पुस,२०७४ २०७४

**टिपिडि तालिम पाठ्यक्रम**

**]**

नेपाल सरकार

शिक्षा मन्त्रालय

शैक्षिक जनशक्ति विकास केन्द्र

सानोठिमी, भक्तपुर

**विषयसूची**

|  |  |  |
| --- | --- | --- |
| **क्र. सं.**  | **विषयबस्तु** | **पेज नम्बर** |
| **१** | **परिचय** | **!** |
| **२** | **तालिमको लक्ष्य तथा उद्देश्य** | **!** |
| **३** | **तालिमको सक्षमता** | **२** |
| **४** | **तालिमको संरचना** | **२** |
| **५** | **तालिमको विषयवस्तु** | **#** |
| **६** | **तालिम कार्यान्वयन कार्यविधि** | **^** |
| **&** | **तालिम मूल्यांकन** | **&** |
| **८** | परियोजना कार्य | **\*** |

**!= kl/ro**

bIf lzIfs g} u'0f:t/Lo lzIffsf] ;'lglZrttf cfwf/ xf] . lg/Gt/ k];fut Ifdtf ljsf; lzIfssf] cfjZostf xf] . g]kfn ;/sf/ lzIff dGqfnocGtu{t ljBfno txdf sfo{/t lzIfssf] k];fut Ifdtf ljsf; ug]{ lhDd]jf/ lgsfo z}lIfs hgzlQm ljsf; s]G› xf] . lzIfssf] Ifdtf ljsf;;DaGwL sfo{j|mdsf] dfu{bz{gsf] ?kdf /x]sf] lzIfs k];fut ljsf; k|f?k, @)&@ adf]lhd lzIfs k];fut ljsf; -l6lk8L\_ 9fFrfdf lzIfs tflnd ;~rfng x'Fb} cfPsf 5g\ .

lzIfs k];fut ljsf; k|f?k, @)&@ cg'?k lzIfsn] kfFr jif{sf] cjlw leq kfpg] #) lbg cjlwsf] k|df0fLs/0f tflndnfO{ !%/ !% lbgsf] b'O{ r/0fdf ljefhg ul/Psf] 5 . k|To]s r/0fdf !) lbgsf] tflnd s]Gb|df cfwfl/t cfdg]–;fdg] / % lbgsf] ljBfnodf cfwfl/t :jfWofo u/L b'O{ v08df tflnd ;~rfng ug]{ Joj:yf 5 . ;fdfGotof klxnf] r/0fsf] tflnd cfkm"n] cWofkg ug]{ d'Vo ljifodf / bf];|f] r/0fsf] tflnd cfjZostfsf] cGo If]qdf lng'kg]{ k|fjwfg /x]sf] 5 .

ljBfno lzIff ;'wf/ cleofgsf ?kdf ;/sf/n] th{'df u/]sf] ljBfno If]q ljsf; of]hgf
-School Sector Development Plan-SSDP\_ cGtu{t kl/dflh{t lzIfs k];fut ljsf; k|f?k, @)&@ df z}lIfs hgzlSt ljsf; s]Gb|åf/f k|df0fLs/0f lzIfs tflnd kf7\oj|md ljsf; ug]{ Joa:yf /x]sf] 5 . h;cg'?k cfwf/e"t txsf lzIfsnfO{ nlIft u/L sIffsf]7fleqsf] l;sfO jftfj/0f ;'b[9 ug{sf nflu cfjZos ljifoj:t' ;dfj]z u/L **æl;sfO Joj:yfkg**Æ ljifodf of] k];fut ljsf; tflnd kf7\oqmd tof/ ul/Psf] 5 . =

**@= tflndsf] nIo tyf p2]Zo**

cfwf/e"t txdf cWofkg/t lzIfsnfO{ ljleGg ljifo lzIf0fsf j|mddf k|efjsf/L l;sfO Joj:yfkg ;DaGwL Jofjxfl/s l;k k|bfg ug]{ nIosf ;fy ljsl;t of] tflnd kf7\oj|mdn] b]xfo adf]lhdsf p2]Zo lnPsf] 5 M

* ;do ;fk]If z}Ifl0fs of]hgf tyf p2]Zo lgdf{0f l;ksf] ljsf; ug]{
* ljBfyL{sf] leGgtf;d]tsf] plrt Joj:yfkg u/L k|efjsf/L sIff l;sfO jftfj/0f l;h{gf ug{ ;xof]u ug]{
* ljBfyL{df Jojxf/ s';n l;k ljsf;sf pkfo cjnDag ub}{ ;x tyf cltl/St lj|mofsnfk Joj:yfkg ug{ ;Ifd t'Nofpg]

**#= tflnd ;Ifdtf**

of] tflnd kf7\oj|mdn] ;xefuL lzIfsdf lgDg lnlvt ;Ifdtf xfl;n x'g] ck]Iff u/]sf] 5M

* ;DalGwt ljifosf] kf7\oj|md sfof{Gjogsf nflu z}Ifl0fs of]hgf lgdf{0f
* kl/jlt{t cfofdx¿ cfTd;ft ub}{ kf7sf pko'St p2]Zo lgwf{/0f
* ljBfyL{df ljBdfg ax'k|ltef klxrfg / ;f]cg'?k lzIf0f l;sfO ;xhLs/0f
* Jojxf/ s';n l;ksf] cjwf/0ff, dxTTj tyf ljBdfg kf7\oj|mddf o;sf] cfj4tf ;dLIff
* ljBfyL{df Jojxf/ s';n l;k ljsf;sf nflu pko'St tl/sf cjnDag
* k|efjsf/L lzIf0f l;sfOsf nflu sIffsf]7fsf ljljw kIfsf] Joj:yfkg
* ljBfyL{sf] ?lr, Ifdtf Pjd\ :t/ cg'?k ;x tyf cltl/St lj|mofsnfk ;~rfng

**$= tflndsf] ;+/rgf**

s= of] tflnd !% lbg cjlwsf] x'g]5 . o;sf] klxnf] v08 !) lbgsf] tflnd sfo{zfnf 9fFrfdf cfdg]–;fdg] df]8af6 lhNnf ;b/d'sfddf cjl:yt z}lIfs tflnd s]G› cyjf cu'jf ;|f]ts]G›df ;~rfng x'g]5 . o;sf] bf];|f] v08 % lbg cjlwsf] :jfWofo cEof; 9fFrfdf cfwfl/t x'g]5 .

v= bf];|f] v08sf] % lbg] :jfWofo cEof; 9fFrf cGtu{t k|lzIffyL{n] cfkm" sfo{/t ljBfnodf cfwfl/t eO{ $ j6f kl/of]hgf sfo{ $% lbgleq ;DkGg ul/;Sg' kg]{5 . kl/of]hgf sfo{sf] ;j} k|ltj]bg klxnf] v08sf] tflnd ;DkGg ePsf] %@ lbgleq ;DalGwt z}lIfs tflnd s]G› jf cu'jf ;|f]ts]G›df clgjfo{ ?kdf k]; ug{'kg]{5 . o;df d"ntM !) lbg] tflnd sfo{zfnf v08df l;sfOPsf ;}4flGts 1fg tyf ;Lksf] Jofjxfl/s k|of]u Pjd\ k|lzIffyL{sf] l;h{gfTds / k|jw{gfTds Ifdtf k|bz{g ug{ pko'Qm kl/of]hgf sfo{ tf]lsg]5 .

**%= tflndsf ljifoj:t'**

| **j|m=;+=** | **ljifoIf]q** | **ljifoj:t'** | **ef/****-;q\_** |
| --- | --- | --- | --- |
| != | lzIf0f l;sfOsf] p2]Zo tyf of]hgf lgdf{0f | * cjwf/0ff -z}Ifl0fs of]hgfM kf7, PsfO, jflif{s\_
* kf7\oj|md sfof{Gjog of]hgf
* An'D; 6\ofS;f]gf]dL
	+ kl/dflh{t An'D; 6\ofS;f]gf]dL
	+ ;"rgf k|ljlw tyf >Job[Zo ;fdu|Ldf An'D; 6\ofS;f]gf]dLsf] k|of]u
* p2]Zo lgdf{0f
	+ ljifout cEof; - kl/dflh{t An'D; 6\ofS;f]gf]dLsf] cfwf/df ;a} txsf zAb rf6{sf] k|of]uåf/f\_
* of]hgf;Fu cfj4tf
	+ :df6{ kf7 of]hgf lgdf{0f / sfof{Gjog
	+ PsfO tyf jflif{s of]hgf
 | ^ |
| @= | ax'k|ltef Joj:yfkg | * cjwf/0ff
	+ kl/ro, k|sf/, l;sfOdf dxŒj
	+ l;sfOsf tl/sf
* ljBfyL{sf] ax'k|ltef klxrfg
	+ klxrfgsf tl/sf -lj|mofsnfk, Jojxf/, ;xeflutf cjnf]sg\_
	+ ;fwg -js{zL6, Jojxf/ cjnf]sg kmf/fd\_
* ax'k|ltef cg';f/ lzIf0f l;sfO ;xhLs/0f
	+ ax'k|ltef cg's'n lj|mofsnfk Joj:yfkg
	+ lzIf0f ljlw tyf lj|mofsnfkdf ljljwtf
	+ ?lr, Ifdtf tyf l;Sg] tl/sf cg'?k ;d"x lgdf{0f -cEof;\_ jf j}olSts lj|mofsnfk
 | ^ |
| #= | Jojxf/ s';n l;ksf] ljsf; | * cjwf/0ff
	+ kl/ro, k|sf/, dxTTj
	+ g]kfnsf ;Gbe{df Jojxf/ s';n l;k
* ljBfno kf7\oj|mddf Jojxf/ s';n l;k
	+ jt{dfg cj:yf, cfj4tf cWoog
* Jojxf/ s';n l;k ljsf;sf tl/sfsf] cEof;
	+ of]hgf lgdf{0fdf Jojxf/ s';n l;k ;dfof]hg
	+ lzIf0f l;sfO lj|mofsnfk
	+ Jojxf/ s';n l;k ljsf;sf] n]vfhf]vf
 | ^ |
| $= | sIffsf]7f Joj:yfkg  | * sIffsf]7f Joj:yfkgsf] kl/ro, cfjZostf / dxŒj
* ef}lts Joj:yfkg
	+ a;fO Joj:yfkg
		- l;sfO lj|mofsnfk
		- pd]/, zf/Ll/s cj:yf, ljBfyL{ ;+Vof
		- lzIfs÷ljBfyL{ s]lGb|t lj|mofsnfk cg'?k a;fO
	+ l;sfOd}qL sIffsf]7f jftfj/0f
		- ;hfj6 -pT;fxjw{s, ;"rgfd"ns, ljifo tyf tx;Fu cfj4tf\_
* dgf];+j]ufTds÷dgf];fdflhs Joj:yfkg
	+ lzIfssf] Jojxf/ -efiff, lj|mofsnfk\_
	+ sIffsf]7f cfrf/;+lxtf
	+ pTk|]/0ff
	+ afnaflnsfsf] tgfj Joj:yfkg
	+ ljljwtf Joj:yfkg -efiff, ln+u, ljz]if cfjZostf, wd{ ;+:s[lt\_
	+ b'Jo{jxf/ tyf xtf]T;fx Go"gLs/0f
	+ xf};nf tyf k'/:sf/
* z}Ifl0fs Joj:yfkg
	+ lj|mofsnfk Joj:yfkg
	+ ljljw l;sfO Ifdtf pkof]u
 | ^ |
| %=  | ;x tyf cltl/St lj|mofsnfk | * cjwf/0ff
	+ kl/ro, cfjZostf tyf dxTTj
	+ km/s tyf cGt;{DaGw
	+ afnaflnsfsf] ?lr, Ifdtf tyf ax'k|ltef;Fusf] cfj4tf
	+ ljBfyL{ ;xeflutfsf] ;'lglZrttf
* cltl/St lj|mofsnfk
	+ of]hgf lgdf{0f
	+ sfof{Gjog tl/sf
* ;x lj|mofsnfk
	+ of]hgf lgdf{0f
	+ sfof{Gjog tl/sf
* sIffsf]7fleqsf] l;sfO;Fu 3/ tyf ;d'bfosf] l;sfOsf] cGt;{DaGw
 | $ |
| ^=  | ljljw | * kl/of]hgf sfo{ k|af]wLs/0f
* lnlvt k/LIff ;~rfng
 | @  |

**^= tflnd sfof{Gjog ljlw**

s= o; tflndsf] nlIft ;d"x cfwf/e"t txdf cWofkg/t lzIfs x'g]5g\ .

v= tflndsf] cGTodf lzIfs k];fut ljsf; k|f?k, @)&@ cg';f/ k/LIff ;~rfng / z}lIfs hgzlQm ljsf; kl/ifbsf] ldlt @)&$.)%.)^ ut]sf] lg0f{o jdf]lhd k|df0fLs/0f ul/g] 5 . tflndsf] cGTodf ;DalGwt z}lIfs tflnd s]G›af6 k|df0fkq k|bfg ul/g] 5 .

u= :jfWofo cEof; v08sf nflu tf]lsPsf] kl/of]hgf sfo{ ;Dkfbg ug]{ a|mddf ;Gbe{ ;fdu|L cWoog, lj1;Fusf] k/fdz{ tyf k|ltj]bg n]vg ug{' d'ntM k|To]s k|lzIffyL{sf] lghL bfloTj x'g]5 . o; sfo{sf nflu k|lzIffyL{nfO{ cfjZos k/]df O{d]n jf kmf]gdfkm{t cyjf k|ToIf e]6 u/L ;DalGwt k|lzIfsaf6 dfu{bz{g k|fKt ug]{ ;'ljwf pknAw x'g]5 .

3= tflnd ;xhLs/0f ubf{ b]xfocg';f/sf Go"gtd ljlwut dfkb08 k"/f ug{'kg]{ 5 M

c= z}lIfs tflnd s]G› tyf cu'jf ;|f]ts]G›sf lj1 k|lzIfsaf6 tflnd ;];g ;~rfng ul/g]5 . ljifosf] k|s[ltcg';f/ ljleGg If]q tyf lgsfodf sfo{/t cg'ejL lj1nfO{ ;d]t k|lzIfs agfpg ;lsg]5 .

cf= ;"rgf tyf ;~rf/ k|ljlw Pjd\ cGo ;fGble{s tflnd ;fdu|L k|of]u ub}{ 5nkmn, cGt/lqmof, cg'ej, 36gf jf dfdnf cWoog, ;d"xsfo{ tyf k|:t'lt, gd"gf k|bz{g tyf cEof; nufotsf ljlwsf] cjnDag ul/g]5 .

O= tflndsf qmddf tf]lsPsf] tflnd Kofs]hnufotsf ;Gbe{ ;fdu|L k|To]s ;xefuLnfO{ ljt/0f ul/g]5 .

**&= Tfflnd d"Nof+sg**

tflnd ;DkGg u/]kl5 k|lzIffyL{sf] pknlAw d"Nof+sg ug{ b]xfocg';f/sf d"Nof+sg k|lj|mof cg';/0f ug{' kg]{5 M

|  |  |  |
| --- | --- | --- |
| qm= ;+= | d"Nof+sgsf cfwf/ | c+sef/ |
| ! | lgoldttf, ;xeflutf / ;lqmotf | % |
| @ | l;h{gfTds tyf k|jt{gfTds sfo{ | !) |
| # | lnlvt k/LIff | @% |
| $ | :jfWofo cEof; tyf k|ltj]bg | !) |
|  | hDdf | %) |

 k'gZrM cfdg]–;fdg] tyf :jfWofo b'j} c+ssf] pQL0ff{+s %) k|ltzt x'g]5 .

**u|]l8ª k4lt**

|  |  |
| --- | --- |
| () k|ltzt / ;f]eGbf dfly c+s cfPdf\*) k|ltzt / ;f]eGbfdfly cÍ cfPdf ^% k|ltzt / ;f]eGbfdfly c+s cfPdf%) k|ltzt / ;f]eGbfdfly c+s cfPdf%) k|ltzteGbf tnsf] c+s cfPdf | ljlzi6tf;lxt k|yd >]0fLk|yd >]0fLlåtLo >]0fLt[tLo >]0fLcg'QL0f{ jf c;kmn |

r= lnlvt k/LIffsf] k|Zgkq lgdf{0f ubf{ b]xfocg';f/sf] lu|8 cjnDag ug{' kg]{5 M

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm= ;+= | k|Zgsf] k|sf/ | k|Zg ;+Vof | k|ltk|Zg c+s ef/ | k"0ff{+s |
| != | ax'j}slNks | !) | )=% | % |
| @= | ;+lIfKt pQ/fTds | % | # | !% |
| #= | ;d:ofd"ns | ! | % | % |
|  | hDdf | !^ |  | @% |

**&= kl/of]hgf sfo{**

tflnd sfo{zfnf v08 ;DkGg u/]kl5 ;~rfng ul/g] bf];|f] :jfWoo cEof; v08df k|To]s k|lzIffyL{n] b]xfocg';f/sf] lalzi6Ls/0f dfkb08 adf]lhd kl/of]hgf sfo{ ;Dkfbg ug{'kg]{ 5 .

|  |
| --- |
| **kl/of]hgf sfo{ ljlzi6Ls/0f dfkb08**:jfWofo cEof; v08sf nflu hDdf ;ft cf]6f sfo{ lgwf{/0f ul/Psf] 5 . h;df kl/of]hgf ! / kl/of]hg @ clgjfo{ /x]sf / afFsLdWo] b'O{ cf]6f u/L hDdf rf/ cf]6f kl/of]hgf sfo{ ;a} ;xefuLn] ;Dkfbg ug{'kg]{ 5 . k|To]s kl/of]hgfsf] kl/0ffdsf ?kdf k|To]s k|lzIffyL{n] k|ltj]bg :j?ksf] cnucnu k|ltj]bg b:tfj]h z}lIfs tflnd s]G› ;dIf clgjfo{ ?kdf k]; ug{'kg]{ 5 M**kl/of]hgf sfo{ – !M kf7of]hgfdf cfwfl/t lzIf0f cEof;**-s\_ km/s km/s !) cf]6f kf7x¿sf] kf7of]hgf tof/L ug]{-v\_ k|To]s kf7 of]hgfsf cfwf/df z}lIfs ;fdu|L ljsf; ug]{-u\_ k|wfgfWofksaf6 ;a} kf7of]hgf k|dfl0ft ug]{-3\_ kf7of]hgfsf cfwf/df sfo{tflnsfa4 lzIf0f cEof; ug]{-ª\_ k|To]s kf7 lzIf0f kl5 ljBfyL{sf] k[i7kf]if0f ;+sng ug]{-r\_ kl/dflh{t kf7of]hgf clGtdLs/0f ug]{gf]6M o; sfo{cGtu{t cGo kl/of]hgf sfo{n] g;d]6]sf ljifoj:t' lzIf0fsf nflu dfq kf7of]hgf tof/ ug]{ .**kl/of]hgf sfo{ – @M sfo{d"ns cg';Gwfg**sfo{d"ns cg';Gwfg ubf{ ljleGg rj|m jf r/0f ckgfpg ;lsG5 . ltdWo] lzIfsn] cfˆgf] sfo{;Dkfbg ;'wf/sf nflu s'g} Pp6f ljifo If]qdf lgDglnlvt rqmcg';f/ sfo{d"ns cg';Gwfg u/L ;f]sf] k|ltj]bg tof/ ug'{kg]{5 .**kl/of]hgf sfo{ –#** M ;DalGwt ljifosf] kf7\oj|mdaf6 s'g} Ps PsfOsf] sfof{Gjog of]hgf lgdf{0f* kf7\oj|mdsf If]qx¿sf] ;+lIfKt ;dLIff
* Pp6f PsfOsf] lj:t[t sfof{Gjog of]hgf
* kl/dflh{t An'D; 6\ofS;f]gf]dLsf] cfwf/df sDtLdf Pp6f gd"gf kf7of]hgf sfof{Gjog Pjd\ k|ltljDag ;lxtsf] ;+lIfKt k|ltj]bg

**kl/of]hgf sfo{ –$** M ljBfyL{sf ax'k|ltef klxrfg tyf lzIf0fdf cg's'ng* sIffsf]7fdf ax'k|ltef klxrfgsf s'g} b'O{ jf ltg tl/sf cjnDag u/L ltgsf] k|ltljDag -;fwg lgdf{0f ;lxt\_
* klxrfg ul/Psf ax'k|ltef cg's'n lzIf0f ljlw tyf lj|mofsnfk;lxtsf] kf7of]hgf lgdf{0f, sfof{Gjog / k|ltljDag
* cfOk/]sf r'gf}lt tyf Go'gLs/0f ug{ ul/Psf k|of;

**kl/of]hgf sfo{ –%** M kf7\oj|mddf Jojxf/ s';n l;k cWoog* cfkm"n] lzIf0f ug]{ ljifosf] kf7\oj|mddf Jojxf/ s';n l;k;Fusf] cfj4tf cWoog
* kf7\oj|mddf :ki6 ?kdf o:tf ¿l;k ;dfj]z gePsf] cj:yfdf ckgfpg ;lsg] pkfox¿ pNn]v u/L s'g} Pssf] sIffsf]7fdf sfof{Gjog / ;f]sf] k|ltljDag ;lxtsf] ;+lIfKt k|ltj]bg

**kl/of]hgf sfo{ –^** M :yfgLo kl/j]zdf sIffsf]7f Joj:yfkgsf] cj:yf ljZn]if0f * cfkm\gf] kl/j]zdf sIffsf]7f Joj:yfkgsf ljljw kIfx?sf] ljj]rgf
* yk ;'wf/sf nflu ul/Psf] of]hgf tyf To;sf] sfof{Gjog
* l;sfOdf cfPsf] ;'wf/;lxtsf] k|ltj]bg

**kl/of]hgf sfo{ –&** M ;x tyf cltl/St lj|mofsnfk ;~rfng * cfkm\gf] ljBfnodf s'g} Ps k|sf/sf] ;x jf cltl/St lj|mofsnfk of]hgf lgdf{0f
* of]hgf adf]lhd lj|mofsnfk ;~rfng
* ;f]sf] lj:t[t ljj/0f tyf kmf]6f] jf lel8of] ;lxtsf] k|ltj]bg
 |

 **ΩΩΩ**