**>L ;'wf dfWolds ljBfno j+unfr'nL % em]Ng]6f bfªsf] ^!cf}F jflif{sf]T;j k|ltj]bg @)&\***

**æc;n lzIff cfTdf ;'Gb/ jgfpg] jf:t'snf xf]Æ**

**ljBfnosf] k[i7e"dL**

tTsfnLg ;dodf gfofFj:tL v8\sf et]/df ldlt @)!& ;fn kmfu'g !& df o; ljBfnosf] hu :jlu{o >L lagf/fd j'9fsf] g]t[Tjdf :yfkgf eof] . o; >L ;'wf df= lj= jªu\nfr'nL ufpFkflnsf j8f g++ % em]Ng]6f bfª lhNnfsf] pQ/ k"jL{ kxf8L e'efudf cjl:yt k"/fgf] z}lIfs w/f]x/sf ?kdf /x]sf] kljq lzIffsf] dlGb/ xf] [. lj=;=+ @)!^](mailto:.@)!%5e) b]vL @)#@ ;Dd k|fylds txsf] ?kdf /xg' k/]sf] Oltxf; o; ljBfnosf] /x]sf] lyof] . ljleGg sfn v08df cfd lzIff k|]dLsf] ;xof]udf k|ultsf] v'8\lsnf] r9\g] qmddf z}=;= @)#@÷)## jf6 o; ljBfno n] lg=df=lj= txsf] k9fO{ cf/De u/]sf] lyof] . ;dosf] ult ;Fu} b]z , sfn, kl/l:tlyn] z}lIfs k|ultdf k|efj kfg]{ ;j{dfGo lgod g} x'g] u/]sf] ;j{ljlwt} 5 . o;} kl/k]Ifdf z}=;= @)%^÷)%& b]vL o; ljBfnon] dfWolds txsf] k9fO{ z'? u/]sf] lyof] . o; ljBfnosf 5fq÷5fqfx?n] lj=;= @)%\* ;fnsf] P;=Pn=;L kl/Iffdf klxnf] k6s ;xefuL x'Fbf tTsfnLg nf]xf/kfgL uf=lj=;= / ;ldkdf /x]sf] ;]jf If]q leqsf dxfg'efjx?df gofF /Qm ;~rf/ ;'? eof] .

cfb/0fLo cleefjs Ho" x? xfn o; ljBfnon] cfˆgf] ;]jf If]qsf ?kdf j+unfr'nL uf=kf= bfªsf jf8 g+=%,^,&,/\* / Ko'7fg lhNnf df08jL uf=kf= jf8 g+= @ nfO{ cf]u6]sf] 5 . b]z ;+l3o ;+/rgfdf k|j]z u/] ;Fu} o; ljBfnosf] ultdf klg ltj|tf cfPsf] 5 . ljBfnonfO{ cg]s jfwf –Aojwfgsf ljrdf ult lbg' ePsf e'tk'j{ ;dfh;]jL , lzIff k|]ld j'l4hLjL hgk|ltlglw , lj=Jo=;= , lzIfs cleefjs ;+3 , k|wfgfWofksx?, lzIfs lzlIfsfx? ;fy} cfd cleefjsx? nfO{ o; ljBfnon] pRr ;Ddfg k|s6 ub{5 . ;do ultjfg 5 ;dosf] ult ;Fu} :yfgLo tx sf] u7g kZrft o; ljBfnosf] ;+/rgfut sfokn6 ePsf] 5 . ljBfnosf] ;j{ËL0f lasf;sfnfuL cxf]/fq ;xof]u lrGtg dgg\ ug'{ x'g] o; a+unfr'nL uf=kf=sf ;j} txsf hgk|ltlglwx? sd{rf/L x? nfO{ ;Ddfg k|s6 ug{ rfxG5f} . ljz]if kxn sbd rfNg' x'g] uf=kf sf cWoIf, pkfWoIf / jf8 cWoIf Ho"sf] gfd ;w}j o; ljBfnosf] O{ltxf;sf] ;'gf}nf] kfgfdf /xg] 5g .

cfb/0fLo cleefjs Ho"x?

o; ljBfnosf Jo=lj= ; =lzIfs cleefjs ;+3 / ljleGg pk ;dLtLx?sf] lqmofl;ntf k|lt xflb{s cfef/ k|s6 ub{5f} . cleefjs x?sf] 7'nf] nufgL o; ljBfnodf 5 eGg] s'/fsf] k'i6\ofO{ k|fljwLs lzIffno :yfkgfy{ ;~rflnt z}lIfs tyf wld{s 1fg dxfo1 – @)&% -sflt{s –!#– b]vL @! n]\_ :ki6 kfl/;s]sf] 5 . lzIfsx?sf] d]xgt / ljBfyL{x?sf] nug;Lntfsf] k|ltkmn :j?k x/]s k/LIff xfd|f] ljBfno ufpFkflnsfdf pTs[i6 x'g k'u]sf] 5 . @)&& ;fndf j+unfr'nL ufpFkflnsfaf6 pTs[i6 ljBfnodf 5gf]6 eO{ @ nfv /f;Lsf] k'/:sf/ tyf lhNnfs} pTs[i6 ljBfnosf] ?kdf 5gf]6 eO @ nfv %) xhf/ k'/:sf/ / k|df0fkq k|fKt ug{ ;kmn ePsf] 5 . z}lIfs ;q @)&^ jf6 sIff ( b]vL !@ sf] k|fljlws wf/ tkm{ s[lif jfnL lj1fg ;'? eO xfn sIff ( df $& hgf, sIff !) df $& hgf / sIff !! df #! hgf ljBfyL{x? cWoog u/L/x]sf 5g\ . o;} ;Gbe{df j+unfr'nL uf=kf=sf] lgtL tyf sfo{qmdn] klg ;'wf df=lj= k|fljlw wf/nfO{ pTkfbg ;Fu hf]8\g] lglt lnPsf] 5 eg] x/]s sfo{qmdx?df j+unfr'nL ufpFkflnsfn] u/]sf sfdx?df >L ;'wf df=lj=sf] gfd cfFpbf xfdL ;a} uf}/jflGjt x'g' kb{5 . o;sf nfuL j+unfr'nL ufFp sfo{kflnsf k|lt o; ljBfno xflb{s cfef/ k|s6 ub{5 .

cfˆg} 3/df j;L lzIff xfFl;n ug]{ cj;/nfO{ ;'lglZrt ug{sf nfuL z}=;= @)&^ b]vL sIff !! sf] lzIff ;+sfo tkm{sf] k7g kf7g ;'? eO{ sIff !@ ;Dd cWofkg eO{ /x]sf] 5 eg] @)&& ;fndf klxnf] k6s /fli6|o k/LIff jf]8{n] lnPsf] k/LIffdf ;t k|ltzt ljBfyL{x? plt0f{ ePsf 5g\ . cfkm\gf jfnjflnsfnfO{ c+u|]hL ldl8oddf k9fpg] rfxgfnfO{ k'/f ug{sf] nflu o; ljBfnon] j+unfr'nL jf]l8{ª :s'nnfO{ dh{ u/L lgMz'Ns ?kdf sIff % ;Dd c+u|]hL dfWodaf6 k7gkf7g z'? u/]sf] xfdL ;a}nfO{ cjut g} 5 . o;} ljBfnodf cWoog/t ljleGg If]qsf pTs[i6 ePsf ljBfyL{x?nfO{ cfjZos ;xof]u ug{sf] nflu ljleGg JolQmTjx?af6 cIfosf]ifsf] Joj:yf u/LPsf] 5 . ;fy} z}= ; = @)&^ jf6 ljBfno cfjf; ;~rfng ug{ csf]{ ;kmntf /x]sf] 5 eg] j+unfr'nL ufpFkflnsf tyf g]kfn /]8qm; ;f];fO6Lsf] cfly{s tyf k|fljlws ;xof]udf ljBfnosf] nflu vfg]kfgLsf] cefjnfO{ x6fpg lnK6 vfg]kfgLsf] Joj:yf u/L lkmN6/sf] Joj:yf ul/Psf] 5 . ljBfyL{ tyf lzIfsx?sf] ;'ljwfnfO{ dWogh/ ub]{ rd]gfu[xsf] Joj:yf ul/Psf] 5 . ljBfnonfO{ ;+rf/sf] dfWodaf6 ;+;f/ e/ lrgfpg tyf lzIf0f l;sfO{nfO{ k|efjsf/L jgfpg j]j;fO6 jgfOPsf] 5 . ljBfnosf] j]j;fO6 jgfpg cfly{s tyf k|fljlws ;xof]u ug]{ o;} ljBfnosf k'j{ ljBfyL{ cfO=l6= OGhLlgo/ ltns/fd vqL nufot ;Dk"0f{ l6dk|lt cfef/ JoQm ub{5' .

o; ljBfnon] lnPsf] b'/ b[li6 , pb]Zo / nIo o; k|sf/ 5g .

**b'/b[li6 M**

æef}lts ?kdf ;DkGg , jfnd}qL , k|ljlwd}qL ,k|ljlws tyf k|of]ufTds u'0:t/Lo lzIffdf :yfgLo jf;L dfem ;/n kx'Fr tyf pknAwtf Æ

**pb]ZoM**

s\_ o; ljBfno nfO{ cleefjs tyf afnalnsfsf] klxnf] /f]hfO{sf] klxnf] ;d'bfoLs ljBfnosf] ?kdf ljsf; ug]{ .

v\_ u'0f:tl/o tyf ;dtfd'ns lzIffdf jfnjlnsfx?sf] ;xh kxF'rsf] cfwf/ tof/ ug]{ .

u\_ ljBfnosf] ;f;lso k|jGwdf ljif]z Joj:yf u/L pRr glthfsf nfuL k|f]T;xg ug]{ .

3\_ u'0f:t/Lo lzIffsf nfuL ljBfyL{x? ljr k|lt:k|wfTds jftfj/0f ;[hgf ug]{ .

ª\_;'rgf tyf k|ljlwsf] kx'r jf6 6f9f /x]sf jfnjflnsf nfO{ gljgtd ;'rgf k|fljlw ;Fu ;fIffTsf/ u/fpg] .

r\_ cleefjs , lzIfs / ljBfyL{ jLr z}lIfs u'0f:t/ j[4L ;DaGwL cGt/s|Lof ug]{ .

5\_ jfnljjfx tyf sIff 5f8\g] b/ nfO{ Go'gLs/0f ug{ ;DjlGwt lgsfo ;Fu ;dGjosf/L e'ldsf v]Ng] .

h\_ lhjgf]kof]uL lzIff dfkm{t k7\b} sdfpb} sfo{qmd nfu' ug]{ .

h\_ o;} ljBfnosf] lj Ansdf sIff g;{/L b]lv sIff !@ ;Dd c+u|]hL dfWodaf6 klg k7g kf7g ;+rfng ug]{

**nIoM**

s\_ ef}lts tyf z}lIfs cj:yfdf u'0ffTds km8\sf] dfg]{ .

v\_ ljBfnonfO{ gd'gf ljBfnosf ?kdf ljsf; u/L bIf hgzlQm pTkfbg ug]{ .

u\_ % jif{ leqdf ljBfnonfO{ z}lIfs tyf ef}lts :t/df bfª lhNnf s} pTs[i6 ljBfnosf ?kdf :yfkgf ug]{ .

3\_ ljBfnonfO{ k|fljlw d}qL agfpg cfufdL z}lIfs ;qleq Ps lzIfs Ps Nofk6k, Ps sIfsf]7f Ps k|f]h]S6/ / Ps l8lh6n 6r jf]8{sf] pknAwtf u/fpg] .

ª\_ jfnjflnsfnfO{ k9fO{sf nfuL jhf/ tyf t/fO{df a;fOF;/L hfg] b/ nfO{ Go'lgs/0f ug]{ .

r\_ cleefjsdf ljBfnosf] ckgTj jf]w u/fpg] .

5\_ Jojl:yt tyf ;'ljwf ;DkGg kmlg{r/sf] Joj:yf ug]{ .

h\_ % jif{ leq ;'wf sn]hdf :t/ pGgtL u/L 3/d} j;L pRr lzIff -:gfts\_ lbg] Joj:yf ug]{ .

em\_ xfn sIff !! / !@ df lzIff ljifo dfq} ;+rfng ePsf]df cfufdL jif{ b]lv cGo ;+sfox? yk ub}{ hfg] .

`\_ ;'ljwf ;DkGg Jojl:yt 5fqfjf;sf] Joj:yf ug]{ .

6\_ ljBfnosf] ef}lts ;+/rgf, s[lif jf/Lsf] nflu k|ofKt hUuf gePsf]n] ;f]sf] kxn ug]{ .

7\_ ;'ljwf ;DkGg k|of]uzfnf, nfOj]/Lsf] Joj:yf ug]{ .

**cfb/0fLo dfxfg'efjx?, cj tkfO{x? nfO{ ljBfnosf] ljBdfg cj:yfsf] af/]df cjut u/fpg rfxG5' .**

hg;+Vof -;]jf If]q\_

bfª lhNnfsf][ s0ff{nLsf] ?kdf /x]sf] >L ;'wf df=lj=;fljs sf] nf]xf/kfgL uf=lj=;= sf] Ps dfq dfWolds ljBfno xf] . j+unfr'nL uf=kf= bfªsf jf8 g+=%,^,&,/\* / Ko'7fg lhNnf df08jL uf=kf= jf8 g+= @ sf ljBfyL{x? o; ljBfnodf cWoog/t 5g . o; ljBfno xfn s'n !!(^ hg;+VofnfO{ ;]jf k|jfx ul//x]sf] 5 .

**o; ljBfnosf] z} =;= @)&\* df cWoog/t ljBfyL{ ;+Vof b]xfoadf]lhd /x]sf] 5 .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| sIff | bfnLt | | | hghftL | | | a|fx\d0f÷If]qL | | | hDdf | | sIffut hDdf |
| 5fqf | 5fq | hDdf | 5fqf | 5fq | hDdf | 5fqf | 5fq | hDdf | 5fqf | 5fq |
| afn lzz' | 4 | 2 | 6 | 12 | 12 | 24 | 33 | 18 | 51 | 49 | 32 | 81 |
| 1 | 3 | 3 | 6 | 10 | 10 | 20 | 16 | 21 | 37 | 29 | 34 | 63 |
| 2 | 2 | 5 | 7 | 12 | 9 | 21 | 12 | 18 | 30 | 26 | 32 | 58 |
| 3 | 5 | 4 | 9 | 3 | 9 | 12 | 18 | 17 | 35 | 26 | 30 | 56 |
| 4 | 6 | 1 | 7 | 6 | 7 | 13 | 8 | 12 | 20 | 20 | 20 | 40 |
| 5 | 6 | 4 | 10 | 11 | 18 | 29 | 12 | 18 | 30 | 29 | 40 | 69 |
| 6 | 7 | 9 | 16 | 26 | 35 | 61 | 38 | 34 | 72 | 71 | 78 | 149 |
| 7 | 8 | 6 | 14 | 19 | 41 | 60 | 26 | 21 | 47 | 53 | 68 | 121 |
| 8 | 7 | 6 | 13 | 24 | 27 | 51 | 27 | 26 | 53 | 58 | 59 | 117 |
| 9 | 4 | 7 | 11 | 34 | 28 | 62 | 51 | 31 | 82 | 89 | 66 | 155 |
| 10 | 3 | 2 | 5 | 27 | 27 | 54 | 42 | 43 | 85 | 72 | 72 | 144 |
| 11 | 5 | 1 | 6 | 15 | 9 | 24 | 42 | 42 | 84 | 54 | 27 | 81 |
| 12 | 5 | 2 | 7 | 15 | 9 | 24 | 19 | 12 | 30 | 39 | 23 | 62 |
|  | hDdf | | | | | | | | | ^!% | %\*! | 1196 |

o; ljBfnodf jfnljsf; b]vL sIff !@ ;Dd k9fO{ ;~rfng ePsf] 5 . h;df ljBfyL{sf] s'n ;+Vof !!(^ /x]sf] 5 . To; dWo] jf6 5fq %\*! / 5fqf tkm{ ^!% hgf /x]sf 5g . o;} z}=;= @)&^ jf6 ;'? ePsf] k|fljlwswf/ tkm{ s[lif jfnL lj1fgdf sIff ( df $& hgf, sIff !) df $& hgf / sIff !! df #! hgf ljBfyL{ cWoog/t 5g eg] ;fwf/0f tkm{ sIff !! df \*! hgf / sIff !@ df ^@ hgf ljBfyL{x? cWoog/t /x]sf 5g .

**xfn o; ljBfnodf sfo{/t lzIfs sd{rf/L ljj/0f o; k|sf/ /x]sf] 5 .**

**df=lj= tkm{**

:yfoL M ! hgf

/fxt M @ hgf

ufkf cg'bfg M $ hgf

**lg=df=lj= tkm{**

:yfoL M @ hgf

s/f/ M @ hgf

ufkf cg'bfg M % hgf

**k|f=lj= tkm{**

:yfoL $ hgf

/fxt M ! hgf

ufkf cg'bfg M $ hgf

**cGo ljBfnoaf6 sfhdf**

s/f/ M ! hgf

uf=kf= cg'bfg M ! hgf

**s[lif jfnL lj1fg tkm{**

k|lzIfs M # hgf

lzIfs M ! hgf

;xfos k|lzIfs M @ hgf

Nofj ;xfos M ! hgf

**jfn sIff tkm{**

cg'bfg M @ hgf

**sd{rf/L tkm{**

n]vfkfn M ! hgf

nfO{j]/Log M ! hgf

sfof{no ;xof]uL $ hgf