

BDibU 1
fvlv l gvZfvlv
evsjv

BDibU 1 fvlv l gvZfvlv evsjv

gvbŷl i gŷbi five cKvŷki Dŷlŷk“ D“Pwi Z A_@n aŷnb mgwŷK fvlv etj | W. mŷmZ Kŷvi PŷAvcraŷtqi gŷZ– ūgŷbi five cKvŷki Rb“ evMhŷŷj mŷnŷth“ aŷnbi ōviv ŷbⓄŷbŷKvŷbv Rb mgvŷR ŷetkl tKŷkŷj D“Pwi Z evK“ chŷŷ kŷ mgwŷ nŷ“Q fvlv | W. gŷŷŷ knx`jŷm etj tQb, ūgby`RwZ th me aŷnb ev aŷnb mgwŷi ōviv gŷbi five cKvŷk Kŷi– ZvŷK fvlv ejv nŷq_ŷKŲ |

ŪgvZfvlv i Avŷmi K A_@ gvŷqi fvlv nŷj I Gi cKZ.A_@nŷ“Q ŷŷŷki fvlv ev `RwZi fvlv | evsjv Avgvŷ`i gvZfvlv | Avgiv evsjvq K_v evj, `ŷet`wL Ges Avgvŷ`i mŷ-`ŷŷLi AbŷwZ cKvŷk Kw | G fvlv GKB mŷŷ teta tiŷLŷQ mg`l evsjv fvlv-fvl gvbyŷK |

evsjv fvlvi Drm m`ŷŷKŷgZŷf` AvŷQ | tKD tKD etj b– ŪcŲP“ cŲKZŲ fvlv cwi eZŷbi ga“ ŷŷŷ evsjv fvlv ifcŷŷh Z nq | W. gŷŷŷ knx`jŷmi gŷZ ŪŷMŷoxq cŲKZŲ fvlv ŷŷŷ evsjv fvlvi Drmŷ NŷUŷQ, Zŷe GŲv ŷbŷŷZ th cŲKZ.fvlv ŷŷŷKB evsjv fvlvi Drmŷ NŷUŷQ |

G BDibŷU ŷZbŷU cvŷV fvlvi ,iaŷ; gvZfvlv ,iaŷ; l `ewkŲ, ŷKŷŷi gva`g l `bŷ`b Rŷetŷbi fvlv ŷŷŷte gvZfvlv ,iaŷ; l evsjv fvlvi BŷZnŷŷmi aviv l ŷeKvŷ mŷŷŲ ŷe`ŷwi Z Avŷj vPbv Kiv nŷqŷQ |

cW 1.1 fvlvi ,iaŷ; gvZfvlv ,iaŷ; l `ewkŲ

G cW tkŷl Avcŷb–

- fvlv Kx Zv ev`L`v KiŷZ cvŷteb |
- fvlv l gvZfvlv ,iaŷ; Avŷj vPbv KiŷZ cvŷteb |
- gvZfvlv ŷŷŷ ŷPŷŷZ KiŷZ cvŷteb |
- gvZfvlv `ewkŲ ejŷZ cvŷteb |

fvlv l fvlvi ,iaŷ;

W. mŷmZ Kŷvi PŷAvcraŷtqi gŷZ– gŷbi five cKvŷki Rb“ evMhŷŷj mŷnŷth“ aŷnbi ōviv ŷbⓄŷbŷKvŷbv Rb mgvŷR ŷetkl tKŷkŷj D“Pwi Z evK“ chŷŷ kŷ mgwŷ nŷ“Q fvlv | W. gŷŷŷ knx`jŷmi gŷZ– gvby th aŷnb ev aŷnb ,ŷjv ŷŷŷ gŷbi five cKvŷk Kŷi Zvi B big fvlv | fvlv gvbyŷl i Abb“ mŷŷŷ | fvlv AvŷQ etj B GŷK Acti i mŷŷ_K_v ejŷZ cvŷŷi, thŷMŷŷM KiŷZ

cvŷŷi | GK K_v ŷbŷRi B“Qv, AvŷeM, AvKv ŷŷv, Dcŷ`k, AbŷwZ cKvŷki cŷnb gva`gB nŷ“Q fvlv | aŷnb mŷŷŷM fvlvi e`envi nŷ“Q cŲZŷbqZ cŲZŷU thŷMŷŷŷMŷi ŷŷŷŷ | fvlv cKvŷki e`vKŷZv gvbyŷl i Avŷ`g l ŷPŷŷb cŷŷŷ | G cKvŷki B“Qv ŷŷŷKB fvlvi mŷŷ nŷqŷQ | Avŷ`g gvbe G cŷŷ_xi etj K`ŷŷŷ th ŷeŷŷŷ aŷnb KiZ– Kŷŷj i AveŷZŲ | gvbyŷl i cŲqvRŷb ŷm aŷnb ,ŷjvB tevaMg“ AvKvŷi ifc jvŷf KŷiŷQ fvlvq | Kŷŷj Kŷŷj fvlvi e`envŷŷi cwi eZŷ nŷqŷQ Ges GLŷbv G cwi eZŷŷi aviv eRvq i ŷŷŷQ Kg tekx cŷŷ_xi mg`l fvlvq |

gvbyŷ mgvRex nŷq evm Kŷi | GKB mgvŷRi gvbyŷ Zvŷ`i ŷbŷRŷ`i gŷŷ` K_v evZŷŷ, tgjv-tgkv l Av`vb cŲŷŷbi mŷŷevŷŷ`mŷŷ KŷiŷQ fvlvi | i ex`bv_ etj tQb– ŪmgvŷRi cŲŷMZ ŷgŷŷbi l Av`vb-cŲŷŷbi Dcvq ŷŷŷ gvbyŷl i tkŲ mŷŷ nŷ“Q fvlv | GB fvlvi ŷbŷŷŷ ŷŷŷŷ mg`l



B“Qv, AvŷeM, AvKv Lv,
Dcŷ`k, `kŲ l AbŷwZ
cKvŷki meŷkŲ gva`gB

RwZtK GK Kti Ztj tQ, bBtj gvbly gube ag^ot_tK ewAZ ntZv0| ZvB filvi ,iaZi Acwi mxg| uk^olv, mwnZ, ms^oz, `k0, BwZnm, weAvb, m2xZ, e^oemv, emYR, ivRbmZ I A_0mZ c0ZuU t^ottB filvi c0avb^o we^oZ. I ^ou0| GK K_vq mf^oZvi gj- Pme KwVB nt^oQ filv| gvbly Zvi wbtRi c0qvRtB filvi mw0 Kti tQ| Avevi Kv^otj i MwZi mt^o_ Zvj ug^ovj tQ Pj tZ Pj tZ gvbly i filvi i jc e^ojvq| ZvB AvRtKi ersjv Mt^o i aviv Avi GKk eQi AvtMi ersjv filvi gta^o GKUv myu0 cv^o0^o aiv cto|

gvbly i cvi^o umi K thvMv-
thvMi GKUv weivU Ask Rjo
itqtQ filv| filv GKw tK
ms^oz. cKvk Kti, Avevi
Ab^oir tK Zv ms^oz. c0v^oi i l
mrvqK|

gvbly i cvi^o umi K thvMvthvMi GKUv weivU Ask Rjo itqtQ filv| filv GKw tK ms^oz. cKvk Kti, Avevi Ab^oir tK Zv ms^oz. c0v^oi i l mrvqK| filv ZvB GKv^oti ms^oz. i cwi eZ^obi Kvi Y Ges wY^oqK| filvi mt^o_ mgvR I ms^ozK KvVt^ogvi cvi^o umi K wbt^oFPZvi K_v meRb ^o0KZ| tKv^otv RwZ mvgwRK I ms^ozK ^o00tKvY t^o tK KZUv Db0 Zv aiv hvq tm RwZi filvi DrKtI^o w^o tK ZvKv^otj

gvZfilvi ,iaZi

weirfbogube mgv^oR ev gube tMw0tZ filvi i jc nq wfb0zi | th mgv^oRi gvbly th filvq K_v etj - tmUB tm mgv^oRi gvZfilv| weirfb0i jc weirfb0mgv^oRi gvbly Zvt^o i g^oti five cKvk Kivi Rb^o A_0n a^ovbi e^oenv^oti th filvi mw0 Kti tmUvB Zvt^o i gvZfilv| thgb ev^ozvj x^o i gvZfilv ersjv, Bsti R^o i Bsti wR, divm^ot^o i divm^o Avi Avi exq^o i gvZfilv Avi ex|

gvZfilv c0ZuU mgv^oR GK we^okl figKv cij b Kti _vtK| Rtb^o ci t^o tKB GKUv iki Zvi gvZfilvq K_v ej tZ tk^ol| cieZ^o0Z mg^o l Rxtb Zvi mg^o l Ab^o0vZ, mg^o l tc0 Yv, mg^o l KgRvUB cwi Pwj Z nq gvZfilvi mnP^oth^o weKvqvb Rxtb^o c0ZuU av^oc gvZfilv gvbly i mdj Zv, thvM^oZv, ^o0Zv, ^obwZK , Yv, Y I e^oir^o Zj cKvk myu0 Qvc iv^ol| uk^olv x^o Avb I AvrAZvi RMZtK m^o u0vwi Z Kti gvZfilv| gvbly mwnZ, mf^oZv I ms^oz. i t^ottK Db0 Kitz cv^oi - GKgv^o gvZfilv PP^o gva^otgB| gvZfilv gvbly tK AvZ^oekjmx nI qvi kv^o thvMvq| gvZfilvi PP^o dtj B mg^o nq Avb-weAv^oti t^ott| gvZfilvi ^o0Zv AR0B Ab^oir^o filv uk^olv i c_ mYg Kti| Ab^oir^o filvq iv^oPZ cyK Ges Avb-weAv^o I mwn^otZ^o i mt^o_ cwi Pq I cwi Ph^o c0^ougK c^o t^ottc I NtU gvZfilvi PP^o gva^otg|

gvbly GKgv^o gvZfilv PP^o
gva^otgB mwnZ^o mf^oZv I
ms^oz. i weKvk NU^otZ cv^oi |

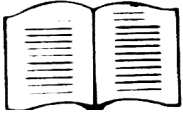
gvZfilvi `eik0

gvZfilvi c0avb `eik0^o ntjv G filvq K_v ej tj GKUv RbtMv0xi ev t^o tki uk^olv Z, Avk^olv Z Avcvgi Rbmvari Y tm K_v i A_0e^oStZ cv^oi | gvZfilv-iki i g^oLi c0g filv| gvbly i Av^o0Zi mt^o_ ug^otk _vtK G filv| gvZfilvi gva^otgB gvbly i Avkv-AvKv ^olv, Ab^o0vZ, Avb^o -te^obv, ^o0Z I tPZbv wegz^ontq l t^ov| G filvqB tKej tKv^otv GKUv we^olqe^o tK mnR^oteva^o I ^ou0 Kti e^o Kiv hvq| G filvi gva^otgB tKej wbtRtK myu0 fr^ote cKvk Kiv P^otj, c0^o0^o ev^o0Zvi Avb^o cv^olqv hvq Ges cKZ. my^o i l mZ^o tK Ab^o0e Kiv hvq| gvZfilv gvbly i K_v-evZ^o, fq-fvtj veimvi I wP^ost-Ki bvi filv| tKv^otv RbtMv0xi AvPvi-AvPiY, K_v-evZ^o, ms^oz. i mwn^otZ^o i aviv gj^o-vqtbi gvcKw^ol gvZfilv| gvZfilvi mt^o_ mgvR I ms^ozK KvVt^ogvi cvi^o umi K wbt^oFPZvi K_v me mgvR weAvb^oir vB ^o0Kvi Kti tQb| we^okl tKv^otv GKUv RbtMv0xtK ^og^olv eU^otb Ave^o ivLv i c0^o kv^o iv^ol gvZfilv| gvbly i ev^oev^o tK wP^o kv^o tZ i jc^osv^o Kitz cv^oi GKgv^o gvZfilv| gvZfilv gvbly i e^oir^o Zj cKvk^o tk0 Dcv^olv|

tKv^otv RbtMv0xi AvPvi-
AvPiY, K_v-evZ^o, ms^oz. i
mwn^otZ^o i aviv gj^o-vqtbi
gvcKw^ol gvZfilvi c0ve
Zvi wbtR^o ^ `eik0^o i B Qvc
iv^ol|



Ablyj b: Activity t gvZfilv ersjvi `eik0^o I ,iaZi; m^o utK^o Avtj vPbv Ki ab|



mvi gg gvbŷl i gŷbi fve cKvŷki mŷKZ mgnB nŷ"Q filv | filvi mvrŷh" gvbŷ GŷK
 Acti i mŷ_ thvMŷhM KiŷZ cvŷi, K_v ejŷZ cvŷi, AvteM, D"Qvm, B"Qv,
 Avŷ`k-Dcŷ`k l AbŷwZ cKvŷk KiŷZ cvŷi | gvZfwi gi gvbŷl iv th filvq K_v etj -tmUvB
 nŷ"Q gvZfilv | weKvkgvb Rŷeŷbi cŷZwJ avŷc gvbŷ Zvi mdj Zv, thvM"Zv, `ŷZv l e"ŷ³Zj
 cKvŷk myúo Qvc ivLŷZ cvŷi cŷvbZ gvZfilv e"enŷi i gvaŷg |



cuVvEi gj'iqb 1.1

1| mWk DĒti i cĕk wK wPý (v) w b|

- 1.1| W. gPš knx`jmi gĕZ filv nt"Q
 K) gvbjl i gĕbi five cĕkĕki mstKZ
 L) cvi `úmi K evK" wmbgtqi aYub
 M) gĕbi five cĕkĕki aYub
 N) kĕm htšj mrvth" D"Pmi Z aYub
- 1.2| tKvb&Dv³w mZ"?
 K) gĕbi five cĕkĕki GKgvĭ gra"g filv
 L) wĕi xi welqe`ĕK mYúó I mnRĕva" Kĕi tZvtj filv
 M) mf`Zvi gj- PweKwv nt"Q filv
 N) ms`wZ. I mwnĕZ'i gj'iqĕbi GKgvĭ gvcKwv filv
- 1.3| filv mwó ntqĕQ Kĕmi cĕqvRĕb?
 K) K_v ej vi cĕqvRĕb
 L) fivĕi Av`vb cĕvĕbi cĕqvRĕb
 M) MY mstĕhĕMi cĕqvRĕb
 N) gvbjl i cĕkĕk e'vKĕZvi cĕqvRĕb

2| ĩb`"b ciY Kiab|

- K) gvZfilv cĕZw ----- GK wĕkI fvgKv cvj b Kĕi |
 L) ----- gvZfilv Av ex|
 M) gvZfilvi Ppĕ dtj mgx nq ----- tĕĭĭ |
 N) tevaMg" ----- ŕtj v cwi ewZĕ nq filvq|

3| mZ" ntj ōmŌ Ges wĕ_v ntj ōngŌ wj Lby|

- K) AbŕwZ cĕkĕki meĕkĕb gra"gb nt"Q filv|
 L) tPĕLi I filv AvĕQ|
 M) filvi AeZĕvĕb mgvR wĕK_vKZ bv|
 N) filv Acwi eZĕkĕj |

cW 1.2 ukŋvi gva'g l ~bw`b Rxeṭb filv inṭmṭe gvZfulvi , iaž;



G cW tkṭl Avciḅ-

- ukŋvi gva'g inṭmṭe gvZfulvi , iaž; e'vL'v KiṭZ cviṭeb|
- ~eÁmbK cKŋ MVṭb l e'vL'vq gvZfulvi fiḡKv eYḅv KiṭZ cviṭeb|
- ukŋv tŋṭŋ meṭ`kx filvi cŋKvcmk gvZfulvi Ae`vṭbi K_v Dṭj L KiṭZ cviṭeb|
- ~bw`b Rxeṭb gvZfulvi , iaž; Avṭj vPbv KiṭZ cviṭeb|
- cŪZ`mK Rxeṭb gvZfulvi e`enṭi i tŋṭŋ mgr`mPwYZ KiṭZ cviṭeb|



ukŋvi gva'g inṭmṭe gvZfulv

gvZfulv gvbyl i Av`ṭZji mṭ_ A½m½fiṭe RwoZ| ukŋvi cŋvi l ukŋv`ŋ meḙḙxb meKvk

Z_v Zvi e'vṭZji cKvṭk gvZfulvi fiḡKv AZ`šl , iaž;Yḙ ukŋvi hveZxq Dṭŋk`ṭK mdj Kivi Rb` gvZfulvi e`enṭi i cŪqRb AZ`waK| ukŋYxq melq , tjv cov ev Rvbr l ~ZṭZ aviY Kiv GKgvĪ gvZfulvi gva'ḡB mnR nṭq l ṭv| meṭ`kx filvq| AṭbK mKQyṭKlv hṭq| mKŠ`RwJj tKvṭbr ZÉj; ev gj- aviYv gvZfulvi gva'ḡ hZ mnṭR AvqÉ Kiv mṭe Zv Ab` tKvṭbr filvq ZZ mnṭR m`úYAvqṭÉ Avbr hṭq bv| gvZfulvq mg`K `Lj _vKṭj ukŋYxq melq , tjv AvqÉ Kiv mnR nq Ges ukŋvi ciemZ`ṭi Z_v D`P ukŋvi tejvq ÁvbrRḙbi gvḅ Dbz` nq| ukŋv ms`wZ. Z_v Ávb-ueÁvṭbi PPP Ges mḅvMvi KZv Gi me mKQyḙ wḙfP Kṭi gvZfulvi mṭ_ R ukŋvi Dci| D`P ukŋvi Rb` meṭ`kx ukŋvi mṭ_ msthM NUvq gvZfulv| mgvR, cwiṭek l tckvMZ Ávṭbi cŪZw ṭṭiB gvZfulvi e`enṭi K gj` Acwi mxg| cŪZömbK ukŋv, Ávb-ueÁvṭbi PPP l D`P ukŋvi Rb` meṭ`kx ukŋvi mṭ_ msthM NUvṭbri cŪ_ugK ṭmṭcṭb nṭ`Q gvZfulv| gvZfulvq `ŋZv _vKṭj B tKej Ab`vḅ` filvq iḙPZ Ávb-ueÁvb l mṭmṭZ`i mṭ½ cwiPq NUvi mṭhM nṭZ cviṭi| Rxeḅ tK`ṭK ukŋvi gva'g inṭmṭe

D`P ukŋvi Rb` meṭ`kx ukŋvi mṭ_ msthM NUvq gvZfulv|

gvZfulvi meKŋ ṭbB ejṭj l fṭ nṭebv| RvZxq Rxeṭbi Kj`vY mdj Dbḙbg j K KgRvṭŪ tčŪYv l kw³ ṭhṭMq gvZfulv| ukŋvi gva'g inṭmṭe gvZfulv e`enṭi KiṭjB i'aye`w³ RvZxq Rxeṭbi Kj`vY Zvi AšṭbḙZ kw³ l , bvejxi meḅṭqṭMi cKZ.mṭhM tčZ cviṭi| gvZfulv aviYv MVṭb mṭvḅ` Kṭi, Avevi aviYv cKvṭki mṭvqKl gvZfulv| ZvB tKvṭbr ~eÁmbK cKŋ hypothesis MVṭb l e'vL'vq gvZfulvi , iaž;AZ`waK| gvZfulv aviYvi msnwZ eḙx Kṭi| hLb GB msnwZ bó nq, ZLb filv tKej gvĪ dig jvq chḙmZ nṭq cṭo| ZLb fiṭei mṭ½ filvi ṭhM nq mewQbḙ D`P ukŋvi gva'g inṭmṭe gvZfulvi cwi eṭZḙeṭ`kx filvi e`enṭi i dtj eZḙṭb Avqvṭ` i t`ṭkl mK tZḡvb GKUv Ae`vi mṭo nṭqṭQ|

Aa`emṭqi gva'ḡ gvbyl ṭh tKvṭbr meṭ`kx filv ukṭL wḅZ cviṭi| mKŠ`gvZfulv Zvi ḡṭbi filv| Rxeṭbi mṭ½ me mgq ḡḡk _vṭK G filv| gvZfulv Zvi AvZmK m`ú- G m`ú` mṭmK fiṭe e`enṭi KiṭZ nṭj ukŋvi gva'g inṭmṭe GṭK e`enṭi KiṭZB nṭe| cKZcṭŋ Avqvṭ` i t`ṭk gva'ḡK l D`Pgva'ḡK ṭṭii ukŋYxq melq , tjvi ukŋvi gva'g inṭmṭe gvZfulvi meKŋ ṭbB| hw` tKD t`Qvq tKvṭbr meṭ`kx filv thgb- BstiiR, Avi ex, di vmx filvq K_v ejv ev tjLv l covi Rb` mKṭZ Pwq Zv tKvṭbr fiṭeB Lvi v c mKQyḙq| mKŠ` ukŋvi gva'g inṭmṭe gvZfulvi ṭvb tKvṭbr cKvṭiB wḙbḙfilvi ḅvii ci-Y nṭZ cviṭi bv| D`P ukŋvi tŋṭŋ meṭ`kx Kṭi meÁvb l cŋvḙ melṭq ersjv filvq cW`cYṭKi AcZṭZvi Rb` BstiiR filvq GLṭb ukŋv`vb Kiv nq| hZw`b D`P ukŋvi cW` cYKmgr`ersjv filvq tjLv nṭe bv- ZZw`b chšl D`P ukŋvi mKQyḙmKQyḙelq BstiiRṭZB PjṭZ _vKṭe| Zṭe hZ`ṭ-mṭe

hw` tKD t`Qvq tKvṭbr meṭ`kx filv thgb- BstiiR, Avi ex, di vmx filvq K_v ejv ev tjLv l covi Rb` mKṭZ Pwq Zv tKvṭbr fiṭeB Lvi v c mKQyḙq| mKŠ` ukŋvi gva'g inṭmṭe gvZfulvi ṭvb tKvṭbr cKvṭiB wḙbḙfilvi ḅvii ci-Y nṭZ cviṭi bv|

D'P uk'ivi gva'g in'it'el gvZfilvi Dci ht'ó , iazj't'qv DvPZ Ges hZ kvN'D'P uk'ivi
civ' cýKmgñ-ersjvq i Pbv Kivi Dt' VM tbqv`i Kvi |

``bwb Rxeþb gvZfilv

gubly Zvi cõZw'tbi tPZbvq
e' er Zvi `k'gub ifc'tK
thfite MhY Kti-Zv i'ay
gvZfilvi gva'tgB muZ'Kvi-
fite ifc tctZ cvti |

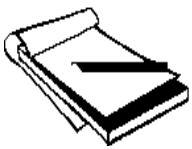
``bwb Rxeþb gvZfilvi `tj Ab' tKv'tbr fvlv `vb tctZ cvti br| gvZfilv wfbwAb' tKv'tbr
fvlvq Kx Avgiv tKv'tbr wcl'tqi Mfxti c'Kvk Kitz cwi? Avgv't' i K'ibv, avi Yv I c'Kvk
meB nq gvZfilvq| ``bwb Rxeþb-hvc'tbi mjeavi Rb' Ges Rxeþ I RMr'tK muZ'Kvi fite
Dcjwä Kivi Rb'B tZv gubly fvlvi m'w Kti'tQ Avi tmB fvlvB nt'Q gvZfilv| Avcb
cwi'tek fitei Av`vb-c'vb, cõZ'wK Rxeþb Pwv'v c i'ty gvZfilvi `tj Ab' tKv'tbr wKQþ
`vb tctZ cvti br| GK K_vq gvZfilv nt'Q ``bwb Rxeþbi Ab'Zg tgsj Dcv'v| gubly
Zvi cõZw'tbi tPZbvq e' er Zvi `k'gub ifc'tK thfite MhY Kti-Zv i'aygvZfilvi
gva'tgB muZ'Kvi fite ifc tctZ cvti | ersjv't'ki m'avi Y gubly tZv Ab' fvlv Rv'tb br,
GgZve`vq Zv't' i cõZw'tbi Pvl qv-cvl qv, `tjL-te`bv, nwm-Vw'v'v ``bwb KivR Ktg'p mgq
Kt_vcK_b Kx gvZfilv Qvov Ab' tKv'tbr fite c'Kv'tki m'jh'w Av'tQ? br tbB--``bwb
Rxeþbi mme'R c'Kvk N'tU i'aygvZfilvi gva'tgB|

cõZ'wK Rxeþbi cõZ'wU Kv'tR I K_vq gvZfilvi e'envi Acwi nih'p wj LtZ Rv'tb br Ggb
wbi'it'i mSL'v ersjv't'k AmsL' | Zv't' i tejvq emotZ, n'vU-erRv'ti, t'q'tZ-Lvgv'ti Z_v
mKj Kgs'q't'vB gvZfilv e'envi Qvov fve c'Kv'tki Avi tKv'tbr c_ tbB| hviv uk'w'qZ Ges
wcl'kx fvlvq K_v ej'tZ cv'tib, wj LtZ cv'tib, Zv'ivl m'avi Y Avj'vc Av'tj vPbvq gvZfilvB
e'envi Kti'b| Zv'ivl emotZ, ct_-Nv'tU, Awdm-Av'v'j'tZ gvZfilvB e'envi Kti'b| wcl'k
GKwU wPw'v nq'tZv Bsti'wR'tZB wj tL cv'w'tZ nte, wKs' G wPw'v'v t'j Lvi ce'c'õZ'w I t'c'õ'tYi

ce'gyZ'ch'sl me K_v-erZ'p, Av't'k-ub't' R gvZfilvi gva'tgB ntq _v'tK| i'ayKw'tR
Bsti'wR evK' t'j Lv nq- A's'ti I ev'ti _v'tK gvZfilvi m'w'q m'v'qZv| Zv'Qvov GLb Awdm
Av'v'j'tZi fvlv gvZfilv| wPw'-c'v, Av't'k-ub't' R meB nq gvZfilvi gva'tg| Dv'Kt'j i fvlv
gvZfilv, uk'q't'ki fvlv gvZfilv| Awd'tmi eo m'v't'nei fvlv gvZfilv| i'ayAw'Z c'õqvR'tb
wcl'k'v't' i m'v't_ K_v ej'v er wPw'v wj LtZB GLb Bsti'wR fvlvi e'envi nq, Avi Bsti'wRi
tk'YxK't'q' uk'q'K I Qv't' i g'ta' Kt_vcK_b I Ab'k'v'j b ev't' ``bwb Rxeþbi me t'q't'vB
GLb gvZfilvi e'envi nt'Q | Kgs'q't'v Qvovl cõZ'KwU gubly i cõZ'wK Rxeþb Av'teM-
Ab'w'v'Z, Av'b'-te`bv I m'y-`tjL c'Kv'tki GKgv't fvlvB nt'Q gvZfilv|

Kgs'q't'v Qvovl cõZ'KwU
gubly i cõZ'wK Rxeþb
Av'teM-Ab'w'v'Z, Av'b'-te`bv,
m'y-`tjL c'Kv'tki GKgv't
fvlvB nt'Q gvZfilv|

mij I mnRfite A_P tkv'fb fvlv'tZ Aí K_vq Rxeþbi Mfxi Zg mtZ'i `^Q c'Kvk Kiv h'vq
GB gvZfilvi gva'tgB| m'avi Y gubly i ``bwb Av'f'AZvi m'avi Y c'Kvk gvZfilv Qvov Ab'
fvlvq m'w' b'q| ``bwb Rxeþbi cõZ'wU t'q't'vB gvZfilv e'w'v' i fve, `q'Zv I m'Eji c'Kvk
NUv'tZ m'v'v'h' Kti | wKs' e'envi K Rxeþbi c'õqvRb t'gUv'tZ gvZfilv uk'tL ub'tZ nq| fvlvi
m'jeze'envi'ti Rb' kã fiv'vi Mto ub'tZ nq| fvlv e'envi'ti `q'Zvi I c'õqvRb nq| g'tL i
fvlvq gubly Zvi Zv'v'w'YK Ges c'Z'q' c'õqvRb t'gUv'tZ cv'ti, wKs' ``bwb Rxeþb m'g'zL
m'v'ej'v' fite Ab'w'v'Z c'Kv'tki Rb' gvZfilvi m'w'K e'envi R'v'v c'õqvRb, ``bwb Rxeþb hv
i'ayAb'k'v'j'tbi gva'tgB Av'q'É Kiv m'w' |



Ab'k'v'j b (Activity) : uk'ivi gva'g I ``bwb Rxeþb fvlv in'it'el gvZfilvi , iazj
Av'tj vPbv Ki'ab|



mvigg gvZfilvq mg`K `Lj _vKtj ukŕŕYxq melq,tjv mnŕR AvqE` Kiv hvq| eZŕvŕb
 meAvb PPPŕ tejvqI gvZfilvvi mv_R ukŕŕvi `iKvi| cŕZŕmbK ukŕŕv, Avb-meAvŕbi PPPŕ
 I D`P ukŕŕvi Rb` meŕ`kx ukŕŕvi mŕ_ mŕhM NUŕZ cvŕi gvZfilv| meAvŕbi cKŕ MVŕb,
 e`vL`vq I Zvi meKxYZvq gvZfilvvi , iæZ; Acwi mg| gvZfilv Rxeŕbi mŕ½ ugŕk AvŕQ etj
 ukŕŕvi gva`g mnŕmŕe gvZ.fvlvi e`envi Acwi nvhŕ D`P ukŕŕvi cvV` eB,tjv gvZfilvq
 tj Lvi Dŕ`vM mbŕj- Avŕiv mnŕR RvUj melqe` ,tjv ukŕŕvŕv AvqZ; KiŕZ cvŕte|
 gvZfilv Qvov Avgvŕ`i cŕŕŕ tKvŕbv RvUj melŕqi Mfŕŕi tŕŕv AvbK mgq mæe nŕq IŕV
 bv| Avgvŕ`i avi Yv, Kŕi bv I cKvk meB nq gvZfilvq| `b`b Rxeŕbi cŕZvU tŕŕŕB
 Avgiv gvZfilv e`envi Kwi| eZŕvŕb Avdm Av`vjŕZi filvI gvZfilv| mnR-mij fŕŕe
 A_P tkvfb filvq Aŕ K_vq cKvk GKgvŕ gvZfilvŕZB mæe|



cıfVvĔi gj`ıqb 1.2

1| mWk DĔti i cıfk Wk WpY (v) w b|

1.1| filv KLb i aydi g j vq cwi YZ nq?

- K) fvtēi mıt_ filvi msthwM NUtj
- L) avi Yvi Abıy½ webó ntj
- M) cKıfki e`vKz Zıvq evavcÜB ntj
- N) PPPbv Ki tj

1.2| guZfilv nı"Q `bı`b Rıetbi

- K) filv Wkıvi Dcr`vb
- L) K_v ejvi Dcr`vb
- M) five cKıfki Dcr`vb
- N) tgşıj K Dcr`vb

2| mZ` ntj ōmŌ Ges ıg_`v ntj ōıgŌıj Lıy|

- K) me Rııj ZĔj ev mĔB guZfilvi gva`tg Rıbv hvq|
- L) guZfilv gıbjı i gıbi filv|
- M) guZfilvi `vb KLıbv KLıbv Ab` filv ıı tıqı cıY Kıv mæē|
- N) Avııv ersj vi mııqZıvq BstııRı ıj ıL|

3| ıb``vb cıY Kııb|

- K) guZfilv gıbjı i ----- mıt½ me mgq ıgıtk_ıtk|
- L) Avııı i -----, ----- l ----- meB nq guZfilvıq|

cW 1.3 gvZfilvejsjvi BiZnufmi aviv, Dm I μgμKuk



G cW tkłI Avciḅ-

- evsjv filvi Dm Kvj m`útk`avi Yv w`tZ cvi teḅ|
- evsjv filvi μg μeKvḱki eYḅv w`tZ cvi teḅ|
- evsjv filvi w`kḅ, tji K_v ej tZ cvi teḅ|
- Ab`vb` filv t_ḱK evsjv filvq ktāi Abgḅḱki D`vni Y w`tZ cvi teḅ|



evsjv filvi Dm

cłPxb fvi Zxq Avhḱfilv t_ḱK bivv weeZḱbi aviv tetq evsjv filvi Rbḱ| evsjv filvi gj-
 Dm nt`Q Bt`v-BDḱivcxq filv| Bt`v-BDḱivcxq tMvōxi tji vḱKiv fvi tZi DEi-cwōg cōš
 w`tq m`eZt eZḱvb Biḱbi tFzi w`tq fvi tZ Avḱm wLḅce`1500 mvj bMv` | Zv` i filv-
 ōBt`v-Bivbxqḅ filv wLi bvg wqj Avhḱfilv| GB Avhḱfilv cōḱg Biḱb I cti fvi tZ cōek
 Kḱi| GB fvi Zxq Avhḱfilv t_ḱKB evsjv mn fvi tZi Avḱiv AḱbK, tji filvi Drcwē jvf
 NḱUḱQ etj cwōtZiv gZ w`tq tQb| Avhḱfilv t_ḱK D`mZ Ab`vb` filv, tji nt`Q – w`x,
 cv`Avex, Kvḱkix, w`ūx, gvivx, Ri wZ, Amgqv, Dwoqv, D`g`j x, mMnx, tFvRcix, tbcix
 BZ`w` | wLḅce`mBg kZḱki gḱa` Avhḱfilv cv`Ave t_ḱK iia Kḱi wenvi i mqv v chēš
 Qwōtq cto| G mgḱ Avhḱfilv mḱ_ wḱY NUḱZ _vḱK cḱij Z Avhḱfilv, tji Ges axḱi
 axḱi cwiewZ ntZ _vḱK filvi ijc| KḱqK kZK aḱi G cwiewZ bi aviv Pj tZ _vḱK Ges
 tkłI ōcōKZ.fvlwḅ bḱg GKUv` Zš; ijc tḱq| cō`kḱf` Avei cōKZ.filvi bivv ijc t`Lv
 w`j | G mgḱ D`xp`-cōKZ, ga` kḱq-cōKZ. I cōP`-cōKZ.bḱg wZbiU cōKZ.filvi D`mē
 NḱU| cōKZ.filv wqj ZrKvjxb gvḱj i K` filv| tji vK gḱL cwiewZ ntZ ntZ G filv
 wewfbaeAĀtj wewfbaeifc I D`Pri Y`enkó` jvf Kḱi| G mgḱ tKvj, Kvḱx, gMa, wē`n
 cḱwZ AĀtj i filv, tji vḱK cōP`-cōKZ.bḱg AvḱwZ Kiv nq| fvi tZi cōP` cō`ḱki cḱij Z
 filv wntmḱeB Gi bvg nq cōP`-cōKZ| G cōP`-cōKZ.filv fvi tZi gMa AĀtj cḱij Z wqj
 etj GḱK gMax-cōKZi ejv nq| AḱbK cwōtZi gḱZ wLḅ ce`ZZxq-PZz`kZḱK tgšh`
 Avḱtj B m`eZ evsjv tkłI cōP`-cōKZ.filvi cōek NḱU Ges Aí Kvḱji gḱa`B μg
 cwiewZ bi ga` w`tq evsjv filvi ijc jvf Kḱi| Kvḱiv Kvḱiv gḱZ wLḅxq`kg kZvāxḱZ hLb
 evsjv ivR`wZK fite ZrKvjxb ce`fvi tZi gj- tk`^ gMa t_ḱK wewQbenq, ZLb t_ḱKB
 `vZšZv wḱtq evsjv filvi D`mē NḱU| gMax-cōKZ.filv t_ḱKB th evsjv filvi Drcwē
 ntqḱQ- G avi Yv wḱtq cwōtZi i gḱa` wKQyv gZt` i tḱtQ| W. mḱmZ Kḱvi PḱEvcia`vq I
 W. mḱgvi tmb G gZ tcvY Ki tji I, W. gḱx` knx`jv-w wKQyv wfbgZ tcvY Kḱi b| Zvi
 gḱZ evsjv filv cōKZ.filv t_ḱK D`mZ ntqḱQ wKB, Zte Zvi Dm cōP` ev gMax cōKZ.bq|
 Zvi gḱZ eZḱvb evsjv filvi Dm nt`Q ōtMšox-cōKZō GUV ōcōP`-cōKḱZiō gḱZiB cōKZ.
 filvi Ari GKw ijc|

cłPxb fvi Zxq Avhḱfilv t_ḱK
 bivv weeZḱbi aviv tetq
 evsjv filvi RbḱntqḱQ|

W. gḱx` knx`jv evsjv filvi Dm i w`eifc wētkḱ Y w`tq tQb

Ckji P`a we`vmMtii nvtZB
ersjv M` mwnZ`i bZb
avivi DtbWpB NtU|

`kTK Aek` ersjv M` ~vfwKZv jvf Kti wKS` weTKl tKvtbv wki` Y m=ubrentq l tVub/
tdlvUDBWj qvg Ktj tRi ersjv wKqKivB cUg ersjv M` mwnZ` i iæ Ktib, hw l G tJv
AtbKUr KuLg uQj | G mgtq DBWj qvg tKix ersjv mwnZ` i Pbv Kti weTKl L`wZ ARB
Ktib| Gi cti Ckji P`a we`vmMtii nvtZB ersjv M` ðteZvj cA` weskizU MŠU ersjv M`
mwnZ` bZb avivi DtbWpB Kti| we`vmMtii cEwZ` M`B cieZKvtji ersjvfilvi

wfilEg j wntmte cwiwPZ| ersjv filvi µgweKvtki aviv j qI` Ktj Dcjwä Kiv hvq wKfite
wePĪ l `kw K cwi eZfbi aviv G fvlvtK hJM hJM mgx` Kti Ztj tQ| ersjv Mt`i cUg
w`tk DBWj qvg tKixi ŐKt_vcK`tbŏ t`Lv hvq mraiv Y gvbJi i gJLi K_v i AmshZ l AgwRZ
cUqVM| ivg ivg emjy ŐcZvcw` Z` Pwi ZŐ-G e`eüZ ntqtQ cPz` Avix, divmx käl G mgq
mwnZ` i Pbv ntqtQ mrayfvlvq| ewLg, iew`bv_, kirP`at`_tK i iæ Kti tm hJMi me cU`vZ
mwnZ`KB i Pbv Kti tQb mrayfvlvq| G fvlv axti axti e`tj wMtq bZb ifc ŐPuj Z fvlvŏ
wntmte mwnZ`i A½tb ~vb tctZ` i iæ Kij | Puj Z fvlv ntjv cwŏgefzi fwmxi_x b`x Zxti i
Z_v tKuj KvZv AĀtji f`tjvtKi K`_ fvlv| G fvlv Qrov l AĀj tft` ersjvt`tk K`_
filvi wefbaefc itqtQ| Gt`i gta` fvlvi cKZMZ HK`_vKtj l aYwbMZ cPz` cv`R`
we`gvb| GK AĀtji meRbMān` fvlv cUqB Ab` AĀtj MāYthvM` nq bv| Gme-filv tJv
ZiB mwnZ`i fvlv wntmte h_vh_ ghP`v wbtq Mto DVtZ cvtmb| G w`K w`tq Puj Z fvlv
meRb Mān` nlqv mwnZ`i fvlvq Avcb`KxqZv wbtq ~vb Kti wbtqtQ| 1854 LŏvĀ
c`vixPū wĜĪ Zvi ŐAvjvtji Ntii `jvj Ő G wKQyKQyK`_ ev Puj Z fvlvi e`envi Ktib|
Gici Kvjx cābwaismn (1862) Zvi Őuzg cūPvi b`vqŏ me`cUg e`vcKfite Puj Z fvlv
e`envi Ktib| iew`bv_ tkl Rxeftb wKQyi Pbv Puj Z fvlvq wj tL tQb| cU_ tPšajxtK Puj Z
fvlvq i Pbv cU_Kr ejv Ptj | Gici iew`bv_, bRiĀj, gRZev Avjx cUly mwnZ`Ke`
Puj Z fvlvtK axti axti Rbwcti Kti tZvtj b| bRiĀj, `mq` gRZev Avjx, ext` e emycUly
mwnZ`K cEĀŪi fvlvq PjwZ i wZi weTKl DrKI`mvab Ktib| eZgub hJMi me ersjv
mwnZ`B Puj Z fvlvq meRb Mān`| th Puj Z fvlv c`vixPū wĜĪ i ŐAvjvtji Ntii `jvj Ő l
Kvjx cābwaismn ŐutZvg cūPvi b`vŏ w`tq hvĪv i iæ Kti wQj Zv mveRbxb mwnZ`i gva`g
ntZ j wMj cUq GKk ermi | Gi ci cUq `ŏtkv eQtii BstiwR kumtbi dtj cPz` BstiwR
käl ersjv fvlvq ~vb Kti wbtqtQ| ZvQrov Gt`tk gnyj gvb` i AvMgtbi dtj tek wKQy
Avix l dvmP`käl ersjv fvlvq ~vb tctq tMtQ |

Puj Z fvlv c`vixPū wĜĪ i
ŐAvjvtji Ntii `jvj Ő l
Kvjx cābwaismn ŐutZvg
cūPvi b`vŏ w`tq hvĪv i iæ
Kti wQj Zv mveRbxb
mwnZ`i gva`g ntZ j wMj
cUq GKk ermi |

Ab`fvlv t`_tK ersjv fvlvq th me ktai AšifP NtUtQ Zvi wKQyD`vni Y wbtæ t`qv ntjv-

- AwŏK käl t`er`Vvs, KtjZ, jvD, K_v BZ`w`
- divmx käl t`Kzb, KvZR, ti t`liv, ti t`Yuv BZ`w` |
- l j`vR käl t` ni Zb, i BZb, B`web, wPwoZb, Bmµz BZ`w` |
- cZŏxR t` Avbim, ZvgvK, evj wZ, Pwe, Avgov BZ`w` |
- divmx t` Avgvi, tKj w, Zxi, Kgib, kier, Rvgv BZ`w` |
- Avix t` mijvg, Kjg, nijgv, Avj w& Avmeve, `ŏbqv BZ`w` |
- BstiwR t` Avix`wj, tPqvi, tdlv, j ŪY, tMj vm tUvej BZ`w` |



Ablyj b (Activity) t`Drm t`_tK i iæ Kti ersjv fvlvq µg weKvtki aviv eYBv w`b|



mviigg⁹ ersjv filvi DrclÉ ntqtQ cÜKZ.fvlv t_+K| fvi+Z Bt`v- BDti vcxqt`i cPij Z
 flvi bvg wQj AvhFvlv| AvhFvlv t_+K cwieZ#bi aviv tetq bZb ifc cÜKvk NtU cÜKZ.
 flvi | cÜKZ.fvlvi `w ifc nt`Q cÜP`-cÜKZ.I tMSox-cÜKZ| axti axti tMSox-cÜKZ.fvlv
 t_+K Amgxqv, Dnoqv, `gw_j_x, mnMx, tfvRcjx I ersjv GB OquU flvi ifcvšli NtU| tKD
 tKD etj b cÜP`-cÜKZ.t_+KB ersjv flvi DrclÉ ntqtQ| wKŠ`W.knx`jvni gZ tMSox
 cÜKZ. t_+K ersjv flvi DrclÉ NtU+Q| cY% ersjvi D`vniY cvlqv hvq Phc+`|
 Phc+`i ci PÜx`vtmi kÜKòKxZB, KuEevtmi ivgvqb, Kvxiig `vtmi gnrviiZ I weifbo
 g½j Kite I ht_ó ersjv käl ct`i e`envi j`q` Kiv hvq| 1900 kZvāxi cieZPhM+K
 ersjvi AvabK hM ejv P+ j | G hM we`mvMi, gayr `b, ewAg, iex`bv_, kirP>`a, gri
 tgvkvi id tnv+mb, KvrX bRi+ Bmjvtgi gZ mvmwZ`K e, AvabK ersjvtK flv vntmte
 nek, mvtZ`i ghP`vi Avmtb DbwZ Ktib| c`vixPw wgti ŌAvjvtj i Ntii `jvj Ō G Pij Z
 flvi e`envi t`Lv hvq| Kvjx cñbæwmsn ōuZg cüPvi b. vqŌ e`vcK fite Pij Z flvi
 e`envi Ktib hv axti axti cñvi jvf Kti Mto D+V+Q eZgvb hM Mi Pij Z ersjv flv|
 ersjv flvflv Ab`vb` AĀtji flv t_+K tKvj KvZv AĀtji tgSüLK flv wU AwāK
 MhY+hm` etj B G flv wU Pij Z flv ifc eZgvb ersjv mvtZ` `vb Kti wbtqtQ|



cufVvEi gj`iqb 1.3

1/ mWk DĚti cufk Wk WpY (v) w b|

1.1/ W. gypš knx`juni gZ evsj v fvlvi D^{me} nq tKvb&fvlv t_†K?

- K) cĀKZ.
- L) cĀP`-cĀKZ.
- M) tMŠox-cĀKZ.
- N) I W^a

1.2/ tKvb&mgq evsj v gMa t_†K wew`Obanq?

- K) wLĉxq mBg kZvãxZ
- L) wLĉxq Aóg kZvãxZ
- M) wLĉxq beg kZvãxZ
- N) wLĉxq `kg kZvãxZ

2/ mZ` ntj ōmŌ Ges wj_`v ntj ōngŌ wj Lly|

- K) ms`Z.fvlvq K_v ej v hvq bv|
- L) AvhFvlv nt`Q Aw` Bt`v-BD†ivcxq fvlv|
- M) ms`Z.fvlvi Dm nt`Q cĀKZ.fvlv|
- N) i wgvq†Y AvhFvlvi w` kĀ cvl qv hvq|
- O) ōAgi tKvl ō GKwU cĀPxb evsj v MŠ|
- P) fvlv Z P` cĀxY hšMi Kwe wQ†j b|

3/ ib`wb ciY Kiab|

- K) mavi Y gubš†i gšLi fvlv ----- t_†KB evsj v fvlvi DrcwĚ N†U†Q|
- L) Bt`v-BD†ivcxqiv fvlv †Z Av†m wLĉce^o----- m†j bwlv` |
- M) cĀPxb fvlv Zxq ----- fvlv t_†K cĀKZ.fvlvi Rb†|
- N) gMax-cĀKZ.fvlvi Aci b†g -----|
- O) evš†j x cūŪZ ----- Agi tKvl†i UxKv w†j †Lb|
- P) cĀ`k †f†` -----, ----- I ----- b††gi 3wU
fvlvi D^{me} N†U†Q|
- Q) cĀPxb hšMi GKwU MŠ†i b†g -----|
- R) ōŪZg cūPvi b· vŌ w†j †L†Qb -----|



Pevšl gŷ'iqb – BDıbu 1

msıŋB l iPbvŷj-K cĕŷej x

- 1| Avgvŷ' i ōgvZ.fvl vŷ evsj v ntj v tKb?
- 2| c YŲ% evsj vi vb`kŲ i tqtQ Ggb cŲPxb MŲš'ı bvg vj Lŷj|
- 3| evsj v fvl vi c^g vb`kŲ KLB cvl qv hvq?
- 4| fvl v l gvZfvl vŷ gta` cv_Ŕ` Kx?
- 5| fvl vi msÁv w` b|
- 6| mgvŷRi mvŷ_ fvl vi m=úKŲKx?
- 7| ōmf`Zvi gj- Pme Kıw- fvl vŷ e'vL'v Ki ab|
- 8| fvl v mŷıi gŷj Kx wQj ?
- 9| gvZfvl vi msÁv w` b|
- 10| gvZfvl vi e'enıwı K tŲŋŷı D`vni Y w` b|
- 11| gvZfvl v KLB dig j vq cıwı YZ nq?
- 12| gvZfvl v gıvŷı i AvZıK m`ú` – e'vL'v w` b|
- 13| D`P wŲŲı gva`g wntmte gvZfvl vi v`vb tKv_vq?
- 14| cŲZ'ınK Rıetb gvZfvl vi , i aZ;KZUKZ
- 15| AvhŲvl v tKvbıU?
- 16| cŲKZ fvl v tKvbıU?
- 17| evsj v fvl vi DrcıŲı MıZavıv eYŲıv Ki ab|
- 18| evsj v fvl vi weZŲıi Kvj tK KqıU hŷM fıM Kiv hvq? hŷı wefıM, tıj vi bvg l e'ıwB Dŷj Ų Ki ab|
- 19| Pıj Z fvl vi cŲj b KLB t_ŷK i i aenq?
- 20| wefıbıe fvl v t_ŷK D'ıŲZ evsj v kŷıı D`vni Y w` b|



Dĕıgvj v – BDıbu 1

cW 1.1

- | | | | |
|-----------|-------------|------------------|-----------|
| 1.1 M | 1.2 M | 1.3 N | |
| 2K mgvŷR | 2L Avıet`ı | 2M Ávb-weÁvŷıbı | 2N aŷıvb |
| 3K m | 3L wŷ | 3M m | 3N wŷ |

cW 1.2

- | | | | |
|------------|--------------------------|--------|--------|
| 1.1 L | 1.2 N | | |
| 2K wŷ | 2L m | 2M wŷ | 2N wŷ |
| 3K Rıetbı | 3L Kııbv, avı Yı, cŲKıv | | |

cW 1.3

- | | | | |
|------------|---------------------------|-----------|-----------------|
| 1.1 M | 1.2 N | | |
| 2K m | 2L m | 2M wŷ | 2N wŷ |
| 20 wŷ | 2P wŷ | | |
| 3K cŲZ. | 3L 1500 | 3M Avh© | 3N cŲP`-cŲKZ. |
| 30 meŲıv` | 3P cŲP`, D`ıP` l gaŷ`kxq | 3Q PhıC` | 3R Kvj xctıbıe |

