

Covid 19-Week School Sabaragamuwa Subject - Health and Physical Education

Grade 9.

Week 3 of January

Lesson - Let us approach the realization of the soul.

> Self-realization is considered to be a high level need when human needs are lined up in order.

Self-realization

Self-esteem

Love

Food, water, air, clothing, shelter

> The abilities and skills we possess can be defined as the potential strengths of an individual.

Self-realization is the ability to achieve the desired goal out of the creative talents we possess and to live a contented, accurate and comfortable life while serving society to the fullest.

activities

01 Explain simply what self-realization is.

2 Write down four superior qualities of a person with self-realization.

3 Mention the names of four great self-realized men.

04 What are the steps you need to take to meet the need for self-realization?