**kL;ljg**



**jflif{s k|ltj]bg**

**@)!(**

**k|ltj]bgsf ;DaGwdf :jMjrg**

kL;ljg -zflGtbLk\_ @)$& c;f]h !) ut] ;d'bfodf cfwfl/t ;d"xsf] ?kdf :yfkgf e} @)$( ;fn kf}if % ut] lhNnf k|zf;g sof{no, afh'/fdf btf{ e} g]kfnsf b'u{d u|fdL0f If]qsf afnaflnsf, dlxnf, o'jf ;d'bfo;Fu xft]dfnf] u/L sfd ub}{ cfPsf] @( cf}+ jif{df k|j]z u/]sf] 5 . sl/a # bzssf] hLjgdf g]kfnL ;dfhdf ljsf; e}/x]sf /fhgLlts, ;fdflhs, ;fF:s[lts, cfly{s 36gfqmdx?;Fu kl/lrt x'Fb} cfPsf] kL;ljgn] ;dfh ljsf;sfnflu k|To]s jif{ Ps–Ps j6f O{§f yKg] sfd ul//x]sf] 5 . tLg txsf hgk|ltlgwLd's ;+:yfx? lqmofzLn ePsf5g\ . b]zsf] abln+bf] kl/j]z cg';f/ kL;ljg h:tf u}/ ;/sf/L ;+:yfx?sf] sfo{z}nL klg ;do ;fGble{s x'g cfjZos 5 . ljz]ifu/L ;fd'bflos kl/rfng, ;fdflhs ;jfx?sf] d'k|jfxLs/0f :yfgLo ;/sf/sf cfjlws of]hgf lgdf{0f ug{ ;xhLs/0f / PsLs[t of]hgf tof/ ug]{ sfo{df kxnsbdL lng cfjZos 5 .

afnaflnsf, dlxnf, o'jf ;d'bfosf ;jfndf kL;ljgn] :yfkgf b]lv sfo{qmd ;+rfng ub}{ cfO/x]sf] 5 . ljleGg ;fdflhs s;+:sf/ / s'/Lltx?sf sf/0f ;fdflhs ?kfGt/0fsf] ultnfO{ c;/ u/]sf] 5 . ;fdflhs ;+r]tgf dfkm{t cgf}krfl/s / cf}krfl/s lzIff, cfly{s ;zlQms/0faf6 ;fdflhs hfu/0f pGgt cj:yfdf k'U5 eGg]df kL;ljg ljZj:t eP/sf sfo{/t 5 .

kL;ljgn] x/]s jif{ jflif{s k|ltj]bg k|sfzg u/L ;/f]sf/jnfx?df k'¥ofP/ ;'zf;g / kf/blz{tf, hjfkmb]lxtfsf] Ps kf6f] k"/f ug'{ st{Jo 7fg]sf] 5 . ljut jif{df em}+ ;g\ @)!\* sf] jflif{s k|ltj]bg o;}sf] lgoldttf xf] . of] k|ltj]bg kL;ljgsf] ;+:yfut p2]Zo / sfo{qmdsf ljifoIf]q (Thematic Area of Work) sf cfwf/df tof/ kfl/Psf] 5 . of] jlif{s k|ltj]b gtof/ ug{ of]ubfg ug'{x'g] k"j{ cWoIf, :jod\;]js, kL;ljgsf ;b:o, sd{rf/L, ;d'bfosf z'e]R5's ;a}df xflb{s cfef/ tyf wGojfb JoQm ub{5' . o; jif{ kL;ljgnfO{ cfly{s, ef}lts, dfgjLo ;xof]u / ;xsfo{, ;fem]bf/L ug'{x'g] g]kfn ;/sf/, ;fem]bf/ ;+:yfx?, ;d'bfosf ;d"x / ltgsf g]6js{x?, /fli6«o÷cGt/fli6«o g]6js{x? / z'e]R5'sx? k|lt d xflb{s s[t1 tyf cfef/L 5' . ;+:yfut ljsf; / sfo{qmd sfof{Gjogdf ;+nUg sfo{;ldltsf ;b:ox?, :jod\;]jsx?, sd{rf/Lx?df xflb{s wGojfb JoQm ub{5' . ;xof]uL ;a} tx, JolQm / z'e]R5'saf6 lgt/Gt/ ;xof]usf] cfzf u/]sf] 5' .

wGojfb .

ho cj;/, ho ljsf; ,

ljdnf yfkf

cWoIf

ldltM @)&% df3 @\* ut]

**ljifo–;"rL**

[**!= afn clwsf/ / u'0f:t/Lo lzIff**](#_Toc507925261)

[**@= dlxnf g]t[Tj / n}+lËs ljsf;** 5](#_Toc507925262)

[**#= ;'zf;g / o'jf ;xeflutf** 5](#_Toc507925263)

[**$= ;xsfl/tfdf cfwfl/t cfly{s ljsf;**  7](#_Toc507925264)

[**%= dfgj clwsf/, nf]stGq / ;dfj]zLs/0f** 8](#_Toc507925265)

[**^= ;fdflhs ;'/Iff / ;'ne :jf:Yo ;]jf** 9](#_Toc507925266)

[**&= jftfj/0f tyf k|sf]k Joj:yfkg** 9](#_Toc507925267)

[**\*= ;+:yfut ;'b[l9s/0f** 10](#_Toc507925268)

[**(= ;df'bflos kx'Fr tyf ef}lts k"jf{wf/ ljsf; M** 10](#_Toc507925269)

[**!)= cg'udg tyf d"Nofª\sg**  10](#_Toc507925270)

[**;/f]sf/jfnx?sf] wf/0ff** 11](#_Toc507925271)

[**;g\ @)!\* sf] cfDbfgL–vr{ ljj/0f** 12](#_Toc507925272)

**kL;ljgdf cfj4 sd{rf/Lx?sf] ljj/0f==============================================================================================================**15

[**s]lx k|ltlgwLd'ns tYo syfx?M** .......................................................................................................................21](#_Toc507925274)

# 

# **!= afn clwsf/ / u'0f:t/Lo lzIff(Child Rights and Quality Education)**\_ **M**

afnclwsf/ / u'0f:t/Lo lzIffsf] If]qdf kL;ljgn] ;+rfng u/]sf sfo{qmdx?af6 ;g\ @)!\* df !$(&$ hgf afnaflnsx? k|tIo nfeflGjt ePsf 5g\ . ljb\ofno aflx/ /x]sf afnaflnsfx?nfO{ ljb\offnosf] kxF'rdf NofO{ pgLx?sf] l;sfO pknlAwdf a[l4 ug{sf] nflu gu/÷ufpFkflnsf, lhNnf lzIff ;dGjo O{sfO, ljb\ofno, lzIfs, cleefjs / afnaflnsfx?;Fu ;DalGwt s[ofsnfkx? ;+rfng ul/Psf lyP .

ljb\ofno / afnljsf; s]Gb|sf] l;sfO{ k|efjsf/L agfpg afnljsf; s]Gb|sf] ef}lts k"jf{wf/, j;fO Joj:yfkg, v]ns'b ;fdu|L ;xof]uaf6 !#^ ljb\ofno / #$ afnljsf; s]Gb|sfdf z}lIfs s[ofsnfkx? ;+rfng ul/Psf lyP . afnaflnsfsfx?sf] ljBfno lg/Gt/tsf] nflu z}lIfs ;xof]uaf6 ^#\*% hgf afnaflnsfx?n] k|tIo ;xof]u cfPsf 5g\ . sIff sf]7f leq l;sfO jftfa/0f k|efjsf/L agfpg, ljb\ofnonfO{ afnd}qL, n+}lusd}qL / ;dfj]zL lzIffsf] dfWodaf6 afnaflnsfx?sf] lzIff kfpg] clwsf/ ;'lglZrt u/fPsf] 5 .

kl/jf/df l;Sg] aftfj/0f ;[hgf ug{sf] nflu afh'/f lhNnfsf] a'l9u+uf gu/kflnsf If]qdf u[x lzIffsf] cjwf/0fnfO{ sfof{Gjogdf o; jif{ klg lg/Gt/ ;xof]u ul/Psf]] 5 . o;af6 !!@ afnaflnsfn] 3/d} l;sfO ug]{ jftfj/0f kfPsf 5g\ . o;n] pgLx?sf] ljb\ofno lg/Gt/tf / l;sfOdf a[l4 ePsf] 5 . tLg j6f ljb\ofnox?df sDKo'6/ ;xof]u ul/Psf 5g\ . lzIfs, cleefjs / afnaflnsfx? / cGo z}lIfs ;/f]sf/jfnf lgsfox?;+u tflnd, uf]i7L, cGt{ls|of 5nkmn, n]vfk/LIf0f, ;fj{hlgs ;'g'jfO{ nufotsf ls|ofsnfkx? ;Frfng ePsf 5g\ . ljb\ofno / ;d'bfosf] ;DaGw ;'dw'/ agfpg, ljb\ofno lzIffnfO{ k|efjsf/L agfpg /0fgLlts of]hgf lgdf{0f ug{, afnclwsf/sf] k|Tofe"t x'g] ;+oGq lqmofzLn agfpg afh'/f lhNnfdf ljleGg ;fem]bf/x?sf] ;dGjodf cleofg ;+rfng eP . cleofgd'vL ls|ofsnfkx?df #)!%$ hgfsf] ;xeflutf /x]sf] 5 . ljb\ofno ;'wf/ of]hgf, k|sf]k hf]lvd Golgs/0f of]hgf, lg/Gt/ d"Nof+sg k|0ffnL, :yfgLo txaf6 afnaflnsfsf] If]qdf /x]sf] /sdnfO{ k|efjsf/L sfof{Gjog nufotsf ljifodf ;'wf/ cfPsf] 5 . kL;ljgsf] ;xhLs/0fdf a8Ldflnsf / j'9Lu+uf gu/kflnsf, afh'/fn] lzIffsf] /0flglts of]hgf agfPsf 5g\ .

;/f]sf/jfnf lgsfox?;Fusf] ;dGjo, ;fem]bf/Ldf :yfgLo tyf /fli6«o ;jfndf k}/jLsf ls|ofsnfk ;+rfng ePsf 5g\ . tTsflng 5tf/f uf=lj=;= -lqj]0fL gu/kflsnfsf] j8f gF ! / @ afnd}lq :yfgLo zf;go"Qm j8f 3f]if0ff ePsf] 5 . ;fy} a8Ldflnsf gu/kflnsfsf] j8f gF # /hfnLnfO{ afnljjfx / 5fpk8L uf]7d'Qm j8f 3f]if0ff ul/Psf] 5 . s'k|yf cGTo ug{, k"0f{ ;fIf/tf If]q, k"0f{ ;/;kmfO{ cleofg, k"0f{ vf]ko'Qm If]q, k|;"lt u[xdf ;+:yfut ;'Ts]/L, ljb\ofno zflGt If]q 3f]if0ff ug{, afn ;xeflutf clea[l4 ug{ ljb\ofno, ;d'bfo / lhNnf :t/sf cleofgdf P]Soa4tf ul/Psf] lyof] . hf]lvddf /x]sf afnaflnsfx?sf] ;xof]u, k'gM:yfkgf, ljb\ofnodf u'gf;f] ;'g'jfO{ ;+oGqsf] sfo{Gjog ;+u;+u} afnclwsf/ / dfgj clwsf/, lzIff clwsf/, :jf:Yo clwsf/;+u ;Da4 ljleGg lbj; / sfo{s|d ;DkGg ePsf lyP .

kL;ljgn] u/]sf] ;fd'bflosdf cfwf/Lt z}lIfs ;'rgf Joj:yfkg k|0ffnL 3/w'/L ;e]{If0f @)!% / @)!\* cg';f/ kl/of]hgf If]qdf afnaflnsfsf] ljb\ofno v'b egf{ b/ @)!% df (#=^%Ü lyof] eg] of] jif{ @)!\* df (&=%Ü k'u]sf] 5 . ckf+utf ePsf afnaflnsfx?sf] v'b egf{ &^Ü af6 \*@=^%Ü k'u]sf] 5 . sIff %sf] l;sfO{ pknAwL #(=@% k'u]sf] 5 eg] afnaflnsfx?sf] pkl:ytL b/ &^Ü af6 \*%Ü k'u]sf] 5 .

# **@=dlxnf g]t[Tj / n}+lËs ljsf; (Women Leadership & Gender & Development) M**

dlxnf tyf lszf]/Lx?sf] Golos lgsfodf kx'Fr, of]hgf lgdf0f{ k|s[ofdf ;dfg ;xeflutf, dlxnf clwsf/nfO{ c;/ kfg]{ afwfx?sf] cGTo ug{sf] nflu of] jif{ dlxnf clwsf/ ;'lglZrtfsf] nflu ljleGg ls|ofsnfkx? ;+rfng ePsf 5g\ . /x]s tx, ;d"x, ;ldltx?df cy{k"0f{ ;xeflutfsf] nflu /fhgLlts bn, g]6js{ / ;+:yfx?;Fu k}/jL ul//x]sf] lyof] . ;du|tfdf x]bf{ afn;d"x, o'jf ;d"xx? / cGo ;d'xsf kbflwsf/Ldf dlxnf tyf lszf]/Lsf] ;+Vof al9/x]sf] 5 . ;fljssf sf]N6L, sf]6Lnf, afFw', huGgfy / uf]qL uf=lj=;=sf] @)&% sf] ;dfj]zL n]vfhf]vf ubf{ ljb\ofnodf #$Ü, jg pkef]Qmf ;d"xdf %%Ü / cGo ;d"xdf $%Ü dlxnfsf] ;xeflutf /x]sf]5 . afh'/f lhNnfsf $) ljb\ofnodf u7g afnSnasf (%& ;b:odf %&% hgf aflnsf /x]sf] 5 .

afh'/f lhNnfdf n}lus lxzf cGTosf] nflu lhNNff :t/sf] sfo{of]hgf ag]sf] 5 . ;f] sfo{of]hgfsf] sfof{Gjogsf] nflu lhNnf tyf ;d'bfo :t/df ljleGg ls|osnfkx? ;+rfng ePsf lyP . **æn}+lus lx+;f cGTosf nflu ;a} h'6f}, sf]xL g5'6f}Æ** eGg] d'n gf/fsf ;fy of] aif{ klg !^ lbg] n}+lus lx+;f lj?4sf] cleofg ;+rfng ul/of] . oL cleofgn] 5fpkl8 s'k|yf, afnljjfx, n+}lus lx+;f, ;+o'Qm nfnk"hf{, ;dfg sfdsf] ;dfg Hofnf, 3/]n' lxF;f / b'Jo{jxf/sf ljleGg ;jfnx?nfO{ ;d]l6P/sf] lyof] . hDdf \*^ a6f ljBfnodf u'gf;f] ;'g'jfO{ ;+oGqsf] sfof{Gjogsf] nflu cg'lzIf0f / % j6f ljBfnodf ?kfGq0f sIff ;+rfng ePsf] lyof] .

;+rf/ dfb\od;Fu ;fem]bf/Lsf] ;fy} ;fj{hlgs :yfgdf n+}lus ;jfnnfO{ ;d]6]/ #@ j6f xf]l8{+u af]8{ /flvPsf] 5 . :yfgLo ;/sf/sf] pQ/bfoL sfo{z}nL k|a4{gdf ;xof]u ug{ ;fd'bflos c+s tflnsf, Goflos ;|f]t JolQmx?sf] kl/rfng, g]kfn k|x/L;Fu ;dGjo / ;xsfo{ h:tf ls|ofsnfkx? ;+rfng eP . g]kfn k|x/L / Goflos ;ldltsf ;b:ox?af6 ljBfno / ;d'bfo :t/ ;+r]tgfd'ns ls|ofsnfkx? ;+rfng ePsf lyP . l;dfGts[t ;d'bfosf] Gofodf kx"Fr a[l4 ug{sf] nflu ;xof]u k'u]sf] 5 .

a8Ldflnsf gu/kflnsfsf] j8f gF # /hfnLdf dlxnf;Fu pkd]o/ sfo{s|d;Fu ;dGjo u/]/ 5fpk8L uf]7d"Qm j8f 3f]if0ff ul/Psf] 5 eg] a'l9gGbf gu/kflnsf;+usf] ;dGjodf jf8{ g # nfO{ uf]7 d'Qm ul/Psf] 5 . a'l9u+uf / a'l9gGbf gu/kflnsfx?n] dlxnf;+u ;DalGwt ph'/L k|sofx?nfO{ k|efjsf/L agfpgsf] nflu ;fd'bflos c+skqsf] sfof{Gjog ug{sf] ;fy} b'O{j6} kflnsfdf ;+k|]if0f ;+oGqsf] :yfkg u/]sf] 5 . lxdfnL ufpkflnsfsf] afw'F / a'l9gGbf gu/fklnsf] sf]N6Ldf /x]sf] dlxnf clwsf/ d+rx?sf] Ifdtf ljsf;sf] ;fy} sfof{no Joj:yfkg ug{sf] nflu sDKo"6/ ;f]nf/ ;xof]u ul/Psf] 5 .

of] jif{ n}lus lx+;fdf k/]df % hgf dlxnfx?nfO{ kL;ljgn] sfg'gL pkrf/sf] nflu k|ltJolQm kfFr xhf/ ;xof]u u/]sf] 5 . kL;ljgsf] sfo{ If]qdf /x]sf lgu/fgL ;d"xx?n] (% j6f 3/]n' ljjfb / cGo ;fdfGo b'Jo{jxf/sf 36gfx? ;d'bfod} ;dfwfg u/]sf 5g\ . o;n] pgLx?sf] kfl/jf/Ls zflGtsf] ;fy} ;fdflhs zflGt, ;dfgtf tyf dlxnfsf] cfTd ;Ddfg sfod ug{ ;xof]u k'u]sf] 5 .

dlb/f ;]jgaf6 x'g] lx;f cGTosf] nflu dlb/f Joj:yfkgsf ls|ofsnfkx? ;+rfng ePsf 5g\ . kfFrj6f k'?if lgu/fgL ;d"xn] dlxnf clwsf/sf If]qdf ;+rfng x'g] cleofgdf ;xof]u ul//x]sf 5g\ . ^&% dlxnf tyf lszf]/Lx?n] l/km\n]S6sf] dfWodjf6 cfkm\gf] 7fpFsf] ;jfnx?sf] klxrfg u/L ;'wf/sf nflu k}/jL ul//x]sf 5g\ . sfo{If]qdf $) ljb\ofnosf ;]jf If]qdf lgu/fgL ;d"x u7gu/L dlxgfjf/L -5fp\_ xF'bf Wofg lbg' kg]{ æ^–;Æ cleofgsf] ;fy} \* ljBfnodf :ofg]6/L Kof8 agfpg] tflnd ;d]t ;~rfngdf u/]sf] lyof] .

# **#=;'zf;g / o'jf ;xeflutf (Good Governance & Youth Participation) M**

kL;ljgn] ljuts em} of] jif{klg ;d"x, ;+:yf tyf ;]jf lbg] lgsfox?nfO{ pQ/bfoL agfpg / pgLx?n] lbg] ;]jf–;'lawfx?sf] u'0f:t/ a[l4sf] nfuL ;fy} k|efjsf/L ?kdf sfof{Gjog ug{sf] nflu ;'zf;gdf hf]8 lbPsf] lyof] . ;+:yfsf] cfkm\g} ;'zf;g sfod /fVgsf] nflu ut jif{ em+} ;a} kl/of]hgfx?nfO{ :yfgLo txsf ;efx?af6 cg'df]bg u/fPsf] lyof] . ;+:yfsf] ;fdflhs n]vfk/LIf0f, cfGtl/s jfXo n]vfk/LIf0f, s/r'Qmf, ;DkGg ls|ofsnfkx?sf] ;fj{hlgs ;dLIff, ;fj{hlgs ;'g'jfO{, ;fj{hlgs n]vf kl/If0f nufotsf ls|ofsnfkx? ;DkGg ePsf 5g . u'gf;f] ;'g'jfO{ ;+oGqdf cfPsf !$% j6f u'gf;f]x? ;dod} ;Daf]wg ePsf 5g\ . afnclwsf/nfO{ ;'lglZrt ug{sf] nflu lhNnf afnsNof0f ;ldltsf] l;kmfl/; / s]lGb|o afn sNof0f ;ldltsf] ;xof]udf lhNnf afn x]NknfOg !)(\* sf]] ;xof]uaf6 $^ hgf afnaflnsf ;DalGw u'gf;f]x? btf{ eO{ Joj:yfkg ;d]t eO{;s]sf 5g\ . sl/j @! xhf/n] /]l8of]af6 ;Frfng x'g] ;'zf;g tyf :jf:Yo ;]jf ;DalGw sfo{qmdx? ;'Gg] u/]sf 5g\ . ljb\ofnosf ;fj{hlgs ;'g'jfO{, ;fdflhs n]vfk/LIf0f, afnaflnsfx?sf] lg0f{o k|s[ofdf ;xeflutf a[l4sf] nflu Ifdtf ljsf;sf ls|ofsnfkx? ;+rfng ul/Psf lyP . cfGtl/s / afXo n]vfk/LIf0faf6 cfPsf ;'emfax?nfO{ sfof{Gjog ul/ yk ;'wf/sfnflu gofF of]hgf lgdf{0f eP cg';f/ sfof{Gjog ePsf 5g\ . ljb\ofnodf u'gf;f] ;'g'jfO{ ;+oGqdf cfPsf u'gf;fx? dWo] (\*Ü ;dfwfg ePsf 5g\ . o;n] ljb\ofnox? Affnaflnsfx? k|lt pQ/bfoL ePsf] ;Fs]t b]lvPsf] 5 . :yfgLo :t/sf] of]hgf lgdf{0f k|s[ofdf o"jfx?sf] ;xefuLtsf] nflu ePsf] k}/jL kZrft oL kflnsfdf plgx?sf] ;xefuLtfdf a[l4 ePsf] 5 eg], o"jfx?sf] ;+nUgtfdf ljsf;sf ultljwLx? ;+rfng e}/x]sf 5g\ .

a8Ldflnsf gu/kflnsfn] o'jf ;'rgf s]Gb|sf] Joj:yfkgsf nflu of] jif{ ? Ps nfv krf; xhf/ / lqj]0fL gu/kflnsfn] ? krf; xhf/ /sd o'jf ;'rgf s]Gb|sf] cIfo sf]ifsf] Joj:yfkgsfnflu ;xof]u u/]sf] 5 . j8Ldflnsf gu/kflndf kL;ljgsf] k|fljlws ;xof]udf kFr jlif{o hLljsf]kfh{g /0fgLlts of]hgf / o'jf gLlt ;d]t tof/ kfl/Psf] 5 . ;fy} j8Ldflnsf o'jf ;'rgf s]Gb|sf] dfBfdaf6 !^ hgfn] /f]huf/sfnflu cfj]bg ubf{ ( hgf o'jfx?n] kflnsf :t/df / cGo ;/sf/L tyf u}/ ;/sf/L ;F3, ;F:yfx?df /f]huf/Lsf] cj;/ k|fKt u/]sf 5g\ .

a8Ldflnsf gu/kflnsfn] o'jf ;'rgf s]Gb|sf] Joj:yfkgsfnflu of] jif{ ? Ps nfv krf; xhf/ / lqj]0fL ? krf; xhf/ /sd o'jf ;'rgf s]Gb|sf] cIfo sf]ifsf] Joj:yfkgsfnflu ;xof]u u/]sf] 5 . j8Ldflnsf gu/kflndf kL;ljgsf] k|fljlws ;xof]udf kfFr jlif{o hLljsf]kfh{g /0fgLlts of]hgf / o'jf gLlt ;d]t tof/ kfl/Psf] 5 ;fy} o'jf ;'rgf s]Gb|sf] dfBfdaf6 !^ hgfn] /f]huf/sfnflu cfj]bg ubf{ ( hgf o'jfx?n] kflnsf :t/df / cGo ;/sf/L tyf u}/ ;/sf/L ;F3, ;F:yfx?df /f]huf/Lsf] cj;/ k|fKt u/]sf 5g\ . lszf]/Lx?sf] Ifdtf ljsf;sf] nflu !% j6f ljBfnox?df ;d"x u7g tyf pgLx?nfO{ :yfgLo :t/df g} Kof8 agfpg] tflnd ;DkGg ePsf] 5 . n3' pBdsf] If]qdf sfd ug]{ o'jfx?sf] Joj;fo k|a{4gsf nflu ^ hgf o'jf pBdL lhNnf :t/df o'jf lbj;df ;Ddflgt ePsf 5g\ . j'9Lu+uf, h'uf8f, sf]N6L, tf]nL / a|Xdtf]nf If]qsf %) o'jfx?nfO{ n3' pBd Joj;fodf ;+nUg u/fpgsf nflu % lbg] n3' pBd ljsf; tyf Joj;flos of]hgf lgdf{0f tfnLd ;+rfng ul/ $) hgf o'jfn] :yfgLo :t/df Joj;fo ;Frfng ul//x]sf 5g eg] #\* hgf 5f]6f] cjlwsf] ;Lk ljsf; tflnd k|fKt u/]sf o'jfx? dWo] ## hgfn] /f]huf/ tyf :j/f]huf/sf] cj;/ k|fKt u/]sf 5g\ . @! hgf o'jfx?n] n3'pBd Joj;fo ;+rfngsfnflu -nIdL *art tyf C0f ;xsf/L ;+= ln= /hfnL, h'uf8f, xft]dfnf] ;fgf ls;fg ;xsf/L ;+==ln= a|Xdtf]nf / Go' lehg ;xsf/L ;+=ln= s}nfzdf08f}+\_* ;xsf/Lx?af6 3'DtL sf]ifsf] /sd C0f lnP/ Joj;fo ;+rfng ul//x]sf 5g\ . j8Ldflnsf gu/kflnsf / 3/]n' tyf ;fgf pBf]u ljsf; ;ldltsf] ;dGjodf yk !% hgf o'jfx?n] Joj;flos -kmf]6f];k / cNnf],efËf]sf] sk8f j'Gg]\_ tfnLd k|fKt ul/ % hgfn] pQm pb\of]udf /f]huf/ k|fKt u/]sf 5g\ . pBf]u afl0fHo ;+3, Joj;flos tfnLd k|bfos ;+:yf / kL;ljgsf] ;+o'Qm ;xsfo{df 5gf}6 #) hgf o'jfx?n] # dlxg] Jofj;flos tfnLd *-kmlg{r/, df]jfO{n l/k]ol/Ë, knlDjª, df]6/;fO{sn l/k]l/Ë, 6fon, dfj{n lkml6Ë, sDKo'6/ ck/]6/, d];g, kf]lN6« kmfd{ tflnd / l;nfO{,s6fO{\_* k|fKt ul/ l;l6O{le6Laf6 ;Lk k/LIf0f k|df0f–kq ;d]t k|fKt u/]sf 5g\ . :yfgLo txsf] of]hgf th'{df k|s[ofdf o'jf ;xeflutdf a[l4 ePsf] kfOG5 . o'jfx?sf] ;jfndf k}/jL ug{ lhNnf o'jf kl/ifb\\;Fu ;dGjo u/L sfd ul/of] . o"jfx?df ;sf/fTds ;f]rsf] ljsf; ug{ hLjgf]kof]uL tyf ljlQo ;Lk ;DalGw tfnLdx? ;+rfg ul/P .

# **$=;xsfl/tfdf cfwfl/t cfly{s ljsf; M**

;g @)!\* df ;xsf/L ;+:yfx?sf] ;+:yfut ljsf;, 3'DtL sf]if / afncg'bfg sf]ifsf] kl/rfng s[ifsx?sf] Ifdtf ljsf; h:tf ls|ofsnfkx? ;+rfng ePsf 5g\ . o'jf :j/f]huf/sf nflu ;xsf/Lx?sf] Ifdtf clea[l4 / ljsf;sf ls|ofsnfkx? ljleGg kl/of]hgf dfkm{t ;+rfng ePsf 5g\ . ul/aL lgjf/0f sf]ifsf] ;xof]udf u7g ePsf !(& ;fd'bflos :tfgLo kflnsfx?df cfj4tf ul/Psf] 5 . ;xsf/Lx?sf] Ifdtf clej[l4sfnflu lhNnf ;xsf/L ;F3;Fusf] ;xsfo{df Ifdtf clej[l4sf tflndx? ;Frfng ePsf 5g\ . j|Xdtf]nfsf] xft]dfnf] ;fgf ls;fg jx'p2]ZoLo ;xsf/L ;+:yf ln=, h'uf8fsf] nIdL art tyf C0f ;xsf/L ;+=ln= / s}nfzdf08f}+sf] Go' lehg ;xsf/L ;+:yf ln= nfO{ 3'DtL sf]if kl/rfngsf nflu qmdzM ?= b'O{ nfv, b'O{ nfv / tLg nfv ?k}+of cg'bfg ;xof]u ul/Psf] 5 . a'l9gGbfsf] gf}d'n] ;xsf/L ;+:yfnfO{ cNnf]sf] sk8f agfpgsf] nflu 3/ agfpgsf] nflu ;xof]u ul/Psf] 5 . ;fy} lxdfnL / a'l9gGbf ufpkflnsfsf #))) 3/w'/LnfO{ ljpljhg ;xof]u ug{sf] ;fy} plgx?nfO{ ;xsf/Ldf cfj4 ug{sf] nflu klg ;xhLs/0f ul/Psf] lyof] .

;xsf/Laf6 o'jfx?nfO{ k|bfg ul/g] /sdsf] jflif{s a9Ldf !)Ü Jofhb/n] cfPsf] /sdaf6 clt ljkGg #@ hgf afnaflnsfx?n] z}lIfs ;xof]u k|fKt ul/ ljb\ofno lg/Gt/ ePsf 5g\ . ;xsf/Lx?n] aflif{s hDdf d'gfkmfsf] % k|ltzt afn cg'bfg sf]ifsf] vftfdf hDdf ug]{ u/]sf 5g\ . h'g /sdn] afnaflnsfx?sf] cfly{s tyf z}lIfs cj:yf ;'wf/sfnflu ljt/0f ul/Psf] 5 . h; dWo] of] jif{ xft]dfnf] ;fgf ls;fg jx'p2]ZoLo ;xsf/L ;+:yf ln=n] ? ^,))).–= nIdL art tyf C0f ;xsf/L ;+=ln=n] ? $@,@%@.–, Go' lehg ;xsf/L ;+:yf ln=n] ? !^,&^).– / sf]l6nfsf] sflnsff ;xsf/Ln] ? !@,\*)).– /sd afn cg'bfg sf]ifsf] vftfdf hDdf u/]sf 5g\ . a8Ldflnsf gu/kflnsf h'uf8f, # /hfnLsf j8f cWoIf **>L jL/ axfb'/ /fjnn]** cfkm\gf] tnj eQf afktsf] /sdsf] !) k|ltzt /sd afnaflnsfsf] lxtsfnflu nIdL art tyf C0f ;xsf/L ;+=ln=n] ;Frfng u/]sf] afn cg'bfg sf]ifsf] vftfdf hDdf ug]{ k|ltj4tf ug'{eP adf]lhd sfof{Gjog ePsf] 5 . ;d'bfodf /x]sf 3'lDtsf]if c;'nL, ;d"x cg'udg / ;d"xaf6 ;+rfng ePsf lgdf{0fsf sfdx?nfO{ k"/f ug{ ;d"xdf 5nkmn e} ;a} lgdf{0fsf ls|ofsnfkx? ;DkGg ePsf 5g\ . cfocfh{gsf] tfnLdaf6 ljkGg kl/jf/sf ;b:ox?n] cfDbfgLd'ns ls|ofsnfkx? ;Frfng u/]sf 5g\, h:t}M j'9Lu+ufsf g/]Gb| gfyn] ltkf8f jhf/df df]jfO{n dd{t Jofj;fojf6 dfl;s ?kdf @) b]]lv #) xhf/ ;Dd cfDbflg ul//x]sf 5g\ . ;xsf/L lzIffsf] af/]df sf]N6Ldf @^ hgf dlxnfx?nfO{ tfnLd ;Frfng ul/Psf] lyof] eg] Ps ;xsf/L ejg lgdf{0fsf] nflu k|fljlws ;xof]u ;d]t ul/Psf] lyof] .

# **%=dfgj clwsf/, nf]stGq / ;dfj]zLs/0f M**

/fHon] gful/snfO{ lbg' kg]{ ;]jf ;'ljwf u'0f:t/ / kf/blz{ x'g' k5{, / dfgjclwsf/sf] ;+/If0f ug]{ lhDdf /fHosf] ePsf]n] gful/ssf ;d;fdoLs ;jfnx?nfO{ dfgjclwsf/;+u hf]8]/ e}/jL ul/Psf] lyof] . ;fdflhs zflGt sfod ug{sf] nflu JolQm / kl/jf/af6} nf]stGqsf] cEof; ug{ kL;ljgn] sfd ug]{ ;d"x, ;ldlt / ;+/rgf;Fu ;'zf;g tfnLd, cg'lzIf0f, :jd"Nof+sg, ;fd'bflos c+stflnsfsf] k'g/fjnf]sg, ;dfj]zLtf kl/If0f ;DkGg eP . ;a} ;+/rgf / cj;/df ;dfj]zLs/0fn] bLuf] ljsf;nfO{ 6]jf k'¥ofpF5 eGg] dfGotfsf] cfwf/df clwsf/jfnf tyf ;/f]sf/jfnfx?;F+u cGt{ls|of sfo{qmd ;Frfng ul/of] . dlxnf, blnt, hghftL, ckf+utf ePsf JolQmx?sf] ;j} tx / tKsfdf ;fdfg ;xefuLtfsf] nflu 5nkmn cGt{ls|of sfo{s|d ePsf lyP .

nf]stGq / ;dfj]zLs/0fnfO{ ;'lglZrt ug{sf] nflu kL;ljgn] /]l8of] afh'/faf6 dfgjclwsf/ ;DalGw /]l8of] lhËnx? pTkfbg tyf k|;f/0fnfO{ lg/Gt/tf lbO{of] . ckf+utf ePsf $& hgf afnaflnsfnfO{ lzIffdf d"nk|jfxLs/0f ug{ z}lIfs ;fd|uL ;xof]u ePsf] 5 eg] $ hgfnfO{ pks/0f ljt/0f ul/Psf] 5 . sf]N6L / 6fF6]df /x]sf ;|f]t ljb\ofnox?nfO{ of] jif{ klg ;fdu|L ;xof]u ul/of] . kL;ljgsf] ;xhLs/0fdf u7g ePsf ;d"xsf ;ldltx?df clgjfo{ ?kdf blnt, ckf+u, hghflt nufotsf] ;dfj]zLs/0f ;'lglZrt ul/Psf] 5 . ljb\ofnosf] xftfleq /fhlgtLs lqmofsnfkx? ;+rfng ug]{ sfo{df Go"lgs/0f ePsf] 5 . o;n] afnaflnsf / ljb\ofno zflGtIf]q 3f]if0ffn] ;fy{stf kfPsf] b]lvof] . ljb\ofnodf sfo{Gjog e}/x]sf u'gf;f] ;'g'jfO{ ;+oGqn] ljb\ofnonfO{ nf]stflGqs, ;dfj]zL / ;xeflutfd'ns agfpgsf] nflu ;xof]u k'u]sf] 5 . kf08';}gsf @ hgf !^ jif]{ lszf]/Lx?nfO{ ef/ttkm{ n}hfg] qmddf afn x]NknfO{g / x6nfO{gsf] dfBfdaf6 lhNnf k|x/L sfo{nosf] ;xof]udf j'8/ k|x/L rf}sLaf6 ;dfTg nufO{ 3/ lkmtf{ k7fO{Psf] 5 eg] cleo'QmnfO{ sfg"gsf] bfo/df Nofpg kxn ul/Psf] 5 . afnljjfx / 5fpk8L s'k|yf lj?4df cleofg ;+rfngsfnflu gu/kflnsf / ufFpkflnsfsf] cfof]hgf cleofg ;Frfng ug'{sf;fy} j'9LgGbf / j8Ldflnsf gu/kflnsfn] 5fpuf]7 eTsfpg] cleofgnfO{ lg/Gt/tf lbPsf] 5 . gful/s lzIff k|ltj]bg tof/ u/L ;/f]sf/jfnf lgsfox?nfO{ hfgsf/L u/fO{Psf] 5 .

# **^=;fdflhs ;'/Iff / ;'ne :jf:Yo ;]jf M**

dlxnfx?sf] :jf:Yo clwsf/ ;'lglZrt ug{sf] nflu dft[ tyf :ofxf/sf] If]qdf :jf:Yo ;+:yfsf] ;]jfnfO{ u'0f:t/ agfpgsf] nflu ;fd'bflos c+stflnsfsf] k'g/fjnf]sg, cfdf ;d"xx?sf] dfl;s a}7s, cg'ej cfbfg–k|bfg ug{sf] nflu l;sfO e|d0f, blnt / hghflt ;d'bfodf dft[lzz' :ofxf/ cg'lzIf0f, :jf:Yo Joj:yfkg ;ldlt;Fu 5nkmn, lszf]/Lx?nfO{ k|hgg\ :jf:Yo cg'lzIf0fsf lqmofsnfkx? ;+rfng ul/Psf 5g\ . lhNnf :jf:Yo sfof{nosf] cu'jfO{df kl/of]hgf ;Frfng ePsf sfo{If]qx?sf] cw{aflif{s / aflif{s ?kdf cg'udg ul/ sfo{qmdsf] k|efjsf/L sfof{Gjog ug{ ;xhtf ePsf] lyof] . ue{hfFr, ;'Ts]/L ;]jf / ;'/lIft ue{ktg ;]jfsf af/]df (!& hgfn] hfgsf/L kfPsf 5g\ . #@( hgf dlxnfx?n] ;'/lIft ue{ktg ;]jf lnPsf 5g\\ . ;'/lIft ue{ktgsf] ;]jfsf] af/]df @@ j6f ;d'bfo ;+r]tgfd'ns sfo{s|d ;+rfng ePsf] lyof] . ;fy} % j6f :yfgLo ;/sf/;+u of] ;]jfsf] af/]df hfgsf/Ld'ns sfo{s|d ;+rng ePsf] lyof] .

ljBfno :jf:Yo lzIff cGt{ut lszf]/Lx?nfO{ :ofg]6/L Kof8 agfpg] tflnd ;+rfng Psf] 5 . 5 j6f ljb\ofnodf zf}rfno / !) j6f ljb\ofnodf vfg]kfgL dd{t u/L l;sfO jftfj/0fdf ;xof]u k'u]sf] 5 . afnaflnsfsf] :jf:Yo cj:yf ;'wf/ ug{sf] nflu ljb\ofno :jf:Yo tyf kf]if0f sfo{qmd dfkm{t Plss[t :jf:Yo Kofs]hnfO{ Joj:yfkg ug{sf] nflu @) j6f ljb\ofnodf k|fylds pkrf/ afs; ;xof]usf] ;fy} afnaflnsfx?sf] :jfYo k/LIf0f ul/Psf] 5 .

# **&= jftfj/0f tyf k|sf]k Joj:yfkg M**

;/;kmfO{sf ^ j6f ;"rsnfO{ k5\ofpFb} k"0f{ ;/;kmfO{ cleofgnfO{ ;kmn agfpg s'Nb]jdf08f+} gu/kflnsf, lqj]0fL gu/kflnsf, a8Ldflnsf g=kf=sf] ahf/ If]qdf ;/;kmfO{ ;dGjo ;ldltsf] Ifdtf ljsf;, gd'gf 6f]n Joj:yfkg nufotsf sfo{s|d ul/Psf] 5 . jftfj/0f tyf k|sf]k Joj:yfkgsf af/]df ljb\ofnosf lzIfs, cleefjs, afnaflnsfn] cg'lzIf0f kfPsf 5g\ . afnaflnsfnfO{ l8«n cEof; ;Frfng ul/Psf] 5 . ljb\ofnosf 5fgf p8fPsf] 7fpFdf 5fgf ;xof]u ul/g'sf ;fy} ljBfnosf] cfj:ostfsf] cfwf/df afnaflnsfx?sfnflu zf}rfno lgdf{0fdf klg ;xof]u ul/Psf] 5 . ;d'bfodf /x]sf hgd'vL sIffn] k"0f{ ;/;kmfO{, jftfa/0f ;+/If0fsf] af/]df 5nkmn u/L sfo{of]hgf lgdf{0fsf ;fy} sfof{Gjog klg u/]sf 5g\ . $^ j6f ljb\ofnosf ljb\ofno Joj:yfkg ;ldlt, cleefjs lzIfs ;+3, lzIfs, cleefjs / afnaflnsf u/L !!## hgf afnaflnsfx?nfO{ ljb\ofno ljkb\ hf]lvdsf] af/]df cled'vLs/0f ul/Psf] 5 . aftfj/0f Joj:yfkgsf] nflu a[Iff/f]k0f, jgsf] ;+/If0f ug{sf] nflu l/km\n]S6x?n] ;d'bfodf ;xhLs/0f ul//x]sf 5g\ . jftfj/0f k|b'if0f /f]Sgsf] nflu rkL{ k|of]u, kmf]x/vfN8f Joj:yfkg, 3/cfFug ;/;kmfO{ h:tf cleofg ;+rfng ePsf 5g\ . hnjfo' kl/jt{gsf] c;/ sd ug]{ pkfo, hnjfo' cg's'ng k|lqmof af/] ;+r]tgf clea[l4, k|sf]k ljz]ifu/L e"sDk k|lt/f]wL lgdf{0f tyf hf]lvd Go'lgs/0f, k"j{ tof/L af/] ;fd'bflos cg'lzIf0f ;+rfng ul/P . k|sf]k, dxfdf/L, hftLo lje]b, n}+lus ;dfgtf ljsf;, 5fpk8L s'k|yf, afn ljjfx h:tf ;fdflhs ;jfn kL;ljgsf x/]s lqmofsnfkdf cleofgsf] ?kdf d"nk|jfxLs/0f k|lqmof lg/Gt/ ?kdf ;Frfng ePsf 5g\ . kL;ljgn] ;Frfng ug]{ ;Dk'0f{ kl/ofhgfx?df ;dGjofTds tl/sfn] lhNnf / :yfgLo txdf sfo{qmdsf] cg'lzIf0f tyf ;Frfng ul/Psf] 5

# **\*=;+:yfut ;'b[l9s/0f M**

/fHosf] k'g;{+/rgf;Fu} sltko ;jfnx?sf] k|yldsLs/0fdf klg kl/jt{g ePsf] 5, of] kl/j]z / ;Gbe{nfO{ dx;'; ul/ u}/;/sf/L ;fdflhs ;F:yfx?n] klg ;jfn tyf sfo{lgltdf klg kl/jt{g ug'{ kg]{ cfjZostf dxz'z u/L kL;ljgsf] bL3{sflng /0fgLlts of]hgf kg/fjnf]sg ePsf] 5 . ;a} :yfgLo txx?df ;+:yfsf tkm{af6 Ps hgf sd{rf/LnfO{ O{Grfh{ tf]s]/ lhDd]jf/L ;'lDkPsf] 5 . sd{rf/L, sfo{ ;ldlt, ;fwf/0f ;b:ox?sf] ;xeflutfdf ;+:yfsf] :jd"Nof+sg u/L ;'wf/sf] of]hgf sfof{Gjog ul/Psf] 5 . ;+:yfut jflif{s ;fdflhs n]vfhf]vfaf6 cfPsf ;'emfax?nfO{ sd{rf/L / sfo{;ldltsf] a}7sdf 5nkmn ul/ sfo{of]hgf ;d]t tof/ kfl/Psf] 5 . ljleGg ;fem]bf/sf n]vf kl/Ifs / cg'udgaf6 cfPsf ;Nnfx ;'emfjx?nfO{ sfo{;ldltsf] a}7sf k|:t't ul/ lyof] . ;dod} s/r'Qmf, ;+:yfsf] aflif{s cl86 tyf n]vfhf]vf kl/If0fsf ;fy} cGo sfg"gL k|lqmofx?nfO{ cfj:ostf cg';f/ k'/f ul/Psf] 5 .

o; jif{ @ sDKo'6/, ! j6 Sofd]/f / s]lx yfg kmlg{r/ vl/b ul/Psf] 5 . of] jif{ ^% hgf sfo{;ldlt ;b:o ^@ hgf sd{rf/Ln] Ifdtf ljsf;sf] tflnd tyf uf]li7df efu lnPsf 5g\ . of] jif{ vl/b, dfgj;+;fwg lgodfjnL tyf ljwfgdf ;fdfGo kl/dfh{g ePsf 5g\ eg] ;j} kl/of]hgfx?sf sfo{s|d ;+rfng lgb]{lzsfdf ;fdfGo x]/km]/ ePsf] 5 .

# **(= ;df'bflos kx'Fr tyf ef}lts k"jf{wf/ ljsf; M**

u|fdL0f kx'Fr kl/of]hgfsf] ;fem]bf/Ldf df}/]–s}nfzdf08f}+, df}/]–tf]nL–5tf/f @& ls=dL= u|fdL0f ;8ssf] sfd ;dfkg ul/ :yfgLo lgsfosf] pkl:yltdf x:tfGt/0f ul/of] . pQm ;8s lgdf{0f kZrft pQm If]qsf gful/sx?nfO{ oftfoftdf ;xh ePsf]] 5 . ;fd'bflos ljsf; kl/of]hgfaf6 b'O{ j6f ljb\ofno ejg / Ps :jf:Yo rf}sL dd{t Pp6f afnljsf; s]Gb|sf] ejg lgdf{0f ePsf] 5 . Pp6f ljb\ofnosf] 5fgf dd{t ul/Psf] 5 . cf7 j6f emf]n+'u]k'n lgdf{0f ePsf 5g\ eg] & j6f emf]=k'= lgdf{0flwg cj:yfdf /x]sf 5g\ . ;fy} @ j6f Birthing center df ;xof]u ul/Psf] 5 . ;fy} % j6f l;+rfO{sf of]hgfx?sf lgdf0f{ ug{sf] nlu of] jif{ l8hfO{g :6Ld]6 tof/ ul/Psf] 5 .

# **!)=cg'udg tyf d"Nofª\sg M**

sfo{;ldltsf cWoIf / ;b:ox? / kl/of]hgf ;'k/efO{h/x?sf] 6Ldn] of] jif{df tLg k6s sfo{qmdsf] cg'udg u/]sf] 5 . sfo{s|d k|aGws lglt ;+/Ifsaf6 klg a]nfa]nfsf sfo{s|dsf] cg'udg ul/ ;'wf/sf] nflu ;'emfj ;Nnfx lbO{Psf] lyof] . kl/of]hgf k|d'vx?af6 kl/of]hgfsf] dfl;s cg'dug ul/ pQm cg'udgaf6 cfPsf /fd|f kIf / ;'wf/ ug'{ kg]{ kIfsf af/]df kl/of]hgfsf] 6Ld;Fu 5nkmn ul/ ;'wf/sfnflu sfo{of]hgf tof/ kf/]sf] lyof] . pQm sfo{of]hgf kZrft kl/of]hgf ;Frfng tyf ;'wf/sfnflu ePsf k|of;x?sf af/]df ;DalGw ;/f]sf/jfnfx?;Fusf] 5nkmn ul/ sfo{qmdsf] sfof{Gjog ul/of] . kL;ljgn] ;Frfng ug]{ ;Dk'0f{ kl/of]hgfx?sf] cg'udgsfnflu lhNnf tyf :yfgLo :t/sf ljifout ;/f]sf/jfnfx?af6 aif{df @ k6s cg'udg ul/ yk ;'wf/sfnflu sfo{of]hgf lgdf{0f ;lxt ;/f]sf/jfnf;Fu 5nkmn ul/Psf] 5 .

;fem]bf/ -;]e b lrN8]«g, s]P/ g]kfn, PS;gP8, ul/aL lgjf/0f sf]if, ;fyL ;+:yf, u'8g]j;{ O{G6/g]Zgn, /]i6n]z, l6laP;o', ¥ofk, 8An', Pr, Pr, cfO{kf;, o"g]:sf]\_ ;+:yfx?sf] lhNnf, If]q tyf s]lGb|o 6f]nLaf6 sfo{s|d tyf cfly{s k|ultsf] af/]df cg'udg ul/of] . dfl;s ?kdf ef}r/ k'g/fjnf]sg / cfGtl/s tyf afXo cl86/af6 cfly{s sf/f]jf/f]sf] lgoldt cl86 ul/ k|fKt ;'emfasf cfwf/df sfo{of]hgfsf] lgdf{0f ;lxt sfof{Gjog ePsf] 5 .

# **;/f]sf/jfnx?sf] wf/0ff**M

* kL;ljg afh'/f lhNnfdf u}/ ;/sf/L ;+:yfx?sf] cu'jfO{ ul//x]sf] ;fdflhs ;F:yf xf] . lhNnf / :yfgLo txdf sfo{qmd sfof{Gjogsf] ;fy} ;dfh ljsf;sfnflu :yfgLo ;/sf/nfO{ klg of]hgf, gLlt lgdf{0f / sfof{Gjogdf klg ;xof]uL e'ldsf v]Ng] s'/fdf ljZjf; u/]sf 5f}+ . cfzf 5 cfufld lbgx?df kL;ljgn] oL s'/fx?nfO{ sfof{Gjog ug{ :yfgLo ;/sf/nfO{ ;xof]u ug]{ 5 .

**–kbd axfb'/ j8'jfn, gu/ k|d'v, a8Ldflnsf gu/kflnsf, afh'/f**

* kL;ljgn] a'9Lu+uf gu/kflnsfdf ;fdflhs n]vfk/LIf0fsf dfWodaf6 ;a} sfo{s|dsf] hfgsf/L u/fPsf] 5 . o;af6 cGo ljsf;sf ;fem]bf/ ;F:yfx?nfO{ klg cfkm\gf] sfo{z}nL kl/jt{g ug{ cfu|x ub{5f}+ .

– **>L bLks ljqmd zfx gu/ k|d'v, a'9Lu+uf gu/kflnsf, afh'/f**

* kL;ljgn] ;d'bfo :t/df ;Frfng u/]sf sfo{qmdx?n] ;d'bfosf] kl/jt{g tyf r]tgf :t/df kf/]sf] ;sf/fTds k|efjsf] k|;+;f ub{5' . ;fy} cfpg] lbgx?df klg :yfgLo ;/sf/;Fu xft]dfnf] ul/ cfkm\gf] sfo{qmd ;Frfng ug{ cfu|xsf ;fy} ;xof]usf] ck]Iff ;d]t u/]sf] 5' .

– >L **/flwsf ;'gf/, pkk|d'v, lqj]0fL gu/kflnsf, afh'/f**

* kL;ljgn] afnaflnsf, dlxnf / lgDg au{sf ;d'bfosf] cj:yfnfO{ ;'wf/ ug{ ljleGg sfo{qmdx?sf] dfBfdaf6 ;xof]u ub}{ cfO{/x]sf] 5 . ;dfh ljsf;sf] cleofgnfO{ ;kmn kfg{ lg/Gt/ ;xof]usf] ck]Iff ub{5' .

**– >L sljtf lai6, pkk|d'v, a8Ldflnsf gu/kflnsf, afh'/f**

* kL;ljgn**]** afh'/f lhNnfdf dlxnf tyf afnaflnsf / o"jfx?sf ;jfn p7fg / ;dfwfgdf v]n]sf] e'ldsfsf] >fxgf ub{5' . ;dfh ljsf;sf] cleofgsf] qmddf o;n] v]Ng] dxTjk'0f{ e'ldsfsf] ck]Iff ub}{ cleofgdf kqsf/ dxfF;3sf] klg ;xof]u tyf ;fy /xg] k|ltj4tf JoQm ub{5' .

**– >L k|sfz l;+x, cWoIf,g]kfn kqsf/ dxf;+3, afh'/f**

* kL;ljgn] afh'/f lhNnfdf o'jfx?sfnflu pBdlzn ljsf;sf sfo{qmdsf ;fy} ;Lkd'ns sfo{qmd ;+rfngsf] qmddf ;/f]sf/jfnfx?;Fu u/]sf] ;dGjo tyf ;xsfo{n] lhNnfsf] ahf/sf] cj:yf / dfusf] klg cWofog ug{ ;xhtf agfPsf] 5 .

**– >L uf]/v jxfb'/ af]x/f, pkfWoIf, p3f]u afl0fHo ;+3, afh'/f**

* lhNnfdf n3' pBdsf] If]qdf pNn]Vo sfd u/]sf] / ;dGjodf klg cGo ;/sf/L tyf u}/ ;/sf/L ;F:yfx?sf] t'ngfdf /fd|f] sfd u/]sf]n] cfufdL lbgx?df klg o;nfO{ lg/Gt/tf lbO{ lhNnfsf] n3' pBdsf] If]qdf ;xof]u ug{ cg'/f]w ub{5' .

– >L **g/ axfb'/ v8\sf, sfof{no k|d'v, 3/]n' tyf ;fgf pBf]u ljsf; ;ldlt, afh'/f**

* ljBfnosf] cltl/Qm ;dodf ;Frfng ul/g] pkrf/fTds sIffn] k9fO{df sdhf]/ /x]sf ljBfyL{x?sf] k9fO{df ;'wf/sf ;fy} ljBfno lg/Gt/tfdf ;xof]u k'u]sf] 5 . o;n] ljBfnosf ;j} sIffx?df /x]sf sdhf]/ ljBfyL{x?sf] k9fO{sf] cj:yfnfO{ ;'wf/ ug{ ;xof]u k'Ug] b]lvG5 .

– >L **dxfFl;+ yfkf, k|wfgfWofks, >L w'/fn;}g dfWolds ljb\ofno, a'9Lu+uf gu/klnsf, afh'/f**

* hLjgf]kof]uL tyf ljlQo lzIff ;DalGw ;Lkd'ns tflndn] ubf{ afnaflnsfx?n] cfkm'n] ;lx lg0f{o lng ;Sg] / cfkm\gf] hLjgdf cfO{kg]{ ;d:ofsf] Joj:yfkg ug{ ;xof]u k'u]sf] 5 .

– **>L ;To yfkf, lzIfs, lqzlQm df= lj=, a'9Lu+uf gu/kflnsf, afh'/f**

* kL;ljgn] ;xsf/L4f/f ;Frfng u/]sf] 3'DtLsf]if / afn cg'bfg sf]ifsf] dfBdaf6 ljBfno aflx/ /x]sf afnaflnsfx?nfO{ ljBfnodf lg/Gt/ ug{sf ;fy} o"jfx?nfO{ n3' pBd Joj;fodf ;FnUg ug{ ;xhtf ePsf] 5 .

**– >L dfg axfb'/ yfkf, cWoIf, >L Go" lehg ;xsf/L ;+:yf, ln=, lqj]0fL gu/kflnsf, afh'/f**

# **;g\ @)!\* sf] cfDbfgL–vr{ ljj/0f**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **kl/of]hgf** | **aflif{s :jLs[t** | **aflif{s vr{** | **art /sd** | **;fe]mbf/ ;+:yf** | **s}lkmot** |
| ul/aL lgjf/0f sfo{{qmd | !@%%\*)) | !@%%&^% | #% | u/LjL lgjf/0f sf]if | Jan to April 2018 |
| :yfgLo sfo{qmd | @\*@#))) | @\*))$## | @@%^& | PS;g P8 g]kfn | Jan to Dec 2018 |
| u|fld0f kx+"r sfo{qmd | %&$@\*( | %&$@\*( | ) | u|fld0f kx+"r sfo{qmd | Jan to 15th June 2018 |
| ;xofqf,Plss[t kl/of]hgf | @&)))))) | @^((($@& | %&# | ;]e b lrN8«]g | Jan to Dec 2018 |
| cf:yf kl/of]hgf | !)%#(!! | !)@\*^^( | @%@$@ | ;fyL ;+:yf | Jan to June 2018 |
| o'jf ;zlQms/0f kl/of]hgf | !)@)$#$$ | !)@)#(^$ | #\*) | ;]e b lrN8«]g | Jan to Dec 2018 |
| ;fd'bflos ljsf; kl/of]hgf | @!)$%&!% | @)\*&$#%\* | !&!#%& | u8 g]j;{ OG6/g]zgn | Jan to Dec 2018 |
| Gofodf kx'Fr kl/of]hgf | !)(&#)@& | !)($&\*&% | @%!%@ | s]o/ g]kfn | up to September 2018 |
| kx'Fr kl/of]hgf | @%\*%&%% | @%)!\*## | \*#(@@ | s]o/ g]kfn | Jan to April 2018 |
| ;Dej kl/of]hgf | $!!\*^(# | $!!\*^(# | ) | /]in]; ljs; | Jan to May 2018 |
| :j:y cEof; kl/of]hgf | !!@\*&@( | !!@\*&@( | ) | ls8f{s g]kfn | Jan to Sept 2018 |
| ;Dk'0f{ kl/of]hgf | @#!@(\*%$ | @!$!%#%^ | ) | Welt hungerhilfe (WHH) | Jan to Dec 2018 |
| ;'/lIft ue{ktg ;]jf kl/of]hgf | \*%%@(! | \*%!)$% | ) | cfO{=kf; g]kfn | July to Dec 2018 |
| c;n cEof; kl/of]hgf | %$^$(\* | $!(#(# | ) | UNESCO | July to Dec 2018 |
| ljljw ;fgf sfo{qmd | !@,$#,\*%). | !@)\*(@^ | #$(@$ | clh;; l6=lj P; o" / cGo >f]t | Jan to Dec 2018 |
| **hDdf** | **!),\*%,#\*,&%^** | **!),^#,@\*,&%%=#)** | **@),\*@,\*(%=&)** |  |  |

**s]lx k|ltlgwLd'ns tYo syf tyf wf/0ffx?M**

**afn Snan] af]Ng] agfof]**

d]/f] gfd nIdL aflgFof xf] . d]/f] 3/ a'9Lu+uf gu/kflnsfsf] afÅjL; j8f g+= \*, aflgFofjf8fdf k5{ . d clxn] ;fj{hlgs sfo{qmddf p7]/ af]Ng ;Sg] ePsL 5' / xfn afÅjL;df /x]sf] ckfË ;]jf ;dfh ;xsf/Lsf] cWoIf kbdf sfo{/t 5' . of] pd]/df g} Pp6f ;xsf/Lsf] cWoIf h:tf] ul/dfdo kbsf] lhDd]af/L kfFpbf d clt g} v'zL 5' . klxn] dnfO{ ;fj{hlgs 7fpFdf t k/} hfcf];\ 3/df klg af]Ng 8/ nfUYof] . ljb\ofnodf ;FRffng ePsf] hLjgf]kof]uL ;Lk ;DjlGw sIffx?df d}n] b}lgs ?kdf pkl:ylt x'g] df}sf kfFP . sIffdf j:bf k5fl8sf] j]~rdf j:g], lzIfsn] p7fP/ jf]Ng nufpFbf jf]Ng / kf7 k9\g klg nfh dfGg] d]/f]] Jojxf/df lbg k|ltlbg kl/jt{g x'g yfNof] . To; nuQ} d ljb\ofno :t/sf] jfn Sjndf klg ;b:o eP . jfn Sjndf /x]sf ;j} ;b:ox?n] dfl;s ?kdf x'g] j}7sdf Ps, Ps cf]6f k|Ztfjx? lnP/ cfpg' kg]{ lgod jfn ;d'xn] jgfPkl5 jfn Snjsf] dfl;s j}7sdf x'g] 5nkmndf d]/f]] klg ;lqmo ;xeflutf x'g yfNof] . ljb\ofno :t/sf] afn Snjdf /xFbf d}n] JolQmTj ljsf; dfq geO{ ;flyx?;Fusf] ;DjGwnfO{ klg j9fpg] df}sf] kfFP . h;n] ubf{ dgdf nfu]sf s'/fx? Ps csf{jLr ;f6f;f6 ug{ ;xh eof] . sIffdf klg cGo ljb\ofyL{x? h:t} nfh gdflg jf]Ng], k5fl8sf] j]~raf6 cuf8L cfP/ j:g], b}lgs ?kdf u[xsfo{ ug]{, b}lgs ljb\ofnodf pkl:yt x'g] h:tf s'/fx?df j[l4 x''b} uof] . d}n] @)&# ;fndf P;=O{=O{= kl/Iff kf; u/] / xfn d afÅjL;df /x]sf] lqzlQm dfBlds ljBfnodf sIff !@ df cWoog ul//x]sL 5' . d}n] ljb\ofno k9\g] qmddf afÅjL;df :yfkgf ePsf] ckfË ;d'xsf] ;lrj / o'jf Snjsf] ;b:o ;d]t x'g] df}sf kfFP . ckfË ;d'xsf] ;lrj / o"jf Snjsf] ;b:odf /xFbf ljleGg tflnd, uf]i7L / j}7sx?df pkl:yt x'g] cj;/ k|fKt eof] . ;d'xsf] dfl;s j}7s :jo+ ;lrjn] g} ;Frfng ug'{ kg]{ eP kZrft d]/f] jf]Ng] Ifdtfsf] klg ljsf; x'b} uof] . d ljb\ofno :t/sf] afn Snjdf gePsf] eP af]Nbf nfh dfGg] afgL clxn] ;Dd klg x6\g] lyPg xf]nf . dnfO{ afn Snjn] af]Ng] jgfof] / d ;xsf/L ;d'xsf] cWoIf x'g] df}sf kfFP .

**t/sf/L v]tLn] dg zfGt kf5{**

d]/f] 3/ afh'/f lhNnf, a'9LgGbf gu/kflnsf–!, z]/sf]6 xf] . d]/f] gfd dfgb]jL b]jsf]6f xf] . d]/f] 3/df a'jf, cfdf, b'O{ hgf bfh', Ps efph' / b'O{ hgf bfh'sf] 5f]/f5f]/L ul/ \* hgfsf] kl/jf/ 5 . d}n] h]=6= P cWoog u/L clxn] s[ifL{ k]zfub}{ cfO/x]sL 5' . d]/f] 3/, kl/jf/n] klxn] Hofnf dhb'/L u/]/ k};f sdfP/ Nofpg] ug'{x'GYof] . o;/L g} xfd|f] b}lgs hLjg / k7fO{ vr{ rn]sf] lyof] . t/ To;n] k7fO{ / 3/ vr{ wfGg ;f/} uf/f] ePsf] lyof] . kL;ljg afh'/f2f/f ;Frflnt :yfgLo clwsf/ sfo{qmdaf6 s[lif ;fdu|Lx? k|fKt u/]kl5 d}n] t/sf/L pTkfbg u/]/ Ps jif{df ? $) xhf/ hlt cfDbfgL u/] . s[lif ;fdu|Lx?sf] ;xof]u gkfpg' eGbf klxn] t/sf/L t/sf/L v]tL u/]klg laqmL u/]/ cfDbfgL eg] u/]sL lyO{g t/ clxn] t/sf/L pTkfbg u/]/ b}lgs ?kdf sf]N6L ahf/df ljlqm ul//x]sL 5' . *d}n] t/sf/L v]tLdf kfPsf] ;kmntf kl5 d]/f] 3/kl/jf/ / l5d]sLsf] ;f]rdf klg kl/jt{g ePsf] 5 . k9]n]v]sL dfG5] hUuf v0f xfNgfsL Sof t/sf/Lsf kl5 nfu]sL xf]nL eGbfl5ofpF . o}sf] sfd x]¥ofkl5 xfdL unt /of5f} eGof yfxf eof] xh'/ . d]/L cfdfn] eGg'eof] . ;d'bfodf pgL gd'gf s[ifssf] ?kdf lrlglG5g / c?nfO{ klg t/sf/L v]ltsf af/]df l;sfpFl5g\ . pgsf] l5d]sdf j:g] ;kgf lu/L eGg'x'G5 . d}n] dfGb]jLaf6 t/sf/L s;/L nufpg] eGg] t/Lsf l;s]/ d]/f] 3/df klg t/sf/L v]tLsf] ;''?jft u/]sL 5' .*

6\g]n xf[p; leq t/sf/L l6Kb} dfGb[]jL

d}n] af/Ldf sfd u/]kl5 w]/} s/fx? l;Sg kfPsf] 5' . klxn] d}n] lstfjdf dfq l;s]sf] lyP . dnfO{ af/Ldf sfd u/]kl5 cfgGb ldN5 . s'g} tgfj eP kl5 af/Ldf cfP/ cfkm\gf] dgnfO{ zfGt kf5'{ . d clxn] cfO Pg Pkm ;+:yfdf sfd u5{' . dnfO{ ToxfF 5gf}6 x'gdf d]/f] s/];faf;f/Lsf] sfdn] ;xof]u u¥of] . dGb]jLn] elgg\ **.**

**?kfGt/0f sIffn] hLjgdf ?kfGt/0f Nofof]**

****dlg;f wfdL clxn] !$ jif{sL eO{g . . pgsf] kl/jf/ a'l9gGbf gu/kfnLsf $ 3f]8fsf]6df a:b5g\ . pgsf] kl/jf/df a'jf, cfdf, b'O{ j6f jlxgL / Pp6f efO{ ul/ hDdf ^ hgf /x]sf 5g\ . pgsf] cfdf, j'jfn] 5f]/fnfO{ af]l8{ª :s'n / ltg 5f]/Lx?nfO{ ;/sf/L ljBfnodf k9fpg] u/]sf lyP . ljBfno hfg] qmddf dlg;fnfO{ klg efOn] h:t} ;6{, kfO{G6, 6fO{ / a]N6 nufpg dg nfUYof] / of] s'/f pgn] j]nf j]nfdf cfkm\gf a'jf cfdfnfO{ eGg] uly{g . efO{ Ps jif{ ;Dd af]l8{ª :s'n k9\bf c+u|]lh af]Ng] ePkl5 pgnfO{ crDd nfUYof] . s;/L af]Ng ;s]sf] xf]nf h:tf] nfUYof] / pgnfO{ klg To;/L af]Ng kfP x'GYof] h:tf] nfUYof] . dlg;fn] elgg\ d klg af]l8{ª :s'n hfG5' eGbf a'jfn] xf]Og t ;/sf/L :s'n g} k9,7'nL ePkl5 kf]On uO xfN5]; lsg af]l8{ª :s'n hfG5]; / eGg'x'GYof] . To;kl5 d plx ;/sf/L :s'n >L b]j8fF8f dfljdf sIff & df k9\b} lyP . Pslbg kL;ljgsf] ?kfGt/0f sIff ;+rfng ug]{ af/]df 5nkmn eof] . of] ?kfGt/0f eg]sf] s] xf]nf d klg a:g kfP x'GYof] h:tf] nfUof] / @) hgf lszf]/Lx?dWo] dnfO{ klg 5gf]6 ul/Psf] /x]5 . o;/L d}n] klg ?kfGt/0f sIffdf a:g] cj;/ kfP . h;df afnclwsf/,;dtf,;dfgtf tyf xflgsf/s ;fdflhs dfGotfsf af/]df 5nkmn x'GYof] / xfdLnfO{ ?kfGt/0f sIffdf l;s]sf s'/fx? 3/df,;d'bfodf ;j};+u s'/f ug]{ ug{'k5{ eg]/ Gofodf kx'Fr kl/of]hgfsf ;fdflhs kl/rfns dfnlt /f]sfof lblbn] eGg] ug'{x'GYof] . lo s'/fx? d}n] 3/df cfP/ j'jf cfdfnfO{ af/Daf/ l;sfP . d}n] j'jfnfO{ 5f]/Ln] lg sfhlqmof ubf{ /x]5g, 5f]/L dfG5] /fi6«klt / k|wfgdGqL ;d]t x'g ;Sg] /x]5g . o;/L lnËsf cfwf/df lje]b u/]df xfdLn] s;/L cj;/ k|fKt ug{ ;S5f}+ eGg] s'/f u/]kl5 pxfnfO{ lgs} b'Mv nfu]5 / efOnfO{ klg ;/sf/L ljBfnodf egf{ ug'{eof] . clxn] d]/f] efO{ sIff % df / d & df k9\b}5f} . ljBfno hfbf Pp6} 8«];df xfFl;v'lz hfbfF /dfOnf] nfU5 .

o;/L ?kfGt/0f sIffn] ubf{ 5f]/fnfO{ dxTj lbO/x]sf] d]/f] 3/kl/jf/sf] ;f]rfOdf kl/jt{g cfO{ 5f]/f / 5f]/L ljrsf] c;dfg lje]bsf] cGTo ePsf] 5 .

**ad axfb'/ /f]sfofn] eTsfP 5fpuf]7**

ad axfb'/ /f]sfof Affh'/f lhNnf a'9LgGbf gu/kflnsf j8f g+ $, s'?sf :yflgo afl;Gbf x'g . pgsf] 3/kl/jf/df $ hgf a:g] ub{5g . pgn] !@ sIff ;Dd cWofog u/]sf 5g . plg o; j8fsf] lgikIf tyf ;dtfd'ns Gofodf kx'Fr kl/of]hgf cGt/utsf] k'?if tyf lszf]/ ;d'xsf] ;b:o klg x'g . pgn] o; kl/of]hgf cGt/ut ljleGg 5nkmndf ;xeflu eO{ ;d'bfodf 5fpk8L s'k|yfsf] af/]df 5nkmn u/]sf] / gofF cg'ej klg l;Sg] cj;/ k|fKt u/]sf] jtfP . t/ pgsf]] j:g] 3/ eGbf s]lx 6f9f 5fpuf]7 lyof] . h'g 5fpuf]7df pgsf] kl/jf/ dfq geO{ To; j8fsf / pgsf glhssf gft]bf/x?sf lblbalxlg cfP/ a:g] ub{y]{ . pQm 5fpuf]7 s'g} lbg klg vfln gx+'bf pgnfO{ klxn] b]lv g} lrQ ga'em]sf] s'/f atfP . t/ 3/df pgsf] a'jfn] eg] 5fpk8L k|yf dfGg] uy]{ . of] s'/f cGofo xf] eGbf adaxfb'/nfO{ 3/, kl/jf/n] pN6} s'/f gj'em]sf] cf/f]k nufpy]+ / xfd|f] ufpFsf] k/Dk/fut rfnrng xf], gdfGof] eGof xfd|f ufO{uf]? lj/fdL x'G5g, ufFp3/df a]lylt a9\5 eg]/ pgnfO{ af/Daf/ ;Demfpg] ug''{x'GYof] . pgnfO{ o:tf] s'/fn] lbSs nfUYof] . plg lzlIft JolQm eP/ klg o:tf] s';+:sf/df afWotfn] aflwP/ al;/x]sf] lyP . t/ of] kl/of]hgfdf k'?if ;d'xsf] a}7sdf a:g yfn]b]lv o:tf vfnsf s'k|yfx? dfGg' x'b}g / lx+zf ;xg' klg x'b}g eGg] hfgsf/L kfP . To;}n] of] s'k|yf x6fpg d]/f] 3/af6 g} z'? ug'{k5{ eGg] dfgl;stfsf ;fy pQm 5fpuf]7 x6fpgsf nflu ljleGg k|of;x? u/] . o;f] ubf{ slxn] a'jfn] ufln ug]{, slxn] cfdfn] ufln ug]{ ubf{, ub}{ Ps g} jif{ ljTof] . Ps lbg ufpFjf6 kmls{;s]kl5 of] t clt eof] eGg] nfUof] / h] k/]gL knf{, kl5 ldnfpnf eGg] dgn] 7fgL cfkm} 5fpuf]7 eTsfP .

adxfb'/ eG5g\ clxn] pQm uf]7 eTsfO{;s]kl5 sltkon] dnfO{ l7s} u/|of} eg,] sltko ?l9aflb ;f]r ePsf JolQmn] d;+u af]Ng} 5f]8] t/ dnfO{ d]/f] cfdf, jlxgL / 3/, kl/jf/nfO{ s]lx c;/ k/]g . cfhef]ln alxlg / cfdf 3/leq} a:g'x'G5 . d]/f] 3/df wfdL k'hf/L cfpg'x'G5 . Ps hgfnfO{ klg la/fdL ePsf] 5}g . of] Pp6f e|dfTds ;f]r dfq xf] . clxn] d]/f] cfdf / alxlgnfO{ tkfO{x?nfO{ cK7\of/f] ePsf] 5 eg] ufpFsf] 5fpuf]7lt/ uP/ a:g'; eG5' t/ ;lsb}g cj Toxf a:g eGg'x'G5 . jf:tjdf dfG5]nfO{ afWotfn] xf]Og /x/n] kl/jt{g u/fpg ;Sg' g} Gofo xf] eGg] nfU5 .

cGtdf d c? k'?ifnfO{ klg d h:t} k'?if agfp+5' . o;sfnflu lg/Gt/ ?kdf ;Eo ;dfh lgdf{0fdf nfUg] k|ltj4tf klg hfx]/ ub{5' .

**;kmn pBdL /fh'**

Affh'/f lhNnfsf] lqj]0fL g kf $ df a:g] jif{ !( sL /fh' s'df/L ;fpFb ljut @ jif{ b]lv l;nfO{ s6fO{ ub}{ cfO{/x]sL 5g\ . l;nfO{ s6fO{nfO{ k|d'v Joj;fosf ?kdf glnO{ km';{bsf] ;dosf] sfdsf] ?kdf lnP/ slxn]sfFxL £f/sf] aflx/ cfugdf ;Frfng ug]{ ul/Psf] lyof] . pgn] slt hDdf u/]sf] / slt vr{ u/]sf] ljifodf s'g} klg 1fg lyPg . o;nfO{ Joj;fod'vL agfpg ;s]sL lyO{gg\ . pgn] cfkm'df l;s]sf] 1fgsf] af/]df s;}nfO{ hfgsf/L u/fpg g;s]sf sf/0f Joj;fonfO{ k|efjsf/L 9+un] rnfpg ;ls/x]sL lyO{gg\ . 3/df cfly{s cj:yf sdhf]/ /x]sfn] efOa}gL / cfkm\gf] ljBfno lg/Gt/tfsf nflu cK7\of/f] kl//x]]sf] lyof] . hj lj:tf/} lj:tf/} /fh'n] cfkm\gf] Joj;fosf] af/]df 5/l5d]snfO{ hfgsf/L u/fO{g / pgsf] ;Lksf] af/]df ;j}n] yfxf kfP kl5 lbgfg'lbg Jofj;fo rNb} uof] . klxn] dfl;s ?kdf @))) / @%)) dfq sdfO{ x'g] /fh'sf] Joj;fo xfn cfP/ dfl;s !!))) b]lv !@))) dfl;s ?kdf cfDbfgL x'g] ePsf] 5 . pgL k|To]s lbg ljleGg lsl;dsf l8hfO{gsf sk8fx? l;nfpg] ub{l5g . pgsf] k;ndf sk8f l;nfpgsfnflu ufFpsf dlxnfx?sf] le8 nfUg yfn]sf] 5 . /fh'n] ;]e b lrN8«]g / kL;ljg4f/f ;+rflnt % lbg] nB' pBd ljsf; tflnddf ;xeflu x'g] df}sf kfO{g\ . ;fy} pQm kl/of]hgfsf] ;xof]udf lhNnf aflx/ uP/ n]j/ @ sf] l;nfO{, s6fO{ tflnd ;d]t k|fKt ul/g . pQm tflnd lnO{ ;s]kl5 pgn] cl:dtf l;nfO{ ;]G6/sf] gfddf Joj;fo btf{ u/L Joj;fonfO{ lg/Gt/tf lbO{/x]sL l5g\ .

pgsf] b}lgs cfDbfgLjf6 cfkm' / @ efO{ ! alxgL nfO{ ljBfnodf lg/Gt/tf u/fO{ £f/ vr{ klg rnfpg d4t k'u]sf] 5 . . /fh' elG5g ca d cfˆgf] ljBfno lg/Gt/;+u} of] Joj;fonfO{ klg lg/Gt/tf lbg nflu /xg] 5' . cj ufFpdf dfq l;ldt geO{ jhf/df /x]sf cGo l;nfO{, s6fO{ Joj;flox?;Fu klg k|ltZfk|wf ug]{ cfF6 knfPsf] 5 . xfn pgL tf]nL dfBflds ljBfnodf sIff !@ df cWoog ul//x]sL l5g\ . ljxfg SofDk; / lbp;f] l;nfO{, s6fO{ Joj;fodf Jo:t /fh'nfO{ sk8f l;nfpg cfpgx?sf] 3'O{rf]n] ubf{ EofO{ gEofO{ 5 . pgn] k9fO{sf ;fy} l;nfO{, s6fO{ Joj;fonfO{ klg lg/Gt/tf lbb} Ps ;kmn pBdLsf ?kdf ;dfhdf lrlgg] O{R5f JoQm u/]sL l5g\ .

**8]:s a]Gr ;xof]un] sIffsf] a;fO{ Joj:yfkgdf ;xh**

a'l9u+uf gu/kflnsfsf] j8f gF % s'Nb]jdf08f}+ l:yt y'df dfBlds ljBfnonfO{ 8]:s,a]Gr ;xof]u kZrft a;fO{ Joj:yfkgdf ;xof]u k'u]sf] 5 . $)@ hgf afnaflnsf cWoog/t pQm ljBfnodf ;xof]u ug'{k'j{ ljBfyL{x? Pp6} a]Grdf % hgf ;Dd a:g'kg{] afWotf /x]sf] lyof] . h;af6 ljBfyL{x?nfO{ c;xhtf x'GYof] . k/LIff ;'? ePkl5 ljBfly{x?n] e'O{df a;]/ k/LIff lbg'kg]{ afWotf lyof] eg] k/LIff Jojl:yt tl/sfn] ;Frfng ug{ klg ufx«f] x'GYof] . ljBfyL{x? klg # 306f ;Dd e'FOdf a:bf yfSg], n]Vg cK7\of/] x'g] / lr;f]sf] sf/0f lj/fdL x'g] h:tf ;d:ofx? cfO{/x]sf] ljBfnosf lzIfs / kl/Iffdf ;xeflu ljBfyL{x? Jftfpy]+ . kL;ljgn] o:tf] afWotf / c;xhtfsf] cj:yfnfO{ dWo]gh/ul/ ;fd'bflos ljsf; kl/of]hgf dfkm{t ljBfnosf] dfusf cfwf/df cj:yf ljZn]z0f ul/ ljBfnonfO{ 8]:s, a]Gr ;xof]u ug]{ lg0f{o cg';f/ @)&% d+l;/ @! ut] pQm ljBfnonfO{ \*) cf]6f a]Gr tyf 8]:sx? x:tfGt/0f u/\of] .

8]:s a]Gr x:tfGt/0f sfo{`md

o;/L ljBfnonfO{ 8]:s,a]Gr ;xof]u;+u} y'df dfBlds ljBfnodf cWoog/t ljBfyL{x?sf] a;fO{, Joj:yfkgdf klg ;xhtf ePsf] 5 . xfn ljBfnosf] ljBfly{ 8]:s a]Grsf] cg'kft klg %=)# af6 36]/ #=#% df em/]sf] 5 . o;/L ljBfnonfO{ k|ofKt 8]:s a]Gr eP;Fu} …ljBfyL{x?n] e'FOdf a;]/ k/LIff lbg] afWotf x6];Fu} 8]:s, a]Grdf k/LIff lbg kfpFbf v';L ePsf] ljBfnosf k|wfgfWofks k'0f{ axfb'/ vftL]n] atfpg' eof] . ljBfnodf a;fO{ Joj:yfkgsfnflu pQm ;xof]u kZrft ;xhtf ePsf] ljBfyL{x?sf] wf/0ff 5 .



**ahf/sf] cefj eP klg b}lgs tfhf tsf/Lsf] cefj 5}g**

afh'/f lhNnfsf] b'u{d lxdfnL ufFp kflnsf j8f g+ ! g]6f a:g] snGw/f yfkf Ps cu'uf tyf ldlxg]tL s[ifssf] ?kdf lrlgG5g . pxfFsf] 3/sf & hgfsf] kl/jf/ /x]sf] 5 . b'O{ 5f]/L ltg 5f]/f / b'O{ hgf a'9fa'9L /x]sf 5g\ . pgsf] b'u{d a:tLdf a;fO{ ePsf sf/0fn] ubf{ pAhgL w]/} gx'g] ePsf sf/0fn] ubf{ b}lgs lhjg u'hf/f ug{ sl7g ca:yf cfO /xG5 t/ klg pgsf] >Ldfg bIf sfdbf/sf] ?kdf sfd ug]{ ePsf sf/0fn] ubf{ jif{gL ufFpsf 3/x? nufpg] ePsf sf/0fn] ubf{ 3/ wGbf rnfpg ;lhnf] ePsf] 5 . 3/df klg klxnf e};L kfNg] ePsf sf/0fn] ubf{ l3p a]r]/ / 3/ nufP/ sdfPsf] k};fn] alb{ofsf hUuf lsg]/ s]xL jif{ t/fO{df a;]sf] pxfFsf] O{ltxfF; 5 . ?9LafbL k/Dk/f eGff} of dfgl;s lrGtg n] ubf{ 3/df d"of - ljt]sf dfG5] \_ nfu]/ aflx/ a:g gx'g] agfof] eGg] pgsf] egfO{ 5 . t/ klg pgsf] klxnfsf] ldlxg]tn] pgnfO{ lg/Gt/tf agfof] . pxfFn] ;+:yfn] lbPsf] s'g} klg ljpx? v]/ kmfNg' ePsf] 5}g xfn pxfFpsf] af/Ldf x]bf{ /fof],sfpnL,aGbf,wlgofF, e]G6f, rd;'/,Kofh n;'g nufPsf] 5 . pxfFn] ahf/sf] cefjsf sf/0fn] ubf{ t/sf/L a]Rg gkfP klg b}lgs ?kdf xl/of] tfhf ;fu t/sf/L cfkm\g} af/Ldf kmn]sf] x'Fbf t/sf/Lsf] s'g} lbg klg cefj gePsf sf/0fn] ubf{ pxfF ;Gtf]ifdf 5g\. ahf/sf] cefj eP klg b}lgs tfhf t/sf/Lsf] cefj 5}g . t/ pxfF ;+u t/sf/L dfq geP/ ;'Gtnfsf klg s]xL af]6x? 5g\ . pxfFn] ;'Gtnf a]r]/ afn aRrfx?sf] k9fO{ vr{ a]xf]/L /x]sL 5g . % ?k}of bfgfsf lx;fjn] ;'Gtnf a]rL/x]sL 5g . pxfFn] eGg' eof] d}n] ahf/ kfPsf] eP Aoa;flos gd'gf s[ifssf] ?kdf lrlgGy] . t/fO{df a:bf klg ufFp lt/sf] a;fO{ eof] . ToxfF klg s]xLug{ ;s]g dnfO{ o:t} kmnkm'nsf af]6x? ;xof]u ePdf d}n} kmnkm'n a]r]/ cfDbfgL uy]{ . pgsf s'/fnfO{ yKb} :yflgo AolQm /0f axfb'/ yfkfn] eg],pxfFsf] ldlxg]t w]/} /fd|f] 5 . vfgfnfO{ kfgL 5}g t/ klg O{R5f eP pkfo sltslt eg] h:t} pxfFn] o:tf] ca:yfdf klg af/Ldf t/sf/L kmnfO{ /x]sL 5g\ . ahf/ eP pxfFn] p? wGbf s]xL klg ug'{ k|b}gYof] . ;fRr} g} pxfFsf] af/Ldf x]bf{ l;rfO{sf] cefjdf klg t/sf/L kmnfO{ /x]sL 5g\ . oftfoftsf] ;'ljwf eP / ahf/sf] Aoa:yf ePdf pxfF h:tf ldlxg]tL s[ifssf] kfl/afl/s x}l;otdf s[lifaf6}s ;'wf/ cfpg] b]lvG5 .