

# ; Gbe{

/fHo ; anls/Of sfoqmd dfkmt c6t/fli60 ; xofu lj efu n]gkfn cflbjf; L hghflt dxf; 3nf0{hghflt ; zQms-/Of kl/ofhgf; ~rfng ug{! ; fli6a/ @)}\$ b]v tlg aif[ cj lwsf] nflu :jls[t lbPsf] lyof]. tlg j if[ cj lw ; kmntfk] \$ k/f u/]kl5 xfn kl/ofhgf]Dofb l8; fli6a/ @))\* ; Dd yk ul/Psf]5 . kl/ofhgf sfoflj ogsf]nflu dxf; 3 dh?kdf lhDd]f/ lgsfo xfi. ; fy}dxf; 3n]kl/ofhgf sf lqomsnfkx2 sf]sfoflj og, ; d6j o Pj -egludg ug]sfd kig ub5 .

# p2]o

of]kl/ofhgf]dVo p2]o ; fdlhs-clfy\$ tyf /fhgllts glt lgOf6 klqomdf hghfltx2 sf]kl]t]glw]j a[4 ug{xfi} .

# kl/ofhgf]dVo sfoflj lw M

; fdlhs alxs{Of tyf ; ldf6t]s/Ofsf la?4 ; zOm cfbf]hgf]lj sf; ug]sddf hghflt ; #7gx2 sf]lfdtf clea[4 ug{xfi}kl/ofhgf]dVo sfoflj lw -Pkl]\_ xg5 . of]sfoflj lw cflbjf; L hghfltx2 cfmh]; fdgf ul//x\$ f ; d:ofx2 sf]; dfwfgsf nflu ; a6bf k6f]sf/L eldsf cfmh]g]v]lg ; Sb5gV kl/j t6sf nflu k6f; x2nf0{ lbuf]?kdf cl3 a9fpg ; Sb5gVe[6]df6otfdf cfwl/t 5 . hghfltx2 sf]Pp6f k6V dfu eg\$]f]oyf:yltdf ; dflxt ge0\$g]/fHo ; ~rfngsf] klqomdf cfmh]f0{ ; d]j z u/fpg' tyf ; fj h]gs ; /f\$]f/sf lj ifox2 cfmh] lgwf{Of ug{xfi}. of]kl/ofhgf]hghfltx2 sf]cflgf]lj lzi6 ; fdlhs, /fhg]ts, cfly\$ tyf ; ff:s[ts lj z]ftx2nf0{hu6f]ug]/ alnof]agfpg]tyf pglx2 sf] clwsf/nf0{; Ddfg ub]hghfltx2nf0{/fli60 lj sf; sf] d'hwf/df Nofpg d2t k6ofpg] 5 .

hghflt ; #7gx2nf0{alnof]agfpg]o; kl/ofhgf]dh sfoflj lw xg5f ; fy}kl/ofhgf] cflbjf; L hghfltx2 sf] ; d:ofsf]; dfwfgsf nflu clwsf/dVl /Ofglit klg ckgfpg5 . gk]nsf] hghflt gful/s ; dfh, cflbjf; L hghfltx2 tyf c6o ; lj wfaf6 al-rt ; dxx2nf0{lgDglnvt clwsf/ x2 x65g\eg] hf\$ lb65g\

!\_ /fHo ; 66qsf]lj le6g txd f hftlo hg; W6sf]cwf/ df ; dfgkflts kl]t]glw]j tyf cflgf]cfly\$, ; fdlhs Pj + ff:s[ts lj sf; sf af/]df cfmh]lgOf6 ug{kfpg] clwsf/ .

@\_ /fHoaf6 kfpg]; lj wdf ; dfgkflts eflubf]/tfsf] clwsf/ .

#\_ cflgf]jefiff, ; #s[t Pj -wd\$]f]/fHoaf/f ; Ddfg / /fHo ; ~rfngdf ; d]j z xg kfpg]clwsf/, /

\$\_ k6f]j zfnl ; dXsf]xf/fxf/Ldf cflgf lj sf; sf :t/ p7fpg]lj z]f Joj xfi/ -sfoqmd\_ sf]clwsf/ .

# pkn]Aw M

of]kl/ofhgf]lgDg k6V pkn]Awx2 xfi; n ug{cu} / xg5 -

!\_ cflbjf; L hg-; #7gx2nf0{; b6 tNofpg'.

@\_ cflbjf; L hghfltx2 alrd]/ u]-hghfltx2 alrdf klg cflbjf; L hghfltx2 ; Dal6w r]gf clea[4 ug{x}

#\_ glt lgdf\$]f / lgOf6stfx2nf0{cflbjf; L hghfltsf clwsf/ af/]cem a9l hj fkn]xl agfpg/ /

\$\_ /fHosf]glit lgdf6]df cflbjf; L hghfltsf] eldsfnf0{alnof]agfpg'.

# k6V lqomsnfk M

o; kl/ofhgf dVotof dxf; 3 tyf kl/ofhgf; fu ; Dal6wt cflbjf; L hg-; #7gx2 / cflbjf; L hghflt dxf; 3 lhNnf ; d6j o kl/ifb; fu cfj 4 cflbjf; L hghfltx2 sf nflu hg-k]j l ug] lfdtf a[4 ug]tyf ; zQms/Of sfoqmd ; ~rfng ug]sfof]f s]b6t /xg]5 .

# ! = ; #yfut ; b6]s/Of

- tflnd -g]j lj sf; , /Ofglts ofhgf, sfoqmd Aoj :yfk, sDko6/ 1fg, kl]z]fs kl]z]fOf
- cflbjf; L hghfltsf ; #7gx2 / lhNnf ; d6j o kl/ifbx2nf0{kfl]j lws ; xofu pkn]Aw u/fpg]
- c]nf\$g=e6Of

# @\_ r]gf clea[4 Pj +; zQms/Of

- hghfltsf d2fx2 df cfwl/t r]gfdhs ; fdulx2 k\$zfg
- cflbjf; L hghfltsf laifodf 6l=el= tyf /fBo]
- sfoqmdx2 lgdf6 tyf k] f/Of
- r]gfdhs sfoqmdx2 -k6z6l, ; ff:s[ts sfoqmd
- cflbjf; L hghfltx2 sf laifodf k'ts ; dfrf/kq, leQ]k]qsf / kmr/ n]v /rgfx2 k\$zfg
- cflbjf; L hghfltsf d2fx2nf0{; af]wg ug]; fdbflos /fBo]tyf Pkm Pd :6zgx2nf0{; xofu ug]

# #= clt; ldf6ts] cflbjf; L hghfltx2 sf]; fdlhs-clfy\$ ; zQms/Of

- Aoj ; flos / zlk lj sf; tflndx2
- :j f:Yo / ; /; knf0\$ sfoqmdx2
- 5fqa[Qsf sfoqmdx2
- ; -; f6f v]nsf e]f]ts ; #/gf lj sf; sf sfoqmdx2



**\$= hgkzjl tyf cgzlvfg**

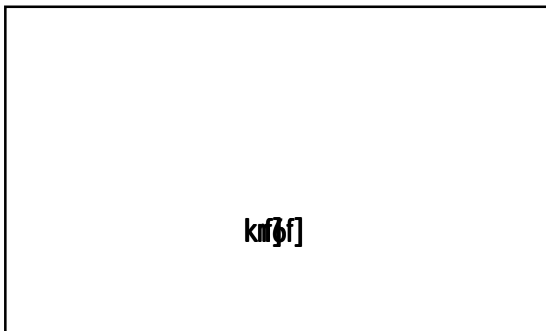
- k/fdz{xkn, ckt/lqmf, ; Ddjhg / kjrg sfoqmdx
- /fli60 tyf ckt/fli60 u;- /sf/l ; yf Pj + /sf/l lgsfox- ; fusf] ; -hfn lj sf;
- cflbjf; l hghflt ; yf/sf sfoqtfk nfo{tflnd klfq
- hghfltsf]hgkzjl ugI/Ofglt lj sf; ugxf nflu lfql sfoqfnf uf]l
- ; h-wfg, sfgg Pj +/fli60 gltdf /xzf lj ehsf/l kljwfgx
- af/Of clbog
- hghfltx nfo{lj e} / j lxs{Of ugI; yf, glt tyf kojx/sf] lj?4 hghflt sfoqtfk nfo{kl/ring

**hghflt ; zQmS/Of kl/ofhgf ckt/ut ; yfut lj sf; sf nflu 5fpgsf lhnfn ; dgj o kl/ifbx**

- != eifkf, d]l
- @= wgsdf, sfzl
- #= l; /xf, ; u/dfyf
- \$= l; Gwhl, hgsk/
- %= ?kbbxl, nldagl
- ^= aflnE, wj nflu/l
- &= ko7fg, /flkt
- \*= ; v, e]l
- (= s-rgk/, dxsfnl
- !)= ; fhvda; ; u/dfyf

**hghflt ; zQmS/Of kl/ofhgfsf :ynut sfofbox**

- != lj tfqf, eifkf
- @= nxfq, l; /xf
- #= gf/fof3f6, lrtjg
- \$= ko7fg, ko7fg
- %= dxlbgu/, s-rgk/



**gkfn cflbjf; l hghflt dxf; 3**

gkfn cflbjf; l hghflt dxf; 3 gkfnf ; DkOf{cflbjf; l hghfltxsf]hftlo klxrfq tyf xsclwsf/sf]nflu ; 3if{ /t Ps dfq cfbf]hgsf/l 5ftf ; #7g xf]. ; g\!((! df :yfkf ePblv g); dxf; 3n]cflbjf; l hghfltxsf]j tGq klxrfq / hftlo xs clwsf/ :yflkt ugdf of]ubfg kfofPsf] 5 . xfn %\$ j 6f hftlo ; #7gx; o; sf ; b:o /xzf 5g\ To; sf]clt/Qm dxf; 3sf]) j 6f lhnfn ; dgj o kl/ifbx; u7g e} szf 5g\ dxf; 3 ; 0m/fi6 3sf hghflt ; DalGw sfd ugI sfoqnsf] ; b:o ; d]t /xzf] 5 .

**dxf; 3sf]p2]o**

- s\_ bzd /xzf ; DkOf{cflbjf; l hghfltxsf]alrdf kf/:kl/s Pstf, ; b}fj Pj +eft]efj clej [4 u/l bzf lj sf; Pj + /fli60tfsf]; b}ls/Ofdf ; xofu ugIu/fpg].
- v\_ cflbjf; l hghfltxsf] ; #7gx;nfo{; dgj o u/l ; fef ; jfndf glt lqdf ugI/ g]Tj sf]lj sf; ugI.
- u\_ cflbjf; l hghfltxsf] ; #7gx;sf]lfdt clea[4 u/fpg] sfddf ; xofu kfofpg].
- 3\_ bzf lj leG cflbjf; l hghfltxsf]efiff, lnk, wd{ ; s[t, ; fixo, lzlf lf]df ; dfq lj sf; / xs clwsf/ kflktf nflu ; a); fu ldn ; xsfo{ug[Pj + xofu kfofpg].
- a\_ cflbjf; l hghfltxsf]lj sf; sf]nflu lj leG vfn]kbfj - sf/l sfoqmdx ; -rfng ugxf]nflu /fli60 / ckt/fli60 ; yfx; fu knx ugI.
- r\_ cfk; l d]hldnf / ; b}fj nfo{sfod /fvb}; /sf/l tyf glh lf]af6 ePsf]bafj sf]Psh6 e0{lj /f] ugI.
- 5\_ lj Zj sf]hg; S}efudf hft, eifff, wd{ lnE, j of, j u{/ lf]sf]cfwf/df xg]e}efj kOf{Joj xf/sf]lj 24df P\$oj 4tf hfx] ub]j Zj ; DalGw / eft]j sf]lj sf; ug{kofTgzln /xg].
- h\_ ckt/fli60 >d ; #7gsf]dxf; lGw g+!^(, dfqj clwsf/ ; DalGw lj Zj Jofkl 3f]f]kq / cflbjf; l hghfltxsf] clwsf/ ; DalGw tof/ u/3] d:of] 3f]f]kq sfof]og u/fpgsf]nflu ; /sf/ ; fu knx ugI.
- em /fi6 3lo dfof cg; f/ cflbjf; l hghfltxsf] ; fdbfos, k]s[ts ; Dkb, k/Dk/fut zlk tyf afl]s ; DklQ dflysf]clwsf/ kflktf nflu lqmfzln /xg].

**gkfn cflbjf; l hghflt dxf; 3 hghflt ; zQmS/Of kl/ofhgf**



wf]j 3f6, gof]af6]nlnkt/-#,  
 kf]a-g+\*(&% 0€ lk= l; = !\*%!, nlnkt/, gkfn  
 knf]g=kofS; M %%%)%\$, %%%\$#@^  
 Of]Mjep@nefin.org.np  
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**ESP**