

Chapter 1

IF

Value-Equanimity

A. Answer these questions

1.Explain the following lines in your own words given an example from everyday life

a. If you can keep your head when all about you are losing theirs and blaming it on you.

Ans. To be a good human being and to succeed in life, we should keep calm when other people around us are losing their cool. We should not lose our temperament even if others are blaming us for their fault.

Ex. If someone is angry ,we should not lose our temper and react to them. If my friend is annoyed ,I listen to him/her patiently and when he / she is in good temperament I explain him the reason or situation for which he was annoyed. Losing the temper does not solve a problem, rather intensifies that. Keeping the head cool makes us think wisely to face those tough situations, and ultimately a solution comes out.

b. Or being lied about don't deal in lies

Ans. People may lie about us to others, but we should not indulge ourselves in lies. In other words, we should always remain truthful.

If we are misled or tempted to lie, people would ultimately discover the truth and won't believe us anymore. That's why it's important to speak the truth even if that hurts us.

Ex. At times we know that our close ones our siblings or friends they are not telling the truth but still we should not imitate damn be it any situation we should always speak truth.

c. If you can dream---and not make dreams your master.

Ans. To do something bigger, we should dream first. But the poet also reminds us not to be guided by unrealistic dreams. If dreams take the driver's seat, we would get detached from reality and eventually fail.

Ex. I too have dream to achieve great heights in my life, but I evaluate my expertise and caliber and the hard work which is required to achieve it .So that I do not go far from reality and achieve my dream.

d.If you can talk with crowds and keep your virtue.

Ans. We should stay in touch with people from every class of the society. We should be able to talk with common mass without losing our virtue or moral values. Again, we should be able to walk with kings without going beyond the reach of the common people.

Ex. I talk politely and nicely with my house help and at the same time I behave courteously with my friends and relatives .

e. If neither foes nor loving friends can hurt you.

Ans. We should build ourselves strong enough, mentally and physically, so that neither enemies nor loving friends can hurt us. Moreover, we should develop healthy relationship with everyone around us, and should not allow anyone to harm us.

Ex.In everyday life I come across people criticising me for my actions at the same time for same action others appreciate me.But I take criticism and appreciation calmly and with composure.

2.Write the main idea of the poem in about 5 lines. How does it inspire you ? What is the main lesson you learn from it?

Ans. The overarching theme of the poem If is successful, virtuous living based on values pertaining to integrity, rightful behavior, and self-development. The poem speaks to every reader on what it means to become a complete man and how he operates through the thick and thins of life.

The other two questions you write on your own.
