



India rama naupang leh thalaite tana Life skills bul tanna  
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## A Life Skills Collaborative Initiative | India Glossary of Life Skills A KHUH HAWNNA

### **Life Skills chu engnge ni ?**

*Life skills* chu hriat tawh sa leh la hriat ngai loh thil awm sa, mahni in rintawkna atang leh kan khawtlang nun hona in a cho chhuah hmangchang bakah zir thiamna in a cho chhuah hmangchang te kan lo hman tangkai theih nan a kawng kawhhmuh tu a ni a .<sup>1</sup>

He thil hi kan ram zirna hmasawwna chahbi atan ziak a exam intihsiakna mai a in nghat lo a, thiamna teh fung bul thut atan hmang tangkai chho zel turin han insuangtuah ta ila. Tun hnai mai ah pawh Khawvel pum huap a life skills leh *social-emotional competencies* ( kan nun hona leh rilru suk thlek mil) hlutna hrechrag a hmalak na a thang chho ta zel a. *OECD* chuan tun hnai mai khan He *Social-emotional learning (SEL)* chhung a zeh tel tlak ni a ngaiin 'ziak leh chhiar zirna piah lam' tiin hmasawwna kailawn a tan a lo telh nghe nghe tawh a . Kan India ramah ngei pawh, *National Education Policy 2020* chuan *Social emotional Learning* pawmhnahawm zia leh *Life skills* hi India ram thalai ten an hman tangkai ngei a pawimawh zia hria in a lo tarlang tawh nghe nghe a ni.

India ram a kan *education system* atan a *NEP Fundamental Principles* zingah *creativity* (ngaihruat a tak chantir thiamna), *critical thinking* (thlirna tlang hrang hrang atang a ngaihtuah chhuah thiamna ) leh life skills zing a heng; *communication* (Mi biangiak thiamna), *Team work* (Thawh hona tha) leh *Resilience* (Tlo tak a din nghehna) te hi a dah pawimawh fal hle nghe nghe a. Chumi piah lamah zirtirtu te chuan naupang te tan *socio-emotional learning* hi zirlaiten a nawl pui a hma an sawwna atan a tangkai em avangin an hman thiam ngei ngei atan a pawimawh hle tih a sawi baw .

*Life Skills Collaborative's (LSC)* Kalphung hi India ram a kan *Education system* kal pui dan tlang pui nen pawh kawng hrang hrang a teh pawhin hman tangkai a rem hle a . He India Glossary hi LSC kal pui nan a a thling pawimawh tak niin *Life skills* leh a kaihnhawih in kungkaih kual na ah hna pawimawh tak a thawk baw. Kan ram a thalai kum 11 atang a kum 18 inkar tan *Life skills* pawimawh tak tak 52 lai a rawn tarchhuak a ni.

### **GLOSSARY I CHHIAR RUAL A HRIATTUR TUL**

He *Glossary* ngun thluk tak a l chhiar hnu a l hriat tur chu , heng *skills* kan sawi zawng zawng hi mihring tu pawhin an ban phak vek a ni a, thalai tu pawh , eng dinhmun atang pawh, a hmei a pa, theihna hrang hrang nei ten an ban phak atan a pho chhuah hi a tum pakhat a ni a. A zirtirtu ten en hranna awm hauh lo a he *Life skills* hi an zirlai te hnen a an tuh makmawh a ni tih kan hrethiam thei mai awm e. A tarlan tum tak chu mipa leh hmeichhia inkar laklawh kan tih te pawh a huam vek tih hi a ni a. A hran a Dan in a lo pawm /ruat sak (*Special Provisions*) tul chin chu he *Glossary* a Life skills *curricula* leh *Assessment* ah telh ngei a tul baw a ni..

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<sup>1</sup>*This description is a synthesis of inputs received from various experts surveyed across India.*

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## INDIA RAM A LIFE SKILLS GLOSSARY LO IRH CHHUAH DAN

A in kai lawn a he *Glossary* peih tur hian India ram a *Life skills* hman a tulna tarlang tur leh pho chhuak tur atan *LSC* ah format hran siam a sawi ho a nih hnuin, a ri ruang/ruangam (*framework*) siam emaw a then hranna bu (*taxonomy*) emaw hetia a hrilh fiahna/tul zual phuakhawm (*Glossary*) hian chhonzawm tha ang tih *census* neih ah chuan, mi tam zawk duhthlanna in, heng *Life skills* in a huam zau dan tur chin leh a behbawm te zep tel si in he *Glosary* hi tih thluk a lo ni ta a ni.



*LSC* in he glossary peih tur a a thawhpui 'The Teacher Foundation'(TTF) hian kawng hrang hrang hmang in he *India Glossary* of life skills hi a phuakhawm hna an lo thawk chhonzawm ta a ni.

TTF in a phuakhawm dan in dawt he thlak ah hian tarlan ani:

### He India Glossary peih a nih dan

He *glossary* hi *Life Skills Collaborative* thawh ho na in tleirawl te'n a an theihna bik hman tangkai thiamna (*Specific Life skills*) tha tak tak tehna hmanrua leh India ram a State tin mil a rawn tlak a siam tangkai tur in *LSC* in a thawh pui hrang hrang te nen a siam rem a ni a. India ram hmun hrang hrang a life skills tangkai tak a hman anih nan rawn tlak dah that atan in nghahna ber ni turin a beisei awm hle bawk. A pawimawh ber ah chuan zirtirtu te leh an thawh pui *NGO* te tan thiamna tuhna kawngah naupang leh thalai zawk te awmze nei a an ennkawlna hmarua atan a rintlak hle tur a beisei a ni .



## A CHHUNG A THU AWM TE -

Sr. No.	Life Skill	Sr. No.	Life Skill
1	In siam rem thiamna (Adaptability)	28	Media hman thiam (Media Literacy)
2	Tum ram thleng tura hmalak (Agency)	29	Ngaihtuahna thunun (Metacognition)
3	Chik taka ngaihtuah (Analytical thinking)	30	Thu rem thiamna (Negotiation)
4	Ngaihtuahna her rem thiam (Cognitive Flexibility)	31	Number hman thiam (Numeracy)
5	Thawhhona (Collaboration)	32	Rilru zau (Open-Mindedness)
6	Mi biakpawh thiamna (Communication)	33	Inhmanna (Participation)
7	Lainatna (Compassion)	34	Teirei peihna (Perseverance)
8	Remna siam thiam (Conflict Resolution)	35	Thil thlir thiam (Perspective taking)
9	Chauhna hmachhawn thiam (Coping with stress)	36	Ruahmanna (Planning)
10	Ngaihtuahna themthiam (Creative Thinking)	37	Harsatna chinfel (Problem Solving)
11	Thil chik thiamna (Critical Thinking)	38	Rilru siamrem thiamna (Psychological flexibility)
12	Hriatchian duhna (Curiosity)	39	Inkungkaihna siam thiam (Relationship Management)
13	Thutlukna siamthiam (Decision Making)	40	Paukhauhna (Resilience)
14	Insumtheihna (Delayed Gratification)	41	Chhawrnahawmna (Resourcefulness)
15	Ecological Leteracy (Ecological Literacy)	42	Danglamna hlut thiam (Respecting Diversity)
16	Rilru Sukthlek Thunun (Emotional Regulation)	43	Mawhphurhna (Responsibility)
17	Mi Dinhmuna inchan thiamna (Empathy)	44	Thil tihchhin ngamna (Risk Taking)
18	Sum leh pai hriatthiamna (Financial Literacy)	45	Mahni inhriatchian (Self-Awareness)
19	Rilru paukhauh (Grit)	46	Mahni induat thiamna (Self-Compassion)
20	ICT hman thiamna (ICT Literacy)	47	Mahni theihna hriatchian (Self-Efficacy)
21	Chanchin fawmkhawm thiamna (Information Synthesis)	48	Mahni hlutna hriat (Self-Esteem)
22	Hmalak thiamna (Initiative)	49	Mahni inthunun (Self-Management)
23	Hruaitu zia (Leadership)	50	Nunho Thiamna (Social Awareness)
24	Thiam tura inzir (Learning to Learn)	51	Hriatthiamna ngah (Tolerance of Ambiguity)
25	Ziak leh Chhiar thiam (Literacy)	52	Danglamna thlen tura mahni ke a din tumna (Transformational Entrepreneurship)
26	Ngaihtuahna fing (Logical Thinking)		
27	Mahni in tuaihriam (Mastery Orientation)		



## 1. In siam rem thiamna (Adaptability)

### Sawifiahna

Insiamrem thiamna (*Adaptability*) kan tih chu kan la hriat loh thil leh thil thar kan hmachhawn te, mihring leh dinhmun in thlak hun a kan nun dan leh ngaihtuah dan phung siam rem theih hi a ni. Kan ngaihtuahna, rilru sukthlek leh nun phung buk tawk thiamte a keng tel bawk. Chu chu dinhmun tharah pawh rah tha tak chhuahthir theitu a ni. Thil danglam kan hmachhawn dan leh chumi atanga inzir a, kan hna te, kan thil tih leh kan tum tihlawhtling tura kan in zir thiamna hi a ni.

Insiamrem thiamna hi hmangchang pawimawh tak zinga mi a ni a, rilru hriselna atan te, nitin nun hona atan te, zirna leh eizawna atan a tangkai hle.

### In siam rem thiamna (*Adaptability*) hman chhuah dan

Heng te hi miin a lan chhuah tir thei tur a ni:

- A in thlak danglam ngam tur a ni.
- A tul dan a zirin thil thar leh tih dan phung dang zir a in huam tur a ni.
- Thil danglam a thelenin a thim lam thlir lova a eng lam thlir dan a thiam tur a ni.
- Hun khirhah pawh ngaihtuahna fim nena chet lak thiam.
- Mamawh in thlak dan ang zel a hun tiam, rahchhuah leh beiseina siam rem.
- A tul dan azira kalphung kawih her

### A ken tel *Life skills*

- Rilru siamrem thiamna
- Rilru sukthlek thunun
- Ngaihtuahna herrem thiam
- Hmalak thiamna
- Hruaitu zia
- Rilru zau
- Paukhauhna

### Tawng danga sawi dan

- In Hindi – अनुकूलन क्षमता
- In Marathi – संयोगक्षमता
- In English – Adaptability



## 2. Tum ram thleng tura hmalak (Agency)

### Sawifiahna

Tum ram thleng tura hmalak (Agency) chuan dona leh harsatna karah pawh kan tum ram thleng thei tura hma kan lak ngamna hi a kawh a. Kan hmalak dante nghawng thei tura midang nena kan inlaichinna, thutlukna siam leh vantlang ngaihdan leh khuahkhirhna thlak danglam theihthe a huam bawh a. Mahni tana tum bulfuk leh tha siama a ti hlawhtling tura hmalak theih te, remchang awm ang ang hman tangkai thiamte a huam bawh.

He skill hian eng dinhmunah pawh ding ila ka hlawhtling thei a ni tih inhriatna leh inrintawkna a keng tel bawh a ni.

### Tuh rah seng inhuam (Agency) hman chhuah dan

Miin heng te hi a lanchhuah tir thei tur a ni:

- Ngaihtuahna leh an thil dawnsawn dan te inhawng tak a tih lan
- Mahni tan a thutlukna siam kawng ah mi tam zawk beisei dan ang zawh theih loh chang pawh a thahnem ngaihna nen a hmalak
- Mahni in ngai pawimawh a duhzawng din chhuah pui ngam
- Harsatna leh buaina a thlen pawh a hlawhtling tak a kawng dik zawh
- Mahni ngaiat zawng , tuina leh thlakhlelh zawng nen a in rem tum ram in tuk thiam
- Mahni in rintawh leh thahnem ngai tak chung a tum ram hlen tur a kan chhehvel a awm thil hman tangkai thiam
- Thil hman tangkai theih awm ang te chhawr leh in thlun zawm thiam
- Mahni leh a chhehvel boruak ah danglamna thlen tur a thahnem ngai tak a tan lak
- Vantlang ah kalphung dik lo a awm in, ruahmanna fing leh felfai tak siam theih

### A ken tel Life skills

- Mahni inhriatchian
- Mahni hlutna hriat
- Mahni theihna hriat chian
- Thu rem thiamna
- Mi biakpawh thiamna
- Thutlukna siam thiam
- Nunho thiamna
- Chhawrhahawmna
- Hmalak thiamna
- Inhmanna
- Mawhphurhna
- Thil tihchhin ngamna

### Tawng dang a sawi dan :

- In English – Agency
- In Marathi - विजिगीषु वृत्ती
- In Hindi - एजेंसी का भाव





### 3. Chik taka ngaihtuah (Analytical thinking)

#### Sawifiahna

Chik taka ngaihtuah (*Analytical thinking*) kan tih chu kan thil hmuh leh hriat/tawn te chipchiar taka zir Chiang a, chip nawi neuh neuh tawh hnu a, a tha leh thalo chinte thiam tak a thliar hrang a harsatna leh buaina te fing tak a mahni chhia leh tha hriatna hmanga chinfel thiam hi a ni a. Eng pawh kan hmachhawn dawn ah a zia rang chhui fiah hmasa a, a tul leh pawimawh chin thliar thiam te, harsatna awm theite thliar thiam hi a ni .

Chik taka ngaihtuah (*Analytical Thinking*) hian kan thil hmachhawn reng reng ah awn lam nei lo in fing tak a thutlukna siam kawngah min pui thei a. Thlirna tlang hrang hrang atanga min thliar thiam tir in, kawng dik min kawhhmuh a, chhia leh tha hriatna fing tak a chawh tho a chin fel dan kawng dik tak min kawhhmuh thei thin.

#### Chik taka ngaihtuahna (*Analytical thinking*) hman chhuah dan

Heng te hi miin a lan chhuah tir thei tur a ni:

- Thil tawn hriatte a dik tawh em tih leh a pawmnaawm em tih chhut thiam
- Awn lam nei emaw ngaihtuah thil in thup a awm em tih chik nachang hriat
- Ngaihtuahna thummun lo leh ngaihtuah lak a tul hun a chinfel dan turte a khaikhin thiam tur a ni
- Fingfiahna hmangin thutlukna siam a ni tih a ti Chiang tur a ni
- Midangte nena an thil hmuh dante sawiho a, thu tawp siam leh thurawn pek thiam.

#### A Ken tel Life Skills

- Thil chik thiamna
- Harsatna chinfel
- Ngaihtuahna themthiam
- Ngaihtuahna fing
- Mi biakpawh thiamna
- Remna siam thiam

#### Tawng dang a sawi dan

- In Hindi – विश्लेषणात्मक विचारधारा
- In Marathi – विश्लेषणात्मक विचार करणे
- In English - Analytical Thinking



## 4. Ngaihtuahna her rem thiam (Cognitive Flexibility)

### Sawifiahna

Ngaihtuahna her rem thiam (*Cognitive flexibility*) kan tih hian kan thil ngaituah dan leh nunphung te, kan chhehvel boruak a zir a kan tan a thil tharah pawh kan rilru kan siam rem zung zung theih na hi a ni mai a. Thil thar kan hmachhawn chang pawh a kan thil tawn mil a kan nunphung leh hawiher te thleng a thunun a kaww baww a. Chumai piah lamah rilru zau put a ngaih hunte rilru insawrbing a ngaih hun hriatte a huam tel baww.

He hmanchang thiamna nei tha kan tih te hian, a rah chhuah tha tak an nei, chungte chu ; naupang ten ziak leh chhiar nal tak a an thiamnate, puitlin hnu a hringnun a harsatna an tawh leh boruak tha lo hnuaiyah pawh nghet tak a an din theih na kan tih te, puitlin hnu a thil thar ngaihtuah chhuah thiamna te, upat hnu pawh a nun dan tha leh tangkai neih theihna te hi a entirna thenkhat a ni. Ngaihtuahna siam rem thiam hi khawtlang a mi chi hrang hrang kan chen ho na ah pawh pawimawh tak a ni.

### Rilru thunun nuam (*Cognitive Flexibility*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Chanchin danglam leh an tul pawimawh te hriat belh an neih pawh a thlir dan thlak mai theih
- Harsatna te thlirna tlang dang atang a hmachhawn thiam
- A tul huna ngaihdan sawhsawn hreh loh
- A chhehvel a thil hman tangkai theih te dawnsawn thiam
- A ruala thil chi hrang hrang tih thiam
- Thil buai leh chianglo deuh pawh hmachhawn theih
- A nghawng tur thlir lawk thiam
- Buaina chinfel dan tur kawng khat mai nilo a thlur tam tak siam thiam

### A ken tel *Life Skills*

- In siam rem thiamna
- Thil thlir thiam
- Remna siam thiam
- Ngaihtuahna themthiam
- Thil chik thiamna
- Rilru zau
- Chhawrhahawmna
- Thil tihchhin ngamna
- Hriatthiamna ngah

### Tawng dang a sawi dan

- In Hindi – बौद्धिक लचीलापन
- In Marathi – बौद्धिक लवचिकता
- In English - Cognitive Flexibility





## 5. Thawhona (Collaboration)

### Sawifiahna

Thawh hona (*Collaboration*) tih chu midangte nena zai ngai tak leh lungruual taka a huho a thawh a ni a. Tum ram hlawhtling taka thleng thei tura ruahmanna felfai leh lungruualna nena mi pahnih emaw a aia tam thawh ho hi a ni. Thawh ho na chak dan buk tawk thiam leh chona hmachhawn thiam te, thil tam tak in zir chhuah leh in zirtir tawn dan thiam na te a keng tel a ni.

Thawh hona (*Collaboration*) hi rah tha tak nei tur a miin, midang te nen, ram dang, hnam dang mi nen thleng pawh a thawh ho a thiam nan a chahbi pawimawh tak a ni .

### Thawhona tha (*Collaboration*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur ni :

- Midang puihna nen a ruahmanna tha siam chhuah thiam.
- A huho a inpawh tawna tha tak siam.
- Midang te pui tur a inhawn leh inhuam .
- Thawhona a hmahruai tu, aiawh tu leh hnung zuitu nih hreh loh
- Team a *member* tin te duh dan leh duh dante hriatthiam pui
- A tangkai tur zawnga midang thu hnial emaw pawmpui thiam.
- Midangte ngaichang chungah mahni ngaihnan zahawm taka sawichhuah.
- Thenrual te tan a tangkai leh puitu nih.
- Pawl a *member* tin te theihna leh thiam zawngte hmuhthiam leh hlut thiam
- Tum ram thleng tura a hniak tamlam ngaihnan ngaihnpawimawh.
- Mi hrang hrang thawh ho na ah kan danglam na leh in an lohna theuh te hria a pawm thiam

### A ken tel *Life Skills*

- Inkungkaihna siam thiam
- Mi biakpawh thiamna
- Mi dinhmuna in chan thiamna
- Thil thlir thiam
- Inhmanna
- Mawhphurhna
- Remna siam thiam
- Hruaitu zia
- Thu rem thiamna
- Chhawrhnaahawmna
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan

- In Hindi – सहभागिता
- In Marathi – सहकार्य
- In English - Collaboration



## 6. Mi biakpawh thiamna (Communication)

### Sawifiahna

Mi biakpawh thiamna (*Communication*) chu tawngka emaw zaizir emaw hmanga midangte nena kan nunphung leh a hun leh hmun a zir a in biak pawh theihna hi a ni. Ngun tak leh tha tak a ngaihthlak theihna te, kan ngaihdan leh duh dan te, kan tul tih zawng leh hlauhthawna te, chiang taka sawi chhuah thiam leh mamawh huna tanpuina leh fuihna ngen thiam te a keng tel a ni. Kan ruahmanna, kan ngaihdan, rilru leh ngaihtuahnate midang nena kan in hlan tawna hmanrua a ni.

Mi biakpawh thiamna (*Communication*) hian kan mihring pui te leh kan thil tawn hrang hrang te hriatthiamna min pe a, a chinfel dan kawng te, kan in an lohna pawm thiam te, inrintawna leh inzahtawna siam kawngahte min pui tu ber a ni a. Ngaihdan tha tak tak te, harsatna chinfel dan te, inggainattawna, inggaisak tawnnate a par chhuah tir thei bawk.

### Mi biakpawh thiamna (*Communication*) hman chhuah dan

Miin hengte hi a lan chhuah tir thei tur a ni

- Miin thu an sawi laiin a tibuai zawng a awm lo va ngun taka lo ngaihthlak
- Ngawih hun leh tawng hun thliar thiam
- Tawngka leh chezia hmanga ngaihtan tihlan thiam
- In phochhuah dan hrang hrang thiam
- Ngaihdan nilo te zahawm tak leh mawihnai tak a sawi chhuah thiam
- Midangte ngaihdan zah tak chung a chhan dan thiam

### A ken tel *Life Skills*

- Mi dinhmuna in chan thiamna
- Rilru zau
- Thawh hona
- Remna siam thiam
- Tum ram thleng tura hmalak
- Lainatna
- Hruaitu zia
- Thu rem thiamna
- Thil thliar thiam
- Inkungkaihna siam thiam

### Tawng dang a sawi dan

- In Hindi – संवाद कौशल
- In Marathi – संवाद कौशल्य
- In English - Communication



## 7. Lainatna (Compassion)

### Sawifiahna

Lainatna (*Compassion*) kan tih chu midang te tawrhna kan hriatthiampui a, kan tawrhpuina leh chhawk tura an tan a kan tih theih ang te kan tih sak duh thinna hi a ni a. Lainatna kan tih hi peng panga a then a ni a - mi te tawrhna hriatthiampui, khawvelah mi tam tak hrehawm tuar an awm ani tih rinna, a tuartu te hriatthiamna, dawhthei tak a dawm a puih in huam te a ni. inkungkaihna/inlaichinna nei lo mah ila, sakhuana te, zikchhuahna te, chhungkaw dinhmun te thlair lo va lainatna nen a puih duhna thinlung neih hi a ni.

Lainatna (*Compassion*) chu mahni leh midangte chung a rilru tha put reng leh a eng zawnga thil thlir hram hramna a, midangte laka ngilneihna neih leh an dinhmuna inchanthiamna nei a, chumi atanga khawtlang a nun hona tha nei a, harsatna chin fel a, khawvel tana inlungualna leh ralmuanna thlen hi a ni.

### Lainatna (*Compassion*) hman chhuah dan

Miin hengte hi a lan chhuah tir thei tur a ni :

- Miin a thil tawn a zir a hriatthiam na lo lantir.
- Midangte tawrhna, harsatna leh vanduinna te mahni in chan thiam
- Mi mal emaw pawl ang pawh a tawrhna a awm in va hriatthiam pui tawn
- Mahni lam hnai bik te mai bak ah pawn lam mi leh Ran chung ah thleng pawh a khawngaihna chet zia a lantir
- Midangte tan a in hawng leh pui thei tur zawng a in hawn
- A nu emaw a pa emaw , hnam leh ram, pian leh murna, khawtlang dinhmun hrang hrang atanga chhuak te thil tawn leh paltlang tawh te hlut pui a midang te an puih theih nan a hman tangkai tir thiam
- Khawvel pum huap a tawrhna hrang hrangte mihringin kan lo tih kiam ve theihna kawng kawh hmuh
- A chhan bulpui chik peih a tanpuina chhawp chhuak thei turin hmanraw hrang hrang ban phak a chhawp chhuah.

### A ken tel *Life Skills*

- Mahni inhriatchian
- Mi dinhmuna in chan thiamna
- In biakpawh thiamna
- Danglamna hlut thiam
- Mahni induat thiamna

### Tawng dang a sawi dan

- In Hindi – करुणा
- In Marathi – करुणा
- In English - Compassion



## 8. Remna siam thiam (Conflict Resolution)

### Sawifiahna

Remna siam thiam (*Conflict Resolution*) kan tih hian thu inhmuh loh leh inngirngona te, in hriatthiam lohna ,ngaihdan hrang leh in mil lohna,mi pahnih inkarah emaw a huho ah te a thlen chang a awm thin a chutiang hunah chuan a lehlam lehlam in an duh dan leh an pawm zawng tlem tal hmuhchuah sak thiam hi a ni a. Inpawhna tha siama sawi rem pui thiam te a lehlam lehlam tana pawmhnaawm zawng leh an thu a inhmuh theih dan tura puih te a keng tel .

Remna siam thiamna hi *Life skill* pawimawh tak kan bul vel a mi te nena kan inkar ah leh khawvel pum huap a thil tangkai tak pakhat a ni a. Buaina tam tak chu kan chin fel dan a zirin harsatna tam taka su kiang in midangte nen in rem tak a kan thawhho nan min pui thei bawk a ni .

### Remna siam thiam (*Conflict Resolution*) hman chhuah dan

Miin hengte hi a zawm thei tur a ni:

- Buaina lo chhuah chhan chhui chiang tura ke pen
- Thil tha zawk a chhuah nana sawihona neih
- An rilru sukthlek te her rem tur a mahni in thunun
- Buaina chingfel tur zawnga thlir dan tlang hrang hrangte khaikhawm
- Midangte pawisawi lo zawng leh inlungual zawnga boruak in buk tawk tak siam.
- Insawi rem thei tura puih duhna lan tirlah ngaihtuahna sen zau

### A ken tel *Life skills*

- Mi biakpawh thiam
- Thil thlir thiam
- Ngaihtuahna herrem thiam
- chik tak a ngaihtuah
- Harsatna chin fel
- Thu rem thiamna
- Chanchin fawmkhawm thiamna
- Thawhhona
- Inkungkaihna siam thiam

### Tawng dang a sawi dan

- In Hindi – संघर्ष तथा विवाद या विरोध का समाधान
- In Marathi – संघर्ष आणि वाद किंवा विरोध चे समाधान
- In English - Conflict Resolution



## 9. Chauhna hmachhawn thiam (Coping with stress)

### Sawifiahna

Chauhna hmachhawn thiam (*Coping with stress*) tih chu kan nun a rilru leh taksa chauhna te in hriatthiam a pawm thiam mai bak ah a thlen tu leh kan nun a nghawng dan tur te dawn thiam a ni a .Kan chauhna ti ziaawm tur a hmalak bakah chinfel dan kawng ngaihtuah te a tul thin. He hmangchang pawimawh tak mai hian keimahni leh keimahni rilru sukthlek thlithlai peih te, kan nguina chinfel te leh kan hun tawn a zir a puitling tak a hmachhawn tur a kan rilru siam rem te a huam tel bawk a ni.

He thiamna hian thil chauh thlak tak tak leh hamhaih thlak tak tak te, rilru chawk buai map thei harsatna kan tawh chang ten chakna min pe a, a behbawm harsatna te siam tha a, a tha thei ang ber a chingfel thei turin min pui thei tlat a ni .

### Chauhna hmachhawn thiam (*Coping with Stress*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni :

- An nuna chauhna a lo thlen in mahni an inhrethiam.
- Eng thil in nge ti chau thin tih an hria.
- Chauhna in an taksa leh rilru a nghawng dan an hria
- A rilru chawk buai thei thil engte nge tih hriat in chinfel dan kawng a zawng thiam.
- Amah ti hahdam thei tih tur a zawng thiam
- Midang hnen a inbun ruah tangkai zia a hria.
- Chauhna tih ziaawm nana hmalak dan chi hrang hrang a tak in a hmang.

### A ken tel *Life Skills*

- Mahni in hriatchian
- Mahni inthunun
- Rilru sukthlek thunun
- Hriatthiamna ngah

### Tawng dang a sawi dan

- In Hindi – तनाव का सामना
- In Marathi – तणावाचा सामना करणे
- In English - Coping with Stress



## 10. Ngaihtuahna themthiam (Creative Thinking)

### Sawifiahna

Ngaihtuahna themthiam (*Creative Thinking*) chu mahni irawm chhuak a thil tih thiam te, ngaihdan awmsa hrang hrang tih hmasawn a, thil thar ngaihtuah chhuah te, awmze nei taka suangtuahna a taka chantirte a huam. Thu chang thlan bik te, a tum bik leh dan leh dun te, a dan hman te hrethiam a hman tangkai zung zung theihna te a huam tel a ni.

Ngaihtuahna themthiam (*Creative Thinking*) hi *Life skills* zinga hmun pawimawh tak changtu a ni a, riruat thiamna te , thil chin chhuah thar, kan hun tawn thar leh danglam tak te hmachhawn theihna tha tak siam tu a ni. Mahni in bihchianna kawngah te harsatna sut kian dan ah leh mahni theihna zawn chhuah kawngah te, zirna kawng a puitu ah leh eizawna kawng a hlawhtlinna te, khawtlang a thang thatna thleng a pui theitu a ni.

### Ngaihtuahna themthiam (*Creative Thinking*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur ani :

- Kalphung thar paw chhuak in, mahni irawm chhuak in thil a siam/ngaihtuah chhuak thei tur ani.
- Thil thlengte thlir dan thar a thlir a thiam emaw a awm sa tih hmasawn dan a thiam tur a ni.
- Rilru a thil awm mila chetlak thiam.
- Thil sawifiah dan kawng dang ngaihtuah chhuah thiam
- Ngaihdan chi hrang tam tak chhawp chhuah thiam.
- Thil awmdan leh harsatna mil leh mamawh ang zela ngaihdan awmze nei chhawp chhuah.
- Thil awmsa hmanga chanloh khan atanga ngaihdan thar phawrh chhuah
- Hnathawh reng reng ah a hlawh pun beisei vang ni lo a nuam tih vang leh hlawk thlak tih vang te, chona a an ngaih thiam avang zawk a tel thin.

### A ken tel *Life Skills*

- Hriatchian duhna
- Rilru zau
- Ngaihtuahna herrem thiam
- Tei rei peihna
- Mahni theihna hriat chian
- Chik taka ngaihtuah
- Harasatna chinfel
- Chhawrhna hawmna
- Hriatthiamna ngah
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan

- In Hindi – सर्जनशील विचारधारा
- In Marathi – सर्जनशील विचार
- In English - Creative thinking



## 11. Thil chik thiamna (Critical Thinking)

### Sawifiahna

Thil chik thiamna chuan finfiahna awmsa leh mahni finna hmanga zawhna zawh leh awmze nei tura kan thil hriat chip thiam te, sawifiah leh khaikhawm thiam te a huam a. Harsatna chingfel tura thil thar hman te, mahni puala thutlukna siam thiam tur te in min pui a. He thiamna hian kan ngaihtuahna in en let dan te, awn lam neisa kan nih lehg nih loh in zirna te, kan thuhriat a rin tlak em tih hriatthiam te, kan thu dawn in millo tak tak te pawh rilru zau tak leh dik tak a thutlukna siam thei turin min pui a ni.

He *skill* hi thalai zawk te, chhawrhahawm leh in nghahna tlak a mahni intodelh nan te, thudik leh midang te zah tak chung a thu tha an hlut thiam na atan hmun pawimawh tak a chang a. Khawvel hun harsa tak ah nun dan tha leh kawng dik min kawhmuh tu ani .

### Thil chik thiamna (Critical Thinking) hman chhuah dan

Miin heng te hi a lanchhuah tir thei tur a ni:

- Hraitur tulte lakhawm in chu mi hrethiam turin zawhna awmze nei a zawt.
- Thil hrang hrangte inkungkaihna siam a phuarkhawm thiam
- Thil awmze nei a sawi chhawn thiam a, a hmawrbawk thiam
- Thutlukna in a nghawng tur a tha zawng leh tha lo zawng te dawn thiam
- Mahni ngaihdan thlir let thiamna
- Mahni awn lam leh awn loh lamte hriatthiam a, zir chian.
- Hnialna awmze nei leh tangkaite pawm thiam
- Ngaihdan leh duh dan hrang hrang te lakkhawm thiam

### A ken tel Life Skills

- Ngaihtuahna thunun
- Ngaihtuahna herrem thiam
- Chik taka ngaihtuah
- Hriatchian duhna
- Rilru zau
- Thhutlukna siam thiam
- Thiam tura in zir
- Ngaihtuahna fing
- Thu rem thiamna
- Harsatna chingfel
- Thil tihchhin ngamna
- Danglamna thlen tura mahni ke a din tum

### Tawng dang a sawi dan :

- In Hindi - समालोचनात्मक चिंतन
- In Marathi – चिकित्सक विचारक्षमता
- In English - Critical Thinking





## 12. Hriatchian duhna (Curiosity)

### Sawifiahna

Hriatchian duhna (*Curiosity*) tih hian hriat belh chakna leh zir belh chakna kai tho a, a hlawkna hmuh theih leh dawn phut vang ni lem lo a hriat belh chakna emaw hriatchian chakna kan neih hi a ni. Kan thu dawn leh neihsa khingbai lai te lo hriat fuh a tih famkim duhna a kawk bawk. Chanchin leh thu dawn awm sa te a lan dan phung ngawr ngawr piahlam hriatthiamna thuk zawk min pe thei tu a ni bawk.

Hraitichian duhna (*Curiosity*) hian a tha zawng in kan thluak leh hriatna sawizawi kawngah min pui nasa em em a, thuk zawka ngaihtuahna pe thei tur in min pui a, hmangchang thiamna kawngah min pui a, mahni inrintawkna nasa tak min siam thin.

### Hriatchian duhna (*Curiosity*) hman chhuah dan

Mi in heng te hi lan chhuah tir thei tur a ni:

- Thil thar leh tawn hriat thar neih chakna a nei tur a ni
- Thil thar tawn chang a tuina nena hmachhawn a, a thil hriat tawh nena thlunzawm thiam..
- La hriat ngai loh thil pawh phur taka zir a, midangte ngaihdan pawh lak thiam.
- Midangte nen huho a thil zirnaah tuina leh phurna lan chhuah tir
- Midang te tuina zawn chhuah pui peih
- Midangte nung chang hre chiang tura zawh chhuah thiam
- Ngaihtuahna ril paw chhuak thei hun tha chan thiam
- Thil harsa tak pawh chinfel dan zawn thiam
- Mahni chhia leh tha hriatna a in ring tawk taka hma lak
- Chona hmuh thiam a thanlenna atan a hun tha a ngaih thiam

### A ken tel *Life Skills*

- Hmalak thiamna
- Rilru zau
- Ngaihtuahna themthiam
- Thil chik thiamna
- Thiam tur a inzir
- Chhawrhnaahawmna
- Danglamna hlut thiam
- Nunho thiamna

### Tawng dang a sawi dan

- In Hindi – जिज्ञासा
- In Marathi – कुतूहल
- In English - Curiosity



## 13. Thutlukna siamthiam (Decision Making)

### Sawifiahna

Thutlukna siamthiam (*Decision Making*) chu duhthlan tur kawng hnih emaw a aia tam inkar a duh thlan thiamna hi a ni a. Kan duhthlanna in a nghawng tha leh tha lo te min hriat fiah tir tu leh min thlir let tirtu tangkai tak a ni a. Mimal nun ah emaw, hriselna chungchangah , in kungkaihna , ei bar zawna kawngah leh nunphungah te khawtlangin chin phung a neih sa, awm leh mawi leh inkaihhruai dan phung danglam tak takah te duhthlanna felfai leh thutlukna fing tak, manhla tak leh puitling tak kan siam dan kawng hi a kaw k ber bawk.

He *skill* pawimawh tak hi naupan lai atanga rilru a tuh anih chuan mi rintlakah min chhuahin, hmabak hlen ngamna min pe a. Thutlukna siam thiam hian kan hnathawh reng rengah thawhrimna pe turin kan nun ah nghawng tha tak a nei thin.

### Thutlukna siamthiam (*Decision making*) hman chhuah dan

Miin heng te hi lan chhuah tir thei tur a ni :

- Mahni tawn hriat leh zir thiam tawh atang a thutlukna tha tak siam
- Thutlukna siam tawhin a nghawng te hrethiam a, a aia tha a phuahkhawm thiam
- Thutlukna siam tawh te mahni mawhphurhna a lak tlang ngam
- Midangte mamawhna zawn ang zel a hriatthiamna nen a thutlukna siam thiam
- Khawtlang inrelbawlna mil leh hruiatu te hmalakna nen a in mil a thutlukna siam thiam
- A huho leh midangte ngaihdan rawn chung a thutlukna siam thiam
- Tun a kan thutlukna siam in zirna sang zawk kan dai hun leh hna zawna thleng a nghawng theih dan tur ngun tak a ngaihtuah thiam
- In enhranna leh inthliarhranna in mimal thutlukna siam a tha lo zawnga a nghawng theih dan te thlir thiam.
- Thutlukna dik lo min siam tir thei thil tha lo leh him lo hrang hrang lak a himna tur ruahmanna tha tak neih
- Thutlukna siam thiam kawng a min pui thei tur hmang chang ngai pawimawh a zirna leh *school* a tehna hrang hrang a hmasawn.

### A ken tel *Life Skills*

- Ngaihtuahna fing
- Mi dinhmuna in chan thiamna
- Thu rem thiamna
- Harsatna chinfel
- Mawhphurhna
- Tum ram thleng tura hmalak
- Thil tihchhin ngamna

### Tawng dang a sawi dan

- In Hindi – निर्णय लेना
- In Marathi – निर्णय घेणे
- In English - Decision Making



## 14. Insumtheihna (Delayed Gratification)

### Sawifiahna

Insumtheihna (*Delayed Gratification*) chu khuarei a hlu zawk leh lawmna tur zawk min hlawhchhuah tir thei tur beiseina avanga hun rei lo te chung chauh nawmna leh lungawinna min thlen thei laka thlemna leh chak zawng lak a insum theih hi a ni a. Hei hian suangtuahna lam nilo a rilru finna lam hman thiam a keng tel a, khuarei a lawmna tur zawk hre chun a reilo te nawmna tlansan a tul a ni. Kan thathona leh phawklekna te beng daih a mahni inthunun theihna chuan mirintlak leh rinawmah a siam dawn zawk a lo ni.

Insumtheihna (*Delayed Gratification*) hi nunphung hrisel tak neih nan , mahni in thunun nan, in kungkaihna siam nan te, zirna leh eizawinna mumal zawk min kawhmuh tu atan a pawimawh tak a ni nghe nghe. Thawh hona tha nei tur leh pawm tlan theih thutlukna tha lungual taka siamna kawngah min pui bawh thin.

### Insumtheihna (*Delayed Gratification*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Tum ram fel tak in tuka bawhzui.
- Thil harsa leh chona sang tak pawh zir tur leh bei tura tan fan fan
- Ruahmanna siam leh bawh zui peih
- Midangte dah pawimawh hmasak a tul chang a mahni in dahthat dan thiam
- Thil tih naah dawhtheihna leh rintlak zia lantir.
- Hlawhchhamna leh Hnungtawlh chang a lo thlen pawh a a aia nasa a bei a mahni in chawhphur thiam te
- Midang leh mahniah rinna nghtat chung hmalak

### A ken tel *Life Skills*

- Ngaihtuahna thunun
- Mahni in thunun
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan

- In Hindi – विलंबित समाधान
- In Marathi – विलंबित समाधान
- In English - Delayed Gratification



## 15. Ecological Literacy (Ecological Literacy)

### Sawifiahna

Ecological Literacy chu kan chhehvel (environment) tichhe si lova mihringte dam khawchhuah nana kan ecosystem-te hriatfiah a, tangkai taka hman thei tura hriatthiamna min petu hi a ni a. Hei hian mihringte kan nihna anga kan venhim tur, kan chhehvela thil nung leh nung lote inkara inkungkaihna leh inpuihtawna kawnga hriatna leh finna min pe a.

Ecological Literacy chu natural resources humhim nana tunlai khawvela thiamna ngai leh tul, mihringten kan tih tur pawimawh hmasa ber leh kan tih makmawh a ni a. He thiamna hian kan nitin nuna kan chhehvel boruak muanawm siam tur chauhin min pui lova, kan sumdawna leh vantlang nun awmze nei zawka siamthat leh dinthar lehna atana kawng pawimawh tak a ni.

### Ecological Literacy (Ecological Literacy) hman chhuah dan

Mimalin a theih turte chu:

- Leilung pianken leh a chhunga thilnung awm hrang hrangte inkungkaihna leh natural resources a hmanna leh hmansualna awm thei ang angte zawhna siam.
- Leilung leh khawvel pianken thilte tel lovin nunna a awm thei lo a nih tih thudik hriatfiate leh kan environment nghawng thei laka phak tawka venhim hna thawh te.
- An nitin nuna an chhehvel thilte nena an inthianthat theih nana heng hmalakna te – bawlhhlawh dahkhawmna te, vantlang hmuhma tihbawlhhlawh lo te, plastic atanga thilsiam hman chungchang ngai pawimawh – ei leh in funna te, tui leh kawlpheha hman ngai pawimawh etc
- An mimal leh eizawna nuna kan chhehvel boruak inthianthatna (environment-friendly) an ngaihsakna tanmar tir.
- Natural resources hlutna chhut thiam a, mihringte thutlukna, duhthlanna leh hmalakna hrang hrang kan hman avanga kan environment-in a tawrh theihzia te hi.
- Sumdawna te, zirna in te leh khawsakhona kan damkhawchhuahna tura kan hman theihna tura thil thar hmuhchhuahna idea leh hriatfiahna kan neih theih nana min puitu a ni.

### A ken tel Life Skills

- Chik taka ngaihtuah
- Ngaihtuahna her rem thiam
- Lainatna
- Ngaihtuahna themthiam
- Hriatchian duhna
- Mi Dinhmuna inchan thiamna
- Rilru zau
- Inhmanna
- Harsatna chin fel
- Chhawrhna hawmna
- Mawhpurhna
- Danglamna thlen tura mahni ke a din tumnan

### Tawng dang a sawi dan

- In Hindi – पारिस्थितिक साक्षरता
- In Marathi – पर्यावरणीय साक्षरता
- In English - Ecological Literacy



## 16. Rilru Sukthlek Thunun (Emotional Regulation)

### Sawifiahna

Rilru sukthlek thunun (*Emotional Regulation*) chu mahni rilru hriatchian leh hriatthiam te, pawm thiam a, hun harsa tawn tawh pawh a rilru let but tur thunun theihna a ni ber. Kan rilru sukthlek siamrem a, a tul dan leh kan hmahlir a zir a kalhmang tha zawk hmang a siam rem theihna a keng tel. Rilru sukthlek thununna lanchhuah theih dan chu buaina kan chinfel danah te, mahni thu kal tlang pui danah te, ngaihtuahna fim hmanga kan in beng daih danah te a ni..

Tun atan pawha a tangkai mai piah lam ah rilru sukthlek thunun theihna hian hma hun hrisel tak te, hnathawhna ah pawh hmasawwna tha zawk, in kungkaihna tha leh kawng engkim a hmasawwna a thlen a ni.

### Rilru sukthlek thunun (Emotional regulation) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Rilru sukthlek hmuh fiah thiam a, hriatthiam leh pawm
- Mahni rilru sukthlek te felfai taka a hun leh hmun mila lanchhuah tir theih
- Mahni rilru sukthlek te midangte ngaihdan la chung leh zah tak chung a lanchhuah tir thiam.
- Mahni rilru sukthlek puak chhuah pui mai lo a, a nghawng tur ngaihtuah hmasak thin.
- Chhim thal bekang puah lo tur a inthunun
- Rilru natna neih chang a thinrim emaw midang puh mai lo a lan chhuah tir thiam
- Hun tha lo tak tawn pawh a, a tha zawng a puitling taka hmachhawn thiam
- A tul hun a tih dan phung tha zawk a mahni rilru sukthlek beng daih theih

### A ken tel Life Skills

- Mahni inhriatchian
- Rilru siamrem thiamna
- Mahni inthunun
- Chauhna hmachhawn thiam
- Insiamrem thiamna
- Remna siamthiam
- Mi dinhmuna in chan thiamna
- Thu rem thiamna
- Tei rei peihna
- Inkungkaihna siam thiam
- Paukhauhna
- Mahni theihna hriatchian

### Tawng dang a sawi dan

- In Hindi – भावनात्मक विनियमन
- In Marathi – भावनिक नियमन
- In English - Emotional Regulation



## 17. Mi Dinhmuna inchan thiamna (Empathy)

### Sawifiahna

Mi dinhmuna in chan thiamna (*Empathy*) kan tih chu midang te rilru, thil tawn leh an thlirna tlang atang a an hmuh dan te rilru leh tih takzet a va in chan a va puih theihna a ni a. Midangte, an nihna ang ang a pawm theihna leh hriatthiamna te, mi hrang hrang kan danglamna te pawmpui thiam leh an thil tawn leh thil dan azir a hmalak thiamna a kaww baww.

Mi dinhmuna in dah thiam hian khawtlang nun nen a in kungkaihna tha tak nei thei turin tumna leh chona min siam a. Midangte dinhmun a inchan chuan midang lakah rilru tha tak pu tur a min puiin kan titi ho na leh nun hona ah te rilru tha leh tangkai min pho chhuah sak thei a ni. He *skill* hian in hriatthiam lohna te, thleibik neih leh ngaihdan hmanlai tak tak te hmachhawn let thei turin min ti chak thei baww.

### Mi dinhmuna inchan thiamna (*Empathy*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Uluk tak a ngaihthlak a, bengchhit mai bak a mit pawh len thiam
- Midang te thil dan, ngaihdan leh rilru hriatthiam
- Midangte ngaih pawimawh thiam
- Mi ten an hriatthiam dan leh mamawh dan ang zir zel a tanpui thiam
- Mi tu pawh zah chung a eng ang dinhmun leh nihna pawh thliar lo a en thiam
- Midangte mamawh dan leh rilru a zir a in dawr tawna tha tak an neih theih nan an in dawr dan te siam rem sak
- Midangte chakna leh hlawhtlinna te ngaih hlut thiam
- Midangte hmasawn theih na atan insiam tha zawng a puih
- Midangte mamawh dah pawimawh hmasak a an dinhmunin hma a sawna tur ngaihtuah pui.

### A ken tel *Life Skills*

- Mahni inhriatchian
- Thil thil thiam
- Rilru sukthlek thunun
- Nunho thiamna
- Mi biakpawh thiamna
- Lainatna
- Thutlukna siamthiam
- Thu rem thiamna
- Inkungkaihna siamthiam
- Danglamna hlutthiam
- Mawhphurhna
- Nunho thiamna

### Tawng dang a sawi dan

- In Hindi – समानुभूति
- In Marathi – समानुभूति
- In English - Empathy



## 18. Sum leh pai hriatthiamna (Financial Literacy)

### Sawifiahna

Sum leh pai hriatthiamna (*Financial Literacy*) chu mimalah leh chhungkuua sum leh pai enkawl tura thiamna ngai te, hmanchang leh dan tangkai te, chin dan phung tha neih hi a ni. Sum lakluh, hman chhuah, khawl leh pukte pei pun thlengin a huam a ni. Sum leh paiah kan intodelh chuan kan chakna leh theihna te tha takin a par chhuak thei thin a ni.

Sum leh pai hriatthiamna (*Financial Literacy*) hian sum leh pai enkawl kawngah thu tlukna dik siam te, tum ram kan thlen theih nan te, hamthatna awm thei leh venthawn tur awm thei te lo hriatthiam lawk a tha. Tin, hma hun a tana lo in buatsaih lawk leh kan nitin sum leh pai che vel kan thunun thiam a, khawi atanga pur chawk tur nge tih kan hmuh thiam theih nan te min pui a ni.

### Sum leh pai hriatthiamna (Financial Literacy ) hman chhuah dan

Miin hengte hi a lan chhuah tir thei tur a ni

- Mimalah leh chen hona a sum pawimawh na hriat chian
- Kar tin emaw thla tin emaw a mamawh tur chhut thiam a, sum renchem leh khawl.
- Sum khawhral pur pur lo zawnga thil lei tur te ruahmanna fel fai tak nen a nghah
- Sum puk leh bat chungvhanga rinawm.
- Sum peipunna reng reng zir chian a , chhenfakawm tur thliar thiam
- *Insurance* (Chhiat thulha lukhawng nei tura pawisa dahkham) awm thei te hriatchian a, a tangkaina te mimal leh sumdawna atana hman tangkai
- *Credit Cards* hman dan leh hmansual theihdan hriatchian

### A ken tel *Life skills*

- Number hmanthiam
- Thutlukna siamthiam
- Harsatna chinfel
- Insumtheihna

### Tawng dang a sawi dan

- In Hindi – वित्तीय साक्षरता
- In Marathi – आर्थिक साक्षरता
- In English - Financial Literacy





## 19. Rilru paukhauh (Grit)

### Sawifiahna

Rilru paukhauh (*Grit*) kan tih chu kan tum ram thleng thei tur a duhna tak tak leh tei rei peihna neih a ni a. Kan thil ngaihven zawng takah chuan kan tum ram thleng turin kan rilru a paukhauh em em thin a kan nitin nunah hmun pawimawh tak a chang fo thin. Rilru paukhauhna ah chuan kan nuam tih zawng tui taka kan tih leh harsatna tam tak paltlang a ngaih pawh a beidawng lo a kan tih luih tang tang na hi a kal kawp tlat thin bawk.

Rilru paukhauh (*Grit*) hi *Skill* pawimawh tak zing a kan telh nachhan chu kan tum ram thlen nan a a tha zawng a tangkaina thuk tak a neih vang hi a ni a. Chumi piah lamah duhna tak tak kan neih leh tei rei peihna, rilru paukhauh nei tur a chahbi pawimawh pahnih te hian a tha zawngin kan rilru leh taksa thanlenna a tan te, in kungkaihna leh kan hnathawhna kawng tinrengah te nghawng tha tak a nei bawk a ni.

### Rilru paukhauh (*Grit*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Kan nuam tih zawng tak leh tuina zawng tak atan a tum ram mumal tak kan siam a, hlim tak leh lungawi tak a thawh theih
- Hun rei tak duh dawn mahse hmasawn tur a beih fan fan na
- Tum ram bituk sa thleng tur a kawng hrang hrang dai ngam
- Dawhtheihna sang tak nen a tum ram awn tlat
- Harsat chang leh ninawm chang a awm pawh a lungawi tak a tumram thleng tur a beih
- Mahni thil tih lai nihna leh hlutna ngaihtuah

### A ken tel *Life Skills*

- Tei rei peihna
- Mahni inthunun
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan :

- In Hindi - धीरज-धैर्य
- In Marathi – खंबीरपणा
- In English - Grit



## 20. ICT hman thiamna (ICT Literacy)

### Sawifiahna

ICT hman thiamna (*ICT Literacy*) chu tunlai khawvel mil zela chhawrtlak ni tura digital khawl thil, inbiakpawhna hmanrua leh inthlunzawmna hman tangkai thiamna hi a ni. Khawl thil (*Technology*) hman dan him zawk, dik zawk, rintlak leh felfai tak a kan mamawh pur chawk nana kan hman theih hi a ni bawk.

*ICT skills* hian thiamna kawng hrang hrangah min puiin zirlaite hmasawmna kawngah a pui nasa em em a . Khawvel than chak dan thirin hamthatna tam tak min chhawp chhuahsak thei bawk a ni.

### *ICT* thiamna (*ICT Literacy*) hman chhuah dan

Miin hengte hi a lan chhuah tir thei tur a ni:

- Nitin mamawh leh hnathawhna a rilru senna tam takah khawl hman tangkai thiam
- Ngaihtuahna ril zawk sen nan a *ICT skills* hman thiam
- Midangte nena online a inkawmna ah pawmnaahawm leh him tak a hman dan thiam
- Pawmnaahawm leh felfai tak a *profile* tarlan
- Thu belhchian dawl lo leh rintlak loh te thliar thiam.

### A ken tel *Life Skills*

- Hriatchian duhna
- Chanchin fawmkhawm thiamna

### Tawng danga sawi dan

- In Hindi – सूचना, संचार और तकनीकी साक्षरता
- In Marathi – माहिती, संप्रेषण आणि तंत्रज्ञान साक्षरता
- In English - ICT Literacy



## 21. Chanchin fawmkhawm thiamna (Information Synthesis)

### Sawifiahna

Chanchin fawmkhawm thiamna (*Information Synthesis*) kan tih chuan hmun hrang hrang atanga thil pawimawh kan lak khawm te zirchian a, khaihawm a, thil awmsa nen a inkungkaihna te khaihin a, hriatna thar min pe tur a suihfin thiam a ni a. He skill hian thil rintlak leh dik a ni em tih chhut thiamna te a huam tel a, chanchin puanzar leh phochhuah in a nghawng ngal mai theih leh khuarei a a nghawng zel turte dawn thiam na keng tel bawk. He skill hian inhniaalna chawk chhuak theite hmu thiam thei turin min pui a ni .

Chanchin fawmkhawm thiamna (*Information Synthesis*) hi skill pawimawh tak, mimal, khawtlang, ei bar zawnna leh zirna ah pawh kan tum ram thlen nan a tangkai tak a ni.

### Chanchin fawmkhawm thiamna (*Information Synthesis*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Thil tha tam tak haichhuak thei turin tul/pawimawh puah khawm thiamna hman tangkai
- Kan hna in a mamawh tawk zel a tul/pawimawh kan lakkhawm dan tur kawng thliar thiam
- Thlirna tlang hrang hrang kai chhuak thei leh a lanna tlang dang tarlang thei tur in tul/pawimawh te hmun hrang hrang atanga fawm khawm thiam
- A hmawrbawh hma a kan chanchin pawimawh khawn khawm te leh a lak khawmna te chhut khawm hmasak.
- Chanchin pawimawh kan lakkhawm a in zep tel thei khawsak relbawlna ,dan leh hrai, ram in harsatna a tawh dan te hmuh thiam
- Chanchin pawimawh te dan pel lo leh dik taka lakkhawm leh hman thiam
- Tul leh pawimawh kan khawnkhawmna te a inthuhmunna lai, a danglamna leh a inkungkaih dan thliar hran thiam a, chung te nen a inzawmna tha siam a.

### A ken tel *Life Skills*

- Mi biakpawh thiamna
- Hriat chian duhna
- Thil chik thiamna

### Tawng dang a sawi dan

- In Hindi – जानकारी संश्लेषण
- In Marathi – माहिती संश्लेषण
- In English - Information Synthesis



## 22. Hmalak thiamna (Initiative)

### Sawifiahna

Hmalak thiamna (*Initiative*) kan tih chuan ngaihdan, midang te leh tawnhriatah te thatho tak leh rilru pe thei tura min kaihhruai theihna a ni. Chet lak a tul hun a thawhchhuah te, thil thar zir tumna te, zawhna zawt a din chhuah te, chona hmachhawn ngamna te a ni. Hmala a, chetlak ngamna, rawn tlak leh a tul hun a tih dan thar kawhhuhtu nih leh fuih phurtu nih zel te, tum ram thleng tur a beih te a keng tel a. Hmala thiam tura bul tanna hi vanneih thil leh tawn fuh mai ni lo a kan tuh rah seng kan ni tih in hriatna atanga lo in tan a ni ber bawk.

Hmalak thiamna hi thil awlai lo tak a ni a, mawhphurhna lak ,bawh zui leh tumruhna te hotu zia neih te a keng tel a. He thiamna hian kan chhehvel boruak nen inkungkaihna tha tak min siam sak thei a hlawhtling tura kawng tha tak a ni bawk. Hmalak thiamna nei tha te chuan mawhphurhna an ko a tla chu an nun ah senglut in an chetzia ah an lantir a, midang te rin an kai phah bawk thin.

### Hmalak thiamna (*Initiative*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni :

- Mahni kawng theuh thatho tak a zawh
- Thatho tih lantir nan a zawhna zawh
- Phur tak a ruahmanna, hmachhawp leh hna tul ah te tel zel theih
- Mawhphurhna lo sang zel pawh mahni ko a nghat ngam
- Thlithlai reng ngai lo a mahni a thahnemngaihna, felfai tak leh ngaihpawimawhna nen a hna thawh
- Mahni tan a chakai khawrh tih in hriatna mai bakah a ai a zau leh thiam zawk tur a in zir peih
- A harsat chinah pawh midangte a rawn kual hreh lo

### A ken tel *Life Skills*

- Tum ram thleng tura hmalak
- Mahni inthunun
- Hriatchian duhna
- Mawhphurhna
- Rilru zau
- Hruaitu zia
- Thiam tur a zir
- Inhmanna
- Thil tihchhin ngamna
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan

- In Hindi – पहल करना
- In Marathi – पुढाकार घेणे
- In English - Initiative



## 23. Hruaitu zia (Leadership)

### Sawifiahna

Hruaitu zia (*Leadership*) kan tih hian a huho emaw pawl tum thuhmun nei te chawk phura mumal taka kaihhruai theihna hi a ni a. *Member* ten an rin ngam tur leh zah theih tura puitling tak leh dik taka mahni aia midang dah pawimawh hmasa chung a kaihhruai a keng tel a. Midangte chakna lai leh hnufualna lai te man thiam chung a theih tawp an chhuah tlan theih nana kaihhruai a tul chang te pawh a awm thin. Hotu zia (*Leadership*) kan tih hian midangte leh an chenpui hnaivai te nen an inkarah hmasawna leh danglamna a thlen thei bawk.

Hruaitu zia (*Leadership*) *skills* kan nunah tangkaina tam tak a nei a, mimal nunah pawh heng; teirei peihna, inpekna leh mawhphurhna hlen ngam, in nghahna tlak leh, dinnghehna te mahni in rintawkna leh a dang tam takah pawh hmasawna kan neih phah thin. Hruaitute chuan hmasawna thlen nan midang hneh tur leh kaihruai turin mi biangbiak thiamna te, harsatna chin fel thiamnate an nei thin.

### Hruaitu zia (*Leadership*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Thawhho naah tum ber thleng thei tura midangte kaihhruai
- Member te thawh theih awm taw theuh mawhphurhna sem thiam
- Thurawn leh rawtna te dawn sawn thiam
- Midangte inrintawkna leh theihna pho chhuah sak
- Thawh hona ah tu pawhin hlutna an nei tih an inhriat nana hma hrui
- Tawngkam leh chezia hmanga midangte kaihhruai
- Harsatna/chona lo thlengte hi tumna leh ngaihtuahna thar hmanga paltlang theih dan zawng a thlir thiam
- La hriat ngai loh ngaihdan thar leh tha zawk te, thlir dan leh tawn hriat thar ah pawh in hawn
- Hun khirhah pawh nghet taka din

### A ken tel *Life Skills*

- Insiam rem thiamna
- Mi biakpawh thiamna
- Thu rem thiamna
- Tei rei peihna
- Thil tihchhin ngamna
- Rilru zau
- Paukhauhna
- Thawh hona
- Mawhphurhna
- Hmalak thiamna
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan

- In Hindi – नेतृत्व
- In Marathi – नेतृत्व
- In English - Leadership



## 24. Thiam tura inzir (Learning to Learn)

### Sawifiahna

Thiam tura inzir (*Learning to Learn*) chu kan thiamna chher zelna atan hun leh tul pawimawh a thlen thulh a in siam rem a zir chhun zawm zelna hi a ni a. Kan zirna kawng leh mamawh phuhrukna kawng a hriatna zau neih te kan chakna leh hnufualna , kan hmangchang hman dan leh zir sanna te, hun tha leh remchang hriatthiam te leh in zir hlawhtling ngei tur a kan hma a harsatna awm paltlang te a keng tel bawk. Thil thar leh hmangchang thiam belh te , chhawr tangkaite , fawmluhte a huam tel mai bakahrawn tur tha leh min pui thei reng reng pur hreh loh te a huam tel bawk.

Thiam tura zir kan tih hian In lamah te, kan hnathawh na, zirna peng hrang hrangah te kan lo zir thiam sa leh kan tawn hriat, hmangchang leh hriatna peng hrang hrang te a taka hmang thei turin min pui a. He *Skill* hi tunlai khawvel thang chak tak leh chawp leh chilh a thiamna hmanchhuah a tul thin na hun ah hian kan tan a pawimawh leh kan neih makmawh a ni.

### Thiam tura zir (*Learning to Learn in Action*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- An thiam theih dan ber tur kawng ngaihtuah
- An hnathawh dan leh hun buk tawk thiam
- Dawhthei taka zir fan fan
- Rei tak rilru sawrbing
- Mahni thawh chin enlet leh thlir let
- A huho a thawh thiam thiamna peng pakhat a ngaih
- Rilru thlamuang tak a zirna hun in siam
- Zirna in a tum leh a pawimawhna chik tak a thlir thiam
- A tul hun a thurawn ,ngaihdan leh puihna lak hreh loh
- Midangte mahni a an in hai kuak theih nan a hun pek thiam

### A ken tel *Life Skills*

- Mahni inhriatchian
- Teirei peihna
- Hriatchian duhna
- Thil chik thiamna
- Ngaihtuahna thunun
- ICT hman thiamna
- Chanchin fawmkhawm thiamna
- Hmalak thiamna
- Rilru zau
- Mahni in tuaihriam

### Tanwg dang a sawi dan

- In Hindi – सीखना कैसे सीखें
- In Marathi – शिकायला शिकणे
- In English - Learning to Learn



## 25. Ziak leh Chhiar thiam (Literacy)

### Sawifiahna

Ziak leh chhiar thiam (*Literacy*) kan tih chu hlawhtling taka midangte nen ziak leh chhiar hmanga kan in biakpawh theihna hi a ni. Media hrang hrang hmang tangkai a thu inhrilh hriat nan leh in biak pawh na hmanrua a ni. Khawtlang tan a mi tangkai kan nih theih nan a kan hriatna ti zau tur leh kan theihna ti chak tur atan hriatthiamna min petu a ni a.

Nitin kan nun ah ziak a in biak pawhna kan hman nasat tawh avangin, ziak leh chhiar thiam (*Literacy skill*) hi kan neih ngei ngei a tul ta bawk. Mahni tan a kan hman tangkai mai piah lamah Khua leh tui tha, chhawr tlak kan nih theih nan a min chhertu pawimawh tak a ni bawk. Ziak leh chhiar kan thiam hian tunlai thil thleng lian tak tak ah te kan bengvar phah a , titi pui tlak ah min siam in, khawvel buaina kan tawh mek te pawh min hriat fiah tir bawk thin .

### Ziak leh chhiar thiam (*Literacy*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- *Media* a thil ziak kan hmuh te chhiar a hriatthiam
- Midangte hriatthiam theih tura thil hriatte ziah chhuah thiam.
- Kan thil chhiar te, thu leh hla, tul/pawimawh leh *media* hriatthiamna tak tak nen a thlan a, chhiar chian.
- Kalphung hrang hrang leh chanchin khawn khawmna chi dang dang te, khawl thiamna chi hrang hrang hmang a hlan chhawn theihna tur te thlan thiam.
- Chik tak chung a ziak a mi chhan dan thiam te, an hriatthiam tur zawng a tawngkau chheh thiam te

### A ken tel *Life Skills*

- Mi biakpawh thiamna
- Hmalak thiamna
- Thiam tur a inzir
- Hriatchian duhna

### Tawng dang a sawi dan

- In Hindi – साक्षरता
- In Marathi – साक्षरता
- In English - Literacy





## 26. Ngaihtuahna fing (Logical Thinking)

### Sawifiahna

Ngaihtuahna fing (*Logical Thinking*) chu kan thil tawn ngai loh leh hmachhawn ngai loh kan tawn pawh a hriatthiam theihna hi a ni. *Logic* kan tih hi thil a lan dan piah lam a chipchiar zawk a zir a, a nihna tak hriatchhuah theih nan a, chhan leh vang te hun bik leh riruung tuk sa a kalphung siam bik (*method*) hman a ni a. *Number* chhut thiam, awmze nei taka harsatna sut kian, thil inthlauhna chhut thiam leh thliar thiam te, kaihkawp thiam, ngaihruat leh tehkhin thiam te a keng tel a. Ngaihtuahna fing kan tih chu harsatna te mumal leh fumfe zawk a chinfel thiamna chahbi pakhat a ngaih a ni bawk.

Ngaihtuahna Fing (*Logical Thinking*) hi kan nitin nun a harsatna kan hneh theih nan a hman tlak tak a ni a. Harsatna kan tawh changin chipchiar tak leh remhre tak a thil ngaihtuah theihna min pe a. He skill hi Naupang te finna leh Science lam a an theihna phochhuak thei tu pawimawh ber ni a ngaih a ni bawk.

### Ngaihtuahna fing (*Logical Thinking*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Harsatna chiang taka hriat a, hrihfhiah thiam.
- Inhnialna ah finfiahna leh chhan leh vang mumal tak pho chhuah
- Ngaihdan hrang awm thei thil phochchuah thiam
- A thu hlawm ken atanga a chung thu pawimawh phel darh thiam
- Thil chi hrang hrang lo thleng /tul pawimawh te a in kungkaih theih dan thliar thiam
- A thu mum in a tum hriatchian leh nemnggeh thiam nan a a zavaia khaikhawm te
- Ngaihtuah chik ngai thil ah ngaihruatna awm thei te zir chian
- Fiahna awm theite a rintlak dan leh in ngahna tlak a nih leh nih loh zirchian

### A ken tel Life Skills

- Ngaihtuahna thunun
- Thil chik thiamna
- Chik taka ngaihtuah

### Tawng dang a sawi dan

- In Hindi – तार्किक विचारधारा
- In Marathi – तार्किक विचार
- In English - Logical Thinking



## 27. Mahni in tuaihriam (Mastery Orientation)

### Sawifiahna

Mahni in tuaihriam (*Mastery Orientation*) kan tih hian hlawhtlinna hmu tura kan beih dan kawng a sawina a ni ber a. A tum ber chu mahni phak tawkah tum chin mumal in siam a chumi thleng thei tura zirna leh hmasawna kawng a kan tih turte nal taka ka tih te, thil thar zirte hi a ni. He thiamna hian kan zirna leh hmasawna tur kawng ah hian thu neihna/mawhphurhna kan nei a, thawhrimna rah thlum zia te zir thiam thei turin kawng hmang tam tak kan kutah a awm ani tih hriatna atanga rawn chhuak a ni. He thlirna tlang atang hian chona hmachhawn te nuam kan tiin, harsatna tawh thulhah pawh kan nghetin hlawhchhamna pawh kan theihna neih loh vang ni lova kan la beih nasat tawk loh vang leh kan kalphung thlak a tul tih hriatfiahna kan neih phah zawk thin a ni.

Zir chianna in a sawi dan chuan mahni intuaihriam (Mastery Orientation) hi tangkaina tamtak a awm a ,thil hlu tak tak a keng tel bawk. Heng: tei rei peihna te, chona hmachhawn ngamna te leh thiam belh zel duhna te hi a keng tel a ni.

### Mahni in tuaihriam (*Mastery Orientation*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Hriat zauna leh zirna kawng a hmasawn tir thei tur thil tih tam
- *Grades* leh *Marks* pek hmang a pawn lam atanga nawr vang chauh a thahnem ngai lo a thiam belh nuam tihna tak tak neih
- Tih sual atang a in zir
- A tul hun a midang puihna ngen
- Zir dan kalphung in sawngsawhlawtna a neih loh chang a thlak hreh loh
- Mahni thiamna leh theihna atanga hmasawn zel
- Mi hmasawna leh tihtheih chin behchhana mahni in teh.
- Harsatna karah pawh tum hlen tura beih fan fan
- La tih ngai loh leh zir dan thar pawh in hawng tak a tih zel
- Pawn lam atang a nawr kal tu an awm loh pawh a thiam belh tumna tak tak neih
- Hlawhtlinna chu hmasawna leh chawl lova in zir zelna hi a ni ti a thlir thiam

### A ken tel *Life Skills*

- Thiam tur a inzir
- Teirei peihna
- Mahni theihna hriatchian
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan

- In Hindi – महारत उन्मुखीकरण
- In Marathi – प्रभुत्व अभिमुखता
- In English - Mastery Orientation



## 28. Media hman thiam (Media Literacy)

### Sawifiahna

*Media* hman thiam (*Media Literacy*) chu media a kan thil dawn leh hmuh te chik leh chipchiar tak a hriat fiah a, a awmze sawifiah thiam a ni a. *Media* a thil awm te kawng hrang hrang a hman thiam leh in kawm nan a hman thiam te a keng tel a. Heng thiamna te hian *Media* hman dan dik leh mimal mai piah lamah tumah bang bik awm lo a kan zavai a mahni irawm chhuak thil phochhuah dan te hre turin min chher bawka a ni.

*Media* hman thiamna (*Media Literacy*) hian *Media* a tul pawimawh kan hmuh leh hriat te chik thei turin min pui a , chanchin dik leh diklo thliar thiam tur te, *media* in mihring nun a tihbuai theih dan te hrefiah thei turin min pui bawka a ni.

### Media hman thiamna (*Media Literacy*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni :

- Heng - *Thu leh hla, thlalak leh data* dang te lak khawmnan a media hmanraw hman thiam
- Data mamawhte zawng hmu tura *search engine* leh data dahkhaw te hman thiam
- *Media* chhung a thu awm te bihchian peih.
- *Media* a kan thu hmuh te chhuah a nih chhan dik tak zirchian
- A chhiartu leh thlirtu ngaihdan atang a a chhung thu in a sawi tum leh kawh tum ber zir chian.
- Paw Sawi thei leh hlauhawm thlen thei thu leh hla te hriat hran a mahni in ven
- *Media* a kan thil hmuh te vantlang pawm chin a nih leh nih loh finfiah a, chhut thiam
- A neitu te phalna lak hmasak ngai leh midang thil *Media* a thu pawimawh leh tul emaw thlalak kan pholan ten a nghawng tur chhut.
- Mi hnuaihnuang zawk a kan ngaih leh a hnam ang a mi zahawm lohna keng tel thei thil pholan in a nghawng tur chhut
- *Media* hmangchang, thil chi hrang hrang: *Digital* hmang a *campaign*, inkawmkhawmna bik leh *Blogs* te hi harsatna sutkian na tur atan a midangte hrilh hriat nan hman tangkai.

### A ken tel *Life Skills*

- Thil chik thiamna
- Mi biakpawh thiamna
- Hriatchian duhna
- ICT hman thiamna
- Chanchin fawmkhawm thiamna

### Tawng dang a sawi dan

- In Hindi – मीडिया साक्षरता
- In Marathi – मीडिया साक्षरता
- In English - Media Literacy



## 29. Ngaihtuahna thunun (Metacognition)

### Sawifiahna

Ngaihtuahna thunun (*Metacognition*) chu mahni rilru in hriatchian a, kan hriat chin leh hriat loh chin te chhinchhiah a, kan rilru kalhmang feltak neih hi a ni a. Kan chezia leh nunphung thunun tur a kan ngaihtuahna kal lai kan kawih her dan hmang te a huam tel bawk a. Kan zirna nen a inkungkaih zawng a kan hmalak dan kawng hrang hrang te, kan zirna kawng a mawhpurhna kan kenkawh dan te a huam tel bawk a ni.

Ngaihtuahna thunun (*Metacognition*) hian thluak hman ngaihna hna peng hrang hrang te, kan nitin hun hmanna leh kan harsatna hmachhawn dan atanga kan thil tihna kawng tinreng a thiam tak a kan puitlin theih nan hmun pawimawh tak a chang a ni.

### Ngaihtuahna thunun (*Metacognition*) hman chhuah dan

Miin hengte hi a zawm thei tur a ni :

- Mahni ngaihtuahna leh chetphung awm dan thlirlet thiam
- Thu mum awm sa ah hriat chin leh hriat loh chin te bihchiang a in enlet
- Zirna peng hrang hrang te hmachhawn nan a ngaihtuah lawk leh ruahmanna siam
- Hnathawh kal lai a min chimbuai thei thil thliar hran
- Tih tur zawh fel hma a an hmasawanna te thlir let
- Harsatna chinfel nan a *skills* hman tlak leh kalhmang tha hman tangkai
- Mahni thlen chin a chiang tur a inbihchian a in siam that
- Kan chet dan in midang te leh kan chhehvel a nghawng dan te ngaihtuah chian
- Mahni inthlak danglam kawng ah puitling taka mahni phak tawk chin pawmthiam.

### A ken tel *Life Skills*

- Nunho thiamna
- Thil chik thiamna
- Thiam tur a zir
- Ngaihtuahna fing
- Insumtheihna
- Mahni induat thiamna

### Tawng dang a sawi dan

- In Hindi – स्वयं की विचार प्रक्रियाओं के बारे में जागरूकता
- In Marathi – स्वतःच्या विचार प्रक्रियेबद्दल जागरूकता
- In English - Metacognition



## 30. Thu rem thiamna (Negotiation)

### Sawifiahna

Thu rem thiamna (*Negotiation*) chu midangte nena kan inbiak/kungkaihna kawngah tlang tak leh thurualpui nuam tak si a harsatna leh buaina chinfel te, fing leh dik taka midangte hneh thiam hi a ni. Midang te tana pawh lo zawng leh zahawm tak si a midang te rem/hnial thiam te a tul bawk. Harsatna reng reng eng nge a nih tak chian a, eng dan hmang a chinfel chhonzawm tur nge thliar thiam a, a lehlam lehlam tana a nghawng tur ngaihtuah chung leh an rilru a den nat dan tur ngaihtuah a huam tel bawk a ni. A hmawrbawk hma chu tlo taka din leh awmze nei taka biangbiak a thil tih pui thiam a kaw k bawk.

He hmangchang thu rem thiamna kan tih hian kan thil hmachhawn dan te min thlak tirin, inrem lohna leh inhriatthiam lohna awm thei lakah min vengin hmachhhawn min thiamtir thin a, midangte nen kan inkungkaihna ah pawh hmasawanna a thlen bawk thin a ni. Intih bawrbanna, tih duhdahna leh inchhah nawmnahna te lak a kan inven theih nan kan chakna pei pung thei turin min pui bawk a ni.

### Thu rem thiamna (*Negotiation*) hman chhuah dan

Miin heng te hi a zawm thei tur a ni:

- Midangte ngaidan sawi uluk tak a lo ngaihthlak
- Mahni ngaidan a nih loh pawha midangte thliar dan leh hmuhdan zah thiam
- Inrem lohna leh inhriatthiam lohna awm thei tur ven leh thunun
- Tharum hmang lova tawngkaa sawi fel tum hram hram
- Midangte thubuaiah fing tak leh awmze nei zawng a thil sawi
- In nghirngghona a thlen in a chhan bulpui zawn chhuah hmasak
- Mi rilru sukthlek an ngaidan nena in mil tura her rem

### A ken tel *Life Skills*

- Mi biakpawh thiamna
- Thawhhhona
- Thil chik thiamna
- Harsatna chinfel
- Thutlukna siamthiam
- Rilru sukthlek thunun
- Mi dinhmuna in chan thiamna
- Hruaitu zia

### Tawng dang a sawi dan

- In Hindi – समझौता वार्ता (बातचीत करना)
- In Marathi – वाटाघाटी (बोलणी करणे)
- In English - Negotiation



## 31. Number hman thiam (*Numeracy*)

### Sawi fiahna

*Number* hman thiam (*Numeracy*) kan tih chuan kan eizawnaah leh khawtlang inrelbawlna a awlsam zawk a hna kan thawh theih nan te, chhiarkawp leh a kaihnawih kan hriatthiam a kan hman tangkai theih nan leh , chhiarkawp hman ngaihna ah khawl tel emaw tello pawh a chhut thiam a, kan thil chhutchhuah te tul leh pawimawh a *Number* kan hman tangkai theihna hi a ni a. Hun hrang hrang a chhiarkawp hman a tulna a hmang thei tur a thiamna leh hmangchang neih that a pawimawh hle bawk.

Tunlai khawvel ah kan nitin hnathawhna kawng a hmangchang kan thiam ngei a tan a pawimawh a ni bawk .

### Number hman thiamna (*Numeracy*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni :

- An nihna leh hnathawhna te ,an telna a zir a a tul ang zelin number leh a lema nena entirna te hrethiam a hman chhunzawm
- Mathematic hriatna lam kaihnawih entiran: a tam lam leh a zat te, kalhmang leh thil inkungkaihna, zia leh ziak a dahthat thil chhut ngai te midang tan a hman theih
- Chhiarkawp bul thum leh heng milem, thlalak,lem a entir, nambar, *tables* leh *graphs* hman thiam
- Chhiarkawp hmangchang te nakin zel a zirna sang zawk atan a mamawh tur ang zel a in zir thiam.

### A ken tel *Life Skills*

- Ziak leh chhiar thiam
- Ngaihtuahna fing
- Chik tak a ngaihtuah

### Tawng dang a sawi dan

- In Hindi – गणना कौशल
- In Marathi – संख्या कौशल्य
- In English - Numeracy



## 32. Rilru zau (Open-Mindedness)

### Sawifiahna

Rilru zau (Open-Mindedness) kan tih hian hleih nei lo emaw tlang taka finfiahna leh nemnghehna awm tawh thil te azira kan thlir dan a thar a kan thlak theih leh inenlet theihna a ni a. Thliar hranna awm lova rilru in hawng taka ngaihndan hrang hrangte hian hlutna an nei theuh a ni tih pawmna a ni bawk . Ngaihsamna laka min vengin, dilchhut taka ngaihndan fing tak siam tur leh danglamna ah pawh hlutna a awm tih hre turin min pui bawk a ni.

Rilru zau(Open-Mindedness) hian midangte hnen atanga thurawn la a mahni inenlet thei turin min pui a, kan dik lohna hmuh theih chinah pawh midang hnen atanga siamtha tura puihna zawng ngam turin min tichak a ni .

### Rilru zau (Open-Mindedness) hman chhuah dan

Miin heng te hi a lanchhuah tir thei tur ni :

- Phur tak leh awlsam taka thil in thlaktleng mila in siamrem thiam
- Midangte min hmuhndan pawm thiam
- Midangte thlir dan pawm thiam
- Mite danglamna pawmpui thiam leh hlut thiam
- Thil mawi chhuak thar te, hnam zia rang leh mite tawn hriat finna pawm pui thiam
- Tun hun leh hun kal tawha harsatna leh tawn hriat kan neih te ngaihhlut
- Khawl thiamna sang (*Technology*) tharte chhin ve zel
- Kan thil la tawn/hriat ngai lohte finfiah
- Kan la tawn hriat loh thil leh ngaihndan te mahni ngaihndan a thu tawp siam mai lo a hrechiang tur a finfiah.

### A ken tel *Life Skills*

- Insiam rem thiamna
- Ngaihtuahna herrem thiam
- Hriatchian duhna
- Thil thlir thiam
- Chhawrhnaahawmna
- Danglamna hlut thiam
- Mahni inhriatchian
- Hriatthiamnangah

### Tawng dang a sawi dan

- In Hindi – खुली सोच
- In Marathi – खुली मानसिकता
- In English - Open mindedness



### 33. Inhmanna (*Participation*)

#### Sawifiahna

Inhmanna (*Participation*) chu thil thleng leh hmalakna hrang hrang ah te, kan thil tih leh thutlukna siam nghawng thei ah te thahnem ngai taka kan thawh hi a ni a. Thahnem ngai taka chanvo neih a inhman hi mahni hmasawn nan leh mahni tum ram thleng tur a hmalak ngamna atan a pawimawh em em a, mahni a inrintawkna leh midangte nen a in pawhna tha zawk siam tu a ni. Mahni ngei tel vena hian hmasawna leh mahni inrintawkna sang zawk a thlen thin bawk a ni.

Zirna kawngah pawh inhmanna hian thathona min pe in, zirlaite zingah dikna leh intluk tlanna a thlen thei a, neitu rilru pu chungin school leh khawtlang ah an tangkai phah thin. Chhungkua ah pawh inkungkaihna nghet zawk pe in inrelbawlna tha zawk a thlen thin. Khawtlang in relbawl na ah pawh naupangten an ngaihdan hriatsak an nih ve theihna hun tha a siam a ni.

#### Inhmanna (*Participation*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Zirlai a rilru pek
- Midangte thlir dan leh ngaihdan tawmpui
- Tum ram inang thleng tur a thawhho
- Pawl puite leh zirtirtute nena in inpawh
- School boruak tha siam tura dan zawm that leh mawhphurhna ngaih pawimawh
- Chhungkaw thutlukna a an ngaihdan leh duh dan sawi ve ngam
- Heng hamthatna - intuaitharna, eizawna hmakhua, inkungkaihna thuk zawk siamna leh khawtlang nunphung zirnaah te hian midangte ang bawk a tangkaipui
- Khua leh tui nihna ang a mahni dikna chanvo hman chhuah

#### A ken tel *Life Skills*

- Thawh hona
- Tumram thleng tura hmalak
- Hmalak thiamna
- Mawhphurhna
- Chhawrhnaahawmna
- Danglamna hlutthiam
- Nunho thiamna
- Danglamna thlen tura mahni ke a din tumna

#### Tawng danga sawi dan

- In Hindi – सहभागिता
- In Marathi – सहभागिता
- In English - Participation





## 34. Teirei peihna (Perseverance)

### Sawifiahna

Teirei peihna (*Perseverance*) chuan kan bultan tawha taima tak leh uluk taka beih fan fan a, harsatna, beidawna leh min tihnuai thei thil hrang hrang paltlanga tumram thlen hi a tum a ni. Hlawhchhamna atang a in zir a, beih nawn leh fo theihna a keng tel bawk. Relote hlimna aia inghahna tlak hmahun ngaih pawimawh hi teirei peihna in a tum a ni.

Teirei peihna hi zirlai te an school zirlai an tih that theih nan a tha zawng a nawr kal nan a tangkai em em a. Hna thawhna leh zirna kawng hrang hrang a hmasawna tha zawk neih theihna nen a in kungkaih tlat a ni .

### Teirei peihna (*Perseverance*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Rilru pe tak, dawhthei leh chhonzawm ngat ngat peihna nen a thawh/zir
- Bul an tan tawh chu a tawp thleng a zawh fel
- Zawngchhuah tur pek apiangte harsatna awm/tawk chung pawh a a chhanna zawng peih
- Tiam chin ram(*Goal*) thlir ran a dawhthei tak a zir/thawh
- Chona pawimawh tak tak sual chhuak tur a harsatna hneh te
- Hlawhchhamna zirchian a a hlutna chhut thiam

### A ken tel *Life Skills*

- Rilru sukthlek thunun
- Mahni inthunun
- Rilru paukhauh
- Mahni theihna hriatchian
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan

- In Hindi – दृढ़ता
- In Marathi – चिकाटी
- In English - Perseverance



## 35. Thil thlir thiam (Perspective taking)

### Sawi fiahna

Thil thlir thiam chu kan chung a thil lo thleng, a riruung hmuh thiam a hriatthiam leh midang te hmuh dan leh chhawn dan mil a thlir thiam a ni a. Midangte ngaihdan lak thiam te ,kan ngaihdan nen a in mil loh chang pawh a midangte ngaihdan leh an thil tawn leh rin dan pawm pui thiam a keng tel a. He hriatthiamna hian rilru inhmuh tawwna siam chhuak in thil thar zir tur leh, midangte nen a kan in biak tawwna siam tha a khawvel thlir dan kimchang zawk leh huam zau zawk min neih tir thin.

Khing zawng zawng bakah khian thil thlir thiam kan tih hian khawtlang nun ah inpawhna tha a siam in, a huho a thawhhona ah theihna hrang hrang pho chhuah theihna te, ngaihdan nghet leh diklo te remhre zawk a chingfel tur leh ti reh turin min pui thei bawk .

### Thil thlir thiam (Perspective taking) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Thiante emaw *Group* member dangten an thlir dan leh ngaihdan an sawi lai a uluk tak a ngaihtlak zir
- An pawl puite leh a huho a thawhhona reng reng ah ngaihdan leh tawn hriat lakkhawm pawimawh zia hriat chian .
- Midang tawn hriat te, an hriat dan leh thlir dan a danglam theuh chung pawh a zirchian a hmuh thiam pui
- A bik takin, In rem lohna leh ngaihdan in an lohna a thlen chang pawh a an rilru sukthlek te midangin an hriatthiampui theihna tur zawng a phochhuak tur a puih

### A ken tel *Life Skills*

- Mi dinhmuna in chan thiamna
- Rilru zau
- Danglamna hlutthiam
- Mi biakpawh thiamna
- Inkungkaihna siam thiam
- Nun ho thiamna

### Tawng dang a sawi dan

- In Hindi – नज़रिया लेना
- In Marathi – दृष्टीकोन घेणे
- In English - Perspective Taking



## 36. Ruahmanna (Planning)

### Sawifiahna

Ruahmanna kan tih hian hma lam thlir a hna tha taka chhonzawm tur leh tum ram thlen theihna atana rilru neih hi a ni a. Chiang leh hlawhchhuah theih ngei tur tum ram (*Goal*) siam te tih dan phung hman tur thlan fel te, rilru tak tak nen a bawh zui leh kan hmasawmna kalhmang thunun leh endik theihna te a keng tel a. Mahni leh midangte mai bakah kan mamawh lak khawmna hnar leh hun te, kan vel boruak a thuanawpna siam thei te kan thunun theihna a keng tel bawk.

Ruahmanna hian kan la tawn ngai loh harsatna tawh chang te, kan chhehvel thil inthlak thinah te, hmalakna tha zawk leh kan chhehvel thil awm hmang tangkai thiam thei turin min pui a, chu chuan hlawhtlinna kailawn ah min hlangkai thin a ni.

### Ruahmanna (*Planning*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni :

- Hna zo tura tha leh zung sen ngai chhut thiam.
- Kan hna pui ber zawh nana min pui thei hna te-sep te hmuh thiam
- Hna bi tuk leh riruang siam sa te fiahfai, chiang leh thlen chin ziah fel a hun tiam chin tih chian
- Mawhphurhna hlen tura remruatna fel tak siam
- Ruahmanna engemaw lai bik thuam that angaih changa a hun taka siam rem.
- Midangte puihna tel lo pawha , tih dan kalhmang bik siam fel sa a remruatna kal pui
- Tum ram thlen theih ngei tur thlan a thleng thei ngei tur a hmalak
- Mahni thu emaw, midangte hrilh chawp a ni emaw, tumram thlen thei tur ze nghet put.
- Hlawhchhuah leh thlen chin teh dan in siam
- Thil thleng palh chinfel dan tur remruatna fel tak neih a hriatlawk loh thil hmachhawn a tul pawh a hman tangkai

### A ken tel *Life Skills*

- Mahni inthunun
- Chhawrhnaahawmna
- Hriatthiamna ngah

### Tawng dang a sawi dan

- In Hindi – योजना बनाना
- In Marathi – योजना बनवणे
- In English - Planning



## 37. Harsatna chinfel (Problem Solving)

### Sawifiahna

Harsatna chinfel (*Problem Solving*) kan tih chuan buaina te a nihna tak zawn chhuah a, hmuh thiam leh hriatthiam te a ni a. A chinfel dan kawng tha zawk leh kawng dang duan chhuah te, chungah chuan tum ram (*Goal*) min thlen tir thei tu atan a tha ber tur thlan thiam a ni. Thutlukna siam tura buaina leh a behbawm te a chhan hrethiam thei tur a chhan leh vang chhut thiamna (*Reasoning*) kan tih te zir chianna (*analysis*) kan tih te neih a tul a .Kan nitin nun a buaina kan tawh te awmze nei tak leh in rem taka kan chinfel theih dan kawng te hi a huam tel bawk.

Harsatna chinfel (*Problem Solving*) hian kan zirlai ah inpekna a ti thuk zual a. Kan chhehvel boruak a zir a kan in sawhrem theih nan leh kan hma lam huna kan thil tawn hriat loh kan hmachhawn hun pawh a kawng min kawhhmuh tu atan rilru chak tak neih theihna kawng tha min chhawpchhuah sak a ni.

### Harsatna Chinfel (*Problem Solving*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur ani:

- Harsatna lo thleng te lo hmuh thiam
- Kan thil tawn leh inngirghona thlen hunah te buaina zungkaitu ber chhutchhuah thiam
- Harsatna nena inkungkaih thei thil tul/pawimawh te thliar hran
- Thil ni thei awm ang ngaih ven
- Thil ziarang leh kalhmang a zir a leh chhuah thiam
- Tum ram (*Goal*) mumal tak siam a hmalak dan tur fel tak a remruat
- Tum ram tiam sa thleng tur a hmasawna neih tawhna te a hlut dan chhut
- Harsatna thleng te chinfel theih na tur kawng hrang hrang chhawpchhuah
- Thil thatna leh that lohna chik tak a zir

### A ken tel *Life Skills*

- Thil chik thiamna
- Ngaihtuahna themthiam
- Thutlukna siamthiam
- Chanchin fawmkhawm thiamna
- Chhawrhnaahawmna
- Thu rem thiamna
- Chik tak a ngaihtuah
- Remna siamthiam

### Tawng dang a sawi dan

- In Hindi – समस्या समाधान
- In Marathi – समस्या सोडवणे
- In English - Problem Solving



## 38. Rilru siamrem thiamna (Psychological flexibility)

### Sawifiahna

Rilru siamrem thiamna (*Psychological flexibility*) chu ka hun tawn inthlau tak tak leh in thlak thut thut, thlir dan danglam leh chezia danglam tak tak te kan hmachhawn pawh a, a tul ang zel a thlir thiam leh insiamrem a ni a. Kan duh zawng leh mamawh inkar inbuk tawk a siamrem leh dah pawimawh tur zawk hriatna hi a ni. Kan hun tawn a zir a kan chezia kan lanchhuahtir dan tur leh thil thleng hmachhawn thiam te, kan rilru sukthlek leh ngaihtuahna in thlithlai te, kan beisei loh thil pawh rilru dam tak a pawm thiam te a kaw kawk a ni.

Rilru siamrem thiamna (*Psychological Flexibility*) hi kan nitin nun hlim nan, tha tak a kan in siam rem nan, rilru hrisel neih nan te a pawimawh em em a . Nunkawng tha kan zawh na leh kan tum ram nen a in mil a kan rilru pek dan leh kan chet chhuah dan te kan thunun theih nan min pui bawk a ni.

### Rilru siamrem thiam (*Psychological Flexibility*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Hun khirh hmachhawn thei tur a in siam rem
- Kan rilru sukthlek te in hriatthiam a kan duh vak loh chin pawh pawm thiam
- Nundan tha leh mawi ni a kan ngaih nen a in chawih che zia leh mizia thlan thiam
- Tuina zawng leh chak zawng in buk tawk a siam rem
- Tun hun reilo te chung mil a che chhuak puat puat lo a hun rei zawk mil tur a chet lak
- Thil tha zawk leh tui awm zawk atan a rilru leh tha sen
- Chona siam ngawr ngawr lo a an rilru leh ngaihtuahna te tum ram tha zawk mil tur a her rem

### Related Life Skills

- Mahni inhriatchian
- Rilru sukthlek thunun
- Insiam rem thiamna
- Paukhauhna

### Tawng dang a sawi dan

- In Hindi – मानसिक लचीलापन
- In Marathi – मानसिक लवचिकता
- In English - Psychological Flexibility



## 39. Inkungkaihna siam thiam (Relationship Management)

### Sawifiahna

Inkungkaihna siam thiam (*Relationship Management*) chu mimal emaw a huho pawh a mi chi hrang hrang leh in ang lo tak takte kan mimal nunah leh kan hna thawhna ah te inkungkaihna hrisel, tha leh hlawk thlak tak kan siam theih na hi a ni a. Hotu zia pawimawh tak a keng tel a, midangte felfai tak leh mawihnai taka biangbiak thiam te, kan ngaihdan leh rilru sukthlek te dikna nen lan chhuah tir te, chhungkua, thian ,khawtlang, thawhpui leh midangte nen in pawh tak a in kawm ho theihna te a keng tel a. Midangte tan a thurawn rintlak leh tha pek te, midangte lak atanga nawrna tawn chang pawh a paidam theih te, midang nen a inkara in remlohna awm pawh a tha zawng leh tangkai zawng a sawi rem thiamna te a keng tel bawk .He hmangchang hian midangte nen a huhoa thil kan tihna reng reng ah mahni mai bak a midangte rilru sukthlek hriatchianna leh hriatthiamna a dah pawimawh em em bawk a ni.

Inkungkaihna siam thiam hian kan nun kawng tinrengah midangte nen in zawmna thuk zawk nei turini min pui thei bawk a ni.

### Inkungkaihna siam thiam (*Relationship Management*)

Miin heng te hi a lan chhuah tir thei tur a ni:

- Thian te, rualpui te, thawhpuite leh midangte nena in kawm khawmna ah ngun tak a ngaihthlak thin.
- Nitin hun hman na a midangte nen felfai leh pawl sawi lo tak a in kawm theih
- Thiante leh pawl puite pui thei tur a kawng hrang hrang zawn peih
- A tul hun a tanpuina dil leh mi tanpui hreh loh
- An rilru sukthlek te in hawng tak leh dik tak a thiante leh chhungte hnen a an lanchhuah tir a sawi chhuak thei
- Midangte nen inthural tak leh tha taka thawh ho
- *Team* siam a, *team member* te fuih chak a, a huho a thawh hona tih chak
- Rual puite nen a intihmuh thil tha lote hnar thiam.
- Inrem lohna te sawi rem a hun harsa paltlang thei tura kawng kawhmmuh

### A ken tel *Life Skills*

- Mi dinhmuna inchan thiamna
- Thil thlir thiam
- Danglamna hlut thiam
- Mi biakpawh thiamna
- Thawh hona
- Rilru sukthlek thunun
- Remna siamthiam

### Tawng dang a sawi dan

- In Hindi – प्रबंध
- In Marathi – व्यवस्थापन
- In English - Relationship Management



## 40. Paukhauhna (Resilience)

### Sawifiahna

Paukhauhna (*Resilience*) kan tih chu kan nihna ang tak a ding chang thei tur a daglamna hma ah pawh a nghet tak a din a insiam rem a ni a. Buaina leh harsatna, hun hrehawm, hlawhchhamna, zamna leh rilru hahna hrang hrang kan tawh chang pawh a in siam rem zel dan kawng a kawkwaw. Paukhauhna chuan kan nun a tha zawng a siam remin, manganna kan tawh chang a rilru hrisel min put tir thei tu a ni .

Paukhauhna (*Resilience*) hian zirna kawngah hlawhtlinna a pe a ngaih a ni a. Nunphung tha lo thlen thei ruihtheih thil leh zuk leh hmuam lak a him thei turin min pui a. Mi rilru paukhauh te chuan mahni rilru sukthlek leh tawnhriat te a tha zawng a herrem an thiamin, chu chuan nun hrisel tak a pe bawkwaw thin a ni .

### Paukhauhna (*Resilience*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni :

- Danglamna a thlen changa insiamrem.
- Rilru nawr tu lian tak tak leh phawklekna te thunun
- Remruatna mumal tak siam a hlawhtling tura hmalak
- Hun tawn te uluk tak a thlithlai hmasak a thlak danglam theih loh thil te pawm thiam
- Mahni a tha zawng a inhmuh thiam leh mahni chakna leh theihna a in rintawkwaw neih
- Rin loh taka chona a lo awm pawha hmachhawn thiam
- Hun harsa pawh chinfel theih a ni tih rilru pu chung a hmachhawn.

### A ken tel *Life Skills*

- Mahni inhriatchian
- Rilru sukthlek thunun
- Insiam rem thiamna
- Rilru siamrem thiamna
- Mahni theihna hriatchian
- Nunho thiamna
- Hriatthiamna ngah
- Mahni induat thiamna
- Danglamna thlen tura mahni ke a din tumna

### Tawng dang a sawi dan

- In Hindi – स्थितिस्थापकत्व
- In Marathi – स्थितिस्थापकत्व
- In English - Resilience



## 41. Chhawrnahawmna (Resourcefulness)

### Sawifiahna

Chhawrnahawmna (*Resourcefulness*) kan tih chu hmun/hun hrang hrangah te in siam rem a, a tangkai thei zawng a thil ngaihtuah leh a chinfelna kawng zawng a hmanrua/behchhan (*Resources*) tangkai tur zawn hmuh thiam a ni a. He theihna hian kan duh nei thei turin kawng hrang hrang atangin hriatthiamna min pe a. *Team* leh *group* anga in lungrual tak a thawk ho thei tur a min puih bakah an thiam leh theihna te leh hriatna tangkaite an tum ram thleng thei tur a peipunte a huam tel bawk a ni.

Zir chianna a an hmuh chhuah dan chuan, zirlai naupang chhawrnahawm tak tak te chuan harsatna leh nawrna hnuahia pawh an tih tur tha takin an zo thei niin an sawi . Chhawrnahawmna hi skills zinga pawimawh tak pakhat a ngaih a nih chhan chu thahnem ngaihate, rilru hman thiam leh a huho a thil tihna leh khawtlang a taima tak a in hmang thei a mni chher theihna hi ni a ngaih a ni .

### Chhawrnahawmna (*Resourcefulness*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Mahni tum a hlawhtling thei turin a hmachhawn dan kalhmang chi hrang hrang riruat
- Harsatna chinfe; dan kawng hrang hrang chhawp chhuah thiam
- Kalphung thar zir tur leh hmang tur a rilru in peih
- Tih tak takna lan tira kan chhehvel boruak midangte nen a in thlunzawmna tha neih
- Thiante leh thenrualte nen a inthlunzawmna tha siam
- Inngghahchhan/chak khai lakna te mimal leh a huho a hman tangkai theih tur a peih
- Mahni tuma hlawhtling thei turin kawng hrang hrang dai kual thei tur a teirei peihna lan chhuah tir
- Tum ram thleng tura mi dang puihna emaw, an ngaihdan leh thlirdan hman tangkai thiam
- Mahni thiamna, talent leh chakna lanchhuahtir thiam

### A ken tel *Life Skills*

- Rilru zau
- Ngaihtuahna herrem thiam
- Hriatchian duhna
- Ngaihtuahna themthiam
- Thawh hona
- Inhmanna
- Paukhauhna
- Ruahmanna
- Harsatna chinfel
- Danglama hlut thiam
- Mahni inthunun
- Nunho thiamna
- Tumram thleng tura hmalak

### Tawng dang a sawi dan

- In Hindi – साधनसम्पन्नता
- In Marathi – साधनसम्पन्नता
- In English - Resourcefulness





## 42. Danglamna hlut thiam (Respecting Diversity)

### Sawifiahna

Danglamna hlut thiam (*Respecting Diversity*) kan tih hian kan lak atanga danglamna nei mimal emaw a huho pawh nise kum zat, a nu emaw a pa emaw, mipatna leh hmeichhiatna kawngah emaw, sakhuana leh hnam a zir te, khawsakna kawngah leh *politic* a tan zawng te hnam ziarangah te en hranna awm lo a an chung a zah derna lan tir a ni a. He skill hian kan danglamna inzah saka hlut thiam tur leh kan tawnhriat leh thlirna hrang hrang atanga mimal nun leh kan hnathawhna theuha nun tihhmasawn a tum a ni. He skill hian thil hriat belh duhna te , zir chian zel duhna leh in phahhniam a kan danglamna leh phaktawk chin in pawm sak thiamna a keng tel a ni .

Danglamna ngaihhlut hi kan tunlai nun inthlau tak leh inmamawh tawn theuhna khawvel ah hian mimal nun leh nihna zahawm tak nei thei turin min pui a, in pawh tlanna thuk zawk siam in tumah bang bik awm lo a tlo tak a kan nun ho nan leh kan thawh ho nan min pui bawk a ni.

### Danglamna hlut thiam (*Respecting Diversity*) hman chhuah dan

Miin heng te hi a lanchhuah tir thei tur a ni :

- Kan nun ho na hrang hrangah inanna leh danglamna kan neih te pawm thiam
- Dinmun in ang lo leh hna thawh in ang lo te nen a in kawmho chang pawhin, intluktlanna leh zahna lantir thiam.
- Nun ze hrang leh khawtlang nun danglam zawkte pawh thian a siam tam
- Mi chi hrang hrang awm khawm a tum ram thuhmun thleng tur a beih ho
- Hmelhriat loh te nena khawsak hona ah thuhnu dawn leh ngaihtuahna hmang chung a mi kawm thiam
- Mi chi hrang hrangte nunphung zira inpawhna nei thei tura nun hman thiam
- Midangte hnam zia rang leh nih phung te, khawtlang nun leh rinna kalh zawng nilo a, an theihna leh thiamna ensak zawk a hlut thiam.
- Chen hona leh khawsak ho na azir a ngaihdan dik lo leh ngelnghet awm sa te, thu lengvak duhawm lo leh belh chian dawl lo awm thin te thlak danglam tura beih
- Khawtlang a dinmun hniam zawk te tanpui thei tur a kawng zawn

### A ken tel *Life Skills*

- Mi dinhmuna in chan thiamna
- Thil thlir thiam
- Rilru zau
- Hriatchian duhna
- Nunho thiamna
- Chhawrhahawmna
- Inhmanna
- Danglamna thlen tura mahni ke a din tumna
- In kungkaihna siam thiam

### Tawng dang a sawi dan

- In Hindi – विविधता का सम्मान
- In Marathi – विविधतेचा आदर करणे
- In English - Respecting Diversity



## 43. Mawhphurhna (Responsibility)

### Sawifiaha

Mawhphurhna (*Responsibility*) chuan kan tih tur leh pawimawhna hriatna te, mimal leh midangte nena nunho naah keimahni a a tha ber lanchhuahtir a kawk. Mawhphurhna kan tih hian mamawhna mil zela a taka chetlak leh nagih sakna tihlan te a huam. Kan zavai atan a tha tur in khua leh tui tha ni tur a thahnem ngaihna neih a tul bawk. Kan ngaihtuahna leh chet ze phungte mahni leh midangte enkawl thei tura tih dan phung fel fai tak nen a in tuahrem tir a huam tel bawk a ni .

Heng te hi Mawhphurhna (*Responsibility*) hmelhmang lanna pahnih te a ni - mimal leh a huho ah. Mimal mawhphurhna chuan thuneihna zalen tak min pe in mahni in rintawkna nen a hmasawn thei turin min pui a. A huho a mawhphurhna chuan a huho a nun thiam tak ah min chhuah in mi biangbiak thiam leh khua leh tui tha ni turin min chher bawk a ni.

### Mawhphurhna (*Responsibility*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Midangte nen a him tlanna tur hrethiam chung a thutlukna siam
- Mahni phak ang tawkah in chhung sekrek khawih chin
- Inpekna ngaih hlut a, hunvawn dik leh mi rintlak nih
- Khawtlang nun ah muanna chawinun leh kalphung zawm thiam
- Tih sual leh a nghawng te pawm thiam
- Midangte mamawh thir thiam a sawi pui
- A hrisel zawng a mahni in chhut let thiam
- (Chona) Risk lak tur awm te buk thiam a him tak a kal pui thiam
- Chhungkua leh school Dan siam hnuai a bi ruat te thir thiam a, a paw lo chin ah chuan zawm zel
- Khawvel in harsatna a tawh mek , kan chhehvelah emaw, mimal dikna chanvo chungchangah leh khawtlang rorelna ah te beng chhit a hriatthiam

### A ken tel *Life Skills*

- Mahni in hriat chian
- Mahni in thunun
- In siam rem thiamna
- Nunho thiamna
- Mi dihmuna in chan thiamna
- Thutlukna siam thiam
- Hruaitu zia
- Thawh hona
- Hmalak thiamna
- In hmanna

### Tawng dang a sawi dan

- In Hindi – जिम्मेदारी
- In Marathi – जबाबदारी
- In English - Responsibility



## 44. Thil tihchhin ngamna (Risk Taking)

### Sawifiahna

Thil tihchhin ngamna (*Risk Taking*) chu tih tur hlen nan emaw mimal hlawkna hmuh nan a chona sang tak tak keng tel leh hlawhchham theihna remchang awm te tawng chung pawh a hmachhawn mai hi a ni a. Mahni leh midangte chung a a rah chhuah tur, a hlawkna tur leh a ken tel tur sawi lawk theih loh chung pawh a hma kan lak na hi a ni kan ti thei awm e. Chona hmachhawn ngamna hian sawi lawk theih loh thil atan a kan duhthu ngei a duh kan thlanna a kaww baww .

Thil tihchhin ngamna hian hmangchang/thiamna thar neihna kawng min hawn sak thin a. Zirlai naupangten an nun a duhthlanna hman thiam a zirtirin thian thar siam an awlsam phah a , tih sual te hman tangkai a chuta tang a in zir thiam thei turin hlawkna a pe thei baww a ni.

### Thil tihchhin ngamna (*Risk Taking*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni :

- Mahni zah rum rum theih hialna thlen thei pawh ni se tih tur thar tih ngam.
- An kawp rem thei dawn em tih an hriat loh te nen a pawl thar a hun hman tir
- Huphurhawm taka lang tih tur ken tlang ngam
- An ngaiat dawn leh dawn loh an hriatthiam loh zawng tak *club* emaw *Activity* zawm tir
- Mahni a ngaihtuah chhuah nachang an hriat loh ngaihtuahna tha tak tak te class a midangte nen a huho an awmna a a mal te tea sawi chhuah tir
- Hriat ngai loh tih tur tih a ngaih chang pawh a pawl ho kaihruaitu atana in pek
- A hrinchhuah tur hriat lawk loh ah pawh tha taka hnathawh

### A ken tel *Life Skills*

- Thutlukna siam thiam
- Tumram thleng tura hmalak
- Ngaihtuahna herrem thiam
- Hmalak thiamna
- Thil chik thiamna
- Danglamna thlen tura mahni ke a din tumna
- Hruaitu zia

### Also Known As

- In Hindi – जोखिम उठाना
- In Marathi – जोखिम घेणे
- In English - Risk taking



## 45. Mahni inhriatchian (Self-Awareness)

### Sawifiahna

Mahni inhriatchian (*Self-Awareness*) chu mahni in en letna leh mahni in chik letna hmanga in hriatchian theih na hi a ni. Tunge kan nih chiah in hrechiang thei tur a mahni chhungril chen a hmuh fiah te, kan chet zia leh kan chakna leh chak lohna te kan nun kai hruiatu leh kan rinna te, kan duhzawng leh duh loh zawng mai bakah kan duhthusam leh kan tum te mahni kan in hmuhfiah theih na hi a ni a .Kan nih tum leh chak zawng te kan theihna leh kan nun kaihruiatu pawimawh te a in sut buai leh buai loh hriatchian a ni bawk. Kan thil pawm dan leh rilru sukthlek hriatchian leh heng in a kan thutlukna leh nunphung a nghawng dan hriatchian hi a ni.

Mahni inhriatchian (*Self-Awareness*) hian hlauhthawna leh nawrna kan tawhin min hriatthiam tir thin a. Midangte thlirna tlang atang a thil hmuh dan min kawhmuh in, mahni in thunun, rem hre tak leh chhenfakawm taka hnathawk thei tur leh mahni inah leh kan hnaah induhtawjna min pe in heng zawng zawng hian mahni inrintawkna leh a eng zawng a thil thlir thiamna min neih tir thei hial a ni.

### Mahni inhriatchian (Self-Awareness) hmanchhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni:

- Rilru put hman in hriatthiam
- Rilru sukthlek lan chhuah dan hrang hrangte thliar hran a, an chezia nen a in kungkaih dan hriatthiam
- Ngaihtuahna in kan duhthlanna leh rintlak taka nung tura min kaihrui zia chhut thiam
- Mahni chakna leh chak lohna chhut thiam
- Thiamna leh tuina zawng nei thei tura hmasawn tir
- Ngaihhlut zawng leh thil thlirdan phung hriat
- Mimal theihna lam leh ngaihhlut zawng in an duhthanna leh hlawhtlinna tur kawng a nghawng dan hriatthiam
- A eng zawng a thlir chung a mimal theihna leh thiamna pawm thiam
- Kum, nihna, chawrchhuahna, chhungkua, khawtlang, school leh hnathawhna hmun a zira an mawhphurhna hrang hrang awm theite hriatthiam
- Mi mal dikna chanvo leh tih makmawh te, khawtlang a mawhphurhna te hriatchian

### A ken tel Life skills

- |                                  |                            |
|----------------------------------|----------------------------|
| • Ngaihtuahna thunun             | • Thiam tura inzir         |
| • Rilru zau                      | • Rilru siamrem thiamna    |
| • Tum ram thleng tura hmalak     | • Paukhauhna               |
| • Lainatna                       | • Mawhphurhna              |
| • Chauhna hmachhawn thiam        | • Mahni induat thiamna     |
| • Rilru sukthlek thunun          | • Mahni theihna hriatchian |
| • Midangte dinhmuna inchan thiam | • Mahni hlutna hriat       |
|                                  | • Mahni inthunun           |

### Also Known As

- In Hindi – आत्म जागरूकता
- In Marathi – स्वतःबद्दल जागरूकता
- In English - Self Awareness



## 46. Mahni induat thiamna (Self-Compassion)

### Sawifiahna

Mahni induat thiamna (*Self-Compassion*) chu kan hlawhchham leh tlin loh chang pawh a, mahni chungangilneihna lantir leh inpawmthiamna hi a ni. Midangte ang bawka famkimlo mihring kan ni tih pawm thiam na te a ni bawk. Thuhnu dawn thiamte, din ngheh tlat na te, lungawi tak a mahni nihna pawm thiam te a ni. Mahniinduat thiamna chuan mimal tak pawha hma kan sawn theihna, hahdamna, thlamuanna, himna leh phurna min chhawp chhuah sak a ni.

Mahni induat thiam mi (*Self-Compassion*) chuan rilru sukthlek ngil tak an nei a, hlawhchhamna lo thlen chang pawhin a bei hram hram thin a, rilru hahna tak chung pawhin fel fai takin hma an la thei thin.

### Mahni induat thiamna (*Self-Compassion*) hman chhuah dan

Miin heng te hi a lan chhuah tir thei tur a ni :

- Hun khirh leh hlawhchhamna an tawh chang pawhin, mahni inhriatthiamna thui tak an nei.
- Mahni in inenkawlina tha, tihdanphung bik an nei
- A tha zawng a zaidam leh ngilnei tak a mahni inhnem an thiam
- Buaina tawh chang pawh a mahni rilru leh taksa mamawh ngaihtuah fel thei tur a kawng zawn
- Rilru buaina nasa tak a lo thlen chang pawhin, rilru fim tak a hman thiam thin
- Mahni in khawngaih leh in sit mai lo va hmasawn tur a tan lak
- Harsatna paltlang tur leh tum ram thleng thei tur a tanpuina an hmuh theih ang te dap chhuah thiam

### A ken tel *Life skills*

- Mahni inhriatchian
- Lainatna
- Ngaihtuahna thunun
- Paukhauhna

### Tawng dang a sawi dan

- In Hindi – आत्म करुणा
- In Marathi - स्वतःची करुणा
- In English - Self Compassion



## 47. Mahni theihna hriatchian (Self-Efficacy)

### Sawifiahna

Mahni theihna hriatchian (Self-Efficacy) chu kan hmalam a chona awm hmachhawn leh tih tur pawh hlen thei tura kan theihna a rinna kan nghah ngamna hi a ni. Kan phurna, kan chetzia leh midang nena kan chen hona kawng thunun thei tura kan theihna a inrintawkna kan neih zia a ti lang bawk a. Tumruhna nen kan theihna hi a pung zel tih leh kan tum ram leh beisei thlen theihna a awm tih rinna hi he skill ken tel pawimawh tak pahnih te chu a ni.

Mahni theihna hriatchian (*Self-Efficacy*) hian a tha zanwgin kan phurna leh thahnem ngaihna a nghawng niin a lang a. Zirlai zing a he *skill* nei thate chuan a eng zawng a thil thlir an thiam ni a sawi a ni bawk a, result tha zawk neih nan a puiin, a hun leh hmun a zira insiamrem an thiam a, nawrna hmachhawn an thiamin hriselna lamah pawh an ngaihtuahawm loh bakah a nawlpuiin midangte aiin an ti tha tlangpui bawk.

### Mahni theihna hriatchian (Self-Efficacy) hman chhuah dan

Miin heng te hi a lanchhuah tir thei tur a ni :

- Tih tak zet a beihna chuan tum ram thleng thei turin min pui a ni tih hria a thawhrim
- Rinlawk loh thil lo thlen thulh ah pawh tha tak a lo hmachhawn thiam
- Harasatna hmachhawn thiamna in a puih theih zia hria a chia lo a hmachhawn ngam
- Chona tam tak hmachhawn pawha hnehna chan theih
- Tih tur tuk sakte tha leh felfai taka tih hlawhtlin
- Nitin an zir thin *skill* tangkai tak tak ah te hmasawn
- An thiam zawng awm chhun chhunte chhawr tangkai thiam

### A ken tel Life Skills

- Mahni inhriat chian
- Rilru sukthlek thunun
- Tei rei peihna
- Paukhauhna
- Mahni hlutna hriat
- Tuh ram thleng tura hmalak
- Ngaihtuahna themthiam
- Rilru paukhauh
- Mahni intuaihriam
- Tei rei peihna

### Tawng dang a sawi dan

- In Hindi – आत्म प्रभावकारिता
- In Marathi – स्वतःची प्रभावकारिता
- In English - Self Efficacy



## 48. Mahni hlutna hriat (Self-Esteem)

### Sawi fiahna

Mahni hlutna hriat (*Self-Esteem*) chu mahni thatna leh hlutna in hmuh thiam emaw kan ngaihhlut zawng a zir te , pawm zawng leh mahni kan in pawm dan te leh kan inhmuh dan duhawm deuh leh duhawm lo deuh te pawh a huam thei a, kan ngaihtuahna leh rilru sukthlek, kan pumpui kan in chhut thiamna hi a ni bawk. Mahni rilru sukthlek kan lanchhuah tir thiam te, kan thil thlir dan leh ngaihtuah dan te hian mahni zahawmna kan chawi kanna ah kawngro a su em em a ni.

Mahni hlutna hriat (*Self-Esteem*) hian kan rilru hriselna atan leh a huho a khawsak dan kan thiam nan te, kan nunah a tha zawng a hma kan sawn nan hrim hrim leh mimal tak pawh a hlawkna min pek avangin a pawimawh hle.

### Mahni hlutna hriat (*Self Esteem*) hman chhuah dan

Miin hengte hi a lanchhuah tir thei tur a ni :

- Zahawm takin midangte hnenah an ngaihdan an puang chhuak thei tur a ni
- Mahni kan inngaihhlut ang bawk a midangte ngaihhlut thiam
- Mahni in thuthlukna an siam thei tur a ni
- Ngaihdan hrang hrang te a tha lam leh chhe lam pawh hriatchian leh ngai thiam
- Sawiselna te huatthu a la mai lo a, a tha zawng a pawm thiam
- Tihsual pawm a hlawhchhamna atanga in zir
- Chona hmachhawn thiam a, thang zel tur in thil hlahthawnawm pawh hmachhawn ngam
- Ngaihhlut zawngte hrechiang a, chumi mil zel a nun hman thiam
- Midangte chungah zahna lantir a an in thlak danglam kher nghak lo a an nihna ang ang a pawm thiam

### A ken tel *Life Skills*

- Mahni inhriatchian
- Mahni theihna hriatchian

### Tawng dang a sawi dan

- In Hindi – स्वयं का आकलन
- In Marathi – स्वतःविषयीचे मत / स्वतःचा अंदाज
- In English - Self Esteem



## 49. Mahni inthunun (Self-Management)

### Sawifiahna

Mahni inrel fel (*Self-Management*) chu kan rilru sukthlek, ngaihtuahna leh chezia awmze neia, a hun leh hmun a zir a thunun thiam a ni a. Hei hian rilru hahna kan chinfel danah te, mahni chakna zawng in sum te mahni infuih chak leh inruahman lawk a, mimal, zirna leh eizawanna kawng a hmasawn tur a thawh te a keng tel a. He skill hian kan buaina tawn leh hmachhawn a zira hun hman zai thiam dante a kawbawk .

Mahni inthunun (*Self-Management*) hian kan nun kawng tinrengah min pui a, hna tha kan hmuh nan leh hlawhtlin nan te kan nun pumpuia hmasawanna atan a *skill* pawimawh ber pawl a ni bawk .

### Mahni inthunun (Self-Management) hman chhuah dan

Miin hengte hi a lanchhuah tir thei tur a ni :

- Ngaihtuahna, rilru sukthlek leh nunphung in mimal hlawhtlinna a hril tih hriatthiam
- Hlawhtlinna leh tum bulbal hlen thei tur a ruahmanna siam
- Rilru a buaina lanchhuah thiam dan kawng zawn
- School, chungkua leh khawtlangah te a hun a puihna leh kaihhruaina an dawn theihna tur a kawng zawn thiam
- Hun khirh leh harsatna an tawh hun pawh a anmahni a chhawr theih awm ang te hmuhchhuah
- Tihur neih dawn te, tum lawk ni lo thil thleng leh ti khawtlaitu tawh chang pawh a hun ngaih pawimawh.
- Nitin nunah hun vawn dik leh mahni mai bakah midangte hun ngaih pawimawh
- Mahni tan tum mumal leh hlen theih ngei tur ruahmanna siam a hlawhtling tura beih.
- Mahni taksa hrisehnate mahni mawhphurhna a la thei tur a thutlukna fumfe tak siam a nunphung leh hun hman dan zawng zawng te ngun tak a rel fel.
- Khua rei ngaihtuah chung a reilo te chauh hlimna thlen thei phur hluai na te hup beh thiam

### A ken tel Life Skills

- |                         |                  |
|-------------------------|------------------|
| • Mahni inhriatchian    | • Mawhphurhna    |
| • Rilru sukthlek thunun | • Insumtheihna   |
| • Ruahmanna             | • Rilru paukhauh |
| • Chhawrhnaahawmna      | • Hmalak thiamna |
| • Chauhna thunun thiam  | • Tei rei peihna |

### Tawng dang a sawi dan

- In Hindi – आत्म प्रबंधन
- In Marathi – स्वव्यवस्थापन
- In English - Self Management





## 50. Nunho Thiamna (Social Awareness)

### Sawifiahna

Nunho thiamna (*Social Awareness*) chu mi chi hrang hrang chawrchuahna in ang lo tak tak te, sakhuana, hnam, mipa emaw hmeichhia emaw, khawtlang a dinhmun in ang lo tak tak te nen pawh a in zawmna leh in pawhna tha tak siam theih hi a ni a. Midangte leh chin phung danglam zawk neite hrethiam a, mahni chan a dah thiam leh pawm thiam. Khua leh tui tha ni tur a kan dikna chanvo leh mawhphurhna te hria a hman chhuah thiamna a keng tel bawk .

Nunho thiamna (*Social Awareness*) in a ken tel pakhat chu kan bul hnaih leh khawvel pum huap thil thleng bengkhawn te, khawtlang buaina tawh ngaihven leh hmalakna kawng a in hnamhnawihite, midagte, a bik takin dinhmun derthawng zawk te (hmeichhia, naupang, upa, rualban lo leh dinhmun leh khawsak phunga hnufual zawk te) dikna chanvo zahthiam a, khawtlang tana hmasawna thlen tum a ni .

### Nunho thiamna (*Social Awareness*) hman chhuah dan

Miin heng te hi a lanchhuah tir thei tur a ni :

- An mahni leh thenualte inan na leh danglamna hmuh thiam
- An thiante ,pianpui tawng leh hnam ziarang te hriatchian chakna lantir
- Thiante leh midangten a thlirna an tih zauh dan sawichhuah thiam
- Mi chi hrang hrang ten in anna an neih - an nitin mamawh, rilru sukthlek, beiseina te hmuh thiam tir.
- Vantlang leh thenawm te mamawh/harsatna hriat sak a pui tur a in peih
- Midangte chak lohna hriatthiam a, pawmpui a, venghim tur leh a tul dan a zir a pui thei tur a in hawn
- Khawtlang harsatna zirchiang a, tan khawh a, a chingfel tur a hmalakna mumal tak neih
- Vantlang leh kan chhehvel boruak nuam zawk siam tur a tlawmngai pawl leh khawtlang siamthatna lam kawng a inhnamhnawih

### A ken tel *Life Skills*

- Hriatchian duhna
- Mi dinhmuna inchan thiamna
- Thil thlirthiam
- Danglamna hlut thiam
- Chawrhnaahawmna
- Inhmanna
- Mawhphurhna

### Tawng dang a sawi dan

- In Hindi – सामाजिक जागरूकता
- In Marathi – सामाजिक जाणीव
- In English – Social awareness



## 51. Hriatthiamna ngah (Tolerance of Ambiguity)

### Sawifiahna

Hriatthiamna ngah (*Tolerance of Ambiguity*) kan tih chu thil Chiang lo leh fello deuh te pawh pawm tlaka ngaih theih te, thutlukna siam tawh ah thil mumal lo deuh a thlen pawha ngaih zam thiam, bung taka thil ngaihtuah lo tura inven thiamna te a ni a. Thil mumal lo leh Chiang lo deuh, hriatthiam harsa te, beiseina tam tak pawh thlamuang taka hmachhawn thiamna a keng tel . Kan la tawn ngai loh thil kan hmachhawn a kan chetlak dan ah hian hriatthiamna kan ngah leh ngah loh chu a lo lang Chiang thin.

Hriatthiamna ngah (*Tolerance of Ambiguity*) hi inthunun kan awlsam leh awlsam loh te, ngaiawh leh theihna te, rintlak tak a ngaihdan kan siam thiam leh thiam loh thliar hran theihna hmanraw tangkai tak a ni bawk. Hei bakah hian inkungkaihna chhenfakawm leh tangkai tak neih theihna pawh remhriatna leh hriatthiamna kan ngah danah hmuh theih a ni bawk.

### Hriatthiamna ngah (*Tolerance of Ambiguity*) hman chhuah dan

Miin hengte hi a lanchhuah tir thei tur a ni:

- Tuina nei lem lo a thil tih honaa an tel in dawhthei taka en thiam
- Ngaihhlut zawng in ang lo tak takte suiikhawm
- Ngaihdan in anglo tak takte nena tha taka thawhho theih
- Thil thar leh tawnhriat ngai loh pawh nuam ti taka hmachhawn
- Rinlawk loh leh hriat lawk loh thil thlengah pawh mahni rilru sukthlek thunun leh siamrem thiam

### A ken tel *Life Skills*

- Ngaihtuahna herrem thiam
- Ngaihtuahna themthiam
- Rilru zau
- Chauhna hmachhawn thiam
- Ruahmanna
- Paukhauhna
- Thil tih chhin ngamna

### Tawng dang a sawi dan

- In Hindi – अस्पष्टता की सहनशीलता
- In Marathi – अस्पष्टता सहिष्णुता
- In English - Tolerance of Ambiguity



## 52. Danglamna thlen tura mahni ke a din tumna (Transformational Entrepreneurship)

### Sawifiahna

Danglamna thlen tura mahni ke a din tumna (Transformational Entrepreneurship) chu danglamna thlen leh eibar zawna leh indawr tawna a chinfel dan thar hman thiam a ni a. Sum leh pai a tum leh bituk piah lam ngaihtuah leh mimal nun ah leh Pawl ang pawha awmze nei tak a thlakhlengna nei thei tur a hmalakna tha tak siamtheihna te a ni. Buaina awmze nei tak a hmachhawn te , a chhan bul pui chinfel, mihring theihna haichhuah leh inkungkaihna tha leh inrem tak a inzir tlan te a a keng tel bawk.

Danglamna thlen tura mahni ke a din tumna (*Transformational Entrepreneurship*) hi thalai te tan hringnun khalh kaltu, dikna leh hmai nei lo a hmasawna a kaltuan theih nan a puitu tangkai tak a ni.

### Danglamna thlen tura mahni ke a din tumna (*Transformational Entrepreneurship*) hman chhuah dan

Miin heng te hi a lanchhuah tir thei tur a ni:

- Tum neih sa leh hriatchawp thulhah pawh a piah lam thil hmu thiam chung a hmalak
- Thawhhona tha nei tura thahnem ngaih leh inkungkaihna dim dawih taka vawn leh midangte chelh that
- Thil thar hmachhawn ngam a mithar leh chin dan thar thawh pui thiam
- Mahni nawmna dahtha a midang mamawhna dah pawimawh hmasak
- Buaina hneh a , harsatna tawh chang pawh a tum ram lam thlir tlat
- A huho a hlawk tlanna tur thil lian zawk ngaihtuah chhuah
- Sumdawna lam hawi ni kher lo vantlang tan a tha thlenna tur kawng a palai hnathawh
- Buaina chi hrang hrang diktak leh hleih bik nei lo a tluang tlam tak a chinfel
- Dik tak leh intluktlang a hmasawna awm thei hamthatna chhawpchuah

### A ken tel *Life Skills*

- Thawhhona
- Inhmanna
- Danglamna hlutthiam
- Thil chik thiamna
- Ngaihtuahna themthiam
- Thil tihchhin ngamna
- Tei rei peihna
- Paukhauhna
- Rilru paukhauh
- Hmalak thiamna
- Hruaitu zia
- Mahni intuaihriam
- Insumtheihna

### Tanwg dang a sawi dan

- In Hindi – परिवर्तनकारी उद्यमिता
- In Marathi – परिवर्तनशील उद्योजकता
- In English - Transformational Entrepreneurship