cv‡Vi mviK_v

mßg †kªYx

Drmt †iBgvm©, Gd. (2017)| *G¤cvIqvwis ÷z‡W›Um Uz B¤cÖ"ƒ `v Iqvì© Bb wm·Ux †jmÝ 1g ms¯‹iY. wµ‡qU‡¯cm BwÛ‡cÛ›U cvewjwks c-vUdg© |*

¯^Z¡vwaKvit 2017 dvibv‡›`v Gg. †iBgvm©| GB cÖKíwU *wµ‡qwUf KgÝ A¨vwUº weDkb 4.0 B›Uvib¨vkbvj* Øviv Aby‡gvw`Z| Aby‡gv`bc‡Îi Abywjwc †`Lyb GLv‡b: https://creativecommons.org/licenses/by/4.0/ mg¯— AwaKvi msiw¶Z|

mZK©xKiY: mswk-ó cvV cwiKíbv †M-vevj ¯‹zj'm †cÖvMÖvg KZ©…K GKKfv‡e cÖ¯'ZK…Z I gyw`ª|

msw¶ß eb©bv

cv‡Vi j¶¨
wk¶v_©xiv wb‡R‡`i m¤cÖ`vq (KwgDwbwU) Ges we‡k¦ Zv‡`i f,wgKv wb‡q Aa¨vqb Kivi d‡j wb‡R‡`i‡K cwieZ©‡bi wbg©vZv (‡PÄ - †gKvi) fve‡Z ïi“ Ki‡e| mncvwV ees m¤cÖ`v‡qi (KwgDwbwUi) Ab¨vb¨ m`m¨‡i KvQ †_‡K †kLvi gva¨‡g wk¶v_©xiv Zv‡`i Pvicv‡ki wek¦‡K Av‡iv DbœZ Ki‡Z/ evm‡hvM¨ Ki‡Z cwiKíbv ïi“ Ki‡e|

welqe¯‘	
cÖ_g cvV	Avgvi †`‡k †UKmB Dbœqb j¶¨gvÎv (SDG) m¤cwK©Z wK wK mgm¨v Av‡Q?
wØZxq cvV	GB mgm¨v Ab¨iv wKfv‡e mgvavb K‡i‡Q?
Z…Zxq cvV	Avwg wKfv‡e Ab¨ cwieZ©b wbg©vZv‡`i (‡PÄ - †gKvi‡`i) KvQ †_‡K wkL‡Z cvwi?
PZz_© cvV	Avwg Ab¨ cwieZ©b wbg©vZv‡`i (‡PÄ - †gKvi‡`i) KvQ †_‡K Kx wk‡LwQ?
cÂg cvV	Avgiv GLb wK Ki‡Z cvwi?

cv‡Vi D‡Ïk¨
● wk¶v_©xiv M‡elYv c×wZ¸‡jv †hgb mv¶vrKvi †bqv, Z_¨ we‡k-lY Ges djvdj Dc¯’vcb Kiv Abykxjb Ki‡e|
● wk¶v_©xiv `j wef³ n‡q m„Rbkxj mgm¨v¸‡jvi mgvavb Ki‡e|
● wk¶v_©xiv †bZ…Z¡ †`qv, mnvbyf,wZkxj nIqv Ges cÖwZwbwaZ¡ Kiv Abykxjb Ki‡e|

mßg †kªYx cÖ_g cvV

"Avgvi †`‡k †UKmB Dbœqb j¶¨gvÎv m¤cwK©Z wK wK mgm¨v Av‡Q? "

mgqmxgv: 60 wgwbU

welq: mvgvR weÁvb, weÁvb, K…wl

**gvb`Û:** wk¶]v_©xiv wb‡R‡`i m¤cÖ`vq (KwgDwbwU) cÖvmw½K †h mgm¨v¸‡jv cv‡e Zvi Dci wfwË K‡i †UKmB Dbœqb j¶¨gvÎvi 17 wU j¶¨B GB cv‡Vi Rb¨ cÖ‡hvR¨ n‡e|.

cÖYvq‡bt Kviv †nvIqvW©

mvims‡¶c Ges g~jbxwZt wk¶]v_©x‡`i AwfÁZv w`‡q †UKmB Dbœqb j¶¨gvÎvi j¶¨¸‡jv AbymÜvb KivB GB cv‡Vi D‡Ïk¨| wk¶]v_©xiv ˆewk¦K mgm¨vi †h mgm¨v¸‡jv Zv‡`i wb‡R‡`i m¤cÖ`v‡q (KwgDwbwU‡Z) †`L‡e, †m¸‡jv eyS‡Z

ïï" Ki‡e|

ch©‡e¶‡Yi j¶¨t wk¶]v_©xiv †h `¶Zv AR©b Ki‡e Zv Zv‡`i‡K mvnvh¨ Ki‡e
- GUv eyS‡Z †h wj½, eqm, A¶gZv wbwe©‡k‡l cÖ‡Z¨K gvby‡li myLx, my¯'¨ Ges Kg©¶g Rxeb hvc‡bi AwaKvi i‡q‡Q|
- gvbyl, Rxe wewPÎ Ges c„w_ex‡i g‡a¨ ci®ciwbf©iZv‡K wPwýZ Ges cÖksmv Ki‡Z|
- cvwb, R¦vjvwb Ges Lv‡`¨i NvUwZ m¤c‡K© m‡PZb n‡Z|
- Avgv‡`i cÖvK…wZK m¤c`, RjR Ges ¯'jR me ai‡bi Rxe ˆewP‡Z¨©i cÖwZ ˆbwZK `„wófw½ ˆZwi Ges c„w_ex‡K ¶wZi nvZ †_‡K evuwP‡q †UKmB Kivi Rb¨ Avgv‡`i `vwqZ¦¸‡jv eyS‡Z
- †fv³v, e¨emvqx, weÁvbx, bxwZwba©viK M‡elK, LyPiv we‡µZv, wgwWqv, Dbœqb mn‡hvMx ms¯'vM‡jv Ges Ab¨‡`i wewfbœ f¸wgKvi `„wófw½ †_‡K GBme mgm¨v¸‡jvi (Rj, R¦vjvbx Ges Lv`¨) mgvavb we‡k-lY Ges Melbv Ki‡Z|
- GUv wek¦‡vm Ki‡Z †h gvbwmK weKv‡ki gva¨‡g Dbœqb Kiv m¤¢e|

Abyavebg~jK j¶¨t wk¶]v_©xiv Zv‡`i KwgDwbwU †h mgm¨v¸‡jvi m¤§yLxb n‡"Q Ges ˆewk¦K mgm¨v¸‡jvi—†h¸‡jv †UKmB Dbœqb j¶¨gvÎv wPwýZ Ki‡Z Pv‡"Q—Zvi g‡a¨ GKUv m¤cK© Av‡Q †mUv eyS‡Z cvi‡e|

cÖ‡qvRbxq cÖKœæevejxt
- Avgiv Avgv‡`i KwgDwbwU‡Z wK wK ¯'vqx mgm¨v †`L‡Z cvB?
- GB mgm¨¸‡jvi mv‡_ ˆewk¦K †Kvb mgm¨v¸‡jvi †Kv_vq wgj cvIqv hvq?
- Avgv‡`i mgv‡R Ges c„w_ex‡Z GB mgm¨v¸‡jv †Kb Av‡Q, Zzwg wK g‡b Ki?

wk¶]v_©x‡`i †kLvi D‡Ïk¨ (wk¶]v_©xiv m¶g n‡e)t
- Zv‡`i KwgDwbwUi cÖavb mgm¨v¸‡jv wPwýZ Ki‡Z
- GB mgm¨v¸‡jvi mv‡_ †UKmB Dbœqb j¶¨gvÎvi mgm¨v¸‡jvi g‡a¨ wgj Lyu‡R †ei Ki‡Z
- †Kb GB mgm¨v¸‡jv Zv‡`i mgv‡R we`¨gvb Av‡Q GUv e¨L¨v Ki‡Z

g~j¨vqbt

- wk¶v_©xiv GKmv‡_ Av‡jvPbvi gva¨‡g †h mgm¨v¸‡jv wPwýZ K‡i‡Q Ges Zv‡`i KwgDwbwU‡Z †Kb GL‡bv GB mgm¨v¸‡jv we`¨gvb Av‡Q Zvi ¯^c‡¶ Zv‡`i cÖZ¶¨ cÖgv‡bi Dci wfwË K‡i wk¶v_©xiv †hŠw³Kfv‡e Av‡jvPbv mgv‡jvPbv Ki‡Z cv‡i wKbv Zv wk¶K-wkw¶Kviv AbvbyôvwbKfv‡e g~j¨vqb Ki‡e|
- hw` wk¶K-wkw¶Kviv g‡b K‡ib †h wk¶v_©x‡`i cÖ_vMZfv‡e gyjhq‡bi cÖ‡qvRb Av‡Q, Zvn‡j wk¶v_©xiv wPš—vfvebvi gva¨‡g †UKmB Dbœqb j¶¨gvÎvi (SDG) mv‡_ wgj †i‡L †h mgm¨v¸‡jv †ei K‡iwQj Zvi Dci wfwË K‡i wk¶v_©x‡`i g~j¨vqb Ki‡Z cv‡ib|

Kv‡Ri aviv:
- **m~Pbvt** wk¶K-wkw¶Kviv wk¶v_©x‡`i †UKmB Dbœqb j¶¨gvÎvi j¶¨¸‡jvi mv‡__ cwiwPZ Kiv‡eb| 2030 mv‡ji g‡a¨ we‡k¦i DbœœewZ mva‡bi Rb¨ †hme cÖ‡Póvi Dci †Rvi †`qv `iKvi †mme wb‡q Avgiv †h j‡¶¨i Av‡jvP¨m~wP ˆZwi K‡iwQ wkw¶K/wkw¶KvMb †mUv e¨L¨v Ki‡eb| wk¶Kiv †UKmB Dbœqb j¶¨gvÎvi 17 wU j¶¨ wjL‡eb Ges wk¶v_©x‡`i Kv‡Q G j¶¨¸‡jv ¸i"Z¡c~Y© wKbv Zv wRÁvmv Ki‡eb|
  - `vwi`ª `~ixKiY
  - ¶z`v gyw³
  - my¯^v¯'¨ Ges Kj¨vY
  - ¸YMZ wk¶v
  - †RÛvi mgZv
  - wbivc` cvwb Ges m¨vwb‡Ukb
  - mvkªqx Ges `~lYgy³ R¡vjvwb
  - †kvfb KvR Ges A_©©‰bwZK cÖe„w×
  - wkí, D™¢veb Ges AeKvVv‡gv
  - AmgZvi nªvm
  - †UKmB bMi I Rbc`
  - cwiwgZ †fvM Ges †UKmB Drcv`b
  - Rjevqy Kvh©µg
  - RjR Rxeb
  - ¯'jR Rxeb
  - kvwš—, b¨vq wePvi Ges Kvh©©Ki cÖwZôvb
  - Afxó/ j¶¨ AR©‡b Askx`vwiZ¡

- **Kvh©Kjvct**
  - GB j¶¨¸‡jv gv_vq †i‡L wk¶v_©xiv †QvU †QvU MÖ"‡c wef³ n‡q Zv‡`i wb‡R‡`i KwgDwbwUi mgm¨v¸‡jv wb‡q Av‡jvPbv Ki‡e| wk¶v_©xiv we`¨gvb †h mgm¨v¸‡jv wPwýZ Ki‡e †m¸‡jv Ges Zvi ¯^c‡¶ cÖgvY¸‡jv ZvwjKvfz³ Ki‡e|

○ wk¶v_©xiv Zv‡`i m¤cÖ`v‡qi g‡a¨ mgm¨vwU †Kb we`¨gvb e‡j g‡b K‡i Zvi GKwU ZË¡ MVb Ki‡Z ïi“ Ki‡e| wk¶Kiv MÖ“‡c MÖ“‡c Ny‡i wk¶v_©x‡`i mgm¨v ZË¡¸‡jv MVb Ki‡Z Ges †UKmB Dbœqb j¶¨¨gvÎvi j¶¨¸‡jvi mv‡_ Zvi mgcK© ˆZwi Ki‡Z mvnvh¨ Ki‡e|

● **Dcmsnvit** Zvic‡i wk¶v_©x‡`i †QvU †QvU MÖ“c¸‡jv K¬v‡mi mevi mvg‡b Zv‡`i mgm¨vi ZvwjKv Dc¯’vcb Ki‡e| hw` mgq _v‡K, Zvn‡j wk¶v_©xiv GKmv‡_ mevB wg‡j Zv‡`i Kv‡Q †h mgm¨v¸‡jv me‡P‡q †ewk ¸i“Z¡c~Y© g‡b nq †m¸‡jv wb‡q Av‡jvPbv Ki‡e|

mßg †kªbx wØZxq cvV

"m¤cÖ`v‡qi hviv †PÄ‡gKvi Zv‡`i M‡elYv Ki"b"

mgqmxgvt 60 wgwbU

welqt mgvRwe`¨v, BGjG

**gvb`Û/ ¸bv¸‡bi cwigvcKt** wk¶v_©xiv wb‡R‡`i m¤cÖ`vq (KwgDwbwU) cÖvmw½K †h mgm¨v¸‡jv cv‡e Zvi Dci wfwË K‡i †UKmB Dbœqb j¶¨¨gvÎvi 17 wU j¶¨B GB cv‡Vi Rb¨ cÖ‡hvR¨ n‡e|

cÖbq‡bt †K¬vCG mye¨vL©wfj

mvivsk Ges g~jbxwZt GB cv‡Vi D‡Ïk¨ nj wk¶v_©xiv c~e©eZ©x cv‡V †h mgm¨v¸‡jv wPwýZ K‡i‡Q †m¸‡jv cwieZ©‡bi Rb¨ Zv‡`i m¤cÖ`v‡qi †h gvbyl¸‡jv BwZg‡a¨ GwM‡q G‡m‡Q Zv‡`i mbv³ Ki‡Z cvi‡e|

ch©‡e¶‡Yi j¶¨t wk¶v_©xiv Zv‡`i m¤cÖ`v‡qi †hme gvby‡li K¸v Rv‡b A¸ev ï‡b‡Q hviv Zv‡`i m¤cÖ`v‡qi cwieZ©b G‡b‡Q Zv‡`i GKUv ZvwjKv ^Zwi Ki‡e hv‡Z Zviv †ivj g‡Wj wnmv‡e Zv‡`i mv¶vrKvi wb‡Z cv‡i Ges †hUv Zv‡`i kni, ivR¨ Ges †`‡ki cwieZ©Kvix wnmv‡e wb‡R``i‡K ^Zwi Ki‡Z AMÖYx c`‡¶c wnmv‡e KvR Ki‡e|

Abyavebg~jK j¶¨t Kx GKRb gvbyl‡K cwieZ©‡bi wbg©vZv (‡PÄ †gKvi) wnmv‡e wb‡R‡K ^Zwi Ki‡Z mvnvh¨ K‡i wk¶v_©xiv Zv eyS‡Z m¶g n‡e Ges †mB avibvwU Zv‡`i m¤cÖ`v‡qi Ab¨ gvbyl‡`i mv‡_ mshy³ Ki‡e|

¸i"Z¡c~Y© cÖkœvejxt

- Kx GKRb gvbyl‡K cwieZ©bKvix·K wnmv‡e M‡o †Zv‡j?
- Zviv †KvY ai‡bi cwieZ©b G‡b‡Q Avgiv wKfv‡e eySe ?
- we‡k¦i †Kvb †Kvb cwieZ©bKvix‡K Avgiv wPwb?
- Avgv‡`i m¤cÖ`v‡qi †K †K Av‡Qb hviv cwieZ©b G‡b‡Qb?

wk¶v_©xiv m¶g n‡e-

- Kx GKRb gvbyl‡K cwieZ©bKvix wnmv‡e M‡o Zzj‡Z cv‡i †mUv eyS‡Z
- †Kvb e¨vw³ wK ai‡bi cwieZ©b wb‡q KvR Ki‡Z cv‡i Zv Rvb‡Z
- Zv‡`i Rxe‡bi †mme gvbyli w`‡K `„wó w`‡Z hviv ¯^í Ges e„nr AvKv‡i †Kvb ai‡bi cwieZ©‡bi Rb¨ cÖqvm Pvjv‡"Q

gyj¨vqbt wk¶v_©xiv Kgc‡¶ GKRb gvbyl‡K LyuR‡R †ei Ki‡e Ges mv¶vrKvi wb‡e hv‡K Zviv Zv‡`i m¤cÖ`v‡qi cwieZ©bKvix wnmv‡e wPwýZ Ki‡Z cv‡i|

Kv‡Ri avivt

.

- wk¶v_©x‡`i g‡b Kwi‡q w`b †h cwieZ©‡bi cÖeZ©©K (G‡R›U Ad †PÄ) †h‡Kv‡bv wRwbm‡K wewfbœfv‡e †`L‡Z cv‡i| cye©ewZ© cv‡Vi K_v g‡b Ki‡Z ejyb Ges wPš—v Ki‡Z ejyb Avgiv wKfv‡e

Avgv‡`i m¤cÖ`v‡qi mgm¨v¸‡jv Lyu‡R †ei K‡iwQ| wk¶v_©x‡`i ejyb, Avgiv GLb we‡k¦ hviv cwieZ©b G‡b‡Q Zv‡`i K_v wPš—v Kie wKš' GKB mv‡_ Avgv‡`i m¤cÖ`v‡qi Ggb gvby‡li K_vI wPš— v Kie hv‡Z Avgiv Zv‡`i mv‡_ †hvMv‡hvM Ki‡Z cvwi Ges Zv‡`i‡K †ivj g‡Wj wnmv‡e e¨venvi Ki‡Z cvwi|

- wk¶v_©xiv KLb Zv‡`i m¤cÖ`v‡qi †Kvb cwieZ©‡bi cÖeZ©K‡K (G‡R›U Ad †PÄ) †`‡L‡Q †mUv wb‡q Zv‡`i cvU©bv‡ii mv‡_ K_v ej‡e Ges Gmgq Zviv cÖksmbxqfv‡e K_v ej‡e| wk¶K - wkw¶Kviv †mLv‡b Dcw¯'Z _vK‡eb hLb wk¶v_©xiv cvU©bv‡ii mv‡_ K_v ej‡e Ges mvaviY wKQz wel‡qi Dci †bvU †b‡e †hUv cieZ©x‡Z Av‡jvPbv Kiv n‡e| wk¶K †kªYxK‡¶i mevB‡K GKmv‡_ Ki‡eb Ges wKQz cvU©bvi‡K Zviv †h welq wb‡q Av‡jvPbv K‡i‡Q †mUv ej‡Z ej‡eb| wk¶Kiv †h mg¯— welq ch©‡e¶b K‡i‡Qb †m¸‡jv wb‡q K_v ej‡eb Ges †m¸‡jvi mv‡_ wk¶v_©xiv †kªYxK‡¶ †h bZzb welq¸‡jv wb‡q Av‡jvPbv K‡i‡Q Zvi mv‡__ m¤cK© ¯'vcb Ki‡eb|

- wk¶v_©x‡`i MÖvwd· AM©vbvBRvi †`Iqv n‡e Ges Zviv e¨w³MZfv‡e hv‡`i‡K †P‡b Zv‡`i‡K w`‡q †mUv c~iY Ki‡Z ejv n‡e (Zviv †Kvb weL¨vZ e¨w³Z¡‡K wb‡q wjL‡e bv GLv‡b, eis Zv‡`i wb‡R‡`i Rxe‡bi KvD‡K wb‡q wjL‡e)

- wk¶v_©xiv GB MÖvwd· AM©vbvBRvi evmvq wb‡q †h‡Z cv‡i Ges Zv‡`i cy‡e© wbe©vwPZ †ivj g‡Wj‡`i mv‡_ A_ev †m hv‡`i‡K Zv‡`i m¤cÖ`v‡qi cwieZ©bKvix g‡b K‡i Ggb Kv‡ivi mv‡__ GB MÖvwd· AM©vbvBRv‡ii DËi¸‡jv wb‡q K_v ej‡Z cv‡i|

- †kªYxK‡¶ wk¶v_©xiv 3R‡bi `‡j wef³ n‡q Zv‡`i DËi¸‡jv wb‡q Av‡jvPbv Ki‡e| Ab¨ wk¶v_©xiv Zv‡`i cÖkZwµqv Rvbv‡e, Zv‡`i MÖvwdK AM©vbvBRv‡ii †KvYUv fvj wQj Ges †KvbUv AviI DbœewZ Ki‡Z n‡e †mUv ej‡e|

- MÖvwdK AM©vbvBRv‡ii KvR mgvß nIqvi c‡i, wk¶v_©xiv MÖvwdK AM©vbvBRv‡ii Z_¨ w`‡q GKUv eb©bvg~jK wbeÜ wjL‡e| Zvici Zviv Zv‡`i wZbR‡bi `‡j wd‡i hv‡e Ges cvU©bviiv Zv‡`i‡K civgk© †`‡e|

- †kªYxK‡¶i †`qv‡j P,ovš— Lmov¸‡jv ivL‡Z n‡e Ges cÖ‡Z¨K wk¶v_©xK Ab¨‡`i Lmov co‡Z n‡e| GB cÖÖkœ¸wj wb‡q Av‡jvPbvi Rb¨ †kªwYK‡¶ mevB‡K GKwÎ Ki‡Z n‡et
  ○ mncvVx‡`i †jLvq †Kvb †Kvb _xg evievi D‡V G‡m‡Q?
  ○ Zv‡`i mncvVx‡`i eY©xZ cwieZ©bKvix Ges wk¶v_©x‡`i Rvbv HwZnvwmK cwieZ©bKvix‡`i wgj wK wK?
  ○ cv_©K¨¸‡jv wK wK?
  ○ GB A¨vKwUwfwU †_‡K wk¶v_©xiv Kx wk‡L‡Q †hUv gvbyl‡K cwieZ©‡bi Rb¨ KvR Ki‡Z Drmvn †`q Ges wKfv‡e Zviv †mUv m¤cv`b Ki‡e?

wk¶K-wkw¶Kv‡`i mnvwqKvt

- †ivj g‡Wj MÖvwdK msMVKt http://tiny.cc/G7L2R1
- Avgv‡`i wb‡R‡`i Rxe‡bi cwieZ©bKvixt http://tiny.cc/G7L2R2

mßg †kᵃbx Z…Zxq cvV
Òmv¶vrKvi MÖnb Ges cÖkœ wRÁvmvÓ

mgqmxgvt 60 wgwbU
welq t mgvR we`¨v, bvMwiK wk¶v
**gvb`Ût** kvwš—, b¨vqwePvi, Ges Kvh©Ki cÖwZÓvb (GmwWwR 16). wk¶v_©x‡`i wbw`©ó wel‡q AvMÖn
Ges †h m¤cÖ`v‡q Zviv evm K‡i Zvi Dci wfwË K‡i GmwWwR Gi Ab¨vb¨ j¶¨¸‡jv GB cv‡V Aš—f©z³ Kiv hv‡e|
cÖbq‡bt wb‡Kvjvm eyPwe›vi

mvims‡¶c Ges g~jbxwZt wk¶v_©xiv wKfv‡e mv¶vrKvi wb‡Z nq GUv wkL‡e hv‡Z Zviv Zv‡`i m¤cÖ`v‡qi cwieZ©bKvix‡`i mv¶vrKvi wb‡Z cv‡i|

ch©‡e¶‡Yi j¶¨t Kxfv‡e mgvR cwieZ©b Kiv hvq †m m¤c‡K© g~j¨evb Z_¨ †c‡Z wk¶v_©xiv Kxfv‡e GKwU mv¶vrKvi wb‡Z nq Zv wkL‡e|

Abyaveb‡hvM¨ j¶¨t
- †jv‡Kiv Kxfv‡e mgv‡R cwieZ©b Av‡b Zv †evSvi cÖwµqvi Ask wnmv‡e wk¶v_©xiv Zv‡`i m¤cÖ`v‡qi GKRb †PÄ‡gKv‡ii mv¶vrKvi wb‡Z wkL‡e|
- GB K¬v‡m wk¶v_©xiv †Kvb cÖkœ wRÁvmv Ki‡e Ges Kxfv‡e GKwU mv¶vrKvi m¤cv`b Ki‡e †m wel‡q g‡bvwb‡ek Ki‡e|

¸i"Z¡c~Y© cÖkœevjxt
- Avgvi m¤cÖ`v‡qi GKRb †PÄ‡gKvi‡K wRÁvmv Kivi Rb¨ ¸i"Z¡c~Y© cÖkœ¸wj Kx Kx?
- Avwg Kxfv‡e ¸i"Z¡c~Y© cÖkœ¸wj‡K AMÖvwaKvi †`e?

wk¶v_©x‡`i †kLvi D‡Ïk¨ (wk¶v_©xiv m¶g n‡e)t
- Zv‡`i m¤cÖ`v‡qi †PÄ‡gKvi‡`i wK wK cÖkœ Kiv hv‡e †mUv wPš—v Ki‡Z
- wKfv‡e GKUv mv¶vrKvi wb‡Z nq †mUv Abykxjb Ki‡Z Ges †mUvi cÖwZwµqv Rvb‡Z
- GKUv mv¶vrKv‡ii †cÖvUKj evbv‡Z

g~j¨vqbt wk¶Kiv cÖ‡Z¨K wk¶v_©x‡K AbvbyôvwbKfv‡e g~j¨vqb Kivi Rb¨ me Kv‡R AskMÖnY Ki‡Z DrmvwnZ Ki‡eb; wk¶v_©xiv †h †cÖvUKj evwb‡q‡Q wk¶Kiv †m¸‡jv msMÖn Ki‡eb|
Kv‡Ri avivt
- **cÖ_g avc (5 wgwbU)t**
  - wk¶KMb wk¶v_©x‡`i Av‡Mi K¬v‡m m¤cvw`Z A¨vKwUwfwU¸‡jv g‡b Ki‡Z ej‡eb Ges †PÄ‡gKvi wnmv‡e wPwý`Z m¤cÖ`v‡qi wewfbœ D‡j-L‡hvM¨ NUbvq AskMÖnYKvix e¨w³‡`i wb‡q Avm‡Z ej‡eb|

- **mv¶vrKvi cÖ`vbKvixi mv‡_ †hvMv‡hvM (10 wgwbU)t**
  - wk¶KMb wk¶v_©x‡`i me `j‡K wRÁvmv Ki‡eb wk¶v_©xiv wKfv‡e †PÄ‡gKv‡ii mv‡_ †hvMv‡hvM Ki‡e| wewfbœefv‡e Zviv GwU Ki‡Z cv‡i- B‡gBj, †Uwj‡dvb A_ev cwiwPZ‡`i gva¨‡g|
  - K¬v‡mi mevB wg‡j wVK Ki‡e †Kvb c×wZ‡Z mv¶vrKvi cÖ`vbKvixi mv‡_ †hvMv‡hvM Kiv n‡e|

- **cÖkœevejx (15 wgwbU)t**
  - wk¶K wk¶v_x‡`i wewfbœ `‡j fvM K‡i †`‡eb| cÖ‡Z¨K `j 10 Uv cÖkœ wb‡q fve‡e hv Zviv Zv‡`i m¤cÖ`v‡qi cwieZ©bKvix‡K wRÁvmv Ki‡Z Pvq|
  - Gic‡i, mvgwMÖKfv‡e K¬vmwU wewfbœ ¸i"Z¡c~Y© cÖkœ¸wji msw¶ß weeiY †`‡e Ges wk¶K wewfbœ ¸i"Z¡c~Y© wefv‡M Zv‡`i msMwVZ Ki‡ebt
    - mv¶vrKvi cÖ`vbKvixi e¨w³MZ cUf,wg
    - D‡Ø‡Mi †¶Î
    - m‡Pó cÖ‡Póv
    - mvgvwRK cwieZ©‡bi Rb¨ evav
    - Kvh©µ‡gi djvdj
    - BZ¨vw``

- **mv¶vrKvi Abykxjbt (20 wgwbU)**
  - wk¶Kiv mv¶vrKvi cÖ`vbKvix wnmv‡e AskMÖnY Ki‡eb Ges wKQz wk¶v_©x wbe©vPb Ki‡eb Zv‡`i‡K mv¶vrKvi †bIqvi Rb¨| Zviv c~e©eZ©x av‡c m¤§Z cÖkœ¸‡jv Abykxjb Ki‡e|
  - 5 wgwbU c‡i, K¬v‡mi mevB mv¶vrKvi wb‡q Zv‡`i AwfÁZv ms‡¶‡c ej‡e, mv¶vrKv‡ii †Kvb KvR †K Ki‡e Ges †K mv¶vrKv‡ii DcKiY (‡bvU, †iKwW©s, g‡bv‡hvM w`‡q †kvbv, d‡jvAvc cÖkœ) cÖ¯'Z Ki‡e G¸‡jvi e¨cv‡i K_v ej‡e|
  - Gi c‡i, wk¶K Ab¨ `ywU wk¶v_©x ‡e‡Q †b‡eb Ges cybivq mv¶vrKvi mÂvjb Ki‡Z ej‡eb, Gevi "cÖwZK,j" mv¶vrKvi cÖ`vbKvix wnmv‡e Awfbq Ki‡eb (Ggb GKRb hv Lye †ewk K_v e‡jb bv, wRÁvmv Kiv cÖkœ¸wji †P‡q Avjv`v wKQz wb‡q K_v e‡jb BZ¨vw``)|
  - 5 wgwbU c‡i wk¶K wk¶v_©x‡`i Ggb ai‡bi mv¶vrKvi cvIqvi m¤¢vebv Av‡Q e‡j mZK© Ki‡eb|

- **†cÖvUKj ˆZwit (10 wgwbU)**

○ wk¶v_©xiv †k‡li 10 wgwbU mv¶vrKvi MÖn‡Yi Rb¨ †cÖvUKj ˆZwi Ki‡e †hLv‡b Zviv D‡j-L Ki‡e Zviv Kviv, †Kb GB mv¶vrKvi †bqv n‡"Q, Z_¨ wjwce× Kivi Rb¨ AbygwZ †b‡e Ges wRÁvmv Kivi Rb¨ 6-7 Uv ¸i"Z¡c~Y© cÖkœ wbe©vPb Ki‡e|

wk¶K mnvqKt
- mvsevw`KZv, GKRb mvsevw`K‡K Kiv fvj cÖkœœvevjxmgynt <http://tiny.cc/G7L3R1>
- mv¶vrKv‡ii bgybv cÖ‡UvKjt <http://tiny.cc/G7L3R2>
- †mwg-÷ªvKPvW© mv¶vrKvi cÖ‡UvKjt <http://tiny.cc/G7L3R3>
- mvsevw`K‡`i gZ mv¶vrKvi MÖnbt <http://tiny.cc/G7L3R4>

mßg †kªbx PZz_© cvV

ÒKx GKRb‡K †PÄ‡gKvi evbvq? cwieZ©‡bi †bZv‡`i Kv‡Q †_‡K wkLybÓ

mgqmxgvt 60 wgwbU

welqt mgRvwe`¨v, bvMwiK, cVb, fvlv wkí

**gvb`Ût** wk¶v_©xiv Zv‡`i m¤cÖ`v‡q †h mgm¨v¸‡jv †`L‡Q Zvi Dci wbf©i K‡i GB cv‡V GmwWwR Gi mKj j¶¨ cov‡bv hv‡e|

cwiKíbvKvixt ZvwZqvbv †kf‡k‡¼v

mvims‡¶c Ges g~jbxwZt cwieZ©bKvix‡`i mv¶vrKvi †bIqvi c‡i Zvi djvdj¸wj ch©v‡jvPbv K‡i cwieZ©bKvix‡`i ˆewkó¨¸wj wk¶v_©x‡`i Avil fvjfv‡e eyS‡Z mnvqZv KivB GB cv‡Vi D‡Ïk¨|

ch©‡e¶Yi j¶¨t
* wk¶v_©xiv cwieZ©b G‡R›U¸wji PwiÎMZ ˆewkó¨¸wj †evSvi Rb¨ Ges Zv‡`i wbR¯^ PwiÎMZ ˆewk‡ó¨i mv‡_ Zv‡`i Zzjbv I ˆemv`„k¨ ˆZwi Ki‡Z we‡k-lYvÍK wPš—vfvebv e¨envi Ki‡e, myZivs Zviv eyS‡Z cv‡i †h ZvivI cwieZ©b G‡R›U n‡Z cv‡i|
* wk¶v_©xiv mv¶vrKvi †_‡K Z¸¨ wPwÎZ, msMwVZ Ges we‡k-l‡Yi Rb¨ wfR¨yqvj gva¨g wnmv‡e †¯‹P‡bvwUs e¨envi Ki‡e|
* mv¶vrKvi †bIqvi c‡i Zviv Kx wk‡L‡Q Zv AviI fvjfv‡e eyS‡Z Ges wk¶v_©xiv Zv‡`i mv¶vrKvi cÖ`vbKvixi mv‡_ †hvMv‡hvM Kivi Rb¨ Ges G‡K Ac‡ii g‡a¨ Zzjbv Ges ms‡hvM ˆZwi Ki‡Z GKwU K¬vm †fb WvqvMÖvg ˆZwi Ki‡e|

Abyaveb‡hvM¨ j¶¨t
* mv¶vrKvi cwiPvjbv Kivi c‡i, wk¶v_©xiv K¬v‡mi mv‡_ Zv‡`i Z¸¨ DcvË¸jv †kqvi Ki‡e|
* wk¶v_©xiv wewfbœ ai‡Yi †PÄ‡gKvi, Zv‡`i e¨w³‡Z¡i ˆewkó¨ Ges Zv‡`i Rxeb e„Ëvš— m¤c‡K© wkL‡e|
* GKRb cwieZ©bKvix n‡q DV‡Z Kx jv‡M Zv we‡k-lY K‡i wk¶v_©xiv A‡b¨i Rxe‡b Kxfv‡e cÖfve †dj‡Z cv‡i Zv cix¶v Ki‡e| †Zgwb, wk¶v_©xiv eyS‡Z cvi‡e †h ZvivI †PÄ‡gKvi n‡Z cv‡i|

¸i"Z¡cyb© cÖkœevjxt
* Kviv cwieZ©b Avb‡Z cv‡i|
* Gme gvbyl‡`i PvwiwÎK ˆewkó¨¸wj Kx Kx?
* Avgv‡`i mv‡_ Zv‡`i wgj †Kv_vq Ges Avgv‡`i †_‡K wKfv‡e Zviv Avjv`v|
* Kx gvbyl‡`i‡K c`‡¶c wb‡Z Aby‡cÖiYv †`q?
* GKRb cwieZ©bKvix wK ai‡bi c`‡¶c wb‡Z cv‡i
* Kv‡Ri my‡hvM wKfv‡e mewKQz Avjv`v K‡i?

- Gai‡bi gvby‡liv wK wK a‡i‡bi P¨v‡j‡Äi gy‡LvgywL nq?
- wKfv‡e GKRb gvby‡li KvR Zvi m¤cÖ`vq A_ev †MvUv we‡k¦ A‡bK eo cÖfve †dj‡Z cv‡i?
- A‡b¨i Rxeb Aa¨qb K‡i Avgiv Kx Ges wKfv‡e wkL‡Z cvwi?
- Avgiv wKfv‡e wb‡R‡i‡K cwieZ©bKvix wnmv‡e M‡o Zzj‡Z

wk¶v_©x‡`i †kLvi D‡Ïk¨t GB cvV †k‡l wk¶v_©xiv-
- †PÄ‡gKvi n‡Z wK wK ˆewkó¨ _vKv jv‡M Zv wkL‡e Ges Zv‡`i wb‡Ri mv‡_ †PÄ‡gKv‡ii wK wK cv_©K¨ ev wgj Av‡Q G e¨vcv‡i GKUv avibv ˆZwi n‡e|
- ZvivI †PÄ‡gKvi n‡Z cv‡i GUv Dcjew× Ki‡Z cvi‡e
- mv¶vrKvi¸wj †_‡K Zv‡`i djvdj¸wj ¯cófv‡e Ges ms‡¶c eY©bv Ki‡Z wkL‡e|
- Zv‡`i wk¶v_©jv GK RvqMvq msMwVZ I we‡k-lb Ki‡Z Ges Ab¨‡`i mv‡_ GKwÎZ Ki‡Z †¯‹P‡bvU c×wZwU e¨envi Ki‡Z wkL‡e|
- Zv‡`i mncvVx‡`i K_v ïb‡Z wkL‡e Ges Zv‡`i cÖvß djvd‡ji g‡a¨ wgj Ges cv_©K¨¸jv Lyu‡R †ei Ki‡Z wkL‡e|
- GKUv mw¤§wjZ Kv‡R mdj n‡Z †QvU Ges eo `‡j KvR Ki‡Z wkL‡e|
- ms‡k-wlZ Ges ms‡hvwRZfv‡e cÖÖPzi Z_¨ wPÎvq‡b Ges †kqvi Kivi m„Rbkxj Dcvq¸jv AR©b Ki‡Z wkL‡e|

g~j¨vqbt wk¶v_©x‡`i wb‡æv³ wel_‡qi Dci wfw�Ë K‡i g~j¨vqb Kiv n‡e-
- Mí ejvq Zv‡`i AskMÖnY
- †¯‹P‡bvU †cvóv‡i Z_¨ mvRv‡bv
- Dc¯’vcbv
- K¬v‡mi †fb WvqvvMÖvg ˆZwi Kv‡R AskMÖnY

mwµq AskMÖn‡Yi Rb¨ wk¶v_©x‡`i Zv‡`i aviYv¸wj fvM K‡i wb‡Z n‡e, A‡b¨i aviYv ïb‡Z n‡e Ges †kªwY Av‡jvPbvq Ae`vb ivL‡Z n‡e

Kv‡Ri aviv:
- **f,wgKvt**
  - cÖwk¶K cÖ‡Z¨‡K `‡j hviv cwieZ©bKvix‡i (‡PÄ †gKvi) mv¶vrKvi wb‡q‡Q Ges hviv Zv‡`i AbymÜv‡bi cÖvß Z_¨ Dc¯’vcb Ki‡Z cÖ¯—’Z Ggb 3 Rb wk¶v_©x wb‡q `j fvM Ki‡eb
  - wk¶v_©x‡`i Zv‡`i †QvU `‡j G‡K Ac‡ii Kv‡Q wb‡R‡i mv¶vrKvi w`‡Z wb‡`©k †`Iqv n‡e| hLb Zviv wb‡R‡i g‡a¨ mv¶vrKvi †`‡e ZLb Zv‡i‡K cwieZ©bKvix‡i mv‡_ wb‡R‡i Zzjbv Ki‡Z ejv n‡e Ges cwieZ©bKvix‡`i mv‡_ Zv‡`i cv_©K¨ Lyu‡R †ei Ki‡Z wb‡`©k †`qv n‡e|

- ○ wk¶v_©xiv †¯‹P‡bvU w`‡q †cvóvi¸‡jv‡Z Zv‡`i cÖvß Z_¨¸‡jv mvRv‡e Ges hLb wk¶v_©xiv wb‡R‡`i †QvU `‡j Zv‡`i Dc¯'vcbv †kl Ki‡e ZLb Zviv †kªYxxK¶i mevB wg‡j cwieZ©bKvix (‡PÄ †gKvi) bv‡g GKUv †fb WvqvMÖvg ˆZwi Ki‡e †hLv‡b wk¶v_©xiv mßg †kªYxi wk¶v_©x‡`i mv‡_ cwieZ©bKvix‡`i (†PÄ †gKvi) ˆewk‡ô¨i cv_©©©K¨ we‡k-lY Ki‡e|

- **†kqvwis Ges †¯‹P‡bvU (20 wgwbU)**t 3 R‡bi `‡j wk¶v_©xiv Zv‡`i mv¶vrKvix‡K Dc¯'vcb Ki‡Z KvR Ki‡e| Gici wk¶v_©x‡i‡K Zv‡`i cwieZ©bKvixi (‡PÄ G‡R›U) AwfÁZv¸‡jv †¯‹P‡bv‡Ui gva¨‡g †cvóv‡i mvRv‡Z ejv n‡e| wk¶v_©x‡i hLb †cvóvi evbv‡bv †kl n‡e, Zviv †m¸‡jv K¬v‡mi Pvwiw`‡K ivL‡e|

- **†cvóvi Dc¯'vcbv (10 wgwbU)**t cÖ‡Z¨K `j (30 R‡bi K¬v‡m 3 Rb K‡i cÖ‡Z¨K `j) GK wgwbU K‡i cv‡e Zv‡`i †cvóvi Dc¯'vcb Ki‡Z Ges Zv‡`i `‡ji Av‡jvPbv †_‡K P¤^yK Ask¸‡jv mevi ‡,wó‡MvPi Ki‡Z|

- **K¬vm †fb WvqvMÖvg (20 wgwbU) t** wk¶v_©xiv GKwU e„nZ †kªYxxi †fb WvqvMÖvg ˆZwi Ki‡Z GKmv‡_ KvR Ki‡e hv wk¶v_©x‡`i mv¶vrKvi †bIqv cwieZ©bKvix‡`i ˆewkó¨ Ges Zv‡`i †kªYxi wk¶v_©x‡`i ˆewkó¨¸wj (Zzjbv K‡i Ges ˆemv`„k¨ K‡i) wPwÎZ K‡i|

  - ○ **hviv †fb WvqvMÖv‡g Aš—f©©z³ n‡e Zv‡`i D`vniYt**
    - ■ hviv †fb WvqvMÖv‡g Aš—f©z³ n‡e Zv‡`i D`vniYt
    - ■ hviv cÖ_‡g c`‡¶c †bq
    - ■ hviv KLbI KLbI cÖwZK,jZv‡K KvwU‡q DV‡Z cv‡i
    - ■ cÖv_wgKfv‡e cÖwZiv‡bi AwfÁZv AR©b Ki‡Z cv‡i hviv
    - ■ Zv‡`i avibv MVb Ki‡Z cv‡i hviv
    - ■ hviv gvby‡li wek¦vm AR©b Ki‡Z cv‡i †h Zviv wec‡` cv‡k `vuov‡e
    - ■ hviv `„p wek¦vm iv‡L|

  - ○ **hviv †fb WvqvMÖv‡gi Afvij¨vc (overlap) As‡k Aš—f©z³ n‡e Zv‡`i D`vniYt**
    - ■ hviv Kg©kw³ m¤cbœ
    - ■ hviv Avkvev`x
    - ■ hviv D"Pvwfjvlx
    - ■ hviv m¤cÖ`v‡qi GKwU Ask
    - ■ hv‡`i ¯^cœ †`L‡Z cv‡i
    - ■ hviv bZzb wRwbm wkL‡Z Ges avibv¸‡jv‡K msMwVZ Ki‡Z cv‡i

  - ○ **hviv mßg †kªYxi WvqvMÖv‡g Aš—f©z³ n‡e Zv‡`i D`vniYt**
    - ■ hviv Zv‡`i Awefve‡Ki Dci wbf©ikxj
    - ■ memgq hv‡`i mwVK ms¯'vb _v‡K bv (A_©, mgy)
    - ■ cÖvqkB wm×vš—†bq Ggb cÖvßeq¯‹‡`i Dci mn‡R cÖfve †dj‡Z cv‡i bv hviv

- **Dcmsnvi (5 wgwbU)t** wk¶Kiv D‡j-L Ki‡eb †h cwieZ©bKvix Ges Zv‡`i cwieZ©b Kivi Kvib¸‡jv †`L‡Z Avjv`v n‡jI G‡`i G‡K A‡b¨i g‡a¨ Ges K¬v‡mi wk¶v_©x‡`i g‡a¨ A‡bK Afvij¨vwcs ˆewkó¨ Av‡Q| cÖwk¶K AviI D‡j-L Ki‡e †h cwieZ©bKvixi mv‡ wk¶v_©x‡`i †hme ˆewk‡ó¨i cv_©K¨ Av‡Q †m¸‡jv wkL‡Z n‡e Ges wb‡R‡`i †mfv‡e DbœZ Ki‡Z n‡e| wk¶KMb wk¶v_©x‡`i‡K cieZ©©x K¬v‡mi Av‡M G wel‡q wb‡R‡`i‡K cÖwZdjb Ki‡Z ej‡eb|

wk¶v_©x mnvqKt
- wk¶v_©x‡`i Kjg Ges †cv÷vi KvMR `iKvi n‡e, Ab¨vb¨ `vßwiK wRwbmcÎ (AvVv, KvuwP, Qwei KvUvAvDU Gi Rb¨ cwÎKv, Rwi, wdZv) mieivn Kiv †h‡Z cv‡i|
- hw` wk¶v_©xiv mv¶vrKvi †bIqvi Rb¨ Ges †kqvi Kivi Rb¨ wfwWI †iKwW©s wWfvBm (K¨v‡giv, †gvevBj, Kw¤cDUvi) e¨venvi K‡i, Zvn‡j GB wWfvBm¸‡jv wk¶vcÖwZôv‡b ch©vß _vK‡Z n‡e|

wk¶K mnvqKt
- cwieZ©b cÖeZ©©K‡`i cvV cwiKíbvt http://tiny.cc/G7L4R1
- †fb WvqvMÖvg †U¤c‡jUt http://tiny.cc/G7L4R2
- †¯‹P‡bvU †KŠkjt http://tiny.cc/G7L4R3
- †¯‹P‡bvUt http://tiny.cc/G7L4R4

mßg †kªbx cÂg cvV

Òfwel¨‡Zi cwieZ©‡bi w`‡K j¶¨ Ki"bÓ

mgqmxgv: 60 wgwbU

welq t mgvRwe`¨v, weÁvb

**gvb`Û**: AmgZv `~ixKiY (GmwWwR 10); kvwš—, b¨vq wePvi Ges Kvh©Ki cÖwZóvb (GmwWwR 16);

cwiKíbvKvix: K¨v_ixb wKbvW©

mvims‡¶c Ges g~jbxwZt

- Zviv †h mv¶vrKvi¸‡jv wb‡q‡Q Ges K¬v‡m Zv‡`i †cÖ‡R›Uk‡bi Dci wfwË K‡i Ziv Ggb wKQz Dcvq Avwe®‹vi Ki‡e hv‡Z Zviv wb‡RivB Zv‡`i m¤cÖ`v‡qi Ges we‡k¦i cwieZ©‡bi evnK (‡PÄ †gKvi) n‡Z cv‡i|
- wk¶vRxe‡bi GB ¸i"Z¡cyb© mg‡q Zviv wkL‡e Zviv BwZg‡a¨ †h `¶Zv AR©b K‡i‡Q Zv wKfv‡e Zv‡`i fwel¨r cov‡kvbvq Ges Rxe‡b Kv‡R jvMv‡Z cv‡i|

ch©‡e¶‡Yi j¶¨t

- wk¶v_©xiv wkL‡e wKfv‡e mgv‡Ri GKUv ¸i"Z¡c~Y© mgm¨v Lyu‡R †ei Kiv hvq Ges Ab¨ wk¶v_©x‡`i mv‡_ KvR K‡i GKUv myMVb cwiKíbv ˆZwi Ki‡e hv w`‡q fwel¨‡Z †mB mgm¨vUv mgvavb Kiv hvq|
  - mgvRwe`¨vq Ziv mgv‡Ri b¨vq wePvi msµwš— mgm¨v¸‡jvi m¤c‡K© avibv cv‡e|
  - weÁv‡b Ziv ˆeÁvwbK c×wZ‡Z GKUv mgm¨vi msÁv w`‡e, †m wel‡q M‡elYv Ki‡e, cÖgv‡Yi Dci wfwË K‡i m¤¢ve¨ mgvavb avibv Ki‡e, †mB mgvvb cix¶v Ki‡e, we‡k-lY Ki‡e, ms‡kvab Ki‡e Ges me‡k‡l GKUv Kg© cwiKíbv K¬v‡mi mv‡_ †kqvi Ki‡e|

Abyavebg~jK j¶¨t

- wk¶v_©xiv †h‡Kvb cwieZ©b Avbvi Rb¨ GKmv‡_ KvR Kivi ¸i"Z¡ eyS‡Z wkL‡e|
- wk¶v_©xiv mn‡hvwMZv, M‡elYv, we‡k-lY Ges †hvMv‡hvM Kivi ™¶Zv AR©b Ki‡e|
- wk¶v_©xiv mgvR ms¯‹i‡bi cÖwZeÜKZv¸‡jv m¤c‡K© Rvb‡e Ges Zv DË‡Yi Rb¨ cyi®‹vi cvIqvi AwfÁZv AR©b Ki‡e|

¸i"Z¡c~Y© cÖkœvejxt

- Avgvi m¤cÖ`vq wK wK mgm¨vi m¤§Lxb n‡"Q?
- wek¦evmx wK wK mgm¨vi m¤§Lxb n‡"Q?
- †m¸‡jvi mv‡_ wK Avgv‡`i m¤cÖ`v‡qi mgm¨v¸‡jvi wgj Av‡Q?
- Avgvi mncvwV‡`i g‡a¨ †K †K cÖ‡Z¨KUv mgm¨v wb‡q Abym×vb K‡i‡Q?
- Avwg cwieZ©b Avbvi Rb¨ G‡`i g‡a¨ Kvi mv‡_ KvR Ki‡Z cvwi?

wk¶v_©x‡`i †kLvi D‡Ïk¨ (wk¶v_©xiv m¶g n‡e)t

- Zv‡`i mncvVx‡`i mv‡_ KvR Ki‡Z Ges Kvh©Kifv‡e †hvMv‡hvM ¯'vcb Ki‡Z|
- mgv‡Ri ¸i"Z¡c~Y© mgm¨v¸‡jvi m¤c‡K© Zv‡`i avibv †cvlY Ki‡Z
- wKfv‡e GB mvgvwRK mgm¨v¸‡jv mgvavb Kiv hvq Zv Mfxifv‡e wPš—v Ki‡Z
- m„Rbkxj Ges ˆeÁvwbKfv‡e mvgvwRK Kg©cwiKíbv MVb Ki‡Z

g~j¨vqbt wgWj Bqvm© †cÖvMÖvvg (GgIqvBwc) Gi Rb¨ B›Uvib¨vkbvj e¨vP¨vj‡iU (AvBwe) wm‡÷gi jvwb©s‡qi (GwUGj) KvVv‡gv:

- **wk¶vbwek/ ïi" K‡i‡Q Ggb (N)-** wk¶v_©xiv M‡elYv Ges mn‡hvwMZvi cÖwµqv m¤c‡K© Rvb‡Z ïi" Ki‡e wKš' mvgvwRK Kg©cwiKíbv MV‡b mwµqfv‡e AskMÖnY Ki‡e bv|
- **wk¶v_©x/ weKwkZ n‡"Q Ggb (L)-** wk¶v_©xiv Ab¨‡`i mv‡_ KvR Ki‡e Ges Zv‡`i wk¶‡Ki ZË¡veavq‡b mvgvwRK Kg©cwiKíbv MV‡b Ask wb‡e|
- **e¨enviKvix/ e¨envi Ki‡Q (P)-** wk¶v_©xiv Zv‡`i `‡ji g‡a¨ KvR Ki‡e Ges AvÍwek¦v‡mi mv‡_ Zv‡`i `‡ji mvgvwRK Kg©cwiKíbv K¬v‡mi Ab¨‡`i mvg‡b Dc¯'vcb Ki‡e|
- **we‡klÁ/ †kqvi Ki‡Q Ggb (E)-** wk¶v_©xiv Zv‡`i `‡ji †bZ…Z¡ wnmv‡e KvR Ki‡e Ges †hme wk¶v_©x‡`i eyS‡Z mgm¨v n‡"Q Zv‡`i mvnvh¨ Ki‡e| Zviv AvÍwek¦v‡mi mv‡_ Zv‡`i mvgvwRK Kg©cwiKíbvi e¨vcv‡i Ges fwel¨‡Z Gi ¸i"Z¡ wK Zv K¬v‡mi Ab¨‡`i mv‡_ †kqvi Ki‡e|

Kv‡Ri avivt

- **cÖviw¤¢K avct**
  - ○ wk¶v_©xiv Zv‡`i †bqv mv¶vrKv‡i mgv‡Ri †h mgm¨v¸‡jv †c‡qwQj Zv wb‡q Mfxifv‡e wPš—vfvebv Ki‡e| Zviv `yBUv ZvwjKv ˆZwi Ki‡e hvi GKUv‡Z Zv‡`i m¤cÖ`vq †h mgm¨v¸‡jvi m¤§yLxb n‡"Q †m¸‡jv _vK‡e Ges Avi GKUv‡Z †MvUv wek¦ †h mgm¨v¸‡jvi m¤§yLxb n‡"Q †m¸‡jv _vK‡e|
  - ○ wk¶v_©xiv Zv‡`i m¤cÖ`v‡qi †h mgm¨v¸‡jvi mv‡_ we‡k¦i mgm¨v¸‡jv wg‡j hvq †m¸‡jv wPwýZ Ki‡e| g~j mgm¨v¸‡jvi we‡k-l‡bi Dci wfwË K‡i wk¶v_©xiv Zv‡`i‡K wewfbœ `‡j wef³ K‡i GKUv wb`„ó mgm¨vi mgvavb Ki‡e|
  - ○ `ªóe¨t GUv Lye ¸i"Z¡cyY© †h wk¶v_©xiv wk¶K Qvov wbR‡`i‡K wewfbœ `‡j fvM K‡i wb‡e KviY Zv‡`i‡K mv¶vrKv‡ii welq Ges Zv‡`i mncvVx‡`i wel‡qi g‡a¨ GKUv we‡k-lYag©x m¤cK© ¯'vcb Ki‡Z n‡e| hLb wk¶v_©xiv Zv‡`i‡j wbe©vPb K‡i †dj‡e, ZLb wk¶K Zv‡`i `j¸‡jv hvPvB K‡i †`L‡eb Ges cÖ‡qvRbxq mvgÄm¨ Avb‡eb hv‡Z `iKvi nq|

- **gyj avct** `jMZfv‡e wk¶v_©xiv †h mgm¨v mgavb Ki‡Z hv‡"Q †mUvi ˆeÁvwbK msÁv w`‡e, Zv‡`i mv¶vrKv‡ii M‡elYvi Dci wfwË K‡i wb‡R‡`i avibv †kqvi Ki‡e, mgm¨vUvi GKUv m¤¢ve¨ mgvavb Abygvb Ki‡e, mgm¨v¸‡jv wb‡q Mfxifv‡e wPš—vfvebv Ki‡e Ges mdjfv‡e †h mgvavbUv †ei Ki‡e Zv ms‡kvab Ki‡e Ges me‡k‡l GKUv Kg©cwiKíbv `vuo Kiv‡e|

- **†kl avct** wk¶v_©xiv Zv‡`i wPš—vaviv Ges P,ovš— Kg©cwiKíbv K¬v‡m †kqvi Ki‡e|

wk¶v_©x mnvqKt

- ˆeÁvwbK c×wZi avcmg~nt http://tiny.cc/G7L5R1

wk¶K mnvqKt

- ˆewk¦K mgm¨vejxt http://tiny.cc/G7L5R2