



## Master Lesson Plan

For

Defence Officer Wahida

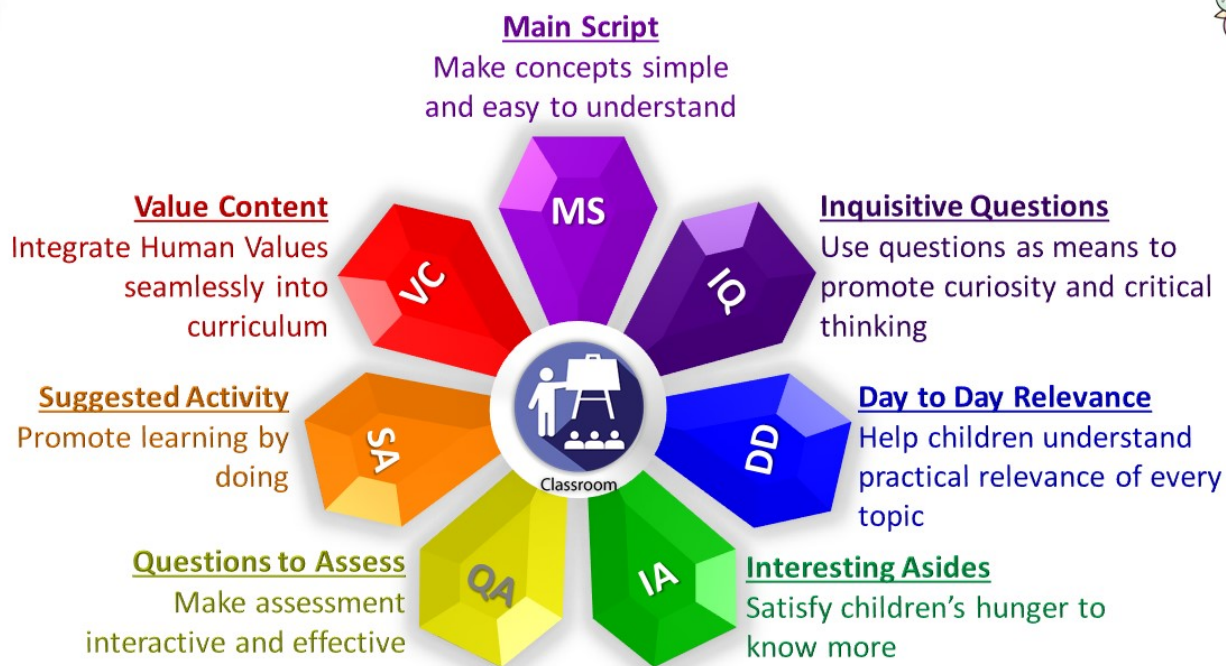
| Board | Standard | Subject | Chapter                | Language | Reference Link                         | Creation date       |
|-------|----------|---------|------------------------|----------|----------------------------------------|---------------------|
| CBSE  | STD IV   | EVS     | Defence Officer Wahida | English  | <a href="#">Defence Officer Wahida</a> | 2021-01-20 21:45:12 |

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**Master Lesson Plan (MLP)** - Covers the entire chapter with the help of these 7 asset types



For more information on how to use the lesson plan effectively, please scroll to the guidelines at the end of this document.

## Defence Officer Wahida

### 1. MS\_Objectives\_Defence Officer

## Objectives - Defence Officer

**Notes to the teacher:** This asset lays down the proposed plan for transacting this chapter.

It states the asset objectives of the MLP.

This asset is for teacher's reference and need not be taught to the students.

Students will be able to do the following:

- appreciate the importance of Defence Officer Wahida's life and dreams
- learn about the Military Parade and Republic Day Parade
- learn about the struggle and achievements of women
- infer the various aspects of the Indian Armed Forces
- develop respect and love for the motherland

| Time to teach | Asset Type  | Theme        | SubTheme                                                   |
|---------------|-------------|--------------|------------------------------------------------------------|
| 2 Minutes     | Main Script | Armed Forces | Three Wings, Military Parade, Three Wings, Military Parade |

### 2. IA\_Women Achievers

## Women Achievers

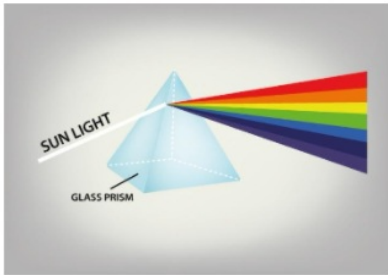
Note to the Teacher: The topic can be started with the following discussion:

The teacher may first discuss the meaning and features of a prism and then compare the achievements of Lt. Cmdr. Wahida Prism to an actual Prism. Students will then be able to compare and understand that just like Prism's seven colors, Wahida comes out with flying colors.

- What is a Prism?
- How many colors does it emulate?
- How is a Prism made?

A prism is a block of clear glass or plastic that separates the light passing through it into different colors. It emulates seven colours.

Prisms can be made from any material like glass, plastic, and fluorite. A dispersive prism can be used to break light up into the colors of the rainbow.



## **Features of Prism**

- "Prism" is being used metaphorically in the lesson (Wahida Prism).
- If you view something through a prism, you will have a very different view of what you're looking at.
- Prisms combine red and green light, for instance, to yield yellow light.
- Hence, a prism dispersing light that passes through it into different colours can be compared to a person's achievement where he/she emerges or succeeds with flying colours.

The teacher may continue the session by interacting with the students about Women Achievers.

India has millions of women achievers. We can make an endless list of successful and brave Indian women. Right from Jhansi Ki Rani to Kalpana Chawla, India had empowered women in all fields. We have women achievers in every field-be it Sports, Music, Academics, Scientists, Fine Arts, Industrialists, Armed Forces etc.



Kiran Bedi is the first woman IPS officer of India.



P V Sindhu is the first Indian woman to win an Olympic Silver Medal.



Kalpana Chawla is the first woman astronaut of Indian origin to go to space.

### Image Source:

**Prism:** SSSVV Gallery(Keyword: Prism)

**Kiran Bedi:**

<https://www.flickr.com/photos/itupictures/25968954394/in/photolist-GcKVaR-FhuKyH-FhuKBP-GatebC-amB3rm-FyMFp1-cPfuyw/> (Cropped) - Attribution: ITU Pictures

**P V Sindhu:** <https://commons.wikimedia.org/w/index.php?curid=81647270> - Attribution: Prime Minister's Office (GODL-India)

**Kalpana Chawla:** <https://commons.wikimedia.org/wiki/File:Kalpana-Chawla.jpg>

| Time to teach | Asset Type         | Theme     | SubTheme                             |
|---------------|--------------------|-----------|--------------------------------------|
| 10 Minutes    | Interesting Asides | Achievers | Women Empowerment, Women Empowerment |

### 3. MS\_Defence Officer Wahida Prism

## Defence Officer

Teachers can start the session by asking the students about the uniforms of the three wings of our armed forces(colour,logo,etc)



Indian Armed Forces Uniform

Lieutenant Commander Wahida Prism, came from a very small village called Thannamandi in

Rajouri district of Jammu and Kashmir. She studied in a government school and always wanted to do something different since her childhood, like riding motor-cycle, travelling around the world or joining the Army. Her father added the term Prism to her name, wanting her to be the person who succeeds with flying colours in all her efforts.

Wahida did her M.B.B.S from Jammu Medical College and went on to become a doctor in the Indian Navy. She was one of the few lady-officers who worked on a naval ship. As a Medical Officer in Naval Ship, she used to not only take care patients, but carried out medical check-ups of sailors and officers, ensured all were healthy and fit, took care of hygiene of the ship and brought in awareness that cleanliness is essential to stop the spread of diseases, stocked up the first-aid kits in the naval ship and prepared everyone to deal with emergencies like fire.

Defence Officer Wahida was the first woman to lead a passing out Parade.

A discussion can follow on:

What is a parade?

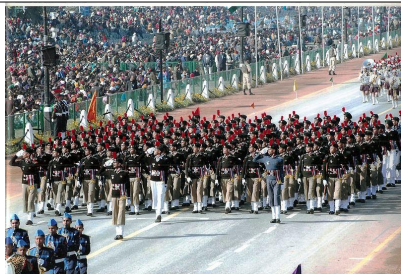
(*Possible answer:* It is like a procession, with groups of people walking for a cause or it could be a more systematic and disciplined procession like the Military Parade)

## **Military Parade**



A military parade is a formation of soldiers or military officers. A Defence Officer leads four platoons in a very well organized and disciplined March Past. Thirty-six commands have to be given during the entire parade. Wahida's seniors gave her the opportunity to lead the passing out parade after seeing her performance for three years.

It can be asked to the students if they ever seen a military parade on TV? (Possible Answer: The Republic Day Parade at New Delhi on 26th January)



## **Republic Day Parade in India**

For a person working in the Armed Forces, participating and marching in the Republic Day parade is a big achievement and honor. Leading the regiment is a very big honor and an opportunity that all soldiers work for.

**Image Source:**

[https://commons.wikimedia.org/wiki/File:Indian\\_Navy\\_Dress\\_No.\\_9\\_and\\_10.jpg](https://commons.wikimedia.org/wiki/File:Indian_Navy_Dress_No._9_and_10.jpg) (Attribution: Government Open Data License - India (GODL))

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[commons.wikimedia.org/wiki/File:NCCparade,\\_India223.jpg](https://commons.wikimedia.org/wiki/File:NCCparade,_India223.jpg)

| Time to teach | Asset Type  | Theme        | SubTheme                                                   |
|---------------|-------------|--------------|------------------------------------------------------------|
| 12 Minutes    | Main Script | Armed Forces | Three Wings, Military Parade, Three Wings, Military Parade |

## **4. IQ\_Indian Armed Forces Parade**

### **Indian Armed Forces Parade**

**1) What are the three major wings of Indian armed forces? What are each Wing Head called?**

Answer: Army-Head is General, Navy- Head is Admiral and Air Force-Head is Air Chief Marshal.

**2) Name a few professions where people wear uniforms resembling the defence services.**



Answer: Police force and Paramilitary forces.

### 3)What is the meaning or significance of saluting the National Flag during the Parade?

Answer: We salute the flag to show that we are loyal to our country. It is also to pay our respects to those who have served and died to protect our country.

#### Image Source:

[https://commons.wikimedia.org/wiki/File:IAF\\_Uniform.png](https://commons.wikimedia.org/wiki/File:IAF_Uniform.png)

| Time to teach | Asset Type            | Theme        | SubTheme                         |
|---------------|-----------------------|--------------|----------------------------------|
| 5 Minutes     | Inquisitive Questions | Armed Forces | Military Parade, Military Parade |

## 5. DD\_Proud to be an Indian

### Proud to be an Indian

The country we are born in, is called our motherland. We belong to this country and we grow to emulate its culture and heritage. This bond is called patriotism or love for the motherland.

India is an ancient country with a rich cultural heritage. Many freedom fighters have given their lives to protect our country. Soldiers show their love for the country by protecting the country and its borders from outsiders that try to harm our country.



We can also show our love for our country by contributing towards its development.

For example, Dr. A.P.J. Abdul Kalam, our 11th president, was a nuclear scientist. He made India proud by developing rocket launching technology. Similarly, cricket player Sachin Tendulkar made India proud through his contributions to cricket. We can be in any field and yet make our country proud in that field.

Always respect the motherland and cultivate a love for the country.



### Image Source:

[https://commons.wikimedia.org/wiki/File:Sketch\\_of\\_Bhagat\\_Singh\\_\(9969968223\).jpg](https://commons.wikimedia.org/wiki/File:Sketch_of_Bhagat_Singh_(9969968223).jpg) – Attribution: Vikramdeep Sidhu

<https://pixabay.com/nl/photos/pacifist-mahatma-gandhi-71445/>

[https://en.wikipedia.org/wiki/File:Rani\\_of\\_jhansi.jpg](https://en.wikipedia.org/wiki/File:Rani_of_jhansi.jpg)

<https://www.flickr.com/photos/publicresourceorg/27421719506> Attribution: Public.Resource.Org

| Time to teach | Asset Type           | Theme  | SubTheme         |
|---------------|----------------------|--------|------------------|
| 5 Minutes     | Day-to-day Relevance | Nation | Citizen, Citizen |

## 6. SA\_Make Your Own Rainbow

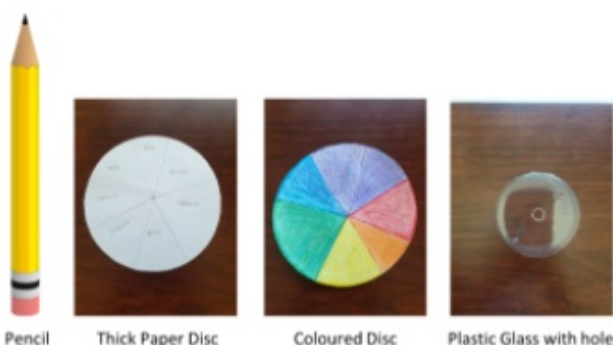
### Make Your Own Rainbow

**Aim:** To create their own rainbow and relate it to coming out with 'Flying Colours'-which means to work hard and achieve success in all that they do.

**Preparation:** The teacher must ensure that students are told in advance to bring the required materials and all students have the materials for the activity.

### Materials Required:

- Pencil
- Thick paper disc divided into proportions and coloured with 7 rainbow colours as shown in the picture below
- Plastic glass with a hole in the bottom



## Procedure:

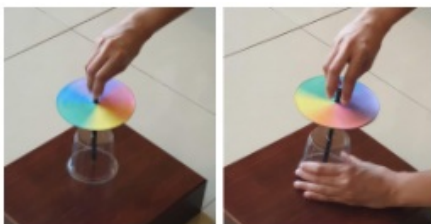
### STEP – 1: Press fit pencil in centre of colour disc



### STEP -2 : Make the pencil stand in the glass



### STEP – 3 : Hold the glass and spin to see the colours mixing



### STEP – 4: As the pencil slows down you will see the pattern



## Image Source:

Pencil - <https://pixabay.com/vectors/pencil-write-sketch-draw-23657/>

Paper disc, coloured disc, plastic glass – OC ( s.suchitra9@gmail.com )

Disc: [www.needpix.com/photo/761476/colour-wheel-spectrum-rainbow-color-wheel-multicolored-palette](http://www.needpix.com/photo/761476/colour-wheel-spectrum-rainbow-color-wheel-multicolored-palette)

| Time to teach | Asset Type | Theme | SubTheme |
|---------------|------------|-------|----------|
|---------------|------------|-------|----------|

|            |                    |       |  |
|------------|--------------------|-------|--|
| 15 Minutes | Suggested Activity | Light |  |
|------------|--------------------|-------|--|

## 7. VC\_Success Needs Determination

### Success Needs Determination

Students! Most of us have heard the story of the determination of the spider in the cave where king Bruce hid after losing a battle and losing all hope. The spider's repeated climb in spite of falling so many times taught the king a lesson-never to despair. The king was inspired to reach his goal at any cost.



Determination is the key ingredient to success and happiness in life. All successful athletes, scientists, parents, doctors, soldiers, social-workers are all the ones with strong determination. and grit.



Here is a story of a real life hero a Padmashri awardee Mrs. Mary Kom Hmangte of Manipur who is as determined as officer Wahida Prism.



Mary is nicknamed as Magnificent Mary for all her achievements, especially the Olympics. She won the world amateur boxing championship for a record of six times. She won the Bronze medal in the 2012 summer Olympics and is ranked as the number one World Flyweight category champion. A gold medal in the Asian Games 2014 and a gold medal in the Commonwealth Games 2018 are some of her other achievements. Coming from a poor background and being a mother of three kids and becoming a member of the Rajya Sabha shows her grit and determination. Inspired by her father, her passion for boxing was so much that her determination to excel took a concrete shape.

Determination is the ability to withstand and focus on a long term goal despite difficulties.

What can you do to develop determination?

- set a goal
- develop a strong liking for it, a passion
- focus on the goal

- discipline yourself to achieve it
- work relentlessly to achieve the goal
- resist disappointments strongly.

### Image Source:

**Spider web:** <https://pixabay.com/illustrations/spider-web-halloween-spooky-horror-2882984/>

**Spider:** <https://pixabay.com/vectors/spider-creepy-arachnid-fear-horror-311548/>

**King:** <https://pixabay.com/vectors/bible-cartoon-comic-1300225/>

**Chart:** <https://pixabay.com/illustrations/success-stairs-determination-career-784350/>

[https://commons.wikimedia.org/wiki/File:Mary\\_Kom\\_with\\_Pranab.jpg](https://commons.wikimedia.org/wiki/File:Mary_Kom_with_Pranab.jpg) Attribution: Government Open Data License - India (GODL)

| Time to teach | Value Type   | Value Sub Type | Value Attribute |
|---------------|--------------|----------------|-----------------|
| 5 Minutes     | Right Action | Duty           | Stories         |

## 8. QA\_Let\_s Recall

### Let Us Recall

#### I. Fill in the blanks:

1. Wahida was very fond of riding a \_\_\_\_\_.
2. Lt. Cmdr. Wahida is the first woman to lead a \_\_\_\_\_.
3. In a parade, \_\_\_\_\_ platoons march behind the leader.
4. \_\_\_\_\_ commands have to be given during the entire parade.
5. A prism is a kind of glass that reflects \_\_\_\_\_ colours.

#### Answers:

1. motor-cycle
2. parade
3. four
4. Thirty six
5. seven

## II. Choose the correct answer:

1- Wahida worked as a \_\_\_\_\_ in the Indian Navy.

- (a) **Doctor**
- (b) Engineer
- (c) Cook

2- Lt. Cdr. Wahida is one of the \_\_\_\_\_ women who has worked on a naval ship.

- (a) many
- (b) **few**
- (c) thousand

## III. State whether these statements are True or False:

1. Lt. Cmdr. Wahida Prism comes from Thannamandi village in Rajouri district of Jammu and Kashmir
2. Wahida did her schooling in a convent school.
3. Wahida did her M.B.B.S. from Jammu Medical College.
4. Wahida is very fond of travelling.
5. First aid is given on every naval ship.

### Answers:

1. True
2. False
3. True
4. True
5. True

### III. Answer the following questions:

#### Q1. Who is Wahida Prism?

Ans- Wahida Prism is a Lieutenant Commander Doctor in Indian Navy. She is the first woman to lead a parade and one of the few women who has worked on a naval ship.

#### Q2. What was Wahida's big dream?

Ans- Wahida's big dream was to become an army officer.

#### Q3. What did Wahida do to join the armed forces?

Ans- After completing her M.B.B.S., Wahida appeared for an interview and received training for six months to join armed forces.

#### Q4. How did Wahida get the opportunity to lead a passing out parade?

Ans- Wahida's seniors gave her the opportunity to lead a passing out parade by seeing her performance for three years.

#### Q5. What does a medical officer do on a ship?

Ans: It is the medical officer's responsibility

- a) to make sure that everybody on the ship stays fit and healthy
- b) carry out medical check-ups
- c) to make sure that cleanliness is maintained
- d) to ensure that there is no garbage or rats on the ship
- e) to keep everybody ready for any medical emergency (like fire accident)

#### Q6. In which other jobs do people wear uniforms?

Ans- Following are some of the jobs in which people wear uniforms as in defence services:

- (a) Police Service

(b) Security Service

(c) Industries

(d) Municipal Department

(e) Postal Department

| Time to teach | Asset Type  | Theme        | SubTheme                 |
|---------------|-------------|--------------|--------------------------|
| 10 Minutes    | Assessments | Armed Forces | Three Wings, Three Wings |

## 9. MS\_Summary\_Defence Officer

### Summary - Defence Officer

In this lesson we discussed the following:

- the process of working of Military Parade
- certain unique features of Republic Day Parade
- the importance of learning about the struggle and achievements of women
- a few aspects of the Indian Armed Forces
- how to create a rainbow
- learned to appreciate Defence Officer Wahida's life and dreams

| Time to teach | Asset Type  | Theme        | SubTheme                                                   |
|---------------|-------------|--------------|------------------------------------------------------------|
| 2 Minutes     | Main Script | Armed Forces | Three Wings, Military Parade, Three Wings, Military Parade |

## **Master Lesson Plan**

### **Seven Asset Methodology for MLP**

|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| What is the purpose of this Master lesson Plan? | This Master Lesson Plan (MLP) prepared by Sri Sathya Sai Vidya Vahini (SSSVV), covers the entire chapter for the given board. The MLP for the chapter given in the textbook is broken down into smaller modules known as assets. Any chapter can be taught using the 7 asset types in SSSVV methodology. Several different assets together complete the entire chapter. Depending on the requirement, each asset is supported by teaching aids such as animated presentation, audio, video, and learning aids such as worksheets. The MLP is for the teacher's preparation and the teaching aids are for use in the classroom. |
| How to use it?                                  | You can prepare for your class with this MLP by following 3 simple steps: 1. Read your textbook; 2. Go through the information given in the assets (document & multimedia); 3. Prepare your teaching notes. Great! Now you are ready to transact the chapter.                                                                                                                                                                                                                                                                                                                                                                  |
| Duration                                        | Kindly note the duration given for each asset. Due care has been taken in planning the assets, to ensure the chapter is completed within the time specified by the Board. Note: Preparation time is not included in the asset duration. The teaching time depends on the duration of the teaching aids and is not impacted by the length of the MLP.                                                                                                                                                                                                                                                                           |
| What is a 'Main Script' (MS) Asset?             | The Main Script asset is there for explaining the main concepts of the chapter clearly. The information given in the textbook is simplified, organised and structured to give more clarity. Additionally, you may find a video or mnemonics or a graphic organiser to deepen the understanding of the concept.                                                                                                                                                                                                                                                                                                                 |
| How to teach using the MS asset?                | Please use the blackboard, slides and interaction to develop the concept.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| What is an 'Inquisitive Questions' (IQ) asset?  | The Inquisitive Questions asset uses questions to promote higher order thinking like the $n^{\text{th}}$ why, what-if, new perspectives, cause-effect, and others, creating curiosity.                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| How to teach using the IQ asset?                | You may use the questions to connect with the students, encourage exploration to engage them in the learning process. You may allow multiple responses and instead of rejecting any of the responses, ask why, before revealing the suggested answer or hints.                                                                                                                                                                                                                                                                                                                                                                 |
| What is a 'Day to day Relevance' (DD) Asset?    | The Day to Day Relevance asset helps students understand the practical relevance of every topic, making them eager participants in the classroom. If students connect the concepts to their environment, they would learn meaningfully without dislike or simply memorizing for exams.                                                                                                                                                                                                                                                                                                                                         |

|                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How to teach using the DD asset?            | You may use the asset by asking questions about their experience and use it to establish why they are learning the topic. If necessary you may substitute with a recent or local example.                                                                                                                                                                                                                                                                                     |
| What is an 'Interesting Aside' (IA) asset?  | The Interesting Aside asset uses attention grabbing titbits or anecdotes to bring joy and satisfy the child's hunger to know more. This is a quick/short asset intended to bring attention back to the main concept being taught.                                                                                                                                                                                                                                             |
| How to teach using the IA asset?            | You may use this asset to give a piece of interesting information relevant to the topic, without prolonged explanation/discussion. You may suggest appropriate books for further reading.                                                                                                                                                                                                                                                                                     |
| What is a 'Suggested Activity' (SA) Asset?  | The Suggested Activity asset provides a detailed step by step procedure for the teacher to conduct a hands-on activity. This promotes Activity Based Learning.                                                                                                                                                                                                                                                                                                                |
| How to teach using the SA asset?            | You may use this asset to energise your students to learn by doing simple, fun-filled activities based on the topic. The asset includes - preparation, activity, and follow-up. You may engage the students in the preparation and follow-up stages to develop collaboration and responsibility. You could try it once, yourself, before the actual delivery to be more comfortable with it. Note: The duration mentioned in the asset is usually for the activity part only. |
| What is a 'Value Content' (VC) Asset?       | The Value Content asset integrates Universal Human Values (such as empathy, inclusivity, respect for nature that translates into responsible behaviour) seamlessly into the curriculum, as the "End of education is character".                                                                                                                                                                                                                                               |
| How to teach using the VC asset?            | You may use this asset to engage with the students to bring out their innate values and connect with the intrinsic values in the topic/concept. The asset includes pointers on the specific pedagogical technique followed.                                                                                                                                                                                                                                                   |
| What is a 'Questions to Assess' (QA) asset? | The Questions to Assess asset uses an interactive approach to check learning of different types of learners, and provides feedback to the teacher for appropriate action. The questions cater to all the levels of Bloom's Taxonomy. Questions from 'Apply' level and above enable students to reflect on their learning.                                                                                                                                                     |
| How to teach using the QA asset?            | You may go through the slides to understand its flow and know when to click for the answer (slides include suggested answers). While presenting in the class, you may display the question and encourage multiple responses, before revealing the answer. In some cases, this asset may include extra questions/worksheet that can be given as homework.                                                                                                                      |