

Unit – 5

Let's Begin:

You have read the story 'The Snake and the Mirror'. Now read the poems given in the textbook, Beehive, 'The Snake Trying' (Page 125) and 'Green Snake' (Page 126).

- Note the actions of these three snakes.
- Note the reactions of the story writer and the poets. What do they feel?
- Do you think any of the snakes wanted to do any harm?
- What is the human behaviour towards them?

Discuss all these points with your partner and together share with your other friends.

Answer:

- Rishabh : How are you, Rahul ?
- Rahul : I am fine and you ?
- Rishabh : I am also very well.
- Rahul : Dear friend, did you notice the actions of those three snakes that we have read in the story and poems of our textbook, Beehive.
- Rishabh : Yes, Rahul. In the story – "The Snake and the Mirror", we have seen that even the poisonous snake, cobra did not harm the writer after having landed on his shoulder. In the poem, "The Snake Trying", after having the danger on its life, the snake slid away into the water and hid itself among green reeds.
In the second poem, "Green Snake" did no harm to anybody. Still, it was killed.
- Rahul : All these actions of the snakes make it clear nature, they do not harm anybody unless they feel danger on their lives. But what about the reactions of the story writer and the poets ? What do they feel ?
- Rishabh : The story writer unnecessarily felt it as killer snake. But he did not do any movement. While both poets praised their beauty and did not harm them.
- Rahul : Do you think any of the snakes wanted to do any harm ?
- Rishabh : No, I think, any of the snakes did not want to do any harm.
- Rahul : What is the human behaviour towards them ?
- Rishabh : People unnecessarily kill them, only in the anticipation of any harm as we have seen in the poems. But the snake bites only when it feels danger on its life.



Further, we have shared our views with other friends decided to aware about the nature of snakes and prevention to animal cruelty.

Reading Comprehension:

Read the passage given below and answer the questions that follow.

Text – I

The Miraculous Escape:

I had been very wealthy and prosperous and was leading a very comfortable life. I had all the worldly pleasures with me. But soon I became bored of my idle life. The urge to go on a voyage became stronger and stronger day by day. It haunted me like anything. So, one day I boarded a ship and went trading from island to island with other merchants.

When we started, the weather was fine and the sea was calm. But on the fourth day of our voyage, our ship was caught in a terrific/terrible hurricane and we wandered from our set course. The tempest continued for several days and drove us near an island. The captain of the ship was reluctant to cast anchor at the port as it was a much-dreaded place.

The violent waves of the sea had exhausted us. We were all tired and hungry so we went in search of food and water. We were fortunate enough to find fruit trees and a stream of fresh and cool water which gave us strength and energy and relieved us from hunger.

It had started getting dark. As we were tired we went to sleep but were soon startled by a rustling noise which came from a very long and huge python like serpent gliding swiftly towards us. We ran to save our lives but the serpent was quick enough to swallow one of my companions. We kept running till we had covered a good enough distance from the serpent. We felt a bit relieved but at the same time sad as we had lost a friend of ours. We took shelter on the top of a tree and thought ourselves to be safe.

But we were mistaken for we had hardly slept a little time when we heard a hissing sound which alarmed and frightened us. Coiling itself round the tree, the serpent reached my other companion who was positioned somewhat lower than me on the tree. It swallowed him and went away. Terror stricken I clung to the branch of the tree tightly and I did not know when I fell asleep. It was daylight when I awoke.



I climbed down. It seemed to me that I had no courage left. It took me no time to realise that if I would not think of a way to escape soon, I would be a dead man. It was just a matter of time when I would also be swallowed like my two other companions. The instinct to prevent one's life is greater than any fear or frustration.

I thought I should spare no means to save myself. I collected a lot of dry wood and bushes and tied them into a bundle with reeds. I arranged them in a circular structure round the tree and tied some of them with the branches of the tree. In this way I made a tent like structure in which I sat after dusk and securely tied from within. I had the satisfaction that whatever I could do I did it to prevent myself. This time when the serpent arrived he crept round the tree but he could not penetrate the defensive structure I had made around me. It just sat and waited the whole night like a cat that waits for the mouse to emerge out of its hole.

At dawn the serpent crept back but I dared not come out of my fortress. I lay there half dead and almost suffocated. When the Sun began to shine, I came out of my wooden fortress. I was so desperate that I ran towards the seashore. When I was about to jump into the sea, I saw a ship sailing at some distance. I shouted wildly, I took off my shirt and waved it too, which attracted the sailors on the ship and a rescue boat was immediately sent for me. This was my miraculous escape from the deadly serpent. (Source: Anonymous)

Discuss what effect did the story have on you? What would you have done, if you were in the narrator's place? Does it teach you how to save yourself from danger? Now based on your reading of the story, answer the questions that follow. You may read the story again.

Question 1.

What made the narrator go on a voyage?

- (a) He was rich and satisfied with his life.
- (b) He felt bored of his life.
- (c) He had urge to go on a voyage.
- (d) He was adventurous.

Answer:

- (b) He felt bored of his life.

Question 2.

How did the narrator and his friends feed themselves?

- (a) They ate fish.
- (b) They could not find anything to eat.



- (c) They ate fruits to survive.
- (d) They ate the food they had brought with themselves.

Answer:

- (c) They ate fruits to survive.

Question 3.

The narrator and his companions were on the tree. The serpent swallowed his companion but not the narrator. Why?

Answer:

The serpent swallowed his companion but not the narrator because his companion was positioned somewhat lower than the narrator on the tree.

Question 4.

How did the narrator save himself from the serpent?

Answer:

The narrator collected a lot of dry wood and bushes and tied them into a bundle with reeds. He arranged them in a circular structure like a tent and sat inside it. The serpent could not penetrate that defensive structure and this is how, the narrator saved himself from the serpent.

Question 5.

Find the words in the story which mean the nearest to the words given below.

- (a) rich (First para)
- (b) moved (Second para)
- (c) tired (Third para)
- (d) scared (Fifth para)
- (e) urge (Fifth para)

Answer:

- (a) rich – wealthy
- (b) moved – wandered
- (c) tired – exhausted
- (d) scared – frightened
- (e) urge – instinct

Question 6.

Now find words in the story which mean the opposite of the given words.

- (a) poor (First para) _____



- (b) weak (Third para) _____
 (c) enforce (Third para) _____
 (d) insecurely (Sixth para) _____
 (e) offensive (Sixth para) _____

Answer:

- (a) poor – wealthy
 (b) weak – strength
 (c) enforce – relieved
 (d) insecurely – securely
 (e) offensive – defensive

Vocabulary:

Question 1.

The story of Miraculous Escape has a number of words which describe the narrator's feeling of fear and getting tired of the journey. List the words of the two feelings and experiences.

Fear	Getting tired
Terrific, _____.	Exhausted, _____.
_____, _____.	_____, _____.
_____, _____.	_____, _____.
_____, _____.	_____, _____.

Answer:

Fear – Getting tired
 Terrific – Exhausted
 haunted – tired
 alarmed – half dead
 frightened – suffocated
 terror stricken – desperate

Question 2.

Can you now add suffix which can mean or relate to the word 'fear'? First one has been done for you.

Fear

- (a) fearsome
 (b) fear _____
 (c) fear _____

- (d) fear _____
- (e) fear _____
- (f) fear _____
- (g) fear _____
- (h) fear _____

Answer:

- (a) fearsome
- (b) fearing
- (c) fearful
- (d) fearless
- (e) fearlessly
- (f) fearlessness
- (g) fearfulness
- (h) feared

Grammar:

Reported Speech: Reporting questions

Question 1.

You have learnt how to report questions from direct to indirect speech. Here is a paragraph with direct speech questions. Read them carefully and report into indirect speech. Rewrite the paragraph in the space given below.

Once an old man asked a young boy, "Who do you think are the most intelligent people?" The young man said in return, "Who do you think so?" The old man said, "How can sons and daughters be intelligent without learning from their parents?" The young man said, "How did you as a parent learn?" The old man said, "Why are you hijacking my question by asking me back?" The young man said, "Didn't you know that you as a parent, now have learnt all the things on your own?" The old man said, "How do you say that we all learnt from others?" The young man said, "Why do you ask me about how to operate electronic gadget all the time?" The old man said, "Why can't I ask you because I have paid for the gadget you use?"

Answer:

Once an old man asked a young boy who he thought were the most intelligent people. The young man replied who he thought so. The old man asked how sons and daughters could be intelligent without learning from their parents. The young man asked how he, as a parent, had learnt. The old man asked further why he was hijacking his question by asking him back. The young man asked if he had not known that he, as a parent, then had learnt all the things on his own. The old man



asked how he said that they all had learnt from others. The young man asked why he asked him about how to operate electronic gadget all the time. The old man asked why he could not ask him because he had paid for the gadget he used.

Question 2.

Now here is a set of sentences given in indirect speech. Change them into direct speech.

Answer:

Indirect Speech	Direct Speech
(a) Romesh asked Lata whether she could go with him for a picnic the next day.	(a) Romesh
(b) Lata replied why had he asked her to join.	(b) Lata
(c) Romesh asked Lata why she was questioning him.	(c) Romesh
(d) Lata replied there was no use visiting the place she had seen before.	(d) Lata
(e) Romesh asked Lata what was wrong in visiting the same place again for the place was not the same.	(e) Romesh

(a) Romesh asked Lata, "Can you come with me for a picnic tomorrow?"

(b) Lata said, "Why have you asked me to join?"

(c) Romesh asked Lata, "Why are you questioning me?"

(d) Lata said, "There is no use visiting the place I have seen earlier."

(e) Romesh asked Lata, "What is wrong in visiting the same place again as the place is not the same?"

Editing:

Question 1.

Some of the prepositions are incorrectly used in the following story. Correct them and read the story aloud. Then rewrite the story in the space given below.

The Dog and His Bone:

A hungry dog while searching about food found a bone. He picked it out and held it tightly in his mouth and ran out into the woods, to a safe place to enjoy it in ease. He

growled and frowned at anyone who attempted to take it over. He chewed the bone for a very long time and this made him quite thirsty. He came to a stream to quench his thirst. He trotted around the footbridge and happened to glance into the water.

He saw his own reflection in the water. Thinking it was another dog with a bigger bone, he growled and scowled towards it. The reflection growled and scowled back. Being greedy by nature, he wanted that bone too. He snapped his sharp teeth at the image on the water. He barked at the other dog, hoping to scare him into giving that bone. His own big bone fell with a splash, went over of sight, the moment he opened his mouth to bite!

Answer:

A hungry dog while searching for food found a bone. He picked it up and held it tightly in his mouth and ran out into the woods, to a safe place to enjoy it with ease. He growled and frowned at anyone who attempted to take it out. He chewed the bone for a very long time and this made him quite thirsty. He came to a stream to quench his thirst. He trotted over the footbridge and happened to glance in the water. He saw his own reflection in the water. Thinking it was another dog with a bigger bone, he growled and scowled at it. The reflection growled and scowled back. Being greedy by nature, he wanted that bone too. He snapped his sharp teeth at the image in the water. He barked at the other dog, hoping to scare him for giving that bone. His own big bone fell with a splash, went out of sight, the moment he opened his mouth to bite!

Question 2.

Rearrange each set of words to make sentences. Use appropriate punctuation marks.

- (a) when I gave her, the bad news, she turned pale
- (b) become rotten, as it has, the apple, don't eat
- (c) great friends, last quarrel, after their, they became
- (d) first and only novel, after her, got a prize, she became famous

Answer:

- (a) She turned pale when I gave her the bad news.
- (b) Don't eat the apple, as it has become rotten.
- (c) They became great friends after their last quarrel.
- (d) She became famous after her first and only novel got a prize.



Listening:

How brave are you? Take a minute to think over this question. There are people who risk their lives to save someone's life from danger. Here is a child who dared and saved lives. Let us listen to the story of a braveheart.

The Brave Hearts:

On October 26, 2009, Jhalaram's hut in the village Sameshwar in Rajasthan, suddenly caught fire. His two daughters, aged two-and-a-half years and one year, as well as ten goats were in the hut at that time.

Shrawan Kumar, a six-year old boy, was playing in his house at a distance of about 200 feet. Seeing smoke coming out from Jhalaram's house, he ran towards it. He saw the children sitting on a cot and screaming for help, and the goats caught in the flames.

Shrawan entered the house, lifted the younger child in one arm and pulling the older one by the hand, brought them out safely. He took them to his house, then ran to inform his father and the children's father.

The elders rushed to the site. But by that time, the goats had died and the household belongings had been destroyed in the fire. It was Shrawan Kumar's daring act that saved the lives of the two children.

(Shrawan Kumar, 6 years old, Sameshwar, Rajasthan) (Source: Children's World, May 2012)

Your teacher will read out the story. Listen to the story carefully and answer the questions below. You may ask the teacher to read out the story more than once.

Question 1.

Where is the village of Sameshwar?

Answer:

Sameshwar village is in Rajasthan.

Question 2.

Whose hut had caught fire?

Answer:

Jhalaram's hut had caught fire.



Question 3.

Who all were there in the hut when it caught fire?

Answer:

His two daughters and ten goats were in the hut, when it caught fire.

Question 4.

Why did Shrawan run towards Jhalaram's house?

Answer:

He ran towards Jhalaram's house for help.

Question 5.

How did Shrawan save the two children?

Answer:

He lifted the younger child in one arm and pulled the other one by hand.

Question 6.

What happened to the goats?

Answer:

The goats died in the fire.

Speaking:

Imagine yourself as the narrator in the story 'The Miraculous Escape' and describe your experience during your voyage. Jot down the points you want to speak on.

Then narrate your experience to your partner. You may begin like this:

I have been thinking of going on a voyage. And here came the opportunity to sail on a ship! I enjoyed the blue sea, the silence all around, amazing sunrise for a week. Then suddenly one day.

Answer:

Your points:

- journey started on happy note
- soon ship was hit by a gigantic wave
- the engine dropped into water
- we were sure to die



- informed NDMA
- rescue ship came and saved

I have been thinking of going on a voyage. And here came the opportunity to sail on a ship! I enjoyed the blue sea, the silence all around, amazing sunrise for a week. Then suddenly one day, barely 15 minutes into the journey of that day, a sudden and dreadful sound came from the rear and the wave from the front hit the ship. Without any warning, the journey was halted in the middle of a great sea.

Nobody knew what had happened until the captain cried out, holding his head with his hands, "We are in trouble ! The ship engine has dropped into the sea." I began to ponder what could have happened if the situation went out of hand. The captain attempted diving head-long into the sea in search of the missing engine. This heightened the fear among passengers. They began wailing, weeping, shouting and offering prayers in different languages.

The journalist among the passengers in a last-ditch effort to seek solution called to the National Disaster Management Authority (NDMA) and the Ministry of Shipping in India. The officials listened patiently to the complaint and offered their assurances that all would be well. In the meantime, one of the passengers got through to the terminal and a rescue ship was sent to the relief and delight of all on board.

All passengers were rescued. We all were happy from the close shave with death and thought how lucky we were to be alive. I thanked almighty for his blessings. Really, I was fortunate to escape death even though I was face-to-face with it. Now, I happily live to share my experience.

Writing:

Question 1.

A group of pictures are given here. They make a story. This story is from the Tales of Panchatantra.





Now write the story in the lines provided below. Provide a suitable title to the story.

Answer:

Panchatantra story – The story of the Foolish Lion and the Clever Rabbit.
 Once upon a time, there lived a greedy lion in a jungle. Everyday he was hunting and killing many animals to satisfy his hunger. The animals were afraid and worried about their safety. They gathered and decided to approach the lion. They had the offer of one animal of each species volunteering itself to be eaten by the lion every day. The lion agreed. So, everyday it was the turn of one of the animals and in the

end came the rabbits' turn. The rabbits chose an old rabbit among them. The rabbit was wise and experienced. The rabbit was sad as he was going to the lion's den.

He came across the old well. He looked into it. The well was very deep and dangerous-filled with water. Then he made a plan in his mind. He took little longer to go to the lion. The lion was getting impatient and angry. He swore to kill all animals the next day. The rabbit came before the lion by sunset. The lion was angry at him. But the wise rabbit was calm and slowly told the lion that it was not his fault. He said that he had been stopped by another lion who had been claiming himself as the king of the jungle and he wanted to meet you. After hearing all this from the rabbit, he was naturally very enraged. He asked the rabbit to take him to the location of the other lion.

The wise rabbit agreed and led the lion towards a deep well filled with water. Then he showed the lion his reflection in the water of the well. The lion mistook his reflection for another lion. The lion was furious and started growling and naturally its image in the water i.e. the other lion, was equally angry. He roared and there was an echo. He thought that the other lion was also roaring. So, he jumped into the well to attack on the other lion. In this way, he lost his life in the well. And the wise rabbit saved the forest and its inhabitants from the greedy lion. That is, wit is superior to brute force.

Question 2.

Courage needs no age and comes after we let go of all our fears. Every year, on the Republic Day, National Bravery Awards are given to selected children for their act of bravery against all odds. These children are able to achieve this glory as they overcome their moments of fear and do their best to save precious lives.

Make a list of any five such children and their actions for which they have been awarded the National Bravery Award. Write a few paragraphs on each child. Keep your writings in the Class Library or the Reading Club for all your friends to read.





Answer:

The National Bravery Awards are given to about 25 Indian children annually below 16 years of age for meritorious acts of bravery against all odds. The award was instituted in 1957. The Bravery Awards have, so far, been given to 680 boys and 283 girls. The awards carry a medal, a certificate and a cash prize. Eligible awardees are also granted financial assistance until they finish school.

This year, in 2018, a total of 18 bravehearts – seven girls and eleven boys have been honoured with the awards for their courage and presence of mind.

They are :

- Netravati M. Chavan (Karnataka)
- Karanbeer Singh (Punjab)
- F. Lalchhandama (Mizoram)
- Betshwajohn Lyngdoh Peinlang
- Mamata Dalai (Odisha)
- Sebastian Vincent (Kerala)
- Laxmi Yadav (Chhatisgarh)
- Samridhi Sushil Sharma (Gujarat)
- Zonuntluanga (Mizoram)
- Pankaj Semwal (Uttarakhand)
- Nazia (Uttar Pradesh)
- Mansha N. (Nagaland)
- Shangpon Konyak (Nagaland)
- Yoaknei (Nagaland)
- Chingai Wangsa (Nagaland)
- Nadaf Ejaj Abdul Rauf (Maharashtra)

- Loukrakpam Rajeshwori Chanu (Manipur)
- Pankaj Kumar Mahanta (Odisha)

Some prominent recipients among them are as follows :

1. Netravati M. Chavan:

Netravati, who was 14 years old then, belonged to Bagalkot district of Karnataka. She lost her life while trying to save two young boys from drowning. On May 13, 2017, Netravati was washing clothes at a pond near a stone quarry. It was a usual day. All of a sudden, she heard the screams of two boys who were drowning in the pond. The pond was overflowing due to rain. When she looked closer, she realised neither of them could swim and were drowning.

Without thinking about her own life, she dived into the 30-feet deep water to save Ganesh and Muthu. She managed to rescue 16-year-old Muthu (16) but she could not save the younger 10-year-old Ganesh. Although, she went back to rescue Ganesh, but he gripped her neck in fear. Netravati was suffocated to death while Ganesh drowned.

The braveheart has been posthumously awarded the Geeta Chopra National Bravery Award in 2018.

2. Karanbeer Singh:

16-year-old Karanbeer Singh, hails from Punjab. He saved at least 15-lives when their school bus plunged into a drain. Karanbeer Singh was one among 38 people in a DAV Public School van that fell into a drain from a bridge at Muhawa village. The accident killed seven children while thirteen were injured.

Karanbeer Singh repeatedly warned the driver not to overspeed on the narrow bridge since it had no railing. But his request was not paid any heed to. The van fell into the drain. The doors were jammed and there was no escape. Water started filling inside the bus and breathing became difficult for the terrified children. There was no escape. Karanbeer and his sister showed great courage and helped other come out of the bus, which was fast sinking. Karanbeer, keeping a cool head, broke open the door. First, he ran outside the bus. When he realised that many children were still inside the bus, he went back inside. By now the water level had increased. But, he was determined to save his friends. He helped other children to escape and managed to save 15 lives. In this endeavour, he sustained a deep cut on his forehead.



3. F. Laichhandama:

Seventeen-year-old Laichhandama along with his two other friends went to river Tlawng to swim on 7th May 2017. This is the longest river in Mizoram. When they were returning, after the swim, one of his friends, C. Lalremkima slipped into the river. In a state of panic, he failed to stay afloat and started drowning. Laichhandama jumped into the river to save his friend. But the drowning boy gripped Lamuansangma's neck almost choking him in a state of panic.

But Laichhandama rescued Lamuansanga, getting him to the shore. Again he decided to swim back and rescue Lalremkima. But the drowning boy held onto his neck very tight. Unfortunately, both of them lost their lives. When the body of the brave-heart was found, his arms were found to be wrapped around his friend's body. Laichhandama was awaiting his board results when the unfortunate tragedy happened.

4. Mamata Dalai:

Six-year-old Mamata Dalai from Odisha and her elder sister, seven-year-old, Asanti had gone to bathe in a pond. It was a five-foot long crocodile, which had strayed into the village. It suddenly emerged out of the water and attacked Asanti. The crocodile clamped on Asanti's hand with a vicious grip and tried to drag her into the pond. Instead of getting scared and running to safety, Mamata held onto her sister's left hand and started to pull her out of the crocodile's grip. Her physical force and loud screams attracted nearby citizens. The crocodile lost its grip on Asanti and slipped into the water. Further, it was caught by the forest officials of the Bhitarkanika National Park. Asanti sustained a few injuries, but her life was spared. Mamata is the youngest recipient of the Bravery Awards this year. She has been conferred the Bapu Gaidhani Award.

5. Laxmi Yadav:

On 2nd August 2016, the sixteen-year old, Laxmi Yadav from Raipur in Chhatisgarh was in the middle of a conversation with her friend. Their bike was parked near Ganesh Nagar Marg. Suddenly, three bikers ambushed them. Her friend was beaten up, while Lakshmi was abducted on a motorcycle. They drove her to an isolated place and tried to sexually assault her. Although, she froze for a moment, she gathered the courage to fight back. The brave girl managed to catch hold of their bike key and threw it away. When the miscreants got distracted, Laxmi Yadav pushed them away and fled. She went to the nearest Police Station and filed an FIR.



The police arrested all those three persons on that very day and found one of them to be a repeat offender.

Laxmi suffers from tuberculosis. She aspires to become a Police Officer to ensure women empowerment so that they could be safe whether at home or outside. She wants to fight for women's dignity in our society.

Project:

Question 1.

The stories of 'The Snake and the Mirror' and 'The Miraculous Escape' show how people face danger and are scared of animals. As children, many of us fear stray dogs. Both adults and children are scared of snakes. Fear exists in most of us. Some fears have bases and others do not. Let us conduct a survey of what people fear about. You may follow the guidelines given below.

- Form groups of four, and select an area for your survey. It may be your classmates, teachers or people in your neighbourhood.
- Develop a questionnaire to collect information about the fears people have. You may have at least eight to ten questions.
- Decide how many people you will ask the questions for the survey.
- Ask people the questions.
- Write their opinions in tabular form.
- Now write the first draft of the report.
- You may add graphic representations of the information and the data collected.
- Edit and write the report to make it final.
- Present it in a report form to the class.

You can also make a PowerPoint presentation.

Answer:

1. Introduction:

Fear is a feeling induced by perceived danger or threat that occurs in certain types of organisms, which causes a change in metabolic and organ functions and ultimately a change in behaviour. Such behaviours include : fleeing, hiding or freezing from perceived traumatic events. It may occur in response to a specific stimulus occurring in the present, or in anticipation or expectation of a future threat i.e. a risk to body or life. It exists in most of us.



Types : Some fears have bases and others have not. In this way, fear is judged as rational or appropriate and irrational or inappropriate. An irrational fear is called phobia.

2. Purpose and Aim:

The main purpose of our study is to know about fears. We have to conduct a survey by enquiring people from different walks of life on the symptoms, causes, effects and measures to control it. The aim of this project is to know what people fear about.

3. Methodology:

The methodology adopted for this project to work for the purposes and the aim set before is based on the primary data. We have formed groups of four and selected an area for our survey. We have collected information about the fear from more than 500 people from different walks of life on the basis of following questionnaire.

Questionnaire:

- May I know your name, please ?
- What is your contact number ?
- Have you ever felt fear ?
- Share your experience about the incidence ? What are its symptoms ?
- How will you categorise various types of fear ?
- What do people fear about ?
- What do you think about the causes of the fear ?
- What are its impacts ?
- How do you think there is a close relationship between fear and anger ?
- Why do you think fear has its own importance?
- Suggest some measures to control various types of fear ?

On the basis of the survey, we have drawn the following information regarding the fear.

4. Report:

In simple terms, fear is an anxious feeling caused by our anticipation of some imagined event or experience. This is an emotional response induced by a perceived threat, which causes a change in brain and organ function, as well as in behaviour. Fear can lead us to hide, to run away, or to freeze in our shoes.



According to the survey, some of the most common fears are of demons and ghosts, the existence of evil powers, terrorist attacks, death, cockroaches, spiders, dogs, snakes, heights, water, enclosed spaces, failure, war, tunnels, bridges, needles, social rejection, examinations and public speaking.

Fear is often the base emotion on which anger floats. Oppressed people rise at their oppressors because they fear loss of autonomy and even ego- death. Although, fear suppresses our potential and progress but on the other hand, it is beneficial for us also. This valid emotion builds our character and teaches us what we have within us, and how to act with courage.

Thus, fear has a place in our lives. But we should not allow it to dictate our lives. The following measures can be adopted to control it:

- We should accept and admit our fear.
- We should build the courage to face the situation.
- We should address it head on.
- We should collect facts regarding the situation.
- We should chase negative thoughts from our mind and have positive thinking towards the win.

In short, we have to say that the feeling of fear is human, but conquering it would make us feel empowered, courageous and proud.

