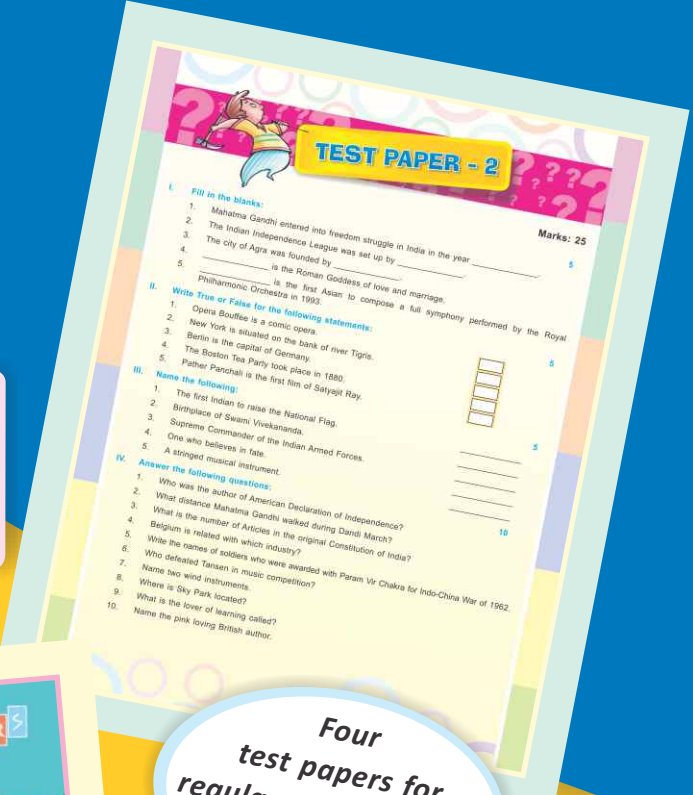


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SPECIAL DO AND SHARE PAGES IN BOOKS 6-8

Public Discipline / Civic Life

- Always keep the public places clean, don't litter and throw garbage.
- Use public conveniences properly, ask if you don't know.
- Stand in a queue, don't jump out of turn.
- Walk on the footpaths, leave the roads for vehicular traffic.
- Always maintain discipline in the class-room.
- Observe silence in hospitals and nursing homes, don't disturb sick people.

Guidelines for discipline in public places.

Virtues

- Be truthful and transparent, it's always good to share the reality than tell a lie.
- Go to school regularly and on time, punctuality is appreciated.
- Teachers and parents bring you for future, don't argue with them or be indifferent.
- Men and women are good to watch, but making a complete man.
- Be thankful to everyone for what they do for you, thankful people are not bad.

A glimpse of basic virtues needed for overall personality development.

SPECIAL DO AND SHARE PAGES IN BOOKS 1-5

Hygiene

- Wear clean clothes after bathing.
- Always use a clean hand.
- Keep a clean handkerchief in your pocket.
- Always wear clean socks.
- Wipe your sweat with your handkerchief after playing.
- Do not put your pencil/pen in your mouth.

Guidelines for handling gadgets such as vending machines, mobiles, computers etc.

Tips on personal cleanliness and hygiene.

E-Handling

- Take patiently for pre-recorded instructions during phone responses, don't punch wrong numbers and waste calls.
- Post and understand online content by those computers that are on the mobile, don't misuse your parent's phone.
- Be patient, accept defeat, applying online for jobs, don't spend too long on video/computer games.
- When using the internet, avoid clicking on any link that appears on the page, it's better to ask your parent/teacher before surfing the net.
- Never disturb any setting on the computer, wrong settings may disable your machine.
- Always use both hands on the keyboard, typing with one hand or one finger doesn't help to be long.

Cynosure on stress reducing habits during studies.

Combat Stress

- Think regularly and on time, the parents will guide and support you.
- Share your progress at home with parents, they will guide and support you.
- A regular round the year preparation gives good results, process last minute stress.
- Wait for things to happen, don't become anxious in advance.
- A teacher's scolding in class is not an insult, it's for you to correct you, don't take it the wrong way.
- You can never run from reality, face difficulties bravely and learn to prevent mistakes.

Etiquettes

- Follow instructions of the teacher while playing games, don't try to be the hero by yourself!
- Be quietly in the library and try to read or listen to music, don't talk or make noise.
- Stand in class and wash when the teacher comes or leaves, don't wait for the teacher to tell you.
- Write clearly in the notebook, don't scribble or change pencils often frequently.
- Maintain your books and materials, they are dirty and old, they are not used.
- Keep the walls and furniture clean, don't scribble, spill ink or paint on the walls and furniture.

Tips on class and home etiquettes.

Advice on healthy food, its advantages; do's and don'ts.

Health Tips

- Drink clean water regularly, it keeps you fit.
- Eat fruits regularly, they keep you healthy.
- Drink milk at least two times daily, it helps you grow well.
- Eat meals on time to stay fit.
- Avoid eating too much of candies and sweets, this may spoil your teeth.
- Eat home-cooked food, avoid buying food from outside.

Basic First Aid

- In order to stay alive, all persons need to have an open airway, a clear passage where air can move in through the mouth or nose through the pharynx and down to the lungs, without obstruction. Conscious people will maintain their airway automatically.
- If the patient is breathing, a first aider normally places him in the recovery position, with the patient's head on their side, which also has the effect of clearing the tongue from the pharynx. It also avoids a common cause of death in unconscious patients, which is choking on regurgitated stomach contents. Once the airway has been opened, the first aider has to assess how the patient is breathing.
- If there is no breathing, or it is shallow breathing, a well-known skillful procedure, recognized first aid procedure, CPR, which involves breaths, managing the heart to promote.

Awareness on medical emergencies and First Aid in a child's environment.

Netiquette

Netiquette (short for "network etiquette" or "internet etiquette") is a set of social conventions that facilitate interaction over networks, ranging from Usenet and mailing lists to blogs and forums. Common rules for e-mail are given below.

- Avoid typing in local languages using English alphabets wrongly formed or wrongly read words, may be insulting or vulgar. **Turn kaise hai? (X) How are you? (✓)**
- Check the recipient list before forwarding mails from your inbox, your personal mails may reach your elders and cause embarrassment.
- Do not upload heavy files as attachments, these use a lot of server space and cause delays. They also prove expensive.

Tips on internet etiquettes.