

cfkngf]; lk, cfkngf]; DklQ M; fydf eP hlxn]xG5 pGtL

lj bẏaf6 krsP/ cfPsfx; sf nflu ; /sf/n]lbg]COf s; /LkfpG ; lsG5

; /sf/n]lj bẏzs /fhuf/af6 krsPsfx; nfo{pglx; n]lj bẏdf /xP xfl; n u/ \$f]lfg tyf l; s\$]f]; lk; F ; Djlgw Joj; fo gkndf; ~rning ug{; xnotkO{shf\$ nflu Jofh cgbfg ; DaGwL Pslst sfolj lw @)&% NofPsf]5 . ; flx cg; f/ kl/ofhgf lwtf]ln0 lj bẏaf6 krsPsf oj infO{kl/ofhgf shf{!) nfv ?kpfDd lbg ; Sg]Joj:yf 5 . o:tf]shf\$]eQngL cj lw % jif\$]xG5 . o; ; DaGwL yk hfgsf/L j bẏzs /fhuf/ kj4g aB{af6 lng ; lsG5 .

sfolj lw cg; f/ Jofh cgbfg ; lxtsf]; xnot COf kfpG]Joltm?

- >d ; j l\$]t kkt u/Ljf gu/Lsg}klg bẏdf sDtdf ^ dlxgf ; Djlgw tfind jf kẏf jf Joj; fo jf lfgdf sfd u/L:j bẏ krsPsf]JolQmxgkg]. t/ sg}klg bẏsf]:yfoLa; fjf; sf]:j l\$]t kkt -lkc/, lug sf8{ePsf] JolQmfO{o:tf]shf{kbfug ul/bg} .
- shf{ng rfxg]JolQm]pBd ; ~rning tyf shf{pkofu ; Dj GwL; Hkt k;tjgf -Joj; flos ofhgf kq kẏ ugkb5 .
- shf{ng rfxg]JolQm]lj bẏaf6 krsPsf]# jif{eGf nfd]; do ePsf]xgxbg} .
- shf{kkt ug{/fxbgL le; fsf]kktlnk tyf >d ; j l\$]t kkt ePsf]bẏaf6 krsPsf]xsf]; f\$] kktlnk, cfknt^ dlxgf sg}bẏdf ; Djlgw tfind, kẏf Joj; fo, lfgdf sfd u/\$f]sfuhf / sg} klg bẏsf]:yfoLa; fjf; :j l\$]t gePsf]:j 3fifOof ugkg]Joj:yf ul/Psf]5 .

sfdbf/ hñ k/\$f]cj:yfdf kl/j f/n]p2f/sf nflu s]ug{; Sb5g\

j bẏzs /fhuf/sf]l; nl; nfd sfdbf/ hñ k/\$f]cj:yfdf sfdbf/ ;jom]hha6 ; DalGw bẏsf]gkfnL btjfi; df va/ ug{; Sb5g\ kl/jf/, cfknt jf hf]sf]ln]hpdf k/\$f]lj j /Of yxf kPdf ; DalGw bẏsf]gkfnLbtjfi; , j bẏzs /fhuf/ kj4g aB{ j bẏzs /fhuf/ ljefu tyf k//fi6«dGafno sG; h/ ; jf ljefu dkt p4f/sf]klqmf cufl8 a9fpG ; lsG5 .

s/f/df pNny eP cg; f/ sfd jf tna gkfo{cnkq k/df s]ug{; lsG5

j bẏzs /fhuf/sf]l; nl; nfd s/f/ cg; f/ sfd jf tna gkfo{cnkq k/\$f]v08df ; DalGw bẏdf /x\$]f] btjfi; df ; Dks{ug\$; fy}cfkntO{k7fpG]gkfnf]Dofgkfj/ sDkgnfo{; Dks{ugkb5 . olb o; af6 klG ; dfwg xg g; s\$]v08df ; DalGw bẏsf]nñ/ sfdf; d; d2f bfo/ ug{; lsG5 . kl/jf/sf ; b:ox; dkt j bẏzs /fhuf/ ljefudf klG d2f bfo/ ugkb5 .

cf gf kl/j f/sf ; b:o lj bẏdf ; Dksfj xlg ePdf s]ug{; lsG5

j bẏzs /fhuf/sf]l; nl; nfd ljleG sf/On]x/Psf jf kl/jf/sf]; Dksdf gcPsf sfdbf/x; sf]vfhL ug\$ nflu gkfnLbtjfi; , j bẏzs /fhuf/ kj4g aB{ j bẏzs /fhuf/ ljefu tyf k//fi6«dGafno, sG; h/ ; jf ljefu dkt lgjhg lbO{kxn ug{; lsG5 . o; k\$]/sf siddf lj bẏdf /x\$]f] gkfnL ; fdilhs ; 3; ;yfx?n]klG d2t u/\$f] xg ; S5g\

dTo'jf c^ue^u ePdf sg lgsfoaf6 slt Iftklt{/ cfly\$; xtof kkt ug{; lsG5

j bẏzs /fhuf/sf]l; nl; nfd s/f/ cj lw leq dTo'ePsf]cj:yfdf @)&# jzfvaf6 nfu" xg]u/L ; =!) nfv tyf c^ue^u ePsf]cj:yfdf c^ue^u ePsf]k\$]t cg; f/ ; =!) nfv; Dd Iftklt{gkfnf] ladf sDkglaf6 ladf akkt kkt ug{; lsG5 . ; fy; fy}dTo'ePsf sfdbf/sf]kl/jf/n]tyf c^ue^u ePsf] :jo-JolQmPj -kl/jf/sf ; b:on]j bẏzs /fhuf/ kj4g aB{af6 klG dTo'ePsf]v08df ; =& nfv tyf c^ue^u ePsf] cj:yfdf c^ue^u ePsf] k\$]t cg; f/ ; =& nfv; Dd Iftklt{kkt ug{; Sb5g\ .

j bẏzs /fhuf/df hfgk}jf /xP cfjZos kg; ;rgf tyf hfgsf/x; kkt ug\$ nflu agfOPsf dfaOn PK x; klG 5g\ To:tf clwsf/s dfaOn PK x; af6 klG lgoldt cfjZos ; ;rgf tyf hfgsf/LkfpG ; lsG5 . o:tf dfaOn PK x;df j bẏzs /fhuf/L j bẏzs /fhuf/, dhfg, zeofq, kjf; lsf]; fy cilb 5g\

cfkngf]; lk, cfkngf]; DklQ M; fydf eP hlxn]xG5 pGgtL

j bZs /fhuf/; F ; Dj lGwt sfo{ hfgsf/Lj f ; d:of kbf{; Dks{ugkgI; /sf/Llgsfox;

- sG; h/ ; jf ljefu, k//fi6<dCqfno
gf/fo0fx6L, sf7df8fF
krfj g=M+ (&&-!-\$@)!@!, \$@)!)*
^ofS; =M+!-\$@)!\$
Odh=Mnepalconsular@gmail.com
Website: www.nepalconsular.gov.np

- j bZs /fhuf/ ljefu a4gu/, sf7df8fFgkfn
6fhlking=M+!^^))!(((
6lnkrfj=M+ (&&-!-\$&*@^!
^ofS; =M+ (&&-!-\$&*@)^
Odh=Minfo@dofe.gov.np
j a; f06=Mwww.dofe.gov.np

- j bZs /fhuf/ ljefusf]kbZ sfoffox; klg /x\$fl5 . tLsffoffox;df klg ; Dks{ug{; lsG5 .

l; =g+kbZ g+	sfofno /x\$fl:yfg	sfofnosf]; Dks{gDj /
!	kbZ g+!	tIggkL, lj/f6gu/)@!-\$^#),)@!-\$^#)@\$
@	kbZ g+@	Soflk; rfs, hgsk/)\$!-%@)!#%
#	kbZ g+#	tfxfrn, sf7df8fF)!-\$)#^^&
\$	kbZ g+\$	kfb{zlxr rfs, kfy/f)^!-\$^^*@@
%	kbZ g+%	rffj/L, abjn)&!-%)#@*!
^	kbZ g+^	sfln~rfs, lj/Ggu/)*#-%@)#@\$,)*#-%@\$&&
&	kbZ g+&	x;gk/, wgu9L)(!-\$!@)@

- j bZs /fhuf/ kj4g af8{
goffafgZj/, sf7df8fFgkfn
krfj g== (&&-!-\$!)% ^*, \$!)% ^@
6fhlking==!^^))!-%))%
Odh=Minfo@fepb.gov.np
j a; f06=Mwww.fepb.gov.np

o; afx\$ j bZs /fhuf/ldf hfg]bZsf gkfnLbtj f; klg xg ; S5 . tLbtj f; x;sf]klg ; Dks{nP/ hfg'kb5 . lj bZdf ; f]bZdf /x\$flgkfn btj f; n]cfj Zos ; xoffu ub5 .

k\$fszSM

; xoffuM



JAGRITI CHILD AND YOUTH CONCERN NEPAL
hfuft afn tyf oj f ; /f\$fl/ gkfn



Germany



hfuft afn tyf oj f ; /f\$fl/ gkfn
bj rhLgu/kfnsf-!%, gjnk/f; L-; !tf-kj {
u08sLkbZ, gkfn
sfbp ; Dks{sfoffoMcgfdgu/, sf7df8fF-
krfj g=M+ (&& ! \$&&! !!
Email: jcyen2001@gmail.com
https://www.facebook.com/pg/JCYCNepal
https://www.facebook.com/youthandmigration
Website: www.jcyenepal.org.np

sf/tf; gkfn
nlntk/ dxfgu/kfnsf
wfj 3f6, nlntk/
krfj g=M+ (&& ! %/#*!&@
Email: director.caritasnepal@gmail.com
Twitter: @Caritas_Nepal Facebook: caritasnep
www.caritasnepal.org

-of]; fdfuLtof/ ug\$fl nflu ; /lft cfkj f; gsf lqmflzn ; :yfx? 4f/f tof/ ul/Psf ljleG cWog
; fdfuL; nfo{; Ge{; fdfuLsf ; kdf lnPsf 5fF; tL; fdfuL; / ; :yfx; klt cfe/ JoQmub5fF

; /Ift, Jojl:yt / dofbt jbz /fhuf/; Dj GwL hfgsf/Lkq

jbz /fhuf/ldf hfg]; fr xgf; fy kl/jf/ls ; /; Nfx ugkb5 . jbz /fhuf/lsf nflu hfg' g}kg{xf]sLx0g cyff gkin d}klg ; Deflj t cj ; /x? 5g\jf 5gg lj r/ k/\dfpg' kb5 . ; do lnP/ ; fkgb5 . xtf/ ugxbg . cfkmsg bz / s:tf]sfdhf hfg nfu\$]xf]eG]; Dj Gwdf :ki6; F aengkb5 / kl/jf/; F /df] F ; /; Nfx ugkb5 . ljbzdf ugkg]sfd; F ; Dj Gwt cfjZos l; k cfkm F 5 ls 5g ; f]Vofn ugkb5 . ; lk geP ; lk l; s/ dfq hfg]tof/Lugkb5 . lagf ; lk jbz /fhuf/ldf hfg' cf]bfgLsd xgsf ; fy}h]vd klg a9LxG .

jbz /fhuf/lsf nflu gkin ; /sf/af6 Ohht kaj fnf sLkgL-Dofgkj/ _ dfkn dfq hfgkb5 . ljleG u}sfggL?kdf 7uLug]jf dfgj arljvg ug}; dxn}n]klg abzs /fhuf/Leg/ 7G] arljvg ug} / ; d:ofdf kfg}; Sb5g\ To; tkn; w}rgfv]xgkb5 . hf]dfkn jbz /fhuf/ldf hfg rfxgxG ; f] sfggL?kdf :jls]tkkt sLkgLjf JolQmxf]xf0g Wfg lbg' kb5 . :yflgo PhG / Ohht kaj fnf sLkgL-Dofgkj/ _ n]leg\$]dfq ljZj; ug{xbg . kkt ePsf hfgsf/x? bxf/\df/ hf' ugkb5 . o:tf s'fx?df cfkmf kl/jf/, cfkn / c6 hfgsf/ JolQmjf ; Dj Gwt sfofho jf ; :yfx?; F klg k/fdz{u/Lyxf kfg ; lsG .

cfkmhfg nfu\$]fbz, sfd, hfg]k\$of, nfg]vr{jf c6 cfjZos ; a}hfgsf/L; DkOf?kdf lng' kb5 . hfg nfu\$]fbzdf gkin ; /sf/n]/fhuf/lsf nflu hfg vNf u/\$f]5 ls 5g, hfg nfu\$]sfd cfkm] ug{hfg\$]jf ; Sg]xf]xf0g ; f]sfdhf hf' cfkm]; fr:h:tf]cfly\$ cf]bfgLxg]xf]jf xf0g, kfg] ; jf ; ljwf / sdfs]k\$]t s]s:tf]xf]/df] F aengkb5 . hfg nfu\$]fbzsf gllt lgod, sfgg, wd} ; Es]t / jftj/Of s]s:tf]5 yxf kfg' kb5 . hfg nfu\$]fbz /fhuf/ln]; Dj Gwt JolQm/ kl/jf/df knOf 5 < 5nkm ugkb5 . ljbz hfg cf]Qg'xbg . ofhg agP/, kl/jf/df ; /; Nfx u/], s]slt cf]bfgLxG, kl/jf/df s]s:tf] tof/Lugkb5 ; f]; Dj Gwdf cfjZos ; a}tof/L/ Joj:yfg u/] dfq ljbz hfg' kb5 .

jbz /fhuf/df hf' ugkg]tof/Ltyf cfjZos sfuhftx?

jbz /fhuf/df hfgsf nflu !=fxbfgL-kf; kff, @ ; lkdhs tfindsf]kdf0kq, # = :jf:Yo k/IIf0f, S= /fhuf/btf; Fsf]; Denf kq -o; df ugkg]sfd / kfg]; jf ; ljwx? nufot pN]vt xG, %= kjzflf -leiff, ^=ladf, &=gkin ; /sf/n]t]s'g; f/sf]zNs lt/\$f]/l; b, *= cledvls/Of tfindsf] kdf0kq, (=abzs /fhuf/df hfgsf nflu abzs /fhuf/ ljefua6 >d :jls]t, !=) = xjfo[6s6 cfbL cfjZos kb5g\ olg}sfuhftsf cfw/df abzs /fhuf/ ljefua6 >d :jls]t ; dt kkt xG . pN]vt sltko sfuhft gSsnLklg agfOPsf xg ; Sb5g\To; tknljzif Wfg lbg' kb5 . pbfx/Ofsf] ?kdf ; lk gl; sL; lk ; Dj GwL tfindsf]kdf0kq tof/ ug]jf cledvls/Of tfinddf ; xefuLg}gu/fo{ jf gln0 kdf0kq agfpg]h:tf sfd xg ; S5g . o:tf]ug{xbg . sltko cj:ydf ljbzdf /x\$] /fhuf/btfn]lbgkg]jf k7fpgkg]sdfb/; Fsf]/fhuf/L; Denf kq Dofgkj/n]gkfn}agfOPsf klg xg ; S5g\ . of]unt x]. o; n]sdfbf/nf0{w\$] xG . o:tf ljifodf Wfg klg' cfjZos xG .

ljbz hf' cfkmhfg nfu\$]sDkg]sf]gfd, 7hfgf ; Dks{JolQmsf]gfd ; Dks{gDa/x? cfkm F xgkb5 . cfkmhfg nfu\$]dh\$ss]gkinL/fhbtjff; , >d ; xrf/L ; f]bzdf /x\$] gkinL ; :yfx?sf] ; Dks{ kff; L>ldsx?nf0{; xofu ug}; 3 ; :yfx?sf]; Dks{klg ; fydf /Vgkb5 . cfkmf0{t]sfnsf nflu cfjZos kg]s}L8n/ jf hfg nfu\$]fbzsf]d>f klg cfkm F ePdf ljbz klg; fy t]sfn ; fg] vr{cfjZos k/df ; xh xG .

cfkm]bz p8gcl3 ; Ssn sfuhft; F}; DkOf{sfuhftsf]Ps ; \$ knff\$klklg cfkm u}; /Ift /Vg' kb5 . ; a}sfuhftsf Ps ; \$ knff\$kl3/ kl/jf/ jf cleefj snf0{klg lbgkb5 . knff\$kl u/] lbg gk]Pdf df]f0naf6 ; a}sfuhftsf]knff]lvr] d] Qh/, efOj/, jf6);ck, Od]h:tf dfWdaf6 klg cfkm]kl/jf/nf0{k7fpg ; lsG . o:tf]ubf{sg}; dodf sfuhft rlxPdf jf x/Pdf sfd nfg ; Sb5

lj bZ hfg rfxgh]lj zif Vofn ugkg[s/fx?

- sXL; lk l; s], cfkm]ug] ug{; Sg]/ hfg]sdfs af/df, kfpg]tnj / ; jf ; lj wsf af/df /fd/L hfgLaemdfq hfg' kb5 .
- nfg]vr{ kft xg]cfbfg]sf af/df thgf u/Lnfe xg]sddf dfq hfg' kb5 . sltko cj:yfdf oxL cfkm] ul//xsf] jf ug{ ; Sg] sfdx; af6 a9L km0bf ku]sf] klg xg; Sb5 .
- 3/ kl/jf/; F ; Nfx, k/fdz{u/L; xldtdf dfq hfg' kb5 . lj bZ hfg]; F agfPk5 3/ kl/jf/; F ; Nfx u/Ldfgl; s ; kdf tof/ xg' kb5 .
- j]bZs /fhuf/ ljefuf6 >d :j]st lnP/ dfq j]bZs /fhuf/df hfg' kb5 . s; h]lj leG kpfegdf kf/] unt bZ jf unt sdfs nflu k7fpg ; Sb5 o; tkmWfg lbgkb5 .
- j]bZs /fhuf/df hff sg}; d:of klg xg ; Sb5 . lj df ubf{sdfbf/nf0/ p; sf]kl/jf/nf0{cfly\$; xoff kft xG . lj df clg]fo{ugkb5 .
- j]bZs /fhuf/df hff lj :j]l; nf/ e/kbf]dgkf/ sDkgLdkm dfq hfg' k5{ . Joj ; flos jf leh6 le; df sfd ug]u/Lhfg' xb5 . hfgLhfgLunt sfuhf agfpg' xb5 .
- j]bZs /fhuf/df hfgsf nflu k}f aem]Psf]Joxf]f vnf0/L; b e/kf0{ng' kb5 . slt vr{nfl5 /fd/La%gk5{ . sg]Ph6 jf sDkgIn]e/kf0{bg cfsfgLu/df 7uls}got ePsf]a%g' k5{ ; /sf/n] tfs]sf] eGf a9L k}f lbg' xb5 . tfs]sf] eGf a9L k}f dfudf ph/L ug' kb5 .
- :j]bZLjdfg:yaf6 dfq hfg' kb5 . c6 l5d\$LbZsf]af6]u/] hfg' xb5 . alrg jf 7uldf kg{ ; lsG . j]bZs /fhuf/Isf gddf w}dfgj a]lj vgsf]sfd ePsf]5 . Wfg lbgxf] \tkf0{kg o; ksf/sf]h]vddf kg{; SgxG .
- cfkmhfg]bZsf]efifns l:ylt, xj fkgL/xg; xg, wd{ sfgg, sfd ug]j ftj/Of cfb af/df hfgsf/L lngk5{ . o; sf nflu kj {k:yfg cledv]s/Of t]nd clg]fo{ ; kdf lng' kb5 . 06/g6af6 klg yk hfgsf/L; lng ; lsG .
- j]bZs /fhuf/df hff cf]Zos ; a}sfuhfx; sf]Ps-Ps kft cfkm]F / kl/jf/sf]; fydf /fv' k5{ .
- j]bZs /fhuf/sf]qddf 7ludf k/l]bZs /fhuf/ ljefudf ph/Lugkb5 .
- j]bZs /fhuf/ ; DaGwLsg}klg ; r'gf hfgsf/Isf af/df a%g' k/df j]bZs /fhuf/ ljefu o; sf zivx? / j]bZs /fhuf/ kj4g j]8sf]; lrj fno / ; xoffL ; yfx; sf]7ufgdf ; Dks{u/La%g ; lsG .
- cfd ; rf/dfWdn]ksfzg u/sf]j]bZs /fhuf/sf]; r'gf / lj 1fkg ; xLeP gePsf]a%g' kb5 . unt lj 1fkg u/Lk}f p7f0{7uLug{klg ; Sb5\
- ; /sf/n]g]fv u/sf]bZdf / sddf hfg' xb5 .
- gkinLdxnf; sf dVo j]bZs /fhuf/Isf uGJo bZx; sf 3/h' sdbf/sf ; kdf hfg]ul/Psf]cj:yf 5 / o; ksf/sf]sddf lj leG vnsf h]vdx; klg b]vPsf 5g\ To; h]cfkmhfg]dh'ssf]sfgg, sfo{yn, cfkm]ugkg]sfd, to; sf]k]t, sdfs]; do, sfo{yndf ckgfpg' kg{Jojxf/, ; e]lj t h]vd / To; af6 ag]pkfox; , khgg\j:Yo / cfkmhfg]bZsf]efif ; s]t, wd{nufotsf lj ifox; df hfgsf/L lnP/ dfq j]bZs /fhuf/Isf nflu hfg tof/L ug' kb5 jf hfgkb5 .

>d :j]st eP gePsf]hff ug{tl/sf

dfaf0nsf]P; PdP; (SMS) aS; df u0{pp 6f0k u/LPs Space -:k] _ lbP/ cfkmf]kf; kf6{g=6f0k ug]/ #S))! df (SMS) P; PdP; k7fpg]. h; af6 >d :j]st kft ePsf]v08df k7fpg]dgkfj/sf] gfd, sDkg]sf]gfd, nfg]vr{ >d :j]st kft ePsf]ldt, nfg]vr{cfbsf]lj]j/Of kft ug{ ; lsG . j]bZs /fhuf/ ljefuf]gof]j]; f06 www.dofe.gov.np df u0{kf; kf6{gDa/ /fv] lj]j/Of xg{; lsG cyj f kf; kf6{gDa/ lb0 j]bZs /fhuf/ ; DaGwL; r'gf s6, j]bZs /fhuf/ kj4g af\$ / j]bZs /fhuf/ ljefudf kft u/] klg hfg ; lsG .

sfd ug]uGtJo bZdf kukl5 Vofn ugkg[s/fx;

- lj bZdf kukl5 ; DaGwt sDkgIn]# dlxgf leq k6M:jf:Yo k/If0f u/fpF . To; h]lpQmklqmfdf ; fdh xgkb5 . klqmf cuf]8 ga9fPsf] v08df rgfv] e0{ cfkm] ; f]wk5 ug' kb5 .
- s/f/kqdf x:tlf/ ug]Gf klnf gk]ndf ul/Psf]; DenfF cg; k 5 of 5g hff ug' kb5 . sfd,

cfkmf]; lk, cfkmf]; DklQ M; fydf eP hlxn|xG5 pGtL

- tna nufot kms k/df jf ; Derf fdf n|vP cg; f/ gePdf t?G gkfnl:yt cf gf kl/jf/, Dofgkfj / / ; D|Gwt lgsfodf ; Dks{ugkb5 . cfkmsfd ug{bzd /xsf]gkfnLbtjf; df klg ; Dks{u/Ls} ePsf]xf]eGkb5 . >d ; xri/ldfknf o; sf]; dfwgsf]pkfo v|fhG5 .
- nugzln eP/ sfd ug{tyf sfdklt pQ/bfoLxg' kb5 .
- cgj Zos vr{gu/Lj} vr{sd u/Lart ug{ugkb5 ; fLcg; f/ ug{kl/jf/nf0}klg ; Nfx lbgkb5 .
- cfkm]k7fPsf]k} fsf]pTkbgdhs sddf nufpg kl/jf/; F ; /; Nfx ug{ugkb5 . kl/jf/sf ; b:ox; ; F lg/G/ ; Dksdf /xg|tyf cf gf ofhgx; sf]af/df kl/jf/; F 5nkm ug{ugkb5 .
- kf; kf{/ le; f ; Derf fkg ; Ssn / kmf]skL; /lft /vfgkb5 .
- sDkgsf]lgod kngf, cgzf; g, Odfof/df, lhDj]f/Laxg, nugzIntf /vfg/ dl7f]jrg af]g/ ; xsdk; ; F n8f0Fem8f ug{fbg .
- cfkm]kfpkgk{tna ; Derf u/|cg; f/ kfpkgb5 . olb kfOPg eg]cfkms/f p7fpg ; lsG, s'/sf] ; gjf0 ePg eg]/thuf/btf ; :yf jf tkf0sf]Ohhtjnf sDkgsf]zfvf sfomnf0{va/ ugkb5 .
- ; do ; dodf /hbtjf; , gkfnx; sf]; u7gdf / :jbzd ; dt ; Dks{ug{cf gf]cj:yf atfpg} .
- sDkglaf6 afx/ lg:sf -sDkgsf]kl/ro-kq_ clgjfo{; kdf ; fydf lnP/ kx'kb5 gq kx/ln]; dfg ; S5 .
- kf; kf{/ le; fsf]Dofaf/]; r; /xgkb5 .
- cfkm]uPsf]bzd]sf]sgg, 6fkm lgodx; sf]kOf]kngf ug{ .
- sDkgsf]sfd ubf{a9Lxlf; of/ eP/ sfd ugkb5, dl; g laluf]sf]cj:ydf t?G va/ ugkb5, cj:yf /fd]gePsf]dl; gdf sfd ubf{b36gf xg}; Defj gf clolws /xG5 .
- sDkglkx] s/f/ cjwLeGf a9L; do a; df caywgs klg eOG, To; h]caywgs tl/sfn]a:g sf]; ; ug{fbg . To; f]u/df cg]f; d:ofx; sf]; fdgf ug{kxG5 . ; D|Gwt bzd]sf]sgg cg; f/ ug{kb5 .
- ahfahdf kl/jf/; F kng ; Dks{ugkb5 . ; Dks{cefj df bj}kng}g}Zotf / lrGfsf]j ftj /Of 5fpF . -ljzif u/Lafnlnsf, >ldtL/ cdf afaf ; F
- ljbz kusf]b0{tlg dlxgf ; Dd 3/sf]ofbn]; tfg]x 3/sf]ofb cfPsf]; dodf cfkm]f0{sddf Jo:t /vfg] kq-klqsf k9g} ; fylef0; F 3dlkm u/ 3/sf]ofbnf0{sd ug{sf]; ; ugkb5 .
- tna glbg] s6k6 ug] cf/6f0dsf]k} f glbg] labfsf]lbgdf ha/h:tLsddf nufpg]u/df btfaf; , s6glts lgoth, jbz /thuf/ ljefu jf c6 ; xof]L; :yfx; nf0{va/ ugkb5 .
- uGJo dhssf bnfn; F xlf; of/ xgkb5 . 7uLug]bnfn lj bzd klg xG5g\
- JolQmt ; /lfd Vofn ugkb5 .
- ; D|Gwt bzd]sf]sgg tyf wld\$; f:s]ts dNo dfGtf kngf ugkb5 .
- cf gf]bzd]sf]btjf; , ; xof]L; :yf, c]bsf]; Dks{lj j/Of ; fydf /vfg' kb5 .
- cgj Zos ; DaGw sfod ug{fbg . ; Dks{/vfg' cl3 ; DalGwt JolQms:tf]xf]kQf nufpg' kb5 .
- cfkm]sdPsf]k} f als^k4lt dknf dfq ; /lft 3/df k7fpg]ug{kb5 . t/ xG8Lh:tf af]af6 k}f k7fpg]ug{xbg} . o; f]ubf{7uLxgaf6 hf]ug ; lsG5 .

v8Ldh\$df lj bZLsdbf/n]ug{gxg]s/fx;

- sgklg lj bZLsdbf/n]/fhgllts ult]lw / ; j]s]t glbPsf 68 olgogx; df cfa4 xgx'fbg .
- lj bZLk?if sdbf/nf0{c/aog dxnf; F lax]ug{/f\$ nufOPsf]5 .
- lj bZLsdbf/n]lgods]pN^3g u/\$f]j f sg}c]y\$ lxfldgf u/\$f]kdf]0t ePdf Toxf]f]0:nlds sf]gsf]eflubf/ aG'kg]/ cf g}vrdf :jbz lknf; dt xgkb5 .
- c/aog dh\$df vh'/sf]vnf0{wld\$ dfGtf lbOPsf]xG5, To; sf/Of vh'/sf]kft rB]g]ug{fbg .
- lj bZLsdbf/n]To; bzd]sf]; fj efd; Qdf cfF cfp]sfd / wld\$ If]df x:tIfk ug{fbg .
- xftxtof/ tyf nfu'kbfy{ DaGwLsddf ; mlg xgx'fbg . nfu'kbfy\$]sf]af/ ug]JolQmf0{d]ob08 ; Ddsf]; hfo xG5 .
- sg}klg lj bZLsdbf/ dl:nd gePdf dl:hb tyf kfygf ug]c6 :yfgdf kjz ug{fbg . ; fy}kfygf ul/\$sf]cj:ydf sf]afpg' xbg} . sg}klg lj bZLsdbf/n]c/aog af]; G]sf]klx/g jf c6 wd{ jf ; s]tsf]af/df /fd]j f g/fd]eg] l6sf]6k0Lug{fbg .

- z/L /fdff] F 5f[kg]sk8f nufpg]ug{k5 / c^au kbz; ug{sfid ug{k5 .
- /fdbfg kj df dl:ndx; ! dxgf; Dd at a:g]ePsfm]; fj hgs :yndf vfglkg ug{k5 .
- dl:ndx; n]kfygf ug{; dodf pglx; ; F e\$3f6 ug{ pglx; n]kfygf ug{r6f0}j f uG]df 6\$g]/
cul8af6 k88h ug{sfid ug{k5 .
- sg}klg kG"bj]Lb] tfsf]dt{pkxf/sf]; kdf d:nIdx?nf0{lb'g' x5 .
- sg}klg JoLQmf0{Psf]f]x]/xg' x5 .
- /S; Ltyf ; F/sf]df; 'kofu ug{k5 .
- xfxNf ug{k5 .

j]bz /fhuf/Isf qmddf sg}lx;f jf cTofrf/ ePdf s]ug{

- cf'gf]bzsf]/ cfkm/xsf]bzsf]g]kfnLbtjff; ; F ; Dks{u/} ; xofu lng ; lsG .
- ghssf]kln; nf0{va/ ug{; lsG .
- bJofxf/ u/\$f]; Dk0{s'/sf]l/kf{u/df kln; n]btjff; jf ; xofuL; 3-; ;yf dkrn\j bz lkrnfsf]
nflu kxn ul/lbg]ub5g\
- :jbz tyf lj bzdf /xsf cf'gf cfkm{x; nf0{t?G ; Dks{ug{/ 36gfsf]af/df hfgsf/Lu/fpg]
cfkmf0{k7fpg]d;gkj/nf0{va/ ug{k5 .
- ; xofu]sf]nflu ; DalGwt bzdf /xsf lj Zj fl; nf ; fylx; ; u ; /; Nfx ug{; lsG .
- lj leG ; 3-; ;yfx; n]klg sdbf/x;sf]; xofu]sf nflu sfd u/\$f xG5\ pglx; ; F klg ; Dks{
ug{; lsG .

:jbz kmbfsf]tof/L

- uGJo dh'saf6 Nofpg xg]gxg]; fdgex; af/]hfgsf/L/fv'g' kb5 .
- jrt ePsf]/sd ; /lft als^a k0ffnLdkrn k7fpg' kb5 .
- :jbz lkrn{; DaGwL hfgsf/L 3/ kl/jf/ /hbtjff; tyf cfkm F ; DalGwt ; a}; 3-; ;yfx; nf0{
u/fpg' kb5 .
- ; dodf l6s6sf]Jo; yf u/\$f]xgkb5 .
- ; fdgfsf]dfqf / tfn l6s6df eP cg; f/sf]xgkb5 . a9L eP k}f ltg{k5 / dxff]xG5 .
- cf'gf ; a}sfuhft ; /lft tj/n]/fv'g' kb5 . kl5 ; f]Lsfuhftx; sf cfw/df s]L ; jf ; lj wx; ;
kfp]klg xg ; Sb5 . pbf/0sf nflu lj bzdf sfd u/LknsPsf; sf nflu lj leG /fhuf/dhs
sfdx; sf]cj ; / klg lb0Psf]xG5 . To; sf nflu sfuhft cfjZos kb5 .
- 3/ cfp]vzldf cgjZos vr{ug{k5 . rfxg]/ cfjZos dfq lsgdh ug{k5 .
- lj dfg:yna6 s]s]s/f slt; Dd Nofpg k0G5 eG]s/f aem] dfq lsgdh ug{k5 cOyf lj dfg:ynsf]
eG f/n]; fdfull hkrn ug{; Sb5 .
- olb sg}; fylef0{ O6ldq jf c[hfg JoLStn]sg}; fdg 3/df nlulbg' egdf, pSt ; fdg? nfgldNg]ls
gldNg]/fdff]; F hff u/Ldfq Nofpg' kb5, o; ksf/sf em]hdf ck/flws ; fdg? klg xg ; S5g\ o;
ksf/sf sfoh]ubf{w}g]kfnx? lj leG ; d:ofx?df k/\$f 5g\ To; h]; ahf0{; lhn} F lj Zj f; ul/xN'g'
x5 .

:jbz lkrn{ tyf kgPsIs/Of

- cfkm]cfhg u/\$f]; lk tyf kFL p'kfbgzln lqdf nufg]ug{k5 .
- cfkm] lj bzdf /xbf l; s\$]; lk c; nf0{klg l; sfp]tyf ; f]Lcg; f/sf]Jo; fo ; ~rfg ug{k5 .
- cf'gf]; s/flds / gs/flds cge]af/]; fylcfkm Pj d'5/l5d\$lnf0{atfpg' kb5 . o; af6 cfkmf0{
l; sf0{xG5 .
- ; /sf/Lgsfoaf6 xg]; xnot COf tyf lj leG cj ; /sf]af/df hfgsf/Lln0{nfe lng ; Sgk5{.
- ; fgf]/sd xg ; Sb5 t/ p'kfbgzln zlifsx; df nufpgkb5 .
- k6s-k6s lj bz hfg]eGf kl/jf/; F a; } ug{; lsg]/fhuf/ tyf Jo; fox; sf]klxrfg u/LTo:tf]
sddf nfgkb5 .