

lhkpf= bg=#\$)%@
; skcf=#)#&)%*

u3 = dxf; 3 vGD #^:@)%^
kfg g=#)!@^\$)*@:)%(
kfofllr t tyf ; dtidhs ; dfh



OGb0fl ; dfh sGb-gkfn

INDRENI SAMAJ KENDRA (ISK) Nepal

æ Dk0f{o}f zIQmh6f}; fdfilhs 2 kfgt/0fsf nflu cl3 a9f

gfj}clwjzg tyf !*cf}j flif\$; fwf/0f ; ef

@)^ (r0 @ @ blv @\$

len?af; , kfNkf



; :yfut, sfo0ndut / cfly\$ kl}tj0g

tyf

cfj flws gl}t, sfo0nd / j flif\$ ah0

cfj=@)&)%&! blv @)&!%)&@

k| t'tl tyf :jls}tM
OGb0fl ; dfh sGb-gkfn, kfNkf

k[7]eib

OGb[7]fl ; dfh s[7]b[7]g[7]k[7]fn gj f[7]clwj [7]g tyf !*cf[7]j flif[7] ; fwf/Of ; efsf kdV cltly Ho' cltly cf; gdf cf; lg ; DkOf{cltlyuOf, ; #yfsf ; #yfsk cWOLF nufot e'tk[7] {cWOLF tyf kbflwsf/L HoX?, ; #yfsf jt [7]fg\sfo[7]f/Lofl ; ldltsf ; b:o HoX?, ; #yfsf ; DkOf{ ; b:o Pj #sd{f/L ldqx? / clwj [7]g tyf ; efd f k[7]ng'ePsf ; DkOf{cdf, aj f, bfh'efO, lbbl alxgl nufot ; DkOf{dxfg[7]ej x? . OGb[7]fl ; dfh s[7]b[7]g[7]k[7]fn ; dbfodf cfwf/t ; fdfllhs lj sf ; ; #yfsf]x[7] ; otn]lj Bdfg\p[7] sfgg adf]hd ; #yf btf{p[7] @)#\$ cg' f/ btf{tyf cfj 4tf ; lxt 8p bzsblv lg/Gt/ sfo{t /x[7]cfPsf]5 . o ; ; #yfn]Gofof]rt tyf ; dtfdhs ; dfhsf]kl/sNkgf u/L ; dbfodf dlxnf, afaln[7]sf, ojf, h[7] gful/s, ckf[7]tfnfO{ ; d[7]bl blnt, hghflt / lj kGg ; dbfonfO{ s[7]lGbt u/L ltglx?sf] hljg :t/df ; sf/FTds kl/jt[7]sf nflu sfo{ub[7]cfPsf]5 . o ; qmddf nllft ; dbfosf]cfwf/e't clwsf/ k]4[7]sf lglDt cfwf/e't clwsf/af/] ; r[7]t[7]gf / ; zOm/s/Of ; lxt st[7]osf]jfv u/fp[7] cfo:t/df clea[4 ; lxt cfly[7] ; jnl/s/Ofsf nflu plrt jftfj/Of lgdff tyf ; xofu / lbufk[7]gf tyf ; #yfut lj sf; sf nflu cfjZos ; #yfut lj sf; sf cfwf/e't ; Argf / cfjZos glt lgods]th[7]df ; xhls/Of ub[7]cfPsf]5 .

; #yfn]j t[7]fg\; dodf c[7]wsf/ u/[7]f ; #yfut dModfGotf jf lgb[7]z s l; 4fGt cGtu[7]t cftdlge{tf / lj sf; sf nflu nllft ; dbfosf] cu| /tf / cyk[7]Of{ ; xeflutf, :yfglo >[7]t ; fwgsf] ; xl kl/rfng / ; dlrt k[7]ofu ; lxt hgs[7]lGbt lj sf; df hf[7] ; sf/FTds ; :s[7]tsf] ; AfOf, ; j-4[7] ; lxt cftdlgof[7]sf]clwsf/k|t j k[7]bf/, cgej af6 l ; sfO{l ; sfO[7]af6 kl/jt[7]sf] dfgotdf sfo{-rfng, t6:ytf, kfb[7]z[7]t, hjfk[7]b[7]xtf / pQ/bf[7]otj sf] ; #sf/ k|t k[7]Of{k|tj 4, clwsf/af/] ; r[7]t[7]gf ; zOm/Of, jsfnt / st[7]o af[7]wsf] plrt ; dfof]hgdf hf[7], cu| /tf ; fem[7]f/Ltf / ax' ; dGj oTds k4ltdf sfo{ ; -rfng ub[7]cfPsf]5 . o ; /L ; #yfsf]kl/sNkgf, Wo[7], nlo / p2[7]o / dModfGotfnfO{Jo[7]xfl/s tyf ; fy[7]s sfo[7]j ogsf nflu cfjZos ; #yfut sfo[7]llt Pj +cfjflws sfo[7]f]hg lgdff / sfo[7]jog, tbg?ks} ; #yfut cfly[7] tyf k[7]z[7]f; lgs glt lgb[7]zsfx?sf] ; dfof]hg ; lxt ; #yfsf sfo[7]f/Of lgsfo, ; DkOf{ ; b:o tyf sd{f/Lx?, nllft ; dbfo, ; /f[7]f/Lt ; 3 ; #yf tyf lgsfo, ; fem[7]f/ ; #yf tyf lgsfo Pj +JolQm dxfg[7]ej x?sf] eldsf g}o ; sf] kdV cfwf/x? xg\ eg]log} of[7]bfg tyf eldsf sf/Of cfh gj f[7]clwj [7]g tyf !*cf[7]j flif[7] ; fwf/Of ; ef; Dddf cfOklG ; km ePsf 5f}. o ; h]o ; eldsf]pRr dNofsg / cfef/ JoQm ub[7]cfufdl lbgdf cem yk kl/is[7]t / ; #yfut ub[7]n[7]h[7]g]qmddf klg pNn\ JolQm ; #yf / lgsfox?sf] ; sf/FTds of[7]bfgn]lg/Gt/tf kfg]cfzf ; lxt ut cf7f]clwj [7]g tyf !^cf[7] / !&cf[7]j flif[7] ; fwf/Of ; efn]kfl/t glt tyf sfo[7]md cg?k ; km tyf k[7]t pknAwL, r[7]f[7]l / l ; sfO[7]fO{ ; d[7]l æ; DkOf{o[7]f zIOMh[7]f}; fdfllhs ?k[7]Gt/Ofsf nflu cl3 a9[7]f; eGg]dh gf/fsf ; fy cfof]ht o ; gj f[7]clwj [7]g tyf !*cf[7]j flif[7] ; fwf/Of ; efd qmdzmk[7]lt tyf cfly[7] k|tj [7]g k|t[7]t ug{/ k|t[7]t k|tj [7]g pk/ aGb ; qdf cflwsf/s lgo[7] / cgd[7]h[7]gsf nflu cfjZos ax, ; 5nkm u/L ; xofu ug{xg cfuxub[7]5' . ; fy}lgwf/t tflnsf cg' f/ k[7]ltk|tj [7]g cfly[7] k|tj [7]g, efl sfo[7]md tyf sfo[7]llt / cfufdl jifsf nflu sfo[7]md tyf ah[7] qmdzmk[7]t[7]t ug{ ; DalGwt sd{f/L tyf ; b:o ; fylx?nfO{cg/fv ub[7]5' . wGoz fb [7]cWOLF glj Gb|yfkf .

v08M !

; #yfut lj sf; k[7]lt k|tj [7]g

; efsf ; eWOLF, kdV cltly, cGo cltlyuOf, pkl:yt ; #yfsf ; b:o tyf sd{f/L ldqx? / cGo ; DkOf{dxfg[7]ej d OGb[7]fl ; dfh s[7]b[7]h]ut cf7f]clwj [7]g tyf !^cf[7]j flif[7] ; fwf/Of ; efa[7]6 kfl/t @ jif[7]sfo[7]md sfo[7]llt cg?k s]sd[7] ; km eP < s]df lj km eP < s]s:tf vfn[7]sf pknJwl k[7]t eP clg s]l ; sfO{/ r[7]f[7]l cfO k/]eGg]s/fsf]lj :t[7]t k|t[7]t[7]sf]nflu cgdlt rfxG5' . cWOLF dx[7]fo, o ; ; #yfsf]@)^& r[7] @^ b[7]v @* df ; DkGg cf7f]clwj [7]g tyf !^cf[7]j flif[7] ; fwf/Of ; ef tyf @)^* df3)& df ; DkGg !&cf[7]

j flif\$; fwf/Of ; efa6 kf/t b: tfj hsf]?kdf thdf ePsf gllt tyf sfoqndnf0{cfwf/dfgl o; cj lwsf]; #yfut ljsf; sf]kf6fhf0{xg]xf]eg]o; cj lwnf0{klg ; #yfut hljg ofqfsf] pNn]vglo ; do jf cj lwsf]?kdf lng ; lsG5 . ljz]ft of] cj lwsf]; #yfut ljsf; nf0{xg]xf]eg] dVo sfofho lem?af; cGt]ut sfo{ldlt /xl ; Dks{sfofho tfg; gfa6 dVo sfo{; #rfng / lkn8 sfofhox? gjnk/f; L /fdk/ / kfnEdg]bl cflbaf6 sfoqnd sfoqjog ul/Psf]lyof] o; cj lwdf dhTMs]L sfoqnd jf kl/ofhgf? kfkaf6 k]hcfp6 ePtf klg lhNnf :jf:Yo sfofho kfkfsf]; femp/Ldf ; dtf / kxF sfoqnd / PkmPr-cf0#^) gkfsf]; femp/Ldf USAID funded ; fy-; fy kl/ofhgf leqof0{kfkfsf w]} h; f]uf]#; nf0{; d]l kfkfdf lj: t]t sfoqnd ug{; km ePsf 5g\ . csf]tkm(; e b lrN8]sf]; femp/Ldf kfkf uNdL, gjnk/f; L, afUnE / nDhE; Dd sfo{; -rfng ug{; km ePsf]lyof]. o; cj lwdf ; #yfut clen]v tyf ljleGg krf/ k]f/ ; fdull pTkfbg tyf lj t/Of ug{; km ePsf 5g\ . o: t}u/L ; #yfut klxrfgsf lglZrt km/d, km/d] tyf ; fdulldf Ps?ktf sfod ug] Odh OG6/g]x?sf] Joj]yt ; -rfng / k]f]u, ; #yfut e]ts ; fdfullx? yk Joj: yfkg h: tf klfdf o; k6s pNn]vglo sfo{ePsf 5g\ sfoqnd tyf glltut kf6fhf0{xg]xf]eg]; #yfsf]ljwfg, cfly\$, k]f; lgs lgb]zsf Pj +sd{f/L ; jf lgb]zsf h: tf gllt lgb]zsfdf Jofks ; z]lv]g ; lxt ; #yfsf] 5fk tyf n]f]f] kl/j t]g ; #yfut ; b:otfsf] dVo cfwf/x?nf0{kl/j t]g u/L pk; dxut ; b:otfnf0{vf/h u/L JolQmut ; b:otfdf hfg]lgOf6 kZrft neu ^)) hgf ; b:otfaf6 lglZrt dfkb0bsf] cfwf/df a9ldf ## kl]tzt]df emg]f/Ofgllt cg?k ; b:otfdf Jofks x]km] ePsf]5 . o: t} u/L sfoqnd; E ; #yfut hgziQm klg Jofks x]km] ePsf]5 . ; #yfut n]v]h]f]f 6f\$of6 (TOCAT) k4ltaf6 ePsf]5 eg]; #yfut cfjflws sfoqllt tyf ofhgf klg kg/fjnf\$g e0{ cfj @)&@:# sf]nflu /Ofgllts sfoq]hgf thdf ul/Psf]5 . ; #yfs]cf^g]j] ; f06 tof/ e0{; -rfngdf /x\$ 5g\ bl3\$fnlg ; f]t Joj: yfkgf nflu s]L dxTj kOf{gllt tyf sfoqnd thdf e0{sfoqjogdfs]cj: ydf /x\$]5 . ; #yfs]o; cj lwdf s]L sfoqnd k]hcfp6 Pj +sd{f/Lx?df x]km], bft[lgsfosf]/Ofgllt tyf sfoqnddf kl/j t]g ; #yfsf] cfGt]s ; #rgdf km]abn / sfo{; ld]tsf]ck]ffs]t ; lqmtfdf cefj, ; b:ox?sf]aemf0{ : t/sf]sdl, sd{f/Lx?df s]n hflu/] e]jgdf sfo{; #rfng h: tf s/fn]; #yfsf] s]L kf6f]f] ck]ffs]t xg g; s]f]Joj x]f]f klg cj ut ub]o: tf tdfd ; d:ofsf]afj hb ; #yfsf] OHht, kl]ti7f / 5ljnf0{pRr /fvb}sfo{ug{k]f; /t /x\$]; d]t lgl]g ub]o; cj: yfnf0{ h: tfsf]t: t}tklznsf]; ank]f, sdhf] klf, rg]t]lsf klf / ; #yfut cj ; / / cfufdl dfu{ lgb]z u/L ; du]; #yf / k]f; lgs tj/af6 cf]f]ofpg k]f; ul/Psf]5 . tl lgdg k]f/ 5g\

; #yfut ljsf; sf ; an klfx? M

- ✍ ; #yftu ; b: o ; #rgf tyf : yfglo ; b: o xg' .
- ✍ ; #yftu cfwf/e't gllt tyf e]ts Aoj: yfkg .
- ✍ ; xdl t / ljz]f; sf]k]fng jf ; #sf/sf]ljsf; .
- ✍ ; do ; f]k]f sfoqnd sfoqjog / ; femp/L .
- ✍ lgoldt n]v]f k/LlfOf; fwf/Of ; ef clwj]zg / gjls/Of cflbdf lgoldt tf .

; #yfut ljsf; sf sdhf] klfx? M

- ❖ ; r]t / k]ta4 ; b:ox?sf]cefj .
- ❖ lj ifout blf JolQm]hgziQmsf]sdl .
- ❖ lbuf]/ cf^g]>f]t ; fwgsf]cefj tyf kl/rfngdf sdl .
- ❖ bf]f]k': tf g]t]j s]tf\$]sdl .
- ❖ cgudg, dNof]gdf lgoldt tf gxg' .
- ❖ clen]vg tyf k]f/ k]f/df sdl .

; ðyfut ljsf; sf cj; /x? M

- ✂ ; dbfosf]; ðyfk|t a9bf]lj Zjf; glotfdf lj sf; .
- ✂ ; ðyfn]lnPsf]gllt tyf sfoqmdf /fHon]lnPsf]gllt; E dh vfg'.
- ✂ :jfoQ ?kdf sfo{; -rfng ug{kfpg'.
- ✂ sfo{ug]lfq cfwf/x? kþ: t xg'.

; ðyfut ljsf; sf rgf]lx? M

- ❖ /fHo=: /sf/sf]ablnbf]gllt / kl/l:ylt .
- ❖ bft [lgsfosf]; febf/L gllt tyf klqmfdf sxl kl/j tó bl]vg'.
- ❖ ; dbfosf]a9bf]dxTjfsf#ff .
- ❖ c:j R5 kl|t:kwf{.

; ðyfut ljsf; sf dfu{lgb} M

- ✂ km/s km/s / gofkgdf Wofg lbg}cf^g}>ft ; fwgdf sfoqmd ; -rfng kl/De ug{ yfNg' kgI.
- ✂ lbuf]>ft ; fwg / kl/rfngdf Wofg lbg' kgI.
- ✂ ; b:o ; r]gf / kl|ta4tsf nflu sfoqmd ug{kqI.
- ✂ sfoqmd yf]}t/ kl/offddvL ug]gllt lng' kgI.
- ✂ ; ðyfsf]glltut cfwf/ jf klqmfdf lgoldt tf lbg' kgI.
- ✂ ; do ; fk]f hgZlQmsf]lj sf; ub}nhfg' kgI.
- ✂ :yfglo txd ; -rfint sfoqmdnf0{Pslst ub}nhfg' kgI.

v08 M@

sfoqmdut kl|t kl|tjbg

cfb/Oflo ; efsf ; eflWof tyf kdV cltly, cltlyuOf Pj+; b:o ; fylx? d ca o;
 ; ðyfsf]sfoqmdut kl|tjbg cGtu(cfj^&^)* tyf)^&^)*(sf]cj lwdf ; ðyfaf6
 ; Dkflbt jf sfoqjogsf]qmdf /x}sf lj legg kl/offhg tyf sfoqmdx?sf]kl/offhg tyf
 sfoqmdut kl|t kl|tjbg jf jtófg\cj:yfnf0{ ; f/fzdf qmdzM /fVg rfxG5' . eg
 sfoqmdut ?kdf o; sf ; an klf, sdhf] klf, rgf]lsf klf, cj ; /sf klf / dfu{lgb}
 ; lxt sxl dxTj kOf{l6KkOfLx? klq /fVg cgdl|t rfxG5' . hg lgDg ksf/sf 5g\

s_ ojsf nflu lzlf, zlfGt / ljsf; sf nflu of sfoqmd

ojsf nflu lzlf, zlfGt / ljsf; sf nflu of sfoqmd ; e b lrN8]sf]; febf/Ldf ; g\
 @))& bl]v kl/De e0{ ; g\@)!! ; Dd ; #fng ePsf lyP . lj zift klZrd kfnkfsf
 af}fkf]v/fyf}, af}fuDxf, bf]/fnL, Vofxf, ; fdfbl / l; 4]j/ slGbt o; sfoqmd kl/offhg
 cj|we/ lj|wj t ; -rfng e0{ :yfglo of Snjx?sf]; febf/L tyf ; xsfo{ cfwf/e't
 ; fdull tyf kf]wf/ ; lxt Jojl:yt % j6f ofj ; r'gf sObx?, jflif\$!% bl]v @) hgf
 ofjx?nf0{Jo; flos tflnd / cfocfhgsf nflu ; xofu, upFafn; AfOf tyf ; Dj4g pk
 ; ldltx?nf0{:yfglo cu| /tfd ; xofu tyf c|fosf]f kbfq, !% j6f ljBfnx?df ; g/L
 kof8sf nflu c|fosf]f ; xofu, afnSnj tyf ofj Snjx?nf0{l|leGg v]hsb tyf z]lfs
 ; fdull ; xofu tyf :yfglo cu| /tfd sfo{; -rfng ug{; febf/L tyf ; xsfo{sfo{f]qsf
 lg-df]j=/ df]jx?nf0{z]lfs ; fdull kbfq tyf afnd}L lzlfOf tyf b08/lxt lzlfOf tflnd
 kbfq / ofj >dlzlj/ cfoffhg / ; fdilhs ; bafj zlfGt lgdf]sf nflu :yfglo sfoqmd
 tyf cGt/lqmf h: tf dxTj kOf{sfox?df ; xofu ub}; g\@)!! sf]cGtdf lj|wj t kfhc]p6
 ePsf]s/f hfgsf/L u/fpg rfxG5' . o; kZrft ; e b lrN8] ; E]sf]; febf/L kfnk fhNnaf6

hgfn]lj leGg vfnsf ; xof]ux? kfPsf 5g\ tl ; xof]ux?df z]lfs, Jofj ; flos, dgf] fdfilhs : ofxf/, afn tyf of]f Sna ; xof]udf cfa4tf cflb . of]sfoqmd : yfglo txdf afnaflnsf] lfgdf sfo{t afnSna tyf ; dx? , of]f Snj, ljBfnof? , upfFafn ; Af0f tyf ; Da4g pk; ldlit, lhNnf afn sNof0f ; ldlit, : yfglo zflGt ; ldlit, lhNnf kx/L sfofno nufot cGo ; /f\$]/jfnfx? ; E]sf] ; dgj o tyf ; xsfo{df ; #fng ul/Psf]lyof]. o ; sfoqmdn]bzdf /x\$]f aG]sf] ; do kl5sf]cj : ydf Pp6f zflGt lgdff]nflu jftfj/Of to ug]sfo{u/\$]f lyof]. of]sfoqmd ; g\@)) & sf]cGTo lt/ z? e0 ; g\@)!@ sf]hgdf ; DkGg ePsf]5 .

r_ gfaflnu / kl5 egf{ePsf sf/Of alxuGg ePsfx?sf]-lePdPn-cf/= ; xof]u sfoqmd

; e b lrN8g ; wsf] ; fembf/Ldf ; ~rfing csf] dxTj kOf{ sfoqmd elPdPn-cf/= ; xof]u sfoqmd klG xf]. of] sfoqmd ; g\@)!@ sf] hg] /L b]v z? e0{ ; g\@)!@ sf] l8; Da/df ; dft ePsf]5 . z?df kNkf / gjnk/f; L lhNnf sfo{f] /x\$]f]of]kl/of]hgf ; g\@)!@ sf] hg b]v klZrdf-rn ljsf; lfgsf] kNkf, gjnk/f; L, uNdL, afUnE / nDhEdf la:tf/ ePsf]lyof]. o ; sfoqmd cGt!) aif]hgo4sf] ; dodf t]sfnlG ; z:q ; dx dfcf]f bldf egf{ePsf / ; eOm /fi6x 3sf] kdf0ls/0sf] ; dodf !* aif{gkuf / la:tf zflGt ; Dem]f kl5 egf{ePsf sf/Of alxuGgd k/\$]f afnaflnsf? tyf of]of]tlx?sf] kg: yfkgf]nflu nllft ul/Psf]lyof]. o ; sfoqmd cGt]tsf nllft ; dx?nf0{z]lfs ; xof]u, dgf] fdfilhs : ofxf/ ; xof]u, n]us laz]f ; xof]u, lz]lfs]nflu laz]f ; xof]u, : yfglo txdf zflGt lgdff]nflu lalegg tflnd tyf lfdtf clea[4sf lqmfnsf]kx? ; #fng ul/Psf] lyof]. pOm cj lwdf !* hgf gfaflnu tyf kl5 egf{ePsf sf/Of alxuGgd k/\$]f?nf0{ ; xof]u k]ofpg ; kmn ePsf lyP . xfn o ; sfoqmdaf6 ; xof]u k]kt ul/Psfx? ; a)h; f]pRr lz]lf kl9/x\$]f]hfgsf/L u/fpg rfxG5'.

5_ afnaflnsf]nflu ; xof]ul tyf ; /lft jftfj/Of:-k\$ sfoqmd

; e b lrN8g]sf] ; fembf/Ldf ; ~rfint sfoqmdx? d]Wo] kl5Nnf] ; dodf lj: tfl/t sfoqmd, afnaflnsf]nflu ; xof]ul tyf ; /lft jftfj/Of sfoqmd xf]. of]sfoqmdn]afn lx+f, b]Jo]xf/ / z]f]ofaf6 afnaflnsf]nf0{ ; Af0f lb]af]afnclwsf/sf] ; lglZrttf ug]nlo /fv\$]f]5 . gjnk/f; L lhNnfsf]^ j6f uf]j? x? ; gjn, b]Dsaf; , /dk/]f, ehxj, ; g0{/ kfNlnf0{ e]uf]ns sfo{f] / afnlj]fx / afn of]b]Jo]xf/nf0{ ljifout sfo{f]sf] ?kdf lqwf]of u/L sfo{ ul//x\$]f 5g\ . sfo{f] leq / ; du| lhNnfd afnof] b]Jo]xf/ / afnlj]fxnf0{Go]ls/Of ug]f nflu : yfglo txdf afnSna, ljBfn / upfFafn ; Af0f tyf ; Da4g pk; ldlit; E]sf] ; xsfo{df / lhNnf txdf lhNnf afn sNof0f ; ldlit, lhNnf ljsf; ; ldlit]sf]sfofno, lhNnf kx/L sfofno cGtu{ dxnf tyf afnaflnsf ; j]f s]b|nufot cGo ljifout sfofnox? tyf ; /f\$]/jfnfx? / gful/s ; dfhx? ; E]sf] ; xsfo{df sfoqmd ; ~rfng e0{/x\$]f]5 . ; /f\$]/jfnfx?alr sfoqmd kl/ro]Tds uf]7L, lkN8 j]nf0g cBf]lws ug] / lbj; x? dg]pg] ; dbfo : t/df hgdbt{tyf lj]fx bt{cleofg ; ~rfng, afnSnj, ; ~fn u7g, kl/rfng / cu| /tf ; xof]u / upfFafn; Af0f ; ldlit u7g, kgu7g / cu| /tf ; xof]u, ; /f\$]/jfnfx?sf]nflu afnof] b]Jo]xf/ / afnlj]fx ; DaGwl ; r]t]gf]Tds tflnd, lhNnf afn sNof0f ; ldlit tyf dxnf tyf afn kx/L; h; E]sf] ; xsfo{/ ; xof]u, sfoqmd of]hgf th]f tyf ; dlif sfoqmd, iec ; fdull pTkfbg / lj t/Of tyf : yfglo ldl8ofx? ; E ; xsfo{Pj+ ; xof]u / lhNnf / /f\$]/jfnfx?af6 lgoldt lkN8 c]nf]sg tyf cgludg, ljBfnodf afn; Af0f ; DaGwl cfrf/ ; k]tf tof/L / sfoq]og, jflif\$ dvkq ah]6g k\$zfg / lj t/Of, dfgj ; f]t Joj: yfkg tflnd / ; #yut /Ofglit kg/f]nf]sg tyf ljsf; cflb s]k k]v lqmfnsf]kx? xg\ o; /L of]sfoqmd ; ~rfng kZrtf xdf] ; xof]udf 5 j6f upf]j]sf; ; ldlitdf ^) j6f afnSnax? ; j t: k]t{?kdf cfk]n]of]hgfcg; f/ sfo{ul//x\$]f 5g\ . 5 j6} upfFafn ; Af0f tyf ; Da4g pk; ldlitx? ; f]t ; sng / sfoq]hgfcg; f/ sfoqmd lj: tf/df ; lqmo ?kdf nflu/x\$]f 5g\ . upf]j]sf; ; ldlit]j]flif\$ ah]6 d]Wo]!) k]tzt ah]6 lalgor]hg u/] sfoqmd ug{z? u/\$]f 5g\ o; /L g}5 j6} upf]j]sf; ; ldlitdf

uf#j = : t/lo afnSna ; -hfn u7g / ; lqmtsf ; fy sfd ul//x\$ 5g\ sfo{f} leqsf !(
 j6f ; fdbflos tyf lghl ljBfnof?n]ljBfno cfrf/; krtfx? tof/ u/L sfo{f} og ul//x\$
 5g\ . afnclwsf/sf ph/lx? ; sng ug\$ nflu ; emfj kl6sf sfo{f} ogdf ul//x\$ 5g\
 sfo{f}sf lg-df= tyf df#j= txsf aflnsf?sf]ldG; /; lkl/o8sf]; do dfl; s @:# lbg
 ljBfnodf gcfpg]cj:yfnf0{dWo gh/ ub}; /L kof8sf] nflu !(j6f lg-df= tyf
 df#j?df ; #yf / ljBfnof]; xsfo{f} alp kFl sf]sf]Joj:yfkg / sfo{f} og ul/Psf]5 .
 lhNnf txdf afn clwsf/ xgg\$ 36gix?sf]ph/L a9\$]/ plrt ; Dafwg xg yfn\$]5 . h:f
 cGt# lhNnf k/L sfo{f}odf /x\$]dlxnf tyf afnafnsf ; Jf s{b}hf0{afndal agfpgsf]
 nflu laleGg ; xofl? ul/Psf]5 . lHfNff afn sNof0f ; ldltnf0{klg cfjZos / ; f]n
 ; Dej eP; Dd efts tyf cfly\$; xofl ul/Psf]5 .

h_ ; dtf / kxF sfo{f}

gkfnf]cGtl/d ; ljwfg @)^# n]klxnf]k6s cfly\$, hftlo, InElo, ; dbfo / lfql?kdf
 ljleGg ju{f0{kfyldstf lbP/ :jf:Yo ; Jf kkt ug{hgtsf]df]ns clwsf/sf]?kdf
 :yflkt u/L txsf ; #yfx? dfknt lglNs :jf:Yo ; Jfsf]Joj:yf ug\$]; fy}k}tl ; Jfnf0{
 ; d} lglNs kbfq ul/Psf]5 . o; }u/L gkfn ; /sf/sf]# jif]cGtl/d ofhg/ /fli60 :jf:Yo
 lfq sfo{f}-@ tyf :jf:Yo lfqs nflu n]Es ; dfgtf tyf ; fdlhs ; dfj zls/of /ofglltn]
 ; d} u/La tyf cGo sf/ofn]k5f18 k/\$f ju{?nf0{nllft u/L sfo{f} ; -rfng Pj +; f}t
 kl/rfng ug{pglx?nf0{ ; zOns/of ug[/ pglx?sf]:jf:Yo ; Jfdf kxF a9fpg]p2]o lnPsf]
 5 . To; }u/L /fli60 ; /llft dft]j tyf gjhft lzz':jf:Yo, bl3\$fnlg ofhg @))@)!&
 -; g\@))^ df kl/dflht_ klg ljzif u/] ul/a tyf, k5f18 kl/Psf tyf ; ldfGts} ju\$]
 dft[tyf gjhft lzzsf]:jf:Yo ; wf/ u/L /fdl :jf:Yo Jojxf/x? a9f5]; Jojl:yt :jf:Yo
 lfqaf/f u0f:t/lo dft[tyf gjhft lzz':jf:Yo ; Jfsf]pkofl a9fpg]nlo lnPsf]5 . ol
 ; a}; /sf/L kltj4tf / ; x; flbl ljsf; nlo cg?k ; du|:jf:Yo ; Jfdf ul/a / k5f18 k/\$f
 ju{?sf]kxF a9fpg cem ; lqmo ?kn]sfo{ug\$]nflu lgb]zt u/\$f 5g\ gkfn ; /sf/sf]
 klt4tf / cfly\$ jif{@)^*:^(sf]ah sfo{f}dx? tyf ljleGg glt lgb]zsf nufot
 lglNs :jf:Yo ; Jf lgb]zsf / /fli60 ; /llft dft]j sfo{f}dn] :jf:Yo ; Jfdf ; a\$]
 ; dtfdhs kxF kofpg]p2]o /fv\$ 5gV o; df klg ljzif u/L sfo{f}sf]kltkm ul/a
 tyf k5f18 k/\$f jf kl/Psf / ; Jf ; ljwaf6 al-rt ; ldfGts} ju{df kl} veGg]clekfo
 /x\$]5 . gkfn ; /sf/n@))^ blv g}ahfot ; /sf/sf]cfly\$ tyf klj lws ; xofludf u} ;
 dfknt ; -rfng ub}cfPsf]; dtf / kxF sfo{f} cfj @)^*:^(df sfo{f}sf]9fFf / nlo
 p2]o cg?k kNkf lhNnfdf klg sfo{f}ogsf]yfngl ePsf]lyof]. o; }qmdf lhNnf :jf:Yo
 sfo{f}o kNkfsf]; femf/Ldf OGb}fl ; dfh s{b}gkfn]klqmfut ?kdf kNkf lhNnfdf sfo{f}
 ug{ ; Jof{cj ; / kPsf lyP . o; /L sfo{f} lj = @)^* r} blv @)^(c; f/ d; fGt/; Dd
 hDdf \$ dlxgfsf]nflu /fdk/ jly\$; /6/ cGtu# /fdk/, l; njf, lem?jf; / ldTofn tyf
 enB}f jly\$; /6/ cGtu# enB}f, uf]fbl, /xaf; / axfb/k/ uf#j = df **khgg\ :jf:Yo, ; /llft
 dft]j / gjhft lzz' : ofx/sf nflu ; dtf / kxF sfo{f}sf]gfdn]**; -rfng e0{ ; DkGg
 ePsf]lyof]. ljzif tMo; sfo{f}dn]; dtf / kxFaf6 al-rt :yfglo ; dbfosf pkllft dlxnf
 tyf kl/jf/sf]lglNs / ; /llft dft]j tyf khgg :jf:Yo Pj +gj hft lzz' : ofx/sf]nflu
 pkoQm jftfj/of ; hgf ug]nlo Pj +; dbfosf ; /f\$fl/t ; b:o tyf kl}lglwx?sf]; /llft
 dft]j tyf lzz' :jf:Yo : ofx/ Pj +kl/jf/ lgo}hg ; DaGwl 1fgsf]j[4 ug]pk]lft dlxnf
 tyf kl/jf/x?sf]; fdlhs, ; f#s[ts, cfly\$ / zf/ll/s jfwfx? ; dfwgsf nflu pkoQm
 jftfj/of tof/ ug[/ :yfglo :t/sf :jf:Yo kpfos JoIQm tyf lgsfox?sf]; /llft dft]j
 tyf gjhft lzz' :jf:Yo ; DalGw 1fg / lfdtf ljsf; ug]p2]odf s{b}t /x\$]lyof]. o; /L

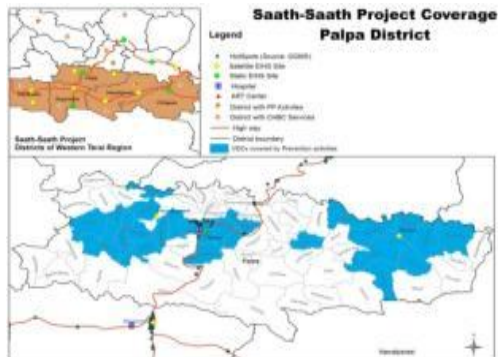
o; sfoqmdsf]nlo / p2]o cg?k lhNnf tyf :yfglo txd f sfoqmd cledVls/Of tyf hfgsf/L, uf+j = :t/lo dlxf ; dx u7g kl/rfng, uej tl dlxf, >ldfg\ ; f; k? alr cGt\$bf, df+j xdf cWoog/t lszf] lszf]lx?sf] nflu khgg\ :jf:Yo ; DalGw cledVls/Of, kl/jf/ lgo]hg ; DalGw cledVls/Of, gj hft lzz' :jf:Yo kl]to]utf, dlxf :jf:Yo :jo+l] sfx? alr ; /lft dft]j ; DalGw cGt/lqmf, :yfglo ; jf kbfosx? ; E cGt/lqmf tyf cledVls/Of, lj kGg ; Ts]L :ofx/sf]nflu cfocfhg ; xofu, cfktsfnlg ; Ts]L pkrf/ sf] :yfkf / kl/rfng, dlxf ; dxnf0{ :6} / tyf nf06 ; xofu, lhNnf :t/lo ; /f\$]j/fnfx? ; E cGt/lqmf tyf ; dlff, :6km / ; Dalwt ; jf kbfosx?nf0{ ; dtt / kxF sfoqmd ; DaGwl lfdtt ljsf; uf+j = :t/lo ; dgjTds a]s / /]8of]af6 ; /lft dft]j tyf gj hft lzz' :ofx/sf nflu ; Gb} k}f/Of h:tf sfoqmd ; flnt lyP . o; sfoqmdn]; #yfnf0{ :jf:ydhs sfo{ug{/ ; f]; DaGwl klxrfg :yflkt ug{; xofu k]ofpgs] ; fy]lhNnf :jf:Yo sfof]o; E]sf]; dgj o / ; xsfo]f yk 6]f ku\$]s/f hfgsf/L ug{rfxG5' . ; fy}; dbfo :t/df ; f; 'axf/L alrsf]uej tl, gj hft lzz' :jf:Yo / ; Ts]L :ofx/ ; DalGw aemf0{ :t/ /fd] / ; f; k? ; d] k]tj 4tf, ; dxsf k]t]glwx?nf0{sfoqmdsf] hfgsf/L u/f0{ uf+j = :t/lo dlxf ; dx; E ; femf/L u/L sfoqmd ; DkGg, gj hft lzz' :ofx/ / ue{/ ue{ hfF ug{/ :jf:Yo ; ljwf af/]aemf0{/fd] tyf k/Llfo]df j [4, uej tl lzz' Pj +; Ts]L :ofx/ af/] dlxfx?sf] ; m]gtfd j [4, ; jf kbfos lgsfonf0{ ; r] / uDe/ / !# hgf uej tl dlxfx? / *# hgf ; f; 'tyf # \$ hgf >ldfgx? sfoqmdaf6 k]olf nfe]g t ePsf lyP . o; sfoqmd o; cfj=@)^(÷)& df klg ; #fng xg]to]f/Ldf /x\$]s/f ; d] hfgsf/L u/fp5'.

em of] /fu Prcf0el P8\ tyf kl/jf/ lgo]hg kj 4g sfo\$

oP; cf08l km08\$; fy ; fy k]h\$6 cGtu} PkmPrcf0#^) gk]nsf] cfly\$ tyf k]ljws ; xofu]df OGb]l ; dfh s]b|gk]nn] clk] @)!@ b]v k]nkf lhNnfd] kjf;L s]dbf/ / l]tgx?sf] bDktlnf0{s]Gb]t u/L of] /fu, Prcf0el P8\ tyf kl/jf/ lgo]hg kj 4g sfoqmd ; #fng ul/Psf]5 . of] sfoqmd clk] @)!@ b]v hg @)!^ ; Dd ; rfngsf]nflu ; Dem]f ; d] e0{sfo{cuf]8 al9 /x\$] 5 . o; sfoqmdn] kjf;L s]dbf/x?sf] pRr ; Vof ePsf k]nkf lhNnfsf @# u]lj; tyf ! gu/k]lnsfnf0{ kl/of]hg l]q leq /fv] sfoqmd ; #fng ul/ /x\$] 5 . o; sfoqmd ; #fngsf nflu !* hgf sd(f/L, !) hgf /]8of]; xhstf{ tyf @) hgf ; fyl lz]fsn]kd]v lhDd]f/L ; fy sfo{ul//x\$] s/f hfgsf/L ug{rfxG5' . o; kl/of]hg cGt]t gk]n ; /sf/n]lnPsf]nlodf ; xofu kl]g]u/L of] /fu Prcf0el=P8\ tyf kl/jf/ lgo]hg /f\$yd / ; r]g]df ; sf]Tds Aojxf/ kj 4g ug] of] /fu Prcf0el=P8\ tyf kl/jf/ lgo]hg ; j]sf]dfu tyf kof]udf j [4 Nofpg kjf;L s]dbf/ tyf l]tgsf kl/jf/ / Prcf0el ; em]dtnf0{ ; 3fpg] / kjf;L s]dbf/ tyf l]tgsf kl/jf/df of] /fu tyf Prcf0el ; em]dofsf] hf]vd 36fpg] h:tf dxTj kOf{ p2]o lnPsf] 5 . o; sfoqmdn] sfoqmd dVotof hg]l @)!# ; Dddf pN]vt /of]l]t ad]hd l]gDg cg' f/ sfox? kef]sf/L sfo]og u/L tbg?ks} pkn]wl, l; sf0{x]f; n ul/Psf]hfgsf/L u/fp5}k]t' t ug{cg]dt rfxG5'.

lfdtt clej [4,of]hg sfo]og tyf cgludg .

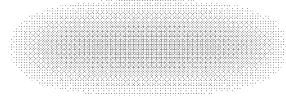
- ; DkOf{sd(f/Lx?nf0{sfo{l]j/Of cg' f/ t]lnd k]fg
- ; fyl lz]fsx?sf nflu a]; s tyf kgt]hul t]lnd



- s08d ; Denf]f lzk tflnd
- ; xof]ul cgludg cflb
- ✚ **kj]f;l sdbf/ tyf l tgsf kl/jf/x?df Prcf0el /\$yid sfoqnd**
 - 3/e] sfoqnd cgt(ut \$()\$ hgf nfe]lgj t
 - 8k0g ; 06/df cfp]g\$]f]; Vof @)@! hgf
 - 8k0g ; 06/df cltI/Qm lqmf]snfk lgoldt ?kdf ; #fng
 - of]hgfa4 ; dX 5nk]m dfl; s ?kdf
 - s08d lj t/0f !&%*% lk;
 - /]8of]>f]f ; dX !) tyf !*% hgf ; b:o
 - of]g /f]u hfFsf nflu k]f]of %\$#@ hgf
 - Prcf0el hfFsf nflu k]f]of \$(&\$ hgf



- ✚ **Psls] :jf:Yo ;]f kbfg**
 - :of6nf0g lSnlgs /fdk/, knE d]f]bl tyf txf
 - :6fl6s lSnlgs tfg; g] lj zfnahf/
 - Prcf0el k/fdz{tyf hfF &*% hgf
 - of]g /f]u hfF &&& hgf
 - kl/jf/ lgo]hg k/fdz{;]f %! hgf
 - kl/jf/ lgo]hgsf ; fwg lj t/0f #)
 - x]rfx pkrf/ tyf :ofxf/ lkPnPracf0el !& hgf
 - l; l8kn]sf nflu k]f]of ^ hgf
 - kQf nfu\$] Pracf0el kf]h]6e * hgf
 - hfFsf]; Vof / kf]h]6e kl]tzt !;) %



- ✚ **; dbfo kl/rfng ; dGjo tyf hgdT lgdff**
 - nf-5gf tyf e]efj tflnd kbfg @#* hgf nfe]lgj t
 - Pracf0el ; r]ls/0f sfoqnd ^@#@ hgf nfe]lgj t
 - /fli6e lbj ; # j6f ; xsfo]f ; DkGg
 - ; 8s gf6s % :yfgdf ; DkGg
 - Onfsf : t/ tyf lhNnf : t/df ; dGj ofTds a]s lgoldt
 - lhNnf P8\ ; dGj o ; ldt ; E]sf]cgludg e]0f lgoldt

- ✚ **sfoqndsf]dVo pkn]wl**
 - ; /sf/l ; #rgf pkof]u u/l txfE]f :of6nf0g lSnlgs ; #fng
 - s08dsf] k]f]u tyf Pracf0el hfFsf nflu kj]f; lsf >ldtlx?sf] Jojxf/ kl/j t]g ePsf]

- /lʃof]>f]f ; dX kl/rfngaf6 hfFsf nflu cfpǵsf]; Vof a9ǵf].
- s08dsf]; xl tyf lg/Gt/ kǵf]usf]nflu s08d lngǵf] ; Vof a9ǵf].
- Prcf0el ; ǵmldtx?n]cf^gf]cj : yf vhf; f u/ǵf .
- ; dbfosf JolQm? Prcf0el ; ǵmldt k|t ; xof]ul ePsf
- kl/of]hgf lfǵsf uflj ; tyf :jf:Yo sǵb} E ; dGj o a9ǵf].



✚ sfoǵndsf rgf]lx?

- kjf; l sfdbf/ eǵ ug{sl7gf0{
- kl/of]hgf lfǵsf]thgdf cfp6l/r sd{f/l]sf]; Vof sdl
- gu/ P8\ tyf ufpP8\ ; dGj o ; ldit lqmfzln u/fpg sl7g
- s08dsf]; xl kǵf]u / lg/Gt/tf
- kl/jf/ lgo]hg]sf ; fwg bǵf]f]lj lwsf]nflu kǵf]udf sdl

sfoǵndut ; an klfx? M

- ✘ lglZrt ; dofj lwdf sfo{; DkGg u/f0{; kmntfkj' ǵ sfo{e0/xg'.
- ✘ ; do ; fk]lft sfoǵnd sfofǵj og ug{.
- ✘ sfoǵndsf]kǵ[t cg' f/ ; Argf tof/ u/l ; dGj o u/l sfofǵj og ug{.
- ✘ kf/bzl{; #yfsf]?kdf ; #yfnf0{lrgfpE}sfo{ug{.
- ✘ lhNnf tx; Dd oj f, afnaflnsf, dlxnfsf]lzlff, :jf:Yo / cfocfhǵsf]lfǵdf sfd ug] ; #yfsf]?kdf lrlgg'.
- ✘ oj f a]f]huf/l ; d:ofnf0{Gog]s/ofdf ; xof]u .
- ✘ nllft ; dbfosf]cyk0f{; xeflutdf sfo{ug{kǵf; /t /xg'.
- ✘ :yfglo ; f]t / ; fwgx?sf] kǵf]u / kl/rfng hfǵ lbg'.
- ✘ ; ljwfsf]kxǵaf6 6f9f /xǵf juǵf]clwsf/af/]; r]tǵf / :yfglo txdf ;]f ; ljwf lbg jsfnt .
- ✘ :yfglo txb]v lhNnf tx; Dd g]kfn ; /sf/ tyf u} # sf]lj leGg lgsfox?; E ; dGj o / ; Dks{.
- ✘ ; #yfsf]cf^g}3Dt]sff]sf]Joj :yaf6 sfo{ug{yfn'g'.

sfoǵndut sdhf]lx? M

- ✘ clwsf/df cfwf]t sfoǵnddf a9l s]Gb]t xg'.
- ✘ :yfglo ; Argf w]}sfoǵnd yf]}.
- ✘ ljz]f sfoǵndx?sf]nflu ; r'sx?sf]lgwf}0f ug{g; Sg'.
- ✘ sfoǵnd Ps]s]t / kof]h]sf]?kdf n]hfg g; Sg'.
- ✘ ; DkGg sfoǵndsf]Jojl:yt clen]vg / ; -rf/ dflMod ; dl f klǵ g; Sg'.
- ✘ sfoǵnd ; DkGg u/] klǵ glthf b]vfpǵ g; Sg'.
- ✘ s]l Odhǵ; l ; jfn]df tTsf]n}l/km/ ;]fsf]Joj :yf ug{g; Sg'.
- ✘ sfoǵndsf]cǵudg / dNof]gdf sdl .
- ✘ dfu eP cg' f/ sfoǵnd -lfǵ_ lj : tf/ ug{g; Sg'.

sfoqndut cj; /x? M

- ☞ lhNnfb]v :yfglo tx; Dd ; f]t ; #yfsf]?kdf ?kdf ; #yf :yflkt e0{sfo{ug{.
- ☞ ; -rflnt sfoqnd cg; f/ ; /sf/ txdf glt lgod lgdfqf xg'.

sfoqndut rbf]lx? M

- ☞ kl/j]lt ; do cg; f/ sfoqndsf]kbfj sf/l sfof]j og xgg; Sbf ; fe]bf/l 66g ; Sg]
- ☞ ; #yf bft[#yfdvL xg afWotf .
- ☞ >d cg?k ;]f ; lj wdf sdl .
- ☞ ; #yfsf]sfoqnd p2]ox? eGbf dfu km/s tyf a9L xg'.

sfoqndut dfu{lgb} M

- ☞ sfoqndsf]cgludg / dNof]gdf kbfj sf/l tf Nofpg' kg].
- ☞ sfoqndsf]nflu ; 'sx?sf]lgwf{Of ug{kg].
- ☞ Joj] :yt clen]vgsf]nflu clen]vstf{f]Joj :yf ug{kg].
- ☞ ; #yfut hgziQm?df lhDd] f/l cg; f/ lfdtf clej [4 u/fpg' kg].
- ☞ l; sf0{/ cgejx?nf0{sfof]j ogdf Nofpg' kg].

v08M #

cflys kltjhg

o; gjf]clwj}zg tyf !* cf]j flif\$; fwf/Of ; efsf ; eflWof dxflbo, kdV cltly, s]b]lo ; ldltsf kbflwsf/l tyf o; d-rdf cf; lg cltlyuOf ; fwf/Of ; efsf ; b:o k]tlglw HoX? / pkl:yt cdf aaf bh' ef0 lbbL alxgl ; fy}cGo al4hljl dxfgfj x? . cfh xfdL OG>]fl ; dfh s]g> g]kfn]gj]clwj}zg tyf !* cf]j flif\$; fwf/Of ; ef, æ **DkOf{ ojf zlQmhbf}**; **fdflhs ?kft/Ofsf nflu cl3 a9f**. eGg]dh gf/fsf ; fy ; ; DkGg ug{ u0{x\$]o; ul/dfdo cfhsf]lbgdf ; #yfsf]cf7f]clwj}zg tyf !^ cf]j /!& cf]j flif\$; fwf/Of ; efb]v xfn; Ddsf]; DkOf{cfly\$ lqofsnfnfnf0{; Hfkt k]tjhg]gsf]9fFdf k]tt ug{u0{x\$]5' . cfzf 5 of]k]tt k]tjhgdf cfjZos l6sf l6k0fl u/l plrt ; Nnfx ; 'fjx? lbg'xg\$ eGb}cuf]8 a9g cgdlt rfxG5' . cfb/Oflo ; efsf k]tlglw tyf ; b:o HoX? ; dosf]kl/j tG ; E}; #yfsf]cfly\$ kl/j tGdf klg w]}ptf/r9fj x? a]9/x\$]5g\ . OG>]fl ; dfh s]g> g]kfn klg log}kl/:ylt eGbf leGg kSs}klg 5g . log}kl/:ylt / /fHosf]gllt ; E}ljZj cy{Joj:yf; E klg ; DalGwt /x\$]5 . t; y{of]k]tt cfly\$ k]tjhg klg ; #yfut gllt / sfoqnd k]t k]tj4 /x\$}o; \$f]; 7f]k]r]df /x] of] cfly\$ k]tjhg klg tbg; f/ g}k]tlalDat 5 . ; b:o k]tlglw ; fylx?, x]sg}klg ; #yfsf]hljg rqmdf lj]w klf? dWol]cfly\$ klf klg Ps cleGg cæ x]. cfly\$ klfd lgoldt]t, kf/blz]tf Pj +r': t b?: t ug{; Sg'g}; #yfut ?kdf ; km]tf kfp'g' x]. o; y{OG>]fl ; dfh s]g> g]kfn]cf7f]clwj}zg Pj +!^ cf]j tyf !& cf]j flif\$; fwf/Of ; efn]kl/t u/\$f gllt tyf sfoqnd, ; #yfsf]lj Bdfg\cfly\$ tyf kzf; lgs gllt lgb]zsfdf cfwfl/t e0{Joj xfl/s sfof]j ogdf nflu /x\$] / nflu/xg] s'f klg lgjhg ug{rfxG5' . ; fylx? o; ; #yfnf0{ cw]flif\$ tyf jflif\$?kdf n]vf k/Llf0f u/L bft[; 3 ; #yfx?df hfgsf/L k7fpg]/ cfjZos ; #yf gjls/Of ug]sfo{klg lgoldt /x\$]s'f d hfgsf/L u/fpg rfxG5' . ; eflWof dxflbo, tyf k]tlglw ; fylx?, ; #yfnf0{cfGtl/s ?kn]lbuf]tNofpg x/\$ lqaf6 e/k/ kpf; hf/L 5 / lbuf]sf]f v8f ug{jf lgoldt cfo >f]sf]dfWod vff]g]qmd hf/L 5 / s]xl xb; Dd 3Dt]sf]f Joj :yf u/L lgoldt >f] Joj :yf ePsf]5 . u]6?d, tflnd xn, d]N6ld]8of ef8f, Sofz6] g dl; g, df0\$ ef8f, :6zg/L :6f] tyf d} Joj :yfkaf6 klg s]xl lgoldt >f]sf] ?kdf cfDbfgl ug{; km ePsf]5 . ; fylx? ca d oxfF; #yfut sfoqnddf cfly\$ klf; E ; /f]fl/t s]xl pknAwL ; d:of Pj +r}f]lx?nf0{oxfF? ; dlf k]tt ug{hdsf]ul//x\$]5' .

sfo{ubf\$] cgejsf] cfwf/df tkln pknAwL ; d:of tyf rgf]Lx? cf0{k/\$] hfgsf/L ; lxt k|t't ug{rfxG5'hg lgDg adf]hd /x\$] 5g\

pknJwlx?

k|tlglw ; fylx? sg]kg ; dx ; 3 ; #yf tyf lgsfosf]Pp6f alnof]klf eg\$]cfly\$ klf x].
0G6]flsf]cf7f]clw]zg Pj +^ cf)-tyf !& cf]jflif\$; fwf/0f ; efn]klf/t ; #yfut b: tf]h
cg' f/ of] ; #yf lgs}lqmfzln /Xof]. b]sf]abln]f]kl/l:ylt ; E}cfj Zos ; dfo]hg ; lxt
; #yfut ; Argf dha'tl / ; b:o Pj +sd{f/L ldx?sf]s8f kl/>d / w0{fn] ; a}sfo]df
lg/Gt/tf ; lxt sfo{Jo]l:yt 9un]g} ; #flnt /Xof]. o ; cj]lwdf ; #yfn] ; #yfut 5lj df
sg}bfu nflu g]b0{t6:y 9un]g}0G6]flsf] sfo]md sfo]og u/L cfly\$ kf/blztf /
hjfb]Ltnf0{w]}s]Gbt u/L sfo{ ; #fng ug{ ; lfd ePsf]5 . tfg ; 0 ; Dks{sfo]hoaf6
ljz]f sfo]mdx? ; #fng ul/Psf]o ; cl3sf]k|t]hgdf cf0{ ; s\$] . :yfglo tx / ; a}
klf ; E}sf] ; dg]o / pQ/bfol Pj +kf/bzL{hj fkn]x]tf klg pNn]vglo /Xof]eGg]s/f xfdlnf0{
nfu\$]5 . o ; y{o ; cj]lwdf cfly\$; jfndf ePsf dVo pknAwL? lgDgfg' f/ ePsf]
kf0G5

- ☞ dfl ; s tyf qdfl ; s ?kdf cfly\$ k|t]hg k]z ug]sfo]df lgoldt tf .
- ☞ sDKob/ tyf ; ^6j 0/ k0ffnldf cfly\$ k|t]hg tof/ tyf clen]vg .
- ☞ ; #yfsf]cfly\$ sf/f]f/ r': t / b?: t clen]vg tyf Joj : yfkg .
- ☞ rf68{Psf]G6]6x?af6 cw]flif\$ tyf jflif\$?kdf n]vf k/Llf0df lgoldt .
- ☞ ; #yfut j]w]lgstfdf lgoldt tf ; E}x]n ; Ddsf]s/ rQm k]p]of kq lng ; km .
- ☞ ; #yfsf]5lj : yflkt ug]qmdf cfly\$ t6:y]tfsf]j]f: tfl]s k|t't ug]cEof ; .
- ☞ tfg ; 0 tyf lkM8 sfo]ho gj nk/f ; laf6 klg cfly\$ sf/]f/ ; #fng .
- ☞ ; #yfsf] ; Dk0f{ ; DkQLx?sf]clen]v tyf :6f] Joj : yfkg .
- ☞ 0G6]fl ; dfh s0b\$] !& cf]-jflif\$; fwf/0f ; efa6 k/fgf] ; Argfnf0{5f]L gof
; Argdf
hfgsf]nflu af6]vNnf ul/Psf].
- ☞ cfly\$ tyf k]z ; lgs lgodf]nl cBf]lws, tyf ; f]L cg?k Joj xf/df sfo]og
ePsf].

; d:ofx?

; #yfut sfo]md ug]qmdf cfly\$ klf ; E ; /f\$fl/t s]L ; d:of oxfK? ; dl] a]fut
?kdf k|t't ug{u0{x\$]5' . sfo{ubf\$] cgejsf] cfwf/df tkln ; d:ofx? jf rgf]Lx?
/x\$]5 .

- ❖ n]vf k/Llf0f zNs dxwf]ePsf]n] ; #yfn]lghl n]vf k/Llfs lgoldt / e/kbf]9un]
Joj : yf ug]g ; Sg' .
- ❖ bft [lgsfosf]sfo]md lkR5]cfly\$ k|t]hg tj/ tl/sdf km/s xg' .
- ❖ ; #yfsf]cf^g]lbuf] ; f]t gePsf]n]sfo{ug]df sl7gf0{ .

l ; sfo{?

cfb/0flo ; efWol] dx]bo Pj +k|tlglw ldx? ca d o ; ; #yfn]of]cj]lwdf xfl ; n u/\$f
s]L dxTj k0f{l ; sfo{x?nf0{k|t't ug{rfxG5' . 0= s]k]fn lj ut bl]v g}cge]af6 l ; sfo{/
l ; sfo]af6 kl/j t0 eg]dfGotf cg' f/ cuf]8 al9/x\$]s/fdf xfdl lj Zj : t 5f} . o ; }k4lt
jf dfGotdf sfo{ug]qmdf xfl ; n ePsf dVo l ; sfo{lgDg cg' f/ ePsf]s/f lg]hg ug{
rfxG5' .

- ❖ ; ^6j 0/ k0ffn]af6 sfd ubf{ cfly\$ k|t]hg ug{ l56f] / ; lhnf] xg] t/ lglZrt
JolQm?df dfq ; lk ; lldt /xg].
- ❖ n]vf tyf k]z ; gsf sd{f/lx?n]klg ; #yfut sfo]mdx?sf]af/]df hfgsf/L /fVgk]I

- ❖ n]vf tyf Joj:yfkg ; DaGwl cfwf/e't s'fx? lkmN8 sd{f/lx?nf0{klg hfgsf/l xgkgI.
- ❖ n]vf ; DaGwl ; /sf/l glltx?sf]:ki6 hfgsf/l /fVgkgI.
- ❖ n]vf kf/blz{f xf] \eGgsf lglDt ; fj hlgS ; gj f0{ / ; fdflhs n]vf k/Lif0f ubf{u/fpBf kēfj sf/l xg].
- ❖ kl/of]hgfut ; D`f]f ubf{; ;yfut lbuf]kgfdf Wofg lbg'kgI.
- ❖ ; ;yf]sf]cfGtl/s ?kdf cfo a9fpgsf]nflu ; f]t]sf]vf]hldf a9L Wofg lbg'kgI.

cfly\$ tyf kzf; lgs ; jn klfx? M

- ❖ kzf; lgs gllt lgodfj nl tof/ ePsf].
- ❖ lj ifo j : t'cg'; f/ sfo{lj efhg u/l sfof]j ogf]z?jft ePsf].
- ❖ cfj Zostf cg'; f/ lj ifout hgziOm vf]hl tyf lhDd]f/l lbg]k]qmf]sf]yfngl .
- ❖ e]ts k]f]w/ tyf ; fdu]x?sf]Aoj : yf ePsf].
- ❖ cfj Zos cfly\$ sf/f]f/ ug]k]qmf]df lj leGg dfkb08 / km]d{km/d]x? pknAw u/fPsf]
- ❖ ; ;yfut lj sf; tyf lbuf]kgf]sf]nflu >f]t hōfpg]sfo{xg'.

cfly\$ tyf kzf; lgs sdh]l klfx? M

- ❖ ; ;yf]sf]gllt lgod cg'; f/ cfly\$ lqmf]snfk ; dodf g'xg'.
- ❖ dflyNnf]txaf6 tNnf]tx; Dd ; ;yfut s'fx? lhDd]f/l afBkmfB cg'; f/ sfof]j ogdf lg/Gt/tf g'xg'.
- ❖ ; ;yfut sfo{v6f0{cg'; f/ plrt dNof]g gePsf].
- ❖ ; ;yf]sf]:j fldTj df cfkm]sf]of]ho ejg cflbsf]Joj : yf g'xg'.

cfly\$ tyf kzf; lgs cj ; / M

- ❖ sd{f/lx?n]cf^gf]blftf cg'; f/ sfo{lhDd]f/l kfpg'.
- ❖ ; ;yf]sf]sfo{k]ult cg'; f/ bft [lgsfox?sf]k]z .

cfly\$ tyf kzf; lgs rgf]lx? M

- ❖ bft [lgsfosf]gllt / ; ;yfut gllt ; dfof]hg ug{sl7g xg'.
- ❖ ; ;yf]sf]lj sf; ; E; E}afB{; b:ox?sf]; lqmf] g'xg'.
- ❖ sfo{qmdsf]kl/j tG ; E}hgziQmf]kl/j tG ug{kgI.
- ❖ kf/IDes ah] cg'; f/ alr alrdf ahf/dNo km]abn xg'.

cfly\$ tyf kzf; lgs dfu]lgb] M

- ❖ ; ;yf]sf]vmo cg'; f/ bft [lgsfo vf]b]hfg'kgI.
 - ❖ ; ;yf lbuf]kgf]sf]nflu ; ;yfn]a\$]Nks ; f]t]x?sf]vf]hl ug{kgI.
 - ❖ ; ;yf]sf]alnof]/ :ki6 gllt lgod xg'kgI.
 - ❖ cfly\$ tyf kzf; lgs lgodfj nl cWoog, kg/fj nf]sg ug{kgI.
 - ❖ ; ;yfsf ; b:ox?nf0{; do ; fk]f ; ;yfut sfo{qmd ; DaGwl cledvls/of ug{kgI.
 - ❖ ; ;yf]sf]lj sf; ; E; E}afB{; b:ox? klg blf tyf ; lqmo xgkgI.
- ; fylx? xfdl xfd] cfly\$ j if{ eGgn] g]kn ; /sf/sf] lgodfg'; f/ >f]of ! b]v ciff9 d; fGtnf0{lnPsf 5f}. ; ;yfdf ; -r]lnt lj leGg sfo{qmdx?sf] cfly\$ j if{ bft [lgsfosf] lgod cg'; f/ km's km's ePsf]j]v]lgtstsf]nflu ; g\@)!! / @)!@ sf] cfly\$ kl]tj]hg ; ;yfut cl86 l/kf]f{cg'; f/ /x]sf]5. ; efWOLF dx]f]o, ca d cf7f}clwj]zg tyf !& cf}

jflif\$; fwf/Of ; ef kZrft xfn; Dd eP u/xf ; DkOf{cfo Joo Ijj /Of k|t't ug{cgbllt rfxG5'.

sfoqnd vr{klxn]jif{

qm# =>	cfly\$ jif{; g\@)!!	Cfo	Joo	afBl
!	o]fsf nflu, zflGt / lj sf; sf nflu o]f -ODW_ - ; fpg ! ut]af6 c; f/ d; fGt_-ODW and Additional_	#)#@,^@\$!\$.-	#@,)&,^)&!\$.-	-!,&\$,(*#>)).-
@	Pr-cf0el/ P8\ sfoqnd -HPP_ -; fpg ! ut]af6 c; f/ d; fGt_	!&,@)%(>)).-	!&,@)%(>)).-)).-
#	; du c]GtI/s sfoqnd- ; fpg ! ut]af6 c; f/ d; fGt_	!&,%@\$@)^@.-	!%,^(*#* @\$.-	!,*@,%*#@#*.-
\$	ESCI sfoqnd	#,&#,&* (>)).-	#,&#,&* (>)).-)).-
%	skrfu sfoqnd -CAAFAG_ -; fpg ! ut]af6 c; f/ d; fGt/_	!\$,&*!!* >)).-	!\$,&*!!* >)).-)).-
^	; a]f nflu lzlf sfoqnd -EFA_	!!(!) >)).-	!!(!) >)).-)).-
hDdf		*\$,&^#!)&^.-	*\$,&^,&!!#*.-	-&,%((#*_.-

sfoqnd vr{bf] jif{

qm# =>	cfly\$ jif{; g\@)!@	Cfo	Joo	afBl
!	o]fsf nflu lzlf, zflGt / lj sf; sf nflu o]f	!%,(!&!>)) .-	!%,(!&!>)) .-)).-
@	; fy ; fy kl/of]hgf -ssp_ - d\{ ! ut] af6 c; f/ d; fGt_	!(\$,\$^&-%.-	!^,*#@!#&)-.	@,^^@%\$>)%.-
#	; du c]GtI/s sfoqnd -; fpg ! ut]af6 c; f/ d; fGt_	!#!@,^%(&&.-	!\$,&())\$!-(#.-	-!,,^#*@!^_.-
\$	skrfu sfoqnd -CAAFAG_ -; fpg ! ut]af6_	!%,))#(>)).-	!%,))#(>)).-)).-
%	; dtf / kxF sfoqnd-EAP_ r\ ! b]v c; f/ d; fGt	!))))) .-	!))))) .-)).-
^	afnafnsfsf] nflu ; xof]ul tyf ; %lft -SPEC_ sfoqnd	@@@@,*(>)).-	!#,&*#^#>)).-	*\$\$,%@(-
hDdf		(%&&!!#%@	*^#@&!@^#.-	(\$\$\$)^(-

v08M \$

efjl jflif\$ sfoqnd tyf sfoqllt

; efsf ; eflwlf, k]v c]tly, cGo c]tlyuOf, pkl:yt k]tlglw Ho" / cGo ; DkOf{
dxfg] d OGb]fl ; dh s]b]cfufdl @ jifsf nflu k]tljt sfoqnd sfoqllt / sfoqnd
k]t]tsf]nflu cgdlt rfxG5' . pkl:yt k]tlglw ; fylx? o; eGb] cufl8 k]tt ePsf
k]t tyf cfly\$ k]t]hgaf6 ; %yfsf]j t]fg l:ylt, lfdtf / cfufdl lbgf nflu s]l dfu{
bz]gf/]oxf?n]hfgsf/l kf0{; Sg' ePsf]5 / To; %f]w/ftndf /x] cfufdl jifsf nflu

k|tfljt sfoqmd sfoqllt / sfoqmd cufl8 ; fg{nfluPsf]klg hfgsf/L ug{rfxG5'. ctM
 pkl:yt k|t|glw ldx? 0Gb0fl ; dfh s0b|gkfn lj ut :yfkf sn b|v cf^gf]lgwf/t
 kl/sNkgf cg; f/ ; fxl d'tfljssf]nlo, p27o, sfoqllt / dfGotfnf0{cwlsl/ u/L lg/Gt/
 cl3 al9/x\$]5 . / o; cj lwsf]efjl ofqf klg ; fxl cg?k lg/Gt/tf kfpj]s'/fdf b0dt
 gxfhf t; y{of]x|df] efjl ofqfnf0{lgDg 9un]lgwf{of u/L cufl8 ; f/\$f]s'/f oxfr?nf0{
 lgj0g ug{rfxG5'.

s_ ; #yfut tyf hgziQmljsf; tkm

0Gb0fl ; dfh s0b|c|k|gf]kl/sNkgf k/f ug{/ lgwf{of ul/Psf nlo / p27o xfl; n ug{
 ; dbfosf]hljg :t/df ; sf/ftds kl/j t0sf nflu nllft ; dxsf]clwsf/ kj 40, cfodf
 j[4 / ; #yfut ljsf; xg h?/L 5 eGg]dfGotf cg?k c|k|gf]cfGt/s tyf nllft ; dxsf]
 ; #yfut ljsf; nf0{dxTj lbG5 . t; y{o; dxTjnf0{k|vfg :yfg lb0{c|k|gf]sfoqmdnf0{
 cufl8 ; fg]s'/fdf ; d]t Wofg lbPsf]5 / tl lgDg cg; f/ /x\$]5 .

- 0Gb0fls]j t0fg pk; dx?sf] ?kdf kl/j t0g u/L JolQmut ; b:otfsf] ; #yfut
 Joj:yfkfdf ; wf/ ub]; fdfhs ?k|Gt/ofdf s]Gb]t ug\$.
- j t0fg cj:yfdf dlxf?sf] ; b:otfnf0{Jofks ; wf/ u/L cfjZos ; r]gf ub]
 sDtdf ## k|tzt k/f ug{ / g]T]df klg ; fxl cgk|tdf n]hg] kpf; nf0{
 lgoldttf lbj]5 .
- jflif\$; b:otf >d lzlj/, ; b:otf ; r]gf lzlj/ lgoldt ; ~rfng u/L ; dbfodf
 ljZj; sf]jftj /of ; hgf ug{sfoh]lg/Gt/tf lb0g]5 .
- lem?j; vfb/sf]clkm nf0{c|k|gf]:jfldTjdf ln0{Gogtd #) hgnf0{vfgf, a:g /
 tflnd ; ~rfngsf nflu cfjZos k]f]w/ ljsf; df yk sfo{ug] / lem?af; l:yt
 salnotl jg ; dx; E ; dGj o u/L ko6slo tyf :yfglo ; #s[t kj 40df hf\$ lb0g]
 5 .
- tfg; 0g gkf+eq ; xsf/tfsf] cjwf/0fdf k|/De cfj; lo 0Gb0fl r]gf ; bgnf0{
 k0f]f lbj cfjZos ; Afs tyf pTk]ss]eldsf k|fg ul/g\$.
- ; #yfsf]sd{f/L, sfo\$fl/0fl ; b:o Pj +cG0 lhDd]f/ dxfgfjx?nf0{lj ifout blftf
 xfl; n u/fpg kxn ul/g\$.
- Joj:l:yt / lgoldt cgudg Pj+; xhls/of ; lxt ; b:o tyf ljifout ; ldltx?sf]
 txut sfo]lwdf lqmfzln]tf Nofpg yk kxn rflng]5 .
- :yfglo tx b|v /fl60, cGt/f]60 tx; Dd ; Dks{/ ; fem]f/Ldf sfo{ug{u/fpg
 plrt ; DaGw sfod ul/g]s'/fnf0{lgoldttf lb0g]5 .
- :yfglo txd] ljeGg cifo sf]f v8f u/L jf ; f]t kl/rfng u/L sfo{ul/g\$.
- sfoqmdn]o]f j juhf0{klg ; d0g]vfnsf ; Defj gf / k|yldstfnf0{klxrfg ul/ sfo{
 cufl8 a9f0g]5 . cflb

v_ cfly\$ tyf ; fdfhs ljsf;

0Gb0fl ; dfh s0b|:yfkf sn b|v g}c|k|gf]nllft ; dbfosf]hljg :t/df ; sf/ftds
 kl/j t0sf]nflu ltglx?sf]Gogtd clwsf/ kj 40 ; lxt cfly\$:t/df ; wf/ xg' kb\$ eGg]
 dfGotf /fvb5 / xdf]; dfh / kl/j z cg\$tdf ljeflht 5g / tl ljeflht tl ; fFs[ts
 w/ftn, tl k/Dk/f, tl elurh, tl ; dbfo, / tl cfo :t/ ; ahf0{plrt ; dfo]hg ul/ sfo{
 ug{ ; lsof]eg]dfq ; #yfn]lnPsf nlo, p27o k/f ub]Gofof]rt / ; dtfdhs ; dfhsf]
 kl/sNkgfdf klG ; lsG5 / ; #yf ; km xg ; S5 . t; y{ol uxg s'/f k|t ; #yf ; r]t /x5]
 sfo{ul//x\$]s'/f lgj0g ub]cfudl jif\$ nflu log}ljifo j :t' / lqmfnsfnkn]lgoldttf
 kfpj]s'/fdf kSs]klg b0dt gxfhf . ct tl sfohf0{dWogh/ u/L cfudl cj lwsf nflu
 cfly\$ tyf ; fdfhs sfo{cGtu]t lgDg ln]vt sfoqmd / gllt ln0g]s'/fsf]k|tj cufl8
 ; fg{rfxG5f}.

- ; #yfn] ojf=afnaflnsf, ljkGg / blnt ; dbfonf0{kDv nllft ; dbfosf] ?kdf :jlsf/L Itglx?sf] clwsf/ kj4G / cfodf j[4 ug] vfnf sfomd / glttdf lg/Gt/tf lb0g]5 .
- clwsf/ kj4Gdf ljz]f u/L ; fdlhs ; dflxtf, ; Af0f, ljsf, ; ; xflutf / arfpnf0{ qmdzMkfyldstf lb5}tbg; f/sf]sfo{ug5 .
- cfo j[4sf nflu :yfglo cu| /tf, dfu, ; DefJotf / ahf/nf0{dWogh/ u/L cfo cfhg / Joj ; flos sfomd bjnf0{cuf18 ; fl/g5 .
- sfomdsf] :ki6 kl/rfngsf nflu Ps ; dx Ps klxrfgsf] glttnf0{ kofs]h / cleofgsf]?kdf sfo{ ; #fng ul/g5 .
- :yfglo ; #s]l k/Dk/fsf] ljifodf lgoldt cgludg dNoflg u/L cfjZos kg/fjfhsg ; lxt To; sf]; Dj4G ; Af0f / kl/dfhg sfomd{lg/Gt/tf lb0g]5 .
- cfo j[4sf nflu :yfglo txd ; DefJotf cWoog ul/ To; sf]plrt kj4gnf0{klg kyfldstf lb0g5 .
- nllft ; dbfosf nflu ; fdlhs Gofosf cfwf/e't ; Argf ; lxt plrt Gofosf lglDt kxn sbdl rfn/xg5 .
- nllft ju{tyf ; dbfosf]; zQns/Of ub]; fdbflos ljsf; / kj]f/f/ lgdff]sf nflu plrt k]0ff / ; dgjodf j[4 ub]j sfntdf ; d]t ; xof]u ug{x/ xd] f kof; ul//xg]5 .
- xfn]; #fngsf qmddf /x]sf]; xsf/Lut cjwf/0ffsf sfomd tyf kl/of]hgfx?nf0{d't{ ?k lb5}Jojl:yt ?kdf ; #fng / ; b:ox?sf]ljZj; glottdf j[4 ug]{yk ; xof]u ug]5 .
- 0G>0]lsf]jt]dfg klxrfgd sf]sdL cfpG glb0{cfjZos clen]vg k]f/ k]f/ ; lxt e]ts k]f/f/ ; lxt u]ldof l]q]sf]; dbfodf cfwf/t ; #yfsf]dfGotdf l' ?j]; sf] clkm nf0{ Jojl:yt ub] ko6slo / cfj; lo b[16 sf]fn] ; wf/df lgoldttf lb0g]5 .
- xfn ; #flnt ; Dk0f{ sfomdx?nf0{ ; D'f]f cjlw; Dd ; #fng / cfufdl lbgdf Dofb yk ub]; #fngdf lg/Gt/tf lb0g]5 .
- uf]j ÷ ÷ lh]j ÷ jf cGo :yfglo lgsfodf ePsf o]f, afnaflnsf, dlxnf, ckfE cflbsf] nflu Joj:yf ePsf cfly5 ;]t]nf0{ ; dlrt kof]usf]nflu :yfglo txd ; dgjo ; lxt kof]sf/L kl/rfngdf :yfglo CB0s x?sf] ; m]lgtf, lqmfzIntf / cu| /tfnf0{clej[4 ug].
- uf]j ÷ sf] pknAw ah]nf0{ plrt kof]u / kof]sf]/tfsf nflu :yfglo :t/df ; DalGwt lgsfosf]JolQmut tyf ; #yfut lfdtdf clej[4 u/f0{kof]sf/L kf/bzl{ Pj #buf]lj sf; sf nflu ; xhls/Of ug].
- ; #flnt sfomdx?nf0{ ; xl lj ; hg / x: tfgt/0fsf nflu Issues Wise k]h]c]p6 ub] n]hg]lglc cjndag ul/g5 / gofFlg kj]zdf hf5 lb0g5 . cflb

cfj @)&)÷)&! sf nflu ljz] sfomd tyf sfogllt

!_ sfomdut sfogllt

- sfomd sfof]lw ; lglZrttf ; lxt lglZrt ; f'sx? tof/ u/L sfomd sfof]og .
- Ps ; dx Ps klxrfgnf0(g)lg/Gt/tf lb5}glthf pGdV sfo{ ; -rfng ug].
- sd{f/Lx? sfof]ut ge0{lj ifout -Thematic_ tj/af6 kl/rfng ug].
- sfomd lglZrt Theme leq /xl Holistic ?kdf sfo{ug]u/fpg].

- :yfglo cu| /tf, :yfglo ax' dGj o / ; femf/Ldf sfo{; -rfng .
- ax'bft[lgsfo / ax'lj ifo lfq ; dGj sfo{; -rfng ugI.
- sfoGmdsf]lg/Gt/tfsf]vfh / clen]vg, krf/ k| f/sf]Joj :yfkqdf hf\$ lbg].
- dfgj lj sf; ; rrf]sf]b[i6n]k5fl8 k/\$f ; dbfo / lfqdf sfoGmd klyldstfdf sfo{ ugI.
- :yfglo >ft / ; fwgnf0{clwstd kl/rfng, ; dlrt kofu / ; dGj odf hf\$ lbg].

@_ sdf/l:=hgziQmkfj sf/l kl/rfng sfoGllt

- cfj Zos dfqdf plrt ; jf ; lj wf ; lxt u0f: t/ hgziQmsf]lj sf; df hf\$ lbg].
- sdf/l]sf]sfo{ Dkfbgsf]lgoldt cgludg, dNof]g ; lxt cfj Zos k[7kf]f0f / lfdtf lj sf; df hf\$ lb\$]lj leGg 9wn]k] ; flxt ugI.
- lj ifout hgziQm lj sf; df hf\$ lbg].
- sfoGmdut hgziQm afx\$; du|lfq xG]cltl/Qm sdf/l]sf]Joj :yfnf0{lgoldt tf lbg].

#_ lbu]Pj +, #yfut >ft lj sf; / kl/rfng sfoGllt

- bft[lgsfo; E sfoGmd ; Dem]tf ubf{sfoGmdut dfq geP/ ; #yfut lj sf; - cfly\$,hgziQm/ e]ts_ df hf\$ lbg].
- sIDtdf krf]\$kl ; jf, dIN6ldl8of, lem?af; sf]u]6?d, dz / tflnd xnnf0{ Joj ; flos cfocfhGdf kl/0ft ugI.
- sg]klg lgsfodf clkm; on ; dGj odf >ft JolQmsf]?kdf hgziQm kl/rfng ePdf lghn]kfpq]; jf ; lj wdf lglZrt k|tzt s6f]L ug[k]j wfg /fVg].
- tfg; Gdf cfj ; lo ; lj wf ; lxt tflnd s]b]sf]Joj :yf ugI sfoGf0{Joj l:yt ub} hfg].

\$_ af\$; b:o / sdf/l]sf]; DaGw lj sf;

- sIDtdf qd]f; s ?kn]lgoldt cGt/lqmfdf a]snf0{lgoldt tf lbg].
- ahf avt d]lk0f; xef]h, v]hsb, cj n]\$g e]0f cflb sfoGmddf hf\$ lbg].
- ; #yf / ; #yaf6 ; #flnt sfoGmd k|t lhDd]f/ u/fp5]lgoldt cledVls/0fdf hf\$ lbg].
- a9bf]cgfj Zos vr{s6f]L ub}; hgfTds Joj :yfkqdf hf\$ lbg].

cfb/0flo k|tlglw ; fylx? nufot pkl:yt ; Dk0f{dxfgex? xfdln]; #yfut ?kdf cfufdl lbgdf cf^gf] sfo{; #fngdf dfly pNn]v sfoGlltnf0{k]vtf lb0g]5 eg] sfoGmdsf] k\$[t / kl/j z adf]hd cGo sfoGlltn]klg sfo{; #fng /xg]/ lj utdf /x6]cfPsf]klg hfgsf/l u/fpg rfxG5' cGtdf cfj Zos ; DefJotf / cfj Zostfdf agb ; qdf klqmfut 5nkm u/l 7f] lg0f6 ug{u/fpg cg/f]v ; lxt of]sfoGmd tyf sfoGllt ; DaGwl k|t'tl oxl 6Hofpg cgdlt rfxG5'. wGj fb U

k|t'tl =====

v08M %

efjl sfoGmd / ah

cfb/0flo ; efsf ; efWof dx]bo, k]v cltly, cGo cltlyu0f, pkl:yt k|tlglw Ho"/ cGo ; Dk0f{dxfgefj Pj +cdfd afaf, bfhef0, lbblalxglx? cfh xfdl OGb]l]sf]gj f]clwj z g

tyf !* cf]jflif\$;fwf/0f ;efsf] o; ul/dfdo lf0fdf 5f}. t; y{ ca d ; efwolfsj
 cgdltdf cl3 k|t't 0Gb]flsf]efjl sfogllt Pj +sfoqmdcf cfwf/l /x/ cfly\$ jif{; g\
 @)# sf]nflu k|tfljt sfogmd tyf ah0 k|t't ug{u0/x\$]hfgsf/l u/fp5}k|t'tl lt/
 k|tlglw ;fylx?sf]Wofgsif0f ug{rfxG5'. k|tlglw ;fylx? o; cfly\$ jif\$]sfogmd tyf
 ah0 lgDg k\$]f /x\$]f]s/f lgj 0g ub]cfj Zos lqmf k|tlqmf / uXg ; Nnfx ; emj ; lxt
 aGb ; qn]:jls]t ul/lbg'xg cg/fw ; lxt of]k|tfljt sfogmd tyf ah0 k|t't ub5'.

cfudl cfly\$ jif{; g\@)# sf]nflu cgdflgt sfogmd tyf ah0

qm =	sfogmd tyf kl/of]hgf?	vr{g?=-	sfogmd tyf kl/of]hgf?	cfzf u/\$f cfdBfgl g?=-
!	; fy ; fy kl/of]hgf -SSP Program_	%!),),),),).-	USAID funded FHI 360	%!),),),),).-
@	afnaflnsf] nflu ; xof]ul tyf ; /lft -SPEC_ sfogmd?	#%),),),),).-	; 0 b lrN8g	#%),),),),).-
#	em]E] kh ; fdlhs kl/rfng sfogmd # hgfsf] tna, vfg tyf ofqf vr{ kzf; lgs vr{	*%,^,@#\$.-	lh+j = kfNkf	*%,^,@#\$.-
\$; dtf / kxF sfogmd -EAP Program_	!),),),),).-	lhNnf ;jf:Yo sfoho kNkf	!),),),),).-
%	cfGtl/s sfogmd cGt/ut M		cfGtl/s dZ af6	!),),),),).-
	-s_sdf/l tna -\$hgfsf] tna_@ cflzs	!,^),^!^.-	; fdul ef8f	@%),).-
	-v_sfo{ldlt;; Nnfxsf/ a}S	@%),).-	-v_ tflnd xn ef8f	!),),),).-
	-u_ ; yfsf]!(cf]j flif\$; fwf/0f ; ef	!),),),).-	-u_ Sofz6] g ef8f	!),%),).-
^	dlxnf kjf ljsf; sf nflu cfocfhg tyf lfdtf ljsf; pkxf/ sfogmd	%),),),),).-	^_ xkm	%),),),),).-
			s_ lem?jf; uf+j =	^),),),).-
&	:yfglo ljsf; tyf ; #s[t kj c0sf nflu ; fdlhs kl/jtg tyf ; zQns/of sfogmd	@),@#).-	:6Zg/L :6f]	^),),),).-
*	3Dt]sfif sfogmd	(,),),).-	3Dt]sfif c; hl	@),^,&\$#).-
(dZ tyf u]6 ?d Joj :yfg	^),),),).-	-	-
!)	:6Zfg/L Joj :yfg tyf d; nGb vr{	#),),),).-	; b:o zNs	\$%),),),).-
!!	tfg; 0 ; Dks{ sfoho 3/ef8f	%,^,&@.-	dIN6ldl8of ef8f	@),),),).-
!@	cfGtl/s sfo0of	@%),),).-	u]6?d	!),),),).-
!#	; yf cl86 glj s/of	@%,@%.-	; yf ljsf; nf0{ ; do ofubfg	%),),),).-
!\$; yfut ljsf; sfogmd	!),),),),).-	; xhls/of j fkt	#%),),),).-
	sh jllif\$ ah0 =	?4,^)%^,&&.-	sh jllif\$ ah0	?4,^)%^,&&.-

cfb/0f1o ; efW0lf dxfb0 Pj +k|t|lgwl Ho,"k|t't jflif\$ ah0 cg; f/ tkf0{xfdl cf-cf^gf] txaf6 ; xof|u u/f} h6f}+eGg] cg/fW ; lxt cfjZos lqmf k|t|lqmf / ; Nnfx ; emf]sf] ck]ffsf]; fy aGb ; qn]kfl/t jf :jls|t ul/lbg'xg\$ eGg]ljZjf; ub}; efsf]k0f{; kmntsf] sfdgf ; lxt ljb0{eP/ hfg]/ gof|lgjff{rt e0{cfpg'xg]; Dk0f{sfo\$fl/0fl ; b:ox? k|t cfe/ / cfufdl sfo{ ; kmntf Pj +pQ/fQ/ k|t|tsf]sfdgf ; lxt of] k|t|t|hg olxFcGTo ub\$'. wG0jfb 0

k|t't| /fwf cfn]

v08 c_ ; #yfsf]v00s

0Gb0fl ; dfh s0b|gkfn u} wld\$ / u} /fhg]ts / dgfknf /lxt dfgjlo tyf ; fdf]hs lj sf; ; #yf xf]. of]; #yf lj = #e)%@ df ; #yf bt{P0 @)#\$ cg; f/ k|Nkf lhNnf kzf; gdf bt{ ; dfh sNof0f kl/ibdf cfj4tf / sfo{t lhNnf?df ; DalGwt lhNnf kzf; g sf0f0x?af6 :jls|t k|t ; #yf xf]. of]; #yf :yfkf sfnb|v g}lj s6 lf0 Pj + lj kGg ; dbfodf a; f; ug]hghfl, dwz, blnt tyf cG0 lj kGg ojf:afnafnsl, dlxf, ckfEtnf0{nllft u/l Itglx?sf] cfw/e't clwsf/ kj4g / ; lglZrtfsf nflu ; fdf]hs ; r]gf / ; z0ms/0f, clwsf/jfnfx?sf]; #yfut lj sf; ; lxt ; fdf]hs tyf cfly\$:t/df ; wf/ ub}|Itglx?sf]hljg:t/df ; sf/ftds kl/j t0sf nflu lqmfzln ; #yf xf]. .Gof0|rt tyf ; dtfdhs ; dfh0 sf]kl/sNkgf af\$}o; ; #yf klZrdf-rn lf0sf lhNnf? s|Gb|t /x\$}ljleGg kl/of]hgfx? dfknt e|ts kjfwf/df ; xof|u, nllft ju{ ; dflxtsf nflu ; fdf]hs kl/j t0 tyf ; z0ms/0f / Itglx?sf]; xeflut Pj +; Af0fdf ; lglZrtf cflbnf0{ hf\$ lb\$}Pr-cf0eL=/ P8\ /f\$yfd nufot kof]/0f1o Pj +; f:s[ts ; Af0f tyf kj 4g h:tf sfo\$]nflu ; fdf]hs kl/rfng tyf k|lj lws ; xof|usf sfdx? ub}|cPsf 5g\

kl/sNkgf .Gof0|rt / ; dtfdhs ; dfh0

Wb0 M

- nllft ju\$]clwsf/ kj4g sf nflu ; fdf]hs ; r]gf / ; z0ms/0f ug].
- ; dbfosf cfly\$ tyf ; fdf]hs :t/df ; wf/ ; lxt hlj gofkgdf ; sf/ftds kl/j t0 ug].
- hgs|Gb|t lj sf; sf]dNo dfGotfnf0{:yflkt u/fp\$}; #yfut lj sf; ug].

nlo M

- nllft ; d\sf] clwsf/sf]; r]gf, jsfnt / st{osf]af|v u/fpg].
- nllft ; d\sf]cfly\$ cfTdlge{tf ; lxt ; fdf]hs x}; ot :yflkt u/fpg].
- lj Bdfg ; sf/ftds ; fdf]hs dNo dfGotfnf0{sb/ ub}|cfjZos ; Af0f / kj 4g ug].
- ; a\$]f]; dfg ; xeflutfsf]cj ; / ; hgf / ; #yfut lj sf; df hf\$ lbg].

; #yfsf]p2]o

- ❖ :yfglo hg; dbfonf0{Psls|t ub}|lj sf; sf]dhkjfxdf cl3 a9g pTk|/t ug]u/fpg]
- ❖ :yfglo ; lldt ; |t ; fwgnf0{kl/rfng ub}|k5l8Psf]ju{?sf]hljg:t/ ; wf/ ug] cfjZos ; fdf]hs, cfly\$ / ; f:s[ts sfoqmd ; #fng ug].

- ❖ ; dbfosf nllft ju{?sf]lgldQ cf^gf]; d:of / cfjZostf ; dfwfg ug{cfkndf ; zQnl/Of u/L ; d:of ; dfwfgsf]cEof; ; dbfo txaf6)ug{u/fpg pTkI/t ugI.
- ❖ dlxf, afnafnsf, ojf, blnt, hghflt, ckfEtf / ljkGgnf0{ kfyldstf lb0{ ltglx?sf] hljgofkgdf ; sf/ftds kl/jt6sf nflu cfwf/et clwsf/ kj46 / cfly\$, ; fdlhs / ; #yfut ljsf; ugI.
- ❖ ; #yfn]JolQmut gfknf gaf8g]/ sg)klg /fhg]ts klfdf ; xeflutf ghgfPtf klg gkfn ; /sf/sf]gllt lgod / kl/lwleq /xl gkfnfsf]; xsf/L P6 cg; f/ ; xsf/tfsf] ljsf; df hf8 lb6); b:ox?nf0{; xsf/tfsf]efjgf kl't pTkI/t ugI.
- ❖ :yfglo txd fso6md fso6j og ugI qmddf gkfn ; /sf/sf] :jfoQ zf; g P6 / lgodfj nlsf]kl/lwleq /xl ; DalGwt lgsfo; E k/fdz{/ ; Dem]fdf fso6md ugI.
- ❖ :yfglo hg; dbfonf0{jftfj/Oflo kof]/Ofsf] dxTj / ; Af0f fso6f ; xeful u/f0{ fso6j og klfdf kfyldstfsf]; fy ; xeflutf ug{k6Tg ugI.
- ❖ :yfglo hghlj sf / :jf:Yonf0{plrt kfyldstf lb6)Pr-cf0el, dft[zz' :jf:Yo, kl/jf/ lgofhg, vfk / kf]of lzlf h: tf :jf:Yo ; /; knf0{h: tf fso6f nflu ; xsfo{ Pj +cu| /tf lng].
- ❖ dlxf tyf afnafnsf ; DaGwl xg]lx#f, b]o]xf/, a]lj vg, zf]of cflb /f\$yfd u/L ltglx?sf]plrt ; Af0f ; DaGwl fso{ugI. cflb

nllft ; dbfo

- afnafnsf=ojf, dlxf, Ho]7 gful/s, ckfEtf, hghflt, blnt / ljkGg ; dbfo .

; #yfsf]dNo=dfGotf:lgb]s l; 4f6tx?

- cfTdlge{tf / ljsf; sf nflu nllft ; dbfosf]cu| /tf / cykOf{; xeflutf .
- :yfglo >f] ; fwgfsf]; xl kl/rfng / ; dlrt kof]u ; lxt hgs]Gb]t ljsf; df hf8 .
- ; sf/ftds ; #s[tfsf]; Af0f, ; j46 ; lxt cfTdlgOf6sf]clwsf/ kl't jknfbf/ .
- cgejaf6 l; sf0{l; sf0af6 kl/jt6sf]dfGotfdf fso{-rfng .
- t6:ytf, kfb]ztf, hjfkn]Ltf / pQ/bfloTj sf]; #sf/ kl't kOf{kl'tj 4 .
- clwsf/af/]; r]gf, ; zQnl/Of, jsfnt / stfo af]vsf]plrt ; dfo]hgdf hf8 .
- cu| /tf, ; fem]fl/tf / ax'; dgjosf]sfo{k4ltdf fso{-rfng .

v08 v_ ; #yfsf]j]wflgstf tyf c6o ; Hfkt ljj/Ofx?

c_ ; #yfut ljj/Of

```
; #yfsf]gfdM OGb]fl ; dfh sGb]gkfn
dVo sfofno M lem?af; * vfb/ kfnkf knfg )&!-^($$^&
; Dks{sfofno M tfgkf=$ ljzfnahf/, kfnkf 6]lnknfgM )&%- %e))(!
O6]h M iskpalpa@yahoo.com
lkn]8 sfofno M /fdud gkf=# /fdud gjnk/f; L knfg #) &*- %e)^*%
```

O6]h M iskawalparasi@gmail.com

cf_ ; #yf btfc- cfj4tf

s_ kFNkf lhNnf kzf; g sfofhosf]bt{g=#\$:@)%@ tyf lhNnf kzf; g sfofho
 gj nk/f; laf6
 sfo{; -rfng :jls{tl @)^&
 v_ afn; xeflutf tyf ; Af0fsf nflu sfo{t ; #yfx?sf]sG; fl66d gkfndf cfj 4tf
 u_ ; dhf sNof0f kl/ifbsf]cfj 4tf g=#&#) & @)%*
 3_ u} ÷ dx; 3 kFNkf zfvdf cfj 4tf g#GD #^÷)%^
 a_ /fhZj sfofho e}xjf kfg g#)!@^\$)*@÷)% (tyf s/ 5b kpf0fkq @)%(
 r_ l; #j÷cf/#fli60 g0j s()))÷)^&
 5_ Pr÷f0E/ P8\ lj?4sf]/fli60 cleofg)))÷)^&
 h_ n}Es tyf afncfwsf/ dhkj fxlS/0fsf nflu dlxf tyf afnafnsf sfofho kFNkfdf
 ; flst

0_ ; #yf gjls/0f tyf n}f k/lif0f

s_ clGtd n}f k/lif0f ldlTM@)^ (c; fh @% ut]
 v_ clGtd gjls/0f ldlTM@)^ (sflts !(ut]@)&) ciff9 d; fGt; Ddsf nflu

0f ; b:otf

; b:otfsf]k\$#/	dlxf	k?if	blnt	hghflt	cGo	hDdf
sfo\$fl/0fl ; b:o	% hgf	^ hgf	! hgf	* hgf	@ hgf	!! hgf
; fwf/0f ; b:o	!%& hgf	\$!& hgf	^\$ hgf	\$%% hgf	%% hgf	%&\$ hgf
sd{f/l	!\$ hgf	!% hgf	@ hgf	!^ hgf	!! hgf	@(hgf

p_ ; #yfsf ; #flnt sfoqndx? M

- cfkjf; l sdbf/ / Itglx?sf bDktlsf nflu Pslst, kl/jf/ lgofhg kj 4G, ofg/fl
/ Pr÷f0E/; r}gf, /f\$yfd / pkrf/ ; jf sfoqnd .
- jfnafnsfsf nflu ; xofu tyf ; %lft jftj /0f sfoqnd .
- dlxf kjf ljsf; sf nflu cfocfhG ; xofu tyf ; #yfut ljsf; sfoqnd .
- emk=lgdf0df kllj lws ; xofu tyf ; fdlhs kl/rfng sfoqnd .
- :yfglo ; f#s{t l/ltl/jfh ; Af0f tyf kj 4G sfoqnd .
- ; %lft dftlj tyf gj hft lzz:0xf/sf nflu ; dtf / kxF sfoqnd .
- ; z;q krfh tyf ; dxdf ; #Ug Pj +alxu0gdf k/\$f k}{n8fs' tyf afnafnsfsf
kgP\$ls/0f sfoqnd .

pm ; #yfsf]sfo{lfM kFNkf, gj nk/f; L, uNdL, afUnE / nDhE lhNnf

C_ ; :yfs]sfo{t ; Argf

