

## d{kk & igyh fglhh

<i>dlsky</i>	ekg fl rfcj rd	fnl fcj rd	ekpZrd
l qdj l e>dj cksyuk	<ul style="list-style-type: none"> <li>• ?kj ifjokj ea l qh l qkblz dfork] dgkuh dks viuh Hkk"kk ea l qkrk gA</li> <li>• nh xbl dfork ds ek/; e l s if{k; k; ikyrw, oa taxyh tkuojka Qyk] l fct; ka, oa; krk; kr ds l k/kuka ds uke crkukA</li> <li>• ekS[kd funz kka dk ikyu djrk gA</li> <li>• vius vklkl dh ifjpr vkoktka dks igpkurk gA</li> <li>• viuh Hkk"kk ea dN &amp; dN l qkrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• dfork dks l qdj gko&amp;Hkko ds l kFk l qkrk gA</li> <li>• vius ifjokj@ifjosk dh ckr dks dgus ea fnypLih fn[kkrk gA</li> <li>• dgkuh] dfork ea vk, ik=ka @?kVukvka ds ckjs ea ckrphr djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• dfork @dgkuh dks gkoHkko ds l kFk l qkrk gA</li> <li>• fp=ka dks nS[kdj ppkZ djrk gA</li> <li>• Lora= : lk l s viuh ckr dgrk gA</li> <li>• dfork@dgkuh ea iNs x, ekS[kd izuka ds mRrj ns ikrk gA</li> </ul>
i<uk i<dj l e>uk	<ul style="list-style-type: none"> <li>• fp=ka ds l kFk o.kkz dks igpku ikrk gA o.kkz, oa ifjpr' 'kCnka ukeka dks dfork dgkuh@'; keiV @'kCndkMZ ea igpku ikrk gA</li> <li>• nks rhu ek=k l s cus 'kCnka dks i&lt;+ ikrk gA tS s &amp; jktk] l j t</li> </ul>	<ul style="list-style-type: none"> <li>• fp= nS[kdj i&lt;rk gA</li> <li>• ikB; iqrnd ea nh xbl l kexh dks fgTtk dj : d : d dj i&lt;rk gA</li> <li>• iqrndky; dh vkd"kd iqrndka dks nS[kdj illus myV igyV dj i&lt;us dh dks'k'k djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• 'kCnka rFkk Nks/s l jy okD; ka dks i&lt;rk gA</li> <li>• Qyk] l fct; k; 'kj hj ds vakk] tkuojka ds pkVZ dks nS[kdj i&lt;us dh dks'k'k djrk gA</li> <li>• vius vklkl utj vkus okyh fiV l kexh dks i&lt;us dh dks'k'k djrk gA</li> </ul>
fy[kuk	<ul style="list-style-type: none"> <li>• o.kkz dks nS[kdj fy[k ikrk gA</li> <li>• o.kkz dks igpku dj xksyk yxkrk gA</li> <li>• o.kkz dks feykaj 'kCn fy[k o i&lt;+ ikrk gS tS s &amp; e + u = eu</li> <li>• fp=ka l s 'kCnka dk feyku dj ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• viuk uke fy[k ikrk gS</li> <li>• fp= dks nS[kdj uke fy[k ikrk gA</li> <li>• [kkyh LFkku ea o.kkz dks Hkj dj 'kCn cuk ikrk gA</li> <li>• 'kCnka dks fp= l s feyku dj ikrk gA</li> <li>• **k** dh ek=k okys 'kCnka dks nS[kdj fy[k ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• vius ekrk&amp;firk rFkk f'k(kd dk uke fy[k ikrk gA</li> <li>• l jy okD; ka dks nS[kdj fy[k ikrk gA</li> <li>• fofHkuu ek=k; a yxkdj 'kCn cuk ikrk gA</li> <li>• fp= igpku dj uke fy[k ikrk gA</li> <li>• l jy izuka ds mRrj fy[k ikrk gA</li> </ul>
Lora= , @ l tukRed vfHko; fDr	<ul style="list-style-type: none"> <li>• ?kj] Qy] tkuoj] fp= cuk ikrk gA</li> <li>• jaksyh cukr gA</li> </ul>		

Vhi & f'k(kd mDr dlskykadsfodkl gsgLFkkuh; Hk'k dsfp=@pkV@dfork@dgkuh mi ; kx Hh dj l drsgA

# d{kk & igyh xf.kr

<i>dlsky</i>	elg fl rfcj rd	elg fnl fcj rd	elg elpZrd
	<p><b>xf.kr ds[ky</b></p> <ul style="list-style-type: none"> <li>• ,d tš h vkdf; ka dks igpku ikrk gÅ</li> <li>• ,d tš s fp=ka dks igpku dj feyku dj ikrk gÅ</li> </ul> <p><b>rgyuk</b></p> <ul style="list-style-type: none"> <li>• vius vkl ikl dh yeh] Nks/h] Hkkj/h] gYdh oLr/ka dks igpku ikrk gÅ</li> </ul> <p><b>1 l s 10 rd dh l Ą; k, j &amp;</b></p> <ul style="list-style-type: none"> <li>• 1 l s 10 rd dh l Ą; kvka dks i&lt;us rFkk fy[kus dk iz, kl djrk gÅ</li> <li>• oLr/ka ds fd l h l eg ds fy, mfpr l Ą; k fy[k ikrk gÅ</li> <li>• dksZ l Ą; k crk, tkus ij mruh oLr/ka dk l eg cuk ikrk gÅ</li> <li>• 1 l s 10 rd ds vka dks c&lt;rs Øe ?kVrs Øe ea tek ikrk gÅ</li> <li>• 1 l s 10 rd ds vka ds Bhd igys ckn ea, oa chp dh l Ą; k dks igpku ikrk gÅ</li> </ul> <p><b>tMuk</b></p> <ul style="list-style-type: none"> <li>• 1 l s 10 rd dh l Ą; kvka dks fp= ds ek/; e l s fxudj tM+ ikrk gÅ</li> </ul>	<p><b>20 rd dh l Ą; k, j &amp;</b></p> <ul style="list-style-type: none"> <li>• 11 l s 50 rd dh l Ą; kvka dks igpku ikrk gÅ</li> <li>• l eg ea fn, x, rhy; ka@oLr/ka ea l s 10&amp;10 dh rhy; k@oLr/ka dk l eg cuk ikrk gÅ</li> </ul> <p><b>50 rd dh l Ą; k, j &amp;</b></p> <ul style="list-style-type: none"> <li>• 11 l s 50 rd dh l Ą; kvka dk Øe igpku ikrk gÅ</li> <li>• 11 l s 50 rd dh l Ą; kvka ea fd l h l Ą; k ds Bhd igys ckn ea, oa chp dh l Ą; k dks igpku ikrk gÅ</li> <li>• 11 l s 50 rd l Ą; kvka dks Nks/s l s cMs, oa cMs l s Nks/s Øe ea fy[k ikrk gÅ</li> <li>• 1 l s 5 ngkbZ dk vFkZ l e&gt; ikrk gÅ tš s &amp; 2 ngkbZ cjkj 20 bdkbZ</li> </ul> <p><b>?kVuk &amp;</b></p> <ul style="list-style-type: none"> <li>• ,d vdh; l Ą; k dk tM+?kVko dj ikrk gÅ</li> </ul> <p><b>100 rd dh l Ą; k, j &amp;</b></p> <ul style="list-style-type: none"> <li>• fn, x, fp=ka ds ek/; e l s 10&amp;10 ds l eg ea 51 l s 100 rd dh l Ą; kvka dks fxu ikrk gÅ</li> <li>• 71 l s 100 rd dh l Ą; kvka ds igy; ckn, oa chp okyh l Ą; k dks l e&gt; ikrk gÅ</li> <li>• c&lt;rs Øe ea fy[k ikrk gÅ</li> </ul>	<ul style="list-style-type: none"> <li>• yackbZ dh vekud bdkbZ tš s dne] fcrk l s foFkkLu LFkkuka@oLr/ka dh yackbZ uki ikrk gÅ</li> <li>• yackbZ njih dh vekud bdkb; k; tš s dne fcrk vkfn l s ekis tkus ij vkus okys vyx&amp;vyx ifj.kkeka ds dkj.kka dks l e&gt;us dk iz, kl djrk gÅ</li> <li>• nd in kFkZ j[kus ds crZka ds vk/kkj ij de T; knk /kkjrk dks igpku ikrk gÅ</li> <li>• vyx&amp;vyx eh; dh eqvtvka dks igpkuk ikrk gÅ</li> <li>• l lrgj eg ds ukeka dks tkurk gÅ rFkk vius cksypky ea ml dk mi; kx djrk gÅ</li> <li>• ,d tš h vkdf; ka okyh oLr/ka dks igpku ikrk gÅ</li> <li>• xky] p[dkj] f=dks k vkdf; ka dks igpku ikrk gS rFkk n[kdj bu vkdf; ka dks cuk ikrk gÅ</li> </ul>

Vhi & f'kld xf.kr; vo/Hj.kvka dh l e> grqLFkuk; Hkkk dk mi; kx dj l drsgÅ

## d{kk & igyh vaxth

<i>dlsky</i>	elg fl rfcj	elg fnl fcj	elg ekpz
<p><b>doy I uk vls clsyk</b></p>	<ul style="list-style-type: none"> <li>• vki &amp; iki dh /kkfzd bejrka dks mudsuke l stkurk gA</li> <li>• dforkvka dks l udj vkun mBkrk gA ngjkrk gA dN ifDr; k; kn dj I uk l drk gA</li> <li>• vaxth ea 10 rd dh fxurh cky l drk gA vaxth ea vfhoknu dj l drk gA</li> <li>• Lohdfr ekaxus grq okD; ka dks l udj cky l drk gA rFkk mi; ks dj l drk gS tS s &amp; may I go out madam ?</li> <li>• nbud thou ea vki &amp; iki n[ks tkus okys 0; ol k; ka dks muds uke vls dke l sigpku dj muds uke crk i krk gA</li> <li>• lkkyrw tkuojk if{k; ka mudh vkoktka l sigpku dj vaxth ea mudsuke crkrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• dforkvka dks l udj vkun mBkrk gS ngjkrk gS NkVh dfork; a l uk l drk gA</li> <li>• 'kjhj ds ckg; vaxka ds uke igpku dj crkrk gA</li> <li>• Language Functions ea Common Instructions l e&gt; dj Follow dj l drk gA</li> <li>• fp= n[ k l ft; ka ds vaxth uke tkurk gS igpku dj cky l drk gA</li> <li>• Common Action words dks l udj ngjk l drk gS Follow djrk gA</li> <li>• d{kk ea ikbz tkus okyh oLrpk ds uke vaxth ea tkurk gSA</li> <li>• nks oLrpk ds chip and yxkdj uke crk l drk gA tS sa table and a chair</li> <li>• ty ea ik; s tkus okys tho taryk if{k; k; i'kyka ds uke fp= n[kdj tkurk gA</li> <li>• jakka dks igpkurk gS muds uke vaxth ea cky i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• ikfjokfd l azkka dks igpkurk gS vki l h &amp; fj'rka dks igpku dj muds uke vaxth ea crk l drk gA l lrg ea fnuka ds uke igpku dj crk l drk gA</li> <li>• l k/kj .k okD; ka dks l udj ngjk l drk gA</li> <li>• Action words voraku dky Real Present½ dk mi; ks dj l drk gA</li> <li>• NkV/s &amp; NkV/s Instructions Follow dj l drk gA</li> <li>• Thank you dk mi; ks dj l drk gA</li> <li>• Simple Introductory Sentence cky l drk gA</li> <li>• Self Introduction ns l drk gA viuk uke crk l drk gA</li> <li>• I have dk mi; ks dj ds Sentence cky i krk gA</li> <li>• vaxth Hk'kk dh o.kzkyk l uk l drk gA</li> <li>• vaxth ds Capital Letters ,oa Small Letters dks rhu ykbu ea fy[k i krk gA</li> </ul>



# d{k & n{ jh fgmh

d{kky	ekg fl r{cj rd	ekg fnl {cj rd	ekg ekpZrd
<p><b>I {dj I e&gt;dj ckyyuk</b></p>	<ul style="list-style-type: none"> <li>dfork dgkuh dks gko Hkko ds l kFk l {prk gA</li> <li>irhd fp{gka dks igpku dj cky ikrk gA</li> <li>ekS[kd funZ kka dk icyu djrk gA</li> <li>fofHkuu tho tarqka dh vkokt igpku dj uke crk ikrk gA</li> <li>vius vkl ikl ds R; ksjkka ds ckjs ea crk ikrk gA</li> <li>v/kyh i fDr; ka dks ijk dj l {pk ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>dfork dks l {dj gko &amp; Hkko ds l kFk l {prk gA</li> <li>l eku /ofu okys 'kCnka dks cky ikrk gA</li> <li>vius ifjok ifjosk dh ckr dks dgus ea fnypli h fn[krk gA</li> <li>dgkuh dfork ea vk, ik=ka@?kVukvka ds ckjs ea ckrphr djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>dfork @dgkuh dks gkoHko ds l kFk l {prk gA</li> <li>fdl h ?kVuk dks dec) : lk l s crk ikrk gA</li> <li>fp=ka dks n[kdj ppkZ djrk gA</li> <li>Lora= : lk l s viuh ckr dgrk gA</li> <li>dfork@dgkuh ea iNs x, ekS[kd izuka ds mRrj ns ikrk gA</li> </ul>
<p><b>i &lt;ukj i &lt;dj I e&gt;uk</b></p>	<ul style="list-style-type: none"> <li>dfork@dgkuh@dkMZ ea vk, 'kCnka dks i &lt;+ ikrk gA</li> <li>l Hkh o.kkZ , oa ek=kvka l s cuus okys 'kCnka dks i &lt;+ ikrk gA</li> <li>fn, x, 'kCnka dks oxZ igsyh ea &lt;= ikrk gA</li> <li>fn, x, dkV{p dks i &lt;dj l e&gt;rk gA</li> </ul>	<ul style="list-style-type: none"> <li>ikB; i {rd ea nh xbZ dgkuh vFkok dfork dks i &lt;dj l e&gt;rk gA</li> <li>ifBr l kexh ea vk, u; s 'kCnka dk vFkZ l e&gt; dj mi; kx djrk gA</li> <li>Nih l kexh v{f fp=ka ea : fp ydj i &lt;us dk iz kl djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>ikB; i {rd ea nh xbZ dgkuh@ dfork @x  dk okpu dj ikrk gA</li> <li>vius vkl ikl utj vkus okyh fiV l kexh dks i &lt;us dh dkS'k'k djrk gA</li> <li>fp=kRed dgkuh dks vkum ds l kFk i &lt;+ ikrk gA</li> <li>L=hfyaXji fYyx okys 'kCnka dks i &lt;dj l e&gt;rk gA Tks sfcYyk &amp; fcYyhA</li> </ul>
<p><b>fy[luk</b></p>	<ul style="list-style-type: none"> <li>dfork ea vk, fdl h o.kZ dks fxudj crk ikrk gS fd mudh l {; k fdruh gA</li> <li>fp= cukdj jak Hkj ikrk gA</li> <li>i &lt;dj , dopu v{f cgoppu dks l e&gt; ikrk gA tS s &amp; cwk &amp; cwk &amp; cwk</li> <li>l eku /ofu y; okys 'kCnka dks fy[k ikrk gA dfork dh v/kyh i fDr; ka dks ijk dj ikrk gA</li> <li>ikB; i {rd ea fn, x, vH; kl tS s fp= , o a kCnka dk feyku dj kS 'kCn i wZ dj k [kkyh LFkku Hkj k 'kCn kFkZ foyke 'kCn] izuka ds mRrj dks fy[k ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>ckys x, 'kCnka dk Jp y{k dj ikrk gA</li> <li>l a {r v{kj okys ' 'kCnka dks fy[k ysk gA</li> <li>oxZ igsyh ea fofHkuu LFkku; k tkuojka ds uke &lt;=+ ikrk gA</li> <li>vk/ks v{kj okys 'kCnka dks NkVdj fy[k ikrk gA tS s &amp; eD[kh] fVMMk vkfna</li> <li>fdl h Hkh ek=k okys 'kCn l s vud 'kCn cuk ikrk gA tS s &amp; l {j &amp; cnj &amp; v{nj &amp; pinu vkfna</li> </ul>	<ul style="list-style-type: none"> <li>fp= n[kdj vius eu l s , d ; k nks okD; fy[k ikrk gA</li> <li>fdl h tho tarq ds ckjs ea nks rhu okD; vius eu l sfy[k ikrk gA</li> <li>'kCnka l s NkV &amp; NkV/s okD; cukrk gA</li> <li>l {dj okD; fy[k ikrk gA</li> <li>ikB ea nh xbZ xrfok/k; ka Tks s &amp; 'kCn vFkZ okD; cukv{k izuka ds mRrj dks dj ikrk gA</li> <li>ikB ea vk, tkMh okyk 'kCn fy[k ikrk gA tS s &amp; ?kj vkxuA</li> </ul>

Lora ,oa  
I 'tuRed  
vfi10; fDr

- viusvkl ikl dh oLrka tS s& ?kj] iM} igkM} tkuoj i {kh vkfn dk fp= cuk i krk gSrFkk ml ij okrkyki djrk gA

Vhi & bl I kj.k ea iLrkfor I H dsky iB; i qrd dsj iB dsfy, I elu : lk I smi; kx vS egRo i wZ gSf'k (kd viuh vlo'; drk vS foodsds  
vuq lk blgav/; ki u dsnSku 'Wey dj I drsgA

# d{k & n{ jh xf.kr

ekg fl r{ej rd iB 1 l s4	ekg fnl {ej rd	ekg ekpZrd
<p><b>n{kj{uk &amp;</b></p> <ul style="list-style-type: none"> <li>fn, x, fp=ka dks fxudj 1 l s 10 rd dh l {; k fy[k i krk gA</li> <li>r{fy; ka l s 10&amp;10 dscM{y cukdj l {; k fy[k i krk gA</li> <li>1 v{dks ds t{kM&amp; ?kVko dj i krk gA</li> </ul> <p><b>L{k; k, j &amp;</b></p> <ul style="list-style-type: none"> <li>l {; kvka dk Øe fu/kkZjr dj i krk gS tS s igyk] n{ jk vkfnA</li> <li>l e] fo"ke l {; k dks igpku i krk gA l e fo"ke l {; kvka dks i Fkd&amp;i Fkd c&lt;f s , oa ?kVrs Øe ea fy[k l drk gA</li> <li>fdl h l {; k ds fy, nl &amp;nl v{kj 'kSk oLr{yka dk l e{y cuk i krk gA bl h rjg l e{yka ea nh xbZ oLr{yka ds fy, l {; k crk i krk gA</li> <li>nh xbZ l {; k ea bdkbZ ngkbZ ds v{dka dks igpku i krk gA</li> <li>fxuus ds n{kjku oLr{yka ds l e{y@&lt;j@cM{y ds rjhdka dks LFkkh; uke ds : lk ea Lohdkj djrk gA</li> <li>1 l s 20 rd ds v{dka dks 'kCnka ea fy[k i krk gA</li> </ul> <p><b>t{kM{uk &amp;</b></p> <ul style="list-style-type: none"> <li>t{kM+ ds l okyka ds vyx&amp;vyx iS/Zu tS s &amp; fp= n{kdj t{kM{uk} , d ykbu ea fy[k s v{dks dks t{kM{uk} l {; k j{kk ij ; kx] bckjrh izuA</li> </ul>	<p><b>xq{k &amp;</b></p> <ul style="list-style-type: none"> <li>1 v{dka dk xq{k djus ds fy, yxkrkj t{kM+ds iS/Zu dk mi ; kx djrk gA</li> <li>2 l s 10 rd igkM{s dk mi ; kx xq{k , oa Hkx ds l okyka dks dj i krk gA</li> <li>thou l s tM{s xq{k ds l jy bckjrh izuka dk fo'ySk.k dj i krk gA rFkk izu ea iNh xbZ jk'k; ka ds vu{ kj l oky gy dj i krk gA</li> <li>2 l s 10 rd igkM{s cukus ds iS/Zu dks l e&gt; i krk gA</li> </ul> <p><b>Hkx &amp;</b></p> <ul style="list-style-type: none"> <li>Hkx dh i fØ; k dks ?kVkus ds ek/; e l s l e&gt; i krk gA</li> <li>Hkx ds bckjrh l okyka dks i&lt;dj l e&gt;dj cuk i krk gA</li> </ul> <p><b>y{kbZ &amp;</b></p> <ul style="list-style-type: none"> <li>oLr{yka dks n{kdj vankt l s y{ek pkM{k} NkS/kj Åpk crk i krk gA</li> <li>dejs dh y{kbZ pkM{k} dks vekud bdkbZ tS s &amp; dneka l suke i krk gA</li> <li>MLVj] i s ; k i f l y dh l gk; rk l s cLrs dh y{kbZ pkM{k} uki i krk gA</li> <li>y{kbZ njh vkfn dh vekud bdkb; k; tS s v{y} fcRrk] gkFk] dne vkfn l seki t kus ij vkus okys vyx&amp;vyx dkj . kka dks l e&gt;us dk iz kl djrk gA</li> </ul>	<p><b>/Mjrk &amp;</b></p> <ul style="list-style-type: none"> <li>fofHkUk crZuka dks n{kdj mudh /kkfjrk dks vekud bdkb; k; tS sex] di] p{ep vkfn dh l gk; rk l s uki i krk gA</li> <li>vyx&amp;vyx crZuka dh /kkfjrkvka dh r{yuk djus dh ; kx; rk inf'kr djrk gA</li> </ul> <p><b>l e; &amp;</b></p> <ul style="list-style-type: none"> <li>eghuka , oa fnuka dh l {; k dks tkurk gS rFkk vius n{ud thou ea mi ; kx dj i krk gA</li> </ul> <p><b>vkdf;r; k; &amp;</b></p> <ul style="list-style-type: none"> <li>ikl k] i{rd] xn] fMck] fxykl tS h vkdf;r; ka dks igpkurk gS rFkk /khj&amp;/khj s muds xf.krh; ukela %Øk] cyu] vk; r½ ds l kFk t{kM{s dk iz kl djrk gA</li> <li>f=Hk{t] vk; r] oxZ dks cuk i krk gA</li> <li>vyx&amp;vyx e{; dh eq{vka dks igpku i krk gA</li> </ul> <p><b>epk &amp;</b></p> <ul style="list-style-type: none"> <li>epk l s l {/kr bckjrh l okyka dks gydj i krk gA</li> <li>n{ud [kjnh] fcdh ea epk dk mi ; kx djrk gA</li> </ul>

rFkk nks vafka ds gkfl y okys l okyka dks gy dj ikrk gA

- nks vafka okyh rhu l a; kvka dks tkM+i krk gA t s 14+22+32A

**?k/kuk &**

- nsud thou ea tkM+us ?k/kus ds fy, vyx&vyx xf.krh; rjhdka dk iz, kx djrk gA
- fn, x, fp= rFkk l a; k j s k ds vk/kkj ij ?k/kus dh i f 0; k dks l e > i krk gA
- ?k/kus ds bckjrh l oky dks i <dj l e > dj gy dj i krk gA
- nks vafka okyh , d h l a; k, a ft l ea m/kkj y suk i Ms, d s l okyka dks gy dj i krk gA

**Hkj &**

- rjktwdk mi ; kx tku ikrk gA
- Hkkjh o gYdh oLrpk dh rnyuk dj ikrk gA



## d{k & n{ jh vaxth

d{kly	elg fl r{cj rd	elg fnl {cj rd	elg elp{rd
<p><b>I {dj I e&gt;dj cklyuk</b></p>	<ul style="list-style-type: none"> <li>• dforkvka dks I {dj vkuan mBkrk g{ ngjkrk g{ dN ifDr; k; ; kn dj I uk I drk g{</li> <li>• dfork ea vk, 'k{nk{ I pkj ds I k/kuka ds uke fp= n{kdj ckly ikrk g{</li> <li>• L-1 vaxth ea 10 rd dh fxurh ckly I drk g{ vaxth ea vfhoknu dj I drk g{</li> <li>• ; krk; kr ds I k/kuk{ if{k; ka dh mudh vkoktka I s igpku I drk g{ vaxth eamudsuke tkurk g{</li> <li>• Language Functions ea Common Instructions I e&gt; dj Follow dj I drk g{</li> <li>• Lk{g mBdj fd, tkus okys Lo; a ds dk; k{ dks fp= ds ek;/e I s crk ikrk g{ t{s &amp; bursh my teeth</li> <li>• fp= n{kdj foyke 'k{n crk irk g{ t{s s fot - thin</li> </ul>	<ul style="list-style-type: none"> <li>• dforkvka dks I {dj vkuan mBkrk g{ ngjkrk g{ Nk/h dfork; a I uk I drk g{</li> <li>• fp= n{kdj Season ds ckjs ea vi uh Hk{k"kk ea crk dj ikrk g{</li> <li>• I f{t; ka ds vaxth uke tkurk g{ igpku dj ckly I drk g{</li> <li>• f'k{k{ka dh I gk; rk I s foHkuu ek{ e ea iguus okys di Mka dks ckjs ea crk ikrk g{</li> <li>• fp= ea fn, x, dhM{ edkM{ ds uke n{ k I {dj ckly ikrk g{</li> <li>• vius vkl ikl lkk, tkus okys tkuojka dh vkokt igpku dj uke crk ikrk g{</li> </ul>	<ul style="list-style-type: none"> <li>• dfork ea vk, 'k{n t{s s &amp; hungry, dinner, sleep vkfn ds vFkz dks I {dj n{kdj I e&gt;rk g{ rFk Action djrk g{</li> <li>• I k/kkj.k okD; ka dks I {dj ngjk I drk g{ Action words 1/2 or{ku dky Real Present 1/2 dk mi; kx dj I drk g{</li> <li>• Nk{&amp;Nk{s Instructions Follow dj I drk g{</li> <li>• Thank you dk mi; kx dj I drk g{ Simple Introductory Sentence ckly I drk g{ Self Introduction ns I drk g{ vi uk uke crk I drk g{</li> <li>• I have I s Sentence cuk I drk g{</li> <li>• vaxth Hk{k"kk dh o.k{kyk ; kn dj I uk I drk g{</li> <li>• vaxth ds Capital Letters ,oa Small Letters dh vkdf; ka dks igpku dj ckly I drk g{</li> <li>• Yes/No ckly I drk g{ Yes/No Type question I e&gt; I drk g{</li> </ul>
<p><b>i &lt;uk v{k i &lt;dj I e&gt;uk</b></p>	<ul style="list-style-type: none"> <li>• jk"Vh; irhd fp{gka dks fp= ds ek;/e I s ckly ikrk g{</li> <li>• i kB; i {rd ds i kBa ds fp=ka dks x{k I s n{krk g{ og dN&amp;dN i &lt;us dk iz, kl djrk g{</li> <li>• , d gh v{kj I s 'kq gkus okys 'k{nk{ dks fp= dh I gk; rk I s i &lt;+irk g{ t{s s &amp; rat, run, radio</li> </ul>	<ul style="list-style-type: none"> <li>• f'k{k{d dh I gk; rk I s i &lt;us dk iz, kl djrk g{</li> <li>• A to Z rd small ,oa Capital letters dks fp= dh I gk; rk I s i &lt;+irk g{</li> </ul>	<ul style="list-style-type: none"> <li>• fp= n{kdj Qyks tkuojka jacks I f{t; ka ds uke I e&gt; ikrk g{</li> <li>• fp= dks n{kdj vius fe=ka I s okrk{ki djrk g{ rFk vius ifjo{k ea ik; h tkus okyh oLr{ka ds I kFk varj I adk LFkfir dj ikrk g{</li> </ul>

**Vhi & vaxth ea Alfabats dks Capital Letters ,oa Small Letters dks fy{k ikrk g{**



# d{kk & rhl jh fgmh

<i>dlshy</i>	<i>elg fl røj rd</i>	<i>fnl øj rd</i>	<i>ekpZrd</i>
<b>Lkødj l e&gt;dj ckyuk</b>	<ul style="list-style-type: none"> <li>• dfork ; k dgkuh dks gko&amp;Hkko ds l kfk l qk l drk gÅ</li> <li>• dc] dgkj dš s vksj D; ka okys izuka ds mRrj i jš okD; ka ea ns i krk gÅ</li> <li>• d{kk ea djkbZ xbz xfrfof/k; ka ea Hkx yrk gš funž ka dk ikyu djrk gš rFkk vko'; drkuq kj viuh ckrka dks j [krk gÅ</li> </ul>	<ul style="list-style-type: none"> <li>• l h[ks x, 'kCnka ds vFkZ l e&gt;dj vius ckyuky ea mudk mi ; kx djrk gÅ</li> <li>• ifjpr ifjLFkr; ka ds ckjs ea cky i krk gÅ</li> <li>• vius vkl ikl ds foKki uka nhokja ij fy[ka Lyksuka dks l ødj ckyus dk iz kl djrk gÅ</li> </ul>	<ul style="list-style-type: none"> <li>• nu jka }kj dgk xbz ckrka dks /; ku l s l qrk gš tš s fl j fgykdj l e&gt; dh vfhkO; fDr djrk gÅ</li> <li>• dYiuk ds vk/kkj ij l qh gøZ dgkuh ; k dfork ea dN&amp;dN ifjorZ djds l qkrk gÅ</li> <li>• ckyrs l e; fyx ,oa opu dk l keatL; j [krk gÅ</li> </ul>
<b>i&lt;uk i&lt;dj l e&gt;uk</b>	<ul style="list-style-type: none"> <li>• fn, x, i kBka dks i&lt;dj l e&gt;rk gÅ</li> <li>• i kB ea iNns x, izuka dks l e&gt;dj mRrj ns i krk gÅ</li> <li>• dgkuh ; k ukVd ea vk, i k=ka ds dFkuka dks i&lt;ødj l e&gt;rk gÅ</li> </ul>	<ul style="list-style-type: none"> <li>• Nks/h l puvkka dks i&lt;ødj l e&gt; i krk gÅ</li> <li>• fn, x, i kBka dks ' 'kø ,oa /kkjki økg i&lt; i krk gÅ</li> <li>• fp= ; k dkVlu dks ns[kdj l e&gt;rk gÅ</li> <li>• 'k] l ] N] {k] j] __ ,oa o] c] dk l gh mPPkj .k dj i krk gÅ</li> </ul>	<ul style="list-style-type: none"> <li>• i&lt;h xbz l kexh ds e[; rRoka dks xg.k dj i krk gÅ</li> <li>• i kB; i qrd ds vfrfjDr vU; Lrjkud kj fdrcka dks i&lt;us dh dks'k'k djrk gÅ</li> <li>• i kB dks i&lt;ødj Lo; a izu cukdj vius l gi kfb; ka l s iNrk gÅ</li> </ul>
<b>fy[luk</b>	<ul style="list-style-type: none"> <li>• 'kCnka dks mi ; ør njih o l h/kh ykbu ea fy[k l drk gÅ</li> <li>• D; k] dc vksj dš s okys izuka ds mRrj i jš okD; ka ea fy[k i krk gÅ</li> <li>• fy[krs l e; ek=kRed =qV; k] de djrk gÅ</li> </ul>	<ul style="list-style-type: none"> <li>• Jryš[k dj i krk gÅ</li> <li>• i kB ea fn, x, izuka ds mRrjka dks vius eu l s fy[k i krk gš fdUrq fy[krs l e; =qV; k] djrk gÅ</li> <li>• fp= dks ns[kdj viuh jk; fyf[kr : lk ea vfhkO; Dr djrk gÅ</li> <li>• i kB ea fn, x, izuka ; k xfrfof/k; ka dks i jk djrk gÅ</li> </ul>	<ul style="list-style-type: none"> <li>• Nks/k vuqNn ; k foøj.k vius eu l s fy[k i krk gÅ</li> <li>• vius vkl ikl dh ifjokh; ?kvukvq R; ksjka ; k fd l h i flk) 0; fDr dh thouh dks i&lt;ødj ; k l ødj vius eu l snks ; k rhu ykbuafy[k i krk gÅ</li> </ul>
<b>Lora ,oal tukRed vfhkO; fDr</b>	<ul style="list-style-type: none"> <li>• izfr@dkVlu ds fp= cuk i krk gÅ</li> <li>• fp=ka dks ukæfdr djrk gÅ</li> </ul>		

Vhi & cPpk ; fn ckyrøfy[krs l e; LFkuh; Hk'k dk mi ; kx djrk gš rksml sLohdij dja ,oaml s/kj s l sekud Hk'k dh vksj yst k, A

## d{kk & rhl jh xf.kr

ekg fl røj rd	fnl øj rd	ekpžrd
<p><b>1- ngjuk &amp;</b></p> <ul style="list-style-type: none"> <li>• 1 l s 100 rd dh l ð; kvka dks igpkurk gð ?kVrs , oa c&lt;rs Øe ea fy[k ikrk gð l e , oa fo"ke l ð; kvka dks l e&gt;rk gð tkm+ , oa ?kVko dj ikrk gð</li> </ul>	<p><b>5- xqkk &amp; Hkk 1 &amp;</b></p> <ul style="list-style-type: none"> <li>• 2 l s 10 rd ds igkM+ dks tkurk gð</li> <li>• 2 vðka okyh l ð; k dks 1 vð l s xqkk dj ikrk gð</li> <li>• 1 vð okyh l ð; k dks 1 vð okyh l ð; k l s Hkkx ns l drk gð</li> <li>• Xkqkk Hkkx l æðkh bckjrh izuka dks gy dj ikrk gð</li> </ul>	<p><b>9- l e; &amp;</b></p> <ul style="list-style-type: none"> <li>• fnu] ?kð/sfeuV] l dM dh vo/kkj.kk dks l e&gt; ikrk gð</li> <li>• fn, x, ?kMh dsfp= ea l e; dks n'kkz ikrk gð</li> <li>• dšMj dks i&lt;+ikrk gšrFkk vius nšud thou ea ml dk mi; kx djrk gð</li> </ul>
<p><b>2- l ð; k, j &amp;</b></p> <ul style="list-style-type: none"> <li>• 3 vðka dh l ð; kvka dks igpku dj vðka , oa 'kcnka ea fy[k ikrk gð</li> <li>• LFkkh; eku ds vk/kkj ij l ð; kvka dks foLrkfjr : i ea fy[k yrk gð</li> <li>• cMh , oa Nks/h l ð; k ea ryuk dj ikrk gð</li> </ul>	<p><b>6- xqkk &amp; Hkk 2 &amp;</b></p> <ul style="list-style-type: none"> <li>• xqkk vkš Hkkx dj us ds vvx&amp;vyx rjhdks dks l e&gt; ikrk gð</li> <li>• gkfl y okys xqkk ds l okyka dks gy dj ikrk gð</li> <li>• 3 vðks okyh l ð; kvka dks 1 vð okyh l ð; kvka l s xqkk@Hkkx dj ikrk gð</li> <li>• Xkqkk &amp; Hkkx l æðkh bckjrh izuka dks gy dj ikrk gð</li> <li>• xqkk &amp; Hkkx dk vius nšud thou ea mi; kx dj ikrk gð</li> </ul>	<p><b>10- T; kfeir &amp;</b></p> <ul style="list-style-type: none"> <li>• cn o [kyh vkdfir dks l e&gt; ikrk gð</li> <li>• oRr] f=Hkqt , oa prHkqt dh igpku dj ikrk gð</li> </ul>
<p><b>3- tMluk &amp; ?kVluk 1</b></p> <ul style="list-style-type: none"> <li>• 2 vðka dk tkm+o ?kVko dj ikrk gð</li> <li>• tkm+&amp;?kVkus ea gkfl y , oa m/kkj dh i fØ; k dks l e&gt; ikrk gð</li> <li>• 2 vðka okyh l ð; k ds vkxš i hNs , oa chp dh l ð; k dks l e&gt; ikrk gð</li> <li>• tkm+&amp;?kVko ea bckjrh l oky i&lt;dj gy dj ikrk gð</li> </ul>	<p><b>7- fhkk &amp;</b></p> <ul style="list-style-type: none"> <li>• vk/kkj] frgkb] , oa rhu pkškkbz dks fp=ka ds ek/; e l s l e&gt; ikrk gð</li> <li>• l ð; kvka dks fhkku ds : i ea 0; Dr dj ikrk gð</li> <li>• fn, x, vk/kkj] , d pkškkbz rhu pkškkbz vkdfir; ka dks Nk; kádr dj ikrk gð</li> </ul>	<p><b>11- epk &amp;</b></p> <ul style="list-style-type: none"> <li>• #i; s , oa iš s dh igpku dj ikrk gð</li> <li>• #i; s , oa iš s dks tkm+i ikrk gð</li> <li>• #i; s iš s l æðkh eks[kd l oky gy dj ikrk gð</li> </ul>
<p><b>4- tMluk &amp; ?kVluk 2</b></p> <ul style="list-style-type: none"> <li>• 3 vðka dk tkm+o ?kVko dj ikrk gð</li> <li>• tkm+&amp;?kVkus ea gkfl y , oa m/kkj dh i fØ; k dks l e&gt; ikrk gð</li> <li>• 3 vðka okyh l ð; k ds vkxš i hNs , oa chp dh l ð; k dks l e&gt; ikrk gð</li> <li>• tkm+&amp;?kVko ea bckjrh l oky i&lt;dj gy dj ikrk gð</li> </ul>	<p><b>8- eki u &amp;</b></p> <ul style="list-style-type: none"> <li>• yækb] Hkkj , oa /kkfjrk dks vekud , oa ekud bdkb; ka ea eki l drk gð</li> <li>• l ð/hetVj] etVj] xte] fdylsxte feyhyhVj , oa yhVj ds ckjs ea tkurk gð</li> </ul>	<p><b>12- vldMædk fp=Red fu: i.k &amp;</b></p> <ul style="list-style-type: none"> <li>• fp=ka ds ek/; e l s vkdM+ iklr dj ds x.kuk dj ikrk gð</li> <li>• vkdMæ ds fu: i.k grq f'k{k d ds funðkkud kj xfrfof/k djrk gð</li> </ul>

# d{kk rhl jh lk; kbj.k

elg fl rəj	fnl əj rd	ekpZrd
<ul style="list-style-type: none"> <li>• vius 'kjhj ds fofHkUu vaks tkuuk o muds dk; kə dks l e&gt;ukA</li> <li>• vki &amp;iki ds fofHkUu tUrəka tS s &amp; rj uš mMeuš ; k Qm dūs okys tUrəka dks igpkuuk] muds Hkktu vks vkokl ds ckj sea tkuukA</li> <li>• l tho vks futhə ½ thfor ughə ea varj dj ikukA</li> <li>• fofHkUu ekS e] l nhj xehj cjl kr thou dks ds s i Hkktfor djrs gš l e&gt;ukA fofHkUu ekS eka ds Qy , oa l fct; ka dks tkuukA</li> <li>• nšud thou ea dke vkus okyh fofHkUu oLrq; feVVh] ydMh ; k /kkrq l scuh gkrh gš ; g tkuuk rFk izfr , oa ekuo fufəz oLrq/ka ea vlirj dj ikukA</li> <li>• ifjošk ea ikbz tkus okyh fofHkUu feVV; ka dks tkuukA feVVh ds mi ; kx vks ml smi tkÄ cukus ds mik; ka dks tkuukA</li> <li>• vki &amp;iki ds iM+ iškka dks tkuuk] mudk voykdu dj mudh l ph cuk ikukA iM&amp;iškka l s geaD; k ykHk gS \ l e&gt; ikukA</li> <li>• gok ds xqk&amp;/kz dh l keku; tkudkjh gskukA</li> </ul>	<ul style="list-style-type: none"> <li>• ikuh dh mi ; kšxrk , oa thoka ds fy, ml ds egRo dks tkuukA ikuh dks xns gkus l s ds s cpk; k tk l drk gš bl dh l e&gt; j [kukA LFkkuh; ty L=krka dh igpku dj ikukA</li> <li>• vkdk'kh; fiM tS s &amp; l j t] iFoh] pkn dh l keku; tkudkjha l w kš; ] l w kZr dks l e&gt;ukA fn'kkvka dh igpku dj l dukA</li> <li>• ?kj ½vokl ½ dh vko'; drk dks l e&gt;ukA fofHkUu izdkj ds ?kja ½vokl kə dks tkuukA ?kj cukus ea fdu oLrq/ka dk mi ; kx gkrk gš bl dh tkudkjh j [kukA</li> <li>• vius vki &amp;iki ds okroj.k dh l oPNrk ds egRo dks tkuukA vLoPN okroj.k l s gkus okyh ijs kfu; ka dks l e&gt;ukA xnxh nij djus ds mik; ks dks tkuukA</li> <li>• 'kjhj dh l oPNrk dk /; ku j [kukA nšud thou ea LoLFk vknrka dks vi ukukA</li> <li>• dPps o idk dj [kk, tkus okys Hkkt; inkFkə dks tkuukA tkuojka vks iM&amp;iškka l s ikr gkus okys Hkkt; inkFkə ea varj dj ikukA R; ksjka ea cuk, tkus okys idokuka dks tkuukA</li> <li>• LFkkuh; R; ksjka dh l keku; tkudkjh j [kukA jk"Vh; iokə dh tkudkjh j [kukA</li> </ul>	<ul style="list-style-type: none"> <li>• l j {kk l əkh fu; eka dks l e&gt;uk o mudk ikyu djukA ; krk; kr ds l əska dks igpkuuk , oa mudk ikyu djukA</li> <li>• fofHkUu izdkj ds l əska dks l e&gt;ukA vius ?kj@d{kk dk jš kfp= cuk l dukA fn'kkvka ds ckj sea tkuukA</li> <li>• ; krk; kr ds fofHkUu l k/kuka dh tkudkjh gskukA ; krk; kr ds fofHkUu l k/kuka dk egRo tkuukA</li> <li>• l pkj ds l k/kuka dks igpkuuk] muds izdkja dks tkuukA ekuo ds fodkl ea ifg, dh Hkktedk o egRo dks tkuukA</li> <li>• thou ea [kyka ds egRo l s ifjpr gskuk] LFkkuh; [kyka dh tkudkjh o fu; eka dks tkuukA [ky&amp;[kyukA</li> <li>• ifjošk ea lFkr rkykka dh tkudkjh j [kuk muds egRo dks tkuukA</li> <li>• fofHkUu tho&amp;təka ds ifr l ənu'khy gskukA</li> </ul>

# d{kk rhl jh vaxth

dlsky	ekg fl røj	fnl øj rd	ekpZrd
<p><b>Lkpdj l e&gt;dj clsyuk</b></p>	<ul style="list-style-type: none"> <li>• fi Nyh d{kk l&amp;ll ea vk, gq 'kCnka@okD; ka dk mi ; lsk dj l drk gA Pictures/ words matching exercises dks dj dsfn [kk l drk gA</li> <li>• f'k{k d }kjk cksys x, 'kCnka@okD; ka dks l gh &lt;x l s Li"V : i l s l pdj nøj k l drk gA</li> <li>• self Introduction ns l drk gA</li> <li>• who l s vkjkk gkus okys Questions dk Answer ns l drk gA</li> <li>• nll jka dks Introduce dj l drk gA</li> <li>• cgp pu 1/2 Plural words) , oa Verbs dk mi ; lsk tkurk gA</li> </ul>	<ul style="list-style-type: none"> <li>• dforkvka dks gko&amp;Hkko l s l qk l drk gA</li> <li>• Nks/s Phrase fp=ka ds l kfk i &lt;+ l drk gA</li> <li>• Adjectives dk mi ; lsk dj okD; cksy l drk gA</li> <li>• And yxkdj nks Adjectives tkM+ l drk gA</li> <li>• Greetings dk l e; ds l kfk l gh mi ; lsk dj l drk gA</li> <li>• Can dk mi ; lsk {kerk fn [kkus ds fy, dj l drk gA</li> <li>• vaxth ea l e; dks crk l drk gS ?kMh nskuk vkrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• l l rkg ds fnuka ds uke Øe ea ; kn dj crk l drk gA</li> <li>• eghuka ds uke Øe l s crk i krk gA</li> <li>• Thank you, Sorry, Welcome dk vk'k; l e&gt;rk gS, oa mi ; lsk dj rk gA</li> </ul>
<p><b>i &lt;uk vlg i &lt;dj l e&gt;uk</b></p>	<ul style="list-style-type: none"> <li>• fp= nskdj olr vka ds uke tkuojka ds uke crk i krk gA</li> <li>• fp= nskdj l gh ' 'kCn ij xkyk yxk i krk gA</li> <li>• fp= nskdj l gh 'kCn ds vkxs l gh 1/4 √ 1/2 dk fu'kku yxk i krk gA</li> <li>• fp= igpku dj mfpr 'kCn dks igy h ea &lt;rk i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• fp=ka es nh xbz olr vka dks igpku dj vaxth ea uke crk i krk gA</li> <li>• fp= nskdj She and He dk mi ; lsk dj i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• fp= nskdj f'k{k d dh l gk; rk l s i &lt;us dk iz kl dj rk gA</li> <li>• fp= ds ikl ; k nll dh flFkr dks nskdj these rFkk those 'kCn dks igpkurk gA</li> <li>• Number Names dk feyku fp=ka dh l gk; rk l s djs tkMh cuk l drk gA</li> <li>• 'kCnka dks igpku dj i &lt;+ i krk gA</li> </ul>
<p><b>fy [kuk</b></p>	<ul style="list-style-type: none"> <li>• Capital Letters , oa Small Letters fy [k i krk gS</li> </ul>	<ul style="list-style-type: none"> <li>• fp= nskdj 'kCnka dks fy [k i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• fp= cukdj ukefidr dj i krk gS t s &amp; irak] tak] pjk vkfnA</li> </ul>

Vhi & d{kk igyh l srhl jh rd vaxth fo'k; ea l quk clyuk dlsky ij gh /; lu fn; k x; k gA fp= dsvk/kj ij i <us dsdlsky dk fodkl fd; k x; k gA

## d{lk & plsk fgmh

<i>dlky</i>	elg fl røj	elg fnl ej	elg ekpZ
<b>I qdj I e&gt;dj clsyuk</b>	<ul style="list-style-type: none"> <li>• i &lt;kbZ xbz ckrka dks /; ku l s l qdj I e&gt;rk gA</li> <li>• l qh ; k i &lt;k gPZ ?kVuk@dguh dks vius 'kCnka ea vfhkO; Dr djrk gA</li> <li>• i k B ea fn, x, izUkka ds mRrj crk i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• Hk"kk dh ckjfd; ka ij /; ku nrk gA</li> <li>• dforkvka dks ml ds jl ds vuq i l qk i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• fo   ky; ea vk; kstr l kfgR; d l k dfrd dk; Øeka ea viuh l ghkfxrk nrk gA</li> <li>• fdl h ?kVuk ; k l kekpkj ij okrkzyki djrk gA rFk viuk vfhker O; Dr djrk gA</li> </ul>
<b>i &lt;uk i &lt;dj I e&gt;uk</b>	<ul style="list-style-type: none"> <li>• fn, x, i k Bka dks Lo; a i &lt;rk gA , oa I e&gt;us dk iz kl djrk gA</li> <li>• i k B ea fn, x, 'kCnka eggokj k yk dks Dr; ka dks i &lt;dj I e&gt;rk gA</li> <li>• i k B ea fn, x, vH; kl ds 'kCnka dks mi ; Dr njh o l h/kh ykbu ea fy [k i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• i k B; i qrd ds vrfjDRk vU; i qrdka dks i &lt;us dk iz kl djrk gA</li> <li>• l ekpkj i = ea viuh : fp ds dkye dks i &lt;rk gS tS &amp; [ky l ædkh] fi Dpj l ædkh ; k i k dfrd dh ?kVuk vkfna</li> </ul>	<ul style="list-style-type: none"> <li>• ykbcjh dh vkd"kd i qrdka dks i &lt;us dk iz kl djrk gA</li> <li>• cky l kfgR; ] dkVp fp=dFk dks i &lt;dj I e&gt;rk gA</li> </ul>
<b>fy [kuk</b>	<ul style="list-style-type: none"> <li>• izuka ds mRRkj fy [k i krk gA</li> <li>• 'kkyk ea vuq fLFkr gkus dh l qk i = ds ek; e l sns i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• fy [krs I e; ek=kRed =qV; ka ij /; ku nrk gA</li> <li>• fofHkUk l fDr; ka dks ' ; keiV] dki h ; k nhokj ka ij fy [krk gA</li> <li>• vius ifjosk dh yk dks Dr; ka igfy; ka dk l æg djrk gA</li> <li>• Nk/s vuqNn dk foj .k fy [k i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• i k B; i qrd ea nh xbz dgkuh] dfork] ukVd dh ?kVuk dks I e&gt;dj vius 'kCnka ea fy [k i krk gA</li> <li>• nh xbz vFkok i nh xbz fo"k; oLrq dks Li "Vrk ds l kFk fy [krk gA</li> <li>• i k B; i qrd ea nh xbz xrfrof/k; ka dks dj i krk gA</li> </ul>
<b>I t uRed vfhO; fDRk</b>	<ul style="list-style-type: none"> <li>• l qdj ; k i &lt;dj fp= cuk i krk gA dgkuh ea vk, i k=ka ds vuq kj l ækn cukdj vfhkO; Dr djrk gA vius vko dks n jks dh vfhku;</li> </ul>		

**Vhi & bl l kj.h ea l rkr for l Hh dskY i k B; i qrd ds gj i k B ds fy, I eku : l k l smi ; kxh vS egRo i ukZ gS f'k k d viuh vko'; drk vS foods ds vuq l k bl g av /; ki u ds n l ku 'k fey dj l drsgA**

## d{kk & p{kh xf.kr

elg fl ræj rd	elg fnl æj rd	elg elpZrd
<p><b>I æ; k ,oamu ij I fØ; k; i &amp;</b></p> <ul style="list-style-type: none"> <li>• 4 vaka dh I æ; k dks i &lt;us , oa fy[kus dk iz kl djrk gA</li> <li>• I æ; kvka dh rnyuk djus ds fy, I æ; kvka ds Øe LFkkh; eki Nk/h rFkk cMh I æ; k dh I e&gt;dj mi ; kx djrk gA</li> <li>• fdl h I æ; k ea bdkb] ngkbZ vkj I dMk dk eku fn, gkus ij ml I æ; k dks I gh&amp;I gh fy[krk gA <b>tMkuk &amp;?Kvuk &amp;</b></li> <li>• 3 vaka dh I æ; kvka I s tkm+, oa ?Kvuk dj ikrk gA</li> <li>• , s izuka dks Hkh gy dj yrk gA ftuea tkm+ vkj ?Kvko nksuks I fØ; kvka dh vko'; drk gksh gA</li> <li>• jkstejkl ds thou ea tkm+ ?Kvko dk mi ; kx dj yrk gA <b>xqkk &amp; Hkx</b></li> <li>• 2 I s 10 rd igkMs ; kn dj xqkk Hkx ea ml dk mi ; kx djrk gA</li> <li>• Nk/h I æ; kvka ea igkMka dh enn I s cMh I æ; kvka ds igkMs cukrk gS tS s2 vkj 5 ds igkMka dh enn I s 7 dk igkMka</li> <li>• 2 vaka dh I æ; k I s xqkk djus grq fofHkuk rjhds vi ukrk gA</li> <li>• fdl h , d I æ; k ea ni jh I æ; k I s Hkx nus ds fofHkuk rjhda dh I e&gt; inf'kr djrk gS tS s I eng fof/k] yxkrkj ?Kvuk] igkMka dk mi ; kx djuk vkfnA</li> <li>• jkstejkl ds thou ea xqkk Hkx dk mi ; kx djrk gA</li> </ul>	<p><b>I efr &amp;</b></p> <ul style="list-style-type: none"> <li>• I kns dkxt ij L; kgh ; k jæka ds /kCka I s ckdh vkdf; ka ea I efr cuk ikrk gA</li> </ul> <p><b>eki u }æcb] Hkj] /Mjrk &amp;</b></p> <ul style="list-style-type: none"> <li>• yæcbZ dh Nk/h , oa cMh bdkb; ka ea I ædka dks I e&gt;rk gS vkj mlgs vkil ea cny ikrk gA</li> <li>• nks LFkkuka dh chp dh ni jh tS s ?kj I s fe= ds ?kj dh ni jh dk vuæku yxk ikrk gA</li> <li>• yæcbZ I s I æ/kr nðud thou dh I eL; kvka dks gy djus ds fy, I fØ; kvka dk mi ; kx djrk gA <b>Hkj &amp;</b></li> <li>• Hkj dh Nk/h , oa cMh bdkb; ka ea I ædka dks I e&gt;rk gS vkj mlga vkil ea cny ikrk gA <b>/Mjrk &amp;</b></li> <li>• fdl h crü ea j[ks nð ds vk; ru dk vuæku yxkrk gS vkj ekud crü dk mi ; kx djds vius vuæku dks tkpus dk iz kl djrk gA</li> <li>• yhVj rFkk feyhyhVj ds I ædka dks I e&gt;rk gS vkj bulga vkil ea cny ikrk gA</li> <li>• yhVj rFkk feyhyhVj I s I æ/kr nðud thou dh I eL; kvka dks gy djus ds fy, eng I fØ; kvka dk mi ; kx djus dk iz kl djrk gA</li> </ul>	<p><b>T; Werh; vkdf; k &amp;</b></p> <ul style="list-style-type: none"> <li>• fofHkuk oLrq/ka ea ry dks igpku ikrk gA</li> <li>• fn, x, j[kk[kMks dks uki ikrk gS ; k fn, x, eki ds vk/kkj ij j[kk[kM cuk ikrk gA</li> <li>• vius ifjosk ea mifLFkr oLrq/ka ea dsk dks &lt;æ ikrk gA</li> <li>• fofHkuk izkj ds dsk tS s U; udks k] I edks k] vf/kddks k] dks igpkurk gS ml ea vrj &lt;æ ikrk gA</li> <li>• oÜk ea dñ] f=T; k] 0; kl , oa or dh ifj/k dks I e&gt; ikrk gA <b>ifjeki &amp;</b></li> <li>• fofHkuk vkdf; ka ea ifjeki dks Kkr dj ikrk gA</li> </ul> <p><b>{s-Qy &amp;</b></p> <ul style="list-style-type: none"> <li>• fdl h oLrq dk {s-Qy vekud rjhds I s crk ikrk gA</li> </ul> <p><b>vkMædk fu: i .k &amp;</b></p> <ul style="list-style-type: none"> <li>• I pukvka dks vius rjhds I s fy[kus dk iz kl djrk gA</li> <li>• I pukvka dk inf'kr djus ds , s rjhds &lt;ærk gSft I I s os I e&gt;us , oa 0; k[; k djus ea vkl ku gka tS s cMs vkdMka dks fjdkMZ djus ea VSyh fpügks dk mi ; kx djukA</li> <li>• I dfyr I pukvka I s fo'ySk.k dj ikrk gA</li> </ul>



**fHUK &**

- fn, x, Nk; kadr vFkok jachu fp= dks n[kdj 1@2] 1@4] 3@4 dh vo/kkj.kk dks l e> i krk gA
- funz kkuq kj fp= dks Nka kadr dj fHUK ds : lk ea fy [k i krk gA
- fHUK ea Nk/h l [; k] cMh l [; k] l [; kvka dks c<rs vFkok ?kVrs Øe ea tek i krk gA
- fHUK ds tkM- ?kvkus ds l okyka dks gy dj i krk gA

**le; &**

- ?ka/s feuV dks l e>rk gS , oa vi us dk; kA dks muds vuq lk djus dk iz kl djrk gA
- i nkkg~, oa vijkgu~ dks l e> i krk gA
- dSYMj dks n[kdj fnuka , oa l l rkg dh l [; k crk i krk gA

**d{k & pl{k**  
**i ; kbj.k v/ ; ; u**

elg fl r{cj	elg fl Ecj	elg elpZ
<ul style="list-style-type: none"> <li>• ikfjokfjd fj'ria dks l e&gt;uka</li> <li>• nkr ds izdkj] muds dk; Z vks] mudh l QkbZ l cdkh tkudkj j [kuka</li> <li>• ty] ty ds L=kr , oa buds l j{k.k ds ckjs ea l e&gt; j [kuka</li> <li>• gok ds xqk/keZ dks tkuuka gok ds l cdk ea dN l jy iz, kx dj l duka</li> <li>• l ka yxus o NkMys dh fdz k dks tkuuka 'ol u ds egro dks l e&gt;uka</li> <li>• ikphu l e; dh uko vks] vk/kfud ; q ds tgkt rd ekuo ds fodkl dh dgkuh dks eks/srks] ij l e&gt; ikuka</li> <li>• ekuo an; dh /kMedu c&lt;us vks] ?kVus dk dkj.k l e&gt; ikuk] ukMh ds LiUnu dks egl # dj ikuka</li> <li>• fn'kkvka dks uke o mudh igpku dj ikuka</li> </ul>	<ul style="list-style-type: none"> <li>• ikuh ds xqk/keZ dks tkuuka ikuh ea ?kyu'khy vks] v?kyu'khy oLrpk dks igpku dj ikuka ikuh ea rjus vks] Mncus okyh oLrpk dh igpku dj ikuka</li> <li>• vkl &amp; ikl ds iM&amp;ikka dk voykdu djuk mlga igpkuuka</li> <li>• ikks ds fofHku vaks ts s &amp; tM+ iFRr; ka ds fofHku vkdkjka dk voykdu djuk] muds dk; kZ dks tkuuka</li> <li>• eks] e] l qU/k] cukoV ds vk/kkj ij Qyka dks igpku dj ikuka</li> <li>• LFkuh; Ql yka dks tkudkj j [kuka</li> <li>• [krh ds s djrs gs &amp; [kr dh rs] kj] cks/kbZ fl pkb&amp;dVkb] eMh rd Ql yka 1/2ku 1/2 dk igpuk vkfn dh ikjHkd tkudkjha d'k vks] kjka dks tkuuka</li> <li>• Hkstu dh vko'; drk o egro tkuuka</li> <li>• xgy vks] jks/h ds vUrZ Ecu/k dks tkuuka xgy l s cus vl; i dokuka ds ckjs ea tkuuka</li> <li>• e/; kgu Hkstu ds ckjs ea tkudkj j [kuka</li> <li>• eks] e ds izdkj] eks] e ds vuq kj ij/kku] l j{k ds fofo/k mik; ka dh l e&gt; j [kuka fofHku eks] eka ea feyus okys tho&amp;tUrpk ds ckjs ea tkuuka o"kkzkih ; a] fn'kkl pd&amp;; a dks tkuuk] mlga cuk l duka</li> <li>• uD'ka@ekufp= ds egro dks tkuuka fn'kkvka dks igpkuuk@uD'kk i&lt;ek tkuuk@ vkl &amp; ikl dk uD'kk cuk l duka</li> <li>• vx ds egro dks tkuuk] vx tykus ds fy, rjhka dh l e&gt; j [kuka ekfpl ds ckjs ea tkuuka</li> <li>• fofHku izdkj ds LFkyh;] tyh;] e: LFkyh;] tho tUrq vks] muds vkokl ds ckjs ea tkuuka vuqnyu dks l e&gt;uka</li> </ul>	<ul style="list-style-type: none"> <li>• uD'ka@ekufp= l cdkh l drk] fplogka dks l e&gt;uka</li> <li>• uD'kk cuk l duka</li> <li>• insk ds , frgkl d egro ds LFkuka dh tkudkj j [kuka</li> <li>• jk; x&lt;+ds n'kZuh; LFkyka o muds egro dks tkuuka</li> <li>• n'kZuh; LFkyka dks LoPN o l jf{kr j [kus ea vi us ; kxnu dks l e&gt;uka</li> <li>• eks] e ds vuq kj ij/kku ds s gks ; g tkudkj j [kuk] 0; ol k; ds vuq kj diM s ds s gks s g ; g l e&gt; j [kuka</li> <li>• N-x- ds dkl k m   kx ds ckjs ea tkuuka</li> <li>• ?kj cukus ea yxus okyh l kexh dks tkuuka?kj ds egro dks l e&gt;uka</li> <li>• fofHku vol jka ij ?kja ea cuk; s tkus oky] fp=k] ikjafjd fp=k] vkfn ekuo }kj k cuk; s x; s fp=ka dh tkudkj j [kuka</li> <li>• fp=] jaksyh vkfn cukuka</li> <li>• fofHku izdkj dh vkoktka dks l q dj igpkuuk , oa fofHku izdkj ds dN vkoktafudky ikuka</li> <li>• fofHku ikyrw tkuojka ds uke vks] mul s feyus okyh oLrpk ds ckjs ea tkuuka ikyrw i'kayka ds egro dks l e&gt;uka</li> <li>• fdrk ea fn; s x; s l drk , oa i kuka ds vuq kj uD'kk cuk ikuka</li> </ul>



## d{kk & p{kkh vaxth

<i>d{ky</i>	elg fl røj	elg fnl øj	elg elpZ
<b>I qdj I e&gt;dj ckyuk</b>	<ul style="list-style-type: none"> <li>• i kB ea fn, x, 'kCnka dks f'k{kcd dh I gk; rk I s I qdj nkgjk i krk gA</li> <li>• dfork dks gko&amp;Hkko ds I kFk ngjkrk gA</li> <li>• fofHkUk fØ; k 'kCnka dk I k; kx vfhku; }kjk dj i krk gS tS &amp; Running, Jumping</li> </ul>	<ul style="list-style-type: none"> <li>• i kB ea fn, x, 'kCnka dks cky I drk gA</li> <li>• vaxth ea fn, x, NkV&amp;NkV/s funð kka dks I e&gt;dj i ky djr gS Tks s - Sit here, go out, open the book vkfnA</li> <li>• fp= n[kdj vaxth ea 'kCnka dks cky i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• d{kkxr i fjfLFkfr; ka ea Thank you Sorry dk iz kx djrk gA</li> <li>• dfork ds gko&amp;Hkko ds I kFk xk i krk gA</li> <li>• d{kkxr i fjfLFkfr; ka ea He, She, In, On, Under, In front of behind dk iz kx dj i krk gA</li> </ul>
<b>i &lt;uk i &lt;dj I e&gt;uk</b>	<ul style="list-style-type: none"> <li>• fn, x, i kBka dks fgTtk dj i &lt;rk gA</li> <li>• fp= dh I gk; rk I s tkuojka ds uke] 'kjhj ds vaxka ds uke] ; krk; kr ds I k/kuka ds uke i &lt;+i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• fp= ea nh xbZ fØ; kvka dks i &lt;+i krk gA</li> <li>• Same Sound okys 'kCnka dks i &lt;+i krk gA</li> <li>• fp= dh I gk; rk I s this, is , oa these are dks i &lt;dj I e&gt; i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• i kB; i qrd ea fn, x, dfork] x   dks i &lt;dj I e&gt;rk gA</li> <li>• fp= dh I gk; rk I s this and that dk mi ; kx I e&gt; i krk gA</li> </ul>
<b>fy[kuk</b>	<ul style="list-style-type: none"> <li>• i kB ea nh xbZ fofHkUu xfrfof/k; ka dks djrk gA tS s &amp; Complete the sentence and color the picture</li> <li>• fp= n[kdj uke , oa Action Word fy[k i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• I eku /ofu okys 'kCnka dks fy[k i krk gS tS s &amp; can, van</li> <li>• Yes, No okys iz uka ds mRrj dks fy[k i krk gA</li> <li>• Where, who, what okys iz uka ds mRrj dks fy[k i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• i kB ea nh xbZ xfrfof/k; ka dks dj i krk gA</li> <li>• fp= dh I gk; rk I s 'kCn i gsyh] 'kCn I h&lt;h ijk djrk gA</li> <li>• He, She dk mi ; kx dj i krk gA</li> </ul>

**Vhi & bl I kj.h ea iZrkfor I Hh d{ky i kB; i qrd ds gj i kB ds fy, I eku : I k I smi ; kxh vlg egRo i wZ gS f'k{kcd viuh vto'; drk vlg foods ds vuq I k blgav/; ki u ds n[ku 'Hfey dj I drsgA**

## d{kk & ikpoha fgmh

<i>dlsky</i>	elg fl rfcj rd	fnl fcj rd	ekpZrd
<b>I qdj] I e&gt;dj ckyuk</b>	<ul style="list-style-type: none"> <li>• vi us ifjosk dh ckrka dks vkRefo'okl ds I kFk 0; Dr dj ikrk gA</li> <li>• d{kk ea dh xbZ xfrfof/k; ka ea vi uh I ghkkfyrk nrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• ikB ea fn, x, I mHkkZ dks I e&gt;dj tkudkjh ns ikrk gA</li> <li>• dfork] dgkuh dks I qdj] i&lt;ej vi us 'kCnka ea vfhko; Dr djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• jSM; k] nijn'kZ vFkok vius ifjosk ea I qh gPZ ckrka ij viuk vfhker vfhko; Dr djrk gA</li> <li>• dgkuh ea fn, x, ik=ka ds vuq kj I Økn cukdj ckyrk gA</li> <li>• ukVd ds ik=ka dk vfhku; djrk gA</li> </ul>
<b>i&lt;uk] i&lt;ej I e&gt;uk</b>	<ul style="list-style-type: none"> <li>• ikB dks 'kq] mPPkkj.k ds I kFk i&lt;+ikrk gA</li> <li>• x   i   dgkuh] ukVd dks i&lt;ej varj dj ikrk gA</li> <li>• dgkuh ;k ukVd ea vk, ik=ka ds dFku dks i&lt;ej I e&gt;rk gA</li> </ul>	<ul style="list-style-type: none"> <li>• ikB i qrd ds vfrfjDr vl; jkp d i qrdka dks i&lt;us grq mRl q jgrk gS rFkk ml s vkun ds I kFk i&lt;rk gA</li> </ul>	<ul style="list-style-type: none"> <li>• dgkuh] dfork dks i&lt;ej dffnz Hko dks I e&gt; ikrk gS rFkk vius nsud thou ea mi; kx djus dk iz kl djrk gA</li> </ul>
<b>fy[luk</b>	<ul style="list-style-type: none"> <li>• vi uh dYi uk I s Nks/h&amp;Nks/h dfork] dgkuh] Lyksu fy[kus dk iz kl djrk gA</li> <li>• vH; kl ds iz uka dks fy[k ikrk gA</li> <li>• I ysq[k dj ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• fy[krs I e; vi uh vlg I s dN u, 'kCnka dks x&lt;us dk iz kl djrk gA</li> <li>• 'kq] ysq[ku dj ikrk gA</li> <li>• okD; I jpu'k rk ds I kFk dj ikrk gA</li> <li>• Lo; a vFkok I gikBh }kjk fyf[kr I kexh ea dh xbZ xFyr; ka dks i&lt;ej Lofood I s i q% I qkkjrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• vH; kl ds iz uka dks fy[k ikrk gA</li> <li>• beyk fy[k ikrk gA beyk fy[krs I e; =qV; k] de djrk gA</li> <li>• i= ysq[ku fuczk] thouh vkfn i&lt;ej vi us 'kCnka ea fy[k ikrk gA</li> </ul>
<b>Lora ,oal tukRed vfhko; fDr</b>	<ul style="list-style-type: none"> <li>• ikB; i qrd ds fofHku ikBka ea vk, I Ønu'khy eqnka ij vfhko; fDr eS[kd@fyf[kr@fp=kRed : Ik I s djrk gA dgkuh dfork dh I jpu'k djrk gA fdl h ?kVuk dgkuh dks i&lt;ej I qdj I Økn fy[kdj vfhku; dj ikrk gA</li> </ul>		

**Vhi & bl I kj.h ea iLrkfor I Hh dlsky ikB; i qrd ds gj ikB ds fy, I elu : Ik I smi; kxh vlg egRo iwZ gSf'k kd viuh vto'; drk vlg food ds vuq lk blgav/; ki u ds nlg ku 'kfey dj I drsgA**

## d{kk & ikpoha xf.kr

elg fl rfcj rd	elg fnl fcj rd	elg elpZrd
<p><b>I Ą; k, j &amp;</b></p> <ul style="list-style-type: none"> <li>• 10]000 rd dh I [a kvka dh I e&gt; gš ml dks i&lt;+o fy[k i krk gš</li> <li>• 1 dj kM+rd ds LFKku dks I e&gt;rk gš</li> <li>• I [a kvka dks vāks vġš 'kCnka ea fy[k i krk gš</li> <li>• I Ą; kvka ea vāka ds LFKkuh; eku ds vk/kkj ij ml ds eku dks I e&gt;rk gš 1/foLrkj dj i krk gš</li> <li>• I Ą; kvka dh rġuk dj i krk gš 1/ [a kvka ea Nks/h , oacMh+ I [a k dks igpkurk gš</li> </ul> <p><b>I Ń; k, j &amp;</b></p> <ul style="list-style-type: none"> <li>• 3 vāka dh I Ą; kvka ea I Ń; kvka 1/4t kM+ , oa ?kVuk1/2 dks dj i krk gš</li> <li>• 2 vāka dh I Ą; kvka dk xqkk dj i krk gš</li> <li>• vāka dk LFKkuh; eku ds vuġ kj fy[kdj t kM+ , oa ?kV i krk gš</li> <li>• 3 vāka dh I Ą; k dks nks vāka okyh , oa 3 vāka okyh I Ą; k I s xqkk dj i krk gš</li> <li>• Hkx I Ń; k dks I Eilu dj mRrj dh tġo dj i krk gš</li> <li>• Pkkjka I Ń; kvka ij vk/kfjr bckjrh izuka dks gy dj i krk gš</li> <li>• nšud thou dh I eL; kvka dks gy dj i krk gš</li> </ul> <p><b>yHk&amp;gfu &amp;</b></p> <ul style="list-style-type: none"> <li>• i kfj Hkkf"kd 'kCnka tš s Ń; eW; ] foŃ; eYw dk vFkz I e&gt;rk gš , oa 0; ogkj ea bu 'kCnka dks iz; kx djrk gš</li> </ul>	<p><b>n'keyo &amp;</b></p> <ul style="list-style-type: none"> <li>• n'keyo dks tkurk gš I Ą; k dks n'keyo : lk ea i&lt;+i krk gš</li> <li>• n'keyo okyh I Ą; kvka ea I Ń; k dj i krk gš</li> </ul> <p><b>dlsk &amp;</b></p> <ul style="list-style-type: none"> <li>• dlsk dgk curk gš d{kk ea dgk&amp;dgk ij dlsk cuk jgk gš ; g I e&gt; i krk gš</li> <li>• dlskka ds uke fy[k i krk gš</li> <li>• dlskka dh eki Kkr dj i krk gš</li> <li>• pġna , oa Ldsy dh enn I s foHkuu eki ds dlsk cukukA</li> <li>• nšud thou ea dlskka dh igpku dj i krk gš</li> </ul> <p><b>f=Hkġ] oxZ vġš vk; r &amp;</b></p> <ul style="list-style-type: none"> <li>• f=Hkġ dh vkdfv igpku dj ik jgk gš</li> <li>• f=Hkġ ka dks vyx&amp;vyx dj muds izkj crk i krk gš</li> <li>• vk; r , oa oxZ dh vkdfv ea vāj I e&gt; i krk gš</li> <li>• vk; r , oa oxZ ds I Hkh dks kka dks eki dj i krk gš , oa muds dks kka dk ; kx dj i krk jgk gš</li> </ul>	<p><b>/kfjrk &amp;</b></p> <ul style="list-style-type: none"> <li>• /kfjrk ds ckjs I e&gt; i krk gš</li> <li>• , d yHvJ ds eki d crġu dk vyx&amp;vyx /kfjrk ds crġuka dks Hkj dj /kfjrk Kkr dj i krk gš</li> <li>• feyh yHvJ I s yHvJ eacny i krk gš</li> <li>• yHvJ I sfeyh yHvJ eacny i krk gš</li> <li>• nšud thou ea ; g /kfjrk dk mi ; kx dj ik jgk gš</li> </ul> <p><b>I e; &amp;</b></p> <ul style="list-style-type: none"> <li>• I e; dks fudVre ?k/ka ea crk i krk gš</li> <li>• I e; dk ?k/s , oa feuV ea fu: i.k dj i krk gš</li> <li>• i mġa , oa vijka dh I e&gt; gš</li> <li>• dsyMj I e&gt;dj nšud thou ea mi ; kx dj i krk gš</li> </ul> <p><b>ifjeki &amp;</b></p> <ul style="list-style-type: none"> <li>• cm , oa [kyh vkdfv dks cuk i krk gš</li> <li>• ifjeki dks I e&gt; dj crk i krk gš</li> <li>• f=Hkġ dh vkdfv dh ifjeki Kkr dj i krk gš</li> <li>• vk; r , oa oxZ dh ifjeki Kkr dj i krk gš</li> <li>• nšud thou ea ifjeki dks crk ik jgk gš</li> </ul>

- Ø; eW; vKj foØ; eYw ds vk/kkj ij ykHk ; k  
gkfu dh  
00  
l e> j [krk gA
- 0; kogkfjd thou ea ykHk & gkfu dks l e> dj x.kuk  
dj i krk gA

**, fdd fu; e &**

- ,d oLrqdseW; ds vk/kkj ij vf/kd oLrqdk eW;  
Kkr dj i krk gA
- vf/kd oLrqdseW; Kkr jgus ij ,d oLrqdk eW;  
Kkr dj i krk gA  
**xqkk ,oaxqku[k.M &**

- igkMs dh l e> xqkk ds : i eaj [krk gA
- igkMk ,oa xqkt ds l eukr dks l e> i krk gA  
¼/i oR; ½
- l q; kvk dk xqku [kM fudky i krk gA
- y-l-o- ,oa e-l-o- Kkr dj i krk gA
- nsud thou dh l eL; k dks bl l nHkZ ea gy dj  
i krk gA

**fHkUk ij l fØ; k, j &**

- rY; fHkUu dks l e> i krk gA
- rY; fy [k ikuseal {ke gk i krk gA
- rY; eafjofr r dj tkM+, oa ?kV k dk dj i krk gA
- rY; fHkUk dks fHkUu ea ifjofr r dj tkM? ?kV ko]  
xqkk] Hkkx dh l f d; k, j dj i krk gA
- fHkUuka dk iwLZ l q; k l s xqkk dj i krk gA
- fHkUuka dk fHkUu l s xqkk dj i krk gA
- fHkUuka dk Hkkx dj i krk gA

**yakbz &**

- fofHkUk oLrqk dh yakbz uki i krk gA
- l v/helVj ehVj ea l euk LFkkfir dj i krk  
gA
- ehVj dks fdykehVj ea cny i krk gA
- fdykehVj dks ehVj escny i krk gA
- nsud thou ea ehVj] fdykehVj l v/helVj  
dk mi; kx dj i krk gA

**Hkj &**

- Hkkj dh l e> gSHkkj dks crk i krk gA
- fdl h oLrq dks rkydj fd-xk- ,oa xte ea  
ml dk eki crk i krk gA
- fdl h oLrq dks rkydj xte ,oa fdykskte  
ea ml dk eki crk ik jgk gA
- dbz oLrqk dks rkydj ml dh eki ka dks  
tkM dj xte ,oa fdykskte ea Kkr dj  
i kuA
- nsud thou ea og Hkkj dk vuqz; kx dj  
i krk gA

**epk &**

- epkvka dks ns[kdj ml dk eW; crk i krk  
gA
- i s k vkj : lk; sea l euk crk i krk gA
- epkvka ij l fØ; k l s l euk/kr izu gy dj  
i krk gA
- nsud thou ea epkvka dk yu&nsu ij  
vk/kfjr izu gy dj i krk gA

**{k=Qy &**

- vk; r dk {k=Qy , oaxL dk {k=Qy Kkr  
dj i krk gA
- xtQ isj }kjk {k=Qy Kkr dj i krk gA
- {k=Qy Kkr dj bdkbz Kkr dj i krk gA
- nsud thou es {k=Qy dks l e> dj , oa  
mi; kx dj i krk gA  
**vkdMk dk fu: i . k &**
- vkdMk D; k gS\ crk i krk gA
- vkdMk dks , df=r dj l eghdj .k dj  
i krk gA
- vkdMk dk in'ku dj i krk gA
- xtQ isj ij vkdMk dk in'ku dj  
ml dk l q; kRed eku Kkr dj i krk gA
- nsud thou ea vkdMk dks l e> i krk gA

## i ; kbj.k v/ ; ; u

ekg fl rfcj rd	ekg fnl fcj rd	ekg ekpZrd
<ul style="list-style-type: none"> <li>• vkl &amp; ikl ds tkus igpkus {ks=ka dk l ož dj tkudkjh , d= djuka bl tkudkjh dk fo'yšk.k dj fu"d"KZ fudky ikuka</li> <li>• vius vkl &amp; ikl ds fofHku 0; ol k; ka dks igpkuuka fofHku 0; ol k; ka tš &amp; d[igkj] nthj /ksh , oa vU; l ekt dh vko'; drkva dh i frZ dš s djrs gš bl dh l e&gt; cukuka</li> <li>• uD'kk i&lt;+uk uD'kk cukuk] l dšks dks i&lt;+i kuk] i &amp; kuka dh l e&gt;A fn'kkvka dk cšš gskuka</li> <li>• vius ifjošk dh fofHku iMka dh i fr; ka ds fol; kl dks l e&gt;uka eŷyk tM; jsknkj tM+ ea vUrj dks l e&gt;uka tMš o iRrh ds fol; kl ds l e&gt;ka dks l e&gt;uka</li> <li>• jk"Vh; , oajkT; ds irhd fpugka dh tkudkj j [kuka</li> <li>• jks Qsykus okys dhVka thoka dh tkudkj j [kuka ekš eh chekfj; ka ds y{k.k] cpko dh tkudkj j [kuka xns ikuh vŷ ikuh ds teko l s gkus okyh gkfu; ka dh l e&gt; j [kuka bul scpus ds mik; tkuuka</li> <li>• ftyš jkT; o nšk ds uD'ka ds ckjs ea tkuuka uD'kk i&lt;+l duk o cuk l dukA</li> <li>• vkl &amp; ikl ds tUrva ds 0; ogkj ¼ qrd ea l ka fo"K; fn; k x; k gš dks l e&gt;uka bul s l e/kr vU/kfo'okl ka dks tkuuk&amp;ij [kuk , oa vU/kfo'okl l sepr jguka</li> <li>• cš dh dk; ž z.kkyh vŷ vko'; drk dks l e&gt;uka</li> <li>• ufn; ka ds mnxe o muds cgko dks tkuuka unh ds</li> </ul>	<ul style="list-style-type: none"> <li>• txyka l s gkus okys ykHk vŷ muds egRo dks l e&gt;uka txyka dks u"V gkus dj. ka dks tkuuk , oabuds l j {k.k ds mik; tkuuka</li> <li>• ph/h dh 'kkjhfjd l jpuK] vkokl , oa fo'kškrkvka dh l e&gt; j [kuka</li> <li>• fofHku tUrva ea l s 'kkdkgkjh vŷ eka kgkjh tUrva dh igpku dj ikuk</li> <li>• 'kjhj ea ik; h tkus okyh fofHku gMM; ka ds ckjs ea tkuuk 'kjhj ea ik; s tkus okys fofHku tMka ds ckjs ea tkuuka</li> <li>• gVjh ds Lo: i] vko'; drk vŷ egRo dks l e&gt;uka</li> <li>• 'kkjhfjd : i l s vl eFkZ ¼ fodykaxkš 0; fDr; ka , oa cPka ds i fr l dkj kRed n"Vdks k j [kuka cy fyfi ds ckjs ea tkuuka</li> <li>• ÅtkZ ds L=kr &amp; ijEijkxr , oa xš ijEijkxr L=kr dh vko'; d tkudkjh izkj] mi; kšrk egRo o cpr dks tkuuka</li> <li>• nizk , oa ml l s cuus okys i frfcEka dks l e&gt;uka bu ij vk/kfjr dN iz; kš vŷ xfrfof/k; k; dj l dukA</li> <li>• 'kjhj ea peMh ds dk; Z , oa egRo dks l e&gt;uka</li> <li>• ?k"Kz k , oa cy dh ikjHkd vo/kkj.kk dks l e&gt;uka ?k"Kz k , oa cy ea vrj dj l dukA</li> </ul>	<ul style="list-style-type: none"> <li>• nšk , oa insk dh dN iedk , frgfl d bejrka ¼ qrd ea rkyk xkš dh tkudkjh egRo dks tkuuka buds l j {k.k ea vius ; kšnku dks l e&gt; ikuka</li> <li>• l pKj ds fofHku l k/kuka dks tkuuk] mudh mi; kšrk l e&gt;uka</li> <li>• i; V u LFkyka ds uke tkuuka muds egRo dks l e&gt;uka fofHku jkT; ka ds uke tkuuka xkš , oa iatc jkT; ¼ qrd ea fufgr ½ dh fo'kškrkvka o l dfr l s ifjpr gskuka</li> <li>• oškfudka }kj fd, x, dk; kš ds egRo dks egl dh l dukA yš ik'pj ds ckjs ea tkuuka dš ds dkVus ij fd, tkus okys bykt dks l e&gt;uka</li> <li>• chtka ds fc[kjko dh vko'; drk dks l e&gt;uka fofHku iškka o chtka dk fc[kjko dš s gšrk gš bl dh l e&gt; j [kuka</li> <li>• vius vkl &amp; ikl ik; h tkus okyh fofHku feVV; ka dh fo'kškrkvka vŷ mi; kš dks tkuuka feVVh l s fofHku izkj dh oLrva dks cuk l dukA</li> <li>• NRrh x&lt;+ ds egki q "ka dh thouth] , oa muds ; kšnku dks tkuuka</li> <li>• NRrh x&lt;+ dh ikjifjd f'kyi dykvka dks tkuuka vkl ikl ds f'kyi dkjka dks tkuuka mudh dk; Z dk; Z kšh l e&gt;uka</li> <li>• dEI; Wj ds fofHku Hkxka dks tkuuka dEI; Wj</li> </ul>



<p>egRo dks tkuukA ckak ds egRo dh tkudkj h j [kukA unh dks inkk.k l s d\$ s cpk; k tk l drk g\$ bl dh l e&gt; j [kukA</p> <ul style="list-style-type: none"><li>• n\$ud thou ea ykgs ds mi ; kx v\$ egRo dks l e&gt;ukA</li></ul>		<p>dh dk; i z kkyh dks l e&gt;uk] dEl; Wj dk mi ; kx dj i kukA</p>
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## d{kk & ikpoha vxst h

<i>dlky</i>	elg fl rfcj	elg fnl Ecj	elg ekpZ
<b>I udj I e&gt;dj ckjuk</b>	<ul style="list-style-type: none"> <li>vxst h ea ikyrw ,oa taxyh tkuojka dsuke crk ikrk gA</li> <li>dfork dks gko&amp;Hkko ds I kfk I uk I drk gA</li> </ul>	<ul style="list-style-type: none"> <li>ikB ea nh xbz dgkuh dks I udj I e&gt;rk gA</li> <li>vxst h ea fn, x, NkV&amp;NkV/s okD; ka dks ckjus dk iz kl djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>okD; ka dks i&lt;fs I e; Role Play dj ikrk gA</li> <li>dgkuh i&lt;dj Role Play dj ikrk gA</li> <li>I eku /ofu okys 'kCnka dks I udj ckj ikrk gA</li> </ul>
<b>i&lt;uk i&lt;dj I e&gt;uk</b>	<ul style="list-style-type: none"> <li>I eku /ofu okys 'kCnka dks i&lt;+ ikrk gS tS &amp; See, Bee, Tree</li> <li>ikB ea fn, x, 'kCnka dks i&lt;+ ikrk gA</li> <li>foylke 'kCn dks I e&gt; ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>ikB ea fn, x, NkV&amp;NkV/s 'kCnka dks i&lt;dj I e&gt; ikrk gA</li> <li>Sh ,oa Ck okys 'kCn i&lt;dj I e&gt;rk gS tS &amp; Ship, Sheep, Shop, Duck, Black vkfn</li> <li>dgkuh] dfork dks i&lt;dj vfkZ I e&gt;us dk iz kl djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>Pictures Story i&lt;+ ikrk gA</li> <li>Simple Past Tens ds okD; i&lt;dj I e&gt;rk gA</li> <li>dsyMj n[kdj I lrgk ,oa eghuka ea uke crk ikrk gA</li> <li>ikB ds ihNs ea fn, x, Meaning Words dk mi ;lx i&lt;fs I e; I e&gt; dsfy, djrk gA</li> </ul>
<b>fy[kuk</b>	<ul style="list-style-type: none"> <li>ikB ea fn, x, vH; kl ds izu tS s [kkyh LFkku Hkj k] mfr I azk tkMks dks Lofood I s fy[kus dk iz kl djrk gA</li> <li>izu ds mRRkj dks f'k{k d dh I gk; rk I s ; k n[kdj fy[k ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>I jy 'kCnka I sokD; cuk ikrk gA</li> <li>fy[krs I e; fyx] opu dk /; ku j [krk gA</li> <li>Where, who, what, when I s vkjHk gkus okys izuka ds mRrj fy[k ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>'kCn] okD; dh spelling I gh&amp;I gh fy[k ikrk gA</li> <li>Dictation dj ikrk gA</li> <li>vH; kl [kM ea nh xbz xfrfof/k; ka dks dj ikrk gA</li> </ul>

**Vhi & bl I kj.lh ea iLrkfor I Hh dlky ikB; iLrd ds gj ikB dsfy, I eku : lk I smi ; lxh vlg egRo iwlZ gSf'k{k d viuh vto' ; drk vlg food ds vuq lk blgav/ ; ki u ds nlgku 'Mey dj I drsgA**



## d{k & NBoha fgmh

d{kky	ekg fl r{cj	ekg fnl Ecj	ekg ekp:
<b>I qdj I e&gt;dj ckyuk</b>	<ul style="list-style-type: none"> <li>d{k ea f'k{k d vFkok I gikBh }kjk dgh tk jgh ckrka dks /kS Z l s l qrk gS v{k mls le&gt;rs gq viuh fVli.kh djrk gA</li> <li>vius ckyky ea vknj l pd 'kCnka dk mi ; kx djrk gA</li> <li>ckyrs le; fyak opu dk I ketL; j[k ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>I qh gpz dgkuh ; k Lojfr dgkuh] dfork dks l qk ikrk gA</li> <li>dfork dgkuh ea vk, 'kCnka ds vFkZ , oa izuka ds mRrj ns ikrk gA</li> <li>vius ckyky ea I kfgFR; d 'kCnka dk mi ; kx djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>0; x dfork dgkuh] ukVd dks I qdj I e&gt;rk gS , oa fn, x, ik=ka ds vuq kj vfHku; dj ikrk gA</li> <li>ukVd ds I dkn dks viuh 'kSyh ea cky ikrk gA</li> <li>'kkyk ds fofHku dk; Zeka ea viuk iZrhdj.k nsk gA</li> </ul>
<b>i&lt;dj I e&gt;uk</b>	<ul style="list-style-type: none"> <li>ikB; i{rd ea nh xbZ dfork dgkuh x  dks gko Hkko ds I kFk i&lt;+ ikrk gA</li> <li>dgkuh dfork ds d{unz; Hkko dks I e&gt; ikrk gA</li> <li>ikB ea iNs x, izuka ds mRrj Lofood l ns ikrk gA</li> </ul>	<p>ikB ea iNs x, izuka ds mRrj Lofood l ns ikrk gA</p> <p>ikB; i{rd ds vfrjDr yk; cjh ds i{rdka dks i&lt;ej d{k ea I gi kFB; ka ds I kFk ppkZ djrk gA</p>	<ul style="list-style-type: none"> <li>ikB ea iNs x, izuka ds mRrj Lofood l ns ikrk gA</li> <li>dfork dgkuh 0; x ukVd dks i&lt;ej ml ea varj dj ikrk gA</li> <li>n{ud v[kckj i&lt;us ea : fp j[krk gS , oa ppkZ djrk gS</li> </ul>
<b>fy[kuk</b>	<ul style="list-style-type: none"> <li>ikB; i{rd ea iNs x, izuka dks Lofood l sfy[k ikrk gA</li> <li>fy[krs le; ek=kRed =qV; ka de djrk gA</li> </ul>	<p>: fp vuq kj viuh eu l s dfork dgkuh Mk; jh y[ku dk dk; Z ikrk gA</p> <p>fdl h ?kVuk ij viuh fyf[kr vfHko; fDr ns ikrk gA</p>	<ul style="list-style-type: none"> <li>fofHku l nHkZ ea i = fy[k ikrk gA</li> <li>y[ku dk; Z ea I kfgFR; d 'kCnka dk mi ; kx djrk gA</li> </ul>

**Vhi & bl I kj.kh ea iZrkfor I Hh d{kky ikB; i{rd ds gj ikB ds fy, I eku : lk l smi ; kxh v{k egRo iukZ gS f'k{k d viuh vto' ; drk v{k foods ds vuq lk bl gav/ ; ki u ds n{ku 'kky dj l drsgA**

## d{kk & NBoh xf.kr

elg fl rEj rd	elg fnl Eej rd	elg ekpZrd
<ul style="list-style-type: none"> <li>• cPps i kdr l a; kvka vks i wkZ l a; kvka dks l e&gt;rs gS , oa mu ij t kMtus ?kVkus xqkk , oa Hkkx dh l a; ; k, a dj i krk gA</li> <li>• i wkZ l ka dks l e&gt;rs gA blga l a; ; k j s[kk ij inf'kr dj i krs gA i wkZ l ka ds t kMtus ?kVko xqkk , oa Hkkx l a; ; k ds xqkka dks l e&gt;dj 0; Dr dj i krs gA</li> <li>• l [a kvka ds xqku [kM] vks xqkt ea varj dks l e&gt;rs gA nh xbZ l a; ; kvka ds xqkt] xqku [k.M] y?kqke l eki or; l vks egUke l eki oZ dh x.kuk dj i krs gA</li> <li>• j s[kk [kM] fdj.k , oa l jy j s[kk ds varj dks l e&gt;rs gA j s[kk [kM] ka dks eki dj mudh ryuk dj i krs gA</li> <li>• nh gpZ f=T; k dk oUk ds 0; kl , oa f=T; k fn, gkus ij ml dk ifjeki Kkr dj l drs gA</li> </ul>	<ul style="list-style-type: none"> <li>• dks k dks l e&gt;rk gA foHkUu ifjeki ds dks kka dks mudsuke l sigpkurk gA dks k ds fdl h eku ds fy, muds ijdA l Eij d dks k crk i krk gA</li> <li>• f=Hkqt ds Hkkxka dks ¼ kh"qZ Hkqt k] dks k½ igpkurk gA f=Hkqt ds l kkl; xqkka dks crk i krk gA dks kka vks Hkqt kvka ds vk/kkj ij f=Hkqt ka ea varj dj i krk gA</li> <li>• vuqkr vks l ekuqkr dh vo/kkj.kk l e&gt;rk gA l ekuqkr ds dkbZ rhu in fn, gks rks pkFks in dh x.kuk dj i krk gA</li> <li>• pj vks vpj l a; ; kvka ds varj dks l e&gt;rk gA l tkrh; , oa fotkrh; inka dks igpkurk gA , d inh; f}inh; 0; at dka dks igpkurk gA</li> <li>• ifr'kr l sl aE/kr l jy x.kuk, i dj i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• cht xf.kr eafdl h nh gpZ l eL; k dks l ehdj.kka ds : lk ea 0; Dr dj i krk gA</li> <li>• l ehdj.k dks vKkr jkf'k ds fy, gy dj i krk gA</li> <li>• fuEufyf [kr j s[kk xf.krh; j puk, a dj i krk gS &amp;             <ul style="list-style-type: none"> <li>o fdl h j s[kk [k.M] ij ckgjh fcnq l s yEc MkyukA</li> <li>o fdl h j s[kk ds l ekrj nh jh j s[kk [khp i kukA</li> <li>o j s[kk [kM] , oa dks k dk l ef}Hkkt d [khpukA</li> <li>o ijdj dh l gk; rk l s vyx&amp;vyx eki ka ds dks k cukukA</li> <li>o j s[kk [k.M] ds fdl h fn, gq fcnq ij l s yEc [khpukA</li> </ul> </li> <li>• oxZ vk; r vks oUk ds ifjeki vks {ks=Qy dh x.kuk dj i krk gA</li> </ul>

## d{kk & NBoha foKku

ekg fl rEj rd	ekg fnl Eej rd	ekg ekpZrd
<p><b>1- gekjh iFoh &amp;</b></p> <ul style="list-style-type: none"> <li>iFoh ,oa l kš eMy dh l keld; tkudkj h j [kukA</li> <li>iFoh dh l j puk dks l e&gt;ukA</li> <li>iFoh ij thou ds fy, eWkKor vko'; drk, j D; k gš; g tkudkj h j [kukA</li> </ul> <p><b>2- gekjk i ; kbj.k &amp;</b></p> <ul style="list-style-type: none"> <li>i ; kbj.k ds fofHKUUK ?kVdka tš &amp; l tho] futħ dks l e&gt;uk rFkk buea varj dj i kukA</li> <li>[kkn; Jākyk ds fofHKUUK ?kVdka vkš muds vki l h l e&gt;uk dks l e&gt; i kukA</li> <li>i ; kbj.k inlk.k ds dkj.k o nij djus ds mi k; ka dh l e&gt; j [kukA</li> </ul> <p><b>3- inkFkZ dh izdr ,oainkFkZ ds xq/leZ &amp;</b></p> <ul style="list-style-type: none"> <li>inkFkZ dh fofHKUUK voLFkkrvka Bkd ] nō] xš ka ds xqkka dh l e&gt; rFkk fofHKUUK xqkka ds vk/kkj ij buea vlrj dj i kukA</li> </ul> <p><b>4- inkFkZ dk iFDDj.k &amp;</b></p> <ul style="list-style-type: none"> <li>inkFkZ ds iFDDj.k dh fofHKUUK fof/k; ka dh l e&gt; j [kuk &amp; tš &amp; pkyuk] vki ou] m/oī kru , oavU; fof/k; kA</li> </ul> <p><b>5- gekjspkjavš ds ifjorū &amp;</b></p> <ul style="list-style-type: none"> <li>vki ikl gkus okyh ?kVukvka ea gkus okys ifjorūka dks igpku ikuk tš &amp; l qg l s'kke rd rki eku ea gkus okyk ifjorū] i kška dk c&lt;uk] olr q/ka ea ta xuk vkfnA bu ifjorūka ds i kko dks l e&gt;ukA buea vkorhZ vkš vukorhZ Hkšrd vkš jkl k; fud] okāNuh; vkš vokāNuh; ifjorū dks igpku ikukA</li> </ul>	<p><b>6- ekiu &amp;</b></p> <ul style="list-style-type: none"> <li>eki u dk vFkZ l e&gt;ukA</li> <li>fofHKUUK Hkšrd jkf'k; ka tš s &amp; yEckb] {k=Qy] vk; ru] nō; eku dh tkudkj h j [kukA</li> <li>ekud ek=dka vlrj j kZVh; ek=dka rFkk muds l d rka dks fy [kus dh ipfyr ifji kVh dks l e&gt;ukA</li> </ul> <p><b>7- l thokadsy{k.k ,oamudk oxhZdj.k &amp;</b></p> <ul style="list-style-type: none"> <li>l tho o futħ ea xqkka ds vk/kkj ij vlrj dj i kukA</li> <li>l thoka ea ik; h tkus okyh fofo/krkvka dks l e&gt; i kukA</li> <li>i kšks dks 'kkd] &gt;kMh o{k] yrk ea oxhZdr dj i kukA</li> <li>d'ks dh vkš vd'ks dh i kf.k; ka ea varj dj i kukA</li> </ul> <p><b>8- l thokadh l j puk ,oadk; ZHkx 1/2 &amp;</b></p> <ul style="list-style-type: none"> <li>i kšks ds fofHKUUK vāka dh igpku dj i kukA</li> <li>f}cht i=h vkš ,d cht i=h i kška ea Hkn dj i kukA</li> <li>tMka vkš ruka ds : i kUrj.k dks l e&gt; dj vlrj dj i kukA</li> </ul> <p><b>9- l thokadh l j puk ,oadk; ZHkx 1/2 &amp;</b></p> <ul style="list-style-type: none"> <li>l thoka ea ik; s tkus okys vāka ,oa rāka dh tkudkj h j [kukA</li> <li>ifj l p j.k rā vkš 'olu rā dks l e&gt;ukA</li> </ul>	<p><b>10- xfr vš cy &amp;</b></p> <ul style="list-style-type: none"> <li>xfr ,oa xfr ds fofHKUUK izkj tš s &amp; l jy jš[kh; xfr] oūkh; xfr] ?kVku xfr] nkyu xfr] vkorhZ ,oa vukorhZ xfr] pky dh l e&gt; j [kukA</li> <li>cy o nkc dks l e&gt;ukA</li> <li>cyka ds izkj] nkc o cy ds l e&gt;uk dh tkudkj h j [kukA</li> <li>l jy l kā; dh; x.kuk dj l dukA</li> </ul> <p><b>11- dk; ĀtkZ rFk e'kua &amp;</b></p> <ul style="list-style-type: none"> <li>dk; ZD; k gš\ l e&gt;ukA</li> <li>ĀtkZ ds fofHKUUK : i ka &amp; ; kā=d ĀtkZ jkl k; fud ĀtkZ izk'k] /ofu] fo   q ĀtkZ dh l e&gt; j [kukA</li> <li>ĀtkZ l j {k.k dks l e&gt;ukA</li> <li>l jy o tVv e'kua dh tkudkj h j [kuk rFkk nšud thou eabudsmi ; kx dks l e&gt; l dukA</li> </ul> <p><b>12- vif'kV vš ml dk izku &amp;</b></p> <ul style="list-style-type: none"> <li>vif'kV inkFkZ D; k gš\ l e&gt;ukA</li> <li>vif'kV inkFkZ l s Qšyus okys inlk.k dks tkuukA</li> <li>vif'kV inkFkZ ds okroj.k ij i Mūs okys i kko dks l e&gt;ukA</li> <li>vif'kV inkFkZ ds izku ds rjhdka dks tkuukA</li> </ul> <p><b>13- LokLF; ,oalOPNrk &amp;</b></p> <ul style="list-style-type: none"> <li>LokLF 'kj h ds fy, vko'; d i kškd rRoka dks l e&gt;ukA</li> <li>LokLF jgus ds fy, dks &amp; dks l h vknra vi ukuk pfg, bl dh l e&gt; j [kukA</li> <li>LokLF; ij h {k.k ,oa Vhdkdj.k dks l e&gt;ukA</li> <li>l Urqyr Hkštu D; k gš rFkk 'kj h ds fy, bl dh vko'; drk dks l e&gt;ukA</li> </ul>

## d{kk & NBoha vaxth

d{ky	ekg fl r{cj	ekg fnl {cj	ekg ekp{i
<b>I qdj I e&gt;dj ckyuk</b>	<ul style="list-style-type: none"> <li>• dforkvka dks gko&amp;Hkko I s xk ikrk gA</li> <li>• iKB ea vk, 'kCnka dk I gh mPpkj.k dj ikrk gA</li> <li>• iKB ea fn, x, izuka ds mRrj cky ikrk gA</li> <li>• okrk{yki ea vaxsth 'kCnka dk iz kx djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• iKB ea fn, x, ik=ka ds vuq kj Role - Play dj ikrk gA</li> <li>• dforkvka dks I qdj vkum mBk ikrk gS rFkk I e&gt; ea gko&amp;Hkko ds I kFk xk I drk gA</li> <li>• dgkuh dk Dramatization dj I drk gA</li> <li>• okrk{yki ea vaxsth 'kCnka dk mi ; kx dky ds vuq kj djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• Instructions dks I e&gt;dj ikyu djrk gA</li> <li>• vi us I kFk; ka dks Instructions ns I drk gA</li> <li>• I qh ; k i&lt;h gpZ dgkuh dks vaxsth o fgluh Hk"kk feykdj I qk I drk gA</li> <li>• dfork dks gko&amp;Hkko ds I kFk I qk I drk gS, oa I e&gt;dj vkum mBk I drk gA</li> <li>• Polite Language dk iz kx Request djus ds fy; s dj I drk gA</li> </ul>
<b>i&lt;uk i&lt;dj I e&gt;uk</b>	<ul style="list-style-type: none"> <li>• Instructions i&lt;dj dk; I dj I drk gA</li> <li>• fn, x, iKB dks i&lt;us dk iz kl djrk gS rFkk f'k{k(d dh enn I s I e&gt; ikrk gA</li> <li>• nks rhu okD; ka ea vaxsth ea okrk{yki dj ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• fp=kRed LVkjh ea fn, x, fp= dks n{ k , oa i&lt;dj I okn I e&gt; ikrk gA</li> <li>• TABLE dh I gk; rk I sokD; cuk ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• iKB dks i&lt;rs I e; I gh I gh mPpkj.k djus dk iz kl djrk gA</li> <li>• iKB ea vk, 'kCnka ds vFkz dks I e&gt; ikrk gA</li> <li>• fn, x, Text dks I e&gt;rk gA</li> </ul>
<b>fy[kuk</b>	<ul style="list-style-type: none"> <li>• iKB ea fn, x, izuka ds mRrj fy[k ikrk gA</li> <li>• vuqNn@dgkuh@thouh dks n{kdj I gh I gh fy[k ikrk gA</li> <li>• I jy 'kCnka I s okD; cuk ikrk gA</li> <li>• Re-Call dj fuczk , oa i= y{ku dj ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• ifjoskh; oLrqka ds uke vaxsth ea fy[k ikrk gA</li> <li>• vi useu I sfdl h Hkh oLrqij nks I s rhu okD; fy[k ikrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• iKB ea fn, x, izuka ds mRrj fy[k ikrk gA</li> <li>• iKB ea nh xbZ xfrfof/k; ka dks I e&gt;dj fy[k ikrk gA</li> </ul>

**Vhi & bl I kj.h ea iLrkfor I Hh d{ky iB; iLrd ds gj iB ds fy, I eku : lk I smi ; kxh v{ egRo iwkZ gS f'k{k(d viuh v{o'; drk v{ foods ds vuq lk blgav/; ki u ds n{ku 'Hfey dj I drsgA**

## d{lk & l kroha fglNh

dKky	ekg fl rEj	ekg fnl Eej	ekg ekp'
<b>I udj l e&gt;dj ckyyuk</b>	<ul style="list-style-type: none"> <li>fofHKUu ifjflFKfr; ka ea ckyh tkus okyh Hkk"kk dks l udj l e&gt;rk gA</li> <li>ni jka dh ckrka vKj fopkjka dks i&lt;ej l udj l e&gt;dj vius &lt;x l s 0; DRk dj i krk gA</li> <li>vius vkl ikl ?kV jgh ?kVukvk l eL; kvk l kelftd epnka vKj i&lt;h xbz jpuvkka dks i&lt;+dj viuh jk; 0; Dr dj i krk gA</li> <li>viuh ckr Li"Vrk ds l kfk [kydj j[k i krk gA</li> <li>fglNh ds vykok NRrhl x&lt;h ea Hkh okrkzyki dks l udj l e&gt;dj cky i krk gA</li> </ul>		
<b>i&lt;ej l e&gt;uk</b>	<ul style="list-style-type: none"> <li>fofHKUUK fo/kkvka ij vk/kkfjr ikBka dks /kkj i dk , oa 'kq) mPpkj.k ds l kfk i&lt;+i krk gA</li> <li>iBu l kexh ea fufgr l kj RkRoka dks l e&gt; i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>vyx&amp;vyx fo/kkvka ij vk/kkfjr ikBka dks mudh izfr ds vuq kj i&lt;ej l e&gt;rk gS tS s &amp; dfork dks y; ds l kfk ukVd dks l dk dh rjg , d dgkuh dks gkoHko ds l kfk rFk x   dks /kkj i dk i&lt;ukA</li> <li>ikBka ea nh xbz xrfrof/k; ka dks l e&gt;dj djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>ikB; i qrd ds ikBka dks fo/kkuq kj i&lt;ej l e&gt;rk gA</li> <li>ikB; i qrd ds vrfjDr vl; jpuvkka tS s &amp; dgkuh dfork ukVd dks i&lt;ej l e&gt;rk gA</li> <li>ykbjeh ea tkdj vl; i qrdka dks i&lt;us dk iz kl djrk gS</li> </ul>
<b>fy[luk</b>	<ul style="list-style-type: none"> <li>vius vkl ikl dh ?kVukvk l kelftd epnka dks Dec) : lk l sfy[k i krk gA</li> <li>ikB ea fufgr izuka ds mRrj food l sfy[k i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>ikBka ea fufgr xrfrof/k; ka@vH; kl ds izuka ds mRrj dks l e&gt;dj fy[k yrk gA</li> <li>i qrd ds vrfjDRk viuseu l s dfork dgkuh Lyksu fy[k yrk gA</li> </ul>	<ul style="list-style-type: none"> <li>viuh Hkkoukva@vuHkoka dks fy[kus dh dks 'k'k djrk gA</li> <li>fy[krs l e; vydkfjd Hkk"kkvka dk mi; ks djrk gA</li> <li>0; kdj.k dh n"V l s ikBka ea fufgr vH; kl ds izuka o xrfrof/k; ka dks gy dj i krk gA</li> </ul>
<b>vHk; fDr</b>	<ul style="list-style-type: none"> <li>izfr tMj] dkVp /ke] jhfrfjokt] vkfn epnka ij viuk ekS[kd] fyf[kr viuk fp=kRed] vHk; fDr iLr djrk gA</li> </ul>		

**Vhi & bl l kj.h ea iLrfor l Hh dKky ikB; i qrd ds gj ikB ds fy, l eku : lk l smi; kxh vKj egRo iukZ gSf'kld viuh vlo'; drk vKj foodsdsvuq lk blgav/; ki u ds nSku 'Wey dj l drsgA**



## d{lk & l kroha xf.kr

elg fl r{c j rd	elg fnl {c j rd	elg ekpZrd
<ul style="list-style-type: none"> <li>• ifjes l {; kvka ij l {Ø; k dj i krk gA</li> <li>• ,d pj okys l ehdj.k gy dj i krk gA</li> <li>• Pkja izdkj ds dksBd l s l {f/kr izu gy dj i krk gA</li> <li>• dksBd dk Hkkx] xqkk tkM+ ?kVkuk bl Øe dj mi ; ksx dj l eL; k, j gy dj i krk gA</li> <li>• ?kkrkad fu; eka dk mi ; ksx dj l jy l eL; k, a gy dj i krk gA</li> <li>• f=Hkqt ka ds xqk crk i krk gA fdl h f=Hkqt dh ekf/; dk vks yEc d{nz ea varj l e&gt;rs gA</li> <li>• f=Hkqt dh jpuk dj i krk gS ; fn &amp;             <ul style="list-style-type: none"> <li>o ,d Hkqt k vks nks dks k fn, gka</li> <li>o nks Hkqt k vks muds chp dk dks k fn; k gka</li> <li>o rhuka Hkqt k, j nh xbZ gka</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• l okk l erk dk vFkZ crk i krk gA</li> <li>• fdUgha nks f=Hkqt ka dh l okk l erk dh 'krk dks l e&gt;rk gA</li> <li>• chth; 0; atdka ds l tkrh; l eug cukdj tkM+ ?kVkus dh l {Ø; k dj i krk gA</li> <li>• chth; 0; atdka dk xqkk dj i krk gA</li> <li>• l efefr dks vius vkl ikl dh nfu; k ea &lt;k i krs gA</li> <li>• ifjes l {; kvka dks n'keyo : lk ea fy[kus dh l fØ; k mfpr pj .kka ea dj i krk gA</li> <li>• **l ka** vl ka n'keyo rFkk vkortZ l {; kvka ea varj dj i krk gA</li> <li>• Lkekarj j{kkvka dks dksZ fr; Zl j{kk dks rks bl l s cuus okys dks k ; eka dks muds uke ds l kFk i gpku i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• Lkekarj pr{kZt ds xqkka dks crk i krk gA</li> <li>• vk; r] oxZ vks l epr{kZt ea D; k&amp;D; k l ekurk, j vks vl ekurk, j gS ; g crk i krk gA</li> <li>• nks pj jkf'k; ka ds vuØekuq kr vks 0; Øekuq kr ea gkus l s l {f/kr l jy bckj rh izu gy dj i krk gA</li> <li>• ?ku vks ?kukHk ds i"bh; {ks=Qy l s l {f/kr izuka dks gy dj i krk gA</li> <li>• Lkk/kkj .k C; kt vks ykHk&amp;gkfu ds izuka dks gy djus ds fy, ifr'kr dh l e&gt; dk mi ; ksx djrk gA</li> <li>• l ka l ; dh; vkadMka ds fp= vkj{k vks n.M vkj{k ea 0; Dr dj i krk gA bu vkj{kka dks ns{kaj dN fu"d{kZ fudky l drk gA</li> </ul>

# d{lk & l kroha foKku

ekg fl rfcj rd	ekg fnl fcj rd	ekg ekpZrd
<p><b>iFoh ij thou &amp;</b></p> <ul style="list-style-type: none"> <li>iFoh ij ik; s tkus okys fHKU&amp;fHKU i ; kbj .kka LFkyka tS s &amp;jfxLrku] l en] /kph; insk rFkk buea jgus okys t r q /k i kSka dh tkudkj h j [kukA</li> <li>bu i ; kbj .kka ea ik; h tkus okyh [kk] J[kykvka dh tkudkj h j [kukA</li> </ul> <p><b>ty &amp;</b></p> <ul style="list-style-type: none"> <li>iFoh ij ty dh miyC/krk dh tkudkj h j [kukA</li> <li>ty dsegRo dks l e&gt;ukA</li> <li>ty l ealkh egRo i w k fcln r /ka dh tkudkj h tS &amp; i s ty] v k l r ty] dBkj , oa enq ty] ty inlk . k] dks inlk . k l s cpus ds mik; ka dh tkudkj h A</li> </ul> <p><b>inFKZ dh l j p u k &amp;</b></p> <ul style="list-style-type: none"> <li>rRo] feJ . k] ; kSxd dks l e&gt;ukA</li> <li>v . kq v k s i j e k . k q dh i k j a h k d l e &gt; j [kukA</li> <li>Bkl ] n o x s v o L F k k v k a e a v l r j d j l d u k A</li> <li>d n r R o k a v k s ; k S x d k a d k s l a s r k a } j k j l e &gt; u k m l g a 0 ; D r d j i k u k A</li> <li>jkl k; fud v f h k f o ; k , o a jkl k; fud l e h d j . k dh i k j a h k d l e &gt; A</li> </ul> <p><b>vEy] {k j , o a y o . k &amp;</b></p> <ul style="list-style-type: none"> <li>vEy] {k j o y o . k d k s l e &gt; u k A</li> <li>mnl hu h d j . k dh f o ; k D ; k g S \ l e &gt; u k A</li> <li>n s u d t h o u e a m i ; k s x v k u s o k y s v E y ] { k j o y o . k</li> </ul>	<p><b>A"ek v k s r k i &amp;</b></p> <ul style="list-style-type: none"> <li>rki v k s m " e k d k s l e &gt; u k A</li> <li>Bkl ] n o o x s k a d s i l k j d k s l e &gt; u k A</li> <li>Xyuka] D o F k u k d f o f ' k " V m " e k ] d s y k j h d s i f r l e &gt; c u k u k A</li> </ul> <p><b>A"ek dk l p j . k &amp;</b></p> <ul style="list-style-type: none"> <li>A"ek ds l p j . k dh f o f / k ; k a p k y u ] l o g u ] f o d j . k dh t k u d k j h j [ k u k A</li> <li>A"ek ds d p k y u o l p k y d i n k F k k d k s t k u u k A</li> <li>Fkjel q i y k l d dh l j p u k d k s l e &gt; u k A</li> </ul> <p><b>I tholae a i k s k . k &amp;</b></p> <ul style="list-style-type: none"> <li>i k S k a o t l r q / k a e a i k s k . k l e &gt; u k A</li> <li>L o i k s k h ] i j t h o h ] e r t h o h i k S k a v k s t l r q / k a d k s t k u u k m u e a i k s k . k dh f o f / k d k s l e &gt; u k A</li> <li>eut; ds i k p u r a e o i k p u i f o ; k d k s l e &gt; u k A</li> </ul> <p><b>I tholae a ' o l u &amp;</b></p> <ul style="list-style-type: none"> <li>eut; r F k k i k S k a dh ' o l u f o ; k , o a ' o l u v a k a e r a e d k s l e &gt; u k A</li> <li>vll; t l r q / k a t s s e N y h ] f r r y h ] f r y p v v k ] e P N j v k f n e a ' o l u f o ; k d s s g k r h g s l e &gt; u k A</li> </ul>	<p><b>I tholae a m R l t u dh i f o ; k d k s l e &gt; u k &amp;</b></p> <ul style="list-style-type: none"> <li>eut; ds m R l t u r a e d k s t k u u k A</li> <li>i k S k a e a m R l t u d k s t k u u k A</li> </ul> <p><b>f l F l j f o   r &amp; v k o s k</b></p> <ul style="list-style-type: none"> <li>v k o s k d s i d k j a d k s l e &gt; u k A</li> <li>o L r q / k a d k s v k o s ' k r d j u s dh f o f h k u f o f / k ; k a d k s t k u u k A</li> <li>r f M r p k y d d k s t k u u k A</li> </ul> <p><b>I tholae a f u ; a . k v k s l e l o ; &amp;</b></p> <ul style="list-style-type: none"> <li>eut; o i k S k a e a f u ; a . k o l e l ; dh i f o ; k d k s l e &gt; u k A</li> <li>r a = d k r a e &amp; e f l r " d ] e s T t y ] r a = d k , j l o s h v a k a d k s t k u u k A</li> <li>i f r o n t i z f o ; k v k a d k s l e &gt; u k A</li> <li>eut; e a i k ; h t k u s o k y h f o f h k u u k v a r % = k o h x a F k ; k a d k s t k u u k ] m u d s L = k o 1 / 2 g k j e k l 1 / 2 d k s t k u u k ] g k j e k l d s d k ; k s e g r o g k s t k u u k A</li> <li>budh deh o v f / k d r k l s g k u s o k y s j k s k a d k s i g p k u u k A</li> </ul> <p><b>d a k y ] t k m + , o a i s ' k ; k &amp;</b></p> <ul style="list-style-type: none"> <li>eut; ds d a k y v k s m l e a i k ; h t k u s o k y h g f M M ; k a d k s t k u u k v k s m u d h i g p k u d j u k A</li> <li>f o f h k u u k t k m s d k s t k u u k A</li> <li>e k d i s ' k ; k a d k s t k u u k m u d s l a p u v k s</li> </ul>

dh tkudkj h j [kukA

**eki u &**

- eki u D; k gS \ l e>ukA
- eki u ds mi dj . kka dks tkuukA
- {k=Qy} ?kuRo dk eki u dS s fd; k tkrk gS l e>ukA

**l tho t x r e a l x Bu &**

- tō t x r ds fofHKUUK Lrjka@l x Bu ka dks tkuukA
- dks' kdk] vax] vaxra= dks l e>ukA
- l tho dh vius i; kbj . k ni j s l thoka o futhōka ij fuHkj rk dks l e>ukA

f' kfkyu dsegRo dks tkuukA

**l thōæaxfr o ipyu &**

- i kSka o tUrŋ/ka ea xfr o ipyu dks l e>ukA
- i kSka ea mu dkj dka dks tkuuk ftuds dkj . k fofHKUUK i kSka ea xfr gksh gā
- fofHKUUK tUrŋ/ka tS s d p q ] eD [ kh ] ePNj ] eNyh] l kji ] i f { k ; ka ea gksas okyh xfr o ipyu dks l e>ukA

**/ofu &**

- dEi u] nkyu] vkorōdky dks l e>ukA
- /ofu ds l p j . k] J0; o vJ0; /ofu; ka dks l e>ukA

**l thōæaizuu &**

- i kSka ea Qwy] Qy] chtka ea D; k l ædk gS ; g tkuuk i tjk ds fofHKUUK vaxka dh igpku djuk muds dk; kS dks tkuuk i kSka ea i j k x . k] fu"kp u dks l e>ukA
- tUrŋ/ka ea iztuu eNyh] es<d] euŋ; ea iztuu dks l e>ukA
- i f j o / k ū @ f o d k l dks l e>ukA

**izk'k &**

- izk'k ds ifr l e> cukukA
- izk'k ds xqk] i PNk; k] mi Nk; k dks l e>ukA
- xg . k dks l e>ukA

**izk'k dk ijlorū &**

- ijkorū ds fu; e tkuukA
- izk'k l ædkh dN iz kx dj l dukA
- ni . k z o i f r f c E c k a dk cuuk l e>ukA

**l thōæaifjogu &**

- i kSka ea i kuh] [kfut] yo . kka ds l ōgu dks l e>ukA
- tUrŋ/ka i f j o g u dks tkuukA
- euŋ; ds LDr i f j o g u r a = & j Dr ] g n ; ] / k e f u ; k ū f ' k j k v k a dks tkuukA
- euŋ; ea j Dr k / k k u 1/2 j Dr p < k u k 1/2 dks tkuukA
- j Dr p k i dks tkuuk] l e>ukA

# d{k & l kroha

## vaxth

d{kly	ekg fl r{c}j	ekg fnl {c}j	ekg ekp{i
<b>l {d}j l e&gt;dj</b> <b>cklyuk</b>	<ul style="list-style-type: none"> <li>• dfork dks l {d}j vkun mBk i krk gA</li> <li>• i kB eafn, x, ik= dh l {d}j udy dj i krk gA</li> <li>• okrk{y}ki ea vaxsth 'kCnka dk mi ; l{x} djrk gA</li> <li>• vi us l gi kFB; ka ds l kFk 2&amp;3 okD; ka dks vaxsth ea cky i krk gA</li> <li>• ckyrs l e; dky] fyax dk /; ku j [krk gA</li> </ul> <p>fofHklu izdkj ds Instructions/ Requests, direction l e&gt; i krk gA</p>		
<b>i&lt;uk i&lt;{d}j</b> <b>l e&gt;uk</b>	<ul style="list-style-type: none"> <li>• i kB eafn, x, i kBka dks lk&lt;+i krk gA rFk Vocabululary l e&gt; i krk gA</li> <li>• dgkuh] dfork x   dks i&lt;{d}j Dramatization dj i krk gA</li> <li>• vi us fe= ; k l gi kBh }kj k fy [ks e] st dks i&lt;{d}j l e&gt;krk gA</li> <li>• dgkfu; ka dks i&lt;{d}j l e&gt;rk gA</li> <li>• i kB; i {d}rd ds vfrfjDRk vl; dgkfu; k@thouh l eakh fdrkc dks i&lt;{d}j l e&gt;rk gA</li> </ul>		
<b>fy[kuk</b>	<ul style="list-style-type: none"> <li>• Jq y[k dj i krk gA</li> <li>• fdl h fo"k; ij dYiuk dj ds vi useu l sfy[k i krk gA</li> <li>• fy[krs l e; dk l gh&amp;l gh mi ; l{x} dj i krk gS t] s &amp; yMeh ds fy, She, yMds ds fy, He vlfnA</li> <li>• egki q "kka dh thouh@R; ksjk ka dk <a href="mailto:o.ku@vi.us">o.ku@vi.us</a> eui d n [ky ds ckjs ea fy[k i krk gA</li> <li>• i kB ea nh xbl xfrfof/k; ka dks dj i krk gA</li> <li>• i kB eafn, x, izuka ds mRrj fy[k i krk gA</li> </ul>		

**Vhi & bl l kj.h ea izrkfor l Hh d{kly i kB; i {d}rd ds gj i kB ds fy, l eku : lk l smi ; l{x}h vl{ egRo i wZ gSf'k kd viuh vto'; drk vl{ foods ds vuq lk blgav/; ki u ds n{ku 'kfey dj l drsgA**

## d{lk & vlBoha fgmh

d{sky	ekg fl r{cj	ekg fnl Ecj	ekg ekp{
<p><b>I qdj] I e&gt;dj ckjuk</b></p>	<ul style="list-style-type: none"> <li>• I qh] ns[kh] i &lt;h ?kVukvk{ dk; Øek{ fQYek{ xfrfof/k; ka ij ckrphr djrk gSo n{ jka ds fopkjka dks I qrk gA</li> <li>• I kekftd epnka i ; k{zj.kh; epnka l s l æ{kr p{klz ea l fEefyr gk{dj vi uh vfHkO; fDRk nsrk gA</li> <li>• vi us }kjk ekS[kd vFkok fyf[kr vfHkO; fDr ij n{ jka dh jk; I quk pkgrk gA fn, x, fp=ka ij p{klz dj ikrk gA</li> </ul>		
<p><b>i &lt;uk{i &lt;dj I e&gt;uk</b></p>	<ul style="list-style-type: none"> <li>• fo/lk ds vuq lk i k B dks i &lt;+ i krk gA</li> <li>• i Bu ea fufgr l onukvka dks I e&gt;dj vkpj.k ea mi ; kx djrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• i k B ea fn, x, vya{kfjd Hk"kkvka dks i &lt;dj I e&gt; tkrk gA</li> <li>• i k B; i qrd ds vrfjDr ykbcjh ea tkdj vl; i qrdka dks i &lt;dj I e&gt;rk gA</li> <li>• 0; kdj.k ds rRoka tS s &amp; l ekl ] vya{dj vkfn dks I e&gt;rk gSo ml dk iz kx Hkh djrk gA</li> <li>• i k B ea fufgr xfrfof/k; ka dks I e&gt;rk gS ,oa ml ea l gHkxh gkrk gA</li> </ul>	<ul style="list-style-type: none"> <li>• i k B; i qrd ds i k Bka dks fo/kkuq kj i &lt;dj I e&gt;rk gA</li> <li>• i k B; i qrd ds vrfjDr vl; jpuvka tS s &amp; dgkuh] dfork] ukVd dks i &lt;dj I e&gt;rk gA</li> <li>• ykbcjh dh vl; i qrdka dks i &lt;us dk iz kl djrk gS</li> </ul>
<p><b>fy[luk</b></p>	<ul style="list-style-type: none"> <li>• i k B ea fufgr izuka ds mRrj Lofood l sfy[k i krk gA</li> <li>• fdl h ?kVuk ; k thouh dks Øec) : lk l sfy[k i krk gA</li> <li>• dgkuh] dfork] ukVd dks i &lt;dj vi us 'kCnka eafy[k i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>• 'kCn vFk{ foyke 'kCn] egkojk] l k k] i R; ; ] mi l xZ vkfn l s l æ{kr vH; kl ds izuka dks fy[k i krk gA</li> <li>• ekfyd jpuvka dks fy[k i krk gS</li> </ul>	<ul style="list-style-type: none"> <li>• fdl h ; k=k dk vu{ko fy[k i krk gA</li> <li>• oxZ igyh dks i &lt;dj gy dj i krk gA</li> <li>• dk; k{y; hu i=@ fe= dks i= @fj'rs nkjka dks i= fy[k i krk gA</li> </ul>
<p><b>vfHkO; fDRk</b></p>	<ul style="list-style-type: none"> <li>• fn, x, 'kCnka l sdgkuh ij h dj i krk gA fp= ns[kdj dgkuh] jpuv fdl h 'kh"kd ds vk/kkj ij dfork@Lyksu vkfn fy[k i krk gA</li> </ul>		

**Vhi & bl I kj.kh ea i Lrkfor l Hh d{sky i k B; i qrd ds gj i k B ds fy, I eku : lk l smi ; kxh vl{ egRo i wZ gSf'k{k d viuh v{lo'; drk vl{ food ds vuq lk blgav/; ki u ds nk{ku 'Hfey dj l drsgA**

## d{kk & vlBoha xf.kr

elg fl r{cj rd	elg fnl {cj rd	elg epzrd
<ul style="list-style-type: none"> <li>• vHkkT; xqku[k.M fof/k dk mi ;ksx dj nh ghpZl { ; k dk oxZny fudky ikrk gA</li> <li>• ifjes l { ; kvka dh Nks/h ?kkrka l s l { /kr l jy izu gy dj ikrk gA</li> <li>• fn, gq fdl h j{kk[k.M dks l eku Hkkxka ea ckV l drk gA</li> <li>• ,d inh; ;k nks inh; chth; 0; atdka dk xqkk ,oaHkkx dj l drk gA</li> <li>• o{kk l s l { /kr 'kCnka t\$ s &amp; d{nz] f=T; k] 0; kl ] thok vkfn ds vFkZ vk\$ muds xqkka dks l e&gt;rk gA</li> <li>• fdl h pki }kjk o{kk ds d{nz vk\$ ifjf/k ds fdl h fclnq ij cus dks kka ds l { /k dks crk ikrk gA</li> <li>• l ekrj ek/; ] ef/; dk vk\$ cgyd ds vrj dks l e&gt;rk gA fn, x, vkadMka l s budh x.kuk dj l drk gA</li> <li>• dkrhZ ry l s fdl h fcng dks ml ds fun\$ kka ds vk/kkj ij fpUgkfr dj l drk gA</li> </ul>	<ul style="list-style-type: none"> <li>• nks chth; 0; atdka dk eg{ke l eki orZl Kkr dj l drk gA</li> <li>• l oZ fedkvka dk mi ;ksx dj chth; 0; atd dk xqku[kM ikr dj l drk gA</li> <li>• cg{kk ds l keku; xqkka dks l e&gt;rk gA</li> <li>• nh xbZ ifjflFkr; ka ea pr{kk dh jpuk dj l drk gA</li> <li>• l ehdj.k dh l gk; rk l s l jy bckjrh izu gy dj l drk gA</li> </ul>	<ul style="list-style-type: none"> <li>• l jy p{of) C; kt dh x.kuk dj l drk gA</li> <li>• f=Hkk] pr{kk] o{kk vkfn ds {ks=Qy dh x.kuk djus ds fy, l {ka dk mi ;ksx djrk gA</li> <li>• c\$y ds vk; ru] o{ i"B , d l Ei wkZ i"B Kkr djus l s l { /kr l eL; k, j gy dj l drk gA</li> <li>• Xk{ks ; k ek\$ ds dxxt dk mi ;ksx dj fiT{e] ?ku] ?kukHk] c\$y vkfn cukus dk iz kl djrk gA</li> <li>• Xkf.kr euk\$ atd g% l { ; kvka dh fofHku xfrfof/k; k\$ djds ; g l e&gt;rk gA</li> </ul>

## d{k & vBoha foKku

elg fl r{c j rd	elg fnl {c j rd	elg elp{rd
<p><b>vkdk'k n'ku &amp;</b></p> <ul style="list-style-type: none"> <li>fofHKUk vkdk'kh; @ [kxksh; fi .Mks t\$ &amp;rkj] rkjkeMy] iFoh] xqka dh tkudkj j [kukA</li> <li>rkjk] xg] mixg] /k{dr] mYdk] l kjeMy dsifr le&gt; cukukA</li> </ul> <p><b>feVvh &amp;</b></p> <ul style="list-style-type: none"> <li>feVvh dh ifjPN{ndk] feVvh ds ?kVdka dh tkudkj j [kukA</li> <li>feVvh ds i{q]k i{dkjka dks tkuukA</li> <li>feVvh dk vijnu] feVvh inik.k dks tkuukA</li> <li>feVvh dk l j {k.k d\$ s gk\$ k g\$ ; g le&gt;ukA</li> </ul> <p><b>ok; q&amp;</b></p> <ul style="list-style-type: none"> <li>ok; q ds vo; oka dks tkuukA</li> <li>ok; eMy dh le&gt; j [kukA</li> <li>ok; q inik.k D; ka gk\$ k g\$ ml l s cpus ds mik; tkuukA</li> <li>ok; eMyh; nkc dks le&gt;ukA</li> <li>cjkehVj@ok; qkc eki h dks tkuukA</li> </ul> <p><b>jkl k; fud fØ; k, adc v\$ ds h&amp;d\$ h &amp;</b></p> <ul style="list-style-type: none"> <li>jkl k; fud vfhk fØ; k , oa muds y{k. kka dks tkuukA</li> <li>jkl k; fud vfhk fØ; kvka ds i{dkj &amp;</li> </ul>	<p><b>dkc{ &amp;</b></p> <ul style="list-style-type: none"> <li>dkc{ ds Hkk{rd , oa jkl k; fud xq kka dks tkuukA</li> <li>dkc{ ds fofHKUk vij: ika dks le&gt;ukA</li> <li>ghjk] xQkbV] pkj dksy] dkty] dks yk ds xq/k{el tkuukA</li> <li>ngu o ngu dh fØ; k dh le&gt; j [kukA</li> <li>ek{c{kh dh Tokyk dh jpuk l s voxr gksukA</li> <li>dkc{ MkbvkdI kbM ds mi; kx dh tkudkj j [kukA</li> </ul> <p><b>'kj j dh jpukRed , oa dk; Red bdkbZ &amp; dk{kdk</b></p> <ul style="list-style-type: none"> <li>dk{kdk ds bfrgkl] dk{kdk dh l j puk tkuukA</li> <li>tUrq dk{kdk o ikni dk{kdk ea vUrq dj i kuka</li> <li>fofHKUu dk{kdkacs dh jpuk o dk; k{ dh le&gt; j [kukA</li> </ul> <p><b>l {e th &amp; , d vnHq l i kj</b></p> <ul style="list-style-type: none"> <li>'kky] dod] i k/sk/sk] thok. kj fo"kk. kq dh jpuk] vkokl] xq kka , oa egRo dks le&gt;ukA</li> <li>l {e thoka dh ykHknk; d] gkfudkj d</li> </ul>	<p><b>fo   r /kjk &amp;</b></p> <ul style="list-style-type: none"> <li>fLFkj fo   r /kjk ds ifr le&gt; cukukA</li> <li>fo   r /kjk ds L=k\$ tkuukA</li> <li>fo   r l sy] Mk; u{ks\$ fo   r ifjiFK] fo   r pkyd o fo   r jkskh inkFKka dks le&gt;ukA</li> <li>fo   r /kjk ds m"eh; i Hkko o muds mi; kx 1/2 fo   r] cYc] ghVj] fo   r i l 1/2 tkuukA</li> <li>fo   r /kjk dk jkl k; fud i Hkko 1/2 fo   r l sy] 1/2 fo   r /kjk dk p{cdh; i Hkko o muds mi; kx 1/2 fo   r ?k{h] VsyhQksu] VsyhxtQ] ykmM Li hdj] fo   r eksj 1/2 tkuukA</li> </ul> <p><b>Åtk{ ds L=k\$ &amp;</b></p> <ul style="list-style-type: none"> <li>fo   r Åtk{ dgka l s i klr gk\$ h g\$ \ tkuukA</li> <li>ty fo   r Åtk{ Tokjh; Åtk{ iou Åtk{ rkih; Åtk{ ukfHkdh; Åtk{ dks tkuuk le&gt;ukA</li> <li>thok'e bZku] i s/ky; e] ck; kx\$ ] l k\$ Åtk{ ds ifr le&gt; cukukA</li> <li>l syj d{pj rFkk l k\$ ty m"ek dh l j puk rFkk dk; fof/k le&gt;ukA</li> </ul> <p><b>[k] mRiku o ic{ku &amp;</b></p> <ul style="list-style-type: none"> <li>d{ k ds vUrxZ Ql yka ds i{dkj] [kj hQ Ql y] jch Ql y] tk; n Ql y dks tkuukA</li> <li>Hk{ie dk p; u] Hk{ie dh r\$ kjh] chtka dh ck{okb] [kkn nsuk 1/2 k\$ j [kkn] dEi k\$ V [kkn] gjh [kkn ox&amp; dklLVa] ukbVktu mo] d] QkLQs/h] i k/s'k; e mo] dka dks tkuuk 1/2</li> <li>Ql y pØ fl pkbZ ds l k/kuka dks tkuukA</li> <li>fl pkbZ dh uohu rduhdka 1/2 Li dyj] fM{ fl pkbZ rduhd 1/2 dks</li> </ul>

l a kstu vfhkfØ; k] vi?kVUj  
 mnkl huhdj .k] vKDI hdj .k &  
 vi ; u vfhkfØ; kvka dks l e>ukA  
 rFkk nšud thou l sbllga tkM+  
 l duka

**/kkrq; vks v/kkrq; &**

- /kkrq; vks v/kkrq; ds xqkka dks l e>dj muea vlrj dj l duka
- nšud thou ea muds xqkka ds vk/kkj ij mi; ksx djuk rFkk mi; ksx ea vkus okyh feJ /kkrq;ka ds ifr viuh l e> cukuk ,oa muds vo; oka dks tkuukA

fØ; kvka dks tkuuk o l e>ukA

- l f; thoka l s gksus okys jkska dks tkuuk o mul s ds s cpk tk, bl dh l e> cukukA

**idk'k dk viorū &**

- viorū D; k gS bl dh l e> cukukA
- bul sl æf/kr iz ksx dj l duka
- mūky yā o vory yā dh igpku dj l duka
- yā l s l æf/kr 'kcnkoyh e[; vākj idk'k dñh e[; QkdI dks tkuukA
- mūky yā o vory yā l s ifrfckEcka dk cuuk l e>ukA
- vk[k dh l j puk tkuukA
- iæ[k n fV nkska dks tkuuk ,oa blga nj ds sfd; k tkrk gS bl ij l e> cukukA

**pīcdRo &**

- ikdfrd pād ,d df=e pād ds fo"K; ea tkudkj j [kukA
- pīcdh; ,oa vpīcdh; inkFkkā dh igpku dj muea vlrj dj ikukA
- iFoh ds pīcdh; Lo: lk dks tkuukA
- pīcd ds mi; ksx tkuukA

l e>ukA

- funkbZ [kji rokj fu; æ.k] Ql y l j {k.k dks tkuukA
- Ql y dVkbZ ,oa xgkbZ dks tkuukA
- HkMkj .k dh rdudh fof/k; ka l s ifjpr gksukA
- e'k: e dYpj n[ k mRi knu dks tkuukA
- Ql y l e[ufrij l e> cukukA
- tUr[ka l sikr gksus okys [kk | inkFkkā dh tkudkj j [kukA

**jks &**

- ikdfrd o df=e jskka ij l e> cukdj mudh igpku dj ikukA
- jskka ds xqk/keZ dks tkuukA
- l vrh] VjhdKW] Åu] js ku] fyuu] uk; ykUu] i MlyLVj vkfn jskka dh igpku dj ikukA
- ouLifr jskk dikl ] l ey] tW] ukfj; y dks tkuukA
- ikdfrd o df=e jskka ea vlrj dj ikukA
- drkbZ cpkbZ fufVæ dks tkuukA
- gFkdj?ks ds ckjs ea tkudkj j [kukA

**fdruk Hkstu ds k Hkstu &**

- l Urfyr Hkstu D; k gS \ bl ij l e> cukukA
- Hkstu ds vko' ; d ikSkd rRoka & dkck[ kbMSV] ol k] i ks/hu] foVkfue] [kfut yo.k dks tkuukA
- buds L=kr ,oa budh deh l s gksus okys jkska ds ckjs ea tkuukA
- foFHkUk [kk | inkFkkā dk ijh{k.k dj ikukA
- Hkstu@[kk | inkFkkā ds ijh{k.k dh foFHkUk fof/k; ka dh tkudkj j [kukA
- Hkstu dh ccknh fdl rjg jkdh tk l drh gS ij l e> cukukA

**dñ l kelU; jks &**

- l Øked jks D; k gS & ; s D; ka gks gā & ; s jks ds s Qsyrsgā bu ij l e> cukukA



		<ul style="list-style-type: none"><li>• gSt;k] ri\$nd] VkbQkbM] ey\$;k] i\$P'k] gkFkh ikø] lnhz tpke] fpdu ikØl] ik\$y; k] jcht] ,M+ vkfn jk\$ka ds dkj.k y{k.k o cpko dsmik; tkuukA</li><li>• Vhdkdj.k D;k g\$&amp; dc v\$ d\$ sfd;k tkrk g\$bl ij l e&gt; cukukA</li></ul>
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## d{kk & v{Boha v{xst h

d{sky	ekg fl r{Ecj	ekg fnl Ecj	ekg ekpi
<b>I qdj] I e&gt;dj cklyuk</b>	<ul style="list-style-type: none"> <li>waters for ,oa from a Railway Carriage dfork dks gko&amp;Hkko ds I kFk xk i krk gA</li> <li>i kB ea vk, Word meaning dks crk i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>dfork i &lt;dj Rayming Words cklyrk gSTk s &amp; Mad, Dad vkfnA</li> <li>i kB ea fn, x, izuka ds mRRkj crk i krk gA</li> <li>dkVtu n[kdj dN okD; v{xst h ea ckly i krk gA</li> </ul>	<ul style="list-style-type: none"> <li>n{ud thou ea v{xst h ds okD; ka dk cklypky ea mi ; kx djrk gA</li> <li>d{kk ea I gi kBh vFkok f'k{kd ds I kFk okrk{yki dj i krk gA</li> </ul>
<b>i &lt;uk] i &lt;dj I e&gt;uk</b>	<ul style="list-style-type: none"> <li>i kB ea fn, x, dfBu 'kCnka ds vFkZ dks I e&gt; i krk gA</li> <li>fp= n[kdj I e&gt;rk gA dgkuh] dfork ea nh xbz fO; kvka ds vk/kkj ij fn, x, fp=ka dks Oec) : Ik I s tek i krk gA</li> <li>fn, x, i kBka dks 'kq) mPpkj.k ds I kFk i &lt;+ i krk gA</li> <li>Poem ,oa Prose ds Hk'kk ds varj dks I e&gt; i krk gA</li> <li>Proverbs dh Hk'kk vls I k/kkj.k okD; ka ea varj I e&gt; i krk gA</li> <li>i kB; i qrd ds vfrfj DRk vU; okD; ka dks Hkh I e&gt; i krk gA</li> </ul>		
<b>fy [luk</b>	<ul style="list-style-type: none"> <li>i kB ea fn, x, izuka ds mUkj ,oa xfrfof/k; ka t s s &amp; oxZ i gsyh] I kj.kh Hkjks vkfn dks dj i krk gA</li> <li>okD; ka dh I j puk dj i krk gA</li> <li>v{xst h ea fucak] i = y[ku dj i krk gA</li> <li>vi us ifjo sk dh oLrka ds uke v{xst h ea fy [k yrk gA</li> </ul>		

Vhi & v{xst h fo"k; ea ijs i B la ea ; gh i fO ; k ylxw gkxh fdUrql mHk ds vuq kj bl ea ifjorzu gkxkA t s s & fl r{Ecj ekg ea 1 I s 8 rd ds i B la ea mDr d{sky la ck fodkl gkxk rls fnl Ecj rd ml ds vlx s ds i B 8 I s 16 rd blgha d{sky la ck fodkl gkxkA