



LEARNING DOMAIN
LANGUAGE AND COMMUNICATION

English for Communication



तह १

नेपाल सरकार

शिक्षा, विज्ञान तथा प्रविधि मन्त्रालय
शिक्षा तथा मानवश्रोत विकास केन्द्र

हाम्रो भनाइ

सिकाइ मानव जीवनको अभिन्न अङ्ग हो । औपचारिक शिक्षा प्रणालीको संरचनाभन्दा बाहिर रहेर पनि व्यक्तिले जीवनका लागि आवश्यक ज्ञान र सिप हासिल गरिरहेको हुन्छ । यसरी जीवनपर्यन्त चलिरहने सिकाइलाई अनौपचारिक शिक्षा भनिन्छ । जीवनपर्यन्त अर्थात् आजीवन सिकाइ तोकिएको निश्चित ढाँचा वा पद्धतिमा मात्र सीमित हुँदैन । मानव जीवनमा व्यक्तिले औपचारिक, अनौपचारिक तथा आफू संलग्न रहेको पेसा व्यवसाय वा कार्य अनुभवले विभिन्न किसिमका ज्ञान, सिप र क्षमता आर्जन गरिरहेको हुन्छ । अनौपचारिक माध्यमबाट सिकेका ज्ञान, सिप र क्षमतालाई उपयुक्त प्रणालीमार्फत व्यवस्थित गर्दै लैजानु जरुरी छ ।

विद्यालय शिक्षाको राष्ट्रिय पाठ्यक्रम प्रारूप, २०७६ ले गरेको व्यवस्थाबमोजिम अनौपचारिक रूपबाट शिक्षा हासिल गरेका तर प्रमाणीकरण हुन नसकेका वा विभिन्न पेसा व्यवसाय गर्दै स्वअध्ययनको माध्यमबाट सिकाइ प्रमाणीकरण गर्न तथा आफ्नो योग्यता बढाउन चाहने व्यक्तिको आवश्यकतालाई दृष्टिगत गर्दै यो सामग्री तयार गरिएको हो ।

यस सामग्रीले भाषा तथा सञ्चार, व्यवहारिक समस्या समाधान तथा हाम्रो परिवेश तथा नागरिक चेतना गरी तीनओटा विषयक्षेत्र समेटेको छ ।

यो सामग्री १५ वर्षमाथिका औपचारिक शिक्षा प्राप्त गर्न वा पूरा गर्न नसकेका अनुभवी सिकारुलाई दृष्टिगत गरी विकास गरिएको छ । यो सामग्री हाललाई परीक्षणका लागि तयार गरिएको हो । आगामी दिनमा सरोकारवालाबाट प्राप्त सल्लाहसुझाव समावेश गर्दै यसलाई अझ परिष्कृत एवम् अद्यावधिक गरिने छ ।

यो सामग्री तयार गर्ने क्रममा सहयोग पुऱ्याउने साभेदार संस्था युनिसफ तथा विश्व शिक्षा, सामग्री लेखन र भाषा सम्पादनमा सहयोग गर्नुहुने विज्ञहरू, चित्र तथा साजसज्जा कार्यमा संलग्न सबैप्रति यो केन्द्र हार्दिक धन्यवाद प्रकट गर्दछ ।

शिक्षा तथा मानव स्रोत विकास केन्द्र
सानोठिमी, भक्तपुर



Introduction

In this learning material, you will learn to greet and introduce yourself. Moreover, you will also learn to address people and express opinions. Similarly, you will learn to write paragraphs, complete dialogues and write letters.

Competency

After studying this learning material, you will be able to achieve the following competency:

- Comprehend the common texts from a variety of sources, communicate the ideas expressed in them, and respond to those ideas

(विभिन्न माध्यमबाट व्यक्त भएका साधारण विषयवस्तुको बोध, सञ्चार तथा प्रतिक्रिया)

Learning Objectives

After studying this learning material, you will be able to achieve the following learning outcomes:

- To respond with gestures, non-verbal signals or sounds, and body movements.
(हाउभाउ, शब्दरहित इसारा वा ध्वनि, शारीरिक अङ्गको चलाइ आदिको सङ्केतमा प्रतिक्रिया दिन)
- To express one's thoughts clearly and naturally.
(आफ्ना विचार प्रस्ट एवम् स्वाभाविक गतिमा बताउन)
- To read simple sentences and short paragraphs correctly in a natural speed, and tell their meanings.
(सरल वाक्य तथा छोटो अनुच्छेद शुद्धसँग उपयुक्त गतिमा पढ्न र अर्थ बताउन)
- To express own's thoughts in simple sentences.
(आफ्ना विचार सरल वाक्यमा लेखी व्यक्त गर्न)
- To greet, address and introduce and respond to them in English.
(अङ्ग्रेजी भाषाको प्रयोग गरी अभिवादन गर्न, सम्बोधन गर्न, परिचय दिन र प्रतिक्रिया जनाउन)
- To greet, address and introduce and respond to them in the mother tongue.
(मातृभाषाको प्रयोग गरी अभिवादन गर्न, सम्बोधन गर्न, परिचय दिन र प्रतिक्रिया दिन)

Lesson Structure

This learning material has four lessons:

S. N.	Topic
1	Greeting
2.	Addressing
3.	Introducing
4.	Expressing Opinions



Pre-learning Activity

Before studying this learning material, answer the questions below to see how much you already know about the topics in this learning material. Tick the correct answer.

- A. What do you say to greet the people at 5:00 pm?
- Good morning.
 - Good afternoon.
 - Good evening.
- B. What do you say when you take a leave from your friend?
- Good morning.
 - See you soon.
 - Thank you.
- C. When do you introduce yourself to others?
- Every time you meet them.
 - First time you meet them.
 - When people ask your name.
- D. How do you introduce your sister to your friend?
- My sister's name is Lata.
 - Do you know who she is?
 - Meet my sister. Her name is Lata.
- E. If someone asks, "What do you think about a tailor?", you may say.....
- Tailor makes clothes.
 - I think it is a good job.
 - I want to have my clothes made.

Well, how was it? I hope all your answers were correct. Check your answers with the help of the Answer Key given on page number 47.

If all your answers are correct, excellent! It shows that you already know much about the topics in this module. You may still study the module to learn more about the topics. You might learn a few more new things.

If you got a low score, don't feel bad. It shows that this module is for you. If you study this module well, it will help you learn the language that you can use in your daily life. Are you ready?

LESSON

1

Greeting



Learning Activity

Let's guess

Let's look at the pictures below and guess what the following people are doing.

(तलका चित्रमा हेरेर मानिसहरु के गर्दैछन् अनुमान गरौं है त ।)



Did you guess? What are they doing? Put a tick mark in the right box.

(अनुमान गर्नभयो त? चित्रमा मानिसहरु के गर्दै छन्? सही कोठामा ठीक लगाउनुहोस्।)

a. They are working.

b. They are greeting.

c. They are saying sorry.



Experience based Activity

Have you ever greeted in English? How do you greet?

(तपाईंले कहिल्यै अंग्रेजीमा अभिवादन गर्नभएको छ ? कसरी गर्नुहुन्छ ?)

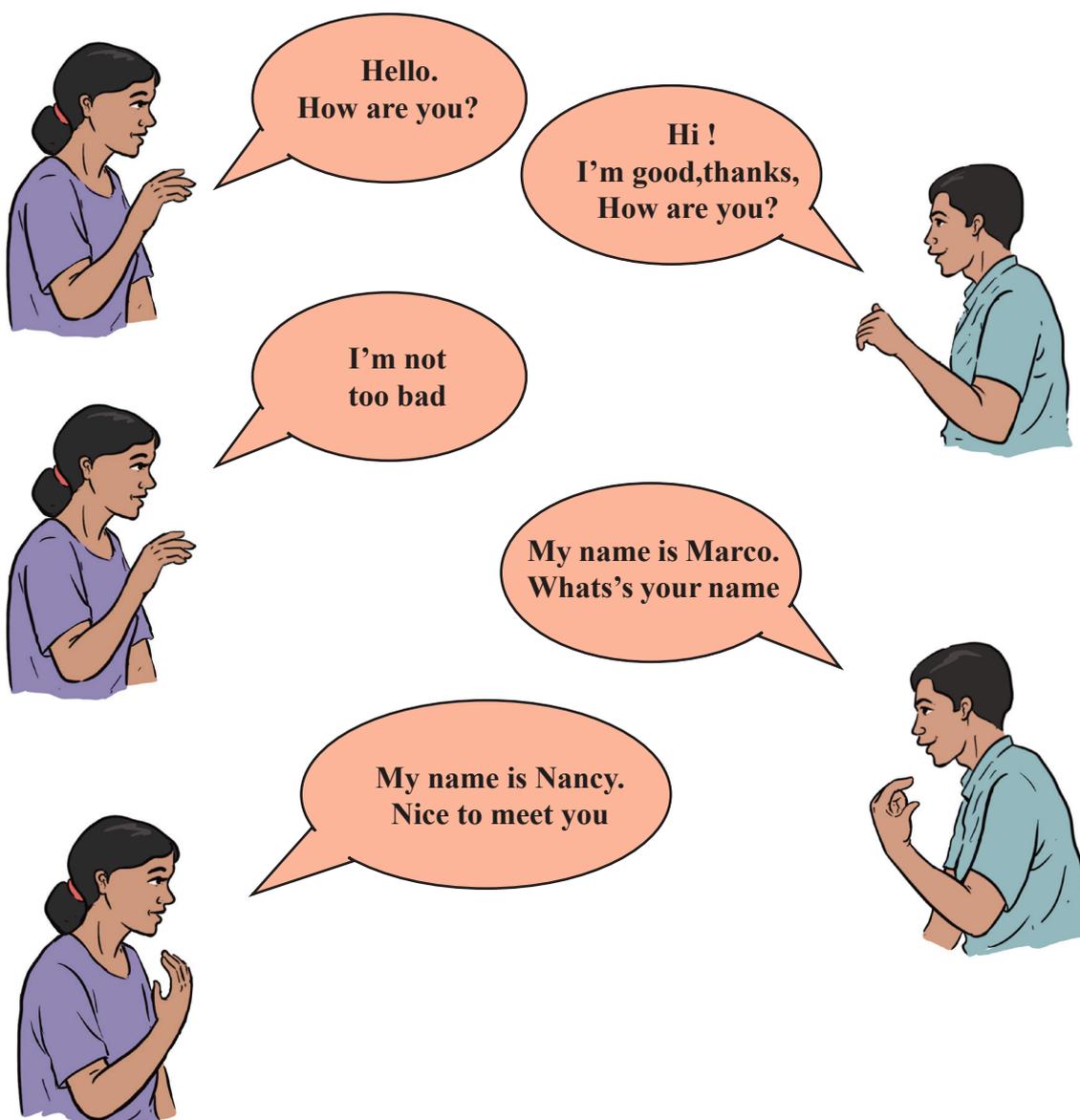


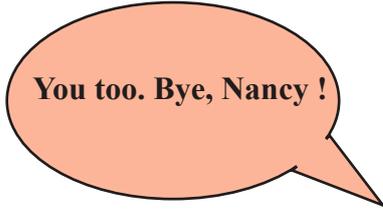
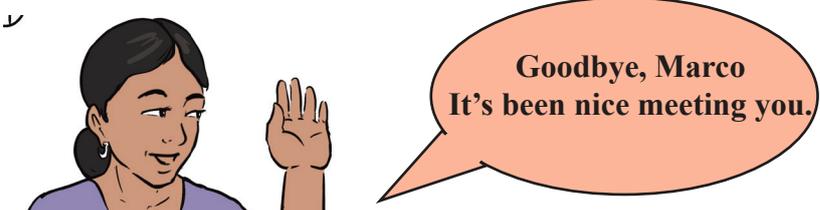
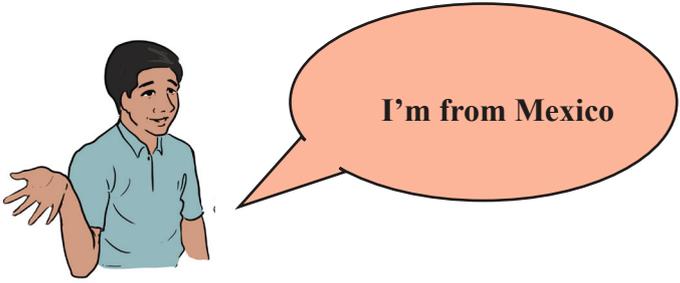
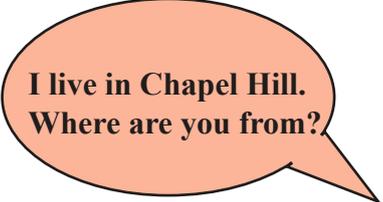
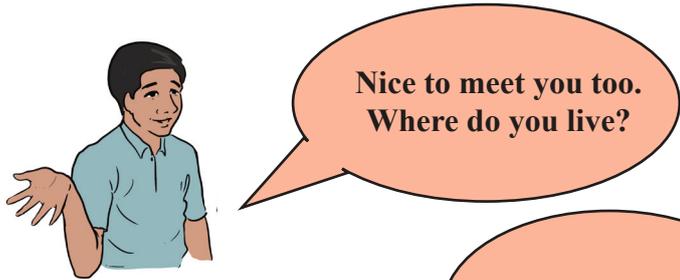
Learning Activity

Let's study.

The conversations below show the different ways of introducing. Read the texts aloud and do the tasks that follow the texts.

(तलको पाठमा अभिवादन गर्ने विभिन्न तरिकाहरु छन् । यो पाठलाई आवाज निकालेर पढ्नुहोस् र अभ्यासहरु गर्नहोस् ।)





Let's try

Answer the following questions.

- a. What does Nancy say to Marco at first?

.....

b. Where does Nancy live?

.....

c. Where is Marco from?

.....

d. What does Marco say at last?

.....

Read the text again and fill in the gaps.

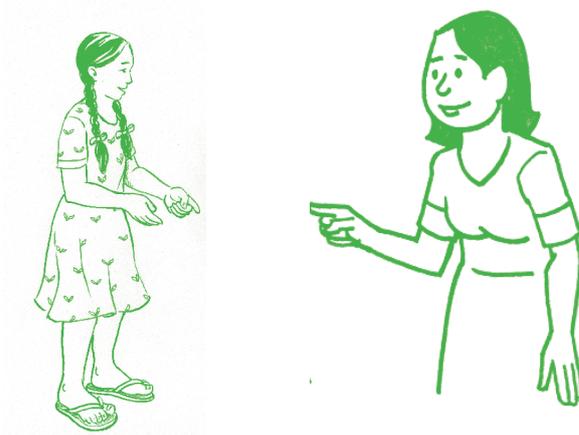
a. Nancy: How are you?

Marco: I'm good. Thanks.

b. Nancy: Goodbye, Marco.

Marco:

Ramita meets her friend Lalita in a local store and they talk to each other. Read the conversation and do the task.



Ramita : Good morning, Lalita. How are you today?

Lalita : Good morning Ramita. I am doing just fine. How are you?

Ramita : I am doing great. Are you coming to my home today?

Lalita : I hope I can, but I have to go to the doctor this afternoon.

Ramita : Okay. I understand, but I hope you can come.

Lalita : I will try my best.

Ramita : Thanks, Lalita. Goodbye

Lalita : Goodbye.

Glossary

Words	Meaning
Store	Shop (पसल)
Fine	Well (ठीक)
Understand	To know what something means (बुझ्नु)
Try Best	सकेसम्म प्रयास गर्न

Tick the best answer.

a. At what time of the day do Ramita and Lalita meet?

- i. morning
- ii. evening
- iii. afternoon

b. What will you say if somebody asks you “How are you?”?

- i. Good morning.
- ii. Nice to meet you.
- iii. I’m doing fine.

c. Where is Lalita going this afternoon?

- i. a doctor’s
- ii. Ramita’s home
- iii. a store

d. If somebody says ‘Goodbye’ to you, what will you say?

- i. Thank you.
- ii. Very good.
- iii. Goodbye.

Who said? Write. (कसले भनेको हो लेख्नुहोस् ।)

a. How are you today?

.....

b. I’m doing just fine.

.....

c. I’ll try my best.

.....

Read the texts again and underline the sentences we use for greeting. Then write them below.

(फेरी एकपटक माथिको पाठ पढ्नुहोस् र परिचय दिन प्रयोग हुने वाक्यहरुलाई रेखाङ्कन गर्नहोस् ।)

Example: Hello.

a.....

b.....

c.....

d.....



Interactive Activity

Let's speak.

Learn some more ways of greeting and goodbyes.

(आफ्नो परिचय दिने थप तरिकाहरु सिक्नुहोस् ।)

Greetings in formal situations

Greetings	
Sample Sentence	Sample Responses
Hello, Mr. Smith	Hello.
Hello, Doctor	Hello.
Good Morning	Good Morning.
Good Afternoon	Good Afternoon.
Good Evening	Good Evening.
How are you?	Fine, Thank you.
How do you do?	Very well, Thank you.

Greetings in informal situations.

Greetings	
Sample Sentence	Sample Responses
Hey. Hi	Hey. Hi.
How are ya?	I'm good. Alright.
How are things?	Pretty good.
How's it going?	Ok. Not bad
How you doing?	I'm doing good.
What's up?	Nothing much.
What's happening?	Not a whole lot.
What's new?	Nothing
what are you upto?	Nothing Special.
What's going on?	Not much.

Goodbyes in formal situation.

GoodByes	
Sample Sentence	Sample Responses
It was nice meeting you.	It was nice meeting you too.
It was nice to see you.	Same to you.
Have a good day.	Thank you. You too.
Good evening/Goodbye	Good evening/Goodbye

Goodbyes in informal situations.

Greetings	
Sample Sentence	Sample Responses
Nice meeting you.	You too
Take it easy.	
Take care.	
I'm off.	Ok bye.
I have to go.	See you. See you late. Bye
See you.	
See you Later.	
So Long.	
Bye.	

Say, how do you greet in the following situations? Act them out.

(तलका अवस्थामा कसरी अभिवादन गर्नुहुन्छ ? अभिनयबाट व्यक्त गर्नुहोस् ।)

- How do you greet your friends when you meet them at home?
- How do you greet your friends at a meeting.
- How do you greet the chairperson of your ward.
- How do you greet your uncle.
- How do you greet a person whom you meet for the first time?
- How do you greet a doctor in the evening?
- How do you greet the headteacher of a school in your community at 3 o'clock?
- How do you greet your boss when you meet in the morning?



Learning Activity

Let's listen

Listen to the audio taken from the website of the British Council and complete the following sentences.

(British Council को website बाट लिइएको यो audio सुनेर तलका वाक्यहरु पुरा गर्नहोस् ।)

Video Link:

https://drive.google.com/file/d/1Zqn43KaNh8cuKfYgs7RyDPtTudvqGziQ/view?usp=share_link

- The table is booked fornight.
- There will bepeople.
- The table will be ready foro' clock.
- The table is booked by



Practice Activity

Let's write

Study the conversations below. Learn how we can greet others in different situations.

(तलको कुराकानी पढेर अरुको परिचय दिने तरिका सिक्नुहोस् ।)

Conversation I

A: Hello!

You: Oh Hi! Meeting you after a long time.

A: Yes, it's so good to see you after such a long time. How have you been?

You: Great! How about you?

Conversation II

You: How do you do, Sujan?

Sujan: How do you do?

You: Did you have a comfortable journey?

Sujan: Not too bad, thank you.

Conversation III

You: Good morning madam. I've been waiting to see you.

Sabitra: It's good to see you too.

You: How are you?

Sabitra: I'm fine thank you.

Complete the following conversation.

(तलको कुराकानी पुरा गर्नहोस् ।)

1.

Visitor : Good morning Mr. Thakuri.

You :

Visitor : How are you?

You :

Visitor : I'm fine too. It's been long since we last met.

You :

2.

Vikram : Good morning, Sir!

Kiran :, Vikram. I didn't see you in the company yesterday. Are you keeping well?

Vikram :, thank you very much.

Write conversations in the situations below.

(तलको अवस्थामा वार्तालाप लेख्नुहोस् ।)

1. You meet an American at the airport.

You: Good morning sir.

American:

You:

American:

2. You meet a person at a restaurant for your business.

You. Hello sir. Good afternoon.

Another person:

You:

Another person:



Self-initiated activity

Watch different videos of people greeting each other in English on you tube. Choose some of the ways and write below.

(युट्युवमा मानिसहरुले आफ्नो वा अरुको परिचय दिएको भिडियोहरु हेरी त्यस मध्येबाट एउटा छनोट गरि तल लेख्नुहोस्।)

.....

.....

.....

.....

.....

.....

.....

.....

.....



Exploratory Activity

There are many languages spoken in Nepal. Take the help of the internet or the people who speak those languages and complete the table below.

S. N.	Language	Greeting
1.	Nepali	Namaskar, Namaste
2.	Newari	
3.	Tamang	
4.	Limbu	
5.	Bhojpuri	
6.	Maithili	
7.	Gurung	
8.	Magar	
9.	Doteli	
10.	Tharu	

Audio Script

Staff : Hello, Gino's.

Jamie : Hi. Can I book a table for tomorrow night, please?

Staff : How many people is it for?

Jamie : Four.

Staff : And what time would you like?

Jamie : About eight, eight-thirty maybe?

Staff : Let's see ... We're pretty busy tomorrow, so I can do half past seven or nine.

Jamie : Oh. OK, then. Half seven, please.

Staff : What name is it?

Jamie : Jamie.

Staff : J-A- ...?

Jamie : M-I-E

Staff : OK, so that's a table for four at half past seven tomorrow evening.

Jamie : Great. Thanks! Bye.

Staff : Bye.

LESSON

2

Addressing



Learning Activity

Let's guess

Let's look at the pictures below and guess how do they address each other.

(तलका चित्रमा हेरेर मानिसहरु एक अर्कालाई कसरी सम्बोधन गर्छन् अनुमान गरौं है त ।)



a



b



c



d

Did you guess? Write the picture number in the correct box below.

a. Hi dear.

b. Hello, grandfather.

c. Ladies and gentlemen.

d. Hello, madam



Experience Based Activity

Have you ever delivered a speech in public. How did you address the people at that time?

(तपाईंले कहिल्यै सार्वजनिक ठाउँमा भाषण गर्नभएको छ? तपाईंले कसरी सम्बोधन गर्नुभयो?)

What is the first thing you say when you meet a person at his or her office?

(कोही व्यक्तिलाई सो व्यक्तिकै कार्यलयमा भेट्दा सबैभन्दा पहिले के भन्नुहुन्छ ?)



Learning Activity

Let's study.

Here is a conversation between a vegetable seller and a customer. Study the conversation and learn how the vegetable seller addresses the customer.

(यहाँ तरकारी बेच्ने मानिस र ग्राहक बीचको कुराकानी छ। यो कुराकानी पढ्नुहोस् र तरकारी बेच्ने मानिसले कसरी ग्राहकलाई सम्बोधन गर्छन् जान्नुहोस्।)



Seller : Good morning ma'am. How can I help you?

Customer : Do you have fresh vegetables?

Seller : Ma'am, all the vegetables here are fresh, from the fields.

Customer : What is the rate of tomato?

Seller : Ma'am, 15 rupees per Kg.
Customer : What is the price of the ladyfingers?
Seller : 40 rupees per Kg.
Customer : Give me two Kgs of tomatoes and one Kg of ladyfingers.
Seller : Do you want anything else, Ma'am.
Customer : Give me one/one Kg of onions, potatoes and brinjals, please.
Seller : Ma'am, take green peas and carrots. These are also fresh.
Customer : No, I don't need those at present. We already have it at home. Do you have cauliflowers?
Seller : Yes, Ma'am.
Customer : All right. Give one Kg of cauliflower.
Seller : Ma'am, take some fresh coriander leaves also.
Customer : Ok. Put some coriander leaves and 100 grams of green chilies also. Now, what is the total?
Seller : Mam, 300 rupees only.
Customer : Please take these 300 rupees.
Seller : Thank you, Ma'am. Please do come again.

Glossary

Word	Meaning
Fresh:	new (ताजा)
Vegetable:	a plant or a part of a plant which we eat as food (तरकारी)
Field:	an area of land where we grow vegetables (खेतबारी)
Ladyfinger:	चिप्ले भिँडी
Anything else:	अरु केही
Onion:	प्याज
Potato:	आलु
Brinjal:	भन्टा
Green peas:	हरियो केराउ
Carrot:	गाजर
At present:	now (अहिले)
Coriander:	धनिया
Green chilies:	हरियो खुर्सानी

Let's try

Answer the following questions.

(तलका प्रश्नहरूको उत्तर दिनुहोस्।)

a. What did the seller say to greet the customer?

.....

b. How did he address her?

.....

c. Where are the vegetables from?

.....

d. What is the price of a kg of tomatoes?

.....

e. How much potatoes does the customer buy?

.....

f. Why does the customer not buy green peas and carrots?

.....

g. How much does the customer pay to the vegetable seller?

.....



Interactive Activity

Let's speak.

Learn some more ways of addressing people.

(सम्बोधन गर्ने थप तरिकाहरु सिक्नुहोस् ।)

1. Mr. (Mister) and last name for an adult male of any age

Examples:

Mr. Lama

Mr. Thapa

Mr. Thakur, etc.

2. Mrs. (Misses) for a woman who is married

Examples:

Mrs. Tamang

Mrs. Khanal

Mrs. Tharu, etc.

3. Miss and last name for a woman who is single

Examples:

Miss KC

Miss Sherpa

Miss Khadka, etc.

4. Ms. (Mizz) for a woman when you are unsure of her marital status

Examples:

Ms. Riya, please come in.

Let me welcome Ms. Namita.

5. Madam or Ma'am for any woman with more respect

Examples:

Excuse me Madam! May I come in?

Good afternoon ma'am. How are you?

6. Aunt, Uncle, Grandma, Grandpa and other family members

Example:

Aunt Mina

Uncle Shyam

Dear Grandpa

Dear Grandma

Dear brother

Dear sister, etc.

7. Use the following when you are addressing your wife, husband, younger children or close friends.

- ▶ Honey (child, husband, wife or younger person)
- ▶ Dear
- ▶ Sweetie
- ▶ Love
- ▶ Darling
- ▶ Babe or Baby (romantic partner)
- ▶ Buddy (very informal between friends)

8. In a formal meeting:

- ▶ Ladies and gentlemen
- ▶ Mr. Chairman
- ▶ Madam Chair
- ▶ Honourable Chairperson
- ▶ Mr. President
- ▶ Honourable chairman
- ▶ Respected members

If you are unsure about addressing people you can ask the following questions.

(तपाईंलाई कुनै मानिसलाई कसरी सम्बोधन गर्ने होला भन्ने दुविधा भएमा तलका प्रश्नहरू सोध्न सक्नुहुन्छ।)

- ▶ What should I call you?
- ▶ What should I call your mum / the teacher / the manager?
- ▶ Can I call you [first name]?
- ▶ Is it okay if I call you [the nickname you've heard others use]?

And, you can answer the questions in the following questions.

► Please, call me [first name]

Example: Please call me Manoj.

► You can call me [nickname or short form]

Example: You can call me Dhurmus.

Act the conversations below. Learn way of addressing each other.

(तलको कुराकानी अभ्यास गरेर कसरी एक अर्कालाई सम्बोधन गरेका गर्ने जान्नुहोस् ।)

Conversation I

Sam: Oh? Bobita!

Bobita: Hey Sam! Good to see you!

Sam: How's it going?

Bobita: Yeah, good. Working a lot. And you?

Sam: I went back to work.

Bobita: Good for you!

Conversation II

Patient: Good Morning, doctor. I don't feel good.

Doctor: Hello, sir. Please come and sit here.

Conversation III

You: Good morning madam. I've been waiting to see you.

Sabitra: It's good to see you too.

You: How are you?

Sabitra: I'm fine thank you.

Address the people in the following situations?

(तलका अवस्थामा मानिसहरूलाई सम्बोधन गर्नहोस् ।)

- How do you address your mother at home?
- How do you address common people in a formal meeting?
- How do you address the chairperson of your ward?
- How do you address your wife/husband?
- What do you say to address your close friend?
- How do you address a doctor when you to hospital.
- How do you address a lady shopkeeper?
- How do you address a male customer if you have shop?



Experience based Activity

How do you address the following people in your mother tongue?

(तपाईं आफ्नो मातृभाषामा तल दिएका व्यक्तिहरूलाई कसरी सम्बोधन गर्नेहुन्छ?)

1. Your grandfather:
2. Your father's brother:
3. Your mother's sister:
4. Your husband/wife:
5. Your son/daughter:
6. An unfamiliar man:
7. An unfamiliar woman:
8. Your friend:
9. A young child:
10. A respectable person in the society:



Learning Activity

Let's listen

Listen to the audio taken from the website of the British Council and complete the following sentences.

(British Council को website बाट लिइएको यो audio सुनेर तलका वाक्यहरू पुरा गर्नहोस् ।)

Video Link:

https://drive.google.com/file/d/1mFkdvqJBxVaqDZ4SFVpOqcNv5aSUx2K4/view?usp=share_link

Listen to the audio and choose the best alternative.

- a. There wasin the studio.
 - i. a doctor
 - ii. a teacher
 - iii. an actor

b. It's good tothe television while sleeping.

- i. turn on
- ii. turn off
- iii. watch

c. We must do the hardest homework

- i. early
- ii. later
- iii. next morning

d. When you sleep, you should keep your cell phone

- i. with you
- ii. in your bed room
- iii. in the other room

Match the tips that you should or should not do before going to bed with the correct number.

(तपाईं सुत्न जानुअघि गर्न हुने र गर्न नहुने कामको सुझावलाई सहि नम्बरसँग जोडा मिलाउनुहोस् ।)

i.	Tip one	a.	Don't play video games.
ii.	Tip two	b.	Turn off your cell phone.
iii.	Tip Three	c.	Turn off your Tv.
iv.	Tip Four	d.	Play soft music.
v.	Tip Five	e.	Don't think too much.



Practice Activity

Let's write

Study the following draft of a welcome speech.

(तलको स्वागत मन्तव्यको खेसा अध्ययन गर्नहोस् ।)

Honourable Chairperson, the Chief Guest, Guests, Ladies and Gentlemen, I would like to welcome you to the annual day programme of our Community Milk Dairy. I'm very happy that you all are here. I would like to thank you for joining us. Once again, welcome to the programme. Thank you.

Suppose you are going to deliver a welcome speech for the guests who are attending your birthday party. Draft a speech to welcome them.

(मानौं तपाईं आफ्नो जन्मदिनको पार्टीमा आउनुभएको पाहुनाहरुकोलागि स्वागत मन्तव्य दिंदै हुनुहुन्छ । त्यसको लागि स्वागत मन्तव्यको खेसा तयार गर्नहोस् ।)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Self-initiated activity

Watch different videos of people talking to each other in English on you tube and write some of the ways people address each other.

(युट्युवमा मानिसहरुले कुराकानी गरेको भिडियोहरु हेरी उनीहरुले एक अर्कालाई कसरी सम्बोधन गरेका केही तरिकाहरु जान्नुहोस्।)



Exploratory Activity

Different programmes are organized in your community or in your workplace. Take a note of such programmes as given in the table below.

S. N.	Name of the programme	Who were present?	How were they addressed?
1			
2			
3			
4.			
5.			

Audio Script

Host: At exam time it is important to sleep well. Today we have Doctor Baker with us in the studio and he is going to give us five top tips for getting a good night's sleep. Welcome to the show, Doctor Baker.

Dr Baker: Thank you. It's great to be here. Let's start with tip one. Don't go to bed with the television on. Some people think they can sleep well with the TV on, but the noise and lights mean you don't really sleep well, so turn it off!

Tip two: Don't think too much before bedtime. Do your hardest homework earlier in the evening. Do easier homework later. If your brain is too busy and full of ideas it takes longer to get to sleep.

Tip three: Don't play video games for an hour before you go to sleep. They also make your brain too busy and active.

Tip four: Turn off your cell phone when you go to bed. What is so important that it can't wait until the morning? If possible, leave your phone in another room.

Tip five: Play music if you like. But don't play it too loud. Turn the sound down low.

Host: Thank you, Doctor. That is very useful advice for our young listeners.

LESSON
3

Introducing



Learning Activity

Let's guess

Let's look at the pictures below and guess what the following people are doing.

(तलका चित्रमा हेरेर मानिसहरु के गर्दैछन् अनुमान गरौं है त ।)



Did you guess? What were they doing? Put a tick mark in the right box.

(अनुमान गर्नभयो त? चित्रमा मानिसहरु के गर्दै थिए? सही कोठामा ठीक लगाउनुहोस्)

a. They are saying sorry.

b. They are giving their introduction.

c. They are scolding each other.

B. Have you ever introduced yourself in English? How did you do?

(तपाईंले कहिल्यै अंग्रेजीमा आफ्नो परिचय दिनुभएको छ? कसरी दिनुभयो त?)



Learning Activity

Let's study.

The texts below show the different ways of introducing. Read the texts aloud and do the tasks that follow the texts.

(तलको पाठमा आफ्नो परिचय दिने बिभिन्न तरिकाहरु छन् । यो पाठलाई आवाज निकालेर पढ्नुहोस् र अभ्यासहरु गर्नहोस्)

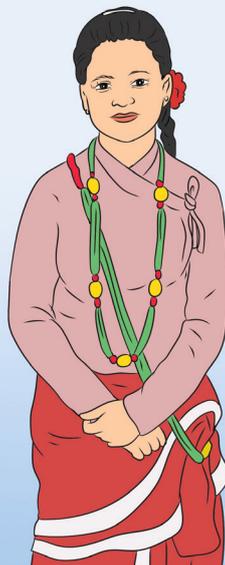
Good morning, I would like to introduce myself. My name is Rakesh and it is nice to meet you. I come from Lamjung. I live in a village that lies near the Marsyangdi River. I am 20 years old. I work in a shop at Beshishahar. I have one brother and one sister. They are both older than me. My sister is 26 years old and my brother is 22 years old. They both work in a farm.



Hi, my name is Lumanti and it is great to meet you all. I am really happy to see so many people. I am 24 years old. I am from Jhapa, a long way away from here. My mother is a shopkeeper, and my father is a mason. I am working here at a hotel. I want to start my own restaurant in the future.



Hello, it is nice to see you all. I'm Goma. I come from Baitadi and it is great to be here to meet you all. I am 29 years old. I am married to my husband, Dhan Bahadur Gurung, and have two children. My son, Manoj is eight years old and my daughter, Sarita is six years old. I work in a supermarket and my husband is a policeman. My son wants to be a doctor and my daughter wants to become a singer.



Good morning. It is my pleasure to meet you. Please let me introduce myself to you. I am Raj Kumar Tharu. I'm 19. I come from Birgunj. Now I work in Kathmandu, the capital city. I want to learn a lot. My family is big. I have three brothers and one sister. I am the oldest and my sister, the youngest, is 11 years old. My father works as a mechanic. He mends television. My mother is a housewife. I want to learn English so I can get a good job.



Glossary

Word	Meaning
older:	having more age than someone (कोही व्यक्ति भन्दा बढि उमेर भएको)
people:	persons (मानिसहरु)
supermarket:	a large shop where we can buy many things (धेरै सामानहरु एकै ठाउँमा किन्न पाइने ठूलो पसल)
shopkeeper:	someone who runs a shop (पसले)
future:	time which is to come (आउने समय; भविष्य)
married:	having a husband or a wife (विवाहित)
husband:	a man to whom a woman is married to (श्रीमान; पति)
capital city:	राजधानी सहर
youngest:	the least old (सबैभन्दा कान्छो)
mend:	to repair (मर्मत गर्ने)
housewife:	a woman who stays at home to cook, clean, take care of the children, etc. (आफ्नो घरभित्रको काम गर्ने महिला; गृहिणी)

Read the following words aloud. Mark them where they are in the text.

(तलका शब्दहरुलाई सस्वर उच्चारण गर्नहोस् । यी शब्दहरु पाठमा कहाँ छन् संकेत गर्नहोस् ।

introduce pleasure farm mason mechanic

Now, match these words with their meanings. Take the help of a dictionary or the internet. The first one is done for you.

Dictionary वा Internet को सहयोग लिएर शब्द र अर्थको जोडा मिलाउनुहोस् ।)

- a. pleasure i. to tell about your name, where you are from etc. to others
- b. introduce ii. happiness
- d. mechanic iii. an area of land where we grow crops
- e. mason iv. a person who makes buildings with stones, bricks, etc.
- f. farm v. a person who repairs things like a watch, a television, a car, a fridge, etc.

Read the text above and complete the table.

(माथिको पाठ पढेर तलको टेबल भरनुहोस् ।)

Name	Age	Address	Work
Ramesh	Lamjung
.....	24	Shopkeeper
Goma	Baitadi
.....	19	Birgunj

Read the text again and underline the sentences we use for introducing. Then write them below.

(फेरी एकपटक माथिको पाठ पढनुहोस् र परिचय दिन प्रयोग हुने वाक्यहरूलाई रेखाङ्कन गर्नुहोस् ।)

Example: I would like to introduce myself.

- a.
- b.
- c.
- d.

Let's speak.

Learn some more ways of introducing yourself.

(आफ्नो परिचय दिने थप तरिकाहरु सिक्नुहोस् ।)

- a. Hello, my name is Rima.
- b. Hi, I'm Manish.
- c. Let me introduce myself. My name is Geeta.
- d. Nice to meet you. I'm Mohan.
- e. I'm pleased to meet you. My name is Nisha.



Learning Activity

Say, how do you introduce in the following situations?

(तलका अवस्थामा कसरी आफ्नो परिचय दिनुहुन्छ ? बताउनुहोस् ।)

- a. You're meeting your sister-in-law who has come from the UK for the first time.
Example: Hello, good morning. I'm your sister-in-law. My name is Laxmi.
- b. You're meeting a man who has come to visit your village from Australia.
- c. Your boss asks you to introduce yourself to some visitors.
- d. You meet a person in a market who wants to know about you.



Experience based Activity

How do you introduce in your mother tongue? Introduce yourself in three different ways.

(तपाईं आफ्नो मातृभाषामा कसरी आफ्नो परिचय दिनुहुन्छ? कुनै तीन तरिकाले आफ्नो परिचय दिनुहोस् ।)

1.
.....
2.
.....
3.
.....



Learning Activity

Some people are introducing themselves. Scan the code below to listen to the audio.

(यो audio मा केही मानिसहरूले आफ्नो परिचय दिइरहेका छन् । तलको QR Code लाई कअबल गरेर audio सुन्नुहोस् ।)



Now listen to the audio and match the people with their works.

- | | |
|---------------|----------------------|
| a. Christiana | ii. works in a hotel |
| b. Venessa | ii. teacher |
| c. Emma | iii. receptionist |
| d. Alvino | iv. Business |



Practical Activity

Write a paragraph about yourself. You can write similar to the one in the reading text above.

Hello, my name is.....

Study the conversation below. Learn how we can introduce others.

(तलको कुराकानी पढेर अरुको परिचय दिने तरिका सिक्नुहोस् ।)

(Manoj meets Mrs Gurung, and her husband in the street.)

Manoj: Good morning, Mrs Gurung.

Mrs Gurung: Good morning, Manoj. How are you?

Manoj: I'm fine thanks, and you?

Mrs Gurung: Not too bad. Manoj, this is my husband Som, Som this is Manoj my friend.

Som: Pleased to meet you.

Mrs Gurung: Well, goodbye Manoj, it was nice to see you.

Manoj: Goodbye, Mrs Gurung.

Complete the following conversation. Choose the correct expression from the box.

(बक्सबाट सही वाक्यांश छानेर तलको कुराकानी पुरा गर्नहोस् ।)

Good morning Nice to meet you, too	this is my sister Mina See you
---------------------------------------	-----------------------------------

Nita: Good morning, Suraj.

Suraj:, Nita. How are you?

Nita: I'm good, and you?

Suraj: I'm fine too. Nita,, Mina this is Suraj,
my friend.

Nita: Nice to meet you, Suraj.

Suraj:

Nita: Well, goodbye Suraj. See you.

Suraj:

Practise some more ways of introducing others.

(अरुको परिचय दिन प्रयोग हुने थप तरिकाहरुको अभ्यास गर्नहोस्।)

1. May I introduce our new member?
2. Let me introduce my wife.
3. Let me introduce you to Mr. Tamang.
4. I don't think you know Kailash. Kailash, this is Laxmi.
5. I would like you to meet Mrs Thapa, our new member.
6. Sarita, this is Puspa. Puspa, this is Sarita.

Study how Nabin introduces his wife to others.

(नबिनले कसरी आफ्नो श्रीमतीको परिचय दिएका छन्, अध्ययन गर्नहोस् ।)

Dear all, I would like to introduce my wife to you. This is my wife, Sarala. She is 22. She works in a shop. She loves to sing songs. She is good at cooking. She cooks very tasty food. On holidays, she helps me in farming. I'm very lucky to have a wife like her.



Interactive Activity

Tell about your father or mother in the same as Nabin talked about his wife to your friend..

(नबिनले आफ्नो श्रीमतीको बताएजसरी नै तपाईं पनि आफ्नो बुबा वा आमाको बारेमा बताउनुहोस् ।)

Hello friends, meet my father. His name is



Self-initiated activity

Watch different videos of people introducing themselves or others in English on youtube and learn how they greet.

(युट्युवमा मानिसहरुले आफ्नो वा अरुको परिचय दिएको भिडियोहरु हेरी कसरी परिचय दिन्छन् सिक्नुहोस् ।)



Exploratory Activity

Ask any person who can speak English in your neighbourhood to give his or her introduction and write below.

(तपाईंको छिमेकमा अंग्रेजी बोल्न सक्ने जो कसैलाई अंग्रेजीमा परिचय दिन लगाइ तल लेख्नुहोस् ।)

.....

.....

.....

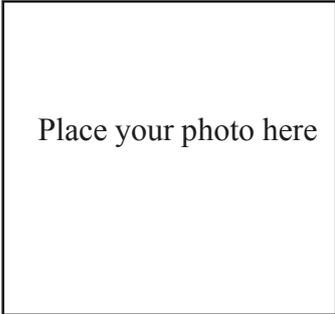
.....

.....



Practice Activity

Complete the form below about yourself.

Name:	 <p>Place your photo here</p>
Address:	
Date of birth:	
Gender:	
Father's name:	
Mother's name:	
Work:	
Hobby:	



Learning Activity

Let's guess

Let's look at the pictures below and guess what they are doing.

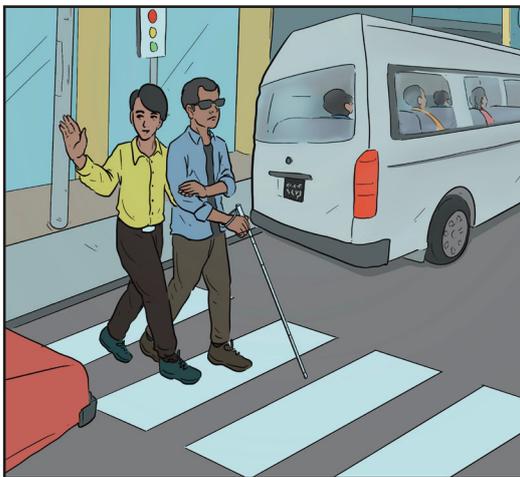
(तलका चित्रमा हेरेर मानिसहरु के गरिरहेका छन् अनुमान गरौं है त ।)



1



2



3



4

Did you guess? In which pictures, people are doing good things?

(अनुमान गर्नभयो त? कुन चित्रमा मानिसहरूले राम्रो काम गरेका छन्?)

Write numbers:

Why do you think these are good works?

(तपाईंलाई किन ती कामहरू राम्रो हुन् भन्ने लाग्छ?)

I think they are good works because



Experience based Activity

Here is a short text taken from 'World of Women'. Read the text and answer the questions below.

(यहाँ वर्ल्ड अफ वमेन बाट लिइएको एउटा छोटो पाठ छ यो पाठ पढ्नुहोस् र प्रश्नहरूको उत्तर दिनुहोस् ।)

Sukun Rasaili BK is 48 years old. She is from Mustang. She wanted to follow her father's work. He was among the first in their community to start an apple orchard. But she didn't know that both her gender and caste would be the bigger problem. But, she has run a hotel and food factory successfully.

a. Do you think gender makes someone strong and someone weak?

I think

I don't think

b. Should caste be a problem in business?

I think

I don't think

You must have expressed your opinions on different topics in your daily life. Recall some of the moments and share.

(तपाईंले आफ्नो दैनिक जीवनमा विभिन्न विषयवस्तुमा आफ्नो विचार व्यक्त गरेको हुनुपर्छ त्यस्ता क्षण सम्झेर बताउनुहोस्।)

a. What was the topic?

b. What was your opinion?



Learning Activity

Let's study.

Here is a piece of news taken from 'Online Khabar'. It is about a woman whose earning became double every year. Study the texts and do the exercises.

(यहाँ अनलाइन खबरबाट लिइएको एउटा समाचार छ। यो समाचार एक जना महिलाको बारेमा छ जसको आम्दानी प्रत्येक वर्ष दोब्बर भयो। यो पाठ पढ्नुहोस् र अभ्यास गर्नुहोस्।)



Almost 27 years ago, a young Palpali woman used to leave her house in Tansen early morning. Then, she would travel to Madan Pokhara around 11 km away on foot with her doko and bag.

The woman's name is Sita Devi Puri. She is from Argeli-8, Palpa. She had a dream. She wanted to become a business person.

"I would leave my house a little after 3 o'clock every morning. I would go to Madan Pokhara. After collecting vegetables, I would go home in time to feed my family. Then I'd go out again to sell the vegetables around Tansen," says Puri.

Puri has now become a successful vegetable farmer. She even runs a homestay in Tansen with a group of local women.

"Whenever I grew something more, I would take them to the market along with the vegetables. Around 26 years ago, I earned about

Rs 2,000 a year. That was a good amount at that time.

Puri wanted to do a farming business. For this she needed money. She got some amount from the women's group. She also applied for a bank loan.

Her earning became Rs. 10,000 per year. The year after, it doubled, every year and this year, she earned Rs 600,000, out of which she saved Rs 400,000.

"Starting a vegetable farming business has been good for me and my family. Now, I am growing cauliflowers along with other seasonal vegetables like radish, cabbage, eggplant, cucumbers, and tomatoes," says Puri.

Puri now owns nine ropanis of land. She hires three-four workers for her help. But, this monsoon, she hired 20 helpers. She had trained them herself.

"Training is important for any person who wants to come in farming business," Puri says.

"On most days, I would take my children with me to the fields. I would let the older ones play in the place I could see. I would carry the youngest on my back while working," says Puri.

She plans to do poultry and fish farming now.

Glossary

Word	Meaning
early	सबेरै
business	a job of buying and selling things (व्यवसाय)
person	a human (व्यक्ति)
collecting	bringing together (एकै ठाउँमा जम्मा गर्न)
feed	give food to eat (खुवाउनु)
successful	making a lot of money (सफल)
run	संचालन गर्न
homestay	a business in which tourists ((पर्यटक)) can stay at your home by paying some money
grew	past form of grow (उत्पादन गर्न)
amount	money (रकम)
farming	a business of growing crops (खेती गर्ने) and keeping animals (पशुपालन गर्ने)
applied	past form of apply (आवेदन दिनु)
loan	an amount of money that you have to pay back (ऋण)
earned	past form of earn (कमाउनु)
seasonal	found in a particular season only (कुनै मौसममा मात्र पाइने)
hire	to give work (काममा लगाउने)
monsoon	rainy season (बर्षातको मौसम)
trained	past form of train (तालिम दिनु)
field	a place where we grow crops (खेतबारी)
carry	बोक्नु
poultry	chickens (कुखुरा) , ducks (हाँस) , and other birds that are kept for their eggs and meat

Let's try.

Write True for true statements and False for false ones.

(साँचो वाक्यलाई True र झुटो वाक्यलाई False लेख्नुहोस्)

- a. Sita Devi Puri is from Palpa.
- b. Sita Devi was in the business of homestay at first.
- c. Sita Devi grows vegetables now.
- d. Sita Devi got a loss in vegetable farming.
- e. Sita does all the work herself.
- f. She wants to keep chickens now.

Answer the following questions.

(तलका प्रश्नहरूको उत्तर दिनुहोस्।)

- a. Why did Sita Devi travel to Madan Pokhara?
.....
- b. Where did she sell vegetables?
.....
- c. How much did she earn by selling vegetables?
.....
- d. What work does she do now?
.....
- e. What vegetables does she grow?
.....
- f. How did she take care of her children while growing vegetables?
.....

Do you think Sita Devi is a successful woman? Give your opinion?

(के तपाईंलाई सीता देवी सफल महिला हुन् जस्तो लाग्छ? आफ्नो धारणा दिनुहोस्।)

I think Sita Devi is.....
.....
.....
.....
.....



Interactive Activity

Let's speak.

Learn some ways of expressing your opinions.

(आफ्नो विचार व्यक्त गर्ने तरिकाहरु सिक्नुहोस् ।)

- ▶ I think...
- ▶ I believe...
- ▶ I feel...
- ▶ In my opinion...

Examples:

- ▶ I think farming is a good work.
- ▶ I believe everyone can speak English.
- ▶ I feel autumn is the best season for tourists.
- ▶ In my opinion, we should take a loan from women's group.

If you want to know other people's opinions, you can ask the following questions.

(तपाईंलाई कुनै मानिसको विचार जान्न मन लागेमा तलका प्रश्नहरु सोध्न सक्नुहुन्छ।)

- ▶ What do you think of?
- ▶ How do you feel about?
- ▶ What is your opinion on.....?

Examples:

- ▶ What do you think of running a shop?
- ▶ How do you feel about homestay?
- ▶ What is your opinion on keeping cows?

Practise the conversations below with your friends.

(तलको कुराकानीहरु आफ्ना साथीहरूसँग अभ्यास गर्नेहोस् ।)

Conversation I

Pema: What do you think of a driver?

Roshan: I think it's a good job. Drivers help people to travel.

Neema: I also believe it is a good work to do. We can earn good amount by doing this job.

Conversation II

Nita: How do you feel about community farming?

Jeet: I think it's a good idea. It will be easy.

Suresh: I believe we can manage the money easily if we do it.

Kabita: In my opinion, we can easily find market if we do so.

Express your opinions in the following situations.

(तलका अवस्थामा आफ्नो विचार व्यक्त गर्नेहोस् ।)

- a. What do you think of learning English?
- b. How do you feel about going to school?
- c. What is your opinion on taking loans to do a business?
- d. How do you feel about mobile phone?
- e. What do you think of the Internet?
- f. How do you feel about making pickles?
- g. What is your opinion on working as a security guard?
- h. What do you think of nurses?



Experience based Activity

How do you express your opinion in your mother tongue? Write any five examples.

(तपाईं आफ्नो मातृभाषामा आफ्नो विचार कसरि व्यक्त गर्नहुन्छ? कुनै पाँचवटा उदाहरण लेख्नुहोस् ।)

1.

.....

2.

.....

3.

.....

4.

.....

5.

.....



Learning Activity

Let's Listen.

Listen to the audio using the link below and do the activities given below.

(तलको link प्रयोग गरेर audio सुन्नुहोस् र तल दिएका क्रियाकलापहरु गर्नहोस् ।)

Audio Link:

https://drive.google.com/file/d/1jNw5BNXzhXEytRvXuMEKdTZCmvE8yGdm/view?usp=share_link

Who said? Listen to the audio and put a tick mark in the right column.

(कसले भनेको हो? अडियो सुनेर सहि कोठामा ठिक लगाउनुहोस्)

S. N.	Statement	Girl	Boy
a.	I think students should be required to learn Spanish.		
b.	I think lawyers have the best jobs in the world		
c.	The programs on TV these days are the worst.		
d.	I'd rather shop at stores.		
e.	I'm actually glad it's finally been raining recently		

Listen to the audio again and choose the best answer.

(पुनः अडियो सुनेर सहि उत्तर छान्नुहोस्)

- a. According to the girl, which language helps the students to get job?
- English
 - Japanese
 - Spanish
- b. According to the boy, who have the best jobs in the world?
- farmers
 - lawyers
 - teachers
- c. Who are most TV programmes written for?
- teenagers
 - older people
 - children
- d. Who loves buying from the internet?
- the girl
 - the boy
- e. Who likes the rainy weather?
- the girl
 - the boy



Practice Activity

Let's write.

Study the following letter in which a person expresses his opinions about social media.

(तलको चिठी अध्ययन गर्नहोस जसमा एक व्यक्तिले सामाजिक सञ्जालबारे आफ्ना विचार व्यक्त गरेका छन् ।)

Syuchatar, Kathmandu
January 5, 2023

Hima,

Hi friend. How are things going on? I hope everything is fine with you. You have asked my opinion on social media. I'm writing what I think about social media.

In my opinion, social media are good for society. They let you write to people if you need help. You can interact with other people and have fun. You can learn from people who live in different countries. If you have a question, you can ask someone. You can block people who post bad comments.

What do you think of them? Please write me in your next letter. Please convey my regards to uncle and aunt.

Yours
Milan

Now write a letter to your friend expressing your opinion about going abroad for job.

(कामका लागि विदेश जानेबारेमा तपाईंको धारणा व्यक्त गर्दै तपाईंको साथीलाई चिठी लेख्नुहोस् ।)

.....
.....

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....



Self-initiated activity

Watch different videos of people expressing their opinions on you tube and learn the ways they express their opinions.

(युट्युवमा मानिसहरुले आफ्ना विचार व्यक्त गरेको भिडियोहरु हेरी उनीहरुले विचार व्यक्त गरेका तरिकाहरु सिक्नुहोस्।)



Exploratory Activity

Visit five people from your community. Ask them what they think of working as a cook in a hotel. Write their opinions in the table below.

S. N.	Name of the person	Opinion
1		
2		
3		
4.		
5.		

Audio Script

1.

A: I think more attention should be given to studying foreign languages at school. Don't you?

B: Sure. Absolutely. I think students should be required to learn Spanish. It's easy to learn, and it will help them get better jobs.

2.

A: I think lawyers have the best jobs in the world. What do you think?

B: I'm not sure I agree. It's true that lawyers make a lot of money, but they also have to work really hard.

3.

A: The programs on TV these days are the worst. Even with 100 channels to choose from, everything is terrible.

B: You're right about that. I think it's because most TV programs are written for teenagers. There's nothing for older people to enjoy.

4.

A: Have you used the bus lately? It's awful!

B: I know. The last time I took the bus, I had to wait for an hour for it to come. And the driver was really rude!

5.

A: Do you ever use the Internet to buy things? I've started using it lately, and I love it. How about you?

B: Well, I don't know. I'd rather shop at stores. Shopping on the Internet is fast, but I like to try things on before I buy them.

6.

A: I'm telling you, this rainy weather is driving me crazy. I hate it!

B: I understand how you feel, but I'm actually glad it's finally been raining recently. You see, it's really good for the garden.

Answer key of pre-learning activities

1. c. Good evening.
2. b. See you soon.
3. b. The first time you meet them.
4. c. Meet my sister. Her name is Lata.
5. b. I think it is a good job.

Self-evaluation

1. Act out the following things.

- a. Open the window.
- b. Close the door.
- c. Go to the kitchen and bring a glass of water.
- d. Take a sheet of paper and write your name on it.

2. Do you have the internet? Is it useful for you? Say what do you think about it?

3. Read the text below aloud and do the tasks.

A good thing about working in a restaurant is I can choose any dish I like. Noodle soup is my favorite.

Some customers are funny and joke with you. Old people seem to be easier to talk to.

Others aren't so nice. When they order their food, they say things like, "No salt. No soy sauce. Be quick about it."

I'm very careful when taking down their order so that I get it right.

A. According to the speaker, which is the best dish in the restaurant?

- a. chicken's feet
- b. wonton noodle soup
- c. roast goose

B. What does the writer feel about the dish she likes most?

- a. It is delicious.
- b. It is amazing.
- c. It is her favourite.

C. What does the writer feel about the older customers?

- a. They are funny.
- b. She doesn't like them.
- c. She likes them.

4. What is the job you like most? Why do you like it? Write a short paragraph about it.

.....

.....

.....

.....

.....

5. Introduce yourself in English.

6. Introduce yourself in your own mother tongue.

7. Put a tick in the right box.

S.N	Sentences	Yes	No
a.	"How do you do?" is a way of greeting.		
b.	You have to say 'Goodbye' when you first meet the people.		
c.	You can say "Hi, uncle." while talking to your uncle.		
d.	We can say "Namaste, my name is Gopal" to introduce ourselves.		
e.	I think it is good to use the internet in learning English. This is the way of expressing opinion.		

Evaluation Plan

क्र.स. S.N	सिकाइ क्षेत्र Learning Area	सक्षमता Competency	सिकाइ उपलब्धि एवम् मुल्याङ्कनका आधार Rubrics
1	Language and communication	Comprehend the common texts from a variety of sources, communicate the ideas expressed in them, and respond to those ideas	<p>हाउभाउ, शब्दरहित इसारा वा ध्वनि, शारीरिक अङ्गको चलाइ आदिको सङ्केतमा प्रतिक्रिया दिन</p> <p>Respond with gestures, non-verbal signals or sounds, and body movements.</p> <ul style="list-style-type: none"> ▶ Indicates opinions with gestures, non-verbal signals or sounds.(हाउभाउ, शब्दरहित इसारा वा ध्वनिमा आफ्ना विचारको सङ्केत गरेमा) 1 ▶ Indicates opinions with gestures, non-verbal signals or sounds and body movements.(हाउभाउ, शब्दरहित इसारा वा ध्वनिसहित शारीरिक अङ्ग चलाएर आफ्ना विचारको सङ्केत गरेमा) 2 ▶ Responds with gestures, non-verbal signals or sounds.(हाउभाउ, शब्दरहित इसारा वा ध्वनिसहित सङ्केतमा प्रतिक्रिया दिएमा) 3 ▶ Responds with gestures, non-verbal signals or sounds and body movements.(हाउभाउ, शब्दरहित इसारा वा ध्वनिसहित शारीरिक अङ्गको चलाएर सङ्केतमा प्रतिक्रिया दिएमा) 4
		Comprehend the common texts from a variety of sources, communicate the ideas expressed in them, and respond to those ideas.	<p>आफ्ना विचार प्रस्ट एवम् स्वाभाविक गतिमा बताउन</p> <p>To express one's thoughts clearly and naturally.</p> <ul style="list-style-type: none"> ▶ Expresses opinions.(आफ्ना विचार बताएमा) 1 ▶ Expresses opinions clearly.(आफ्ना विचार प्रस्ट सँग बताएमा) 2 ▶ Expresses opinions at a natural speed though lacks clarity.(आफ्ना विचार अप्रस्ट भए पनि स्वाभाविक गतिमा बताएमा) 3 ▶ Expresses opinions clearly at a normal speed.(आफ्ना विचार प्रस्ट एवम् स्वाभाविक गतिमा बताएमा) 4
		Comprehend the common texts from a variety of sources, communicate the ideas expressed in them and respond to those ideas.	<p>सरल वाक्य तथा छोटो अनुच्छेद शुद्धसँग उपयुक्त गतिमा पढ्न र अर्थ बताउन</p> <p>To read simple sentences and short paragraphs correctly in a natural speed, and tell their meanings.</p> <ul style="list-style-type: none"> ▶ Reads the simple sentences correctly at a normal speed.(सरल वाक्य शुद्धसँग उपयुक्त गतिमा पढेमा) 1 ▶ Reads the simple sentences correctly at a normal speed and tell their meanings.(सरल वाक्य शुद्धसँग उपयुक्त गतिमा पढी अर्थ बताएमा) 2 ▶ Reads short paragraphs correctly at natural speed.(छोटो अनुच्छेद शुद्धसँग उपयुक्त गतिमा पढेमा) 3 ▶ Reads short paragraphs correctly at a natural speed and tells the meaning.(छोटो अनुच्छेद शुद्धसँग उपयुक्त गतिमा पढी अर्थ बताएमा) 4

Language and communication	4	Comprehend the common texts from a variety of sources, communicate the ideas expressed in them, and respond to those ideas.	<p>अङ्ग्रेजी भाषाको प्रयोग गरी अभिवादन गर्न, सम्बोधन गर्न, परिचय दिन र प्रतिक्रिया जनाउन</p> <p>To greet, address and introduce and respond to them in English.</p> <ul style="list-style-type: none"> ▶ Understands the greetings and addresses in the English Language.(अङ्ग्रेजी भाषाको प्रयोग गरिएको अभिवादन, सम्बोधन बुझेमा) ▶ Understands the greetings and addresses in the English Language and responds to them.(अङ्ग्रेजी भाषाको प्रयोग गरिएको अभिवादन वा सम्बोधन बुझेर प्रतिक्रिया जनाएमा) ▶ Gives one's introduction in English.(अङ्ग्रेजी भाषाको प्रयोग गरी आफ्नो परिचय दिएमा) ▶ Use English to greet and address someone and also introduce to self and other.(अङ्ग्रेजी भाषाको प्रयोग गरी अभिवादन, सम्बोधन र परिचय गरे गराएमा) 	1 2 3 4
	5	Comprehend the common texts from a variety of sources, communicate the ideas expressed in them, and respond to those ideas.	<p>आफ्ना विचार सरल वाक्यमा लेखी व्यक्त गर्न</p> <p>To express own's thoughts in simple sentences.</p> <ul style="list-style-type: none"> ▶ Writes one's opinions in simple sentences without considering its grammar.(व्याकरणको ख्याल नगरी आफ्ना विचार सरल वाक्यमा लेखेमा) ▶ Writes one's opinions in simple sentences considering its grammar.(व्याकरणको ख्याल गरी आफ्ना विचार सरल वाक्यमा लेखेमा) ▶ Writes and expresses one's opinions in simple sentences without considering its grammar.(व्याकरणको ख्याल नगरी आफ्ना विचार सरल वाक्यमा लेखेर व्यक्त गरेमा) ▶ Writes and expresses one's opinions in simple sentences considering their grammar.(व्याकरणको ख्याल गरी आफ्ना विचार सरल वाक्यमा लेखेर व्यक्त गरेमा) 	1 2 3 4
	6	Comprehend the common texts from a variety of sources, communicate the ideas expressed in them, and respond to those ideas.	<p>मातृभाषाको प्रयोग गरी अभिवादन गर्न, सम्बोधन गर्न, परिचय दिन र प्रतिक्रिया दिन</p> <p>To greet, address and introduce and respond to them in the mother tongue.</p> <ul style="list-style-type: none"> ▶ Greets in one's mother tongue.(मातृभाषाको प्रयोग गरी अभिवादन गरेमा) ▶ Greets and addresses someone using the mother tongue.(मातृभाषाको प्रयोग गरी अभिवादन र सम्बोधन गरेमा) ▶ Greets and addresses and introduces using the mother tongue .(मातृभाषाको प्रयोग गरी अभिवादन र सम्बोधन गरी परिचय दिएमा) ▶ Understands the greetings and addresses in the mother tongue and responds to them.(मातृभाषामा गरिएको अभिवादन र सम्बोधन बुझी प्रतिक्रिया दिएमा) 	1 2 3 4



भाषा र संचार



व्यावहारिक समस्या र समाधान



हाम्रो परिवेश र नागरिक घेतना

जीवन शिक्षा : शिक्षाको वैकल्पिक बाटो

अनौपचारिक तथा वैकल्पिक शिक्षा समकक्षताको लागि
तयार गरिएको नमुना सिकाई सामग्री