

- Change of Heart Summary
- Literary Devices in The Winner Poem
- Yoga A Way of Life

Change of Heart Summary

"Change of Heart" is a story about Prabhat, a boy who is obsessed with winning games and cannot accept defeat. He only plays games he is sure to win and even cheats to maintain his winning streak. A new student, Surya, joins the school and plays badminton with a relaxed and joyful attitude, regardless of winning or losing. Prabhat cheats to win against Surya but feels unhappy afterward. Observing Surya's enjoyment of games, even when he is not good at them, Prabhat learns the importance of enjoying the game itself rather than focusing solely on winning. This leads to a change in Prabhat's attitude, and he develops a sporting spirit, enjoying games with friends and playing fairly.

Key Elements

- **Characters:** Prabhat (competitive and initially unsportsmanlike), Surya (joyful and sportsmanlike)
- **Themes:** Sportsmanship, the joy of playing, accepting defeat, honesty
- **Literary Devices:** Dialogue, characterization, contrast between characters

Important Quotes

- "If Prabhat sensed that he would lose a game, he would not play it."
- "It's been fun. We should play again some other time," said Surya.

Practice Set

Level 1 – Easy

- Who is the new student in Prabhat's school?
- What game was Prabhat good at?

Level 2 – Moderate

- Why did Prabhat cheat during the badminton match?
- How did Surya's attitude towards winning and losing differ from Prabhat's?

Level 3 – Challenging

- Explain how Prabhat's attitude changed by the end of the story.
- Discuss the importance of sporting spirit as shown in the story.

Answer Key

- Surya is the new student.
- Prabhat was good at badminton.
- Prabhat cheated because he could not bear losing and wanted to win at any cost.
- Surya enjoyed playing regardless of winning or losing and did not get upset about defeat.
- Prabhat learned to enjoy the game itself, play fairly, and developed a sporting spirit.
- Sporting spirit promotes fairness, respect, and enjoyment in games beyond just winning.

Quick Reference

- Winning is not everything; enjoying the game is important.

- Cheating spoils the joy of winning.
- Sportsmanship involves fairness and respect for opponents.

Glossary

- **Defeat:** Loss in a game or competition.
- **Sporting spirit:** Fairness and respect in sports.
- **Cheating:** Acting dishonestly to gain an advantage.

Literary Devices in The Winner Poem

The poem "The Winner" by Georgia Heard describes children playing outside until nightfall. It uses literary devices to create vivid imagery and convey emotions.

Key Elements

- **Repetition:** The phrase "I can't even catch my breath" is repeated to emphasize the children's exhaustion from running.
- **Personification:** Night is personified as a player who "wins" the game, giving human qualities to night.
- **Imagery:** Descriptions like "cold grass aches our feet" and "trees creep close" create sensory experiences.

Textual Evidence

- "We run so fast I can't even catch my breath." (Repetition)
- "Night wins!" (Personification)

Practice Set

- What does the phrase "I can't even catch my breath" mean?
- What time of day does the poem describe?

Level 2 – Moderate

- Explain the use of personification in the poem.
- Describe the imagery used to show the end of playtime.

Level 3 – Challenging

- How does the poet use repetition to emphasize the children's feelings?
- Discuss how the poem reflects the transition from day to night.

Answer Key

- The phrase means the children are out of breath from running fast.
- The poem describes evening turning into night.
- Personification is used by giving night the human quality of winning a game.
- Imagery like "cold grass aches our feet" shows the children's tiredness and the coming of night.
- Repetition emphasizes the children's exhaustion and energy spent.
- The poem shows the gradual change from daylight to darkness, signaling the end of play.

Quick Reference

- Repetition emphasizes strong feelings.
- Personification gives life to non-human elements.
- Imagery helps readers visualize scenes.

Glossary

- **Repetition:** Repeating words or phrases for emphasis.
- **Personification:** Giving human traits to non-human things.
- **Imagery:** Descriptive language that appeals to the senses.

Yoga A Way of Life

Yoga is an ancient physical, mental, and spiritual practice originating in India. The word "Yoga" means "to unite," symbolizing the harmony of mind and body. It involves postures (asanas), breathing techniques, and meditation to promote health and well-being.

Key Elements

- **Physical Benefits:** Increases flexibility, strength, balance, and reduces body pain.
- **Mental Benefits:** Calms the mind, reduces stress and anxiety, improves concentration and sleep quality.
- **Spiritual Aspect:** Promotes harmony between human and nature, and inner peace.
- **WHO mYoga App:** A free tool launched by the World Health Organization to encourage yoga practice worldwide.

Practice Set

Level 1 – Easy

- What does the word "Yoga" mean?
- Name one physical benefit of yoga.

Level 2 – Moderate

- How does yoga help reduce stress?
- What is the significance of the WHO mYoga app?

Level 3 – Challenging

- Explain how yoga promotes unity of mind and body.
- Discuss the long-term effects of regular yoga practice on health.

Answer Key

- Yoga means "to unite" or "to join."
- Yoga increases flexibility and strength.
- Yoga uses breathing and meditation to calm the mind and lower stress hormones.
- The WHO mYoga app provides accessible yoga guidance to people worldwide.
- Yoga integrates physical postures, breath control, and meditation to harmonize mind and body.
- Regular yoga improves physical fitness, mental calmness, and overall well-being.

Quick Reference

- Yoga unites mind, body, and spirit.
- Asanas improve physical health.
- Meditation and breathing reduce stress.
- Yoga is recognized globally for health benefits.

Glossary

- **Asanas:** Yoga postures or poses.
- **Meditation:** Practice of focused attention to calm the mind.
- **Stress:** Physical or mental tension caused by challenging situations.