शिक्षक निर्देशिका

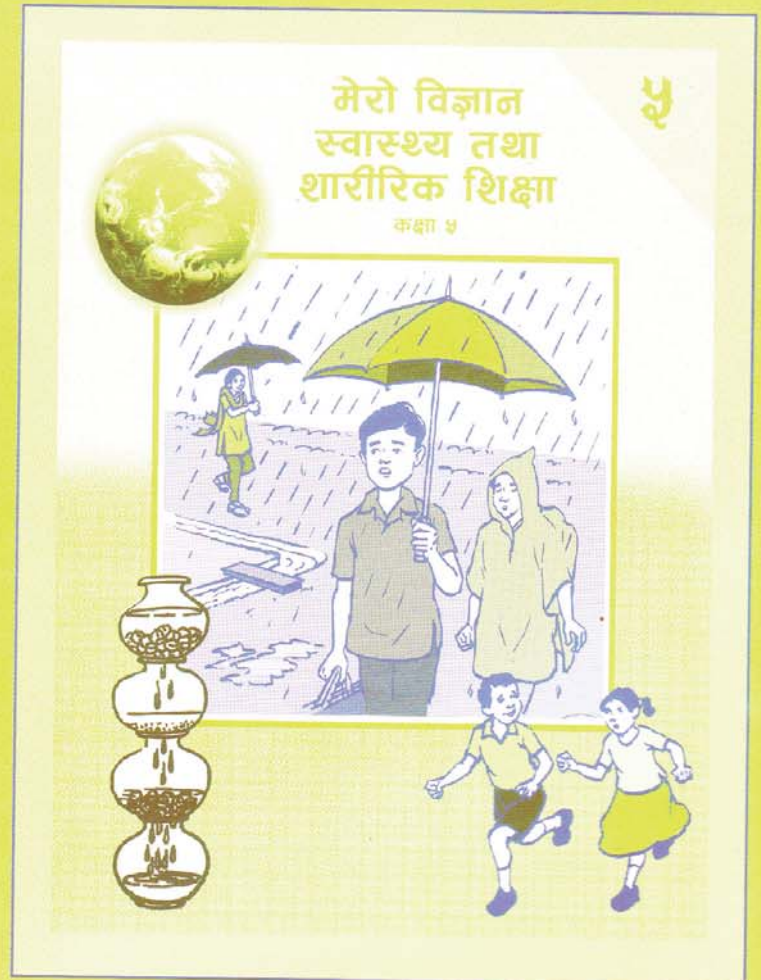## मेरो विज्ञान, स्वास्थ्य तथा शारीरिक शिक्षा

मेरो विज्ञान
स्वास्थ्य तथा
शारीरिक शिक्षा
कक्षा ५

५

कक्षा - ५

शिक्षक निर्देशिका

मेरो विज्ञान, स्वास्थ्य तथा शारीरिक शिक्षा

कक्षा ५

नेपाल सरकार
शिक्षा मन्त्रालय
पाठ्यक्रम विकास केन्द

o; lgb[zsfsf]k¢f]l ;Da¢wdf

kf{ylds lzIff kf7¢jnd @)^% -sIff $-%_ cg'; f/ kl/dfh¢ ul/Psf]sIff % sf]lj 1fg, :jf:Yo tyf zf//ll/s lzIff ljifosf]kf7¢k':tssf cfwf/df of]lzfls lgbl[zsf tof/ kfl/Psf]xf]. o;df kf7¢k':tsdf /x$f ljle¢g kf7x¿ lzIf0f ug{jnddf ljn¢fsnfkx¿ u/fpg ;lhnf]x¢]u/l kf7ut¿kdf kf7¢ef/ 5¢¢f0Psf]5 . lj Bfyl¢df lzIf0f; sf0 ljn¢fsnfkdf lj Bfyl{; xeflutf / ;ljn¢tf a9f] \e¢g]p2¿on]lzIfs lgbl[zsfsf ljle¢g kf7df ljljw ljn¢fsnfk ; dfj}¿ ul/Psf]5 . lzIf0fl; sf0af6 lj Bfyl{¿df k7g cle?lr, l; h¢zlntf / cfTdljZjf; hfU¢sf cltl/St lj Bfyl{¿df j}¿flgs ; f[rf0 / klljn¢fut ;Lksf]ljsf; x¢ ; sf] \e¢g]clekfon]o;df ; dfj}¿ ePsf ljn¢fsnfknf0{lj Bfyl¢Vl agfpg]k¢Tg ul/Psf]5 .

j}¿flgs ;Lk ljsf; sf nflu JofVofgh:tf ljlweGbf 5nkmn, kZgf¿]0/, Ifgedl0f, k¢f]l¿fTdsnufot lj Bfyl¢n¿]u/? l; Sg¿vfnsf ljlwsf]rog ug{k5{. sIffsf¿?fdf ; a}lsl; dsf lj Bfyl$sf nflu Pp6} ljn¢fsnfk ckofk{t x¢ ; S5 . o; y{lzIfsn]cfjZostfg'; f/ lzIf0f ljlw / ljn¢fsnfk rog ug{ ; S5g \tfklg o;df lzIf0f ; xhls/0fsf nflu s¿Vl ljlw tyf ljn¢fsnfk lgbl¿ ul/Psf]5 . lzIfs lgbl[zsfsf kf7x¿ p2¿o, z}Ifs ; fdul¿, lzIf0fl; sf0 ljn¢fsnfk, dNof¿Sg / yk ; ¿fj zlif$df lzIfssf nflu pkof¢l 7flgPsf ljljw kIf pNn¿V ul/Psf]5 . sIfflzIf0fk¿'{g}o; sf] cWoog u/? pkof¢l lgb¿lgsf]k¢f]l u/?? kf7ofh¢gf agfpg u/?{ o; n]kf7¢jndsf p2¿o k¿f'f ug{dxdsf l{; xofgl k¿ofpg]5 . o; }u/? o; df kf7¢k':tsf cEof; x¿nf0{jnd}u u/fpg / cEof; ljn¢fsnfk u/fpgkg}k{¿tof/l ;Da¢wdf lgb¿ ul/Psf]5 . o; df lb0Psf ljn¢fsnfk gdjf dfq x¢\lzIfsn]logs}cfwf/df a9le¢f a9L cEof; , lzIf0fsnfk, sIffsfo{ / k¢f'sf ¿kdf u/fP/ eflifs bIftf ljsf; ug¢Vg\xG5 .

o; lgbl[zsfdf kf7sf nflu 5¢¢f0Psf 3¢6L cgbflgt dfq x¢\. lzIfsx¿n]lzIf0fl; sf0sf jnddf o; nf0{kl/jt¢ ug{; Sgx¢]5 . o;}u/? kf7 lzIf0fsf nflu ; [a]'¿t ul/Psf ljn¢fsnfknf0{ klg 5f¿¢fpg, nDAofpg tyf yk36 ug{; lsg]5 . efiff l; sf0df lj Bfyl¢df j}lSts le¢gtf, ql6, ;d:of / ; Ifdtf b}lvg]ePsfn]l; sf0 ljn¢fsnfknf0{j}lSts agf0{; Iffsf ; a] Ifdtfsf lj Bfyl$sf]l; sf0 pknlAwnf0{j}lSts ¿kd}cfsng ug{; Sg]lzIfs lgbl[zsfsf]kf7}l ;fy$ / k¢ljsf/l xg5 .

Ij ifo; Ͱ̈L

j∦;≑	zⱢif§	k[7; ªⱤof
Ij 1fg tyf jftfj /0f		!‒#^
kf7 !	Ijleℭg k$f/sf hgfj /x¿	#
kf7 @	sf∦f	^
kf7 #	k'tnⱢsf]hⱢj grj∦	*
kf7 $	Psbnlo / b0ℓnlo la?jfx¿	!)
kf7 %	hgfj / / la?jfx¿sf];fdfℭo hⱢj g kⱢj∦f	!@
kf7 ^	dfgjlo Ij∦ofsnfkaf6 jftfj /0fdf kg∬k∉fj	!%
kf7 &	jftfj /0f ; ⱠⱢf0f	!&
kf7 *	kbfy§f]cj :yf kl/jt℟g	!(
kf7 (	zⱢStsf];f∫t	@!
kf7 !)	df}d	@%
kf7 !!	afbn	@&
kf7 !@	; f℄{kl/jf/	@*
kf7 !#	kⱢjl	#)
kf7 !$	; Ͱrgf / ; ~rf/	#@
kf7 !%	; fdfℭo :yfglo kⱢjlwx¿	#$
:jf:Yo IzIff		#&‒&^
Psf0 !	JolStut ; kⱠf0	#(
Psf0 @	jftfj /0flo ; kⱠf0	%@

Psf0 #   kfⱼf0f tyf vfgf   %&

Psf0 $ /flⱼx¿   ^)

Psf0 %   arfp tyf kfⱼylds pkrf/   ^%

Psf0 ^   :jf:Yo ;Jf   &)

Psf0 &   wⱷkfg tyf nfukbfy{   &#

zf/ll/s lzlff   &&–!)(

Psf0 !   zf/ll/s lzlffsf cfwf/e't ;lkx¿   &(

Psf0 @   sjfh tyf zf/ll/s Jofofd   ()

Psf0 #   ;fwf/0f tyf :yflo vⱼhx¿   (%

Psf0 $ l;hⱷflds vⱼhx¿   !)@

Psf0 %   esⱷ8f] vⱼhx¿   !)^

Psf0 ^   lhⱷgfl:6s tyf ;ⱷthg sfo{   !)*

lj 1fg

d]f]lj 1fg, :j f:Yo tyf zf/ll/s lzIff, lzIfs lgb[zsf, sIff %

lj leGg k\$f/sf hgfj/

kf7 kI/ro M

o; kf7df 9f8 ePsf lj leGg ; dᵡsf hgfj/x¿sf]klxrfg ug{tyf nIf0fx¿ lrGgsf]nflu lrqx¿ lbP/ hfgsf/L lbg vfᶅhPsf]5 . To:t}u/⁊ 9f8 gePsf]lj leGg ; dᵡsf hgfj/x¿sf]lrqx¿ lbP/ klxrfg ug{/ nIf0fx¿ j0f{g ug{; tᵍ\eGg]ck⁊ff /flvPsf]5 .

!= I; sf0 pknlAw÷lj lzi6 p2⁊o M

   o; kf7sf]cGTodf lj Bfylᶍ¿ lgDglnlvt sfoᶍ¿ ug{; Ifd xᵍᶇg\M

- 9f8 ePsf hgfj/x? klxrfg u/L julᶅ/0f ug{/ ltglx¿sf nIf0fx¿ j0f{g ug{.

- 9f8 gePsf hgfj/x¿ klxrfg u/L julᶅ/0f ug{/ ltglx¿sf nIf0fx¿ j0f{g ug{.

@= zᶝlfs ; fdulᶅ M

- 9f8 ePsf lj leGg hgfj/x¿ jf hgfj/x¿sf lrqx¿, hgfj/sf lrq cᵃᶥst gᶍfnL gfᶝx¿ dfᵝhx¿ tyf :kᶅ; dᶗx¿ h:t}M df5f, Eofu'tf, dfp; hl, k/⁊f f, rdᶅfcflb . To:t}u/⁊ 9f8 gePsf hgfj/x¿sf klg lrqx¿, dfᵝhx¿ tyf :kᶅ; dᶗx¿ h:t}M gfDn]hᶝsf, hᶝsf, u8ᵦfᶇf f, k'tnL, lrKnᶊs/f cflb .

#= lzIf0f I; sf0 ljᶆofsnfk M

- lj Bfylᶍ¿nf0{cf{Cgf]lj /k/ Ifᶘsf hgfj/ hgfj/x¿sf]gfd eGg nuf0{afᵝdf l6kfᵝ ugᶍ]f\ / 9f8 ePsf / gePsf hgfj/ 5ᵝᶇfpg nufpgᶍfᶇ]\.

- df5f ; dᵡsf lj leGg hgfj/x¿sf lrq÷dfᵝh÷:kᶅ; dᶗ blᵧfP/ klxrfg ug{nufpgᶍfᶇ]\ g; sᶇdf dfq lzIfsn]atfpgᶍfᶇ]\ z/L/sf efux¿sf gfd ; fᵝgᶅ]ltgsf sfdsf hfgsf/L ln0{afᵝdf abfut ¿kdf nlᵦbgᶍfᶇ]\/ pglx¿af6 gcfPsf nIf0fx¿ eP ; f] klg atfpgᶍfᶇ]\.

- kmdlᵝng jf cNsfᶍndf /fvᶈ⁊ Eofu'tfsf]:kᶅ; dᶗ jgfP/ bᵧfᶇlbg]cyf ltgsf ¿kx¿ klᵝolf jf cklᵝolf ¿kdf atfpgᶍfᶇ]\ Eofu'tfsf nIf0fx¿ pglx¿af6 lng]/ yk nIf0fx¿ 5nkm u/fpgᶍfᶇ]\.

- xfdfᶇ]j/k/ xᶗ]hgfj/dᵓo]sᶗ-sᶗ hgfj/x¿ 3; ⁊ lx85ᶇg\egL 5nkm u/ugᶍfᶇ]\∨ gfd afᵝdf l6᷈gᶍgxᶇfᶇ]\.

- dfp;hl, s5jf / ;kdf ePsf ;dfgtf / c;dfgtfsf nIf0fx¿ ljBfyLx¿nf0{eGg nufpgxlf]\. lx8f0f0, 5fnf, z/l/sf]agfj6, kmh kfg{cflb nIf0fx¿af/] ;flb}l6kkf ug{kf]\.

- r/fx¿sf lrq blyfP/ lrGg nufpgxlf]\kffoMltglx¿n]:yfglo r/fx¿ klxrfg ug{;Sg5g\ h:t}M sfu, k/]jf, et]/f, 9s/, lrn cflb . kjffv, kvf]f, v6f cflbsf sfdsf af/]klg 5nkmn u/fpgxlf]\ hGtx¿sf];f; km;[tl/sf tyf km kfg{Jojxf/af/]flgnogxlf]\.

- s5/, la/fnf] uf0{ afvf cflbn]aRrfx¿ blW r';fP/ x5fffPsf af/]5nkmn u/fpgxlf]\. ltglx¿n]aRrf kfp5g\s kmh kf59\;flgnogxlf]\ x)g / ;f}0 -8lNkmg_ df5f h:tf bljvP klg :tgwf/L g}xg\ltglx¿ km0{;fn];f; km50\eGg]atfpgxlf]\. To:t}u/f0/ rdfn/f/f/f ;dxdf ge}:tgwf/L ;dxdf kgffsff]sf/0faf/]5nkmn ugxlf]\.

- 9f8 gePsf]juGtuf kmfsffhkljkf, kflkkmlpf, l;nG6f]f h:tf judf kg[hfljx¿sf :kl;d dg jf lrqx¿ blyf0{ltglx¿sf]zf/ll/s agff tyf ju{atfOlbgxlf]\.

- ;Dej eP;Ddsf 9f8 gePsf hgfj/x¿ h:t}M u8fkmhf, h;sf, klnl, lensuf, lrKnlls/f/f, zfXXllls/f cflbsf :kl;d ;Iffdf /fdl/l cjnfkmsg u/fpgxlf]\. lkmQ]hksf / dflg;sf kkdf kg[hkkfsf :kl;m÷lrqx¿ /fdl/l cWloog ug{nufpgxlf]\.

- ;wk}blv/xg];k h:t}M cfyfkfkfkfsf nIf0fx¿af/];flgg]5nkmn u/fpg]/ atfpg]ugxlf]\. To;kl5 Pglxn8f -u8lpfhf_ dflh:sf -zfXXllls/f_, Plsgfk8jaksf -tf/fldf5f_ cflbsf nIf0fx¿jf/]5nkmn u/fpgxlf]\. u8jaksa / kfdf kg[hfsfnff0glhsafk6 cjnfkmsg u/f0{ lofglx¿sf]zf/ll/s agff0affaf/]a%g d2t ugxlf]\.

- ljBfyLx¿nf0{b0{jf b0feGbaf a9L ;dXdf ljefhg u/L Ps ;dXnf0{nIf0f eGg nufpg]/ csffsf[;dXnf0{hgfj/]sf];dXnf0{gfd eGg nufpgugxlf]\. To:t}u/f0/ pbfx/0f / nIf0fdf klg oxL kllkkmff ckgfpgxlf]\V kfnfkfnf]u/fpgxlf]\.

$= dNofªsg M

lzIf0f l;sf0 klljkfdfdf lg/Gt/ dNofªg kllkkmf ckgfpgxlf]\. To;df lgDg sfofsf6 dNofªsg ug{;lsG5 M

- 9f8 ePsf % cff]f hgfj/x¿sf gfd eGg nufpgxlf]\.

- 9f8 gePsf % cff]f hgfj/x¿sf gfd eGg nufpgxlf]\.

- ;dbll 3f8f]f sg ;dXdf kbff eGg]h:tf klgxvx¿ agfP/ ;flg]/ ;f];dXsfldVo nIf0fx¿ -sDtldf b0cff]f_ eGg nufpgxlf]\.

- ;d%sf]dVo nIf0f lzIfsn]eGg]/ To; ;d%sf]pbfx/0f lj Bfyl%nf0f{eGg nufpgXf] \.

- 9f8 ePsf / 9f8 gePsf hgfj/x¿sf tlgcf%f leGgtf n%g nufpgXf] \

- kf7&k':tssf cEof;x¿ ug{nufpgXf] \. rd%f, x%h, ;dbl% 3f%Bf cflbsf ;d% / nIf0faf/]5nkm ug%f] \.

%= lzIfsnf0f{yk hfgsf/L %

- o; kf7 /fd/L a%mfpgsf nflu dVotM 9f8 gePsf hgfj/ / lj Bfyl%nf0f{sIffsf%?f faflx/ nul hgfj/x¿ cjnf%g ug{kf%I;flxt u/fpgXf] \

- sIffsf lj Bfyl%x¿nf0f{jmdzM !, @, #, $, % eGg nufpg]/ pxl c%s kg%lj Bfyl%x¿sf]d% agf0f{k%o%nf0f0f{df5f ;d%, peor/ ;d%, ;l/;k ;d%, r/f ;d% / :tgwf/L ;d% n%jvPsf] zAbkQl lbg]/ cfk;df To; ;d%sf]nIf0faf/]5nkm u/l lgisif%df klg nufpg]/ k¦t't ug{nufpgXf] \

- cf%gf jl/kl/ ePsf sg%b;cf%f 9f8 ePsf hgfj/x¿sf] cjnf%g tnsf] tflnsfsf] cfwf/df u/L To;sf];d% lgwf/f0f ug{nufpgXf] \

Sf]f

cg0flgt 306 l M ^

kf7 kl/ro M

hgfj / / la?jfsf]z/l/ cfˇfn]bYg g;lsg];"d sf]fx¿n]ag\$f xG5g\ sf]fdf ljleGg efux¿
xG5g\. z/l/nf0{cfjZos kg][;Dk0f{sfo{sf]fdf e0/x\$f]xG5 . o; kf7df sf]fsf] ;fdGo
hfgsf/l lbg vf]hPsf]5 .

!= l;sf0 pknIAw÷ljlzi6 p2Żo M

o; kf7sf]cGTodf ljBfyl{ˇn]gDglnlvt sfoˇ ug{; lfd xg]5g\M

➤ hgfj / / la?jf sf]fsf];fdGo Irq sfg{/ sf]fsf]agfˇ j0fˇ ug{.

@= z}lfs ;fdul M

➤ ;"dbz§ oGq, Kofh, cG8f, hgfj / tyf la?jf sf]fsf]:nf08, hgfj / sf]f tyf la?jf
sf]fsf]rf6{Unf; :nf08, se/ l:nk, lUn;l/g, l;of] sf]fsf]gdgf .

#= lzlf0f l;sf0 ljmpfsnfk M

➤ ;"d bz§ oGqaf/]; fdGo kl/ro lbg]/ o; n]cfˇfn]bYg g;lsg];fgf j:txˇnf0{7hf]
kfg[xbfn]o; sf]kofˇaf6 ;"d j:tUˇnf0{klg xˇ{; lsG5 eGg]atfpgXf] \

➤ k]ol§ ;hlj sf]z/l/ sf]fn]ag\$f]xG5 egl sf]fsf];fdGo kl/ro lbgxˇ] V tof/l sf]fsf]
:nf08 ;"dbz§ oGqdf /vˇ cjnf§g u/fpgXf] \

➤ Kofhsf]len\Nnlsf]c:yfol :nf08 agfP/ ;"dbz§ oGqdf /vˇ cjnf§g u/fpgXf] \

➤ cjnf§gsf cfwf/df ;fdGo Irq sfg{nufpgXf] \. lzlfs cfkm\n]af8{df ;fwf/0f Irq
agfpgXf] V 5nkm} ub}ljleGg efusf]gfds/0f ul/lbgXf] \

➤ sV/fsf]cG8f bYfP/ To;sf cfwf/df sf]fsf]agfˇ bYf0lbgXf] \.

➤ sf]fsf]efux¿ h:t}M -sf]fleQf, sf]flen\Nnl, GolSno;, Eofs∫cfˇm, ;f06fˇnfHd cflbsf]
af/]]atfpg]/ loglxˇ; f]sfdsf];fdGo hfgsf/l lbgXf] \

➤ la?jf sf]fdf xˇlxl/of]s0fnf0{xl/ts0f elgG5 h; n]la?jnf0{vfgf agfpg]sfddf d2t
u5{egl atf0lbgXf] \

- ; nf0sf]sf6Lsf] ; xfotfn]ufnfsf]leql sf]|f lensL :nf08df /fv]/ ; 'dbz$ o$qåf/f hgfj / sf]|fsf]cjnf+sg u/f0lbgxf] \.

- lzIfsn]sf]|fsf]gdbf -df§n_ bVfP/ lj Bfyls{¿ nf0{klg cf$gf jl/kl/ kf0g]; fwf/0f ; fdul h:t}M c$g, wfuf] r'/fsf 6j]|f, kmnkmhsf laof" afj]|f cflbsf]dbtn]df§n tof/ ug{ kf]|; flxt ugxf] \.

$= dNofÍsg M

- lzIf0f l;sf0 klj jbfdf lg//t/ dNofÍsg klj jbf ckgfpg]. To; j|ddf lgDg sfoåf6 dNofÍsg ug{;lsG5 .

- kf7òk÷tssf cEof;;x¿ slffdf ug{nufP/ .

- hgfj / sf]|fsf]gdbÍst lrq sf]j{cEof; u/fP/ .

- GolSno; nf0{sf]|afaf6 x6f0lbP s]xG5 xfjhf < sf/0f lbP/ nVg nufP/ .

- ; f06fÍnfHd eg$sf]s]xf]< o; df s]sf]|pTkfbg xG5 < e$gjf//]5nkÍn u/fP/ .

- lj Bfyln]agfPsf]sf]|sf]df§n x)/ .

%= lzIfsnf0{yk ;'emfj M

sf]|sf]gdbf bVfpg lgDgfg';f/ Kofhsf]|hLj sf]|sf]:nf08 tof/ kfg{;lsG5 M

- Pp6f Kofh InP/ To; sf]@÷# txleqsf]g/d tx pKsfpg].

- pSt txsf]aflx/L kftnf]kq -lemNnL_ lgsfNg]/ kfgldf lehfpg].

- pSt txsf];fgf]6j]|f lgsfn]/ :nf08df /jg]/ ; 'dbz$ o$qsf]; xfotfn]cjnf+sg ug{. o;/L jg:klt sf]|sf]agf$ cWoog ug{;lsG5 .

k'tnlsf]hljgrjm

kf7 kl/ro M

o; kf7df k'tnlsf]hljgrjmdf xg]rf/ cj:yfsf]klxrfg u/fpg vfhPsf]5 . ol cj:yfx¿df s:tf kl/jtg xG5g\egl ;fdf0o hfgsf/l ljBfy\nf{ibg vfhPsf]5 .

!= l;sf0 pknlAw÷ljlzi6 p2¿o M

o; kf7sf]cGTodf ljBfyL{¿ lgDglnlvt sfo{¿ ug{; lfd xg5g\M

➤ k'tnlsf]hljgrjmsf] ljleGg cj:yfx¿ cjnf$g u/l klxrfg ug{/ tl cj:yfx¿sf nlf0fx¿ j0fg ug{.

@= zJlfs ;fdul M

➤ k'tnlsf]hljgrjmsf]rf6{ k'tnlsf]kmh ePsf kft, eml;nls/f, Kokf, jo:s k'tnl jf k'tnlsf]hljgrjmsf]cj:yfx¿ ePsf]Dolhod :kl;dg .

#= lzlf0f l;sf0 ljmpfsnfk M

➤ zJlfs ;fduljsf]¿kdf vfh\/ Nof0Psf k'tnlsf kmhx¿, eml;nls/f, Kokf / jo:s k'tnl ljBfyLhf0f{/fd/l cjnf$g u/fpgxf]5\.

➤ cjnf$gkl5 w]h;f]ls/f tyf k'tnlsf]hljgrjmdf rf/ cj:yfx¿ xG5g\egl ;fdfGo kl/ro lbgxf]5\.

➤ jmd}u x/0fx¿sf ljz]ftfx¿ JofVof ugxf]5\.

➤ rf6{sf]d2tn]s;/l Pp6f cj:yfaf6 csf{cj:yfdf kl/jt{g xG5 egl atfpgxf]5\.

➤ k\o$ cj:yfsf nlf0fx¿ cjnf$gsf cfwf/df ljBfyL{¿ cfkmh]kQf gufpg d2t ugxf]5\.

➤ pglx¿n]yfxf kfpg g;s]sf nlf0fx¿ atf0lbgxf]5\. h:t}M Kokf cj:yfdf Zjf; km0h5 . afhx/af6 crn blVP tfklg sf$jgleg cfjZos kl/jt{gx¿ e0/x$f]s/f atfpgxf]5\.

$= dNofªsg M

lzlf0f l;sf0 klljmpfdf lg/Gt/ dNofªsg kljmpf ckgfpgxf]5\. To; jmddf lgDglnlvt sfo$f cfwf/df dNofªsg ug{;lsG5 M

- k'tnlsf]hljgrjndf sltcf\$f cj:yf xG5gV ltglx¿sf gfd s\$]xg\<

- nfef{-eml;nls/fn]s]vfG5 < eml;nls/f s;/l k'tnl aG5 <

- Kokf cj:yfdf ;f; kmb{ls kmbg\g, vfgf vfG5 ls vfbg\g <

- sf\$g eg\$sf]s]xf]< sf\$gleq /xbf eml;nls/fdf s]kl/jtg\ cfp5 <

- k'tnln]s]vfg\$)/f vfG5 <

- k'tnln]kmh sxf"kf5{< To; j:tdf kmh lsg kf5{xfbnf <

- :yfglo kl/j]z cg';f/ cGo yk ljmpfsnfksf ;fy kf7bk':tssf]cEof;x¿ klg u/fpgXf] \

%= lzlfsnf0{yk hfgsf/L M

7Hf]l;;f, Knfl:6ssf]aftn jf ef8fdf kmh ePsf kftx¿ jf eml;nls/fx¿ / kftx¿ /fv)\
kftnf]sk8fn]jf dl;gf]Kjfn kfl/Psf]sfutn]dV aGb u/L /fv], ePsf kl/jtgx¿
ljBfyl{x¿nf0{cjnfsg u/fpgXf]\. o;n]ubf{hljgrjn a%g 7Hf]dbt kUb5 / ljifoklt
cle?lr a9g5\) .

k'tnlsf]hljgrjnsf]df8nh sk8f / skf; jf :6l/ofkmdsnsf];xfotn]klg tof/ kfg{
;lsG5 . ;s]Dd ljBfyl{x¿sf];]xofudf ndf of]df8nh agf0{zlfs ;fdulsf ¿kdf kf{l u9{/
slffdf 6f:g ;lsG5 .

Psbnlo / b0bnlo la?jfx¿

cgdflgt 3G6l M !!

kf7 kl/ro M

o; kf7df kmh kmNg]la?jfx¿ -Psbnlo / b0bnlo_ sf]klxrfg ug{/ ltglx¿sf]alr ePsf km/sx¿ a%g tyf la?jfsf ljleGg efux¿ / ltgsf sfox¿sf af/]df o; kf7df j0f{g ug{vf|hPsf]5 .

!= l;sf0 pknlAw÷ljlzi6 p2]o M

o; kf7sf]cGTodf lj Bfylx¿ lgDglnvt sfox¿ ug{; lfd xg5g\M

- Psbnlo / b0bnlo la?jfx¿ klxrfg ug{/ ltglx¿sf nIf0fx¿sf];'l tof/ ug{.

- la?jfsf ljleGg efux¿sf]klxrfg u/l ltglx¿sf sfox¿ j0f{g ug{.

@= zãlfs ;fdul| M

- kmh kmNg]la?jfx¿ h:t}M tf]/l, rgf, n;'g, ds}cflbsf rf6{tf]l÷ds}rgf÷e6df; cyjf pknAw la?jfsf]afb, ljleGg efux¿ k|6 b]vg]kmhx¿ -h:t}M lhaakmh÷3G6lkmh÷wt'/f] .

#= lzllf0fl;sf0 ljmpfsnfk M

- la?jfsf efux¿ l;sfpg l; ªãu}la?jf -h:t}M tf]l_ slffdf nu} lj Bfylx¿nf0 cjnf$sg u/fpg]la?jfsf ljleGg efux¿ gfdx¿ lj Bfylx¿nf0{g}; f|lg]/ pglx¿af6 sã}gfd cfpg g;sl0f dfq lzlfsn]atfpgXf] \

- Psbnlo la?jf -ds}ux"cflb_ sf]af6 / b0bnlo la?jf -tf]l, rgf cflb_ sf]af6 slffdf nu} h/f, kftsf]agfã, kftsf g;fx¿ / loglx¿sf lapx¿ /fd/l cjnf$sg u/fpgXf] \ lapsf]af]lmf 5ffP/ kmn6f xã{{nufpgXf] \ b0f af0fx¿alr sãs]leGgtf 5 lj Bfylalr ;dX agf0{5nkmn u/l To;sf]h/f, sf08, kft kmh / kmnaf/]]lgisif{lgsflNg]cj;/lbgXf] \

- Psbnlo / b0bnlo lj?jfsf h/sf fsf lsl;dx¿ l;w}h/fx¿ g}cjnf$g u/l tf]/ / atfpgXf] \

- h/f, sf08 tyf kftsf sfox¿ lj Bfylx¿nf0{5nkmn ug{lbP/ kãf nufpg d2t ugXf] \ 5ã$f{f jf ghfg$f sfo{h:t}sã}¿kfGtl/t c®usf af/]df ;f®{df lzlfsn]:ki6 kfl/lbgXf] \

- lj Bfylx¿nf0{lj leGg lsl;dsf kmhx¿ Nofpg nuf0{lj leGg efux¿ lrgfpgXf] \

- klhsf ljleGg efux¿sf gfd ;Demg s}kla}' ;do lbgXf] \/ Ps-Ps u/l ;fllgXf] \.

- kmhsf efu bvfpb}gfd ;fllg]/ ;f]efun]s]sfd u5{atf0lbgXf] \.

- kmh pknAw xg ;s}g eg]af8{df /fdf]]:ki6 lrq jgfP/ kmhsf]ljleGg efusf af/]atfpgXf] \.

- ds}wfg, rgf, s}/fp cflbsf lapx¿ Nofpg nufP/ Psbnlo / låbnlo lap 5§fpg nufpgXf] \.

- ljBfyl{¿nf0{cf¢gf]j/k/ kf0g]lla?jfx¿sf]gfd eGg nuf0{af8{df l6Kg / Psbnlo / låbnlo 56nfpg nufpgXf] \.

$= dNof$sg M

- lzllf0fl;sf0 klljnpfdf lg/Gt/ ljBfyl{dNof$sg klljnpf ckgfpg]. To; jnddf lgDglnlvt sfox¿sf cfwf/df dNofsg ug{;lsG5 .

- dfgf}} ltdln]ds$sf]bfgf bl}$f]5}nf}. ltdln]ds$sf]af¢ kfof}To; af¢sf cfwf/df ds} Psbnlo la?jf xf]eGg]s/f s;/l 56nffp5f}< nV .

- dfgf}}ltdln]e6df;f]bfgf bl}$f 5}nf}. ltdln]e6df;sf]af¢ kfof}To; af¢sf cfwf/df e6df;f Psbnlo jf b0bnlo la?jf xf]eGg]s;/l 5§fp5f}<

- k/fu sxf"aG5 < / o;n]s]sfd ub5{ <

- :qls}z/af6 s}s]aGb5 <

- h/f, sf08 tyf kftsf]Ps-Ps sfd eGg nufpg].

- klhsf]lrq agf0{gfds/0f ug{nufpg].

- kf70k’tsdf ePsf cEof;x¿ u/fpg].

hgfj / / la?jfx¿sf ;fdfГo hLjg kLjmɵfx¿

kf7 kl/ro M

o; kf7df ;hLjx¿sf]hLjg ; ~rfngdf xɠ]cfj Zos LjleГg hLjg kLjɵfx¿sf];fdfГo kl/ro tyf ltglx¿sf]dxɼj tyf hgfj / / la?jfsf]cГt/;DaГwaf/];fdfГo JofVof / dxɼj b;fɵg vfɝhPsf] 5 .

!= I;sf0 pknlAw÷ljlzi6 p2ɵo M

o; kf7sf]cГTodf ljBfyL{x¿ lgDglnlvt sfox¿ ug{; lfd xɠ5g\M

➤ hgfj / / la?jfx¿sf];fdfГo hLjg kLjɵofx¿ jOfɠ ug{.

➤ ;hLj / jftfj/Ofalrsf]cГt/;DaГwsf]pbffx/0f lbg / Ps csf{sf]dxɼj jOfɠ ug{.

@= zɴlfs ;fdulɫ M

➤ hLjg kLjɵofx¿;DaГwL rf6x¿, xl/of]la?jf, sf6ɠ÷afs;;, 7hf]dV ePsf]Knfl:6s afɬnx¿, Eofu'tf .

#= lzlfOf l;sf0 ljɵofsnfk M

➤ hLjg kLjɵof egɠf]s]xf]eГg];DaГwdf 5nkɵm u/L ;hLjx¿sf]hLjg ; ~rfng xɠ z/L/leq rNg]ljleГg kLjɵof g}hLjg kLjɵof xf]egL atfOlbgxf]\

➤ udnfdf /fɲkPsf];fgf]la?jfnf0{kɕfz k0f{{¿kn]l5g{glbP/ afs; jf sf6ɠleq %÷^ lbg /fVbf kxɠ]eP/ cГTodf d/ɵsf]tyf csf{xl/of]la?jfnf0{g5fɦLsg /fvɼ thgf ug{nuf0{ la?jfsf nflu ;ɵf] kɕfzsf]dxɼj atfpg] .;DkYf{{;hLjsf]lglDt kɕf ;Znɝf0f kLjɵofsf]dxɼj atfpgxf]\

➤ udnfdf /fɠkPsf];fgf la?jfnf0{dxɼj ge5g\ vfuf vfGɠg}x{ vfuf gvfP s]xG5 < vfuf s]af6 kfp5g\x clg, la?jax¿n]vfuf s;/L kfɕt ubɵg\x df6f]af6 h/f pvɵnlbɠf la?jf lsg d5{< kfgL gkfP la?jf lsg d5{< la?jfn] vfuf s;/L agfp5 < cflb kɼgx¿ ;fɝy kfjɕ0faf/]:ki6 kfl/lbgXf]\

➤ wɩ}lbg;Dd 7hf]lasfɲePsf]Knfl:6ssf]afɠnleq aГb ubf{Eofu'tf]jf cГo ls/f /fɲkf d/ɵksf]t/ xfjf k:g]u/L /fvɵf afr{sf]blɰfpg]. ljBfyLɴf0{gfsdV yɗɀ b0{ldgɜ a:g nufpg]. ;f; kmɸ{gkfP hgfj/x¿ d5ɠ\eGg]atfpg]. To:t}u/ɀ la?jfn]klg ;f; kmɵg\ eGg]atfpgXf]\

- hgfj / / la?jfdWo]xl/of la?jfx¿n]cfÇgf]vfgf cfkm}agfpg ;Sg] / hgfj / / xl/ts/0f gxg]la?jfn]cfkm}vfgf agfpg g;Sg]pbfx/0f lbP/ :jkfljft -xl/of la?jf_ / k/kfljft -hgfj/x¿_ sf]wf/0ff :ki6 kfl/lbgxf] \

- ;f; kmg}{-Breathing_ / Zjf;k}Zjf; -Respiration_ sf]leÇgtf atf0lbgxf] \ .

- xfjf leq tfGg]/ Çof§g]ljmof ;f; kmg}{xf]eg]Zjf;-kZjf; hLjsf]sfjfleq zlSt pTkfbg ug}{kljmof xf]egL ;fdfGo JofVof ul/lbgxf] \ hgfj / / la?jf bjh}o; kljmbfdfdf clS;hg Uof; InG5g√ sfa¿g8f0cS;f08 Uof; kmfN5g√egL atf0lbgxf] \

- k§fz ;÷mjf0ff0f kljmbf / Zjf;-kZjf; kljmbfaf/]kZgx¿ ;fW¿ :ki6 kfl/lbgxf] \ h:t}M S]ol bj}}kljmbf hgfj / / la?jf bj}df xG5g√< k§fz ;÷mjf0ff lj¢fdf la?jfn]sg Uof; pkof{u5{< Zjf;kZjf; la?jfdf xG5 ls xb}¿g < Zjf;kZjf;df sg Uof; pkof{u ul/G5 < cflb .

- hgfj / / la?jfn]cfkmh:t};Gtfg pTkfbg u5}{\eGg]bjˇfpg ljleÇg pbfx/0f, l~q, j:tx¿ bjˇfpgxf] \

- hgfj/x¿n]vfPsf]vfgf, kfgL, cfˇfwL cflb kl/jxgsf]sf/0fn]z/L/sf]ljleÇg efudf kUb5g√egL atf0lbgxf] \ To:t}u/}/ kl/jxgs}sf/0fn]h/fn]kfgL ;f}{ la?jfsf]cÇfo efudf k¥offp5 egL atfpg].

- hgfj/x¿n]z/L/df ePsf cgfjZos j:tx¿ kmfn}sf]pbfx/0fx¿ eGg nuf0{lgisfzgaf/]] atfpgxf] \ la?jfdf of]kljmbf bjˇfpg udnfdf ePsf]la?jfnf?jfnf0{Knfl:6sn]5fk¥ofˇ kfglsf]yfkL Çofˇ}sf]bjˇfpgxf] \.

- hgfj/x¿sf];Gtfg pTkfbg tyf la?jfx¿ kmn}sf]pbfx/0fx¿ lb0{f f pglx¿dfem 5nkmn u/fP/ ;Gtfg pTkfbg kljmbf k{6 kfl/lbgxf] \

- hgfj / / la?jfx¿n]cfkmh:t};Gtfg pTkfbg u5}{\eGg]bjˇfpg ljleÇg pbfx/0f, l~q jf j:tx¿ bjˇfpgxf] \

- hgfj/x¿sf]dndq v¢df xfNbf la?jfx¿ ;lkˇPsf]s√f atfpgxf] \. dn xfNg' egˇsf]la?jfnf0{vfgf lbg'xf]]. To:t}hgfj/x¿ kf0f{kkbf vfgfsf]nflu la?jfx¿df e/ kb5g\ o;/L vfgfsf]cÇt/;DagwafN/]]ljleÇg kˇgx¿ lj Bfyl{x¿nf0{;fˇ k{6 kfl/lbgxf] \ To:t} u/{ clS;hg / sfa¿g8f0cS;f08 Uof;sf];f}{;f6¿fˇaf/]]atfpgxf] \. k§fz ;÷mjf0ff / Zjf;kZjf;af/]];fˇgxf] \.

$= dNof^asg M

IzIf0fl; sf0 klljmpfdf lg/Gt/ dNof^asg klljmpf ckgfpg]/ To; jmddf lgDglnlvt kZgx¿sf]
cfwf/df dNof^asg ug{; IsG5 M

- hljg klljmpf eg$f]s]xf]< hljgdf ol klljmpfx¿ geP s]s]xG5 < nV .

- ; Gtfg pTkfbg klljmpf geP ; hljx¿ kVjldf xG5gVs xbgg< nV .

- k$fz ; Znj]f0f / Zjf; kZjf; klljmpfdf tlgcf]f km/s nV .

- hgfj / / la?jfx¿ Pscsf]df cfl>t 5g\eGg]bOcf]f sf/0fx¿ nV .

- 'hgfj/x¿n]cfÇgf]vfgf cfkm]agfpg ; Sbgg\of]egf0sf]cy{s]xf]<

- ; ö$f]k$fz geP ; hljx¿ afR5gVs afRbgg\sf/0f; Ixt nV .

- df6fljdf xfn$f]kfgl / dn sg klljmpfaf6 la?jfn]kfp5 <

- kf7ök:ts sf cEof; x¿ u/fpg].

%= IzIfsnf0{yk hfgsf/L M

; f; kmj{-Breathing_ eg$f]xfjfaf6 clS; hg z/l/leq Ing]/ z/l/af6 sfjög8f0cS; f08 Uof;
aflx/ ÇofSg]klljmpf xf]eg]Zjf; kZjf; eg$f]kmf$; faf6 /ut xb}clS; hg sff]; Dd kUL
vfBtöj Hjng u/l zISt / sfag8f0cS; f08 agfpg]ljmpf xf].

dfgjlo ljmpfsnfkaf6 jftfj/0fdf kg]kefj

cgdflgt 3G6L M (

kf7 kl/ro M

cfhefln jftfj/0f kblf0f xfdf]b}zdf klg cToGt}hNbfaNbf];dosf]¿kdf bVf kg{yfn$f]5 . ufp" 3/eGbf klg ;x/ahf/df o;sf]c;/ cem eofjx ag$f]5 . o;y{afnaflnsfx¿nf0{jftfj/0f kblf0f eg$f]s]xf]< s;/Ll jftfj/0f kblf0f xG5 < / o;af6 s:tf]c;/ / bVfkb$ < eGg];DaGwdf ;4flGts tyf Jofjxfl/s cfknh]jftfj/0f ;A1f0f ug{km(hfu?s xg$sf ;fy}cf(gf]3/l5d$ / hxf";$}klg jftfj/0f ;4f0f; DaGwl cleofg rnf0{jftfj/0f kblf0f 36fpg / jftfj/0f ;A1f0f ug{ 7hf]oflbfg k¥ofpg ; Sb5g\. kblf0fsf]sf/0f / c;;/x¿af/]lj BfyLnf0{lj:t[¿kdf hfgsf/L lbgkg{ xG5 . lzIf0fsf jmddf glhsf]ufp"; x/, 6fndf Ifq e0f0f u/f0{kblf0fsf]kTolf cjnf$g u/fpg klg plQs}h?/L xG5 . t; y{lzIfs ;fylx¿n]lzIf0fsf jmddf o:tf s/fx¿df Wofg k¥ofpg' cToGt cfjZos 5 .

!= I; sf0 pknlAw÷ljlzi6 p2]o M

o; kf7sf]cGTodf ljBfyLx¿ lgDglnlvt sfox¿ ug{; Ifd xg$g\M

➤ jftfj/0fdf kefj kfg{ldflg; sf ljleGg ljmpfsnfkx¿ / o;sf]c;/ / atfpg .

@= z}lfs ;fdul M

➤ jftfj/0f kblf0f / ljgfz blfpg]Irq, rf6{kf]6/, lel8of]Pjd\:ynut ed0fsf nflu cfjZos ;fdulx¿

#= lzIf0f I; sf0 ljmpfsnfk M

➤ kf7bk':tssf]lrq cjnf$g ug{nuf0{xfjf tyf hn kblf0f af/]df bVf s:fx¿ eGg nufpgxf]\.

➤ jftfj/0f kblf0f eGgfn]s]a%5f}egl ljBfyLnf0{kVg ;flgxf]\Vpglx¿sf hjfkm af$df l6Kb}hfgxf]\. cGtdf ;a$f ljrf/x¿ ;d$L jftfj/0f eg$f]xfdf]lj/k/sf]kfgl, xfjf, hldg;lxtsf]jftfj/0fdf xg$lkmxf]0df xf]eg]/ a}mf0lbgxf]\.

➤ xfjf xfdf]nflu lsg dxÖjk0f{5 eGgaf/]atfpb}xfjf kblft xg$sf/0fx¿af/]5nkmn u/l a$f af88f0 l6kfb$ ugxf]\.

➤ kblft xfjfaf6 xg$c; /x¿af/]5nkmn u/pgxf]\ h:t}M?3fvf$L, bdh:tf Zjf; k$jf; ;DaGwL /f$u nffUg' z/L/ kmfxf/ xg$' ls6f0f'kmng' b34w xg$'cflb .

- kfglsf]dx[jsf af/df 5nkm ub{xfdlnf0{kfgl lsg rflxG5 egl l6kf% ug{nufpgXf] V ; a}hf0{eGg nuf0{af8{df l6Kgxf] \

- xfdf| j/k/sf]kfgl kb]lf0f xgfsf sf/0fx¿ / o; af6 xg]c; /x¿sf ; DaGwdf cfkmh]b}/] ; g}sf cfwf/df x/$nf0{PsPs cfof abf eGg nuf0{af8{df l6kf% ub}hfgXf] \ cGtdf s}l 56$sf abf eP k/"f u/L ; a}hf0{sfkldf ; fg{nufpgXf] \

- cfjZostfg'; f/ kf]6/÷lrq kb}zg ug{Xf] \.

- hldg -df6f] sf]dx[jsf ; DaGwdf 5nkm ub{df6f]kb]lf0fsf sf/0fx¿ / c; /x¿af/] atf0lbgXf] \

- df6f$sf ; ÷lf0fsf nflu jgha¿n /f[g' / la?jf x'sf{pg'÷hf'lfpg' cfjZos xG5 eGg] hfgsf/L lbb}jgha¿naf6 xg]kmf0bf, o; sf]ljgf;sf sf/0fx¿ / ljgf;af6 pTkGg xg] kfs[lts k$sfk -af9L, klx/f] e"lfo_ af/]atf0lbgXf] \.

- cf¢gf]ljBfno glhssf]ufp'; 6fh, ; x/, gbl, vfhf jgha¿n cflb 7fpdf xfjf, kfgl, hldg, kb]lf0f ePsf]jf jgha¿n kmBfgl÷ljgf/; ePsf]eP Ifk]ed0fdf nul cjnf$sg u/fpgXf] \ Ifk]ed0f hfbf kb]lf0fsf sf/0f / c; /x¿; d}l6kf% ug{nuf0{sIffdf ak]t't ug{nufpgXf] \

- ol jftfj/0f kb]lf0fdf dflg; sf ljkfosfnksf]el'dsfaf//]5nkm ug{Xf] \.

- >Jobn]o ; fdul| eP kb]zg ug{Xf] V o:tf jftfj/0f kb]lf0fdf dflg; sf]el'dsfsf af/df 5nkm ug{Xf] \.

- kf7\ok':tssf]kh #$ sf]ljkfosfnk ! / @ ug{nufpgXf] \

- cfjZostfg'; f/ kl/ofhgf sfof{lbgXf] \ -h:t}M cf¢gf]ufp"6fhdf jftfj/0f kb]lf0f ePsf s}l 36gfx¿ / To; sf c; /x¿ l6kf% ug{nufpg]._

$= dNofa{sg M

- ljBfylx{n]sIffdf blyfPsf]Jojxf/, Ifk]ed0f u/$sf]sfd tyf dfRvs k¿gf0/sf cfwf/df dNofa{sg ug{Xf] \.

- kf7\ok':tsf]cEof; ! / # sf kZgx? ux;fof{sf sIffsofsf]f ¿kdf ug{nufpgXf] V ljBfyln]lbPsf]hjfkmsf]cfwf/df dNofa{sg ug{Xf] \.

- kl/ofhgf sfof{¿kdf ljleGg kqklsfx¿af6 jftfj/0f kb]lf0f, klx/f] e"lfo, af9L cflbsf lrqx¿ ; a{sg ug{nuf0{kb]zg ug{nufpgXf] \

16   *d/]f]lj 1fg, ;jf:Yo tyf zf/ll/s lzIff, lzIfs lgb{zsf, sIff %*

kf7 &

jftfj/0f ; /lf0f

cgdflgt 3G6L M (

kl/ro M

jftfj/0f ; /lf0f clxn\$sf]nf\$lk0 gf/f / ;j(dfGo cfjZostf ePsf]5 . afnaflnsfx¿df ;fg} pd/\b|v o;;DaGwL ;r|tgf lbg ;s]pglx¿n]o;nf0{cf⁄gf]Jojxf/df ckgfpg\sf];fy}3/ kl/jf/ / ;dbfodf o;af/]r|tgf huf0{hfu?stf k\bf ug{;S5g\. o; kf7af6 lj Bfylx¿nf0{ jftfj/0f;DaGwL ;/flGts 1fg lbg\sf ;fy}pglx¿df cGt/cfTdfn\v g}jftfj/0fkl|t ;b/fj pTkGg u/fpgkg\lxG5 . o;sf nflu lzIfs ;fylx¿af6 pkoSt lsl;dsf ljm|ofsnfk u/f0{p2{o xfl;n u/fpg'xg|5 eGg]ck|ff ul/Psf]5 .

!= l;sf0 pknlAw÷ljlzi6 p2{o M

o; kf7sf]cGTodf lj Bfylx¿ lgDglnlvt sfok¿ ug{;Ifd xg\5g\M

- jftfj/0f ; /lf0fsf pkfox¿ atfpg / ckgfpg .

@= zllfs ;fdull M

- jftfj/0f kb|lf0f / jftfj/0f ; /lf0f bVfpg]rf6{lrq, kf]6/, df\$n tyf >Joblo ;fdulx¿ / ;ynut edf0fsf nflu cfjZos ;fdulx¿ -sfkl, snd, Knfl:6s cflb_ .

#= lzlf0f l;sf0 ljm|ofsnfk M

- kf7sf];?df kj'{kf7; u ;DalGwt u/l kg/fjnf\$sagf6 kf7 ;? ug\sf]\

- jftfj/0f ; /lf0f;DaGwL -j[f/f[lK0f, t6aGw, sf0nf agf0{vtl u/\$sf] rf6{lrq kb|zg|ug\sf]\V 5nkmn ug\sf]\

- jftfj/0f ; /lf0f eGgfn]s]alemG5 egl lj Bfylx¿af6 hjfkm lng]/ lgisifdf xfdl]j/k/ /x\$sfxfjf, kfgl, hl…dg -df6f], jgh\pln cflbsf]af/fj6 ug{jf laug / kmfxf]/ xg glb0{ hfl|fpg]sfd g}jftfj/0f ; /lf0f xf]egl atf0{lbgxf]\

- lj Bfylx¿nf0{#÷\$;dW agf0{ j\pd xfjfnf0{kmlxf]\ jf kb|lift xg glbg s]k/s]pkfo ug\5{egl ;dW;dWdf abfx¿ l6kmf\\ ug{nufpgxf]\. l6kmf\\ ul/Psf abfx¿ k|tt ug{nuf0{sfnfkkf6ldf l6Kgxf]\V/ ;ahf0{;fg{nufpgxf]\. gkU yk abf sIfL eP cfknf] ylklbgxf]\

dl/f]lj 1fg, :jf:Yo tyf zf/l/s lzIff, lzIfs lgbl{zsf, sIff %

17

- o;u/l kfglsf];Alf0f ug{s}s]pkfox¿ ug{kb5 egl x/$nf0{PsPs abf eGg nufP/ / af$df l6kf6 ub{hfgxf]\ ; ªsng ul/Psf]abfx¿ sfkldf ;fg{nufpgxf]\ gklu abf ePdf pglx¿nf0{;xdt u/f0{;rldf yKgxf]\

- o:t}u/l df6f]-hldg_ sf];Alf0fsf af/df klg 5nkm u/l abf ; ªsng u/fpgxf]\

- ljBfylx¿nf0{5f6f]Ifged0f nul ljBfno j/k/sf Ifgdf j[f/fk0f u/$sf] t6aGw lgdf0f u/$sf] kfglsf]dxfg hfufppg tf/hfnl u/$sf] vftl ubf{sfGnf agf0{vftl u/$sf]jg ;Alf0f ug{pkef$tf ;ldlt agf0{sfd u/$sf]cflb s'fx¿ cjnf$g u/fpgxf]\

- Jojl:yt ;x/ls/0f / kmfkf/dhf Joj:yfkg ;DaGwdf 5nkm ug{kf]\/ lrq kbz$g u/fpgxf] \

- 5f6f] kl/oflhgf sfo{lb0{cf-cfGgf]ufp]ufp3/ 6fh]df jftfj/0f ;Alf0fsf nflu ul/Psf kbf;x¿ ;fWf] jf cjnf$g u/f] nVf] Nofpg nufpgxf]\

- Ifged0fsf]jnfdf :yfglo JolStx¿;u e$3f6 u/f0{jftfj/0f ;Alf0f ug{pxfx¿sf]ufp" 7fpdf s$;tf ofubfg ug{ePsf]5 < egl abfx¿ ; ªsng ug{kf]\

- jftfj/0f ;Alf0f gubf{/ jftfj/0f ;Alf0fsf pkfo ckgfPkl5 jftfj/0fdf cfPsf] kl/jtgaf/]kz\gf$0/ u/l a‰g nufpgxf]\

- Ifged0ffaf6 ;ªsnt abfx¿sf cfwf/df To; Ifgsf]jftfj/0f÷;Alf0f;DaGwL eP u/$sf sfox¿ / To;af6 jftfj/0fdf k/$sf] ;sf/fTds c;/]af/]Pp6f n8f n8l k|t't ug{nufpgxf]\

$= dNofªsg M

sIffsf0{df ;xeflutf, Ifged0fdf ugsf], ofGghgf sfo{tyf ukasfsf];t/ x]// p2]o xfl;n eP gePsf]dNofªsg ug{kf]\

kbfy§sf]cj:yf kl/jt{g

cgdflgt 3G6l M !)

kf7 kl/ro M

o; kf7af6 lj Bfyl{¿df kbfy{¿nf0{tfk lbbf jf kbfy{¿df ePsf]tfknf0{sd tl ; f]kbfy{¿sf] cj:yfdf kl/jt{g cfp5 / kbfy§sf]cj:yfdf kl/jt{g Nofpg]ljleGg ljmpfx¿dWo]klUng' hDg' pmljkftg, jfikls/0f / bjls/0fsf]wf/0ff lbg vflhPsf]5 . pSt wf/0ffx¿ lbgsf nflu lj Bfyl{¿df cjnf§g ug¿ cgdfg ug¿ts{lbg] lgisif{eGg; Sg]h:tf jl}flgs ; lkx¿sf]ljsf; ug{cjfZos xG5 . To; h]lzIf0f ubf{køfjuffTds ljmpfsnfkx¿ ckgf0{dfly plNnolvt ; lkx¿sf]ljsf; df Wofg lbgkb5§ .

!= l; sf0 pknlAw÷ljlzi6 p2}o M

o; kf7sf]cGTodf lj Bfyl{¿ lgDglnlvt sfox¿ ug{; lfd xg§5g\M

- ttfpbf / lr:ofpbf j:t§sf]cj:yf kl/jt{g xg]atfpg .

- kUng' hDg' jfikls/0f xg' lrl;g' / pmljkftg ljmpfsf]kl/efiff lbg .

- bljgs hljgdf j:t§sf]cj:yfdf xg]kl/jt{g§sf]pbfx¿0f lbg .

@= zdkIfs ; fduu M

- kfgl, a/km, ljs/, l:kd{ NofDk, djvaQl, ; flhl, sk¿ kf]';lhg jl}g, Kn} jf rDrf -ljBfnodf pknAw xg; Sg]ljleGg k§f/sf ef8fx¿ kofl}df Nofpg ; lsG5 ._

#= lzIf0f l; sf0 ljmpfsnfk M

- lj Bfyl{¿nf0{kbfy§sf tlg cj:yfx¿sf]af/df kbg/fjnf§g u/fpgxf]\

- cf(gf]j:k/ pknAw xg; Sg]ljleGg kbfy{¿ h:t}M df6f]] rs, sf7sf 6jdf, djvaQl, kfglsf]jlkm, tj, l3p cflb j:tx¿sf]kbzg ugxf]\/ ltglx¿nf0{eft}s cj:yfsf cfwf/df julb§/0f ug{nufpgxf]\

- dflysf j:tx¿ ttfpbf / lr:ofpbf ltglx¿sf]cj:yfdf xg]kl/jt{g§af/] 5nkm ugxf]\

- kfglnf0{ttfpbf jf lr; f]kfbf{s§s]a G5 < kl}gf0/ ugxf]\/ a/km kfgl, afkmnj]} JofVof ugxf]\

- kfglsf]ljleGg cj:yfsf af/df 5nkm u/l kbfy§sf]cj:yfaf]k:6 kfgxf]\

- lxp;" cl;gf, t'; f/f] afkm cflb s'/fx/sf pbfx/0f lbP/ kfglsf ljleGg cj:yfx¿af/]
atfpgXf] \

- kf7\)k':tssf]ljpbfsnfk g÷! / @ jn[dzMkb]zbå u/)f' blyfpgXf] \ ljBfyl£x¿nf0{s÷]s]
kl/jt)å xG5 < /fd/l cjnf$g ug{nufpgXf] \V pglx¿n]cjnf$g u/$f s'/fx¿nf0{
eGg nufpgXf] \

- pSt ljpbfsnfksf cfwf/df kUng]ljpbfsf]wf/0ff :ki6 kfgXf] \

- cfjZostfcg';f/ d\)aOl lngXf] \V d\)aOl an$f]kb]zbå ub[slffsf7fdf ul/g]
ljpbfsnfkaf/]kJ"{cgdfg ug{nufpgXf] \

- ljBfyl£x¿nf0{cfÇgf]cfjZostfcg';f/ ljleGg ; dXdf ljefhg ugXf] \V kTo$; dXnf0{
Ps Pscfö]f d\)aOl kbfg u/l d\)aOlnf0{afnÿ]d\)aOldf blVPsf]kl/jt)gx¿sf]cjnf$g
ug{nufpgXf] \ d\)aOl gePdf hd$sf]l3p kufnÿ] cj:yf kl/jt)å blyfpgXf] \

- ; dXsf]gtfnf0{cjnf$gsf cfwf/df ; dXnf0{lgisif{eGg nufpgXf] \

- ljpbfsnfk # u/)f' blyfpgXf] \ sk'/df cfpg]kl/jt)å;sf]cjnf$g ug{nufpgXf] \

- kbfüsf]cGTodf ljBfyl£x¿nf0{cfknÿ] cgdfg u/$f]cgdfg / kbfüsf]glthf ldn]
gldn$f]eGg nufpgXf] \

- ljpbfsnfksf]cfwf/df pnÿjk'ftg ljpbf :ki6 kfgXf] \

- ljBfyl£x¿nf0{cfÇgf]3/df lrof ksfpbf jf cGo ljleGg sfdsf]nflu kfgl ttfPsf]jf
pdfNbf kfgldf cfpg]kl/jt)åaf/]lWofg lbP/ x¿$f 5f}ls 5$åf{< k¿g ugXf] \

- ljpbfsnfk % kfpbf u/)f' bjls/0f / jfikls/0f blyfpgXf] \.

- kfgl lsg tflt)G5 < kfgl pdfNbf lsTnlsf]66lafö] lgl:sPsf]kbfy{s]xf]< Tof]s; /l aGof]
h:tf k7gx¿ u/l ljBfylÊx¿nf0{5nkm ug{nufpgXf] \

- 5nkmsf cfwf/df jfikls/0f eg$f]s]xf]:ki6 kfgXf] \.

- kfglnf0{pbfNbf lgl:s0/xsf]kfglsf]afkmglhs sgÿ]lr;f]lj:t'h:t'h:tÿ}MKnö jf rOrf nu/)å
/fvÿ}df s]x)G5 xfÌf cgdfg ug{nufpgXf] \V kfgl u/)f]oyfyÿfnÿ u/fpgXf] \

$= dNof™[sg M

- lzlf0f lqmpbfsnfk ; U; U}ljleGg klÏgfO0/ ugXf] \

- sIffsf7fdf ul/Psf ljleGg kfnÿTds ljpbfsnfkx¿sf]lrq agf0{gfdf™[sg ug{
nufpgXf] \.

zlStsf]; f‍t

kf7 kl/ro M

of]kf7df lj Bfyl{¿nf0{gjls/0flo / cgjls/0flo zlStsf]wf/0ff lbg / gjls/0flo zlStsf ;f‍tx¿ 56bfpg ; lfd agfpg vf‍hPsf]5 . o;sf ; fy}zlStsf ljleGg ¿kx¿af/]pbfx¿0f; lxt j0fg ug{ kbz6 ug{Sg]; lfdtfsf]ljsf;df hf‍8 lb0Psf]5 . ; fy}ljleGg lsl;dsf zlStsf];bkofl tyf ; Alf0f ug[s]l tl/sfx¿sf]hfgsf/l lb0{zlStsf]k6lV ; f‍tsf ¿kdf ;ö$f]dx‍Ej lrgfpg]k6lTg ul/Psf]5 .

!= l; sf0 pknlAw ÷ljlzi6 p2‍fo M

o; kf7sf]cGTodf lj Bfyl{¿ lgDglnlvt sfo{¿ ug{; lfd xg‍5g\M

- gjls/0flo / cgjls/0flo zlStsf ;f‍tx¿alr km/s 56bfpg / pbfx/0f lbg .

- zlStsf ljleGg ¿kx¿ -tfk, k$fz, lj B't,\Wjlg / rDas_ sf]c; / kbz6 ug{/ j0fg ug{.

@= zllfs ; fdu‍l M

- gjls/0flo / cgjls/0flo zlStsf ;f‍tx¿sf]rf6{ d‍jaQl, ;nf0{306l, dfbn, lutf/, rDas, kmnfdsf lsnfx¿ 6r‍nf06 .

#= lzlf0f l; sf0 lj‍pfsnfk M

- zlStsf]kl/ro lbgsf nflu xfdln]vfgf gvf0{sfd ug{; S5f}ls ; Sb‍gf}. aQlaf6 s; /l pHofnf]cfp5, uf8l s; /l rN5 cflb h:tf k7gx¿ u/l 5nkm ug[sf]\

- lj Bfyl{¿nf0{s‍‍s]sfdsf nflu zlSt rflxG5 egl k7g ug[sf]V lj Bfyl{¿sf]pQ/nf0{af8df l6Kgxf]\

- lj Bfyl{¿nf0{cfj Zostfcg'; f/ ; d‍df af8gxf]\ k6o; ; d‍nf0{s‍g sfdsf nflu s‍g zlSt rflxG5 / tl zlStx¿ sxfaf6 kf‍t ul/G5 < ; ‍l agfpg nufpgxf]\ k6t‍t ug{ nufpgxf]\ k6o; ; d‍nf0{cfkm‍h]n‍e‍bf gof“zlSt nV$f]eP l6Kg; dt nufpgxf]\ / cGTodf lzlfsn]:ki6 kfg‍xf]\

- lj Bfylk{¿nf0{zlStsf ;f]tx¿dWo]sg-sg lg/Gt/ ¿kdf kf]f\u ug{;lsG5 < jf kgM gjls/0f ug{;lsG5 / sg-sg ;f]tx¿ kf]f\u ul/;kl5 kgM gjls/0f ug{;lsbg 5f]bdfpg nufpgxf] \.

- kf7\k:tssf]ljpofsnfk ! slffdf u/fpgxf] \.

- gjls/0flo / cgjls/0flo ;f]tsf]rf6{k|t't u/l 5nkfm ugxf] \.

- tfk, k\fz, rf}as, ljB't\cflbh:tf ljleGg zlStsf >f]tx¿af/]5nkfm ugxf] \.

- zlSt sg-sg ¿kdf kfkt xG5 < klgf0f/ u/l zlStsf ljleGg ¿kx¿ atfOlbgxf] \.

- Pp6f dgaQl afNgxf] \/ lj Bfylk{¿nf0{kfnkfnf]u/l dgaQlsf]glhs la:tf//}xft /fVg nufpgxf] \. of]ljpofsnfk ubf{xftdf dgaQln]kfh\/ c;/ kg{;5 . To;h];tsf{f ckgfpg lgbfkg lbg]. To:tf]cgbj lsg ePsf]xfhf < 5nkfm ugxf] \.

- tfk zlStn]sg}klg j:thf0{tftf]kf5{egl :ki6 ugxf] \.

- tfk zlStn]j:tx¿nf0{tfkdfq geO{sg j:tx¿df rfn klg Nofp5 eGg]s/'f ljleGg pbfx/0fx¿ lbP/ k{6 kfgxf] \.

- tfk zlStn]cGo s}s]ug{;S5 < klgf0f/ u/l :ki6 kfgxf] \.

- lj Bfylk{¿nf0{tfk zlSt kfpg];f]tx¿ eGg / nVg nufpgxf] \.

- slffsf]7fsf];a}%ofn, 9f]sf aGb ug{nufpgxf] \/ slffsf]7fdf ePsf ;a}j:tx¿ bVg ;S5f}egl k|Zg ugxf] \.

- dgaQl jf cGo sg}k\fz lbg]j:t' afNgxf] \/ aQl afNbf / gafNbfsf]cGt/ eGg nufpgxf] \. To;sf]sf/0faf/]5nkfm ugxf] \.

- lj Bfylk{¿nf0{k\fz zlSt s]xf]eGg]eGg nufpgxf] \.

- aln/x\f]lj:taf6 k\fz zlStafx\$ cGo sg}zlSt kfkt xG5 eGg nufpgxf] \.

- dflysf]ljpofsnfkx¿sf cfwf/df k\fz zlStsf]wf/0ffaf/]:ki6 kfgxf] \.

- ljpofsnfk @ sf]klzg slffsf]7fdf ug\xf] \ lj Bfylx¿nf0{pSt ljpofsnfk ubf{blVPsf s'/fx¿sf]cjnf\$g ug{nuf0{l6kf\+ ug{nufpgxf] \.

- lj Bfylk{¿nf0{s}s]s'/f bV]jf cg'ej u/]eGg nufpgxf] \.

- To:t}lj Bfylk{¿nf0{ljleGg j:tx¿nf0{7f}/ cfjfh s;/l pTkGg xG5 kf]f\u u/]/ xf}{nufpgxf] \.

- Pp6f 6r{nf06 lngXf] \/ afn]/ b]/fpgXf] \

- 6r{nf06af6 k\$fz s;/l lg:sG5 < eGg nufpgXf] \

- Aof6kaf6 ljB't\zlSt kf(Kt xG5 h;n]k\$fz zlSt lbG5 egl k;|6 kfg(Kf] \

- xfdf]]3/df k\phif]u ul/g]]ljB't\zlSt s;/l kf(Kt xG5 < 5nkmn ug(Kf] \/ hnljB'ta\f/]:ki6 kfg(Kf] \

- ;/Dej eP ljB't\pTkfbgu(Ksf]cjnf\$g u/fpgXf] \

- Pp6f rDas lngXf] \. pSt rDasnf0{kmnfdsf]lsnf jf cflNkg glhs nfgXf] \. s] xG5 < ljBfyL((;nf0{cjnf\$g ug{nufpgXf] \/ lgDg k}gx; ug(Kf] \

  → kmnfdsf lsnfx; rDasdf lsg 6fl';Psf xfpnfg\<

  → rDasdf ePsf]zlStnf0{s]elgG5 <

  → rDassf 5(bx;nf0{s]elgG5 <

  → Pp6f rDasdf sltcf\phif w]x; xG5g\<

- b0(cf\phif 58 rDasnf0{wfuf(fn]:jtGq ;kdf en08\\dfP/ /fv]/ Psl5gkl5 /fl]sdf ltglx; stf kms(F5g\< cgdfg ug{nuf0{k\phif u/]/ xd]g{nufpgXf] \ pglx;sf]cgdfg 7ls eP gePsf]k/Llf0f ug{nufpgXf] \

- cfCgf]cgdfg 7ls xb'jf gxb'sf]sf/0f eGg nufpgXf] \

- ljmbfsnfk # u/f0{rDaslo / crDaslo j:tx;af/]5nkmn u/l 5\b\fpg nufpgXf] \

- zlStsf]pkof]utf kf7 k9\\g nufpgXf] \/ 5nkmn ug(Kf] \

- sb-sb zlStsf]pkof]u s}s:tf sfdsf nflu ul/G5 ljleGg k}gx; u/l 5nkmn ug(Kf] \

  → xfdlx;n]zlSt sxfaf6 kf(Kt ub\$f]{<

  → afla?jfx;sf]nflu zlStsf];|t s]xf]<

  → alu/x\$sf]kfgl / xfjfdf ePsf]zlStn]s}s]sfd ub\$ <

  → tfkzlSt s}s]sfdsf nflu kf\phif ul/G5 <

  → rDaslo zlStsf]pkof]u s\$f nflu ul/G5 <

- zlStsf]kdV ;f|tsf]¿kdf ;ö{eGg]wf/0ff lbg lj Bfyl{¿nf0{lgDg kZgx¿ u/}/ 5nkmn ug{xf] \M

  → la?jfn]cfÇgf]vfgf agfpg zlSt sxfåf6 kf{t ub5 <

  → hgfj/x¿n]zlSt kf{t ug{[;f|t s]xf]<

  → ;ö{gePdf k|jlsf]xfnt s]xG5 sNkgf ug{nufpgXf] \

  → ;fö{zlStsf]Jofkstfaf/]pbfx/0f lbP/ k¦6 kfg{Xf] \

  → zlStsf]¿kdf kofl u ul/b}cfPsf]0Gwgx¿ h:t}M sfö{nf, köfh, l8hh cflbsf]e08f/ ;lldt dfq ePsf]hfgsf/L lbgXf] \

  → ol zlStsf]cefj ePdf s]xG5 < h:tf k¿g u/L o;f];ef];Alf0fsf pkfox¿af/] lj Bfyl{¿nf0{eGg nufpgXf] \

  → lj Bfyl{¿sf]pQ/df c:ki6tf ePdf lzlfsn]k¦6 kfl/lbgXf] \

$= dNofªsg M

ljleGg dfNvs tyf lnlvt kZgf0/sf]cfwf/df dNofªsg ug{xf] \ h:t}M

- zlStsf ;f|tx¿ s}s]xg\<

- s:tf ;f|tx¿nf0{gjls/0fllo / cgjls/0fllo ;f|t elgG5 <

- l8hh, köfh cflbnf0{gjls/0fllo zlStsf];f|t lsg elgPsf]xfnf <

- a/km tfkdf lsg kUnG5 <

o;sf ;fy}ljleGg ljofpfsnfkx¿df lj Bfyl{sf];xeullf / kllljofpfx¿sf]/$8{/fvl dNofªsg ug{xf] \

df}d

kf7 kl/ro M

of]kf7af6 ljBfylx¿df df}daf/];fdfGo kl/ro lbg, df}d kl/t§sf sf/s t(jx¿ atfpg / cfÇgf]blgs hljgdf blVsf jf cgèj u/\sf df}d kl/t§;DaGwL 36gfx¿ atfpg ; Sg]lfdtfsf] ljsf;df hfÈ lb0Psf]5 . ;fy}df}d cgbfg ug]{;/n pkfox¿ atfpg / cfÇgf]:yfglo 7fpx¿df e0/xg]df}d kl/t§sf]/\$8{/fvL ;Deflj t df}dsf]k[{cgbfg ug{Sg]lfdtfsf]ljsf;df lj z(f hfÈ lb0Psf]5 .

!= l;sf0 pknlAw ÷ljllzi6 p2]oM

o; kf7sf]cGTodf ljBfyl{¿ lgDglnlvt sfox¿ ug{;lfd xg§g\M

➤ df}d / xfjfkfglsf];fdfGo kl/ro lbg .

➤ o;nf0{c;/ kfg]lsf/s t(jx¿sf]-dg;g, hnrjn} cfb{f cflb_ sf]JofVof ug{.

➤ k(jlsf];txdf lg/Gt/ e0/xg]kl/t§sf]JofVof ug{.

➤ df}d cgbfg ug]{;/n pkfo j0fg ug{/ df}d cgèj ug{.

@= zh]lfs ;fduॏ M

➤ df}dsf ljleGg cj:yfx¿ b(fpg]lrqx¿, df}d;DaGwL rf6{.

#= lzlf0f l;sf0 ljॐfsnfk M

➤ kf7&k':tsdf lb0Psf lrqx¿ jf df}dsf]ljleGg cj:yf b(fpO0Psf]lrqx¿ khzg u/\ cWoog ug{nufpgfxf]\

➤ pSt lrqx¿sf]j0fg ug{nufpgfxf]\ To:tf]lsg ePsf]xfnf < egl k(jg ugkfxf]\

➤ kf7 k9\g nufpgfxf]\ df}d / xfjfkfglsf]cy{eGg nufpgfxf]\

➤ lzlfsn]ljBfyl{¿sf]pQ/sf]cfwf/df df}dsf]wf/0ff :ki6 kfgkfxf]\

➤ 3fd nfbf / abnl xfjfsf]cj:yfdf udl{jf hf8f]s]xG5 < kॏg ugkfxf]\

➤ To:tf]xg]sf]sf/0f eGg nufpgfxf]\ df}ddf kl/t§sf]sf/s t(j tfkjॏd xf]egl lgsisiff{df kUg ;xofॐu ugkfxf]\

➤ Unfasf]kॏzg u/\ kljl cfÇgf]clfdf slt l8uॏ 9INsP/ /x$f]5 < :ki6 kfgkfxf]\

➤ ;ösf]jl/kl/ kljl / kljl cfÇgf]clfdf s;/l 3D5 < Pp6f gdbf kॏzg ugkfxf]\

➤ kljlsf];a}efudf Psॗjf;n];ösf]k$fz kb§ eGg]hfgsf/l lbgxf]\

- lj Bfyl{¿nf0{slxn]lbg nfdf]/ft 5f6f]xG5 < lbg / /ft nfdf]jf 5f6f]lsg xG5 < o; n] kľjlsf]tfkjmddf s]c;/ kfb5 < h:tf kĽgx¿df 5nkkn u/l lj Bfyl{¿nf0{kľjlsf] ; txdf tfkjmd kl/jt6 xG5 h:tf]sf/0fn]df}d kl/jt6 xg]/ Ct'kl/jt6 xg]tYo :ki6 kfg[kf] \.

- sIffdf df}dsf]rf6{tof/ kf/l x/]$ lbg laxfg / ck/fÅgsf]df}d s:tf]5, bĽfpg nufpgXf] \.

- zls xfjf / jfikoSt xfjfsf]ljleGg pbfx/0f lbP/ cfbffaf/]/:ki6 kfg[kf] \.

- tfkjmdsf];fy}3fd, kfgl, xfjf, cfbfff klg df}dsf sf/s tľjx¿ xg\egl :ki6 kfg[kf] \.

- sIffsf];?df lj Bfyl{¿nf0{/Ŋof6f]6kpnehg tyf cGo ;dfrf/sf dflodaf6 df}dsf] hfgsf/laf/] ; flngXf] \.

- df}dsf]hfgsf/lsf]cfjZostfaf/]5nkkn ugXf] \.

- hnrjmdsf]rf6{jf lrq blYf0{To;sf]af/]df :ki6 kfl/lbgXf] \.

- lj Bfyl{¿;'u sg-sg dlxgfdf w]}kfgl k5{eGgaf/]/5nkkn u/l ghkfndf dg;gn]ubf{jiff{{ xg]s'f atf0lbgXf] \.

- df}dsf]eljiojf0fl s;/l ul/G5 < kĽg u/l lj Bfyl{¿nf0{cfÇgf] cgbfg eGg nufpgXf] \.

- df}dsf]eljiojf0fl ug{;fwf/0f cfwf/x¿af//]hfgsf/l lbgXf] \.

- cfÇgf]7fpsf]df}dsf]cŨoog u/l df}dsf]eljiojf0fl jf cgbfg ug{nufpgXf] \ / ;f{cg;f/ eP gePsf]/$8{/fVg nufpgXf] \.

- cfÇgfglhs}df}d cŨoog sĻbx¿ ePdf ;f]7fpsf]e0f u/l0f df}dsf]eljiojf0fl ug{j}flgs tl/sfx¿af//]hfgsf/l lbgXf] \.

- kf7ỳbk':tssf]ljmpfsnfk @ ug{nufpgXf] \.

$= dNofªsg M

lj Bfyl{¿df ckKlft p2Zo k'/f eP gePsf]yfxf kfpg lgDglnvt kĽgx¿ ugXf] \M

- df}d sjhf0{elgG5 <

- df}d kl/jt6sf sf/0f t]jx¿ s}s]]xg\<

- cfbfff sjhf0{elgG5 <

- df}dsf]hfgsf/l lng'lsg cfbffs 5 < clb .

- kf7ỳbk':tsdf lb0Psf cEof;x¿ ug{nufpgXf] \

- hnrjmdsf]lrq agfpg nufpgXf] \.

kf7 kl/ro M

o; kf7df lj Bfyl{¿nf0{afbnsf]kl/ro lb0{afbnsf]lj zﬃftfx¿sf]cfwf/df afbnnf0{jul§/0f ug{/ To:tf afbnsf]klxrfg ug{Sg]agfpg]ckﬃff ul/Psf]5 .

!= l;sf0 pknlAw÷lj lzi6 p2}o M
    o; kf7sf]cGTodf lj Bfyl{¿ lgDglnlvt sfo{¿ ug{; lfd xg§g\M
    ➧ afbnsf];fdfÑo kl/ro lbg .
    ➧ lj leGg lsl;dsf afbnx¿sf]klxrfg ug{.

@= zﬃlfs ;fduﬂ M
    ➧ lj leGg k$f/sf afbnsf lrqx¿

#= lzIf0f l;sf0 ljﬁofsnfk M
    ➧ afbn s]hf0{elgG5 / of]s;//L aG5 eGg]lj ifodf lj Bfyl{¿sf]k]ﬂfgaf/]yfxf kfpg lj leGg kɉgx¿ ug¢f]\ h:t}M
        ➡ afbn s]xf]<
        ➡ of]slxn]bﬂG5 <
        ➡ of]s;//L aG5 < cflb .
    ➧ lj Bfyl{¿nf0{cfjZostf cg';f/ ;dﬄf ljefhg ug¢f]\
    ➧ lj Bfyl{¿nf0{slff aflx/ nlu cf-cfﬃgf] ;dﬄf a;}/ afbnsf] cjnf§g ug{ nufpg¢f]\
    ➧ pglx¿n]bﬁ§f afbnsf lj zﬃftfx¿ nﬆg nufpg¢f]\; fy}lrq klg sf¢{nufpg¢f]\
    ➧ kﬁo§ ;dﬁnf0{cfkﬂh]cjnf§g u/sf]afbnsf af/}f ;dﬁsf]kl|tj}lbg eGg nufpg¢f]\ / dVo-dVo s'/fx¿ sfnfkﬁf6ﬂdf l6Kb}hfg¢f]\
    ➧ kf7§k'ts k9§o nufpg¢f]\V pglx¿n]bﬁ§f s'/fx¿sf]cfwf/df s§ k$f/sf]afbn xf] jul§/0f ug{nufpg¢f]\
    ➧ cGTodf lzIfsn]afbnsf k$f/x¿af/]:ki6 kfb}x/§ nﬆg lbsf]afbnsf lj zﬃftfx¿ eGg nufpg¢f]\

$= dﬀofᵃ§g M
    ➧ lj leGg k¢gx¿ u/sf]s{ 1kﬁ fft p2}ox¿ k%f eP gePsf]dﬀofᵃ§g ug¢f]\ h:t}M
        ➡ afbn s;/L aG5 <
        ➡ sg afbnn]cl;gf kfgL kfb§ <
        ➡ lgDa; afbn s:tf]xG5 <
    ➧ kf7§k'tsdf lb0Psf cEof;x¿ ug{nufpg¢f]\

; fb{kl/jf/

kf7 kl/ro M

o; kf7df ljBfylfn];fb{kl/jf/ / ;b{sf]af/{df hfgsf/L kfpg ;S5g\ o;sf ;fy}ux / tf/fsf] km/s 5bbfpgsf ;fy{rGbbfsf]snf / ux0fsf]af/{df wf/0ff agfpg ;Sg]Ifdtfsf]ljsf; xg]ck]ff ul/Psf]5 . o; kf7df lb0Psf ljnpfsnfkx¿n]ljBfyL{¿df cjnf$gsf cwf/df kf7nf0{a%g]Ifdtfsf]ljsf; xg]5 .

!= l;sf0 pknlAw÷ljlzi6 p2}o M

o; kf7sf]cGTodf ljBfyL{¿ lgDglnlvt sfox¿ ug{; Ifd xg]5g\M

- ;b{/ ;fb{kl/jf/sf];fdfGo kl/ro lbg .

- ux / tf/fsf]r leGgtf 5bbfpg .

- r;bbfsf]snfsf cj:yfx¿ atfpg .

- ux0fsf];fdfGo kl/ro lbg / ux0f nfUg]sf/0f tyf o;sf k&sf/x¿sf af/{df atfpg .

@= z}Ifs ;fdful M

- vuffh;'ú ;DaltGwt rf6{ux¿, ;fb{l08nsf]lrq, df8nx¿, r;bbfsf]snf bljg]lrq cflb / ;Dej eP dlN6ldl8ofaf6 r;bbfsf]snf bljfpg].

#= lzlf0fl;sf0 ljnpfsnfk M

- of]kf7 ;? ug{Gbf cufl8 ljBaYL{¿nf0{;kmf cfsfzdf xg{nufpgxf{] V bljPsf s'fnf0{ slffdf eGg nufpgxf{] \

- /ftdf cfsfzsf]cjlf$g ug{nuf0{blVf$sf s'fx¿ slffdf eGg nufpgxf{] \ o;sf]nflu kf7bk'tssf]ljnpfsnfk # ug{nufpgxf{] \

- kf7bk'tssf]ljnpfsnfk !,@, $ / % ug{nufpgxf{] \ ljnpfsnfk % cjnf$g ubf{! dlxgfsf]k|o$ lbgsf] /$8{/fVg nufpgxf{] \

- tf/f / ux/sf]af/{df :ki6 ¿kdf kl/efiff lb0{leGgtf 5bbfpg nufpgxf{] \

- ;fb{l08nsf]lrq df8hx¿ k|tt ug{x?] \;fy} ;fb{kl/jf/sf]af/{df cGtlj{f u/fpgxf{] \

- rGb¢dfsf]snfsf]:ki6 lrq;lxt JofVof ug{Xf]\.

- u¢Of nfUg]sf/Of atf0{rGb|u¢Of / ;ö{u¢Ofsf]:ki6 lrq;lxt JofVof ug{Xf]\;fy} loglx¿alrsf]leGgtf atfpgXf]\.

- cEof; !, @ / # nf0{slffsfo¢sf ¿kdf tyf cEof; $ / % nf0{u¢ksfo¢sf ¿kdf ug{ nufpgXf]\.

- tf/f / u¢sf]df8¢h agfpg nuf0{slffdf 6f"gXf]\.

- ;Dej eP;Dd slffnf0{cWof/f]agf0{u¢Of, 5fof, rGb¢dfsf]snf cflb b¢fpgXf]\.

- tf/f / u¢sf dVodVo leGgtfx¿sf af/df 5nkm u/L l6kf6 u/pgXf]\.

$= dNofⁿsg M

lgDglnlvt sfo{¿sf]cfwf/df dNofⁿsg ug{Xf]\M

- lj Bfyl¢sf]k¦tlt xⁿⁿ .

- df8¢h jf rf6¢df ;fo¢kl/jf/sf ;b:ox¿ lrGg nufP/ .

- rGb|u¢Of / ;ö{u¢Ofalrsf]leGgtf 5bfpg nufP/ .

- rf6¢g';f/ rGb¢dfsf]snf;Da¢wL ljm0fsnfk ug{nufP/ .

- kf7df lb0Psf cEof; / ljm0fsnfk ug{nufP/ .

%= lzIfsnf0{yk hfgsf/L M

;g\@))^ ;Dd odnf0{klg u¢sf]bhf¢f /flvb}cfPsf¢df tTkZrft\odnf0{u¢sf];¦laf6 x6f0{;lPsf]5 . To;h]klxnf ;fö{kl/jf/df (cf0{u¢x¿ dflgPsf¢df xfn cfP/ eg]* cf0{ dfq}u¢ dflgPsf]5 . odsf]slf Pp6}lglZrt gePsf sf/0f o;nf0{u¢sf];¦laf6 x6f0Psf]xf].

kf7 !#   k]'jL

cg]bflg t 3G6L M %

kf7 kl/ro M

o; kf7df lj Bfyl{¿nf0{k]'jldf hldg / kfglsf]efusf]af/{]df ;fy}k]'jlsf]leql agf}bsf af/{]df hfgsf/L lbg vf]]hPsf]5 . o; kf7df k]'jlsf]; txdf xg]lg/Gt/ kl/jt}g / o;sf sf/0fx;¿sf] af/{]df hfgsf/L lbg vf]]hPsf]5 .

!= l; sf0 pknlAw÷ljlzi6 p2{o M

o; kf7sf]cG{odf lj Bfyl{¿ lgDglnlvt sfo{¿ ug{; lfd xg]}5g\M

➤ k]'jlsf]leql agf}bsf];fdf[Go hfgsf/L lbg .

➤ k]'jlsf]; txdf lg/Gt/ e0/xg]kl/jt}gsf]Jof[Vof ug{.

@= zj]lfs ;fdful|l M

➤ Unf}a, k]'jlsf]leql agf}b bl[vg]rf6{ df6fsf]8Nnfnf0{58]s]¿kdf sf6[/ agf0Psf]df[8h, kf]]6/x¿, k]'jlsf]; txdf e0/x}sf kl/jt}g emNsg]lrqx¿ -jfttfj]j/0f kl/jt}g blvg]lrqx¿–

#= lzlf0fl;sf0 lsjsfsfnfkM

➤ Unf}a bl[vfP/ To;df hldg / kfglsf]efux¿ 5]b0fpg nufpgfxf]f5]\ To;afx{l Unf}aaf6 cf¿ ss]s]]j]fxf kfpg ;lsG5 < 5nkmn u/fpgfxf]f5\ .

➤ df6fsf]8Nnflaf6 ag}sf]gd6fsf cfwf/df k]'jlsf]leql agf}bsf]Jof[Vof ul/lbgfxf]f5\ .

➤ k]'jlsf]; txsf]agf}baf/]blvfpg 5f]6sf]:ynt lfq e]j0fof cfof[hgf ug{xf]f5\ .

➤ lj Bfyl{¿nf0{$;d[xdf af8]gxf]f5\\/ !÷! ;d[nf0{tfkjmd], xjffj, kfgl / hljhGt]sf]sf/0fn]ub{k]'jlsf]; txdf xg]kl/jt}gsf]af/{]df 5nkm u/fP/ To;sf lgisif{¿sf]af/{]df eCg nufpgfxf]f5\ .

➤ e]jfo / lglflk0fl lg/Gt/ rln/xg]kl/lj0fof xg]egL af]fnf0gfxf]f5\ .

➤ ljmpfsfsnfk # nf0{sIffsf]7fdf] u//{ bJ/lf]0fnfxf]f5\ .

➤ ljmpfsfsnfk ! / @ nf0{uj[sfsfnf]sf]¿kdf ug{nufpgfxf]f5\ ljmpfsfsnfk @ cf]Ç0af]]cleefjssf]; xfofj]f6]u/fpg'egL lgbj]jg lbgfxf]f5\ .

3O   d]'fllfj 1fg, :jf:Yo tyf zf/lL/s lzlff, lzlfs lgbjl]fzsf, slff %

- lj Bfyl nf0{lj mpfsnfkaf6 hfg}sf s/f sIffdf eGg nufpgXf]\.

- cEof; ! / @ nf0{sIffsfo}sf ¿kdf tyf cEof; # nf0{u}xsfo}sf]¿kdf u/fpgXf]\

- k[/jlsf]leql efudf cTolws tfk / rfksf sf/0fn]hlt leq udl{plt kbfy{t/n ¿kdf /xg]s/f atf0lbgXf]\.

- k[/jlsf] ; txsf]df8n / -df6faf6_ agf0{Toxf"gbl, tfn, lxdfn, kf[/l, 8f8f cflb b]/fpgXf]\ xhf/laf6 kfgl kf/} To; n]; txdf xg]kl/jtg b]/fpgXf]\

$= dNofa}sg M

- lgDglnlvt sfo}sf]cfwf/df dNofa}sg ug}{f]\M

  - lj mpfsnfkx¿df lj Bfyl{¿sf]; xeflutf / k¦tltx¿sf]cfwf/df .

  - k[/jlsf]leql agf}sf]rf6k{kf]6/, df8n cjnf}sg ug{nuf0{To; sf]JofVof ug{nufP/ .

  - k[/jlsf]; txdf xg]lg/Gt/ kl/jtg / o; sf sf/0fx¿sf]JofVof ug{nufP/ .

  - kf7df lb0Psf lj mpfsnfk / cEof; ug{nufP/ .

;‖gf / ; ~rf/

;cgदflgt 306L M !)

kf7 kl/ro M

xfdln]km/s-km/s >f‖af6 ;‖gfx¿ kf‖Kt ug{; S5f}. To:tf km/s-km/s ;f‖tx¿df k:‖ts, cfjlws k\$fzg, lj B'tlo ;fdul‖cflb k5g॑\ xfdlnf0{s‖g}lglZrt ;dodf 36\$f 36gfx¿sf]hfgsf/l rflxof] eg]pSt ;dodf k\$flzt cfjlws k\$fzgnf0{;‖gfsf];f‖tsf ¿kdf k‖fl‖ ug{; S5f}. kf‖Kt ;‖gfnf0{k\$fzg u/‖॑ pkofl‖df Nofpg ;lsG5 . ;‖gfx¿ ljleGg tl/sfaf6 ; ~rf/ xG5g\. h:t}M cf‖tl/s ;~rf/, cfd;~rf/ cflb .

jt‖dfg ljZj kl/j‖zdf sDo6‖/sf]k‖fl‖ cTolws dfqfdf 5 . sDKo6/ cfwlgs ; ~rf/sf]cleGg ca‖sf ¿kdf /x॑sf]5 . cfwlgs ;~rf/df sDKo6/ljgfsf];~rf/sf]sNkgf ug{klg ;lsb}g . 0G6/g॑6sf]k‖fl‖n]sDo6/sf]pkofl‖utf a9f0lbPsf]5 . sDKo6/sf]pkofl‖utfsf ¿kdf j‖a;f0f06 vffh, Rofl6ª\lel8of]sGkm/‖; cflb kb\5g\

!= l;sf0 pknAlw÷ljlzi6 p2‖o M

o; kf7sf]cGTodf ljBfyl‖x¿ lgDglnlvt sfol‖x¿ ug{; lfd xg\5g\M

► ;‖gf / ; ‖f/sf];‖dfGo kl/ro lbg .

► ;‖gfsf ;f‖tsf]k\$f/ / ; ~rf/sf k\$f/x¿ 5b\0fpg .

► sDKo6/nf0{jt‖dfg ;~rf/sf]dx‖Tjk0f{efusf ¿kdf lrgfpg .

@= zl‖ks ;fdul‖ M

► k:‖ts, kqklqsf, hgf6, 0dl‖h /\$8{cflb . ;Dej eP;Dd 0G6/g॑6 hl8t sDKo6/ .

#= lzlf0f l;sf0 ljlwfsnfk M

► ;‖gf / ; ~rf/sf];‖dfGo kl/ro lb0{km/s atf0lbgxf]\

► ljBfyl‖x¿nf0{;]Dd kf7df ePsf ;‖gfsf ;f‖tx¿ / ; ~rf/sf ;fwgx¿ b‖fpngxf]V km/s-km/s ;‖gfsf ;f‖tx¿sf]s;/l k‖fl‖df cfp5g\eGghf/f/]ljBfln‖f0{atf0lbgxf]\

► Psf‖xl‖f] / bf‖xl‖f] ;‖gf k0fnnaf/]kg/fjnf‖s u/l pbfx/0f lbP/ k‖6 kfl/lbgxf]\

► sDKo6/sf ljleGg efux¿sf]gfd atf0lbgxf]\ sDo6/n]s;/l ;‖gf / ; ~rf/ bj॑sf]sfd ug{; S5 eGg]sf/f atfpg sDKo6/df ;ª‖slnt ;fdul‖s;/l /flvPsf]5 < bljfpgxf]\

/ ;s]Dd 0G6/gȯsf]df‖odaf6 ;ʰgf k|fl/t ePsf]af/‖df 0G6/gȯ vf‖ (Search) jf Rof6 u/ȯ b‖fpgXf]\

- sDKoȯ/ gȯjlsȧ af/‖df ;fdfʿo hfgsf/L u/fpgXf]\/ ;Dej eP;Dd lel8of]sGkm/Ȱg; u/L b‖fpgXf]\.

- olb sDKoȯ/sf]kȯf‖j ;Dej gePdf sDKoȯ/ / o;sf]kȯf‖j s;/L ul/G5 eGgȧaf/]lrq b‖ff0{ /fdfʿ Ù JofVof ul/lbgXf]\.

- ljȵofsnfk ! nf0{uȯsfoȧf ¿kdf lbgXf]\.

- k''}sIffnf0{tlg;dXdf ljefhg ugȯf]\/ kʰoȧ ;dXnf0{PsPscfȯf ;ʰgfsf ;f‖tx¿sf k\sf/, ;ʰgfsf]kȯf/ / sDKoȯ/sf]pkofȵutfsf af/‖df 5nkmn ug{nufpgXf]\ To;kl5 kʰoȧ 6fʰl g‖nf0{pSt 5nkmnaf6 cfPsf lgisif{¿ k‖t ug{nufpgXf]\.

- cEof; ! / @ nf0{sIffsfoȧf ¿kdf ug{nufpgXf]\ cEof; # nf0{uȯsfoȧf ¿kdf ug{nufpgXf]\.

- uȯsfo{hftrȯl k‖7kfl‖f0{f lbgXf]\.

$= dȰofȧsg M

lgDglnlvt sfoȧf cfwf/df p2Ȯo xfl;n eP, gePsf]dȰofȧsg ug‖f]\.

- sIffsf{uȯsfo{/ ljȵofsnfkdf ljBfyȵf];]xeflutdf / k‖t‖ls/0fsf]cfwf/df .

- ;dȵut 5nkmndf ;xeflutf / sfoȧf]cfwf/df .

- ljBfyȵf]/fvȯf lh1f;f / ;dfwfg u/ȯf cj:yf xaȯ .

- kȯgf02/ u/ȯ .

%= lzIfsnf0{yk hfgsf/L M

sfoȵnf jf ;Ddʰgx¿ klg ;~rf/sf kȯf/xȧeq g}kb‖g\. ;fwf/0ftofM o;kȯf/sf ;~rf/df k|fl/t xg];ʰgfxȵ dflg;x¿sf] gfg];dȵf]dfq ;lldt xG5g\. o; kȯf/sf ;~rf/nf0{;dȵ ;~rf/sf ¿kdf JofVof ul/Psf]kf0G5 .

Pp6};ʰgf ;fdul‖n]klg km‖s-km‖s ;ʰgfsf ;f‖tx¿sf] klʰtglglw{j ug{;S5 . h:t}M kqkl‖sfsfnf0{k:ts;u thgf ubf{cfjlws k‖fzgsf]¿kdf ln0G5 eg]sDof6/;u thgf ubf{5fkf k‖fzgsf]¿kdf ln0G5 . b0{jf a9L sDKoȯ/x¿nf0{Pscsf‖u 0G6/gȯ ;Dks{xȯ u/L h8fg ul/Psf]5 eg]To;nf0{nf0{g{j‖lsȧ elgG5 . o;af6 Ps csȯf]df sDKoȯ/sf]df‖odn] ;ʰgf cfbfg-kȯfg ug{;S5 .

; fdfÇo :yfgLo kllj lwx¿

cgdflgt 3G6L M!)

kf7 kl/ro M

o; kf7df lj Bfyl{¿nf0{xfdf| ; fdfÇo :yfglo kllj lwx¿sf]kl/ro lbg / loglx¿sf]pkofllutfsf af/Ddf atfpg vflhPsf]5 . xfdf| cfÇgf k/Dk/ut klljlwx¿ nfk xb}hfg nfu§]cj :yfdf o:tf klljlwx¿sf]hulf{ug{; do ; fklf kl/jt§sf]cfjZostf /x\$f]5 . o;}jmddf k/Dk/ut rNxf$sf] ;6\§f ; \wfl/Psf]rNxf]klrngdf Nof0Psf]5 . ol kllj lwx¿af/]lj Bfyl{¿df hfgsfl/ u/fpg'g\}o; kf7sf]dh dd{xf].

!= l; sf0 pknlAw÷ljlzi6 p2\to M

o; kf7sf]cÇTodf lj Bfyl{¿ lgDglnlvt sfox¿ ug{; lfd xg\$g\M

 ➤ l9sl, hftf]; \wfl/Psf]rNxf]/ sfhnsf];fdfÇo kl/ro lbg .

 ➤ loglx¿sf]pkofllutf atfpg .

@= zllfs ; fdul| M

 ➤ l9sl, hftf]; \wfl/Psf]rNxf] tf7l kllg]sfhn, pv'kllg]sfhn, lgajf kllg]sfhnsf]lrq, df8jh tyf gdbyfx¿ .

#= lzllf0f l; sf0 ljmlfsnfk M

 ➤ lj Bfyl{¿nf0{l9sl, hftf] ; \wfl/Psf]rNxf]/ sflj blV\$f 5g\5jhg\;flV\V by\$f eP To;af/]eÇg nlhfgxf]\geP cfknlh]atf0lbgxf]\.

 ➤ ; Dej eP;Dd lj Bfyl{¿nf0{kf7df ePsf ; fdfullx¿ blVfpgsf nflu cjnf$g e(l0f ug{ nufpgxf]\ olb ; Dej 5g eg]klg k:6 ¿kdf sfll/Psf lrqx¿sf];xfotfnl9sl, hftf] ; \wfl/Psf]rhf]/ sflV\nsf]agf6af/]]atfpgxf]\V loglx¿n]s; /l sfd u5{g\eÇg]s/f PsPs u/l :ki6 kfl/lbgxf]\.

 ➤ ljmlfsnfk ! nf0{ulxsfofllsf]¿kdf ug{nufpgxf]\ cEof; ! / @ nf0{slffsfofllsf]¿kdf / cEof; # / $ nf0{ulxsafllsa]¿kdf ug{lbgxf]\.

 ➤ jftfj/0flo lx;fan]l9sl, hftf]sflV / ; \wfl/Psf]rNxf]lsg cfwlgs kllj lweGbf pkoSt 5g\eÇg]af/Ddf lj zllf dxÇsf] ; fy JofVof ul/lbgxf]\V To; sf]cfwl/df loglx¿sf]; \wf/ / ; ÷lf0f cfjZos 5 eGg]af/Ddf atf0lbgxf]\.

dl]/f]lj 1fg, ;jf:Yo tyf zf/ll/s lzlff, lzlfs lgb{lzsf, slff %

$= dNof^aSg

lgDglnlvt sfo{¿sf cfwf/df p2¿o xfl;n eP, gePsf]dNof^aSg ug{Åkf]\W

- sIffdf ul/g]5nkmndf ljBfyL{sf];xeflutf x]¿
- ljBfyL{n]/fv\sf]lh1f; f / ;xeflutfsf]cj:yf x]¿
- k7gÅ/af6
- **क्रियाकलाप गरेको हेरेर ।**

%= lzIfssf nflu yk hfgsf/l

- tf{l kÅg]sfh, pv'kÅg]sfh / lgajf kÅg]sfhÅsf]agfj6 km/s eP tfklg loglx¿sf]sfo{ सिद्धान्त एउटै छ । यिनीहरू सबैमा कुनै वस्तुमाथि उच्च चाप लगाउँदा वस्तुहरूभित्र रहेको तरल पदार्थ निस्कन्छ ।

- यी तीन किसिमका कोलबाहेक च्युरीको बिया पेलेर तेल निकाल्ने छुट्टै खालको कोल हुन्छ । यसको जानकारी भए विद्यार्थीहरूलाई दिनुहोस् ।

- ljZj :jf:Yo ; ^aN 7gsf cg'; f/ 3/leq xÅg]afoDd08nlo kbÅlf0fn]/fÅu nfÅg]lx;fan]cf7f]} खतरनाक रूपमा रहेको छ । यसका कारणले ब्रोङ्काइटिस र निमोनियाजस्ता रोगहरू लाग्छन् । त्यसैले सुधारिएको चुल्लोको प्रयोग आवश्यक देखिएको हो ।

3/leqsf]-3/kÅ' jfo'kÅlf0f, ;Wfl/Psf]rÅNnf]tyf jÅslNks pÅnf{kj4g s0baf/] yk dxÅjkÅf{tYo -hfgsf/L_ x¿

hÅjs pÅnf{sf]kÅfÅ / o;sf]c;/ .

gÅfndf eÅG8}^* kÅltzte0bf a9l 3/kÅl/jf/n]vfgf ksfpgsf nflu bfp/f, s[ifhGo cjz]if तथा जनावरको गोबरजस्ता ठोस जैविक इन्धन प्रयोग गरिरहेका छन् । घरभित्रको वायु प्रदूषणका कारणले नेपालमा वर्षेनी ७,५०० मानिसले ज्यान गुमाउनु परिरहेको छ । *-;ÅWM gÅlfn :jf:Yo cg'Gwfg s0b/_*. परम्परागत चुल्लोमा (जुन चुल्लोमा दाउरालाई उपयुक्त ढङ्गले बाल्न ;lsb0_ vfgf ksfpgsf nflu 7f] hÅjs 0Gwgsf]cj]Ålgs pkofÅg g]of]kbÅlf0fsf]kÅdÅv कारक तत्त्वका रूपमा रहेको छ । विश्व स्वास्थ्य सङ्गठनका अनुसार विश्वव्यापी रूपमा आन्तरिक वायु प्रदूषणजन्य रोगका कारणले प्रतिवर्ष १६ लाखभन्दा बढी मानिसको मृत्यु हुने गरेको छ । gÅfndf jifÅÅ cfGtl/s jfo' kbÅlf0faf6 pTkGg xÅg]/fÅusf]/Åÿydsf nflu sl/a b; ca{ रुपैयाँ खर्च हुने गरेको छ । विकासोन्मुख देशमा मृत्युको प्रमुख कारक तत्त्वमध्ये कुपोषण, असुरक्षित ofg ;Dks{tyf blift vfgÅkfgl / ; /; ;kmÅsf]cefjkl5 rÅof]kdÅV sf/stÅjsf ¿kdf 3/h' वायु प्रदूषण रहेको छ ।

-;ÅWÅÅ NjZj :jf:Yo ;Å7g_ ।

@=% df0qmÅg -! df0qmÅg Ö !÷!) nfv ld6/_ efu_Jof; ePsf];Ådm s0f -h;nf{c ^aNÿhldf पीएम २.५ पनि भनिन्छ) तथा कार्बन मोनोअक्साइड घरेलु वायु प्रदूषणका प्रमुख तत्त्व हुन् । यी दुई kbÅlf0fsf t[Åjx? hÅjs 0Gwgnf0{afÅNg]qÅmddf jfodÅ08ndf kmÅÅG5g✓ hÅg t[Åj vfÅl, bd, क्षयरोग, क्यान्सर, आँखा पाक्ने रोगका कारण बन्छन् ।

hl\j{s pmhf{sfo\qmd

plNnlvt cj:yfnf0{dgg u/l hl\j{s 0Gwgsf]k\efjsf/l tyf Jojl:yt pkofl\jaf6 jg ljgfz /f$g / cfddflg; ljzilf u/l dlxnfsf]:jf:Yodf ;\wf/ Nofpg\]p2\Zosf ;fy gi\kfn ;/sf/ jftfj/0f dGqfnno j\i\lNks pmhf{kj\4g s\vb|tyf pmhf{lfg\; xofl\u sfo\qmdsf] ;e\St प्रयासमा नेपालमा विभिन्न सुधारिएको जैविक ऊर्जा प्रविधिको प्रवर्द्धन हुँदै आइरहेको छ । ऊर्जा क्षेत्र ;xofl\u sfo\qmd 8\gdfs{/ gjl\ghog ;/sf/sf];xofl\udf ;g\!(((cyf{\lj=;\ =\=\ +@)%^ blv सञ्चालित कार्यक्रम हो । यस कार्यक्रमले नेपालको तीन पर्यावरणीय क्षेत्र खास गरी हिमाली, पहाडी तथा तराईका सम्पूर्ण क्षेत्रमा जैविक ऊर्जा प्रविधिको प्रवर्द्धन र विकासमा सघाउ पुर्‍याउँदै आएको छ । sfo\qmdsf]kf\/lDes r/0fbl\v g\}df6\$sf] ;\wfl/Psf]rNnf$sf] ;kmpfk\]\$ kj\4g xb\}cfPsf] छ । हालसम्म करिब ४ लाख माटोको सुधारिएको चुल्लो जडान भइसकेको छ र हाल कार्यक्रमको kql\V hf8\ goff ;\wfl/Psf]rNnf]h8fg ug\$sf ;y\}sfo\qmdnf0{ljsfl\sbl\st cjwf/0ffsf आधारमा दिगो रूपमा सञ्चालन गर्न स्थानीय साझेदार संस्थाको क्षमता अभिवृद्धि गर्नु रहेको छ । kj\yd r/0ff /fli6\® ;\wfl/Psf]rNnf]sfo\qmdsf ¿kdf ;~rflnt of]sfo\qmd bf\flr/0ff cGo hl\j{s pmhf{klljlw h:t}kmnfd] ;\wfl/Psf]la$\ rhf] /s\l rNnf] Uofl; kmfo/ आदि पनि प्रवर्द्धन गर्ने उद्देश्यले जैविक ऊर्जा सहयोग कार्यक्रमका रूपमा सञ्चालित छ ।

- **sfo\qmdsf]ke\fjsfl/tf**

- sfo\qmdsf]sfof{\jogaf6 hl\j{s pmhf{klljlwnf0{kr\/ dfqfdf pkofl\udf Nof0{hg\jf:Yo / वातावरणमा उल्लेख्य रूपमा सुधार गर्नमा सघाउ पुगेको छ । यस कार्यक्रमले घरेलु वायु प्रदूषणमा sdl Nofpgdf, dlxnfsf]:Jf:Yodf ;\wf/ ug\df, dlxnfsf];dflhs cfly\s cj:yf tyf लैङ्गिक समानतालाई माथि उठाउनमा सघाउ पुर्‍याएको छ । त्यसैगरी यस कार्यक्रमले गरिबी न्यूनीकरणमा पनि उत्तिकै टेवा पुर्‍याएको छ ।

- ;g\@))&÷)* df o; sfo\qmdn\]u/\$sf];wfl/Psf]rNnf$sf]kr\fjsfl/tf; DaGwl cWoogaf6 ;wfl/Psf]rNnf]h8fgkZrft\vfjfdf lglxt klPd @=% sf]dfqf ^&=&# kl\tztn\]sd u/f{ घरभित्रको वायुको गुणस्तर सुधारमा उल्लेख्य मात्रामा प्रगति भएको पुष्टि भएको छ । त्यसैगरी कार्बन मोनोअक्साइडको मात्रा ६२.३४ प्रतिशतले घटेको पाइयो । त्यसैगरी यो अध्ययनले सुधारिएको चुल्लोको प्रयोगको माध्यमबाट दाउराको खपतमा लगभग ६० प्रतिशतले कमी आएको देखाएको छ । ;fy}pRRf u0f:t/sf]tyf lskm\fotl -bfp/fsf]vkt sd ug\$/ vfgf l56f]kfSg\] ;wfl/Psf] rNnf$sf]kpfl\uaf6 dlxnfsf]sfof\fembf sdl cfPsf]tyf pglx¿sf]cGo cfodlhs sfo{ug{ समय बचत भएको तथ्यलाई पनि यस अध्ययनले उजागर गरेको छ ।

:jf:Yo lzIff

d];f]lj 1fg, :jf:Yo tyf zf/ll/s lzIff, lzIfs lgb[zsf, slff %

JolStut ;kmf0

kf7&ef/ M !!

Psf0 kl/ro

afnaflnsfx¿sf]zf/ll/s, dfgl;s Pjd\;fdflhs ljsf;sf nflu JolStut ;kmf0sf]cfjZostf k5{. JolStut ;kmf0 ugf(h]ljleGg k\sf/sf ;?jf /flu nflugaf6 aRg ;lsG5 . afnaflnsfx¿nf0{ blgs ¿kdf ;xl tl/sfn]xft v6&f, dV, bft ;kmf ug{[skfn ;xl tl/sfn];kmf ug{[gª sf6g] tl/sfx¿ l;sfpg]tyf ;xl tl/sfn]z/l/sf];kmf0 gubf{blyfkg{[zf/ll/s, dflg;s / ;fdflhs c;/x¿sf af/df 1fg lb0{;sf/fTds ;f/sf]ljsf; ug{o; Psf0sf]dVo p2{o /x$f]5 . of] Psf0cGtu{sf]kf7nf0{!! kf7&ef/df ljefhg u/l lzIf0f ug{;lsG5 . lzIfs ;fyln]cfÇgf] cgSlhtf x/]l kf7 zlif§ / kf7 yk36 ug{;Sgxg$5 . k#fj]jsf/l ;~rf/ ug{[cfldhfu/l0f0f, lg0f6 lfdtf a9fpg', l;hgfTds ;fif0 /flVg', ;dnfj[rgfTds ;fif0 /flVg', ;j:y hljgofkg ug{[cflb hljgfkfofful l;lk ljsf; ug{[o; Psf0sf]p2{o /x$f]5 .

dVsf]; kmf0

3G6l M !

kf7 kl/ro

JolStut ;/;;kmf0cGtu{dVsf];kmf0 lgs}dxTjk0f{{klf xf]. dVaf6 af(lg]/ vfgf vfg]sfd xG5 . bftn]vfgf rkfpg]sfd ub$5 . vfgf vfbf vfg]s'/fsf 6jkf6x¿ bftdf 6fl';l5g\. bft /fd/l ;kmf gubf{c8lsPsf÷6fl';l;Psf 6jkf¿ bftdf 6fl';l;Psf\. bft /fd/l ;kmf gubf{c8lsPsf÷6fl';l;Psf vfg$fx¿ slxP/ dV uGxfpg] luhfdf ;ajof 0jnd0f xg] bft b\Vg] gi6 xg] ;d:ofx¿ pTkGg x/5g\. t;y{vfgf vf0; skl5 lbgsf]bokk6sf;f laxfg ahhsf Çnf/];f08 ePsf]d~hg / a|n]tndfly u/l] bft ;kmf ugk5{. To:t}ulnof vfg$fx¿ vf0; skl5 t?Gt dV snnf ugk5{.

!= p2jo

o; kf7sf]cGTodf lj Bfyln¿ lgDglnlvt s?fdf ;lfd xg]5gVM

- dV ;kmf gubf{x%]c;/ atfpg .
- dV ;kmf ubf{cfjZos kg{[fdulx¿sf]gfd eGg .
- ;xl tl/sfn]dV ;kmf ug{.

@= lzIf0f ;fdul|

;xl tl/sfn]d'V ;kmf ub{\u/\$f]kf}6/, d\b\fsf8{cflb .

#= lzIf0fl;sf0 ljmpfsnfk

- lzIfsn]sIffdf pkl:yt ljBfyL{\¿nf0{/fdf]\ü d'V ;kmf u/]gu/\$f]/fdf]\ü xg\{kf] \
- k]\o\$ ljBfyLnf0{cf-cfkmnh]3/df d'V ;kmf ubf{kof\ü ug\[;fdul|sf]gfd e'Gg nufpgxf] \
- lj BfyL{\¿nf0{ljleGg d'Xdf ljefhg u/f]{d'V ;kmf ubf{/ gubf{xg]kmf0bf / akmf0bf PsPs u/\] eGg nufpgxf] \
- lj BfyL{\¿n]atfPsf pQ/x¿ 7ls of unt eP ;Rrf0 k|6\ogf0lbgxf] \
- b]gs xfdln];xl tl/sfn]d'V ;kmf gubf{xg]c;/x¿sf];'l tof/ kfg]|/ yk sfodf lj BfyL{\¿nf0{;l/s ug]|/ ljBfyL{\¿sf]To; sfodf cfjZos eÔdsf lgjf{ ug\xf] \
- cGYodf sg}Ps hgf ljBfyLnf0{sIffdf ;xl tl/sfn]d'V ug{nuf0{kn\zf} ug\xf] \

\$= dNof^\ankg

- d'V ;kmf gubf{s]xG5 <
- ltdL d'V ubf{sgsg ;fdul| kfkf] u5f\{<
- d'V ubf{xg]kmf0bfx¿sf];'l tof/ kf/ .

%= yk hfgsf/L

d'Vcitut{ bft, lhaf] d'V cflb ;j0gzln cauxx¿ k56g\. bft tyf lhaf]bgs ;kmf gubf{kmfxf^n]lhafdf /x\$f :jfb sflknx¿ aGb u/f0{:jfb yfxf kfpgaf6 jl~rt u/fp5 eg]bftdf njp hDg u0{bft tyf Zjf; uGxfpg] bftdf ls/f nfUg] bft rf]l6g]u5{. To;nm]bft tyf lhaf] DaGwL nfUg]/fufaf6 aRg d'V ;xl tl/sfn];kmf ug\k56{eGg];Gb]z lbcf} .

kf7 @	g^{a}sf]; kmf0

kf7 kl/ro

dfgj z/l/sf ljleGg c^{a}ux¿dWo]xft / v6&fx¿ a9l rnf0/xg]c^{a}ux¿ xg\ /fd/l xft ; kmf
gu/l vfgf vfbf ljleGg xflgsf/s hljf0f'/ kmfxf}/ kbfyx¿ klg vf0G5 h; n]ubf{xfdlnf0{k$ bVg]
emf8fkvfnf, xhf, cfp"h:tf ; d:ofx¿ pTkGg xG5 . To; h]lb;f u/kl5, vfgf vfgCl3, vh
vjn; skl5 / kmfxf}/ j:tx¿ 5fPkl5 ; fag kfgl jf v/fgl kfgln]cfhfsf sfkx¿ / g^a; dt ; kmf
xgu/l ldrlldrl xft wgkkb$ / ; fdfGotof xKtfdf Ps k6s g^a sf6&/ ; kmf ug{k5{.

!=   p2$o

o;   kf7sf]cGTodf lj Bfylk¿ lgDglnlvt s'/fdf ; lfd xg]5gWl

- g^a ; kmf gubf{nfUg]/fux¿sf]gfd atfpg .
- g^a ; kmf ug{; fdulx¿ ; ^{a}ssng ug{.
- ; xl tl/sfn]g^a ; kmf ug{.

@=   lzIf0f ; fdul

g^a kfn\sf]/ g^a sf6\sf]dflg; sf]lrq .

#=   lzIf0fl; sf0 ljkofsfnfk

- lzIfsn]sIffdf pkl:yt ; DkOf{lj Bfylk¿ n]g^a 5f\kf]/ ; kmf u/]gu/\sf]cjnf\sg ug{kf] \
- g^a ; kmf gug{lj Bfylk¿ nf0{kl\'t ug{g^a ; kmf gubf{xg]c; /x¿ sf af/]k\6 kfgkf] \
- g^a ; kmf / 5f\kf]xg]u/\l gsf6$ vfgf; u}kmfxf}/ j:tx¿ klg vfg]xbf ljleGg ; ?jf /fux¿ nfUg]u5$\eGb}/fol JolStx¿ sf]kf]6/ kbz\g ug{kf] \
- lj Bfylk¿ nf0{ljleGg ; d\df ljefhg ug\l/ g^a ; kmf gubf{xg]yk xflgx¿ sf af/]df ; Hl ; ^{a}ssng ug{nufpgxf] \To; sfodf cfjZos ; xof\lkg ug{kf] \
- cGTodf lzIfsn]; xl tl/sfn]g^a ; kmf ug{/ sf6g]tl/sf kbz\g u/\l bVfpgxf] \/ lj Bfylk¿ sf]; f]If\rf0df ; sf/fTds ; frsf]lj sf; ug{kf] \

$=   dNof$sg

- g^a lsg ; kmf ug{k5{<
- g^a ; kmf gubf{ss}]akmf0bf xG5 <
- g^a ; kmf ubf{k\f$ xg]; fdulx¿ sf]; ^{a}l tof/ kf// .

%=   yk hfgsf/l

g^a ; kmf gubf{g^{a}sf]s\gfsf0{fdf kmfxf}/ j:thufot ljleGg /fusf ls6f0fx¿ /xg]u5{. /fdf]s xft tyf g^a ; kmf gu/l vfgf vfg]afgln]ubf{vfgf; u}tl kmfxf}/ tyf ls6f0fx¿ z/l/leq kJl\z ug{xbf /fu nfUg]u5{. To; h]lzlfs ; fyln]lj Bfylk¿ nf0{cfCgf]g^a 5f\kf]/fVgk5{eGg];Gb\z lbg sfl]; ; ug{/fdf]xG5 .

3G6L M !

kf7 kI/ro

5fnf / skfn z/l/sf aflx/l caⁿ\x¿ x\g\. ol caⁿ\n]dVou/l z/l/nf0{;'/lff k\bfg ug{sfd ub\5g\ ol caⁿ\x¿sf]plrt ¿kn];/;kmf0 gePdf vl6/f cfpg]lrnfpg] rfof kg{h\df{ kg{n'tf] cfpg]h:tf lj leGg ;d:ofx¿ pTkGg x\G5g\. To;n]skfn / 5fnfsf];dlrt ;kmf0 ug§f nflu lgoldt ¿kdf gxfpgkb\5 .

!= p2{o

o; kf7sf]cGTodf lj BfyL{x¿ lgDglnlvt sfo{df ; lfd x\g]5g\M

- skfn ;xl tl/sfn];kmf ug{.

- 5fnf ;kmf ug{kg[sf/0fx¿ atfpg .

- skfn tyf 5fnf ;kmf gubf{x\g]ak\mf0bfx¿ eGg .

@= lzlf0f ;fdul|

skfn kmf{xf{/ / ;kmf /fv\$f]JolStsf]lrq, 3fp, vl6/f b\yf k/{$f]/ ;kmf, :j:y JolStsf]lrq, kf]6/ cflb .

#= lzlf0fl;sf0 lj\nbfsnfk

- lzlfsn]slffdf pkl:yt ePsf lj Bfyl{x¿sf]cf¢gf];/;kmf0df Wofg lbP glbPsf]lg/Llf0f ug{$f] \

- slffdf ;a\eGbf kmf{xf{/l / ;kmf lj Bfyl\nf0{sf]7fsf]cufl8 /fvl kmf{xf{/ lj Bfyl\nf0{z/l/ ;kmf /fVgsf nflu kl\/t ug{$f] \

- skfn ;w}];kmf g/fVbf x\g]ak\mf0bfsf af/\gdf k|6 kfgg{$f] \

- 5fnf ;kmf gubf{x\g]kmf0bf / ak\mf0bfx¿ atf0lbgx\gf] \ yk ak\mf0bf tyf kmf0bfx¿ atfpg lj Bfyl{x¿nf0{;l/s u/f0{To; sfo¢f cfjZos ;xofŲu ug{$f] \

- kmf{xf{/l / ;kmf JolStsf]kf]6/ kb\zŲg ub\$kmf{xf{/ afgl Jojxf/af6 ;fylef0, 3/kl/jf/sf ;b:ox¿ klg cfkmŲeGbf 6f9f x\g]cfkmŲhf0{klg JolStut ¿kdf c:j:y /x\g]eGb\b\lgs ¿kdf ;xl tl/sfn]skfn tyf 5fnfsf];/;kmf0 ug[tl/sf atf0lbgx\gf] \ yk tl/sfsf af/\gdf lj Bfyl\nf0{g};dlxs tyf JolStut ¿kdf eGg nufpgxf] \ To; sfo¢f cfjZos ;xofŲu ug{$f] \

$= dNof^a\sg

- 5fnf lsg ;kmf ug{K5{<

- 5fnf tyf skfn ;kmf gubf{s\$]a]kmf0bf xG5 <

- 5fnf tyf skfn ;kmf ubf{k¢fl} ul/g];fdulx¿sf];^l tof/ kf/ .

%= yk hfgsf/L

skfn tyf 5fnfn]dflg;x¿sf];f] bo{f sfod u5{. olb skfn km|xf} ePdf hdf{ tyf rfof kg{/ skfn emg[xG5 . o:t}5fnfsf]aflx/L txdf kl;gf u[yln]z/l/df a9l ePsf]kfglnf0{ kl;gfsf ¿kaf6 lgisfzg u/l z/l/sf]tfkj|mdlnf0{lgoGq0f ug[sfd u5{. km\n:j¿k xfdL :j :y xG5f}t/ 5fnfdf km|xf} hDg uof]eg]kl;gf lgisfzgdf afwf kg{hfg]xG5 / xfdL c:j :y xG5f}.
To:t}5fnf kl6of] lrnfpg] 5fnfsf]aflx/L tx rf[0l6g] 5fnfdf sTnf hDg] 5fnf ;Svf xg] ;d:ofx¿ b]vf k[f} k5{\

| kf7 $ | ofġ cᵃ⅃sf];kṁf0 |

kf7 kl/ro

z/l/sf];kṁf0 ugljṁddf lb;f lk;fa ug[cᵃ⅃nf0{klg ;kṁf ug[kb⋚ . lk;fa ug[cᵃ⅃nf0{ofġ cᵃ⅃ jf hgl[Gbɸ elgG5 . z/l/sf cGo aflx/l cᵃ⅃x¿eGbf ofġ cᵃ⅃ sfⱷn xG5g\/ ol cᵃ⅃n] z/l/sf]leql kṁfⱷf/nf0{aflx/ kṁfNg]sfd ug[xⱷfn]ol cᵃ⅃x¿nf0{;do ;dodf ;faġ kfgln] /fdf]ⱷu ;kṁf ug[kb⋚ . ljzⱷfu/l dlxnfx¿ dlxgjf/l ePsf]jⱷfdfdf ofġlnf0{;kṁf kfgln]wġ]/ g/d ;kṁf sk8fsf]kof8 agf0{kⱷfⱷu ug[kb⋚ . o:tf]kof8n]kṁfⱷf/ xġaf6 hfⱷfp5 .

!= p2⅃o

o; kf7sf]cGTodf lj Bfyl⁅¿ lgⱷglnlvt sfoⱷf ;lfd xġ]5g\M
- ofġ cᵃ⅃sf]kl/ro lbg .
- ofġ cᵃ⅃ ;kṁf /fⱽgkgⱷsf/0f atfpg .
- ofġ cᵃ⅃ ;kṁf gubf{xġ]akṁf0bfx¿ eGg .

@= lzIf0f ;dul⁅

- afns tyf of⎬g cj:yfdf kjⱷz u/⎬sf Jol⅃tx¿sf]lrq, kf]6/ .

#= lzIf0fl;sf0 ljⱷofsnfk

- lj Bfyl⁅¿nf0{lzIfsn] jⱷyd lszfⱷfj:yf egⱷf]s] xf]< sⱷ pdⱷ/ ;dⱾxnf0{ lszfⱷfj:yf elgG5 < egl kⱸg ug⁅f] \
- lszfⱷfj:ysf af/⎬df ;xl pQ/ gcfPdf ;aⱷnf0{k⅃6 xⱳg]u/l atf0lbgxf] \
- lszfⱷfj:yfdf dfgl;s tyf ;fdflhs kl/jtġⱷu⎬u⅃ zf/ll/s kl/jtġ xⱷf]xⱴf JolStut ;kṁf0nufot ofġ cᵃ⅃sf];kṁf0df ljzⱷf Wofg lbgkgⱷ]sf/0fx¿ kⱷⱶ6 kfgⱷf] \
- lszfⱷfj:yfdf sⱷ⅃fx¿df jlo{vng xġ]/ sⱷ⅃x¿df dlxgjf/l;kṁf];?jft xġ]xⱴf ofġ cᵃ⅃sf];xl tl/sfⱷnⱶlgs ;kṁf gubf{ljleⱷg k⅃sf/sf ofġ /fⱷⱷlx¿ bⱽfk/l⅃ uefⱷvf/0f sfoⱷf ;d⅃ c;/ kfġ[ePsfⱷn]ljzⱷf Wofg lbgk5{eⱷb}blgs ;/;kṁf0 ug{kⱶ⅃t ug⁅f] \

$= dⱾNofⱶⱨg

- sⱷ pdⱷ/ ;dⱷnf0{lszfⱷfj:yf elgG5 <
- ofġ cᵃ⅃sf];kṁf0 lsg ug[k5{<
- dlxgjf/l egⱷf]s] xf]<

%= yk hfgsf/l

afnaflnsfx¿ lszfⱷfj:yfdf kjⱷz ubf{dgl;s lj;ⱷf;;ⱷⱶ⅃}zf/ll/s jjⱶ4 klg tlj l¿kdf xġ]u5{. lszfⱷfj:yfdf jⱷⱶ⅃f u/⅃ⱴ sⱷ⅃fx¿df jlo{tyf zjⱷls6 pTkfbg e0{:vng xġ]u5{. sⱷⱶlx¿ /;jnf xⱷf].jⱷⱶⱴg xġ] j⁅g bfⱶⱷf xⱷf]ofġaf6 lrk⅃nf0nⱶkf{v]axⱷfⱷⱼⱷf]ofġ cᵃ⅃ lgoldt ¿kdf ;kṁf0df Wofg lb0Pg eg]ofġ;DaGwl /fⱷⱼ nfⱷg]u5{.

kf7 kl/ro

xfdlx¿nf0{z/l/ ;Gb/, :j:y / ;kmf/fVg dg nfUg':jfefljs xf]. JolSt :j:y / ;Gb/ /xgsf nflu lgoldt Jofofd, cf/fd / lgGbf[sf]cfjZostf kb5 . z/l/ tyf z/l/sf ljleGg caux¿nf0{; Gtlnt 9aan]k6s k6s rnfpg]sfonf0{Jofofd cyjf vhsb elgG5 . Jofofdn]xfdf] z/l/ tyf z/l/sf caux¿nf0{Xi6kl6, dha't / alnof]agfpg d2t ub5 . lgoldt Jofofd ug{afgln] cfk;df ;xofu ug{ ;dXdf ldn/ a:g] kfrg zlSt /fdf]kfg[h:tf cg¥sf}u0fx¿sf]ljsf; ub5 . To;h]dflg;n]pd/cg';f/sf s;/tx¿ lgoldt ¿kdf ugk5{/ To;s}cgkftdf cf/fd klg ugkb5 . To:t}pd/cg';f/ %÷^ 3G6fbln[v !) 3G6f;Dd dfq lgbfpgkb5 .

!= p2Zo

o; kf7sf]cGTodf ljBfyL{¿ lgDglnlvt sfo{df ;lld xg]5g㎲

- Jofofd, cf/fd / lgGbf[sf]kl/ro lbg .

- Jofofd, cf/fd / lgbf[sf]dx[Ej atfpg .

- Jofofd, cf/fd / lgbf[nf0{lgoldt ug{.

@= lzIf0f ;fdu¶

- ljleGg kf]6/, lrq cflb .

#= lzIf0fl;sf0 ljwpfsnfk

- lzIfsn];jk[yd cfkmnf0{lj;Grf]ePsf]clego ug{kf] \

- lj;Grf]ePsf]sf/0fnf0{5nkmn u/fpgxf] \

- slffdf pkl:yt ljBfyL¿dWo]sf[kl s;;hf0{s]s:tf]cj:yfdf lj;Grf]ePsf]< lsg ePsf]< cflb cg¶jx¿ atfpg nufpgxf] \

- ljleGg kf]6/ tyf lrqx¿sf];xfotfaf6 z/l/ :j:y /fVg blgs ¿kdf cf/fd / lgbf[sf]cfjZostf kb5 egl atf0lbgxf] \

- ;xl tl/sfn]Jofofd tyf cf/fdsf[]dx[Ej :ki6 u/l ljBfyL¿nf0{nf[/t ug{kf] \

- Jofofd, cf/fd / lgbf[sf]kl/ro lbb}zf/ll/s Jofofd ugfn[]z/l/sf caux¿ a9l ljkflzzln xg]] /St; ~rf/, kfrg, Zjf;k[Zjf; h:tf kllj[]nf0{xh agfp5 egl atfpgxf] \

$=$ dNof^{a}sg

- cf/fd lsg ugk5{<

- zf/ll/s Jofofd eg$f]s]xf]<

- lsg lgbf dxÇj k0f{dflgÇ5 <

$\%=$ yk hfgsf/L

zf/ll/s Jofofd :j :y hljgsf nflu blgs ugkgÇljnofsnfk xf]. Jofofd ubf{Zjf; gnlsf ; fy} d6'; kmf\$; f] cfÇbf\|, /Stgnl cflbsf]cfsf/df jÇ4 xÇg]u5{. o; sf sf/0f lgoldt ¿kdf Zjf;k4jjf;, , /St ; ~rf//, kfrg sfo{; xh tyf ; /n ¿kdf xÇg]u5{. To:t}lgoldt ¿kdf pd\Çcg'; f/ sÇDtldf *-!) 3G6f cf/fdsf]h?/t k5{. cf/fd xfdln] d:t lgbf\af6 kfpg] u5f\$. Jofofd, cf/fd, lgbf\ ; xL ; dodf lng tyf ug{; sÇdf xfdl lg/fÇl aÇg ; S5f\}.

;'/lIft tyf ;GtInt vfgf

kf7 kl/ro

z/L/ :j:y /fVgsf nflu xfdln]vfg]vfgf ;kmf / ;GtInt xgkb}5 . c;GtInt / cz'4 vfgfn]ljleGg /fllu nflg]; Defjgf a9fup5 . ;GtInt eflhgsf nflu z/L/sf]cfj Zostfcg; f/ sfafkf08, kfhl6g, le6fldg, vlgh kbfy{ lrNnf]/ kfglsf]cfj Zostf kb5 . z/L/nf0{rflxg]o; ks5f/sf kfhli6s tIfjx¿ kfkt ug5f nflu cGg, uBffu8l tyf bfn, kmnkmh tyf ;fukft, bW tyf bWsf kl/sf/, df5f, df;; cG8f tyf cGo t/sf/lx¿ lgoldt ¿kdf ;]g ugkb5 .

!= p2fo

o; kf7sf]cGTodf ljBfyl{¿ lgDglnlvt sfodf ;Ifd xg]5gVl

- ;'/lIft tyf ;GtInt vfgfsf]kl/ro lbg .

- ;GtInt vfgf tof/ kfbf{cfjZos vfBtIfjx¿ ;'a̋ng ug{.

- ;GtInt vfgf tof/ kfg{.

@= lzlf0f ;fdulǁ

- ;GtInt eflhgsf]kl/efiff nVPsf]dfŏfsf8{ljleGg vfB tIfjx¿sf]lrq cflb .

#= lzlf0fl;sf0 ljmofsnfk

- lzlfsn]sIffdf pkl:yt ljBfyl{¿dWo]s}lnf0{laxfg / af̋l cfkmh]vfPsf vfgfx¿sf] gfd eGg nufpgxf] \

- ljBfyl{n]atfPsf gfd lzlfsn]sfnfkf]ldf l6Kb}hfgxf] \ yk gfd lzlfsn]yk ugxf] \

- ;'/lIft vfgfsf]kl/ro atf0lbgxf] \ yk hfgsf/L lbg ljBfyl{¿ pTk]lt u/fpgxf] \

- ljBfyl{n]atfPsf s'/f 7ls, a7ls 5}bnf0{ljleGg vfBtIfjx¿nf0{kflh6s tIf sf cfwf/df cnucnu ;dXdf ljefhng u/l To; sfodf ljBfyl{¿nf0{klg ;l/s ugxf] \

- cGTodf cf-cf(gf]v}af/df pTkfbg xg]vfg}/faf6 ;GtInt eflhg tof/ kfg{pTkl/t ubf{cf-cf(gf]s/]faf/df nufPsf afnlx¿sf]gfd ; a̋ng u/l ;Iffdf 6f"g nufpgxf] \ To; sfodf cfjZos eldsf lgjf{ ugxf] \

- 3/df ;GtInt vfgf tof/ kfg{;xofŭ ug5f nflu clekk]/t ugxf] \

$= dNof^asg

- ;/llft tyf ;Gtlnt vfgf eg}$f]s]xf]<

- ltdl s;/L ;Gtlnt efhg tof/ kf5f{<

- ;Gtlnt vfgf lsg vfgk5{<

%= yk hfgsf/L

dVo kf{fs t([j	o; sf]cefjdf xg]c;/L/x¿	kf{t xg]vfBt([j
sfaf{kf08%	bAnf{kgf, sdhf]/L, c;Gtff]f	wfg, ds}sflf]f] cfn', lk8fn', pmv'cflb .
kf{6g	zf/ll/s j[4df cj/f}, hf}l}{¿ bVg]	df5f, df;;' u$fu8l cflb .
lrNnf]kbfy{	sdhf]/L, ef$ nflg]bAnf{kgf l/^al6f nflg]cflb	blW, l3p, t}h cflb .
le6fldg	/f}l kl{t/f}l lfdtf sd xg]] lj leGg k$f/sf /f}l nflg]cflb	lj leGg k$f/sf xl/of ;fu;Ahl, kmlkmh cflb .
vlgh kbfy{	/StcNktf xg] k8;fkgf, ;}t dgl:ylt cflb .	df5f, t/sf/lx¿, gg, ;dbl| vfgf cflb .

| kf7 & |

JolStut ;/;kmf0sf]dxÉj

kf7 kl/ro

JolStut ;/;kmf0cGtuf[5fnf, skfn, gfs, dV, bft, cf\vf / ofg ca\nufot ;DkOf{z/l/sf] ;kmf0 kb§ . JolStut ;kmf0sf]sdl ePdf 3fpvl6/f cfpg] rfof kg[¿em8fkvfnf, x]hf, h\'sf kg[n'tf]cfpg]h:tf cg]§f}:jf:Yo ;d:ofx¿ l;h\[gf xG5g\h;n]ubf{JolStsf]:jf:Yo:t/ sdhf]/ x\j] JolStut 0Hhtdf wSsf nfUg]/ cfly§ gf§;fgl;dt xg ;S5 .

!= p2]]o

o; kf7sf]cGTodf lj Bfyl\{¿ lgDglnlvt s/fdf ;lfd xg]5g\W

- ;/;kmf0sf]kl/ro lbg .
- ;/;kmf0sf]dxÉj atfpg .
- cfÇgf]z/l/sf]b]]gs ;/;kmf0 ug{.

@= lzlf0f ;fdul]

- 3/ tyf z/l/sf];/;kmf0 ub]]u/\]sf]:j:y JolStsf] lrq, ;/;kmf0sf]dxÉj n[]vPsf]sf8{ cflb .

 # = lzlf0fl;sf0 ljßofsnfk

- lzlfsn]slffdf pkl:yt lj Bfylx¿dWo];af]cGbf ;kmf / kmfxf\ lj BfyUhf0f{slffsf]y/sf] cufl8 n\hfgxf] \.
- z/l/ tyf cfkmh]nufpg]sk8fx¿ kmfx]\ xbf xg]af]kmf0bfx¿ eGg nuf0{:ki6 kfgx]f] \.
- xfdln]blgs ¿kdf ugkg[zf/ll/s ;/;kmf0af/]];l tl/sfn]ug{kl\/t ug\x]f] \.
- ;kmf lj Bfylx]f{cfÇgf]z/l/ ;kmf /fVbf xg]kmf0bfaf/]]afglsf]cg]]j ;gfpg nufpgxf] \.
- cGTodf z/l/ ;kmf / kmfx]\ xbf xg]xflg / kmf0bfsf af/][]df ;d\ut tyf JolStut ¿kdf 5nkmn u/fpgxf]\To; sfofdf lzlfsn]cfjZos ;xofu ugx]f] \.

$= dNofªsg

- z/l/ ;kmf s;/l ul/G5 <
- z/l/ ;kmf /fVbf xg]dxÉjx¿ eg .
- ltdl z/l/ lsg ;kmf /fV5f}<

%= yk hfgsf/l

lj Bfylx]¿nf0{cfÇgf]lgu/fgldf z/l/sf ca\ux¿ ;kmf ug{nufpg]/ z/l/ ;kmf gxbf nfUg] /fl]x¿sf af/]]df atf0{lj Bfylx]¿sf];f];lrf0df ;sf/fTds ;frsf]lj sf; u/fpgxf]\.

d]|f]]lj1fg, :jf:Yo tyf zf/l/l/s lzlff, lzlfs lgb[]lzsf, slff % 49

dlxgfjf/L

kf7 kl/ro

xfdf]dfgj j[4 / ljsf; sf]jnddf lzz', afns, lszf]/-lszf]/L, jo:s xb}j[4 xG5f}. o:tf]ljleGg r/Ofdf xfdlx¿df ljleGg zf/llt/s / dfgl;s kl/jt6x¿ e0/xG5g\. of}gfj:yfsf] r/Ofdf s6lx¿df zf/llt/s kl/jt6 ;'u;'u}dlxgfjf/L klg xG5 . of]kf]s[ts kljjnof ePsf]xgfn]s6lx¿n] 8/ / nfh gdfgL cf¢gf cfdf / lbblx¿af6 cfjZos ;/;'Nnfx lngkb6 . o; cj:yfdf of}ldf Kof8x¿ koffu ug{/ ;/;'kmf0df ljzf]f Wofg k¥ofpgkb6 / kfl]nf nf vfg/fx¿ kkz:t vfg'kb6 .

!= p2}o

o; kf7sf]cGTodf ljBfyl¿ lgDglnlvt s'fdf ;lfd xg]5g\M

- dlxgfjf/lsf]kl/ro lbg .
- dlxgfjf/L xbf Wofg lbgkg}s'fx¿ atfpg .
- dlxgfjf/L xbf xg]nIf0fx¿ atfpg .

@= lzlf0f ;fduLl

- of}g cj:yfsf lszf]/ tyf lszf]/lsf]lrq, dlxgfjf/L xbf b}lfkg}lnIf0fx¿ n}VPsf]rf8{kf]]6/ cflb .

#= lzlf0fl;sf0 ljpfsnfk

- lzlfsn]; jlk'yd pkl:yt ljBfyl¿nf0{lszf]fj:yf1fg cjut u/fpg cf-cf¢gf]pd] atfpg nufpgxf]\ To; kl5 pd]fut ¿kdf ljBfyl¿sf];d'x ljefhg ug}xf]\
- lzlfsn]lszf] tyf lszf]/lsf]kf]6/ b}Vpb}}lszf]/fj:yf:yfsf]kl/ro lbgxf]\
- lszf]/fj:yfdf s6lx¿df b}Vfkg[zf/llt/s kl/jt6df dlxgfjf/L ;?xg]/ of]kf]s[ts kljjnof xf]egl atf0lbgxf]\
- dlxgfjf/L xbf ljz}f u/L] of}g c*wsf]s];kf]6]/;kmf0df a9L Wofg lbg'sf ;fy}kf]lf]0foftSt vfgf vfgk5{egl ;sf]fTds ;Gbl{ lbgxf]\

$= dNof*gg

lgDglnlvt k7gsf cfwf/df dNof*gg ug}xf]\M

- dlxgfjf/L eg}s]f]s]xf]<

- dlxgfjf/L ePsf]jhf xg]nIf0fx¿ eg .
- z/L/ ;kmf s;/L ul/G5 <
- z/L/ ;kmf /Vbf xg]dxTjx¿ eg .
- ltdL z/L/ lsg ;kmf /fV5f}<

%= yk hfgsf/L

dlxnfx¿ lszf]/fj:yfdf kjl z u/]dlIv ueTkf//0f geP;Dd x/|$ dlxgf of]glaf6 /St;|fj xg] klj|nofnf0f{/h:jnf elgG5 . of];fdfGotof kTo]$ @*÷@* lbgdf xg]u5{. dl:tisdf /x]sf] xf0kfTynfd; (Hypothalamus) n]ufOf8f6f]lkms l/lnlha xdfS{ pTkfbgkZrft\To;sf]kefjn] lk6tul6/L uTylsf] cufl8sf] efun] (FSH e- Follicle stimulating Hermone/Luteinizing Hermone) lgsfnl To;sf]kefjn]c08fzodf /x]sf kmflnsnx¿nf0{kefj kfg{/ c08nf0{kl/kSj kfg{ u5{. lj Bfyk{¿nf0{cfÇgf]lgu/fgldf z/L/sf} caXx¿ ;kmf ug{nufpg]z/L/ ;kmf gxbf nfl}g] /flux¿sf af/]atf0{lj Bfyk{¿sf];flrf0df ;sf/fTds ;f|sf]lj sf; u/fpgxf]\

jftfj/0flo ; kmf0

kf7&ef/ M !)

Psf0 kl/ro

xfdf]]jl/kl/ /x$sf];hlj tyf lghl{ j:tx¿sf];eSt ¿knf0{jftfj/0f elgG5 . jftfj/0f k\blift ePdf ljleGg k$sf/sf /f\ux¿sf]k$fk a9\y] ;?jf /f\usf]dxfdf/l L km\hg]x\bf cfÇgff]3/, ;dbfo, pBfhuwGbf cflb 7fpa\f6 lg:s$sf hl\js / chl\js kmf\xf/nf0{plrt 7fpdf Joj:yfkg ug{kll/t ug\ o; Psf0sf]dVo p2\lo /x$sf]5 . of]Psf0cÇtu\tsf]kf7nf0{!) kf7&ef/df ljefhg u/l lzlf0f ug{; lsG5 . lzlfs ; fyln]cfÇgf]cg\shtf x¿l lzlf0f ug{/ yk36 ug{; Sgxg\g5 . x/\$ kf7sf]lzlf0f; u\} dNofa\sgsf]cfjZostf kb$.

hlj gfkoff\lL ; lk

kefjsf/l ; ~rf/l, cfTdhfu/0f, cge\lt, l; hgfTds ; flrf0f /f\lVg'; d:of ; dfwfg ug{cflb hlj gfkoff\lL ; lksf]ljsf; ug{o; Psf0sf]p2\lo /x$sf]5 .

---

jftfj/0f

3G6l M $

kf7 kl/ro

jftfj/0f eÇgfn]kfs[ts / dfgj lgldf{, ; hlj / lghl{ ; a}j:tx¿ alenG5 . k$[t kbQ xl/ofnl / :jR5 jftfj/0f dflg; sf nflu ge0{gxg\clt dxÇjk0f{kIf xf/]eg]o:tf sltko dfgj lgldf{ ; d:ofx¿, h:t}M htftt}km\fxf]/ kmfNg] Knfl:6ssf]cTolws kf\fu, jg ljgfz / cJojl:yt ; x/lLs/0fn]jftfj/0fnf0{ljgfz ub\5 . o; hf0{jftfj/0f k\blif0f elgG5 . jftfj/0fnf0{:jR5 /fVgsf nflu Knfl:6ssf]k\fu Jojl:yt ug\ kmf\xf]/x¿ hyfefjl gkmfNg] kmf\xf]/sf]plrt Joj:yfkg ug\ / vfnl 7fp\x¿df af\ula?jfx¿ nuf0{jftfj/0f ; Gthg sfod /fVg cfjZos xG5 .

!= p2\lo

o; kf7sf]cÇTodf lj Bfyl¿ lgDglnvt sfo\{f ; lfd xg\]5g\VM

- jftfj/0fsf]kl/ro lbg .
- jftfj/0flo k\blif0f sd ug{tl/sfx¿ atfpg .
- jftfj/0flo c; /af6 kg{kefjx¿sf];'L ; a\ng ug{.

@= lzIf0f ;fdul|

- jftfj/0f;DaGwL 1fg lbg]ljleGg lrq, kf}6/ cflb .

#= lzIf0fl;sf0 ljm0fsnfk

- lzIfsn];jk|yd cf(gf]ljBfno jl/kl/ /x$f ljleGg ;hlj tyf lghl{ j:tx¿sf] gfd ljBfyl¿nf0{eGg nufpgxf] \

- ljBfyl¿n]atfPsf gfdx¿sf];'L tof/ kfg{nuf0{To; sfo[df lzIfsn]klg yk gfd atf0lbgxf] \/ To; kl5 jftfj/0fsf]kl/ro lbgxf] \

- jftfj/0f kb|lf0f xg]tl/sfx¿ lzIfsn]k|6 kfg$f] \yk ;'emjx¿sf af/[df ljBfyl¿nf0{ ;l/s ug$f] \

- cGTodf ljleGg kf}6/ tyf rf6{x¿sf]; xfotf ln'b]jftfj/0f kmix¿]ePdf To; af6 dflg;x¿nf0{ kfg[v/fa l:yltx¿ atf0lbgxf] \. yk c;/x¿sf af/[df ;d}ut ¿kdf 5nkmn ug{ nufpgxf] \/ ljBfyl¿af6 cfPsf ;'emjx¿nf0{sfnkkf6ldf 6f"g nufpgxf] \. To; sfo[df lzIfsn]cfjZos emdsf lgjf{ ug$f] \

$= dNof°sg

- jftfj/0f eg$f]s]xf]<

- jftfj/0f s;/L kb|lift xG5 <

- jftfj/0f kb|lift ePdf s]xG5 <

%= yk hfgsf/L

ljZjdf jftfj/0flo kb|lf0f hl6n ;d:ofsf]¿kdf b[yf k/{$f]5 . ljz]if u/]/ ljsl;t /fi6x¿sf] thgfdf cljsl;t /fi6x¿ a9L o;sf]l; sf/ ag$f 5g\ cJojl:yt ;x/Ls/0f, a;fef{ If]udf g}pBf]uwGbfx¿ vfnlng]kl/kf6l, 9n lgsf;;f]/fdf]Joj:yfsf]cefj cflb h:tf sfox¿ o; sf kl]V sf/s t[j xg\. jftfj/0f kb|lift ePdf cfhg tx kftlng u0{jfod08ndf kjfn kg{ hfG5 . ;d}af6 lg:sg]k/fjGoL ls/0fsf sf/0f ;DkOf{kf0fl hfltnf0{o;sf]k{fj a9L kg{ hfG5 .

jftfj/0fLo ;/;kmf0sf]dxÈj

kf7 kl/ro

xfdlx¿ :j:y /xgsf nflu xfdf]lj/k/sf]jftfj/0f ;kmf0df Wofg k¥ofpgkb5 . jftfj/0f g/fdf]eof] eg]jftfj/0fdf buf(w kmìhG5 . ljleGg /flusf ls6f0fx¿ kmìhG5g\h; n]dflg;sf]:jf:Yonf0{g/fdf] c;/ kfb5 . jftfj/0f hlt :jR5 /;kmf xG5, xfdf]:jf:Yo klg Tolt g}/fdf]xG5 . To;}n] jftfj/0f;kmf /:jR5 /fVg'xfdl;a\sf]st{o xf].

!= p2]o

o; kf7sf]cGTodf ljBfyL{x¿ lgDglnlvt sfo(df ;Ifd xg]5g\M

➤ jftfj/0fLo ;/;kmf0sf]dxÈj atfpg .

➤ jftfj/0fLo ;kmf0df cfÇgf]el'dsf lgjf{x ug{.

➤ jftfj/0fLo ;kmf0df koffjl xg];fdulx¿sf];'Hl tof/ kfg{.

@= lzIf0f ;fdul|

➤ kmìxf]/ /;kmf, :j:y jftfj/0f ePsf]lrq, kf]6/ cflb .

#= lzIf0fl;sf0 ljwfpfsnfk

➤ lzIfsn]slffdf pkl:yt ljBfyL{¿dWo]s}g}Ps hgf ljBfyLnf0{cfkmìhf0fla;Grf]ePsf] clego ug{nufpgxf]\

➤ ljBfyLnf0{dflg;nf0{/flu nfUg]/ nfUg ;Sg]sf/0fx¿sf];'Hl tof/ kfl/lbgxf]\To; sfo(df ljBfyL{x¿nf0{;xefu u/fpgxf]\

➤ ljBfno glhs /xs]f]kmìhf0f / ;kmf ;dbfosf]pbfx/0f lbb}kmìhf0f jftfj/0fsf sf/0f kfg}{c;/x¿ agfpb}jftfj/0fLo ;kmf0df ljBfyL{x¿n]v'Hg ;Sg]el'dsfx¿ k\;6 kfg\kf0f{\

➤ cGTodf :j:y tyf ;kmf jftfj/0fdf hlj g lgjf{x ug{5{eGg]Gb}le0 lbgxf]\

$= dNof%fg

➤ jftfj/0fLo ;kmf0sf]dxÈj eg .

➤ jftfj/0f kmìxf]{ eP s]]xG5 <

➤ ltdf]13/ jl/kl/sf]jftfj/0f s:tf]5 <

%= yk hfgsf/L

lzIfsn]ljBfyL{x¿nf0{cfÇgf]3/ tyf ;dbfosf]jftfj/0f klllift xg]sfox¿ /f$g hgrìgfdlhs sfox¿df a9l ;ljmp eldsf lgjf{x ug{k¥lt ug{vfgsf ljmpfsnfkdf ;xefu u/fpgxf]\ :yfglo txdf /x$f ;~rf/sf dlllodx¿, Tofxf"aflhng]efiff cflbsf]koffjl df hf&l lbgk5{.

kmf\xf\[j:t\sf]Joj:yfkg

kf7 kl/ro

3/, k;n, pBf\|uwGbf / ljBfnoaf6 sfd gnfUg]j:tx¿ lg:sg'÷kmflnghf0{kmf\xf\[j:t'elgG5 . dVou/l kmf\xf\[j:tx¿ slxg]/ gslxg]u/l @ k\$f/sf xG5g\ slxg]kmf\xf\[x¿df sfuhsf 6j\mf, la?jf, emf/kft, d/\$f hgfj/x¿, kmf6\$f nufx¿, af/fx¿ 0Toflb kb\$g\eg]gslxg]kmf\xf\[cGtut\, Knfl:6s, l;;f, wft'\sf ;fdu\|x¿ kb\$g\. o;k\$f/sf kmf\xf\[j:tx¿nf0{Joj:yfkg ug\[tlgcf\$f pkfox¿ 5g\ h:t}M kmf\xf\[sd pTkfbg ug]\kmf\xf\[nf0{ljleGg tl/sfaf6 kg\Mk\phu ug\[/ kmf\xf\[aGg];fdu\|x¿ w\[}k6s k\phu ug\[.

!= p2\[o

o; kf7sf]cGTodf ljBfyl\{x¿ lgDglnlvt sfo\[df ;Ifd xg]5g\M

- kmf\xf\[j:t\sf]kl/ro lbg .

- kmf\xf\[j:t\sf]ju\[s/0f ug{.

- kmf\xf\[j:t\sf]Joj:yfkg ug\[tl/sf atfpg .

@= lzlf0f ;fdu\|

- ljleGg kmf\xf\[j:t ;f\[tx¿, slxg]/ gslxg]kmf\xf\[x¿, b\yf0Psf]rf6\kf\[6/ cflb .

#= lzlf0fl;sf0 lj\phofsnfk

- lzlfsn]slffdf pkl:yt ljBfyl\{x¿nf0{kmf\xf\[j:tsf]cjwf/0ff af\|u ug{cf-cfÇgf]3/af6 s]s];:tf sfd gnfUg]j:tx¿ lg:sG5g\gfd eGg nufpgxf\[\ ljBfyl\{x¿af6 cfPsf]gfdnf0{ sfnf\xf\[ldf l6Kb}hfgxf\[\.

- ljBfyl\{x¿n]atfPsf gfdx¿dWo]l;;f, Knfl:6s, wft'; sf7sf 6j\mf gslxg]kmf\xf\[xg\eg] t/sf/lsf af]\mf, k/fn, sfuh cflb slxg]kmf\xf\[xg\egl atf0lbgxf\[\.

- kmf\xf\[j:tx¿nf0{hxf"kfof]ToxL"kmfNbf jftfj/0f bulGwt agf0{xfdlnf0{/fu\| nfUg]u5{. To;\[h]tl kmf\xf\[x¿sf]l;xl tl/sfn]slxg]/ gslxg]56\$f0{slxg]kmf\xf\[nf0{vf8ndf hDdf ug\[5{egl atf0lbgxf\[\.

- cGTodf cf\(\)gf];dbfo tyf ljBfno j/k/sf]kmfxf/ ;^asng ug{ljBfyl_{nf0{pTkf}/t u/fpgxf]\.

$= dNof^asg

- ltdf]]3/af6 lg:sg]kfrcf\(\)f slxg]j:tx¿sf]gfd eg .

- gslxg]kmfxf/ eg\(\)f]s]xf]<

- kmfxf/ j:thf0{s;/l la;hf\(\)g ug{;lsG5 <

%= yk hfgsf/L

lzlfsn]ljBfyl_{nf0{sDkf]6 dn agfpg] tl/sf atfOlbgxf]\. To;sf nflu P/flj s / PgP/flj s tl/sf pNn\(\)y ug{.

- P/flj s tl/sfdf cfjZostfcg\(\);f/sf]Pp6f vf8n vGg]/ To;df blgs kmfxf/ hDdf ub{ hfg]/ jhfjhfdf kmfxf/nf0{kN6f0{tndfly dn tof/ kfl/G5 .

- PgP/flj s tl/sfdf vf8nel/ Psk6s kmfxf/ hDdf u/L dflyaf6 df6f]n]5f]kG5 h;n]ubf{ xfjfsf]kj]z xg gkf0{kmfxf/ dn aG5 .

kf]f0f tyf vfgf

Psf0 kl/ro

z/l/nf0{:j :y / tGb?:t /fVg kf]f0foSt vfgfnf0{ldnfP/ lgoldt ¿kdf vfg]ljmpfnf0{; Gtlnt efhg elgG5 . xfdln]; lhn}u kf]Kt ug{; lsg]rfdn, ds}sfb]f] ux" u8fu8l, ; fukft, bW, l3p, kmkmh, df5fdf; ¦ / To; nf0{7ls dfqfdf ldnfP/ lgoldt vfg]u¥of}eg]xfdl :j :y bl]Vg ; S5f} . cGoyf sfaf]f08, kfl]6g, le6fldg tyf vlgh t¦jsf]cefjn]xfdl skf]ft xG5f}/ c:j :y aGg kU5f} . o; Psf0cGtu{ sfaf]f08, kfl]6g, vlgh, lrNnf]kbfy{ le6fldg cflb t¦jx¿sf]; Gthg ldnf0{vfgkgl{; Gbe{/ skf]f0faf6 nfUg]/flux¿af6 ljBfyl{sf]nf0{; r} u/fpg]p2{o /flvPsf] 5 .

kf]f0f

kf7 kl/ro

kf]f0fnf0{xfdl cªu|hldf Nutrition eG5f} . z/l/nf0{:j :y / ; an agf0/fVgsf nflu kf]f0f t¦joSt vfgfsf]h?/t k5{. xfdln]vfg]vfg$/fx¿af6 kf]fst¦j kfKt xG5 . vfg$/fdf kf0g]kf]fs t¦jx¿ ldnfP/ vfof}eg]dfq xfdf]efhg ; Gtlnt xG5 . o; kf7df kf]f6s t¦jx¿sf af/]df hfgsf/l u/f0Psf]5 .

!= p2{o

o; kf7sf]cGtdf ljBfyl{¿ lgDglnlvt sfof{; lfd xG]5g\M

➤ ; Gtlnt efhgsf]kl/ro lbg .

➤ kf]f6s t¦j kf0g]vfgfx¿sf]; Fl tof/ ug{.

➤ ; Gtlnt efhg tof/ ubf{Wofg k¥ofpgkgl{s¥fx¿ pNn¥ ug{.

@= lzlf0f ; fdu|

➤ ; Gtlnt vfgfsf]lrq, kf]f6s t¦jx¿sf]; Fl, kmnfphm af8{sf f08af8{l; ofWuf]uf; sk8fsf] 6jf cflb .

\#= lzIf0fl;sf0 ljmpfsnfk

- lj Bfyl{¿nf0{cfh laxfg s;n]s\$]vfgf vfof}egl ;fjV %÷% hgfsf];dXdf ;Fl tof/ kfg{nufpgXf]\

- pglx¿n]tof/ kf/\$f]vfgfsf];Fl sfafXf08&, kfl6g, lrNnf]kbfy{/ vlgh kbfy(Wo]s\df kb\$ eGg nufpgXf]\.

- pglx¿n]vfPsf]vfgf ;GtInt efhgleq k¥of]ls k/g 5nkm ug{nufpgXf]\

- ;GtInt efhgsf]kl/ro lbb}kfl6f0f t[jsf]dx[j atf0lbgXf]\

- ;GtInt efhg Aofu tof/ ug{;a}lj Bfyl{¿nf0{cf-cfÇgf]3/df ePsf vfg xg]j:tX¿ PsPs dfqfdf Nofpg nufpgXf]\

- tl vfg\$'/fnf0{jul\$/0f u/l sf8{afB{df ;GtInt efhg Aofu agfpgXf]\/ ;fgf]fgf]yml agf0{To;df gfd ny[l leOfdf 6f"gXf]\

- ;GtInt efhg tof/ kfbf{Wofg lbgkg{[s¿fx¿ 5nkm ubfo;f]dx[j atf0lbgXf]\

\$= dNofªsg

- ;GtInt efhgaf/]]atfpm.

- kfl6s t[j kf0g]vfgfx¿sf];Fl tof/ u/ .

skf07f

kf7 kl/ro

vfgfdf z/L/nf0{cfj Zos kg[le6fldg tyf vlgh t[jx¿sf]cefjn]blfkg{zf/ll/s bj ntfsf]cj :yfnf0{ skf07f elgG5 . pd]cg';f/ prf0 / tfh gxg'skf07fsf]sf/0f dflgG5 . vfgfdf sfaf[kf08&, kf[6g, lrNnf] kbfy{/ le6fldg tyf vlgh kbfy{ldnfP/ vfgkb[tadfq xfdl skf07faf6 aRg ; lsG5 .

o; kf7df /tGwf] ; 'gfz, /StcNktf h:tf skf07faf6 xg]/flux¿sf]hfgsf/l u/fP/ o; af6 aRg] pkfox¿sf]hfgsf/l u/f0Psf]5 . o; df 56of0Psf]kf7af]ef/nf0{tn pNnn] ul/Psf ljnofsnfksf cltl/St yk cEof; u/f0Izlf0f u/fpgkg[5 .

!= p2]/o

o; kf7sf]cGtdf lj Bfylx¿ lgDglnlvt sfo{ug{; lfd xg]5g\M

➤ skf07fsf]kl/ro lbg .

➤ skf07faf6 xg]/flux¿sf] 'rl tof/ kfg{.

➤ skf07faf6 aRg]pkfox¿ ckgfpg .

➤ vfgfdf kf[i6s t[j hf[ufpg]tl/sf atfpg .

@= lzlf0f ; fdul[

➤ kflf0fofoSt vfgf5/fsf]lrq, /tGwf] ; 'gf; / /StcNktf ePsf dflg;sf]lrq, skf07faf6 aRg]pkfox¿sf]; rl .

#= lzlf0fl;sf0 ljnofsnfk

-s_ lj Bfylx¿nf0{Pp6f skf07f ePsf]dflg;sf]lrq blfpb}lrqsf]lj Znilf0f u/l skf07fsf] kl/roaf/]5nkmn u/fpgxf] \.

-v_ le6fldg tyf vlgh kbfy{kf0g]vfgf5/fx¿sf]lrq blfpg loglx¿sf]lgoldt pkofun] skf07faf6 aRg ; lsg]s'/f atf0lbgxf] \.

-u_ /tGwf] ; 'gf; / /StcNktfsf]kl/ro lbb}ltdlx¿sf]ufp3/ jf 5/l5dsdf6 o:tf dflg; x¿ 5g\s 5ggegl kl;sxf{"ef6g hfg]sfof[nd agfpgxf] \.

-3_ ; dfhdf ePsf To:tf /flux¿nf0{efl pgsf lj zifaftf / ; d:ofx¿ pNnn] u/l kljt]bg k] ug{lj Bfylx¿nf0{kl/ofhgf sfo{lbgxf] \.

-a_ skf07faf6 aRg ; 'lsg]pkfox¿ eGg nuf0{kf6ldf l6Kb}hfgxf] \/ af5sl cfklnd]yk vfgf5/fdf kf[i6s t[jx¿ hf[ufpg]tl/sfsf af/]df 5nkmn u/fpgxf] \.

$= dNof[lsg

-s_ skf07f sihf0{elgG5 <

-v_ skf07faf6 xg]/flux¿ s5]xg\<

-u_ skf07faf6 aRg s:tfs:tf vfgf5/fx¿ s;/l vfgk5{n]/ blfpm .

/flux¿

Psf0 kl/ro

/flu eGgfn]z/l/df c;lhnf]xg'g}lj;Grf]xg'eGg]alemG5 . csf{zAbdf eGbf :jf:Yosf]7ls ljk/lt /flu xf]. /flux¿ dVo ;gl/ g;glu/l @ k$f/sf xG5g\ ljleGg hljf0fx¿ tyf ljiff0fx¿åf/f Ps JolStaf6 csf{JolStdf ;gl/flunf0{;?jf /flu elgG5 . o;cGtuf{ Prcf0él÷P8\, bfb'/f, xhf, 7bnf, nx/]vf$sl, lfo/flu kb5g\eg]Ps JolStaf6 csf{JolStdf ;g[g;Sg]/flunf0{g;gl/flu elgG5 , h:t)MpRr /Strfk, dwdhx, cDnlkQ, bd, unuf8 cflb /flux¿ ljleGg sf/0fn]nfU5g\ o; df bl'ift jftfj/0f, JolStut ;/;kmf0sf]sdl, skfjf0f, lgoldt Jofofdsf]cefj cflb sf/0f]n]/flux¿ nfU5g\ To;h]/fluaf6 aRgsf nflu ;kmf / ;Gtlnt efhg ;jg ug[jftfj/0f bl'ift xg glbg]JolStut / ;fdbflos ;kmf0df Wofg lbg]/ lgoldt Jofofdx¿ ug[K5{.

;?jf /flux¿

kl/ro

:j:y z/l/ hljgsf]cfj Zostf xf]. lg/flul z/l/n]dfq hljgnf0{ Vl tNofp5 . /flu nfUof]eg]xfdl zf/ll/s tyf dfgl;s ¿kaf6 sdhf] xG5f}. g; gl/flueGbf ;?jf /flunf0{a9l 3fts dflgG5 . lsgls o;n]dxfdf/l Nofpg];Defjgf /xG5 . o; kf7cGtu[Ifo/flu, 7bnf, nx/]vf$sl, bfb'/f / xhfsf]kf7àfhgf agf0{lzlf0f ugfkg[xG5 .

!= p2jo

o; kf7sf]cGtdf ljBfylf¿ lgDglnvt sfodf ;lfd xg]5g\M

- ;?jf /flusf]kl/ro lbg .
- Ifo/flu, 7bnf, nx/]vf$sl, bfb'/f / xhfh:tf /flux¿sf sf/0f / nlf0f atfpg .
- ;?jf /flux¿af6 aRg]pkfox¿ pNnjy ug{.

@= IzIf0f ;dull

- /flusf]lrq, ;gl/ g;gl/flusf]kl/rofds ;'l .
- ljleGg /flusf nlf0f / aRg]pkfosf]tflnsf .

#= lzIf0fl;sf0 lj‚pfsnfk

- lj Bfyl{¿nf0{slxn}sfxL"la/fdL ePsf 5f}ls 5}gf}egL ;f|W/ s}s}]/flu nfu}sf]lyof]egl kf6ldf l6Kb}hfgsf]^\.

- cfknf'la/fdL xbf ;'u;'u}c¿ klg la/fdL lyP ls lyPgg\egl ;?jf /flusf af/df 5nkm ug}sf]^\.

- Ifo/flu, 7}bnf, nx/]vf}sl, bfb/f / x}hf nfu}sf]/flusf]lrq b}fpb}ol /flu nfUgfsf sf/0f atfpgsf]^\.

- ol dfly plNnlvt /flusf nlf0f / aRg]tl/sfsf]tflnsf k:tt u/l ltglx¿sf af/df 5nkm u/fpgsf]^\

- lj Bfyl{¿nf0{Ifo/flu / nx/]vf}sl nfu}sf]/flusf]clego ug‚jftfj /0f tof/ ug}sf]^\V clegodf k:tt ePsf ljifoj:tx¿sf]l6kf6 u/l ;dlIff ug}sf]^\

- lj Bfyl{¿nf0{;?jf /flaf6 aRg ;lsg]pkfox¿sf ;DaGwdf l6kf6 ug{nuf0{slffdf k:tt ug{nufpgsf]^\

$= dINofªsg

- ;?jf /flu eg}sf]s]xf]<

- Ifo/flusf]nlf0f atf0{lj Bfyl{¿sf];xeflutfsf]cjnf$g ug‚[.

Prcf0€L / P8\

!= kf7 kl/ro

ljZjdf Prcf0€L / P8\ rgf}lsf ¿kdf cufl8 cfPsf]5 . lbgkl‖tlbg ; ªMdt / /f‖lsf]
; ªVof a9b)u0/x$f]5 . o; sf]sf/0faf6 lbgx"dflg; sf]d[o'xg]u/$f]5 . o; kf7df ljZjdf
8/nfUbf]cj :yfdf /x$f]Prcf0€L / P8\sf]kl/ro lb0Psf]5 . of]s;/L Ps JolStaf6 csf]{
JolStdf ; 5{/ s$]ubf{; bg eGg]hfgsf/L lbg vf‖hPsf]5 . ; fy}P8\ /f‖ nfu$f JolStkl‖t
; sf/fTds b‖i6sf0f /fVg pTk‖/t ug{vf‖hPsf]5 .

@= p2]o

o; kf7sf]cGtdf ljBfyl{¿ lgDglnlvt s'/fx¿ ug{; lfd xg]5g\M

➥ Prcf0€L / P8\sf]kl/ro lbg .

➥ Prcf0€L Ps JolStaf6 csf]{JolStdf ; g{tl/sf atfpg .

➥ /f‖ nfu$f]JolStnf0{; xof‖l‖ ug{.

#= lzIf0f ; fdul‖

Prcf0€L / P8\; DaGwL kf]6/ -s]ubf{; 5{/ s]ubf{; bg eGg], P8\ /f‖lsf]tl:a/, Prcf0€L
/ P8\sf]lrxg§ cflb .

$= lzIf0fl; sf0 ljwfsnfk

➥ Prcf0€L / P8\sf]lrxg§ b‖Vfpgxf] V ljBfyl{¿ nf0{lrGg nufpgxf]\

➥ ljBfyl{¿ nf0{Prcf0€L / P8\af/f‖df s}l ; g$f 5f}< k‖g ug$f]\ V ; g$f eP jf yfxf
kfPsf eP pglx¿n]; n$f jf yfxf kfPsf eP s?fx¿ k‖tt ug{nufpgxf]\

➥ Prcf0€Lsf]lj:tfl/t ¿k atf0lbgxf]\. o; sf]kl/ro / Prcf0€L ; ªMdt tyf P8\
nf‖g$f]cj :yfsf]hfgsf/L lbgxf]\ Prcf0€L ; ªMd0f eP÷gePsf]/ut k/L0f0faf6 dfq
yfxf kf0g]s/?f s?f0bg$f]\

➥ AIDS sf]la:tfl/t ¿k atf0lbgxf]\ o; sf]cy{klg atf0lbgxf]\

➥ P8\ nfu$f]la/fdlsf] tl:a/ b‖Vfpgxf]\. P8\ nfu$f]cj :yfdf s]xG5 < 5nkmn
u/fpgxf]\ V cGtdf jf:tljstf atf0lbgxf]\

➥ Prcf0€L Ps JolStaf6 csf]{JolStdf s; /L ; 5{eGg]kf]6/ kbzg ug$f]\ V s; /L ; 5{
ljBfylnf0{JofVof ug{nufpgxf]\jf Prcf0€L Ps JolStaf6 csf]{JolStdf s; /L ; 5{

JofVof ul/lbgXf] \ lj Bfyl{¿ nf0{Prcf0él ; ª]\mldt tyf P8\ nfu\$f]JolSt;ú s\$]ubf{
; 5{eĊg]hfgsf/l lbg kDKnǿ agfpg nufpgXf] \/ sIffsf]\\fdf 6f"g nufpgXf] \.

- Prcf0él ; ª]\mldt tyf P8\ nfu\$f]JolSt;ú s\$]ubf{;bǿ eĊg]kf]6/ kḷzǿ ugXf] \/
s\$]ubf{/flῠ g; gǐ/x.$ < lj Bfylnf0{JofVof ug{nufpgXf] \jf Prcf0él / P8\ s\$]ubf{
Ps JolStaf6 csf{JolStdf ;bǿ eĊg]JofVof ul/lbgXf] \ lj Bfyl{¿ nf0{Prcf0él ; ª]\mldt
tyf P8\ nfu\$f]JolSt;ú s\$]ubf{;bǿ eĊg]hfgsf/l lbg kDKnǿ agfpg nufpgXf]\/
sIffsf]\\fdf 6f"g nufpgXf] \.

- Prcf0él ; ª]\mldt tyf P8\ nfu\$f JolSt;ú s\$]ubf{;bǿ eĊg]lrq agfpg nufpgXf] \
/ sIffsf]\\fdf 6f"g nufpgXf] \.

- Prcf0él ; ª]\mldt tyf P8\ nfu\$f]JolStkl\t s:tf]Jojxf/ ug{pkoSt xĊ5 < To:tf]
JolStnf0{s;/l ;xofῠ ug{;lsĊ5 < 5nkm ug{nufpgXf] \. lgrf\$df /flῠlk\t
;sf/fTds ;bǿ bỳfpgkg{atf0lbgXf] \

%= dNofªS\sg

- kf7ỳk'tssf]kh g⇒!!@ sf]cEof; ! / @ ug{nufpgXf] \

^= yk ;ẻmfj

Prcf0él tyf P8\;DaĠwL sfoῠ\d xĊ]lbgsf af/]df atf0lbgXf] \. Prcf0él tyf P8\
/flῠ;DaĠwL :jf:Yo;DaĠwL sfd ug{\;ªṡ; yfaf6 k\$flzt ePsf kf]6/ tyf kDKnǿx¿ ; ªṡng
ugXf] \/ sIffdf klῠǿ ugXf] \. kqklqsfdf k\$fzg ePsf Prcf0él ; ª]\mldt tyf P8\
/flῠl;ú ;DalĠwt 36gfx¿ ; ªṡng u/l To:sf af/]df 5nkm u/fpgXf] \.

;øSt /fi6«ªṡn]x/\$ jif{l8;]Qa/ ! tfl/vdf WORLD AIDS DAY dgfpg]u/]5 .

g; g{/fÚx¿

kf7 kl/ro

Ps JolStaf6 csf{JolStdf ;g{g;Sg]/fÚx¿nf0{g;g{/fÚ elgG5 . g;g{/fÚx¿nf0{cfwlgS ;Eotfsf]/fÚ klg elgG5 . zf/ll/s kl/>dsf]thgfdf clws dfqfdf kfÚf0foSt vfg]s/fsf]kfÚf / ljnf;l hljgofkgsf]sf/0fn]o; k$f/sf /fÚx¿sf]k$fÚ lbgfglbg jl[4 xb}uPsf]kfOG5 . o; /l g;g{dVo /fÚx¿dWo]bd, SofG;/, dwd]x, unuf8, cN;/, cDnlkQ cflb xb\ ; g{/fÚ h:tf Tolt vt/gfs geP tfklg g;g{/fÚx¿n]JolStsf]hljgnf0{si6s/ agf0lbG5 . To;ñ]o;k$f/sf /fÚx¿af6 aRg ljnf;l hljgofkgnf0{sd u/] lgoldt Jofofd ug&K5{.

!= p2Í}o

o; kf7sf]cGTodf lj BfyÚx¿ lgDglnlvt sfo{ug{; lfd xb]5gÚ

- g;g{/fÚsf]kl/ro lbg .
- g;g{/fÚ nfÚgÚsf sf/0f / aRg]pkfo atfpg

@= lzlf0f ;fduÚ

- lj leGg g;g{/fÚ nfu$sf dflg;sf]lrq, g;g{/fÚ nfÚg]sf/0f / aRg]pkfosf];Þl .

#= lzlf0f l;sf0 ljÍofsnfk

- lj BfyÚx¿nf0{g;g{/fÚsf af/Ídf cfkÚnhf0{hfgsf/l ePsf ;Gbe{atfpg nufpg].
- g;g{/fÚsf] kl/ro lbb}dwdÚx, SofG;;/, dÓ'/fÚ, lgdflÐgof, xf8], 68Þldf cflb /fÚsf af/Ídf hfgsf/l u/fpg].
- lrq bÙyfpb}ljBfyÚx¿nf0{dfly plNnnlvt g;g{/fÚx¿dWo]sg-sg /fÚ nfu$sf]5 kZÚg ug$.
- lj Bfno glhs}sg}JolStnf0{ol /fÚ nfu$sf]hfgsf/l ePdf pglx¿ eP 7fpÚdf lj BfyÚx¿ nul kl/offÚgf j0f$g ug{nufpg].
- g;g{/fÚ nfÚg]sf/0fx¿ atfpb}o; af6 aRg]pkfosf af/Ídf 5nkÚn u/fpg].

$= dNofÚØg

- g;g{/fÚx¿sf]gfd eg
- dwdÚsf nlf0f s$]xb\<
- g;g{/fÚaf6 aRg s]ugÙk5{<

arfp tyf kfÍylds pkrf/

Psf0 kl/ro

xfdLn]ljleGg lsl;dsf b36gfx¿ ePsf]bÍ\$sf tyf ;gÍsf 5f}. dfgjlo nfk/jfxL tyf kfÍsl[ts k\$fÍksf]sf/0f b36gfx¿ xg]ubÍ5g\ xfdL ;fjwfg ePdf b36gfaf6 aRg ;lsG5 . o; kf7df b36gf s;/L xG5, ;f]xgaf6 s;/L aRg ;lsG5 / ;ªÍdÍdt /utaf6 ljleGg k\$f/sf /fÍx¿ ;g{;S5g\ eGg]hfgsf/L lbg vfÍhPsf]5 . xfdÍ j/k/ ljleGg lsl;dsf b36gfx¿ ePsf xG5g\ b36gdf k/Í\$f JolStx¿ ;fdfÍo 3f0t]jf uDel/ 3f0t]ePsf xg ;S5g\. b36gdf k/Í\$f JolStx¿nf0{ c:ktfn jf :jf:Yo rf\$ldf kÍofpg wÍ}}; do nfÍg ;S5 . o; kf7df o:tf]cj:yfdf 3f0tÍhf0{ c:ktfn jf :jf:Yo rf\$ldf kÍofpgÍcufl8 ugÍgÍkfÍylds pkrf/sf]hfgsf/L lbg vfÍhPsf]5 .

b36gfaf6 arf}

kf7 kl/ro

xfdlx¿ vÍbf, snsf//vfgfdf tyf v|caf/ldf sfd ubf{ ;jf/L ;fwg r9Ídf, ;8s kf/ ubf{ 3f", bfp/f ubf{c;fjwflsf sf/0f b36gfx¿ xG ;S5g\ To:t}kfÍs[ts k\$fÍk, e'Í5Dk, af9L klx/f] cfwÍL, x'/L tyf cfuhglaf6 klg b36gfx¿ xG ;S5g\. o; k\$f/sf ljleGg ljÍpfsf nfkx¿df ;fjwfgl ckgfpg' g}b36gfaf6 aRg' xf]. vÍ vÍbf lgodfg;f/ cgÍzfl;t eP/ vÍlÍg] ;8s kf/ ubf{ xfÍl; of/L ckgfpg] hyfefjLl cufl]grnfpg]kfÍL vÍbf ; fjwfgl ckgfpg]lrÍnf]af6f]lx8Ídf / vfÍhf tbf{xfÍl; of/L ckgfpg]u/df b36gfaf6 aRg ;lsG5 .

!= p2Íolo

o; kf7sf]cGÍtdf ljBfyl{x¿ lgDglnlvt s/fx¿ ug{; lfd xG]5gÍÍ

➤ b36gfx¿sf]sf/0f atfpg .

➤ b36gf xgaf6 aRg]pkfo ckgfpg .

➤ ;ªÍdÍdt /utaf6 ljleGg k\$f/sf /fÍx¿ ;g{;S5g\eGg]s/f atfpg .

@= lzlf0f ; fdulÍ

➤ b36gf ePsf lrqx¿, ;8s b36gf xgaf6 aRg]pkfo ckgfPsf lrqx¿, kfÍs[ts lj klÍsf]sf] lrq, 3f0tÍhf0{/ut lb0/x\$sf]lrq cflb .

#= IzIfOfl;sf0 Ijmpfsnfk

➤ IjBfyl{¿nf0{ kf7bk:tssf]klh g=+!!# df ePsf]Irq / b36gf ePsf cGo Irqx¿ cjnf$g ug{nufpgXf]\. tn pNnV ul/Psf h:tf k7gx¿sf cfwf/df 5nkm ug{ nufpgXf]\M

  ➜   tl Irqx¿df sxf"s]ePsf]5 <

  ➜   To;sf]kl/0ffd s]xg;S5 < cflb .

➤ Irqdf byf0Ph:t}IjBfyl{¿ cfkm"slxn]b36gfdf k/\$f 5g\< olb k/\$f eP s;/L eof] atfpg nufpgXf]\ s]u/\$f]eP b36gfdf kg]IyPg atfpg nufpgXf]\

➤ To:t}sxf"sxf"s]s]ubf{b36gf ePsf]bV\$f jf ;g\$f 5f}< ;gfpg nufpgXf]\

➤ kf$s[ts IjklQsf]Irq kb,zg ug{Xf]\ To:t}s:tf$:tf]kf$s[ts IjklQ xg;S5 < 5nkm u/fpgXf]\

➤ dfgjlo nfk/jfxL tyf kf$s[ts k$f$ksf sf/0f b36gfx¿ xg]s/\f k;6bf0flbgXf]\

➤ ;8s b36gf xgaf6 aRg]pkfo ckgfPsf Irq byfpgXf]\ IjBfyl{¿nf0{Irqsf]j0f}{g ug{ nufpgXf]\.

➤ IjBfyl{¿nf0{;dV\df Ijefhg ugXf]\. af6f]jf ;8sdf s$]sf/0fn]b36gf xG5 / s;/L aRg ;IsG5 < clego ug{nufpgXf]\

➤ IjBfyl{¿nf0{IjBfnodf s$]sf/0fn]b36gf xG5 / s;/L aRg ;IsG5 < 5nkm u/fpgXf]\

➤ 3/ / vtaf/ldf s$]sf/0fn]b36gf xG5 / s;/L aRg ;IsG5 eGg];DaGwdf tnsf]tflnsf agfpg nufpgXf]\

tflnsf

jm+;=+	s]ubf{b36gf ;S5 <	b36gfaf6 s]xg ;S5 <	b36gf s;/L /f$g ;IsG5 <
!=	t/sf/L sf6bf	xft sfl6g	xtf/ gug{]Ij:tf/}sfd ug{
@=	x/L atf; rNbf	¿v eflrP/ lsRg	3/ jf ;/IIft :yfgdf a;]

IjBfyl{¿n]k:tt u/\$f s/fx¿df cfjZos k7kkfl0f0f lbgXf]\.

➤ 3f0tmf0f0{/ut lb0/x$f]Irq byfpgXf]\ s:tf]cj:yfdf 3f0tmf0f0{/ut lbgk5{< cfjZos /ut sxfaf6 kf$t xG5 < 5nkm u/fpgXf]\. /ut lnbf / lbbf k/LIf0f u//}dfq lbgIhng] ugk5{eGg]atf0lbgXf]\. ;[a]Mldt /utaf6 IjleGg kff /f$x¿ ;g{;S5g\eGg] s/f hfgsf/L lbgXf]\.

- kf7bk':tssf]k]h g≠!!% sf]ljmofsnfk g≠! u/fpgXf]\ ljBfylf{¿nf0{3/af6 k'/fgf tyf sfd gnfUg]klqsf, lstfax¿af6 b36gf ePsf ljleGg cj:yfx¿sf]lrq ; ªsng u/]| Nofpg nufpgXf]\ sf8af8 jf 7hf];f0hsf]klqsf / tl lrqx¿ 6f"g nufP/ kbzg ug{nufpgXf]\ To:t}b36gf ePsf ljleGg cj:yfx¿sf]lrq agfpg nufP/ tl lrqx¿ 6f"g nufpgXf]_

%= dNof'sg

- kf7k':tssf]k]h g≠!!% sf]cEof; ! / @ ug{nufpgXf]\

^= yk ;emfj

b36gf;DaGwL sfd ug{[;ªS;:yfaf6 k$flzt ePsf kf]6/ tyf kDKn]x¿ ; ªsng ug{f]\ / slffdf kbzg ug{f]\. kqklqsfdf k$fzg ePsf b36gf;u ;DalGwt 36gfx¿ ; ªsng u/]L To;sf af/]df 5nkmn u/fpgXf]\.

kf[ylds pkrf/

kf7 kl/ro

c;fj wfgL j f sltko ;fj wfgL ckgfpbf ckgfpb}klg b36gfx¿df kl/G5 . o:tf]b36gf xbf 3f0t$f] Hofg hf[vd x[gaf6 arf0{p; sf]/Iff ug[p2{on]b36gf ePsf]7fpdf ul/g]pkrf/ jf ;]fnf0{ kf[ylds pkrf/ elgG5 .

!= p2{o

o; kf7sf]cGtdf lj Bfyl{¿ lgDglnlvt s'/fx¿ ug{; Ifd x[g]5g\M

- kf[ylds pkrf/sf]kl/ro lbg .

- b36gfdf k/$f JolStnf0{; xof[u ug{.

- kf[ylds pkrf/sf pkfox¿ ckgfpg .

@= lzlf0f ;fdu[l]

- b36gf ePsf lrqx¿, b36gf ePsf]:yfgdf kf[ylds pkrf/ u/$f lrqx¿, kf[ylds pkrf/ afs; .

#= lzlf0fl;sf0 ljmpfsnfk

- b36gf ePsf lrqx¿ b[yfpgdxf]\ lj Bfyl{¿nf0{kfoMh;f]b36gf x[g]:yfg s[gs[g x[g\< s$s:tf sf/0fn]b36gf xG5 < b36gfaf6 hf[ug s]ugk5{< 5nkm ug{nufpgdxf]\

- s:tfs:tf b36gf xg ;S5gV b36gfdf dflg;nf0{s$s:tf rf[k6s nflg ;S5 < k[g ug{xf]\ lj Bfyl{¿ slxn$fxL"b36gfdf k/$f]eP ;gfpg nufpgdxf]V sfnfkf6ldf l6kfb ug{xf]\

- sg}JolSt b36gfdf k/]v6&df rf[nfu{/ut alu/x$f]5 eg]s]ugknf{< lj Bfyl{¿sf] lj rf/ a‰gxf]\ To:tf]cj:yfdf 3f0tnf0{c:ktfn jf :jf:Yo rf$ldf k[ofpgcufl8 ug[g]sfo{/ pgsf] :jf:Yo cj:yf lau[g gbbg ul/g]pkrf/nf0{kf[ylds pkrf/ elgG5 egl atf0lbgxf]\

- b36gf ePsf]:yfgdf kf[ylds pkrf/ u/$f lrqx¿ b[yfpgxf]\

- clego ljlwaf6 ulx/f]rf[k6s nfu$f]3f0tnf0{ul/g]kf[ylds pkrf/ b[yfpgxf]\ -dVo eldsf lzlfsn]lgefpgxf]_

- lj Bfylf{¿nf0{sf8f, l;;f jf sf7sf]5}sf cflb la%bf s]ug[u/]$f 5f}< k/g ;fl]gXf] \
  lj Bfylf{¿sf]hjfkm;gkl5 jltflgs tl/sfaf6 s;/l kfylds pkrf/ ugk5{ atf0lbgXf] \

- lj Bfylf{¿nf0{;kh]6f$$f]36gf sg}yfxf eP ;gfpg nufpgXf] \

- ;kh]6f$$f]cj:yfdf kfylds pkrf/df s]ugk5{kbzg u/]/ blyfpgXf] \

- ss'/n]6f$bf s]ugk5{< atf0lbgXf] \

- kfylds pkrf/ ug$f nflu s$];fdul[x¿ cfjZos k5{< ;r'l agfpg nufpgXf] \.
  -lj Bfnodf kfylds pkrf/ afs; eP To;df ePsf ;fdul lrgfpgXf] _

- lj Bfylf{¿nf0{cf-cfÇgf] 3/df dflysf h:tf ;fdul ePdf s]kmf0bf xb'5 < atfpg
  nufpgXf] \ ;fdul /fVg pTkl/t ugXf] \

$= dNof{sg

- ulx/f]rf]bk6s nfud, sf8f, l;;f jf sf7sf]5}sf cflb laendf, ;k{jf ss'/n]6a$f]df
  kfylds pkrf/sf nflu s$]ugk5{ clego ug{nufpgXf] \

- kf7'ak':tssf]kh g÷!!& sf]cEof; ! / @ ug{nufpgXf] \

%= yk ;'emfj

lj Bfno glhsdf :jf:Yo s(b|5 eg]lj Bfylf{¿nf0{s$;:tf]cj:yfdf s]s;;/l kfylds pkrf/
ugk5{eÇg]hfgsf/l lngsf nflu zllfs e00fdf nhfgXf] \jf :jf:Yosdllnf0{lj Bfnodf Nof0/
klolf cGt/lj mf ug{lJoj:yf ldnfpgXf] \

:jf:Yo ;]f

Psf0 kl/ro

xfdL ; dbfodf /xG5f}. ; dbfodf Ps JolStn]u/$f]sfo$f]k&fj ; a}hf0{kb$. ; dbfodf dflg; nf0{ :j:y /xg ; xof{l k¥ofpgsf nflu :jf:Yo ;]f k&fg ug{; ¥yfx¿sf]Joj :yf ul/Psf xG5g\. ol ; ¥yfx¿df ; do; dodf uP/ :jf:Yo;DaGwL ; /;Nnfx / ; emfjx¿ lnP/ ; f&g'; f/ Jojxf/ ul/Pdf :j:y /xg ; S5f}. ; w}:j:y /xg]; a}f]rfxgf xG5 . :v:y /xgsf nflu w]}s'fx¿df lj rf/ k¥ofpg' kg{[xG5 . t/ klg xfdL slxn$$fxL“la/fdL xG5f}. o; kf7df la/fdL xbf :jf:Yo sDbaf6 ;]f lng / c¿nf0{:jf:Yo ;]f lng ; xof{l ug{pTkk//t ug{vffhhhnPsf]5 . xfdflj/k/k/pDb:jf:y /fVgdf ; a}f] dxËjk0f{{eNdbf xG5 . ; a}f] ; femf k&f; af6 ; fdbflos :jf:Yo /fdf]xg ;S5 . o; y{ ; fdbflos :jf:Yo;DaGwL sfo&f ; xeful xgk5{eGg]hfgsf/L lbg vffhhhPsf]5 .

:jf:Yo ;]f tyf ;fdbflos :jf:Yo

kf7 kl/ro

; dbfosf JolStx¿sf]:jf:Yo cj:yf lauf} glb0{; wf/ ug{ljleGg :jf:Yo ; ¥yfx¿n]:jf:Yo ;]f ¥yfx¿df :jf:Yo ;]f k&fg ug{kdV ; ¥yfx¿df lhNnf hg:jf:Yo sfof{hox¿, :jf:Yo rf$lx¿, pk:jf:Yo rf$L / kfyklds pkrf/ s[bx¿ kb$g\ o:tf ; ¥yfx¿df sfof{t 8fS6/, g;{ :jf:Yo; xfos h:tf :jf:Yo sfo$ tf$x¿af6 dflg; sf]:jf:Yosf ljleGg klfx¿, h:t}M lg/f/f@fTds, pkrf/ffTds ; j-4gfffTds / kgM:yfkgffTds cflb klfx¿df cfjZos xqf}ljrf//, ;Nnfx ; emfj / ;]fx¿ kdfg ub$g\

; fdbflos :jf:Yo eGgfn];dbfosf dflg; x¿sf]:jf:Yo /fdf}agfpg ; dbfoaf6 ul/g]; fdbflos :fofxf]. ; fdbflos :jf:Yo sg}Ps JolStsf]k&f; n]dfq /fdf}agfpg ; lsb} . ; a}f]; fdlxs k&f; xgkb$. ; dbfosf nflu ; kmf lkpg]kfgL tyf vfgf, JolStut / ; fdbflos ; /; kmf0, pl rt kmfhf/, pl rt kmfxfmf/ d&f Joj:yfkg, zf}rfnosf]Joj:yf / :jf:Yodo /xg ; xg cflb o;; f dxËjk0f{klfx¿ xg\

o; kf7sf]cGtdf lj Bfylx¿ lgDglnlvt s/fx¿ ug{;Ifd xg]5g\M

➤ :jf:Yo ;]f tyf ;fdbflos :jf:Yosf]dxËj atfpg .

➤ :jf:Yo ;]f / ;dbfosf :jf:Yo;DaGwL ;]f kdfg ug{;yfklt ;sf/fTds wf/0ff /fVg .

@= IzIf0f ; fdul|

- c:ktfn, :jf:Yo s(|b|cflbsf]lrq, :jf:Yo;DaGwL hfgsf/L lb0{tyf ln0/x$sf]lrq, :jf:Yo;DaGwL ; rgf ePsf]kDKn& cflb .

#= IzIf0fl;sf0 lj msnfk

- lj Bfyl&¿nf0{eljiodf s]aGg]rfxgf 5 < ; fl|gxf]\ tldWo]8fS6/ jf g; {aG5'eGg&¿nf0{ lsg egl k&g ug&f]\

- c:ktfn, :jf:Yo s(|b|cflbsf]lrq b|yfpgxf]\ lj Bfyl&¿nf0{cf(gf]ufpdf ePsf :jf:Yo ;]f k&ofpg]; #yfx¿sf]gfd eGg nufpgxf]\ gfd af$df l6Kgxf]\ IzIfsn]:jf:Yo ;]f k&ofpg]af$L ; #yfx¿sf]gfd atf0lbgxf]\

- :jf:Yo ;]f k&ofpg]; #yfx¿df s;n];]f lbG5 < atfpg nufpgxf]\

- lj Bfno glhsdf :jf:Yo s(|b|5g\eg]:ynut ed0f u/fP/ jf :jf:Yosdln(nf0{lj Bfnodf af(hfP/ lj Bfyl&¿nf0{:jf:Yosdl&¿; u :jf:Yo;DaGwL ;Nnfx lng]jftfj /0f ldnfpgxf]\jf clego ljlw ckgfpgxf]\

- ; dbfodf :jf:Yo ;]f k(fg ug&{; #yfx¿sf]dx(ejaf/(df k|t(t ug{nufpgxf]\

- :jf:Yo;DaGwL hfgsf/L lb0{tyf ln0/x$sf]lrq / kf7&k:tssf]k&h g#!)* sf]lrq cjnf$g ug{nufpgxf]\ lrqsf af/(df 5nkmn ug{nufpgxf]\

- ufp($6f&h sg}Ps :yfgdf kmf(xf]/ eof]eg];dbfodf s:tf]c; / kb&5 < k&g ug#xf]\V ; fdbflos :jf:Yosf]kl/ro lbgxf]\ lj Bfnosf]xftf cjnf$g u/fpgxf]\V ; kmf ug{ nufpgxf]\

- pbfx/0f lbP/ ; fdbflos :jf:YocGtut&kg&(lg/f(jf6&ds, pkrf/f(6&ds, ; #46&ds / kg&M:yfkgf(6&ds :jf:Yo sf(of&(ndsf]hfgsf/L lbgxf]\ Ps hgf :jf:Yo IzIff cWoog u/(sf] JolStn]cf(gf]; fylnf0{kg&(lg/f(jf6&ds, pkrf/f(6&ds, ; #46&ds / kg&M:yfkgf(6&ds :jf:Yo sf(of&(df hfgsf/L lb0{n(sf]kq jfrg ug{nufpgxf]\V ; f] ;DaGwdf k&h g#0/ ug$sf]\

- ; fdbflos :jf:Yo /fdf&]agfpg rfNgkg{(pkfox¿sf]; rL agfpg nufpgxf]\

- kf7&k:tssf]k&h g#!@) df lb0Psf]l&j msnfk u/fpgxf]\ -kDKn& klg agfpg nufpgxf]_

$= dNof^a&g

- kf7&k:tssf]k&h g#!@) sf]cEof; !, @ / # ug{nufpgxf]\

%= yk ;^emfj

- :jf:Yo;DaGwL kf]6/, kDKn& ; ^a&sg ug$sf]\V sIffdf kbzg ug$sf]\ glhssf] cleefj sx¿nf0{af(hf0{lj Bfyl&¿nf0{To; af/]atfpg nufpgxf]\

:jf:Yo ;]f lncf}/ ;xofu u/f}

!= kf7 kl/ro

;w}:j:y /xg];a}sf]rfxgf xG5 . :j:y /xgsf nflu w]}s'/fx¿df ljrf// k¥ofpgkgk[xG5 . t/ klg xfdl slxn$sfxl"la/fdl xG5f}. o; kf7df la/fdl xbf :jf:Yo s(lbaf6 ;]jf lng / c¿nf0{ :jf:Yo ;]jf lng ;xofu ug{pTkkl/t ug{vfl]hPsf]5 . xfdf]]j/k/sf]jftfj/0f :j:y /fVgdf ; a}sf]dxⁿjk0f{eldsf xG5 . ;a}sf];fenf kof;f6 ;fdflos :jf:Yo /fdf]]xg ;S5 . o; y{ ;fdflos :jf:Yo;DaGwl sfodf ;xeful xgk5{eGg]hfgsf/L lbg vflnPsf]5 .

@= p2/o

o; kf7sf]cGTodf ljBfyl{¿ lgDglnlvt s/fx¿ ug{; lfd xg]5g\M

➤ la/fdl xbf :jf:Yo ;]jf lng .

➤ ;fdflos :jf:Yo;DaGwl sfodf ;xeful xg .

➤ :jf:Yo ;]jf lng / c¿nf0{klg ;xofu ug{.

#= lzlf0f ;fdul

c:ktfn, :jf:Yo s(l|cflbsf]lrq, :jf:Yo;DaGwl hfgsf/L lb0{tyf ln0/x}sf]lrq, :jf:Yo;DaGwl ;¹gf ePsf]kDKnⁿ cflb .

$= lzlf0fl;sf0 ljⁿofsnfk

➤ kf7¿k':tssf]klh g≑!@! df lb0Psf]lrq cjnf}g ug{nufpgxf] \ lrqsf af/]df b0{hgf lj BfyLnf0{j0fⁿug{nufpgxf] \

➤ lj BfyL¿nf0{tdlx¿ :jf:Yo s(ldf pkrf//sf nflu uPsf 5f}< k7g ug{xf] \ olb uPsf 5f}eg]lsg uPsf lyof}< Toxf"s$]eof]< eGg nufpgxf] \ lj BfyL¿af6 cfPsf s'/f af}Rdf l6kf}g ug{xf] \

➤ lj BfyL¿nf0{s$sf nflu :jf:Yo s(l|hfG5f}< k7g ug{xf] \

➤ :jf:Yo s(laf6 pknAw xg]]]fx¿sf];]]fx¿nf0{h{L agfpg nufpgxf] \ ;]fx¿nf0{la/fdl xg]Gbf cufl8 / la/fdl ePsf]a}hfdf lnⁿg];]f u/L b0{;}dkf ljefhg ug{xf] \

➤ kf7¿k':tssf]klh g≑!@! / !@@ df ePsf]lzlfs / lj Bfylsf] ;j}fb clego ug{nufpgxf] \

➤ lj BfyL¿nf0{:jf:Yo ;]f sxfsxfaf6 k$lt ug{[ul/G5 < ss;n];]f k$fg ub$ egl ;¶lgxf] \

➤ lj BfyL¿nf0{cf(gf]kl/jf/sf ;b:o jf l5d$l la/fdl ePdf s]u5{< k7g ug{xf] \

➤ kf7¿k':tssf]klh g≑!@@ df lb0Psf]ljⁿofsnfk g≑! u/fpgxf] \

%= dNofⁿsg

➤ kf7¿k':tssf]klh g≑!!@ sf]cEof; ! / @ ug{nufpgxf] \

^= yk ;$mfj

:jf:Yo;DaGwl kf]6/, kDkn¿ ;ⁿsng ug{xf] \/ sIffdf k¿zg ug{xf] \glhssf cleefjsx¿nf0{ afⁿnf0{lj BfyL¿nf0{To;af/]atfpg nufpgxf] \

wädkfg tyf nfukbfy{

kf7&ef/ M *

Psf0 kl/ro

wädkfgn]lj leGg lsl; dsf /f[|lx¿ nfUg] ub§ . o; sf sf/0faf6 lj Zj df 7'hf]; ªWofdf dflg; sf]d[o'
xg]u/$f]5 . o; Psf0df wädkfgsf]kl/ro / xflgsf]hfgsf/L lb0{o; k|t gsf/fTds b[i6sf0f
/fVg pTkl|t ug{vfl|hPsf]5 . k|t't Psf0df wädkfgsf|efjaf6 6f9f /xg, lj leGg lsl; dsf
/rgfTds tyf l; hgfTds sfo[|dx¿ u/L hgr|tgf k|nfpg cfjZos 1fg, ;lk kb|fg ug{vfl|hPsf]
5 . h:t}M ;8s gf6s, afnflofnL tyf leQ]kf]6/ agfpg] r|gfdls lzIff kb|fg ug{|cflb .

wädkfg

3G6L M #

kf7 kl/ro

wädkfg eGgfn]; 'tl|hGo kbfy{{¿, h:t}M tdfv', la8l, r'/f$, vg|l, ufhhf h:tf kbfy{{¿ wjf[sf]dfWod
tyf ;f[|lm}vfP/ jf r';]Y ;]g ug{hf0{hgfp5 . ; 'tl|df lgssf|6g, sfa&df$hf[f$; f08 h:tf kbfy{{¿
kf0G5g'h; n]d|lo'; DaGwL SofG; /, bd tyf bft; DaGwL lj leGg /f[|lx¿ l; hgf xG5g\ ue[tl dlxnfn]
wädkfg u/|ldf ue|lf /x$$f]aRrfnf0{; d|t c; / ub§ . To; |h]lo:tf]v/fa / g/dflf]afglaf6 6f9}a:g'
g}al4dfgl xg§5 .

!= p2|o

o; kf7sf]cGTodf lj Bfyl{¿ lgDglnlvt s'/fx¿ ug{; Ifd xg]5g\M

- wädkfgaf6 aRg]pkfo jOf|g ug{.

- wädkgk|t gsf/fTds ;f[/fVg .

- wädkglj ?4sf cleofgdf ; l/s xg .

@= lzIf0f ; fdu|l

c:ktfn, ;jf:Yo s|b|cflbsf]lrq, :jf:Yo; DaGwL hfgsf/L lb0{tyf ln0/x|sf]lrq, :jf:Yo; DaGwL
; |gf ePsf]kDKn|o cflb .

#= lzIf0fl;sf0 ljpofsnfk

- kf7ok':tssf]klh g=≠!@# df ePsf]lrq cjnf\$g ug{nufpgxf] \ b0{hgf lj Bfylhf0{lrq j0fg ug{nufpgxf] \

- lj Bfylk{¿nf0{ltdlx¿n]r'/ff tyf vgl s\$]lkPsf]blV\$f 5f]< klg ugxf] \ lj Bfylk{¿af6 cfPsf]pQ/nf0{;dfy wokfg / ;'tlhGo kbfy{koflh ug{tl/sfsf]hfgsf/l lbgxf] \

- wokfgaf6 s\$]aknf0bf xG5 < 5nkm ug{nufpgxf] \ cGTodf wokfgaf6 xg]xflgsf]hfgsf/l lbgxf] \

- lj Bfylk{¿nf0{ltdf]]kl/jf/ jf l5d\$df s;lh]wokfg ug{u/\$f]5 eg]s]u5f{< klg ugxf] \

- kf7ok':tssf]klh g=≠!@\$ df lb0Psf]ljpofsnfk g=≠! sf nflu gf/fx¿ agfpg nufpgxf] \ lj Bfno j/k/ wokfglj?4 ¥ofnl cfofhgf ugxf] \

- kf7ok':tssf]klh g=≠!!\$ df lb0Psf]ljpofsnfk g=≠@ df lb0Psf]h:tf]kjrg cfofhgf ugxf] \

- wokfg x6fpg s]ugk5{ ;'Pl agfpg nufpgxf] \

\$= dNofªsg

kf7ok':tssf]klh g=≠!@\$ sf]cEof; !, @ / # ug{nufpgxf] \

%= yk ;'emfj

:jf:Yo;DaGwL kf]6/, kDKnofªsng ugxf] V sIffdf klbzg ugxf] \glhssf cleefjsx¿nf0{ afhf0{nf0{lj Bfylk{¿nf0{To;af/]atfpg nufpgxf] \

dBkfg / nfukbfy{

cgdflgt 3G6L M %

kf7 kl/ro

dBkfg / nfukbfy{5%&f5%&}k$f/sf g;f nflg]kbfy{xg\. dBkfg eGgfn]hf8, /S;l, lao/, /d nufotsf kbfy{¿ ;]g ughf0{hgfp5 . o; nf0{dlb/fkfg klg elgG5 eg]nfukbfy{eGgfn] o:tf ljzf[f k$f/sf kbfy{¿ h;n]Ps b0{k6ssf];]gaf6 dflg;sf]dl:tisnf0{w/}c;/ kf/] ntsf]¿kdf kl/0ft ul/lbG5 . o; cGtu[ufhf, ef, wt/f] r/}z, lx/f0g, clkmd h:tf kbfy{¿ kb$g\. dBkfg / nfukbfy{bj}$f];]g dflg;sf nflu xflgsf/s xG5g\. To; dWo]klg nfukbfy{ Hofb}vt/gfs xG5 .

xfdf| ;fdflhs, ;f:s[ts kl/l:ylt tyf ;fylef0 / kfl/jfl/s k¢fj sf sf/0fn]o:tf g/fdf| afglx¿df km;g]u/$f]kf0G5 . o; k$f/sf kbfy{¿n]ljzfufu/l sn]hf] d6;; dl:tis / d(uf)hf h:tf clt ;j}gzln cʲux¿df c;/ kf//} csfnd}d[o$f]dVdf k¥of0lbg]xgfn]o:tf v/fa afglaf6 aRgkb$. ;fy}cfjZos hgr†gf / sfgbfl pkrf/af6 of]afglnf0{k0f{¿kdf kl|taGw;di nufpg' cfjZos 5 .

!= p2]o

o; kf7sf]cGTodf ljBfyl¿ lgDglnlvt s'fx¿ ug{; lfd xg]5gVil

➥ dBkfg / nfukbfyáf6 aRg]pkfo j0f0g ug{.

➥ dBkfg / nfukbfyk||t gsf/fTds ;fr /fVg .

➥ dBkfg / nfukbfyfj?4sf cleofgdf ;l/s xg .

@= lzlf0f ;fdu|

➥ c:ktfn, :jf:Yo s[lb|cflbsf]lrq, :jf:Yo;DaGwL hfgsf/l lb0{ tyf ln0/x$f]lrq, :jf:Yo;DaGwL ;†gf ePsf]kDKn% cflb .

#= lzlf0fl;sf0 ljwofsnfk

➥ kf7¸k:tssf]k|h g=!@^ df ePsf]lrq cjnf$g ug{nufpgxf]\ b0{hgf ljBfyl¿nf0{ lrq j0f0g ug{nufpgxf]\

➥ ljBfyl¿nf0{lrqdf b|jf0Ph:t}dBkfg ul/g]kbfy$f]gfd eGg nufpgxf]\ dBkfg / dlb/fsf]kl/ro lbgxf]\

- dBkfg ;]gaf6 kl/jf//;dfhdf NofPsf]ljs[tsf]36gf ;gfpgxf]\ ljBfyL{¿nfO{klg To:tf]36gf bl/\$f]jf;gf]sf]eP;gfpg nufpgxf]\

- dBkfgaf6 s\$]akmfObf xG5 < 5nkmn ug{nufpgXf]\ cGTodf wdkfgaf6 xg]xflg tyf nflUg]/flusf]hfgsf/L lbgXf]\.

- ljBfyL{¿nf0f{ltdf]kl/jf/ jf l5d\$df s;n]dBkfg ug[u/\$f]5 eg]s]u5f{< kl/g ug\{f]\

- kf7\ak!ts;f]kl[h g≠!@* df lb0Psf]ljdpfsnfk g≠! ug{nufpgXf]\ -tflnsf 3/df cleefjs;!u ;fjd! cl3Nnf]lbg e/]/ Nofpg nufpgXf]_

- nfukbfy\$f af/df hfgsf/L lbgXf]\.

- kf7\ak!ts;f]kl[h g≠!@* df lb0Psf]ljdpfsnfk g≠@ ug{nufpgXf]\

$= dNof`\sg

- kf7\ak!ts;f]kl[h g≠!@* sf]cEof; !, @ / # ug{nufpgXf]\

%= yk ;ecmfj

:jf:Yo;DaGwL kf]6/, kDKn\ ; `\sng ug[Xf]\ slffdf klz\$g ug[Xf]\ glhssf cleefjsx¿nf0f{ afhf0f0{lj BfyL{¿nf0f{To; af/]atfpg nufpgXf]\

zf/ll/s lzlff

d]f]lj 1fg, :jf:Yo tyf zf/ll/s lzIff, lzIfs lgb]{zsf, slff %

zf/ll/s lzlffsf cfwf/e"t ;lkx¿

Psf0 kl/ro **(Introduction to Sub Unit)**

ultzln cj:yfsf ;lkx¿ eGgfn]dflg;sf]blgs hlj gdf cfj Zos kg{zf/ll/s rfnsf ljmofsnfkx¿ eGg]alenG5 . dflg;sf zf/ll/s cªux¿ lj zi|fu/l xft, v6&f, 6fpsf]z/l/ cflbnfn0{cfj Zostfcg;f/ ;&flhg u/]" rnfpg ;Sg'/ rfncg;f/ g}cfÇgf cªux¿nf0{;'/llft tyf pkof|u ug{; Sg'ultzln cj:yfsf ;lkx¿ xg\ h:t}M lx8\bf;' bf8&g' kN6g' a:g' xfd kmfNg' 6fpsfn]6&g' s&g};fdfg kmfNg' cllnf]7fpdf r9&g' emg{cflb dflg;n]ug{zf/ll/s ljmofsnfksf pbfx/0f xg\

ultzln cj:yfsf ;lkx¿sf sf/0f dflg;sf]ljleGg ko{fnnx¿df ;sf/flTds c;/ k/l :jf:Yodf klg kl/jtg cfp5 / lj zi|fu/l d6&, kmf$;f]h:tf cªux¿ alnof]e0{;j :y / dha't xg d2t kU5 . ;j :y dflg; n]g}ult cj:yfsf ;lkx¿ pkoflu ug{; Sg]xG5g\ ;xl tl/sfaf6 u/$sf zf/ll/s ljmofsnfkx¿sf] kl/0ffd;j¿k lj Bfyl{x¿df zf/ll/s, ;fdflhs, dgf]j}flgs / ;+&uflTds klfsf]plrt ljsf; xG5 . o;/l ultzln cj:yfsf ;lkx¿nf0{ljBfyl{x¿df zf/ll/s ljmofsnfkx¿ kf//lDes r/0fbl\v g}nfu" ub$jcEof; ug{afgl a;fnof;f]h]hlj gfkoflu ;lkdf klg pNnfg&yglo kl|t xg]lglZrt 5 .

l:y/ cj:yfsf ;lkx¿ eGgfn]dflg;sf]blgs hlj gdf cfj Zos kg{zf/ll/s rfnsf ljmofsnfkx¿ eGg]alenG5 . dflg;sf zf/ll/s cªux¿ lj zi|fu/l u/l xft, v6&f, 6fpsf]z/l/ cflbnfn0{cfj Zostf cg;f/ ;&flhg u//| rnfpg ;Sg'/ rfncg;f/ g}cfÇgf cªux¿nf0{;'/llft tl/sfn]pkoflu ug{;Sg'l:y/ cj:yfsf ;lkx¿ xg\. h:t}M tfÇg] ws&lg] kmfNg] emfNg] tlGsg]cflb l:y/ cj:yfsf pbfx/0f xg\ dflg;sf]blgs hlj gdf ljleGg k&sf/sf ;d:ofx¿ cfOk5&g\tl ;d:ofx¿;& u ;lhn} h&flg ;Sg]jftfj/0f tof/ ug{l:y/ cj:yfsf ;lkx¿n]d2t ul//xg$sf xG5g\eGg] s&;f'f lzlfsn] ljBfyl{x¿nf0{af/Daf/ aflj u/fpgk5{. x/$s& zf/ll/s ljmofsnfksf]hljgkf|uofl ;lkx¿ xG5g\. To;nf0{cfj Zostf / kl/l:yltadf|Phd pkoflgdf Nofpg ;Sg]agfpg'g}lzlf0fsf];kmntf xf]eGg] s&ntf xf]eGg] s&$f'f lzlfsn]Wofg k&ofpgk5{.

!=! ultzln cj:yfsf ;lkx¿ **(Locomotory Skills)**

lx8&f0 **(Walking)**

!= kf7 kl/ro

;xl tl/sfn]lx8&bf z/l/sf ljleGg cªux¿df ;sf/fTds c;/ kg{hfnG5 . To;nh] lx8&f0 :jfefljs xgk5{&elgnG5 . lx8&f0n]dflg;sf]x/$s ;&/fdf k&efj kfb5 . vi|h hutdf lx8&f0 PYnli|&S;&tuf{tsf]Ps 0e&6 xf]. ultzln cj:yfsf ;lkx¿ l;&gsf nflu kf//lDes r/0fdf

lx8f0sf]k\phiofi\ xG5 . /fdf]u lx8\b hfg\dotf s\b}klg vfnsf ultzln lj\mbfsnfksf]cfwf/ /fdf]u agfpg lx8f0nf0{g}alnof]cfwf/ agfpgk5{. kl/0ffdtM lj Bfyl\Ssf]Jojxf/f\koofi\L ;lksf nflu lx8f0sf lj\mbfsnfkx¿df hf\B lbgk5{.

lx8f0 dflg;sf nflu cTofjZos zf/lI/s rfn xf]. lx8f0n]lglZrt uGtJodf kUg d2t k\foofp5 . hljgsf cgluGtl rfnx¿d\Wo]a9leGbf a9L ;do lx8f0df g}Joltt ug\kg{xbfn]; xl tl/sfsf]lx8f0sf]h?/t k5{. ;fwf/0ftofM lx8\bf ;?df s\S[f / To;kl5 la:tf/}k~hfsf] efun]6\$/ cufl8 a9\b]ul/G5 . v6\ofsf] rfncg';f/ xftnf0{klg :jfefljs tl/sfn] rnf0G5 . afof\v6\off cufl8 x\bf bfof\xft / bfof\v6\off cufl8 x\bf afof\xftnf0{cufl8 a9fpg] ul/G5 .

a\]ls lx8f0n]JolStsf]zf/ll/s cj:yfdf g/fdf]c;/ k\foofp5 . lsgeg]z/l/sf]zDk0f{ef/ v6\ofdf k/\$f]x\G5 . oxl s?fnf0{Wofgdf /fv\fi sllf % df sbddf ldn\]/ lx8\b]ljleGg cEof; x¿ lb0Psf 5g\

@= p2\mfo

- o; kf7sf]cGTodf lj Bfyl\bx¿ sbd ldnf0{lx8\b ;}Sg]5g\

#= lzIf0f ;fdu\mbx¿

- 8\od, 8f\]L, gf\mg]6k\m, r\b cyjf d\mbfgdf b\Jvg]lrx\bsf nflu k\phiofi\u ul/g]cGo ;fdfg cflb .

$= lzIf0fl;sf0 lj\mbfsnfk

- !) ldg\mfbsf]kf\V0Des efudf /f\ansnsf nflu k\aNsta4 ;fd\mb / kf7 kl/ro u/f0;s\kl5 lhp ttfpg]s; /tsf]\¿kdf :jt\Gq lx8f0 rf/}lbzfdf ug{nufpgXf]\

- @) ldg\mfbsf]d\Vo efudf ljmbfsnfk !, @ / # sf]cEof; sfo\mbf hf\B lbgXf]\

- cEof;sf sfo\mbcl3 xft / v6\ofsf]rfn ldnf0{@ jf # hgfsf]tftl / k\aNtdf ldn\/ ug\af/]llgbe\Gf;lxt k\bzg u/]/ b\Vfpg\Xf]\

- tftldf lx8\b]l\jhfdf 8\odsf]tfndf lx8\b nufpg]/ sbd ldnfP/ lx8\b ;fyl / lzIfssf] ;fydf klg cEof; u/fpgXf]\

- ;Dej eP 8\odsf]tfndf ;fdlxs dfr\fkf; ;dft u/fpgXf]\

- !) ldg\mfbsf]clGtd efudf cEof; u/\, x\Y / l;ssf]cEof; $ nf0{hf\B lb0{/f\anon u/\Y 5\mf&L lbgXf]\

%= dNofa\Sg

- kf7\ank':tsdf lb0Psf cEof;x¿ !, @ / # sf]cEof; sfo\mbf hf\B lbgXf]\

80   d\Yf]lj 1fg, ;jf:Yo tyf zf/ll/s lzIff, lzlfs lgb\]zsf, slff %

- @ jf # hgfsf]tftl / kªNt agf0{lx8}$f]jhf sbd ldn]gldn$f]cjnf$g ug{f] \

- 8dsf]tfn lbbf ;fçg'; f/ kbzg u/]gu/$f]cjnf$g ug{f] \

- uNtl tyf sdhf/l b]vPdf kf[];fxg lbb}JolStut jf ;fdlxs ¿kdf ;wfg{f] \

^= yk hfgsf/L

- vhsbcGtuf l56f]56f]lx8}/ tflsPsf]7fpdf rf8f]kllgsf]k|tofllnf0{l:6knr] elgG5 .

- #) ld6/sf]rf}/ pknAw gePdf sd b'/l kf/ ug{nufP/ lj leGg lsl;dsf]lx8f0sf]cEof; ug{; lsG5 .

3G6L M @

!= kf7 kl/ro

lx8f0sf]l56f]¿k g}bf8f0 xf]. uGtJodf rf8}kllgsf]nflu bf8g]ul/G5 . hljgdf cf0kg{ lj leGg lsl;dsf ; ªs6x]¿af6 aRgsf nflu bf8gkg{lxG5 . vhsf]dflloodaf6 bf8 kllt:kwf{f/]l; Sg] xf]/ cEof;; ub{hfg]xf]eg]lj Bfylx{¿nf0{hgfj / jf s;h]h]]nvoﾏbf, kfgl k/\$f]jhf]hfdf ?‰gaf6 aRg'kbf{tyf cGo o:t}; d:oaf6 hfl]ug'kbf{bf8 cfjZos 5 eGg]1fg / ;lknf0{hljgfkkofL ;lksf]¿kdf pkofL ug{; lsG5 . o; bf8f0cGtuf l/n]vhx¿ **(Realy Events)** bf8x¿Sf] lzlf0fsf af/]df hfgsf/L u/fpg vfllhPsf]5 .

3G6L M !

!= kf7 kl/ro

ultzln cj:yfsf ;lkx¿cGtuf kg{l/n]vhx¿ ;dXdf kg{cfﾏgf ;fylx¿sf alrdf sﾏg} ;fdfg Psn]csf{hf0{kf; lbP/ v}g]ePsfn]cfk;l ;dGjosf]lks ljsf;;f nflu cYoGt dx[jk0f{dflgPsf]5 . To; h]l/n]vhx¿sf]dflloodaf6 lj Bfylx¿df ;fdlhs efjgfsf]ljsf; ugf$f ;fy}cfk;l ;dembf/L, ;dGjo / ;fdlxs Pstf k}bzg]sf nflu o; kf7df hf8 lb0Psf]5 .

@= p2[o

- o; kf7sf]cGTodf lj Bfylx{¿ ;fwf/0f l/n]vhx¿, h:t}M hof6g l/n] an kf; cflb v]g ;Sg]5g\

#= lzIf0f ; fdul|x¿

- 8f]/L, gf[/g]6k, rg cyj f db[fgdf b]|vg]lrx}sf nflu k¢f[u ul/g]cCo ; fdfg, ; fgf anx¿, 7'hf]an, rᵃ\l, l; 7l, Aof6g cflb .

$= lzIf0fl; sf0 lj mpfsnfk

- !) ldgb̶sf] kf|/lDes efudf /f[hsnsf nflu kᵃ\Sta4 ¿kdf ; fdjh u/fpgXf] \. /f[hsnsf]dfl[odaf6 ; xeful lj Bfyl{; ᵃ\of kCf nufpgXf] V rf/ ; db̶ agf0{kfnkfnf] lglZrt b'/L bf[8)/ kf/ ug{nufpgXf] \ kf[/De u/̶$f]:yfgd}a;]/ lzIfsn]kbM ; ab̶hf0{ Psk̶6s bf[8b}kmsb̶g l; 7l nufpgXf] \.

- @) ldgb̶sf] dV0o efudf $ cfb̶f ; dXnf0{cnucnu tftldf pEofpgXf] \ lj mpfsnfk ug{l3 g}lzIfsn]lrx̶g nufpg]Joj :yf ldnfpgXf] \ kf[o$nf0{cfj Zos ; fdul| pknAw u/f0{j mdzM !, @ / # lj mpfsnfk u/fpgXf] \ lj mpfsnfk ! df vb̶$fn]an xfCb}; fylnf0{ kf; lbg]/ ; fyln]lgzfgf nufpg]l/n] lj mpfsnfk @ df xftdf ePsf]Aof6gnf0{bf[8}/ u0{ csf[[cfCgf]; fylnf0{kf; ug̶{Aof6g kf; l/n]/ lj mpfsnfk # df b0{vb̶&]bf[8, Ps vb̶&] bf[8 / rᵃ\ul Çof[Sg]l/n$f]cEof; nf0{kf7ok::tsdf lb0Pcg'; f/ cEof; u/fpgXf] \

- !) ldgb̶sf]clG6td efudf kf[]; fxgsf nflu cEof; u/ u//, x]/ / l; ssf]; Deflj t sfo̶$nfknf0{ kb̶zg u/̶]l b}/fpb̶}cCo sfo̶$nfksf]cEof; ug{hf[8 lbgXf] \.

%= dN̶ofᵃ\sg

- ; xl tl/sfn]vf[h sfo{; DkGg ugf[hf0{awf0{lbb̶}xf}nf] lbgXf] \

- unt cEof; tyf kl[lj mpfdf kbgaf[lbb̶}bfx̶hfofpg nufpgXf] \

^= yk hfgsf/L

- lj mpfsnfk ! df lgzfgf nufpg]lfb̶g k5fl8 ; do vbf[]/ hfgaf6 arfpg Ps hgf /lfs /fVgXf] \tfls lgzfgf nufPsf]anndf0{t?ot cfÇgf] ; vb̶df kbf[fpg ; sf] \

- Aof6g kf; l/n]df Aof6g kf; ; uf[lfbgnf0{; a}; vb̶df a/fa/ u/[l/x̶g/fVgXf] \

- lj mpfsnfk # df clG6td /Jvfaf6 Çof[Ss$f]rᵃ\ul ; vb̶cg'; f/ kmf[skmf[s /ᵃ\sf]agfpgXf] \ / !% ldf[kf/ gug̶[u/L kmflnPsf]; vb̶nf0{vha6 x6fpgXf] \ olb wf[h]!% ldf[kmfNg g; ss$f]cj :yfdf kf7ok::tsdf p|Nnlvt pSt b'/Lnf0{36fP/ vhfpgXf] \

| kf7 # | | cj /flv bf8 **(Hurdle Race)** |

!= kf7 kl/ro

kl|t:kwf[ds bf8cGtu{ cj/flv bf8 klg Ps k$f/ xf]. o; k$f/sf]bf8df wfjsn]cf(gf] af6fdf /fv$f sg}cj/flv kf/ u/]/ hfgkg[xG5 . lj Bfyl{¿n]bf8sf ;fy}af6fdf /flvPsf lj leGg lsl;dsf tuf/fx¿ ;kmntfk]'s kf/ ub]{cufl8 hfg ;Sg'egsf]hlj gdf cf0kg[x/$;d:ofx¿;'u h%0b}cl3 a9y'; /x xf]. lj Bfyl{¿df o; lsl;dsf]hlj gfkofl ;lksf]wf/0ff lbb} cfjZos ;lksf]cEof; ;d} u/fpg]nIosf ;fy o; ljof]fsnfk y/ly/lsf cj/flv bf8x¿sf] cEof; l; sf0g'pkoSt xG5 .

@= p2]o

o; kf7sf]cGTodf lj Bfyl{¿ lgDglnlvt sfo{ug{; Ifd x0g]5gVI

- lj Bfyl{¿ gf£g]l/n]vh vNg .
- lj Bfyl{¿ af6fdf /fv$f cj/flv 5Ng / tfn ldnf0{bf8y]/ eflng .

#= lzlf0f ;fdult x¿

- 8f]l, cj/flvsf]¿kdf rf$ gkfg[s$b}j:t! lj Bfyl{cfkmg}cflb .

$= lzlf0fl;sf0 lj pfsnfk

- !) ldgf6sf]kf{/lDes efudf /fhjdsf nfl'u ka'{Nsta4 ;fdh / kf7 kl/ro u/f0f;s$kl5 lhp ttfpg]s;/tsf]¿kdf hf8l nvkf0 vh vfhfpgxf]\

- @) ldgf6sf]dVo efudf lj Bfyl{;xeflutf xl'l ;dX ljefhg ugfxf]\

- ;dX;dXdf tftl agfP/ cufl8 cj/flv bf8sf]cEof; u/fpgxf]\

- tftldf cufl8 kg[b0{hgf lj Bfylnf0{xft ;df0{cj/flv l; hgf ug{nuf0{k5fl8sf lj Bfyl{¿n]kfnkfnf]pglx¿sf]cj/flvnf0{kf/ ub[hfg nufpgxf]\ cufl8 kg[; ahf0{ ;fxkladflhnd cj/flv agfpb}Ps rSs/ k%f'f ug{lgbb[zg lbgxf]\

- bf]jf]] r/0fdf o:t}cj/flv bf8 cufl8 kg[Ps lj Bfylnf0{ 3flK6sf] kg{nufP/ cEof; u/fpgxf]\

- ;Dej eP nfdf]pknf0f k$f/sf]cj/flv bf8 klg bf8fpgxf]\

- !) ldgf6sf]clGtd efudf lglZrt ;aNofsf];dX agfP/ l/n]bf8sf]tl/sfn]kl|t:kwf{ u/fpgxf]\

%= dNofasg

- lj Bfyl{¿n]ldlxgtkf{]s vhdf l;Sg vfhh$sf]tyf gvfhh$sf]cjnf$g ug{.
- pkmg cK7df/f]]dfGg] pkmg g;Sg] rf8}yfSg] hyfefjl vNg]h:tf lj Bfyl{¿sf]clenV /fNg]/ cfjZostfcg';f/ ;r} u/fpg].

^= yk hfgsf/L

- cj/flv bf8df rf$k6s nfUg];Defjgf a9l ePsfn]lzlfsn]lj Bfylx¿nf0{xfl; of/ x$g ;dod};r} u/fpgk5{.
- kl|t:kwf{sf]bf8df cj/flvsf]¿kdf kfgl, vfN8f]] af// cflbsf]k$f|l ug{ul/G5 .

d/f]lj1fg, :jf:Yo tyf zf/l/l/s lzlff, lzlfs lgb[lzsf, sIff % 83

| kf7 $ | ÇofŠf0 **(Throwing)** |

!= kf7 kl/ro

ultzln cj:yfsf ;lkx¿df ÇofŠf0 klg Ps dxŒjk0f{;lk xf]. of];lknf0{lj Bfyl{¿sf]blgs hljgdf ;xh tl/sfn]kÙdf Nofpg rfÞk6s gnfUg]vfnsf ;fgf anx¿sf]Joj:yf u/l cEof;df nufpg' pkoSt xgÌ5 . ÇofŠf0;DaGwl ljljw 1fg lb0{ÇofŠg] tl/sfx¿sf af/Údf atfpgxf]V ;/llft cEof;sf pkfox¿ ckgf0{ljÛoffsnfkdf nfUg klÞt ugÙf]\

@= p2ÌZo

➤ o; kf7sf]cGTodf lj Bfyl{¿ an jf sÜ}j:thf0{b/ldf kmfNg ;Sg]5g\

#= lzlf0f ;fdu|lx¿

➤ 8f¥l, gfÜg]6l, rŠg cyjf dŒfgdf bÜvg]lrxÖgsf nflu kÞfl ul/g]cGo ;fdfg, ;fgf anx¿, 7hf]an, rªull cflb .

$= lzlf0fl;sf0 ljÖofsnfk

➤ !) ldgÚfsf]kf/lŒes efudf /fÞhsnsf nflu kaÞ§Sta4 ;fdÚh u/fpgxf]\ ljÖofsnfkx¿sf] ugÌgÞÇofŠf0 kljÖdf cyfÌ\ug[tl/sfaf/]kÜzÞg u/Ì bÛfpgxf]\ tftl bf§kl5 ufÞhf] sliff ;ªÚl7g agf0{sflÑ 3dfpg] ;fyl af§g] k'; ck ugÛleQf 3rÝhg nufpg]cflb sfoÚnfk u/fpgxf]\.

➤ ljÖofsnfk ! nf0{@) ldgÚfsf]dÖo efudf lj Bfyl{;xeflutf xÖl ;dÜ ljefhgsf cfwf/ agfpgxf]V ! 3G6lsf nflu rªÙl jf an xfÞg]vÖhsf]cEof; u/fpgxf]\ ;aÜnf0{kfnf] kmÝg[df¥f lbgxf]\

➤ o;u/l ljÖofsnfk @ nf0{bf}f]l]3G6ldf cEof; u/fpgxf]\. o; cEof;df klg lzlfsn]kÞzÞg u/Ì klxnf bÛfpgxf]\To; kl5 lj Bfyl{¿nf0{tftldf /fv[kfnÜkfn]af:sÙdf an knfNg kfÞl;fxg ug[Ù;fxg ugÛf]\ 3G6L # df 3Ýfdf a;l uxÚean kfnNg]ljÖofsnfk # u/fpgxf]\ ;6k6sf]lgodaf/]atfpgxf]V lj Bfyl{¿nf0{g}gfÞg]sfd u/fpgxf]\ kmnfdsl];6sf] ;6Üfdf uxÝÝansf]¿kdf ljÖxÝ an kÞfl ugÙf]\

➤ !) ldgÚfsf]clGtd efudf kfÙ;fxgsf nflu cEof; u//,x)Y/l; ssf];Deflj t sfoÚnfknf0{kÞzÞg u/Ù bÝfpb}cGo sfoÚnfksf]cEof; ug{hf§ lbgxf]\

%= dNofaªYg

➤ ;kÞn / pTs[6 vÞh kÞzÞg ugÌlj Bfyl$sf]gfd nÚL clenY /fÝgxf]\

➤ yk ;Öf/sf nflu cEof;df hf§ lb0{cjnf§g ugÙf]\

^= yk hfgsf/L

➤ jfdÛlksf];dodf cEof;sf]u/,x)Y / l; snf0{pkofÙl ug{klg ;lsG5 .

| kf7 % | pkmf0 **(Jumping)** |

!= kf7 kl/ro

ultzln cj:yfsf ;lkx¿df pkmf0 klg Ps dx[jk0f{;lk xf]. of];lknf0{lj Bfyl{¿sf]b]gs hljgdf ;xh / ;/n agfpg kf/lDes pd/)b]\v g}cEof;df nufpgkg[x}G5 . To;]h]lzlfsn] ljBfyl{¿sf]zf/ll/s sfo§nfkdf lx8f0f, bf8f0f h:t}pkmf0nf0{klg ;lkdh]s agfpg To; ;DaGwL 1fg lbg{sf ;fy}ljleGg lsl;dsf pkmf0sf tl/sfx¿sf af/df atfpgk5{/ ;/lIft cEof;sf pkfox¿ ckgf0{ljmofsnfkdf nfUg kl]/t ug[k5{.

@= p27o

➤ o; kf7sf]cGTodf ljBfyl{¿ ;fwf/0f tl/sfn]xf0hDk / nªhDk ug{;Sg]5g\

#= lzlf0f ;fdul]x¿

➤ 8f]l, gfKg]6[l, rg cyjf dblfgdf b]\vg]lrxg\sf nflu kbfll ul/g]cGo ;fdfg, 6$sckm maf8§{ xf0hDk af/ / :6blfG8 cflb .

$= lzlf0fl;sf0 ljmofsnfk

➤ !) ldg[bsf]kf/Des efudf /fjhsnsf nflu kaNSta4 ;fdh u/fpgxf]\v slffdf ug[kg{ ljmofsnfkx¿sf]klljmof cyft\ug[tl/sf jf kb$zg ul/;klk5 lhp ttfpg]s;/tsf] ¿kdf :jtGq bf8f0f, rf/ lbzfdf cfkm'v';l bf8g]cflb u/fpgxf]\v rf6bk6s gnfUg]gxg] lsl;dn] v[lg]7fpsf]Joj:yfkg ug[kf]\v. cfkmnhf0{5gaf76 arfpg jf lglZrt 7fpdf kUgsf nflu pglx¿ k6sk6s pkmg]ldNg]u/L Joj:yfkg ug[kf]\v

➤ @) ldg[bsf]dVo efudf ljBfyl{;xefultf x/l ;dv ljefhgsf cfwf/df tftldf /fvl rjnlo kl]zlf0f tl/sf ckgf0{ljmofsnfkdf ;xefu xg hf0§ lbgx]\v cyft\kf7]lb:tsdf ePsf ljmofsnfkx¿ !, @, # / $ nf0{;a\sf]kxl{df cEof; sfo[u/fpgx]\v cEof; jmddf ljBfyl{¿sf] ljmof ;xflutf cflbsf]clen]sn]sf nflu alr -s$lb] df a;/]/ cjnf§g klg ug[x]\v

➤ ljmofsnfk ! / # nf0{cfwf/e't ;lksf ¿kdf kf0lDes r/0fdf pkofu u/L ! 3G6L ldnfpgx]\v]g]sfo§snfk @ nf0{Ps / $ nf0{Ps u/L @ 3G6L ldnfpgx]\v

➤ !) ldg[bsf]clGtd efud kf]l;fxgsf nflu cEof; u/,x]/ / l;;sf];Deflt sfo§nfknf0{ klljz u/l] blyfpb}cGo cfo§nfksf]cEof; ug{hf0§ lbgx]\v

%= dNof0sg

➤ ;kml / pTs[6 ljBfyl{sf]gfd ndl clen]v /fVgx]\v

➤ c;kmltfdf x/lz gvf0{k6sk6s pxl cfo§nfk blxl0lofpg nufpgx]\v]t/ /fl]rstfsf] nflu ljljwtf ykg]s;/fdf Vofn u/fpgx]\v

^= yk hfgsf/L

➤ cfo§nfksf];]dodf kml]k ePsf ljBfyl{¿nf0{klg ;xfuu agfP/ ljmofsnfkdf yk ;xflutf u/fpgx]\v

!=@ l:y/ cj :yfsf ; Lkx¿ **(Non Locomotory Skills)**

kf7&ef/ M \$

| kf7 ! | af/df ełlG8g]vh **(Hanging Events)**

3G6L M @

!= kf7 kl/ro

ljleGg lsl;dsf af/x¿df ełlG8P/ /xg ; Sg];lksf nflu cEof; ug{hf8 lb0Psf]xgfn] lzIfsn]lj Bfyl{¿nf0{pkoSt To:tf ljnofsnfkx¿ 5gf6 u/l vhfpgkb5 .

@= p2]o

➤ o; kf7sf]cGTodf lj Bfyl{¿ af/df ełlG8P/ ljleGg tl/sfn]dlRrg / ełlG8g ; Sg]5g\

#= lzIf0f ; fdullx¿

➤ l; 7l, ljleGg lsl;dsf ełlG8g pkoSt af/x¿ cflb .

\$= lzIf0fl; sf0 ljnofsnfk

➤ !) ldg&sf]kf/l/ IDes efudf /fhsnsf nflu kªlSta4 ;fdh u/fpgXf]\/ /fhsn ugXf]\. o; sf]nuQ}tf'tldf bf8fpgXf]\. pknAw 7fp"x\7l #-\$ rSs/ nuf0; kl5 ufhfsf/ slff ; ªl7g agf0{:Sjfo6 y|6, k'; ck, ;fyl af\$\7 bf8g]bf8 cflbnf0{kfnkfnf] vhfpgXf]\

➤ @) ldg&sf]dVo efudf pknAw af/ ; ªNofsf cfwf/df ljBfyl{¿nf0{xf]; of//kJ]\$ af/df ełlG8g nufpgXf]\ lglZrt ;dokl5 af/ kl/jt@; ug{nufpgXf]\V o:t}u/l cGo ljBfyl{¿nf0{klg ełlG8g]sfodf kff]; fxg ugXf]\. af/sf]prf0 cUnf]ePdf ełlG8g g;Sg]ljBfyl{¿sf nflu Ps hgf ;xofuL a:g nufpgXf]\jf lzIfs cfknf}klg ; hu xgXf]\. ;?df ełlG8g]sfoodfq u/fpgXf]\t/ csf{kfnfdf lrg ck u/fpgXf]\To:t} u/l csf{kfnfdf z/l/nf0{af/dfly nfg] / af/nf0{lj :tf/}} z/l/n] 3Dg] sfo{ u/fpgXf]\.

➤ !) ldgsf]clGtd efudf kf]; fxgsf nflu cEof; u/, x\7 / l; ssf];Defj t sfof§nfknf]{ kl]zg u/]\ b\vfpb}cGo sfof§nfksf]cEof; ug{hf8 lbgXf]\\.

%= dNof^asg

- ; xl tl/sfn]vh sfo{; DkGg ughnf0{gdgf blyfpg nufpgXf]\

- hyfefjl ug[/ c¿nf0{cj/flV ug[lj Bfyl{¿dfly s8f lgu/fgl /fVgXf]\

^= yk hfgsf/L

- af/df emG8g]sfo{sl7g ePsfn]3f0t]xg];Defjgf xG5 . lzIfs rgfvf]e0{;/Iffsf lj leGg pkfox¿ ckgfpg cN5l gugXf]\

---

kf7 @   8f]/Ldf r9g]vh **(Climbing Events)**

3G6L M !

!= kf7 kl/ro

lj leGg lsl; dsf 8f]lx¿df r9g]; lksf nflu cEof; ug{hf8 lb0Psf]xgfn]lzIfsn]lj Bfyl{¿nf0{ pkoSt To:tf ljpfsnfkx¿ 5gf] u/l vhfpgkb5 . 8f]lsf];xfotfn]cUnf]7fp"r9g] / rf8f 7fp" jf/kf// ug{; lsG5 . lzIfsn]lj Bfyl{¿nf0{ 8f]L r9g] vhsf] pkofl]utfaf//]atfpb} pglx¿nf0{cEof; df nufpg' pkoSt xG5 .

@= p2Jo

- o; kf7sf]cGTodf lj Bfyl{¿ 8f]/Ldf r9g]]/ emglsfo{ug{; Sg]5g\

#= lzIf0f ; fdull]x¿

- l; 7L, r9g pkoSt 8f]lx¿ cflb .

$= lzIf0fl; sf0 ljpfsnfk

- !) ldgf]sf]kf/IDes efudf /fhsnsf nflu k^alSta4 ;fdh u/fpgXf]\/ /fhsn ugXf]\. o; sf]]nuQ}tftldf bf8fpgXf]\. pknAw 7fp"x]/l #-$ rSs/ nuf0;sl5 ufhhfsf// sIff ; ^au7g agf0{:Sjfo6 y/6, k';ck, ;fyl af$L/ bf8g]bf8 cflbnf0{ kfnkfnf]vhfpgXf]\.

- @) ldgf]sf]dVo efudf pknAw 8f]lsf]; ^alofsf cfwf/df lj Bfyl{¿nf0{xfl; of/kJ[S 8f]ldf r9g nufpgXf]\. lglZrt ;dokl5 8f]laf6 emg{nufpgXf]\/ o:t}u/l cGo lj Bfyl{¿nf0{klg r9g]sfodf kf]]; fxg ugXf]\;?df gf0ng 8f]l kofl ugXf]\ gf0ng 8f]l lrknf]e0{r9g ufxf] xgfn]uf77f]agfP/ r9g]cEof;; ugfgl klg xg ; S5 eGg s'/fdf lzIfsn]Wofg lbgXf]\lzIfs jf r9g;Sg]lj Byln]gdgf klbzg u/l]blyfpg geNgXf]\lj Bfyl{¿nf0{

kfn|kfnf]lj :tf/}cEof; ug{df}sf lbgXf] \.

➤ !) ldg{b}sf]clG\td efudf kf¶];fxgsf nflu cEof; u/,\x]\ / l; ssf ;Defljt sfo{snfknf{{kb|z§g u//] b}\fpb}cGo sfo{snfksf]cEof; ug{hf§8 lbgXf] \. kbM /fnsn ub}{566>l lbgXf] \.

%= dNof@a\sg

➤ ; xL tl/sfn]vF} sfo{; DkGg ug}hf{0{gdbf bo\fpg nufpgXf] \.

➤ r9§]; lk 5÷5§g cjnf§sg u/L ;\wf/ ug{Xf] \.

^= yk hfgsf/L

➤ 8f/}ldf emG8g@]sfo{sl7g eaPsfn]3f0t]xg] ;Defjgf xG5 . lzlfs rgfvf{]e0{; /Iffsf ljleGg pkfoax¿ ckgfpg cN5l gug{Xf] \.

kfhdf r9g]/ emg{vh (Climbing on Pole Events)

3G6L M !

!= kf7 kl/ro

sg}cUnf]7fpdf r9gsf nflu r9g];lksf]ljsf; ug{h?/L xG5 . lj Bfno:t/sf sÖfsØlx¿nf0{ kfhdf r9g]/ emg{;lkaf/]l; sf0/fvdf eljiodf kg{Sg]ljleGg lsl;dsf eljtJo 36gfx¿ / cfkmhf0{cfjZos kg{sfddf ;d} ;xh tl/sfn]sfo{; DkGg ug{d2t ldNb5 . To;hb]o; kf7df lzlfsn]kfhdf r9g]/ emg{;lksf nflu lj BfyLx¿nf0{cEof; u/fpg hf§8 lb0Psf]5 .

@= p2Üo

➤ o; kf7sf]cGTodf lj BfyLx¿ kfhdf r9g]/ emg{sfo{ug{;Sg]5g\

#= lzlf0f ;fdulIx¿

➤ l; 7L, r9g pkoSt kfhx¿ cflb .

$= lzlf0fl;sf0 ljwfsfnfk

➤ !) ldg{b}sf]kf/lDes efudf /fhsnsf nflu kaNta4 ;fdh u/fpgXf] \/ /fhsn ugXf] \. o;hb]nuQ}tf'tldf bf§fpgXf] \. pknAw 7fp"xÖl #-$ rSs/ nuf0;kIl5 ufhfsf/ slff ; aN7g agf0{:Sjo6 y;6, k'; ck, ;fyl afs$y bf§g]bf§ cflbnf0{kfn|kfnf] vhfpgXf] \.

➤ @) ldg{b}sf]dVo efudf pknAw kfhsf];aNofsf cfwf/df lj BfyLx¿nf0{xfl}; of/kj'l§ kfhdf r9g nufpgXf] \. lglZrt ;dokl5 kfhaf6 emg{nufpgXf] \/ o:t}u/L cfGo lj BfyLx¿nf0{klg r9g]sfodf kf§];fxg ugXf] \. lzlfs jf r9g ; Sg]lj BfyLn]gdgf

kbzg u/? bVfpg geNgXf]\ lj BfyL{¿nf0{kfnkfnf]lj:tf/}cEof; ug{df$sf lbgXf]\

- !) ldg\]sf]clGtd efudf kf[; fxgsf nflu cEof; u/,x?/ / l;ssf];Deflj t sfo§nfknf0{ kbzg u/? bVfpb}cGo sfo§nfksf]cEof; ug{hf\B lbgXf]\ kgM /f$ssn ub]56&L lbgXf]\

%= dNofªsg

- ;xl tl/sfn]vh sfo{;DkGg ug}hf0{gdgf bVfpg nufpgXf]\

- r9g]lk 5÷5g cjnf$sg u/L ;Wf/ ug{Xf]\

^= yk hfgsf/L

- kfh r9gsf nflu pkoSt olgkmdsf]Joj:yf u/fpgXf]\

- kfh r9g;g;Sg]lj BfyL{¿sf nflu Ps-Ps hgf yk ;xofUl ;fylsf]Joj:yf u/fpgXf]\

☐ Psf0 b0{ sjfh tyf zf/ll/s Jofofd **(Drill & Physical Training)**

kf7&ef/ M (

Psf0 kl/ro

o; Psf0df sjfh / zf/ll/s JofofdcGtu{tsf ljljw sfo$nfkx¿sf]cEof; ug$f nflu hf$ lb0Psf]5 . lj Bfyl{hljgdf ;fdlxs g$[jsf]efjgf hufpg s$}; df/f}df ;fdlxs kz ug{ z/l/nf0{zf/ll/s ¿kdf klltnf]lg/full agfpg o; Psf0sf]dx[j ePsfn]lzlfsn]; f}l efjgfcg'; f/ kll/t e0{lj Bfyl{¿df cg'zfl; t, st{olgi7 / st{o afl\v u/fpg]sfo$nfkdf hf$ lbgk5{.

!=l sjfh **(Drill)**

☐ kf7 ! uf$f rfn **(Mark Time)** / 6f$L c8 **(Halt)**

3G6l M @

!= kf7 kl/ro

uf$f rfn sfo{df afof"v6&f / bfof"v6&f ;dfg ¿kn]p7fpg]ul/G5 . ;{?df bfof"v6&fnf0{ ;lwf agf0{afof" v6&f prfNg] / To;kl5 afof" v6&fnf0{;lwf agf0{bfof" v6&f p7fpg] ul/G5 . o;sf]tfn ldnfpg !, @ sf]uGtl jf 8&l ahfpbf ;lhnf]xG5 . lzlfsn]o; sfo$sf] cEof; u/fpbf uf$f rfn jf 6f$L c8nf0{klg ;'{u'u}nfngfgk5{.

@= p2&o

▸ o; kf7sf]cGTodf lj Bfyl{¿ sjfhcGtu{ uf$frfn sfo{/ uf$f c8 jf 6f$L c8 ug{ ;Sg$5g\

#= lzlf0f ;fdu|ix¿

▸ 8&l, lrxn nufpg]s$};fdg cflb .

$= lzlf0fl; sf0 lj6fofnfk

▸ !) ldgj6sf]kf7/l0Des efudf /f$hj0ndsf nflu kªlStta4 ;fdh u/fpgxf] \ lj Bfyl{¿sf] ;xeflutfcg'; f/ # tfl5 / # kªlStdf pEofpgxf] \. /f$hj0ndkl5 Ps}tftldf bf$ u/fpgxf] \. ljleGg lsl; dsf km/sdm/s bf$ u/f0; kl5 uf$nf] 3]/f /fvl z/l/

tGsfpg] lj obfsnfkx¿, h:t}M uf8f, 3'8f, sDd/, sfw / 6fpsfnf0{ljz]f Wofg
lbgXf] \ jfdċk sfo{;lsgf;fy kbM klxn$f]slff ; aw7g agfpgXf] \/ dVo efudf
kj]z ug{Xf] \

➤ @) ldgb$sf]dVo efudf ; wh;f]grn, ; ts{ uf8fkmf6 h:tf sfoṟ¿ u/f0{cGTodf uf8f
rfnsf]cfb]z lbgXf] \ sXl lf0fdf 6fjhl c8 jf uf8f c8sf]cfb]z lbgXf] \ o; alṟdf
uf8f rfn sfo{ldn}gldn$f]cj nf$g ugXf] \; aWof w/]ePdf sXl pTs[6 lj Bfyl{¿ nf0{
5gf$ u/l 6fjhl g]tf agfpgXf] \/ !, @ uGtlsf] tfndf jf 8ṡf] tfndf uf8f rfn$f]
k/llf0f u/fpgXf] \

➤ !) ldgb$sf]clGtd efudf kf[; fxgsf nflu cEof; u/,x]/ / l; ssf]; Deflj t sfo{nfknf0{
kbzg u/]/ bVfpb}cGo sfo{nfkksf]cEof; ug{hf8 lbgXf] \ ofefudf cGo /fṟs vh
klg vhfpg ; lsg]5 .

%= dNof'$g

➤ uf8f rfn$f]jf grfn$f]tyf 7ls eP gePsf]cj nf0{ u/l ; Wfg{nufpgXf] \

➤ ; xl uf8f rfNgX¿sf]dfq Ps 56&}; dX agfpgXf] \/ gdgf ; dX aGg kl/t ugXf] \

^= yk hfgsf/L

➤ cfb$z lbg]sfofdf kfoM ; a}lj BfyLnf0{kfnf]lbgXf] \

➤ uf8f c8 sfofdf / uf8f rfn sfo{bj }cEof; u/fpgljhfdf cfjfh cfpgu/f]u!-@ jf rṡf]
Ps b0$f]uGtl uGg nufpgXf] \

kf7 @ |56f]lx8 **(Quiick March)**

3G6L M @

!= kf7 kl/ro

kªNt / tftldf ldnf0Psf]sIff ; ªN7gnf0{;fdlxs ¿kdf cufl8 lx8fpg]sfo{g}|56f]lx8 xf]. o; sfo(f kªNt jf tftldf a;$f ; Dk0f{lj Bfyl{¿ sf]rfn Ps}xbkg[ePsfn]6fhL g]tfsf] cfb}znf0{cg'zfl; t ¿kdf kfngf u/fpg lzlfs ;ljp xbk5{eg]6fhL g]tfx¿ klg ; hu xbk5{. 6fhL g]tf xb$f]cfjfh cfb}zflds xbk5{eg]afhL klg :ki6 xbk5{.

@= p2{o

  ➥ o; kf7sf]cGTodf lj Bfyl{¿ |56f]lx8 sfo{ug{;Sg]5g\

#= lzlf0f ;fdulx¿

  ➥ 8(d, lrxg\ nufpg]sg};fdfg cflb .

$= lzlf0fl; sf0 lj pfsnfk

  ➥ !) ldg$sf]kf/llDes efudf /f}nsnsf nflu kªNta4 ;fdf u/fpgxf]\ lj Bfyl{¿sf] ;xeflutfcg';f/ # tftl / # kªNtdf pEofpgxf]\. /f}snkl5 Ps}tftldf bf8 u/fpgxf]\. ljleGg lsl;dsf km/skm/s bf8 u/f; skl5 ufh\hf] 3}fdf /fvl z/l/ tGsfpg lj pfsnfkx¿ h:t}M uf8f, 38f, sDd/, sfw / 6fpsfnf0{lj zlf Wofg lbgxf]\ jfd(k sfo{;sf;f;fy kgM klxn$sf]sIff ; ªN7g agfpgxf]\ √ dVo efudf kjl z ug$f]\

  ➥ @) ldg$sf]dVo efudf ;wl;f]grn, ;ts{ uf8fkm6 h:tf sfo¿ u/f0{cGTodf uf8f{cGTodf uf8fronsf]cfb} lbgxf]\. skl lf0fdf 6fhL c8 jf uf8f c8sf]cfb} lbgxf]\. k6sk6ssf]cEof;;kl5 dfq |56f]lx8sf]cfb} lbg nufpgxf]\ |56f]lx8 sfodf !, @ uGtlsf] tfndf jf 8(dsf] tfndf uf8f ldnfpg nufpgxf]\. uf8f / xftsf] rfn ldn$gldn$]cjnaf{g ug$f]\ ;?;?df sd b'/df lx8df;fy uf8f rfNg nufpgxf]\ √ c8sf]cfb} lbgxf]\ lj :tf//}|56f]lx8sf]b'l a9fpb}cEof; u/fpgxf]\

  ➥ !) ldg$sf]clGtd efudf kf]; fxgsf/ nflu cEof; u/f/ x/ / l; ssf]; Deflj t sfo$nfknf0{ kbz u/} bljfpb}cGo sfo$nfksf]cEof; ug{hf8 lbgxf]\ of]efudf cGo /f}rs vh klg vhfpg ;lsg]5 .

%= dNofªsg

  ➥ |56f]lx8$sf]7ls eP÷gePsf]cjnaf{g u/ ;Wfg{nufpgxf]\.

  ➥ ;xl tl/sfn]lx8g$j¿sf]dfq Ps 56b};dX agfpgxf]\ √ gdbf ;dX aGg kl/t ug$f]\.

^= yk hfgsf/L

➥ |56f]lx8 sfodf xftsf]n&n sf/w;Dd xgkg[s'/f]s'/f/fdf vhfpg ;lsg]s'/f]s'/f/fdf vhfpg ;lsg]s'/f / l; ssf]; Deflj t sfo$nfknf0{ kbz u/} bljfpb}cGo sfo$nfksf]cEof; ug{hf8 lbgxf]\

➥ uf8f rfn, |56f]lx8 / uf8f c8 sfo{;a}df cEof; u/fpg]jf hfdbf cfjfh cfpg'u/ !–@ jf r$ Ps b0$f]uGtL uGg nufpgxf]\

kf7 ! zf/ll/s Jofofd **(Physical Training)**

3G6L M %

!= kf7 kl/ro

zf/ll/s Jofofd 5f{s/ldf lk6L xf]. z/l/sf]bj}efudf cyf{\bfof"/ afof"bj]}t/ c;/ kg{ u/L Jofofd ug{g}zf/ll/s Jofofd xf]. kfoMh;f]b}gs hljgdf ul/g]sfdsf/jfxlx¿ bfof"jf afofdWo]sg}Ps efudf dfq Psfjf/f] tl/sfn]c;/ kg{xgfn]zf/ll/s Jofofd xb}g . t/ zf/ll/s lzIffdf z/l/sf]Jofofd ug{kg{kfljwfg /x}sfn]lzIfsn]lj Bfyl¿ nf0{o; ; DaGwL 1fg lbgk5{/ ult jf afhfsf]tfndf df; u}dsf]¿kdf vjhfpgk5{. lj Bfnosf]jflifs pT;j of cGo o:t}; ef ; df/fjdf ; aUltsf]tfndf df; u}d kb}zg ubf{lgs}kefjsf/L xg]s/fnf0{Wofgdf /fVb} o; kf7sf]lzIf0f l; sf0 ugk5{.

@= p2{o

o; kf7sf]cGTodf lj Bfyl¿ lgDglnlvt sfo{ug{; Ifd xg}5gVM

➤ ; dXdf Ps¿ktf ldnf0{s; /t ug{.

➤ ult tyf tfnsf]wgdf s; /t ug{.

#= lzIf0f ; fdu|Lx¿

➤ kf7ok':ts÷8d÷6Rk6÷Sof; d Knf}/÷zf/ll/s Jofofdsf]; aUlta4 rSsf jf l; 8l÷lrxg /fVg];fdg, h:t}M rg cflb .

$= lzIf0fl; sf0 ljlwofsnfk

➤ !) ldgb;f]kf//lDes efudf /fhsnsf nflu kaRSta4 ; fdh u/f0{kf7 kl/ro u/L lhp ttfpg]s; /tsf¿kdf :jtGq nvjbf0 jf hfBL nvjbf0 vh vhfpgxf]\

➤ @) ldgb;f]dVo efudf # tftl /# kaRStdf ; fdh u/fpg]/ afhf jf lk6L Sof; b÷l; 8lsf] ult tfndf lk6L g=÷! bYv !# ; Ddsf]sfo{sf0{ug{nufpgxf]\ tfn gldndjf alralrdf lgb}zg lbb}; Rofpg nufpgxf]\ wj]}hgfn]uNtl sfo{kbjz u/}df Sof; b Knb/ jf Dolhs aGb ug{xf]\/ kgM; ?bYv bf}kf]ofpg nufpgxf]\ ultsf]tfndf lk6L ubf{lzIfs cfkmh]klxnf kbjz u/L]/ l9nf]jf rf8f{sf]tfn ldnfpb}kbjz u/L]/ bYvfpgxf]\

- !) ldg6sf]clGtd efudf uf8f rfn, 6ffhl c8, bfof"kms{/ afof"kms{sfo{u/f0{lk6l g=sf]sfo{DaGwl kZgf0/ ug{xf] \

%= dNof^a&sg

- ;ljm ;xeflutf hgfPsf]jf ghgfPsf]af/]clenY tof/ ug{xf] \

- k6zg ;xl tl/sfn]u/]jf gu/$sf]cjnf$sg ug{xf] \

- uNtl sdhf%l b]vPdf JolStut jf ;fdlxs ¿kn]kf];fxg lbb};Wfg{xf] \

- k6zg bf6xf^7ofPsf]cj:yfdf Jofofd ug[tl/sf;DaGwl kZgf0/ ug{xf] \

- afhfsf]tfndf sfo{ldn]jf gldn$sf]cjnf$sg u/l ;Wfg&sf nflu kf%];fxg lbgxf] \

- ;xl tl/sfn]k6zg ug6¿sf]6ffhl 5%&}agf0{gdgf 6ffhl u7g u/l k6zg u/fpgxf] \

^= yk hfgsf/L

- lk6l sfo{dfq lg/Gt/ gu/f0{cf/fd:j$k alralrdf cGo /df0nf]sfo{ug{nufpgxf] \

- df; u$d ePsfn]af$sf]Ps¿ktfsf nflu lgs}ldlxg6 ug6g$xG5, o;sf nflu w$6ug6afgl a;fNgxf] \

- ljBfno:t/sf]kf76Vk:tsdf lb0Psf zf/l/s Jofofdsf]lk6l ljmfsnfk g=lgDgadf5hd 5 eGg]x$sf /fVgxf] \M

  ➔ lk6l ljmfsnfk g=! z/l/ tGsfpg]Jofofd

  ➔ lk6l ljmfsnfk g=@ xft / v%6sfsf]Jofofd

  ➔ lk6l ljmfsnfk g=# sdsf]Jofofd

  ➔ lk6l ljmfsnfk g=$ 5ftl tGsfpg]Jofofd

  ➔ lk6l ljmfsnfk g=% xft / sDd/sf]Jofofd

  ➔ lk6l ljmfsnfk g=^ 9f8 / sDd/sf]Jofofd

  ➔ lk6l ljmfsnfk g=& s%sRrfbl]vsf]Jofofd

  ➔ lk6l ljmfsnfk g=* tlGsg]Jofofd

  ➔ lk6l ljmfsnfk g=(efns% ug{Jofofd

  ➔ lk6l ljmfsnfk g=!) z/l/ 3dfpg]Jofofd

  ➔ lk6l ljmfsnfk g=!! lhp nRsfpg]Jofofd

  ➔ lk6l ljmfsnfk g=!@ Zjf;k¿jf; / z/l/sf]Jofofd

  ➔ lk6l ljmfsnfk g=!@ Zjf;k¿jf; / lhp lr:ofpg]Jofofd .

; fwf/0f tyf :yfglo v]hx¿

Psf0 kl/ro

o; Psf0df lj Bfyl{¿nf0{cfwf/e't v]hsf ¿kdf ; fwf/0f v]hx¿ / :yfglo v]hx¿sf af/]df hfgsf/l lb0{pglx¿sf]zf/lL/s, dfgl; s, ; fdflhs / ;j+lufTds kIfsf]ljsf; df hf8 lb0G5 . o; sf ; fy}; fwf/0f v]hn]kd\V v]hx¿ l; Sg d2t ub[eg]:yfglo v]hx¿n]cfÇgf]:yfglo :t/df pknAw v]hx¿kl+t kl/lrt xg]/ ltglx¿nf0{hudf{{ug{d2t ldN5 . To; h]lzlfsx¿sf]; ljmotf, nugzlntf / 0dfgbfl/tfnf0{Wofgdf /fVg]xf]eg]lj Bfyl{¿sf]afl4s tyf /rgfTds kl+tef jl[4 ug[sf ; fy}pglx¿df :j:y kl+tofljutfTds efjgfsf] ljsf;df cjZo ; l/s u/fpg ; lsG5 . ; fwf/0f v]hx¿ kf[ol /df0f]df tyf ; fdlxs tl/sfn] vl+g] v]hx¿ xg\. Psflt/ /df0n]xg]csf[t/ zf/ll/s lj mofsnfk xg]ePsf]xbf ; fwf/0f v]hn]lj Bfyl{¿sf]; j+lufTds, ; fdflhs, dfgl; s tyf zf/ll/s kIfsf]ljsf; u/fpg d2t u5{ gkifn ef+ulns lj lj wtf tyf axhflt / axefiflc lb2 ePsf]xbf bl+sf sg+fsf{rfdf lj leGg lsl; dsf k/Dk/fut v]hx¿ tyf :yfglo v]hx¿ v]lg]u/sf] t/ sltko v]hx¿ la:tf/}nfk[xb}u0/x$f 5g\ ltgsf]plrt lj sf; / ; /Alf0fsf nflu afnaflnsfx¿nf0{To:tf v]hkl+t ?lr huf0{lt gaf/]cfjjkos 1fg / cEof; u/fpg'lgtfGt cfjZos 5 . wglfjf/f xfÇg' 5h]f] xfÇg' s:tl v]g'¿ 3f*f r9g' t/af/ rnfpg' /y tfÇg; v6 af$ng; £jf0f'sf f nSs'9fNng; u6&f v]hg; 8G8llaof] tj]hsf; f, rf]/klln; , lsªan, sa8&l cflb gkf+fsf k/Dk/fut tyf :yfglo v]hx¿ xg\ lj leGg kf7x¿nf0{; xh ¿kdf cWofkg ug{; lsg]u/L esG8f]vh / ; Gthg sfof]sf]kf7of+hgf gdgf;d] tn k:t'ul/Psf]5 .

; fwf/0f v]hx¿ -:j tGq ; x/, dfeml bf0, ; ªofdf xf]f_

!= kf7 kl/ro

-s_ :j tGq ; x/

; dXdf v]hg]Hofb}/df0nf]vh ':j tGq ; x/' Ps ; fwf/0f v]h xf]. lj zIf u/ 7 bf$g]/ nvf{g]ljmofsnfk ePsf]xbf o; vhaf6 zf/ll/s cEof;sf ; fy}lhp ttfpg d2t ldN5 . rnfslkg / ; fdflhs efjgf lj sf;sf nflu o; v]hnf0{yk dxÇj lbg ; lsG5 .
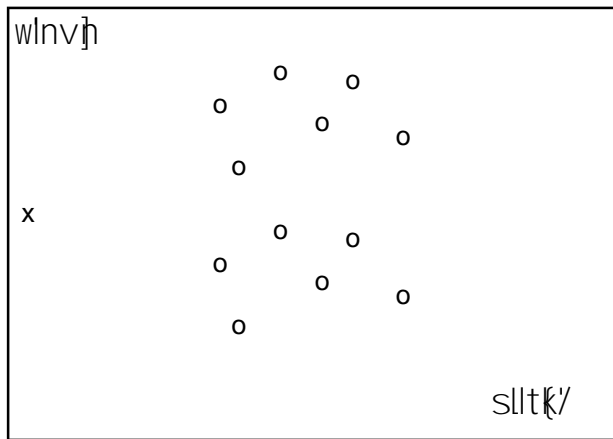
- vjhfpg]tl/sf vjh dbfgsf]pknAwtfnf0{Vofn u/l lj Bfyl\$sf]; ªVof agfpgXf] \

- vjh dbfgdf 7fpsf]Vofn u/l cf/fd ug{[:jtGq ;x/ b0{jf b0{Gbf a9L tf\$gXf] V lrxg /fVgXf] \ lj Bfyl{¿nf0{vjh vNgcl3 kj'hfgsf/l lbgXf] \

- lj Bfyl{¿dWo]Ps hgfnf0{nvbY]gtf agfpgXf] \

- afsL ;a}lj Bfylhnf0{dbfgsf]lglZrt 3jfleq 5l/P/ a:g nufpgXf] \tfls nvbY]gtfn]nvbf 5Ng ;lsof] V yfssf]jhf tfsPsf]cyft{\lzlfsn]afhsf]:jtGq ;x/df uP/ cf/fd ug{;lsof] \ ;x/sf]gfd ;xdltsf cfwf/df /fVg ;lsG5 .

- o;ksf/ lglZrt ;do;Dd vjh vjhf0 /df0nf]u/fpgXf] \t/ b36gf xg];Defjgfnf0{ eg]Psbd Wofg lbgXf] \

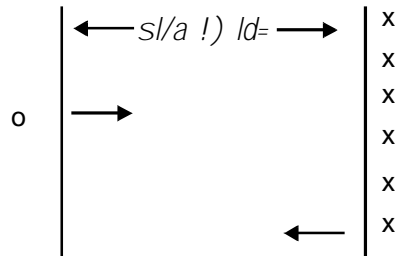h:t}M vjh dbfg

x = nvbY]gtf

o = efUg]vjhf8L

-v_dfenbf0

of]vjh klg cToGt /df0nf];fdlxs vjh xf]. dblk0f{jftff{{ub}nvbY}5Nb}efUbf pRr:t/lo dgf7/~hg kfIkt ug\$sf ;fy}lj Bfyl{¿df aflhg]zjnL, ;fdflhs efjgf, kllt:kwf{;d:of ;dwfg lj lw cflbaf/]; rjt xg]dfsf ldN5 . dfenbf0sf];Nnfxxadflhhd kfl/k6Nb a:g]lj Bfyl{¿n] xfpefpsf ;fy lsgf/f kf// ubf{;d:of;u h%b}cufl8 a9ykgjlePaf6 rgfvfkjgsf]klg ljsf; xG5 .

vhfpg] tl/Sf (Method of Playing)

- lj Bfnodf pknAw 7fpsf]Vofn ug{xf]\.

- sl/a !) ld6/ hltsf]b/ldf cfdGg]fdGg]a:g]u/l /Yf sfg{xf]\.

- alrsf]vfnl 7fpnf0{vfhf ;Demgxf]\.

- ;xeful lj Bfyl{¿dWo]Ps hgfnf0{dfem bf0 agfpg nufpgxf]\.

- cGonf0{jfl/ j f kfl/ /fvl ;jfbaf6 vh ;? ug{nufpgxf]\.

- ;jfbdf o:tf k{gf0/ ug{nufpgxf]\jf cGo o:t}ldNg]k{gf0/ u/fpgxf]\.h:t}M

    k{g M dfen bf0 dfenbf0 kfgl slt ulx/f f]5 <

    pQ/ M kfgl wf}}5g .

    k{g M To;f]f]eP vfhf tg{; lsG5 t <

    pQ/ M tg{; lsG5 .

    k{g M ca xfdl s;/l cfp"t <

    pQ/ M dfen bf0n]xfpefp u/l 'o;/l cfpm eG5 .

- vfhf tg{jfnodf tghh]hyfefjl eflug kfplhg eg]dfenbf0n]klg kms{5g gkfpg]lgod atfpgk5{.

- vh Pj dk\$kf/n]rfn'xG5 . dfenbf0lt/ ;a] of a9lb}hfG5, cGTodf afsl ePsf]Ps hgf lj Bfyl{gof"dfen eP/ vh kgM ;? xG5 .

    h:t}M lrqdf

-u_ ;a] ofdf xfp

of]vh klg ;fdlxs ¿kn]bf8/ vNg]/df0nf]vh xf]. lglZrt 7fpdf jf tf[sPsf]7fpdf lgb}g adf[hd ;fylx¿sf];a] of agfP/ vlng]ePsfn];fdfhs klfsf]ljsf;;f ;fy}zf/ll/s / ;j[ufTds klfsf]d} lj sf; xg]df$sf o; vhdf 5 . of]vh lzlfs jf ;-rfnssf]lgb}g adf[hd hlt c"s eGgxG5, Toltsf];a] of eP/ a:gg]xG5 .

vhfpg] tl/sf

- dbfgdf lj Bfyl{sf] ; ªNofcg'; f/ 3}f agfpgxf] \tfls lj Bfyl{¿ nf0{ bf8}/ ;f] 7fpdf lglZrt ; ªNofdf ehf ug{; lsof] \

- vh ;? ug{ahfdf ; ahf f0{3}feGbf k/ /fVgxf] \

- 7hf] :j/n]:ki6; u cªs aflgxf] \.

- Pj dk{sf/n]vh rfn'xb}hfG5 . ; dXdf /xg jf ldNg g; Sg]lj Bfyl{¿ x6b}hfG5g V afsl lj Bfyl{¿ nf0{ dfq kglM vhfpgk5{. o; k{sf/ vh ;~rfnsn] afsl ; ªNof x}l slt hgfnf0{vhaf6 x6fpg ; S5 . ;f] cfwf/df cªs aflgb}hfgk5{.

- cªscg'; f/ ; dX agfpbf cfk; df xft ; dfpgkg{lgod atfpgxf] \

@= p2fo

o; kf7sf]cGTodf lj Bfyl{¿ lgDglnlvt sfo{ug{; lfd xg]5gV

- ; fwf/0f vhsf]kl/ro lbg .

- :jtGq ; x/, dfeml bf0, ; ªNofdf xfp vh vflg .

#= lzlf0f ; fdu|lx¿

r}gf jf cGo lrxg nufpg] ; fdfgx¿, gf{g]6k, 8fl/L, l; 9L cflb .

$= lzlf0fl; sf0 lj|ofsnfk

- !) ldgbf]sf] kf{//lDbes efudf /fh;nsf nflu tftl jf kªNfta4df /fVgxf] \. vhaf/] ; fdfGo kl/ro lb0{lgodx¿ atfpgxf] V lhp ttfpg] sfo{j¿k uffhfdf xNsf bf8g nufpgxf] \ 6fpsfbf}V v6&f; Dd lj leGg tGsfpg]/ vDRofpg]sfof{¿ u/fpgxf] V dVo efusf nflu tof/ xb ; rgf lbgxf] \

- @) ldgbf]dVo efudf kfnkfnf]vh cEof; ; f nflu lgbfcg ug{xf] V ;/Iffsf pkfo tyf l; sf0 pknlAwsf b[i6sf]0fn]cjnfgdf Wofg lbgxf] \.

  - !) ldgbf]clGtd efudf dNofa©g u/fpgxf] V cjnfgdf bVf, dx;; u/{ ljljw s}f/x¿af/]hfgsf/L u/f0{l; sf0 klj|ofdf yk 6}f lbgxf] \.

%= dNofab©g

cgZfl; t / ; xL tl/sfn]vNg]lj Bfyl{¿ nf0{:ofaf; l lbgxf] \. vhdf ?lr gb}fpg]lglijb xgh:tf lj Bfylnf0{vNg yk clekJ{t ug{xf] \.

^= yk hfgsf/L

tlgcf{f ; fwf/0f vhx¿ nf0{kfnkfnf] tlgcf{f Ps}sIffdf jf b0b0cf{f jf PsPscf{fsf b/n]cWofkg ug{; lsG5 . cfçgf]cgShtf xVl vhx¿sf]Joj :yfkg u/l vhfpgxf] \.

!= kf7 kl/ro

:yfglo ¿kdf :yfglo lgodnf0{cfwf/ dfg}/ v|hg]v|hnf0{:yfglo v|h elgG5 . ol v|hx¿sf gfd Pp6}eP klg 7fp"cg'; f/sf lgod / v|Ng]tl/sfx¿ a|Jnfa|Jn}xG5g\ t; y{ol ljifoj :tx¿ :yfglo kf7\bj|jn}dcg'; f/ v|hfpgkg{JxG5 . oxf"s\l :yfglo v|hx¿ lbOPsf 5g\

@= p2{o

o; kf7sf]cGTodf lj Bfyl{x¿ lgDglnlvt sfo{ug{; lfd xg]5g\M

- :yfglo v|hsf]kl/ro lbg .

- lgb|zgljgf g}:yfglo v|hx¿ cfkm|v|Ng / v|hfpg .

- nSs'9fn / 8G8Llaof]v|h cEof; ug{.

-S_ nSs'9fNg]

of]v|h Pp6f ; fgf]ann]xfg/ v|hg] ; fdlXs v|h xf]. nSs' eGgfn] ; -; fgf clgoldt cfsf/sf/ 9af|fx¿ xg\ hg v|h j|iddf Ps kIfn]9fNg]kf{; u5{eg]csf{{kIfn]p7fpg] kf{; u5{. bj }};dXdf a/fa/ ; a|Wofdf v|hf8lx¿ /xl lgzfgf nufpg] ; dfpg] 5Ng] annf0{lxsf{0g] anaf6 5Ng]cflb ljljw lsl;dsf ; lkx¿ ckgfP/ nSs'9fNg] v|hnG5 .

nSs'9fNg] v|hfpg] tl/sf

- lj Bfyl{x¿nf0{a/fa/ ; a|Wofdf b0{; dXdf ljefhg ug|kf{]\

- nSs'9fNgnf0{lglZrt b'/L agf0lbgXf]\tfls v|h ; ? ug{nSs'9fNg]kIf / 78a|fpg]kIf 56a|fpg ; lsof]\

- nSs'9fNg]kIf / 78a|fpg]kIf 56a|fpg kfnkfnf]bj}; dXsf v|hf8lx¿nf0{; ?df 78a|f0Psf]nSs'9fNg lgzfgf nufpg lbgXf]\

- lgzfgf nufpg]cyf{\nSs'9fNg ; Sg]kIfnf0{sb kIf aGg]5gfb ug{nufpgXf]\

- ; dosf cfwf/df v|hfpgXf]\ lglZrt ; do;Dddf klg nSs'78g eg]sb}klg caf |S glbgXf]\jf hltcbf{f nSs'78of]; aNofsf cfwf/df caf |S kb|fg ug|Xf]V cGTodf xf/Lht 56a|fpgXf]\.

-v_ 8G8Llaof]

gkfnsf]lj leGg eëfudf klxnßÌlv vÌhnÓ}cfPsf]of]vÌh 8G8L / laof]b0{; fdfgsf]; xfotfn] 9ßfs nuf0{vÌÌg]vÌh xf]. nfdf] n7XÌl, ; fgf]n7XÌl / laof]h; sf]nDaf0 jÌÌdzM $% ; Ìçd / !% ; Ìçd hlt sfod ul/Psf]5 .

8G8LlJof]vÌhfpg]tl/sf

- lglZrt l; dfgf tf§gXf] \

- lj Bfylç¿nf0{b0{; dXÌdf lj efhg ugçXf] \

- cf–cfÇgf]:yfgcg'; f/ lgod kmÌs xÌg]ePsfn]rngrNtlcg'; f/ cªss kfÌt ugÌtl/sf ckgf0{ljh}tf / pkljh}tf 5ßßfpgXf] \

- hÌg}tl/sfsf]vÌh ljlw ckgfP tfklg b3ßgf xÌn];Defjgfnf0{Wofg lbgXf] \

- cGo :yfglo vÌhx¿ klxrfg u/l cEof; u/fpg kÌçTg ugÌXf] \

8G8Llaof]ßsf]Pp6f kÌ}lnt ljlw

- 6; ugÌXf] \kll/ / ljklf 5ßßfpgXf] \

- laof]xÌÌofpg]; dXÌ / ; dfpg]; dXÌ gfdfªsßg ugÌXf] \

- laof]xÌÌof0; sßÌl5 laof] hÌdgdf v:gÌcl3 ; dfPdf laof]xÌÌofpg]vÌhf8L aflxÌl/G5 / csfÌfÌ vÌhf8ln]xfßßofpgk5{. laof] hÌdgdf v; ßßf]cj:yfdf cj ;yfdf ; f] 7fpÌàf6 ; dfpg]; dXÌsf]Ps vÌhf8ln]laof]xÌÌofPsf]7fp;Ì laof]3/df /flvPsf]8G8lnf0{lgzfgf nufpgk5{. lgzfgf nfuÌdf laof]xÌÌofpg]kfnf]; dfÌt xßßsf ; fy}; f] vÌhf8l aflxÌl/G5 cGoyf Tof]vÌhf8ln] laoßhf0{ 8G8ln] lxsfnÌÌf/ pkmÌgçff / 9ßfs nufpßßlaof] 3/af6 6f9f kßßofpg] sflÌf; ; ul/G5 . 9ßfs nufpg c; kmn ePsf]7fpÌàf6 cªss u0gf ; ? xßG5 . Ps 9ßfs a/fa/ Ps cªss u0ff 8G8Lsf]nDaf0 gfk tyf b0{9ßfs a/fa/ kÌÌf nDafOsf]bfÉÌa/ cªss PjdÌXÌtf/n]n]cªss kfÌtfÌt hfßÌÌ8G5 .

- lglZrt vÌhf8L of ; dosf cfwf/df laof]xÌÌofpg]kfnf]lbgXf] \V ljh}tf tyf pkljh}tf 5ßßf0{vÌÌh ; dfÌt ugÌXf] \

#= lzIf0f ; fdulÌÌx¿

- nSs; 8G8L / laof] rßÌg jf lÌxßÌn /fVg]; fdfgx¿ cflb .

$= lzlf0fl;sf0 ljmpfsnfk

- !) ldgpsf]kf/lDes efudf /fjhsn ub{kf7af/]hfgsf/l u/fpgXf] V ljleGg lsl;dsf bf8x¿af6 z/l/ ttfpg]sfox¿ u/fpgXf] \

- @) ldgpsf]dVo efudf nSs'9fn / 8G8llaof$sf nflu ;lk l;sfpgXf] \;fy}o;u/l cGo yk vfnx¿ ;ª^sng ug{nufpgXf] V cEof; ug{kf];flxt tNofpgXf] \

- !) ldgpsf]clGtd efudf vjhsf cfwf/df dVofª^sg ugxf] V cfjZos ;wf/ ub{gof" tl/sf, /0fgllt lbgXf] \hp lr:ofpg]ljmpfsnfksf cGo stg}klg pkfox¿ kpfl& ugXf] \

%= dVofª^sg

vjhsf]cjnf$gsf cfwf/df sdhf/L kOf nuf0{;lRrg]df$sf klbfg ugK5{. ;lRrgsf nflu yk kf[;fxg;lxt lzlfs ;ljmp xgXf] \ ;Dej eP ;fgf[tgf]k/:sf/sf]Joj:yf ugXf] \

^= yk hfgsf/L

:yfglo vjhsf nflu kf7bef/ a9l 56bf0Psfn] :yfglo kf7bfznf0{klg o;Kdf hf8Y lzlf0f ljmpfsnfk ;~rfng u/fpgXf] \

l; hgfTds vhx¿

kf7bef/ M ^

Psf0 kl/ro

o; Psf0df ljBfyLx¿sf]l;hgfnf0{vhsf dflNodaf6 k¦tt ug![/ ltglx¿sf]kl|tef ljsf; ug{ sfonf0{hf8 lb0Psf]5 . kf|ylds :t/sf ljBfyLsf]pd]/cg'; f/sf]?lr l; hgfTds sfox¿, h:t}M syfgs vhx¿ / clegofTds vhx¿df slGbt xg]xgfn]k¦km6gsf]df$sf lbgfn]dgf]/-hgsf ; fy} zf/ll/s, dfgl; s, ; fdflhs tyf ; ju|uafTds kIfsf]ljsf; x05 .

syf ; ª Sng, syfgs vh clg clego / ljleGg hgfj/vx¿sf]ljnpfsnfk h:t}M lx8f0f0, cfjfh cflbsf]cg's/0f cflbh:tf ljnpfsnfkn]pglx¿sf]hljgdf cf0kgI{ ; juqlsf klfx¿nf0{; fdflhs klf ; fdfGols/0f ug{Sg] u0fsf]ljsf; xg hf05 / kl/0ffdtM :j:y hljg latfpg ; Ifd x05 .

syfgs vh

3G6L M $

kf7 zLif§

:ofn / cªk/ syfsf cfwf/df clego ug{vh

!= kf7 kl/ro

o; vhsf]syfdf :ofnnf0{; ljn kfqsf]¿kdf lrq0f ug{kg{|b]VG5 eg]cªk/nf0{lglijnb kfqsf]¿klt ug{kg{|b]VG5 . :ofn xg]kfqn]efSsfPsf] vfgfsf]vfhldf lx8\g'k/sf]sf]/cªk/ bYy/ dVv k/sf]clg cªk/ kfKtsf nflu w]}k6s pkmb|l6kg kof; u/sf]xgk5{. cGttM sjn gnfuy lg/f; eP/ cfÇgf]af6f]df nfu\sf]h:tf ljljw ljnpfsnfkx¿sf]clego ug{k5{eg]cªk/sf]kfqdf dfq cªk/sf]enklf nxnfkP/ a; h:tf]clego ug{kg{|xG5 .

o; kkf/ syfdfkmt\ljBfyLx¿n]Psflt/ clego ug{df$sf kfp5g\eg]csfft/ syfsf]!fg; dl kfpg]xG5g\. hg sfof]afnafflnsfsf]zf/ll/s, ; fdflhs / afO4s kIfsf]ljsf;df 6lf klofp5 .

l;*/ v/fof]syfsf]clego ug{vh

o; vhsf]syfdf b0{kfq l;*/ v/fofhf0{dVo eldsdf /fVgkg{xG5 . l;*sf]eldsf / v/fof$f]eldsf syfcg';f/ sg}s:tf]vfnsf]/ sg cj:yfdf k|tt ug{eGg]hfgsf/L ePdf syfgs tl/sfn]vh vllbf /df0nf]xG5 . h:t}Ml;* ef$fPsf] thf0{vfG5'egL uh$f] v/fof] ;'u;'u}lx8Y/ 0gf/leq x/$f] cfjmd0f u/$f]clg 0gf/leq kfgldf 8a/ d/$f]cflb syfsf cfwf//df lgefpgkg{eldsfx¿sf ;'fy}v/fofh]rnfvln]ubf{u/$f]clegosf]k|tlt, 0gf/df bVfpg nu$f]l;* uhb}0gf/leq xfdkmNbf jf d[o'xbf v';ln]pkmasf cflb clegox¿ o; vhsf]syfdf k|tt ug{kg5 . o; vhn]syfgs eldsf ;'fy}aflds klsf]k[7kfjmf0fnf0{a9L dx|Ej lbPsf]5 .

@= p2rto
 ➤ o; kf7sf]cGTodf lj Bfyl{f¿ syfgs vhx¿ :ofn / cⁿloV/ tyf l;*/ v/fof]nufot cGo o:t}vhx¿ vllg / vhfpg ;rg]5g\

#= lzlf0f ;fdullx¿
 ➤ sfuh jf /a/sf df:sx¿ ;'Dej eP syfcg';f/sf d~r ;hfj6sf ;fdfgx¿ cflb .

$= lzlf0fl;sf0 ljmbfsnfk
 ➤ !) ldgj0sf]kf{/lIDes efudf /fhfsn u/fpgvf]V kf7af/]klr/ro lb0{tfnl ahfpg] v6|af ahfg[flhp xNnfpgh:tf ljlj w lhp ttfpg]s;/tx¿ u/fpgxf]\
 ➤ @) ldgj0sf]dVo efudf ljmbfsnfk ! / @ nf0{cEof; u/fpgxf]\. cfjZos 7fpdf ;Rofpgsf nflfu ;emj lbgxf]\
 ➤ !) ldgj0sf]clGtd efudf dNofⁿsg :jrk of]jf Tof]sg}syfsf]; fgf]efunf0{clego ug{nufpgxf]\of cfkmnhf0{yfxf ePsf]jf dg nfu$f]sg}Pp6f eldsfdf clego ug{nufpgxf]\V ;ajf$f]kfnf];lsPkl5 ltt/lat/ u/fpgxf]\.

%= dNofⁿsg
 ➤ clego u/$f]x/$f ljmbfsnfknf0{clenl/ /fVgxf]\;Dej ePdf k';'s:tf uglxf]\

^= yk hfgsf/L
 ➤ afnafln sf]sf]clenljf cfwf/df pTssf]6 clegonf0{5gfjm u/L lj Bfnodf xlg]pT;j sfo{klddf ;xefuL u/fpg ;slG5 .
 ➤ o;jL/L ;jmfb tof/ u/L lj leGg snfsf/x¿sf]hgfj/x¿sf]cfjfh tyf lx8f0f0sf]gOssn ug{nuf0{syfgs vhsf]cEof; u/fpg.

cg'S/0ffTds vjhx¿ -xf" sf]lx8f0, uu6$f]lx8f0, Eofu't}-xfQLsf]lx8f0_

3G6L M $

!= kf7 kl/ro

o; kf7cGtu{ lj leGg lsl;dsf hgfj/x¿ sf] lx8f0nf0{ cg's/0f u/l vNg] vjhx¿ cg'S/0ffTds vjhdf k5g\ xf" sf]lx8f0, uu6$f]lx8f0, Eofu't$f]lx8f0 / xfQLsf]lx8f0nf0{ lj Bfyl{¿n]gSsn u/l zf/ll/s tyf dfgl;s sfo{u/}df ltglx¿df ;f{cg'; f/sf zf/ll/s tyf dfgl;c s kfsf]lj sf; xg d2t ldN5 . To;h]lzlf0f sfo$nfkdf kf7df plNnlvt lj jofsfsnf0{ jndzM cEof; u/fpgkg{IxG5 .

-S_ xf" sf]lx8f0

of]lx8f0df h;/l xf" lx85 To; sf]cg'S/0f ug{nuf0G5 . xf" n]lx8g]ljhfdf kR5/ xNnfpg] ePsfn] lj Bfylk¿ sf] bj }xftnf0{ 9f8 k5fl8 /fVg nuf0{ hf8g nufpg] / lx8f0; u}ajhfahfdf To;u/l xft xNnfpg nufPdf xf" sf]lx8f0sf]cg'S/0ffTds xG5 . h'g ; dX sf]af tftl jf k^Stdf ubf{/df0f]xG5 .

-v_ uu6fsf]lx8f0

uu6f]h:t}V?? lx8g'uu6f lx8f0 xf]. 6jn$s a:g nuf0{km6fkm6 lx8$df jf nDs]/ lx8$df uu6f]lx8f0sf]cg'S/0fds lx8f0 xG5 . of]sfo$nfk klg ; dX df tftl jf k^Stdf ubf{ /df0f]xG5 .

-u_ Eofu't fsf]lx8f0

Eofu't f]lx8f0df pk^g]sfo{xG5 . To; h]of]sfo$nfkdf lj Bfylk¿ nf0{sDd/df xft /fVg nuf0{bj }v6&f0{u)/fv}/ cfkmh] ; s$sf]hlt pk^g]sfo{ug{nuf0G5 .

-3_ xfQLsf]lx8f0

o; sfo$nfkdf xfQLsf]h:t}; 9 agfpg nufpgk5{ . ; 9sf]sfo$sf nflu afof" xftsf]rf}/cfhfn]gfssf xNsf ; df0{bfof" xftnf0{afof" xftdflyaf6 nqfpgk5{/ la:tf/}nDsf0{lx8$gk5{.

@= p2/o

- o; kf7sf]cGTodf lj Bfylk¿ cg'S/0fffTds vjhx¿, h:t}M xf" sf]lx8f0, uu6$f]lx8f0, Eofu't$f]lx8f0 / xfQLsf]lx8f0 cflb vNg / vjhfpg ; Sg]5g\

*dj/f]lj 1fg, ;jf:Yo tyf zf/ll/s lzIff, lzIfs lgbj[Zsf, sIff %

\#= IzIf0f ; fdu‖x¿

rऍgf jf cGo Irxऄy /fVg]; fdu‖, l; 7l cflb .

$= IzIf0fl; sf0 ljम्bfsnfk

- !) Idgऄsf]kf‖/IDes efudf /fहsn u/fpgXf] V kf7af/]kl/ro Ib0{nvऄऄ]sऄ}Ps vह
  vहnf0{Ihp ttfpgXf] \

- @) Idgऄsf]dVo efudf ljम्bfsnfkx¿nf0{kfnkfnf]cEof; u/fpgXf] \ cEof; u/fpbf
  sIff ; ªN7g, tftl jf kªI`tdf /fvl Jojl:yt agfpgXf] \

- !) Idgऄsf]clGtd efudf IzIfsn] tfऄऄf]sऄ}Ps cgऄs/0ffTds vह kॅzg ug{
  nufpgXf] \. /df0nfऄf nflu cGonf0{tfndf tfnl ahfpg nufpgXf] \/ lgodfg'; f/
  Itt/lat/ u/fpgXf] \

%= dGof^ऄsg

- ljIeGg Isl; dsf Ix8f0x¿ cjnfऄsg ug{Xf] \

- JolStut clenऍ knf/fddf sfoऄnfk ug{Xf] \.

^= yk hfgsf/L

sfoऄnfk u/fpbf cGo yk ljम्bfsnfkx¿ ug{[; Defjgf 5 eg]lj Bfyl{k¿nf0{k‖knऄg ug{ldfऄf
Ibgx]f] \

Psf0 kfr M

kf7 !

esf8f] vf)x¿
ansf cfwf/et ;.lk

kf7¿ðef/ M !%

3ñ6L M &

p2}o M o; kf7sf]cf:Todf lj Bfy¿ ;.fwf/0f tl/sfn]an vfð vf\flg ; lfd xg]5gM

; do	kf7sf]]j¿k	lj lfoj :t'	lzl|f0fl ;sf0 lj¿fsnfk	lzl|f0fl j lw	slff ; ª1g	lzl|a0f ; fdul	dMofªsg
!) ldgф	kl/roflds efu	– xflh/ lng] – kf7 kl/ro – hlp t tfpg] s; /t	– tftl cw{3}fdf lj Bfy¿nf0f{ /fvl xflh/ lng] – kf7 kl/ro ug]. lj Bfy¿nf0ftftldf /fv} lzlfs cufl8 /x] rf}df ;kйf cfsf/ f j f rf}sflj l/kf/ bfðP/ lhp t tfpg] sfo\ug].	– JotVofg – ;xeflutf	– tftl – cw{3}f		
@) ldgф	dVo efu	– elnan vj – kflban vj	– lj Bfy¿ sf}{ ª{Wof / vfg] 7fptg'f f/ pglx¿nf0f{uffhf] 3}f cfdjg]fl8gltftl j f lglZrt 7fpdf /fvf 18luª, kl6ha / kfl.ªsf ;lkx¿ kффj u/} an vfnsfcEof ug]. u/fpgl–# lkl/o8_ – lj Bfy¿nf0f{ ; ªvftsf cfw/df @ jf \$;dxdf lj efhg u/] vj vflglglZrt :yfg tf\$} b0f{ d0alr 6 flk / lslsa sf ; lkx¿ kффj u/} kflban cEof ug]u/fpgl–@ lkl/o8 .	– kbzф – ;xeflutf	– ufhflsf/ 3}f – tftl	– elnan – kflban	cj nf0fgaf6 vj dMofª}g ubф{ ;wf/sf nflu cfj Zos ;elfj / lgb}Zgaf6 kl7 kflfpf; dф ug]
!) ldgф	clftd efu	dgf]¬hgflds vj	– lj Bfy¿nf0f{uffhf] 3}fdf /fvl ansf];xoflaf6 vlng] 8fð vj jf sg}klg ;fwf/0f vj (Minor Games) . – dgf]¬hgflds ¿kaf6 vflfpg].		– ufhflsf/ 3}f		

kf7 @ ; le{ / kfl; a

p2lo M ol kf7x¿sf]cßodf lj Bfylk¿ an ; le{ / kfl; a ; lk kþz§ ug{; lfd x§]5g\

; do	kf7sfl:j¿k	lj ifoj :t'	lzlf0fl: sf0 ljmofsnfk	lzlf0f lj lw	slff; aß7g	lzlf0f; fdul	dßofßa§g
!) ldgþ	kl/roflds efu	– xflh/ lng] – kf7 kl/ro – hlp ttfpg] sfoßnfk	– lj Bfylk¿nf0{kaÑt÷tftl÷ cwßfdf /fvj xflh/ lng]. – cfhsf]kf7sf]kl/ro lbg]. – tftldf /fvj lzlfs cufl8 /xj rfÞdf ; kßf] cfsf/df bfßfo lhp ttfpg] sfoßugI u/fpg].	– JofVo§g – ; xefluf	– kaßt – tftl – cwßßf		

@) ldgþ	dVo efu	– ; le{
		– kfl; a
			– ansf]; aVofcg' f/ lj Bfylk¿nf0{ kþz§
			@ jf $ hÞßl ; d'xdf lj efg
			u/I cfdßg]; fdßg]u/I tftldf
			/fVg]To; klS an ; le{ ug I
			tl/sf kþz§ u/I lj Bfylk¿nf0{
			klg cEof; u/fpg]-@ lkl/o8_
			– lj Bfylk¿nf0{pkoShn eml sllf
			; aVgaf6 jf ufhf]3ffdf /fvj
			; le{ ubßPs csßfl kfl; asf]
			cEof; kþz§ ub§oglx¿nf0{
			# lkl/o8_
				– kþz§
				– ; xeflutf
					– an	– j.Qfsf/	lj Bfylk¿ sf]
							; le{ / kfl; asf]
							ljmfsnfk cjnßkg
							u/I sdIsdhf]l
							; Wf/sf nflu ; emfj
							/ lgbßn lbg].

!) ldgþ	clßtd efu	dgfßnfhfds an vfh	lj Bfylk¿nf0{ ufhfhf]3ffdf /fvj ; lhn}vßlg ; lsg] dgfß}hgfds vfh, h:tßM anäf/f Vlhg]8fßdf vfh j f d' f]la/fnf]h:tf ; fwf/Of vfh vßnfpg].		– kþz§ – ; xeflutf		

lhDgfl:6s tyf :Gthg sfo{ kN6g afhl

Psf0 5 M

kf7 !

p2Jo M kf7s]cGffodf jBfyÉ¿ lgDglnvt sfo{ug{ lfd xg]5gÑ

- cufl8af6 kN6g afhl (Front role) ug{.
- k5fl8af6 kN6gafhl (Back role) ug{.
- bfof"afofaf6 kN6gafhl (Side role) ug{.

:do	kf7sfl:j¿k	lj ifoj :t`	lzlf0fl:sf0 ljifsnfk	lzlf0fl ljiw	slff :ªªª7g	lzlf0f :fdul	dMofªSg
!) ldgÇ	kl/rofldsefu	– kf7 kl/ro – lhp ttfpgÑ	– cw{3Jf jf tfftldf /fvJ kN6g jfhlsf]kl/ro / cEof:; DaGwl hfgsf/l ugÑ. – lzlfssf]gÇTj afó vÇhdÇfgsf]jl/kl/ 3dÇJf jf gfuaÑl em% bf8fP/ z/l/ ttfpglsfÇugÑ.	– JofVofgu	– tftl – cwÇçJf		– lj BfylÉ¿n] kN6gjifhl u/Sfl cjnfsg u/\l dMofªSg ug{ :fyÑ;Çwf/sf nflu cfjf;l bP/ k7Çkfltf0f; dÇt lbgÑ.
@) ldgÇ	dVo efu	– sftÇn]6$Jf cufl8af6 kN6g jfhl – k5fl8af6 kN6g jfhl – bfofªafof f6 | – kN6g afhl ubf{ rf\f k6s gnflg9l :Eo / ;kÇf rfÇçdf ljBfylÉ¿nf0$ tftl jf kª©$tdf /fvJ 6j$fÇaÑ a:;fÉcj :yfaÑ sftÇn]6$Jf cufl8af6 kN6gafhl ug$tl/sf kÇbz$ ug/ jftzM lj BfylÉ¿nf0$ kN6g jifhl klg lzlfsn ; xoÇl u//\u ;É cEof:; ugÇÑ. – klxn]em%;/llft 7pdf kÇbf$ kaÑ$t, tftl jf 3Jfdf /fvJ jÑtZM k5fl8af6 / bfof"afofaf6 kN6gjifhl ugÇtl/sf·sf¿ kbzg ugÇJ lzlfsdÇnÇrl vifJaf6 lzlfssf$nf0$klg :;llft tl/sf lj BfylÉ¿nf0$;//$kg0$dlg ;'llft tl/sf ckgÇ u/fP\ sdhf/lnf0$;dÇ dlgÑ.ª ckg0$ u/fP\ kGÇlll d2t u/\J cEof:; u/fpglÑ.	– kbzg		– tftl – 3Jf – cwÇçJf		– lj BfylÉ¿n] kN6gjifhl u/Sfl cjnfsg ugÇf·\y$;/;,\wf$sg ugÇª dMofªSg ugÇJ ;fy$ \wf$sg nflu cfjf; bP/ :ÑtÇJ lbP/ kf7kflt0f$ dÇt lbgÑ.
#) ldgÇ	clÉtd efu	– dgfÉ\-hgfÑds ljifsnfk – xflh/ Ing]	– lj Bfylªt¿nf0$ 3Jfdf /fvJ d'·flla/fnflj f gd:tlJ f gd:ÇJf lr·Gglh;tf sgÉPs ·fdlt0f$ sb$yÑPs fdÇf kagÑ.			– :xefllutf	– 3Jf

kf7 @

;Tthg sfo{

p2{o M kf7sf]cfTodf lj Bfyl{¿ lg0glnvt sfo{ug{; lfd xg]5g™l

- z/L/nf0{; Gthgdf /fv] lx8g ,
- ;lwf tyf af[aSf]f]6^af]/yfdf ; Gtlnt 9aSf]df lx8g .

समय	पाठको स्वरूप	विषयवस्तु	शिक्षणसिकाइ क्रियाकलाप	शिक्षण विधि	कक्षा सङ्गठन	शिक्षण सामग्री	मूल्याङ्कन
१५ मिनेट	परिचयात्मक भाग	पाठ परिचय जीउ तताउने	– ताँतीमा राखेर गोला चाल गर्न लगाउने। – दौड तथा छिटो हिँड्ने अभ्यास गराउने।	व्याख्यान र प्रदर्शन	ताँती	चुना, डोरी	अवलोकन
२० मिनेट	मुख्य भाग	विभिन्न तरिकाले हिँड्न	– डोरी वा चुनाको सहायताले सीधा तथा बाङ्गो तिङ्गो रेखा कोर्ने। – विद्यार्थीलाई उक्त रेखामाथि टेकेर हिँड्न लगाउने। – पाठ्यपुस्तकमा दिइएका अभ्यासहरू गर्न लगाउने। – राम्रो प्रस्तुति गर्न नसक्नेलाई पुनः अभ्यास गराउने।	प्रदर्शन	गोलो घेरा, अर्ध घेरा र ताँती	चुना, डोरी, बेन्च	अवलोकन
१० मिनेट	अन्तिम भाग	रमाइलो खेल खेलाउने र हाजिरी लिने	– नेता चिन्ने, स्वतन्त्र साथ अन्य स्थानीय खेलहरू खेलाउने। – हाजिरी बोलाउने।	प्रदर्शन	घेरा		अवलोकन