



Standard

10

SELF DEVELOPMENT

AND

ART APPRECIATION



The Constitution of India

Chapter IV A

Fundamental Duties

ARTICLE 51A

Fundamental Duties- It shall be the duty of every citizen of India—

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities, to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers and wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years.

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SELF DEVELOPMENT AND ART APPRECIATION

Standard Ten



**Maharashtra State Bureau of Textbook Production and
Curriculum Research, Pune.**



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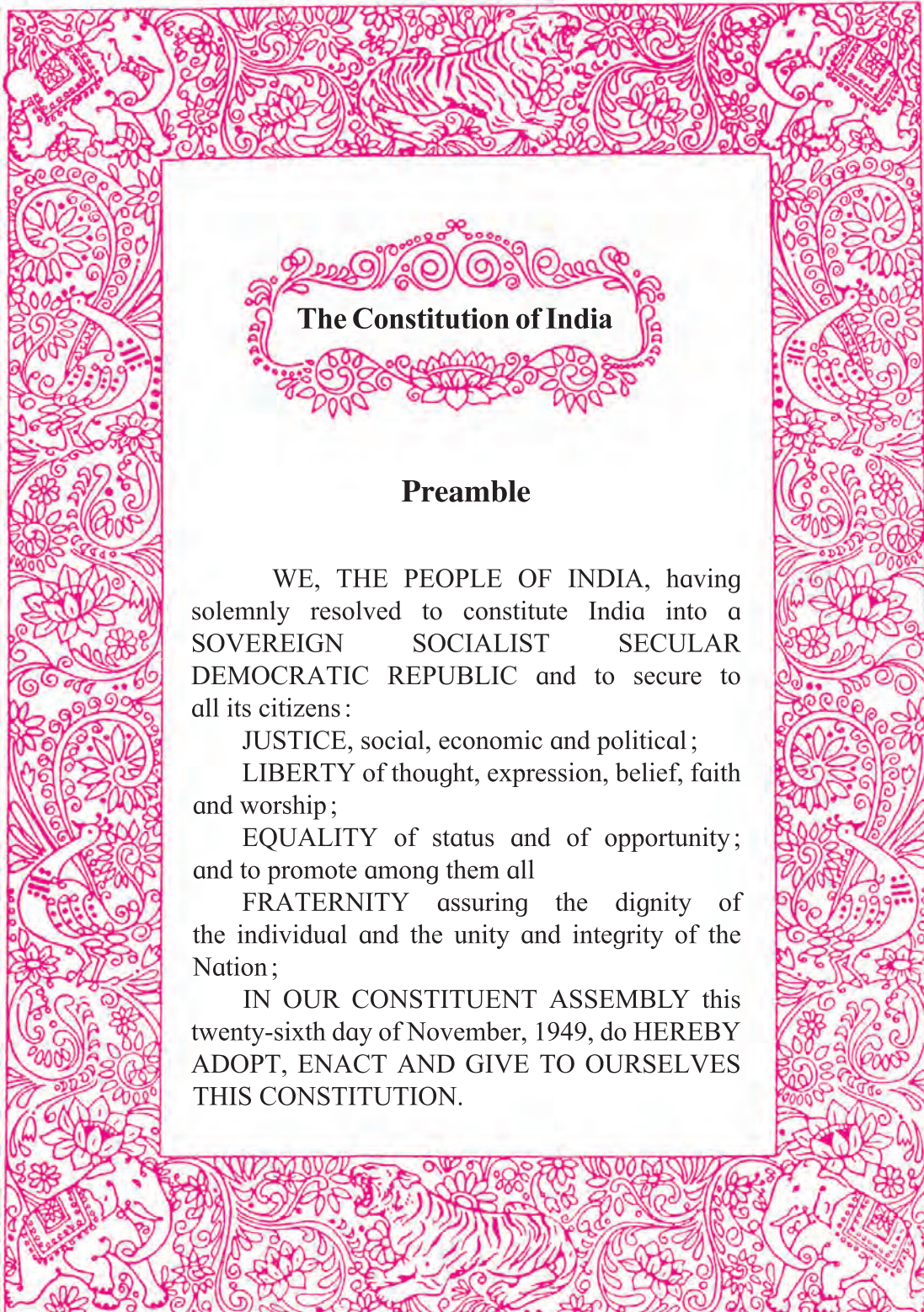
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The Constitution of India

Preamble

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens :

JUSTICE, social, economic and political ;

LIBERTY of thought, expression, belief, faith and worship ;

EQUALITY of status and of opportunity ; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation ;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

NATIONAL ANTHEM

Jana-gana-mana-adhināyaka jaya hē
Bhārata-bhāgya-vidhātā,

Panjāba-Sindhu-Gujarāta-Marāthā
Drāvida-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,
Jaya jaya jaya, jaya hē.

PLEDGE

India is my country. All Indians
are my brothers and sisters.

I love my country, and I am proud
of its rich and varied heritage. I shall
always strive to be worthy of it.

I shall give my parents, teachers
and all elders respect, and treat
everyone with courtesy.

To my country and my people,
I pledge my devotion. In their
well-being and prosperity alone lies
my happiness.

Foreword

Dear friends,

I extend a very warm welcome to you in class 10th. It gives me immense pleasure to present the textbook for ‘Self Development and Art Appreciation’ to you.

The 21st century is awaiting you with open arms and unlimited opportunities. This book will help you to develop the essential 21st century life skills and lay the foundation of self development for a successful career. This book will empower you with the confidence to face the future challenges in life. It will help you identify your opportunities by reflecting on your identity.

Art is an integral part of human life and expression. Art also enriches our life. Hence developing the skill of Art - Appreciation will enhance your personality and power of expression.

‘Self Development and Art Appreciation’ is concerned with your everyday life. The textbook begins with a story of children like you and the superheroes they meet. Each story talks about what you would be learning in the next chapter.

This subject is approached through many fun activities and discussions. Do make sure, that you participate in all these activities as they will stimulate your thought - process.

The textbook also includes many games that will teach you important lessons in a fun way. Carefully follow all the instructions mentioned in the book. Take the help of your teachers, parents and classmates whenever necessary. In this era of technological advancements, you must be very well - versed with the use of computers and smart phones. While studying this textbook use technology appropriately. This will make the learning process easier.

Do let us know your feedback about what you liked and also what you found difficult while studying this textbook.

Wish you all the best for a bright future.



(Dr. Sunil Magar)

Director

Pune

Date : 18 March 2018, *Gudhi Padwa*

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Statement of Competencies : Self Development and Art Appreciation

We hope that by the end of 10th std. student would have developed the following capabilities/competencies

Sr. No.	Units	Competencies
1.	Me as a Citizen	Analytical - To develop the capacity to analyze self behaviour and the behaviour of the others and evaluate it in the light of the value system necessary for democratic lifestyle. Empathy - To develop an awareness of the interdependence which exists in the society and thus develop empathy for other people in the society. Self-Management - To develop the capacity to identify inappropriate self-behaviour and plan to overcome them. Accepting diversity - To develop the capacity to accept the diversity amongst the people around, to understand its importance and justify it. Leadership quality - To develop leadership qualities to bring about changes in the lifestyle at school or at home in order to follow a democratic lifestyle.
2.	Media-1 and I	Self-Awareness - To develop an understanding about the effects of media, the transitions that take place in adolescence and the dangers that they are likely to face because of this. Emotional management - To develop the capacity to handle or manage the effects of mass media and the transitions taking place in adolescence. Analytical thinking - To develop the capacity to recognize the effects of media on the decision making process in day to day life. Confidence - To develop the confidence in keeping a firm stand to avoid possible risky and careless behaviour concerning addiction. Problem solving - To develop the capacity to choose the correct alternative to solve the problems arising out of addiction.
3.	Visual Arts and I	Awareness about art - To develop an awareness about different styles in visual arts. Creation of art - To develop the capacity to create an art piece in any one of the styles of visual art as explained in text book. Expression - To develop the capacity to express one's own views or thoughts, emotions and experiences through visual art. Creativity - To develop the capacity to create something new with the help of some novel and different art forms. Aesthetic sense - To develop the capacity to observe and art piece and describe the elements that one finds appealing in one's own words.

Sr. No.	Units	Competencies
		6. Application in day to day life - 1) To develop the capacity to explain the importance of art in human life. 2) To develop an understanding about the career opportunities in visual arts. 3) To develop the capacity to reflect on the different perceptions about art and decide their validity for oneself.
4.	Media and I (Part - 2)	1. Self-Awareness - To develop an awareness about the effects and dangers arising out of the influence of mass media and social media. 2. Handling or managing emotions - To develop the capacity to handle one's emotions or attraction towards a person of the same sex or an opposite sex. 3. Critical thinking - To develop the capacity to understand the role of media in determining the hierarchical position of men and women and their roles in the society. 4. Confidence to take a stand - To develop the confidence to take a firm stand against possible harassment. 5. Problem solving - To develop the capacity to choose the correct option to find a solution to the problems of harassment or exploitation.
5.	My Career and I	1. Critical thinking - To develop the capacity to critically analyze the conventional definition of career and come up with one's own definition. 2. Problem solving - To develop the capacity to solve the problems or overcome the issues in following one's desired career path. 3. Goal setting - To develop the capacity to set one's goals precisely. 4. Self-Management - To develop the capacity to bring about changes in oneself in order to overcome the difficulties to achieve one's goals. 5. Effective communication - To develop the capacity to understand parents opinions and views regarding career, to communicate one's thoughts about career clearly and effectively to one's parents. 6. Decision making capacity - To develop the capacity to choose an area of interest out of the seven given areas and justify it.
6.	Performing Arts and I	1. Art awareness - To develop an awareness about the basic elements of performing art. 2. Presentation - To develop capacity to stage a performance using the basic elements of performing arts. 3. Expression - To develop the capacity to express one's thoughts, feelings and experiences freely through this art. 4. Creativity - To develop the capacity to stage a creative performance through different performing art forms. 5. To develop an aesthetic sense A) To develop the capacity to observe and express in one's own words, the elements which one finds appealing in a work of art. B) To develop the capacity to accept the diversity in the use of different elements, and their presentation, to understand their importance and justify them.

For Teachers

Dear Teachers,

Congratulations for being assigned the important and challenging yet delightful responsibility of teaching this subject 'Self Development and Art Appreciation'. We hope that with your experience of teaching this subject in the 9th standard, you must now be better prepared to teach this subject.

The basis for 10th standard :

1. The text book of Class IX was designed with an aim of creating self awareness, of their own capabilities, their likes-dislikes and their weaknesses among the students. The design of Class X text book aims at taking a step forward to make the students aware of their surroundings, develop their ability to analyze the information they receive, develop their ability to draw conclusions based on the information received, develop a clarity about the values deemed important while participating in the society as a responsible citizen, develop more clarity about their career and set clear goals.
2. Every individual has a definite physical, emotional, intellectual and behavioural disposition. This disposition determines the behaviour of an individual in any sociopolitical situation, his / her interpretation of the information received from the media and his / her approach towards different conventional streams of career. An important aim of this text book is to create awareness about one's disposition.
3. The inclusion of art appreciation in the text book is not with the aim of developing skills but developing a vision of art appreciation. A number of activities like understanding different styles in art and their elements, techniques of enhancing a performance, appreciating diversity in art, perceptions about art, experiencing the joy of creating a work of art and using one's creativity to create a new art piece have been included in the text book.

Thus this subject can be considered as a bridge programme to equip the students to step out of the secure school environment into the world outside with confidence.

Teaching - Learning process :

The pedagogy for this subject and expected outcomes are slightly different from other subjects and thus it is important that the teaching - learning happens accordingly.

1. All the content in this textbook is to be taught using a constructivist approach. To facilitate this, appropriate activities, guiding questions and instructions have

been given in the textbook. It is expected that thorough study and necessary preparations for all the activities in a chapter are done before teaching the students in the classroom. The relevant parts should be read out aloud to the students only when absolutely necessary.

2. The success of this subject does not lie in just conveying 'information' to the students but in provoking the students to think about themselves and others. True education lies in the learning processes, activities, conversations and group work during in the class. Your role should be only that of a facilitator.
3. The students are expected to talk freely about themselves and their problems in the class. For this to happen, the class environment should be friendly and reassuring. It is necessary for you to be conscious and take necessary steps for it at all times. If the students experience any form of pressure or fear the entire effort would turn out to be a waste. The problems shared by the students should be listened to seriously.
4. Try to complete each activity as per the instructions given and have meaningful discussions about it. Always remember that the core of this subject lies in its activities, discussions and group work. Under no circumstances, especially under the pressure of completing the syllabus, should you avoid the discussions or group work.
5. Almost all the activities need an open discussion and there is no right or wrong answer. It is only expected that the students should think for themselves and come up with rational arguments to justify their stand.
6. You are expected to purposefully and ask probing questions so that the students think about an issue from all angles.

Evaluation :

1. There will not be any written examination to assess the students for this subject. However it is expected to conduct continuous comprehensive evaluation (CCE) and keep a record of the same.
2. Students should use a 200 pages notebook for this subject and use it to solve the activities given in the textbook as necessary. Taking into account the burden of the school bag, it is advised that no other material be used for this subject.
3. An assessment rubrics has been provided at the end of each chapter. You are expected to evaluate the students in accordance with the rubrics and keep a record of the same. The students participation in the class activities and the work in the notebook to be evaluated and given marks as per the weightage provided for each chapter. Students' grade should then be decided based on the total marks obtained at the end of the year.

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