***खाँदबारी नगरपालिकाको***

***स्थानीय पाठ्यक्रम***

***(कक्षा १-८)***

***मस्यौदा***

***तयार गर्ने***

***स्थानीय पाठ्यक्रम निर्माण कार्यदल***

***खाँदवारी***

**=!= :yfgLo kf7\oj|mdsf] cfjZostf**

g]kfn ;/sf/af6 PsLs[t kf7\oj|md -sIff !–\*\_ sf] 9fFrf, @)&% :jLs[t eO lg/Gt/ nfu' eO/x]sf] 5 . :yfgLo txsf cfjZstfnfO{ ;Daf]wg u/L l;sfOnfO{ Jofjxfl/s / k|efjsf/L t'NofpFg tyf :yfgLo txsf, snf, ;+:s[lt, d"NodfGotf / k/Dk/fut ;|f]t;fwgsf] ;+/If0f / ;+jw{g ug{ :yfgLo txdf kf7\oqmd lgdf{0f u/L sfo{Gjog ug'{kg]{ k|fjwfg 5 .

 l;sfO cfkm\gf] yftynf]af6} k|f/De x'G5 . l;sfOsf nflu afnaflnsfx¿n] cfk\mgf] ufpF tyf ;d'bfosf] klxrfg ug'{kb{5 . ToxfF ePsf k|fs[lts, P]ltxfl;s ;Dkbfx¿ / cfly{s lj|mofsnfkx¿af/] hfgsf/L x'g'kb{5 . :yfgLo d"No, dfGotf, wd{, k/Dk/f, ;+:s[lt, ;|f]t;fdu|Lsf] ;+/If0f, ;+jw{g, kl/rfng / ljsf; ug{sf nflu dfu{lgb]{z ug]{ / :yfgLo txsf] Ifdtf ljsf;dfkm{t /fHosf] cfly{s, ;fdflhs, ;f+:s[lts / /fhgLlts If]qdf cfjZos kg]{ ;Ifd, ;r]t / Odfgbf/ gful/s tof/ ug{sf nflu :yfgLo kf7\oj|md ckl/xfo{ ePsf] 5 . /fli6«o :t/df lgdf{0f ul/g] kf7\oj|md ;a} ;/f]sf/jfnfsf] ;+nUgtfsf] ;Defjgf /xFb}g . o;n] :yfgLo txsf] efiff, ;+:s[lt, 1fg / ;LknfO{ k"0f{ ¿kn] ;d]6\g ;Dej klg x'Fb}g . ctM :yfgLo txsf] efiff tyf ;+:s[ltsf] hu]gf{ ug{ :yfgLo txsf] 1fg, l;k, k|ljlw / pTkfbgnfO{ /fli6«o tyf cGt/f{li6«o ahf/df hf]8\g] 1fg / ;Lksf] ljsf; u/L cfTdlge{/, pTkfbgd'vL, hLJfgf]kof]uL, Jofjxfl/s / bIf hgzlSt tof/ ug{sf nflu :yfgLo kf7\oj|mdsf] cfjZostf kb{5 .

x/]s :yfgLo txsf]cfcfkm\g} ljlzi6 klxrfg, ef}uf]lns, wfld{s Pjd\;f+:s[lts, hftLo, eflifs ljljwtf x'G5 . s]Gb|Lo txdf tof/ ul/g]kf7\oj|mdn] dfq ljBfyL{x¿nfO{ b}lgs hLjgdf cfjZos kg]{ 1fg, ;Lk, cfr/0f / Jojxf/sf ;Dk"0f{ ;Ifdtfx¿ k|bfg ug{ g;Sg] ePsfn] :yfgLo kl/j]zcg';f/sf] 1fg / l;k cfh{g ug{sf nflu :yfgLo lj1s} ;xeflutfdf kf7\oj|md lgdf{0f u/L sfof{Gjog ug{ jf~5gLo ePsfn] / ;+j}wflgs tyf gLltut ¿kdf ePsf] k|fjwfgnfO{ sfof{Gjog ug'{ kg]{ ePsf] x'bfvfFbaf/L gu/kflnsfn] of] :yfgLo kf7\oj|md tof/ u/]sf] xf] .

:yfgLo :t/sf Joj;fo, k];f Pj+ /f]huf/nfO{ ;Daf]wg ub}{ cGt/ /fli6«o /f]huf/Ltkm{ pGd'v, pTkfbgd'vL / ;Lko'St gful/s tof/ u/L g]kfnL snf, ;f}Gbo{, cfbz{ tyf j}lzi6\osf] ;+/If0f tyf ;+jw{g ug{ :yfgLo kf7\oqmdsf] cfjostf kb{5 . To;} u/L :yfgLo txsf snf, ;+:s[lt, k/Dk/f, ko{6sLo If]q, l;k, efiff cflbsf] ;+/If0f /;+jw{g ug{ Pjd\ ef}uf]lns, hftLo, n}ª\lus, eflifs, ;fdflhs, cfly{s, ;f+:s[lts, wfld{s tyf k|fs[lts ljljwtfnfO{ ;Daf]wg ug{ ;d]t :yfgLo kf7\oqmdsf] cfjZostf kb{5 .

**@= ljifoIf]q**

 Pp6} kf7\oj|mddf ;a} ljifoj:t' c6fpFg / k7gkf7g ug{ ;Defj x'Fb}g To;}n] o; kf7\oqmddfvfFbaf/L gu/kflnsfleqsf cWoog ug'{kg]{ k|fs[lts, ef}uf]lns, wfld{s, ;f+:s[lts, eflifs, ;flxlTos, ;fdflhs, P]ltxfl;s, cfly{s, :jf:Yo tyf ;kmfO / jftfj/0fLo If]q;Fu ;DaGwLt 1fg, ;Lk / clej[lQsf kIfx¿nfO{ ;d]6L lgDgfg';f/ ljifoIf]q lgwf{/0f ul/Psf] 5 M

s= xfd|f] vfFbaf/L gu/kflnsf,

v= efiff, snf / ;flxTo,

u= xfd|f] ;+:sf/, ;+:s[lt / AolQmTj,

3= xfd|f] ;Dkbf / ko{6g,

ª= k];f, pBdzLntf / k|ljlw,

r= :jf:Yo, kf]if0f / ;/;kmfO /

5= jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno .

**#= ;Ifdtf**

 vfFbaf/L gu/kflnsfleqsf cfwf/e"t tx -sIff !-\*\_sf ljBfnosf cWofkg u/fpFgsf nflu lgdf{0f ul/Psf] :yfgLo kf7\oj|mdsf]ck]lIft ;Ifdtf lgDgfg';f/ 5g\M

-s\_ cfˆgf] 6f]n, l5d]s / j8f tyf vfFbaf/L gu/kflnsfsf] e"uf]n, Oltxf;, hfg;fªlVos tYofª\s, lzIff /ljsf;sf k"jf{wf/x?sf] ;fdfGo kl/ro .

+-v\_ dft[efiffsf] klxrfg, lrq lgdf{0f / /Ë/f]ug, ufog / g[To, :yfgLo ;flxTosf/ / ;flxTo;DjGwL hfgsf/L .

-u\_ :yfgLo rf8kj{, wfld{s :ynx?, k|d'v hfqf tyf d]nfx? /k|d'v hfthfltsf] kl/ro

-ª\_ :yfgLo k];f, Aofj;fo / k|ljlwsf] klxrfg .

-r\_ ;/;kmfO, ef]hg, of]u, k|f0ffofd, Wofg Jofofd, :yfgLo v]nx¿sf] kl/ro / cEof;

-5\_ k|sf]k -cfuhgL, e"sDk, e"Ifo, af9L, klx/f] r6\ofª, xfjfx'/L\_ / jftfj/0fsf] ;+/If0fk|lt ;hs / xl/t ljBfno cjwf/0ffsf] cjnDag

**४. विषय क्षेत्र र क्रम तालिका**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| qm=;= | If]q | ;dfj]z ug'{kg]{ d'Vofljifoj:t' | sIff–! | sIff–@ | sIff–# | sIff–$ | sIff–% | sIff–^ | sIff–& | sIff–\* |
| ! | xfd|f] gu/kflnsf | –gu/kflnsfsf] ;fdfGo kl/ro–;fFw / l;dfgf–ef}uf]lnscj:yf / xfjfkfgL–hfthfln, hg;+Vof–zf;sLo ;+/rgf -–xfd|fljsf;sfk"af{wf/x¿–xfd|f ;+3;+:yfx? | –d / d]/f] kl/jf/ | –d]/f] 6f]n, l5d]s / gu/kflnsf | d]/f] j8f | ––xfd|f] gu/sf] e"uf]n . | –vfFbaf/L gu/sf] Oltxf; | –vfFbaf/L gu/kflnsfsf] hfg;fªlVostYofª\s / lzIff | –vfFbaf/L gu/kflnsfsf] ljsf;sfk"jf{wf/x? | –gu/kflnsfsf] gu/;ef, gu/sfo{kflnsf / Goflos ;ldltsf] kl/ro / sfo{ |
| @ | Effiff, snf/ ;flxTo | –dft[efiffsf] kl/ro–x:tsnflrqsnf–:yfgLouLt / g[To:yfgLo ;h{s / ;[hgfx? | –cfˆg]fdft[efiffsf] klxrfg–;/n / aqm/]vftyfuf]nfsf/ / auf{sf/ /]vflrqlgdf{0f ;fd''lxsufog | –cfˆgf] / l5d]sLsf] dft[efiff–;/n / aqm/]vf, uf]nfsf/, auf{sf/ lrq–;fd'lxstyfPsnufog | – lrqlgdf{0f / /Ë/f]ug–;fd'lxstyfPsnufog / g[To | –kmnkm"n÷ ?vsf] lrqlgdf{0f –:yfgLoafnuLt | –df6fsf cfs[ltx? lgdf{0f –:yfgLoafnsljtf | –l;Gs] /]vflrq / cfs[ltlgdf{0f:yfgLoafnuLtsljtf | –ufpF 6f]nleqsfdft[efiffsf] klxrfg–sf7df cfs[ltx? lgdf{0f–:yfgLouLttyf g[To | –gu/kflnsfleqsfdft[efiffsf] kl/ro÷klxrfg–:yfgLo ;flxTosf/, snfsf/x?–:yfgLouLttyf g[To |
| # | Xfd|f] ;+:sf/, ;+:s[ltAoflQmTj | –Hffthflt / e]ife';f–hfqf, kj{ / d]nf–:yfgLoAoflQmTjx? | cfkm\gf] k/Ljf/df dgfOg] rf8 kj{sf] kl/ro | l5d]ssfk|rlntwfld{s :ynx?:yfgLo :t/df dgfO{g] k|d'vhfqftyf d]nfx?:yfgLohfqftyf d]nfsf] cj;/df nufO{g] kf]zfs / kl/sf/sf] gfd | :yfgLowfld{s :ynx?sf] dxTj:yfgLohflto ;:sf/-hGd / d[Tjsf] kl/ro\_:yfgLohfqf, d]nf / kj{sf] kl/rojtfpg | vfbaf/L gu/kflnsfleqsfP]ltxfl;styfwfld{s :ynx?vfFbaf/L gu/kflnsfleqdgfOg] d]nf / hfqfsf] kl/ro | vfFbaf/L gu/kflnsfleqsfs'g} tLgwfld{s dxTjsf If]qsf] j0f{g ug{vfbaf/L gu/kflnsfleqsfd'Vod'Vo d]nf / hfqfsf] dxTjatfpg | :yfgLohflt¿sf] j]ife"iff / rf8kj{sf] klro–:yfGfLohfltsf] /Lltl/jfh / wd{ ;+:s[ltsf] kl/ro,–:yflgohftLx¿n] ahfpg] afhfx¿tyf g[Tosf] kl/ro | gu/ kflnsfleqsfljleGfhfltsf] ;+:s[lt,;+:sf/ /xg;xg, j]ife"iffsf] kl/ro / k|of]u ug]{ tl/sf tyfdxTj | ;:sf/, ;+:s[ltsf] kl/ro zª\v, k~r]afhf, d'r'{ª\uf, dfbn, em\ofnL, v}Fh8L / ljgfof]sf] kl/rovfbaf/L gu/ leqsfhftLx?sf] ;+:sf/ / ;+:s[ltljleGghfthfltsf ;femf ;+:s[lt |
| $ | Xfd|f ;Dkbf / ko{6g | –wfld{s, P]ltxfl;s / ;f+:s[lts ;Dkbfx?–K|ffs[lts ;+kbfx? Hl8a'l6 | –cfkm\gf] j/k/ cal:yt ;Dkbf | –cfkm\gf] ufFp6f]ndfcjl:yt ;Dkbfsf]kl/ro–cfkm\gf] ufFp6f]ndfpknAw :yfgLo hl8a'l6sf] gfd / dxTj | –cfkm\gf] ufFp6f]ndfcjl:yt ;Dkbfsf] kl/ro–ko{6sLo uGtAosf] hfgsf/L–cfkm\gf] ufFp6f]ndfpknAw :yfgLo hl8a'6Lsf] gfd / dxTa | –vfFbaf/L gu/kflnsfleqcjl:yt ;Dkbfsf] kl/ro, dxTj / ;+/If0fsf pkfox?–ko{6gsf uGtAotyf :yn–gu/leqkfO{g] :yfgLo hl8a'6Lx?sf] gfd, dxTj / pkof]lutf | –rf/wf/f  | –ko{6sLo :yn /ldt] 8fF8f | –vfFbaf/L gu/kflnsfsf] ljsf;sfk"jf{wf/x? | –ko{6sLo tyfwfld{s :yndgsfdgfwfd |
| % | k];f, pwdzLntf / k|ljlw | –:yfgLo k/Dk/ft k];f–s[lifhGo k];f–k/Dk/futk|ljlw | –:yfgLo / k/Dk/fut k];fsf] kl/ro | – :yfgLo / k/Dk/fut k];fsf] kl/ro | – :yfgLo / k/Dk/fut k];f / k|ljlwsf] ;+/If0f | – k"/fgftyf :yfgLok|ljlwdfcfwfl/t ;fdu|Lx¿sf] kl/ro / k|of]u | – lgufnf]÷ a]t÷af̐;sf]k|of]u u/L 3/fo;L ;fdu|Llgdf{0f –kfgL 36\6f | – :yfgLo k/Dk/fut ;Lk / k|ljlwdfcfwfl/t pBf]u Joj;fo | –vfFbaf/L gu/kflnsfIf]qleq ;~rflntAofj;fo | – :yfgLo If]qdfx'g]/ ub}{ cfO{/x]sf v]tLsf] kl/ro– ko{6g Aoj;fo ;DaGwLhfgsf/L / dxTj |
| ^ | :jf:Yo, kf]if0f / ;/;kmfO | ؘ–;/;kmfO,ef]hg, of]u, k|f0ffofd, WofgJofofd, –:yfgLo v]nx¿sf] kl/ro / cEof;  | –z/L/sf c+ux?sf] ;/;kmfOsf] kl/ro–3/ / ljBfnosf] ;/;kmfO–s'g} b'O{ :yfgLo v]n | –z/L/sf] ;/;kmfO ug]{ tl/sf / cEof;–:yfgLo v]nx?sf] kl/ro / dxTj. | –ef]hgsf] cfjZostf / dxTj .–:yfgLo v]nsf] cEof; | –:j:Yos/ / kq' vfgf -hygienic and junk food\_–;'Tg] p7\g] / a:g] tl/sf–sIffsf]7fsf] ;/;kmfO | –k|fs[lts / s[lqd u'0f ePsf] vfgf–ljBfnodfvfhfsf] Joa:yfkg–of]usf] cjwf/0ff / cEof; | –kfgLlkpg] ;xLdfqf / tl/sf–ef]hgdf /]zfaf]qmf, / rf]s/sf] dxTj–k|f0ffodsf] kl/ro, dxTj / cEof; . | –cDnLo / Iff/Lo u'0f ePsf] vfgf–Jofofdsf] kl/ro;sf/fTds ;f]+rfO{ / rl/q lgdf{0f–Wofgsf] kl/ro, dxTj / cEof; | –Eff]hgtyfkf]if0fsf] Joa:yfkg–of]uf;gsf] kl/ro / k|sf/ |
| & | jftfj/0f k|sf]k / xl/t tyf ;'/lIftljBfno | –k|sf]k -cfuhgL, e"sDk, e"Ifo, af9L, klx/f] r6\ofª, xfjfx'/L\_ –jftfj/0f , ;'/Iff / xl/t ljBfno | –xfjfkfgLsf] kl/ro–k|sf]ksf] kl/ro–ljBfno ;'/Iffsf] kl/ro | – xfjfkfgLsf] dxTj– ljBfno ;'/Iffsf] cfjZostf / dxTj | –k|sf]k÷ ljkb\sf] kl/ro–xfd|f] jftfj/0f | – k|sf]k÷ ljkb\sf] kl/ro–kmf]xf]/ Joj:yfkg |  –k|fs[lts / dfgjhGok|sf]k÷ljkb\sf k|sf/–k|b"if0fsf] kl/ro, k|sf/, ;|f]t, Go"gLs/0fsf pkfo | –ljkb\hf]lvdGo"gLs/0– ljBfnodf xl/ofnLk|jw{g | – ljkb\ hf]lvdGo"gLs/0fsf pkfo– xl/t ljBfnosf] cjwf/0ff | – xl/t ljBfno/ l;sfO– Osf] Sna |

**५= kf7\oj:t'sf] lj:t[tLs/0f**

**sIff— !**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **If]q** | **l;sfO pknlAw** | **ljifoj:t'** | **ljifoj:t'sf] lj:t[tLs/0f** | **;DefAo lqmofsnfk** | **lzIf0f ;fdu|L** | **d"NofÍg k|lqmof** | **kf=ef** |
| xfd|f] gu/kflnsf | –=cfˆgf] kl/ro lbg=–kl/jf/sf ;b:o tyf 3/d"nLsf] gfd / gftf atfpFg . | –d / d]/f] kl/jf/ | –cfkm\gf] gfd / pd]/ –6f]n, j8f / kflnsfsf] gfd –cfˆgf] kl/jf/sf ;b:o / gftfsf] gfd .–cfkm\gf] kl/jf/sf] ;b:o ;ª\Vof . | –lzIfsn] cfˆgf] kl/ro lbg] / ljwfyL{sf] kl/jf/ / gftf emlNsg] lrq k|:t't ul/ 5nkmn ug]{ . | –=gfd / 7]ufgf n]v]sf] jfSo kQL .–kl/jf/sf] gftf / k[i7e"ld emNsfpg] lrq, | – ljBfyL{nfO{ cfkm\gf] gfd / 7]ufgf, kl/jf/sf ;b:osf] gfd / gftf atfpg nufpg] . | #%306L |
| efiff, snf / ;flxTo | –cfˆgf] dft[efiffsf] klxrfg ug{ .–;/n / aqm/]vf tyf uf]nfsf/ / juf{sf/ /]vflrq lgdf{0f ug{ .–;fd'lxs ufog k|:t't ug{ . | –cfˆg] dft[efiffsf] klxrfg–;/n / aqm/]vf tyf uf]nfsf/ / auf{sf/ /]vflrq lgdf{0f –;fd'lxs ufog  | –cfˆgf] dft[efiffsf] klxrfg –;/n / aqm/]vf lgdf{0f –uf]nfsf/ / auf{sf/ /]vflrq lgdf{0f –;fd'lxs ufog | –3/df af]lng] efiff ;f]wL dft[efiffsf] klxrfg u/fpg]–;fdfu|L k|ofu u/L ;/n / aqm/]vf tof/ ug]]{ cEof; u/fpFg] .–;fpG8 l;:6dsf] k|of]u u/L ;fd'lxs ufog cEof; u/fpFg]  | –k]lG;n, O/]h/, 6]k/]s8/÷;fpG8 l;:6d | – cfˆgf] 3/df af]lng] efiffsf] gfd eGg nfufpFg] –;/n / aqm/]vfsf] k|of]u ul/ uf]nfsf/ / juf{sf/ /]vflrq agfp nufpg] .– ;fpG8 l;:6d ;'Gb} ;fd'lxs ?kdf ufpFgnufpFFg] . | !(306L |
| xfd|f] ;+:sf/, ;+:s'tL / AolQmTj | cfkm\gf] dgfOg] rf8kj{sf] ;"rL agfpFg  | cfkm\gf] k/Ljf/df dgfOg] rf8 kj{sf] kl/ro | cfkm\g] k/Ljf/df dgfOg] laleGg rf8kj{x¿ sf] k/Lro | cfkm\gf] 3/ / 5/l5d]sdf dgfOg] rf8kj{sf] gfd eGg nufpg] / 5nkmn u/fpFg] .;DalGwt rf8kj{sf ljleGg k|sf/sf kf]:6/, lrqx¿ b]vfO{ 5nkmn u/fpFg] .;DalGwt rf8kj{ dgfPsf] lel8of] b]vfpFg] . | rf8 kj{;Fu ;DalGwt uLt  ;DalGwt ljleGg k|sf/sf kf]:6/, lrq rf8kj{ dgfPsf] lel8of] |  cfkm"n] dgfpFg] rf8kj{sf] gfd eGg nufpFg]rf8kj{df vfOg] vfg]s'/fsf] gfd eGg nufpFg] rf8kj{ dgfpg] tl/sfsf af/]df clego ug{ nufpFg]cfkm\gf l5d]sLn] dgfpFg] rf8kj{sf] ;"rL agfpFg nufpFg] | !(306L |
| xfd|f] ;Dkbf / ko{6g | –cfkm\gf] j/k/ cjl:yt P]ltxfl;s, tyf ko{6sLo ;Dkbfsf] gfd / :yfg atfpFg  | –cfkm\gf] j/k/ cal:yt ;Dkbf | –cfkm\gf] af;:yfg j/k/ cal:yt kf6L, kf}jf, s'jf, O{gf/,wf/f,kw]/fd7dlGb/,u'Daf, r}Tosf af/]df ;fdfGo hfgsf/L | –P]ltxfl;s, wfld{s tyf ko{6sLo ;Dkbfx?sf] lrq k|bz{g u/L ltgLx?sf] gfd eGg nufpg] .–tL ;Dkbfx?sf] lel8of] jf lrq b]vfP/ k|Zgf]Q/ / 5nkmn ug]{– | –cfkm\gf] j/k/ cjl:yt ;Dkbfx?sf] gfd / :yfg n]lvPsf rf6{, tl:a/ / lel8of] lSnkx? | –cfkm\gf] j/k/ cjl:yt ;Dkbfx?sf] ;"rL agfpg nufpFg] .–lrq tyf lel8of] lSnkx? b]vfO gfd / :yfgsf] ;fy} cGo ;fdfGo hfgsf/Lx? ;f]Wg]. | !(306L |
| k];f, pwdzLntf / k|ljlw | –cfkm\gf] Kfl/jf/sf ;b:ox¿n] ug]{ k];f atfpg–cfk\mgf] l5d]ssf dflg;n] ug]{ k];fx¿ atfpg–:yfgLo k];fdf k|of]u x'g] cf}hf/ jf ;fwgsf] gfd atfpFg | –:yfgLo / k/Dk/fut k];fsf] kl/ro | –cfkm\gf] Kfl/jf/sf ;b:ox¿ -cfdfa'af, sfsfsfsL, bfh'lbbL cflb\_ n] ug]{ sfdx¿–cfk\mgf] l5d]ssf dflg;x¿n] ug]{ k];fx¿– :yfgLo k];fdf k|of]u x'g] cf}hf/ jf ;fwgsf] gfd | – :yfgLo dflg;x¿n] ug]{ ljleGg sfdx¿sf] ;"rL agfO{ ljBfyL{x¿ dfem k|:t't ug]{,– ljBfyL{x¿nfO{ cfk\mgf 3/sf ;b:ox¿n] ug]{ sfdx¿ s] s] x'g\egL kfn}kfnf] ;f]Wg] /sfd;Fu ;DalGwt k];f÷Joj;fosf] gfd atfO{ lbg],, h:t} M v]taf/Ldf sfd ug]{ s[ifs, – :yfgLo k];fdf k|of]u x'g] cf}hf/ jf ;fwgsf] gfdsf] ;"rL agfO{ kmf]6f];lxt b]vfpFg] . | –:yfgLo dflg;x¿n] ug]{ ljleGg sfdx¿sf] ;"rL, a|f];/, kf]:6/, lel8of] – :yfgLo k];fdf k|of]u x'g] cf}hf/ jf ;fwgsf] gfdsf] kmf]6f];lxtsf] ;"rL | – cfk\mgf kl/jf/sf ;b:ox¿n] ug]{ sfdx¿af/] atfpg nufpg] . – s'g} sfd ul//x]sf] lrq b]vfO{ s] ul//x]sf] 5 eg]/ lrGg nufpg] .– :yfgLo cf}hf/x¿ lrGg nufpFg] .– ;fwg÷ cf}hf/sf] ;fwf/0f k|of]usf] clego ug{ nufpFg] . | !( 3G6L |
| :jf:Yo, kf]if0f / ;/;kmfO | –z/L/sf c+ux?sf] ;/;kmfO{ ug{–JolQmut ;/;kmfOsf] nflu cfjZos ;fdu|Lsf] gfd eGg–cfkm\gf] / 3/sf] ;kmfOug'{kg]{ sf/0f eGg–:yfgLo v]n v]Ng . | –z/L/sf c+ux?sf] ;/;kmfOsf] kl/ro–3/ / ljBfnosf] ;/;kmfO{–s'g} b'O{ :yfgLo v]n | –Gffs, d'v, cfFvf, sfg, skfn uf]8f / z/L/sf] cGo efusf] ;/;kmfO–;/;kmfOsf ;fdu|L a|;, dGhg, sfFluof], ;fa'g ?dfn cflbsf] k|of]u–sIffsf]7f, 3/, ljBfno tyf s/];faf/L ;/;kmfO–s'g} b'O{ :yfgLo v]n v]Ng] tl/sf  | –;kmf / kmf]xf]/L afnssf] kmf]6f] b]vfO{ t'ngf ug{ nufpg]–Jffnjflnsf ;kmf eP gePsf] x]l/ ;kmf x'gsf nflu ;xhLs/0f ug]{–;/;kmfO{sf ;fdu|L b]vfO ltgLx?sf] gfd eGg / n]Vg nufpFg]–sIffsf]7f / ljBfnosf] ;/;kmfO{ ug'{kg]{ sf/0fsf af/]df 5nkmn ug]{–sIffsf]7f / ljBfno ;/;kmfO{ ug]{–;lqmotfk"j{s v]n v]nfpFg] . | –;kmf / kmf]xf]/ afnssf] tl:j/–;/;kmfO{sf ;fdu|Lx?–;kmf / kmfxf]/ 3/ljBfnosf] kmf]6f]kf]i6/, lrq / rf6{ cflb | –z/L/ ;kmf ug{'sf sf/0f ljBfyL{nfO{ eGg nufpg]–a|;, dGhg, sfFluof],;fa'g, ?dfn cflbsf] k|of]u ul/ ;/;kmfO{ ug{ nufpFg] / cjnf]sg ul/ d"Nofª\sg ug]{–sIffsf]7f / cfkm" ;'Tg]sf]7f lsg ;kmf /fVg' k5{ eGg nufpg]–:yfgLo v]n v]nfO{ d"NofÍg ug]{ . | @^ 306L |
| jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno | – cfˆgf] 3/ jf ljBfno j/k/ kfOg] xfjfkfgLsf] kl/ro lbg–ljBfno ;''/Iffsf] ;fdfGo kl/ro lbg | –xfjfkfgLsf] kl/ro–k|sf]ksf] kl/ro–ljBfno ;'/Iffsf] kl/ro | –udL{hf8f] xfjfkfgL–ljleGg k|sf/sf k|sf]ksf] gfd  | – Hff8f] jf udL{ jf tTsfnsf] xfjfkfgLsf af/]df k|Zgf]Q/ u/L 5nkmn ug]{–k|sf]ksf] lrq b]vfpFb} k|sf]ksf gfd ;f]Wg] / 5nkmn u/fpFg]– ljBfno jl/kl/ cjnf]sg e|d0f u/fO{ xfjfkfgLsf] af/]df hfgsf/L lbg] . | –afSnf] jf kftnf] n'uf nufPsf] dflg;sf] lrq–kfgL kbf{ jf 3fdnfUbf 5ftf cf]9]sf] dflg;sf] lrq, kf]:6/ cflb–:yfgLo If]qdf k/]sf] jf ePsf] k|sf]k ;DjlGw lrq | –Hff8f] ;dodf nufpg] n'ufsf] gfd eGg nufpg] .–udL{ ;dodf nufpg] n'ufsf] gfd eGg nufpFg]–kfgL k/]sf] a]nf jf 3fdnfu]sf] a]nf 3/ aflx/ lg:sbf k|of]u x'g] ;fdfgsf] gfd eGg nufpFg]–cfˆgf] 3/ jf ljBfno j/k/ ePsf k|fs[lts k|sf]ksf] gfd eGg nufpFg] .  | @#306L |

**sIff–@**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **If]q** | **l;sfO pknlAw** | **ljifoj:t'** | **ljifoj:t'sf] lj:t[tLs/0f** | **;DefAo lqmofsnfk** | **lzIf0f ;fdfu|L** | **d"NofÍg k|lqmof** | **kf=ef** |
| xfd|f] gu/kflnsf | – cfˆgf] gu/kflnsfsf] gfd AoQm ug{ .– cfkm\gf] l5d]ssf ;fyLx?sf] gfd eGg .– l5d]sLsf 3/d"nLsf] gfd – 6f]n lasf; ;+:yfsf] gfd eGg . | –d]/f] 6f]n, l5d]s / gu/kflnsf | –gu/kflnsfsf] gfd–cfkm\gf] 6f]n ljsf; ;+:yfsf] gfd ,5/l5d]sLsf ;fyL?sf] gfd, .–l5d]sLsf 3/d"nLsf] gfd–l5d]sL;Fusf] gftf  | –= lzIfsn] cfkm\gf] gu/kflnsf / 6f]n atfpFg] / laBfyL{nfO{ atfpFg nufpg] .–= ljBfyL{nfO{ sIff / l5d]ssf ;fyLsf] gfd ;f]Wg / eGg nufpg] .–=l5d]sLsf 3/d"nlsf] gfd / gftf ;f]w]/ n]v]/ Nofpg / eGg nufpFg] .–= ;fyL;Fu 5nkmn u/L cfˆgf] gu/kflnsfsf] gfd AoQm ug{ nufpFg] . | –=ˆnf; sf8{– lrq–gu/kflnsf] gS;f .–=>Aob[Zo ;fdu|L . | – cfˆgf] gu/kflnsfsf] gfd eGg nufpFg] .–cfˆgf 5/l5d]ssf ;fyLx?sf] gfd eGg nufpFg] .– l5d]sLsf 3/d"nLsf] gfd eGg nufpg] .– 6f]n ljsf; ;+:yfsf] gfd eGg nufpFg] . | #%306L |
| efiff, snf / ;flxTo | –cfˆgf] / l5d]sLsf] dft[efiffsf] klxrfg ug{ –;/n / aqm/]vfsf] k|of]u u/L lrq lgdf{0f ug{–uf]nfsf/, auf{sf/ cfs[ltsf lrq lgdf{0f ug{–;fd'lxs tyf Psn ufog k|:t't ug{ . | –cfˆgf] / l5d]sLsf] dft[efiff–;/n / aqm/]vf, uf]nfsf/, auf{sf/ lrq–;fd'lxs tyf Psn ufog | **–**cfˆgf] / l5d]sLsf] dft[efiffsf] klxrfg–;/n / aqm/]vfsf cfs[lt lgdf{0f–uf]nfsf/, auf{sf/ lrq lgdf{0f–;fd'lxs tyf Psn ufog | –ljwfyL{sf] cfˆgf] / l5d]sLn] 3/ Aofaxf/df af]lng] efiff ;f]wvf]h ug]{ .–;fdfu|Lsf] k|of]u u/L ;/n tyf aqm/]vf / To;df cfwfl/t lrq lgdf{0f u/fpFg] .–;fdfu|L k|of]u u/L uf]nfsf/, auf{sf/ cs[ltsf lrq lgdf{0f u/fpFg] .–klxnf ;fd'lxs ¿kdf / To;kl5 Psn ¿kdf ufog k|:t't ug]{ cEof; u/fpFg] .  | –k]lG;n, O/]h/, 6]k/]s8/÷;fpG8 l;:6d, 8«f]Oª\k]k/ | –ljwfyL{n] cfˆgf] kl/jf/ / l5d]sdf af]Ng] efiffsf] gfd eGg nufpFg] .–;/n tyf aqm/]vf / To;df cfwfl/t lrq lgdf{0f u/fpFg] .–uf]nff/, auf{sf/ cfs[ltsf lrq lgdf{0f ug{ nufpg] .–;fd'lxs / Psn ufog k|:t't ug{ nufpFg] . | !(306L |
| xfd|f] ;+:sf/, ;+:s[lt / AolQmTj | cfkm\g] l5d]sdff ePsf kj{x?sf] af/]df atfpFg l5d]sLsf hfqf, d]nfdf ;xefuL eO{ cjnf]sg u/L cg'ej jtfpFg | l5d]ssf k|rlnt wfld{s :ynx?:yfgLo :t/df dgfO{g] k|d'v hfqf tyf d]nfx?:yfgLo hfqf tyf d]nfsf] cj;/df nufO{g] kf];fs / k/Lsf/sf] gfd | :yflgo :t/df /x]sf k|d'v wfld{s :yfgsf] k/LropQm wfld{s :yndf nfug] d]nf jf hfqfsf] kl/ro:yflgo hfqf jf d]nfdf dgfOg]  k/Dk/fut k|rngsf]  lrgf/L :yfgLo hfqf, d]nf, df nfOg] / vfOg] j:t'sf] kl/ro lrgf/L | :yflgo b]jL b]jtf jf wfld{s :ynsf]kmf]6f], lel8of] b]vfO{ 5nkmn / k|Zgf]Q/ ug{nufpg] :yflgo :t/df k|rlnt wfld{s :ynx?sf] If]q ed0f u/fpg] kmf]6f], lel8of] b]vfO{ hfqf / d]nfdf ul/g] lqmofsnfksf] jf/]df 5nkmn  u/fpFg] hfqfsf] cj;/df :yfgLo txdf nufpg] n'uf / vfg] s'/fx¿sf] gd"gf ljBfyL{x¿nfO{ tuf/ ug{ nufO k|bz{g ug{ nufpFg] .  | lrq, lel8of],afhf kf]:6/, n]v k/Dk/fut kf];fs tyf hfqf d]nfdf vfOg] vfgfsf] gd'gf kfj/ kf]OG6 :nfO8 | :yfgLo ¿kdf dgfOg] hfqf, d]nfsf] gfd eGg nufpg] If]q e|d0f u/L ;DjlGwt If]qsf] af/]df eGg nufpFg]  ljleGg hfqf, kj{, d]nfdf nufOg] sk8f tyf vfgfsf] jf/]df cg'ej atfpg nufpFg]. | !( 306L |
| xfd|f] ;Dkbf / ko{6g | cfkm\gf] ufFp6f]ndf cjl:yt P]ltxfl;s, wfld{s,;f+:s[lts, k|fs[lts tyf ko{6sLo ;Dkbfsf] gfd / :yfg atfpg / ;'rL tof/ kfg{ ;Sg].cfkm\gf] ufFp6f]ndf pknAw hl8a'6Lsf] gfd / dxTj atfpFg | –cfkm\gf] ufFp6f]ndf cjl:yt ;Dkbfsf]kl/ro–cfkm\gf] ufFp6f]ndf pknAw :yfgLo hl8a'l6sf] gfd / dxTj | – cfkm\gf] ufFp6f]ndf cal:yt kf6L, kf}jf, s'jf, Ogf/, wf/f, k+w]/fsf] gfd / :yfg– d'Vo d'Vo ;f+:s[lts rf8ka{x?dlGb/, u'Daf, laxf/, r}To, rr{ tyf cGo wfld{s ;Dkbfx?– cfkm\gf] ufFp6f]ndf pknAw :yfgLo hl8a'l6sf] kl/ro / dxTj | –P]ltxfl;s, wfld{s, ;+f:s[lts tyf ko{6sLo ;Dkbfsf] kl/ro lbg]lt ;Dkbfx?sf] af/]df lrq, a[Q lrq, k|Zgf]Q/ tyf 5nkmn u/L ;fdfGo hfgsf/L lbg] .–:yfgLo hl8a'l6sf] ;+sng tyf k|b{g u/L ltgsf] kl/ro / dxTj jf/] atfpFg]–z}lIfs e|d0f tyf canf]sg e|d0f u/fpFg]. | –;Dkbfx?sf] af/]df tof/ kfl/Psf rf6{, lrq, lel8of] lSnk cfbL:yfgLo hl8a'l6sf] df]8n, >Aob[Zo ;fdu|L cfbL | –cfkm\gf] ufFp 6f]ndf cjl:yt ;Dkbfx?sf] lrq, >Aob[Zo ;fdfu|L b]vfP/ ;fdfGo kl/ro lbg / dxTj lbg nufpFg].–:yfgLo hl8a'l6x?sf] >Aob[Zo ;fdfu|L b]vfP/ ltgsf] ;fdfGo kl/ro lbg nufpg] / ;'rL tof/ kfg{ nufpFg] | !(306L |
| k];f, pBdzLntf / k|ljlw | –cfkm\gf] l5d]ssf dflg;n] ug]{ k];f÷Joj;fosf] kl/ro lbg . | – :yfgLo / k/Dk/fut k];fsf] kl/ro  | – cfkm\gf] 3/ / l5d]ssf dflg;n] ug]{ k];f÷Joj;fosf] kl/ro– :yfgLo dflg;x¿n] k/Dk/fut ¿kdf ub}{ cfPsf k];f÷sfd ;DaGwL j0f{g | – ljBfno glhssf] s'g} ufpFsf] cjnf]sg e|d0f u/fOToxfFsf dflg;x¿n] s] s] sfd ul//x]sf 5g\b]vfO{ :yfgLo If]qdf dflg;x¿n] ug]{ sfdx¿sf] kl/ro lbg] .– cfk\mgf] 3/sf] cljefjsn] ug]{ sfd / To; sfdaf6 s] s] kmfO{bf ePsf] 5 eGg] af/]df cfk\mgf] cljefjsnfO{ ;f]wL sIffdf k|:t't ug{ nufpFg] . | – :yfgLo dflg;x¿n] ug]{ ljleGg sfdx¿sf] ;"rL, a|f];/, kf]:6/, lel8of] – k];f Joj;foaf6 dflg;nfO{ x'g] kmfObfx¿ a'emfpg] rf6{ | – cfk\mgf] ljBfno jl/kl/sf] ufpF÷;x/df a:g] dflg;x¿n] ug]{ sfdx¿sf] ;"rL agfpFg nufpg] . – s'g} sfd ul//x]sf] lrq b]vfO{ s] ul//x]sf] 5 eg]/ lrGg nufpFg] – cfk\mgf] 3/sf] cljefjsn] ug]{ sfd / To; sfdaf6 s] s] kmfO{bf ePsf] 5 eGg] af/]df cfk\mgf] cljefjsnfO{ ;f]wL sIffdf k|:t't ug{ nufpFg] . | !( 3G6L |
| :jf:Yo, kf]if0f / ;/;kmfO{ | –JolQmut ;/;kmfO{ ug]{ ;fdu|Lx?sf] dxTj atfpFg–cfkm\gf] z/L/sf] ;/;kmfOug{–b}lgs ul/g] ;/;kmfOsf] ;"rL agfpFg–:yfgLo v]nx?sf] gfd eGg / v]Ng–Vf]n v]Ng'sf] kmfObf atfpFg . | –z/L/sf] ;/;kmfO{ ug]{ tl/sf / cEof;–:yfgLo v]nx?sf] kl/ro / dxTj. | –;/;kmfO{sf ;fdu|L a|;, dGhg, ;fa'g, tf}lnof / ?dfnsf] dxTj–z/L/sf] ;/;kmfO–g'xfpFg], sk8f ;kmf /fVg] tl/sf –xft d'v w'g], g'xfpg], a|; ug]{, gª\ sf6g] skfn sf]g]{–:yfgLo v]n n'sfdf/L, ?dfn n'sfO[{, r'ª\uL, u6\6f–Zff/Ll/s tyf :jf:Yosf] ljsf;–;fd'lxs efjgfsf]ljsf; | –JolQmut ;/;kmfO ug]{ ;fdu|Lsf] ;Djw hf]8L cGt/lqmof u/fP/ eGg nufpFg] .–z/L/sf] ;/;kmfOu/]sf] lrq k|bz{g ul/ 5nkmn u/fpFg] .–z/L/sf ljleGg c+usf] ;/;kmfO{ u/]sf] lel8of] sIffdf k|bz{g ul/ 5nkmn u/fpFg] .–xft d'v w'g], g'xfpFg], a|; ug]{, gª\ sf6\g], skfn sf]g]{ cEof; u/fpFg] .–:yfgLo :t/df v]lng] v]nx? Hf:t}M n'sfdf/L, ?dfn n'sfO{, r'ª\uL, u6\6f v]n v]Ng] cEof; u/fpFg].–;d"xut ?kdf lgodk"j{s v]n v]nFpFg] . | –tf}lnof a|;, dGhg, ;fa'g, g]ns6/, sfFluof] .–z/L/sf] ;/;kmfO[ u/]sf] lrq, kf]i6/:nfO8, r'ËL,u6\6f, ?dfn | –z/L/sf c+ux? Hf:t}M xft, v'6\6f, skfn, lhp cg'xf/ ;/;kmfO ug]{ tl/sf eGg .–z/L/sf s'g} @÷# j6f c+ux? ;kmfO{ ul/ b]vfpg nufpg]–JolQmut ;/;kmfO eP gePsf] sIffdf cjnf]sg ul/ k[i7kf]if0f k|bfg ug]{–Nf'sfdf/L, ?dfn n'sfO, { r'ª\uL, u6\6f v]Ng nufpg] / cjnf]sg ug]{ . | @^ 306L |
| jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno | – xfjfkfgLsf] dxTj atfpFg– ljBfno ;'/Iffsf] cfjZostf / dxTj atfpFg | – xfjfkfgLsf] dxTj– ljBfno ;'/Iffsf] cfjZostf / dxTj | – cfkm" a;]sf] 7fpFsf] tftf] lr;f] xfjfkfgL – hf8f] df};d / udL{ df};ddf x'g] cGgafnL, t/sf/L afnL, kmnkm"n – a9L hf8f] / a9L udL{ df};daf6 aRg] pkfo– ljBfno ;'/Iffsf] kl/ro – ljBfno ;'/Iffaf6 x'g] kmfObf | – Hff8f] jf udL{ jf tTsfnsf] xfjfkfgLsf af/]df k|Zgf]Q/ u/L 5nkmn ug]{ – ljleGg cGgafnL, t/sf/L afnL, kmnkm"nsf] gd'gf b]vfOs:tf] xfjfkfgLdf pTkfbg x'g] xf] 5nkmn u/fpFg] – afSnf] n'uf, kftnf] n'uf cflb nufOg] sf/0faf/] 5nkmn u/fpFg] – ljBfno ;'/Iffsf] tl/sf pbfx/0f lbO k|:t't ug]{ – ljBfno ;'/Iffsf] af/]df ;d'x agfO clego u/fpFg] . | – afSnf] jf kftnf] n'uf nufPsf] dflg;sf] lrq – kfgL kbf{ 5ftf cf]9]sf] lrq jf kf]:6/ cflb – cGgafnL, t/sf/L afnL, kmnkm"nsf gd'gf– ljBfno ;''Iffsf]] lrq, kf]:6/  | – Hff8f] ;dodf nufpg] n'ufsf] gfd eGg nufpFg] – udL{ ;dodf nufpg] n'ufsf] gfd eGg nufpFg] – kfgL k/]sf] a]nf 3/ aflx/ lg:sbf k|of]u x'g] ;fdfgsf] gfd eGg nufpFg] – ljleGg cGgafnL, t/sf/L afnL, kmnkm"nsf] gd"gf b]vfOs:tf] xfjfkfgLdf pTkfbg x'G5 ;f]Wg]– ljBfno ;'/Iffsf] tl/sf clego ug{ nufpFg] . | @#306L |

**sIff–#**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **If]q** | **l;sfO pknlAw** | **ljifoj:t'** | **ljifoj:t'sf] lj:t[tLs/0f** | **;DefAo lqmofsnfk** | **lzIf0f ;fdfu|L** | **d"NofÍg k|lqmof** | **kf=ef** |
| xfd|f] gu/kflnsf | –vfFbaf/L gu/kflnsfsf] j8f;ª\Vof / cfkm" a;]sf] j8f g+ atfpFg .–cfkm\gf] j8fleqsf 6f]nx?sf] gfd atfpFg .– cfkm\gf] j8f sfof{no /x]sf] 6f]nsf] gfd | d]/f] j8f | –gu/leqsf j8f;ª\Vof .–cfkm\gf] j8f gDa/ .–cfkm\gf] j8fleq 6f]n ;ª\Vof / ltgsf gfd –j8f sfof{no  | – vfFbaf/L gu/kflnsfsf] gS;f k|bz{g u/L ljBfyL{nfO{ ;a} j8fx? lrgfpFg] / cfkm\gf] j8f b]vfpFg nufpFg] .– gS;f ;fg{ nufO{ cfkm\gf] j8fdf /ª eg{ nufpFg] .– j8fleqsf] 6f]nsf] gfd ePsf] gS;f / 6f]nx?sf] gfdsf] ;"rL k|:t't u/L k9\g,eGg / n]Vg nufpFg] .–ljBfno glhs}sf] j8f sfof{no e|d0f u/fO{k|Zgf]Q/ ug]{ . | –gu/kflnsfsf] gS;f, j8fsf] gS;f .– j8f sfof{nosf] tl:j/ .– 6f]nx?sf] gfd ;"rL . | –vfFbaf/L gu/kflnsfsf] j8f;ª\Vof / cfkm" a;]sf] j8f g+ atfpg nufpg]–cfkm\gf] j8fleqsf 6f]nx?sf] gfd atfpFg nufpFg].– cfkm\gf] j8f sfof{no /x]sf] 6f]nsf] gfd AoQm ug{ nufpFg] .–gu/sf] gS;fdf j8fsf] gS;f eg{ nufpFg].–j8fsf] gS;fleq 6f]nsf] gfd eg{ nufpFg] . | #%306L |
| efiff, snf / ;flxTo | –;/n / aqm/]vfo'Qm lrq lgdf{0f u/L /Ë/f]ug ug{ –uf]nfsf/, auf{sf/ cfs[ltsf lrq lgdf{0f u/L /Ë/f]ug ug{ –;fd'lxs tyf Psn ufog / g[To ug{ | – lrq lgdf{0f / /Ë/f]ug–;fd'lxs tyf Psn ufog / g[To | –;/n / aqm/]vfsf] k|of]u .–uf]nfsf/, auf{sf/ cfs[ltsf lrq lgdf{0f u/L /Ë/f]sg .–;fd'lxs tyf Psn ufog / g[To . | –;fdfu|Lsf] k|of]u u/L ;/n tyf aqm /]vf / To;df cfwfl/t lrq lgdf{0f u/fO /Ë/f]ug;d]t u/fpFg] .–;fdfu|Lsf] k|of]u u/L uf]nfsf/ / auf{sf/ cfs[ltsf lrq lgdf{0f u/fO /Ë/f]sg ;d]t u/fpFg] .–klxnf ;fd'lxs ?kdf / To;kl5 Psn ?kdf ufog / g[To k|:t't ug{ cEof; u/fpFg] . | –k]lG;n, O/]h/, k]lG;n sn/, 8«f]Oª\k]k/, 6]k/]s8/÷;fpG8 l;:6d lel8of] | –;/n tyf aqm/]vf / To;df cfwfl/t lrq lgdf{0f u/fO{ d"NofÍg ug]{ .–uf]nfsf/ / auf{sf/ cfs[ltsf lrq lgdf{0f u/fO /Ë/f]sg;d]g u/fpFg] .–;fd'lxs / Psn ?kdf ufog / g[To k|:t't u/fpFg] . | !(306L |
| xfd|f] ;+:sf/, ;+:s[lt / AolQmTj | :yfgLo wfld{s :yfgsf] gfd atfpg:yfgLo rf8, kj{df nufOg] / vfOg] j:t'x?sf] ;'rL tof/ kfg{ | :yfgLo wfld{s :ynx?sf] dxTj:yfgLo hftLo ;:sf/-hGd / d[To'sf] kl/ro\_:yfgLo hfqf, d]nf / kj{sf] kl/ro jtfpFg | :yfgLo wfld{s :yfgsf] wfld{s dxTj, ljz]if k"hf x'g] ldlt :yfgLoaf6 ul/g] k"hfsf] ljlw  hftLo ;+:sf/sf] kl/ro t/ ljle :yfgLo hfqf, kj{ / d]nfdf k|of]u x'g] k/Dk/fut vfgf / klx/gx? |  P]ltxfl;s / wfld{s :yn;Fu ;DaGwLt lrq, kf]:6/, lel8of] b]vfO{ 5nkmn / k|Zgf]Q/ ug{ nufpFg]  P]ltxfl;s / wfld{s :ynsf] cjnf]sg e|d0f u/fpFg]  P]ltxfl;s / wfld{s :yn;Fu ;DaGwLt ljleGg kj{x¿ dgfpg] tl/sf l;sfpFg.hftLo ;+:sf/x?sf] lel8of], kmf]6f] b]vfO 5nkmn u/fpFg] ;fy} sIffdf cf cfkm\gf wf/0ff eGg nufO 5nkmn u/fpFg]  P]ltxfl;s / wfld{s :yn;Fu ;DaGwLt ljleGg kj{x¿sf] k"hf ljlwsf af/]df eGg] tyf :yfgLo lj1x¿ af]nfP/ cGt/lj|mof u/fpFg] . | :yfgLo wfd{;u ;DalGwt gfdflÍt kmf]xfx? tyf lel8of]x? d]nf jf hfqf ljz]if uxgf tyf kf]zfssf kmf]6fx? .:yflgo wfld{s :yfgx? x'Fb} u/]sf wfld{s cg':7fgsf lel8of]x?hflto ;+:sf/df ul/g] s[ofsnfk ;Fu ;DjGwLt ultljlex?sf] lel8of]Pltxfl;s / wfld{s tyf hfqf / d]nfdf k|of]u x'g] k/Dk/fut uxgf tyf kf];fsx? kfj/ KjfOG6x?  |  :yfgLo P]ltxfl;s / wfld{s :ynsf] ;"rL eGg nufpFg] .clego ug{ nufpFg] cg'ej cfbfg k|bfg ug{ u/fpFg] .k/Dk/fut hfqf, d]nf / kj{df nufOg] kf]zfs, u/uxgf tyf vfg]s'/fsf] ljj/0f tof/ kfg{ nufpFg] . | !( 306L |
| xfd|f] ;Dkbf / ko{6g | –cfkm\gf] ufFp6f]ndf cal:yt P]ltxfl;s, wfld{s, ;f+:s[lts, k|fs[lts tyf ko{6sLo ;Dkbfsf] gfd / kl/ro lbg / ;'rL tof/ kfg{.–:yfgLo hl8a'6Lsf] gfd / dxTa | –cfkm\gf] ufFp6f]ndf cjl:yt ;Dkbfsf] kl/ro –ko{6sLo uGtAosf] hfgsf/L–cfkm\gf] ufFp6f]ndf pknAw :yfgLo hl8a'6Lsf] gfd / dxTa | –cfkm\gf] ufFp6f]ndf cjl:yt kf6L, kf}jf, s'jf, Ogf/, wf/f, k+w]/fsf] gfd, :yfg / ;fdfGo kl/ro–d'Vo d'Vo ;f+:s[lts rf8ka{x?–dlGb/, u'Daf, ljxf/, r}To, rr{ tyf cGo wfld{s ;Dkbfx?–:yfgLo xf]d :6]sf] gfd / :yfg:yfgLo hl8a'6Lsf] gfd / dxTj | –P]ltxfl;s, wfld{s, ;+f:s[lts tyf ko{6sLo ;Dkbfsf]e|e0f tyf canf]sg u/fO{ kl/ro lbg].–tL ;Dkbfx?sf] af/]df lrq, a[Q lrq, k|Zgf]Q/ u/L 5nkmn ug]{–:yfgLo :t/sf xf]d :6]x?sf] af/]df 5nkmn tyf k|Zg]Q/ ug]{ –:yfgLo hl8a'l6sf] ;+sng tyf k|bz{g u/L ltgsf] kl/ro / dxTj af/] atfpg] | –lrq, a[Q lrq, lel8of] lSnk, h8La'6Lx? cfbL | –cfkm\gf] ufFp6f]ndf cjl:yt ;Dkbfx?sf] lrq / lel8of] lSnkx? b]vfP/ ltgsf] ;fdfGo kl/ro lbg nufpg]–:yfgLo xf]d :6]sf] lrq / a[Q lrq b]vfO;fdfGo kl/ro lbg nufpFg] .–:yfgLo hl8a'6Lsf] gfd / dxTaAoQm ug{ nufpFg] . | !(306L |
| k];f, pBdzLntf / k|ljlw | – :yfgLo k/Dk/fut k];fsf] ;+/If0fsf pkfox¿ k|:t't ug{ – :yfgLo k/Dk/fut k|ljlwaf6 lgld{t ;fdu|Lx¿sf] k|of]u ug{ | – :yfgLo / k/Dk/fut k];f / k|ljlwsf] ;+/If0f | – :yfgLo k/Dk/fut k];fsf] ;+/If0fsf pkfox¿ – :yfgLo k/Dk/fut k|ljlwaf6 lgld{t ;fdu|Lx¿sf] pkof]u –hfFtf] bfn ds} lk:gl9sL wfg s'6\g | –:yfgLo If]qdf kfOg] k/Dk/fut k|ljlwaf6 lgld{t ;fdu|Lx¿sf] ;"rL agfpg nufpFg] / pSt ;fdu|Lx¿sf], - pkof]uaf/] 5nkmn ug]{ –k/Dk/fut ;fdu|Lx¿,, h:t} M xnf] gfª\nf], kfgL36\6\_ agfpg] dflg;x¿;Fu e]6 u/fO lgdf0f{ k|lj|mof cjnf]sg u/fpFg] –:yfgLo k/Dk/fut k];fsf] ;+/If0fsf pkfox¿af/] hfgsf/L lbg :yfgLo lj1af6 k|:t'tLs/0f ug{ nufO{ lgisif{ lbg] . | –:yfgLo k/Dk/fut k|ljlwaf6 lgld{t ;fdu|Lx¿sf] ;"rL / ltgLx¿sf] pkof]u ;DaGwL kf]:6/, lel8of] –k];f Joj;foaf6 dflg;nfO{ x'g] kmfObfx¿ a'emfpFg] rf6{ | –:yfgLo If]qdf kfO{+g] :yfgLo k/Dk/fut k|ljlwaf6 lgld{t ;fdu|Lx¿sf] lrq ;lxt ;"rL agfpFg nufpg] –:yfgLo If]qdf kfOg]k/Dk/fut k|ljlwaf6 lgld{t ;fdu|Lx¿sf] pkof]uaf/] k|Zgf]Q/ ug]{ –k];f Joj;foaf6 dflg;nfO{ x'g] kmfObfx¿sf] ;"rL tof/ kf/L k|:t't ug{ nufpFg] . | !( 3G6L |
| :jf:Yo, kf]if0f / ;/;kmfO{ | –Eff]hgsf] kl/ro lbg –b}lgs ef]hg tflnsf lgdf{0f u/L k|of]u ug{ –ef]hgsf] cfjZostf atfpFg .–:yfgLo v]nx?sf] ;"rL agfpg .–:yfgLo v]nx? v]Ng .–Vf]nsf] dxTj atfpFg . | –ef]hgsf] cfjZostf / dxTj .–:yfgLo v]nsf] cEof; | –Eff]hgsf] cy{–Eff]hg tflnsf–Eff]hgsf] cfjZostf –:yfgLo v]nx?MNf'sfdf/L, ?dfn n'sfO{, r'ª\uL, u6\6fsf] kl/ro–:yfgLo v]nsf] cEof;–:yfgLo v]nsf] dxTj . | –Eff]hgsf] cy{ n]lvPsf] rf6{ / ef]hg tflnsf b]vfO{ 5nkmn u/fpFg]–ljBfnodf :yfgLo ?kdf kfOg] cGg, t/sf/L, kmnkm"naf6 aGg] ef]hgsf] ;"rL agfpg nufpg] / ef]hgsf] tflnsf cg';f/ 3/ tyf ljBfnodf k|of]u ubf{ x'g] kmfObfsf af/]df atfpFg]–ef]hgsf] cfjZostf / dxTjsf] af/]df uLt agfP/ ufpg nufpFg] .–n'sfdf/L, ?dfn n'sfO{, r'ª\uL u6\6f nufotsf v]nx?sf] cEof; u/fpFg].Vf]nsf] dxTj 5nkmn u/fpFFg].–ljBfno /x]sf] ;d'bfodf pknaw x'g] –v]nf8L tyf k|lzIfs;Fu cGt/lqmof u/fpFg] . | –:yfgLo cGg, kmnkm"n / t/sf/Lx? .–Kfmnkm"n tyf t/sf/Lsf] rf6{,Vf]n ;fdu|Lx?, –v]n v]n]sf] lel8of] | –Eff]hgsf] cy{ eGg / n]Vg nufpFg] .–Eff]hgsf] cfjZostf lsg k5{ < ;f]Wg] .–b}lgs ?kdf 3/df k|of]u ul/g] ef]hg tflnsf agfpg nufpFg] .–v]nsf] dxTj eGg nufpFg]–ljBfyL{n] n'sfdf/L, ?dfn n'sfO{, r'ª\uL u6\6f v]n]sf] cjnf]sg ul/ cfjZos k[i7kf]if0f lbg] .= | @^ 306L |
| jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno | –k|sf]k ÷ljkb\sf]÷dxfdf/Lsf] kl/ro lbg –cfkm\gf] jl/kl/sf] jftfj/0fsf] kl/ro lbg | –k|sf]k÷ ljkb\sf] kl/ro–xfd|f] jftfj/0f | –k|sf]k cGtu{t af9L, klx/f], e"Ifo, e"sDk, x'/Latf;, cfunfuL, r6\ofª, ;8s b'3{6gf cflbsf] hfgsf/L–k|fs[lts jftfj/0f,, h:t} M jg, jGohGt', gbL, vf]nfgfnf, 9'ª\uf, df6f] –dfgj lgld{t jftfj/0f,, h:t} M v]ltkftL, au}+rf, s/];faf/L, kf]v/L, s'jf, dfgja:tL, dlGb/, u'Daf, r}To, rr{ cflb | –af9L, klx/f], e"Ifo, e"sDksf] Iflt, cfunflu, ;8s b'3{6gf, dfxfdf/L cflbsf] lrq k|:t't ug]{ / k|To]s lrqsf af/]df 5nkmn u/fpFg] –e"sDk / To;n] k'¥ofpg] xflg gf]S;fgLsf af/]df atfpg], tT;DaGwL lrq k|Zt't u/L 5nkmn u/fpg] –lzIf0fdf ;"rgf k|ljlwsf] klg k|of]u ug]{–jftfj/0fsf] kl/ro lbFbf cfkm\g} sIffsf]7f, ljBfno, 3/ tyf ;d'bfosf] jftfj/0fnfO{ pbfx/0fsf ¿kdf 5nkmn ug]{ .–k|fs[lts jftfj/0f,, h:t} M jg, jGohGt', gbL, vf]nfgfnf, 9'ª\uf, df6f] tyf dfgj lgld{t jftfj/0f,, h:t} M v]tLkftL, au}Frf, s/];faf/L, kf]v/L, s'jf, dfgjj:tL, dlGb/, u'Djf, r}To, rr{ cflbsf] lrq jf e|d0fsf] dfWodjf6 5nkmn u/fpFg] . | –Aff9L, klx/f], e"Ifo cflbsf] lrq÷kf]:6/–e"sDkn] 3/ eTsfPsf] cj:yfsf] lrq–>Job[io ;fdu|Lnufotsf ;"rgf k|ljlw–k|fs[lts jftfj/0f,, h:t} M jg, jGohGt', gbL, vf]nfgfnf, 9'ª\uf, df6f] lrq – dfgj lgld{t jftfj/0f,, h:t} M v]tLkftL, au}Frf, s/];faf/L, kf]v/L, s'jf, dfgja:tL, dlGb/, u'Daf, r}To, rr{ cflbsf] lrq –>Job[Zo ;fdu|Lnufotsf ;"rgf k|ljlw . | –cfkm\gf] 3/ jl/kl/sf k|sf]k tyf ljkb\sf] ;"lr agfpg nufpFg–cfkm"n] b]v]sf÷ef]u]sf k|sf]k tyf ljkb\sf 36gfx¿sf] gfd atfpFg nufpFg] .–jftfj/0fsf] cy{ atfpFg nufpFg] .–jftfj/0fsf] k|sf/ pbfx/0f;lxt eGg nufpFg] . | @#306L |

**sIff–$**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **If]q** | **l;sfO pknlAw** | **ljifoj:t'** | **ljifoj:t'sf] lj:t[tLs/0f** | **;DefAo lqmofsnfk** | **lzIf0f ;fdfu|L** | **d"NofÍg k|lqmof** | **kf=ef** |
| xfd|f] gu/kflnsf | –gu/kflnsfsf] If]qkmn / ef}uf]lns cj:yf atfpg .–gu/kflnsfsf] / j8fx?sf] gS;f lgdf{0f ug{ / s'n hg;ªVof eGg .–gu/kflnsfsf] ;fFw l;dfgf atfpFg / gS;fdf b]vfpFg . | –xfd|f] gu/sf] e"uf]n . | =–gu/kflnsfsf] If]qkmn / ef}uf]lns cj:yf –gu/kflnsfsf] / j8fx?sf] gS;f lgdf{0f – gu/kflnsfsf] s'n hg;ªVof =–gu/kflnsfsf] ;fFw l;dfgf  | –gu/kflnsfsf] gS;f b]vfO I]fqkmn / ef}uf]lns cj:yfsf af/]df 5nkmn ug]{ .–j8flkR5]sf] hg;ªVof l6Kg nufP/ hf]8L s'n hg;ª\Vof eGg nufpFg] .–gu/kflnsfsf] gS;f b]vfO ;fFw l;dfgf kTtf nufpFg nfpFg] –;fFwl;dfgfsf lhNnf / kflnsfx?sf] gfd eGg ,n]Vg / gS;fdf eg{ nufpFg] . | –;fFwl;dfgf v'n]sf] gS;f . –>Aob[Zo ;fdu|L | –gu/kflnsfsf] If]qkmn / ef}uf]lns cj:yf atfpg nufpFg] .–gu/kflnsfsf] / j8fx?sf] :ki6 gS;f lgdf{0f ug{ / s"n hg;ªVof eGg nufpFg] .–gu/kflnsfsf] ;fFw l;dfgf atfpg / gS;fdf b]vfpg nufpFg] . | #%306L |
| efiff, snf / ;flxTo | **–**kmnkm"n tyf ?vsf] lrq lgdf{0f u/L /Ë/f]ug ug{ –:yfgLo afnuLt ufpFg | **–**kmnkm"n÷ ?vsf] lrq lgdf{0f –:yfgLo afnuLt  | **–**kmnkm"n÷ ?vsf] lrq lgdf{0f / /Ë/f]ug–:yfgLo afnuLt | –;fdfu|Lsf] k|of]u u/L gd"gf lrq x]/]/ kmnkm"n tyf ?vsf] lrq lgdf{0f ug{ nufg] .–lzIfsn] gd"gf ufog u/L jf 6]k/]s8/sf ;xfotfn] nf]snodf cfwfl/t tyf gjl;lh{t uLt ufpFg] cEof; u/fpFg] . | –k]lG;n, O/]h/, k]lG;n sn/, 8«f]Oª\k]k/, 6]k/]s8/÷;fpG8 l;:6d  | –lrq lgdf{0f tyf /Ë/f]ug u/]sf cfwf/df d"NofÍg ug]{ .–afnuLt ufogsf cfwf/df d"NofÍg ug]{ . | !(306L |
| xfd|f] ;+:sf/, ;+:s[lt / AolQmTj | vfFbjf/L gu/kflnsf leqsf k|d'v wfld{s :ynx? sf] k/LrovfFbaf/L gu/kflnsf leq dgfOg] k|d'v hfqfsf] k/Lro lbg vfbjf/L gu/kflnsf leq nfUg] :yfgLo d]nfx?sf] kl/ro lbg .  | vfFbaf/L gu/kflnsf leqsf P]ltxfl;s tyf wfld{s :ynx? vfFbaf/L gu/kflnsf leq dgfO{+g] d]nf / hfqfsf] kl/ro . | vfFbaf/L gu/kflnsf leq kg]{ k|d'v wfld{s :ynx?df ufl;g] k"hfkf7 ljj/0f ;lxtsf] kl/ro vfFbaf/L gu/kflnsf leq dgfO{+g] hfqfsf] kl/ro  k|d'v d]nfsf] wfld{s dxTj ;lxtsf] kl/ro cfˆgf] hfltsf] hGdf]T;;jdf x'g] ultljlw ;lxtsf] kl/ro cfˆgf] hfltsf] d[To'df ul/g] ultljlwx? ;lxtsf] ljj/0f | wfld{s :ynx?sf] af/]df k|ZGff]Q/ ug]{ tyf :yfgLo lj1;Fu 5nkmn u/fpFg] .  vfbaf/L gu/kflnsf leq dgfOg] hfqfx?sf] clego ug{ nufpFg] . ;DjlGwt lrq tyf lel8of] k|bZf{g u/L sIffdf 5nkmn u/fpFg] . hfqfdf k|of]u x'g] afhfufhfsf] ;fdu|L NofP/ b]vfpg nufpFg] .wfld{s AolQmTjx?;Fu cGt/lj|mof u/fpFg] .pNn]v ul/Psf hfltx?sf] hGd tyf d[Tjdf ul/g] s[ofsnfkx?sf] lel9of] k|bz{g kjf/ KjfOG6 . |  d"lt{, afhf, k':ts hfqfdf k|of]u ug]{ :yfgLo n'uf k"hf ;fdu|L  :yfgLo hfqf;Fu ;DjlGwt ;fdu|Lx?  jf:tljs :yfgx? tyf ;fdu|Lx?  |  :yfgLo ¿kdf dgfOg] hfqfsf] gfd eGg nufpg]  :j:yfgL j|t s;/L ul/G5 eGg nufFpg] hflto ;:sf/sf] af/]df jtfpFg nufpFg]hfqf tyf d]nfx?sf] ;'rL jgfpg nufpFg] | !( 306L |
| xfd|f] ;Dkbf / ko{6g | –vfFbaf/L gu/kflnsfleq cjl:yt P]ltxfl;s, wfld{s, ;+f:s[lts ;Dkbf –ko{6sLo :ynx?sf] kl/ro, dxTj/ ;+/If0fsf pkfox? atfpFg ;Sg]–gu/kflnsfleq kfO{g] hl8a'6Lsf] dxTj atfpFg ;Sg] | –vfFbaf/L gu/kflnsfleq cjl:yt ;Dkbfsf] kl/ro, dxTj / ;+/If0fsf pkfox?–ko{6gsf uGtAo tyf :yn–gu/leq kfO{g] :yfgLo hl8a'6Lx?sf] gfd, dxTj / pkof]lutf | –vfFbaf/L gu/kflnsfleq cjl:yt kf6L, kf}jf, 9'+u]wf/f, s'jf, O{gf/, k+w]/fsf] kl/ro, dxTj / ;+/If0fsf pkfox?–laleGg hfthftLn] dgfpg] u/]sf d'Vo d'Vo rf8 ka{x?–dlGb/, u'Daf, ljxf/, r}To, rr{ tyf cGo wfld{s ;Dkbfx?–gu/kflnsfleq ;Grflnt xf]d :6] tyf ko{6sLo uGtAox?–gu/leq pknAw hl8a'6Lsf] kl/ro / dxTj f | –vfFbaf/L gu/kflnsfleqsf P]ltxfl;s, wfld{s, ;+f:s[lts tyf ko{6sLo ;Dkbfsf] kl/ro, dxTj / ;+/If0fsf pkfox? af/] >Aob[Zo ;fdfu|L b]vfpFg] .–lt ;Dkbfx?sf] dxTj / ;+/If0fsf pkfox?af/] 5nkmn, cGt{s[of u/fpFg] .–gu/leq ;Grflnt xf]d :6]x?sf] canf]sg, e|d0f u/fO{ k|lta]bg tof/ ug{ nufpFFg] / sIffsf]7fdf k|:t't ug{ nufpFg] . | –;Dkbfx?;+u ;DalGwt tof/ kfl/Psf rf8{, lrq, lel8of] lSnk cfbLlrq, >Aob[Zo ;fdfu|L, lel8of] lSnk | –gu/ leqsf ;Dkbfx?sf]kl/ro, dxTj / ;+/If0fsf pkfox? atfpFg nufpFg]–ko{6sLo :yn / hl8a'6Lsf] cWoog e|d0f u/fO{ k|lta]bg tof/ u/L k|:t'tLs/0f ug{ nufpFg] . | !(306L |
| k];f, pBdzLntf / k|ljlw | – k"/fgf / :yfgLo k|ljlwdf cfwfl/t ;fdu|Lx¿sf] kl/ro lbg / k|of]u u/]/ b]vfpFg . | – k"/fgf tyf :yfgLo k|ljlwdf cfwfl/t ;fdu|Lx¿sf] kl/ro / k|of]u | – k"/fgf k|ljlw - l9sL, hf̐tf], cf]vn, kfgL36\6f, sf7sf] e¥ofª, pv' k]Ng] sf]n, t]nsf] ldn, sf7sf] ef̐8f agfpFg] :yfgLo k|ljlw cflb\_ af/] kl/ro, ltgLx¿sf] sfd jf k|of]u , | –:yfgLo k/Dk/fut k|ljlw ;~rfng ePsf] 7fpFdf nuL cjnf]sg u/fpFFg] / k|of]u ug]{ tl/sfaf/] 5nkmn ug]{ . – :yfgLo k/Dk/fut ;fdu|L agfpg] dflg;;Fu e]6 u/fO{ pSt ;fdu|L agfpFg] tl/sfaf/] b]vfpFg nufpg] / 5nkmn u/fpFg] . | – :yfgLo k/Dk/fut k|ljlw -l9sL, hf̐tf], cf]vn, kfgL36\6, pv' k]Ng] sf]n, t]nsf] ldnsf] kmf]6f] / ltgLx¿ agfpFg] tl/sfaf/] hfgsf/Ld"ns kf]:6/, a|f];/ cflb . | – cfk\mgf] 3/÷ ljBfno glhs kfOg] :yfgLo k/Dk/fut k|ljlwdf cfwfl/t ;fdu|Lx¿sf] gfd l6kf]6 u/L To;sf] k|of]uaf/] n]Vg nufpFg] . – :yfgLo k/Dk/fut k|ljlwdf cfwfl/t s'g} ltgcf]6f ;fdu|Lx¿sf] lrq agfO{ To;sf] pkof]uaf/] n]vL sIffdf k|:t't ug{ nufpFg] –:yfgLo k/Dk/fut k|ljlw ;~rfng ePsf] 7fpFdfcjnf]sg e|d0f u/fO Tof;sf cfwf/df cfk"mn] l;s]sf kfFrcf]6f a'Fbfx¿ l6kL k|:t't ug{ nufpFg] f | !( 3G6L |
| :jf:Yo, kf]if0f / ;/;kmfO | –:j:Yos/ / c:j:Yos/ ef]hgx? 5'6\ofpFg .–:j:Yo / c:j:Yo ef]hgsf kmfObf / a]kmfObf atfpFg .–:j:Yo ef]hgsf] k|of]u ug{–;xL tl/sfn] ;'Tg], p7\g] / a:g] s'/f atfpFg / cEof; ug{–sIffsf]7fsf] ;/;kmfO{ sf] cfjZostf eGg / sIffsf]7f ;kmf ug{ . | –:j:Yos/ / kq' vfgf -hygienic and junk food\_–;'Tg] p7\g] / a:g] tl/sf–sIffsf]7fsf] ;/;kmfO | –3/df ag]sfz/L/nfO{ zlQm lbg], a[l¢ ug]{ / /Iff ug]{ vfgfx¿ .–eL6fdLg, sfaf]{xfO8«]6, k|f]6Lg, lrNnf] kbfy{ / vlgh kbfy{ k|fKt x'g] :j:Yos/ vfgfx? .–kq' ef]hg jf hª\s km"8sf] a]kmfObf .–tfhf / af;L vfg]s'/f / o;n] :jf:Yodf kfg]{ k|efj–;'Tg], p7\g] / a:g] ;xL tl/sf .–sIffsf]7f ;/;kmfOsf] cfjZostf / dxTj . | –:j:Yo ef]hgsf kmfObf / c:j:Yo ef]hgn] k'of{pg] xfgL af/] 5nkmn u/fpFg] .–sfaf]{xfO8«]6, k|f]6Lg, eL6fdLg s'g s'g vfgfdf kfOG5 egL ;d"xdf 5nkmn u/fpFg] .–:j:Yos/ / c:j:Yos/ vfgfsf kmfObf / a]kmfO{bfsf] ;"rL agfO 5nkmn u/fpFg] .–s:tf vfg]s'/fn] zf/Ll/s, dfgl;s a[l¢ u/fpF5 atfpFg].–tfhf / af;L vfg]s'/f / o;n] :jf:Yodf k'of{pFg] kmfO{bf / a]kmfObfsf af/]df 5nkmn u/fpFg]–vfgfnfO{ ;'/lIft /fVg] tl/sf atfpFg] .;'Tg], p7\g] tl/sf h:t}M pQfgf], b]a|], bflxg] / 3f]K6f] cf;gsf lrqx? b]vfO cEof; u/fpFg] .–sIffsf]7f ;/;kmfO ug{ nufpFg] . | –:j:Yos/ / c:j:Yos/ ef]hgs lrqx?–;'Tg] cf;gsf lrqx?–;kmf / kmf]xf]/ sIffsf]7fsf lrqx? | –:j:Yo / c:j:Yo ef]hgsf kmfObf / a]kmfObfx? AtfpFg nufpFg]–:j:Yo / c:j:Yo ef]hgsf] ;"rL agfpFg nufpFg]–vfgfnfO{ s;/L ;'/lIft /fVg ;lsG5 ;f]Wg] .–sfa|f]{xfO8«]6, k|f]6Lg / eL6fdLg s'g s'g vfgfdf kfOG5 ;f]Wg]–;'Tg] cf;gsf] cEof;sf] d"Nofª\sg ug]{ .–;d"x agfO b}lgs sIffsf]7f ;/;kmfOug{ nufpFg] / k[i7kf]if0f lbg] . | @^ 306L |
| jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno | –k|fs[lts / dfgj lgdL{t k|sf]k / ljkb\sf] klxrfg u/L xflg gf]S;fgLsf af/]df atfpFg– kmf]xf]/ Joj:yfkgsf pkfo cjnDjg ug{ f | – k|sf]k÷ ljkb\sf] kl/ro–kmf]xf]/ Joj:yfkg | –k|fs[lts k|sf]k÷ljkb\ M– af9L, klx/f], e"Ifo, e"sDk, x'/Latf;, r6\ofª –dfgj lgld{t k|sf]k÷ljkb\ M–s= cfunflu, ;8s b'3{6gf cflbv=kmf]xf]/sf] kl/ro, 3/÷ljBfno÷ejg leq / jflx/sf kmf]xf]/sf ;|f]tx¿,, h:t} M efG5faf6 lg:sg] kmf]xf]/, ljBfnodf ;/;kmfOubf{ lg:sg] kmf]xf]/– sfuh, k]g, k]lG;n, O/]h/, lb;flk;fa, kmf]xf]/ sl;ª\u/, Kofs]lhª, v]taf/Laf6 lg:sg] kmf]xf]/ –kmf]xf]/sf] lsl;d– 7f];, t/n÷s'lxg], gs'lxg] pbfx/0f ;lxt kmf]xf]/ Joj:yfkgsf 3Rs (Reduce, Reuse and Recycle) l;¢fGt,  | –cfkm"n] b]v]sf, ef]u]sf, ;'g]sf af9L, klx/f], e"Ifo, e"sDksf] Iflt, cfunfuL, ;8s b'3{6gf cflbsf af/]df atfOlbg], lrq k|:t't ug]{ / k|To]s lrqsf af/]df k|fs[lts jfdfgj lgld{t larsf] leGgtfsf af/]df 5nkmn u/fpFg] f–af9L, klx/f], e"Ifo, e"sDksf] Iflt, cfunflu, ;8s b'3{6gfn] k'¥ofpFg] xflg gf]S;fgLsf af/]df atfpg], tT;DaGwL lrq k|:t't u/L 5nkmn u/fpFg] f–lzIf0fdf ;"rgf k|ljlwsf] klg k|of]u ug–3/leq / aflx/jf6 lg:sg] kmf]xf]/x¿sf] ;"rL k|:t't u/L 5nkmn u/fpFg] f–jl/kl/ kfOg] kmf]xf]/sf] k|bz{g ug]{, ljBfyL{nfO{ ;d"xdf ljefhg u/L kmf]xf]/sf] juL{s/0f ug{ nufpg] f | –:yfgLo :t/df ePsf k|sf]k÷ljkb\sf lrq, j[tlrq, >Job[io ;fdu|L nufotsf ;"rgf k|ljlw–lrq, kf]:6/, jl/kl/ /x]sf kmf]xf]/d}nf gs'lxg] kmf]xf]/af6 jg]sf ;fdfu|L, sDkf]:6 ul/Psf] If]qsf] e|d0f, >Job[Zo ;fdu|L nufotsf ;"rgf k|ljlw | – cfkm"n] b]v]sf, ef]u]sf k|fs[lts k|sf]k÷ljkb\sf] ;"rLs/0f ug{ nufpFg] –dfgj lgld{t k|sf]k÷ljkb\sf] ;"rLs/0f ug{ nufpFg]– af9L, klx/f], e"Ifo, e"sDksf] Iflt, cfunflu, ;8s b'3{6gf cflbsf] lrq÷sljtf, lut cflbsf] dfWodaf6 hfgsf/L k|:t't ug{ nufpFg] .–sIffsf]7faf6 lg:sg] kmf]xf]/d}nfsf] ;"rLs/0f ug{ nufpFg] –cfkmgf] 3/df kfOg] kmf]xf]/sf] juL{s/0f u/L rf6{ k]k/sf] dfWodjf6 k|:t'tLs/0f ug{ nfupg]– ljBfno jl/kl/sf] kmf]xf]/ pknAw u/fO{ s'lxg] / gs'lxg] kmf]xf]/ 5'§ofpg nufpFg] – 3/af6 lgl:sg] kmf]xf]/af6 ;fdu|L agfpg nufpg] –3/af6 lgl:sg] s'lxg] kmf]xf]/jf6 ag]sf] sDkf]:6 agfO{ au}Frfdf k|of]u ug{ nufpFg] . | @#306L |

**sIff–%**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| If]q | l;sfO pknlJw | ljifoj:t' | ljifoj:t'sf] lj:t[tLs/0f | ;DefAo lqmofsnfk | lzIf0f ;fdfu|L | d"NofÍg k|lqmof | kf=ef |
| xfd|f] gu/kflnsf | –vfFbaf/L gu/kflnsfsf] :yfkgf ,k'g:yf{kgf,:yfkgf k"j{sf k~rfot tyf uflj;x?sf] Oltxf; eGg / n]Vg , | –vfFbaf/L gu/sf] Oltxf;  | –gu/fklnsfsf] Oltxf; .-vfFbaf/L gu/sf] :yfkgf, k'g:yf{kgf\_ | –lzIfsn] gu/kflnsfsf] Oltxf; emNsg] rf6{ agfP/ k|:t't ug]{ -vfFbaf/L kGrfotb]lv l;Qnkf6L uf= kf= ;dfof]hg ;Dd \_– gu/kflnsf :yfkgf k"j{sf uf=lj=;= tyf gu/kflnsfdf uflePsf] ufpFkflnsf ;d]tsf] ;"rL k|:t't u/L vfFbaf/L gu/kflnsfsf] Oltxf;sfaf/]df 5nkmn ug]{ . | –vfFbaf/L gu/kflnsfsf] gS;f rf6{, gu/kflnsf u7g k"j{sf uf=lj=;= tyf gu/kflnsfdf uflePsf] ufpFkflnsf ;d]tsf] ;"rL  | –vfFbaf/L gu/kflnsfsf] :yfkgfb]lv xfn;Ddsf] Oltxf; eGg nufpFg] . | #%306L |
| efiff, snf / ;flxTo | –df6fsf cfs[ltx? lgdf{0f ug{–:yfgLo afn sljtf jfrg ug{  | –df6fsf cfs[ltx? lgdf{0f –:yfgLo afn sljtf  | –df6fsf cfs[ltx? -t/sf/L, kmnkm"n, ;/;fdfg, hgfj/ cflb\_ lgdf{0f–:yfgLo afn sljtf jfrg  | **–**df6f] d'5]/ df6fsf cfs[ltx?, hgfj/, ;/;fdfg, kmnkm"n, t/sf/L lgdf{0f ug{ nufpFg] / pko'Qm /Ë/f]ug ug{ nufpFg] .–6]k/]s8/ ;fpG8 l;:6d÷jf lel8of]sf] k|of]u u/L ult olt / no ldnfO{ afn sljtf jfrg ug{ nufpg] . | –d'5]sf] df6f], rSs', lksf{ 6]k/]s8/÷;fpG8 l;:6d lel8of] | –df6fsf cfs[ltx? lgdf{0f tyf /Ë/f]ug u/]sf cfwf/df d"NofÍg ug]{ .–ult olt / no ldnfO afnsljtf jfrg u/]sf cfwf/df d"NofÍg ug]{ . | !(306L |
| xfd|f] ;+:sf/, ;+:s'tL / AolQmTj |  vfFbaf/L gu/kflnsfsf] P]ltxfl;s kl/ro  vfFbaf/L gu/kflnsfsf] gfds/0f, rf8kj{, d]nf, hfqfsf] kl/ro lbg cf cfkm\gf] kl/jf/sf] hGd / d[To' ;+:sf/sf] kl/ro lbg ljleGg rf8kj{sf] dxTj atfpg | vfFbaf/L gu/kflnsf leqsf s'g} tLg wfld{s dxTjsf If]qsf] j0f{g ug{vfFbaf/L gu/kflnsf leqsf d'Vo d'Vo d]nf / hfqfsf] dxTj atfpFg . |  P]ltxfl;s vfbaf/L gu/kflnsfsf] k/Dk/fut ljj/0f;lxtsf] kl/ro  :yfgLo d]nf tyf hfqfdf ;xefuL e} ltgLx?sf] j0f{g ug{ | vfFbaf/L gu/kflnsfsf] P]ltxf;Ls lrgf/L k|:t't ug]{ vfFbaf/L gu/ kflnsfsf] P]ltxfl;s dxTj emNsLg] kmf]6fx? / lel8of]x? k|bz{g ug]{ cjnf]sg e|d0f u/fpFg] ljBfyL{x?df cg'ej cfbfg k|bfghfqf / d]nfsf] gSsn ug{ nufpFg] |  vfFbaf/L gu/kflnsf ;DalGw j[Qlrq÷lel8of] j|f];/, k':ts wfld{s :ynx?sf] kmf]6f], hfqfsf], kmf]6f], afhf, kf];fs / u/uxgfx?hftLo hGd / d[To' emNsfpFg] kmf]6f], lel8of] jf gf6sx? | vfFbaf/L gu/kflnsf sfsf] P]ltxfl;s dxTj ;DjlGw ;fgf ;fgf k|Zgx? ;f]w\g] :yfgLo wfld{s :ynx?df k"hf ug]{ tl/sfsf] ljj/0f eGg nufpFg]fhfqf, kj{ / d]nf ;DjlGw k|Zgf]FQ/ f | !( 306L |
| xfd|f] ;Dkbf / ko{6g | –xfd|f] k|fs[lts ;Dkbf – rf/wf/fsf] kl/ro lbg . | –rf/wf/f  | –rf/wf/fsf] kl/ro, o;sf] wfld{s, P]ltxfl;s / ko{6sLo, dxTj / ;+/If0fsf pkfox? . | – lrq, kf]:6/ k|bz{g u/Lrf/wf/fsf] kl/ro lbg] .–wfld{s, P]ltxfl;s dxTj emNsg] . >Aob[Zo ;fdfu|L k|bz{g u/L u/L 5nkmn ug]{ .–rf/wf/fsf] :ynut e|d0f u/fO{ k|ltj]bg tof/ ug{ nufpFg] .] | –rf/wf/fsf] lrq÷ kf]:6/>Aob[Zo ;fdu|L  | –rf/wf/fsf] P]ltxfl;s, wfld{s dxTj / ;+/Ifsf pkfox? pNn]vx? ug{ nufpFg] .–:ynut cWoog, cjnf]sg, 5nkmn tyf cGt{s[ofsf] cfwf/df k|lta]bg tof/ kfg{ nufO{ k|:t'tLs/0f ug{ nufpFg] . | !(306L |
| k];f, pBdzLntf / k|ljlw | – lgufnf]÷ a]t÷af̐;sf]k|of]u u/L 3/fo;L ;fdu|L, agfpFg . –kfgL 36\6fsf] kl/ro lbg . | – lgufnf]÷ a]t÷af̐;sf]k|of]u u/L 3/fo;L ;fdu|L lgdf{0f –kfgL 36\6f . | –lgufnf]÷ a]t÷af̐;sf]k|of]u u/L 3/fo;L ;fdu|Lx? Rff]of, aftf, 8f]sf], rfNgL, k]?Ëf], dxnf 8f]/L, gfDnf],5t/L, 3'd lgdf{0f–kfgL 36\6fsf] kl/ro | – :yfgLo If]qdf lgufnf]÷ a]t÷af̐;sf]k|of]u u/L 3/fo;L ;fdu|Lx? Rff]of, aftf, 8f]sf], rfNgL, k]?Ëf], dxnf 8f]/L, gfDnf],5t/L, 3'd lgdf{0f ug]{ 7fpFdf nu]/ cjnf]sg ug{ nufpg] / ;DalGwt JolSt;Fu pSt ;fdu|Lx¿ agfpFg] tl/sfaf/] 5nkmn ug{ nufpg] . –plNnlvt ;fdu|Lx¿sf] gd'gf tof/ kfg{ nufO{ To;sf] k|of]uaf/] 5nkmn u/fpFg] . –kfgL 36\6sf] kl/ro atfO{ ljBfno glhs} /x]sf] kfgL 36\6sf] cjnf]sg e|d0f u/fpFg] .–kfgL 36\6sf] pkof]lutfaf/] :yfgLo lj1;Fu 5nkmn u/L ljBfyL{x¿nfO{ o; ;DaGwL Ps cg'R5]b n]Vg nufpFg] . | –lgufnf], afF;, a]t–:yfgLo k|ljlwdf cfwfl/t ;fdu|Lx¿ agfPsf] a[Qlrq, kf]:6/ . | –lgufnf]÷ a]t÷af̐;sf]k|of]u u/L 3/fo;L ;fdu|L lgdf{0f ug{ nufpg] .–kfgL 36\6sf] kl/ro lbg nufpFg] . | !( 3G6L |
| :jf:Yo, kf]if0f / ;/;kmfO{ | –k|fs[lts vfgf / s[lqd vfgfsf] km/s atfpFg–ljBfnodf NofO{ vfO{+g] :j:Yos/ vfhfsf] ;"rL agfpFg–ljBfnodf :j:Yo vfhfsf] k|of]u ug{–of]usf] cjwf/0ff / dxTj atfpFg**–**skfnefFtLsf] cEof; ug{ . | –k|fs[lts / s[lqd u'0f ePsf] vfgf–ljBfnodf vfhfsf] Joa:yfkg–of]usf] cjwf/0ff / cEof; . | –k|fs[lts u'0f ePsf] vfgfsf] dxTj–s[lqd vfgfn] z/L/df k'of{pg] Ifltsf] hfgsf/L–k|fs[lts vfgf / s[lqd vfgfsf] kl/ro / km/s–ljBfnodf NofO{ vfOg] :j:Yos/ vfhfsf k|sf/ / k|of]u–of]usf]kl/ro pkof]lutf  | –k|fs[lts / s[lqd vfgfsf] km/s b]vfOPsf] rf6{ b]vfO 5nkmn u/fpg] .–ljBfnodf NofP/ vfO{g] vfhfsf] ;"rL agfpg nufpFg] .–:j:Yo vfhfsf] af/]df Ps cg'R5]b n]Vg nufpFg] .–>Job[Zo ;fdu|L, lrq, kf]i6/ cflbsf] k|of]u ul/ of]u, k|f0ffod / Wofgsf] kl/ro lbg] .**–** skfnefFtLsf] cEof; ug{ nufpFg] .. | –Kf|fs[lts vfgf / s[lqd vfgfsf] km/s b]vfOPsf] rf6{,–ljBfnodf NofO{ vfOg] :j:Yos/ vfhfsf] ;"rLpNn]lvt rf6{,–of]usf] kl/ro / pkof]lutf ;DjlGw rf6{, of]u cEof;sf] lel8of] cflb . | –ljBfyL{n] k|fs[lts vfhf NofP gNofPsf] cjnf]sg ug]{ .–3/df k|of]u ul/g] k|fs[lts / s[lqd vfgfsf] ;"rL agfpg nufpg] .–of]u cEof; ubf{ ckgfpg' kg]{ ;fjwfgLx? n]Vg nufpFg] .–skfneftLsf] cWof; ug{ nufO{ d"NofÎg ug{] . | @^ 306L |
| jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno | –k|fs[lts / dfgj;[lht k|sf]k÷ljkb\sf k|sf/ atfpFg –k|b"if0fsf] kl/ro, k|sf/, sf/0f –k|b"if0f Go"gLs/0fsf pkfo atfpFg . |  –k|fs[lts / dfgjhGo k|sf]k÷ljkb\sf k|sf/–k|b"if0fsf] kl/ro, k|sf/, ;|f]t, Go"gLs/0fsf pkfo | – k|fs[lts k|sf]k÷ljkb\ cGtu{t af9L, klx/f], e"Ifo, e"sDk, x'/Latf;, r6\ofª – dfgj ;[lht k|sf]k÷ljkb\ cGtu{t cfunfuL, b'3{6gf, ljiffSt kbfy{, dxfdf/L cflb–hn hGo k|sf]k–hn k|b"if0fsf ;|f]t, h:t} M 9n, gn, pBf]uwGbf, n'ufw'g], dflg;, ufO{a:t' g'xfpFg], ;f+s[lts k/Dk/f–hldg k|b"if0f, h:t} M ljBfno, af6f], v'nf rp/, kfs{, ahf/ If]q kl/ro, hldg k|b"if0fsf ;|f]tx¿ hyfef jL kmf]xf]/ lj;h{g –jfo' k|b"if0fsf] kl/ro, jfo' k|b"if0fsf ;|f]tx¿ h:t}, pBf]uwGbf, oftfoftsf ;fwg, hnfpg] sfo{ –WjgL k|b"if0fsf] kl/ro, WjgL k|b"if0fsf ;|f]t, h:t} M snsf/vfgf, oftfoftsf ;fwg, dfOlsª, dxf]T;j cflb af6 cfpg] cfjfh –Jfftfj/0f k|b"if0f /f]Sg] pkfosf] hfgsf/L . | –cfkm"n] b]v]sf, ef]u]sf, ;'g]sf af9L, klx/f], e"Ifo, e"sDksf] Iflt, cfunflu, ;8s b'3{6gf cflbsf af/]df atfOlbg], lrq k|:t't ug]{ / k|To]s lrqsf af/]df k|fs[lts jf dfgj lgld{t larsf] leGgtfsf af/]df 5nkmn u/fpFg] –af9L, klx/f], e"Ifo, e"sDksf] Iflt, cfunflu, ;8s b'3{6gfn] k'¥ofpFg] xfgL gf]S;fgLsf af/]df atfpg], tT;DaGwL lrq k|Zt't u/L 5nkmn u/fpFg] – lzIf0fdf ;"rgf k|ljlwsf] klg k|of]u ug]{– k|b"if0f ePsf] / gePsf] lrq kf]:6/, >Job[io ;fdu|Lsf] dfWodaf6 5nkmn u/fpFg] – ljBfno jl/kl/sf k|b"lift If]qsf] cWoog cjnf]sg e|d0f . | – :yfgLo :t/df ePsf k|sf]k÷ljkb\sf lrq, j[tlrqk|b"if0f ePsf] / gePsf] lrq, kf]:6/, >Job[io ;fdu|L | – cfkm"n] b]v]sf, ef]u]sf k|fs[lts k|sf]k÷ljkb\sf] cg'ej n]Vg nufpg] – dfgj lgld{t k|sf]k÷ljkb\sf] cg'ej n]Vg nufpg] – af9L, klx/f], e"Ifo, e"sDksf] Iflt, cfunflu, ;8s b'3{6gf cflbsf] lrq÷sljtf, lut cflbsf] dfWodaf6 k|:t't ug{ nufpFg] – cfkm\gf] If]qsf ;Defljt k|sf]k If]qsf] rf6{ k]k/df gS;fÍg tof/ kfg{ nufpg– k|b"if0fsf] cy{ eGg nufpFg] – k|b"if0fsf sf/0fx¿ ;f]Wg] – ljBfyL{n] cfkm"n] txjf6 k|b"if0f Go"gLs/0fsf nflu ug{ ;Sg] pkfox¿ atfpg nufpFg] – :jR5 jftfj/0fsf] lrq agfpg nufpFg] . | @#306L |

**sIff–^**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **If]q** | **l;sfO pknlAw** | **ljifoj:t'** | **ljifoj:t'sf] lj:t[tLs/0f** | **;DefAo lqmofsnfk** | **lzIf0f ;fdfu|L** | **d"NofÍg k|lqmof** | **kf=ef** |
| xfd|f] gu/kflnsf | –vfFbaf/L gu/kflnsf leqsf k]zfut, hfltut, efifut,;fIf/ / lg/If/ lnª\uut hg;ª\Vo atfpFg .–vfFbaf/L gu/sf] a?0f ax'd'lv SofDk; / lxdfno ls/0f klAns SofDk;sf] ;lIfKTf kl/ro lbg . | –vfFbaf/L gu/kflnsfsf] hfg;fªlVostYofª\s / lzIff | –gu/kflnsfleq a;f]af; ug]{ hfltut, efiffut dlxnf ,k'?if,k]zfut ,;fIf/ hg;ª\Vof .–a?0f ax'd'lv SofDk; / lxdfno ls/0f klAns SofDk;/ k|fljlws wf/sf z}lIfs ;+:yfx? . | –hg;ªVofsf] tflnsf ,;"lr , rf6{ / /]vflrq -:t+e,a{Q\_ cflb k|:t't ug]{ / ug{ nufpg] .–a?0f SofDk; / lxdfno ls/0f klAns SofDk;sf] :yfkgf ,k9fOg] ljifo ,tx cflbaf/] ;+lIfKt hfgsf/L lbg] , ,SofDk; /x]sf] 7fpFsf] gfd eGg nufpg] . | – tflnsf .– ;"rLx?.–:tDe /]vflrqx? .–a[Qlrq .– t:jL/x? . – kl/ro v'Ng] kf7kqx? . | –vfFbaf/L gu/kflnsf leqsf k]zfut, hfltut, efifut ,;fIf/ / lg/If/ lnª\uut hg;ª\Vo atfpg nufpg] , –tYofª\ssf] cfwf/df /]vflrq afgfpg nufpg] . .–So.Dk;x?sf] kl/ro lbg nufpg] . | **@#****306L** |
| efiff, snf / ;flxTo | **–**l;Gs] /]vflrq lgdf{0f ug{ –l;Ss] /]vflrqsf] k|of]af6 cfs[lt lgdf{0f u/L /Ë/f]ug ug{ .–:yfgLo afnuLt÷sljtf ufog ÷jfrg ug{ | **–**l;Gs] /]vflrq / cfs[lt lgdf{0f:yfgLo afnuLt÷sljtf | –l;Gs] /]vflrq lgd{0f –l;Gs] /]vflrq k|of]uaf6 cfs[lt -dflg;, hgfj/ cflb\_ lgdf{0f / /Ë/f]ug–:yfgLo afnuLt ufog tyf sljtf jfrg  | –l;Gs] /]vflrqsf] gd'gf k|bz{g u/L To;sf] cjwf/0ff lbg]–gd"gf x]/L l;Gs] /]vflrq lgdf{0f ug{ / /Ë/f]ug ug{ nufpg] .–6]k/]s8/÷;fpG8 l;:6d jf lel8of]sf] k|of]u u/L klxn] ;d"xdf / To;kl5 AolQmut?kdf afnuLt ufog tyf ult olt / no ldnfO{ afn sljtf jfrg ug{ nufpg] . | **–**k]lG;n, O/]h/, k]lG;n s6/, 8«f]Oª\k]k/, 6]k/]s8/÷;fpG8 l;:6d lel8of]  | –l;Gs] /]vflrq k|of]uaf6 cfs[lt lgdf{0f u/L /Ë/f]ug ug{ ;s] g;s]sf cfwf/df d"NofÍg ug]{ .–pko'Qm tj/n] afnuLt ufog tyf ult olt / no ldnfO{ afn sljtf afug u/]sf cfwf/df d"NofÍg ug]{ . | !& 306L |
| xfd|f] ;+:sf/, ;+:s'tL / AolQmTj | k|rlnt, rf8kj{ / d]nf, kj{sf af/]df atfpFg :yfgLo hfltsf] /Lltl/jfh / ;+:s[lt, 9\ofª\u|f], 3G6L, 8Dkm', 8d?,sf] kl/ro lbgk|d'v :yfgLo hfltn] gfRg] g[Tosf af/]dfhfgsf/L k|bz{g ug{ . | :yfgLo hflt¿sf] j]ife"iff / rf8kj{sf] klro :yfgLo hfltsf] /Lltl/jfh / wd{ ;+:s[ltsf] kl/ro,:yfgLo hftLx¿n] ahfpFg] afhfx¿ tyf g[Tosf] kl/ro | hfltut kf];fssf] lrgf/L:yflgo hfltsf] lrgf/L:yflgo hftLx?n] dgfpg] kj{ / dfGg] wd{sf] hfgsf/L ljleGg hflto afhfx?sf] lrgf/L |  hftLo j]ife"iff emlNsg] lrqx¿ b]vfpFg] / 5nkmn ug]{ . ljBfyL{n] cfkm"n] nufpFg] n'ufsf af/]df k|Zg ug]{ / 5nkmn ug]{ hftLo efifL ljBfyL{nfO{ cfkm"n] nufpFg] k/Dk/fut kf];fs nufP/ cfpg nufpFg] / tL kf];fssf af/]df sIffdf 5nkmn ug]{  ;DjlGwt hflt;Fu ;DalGwt kf];fs k|bz{g u/L :ki6 kfg]{  hflto wd{, ;+:s[lt;Fu ;DalGwt] :ynut cjnf]sg u/fpFg] / 5nkmn ug]{  ;DjlGwt hfltx?sf] wd{, ;+:s[lt;Fu ;DaGwLt lrq, lel8of] k|bz{g / 5nkmn u/fpFg];DjGwLt wd{, ;+:s[lt;Fu ;DaGwL 5kmkmn tyf cGt/lj|mof u/fpFg] hfltut / ;+:sf/ ;+:s[ltut afhfx¿sf] lrq cjnf]sg u/fpFg] tyf pSt afhfx¿ ahfpg cEof; u/fpFg]  k|Zgf]Q/ / 5nkmn  | hfltut kf]zfs / uxgfx?sf] kmf]6f], lel8of]ljleGg k|sf/sf jf:tljs jf kmf]6f], lel8of]x?hftLo ;+:sf/, emNsg] lrq, lel8of] | hflto e]ife';fsf] ;"rL agfpg nufpg] hflto jfhfsf] gfd / ahfpg] tl/sf eGg nufpg]  s'g} Pp6f wfld{s :ynsf af/]df cg'R5]b n]Vg nufpFg] | !& 306L |
| xfd|f] ;Dkbf / ko{6g | –ko{6sLo :yn /ldt]] 8fF8fsf] lrgf/L, dxTj / ;+/If0fsf pkfox? atfpFg . | –ko{6sLo :yn /ldt] 8fF8f | –/ldt] 8fF8fsf] kl/ro, o;sf] wfld{s, P]ltxfl;s / ko{6sLo, dxTj / ;+/If0fsf pkfox? . | –lrq, kf]:6/ k|bz{g u/L/ldt] 8fF8fsf] kl/ro lbg] .– wfld{s, P]ltxfl;s dxTj emNsg] >Aob[Zo ;fdfu|L k|bz{g u/L u/L 5nkmn ug]{–/ldt] 8fF8fsf] :ynut e|d0f u/fO k|ltj]bg tof/ ug{ nufpFg] . | –/ldt] 8fF8fsf] lrq÷ kf]:6/>Aob[Zo ;fdu|L  | –/ldt] 8fF8fsf] P]ltxfl;s, wfld{s dxTj / ;+/Ifsf pkfox? pNn]v ug{ nufpFg] .–:ynut cWoog, cjnf]sg, 5nkmn tyf cGt{s[ofsf] cfwf/df k|lta]bg tof/ kfg{ nufOk|:t'tLs/0f ug{ nufpFg] . | !& 306L |
| k]zf, pwdzLntf / k|ljlw | –:yfgLo k/Dk/fut ;Lk / k|ljlwdf cfwfl/t pBf]u Joj;fo ;DaGwL hfgsf/L lbg – :yfgLo k/Dk/fut k|ljlwx¿jf6 pTkfbLt j:t'x¿sf] kl/ro lbg  | – :yfgLo k/Dk/fut ;Lk / k|ljlwdf cfwfl/t pBf]u Joj;fo  | – :yfgLo k/Dk/fut ;Lk / k|ljlwdf cfwfl/t pBf]u Joj;fo -a]t, af̐; pBf]u, kmlg{r/ pBf]u, cf/g Joj;fo,df6fsf efF8fx? agfpFg] k/Dk/fut ;Lk ltt]kftL k|zf]wg, 8sdL{, l;sdL{, sk8f a'gfO\_ ;DaGwL hfgsf/L – :yfgLo k/Dk/fut k|ljlwx¿jf6 pTkfbLt j:t'x¿sf] kl/ro lbg h:t}M /f8Laf/] hfgsf/L, ltt]kftL k|zf]wgaf6 pTkflbt j:t'af/] hfgsf/L\_ – 3/kfn'jf -ufO{, afv|f, e}F;L, s'v'/f, xfF;, a+u'/\_sf] kl/ro, dxTj / cfjZostf | – :yfgLo k/Dk/fut ;Lk / k|ljlwdf cfwfl/t pBf]u Joj;fo -a]t, af̐; pBf]u, kmlg{r/ pBf]u, cf/g Joj;fo,ltt]kftL k|zf]wg, 8sdL{, l;sdL{, sk8f a'gfO\_ ;~rfngdf /x]sf] 7fpFdf nu]/ cjnf]sg u/fpFg] / ;DaGwLt JolSt;Fu pSt pBf]un] pTkfbg ug]{ ;fdu|Lx¿sf pkof]lutfaf/] 5nkmn ug{ nufpFg] . –:yfgLo k/Dk/fut ;Lk / k|ljlwdf cfwfl/t pBf]u Joj;fo ;DalGwt j[Qlrq k|:t't u/L o;n] xfd|f] ;dfhdf kfg]{ k|efjsf af/] 5nkmn ug{ nufpFg] . | – :yfgLo k/Dk/fut ;Lk / k|ljlwdf cfwfl/t pBf]u Joj;fo ;Fu ;DaGwLt j[Qlrq, kf]:6/, tflnd ;fdu|L lrq, rf6{, kf]:6/ tyf tl:a/x¿ | ؘ–ljBfno glhs}sf] s'g} Ps :yfgLo pBf]usf] cjnf]sg cWoog e|d0f u/L pSt pBf]usf] kl/ro, pTkflbt j:t'sf] pkof]uLtf ;d]6L k|ltj]bg tof/ kf/L k|:t't ug{ nufpFg] – ljBfyL{x¿sf] k|:t'ltsf] cjnf]sg d"Nofª\sg ug]{ . | **!& 306L** |
| :jf:Yo, kf]if0f / ;/;kmfO | –z/L/df kfgLsf] ;xL dfqf af/] atfpFg –b}lgs ?kdf ;xL dfqfdf kfgL lkpFg .–/]zf, af]qmf / rf]s/o'Q vfgfsf] dxTj atfpFg / k|of]u ug{ .–of]u Kf|f0ffodsf] kl/ro, dxTj atfpFg / cEof; ug{ .  | –kfgL lkpg] ;xL dfqf / tl/sf–ef]hgdf /]zf af]qmf, / rf]s/sf] dxTj–k|f0ffodsf] kl/ro, dxTj / cEof; . | –z/L/df kfgLsf] ;xL dfqf / tl/sf–/]zfbf/, af]qmf ePsf] / rf]s/ ePsf] vfg]s'/fsf] kl/ro / dxTj–Kf|f0ffodsf] kl/ro / dxTj–k|f0ffodsf] k|sf/x?M –e:qLsf, e|fd/L, l;tnL, l;tsf/L, –pb\uLt, skfnefFtL, cg'nf]d ljnf]d / logLx?sf] cEof; ug{ . | –z/L/nfO{ cfjZos kg]{ kfgLsf] dfqf / kfgL lkpg] tl/sf–;do tflnsfsf] af/]df >Job[Zo ;fdu|Lsf] k|of]u ul/ 5nkmn ug]{ .–z/L/df kfgLsf] dfqf Go"g jf clws x'Fbf s] s:tf] c;/ k5{ <pbfx/0f ;lxt 5nkmn ug]{ .–/]zf, af]qmf / rf]s/ x'g] cGg, kmnkm"n / t/sf/Lx? s] s] x'g< ;"rL agfpFg nufpg] .–/]zf, af]qmf / rf]s/ gePsf vfg]s'/fsf dxTjsf af/]df 5nkmn u/fpFg] .–k|f0ffodsf kl/ro / dxTj atfpFg] .–:yfgLo lj1sf] ;xfotfn] k|f0ffodsf] k|sf/sf] af/]df cGt/lqmof / cEof; u/fpFg] .–;ft k|sf/sf k|f0ffodsf] lel8of] k|bz{g / cEof; u/fpFg] .  | –kfgL lkpg] tflnsfsf] >Jo b[Zo ;fdu|L/]zf, af]qmf / rf]s/ x'g] t/sf/L, cGg / kmnkm"nsf] rf6{ / jf:tljs j:t'k|f0ffodsf] rf6{, lel8of], kf]i6/, :nfO8 cflb ., | –z/L/df kfgLsf] dfqf / tflnsfaf6 z/L/df k/]sf] c;/ ;f]Wg] .–/]zfbf/, af]qmf ePsf / rf]s/ ePsf vfg]s'/fsf] dxTj n]Vg nufpFg] .–k|f0ffodsf] cy{ / dxTj n]Vg nufpFg] –k|f0ffodsf] cEof; u/fO cjnf]sg ug]{ . | @) 306L |
| jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno | –ljkb\hf]lvd Go"gLs/0fsf] kl/ro lbg**–** ljBfnodf xl/ofnL k|jw{gsf nflu ;l/s x'g | –ljkb\hf]lvd Go"gLs/0f– ljBfnodf xl/ofnL k|jw{g | –ljkb\hf]lvd Go"gLs/0fsf] kl/ro–:yfgLo :t/df /x]sf ljkb\ hf]lvdsf] klxrfg– ljBfnodf xl/ofnL k|jw{gsf nflu If]q 5gf]6 tyf ljlwx¿ | –ljkb\ hf]lvdsf] kl/ro, cfjZostf / dxTjsf af/]df k|:t'lt, 5nkmn, lrq, kf]:6/ / >Job[Zosf ;fdu|Ldfkm{t :k:6 kfl/lbg] –:yfgLo :t/df /x]sf ;Defljt hf]lvdsf] ;"rL k|:t't u/L lsg hf]lvd elgPsf] xf] :ki6 kfl/lbg] –;Defljt ljkb\ hf]lvd Go"gLs/0f ug{ ckgfpg'kg]{ k|lj|mofsf af/]df 5nkmn u/fpFg]– ljBfnodf j[If/f]k0f, s/];faf/L lgdf{0fsf] kl/ro, cfjZostf, dxTjsf af/]df 5nkmn u/fpFg] –ljBfnodf xl/ofnL k|jw{gsf nflu If]q 5gf]6 ljBfyL{x¿sf] ;xeflutfdf u/fpFg] | –lrq, kf]:6/, rf6{ k]k/ / >Job[iosf ;fdu|L– lrq, kf]:6/, >Job[Zo ;fdu|L, rf6{ k]k/ | –ljkb\hf]lvd Go"gLs/0f eGgfn] s] j'em\g'x'G5 <–:yfgLo :t/df k|sf]kaf6 x'g ;Sg] ;Defljt ljkb\nfO{ Go"gLs/0f ug{ s:tf pkfo cjnDag ug{ ;lsG5 To;sf] k|ltj]bg tof/ kfg{ nufpFg]– ljBfyL{nfO{ # cf]6f ;d"xdf ljefhg u/L klxnf] ;d"xnfO{ If]q 5gf]6, bf];|f] ;d"xnfO{ ljBfnodf pknAw If]q cg';f/sf] xl/ofnL k|jw{gsf sfo{ /t];|f] ;d"xnfO{ xl/ofnL k|jw{g ug{ cfjZos ;|f]tsf] jf/]df cWoog k|ltj]bg tof/ kfg{ nufpFg] –k|To]s ljBfyL{nfO{ ljBfnosf] jt{dfg cj:yf / xl/ofnL k|jw{g ul/Pkl5sf] cj:yfsf] jf/]df rf6{ k]k/df t'ngfTds d"Nofª\sg tof/ kfg{ nufpFg] . | **!&306L** |

sIff–&

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **If]q** | **l;sfO pknlAw** | **ljifoj:t'** | **ljifoj:t'sf] lj:t[tLs/0f** | **;DefAo lqmofsnfk** | **lzIf0f ;fdfu|L** | **d"NofÍg k|lqmof** | **kf=ef** |
| xfd|f] gu/kflnsf | – vfFbaf/L gu/kflnsfsf] lzIff, :jf:Yo, vfg]kfgL, oftfot, ;~rf/, l;FrfO cflb ljsf;sf k"jf{wf/x?sf] jt{dfg cj:yf / ;d:of k|:t''tt ug{  | –vfFbaf/L gu/kflnsfsf] ljsf;sf k"jf{wf/x? | –vfFbaf/L gu/kflnsfsf] k"jf{wf/x? M–lzIff M pRr lzIffnox?, ;fd'bflos / ;+:yfut ljBfnox? ltgsf] jt{dfg cj:yf, gu/kflnsfleqsf] z}lIfs tYofÍ –:jf:Yo M gu/kflnsf leqsf :jf:Yo ;]jf k|bfos ;+:yfx?, :jf:Yo ;]jf k|jfxsf] cj:yf– vfg]kfgL M vfFbaf/L gu/kflnsf leq ;~rflnt vfg]kfgLsf] of]hgfx? / ltgsf] jt{dfg cj:yf, ;DefAo ;|f]tx?sf] klxrfg . –oftfot M vfFbaf/L gu/kflnsf If]qleqsf] ;8s, hn / xjfO{ oftoftsf] jt{dfg cj:yf–gu/kflnsf leq ;~rflnt Pkm=Pd=/]l8of] kqklqsf, b'/ ;~rf/ ;]jf,–l;FrfO M vfFbaf/L gu/kflnsfdf ;~rflnt l;+rfO cfof]hgf / ;DefJotfx? cflb ljsf;sf k"jf{wf/x?sf] jt{dfg cj:yfx?–ljsf;sf k"jf{wf/x?sf] lgdf{0fdf b]vfk/]sf ;d:ofx? . | –lzIff M pRr lzIffnox?, ;fd'bflos/ ;+:yfut ljBfnox? / ltgsf] jt{dfg cj:yf, gu/kflnsfleqsf] z}lIfs tYofÍ k|:t't u/L 5nkmn ug]{–:jf:Yo M gu/kflnsf leqsf :jf:Yo ;]jf k|bfos ;+:yfx?, :jf:Yo ;]jf k|jfxsf] cj:yf emNsg] tYofÍ k|:t't u/L 5nkmn ug]{ .– vfg]kfgL M vfFbaf/L gu/kflnsf leq ;~rflnt vfg]kfgLsf of]hgfx? / ltgsf] jt{dfg cj:yf, ;DefAo ;|f]tx?sf] vf]h u/L 5nkmn ug]{ . –oftfot M vfFbaf/L gu/kflnsf If]qleqsf] ;8s, hn / xjfO{ oftoftsf] tYofÍ k|:t't u/L 5nkmn ug]{ .–gu/kflnsf leq ;~rflnt Pkm, kqklqsf, b'/ ;~rf/ ;]jfxsf] tYofÍ k|:t't u/L 5nkmn ug]{ .–l;FrfO M vfFbaf/L gu/kflnsfdf ;~rflnt l;+rfO cfof]hgfsf] tYofÍ k|:t't u/L 5nkmn ug]{ .–ljsf;sf k"jf{wf/x?sf] :ynut cjnf]sg e|d0f u/fO 5'§f5'§} k|ltj]bg tof/ ug{ nufpFg] .– cjnf]sg e|d0fsf cfwf/df b]lvPsf ;d:ofx? l6kf]6 ug{ nufO{ 5nkmn ug]{ . | –ljsf;sf k"jf{wf/x?sf] tYofÍx?sf] ;"rL–ljsf;sf k"jf{wf/x?sf] lrq–ljsf;sf k"jf{wf/x?sf] gd"gf lel8of]x? . | – vfFbaf/L gu/kflnsfsf] lzIff, :jf:Yo, vfg]kfgL, oftfot, ;~rf/, l;FrfO cflb ljsf;sf k"jf{wf/x?sf] tflnsf, :yDjlrq, a[Qlrq lgdf{0f u/L jt{dfg cj:yf / ;d:of k|:t''tt u/]sf cfwf/df d"NofÍg ug]{ .– cjnf]s e|d0fsf] cfwf/df b]lvPsf ;d:ofx? l6kf]6 u/L k|:t't u/]sf cfwf/df d"NofÍg ug]{ . | @# 306L |
| efiff, snf / ;flxTo | –ufpF 6f]nleqsf dft[efiffsf] klxrfg ug{ –sf7sf cfs[ltx? lgdf{0f ug{–:yfgLo uLt ufog tyf g[To ug{ | –ufpF 6f]nleqsf dft[efiffsf] klxrfg–sf7df cfs[ltx? lgdf{0f–:yfgLo uLt tyf g[To | –ufpF jf 6f]nleqsf dft[efiffsf] klxrfg–sf7sf cfs[ltx? -d'ªu|f], lksf{,l9sL,rv]{lkª cflb\_ lgdf{0f–:yfgLo uLt ufog tyf g[To k|:t'lt . | –ufpF6f]nleq uO{ ltgLx?sf] dft[efiffsf] klxrfg u/L gfd pNn]v ug{ nufpFg] .–;fdu|Lx?sf] k|of]u u/L sf7sf cfs[ltx? lgdf{0f ug{ nufpFg] .–;fpG8 l;:6dsf] k|of]u u/L ufog tyf g[Tosf] cEof; u/fpFg]  | –ufpF6f]n leqsf dft[efiffsf];"rL, sf7sf 6'qmfx?, xyf}8f cf/L, sfF6L, vfS;L, –6]k/]s8/, ;fpG8 l;:6d | –ufpF6f]nleq uO{ ToxfF k|of]u x'g] dft[efiffsf] klxrfg u/L gfd pNn]v u/]sf cfwf/df d"NofÍg ug]{ .–sf7sf 6'qmf l;wf u/L sfF6L /fd|/L 7f]Sg, sf6\g, tyf sf7sf cfs[ltx? lgdf{0f ug{ ;s] g;s]sf cfwf/df d"NofÍg ug]{ –clego ;lxt ;fpG8 l;:6dsf] k|of]u u/L ufog tyf g[To ug{ ;s] g;s]sf cfw/df d"NofÍg ug]{ . | !& 306L |
| xfd|f] ;+:sf/, ;+:s'tL / AolQmTj | vfFbaf/L gu/kflnsf leqsf ljleGg hfltx?sf] ;+:sf/ / ;+:s[ltsf] kl/ro ltgLx?sf] ;+:sf/, /xg;xg, j]ife"iffaf/] atfpFg  | gu/ kflnsf leqsf ljleGf hfltsf] ;+:s[lt,;+:sf/ /xg;xg, j]ife"iffsf] kl/ro / k|of]u ug]{ tl/sf tyf dxTj | :yfgLo hfltx?sf ;+:s[ltsf] lrgf/L h:t} nufpFg] n'uf, nx/} 3/ hf]8]/ agfpFg], ;d"xdf a:g], kf6L, kf}jf, wf/f, hfqf, kj{ dgfpFg] / To;sf nflu u'7L, hUuf, k|bfg ug]{ k/Dk/f ePsf]\_  | ljifout 5nkmNf Ps csf{df cfb/ ;Tsf/ h:tf cfb/;"rs, lzi6frf/sf zAb af]Ng nufpFg] cfkm"eGbf 7'nfnfO{ 9f]ue]6 ug'{kg]{ / ;fgfn] 9f]ue]6 ubf{ cfzL{jfb lbg'kg]{ s'/f a'emfO sIffdf k|:t't ug{ nufpFg] lel8of] jf kfj/ KjfOG6sf] k|of]u u/L hfltut afhfsf] k|:t'tLs/0f ug{] :ynut e|d0f  |  ljleGg ;+:s[lt emNsg] lrq, a|f];/ j]ife"iffsf];fdu|Lx¿,  n'uf, uxgf, lrq lel8of]  | ;+:sf/;Fu ;DaGwLt afhfsf] ;"rL agfpFg nufpFg] :ygLo hfltn] nufpFg] kf];fssf] gfd eGg nufpFg] If]q e|d0fsf] k|ltj]bg tof/ ug{ nufpFg] cg'ej cfbfg k|bfg df x'g] ;xefuLtf  | !& 306L |
| xfd|f] ;Dkbf / ko{6g | –vfFbaf/L gu/kflnsf If]qleqsf k|d'v ko{6ssLo–;Dkbfx?sf] kl/ro lbg . | –vfFbaf/L gu/kflnsf If]qleqsf k|d'v ko{6ssLo ;Dkbfx? | –u'7L 6f/9f]nafh]lr;fkfgL u'Daf;lxbkfs{yfn8fF8f5x/] em/gfsf] kl/ro lbg  | –lrq, kf]:6/ k|bz{g u/Ltf]lsPsf k|d'v ko{6sLo ;Dkbfsf] kl/ro lbg] .–wfld{s, P]ltxfl;s dxTj emNsg] >Aob[Zo ;fdfu|L k|bz{g u/L 5nkmn ug]{–ljBfnosf] glhssf] ko{6sLo ;Dkbfsf] :ynut e|d0f u/fO k|ltj]bg tof/ ug{ nufpFg] . | –;Dkbfx?;+u ;DaGwLt tof/ kfl/Psf rf8{, lrq, lel8of] lSnk cfbL, >Aob[Zo ;fdfu|L,  | –ljBfnosf] glhssf] ko{6sLo ;Dkbfsf] cWoog, cjnf]sg, 5nkmn tyf cGt{s[ofsf] cfwf/df k|lta]bg tof/ kfg{ nufO{ k|:t'tLs/0f ug{ nufpg] . | !&306L |
| k];f, pBdzLntf / k|ljlw | –vfFbaf/L gu/kflnsf If]q leq;~rflnt Aofj;fosf] kl/ro atfpFg .–vfFbaf/L gu/kflnsf leq ;~rflnt Aofj;foaf6 cfly{s If]qdf k/]sf] k|efj atfpFg . | –vfFbaf/L gu/kflnsf If]qleq ;~rflnt Aofj;fo | –vfFbaf/L gu/kflnsf leq ;~rflnt Aofj;fx? M -s'v'/f kmd{, aªu'/ kmd{, g]kfnL sfuh ˆofS6«L, ufO kmd{, lkpg] kfgL k|zf]wg Aofj;fo cflb . | –ljBfnosf] glhsdf /x]sf] jf vfFbaf/L gu/kflnsf If]qleq ;~rflnt Aofj;fox?sf] :ynut cjnf]sg e|d0f u/L hfgsf/L lng] / Aofj;fosf] dxTj a'Fbfut ?kdf n]Vh nufpFg] .–cjnf]sg e|d0dff ;dGjlwt Aofj;flo;Fu 5nkmn u/L Aofj;fon] cfly{s If]q -hLjg :t/df ePsf] a[l4, /f]huf/Lsf cj;/sf] ;[hgf/ cfocfh{g\_ df k'¥ofPsf] ;sf/fTds kIfnfO{ ;d]6]/ k|ltj]bg tof/ u/L a'Fbfut ?kdf k|:t't ug{ nufpFg] .–vfFbaf/L gu/kflnsf leq ;~rflnt Aofj;fosf] ;"rL tof/ ug{ nufpFg] . | –vfFbaf/L gu/kflnsf If]q leq ;~rflnt Aofj;fox?sf] ;"rL .–ljleGg Aofj;fo;Fu ;DjlGwt kf]:6/, a[Qlrq cflb | – vfFbaf/L gu/kflnsf leq ;~rflnt Aofj;fox?sf] kl/lbg nufpFg] .– Aofj;fo ;~rfngaf6 /f]huf/Lsf] If]qdf kg]{ k|efj eGg / n]Vg nufpFg] .–Aofj;fon] Aof;flosf] hLjgdf kg]{ ;sf/fTds k|efx? a'Fbfut ?kdf n]Vg / eGg nufpFg] . | !& 306L |
| :jf:Yo, kf]if0f / ;/;kmfO{ | –cDnLo / Iff/Lo vfgfsf] kl/ro / pbfx/0f lbg .–Jofofdsf] kl/ro lbg / ;fdfGo cEof; ug{ .–b}lgs hLjgdf Wofgsf] dxTj atfpFg / cEof; ug{ . | –cDnLo / Iff/Lo u'0f ePsf] vfgf–Jofofdsf] kl/ro;sf/fTds ;f]+rfO{ / rl/q lgdf{0f–Wofgsf] kl/ro, dxTj / cEof; | –cDnLo / Iff/Lo u'0f ePsf] vfgfsf] kl/ro / dxTj–cDnLo / Iff/Lo vfgfsf] dfqf–Jofofdsf] kl/roof]uf;g / Jofofddf leGgtf–of}lus ;'Id Jofofd;sf/fTds ;f]+r / rl/q lgdf{0fdf of]usf] dxTj–Wofgsf] kl/ro / dxTj–Wofgsf k|sf/M c+s u0fgf, Zjf;g cfgfog, k|sfz lzyLlns/0f, nIo –:d/0f, WjgL, Wofgsf] ;fdfGo cEof; | –cDnLo / Iff/Lo u'0f ePsf] vfgfsf] ;"rL agfpFg nufO{ pQm vfg]s'/fsf] af/]df 5nkmn u/fpFg] .–cDnLo / Iff/Lo vfg]s'/fsf] dxTj / km/s af/] ;lrq tyf >Job[Zo ;fdu|L ;lxt atfpFg] .–Jofofdsf] cy{ atfpFg] .–of]uf;g / Jofofd aLr x'g] km/s a'emfpgsf nflu kf]i6/, lel8of] nufotsf ;fdu|L k|of]u ul/ 5nkmn u/fpFg] .–of}lus ;'Id Jofofddf ;fdfGo Jofofdsf] cEof; u/fpFg] .–;sf/fTds ;f]+r / rl/q lgdf{0fdf of]usf]cg'ejL JolQm;Fu s'/fsfgL u/fpFg] .–v'zL /xg] / v'zL aGg] tl/sf atfpFg]–o" 6\o"a / ;fdflhs ;~hfndf ;fdu|L vf]hL ul/ lel8of] k|bz{g ug]{ a'Fbf l6kf]6 ug]{ / v'zL aGg d¢t ug]{ .–Wofgsf] kl/ro / dxTjsf af/]df tof/ kfl/Psf] lrq, kfj/ KjfOG6 / lel8of] k|bz{g ul/ 5nkmn ug]{ .–Wofgsf af/]df :yfgLo lj1sf] ;xof]udf cEof; u/fpFg] . | –cDnLo / Iff/Lo vfgfsf] ;"rL–cDnLo / If/Lo vfgfsf] lrqx?Jofofd / of]uf;gsf] kf]i6/x?–;sf/fTds ;f]+r ;DaGwL kfj/ KjfOG6, :nfO8 tyf lel8of] ;fdu|L–Wofg u/]sf] kf]i6/, lel8of] tyf kfj/ KjfOG6 :nfO8x? cflb . | –cDnLo / Iff/Lo u'0f ePsf vfgfsf] ;"rL agfpFg, eGg / n]Vg nufpFg] .–cDnLo / Iff/Lo u'0f ePsf vfgfsf] k|efj eGg / n]Vg nufpFg] .–Jofofd u/]sf] cjnf]sg ug]{ .–Wofgsf k|sf/x? ;f]Wg] .b}lgs hLjgdf Wofgsf] dxTj n]Vg nufpFg] .–ljBfyL{x?nfO{ Wofg ug{ nufO{ cjnf]sg ug]{ / cfjZostf cg';f/ k[i7kf]if0f lbg] . | @) 306L |
| jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno | – ljkb\hf]lvdjf6 aRg] pkfosf] cjnDag ug{– xl/t ljBfnosf] cjwf/0ffaf/] cjut x'g | – ljkb\ hf]lvd Go"gLs/0fsf pkfo– xl/t ljBfnosf] cjwf/0ff | – k"j{tof/L -em6k6 emf]nf\_, k"j{ cEof;, k|fylds pkrf/ – xl/t ljBfnosf] kl/ro, cfjZostf, dxTj, cfwf/e"t kIfx¿–xl/ofnL k|jw{g, kmf]xf]/ Joj:yfkg, kfgL ;+/If0f, pmhf{ d}qL ljBfno, l;sfO s]Gb| . | – :yfgLo ljkb\af6 x'g ;Sg] Ifltsf af/]df 5nkmn u/fpg], – ljkb\k"j{tof/Lsf nflu ljlwx¿ cjut u/fpFg], h:t} M em6k6 emf]nf – ;Defljt ljkb\sf] k"j{cEof; u/fpFg] – k|fylds pkrf/sf ;fdu|Lsf af/]df hfgsf/L u/fpFg]– xl/t ljBfnosf] cjwf/0ffaf/] ljBfyL{x¿ 5nkmn u/fpFg] – gd'gf xl/t ljBfnodf x'g'kg]{ cwf/e't kIfsf] hfgsf/L lbg] – ljleGg 7fpFdf /x]sf xl/t ljBfnosf af/]df lrq, kf]:6/ jf j[tlrqsf] dfWodaf6 hfgsf/L lbO{ cfkm\gf] ljBfnonfO{ s;/L xl/ofnL agfpFg ;lsG5 eg]/ 5nkmn u/fpFg . | –lrq, kf]:6/, j[tlrq, em6k6 emf]nf, k|fylds pkrf/sf cfwf/e"t ;fdu|L– gd"gf xl/t ljBfnosf af/]df lrq, kf]:6/, >Job[Zo ;fdu|L, rf6{ k]k/ | – ljkb\hf]lvd Go"gLs/0fsf pkfox¿ ;"lr agfpFg nufpg] – 3/df /flvg] em6k6 emf]nf agfpg nufpFg] – cfkm\gf] 3/sf nflu tof/ kfl/g] k|fylds pkrf/sf ;fdu|L tof/ kfl/ sIffsf]7fdf k|:t't ug{ nufpFg]– cfkm\gf] ljBfnonfO{ xl/t ljBfno agfpFgsf nflu sfo{of]hgf agfO{ k|:t't ug{ nufpFg] . | !& 306L |

sIff–\*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **If]q** | **l;sfO pknlAw** | **ljifoj:t'** | **ljifoj:t'sf] lj:t[tLs/0f** | **;DefAo lqmofsnfk** | **lzIf0f ;fdfu|L** | **d"NofÍg k|lqmof** | **kf=ef** |
| xfd|f] gu/kflnsf | – gu/kflnsf] gu/;ef, gu/sfo{kflnsf / Golos ;ldltsf] kl/ro lbg .–gu/kflnsfsf] gu/;ef, sfo{kflnsf / Golos ;ldltsf];+/rgf af]w u/L ltgsf sfo{x? atfpFg . | –gu/kflnsfsf] gu/;ef, gu/sfo{kflnsf / Golos ;ldltsf] kl/ro / sfo{ | –gu/ Joj:yflksfsf] kl/ro / sfo{ .–gu/sfo{kflnsfsf] kl/r / sfo{ .–sf] kl/ro / Golos ;ldltsf] sfo{ . | –vfFbaf/L gu/kflnsf;Fu ;dGjo u/Lgu/;ef, gu/ sfo{kflnsf / Golos ;ldltsf] cjnf]sg e|d0f u/fO{ kl/ro lbg nufpFg] .– :ynut e|d0fsf] cg'ej ;d]6L ;d"xut k|ltj]bg n]vL k|:t'lt ug{ nufpFg] .–vfFbaf/L gu/kflnsfsf] gu/;ef,gu/ sfo{kflnsf / Goflos ;ldltsf] ;+/rgfsf] lrq k|:t't ub}{ tLgj6} ;+/rgfsf] sfdsf] ljifodf 5nkmn ug]{ . | – vfFbaff/L gu/kflnsfsf] ;+/rgfTds lrq jf gS;f –gu/;ef, gu/ sfo{kflnsf / Golos ;ldltsf] sfo{sf] ;"rL  | –;d"xut ?kdfgu/;ef, gu/ sfo{kflnsf / Golos ;ldltsf kl/ro lbg nufpFg] .–cjnf]sg e|d0fsf cfwf/df gu/;ef, gu/ sfo{kflnsf / Golos ;ldltsf] ;+/rgf / sfo{x? ;d]6Lk|ltj]bg tof/ ug{ nufO{ d"Nofª\sg ug]{ . | @# 3G6L |
| efiff, snf / ;flxTo | –gu/kflnsf leqsf dft[efiffx?sf] klxrfg u/L kl/ro lbg –:yfgLo ;flxTosf/, snfsf/x?sf] klxrfg u/L kl/ro lbg–:yfgLo uLt tyf g[Tox?sf] klxrfg u/L cEo:t x'g . | –gu/kflnsf leqsf dft[efiffsf] kl/ro÷klxrfg –:yfgLo ;flxTosf/, snfsf/x?–:yfgLo uLt tyf g[To . | –gu/kflnsfleqsf dft[efiffsf] kl/ro÷klxrfg –:yfgLo uLt tyf g[To -;lª\ugL, afng, r08L, k'tnL gfr cflb\_ | –gu/sf s]xL 7fpFdf uOToxfFsf dft[efiffsf] klxrfg u/L gfd pNn]v ug{ nufpFg] .–dft[efiff n]lvPsf] rf6{ k|bz{g u/L gu/kflnsfleqsf cGo dt[efiffx?sf] ;d]t klxrfg u/fpFg] .–hg;ª\Vof a;f]jf; ug]{ :yfg hg;+Vof, k|d'v ;+:sf/ cflbsf cfsf/df gu/kflnsfleqsf dft[efiffx?sf] kl/ro lbg nufpFg] –:yfgLo ;flxTosf/, snfsf/x?klxrfg u/L kl/ro lbg nufpFg] .–:yfgLo uLt tyf g[Tox?sf] klxrfg u/L To;df s]xL cEof; ug{ nufpFg] . | **–**dft[efiff n]lvPsf] rf6{, :yfgLo slj4f/f lnlvt sljtf ;ª\u|x?sff uLlt PNjdx?, 6]k/]s8/÷;fpG8 l;:6d lel8of] | –gu/kflnsfleqsf -dft[efiffx?sf] klxrfg ug{ ;s] g;s]sf cfwf/df d"NofÍg ug]{ . –gu/kflnsfleqsf dft[efiffx?sf] kl/ro lbg ;s] g;s]sf cfwf/df d"NofÍg ug]{ .–:yfgLo ;flxTosf/, snfsf/x?sf] klxrfg u/L kl/ro lbg ;s] g;s]sf cfwf/df d"NofÍg ug]{ .–:yfgLo uLt tyf g[Tox?sf] klxrfg / cEof;sf cfwf/df d"NofÍg ug]{ . | **!& 306L** |
| xfd|f] ;+:sf/, ;+:s'tL / AolQmTj | ;+:s[ltsf] kl/ro lbgvfbaf/L gu/kflnsf leq j;f]jf; ug]{ hftLsf] j]ife"iff / k|of]u ug]{ tl/sf atfpFg  zª\v, k~r]afhf, d'r'{ª\uf, dfbn, em\ofnL, v}Fh8L / ljgfof]sf] kl/ro lbg ljleGg hfthfltsf x¿sf] ;+:sf/ / ;+:s[ltsf af/]df atfpFg | ;:sf/, ;+:s[ltsf] kl/ro zª\v, k~r]afhf, d'r'{ª\uf, dfbn, em\ofnL, v}Fh8L / ljgfof]sf] kl/ro vfbaf/L gu/ leqsf hftLx?sf] ;+:sf/ / ;+:s[lt ljleGg hfthfltsf ;femf ;+:s[lt |  ;+:sf/, ;+:s[ltsf] hfgsf/L ;+:sf/, ;+:s[ltemNsg] u/uxgf tyf j]ife"iffsf] lrgf/L . b;}F, ltxf/, tLh, hg}k"l0f{df, ;fpg] ;ª\j|mflGt df3],;ª\j|mflGt,SjfG6L k"0fL{df , ;fs]nf, Nxf];f/, h:tf rf8kj{sf] lrgf/L . zª\v,k~r]afhf, d'r'{ª\uf, dfbn, em\ofnL, v}Fh8L / ljgfof]sf] lrgf/L u'?ª, /fO{, du/, tfdfª, blnt h:tf ljleGg hfthfltsfx¿sf] ;+:sf/ / ;+:s[lts lrgf/L . | ljjfx, j|tjGw, >f4, d[To' kl5sf] bfx;+:sf/sf af/]df 5nkmn ug]{ / ;Dej ePdf lel8of] k|b{zg ug{] bf}/f, ;'?jfn, 6f]kL, u'Go" rf]nf] , ltnx/L, df/jf8L, gf}u]8L ;lxt nufPsf] lel8of] b]vfpFg]  b;}F, ltxf/, lth, hg}k"l0f{df, ;fpg] ;ª\j|mGtL, df3] ;ª\j|mfGtL SjfG6L, ;fs]nf h:tf rf8kj{sf] lel8of] b]vfpFg] / cGt/lj|mof u/fpFg]  zª\v, k~r]afhf, d'r'{ª\uf, dfbn, em\ofnL, v}Fh8L / ljgfof] jfhf jhfpFg l;sfpFg] ljleGg hfthfltsfx¿sf] ;+:sf/ / ;+:s[lts kj{sf af/]df 5nkmn ug]{ / o:tf kj{df k|of]u x'g] ;fdu|Lsf] k|b{zg ug{]  |  lrq, lel8of]  n'uf / ux/uxgf nufPsf] t:jL/ lrq, lel8of] cfbL .  kf]:6/ , lrq  afhfsf] lel8of]>f]t AolQm | j}jflxs ;+:sf/ s;/L ul/G5 eGg j0f{g ug{ nufpFg] !^ ;+:sf/ \*$ k"hf ljlw ;fd"lxs ¿kdf eGg / j0f{g ug{] ;DjlGwt ljifodf 5f]6f 5f]6f k|Zgx? lgdf{0f u/L k|Zgf]Q/ ug]{, 5nkmn / cGt/lqmofdf ePsf] ;lqmotfnfO{ x]/L d'Nofª\sg ug]{ | !& 306L |
| xfd|f] ;Dkbf / ko{6g | –ko{6sLo tyf wfld{s :yn dgsfdgfsf] lrgf/L, dxTj / ;+/If0fsf pkfox? atfpFg . | –ko{6sLo tyf wfld{s :yn dgsfdgf wfd | –ko{6sLo tyf wfld{s :yn dgsfdgf wfdsf] kl/ro, o;sf] wfld{s, P]ltxfl;s / ko{6sLo, dxTj / ;+/If0fsf pkfox? . | –lrq, kf]:6/ k|bz{g u/Lko{6sLo tyf wfld{s :yn dgsfdgf wfdsf] kl/ro lbg] .–wfld{s, P]ltxfl;s dxTj emNsg] >Aob[Zo ;fdfu|L k|bz{g u/L 5nkmn ug]{ .–ko{6sLo tyf wfld{s :yn dgsfdgf wfdsf] :ynut e|d0f u/fO{ k|ltj]bg tof/ ug{ nufpFg] . | –/ldt] 8fF8fsf] lrq÷ kf]:6/>Aob[Zo ;fdu|L  | –ko{6sLo tyf wfld{s :yn dgsfdgf wfdsf]P]ltxfl;s, wfld{s dxTj / ;+/Ifsf pkfox? pNn]vx? ug{ nufpFg] .–:ynut cWoog, cjnf]sg, 5nkmn tyf cGt{s[ofsf] cfwf/df k|lta]bg tof/ kfg{ nufO{ k|:t'tLs/0f ug{ nufpFg] . | **!& 306L** |
| k];f, pBdzLntf / k|ljlw | – :yfgLo If]qdf x'g]/ ub}{ cfO{/x]sf v]tLsf] kl/ro lbg – ko{6g Aoj;fo ;DaGwL hfgsf/L / dxTj k|:t't ug{ . | – :yfgLo If]qdf x'g]/ ub}{ cfO{/x]sf v]tLsf] kl/ro – ko{6g Aoj;fo ;DaGwL hfgsf/L / dxTj | – :yfgLo If]qdf x'g] / ub}{ cfO{/x]sf -cfn' v]tL, hl8a'6L v]tL / k|zf]wg, wfg, ds}, ux'F, sf]bf], sfutL / ;'Gtnf v]tL\_ v]tLsf] kl/ro – :yfgLo If]qdf ko{6g Joj;fosf] dxTj | – :yfgLo If]qdf x'g]÷ub}{ cfPsf v]tLkftL -cfn' v]tL, h8La'6L v]tL / k|zf]wg, wfg, ds} ÷ux'F÷ sf]bf], sfutL / ;'Gtnf v]tL\_ sf af/]df hfgsf/L lbg] – ljBfno glhs} ePsf] pNn]lvt v]tLkftL ePsf] :yfgdf cjnf]sg e|d0f u/fO ToxfF s'g} Ps s[lif pTkfbgsf] dxTj / To;n] :yfgLo If]qdf kf/]sf] k|efjaf/] :yfgLo s[ifs÷s[lif Joj;foL;Fu 5nkmn u/L a'Fbfut ¿kdf l6kf]6 ug{ nufpFg] .– :yfgLo :t/df ePsf ko{6sLo If]q tyf ko{6g Joj;fosf] ;"rL agfO{ k|:t't ug]{ .– :yfgLo :t/df ePsf] s'g} ko{6g Joj;fo ;~rfng ePsf] 7fpFdf cjnf]sg e|d0f u/fO{ ko{6g Joj;foL;Fu e]6 u/fO{ To;sf kmfObfx¿sf af/]df 5nkmn ug]{ .– ko{6g Joj;fo ;~rfngaf6 :yfgLo ;d'bfodf kfg]{ ;s/fTds k|efjx¿ - cfly{s, ;fdflhs\_ sf af/]df :yfgLo lj1;Fu cGtlj|mof u/fO;d"xut ¿kdf k|ltj]bg tof/ kfg{ nufpFg] / k|:t't ug{ nufpFg] . | – :yfgLo If]qdf x'g]÷ub}{ cfPsf v]tLkftL x'Fb} cfPsf afnLx¿sf] lrq;lxtsf] ;"rLrf6{ – s[lif k|0ffnL ;DaGwL >Job[Zo ;fdu|L, k':ts, a|f];/, cflb – ko{6g Joj;fo ;DaGwL hfgsf/Ld"ns >Job[Zo ;fdu|L, k':ts, a|f];/, cflb . | – cfk"m a;f]af; ug]{ tyf cfˆgf] ljBfno jl/k/Lsf] 7fpFdf ub}{ cfPsf ljleGg s[lifafnLx¿sf] ;"rL agfO{ k|:t't ug{ nufpFg] . – :yfgLo If]qdf x'g]÷ub}{ cfPsf v]tLkftLsf kmfObfx¿ a'Fbfut ¿kdf n]vL k|:t't ug{ nufpFg] .– ko{6g Joj;fosf] kl/ro lbg nufpFg] . – ko{6g Joj;fo ;~rfngaf6 x'g] kmfObfx¿ ;d]6]/ lgaGw n]vg k|ltof]lutfsf] cfof]hgf ug]{ .– ljBfyL{x¿n] tof/ kf/]sf] k|ltj]bgsf] d"Nofª\sg ug]{ . | !&306L |
| :jf:Yo, kf]if0f / ;/;kmfO{ | –Eff]hgsf] kl/ro / k|sf/ atfpFg .–cf;gsf] kl/ro lbg / cEof; ug{ . | –Eff]hg tyf kf]if0fsf] Joa:yfkg–of]uf;gsf] kl/ro / k|sf/ | –Eff]hgsf] kl/ro / k|sf/M–;flTjs, /fh;L, tfd;Ls:jf:Yo / ;Gt'lnt cfxf/–cfxf/ ;'l¢ / lrQ ;'l¢–k|fs[lts lrlsT;f / kf}li6s cfxf/–of]uf;gsf] kl/ro / dxTj;"o{ gd:sf/–of]uf;gsf] k|sf/x?M l;¢f;g kb\df;g, zzfsf;g, dG8'sf;g, ds{6f;g, kjgd'Stf;g, wg'iff;g, uf]d'vf;g, ;jf;g, xnf;g / cEof; . | –;flTjs, /fh;Ls / tfdf;Ls vfg]s'/fsf] ljz]iftfsf af/]df 5nkmn u/fpg] / tLg} k|sf/sf vfg]s'/f vfFbfsf] cg'ej ljBfyL{nfO{ eGg / n]Vg nufpg] .–Eff]het]/ / rf8kj{sf] vfgfsf] ;fw/0f vfgf;Fu t'ngf u/]/ b]vfpFg].–;fltjs ef]hgsf] k|of]uaf6 x'g] kmfObfx? AftfpFg]–;"o{ gd:sf/sf] lel8of] k|bz{g ug]{ –;"o{ gd:sf/ lzIfsn] u/]/ b]vfpg] / ljBfyL{nfO{ klg ;Fu} cEof; ug{ nufpFg] .–;"o{ gd:sf/sf] dxTjsf] af/]df 5nkmn ug]{–of]uf;gsf] kl/ro, k|sf/, cfjZostf / dxTjsf af/]df 5nkmn ug]{ .–of]uf;gsf af/]df :yfgLo lj1;Fu 5nkmn tyf cGt/lqmof u/fpFg] –of]uf;gsf] pkof]lutf atfpg];"o{ gd:sf/ nufot ljleGg k|sf/sf of]uf;g k|bz{g ul/ ljBfyL{x?nfO{ cEof; ug{ nufpFg]  | –;fltjs, /fh;Ls / tfdf;Ls ef]hg cGt/ut kg]{ vfgfx? –pNn]lvt rf6{;"o{ gd:sf/sf] lrq, kf]i6/ tyf lel8of]–of]uf;gsf] lrq, kf]i6/ / lel8of] cflb .  | –;flTjs, /fh;Ls tyf tfdf;Ls ef]hgsf] ;"rL agfpFg, eGg / n]Vg nufpg] .–;"o{ gd:sf/sf] cEof; ug{ nufO cjnf]sg ug]{ .ljleGg k|sf/sf cf;gx?sf] cEof; ug{ nufO{ cjnf]sg ug]{ / cfjZostf cg';f/ k[i7kf]if0f lbg] . | @) 306L |
| jftfj/0f, k|sf]k / xl/t tyf ;'/lIft ljBfno | – xl/t ljBfnosf] cjwf/0ffnfO{ cfkm\gf] b}lgs hLjgdf cjnDag ug{– Osf] Snadf ;xeflu eOsfo{ ug{ | – xl/t ljBfno / l;sfO – Osf] Sna | – xl/t ljBfnosf] sfo{of]hgf, If]q lgwf{/0f, xl/t ljBfno lgdf{0f cEof;– Osf] Snasf] kl/ro, u7g k|lj|mof, p2]Zo, sfd st{Jo / clwsf/, Osf] Snasf] cfjZostf | – xl/t ljBfno x'g cfjZos kg]{ cfwf/e"t kIfx¿sf] cjut u/fpFg] – cfkm\gf] ljBfnodf cjnDjg ug{ ;lsg] cfwf/e"t kIfx¿sf] 5nkmn u/fpFg] – ljBfyL{x¿nfO{ xl/t ljBfno lgdf{0fsf] cEof; u/fpFg] – Osf] Snasf] kl/ro, dxTj cflbsf] jf/]df 5nkmn u/fO{ Osf] Snasf] u7g ug{ nufpFg] . | –rf6{ k]k/, >Job[io ;fdu|L, rf6{ k]k/–rf6{ k]k/, >Job[io ;fdu|L | – ;d"xdf /xL sfo{ ljefhg u/L xl/t ljBfnosf] s'g} Ps cfwf/e"t kIfsf] sfo{Gjog ug{ nufpFg]– Osf] Snan] jif{ el/ ug]{ lj|mofsnfksf] sfo{ of]hgf agfpg nufpFg] . | !&306L |

**^ kf7\o3G6L / cª\s ljefhg tflnsf**

sIffM !–\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| s|=;= | If]q | sIff !–# | sIff $–% | sIff ^–\* |
| kf7\o 306L | cÍef/ | kf7\o 306L | cÍef/ | kf7\o 306L | cÍef/ |
| ! | xfd|f] gu/kflnsf | #% | @@ | #% | @@ | @# | !( |
| @ | efiff, snf / ;flxTo | !( | !@ | !( | !@ | !& | !# |
| # | xfd|f] ;+:sf/, ;+:s'tL / AolQmTj | !( | !@ | !( | !@ | !& | !# |
| $ | xfd|f] ;Dkbf / ko{6g | !( | !@ | !( | !@ | !& | !# |
| % | k];f, pwdzLntf / k|ljlw | !( | !@ | !( | !@ | !& | !# |
| ^ | :jf:Yo, kf]if0f / ;/;kmfO{ | @^ | !^ | @^ | !^ | @) | !^ |
| & | jftfj/0f k|sf]k / xl/t tyf ;'/lIft ljBfno | @# | !$ | @# | !$ | !& | !# |
|  | hDdf | !^) | !)) | !^) | !)) | !@\* | !)) |

**& l;sfO ;xhLs/0f k|lj|mof**

o; kf7\oj|mdnfO{ ljBfnodf ljBfyL{x¿aLr k|efjsf/L lzIf0f ug{sf nflu kf7\oj|md, kf7\ok':ts, lzIfs lgb]{lzsf, ;Gbe{ ;fdu|L, j]jdf cfwfl/t ;fdu|L / :yfgLo lj1;Fusf] cGt/lj|mofnufotsf] clwstd k|of]u ug'{ kg]{5 . l;sfO ;xhLs/0f ug{ b]xfosf ljlwx¿ ckgfpg ;lsg] 5 M

**-s\_ cfwf/e"t lzIf0f ljlwM**5nkmn ljlw, k|Zgf]Q/ ljlw, cjnf]sg ljlw, If]q e|d0f ljlw, k|bz{g ljlw, v]n ljlw, vf]h ljlw, ;d:of ;dfwfg ljlw, cEof; ljlw

**-v\_ cg';Gwfgdf cfwfl/t lzIf0f ljlw M** sfo{d"ns cg';Gwfg, dfldnf cWoog, kl/of]hgf sfo{, :ynut cWoog

**-u\_ a}slNks lzIf0f ljlw M**>Job[Zo ljlw, ;ª\uLt lzIf0f ljlw, syfsyg ljlw, ;"rgf tyf ;~rf/ k|ljlwdf cfwfl/t ljlw, ;xkf7L cjnf]sg ljlw

**\*= ljBfyL{ d"Nofª\sg k|lj|mof**

 ljBfyL{ d"Nofª\sg b]xfosf ljlw / k|lj|mofsf] cfwf/df ul/g] 5 M

! cfwf/e"t txdf lgdf{0ffTds÷;'wf/fTds d"Nofª\sg k4ltsf cfwf/df ljBfyL{sf] l;sfOnfO{ dfkg ug]{ k|fjwfg g]kfn ;/sf/, kf7\oj|md ljsf; s]Gb|n] lgwf{/0f u/]cg';f/ lgdf{0ffTds d"Nofª\sg k4ltnfO{ cjnDag ul/g] 5 .

@ ljBfyL{x¿sf] d"Nofª\sg ubf{ lgdf{0ffTds (Formative) k4lt tyf lg0f{ofTds (Summative)k4lt, ;}4flGts / k|of]ufTds (Theoritical and Practical)b'j} ckgfpg'kg]{ 5 .

# :yfgLo ljifosf] k7gkf7gåf/f ljBfyL{x¿n] cfkmF} u/]/ l;Sg] jf cjnf]sg u/]/ l;Sg] ePsfn] lgoldt ¿kdf ljBfyL{x¿n] u/]/ l;Sg] jf cjnf]sg u/]/ l;Sg tyf k[i7kf]if0f k|bfg u/L k|fKt k|ltj]bgsf] cfwf/df d"Nofª\sg ug]{ k|lj|mofnfO{ k|f]T;fxg ul/g]5 .

$ k|To]s ljBfyL{sf] sfo{ ;~rlosf (Portfolio) kmfO{n /xg] 5 / To;leq ljBfyL{sf] sIff sfo{, kl/of]hgf sfo{, pknlAw k/LIff, Jojxf/ kl/jt{g, cjnf]sg, xflh/L, ;fd"lxs sfo{df ;lj|motfsf clen]v /fvL ;f]xL cfwf/df d"Nofª\sg ul/g] 5 .

% sIff !–# df lg/Gt/ d"Nofª\sg k4ltsf cfwf/df sIff]Gglt ul/g] 5 . sIff !–# sf] d"Nofª\sg kZrft\ ljBfyL{x¿sf] tx jf >]0fL ljefhg ubf{ lg/Gt/ ljBfyL{ d"Nofª\sg ;DaGwL clen]lvs/0fsf] k|lj|mof ckgfOljBfyL{sf] l;sfO pknlAwnfO{ æsÆ, ævÆ / æuÆ tLg >]0fLdf ljefhg ug{'kb{5 .

^ sIff $–% df %)Ü lg/Gt/ d"Nofª\sg k4lt -lgdf{0ffTds k4lt\_ / %)Ü lg0f{ofTds -aflif{s k/LIff\_ af6 ljBfyL{sf] d"Nofª\sg ul/]g] 5 . laBfyL{nfO{ sIff]Gglt lgdf{0ffTds / lg0f{ofTds b'j} k4ltsf cfwf/df ul/g] 5 .

& lgdf{0ffTds d"Nofª\sgdf cf};t pknlAw xfl;n u/]sf t/ lg0f{ofTds d"Nofª\sgdf cg'QL0f{ ePsf ljBfyL{x¿sf xsdf ;DalGwt cleefjs, sIff jf ljifo lzIfs, / k|wfgfWofkssf] lg0f{oaf6 sIff]Gglt ug{ ;lsg] 5 .

\* sIff ^–& df ^)Ü lg0f{ofTds -jflif{s k/LIff\_ / $)Ü lgdf{0ffTds -lg/Gt/ d"Nofª\sg k4lt\_ af6 ljBfyL{sf] d"Nofª\sg ul/g] 5 . lgdf{0ffTds / lg0f{ofTds b'j} k4ltsf cfwf/df ljBfyL{nfO{ sIff]Gglt ul/g] 5 .

( cfwf/e"t txsf] cGTo -sIff \*\_ df ^)Ü lg0f{ofTds -aflif{s k/LIff\_ / $)Ü lgdf{0ffTds÷k|of]ufTds k4ltaf6 ljBfyL{sf] d"Nofª\sg ul/g] 5 . lgdf{0ffTds / lg0f{ofTds b'a} k4ltsf cfwf/df ljBfyL{nfO{ sIff]Gglt ul/g] 5 . lnlvt d"Nofª\sgsf] pQL0ff{ª\s $) Ü x'g] 5 .

!) =ljBfyL{x¿sf] d"NNofª\sg ubf{ 1fg tx (Knowledge Level)sf clt 5f]6f k|Zgx¿, af]w tx (Understanding Level) sf 5f]6f k|Zgx¿ / pRr tx (Higher Abilities) sf nfdf] pQ/ lbg'kg]{ lsl;dsf k|Zgx¿ ;dfa]; ug'{kg]{ 5 .

!! k|of]ufTds lj|mofsnfksf] d"Nofª\sg ubf{ cWoog e|d0fsf] k|ltj]bg, ljleGg gd"gfx¿ agfO k|:t't ug]{, ljifoj:t';Fu ;DalGwt /xL clego u/]/ b]vfpFg] cflb lj|mofsnfkx¿ ;~rfng ug'{ kg]{5 . o;leq ljifoj:t'sf] 1fg, af]w, ;Lksf] Ifdtf, a'emfOsf] k|:t'tLs/0f, Jojxf/ kl/jt{g h:tf kIfx¿ ;d]6\g'kg]{ 5 .

!@ k|of]ufTds k/LIff ;~rfng ubf{ :yfgLo jftfj/0f, k|b"if0f, kmf]xf]/ Joj:yfkg, /xg;xg, /Lltl/jfh, k|sf]k÷ljkb\, ;fdflhs d"NodfGotf tyf :yfgLo k];f Joj;fonfO{ ;d]6\g] lsl;dsf lj|mofsnfkx¿ u/fpg'kg]{ 5 . 13 sIff !b]lv \* ;Ddsf] lg/Gt/ ljBfyL{ d"Nofª\sg ug{sf nflu ?la|S;sf] ljsf; ul/g] 5 . ?la|S;nfO{ ljBfyL{ d"Nofª\sgsf] cleGg cª\u agfO{+g] 5 . ljBfyL{ d"Nofª\sg ;DaGwL cGo ljlw / k|lj|mof /fli6«o kf7\oj|md k|f¿kdf pNn]v u/]sf] k|fjwfg k|lts"n gx'g] u/L cg';"rL-! df pNn]v u/]adf]lhd x'g] 5 .

**( kf7\oj|mdsf] sfof{Gjog k|lj|mof**

o; kf7\oj|mdsf] sfof{Gjog ug{ k|wfgfWofks tyf lzIfssf] e"ldsf dxTjk"0f{ x'g] 5 . ljBfyL{x¿nfO{ :yfgLo jftfj/0fsf] cjnf]sg u/fO{+g] 5 . kl/of]hgf sfo{ / k|ltj]bgsf] dfWod cjnDag ul/g] 5 . :yfgLo ;d'bfosf lj1, a'l4hLjL, lzIffk|]dL, ;dfh;]jL Pjd\;DalGwt ljifo tyf If]qdf hfgLkmsf/ JolStx¿ ;|f]tJolStsf ¿kdf /xg] 5g\. ljBfnox¿n] o; kf7\oj|md sfof{Gjogsf j|mddf cfjZostf / cf}lrTocg';f/ :yfgLo efiff, g]kfnL efiff jf c+u|]hL dfWod ;d]t cjnDag ug{ ;Sg] 5g\ . ljifoj:t'df ;dfj]z k|d'v If]q÷:yndf cjnf]sg e|d0f u/fOg] 5 . ljBfyL{x¿sf] ;d"xsfo{ / cGt/lj|mofnfO{ hf]8 lbOg] 5 . kf7\oj|mddf cfwfl/t eO kf7\o;fdu|Lsf] lasf; ug'{sf ;fy} lzIfsx¿nfO{ ljifoj:t' tyf ;xhLs/0f k|lj|mof ;DaGwL cled'vLs/0f tflndsf] Joj:yf ul/g] 5 .

**!) ;do lgwf{/0f**

cfwf/e"t tx sIff !–# df :yfgLo ljifosf] ;fKtflxs kf7\oef/ % 3G6L x'g] 5 h;df !^) 3G6L lbOPsf] 5 . To;}u/L cfwf/e"t tx sIff $–\* df :yfgLo ljifosf] ;fKtflxs $ kf7\oef/ / !)) k"0ff{ª\s sfod u/L !@\* kf7\o3G6L lbOPsf] 5 . k|To]s z}lIfs ;q j}zfvb]lv ;'? eP/ r}q d;fGt;Dd sfod /xg] 5 . k|rlnt lzIff P]g, lgodfjnL / sfo{ljlwadf]lhd k|To]s z}lIfs ;qdf @@) lbg ljBfno v'Ng]5 / @)) lbg k7gkf7g x'g] 5 .

**cg';"rL-!\_**

ljBfyL{ d"Nofª\sg÷cfjlws k/LIff of]hgf / 9fFrf

-s\_ lgdf{0ffTds÷k|of]ufTds k/LIff sIff M

**!–# cf};t cª\s**

ljlzi6Ls/0f tflnsf

|  |  |  |
| --- | --- | --- |
| **s|=;=** | **sfo{ljj/0f** | **cÍef/** |
| ! | sIffdf pkl:ylt tyf Jojxf/ kl/jt{g | !) |
| @ | ;d"x lgdf{0f, ;d"x sfo{df ;xeflutf / k|:t'lt | !) |
| # | sIffsfo{÷u[xsfo{ | !) |
| $ | :ynut cWoog÷kl/of]hgf sfo{÷k|ltj]bg n]vg | #) |
| % | k|Zgsf] pQ/ n]vg÷ k|Zgsf] df}lvs pQ/ | #) |
| ^ | /rgfTds sfo{÷clego÷gS;f tyf lrq n]vg | !) |
|  | hDdf | !)) |

**$–% cf};t cª\s**

ljlzi6Ls/0f tflnsf

|  |  |  |
| --- | --- | --- |
| **s|=;=** | **sfo{ljj/0f** | **cÍef/** |
| ! | sIffdf pkl:ylt tyf Jojxf/ kl/jt{g | % |
| @ | ;d"x lgdf{0f, ;d"x sfo{df ;xeflutf / k|:t'lt | % |
| # | sIffsfo{÷u[xsfo{ | % |
| $ | :ynut cWoog÷kl/of]hgf sfo{÷k|ltj]bg n]vg | !% |
| % | k|Zgsf] pQ/ n]vg÷ k|Zgsf] df}lvs pQ/ | !% |
| ^ | /rgfTds sfo{÷clego÷gS;f tyf lrq n]vg | % |
|  | hDdf | %) |

**^–\* cf};t cª\s**

ljlzi6Ls/0f tflnsf

|  |  |  |
| --- | --- | --- |
| **s|=;=** | **sfo{ljj/0f** | **cÍef/** |
| ! | sIffdf pkl:ylt tyf Jojxf/ kl/jt{g | % |
| @ | ;d"x lgdf{0f, ;d"x sfo{df ;xeflutf / k|:t'lt | % |
| # | sIffsfo{÷u[xsfo{ | % |
| $ | :ynut cWoog÷kl/of]hgf sfo{÷k|ltj]bg n]vg | !) |
| % | k|Zgsf] pQ/ n]vg÷ k|Zgsf] df}lvs pQ/ | !) |
| ^ | /rgfTds sfo{÷clego÷gS;f tyf lrq n]vg | % |
|  | hDdf | $) |

**-v\_ lg0f{ofTds -cfjlws\_ k/LIff**

**sIff M $–%**

k"0ff{8\s M %) pQL0ff{8\s M cIf/fÍdf d"NofÍg ul/g]

;do M ! 306f #) ldg]6

cf};t k|Zg tflnsf -txut ¿kdf\_

|  |  |  |
| --- | --- | --- |
| 1fg tx (Knowledge Level) | af]w tx (Understanding Level) | pRr tx (Higher Abilities) |
| #)% | #)% | $)% |

**sIff M ^–\***

k"0ff{8\s M ^) pQL0ff{8\s M cIf/fÍdf d"NofÍg ul/g]

;do M ! 306f $\* ldg]6

cf};t k|Zg tflnsf -txut ¿kdf\_

|  |  |  |
| --- | --- | --- |
| 1fg tx (Knowledge Level) | af]w tx (Understanding Level) | pRr tx (Higher Abilities) |
| #)% | #)% | $)% |

**sIff $–% sf] k|Zgkq lgdf{0f of]hgf (Specification Grid)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **k|Zg****If]q** | ;+lIfKt pQ/ cfpg] k|Zg | 5f]6f] pQ/ cfpg] k|Zg | nfdf] pQ/ cfpg] k|Zg | **hDdf k|Zg ;+Vof** | **k"0ff{Í** |
| k|Zg ;+Vof | cÍ ef/ | hDdfcÍ | k|Zg ;+Vof | cÍ ef/ | hDdfcÍ | k|Zg ;+Vof | cÍ ef/ | hDdfcÍ |
| xfd|f] gu/kflnsf | **@** | **!** | **@** | **#** | **@** | **^** | **!** | **#** | **#** | **^** | **!!** |
| efiff, snf / ;flxTo | **!** | **!** | **!** | **!** | **@** | **@** | **!** | **#** | **#** | **#** | **^** |
| xfd|f] ;+:sf/, ;+:s'tL / AolQmTj | **!** | **!** | **!** | **!** | **@** | **@** | **!** | **#** | **#** | **#** | **^** |
| xfd|f] ;Dkbf / ko{6g | **!** | **!** | **!** | **!** | **@** | **@** | **!** | **#** | **#** | **#** | **^** |
| k];f, pwdzLntf / k|ljlw | **!** | **!** | **!** | **!** | **@** | **@** | **!** | **#** | **#** | **#** | **^** |
| :jf:Yo, kf]if0f / ;/;kmfO | **!** | **!** | **!** | **@** | **@** | **$** | **!** | **#** | **#** | **$** | **\*** |
| jftfj/0f k|sf]k / xl/t tyf ;'/lIft ljBfno | **@** | **!** | **@** | **!** | **@** | **@** | **!** | **#** | **#** | **$** | **&** |
| **hDdf** | **(** | **!** | **(** | **!)** | **@** | **@)** | **&** | **#** | **@!** | **@^** | **%)** |

gf]6 M

!Kf|Zg lgdf{0f ubf{ 1fg, af]w / pRr tx -k|of]u, ljZn]if0f, ;+Zn]if0f / d"Nof8\|sg\_ sf Kf|Zgx¿ lgdf{0f ug'{kb{5 .

@ 1fg txsf ;a} Kf|Zgx¿ ! c8|\ssf, af]wsf @ c8|\ssf / pRrtxdf # c8|\ssf x'g] 5g\.

# 1fg txsf Kf|Zgsf nflu clt 5f]6f k|Zg, ax'j}slNks k|Zg, vfnL 7fpF eg]{ Kf|Zgx¿ /fVg' kg]{5 .

**sIff ^–\* sf] k|Zgkq lgdf{0f of]hgf (Specification Grid)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **k|Zg****If]q** | ;+lIfKt pQ/ cfpg] k|Zg | 5f]6f] pQ/ cfpg] k|Zg | nfdf] pQ/ cfpg] k|Zg | **hDdf k|Zg ;+Vof** | **k"0ff{Í** |
| k|Zg ;+Vof | cÍ ef/ | hDdfcÍ | k|Zg ;+Vof | cÍ ef/ | hDdfcÍ | k|Zg ;+Vof | cÍ ef/ | hDdfcÍ |
| xfd|f] gu/kflnsf | **#** | **!** | **#** | **@** | **@** | **$** | **!** | **$** | **$** | **^** | **!!** |
| efiff, snf / ;flxTo | **@** | **!** | **@** | **!** | **@** | **@** | **!** | **$** | **$** | **$** | **\*** |
| xfd|f] ;+:sf/, ;+:s'tL / AolQmTj | **@** | **!** | **@** | **!** | **@** | **@** | **!** | **$** | **$** | **$** | **\*** |
| xfd|f] ;Dkbf / ko{6g | **@** | **!** | **@** | **!** | **@** | **@** | **!** | **$** | **$** | **$** | **\*** |
| k];f, pwdzLntf / k|ljlw | **@** | **!** | **@** | **!** | **@** | **@** | **!** | **$** | **$** | **$** | **\*** |
| :jf:Yo, kf]if0f / ;/;kmfO | **#** | **!** | **#** | **!** | **@** | **@** | **!** | **$** | **$** | **%** | **(** |
| jftfj/0f k|sf]k / xl/t tyf ;'/lIft ljBfno | **@** | **!** | **@** | **!** | **@** | **@** | **!** | **$** | **$** | **$** | **\*** |
| **hDdf** | **!^** | **!** | **!^** | **\*** | **@** | **!^** | **&** | **$** | **@\*** | **#!** | **^)** |

gf]6 M

! Kf|Zg lgdf{0f ubf{ 1fg, af]w / pRr tx -k|of]u, ljZn]if0f, ;+Zn]if0f / d"Nof8\|sg\_ sf Kf|Zgx¿ lgdf{0f ug'{kb{5 .

@ 1fg txsf ;a} Kf|Zgx¿ ! c8|\ssf, af]wsf @ c8|\ssf / pRrtxdf # c8|\ssf x'g] 5g\.

# 1fg txsf Kf|Zgsf nflu clt 5f]6f k|Zg, ax'j}slNks k|Zg, vfnL 7fpF eg]{ Kf|Zgx¿ /fVg' kg]{5