# **k|b]z ;/sf/**

# **k|b]z @**

# ljkb\ k"j{{tof/L / k|ltsfo{ of]hgf

# l

[Document subtitle]

**k|b]z ;/sf/**

**k|b]z g+ @**

**ljkb\ k"j{tof/L tyf k|ltsfo{ of]hgf**

!= k[i7e"ld

**!=! k|b]zsf] kl/ro**

g]kfnsf] ;+ljwfg @)&@ sf] cg;"rL $ cg';f/ k|b]z g+ @ df ;Kt/L, l;/fxf, wg'iff, dxf]Q/L, ;Nff{xL, /f}tx6, jf/f / k;f{ lhNnfx? /xg] Joj:yf u/]sf] 5 . k|b]z g+ @ sf] hDdf If]qkmn (()& ju{ lsnfld6/ /x]sf] 5 . o; k|b]zn] g]kfnsf] s'n e"efusf] ^=&# k|ltzt e"efu cf]u6]sf] 5. o; k|b]zsf] s'n hg;+Vof %$@^#\*\* /x]sf] 5 . k|b]z g+ @ hg;+Vofsf] lx;fjn] bf]>f] 7'nf] k|b]zsf] ?kdf /x]sf] 5. . k|zf;lgs ljefhgsf cg';f'/ o; k|b]zdf ! dxfgu/kflnsf, # pkdxfgu/kflnsf, &# gu/kflnsf / %( j6f ufp+kflnsf u/L hDdf !#^ j6f :yfgLo txx¿ /x]sf 5g\ .

;g\ @)!! df k|sflzt k|b]z :t/Lo t'ngfTds ljsf; cj:yf gfds hg{n cg';f/ g]kfnsf] dfgj ljsf; ;"rs+fs )=%@@ / k|b]z @ sf] dfgj ljsf; ;"rsf+s )=$\*\* /x]sf] 5 h'g s0ff{nL / ;'b'/klZrd k|b]z dfly / k|b]z !, #, u08sL / % eGbf sd /x]sf] 5. o; k|b]zsf] ul/aLsf] k|ltzt $!=&& 5 / lg/k]If u/LjLsf] /]vfd'gL /x]sf hg;+Vofsf] k|ltzt !(=\* /x]sf] 5 h'g s0ff{nL / ;'b'/klZrd eGbf /fd|f] cj:yfdf /x]sf] 5 . lzIff, lj1fg tyf k|ljwL dGqfnon] k|sflzt u/]sf] tYof+sdf lzIff gfds lstfjdf g]kfnsf] ;fIf/tf k|ltzt ^%=($ /x]sf] 5 / k|b]z g+ @ sf] ;fIf/tf k|ltzt $(=%$ /x]sf] 5 .

k|b]z g+ @ ;d'b|L ;txaf6 ^% b]lv #)) ld6/ ;Ddsf] prfO{df /x]sf] 5 . o; k|b]zsf] cf}ift tfkqmd @% l8u|L ;]lN;o; /x]sf] 5 . udL{ df};ddf o; k|b]zsf] clwstd tfkqmd $) l8u|LeGbf a9L /xG5 / hf8f] df};ddf & l8u|LeGbf sd tfkqmd x'g] ub{5 **[[1]](#footnote-1)** . aftfj/0fLo tYof+s @)!( c'g;f/ k|b]z @ sf] jflif{s cf}ift jiff{ !%)) b]lv @))) ldln x'g] u/]sf] 5 . g]kfnsf] cGg e08f/ dflgg] o; k|b]zdf ;fgf 7'nf u/L %) eGbf a9L vf]nf tyf gbLgfnfx¿ aUg] ub{5g\ . k|z:t ;+efjgf, ;dy/ hldg, ;'Gb/ / pJhfplzn e"ld eP tfklg of] k|b]z ljkb\ hf]lvdsf] b[li6n] pRr hf]lvd k|b]zsf] ?kdf /x]sf] 5 . k|To]s jif{ af9L, 8'jfg, s6fg tyf k6fgn] 7"'nf] dffqfdf wghgsf] Iflt x'g] u/]sf] 5.

af9L, v8]/L, cfunfuL, zLtnx/, dfxfdf/L, n"', cl;gf, h+unL hgfj/af6 cGgafnL Iflt, s[ifL afnLdf nfUg] /f]u, r6\ofË, xfjfx'/L, kf]v/Ldf 8'Jg] / ;k{b+z o; k|b]zsf] ljkb\ lgDTofpg] k|d'v k|sf]kx¿ x'g\ . ljkb\af6 k|To]s jif{ xhf/f}+sf] ;+Vofdf dlxnf, afnaflnsf, h]i7 gful/s / ckfª\utf ePsf JolQmx¿ k|efljt x'g] u/]sf 5g\ . ljut !) jif{sf] ljkb\sf] ljZn]if0f ubf{ k|b]z @ ax'k|sf]kaf6 #$& hgf dflg;x?sf] d[To' ePsf] 5 eg] !#%&& kl/jf/ k|efljt ePsf] tYof+s /x]sf] 5 . k|b]z @ df x'g] ljkb\hGo 36gf sf]] ;DjGw k|b]z @ ;+u dfq ge} k|b]z ! / # ;+u klg /x]sf] 5 . tLgj6} k|b]zsf ;femf gbLx¿, jgh+un cflbn] Ps csf]{ k|b]zdf c;/ ub{5 . k|b]z ! / # af6 au]/ cfpg] gbLx?n] df6f], 9'+uf, u]Uf|fg aufP/ NofO{ t/fO{sf] ;dy/ hldgdf y'kfg]{ x'gfn] gbLsf] ;tx a9]/ v]tLof]Uo e"dLnfO{ au/df kl/0ft ul/lbPsf] 5 . k|b]z ! / # sf gbLx?df lgdf{0f ul/g] af+wsf sf/0fn] k|b]z @ sf] e"ldut l;+rfO{df k|ToIf k|efj kfg{ ;Sb5. o;}u/L k|b]z ! / # cGt{ut /x]sf jgh+unx?af6 lg:sg] h+unL hgfj/x?n] k|b]z @ sf cGgjfnLx?df Iflt ug]{ ;fy} dflg;x?nfO{ klg cfqmd0f ug]{ u/]sf] kfOG5 . o;y{ k|b]z !, @ / # n] ;dGjofTds tl/sfn] ljkb\sf] hf]lvd Go"gLs/0f / Joj:yfkg ug{ sfo{ ug'{kb{5.

g]kfnsf] ;+ljwfg, ljkb\ hf]lvd Go"gLs/0f / Joj:yfkg P]g, :yfgLo ;/sf/ ;~+rfng P]g, ljkb\ hf]lvd Go"gLs/0f /fli6«o gLlt, ljkb\ hf]lvd Go"gLs/0f /fli6«o /0fgLlts sfo{of]hgf @)!\* –@)#) tof/ eO{ sfof{Gjogdf cfPsf 5g\ . k|b]z @ ;/sf/n] klg ljkb hf]lvd Go"gLs/0f / Joj:yfkg P]g tof/ u/L sfof{Gjogdf NofPsf] 5 . k|b]z @ sf] ljkb\ hf]lvdsf] cj:yf / cGt/fli6«o b:tfj]h h:t} ;]08fO{ km|]djs{df g]kfn ;/sf/n] u/]sf] k|ltj4tf, g]kfnsf] ;+ljwfg, ljkb\ hf]lvd Go"gLs/0f tyf Joj:yfkg P]g / ;+3Lo tyf k|fb]lzs P]gsf] dd{sf] cfwf/df k|b]z @ ;/sf/n] ljkb\ tyf hnjfo'hGo hf]lvd Go"gLs/0f / Joj:yfkg gLlt lgdf{0f ug'{kg]{ cfjZostf ePsf]n] of] gLlt tof/ u/L sfof{Gjogdf NofPsf] 5 .

**!=@ of]hgfsf] k[i7e"ld -;+lIfKt ljkb\sf] l:ylt, of]hgfsf] cfjZostf, cf}lrTo\_**

k|b]z g+ @ Ps ax' k|sf]k k|efljt k|b]z xf] . k|To]s jif{ s'g} klg l;hgdf s'g} g s'g} k|sf]ksf] 36gf o; k|b]zdf x'g] ub{5 . j}Zffv h]i7sf] dlxgfdf cfufnfuL, xfjfx'/L, c;f/ >fj0f ebf}df af9L, 8'jfg, dxfdf/L, n' , ;k{b+z, v8]/Lsf] k|sf]k c;f]h, d+l;/, k'if / df3df zLtnx/, kmfu'g / r}qdf xfjfx'/L, cfunfuL h:tf k|sf]ksf] 36gfx¿ x'g] ub{5 . e"sDk / jGohGt'sf] hf]lvd k|To]s dlxgfdf x'G5 . o;sf ;fy} k|b]z @ == k|ltzt u/LjL /x]sf] k|b]z klg xf] . clwsf+z u|fld0f ;d'bfosf 3/x¿ sdhf]/ ef}lts ;fdfu|L k|of]u u/]/ jgfOPsf sf/0f cfunfuL, xfjfx'/L, zLtnx/ / af9Lsf sf/0f ;Í6f ;Gg cj:yfdf /x]sf 5g\ . hnjfo"sf sf/0f ;dodf jiff{t gx'bf v8]/Lsf] ;d:of klg o; k|b]zdf pRr ?kdf /x]sf] 5 . o;}u/L zx/L If]qsf ejgx¿ e"sDk k|lt/f]wL gePsf sf/0f e"slDko hf]lvddf klg /x]sf 5g\ . k|b]z @ sf] k;f{, ;Kt/L / /f}tx6 lhNnfdf jGohGt'sf] cfqmd0f / jfnLgfnLsf] Iflt klg k|To]s jif{ x'g] u/]sf] 5 .

o;/L ax'k|sf]kaf6 k|To]s jif{ ljkb\sf] cj:yf cfpg], ljkb\ ;+u h'Wgsf]nflu Ifdtf sd ePsf sf/0f k|b]z @ pRr ljkb\ tyf hnjfo"hGo hf]lvddf /x]sf] k|b]z xf] . s'g}klg j]nf k|sf]ksf] 36gf x'g ;Sg] / To;n] wghgsf] Iflt ug]{ x'gfn] k|b]z @ n] ljkb\sf] k|ltsfo{ ug{ k|efjsf/L k"j{tof/L ug{ ljkb\ k"j{tof/L tyf k|ltsfo{ of]hgf agfO{ sfof{Gjog ug{ ckl/xfo{ ePsf] 5 . ljkbsf] ;dodf ;d'bfonfO{ ;dod} ;';'lrt ug]{, t'?Gt hLjg /Iffsfnflu cfjZos kg]{ vf]h tyf p4f/sf sfo{ ug]{ / cfjZos /fxt ;fdfu|L tyf gub pknJw u/fpg] o;sfnflu Jojl:yt k"j{tof/L ug'{kg]{ cfjZostf /x]sf] 5 .

k|b]z g+ @ sf] ljkb\ hf]lvd Go"gLs/0f / Joj:yfkg k|fb]lzs gLltsf] a'+bf g+ $& df ljkb\ k"j{tof/L / k|ltsfo{ of]hgf tof/ u/L sfof{Gjog ul/g] Joxf]/f pNn]v ul/Psf] 5. ljkb\ tyf hnjfo"hGo hf]lvd Go"gLs/0f / Joj:yfkg sfo{ of]hgf @)@) – @)#) sf] k]h g+ \*$ sf] &=! df ljkb\ k"j{tof/L / k|ltsfo{ of]hgf tof/ u/L sfof{Gjog ul/g] Joxf]/f pNn]v ul/Psf] 5 . o;}u/L k|b]z /fhkqsf] kl/R5]b ! sf] k|b]z g+ @ sf] ljkb\ Joj:yfkg P]g @)&% sf] kl/R5]b $ bkmf !$ sf] pkbkm $ u df ljkb\ hf]lvd Go"gLs/0fsfnflu ljifout If]q cg'?k cfktsflng of]hgf th'{df u/L sfof{Gjog ug]{ u/fpg] pNn]v ul/Psf] 5 .

**@= ljkb\ k"j{tof/L tyf k|ltsfo{ of]hgfsf] p2]Zo**

* ;+efljt Efljiodf x'g ;Sg] ljkb\nfO{ Wofgdf /fvL dfgj tyf wghgsf] Iflt sd ug{ k|b]zn] k|efjsf/L k"j{tof/L ug'{,
* ljkb\df k/]sf JolQm, kl/jf/ / ;d'bfonfO{ tTsfn vf]h tyf p4f/ u/L hLjg / wg ;DktLsf] /Iff ug{'
* ljkb\af6 k|efljt ;d'bfonfO{ ;'/lIft :yfgdf ;Ddfghgs hLjgofkgsf nflu cfwf/e"t ;xof]u h:t} uf+;, jf;, skf;, lzIff / :jf:Yo ;]jf / cfjZostf cg';f/ gub pknAw u/fpg',
* ;+s6f;Gg ;d'x dlxnf, jfnjflnsf, ckf+u / h]i7 gful/snfO{ ljz]if k|fyldstf lbP/ ;xof]usf sfo{x? ug'{ / pgLx?sf] ;+/If0f ug'{

**#= ljkb\ hf]lvdsf] cj:yf**

**#=!= ljutsf ljkb\x¿sf] ljZn]if0f**

ljut\ ljkb\x?sf] ljZn]if0f ubf{ k|b]z @ df 7'nf 7'nf ljkb|sf 36gfx? 36]sf] h:df w]/} wghgsf] Iflt ePsf] kfOG5 . ljz]if u/]/ @)!& ;fndf cfPsf] af9Ln] k|b]z @ w]/} h;f] lhNnfx?df dfgjLo, cfly{s tyf ;]jf ;'ljwfx?df Iflt ePsf] 5 . o;}u/L ;g' @)&^ ;fndf cfPsf] 6f]gf{8f]n] k|b]z @ sf] ljz]if u/]/ jf/f / k;f{df 7'nf] wghgsf] Iflt u/]sf] lyof] . ljkb\ kf]6{ndf lbOPsf] tYof+s cg';f/ ljut !) jif{ ax'k|sf]k ljz]if u/]/ af9L, xfjfx'/L, cfunfuL, hgfj/ cft+s, r6\of+u af6 #$& hgfsf] d[To' ePsf] / !^^$ hgf dflg;x? 3fOt] ePsf] lyof] eg] !#%&& kl/jf/ k|efljt ePsf] tYof+s /x]sf] 5 .

**#=@= sfg"gL, gLltut tyf ;+:yfut Joj:yf**

k|b]z @ df ljkb\ hf]lvd Go"gLs/0f / Joj:yfkg P]g tof/ u/L sfof{Gjog ul/Psf] 5 . P]gsf] dd{sf] cfwf/df k|b]zn] k|fb]lzs ljkb\ hf]lvd Go"gLs/0f gLlt / ljkb\ tyf hnjfo'hGo hf]lvd Go"gLs/0f / Joj:yfkg sfo{ of]hgf @)@) - @)#) nfu' u/L sfof{Gjogdf NofPsf] 5 . o;sf ;fy} k|b]z ljkb\ Joj:yfkg ;ldlt u7g u/]sf] 5 . ;+:yfut Joj:yf cg';f/ k|b]zdf k|b]z ljkb\ Joj:yfkg ;ldlt, lhNnfdf lhNnf Joj:yfkg ;ldlt / kflnsf :t/df :yfgLo ljkb\ Joj:yfkg ;ldlt u7g eP/ kl/rfng ePsf] 5 .

**#=#= k|d'v k|sf]kx¿ / k|fyldstfdf /x]sf k|sf]kx¿**

o; k|b]zsf] k|d'v k|sf]k af9L, 8'jfg, s6fg / k6fg /x]sf] 5 . o;sf cnfjf v8]/L bf]>f] 7'nf] k|sf]ksf] ?kdf /x]sf] 5 . To;}u/L qmdzM zLtnx/, cfunfuL, xfjfx'/L, jGohGt''sf] cft+s, dxfdf/L, n' / ;k{b+zsf] k|sf]k klg cTolws dfqfdf x'g] u/]sf] 5 . o;sf cnfjf cl;gf, r6\of+u klg k|b]z @ sf] Iflt ug]{ k|sf]ksf] ?kdf /x]sf] 5 . k|fyldstfdf /x]sf k|sf]kx?df e"sDk, af9L, v8]/L, zLtnx/, cfunfuL / jGohGt'sf] cft+s /x]sf 5g\ .

**#=$= ;DefJo k|sf]ksf] cfFsng tyf ;Defljt k|efj If]qsf] gSzfÍg**

ljkb\sf] P]ltxfl;s 36gfnfO{ ljZn]if0f ug]{ xf] eg] k|b]z @ df k|To]s jif{ af9L, 8'jfg, s6fg / k6fgsf] k|sf]k 36g] cf+sng ul/Psf] 5 . hnjfo" kl/jt{gsf sf/0f af9Lsf 36gfx?df tLj|tf cfpg] u/]sf] / o;n] w]/} wghgsf] Iflt ug{ ;Sg] cf+sng ul/Psf] 5 . h:n] k|b]z @ sf ;j} lhNnfx? / :yfgLo txx? k|efljt x'g ;Sg] b]lvG5 . o;}u/L e"sDksf] Iflt t/fO{df ljutsf] Oltxf;df w]/} gePtf klg tLj| zx/Ls/0f, ejg lgdf{0f cfrf/ ;+lxtfsf] k"0f{ kfngf gePsf sf/0f e"sDkaf6 clwsf+z zx/L j:tLx?df k|efj kfg{ ;Sg] cf+sng ulPsf] 5 .

hnjfo' kl/jt{gsf sf/0f ;dodf kfgL gkg]{ / kfgL k/]tf klg cTolws dfqfdf kg]{ sf/0fn] v8]/L tyf 8'jfg e} vf2 pTkfbgdf c;/ k'Ug] cf+sng ul/Psf] 5 h;n] ubf{ l;+rfO{ ;'ljwf gePsf If]qx?df v8]/Lsf] ;d:of x'g ;Sg] cg'dfg ul/Psf] 5 . o;sf ;fy} hnjfo"hGo k|sf]kx? h:t} cTolws ultsf] xfjfx'/L, cl;gf / r6\of+un] klg k|b]z @ df eljiodf Iflt ug{ ;Sg] cf+sng ul/Psf] 5.

**#=%= ljkb\ ;Í6f;Ggtf tyf Ifdtf ljZn]if0f**

o; k|b]zsf] ul/aLsf] k|ltzt $!=&& 5 h;n] ljkb\af6 oL ju{x?df k|ToIf k|efj kg{ ;Sg] cf+sng ug{ ;lsG5 . o;sf cnfjf dlxnf ljz]if u/L ue{jtL / ;'Ts]/L dlxnf, afnaflnsf, ckf+utf ePsf JolQmx? / h]i7 gful/s klg ljleGg ax' k|sf]kx?af6 ;+s6f;Gg cj:yfdf /x]sf 5\g . k|b]z @ sf] clwsf+z j:tLx?df km';sf 3/x? x'gfn] cfunfuLsf] hf]lvd klg /x]sf] 5 .

**#=^= ljkb \hf]lvd cfFsng tyf gSzfÍg**

k|To]s lhNnfsf] clwsf+z u/Lj j:tLx? ax'k|sf]ksf] hf]lvddf /x]sf 5g\ . cfly{s, ef}lts ;+s6f;Ggtfn] ubf{ k|b]z @ ax'k|sf]k ljz]if u/]/ e"sDk, af9L, hgfj/sf] cft+s, xfjfx'/L, zLtnx/ / cfufnfuLsf] hf]lvddf /x]sf 5g\ .

**#=&= k|sf]k k"jf{g'dfg tyf k"j{;"rgf k|0ffnL ljZn]if0f**

k|b]z @ df ;fgf7'nf u/L %) eGbf a9L gbL, vf]nfx? axg] ub{5g\ . o;sf ;fy} k|b]z ! / k|b]z # af6 au]/ cfpg] vf]nfgbLx? klg 5g\ . pQm vf]nf gbLx?dWo] sf]zL gbLdf dfq k"j{ ;"rgf k|0ffnL h8fg ul/Psf] 5 . o;sf ;fy} k|flS6sn PSzgaf6 sdnf gbLdf k"j{ ;"rgf k|0ffnL h8fg ug]{ / ;d'bfonfO{ hfgsf/L lbg] k|lqmofdf /x]sf] 5.

**#=\*= ;/f]sf/jfnf ;+:yfx¿**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=; | ;+:yfsf] gfd | ;Dk{s JolQm | kb | ;Dk{s gDj/ |
| ! | cfGtl/s dfldnf tyf sfg"g dGqfno | lj/]Gb| s'df/ ofbj | ;lrj |  |
| @ | ;fdflhs ljsf; dGqfno | s[i0f k|;fb clwsf/L | ;lrj |  |
| # | pwf]u, ko{6g, jg / jftfj/0f dGqfno |  | ;lrj |  |
| $ | ef}lts k"jf{wf/ ljsf; dGqfno |  | ;lrj |  |
| % | cflYf{s dfldnf / of]hgf dGqfno |  | ;lrj |  |
| ^ | e"ld;'wf/, s[ifL / ;xsf/L dGqfno | 8f= ;Demgf s'df/L kf08] | ;lrj |  |
| & | zz:q k|x/L an aflxgL |  |  |  |
| \* | g]kfn k|x/L aflxgL |  |  |  |
| ( | g]kfnL ;]gf |  |  |  |
| !) | pwf]u jfl0fHo ;+3 |  |  |  |
| !! | g]kfn kqsf/ dxf;+3 |  |  |  |
| !@ | o'lg;]km | clgtf bfxfn | k|d'v hgsk'/ zfvf |  |
| !# | o'Pgl8kL |  |  |  |
| !$ | o"PgPkmlkP |  |  |  |
| !% | ;]e b lrN8«]g |  |  |  |
| ! | jN8{ lehg |  |  |  |
| ^!& | cf;dfg g]kfn |  |  |  |
| !\* | Knfg OG6/g]zgn |  |  |  |
| !( | cS;kmfd |  |  |  |
| @) | k|flS6sn PSzg | s[i0f a:of}nf |  |  |
| @! | hgtfsf] cfjf; sfo{qmd |  |  |  |
| @@ | hn pTkGg k|sf]k lgoGq0f |  |  |  |
| @# | ;8s l8lehg |  |  |  |
| @$ | hgsk'/ ljdfg:yn, gful/s p2oog s]Gb| |  |  |  |
| @% |  |  |  |  |

**#=(= ljifout If]qx¿**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=; | Sni6/sf] gfd | cu'jf ;+:yf | ;Dk{s JolQm | ;Dk{s ljj/0f |
| ! | ;dGjo vf]h tyf p4f/ | cfGtl/s dfldnf tyf sfg"g dGqfno | lj/]Gb| s'df/ ofbj |  |
| @ | vf2 tyf s[ifL | e"ld;'wf/, s[ifL / ;xsf/L dGqfno | 8f= ;Demgf s'df/L kf08] |  |
| # | cf>o:yn | ef}lts k"jf{wf/ ljsf; dGqfno |  |  |
| $ | aGbf]j:tL | cfGtl/s dfldnf tyf sfg"g dGqfno | lj/]Gb| s'df/ ofbj |  |
| % | vfg]kfgL, ;/;kmfO{ / :jR5tf | ;fdflhs ljsf; dGqfno | s[i0f k|;fb clwsf/L |  |
| ^ | :jf:Yo | ;fdflhs ljsf; dGqfno | s[i0f k|;fb clwsf/L |  |
| & | kf]if0f | ;fdflhs ljsf; dGqfno | s[i0f k|;fb clwsf/L |  |
| \* | lzIff | ;fdflhs ljsf; dGqfno | s[i0f k|;fb clwsf/L |  |
| ( | u}/ vf2 ;fdfu|L | g]kfn /]8qm; ;f];fO6L |  |  |
| !) | ;+/If0f | ;fdflhs ljsf; dGqfno | s[i0f k|;fb clwsf/L |  |
| !! | tTsflng k'gnf{e | e"ld;'wf/, s[ifL / ;xsf/L dGqfno | 8f= ;Demgf s'df/L kf08] |  |
| !@ | ;fdflhs ;'/Iff | ;fdflhs ljsf; dGqfno | s[i0f k|;fb clwsf/L |  |

**$= ;fdfGo k"j{tof/L of]hgf -;Dk"0f{ ljifout If]qx¿sf] nflu\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;docjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | k|b]z :t/df vf]h tyf p4f/sf ;fdfu|Lx? sfxf+ slt s'g cj:yfdf /x]sf 5g\ tYof+s ;+sng ug]{ | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| @ | cfjZos kg]{ vf]h tyf p4f/sf ;fdfu|Lx? vl/b u/L e08f/0f ug]{ | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| # | k|b]z :tl/o e08f/0f u[x ;+rfngdf Nofpg] / cfjZos kg]{ vf2, u}/ vf2, vfg]kfgL, cf}ifwL, h:tf ;fdfu|Lx? pd]/, ln+u cg';f/ tof/ ug]{ | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| $= | e08f/ u[x ;+rfng ;DjlGw bIf hgzlQm tof/ ug{ tflnd lbg] | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| %= | k|To]s lhNnfnfO{ Ps Ps j6f df]6/ af]6 pkNfJw u/fpg \* j6f df]6/ jf]6 vl/b ug]{ | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| ^= | ;"rgf ;+sngsf]nflu cfjZos kg]{ kmf/fdx? 5kfO{ u/L /fVg] h:t} O/f, ld/f, l;P;l8P | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| & | ;"rgf ;+sngsf]nflu bIf hgzlQm tof/ ug{ tflnd lbg] | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| \* | ljkbdf ;+nUg xg] JolQmx?nfO{ dfgljo l;4fGt ;DjlGw tflnd lbg] | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| ( | ljkb\sf] ;dodf ;"rgfnfO{ k|efjsf/L agfpg ;"rgf ;+oGq tyf ;"rgf j[If tof/ ug]{ | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| !) | k|b]z leq /x]sf cfktsflng cj:yfdf cf>o lng ;Sg] ;+efljt :yn, ejgx?sf] klxrfg ug]{ | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| !! | k|b]z leq /x]sf cfktsflng cj:yfdf x]lnsK6/sf] ;]jf cfjZos kg]{ ePsf]n] x]lnKof8 :ynsf] klxrfg ug]{ / x]lnKof8 lgdf{0f ug]{ | @)&& r}q | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| !@ | cfktsflng sf]if k|b]z, lhNnf / :yfgLo txn] v8f ug{ ;dGjo / ;xof]u ug]{ | @)&& df3 | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| !# | ;fdflhs ;'/Iff cGt{ut ljkb\sf] hf]lvddf /x]sf ;d'bfox?sf] gub x:tfGt/0fsf]nflu k|b]z leq /x]sf a}sx? ;+u 5nkmn / ;dGjo u/L vftf vf]Ng] sfo{ ug]{ | @)&\* h]i7 | cfGtl/s sfg"g dGqfno | o'lg;]km |  |
| !$ | ljkb\sf] ;dodf ;fdflhs ;'/Iff cGt{ut gub x:tfGt/0f ;DjlGw k|lqmof ljsf; ug]{ | @)&\* h]i7 | cfGtl/s sfg"g dGqfno | o'lg;]km |  |

**%= k"jf{g'dfgdf cfwfl/t k"j{tof/L of]hgf -k"j{fg'dfg ;Dej x'g] k|sf]kx¿sf] nflu\_**

**k|sf]k M e"sDk**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | e"sDksf] vf]h tyf p4f/sf ;fdfu|Lx? ;'/Iff lgsfox?df / ;d'bfo :t/df e08f/ u/]/ /fVgsf]nflu lgb]{zg lbg] | @)&& r}q | cfGtl/s dfldnf / sfg"g dGqfno | ;'/Iff lgsfo, /]8qm;, ljsf; ;fem]bf/ |  |
| @ | vf]h tyf p4f/sf bIf hgzlQmx?nfO{ tof/L cj:yfdf /xg lgb]{zg lbg] | @)&& r}q | cfGtl/s dfldnf / sfg"g dGqfno | ;'/Iff lgsfo, /]8qm;, ljsf; ;fem]bf/ |  |
| # | vf]h tyf p4f/ ;DjGwL :yfgLo txdf tflnd ;+rfng ug]{ | @)&\* h]i7 | cfGtl/s dfldnf / sfg"g dGqfno | ;'/Iff lgsfo, /]8qm;, ljsf; ;fem]bf/ |  |
| $ | e"sDksf] ;dodf s;/L jRg] eGg] jf/]df ljwfno :t/ / ;d'bfo :t/df tflnd lbg :yfgLo txnfO{ ;dGjo ug]{ / ;xof]u ug]{ | @)&& kmfu'g | cfGtl/s dfldnf / sfg"g dGqfno | ;'/Iff lgsfo, /]8qm;, ljsf; ;fem]bf/ |  |
| % | ;j} ;/sf/L sfof{nox?n] cfktsflng lgsf; dfu{ tof/ ug{ lgb]{zg lbg] | @)&& df3 | cfGtl/s dfldnf / sfg"g dGqfno | ;'/Iff lgsfo, /]8qm;, ljsf; ;fem]bf/ |  |
| ^ | k|efljtx?sf]nflu cf>o :ynx?sf] klxrfg ug]{ | @)&& kmfu'g | cfGtl/s dfldnf / sfg"g dGqfno | ;'/Iff lgsfo, /]8qm;, ljsf; ;fem]bf/ |  |
| & | ;j} gLlh ;+:yfx?n] e"sDksf] k|ltsfo{sf]nflu tof/L /xg lgb]{zg lbg], cfktsflng lgsf; dfu{, ;'/lIft :yfg klxrfg cflb | @)&& r}q | cfGtl/s dfldnf / sfg"g dGqfno | ;'/Iff lgsfo, /]8qm;, ljsf; ;fem]bf/ |  |
| \* |  |  |  |  |  |

**Kf|sf]k M af9L, 8'jfg**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | af9Lsf] vf]h tyf p4f/sf ;fdfu|Lx? ;'/Iff lgsfox?df / ;d'bfo :t/df e08f/ u/]/ /fVgsf]nflu lgb]{zg lbg] | @)&& r}q | cfGtl/s dfldnf / sfg"g dGqfno | ;'/Iff lgsfo, /]8qm;, ljsf; ;fem]bf/ |  |
| @ | vf]h tyf p4f/sf bIf hgzlQmx?nfO{ tof/L cj:yfdf /xg lgb]{zg lbg] | @)&& r}q |  |  |  |
| # | vf]h tyf p4f/ ;DjGwL :yfgLo txdf tflnd ;+rfng ug]{ | @)&\* c;f/ |  |  |  |
| $ | hf]lvd :yfgdf /x]sf ;d'bfodf kf}8L ;DjlGw ;Lk ljsf; ug{ :yfgLo txnfO{ ;dGjo ug]{ |  |  |  |  |
| % | k|To]s lhNnfx?df slDtdf ! j6f df]6/ jf]6 /fVg ;xof]u ug]{ |  |  |  |  |
| ^ | x]ln ;]jf lbg] ;+:yfx? ;+u ;Demf}tf ug]{ |  |  |  |  |
| & | k|To]s :yfgLo tx tyf ;d'bfodf k/Dk/fut ;Lk,cEof; klxrfg u/L k|of]u ug{ ;'emfj lbg] |  |  |  |  |

**^= cfkt\sfnLg k|ltsfo{ of]hgf -;Dk"0f{ ljifout If]qx¿sf] nflu\_**

**!= ljifout If]q M ;dGjo, vf]h tyf p4f/**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * k|b]z ljkb\ Joj:yfkg ;ldltsf] cfktsflng a}7s jf]nfpg] * k"j{ ;"rgf k|0ffnL cg';f/ ;j}nfO{ ;r]t agfpg] * ;]gf, k|x/L / zz:q k|x/L annfO{ ;dGjo u/L vf]h tyf p4f/df k/rfng ug]{ * 3fOt], k|efljtx?sf] k|fylds pkrf/ ug]{ * k|efljtx?nfO{ ;'/lIft :yfgdf n}hfg] / /fVg] * JolQmsf] JolQmut ;DktLx?sf] ;'/Iff lbg] * ljkb\af6 k|efljtx?sf] k|f/lDes tYyf+s ;+sng ug]{ | **) b]lv $\*** 3+6f leq | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno  ;'/Iff lgsfox? | /]8qm;, :jf:Yo rf}sL, c:ktfn, lhNnf ljkb\ Joj:yfkg ;ldlt |  |
| @ | * vf]h tyf p4f/sf sfo{ hf/L /fVg] * 3fOt], k|efljtx?sf] k|fylds pkrf/ ug]{ / l;ls:t lj/fdLx?nfO{ c:ktfn k'/ofpg] * JolQmut ;DktLx?sf] rf]/L x'g glbg] * dlxnf, jfnjflnsf, ckf+utf ePsf JolQmx? / h]i7 gful/ssf] ;'/Iff k|bfg ug]{ | ) b]lv &@ 3+6f leq | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno  ;'/Iff lgsfox? | /]8qm;, :jf:Yo rf}sL, c:ktfn |  |
| # | * vf]h tyf p4f/sf sfo{nfO{ lg/Gt/tf lbg] * Ifltsf] lj:t[t ljj/0f ;+sng ug]{ * cfjZostfsf] klxrfg ug]{ * c:yfoL lzlj/ tyf cf>o:ynx?df ;'/Iff lbg] * eUgfaz]ifx? x6fpg] / ;/;kmfO{ ug]{ * zJfx?sf] Joj:yfkg ug]{ | &@ 3+6f b]lv ! xKtf ;Dd | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno  ;'/Iff lgsfox? | /]8qm;, :jf:Yo rf}sL, c:ktfn |  |
| $= | * eUgfaz]ifx? x6fpg] / ;/;kmfO{ ug]{ sfo{ lg/Gt/ ug]{ | ! xKtf b]lv ! dlxgf ;Dd |  |  |  |

**@= ljifout If]q M vf2 tyf s[ifL**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * vf2 tyf s[ifL ljifout If]qsf] cfsl:ds a}7s af]nfpg] * k|efljtx?nfO{ tof/L vfgfx? ljt/0f ug]{ h:t} rfprfp, lrp/f, bfndf]7, lj:s'6, U'nsf]h, sf]s cflb * tof/L vf2 ;fdfu|Lx? ljt/0f ubf{ glju|]sf], Dofb g;lsPsf] u'0f:t/ o'Qm ljt/0f ug]{ * vf2 ;fdfu|Lx?sf] Ifltsf] k|f/lDes tYof+s ;+sng ug]{ | ) b]lv $\* 3+6f | e"ld;'wf/, s[ifL / ;xsf/L dGqfno | pwf]u jfl0fHo ;+3, ;+o'Qm /fi6[ ;+3Lo lgsfox?, cu};;x?, u};;x?, lhNnf / :yfgLo tx |  |
| @ | * vf2 If]qdf ePsf] Ifltsf] lj:t[t tYof+s ;+sng ug]{ / cfjZostf klxrfg ug]{ * :yfgLo Jofkf/Lx?;+u ;dGjo u/L bfn, rfdn, g"g t]n, d/d;nf, kmnkm'n, t/sf/L Ps xKtfsf]nflu ljt/0f ug]{ * ue{jtL, ;'Ts]/L dlxnf, jfnjflnsf, h]i7 gful/snfO{ cfjZostf cg';f/sf] vf2fGg h:t} df5f, df;', b'w, kmnkm'n, ln6f] ljt/0f ug]{ * olb ahf/ v'nf 5 eg] k|efljtx?sf]nflu gub ljt/0f ug]{ * vf2 ;fdfu|Lx? ljt/0f ubf{ glju|]sf], Dofb g;lsPsf] u'0f:t/ o'Qm ljt/0f ug]{ * ljt/0f k|0ffnL Jojl:yt ug{ :Jfo+;]jsx? kl/rfng ug]{ * k|efljt kl/ro kq tof/ ug]{ | $\* 3+6f b]lv ! xKtf ;Dd | e"ld;'wf/, s[ifL / ;xsf/L dGqfno | pwf]u jfl0fHo ;+3, ;+o'Qm /fi6[ ;+3Lo lgsfox?, cu};;x?, u};;x?, lhNnf / :yfgLo tx |  |
| # | * cfjZostf cg';f/ yk k|efljtx?sf]nflu bfn, rfdn, g"g t]n, d/d;nf Ps xKtfsf]nflu ljt/0f ug]{ * vf2 tyf s[ifL If]qsf] lj:t[t ljj/0f lng] | ! xKtf b]lv ! dlxgf ;Dd | e"ld;'wf/, s[ifL / ;xsf/L dGqfno | pwf]u jfl0fHo ;+3, ;+o'Qm /fi6[ ;+3Lo lgsfox?, cu};;x?, u};;x?, lhNnf / :yfgLo tx |  |
| $= | * k|efljtx?sf]nflu cfjZos kg]{ ljpljhgx? k|bfg ug]{ * cfjZostf cg';f/ cg'udg u/L vf2 ;fdfu|Lx? ljt/0f sfo{ lg/Gt/ ug]{ * vf2 ;fdfu|Lx?sf] u'0f:tl/otf / ;fGb{lestfsf] cg'udg ug]{ | ! b]lv # dlxgf ;Dd | e"ld;'wf/, s[ifL / ;xsf/L dGqfno | pwf]u jfl0fHo ;+3, ;+o'Qm /fi6[ ;+3Lo lgsfox?, cu};;x?, u};;x?, lhNnf / :yfgLo tx |  |

**#= ljifout If]q M cf>o:yn**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;docjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * cf>o:yn Sni6/sf] cfsl:ds a}7s af]nfpg] * k|efljtx?sf] c:yfoL cfjf;sf] Joj:yf ldnfpg] * k|efljtx?nfO{ c:yfoL lqkfnsf] cfjf; agfO{ j:g] Joj:yf ldnfpg] * cfjf; If]qdf ePsf] Ifltsf] k|f/lDes tYof+s ;+sng ug]{ | ) b]lv $\* 3+6f | ef}lts k"jf{wf/ ljsf; dGqfno | ;+o'Qm /fi6[ ;+3Lo lgsfox?, cu};;x?, u};;x?, lhNnf / :yfgLo tx |  |
| @ | * c:yfoL cfjf;sf]nflu l8hfOg Oli6d]6 tof/ ug]{ * k|efljtx?sf]nflu :yfgLo >f]t ;fdfu|Lsf] k|of]u u/L c:yfoL cfjf; lgdf{0f ug]{ * c:yfoL cfjf; lgdf{0f ubf{ :km]o/ dfkb08 cg';f/ lgdf{0f ug]{ | $\* 3+6f b]lv ! xKtf ;Dd | ef}lts k"jf{wf/ ljsf; dGqfno | ;+o'Qm /fi6[ ;+3Lo lgsfox?, cu};;x?, u};;x?, lhNnf / :yfgLo tx |  |
| # | * cfjZostf cg';f/ yk c:yfoL cfjf;x? lgdf{0f ug]{ | ! xKtf b]lv ! dlxgf ;Dd |  |  |  |
| $= | * lju|]sf, dd{t ug'{kg]{ cfjf;x?sf] dd{t sfo{ ug]{ | ! b]lv # dlxgf ;Dd |  |  |  |

**$= ljifout If]q M aGbf]j:tL**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * aGbf]j:tL Sni6/sf] cfsl:ds a}7s af]nfpg] * cfjZostf cg';f/ tof/L vf2fGg tyf u}/ vf2fGGf ;fdfu|Lx? k|efljt :yndf 9'jfgL ug]{ * 9'jfgL ubf{ ;fdfu|Lx? glju|Lof];] eGg] jf/]df ;r]t x'g] / ;'lglZrt ug]{ | ) b]lv $\* 3+6f | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno  ;'/Iff lgsfox? | /]8qm;, oftfoft Joj:ffoL ;+3 lhNnf ljkb\ Joj:yfkg ;ldlt, :yfgLo tx |  |
| @ | * cfjZostf cg';f/ vf2fGg tyf u}/ vf2fGGf ;fdfu|Lx? k|efljt :yndf 9'jfgL ug]{ | $\* 3+6f b]lv ! xKtf ;Dd | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno  ;'/Iff lgsfox? | /]8qm;, oftfoft Joj:ffoL ;+3 lhNnf ljkb\ Joj:yfkg ;ldlt, :yfgLo tx |  |
| # | * cfjZostf cg';f/ cfjf; ;+u ;DjlGwt, lzIff ;+u ;DjlGwt, vfg]kfgL, :Jff:Yo kf]if0f ;+u ;DjlGwt ;fdfu|Lx? ;DjlGwt k|efljt :yndf 9'jfgL ug]{ | ! xKtf b]lv ! dlxgf ;Dd | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno  ;'/Iff lgsfox? | /]8qm;, oftfoft Joj:ffoL ;+3 lhNnf ljkb\ Joj:yfkg ;ldlt, :yfgLo tx |  |
| $= | * cfjZostf cg';f/ ;j} Sni6/sf ;fdfu|Lx? ;DjlGwt If]qdf 9'jfgL ug]{ | ! dlxgf b]lv # dlxgf ;Dd | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno  ;'/Iff lgsfox? | /]8qm;, oftfoft Joj:ffoL ;+3 lhNnf ljkb\ Joj:yfkg ;ldlt, :yfgLo tx |  |

**%= ljifout If]q M vfg]kfgL, ;/;kmfO{ / :jR5tf k|j4{g**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * vfg]kfgL, ;/;kmfO{ / :jR5tf k|j4{g ljifout If]qsf] cfsl:ds a}7s af]nfpg] * cfjZostf cg';f/ hf/sf] kfgL, ldg/n jf6/ ljt/0f ug]{ * vfg]kfgL, ;/;kmf{O / :jR5tf ;DjlGw Ifltsf] k|f/lDes tYof+s ;+sng ug]{ | ) b]lv $\* 3+6f leq | ;fdflhs ljsf; dGqfno | ;+o'Qm /fi6«;+3Lo ;+:yfx?, cGt/fli6«o / /fli6«o u}/ ;/sf/L ;+:yfx?, lhNnf / :yfgLo tx, Jofkf/Lx? |  |
| @ | * vfg]kfgL / ;/;kmfO{ ;DjlGw ;r]tgf clej[lWb ug]{ * c:yfoL zf}rfnox? lgdf{0f ug]{ / :km]o/sf] dfkb08 cg';f/ lgdf{0f ug]{ ;fy} dlxnf tyf k'?if, afnjflnsf, ckf+utf d}qL lgdf{0f ug]{ * vfg]kfgL z'WbLs/0fsf ;fdfu|Lx? cSjf uf8{, lko'if / Snf]l/g h:tf ;fdfu|Lx? ljt/0f ug]{ * xfOhLg ls6, l8UgL6L ls6 x? ljt/0f ug]{ | $\* 3+6f b]lv ! xKtf ;Dd | ;fdflhs ljsf; dGqfno | ;+o'Qm /fi6«;+3Lo ;+:yfx?, cGt/fli6«o / /fli6«o u}/ ;/sf/L ;+:yfx?, lhNnf / :yfgLo tx, 6of+s/ Joj;foLx? |  |
| # | * kmf]x/d}nf Joj:yfkgsf]nflu 8:6 ljgx? pkNfJw u/fpg] * zf}rfno k|of]u / xftw'g] ;DjlGw hgr]tgf clej[lWb ug]{ dfOls8= ug]{, PkmPdaf6 k|;f/0f ug]{, 3/b}nf] ug]{ | ! xKtf b]lv ! dlxgf ;Dd | ;fdflhs ljsf; dGqfno | ;+o'Qm /fi6«;+3Lo ;+:yfx?, cGt/fli6«o / /fli6«o u}/ ;/sf/L ;+:yfx?, lhNnf / :yfgLo tx, 6of+s/ Joj;foLx? |  |
| $= |  |  |  |  |  |

**^= ljifout If]q M :jf:Yo**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * :jf:Yo ljifout If]qsf] cfsl:ds a}7s af]nfpg] * k|efljt :yndf ;DjlGwt lhNnfsf 8fS6/, g;{x? k7fO{ 3fOt]x?sf] pkrf/ ug{ lgb]{zg lbg] * l;ls:t 3fOt] tyf lj/fdLx?nfO{ c:ktfn k'/ofpg] Joj:yf ldnfpg] * k'/fgf lj/fdLx?, bL3{/f]uLx? h:n] lg/Gt/ cf}ifwL k|of]u ul//x]sf] 5 cf}ifwL pknJw u/fpg] | ) b]lv $\* 3+6f leq | ;fdflhs ljsf; dGqfno | :jf:Yo s]Gb|, c:ktfn, gLlh c:ktfn, /f]6/L, nfoG; Snj, o'lg;]km |  |
| @ | * c:yfoL :Jff:Yo lSnlgs lgdf{0f u/L lzlj/ ;+rfng ug]{ / pkrf/ ug]{ * ue{jtL, ;'Ts]/Lx?sf] ljz]if x]/rfxsf] Joj:yf ldnfpg] * 3fOt]x?sf] pkrf/ lg/Gt/ ug]{ / cfjZostf cg';f/ OdGh]G;L s];x? c:ktfnx?df l/km/ ug]{ | $\* b]lv &@ 3+6f leq | ;fdflhs ljsf; dGqfno | :jf:Yo s]Gb|, c:ktfn, gLlh c:ktfn, /f]6/L, nfoG; Snj, o'lg;]km |  |
| # | * lzlj/df 3fOt]x?sf] ;fdfGo ;h{/Lsf sfo{x? ug]{ Joj:yf ldnfpg] * lzlj/df kl/jf/ lgof]hgsf ;fwgx? ljt/0f ug]{ * lzlj/df aly{8= ;]G6/sf] Joj:yf ldnfpg] / bIf hgzlQm tof/ ug{ lgb]{zg lbg] * PrcfO{eL ;+qmldtx?nfO{ lgoldt cf}ifwL pknJw u/fpg] | &@ 3+6f b]lv ! xKtf ;Dd | ;fdflhs ljsf; dGqfno | :jf:Yo s]Gb|, c:ktfn, gLlh c:ktfn, /f]6/L, nfoG; Snj, o'lg;]km |  |
| $= | * dgf]lrlsT;ssf] Joj:yf u/L cfjZos k/fdz{ / pkrf/ ug]{ Joj:yf ldnfpg lgb]{zg lbg] | ! xKtf b]lv ! dlxgf ;Dd | ;fdflhs ljsf; dGqfno | :jf:Yo s]Gb|, c:ktfn, gLlh c:ktfn, /f]6/L, nfoG; Snj, o'lg;]km |  |
| %= |  |  |  |  |  |

&= ljifout If]q M kf]if0f

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;docjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * kf]if0f Sni6/sf] cfktsflng j}7s jf]nfpg] * kf]if0f ;+u ;DjlGwt df}Hbftdf /x]sf ;fdfu|Lx?sf] ;"rL tof/ ug]{ * kf]if0fsf] cfjZostfsf] k|f/lDes tYof+s ;+sng ug]{ | ) b]lv $\* 3+6f leq | ;fdflhs ljsf; dGqfno | :jf:Yo s]Gb|, c:ktfn, gLlh c:ktfn, /f]6/L, nfoG; Snj, o'lg;]km |  |
| @ | * k|efljt jfnjflnsfx?, ue{jtL, ;'Ts]/L dlxnfx?sf]sf] kf]if0fsf] hf+r ug]{ * k|efljt If]qdf vfg]kfgL / ;/;kmfO{sf] cj:yf klxrfg ug]{ | $\* 3+6f b]lv ! xKtf ;Dd |  | :jf:Yo s]Gb|, c:ktfn, gLlh c:ktfn, /f]6/L, nfoG; Snj, o'lg;]km |  |
| # | * sd kf]if0f ePsf jfnjflnsfx?, ue{jtL, ;'Ts]/L dlxnfx?sf]nflu kf]if0f tTj ljt/0f ug]{ * pRr s'kf]lift jfnjflnsfnfO{ k|fyldstf lbP/ pkrf/ ug]{ * cfjZostf cg';f/ kf}li6s tTj lsGgsf]nflu gub ljt/0f ug]{ | ! xKtf b]lv ! dlxgf ;Dd |  | :jf:Yo s]Gb|, c:ktfn, gLlh c:ktfn, /f]6/L, nfoG; Snj, o'lg;]km |  |
| $= | * kf]if0f jf/] hgr]tgf clej[lWb ug]{ * kf]if0f vfgf agfpg] jf/] tflnd lbg] * kf]if0f vfgf lg/Gt/ ljt/0f ug]{ ljwfno / ;d'bfodf | ! dlxgf b]lv # dlxgf ;Dd |  | :jf:Yo s]Gb|, c:ktfn, gLlh c:ktfn, /f]6/L, nfoG; Snj, o'lg;]km |  |

**\*= ljifout If]q M lzIff**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;docjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * lzIff Sni6/sf] cfsl:ds j}7s jf]nfpg] * lzIff If]qdf ePsf] Ifltsf] k|f/lDes tYof+s ;+sng ug]{ | ) b]lv $\* 3+6f | ;fdflhs ljsf; dGqfno | lhNnf ;dGjo OsfO{, o'lg;]km, ;]e b lrN8]g |  |
| @ | * k|efljt :yndf cjnf]sg e|d0f ug]{ * lzIff If]qdf ePsf] Ifltsf] lj:t[t ljj/0f ;+sng ug{ :yfgLo tx / lhNnfnfO{ lgb]{zg lbg] | $\* b]lv ! xKtf | ;fdflhs ljsf; dGqfno | lhNnf ;dGjo OsfO{, o'lg;]km, ;]e b lrN8]g |  |
| # | * tTsfnsfnflu lqkfnaf6 l;sfO{ s]Gb| tof/ ug]{ lgb]{zg lbg] * ljwfnodf y'lk|Psf kmf]x/x? ;/;kmfO{ ug{ ;xof]u ug]{ * ;d'bfodf ljwfnodf jfnjflnsfx? kmls{g] jftfj/0f tof/ ug{ ;xof]u ug]{ * ljwfno ;+rfng ug]{ | ! xKtf b]lv @ xKtf | ;fdflhs ljsf; dGqfno | lhNnf ;dGjo OsfO{, o'lg;]km, ;]e b lrN8]g |  |
| $= | * lzIfsx?nfO{ tflnd lbg] * z}lIfs ;fdfu|Lx? ljt/0f ug]{ * dgf];fdflhs k/fdz{ lbg] / dgf]/+hgfTds lqmofsnfkx? ;+rfng ug]{ | @ xKtf b]lv ! dlxgf | ;fdflhs ljsf; dGqfno | lhNnf ;dGjo OsfO{, o'lg;]km, ;]e b lrN8]g |  |
| %= | * c:yfoL l;sfO{ s]Gb| tof/ ug]{ af+;, sf7 k|of]u u/]/ * c:yfoL l;sfO{ s]Gb|df sIff ;+rfng ug]{ * kf7\oqmd cg';f/ sIff ;+rfng ug]{ | ! dlxgf b]lv # dlxgf | ;fdflhs ljsf; dGqfno | lhNnf ;dGjo OsfO{, o'lg;]km, ;]e b lrN8]g |  |

**(= ljifout If]q M u}/ vf2 ;fdfu|L**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * u}/ vf2 ljifout If]qsf] cfsl:ds a}7s af]nfpg] * k|efljtx?NffO{ sDjn, ;n, JNofGs]6, Dof6[]; h:tf ;fdfu|Lx? pknJw u/fpg] / :yfgLo tx lhNnf ;+u ;dGjo ug]{ * u}/ vf2 ;fdfu|Ldf ePsf] Ifltsf] k|f/lDes ljj/0f ;+sng ug]{ | ) b]lv $\* 3+6f | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL |  |
| @ | * k|efljtx?NffO{ nufpg] n'ufx? pd]/ c'g;f/, ln+u cg';f/ u/fpg] / :yfgLo tx lhNnf ;+u ;dGjo ug]{ * k|efljtx?NffO{ ksfpg] ef+8fjt{gx?, vfg]kfgLsf hls{gx? h:tf ;fdfu|Lx? pknJw u/fpg] / :yfgLo tx lhNnf ;+u ;dGjo ug]{ | $\* b]lv ! xKtf | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL |  |
| # | * u}/ vf2 ;fdfu|Ldf ePsf] Ifltsf] lj:t[t ljj/0f ;+sng ug]{ | ! xKtf b]lv @ xKtf | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL |  |
| $= | * lj:t[t ljj/0sf] cfwf/df k|efljtx?NffO{ nufpg] n'ufx? pd]/ c'g;f/, ln+u cg';f/ yk pknJw u/fpg] / :yfgLo tx lhNnf ;+u ;dGjo ug]{ * k|efljtx?NffO{ ksfpg] ef+8fjt{gx?, vfg]kfgLsf hls{gx? h:tf ;fdfu|Lx? yk pknJw u/fpg] / :yfgLo tx lhNnf ;+u ;dGjo ug | @ xKtf b]lv ! dlxgf | k|b]z cfGtl/s dfldnf tyf sfg"g dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL |  |
| %= | * pknJw u/fOPsf ;fdfu|Lx? k'u] gk'u]sf], k|of]u eP gePsf] cg'udg ug]{ * cfjZostf cg';f/ ;'wf/ / yk ;xof]u ug]{ | ! dlxgf b]lv # dlxgf |  |  |  |

**!)= ljifout If]q M ;+/If0f**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | * lqmofsnfk | ;do cjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * ;+/If0f Sni6/sf] cfsl:ds a}7s jf]nfpg] * k|efljt dlxnf, jfnjflnsf, h]i7 gful/s, ckf+utf ePsf JolQmx?sf] k|f/lDes tYof+s ;+sng ug]{ | ) b]lv $\* 3+6f | ;fdflhs ljsf; dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL |  |
| @ | * k|efljt dlxnf, jfnjflnsf, h]i7 gful/s, ckf+utf ePsf JolQmx?sf] ;'/Iffsf] ;'lglZrtf ug]{ * vf2 tyf u}/ vf2 ;fdfu|Lx?, ;/;kmfO{sf ;fdfu|Lx? k|fKt u/] gu/]sf] ;'lglZrt ug]{ | $\* 3+6f b]lv ! xKtf ;Dd | ;fdflhs ljsf; dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL, ;'/Iff lgsfo |  |
| # | * lgu/fgL ;d'x, ;'/Iff lgsfo kl/rfng u/L x'g ;Sg] b'Jo{jxf/, zf]if0f, of}g zf]if0f ;DjGwL hgr]tgf hufpg] * k|efljtx? ckl/lrt JolQm / s;}sf] k|nf]egdf km:g glbg ljz]if lgu/fgL /fVg] | ! xKtf b]lv ! dlxgf ;Dd | ;fdflhs ljsf; dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL, ;'/Iff lgsfo |  |
| $= | * k|efljt dlxnf, jfnjflnsf, h]i7 gful/s, ckf+utf ePsf JolQmx?nfO{ dgf];fdflhs k/fdz{ lbg] | ! dlxgf b]lv # dlxgf ;Dd | ;fdflhs ljsf; dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL, |  |

!!= ljifout If]q M ;fdflhs ;'/Iff

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+ | lqmofsnfk | ;docjwL | d'Vo lhDd]jf/ lgsfo | ;xof]uL lgsfo | cg'dflgt nfut |
| ! | * ;fdflhs ;'/Iff Sni6/sf] cfsl:ds a}7s jf]nfpg] * k|efljt dlxnf, jfnjflnsf, h]i7 gful/s, ckf+utf ePsf JolQm, u/Lj, nf]kf]Gd'v ju{ cflbsf] k|f/lDes tYof+s ;+sng ug]{ | ) b]lv $\* 3+6f | ;fdflhs ljsf; dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL, |  |
| @ | * ahf/ ;+rfngdf cfP gcfPsf] cg'udg ug]{ / ahf/df kfOg] ;fdfu|Lx?sf] ljZn]if0f ug]{ | $\* 3+6f b]lv ! xKtf ;Dd | ;fdflhs ljsf; dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL, |  |
| # | * k|efljt dlxnf, jfnjflnsf, h]i7 gful/s, ckf+utf ePsf JolQm, u/Lj, nf]kf]Gd'v ju{nfO{ j}+s;+usf] ;dGjodf gub x:tfGt/0f ug]{ | ! xKtf b]lv ! dlxgf ;Dd | ;fdflhs ljsf; dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL, a}+sx? |  |
| $= | * pknJw u/fOPsf] gubsf] k|of]usf] cg'udg ug]{ * cfjZostf cg';f/ 5'6]sf / gub k|fKt gu/]sf k|efljtx?nfO{ /sd pknJw u/fpg] | ! dlxgf b]lv # dlxgf ;Dd | ;fdflhs ljsf; dGqfno | o'lg;]km, ;]e b lrN8]g, g]kfn /]8qm;, cf;dfg g]kfn, df08jL, |  |

**&= cfjZostfsf] n]vfhf]vf**

**&=!= ljifout ;|f]t ;fwgsf] cfFsng**

* + - k|To]s lhNnfsf] nflu \* j6f df]6/ jf]6
    - k|To]s ufp+kflnsf / gu/kflnsfdf /j/ jf]6sf] Joj:yf
    - k|To]s ufp+kflnsf / gu/kflnsfdf bdsnsf] Joj:yf
    - k|To]s ufp+ tyf gu/kflnsfdf slDtdf @ b]lv %)) j6f lqkfn
    - k|To]s ufp+ tyf gu/kflnsfdf %) b]lv %)) j6f l8UgL6L / xfOhLg ls6
    - k|To]s ufp+ tyf gu/kflnsfdf slDtdf % b]lv @) j6f ;]N6/ ls6

**&=@= jGbf]j:tLsf ;fdfgsf] cfFsng**

* k|To]s lhNnf :t/df, ufp+ / gu/kflnsfdf ! b]lv @ j6f h]l;jL
* k|To]s lhNnf ufp+ tyf gu/kflndf ;fdfg 9'jfgL ug]{ 6«sx? ! b]lv @ j6f
* x]ln x]jf lbg] ;+:yf;+u clu|d ;+emf}tf / x]lnKof8sf] lgdf{0f k|To]s :yfgLo txdf
* pd]/, ln+u / df};d cg';f/ nQfsk8fsf] e08f/0f
* sDjn, JNofGs]6, j]jL JNofGs]6, Dof6«];, l;/fgL, h'6 sfk]{6sf] e08f/0f

&=#= cGo cfjZostfx¿

**&=$= cg'dflgt nfut** M cg'dflgt nfut ? @ s/f]8

**&=%= cfly{s >f]t / pknAw x'g] ljlw / ;+oGq**

k|b]z ljkb\ Joj:yfkg sf]if, lhNnf / :yfgLo txsf] cfktsflng sf]if ;fy} ;+o'Qm /fi6«;+3Lo sfof{nosf] ;fdfu|L / gub, ;+3sf] cfktsflng sf]ifaf6 dfu u/L Joj:yf ug]{

**\*= cGo lgsfox¿;Fusf] ;dGjo / ;xsfo{**

* ;+3, lHfNnf, :yfgLo tx, gLlh ;+:yf, ljlQo ;+:yf, x]ln ;]jf lbg] ;+:yf, kqsf/, ;+o'Qm /fi6« ;+l3o ;+:yf, ljsf; ;fem]bf/, /fli6«o / cGt/fli6«o u};;x?, ;d'bfo ;+u ;dGjo / ;xsfo{ ul/g]5 .

**(= n}lËs ;dfgtf tyf ;fdflhs ;dfj]zLs/0f**

* ljkb\ k|ltsfo{sf of]hgf th'{df / sfof{Gjogdf n}+lËs ;dfgtf / ;fdflhs ;dfj]zLs/0fnfO{ hf]8 lbOg]5 . dlxnf, jfnjflnsf, ckf+Ëtf ePsf JolQmx?, h]i7 gful/s, nf]kf]Gd'v ju{, blntsf] ;xeflutf ;'lglZrt ul/g]5.

**!)= cg'udg, d"NofÍg tyf l;sfO{ of]hgf**

!)=!= nIo / ;"rsx¿

|  |  |  |  |
| --- | --- | --- | --- |
| **!** | **k|b]z÷lhNnf÷uf=kf=÷g=kf= :t/df ljkb\af6 x'g] d[To' b/ pNn]Vo dfqfdf sd ug]{** |  |  |
| !=! | ljkb\af6 d[To' x'g]sf] jflif{s cf};t ;Vof -;8s b'3{6gf afx]s\_ |  |  |
| !=@ | ;8s b'3{6af6 d[To' x'g]sf] jflif{s cf};t ;+Vof |  |  |
| **@** | **k|b]z÷lhNnf÷uf=kf=÷g=kf= :t/df ljkb\af6 k|efljt JolQmx?sf] ;+Vof pNn]Vo dfqfdf sd ug]{** |  |  |
| @=! | ljkb\af6 k|ToIf k|efljt x'g] kl/jf/sf] jflif{s cf}ift ;+Vof |  |  |
| @=@ | ljkb\af6 3fOt] x'g] JolQmx?sf] jflif{s cf};t ;+Vof |  |  |
| @=# | ;8s b'3{6gfaf6 3fOt] x'g] JolQmx?sf] jflif{s cf};t ;+Vof |  |  |
| @=$ | ljkb\af6 Iflt x'g] 3/x?sf] jflif{s cf};t ;+Vof |  |  |
| # | k|b]z÷lhNnf÷uf=kf=÷g=kf= :t/df s"n u|fx:y pTkfbgdf ljkb\sf] sf/0f x'g] jflif{s cf};t k|ToIf cfly{s Iflt |  |  |
| $ | ;+3, k|b]z / :yfgLo txx? / ;/f]sf/jfnfx? aLr cGt/ tyf k/:k/ ;dGjo / ;fem]bf/L clej[l4 ug{ ;+oGq ljsf; ug]{ -k|ltzt\_ |  |  |
| **%** | **ax'k|sf]k k"j{ ;"rgf k|0ffnL / ljkb\ hf]lvd ;"rgf tyf cfFsngsf] pknAwtf / kx'Frdf pNn]Vo j[l4 ug]{** |  |  |
| %=! | s"n If]qkmnsf] cg'kftdf ax'k|sf]k cg'udg tyf k"j{ ;"rgf k|0ffnL :yfkgf / ;~rfng ePsf] If]qkmnsf] k|ltzt |  |  |
| %=@ | ljkb\ k|efljt If]qsf] hg;+Vofsf] cg'kftdf :yfgLo jf /fli6«o ;"rgf k|0ffnL dfkm{t k"j{ ;"rgf k|fKt ug]{ hg;+Vofsf] k|ltzt |  |  |
| %=# | ljkb\ hf]lvdo'Qm If]qx?df k"jf{g'dfgdf cfwfl/t k"j{ tof/L sfo{ljlw nfu" ePsf :yfgLo txx?sf] k|ltzt |  |  |
| %=$ | :yfgLo :t/df pkof]uL ljkb\ hf]lvd ;DalGw ;"rgf tyf hfgsf/L Pjd\ cfFsng hg;d'bfonfO{ pknAw u/fpg ;Sg] :yfgLo txx?sf] k|ltzt |  |  |
| %=% | k"j{ ;"rgf k|fKt ePkl5 ljkb\ k|efljt If]qaf6 ;'/lIft :yfgdf ;fl/Psf hg;+Vofsf] k|ltzt |  |  |

**!)=@= cg'udg, d"NofÍg tyf l;sfO{ ;+oGq**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| l;=g+= | k|fyldstf k|fKt k"j{tof/L tyf k|ltsfo{ sfo{ | d'Vo lhDd]jf/ lgsfo | sfof{Gjogsf] cj:yf | c;n cEof; tyf sdLsdhf]/L | ;'emfj |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**!)=#= cg'udg tyf d"NofÍg sfo{of]hgf**

o; of]hgfsf] cg'udg k|b]z ljkb Joj:yfkg ;ldltn] k|To]s $, $ dlxgfdf ug]{ 5 . k"j{tof/L of]hgfdf pNn]v ul/Psf sfo{x? s] slt sfof{Gjog eP gePsf] ;ldIff ul/g]5 / cfjZostf cg';f/ ;'wf/ ul/b} nlug]5 . e08f/0f ul/Psf ;fdfu|Lx?sf] cj:yf jf/] k|To]s dlxgfdf cg'udg u/L Jojl:yt ul/g]5 . k|ltsfo{sf sfo{x? ;DkGg e};s]kl5 ;ldIff ul/g]5 / c;n cEof;x? / l;sfO{x? , sl7gfO{x? jf/] 5nkmn u/L cfufdL lbgsf] nflu ;'wf/ ul/g]5 . k|To]s @ jif{df o; of]hgfsf] dWofjwL / % jif{df ! k6s clGtd d'Nof+sg ul/g]5 . d'Nof+Ígdf to ul/Psf nIfx?df slt ;'wf/ cfof] cfPg eg]/ d'NofËg ul/g]5 / ;du| l;sfO{sf] n]vfhf]vf ul/g]5 .

**!)=$= Ifdtf ljsf;**

;d'bfo :t/df af9L, cfunfuL / e"sDksf] vf]h tyf p4f/ ug{ ;Sg] tof/ ul/g]5 h:sf]nflu tflnd, gd'gf cEof;x? ;+rfng ul/g]5 . k|To]s lj2fnodf ax' k|sf]kaf6 s;/L ;'/lIft /xg] eGg] jf/]df lhNnf, :yfgLo tx / ljsf; ;fem]bf/ ;+u ldn]/ hgr]tgf / ;Lk ljsf;sf sfo{x? ul/g]5 . o;sf ;fy} dfgljo l;4fGt, :km]o/, ljkb\ n]vfhf]vfsf ljlwx? O/f, ld/f, l;P;l8P h:tf dfkb08x?df Ifdtf ljsf; ul/g]5 .

**!)=%= ljkb\ k"j{tof/L tyf k|ltsfo{ of]hgfsf] k'g/fjnf]sg / k[i7kf]if0f**

o; of]hgfnfO{ ;/f]sf/jfnfx?sf] ;xefultfdf k|To]s jif{ k'g/fjnf]sg ul/g]5 / cfjZostf cg';f/ kl/dfh{g ul/b} nlug]5 eg] k|Tos] kf+r jif{df j[xt ?kdf 5nkmn, k'g/fjnf]sg u/L kl/dfhg{ ul/g]5 .

!!= cg';"rLx¿

!@= ;Gbe{ ;fdu|Lx¿

1. Climate of Nepal, Nepal Now [↑](#footnote-ref-1)