Scholarly Research Journal for Interdisciplinary Studies,
Online ISSN 2278-8808, SJIF 2016 = 6.17, www.srjis.com
UGC Approved Sr. No.45269, SEPT-OCT 2017, VOL- 4/36

cfu;knh rkyhe ¼vkuUn fudsru fo|ky; ds d{kk vkBoha½ dh lkekftd ,oa 'kS{kf.kd vf/kxe çfØ;kvksa ,d fo'ys"k.kkRed v/;;u

vuwi dqekj flag

¼,e-fQy- 'kks/kkFkhZ½, f'k{kk fo|kihB]e-xka-v-fg-fo-fo-o/kkZ, anoop.281190@gmail.com

Abstract

lh[kus&fl[kkus dh vUrfØ;k f'k{kd ,oa f'k{kkfFkZ;ksa ds e/; yxkrkj gksrh jgrh gSA vc vf/kxe dh 'kSyh dk fodkl çdkj ls çHkkoh cuk;k tk; A ;g ,d egÙoi.kZ ç'u gSA cfu;knh rkyhe ds ikBîØe ds vrxZr vk/kkjHkwr f'kYi tSls&d`f"k] drkbZ&cukbZ] ydM+h] peM+] feêh dk dke] iLrd dyk] eNyh ikyu] Qy o lCth dh ckxokuh] ckfydkvksa gsrq xgfoKku rFkk LFkkuh; ,o Hkkxksfyd vko';drkvksa ds vuqdwy f'k{kkçn gLrf'kYi bl d vykok ekrHkk"kk] xf.kr] lkekftd v/;;u ,o lkekU; foKku] dyk] fgnh] 'kkjhfjd f'k{kk vkfn j[kkA f'k{k.k fof/k dk f'k{k.k ds okLrfod dk;&Øe;kvksa vkj vuHkoksa ij vk/kkfjr fd;kA mud vuqlkj f'k{k.k fof/k 0;kogkfjd gksA djds lh[kuk] vuHko }kjk lh[kuk rFkk fØ;k ds ek/;e ls] leok;&i)fr dk mi;ksx fd;kA f'k{kd ,o f'k{kkfFkZ;ksa dk 0;ogkj fe=or gks] ikB i<k;s tkus ds nkSjku ç'u mÙkj ds ek/;e ls lh[kus&fl[kkus dh çfØ;k gksrh gSA f'k{kd d{kk e lh[kus&fl[kkus dh çfØ;k e cgqr vf/kd lgHkkfxrk yrs gS vkj fo"k; oLrq dk gj lEHko ç;kl djd lh[kus vkj fl[kkus dh çfØ;k e 'kkfey gksdj lh[krs vkj fl[kkrs gSA vkRe&fu;U=.k }kjk vuq'kklu dk lEiUu djrs gSA vkRe&vuq'kklu ij cy fn;k tkrkgSA ikBîØe e f'kYi] tSls&d`f"k] lr dkruk vkj cuuk] ydM+h dk dke]xÙk dk dke] /kkrq dk dke] ckxokuh] peM dk dke vkfn] 0;fäxr ,o lkekftd x.kks d fodkl d fy, cPpk dk bfrgkl]Hkxksy] ukxfjd'kkL=] çd`fr&v/;;u] thou&foKku] 'kjhj&foKku] LokLF;&foKku] jlk;u&foKku] ouLifr&foKku] u{k=&foKku vkfn dk 'kkfey fd;k x;k gSA

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cfu;knh rkyhe fo|ky; vkuUn fudsru lekt ls vkSj 0;ogkfjd thou ls tqM+h gS] vU; fo|ky;ksa dh vis{kk iLrdh; Kku ds lkFk gh lkFk 0;ogkfjd rFkk jktxkj ijd f'k{kk dk ikB i<krk gSA cfu;knh rkyhe ds fo|ky; dh lLd`fr] fo|kfFkZ;ksa ds lKkukRed] ck/kkRed rFkk vuç;ksxkRed rhuksa çdkj dh f'k{k.k çfØ;kvksa ij vk/kkfjr gS ftlls fo|kfFkZ;ksa dk lokZxh.k fodkl gksrk gSA

f'k{kk fdlh Hkh jk"V ds fuek.k dh vk/kkjf'kyk gSA f'k{kk i)fr ,o lekt 0;oLFkk e ?kfu"Bre lEcU/k gksrs gSA f'k{kk dh /kjh f'k{kd vkj f'k{kkFkhZ gSA ,d fof'k"V mís'; dk lkeus j[kdj gh og ckyd ds fuek.k e çoÙk gksrs gS A lh[kus&fl[kkus dh vUrfØ;k f'k{kd ,o f'k{kkfFkZ;ksa ds e/; yxkrkj gksrh jgrh gSA vc vf/kxe dh 'kSyh dk fodkl çdkj ls çHkkoh cuk;k tk;] ;g ,d egÙoi.kZ ç'u gSA lh[kus&fl[kkus dh 'kSyh e fo|ky;h okrkoj.k] lkekftd okrkoj.k dk çHkko n[kus dk feyrk gSA tSl çdkj dk fo|ky; gksxk] mnkgj.k ds fy, lh-ch-,l-b- vk/kkfjr] fo|ky;ksa e f'k{kdksa ds fl[kkus dh 'kSyh ijEijkxr fo|ky;ksa ls fHkUu gksrh gSA tgk cfu;knh rkyhe fo|ky;] u;h rkyhe ,d vyx çdkj dh i)fr gSA tks xk/kh th ds rhu ,p- ¼gsM] g.M o gkVZ½ ij vk/kkfjr gSA ;gk ds f'k{k.k i)fr vU; fo|ky;ksa ls fHkUu gS] ;gk dh f'k{k.k i)fr ckyd ds 0;kogkfjd thou ls tqMrh gS; gLr dk'ky] gLrf'kYi vkfn ek/;e ls f'k{kk çnku djrh gSAf'k{kk dk lekt ifjorZu dk ,d l{ke vL= ekuk x;k gSA D;kfd f'k{kk ftl çdkj ekuo eu dk

ekMrh g] ekuo m/kj gh eM tkrk g] blfy, ;g vko';d tku iMrk g fd LoLFk lekt d fuek.k d fy, LoLFk f'k{kk i)fr dk fodklvko';dgA

cfu;knh rkyhe fo|ky; dh ,frgkfld fLFkfr &

cfu;knh rkyhe f'k{kk vR;r egRoi.k ,o cgeY; gA bl o/kk ;ktuk] u;h rkyhe] cfu;knh rkyhe rFkk cfld f'k{kk d ukek l Hkh tkuk tkrk gA xk/khth u 1937 e u;h rkyhe dh ;ktuk cuk;h ftl jk"V0;kih 0;kogkfjd :i fn;k tkuk FkkA mud 'kf{kd fopkj f'k{kk'kkfL=;k d rRdkyhu fopkjk l ey ugh [kkr] blfy; çkjEHk e mud fopkjk dk fojk/k gvkA xk/khth d thuo&i;Ur py lR; d vUo"k.k ,o jk"V d fuek.k gr lfØ; ç;kxk d ek/;e l yEc le; rd fopkjk d xgu eFku d ifj.kkeLo:i u;h rkyhe dk n'ku ,o çfØ;k dk çknHkko gvk tk doy Hkkjro"k gh ugh] vfir lEi.k ekuo lekt dk ,d u;h fn'kk nu e l{ke FkkA vkt rk vkye ;g g fd 'k{kf.kd] lkekftd ,o vkfFkd दृf"V l Hkkjr iu% ik'pkR; lekT;okn d v/khu fujUrj ljdrk pyk tk jgk gAckyd vkj eu"; d 'kjhj] efLr"d vkj vkRek e tk; tku oky lokÙke x.kk dk pge[kh fodkl djuk gA vr% ckyd d lokxh.k fodkl gr mld 'kkjhfjd] ekufld] ckf)d ,o vk/;kfRed x.kk dk fodkl djuk gA cfu;knh rkyhe jk"Vh; lH;rk] lLकृfr d utnhd Fkh] lkFk gh lkFk lkenkf;d thou d vk/kkjHkr 0;olk;k l tMh gb Fkh rFkk lh[k g, vk/kkjHkr f'kYi d }kjk 0;fä viu thou dk fuokg dj ldrk FkkA vr% ;g f'k{kk gekj thou d cfu;kn ;k vk/kkj l tMh gb Fkh] blfy, bldk uke cfu;knh rkyhe ;k vk/kkjHkr f'k{kk j[kk x;kA xk/khth u cfu;knh rkyhe d ikBîØe d vrxr vk/kkjHkr f'kYi tl& कृf"k] drkb&cukb] ydMh] peM] feêh dk dke] iLrd dyk] eNyh ikyu] Qy o lCth dh ckxokuh] ckfydkvk gr xgfoKku rFkk LFkkuh; ,o Hkkxkfyd vko';drkvk d vudy f'k{kkçn gLrf'kYi bld vykok ekrHkk"kk] xf.kr] lkekftd v/;;u ,o lkekU; foKku] dyk] fgnh] 'kkjhfjd f'k{kk vkfn j[kkA f'k{k.k fof/k dk f'k{k.k dk okLrfod dk;&fØ;kvk vkj vuHkok ij vfuok; :i l vk/kkfjr fd;kA mud vulkj f'k{k.k fof/k 0;kogkfjd gkA ckydk dk fofHkUu fo"k;k dh f'k{kk fdlh vk/kkjHkr f'kYi d ek/;e l nh tk,A djd lh[kuk] vuHko }kjk lh[kuk rFkk fØ;k d ek/;e l lh[ku ij cy fn;k x;kA xk/khth u cfu;knh rkyhe e lh[ku dh leok; i)fr dk mi;kx fd;kA ftld vrxr mUgku leLr fo"k;k dh f'k{kk fdlh dk; ;k gLrf'kYi d ek/;e l nhA xk/khth dh f'k{kk lc/kh fopkj/kkjk dh çklfxdrk oreku ifjç{; e mi;ä 0;k[;k dk eY;kdu fd;k tk, rk bl rF; ij igpr g fd xk/khth dk f'k{kkn'ku oreku ifjç{; e Hkh çklfxd gA

cfu;knh rkyhe fo|ky; dh lLकृfr&

cfld f'k{kk d ikBîØe dh vof/k 7 o"k dh g A 7 l 14 o"k d ckydk ,o ckfydkvk dk fu%'kYd ,o vfuok; f'k{kk nh tk,A f'k{kk dk ek/;e ekrHkk"kk gA fgnh Hkk"kk dk v/;;u ckydk rFkk ckfydkvk d fy, vfuok; gA li.k f'k{kk dk lc/k vk/kkjHkr f'kYi l gkrk gA pu g, f'kYi dh f'k{kk ndj vPNk f'kYih cukdj LokoyEch cuk;k tk,A f'kYi dh f'k{kk bl çdkj nh tk, fd ckyd mld lkekftd ,o oKkfud egRo dk le> ldA 'kkjhfjd Je dk egRo fn;k x;k rkfd lh[k g, f'kYi d }kjk thfodkiktu dj ldA f'k{kk ckydk d thou] ?kj] xke rFkk xkeh.k m|kxk] gLrf'kYik vkj 0;olk; ?kfu"V :i l lcf/kr gkA ckydk }kjk cukb xb oLr, ftudk ç;kx dj ld ,o mudk cpdj fo|ky; d Åij dN 0;; dj ldA ckydk ,o ckfydkvk dk leku ikBîØe j[kk tk,A NBoh vkj lkroh d{kkvk e ckfydk, vk/kkjHkr f'kYi d

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LFkku ij xgfoKku y ldrh gA ikBîØe dk Lrj oreku efVd d led{kA ikBîØe e vxth vkj /ke dh f'k{kk ugh nh xb gA

cfu;knh rkyhe fo|ky; dk Hkkfrd Lo:i&

cfu;knh rkyhe fo|ky;¼vkun fudru½] egkjk"V jkT; o/kk fty e fLFkr lokxke uked LFkku ij ;g fo|ky; fLFkr g tkfd egkRek xk/kh th d cfu;knh rkyhe f'k{kk i)fr ij vk/kkfjr gA;g fo|ky; egkRek xk/kh d fuokl LFkku cki dVh l ,dne tMk gvk fLFkr gAbl fo|ky; dk okrkoj.k ,dne çkकृfrd g tgk ij ekrHkk"kk e fo|kfFk;k dk f'k{kk çnku dh tkrh gA;gk d Hkkfrd Lo:i dh ckr dj rk ;gk ij ulj.h] d{kk 1 l ydj d d{kk 10 rd dh d{kk, çf'kf{kr f'k{kdk }kjk lpkfyr gkrh gAgj d{kk d fy, d fy, vyx&vyx Hkou cu g, g] ftu e d{kk, lpkfyr gkrh gA gj d{kk e cBu dh mfpr 0;oLFkk gA gj d{kk e vko';drkulkj fo|r midj.k g] [kyu d fy; i;kIr LFkku] fo|ky; e ckyd rFkk cfydkvk y fy, vyx&vyx 'kkpky;k dh 0;oLFkk dh x;h gA foKku fo"k; d v/;;u d fy; ç;kx'kkyk,] dEI;Vj f'k{kkçnku dju d fy, dEI;Vj rFkk dEI;Vj d{k dh 0;oLFkk dh x;h g]lxhr fl[kku d fy; fofHkUu ok|;U= dh 0;oLFkk] Øk¶V d dke tl flykb&cukb] d<kb dkxt l fofHkUu çdkj d [ky d lekuk dk cuku d fy; d{kk d{k dh 0;oLFkk dh x;h g] fo|ky; e gh ckxokuh d dke d fy; [krk dh 0;oLFkk vkfn 'kkfey gA

cfu;knh rkyhe fo|ky; f'k{kd&f'k{kkFkh dh fLFkfr&

cfu;knh rkyhe fo|ky; e i<ku oky f'k{kd ,o f'k{kkfFk;k dk 0;ogkj fe=or g] f'k{kdk vkj fo|kfFk;k d e/; ikB i<k; tku d nkjku ç'u mÙkj d ek/;e l lh[ku&fl[kku dh çfØ;k gkrh g f'k{kd d{kk e lh[ku&fl[kku dh çfØ;k e cgr vf/kd lgHkkfxrk yr g vkj fo"k; oLr dk gj lEHko ç;kl djd lh[ku vkj fl[kku dh çfØ;k e 'kkfey gkdj lh[kr vkj fl[kkr g A f'k{kdk vkj fo|kfFk;k d e/; ikB i<k; tku d nkjku ç'u&mÙkj d ek/;e l lh[ku&fl[kku dh çfØ;k gkrh g cfu;knh rkyhe d fo|ky; e f'k{kdk }kjk lpuk vkj lpkj çk|kfxdh midj.k vkj vuç;kxk dk 0;ogkj e ykdj lh[ku&fl[kku dh çfØ;k dk jkpd cukdj vUr%fØ;k djr gA f'k{kd&fo|kfFk;k dh vf/kxe vko';drkvk dk vf/kd egRo nr gA fo|kfFk;k d e/; vf/kd vUr%fØ;k n[ku dk feyrh g A d{kk f'k{k.k d nkjku Nk=k d 0;fäxr vuHkok तथा विचारों को बढ़ावा दिया जाता है । शिक्षक द्वारा विद्यालय में वाचन प्रश्नोत्तर, मॉडल, समूह dk;] ppk&ifjppk] दृ';&J0; lkexh rFkk fo|kFkh dk fopkj dju e T;knk l T;knk lfU/k feyku oky miØe vkfn midj.kk d ek/;e l thou l tMdj d{kk f'k{k.k dk çHkko 'kkyh cukr g, vUr%fØ;k djr gA ,d fo"k; fo'k"kK gku d ckotn viu fo"k; l brj dkb fo"k; dk i<ku d fy, vUr%fØ;k Lo:i f'k{kd कृfr'khy] vuHko nr g; vU; fo"k;k l tkMdj tl& jlkb] ckxokuh] dk foKku l tkMr g, i<kr gA fo|kFkh ,dkxrk l lu] ç'u iN] leg e fu/kkfjr fd; x; fo"k; ij ppk dj] Kku dk vkRelkr dj] ikB dk /;ku iod le>] fl[kk; x; Kku dk 0;ogkj e yk; A f'k{kd vkiu ,.MM ç'ukoyh ¼D;k] dl] D;k½ dk fuek.k djd] fo|kfFk;k l [kydj l;kj l ckr djd] fo|kFk;k dk fo"k; oLr d vulkj le>kr g] fo|kFk;k dk 0;kogkfjd Kku dk lUnHk ydj fo"k; dk io Kku tkxr djd mUg fo"k; d vudy #fp c<ku dk ç;Ru djr g rFkk mlij ppk djr g ftll fpUru 'kfä dk fodkl gkrk gA f'k{kd vUr%fØ;k d nkjku ekrHkk"kk dk vf/kd ç;kx gkrk gA ekrHkk"kk d lkFk&lkFk vxth] fgUnh rFkk lLकृr dk Hkh ç;kx gkrk g A f'k{kd कृfr djokdj] ekf[kd ç'u iNdj] ç'klk djd] ekf[kd o fyf[kr eY;kdu] rFkk NkVh&NkVh pkp.kh yr g] ml ij ppk djr g fdldk T;knk fey vkj

fdldk de bl ij vUrfØ;k ugh djrs g] f'k{kdk }kjk vUrfØ;k ds nkjku le;≤ ij fo|kfFk;ks ds crko ij mfpr i"Bik"k.k ¼QhMcd½ nrs g A f'k{kdk ds }kjk vUrfØ;k ds nkjku lh[ku e vku okyh tks ck/kk; gkrh g tl& {kerkvks] lkekftd] vkfFkd] 'k{kf.kd ifjfLFkfr;k dks gkuk] d{kk e xj gkftjh fn[kkuk] d{kk e ,dkx u jguk] rjg&rjg d fo|kFkh ij Hkh fuHkj djrk g tl& NkV fo|kfFk;k d fy; T;knk /;ku nuk iMrk g vkj cM fo|kfFk;k d fy; de /;ku nuk iMrk g] fo|kfFk;k dh ekufldrk ij Hkh fuHkj djrk D;kfd gj fo|kFkh leku ugh gkrk g] ox fHkUurk] Hkk"kk dh le> gkuk vkfn cPpk dk fl[kku e vku okyh ck/kk; g ftud fujkdj.k f'k{kd vUrfØ;k d ek/;e l dju dk ç;kl djr gA

cfu;knh rkyhe fo|ky; dk vu'kklu&

cfu;knh rkyhe fo|ky; e vkRe&fu;U=.k }kjk vu'kklu dk leFku djr gA vkRe&vu'kklu ;k mlI vu'kklu ij cy fn;k tk eu"; d Hkhrj l ink gkA vkRe&vu'kklu vkRe&fu;U=.k] fuHkjrk rFkk vkRe&R;kx l ink gkrk gA bl vfgld 0;ogkj l çkIr fd;k tk ldrk gA ;gk f'kYi&dfUær f'k{kk lkekftd vu'kklu dk çkRlkfgr djrh gA vr% mudh vu'kklu lEcU/kh /kkj.kk 0;fäxr ugh g ;g lkekftd&vu'kklu dh /kkj.kk gA tkfd f'k{kk }kjk vkn'k ukxfjdk d fuek.k ij tkj nrh gA ftll fo|kFkh n'k d lQy mÙkjnk;h ukxfjd cuA

cfu;knh rkyhe fo|ky; dk ikBîØe&

ikBîØe fØ;k&dfUær gA ;g f'k{kk&ç.kkyh i.k ekuo d fodkl vFkkr mld 'kkjhfjd]ckf)d rFkk vk/;kfRed 'kfä;k d lokÙke fodkl ij vk/kkfjr gA bl f'k{kk ç.kkyh d vUrxr fuEufyf[kr fo"k;k d v/;;u dk l>ko fn;k gA cfu;knh f'kYi] tl कृf"k] lr dkruk vkj cuuk] ydMh dk dke]xÙk dk dke] /kkr dk dke] ckxokuh] peM dk dke vkfn] cfu;knh rkyhe fo|ky; e bl ckr ij cy fn;k tkrk g fd f'k{kk f'kYi&dfUær blfy, cfu;knh rkyhe fo|ky; e f'kYi dk çe[k LFkku g A ekr&Hkk"kk dk Ldyk e f'k{kk dk ek/;e cuk;k x;k g ftll ;g fopkjk dh vfHk0;fä rFkk mud çlkj.k dk çHkko'kkyh lk/ku gA xf.kr dh fofHkUu çfØ;k; 0;kogkfjd xf.kr ¼uki&rky] vdxf.kr] chtxf.kr] vkj j[kkxf.kr½ f'kYi d lkFk lEcfU/kr dh x;h gA xf.kr nfud thou d fy, vR;Ur mi;kxh fo"k; g A cfu;knh rkyhe fo|ky; e 0;fäxr ,o lkekftd x.kk d fodkl d fy, cPpk dk bfrgkl]Hkxky] ukxfjd'kkL=] cPpk d oKkfud दृf"Vdk.k dk fodflr dju d fy, çकृfr&v/;;u] thou&foKku] 'kjhj&foKku]LokLF;& foKku] jlk;u&foKku] ouLifr&foKku] u{k=&foKku lkekftd v/;;u ¼bfrgkl]Hkxky vkj ukxfjd'kkL=½ egku vUo"kdk vkj oKkfudk dh dgkfu;k] dyk&lxhr vkj fp=dyk] fgUnh& tgk ;g ekrHkk"kk ugh g o 'kkjhfjd f'k{kk&0;k;ke vkj [ky&dn vkfnA yMfd;k d fy, pkFkh vkj ikpoh J.kh e xg&foKku ¼Domestic Science½ fo|kfFk;k dh f'k{kk e okLrfod #fp mRiUu dju d fy, lxhr rFkk fp=dyk d fo"k; vkfnA

cfu;knh rkyhe fo|ky; dh f'k{k.k fof/k;k&

cfu;knh rkyhe fo|ky; e f'k{kk fdlh f'kYi ;k mRiknd&dk; }kjk nh tkuh pkfg, A blh f'kYi d }kjk gh u; lHkh fo"k;k dh f'k{kk nh tkuh pkfg, A og f'kYi dk doy eukjtu dk gh lk/ku ugh le>rs cfYd pfj=&fuek.k dk lk/ku Hkh le>rs g A f'kYi&dfUær f'k{kk }kjk og cPpk dk gkFk का काम सिखाते हैं। चार्ट, विज्ञान खिलौने, संगणक, ऊर्जा से जुड़े मॉडल, जैव विविधता से जुड़े हुए कुछ मॉडल,प्रयोगशाला में आपदा प्रबंधन से जुड़े हुए कुछ मॉडलों के माध्यम से fo|kfFk;k dk fl[kk;k tkrk gA cfu;knh rkyhe d fo|ky; e f'k{kdk u xfrfof/k vk/kkfjr f'k{kk]

दृ';&J0; lc/kh fof/k;k]thou l tM g, lk/kvk] LFkkfud lnHk 'kkjhfjd o ekufld LokLF;] ckf)d Lrj dh ifjiDork] bPNk fo"k; lkexh dk Lo:i fof/k] le;] okrkoj.k] çj.kk] f'k{kd dk 0;ogkj] ekf[kd vkj fyf[kr v/;;u fof/k;k l]io Kku, समवाय–विधि, प्रोजेक्ट मॉडल विधियां, ç'ukoyh lh[ku&fl[kku dh le;kfpr dk;'kkyk dk vk;ktu djd lh[ku&fl[kku d lk/kuk vkj ek/;ek ij fo'k"k tkj nu okyh gA fo|kFkh dfær fof/k] cky dfær fof/k] fo"k; dk lgt :i e cukdj] ç'ukoyh fof/k;k, मूल्यांकन प्रविधियों, प्रोजेक्ट विधि, मॉडल, अनुभव, मौखिक–लिखित विधि, bVjuV] io Kku ,o cPpk dk fl[kkr le; ifjfLFkfr d vulkj bl çdkj d dN lk/kuk dk प्रयोग करके बच्चों को सिखाने के लिए महत्वपूर्ण है। कंप्यूटर, प्रोजेक्टर, कक्षा उपकरण, मॉडल्स, कृf"k से जुड़े मॉडल तथा उपकरण और टैबलेट आदि तकनीकी उपकरणों का प्रयोग को बताने के लिए 'kkfey dh xb fof/k;k gA cfu;knh rkyhe fo|ky; e fØ;k&fof/k }kjk rFkk vkRe&vuHko }kjk fl[kkuk xk/kh th u f'k{k.k&{k= e fØ;k fof/k ij cgr tkj fn;k g A ^dke }kjk fl[kkuk* rFkk ^vkRe vuHkok }kjk lh[kuk* vR;Ur çHkko'kkyh f'k{k.k&fof/k;k gA leok;&fof/k& fofHkUu&fo"k;k dh f'k{kk iFkd&iFkd fo"k;k d :i e u gkdj ijLij leokf;d gkuh pkfg,A f'kYi&f'k{k.k dUæh; fcUn gkuk pkfg, rFkk vU; fo"k; blh f'kYi d lkFk lEcfU/kr gku pkfg, A Hkk"k.k ,o ç'u&fof/k] lg;kxkRed fØ;k] ;ktuk] 0;fäxr mÙkj&nkf;Ro ij cy nuk pkfg,A f'k{k.k&fof/k bruh 0;kogkfjd gkrh g fd ckyd fofHkUu fo"k;k dk Kku ,d gh le; e çklr djrk gA çkd` frd ifjfLFkfr] lkekftd ifjfLFkfr vkj gLrdyk d ek/;e l vud fo"k;k ij ijLij lEcU/k LFkkfir fd;k tkrk g A ckyd dk viuh #fp d vulkj gLrf'kYi dk puko dju dh LorU=rk nh tkrh gA cPpk dk thou dh okLrfod fØ;kvk d ek/;e l okLrfod Kku djk;k tkrk gA cfu;knh rkyhe fo|ky;k dh le;&lkj.kh&

vk/kkjHkr f'kYi 3 ?k.V&20 feuV] ekrHkk"kk 40feuV] lxhr] fp=dyk vkj xf.kr 40 feuV] v/;;u vkj lkekU; foKku 30 feuV] 'kkjhfjd f'k{kk 10 feuV] vYikodk'k10 feuV çR;d cfu;knh rkyhe fo|ky; e ,d o"k e 288 fnu dk; dju dh vk'kk dh tkrh g A

cfu;knh rkyhe fo|ky; ¼vkun fudru½ dh d{kk vkBoh dh le; lkj.kh

fnu / le;	10%05 10%25	10%30 11%10	11%10 11%45	11%45 11%50	11%50 12%25	12%25 01%00	01%00 01%35	01%35 02%05	02%05 02%40	02%40 03%15	03%15 03%20	03%20 03%55	03%55 04%30	04%30 05%00
lkeokj	çkFkuk	vxth	Hkxky	NkVh Nêh	foKku	xf.kr	ejkBh	e/;ku Hkkstu vodk'k	lx.kd@f'ko.kdke		NkVh Nêh	ckxdke		lQkb
exyokj		vxth	Hkxky		foKku	xf.kr	ejkBh		Scrap Bank			Bfrgkl	fgUnh	
c/kokj		vxth	Hkxky		foKku	xf.kr	ejkBh		fp=dyk@uR;			ckxdke		
x#okj		vxth	Hkxky		foKku	xf.kr	ejkBh		xf.kr	fgUnh		lx.kd@f'ko.kdke		
'kØokj		vxth	Hkxky		foKku	xf.kr	ejkBh		bfrgkl	bfrgkl		okpuky;	fgUnh	

fnu / le;	08%00 08%40	08%40 09%50	09%50 10%30	10%30 11%00	11%00 11%30	11%30 12%00	12%00 02%00
'kfuokj	;kxk	çkFkuk	vxth	e/;ku Hkkstu vodk'k	ejkBh	xf.kr	vcjpj[kk

çHkko&

o/kk e fLFkr cfu;knh rkyhe fo|ky; ¼vkun fudru½ e tgk fo|kfFk;k vkj f'k{kdk e fdlh çdkj dk HknHkko ugh fn[krk g] bl fo|ky; e fo|kfFk;k dk gLr dk'ky vk/kkfjr Kku] vxth] Hkxky] foKku] xf.kr] ejkBh] fp=dyk] uR;] bfrgkl] okpuky;] ;kxk vkfn dh f'k{kk çnku dh tkrh g tgk ij fo|kfFk;k dk iLrdh; Kku d lkFk&lkFk 0;ogkfjd Kku Hkh çnku fd;k tkrk gA fØ;k vk/kkfjr Kku ftld vk/kkj ij lh[kk x;k Kku T;knk LFkk;h gkrk g] ftld vrxr lkQ lQkb] vcj pj[kk] ckxokuh] f'kou dke]ikddyk ,o lx.kd vkfn gA o/kk fty d lokxke e fLFkr vkun fudru fo|ky; tkfd cfu;knh rkyhe f'k{k.k i)fr d ek/;e l lpk# #i l py jgk g bl fo|ky; e i<u oky fo|kfFk;k dk gLrdk'ky ydMh dk dke] flykb d<kb cukb dk dke Hkh LFkk;h gkrk g D;kfd ;g lc fØ;k djd lh[k vkj fl[kk; tkr gA ;gh leLr lh[k x; dk;k dk ç;kx Hkfo"; e fo|kFkh viu 0;kogkfjd thou e viu thodkiktu d fy, djr gA Nk= vkj f'k{kd dk vUrj lEcU/k vR;Ur çHkkoh g ftll fo|kFkh viuh leL;kvk dk f'k{kdk d le{k j[kr g vkj mudk lek/kku [kktr g] dgh u dgh vU; fo|ky;k dh ryuk e cfu;knh rkyhe fo|ky; vkuUn fudru lekt l vkj 0;ogkfjd thou l tMh g] vU; fo|ky;k dh vi{kk iLrdh; Kku d lkFk gh lkFk 0;ogkfjd rFkk jktxkj ijd f'k{kk dk ikB i<krk gA cfu;knh rkyhe d fo|ky; dh lLd`fr e fo|kfFk;k d lKkukRed] ck/kkRed rFkk vuç;kxkRed rhuk çdkj dh f'k{k.k çfØ;kvk ij vk/kkfjr g] ftll fo|kfFk;k dk lokxh.k fodkl gkrk gA

fu"d"k& cfu;knh rkyhe d fo|ky; e vu'kklu ij] lQkb dk;] ckxokuh dk;] f'kYi dk;] [kkuk cukuk] Øk¶V] uR; o lxhr] u;h rduhdk tl fd çktDVj] dEl;Vj] ,Il] pkV, मॉडल, okpu] fo"k; Kku] 0;kogkfjd Kku] ppk&ifjppk] leg dk;] lkekftd rFkk thou mi;kxh nfud dk;k ij tkj ndj lh[ku&fl[kku dh çfØ;k gkrh gA

cfu;knh rkyhe d fo|ky; vkuUn fudru e f'k{kd fo"k;h Kku l fo|kfFk;k dk ekufld fodkl djr g ogh 0;kogkfjd Kku l fo|kFkh e lokxh.k fodkl gA blfy, nkuk gh

Kkuk dk gkuk vfuok; ekur g; nkuk çdkj d Kku nr gA ikB dk iujkoykdu fd;k tkrk gA lEcfU/kr ikB dk i<k; tku d ij fnu d vf/kxe vuHkok dk C;kjk f'k{kd }kjk fo|kfFk;k dk fn;k tkrk gA f'k{kd ikB dk çkjEHk ikB dh çLrkouk d lkFk djr gA f'k{kdk d vulkj ckxokuh] flykb uR;] drkb&cukb] feêh dh dkjhxjh] Øk¶V] dkxt l cu g; f[kyku] xgfoKku] jlkb] vkfn d ek/;e l fo|kfFk;k dk gLrdk'ky dh f'k{kk nh tkrh g ,o fgUnh] vxth] foKku] Hkxky] bfrgkl] xf.kr] ekrHkk"kk] fp=dyk] uR; o Øk¶V vkfn fo"k;k dk ikBîoLr d vUrxr 'kkfey djd i<k;k tkrk gA f'k{kdk vkj fo|kfFk;k d e/; ikB i<k; tku d nkjku ç'u mÙkj d ek/;e l lh[ku&fl[kku dh çfØ;k gkrh gA f'k{kdk }kjk lpuk vkj lpkj çk|kfxdh midj.k vkj vuç;kxk dk 0;ogkj e ykdj lh[ku&fl[kku dh çfØ;k dk jkpd cukdj vUrfØ;k djr gA f'k{k.k d nkjku Nk=k d 0;fäxr vuHkok rFkk fopkjk dk c<kok fn;k tkrk gA शिक्षक द्वारा विद्यालय में वाचन प्रश्नोत्तर, मॉडल, समूह कार्य, चर्चा–परिचर्चा, दृ';&J0; lkexh d ek/;e l thou l tMdj d{kk f'k{k.k dk çHkko'kkyh cukr g, vUrfØ;k djr gA lh[ku&fl[kku dh le;kfpr dk;'kyk dk vk;ktu djd lh[ku&fl[kku d lk/kuk vkj ek/;ek ij fo'k"k tkj nu okyh fof/k;k d ek/;e l lh[ku&fl[kku dh fØ;k gkrh g A

lUnHk xUFk lph&

xk/kh th ¼1953½- cfu;knh f'k{kk] vgenkckn% uothou çdk'ku efUnj-

'kek] enu ekgu] ¼1973&74½-xk/kh th dh f'k{kk ;ktuk dk ,d v/;;u],e-,M- y?k'kk/k] f'k{kk ldk;] cukjl% fgUnw fo'ofo|ky;] cukjl-

l'khyk ¼1992½- egkRek xk/kh d 'kf{kd fopkj] ih-,p-Mh- 'kk/k] bfrgkl foHkkx] cukjl% fgUnw fo'ofo|ky;] cukjl-

dekj] 'kyUæ ¼1998½- xk/kh d fopkj vkj vk/kfud f'k{kk]ih-,p-Mh- 'kk/k] lkekftd foKku ldk;] cukjl% fgUnw fo'ofo|ky;] cukjl-

मंगल०एस०के० ¼2010½- f'k{kk eukfoKku] fnYyh% ih-,p-vkb- yfux çkboV fyfeVM- i`t& 209&10-

'kek- d- ujUæ ¼2010½- dk;kuHko f'k{kk f'k{k.k] t;ij% lkfgR;kxkj çdk'ku-

xlrk] cæhyky ¼2012½-lh[ku dh fof/k;k] fnYyh% कॉन्सेप्ट पब्लिशिंग कम्पनी-

thou dk'ky f'k{kk&d{kk vkBoh ¼2005½- fnYyh% dUæh; ek/;fed f'k{kk ckM-

cfu;knh f'k{kk d nl jk"Vh; lfeukj dh fjikV& 5 l 7 tuojh ¼1958½- gl Hkkoh¼elj½ e vk;kftr] f'k{kk e=ky;% Hkkjr ljdkj-