12 b]lv 15 aif{sf **lszf]/fj:yfsf ljBfly{x?sf nflu gjLg ;]jf of]hgf**



**k|lzIfsx?sf] k|lzIf)f sf nflu**

**dfu{bz{s k'l:tsf**

**k/dlktf k/dfTdf lzjsf] dfWofd lktf>L a|Xdfafafsf] z'e ;+b]z**

afns / o'jf New Blood.dxfg cfTdf x'g . cyf{t\ dxfTdfsf] ;dfg 5g . ;fg} pd]/df g} ha afnssf] a'l4 u|x0f ug]{ of]Uo x'G5 ta g} dftf lktf, ;dfh Pj+ lzIff ljbx?sf] st{Jo xf] ls pgLx|?sf] ;+:sf/nfO{ l;+lrt ug{ cf/De u?g\ . afns / o'jfx? g} /fi6«sf / ljZjsf k"+hL x'g .

**cfzLj{rg**

 o'jf k|efusf] åf/f Touch the Light Project sf] z'ef/De aif{ @))& df ul/b} 5 . lktf>L a|Xdfsf] åf/f lzj afaffn] o1sf] :yfkgf ug'\{ ePsf] lyof] . Tolt a]nf w]/} eGbf w]/} ;+Vof afn, lszf]/ Pj+ o'jf efO{ alxgLx?sf] g} lyof] . h;sf] hLjg lbJo ;+:sfx?n] l;+lrt eof] / cfh ToxL lbJo ;+:sf/sf] lbJo k|sfz ofgL bLk hnfpg cfh ljZje/df lgldQ eP/ ;]jf ul//x]sf 5g . dnfO{ ljZj; 5 ls Touch the Light Project åf/f nfvf}+ s/f]8f}+sf] cGbfhdf o'jf efO{ / alxgLx?sf] r]tgf hfu[t x'g]5 hf] k'/f ljZjnfO{ g} lbJo r]tgfn] e/k'/ ug]{ 5 .

8f= bfbL k|sfzd0L

:j= d'Vo k|zfl;sf, a|Xdfs'df/Lh

k|]/0ffx?

 ;g @))^ df o'jf ofqfsf] ljzfn ;]jfof]hgf kZrft kbofqL efO{, alxgLx? / cGo efO{ alxgLx?sf] ;]jfsf k|lt olt w]/} pd+u pT;fx a9]sf] 5 ls h;sf] kmn:j?k o'jf efO{ alxgLx? cfkm'eGbf ;–;fgf efO{ alxgLx?sf] cyf{t\ !@ b]lv !% aif{sf afn aflnsfx?df cflTds r]tgf, JolStTj ljsf; Pj+ ;+:sf/ lgdf{0fsf]= sfo{ ug{sf nflu k|f]T;flxt x'g'ePsf] 5 . tkfO{+x? ;a} o'jf efO{ / alxgLx? k|lzIf0f lnP/ cGonfO{ klg k|lzIfLt ub}{ o; k|f]h]S6nfO{ lta| ultn] sfo{Gjog ug]{ nIo lnP/ cuf8L a9L/xg' ePsf] 5 . xfdL ;bf tkfO{x?sf] ;fydf 5f}+ / xfd|f] z'esfdgf 5 ls o; ;]jf of]hgfn] afn aflnsfx?df o:tf] kl/jt{g cfj;\ ls o;n] ubf{ pgLx?sf dftf lktf / lzIfs u0fx? klg v'zL Pj+ cfgGbsf] cg'ej ug{ ;s'g . s'g} klg sfo{sf] k|f/De ubf{ w]/} d]xgt / >dbfgsf] cfjZostf x'G5 . t/ o;sf] kl/0ffd eljZodf >]i7 Pj+ v'zL lbg]jfnf ;'vbfoL x'G5 . xh'/x? ;a} k|lzsx?nfO{ x[bob]lv w]/} w]/} z'esfdgf 5 .

bfbL /tg df]lxgL

cWoIf , o'jf k|efu

**cfd'v**

 xfdLnfO{ yfxf ePs} s'/f] xf] ls s'g} klg kl/jf/, ;dfh, ;+:yf jf /fi6«sf] cl:tTjsf] gLj To; ;+u cfj4 ePsf] o'jf xf] . ;a}sf] ck]Iff o'jfdf g} 5 / of] s'/f ;To xf] lsgsL o'jfsf nflu g} zlStk+'~h zAbsf] k|of]u x'G5 . zl//Ls zflSt xf];\ jf dfgl;s zlSt xf];\ , cfly{s xf];\ of cfWoflTds , gjLg tsgLsLsf] hfgsf/L xf];\ jf s]xL gf}nf] ug]{sf] ;xf; o'jffnfO{ oL ;a} s'/fdf ofb ul/G5 .

 ljsf; ofqfsf d'Vo s0f{wf/ o'jfnfO{ g} dflgG5 . olb d'Vo s0f{wf/ g} v/fa af6f]df unt lbzfdf u}/x]sf] 5, sdhf]/ 5, lg?T;flxt 5, lbUe|ldt 5, c1fgL 5, lgDg j}rfl/s :t/sf 5 eg] ofqf sxfF uP/ /f]lsG5, of] sNkgf tkfO{ xfdL ug{ ;S5f}+ . / of] sNkgf ug]{ dfq xf] eg] j}lZjs Pstf sf] ;Dd'v Pp6f eosf] sfnf] afbn pTkGg x'G5 . /fi6«sf] cv08tf sf ;Dd'v Pp6f k|Zg lrGx v8f x'G5 . ;fdflhs Joj:yf r/d/fP/ v08 v08 x'G5 . kfl/jf/Ls ;d[l4 Pj+ ;b\efjgfsf ;Dd'v Pp6f 3f]/ c+wsf/ 5fp5 . xfdL dfGg jfWo 5f}+ ls jt{dfg ;dodf o'jf ju{sf] Ps ljzfn ;d'x o:tf] gsf/fTdstf ;+u h'lem/x]sf 5 . u|l;t 5 .

 xfdL slxn] /fd /fHosf] sNkgf u5f}+ t slxn] /fi6« cEo"bo sf] sNkgf u5f}{, slxn] ljsl;t /fi6«sf] sNkgf u5f}+ . s'g} a]nf of] e"dLnffO{ :ju{ cnsfk'/L ,sflGtk'/L gu/L b]j e"dL sxnfpGYof] . cfWoflTds pRr lzv/df /x]sf] ljZj u'? b]j e"dL sf ?kdf k|Voft xfd|f] b]znO{ k'gM ToxL l:yltdf b]Vgsf nflu nfnflot 5f}+ . ;fj{ef}d ;Ttf ;DkGg d"n'sdf ;jf{lu0ff ?kn] ;DkGg agfpg' xfdL ;a}sf] nIo xf], pQ/bfloTj xf] / kfjg st{Jo klg xf] .

 of] s'/f ;xL xf] ls xfd|f] b]z s'g} cGo b]zsf] u'nfd ePg t/ klg lg/+s'z /fhtGq / kfl/jfl/s hffxflgo ;fzgsf] lk8f ;xbf ;xb} sof}+ aif{sf] ndf] ;+3if{ kl5 cfh :jtGqtfsf] :jfb rfVg kffPsf] 5 . b]zdf cg]sf}+ ljsf;sf kxn eo{/x]sf klg 5g . lzIffsf] :t/ klg a9L/x]sf] 5 . lj:tf/} lj:tf/} lrlsT;f If]qdf klg ;]jf ;'ljwfx? a9L/x]sf 5g . df]afO{n s|fGtn] ;'Gb]z JOjxf/df ;'ljwf ePsf] 5 . s] oxL xf] t b]j e"dL cnsfk'/L sflGtk;/L gu/L . of] k|of; t cfh ljZjsf cg]s b]zx?df xfd|f] b]zdf eGbf klg s}of} u'gf Hofbf e{/x]sf 5g . cfhsf] ;ddodf ljZjsf] ;'k/ kfj/ b]z cd]l/sfsf] s'/f ug]{ xf] eg] ;fob} s'g}k|sfsf ;'v ;'ljwfsf a:t'x?sf] cefj gxf]nf . o:tf] ;DkGg b]zdf klg k|lt JolQm ck/fw b/ ljZjdf ;a} eGbf w]/} cd]l/sfdf 5 . of] l:ylt cGo ljsl;t b]zx?sf] klg 5 .

 xfdLnfO{ xfd|f] b]z ;fflRrs} :ju{ agpg' 5 . dfq sNkgfsf] :ju{ xf]O{g . /fi6«sf] lgdf{0f JolQmx?sf] ;fd'lxs k|of;n] dfq ;Dej 5 . b]zsf gful/s x?sf] dfgl;s, j}rfl/s Pj+ cfWoflTds pmFrfO{ ;DaGwdf ;d/;tf Nofp5 / of] s]an JolStx?sf] kl/jt{gaf6 dfq ;Dej x'G5 . xfd|f] b]zsf] ;Gb|edf s'/f ug]{ xf] eg] of] crm ;lhnf] 5 lsgsL cg'dflgt ?kaf6 yfxf nfu] cg';f/ ljZjdf hg;+Vofsf] k|ltztsf cfwf/df o'jfwg xfd|f] b]zdf klg $) k|ltzt 5 . g]kfnsf] hg;+Vof @ s/f]8 ^$ nfv ($ xhf/df nueu $) k|ltzt o'jf hgzlSt /x]sf] 5 . / of] k|ltzt wLdL ultn] a9L/x]sf] klg 5 . olb xfd\L ;a} ldn]/ k/d s[kfn' k/df\Tdfsf] k/d zlStsf] ;xfotfaf6 o; o'jf dfg;nfO{ ;sf/fTds lbzf k|bfg lbg ;Sof} eg] s]xL aif{ leq g}{ b]z k'gM b]j e"dL ;fFtf] :ju{ agfpg ;Sg] 5f}+ . of] s]an kl/sNkgf xf][O{g jf:tljstf xf] . sfo{ s7Lg cjZo 5 t/ c;Dej 5}g . xfdLnfO{ yfxf 5 of] sfo{ /ftf/ft x'g] jfnf 5}g t/ b[9tfk"j{s nflu kg]{ xf] eg] nIo k|flKt cjZo x'g ;S5 . Pp7f jLh af]P/ lg/Gt/ d]x]gt ug]{ xf] eg] ?v ag]/ To;df kmn nfUg t ;ddo nffU5 g} o; k|qmofdf hfg]xf] eg] xfdLnfo{ wo{jt\ eP/ lg/Gt/ k'?iffy{ ug'{ kg]{ x'G5 .

**of]hgf o; k|sf/ 5 .**

 !\* b]lv @% aif{sf] o'jfdgn] s]xL 7fgL ;s]sf] x'G5 . ;+:sf/ lgdf{0fsf] k|q[mofaf6 w]/} cuf8L a9L ;s]sf] x'G5 o'jf cj:yf ,;Dd'v v8f ePsf] lhDd]jf/Lsf] kxf8 s]xL kl/jt{g ug{sf nflu /f]S5 t/ ;+ubf]ifsf] k|efj pgLx?df rfF8} gof /+usf] k|efj kg{ lbb}g . xfdLnfO{ ;a} s'/f yffxf 5 , of] cx+sf/n] ;a} pGgltsf 98f]sfx? aGb ul/ lbG5 .

 o:tf] kl/e]ifdf xfd|f] b[li6 tL gjo'jfx?df hfG5 hf] o'jfhLjgsf] cf/Desfn ljsf;sf] k|s[ofdf x'G5g . gjLg ljrfx? ;'Ggsf nflu ptfpnf x'G5g . lgbf]{z dgsf sf]dn efjgfx? ;s/fTdstfnffO{ :jLsf/]/ cfgGbdf v';L e}/x]sf x'G5 . s]xL u'dfpg] 8/sf] :yfgdf s]xL kfpg] cfzf / clenzf lnP/ v8f 5 , a'l4df clxn] ;Dd s'g} sflx/L cfj/0f k/]sf] 5}g hf] df}lnsf /rgfTds, zlStnfO{ bafOlbG5 . s'g} cg'elj JolQåf/f ljlwk'j{s :jdfgsf] :d[lt lbg]xf] eg] d'l:sn keGbf klg d'l:sn nIonfO{ k|fKt ug{sf nflu pm ;+sNka4 x'G5 . ;fob o;}n] elgG5 xf]nf afnsx? t eujfgsf ?k x'G5g\ .

 o:tf gj o'jx?nfO{ yf]/} dfq ;dosf eP klg lg/Gt/ ?kdf >]i7 ;+u k|bfg ug]{xf] eg] :jl0f{d\ ;dfhsf] lgdf{0f ug]{ ;kfgf, of]b]znfO{ k'gM b]j e"dL agfpg] ;kgf / o;df pgLx?sf] of]ubfgsf af/]df ;Demfpg] xf] eg], pgLx?sf] cGt/lg{lxt zlStsf af/]df cg'ej u/fpg ;Sg] xf] eg], ;/n ljlwåf/f atfpg] xf] eg] , :s"ndf k9fOg] lzIffsf ;fy ;fy v]nv]ndf lbJo u'0fn] e/k'/ hLjg hLpg]sf] snf l;sfpg] xf] eg] ta ;Dej 5 ls xfdL of] kl/jt{g k|lqmofnfO{ Hofldlts ?kaf6 cuf8L a9\g ;S5f]+ . lsgsL o:tf gof}jgx?sf ;fydf pgLx?sf dftf lktf ldq ;DalGw, :g]xL :jhg cfrfo{ c|Wofksu0f ;a} ;+nUg x'G5g . / ;sf/fTds lbJo u'0fx?sf] k|efjn] ;DkGg afnssf] k|efj oL ;a}dffly kg{ ;S5 . of] lzIff g kl/Iff nfO{ nIfLt u/]/ x'g]5 g :kwf{Tds, g s'g} k|sf/sf] tgfj pTkGg ug]{jfnf 5 g dgdf s'g} fk|sf/ sf]ef/ t/ o;n] lbJou'0fx?sf] ;'uGwnfO{ cg'ejfTds ccleJolSt k|bfg ug]{jffnf x'G5 h;sf] cfsif{0f n] p;nfO{ cfˆgf] lt/ lvlr /xG5 .

 **xfd|f k|of;x? o; k|sf/ x'g] 5g M**

ljleGg ;DalGwt JolStx?sf nflu dfu{bz{s k'l:tsfx? tof/ kffl/b} 5 .

sIff &,\* / ( sf ljBfly{x?sf nflu k|efjLlsd kf7ofqmd tof/ ul/Psf] 5 .

lz\Iff k|bfg ug{sf nflu of]Uo JolStx?nfO{ ljlegg k|lzIf0f sfo{qmdx?sf] åf/f tof/ ul/b} 5

a|Xdfs'df/Lh kl/jf/sf /fi6«JofkL Pj+ ljZj JokL g]6js{ o;nfO{ nfu' ug{ tof/ 5 .

 a|Xdfs'df/Lhsf] o'j k|efusf sl/a $) hgf ;lqmo ;b:o o; ;]jf of]hgfnfO{ b]zsf] s'gf s]\gfdf k'¥offpg] ;+sNksf ;fy nflu /x]sf 5g . ;do k|lt ;do cg]sf\}+ efO{ alxg:x?nfO{ o;sfnflu k|lzIf0f tflnd sfo{qmd ;DkGg e};s]sf 5g . oLg} k|lIfLt efO{/ alxgLx? b]zsf] s'gf s'gfdf uP/ u|'k u|'kx?nfo{ k|lzIf0f lbO/x]sf 5g .

 o;k|sf/ a|Xdfs'df/Lhsf :yflgo ;]jfs]Gb|x? n] ljut !) aif{df cg]s :s"ndf w]/} ljBfly{x?nfO{ k|ToIf?kdf sIff ;+rfng u/]/ nffvf}+ ljBfly{x?sf] r]tgf zlStnfO{ hfu[t ul//x]sf 5g eg] ck|ToIf?kdf ;Dks{df cfpg] ljBfly{x?sf dftf lktf tyf cleefjsx? klg oLg} lbJou'0fx?sf] ;'uGwn] cf]tk|f]t e}/x]sf 5g .

h;/L Pp6f tnfjdf k|yd lbg Pp6f sdn kmm'N5 bf];\|f] lbg rf/j6f, t];|f] lbg cff7j6f =====o;k|sf/ qmdzM j[l4 x'b} hfG5 . k'/f tnfj Pss lbg km'nx?n] el/G5 . a; o;}k|sf/n] of] ;jf of]hgf sf] sfo{ ;DkGg x'b} hfg] 5 lsgsL of] s'g} JolStsf] of]hgf xfO{g :jo+ ;j{zlStjfg k/dlktf k/dfTdfsf] of]hgf xf] / tkffO{ xfdL ;a} ldn]/ p; k/dfTdfsf] ;xof]uL ag]/ o; sfo{nfO{ sfo{lGjt ul//x]sf 5f}+ .

h:t} h:t} of] ;]jfof]hgf hgdffg;sf ljrdf k/f]l; /x]sf 5f}+ xfdLnfo{ ;a}sf] ;xof]u klg ldln/x]sf] 5 . t cfpg'xf];\ tkfO{ xfdL ;a} ldn]/ oL dxfg ljlrf/x?nfO{ hgdfg;df k'¥ofpg] sfo{ u/f}+ cfkm'n] lrg]hfg]sf ljBfnox?df o; of]hgfnfO{ nfu' u/fp . kl/jf/ ;dfh, /fi6«, ljZj Pj+ ;d:t dfgj hffltsf nflu o; cd'No vhfgfnfO{ ;'/lIft u/f}+ ;DkGg u/ff}+ .

w]/} 5 c+wsf/ ltdL tf/f ag]/ 6Ld6Ldfpm

8'Ag]x?nfO{ ltdL gfp ag]/ ;a}nfO{ lsgf/ff nufpm

x'gt ;fxf/f w]/} 5g o; w/fdf

ltdL ;fxf/f g n]p ltdL ;fxf/f ag o; ;+;f/df

**cd[t ;"rL**

* O{Zj/Lo ;+b]z, cfzLj{rg, k|]/0ff
* cfd'v
* Divine Lights
* Guiding Light
* Living Light
* Living Light sf nflu cfrf/ ;+llxtf
* kf7\ofqmd kl/ro -k|lzIf0f ;q\_ d'Nox? eGbf klg d"Nojfg cfGtl/s zlStx?sf] ljsf; k|efjzfnL JolStTj, ;DaGwdf ;'wf/, d]/f] b]z g]kfn, ;qx?df /rgfTdstf Pj+ gjLgtf, ljlzi7 ;q
* k|efusf ultljlwx? -k|lzIf0f ;q\_
* ;]jf of]hgfdf xh'/sf] ;xof]u -k|lzIf0f ;q\_
* o'jf ;zlSts/0f ;]jfx? – la= s]= Pj+ cGo o'jfx?sf nflu -k|lzIf0f ;q\_
* z'e ;+sNk
* gfdfjnL
* cd[t ;"rL M efu – @

**Divine Light**

k|efu :yfkgfsf] ;fy ;fy} afabfbf åf/f lbO{Psf] gof b'lgofFsf] Vision ;fsf/ ug{sf nflu o'jf ;]jfsf nflu ;a}n] hf] cys k'?iffy{ ug'{ eof] p;nfO{ ofb ug]{xf] eg] xfd|f] /f]df+r v9f x'G5 . xfdL k"j{h xf}+ , xfdL g} df:6/ efUo ljwftf xf}+ , xfdL g] ljZj ;]jfwf/L xf}+ of] kf6{ Divine Light n] cTofGt ;'Gb/ tl/sfn] lgefpg' ePsf] 5 . Play ug'{ ePsf] 5 o; ;]jf of]hgfn] k'g sld6L d]Da;{nfO{ of] cj;/ k||wfg u/]sf] 5 ls jxfFx? cfˆgf] cg'ejsf] vhfgfx?åf/f cg]s cfTdfx?sf] Hof]lt hufpg ;Sg'x'g]5 .

g]kfn clw/fHo e/Ldf cnu cnu cg]s ;]jf:yfgx?df h'g k|lzIf0f sfo{qmdx? Training For Living Lights rNg]jfnf 5 . To;sf] ;+/If0fsf nflu ;+/Ifs (Guardian) ag]/ Ps 7"nf] lhDd]jf/L jxfFx?sf] s+fwfdf /flvPsf] 5 . tL :yfgx?df cfof]hgf x'g] sfo{qmdsf] ;Dk"0f{ ?k/]vf lgwf{l/t ug'{, ToxfFsf lgldQ JolStx?sf ;fy;fydf ;Dks{ agfo/ /fVg' , k|lzIf0f sfo{qdsf] bf}/fg k"0f{ pkl:ylt /xg' , k|efusf] /fli6«o sfo{nosf] dfu{bzg cg';f/ sfo{qmdsf] ;+rfng ug'{ , ;]jf ;dfrf/x?sf] ;do ;dodf cfbfg k|bfg ugg'{ , cflb cg]s dxTjk"0f{ lhDd]jf/L jxfFx?nfo{ lgefpg' kg]{ 5 . ;]jf z'? e};s] kl5 ;]jfsf] d'Nof+sg ug'{ la= s]= aStfx?sf] d"Nof+sg ug'{, To;sf cfwf/df pgLx?nfO{ s'g} ;'wf/ ;'emfj lbg' cflb ;]jfx?df lg/Gt/tf lbg' clgjfo{ 5 . la= s] aStfx?nfO{ jxfFx? ;+u w]/} pDdLb 5 o;}n} g} ;do k|lt ;do pgLx?nfO{ k|f]T;flxt ug{sf nflu ;]jf :yfgx? Pj+ :s"nx?df rSs/ nfufO{/xg' kg]{ x'G5 . lgl/If0f sf ;fy ;fy} k|]l/t ug]{ . o; k|sf/ Training For Living Lights sf sfo{qmx?sf] cfof]hg x?df k"0f{ ;xof]u lbg' cfjZos 5 . of] bL3{sfnLg Project xf] / s[xL aif{ leq g} o; Project nfO{ k'/f g]kfn clw/fHo el/ g} Spread ug'{ 5 . o;df ax'ljw ;]jf ;lDdlnt /x]sf] 5 h:t} ls afnaflnsfx? åf/f Parents sf] Parents sf] åf/f ;dfhsf] / o;df ;/sf/ ;lxt cGo sof}+ g;f]r]sf ;]jfsf If]qx? v'Ng]jfnf 5g o; k|sf/sf] Vision xfd|f] ;fd' b]lvOPsf 5g .

**Guiding Light**

oxfFx? tL efUo zfnL cfTdfx? x'g'x'G5 hf] w]/} 7"nf] g]6 js{sf] d'Vo r}gn kf6{g/ aGb]5g . h;sf sf/0f b'cf?kL efUosf] vftf e/k'/ x'g]jfnf 5 . o;sf nflu bf]xf]/f cj;/x? pknAw 5gM–

cfˆgf] of]Uotfsf] åf/f cfˆgf xdlhG;x?nfO{ tof/ ug{ ;Sg' x'g] 5 . / pgLx?sf] åf/f h'g ;]jf x'g]jfnf 5 To;df klg oLgsf] efUo aGg]jfnf 5 .

oLgLx? :jo+ klg cfˆgf] ;]jfs]Gb|sf dfWodaf6 :s"nx?df uP/ cg]sf}+sf] ;]jfsf] lgldQ aGg ;Sg] 5g . o;sf nflu ;j{ k|yd oLgnfO{ ljz]if k|lzIf0f (Ttainers' Training) lbOg] 5 .

**Guiding Light sf ?kdf lgDg lnlvt JolStx? dfq sfo{ ug{ ;Sg] 5g**

* zfl//Ls pd]/ #) aif{ b[lv $% aif{sf] aLrdf x'g' kg]{ 5
* !@ sIff eGbf clws k9]sf] x'g' kg]{ 5
* 1fgdf !) of clws jif{ b]lv cEof; ul//x]sf] x'g' kg]{ 5 .
* hf] cGo :yfgx?df klg k|lzif0f u/fpg hfg ;Sg] 5g .
* -ckjfb– h;sf] z}lIf0fLs hLjg >]i7 lyof]\_

**lgDg lnlvt JolStx? Living Lights sf ?kdf ;]j lbg ;Sg] 5g**

* ;]jf :yfgsL lgldQ 6Lr/ alxgLx?
* ;]jf :yfgdf ;xg] cGo ;dlk{t efo{ tyf alxgLx?
* Snf;df cfpg] efo[ tyf alxgLx?

**lgDg lnlvt JolStx? Living Lights sf ?kdf sfo{ ug{ ;Sg] 5g**

* zfl//L/ pd]/ @@ b]lv ^) jif{sf] aLrdf xf];\
* 1fgdf % jif{ eGbf clws ePsf]
* sIff !@ jf o; eGbf w]/} k9]sf] - ckjfb– h;sf] z}IfL0fLs hLjg >]i7 lyof] \_
* lgaGw xf];\, :s"n ;]jfsf nflu ;do lgsfNg ;sf];\
* o'jf k|efuåf/f cfof]hLt k|lz0f sfo{qmddf k|lzIf0f lnPsf] x'g' kg]{ 5
* o'jf k|efu åf/f o; ;]jfsf nflu kq lbP/ lgo'St ul/Psf] x'g' kg]{ 5 .

**Living Lights sf nflu jf lzIfssf nflu cfrf/ ;+lxtf**

* :s\'ndf ;+:yfn] lgwf{l/t u/]sf] ;]tf] sk8fdf g} nufP/ hg] h:t} ls l6r/ alxgLx? ;f8L, s'df/Lx? ;'?jfn sldh / effO{x? s'tf{ kfohfdf jf k]G6 ;6{ .
* afafsf] a]h nufP/dfq hfg] .
* gf:tf kfgLsf] cfjZostf b]vG5 eg] cfˆgf] ;fydf lnP/ hfg] aflx/sf] s]x|L klg :jLsf/ gug]{ .
* :s'ndf s;};+u klg ;Dks{df cfpg' 5 eg] ;f+;f/Ls ;dfrf/x?sf] n]g b]g ug'{ x'b}g . g To:tf +-
* s'/fx?df ?rL g} /fVg' plrt x'g5 .
* ljBfno kl/;/df prf] :j/df s'/f gug]{
* gfd dfg zfg sf] OR5f g/fVg]
* cfˆgf] lbJotfsf] d]g6]g]G;\ ug]{ tkkfO{ Pp6f dxfg ;+:yfsf] k|ltlglwTj ub}{ x'g'x'G5 . of] s'/f xd];f :d[ltdf /fVg]
* xfd|f] x/ sd{ o:tf] xf];\ hf] ls afaf/ ;+:yfsf] gfd a9f];\
* x/ JolSt a:t' :yfg Pj+ 36gfsf k|lt ;sf/fTds efj /fVg] ;a} s'/f sNofy{ g} e}/x]sf]5 of] s'/fdf ljZjf; ug]{
* cfˆgf] ;]jfnfO{ clws k|efjsf/L agfpgsf nflu cfkm'nfO{ tof/ kfg]{ s]xLg s]xL gofF l;Sb} ug]{ :jo+ klg ljBfly{ hLjgsf] cg'ej ug]{
* cnf}lss a|fXd0f hLjgsf dof{bfx? - cd[tj]nf, d'/nL Snf;, 6«flkms sG6«f]n, ;fFemsf] of]u, rf6{ n]Vg] cfflb\_ sf] k'/f kfng ug'{ kg]{ 5 .
* /fd|f cfbt l;Vg], agfpg], tyf l;vfpg] .
* h'g ljifodf ;q lng hfg] xf] p; ljifodf /ffd|/L k"j{ tof/L u/]/ dfq hfg] , olb x'g;S5 eg] Ps b'O{ k6s cEof; klg u/]/ hfFbf /fd|f] , cg'ejL efO{ alxgLx?af6 ;'emfj lng] .
* lhjBfyL{x? ;+u JolStut ;DaGw agfpgsf nflu cfˆgf] df]afO{n, O{d]n gDa/ sf] cfbfg k|bfg Pj+ pkof]u gug]{ .
* of] s'/f ;b}j Wofgdf /fvf}+ ls xfdL O{Zj/Lo ;]jf cy{ uO/x]sf 5f]+ ctM ljBfyL{x?nfO{ cfˆgf] kf;df 6\o";gcflbsf nflu cfpg k|]l/t gug]{
* ljBfyL{x?sf] lghL Pj+ kfl/jfl?s ;d:ofx?sf] ;dfwfgsf nflu lgldQ ;+rflnsf alxgLx?nfO{ cuf8L /fVg]
* :s"ndf ;]jfsf] ;do ?xfgL :g]xsf] jzdf cfP/ s'g} klg ljBfyL{nfO{ 6r ug'{ ePg .
* :g]xjz :s'ndf s'g} ljBfyL{x?nfO{ 5'g', unf nufpg', r'Dag lbg', sfg"g cGqut Child Abuse dflgG5 . ctM o:tf] uNtL sug]{ .
* s[kof of] s'/f sf] k'/f Wofg /xf] ls h'g :s"nnfO[ ;]jfdf lng rfxfg' x'G5 Tof] tkfO{sf] g} f;]jf If]qdf cfpg' k5{ s'g} k|sf/sf] ljjfb cfPsf] v08df To; ":s"nfO{ ;]jf of]hgfdf ;fdLn ul/g] 5}g .

**kf7\ofqmd kl/ro**

**d"Nofx? eGbf klg d"Nojfg**

!\_ k|]d @\_ cf1fsf/L #\_ |O{dfgbf/L $\_ cfb/

**cfGtl/s zlStx?sf] ljsf;**

!\_ xfd|f ljrf/x? g} hLjgsf cfwf/ @\_ zflGtsf] zlSt #\_ ;kmntfsf] gLj cfTdljZjf;

$\_ gsf/fTds efjgfx?dfyL ljho %\_ cfˆgf] cfjfh ;'gf}+ ^\_ :d[lt zlSt

**k|efjzfnL JolStTj**

!\_ cfGtl/s ;f}Gbo{, @\_ zAbx?sf] hfb", #\_ oL s'/f b]lv ar]/ /xg]

$\_ oL s'/fx?sf] art u/f+, %\_ xfd"f] ef]hg, ^\_ v]n v]ndf of]u,

&\_ d clålto x"F

**;DaGwx?df dw'/tf**

!\_ ;DaGwx?df dw'/tf –;jf]{Rr zlSt @\_ ;DaGwx?df dw'/tf– kl/jf/hg,

#\_ ;DaGwx?df dw'/tf–cGo, $\_cfpg'xf];\ xfy a9fpm %\_ abfnf lng] xf]Og ab|n]/ b]vfpg] xf] .

**d]/f] b]z g]kfn**

!\_ xfd|f Tof}+xf/x?, @\_ xfd|f Tof}+xf/x? –@, #\_ xfd|f k|]/0fsf ;|f]t

**;qx?df gjLgtf Pj+ /rgfTdstf**

!\_ k"lt:kwf{, @\_ ;]jfs]Gb|df e]63f6, #\_ lkslgs, $\_ v]ns'b, %\_ ;fd"lxs rrf{

**ljlzi7 ;q**

!\_ kl/ro, @\_ k|ltef kq, #\_ :j–lgl/If0f kq, $\_ af}l4s dfkb08sf] hfFr

**k|efusf ultljlwx?**

;g\ !(\*% df cGt/fli6«o ;+:yf a|Xdfs'df/Lhåf/f o'y lj+usf] :yfkgf eof] . bfbL /tg df]lxgL hLnfO{ ] cWoIftf / a|Xdfs'df/L rlGb||sf lbbLnfO{ /fli6«o ;+of]lhsf agfO{Psf] lyof] . ef/tdf ag]sf cnu cnu hf]gaf6 al/a #) hgf aXdfs'df/L efO{ / alxgLx?sf] Pp6f sd]6L agfO{Psf] lyof] . To; kl5 ;do ;dodf o; sd]6Ldf c? ;b:ox? klg ylkb} uP / cfh sl//a \*) hgf 5g .

To; a]nf b]lv cfh ;Dd o"y lj+usf]åf/f /fli6«o :t/sf cg]sf}+ ;]jf of]hgfsf] dfWodn] k/dfTdf lzjafafsf] ;Gb]z hg hgdfd k'¥ofpg] sfd ul/of] / k'¥ofOb} klg 5 . h;dWo d'Vo ;]jfof]hgfx? o; k|sf/ 5g

!(\*%ج o'jf aif{ sf] pknIodf ef/t o'jf kb ofqf

!(\*( –clvn ef/lto g}lts hfu[lt cleofg-d]6f8f]/ /}nL\_

!((# –;b\efjgf ;fOlsn ofqf !((% –o'jf ljsf; clrofg

!((^ – /rgfTdstf Pj+ d"No–o'jf ;Dd]ng

!((& – d"Nolgi7 ;dfhsf nflu –k|yd o'jf dxf]T;j

!((\*– /rgfTdstfåf/f gofF ljxfgL–bf];|f] o'jf dxf]T;j

!(((– ;dosf] k'sf/– o'jf ;zlSts/0f– t];|f] o'jf dxf]T;j

@))!– ef/t ;/sf/sf] cfdGq0fdf ef/tel./df & j6f /fli6«o Pstf lzjL/

@))$– k'gM ef/t ;/sf/sf] cfdGq0fdf ef/t el./df ^ j6f o'jf dxf]T;j Pj+ /fli6«o Pstf lzjL/

@))^–O{Zj/Lo cfb]z k|df0f /fhof]uåf/f o'jf hLjg kl/jt{gsf] dxTjk"0f{ ;j]{ / :jl0fd\ ef/t k':ts sf] k|sfzg

@))^–:jl0f{d\ ef/t o'jf kbofqf

@))&– o'jf ;zlSts/0f ;]jf (YESS) cGq/ut Touch the Light Project sf] yfngL

**Touch the Light Project ;]jf of]hgfdf tkfO{+sf] ;xof]u**

o; ;]jf of]hgfdf tkfO{x? klg ;fdLn x'g ;Sg' x'g]5

afnaflnsf ;a}sf lk|o x'G5g\ . xfdL ;a} afnaflnsfx?sf] pGgltsf nflu s'g} s'g} k|sf/n] s]xLg s]xL ul/g} /x]sf x'G5f}+  . tkfO{ lgDg lnlvt tl/sfx?df s'g} klg tl/sfn] o;df ;]jf lbgsf nflu ;fldn x'g ;Sg' x'g] 5 .

!\_ cfˆgf ljz]iftfx?sf] pkof]uåf/f M– o;b tkfO{+df n]vg snf 5 , zf/Ll/s s;/t–Jofod u/fpg] snf 5 , ;+f:s[lts sfo{qmd u/fpg]sf] snf 5 , lrqsnf , jSt[Tj snf, of cGo s]xL klg ljz]iftf 5 eg] tkfO{ ;+:yfsf] OGrfh{ alxgL ;+u s'/f u/]/ cfˆgf ljz]iftfx?nfO{ ;]jfdf nufpg] cfkm/ ug'{xf]nf , cfjZostf cg';f/ tkfO{sf] ;xof]u lng ;lsg] 5 .

@\_ cfˆgf] ;DaGe ;Dks{åf/f M–

olb tkfO}+sf ;DaGw ;Dks{df sf]xL :s"nsf] lzIfs, lk|G;Lkn, jf 6«i6L OToflb 5g eg] jxfFx?nfO{ ;]G6sf] ;Dks{df NofP/ of] ;]jf k|f/De u/fpg ;Sg' x'g] 5 .

olb tkfO}+sf ;DaGw ;Dks{df dfly pNn]lvt s'g} ljz]iftf ePsf JolStTj x'g'x'G5 eg] jxfFx?nfO{ ;]G6sf] ;Dks{df NofP/ jxfFx?sf] ljz]iftfsf] nfe lbnfpg ;Sg' x'g] 5 .

olb tkfO}+sf ;DaGw ;Dks{df lzIff dlGq, o'jf dlGq, ;lrj lzIff dGqfno, o'jf dGqfno, lhNn lzIff clwsf/L, cflb ;Dks{df x'g'x'G5 eg] o; k|f]h]S6df jxfF x?sf] ;xof]u lng ;lxg] 5 .

olb tkfO}+sf ;DaGw ;Dks{df s'g} oftfot Ph]G;Lh 5g eg] afn aflnsfx?nfO{ lkslgsdf n}hfgsf nflu jxfFx?sf] ;xof]u lng ;lsg] 5 .

#\_ olb tkfO{ lzIff ;+u ;DalGwt s'g}{ :s"n sn]h o"lgjl;{6L OToflbdf nf}lss ;]jf lbg' x'G5 eg] j f o; k|sf/sf] ;]jf ug'{ x'G5 eg] of cg'ej 5 eg] tkfO{ hf] la=s]= ˆofsN6L :s"ndff ;]jfsf nflu hfg'x'G5 jxfFx?nfO{ k|T;fxg lbg ;Sg'x'G5 . dfu{bz{g lbg 'Sg'x'G5 . - cfˆgf] cg'ejsf cfwf/df \_ pgLx?åf/f tof/ ul/Psf] Dof6/ nfO{ ;'Gg'xf];\, pgLx?nfO{ k|]lS6;\ u/fpg' xf];\ / cg'ejL agfpg' xf];\ .

$ tkfO{ Touch the Pj+ Light YESs Project sf nlu Folder, Manual kf7\offqmdnfO{ k'/f Wofgn] k9\bf jf k9fpbf tkfO{sf] dgdf h'g;'s} ljrf/ cfp5g Tof] cjZo ;]G6/ OGrfh{nfO{ atfpg'xf];\ jf o'jf k|efusf] clkm;df k7fpg' xf];\ .

% of] ;]jfsf] ;]jf l/kf]6{ agfpgdf n, km]6f]u|fkm OToflb k7fpgdf dbb ug{ ;Sg' x'g] 5 .

^ o; ;]jfof]hgfnfO{ Follow up k|f]u|fddf cfˆgf] ;xof]u lbg ;Sg' x'g] 5 .

o'jf ;zlSts/0f ;]jf M– aL=s]= Pj+ cGo o'jfx?sf nflu

! aL=s= o'jffx?sf nflu

aif{ @)\*) leq slDtdf klg %)) o'jfx?nfO{ Role Model agfpg'

lzif{s -k|j[lQx?\_ M– o'jf agf];\ zflGt b't, ljz[if Snf;, u'|k rrf{, cg'efx?sf] n]gb]g , l;lgo/ efO{ / alxgLx?sf] cg'ej, of]u–df}g–;gon]G; e6\7L, :kwf{x?

@ cGo o'jfx?sf nflu

nIo !)))) o'jfx?

sfo{Ifq Pj+ sfo{qmdM

! o'jffåf/f ul/dfdo /fi6« lgdf{0f (Youth for Glorious Nation)

/fli6«o Pstf –clx+;f

@ o'jfåf/f :j:y ;dfh (Youth for Healhy Society)

–Jo;g d'lSt Pj+ s'/Llt lgjf/0f –;kmfO{–:jR5tf

–kof{j/0f hfu[lt –/Stbfg

–gful/s cg'zf;g

# o'jfåf/f ;'vdo kl/jf/ (Youth for Happy Home)

–;DaGwx?df ;b\efj –;sf/fTds JolStTj

–Jo;g Pj+ v/fa cfbtx? dfly ljho k|fKt ug{' / :j–cg'zfl;t hLjg

$ k|f]h]S6 sfof{lGjt ug{sf nflu ljleGg k|j[lQx?M–

– cleofg –u|'kdf sfo{qmd

–ljleGg sf];{÷lzjL/ –ljlegg o'jf ;+u7gx?;+u ;Dks{ Pj+ sfo{qmd

% Joj;flos o'jfx?sf] ;]jf

^ u|fld0f o'jfx?sf] ;]jf

:s'nsf ljBfly{x?sf nflu **z'e ;+sNk**

Touch the Light Project sf] cGtu{t ;lDdlnt x'g kfpbf :jo+nfO{ cToGt efUozfnL ;Dem]/ k/dlktf k/dTdfsf] ;Gtfg dF Hof]lt la\Gb" cfTdf k|lt1f ub{5' ls

* cfkm'eGbf 7"nfsf] cflz{jfb k|fKt ug{sf nflu ;Ddfg lbg]5' ÷cfqfsf/L aGg]5' .
* c;n aGgsf nflu ;a}df /fd|f ljz]iftf g} b]Vg]5' / /fd|f] s'/fnfO{ g} wf/0f ug]{ 5'
* :jf:YonfO{ l7s /fVgsf nflu rfF8} ;'Tg]5' ÷rfF8} p7\g]5' / g/fd|f Jo;g Pj+ v/fj cfbtx? b]lv pb}a e'St /xg]5' .
* cfTdlge{/ aGgsf nflu cfˆgf] sfd cfkm} ug]{ 5' / :R5tf sf] k'/f Wofg /fVg]5' .
* ;a}af6 :g]x / ;xof]u k|fKt ug{sf nflu d'xf/nfO ;Fw} xl;nf] /fVg]5' .
* ef]hg Pj+ ;'Tg' k"j{ eujfgnfO{ ofb u/]/ wGojfb ug[] 5' .

**gfdfjnL (Titles)**

**project under YESs theme:**

**Subject:- Name**

School Service Project Tought the Light

Shiv Baba(Almighty Father) Supreme Light

Chairperson of Wing Tower of Light

National Co-oradinator Shower of Light

Youth wing Committee Members Divine Lights

Trainers Guiding Lights

Faculties Living Lights

Students Star Lights

Centres Running YESs Program House of Lights

School under project Search Lights

Patrons Guardian Lights

Slogan: Let us make a Galaxy of star Lights on the planet.

Concept: Catch them innocent; Make them real saint.

**cd[t ;"rL**

 efu– @ -k|lzIf0ff ;q\_

* k|lzIf0fsf] bgfrof{
* k|lzIf0fsf] :yfgsf lglDt ;+rflnsf alxgLx? k|lt
* Divine Lights Pj+ Guiding Lights sf nflu cfrf/ ;+lxtf
* Intention O/fwf, Attitude b[i6Lsf]0f / Approach cleudg
* tLa| k'?ifyL{sf wf/0ffx?
* Snf; ?d cg'zf;g Pj+ k|\\;t'tLs/0f (Class Room Discipline, Style and Way of Presentation)
* lszf]/ofgL t?0f cj:yfsf] dgf]lj1fg (Psychology of Adolescence)
* cfk;L ;DaGwdf ;d/;tf (Interpersonal Relationship)
* ;fd'lxs k|t'lts/0f (Group Presentation)
* cg'ejx? Pj+ k|ltefx?sf] n]g b]g
* cg';"rL ! Training For Living Lights sf] lbgfrof{
* cg';"rL @ lgldQ ;+rflnsf alxgLsf] k|ltef Pj+ cg'ej kq
* cg';"rL # pb\3f6g sfo{qmdsf] ?k/]vf
* cg';"rL $ List of Duties
* cg';"rL % Living Lights sf nflu cfjZos ;"rgfx?
* cg';"rL ^ Living Lights nfO{ lbOPsf] u[xsfo{
* cg';"rL |& Presence Sheet
* cg';"rL \* Assessment Sheet
* cg';"rL (Co-oradinator Pj+ Facilitators sf ;]jfx?
* cg';"rL !) Transport Booking
* cg';"rL !! af6f]sf nflu ef]hg
* cg';"rL !@ :j– lg/LIf0fsf s]xL laGb"x?
* cg';"rL !# Living Lights sf k|ltefj Pj+ cg'ej kq
* k|]/0ff uLt

k|lzIf0fsf] lbgfrof{

 ;a} 7fpFx?df Pp6} k|sf/sf] lbgfrof{ xf];\ , ;a} cfjZos s'/fx?nfO{ k|lzIf0fsf] ;dodf Gofo lbg ;lsof];\ o; s'/fsf] ljz]if Wofg /fv]/ Pp6f cfbz{ lbgfrof{ agfO{Psf] 5 hf] dfu{blz{sfsf] ;fydf ;+nUg 5 -cg';|rL !\_ oBkL s'g} cfjZos sf/0fn] o;df kl//jt{g ug'{ k/]sf] v08df ug{ ;Sg' x'g] 5 . t/ Wog lbg' cfjZos 5 ls ;a} dxTjk"0f{ ljifonfO{ Gofo lbg ;lsof];\ . o; lbgfrof{sf] kmf]6f]sfkL lgsfn]/ lgDg lnlvt efO{ / alxgLx?nfO{ k|lzIf0f sfo{qmd z'?x'g' eGbf Ps lbg klxn] g} lbg' k5{ .

* k|lzIf0fdf efu lng cfpg' ePsf ;a} efO{ / alxgLx?mnfO{
* lgldQ ;+rflnsf alxgLnfO{
* k|lzIf0f :yfgsf] d'Vo ;+of]hs efO{ jf alxgLnfO{
* nfO{6–;fp08df ;]jf ug]{ ;]jfwf/LnfO{
* 6«fG;kf]6{sf ;]jfwf/L nfO{
* e08f/fsf ;]jfwf/LnfO{
* Snf; ?dsf] a}7s Joj:yfsf ;]jfwf/LnfO{
* Photographer. Videographer
* cGo tkfO{ hf] hf] nfO{ cfjZos ;lDemg' x'G5 .

**k|lzIf0f :yfgsL lgldQ ;+rflnsf alxgLsf] k|lt**

* lgldQ ;+rflnsf alxgLn] ljzfn Pj+ v'Nnf x[bon] xfdL ;a} efO{ / alxgLx?nfO{ o; k|lzIf0f sfo{qmdsf nflu ;]jf cfjZos ;'ljwfx? k|bfg ug'{ ePsf]df jxfFnfnO{ w]/} w]/} wGojfb 6s\ofpg rfxG5' .
* k|lzIf0ffsf] ;dodf Ps ;q :s"nfsf afnaflnsfx?nfO{ Jojxf/Ls ?kn] k9fpg' kg]{ x'G5 , ctM s[kof cfˆgf] ;Dks{df /x]sf] s'g} kllg :s"nsf sIff ^÷& sf ljBfly{x?nfO{ lgwf{l/t ;dodf k|lzIf0f :yndf Nofpg][ k|aGw ug{ ;s] w]/} /ffd|f] x'g] 5 .
* tkfO{sf] zx/df of cf; kf;sf] zx/df s'g} ko{6lso :yn 5 eg] u|'k ln8/x?nfO{ klxnf] lbgdf g} ;'lrt ug'{xf];\ tfls ;f] :yn x]g]{ sfo{qmd agfpg ;lsof];\ o; ;Gbe{df slt vr{ nfU5 / slt ;do nfU5 of] hfgsf/L klxn] g} lbg'xf]nf .
* h'g lbg 7"nf] d'/nL Snf; x'G5 p; lbg k|lzIf0fsf nflu cfpg' ePsf efO{ / alxgLx?nfO{ Snf;df ldnfpg] Joj:yf ug]{
* gf:tf ef]hgdf s;}sf] s]xL k/x]h 5 eg] u|'k ln8/nfO{ klxn] g} ;'rLt ul/lbg'xf];\ .
* jffk; hffg]sf] 6«fG;kf]6{ a'lsª -/]n, a; cflb\_ sf nflu s'g} efO[ jf sdalxgLnfO{ lgl|dQ agfO{ lbg'xf];\ / u'|k ln8/nfO{ p;sf] kl/rou/fO{ lbg'xf];\ h;n] ubf{ o; sf/f]jf/df ;lhnf] xf];\
* offqf ef]hgsf] cfjZos hfgsf/L u|'kln8/ ;+u k|fKt u/]/ /fVg'xf];\ .
* s'g} klg s'/fsf] :kli6s/0fsf nflu s[kof =======================;]G6/df =============lbbL;+u lg/Gt/ ;Dks{ /fVg'xf];\
* k|lzIf0f ;ddflKtsf] kZrft k|lzIf0fsf ;Gbe{df cfˆgf] k|ltefj n]v]/ ==========;]G6/df =============lbbLnfO{ cjZo k7fpg' xf];\ / eljiod cem /fd|f] cfof]hgsf nflu ;'emfj cjZo lbg'xf]nf .
* k|lzIf0fsf] pb\3f6g sfo{qmdnfO{ w'dwfdn] ug{ ;Sg' x'g] 5 . To;sf] ?k/]vf -cg';"rL #\_ o;}df ;+nUg 5 o; sfo{qmddf tkfO{sf If]qsf VIP nfO{ af]nfpg ;Sg' x'g] 5 .

**6]«lg+u u/fpg hfg] Divine Lights Pj+ Guiding Lights**

**sf nflu cfrf/ ;+lxtf**

o'jf k|efuåf/f cfof]lht k|lzIf0f sfo{qmddf k"0f{ k|lzIf0f lnO{ ;s] kl5 tkfO{x?n] lgDg lnlvt cfrf/ ;+lxxtfsf] kfngf ug'{ clgjfo{ 5 .

* o'jfk|efu åf/f tf]lsPsf] :yfgdf dfq k|lzIf0fsf] lbg ;Sg' x'g]= 5 . o;sfnflu tkfO{nf|O{ Pp6f cf}krfl/s kq k7fOg] 5 hf] tkfO{nfO+{ ;fy lnP/ hfg'kg]{ 5 .
* tkfO{sL ;]jfs]Gb| ls OGrfh{ alxgL jf d'Vo alxgLsf] k"jf{g'dlt Pj+ o;sf] ;'rgf k|efusf] sfo{nonfO{ lbg' eof] eg] tkfO{nfO{ kq k7fOg] 5 .
* Divine Lights u'|k ln8/sf ?kdf ;]jf lbg]5g . pxfFx?sf] ;fydf ;Dks{ /fv]/ sfo{qmdsf]= ?k/]vf tof/ ug{df k"0f{ ;xof]u lbg' kg]{ 5 .
* tkfO{sf] ;fydf o; k|lzIf0f sfo{qmddf cfpg'x'g] Divine Lights Pj+ cGo Guiding Lights sf] k'/f hfgsf/L tkfO{nfO={ lbOg] 5 .
* tkfO{ ;a}nfO{ Training z'? x'g' eGbf Ps lbg k"j{ lgwf{l/t :yfgdf uP/ ;Dk"0f{ cfof]hgnfO{ ;'rf? ?kn] ;+rfng ug{sf nflu ;Dk"0f{ Joj:yfsf] cjnf]sg ug'{ kg]{ 5 .
* cfpg] hfg]sf] vr{ cfkm}n] ug'{ kg]{ 5 .
* of] k|lzIf0f sfo{qmd ljz]if ;]jfsf nflu agfOPsf[ x'gfn] xh'/ cfˆgf] ;fydf c? s;}nfO{ klg e|d0fsf nflu NofP/ g cfpg' xf]nf . cu/ w]/} cfjZos dx;'; ug'{ eof] eg] o'jf k|efusf] k'j{ :jLs[lt kq lnP/ dfq Nofpg ;Sg' x'g]5 ,
* u'|k ln8/ ;+u ljz]if lgj]bg of] 5 ls sfo{qmdsf] ?k/]vf tof/ x'g] ljlQs} Schedule, Duty Distribution list -cg';'rL–$\_ Subject Distributon List, Arrival Timing and Contact No. of Guiding Lights cflb k|lzIf0fsf] :yfgdf Pj+ k|efusf] sfo{nodf Advance df k7fpg' xf]nf .
* u|'k ln8/ o'jf k|efusf] ;fflxTo dw'jgaf6 cyjf dxfb]jgu/ ;]G6/af6 dufpg' xf]nf . o'jf k|efusf ;b:o Pj+ cfXjfgsf ;b:o agfpgsf nfluy cfjZos kmd{ ;fydf lnP/ cfpg'xf]nf .
* Training sf] :yfgdf :jo+sf] lbgfrof{df ljz]if Wofg lbg'xf]nf jf Accurate /fVg'xf]nf . cd[tj]nf of]u Pj+ d'/nL Snf; slxn} klg ld; gug'{xf]nf . :yfg cg's'n k|fKt ePsf] ;'ljwfaf6 ;Gti7 /xg'xf];\ Pj+ cltl/St ;'ljwfx?sf] dun gug'{xf];\ olb s'g} cfjZos s'/fsf] ;'ljwf rflxPsf] 5 eg] klxn] ;]jf:yfgnfO{ Pj+ k|eunfO{ ;'lrt ug'{xf]nf .
* jxfFsL lgldQ alxgLsf] ;fydf x/k|sf/sf] sf/f]jf/sf] :ki6tf u|'kln8/n] /fVg]5 .
* ;klk{t alxgLx? (Diving Light and Guiding Lights)
* k|"lzIf0f lbg hfg'x'G5 eg] cfˆgf] ;fydf 6f]nL cjZo lnP/ hffg'xf]nf . of] klg Pp6f cnf}lss l/jfh xf] .
* training lbgsf nflu lglZrt ul/Psf] :yfgdf Ps k6s :jLs[lt lbO;s] kl5 tkfO{ nfO{ cjZo hfg' clgjfo{ x'g]5 . s'g} klg cGo O{Zj/Lo ;]jfsf sf/0f o; ;]jfnfO{ gsfg{ ;Sg'x'g] 5}g lsgsL of] lhDd]jf/Lsf] ;]jf xf] / o; ;]jfdf crfgs cGo s;}nfO{ klg Setting ug{ w]/} x'G5 .
* training k'/f xg] ljlQs} training sf] k'/f ;dfrf/ lgDglnlvt h?/L sfuhftsf] ;fydf training sf] :yfgaf6 g} k|efusf] sfo{nodf t'?Gt k7fpg' xf]nf . -k|lzIf0f lbg] Living Lights sf] gfd Pj+ ;]G6/sf] gfd, 7]ufgf, cg'ej kq, ;flxTo Pj+ d]Da/zLksf] ln:6 cflb\_
* training df cfPsf efO{ / alxgLx?nfO{ o1 ;]jfsf nflu k|]l/t ug]{ . o1 ;]jfsf] /sd ;a}n] cfˆgf] gfd 7]ufgf Pj+ ;]G6/sf] gfd n]v]/ jxfF sL lgldQ alxgLnfO{ lbg'xf]nf .
* lbgfrof{ rnfpg] jffnf efO{ jf alxgL k|lzIf0f sfo{qmds] cf/Dedf g} Living Lights sf nflu cfjZos h?/L ;'rgfx? -cg';'rL –%\_ h?/ k9]/ ;'gfpg' xf]nf . k|ltlbg d'/nL Snf; kl5 k|lt lbgsf] h?/L ;'rgf lbg' xf]nf .
* Living Liughts sf] k|lzIf0f k'/f x'g]j]nfdf u[xsfo{ lbg' xf]nf -cg';'rL–^\_ . pgLx?nffO{ of] sfo{ /fd|/L ug{sf nflu eGg'xf]nf .
* k|lzIf0fdf cfpg'' ePsf efO{ / alxgLx?sf] !% !% hgf sf] u|''k agfP/ Pp6f u|'k ln8/ Coordinator Pj Pp6f + Facilitator agfO lbg'xf];\ . pgLx?nfO{ cg';'rL–& cg';f./ pkl:ylt btf{ u/fpg' clgjfo{ x'g]5 Pj+ cg';'rL –\* sf k|df0f pgLx?sf] of]Uotf lgwf{/0f kmf/d e/]/ d'Vo sfo{nodf k7fpg' kg]{ 5 . cg';"rL–( df atfOPsf ;]jx? klg pgLx?nfO{ ug'{ kg]{ 5 .

 k|lzIf0fdf cfpg' ePsf efO{ / alxgLx? sf] gfZtf – ef]hg sf] k/x]h, lrof, b'w sf] ?rL cg'?k , jfk;L offqfsf] a'lsª Pj+ oqf ef]hgsf] Joj:yfsf] hfgsf/L /lhi6«]zgsf] ;do pxfFx? ;+u k|fKt ug'{ xf]nf -cg';"rL– !) Pj++ !! k|df0f\_ Pj+ To; :yfgsL lgldQ ;+rflnsf alxgLnfO{ p;} lbg lbg'xf]nf tls pgnfO{ ;'lawf k|bfg ug{df cg's'ntf xf]=;\ .

**Intention O/fwf, Attitude b[i6Lsf]0f / Approach cleudg**

**Intention O/fwf -p2]Zo cfzo O{R5f\_**

Intention cyf{t nIosf nflu x'g' k5{ .

Intention sf cfwf/df g} dxn tof/ x'G5 .

Intention ;fkm, :jR5 x'g' k5{. .

Intention sf cfwf/df g} b[li6sf]0f Attitude aGb5 .

**Attitude, b[i6Lsf]0f**

Attitude Intention sf] kydf rN5 . dgdf O/fwf Intention ;fkm, :jR5 5g eg] dg klg p;} Attitude b[li6sf]0fdf rN5 / p:t} Attitude b[li6sf]0f aG5 .

**Approach cleudg** **-k|fKt x'g', glhs cfpg' t'No ug'{\_**

tkfO{sf] Approach tkfO{sf] Attitude Intention nfO{ :ki6 ub{5 .

tkfO{sf] Method of Approach laNs'n Transparent kf/bzL{ x'g' k5{ .

**Intention cyf{t nIo**

! afn aflnsfxx?sf] hLjgdf ;b\u'0f Nofpg rfxG5f}+ .

@ afn aflnafx?df cfh h'g lsl;dsf] bafj 5 , ;xL dfu{bz{g ldln/x]sf] 5}g o:tf] cj\:yfdf xfdL pgLx?sf] ;xfotf ug{ rfxG5f}+ .

 **Attitude b[li6sf]0f**

! Positive x'g' k5{ .

@. :g]xk"j{s s'/fsfgL ubf{ub}{ l;sfpg rfxG5f}+ .

# :jo+ r}tGo Museum ag]/, ;bf k|;Gg d'b|fdf, d':s'/fpb} hfg' k5{ .

$ afafn] lbg' ePsf] k|ltef JolQmTjsf] åf/f l;vfpg rfxG5f}+ .

**Approach cleudg**

! laNs'n of Transparent kf/bzL{ x'g' k5{ .

@ gd|tf, ljj]s, lgdf{0f efjn] hfg], gls clrdfg, jf cGo c? s'g} efjn] .

**:jo+sf nflu**

**Intention cyf{t nIo**

d]/f] hLjgsf] Intention cyf{t nIo s] xf] <

dF o; ;+:yfdf lsg cfP sf] x"F <

dF o; k|f]HofS6df lsg cfP <

**Attitude**

cfn:o, cna]nfkg , afxfgfafhL oL k'?ify{sf] kydf ?sfj6 x'g oL b'u'{0fx? slxn] klg d]/f] hLjgdf cfpg' ePg .

**Approach** cleudg,k|fKt x'g', glhs cfpg' t'No ug'

! cfˆgf nflu cfkm} Approach Road cleudg, agfpm .

@ Project sf nflu cfkm} Approach Road cleudg, agfpm .

 cg';"rL !@ lbOPsf] k|ZgfjnL dfyL p;} ;qdf ljfrf/ ;fu/ dGyg u/]/ ;a}nfO{ Pp6f Pp6f kmf]6f]sfkL lb lbbg'xf];\ .

 **tLa| k'¿ify{L{sf wf/0ffx?**

cJoSt d'/nLx?af6 xfdLx?nffO{ :ki6 afafsf] Ozf/f ldn]sf] 5 ls afaf xfdL ;a}nfO{ tLa| k'¿ifyL{sf s?kdf b]Vg rfxfg' x'G5 . olb xfdL ;a} ldn] Pp6f o:tf] u|'k tof/ u/f}+ ls hf] afafsf] OR5ffsf] d'tfljs tLa| k'¿iffyL{ xf;\ / pgLx?sf] l/hN6 :ki6 b]lvof];\ . cluNnf] l;hgdf afafsf] ;Dd'v Sample / Example sf] ¿kdf k|:t't ug{ l;sof];\ .

ctM o; k|lzIf0f sfo{qmddf tLa| k'¿ifyL{x?sf wf/0ffx? nfO{ u|'K;x?df js{;k u/]/ cnu cnu u|knfO{ lgDg laGb"x?df ljrf/ ug{sf nflu lbg ;lsG45 .

tLa| k¿iffyL{ s;nfO{ eGg ;lsG5 < pgLx¿sf nIf0f s] ms] x'g <

tLa| k¿ifyL{ s;/L aGg ;lsG5 < o;sf nflu wf/0ffx? s] x'g <

tLa| k'¿iffyL{sf kmO{bfx? s] s] x'g <

tLa| k'¿ifyL{ aGgsf snflu :jo+sf nflu Action Plan agfpg' xf];\ .

tLa| k'¿ifyL{ u|'k s;/L agfpg] / o; u|'ksf ;b:ox?df pd+u pT;fxf ;b}a agL /xf];\ o;sf nflu s] ug]{ < oL ultljlwx|?nfO{ s;/L ;rfng ug]{ <

**Snf; ¿ddf cg'zf;g Pj+ k|:t'lts/0f**

**Class Room Discipline, Style and Way of Presentation**

cg'zf;gsf] cy{ x'G5 of]Uo Jojxf/ ug'{ l;vfpg' / b'Jojxf/nfO{ ;'wfg'{ . ;d:of pTkGg eO;s] kl5 7Ls ug'{ eGbf /fd|f] ;d:of pTkGg g} gxf];\ o;dff Wofg lbg' cfjZos 5 .

lzIfssf nflu Snf;df cg'zf;g sfod /fVg' of] k|yd cfjZostf xf] . cg'zfl;t v08df g} Psfu|tf / s]xL l;Vg] jftfj/0f aGb5 . Snf;df cg'zf;gsf d'Vo b'O{ cfwf/ 5g

! s] k9fpg] < @ s;/L k9fpg] <

**! s] k9fpg] <**

* **h] s'/f k9fOb} 5 Tof] ljifosf] cg'?k x'g' cfjZos 5 , lg/Gt/tf sf] cfjZostf x'G5 / o;sf k|lt afnaflnsf x?sf]** receptivity **sf] cfjZos 5 . ta dfq xfdL afn aflnafx?nfO{ zflGt k'j{s ;'Ggsf nlu Psfu|tf k"j{s a;fNg ;Sg] 5f}+ .**
* **ljifo cg's'n syf sfxfgLx?, ;To 36gfx?, slxn] pgLx? ;+u g} Shsring cflb ljifox?nfO{ /f]rs agfpg ;lsg5 . hlt hlt xfdL ljifonfO{ /f]rs agfpgp5f}+ Psfu|tf :jTm g} alg/xG5 / Snf;dff cg'zf;g klg :jtM aG5 .**
* **afnaflnsf x?csf] dfgl;s ":t/ eGbf dfyLsf s'/f / w]/} efif0f pgLx?df c¿rL pTkGg x'g;S5 / dg nufpsf nflu pgLx? Snf;df cGo k|j[lQsf] ;fzxf.f lng ;S5g\**

@ s;/L k9fpg] <

* **;fdfGotof lszf]/ cj:yfdff afnsx?df Psfu|tfsf]** SPan **sd x'G5 o;sf/0f Pp6f s'/f k'/f ul/;s] kl5 ljr ljrdf ;–;fgf x;fpg] oif dgf]/Ghg u/f/fpg] vfnsf s'/x? ug'{ k5{ / k'g pgLx?nfO{ uDeL/ ljifodf Psfu| ug{ ;lsG5 .**
* **xfdLx?sf] Body Language klg Effective / zlStzfnL x'g' k5{ . clws kf]h lbg' , d'v agfpg' , xfdLx?sf] clws r+rntf afnaflnsfx?sf nflu x;Ldhfssf] sf/0f aGg ;S5 xfd|f] :j:ytf / l:y/tf pgLx?sf] dgdf xfdL k|lt ;Ddfg efj pTkGg u/fpg ;S5 .**
* **afnaflnsf x?;l+u xfdLx? Snf;df hlt 3'nldn eP/ Jojxf/ ug{ ;S5f}+ Tolt pgLx?sf] dgdf cfˆgf] kgsf] dx;'; x'g ;S5 . xfd|f] sf]lz; of] xf];\ ls xfdLnfO{ cg'zf;g yf]Kg' gk/f];\ . xfdLx? k|lt pgLx?sf] dgdf Kof/ / ;Ddfg sf] efj g} pgLx?nfO{ :jo+ cg'zf;Lt agfpg] 5 .**
* **Snf;df cfjfhn] lrNnfpg', 8fF6\g', 8/fpg' cflbaf6 klg cg'zf;Lt agfpg ;lsG5 t/ of] s]an 8/sf] kl/0ffd dffq xf] . xfdL pgLx?nfO{ d"No l;vfpg u}/x]sf 5f}+ xfd|f] JolStTj af6 cflTdotf / lbJotfsf] dx;';tf xf];\ , h]s'/f xfdL l;vfp5f}+ Tof] xfd|f] :jefjdf / sdJojxf/df klg x'g' k¥of] .**
* **l56f] afNg' jf w]/} af]Ng' of clws lj:tf/} af]Ng' of] afnaflnsfx?sf nflu dhfsf] sf/0f aGg ;S6f}+ .s'g} zAbnfO{ af/ af/ l/lk6 ug'{ ,of cgfjZos PSzg ug]{ k|j[lQ dhfsf] ;fwg aGg ;lS5 , oL ;–;fgf s'/fx?n] slxn] sxL cg'zf;g xLgtfnfO{ k|f]T;fg lbG5 .**
* **Snf;df km|'ltnf] / PS6Llj x'g clt cfjZos x'G5 . slxn] sxL s'g}** Gestures **aRrfx?nfO{ kS8]/ /fVgdf dbbuf/ klg aGg ;S5 .**
* **Snf;df x/]s ljBfyL{sf] ;fydf** Eye contasct **/fVg' clt h?/L x'G5 pgLx?nfO{ of] s'/fsf] dx;';\ u/fpg' k5{ ls tkfO{ pgLx?nfO{ lg/Gt/** Observe **ul//xg' ePsf] 5 ls pgLx? s] ul//x]sf 5g Tof] ;a} tkfFOnfO{ yfxf5 .**
* **Snf;sf o;k|sf/ pleg' k5{ ls tkfO{ TofxfFaf6 ;a}nfO{ b]Vg ;Sg'x'G5 . / Ps} 7fpFdf ple/xg' eGbf cfˆgf] kf]lhzg kl/jt{g ul//xg' k5{ .**
* **hxfF ;Dej x'g;S5** Audio Visual  **;fwgx?sf] k|of]u klg ug{' k5{ .**

**Misbehaviouir cg]s k|sf/sf x'g ;S5g\ =========**

w]/} af]Ng' 8Lk]G8]6 x'g' n8fO{–emu8f ug'{ dl:t u/]/ 6Lr/nfO{ lr9fpg'

Psfu|tfsf] sdL cfkm'eGbf 7"nfsf] k|lt ;Ddfgsf] cefj sfo{ ug{sf nflu gsfg'{ cof]Uo zAb k|of]u ug'{

**o:tf] Jojxf/ ug{sf k5f8L cg]s sff/0f x'g ;S5g**

afnaflnafx?sf] kfl/jf/Ls a}s u|fp08 afns s'g} sf/0fn] 8/fPsf] x'g' k5{

cfkm'nfO{ c;'/lIft dx;'; ugf{n] Hofbf al4jfg eP klg

laNs'n a'4' eP klg xLgefjgfsf] lzsf/ eP

g/fd|f] cg'xf/ePsf] eP

**lgDglnlvt k|of]u u/]/ x]g'{xf];\**

6Lr/sf] ;sf/fTds Jojxf/ cg'zf;gsf] klxnf] sbd x'G5

efifdf ;+od /fVg' clt g} cfjZos 5

Irritate x'g'sf] sf/0f kQf nfufpg' clt g}cfjZos 5 tadfq To; afnsnfO{ of]Uo tl/sfn] x}l8n ug{ ;lsG5 .

6Lr/sf] ;a} k|lt ;dfg Jojxf/ gePsf] v08df klg Snf;df O{iof{sf] jftfj/0f aGg ;S5 .

 s'g} afns;+u s'g} klg sf/0ffaz k"jf{u|xo'St Jojxf/ gug'{xf];\ . ofb /fVg'xf];\– the very definate thing of a man is that the man changes.

ljBfyL{x?nfO{ of] k|ltt x'g'' k5{ ls tkfO{nfO{ pgLx? clt g} lk|o 5g\ t/ pgLx?sf] misbnehaviour tkfO{nfo{ /fd|f] nffUb}g .

ljBfyL{x?nfO{ ;do k|lt ;do k|f]T;flxt ug]{ ug'{ k5{

w}o{jfg , ;xgzLn, ;xfg'e"lt ;DkGg, ljBfyL{x?df ?lr /fVg]jffnf , xfF:g] x;fpg]jfnf JolStTj ;kmn lzifs ;fljt x'g ;S5 .

**k|efjzfnL lzIfs**

**/rgfTds**

**;'Gg]sf] snf**

**;j{sfk|lt ;dfg Jojxf/**

**x/ Pssf] Jojxf/dfyL k"/f Wofg**

**ljifosf] ulx/f] 1fg**

**/fd|f] k|:t'lts/0f**

**g]t[Tj snf**

**efiffdf k'/f k|e'Tj**

**zAb Pj+ ljrf/df :ki6tf**

**afnssf] ;'if;'Kt zlStx?sf] 1fg**

**d, d]/f] sf] k|of]u sd eGbf klg sd ug]{**

**xfdL zAbsf] k|of]u pkof]uL x'G5**

**rl/qjfg**

**/dl0fs :jefj**

**Tounghness and caringness sf] ;Gt'ng**

**afnaflnsfx?sf] dlxdf of ;–;fgfsfo{x?sf] sb/ u/]/ k|T;fxg,**

 **gjLgtfsf k|lt ;bf v'Nnf dg**

**t?0fx?sf] dgf]lj1fg(Pshychology of Adolescence)**

olb xfdL s'g} ljBfyL{nfO{ s'g} s'/f l;vfpg rfxG5f}+ eg]:ki6 5 ls xfdLn] ;j{k|yd o; ljifosf af/]df t hfgsf/L cjZo x'g' k5{ / ;fy ;fy} tL ljBfyL{x?xsf af/]df klg hfgsf/L x'g' clt cfjZos 5 . p;sf] cfo' slt 5 < pgLx? ljsf;sf] s'g cj:yfdf k|j]z ul/;s]sf 5g . pgLx?sf] af}l4s lljsf; s:tf] 5 . olb MMaths l;vfpg'45 eg] lzIfsnfO{ Maths ljifodf k"0f{ k|e'Tj x'g' clt cfjZos 5 t/ pm h;nfO|{ l;vfpg rfxG5 tL ljBfyL{x?sf] cfo' , cle?lr, af}l4s ljsf;sf] :t/ cflbsf] klg 1fg x'g clt cfjZos 5 . ta dfq pm ljBfyL{x?/nfO{ /fd|/L 7Ls tl/sfn] l;vf[pg ;S5 .

YESs sf] o; Touch the Lights k|f]h]S6df xfdL sIff & b]lv ( ;Ddsf ljBfyL{x?nfO{ hLjgdf s]xL l;vfpg rfxG5f}+ . pgLx?sf] cfo' sl/j !@ b]lv !% aif{sf] x'G5 pgLx? ljsf;sf b[li6sf]0faf6 t?0ffj:yfdf 5g ,ctM xfdLnfO{ t?0ffj:yfsf] dgf]lj1fg sfaf/]df hfgsf/L x'g' clt g} cfjZostf x'G5

ljsf;fTds dgf]lj1fg Developmental Psychology dfgf]lj1fgsf] Pp6f o:tf] zfvf xf] h;df hGdk'j{sf] ljsf; b]lv lnP/ d[To";Ddsf] ljsf;sf ;DaGwdf ljljw /x:ox?sf] cEof; ug]{ ul/G5 . h;df d'VotM afn dgflj1fg (Child Psychology) ,t?0f cj:yfsf] dgf]lj1fg (Pshychology of Adolescence) , j[4fj:yfsf] dgf]lj1fg(Pshychology of Old Age)sf] ;dfj]z ul/Psf] x'G5 . oxfF xfdL ljsf;fTds dgf]lj1fg cGt/ut t?0ffj:yfsf] ljsf;sf af/]df hfgg]sf] gd| k|of; ug]{5f]+ .

;';+:s[t dfgjsf] ljsf;df t?00ffj:yfsf jif{x?nfO{ ljut sO{ aif{eGbf w]/} g} dxTjk'0f{ ;do (A Period of great importance) dflgPsf] 5 .

t?0ffj:yfnfO{ c+u|]hLdf AdolescenceeGg] ul/G5 . AdolescencezAb Latin **efifsf]** Adolesco **of** Adolescere **zAbaf6 ag]sf] xf] . h;sf] cy{ x'G5** To grow to maturity **kl/kSjtfsf] lt/ ljsf; x'g' . o;df s]an zfl//Ls ljsf; dfq xf]Og dgl;s ljsf; klg cfp5 .**

**t?0ffj:yf sf] k|f/De** Puberty-kf}u+8fj:yf\_ ogL lszf]/fj:yfaf6 x'G5 . (Puberty is that process which lead to sexual maturity when a person is able to reproduce ) lszf]/fj:yf Ps o:tf] k|s[off xf] hf] hflto kl/kSjtfsf] lt/ cu|;/ u/fpb5 . ha JolStdf k|hgg ug]{sf] Ifdtf cfp5 . t/ Puberty t?0ffj:yfsf] Ps c+u xf] . o;sf] s'g} kof{o5}g lsgsL t?0ffj:yfdf kl/kSjtf sf ;a} :t/x? ;dflji6 5g . s]an zfl//Ls kl/kSjtf x'Gg p;df af}l4s kl/kSjtf, cfj]lus kl/kSjtfm Pj+ ;fdlhs kl/kSjtfsf] klg ;dfj]z x'G5 .

**t?0ffj:yfsf] cfo'**

k|l;4 ljsf;fTds dgf]j}1flgs Elizabeth Hurlock sf cg';f/

k'j{ t?0ffj:yf Preadolescence !)–!@ jif{

k|f/lDes t?0ffj:yf Early Adolescence !#–!^ jif{

kZrft\ t?0ffj:yf Late Adolescence !&–@! jii{

xfd|f] ;DaGw k|/lDes t?0ffj:yf ;+u 5 . oBlk s]6Lx?sf] ljsf; zL3| x'G5 o;}n] s]6Lx?sf nflu t?0ffj:yf sf] k|f/De !@ jif{ b]lv g} x'g] u5{ pgLx?sf nflu !@–!^ jif{ x'G5 . s]s]6fx?sf nflu of] cj:yf !#– !& jif{ x'G5 .

 **ljsf;sf ?k**

ca xfdL x]/f}+ ls k|f/lDes t?0ffj:yffdf ljsf;sf Pattern -ljsf;sf ?k\_ s:tf] x'G5 . Pattern eGgfn] Pp6f Jojl:Yt qmd Orderly sequence. ;a} lszf]/–lszf]/Lx?df ljsf;sf] ?k k|foM ;dffg x'G5 . tL ?kx? dWo s]xL nfIfl0fs jt{g :j?k( Characteristic Forms of Behaviour) b]Vg ;;S5f}=. k|foM ;a} t?0f=============

kfl/jfl/s cfjZostfx? Pj+ dgfxLsf k|lt ljb|f]xL x'G5g

lrlGtt Pj+ cfkm'nfO{ c;'/llIft dx;';; u5{g

cffˆgf] af/]df cndlnPsf jf pNemgdf Confused k/]sf x'G5g / clglZrt x'G5g\ .

cfkm' ;dfgsf ;djo:sx?;+u ljZjf; vf]Hg] sf]lzz u5{g .

cfkm'eGbf cln 7"nf] cfo'sf o'jf o'jtLx?;+u :jLs[lt k|fKt ug{sf nflu pT;'s /xG5g \

cfˆgf] k'?if ;xh of :qL ;xh e"ldsfsf af/]df cndlnosf x'G5g / lrlGtt x'G5g\ . Sex sf k|lt 8/fosf eolet eosf x'G5g\ .

;djo:sx?sf k|lt k|an jkmfbf/L Pj+ lgi7fsf] efjgf /fV5g\ .

**ljsf;fTds sfo{ Developmental Tasks**

x/]s ;+:s[ltn] pDdLb /fV5 ls lglZrt cfo'sf] k|Tos JolStn] Tof] sfo{ u/f];\ hf] sfo{ ug{ pm ;Ifd 5 . cu/ JolStnfO{ ;'vL / ;kmn aGg' 5 eg] tL sfo{ p;n] l;Vg' k5{ . o:tf sfo{ k|Tos ;fdflhs Joj:yfdf lglZrt ul/Psf] x'G5 h:t}M–

! = cfˆgf] cfo'sf s]6f–s]6Lx?sf] ;fydf gofF / w]/} kl/kSj ;DaGw sfod u/fpg] .

@ k'?if ;xh of :qL ;xh ;fdflhs e"ldsf k|fKt ug'{

# cfˆgf] z/L/ /rgfnfO{ :jLsf/]/ sfo{Ifd pkof]u ug'{

$ dftf lktf Pj+ cleefjsx?nfO{ cfj]ufTds :jtGqtf k|fKt u/]/ cfTdlge{/ aGg'

% cfˆgf] Joj;x/nfO{ lbzf k|bfg ug{sf nflu d"Nox?sf] wf/0ff ug]{

cg';Gwfgaf6 of] yfxf ePsf] 5 ls olb s'g} lszf]/ jf lszf]/Ln] s'g} Pp6f ljsf;fTds sfo{df /fd|f] bIftf jf l;l4 k|fKt ug} ;kmn eof] eg] c? sfo{df klg pgLx? xlhn} ;+u l;l4 k|fKt ug{ ;S5g .

xfd|f] ;dfhdf :jLs[t ljsf;fTds sfo{df olb l;l4 k|fKt ug'{ 5 eg] lszf]/ jf lszf]/Lx?nfO{ cfˆgf] cfj]z dfly lgoGq0f ug'{ clt cfjZos 5 . :jo+nfO{ :jLsfg'{ cfjZos 5 . tadfq pgLx? /d|f] ;+u ;dfof]hg ug{ ;Sg] 5g .

**lszf]/fj:yf– ;+qmflGt sfn (period of Transition)**

lszf]/fj:yf, afNofj:yf / k"0f{ o'jfj:yfsf ljr ;+qmd0f sfn x'G5 . o; cj:yfdf JolSt Jojxf/ ubf{ afnskgsf afgL Joxf/f jf cfbtx?nfO{ kf/ ub}{ k"0f{ o'jfj:yfsf] h:tf] Jojxf/ jf cfbtsf] lt/ 9Ng yfN5 . afNo dgf]j[ltaf6 kl/kSj dgf]j[ltsf] lt/ a9\5 . pm kl/kSjtfsf] e"dLdf kfp /fV5 . hxfF o;nfO{ o:tf lg0f{o lng' k5{ jf ;dfof]hg ug'{ kg]{ x'G5 h;sf] b'/ffufdL k|efj pgLx?sf] eljiodf k5{ . Touch the Lights Project k|of]lht ug]{ of] ;xL pd]/ xf] . ;+qmd0f xf] cy{ g} x'G5 kl/jt{tg . x/ kl/jt{gsf] ;fy ;dfof]hg ug'{ kg]{ x'G5 . o; cfo'df ;a}n] pm ;+u o:tf] ck]Iff /fv]sf x'G5g\ ls pm ca aRrf 5}g . o;}n] afnssf] em}+ c?;+u cfwf/ lnP/ Pp6f kl/kSj JolStTjsf] h:t} Jojxf/ u/f];\ .

o; cj:yfdf gf6lso 9+un] clt ltj|tfsf ;fy zfl//Ls kl/jt{g x'g] u5{ . zl//sf] prfO+{ Pj+ /rgfdf tLj|ult n] kl/jt{g cfp5 , h:t}– prfO++{ , jhg cflb df tLj| j[l4 x'G5 . hftLo kl/kSjtf klg cfp5 . o:tf] zfl//Ls kl/jt{g , zfl//Ls agfj6 (Physical Appearance) lszf]/ lszf]/Lx?sf] :j–k|Too (Self Concept) Pj+ JolStTj dfly k|efj kf5{ .

zfl//Ls kl/jt{gsf] ;fy ;fy} cle?lrdf klg kl/jt{g cfp5 . afNosfnsf ;fy / ;fyL ;+uL. Pj+ afNosfnsf v]ns'b sf k|lt cle?lrd sdL cfpg yfN5 . of] cj:yfdf ljkl/t ln+udf Hofbf cle?lr x'g yfN5 . rnlrq Pj+ ;fdflhs k|j[ltdf klg ?lr a9\b} fhfg5 .

**Jojhxf/sf] dfyL k|efj**

;+qmflGtsf] of] cfo' JolStsf] Jojxf/df 7"nf] 5fk 5f]8\5 . oBkL pm :jo+nfO{ clglZrt / c;'/lIft dx;'; u5{ . lszf]/x? clwst/ cfqmds, cfTds]lGbt / ;d'xaf6 x6]sf] x'G5 . pm cToflws ;+j]bgzLn / ;+oldt Reserved /xG5 , vf; ul/ eGg' kbf{ ha pgLx? of] cfz+sfdf jf bx;tdf x'G5g ls ;dffh dnfO{ ;lDemGg xf]nf . ta pm Psf+sL / pbf; x'g yfN5 . p;sf] efjl:ylt ab]lnb} hfG5 , lbjf:jKgdf x/fp5 / crfgs :jefj u'dfp5 . p;nfO{ 8/ x'\G5 ls p cfˆgf] IfdtfnfO{ ;fljt ug{ c;Ifd x'G5 . ctM sg]sjf/ JolSt ;Ldf eGbf alx/ u}{lbG5

lszf]/ cj:yfdf cl:y/tf x'g'sf] sf/0f lszf]x?df ;b}a lj/f]wfef; (Contradiction) b]lvG5 . pgLx?sf] ljrf/ / Jojxf/df sygL / s/gLdf w]/} cGt/ x'G5 . pgLx? cfbz{jfbL x'G5g . t/ Tof] cfbz{ ;bf Jojxf/df b]lvb}g . s'g} a]nf Tof] cfbz{ cfrf/ ;+lx+tf nfO{ h8tfsf ;fy cg';/0f klg u5{ eg] s'g} ;do Tof] cfrf/ ;+lxtfnfO{ e++u klg ul//x]sf] x'G5 . c?sf] ;fydf ;DaGw klg :ki6 x'b}gg\ Ps ldg]6df pgLx? s;} ;+u k|]d :g]x klg u5{g eg] csf]{ dLg]6df 3[0ff ug{ yfN5g .

dgf]j}1flgsx?sf] egfO{ 5 ls dftflktf Pj+ lzIfsx?nfO{ oLgLx?sf daf/]df Hofbf lrlGtt x'g' s'sg} cfjZostf 5}g . lsgsL lszf]/fj:yfdf o:tf] x'g' :jfefljs xf] . ;+qmdssfnsf] o; nfIfl0fs -ljz]if\_ Jojxf/nfO{ uDeL/tf k"j{s lng' kb}{g .ha ;Dd pgLx? l:yfO{ x'b}gg\ . o; k|sf/sf] Jojxf/ cfkm} ;dfKt eP/ hfG5 .

**lszf]/fj:yf–Ps ;d:of?k cfo' (Problem Age)**

lszf]/fj:yf ;d:of?k cfo' (Problem Age) xf] o;sf b'O{ cy{ 5gM

! lszf]/x?nfO{ cg]sf]+ ;d:ofx? x'G5 cu/ pgLx?nfO{ ;'lv / ;kmn x'g' 5 eg] tL ;d:ofx?sf] lg/fs/0f ug'{ k5{ .

@ lsxf]/ lszf]/Lx? cfˆgf dftf lktf, lzIfsx? Pj+ ;dfhsf nflu ;d:of x'g .

lszf]/–lszf]/Lx? :jo+ cfˆgf nflu klg ;d:of x'g . hLjgdf cfˆgf] gjLg e"ldsfsf ;fy tfnd]n ldnfpg ;Sb}gg\ h;sf] kl/0ffd :j?k pgLx? pNemgdf k/]sf x'G5g\ clglZrt / lrlGtt /xG5g\ .

**k|f/lDes t?0ffj:yfsf ;d:ofx?**

cg]sf}+ cEof;x?n] of] s'/f bzf{p5g ls o; cj:yfdf s'g s'g ;d:ofx? x'G5g\ M–

! ljBfnosf] sfo{sf af/]df

@ dftflktf, lzIfs, cfˆg} n}+lushfltsf ;b:o Pj+ lj?4 n}+lus hfltsf ;b:ox?sf ;fy ;DaGw ;+u h'l8Psf ;d:ofx?

# j}olSts ;dfof]hgsf] ;d:of

lsgsL o; cj:yfdf t?0f–t?0fLx?sf] cle?lrdf w]/} leGgtf x'G5 . s]6Lx?sf] ;d:of s]6fx?sf] ;d:of eGbf leGg x'G5 .

s]6fx?sf] t'ngfdf s]6Lx?nfO{ :s"nsf] ;d:of, dftflktf ;DalGw ;d:of, kfl/jfl/s ;dfof]hg , ;fdlhs ;dof]hg,JolStut cfsif{0f / /LtL l/jfhsf af/]df Hofbf lrGtf x'G5 .

cEof;n] atfp5 ls t?0fx? cfˆgf] ;d:ofx?sf] ;dfwfg ug{sf nflu dbbsf] cfjZostf dx;'; u5{g .

t?0ffj:yfnfO{ ;d:of?k cfo' dfGg'sf] e"ne"t sf/0f of] 5 ls t?0fx?sf] d'Nof+sg jf:tljs JolStTjsf] cfwf/df ÷dfkb08sf cg';f/ ul/G5 . gls t?0fx?sf] dfkb08 n] .

t?0ffj:yfdf cfj]u ÷;+j]u (Emotions)

cEof;n] atfp5 ls t?0ffj:yf cToflws cfj]uzLntf (Period of Heightened Emotionality) cj:yf x'G5 .

t?0fsf] cToflws cfj]uzLntf n] slxn]sxL pgLx?nfO{ dfgl;s tgfj (General Nervous Tension) åf/f of ljlzi6 Nervous cfbtsf] åf/f cleJoSt x'G5 . h:t} M gª sf6\g', of] cfj]ufTds tgfj ;+u ;DalGwt clt ;fdfGo Jojxf/sf] :j?k xf] / clwst/ tL lszf][/ lszf]/Lx?df ufOG5 h:xsf] ;dfof]hg lgDg sIffsf] x'G5 gªsf6\g] Jojxf/sf] ;+Vofsf af/]df t?0f Pj+ t?0fLx?df s'g} vf; cGt/ x'Gg t/ s]6Lx? o; cfbnnfO{ s]6fx?sf] t'ngfdf l56f] 5f8\5g\ . stfO{Psf] 5 ls s]6Lx?df ;fdflhs hfu[tL rf8} cfp5 . o;sf cltl/Qm cg]sf}+ af/ Finger tapping, Cigarette Smoking h:tf cfbtx? klg b]vf k5{g\

cToflws cfj]uzLntfsf sf/0f (Causes of Heightened Emotionality):

s'g} klg pd]/df ;dfof]hgsf ;fy} cfj]ufTds tgfj klg h'8]sf] x'G5

t?0fx?df ;f]rg] / ug]{sf] afNofj:yfsf] k'/fgf cfbtx? 5f]8]/ gofF cfbt agfpg' kg]{ x'G5 jl/0ffd :j?k jx cToflws cfj]uzLntf x'G5 .

t?nfO{ cToflws cfj]uzLn agfpg] kl/anx? o; k|sf/ 5g –

! k|lts'n kfl/jfl/s ;DaGwM– hf] t?0fx? dftf lktf sf] :g]x kfpbf cfkm'nfO{ ;'/lIft ePsf] dx;'; u5{g pgLx?df of] cj:yfsf] cfj]ufTds tgfjw]/} sd x'G5 .

 @ dftf lktfsf ko{j]If0f åf/f lgoGq0fM oBkL t?0f of] cj:yfdf afns 5}g o;}n] dftf lktf pgLx?nfO{ afns ;Dem]/ Jojxf/df cfp5g , dftf lktfsf ;Dd'v pgLx\?n] lj/f]w u5{g

# t?0f hf] ug{ rfxG5 t/ ubfv]/L h'g Jojwfg cfp5 ta klg p cToflws cfj]uzLn aG5 .

$ s}of}+ kl:yltx? hLjgdf klxnf] k6s cfp5 ta Tof] cfkm'nfO{ ckof{Kt ;lDemG5 . ta pgLx? c;dGh:odf kg{ yfN5g / If'Aw eO{lbG5g .

% kl/kSj Jojxf/sf] ;fdflhs ck]IffM– ;dfhn] ck]Iff u/]sf] x'\\\\G5 ls pm k|f}9sf] h:t} ;f]rf];\ / Jojxf/ u/f];\ . s}of} cfdf a'jf x?n] o:tf] sd]G6;\ Comments u5{g ls ltdL t cfˆgf] Snf;df First cfpg ;S5f} .

^ gofF kof{j/0fsf] ;fy ;dfof]hgM– o:tf] ;dfof]hg s'g} klg cfo'df dl;Zsn x'G5 . t?0fx?nfO{ kfl/jfl/s, ;fdflhs, z}Ifl0fs Pj+ wld{s ;dof]hg klg ug'{ x'G5 .

& zfnfdf lgikmntfM–s}of}+ t?0fx?nfO{ k|fyldszfnfdf kf; x'g Tolt d'l:sn nfUb}g t/ dfEofldszfnfsf] sfo{ w]/} s7Lg nfUg yfN5 .

\* kl/jf/ jf ldqx?sf] ;fydf ;DaGwM– s}of} t?x?nfO{ o:tf] nfU5 ls kl/jf/sf ;b:o Pj+ ldqx?n] p;nfO{ ;lDemb}gg\ jf unt ;lDemG5g\ . s}of} kl/jf/x?df lgod w]/} s8f x'G5g\ t?0fx?nfO{ :jtGqtf lbOb}g / t?0fx?sf] ?lrnfO{ klg ;lDemGg o; sf/0f t?0fx?sf] d'l:sntf cem w]/} a9]/ hfG5 .

( wfld{s c>4fM– o:tf] klg kfOPsf] 5 ls h'g 3/df k|f/lDes wfld{s k|lzIf0f hlt hlt ?9Lu|:t x'G5 , t?0ffj:yfdf pgLx? cfj]luj /Lltaf6 Tolt w]/} If'aw x'G5g\ .

cfj]u lgoGq0f

;fdflhs dfux? k"0f{ ug{sf nflu Pj+ cfj]usf ljkl/t k|efj af6 aRgsf nflu cfj]u lgoGq0f ug{ clt cfjZos 5 . cfj]unfO{ lgoGq0f ug'{sf] cy{ kl:yltx?nfO{ af}l4s b[li6n] ;lDemg' xf] . kl:yltsf k|lt cfj]ufTs k|ltefj lbg' ;f6f] af}l4s k|ltefj lbg' xf] .

cfj]u lgoGq0f cy{t\ ;fdflhs /Lltsf k|lt c:jLsfo{ cfj]ux? jf cleJolStx?nfO{ lgoGq0f ug'{ .

t?0fx?df n3'tf of JolStTj ckof{Kttfsf] 8/ x'G5 o;nfO{ vtd ug{sf nflu s'g} g s'g} k|j[ltaf6 sf}zn k|fKt ug{ Pj+ of]Uotf k|fKt ug{sf nflu dbb ug'{ k5{ . o:tf] ug{ ;s] pgLx?df cfTdljZj; sf] j[l4 x'G5 .

t?0f cfˆgf] zlSt Pj+ sdL / sdhf]/Lx?nfO{ jf:tljs b[li6sf]0faf6 ;lDemg ;s'g o;df pgLx?nfO{ dbb ug'{ k5{ . t?0f Pj+ pgLx?sf cfjZostfx?nfO{ olb xfdLn] ;lDemg ;Sof} eg] pgLx? rfF8} cfj]ufTds kl/kSjtfnfO{ k|fKt ug{ ;Sg] 5g .

Experiment pgLx?df of] kfOof] ls t\?0fx?nfO{ cˆgf ;d:ofx?sf] ;dfwfg ug{df Counseling af6 klg ;xof]u ldNg ;S5 . t?0fx?sf] b'O{j6f ;d"xx?dWo Pp6f ;d"xnfO{ Counseling lbOof] / csf]{ ;d"xnfO{ lbOPg . klxnf] ;d"xdf w]/} sd cfj]lus ;+3if{ kfOof] .

t?0ffj:yfdf af}l4s cyjf af]wfTds ljsf;

:jL6\hn]{08sf k|l;4 dg]j}1flg lkofh]n] 1fgfTds ljsff;sf rf/j6f Stages atfog' ePsf] 5M–

! hGd b]lv @ ;fnsf] cjlw (Sensory motor)

@ @ jif{ b]lv & jif{sf] cjlw (Preoperational)

# & jif{ b]lv !! jif{sf] cjlw (Concrete Operational)

$ !! jif{ eGbf dfly (Formal Operational)

of] rf}yf] cj:yfsf] cjlwnfO{ lkofh]n] Formal Operational Stage eGg' ePsf] 5 . lkofh]sf cg';f/ cd"t{ ljrf/0ff ug]{ zlStsf] cf/De !! jif{sf] cjlw of o;sf] cf;kf;df x'G5 . o; cj:yfdf t?0fx? sf] ;f]rfO{ o:tf] x'G5 ls h;/L j}1flgsx? k|of]uzfnfdf ;dfwfg vf]lh/x]sf x'G5g\ . ha pgLx?sf ;Dd'v s'g} ;d:of cfp5 ta pgLx? ;d:ofsf] kl/0ffdnfO{ k|efljt ug]{ vfn] ;a} ;+efljt kl/anx?sf] ;fdfGo l;4fGtaf6 cf/De u5{g , ljlzii6 kl/sNkgfx? lgsfN5g clg Jojl:yt tl/sfn] tL kl/sNkgfx?nfO{ hfFR5g\ . lkofh]sf] 8f]nfodfg (Pendulum) sf] ;d:of w]/} k|rlnt 5 . & b]lv !! jif{sf afnaflnsfx?nfO{ / !! jif\[ b]lv dlysf] cfo' sf t?0fx?nfO{ cnu ccnu nDafO{sf /:;L, /:;Ldf nufpgsf nflu cnu cnu jhg ePsf j:t' / /:;LnfO{ n6\sfpgsf nflu Pp6f :6]08 (Bar) lbP/ x/]snfO{ k|Zg ;f]lwof] ls 8f]nssf]= ult s;/L to x'G5 < !! jif{ eGbf dflysf t?0fx?n] rf/ kl/sNkgfx? lgsfn]

! /:;Lsf] nDafO{

@ /:;Ldf afWg] j:t'sf] jhg

# j:t'nfO{ 5f]8\g' eGbf klxn] ;f] j:t'nfO{ slt dfly p7fpFg]

$ j:t'nfO{ slt an k|of]u u/]/ wSsf nufOG5 .

To; kl5 ;dfg?kn] ;a} kl/anx?nfO{ l:y/ /fv]/ Ps kl/an agfpb} uP . x/]s ;DefjgfnfO{ lgl/If0f ul/ kTtf nufOof] ls s]an /:;Lsf] nDafO{af6 g} 8f]nssf] ult ab]lnG5 eg]/

 |& b]lv !! jif{sf afn aflnsf x?n] x/]s kl/ansf] k|efjnfO{ cnUofpg ;s]gg\ . pbfx/0ffy{ pgLx? ha /:;Lsf] nDafO{nfO{ lgl/If0ff uy]{ t/ j:t'sf] jhgnfO{ l:y/ ub}{g y] , To;df klg pgLx? j:t'nfO{ 5f89\g' eGbf klxnf /:;LnfO{ slt p7fpg' kg]{xf] of j:t'nfO{ slt ann] wSsf nufpg] xf] oL b'O{ kl/andfly pgLx?sf] Wofg uPg lsgsL bO{Psf] d"t{ ;fdffu|Lx?af6 jf oLgsf af/]df ;Lwf ;'emj ldNb}g lyof] . o; k|sf/ 8f]nsnfO{ 5f]8\g] prfO{ / ansf af/]df cyf{t oL b'O{ kl/ansf af/]df pgLx?n] ;f]Rg ;s]gg\ .

cd"t{ ljrf/ug]{sf] zlStsf] kl/0ffd(Consequences)

t?0fx?df z/Ll/s kl/jt{g cfp5 o;sf ;fy} cd"t{ ljrf/ ug]{ zlSt klg cfp5 o;sf] kl/0fd of] x'G5 ls pgLx? cfˆgf] af/]df w]/} ;f]Rg cf/De u5{g . lkofh]sf] dfGotf lyof] ls o; cj:yfdf gljg k|sf/sf] cxd\s]lGb|tfsf] ljsf; x'g yfN5 . . pgLx? dfGg yfN5g ls c? ;a}sf] Wofgsf] s]Gb| pgLx? :jo+ x'g . o;sf] kl/0ffd :j?k pgLx? cfTd;efg (Extremely Self Conscious) x'G5g . pgLx? cfˆgf] aflx/L b]vfj6Lsf k|TOs s'/fx?nfO{ hfFRgsf nflu w]/} ;do P]gf Mirror sf] ;Dd'v /xG5g . (Imaginary Audiencs) s}of} t?0fx? :jo+nfO{ dfGg yfN5g ls pgLx? ljz]if / clåtLo 5g . (Special and Uniquie) -(Personal Fable) t?0f cxd\s]lGb|tf b]vfg yfN5g . h:t}ls IfdfzLn JolStx?sf] sdLsdhf]/Lx? lgsfNg', ax;jfhL ug'{, cfTd;efgtf, cfTds]lGb|tf, clg0f{ofTdstf / bDe .

lkofh] n dfG'x'G5 ls h:t} h:t} cd"t{ ljrf/ zlStsf] ljsf; x'b} hfG5 To:t} oL dfGotfx? klg k|fonf]k x'b} hfG5g .

lkofh]sf] l;4fGt / lzIff (Education)

lkofh]sf] l;4fGtsf] lzIff k|0fnL(Education) df w]/} k|efj k/]sf] 5 . 6Lr;} 6«lg+u / Class Room k|]lS6;df lkofh]sf] l;4fGtaf6 lgsflnPsf tLg z}Ifl0fs lgodx? sf] Jofks pkof]u x'g yfn]sf] 5 .

! vfh lzIff (Discovery Learning): ljBfly{x?nfO{ kof{j/0fsf] ;fy :jtM :km'l/t cGt/ lqmof u/]/ ckg]cfk vfHgsf nflu k|f]T;flxt ul/G5 . ljBfly{x?sf] ;Dd'v Readymade 1fg zflAbs ?kn] /fVg' sf] ;f6f] lzIfsn] ljBfly{x?sf] ;dIf ljljw k|j[lQx? /fVg' kb{5 . h:t} ls cf6{ pj+ qmfˆ6sf ;fdfu|Lx?, Puzzles lstfax?, ;+lutsf ;fwg, Value games OToflb .

@ l;Vg] tTk/tfsf k|lt ;+j]bgzLntf (Sensitivity to Readiness to Learn) lzIfsn] ug'{ kg} xf] ls ;bf cfˆgf ljBfly{x?sf] lgl/If0f ug]{ / pgLx?sf] ;'Gg] . lzIfs ljBfly{x?dfly s'g} k|sf/sf] gjLg sf}zn,Impose ug{ jf nfb\g ;Sb}g ha ;Dd ljBfly{x? tL sf}zn l;Vg] cdle?rL of tTk/tf ;'lrt ub}{gg\ .

# j}olSts leGgtfsf] :jLs[lt (Acceptance of Individual Differences) lkofh]sf] l;4fGt n] dfGb5 ls ;a} afnaflnsfx? ljsf;sf] qmdn] cuf8L a9\b5g . t/ ljsf;sf] b/ (Rate) cnu ncu x'G5 . ctM lzIfsx?n] Wofg lbg' cfjZos 5 ls of] k|j[lQx?sf] cfof]hgf ;a} ju{sf nflu Ps ;dfg x'g' ePg . t/ JolStut ljBfly{sf nflu jf ;fgf ;fgf u|'k jf ;d'xsf nflu o;sf] k|of]u ug'{xf];\ . lzIfsfsf nflu cfjZos 5 ls ljBfly{x?sf] z}lIfs k|ultsf] d'Nof+sg c? ljBfly{x?sf] t'ngfdf gug'{xf];\ alNs ljBfly{sf] ljutsf] k|ultsf] cfwf/df ug'{xf];\

lkofh]n] ju{ jf ;d"xdf k9fp / l;vfpgsf nflu ljBfyL{ nlIft cleudg (Child Oriented Approach) df an lbg' ePsf] 5 . xfdLnfO{ klg ljBfyL{ nIfLt cleofg g} ckgfpg' cfjZoa 5 .

cfk;L ;DaGwdf ;d/;tf (Interpersonal Relationship)

a|Xdfs'df/Lh ;]jf:yfg (House of Lights) Pj+ lgldQ ;+rflnsf alxgLx? k|lt

o; ;]jf of]hgf cGt/ut ;]jf ubf{ xh'/x?n] lgDglnlvt s'/fx?df Wofg lbg' clt cfjZos 5 .

cfˆgf] ljBfnodf ag]sf lgod k|df0f xfd|f x/]s sbdx? cfˆgf] lgldQ 6Lr/ alxgLsf] /fo k|df0f p7fpg' kg]{ 5 . x/ 7"nf] ;fgf] s'/f cfˆgf] 6Lr/ alxgLnfO{ atfpg' clgjfo{ 5 . pgsf] :jLs[lt lng' tyf pgn] u/]sf] lg0f{onfO{ :jLsf/ ug'{ clgjfo{ 5 . dflns ag]/ /fo lbg] / afns ag]/ :jLsf/ ug]{ o'jf k|efu lgldQ ;+rflnsf alxgLsf] lg0f{o nfO{} g} dfGotf k|fKt x'g] 5 .

k|lzI0fsf] kZrft ha tkfO{ cfˆgf] ;]jf :yfg dfhfg' x'G5 cfˆgf] k|lzIf0f sfo{qmdsf] ;a} Joxf]/f lgldQ alxgLnfO{ ;'gfpg' kg]{ 5 . jxfF s'g s'g k|lzIfs efO{x? x\g\x'GYof] , s'g ljifdf slt ;q lnP gfZtf–ef]hg–6f]nLJoj:yf cfjf; lggjf;sf] Joj:yf , tkfO{ ldn]sf] ;f}uft, tkfO{sf] åf/f ul/Psf] o1 ;]jf k'/f u|'ksf] cg'ejsf] ;f/ s;}sf] s'g} ljz]if cg'ej, k|lzIf0f :yfg Pj+ToxfFsf] lgldQ ;+rflnsf zlxgLsf] ljz]iftf , oftfoft ;DalGw ;'ljwf, k|lzIf0f sffo{qmddf sfo{qmdsf] ?k/]vf cflb ;a} s'/f lj:tf/n] ;'gfpg' xf]nf .

cfˆgf] lgldQ ;+rflnsf alxgLsf] ;fydf cfˆgf] Jojxf/ k"0ftofM kf/bzL{ (Transparent)agfpg' kg]{ 5 . cfˆgf] k"/f rf6{ ;do k|lt ;do n]v]/ lbg'xf];\ . jf ;'gfpg' xf];\ . olb ;]jfdf ;kmntf k|fKt ug{' 5 eg] afaf sf] ;fy ;fy} lgldQ alxzgLx?sf] ljZjjf; k|fKt ug'{ jf ljZjf/ agfP/ /fVg' clt cfjZos 5 . ;+udo'udf xfdLnfO{ cnf}lss hGd ldn]sf] 5 / lktf k/dfTdfn] o; hGddf xfd|f] hLDd]jf/L lgldQ ;+rflnsf alxgLnfO{ ;'lDkg' ePsf] 5 , ctM xfd|f] of] st{Jo x'g hfG5 ls xfd|f] ;+sNk, ;do ;DaGw / ';j{ vhfgfx?sf] ;Dk"0f{ kf]tfd]n pgnfo{ yfxf x'g' k5{ h;af6 xfdLx?nfO{ plrt dffu{bz{g k|bfg ug{ ;s'g .

s'g :s"nfO{ o; ;]jf of]hgfdf lng' cfjZos 5 cfˆgL 6Lrf/ alxgLsf] ;fydf a;]/ o;sf] cfof]hg ug'{

la=s= 6Lr/s] kf;df ;do 5 eg] pgnfO{ ;fydf lnP/ k|ydk6s :s"ndf e]63f6sf hfg' k5{ .la=s]= 6Lr/nfO{ g} cfrfo{;+u s'/f ug{ lbg'xf];\ la=s]= 6Lr/sf] ?xfgL JolStTj ;a} ;xh ul/lbg] 5 .

h'g lbg ljBfnodf ;q lnP/ cfpx'G5 cfˆgf] lgldQ 6Lr/ alxgLnfO{ -kgwf{l/t k|f?kdf\_ /Lkf]6{ lbg' xf]nf . cfrfo{ lzIfs jf ljBfyL{x?sf] ;fydf ePsf] s'/f sfgLsf] ;f/ Pj+ pgLx?sf] k|ltefj ;'gfpg' xf]nf .

o; ;]jf of]hgfsf] cGt/ut ul/g] ;]jf sf ultljlwx?dfyL cfjZostf cg';f/ dfq vr{ ug'{xf]nff h:n] ubf{ ;]jf :yfgdf cgfjZos cfly{s ef/ gk/f][;\

ljBfno-hxfF ;]jf z'? ul/Psf] 5 \_df cfof]lht x'g]jfn] ljz]if sffo{qmdx? - h:t} jflif{s pT;j, (Parents Day=====\_ sf] hfgsf/L klxn] b]lv g} la=s= 6LOr/ alxgLnfO{ lbg] ;+ej eP ;Dddf cfrfo{x? ;+u s'/f u/]/ la=s]= 6Lr/ alxgLnfO{ d'Vo cltlysf ?kdf d+rdf :yfg lbnfpg'xf];\ .

h'g :s'ndf ;q lngsf nflu hfg' jg]{5 / p; lbg s'g} sf/0ff a; hfg ;Sg' ePg jf hfgsf nflu c;dy{ xx''g'G5 o;sf] k"j{ hgsf/L hltl rfF8f] x' ;S5 cfˆgf] 6Lr/ alxgLnfO{ lbg' xf];\ tfls tkfO{dsf] :yfgdf c? s;}nfO{ ;]jfsf nflu k7fpg ;Sg]5g . of] s'/f vf; Wofg /xf]; ls lgwf{l/t lbgdf :s"n hfg' ePg eg] xfd|f] l/s8{ lju|Llg ;S5 .

k"|foM o:tf] klg x'G5 ;]jfdf k|fKt ;kmntf xfd|f] pd+u pT;fxdf j[l4 u5{ t/ of] s'/fsf] Wofg /fVg' xf]nf ls sxL pd+u pT;fxsf] :ufgdf xfd|f]d leq hf]; k}bf g ul/lbcf];\ h;sf] sf/0f xfd|f] xf]; g} hcf];\ . hf]z / xf];sf] Jofn]g; /fVg' cltl cdfjZos 5 . la=s]= 6Lr/ slxgLnfO{ ;f]w]/dfq s'g} ;]jf z'? ugg'{ k5{ :jtGq ?kn] lg0{o lng' ePg .

;]jf :yfgdf o; ;]jfsf cnfjf c? klg ;]jf x'G5 . p; ;]jfdf t w]/} g} sd sd ;do lbg'k5{ ctm c? ;]jfdf k"/f k"|/f ;do lbP/ ;]jfdf ;Gt'ng agfP/ /fVg' k5{ Pj+ la= s]= 6Lr/nfO{ xNsf Pj+ ;Gt'i7 /ffVg' xf];\

:s"n k|lt

s[kof ;bf ofb /fVg'xf];\ ls tkfO{ a|Xdfs'df/Lh sf] k|ltlglwsf ?kdf ;]jsf nflu :s"ndf hb} x''g'x'G5 g ls JolStut ?kn] . ctM o;} dfgl;stfaf6 ;a}sf] ;fydf Jojxf/ ug'{xf];\ .

:s"nsf] ;fydf klxnf] ld6\L+udf of lg0ff{os dL6L+udf aL=s]= 6Lr/ pkl:yt /xg' of] cfjZos Pj+ O{R5lgo 5 . ctM o:t} k|sf/n] cfof]hg u'{ xf];\

:s"ndf ;]jff z'? ug'{ k"j{ lgwf{l/t :jLs[lt kq (Letter of Acceptance) cjZo lng' xf]nf . o;sf] d"n k|lt ;]jfs]Gb|df /fVg' / Pp6f Pp6f k|lt :s"n jf o'jf k|efusf] sfof{nodf k7fpg' xf]nf .

:s"ndf lgDg lnlvt JolStx? xh'/sf] ;Dks{df cfpg ;S5g h;sf] ;fydf tkfO{sf] Jojxf/. ;'dw'/ x'g' k5{ o;sf nfflu k'/f Wofg /ffVg' / hfu[t /xg' .

–6«:6L ;xfos :6fkm d]Da/

–d]Da/ cfkm af]8{ ljBfyL{ u0f

–cfrfo{ ljBfyLx?sf dftflktf cflb

pk/f]St s'g} klg JolStsf] ;fy s'g} klg s'/fdf ax;jfhL gug'{xf];\ . o:tf] cj:yfdf lsgf/f ug'{ xf];\

hlxn] klg :s"ndf hfbf cfrfo{, 6«:6L, jf d]Da/ckm af]8{;+u e]6]/ ;]jf ;drf/x?sf] cfbfg k|bfg ug'{xf];\ .

olb s'g} s'/fdf :ki6tf ePg eg] gd|tf k"j{s eGg'xf];\ ls xfd|f] 7"nf] lbbL;+u s'/f u/]/ xh'/nfO{ atfpg] 5' .

 :s"nsf] jftfj/0f ?xfgL agf]; o;sf nflu cfˆgf] ?xfgL Jojxf/ ;bf sfod /fVg'xf];\ . d'xf/df v'zL tyf d':sfg xf];\ / x/]sf] ;fydf :g]x k"j{s Jojxf/ xf];\ . ofb /fVg'xf];\ cfˆgf] r]x/f / rngaf6 w]/} 7"nf] ;jf x'G5 .

hlxn] klg :s"ndf hfg' x'G5 jxfF nfufO{Psf] gf]6L; af]8{ cj:o k9\g' xf];\ tfls :s"ndf x'g] cfufdL sfo{qmdsf] hfgsf/L k|fKt xf];\ / cfˆgf] kf6{ lglZrt ug{ ;lsof];\ .

:s"n Pj+ o; ;+u ;DalGwt JolStx? sf] ljz]iftfx?nfO{ cfrfo{, 6«:L6L of d]Da/ ckm af]8{sf ;Dd'v j0f{g ug'{xf];\ .

:s"nsf] jfx\L/ cfˆgf] jfxgsf] kfls{ª 7Ls ;+ub ug'{xf];\ .

cfˆgf] lgwf{ll/t ;do eGbf klxn] k'Ug] / cfrfo{ ;+u e]63f6 ug]{ Snf;df ;q lngsf nflu laNs'n cfˆgf] lgwf{l/t ;dodf k'Ug'xf];\ .

af/ af/ :s"ndf hfgfsf] sf/0f tkfO{nfO{ jxfF s]xL o:tf s'/fx? b]lvg] 5g hf] kl/jt{g x'g' clgjfo{ 5 h;sf af/]df tkfO{ cfrfo{nfO{ ;'emj lbg ;Sg' x'g] 5 . o;df klg ljz]if Wofg /fVg' xf]nf ls cfˆgf] aL=s]= 6Lr/ alxgL ;+u g;f]lw ;'emfj glbg' xf]nf

:s"ndf ;]jfsf] ;do olb s'g} ;'ljwf -An]saf]8{, rfFsl:6s, dffO{s, k|f]h]S6/, vfnL k]k/ cflb\_ sf] cfjZostf k/]sf] v08df lgldQ JolSt;+u ;Dks{ /ffVg'xf];\ / :ki6 eGg' xf];\ olb s'g} s/0f j; ;f] ;\'ljwf ldNg ;s]g eg] sd rnfpg' xf];\ t/ jftfj/0f gjgfpg' xf];\ .

k"/f jif{ el/sf ;qx? sf nflu Living Lights lgwf{l/t ug'{xf];\ . ljbfsf sf/0f slxn] sxL ;q cuf8L k5f8L klg x'g ;S5g o;sf nflu klxn] g} lglZrt ul/xfNg' /fd|f] x'G5 . ljifoqmddf hf] kf7\oqmddf lgwf{l/t 5 To;}nfO{ dfq /fVg' xf];\ olb clt cfjZos ;lDemg' x'G5 eg] kl5 dfq /ffVg'xf];\ .

;]jfsf] ;do :s"nnfO{ cgfjZos vr{ gu/fpg' xf];\ .

:s"naf6 s'g} klg j:t' ;]jf :yfgdf Nofpg] Vofn klg gug'{xf];\ . xfdL bftfsf aRrf xf}+ lng]jfnf levf/L xf]Og}+ .

afafn] xfdLnfO{ ;b}a cfˆg} tg dg wgn] ;]jf ug{ l;vfpg' eof] olb xfdL 1fg ;'gfpgsf] ;ff6f] :s"naf6 ;]jsf] abnfdf wgsf] cfzf /Vof}+ eg] o:tf] ;]jfdf slxn} klg an ldNb}g of] cg'ejn] eG5 . o;}n] slxn] klg cfˆgf] ;]jfsf] abndf kmL; tna, jf z'Ns lng]sf] ck]Iff g/fvf}+ . ofb / gzf /fvf}+ ls xfdL s'g} b'lgofsf] h:tf] gf}s/L ug{ u}/x]sf 5}gf}+ oBkL ;jf}Rr lktf k/dfTdaf6 sNk sNksf lj5'l8Psf cfTdfx?nfO{ k'gM p; k;dfTdf ;+u dw'/ ldng u/fpg] O{Zj/Lo ;]jf ug{ u}/x]sf 5f}+ hf] o; ljZjdf xfd|f] cnffjf c? s;}n] klg u/fpg ;Sb}g .

;qsf] ;do An]saf]8{df n]Vbf ;'jfRo cIf/x?df n]Vg'xf];\ qmdzM n]Vg'xf];\, of] ;a} tkfO{sf] dfgl;stf nfO{ bzf{p5 .

:s"ndf cfkm'nfO{ JolStut ?kn] k|:t't gug'{xf];\ cfˆgf] Joj;fflos lj1fkg gug'{xf];\ cfˆgf] nf}lss sf/f]af/sf] ;DaGwdf w]/} a0f{g gug'{xf];\ .

;]jf:yfg df cfof]lht x'g]jfnf ;fj{hlgs sfo{qmdx?sf] lgdGq0ff aL=s= 6Lr/sf] /fo k|df0f ;a}nfO{ lbg'xf];\ .

:s"ndf sfo{/t ;xfos sd{rf/Lx?sf] ;fydf klg d]nldnfk /ffd|f] ug'{ k5{ uf}/jk"0f{ Jojxf/ ug'{ k5{ .

ljBfly{x?sf (Star Lights) k|lt

* x/]s ljBfyL{nfO{ cfTdf ?kdf b]Vg] k|of; ug'{xf]\ h:t} ls o; k|f]h]S6sf] gfd g} xf] Touch the Light o; d'tfljs ;bf of] :d[ltdf /xf];\ ls dnfO{ oL ;a}sf] Hof]lt hufpg' 5 . h:t} afaf xfd|f] jt{dfgsf] cju'0fx?nfO{ Wofgdf g/fv]/ xfd|f] eljionfO{ b]v]/ xfdLdf pd+u pT;ffx el//xg' ePsf] 5 o;/L g} afafsf] ;dfg l:ylt agfP/ tL ljBfyL{x?sf] ;fydf Jojxf/ ug'{xf]nf .
* k|Tos ljBfyL{df Ps cnu k|sf/sf] p;sf] cfˆg} JolQMTj x'G5 ctM s;}sf] s;}sf ;fy t'ngf gug'{xf]nf . k|Tossf] ljz]iftfnfO{ b]v]/ pgLx?nfO{ k|f]T;flxt ug'{xf]nf . ofb /fVg'xf];\ xh'/sf pT;fxab{s zAbx? tL ljBfyL{x?sf] a'l4df 5flkG5g\ hf] af/ af/ pgLx?nfO{ k|]l/t u5{g\ .
* cluNnf] ;qdf lbPsf] u[xsfo{ (Homework) nfO{ x]g'{xf];\ / ;q k'/f ug'{ eGbf klxn] kl5Nnf] ;qdf k9fO{g] ljifosf af/]df clnslt hfgsf/L cjZo lbg'xf]nf .
* ljBfyL{x?sf ;fydf /fd|f] ;DaGw agfP/ /fVg'k5{ h;n] lbJotf agL /xf];\ .
* ljBfyL{x?sf] ;Dd'vdf s'g} /f]ak"0f{ Jojxf/ gug'{ / qmf]w t slxn} klg gug'{xf]nf .
* olb tkfO{sf] ;Dd'v s'g} k|sf/sf] ;d:of /flvG5 eg] To;nfO{ o'lQmk"0f{ tl/sfn] ;'Nem\ofpg' xf]nf .
* cfpbf hfbf ldNbf ;b}j cf]d\ zflGt zAb pRrfl/t u/]/ clejfbg ug'{xf]nf .
* ;qsf] ;dodf ljifoa:t'nfO{ k"/f Gofo lbg'xf]nf . cgfjZos, ck|:t't s'/fx?nfO{ lsgf/f ug'{xf];\ .
* ljBfyL{x?sf] ';fydf :g]xk"\0f{ Jojxf/ u/f} .
* ljBfyL{x?;+u ?a? cyf{t\ aftf{nfk ug]{a]nf w}o{tfsf] u'0f ljz]if Wofg /fVg'xf]nf .
* xfd|f] of] ;]jf gt kl/Iffsf] nIon] agfPsf] xf] , g klt:k|wfTds . ctM ljBfyL{x?nfO{ v]n v]n d} ;f/f 1fg lbg'xf]nf .
* x/]s ;q k"/f e} ;s]kl5 pgLx?nfO{ 3/df ug{sf nflu s]xL cEof; ;fdfu|L cjZo lbg'xf]nf . t/ of] s'/f Wofgdf /fVg'xf]nf pgLx?nfO{ af]lemn gagf];\ . cfpg] ;qdf pgLx?sf] xf]djs{ nfO{ cjZo hfRg] ug'{xf]nf .
* ;qsf] ;dodf 1fgsf gjLg ljlwn]\ , /rgfTds ?kaf6 k|:t't ug'{xf];\ hf] ljBfyLx?df ?rL pTkGg u/fj;\ .
* ;q z'? ug'{ eGbf klxn] o:tf ljlwx? ckgfpg'xf];\ h:df ;a} ljBfyL{x?sf] Wofg k"j{s Psfu| eP/ ;'g'g\ cf/Dedf k|yfgf cjZo u/fpg' xf]nf .
* tkfO{ ljBfyL{;+u s] cfzf /fVg'x'G5 of] ;Gb]z pgLx?df ;xL tl/sfn] k'uf];\ h:n] ubf{ pgLx?sf] e"n oflg uNtL ug'{sf] ;Defjgfx? sd x'b} hfpg .
* ha ljBfyLx? tkfO{x?s]f cfzfsf] cg'?k k|bz{g u5{g eg] pgLx?nfO{ /fd|f zAbx?n] k|f]T;flxt ug'{xf];\ . o;n] pgLx?sf] dgf]an a9\5 / pgLx? cem w]/} u|x0f ug{ pT;'s x'G5g .
* ;q lnbf v]l/ s';L{df al;/xg' x'Gg pleP/ otf ptf cuf8L k5f8L rSs/ unfpb} cfˆgf ?xfgL b[li6x? ;a}df /fVg'xf]nf .
* dgdf of] gzf x'g'k5{ ls d oL ljBfyL{sf ;Dd'v Ps /f]n df]8n x"F . cfˆgf] hLjgsf pRr wf/0ffx?sf] dfWodn] pgLx?nfO{ d"Nox?sf] 1fg lbg'xf];\ . ofb /fVg'xf];\ xh'/fsf] af]nL, rfn–rng / Jojxf/ g} lzIffsf] >]i7 dfWofd xf] . afaf eGg'x'G5 aRr] h:tf] Jojxf/ tkfO{n] ug'{x'G5 tkfO{nfO{ b]v]/ g} c?n] klg To:t} Jojxf/ ug]{5g .

o'jf k|efu k|lt

* o'jf k|efusf] ;fy s'g} klg sf/f]af/ ;]jf:yfgsL lgldQ ;+rflnsf a}gLsf] ;fy ldn]/ g} ug'{xf]nf cyf{t\ jxfFsf] k"j{ cg'dlt lnP/ dfq ug'{ xf]nf .
* k|efuåf/f ;do ;dodf cfof]lht :jpGglt, ;]jf cflbsf ljleGg sfo{qmdx?df efu lng'xf]nf . To;df ;lqmo of]ubfg lbg'xf]nf .
* k|efuåf/ k7fOPsf kqx?, Od]nx?, kmf]gx?, SMS cflbsf] x'G5 of x'ggsf] hjfkm jf h:tf] pQ/ dfluPsf] 5 To:tf] pQ/ t'?Gt lbg'xf]nf .
* s'g} s'/df :ki6tf x'g ;s]g eg] k|efusf] /fli6o sfo{nodf ;Dks{ ug'{xf]nf / To;af6 hfgsf/L lng' xf]nf .
* cfˆgf ;[hgfTds /rgfx? - uLt, sljtf, zfo/L, lgaGw,;–;fgf k|]/0ffbfoL sfxfgLx?, kl/l:yltx?, lrq xflb\_ ;'jfRo cIf/df k|efusf] /fli6o sfof{nodf k7fpg' xf]nf . of]Uo nfu] kl5 ;dosf] cg's'ntf k|df0f nfvf}+ efO{ alxgLx?sf] nfefy{ k|efusf] j]a;fO{6 Pj+ ;dfrf/ kqx?df k|sflzt ul/g] 5 .
* k|efusf] ;b:otf :jLsf/ ug'{xf]nf, c? o'jf efO{ alxgLx?nfO{ klg ;b:o agfpg' xf]nf .
* pkxf/ klqsfsf] ;b:o aGg'xf]nf Pj+ c?nfO{ klg agfpg' xf]nf pkxf/ klqsfsf nflu ;fdfu|L xh'/x? l;wf ;Dkfbsf gfddf k7fpg' xf]nf .
* k|efuåf/f k|sflzt ;flxTo - ;sf/fTds kljt{g kf7\ofqmd, o'jf ag'g zflGt b't, :jl0f{d\ k|eft, ;lj{; l/kf]6{ a's, kbofqf ;f]j]lgo/ \_ cflbsf] cWofog cjZo ug'{xf];\ .
* k|efu;+usf] sf/f]jf/ ;DalGwt s'g} klg ;'emfa ;fb/ cfdlGqt x'g]5 .
* k|efusf] /fli6o sfof{nodf cfˆgf] ;do / ljz]iftfx? lbP/ ;]jf ug{ rfxfg' x'G5 eg] klxn] g} ;'lrt ug'{xf]nf tfls cfjZostf k/]df xh'/nfO{ anfpg klg ;lsG5 .
* s'g} klg ;fj{hlgs sfo{qmddf efu lng hfg'x'G5 eg] k|efusf ultljlwx? tyf Touch the Light k|h]S6sf] ;]jfsf af/]df cjZo ;'gfpg'xf]nf .

**;fd'lxs k|:t'lts/0f (Group Presentation)**

o; k|lzIf0f sfo{qmdsf] ;dodf kf7\oqmd ;DalGw ;qnfO{ k'/f ul/ ;s]kl5 klg Pp6f ;q o:tf] klg /flvPsf] 5 h;df efu lng rfxg] efO{ alxgLx?nfO{ ljleGg u|'kx?x? dWoaf6 s'g} PsnfO{ k'j{ lgwfl/t ljifodf k|:t'lts/0f u/fOg] 5 . u|'k ln8/ ;+u cg'/f]w 5 ls x/]s u|'ksf] ;+of]hsnfO{ cg'/f]w 5 ls klxn] g} ;'lrt ul/lbg'xf];\ ls jxfFsf] u|'kaf6 Pp6f efO{ jf alxgLnfO{ 5fg]/ rog u/]/ pgnfO{ klxn] g} kf7\oqmdaf6 s'g} Pp6f ljifo lblbg'xf]nf tf Tof] JolQm cfˆgf] k|:t'lts/0fsf nflu tof/L ug{ ;sf];\ .

**cg'ejx? Pj+ k|ltefjx?sf] n]g b]g**

k|lzIf0f sfo{qmddf o; ;qsf] ljz]if dxTj 5 . Psflt/ of] cj:yf Joj:yf sf] hfFrsf] ;q xf] eg] csf]{ tkm{ oLg} cg'ejx?sf cfwf/df eljZodf cfof]lht ul/g] sfo{qmdx? ;'rf? ?kn] ;+rfng ug{ ;lsof];\ . o;}sf nflu ;'emfj k|fKt ug]{ ;q xf] . o; ;qdf lgldQ 7"nfa9fsf] pkl:ylt clgjfo{ 5 cg';'lr–!# df atfO{Psf] kmfd{sf] gdn u/]/ ;a};+u+ cjZo e/fOg] 5 Pj+ of] kmfd{ d['Vo s]Gb|df k7fOg] 5 .

cf]d\ zflGt

Touch the Light

Under the umbrella Theme of "Youth Empowerment Service" (Yes)

Training For Living Lights

lbgrof{ – Schedule

**lbgf+s Pj+ lbgM– @( ut]**

**;do sfo{qmd**

08:00 AM 09:00 AM k+hLs/0f, :jfut, kl/ro Pj+ pb\3f6g ;q

09:00 AM 09:30 AM ef]hg

10:00 AM 11:00 AM of]u, OR5fzlSt -rfxfgf\_, b[li6sf]0f Pj+ cleudg

11:00 AM 12:00 AM tLa| k'?ifyL{sf wf/0ffx? / :j– lg/LIf0f

12:00 AM 01:00 PM PSzg Knfg (Action plan)

01:00 PM 02:00 PM Snf; ?d cg'zfzf;g Pj+ k|:t'lts/0f (Class Room Discipline, Styal and Way of Presentation)

02:00 PM 03:00 PM cfk;L ;DaGwdf ;d/;tf (Interpersonnal Relationship)

03:00 PM 04:00 PM ljsf;Tds dgf]lj1fg (Development Psychology)

04:00 PM 05:00 PM ;–;fgf ;d"xdf Jojxfl/s k|lzIf0f

05:00 PM 06:00 PM kf7\oqmd kl/roM d"Nox?n] d"Nojfg

06:00 PM 07:00 PM vfgf

07:00 PM 08:00 PM of]u

09:00 PM 09:30 PM d'/nL l/jfOh z'e /fqL

**lbgf+s Pj+ lbg #) ut]**

 08:00 AM 09:00 AM kf7\oqmd kl/roM cfGtl/s zlQmsf] ljsf;

 09:00 AM 09:30 AM ef]hg

 09:30 AM 10:30 AM nfu' cf}iflw /f]syfd ;DalGw k|lzlIf0f

10:30 AM 11:30 AM kf7\oqmd kl/roM k|efjzfnL JolStTj M– efu –!

11:30 AM 01:30 PM kf7\oqmd kl/roM k|efjzfnL JolQmTj efu M– @

01:30 PM 02:30 PM kf7\oqmd kl/roM ljlzi7 ;q– /rgfTdstf Pj+ gjLgtf

04:00 PM 05:00 PM :s"nsf ljBfyL{x?sf ;fy Jojxfl/s k|t'lts/0f

05:00 PM 06:00 PM kf7\oqmd kl/roM d]/f] b]z g]kfn

06:00 PM 07:00 PM

07:00 PM 08:00 PM vfgf

09:00 PM 09:30 PM of]u d'/nL l/jfOh z'e /fqL

**lbgf+s Pj+ lbg !! ut]**

08:00 AM 09:00 AM

09:00 AM 09:30 AM

09:30 AM 10:30 AM

10:30 AM 11:00 AM ef]hg

11:00 AM 01:00 PM :jf:Yo ;DalGw

01:00 PM 04:00 PM lj>fd

04:00 PM 05:00 PM k|f0ffofd Pj+ Jofod

05:00 PM 06:00 PM cg'ejx?sf] n]gb]g

06:00 PM 07:00 PM d'Vo efO{ jf lbbLsf] Snf;

07:00 PM 08:00 PM vfgf

09:00 PM 09:30 PM of]u d'/nL l/jfOh z'e /fqL

cf]d\ zflGt

Touch the Light

Under the umbrella Theme of "Youth Empowerment Service" (Yes)

Training For Living Lights

Venue Date:

**lgldQ ;+rflnsf alxgLsf] k|ltefj Pj+ cg'ej kq**

xh'/sf] k'/f gfdM– Mobile No:

k|lzIf0fdf ;xeflux?sf] ;+VofM–=========================Divine Light sf] gfdM–

! o; k|lzIf0fsf] kZrft xh'/nfO{{ s:tf] cg'ej ePsf] 5 <

@ o; k|lzIf0f sfo{qmddf o'jf k|defusf sldl6L d]Da;{ Divine Light sf] /f]nsf af/]df atfpg'xf];\ <

# o; k|lzIf0f sfo{qmddf sf] /f]nsf af/]df atfpg' xf];\ <

$ sfo{qmd cem} /fd|f] agfpgsf nflu xh'/sf] cfˆgf] ;'emfj lbg'xf];\ <

% tkfO{ cfˆgf] ;]jf If]qdf sltj6f :s"nx?df ;]jf ug{ rfxfg' x'G5 <

^ s] tkfO{ k'gM o; k|lzIf0f sfo{qmd /fVg rfxfg'x'G5 < olb rfxfg'x'G5 eg] s'g dlxgf ut]

lbgf+sM–============================================ x:tfIf/===============================

olb xh'/sf c? s'g} ;'emfjx? 5g eg] bf];|f] k]hdf n]]Vg;Sg' x'g]5 .

cf]d\ zflGt

Touch the Light

Under the umbrella Theme of "Youth Empowerment Service" (Yes)

Training For Living Lights

pb\3f6g sfo{qmdsf] ?k/]vf

;do======================== ldltM–======================= :yfgM–===================

afafsf] ofb

km"nn] :jfut

:jfut pb\af]wg

k|f]h]S6sf af/]df

bLk k|Hjng

k|/0ffx?

z'esfdgfx?

lbrof{ Pj+ ;'rgfx?

cfzL{jrg

wGojfb

;f}uft ljlw

:6]h ;+rfng

bLk k|Hjngdf cfd+lqt cltyLsf] ;+lIfKt kl/ro

cf]d\ zflGt

Touch the Light

Under the umbrella Theme of "Youth Empowerment Service" (Yes)

Training For Living Lights

Venue Date:

Living Lights sf nflu h?/L ;"rfgf

! cfˆgf] vfg] lkpg]sf] dof{bfx? cfˆgf] u|'k nL8/nfO{ atfpg'xf]nf

@ lrof, b'w, sflkm Pj+ gLa' kfgL sf] ;dofg';f/ cfjZostf cfˆgf] u|'k nL8/nfO{ atfpg'xf]nf

# ;dodf ;a} ;qx?df pkl:ylt clgjfo{ 5

$ hf] klg ;q u/fO{g] 5 Tof] s[kof Diary df gf]6 cjZo ug'{xf]nf .

% lah'nL, kfgL, ef]hgsf] cgfjZos Joo gug'{xf]nf

^ lagf ;'rgf kl/;/ g5f8\g'xf]nf

& xh'/nfO{ lbOg] u[xsfo{ ;do eGbf klxn] g} cfˆgf] u|'k nL8/nfO{ lbg' xf]nf

\* ;du| sfo{qmddf ?xflgot agf];\ o;sf nflu k|lt lbg lbO{Psf :jdfgsf] lg/Gt/ :d[ltdf /fv]/ zlStzfnL l:ylt sf] cg'ej ug'{xf]nf

( xfdL oxfF cfWoflTds pGgltsf nflu ;lDdlnt ePsf 5f}+ ctM JolQmut Jojxf/df ghfg'xf]nf

!) x/ ;qdf ;lqmotf k"j{s ;xeflutf lbg'x'g] 5 . lsgsL xh'/nfO{ k'gM eljiodf uP/ c?nfO{ klg k|lzIf0f lbg' kg]{ 5 .

!! cfˆgf] s'g} klg ;d:of , cfjZostf Pj+ hfgsf/Lsf nflu cfˆgf] u|'knL8/;+u g} ;Dks{ ug'{ x'g] 5

!@ o'jf ;]jfsf ;dfrf/x? Pj+ ljåtfk"0f{ n]vx?nfO{ ;+:yfsf] ådfl;s klqsf pkxf/df k7fOg] 5 / k|sflzt x'g]5 . h;sf] ;b:o ag]/ tkfO{x? klg cfˆgf /rfgfx? k7fpg ;Sg' x'g] 5 . o;sf] aifL{ z'Ns !)) dfq 5 . !# o'jf ;]jfdf lg/Gt/ efu lngsf nflu o'jf k|efusf] cfhLjg jf aflif{s ;b:otf :jLsf/ ug'{xf]nf

!$ o1 ;]jf lgldQ ;+rflnsf alxgLsf] kf;df hDdf ug'{xf]nf .

cf]d\ zflGt

Touch the Light

Under the umbrella Theme of "Youth Empowerment Service" (Yes)

Training For Living Lights

Training For Living Lights df cfpg'ePsf ;a} efO{ alxgLx?df of] cg'/f]w 5 ls lgDg lnlvt ;fdfu|L tof/ kf/]/ t'nl;k'/ ;]G6/df k7fpg' xf]nf

! oxfFaf6 cfˆgf] :yfgdf uP/ #) lbg leq sIff ^ Pj+ & df lbg ;lsg] s'g} Pp6f ljifodf gf6s, syf, sljtf, uhn, zfo/L, uLt, r'6lsnf cflb n]v]/ k7fg'xf]nf .

@ xh'/ cfˆgf] ;]jfs]Gb|df uP/ Snf;df cfpg] effO{ alxgLx?sf :s"ndf k9\g] 5f]/f 5f/Lx?nfO{ cyjf s'g} :s"ndf uP/ Pp6f ;q dfyL k|]S6Lsn ;]zg lnP/ To;sf] l/kf]6{ k7fpg' xf]nf .

# cfˆgf] ;]jf s]Gb|df Living Lights sf] k|lzIf0fsf nflu efO{ alxgLx?nfO{ tof/ u/]/ pgLx?sf] kmfd{ e/]/ k7fpg'xf]nf

$ o; k|lzIf0fsf] k"0f{ ;dfrf/ cfˆgf] lgldQ 6Lr/ alxgLnfO{ ;'gfP/ To;sf] l/dfs{ lng' clt cfjZos 5 .

% cd[tj]nf of]u kl5 slxn} klg ;'Tg' x'Gg / d'/nL Snf;sf ;DaGwdf tkfO{sf] rf6{

^ olb tkfO{ lbJo bk0f{ u|'kdf ;b:o aGg rfxfg'x'G5 eg] cfˆgf] tLa| k'?ify{L{sf] PSzg Knfg, cfˆgf] gfd, ;]jfs]Gb|sf] gfd Pj+ k|lzIf0f :ynsf] gfd n]v]/ lbg'xf]nf

Touch the Light

Under the umbrella Theme of "Youth Empowerment Service" (Yes)

Training For Living Lights

venue...................................... Date.........................................

Scope of service of Co-ordinators and Facilitator

o; k|lzIf0f sfo{qmddf ;'Gb/ Joj:yf Pj+ ;'rf? ;+rfngsf nflu cfpg'ePsf efO{ alxgLx?nfO{ u|'kdf laefhg ug]{ . x/]s u|'kaf6 u|'k nL8;{sf ?kdf Pshgf Coordnator / Ps hgf Facilitator lgo'St ug{] . oL tLg lbgsf] k|lzIf0f sfo{qmdsf kl/lwdf cfˆgf] u|'ksf] lgDglnlvt ;]jfsf nflu tL b'a} hgfnfO{ lhDd]jf/L lbg] .

! pkl:ylt bh{ ug]{

@ Facilitator åf/f js{zf]ksf points gf]6 ug]{ .

# Coordnator sf] åf/f js{zf]ksf] ;+rfng ug'{ .

$ js{zf]ksf points nfO{ ;'Jojl:yt u/]/ Ps ;qsf ?kdf n]v]/ k|efusf] sfo{nodf k¥ofpg' .

%u|'kdf Jojxfl/s k|:t'lt practical presentation sf] ;do Living Lights sf] d"Nof+sg ug'{ Pj+ Assessment Sheet eg'{

^cg'ej kq e/fpg' / hDdf u/]/ a'emfpg' .

& ;fd'lxs k|:t'lt common practical presentation sf nflu cfˆgf] u|'kaf6 Living Lights sf] 5gf]6 ul/ gfd lbg' .

\* u|'kdf cg'zf;g sfod /fVg' h;n] ubf{ ;du| sfo{qmddf cg'zf;g agL /xf];\ .

( lbO{Psf] ;'rgfsf cfwf/df cfˆgf] u|'knfO{ kl/rfng ug'{ .

!) lbgrof{df lgoldttf agfO{ /fVgsf nflu k|oTgzLn x/g' .

!! lbOPsf] u[xsfo{nfO{ k'/f ug{sf nflu k|oTgzLn /xg' .

gf]6M– pk/f]QM ;a} lgodsf] kfng ug'{ clgjfo{ 5 .

u|'kx?sf] lgDg lnlvt gfdfs/0f lbg ;lsG5 M–

xf]nLx+;, /fhClif, zflGtb't, lbJobk0f{, kml/:tf, sdn cf;gwf/L, ;Dk"0f{ j}i0fj, lbntVtgzLg, :j/fHo clwsf/L, g"/]/Tg, :jbz{g rqmwf/L, k|s[lthLt, sd]{lGb|ohLt, ;Gt'i6dl0f, ljZjsNof0fsf/L .

 Touch the Light

Under the umbrella Theme of "Youth Empowerment Service" (Yes)

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:j–lgl/If0fsf nflu s]xL laGb"

rfxfgf–Intention

! o; 6«]lg+ª k|f]u|fd ug'{sf] vf; xfd|f] rfxgf Intention s] xf] <

@ Intention s:tf] x'g' k5{ h:n] xfdLnfO{ ;kmntf k|fKt xf];\ <

# Intention sf lardf s:tf vfn] afwfx? cfpg ;S5g <

$ Intention lsg ab]lnG5 <

% Intention sf k|lt nflu /xgfsf nflu s'g rfxL ljlzi6 u'0f Pj+ zlStx?sf] cfjZostf 5 <

b[li6sf]0f– Attitude-

! Intention / Attitude sf] cfk;df s] ;DaGw 5 <

@ s] h:tf] Intention x'G5 p:t} Attitude x'g ;S5 jf Intention / Attitude df cGt/ kg{ ;S5 <

# s] of] x'g ;S5 ls Intention w]/} prf] 5 t/ Attitude df leGgtf pg'ej e}/x]sf] 5 .

$ nIo t pRr 5 t/ Attitude df olt w]/} pRr b[li6sf]0f g/fVg'sf] sf/0f s] xf]nf <

% Intention / Attitude nfO{ ;dfg agfpgsf nflu s] ug'{ knf{ <

cleudg–Approach-

! cleudg–Approach sf] dxTj hLjgdf slt 5 <

@ s] tkfO{n] dfGg' x'G5 Intention / Attitude sf] kZrft g} cleudg–Approach sf] :yfg x'G5 <

# s] tkfO{x?n] ;lDemg' x'G5 ls :jo+sf] nIonfO{ cleudg–Approach

ug{sf nflu :jo+sf] Intention / Attitude lg/Gt/ :ki6 x'g' k5{ <

$ s] tkfO{ ;lDemg' x'G5 ls s'g} JolQm;+u cleudg–Approach ug'{ eGbf klxn] :jo+sf] Intention / Attitude sf] oyfy{tfnfO{ Verify ug'{ k5{ .

% s] tkfO{ dfGg' x'G5 ls s'g} k|f]h]S6sf] cleudg–Approach eGbf klxn]n :jo+sf] Intention / Attitude nfO{ :ki6 a'em\g' clt cfjZos 5 .

^ lgDg kl/l:yltdf tkfO{sf] Intention , Attitude / Approach s:tf] vfn] x'g' k5{ .

* tkfO{ s'g} k|f]h]S6sf] nL8/ x'g'x'G5 =====
* tkfO{ ;fyL sfo{qmtf x'g'x'G5 .=======
* tkfO{ s'g} ;+u7gsf] nfefyL{ JolQm x'g'x'G5 .==========
* tkfO{ s]an Ps b[i6f x'g'x'G5 . =============

O{Zj/sf ;Gtfg xf}+ xfdL, w/tLdf ca :ju{ a;fp5f}+ .

cu|hn] ug{ gs] xfdL, ;f]xL sfd u/L b]vfpg] 5f}+ ..

O{Zj/sf ;Gtfg xf}+ xfdL, w/tLdf ca :ju{ a;fp5f}+ .

cu|hn] ug{ gs] xfdL, ;f]xL sfd u/L b]vfpg] 5f}+ ..

5 cndndf gfj hLjgsf] , ;+;f/sf] of] ;fu/df .

ca s] xf]nf s:tf] xf]nf,] t"kmfg\ 5 dgsf] ufu/df ..

k|e'n] kf/ nufpg'x'G5 hLjgsf] ef/ ha ;'lDkg] 5f}+ .

cu|hn] ug{ gs] xfdL, ;f]xL sfd u/L b]vfpg] 5f}+ ..

gx]/f}+ If0fe+u"/ sfof, ca cfTdf cledfgL agf}+ .

hosf/ xf]nf lbzf lbzfdf, ha w/tL cfsfz ab]Ng]5f}+ .

lr+uf/L agL xfdL /fj0fsf], n+sf df cfuf] nufpg] 5f}+ .

cu|hn] ug{ gs] xfdL, ;f]xL sfd u/L b]vfpg] 5f}+ ..

dfgf}+ s7Lg dfu{ 5 d'lZsn, xfdL sf]xL eGbf sd 5}gf} .

:jo+ eujfg ;fydf eP;L ca xfdL lkms/ s} ub}{gf}+ .

cfsfzsf tf/f 6LKg] 5 xf};nf p8L r+b|df 5'g] 5f}+ .

cu|hn] ug{ gs] xfdL, ;f]xL sfd u/L b]vfpg] 5f}+ ..

O{Zj/sf ;Gtfg xf}+ xfdL, w/tLdf ca :ju{ a;fp5f}+ .

cu|hn] ug{ gs] xfdL, ;f]xL sfd u/L b]vfpg] 5f}+ ..