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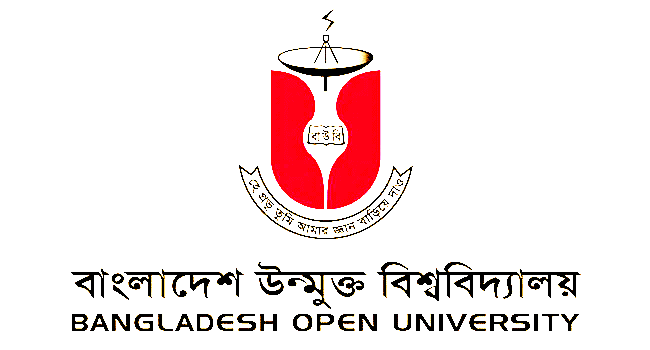
**বিএড প্রোগ্রাম**

**নির্ধারিত কাজ-০২**

**শিখন ও শিখনযাচাই**

# “পেশাগত উন্নয়নে প্রতিফলন অনুশীলনের প্রয়োজনীয়তা বিশ্লেষণ।”

**আইডি নম্বরঃ ২০২১০০১১.. .. ..**



**শিক্ষাবর্ষঃ ২০২১**

**ব্যাচ নং- ২১**

**সেমিষ্টারঃ ২য়**

**বিষয়ের নামঃ**

**শিখন ও শিখনযাচাই**

**বিষয় কোডঃ**

**EDBN- ২৪০২**

**A¨vmvBb‡g›U b¤^i t 0২**

# **wk‡ivbvgt** “পেশাগত উন্নয়নে প্রতিফলন অনুশীলনের প্রয়োজনীয়তা বিশ্লেষণ।”

বিএড প্রোগ্রাম

**উপস্থাপনায়ঃ**

**wb‡`©kbvqt**

**নির্দেশনায়ঃ**

**নির্দেশনায়ঃ**

**cÖwkÿY ‡K›`ªt**

**evsjv‡`k gv`ªvmv wkÿK cÖwkÿY †K›`ª(weGgwUwUAvB)**

**‡evW© evRvi, MvRxcyi-1705**

**সূচীপত্র/INDEX**

|  |  |  |  |
| --- | --- | --- | --- |
| **ক্রমিক নম্বর** | **পাঠ শিরোনাম** | **পৃষ্ঠা নম্বর** | **মন্তব্য** |
| **০১** | ভূমিকা |  |  |
| **০২** | cÖwZdjb Abykxjb avibv |  |  |
| **০৩** | cÖwZdjb Abykxj‡bi wZbwU we‡kl w`K |  |  |
| **০৪** | cÖwZdjb Abykxj‡bi cvuPwU welqe¯‘ cwiwPwZ |  |  |
| **০৫** | cÖwZdjb Abykxj‡bi KZK¸‡jv Acwinvh© ‰ewkó¨ i‡q‡Q| |  |  |
| **06** | cÖwZdjb Abykxj‡bi cÖ‡qvRbxqZv |  |  |
| **07** | গ্রন্থপঞ্জি ও তথ্য সহায়ক মাধ্যম |  |  |
|  | \*\*\* |  |  |

**নির্ধারিত কাজ-০১:**

“পেশাগত উন্নয়নে প্রতিফলন অনুশীলনের প্রয়োজনীয়তা বিশ্লেষণ”।

ভূমিকা: cÖwZdjb Abykxjb wMÖK `vk©wbK Socrates e‡jwQ‡jb, Know thyself A\_©vr wb‡R‡K Rv‡bv| Bs‡iwR‡Z GKwU Dw³ Av‡QÑ Self criticism is the best criticism. divwm `vk©wbK Anatole France e‡j‡Qb, æThe good critic is he who narrates the adventure of his soul among masterpieces.”|

Gme Dw³i g~j K\_v n‡jv, wb‡Ri Kv‡Ri mgv‡jvPbv wb‡R wb‡RB Kiv| A\_©vr AvZ¥mgv‡jvPbvB DËg mgv‡jvPbv| G `„wó‡KvY †\_‡K ejv hvq, †h e¨w³ Zvi wb‡Ri Kvh©vewj m¤ú‡K© wb‡RB mgv‡jvPbv ev g~j¨vqb Ki‡Z cv‡ib †mUvB DËg mgv‡jvPbv ev me‡P‡q fv‡jv g~j¨vqb wn‡m‡e we‡ewPZ nq| Gi gva¨‡g †Kv‡bv e¨w³ Zvi wb‡Ri †fZ‡ii †`vlÎæwU ev mgm¨v¸‡jv‡K kbv³ K‡i wb‡RB †m¸‡jv `~i Kivi D‡`¨vM wb‡Z cv‡ib| GUvB GK ai‡bi AvZ¥mgv‡jvPbv ev AvZ¥g~j¨vqb| GB AvZ¥mgv‡jvPbv‡K Ab¨ K\_vq AvZ¥cÖwZdjb ejv †h‡Z cv‡i| AvZ¥cÖwZdj‡bi gva¨‡g wb‡Ri KvRK‡g©i ¸YMZ gv‡bi Dbœqb Ki‡Z n‡j wbqwgZ G¸‡jvi Abykxjb Ki‡Z n‡e|

wkÿKZvi g‡Zv GKwU RwUj †ckvq mdjZv jvf Ki‡Z n‡j wkÿK‡K me mgq fv‡jv wkÿ‡Ki hveZxq ¸Yvewj AR©‡b m‡Pó \_vK‡Z n‡e| Z‡e ïay fv‡jv ¸Yvewj AR©b Ki‡jB n‡e bv, G¸‡jv cÖ‡qvM Kivi AvšwÍiK B”QvI wkÿ‡Ki †fZi \_vK‡Z n‡e| fv‡jv wkÿK wn‡m‡e wb‡R‡K cÖwZwôZ Kivi GKwU Ab¨Zg Dcvq n‡jv, cÖwZdjb Abykxjb Kiv| Kvh©Ki cÖwZdjb Abykxj‡bi gva¨‡g †h †Kv‡bv wkÿK wkÿKZv †ckvq Acwinvh© ¸Yvewj I Kjv-†K․kj¸‡jv AvqË Ki‡Z cv‡ib|

cÖwZdjb Abykxj‡bi cvuPwU welqe¯‘ cwiwPwZ : GB wbe‡Ü cÖwZdjb Abykxjb m¤úwK©Z wb¤œewY©Z **cvuPwU** welqe¯‘i g‡a¨ cÖ\_gwU wb‡q Av‡jvPbv Kiv n‡q‡QÑ

**1: cÖwZdjb Abykxj‡bi aviYv I বৈwkó¨ Ges †ckvMZ Dbœq‡b cÖwZdjb Abykxj‡bi cÖ‡qvRbxqZv**

2: cÖwZdjb wkLb Pµ

3: cÖwZdjb we‡kølY I cÖ‡qvM

4: cÖwZdj‡b mnvqK mvgMÖx : wkÿK Wv‡qwi, wkLb Rvb©vj, mZx\_© Rvb©vj Ges cÖwZdjb Abykxjb wjwce×Ki‡Yi bgybv cÖYqb

5: cÖwZdjb Abykxjb cÖ‡qv‡M mgm¨v I DËi‡Yi Dcvq|

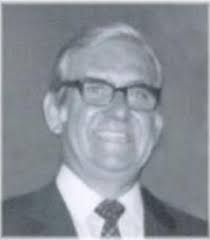
1 : cÖwZdjb Abykxj‡bi aviYv I ‰ewkó¨ Ges †ckvMZ Dbœq‡b cÖwZdjb Abykxj‡bi cÖ‡qvRbxqZv cÖwZdjb Abykxj‡bi aviYv cÖwZdjb Abykxjb Ggb GKwU cÖwµqv hv wkÿK AbymiY Kivi gva¨‡g wb‡Ri †ckvi avivevwnK Dbœqb NUv‡Z mÿg nb| GK K\_vq, †ckvMZ Dbœq‡bi Rb¨ cÖwZdjb Abykxjb GKwU ¸iæZ¡c~Y© †K․kj wn‡m‡e KvR K‡i| Gi gva¨‡g wkÿK wb‡RB wb‡Ri KvRK‡g©i fzjÎæwU wPwýZ K‡i †m¸‡jv `~i Kivi D‡`¨vM wb‡Z cv‡ib| Gi gva¨‡g wb‡Ri †ckvMZ Dbœqb NUv‡bv m¤¢e nq| wkÿKZv †ckvq cÖ‡e‡ki c~‡e© Ges wkÿKZvq wb‡qvwRZ nIqvKvjxb Dfq ch©v‡q cÖwZdjbg~jK Abykxjb‡K †ckvMZ gv‡bvbœq‡b I `ÿZv e„w×i D‡Ï‡k¨ e¨envi Kiv †h‡Z cv‡i| GB cÖwµqvwU †h †Kv‡bv ch©v‡qi wkÿK‡K `ÿ wkÿ‡K cwiYZ Ki‡Z cv‡i| Z‡e †ckvMZ Dbœq‡bi ¯^v‡\_©B Gi PP©v Ae¨vnZ ivL‡Z n‡e|

wkÿKZv †ckvi gvb Dbœq‡b wbR D‡`¨v‡M me wkÿKB me mgq wKQz bv wKQz K‡i \_v‡Kb| †hgbÑ wkÿKiv GKwU †kÖwY‡Z cvV`vb Kivi mgq Ges cvV`vb †kl Kivi ci IB K¬v‡mi Dci ch©v‡jvPbv K‡i \_v‡Kb| GB ch©v‡jvPbv ev AvZ¥g~j¨vq‡bi D‡Ïk¨ n‡jv, cvV`v‡b †hme fzjÎæwU n‡q‡Q †m¸‡jv `~i K‡i cieZ©x cvV`vb AviI ÎæwUnxb Kiv| wkÿK‡`i GB AvZ¥g~j¨vq‡b wbw`©ó cÖwµqv AbymiY Kiv n‡j †ckvMZ Dbœqb h\_vh\_ I gvbm¤§Z nq| G Kvi‡Y wbw`©ó cÖwµqv AbymiY K‡i AvZ¥g~j¨vqb Kiv n‡j Zv‡K cÖwZdjbg~jK Abykxjb ejv nq| cÖwZdjbg~jK Abykxjb Ggb GKwU cÖwµqv hvi gva¨‡g GKRb wkÿK Zvi cvV`v‡b Kvh©µ‡g Abym„Z c×wZ I Kjv-†K․kj Ges cvV`v‡bi AwfÁZv‡K ÎæwUgy³ Kivi Rb¨ bvbvfv‡e Av‡jvPbv I g~j¨vqb K‡i \_v‡Kb| Gfv‡e wkLb-†kLv‡bv Kvh©µ‡gi DrKl© mvab m¤¢e nq| GUvI cÖwZdjbg~jK Abykxj‡bi d‡j n‡q \_v‡K|

mvaviYfv‡e cÖwZdjb Abykxjb ej‡Z wkÿKZv †ckvq wb‡qvwRZ wkÿK‡`i wkÿKZv msµvšÍ cÖ‡qvRbxq †hvM¨Zv I `ÿZv¸‡jv AvqË Kivi avivevwnK cÖ‡Póv‡K †evSvq| Gi gva¨‡g wkÿK cÖwZwbqZ Zvi wb‡Ri cvV`v‡bi `ye©j w`K¸‡jv kbv³ Kivi †Póv K‡ib Ges Abykxj‡bi gva¨‡g †m¸‡jv cwinvi K‡i cÖ‡qvRbxq mej w`K¸‡jv AR©b K‡ib| Gfv‡e GK mgq ïay fv‡jv w`K¸‡jvB wb‡Ri g‡a¨ cÖwZdwjZ n‡e| Z‡e G cÖwµqvq Ab¨ fv‡jv wkÿK‡`i cvV`vbmn Ab¨vb¨ Kvh©µg wbqwgZfv‡e ch©‡eÿY K‡i Zv‡`i BwZevPK w`K¸‡jv wb‡R AvqË Kivi †Póv Ki‡eb Ges ax‡i ax‡i wb‡Ri g‡a¨ cÖwZdjb NUv‡bvi †Póv Ki‡eb|

myZivs cÖwZdjb Abykxjb m¤ú‡K© ejv hvq, †h Abykxj‡bi gva¨‡g †Kv‡bv wkÿK avivevwnK cÖ‡Póv Pvwj‡q wb‡Ri A\_ev Ab¨ wkÿ‡Ki fv‡jv `ÿZv I †hvM¨Zv¸‡jv wb‡Ri g‡a¨ Kvh©Kifv‡e cÖwZdwjZ K‡i wb‡R‡K fv‡jv ev `ÿ wkÿK wn‡m‡e M‡o Zzj‡Z cv‡ib Zv‡K cÖwZdjb Abykxjb (Reflective Practice) ejv nq| cÖwZdj‡bi Bs‡iwR cÖwZkã n‡jv ‘reflection.’ GwU j¨vwUb kã ‘reflectere’ †\_‡K D™¢~Z| Gi A\_© n‡jv, ‘to bend back’. cÖwZdjb Abykxj‡bi aviYvwU cÖ\_g e¨envi K‡ib †Wvb¨vì A¨vjvb kb| Gici †\_‡K wkÿv‡ÿ‡Î cÖwZdjb Abykxjb e¨vcKfv‡e cÖ‡qvM n‡q Avm‡Q|

Av‡gwiKvi wkÿv `vk©wbK †Wvb¨vì A¨vjvb kb (Donald Alan Schön) 1930 mv‡ji 19 †m‡Þ¤^i g¨vmvPz‡mU‡mi †ev÷‡b (Boston, Massachusetts) Rb¥MÖnY K‡ib Ges 1997 mv‡ji 13 †m‡Þ¤^i GKB kn‡i g„Zz¨eiY K‡ib| `vk©wbK †Wvb¨vì kb g¨vmvPz‡mUm Bbw÷wUDU Ae †UK‡bvjwR‡Z Urban Planning-Gi Aa¨vcK wn‡m‡e Kg©iZ wQ‡jb| ZLb wZwb cÖwZdjb Abykxj‡bi (Reflective Practice) aviYvi Dbœqb K‡ib Ges mvsMVwbK wkLb Z‡Ë¡ (The theory of Organizational learning) Zvi ¸iæZ¡c~Y© Ae`vb i‡q‡Q|

†Wvb¨vì kb wbijm M‡elYvi gva¨‡g wkÿv‡ÿ‡Î A‡bK ¸iæZ¡c~Y© Ae`vb †i‡L‡Qb Ges eû cy¯ÍK iPbv K‡i‡Qb| Zuvi Ggb GKwU eB n‡jv The reflective practitioner: how professionals think in action (1983).” GB eB‡q wZwb cÖwZdjb Abykxjb m¤ú‡K© e‡j‡Qb, æReflective practice is the ability to reflect on one’s actions so as to engage in a process of continous learning. A\_©vr cÖwZdjbg~jK Abykxjb n‡jv e¨w³i K‡g©i Dci cÖwZdjb Kivi Ggb GK ÿgZv hv µgvMZ wkLb cÖwµqvq hy³ nq| Schön Gi g‡Z, ÔcÖwZdjb Abykxjb n‡jv cÖwkÿYv\_©x wkÿ‡Ki mgv‡jvPbv I cÖwZdjb ÿgZv‡K e„w× Kivi Dcvq|Õ cÖwZdjb Abykxj‡bi msÁv w`‡Z wM‡q Donald Schön e‡jb, æReflective practice involves thoughtfully considering one’s own experiences in applying knowledge to practice while being coached by professionals in the discipline (Schön, 1996).”

Donald Schön cÖwZdjb Abykxjb‡K †Kv‡bv wel‡q bexb wkÿv\_©x I mdj wkÿK‡`i ga¨Kvi Abykxjb Kv‡Ri ZzjbvKviK wn‡m‡e cÖwZwôZ Ki‡Z †P‡q‡Qb| wZwb e‡jb, ÔcÖwZdjb Abykxjb ej‡Z GKRb cÖwkÿ‡Ki mnvqZvq KviI Áv‡bi cÖ‡qv‡M wPšÍvcÖm~Z AwfÁZv‡K †evSvq|Õ Zvi GB aviYvi cÖmv‡ii ci Gi Dci wfwË K‡i A‡bK ¯‥zj, K‡jR Ges wkÿv wefvM wkÿK‡`i †ckv I †ckvMZ `ÿZv Dbœqb msµvšÍ wewfbœ Kvh©µ‡gi iƒc‡iLv cÖYqb ïiæ K‡i| G cÖm‡½ †Kv‡bv †Kv‡bv M‡elK g‡b K‡ib, Schön-Gi aviYv John Dewey-i `k©‡bi mv‡\_ mw¤§wjZfv‡e cÖwZdjb AwfÁZv‡K AviI ev¯Íe wfwË‡Z `uvo Kwi‡q‡Q| Av‡gwiKvi Av‡iK weL¨vZ wkÿv `vk©wbK, gb¯ËÍ¡we` I wkÿv ms¯‥viK Rb wWDB (John Dewey) 1859 mv‡ji 20 A‡±vei fvig‡›Ui evwj©sU‡b (Burlington, Vermont) Rb¥MÖnY K‡ib Ges 1952 mv‡ji 1 Ryb wbDBqK© wmwU‡Z (New York City) g„Zz¨eiY K‡ib| wZwb wkÿv wel‡qi Dci wewfbœ ¸iæZ¡c~Y© ZË¡ D™v¢eb K‡i‡Qb| John Dewey cÖwZdjb Abykxjb wb‡qI e¨vcK M‡elYv K‡i‡Qb| wkÿv m¤ú‡K© wWDBi GKwU weL¨vZ Dw³ n‡jv, “Education is not preparation for life; education is life itself.**”**

cÖwZdjb Abykxjb m¤ú‡K© John Dewey e‡jb, æReflection is a cognitive process- the active, persistent and careful consideration of any belief or supposed form of knowledge in the light of the grounds, that support it and the furtherconclusions to which it tends (1933).” wZwb cÖwZdjb Abykxj‡bi wZbwU we‡kl w`‡Ki D‡jøL K‡i‡Qb|

**cÖwZdjb Abykxj‡bi wZbwU we‡kl w`K:** G¸‡jv n‡jvÑ

1. †Lvjv gb (Open-mindedness)

2. me©všKÍi‡Y MÖnY (Whole-heartedness) Ges

3. `vwqZk¡xjZv (Responsibility);

Dewey †Lvjv gb ej‡Z †Kv‡bv mgm¨vi mgvav‡b c~e©aviYv I wPšÍv †\_‡K †ei n‡q bZzb bZzb I wfbœ wfbœ Dcvq †LuvRv Ges mwµq †kÖvZv wn‡m‡e A‡b¨i e³e¨ we‡ePbvi Rb¨ MÖnY Kiv‡K eywS‡q‡Qb| GQvov †Kv‡bv mgm¨vi wewfbœ w`K LwZ‡q †`L‡Z Drmvn I AvMÖn wb‡q Ges h‡\_ó wPšÍvfvebv K‡i Dchy³ mgvavb me©všKÍ i‡Y MÖnY I ev¯Íevqb Kiv cÖwZdjb Abykxj‡bi GKwU Ab¨Zg we‡eP¨ welq e‡j wZwb D‡jøL K‡i‡Qb| Dciš‧, wZwb `vwqZk¡ xjZv‡K •bwZK I eyw×e„wËK Kv‡Ri djvdj wn‡m‡e wPwýZ K‡i cÖwZdjbg~jK Abykxj‡b GwU‡K e¨env‡ii Dci ¸iæZ¡v‡ivc K‡i‡Qb| G Kvi‡Y cÖwZdjb Abykxj‡bi †ÿ‡Î Gi AbykxjbKvix‡K †Lvjv gb wb‡q bZzb aviYv AR©‡bi w`‡K g‡bv‡hvM w`‡Z n‡e|

Boud, Keogh and Walker (1985)-Gi g‡Z, æReflection is an important human activity in which people recapture their experience, think about it, mull it over and evaluate it. It is this working with experience that is important in learning. The capacity to reflect is developed to different stages in different people and it may be this ability ehich characterizes those who learn effectively from experience.”

Donald Alan Schön Zvi eB‡q cÖwZdjb Abykxj‡bi eY©bv Ki‡Z wM‡q `yB ai‡bi cÖwZdj‡bi K\_v D‡jøL K‡i‡Qb| Gi GKwU n‡jv Reflection-on-action (K‡g©i Dci cÖwZdjb) Ges Ab¨wU n‡jv Reflection-in-action (K‡g© cÖwZdjb)| †ckvMZ Dbœq‡bi †ÿ‡Î GB `yB ai‡bi cwÖZdjb ¸iæZ¡c~Y© f~wgKv cvjb K‡i|

K‡g©i Dci cÖwZdjb (Reflection-on-action)

Donald Schön Gi g‡Z, e¨w³ †Kv‡bv KvR †kl Kivi ci A\_©vr †Kv‡bv NUbv NUvi ci hLb Gi cÖwZdjb ev AvZ¥mgv‡jvPbv K‡ib ZLb GUv‡K K‡g©i Dci cÖwZdjb (Reflection-on-action) ejv nq| A\_©vr G‡ÿ‡Î KvRwU †kl Kivi ci Kv‡Ri fv‡jvg›` ev `ye©j w`K¸‡jv Abycy•L wePvi-we‡kølY K‡i cieZ©x Kv‡Ri Dci h\_vm¤¢e GKwU ÎæwUnxb cÖ¯w‧Z MÖnY Kiv nq| Gi gva¨‡g e¨w³ †h KvRwU m¤úbœ K‡i‡Qb Zvi Dci GKwU mgv‡jvPbvg~jK wPšÍb m¤úbœ K‡ib Ges cÖvß `ye©j w`K¸‡jvi hv‡Z cieZ©xKv‡j cybive„wË bv N‡U †m w`KwU wbwðZ K‡ib|

K‡g©i Dci cÖwZdjb e¨w³‡K cÖwZwbqZ wb‡Ri KvRKg© m¤ú‡K© m‡PZb K‡i †Zv‡j| A\_©vr e¨w³ hLb †Kv‡bv KvR K‡i ZLb GKB mv‡\_ Zvi Kv‡Ri ¸YMZ gv‡bi e¨vcv‡i Zv‡K m‡PZb \_vK‡Z nq| GK K\_vq, K‡g©i Dci cÖwZdjb ej‡Z †Kv‡bv we‡kl c×wZ I †K․k‡ji Dci wbf©i K‡i †Kv‡bv KvR Kivi ci Zv m~²fv‡e we‡kølY mv‡c‡ÿ ch©‡eÿY Ges Zvi Kvh©KvwiZv ev `ye©jZv m¤ú‡K© wb‡Ri g‡b cÖwZdjb NUv‡bv ev djveZ©b cÖ`vb Kiv‡K †evSvq| GwU John Dewey-i Notion of Reflection-Gi Abyiƒc|

K‡g©i Dci cÖwZdjb m¤ú‡K© Russel and Munby e‡jb, æReflection on action is understood through phrases like thinking on your feet, keeping your wits about you, and learning by doing [and] suggest not only that we can think about doing but that we can think about doing something while doing it.”

Ab¨w`‡K Donald Schön e‡jb, æReflection on action (after you have done something), similar to Dewey’s notion of reflection, is the basis of much literature that is related to reflective teaching and reflective teacher education (1983).”

K‡g©i Dci cÖwZdjb m¤ú‡K© GK K\_vq ejv †h‡Z cv‡i †h, †Kv‡bv wkLb-†kLv‡bv cÖwµqvi wPwýZ mdjZv I e¨\_©Zvi KviY AbymÜvb I Gi we‡kølY K‡i cieZ©x Kg©cwiKíbv MÖnY Kiv nq Ges wkLb-†kLv‡bvi DË‡ivËi Dbœqb I DrKl© mva‡bi †Póv Kiv nq| K‡g©i Dci cÖwZdjb NwU‡q AbykxjbKvix Zvi wbR¯ ^`ÿZv m¤ú‡K© m‡PZb nb Ges wb‡Ri mej I `ye©j w`K¸‡jv kbv³ K‡i Zv `~ixKi‡Yi e¨e¯ v MÖnY Ki‡Z mÿg nb| GUvB n‡jv K‡g©i Dci cÖwZdjb|

D`vniY wn‡m‡e ejv hvq, †Kv‡bv wkÿK Zvi cvV`v‡bi ci †kÖwYKÿ †\_‡K †ewi‡q G‡m Aemi mg‡q wb‡Ri cvV`v‡bi mej I `ye©j w`K¸‡jv wb‡q Mfxifv‡e fve‡Z cv‡ib| wZwb wb‡R wPšÍv K‡i cvV`vbKv‡j msNwUZ wewfbœ NUbv wb‡Ri g‡bi g‡a¨ cÖwZdjb NUv‡Z cv‡ib Ges Zvi cvV`v‡bi †Kvb& †Kvb& w`K `ye©j wQj Ges Kxfv‡e †m¸‡jvi Dbœqb NUv‡bv hvq Zvi GKwU Kvh©Ki Dcvq wb‡RB †ei Ki‡Z cv‡ib| GQvov G w`KwU wb‡q `ÿ I AwfÁ mnKg©xi mv‡\_ gZwewbgqI Ki‡Z cv‡ib| Gi gva¨‡g wb‡Ri cvV`v‡bi Dbœqb NUv‡bv m¤¢e| e¨w³ hLb G ai‡bi cÖwµqv AbymiY K‡ib ZLb GUv‡K K‡g©i Dci cÖwZdjb ejv nq|

K‡g© cÖwZdjb (Reflection-in-action) cÖwZdjb Abykxjb g~jZ wb‡Ri KvRK‡g©i ¸YMZ gvb Dbœq‡bi j‡ÿ¨ cÖ‡qvRbxq `ÿZv AR©‡bi Rb¨ wm×všÍ MÖnY Ges mgm¨v mgvav‡bi GKwU †K․kjgvÎ| †h †Kv‡bv †ckvRxex hLb Zvi †ckvq †Kv‡bv mgm¨vi gy‡LvgywL nb ZLb wZwb †m¸‡jv wb‡Ri c~e©AwfÁZvi Av‡jv‡K mgvavb Kivi †Póv K‡i \_v‡Kb| wZwb bvbv iKg m¤¢ve¨ mgvav‡bi Dcvq cÖ‡qvM K‡ib| wZwb ÔRvbvÕ (knowing) Ges ÔKivÕ (doing)-i gva¨‡g mgm¨vi cÖK…Z mgvavb †LuvRvi †Póv K‡ib| Donald Schön GUv‡K K‡g© cÖwZdjb (Reflection-in-action) e‡j‡Qb|

Schön e‡jb, æReflection in action (while doing something) is understood such phrases as thinking on your feet and keeping your wits about you which suggest that ‘not only can we think about doing but that we can think about doing something whilst doing it. Some of the most interesting examples of this process occur in the midst of performance’ (1983).”

Schön-Gi g‡Z, †ckvRxexi G ai‡bi AwfÁZv cieZ©xKv‡j Zvi †Kv‡bv Kv‡R cÖ‡qv‡Mi d‡j wkLb‡K Kvh©Ki K‡i †Zvjv hvq Ges Gfv‡eB e¨w³i AwfÁZvi fvÐvi‡K mg„× Kiv m¤¢e nq| Gi cÖfv‡e fwel¨‡Z mgm¨vi ÎæwUnxb mgvavb Kiv hvq| G Rb¨ wkÿKZv †ckvq cÖwZdjbg~jK Abykxjb AZ¨šÍ Riæwi| wkLb-†kLv‡bv m¤úwK©Z †h †Kv‡bv ZË¡xq ev Z\_¨MZ Ávb ev AwR©Z aviYv‡K Kg©‡ÿ‡Î ev¯ÍevwqZ Kivi cÖ‡Póv‡K K‡g© cÖwZdjb ejv nq| A\_©vr cÖwZdjb AbykxjbKvix Zvi †ckvMZ `ÿZv e„w×i Rb¨ †h mKj Ávb ev wkLb jvf K‡i‡Q Zv‡K ev¯Íe cwiw¯w Z‡Z wkLb-†kLv‡bv Kv‡h ©cÖ‡qvM Kivi †Póv Kivi cÖwµqvB n‡jv K‡g© cÖwZdjb| K‡g©i Dci cÖwZdjb Ges K‡g© cÖwZdjb `ywU ch©vqB avivevwnK I wbiew”Qbœfv‡e cÖwZdjbg~jK Abykxj‡b e¨eüZ nq Ges GKwU AciwUi cwic~iK wn‡m‡e KvR K‡i|

cÖwZdjb Abykxj‡bi •ewkó¨ wkÿKZv †ckvq mdjZv AR©b Ki‡Z n‡j cÖ‡Z¨K wkÿK‡K cÖwZdjb Abykxjb cÖwµqv `ÿZvi mv‡\_ AvqË Ki‡Z n‡e| fv‡jv wkÿ‡Ki cvV`vb Kvh©µg ch©‡eÿY Ges Zvi mnvqZv wb‡j wb‡Ri `ÿZv¸‡jvi Dbœqb Kiv mnR nq| cÖwZdj‡bi Rb¨ Gi •ewkó¨¸‡jv we‡ePbvq ivL‡Z n‡e|

**cÖwZdjb Abykxj‡bi KZK¸‡jv Acwinvh© ‰ewkó¨** i‡q‡Q| G¸‡jv wb¤œiƒcÑ

* Kvh©Z cÖwZdjb Abykxjb GK ai‡bi wPšÍb Ges GB wPš‡Í bi cwi‡cÖwÿ‡Z wPšÍvi djvdj‡K Kv‡R cwiYZKiY|
* cÖwZdjb Abykxjb g~jZ wkL‡bi GKwU Dcvq Ges GwU †ckvi Dbœqb NUv‡Z mnvqZv K‡i|
* GB cÖwµqvi gva¨‡g A\_©vr Gi mwVK I ev¯Íem¤§Z PP©vi gva¨‡g wkLb ¯ vqx nq wKsev e¨w³i g‡a¨ Kvh© m¤úv`‡bi `ÿZv •Zwi nq|
* cÖwZdjb Abykxj‡bi Rb¨ PP©v ev wbqwgZ Af¨vm GKwU ¸iæZ¡c~Y© welq| Gi gva¨‡g e¨w³i g‡a¨ myAf¨vm MVb m¤¢e nq|
* ev¯Í‡e cÖwZdjb Abykxjb n‡jv wb‡Ri wPšÍvfvebv I Kg© m¤ú‡K© myMwVZ, mgv‡jvPbvg~jK I we‡kølYag©x wPšÍb Kiv|
* cÖwZdjb Abykxj‡bi gva¨‡g e¨w³i g‡a¨ mywPšvÍi msMVb nq| wb‡Ri KvRKg© wb‡q e¨w³i AwaK m‡PZb \_vKvi Kvi‡Y m¤úvw`Z K‡g©i ¸YMZ gvb AÿzYœ \_v‡K|
* cÖwZdjb Abykxj‡bi mwVK I Kvh©Ki PP©vi Rb¨ BwZevPK Ges AbyK~j cwi‡ek cÖ‡qvRb|
* cÖwZdjb Abykxj‡bi Rb¨ Kv‡Ri LuywUbvwU welq m~² `„wó‡KvY †\_‡K ch©‡eÿY, kbv³KiY I wePvi we‡kølY Kiv cÖ‡qvRb|
* GwU GKvšfÍv‡eB e¨w³i AvZ¥mgv‡jvPbvg~jK Ges AvZ¥ïw×g~jK GKwU cÖ‡Póv gvÎ|
* cÖwZdjb Abykxj‡bi Kvh©Ki PP©vi gva¨‡g e¨w³ bZzb bZzb mgm¨v †gvKvwejv Ki‡Z mÿg nq|  cÖwZdjb Abykxjb †Kv‡bv aviYv ev welqe¯‧i ZË¡ I PP©vi g‡a¨ wbweo †hvMm~Î ¯ vcb K‡i †`q| Gi gva¨‡g ZË¡‡K ev¯Í‡e cÖ‡qvM Kiv m¤¢e nq|
* cÖwZdjb Abykxjb GKwU avivevwnK I Awew”Qbœ cÖwµqv|
* GwU A‡b¨i fv‡jv w`K¸‡jv AvqË Ki‡Z mnvqZv K‡i|
* GwU GKwU `xN‡©gqvw` cÖwµqv|

John Dewey (1933) cÖwZdjb Abykxjb‡K cuvPwU ch©v‡q wef³ K‡i‡Qb| G¸‡jv‡KI cÖwZdjbg~jK Abykxj‡bi ‰ewkó¨ wn‡m‡e eYb©v Kiv n‡q \_v‡K| h\_v :

1. civgk© (Suggestion) 2. mgm¨v (Problem)

3. AbywgZ wm×všÍ (Hypothesis) 4. hyw³ ¯ vcb (Reasoning) 5. cixÿY (Testing)|

John Dewey-i g‡Z, cÖwZdjb Abykxj‡bi G ch©vq¸‡jv m¤úv`‡b wbw`©ó µg AbymiY Kivi cÖ‡qvRb †bB; cÖwZdjb Abykxj‡bi †ÿ‡Î †h †Kv‡bvwU †h †Kv‡bv mgq NU‡Z cv‡i| wZwb Zvi weL¨vZ How We Think eB‡q cÖwZdjb Abykxj‡bi wKQz ¸iæZ¡c~Y© •ewk‡ó¨i K\_v D‡jøL K‡i‡Qb| Zvi g‡Z, æReflective thinking, in distinction from other operations to which we apply the name of thought, involves (1) a state of doubt, hesitation, perplexity, mental difficulty, in which thinking originates, and (2) an act of searching, hunting, inquiring to find material that will resolve the doubt, settle and dispose of the perplexity.”

**cÖwZdjb** n‡”Q †¯^”Qvg~jK Ges D‡Ïk¨ cÖ‡Yvw`Z| †Kv‡bv †ckvRxex †¯^”QvcÖ‡Yvw`Z n‡q †Kv‡bv wbw`©ó D‡Ï‡k¨ Zvi †ckvi Dbœq‡bi j‡ÿ¨ eûgyLx wPš‡Íbi gva¨‡g Zv m¤úbœ K‡i| †ckvMZ Dbœq‡b cÖwZdjb Abykxj‡bi cÖ‡qvRbxqZv gvbyl †h †h †ckvq wb‡qvwRZ i‡q‡Qb Zv‡`i cÖ‡Z¨‡KiB †ckvMZ Dbœqb NUv‡bv Lye Riæwi| †KDB GKw`‡b Zvi †ckvq mdjZv jvf Ki‡Z cv‡ib bv| cÖwZwU mdj †ckvi †cQ‡b i‡q‡Q `„p g‡bvej Ges avivevwnK I wbiew”Qbœ cÖ‡Póv| †h †Kv‡bv †ckvi mdj e¨w³‡`i Kg©KvÐ ev Zv‡`i mvd‡j¨i BwZnvm ch©v‡jvPbv Ki‡j †`Lv hvq, Zviv mevB wbR wbR †ckvq mdjZv jvf Kivi Rb¨ avivevwnKfv‡e cÖqvm Pvwj‡q‡Qb| A‡b‡KB GKB †ckvq mdj Ab¨ e¨w³‡`i Kvh©µg Mfxifv‡e ch©‡eÿY K‡i‡Qb| ch©‡eÿ‡Yi gva¨‡g cÖ‡qvRbxq `ÿZv¸‡jv wb‡Ri †ckvq cÖwZdjb Kivi †Póv K‡i‡Qb| Gfv‡eB mdj e¨w³iv Zv‡`i †ckvq L¨vwZ AR©b K‡i‡Qb| myZivs ejv hvq, †Kv‡bv †ckvqB GKw`‡b mdjZv AR©b Kiv hvq bv| Avevi †Kv‡bv †ckv‡K wbLuyZ I Kvh©Ki K‡i Zzj‡Z n‡j wbqwgZ cÖwZdjb Abykxjb A‡bK Riæwi| A\_©vr cÖwZwU †ckvq cÖwZdjb Abykxjb me †ckvRxexi Rb¨B `iKvi|

**cÖwZdjb Abykxj‡bi cÖ‡qvRbxqZv**: GLv‡b cÖwZdjb Abykxj‡bi cÖ‡qvRbxqZvi K‡qKwU w`K D‡jøL Kiv n‡jvÑ

1. **e¨w³MZ `ÿZv AR©b** : cÖwZdjb Abykxj‡bi gva¨‡g e¨w³ `ÿ n‡q M‡o I‡V| Gi wbqwgZ PP©vi gva¨‡g wb‡Ri `ye©j w`K¸‡jv kbv³ Kiv hvq Ges wPwýZ `ye©jZv `~i Kivi cÖ‡qvRbxq c`‡ÿc MÖnY m¤¢e nq| Gfv‡e GKw`‡K †hgb e¨w³i g‡a¨ AvZ¥wek¦vm M‡o D‡V, Ab¨w`‡K e¨w³i e¨w³MZ `ÿZv AR©b m¤¢e nq|

2. **†mevg~jK `„wófw½ MVb** : wkÿKZv GKwU Ab¨Zg gnr †ckv| Gi gva¨‡g GKw`‡K †hgb RvwZ‡K wkwÿZ M‡o †Zvjv hvq, Ab¨w`‡K wb‡Ri `„wófw½i BwZevPK cwieZ©b Ges avivevwnK Dbœqb Kiv m¤¢e nq| cÖwZdjb Abykxj‡bi gva¨‡g e¨w³i g‡a¨ †mevg~jK `„wófw½ MwVZ nq Ges †ckvi mv‡\_ †mevi GKwU wbweo m¤úK© •Zwi nq|

3. **†ckvi ¸YMZ** Dbœqb : cÖwZdjb Abykxj‡bi gva¨‡g wb‡Ri KvRK‡g©i ÎæwU¸‡jv kbv³ Kiv m¤¢e nq Ges wPwýZ `ye©j w`K¸‡jv `~i Kivi cÖ‡qvRbxq c`‡ÿc †bIqv mnR nq e‡j †ckvi ¸YMZ Dbœqb N‡U Ges Gi d‡j DbœZ †mev`vb m¤¢e nq|

4. **cÖvwZôvwbK mdjZv I Kvh©ÿgZv e„w×** : cÖ‡Z¨K cÖwZôv‡bi cÖvwZôvwbK mdjZv wbf©i K‡i Gi Kg©x‡`i Dci| A\_©r †Kv‡bv cÖwZôv‡b †hme e¨w³ wbw`©ó KvRK‡g©i Rb¨ wb‡qvwRZ \_v‡Kb Zv‡`i e¨w³MZ `ÿZv, mZZv I mybv‡gi Dci cÖwZôv‡bi `ÿZv I mybvg wbf©ikxj| cÖwZôv‡bi Kg©xiv hw` `ÿ nb Zvn‡j cÖvwZôvwbK `ÿZv e„w× cvq Ges Gi d‡j e¨w³MZ mdjZvi cvkvcvwk cÖvwZôvwbK mdjZv I Kvh©ÿgZv e„w× cvq|

5. **Kv‡Ri ¸YMZ gv‡bi Dbœqb** : e¨w³i Dbœq‡bi gva¨‡gB cÖwZôv‡bi Dbœqb m¤¢e nq e‡j cÖwZdjb Abykxjb e¨w³i Rb¨ Acwinvh©| KviY e¨w³ Zvi `ÿZv w`‡q cÖwZôvb‡K DbœZ cÖwZôv‡b cwiYZ Ki‡Z cv‡ib| cÖwZôv‡bi wbR¯ ^ Ggb †Kv‡bv †K․kj †bB hvi gva¨‡g e¨w³i Dbœqb Qvov cÖwZôvb‡K fv‡jv, DbœZ I †mevg~jK cÖwZôv‡b cwiYZ Kiv †h‡Z cv‡i| Gi Rb¨ `iKvi e¨w³i wbqwgZ cÖwZdjbg~jK Abykxjb|

6. **bZzb aviYv jvf** : cÖwZdjb Abykxjb gv‡bB n‡jv Av‡Z¥vbœq‡bi Rb¨ mywbw`©ó c`‡ÿc MÖnY Kiv| Gi gva¨‡g e¨w³ GKw`‡K †hgb wb‡Ri KvRK‡g©i Dci cÖwZdjb NwU‡q Gm‡ei Dbœqb Ki‡Z cv‡ib, Ab¨w`‡K A‡b¨i Kv‡Ri fv‡jv w`K¸‡jv ch©‡eÿY K‡i wb‡Ri g‡a¨ Zvi cÖwZdjb NUv‡Z cv‡ib| GB cÖwZdj‡bi gva¨‡g me mgq bZzb bZzb aviYvi mÜvb cvIqv †h‡Z cv‡i| A\_©vr wbw`©ó e¨w³ Gi gva¨‡g bZzb aviYv jvf Ki‡Z cv‡ib Ges avivevwnKfv‡e wb‡Ri †ckvi Dbœqb NUv‡Z cv‡ib|

7. **e¨w³i cÖwZfvi weKvk mvab** : GKw`‡b wb‡Ri cÖwZfvi weKvk m¤¢e nq bv| myß cÖwZfvi weKvk NUv‡Z n‡jI avivevwnKfv‡e wbqwgZ Abykxjb I PP©v Ae¨vnZ ivL‡Z nq| A‡b¨i KvRKg© ch©‡eÿY Ki‡jI A‡bK mgq bZzb aviYv jvf m¤¢e nq| d‡j e¨w³ Zvi cÖwZfvi weKvk NUv‡Z cv‡i| GK K\_vq ejv P‡j cÖwZdjb Abykxj‡bi gva¨‡g e¨w³ ax‡i ax‡i Zvi cÖwZfvi weKvk NUvZ mÿg nq|

8. **AvZ¥wek¦vm m„wó** : e¨w³ hw` wbqwgZ Zvi KvRK‡g©i ¸YMZ gvb wb‡q wPšÍvfvebv K‡ib Ges Gi `ye©j w`K¸‡jv kbv³ K‡i †m¸‡jv `~i Kivi cÖ‡Póv Pvjvb Zvn‡j GKw`‡K †hgb Kv‡Ri ¸YMZ gv‡bi Dbœqb n‡e, Ab¨w`‡K Zvi g‡a¨ ax‡i ax‡i Kvh© m¤úv`‡b AvZ¥wek¦vm m„wó n‡e| Gi d‡j e¨w³ GK mgq mv\_©KZv I `ÿZvi mv‡\_ KvR Ki‡Z mÿg n‡e|

9. **†ckvMZ Ávb Ges AvZ¥wek¦v‡mi Mfxi m¤úK©** : wkÿKZv GKwU RwUj I ¸iæZ¡c~Y© †ckv| G †ckvq mdjZv jvf Ki‡Z n‡j e¨w³‡K •ah© a‡i AvZ¥wek¦v‡mi mv‡\_ avivevwnKfv‡e †Póv K‡i †h‡Z n‡e| G †ckvq †ckvMZ Áv‡bi mv‡\_ AvZ¥wek¦v‡mi Mfxi m¤úK© i‡q‡Q| mvaviYfv‡e wkÿKZv †ckvq hy³ bb Ggb e¨w³‡`i Kv‡Q GB †ckv‡K Lye mnR g‡b n‡jI ev¯Í‡e Ggb aviYv mwVK bq| G †ckvq †h †Kv‡bv e¨\_©Zv wkÿKmn Gi mv‡\_ mswkøó wkÿv\_©x Ges Ab¨vb¨ e¨w³‡`iI Pigfv‡e nZvk K‡i Zzj‡Z cv‡i| G Kvi‡Y AvZ¥wek¦vm bv nvwi‡q wbiew”Qbœfv‡e cÖ‡Póv Pvwj‡q †h‡Z nq| g‡b ivL‡Z n‡e, †ckvMZ Ávb AR©‡bi cvkvcvwk e¨w³‡K AvZ¥wek¦vmx n‡Z n‡e| Gi Rb¨ cÖwZdjb Abykxjb Riæwi|

10. **myß cÖwZfvi weKvk mvab** : †h †Kv‡bv †ckvq mdjZv jvf Ki‡Z n‡j wbqwgZ PP©v Ae¨vnZ ivLv `iKvi| wbqwgZ PP©v ev Abykxjb e¨w³i Kv‡Ri ¸YMZ gv‡bi Dbœqb NUvq Ges Zvi cÖwZfviI weKvk mvab K‡i| Kvi †fZ‡i Kx cÖwZfv i‡q‡Q Zv eyS‡Z n‡j `iKvi Kvh© m¤úv`b Kiv| Kv‡Ri gva¨‡gB gvbyl Zvi cÖwZfvi ¯^vÿi †i‡L hvq| G Rb¨ KvRK‡g©i gva¨‡g GKw`‡K †hgb wb‡Ri cÖwZfvi cÖKvk NUv‡bv m¤¢e, Ab¨w`‡K cÖwZfvi weKvk mvabI m¤¢e cÖwZdjb Abykxj‡bi gva¨‡g| A\_©vr cÖwZdjb Abykxj‡bi gva¨‡g †ckvRxex‡`i c‡ÿ wewfbœ m~² I myß Áv‡bi PP©v Kiv mnR nq| G D‡Ï‡k¨I cÖwZdjb Abykxjb Ae¨vnZ ivLv `iKvi|

11. **cwi‡ek I cvwicvwk¦©KZv m¤ú‡K© aviYv jvf** : cÖwZdjb AbykxjbB wb‡Ri m¤ú‡K© GKwU wPÎ cÖKvk Ki‡Z cv‡i Ges wb‡Ri KvRK‡g©i Dci GKwU ev¯Íe aviYv w`‡Z cv‡i| A\_©vr wb‡Ri m¤ú‡K© wb‡Ri AwRZ© AwfÁZv I Kg©m¤úv`b cÖwµqv m¤ú‡K© Abyaveb Ki‡Z e¨w³‡K DØy× K‡i| d‡j †ckvRxex‡K Zvi cwi‡ek I cvwicvwk¦©KZv mwVKfv‡e eyS‡Z mnvqZv K‡i| G Kvi‡Y cÖwZdjb Abykxjb Kiv cÖ‡qvRb|

12. **`vwqZ ¡m‡PZb nIqv** : wb‡Ri KvRK‡g©i Dci †Kv‡bv mgv‡jvPbv ev Kv‡Ri ¸YMZ gvb wb‡q †Kv‡bv wPšÍfvebv bv Ki‡j e¨w³i g‡a¨ `vwqZ¡ m¤ú‡K© †Kv‡bv m‡PZbZv •Zwi nq bv| hw` KvRK‡g©i ¸YMZ gvb wb‡q cÖk œ†Zvjvi m¤¢vebv \_v‡K Ges h\_vmg‡q KvRwU m¤úbœ n‡jv wKbv Zv Rvbvi †Kv‡bv KZc…©ÿ \_v‡K Zvn‡j e¨w³ Zvi `vwqZ ¡ m¤ú‡K© AviI AwaK m‡PZb nq| wkÿKZv †ckvqI GwU Lye Riæwi|

myZivs GK K\_vq ejv hvq, cÖwZdjb Abykxjb wkÿK‡`i †ckvMZ I e¨w³MZ KZe©¨ I `vwqZ¡ m¤ú‡K© m‡PZb K‡i †Zv‡j| cÖwZdjb Abykxj‡bi cÖ‡qvRbxqZv m¤ú‡K© GLv‡b †hme w`‡Ki Av‡jvPbv Kiv n‡q‡Q G¸‡jv QvovI AviI bvbv †ÿ‡Î Gi ¸iæZ¡ jÿ¨ Kiv hvq| we‡kl K‡i wkÿv\_©x‡`i g‡a¨ A‡b¨i fv‡jv w`K¸‡jv ch©‡eÿ‡Yi gva¨‡g cÖwZdj‡bi Af¨vm M‡o †Zvjv †h‡Z cv‡i| wkÿv\_©xiv hv‡Z Zv‡`i mncvVx‡`i fv‡jv AvPiY, myAf¨vm, †kÖwY Kvh©µ‡g mwµq AskMÖn‡Yi AvMÖn BZ¨vw` w`K¸‡jv †`‡L wb‡Ri g‡a¨ †mme cÖwZdj‡b m‡Pó nq †mw`‡K jÿ¨ ivLv wkÿ‡Ki Rb¨ Riæwi| KviY GKw`‡K wkÿK †hgb cÖwZdjb Abykxj‡bi gva¨‡g A‡b¨i fv‡jv w`K¸‡jv wb‡Ri g‡a¨ cÖwZdwjZ Kivi †Póv Ki‡eb, †Zgwb Zv‡`i wkÿv\_©x‡`i g‡a¨I hv‡Z cÖwZdjb Abykxj‡bi Af¨vm MwVZ nq †mw`‡KI jÿ¨ ivL‡Z n‡e|

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**গ্রন্থপঞ্জি ও তথ্য সহায়ক মাধ্যম**

* RvZxq wkÿvµg (2012), RvZxq wkÿvµg I cvV¨cy¯ÍK †evW©, 69-70 gwZwSj evwYwR¨K GjvKv, XvKv 1000|
* cÖwZôvb cÖavb I mnKvix cÖavb‡`i cÖwkÿY g¨vbyqvj, wUwKDAvB-2, wkÿv gšY¿vjq, XvKv|
* †nv‡mb, W. †kL AvgRv`, Avek¨Kxq wkÿY `ÿZv (2014), cÖfvZx jvB‡eªwi, 63 Bmjvwgqv gv‡K©U, bxj‡ÿZ, XvKv|
* †nv‡mb, W. †kL AvgRv`, wkLb, g~j¨hvPvB Ges cÖwZdjbg~jK Abykxjb (2014), cÖfvZx jvB‡eªwi, 63-64 Bmjvwgqv gv‡K©U, bxj‡ÿZ, XvKv|
* †nv‡mb, cÖ‡dmi W. †kL AvgRv` Ges ingvb, †gvt gywReyi, wkLb-†kLv‡bv `ÿZv I †K․kj (2017), cÖfvZx jvB‡eªwi, 63-64 Bmjvwgqv gv‡K©U, bxj‡ÿZ, XvKv|
* †nv‡mb, cÖ‡dmi W. †kL AvgRv` Ges ingvb, †gvt gywReyi, wkLb I wkLbhvPvB (†deªæqvwi 2018), cÖfvZx jvB‡eªwi, 63-64 Bmjvwgqv gv‡K©U, bxj‡ÿZ, XvKv|
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