;q– @!

**cfpg'xf];\ cfˆgf xftx? cuf8L a9fpg'xf];\**

1 Minute Silence

Homewor Cheak

 cfpg'xf];\ cfˆgf xftx? cuf8L a9fpg'xf];,lsg / s:sf nflu a9fpg], Ps–csf{sf] ;xof]u ug{sf nflu, dbb lbgsf nflu . xftdf k|fs[lts ?kaf6 g} ;xof]u cyf{t\ ;xfotf ug]{ u'0f x'G5 . dfgf}+ cfFvfx? s]xL k¥of] eg] xft t'?Gt ;xfotfsf nflu cuf8L a9\5 . z/L/sf s'g} klg c+udf rf]6k6s nfu]sf] a]nf klg xft dbb ug{ k'u]sf] x'G5 .

**Activity**

 Pp6f kjBfyL{nfO{ cuf8L af]nfpg'xf];\ . p;nfO{ rs sf] Pp6f ;fgf] 6'qmf p7fpg unfpg' xf];\ . ljBfyL{ c+u'7f / th{gL cf}nfsf] ;xfotfn] Tof] rssf] 6'qmf p7fp5 . ta ;Denfpg'xf];\ ls olt ;fgf] sfddf klg oL b'O{ cf}nfx?n] cfk;df ;xof]u u/]/ p7fP . s'g} klg sfo{ Pp6f cf}nfn] ug{ ;Sbg . ca ljBfyL{x?nfO{ cf–cfˆgf] gf]6a's p7fpg nufpg' xf];\ ca ;Demfpg'xf];\ ls xftsf kfFrj6} cf}nfx?sf] ;xof]un] dfq p7fpg] sfo{ ;Dej eof] . s';L{ p7fpg nufpg' xf];\– b'a}xftn] ;xof]u lbbf ;f] sfo{ ;Dej eof] . olb a]Gr p7fpg' k¥of] eg] oxfF c?sf] klg dbbsf] cfjZostf k5{ . Tof] eGbf 7"nf] vf6 p7fpg' kl¥of] eg] rf/ hgfsf] dbb rflzxG5 . h:tf] sfo{ a8\b} hfG5 xfdLnfO{ c?sf] ;xfotfsf] klg t]tLs} cfjZostf k5{ . ca xfdLnfO{ Pp6f 7"nf] sfo{ ug'{ kg]{ 5 hf] ;a} rfxfG5g Tof] xf] o; ;+;f/nfO{ ;'vdo agfpg', :ju{ agfpg' . s;/L x'G5 t eGbf ;xof]uaf6 .

**syf**

 Ps af/ ;a} c;'/x? ldn]/ a|Xdf sf] kf;df uP/ eGg nfu] ls – xfd\lx\/sf] s;}n] klg ;Ddfg ub}{gg . b]jtfx? sf] ;a}n] u5{g xfdL pgLx? eGbfs'g s'/fdf sd 5f}+ < a|Xdf n] eGg' eof] – tkfO{x? ;a} ef]nL d]/f] ef]hdf cfpg' xf]nf xh'/x?nfO{ pQ/ lbg] 5' ef]nL b]jtfx? klg To; ef]hdf pkl:yt x'g] 5g .

 ef]nL kN6 ;a} c;'/ / b]jtfx? ef]hdf k'u] . ef]hdf w]/} /fd|f /fd|f vfg]s'/fx? ks]sf lyP . Tof] b]v] ;a}hgfsf] d'vdf kfgL cfof] . ;a} nfO{ ef]hg k/f]l;of] . t/ ;a}sf kfv'/fx/df Pp6f Pp6f nfdf] afF; afFlwPsf] lyof] tls s;}n] klg cfˆgf xftx? df]8\g g;s'g . ta pgLx?nfO{ ef]hg vfg] cfb]z lbOof] . c;'/ w]/} xtf; eP lsgsL xft gd'8]sf]n] vfgf vfg} g;Sg] cj:yf lyof] . e'vsf] tLa|tfn] cfs'n Jofs'n ePsf c;'/x? ha vfgf yfnLaf6 p7fP/ vfg] k|oTg uy]{ vfgf d'v;Ddf lng ;Sb}g lyP ta vfgf ptfptf kf]lvGYof] t slxn] Ps csf{sf] z/L/df klgL kYof]{ . o;sf/0f jxfF enu8f z'? eof] ta ;f/f sf]7f c:tJo:t eof] rf/} lt/ s'6df/ rln/x]sf] lyof] . a|Xdf hL cfpg' eof] clg d':s'/fpg' eof] . km]/L a|Xdf hLnfO{ csf]{ sf]7fdf nluof] hxfF bjtfx? zflGtkj{s vfgf vfO{/x]sf lyP . pgLx?sf] xftx?df klg afF;x? afFwLPsf] lyof] . t atfpg'xf];] pgLx? s;/L ef]hg ul//x]sf lyP < ======xf] pgLx? xft a9fP/ a9f] k|]d k"j{s Psn] csf{nfO{ vfgf lvnfO{ /x]sf lyP . of] b[Zo b]v]/ c;'/x? nfO{ nfh nfUof] pgLx?nfO{ zld{Gbf x'g' k–of] . pgLx?nfO{ fxf nfUof] ls b]jtfx? dxfg s;/L eP . u'0fsf sf/0f ;xof]u, k|]d / Pstfsf sf/0f .

 Snf;df ljBfuL{x?nfO{ sd ;] sd rf/ u|'kdf afF6\g' xf];\ . cgL js{ ;k u/fpg'xf];\ . tLgLx? dWo s'g} Pp6fnfO{ u|'ksf] ln8/ agfpg' xf];\ hf] KjfOG6;\x? gf]6 u/]/ afrg ug{ ;sf];\ . js{;ksf lgDg lnlvt Kjf+OG6x? ljByL{x?nfO{ gf]6 u/fpg' xf];\ .

**js{zk**

! cfˆgf sIffsf]7fnfO{ :s"ndf ;j{>]i7 Snf; agfpgsf nflu d]/f] s] ;xof]u x'G5 .

% dLg]6 kl5 x/]s u|'kdf lgSn]sf Kjf+OG6;\ x? gf]6a'6 k9]/ ;'gfpg u'|kln8/x? nfO{ eGg'xf];\ . k|f]T;flxt ug'{xf];\ ls ljBfyL{x? tL Kjf+OG6;\x? nfu' u?g . s]xL Kjf+OG6;\ o; k|sf/ 5g

! kmf]xf]/ d}nf sr/fx? 8:6jLgdf /fVg]

@ ;dodf :s"n k'Ug]

# Snf;df xNnf gug]{

$ k9fO{df dbb ug]{

% :s"nsf k|Tos lqmofsnfkx?df efu lng]

^ ckzAb n8fO{–emu8f OToflb gug]{

**xf]djs{**

 chaf6 tkfO{x? cfˆgf] 3/df , :s"ndf / 5/l5d]sdf ;xof]u cyjf ;xfotf ug{sf nflu s'g rfxL kfFr s'/fsf] Wofg /fVg' x'G5 .

-h:t} 3/sf] sfo{df cfdfsf] dbb ug'{, ;fgf efO{–a}lxg\Lx?sf] k9fO{df dbb ug'{, 3/sf] j/Lkl/ ;kmfO{ /fVg', j[Iff /f]k0f ug'{, cfˆgf] sfd cfkm} ug'{, ;Ddfgk"0f{ Jojxf/ ug'{ cflb .­\_

 **u]d–!**

 Snf;nfO{ A / B b'O{ u|kdf afF6\g'xf];\ . A u|'ksf] ljBfyL{ uP/ B u|'ksf] s'g} Pp6f ljBfyL{sf] sfgdf uP/ s'g} j:t'sf] gfd atfpg eGg'xf];\ hf] ljBfyL{ hLjg ;+u ;DalGwt xf], h:t} k}g, An]s af]8{ 38L cflb . B u|'ksf] Tof] ljBfyL{ Tof] j:t'sf] kl/ro clego u/]/ atfpg nufpg' xf];\ cyf{t\ aRrf lagf af]n] Ozf/fn] j:t'sf] kl/ro b]j;\ . u'|kdf ;a}n] cg'dfg nufP/ Tof] j:t' s] xf] . ! dLg]6sf] ;do u|'knfO{ lbg'xf];\ of] lqmof km]/L csf]{ u"|kdf bf]xf]¥ofpg nufpg'xf];\ . lkl/o8 k'/f x'bf ;Dd ljBfyL of] u]d v]Ng ;S5g .

**u]d–@**

v]nsf] d}bfgdf s]xL ljBfyL{x?nfO{ # n]u /]; u/fpg klg ;Sg' x'G5 . hf] ;xof]usf] u'0f k|bz{g ub{5 .