

4

Vitamin - M

Summary

The story "Vitamin-M" by Asha Nehemiah is about Ravi and his elderly grandfather, who comes to live with the family because of his weak memory and health. Ravi's mother worries about him and wishes for a "Vitamin-M" to improve memory. She asks Ravi to look after Grandpa during his holidays.

However, Grandpa dislikes being treated like a child and insists on going out alone. Ravi secretly follows him to ensure his safety. During this, Ravi faces many funny and embarrassing situations while trying to hide and keep track of him. Eventually, he loses sight of Grandpa and becomes very worried.

When Ravi returns home, he is relieved to find Grandpa safe and resting. Later, Grandpa surprises everyone by remembering his birthday and giving gifts to the family. He even jokes that Ravi's mother needs "Vitamin-M" for forgetting his birthday.

In the end, it becomes clear that Grandpa is more alert and clever than others think. The story highlights that old people should be respected and not underestimated, as they still possess wisdom and awareness.

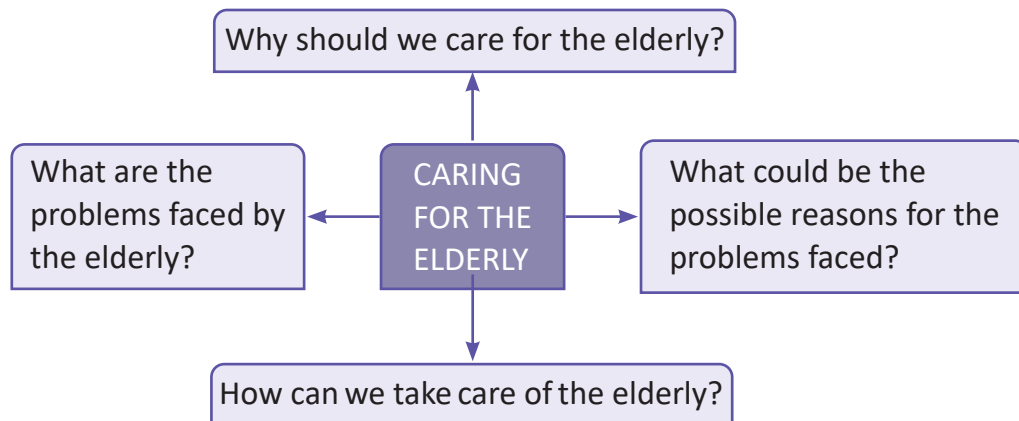
- **Message:** Do not underestimate the elderly - respect their wisdom and independence.

New Terms

- **Frail** – weak and delicate (especially due to old age)
- **Absent-mindedly** – forgetting things easily; not paying attention
- **Bustle** – a lot of noise and activity
- **Pottering** – doing small, unimportant things in a relaxed way
- **Jauntily** – in a cheerful and confident manner
- **Dilemma** – a situation where you have to choose between two difficult options
- **Crouch** – to bend low with knees bent
- **Duck (verb)** – to lower your head or body quickly to avoid something
- **Quizzical** – confused or questioning in expression
- **Evicted** – forced to leave a place
- **Volley** – a large number of things happening at once (e.g., shouts)
- **Deterred** – discouraged or prevented from doing something
- **Confront** – to face or deal with someone directly
- **Frantic** – very worried or frightened
- **Creases** – lines or wrinkles on the skin
- **Darted** – moved or looked quickly
- **Solemnly** – seriously, without smiling
- **Mischievous** – playful in a slightly naughty way

Reflect and Respond

- I. From your experience with an elderly person at home or in your neighbourhood, complete the following graphic organiser.



Now, discuss the points written in the organiser with your classmates and teacher.

Ans.

1. Why should we care for the elderly?

Ans. we should care for the elderly because:

- They have cared for us when we were young.
- They are experienced and wise.
- They need love, respect, and support in old age.
- It is our responsibility to ensure their happiness and safety.

2. What are the problems faced by the elderly?

Ans. Elderly people may face many problems such as:

- Weak health and physical limitations
- Memory loss or forgetfulness
- Loneliness and lack of companionship
- Difficulty in hearing, seeing, or walking
- Dependence on others for daily needs

3. What could be the possible reasons for these problems?

Ans. These problems may occur due to:

- Ageing and natural decline in health
- Loss of friends or life partner
- Busy lifestyles of younger family members
- Lack of proper medical care or attention
- Emotional neglect or isolation

4. How can we take care of the elderly?

Ans. We can take care of the elderly by:

- Show love, respect, and patience
- Spend time talking and listening to them
- Help them with daily tasks and medicines
- Ensure regular health check-ups
- Keep them safe and comfortable
- Include them in family activities

II. Fill in the table given below. You may check your answers with the help of a dictionary.

Word	Not heard this word before	Have heard this word but don't know what it means	I know this word. It has something to do with...	Write the meaning of this word
1. frail				
2. shuddered				
3. poky				
4. forbid				
5. pottering				
6. winced				

Ans.

Word	Not heard this word before	Have heard this word but don't know what it means	I know this word. It has something to do with...	Meaning
1. frail	–	–	- weakness, old age	- physically weak and delicate
2. shuddered	–	–	- fear, shaking	- trembled suddenly due to fear or cold
3. poky	–	–	- small space	- small, cramped, and uncomfortable
4. forbid	–	–	- stopping someone	- to not allow or to refuse permission
5. pottering	–	–	- small activities	- doing small, unimportant tasks in a relaxed way
6. winced	–	–	- pain reaction	- made a slight facial expression of pain

III. Think of a tradition, story, or recipe passed down by grandparents or an elderly relative in your family. What does it mean to you? How does it connect you to your growingup years? Share with your classmates and teacher.

Ans.

A Tradition Passed Down in My Family

- One special thing passed down to me by my grandmother is the tradition of telling bedtime stories. Every night, she would tell me stories about kings, animals, and moral lessons. I always looked forward to those moments because her stories were full of imagination and wisdom.
- This tradition means a lot to me because it is not just about stories, but about the time and love she gave me. It helped me learn important values like honesty, kindness, and courage.
- It connects me to my growing-up years as it reminds me of my childhood, when life was simple and full of joy. Even now, I remember her stories and sometimes share them with younger children.
- This tradition has become a beautiful memory that I will always cherish and continue in the future.

Check Your Understanding

I. Why did Grandpa dislike living in the city with his daughter?

Ans. Grandpa disliked living in the city because it was noisy, crowded, and uncomfortable for him. He missed the peaceful environment of his own home, especially his small brick house with the mango tree, where life was quiet and independent.

II. Why did Vidya not want her father to go out alone?

Ans. Vidya did not want her father to go out alone because she was worried about his safety. He had become forgetful and had already taken a double dose of his medicines and once got lost while going for a walk. Therefore, she feared that he might face danger again if he went out by himself.

III. Was Ravi in favour of his mother treating Grandpa like a child? How can you say so?

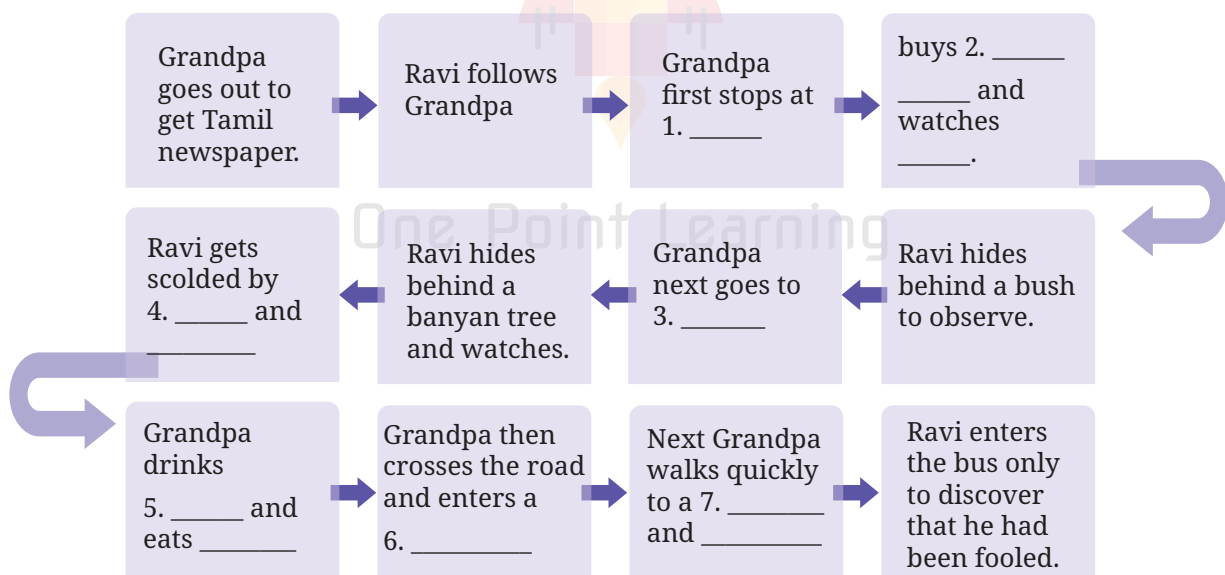
Ans. No, Ravi was not in favour of his mother treating Grandpa like a child. He understood that Grandpa was capable and independent. However, he still followed his mother's instructions and secretly kept an eye on him, which shows his respect for both.

IV. Would Ravi be able to keep up his promise to his mother?

Ans. No, Ravi would not be able to fully keep his promise to his mother. Although he intended to look after his grandfather, he allowed Grandpa to go out alone. However, he tried to fulfil his responsibility by secretly following him to ensure his safety.

Check Your Understanding

I. Complete the flow chart by describing Grandpa's day out.



Ans. Here is the completed flow chart describing Grandpa's day out:

1. Grandpa first stops at a temple
2. (He buys) a Tamil newspaper
3. Grandpa next goes to a park
4. Ravi gets scolded by his mother and the bus conductor
5. Grandpa drinks coffee and eats snacks (tiffin)
6. Grandpa then crosses the road and enters a hotel/restaurant
7. Next Grandpa walks quickly to a bus stop and boards a bus, buys a ticket, and watches people around him

II. Was Grandpa lost as feared by Ravi's mother?

Ans. No, Grandpa was not lost. Although Ravi searched for him anxiously, Grandpa had returned home safely on his own and was found peacefully asleep. This shows that he was more capable and resourceful than his family believed.

III. How would Ravi feel after seeing Grandpa?

Ans. Ravi would feel a great sense of relief and happiness. After a day full of worry and confusion, finding Grandpa safe would comfort him deeply. He is filled with affection, which is shown when he gently touches and hugs his grandfather, expressing his love and care.

IV. Do you think Ravi's mother will get to know about what had happened?

Ans. Ravi's mother does not come to know the full truth. Grandpa only mentions that Ravi had disappeared, without revealing his own outing. Thus, she remains unaware of the entire incident. The detective story book given to Ravi acts as a clever hint that Grandpa knew everything, making it a secret shared between them.

Check Your Understanding

I. Describe how Ravi's emotional reaction upon finding Grandpa safe at home reveals his feelings towards his grandfather.

Ans. Ravi's reaction shows his deep love and attachment to his grandfather. On seeing him safe, he feels great relief and is filled with affection. His gentle actions, like kneeling beside him and hugging him, show that his feelings are warm, genuine, and caring.

II. What might be the significance of Grandpa's habit of giving gifts to everyone on his birthday rather than receiving them?

Ans. This habit shows Grandpa's generous and selfless nature. He finds happiness in giving rather than receiving. It also reflects that he still sees himself as a caring head of the family and is not as dependent as others think.

III. Why do you think Grandpa gave Ravi a detective story book as a gift? What might this suggest about Grandpa's awareness of Ravi's actions earlier in the day?

Ans. Grandpa gave Ravi a detective story book as a playful hint that he knew Ravi had been following him. This suggests that Grandpa was aware of Ravi's actions and was quietly observing everything. His gesture shows his cleverness and sense of humour.

Critical Reflection

I. Read the extracts given below and answer the questions that follow.

1. Grandpa hated the noise and bustle of city life and when they were on their own, he often spoke longingly of his small brick house in town, "Such a wonderful place...! With that big mango tree in the garden! It is so quiet that at dusk you can even hear a leaf fall!" But then Grandpa had slipped and fallen in the garden late one evening while he was pottering around and lain outside all night because there was no one at home to help him up.

(i) Choose the emotion displayed by the Grandfather.

A. Regretful

B. Apologetic

C. Nostalgic

D. Wistful

Ans. C. nostalgic

(ii) Complete the following sentence with a reason.

- Grandpa hated the busy and noisy city life because

Ans. Grandpa hated the busy and noisy city life because it was crowded and disturbed his peace.

(iii) Why did Grandpa come to the city despite his dislike for city life?

Ans. Grandpa came to the city despite his dislike because he wanted to stay with his daughter and spend time with his family.

(iv) Choose an expression similar in meaning to, 'you can even hear a leaf fall'.

A. end of one's life

B. arrival of autumn

C. sign of good luck

D. pin drop silence

Ans. D. Pin drop silence.

(v) State one advantage and one disadvantage of the Grandfather living in the house in town.

Ans.

- **Advantage:** Peaceful and quiet environment.
- **Disadvantage:** No one to help him in emergencies.

2. "I had a quiet morning, but I don't know about Ravi. He just disappeared instead of staying at home to look after me like you told him to," answered Grandpa coolly, while Ravi just looked confused and embarrassed.

Grandpa had another surprise for Ravi. A giftwrapped parcel!

"But, Papa, Ravi's birthday was three months ago. Have you forgotten?" exclaimed Ravi's mother, impatiently.

(i) Choose the option that displays the tone of the Grandfather's response.

A. Apologetic

B. hurtful

C. calm

D. puzzled

Ans. C. calm

(ii) Why was Ravi confused and embarrassed?

Ans. Ravi was confused and embarrassed because Grandpa indirectly pointed out that Ravi had not stayed at home and had followed him instead.

(iii) Complete the sentence with a suitable reason. Ravi's mother was impatient because _____ .

Ans. Ravi's mother was impatient because she thought Grandpa had forgotten Ravi's birthday.

(iv) State whether the following sentence is true or false.

- **Grandfather forgot that Ravi's birthday was three months ago.**

Ans. False.

(v) Why did Grandpa say he didn't know what kind of morning Ravi might have had?

Ans. Grandpa said this in a playful and indirect way. He knew that Ravi had been following him and had gone through a confusing and tiring day. By pretending not to know, Grandpa gently hinted at Ravi's actions without revealing the whole truth. This shows his sense of humour and his awareness of everything that had happened.

II. Answer the following questions.

1. Grandpa is portrayed as a person with failing memory in the beginning of the story. Give two evidences to disprove the statement.

Ans. Grandpa does not actually have a failing memory. This is shown by the following evidences:

- He clearly remembers his way around the city and successfully returns home on his own without any help.
- He remembers his birthday tradition and thoughtfully brings gifts for everyone, showing that his memory is sharp and reliable.

2. Give two characteristic traits of each of the following characters.

(i) Grandfather

(ii) Ravi

(iii) Ravi's mother

Ans.

(i) Grandfather

- **Independent** – He moves around the city confidently without help.
- **Intelligent** (and humorous) – He understands Ravi's actions and responds in a playful way.

(ii) Ravi

- **Caring** – He worries about his grandfather's safety and follows him.
- **Curious** – He observes Grandpa like a detective and wants to know what he is doing.

(iii) Ravi's mother

- **Caring** – She is concerned about her father's health and safety.
- **Overprotective** – She treats him like a child and does not allow him to go out alone.

3. Why was Ravi worried about what Grandfather had at the tea stall?

Ans. Ravi was worried because he thought his grandfather might forget what he had eaten or might consume something unsuitable for his health. Since Ravi believed that Grandpa was forgetful and needed care, he felt anxious about whether he was eating properly and safely at the tea stall.

4. Do you think it was easy for Ravi to follow his Grandfather? If yes, why? If no, why not?

Ans. No, it was not easy because Grandpa moved quickly, changed places often, and Ravi had to hide constantly to avoid being seen.

5. 'Ravi is a good detective'. Give one argument in favour of and against the given statement.

Ans.

- **In favour:** Ravi behaves like a good detective because he carefully follows his grandfather, observes his actions, and tries to gather information without being noticed.
- **Against:** Ravi cannot be called a perfect detective because he loses track of his grandfather and is easily fooled in the end.

6. Was Grandfather aware that Ravi was following him? How do you know?

Ans. Yes, Grandpa was aware. He hinted at it and later gave Ravi a detective story book, showing he knew Ravi had been following him.

7. In your opinion, who needs Vitamin-M? And why?

Ans. Ravi's mother needs Vitamin-M because she forgets Grandpa's birthday and misunderstands his abilities.

8. Some people believe society shows bias based on age (being young or old). Give an example where you might have experienced or observed such discrimination, when opinions were disregarded because of age.

Ans. Example of age-based bias in society

One example of age-based bias is when a young person's opinion is ignored in family discussions. For instance, during a conversation about using technology or making plans, elders may assume that children are too inexperienced to give useful suggestions and dismiss their ideas without consideration.

Similarly, older people may also face bias when their opinions are overlooked because others think they are outdated or unable to understand modern situations.

This shows that people are sometimes judged only by their age rather than by their ideas, which is unfair.

Vocabulary and Structures in Context

- I. Classify the words given in the box on the next page into movement words in Column 1 and sound words in Column 2. One example has been done for you.

pottering	boomed	twirling	crouch
bustle	crawl	creeping	thudded
ducked	shrieks	zigzagging	whirr
evicted	briskly	sprinting	grunted
jumping	darted	trailing	snoring

Column 1	Column 2
pottering	boomed

Movement Words (Column 1)	Sound Words (Column 2)
- pottering	- boomed
- twirling	- thudded
- crouch	- shrieks
- bustle	- whirr
- crawl	- grunted
- creeping	- snoring
- ducked	
- zigzagging	
- evicted	
- briskly	
- sprinting	
- jumping	
- darted	
- trailing	

Now, fill in the blanks with appropriate words from Column 1 or Column 2.

- Detective Shankar, 1. _____ the mysterious suspect through the dimly lit side lanes, away from the 2. _____ of the city, quickened his pace 3. _____. The suspect's heavy footsteps 4. _____ across the street, unaware of the pursuit. Shankar 5. _____ his magnifying glass had to 6. _____ behind the market stalls, 7. _____ through the lanes to avoid being seen. Shankar 8. _____ when he hit himself against a pole. This alarmed the suspect and he 9. _____ into the night leaving only the distant 10. _____ of the sleeping city behind.

Ans. Fill in the blanks:

- | | | | | |
|-------------|---------------|------------|--------------|-------------|
| 1. trailing | 2. bustle | 3. briskly | 4. thudded | 5. twirling |
| 6. crouch | 7. zigzagging | 8. grunted | 9. sprinting | 10. snoring |

Complete phrases:

- Detective Shankar trailing the mysterious suspect through the dimly lit side lanes, away from the bustle of the city, and quickened his pace briskly. The suspect's heavy footsteps thudded across the street, unaware of the pursuit. Shankar twirling his magnifying glass had to crouch behind the market stalls, zigzagging through the lanes to avoid being seen. Shankar grunted when he hit himself against a pole. This alarmed the suspect and he darted into the night, leaving only the distant whirr of the sleeping city behind.

II. Study the highlighted word in the given sentence from the text and fill in the boxes with synonymous words. You may refer to a dictionary.

Off he went, twirling his walking stick jauntily, leaving Ravi in a dilemma.

1. QU_ ND_ _ Y ← DILEMMA → 2. PR_ D _ C _ M _ NT

Ans. Here are the synonyms of “dilemma” filled correctly:

1. QUANDARY 2. PREDICAMENT

III. Fill in the table given below. Check your answers with the help of a dictionary.

Word	Meaning	Part of Speech	Synonym	Antonym
1. craftily				
2. dilemma				
3. furious				
4. boomed				
5. humiliation				
6. attire				

Ans.

Word	Meaning	Part of Speech	Synonym	Antonym
1. craftily	- in a clever but tricky way	Adverb	cunningly	honestly
2. dilemma	- a situation of difficult choice	Noun	quandary	certainty
3. furious	- very angry	Adjective	angry	calm
4. boomed	- made a loud deep sound	Verb	thundered	whispered
5. humiliation	- feeling of shame or embarrassment	Noun	disgrace	pride
6. attire	- clothes or dress	Noun	clothing	undress

IV. Match the emotions / expressions in Column 1 with their meanings in Column 2. One meaning is extra.

Column 1 Emotions/Expressions	Column 2 Meanings
1. embarrassed	(i) affected severely by an unpleasant feeling
2. countered	(ii) to be confused
3. flushed	(iii) expression of emotion
4. stricken	(iv) reply to an argument
5. gleam	(v) felt uncomfortable
	(vi) became red in the face

Ans.

Column 1 (Emotions/Expressions)	Column 2 (Meanings)
1. embarrassed	- (v) felt uncomfortable
2. countered	- (iv) reply to an argument
3. flushed	- (vi) became red in the face
4. stricken	- (i) affected severely by an unpleasant feeling
5. gleam	- (iii) expression of emotion

V. Read the highlighted words in the following phrases from the story. Now, revisit the story and underline the prepositions.

1. I'll just walk across to the corner shop...
2. ...he felt a shadow fall over him ...
3. ...the vendors sitting under the tree...
4. Ravi took position behind a big banyan...

Prepositions are words used to show the relationship of a noun or pronoun to other words in a sentence, often indicating direction, location, time, or manner.

Now, fill in the blanks with appropriate prepositions.

- I walked (i) _____ (through, between, against) the village, crossed a bridge (ii) _____ (over, under, beside) a brook, and found a quiet garden (iii) _____ (among, near, across), a cottage. Sitting on a bench (iv) _____ (on, at, in) the garden, I enjoyed the peaceful surroundings. Later, I strolled (v) _____ (beside, through, along) a riverbank, exploring the forest and heading (vi) _____ (into, towards, beyond) the unknown.

Ans. Prepositions (from the phrases)

(i) across (ii) to (iii) over (iv) under (v) behind

Complete phrases:

- I walked (i) through the village, crossed a bridge (ii) over a brook, and found a quiet garden (iii) near a cottage. Sitting on a bench (iv) in the garden, I enjoyed the peaceful surroundings. Later, I strolled (v) along a riverbank, exploring the forest and heading (vi) into the unknown.

VI. Read the following dialogues from the story.

1. "Shall we play chess or watch the cricket match on TV, Grandpa?" asked Ravi.
2. "Who are you?" said the little boy's mother.
3. "What did you both do today?" asked Ravi's mother.
4. "Have you forgotten?" countered Grandpa.
5. A small child came up to him and asked, "Are you playing hide and seek?"

Now, choose the correct answer.

- A. The words in the quotes are (i) _____ (exclamatory/interrogative) sentences.
 - B. Sentences 1, 4 and 5 are (ii) _____ (Wh-/ Yes, No type) interrogative sentences.
 - C. Sentences 2 and 3 are (iii) _____ (Wh-/Yes, No type) interrogative sentences.
- So, there are (iv) _____ (two/three) types of interrogative sentences.

Ans.

- A. The words in the quotes are (i) interrogative (exclamatory/interrogative) sentences.
 - B. Sentences 1, 4 and 5 are (ii) Yes, No type (Wh-/ Yes, No type) interrogative sentences.
 - C. Sentences 2 and 3 are (iii) Wh-type (Wh-/Yes, No type) interrogative sentences.
- So, there are (iv) two (two/three) types of interrogative sentences.

VII. Read the following conversation.

- ARVIND: Do you help in taking care of your grandparents at home?
- PRIYA: Yes, I do. We take turns making sure they're alright. Do you have grandparents living with you?
- ARVIND: No. My parents and I visit my grandpa every weekend. How do you manage your grandparents' medical needs?
- PRIYA: We have a schedule for giving medications and visits to the doctor.

Now, complete the following sentences in reported speech.

- Arvind asked Priya if she 1. _____ for which Priya replied in the affirmative and said that they 2. _____. Priya further asked Arvind 3. _____. Arvind replied in the negative and said that 4. _____ every weekend. He further enquired 5. _____. Priya responded by saying that they 6. _____.

Ans. Fill in the blanks:

- helped in taking care of her grandparents at home,
- took turns making sure they were alright.
- if he had grandparents living with him.
- his parents and he visited his grandpa every weekend. how they managed their grandparents' medical needs.
- had a schedule for giving medications and visits to the doctor.

Complete phrases :

- Arvind asked Priya if she 1. helped in taking care of her grandparents at home, for which Priya replied in the affirmative and said that they 2. took turns making sure they were alright. Priya further asked Arvind 3. if he had grandparents living with him. Arvind replied in the negative and said that 4. his parents and he visited his grandpa every weekend. He further enquired 5. how they managed their grandparents' medical needs. Priya responded by saying that 6. they had a schedule for giving medications and visits to the doctor.

Listen and Respond

I. You will listen to a podcast on meditation. As you listen, complete the sentences with not more than three exact words that you hear. (Transcript for teacher on page 266).

II.

1. Meditation is a form of yoga that usually refreshes the mind and helps with _____ .

Ans. Meditation is a form of yoga that usually refreshes the mind and helps with stress management.

2. Meditation leads to a better health condition both _____ .

Ans. Meditation leads to a better health condition both physically and emotionally.

3. Meditation also aids in lessening undesirable feelings and improving _____ .

Ans. Meditation also aids in lessening undesirable feelings and improving self-awareness.

4. It is advised that we meditate every day so that it becomes a _____ .

Ans. It is advised that we meditate every day so that it becomes a routine.

5. Meditating on a daily basis is beneficial in comfortably tackling _____ .

Ans. Meditating on a daily basis is beneficial in comfortably tackling exam-related pressure.

Speaking Activity

I. Intonation refers to the pitch of the voice while speaking. In questions, intonation can indicate the sentiment or the expected response.

For example:

- What is your name?
(In Wh and How questions we use a falling intonation towards the end.)
- Are you feeling okay?
(In Yes or No questions we use a rising intonation towards the end.)

- **This is your notebook, isn't it?**
(When we have an affirmative main clause and negative question tag, we use a rising intonation to show we are fairly sure of the answer.)
- **You weren't in the library yesterday, were you?**
(When we have a negative main clause and affirmative question tag, we use a falling intonation to show we are unsure of the answer.)
- **Shall we read this storybook or borrow another one?**
(When we have a question with choices, we use rise-fall intonation.)

Now, revisit the story and select different questions. Work in pairs and practise speaking them aloud according to the examples shared.

Ans. Speak aloud the following questions using the correct intonation:

- **Wh- Questions (Falling Intonation ↓)**
 - Where do your grandparents live? ↓
 - How do you take care of them? ↓
 - Why do they need regular check-ups? ↓
- **Yes/No Questions (Rising Intonation ↑)**
 - Do you help your grandparents at home? ↑
 - Are they feeling better today? ↑
 - Can they manage their daily work alone? ↑
- **Question Tags (Rising Intonation ↑ – fairly sure)**
 - You visit your grandparents every weekend, don't you? ↑
 - They take their medicines on time, don't they? ↑
- **Question Tags (Falling Intonation ↓ – unsure)**
 - You didn't meet them yesterday, did you? ↓
 - They aren't comfortable alone, are they? ↓
- **Choice Questions (Rise–Fall Intonation ↗↘)**
 - Will you help them today or tomorrow? ↗↘
 - Shall we call the doctor or give medicine first? ↗↘

II. **Make a presentation about a brief personal experience related to taking care of an older person. For example, mention a specific individual you cared for or an occasion when you provided assistance to that person.**

You may use the following prompts to structure your narration.

- **Background of your experience**
 - The person I had the privilege of taking care of was...
 - I found myself in a caregiving role for...
 - I took on the responsibility of caring for...
- **Reflect on what you learned about yourself during this caregiving experience.**
 - Did you discover any new qualities or strengths in yourself?
 - How did this experience contribute to your personal growth?
- **Caring for someone taught me valuable lessons about myself, including...**
- **In this role, I learned that I possess the ability to...**
- **One significant realisation about me during this experience was...**
 - Discuss what you learned about the older person you were caring for.
 - What insights did you gain into their needs, preferences, or challenges?
 - How did your understanding of aging evolve through this experience?

- Understanding the needs and preferences of the older person, I learned that...
- Their challenges offered insights into the difficulties of aging, such as...
- Caring for them deepened my understanding of the aging process, particularly...

Ans. Presentation:

Taking Care of an Older Person

- The person I had the privilege of taking care of was my grandfather. He lives with us, and I often helped him with small daily activities like bringing his medicines, reading the newspaper to him, and spending time talking with him. I found myself in a caregiving role especially when he was unwell and needed extra support.
- This experience helped me learn a lot about myself. I discovered that I am patient and responsible. Sometimes it was not easy to manage my schoolwork and help him at the same time, but I learned how to balance both. Caring for someone taught me kindness and understanding.
- In this role, I learned that I possess the ability to care for others with empathy. One significant realisation during this experience was that even small acts of help can make a big difference in someone's life.
- I also learned many things about my grandfather. I understood that older people need not only physical help but also emotional support. He liked it when someone listened to him and spent time with him.
- His challenges showed me the difficulties of ageing, such as weak health and limited movement. Caring for him deepened my understanding of the ageing process and taught me to respect and value older people.

Writing Task

I. As you read in the story, we have a lot to learn from our elderly. Based on the lessons learned from them, write an article for your school magazine on the topic 'Our Inspiring Elderly'.

Organise the article in the manner given below.

Follow the steps given below to write an article about your skills and passions.

Write the title at the top and your name and grade below it.

- **Paragraph 1: Give a brief introduction to the topic. Focus on the main idea, but do not give any details.**
- **Paragraph 2: Give details to support the main idea-how the elderly inspire. Include examples, facts, and quotations.**
- **Paragraph 3: Elaborate on how they overcame challenges and the inspiring impact on you.**
- **Paragraph 4: Conclude with a final comment on the topic and leave the reader with the most important ideas to think about.**

Ans.

Our Inspiring Elderly

By _____, Grade ____

Elderly people are the pillars of our families and society. They have a wealth of knowledge and experience that can guide us in many ways. Their life stories, values, and wisdom inspire us to become better individuals.

Our elderly inspire us through their actions, patience, and strong moral values. They teach us the importance of honesty, kindness, and hard work. For example, grandparents often share stories of their struggles and achievements, which motivate us to face our own challenges bravely. As the saying goes, "Old is gold," their advice is precious and meaningful.

Many elderly people have overcome great difficulties in their lives, such as poverty, illness, or personal loss. Despite these challenges, they remain strong and positive. Their courage and determination inspire me to

stay hopeful and never give up, even in tough situations. I have learned from them that patience and perseverance are the keys to success.

In conclusion, our elderly are a source of inspiration and guidance. We should respect, love, and learn from them. Their wisdom helps shape our future, and their experiences teach us valuable life lessons that we should always remember.

