

ljk b\ tyf hnjfo' hf]lvd kfZj{lrq



b'uf{ eujtL ufp+kflnsf

/f}tx6 lhNnf

tof/ u/]sf]] Idlt M @)&^ ;fn kf}if dlxgf
अध्यावधिक गरेको मिति : २०७८ साल भदौ महिना

ufp+kflnsfsf] ljk\ tyf hnjo" hGo hf]lvd ljZn]if0f

k|sf]k :tl/s/Of

k sf]k	af9L	cfunflu	lztvx/	;'Vvf v8]/L	xfjfx'/L	;8s b'3{6gf	;k{ bz+	cl;gf	gLnufo{
af9L	X	af9L	af9L	af9L	af9L	af9L	af9L	af9L	af9L
cfunflu	X	X	lztvx/	;'Vvf v8]/L	xfjfx'/L	;8s b'3{6gf	;k{ b+z	cl;gf	gLnufo
lztvx/	X	X	X	lztvx/	lztvx/	lztvx/	lztvx/	lztvx/	gLnufo
;'Vvf v8]/L	X	X	X	X	;'Vvf v8]/L	;8s b'3{6gf	;'Vvf v8]/L	;'Vvf v8]/L	gLnufo
xfjfx'/L	X	X	X	X	X	;8s b'3{6gf	xfjfx'/L	xfjfx'/L	gLnufo
;8s b'3{6gf	X	X	X	X	X	X	;8s b'3{6gf	;8s b'3{6gf	gLnufo
;k{ bz+	X	X	X	X	X	X	X	;k{ b+z	gLnufo
cl;gf	X	X	X	X	X	X	X	X	gLnufo
gLnufo{	X	X	X	X	X	X	X	X	X
hDdf c+s	*	!	^	\$	#	%	@	!	&
:t/	klxnf]	gjf}	t]; f]	kfFr}	5}7f]+	rf}yf]	;ftf}	cf7f}	bf]; f

k sf]k	af9L	gLnufo{	lztvx/	;8s b'3{6gf	;'Vvf v8]/L	xfjfx'/L	;k{ b+z	cl;gf	cfunflu
:t/	klxnf]	bf]; f]	t]; f]	rf}yf]	kfFr}	5}7f]	;ftf}	cf7f}	gjf}

b'uf{ eujtL ufp+kflnsfdf lj]w k|sf/sf k|sf]kn] ;t]pg] u/]sf] kfoG5 . ;d'bfo;+usf] 5nkmnsf] cfwf/df k|sf]ksf] :tl/s/Of ubf{ af9Lsf] k|sf]k g} o; ;d'bfosf] k|d'v k|sf]ksf] ?kdf /x]sf] 5 . af9Ln] k|To]s jif{ s]xL g s]xL lflt u/]sf] ;d'bfosf dflg;x? atfp+5g . uPsf] jif{ dfq af9Ln] s/Lj *) k|ltzt e"efu 8'jfgdf k/]sf] / 3/, kz', zf]rfno, cGgjf]nL lflt ePsf] cg'ej /x]sf] 5. bf]>f] 7'nf] k|sf]ksf] ?kdf gLnufo{[n] cGGjfnL lflt ug]{ k|sf]k klg d'Vo ;d:ofsf] ?kdf /x]sf] 5 . ;d'bfon] nufPsf] cGgjf]nL k|To]s jif{ gLnufo{[n] vfOlbg] / gi6 ul/lbg] ePsf]n] ls;fgx? a9L ;d:ofdf k/]sf] 5g\ . slxn]sf]xL lgNfufO{[n] dflg;x?nfO{ klg 3fOt] jgfp]g] u/]sf] 5 . o;/L gLnufo{[n] cGgjf]nL lflt ug]{ k|sf]k bf]>f] 7'nf] k|sf]ksf] ?kdf /x]sf] 5 .

o;u/L t/fO{sf] ;d:ofsf] ?kdf /x]sf] zLtnx/ o; kflnsfsf] nflu t]>f] 7'nf] k|sf]ksf] ?kdf /x]sf] 5 . u/LjL, sdhf]/ 3/, Gofgf] sk8f, cf]9g] cf]5ofpg] sdLn] ubf{ u/Lj 3/ kl/jf/sf

jfnjlnsf / h]i7 gful/ssf] d[To' x'g] u/]sf] 5 . o;}u/L ;8s b'3{6gf, v8]}/L, xfjfx'/L,
;k{b+z, cl;gf / cfufnfuL klg o; kflnsfsf] cGo k|sf]ksf] ?kdf /x]sf] 5 . h;n] jflif{s lflt
ug}{ u/]sf] 5 . o;/L b'uf{ eujtL ufp+kflnsf l]ljw k|sf/sf k|sf]kaf6 jif}{gL l]kbsf] lflt
x'g] u/]sf] 5 .

ljksbf] P]ltxfl;s ;do /]vf

k sf]ksf] 36gf	;fn / dlxgf	:yfg	ef}lts lflt	;fdflhs lflt	cfly{s lflt	dfgjLo lflt	k fs[lts lflt	k efljt kl/jf/	;Rfgf k i6of+O{
af9L	@)\$%	;j} j8f					!)) ljufxf / @) lj3f ju}rf lflt	#)) lj:yflkt / *) k efljt	
	@)%)	„			@ s/f]8 j/fj/sf] lflt	j8f % df !) hgfsf] d[To',	!) lj3f / #) lj3f t/sf/L v]tL	lj:yflkt %!) / #)) k efljt	
	@)&\$	„			% s/f]8 j/fj/sf] lflt, @) ufO{e}:fL / %) jfv fx? d/]sf]	# hgfsf] d[To'	@%) lj3f wfg, %) lj3f t/sf/L / @) lj3f ds} lflt	lj:yflkt %)))	
	@)&^	„	(#% 3/ k"Of{ lflt / !%!@ 3/ lflt		# s/f]8 j/fj/sf] lflt	!	@&!)* wfg, %#! t/sf/L, !))) ds} / #%) lj3fsf]\ kmnkm"N\f lflt, j8f % :k/, jf+w ;d]t gi6	\$&&% lj:yflkt	
cl;gf / xfjfx'/L	@)&\$		3/ 6x/f v;]sf], 3/sf] 5fgf			skfn 6fpsf] km'6]sf], xftv'6\6fdf	cGgjfnL, cf+ksf] kmn, 3/sf] 5fgf, ;f]nf/ Kofgn, ?vx?	@%) kl/jf/ k efljt	

			xfjf'x/Ln] p8fPsf]			rf]6 k6s nfu]sf]	9n]sf]		
	@)&%		sRrL 3/sf] 5fgf km'6]sf], xjfx'/Ln] p8fPsf] , ljwfnosf] 5fgf tyf ;f]nf/ Kofgnx? p8fPsf]			;fwf/Of rf]6k6s	cGgjfnL, cf+ksf] kmn, tyf ?v lj?jfx? 9n]sf]	!%)) kl/jf/	
gLnufo{	k To]s jif{	;j} j8f ljz]ifu/L j8f %				a+b]nns]f ! hgfsf] cf}nf sf6]sf], ! hgf Kof/fnfOl;; ePsf] / d[To' ePsf] ! hgf dlxfn 3fOt]	wfg, ux'+, d;'/L, ds}, cfn', pv', wlgof / t/sf/L v]tL s/Lj *) lj3f ;Dd lflt ug]{ u/]sf]		
cfunfuL	@)&^	kr?vL	@ 3/ gi6	!) nfv j/fj/sf] lflt ;fy} n'uf, nQfsk8f,					

				cGgx? gi6					
	@)&%	dT;/L	! 3/ ! df]6;/fOsn gi6	!% nfv j/fj/sf] lfltn'uf, nQfsk8f, cGgx?, jfvf x? gi6					
v8]/L	k To]s af9L cfpg] ;dodf v8]/L	;j} j8f		cGbfhL % s/f]8 j/fj/sf] cGgjfnL gi6					
;k{sf] 6f]sfO{	jif]{gL					!, @ hgfsf] d[To' x'g] u/]sf]			

ljkbsf] P]\txfl;s ;do /]vfnfO{ ljZn]ifOf ug]{ xf] eg] af9Ln] o; ufp+kflnsfdf w]/) Iflt u/]sf kfOG5 eg] s]xL jif{sf] cGt/fndf af9Ln] 7'nf] Iflt ug]{ u/]sf] kfOG5 . ljutdf \$ jif{ af9Ln] 7'nf] Iflt u/]sf] kfOG5 eg] ;fg]ltgf] ?kdf k|To]s jif{ af9Ln] Iflt ug]{ u/]sf] kfOPsf] 5 . o;}u/L k|To]s jif{ gLnufO{n] nfvf]sf] cGGjfnL vfOlbg] / gi6 ul/lbg] u/]sf] 5 . ljz]if u/] wfg, ux'=, d;'/L, ds}, cfn', pv' Iflt ug]{ u/]sf] 5 cl;gf, xfjfx'/L, cfunfuLn] klk k|To]s jif{ Iflt ug]{ u/]sf] ljkbsf] P]\txfl;s ;do /]vfaf6 yfxf x'g cfp+5 . ;k{sf] 6f]sfO{ klk o; kflnsfdf dflg;sf] d[To' ug]{ k|sf]ksf] ?kdf /x]sf] kfOPsf] 5 .

hf]lvddf /x]sf] tTjx?

;+efljt k sf]k	hf]lvddf /x]sf] j:tL jf 6f]nsf] gfd	;Dd'vtfdf /x]sf hDdf 3/w'/L	;+s6f;Ggtf cj:yfdf /x]sf 3/w'/L	Hff]lvddf kg{;Sg] hg;+Vof	lflt x'g;Sg] hldg /f]kgLdf	lflt x'g ;Sg] ljwfno	lflt x'g ;Sg] :jf:Yo rf}ls	lflt x'g ;Sg] vfg]kfgL	lflt x'g ;Sg] l;+rfO{	lflt x'g ;Sg] ljw't u[x	lflt x'g ;Sg] ;/sf/L ejg	lflt x'g ;Sg] af6f]	cGo Jofkf/ Joj:ffo, pwf]u
af9L	j8f g+ ! klZrd lkk f	#))	@))	!)))	%) lj3f	# ljwfno k f=lj		@)) xft] sn / ! kfOknfOg					! dlb/f pwf]u
	j8f g+ ! k"j{ lkk f	!%)	%)	@%)	@% lj3f			%) xft] sn					
j8f @	j8f g+ @ gof+ j;f]jf;	&)	&)	#%)	!) lj3f			%) sn					
	g'lgof tTdf 6f]n	\$)	@)	!))	@) lj3f			!) sn					
	blnt 6f]n	!))	&)	#%)	@% lj3f			%) sn		@) kf]n			
	;8L 6f]n	!@%	!))	%)	#) lj3f			#)		@) ,,			
	a fxdOf e"ldxf/ 6f]n	@))	!))	%)	#) lj3f	!		%)					
j8f g+ #	6f]nf	!^%	!^%	*@%	!) lj3f	!		!^%					! l;WbL

													O{6f pwf]u
	k;f{	@@%	@@%	!!@%	%)	@ :f+:s[t dflj ;bf/f k flj		!))					! df5f kf]v/L
	rd/ tTdf 6f]n	!%)	!%)	&%)	@%			%)					@ s'v'/f kmfd{
j8f g+ \$	ofbj 6f]n	!))	!))	%)	\$)	lzjz+s/ ljwfno							! df5f kf]v/L, %) e};L
	afx'g 6f]n	!))	!))	%)	%)								% e};L
	;f]Gxf	\$)	#)	!%)	%								!) e};L
	s'dfy	@)	!)	%)	@								!) e};L
	;/L	*)	^)	#))	\$)	cfwf/e"t ljwfno							!) e};L
	d';ndfg 6f]n	!))	&)	#%)	@)	db;/f k flj							@% e};L
	ofbj 6f]n	@))	!%)	&%)	*)	blnt pTyfg k flj							!)) e};L
j8f g+ %	a8xf{ rf]s 6f]n	!@%	^)	#))	!% lj3f	cfwf/e"t ljwfno		^) sn					%) rf}kfofx?
	kf;jfg	!@)	!))	#))	@@	d+lb/		!)) sn					!))

					lj3f	wd{zfnf							rf}kfofx?
	lem6lsof 6f]n	!#%	&%	#&%	@)			&%					&% rf}kfofx?
	af+w 6f]n pQ/ / blIf0f	*)	&)	#%)	@@			&)					&) rf}kfofx?
	xlycf}n 6f]n	*%	%)	@%)	!%			%)					%) rf}kfofx?
	afudtL kf/L	\$%)	!@%	^@%	*)	! ljwfno		!))					!)) rf}kfofx?
	hDdf	#!^)	@!^)	!)*))	&&*	!\$!@)%		\$)			
gLnufo{ a+b]n	j8f g+ % ;fljssf] j8f ! b]lv (;Dd j8f g+ # sf] ;j}				*) lj3f ;Ddsf] cGgjfnL gi6 ul/lbg]								
cfunfuL	j8f g+ ! klZrd lkk f	#))	!))			# ljwfno							
	j8f g+ # k;f{	@@%	\$)										
	j8f g+ # rdf/ tTdf 6f]n	!%)	!))										
v8]/L /	;j} j8f !	#))											

cl;gf													
xfjfx'/L	;j} j8f !	#))	!))										
;k{b+z	j8f g+ # rdf/ / tTdf 6f]n	!%)											
cl;gf	# sf ;j}				@)) lj3f								

o; ufp+kflnsf af9Lsf] pRr hf]lvddf /x]sf] 5 . af9Lsf] ;Dd'vtdf /x]sf] #!^ 3/dWo] s/Lj @!^ 3/ ;Dd'vtf / ;+s6f;Ggtf b'j}df /x]sf]n] af9Lsf] pRr hf]lvddf /x]sf] 5g\ . @!^ 3/sf s/Lj !*) hg;+Vof, &&* lj3f hUufhldg, !\$ ljwfno, db;/f klq af9L tyf 8'jfgsf] hf]lvddf /x]sf] 5 . o;sf ;fy} vfg]kfgLsf snx? , kz' rf}kfofx?, df5fkfng Joj:ffo, O{6f pwf]u, kf]N6«L kmd{ cflb af9Lsf] hf]lvddf /x]sf] 5 . olb ;dodf g} af9Lsf] hf]lvd Go"gLs/Of gul/Pdf oL tTjx? Iflt x'g ;Sg] b]lvG5 . o; }u/L ;j} j8fx? gLnufO{ ;8s b'3{6gf, cl;gf, xfjfx'/L, cfunfuL / ;k{sf] 6f]sfO{sf] hf]lvddf klq /x]sf] 5.

ljkb\ hf]lvd ljZn]if0f

;d:of	sf/0fx?	k efjx?	;d:of ;fdfwfgsf pkfox?
jf9Lsf] hf]lvd ljZn]if0f	<ul style="list-style-type: none"> • w)]} jif{f x'g', • jg ljgf; x'g' • cJojl:yt j;f]jf; x'g', • ef}ulns cj:yf, • afw Aojl:yt gx'g' • hg;+Vof a[l4 	<ul style="list-style-type: none"> • hUuf hldg s6fg x'g', • jfnLgfnL gf; x'g', • 3/x? 8'jfg x'g', • hLjgofkg si6s/ jGg' tyf lj:yflkt x'g' • 3/kfn'jf kz' k+lfl jufpg', • cfly{s lflt x'g', • ef}lts ;+/rgf elTsg' • dxfdf/L km}ng' • ue{jlt dlxfn ,afnaflnsf, ckfĚ / a[ç a[çf tyf dflg;x?sf] d[To' x'g' . • 3fOt] tyf d[To" 	<ul style="list-style-type: none"> • ljkb\ af/] ;a}nfO{ hgr]tgf hufpg], • k fylds pkrf/ tflnd ug]{, • ljkb\ tyf hnafo" pTyfgzLn ;ldlt u7g ug]{ • ljkb\ Joj:yfkg sf]if v8f ug]{, • ;d'bflos Vff]h tyf p4f/sdL{ tof/ ug]{ ;fy ;fy} ;dfdu Lsf] Joj:yfkg • vf]nfsf] 5]pdf afw afWg], • vf]nf glhs al:t ga;fpg] • hyfeflj af6f] 3f6f] gvGg] / v'Nnf :yfgdf a[lff/ff]k0f ug]{ • t6aGw, sne6{ lgdf{0f ug]{ • kl/jf/ lgof]hgsf c:yfO{ ;fwgsf] k of]u ug]{ tyf :yfO{ aGWofs/Of ug]{
lztNx/sf] hf]lvd ljZn]if0f	<ul style="list-style-type: none"> • a9L dfqdf x';;' nfUg' • hn]fo" kl/j{tg • plrt jf;:yfgsf] cefj • Gofgf] nQfsk8fsf] cefj • 	<ul style="list-style-type: none"> • Aojl:yt af;:yfg gx'g' • Gofgf] sk8fsf] cefj • hgr]tgfsf] sld • ul/la • ue{jlt dlxfn ,afnaflnsf, ckfĚ / a[ç a[çf tyf dflg;x?sf] d[To' x'g' 	<ul style="list-style-type: none"> • ljkb\ Joj:yfkg sf]if :yfkgf ug]{, • hgr]tgfd'ns sfo{qmd rnfpg], • sf7 tyf bfp/fsf] Aofj:yf ug]{ • Gofgf] nufpg] sk8fsf] Aofj:yf ug]{ • ;DalGwt ;/f]sf/ afnf lgsfo nfO{ hfgsf/L ;xeflu u/fpg]
;8s b'3{6gfsf]	<ul style="list-style-type: none"> • af6f] slRr tyf ;f3'/f] x'g' 	<ul style="list-style-type: none"> • 3fOt] 	<ul style="list-style-type: none"> • dfkb08 cg';f/ af6f]sf] lgdf{0f ug}'{

hf]lvd ljZn]if0f	<ul style="list-style-type: none"> • hyfefjL rf}kfof 5f]8\g' • 6«flkms lgods] kfngf gug'{ • 	<ul style="list-style-type: none"> • ckfË • d[To" • cfly{s lflt 	<ul style="list-style-type: none"> • 6«flkms lgod ;DalGw hgr]tgf hufpg' kg}{ • hyfefjL Rff}kfof 5f]8\gdf /f]s nufpg]
;'Vvf v8]/Lsf] hf]lvd ljZn]if0f	<ul style="list-style-type: none"> • jg ljgf; x'g', • df}ifd kl/jt{g x'g', • nfd] ;do kfgL gkg'{' 	<ul style="list-style-type: none"> • Eff]sd/L nfUg] • dxfdf/L km}ng] • hUuf hldg jfemf] /xg', • cfunflu x'g' • cGgjfnL sd kmNg', • vfg]kfgLsf] cefj x'g', • dflg; la:yflkt x'g' • l;rfO{df ;d:of x'g', • x'/L jtf; rNg', 	<ul style="list-style-type: none"> • a[lff/f]kOf ug]{ • l;rfO{sf] nflu a}slNks Joj:y fug]{ -sn, O{gf/, af]l/Ësf] Aofj:yf ug]{_ • ljkb\ Joj:yfkg sf]ifsf] :yfkgf ug]{ • k sf]k / ljkb\ af/] ;a}nfO{ hgr]tgf hufpg], • ;DalGwt ;/sf/L lgsfonfO{ tyf ;DalGwt ;+:yf nfO{ hfgsf/L u/fpg]
xfjfx'/Lsf] hf]lvd ljZn]if0f	<ul style="list-style-type: none"> • v8]/L kg'{' • jg ljgf; x'g', • kfgL gkg'{' • df}ifdsf] kl/jt{g x'g' 	<ul style="list-style-type: none"> • Dxfdf/L x'g', • v8]/L kg{' 3/ eTsfpg] tyf 5/sf]] 5fgf p8fpg] • jfnLgfnL gi6 x'g], • kz'k+lLsf] lflt tyf 3fO{t} x'g']' 	<ul style="list-style-type: none"> • ;'rgf lzlff / ;~rf/sf ;fwgx? Kff]i6/ / kDn]6 sf] dfWodaf6 hgr]tgf km}nfpfg], • ljkb\ af/] ;a}nfO{ hgr]tgf hufpg], • k fylds pkrf/ tflndx? ;+rfng ug]{ • ljsf;sf sfo{qmdx?df :yfgLo ;+3;+:yfx?nfO{ ;xefuL u/fpg], • ljkb\ Joj:yfkg sf]ifsf] :yfkgf ug]{ • 3/x?sf] lgdfOf{ ubf{ ;'/lflt ?kn] agfpg] • vf]h tyf p4f/sf tflndx? ;+rfng ug]{,
;k[b+zs] hf]lvd	<ul style="list-style-type: none"> • d';fsf] jf; :yfg j9L x'g', 	<ul style="list-style-type: none"> • cfly{s ef/ j9g', 	<ul style="list-style-type: none"> • 3/ jl/kl/ ;/;kmfO{ /fVg'

ljZn]ifOf	<ul style="list-style-type: none"> • ;/;kmfO{sf] sdL, • j:tL glhs vf]nf x'g', • cToflws tfkqmd x'g' • ,v'Nnf lb;f ug'{ • df);dL sf/Of, • 'k f 'k L km';sf 5fgf ePsf 3/x? x'g', • 3/sf] jl/kl/ kmfxf]/x? y'kfIPsf] x'g' 	<ul style="list-style-type: none"> • 8/ qf; x'g', • ckfË x'g', • oftfof] cefj • ;dodf pkrf/ ug{ gkfp'g' • ue{jltdlxnf,afnaflnsf, ckfË / a[ç a[çf tyf dflg;x?sf] d[To' x'g' 	<ul style="list-style-type: none"> • vf]nfsf] lsgf/fdf al:t ga:g' • v'Nnf 7fFpdf lbzf lk;fj gug{' jf rlk{ agfpg' • d';fn] agfPsf Kofnx? 6fNg' • km';sf cyjf af;sf 6f6L ePsf 3/x?df df6f]]n] aflx/ leqaf6 lnKg'
cfunfuLsf] hf]lvd ljZn]ifOf	<ul style="list-style-type: none"> • k/Dk/fut ?kdf 3'/ jfNg] rng x'g', • cJojl:yt efG;f sf]7fsf] x'g' • h+un 5]pdf j;f]jf; x'g] • cfuf]hGo kbf{ysf] nfk/jfxL • v/ tyf km';sf] 5fgf ePsf] 3/ x'gfn] • hldgsf] tfkqmd j9g' • ;;'Vvf v8]/L, • law'lto ;6 • sf7 tyf af; af6 agfPsf 3/x? x'g' 	<ul style="list-style-type: none"> • 3/jf/ ljlxg, • vfBfGg gi6 x'g', • kz'klfLsf] lflt x'g' • 3fF;kft tyf bfp/fsf] sdL x'g] • ag h+un ljgf; x'g], • cfly{s lflt, • lrGtf j9g' • ue{jltdlxnf ,afnaflnsf, ckfË / a[ç a[çf tyf dflg;x?sf] d[To' x'g' 	<ul style="list-style-type: none"> • ag lagf; gug]{ • ;'rgf lzlf / ;~rf/sf ;fwgx? kf]i6/ / kDn]6 sf] dfWodaf6 hgr]tgf km}nfp], • Uof; l;lnG8/ x?nfO{ v'Nnf 7fpFdf g/fVg], • ;nfO{ tyf cGo k HjngzLn k bfy{x?nfO{ aRrfx?sf] kx'rF eGbf k/ /fVg], • ljkb\ af/] ;a}nfO{ hgr]tgf hufpg], • vf]h tyf p4f/sf tflndx? ;+rfng ug]{, • ljkb\ Joj:yfkg sf]ifsf] :yfkgf ug]{ • af6f]x?nfO{ kmf/flsnf] agfpg], • k"j{'rgf k Offlnsf] Joj:yf ug]{ • :yfgLo txd fcfuf] lgefpg] pks/Ofsf] Joj:yfkg ug]{
e"sDkLo hf]lvd	<ul style="list-style-type: none"> • Hjfnfd'vL lj;kmf]6g 	<ul style="list-style-type: none"> • 3/x? eTsg], 	<ul style="list-style-type: none"> • e"sDkLo ;'/lffTds 3/x? agfpg],

ljZn]ifOf	<ul style="list-style-type: none"> • Hfldgd'lg /x]sf 7"nf 7"nf r6\6fg Ps cfk;df 7f]lsbf r6\6fgx? 6'lqmbf • sdhf]/ 3/x?sf] lgdf{Of • gSzf kf; u/]/ 3/ gjgfpq' 	<ul style="list-style-type: none"> • wgdfnf] lflt • ;~rf/sf ;fwgx? Gfi6 x'g] • ,af;:yfgsf] cefj • hldgsf] ;tx lau g] • rf}kfo tyf klIf+sf] d[To" • ue{jlt dlxfn ,afnaflnsf, ckfË / a[ç a[çf tyf dflg;x?sf] d[To' x'g' 	<ul style="list-style-type: none"> • hgr]tgfd'ns sfo{qmd rnfpg}, • :yfgLo hf]lvd Joj:yfkg ;ldlt u7g ug]{, • OIGhg;/Fu /fo ;'emfj lnP/ e'sDk k lt/f]wL 3/x? agfpg}, • ljsf;sf sfo{qmdx?df :yfgLo ;+3;+:yfx?nfO ;xefuL u/fpg}, • ljb\sf] nfuL cfyL{s sf]if v8f ug]{, • af6f]x?nfO{ kmf/flsnf] agfpg}, • k"}j;'rgf k Oflnsf] Joj:yf ug]{ • k fylds pkrf/ tflndx? ;+rfng ug]{ • vf]h tyf p4f/sf tflndx? ;+rfng ug] • kfl/jf/Ls ljb\ k"}j{tof/L of]hgf tof/ ug]{
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k|sf]k, df};dL tyf afnL kfqf] M

k|sf]k kfqf]M

k sf]k	-#) aif{ _klxn]	j}zfv	h]7	c;f/	;fpg	ebf}	c;f]h	sflQs	d ^a \;/	k';	df3	kmfu' g	r}t
af9L	klxn]												
	clxn]												
dfxdf/L - emf8fkvfn	klxn]												
	clxn]												
lztvx/	klxn]												
	clxn]												

;'v8]v/L	klxn]												
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xfjfx'/L	klxn]												
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;k{ bz+	klxn]												
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;8s b'3{6gf	klxn]												
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Cfunflu	klxn]												
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df};dL kfqf]M

ljj/Of		j}zfv	h]7	c;f/	;fpg	ebf}	c;f]h	sflQs	d ^a \ ;/	k';	df3	kmfu' g	r}t
dg;'g jiff{	klxn]	-#)											
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	clxn]												
lxpFb] jiff{	klxn]												
	clxn]												
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hf8f]	klxn]												
	clxn]												
cl;gf	klxn]												
	clxn]												
t';f/f]	klxn]												
	clxn]												

afnL / jg:klt kfqf]M

lj]0f		j}zfv	h]7	c;/	;fpg	ebf}	c;f]h	sflQs	dª\ ;/	k';	df3	kmfu' g	r}t
wfgsf] jLp nufpg]	klxn] -#)												
	aif{_ clxn]												
wfg /f]Kg]	klxn] -#)												
	aif{_ clxn]												
wfg sf6\g]	klxn]												
	clxn]												
lj?jfsf] km"n / kmn nfUg] ;do	klxn]												
	clxn]												
ux'F 5g]{	klxn]												
	clxn]												
ux'F sf6\g]	klxn]												
	clxn]												

dflysf] k |sf]k kfqf], jfnL kfqf] / df};d kfqf]nfO{ ljZn]ifOf ug]{ xf] eg] hn]fo" kl/jt{gsf] sf/Ofn] ubf{ ! dlxgf hltsf] cGt/ kfgL kg]{ ;do, k |sf]k x'g] ;do / jfnL nufpg] ;dodf b]vf k/]sf] 5 . klxnf jif{ft x'g] / af9L cfp]g] ;do c;/ >fjOfdf x'g] ub{Yof] eg] xfn cfP/ Ps dlxgf kl5 ;/]/ jif{ft x'g] / af9L cfp]g] ;do >fjOf ebf}df x'g] u/]sf] 5 . h;n] ubf{ wfgsf] lj]p nufpg], wfg /f]Kg], wfg leqofpg] ;j} ;dodf Ps dlxgfsf] km/s b]lvPsf] 5 . o;}u/L ux'+ 5g]{ / ux'+ sf6g\, lj?jfdf kmn nfUg] / k'mn km'Ng] ;dodf kl]g kl/jt{g cfPsf] 5 . o;/L ;d'bfo;+u 5nkmn ubf{ hn]fo" kl/jt{gsf] sf/Ofn] s[ifL hLjg kWbtLdf km/s cfPsf] dx;''''; ePsf] kfOG5 . .

hnjfo" kl/jt{g / o;sf] c;/

s[ifL M hnjfo" kl/jt{gs]f sf/Ofn] ubf{ jif}{ jfnLdf sdL ePsf] 5 . o;}u/L ;f]djf wfg, nf]sn jf;dtL wfgsf] k|hftL nf]k ePsf] 5 . o;}u/L rgf, hf}, cfn;, sf]bf] / lrgf -d?jf_ k|hftLsf cGgjfnLx? nf]k ePsf] 5 . ;'Vvf v8]/Lsf] sf/Of dflg;x?n] sl7gfO{ ef]Ug' k/]sf] / ljb]zaf6 k7fPsf] /sdn] vf2fGg cfoft u/L lh]jsf]kfh{g rnfO/x]sf] cj:yf 5 .

:jf:Yo M hnjfo" kl/jt{gn] ubf{ cTolws udL{ ePsf] sf/Of 5fnf ;DjlGw /f]ux? h:t} lrnfpj], 8fj/ cfpj] j9g yfn]sf] 5 . ?3fvf]gL, Hj/f], 6fOkmfO8 h:tf /f]ux? cTolws dfqdf jfnjflsfnx?df x'g] u/]sf] 5 . o;}u/L df5fnfO{ klg /f]un] nfUg] u/]sf] kfOPsf] 5 .

hn>f]t M Ef"dLut kfgL ;'Sg yfn]sf] 5 . ufp08 jf6/ @, # ld6/ tn uPsf] cg'dfg ul/Psf] 5. kfgLsf snx? ;'Sg yfn]sf 5g\ . klxnf () lkm6df kfgL cfp+Yof] eg] clxn] @%, #)) lkm6 vlg;s]kl5 dfq kfgL cfpj] ePsf] 5 .

jg, jg:ktL M cf+k k|To]s jif{ kmNg 5f8]sf] 5. ;fy} kmnsf] ;fOh klg ;fgf] x'g] u/]sf] 5 h'g ljut #) jif{ EfGbf cufl8 lyPg . l;;f} hftsf] ?vdf rf+8} dg{ yfn]sf]n] nf]k x'g] cj:yfdf /x]sf] 5 .

ljkbfs] cj:yf M 8'jfgsf] cj:yf a9]/ uPsf] 5 . >fjOfdf @ dlxgfsf]nflu bfp/f, vf2fGg lnP/ ;'/lft :yfgdf UfP/ j:g] u/]sf] 5 . ;fy} 8'jfg ePsf] j]nfdf sf7sf] 8'+ufaf6 cfjthfjt ug]{ u/]sf] cj:yf 5.

;+:yfut lJzn]jif0f jf ;DaGw lrq

qm= ;+=	sfof{no ;a\3;+:yf	7]ufgf	ef}uf]lns b"/L	ljb\ tyf hnjo' hGo hf]lvd Joj:yfkgf nflu k fKt x'g;Sg] ;xof]u		
S	ufpFkflnsf leq			<i>ljb\ k"j{</i>	<i>ljb\sf] ;dodf</i>	<i>ljb\ kZrft</i>
!	:jf:Yo rf}sL	%		vf]k	cf}ifwL pkrf/	:jf:Yo SofDk
@	j8f sfof{no			vf]h tyf p4f/		/fxt ljt/Of
#	e]6g/L	#		EofIS;g	kz' cf}ifwL pkrf/	EofIS;g
\$	Onsf k x/L sfof{no	%		vf]h tyf p4f/	vf]h p4f/	
%	;z:q k x/L an			vf]h tyf p4f/		/fxt ljt/Of
^						
Vf	ufpFkflnsf aflx/					
!	lhNnf k zf;g sfof{no	uf}/	* ls=ld=	vf]h tyf p4f/		
@	g]kfn /]8qm; ;f];fO6L	uf}/	* ls=ld=	u}/ vf2 ;dfu L		
#	s[lif ljsf; sfof{no	uf}/	* ls=ld=	ljp ljhg		ljp ljhg
\$	lhNnf ;dGjo ;ldlt	uf}/	* ls=ld=			
%	lhNnf hg:jf:Yo sfof{no	uf}/	* ls=ld=	cf}ifwL pkrf/	cf}ifwL pkrf/	cf}ifwL pkrf/
^	ag sfof{no	uf}/	* ls=ld=			sf7 bfp/f
&	vfg]kfgL	uf}/	* ls=ld=		vfg]kfgL, z'lwbs/Ofsf ;dfu Lx?	
*	l;rfO{	uf}/	* ls=ld=			s[ifL ljw'tLs/Of
(dfgj clwsf/	uf}/	* ls=ld=		;+/lf0f, lx+;f b'Jo{jxf/ lgoGq0f	
!)	ljw't k flws/Of	uf}/	* ls=ld=		ljw't cfk'tL{	
!!	dlxnf tyf afnaflnsf sfof{no	uf}/	* ls=ld=		;+/lf0f	
!@	g]kfn k x/L sf=	uf}/	* ls=ld=	vf]h tyf p4f/	vf]h p4f/	
!#	;z:q k x/L sf=	uf}/	* ls=ld=	vf]h tyf p4f/	vf]h p4f/	
!\$	g]kfnL ;]gf	uf}/	* ls=ld=	vf]h tyf p4f/	vf]h p4f/	

!%	kqfsf/ dxf;+3	uf}/	* ls=ld=		;dfrf/ k ;f/Of / hgr]tgf	
!^	Pkm=Pd=	uf}/	* ls=ld=		;dfrf/ k ;f/Of / hgr]tgf	

;|f]tsf] pknAwtf tyf kxF'r

gu/kflnsf tyf ufpFkflnsf jf ;d'bfodf ePsf] lfdtf kQf nufpg lgDgcg';f/ kmf/d k|of]u
 ug{k5{ . of] kmf/d ;d'bfodf ePsf ;|f]txč ;ª\sng ub}{ gu/kflnsf tyf ufpFkflnsfsf]
 PsLs[t lfdtfsf] ;"rL tof/ ug{k5 M

ljj/of	gfd / /x]sf] :yfg -sxF_	;ª\Vof - slt_	lfdtf	cj:yf	s]lkmot
ef}lts ; f]t					
k'n					
;8s					
afFw					
ljBfno ejg	#&				
;'llft cfjf; tyf :yfg					
:jf:Yo rf}sL	\$				
k fylds :jf:Yo :ofxf/ s]Gb	!				
;fd'bflos rkL{					
;~rf/sf ;fwg	df]jfONf				
oftfotsf ;fwg	a,, df]6;/fOsn				
k"j{;"rgf k OffnL					
nfOkm HofS]6					
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dfgj ;+;wg					
cfwf/e"t vf]h tyf p4f/ tflnd k fKt hgziQm					
lhNnf ljkB\\ k Itsfo{;DaGwL tflnd k fKt hgziQm					
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dlxnf :jf:Yo :jo+;]ljsf {	\$%				
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kf6L kf}jf					
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dlxnf÷cdfd ÷ckfËtf ePsf JolQmx¿sf] ;d"x					
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Aof ^a \s tyf ljQLo ;+:yf	! ;g/fOh Jf}+s				
df5kfnf	*				
s'v'/fkfnf	!@				
k fs[lts ; f]t					
v]tLof]Uo e"ld					
cGo -pNn]v ug'{ kg]{5_					
lghL tfn tn}of					
k fs[lts wf/f jf d"n					
s'jf					
gbLgfnf	\$				
tfn tyf kf]v/L					
l;FrfOsf] ;fwg / ; f]t					
jgh ^a \un -x]S6/ jf /f]kgL_					
v]/ uO/x]sf] hldg					
.....					
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v]tL ul/g] d'Vo afnL	nufpg] ;do	afnL yGSofpg] ;do	pTkfbg - d]= 6g_	k of]u ul/g] dn	lapsf] pknAwtf
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gf]6 M !,))) ju{ dL jf @) /f]kgL jf #) s7\7f Ö ! x]S6/

dflysf] tflnsfnfO{ x]g]{ xf] eg] o; ufp+kflnsfdf ljk b +;+u sfd ug{sf]nflu ufp+kflnsfn] lfdtf clej[IWb u/]sf] kfOb}g . ufp+kflnsfsf] ljk b \ Joj:yfkg sf]if, PDj'n]G; / cfktsflng cj:yfdf ;fd'bflos ejgx? lfdtfsf] ?kdf /x]sf] 5. o;sf ;fy} sfo{/t ;+3;+yfx? lfdtfsf] ?kdf /x]sf] 5 eg] ef}lts lfdtfx? ljsf; ug'{kg]{ b]lvG5 . o;sf ;fy} dfgljo lfdtf kl g o; kflnsfn] j[IWb ug'{kg]{ b]lvG5 .