



Our Family

1

Introduction

Family is the social unit that any person gets membership initially by his or her birth. A collection of families forms society.

As a member of the family, from your childhood you develop good habits which will be quite helpful in future to live as a good citizen. You should determine to work with dedication facing the challenges in life successfully and achieving effective objectives in life.

By studying this lesson unit well, you as a member of a family, will get the opportunity of developing social skills which are essential for you to lead a good social life.

The society that we live in is a collection of a number of family units. Family is the smallest social unit in a society. A person becomes a member of a family by birth. In the same manner, a person spends his whole life as a member of the family.

In relation to various other social institutions that prevail in the society, the family consists of a few members. In addition to that, the family bonds are very strong among the members of a family. Close interpersonal relationships bind the family members with one another. Members of a family help each other all the time in order to fulfill their various needs. They act for the betterment of their family members.

Family units that exist in the modern society can be classified on the basis of their members as:

- Nuclear family
- Extended family

Nuclear Family

Think of the members of your family. It can be a family unit formed by mother, father and children. Nuclear family is a family which consists only of the mother, father and children living in the same residence.



Figure 1.1 - A Nuclear family

Extended Family

In our society, we also have family units consisting of mother, father, children, and some paternal / maternal relatives living together in the same residence. Perhaps yours may also be one such family. Such a family is known as an extended family.



Figure 1.2 - An Extended family

An extended family is a unit of family, which consists of a group of relatives belonging to three or more generations.

Significance of an extended family in relation to a nuclear family

- The strength of the family is greater as there are more members in the family.
- Convenience in obtaining labour for routine household chores/economic activities.
- Children receive love, protection and affection, not only from their parents, but from the other members of the family as well.



Figure 1.3 - A child helping his grandmother

- Adult members of the family receive love, protection, affection and support from other members of the family.
- Younger generation from childhood becomes familiar with the better qualities like treating the adults well, respecting them, helping and supporting them.
- Convenience in transferring culture to the younger generation.
- Since responsibilities are shared among the members, family affairs could be easily and conveniently fulfilled.
- The responsibility of looking after the children is shared among the members of the family.
- Ability to build up broader relationships with the external society.



Figure 1.4 - Family members working together in the garden

Members obtain the opportunity of enjoying the above benefits as a member of an extended family. However, in the modern society, it is a common fact that due to the effects of socio-economic factors like parents engaged in employment in distant places, the families with insufficient home space are compelled to organize themselves into nuclear families instead of extended families.

Nevertheless, even the members of nuclear families perform functions like maintaining relationships with grandparents and other relatives, working in collaboration with them and looking after them all the time. Such acts contribute towards the well-being of both the members of the family as well as the entire society.

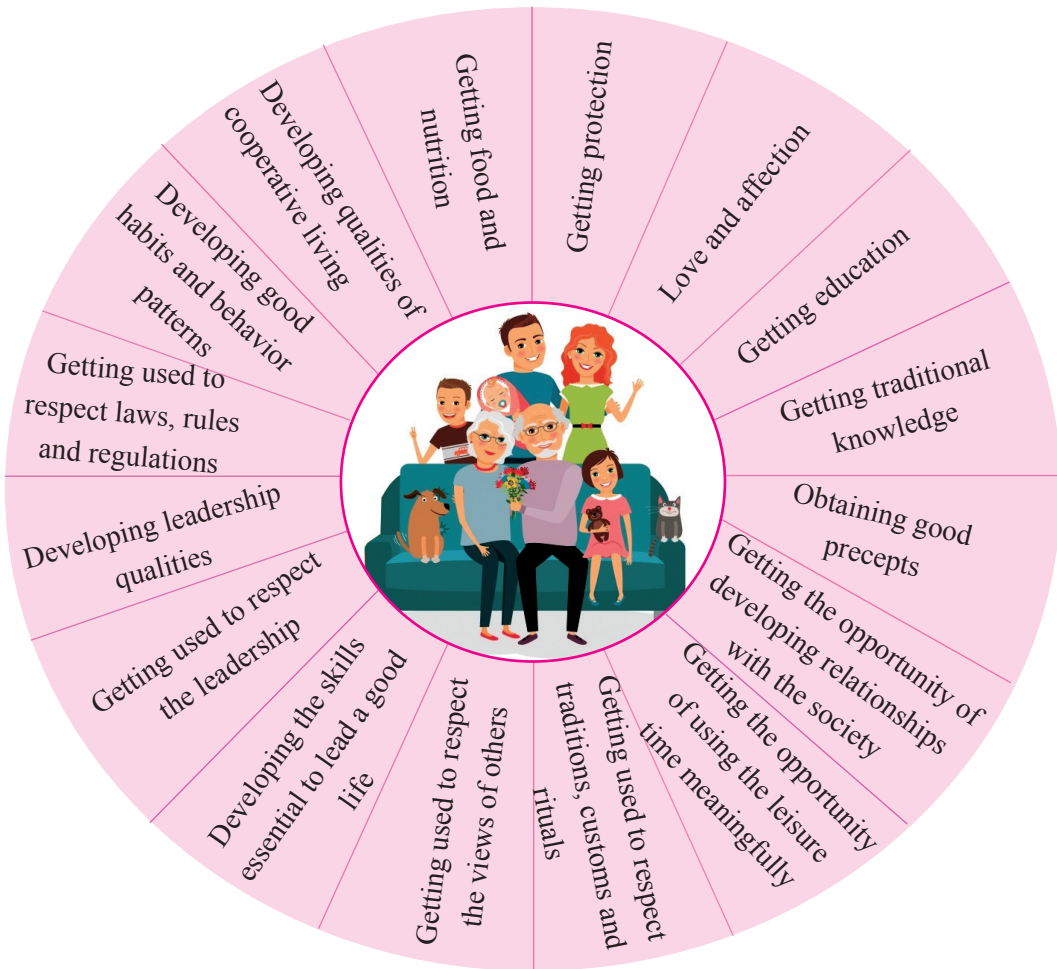
Common features that can be seen in a family

When we consider the composition, performance and the existence of a family, we can observe several significant features of a family unit. Some of them are given below.

- Built up on the basis of kinship
- A nuclear family consists of a few members while the extended family consists of several members
- Members live in one home
- Members maintain close relationships
- The resources of the family are distributed among the members on a fair basis
- Influencing each other for the well-being of the family
- Acting for the benefit of all the members of the family
- Maintaining closer relationships among the members on the basis of qualities like love, kindness, affection and compassion

Stability, strength and good quality of the family units become the foundation of a qualitatively stable society.

Benefits of being a member of a family



Activity 1.1

- Do you prefer to live as a member of a nuclear family, or as a member of an extended family? Give reasons for your answer.
- Prepare a list containing the benefits that you gain by living as a member of a family.

Let us succeed in life through correct objectives of life

Correct and distinct determinations formed with the purpose of making one's life successful can be identified as objectives of

life. Acting on correct objectives of life is very much important to build up a successful life and to ensure a successful way of living. In the same manner when you set your life objectives, it is up to you as a member of a family to pay attention on your own expectations as well as the expectations of your parents. Further, if you can adjust your objectives in life with the expectations of the society that you live in, you will be able to enter the society as somebody who fits well with the society and may become an essential person to the society.

One of your objectives in life may be to pass your examinations well. In order to succeed in this objective, it is not sufficient to have it only as an aim. You should plan and implement suitable processes to achieve those objectives in life. Given below are some examples of suitable procedures that you can follow to achieve the objectives of your life.

Objective: Passing the examination well.

The procedure that should be followed:

- ★ Regular school attendance
- ★ Obedience to teachers
- ★ Following instructions given by teachers
- ★ Engaging in educational activities according to a time table
- ★ Identifying subjects which indicate low performance levels
- ★ Working with greater interest in those subjects
- ★ Obtaining the help of the teachers and peers on these subjects
- ★ Engaging in subject related exercises regularly
- ★ Spending leisure meaningfully

If you follow these procedures well you will get the opportunity of passing the examination well. Maintaining this objective throughout your school life is a way of getting access to higher education. Through this, you will be able to achieve the expected objectives in your life.

Selecting suitable objectives

In some occasions in your day to day life you may focus your attention on various attractive objectives. However, it is also quite important to select the most suitable objective out of them to make your life a success.

There may be occasions in which your attention is directed towards sports, drama and theatre, music, drawing and various technological fields. In such situations, selecting the most appropriate sphere which tallies with your capability and skill and paying attention on developing such competencies may be important in fulfilling your objectives in life effectively.

There are many attractive but inappropriate things that we see in our daily life in society. You must pay greater attention to identify these inappropriate things correctly and avoid them or reject them.

Activity 1.2

Column I of the table given below mentions several objectives that can be achieved in a short term. State the procedures that you should follow to fulfill the objectives in column II.

Column I	Column II
Objectives	The procedure to be followed in order to achieve the objectives
Joining as a prefect of the school prefect board	
Joining the music band	
Joining the school debate team	

Activity 1.3

Given below are some objectives of life achievable in the long term. Arrange the procedure that should be followed in order to fulfill each objective.

- Becoming a teacher
- Becoming a national level player in any field of sports of your choice.
- Achieving a national level victory in any field of aesthetic of your choice

Self esteem

Read the story given below

Little Shyama's Donation

Shyama is a student studying in Grade 5. Mother, father, younger brother and grandmother live at her home. When Shyama comes home after school, she is eager to see until her father and mother come home after work.

One day Shyama awaited her mother and father with a new expectation. As soon as her mother came home she ran to her.

"Mother, father told me that we would go to the town after you came to buy new clothes for brother, me and grandmother," she said. "Shall I join you, mother?"

When Shyama asked so, mother did not respond her at once.

"You stay at home with brother and grandmother. We will buy clothes and come home soon," mother said.

"I have saved some of the money you had given me. I like to buy a ring for me with that. That's why I asked you whether I could come."

Shyama made that request again.

Mother felt happy about Shyama's habit of saving.

"How much have you saved, daughter?" mother inquired Shyama.
" I have one hundred and twenty rupees with me," Shyama replied.

"Well, then let's go."

Shyama's expectation was fulfilled.

Shyama went to town with her father and mother by bus. After getting down the bus they walked towards the shops.

There was a helpless grandfather by the road side.

"Dear Madam, please give me some money to buy something to eat," grandfather requested from Shyama's mother.

Soon, without any hesitation Shyama gave that grandfather the money she had saved to buy a ring.

"God bless you, little madam. May your life be prosperous! May it bring merits to you!," grandfather blessed Shyama.

Grandfather's utterances brought great happiness to Shyama. Shyama's father and mother, too, became very happy about what Shyama had done. Before buying any clothes father and mother bought a ring that Shyama liked most. Shyama came home very happily.

Shyama's contribution to the helpless grandfather's meal, is an occasion that reflected great qualities that Shyama had. Desperateness, hunger of another person, sadness may have shaken Shyama. She fulfilled her duty with regard to it very well.

Better qualities, superior behavioural patterns and special capabilities that you have are always subject to recognition and appreciation by others. In the same way you also have the ability to do a self-evaluation about those qualities that you yourself possess. The pride that you develop in you about better qualities, superior behavioural patterns and your capabilities are known as self-esteem. Your superior qualities may bring self-esteem to you.

If there are weak characteristics in you, try to cast them aside. Sudden anger, failure to take correct decisions, rejecting other's ideas not listening to others, lack of patience and attempting to implement one's own ideas are some of the weaknesses that can be seen in a person.

Avoiding these characteristics will be effective in leading a good social life appraised and appreciated by others.

Activity 1.4

- Name a few characteristics of Shyama which influenced her self-esteem.
- Report great qualities revealed by biographies of heroes like Madduma Bandara and Puran Appu.
- Write a short drama which shows any unique quality referred to in this lesson and present it to the class in groups.

Your Identity

No individual in this world is similar to another in any manner. When we compare the external appearance, lines of the palm or finger prints it is quite clear that they are unique and different from person to person. Given below are imprints of palm and forefinger of three persons. Compare them.

Palm Prints

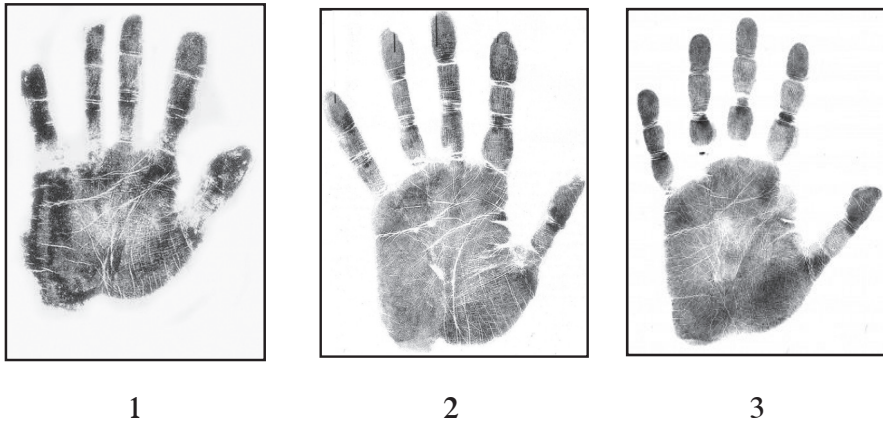


Figure 1.5 - Palm Prints

Thumb Impressions



Figure 1.6 - Thumb Impressions

DNA structure also differs from person to person. DNA structure tests are used at present to identify a person distinctly. You may have learnt from newspapers and other media about the cases in which DNA structure tests are used to identify persons connected with various crimes. This shows how person's identity differs biologically.

Not only your traits and behavioural patterns which grow from your birth, but your unique talents, too, are examples of your identity.

For the protection of your identity and dignity you should also develop better behavioural characteristics, behavioural patterns and your habits of life.

For this you should be conscious to accept good things, and reject unfavourable things in a suitable manner. It is quite important to choose things which are proper and suitable to establish of your identity and dignity.

Given below are some examples of good qualities that you should develop as a member of your family.

- Accept good things and reject bad things
- Identify one's weaknesses and take steps to correct them
- Friendliness
- Honesty
- Self-discipline
- Dedication for the progress of the family
- Tolerate others' ideas
- Respect leadership
- Perform duties while enjoying rights

Activity 1.5

- (1) • If you have any weak qualities identify them by conducting a self-evaluation and write them.
 - Mention the actions you would take to avoid those qualities.
- (2) • Prepare a list of names of exemplary persons you admire.
 - Select two of those characters and list their good qualities.

Let us identify the favourable and unfavourable forces that prevail in our society

We must have good thoughts and wishes. We must follow and practise ethics and customs in order to live in society as a member of the family as well as a citizen. Obtaining good education is also an essential factor that helps to make the life successful. Therefore, the forces that improve these qualities and fulfill needs can be considered as favourable for a successful life. We should always pay attention to identify these favourable forces and bring them closer to our lives.

The family, the school, religious institutions, close friends, good books and good media programmes can be introduced as examples of favourable forces that make life successful.

Your Family

Your parents and elders always expect you to succeed in life. Their highest expectation is to bestow you to the society as a good citizen. The adults, including your mother and father dedicate themselves to develop good qualities in you, improve your capabilities and give you a good education.

Because of these reasons, parents are considered as the first teachers (purvacharya) by the society. Follow counsels and directions given by your parents and elders and try to build up a good life.



Figure 1.7 - Parents helping the child engaged in educational activities

දෙගුරුන් ගුරුන් දුටු දෙවියන් ලෙස	සිතමු
උතුමන් බසින් ඉටු දෙවියන් දැන	ගනිමු
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(සිරිත් මල්දම)

Consider teachers and parents divine. Their words resemble tutelary gods. Therefore worship them often and take good care of them.

அன்னை சொற் கேட்க வேண்டும் - தந்தை
ஆணைக்கிணங்க வேண்டும்
தன்னை வணங்க வேண்டும் - பிறர்
தம்மை மதிக்க வேண்டும்

ஆசிரி யர்க்க டங்கி - கிளியே
அறிவை வளர்க்க வேண்டும்
தேசம் வாழும் தொழிலில் - மிக்க
திறமை ஓங்க வேண்டும்

-சுத்தானந்த பாரதியார்

Be obedient to mother and father and protect your self dignity so that others respect you. Be obedient to teachers and develop your knowledge so that you can find an occupation which the nation depends on.

School

The school is an important institution of which you become a member during your childhood. All the activities that take place in school are planned with the objective of directing your life towards success.

A great service fulfilled by the school is to bestow a good citizen to the country by providing you with education, shaping up your skills, and inculcating spirituality. Your teachers and other people who serve the school work with commitment to fulfill this task for you. Therefore, the school is always important for your life.



Figure 1.8 - Students practising under the guidance of a teacher



Figure 1.9 - Students learning under the guidance of a teacher

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බොරු නොවෙයි පෙර පඬිහු බස ම	ය
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(සිරිත් මල්දම)

Ancient scholars have said that following and respecting noble words of teachers lead to success.

Attributes of teachers and parents are noble. People who honour them will gain great happiness.

அறிவை வளர்த்த ஆசா னை
அன்னை என்று மதிப்பே னே
சிறிய வயதில் அரிச்சு வடி
சீராய்ச் சொல்லித் தந்தா ரே

நல்வழி பலவும் சொன்னாரே
நலமாய் வாழச் செய்தாரே
அல்வழி தன்னில் போகாமல்
அன்பு வழியைச் சொன்னாரே

நன்றி- சாரணாகையூம்

I respect my teachers similar to my mother because they developed my knowledge and taught me the alphabet in my childhood. They guided me of the righteous path to live a better life. They directed me through the path of love and affection and prevented me from misdeeds.

Activity 1.6

- Name two programmes implemented in school to develop good qualities in you.
- Select one such programme and briefly explain the moral lessons that you learnt from it.

Religious Institutions

You may be a follower of Buddhism, Hinduism, Christianity/Catholicism, Islam or any other religion. Whatever religion we follow we may perform various religious activities at religious places. The main objective of these programmes is to provide religious knowledge, to guide us in the correct path and to establish good morals.



Figure 1.10 - A group of people engaged in religious observances in a Buddhist temple



Figure 1.11 - A group of people engaged in religious observances in a Hindu temple



Figure 1.12 - A group of people attending divine service in a Christian church



Figure 1.13 - A group of people engaged in religious observances in a Masjid

The service rendered by religious institutions is of great importance for the success of our lives.

Therefore, building up close relationships with these religious institutions, participating in programmes organized by the institutions will be quite beneficial for us. Obtaining and following the advice given by priests will contribute to have a life rich in goodness.

Activity 1.7

- Name a few programmes conducted in a religious institution close to your home.
- Among them name the programmes you liked the most and explain the benefits you gained from them.

Intimate Friends

We have an inborn desire to associate friends, but selecting friends for companionship should be done very carefully. We should be familiar with friends who bear good qualities, act intelligently, who advise you of good and bad things, and who conduct themselves better. By associating such friends you can add good qualities to your life. At the same time, they will never tempt to do any incompatible thing in your social life. Associating intimate friends supports you to succeed in life.

Activity 1.8

- Write several good qualities that you can see in an intimate friend you closely associate.

Good Books

You may have heard of the famous saying “Reading maketh a full man”. You must practise reading good books in order to use your leisure meaningfully. Through this you can gather new knowledge to your life. You can also select role models for your life by reading biographies.

Activity 1.9

- Name two exemplary biographies you read recently.
- Note down the lessons you can learn from them.

Good Media Programmes

You have the opportunity of using printed media such as newspapers, magazines and electronic media such as television, radio, internet during your leisure. Media is important for you to receive information, propagate your ideas, creations and abilities through the media. When using media it is important to select effective programmes and study them or watch them.

For the success of your life, it is quite important for you to use programmes which provide you role models, that inculcate thoughts and expectations, and support you to improve your skills and potentials.

Activity 1.10

- Find out radio or television programme schedules published in daily newspapers.
- Select the most useful programmes for you as a student from the above schedules.
- Whenever you are at leisure use it to watch/listen to these programmes.

Given below are some other institutions which are beneficial to the society.

- The library
- Community Development Society
- Institutions dealing with prevention of drug addiction

- Temperance Movement
- Organizations against cruelty to animals
- Environmental conservation institutions

Working in collaboration with these organizations and institutions may be beneficial not only to you, but to the society as well. It is very important to identify the forces that bring evil to the society and try to avoid them for the protection of our lives.

Drugs, smoking, alcohol, etc. directly influence the deterioration of a person. Drug addiction and smoking not only lead to physical and mental deterioration, but also cause deadly diseases like cancer. Addiction to smoking and alcohol leads to the loss or waste of hardly earned money. Such addicted persons may be subject to contempt by the society.

Activities like reading unsuitable books, watching improper video clips cause degradation of a person's character to a great extent. Further, they will tempt to engage in wrongful acts and adapt wrongful ways of living. Therefore, our special attention should be paid to refrain from such activities.

Association of bad friends is the main reason for the deterioration of favourable life expectations of a person. Directing towards wrongful acts, obstructing good deeds are some examples for the harmful effects of associating bad friends. Therefore, it is always beneficial if you can avoid friends who misdirect you. As a member of the society it is your duty and responsibility to try to direct your friends who engage in wrongful acts, towards the proper path.

සෞඳුරු ගුණ නුවණ යුතු උතුමෝ පහර
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 රුදුරු කටු පහණ නැති සමකල හසර
 අඳුර සමග වූ කල වේය බියකර
 (සුභාමිතය)

The meaning of the above poem in simple language is given below.

Even great personalities having good qualities and intelligence become barren when they associate cruel bad persons. Though a path is not hard with thorns and stones when it is accompanied with darkness, it becomes dreadful.

Let us spend the leisure effectively

Being accustomed to using your leisure effectively will be beneficial to you. Your engaging in sports, aesthetic activities and creative work during your leisure improves your capabilities and talents. These activities may also enhance your physical and mental stamina.

Qualities that a person improves by engaging in sports

- Bear victory and defeat happily
- Law abiding
- Appreciate fairness
- Follow commands
- Work in team spirit
- Courage/enthusiasm/ perseverance
- Enjoyment and happiness



Figure 1.14 - Students playing a game



Figure 1.15 - Students engaged in dancing practices

You can engage in aesthetic activities during your leisure. A few aesthetic activities you can easily engage in are given below.

- Drawing
- Reciting poems / composing poems
- Singing songs / composing songs
- Writing dramas / plays
- Playing musical instruments
- Landscaping



Figure 1.16 - A student engaged in an aesthetic activity during leisure

Benefits that you can gain by engaging in aesthetic activities

- Fun
- Enjoyment
- Control of feelings and emotions
- Development of the ability to express feelings and emotions with restraint
- Development of the ability to appreciate different moments of life aesthetically



Figure 1.17 - Children playing indoor games with elders

You can also engage in designing while improving other abilities you have. Diverse occasions and experiences of life, and the splendour of nature can be expressed through various creations. Various occasions in life can be enjoyed aesthetically through poetry, songs, drama, short stories and drawing,

You can also get the opportunity of engaging in sports and aesthetic activities with members of the family during leisure.

Reciting poems, singing songs, engaging in sports, watching dramas and going on picnics are some other examples. Even you can make room to engage in old folk games or indoor games with your elders and parents. Through this you get the opportunity of being aware of ancient sports and games.



Figure 1.18 - Children in a picnic with parents

Activity 1.11

- Learn about your ancient folk games and sports from your teachers and elders.
- Collect information on one such folk game.
- Collect some folk poems and recite them to the tune.

Let us overcome challenges

In order to develop and maintain a successful life, it is important to work towards effective objectives. When striving to achieve them, we are compelled to face various obstacles and restraints. These can simply be referred to as challenges. Any person may face challenges in his/her daily life. **Living means facing challenges.** We employ various strategies to overcome these challenges. Favourable results of the most effective strategies used to overcome these challenges, always direct a person towards success.

As a member of a family you may also be subject to various challenges. Given below are examples of a few challenges faced by a family of the present day.

- Parents being employed in foreign countries/ since both parents are employed children are deprived of their love and protection
- Lack of leisure
- Differences in attitudes, thoughts and expectations among members of the family
- Differences in emotional states among the members of the family
- Busy lifestyle
- Insufficient income for living

Sometimes the challenges faced by a family may be more complex than the above mentioned ones. However, there are various means to follow to overcome any challenge. The way to success is to follow the most appropriate strategy for the occasion to overcome the challenges.

As a student, you may also face various challenges. Your determination should be to complete your education successfully while overcoming the challenges that you face. The crucial factor that determines your position in society is your education. Therefore, you should take an interest to obtain proper future educational results.

You may have learnt from the media about courageous personalities who rendered great service to society. Though they were born in remote areas in the country, grew up with innumerable economic difficulties and sometimes went to school on foot, they completed their higher education successfully and held key positions in the public and private sector rendering a huge service to the country.

You may have information about internationally recognized sportsmen and women who brought fame to the country. They developed their sports skills and talents by overcoming various challenges. In this manner, there are many outstanding personalities in many fields of the country who became successful by overcoming challenges they faced. Taking them as your role models, work with determination to overcome challenges in order to make your life successful.

Activity 1.12

- Read several biographies of “Persons who overcame difficulties and become victorious”.
- Note down the lessons you learnt from these stories.

Let us manage our emotions well

On different occasions in our life we undergo various experiences. Such experiences generate various thoughts in the human mind. These thoughts can simply be called emotions. The ability to manage such emotions effectively and controlling them, is quite essential for a person to lead a good social life.

Depending on various situations that people face in their daily life, various types of emotional conditions arise. Happiness, sadness, compassion, sympathy, fear, anger are examples of some such emotional states.



Figure 1.19 - Happy

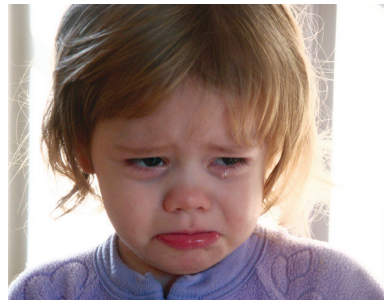


Figure 1.20 - Sad



Figure 1.21 - Frightened



Figure 1.22 - Angry

When the mind is subject to various emotional states, they can be identified by facial expressions. Try to identify the emotional states shown by each figure given above by examining them carefully.

Think of an occasion you were very sad. In such a situation, physical reactions such as sighing, weeping and face turning pale, occur involuntarily.

Think of an occasion you became very happy. In such a situation you will express behaviour such as; laughing, dancing, jumping up, etc.



Figure 1.23 - A team of sportsmen after their victory

Trembling hands, face turning red, are the common features of a person when he suddenly becomes very angry. Inability to control and manage unfavourable emotions, harmfully affects a person's mental and physical health. On some occasions if a person cannot fulfill his intentions and expectations in the same way as he wishes, emotions like

sadness and sorrow may be generated in the mind. Failure or inability to gain higher examination results should not create an emotional state of losing hope about life. Sitting for the examination again or determining to engage in educational activities with much interest will help to fulfill the intentions.

Giving way to unwholesome emotions such as, sudden anger and motive to take revenge, harmfully affects the person himself as well as the well-being of society. You may have witnessed such incidents through media.

Therefore, management and control of emotions in a favourable manner should become a habit in life.

Passing an examination, winning a competition and birth day are several occasions that make you happy and you express your happiness. On such occasions express your happiness meaningfully so that it makes another person happy.

Instead of celebrating your birthday by having a party share your happiness giving alms to a group of desperate elders or donating school instruments to a group of poverty stricken children.

Given below are some activities that can be followed to control unfavourable emotions.

- Engage in religious activities
- Walk
- Recite poems /sing
- Aesthetic activities like drawing
- Read books
- Admire the beauty of the surroundings
- Listen to the radio

- Watch meaningful television programmes
- Read newspapers
- Engage in sports activities

To engage in these activities with a peaceful mind, will be quite favourable in managing emotions.

Activity 1.13

- Mention some activities which you can follow to control emotions, other than the activities given in the lesson.
- Prepare a list of effects caused in certain situations, as a result of involuntary unfavourable emotions.

Factors that an intelligent consumer should consider

Daily needs like food, beverages and medicine are fulfilled by purchasing them from the market. We have to spend a substantial amount of our income to satisfy our daily needs. We must pay special attention to several factors to purchase high quality goods utilizing the limited amount of money we have to its maximum.

As a consumer it is very important to be cautious about market conditions. The consumers are made aware of prices of essential consumer products like rice, vegetables, etc through media such as radio and newspapers. If the consumer is well aware of the prices of goods that he is going to buy he can compare the prices and the qualities and buy the goods of high quality at lower prices.

When there is a scarcity of certain goods their prices may increase in the market. In such situations the consumer can turn to substitutes of similar quality.

We should also be aware of the price control policies implemented by the government. Then we can buy goods that we need at controlled prices.

It is compulsory for the traders to display a consumer price list in their shops. It is useful for the consumers to be aware of the prices of goods they are going to buy

Vegetables		Price
Pumpkin	1 Kg	Rs 40 /=
Brinjal	1 Kg	Rs 150 /=
Egg plant	1 Kg	Rs 130 /=
Radish	1 Kg	Rs 80 /=
Ridged gourd	1 Kg	Rs 110 /=
Tomato	1 Kg	Rs 100 /=
Lime	1 Kg	Rs .50 /=
Beans	1 Kg	Rs 100 /=
Snake gourd	1 Kg	Rs 110 /=

Figure 1.24 - A price list displayed in a shop

Following information must be printed on the products that are in packages

- Date of Manufacture
- Expiry Date
- Maximum Retail Price
- Net Weight
- Ingredients

Date of Expiry ஒறுத்தல்து துதய காலாவதது ததுதது	DD / MM / YY
Date of Manufacture ததுததுதது துதய உற்ததுதது ததுதது	09/03/16
Date of Re-packing ததுததுதது துதய ததுதது ததுதது	24/10/14
Maximum Retail Price LKR. ததுதது ததுதது துதய ததுதது ததுதது துதய	09/03/15
Maximum Retail Price LKR. ததுதது ததுதது துதய ததுதது ததுதது துதய	325.00
Batch Code ததுதது ததுதது துதய ததுதது ததுதது துதய	15063A2
	10:22 AM

Figure 1.25 - Label of a product

As a consumer it is quite important to examine the above information to purchase quality goods.

When purchasing vegetables and fruits, a consumer should pay attention to several factors.

Freshness is a fundamental factor that indicates the quality of vegetables and fruits. When purchasing food items like fish, it is very important for us to know how the freshness can be identified in them.

Specially, when we purchase fruits we should be cautious whether they are suitable for consumption. It is often revealed that certain chemicals are used to ripen and preserve fruits. Consumption of food items which contain chemicals is highly harmful to physical health. Since they cause various illnesses, consumers should be conscious to refrain from consuming them.

Activity 1.14

- Collect newspaper reports on incidents of wrong practices of preserving food.
- Discuss with your teacher about purchasing and using medicine. Make a note of the facts elicited in the discussion.

The importance of the world of work and how the income of the family affects the living conditions

All the citizens that live in society make use of various goods and services in order to fulfill their daily needs. A large number of people are engaged in various occupations related to production, distribution and trading of goods and services that we utilize to satisfy needs and wants. Many essential things which satisfy our food



Figure 1.26 - Farmers working in the paddyfield

requirements are supplied by such fields like agriculture and fisheries industry. Think of the employments related to the sphere of agriculture.

In the same way, education, health, transport, electricity, security services, etc are also useful to fulfill our needs. A large number of people are employed in occupations related to such services. In addition to this many people are also employed in various industries and constructions.

There are also a large number of people engaged in self employments contributing their labour to fulfill the needs of society. A large number of self employments exist in sectors like animal husbandry and trade. Accordingly all the occupations related to all the functions performed for the benefit of citizens can be identified as the world of work.

In the world of work, whichever sector or whatever work people are employed in, they contribute their labour to serve the society. We should appreciate the contribution of their labour.

Based on the service conditions there are workers paid on a daily, weekly or monthly basis. In certain situations the payment for the service is given once they complete the assigned work.

Either your father, mother or sometimes both of them may be engaged in occupations associated with the world of work. A large



Figure 1.27 - People engaged in fisheries industry



Figure 1.28 - A doctor and nurses treating a patient



Figure 1.29 - Parents with their child purchasing goods

portion of their earnings is spent on purchasing goods and services essential to fulfill the needs of family members. It is quite essential to engage in a legitimate occupation to earn a sufficient income for the survival and progress of the family.

Benefits of earning a sufficient income through employment

- Ability to fulfill daily needs of the family
- Get the opportunity to consume a sufficient amount of goods and services for the members of the family to fulfill of their needs
- Ability to maintain a good living condition
- Ability to save a part of the income for the use in case of an emergency

If the occupation of the parents is lost due to some reason it will affect all the members of the family unfavourably.

As the family does not get a sufficient income the family faces the problem of fulfillment of basic needs like food, clothing, shelter, education and health. Lack of sufficient income basically leads to the downfall of the living conditions of the family.

When parents are engaged in occupations sometimes they have to leave home for distant places for their employment. It is also common now for some parents to leave the motherland for employment abroad. Due to these factors modern family units are subject to various challenges. Some of these situations are given below.

- Members of the family lose the protection of their parents
- Children are denied of the proper enjoyment of love and affection of their parents
- Seeking support from external people for the protection of the family members

As a member of the family you should be able to understand these challenges properly. You should also develop strength and ability

to face these challenges successfully. Ensuring the protection of family members and following the advice given by parents, elders and teachers are some effective strategies that can be followed to overcome these challenges successfully.

When seeking the support of external people to fulfill the needs of the family, it is also quite essential, to be cautious about the security of the family members. Overcoming these challenges successfully will result in the progress of the members of the family.

Activity 1.15

- Prepare a list of occupations related to the following sectors.
 - Occupations related to paddy cultivation
 - Occupations related to fisheries industry
 - Occupations related to the education services
- Prepare an article stating the benefits gained by the members of a family when the parents are employed.

Let us fulfill our obligations while enjoying our rights

Entitlements that you own from your family to lead a good life may simply be called rights. Think of the rights that you get from the family to lead a good life. Examples for some of those rights are given.

- Providing food and nutrition
- Providing health facilities
- Clothing
- Shelter
- Love, affection and compassion of the parents
- Protection and security of the parents and adults
- Providing education

The enjoyment of these rights will help you to become a person with good mental and physical health. Parents also act with commitment to give you a good education and it will set up the background for you to lead a good social life in future.

Be keen enough to make your life better while properly enjoying the rights you own from your family.

In relation to the rights that we enjoy, there are a set of obligations and responsibilities that we should perform. Each and every right that we enjoy in turn, binds us with certain obligations and responsibilities attached to them. Fulfillment of these obligations and responsibilities further may lead to establish the rights that you enjoy. In the same way the fulfillment of your obligations towards your parents help in turn to safeguard their rights.



Figure 1.31 - Children worshipping their parents



Figure 1.32 - A child studying in a study room



Figure 1.33 - A family

Receiving the love of your parents and living in a happy family environment is a right that you have. Your obligation in turn is to love, be compassionate, be obedient to and respect them. When you

fulfill your obligations towards your parents and adults their love and attachment towards you will increase. Safeguarding the customs and traditions maintained by your family and your contribution to maintain them further is also an obligation you have towards your family.

Education is a right that you have. Your duty and obligation is to engage in educational activities with enthusiasm, be obedient to teachers and follow the instructions and advice given by them. It is also a duty of you to get education well and serve the society as a good citizen.

Protection of the things in the family, taking the leadership of the family when the parents are away from home, looking after the younger brothers and sisters are the responsibilities of the children.

- Earning a living by engaging in a legally recognized occupation
- Leading an exemplary life
- Providing protection and security to the family members
- Fulfillment of food and nutritional needs
- Taking the leadership of the family
- Taking correct decisions with regard to affairs of the family

are some examples of the obligations and responsibilities of parents.

Proper fulfillment of the obligations and responsibilities is very important. It develops interpersonal relationships among them and confirms the persistence of the family.

You are now aware that society is formed of a collection of numerous family units. In order to generate a wholesome society, it is essential that members also become completely wholesome. There are

a large number of qualities that you should develop when you work as a member of a family. Development of these qualities in you, provides a good citizen to the society and supports you to lead a good social life. Always try to develop the qualities that are necessary for you to lead an exemplary life. Therefore accept follow the advice and guidance given by the parents and adults properly.

The qualities that a good citizen should have

- Act with self-discipline
- Respect the leadership
- Protect public property
- Work with cooperation
- Take decision through discussion
- Affection and kindness towards others
- Simple way of living
- Taking leadership
- Honesty
- Patience
- Respect ideas of others
- Friendliness
- Selflessness
- Politeness

Activity 1.16

- What are the duties you carry out daily on behalf of your parents and elders?
- Collect several songs and poems which praise the qualities of mother and father. Practise singing them to the tune.

Let us build up favourable relationships with the members of the family and the neighbours

You may be a member of either a nuclear or an extended family. However, there are obligations and responsibilities attached to the relationships maintained with the maternal or paternal relatives. From your childhood you should develop the habit of identifying their relationships, and use of appropriate words to address them in order to maintain family relationships. Identifying the relatives and paying due respect to them, treating them well, and fulfilling your obligations towards them will be effective in developing ecstasy and respect towards you among your relatives.

Kinship terminology of the maternal and paternal relatives

Paternal Relatives	Your relationship to them	Maternal Relatives	Your relationship to them
Your father's...		Your mother's..	
Father	Grand father Seeya (Paattan)	Father	Grand father Seeya (Paattan)
Mother	Grand mother Aachchi (Paatti)	Mother	Grand mother Aachchi (Paatti)
Elder Brother	Uncle Mahappa (Periyappa)	Elder Brother	Uncle Maama
Younger Brother	Uncle Baappa (Sittrappa)	Younger Brother	Uncle Maama

Elder Brother's wife	Aunt Loku Ammaa (Periyamma)	Elder Brother's wife	Aunt Nanda (Maami)
Younger Brother's wife	Aunt Punchi Ammaa (Sinnamma)	Younger Brother's wife	Aunt Nanda (Maami)
Brother's son	Cousin brother (Chagotharan)	Brother's son	Cousin Brother Massina (Machchan)
Brother's Daughter	Cousin sister (Chagothari)	Brother's Daughter	Cousin Sister Naena (Mathini/ machchal)
Elder /sister/ Younger Sister	Aunt Nendaa (Maami)	Elder /sister/ Younger Sister	Aunt / Loku amma Punchi amma (Periyamma/ Periyannai, Siriya thaa/siriyanai)
Sister's husband	Uncle Maamaa	Sister's husband	Loku thaaththa baappa (Periya Thanthai/ Siriya Thanthai)
Sister's Son	Cousin Brother Massina (Machchan)	Sister's Son	Cousin Brother chagotharan
Sister's Daughter	Cousin Sister Nenaa (Mathini/ machchal)	Sister's Daughter	Cousin Sister (Uravu muraich chagothari)

Words used to address relatives differ from region to region. Some terms which are regionally used, are given below.

Father	:	Thaaththaa / Appachchi / Appuchchaa
Grandfather	:	Seeya / Aathaa / Muththaa
Aunt (younger)	:	Punchi Ammaa / Podi Ammaa / Balammaa / Kudammaa
Uncle (younger)	:	Baappaa / Punchi Thaaththaa / Kudappaa
Uncle (elder)	:	Loku Thaaththaa / Mahappaa / Loku Appachchi

Numerous benefits can be gained by maintaining relationships with the relatives. Younger generation gets the opportunity of receiving knowledge about customs, traditions and cultural practices from the elder relatives. These relationships immensely contribute to pass down the skill of practising these customs and traditions from generation to generation. Working in harmony with relatives contributes to the growth of qualities related to collaboration in the younger generation. As a result of mutual help and support; relatives will tempt to help you in emergencies.

Association with relatives is immensely beneficial to pass down these practices to the younger generation. Relatives participate in various functions of the family. Religious activities held at home, weddings, housewarming ceremonies are examples of some such functions.

These opportunities of meeting relatives generate happiness and pleasure among members of the family.

Participation of all the members of the family at funerals is a commendable feature. When a relative of a family passes away, it is a social tradition followed by the close relatives to gather together to pay last respect to the deceased.

Lullabies and local folk songs also have attempted to generate love, respect, bond in the small children towards family members.

පුංචි අම්ම සීදේ	වී
අනේ වළල්ලක් ද	වී
මගේ පුතා හිනැනේ	වී
හිනැහි හිනැහි නිදියා	වී

Punchi amma (aunt) is kind and she will gift you a bangle

My little baby will smile with joy and sleep happily

ஆராரோ ஆரிவரோ ஆராரோ ஆரிவரோ
 ஆடிச்சு நீயமுதாய் அரிய கண்ணால் நீர் வழிய
 ஆடிச்சாரைச் சொல்லியழு ஆக்கினைகள் பண்ணி வைப்போம்
 தொட்டாரை சொல்லியழு தோள்விலங்கு மாட்டி வைப்போம்
 மாமி அடிச்சாளோ மல்லிகைப் பூச் செண்டாலே
 பாட்டி அடிச்சாளோ பால் வார்க்கும் சங்காலே
 ஆச்சி அடிச்சாளோ அமுதூட்டும் கையாலே
 ஆண்ணா அடிச்சாளோ அரைஞாண் கயிற்றாலே
 ஆண்பனையின் நுங்கே அணில் கோதா மாம்பழமே
 பிட்டு நான் கேட்பேன் குஞ்சரமே கண்வளராய்

Customs, and traditions practised in the family

Customs

There are customs and traditions connected with various matters of the family. They are followed in different occasions in the life of the family members. Customs guide us on those that we should do and avoid. Knowledge about the customs followed at the following occasions are important. They are:

- Laying the foundation stone for a new house
- House warming ceremony
- Introduction to the letters of the alphabet (Akuru Kiyaweema) ceremony
- Weaning ceremony (Idul Kata gaema)
- Wedding ceremonies
- Customs followed at funerals

Sri Lanka is a multi-cultural country. It consists of various communities, followers of various religions, users of different languages. Therefore, they follow different customs and traditions and sometimes there are also regional differences in these practices.

Traditions prevailing in the family

Customs and rituals that prevailed in society for a long time can be considered as traditions. Sometimes there may be traditions confined to your family alone.

Instances of such traditions maintained by the family are given below.

- Daily religious observances
- Worshipping parents and elders before leaving home
- Taking meals together with other family members
- Visiting relatives before the dawning of the New Year (in some regions this is practised after the dawn of New Year)
- Going to religious places together with the members of the family on days of religious importance.

You should be well aware of the traditions followed by members of the family. You should vehemently follow and practise these traditions. Upholding the traditions followed by adults further contributes to the well being of the family as well as the society.

Relationships maintained between the family and the neighbours

It is quite difficult for a person or a family to fulfill one's needs and requirements alone. On various occasions, we have to seek the help and support of our neighbours. In the same way there are many occasions in which our neighbours, too, seek our help and support. From time immemorial, it has been a specific feature of the few oriental culture to build up cordial relationships with neighbours. Think of occasions on which your neighbours come to help your family. The help you got from your neighbours at various activities of the family, emergency situations, and at ceremonial functions may have become very important for your family. Working cordially with neighbours is also important for all of us as members of society.

Following are examples of some such occasions.

- Shramadana activities
- Common religious activities
- Occasions of tiling roofs
- Site preparation for the construction of a house
- Supply of refreshments at funerals
- Preparing land for paddy cultivation(preparing ground / reaping paddy)

Working in collaboration with neighbours helps the development of the region that you live in. Unity among the people living in an area immensely contributes to carry out various community activities effectively.

If we want to develop a cordial relationship with neighbours, we should be very much concerned about carrying the routine activities of the family without disturbing their community life. Improper disposal of waste material, the use of televisions and radios at a high volume, engagement of unlawful occupations are some examples that disturb the community life. We should always take precautions to avoid the occurrence of such situations. It is also our social responsibility to build up our pattern of living in such a way that it contributes to the well being of the society.

Activity 1.16

- Mention in Column I the traditions followed by your family. In Column II mention the benefits gained by following these traditions.

Traditions followed by your family	Benefits achieved by following these traditions
1	
2	
3	
4	
5	

- State in your exercise book several measures that can be taken to develop the cooperation and cordiality among the people living in your area.