Appendix 7

The CD attached includes the following materials prepared by STs for the community / COP:

- **Skit prepared by STs** (text is presented on page A40 to A42 as well as in CD)
- **PPT on banking** (major content – slides are printed in the present appendix)
- **PPT on food nutrition and health** (major content – slides are printed in the present appendix)
- **PPT on special types of quadrilaterals** (major content – slides are printed in the present appendix)
- **Two documentaries**
  - Jal hi jevan and Hame Jeene do
There are total 10 characters in the skit

Mother, Father, Daughter, Doctor, Nurse and 5 people as the neighbors

Scene 1  Mother waking up the Daughter for the School.
Mother : Gita, please wake up and get ready for the school. Since 4 days you are giving excuses that you are not well and today you have to go to the school.
Daughter : No mummy I don’t want to go. I am really not feeling well. I am feeling cold also.
Mother : Let me see what is wrong with you. Oh yes! You are having fever. Let me call you Father.
(Mother calls the Father)
Father : Oh God why are you shouting? What is the matter?
Mother : Listen, Gita is having high fever and I think we should take her to the doctor.
Father : Is it? Then let’s not waste time and take her to the clinic.
(They go to the clinic)

Scene 2 In the clinic
Mother : Good morning doctor.
Doctor : good morning. What is the matter?
Father : My daughter was complaining about not feeling well since 4 days and today she is having high fever.
Doctor : Let me check.
(Doctor examines the daughter)
Well I can’t say what is it right now we will have to get the blood test. So the nurse will take the blood sample and you will get the report by afternoon.
(Nurse takes the blood sample)

In the afternoon
Mother : What is in the report doctor?
Doctor : Well your daughter is suffering from malaria. I think there are many mosquitoes in your locality and you are not taking care of that.
Father : No doctor, we use the mosquito net everyday.
Doctor : What about the surrounding?
Mother : Doctor, we do not have a drainage facility so there is a problem of stagnant water.
Doctor : And moreover you do not dispose the garbage properly. Isn't it? See you have to keep the surrounding clean. Lack of sanitation in the surrounding gives rise to breeding of germs and many health problems.
Mother : We know doctor but many people in our neighborhood do not co-operate us and this is the result. They don't listen to us and when we talk to them we end up quarreling.
Father : Why don't you come to our community and advice us all for that?
Doctor : OK, I can come on Sunday. So you ask all the people to gather near your house and I will talk to them.
Mother : Thank you doctor. We will wait for you on Sunday morning.

Scene 3 Sunday Morning.
Mother is working in the kitchen, father is reading newspaper and daughter is sleeping in the room
Father : Manjula(mother), come out the doctor has come.
Mother : Yes coming. Good morning doctor. We have talked to the people and we will come here in few minutes.
Father : yes I'll go and call everybody.
(Father goes to call all the neighbors and people gather near the common area)
Doctor starts her talk.
Doctor : Good morning everybody. Today I have come here to talk to you all about a very serious matter. I have observed that the area in your locality is very dirty and you all do not take care of your surrounding. Do you know the importance of sanitation? Only taking bath everyday is not sanitation. You have to take care of many things.
Mother : Can you tell us what we have to take care of because we are not aware about many things.
Doctor : Yes I will surely tell you about everything. first of all how do you dispose the household waste?
Neighbor 1: we through it in the dustbin.
Doctor: you mean the area near your house. Isn’t it? Do you think it is dustbin? You have to dispose it properly.

Neighbour 2: But where can we dispose the garbage. The municipality van does not come everyday.

Doctor: You can dig a pit and throw the garbage in it and cover it.

Neighbor 3: What about the stagnant water doctor?

Doctor: For that you can fill the puddles with mud and stones so that water does not log in it. And you should write to the municipality to take actions for solving the problem of drainage.

Neighbor 4: Yes we can do that.

Doctor: Not only the water in the puddles but you also have to take care of the water that is stored elsewhere in your house like in the used tyres that are lying on the roof of the houses, broken pots and other things also. These are some things that has to be taken care because many diseases like malaria, dengue, chicken guinea, jaundice etc. Sanitation is the major problem that India is facing today and because of the lack of sanitation in our country the people in other countries consider us backward.

Everybody: You are right doctor. Today we have come to know that sanitation is very important in our life. We promise you that we should take care of all the things you have told us and always keep our area clean.

Doctor: I am happy that you all have understood the importance of sanitation and at the end I would like to tell you something.

"We shall not finally defeat AIDS, tuberculosis, malaria, or any of the other infectious diseases that plague the developing world until we have also won the battle for safe drinking water, sanitation and basic health care. When we can secure access to clean water and to adequate sanitation facilities for all people, irrespective of the difference in their living conditions, a huge battle against all kinds of diseases will be won."

Good bye and I hope you all will keep the promise.
Contents on Banking

TYPES OF ACCOUNT

- SAVINGS ACCOUNT
- CURRENT ACCOUNT
- FIXED DEPOSIT ACCOUNT
- RECURRING DEPOSIT ACCOUNT
- CREDIT CARD ACCOUNT

The account holder gets:

- PASS BOOK
- A DEPOSIT SLIP BOOK
- A CHEQUE BOOK
PASSBOOK

It is a booklet where in the financial transaction the account holder has with the bank are all recorded.

Specimen of a cheque

- Number 1: Name & Address
- Number 3: Date
- Number 5: Amount
- Number 7: Bank Name
- Number 9: Account Number
- Number 2: Check Number
- Number 4: Pay to the Order of
- Number 6: Amount
- Number 8: Memo
- Number 10: Signature line
Money can be withdrawn by a withdrawal form or by a cheque.

Specimen of a Withdrawal Form

Date....20....

PAY

.................................................................

RUPEES

.................................................................

Account No...................................................... Rs.

Bank of XXXXXXXXXX
Fatehgunj, Baroda, 390002
Balanced Diet
- Carbohydrates
- Proteins
- Minerals and vitamins
- Fats
- Water
- Roughage

Regular Exercise
- Regular exercise is necessary to keep our body healthy and fit. Exercises vary with age, physical condition and nature.
- Research findings have proved that exercise improves the immunity and hence helps in keeping healthy.

Relaxation
- Another necessity for health is regular sleep and relaxation. Relaxation improves the working capacity of a person. An activity or recreation which provides a relief from the work of exertion is called relaxation.
- Yoga and meditation relax body and mind.
If the line-segments in each pair of opposite sides of a quadrilateral are parallel, then the quadrilateral is called a parallelogram.

In \(ABCD\), \(AB \parallel CD\) and \(AD \parallel BC\), hence \(ABCD\) is a parallelogram and is denoted as \(\square m ABCD\).

If all the sides of a parallelogram are congruent, then it is called a rhombus.

In \(\square m ABCD\), \(AB = BC = CD = DA\).

Each rhombus is a parallelogram.
All the four sides of a rhombus are congruent.
If all the angles of a parallelogram are right angles, then the quadrilateral is a rectangle.

In $\square ABCD$, $m\angle A = m\angle B = m\angle C = m\angle D = 90$.

Each rectangle is a parallelogram.

All the four angles of a rectangle are congruent.

**Square**

If all the sides of a rectangle are congruent, then it is called a square.

In rectangle $ABCD$, $AB = BC = CD = DA$.

A Square is a parallelogram, a rhombus, and a rectangle.

**Trapezium**

If in a quadrilateral, line-segments in one pair of opposite sides are parallel and the opposite sides in the other pair are not parallel, then the quadrilateral is called a trapezium.