**g]kfn ;/sf/**

**lzIff, lj1fg tyf k|ljlw dGqfno**

**hgzlQm ljsf; of]hgf tyf ;dGjo zfvf**

**hgzlQm ljsf; tyf 5fqj[lQ ;'ljwf cWoog tYofª\sg ;+sng ;j]{If0f kmf/d–@)&&**

**g]kfn ;/sf/**

**================dGqfno ÷cfof]u÷ ;lrjfno÷ sfof{no**

;+3Lo txsf] dGqfno÷ cfof]u÷ ;lrjfno÷ sfof{nosf] hgzlQm cj:yf - ;/sf/L lghfdtL dfq\_ ljj/0f

-s\_ hgzlQm klxrfg ;DaGwL ;"rgf

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| s|d;+Vof | hgzlQmsf] k|sf/ | >]0fLljxLg | ;a} ;jf/L rfns | /fkclåvl/bf/÷ /fkck| gf;':t/  | /fkt[zfvf clws[t÷/fklåpk;lrj:t/ | /fkk| ;x– ;lrj tyf ljlzi6 ;lrj:t/  |
| ! | dGqfno÷ cfof]u÷ ;lrjfno÷ sfof{no tyf dftxtsf] s'n hgzlQm |  |  |  |  |  |
| @ | ;fwf/0f k|s[ltsf hgzlQm |  |  |  |  |  |
| # | k|fljlws k|s[ltsf hgzlQm |  |  |  |  |  |
| $ | ljifo ls6fg ePsf hgzlQm |  |  |  |  |  |
| % | ljifo ls6fg gePsf hgzlQm |  |  |  |  |  |

-v\_ hgzlQmsf] k];fut ;Ifdtf tyf k|j]zljGb'sf] lgDgtd tyf clwtd of]Uotf klxrfg ;DaGwL ;"rgf

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| --- | --- | --- | --- | --- | --- | --- |
| s|d;+Vof | hgzlQmsf] k|sf/ | >]0fLljxLg | ;jf/L rfns | /fkclåvl/bf/÷ /fkck| gf;':t/  | /fkt[zfvf clws[t÷/fklåpk ;lrj:t/ | /fkk| ;x– ;lrj tyf ljlzi6 ;lrj:t/  |
| ! | ;fwf/0f k|s[ltsf hgzlQm |  |  |  |  |  |
| @ | k|fljlws k|s[ltsf hgzlQm |  |  |  |  |  |
| # | ljifo ls6fg ePsf hgzlQm |  |  |  |  |  |
| $ | ljifo ls6fg gePsf hgzlQm |  |  |  |  |  |

gf]6 M ;a} ;]jfdf hg/n ;d"x rflxF ljifo ls6fg gePsf tyf ;d"x,pk;d"x rflxF ljifo ls6fg ePsf x'g ;S5g\ . h:t} n]vf, /fh:j, c+u|]hL, ul0ft, tYof+s cflb sd{rf/Lx?sf] ljj/0f

-u\_ hgzlQm k];fut ;Ifdtf clej[l4df **;]jf k|j]z** tflnd k|lzIf0f klxrfg ;DaGwL ;"rgf

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| --- | --- | --- | --- | --- | --- | --- |
| s|d;+Vof | hgzlQmsf] k|sf/ | >]0fLljxLg | ;jf/L rfns | /fkclåvl/bf/÷ /fkck| gf;':t/  | /fkt[zfvf clws[t÷/fklåpk ;lrj:t/ | /fkk| ;x– ;lrj tyf ljlzi6 ;lrj:t/  |
| ! | ;fwf/0f k|s[ltsf hgzlQmnfO{ Ps dlxgf jf ;f]eGbf a9L  |  |  |  |  |  |
| @ | k|fljlws k|s[ltsf hgzlQmnfO{ Ps dlxgfjf ;f]eGbf a9L |  |  |  |  |  |
| # | ljifo ls6fg ePsf hgzlQmnfO{ Ps dlxgf jf ;f]eGbf a9L |  |  |  |  |  |
| $ | ljifo ls6fg gePsf hgzlQmnfO{ Ps dlxgf jf ;f]eGbf a9L  |  |  |  |  |  |
| % | PsxKtfb]lv Psdlxgf gk'Ug] tflndsf nlIft ju{ |  |  |  |  |  |
| ^ | s'g} ;]jf k|j]z tflnd gkfpg]x? |  |  |  |  |  |

-3 \_ hgzlQm k];fut ;Ifdtf clej[l4df **;]jfsfnLg** tflnd k|lzIf0f klxrfg ;DaGwL ;"rgf

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| --- | --- | --- | --- | --- | --- | --- |
| s|d;+Vof | hgzlQmsf] k|sf/ | >]0fLljxLg | ;jf/L rfns | /fkclåvl/bf/÷ /fkck| gf;':t/  | /fkt[zfvf clws[t÷/fklåpk ;lrj:t/ | /fkk| ;x– ;lrj tyf ljlzi6 ;lrj:t/  |
| ! | ;fwf/0f k|s[ltsf hgzlQmnfO{ Ps dlxgf jf ;f]eGbf a9L  |  |  |  |  |  |
| @ | k|fljlws k|s[ltsf hgzlQmnfO{ Ps dlxgf jf ;f]eGbf a9L |  |  |  |  |  |
| # | ljifo ls6fg ePsf hgzlQmnfO{ Ps dlxgf jf ;f]eGbf a9L |  |  |  |  |  |
| $ | ljifo ls6fg gePsf hgzlQmnfO{ Ps dlxgf jf ;f]eGbf a9L  |  |  |  |  |  |
| % | PsxKtfb]lv Psdlxgf gk'Ug] tflndsf nlIft ju{ |  |  |  |  |  |
| ^ | s'g} ;]jfsfnLg tflnd gkfpg]x? |  |  |  |  |  |

-ª \_ hgzlQm k];fut ;Ifdtf clej[l4df ljut !) jif{df ljb]zdf Ps xKtfb]lv b'O{ jif{;Dd tflnd k|lzIf0f, cWoog, e|d0f cjnf]sgsf] cj;/ kfpg] sd{rf/Lx?sf] ;+VofTds ljj/0f eg{'xf];\ .

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| s|d;+Vof | tflnd÷ k|lzIf0fsf] ljifoIf]q ÷ ljifo | ;dofjlw  | kbflwsf/Lsf] >]0fL tyf tx  | ;xefuL ;+Vof | ;fn | d'n'ssf] gfd  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

-r\_ hgzlQm k];fut ;Ifdtf clej[l4df ljut !) jif{df :jb]z tyf ljb]zdf k"0f{ 5fqj[lQ, cf+lzs 5fqj[lQdf Ps dlxgfb]lv b'O{ jif{;Dd tflnd k|lzIf0f, cWoog, e|d0f cjnf]sgsf] cj;/ kfpg] sd{rf/Lx?

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| --- | --- | --- | --- | --- | --- | --- |
| s|d;+Vof | hgzlQmsf] k|sf/ | :gfts | kf]i6u|fh'o6  | :gftsf]Q/  | Pdlkmn  | ljBfjfl/lw |
|  |  |  |  |  |  |  |
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-5\_ hgzlQm ljsf; ;DaGwdf dGqfno÷ cfof]u÷ ;lrjfno÷ sfof{no- ;+3Lo tx\_ sf] ;Defljt b[li6sf]0f, p2]Zo tyf /0fgLlt

hgzlQm ljsf; / Joj:yfkgsf kIfdf s] s] ljifo If]qdf kl/dfh{g ;'wf/ tyf gofF of]hgf cfjZos 5 < To;sf nflu dGqfno÷ cfof]u÷ ;lrjfno÷ sfof{no -;+3Lo tx\_ sf] p2]Zo, sfo{of]hgf, /0fgLlt tyf of]hgf sfof{Gjog gLlt / lj:t[t sfo{s|dx? s] s] x'g ;S5g\ <

|  |  |  |
| --- | --- | --- |
| s|+; | sfo{of]hgf ljj/0f  | If]qut hgzlQm ljsf;sf p2]Zo;lxt ;a} kIfsf of]hgf pNn]v ug]{  |
| ! | p2]Zo |  |
| @ | sfo{of]hgf |  |
| # | /0fgLlt |  |
| $ | of]hgf sfof{Gjog gLlt |  |
| % | lj:t[t sfo{s|dx? |  |
| ^ | ;d:of,r'gf}tLx? |  |
| & | ;Defjgf ÷ cj;/ |  |
| \* | cGo kIf |  |

-h\_ hgzlQm ljsf;sf nflu 5fqj[lQ tyf z}lIfs ;xfotf ;DaGwL Joj:yf

efjL jif{x?df dGqfno÷ cfof]u÷ ;lrjfno÷ sfof{no-;+3Lo tx\_ nfO{ ;fj{hlgs If]qdf cfjZos kg]{ ljifout k|fljlws hgzlQm tof/ kfg{ ;+3Lo txsf] ;/sf/ txaf6 ul/g] cfly{s 5fqj[lQ tyf z}lIfs ;xof]usf sfo{x? s] s] x'g ;S5g\ < tyf hgzlQm pTkfbg kl5 vktsf gLlt, of]hgf tyf sfof{Gjog sfo{s|d x? s] s] x'g ;S5g\ <

|  |  |  |  |
| --- | --- | --- | --- |
| k|fljlws tyf ljifout If]qsf] ljj/0f  |  gLlt | /0fgLlt | of]hgf tyf sfo{s|d |
|  |  |  |  |
|  |  |  |  |

**-em\_** hgzlQm lgwf{/0f tyf k|If]k0f ubf{ ljBdfg hgzlQmnfO{ g} cfjZostfg';f/ ?kfGt/0f ug{, ;fj{hlgs vr{df ldtJolotf ckgfpg, s] s:tf pkfox? x'g\ ;S5g\ < tkl;nsf] a'Fbfut ?kdf :ki6 ug'{xf];\ .

s\_ bIf hgzlQm k|If]k0f tyf pTkfbgdf ;+3Lo txdf - cfjostf ePdf k|b]z tyf :yfgLo txsf];d]t\_To; lgsfodf efjL of]hgf tyf gLlt, /0fgLlt Pjd\ ljBdfg cj:yfdf s] s] sfof{Gjogdf 5g\ <

v\_ hgzlQm ljsf;sf nflu cfly{s nufgLsf] ;|f]t h'6fpg] efjL of]hgf tyf gLlt, /0fgLlt Pjd\ sfo{s|dx? tyf tL hgzlQm kl/rfngsf] gLlt s] lng ;lsG5 <

u­\_ cGo s'g} ljifo 5'6]sf jf yk ug'{kg]{ eP ======

;/sf/L lgsfosf] 5fk

 x:tfIf/

 kbflwsf/Lsf] gfd

 ldlt

**;Dks{ JolSt -**O{Zj/Lk|;fb kf]v/]n, pk;lrj,

Od]n, pokhrelishwori123@gmail.com,

df]afOt gDa/ . 9841821313