



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI-110034

CLASS –VII
Assignment 4

Critical Thinking Worksheet

Critical thinking helps to cultivate higher order thinking skills. Think beyond the print. It fills the gap between 'why' and 'how' questions that one must answer for himself if he is to internalize, construct and structure his analysis focusing on the topic in hand.

How we handle rejection is far more important than how we treat victory: Swami Mukunananda

It is truly said that if you conquer your mind, you can conquer the world. The mind, after all, can either be your best friend or your worst foe. Elaborating this idea with stories from the Vedic scriptures, real-life events, and his own wise teachings, Swami Mukunananda has penned a new book titled 'The Science of Mind Management' published by Westland, which readers can implement in their everyday lives.

I once saw an unforgettable scene on television. During the devastating floods in Uttarakhand in 2013, a lady whose house had been washed away was being interviewed. Rather than sobbing, unlike others before her, she was thanking God. On being asked by the interviewer how she could be happy in such a situation, she replied, "The house can always be built again. But my husband and children are safe. I am grateful for what I have." This was an example of managing one's mind, to choose happy thoughts, in the face of dreary circumstances.

Most people do the reverse. Even in the midst of comfort and luxury, they feel unhappy. The reason is they have not learnt to choose their emotions well. If we train our mind properly, it will become our biggest resource for optimism, happiness, and determination. We will then be able to courageously face adverse situations—like the present pandemic—and yet remain joyous and inspired within.

In recent times, various studies have established the correlation between our emotional state and physical wellbeing. Interestingly, thousands of years ago, Indians were already aware of this. An ancient scripture, the Yoga Vasishtha states, "Many diseases begin in the mind. When we nurture poisonous thoughts, our manomaya kosha (mental sheath) gets disturbed. This, in turn, agitates the pranamaya kosha (vital energy sheath). That manifests

in the annamaya kosha (physical body) as disease.”

We are all cognizant of the negative emotions in our conscious mind. However, we do not realize that 90 percent of them originate from the subconscious area of our psyche, of which we are not directly aware. This subconscious mind of ours cannot reason logically; it simply believes what we tell it most often.

Self-talk is our internal dialogue—the way we talk to ourselves. It is vitally important because it programs our subconscious. Negative self-talk can program our inner psyche to become our own worst enemy. Conversely, positive affirmations can program it to create mindsets of hope and optimism, and thereby make the subconscious our best friend.

Here are some positive affirmations we can try for developing positivity and optimism:

- “The universe has a great plan for me.”
- “Whatever happens will be for the good.”
- “Every cell in my body is sparkling with bliss and joy.”
- “There is abundance in Creation, and I will always have enough.”

Question:

Q1. What does the author intend to show in this text?

A The negative emotions originate in our conscious mind.

B Negative self-talk can help us perform better.

C Positive affirmations can program our subconscious to create mindsets of hope and optimism.

Q2 Enlist some of the ideas for developing positivity that we can practice, shared by the author.

Q3. What is the author’s attitude towards the idea of positivity and optimism in life? Give a reason for your answer by using information from the article.

Q4. Share an anecdote where you handled rejection with positive thinking.



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MENTAL AGILITY

TOPIC – ALPHABETICAL SERIES

ANSWER KEY

LEVEL 1

SERIAL NO:4

Answer 1: B) KPV

Explanation:

The gap between each consecutive pair of alphabets increases by one.

Answer 2: C) RO

Explanation:

Between H and E there is a gap of two letters while reading them in reverse order.

Answer 3: C) Between P and R

Explanation:

D for 1, F for 2, H for 3, J for 4, L for 5, N for 6, P for 7, R for 8.

Answer 4: B) 17

Explanation:

total number of positions of vowels=14

total number of positions of consonants=31

Answer 5: A) G

Explanation:

The new series: a d e h i l o r u x b c f g j k m n p q s t v w y z

Answer 6: A) F·3

Explanation:

The series relates to F·3

Answer 7: D) t

Explanation:

The new series: p o u t v r d c l e

Answer 8: c) O

Explanation:

The alphabets are C,E,I and U

Answer 9: B)

Explanation:

Arranging the words in alphabetical order, we have : Elect, Elector, Electric, Electrode. Hence, Elector will come in the second place.

Answer 10: D)

Explanation:

Arrange the words in alphabetical order, we have, Backing, Banishing, Banking, Bathing. Hence, Banking will come in the second place.

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