



TOPIC: Vyaktitva Nirmana

Value	Age Group	Type of illustration
Humbleness	G3: 6, 7 & 8	Classroom Discussions

Teacher enters the class and greets everyone.

Teacher: Students I would like to tell you an incident that happened with my friend, Aarti's children, Prajwal and Pragati.

Narration begins..

Aarti's son, Prajwal was in 10th standard and was studying in a reputed school. Her daughter Pragati, she secured a seat in the same school and it was the first day of her 5th standard in the new school.

She was a quiet kid, naturally, she was very nervous on her first day of school.

Aarti told her not to worry as her brother Prajwal is popular in school and he was teachers' favourite and all other children liked him too. So Pragati can get help from not only Prajwal but all his friends too.

Prajwal's first week in school was good and she even managed to make a few friends because of her polite behaviour.

But during the second week, she came home with a sad face and complained to her mother that her friends had started to distance themselves from her once she told them she was Prajwal's sister. Aarti was confused and thought due to the quiet nature of her daughter, her new friends may have lost interest in her. She advised Pragati to be more open and upfront with her friends.

But Pragati's troubles didn't stop even after that. Her kho-kho team mates also ignored her once they came to know she is Prajwal's sister. Pragati had thought since Prajwal is very popular in the school and the sports captain, she will impress her new team mates but it backfired as none wanted to talk to her.

When Pragati complained to her mother that she is losing her friends because of Prajwal, Aarti felt Pragati was being silly. She thought how Prajwal's popularity caused Pragati any trouble and gave the obvious advice that Pragati's friends are all jealous of Prajwal hence they are distancing themselves and it is better to not have such friends.

Narration paused...

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Here the teacher will pause the narration and ask a few questions to the students.

1. Why do you think Pragati was not welcome by her friends?
 2. How could Pragati handle the situation other than talking to her mother?
 3. Do you think Pragati could have talked to her friends or teachers directly about her situation?
 4. Do you think it was Pragati's shyness/fear also which made her lose friends?
 5. Is it right to hesitate when you come across such a situation?
 6. Were Pragati's friends jealous of her brother?
 7. Is jealousy the only reason for someone to dislike you?
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Teacher continues:

Though Pragati thought many of her school friends were jealous of her brother, she was not completely convinced. It seemed like most of them genuinely disliked Prajwal. Moreover, she was feeling very lonely.

Few senior kids started to pass rude comments at Pragati when she was passing in the school corridor. Few days later someone splattered ink on her uniform. She was into tears when she explained it to her mother and didn't want to go to school. She even stopped talking to her brother

because she knew Prajwal was somehow the reason for all this ill treatment.

Aarti was horrified to see her daughter's condition. She talked to Prajwal but he said he was not aware why this was happening. But Aarti saw some guilt in Prajwal's eyes and she knew her son was hiding something. She decided to go to school and talk to school authorities. But she didn't learn anything from teachers as they all liked Prajwal as he was good at studies and also school sports captain. She decided to talk to Prajwal's friends. But she suddenly realized Prajwal didn't have many friends and no one called him or visited him in recent years.

However, she went to one of Prajwal's old friends, Mohit who stayed near to their home. Even though Mohit and Prajwal went to the same school, they were no longer friends.

On persuading, Mohit told Aarti that Prajwal is no longer the sweet and friendly kid he used to be. Once he gained popularity among teachers and started winning various sports championships, his attitude changed drastically. He started treating everyone badly as if they were not good enough to be his friends. He even started commanding over others and everyone followed his commands as no one wanted to go against the sports captain fearing about losing their place in the team. Also, teachers wouldn't believe anyone's complaints as he was well behaved in the class. Slowly this habit of Prajwal turned into bullying and he started taking everyone for granted.

Now Aarti realized why Prajwal had no friends and why other children from school were troubling Pragati. She made Prajwal sit and understand why Pragati is being bullied at school and why she won't speak to him.

Prajwal felt very guilty and asked for forgiveness from Aarti for his actions. He never thought his actions would hurt others and everyone would start taking it out on his sister. His popularity had made him proud and he had lost all his friends.

He felt now it is the time to change his attitude and make his sister feel welcome in his school. His first step towards this change was to ask for forgiveness from his sister. He decided he will ask for forgiveness from all those people he had bullied and hurt. Though it was a slow process for others to forget and forgive, it was definitely a start.

Narration ends...

Key points for the teacher to explain the value further:

1. There will always be a reaction for one's actions.
2. Acting proud and bullying is nothing but mental torture to friends.
3. Being popular comes with responsibility, no matter how good we are at sports or studies, people will remember us only for our behaviour.
4. One needs to be humble and down to earth.
5. Calling names, making fun of others, ordering around, playing pranks, embarrassing his friends in front of others etc. will offend others and they will distance themselves.
6. Giving respect to others will help gain it back.

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Teacher can ask the following questions to the students.

1. How did Prajwal's behaviour affect his sister?
 2. What was the behaviour of the Prajwal that affected the Pragati?
 3. How did Prajwal feel when he came to know about the feedback of his behaviour?
 4. How did Prajwal lose his friends?
 5. What did popularity do to Prajwal?
 6. Why do you think Prajwal became lonely?
 7. How should one behave when popularity comes?
(Humbleness)
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8. How can Prajwal improve his behaviour and make amends with his friends?
9. What would you do if you became popular like Prajwal?
10. How can a popular person be friendly too? What's the feeling one feels after helping anybody?

Quotes:

1. "With pride there are many curses. With humility, there come many blessings."
2. "Pride is concerned with who is right and humility is concerned with what is right."
3. "Humility is the ability to give up your pride and still retain your dignity."
4. "Power is dangerous unless you have humility."
5. "Don't think less of yourself, just think of yourself less."
6. "When you realize you've made a mistake, take immediate steps to correct it." – Dalai Lama
7. "I would rather be a little nobody, than to be an evil somebody." – Abraham Lincoln

Activity

1. Share an incident where you felt your friends ignored or distanced themselves from you?
2. Discuss on how bullying can be controlled with positive measures.
3. Create an act with one student acting as a proud and popular and others facing him and taking proper positive actions.