

0cjuZbtK Avkto _vKvB evaR" A_ R RoZv| gubumK thšeb jvtfi Rb" cŭg
 Avek"K-cŭYkiv³ th` ekiv³- GB nekjm|Ń (thšetb`vl ivRUikv, cŭg_ tPšajx)

K_v weibgtqi AĀj wfiĒK
 ifci bvg nŃ"Q AvĀij K
 fvlv|

AvĀij K fvlv

evsjv hvt` i gvZfvlv, Zviv mevB GKBFvte K_v etj bv| weifbrDc fvlv AvĀij K fite tgšLK
 fvlvq e`eüZ nq| K_v weibgtqi AĀj wfi³K ifcui bvg nŃ"Q AvĀij K fvlv| evsjv t`tki
 AĀj tft` th K_v,tjv e`eüZ nq Zvt` i cĀZMZ HK" _vKtj I ktāi ifcMZ I aŃbMZ
 cv`R" itqtQ cŃz| cŃg etzi tkvj KvZv AĀtj i K" fvlvU Pij Z fvlv wntmte evsjv
 mwnŃZ" vb tctj I, evsjv fvlv-fwl Ab`vb" AĀtj i K" fvlv,tjv GLtbr tgšLK fvlv
 wntmteB itq tMtQ| evsjv mwnŃZ" AvĀij K fvlvi cŃavb" bv _vKtj I tjvK-mwnŃZ" AvĀij K
 fvlvi cŃavb" j`Ń" Kiv hvg| evsjv t`tki AĀj wfiĒK tjvK-mwnŃZ" weKvŃki wfZi w`tq
 cŃYeš nŃq DVtZ cvti G t`tki AvĀij K fvlv|

mvaPij Z I AvĀij K fvlvi`Ńvšl

mva fvlv	Pij Z fvlv	AvĀij K fvlv
Asm/-ü	Kva	Kva
AKg	AKvR	AKvg
AwŃ/PŃ.	tPvL	tPšL
AvmqwQ	GtmwQ	AvBwQ
GBUv	GUv	BWv
KZR	Ńvi v/w`tq	w`qv
tKv_vq	tKv_v	`K
tLwjtZwQj	tLjwQj	tLj tZwQj
wMqvQ	wMtqQ	tMQ
PAEMŃg	wPUwMv	PvUMv
tQtj	tQtj	QvI qvj
w`qvŃQb	w`tqvŃQb	w`tQb
b`x	b`x	Mv
gvwiqv	tgŃi	gvBiv
tgŃq	tgŃq	gvBqv
h`wC	hw`	hw`
kŃvĒ	wntj U	wntj U
nBqvŃQ	nŃqvŃQ	ABtQ

* AĀj tft` GKb ktāi GKwaK ifc _vKtZ cvti |



Ablyj b(Activity)t mvaPij Z I AvĀij K fvlv e`enŃi i tŃŃ,tjv wPijZ Ki ab|



mvigg[®] evsjv M` i xZi cŭg ˘KZ.wj uLZ i fcuUi bvg nt"Q mva fvlv/ 1800 uL ˆvtāi
 ci t_†K evsjv M` mvin†Z"i fvlv un†mte mviayixuzi e"envi iia nq Ges uKQyKvtj i
 gta"b evsjv mvin†Z"i GKgvĭ fvlvi gh®v jvf Kti | cuŭg et½i tKvj KvZv AĀ†j i K_ "
 fvlvU Pij Z fvlv un†mte ax†i ax†i mvinZ" A½tb cŭek Kti | Kvjx cĭnbewmstni ōūZg
 cūPri b· vqŭ cŭg e"vcK Pij Z fvlvi w`kŭ cvlqv hvq| eZgub h†Mi evsjv M`
 mvin†Z"i gva"g un†mte Pij Z fvlvB AwaK mgv`Z| evsjv fvlv-fvlv† i AĀj wfvĒK K_ "
 fvlv mma†K ejv nq AvĀuj K fvlv| AvĀuj K fvlv nt"Q tgšLk fvlv|



cu#VvEi gj`iqb 3.1

1| m#WK D#ti i cu#k #WK #P# (N) #b|

1.1| Kvi n#Z mva#vl v m#Z`i gh# v cuq?

- K) Ck# P>`#e`#mMi
- L) Kij x c#b#msn
- M) i ex`bv_ VvK#
- N) c#_ tP#ajx

1.2| Klb t_#K mva#vl v evsj v M`#i #Z#Z`#b cuq?

- K) 1750 #L#v# t_#K
- L) 1800 #L#v# t_#K
- M) 1850 #L#v# t_#K
- N) 1900 #L#v# t_#K

1.3| P#j Z f#lvi m#Z` i P#vi cu#Kr.K#K etj ?

- K) i ex`bv_
- L) Kij x c#b#msn
- M) c#_ tP# i x
- N) kir P>`#

2| #b`#b ci#K#b| |

- K) P#j Z f#l v ----- A#tj i m#vi Y g#b#l i K_` f#lvi m#Z`K#j c |
- L) eZ#vb evsj v m#Z` ----- f#l v me#b`#KZ|
- M) Av#uj K f#l v g#b#l i ----- f#l v|
- N) P#j Z f#l v c#%# m#Z`i f#l vq D#Z n#Z c#q ----- eQi t#t#Q|
- O) Av#uj K f#l v_#t#j vi g#t# ----- HK`_vK#j l a#bMZ cu_#`_#t#K|
- P) ----- m#t#j #Zg cu#vi b_ v# c#k#Z nq|

3| #nZ`#ntj #n#Ges #g_`v n#tj #ng#ij L#y|

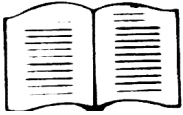
- K) GK mg#q evsj v M#`#` i a#m#v#f#lvi B c#j b #Qj |
- L) Eb#esk kZv#xi tklv#ta#evsj vq Q#v#i K#R`i i#nq|
- M) P#j Z f#l vq l i ex`bv_ VvK#i i #KQ#i P#v i t#t#Q|
- N) e`vcK f#t#e P#j Z f#l vq m#Z` i P#v`i i#nq Eb#esk kZv#xi tklv#ta#
- O) t#vt ei KZ#m m#v#f#l vq m#Z` i P#v K#i t#Qb|

cw 3.2 mwayl Pij Z fvlvi cv_R` I `enkó`



G cw tkłI Avciab-

- mwayl Pij Z fvlvi cv_R` , t j v i Pij Z Ki t Z cvi teb |
- mwayl Pij Z fvlvi `enkó` mgr e Y b v Ki t Z cvi teb |



mwayl Pij Z fvlvi cv_R`

1 | mwayfvlvq Zrmg ktāi e`envi teik | Acii w t K Pij Z fvlvq Z`mē, t` kx I me t` kx ktāi e`envi teik | D`vni Y- A` i w i t Z P` a Av K v t k D w Z nq b v B (mwayfvlv) | Av R i t Z P v i Av K v t k I t v i b (Pij Z fvlv) | mwayfvlvi i w i I P` a Zrmg k ā , t j v Pij Z fvlvq i v Z I P v i - Z`mē k ā i f c e`eüZ n t q t Q |

mwayfvlvq i w i q v c` I me b i g
eo Ges Pij Z fvlvq i w i q v c`
I me b i g t Q v U n q |

2 | mwayfvlvq i w i q v c` eo Ges Pij Z fvlvq i w i q v c` t Q v U n q D`vni Y- i w i g f v Z L v B t Z t Q (mva) | i w i g f v Z L v t` Q (Pij Z) | mwayfvlvi i w i q v c` Ō L v B t Z t Q t Q v U n t q Pij Z fvlvq Ō L v t` Q Ō i f c e`eüZ n t q t Q |

3 | mwayfvlvq me b i g eo I Pij Z fvlvq me b i g t Q v U n q | D`vni Y- Z i v i t K i w q v G B K v R n B t e b v (mva) | Z v t K i w t q G K v R n t e b v (Pij Z) | mwayfvlvq me b i g Ō Z i v i t K Ō Pij Z fvlvq t Q v U n t q Ō Z i v t K Ō n t q h v q |

4 | mwayl Pij Z fvlvq A b y t M P i f c w f b e n q | D`vni Y- K i v i t K I j w v Ō v i v A v N v Z K w i I b v (mva) | K i D t K j w v i w t q A v N v Z K t i v b v (Pij Z) | mwayfvlvq A b y t M Ō Ō v i Ō Pij Z fvlvq Ō i t q Ō n t q t Q |

5 | mwayfvlvq m s` z . A e` q I Pij Z fvlvq Z`mē A e` q e`eüZ n q | D`vni Y- i w i g m i t n e f i j g v b y Z _ w c Z i v i t` t L i t k l b v B (mva) | i w i g m i t n e f i j g v b y Z e y Z v i t` t L i t k l t b B (Pij Z) | mwayfvlvi m s` z . A e` q Ō Z _ w c Ō Pij Z fvlvq Z`mē A e` q Ō Z e y Ō i f c e`eüZ n t q t Q |

6 | t` m i w Z I A w f k i Z e`envi i w b q g i v i t i m wayl Pij Z fvlvq cv_R` t` L v h v q | D`vni Y- t` m i w Z t t Z i g v i h i v B` Q v Z i v i B K w i t Z c v i (mva) | t Z i g v i h v B t` Q Z i v B K i t Z c v i (Pij Z) | mwayfvlvi Ō B` Q Ō Pij Z fvlvq B t` Q Ō i f c e`eüZ n t q t` m i w Z i q v K i t Q |

A w f k i Z t K i R i U t k l K w i q v i w q v h v l (mva) | K i R i U t k l K t i w t q h v l (Pij Z) | mwayfvlvi Ō K w i q Ō Pij Z fvlvi Ō K t i Ō A w f k i Z i f c v i t i Z n t q t Q |

7 | k ā i b e v P t b m wayl Pij Z fvlvi g t a` cv_R` t` L v h v q | D`vni Y- A t b K K t o A w g e B i U m s M h K w i q w Q (mva) | A t b K K t o A w g e B i U t R i M h o K t i w Q (Pij Z) | A _ e v - A t b K K t o A w g e B i U m s M h K t i w Q (Pij Z) | G L v t b Ō m s M h Ō k ā i U m way Ges Pij Z D f q f v l v B P t j , G i Pij Z i f c Ō t R i M h o Ō i a y Pij Z fvlvq P t j , m wayfvlvq Ō t R i M h o Ō e`envi K i v h t e b v |

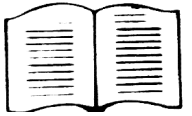
8 | mwayfvlv t j L v i fvlv , G fvlvq K _ v e v Z P t j b v | Pij Z fvlv t j L v I K _ v e j v D f t q i fvlv | D`vni Y- A v q v i t K i t b v i e P z i Z t m m n` K w i t Z c v i t b v | i e P z i Z k ā i U i a y m way fvlvq B P t j | Pij Z fvlvq e`envi K i v n q b v |

mɔyɔ Pɔj Z fɔlvi cv_ŕ" t`nLtq ɔbɔP KZ, tɔjvD`niY t`qv nɔjv|

mɔyɔfɔlv	Pɔj Z fɔlv	c`
Kwi qv	Kti	ɔɔqv
LvBtj	tLtj	ɔɔqv
Kwi tZ	Ki tZ	ɔɔqv
hvBtZɔQj	hwQj	ɔɔqv
nBqv tQ	n tqv tQ	ɔɔqv
Kti b bvB	Kti b ɔb	ɔɔqv
Zɔv tK	Z tK	meʒvɔg
hvnv	hv	meʒvɔg
Bnv	G	meʒvɔg
Dnv	I	meʒvɔg
KZŕ.	ŕvi v, ɔ tɔ	AbɔyM©
ga`	g tã`	AbɔyM©
nB tZ	n tZ	AbɔyM©
Dci	I ci/Dci	AbɔyM©

mɔyɔ Pɔj Z fɔlvi `enkó`

- 1| mɔyɔfɔlv mɔyɔ gɔŕZ, Mv`th`Y©I AwfRv tZ`i j ɔY enb Kti | Pɔj Z fɔlv j NyMɔZ m`úbe mvej xj I mnR tãva`|
- 2| mɔyɔfɔlv i ay mntZ`i B fɔlv, ``bɔ` b Rxe tɔ K_v ej vi i mZi mɔ t` mɔyɔfɔlvi m`úK© tɔB| Pɔj Z fɔlv gɔbɔ K_v etj , Avei G fɔlv mntZ`I i Pbv Kiv nq|
- 3| e`envi i ɔ K t` tK mɔyɔfɔlv Kɔŕg g tɔ nq Ges G fɔlvi A tɔK k tãi Pɔj Z tKv tɔv i fɔ tɔB| Pɔj Z fɔlv G ɔ K ɔ tɔ A tɔ c ɔ v K Z. Rxe š I eúj v tɔ t j v K v Z|
- 4| mɔyɔfɔlv m s`Z. k tãi c ɔ j b tɔk etj kã ɔbev P tɔ tek evã` evãKZv i t q tQ, Aci ɔ tK Pɔj Z fɔlv A tɔK kã, t`kx I ɔ t`kx fɔlv t` tK G t m tQ etj G fɔlv kã ɔbev P tɔ t Z gb K ɔv K ɔ tɔB| gɔbɔ e s tZ ci tɔ G gb th tKv tɔv kã B Pɔj Z fɔlv e`envi Kiv hvq|



Abɔyɔ b (Activity) t mɔyɔ Pɔj Z fɔlvi gɔ- cv_ŕ" tɔjv eY ɔv Ki ab|

mɔggg© mɔyɔ Pɔj Z fɔlvi g tã` j ɔY xq cv_ŕ" n t`Q ɔɔqv I meʒvɔgi i fɔ NɔŕZ cv_ŕ" | mɔyɔfɔlv Zrmg k tãi c ɔ q v m tɔk Avi Pɔj Z fɔlv Z`e, AaZrmg ɔ t`kx k tãi c ɔ q v m tɔk j ɔY` Kiv hvq| mɔyɔfɔlv A tɔ c ɔ v Pɔj Z fɔlv t Z B ` t m ɔ v Z I AwfKj Z R ɔ b Z a v ɔ bi c v i e Z ɔ tɔk t`Lv hvq| mɔyɔfɔlv mntZ`i fɔlv, maviY gɔbɔ i g tLi fɔlv b q| mɔy fɔlv , i a m tãi, AwfRvZ m`úbe I A tɔK mgq Kɔŕg g tɔ nq| Ab` ɔ tK Pɔj Z fɔlv mntZ`I e`eúZ nq, Avei G fɔlv gɔbɔ i K` fɔlv | Pɔj Z fɔlv Rxe š , mvej xj I mnR tãva`|



cu#VvEi gj`iqb 3.2

1/ m#K DĖti i cu#k #K #Pý (√) ũ b/

1.1/ m#ayf#l#vq e`e#Z nq #K#b#U?

- K) Z`#e k#
- L) Z#mg k#
- M) #`k# k#
- N) #e#`k# k#

1.2/ A#y#M#K#b#U ?

- K) Z`#nc
- L) #v#v
- M) B`Q#
- N) B#v

2/ i#b`#b ci#Y Ki#b/ -

- K) m#ayf#l#v#i #q#c` nq -----/
- L) m#ayf#l#v#i #Z#n#k#G#B ----- c` P#j#Z f#l#vq #Z#k#nq/
- M) B`Q#v k#i#U#i #j#v#š#i #B#`#Q#Ń#v`#q ----- i c#i#e#Z#B#v#S#q/
- N) P#j#Z f#l#vq ----- A#e`q e`e#Z nq/
- O) m#ayf#l#v#i#ay----- B f#l#v/

3/ m#Z` n#t#j #m#Ń#G#e#s #g`#v n#t#j #Ń#Ń#v#j#L#y/

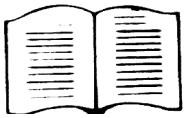
- K) P#j#Z f#l#v#i m#`#Z.#A#e`q e`e#n#v#i K#i#v#h#v#q#b#v/
- L) A#b#t#K#G#L#t#b#v#m#y#i#m#Z#Z#K#_#v#e#t#j#b/
- M) m#ayf#l#v#K#Ń#g#g#t#b#nq/
- N) m#ayf#l#v#q#m#`#Z.#I#`#k#D#f#q#c#k#v#i#k#t#i#c#Ń#j#b#i#t#q#t#Q/
- O) #m#e#P#z#Z#Ń#k#i#U#i#ay#m#ayf#l#v#q#B#e`e#n#v#i#K#i#v#P#t#j#,P#j#Z#f#l#v#q#P#t#j#b#v/

5/ AþbK Któ Avng eBilU tRvMvo Kvi qvniQ| GLvþb 0tRvMvo0 kãiu e`envi Kivi dtj evK`iu Pij Z fvlvq tj Lv ntqtQ| KviY mvaYfvlvq 0tRvMvo0 kãiu tbB| mzi vs G evK`iuJtZ vlvqvc` 0Kvi qvniQ0 cwi eþZ 0Kti vniQ0 nte|

6/ Avgvi eKUl v aK&aK&Kvi qv DvWj | G evti 0aK&aK0 kãiu e`envi Kivi dtj evK`iu vlvqvc` nte 0Kti vniQ0 Ges 0DVj 0| Kvi Y 0aK&aK0 kãiu mvaYi mZtZ APj |



Abkxj b(Activity)t mvaY Pij Z fvlvi vgvY cwi nvi Kitz ntj th me v K j ¶ ivLtz nq Zv D` vni Ymn Dtz K i ab|



mvi gg evsj v fvlvq mvaYA_ev Pij Z G` vj i mzi th tKvþv GKiu e`envi Kitz nq| tKvþv evtK` ev i PbvqB G` vj i mzi vgvY MhYþvM` bq| vgvY` IY GovtZ ntj evtK`i vlvqvc`, meþvg I Abym`e`envi Kvþj i xfvte ktãi mvaYA_ev Pij Z th tKvþv GKiu ifc e`envi Kitz nte| Abkxj tbi gva`tg vgvY` IY Kgvþv m=é|



cu#VvEi gj'iqb 3.3

nb#e Pij Z i#Zi e#K", tj #Z tKv_vq m#y#Zi #gkY N#U#Q Zv #P#Y Z Ki #b |

- 1| b`xi `kj- tft# eb`vi c#b c#v#Z nB#Z#Q |
- 2| Avgvi gv_vi I ci thb AvKvk f#zqv c#oq#Qj |
- 3| GZ K#i ejv n#j v Z_v# Z#g #ct#i G#j bv |
- 4| Avgvi n#Z mgq bvB- ZvB `# n#U#Z n#`Q |
- 5| Avcbv#v #KQy_vB#eb? P# er K#d?
- 6| Avgv th N#o#U tZ#g#K #`q#Qj vg Zv Kx GL#bv ti #L#Qv?
- 7| tP#K`vi _v#vq #Mqv m#ev` #`j th, j vj K#z#Z L#y n#q#Q |



Peršl gj'iqb- BDıbu 3

msmŋB I i Pbvij-K cĕæ

- 1| evsjv M'' mwnŋZ''i cĕZŔ tK?
- 2| tK cĕg Pij Z fvlv e''envi Kti b?
- 3| mvayfvlvi msÁv Kx?
- 4| Pij Z fvlvi msÁv Kx?
- 5| KLb mvayi mZŋZ M'' i Pbv i i ænq?
- 6| cvŔRb mvayi mZi tj LŋKi big ej ŋj|
- 7| Pij Z fvlv Kxfvŋe mwnŋZ'' cĕek Kti ?
- 8| mZbRb cĕL''vZ Pij Z-i mZi mwnmZ''ŋKi big wj Lb|
- 9| AvÁvj K fvlv I Pij Z fvlvi gŋa'' cv_Ŕ'' Kx?
- 10| mvayl Pij Z-i mZi mZbıU cv_Ŕ'' wj Lŋj|
- 11| ŐPij Z fvlvq tj Lv I K_v ej v Pŋj Ő-e''vL''v Ki ab|
- 12| e''envŋi i w' K t_ŋK mvayl Pij Z i mZi 3ıU ''enkó'' wPıyZ Ki €b|
- 13| ŋi æPŪvj x t''vl ej ŋZ Kx tevSıq?
- 14| Kxfvŋe wŋkY ``ŋY t_ŋK gŋ nı qv hvq?



cW 3.1

1.1 K	1.2 L	1.3 M	
2K tKıj KıZı	2L Pij Z	2M gŋLi	2N GKk
20 cKZMZ	2P 1862		
3K m	3L wŋ	3M m	3N m
30 wŋ			

cW 3.2

1.1 L	1.2 L		
2K tQıU	2L meŋıg	2M ''f mŋZı	2N Z''me
20 mwnŋZ''i			
3K m	3L wŋ	3M m	3N wŋ
30 m			

cW 3.3

1 cĕvıwZ nBŋZŋQ	2 fıwŋqı cıwıqıQj	3 Z_vıw	4 bıB
5 LvBteb	6 w' qıwQj vŋ	7 wıwıqı	

