

## ARMY PUBLIC SCHOOL R K PURAM

### Holistic Personality Development (HPD) Integrated Into School Curriculum 2014

Subject: fgUnh

Class: vkBoha

S NO	Name of the Unit/Chapter	Activity	Personality Traits/Values
1-	ojnku (dfork)	<p>1 f'koeaxy flag n~Okkjk jfpr ^ojnku ekxWawaxk ugha* dfork dk ILOkj okpu A</p> <p>2 ^eq&gt;s ,slk oj nks]* lkzHkq iafDr ls vkjEHk Ng iafDr;ksa dh dfork fy[kuk A</p>	<ul style="list-style-type: none"> <li>• lkgl vkSj /kS;Z</li> <li>• mnkjrk</li> <li>• izse</li> <li>• LokoyacRo</li> </ul>
2 +	nks dykdkj	<p>1 fo'o izfl) lekt Isfodkvksa dh lwph rS;kj djsaA</p> <p>2 Ekgku lekt Isfodk enj Vsjslk ij vuqPNsn fyf[k,A</p>	<ul style="list-style-type: none"> <li>• izse</li> <li>• ekuork</li> <li>• lgkuqHkwfr</li> <li>• lekt ds izfr gekjs nkf;Ro</li> </ul>
3 +	izd`fr dk lkfUu/;	<p>3 ^dyk dyk ds fy, ;k dyk thou ds fy,* ij ifjppkZA</p>	<ul style="list-style-type: none"> <li>• i;kZoj.k ds izfr laosnu'khyrk</li> </ul>

4 +	xku&;qn~/k	<p>1 vkt euq'; izd`fr ls nwj gksrk tk jgk gS 'kh'kZd ij okn fooknA</p> <p>2 isM+ gekjs thou ij fopkj ys[ku</p> <p>3 isM+ cpkvks /kjr dh cpkvks ij ukjk ys[ku</p>	<ul style="list-style-type: none"> <li>• f'k'Vkpkj</li> <li>• mnkjrk</li> </ul>
5 +	/kjr dh fdruk nsrh gS	<p>1 Hkkjr ds izeq[k xk;dksa dh lwph rS;kj djukA</p> <p>2 vdcj ds njckj ds uojRuksa dh tkudkjh fyf[k,A</p>	<ul style="list-style-type: none"> <li>• /kjr dh egkurk</li> <li>• lnkpkj dk egRo</li> </ul>
6 +	lqHkku [kkaW	<p>1 /kjr ls feyus okyh Qlysa] [kfut inkFkZ vkfn dh lwph rS;kj djukA</p> <p>2 vius ?kj ds vklikl dksbZ cht jksis rFkk mldk flapu djsaA</p>	<ul style="list-style-type: none"> <li>• /keZ fujis{krk dk egRo</li> </ul>
7-	fgEer vkSj ftanxh	<p>1 eqgZje dc vkSj D;ksa euk;k tkrk gS fo'k; ij tkudkjh fy[kukA</p>	<ul style="list-style-type: none"> <li>• lkgl vkSj ifjJe dk egRo</li> </ul>
	vijkftrk		

8-	ckV dh igpku	<p>2 esjk fiz; R;kSgkj fo'k; ij vuqPNsn fyf[k,A</p> <p>1 fdlh lkglh O;fDr ds pfj= ds ckjs esa ekywe djsaA</p>	<ul style="list-style-type: none"> <li>• lkgj</li> <li>• lgu'khyrk</li> <li>• ifjJe'khyrk</li> </ul>
9-	lk,a	<p>2 thou esa lQ+y O;fDr;kas dh thofu;akW if&lt;+, mnk&amp; jru VkVk vkfnA</p>	<ul style="list-style-type: none"> <li>• deZBrk</li> <li>• n` &lt; fu'p;</li> </ul>
10-	dksbZ fnu v'kqHk ugha	<p>1 fodykaxksa dh leL;kvksa ij d{kk esa ppkZ dh djukA</p> <p>2 ljdkj n~okjk fodykaxks dks nh tkus okyh lqfo/kkvksa dh tkudkjh ij ppkZ dh tk,xhA</p>	<ul style="list-style-type: none"> <li>• lg;ksx</li> <li>• ijksidkfjrk</li> </ul>
11-	xkSjk	<p>1 esjs thou dk y{; ;k esjh egRokdka{kk ij vuqPNsn fyf[k,A</p> <p>2 dfo gfjoa'k jk; cPpu th dh vU; dfork,aW if&lt;,A</p> <p>1 eksckby rFkk baVjusV ls ykHk vkSj</p>	<ul style="list-style-type: none"> <li>• deZBrk</li> <li>• lkgIho`fRr</li> <li>• i'kq izse</li> </ul>

12-  Hkfo'; mTToy gS		gkfu;kaW ij ppkZA  2 ;qok ih<h dk fons'kksa ds izfr c<rk vkd'kZ.k D;k lgh gS fo'k; ij ifjppkZA	<ul style="list-style-type: none"> <li>• n;kyqrk</li> <li>• d:.kk</li> </ul>
13-  feV~Vh dh efgeka		1 D;k dksbZ fnu 'kqHk gksrk gS fo'k; ij okn fooknA  2 ?kj esa ekuus tkus okyh 'kqHk v'kqHk ?kVukvksa ij ppkZ dh tk,xhA	<ul style="list-style-type: none"> <li>• i;kZoj.k</li> <li>• laosnu'khyrk</li> <li>• vPNh vknrSA</li> </ul>
14-  dksVj vkSj dqVhj		1 ^esjk fiz; i'kq ;k i{kh* fo'k; ij vuqPNsn fyf[k,A	<ul style="list-style-type: none"> <li>• ns'kizse</li> <li>• ,drk</li> </ul>
15-  foKkiu		2 yqlr gksrh tk jgh oU; thoksa dh lwph cukb,A	<ul style="list-style-type: none"> <li>• bZekunkjh</li> <li>• ekuork</li> <li>• ijksidkj</li> <li>• n;kyqrk</li> </ul>
16-  tfy;kWaaaaaaaokyk		1 Hkkjr ds fodkl esa vki D;k ;ksxnku ns ldrs gSa ,d lwph cuk,WaaA	<ul style="list-style-type: none"> <li>• IPPkkbZ</li> <li>• f'k'Vkpkj</li> </ul>

17-	ckx esa olar  dSIs cuas /kuoku	2 foKku % 'kki ;k ojnu ij ifjppkZA  feV~Vh ds fofHkUu izdkjksa ds uke fy[kdj muesa vkus okyh Qlys] /kkrq rFkk vU; [kfut inkFkkZs dh lwph cukb,A	<ul style="list-style-type: none"> <li>• ns'kisz</li> <li>• R;kx</li> <li>• cfynku</li> </ul>
18-	'kkgtgkWa dh vafre lkal	1 nknkth dh ckr u ekuus ij firk vkSj iq= ds chp gq, laokn dks vius Hkk'kk esa fy[kukA	<ul style="list-style-type: none"> <li>• fdz;k'khyrk</li> <li>• m+ Ek</li> <li>• ifjJe</li> </ul>
19-	dSds;h dk vuqrki	1 fdlh Hkh thou mi;ksxh oLrq ij foKkiu rS;kj djuk A	<ul style="list-style-type: none"> <li>• d:.kk</li> <li>• mnkjrk</li> </ul>
20-		2 D;k foKkiu vk/kqfud thou dh nsu gSaA ij ifjppkZ vk;ksftr dh tk,xhA  1 'kCn igsyh  2 tfy;kaaaaaaaaaWaokyk ckx	<ul style="list-style-type: none"> <li>• vkKkdkfjrk</li> <li>• f'k'Vkpkj</li> <li>• n;kyqrk</li> </ul>

	<p>gR;kdkam ,sfrgkfld ?kVuk ij fopkj izdV dhft,A</p> <p>1 thou esa lQyrk izklRk djus dk ewyea= fo'k; ij Hkk'k.k rS;kj djukA</p> <p>2 D;k HkkX;okn Hkh dqN gksuk gS fo'k; ij ifjppkZA</p> <p>1 eqxydkyhu jktkvksa dh dzekuqlkj rLOkhjsa bdV~~~~Bh dj vyce cukb,A</p> <p>2 tgkaW vkjk ds ckjs tkudkjh fyf[k,A</p> <p>1 D;k vkt dh ukjh vcyk gSA fo'k; ij ifjppkZ dk vk;kstuA</p> <p>2 dfork dk ukV~; :ikarj.k djds mldk eapu dhft,A</p>	
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