

Work Integrated Education

Activity Book

Standard

V



**Government of Kerala
Department of General Education**

Prepared by
State Council of Educational Research and Training (SCERT), Kerala
2024

THE NATIONAL ANTHEM

Jana-gana-mana adhinayaka, jaya he
Bharatha-bhagya-vidhata
Punjab-Sindh-Gujarat-Maratha
Dravida-Utkala-Banga
Vindhya-Himachala-Yamuna-Ganga
Uchchala-Jaladhi-taranga
Tava subha name jage,
Tava subha asisa mage,
Gahe tava jaya gatha.
Jana-gana-mangala-dayaka jaya he
Bharatha-bhagya-vidhata
Jaya he, jaya he, jaya he,
Jaya jaya jaya, jaya he

PLEDGE

India is my country. All Indians are my brothers and sisters.
I love my country, and I am proud of its rich and varied heritage.
I shall always strive to be worthy of it.

I shall give respect to my parents, teachers, and all elders, and
treat everyone with courtesy.

To my country and my people, I pledge my devotion. In their
well-being and prosperity alone lies my happiness.

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Foreword

Dear children,

A beautiful and safe childhood is our right. It is during this period that we learn and assimilate the environment around us. The food that we eat, the clothes that we wear, the houses we live in, the tools that we use, the paths that we travel on - who made all these? The foundation of our life is the result of collective intelligence and physical effort of many people. Most of the knowledge we acquire is to be applied in each and every life situation.

While thinking in this perspective, it can be understood that we too have certain responsibilities in the society. The ideas gained through subjects we study, need to be utilised for various careers. “Work Integrated Education “is aimed at acquiring the skills for that, and making use of those skills in life. It is made possible by the integration of many skills, such as working with hands, using tools carefully, developing the willingness, and coordinating skills for achieving goals. All the subjects we study provide career perspectives, skills, and opportunities to apply them. This book has been prepared with this aim in mind. This book should be approached by considering factors such as the availability and feasibility of materials and the job situation of each region in which we live. This is a book that is not meant for mere reading. Rather, it is an activity book to practice, explore, analyse and improve skills. Through this it should be possible to develop the passion and attitude towards work. We have a brain that can imagine and hands that are free to work. The subjects we learn, give us strength and support to successfully enhance and integrate these abilities. Let this Work Integrated Activity Book make you competent to approach life with confidence.

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Introduction



Extra Reading



Activity Time



Moving Ahead



Key Takeaways

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a ¹**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the ²[unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

-
1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
 2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

Area 1



Agriculture Unites Us with the Universe.





The teacher appreciates the children who brought home grown vegetables. What is the boy among them thinking? He doesn't have enough land for cultivation in his home. Many of us do not have enough land for cultivation, even though we wish to. How can we address this issue?

Do you know of any other similar method?

Write it down.

The pictures below show vegetables grown in grow bags, pots etc.



What are the advantages of cultivating crops this way? Discuss.

- No wastage of water.
- Fertilization becomes more effective.
-
-

Preparation of grow bags

Grow bags are specially prepared bags to grow plants and cultivate vegetables.

You have learnt that a plant needs nutrients and organic matters to grow.

All these, including soil should be made available while preparing grow bags for cultivation.

Proper drainage must be arranged. Let's see how to prepare a grow bag in similar way.

Lay gravel or pieces of tile or brick at the bottom of the grow bag. Place a layer of coconut husk or dry leaves over it. These facilitate proper aeration and helps in rooting and drainage. Put the potting mixture over this, until three fourth of the grow bag is filled. Soil, dry cow dung powder and coco peat in equal proportion can be added and mixed well to make potting mixture.



We can prepare cost-effective grow bags. Cultivating crops in grow bags that we prepare ourselves makes us happy and proud, doesn't it?

Model of grow bag preparation

Materials required

- Old pants or jeans
- Big needle
- Thread
- Scissors



Method of preparation

Old pants or jeans can be used for this purpose. Cut the pants or jeans to a size sufficient for growing a plant. As per the size of the pants, three or four pieces can be cut out from the legs to make grow bags. Sew the bottom end of the cut pieces. Or else you can put a knot at the bottom end. Put three or four holes at the bottom for drainage.



Find other options, to make grow bags.



Moving Ahead

Now let's grow crops at school and at home, in the grow bags that we made. Observe the sprouting and growth of the plant and make a record of it in your activity book.



Things to be recorded.

- The variety of seed or sapling that is planted.
- What did you do at each stage of growth?
- When did it flower for the first time?
- Did it bear fruit?
- Who all helped in cultivation? What are your findings?

Share your experiences.



Key Takeaways

Gains			
I know how to make grow bags using different materials.			
I can prepare grow bags that are suitable for cultivation.			
I can cultivate in the grow bags that I prepared.			



Area 2



FOOD



Food is the most primitive form of comfort

- Sheila Graham





Food for Health



The picture shows native food items collected by students for the food festival held at school on the occasion of Folklore Day.

Which of these are familiar to you?

Make a list of food items that are available in your surroundings.

Vegetables/fruits	Leafy vegetables	Others



Do you get all the daily necessities from your locality?
Categorize the food items as locally available and bought from outside.

Locally Available	Bought from Outside

Prepare a food plate on the basis of the meals you have in a day.
Try to illustrate it.



The chart given below represents the daily essential nutrients a human needs in a day, as recommended by World Health Organization (WHO)



Three fourth of a human body is water.
A healthy adult should drink an average of three litres of water daily.



A nutritious diet is essential for a healthy life. Food items available around us are rich in nutrients. The table below lists out the food items and the nutrients rich in them.

Nutrients	Food Items
Carbohydrates	Grains (rice, wheat etc), Millets (Finger millet/ Ragi , Little millet Chama etc.), Tubers, Legumes, Vegetables, Fruits.
Proteins	Fish & meat items, Dairy products, Egg, Legumes lentils, nuts, seeds etc.
Fats	Nuts (Almonds, Cashew nuts, Groundnut etc), Vegetables, Oils (Coconut Oil, Olive Oil, Groundnut Oil etc), Seeds (Flax seed, Sunflower seeds, Pumpkin seeds etc) Fish, meat , diary products.
Vitamins and minerals	Vegetables, fruits, leafy vegetables, egg etc.
Fibres	Vegetables, fruits, millets etc.



Un-saturated fat : Helps to prevent diseases, reduce blood pressure and to regulate the cholesterol in blood. Olive oil, Coconut oil, Bengal gram, Nuts, Seeds, Fish, Avocado, Lentils are all sources of unsaturated fat.

Saturated fat : Increase the risk factor of diseases. They get accumulated in the blood streams and thus lead to heart diseases, stroke, obesity, type-2 diabetes etc.

Red meat, refined/hydrogenated oils, fried food items, bakery products, dairy products, packed food items etc. contain saturated fat.

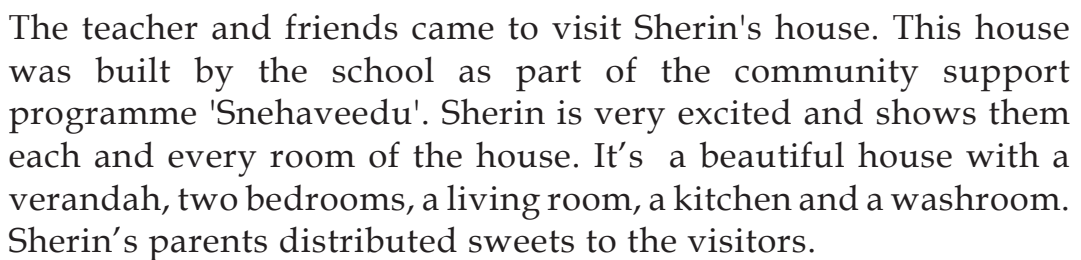


Area 3



**It is not the size of the house
but the unity within the house that matters**





The front view of the house, along with the plan is given below.



Let's Draw

Draw the front view of a house and the arrangement of rooms according to your imagination.

Are all the rooms same in size?

Why is there a difference in the size of the rooms?

- Different rooms of a house serve different purposes.

-
-

Which all types of houses have you seen? Take a look at the houses in the pictures. What are their features? Are their shapes alike?

Aren't the construction materials used different?





floor, please consider the fact that the floor juts out a little from the walls of the house.

- Cut the cardboard pieces to build the walls of the house. Make sure to have enough windows and doors at the right places.
- Use materials of your choice to build the roof of the house. It could be of any shape that you like.
- Make it beautiful by adding colours and decorating the house.



Moving Ahead

Build a house using the materials that are available.
Conduct an exhibition of the houses you have built in your classroom.



Key Takeaways

Gains			
I can draw the arrangement of rooms of the houses that I am familiar with.			
I know to build small models of houses.			



Area 4



FABRIC ART

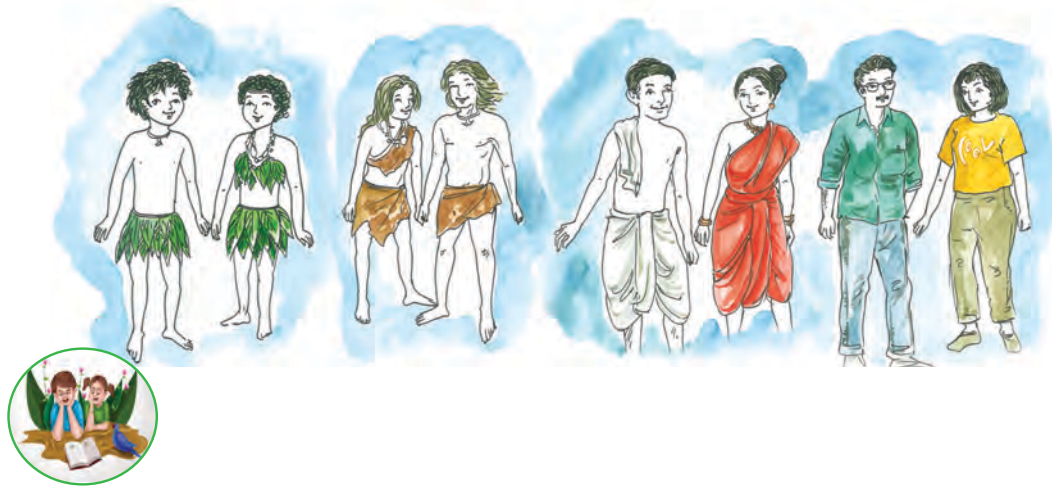


Let's weave up dreams





Colour Palette



Did people in the past wear the kind of clothes we wear now?

Development in the field of science and technology has brought enormous changes in our lives. The changes can be seen in all walks of life - food habits, architecture, clothing etc.

We have witnessed a great leap from the primitive way of protecting the body with leaves and barks to a wonder world of fashion.

The way of dressing is influenced by factors like climate, occupation and other similar circumstances.

Do we wear same clothes on festive occasions and in school?



Clothes may be stitched differently, coloured differently and beautifully decorated using threads and beads.



Can you recognize the various methods of fabric decoration given below?

Vegetable printing

Fabric painting

Fabric painting is a very beautiful way of decorating clothes that can be done in a short time.

Handkerchiefs, dresses and saris can be beautified by fabric painting.

The speciality of fabric painting is that any design can be painted on the clothes according to one's taste.

Fabric means cloth. Painting is done on the surface of the fabric using acrylic or fabric paint.

Look at the colours in the fabric paint box shown below.



Name the colours !

Though there are only 6 colours in the paint box, we can find numerous colours around us. Now let us try to make some of those colours.



Two types of brushes are generally used for applying the fabric paint - the flat tipped and the round tipped. As per the requirements both are available in various sizes

Red	+	Yellow	=	Orange
Blue	+	Red	=	
	+		=	



This is a dress made beautiful with fabric painting. Can you use fabric colours to make your dress beautiful?

A cartoon illustration of a woman with dark hair in a bun, wearing a white dress with blue star patterns and blue-and-white striped pants. She is hanging a white dress with large orange flowers and blue dots on a line. To her left is a wooden table with a sewing machine, a spool of red thread, and a pair of scissors.

•

•

•



Method of Preparation

Let's learn the method of fabric painting.

- ◆ Wash and iron a 30 cm square piece of white cotton cloth after removing its starch.
- ◆ Select and trace the design on the cloth keeping it on a flat surface without any creases.
- ◆ Use a yellow carbon paper for tracing the design.
- ◆ Beautify the design with suitable colours.
- ◆ Once the colouring is over, wash and dry the brush before applying the next colour.
- ◆ Iron the other side of the fabric once the painting has dried, so that the paint will settle again.
- ◆ Wash the cloth only after 3 days.





Moving Ahead

Prepare a handkerchief beautifully painted.

Exhibit the finished handkerchiefs in the class, and then gift it to your friend.



Do you know these?



Madhubani



Warli



Kalamkari



Pattachitra



Mural

Some of the popular painting methods practiced in different regions of India are given.



Key Takeaways

Gains			
I know what fabric painting is.			
I can combine different colours to make new colours.			
I can copy a design onto a fabric and colour it using fabric paint.			



Area 5



MEDIA AND ENTERTAINMENT



**There is a lot of space for variety activities
in the field of New Media!**





Growing Community



The picture shows different ways of getting to know about the happenings around us.



- Do you read newspapers?
- Do you listen to radio broadcasts?
- Which television programmes do you watch?

Have you noticed the characteristics of these three?

These are the different systems that make information available to us. At the same time, there is limited opportunity for us to talk back to and exchange information in all these systems. New Media emerged from the attempts to overcome these limitations.

New media is a field of Media that makes use of digital technology.

Look at the icons!



Are you familiar with these icons? Try to write their names in the box given.



Facebook



Why are these called social media?



Characteristics of social media

- Social media are platforms where ideas and information are quickly shared.
- Viewers are able to see, share and respond.
- News, visuals, videos etc can be used for communication.
- Can communicate individually, in groups or by forming associations.
- Can select areas like knowledge, entertainment etc. according to personal interest.
- Can involve in creative interactions and sharing.



What all are shared on Social media?

Have a look at the table and find out more

• News	• Music	• Entertainment
• Thoughts and feelings	• Opinions	•
• Pictures	•	•

Cyber Security

Safeguarding the safety of personal information, information stored in internet, computer, websites and various applications against attacks, fraudulence and transfiguration is termed as cyber security.



Let's read an experience.



Though smart...

It was a great excitement for Richu and Neelu when the mobile phone was brought home. What all entertainments were there! Social media, video games, chats and so on. Those smart ones who went on talking to friends for hours earlier were transfixed on the phone without even knowing the time passing by. Now they feel sad and get angry when they don't get the phone. They are not able to concentrate on anything.

Have you all read Richu's and Neelu's experience?

Have you come across any such experience?

In this fast growing world, we can never keep ourselves away from media. We also should get transformed in tune with the growing world. At the same time, we should never allow these things to overpower us. We have to use these only in times of need.

How can we safely use Media?

Let's organise a discussion along with teacher. Don't forget to seek the advice of an expert.

Things to know

- The lower age limit to use social media is 13 years.
- Share personal details with care on social and online media.



- Never open e-mails, attachments, links sent from unfamiliar sources.
- Keep copies of important information. Interact with care on social & online media.

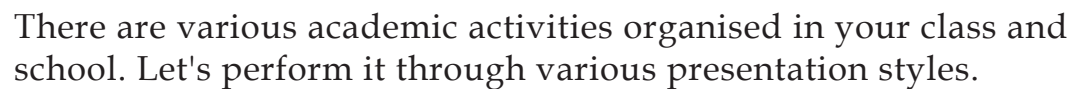


Pictures showing people engaged in various jobs related to media are given. Try to describe their activities.



Have you paid attention to the presentation style of media personnel?

Have a look at the word web given below.



- Functions organised in schools
- Classroom activities
-
-

Things to be taken care of.

- Pay attention to the school news and learning activities.
- Include all the details with precision and accuracy.
- Maintain timing and use correct pronunciation in presentations.
- Use videos and pictures wherever necessary.
- Prepare presentations in such a way that the audience can enjoy them.
- Select different topics for presentation.
- Ensure the participation of all students in the class.
- Share the videos and reports of presentation in class groups and other social media.



Moving Ahead

My presentation

Try to do a presentation on any celebration in your locality or on any other interesting topic of your choice.



Key Takeaways

Gains			
I am able to use media safely.			
I am aware of the dangers that are hidden behind social media.			
I am able to present a topic on my own.			

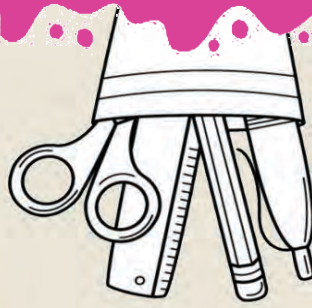


Area 6



Tiny items, Big ideas...
Let the world see your talents...





Pen Wallet



Seeing the scattered sketch pens, coloured pencils, and pens his elder sister asked Siyan,

“Can’t you keep these things properly arranged?”

“There is less space in my box to keep all these things together. I will tell mother to buy two more boxes for me”, said Siyan.

“No need, we can make a thing without any expense”, said the elder sister.

“How?” asked Siyan.

“Just watch”, saying this, she went inside the room.



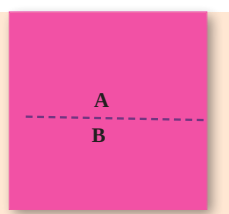
Seeing the coloured paper in her hand Siyan asked her, "It's a trick with the paper, isn't it?"

"Yes, I have two sets of six coloured A4 sheet papers and two cardboard sheets. One for you and the other for me. Just do as I do. We will make a pen stand."

Let's see how Siyan and his sister made the pen stand.



Method of Preparation

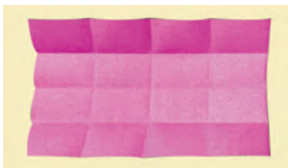


Fold the square cut paper into two halves. Now we have two rectangles inside the square. One of the rectangles is marked A and the other B.



Similarly, fold the sides of A and B towards the middle. Now, there will be 4 rectangles in it.



	The same thing is repeated on the opposite side. Thus, we get 16 small squares.
	Next, the small squares at the four corners are folded inwards in a triangle shape.
	Now, the two sides are folded to the centre.
	The paper is flipped and the opposite sides are folded widthwise.
	A triangular prism is obtained when two of the four sides are connected to each other.
	After that, another colour paper is inserted appropriately in the square obtained at the middle portion.





The other five papers are completed in the same manner.



All the triangular prisms are glued together to form a pen stand



The pen stand is fixed on a cardboard and the exceeding parts are cut off.

Try to make a similar pen stand yourself.

Let's get familiar with the preparation of a circle shaped pen stand.

Materials needed

- Chart paper
 - Glue
 - A4 colour paper/Paper straw
 - Scissors
 - Scale
 - Pencil
 - Cardboard



1. Cut out a rectangle of 25 cm length and 13 cm width from the chart paper.
2. Make paper tubes using A4 sheets (You can also use paper straws)
3. Glue the paper tubes in a row on the rectangle. Leave some space for gluing two paper tubes at the end.
4. Keep it aside for some time.
5. Apply the glue to the empty part and stick it to form a cylindrical shape.
6. Cut the cardboard according to the dimensions of the prepared cylinder and paste it at the bottom of the cylinder.

Now, a beautiful pen stand is ready. It can be made more attractive by colouring or by pasting decorative items on it. Display the pen stands you have prepared.





Will you try to make different types of pen stands using materials available at home.



Gains			
I can make pen stands using paper.			
I can make pen stands in different shapes.			
I can make pen stands using materials available at home.			

Area 7



WASTE MANAGEMENT



Lets strive for a clean country.





What might be inside the bag that he throws away?

Is this the right way?

Write down your opinion.

List out the different types of wastes generated in the kitchen, other rooms and in the courtyard.

-
-
-

Waste can be classified into two categories. The organic matter that decomposes into soil and inorganic matter that accumulates in the soil without decomposition.

List out and classify the waste materials you have written above.

Organic	Inorganic

Could everything we dispose of be regarded as waste?

When do waste materials become garbage?

Waste materials

Items that are discarded as unnecessary or disposed because they are no longer needed or discarded once their purpose has been fulfilled, are considered waste. Some of these can be reused for other purposes.

Garbage is formed from waste materials. Once they turn into garbage, it is difficult to recycle them. Besides, many of these are really harmful to the environment.



- How do you dispose of household waste?

Do they become garbage?

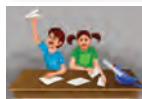
What all measures can be adopted to prevent waste materials from becoming garbage?

- At the source of origin itself, it can be classified into organic and inorganic.
- Do not throw away inorganic material.
- Recycle as much as possible.
- Do not waste food items unnecessarily.



What is garbage?

A solid or liquid residual material that decomposes either by itself or in combination with other materials, often producing a bad odour is garbage.



Activity Time

Let's make a bin

Let's make a suitable system to collect and sort the waste materials. Four bins should be made to sort waste material into four categories. Decide the colour code for each bin.

Eg - Green Organic

Green

Organic

Paper

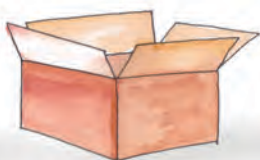
Plastic

Others

Any suitable material can be used for this purpose like, cardboard box, bucket, earthen pots etc. The size should be determined in accordance with the quantity of waste material.

Care should be taken to choose containers that will not get damaged by the moisture of organic waste. Prepare the bins following the colour code instructions. Make them attractive by adding captions, images, etc.





Pay special attention to deposit the waste material generated in schools in these bins according to the colour code.



Moving Ahead

Make arrangements at your home to keep the waste sorted and to dispose of the organic waste. Organic waste should be collected and transferred for disposal daily.

The basket must be cleaned and the other three baskets must be handed over for processing as they become full.

For this, find out the prevailing methods in your locality. Record the collected information in your activity book.

My garbage is my responsibility

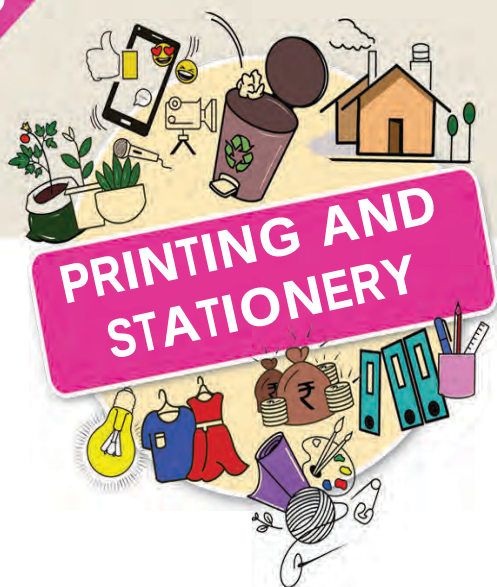


Key Takeaways

Gains			
I know that waste should be sorted at source itself.			
I dispose of organic waste daily.			
Bins that I have made to sort waste are convenient and attractive.			
I keep the premises clean.			



Area 8



PRINTING AND STATIONERY



Preserve and Protect





Systematic and Elegant



Vihan's study room is very neat and attractive.

Books and bags are well arranged.

Poems, stories, pictures and other writings are kept in separate files. Anyone can easily pick out the things they want.

You have seen how Vihan has arranged the things systematically.

Do you arrange your study materials in an attractive way?

Won't it be convenient if separate files are prepared for different study materials?

Vihan has kept everything in flexi files.

Let us see how file is prepared.



Materials required



Double punch



Chart card



File lace



Eyelet punch



Pencil



Paper cutter



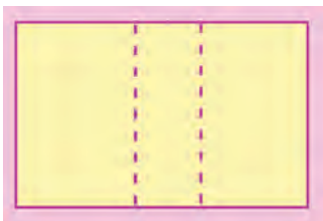
Scale



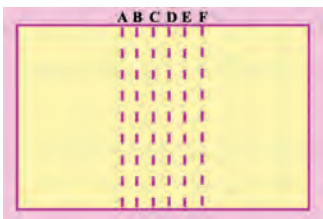
Activity Time



Cut a chart card of 62.5 centimeter length and 35 centimeter width.

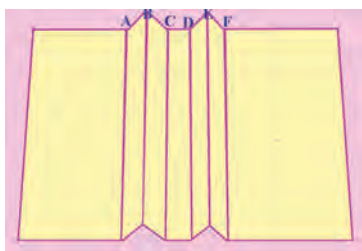


From 62.5 centimeter marked side, take 25 centimeter inwards from either side and draw a line downwards. Now you will get 12.5 centimeter in the middle.

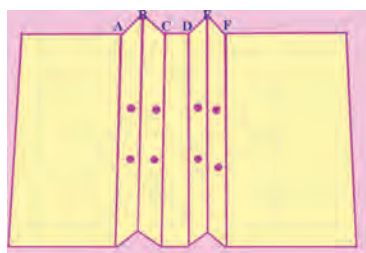


Divide the 12.5 centimeters obtained in the centre into 5 equal parts of 2.5 centimeter each and draw a straight line. From left to right mark each line A, B, C, D, E, F in the order.

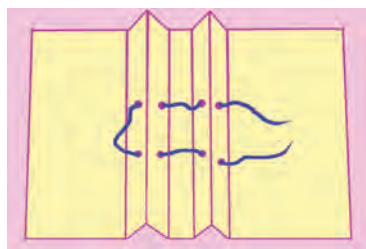




Fold them in order as shown in the picture. First fold the lines A and F inwards and lines B and E outwards. Then fold the lines C and D inwards.



Hold the folds B and E together, mark the center and make a hole with a double punch.



Attach the eyelets to the holes. After that tie the lace.

File can be made attractive by stenciling.

Materials required for stenciling

- Card Paper or X- ray sheet
- Paper cutter
- Fabric paint
- Sponge
- Permanent marker



Stenciling

Stenciling method is used when the same image needs to be printed more than once.



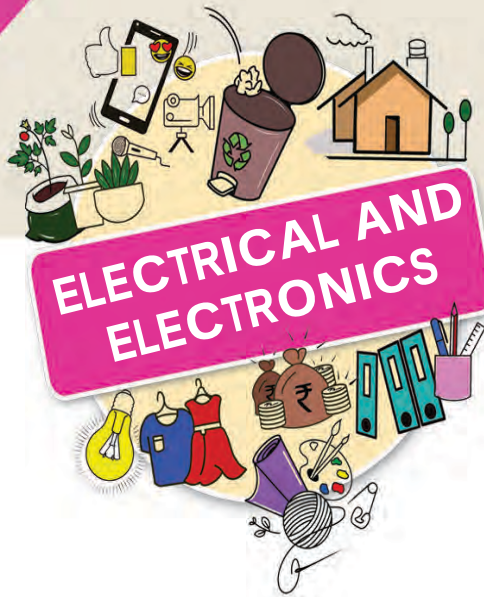
Draw pictures using permanent marker on x-ray sheet or card paper and carefully cut out the areas to be painted using a paper cutter.

Create a variety of files using different materials.



Gains			
I can make flexi files with exact measurements.			
I can print images by making variety of stencils.			
I can make a variety of files that can be used for different purposes.			

Area 9



ELECTRICAL AND ELECTRONICS



Electricity is the source of energy that empowers the modern world.





The Way of Light



The energy for
me to shine
flows through
this.



From this I get
the energy
to Shine

Who
am I?

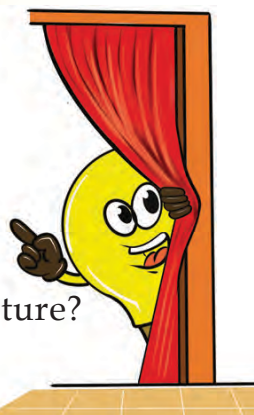
I have some
one to control
me



I am often
connected to
this



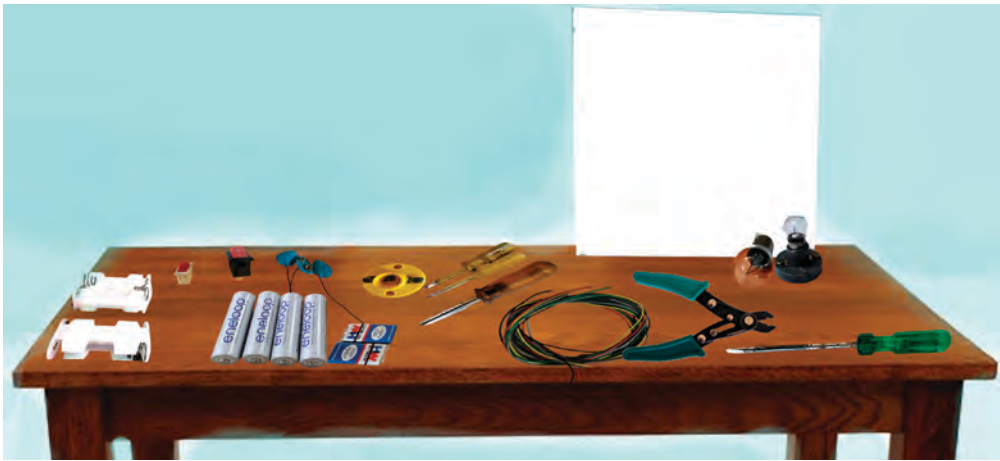
Don't you understand who is hiding in the picture?



Identify and list the materials required to light the bulb along with their uses from the above picture.

- Connecting wire – for conducting electricity
- Cell –
- –
- –

The materials required to light a bulb are given in the following picture.



With your friends, try to collect the necessary materials to light a bulb.

It might be inconvenient to hold the bulb, switch and wire in your hand while attempting to light the bulb. You should not attempt to do that. Instead, they should be fixed somewhere.

Where can we fix them? It is more convenient to attach them to a forex board (foam board).

Certain tools are required to fix them on the board.



Look at the pictures of the tools :

	Wire stripper Helps to easily remove the PVC covering of the connecting wire
	Cutting pliers Helps in cutting connecting wires to the required length.
	Screw driver Helps in attaching the connecting wire to the holder by screwing.
	Battery case A battery case is used to connect multiple cells.



A cell is the basic unit that produces electricity due to a chemical reaction.



A battery is made up of cells.

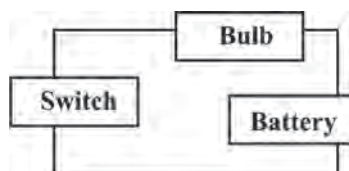


You are now familiar with the equipments needed for assembling an electric circuit. Try to make an electric circuit using these equipments and draw a circuit diagram.



An electrical circuit is a system in which electricity starts from a source (cell) flows through one or more devices through connecting wires and returns back to the source.

Observe the diagram given below and compare it with the picture that you have drawn.





Moving Ahead

Conduct the following experiment using electrical circuit you have made.

Experiment

How to increase the intensity of light without changing the bulb?

What materials are required for this test?

Materials/Components:

1. 1.5 V cells – 4
2. Battery case in which 2 cells can be arranged - 1
3. Battery case in which 4 cells can be arranged - 1
4. 6 V bulb – 1
5. Switch, holder
6. Forex board (Foam board)
7. Connecting wire, wire stripper
8. Screwdriver, Cutting Pliers

Use these materials to connect a circuit and try it out.

When did the intensity of light increase?

•

When did it decrease ?

•

Record your observations in the activity book.

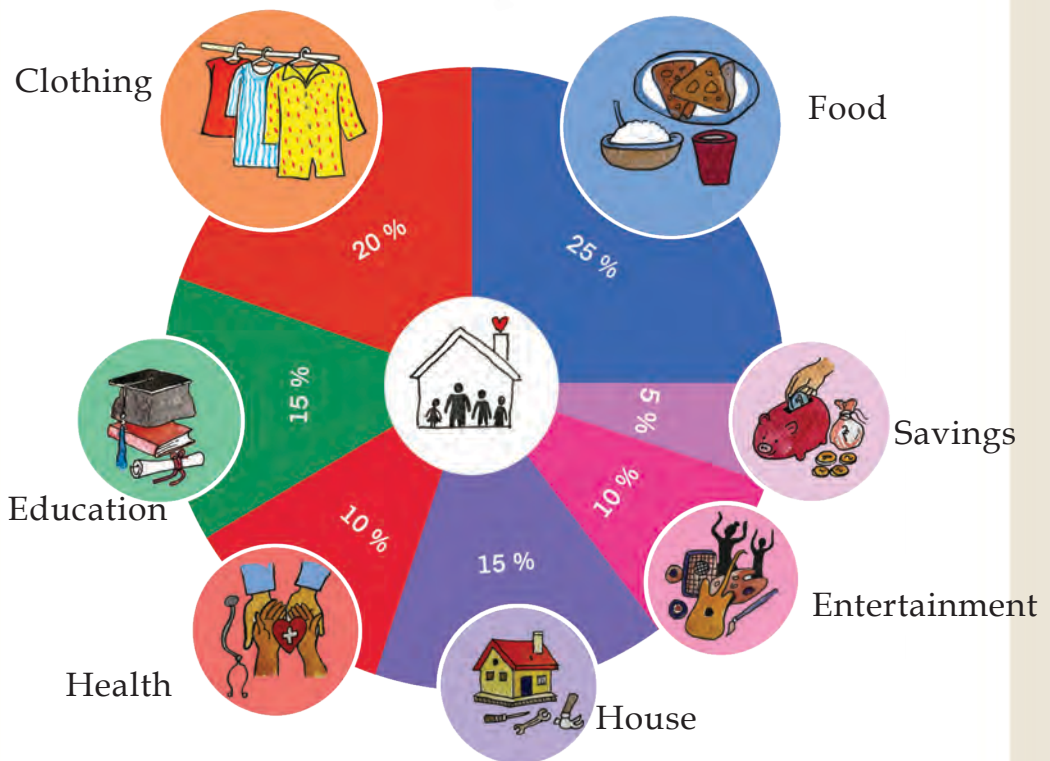


Key Takeaways

Gains			
I can construct a circuit and light the bulb.			
I can observe an electrical circuit and draw its circuit diagram.			
I can construct the circuit by observing the circuit diagram.			



Area 10

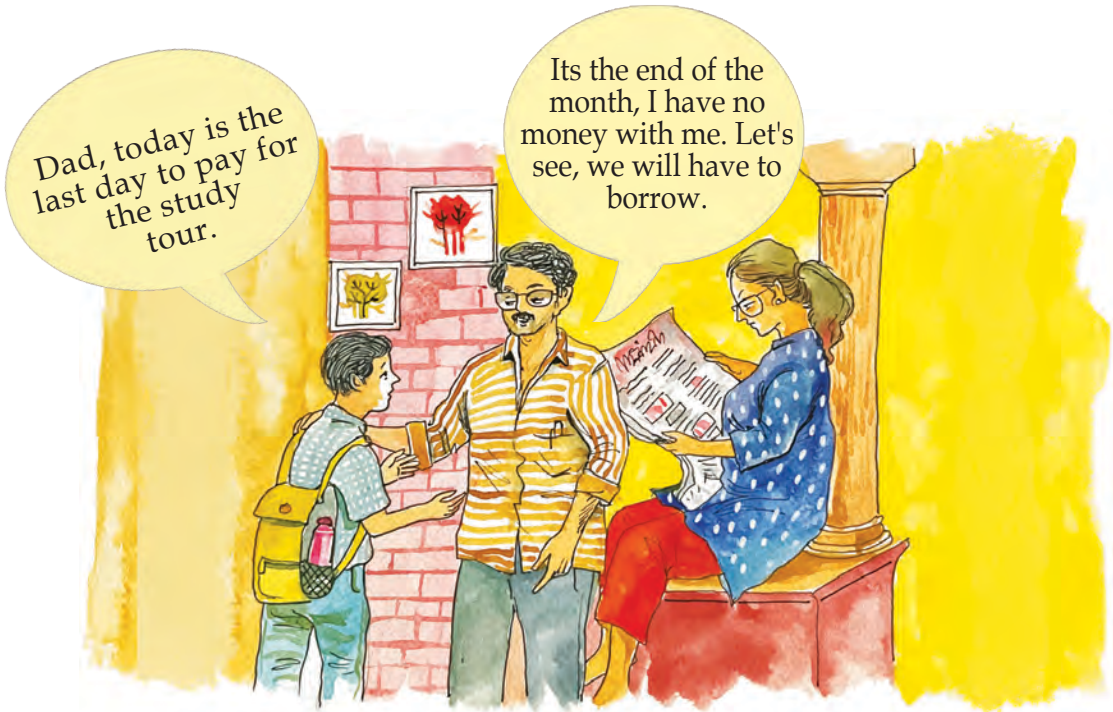


Sow in good times, reap in bad times.





Financial Planning



Aarav wondered why his father and mother were unable to pay for the excursion even though they were employed. Despite being the daughter of a low-wage worker, Aruja, his class mate and a neighbour, paid for the excursion on the very first day.

"You were allowed to go for tour, weren't you? How did you manage to get money?" Aarav asked Aruja.

"Even if the income is less, they deposit a small amount in the bank once they get salary. Father and mother will discuss the amount to be spent for various purposes. I record all the expenses in the diary."



Aruja's reply surprised him. Aarav wished to follow the same.

Do you know about the income and expenditure in your home?



A budget is an estimate of income and expenditure for a particular period. By preparing a family budget, you can control the expenses according to your income and thereby increase savings.

Can you list out the recent expenses you met for various purposes?



Among these, are there any expenses that can be controlled?

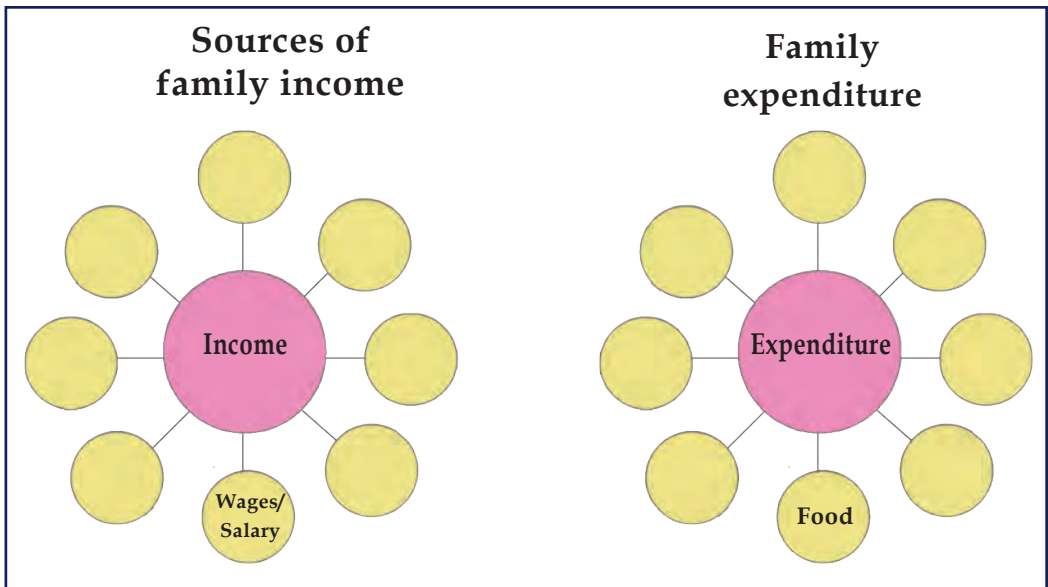
How can you keep such small savings?

Shall we prepare a savings box?

Make a 'Piggy bank' (traditional name of a saving box) of your choice using available materials.



Complete the word web based on your family's income and expenditure:



Activity Time

Preparation of family budget

Discuss and prepare a family budget by understanding the income and expenditure for the next month.

Income		Expenses	
Income Source	Amount (Rs.)	Expenditure item	Amount (Rs.)
Total		Total	



CONSTITUTION OF INDIA

Part IV A

FUNDAMENTAL DUTIES OF CITIZENS

ARTICLE 51 A

Fundamental Duties- It shall be the duty of every citizen of India:

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievements;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between age of six and fourteen years.

CHILDREN'S RIGHTS

Dear Children,

*Wouldn't you like to know about your rights? Awareness about your rights will inspire and motivate you to ensure your protection and participation, thereby making social justice a reality. You may know that a commission for child rights is functioning in our state called the **Kerala State Commission for Protection of Child Rights**.*

Let's see what your rights are:

- Right to freedom of speech and expression.
- Right to life and liberty.
- Right to maximum survival and development.
- Right to be respected and accepted regardless of caste, creed and colour.
- Right to protection and care against physical, mental and sexual abuse.
- Right to participation.
- Protection from child labour and hazardous work.
- Protection against child marriage.
- Right to know one's culture and live accordingly.
- Protection against neglect.
- Right to free and compulsory education.
- Right to learn, rest and leisure.
- Right to parental and societal care, and protection.

Major Responsibilities

- Protect school and public facilities.
- Observe punctuality in learning and activities of the school.
- Accept and respect school authorities, teachers, parents and fellow students.
- Readiness to accept and respect others regardless of caste, creed or colour.

Contact Address:



Kerala State Commission for Protection of Child Rights

'Sree Ganesh', T. C. 14/2036, Vanross Junction

Kerala University P. O., Thiruvananthapuram - 34, Phone : 0471 - 2326603

Email: childrights.cpcr@kerala.gov.in, rte.cpcr@kerala.gov.in

Website : www.kescpcr.kerala.gov.in

Child Helpline - 1098, Crime Stopper - 1090, Nirbhaya - 1800 425 1400

Kerala Police Helpline - 0471 - 3243000/44000/45000

Online R. T. E Monitoring : www.nireekshana.org.in