**;q– (**

**cfˆgf] cfjfh ;'gf}**

1 Minute Silence

 Homework Check

of] ;+;f/ t cfjfhsf] ;+;f/ xf] . rf}la;} 306f s]xL g s]xL cfjfh xfd|f] sfgdf cfO{ g} /xG5 cyf{t ;'gL/xG5f}+ . t/ chsf] ljifon] eG5 cfˆgf] cfjfh ;'gf}+ o;sf] cy{ ls xfdL cfˆgf] cfjfh ;'Gb}gf}+ t/ ca ;'gf}+ . cfˆgf] cfjfh ;'g eGg'sf] tfTko{ s:sf] cfjfh ;'Gg], leqaf6 s:n] cfjfh lbG5 < 1

 

cfˆgf] cfjfh ;'Gg' cyf{t\ cfTdfsf] cfjfh ;'Gg'

z/L/ Pp6f s'6Lof xf] oL cfFvfx? e]l06n]6/, em\ofn, 9f]sf cflb ;a x'g . oL ;a}sf] k|of]u s:n] u5{ –cfTdf n] .

leq sf] a:5 –cfTdf . s:n] leqaf6 cfjfh lbG5 –cfTdfn] .

k|ZgM– leqaf6 s:sf] cfjfh cfp5 <

pQ/M– cfTdfsf] .

k|ZgM– cGt/dgsf] cfjfhnfO{ s:n] bafOlbG5 <

pQ/M– ljsf/ jf /fj0fsf] k|efj .

k|ZgM– o;sf] kl/0ffd s] x'G5 <

pQ/M– g/fd|f] ;+:sf/ sf] a[l4 .

cGt/ cfTdfsf] cfjfh ;'Gg' cyf{t\ s]–

h:t} cfdfn] eGg' x'G5 ls d]/f] aRrfn] d}n] eg]sf] ;'Gb}g cyf{t\ cfdfn] h] c/fpg'x'G5 Tof] p;n] ub}{g . cyf{t\ ;'Gg' eg]sf] g} ug'{ xf] . cGt/ cfTdfsf] cfjfh ;'Gg' eg]sf] g} p;sf] cg's'n rNg' ug'{ . cGt/ cfTdfsf] cfjfh xfdLnfO{ ;xL af6f]df lx8\gsf nflu k|l/t u5{ .

syf

Pp6f u'?csf tLg hgf lzio lyP . u'?n] tLg}hgf nfO{ Pp6f Pp6f n8\8' lbg' eof] / eGg' eof] ls hxfF s;}n] b]Vg g;sf];\ ToxfF uP/ vfpm . Pp6f lzion] 3/df uP/ em\ofn 9f]sf aGb u/]/ n8\8' vfG5 . bf;|f] lzio h+undf uP/ hxfF s;}n] klg gb]Vg] 7fpFdf uP/ vfG5 . t/ t];|f] lzio n8|\8' gvfOsg lkmtf{ lnP/ cfpF5 . u'? Tof] t];|f] lzionfO{ ;f]Wg' x'G5 ls ltdLn] n8\8' lsg vfPgf}+ < ta p;n] hjfkm lbG5 ls u'?b]j, dnfO{ t s'g} klg 7fpF o:tf] ldn]g hxfF dnfO{ s;}n] klg g]b]vf];\ lsgsL d htf htf uPF jxfF d :jo+ cfkm}nfO{ b]Vy] / k/dfTdfn] klg dnfO{ b]Vg' x'GYof] o;}n] d}n] of] n8\8' vfg ;lsg . syfsf] ;f/ xf] ls h:n] cfˆgf] cGt/ cfTdfsf] cfjfh ;'Gof] p;nfO{ g} ;To ljj]s k|fKt eof] .

slxn] sxL xfdL ;+u bf]ifdf cfP/ unt af6f]df lx8\g yfN5f}++ ta cGt/ cfTdfsf] cfjfh xfdLnfO{ af/ af/ r]tfjgL lbG5 . olb Tof] cfjfhnfO{ cg;'gL u¥of}+ eg] Tof] cfjfhnfO{ bafpg] sf]lz; u¥of}++ eg] lj:tf/} lj:tf/} s] x'G5 , cGt/ cfTdfn] cfjfh lbg g} aGb ul/lbG5 . lsgsL xfdL p; cfjfhnfO{ ;'Gb} ;'Gb}gf}+, Wofg lbb}gf}, dg a'l4df v/fa ;+:sf/sf] k|efj cfO;s]sf] x'G5 . kl/0ffd :j?k dg'io cfTdfdf g/fd|f] ;+:sf/x?sf] uxL/f] 5fk kl/xfN5 .

t/ slxn] sxL s'g} P:tf] 36gf 36\5 h:n] cGt/ cfTdfdf blaPsf] /fd|f]kgnfO{ jf b]jTjnfO{ hufOlbG5 lsgsL jf:tjdf t k|Tos cfTdf cfˆgf] d"n?kdf z'4 / kljq 5 .

j:t'tM cfTdf z'4 5 , :jR5 5 ,of] g} p;sf] c;nL cj:yf xf] o;|}n] g} :jR5tf ;a}nfO{ lk|o nfU5 .

**syf**

w]/} ;do klxn]sf] s'/f] xf] Pp6f k|l;4 lrqsf/ lyof] . p;nfO{ Pp6f /fd|f] lrq df:6/kL; agfpg] OR5f eof] . w]/} 7fpF w'Dof] ls s] agfpg] eg]/ x]g{sf nflu hf] ;a} eGbf a]hf]8 xf];\ cnu xf];\ . o;} vf]hLsf] l;nl;nfdf p;nfO{ Pp6f qRrf ldNof] hf] cToGt df;'d, ef]nf lyof] . aRrfx? t k|fo ;a} ef]nf g} x'G5g . t/ Tof] aRrf b]Vgf ;fy o:tf] nfUYof] ls ef]nfkg p;df ;a} eGbf clws g} 5 . k]G6/n] To; aRrfsf] x"ax" k]+l6+u agfof] h:n] ubf{ pm w]/} nf]slk|o aGof] . dflg;x? aRrfsf] t:jL/ x]/]/ dGqd'Uw x'gyfn] .

la; jif{ ljlt;s] kl5 lrqsf/ a'9f] eof] p;sf] lbdfudf cfof] ls dg'{ eGbf klxn] k'gM o:t} Pp6f k]+l6+u agfp hf] d}n] lj; aif{ klxn] agfPsf] lyP . tfsL ;a p;nfO{ ofb u?g . t/ ;d:of lyof] ls agfp t s] agfp hf] ;a} eGbf cnu xf] . dflg;sf] Wofg Psbd lvrf];\ . p;sf] dgdf ljrf/ cfof] ls la; aif{ klxn] p;n] Psbd ef]nf d'xf/sf] aRrf agfPsf] lyof] , ca d s'g} o:tf] JolQmsf] lrq agfp hf] w]/} qm'/ xf];\ b'i6 xf];\ eofgs xf];\, h;nfO{ b]v]/ hf];'s} sFfkf];\ . ca p;n] o:tf] eofgs qm'/ JolQmsf] vfhlag z'? u¥of] t/ p;nfO{ s'g} klg r]x/f dg kb}g Yof] . s;} p;nfO{ ;'emfj lbof] ls h]ndf cfh Pp6f v'+vf/ s}bL cfPsf] 5 h:n] w]/} ck/fw u/]sf] 5 . tkfO{ uP/ p;nfO{ x]g'{xf];\ . ta Tof] lrqsf/ h]ndf uP/ Tof; v'+vf/ s}bLnfO{ b]v]/ pm :jo+ sfFKg yfNof] . p;nfO{ nfUof] ls of] JoQm g} pko;Qm 5 . p;n] To; s}bL;+u t:jL/ agfpg] cg'dlt dfUof] . s}bLn] sf/0f ;fWof] . p;n] sf/0f atfof] . s}bL s]xL If0f ljrf/dUg eP/ ;f]Rg yfNof] / lrqsf/nfO{ ;fWof] ls s] tkfO{ dnfO{ p; aRrfsf] t:jL/ b]vfg ;S5f}+ hf] tkfO{n] lj; aif{ klxn] agfpg' ePsf] lyof] . lrqsf/n] kmf]6f] lgsfn]/ b]vfof] . s}bL cfZro{df k/]/ Tof] kmf]6f] x]g{ yfNof] . clg hf]/ hf]/n] ?g yfNof] . lrqsf/nfO{ cfZro{ nfUof] . s}bLn] atfof] ls of] aRrf d g} x"F h;sf] k]+l6+u tkfO{n] agfpg' ePsf] lyof] . d g} la; aif{ klxn] o:tf] b]lvGy] . cfh x]g'{xf];\ v/fa ;+usf sf/0f g/fd|f] cfbnsf sf/0f s] af6 s] aGg k'u] . d]/f] c;nL ?k t o; kmf]6f]df 5 , of] d}n] cfˆgf] s:tf] xfn agfOlbP .

leqaf6 cfpg] cfjfhnfO{ ha xfdL ;'G5f}+ ta xfdLnfO{ dx;'; x'G5 ls xfdL s] ul//x]sf 5f}+ ta kl/jt{g ug{]sf] zlSt cfp5 .

cGt/ cfTdfsf] cfjfh ;'g] kl5 b'O{a6f zlSt cfp5 –

dx;';tfsf] zlQm (Realisation Power)

kl/jt{gsf] zlQm(Transformation Power)

Ps pQd hLjg agfpgsf nflu oL b'O{ zlQmsf] cfjZostf x'G5 .

dxfTdf uf+wLn] cfˆgf] cfjfh ;'g] ta pgn] cfˆgf] jsfntsf] k]zf 5f]8]/ :jt+qtf ;+u|fddf nfu] . g/]Gb| n] cfˆgf] cfjfh ;'g] ta pgL :jdL ljj]sfgGb aGg k'u] . caf|xd ln+sg, cfO{+;6fOg cflbn] n] cfˆgf] cfjfh ;'g] . P; k|sf/ cfˆgf] cGt/ cfTdfsf] cfjfh ;'g]/ g} sf]xL dxfg cfTdf ag], sf]xL k'0o cfTdf ag], sf]xL dxfg a}1flgs ag] . olb xfdL klg cGt/ cfTdfsf] cfjfh ;'Gg ;'? u¥of] eg] xfdL klg lgM;+b]x dxfg cfTdf aGg] 5f]+ .

**Activity**

ca tkfO{x? cfˆgf] cGt/ cfTdfsf] cfjfh ;'g]/ s]xL k|Zgx?sf] pQ/ cfˆgf] gf]6 a'sdf n]Vg'xf];\

lgDgf+lst k|Zgx? ljBfyL{nfO{ gf]6 a'sdf n]vfP/ p;} ;dodf ljBfyL{x? ;+u pQ/ n]Vg nufpg'xf];\ .

k|ZgM–! o; k|f]u|daf6 tkfO{n] :jo+df s] ;'wf/ Nofpg' eof] <

k|ZgM– @ s'g s'g sdhf]/L afFsL 5 h;df tkfO{ ;'wf/ ug{ rfxfg' x'G5 <

k|ZgM– # s'g s'g ;q tkfO{+nfO{ pkof]uL nfu] <

k|ZgM– $ tkfO{ cfˆgf 7"nfa9fx? ;+u s] ck]Iff /fVg'x'G5 <

 -ljBfyL{x? lgzfg nufpg tL v/fjLx?df h;nfO{ pgLx? cfh} 5f8\g ;S5g .\_

-ljBfyL{x?sf] cfh ;Ddsf] d"Nof+sg klg xg]5 o;}sf] cfwf/df cuf8L ;Demfpg klg ;Sg' x'g] 5 \_

**sfFd]G6«L**

d cfTdf :jo+sf] cfjfh ;'gL /x]sf] 5' =========hf] elg/x]sf] 5 ltdLn] /fd|f] hLjg agfpg' 5 =======/fd|f cfbtx? agfpg' k5{=======cfkm'n] u/]sf uNtLx?sf] dx;'; u/ =======cfkm'nfO{ kl/jt{g u/ .

**xf]djs{**

cGt/ cfTdfsf] cfjfh ;'g]/ tkfO{n] cfˆgf] s'g} uNtL dx;'; ug'{ eosf] 5 ;'wf/ ug'{ ePsf] 5 Tof] n]v]/ Nofpg' xf];\ .