**!= k[i7e"ld**

g]kfndf :jf:Yo ;]jf k|0ffnLsf] O{ltxf;df æ/fli6«o :jf:Yo gLlt @)$\*Æ Pp6f pNn]Vo tyf clt dxTjk"0f{ cfwf/ ljGb'sf ?kdf /x]sf] 5 . o; gLltsf] sfof{Gjogsf nflu y'k|} kxnx¿ ul/Psf 5g\ . tL dWo] :jf:Yo ;]jfsf] k'g;{+/rgf, :jf:Yo ;]jf k|0ffnLdf pk:jf:Yo rf}sL / k|fylds :jf:Yo s]Gb|sf] Joj:yf, bf];|f] bL3{sfnLg :jf:Yo of]hgf th'{df, PsLs[t :jf:Yo Joj:yfkg ;"rgf k|0ffnL, cfly{s Joj:yfkg ;'rgf k|0ffnL, hgzlQm ljsf; ;"rgf k|0ffnL, cfk"lt{ Joj:yfkg ;"rgf k|0ffnL / tflnd Joj:yfkg ;"rgf k|0ffnLsf] ljsf; tyf sfof{Gjog s]xL dxTjk"0f{ kxnx¿ x'g\ . :jf:Yo tyf hg;ª\Vof dGqfno cGtu{tsf cf}ifwL Joj:yf ljefu / cfo'j]{b ljefun] klg oLg} ;"rgf k|0ffnL cg'?k cf–cfˆgf clen]v tyf k|ltj]bg k|0ffnLnfO{ d"n k|jfxdf NofO{ ;/n tyf pkof]uL agfPsf 5g\ .

:jf:Yo If]q;Fu ;DalGwt ;du| ;jfnx¿nfO{ If]qut ?kdf ;Djf]wg ug]{ lsl;daf6 lgdf{0f ul/Psf] :jf:Yo If]q ;'wf/ /0fgLlt, @))@, g]kfnsf] :jf:Yo If]qsf] ljsf;df Pp6f csf]{ sf]z]9'Ëf xf] . To;} u/]/ If]qut ?kdf :jf:Yo ;]jfsf] ljsf;sf nflu cuf8L a9\g] qmddf ljsf; ul/Psf] PsLs[t tyf ;Dk"0f{ :jf:Yo Joj:yfkg ;"rgf k|0ffnL csf]{ Pp6f dxTjk"0f{ sfo{ xf] .

**!=! jt{dfg l:ylt**

:jf:Yo tyf hg;ª\Vof dGqfno cGtu{t xfn ljleGg lsl;dsf ;"rgf k|0ffnLx¿ nfu" ul/Psf] 5, tL x'g\M

* :jf:Yo Joj:yfkg ;"rgf k|0ffnL
* cfk"lt{ Joj:yfkg ;"rgf k|0ffnL
* cfly{s Joj:yfkg ;"rgf k|0ffnL
* :jf:Yo hgzlQm Joj:yfkg -hg;ª\Vof ljsf;\_ ;"rgf k|0ffnL
* cf}ifwL ;"rgf ;~hfn
* cfo'j]{b ;"rgf k|0ffnL

dfly pNn]lvt ljleGg k|0ffnLx¿nfO{ ;+lIfKtdf tn pNn]v ul/G5 M

**:jf:Yo Joj:yfkg ;"rgf k|0ffnL–:jf:Yo ;]jf ljefu**

:jf:Yo ;]jf ljefun] o'PgPkmlkP / s]lx cGo afXo ;xof]uL ;+:yfx¿sf] k|fljlws tyf cfly{s ;xof]udf PsLs[t :jf:Yo Joj:yfkg ;"rgf k|0ffnLsf] ljsf; u/]/ ;g\ !(($ b]lv d'n's e/L g} nfu" ub}{ cfPsf] 5 . PsLs[t :jf:Yo Joj:yfkg ;"rgf k|0ffnLn] d'Votof ;/sf/L :jf:Yo ;+:yfx¿ dfkm{t k|bfg ul/g] ;a} k|sf/sf :jf:Yo ;]jfx¿sf] ;"rgfnfO{ PsLs[t ?kdf Joj:yfkg ub}{ cfPsf] 5 . tyflk, s'g} s'g} :jf:Yo sfo{qmdn] cem} klg lhNnfaf6 l;w} ;dfgfGt/ k|ltj]bgx¿ ;+sng ul//x]sf 5g\ . lhNnf eGbf tnsf :jf:Yo ;+:yf, lghL tyf u}/ ;/sf/L :jf:Yo ;+:yf, / c~rn, If]qLo tyf s]lGb|o txsf :jf:Yo ;+:yfsf] k|ltj]bgsf] se/]h eGbf lhNnf :t/sf :jf:Yo lgsfosf] k|ltj]bgsf] se/]h t'ngfTds ?kdf /fd|f] 5 .

oBlk, ;d'bfo :t/sf :jf:Yo ;+:yfx¿n] dfl;s ?kdf s]Gb|df k|ltj]bg u5{g tfklg s'g} klg txaf6 k7fpg'kg]{ dfl;s cyjf q}dfl;s kmLlt{ hfgsf/L -Feed back\_ lgoldt ?kdf k7fOg] u/]sf] kfOFb}g . :jf:Yo ;]jf ljefu, Joj:yfkg dxfzfvf, PsLs[t :jf:Yo Joj:yfkg ;"rgf zfvfn] x/]s #÷# dlxgfdf tYofÍLo tflnsfx¿ tof/ u5{ / x/]s jif{ jflif{s k|ult ;ldIff u/]/ jflif{s k|ltj]bg tof/ ub{5 .

**hgzlQm Joj:yfkg ;"rgf k|0ffnL -:jf:Yo hgzlQm ljsf; ;"rgf k|0ffnL\_– :jf:Yo tyf hg;ª\Vof dGqfno**

:jf:Yo ;]jf ljefun] ;g\ !(($ df g} hd{g ;xof]u ;+:yf -lhl6h]8\_ sf] k|fljlws tyf cfly{s ;xof]udf o; ;"rgf k|0ffnLsf] ;'?cft u/]sf] lyof] . d'n'se/ 5l/P/ /x]sf ;/sf/L, u}/ ;/sf/L tyf lghL If]q nufotsf k|To]s :jf:Yo ;+:yfx¿df sfo{/t hgzlQmsf] l:yltsf af/]df ;"rgf pknAw ug]{ p2]Zon] o; k|0ffnLsf] ljsf; ul/Psf] xf] . of] ;"rgf k|0ffnLn] sd{rf/Lx¿sf] ;Dk"0f{ clen]v sDKo'6/df /fVg] sfo{nfO{ a9L s]lGb|t ub}{ cfPsf] 5 . tyflk, xfn;Dd :jf:Yo tyf hg;ª\Vof dGqfno cGt/utsf sd{rf/Lx¿sf] cflwsfl/s clen]v dfq hgzlQm ljsf; ;"rgf k|0ffnL cGt/ut /fVg] u/]sf] 5 . k|f/Dedf of] ;"rgf k|0ffnL :jf:Yo ;]jf ljefu cGtu{t lyof] eg] ca cfP/ o;nfO{ æhgzlQm ;"rgf s]Gb|Æ gfdfs/0f u/]/ :jf:Yo tyf hg;ª\Vof dGqfno, k|zf;g dxfzfvf cGt/ut /flvPsf] 5 .

**cfk"lt{ Joj:yfkg ;"rgf k|0ffnL– :jf:Yo ;]jf ljefu**

:jf:Yo ;]jf ljefun] o'=P;=P=cfO=8L sf] -k|f/Eddf h]=P;=cfO{= / xfn g]kfn kl/jf/ :jf:Yo sfo{qmd dfkm{t\_ cfly{s tyf k|fljlws ;xof]udf cfk"lt{ Joj:yfkg dxfzfvf cGt/ut cfk"lt{ Joj:yfkg ;"rgf k|0ffnLsf] ljsf; tyf nfu" u/]sf] xf] . o; k|0ffnL cGt/ut d'nssf ;Dk"0f{ :jf:Yo ;+:yfx¿af6 cTofjZosLo cf}ifwL tyf ;/;fdfgsf] cfk"lt{, vkt / df}Hbftsf] q}dfl;s k|ltj]bg lgoldt ?kdf cfk"lt{ Joj:yfkg ;"rgf OsfO{df k|fKt x'g] ub{5 . o; ;"rgf k|0ffnLaf6 k|fKt x'g] ;"rgfnfO{ cf}ifwL tyf ;/;fdfgsf] k|flKt / ljt/0fsf] nflu of]hgf th'{df ug]{ sfo{df k|of]u ul/G5 .

**cfly{s Joj:yfkg ;"rgf k|0ffnL– :jf:Yo tyf hg;ª\Vof dGqfno**

lhNnf, If]q tyf /fli6«o :t/df jh]6 ;~rfng ug]{ #)) eGbf a9L :jf:Yo ;+:yfx¿df rf}dfl;s jh]6 lgsfzf / vr{sf] clen]v /flvG5 . oL :jf:Yo ;+:yfx¿af6 jh]6 lgsfzf tyf vr{sf] k|ltj]bg lhNnf sf]if tyf n]vf lgoGqs sfof{no dfkm{t dxfn]vf lgoGqssf] sfof{nodf k7fOG5 . lhNnf :t/sf :jf:Yo ;+:yfx¿n] vr{sf] kmfF6jf/L ;DalGwt If]qLo :jf:Yo lgb]{zgfno / :jf:Yo ;]jf ljefudf ;d]t k7fpF5g\ . jh]6 vr{ ug]{ :jf:Yo ;+:yfcg';f/ / jh]6 zLif{s cg';f/sf] cfly{s ;"rgf o; k|0ffnLaf6 k|fKt x'G5 . t/ cfly{s ;"rgfsf] k|;f/0f eg] ;Lldt ?kdf dfq ul/G5 . :jf:Yo tyf hg;ª\Vof dGqfno cGt/ut xfn} dfq :yflkt :jf:Yo If]qsf] ljQLo tyf cfly{s OsfO{ (Health Economics and Financing Unit) nfO{ dxfn]vf lgoGqssf] sfof{no dfkm{t ^$ lhNnfsf cfly{s ;"rgfx¿ ljB'tLo dfWodaf6 pknAw x'g] u/]sf] 5 .

**cf}ifwL ;"rgf ;~hfn– cf}ifwL Joj:yf ljefu**

x'gt cf}ifwL Joj:yf ljefusf] :yfkgf ;g\ !(&( df g} ePsf] xf], tfklg ;g\ !((! df cfP/ klxnf] kN6 cf}ifwL a'n]l6g k|sflzt ul/PkZrft\ dfq cf}ifwL ;"rgf k|0ffnLsf] z'?cft ePsf] lyof] . cf}ifwL Joj:yf ljefun] ;/sf/L tyf lghL If]qsf :jf:Yo ;]jf Joj;foLx¿ / pkef]Qmfx¿nfO{ nlIft u/]/ /0fg}lts kxnsf ?kdf æcf}ifwL ;"rgf ;~hfnsf]Æ klg :yfkgf u/]]sf] 5 . cf}ifwLsf] ;lx k|of]u, ;Defljt k|lts"n c;/, cf}ifwL k|of]u ug{ gx'g] cj:yf -Contraindication\_, ljiffQmtf, cf}ifwLsf] dfkb08 tyf c;/ ug]{ Ifdtf, k"j{;fjwfgL / cf}ifwLsf] e08f/0f tyf pko'Qm Joj:yfkg ;DaGwdf pgLx¿nfO{ ;d'lrt hfgsf/L u/fpg] o; ;~hfnsf] p2]Zo /x]sf] 5 . o;sf cltl/Qm, g]kfndf btf{ ePsf cf}ifwL pTkfbs sDkgLsf] gfd, v'b|f tyf yf]s ljqm]tf / cf}ifwL Joj;foLx¿;Fu ;DalGwt ljljw ;"rgf¿ ;d]t pknAw u/fpg] cf}ifwL ;"rgf ;~hfnsf] p2]Zo /x]sf] 5 . cf}ifwL Joj:yf ljefun] cfˆgf] j]e;fO6 www.dinon.org.np / q}dfl;s cf}ifwL j'n]l6g dfkm{t cf}ifwL ;DaGwL ;"rgfx¿ k|;f/0f ug]{ ub{5 .

**cfo'j]{b ;"rgf k|0ffnL– cfo'j]{b ljefu**

cfo'j]{b ljefun] xfn} dfq cfˆgf] clen]v tyf k|ltj]bg k|0ffnLnfO{ x]/km]/ tyf ;+zf]wg u/]sf]5 . cfo'j]{b ;]jf ;"rgf k|0ffnL cGt/ut ;"rgfsf] clen]v ug{sf nflu k|of]udf NofOPsf kmf/fdx¿sf] ;+:yf ca @! dfq 5 / oL kmf/dx¿df lgDglnlvt ljifo ;DaGwL ;"rgf ;+sng tyf clen]v ul/G5 M

* cfo'j]{b ;+:yfx¿sf] ef}lts ;+/rgfÙ
* lj/fdL tyf pkrf/ ;]jfÙ
* :yfgLo ?kdf pkAw hl8j'6L / ltgsf] ;+ÍngÙ
* lg/LIf0f tyf u'0f:t/ lgoGq0f .

sf7df8f}+ l:yt cfo'j]{b ljefun] d'nsel/sf ;Dk"0f{ cfo'j]{b ;+:yfx¿af6 tL ;+:yfx¿sf] k|ltj]bg dfl;s ?kdf k|fKt ub{5 / k|To]s ;+:yfaf6 k|fKt /f]u ;DaGwL tYofÍx¿ cnu cnu ljZn]if0f ul/G5 . ;a} txx¿df tYofÍsf] k|zf]wg xft}n] ul/G5 . cfo'j]{b ljefun] k|To]s jif{ æcfo'j]{b ;Gb]zÆ gfds j'n]l6g k|sflzt u/]/ cfo'j]{b ;"rgfsf] k|;f/0f ub}{ cfPsf] 5 .

**;}lgs / k|x/L c:ktfnx¿**

g]kfnL ;]gf tyf k|x/Låf/f ljz]if u/]/ cfˆgf sd{rf/L / pgsf kl/jf/x¿sf ;fy} cGo gful/sx¿nfO{ ;d]t :jf:Yo ;]jf k|bfg ug{sf nflu y'k|} c:ktfnx¿ ;~rfng ul/Psf 5g\ . oL c:ktfnx¿sf] cf–cfˆg} clen]v tyf k|ltj]bg k|0ffnL 5 . k|x/L c:ktfnx¿n] ;]jf k|bfg u/]sf] tYofÍnfO{ PsLs[t :jf:Yo Joj:yfkg ;"rgf k|0ffnL cGt/ut ;dflji6 ul/G5 eg] ;}lgs c:ktfnn] k|bfg u/]sf :jf:Yo ;]jf ;DaGwL tYofÍnfO{ :jf:Yo Joj:yfkg ;"rgf k|0ffnLdf k"0f{ ?kdf ;dfj]z ul/Psf] 5}g .

**lrlsT;fzf:q cWoog ;+:yfg / cGo lzIf0f c:ktfnx¿**

lrlsT;fzf:q cWoog ;+:yfg / cGo ljleGg lzIf0f c:ktfnx¿sf cf–cfˆg} :jf:Yo ;"rgf k|0ffnL 5g\ / oL c:ktfnx¿af6 k|bfg ul/Psf] ;]jfsf] tYofÍnfO{ PsLs[t :jf:Yo Joj:yfkg ;"rgf k|0ffnLdf ;dflji6 ul/Psf] 5}g .

**lj=lk= sf]O/fnf :jf:Yo lj1fg k|lti7fg**

lj=lk= sf]O/fnf :jf:Yo lj1fg k|lti7fgn] k|bfg ug]{ :jf:Yo ;]jfsf] tYofÍnfO{ PsLs[t :jf:Yo Joj:yfkg ;"rgf k|0ffnLdf lgoldt ¿kdf ;dflji6 ul/Fb} cfPsf] 5 .

**lghL :jf:Yo ;+:yfx¿**

lghL c:ktfn, gl;{Ë xf]d tyf lSnlgsx¿n] cf–cfˆg} tl/sfn] ;"rgfsf] clen]v / k|of]u ug]{ u/]sf 5g\ / s;}s;}n] :jf:Yo Joj:yfkg ;"rgf zfvfdf cfˆgf] k|ltj]bg k7fpg] u/]sf 5g\ . ;fdfGotof, s]lx kf]lnlSnlgs afx]s, lghL lSnlgsx¿n] ;]jf k|bfg u/]sf] clen]v /fVb}gg\ . ctM oL lSnlgsx¿af6 k|bfg ul/Psf] :jf:Yo ;]jfsf ;DaGwdf s'g} klg hfgsf/L pknAw x'Fb}g .

**!=@ ;d:of tyf cj/f]wx¿**

:jf:Yo ;"rgf k|0ffnL;Fu ;DalGwt xfn;Dd klxrfg ul/Psf ;d:of tyf cj/f]wx¿ o; k|sf/ 5g\M

* hgtfsf] :jf:Yosf] :t/;Fu ;DalGwt ;"rgf dfq geO{ ;/sf/L, u}/ ;/sf/L tyf lghL If]qaf6 k|bfg ul/g] :jf:Yo ;]jfsf] u'0f:t/ tyf :jf:Yo ;]jf k|0ffnLsf] Joj:yfkg ;DaGwL ;"rgfsf] cefj klg oyfjt\ 5 .
* s'g} s'g} If]qdf cTolws kl/df0fdf ;"rgf ;+sng t ul/G5, t/ tL ;"rgfsf] ljZn]if0f, k|of]u tyf k|;f/0f x'Fb}g .
* cS;/ u/]/ ;+sng ul/Psf :jf:Yo tYofÍ e/kbf]{ x'Fb}gg\ / ;"rgfdf Ps?ktf klg x'Fb}g .
* ;"rgf ;+sng / ljZn]if0f sfo{ y'k|} ;/sf/L tyf u}/ ;/sf/L :jf:Yo ;+:yfx¿af6 ul/G5, t/ tL ;+:yfx¿sf] aLrdf s'g} ;dGjo x'Fb}g .
* ;"rgfsf] k|ltj]bg k|foM ;dodf k|fKt x'Fb}g / k|ltj]bgx¿ ck"0f{ x'G5g\ .
* :jf:Yo If]qn] cem} klg tYo ;"rgf tyf k|df0fsf cfwf/df lg0f{o ug]{ ;+:s[lt cjnDjg ug{ ;s]sf] 5}g .
* :jf:Yo sdL{x¿df cem} klg ;"rgf ;+sng ug]{ / ;"rgfsf] plrt k|of]u ug]{ ;Lksf] cefj 5 .
* ljleGg ;"rgf k|0ffnLx¿sf] aLrdf sfo{ut ;dGjo / pko'Qm cfj4tf 5}g .
* ;"rgfsf] ;+Íng, ljZn]if0f, k|;f/0f tyf k|of]u ug{sf nflu cTofjZos hgzlQm, pks/0f / cfly{s ;|f]tsf] ;d]t cefj 5 .
* ljBdfg :jf:Yo ;"rgf k|0ffnLn] ljleGg afXo ;xof]uL tyf ;fem]bf/ ;+:yfx¿sf] ;"rgfsf] dfunfO{ k"0f{?kdf k'/f ug{ ;Sb}g .

**bf];|f] bL3{sfnLg :jf:Yo of]hgf !((&– @)!&** n] :jf:Yo ;"rgf k|0ffnL ;DaGwL gLlt tyf ljleGg k|fyldstfx¿sf] klxrfg u/]sf] 5, tL x'g\ M

* :jf:Yo ;"rgfsf] ;+Íng, ljZn]if0f / k|of]u ug]{ Ifdtfsf] ljsf; ug]{Ù
* :jf:YosdL{x?nfO{ :jf:Yo ;"rgfsf] ;+Íng, ljZn]if0f tyf ;d'lrt k|of]u ug{ pTk|]l/t ug]{Ù
* ljBdfg ljleGg ;"rgf k|0ffnLx¿nfO{ Pp6} j[xt /fli6«o ;"rgf k|0ffnLdf PsLs[t ug]{Ù
* :jf:Yo ;]jfdf Joj:yfksLo ;xof]u, ;]jfsf] u'0f:t/ cflb ljifo;Fu ;DalGwt ;"rgf k|0ffnLnfO{ ;d]t ;/sf/L, u}/ ;/sf/L tyf lghL If]qsf] :jf:Yo ;"rgf k|0ffnLs} cËsf ?kdf ljsl;t ugÙ]{
* ;a} ;DefJo :jf:Yo ;"rgf k|of]ustf{sf nflu :jf:Yo If]qsf] ;"rgf pknAw u/fpg pko'Qm ;+oGqsf] ljsf; ug]{Ù
* PsLs[t ;"rgf k|0ffnLsf] ljsf; tyf sfof{Gjogsf nflu rflxg] cTofjZosLo sd{rf/L, pks/0f / cfly{s ;|f]t pknAw u/fpg] Ù
* PsLs[t ;"rgf k|0ffnLnfO{ ;+:yfut ug]{ .

**!=# :jf:Yo If]q ;"rgf k|0ffnLsf] kl/ro**

/fli6«o :jf:Yo ;]jf k|0ffnLsf] Pp6f cleGg cË :jf:Yo ;"rgf k|0ffnL xf] . d'n'sdf :jf:Yosf] :t/df ;'wf/ Nofpg of] Pp6f cfwf/e"t cf}hf/ tyf k|d'v Joj:yfksLo cË klg xf] . :jf:Yo ;"rgf k|0ffnLsf] k|d'v p2]Zo ;d'bfob]lv /fli6«o tx;Ddsf k|To]s :jf:Yo Joj:yfksx¿sf nflu, ljZj;gLo, ;fGble{s, cBfjflws, kof{Kt / k"0f{ ;"rgfx¿ ;dodf pknAw u/fpg' xf] . olb :jf:Yo ;+u7gx¿nfO{ lgDglnlvt ljifo;Fu ;DalGwt ;"rgfdf ;lhn};Fu kx'Fr 5 eg] pgLx¿n] cfˆgf] d"ne"t p2]Zo xfl;n ug{ ;Sg] ;+efjgf a9L x'G5 M

-s\_ :jf:Yo ;]jfsf] cfjZostfÙ

-v\_ :jf:Yo ;]jf k|bfgÙ

-u\_ ;fwg÷;|f]tsf] pknAwtf / k|of]u, /

-3\_ :jf:Yo ;]jfsf] k|efjsfl/tf .

æ:jf:Yo If]qsf] /0fgLlt–kl/jt{gsf] Pp6f Ph]08fÆ df ;Dk"0f{ :jf:Yo If]qsf] ;"rgf k|0ffnLsf] ljsf; sfo{nfO{ ;d]t ;dfj]z ul/g' dxTjk"0f{ s'/f xf] . :jf:Yo ;"rgfn] bf];|f] bL3{sfnLg :jf:Yo of]hgf !((&–@)!& / :jf:Yo If]qsf] /0fgLltsf l;4fGt tyf /0fg}lts p2]Zox¿ k|lt ;dy{g tyf ;xof]u h'6fpg] sfo{df dxTjk"0f{ e"ldsf v]Ng ;S5g\ .

:jf:Yo ;"rgfsf] cfjZostf ePsf / tL ;"rgfnfO{ lgk'0ftfk"j{s pkof]u ug{ ;Sg] cj:yfdf /x]sf ;a} lgsfonfO{ pgLx¿sf] cfjZostf cg';f/ :jf:Yo ;"rgf pknAw ePsf] ;'lglZrt ug{ pko'Qm 9fFrf -Framework\_ sf] Joj:yf ug]{ tyf o;sf nflu cfjZos ultljlwx¿ klxrfg ug]{ k|of]hgsf nflu k|:t't /0fgLlt lgdf{0f ul/Psf] 5 . c;n tyf e/kbf]{ :jf:Yo ;"rgfdf ;a} txsf Joj:yfksx¿sf] kx'Fr ePdf o;n] k|df0fdf cfwfl/t lg0f{o ug{sf nflu pgLx¿nfO{ cfjZos cfwf/ pknAw u/fpF5 . ;fy}, :jf:Yo ;"rgfn] u'0f:t/Lo :jf:Yo ;]jf k|bfg ug]{ sfo{df pknAw ;fwg÷;|f]tsf] ;jf]{Qd k|of]unfO{ ;'lglZrt ug{ ;d]t ;xof]u k'¥ofpF5 .

k|:t't /0fgLlt lgdf{0f ug'{sf] gLltut ;Gbe{ :ki6} 5 . pRr u'0f:t/Lo ;"rgf k|0ffnL :jf:Yo If]qsf p2]Zox¿ k|fKt ug{sf nflu cfwf/e"t cfjZostf xf] eGg] s'/f /fli6«o :jf:Yo gLlt, !((!, bf];|f] bL3{sfnLg :jf:Yo of]hgf !((&, :jf:Yo If]q /0fgLlt–kl/jt{gsf] Ph]08f @))@, dWofjlws Joo cg'dfgsf] 9fFrf -Medium Term Expenditure Framework\_ / g]kfn :jf:Yo If]q sfo{qmd–sfof{Gjog of]hgf, @))$ ;d]tn] :jLsf/ ul/;s]sf 5g\ . :jf:Yo If]q /0fgLlt -@))@\_ sf cf7 k|ltkmnx¿**M** k|fyldstfk|fKt cTofjZosLo :jf:Yo ;]jf, ljs]lGb|t :jf:Yo Joj:yfkg, u}/ ;/sf/L tyf lghL If]qsf] ljsf;, If]qut Joj:yfkg, /sd tyf ;|f]tsf] af+8kmf8, ef}lts ;DklQsf] Joj:yfkg, hgzlQm ljsf; / PsLs[t :jf:Yo Joj:yfkg ;"rgf k|0ffnL tyf :jf:Yo ;]jfsf] u'0f:t/ ;'lglZrttf, oL k|To]s k|ltkmn k|fKt ug{sf nflu of]hgf th'{df, sfof{Gjog / d"NofÍg ug]{ sfo{ ;DkGg ug{ ;"rgfsf] k|efjsf/L k|of]uaf6 dfq ;Dej x'G5 . o;} sf/0fn] ubf{ :jf:Yo If]q /0fgLltdf ;Dk"0f{ :jf:Yo If]q ;"rgf k|0ffnLnfO{ g} kl/jt{gsf] nflu Pp6f k|ltkmnsf ?kdf klxrfg ul/Psf] 5 .

:jf:Yo If]q /0fgLltdf k|:tfj ul/Psf] ;fË7lgs ;'wf/x¿ dWo] ;Dk"0f{ :jf:Yo If]qsf] ;"rgf k|0ffnLsf] :yfkgf Ps dxTjk"0f{ ;'wf/ xf] / of] sfo{ g]kfn :jf:Yo If]q sfo{qmd–sfof{Gjog of]hgf @))$–@))(, cGt/ut ;DkGg ul/g]5 . vf; u/]/ lgDg k|of]hgsf nflu of] /0fgLltsf] cfjZostf k/]sf] xf] M

* bf];|f] bL3{sfnLg :jf:Yo of]hgfn] klxrfg u/] cg';f/ ljBdfg ;"rgf k|0ffnLdf b]vfk/]sf ;d:of tyf ;jfnx¿nfO{ ;dfwfg ug]{ Jojxfl/s pkfox¿ pknAw u/fpg;
* :jf:Yo If]qsf] ;"rgfsf] cfjZostfnfO{ ls6fgL;fy kl/eflift ug{ / ljleGg ;"rgfx¿ ;+sngsf nflu pko'Qm pkfox¿ klxrfg ug{;
* :jf:Yo If]q ;"rgf k|0ffnLsf] ;+:yfut agf]6 nufot cjwf/0ffTds 9fFrf pknAw u/fpg;
* ;"rgfsf] u'0f:t/, kx'+r tyf k|of]udf ;'wf/ Nofpgsf nflu ug'{kg]{ sfdx¿ PsLg ug{;
* :jf:Yo If]qsf] jt{dfg s]lGb|s[t tyf cnu cnu ;"rgf k|0ffnLnfO{ PsLs[t, ;Dk"0f{ / ljs]lGb|t ;"rgf k|0ffnLdf kl/0ft ug{sf nflu tTsfn cfjZos kg]{ ;|f]t÷;fwgsf] kl/df0f PsLg ug{, /
* :jf:Yo If]qsf nflu /fli6«o ;"rgf gLltsf] sfof{Gjogsf] 9fFrf pknAw u/fpg

**@= :jf:Yo ;"rgf /0fgLltn] kl/sNkgf u/]sf] nIf, o;sf] If]q, l;4fGt tyf**

**p2]Zo**

k|:t't /0fgLltn] tTsfnsf nflu g]kfn :jf:Yo If]q sfo{qmd–sfof{Gjog of]hgf, @))$–@))(, nfO{ sfof{Gjog ug{ ;xof]u k'¥ofpg] p2]Zo /fv]sf] 5 eg] bf];|f] bL3{sfnLg :jf:Yo of]hgf, !((&–@)!&, sf] sfof{Gjogdf ;xof]u k'¥ofpg] o;sf] bL3{sfnLg p2]Zo /x]sf]5 .

**@=! :jf:Yo ;"rgfsf] kl/efiff**

o; /0fgLltdf k|of]u ul/Psf] æ:jf:Yo ;"rgfÆ zAbn] JolQmut, k]zfut, ljleGg Joj:yfksLo txx¿ cyjf gLlt lgdf{0fsf txdf :jf:Yo If]q;Fu ;DalGwt ;';"lrt lg0f{o ug{sf nflu k|of]u ul/g] s'g} klg ;"rgf jf 1fg eGg] a'emfpF5g\ .

**@=@ :jf:Yo ;"rgf /0fgLltn] kl/sNkgf u/]sf] nIo**

JolQm tyf ;Dk"0f{ hg;ª\Vofsf] :jf:Yo k|jw{g ug{ / k|jlw{t :jf:Yosf] :t/nfO{ sfod /fVgsf nflu :jf:Yo If]qsf ;Dk"0f{ ;/f]sf/jfnf / ;fem]bf/x¿nfO{ ;"rgfdf cfwfl/t lg0f{o ug{ ;dy{ tyf ;zQm agfpgsf nflu :jf:Yo ;"rgfsf] pRr :t/sf] jftfj/0f l;h{gf ul/g]5 .

**@=# :jf:Yo ;"rgf /0fgLltsf] If]q**

:jf:Yo If]qsf ;Dk"0f{ ;/f]sf/jfnf tyf ;fem]bf/x¿sf] ;"rgfsf] cfjZostfnfO{ k"lt{ ug]{ ul/ :jf:Yo ;DaGwL ;a} ;"rgfsf] pTkfbg tyf ljt/0f ;'lglZrt ug]{ sfo{ o; /0fgLltsf] If]q /x]sf]5 . o;sf cltl/Qm, o; /0fgLltn] :jf:Yosf] :t/ / o;sf lg0ff{os tTjx¿, :jf:Yosf nflu ;|f]t tyf ef}lts ;DklQ / :jf:Yo pkrf/df cfjZos cGo j:t'x¿;Fu ;DalGwt ;"rgfx¿ ;d]t pknAw u/fpgsf nflu dfu{bz{g ub{5 . ljz]if u/]/ k|:t't /0fgLltn] lgDg ;"rgfx¿nfO{ a9L s]lGb|t u/]sf]5 M

* :jf:Yo;Fu ;DalGwt lg0f{o ug{ ;j{;fwf/0fnfO{ ;zQm agfpgsf nflu cfjZos kg]{ :jf:Yo / :jf:Yo ;]jf ;DaGwL ;"rgf;
* :jf:Yo sdL{x¿nfO{ lSnlgsn lg0f{o lng tyf u'0f:t/Lo ;]jf k|bfg ug{sf nflu cfjZos kg]{ ;"rgf;
* :jf:Yo ;]jf Joj:yfksx¿nfO{ :jf:Yo hgzlQmsf] Joj:yfkg tyf ;|f]tsf] afF8kmfF8 nufot :jf:Yo ;]jfsf] of]hgf th'{df, cg'udg tyf d"NofÍg ug{ ;3fp k'Ug] ;"rgfÙ
* gLlt lgdf{tfx¿nfO{ JolQm ljz]if / ljlzi6 :jf:Yo ;]jfsf] cfjZostf ePsf ;d"x tyf cfd hgtfsf] :jf:Yo k|jw{g, ;+/If0f / k'g:yf{kgf ug{sf nflu / ;|f]t ;fwgsf] afF8kmfF8 tyf pkof]u ug]{ ;DaGwdf gLlt lgdf{0f ug{ ;3fp k'Ug] ;"rgf

**@=$ :jf:Yo ;"rgf /0fgLltsf lgb]{zs l;4fGt**

lgDglnlvt l;4fGtx¿n] k|:t't /0fgLlt lgdf{0f sfo{nfO{ lgb]{lzt u/]sf 5g\ M

**s'zn tyf k|efjsf/L :jf:Yo ;"rgf k|0ffnL**

:jf:Yo ;"rgf k|0ffnLsf] ljsf; tyf ;~rfng sfo{nfO{ :jf:Yosf ;fem]bf/ tyf ;Da4 kIfx¿sf nflu o;sf] pkof]lutf slt xb;Dd x'g ;S5 eGg] s'/fn] lgb]{lzt ug]{5 . /fli6«o :jf:Yo ;]jf k|0ffnL cGt/utsf] Ps c+usf ?kdf lgoldt ;Íng ul/g] tYofÍx¿ ;"rgfsf k|d'v ;|f]t x'g]5g\ / cfjZostf cg';f/ ;"rgf ;ª\sngsf cGo k"/s ;|f]tx¿ ;d]t pkof]u ul/g]5 .

**:jf:Yo ;"rgfdf ;d'lrt kxF'r tyf k|of]u**

;a} ;fem]bf/ kIfx¿n] :jf:Yo ;]jfsf] ljsf;, gLlt lgdf{0f, ;]jfsf] u'0f:t/df ;'wf/ / d"NofÍg ug]{ sfo{df pknAw :jf:Yo ;"rgfsf] clwstd pkof]u ug]{5g\ .

**:jf:Yo ;"rgfsf] u'0f:t/ ;'lglZrttf**

:jf:Yo ;"rgfx¿ k"0f{, ljZj;gLo, ;fdf~hZotfk"0f{ / ;fdlos x'g]5g\ . s'g} klg ;Ílnt tYofÍn] ;"rgfsf] cfwf/e"t dfkb08 k'/f u/]s} x''g'kg]{5 .

**PsLs[t, ;Dk"0f{ / ljs]lGb|t :jf:Yo If]q ;"rgf k|0ffnL**

;Dk"0f{ :jf:Yo If]qsf] ;"rgfsf] cfjZostfnfO{ ;du|tfdf ;Djf]wg ul/g]5 / ufpF ljsf; ;ldlt, :jf:Yo ;+:yf, lhNnf, If]q / s]Gb|, oL k|To]s txdf Pp6} :yfgaf6 dfq ;"rgf pknAw u/fOg]5 . ;"rgf ;Íng ul/g] s]Gb|df g} ;"rgfsf] ljZn]if0f tyf k|of]u ul/g]5 . s'g} klg k|sf/sf] ;"rgf ;Íng, ljZn]if0f tyf k|;f/0f ug]{ sfo{df ;dGjo ul/g]5 / o:tf sfo{x¿nfO{ Ps cfk;df cfj4 ul/g]5 .

**@=% /0fgLltsf p2]Zo**

k|:t't /0fgLltsf] d"n p2]Zo ;';+ul7t, k"0f{tof, :t/Lo / kx+'rof]Uo /fli6«o :jf:Yo If]q ;"rgf k|0ffnLsf] ljsf; ug'{ /x]sf] 5 . o; /0fgLltsf ljlzi6 p2]Zox¿ lgDgfg';f/ 5g\ M

* /fli6«o :jf:Yo gLlt -!((!\_, ;x>fAbL ljsf; nIo, cGt//fli6«o hg;ª\Vof tyf ljsf; ;Dd]ng, j]lhË4f/f kfl/t sfo{of]hgf, bf];|f] bL3{sflng :jf:Yo of]hgf -!((&–@)!&\_, g]kfn u/LaL Go"gLs/0f /0fgLlt, :jf:Yo If]q /0fgLlt   
  -@))#\_ / g]kfn :jf:Yo If]q sfo{qmd–sfof{Gjog of]hgf, -@))$–@))(\_, sf] sfof{Gjogdf ;xof]u k'¥ofpg] .
* :jf:Yo ;"rgfsf] dfkb08, k|ltj]bg k|0ffnL tyf ;"rgfsf] k|of]unfO{ pko'Qm:t/sf] / ;dofg's'n agfpgsf nflu sfg'gL tyf zf;sLo k4lt :yfkgf ug]{ .
* ;"rgfsf ;|f]t tyf ;"rgf k|0ffnLsf] ljsf; Pjd\ lj:tf/sf nflu /fli6«o :t/df g} ;Dk"0f{ pkfox¿ PsLs[t?kdf cjnDjg ug]{ .
* gLlt lgdf{0f, of]hgf th'{df tyf sfof{Gjog / :jf:Yo ;]jf k|bfg ug]{ sfo{df ;"rgfsf] k"0f{ pkof]unfO{ ;'lglZrt ug{, / :jf:Yo ;]jf k|0ffnL leq} ;]jfsf] u'0f:t/ Pjd\ hjfkmb]lxtfsf] ljsf; ug{sf nflu pko'Qm k|s[of / ;+/rgf :yflkt ug]{ .
* cfw'lgs ;"rgf k|ljlwnfO{ pkof]u u/]/ ;a} ;fem]bf/ kIfx¿sf nflu u'0f:t/Lo :jf:Yo ;"rgfdf ;xh kx+'r ;'lglZrt ug]{ .
* :jf:Yo ;"rgfsf] u'0f:t/ / ;fk]Iftf -t'ngf ug{ ;lsg]\_ nfO{ ;'lglZrt ug{ ;lsg] u/L :jf:Yo ;"rgfsf dfkb08 lgwf{/0f ug]{ .

**#= ;"rgfsf] Joj:yfkg -pTkfbg tyf ljt/0f\_**

**#=! ;"rgf pTkfbg** (Information Generation)

:jf:Yo ;"rgfsf] lgoldt ;+Íng, k|zf]wg tyf k|of]u ug]{ sfd :jf:Yo sdL{x¿sf] k|d'v lhDd]jf/L leq kb{5 . To;} u/]/ n]vf / k|zf;lgs sd{rf/Lx¿ tf]lsP cg';f/ cfly{s tyf k|zf;lgs tYofÍx¿ ;+sng, k|zf]wg tyf k|of]u ug]{ sfdsf nflu lhDd]jf/ x'g]5g . tYofÍsf] ;+Íng ug]{ sfd ;]jf k|bfg ug]{ cyjf Joj:yfksLo sfdx¿ ;DkGg ug]{ ;dodf g} ul/g]5 . tYofÍsf] ;dfof]hg, k|zf]wg tyf k|;f/0f ultljlwx¿ o; /0fgLltdf tf]lsP cg';f/ lglZrt ;dosf] cGt/fndf :jf:Yo ;]jf k|0ffnLsf ;a} txx¿af6 ;~rfng ul/g]5 .

**#=@ ;"rgfsf] k|zf]wg**

k|To]s lhNnfdf lhNnf :jf:Yo ;"rgf j}+ssf] :yfkgf eO{;s]kl5 lhNnfdf s]lGb|t ;"rgf k|0ffnL nfu" x'g]5 / lhNnf leq sfo{/t ;Dk"0f{ ;fem]bf/ ;+:yfx¿n] pQm j}+sdf ;"rgf k|]if0f ug]{5g\ . k|fKt ;"rgfx¿nfO{ tf]lsPsf] 9fFrfdf lhNnf :t/df g} ljZn]if0f Pjd\ k|;f/0f ug]{ k4ltsf] ljsf; ul/g]5 . o; k|sf/, ;"rgfsf] k|zf]wg, ljZn]if0f tyf k|;f/0f sfo{nfO{ lhNnfdf s]lGb|t ul/g]5 .

lhNnf :jf:Yo ;"rgf j}+sdf lhNnf leqsf ;Dk"0f{ :jf:Yo ;+:yfx¿;Fu ;DalGwt ;a} k|sf/sf ;"rgfx¿ pknAw x'g]5g\ . lhNnfdf cjl:yt :jf:Yo ;+:yfx¿ h'g;'s}:t/sf] ePtfklg tL ;Dk"0f{ ;+:yfx¿n] lhNnf :jf:Yo ;"rgf j}+sdf g} cfˆgf] k|ltj]bg k]z ug]{5g\ . t/ lhNnfsf] oyfy{ l:ylt yfxf kfpgsf nflu lhNnf l:yt lhNnf eGbf dflyNnf] txsf :jf:Yo ;+:yfsf] k|ltj]bgaf6 lhNnf :t/sf] tYofÍ dfq k[ys u/]/ k|:t't ul/g]5 .

ufpF ljsf; ;ldlt, gu/kflnsf, ljleGg txsf :jf:Yo ;+:yfx? tyf /fli6«o :jf:Yo ;"rgf s]Gb|n] ;d]t cf–cfˆgf] txdf ;"rgfsf] k|zf]wg, ljZn]if0f Pjd\ k|;f/0f ug]{5g\ .

**#=# lhNnf :jf:Yo ;"rgf j}+s**

lhNnf :jf:Yo ;"rgf j}+sn] lhNnf :t/df Ps dfq :jf:Yo ;"rgf e08f/sf] ?kdf sfd ug]{5 . j}+sdf k|fKt ;"rgfx¿ ljZn]if0f u/]/ :jf:Yo ;+:yfx¿nfO{ lgoldt ?kdf kmLlt{ hfgsf/L -Feedback\_ k7fOg]5 . :jf:Yo tyf hg;ª\Vof dGqfno, ljefux¿ tyf If]qLo lgb]{zgfnox¿n] O{–d]n dfkm{t cyjf l8:s]6df lhNnf :t/sf] k|ltj]bg k|fKt ug]{5g\ . tnsf] lrqn] o; cjwf/0ffnfO{ cem :ki6;Fu af]w ug{ ;3fp k'¥ofpg ;S5 .

**lrq !M lhNnf :jf:Yo ;"rgf j}+s M :jf:Yo ;"rgfsf] Ps dfq e08f/**

:jf:Yo÷hg;+Vof dGqfno, /fli6«o :jf:Yo ;"rgf s]Gb|

/fli6«o of]hgf cfof]u

j}b]lzs ljsf;sf ;fem]bf/x¿

ljefu / ;DalGwt sfo{qmd dxfzfvf÷ s]Gb|x?

If]qLo :jf:Yo lgb]{zgfno

If]qLo c:ktfn

c~rn c:ktfn

lhNnf c:ktfn

lghL c:ktfn tyf lSnlgs

k|fylds :jf:Yo s]Gb|

:jf:Yo rf}sL

cGo

;a}

cfo'j]{b lSnlgs tyf c:ktfn

k|x/L c:ktfn

;}lgs c:ktfn

lzIf0f c:ktfn

s]Gb|Lo c:ktfn

pk:jf:Yo rf}sL

k|:t't :jf:Yo ;"rgf k|0ffnLdf :jf:Yo ;]jf ljefu / cfo'j]{b ljefudf 5'§} …;"rgf OsfO{Ú sf] cfjZostf kg]{5}g . t/ cf}ifwL Joj:yf ljefusf] lhNnf :t/df sfof{no gePsfn] o; ljefusf] jt{dfg æcf}ifwL ;"rgf k|0ffnLÆ /fli6«o ;"rgf k|0ffnLs} Pp6f cËsf ?kdf oyfjt /xg]5 . cf}ifwL Joj:yf ljefunfO{ cfjZos kg]{ lhNnf / ;f] eGbf tNnf] txsf ;"rgfx¿nfO{ lhNnf :jf:Yo ;"rgf j}+sdf ;dfof]hg u/]/ cf}ifwL Joj:yf ljefu / /fli6«o :jf:Yo ;"rgf s]Gb|df k7fOg]5 . /fli6«o / If]qLo :t/sf ;"rgfx¿ cf}ifwL Joj:yf ljefun] g} ;dfof]hg ug]{ 5 / /fli6«o :jf:Yo ;"rgf s]Gb|df k7fpg]5 .

**lrq @M ;"rgfsf] e08f/ tyf ljt/0f :ynx?**

/fli6«o :jf:Yo ;"rgf s]Gb|

lhNnf :jf:Yo ;"rgf a}+s

÷lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt

:jf:Yo ;+:yfx?

*:jf:Yo ;+:yf, lhNnf :jf:Yo ;"rgf a}+s / /fli6«o :jf:Yo ;"rgf s]Gb|df dfq ;"rgfnfO{ PsLs[t ug]{, clen]v ug]{ / ljt/0f ug]{ sfo{ ;DkGg ul/g]5 .*

**#=$ ;"rgf k|jfx / cfj[lt (Information Flow and Frequency)**

:jf:Yo ;"rgfsf] k|ltj]bgnfO{ ;d'bfo l:yt :jf:Yo ;+:yf b]lv s]Gb| ;Dd / ;dfg txsf :jf:Yo ;+:yfaLrdf -Vertical and Horizental\_ b'j}tkm{ k|jfx ul/g]5 . lhNnf :jf:Yo ;"rgf j}+sn] :jf:Yo ;+:yfaf6 k|fKt ePsf k|ltj]bgx¿ k|zf]wg u/]/ tYofÍ tflnsfx¿ / ljZn]if0ffTds k|ltj]bgx¿ tof/ ug]{5 . pQm j}+sn] cfkm'sxfF k|ltj]bg k7fpg] :jf:Yo ;+:yfx¿nfO{ :jf:Yo ;]jfsf] of]hgf th'{df tyf Joj:yfkg ug]{ k|of]hgsf nflu k|zf]lwt ;"rgfx¿ k7fpg]5 . To;} u/]/ lhNnf :jf:Yo ;"rgf a}+sn] tof/ u/]sf k|ltj]bg tyf tYofÍ tflnsfx¿ gLlt tyf /0fgLlt lgdf{0f ug]{ k|of]hgsf nflu :jf:Yo tyf hg;ª\Vof dGqfnodf klg k7fOg]5 .

**lrq #M :jf:Yo ;]jf ;"rgf k|jfx tyf k|jfxsf] af/Daf/tf**

**:jf:Yo ;"rgf k|jfx rf6{**

tx

af/Daf/tf

s]Gb|

dfl;s

If]q

dfl;s

lhNnf

dfl;s

uf=lj=;=÷

gu/kflnsf

dfl;s

j8f

dfl;s

;d'bfo

dfl;s

:jf:Yo÷hg;+Vof dGqfno /fli6«o :jf:Yo ;"rgf s]Gb|

/fli6«o of]hgf cfof]u

j}b]lzs ljsf;sf ;fem]bf/ ;+:yfx¿

ljefu÷dxfzfvf÷s]Gb|

If]qLo :jf:Yo lgb]{zgfno

gu/kflnsf

gu/kflnsfsf j8f lSnlgs

lSnlgsx¿

u|fdL0f :jf:Yo sfo{stf{ ÷dft[lzz' sfo{stf{

:jf:Yo :jo+ ;]ljsf

;/sf/L tyf lghL c:ktfnx¿

cfwf/e"t :jf:Yo ;+:yfM k|fylds :jf:Yo s]Gb|÷:jf:Yo rf}sL÷pk:jf:Yo rf}sL

;/sf/L÷u}/ ;/sf/L÷lghL lSnlgsx¿

;"rgf cfbfg k|bfg

k|ltj]bgsf] lgoldt k|jfx

lhNnf :jf:Yo ;"rgf a}+s

If]qLo :jf:Yo lgb]{zgfno

lrq # sf] ;"rgf k|jfx rf6{df b]vfOP h:t} dlxnf :jf:Yo :jo+ ;]ljsfsf] k|ltj]bg u|fdL0f :jf:Yo sfo{stf{ cyjf dft[lzz' sfo{stf{4f/f dlxgfdf Psk6s ;+Íng tyf ;dfof]hg ul/g]5 . t/ gu/kflnsfdf u|fdL0f :jf:Yo sfo{stf{÷dft[lzz' sfo{stf{ gx'g]x'Fbf gu/kflnsfsf :jf:Yo :j+o ;]ljsf cfkm}n] cfˆgf] k|ltj]bg ;DalGwt gu/kflnsfsf] :jf:Yo ;+:yfdf a'emfpg]5g\ . u|fdL0f :jf:Yo sfo{stf{÷ dft[lzz' sfo{stf{÷c=g=ld=n] lkmN8df sfd u/]sf] cfˆgf] k|ltj]bg ;Fu} :jo+ ;]ljsfsf] k|ltj]bg ;d]t x/]s dlxgf tf]lsPsf] ldltdf ;DalGwt :jf:Yo ;+:yfdf k]z ug]{5g\ . pk:jf:Yo rf}sL, :jf:Yo rf}sL / k|fylds :jf:Yo s]Gb|n] -oL :jf:Yo ;+:yfnfO{ cfwf/e"t :jf:Yo ;+:yf klg eGg] ul/G5 .\_ cfˆgf] ufpF ljsf; ;ldltdf ;~rflnt lghL c:ktfn afx]s c? ;a} :jf:Yo ;+:yfx¿sf] k|ltj]bg ;+Íng ug]{5g\ . gu/kflnsf leqsf j8f lSnlgsn] cfˆgf] k|ltj]bg ;DalGwt gu/kflnsf sfof{nodf k]z ug]{5g\ / gu/kflnsfn] l;w} lhNnf :jf:Yo ;"rgf a}+sdf k]z ug]{5g\ . ufpF ljsf; ;ldlt If]q leq ;~rflnt lghL :jf:Yo ;+:yfsf clwsf/Ln] cfˆgf] k|ltj]bg ;DalGwt ufpF ljsf; ;ldlt l:yt cfwf/e"t :jf:Yo ;+:yfdf dfl;s ?kdf k]z ug]{5g\ t/ lghL If]qsf c:ktfnx¿n] eg] l;w}+ lhNnf :jf:Yo ;"rgf a}+sdf cfˆgf] k|ltj]bg k7fpg]5g\ . cfwf/e"t :jf:Yo ;+:yfn] o;/L k|fKt ePsf k|ltj]bg / cfˆgf] k|ult k|ltj]bg ;d]t ;dfof]hg u/]/ k|To]s dlxgfsf] & ut] leq lhNnf :jf:Yo ;"rgf a}+sdf k]z ug]{5g\ . lgwfl/t ;do leq k|ltj]bg ;Íng ug{sf nflu s'l/o/ k|0ffnL -Courier System\_ nfu" ul/g]5 . lhNnf :jf:Yo ;"rgf j}+s lhNnf :t/sf] Ps dfq ;"rgf e08f/ ePsfn] cfwf/e"t :jf:Yo ;+:yfsf cltl/Qm lhNnf leq ;~rflnt cGo ;a} :jf:Yo ;+:yfsf k|ltj]bgx¿ ;d]t o;} a}+sn] k|fKt ug]{5 -lrq g+= ! df b]vfOP h:t}\_

:jf:Yo ;"rgf k|0ffnL ;Dk"0f{ :jf:Yo ;"rgfsf] Joj:yfkg ug]{ k|d'v tyf zLif{ k|0ffnL xf] . k|f/Dedf ljleGg ;"rgf k|0ffnLnfO{ -cfk"lt{ Joj:yfkg ;"rgf k|0ffnL, cfly{s Joj:yfkg ;"rgf k|0ffnL, hgzlQm Joj:yfkg ;"rgf k|0ffnL, cf}ifwL ;"rgf ;~hfn, cfo'j]{b ;"rgf k|0ffnL cflb\_ s]lGb|o :t/df PsLs/0f ul/g]5 . To;kl5 ;DalGwt sfo{qmd clwsf/L;Fu lj:t[t ?kdf k/fdz{ u/]/ oL ljleGg ;"rgf k|0ffnLnfO{ cfwf/e"t :jf:Yo ;+:yf b]lv lnP/ ;a} txdf PsLs/0f ug{sf nflu cfjZos cf}hf/x¿ -kmf/d, /lh:6/ cflb\_ lgdf0f{ ul/;s]kl5 dfq PsLs/0f ug]{ sfo{ ;DkGg ul/g]5 .

lrq # df b]vfOPsf] ;"rgf k|jfxsf] ;do tflnsf :jf:Yo ;]jf ;DaGwL ;"rgfsf] nlfu dfq xf] . cGo ljleGg ;"rgf k|0ffnLsf] k|ltj]bg ;do tflnsf oL k|0ffnLx¿sf] k"0f{?kdf PsLs/0f gx'Fbf ;Dd oyfjt g} /xg]5g\ -pbfx/0fsf nfluM cfk"lt{ Joj:yfkg ;"rgf k|0ffnLsf] q}dfl;s k|ltj]bg\_ .

**#=% :jf:Yo If]q;Fu ;Da4 tyf cGo ;fem]bf/ lgsfosf nflu ;"rgfsf] cfjZostf**

oBlk, w]/} lgsfox?sf nflu cfjZos kg]{ ;"rgfx¿ Ps} k|sf/sf x'G5g\ tfklg ljleGg ;fe]mbf/ lgsfox¿nfO{ :jf:Yo ;]jf Joj:yfkg ;~hfnsf] ljleGg txdf km/s km/s ;"rgfsf] cfjZostf kg{;S5 .

:jf:Yo If]qsf] Pp6} ;"rgf k|0ffnLn] ;du|df ;/sf/L, lghL, tyf u}/;/sf/L ;a} If]qnfO{ ;d]6\g' kg]{ x'G5 . ;/sf/L If]qdf :jf:Yo tyf hg;ª\Vof dGqfnosf cltl/Qm /Iff dGqfno / u[x dGqfnon] klg d'Vo ?kdf cfˆgf sd{rf/L / slxn]sfxLF ;j{;fwf/0fnfO{ ;d]t :jf:Yo ;]jf k|bfg ub}{ cfPsf 5g\ . :jf:Yo tyf hg;ª\Vof dGqfno leq} klg tLgj6f ljefux¿ – :jf:Yo ;]jf ljefu, cf}ifwL Joj:yf ljefu / cfo'j]{b ljefu 5g\ . oL ;Dk"0f{ ;/sf/L lgsfox¿nfO{ ;d]t :jf:Yo If]qsf] lj:t[t ;"rgf k|0ffnLn] ;d]6\g' kg]{5 .

**lrq M $ :jf:Yo ;"rgfsf] cfjZostf ePsf :jf:Yo If]qsf ;Da4 kIfx?**

lghL If]q

j}b]lzs ;xof]uL ;fem]bf/

;/sf/L

If]q

u}/ ;/sf/L If]q

:jf:Yo ;"rgfsf] cfjZostf kg]{ If]qx?

j}b]lzs ;xof]uL ;+:yfx¿af6 klg w]/} kl/of]hgfx¿ ;~rflnt 5g\ . k|To]s d]l8sn sn]hsf cf–cfˆg} lzIf0f c:ktfnx¿ 5g\ . sltko cGt//fli6«o u}/ ;/sf/L :+:yfx¿n] cfˆg} lSnlgs ;~rfng u/]sf 5g\ . ;fdfGo k|zf;g dGqfnon] cfkm' dftxtsf sd{rf/Lx¿sf nflu 5'§} c:ktfnsf] :yfkgf ul//x]sf] 5 .

lghL If]qaf6, vf; u/]/ zx/L If]qdf, dWod tyf pRr :t/sf] :jf:Yo ;]jf pNn]Vo ?kdf pknAw u/fOPsf] 5 . ctM lghL If]qaf6 k|bfg ul/g] :jf:Yo ;]jfsf] kof{Kt ;"rgf pknAw geP;Dd / lghL If]qnfO{ klg cfjZos ;"rgf pknAw geP;Dd ;/sf/L / lghL If]q jLrsf] ;fem]bf/LnfO{ a9fjf lbg ;lsb}g .

lrq g+= $ df :jf:Yo ;"rgfsf] cfjZostf ePsf :jf:Yo If]q leqsf ljleGg pkIf]qx¿sf] ;~hfnsf] ;+/rgfnfO{ b]vfPsf] 5 . oL ;Dk"0f{ pkIf]qx¿n] :jf:Yo If]qsf] ;"rgf k|0ffnLdf of]ubfg k'¥ofpg'sf ;fy} ;"rgfsf] k|of]u ;d]t ub{5g\ .

**#=^ d'Vo d'Vo :jf:Yo ;"rsx¿**

;x>fJbL ljsf; nIf, ul/jL cg'udg tyf ljZn]if0f k|0ffnL / g]kfn :jf:Yo If]q sfo{s|d–sfof{Gjog of]hgfåf/f :jf:Yo If]q ;"rgfsf] jt{dfg / efjL cfjZostfsf] klxrfg e};s]sf] 5 . ;fy}, :jf:Yo ;]jf ljefu, :jf:Yo Joj:yfkg ;"rgf zfvfn] klg ljefu cGt/ut ;~rflnt ljleGg sfo{qmdsf] cg'udg ug{sf nflu !%) eGbf a9L ;"rsx¿ k|of]u ub}{ cfPsf] 5 . ctM ;x>fJbL ljsf; nIo, ul/jL cg'udg tyf ljZn]if0f k|0ffnL, bf];|f] bL3{sflng :jf:Yo of]hgf / g]kfn :jf:Yo If]q sfo{qmd–sfof{Gjog of]hgfåf/f klxrfg ul/Psf ;"rsx¿nfO{ ;/nLs/0f tyf ;';ª\ul7t u/]/ :jf:Yo If]qsf d'Vo d'Vo ;"rsx¿ to ul/g]5 / :jf:Yo Joj:yfkg ;"rgf k|0ffnL;Fu} ;Dk"0f{ :jf:Yo ;"rgf k|0ffnLdf ;dfj]z ul/g]5 . ul/jL cg'udg tyf ljZn]if0f k|0ffnLsf] -PMAS\_ 9fFrf -Framework\_ k|of]u u/]/ g]kfn ul/jL Go"gLs/0f /0fgLltsf] cg'udg ug{ / g]kfn :jf:Yo If]q sfo{qmd–sfof{Gjog of]hgf, @))$–@))( nfO{ pkof]u ub}{ If]qut cg'udgsf nflu ;"rsx¿sf] cfjZostf kg]{ x'Fbf ;f] cfjZostfnfO{ klg ;Djf]wg ul/g]5 .

**#=& :jf:Yo ;"rgfnfO{ k[ysLs/0f**

cfd hgtfsf] :jf:Yosf] :t/, :jf:Yosf lg0ff{os tTj / :jf:Yosf] :t/df c;/ kfg]{ lsl;daf6 :jf:Yo ;]jfsf] pkef]u tyf o;sf] k|efjsfl/tf ;DaGwL /fli6«o / If]qLo :t/sf :jf:Yo ;'rgfsf] cefjdf :jf:Yosf] :t/df ljBdfg c;dfgtfnfO{ sd ug{ / /fli6«o nIf cg'?k :jf:Yosf] :t/df ;'wf/ ePsf] b]vfpg ;Dej x'Fb}g . ul/jL / lgDg:t/sf] :jf:Yo l:ylt jLrsf] ;DaGw :ki6 e};s]sf] 5 . s]xL o:tf ljlzi6 tTjx¿ x'G5g\, h;n], cfkm}n] cyjf ul/jL jf ;fdflhs jlx:sf/;Fu uf+l;P/ dflg;sf] :jf:Yosf] :t/ sdhf]/ x'g] hf]vLd j[l4 u5{g . oL ;a} tTjx¿nfO{ x[boËd u/]/ :jf:Yo ;"rgfsf] k[ysLs/0fsf] cfjZostf klxrfg ul/Psf] 5 . h; cg';f/ ;"rgfnfO{ n}lËstf, ;fdflhs l:ylt, ;/sf/L / lghL If]q jLrsf] ;fem]bf/L, pd]/, ef}uf]lns agf]6 / If]q cg';f/ k[ysLs/0f ul/g]5 . ;fy} :jf:Yo sfo{qmdsf] cfjZostf x]/]/ yk k[ysLs/0f ;d]t ug{ ;lsg]5 .

**$= :jf:Yo ;"rgf k|0ffnLsf] sfo{Gjog ug{sf nlu ;+:yfut Joj:yf**

;Dk"0f{ :jf:Yo If]q ;"rgf k|0ffnLsf] ljsf; tyf sfof{Gjogsf nflu pko'Qm lsl;daf6 :yflkt ul/Psf] gLlt lgdf{0f, ;dGjo, ;xhLs/0f, tyf lgoGq0f k|s[ofsf] cfjZostf kb{5 . ;Dk"0f{ :jf:Yo If]qsf] ;"rgf k|0ffnLsf] Joj:yfkg / /0fg}lts of]hgf th'{df tyf gLlt lgdf{0f ug]{ sfo{df ;"rgfsf] dxTjnfO{ b[li6ut ubf{ :jf:Yo tyf hg;ª\Vof dGqfno cGt/ut Pp6f 5'§} ;Ifd / k"0f{?kdf k|ltj4 lgsfosf] cfjZostf 68sf/f] ?kdf b]lvG5 . xfn;Dd :jf:Yo tyf hg;+Vof dGqfnodf :jf:Yo If]q ;"rgf k|0ffnLsf] Joj:yfkgsf nflu 5'§} lgsfosf] Joj:yf 5}g . ctM :jf:Yo If]q ;"rgf k|0ffnLsf] sfof{Gjogsf] nflu ;+:yfut k|jGw lgDgfg';f/ ul/g]5 M

**$=! /fli6«o :jf:Yo ;"rgf gLlt ;ldlt**

:jf:Yo If]qsf] ;"rgf k|0ffnL ;DalGw gLlt lgdf{0f sfo{sf] ;Dk"0f{ /]vb]v ug{ /fli6«o :jf:Yo ;"rgf gLlt ;ldlt u7g ul/g]5 . ;ldltsf] u7g lgDgfg';f/ x'g]5 M

* ;lrj, :jf:Yo tyf hg;ª\Vof dGqfno – cWoIf
* k|d'v, cg'udg tyf d"NofËg dxfzfvf, :jf:Yo÷hg;ª\Vof dGqfno – ;b:o
* k|d'v, hg;ª\Vof dxfzfvf, :jf:Yo÷hg;ª\Vof dGqfno – ;b:o
* dxflgb]{zs, :jf:Yo ;]jf ljefu, :jf:Yo÷hg;ª\Vof dGqfno – ;b:o
* lgb]{zs, cf}ifwL Joj:yf ljefu, :jf:Yo÷hg;ª\Vof dGqfno – ;b:o
* lgb]{zs, cfo'j]{b ljefu, :jf:Yo÷hg;ª\Vof dGqfno – ;b:o
* k|ltlglw, :yfgLo ljsf; dGqfno, u[x dGqfno, /Iff dGqfno

-;x;lrj :t/\_ – ;b:o

* k|ltlglw, /fli6«o of]hgf cfof]u -:jf:Yo÷;fdflhs ;]jf,

;x;lrj :t/\_ – ;b:o

* dxflgb]{zs, s]lGb|o tYofÍ ljefu – ;b:o
* cWoIf, lhNnf ljsf; ;ldlt dxf;+3 – ;b:o
* cWoIf, g]kfn lghL :jf:Yo ;+:yf ;+3 – ;b:o
* ;b:o–;lrj, g]kfn :jf:Yo cg';Gwfg kl/ifb\ – ;b:o
* lgb]{zs, /fli6«o :jf:Yo ;"rgf s]Gb|, :jf:Yo÷hg;ª\Vof dGqfno – ;b:o ;lrj

pk/f]Qm ;ldltsf] j}7sdf cfjZostf cg';f/ cGo ;xefuLx¿nfO{ klg cfdGq0f ug{ ;lsg] 5 . ljz]if sfdsf nflu ljleGg pk;ldlt cyjf sfo{;d"xx¿ ;d]t u7g ug{ ;lsg]5 .

**/fli6«o :jf:Yo ;"rgf gLlt ;ldltsf] lhDd]jf/L tyf e"ldsf**

o; ;ldltn] lgDgflnlvt ljifo;Fu ;DalGwt gLltnfO{ :jLs[lt k|bfg ug]{5 M

* ;"rgfsf] Joj:yfkg tyf k|of]usf nflu Ifdtf ljsf; ug]{Ù
* :jf:Yo If]qsf nflu Go"gtd cfwf/e"t tYofÍ PsLg ug]{Ù
* tYofÍ dfkg OsfO{ tyf tYofÍnfO{ kl/eflift ug]{Ù
* tYofÍsf] dfkb08 lgwf{/0f ug]{Ù
* tYofÍdf kx+'r tyf k|sfzg ;DalGw k|f]6f]sn lgdf{0f ugÙ]{
* ljleGg ljifo;Fu ;DalGwt tYofÍ ;Íngsf ;|f]tx¿ PsLg ug]{Ù
* /fli6«o of]hgf cfof]u, s]lGb|o tYofÍ ljefu, :jf:Yo tyf hg;ª\Vof dGqfno, j}b]lzs ;xof]uL ;fem]bf/ ;+:yfx¿, u}/ ;/sf/L ;+:yf tyf cGo lgsfo4f/f ;+sng ul/g] tYofÍsf] dfkb08 tf]Sg], tYofÍdf Ps?ktf, bf]xf]/f]kgfaf6 arfpm cflb ;'lglZrt ug{sf nflu :jf:Yo ;Íng ultljlw aLr ;dGjo ug]{Ù
* :jf:Yo ;"rgf;Fu ;DalGwt ;jfnx¿nfO{ :jf:Yo P]gdf ;dfj]z ug]{ .

/fli6«o :jf:Yo ;"rgf gLlt ;ldltsf] agf]6nfO{ ;ldltsf] lg0f{o cg';f/ ;+zf]wg ug{ ;lsg]5 . ;ldltsf] j}7s ;fdfGotof jif{df Ps k6s a:g]5, t/ cfjZostf k/]df ;f] eGbf a9L k6s klg a:g ;Sg]5 .

**$=@ /fli6«o :jf:Yo ;"rgf s]Gb|**

;Dk"0f{ :jf:Yo If]qsf] ;"rgfsf] Joj:yfkg ug{sf nflu :jf:Yo tyf hg;ª\Vof dGqfno cGt/ut /fli6«o :jf:Yo ;"rgf s]Gb| :yfkgf ul/g]5 . pQm s]Gb|df d'n'sdf :jf:Yo If]q ;"rgf k|0ffnLsf] ljsf; tyf o;nfO{ bLuf] /fVg] sfo{df Joj:yfksLo tyf k|fljlws g]t[Tj k|bfg ug{ ;Sg] Ifdtfjfg pRr ;Lk ePsf JolQmx¿sf] Pp6f ;fgf] ;d"xsf] Joj:yf ul/g]5 . jt{dfg :jf:Yo Joj:yfkg ;"rgf zfvfsf] :t/ j[l4 u/]/ ;"rgfsf] cfjZostfnfO{ k|efjsfl/ tyf s'zntfk"j{s k"lt{ ug{sf nflu ;Ifd agfOg]5 .

**/fli6«o :jf:Yo ;"rgf s]Gb|sf] lhDd]jf/L tyf e"ldsf**

o; s]Gb|sf] sfd st{Jo tyf lhDd]jf/L lgDgfg';f/ x'g]5 M

* /fli6«o :jf:Yo ;"rgf gLlt ;ldltsf] ;lrjfnosf] ?kdf sfd ug]{Ù
* /fli6«o :jf:Yo ;"rgf gLlt ;ldltn] u/]sf lg0f{ox¿ sfof{Gjog ug]{Ù
* :jf:Yo ;"rgf j}+s / :jf:Yo ;"rgf ;|f]t s]Gb|nfO{ rfn' cj:yfdf /fVg], / ;a} k|sf/sf ;"rgf ;|f]tx¿af6 :jf:Yo ;"rgf k|fKt ug]{Ù
* ;"rgf Joj:yfkg ;fdfu|Lx¿sf] cfk"lt{ ug]{Ù
* ;"rgfsf] k|fylds ;|f]taf6 / cGo ;|f]tx¿af6 ;d]t k|fKt tYofÍnfO{ k|of]u u/]/ rf}dfl;s cg'udg k|ltj]bg tof/ ug]{ / ;efJo ;a} dfWodåf/f nlIft ;d"xnfO{ hfgsf/L k|bfg ug]{Ù
* cw{jflif{s ;+o'Qm ;ldIffsf nflu ;a} ;|f]taf6 k|fKt x'g cfPsf ;"rgfx¿nfO{ ;dfof]hg ug]{Ù
* :jf:Yo If]qsf ;"rsx¿sf] ;ldIff u/]/ jflif{s k|ltj]bg tof/ ug]{Ù
* ;/sf/L ljefux¿ tyf j}b]lzs ;xof]uL ;+:yfaf6 cg'/f]w eP cg';f/sf k|ltj]bg tof/ ul/lbg]Ù
* lgoldt ;"rgf ;Íngsf nflu :jLs[t ;fdfu|Lsf] ;do}df 5kfO{ ug]{ / ;a} lhNnf / s]Gb| tyf If]lqo c:ktfnx¿df cfk"lt{ ePsf] ;'lglZrt ug]{Ù
* :jf:Yo sdL{x¿sf nflu ;"rgf ;Íng, k|zf]wg, ljt/0f / k|of]u ;DalGw cEof;ut tflndsf] of]hgf ug]{ tyf tflnd ;+rfng ug]{Ù
* :jf:Yo ;"rgf /0fgLlt cg'?k ;"rgfsf] ljsf; sfo{df g]t[Tj k|bfg ug]{Ù
* ;"rgfsf] dfkb08, kl/efiff tyf ;"rgf;Fu ;DalGwt zAb cy{ PsLg ug]Ù
* ;di6Lut ?kdf :jf:Yo ;]jf tYofÍ df]8]n ljsf; ug]{ / Go"gtd tYofÍx¿ klxrfg ug]{ tyf tL tYofÍx¿df ;xdlt k|bfg ug]{Ù
* ;"rgf ;Dk/LIf0f ultljlw ;~rfng ug]{ .

k|:t't /0fgLltsf ;Dk"0f{ cfofdx¿sf] sfof{Gjogsf ;fy} sfof{Gjog k|s[ofsf] uxg cg'udg tyf d"NofÍg ug]{ sfo{df /fli6«o :jf:Yo ;"rgf s]Gb|sf] d'Vo e"ldsf x'g]5 . o; cGt/ut sfg'gL tyf zf;sLo 9fFrf leq /x]/ ;"rgfsf] ;+Íng, k|zf]wg, ljZn]if0f, pknAwtf, k|of]u tyf ;"rgf cfbfg k|bfg ug{sf nflu /fli6«o :t/sf dfWodx¿ cjnDag ul/Psf] ;'lglZrt ug]{ cflb sfo{x¿ kb{5g\ . /fli6«o :jf:Yo ;"rgf s]Gb|sf] o; e"ldsfnfO{ dWofjlws Joo cg'dfg k|m]djs{ -MTEF Cycle\_ cg'?k tof/ ul/g] :jf:Yo ;"rgfsf] lqjifL{o sfo{of]hgfsf dfWodaf6 a9L ;Ifd / ;zQm agfOg]5 / of] e"ldsf :jf:Yo ;]jf k|0ffnL cGt/ut /0fg}lts k|fyldstfsf cfwf/df tof/ ul/g] sfo{ of]hgfdf cfwfl/t x'g]5 . /fli6«o :jf:Yo ;"rgf s]Gb|n] tn pNn]v ul/P cg';f/ ;"rgf ;DalGw y'k|} sfdx¿df ;3fp k'¥ofpgsf nflu pko'Qm k|s[ofx¿ tof/ ug]{5 M

* :jf:Yo ;"rgf /0fgLltnfO{ s]Gb|, lhNnf / :jf:Yo ;+:yf txaf6 sfof{Gjog, cg'udg tyf d"NofÍg ug]{ sfddf g]t[Tj tyf dfu{bz{g k|bfg ug{
* ;"rgfsf] zf;sLo 9fFrfnfO{ sfof{Gjog ug{sf nflu ;xof]u ug{
* gLlt lgdf{0f tyf of]hgf th'{dfsf nflu cfjZos kg]{ ;"rgfsf] ljZn]if0f ug{ tyf ;"rgf pknAw u/fpg
* jflif{s k|ltj]bg k|sfzg ug{
* :jf:Yo ;]jf tYofÍ df]8]nnfO{ b'?:t /fVg
* /fli6«o :jf:Yo ;"rgfsf] tYofÍLo cfwf/sf nflu tYofÍsf] ;"rL tof/ ug{   
  -Database inventory\_
* ;d'Ggt :jf:Yo ;"rgfsf nflu nufgL ug{ k|fyldstfsf If]qx¿sf] klxrfg ug{
* ;"rgf;Fu ;DalGwt If]qdf ul/Psf] nufgLsf] bIftf tyf pkfb]otf k|bz{g ug{
* :jf:Yo ;"rgfsf] If]qdf ;Da4 kIfx¿sf] ;d"xaf6 k|ltlglwTj u/fpg
* ;"rgf / ;"rgf k|ljlw ;DalGw sfo{of]hgfnfO{ pko'Qm 9+uaf6 cBfjlws ug{sf nflu ;Nnfx tyf ;'emfj k|bfg ug{

/fli6«o :jf:Yo ;"rgf s]Gb|nfO{ cfˆgf] e"ldsf tyf lhDd]jf/L k'/f ug{ ;Ifd agfpgsf nflu /fli6«o gLlt lgdf{0f ug{ / lghL If]qaf6 k|bfg ul/g] :jf:Yo ;]jfnfO{ ;d]t ;/sf/L If]qsf] :jf:Yo ;]jf;Fu} PsLs[t ug{ cTojZos 5 . ;fy} lghL If]q nufot :jf:Yo If]qsf ;Dk"0f{ ;"rgf tyf tYofÍdf o; s]Gb|sf] kx+'r x'g'kg]{5 . :jf:Yo If]qsf cGo ;"rgf k|0ffnLx¿n] tf]lsPsf] 9fFrfdf cfˆgf] k|ltj]bg lgoldt?kdf ljB'tLo dfWod4f/f /fli6«o :jf:Yo ;"rgf s]Gb|nfO{ pknAw u/fpg]5g\ .

/fli6«o :jf:Yo ;"rgf s]Gb|n] cfˆgf] e"ldsf k'/f ug]{ qmddf cfkm'nfO{ cfjZos kg]{ ;"rgfsf] cefj b]lvPdf To;nfO{ k"lt{ ug{sf nflu tYofÍLo cfwf/ -Database\_ tof/ ug]{5 / pko'Qm ;"rgfx¿ ;Íng u/]/ /fVg]5 . of] g} ;"rgfsf] sdLnfO{ k'/fug]{ ;a}eGbf pQd pkfo x'g]5 . k|df0fdf cfwfl/t sfo{tl/sf cjnDag ug]{ qmddf ;"rgfnfO{ cem /fd|f];Fu k|of]u ug{ :jf:Yo tyf hg;ª\Vof dGqfno leq / jflx/sf ljleGg ljefux¿ tyf dxfzfvfx¿nfO{ ;Ifd agfpgsf nflu /fli6«o :jf:Yo ;"rgf s]Gb|n] tL lgsfox¿;Fu ldn]/ sfd ug]{5 / :jf:Yo ;]jfsf sd{rf/Lx¿sf] nflu tflnd cfjZostf klxrfg u/]/ pQm cfjZostfnfO{ k"lt{ ug]{5 . tflndsf] k|d'v p2]Zo lgDgfg';f/ x'g]5 M

* :jf:Yosf] :t/j[l4 ug{ / :jf:Yo ;]jf k|bfg, Joj:yfkg, gLlt lgdf{0f tyf d"NofÍg sfo{df vr{ x'g] k};fsf] plrt d"No k|fKtLsf nflu ;Dk"0f{ :jf:Yo ;]jf k|0ffnL leq ;"rgfsf] clwstd\ k|of]u ug{ ;Sg] Ifdtfsf] ljsf; ug]{ .
* :jf:Yo ;]jf k|0ffnLsf ;a} txdf ;"rgfsf] zf;sLo Joj:yfkg ug{sf nflu ;Lk tyf 1fg j[l4 ug]{ . /fli6«o :jf:Yo ;"rgf s]Gb|n] ;fwf/0ftof :jf:Yo ;]jf k|0ffnLleq / cfjZostf cg';f/ cGo ljlzi6 If]qx¿df ;"rgfsf] pknAwtf, ;"rgfsf] k|of]u / ;"rgfsf] zf;sLo Joj:yfsf ;DaGwdf :jf:Yo tyf hg;+Vof dGqfno / cGtu{tsf ljefux¿nfO{ hfgsf/L u/fpgsf nflu ;"rgfsf] ;Dkl/If0f tyf d"NofÍg sfo{ ug]{5 .

**lrq M % /fli6«o :jf:Yo ;"rgf s]Gb|sf pkIf]qut ;"rgfsf ;|f]tx¿**

cfly{s Joj:yfkg ;"rgf k|0ffnL

/fli6«o :jf:Yo

;"rgf s]Gb|

ef}lts ;DklQ Joj:yfkg ;"rgf

cfk"lt{ Joj:yfkg ;"rgf k|0ffnL

cfo'j]{b k|ltj]bg k|0ffnL

hgzlQm Joj:yfkg ;"rgf k|0ffnL

cf}iflw ;"rgf ;~hfn

:jf:Yo ;]jf ;"rgf

**$=# If]qLo tx**

If]qLo :jf:Yo lgb]{zgfnon] lhNnf :jf:Yo ;"rgf j}+saf6 dfl;s ?kdf lgwf{l/t 9fFrfdf ;"rgfx¿ k|fKt ug]{5 / tL ;"rgfx¿nfO{ ;dfof]hg tyf JofVof ug]{5, / To;}sf cfwf/df cg'udg, ;'k/Lj]If0f tyf d"NofÍg ug]{ k|of]hgsf nflu ;DkGg ug'{kg]{ sfdx¿ af/] lg0f{o lng]5 . If]qLo :jf:Yo lgb]{zgfnon] lhNnfnfO{ :jf:Yo ;"rgf /0fgLlt sfof{Gjog ug{ ;xof]u ug]{5 tyf /fli6«o :jf:Yo ;"rgf s]Gb| / lhNnf :jf:Yo ;"rgf j}+s aLr ;dGjo ug]{5 .

**$=$ lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt**

lhNnf :t/df lgDgfg';f/ lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt u7g ul/g]5 M

* lhNnf ljsf; ;efklt -jf gLhn] tf]s]sf] ;b:o\_ cWoIf
* ;dGjostf{, lhNnf :jf:Yo tyf ;fdflhs ;ldlt ;b:o
* :yfgLo ljsf; clwsf/L -jf lghn] dgf]gog u/]sf] of]hgf clws[t\_ ;b:o
* lhNnf :jf:Yo k|d'v jf d]l8sn ;'k/L6]08]06 ;b:o
* k|ltlglw, :yfgLo gu/kflnsf -olb ePdf\_ ;b:o
* tYofÍ clws[t, zfvf tYofÍ sfof{no ;b:o
* k|ltlglw, cf}ifwL Joj;foL dxf;+3 ;b:o
* k|ltlglw, ufpF ljsf; ;ldlt dxf;+3 ;b:o
* g]kfn lghL :jf:Yo ;+:yf ;+3 -APHIN\_ åf/f dgf]lgt ! hgf ;b:o
* cWoIf, u}/ ;/sf/L ;+:yf ;+3 ;b:o
* k|d'v, cfo'j]{b cf}ifwfno ;b:o
* lgb]{zs, s]lGb|o, If]qLo, c~rn c:ktfn -olb ePdf\_ ;b:o
* hg:jf:Yo clws[t ;b:o–;lrj

o; ;ldltn] cfjZostf cg';f/ cGo kbflwsf/L÷JolQmnfO{ a}7sdf cfdGq0f ug{ ;Sg]5 . ;ldltsf] a}7s k|To]s rf}dfl;sdf Ps k6s a:g]5 / cfjZos ePdf h'g;'s} ;dodf klg a:g ;Sg]5 .

**lhNnf :jf:Yo ;"rgf ;ldltsf] e"ldsf tyf lhDd]jf/L**

o; ;ldltsf] cfwf/e"t lhDd]jf/L tyf e"ldsf lgDgfg';f/ x'g]5 M

* lhNnf :jf:Yo ;"rgf j}+ssf] zf;sLo ;+:yf -Governing Body\_ sf] ?kdf sfd ug]{
* :jf:Yo ;"rgfsf] Joj:yfkg tyf k|of]u ug]{ ;DaGwdf :jf:Yo hgzlQmsf] Ifdtf ljsf; ug]{
* tYofÍsf] dfkb08, tYofÍdf Ps?ktf / tYofÍ ;Íngdf bf]xf]/f]kg gePsf] ;'lglZrt ug{sf nflu ;/sf/L, u}/ ;/sf/L tyf cGo ;+:yfx¿af6 ;+rfng ul/g] :jf:Yo ;"rgf ;Íng ultljlw aLr ;dGjo ug]{
* ;"rgf ;+Íng, k|ltj]bg tyf k|;f/0f ultljlwsf] cg'udg ug]{
* lhNnf :t/sf :jf:Yo tYofÍsf] cflwsfl/stfnfO{ k|df0fLs/0f ug]{

lhNnf :jf:Yo ;"rgf j}+ssf] nflu sDtLdf Pshgf tYofÍ ;xfos / Ps hgf sDKo'6/ ;xfossf] cfjZostf kg]{5 . lhNnf :jf:Yo sfof{no, tYofÍ Osf{Osf] k|fljlws Ifdtfsf] :t/ j[l4 ul/g]5 . olb yk hgzlQmsf] cfjZostf k/]df lhNnf :t/af6} Joj:yf ug'{kg]{5 .

**$=% lhNnf :jf:Yo ;"rgf j}+ssf] :yfkgf**

ljs]lGb|s/0f sfo{qmd nfu' e};s]sf lhNnfx¿df lhNnf ljsf; ;ldltsf] ;"rgf s]Gb|df cyjf lhNnf ljsf; ;ldltsf] lg0f{o cg';f/ 5'§} lhNnf :jf:Yo ;"rgf j}+ssf] :yfkgf ul/g]5 / afFsL lhNnfx¿df lhNnf :jf:Yo÷hg:jf:Yo sfof{nosf] tYofÍ O{sfOn] g} lhNnf :jf:Yo ;"rgf j}+ssf] sfd ;d]t ug]{5 .

**%= :jf:Yo ;"rgf ;DaGwL zf;sLo tyf sfg'gL Joj:yf**

:jf:Yo ;]jfsf] k|yd p2]Zo ;Dk"0f{ hgtfsf] ;':jf:Yo tyf ;fdflhs sNof0fsf] pRrtd tx xfl;n ePsf] ;'lglZrt ug'{ xf] . k|:t't /0fgLltn] :jf:Yo ;]jfsf] of] p2]Zo k|fKt ug]{ qmddf ;"rgfsf] clwstd pkof]u ug]{ nIo /fv]sf]5 . :jf:Yo ;]jfsf] of]hgf th'{df tyf Joj:yfkgdf pRr u'0f:t/sf ;"rgfsf] pknAwtf / k|of]unfO{ ;'lglZrt ug{sf nflu lglZrt lgodx¿sf] cfjZostf kg]{ s'/f k|:t't /0fgLltn] dxz'; u/]sf] 5 .

;"rgfsf] zf;sLo Joj:yf eGgfn] Pp6f o:tf] /0fg}lts 9fFrf eGg] a'lemG5, h;n] ;"rgfsf] ;+Íng, ljZn]if0f, k|;f/0f tyf k|of]u ug]{ sfo{nfO{ Ps} ;fy ;Da4 u/]sf] x'G5 . o;n] ;a} ;Da4 kIfx¿nfO{ ;"rgfsf] plrt k|of]u ug]{ Jofjxfl/s cfwf/ k|bfg ub{5 . ;"rgfsf] zf;sLo /0fg}lts 9fFrfn] s]xL ;jfnx¿, h:t}M :jf:Yo ;]jf k|bfg ug]{ sfo{df ;+nUg :jf:Yo Joj;foLx¿n] cflwsfl/s JolQmnfO{ hgfp lbg'kg]{, /f]ux¿sf] k|ltj]bg k]z ug'{{kg]{, ;/sf/L tyf lghL :jf:Yo ;+:yfx¿sf] k|ltj]bgdf ;dfgtf Nofpg], ;"rgf Joj:yfkgsf] -;Íng, ljZn]if0f / k|zf/0f\_ u'0f:t/Lotf af/] cfZjtkfg]{, cflb ;jfnx¿nfO{ ;Daf]wg ug'{kg]{ x'G5 . ;]jfu|fxLsf] AolStut clen]vnfO{ ;'/lIft ;fy /fVg] s'/f;Fu ;DalGwt ;jfnnfO{ ;d]t ;"rgfsf] zf;sLo 9fFrf leq} /x]/ ;dfwfg ug'{ kg]{ x'G5 .

hgtfsf] :jf:Yosf] :t/df ;'wf/ ePsf] 5

:jf:Yo ;]jfsf] se/]h / u'0f:t/df j[l4 ePsf] 5

:jf:Yo ;]jfx¿ k|efjsf/L tyf kmnf]Tkfbs 5g\

Joj:yfksLo tyf gLltut lg0f{ox¿ cf}lrTok"0f{ 5g\

;"rgfnfO{ ;xL 9+uaf6 JofVof tyf k|of]u ul/G5

cfjZos ;a} ;"rgfx¿ pknAw 5g\ / kx'Frof]Uo 5g\

g]kfndf xfn;Dd :jf:Yo ;"rgfsf] zf;sLo Joj:yfsf] s'g} 9fFrf pknAw 5}g . g]kfn tYofÍ P]g, @)!% n] s]lGb|o tYofÍ ljefunfO{ ;"rgfsf] zf;sLo Joj:yfkg ug]{ clwsf/ k|bfg u/]sf]5 . oBlk, s]lGb|o tYofÍ ljefusf] :yfkgf o;} P]g cGt/ut ePsf] xf] tfklg, P]gsf cGo ;Dk"0f{ bkmfx¿ lgis[o 5g\ . sfg'gL tyf zf;sLo Joj:yfsf] 9fFrfn] tYofÍ ;+sng, tYofÍsf] ;'/Iff, k|;f/0f tyf k|of]u ug{ clgR5's JolQm jf :jf:Yo ;+:yfnfO{ klg oL sfo{x¿ ug{ k|]l/t ug]{5 .

:jf:Yo tyf hg;ª\Vof dGqfnon] :jf:Yo ;"rgfsf] dfkb08, tYofÍ ;Íng, clen]v ;'/lIft /fVg], tYofÍsf] ;+/If0f, tYofÍsf] u'0f:t/, tYofÍ k|sfzg, ;fdfGo :jf:Yo ;]jfsf] k|ltj]bg / cflwsfl/s JolQmnfO{ hfgsf/L u/fpg'kg]{ /f]usf] k|ltj]bgdf ;fd~hZotf cflb ljljw ljifo;Fu ;DalGwt ;jfnx¿nfO{ ;d]6]/ :jf:Yo ;"rgf ljw]ossf] d:of}bf tof/ ug]{5 / pQm ljw]osnfO{ kfl/t u/fpg cfjZos k|s[of ckgfpg]5 . :jf:Yo If]qdf ;"rgfsf] Joj:yfkg ug]{ tyf k|of]u ug]{ ;DaGwdf ;xeflutfTds pkfonfO{ ;+Daw{g ug{sf nflu s]lGb|o:t/df æ:jf:Yo ;"rgf gLlt ;ldltÆ sf] Joj:yf ul/g]5 . ljw]osn] cflwsfl/s JolQmnfO{ ;"rgf ug'{kg]{ /f]ux¿   
-Notifiable Diseases\_ sf] ;"rLnfO{ ;+zf]wg ug{sf nflu cflwsfl/s lgsfo ;d]t tf]lslbg] 5 .

**^= :jf:Yo ;"rgfsf] dfkb08 tyf u'0f:t/**

:jf:Yo ;"rgfx¿ Ps cfk;df jfF8r'8 ug{ / ljleGg ;|f]taf6 k|fKt x'g] tYofÍnfO{ Pslqt u/]/ :jf:Yo If]qsf] j[xQ/ lrq k|:t't ug{ tyf :jf:Yo If]q leq} klg tYofÍsf] u'0f:t/nfO{ t'ngfTds ?kdf x]g{sf nflu :jf:Yo ;"rgfsf] dfkb08sf] cfjZostf kb{5 . ;"rgfsf] u'0f:t/ / pkof]lutf j[l4 ug{ ;d]t dfkb08 lgwf{/0f ug{ cTofjZos x'G5 .

**^=! tYofÍsf] dfkb08**

:jf:Yo ;"rgf k|0ffnLsf] Pp6f k|d'v cfjZostf eg]sf] tYofÍsf] j:t'ut tyf ;ª\VofTdssf ;fy} ljifout tyf JofVofTds juL{s/0f / ;+ultk"0f{ sf]l8Ë k|0ffnL xf] . k|fljlws zAbfjnLsf] cy{ a'emfpgsf nflu dfkb08sf] cfjZostf kb{5, lsgeg] ;a} :jf:Yo ;+:yfx¿n] To:tf zAbx¿sf] Pp6} cy{ a'emg'kg]{ x'G5 . of] /0fgLlt sfof{Gjogsf] klxnf] r/0fdf g} :jf:Yo If]qsf nflu cfjZos kg]{ Go"gtd tYofÍaf/] lg0f{o ul/g]5 / tL tYofÍx¿nfO{ kl/eflift ul/g]5 .

**^=@ k|fljlws dfkb08**

kf/bzL{ ?kdf ;"rgfx¿sf] cfbfg k|bfg ug{sf nflu sDKo'6/;Fu ;"rgf k|0ffnLnfO{ cfj4 ug{ k|fljlws dfkb08sf] cfjZostf kb{5 . k|fljlws dfkb08 lgwf{/0f ug]{ qmddf g} tYofÍ k|sfzg k|f]6f]snsf] lgdf{0f ul/g]5 . ;a} k|sf/sf :jf:Yo ;"rgfdf lgjf{w kx'+Fr k|bfg ug{ k|of; ul/g]5 . tyflk, s'g} ;Dj]bgzLn ;"rgfdf kx'+rsf nflu eg] kf;j8{sf] -Password\_ cfjZostf kg]{5 .

**^=# u'0f:t/Lotfsf] dfkb08**

:jf:Yo ;"rgfsf] u'0f:t/ dfly JofVof ul/Psf tYofÍsf dfkb08x¿;Fu 3lgi6 ?kdf ;DalGwt x'G5 . tYofÍsf] u'0f:t/ eGgfn] tYofÍ ;Íng ubf{ ;a} ;fGble{s ;"rgfx¿nfO{ ;d]6\g', tYofÍ ;Íngdf ;Dk"0f{tf x'g' / tYofÍsf] sf]l8Ë tyf sDKo'6/df /fVg] sfd ;lx 9+uaf6 ;DkGg ul/g' cflb s'/fx¿ kb{5g\ . u'0f:t/sf] cjwf/0ffnfO{ ;"rgfsf] ;fdlostf / ;"rgfsf] k|sfzg tyf k|of]u ;DaGwL :ki6 k|s[ofnfO{ ;d]t ;d]6\g] u/L lj:tfl/t ug{ ;lsG5 .

:jf:Yo ;"rgf k|0ffnLsf] p2]Zo Pp6f o:tf] ;'b[9 rqmsf] lgdf{0f ug'{ xf], h;n] ubf{ tYofÍsf] u'0f:t/ ;'wf/af6 tYofÍ k|of]ustf{nfO{ kmfObf k'U5 / tYofÍ pknAw u/fpg] lgsfon] klg ;sf/fTds kmLlt{ hfgsf/L k|fKt ub{5 . ;"rgf k|0ffnLsf] u'0f:t/Lotf k|lt cfZjt x'gsf nflu tYofÍnfO{ j}wtf k|bfg ug]{ k|s[ofn] ;d]6\g' kg]{ If]q, tYofÍsf] ;du|tf, Ps?ktf, z'4tf tyf k"0f{tfsf b[li6sf]0faf6 u'0f:t/sf] n]vfhf]vf ug{sf nflu ;"rgfsf] lgoldt ?kdf ;Dkfbg ul/g]5 / ;"rgfsf] ;fdlostf, k|of]u Pjd\ k|sfzgnfO{ ;d]t ;'lglZrt ul/g]5 .

**&= :jf:Yo ;"rgfsf] Joj:yfkgdf k|ljlwsf] k|of]u**

:jf:Yo ;"rgf ;Íng, ljZn]if0f, k|sfzg tyf k|of]u ug]{ sfo{nfO{ ;xh agfpgsf nflu k|of]u ul/g] Pp6f cf}hf/ ;"rgf k|ljlw xf] . o; cGt/ut :jf:Yo ;"rgfsf] Joj:yfkgnfO{ ;3fpgsf nflu cfjZos xf8{j]o/ / ;ˆ6j]o/ -Hardware and Software\_ h?/L kb{5g\ . ;"rgf k|ljlwn] :jf:Yo ;]jfsf] u'0f:t/ j[l4 ug]{ w]/} cj;/x¿ k|bfg u5{, :jf:Yo sdL{nfO{ cfˆgf] ;Lk / ;dosf] cem /fd|f];Fu pkof]u ug{ d4t ub{5 / pgLx¿sf] sfo{bIftf j[l4 ub{5 .

cf}ifwL Joj:yf ljefudf ;"rgf k|ljlwsf] ;'ljwf pNn]Vo ?kdf pknAw 5 . pGgt k|sf/sf] ;"rgf k|ljlw ;~hfnn] ;"rgfsf] ;d'lrt Joj:yfkg ug{ o; ljefunfO{ ;xof]u k'¥ofPsf] 5 eg] :jf:Yo ;]jf ljefudf ;"rgf k|ljlwsf] k|of]u ;Lldt dfqfdf dfq ePsf] 5 . cfo'j]{b ljefun] cem} klg ;"rgfsf] k|zf]wg ljZn]if0f xft}n] ub}{ cfPsf] 5 . lhNnf÷hg:jf:Yo sfof{nox¿ / s]Gb|df ljleGg sfo{qmd zfvfx¿df sDKo'6/ ;]6 pknAw t 5g\, t/ ;ˆ6j]o/ / plrt tflndsf] cefjn] ubf{ lr¶L–kq 6fOk ug]{ (Word Processing) sfddf dfq sDKo'6/sf] k|of]u ul/Psf] 5 .

k|fyldstf k|fKt :jf:Yo ;"rgfsf] cfjZostf k"lt{ ug]{ p2]Zon] cfw'lgs ;"rgf k|ljlwsf] pkof]u ug{sf nflu /fli6«o :t/df g} ;zQm tyf PsLs[t pkfox¿ ckgfpg h?/L 5 . :jf:Yo If]qdf ;"rgf k|ljlwsf] ljsf; ug{sf nflu lj1fg tyf k|ljlw dGqfno / cGo lgsfox¿4f/f tof/ ul/Psf /fli6«o ;"rgf k|ljlw 9fFrfnfO{ pkof]u ug]{ af/]df ;d]t ljrf/ ul/g]5 .

lhNnf, If]q / s]lGb|o txdf ;"rgfsf] Joj:yfkgdf -e08f/0f, ljZn]if0f, k|;f/0f\_ sDKo'6/sf] k|of]u ug]{ sfo{nfO{ r/0fj4 ?kdf ;DkGg ul/g]5 .

**lhNnf÷hg:jf:Yo sfof{no**

k|To]s lhNnfdf ;Dk"0f{ tYofÍx¿ sDKo'6/df /fVg] Joj:yf ul/g]5 / ;a} ;|f]tx¿af6 k|fKt ePsf ;"rgfnfO{ e08f/0f, k|zf]wg tyf ;Da4 lgsfox¿nfO{ k|ltj]bg ug]{ sfd sDKo'6/4f/f ul/g]5 .

k|To]s lhNnfnfO{ ;"rgf ;Íng, ljZn]if0f, 5kfO{ tyf ljB'tLo dfWod4f/f If]qLo lgb]{zgfno / :jf:Yo tyf hg;ª\Vof dGqfnodf ;"rgf k7fpg] k|of]hgsf nflu sDKo'6/ ;]6, lk|G6/, ˆofS;, :Sofg/, ;h{ k|f]6]S6/, df]8]d tyf ;a} cfjZos pks/0fx¿ pknAw u/fOg]5 .

**;]lG6gn ;le{n]G; :yn**

k|To]s ;]lG6gn :yndf ;]lG6gn tYofÍsf] lj:t[t ljZn]if0f sfo{ ;DkGg ug{sf nflu sDKo'6/sf ;fy} cGo cfjZos pks/0f tyf cltl/Qm ;fdfu|Lx¿ pknAw u/fOg]5 .

**dGqfno tyf ljefusf sfo{qmd Joj:yfksx¿**

;a} sfo{qmdsf Joj:yfksx¿nfO{ cf–cfˆgf] sfo{qmdsf] nflu cfjZos kg]{ ;"rgfx¿ cGo sDKo'6/af6 k|fKt ug{ -Download\_ tyf ljZn]if0f ug{ Pp6f Pp6f sDKo'6/ / df]8]d pknAw u/fOg]5 . sfo{qmd Joj:yfksx¿nfO{ o; k|sf/sf ;"rgfx¿ lgDglnlvt dfWod4f/f pknAw u/fOg]5 M

* :jf:Yo tyf hg;ª\Vof dGqfno / :jf:Yo ;]jf ljefusf] xftf leq nf]sn Pl/of g]6js{ -LAN\_ dfkm{t
* j]e;fO6 dfkm{t
* l8:s]6 dfkm{t -/fli6«o :jf:Yo ;"rgf s]Gb|af6\_

**lrq M ^ ;Dk"0f{ :jf:Yo If]qsf ;"rgfsf ;|f]tx¿**

cfly{s Joj:yfkg ;"rgf

/f]u ;le{n]G;, zL3| r]tfjgL tyf k|lts[ofsf nflu ;"rgf

hgzlQm Joj:yfkg ;"rgf

**lj:t[t :jf:Yo If]q ;"rgf k|0ffnL**

cfk"lt{ Joj:yfkg ;"rgf

:jf:Yo ;]jf ;"rgf

lgoldt :jf:Yo ;"rgf k|0ffnL

**hg;+Vofdf cfwfl/t ;"rgf**

* hgu0fgf
* ;e]{If0f
* cg';Gwfg

ef}lts ;DklQ Joj:yfkg ;"rgf

**\*= :jf:Yo If]qsf ;"rgfsf ;|f]tx¿**

:jf:Yo ;"rgf k|0ffnLnfO{ cfjZos kg]{ ;"rgfx¿ ljleGg k|ToIf ;|f]tx¿sf ;fy} :jf:Yo If]q leq} / :jf:Yo If]q eGbf jflx/sf cGo ;"rgf k|0ffnLx¿af6 ;d]t k|fKt x'g]5g\ . oL ;|f]tx¿ lrq g+= ^ df b]vfOPsf 5g\ . tL ljleGg ;"rgf k|0ffnLx¿nfO{ ;'b[9Ls/0f ul/g] 5 / :jf:Yo ;"rgf k|0ffnL;Fu cfj4 ul/g]5 .

**\*=! hgu0fgf**

hg;ª\Vof ;DaGwL ;"rgf :jf:Yo ;"rgf k|0ffnLsf cfwf/ x'g\ . :jf:Yo ;]jfsf] of]hgf th'{df ug{ tyf k|bfg ul/Psf] :jf:Yo ;]jfn] hgtfsf] :jf:Yosf] l:yltdf NofPsf] kl/jt{g dfkg ug{sf nflu j8f, ufpF ljsf; ;ldlt / lhNnf :t/sf] hg;ª\Vofsf] cBfjlws tYofÍ pknAw x'g h?/L x'G5 . :jf:Yo ;]jf k|0ffnLnfO{ /fli6«o hgu0fgfaf6 hg;ª\Vof ;DaGwL ;"rgf lg/Gt/ ?kdf pknAw eOg} /xg]5g\ . b'O{ hgu0fgf aLrsf] cjlwdf hg;ª\Vof j[l4b/sf] cfwf/df x/]s jif{ k|To]s txsf nflu nlIft hg;ª\Vof– k|If]k0f ul/g]5 .

**\*=@ hGd, d[To', ljjfx tyf a;fFO{;/fO{ -k|d'v** **AolStut 36gf\_ btf{ k|0ffnL**

k|d'v AolStut 36gfx¿sf] btf{ ug]{ sfo{ :yfgLo ljsf; dGqfnosf] lhDd]jf/L leq kb{5 / ufpF ljsf; ;ldlt tyf gu/kflnsf dfkm{t of] sfo{ ;DkGg ul/G5 . t/ d'n'ssf] jt{dfg k|d'v 36gf btf{ k|0ffnLnfO{ ;'b'9Ls/0f ug{ cfjZos 5, lsgeg] k|d'v 36gfsf] btf{nfO{ sfg'gn] clgjfo{ u/]sf] 5, tfklg lgs} sd ;ª\Vofdf dfq oL 36gfx¿sf] btf{ ul/G5 . ctM ;Dk"0f{ k|d'v 36gfsf] btf{ ;'lglZrt ug{ u|fdL0f :jf:Yo sfo{stf{ / dft[lzz' sfo{stf{n] ufpF ljsf; ;ldlt / gu/kflnsfnfO{ k|d'v 36gf btf{ ug]{ sfo{df ;xof]u ug]{5g\ . k|d'v 36gf btf{ k|0ffnLaf6 k|fKt x'g] hGd, d[To', ljjfx tyf a;fO{;/fO{ ;DaGwL tYofÍnfO{ ;d]t :jf:Yo ;"rgf k|0ffnLn] pkof]u ug]{5 .

**\*=# ;e]{If0f**

cfjlws ?kdf -k|To]s % jif{df\_ ;DkGg ul/g] g]kfn hg;+flVos tyf :jf:Yo ;e]{If0f / g]kfn hLjg :t/ ;e]{If0f :jf:Yo sfo{qmdsf] pknlAw tyf k|efj dfks ;"rsx¿sf k|d'v ;|f]t x'g]5g\ . g]kfn ul/jL Go"gLs/0f /0fgLltsf p2]Zox¿sf] cg'udg ug{sf nflu ;fdfGotof /fli6«o of]hgf cfof]un] o; k|sf/sf ;e]{If0fx¿ ;DkGg ub{5 . oL ;e]{If0fx¿af6 tn pNn]lvt k|efj dfks ;"rsx¿ k|fKt u/L pkof]u ul/g]5g\ M

* cf}ift cfo'
* s"n k|hggb/
* sf]/f hGdb/, sf]/f d[To'b/
* dft[d[To'sf] cg'kft
* lzz' d[To'b/
* kfFr jif{ d'lgsf aRrfsf] d[To'b/
* gjhft lzz' d[To'b/
* ue{ lg/f]wsf ;fwgsf] k|of]u b/

lgoldt ;|f]taf6 k|fKt x'g] ;"rgfx¿ u'0f:t/Lo 5g\ 5}gg\ eGg] PsLg ug{sf nflu cfjZos kg]{ cGo ;"rgf / lgoldt ?kdf k|fKt gx'g] cltl/Qm ;"rgfx¿ ;d]t o; k|sf/sf ;e]{If0faf6 pknAw ul/g]5 .

**\*=$ b|'t n]vfhf]vf** -Rapid Assessment\_

;e]{If0fx¿ tYofÍ ;Íngsf w]/} vlr{nf k4lt x'g\ . ctM jt{dfg :jf:Yo  
;d:of;Fu ;DalGwt u'0ffTds tyf ;ª\VofTds tYofÍ ;Íng ug{sf nflu cfjZostf cg';f/ w]/} ;ª\Vofdf b|'t n]vfhf]vf -Rapid Assessment\_ ;DkGg ul/g]5 .

**\*=% ;]lG6gn k|ltj]bg k|0ffnL**

cGt//fli6«o /f]u juL{s/0f–!) -ICD-10\_ df cfwfl/t u/]/ /f]ux¿sf] ;fdfGo cj:yfsf] qmd -Trend\_ af/] hfgsf/L k|fKt ug{sf nflu ljz]if u/]/ /f]u ;ld{n]G; ;DaGwL cem w]/} / ;Dk"0f{ ;"rgf k|fKt ug]{ p2]Zon] ef}uf]lns If]qsf] k|ltlglwTj x'g] u/L 5gf}6 ul/Psf c:ktfnx¿af6 tYofÍ ;Íng ul/g]5 . 5gf}6 ul/Psf c:ktfnx¿n] ef}uf]lns tyf ljsf; If]qsf] ;d]t k|ltlglwTj u5{g\ / Pr=cfO=le=÷P8\; nufot ;a} :jf:Yo sfo{qmdsf] cfjZostf k'/f x'G5 eGg] ;d]t PsLg ul/g]5 . c:ktfn 5gf}6sf cfwf/x¿dfM dfkb08 cg';f/sf] ef}lts ;+/rgf tyf :t/Lo pks/0fsf] pknAwtf, b/aGbL cg';f/sf ;a} kbx¿ k"lt{ ePsf] / ;]jf lng cfpg] lj/fdLsf] kof{Kt ;ª\VofnfO{ lnOg]5 . oL cfwf/x¿ k'/f u/]/ 5gf}6 ePsf c:ktfnx¿df sDKo'6/ ;]6 pknAw u/fOg]5 / d]l8sn clen]vnfO{ sDKo'6/df /fVg] ;DaGwdf tflnd k|fKt sd{rf/Lsf] ;d]t Joj:yf ul/g]5 . ;]l06gn  
:ynaf6 ;ª\sng ul/g] ¿U0ftf tyf d[To' (Morbidity & Mortality\_ ;DaGwL tYofÍsf cfwf/df ;DalGwt ljsf; If]q / ef}uf]lns If]qdf /f]usf] l:yltaf/] lgisif{ lgsflng]5 . d'n'sel/sf cGo ;a} c:ktfn / :jf:Yo ;+:yfx¿n] pd]/ ;d"x / lnË cg';f/ 5'l§g] u/L c:j:ytf tyf d[To' ;DaGwL tYofÍ ;Íng ug]{ sfo{nfO{ hf/L /fVg]5g\ . ;'ljwf ;DkGg ;]lG6gn :ynx¿af6 ;Íng ul/g] tYofÍx¿ a9L u'0f:t/Lo x'g] ePsfn] :jf:Yo If]qsf] k|fyldstf lgwf{/0fsf nflu alnof] cfwf/ pknAw u/fpg ;Sg]5g\ .

**\*=^ cg';Gwfg**

:jf:Yo ;]jfsf] lg/Gt/ ljsf; / JolQm tyf ;Dk"0f{ hg;ª\Vofsf] :jf:Yo ;DaGwL cfjZostfnfO{ /fd|/L k'/f ug]{ lsl;daf6 :jf:Yo ;]jf k|bfg ug]{ sfo{df :jf:Yo cg';Gwfgsf] e"ldsf dxTjk"0f{ x'G5 . -g]kfn :jf:Yo cg';Gwfg kl/ifb\n]   
-g]kfndf :jf:Yo ;d:of ;DalGw j}1flgs cWoog tyf u'0f:t/Lo cg';Gwfg sfo{nfO{ k|jw{g ug]{ clwsf/ kfPsf] s]lGb|o ;+:yf\_ /fli6«o :jf:Yo ;"rgf gLlt ;ldlt÷/fli6«o :jf:Yo ;"rgf s]Gb| / ljleGg :jf:Yo sfo{qmd dxfzfvf tyf s]Gb|x¿;Fusf] ;xsfo{df cTofjZosLo :jf:Yo cg';Gwfgsf] If]qnfO{ lj:t[t agfpg]5 . o; /0fgLltn] :jf:Yo cg';Gwfgsf] k|of]hgsf nflu ;d]t ;"rgf ;Íng tyf Joj:yfkg sfo{nfO{ ;xof]u k'¥ofpg]5 .

**\*=& /f]u ;le{n]G;**

g]kfndf cem} klg ;?jf /f]ux¿ ¿U0ftf tyf pRr d[To'b/sf] k|d'v sf/ssf] ?kdf ljBdfg 5g\ . o;nfO{ 36fpg cfd hgtfsf] nflu dxTj /fVg] /f]usf 36gfx¿nfO{ ;do}df ljZn]if0f tyf 5fgljg u/]/ :jf:Yo ;+:yf, lhNnf / s]lGb|o txsf Joj:yfksx¿nfO{ hfgsfl/ u/fOg]5, h;n] ubf{ pgLx¿n] ;dodf o; ;d:ofnfO{ ;Daf]wg ug{ ;Sg]5g\ . xfn vf]k4f/f /f]syfd ug{ ;lsg] tLg lsl;dsf /f]ux¿ / tLg lsl;dsf sL6hGo /f]ux¿nfO{ ;L3| r]tfjgL tyf k|lts[ofsf nflu ;"rgf ;Íng -EWARS\_ k|0ffnL cGt/ut /flvPsf]5 . pGd"ng cyjf lgd"{ng ug]{ nIo /flvPsf /f]ux¿ / dxfdf/L km}lng ;Sg] a9L ;+efjgf ePsf, t/ /f]syfd ug{ ;lsg] /f]ux¿nfO{ cflwsfl/s lgsfodf hgfpm lbg'kg]{ /f]ux¿sf]  
-Notifiable Diseases\_ ;"rLdf ;dfj]z ul/g]5 . lgDglnlvt ;ft lsl;dsf /f]ux¿nfO{ /f]u ;le{n]G;df /flvg]5 M

!= PSo'6 ˆnfl;8 kf/fnfOl;; -PSsf;L xft v'§f n'nf] x'g] cj:yf\_

@= bfb'/f

#= gjhft lzz'df wg'if6Íf/

$= cf}nf] -kmlN;kmf/d\_

%= sfnfhf/

^= hfkflgh OG;]kmnfOl6;

&= x}hf

\*= c;fdfGo ?kdf b]lvg] cGo /f]ux¿

:jf:Yo ;"rgf P]gn] ;Dk"0f{ :jf:Yo ;]jf k|bfosn] dflysf /f]ux¿sf] clgjfo{ hgfpm lbg'kg]{ sfg'gL Joj:yf ug]{5 / cfjZostf x]/]/ /f]usf] ;"rLdf x]/km]/ ug]{ clwsf/ :jf:Yo ;lrjnfO{ lbg]5 . /f]u ;le{n]G; sfo{df O{lk8]ldof]nf]hL tyf /f]u lgoGq0f dxfzfvfn] ;dGjo ug]{5 .

**\*=\* hgzlQm Joj:yfkg ;"rgf**

:jf:Yo hgzlQmsf] of]hgfth'{df tyf Joj:yfkgsf nflu hgzlQm Joj:yfkg ;"rgf k|0ffnLsf] cfjZostf kb{5 . ljs]lGb|t :jf:Yo ;]jf Joj:yfkgsf] kl/k]Ifdf k|To]s lhNnfsf ;/sf/L, lghL tyf u}/ ;/sf/L :jf:Yo ;+:yfx¿sf] hgzlQm ;DaGwL ;Dk"0f{ tYofÍnfO{ sDKo'6/df /fVg cfjZos 5 . o;sf] Joj:yf ul/;s]kl5 lhNnf:t/df g} hgzlQmsf] tYofÍnfO{ cBfjlws u/]/ ljB'tLo dfWod4f/f :jf:Yo tyf hg;ª\Vof dGqfnodf k7fpg] Joj:yf ldnfOg]5 . hgzlQm Joj:yfkg ;"rgf k|0ffnLn] k|To]s :jf:Yo ;+:yf, lhNnf / ;Dk"0f{ :jf:Yo ;]jf k|0ffnLs} nflu lgDglnlvt ;"rgfx¿ pknAw u/fpg]5 M

* :jf:Yo ;+:yf / lhNnfut tyf d'n'se/Lsf ljleGg k]zfut ;d"xsf

:jf:YosdL{x¿

* :jLs[t b/aGbL / k"lt{ ePsf kbx¿
* lhNnfut tyf d'n'ssf] hg;ª\Vof / :jf:Yo ;]jf k|bfossf] cg'kft
* ljleGg k]zfut ;d"xsf sd{rf/Lsf] ;ª\Vofdf cfpg ;Sg] s|lds x|f; / To;sf] sf/0f
* ljleGg k]zfut ;d"xsf :jf:Yo hgzlQm pTkfbgsf] cg'kft
* ljleGg k|fljlws ljifo tyf Joj:yfkg ;DaGwL tflnd k|fKt :jf:Yo sdL{x¿
* ljleGg k]zfut ;d"xsf sd{rf/Lsf] lgo'lQmsf] cg'kft / cfufdL kfFr jif{df sd{rf/Lsf] ;ª\Vofdf qmlds x|f;sf] cg'dflgt b/ tyf To;sf] sf/0f

***b|i6JoM***

*hgzlQm ;"rgfnfO{ lnË cg';f/ k[ySs/0f ul/g]5 . hgzlQm ;DaGwL cGo cfjZos ;"rgfx¿ hgzlQm Joj:yfkg ;"rgf k|0ffnL cGt/ut g} ;Íng ul/g]5 .*

**\*=( cfly{s Joj:yfkg ;"rgf**

g]kfn ;/sf/sf] cfly{s Joj:yfkgsf] nflu lgsfzf / vr{sf] lgoldt k|ltj]bgsf] cfjZostf kb{5 . cfly{s Joj:yfkg ;"rgf k|0ffnLn] :jf:Yo ;]jfdf lgikIftf / bIftf j[l4 ug]{ tkm{ ePsf] k|ult dfkgsf nflu cfjZos kg]{ ;"rgf ;Íng sfo{nfO{ k|d'vtf lbg' kg]{5 . cfly{s Joj:yfkg ;"rgf k|0ffnLn] lgDglnlvt ;"rs ;DaGwL tYofÍ pknAw u/fpg]5 M

* ah]6 ;+rfng ug]{ :jf:Yo ;+:yf / sfo{qmd cg';f/ 5'l§g] ul/ jflif{s ah]6 ljlgof]hg
* lhNnf / sfo{qmd cg';f/ s"n ah]6 lgsfzf
* hg;ª\Vof / :jf:Yo ah]6sf] lhNnfut cg'kft
* lhNnf / sfo{qmd cg';f/ s"n ah]6 vr{
* ah]6 ;+rfng ug]{ :jf:Yo ;+:yf / ah]6 zLif{s cg';f/ vr{ -tna, cf}ifwL, d]l8sn pks/0f, ejg, ;jf/L ;fwg OToflb\_
* lhNNff / s]lGb|o c:ktfnx¿sf] s"n vr{ dWo] ;]jf z'Ns tyf cGo ;|f]taf6 a]xf]l/Psf] vr{sf] k|ltzt

**\*=!) ef}lts ;DklQ Joj:yfkg ;"rgf**

d'n'ssf ;Dk"0f{ ;/sf/L :jf:Yo ;+:yfx¿sf] ef}lts ;DklQ tyf pks/0fx¿sf] -d]l8sn tyf cGo\_ clen]v tof/ ul/g]5 . clen]vdf ef}lts ;DklQsf] jt{dfg cj:yf, afFsL /x]sf] cfo' -slt cjlw ;Dd k|of]u ug{ ;lsg]5\_, / k'g{:yflkt ug'{kg]{ cfjZostf ;DaGwL ljj/0f pNn]v ul/g] 5 . k|To]s ;/sf/L :jf:Yo ;+:yfn] o:tf] clen]v tof/ ug]{5g\ / b'?:t /fVg]5g\ . lhNnf :jf:Yo sfof{non] lhNnf leqsf ;Dk"0f{ :jf:Yo ;+:yfsf] cnu cnu clen]v /fVg]5g\ / :jf:Yo tyf hg;ª\Vof dGqfnon] ;a} lhNnfx¿af6 k|fKt ;Dk"0f{ clen]vx¿ sDKo'6/df /fVg]5 / jt{dfg cj:yfsf] ljZn]if0f ug]{5 tyf eljiosf] nflu of]hgf to ug]{5 . o:tf] clen]vnfO{ ef}lts ;DklQsf] gofF lgdf{0f, cfk"lt{ jf k'g{:yfkgf ul/Psf] cfwf/df lgoldt ?kdf cBfjlws ul/g]5 . tyflk, k|To]s kfFr jif{df ;Dk"0f{ ef}lts ;DklQsf] clen]vnfO{ k"0f{?kdf cBfjlws ul/g]5 . ef}lts ;DklQ ;"\rgf k|0ffNfLaf6 lgDglnlvt ;"rs ;DaGwL ;"rgf k|fKt x'g]5g\ M

* k|To]s :jf:Yo ;+:yf / k|To]s lhNnfsf] ejgsf] cfjZostf, jt{dfg l:ylt / gk'u ;DaGwL ljj/0f
* cfufdL kfFr jif{df gofF lgdf{0f / k'g:yf{kgf ug'{kg]{ :jf:Yo ;+:yfsf ejgx¿sf] ljj/0f
* k|To]s :jf:Yo ;+:yf / k|To]s lhNnfsf] ljB't, ;+rf/ tyf kfgLsf] cfk"lt{sf] cj:yf
* k|To]s :jf:Yo ;+:yfsf] nflu pks/0fsf] cfjZostf / pknAwtf
* rfn' cfly{s jif{df ef}lts ;DklQ lgdf{0f÷cfk"lt{df nufgL ul/g] k'FhLsf] lhNnfut ljj/0f
* k|fylds :jf:Yo ;]jf, dWod :t/sf] :jf:Yo ;]jf / s]lGb|o :t/sf] :jf:Yo ;]jfsf nflu nufgL ul/Psf] k'FhLsf] t'ngfTds ljj/0f
* pks/0f cfk"lt{ / ejg lgdf{0f sfo{sf] of]hgf / To; dWo] ;DkGg ul/Psf] sfdsf] ljj/0f

**\*=!! cfk"lt{ Joj:yfkg ;"rgf**

cfk"lt{ Joj:yfkg ;"rgf k|0ffnL cGt/ut k|To]s ;/sf/L :jf:Yo ;+:yf / lhNnf :jf:Yo÷hg:jf:Yo sfof{non] ;"rgf ;Íng, ;dfof]hg, ljZn]if0f / lgDg k|of]hgsf nflu ;"rgfsf] k|of]u ub{5 M

* k|To]s :jf:Yo ;+:yf, lhNnf / d'n'sel/sf nflu cf}ifwL, kl/jf/ lgof]hgsf ;fwg, EoflS;g / cTofjZosLo d]l8sn ;/;fdfgsf] jflif{s cfjZostf cg'dfg ug{
* k|To]s :jf:Yo ;+:yf lhNnf / d'n'ssf nflu cf}ifwL, kl/jf/ lgof]hgsf ;fwg, EoflS;g / cTofjZosLo d]l8sn ;/;fdfgsf] cfk"lt{ Joj:yf ldnfpg
* cf}ifwL, vf]k, kl/jf/ lgof]hgsf ;fwg / cTofjZosLo d]l8sn ;/;fdfgdf x'g] k|ltJolQm vr{sf] cg'dfg ug{
* cf}ifwL tyf ;/;fdfgsf] u'0f:t/ sfod /fVg

jt{dfg cfk"lt{ Joj:yfkg ;"rgf k|0ffnLnfO{ lhNnf :jf:Yo ;"rgf j}+s / :jf:Yo ;"rgf k|0ffnL;Fu cfj4 ul/g]5 .

**\*=!@ :jf:Yo ;]jf ;"rgf**

;/sf/L xf]; jf u}/ ;/sf/L cyjf lghL, k|To]s :jf:Yo ;+:yfn], cfkm'n] k|bfg u/]sf] :jf:Yo ;]jfsf] lj:t[t clen]v /fVg' kg]{5 . k|To]s :jf:Yo ;+:yfn] :jf:Yo ;]jf tYofÍnfO{ ;dfof]hg ug]{5 / ;]jfsf] u'0f:t/ tyf se/]hsf] ljZn]if0f ug]{5 .

:jf:Yo ;]jfsf] clen]vdf sDtLdf klg lgDglnlvt ;"rgfx¿ ;dfj]z ug'{kg]{ 5 M

* ;]jf u|fxLsf] kl/rfoTds ljj/0f -gfd, y/, pd]/, lnË, hfthflt, 7]ufgf–j8f, ufpF ljsf; ;ldlt÷gu/kflnsf, lhNnf\_
* tfTsflns lgbfg
* k|bfg ul/Psf] ;]jf
* pkrf/sf] glthf
* pkrf/df lg/Gt/tf

**\*=!# cf}ifwL ;"rgf ;~hfn**

cf}ifwL Joj:yf ljefusf] :yfkgf ;g\ !(&( df ePsf] xf], tfklg ;g\ !((! df cfP/ klxnf] kN6 cf}ifwL a'n]l6g k|sflzt ul/P kl5 dfq cf}ifwL ;"rgf k|0ffnLsf] z'?cft ePsf] lyof] . cf}ifwL Joj:yf ljefun] ;/sf/L tyf lghL If]qsf :jf:Yo ;]jf Joj;foLx¿ / pkef]Qmfx¿nfO{ nlIft u/]/ /0fg}lts kxnsf ?kdf cf}ifwL ;"rgf  
;~hfnsf] :yfkgf u/]sf] 5 . cf}ifwLsf] ;xL k|of]u, ;+efljt k|lts"n c;/, cf}ifwL k|of]u ug{ gx'g] cj:yf -Contraindication\_, ljiffQmtf, cf}ifwLsf] dfkb08 tyf c;/ ug]{ Ifdtf, k"j{ ;fjwfgL / cf}ifwLsf] plrt Joj:yfkg ;DaGwdf pgLx¿nfO{ ;d'lrt hfgsfl/ u/fpg] k|:t't ;~hfnsf] p2]Zo /x]sf]5 . o;sf cltl/Qm o; ;~hfnn] g]kfndf btf{ ePsf cf}ifwLx¿, pTkfbg ug]{ sDkgLsf] gfd, v'b|f, tyf yf]s cf}ifwL ljqm]tf / cf}ifwL Joj;foLx¿;Fu ;DalGwt ;"rgfx¿ ;d]t pknAw u/fpg]5 . cf}ifwL Joj:yf ljefun] cfˆgf] j]e;fO6 WWW.dinon.org.np / q}dfl;s cf}ifwL a'n]l6g dfkm{t cf}ifwL ;DaGwL ;"rgfsf] k|;f/0f ug]{ sfo{nfO{ hf/L /fVg]5 .

**\*=!$ cfo'j]{b k|ltj]bg k|0ffnL**

cfo'j]{b ljefusf] cfˆg} cfo'j]{b ;]jf ;"rgf k|0ffnL 5 / lgDglnlvt ljifo;Fu ;DalGwt ;"rgfnfO{ o;n] a9L s]lGb|t u/]sf] 5 M

* ef}lts ;+/rgf
* lj/fdL / lj/fdLnfO{ k|bfg ul/Psf] ;]jf
* :yfgLo txdf kfOg] hl8a'6L / ltgsf] ;+Íng
* lg/LIf0f tyf u'0f:t/ lgoGq0f

cfo'j]{b ljefun] d'n'sel/sf cfo'j]{b ;]jf s]Gb|x¿af6 dfl;s ?kdf k|ltj]bg k|fKt ub{5 . /f]u ;DaGwL tYofÍnfO{ ;]jf s]Gb| cg';f/ cnu ul/G5 . ;a} txdf tYofÍsf] k|zf]wg xft}n] ul/G5 . k|To]s jif{ cfo'j]{b ;Gb]z gfds a'n]l6g k|sflzt ul/G5 .

**\*=!% ;DkGg ul/Psf cGo ultljlwsf] k|ltj]bg**

dfly pNn]lvt ;|f]taf6 k|fKt x'g] ;"rgfsf cltl/Qm g]kfn :jf:Yo If]q sfo{qmd–sfof{Gjog of]hgfsf] ;du|df cg'udg ug{sf nflu :jf:Yosf] If]qdf ;DkGg ul/Psf cGo ljleGg ultljlwsf] k|ltj]bgsf] ;d]t cfjZostf kg]{5 .

**(= :jf:Yo ;"rgfdf kx'Fr -k|;f/0f\_**

;a} ;Da4 kIfx¿sf nflu ;"rgfdf kx'Fr / ;"rgfsf] pkof]lutfnfO{ pNn]Vo  
?kdf ;'wf/ ug{ cfjZos ePsfn] o; s'/fnfO{ a9L hf]8 lbOg]5 . o;} /0fgLltsf] o; eGbf klxn]sf ljleGg v08df pNn]v eP cg';f/ :jf:Yo ;"rgfsf w]/} ;|f]tx¿ ljBdfg 5g\ / tL dWo] sltko ;|f]tx¿sf] ljsf; xfn}sf jif{x¿df dfq ul/Psf] xf] . ;"rgfsf] u'0f:t/sf] cg'udg ug]{, u'0f:t/nfO{ sfod /fVg] tyf u'0f:t/df ;'wf/ ug]{ sfo{nfO{ ;'lglZrt ug]{ ;a}eGbf pQd pkfo k|df0fdf cfwfl/t lg0f{o ug]{ k|s[ofdf ;"rgfsf] clwstd k|of]u ug'{ xf] . o; /0fgLltdf ;"rgfsf] k|;f/0fsf nflu ljleGg tl/sfx¿ ;d]t l;kmfl/z ul/Psf] 5 .

**(=! u|fxs;Fu /xg] :jf:Yo k|f]kmfOn**

dlxnf / k'?ifsf nflu j]Unf j]Un} lsl;dsf u|fxs cfkm}n] /fVg] JolQmut :jf:Yo k|f]kmfOn -JolQmut :jf:Yo k'l:tsf–o;kl5 k'l:tsf dfq pNn]v ul/g]5\_ tof/ u/]/ o;sf] ljt/0f ;a} ;/sf/L tyf lghL :jf:Yo ;+:yfx¿af6 ul/g]5 . o; k'l:tsfdf u|fxssf] :jf:Yo;Fu ;DalGwt ljj/0f, ;d:ofsf] n]vfhf]vf / pkrf/ ;DaGwL ;"rgfsf] cBfjlws clen]v /flvg]5 . of] k'l:tsf aRrf hGd]kl5 cyjf u|fxs klxnf] kN6 ;]jf lng :jf:Yo ;]jf k|bfossf] ;Dks{df cfPsf] j]nfdf pknAw u/fOg]5 . :jf:Yo k'l:tsf ljt/0f of]hgfnfO{ bLuf] /fVg tyf u|fxsn] cfˆgf] k'l:tsf ;'/lIft /fV5g\ / k'gM ;]jf lng cfpbf k'l:tsf lnP/ cfp5g\ eGg] ;'lglZrt ug{sf nflu of] k'l:tsf u|fxsn] ltg{ ;Sg] plrt d"Nodf :jf:Yo ;+:yfaf6 pknAw u/fOg]5 .

o; k'l:tsfn] xfn ;/sf/L tyf lghL If]qsf :jf:Yo ;+:yfåf/f k|of]udf NofPsf] ;Dk{s sf8{ / k|]:s[K;g k'l:tsf jf k'hf{nfO{ lj:yflkt ug]{5 . :jf:Yo ;"rgf P]gåf/f o; k'l:tsfsf] k|of]unfO{ sfg'gL?kdf clgjfo{ ul/g]5 .

u|fxssf] k"0f{ ljj/0f pNn]v ePsf] k|:t't k'l:tsfsf] k|of]uaf6 /f]u÷:jf:Yo  
;d:ofsf] ;xL lgbfg ug{ tyf ;lx pkrf/÷;]jf k|bfg ug]{ sfo{df ;xof]u k'Ug]5 . ;fy} of] k'l:tsf /f]usf] lgbfg / u|fxsnfO{ k|bfg ul/Psf] pkrf/sf] k|df0f ;d]t x'g] ePsfn] :jf:Yo ;d:of jf /f]usf] lgbfg ubf{ / ;]jf k|bfg ubf{ :jf:Yo ;]jf k|bfos a9L ;r]t x'g] / ;]jfsf] u'0f:t/df ;'wf/ x'g] :ki6 5 . of] k'l:tsfn] ;fIf/ u|fxssf nflu cfˆgf] :jf:Yosf af/]df cfkm" :jodn] hfgsfl/ lng ;xof]u k'¥ofpg] 5 / pgLx¿ cfˆgf] kl/jf/sf ;b:ox¿sf] :jf:Yosf] :t/df cfPsf] kl/jt{gnfO{ ;d]t cg'udg ug{ ;Ifd x'g]5g\ .

JolQmut :jf:Yo k|f]kmfOn ljt/0f k|0ffnLnfO{ 5gf]6 ul/Psf s]lx lhNnfx¿df k|of]ufTds k/LIf0fsf ?kdf nfu' ul/ ;s]kl5 dfq ;fjwfgL k"j{s cGo lhNnfx¿df qmdzM nfu" ub}{ nlug]5 .

**(=@ ;fd'bflos cg'udg kf6Ldf ;"rgf k|bz{g**

hgtfsf] :jf:Yo :t/df kl/jt{gsf] qmd / dxTjk"0f{ :jf:Yo ;]jfsf] pkef]u;Fu ;DalGwt ;"rgfx¿ ;fd'bflos cg'udg kf6Ldf pNn]v u/]/ k|To]s :jf:Yo ;+:yfdf k|bz{g ul/g]5 . ;fd'bflos cg'udg kf6LnfO{ leQ] rf6{ cyjf lkmNk rf6{ k|of]u u/]/ k"0f{tf k|bfg ul/g]5 . oL rf6{ tyf cg'udg kf6Ldf k|bz{g ul/Psf ;"rgfx¿nfO{ yk tyf gofF gofF ;"rgf k|fKt x'g]ljlQs} cBfjlws ub}{ nlug]5 .

**(=# cw{jflif{s :jf:Yo j'n]l6g k|sfzg**

k|To]s lhNnf / :jf:Yo tyf hg;ª\Vof dGqfnon] :jf:Yo If]qsf ;Dk"0f{  
;fem]bf/ ;d"xsf k|ltlglwx¿sf] ;+nUgtfdf cw{jflif{s ;ldIff j}7ssf] cfof]hgf ug]{ 5g\ / rfn' cfly{s jif{sf] k|yd 5 dlxgfsf] k|ult ;lxtsf] cw{jflif{s j'n]l6g k|sflzt ug]{5g\ . oL j'n]l6gx¿ ;+lIfKt x'g]5g\ / ljBdfg ;d:ofdf a9L s]lGb|t x'g]5g\ .

**(=$ jflif{s sfo{ ;Dkfbg k|ltj]bg k|sfzg**

k|To]s lhNnf / :jf:Yo tyf hg;ª\Vof dGqfnon] jif{el/df cfkm'n] u/]sf] k|ultsf] cfkm}n] ;ldIff ug]{5g\ / cf–cfˆgf] jflif{s sfo{ ;Dkfbg k|ltj]bg k|sflzt ug]{5g\ . jflif{s ;ldIffsf] nflu cfjZos tof/L ug{ / ;ldIff j}7s ;+rfng ug{sf nflu lhNnfsf ;fy} s]lGb|o txdf ;d]t ;a} ;fem]bf/ kIfsf k|ltlglw ;lxtsf] Pp6f ;ldlt u7g ug]{ Joj:yf ldnfOg]5 . jflif{s k|ltj]bgdf :jf:Yo If]qsf ;Dk"0f{ ;"rsx¿sf] ljZn]if0ffTds ljj/0f pNn]v ul/g]5 .

**(=% e"–;"rgf k|0ffnL tyf :jf:Yo dfglrq -P6n;\_**

k|foM ;a} lhNnfdf :jf:Yosf] ljljw cfofd;Fu ;DalGwt :yfgLo txsf clt dxTjk"0f{ tyf cfwf/e"t tYofÍx¿ xfn pknAw 5g\ . /fli6«o of]hgf cfof]u, :yfgLo ljsf; dGqfno / gfkL ljefu;Fu ufpF ljsf; ;ldltsf] ;Ldfgf 5'l§Psf] gSzf l8lh6n ?kdf pknAw 5 . d'Votof lgDglnlvt ;"rgfx¿ clÍt u/]/ k|To]s kfFr jif{df :jf:Yo P6n; -:jf:Yo dfglrq\_ k|sflzt ul/g]5 M

* :jf:Yo ;+:yfx¿ -;/sf/L, lghL :jf:Yo ;+:yf / lgoldt ?kdf ;+rflnt e}/x]sf lSnlgs ;d]t\_
* cTofjZosLo k|;"lt ;]jf, cfwf/e"t k|;"lt ;]jf, :j}lR5s k/fdz{ tyf pkrf/ ;]jf -PrcfOle P8\;sf]]\_, Pl06/]6«f] efO/n -Antiretro viral\_ pkrf/ ;]jf cflb k|d'v ;]jfx¿
* pGd"ng ug]{ nIo tf]lsPsf /f]ux¿sf] ef}uf]lns ljt/0f
* :yfg ljz]if÷;d"x ljz]ifdf kfOg] /f]ux¿ -Endemic Diseases\_

:yfg ljz]if ;DaGwL tYofÍx¿ x/]s jif{ cBfjlws ul/g]5 / ljlzi6 u'0f ePsf -Attribute\_ tYofÍx¿nfO{ q}dfl;s jf tL tYofÍ pknAw ePkl5 h'g;'s} ;dodf klg cBfjlws ul/Fb} nlug]5 . e"–;"rgfnfO{ cBfjlws ug]{ lhDd]jf/L ;DalGwt lhNnfsf] x'g]5 . o;sf nflu cfjZos kg]{ ;ˆ6j]o/ lhNnf ljsf; ;ldltaf6 k|fKt ug{ ;lsg]5 . k|To]s lhNnf :jf:Yo sfof{nonfO{ gofF  
:yflkt :jf:Yo ;+:yf / cfsfl:ds ?kdf km}lng] jf b]vfkg]{ /f]u ;DaGwL  
;"rgf ;Íng ug]{ k|of]hgsf nflu lh=lk=P;= -Globlal Positioning System\_ pknAw u/fOg]5 .

**(=^ :yfgLo sDKo'6/sf] ;~hfn -LAN\_**

cf}ifwL Joj:yf ljefun] cfˆgf] ejg leq} ;"rgfx¿ cfbfg k|bfg ug{sf nflu sDKo'6/sf] :yfgLo ;~hfn -Local Area Netwrok\_ lgdf{0f u/]sf]5 . :jf:Yo ;]jf ljefusf] klg cfˆg} sDKo"6/ ;~hfn 5, t/ o;nfO{ pNn]v ?kdf k'glg{df0f ug{ cfjZos 5 . cfo'j]{b ljefun] t xfn;Dd klg tYofÍ k|zf]wgdf sDKo'6/ ;d]t k|of]u u/]sf] 5}g . :jf:Yo ;]jf ljefu / cfo'j]{b ljefu Pp6} kl/;/ leq ePsfn] / sDKo'6/nfO{ hf]8\gsf nflu tf/ lj5\ofpg] sfd cfwf ;DkGg e};s]sfn] dGqfno, 6]s" kl/;/ leq cjl:yt :jf:Yo ;]jf ljefu / cfo'j]{b ljefusf ;a} dxfzfvf, s]Gb| tyf zfvfx¿nfO{ sDKo'6/sf] :yfgLo ;~hfnåf/f Ps cfk;df cfj4 ul/g]5 .

**(=& OG6/g]6df cfwfl/t :jf:Yo ;"rgf kf]6{nsf] ljsf;**

cfw'lgs k|ljlwn], vf; u/]/ OG6/g]6df cfwfl/t k|ljlwn] :jf:Yo ;"rgfsf k|of]ustf{x¿sf nflu pgLx¿n] rfx]sf] ;dodf / pko'Qm 9fFrfdf :jf:Yo ;"rgf k|fKt ug]{ Pp6f Jofjxfl/s tyf e/kbf]{ ;'ljwf k|bfg ub{5 . ctM ;j{;fwf/0f hgtf,  
:jf:Yo Joj;foL, cg';Gwfgstf{ tyf gLlt lgdf{tfx¿sf nflu cfjZos ;a}  
:jf:Yo ;"rgfx¿ pknAw u/fpg] p2]Zon] OG6/g]6df cfwfl/t :jf:Yo ;"rgf k4ltsf] -Internet Based Health Information Portal\_ ljsf; ul/g]5 .

:jf:Yo ;"rgf kf]6{nsf] Pp6f k|d'v p2]Zo gLlt lgdf{tf, of]hgfsf/, cg';Gwfgstf{, O{lk8]ldof]nf]lhi6 / cGo AolQm tyf lgsfosf] :jf:Yo ;"rgfsf] cfjZostf k'/f ug{ tYofÍLo ;"rgfdf pgLx¿sf] kx'+rnfO{ ;xh agfpg' /x]sf]5 . ;du| tYofÍdf ;fdfGo kx'+rsf nflu cgnfO{g -Online\_ dfkm{t tYofÍ pknAw u/fOg] 5 eg] lj:t[t cg';Gwfgsf nflu cfjZos kg]{ k[ySs/0f ul/Psf tYofÍx¿ k|of]u ug{sf nflu tYofÍssf] zf;sLo Joj:yf cg';f/ cg'dlt k|bfg ul/g]5 . :jf:Yo ;"rgf kf]6{nsf dfWodaf6 pknAw u/fOg] :jf:Yo ;"rgfdf gofF tyf lj:tfl/t kx'+rn] g} kl5 uP/ :jf:Yo P6n;sf] cfsf/ lng]5 . o;sf] ljsf; r/0fj4 ?kdf ul/g]5 / kl5 uP/ lhNnf / ufpF ljsf; ;ldlt ;Dddf pko'Qm tyf lj:t[t ;"rgf /fVg ;lsg] u/L o;nfO{ If]qLo :jf:Yo ;"rgf P6n;;Fu cfj4 ug]{ kl/sNkgf ul/Psf] 5 . OG6/g]6df cfwfl/t :jf:Yo ;"rgf kf]6{nsf] ljsf; sfo{nfO{ s]lGb|o tYofÍ ljefu, /fli6«o of]hgf cfof]u, :yfgLo ljsf; dGqfno, gfkL ljefu, lj1fg tyf k|ljlw dGqfno / lj1fg tyf k|ljlw k|1f k|lti7fg tyf cGo ;DalGwt lgsfox¿;Fu ;fem]bf/L u/]/ ;DkGg ul/g]5 .

:Jff:Yo ;"rgf kf]6{nåf/f /fli6«o tyf If]qLo :t/sf :jf:Yo ;"rgfdf kx'Fr pknAw ug'{sf cltl/Qm o; k4ltnfO{ cGo /fli6«o Pjd\ cGt/f{li6«o :jf:Yo ;"rgf k|0ffnL;Fu klg cfj4 ul/g]5 . /fli6«o :t/df, s]lGb|o tYofÍ ljefu4f/f ;+rflnt g]kfn–OGkmf] -Nepal-Info\_ / cGo ;/sf/L ljefux¿, ;DalGwt lgsfox¿, k|fl1s tyf cg';GwfgfTds ;+:yfx¿sf] ;"rgf k|0ffnL;Fu ;d]t :jf:Yo ;"rgf kf]6{nnfO{ cfj4 ul/g]5 . jftfj/0fLo tyf ;fdflhs If]q nufot cGo y'k|} tTjx¿;Fu :jf:Yosf]  
;DaGw x'g] ePsf]n] oL ;a} If]qx¿nfO{ Ps cfk;df cfj4 ug]{ sfo{ a9L vlr{nf] x'g] ck]Iff ug{ ;lsG5 . cGt/fli6«o :t/df cGo lgsfosf cltl/Qm ljZj :jf:Yo   
;+3sf] ;"rgf k|0ffnL;Fu :jf:Yo ;"rgf kf]6{nnfO{ cfj4 ul/g]5 .

**(=\* ;"rgfsf ;|f]tx¿**

;"rgf s]Gb| tyf k':tsfnosf] :yfkgf ug]{ cjwf/0ffnfO{ :jf:Yo If]qdf klg nfu' ul/g]5 . k|To]s :jf:Yo ;+:yfn] ;"rgfsf ;|f]t ;fdfu|Lx¿ ;Íng u/]/ ;'/lIft /fVg tyf ;"rgf k|bfg ug{sf nflu Pp6f lglZrt :yfgsf] Joj:yf ug]{5 . ljleGg :jf:Yo sfo{qmdsf] Joj:yfkgdf k|ToIf?kdf pkof]uL x'g] ;"rgfsf ;|f]t  
;fdfu|Lx¿ h:t}M lSnlgsn k|f]6f]sn, /f]uLsf] kl/efiff, lgb]{lzsf tyf Dofg'onx¿, cw{jflif{s tyf jflif{s k|ltj]bgx¿ ;Dk"0f{ :jf:Yo ;+:yfx¿nfO{ pknAw u/fOg]5 .

**(=( :yfgLo k|of]usf nflu /fli6«o:t/sf tYofÍ cfjZostf cg';f/ pknAw**

**u/fpg] Joj:yf**

/fli6«o :jf:Yo ;"rgf s]Gb|n] /fli6«o hgu0fgf, ljleGg ;e]{If0f tyf cg';Gwfg4f/f ;+Íng ul/Psf :jf:Yo;Fu ;DalGwt tYofÍx¿ cfjZostf cg';f/ k|To]s lhNnf :jf:Yo ;"rgf a}+snfO{ pknAw u/fpg]5 . oL tYofÍx¿nfO{ ;Dej eP;Dd lj:t[t ?kdf k[ySs/0f ul/g]5 .

**!)= :jf:Yo ;"rgfsf] u'0f:t/ ;'lglZrt ug]{ Joj:yf**

:jf:Yo ;"rgfsf] dfkb08 lgwf{/0f, u'0f:t/ lgoGq0f / ;du|df ;"rgfsf] k|of]usf] /]vb]v ug]{ lhDd]jf/L /fli6«o :jf:Yo ;"rgf gLlt ;ldltsf] x'g]5 . ;"rgfsf] k|of]u sltxb;Dd ePsf]5 eGg] n]vfhf]vf ug{ / ;'wf/sf pkfox¿ PsLg ug{ cfjlws ?kdf o;sf] d"NofÍg ul/g]5 . :jf:Yo ;"rgfsf] u'0f:t/ / k|of]udf ;'wf/ Nofpg] l;nl;nfdf ckgfOg] d'Vo /0fgLlt lgDgfg';f/ x'g]5g\ M

**!)=! tflnd**

:jf:Yo ;"rgfsf] ;du| Joj:yfkg ;DaGwL :jf:YosdL{sf] 1fg / ;Lksf] :t/nfO{ j[l4 ug{sf nflu pko'Qm tflnd Kofs]h tof/ u/]/ tflnd sfo{qmd ;+rfng ul/g]5 .

**!)=!=! ;]jf k"j{ lzIff÷tflnd kf7\oqmdx¿df :jf:Yo ;"rgf k|0ffnL**

:jf:Yo ;DaGwL ;a} k|sf/sf ;]jf k"j{ lzIff / tflnd kf7\oqmdx¿df  
:jf:Yo ;"rgf k|0ffnLnfO{ ;dfj]z ul/g]5 / ;"rgf, cg'udg tyf d"NofÍg ljifosf nflu kof{Kt ;do -Credit Hour\_ 5'6\ofOPsf] 5 eGg] ;'lglZrt ug{sf nflu lg/Gt/ ?kdf cg'udg ul/g]5 .

**!)=!=@ 5f]6f] cjlwsf tflnd sfo{qmd**

:jf:Yo ;"rgf k|0ffnL ljifosf] ljz]if tflnd Kofs]h tof/ ul/g]5 / ;/sf/L, u}/ ;/sf/L Pjd\ lghL If]qsf :jf:Yo Joj;foLx¿sf nflu tflnd sfo{qmd ;+rfng ul/g]5 .

**!)=!=# cEof;df cfwfl/t tflnd**

;"rgfsf] Joj:yfkg tyf k|of]udf ;}4flGts lzIffsf] k|efj Hofb} sd x'G5 eGg] s'/f cg'ejn] b]vfO;s]sf] 5 . To;sf/0f lhNnf / :jf:Yo ;+:yf :t/df PsLs[t ;'k/Lj]If0f tflndsf cltl/Qm cfjZostf x]/]/ ;"rgfsf] Joj:yfkg ;DaGwL cEof;df cfwfl/t ljz]if tflnd ;+rfng ul/g]5, h;df k|lzIffyL{x¿n] ;"rgf clen]v ug]{, ljZn]if0f ug]{ tyf k|of]u ug]{ k|s[ofdf :jod\ ;+nUg eP/ Jojxfl/s ?kdf 1fg / ;Lk l;Sg ;Sg]5g\ .

**!)=@ PsLs[t ;'k/Lj]If0f**

;"rgfsf] u'0f:t/ / k|of]udf ;'wf/ Nofpgsf nflu ckgfOg] ljljw /0fgLltx¿ dWo] Pp6f /0fgLlt PsLs[t ;'k/Lj]If0f x'g]5 . ;"rgf k|0ffnLn] ljleGg :jf:Yo sfo{qmdsf ;a} kIfx¿nfO{ k"0f{?kdf ;d]6]sf] ;'lglZrt ug{sf nflu r]slni6 k|of]u u/]/ PsLs[t ;'k/Lj]If0f ul/g]5 . ;'k/Lj]If0fdf k|of]u ePsf r]slni6x¿ cfjZos sf/jfxLsf nflu dflyNnf] txsf] lhDd]jf/ clwsf/L jf lgsfodf k]z ul/g]5 . PsLs[t ;'k/Lj]If0faf6} ;"rgf ;Dkfbg ÷k/LIf0f ug]{ sfo{ ;d]t ;DkGg ul/g]5 .

**!)=# nfeflGjt x'g] lgsfo tyf JolQm÷gful/s ;dfhsf] ;+nUgtf**

:jf:Yo ;]jf k|0ffnLsf ;a} txaf6 :jf:Yo ;]jfsf] se/]h tyf :jf:Yosf] :t/ c'gudg ug]{ sfo{df :Jff:Yo ;]jfaf6 nfeflGjt x'g] lgsfo tyf gful/s ;dfhnfO{  
klg ;+nUg u/fOg]5 . ufpF ljsf; ;ldlt, gu/kflnsf, :jf:Yo ;+:yf Joj:yfkg ;ldlt, lhNnf;ef / k|ltlglw;efsf] :jf:Yo ;ldltnfO{ cfˆgf] If]qsf] :jf:Yo l:ylt ;DaGwL hfgsf/L k|bfg ug{ ;DalGwt txaf6 k|sflzt ul/g] cw{jflif{s :jf:Yo j'n]l6g / jflif{s k|ltj]bg pknAw u/fOg]5 .

**!)=$ sfo{ ;Dkfbgsf cfwf/df jh]6 ljlgof]hg**

jh]6 ljlgof]hgsf nflu s]xL lgwf{l/t ;'qx¿ k|of]u ul/Fb} cfPsf] 5 . ;]jf k'¥ofpg' kg]{ hg;ª\Vof, ;dfwfg ug'{kg]{ :jf:Yo ;d:ofsf] cfsf/ tyf kl/df0f / dfgjLo ljsf;sf ;"rfÍx¿ lglZrt ?kdf jh]6 ljlgof]hgsf k|d'v cfwf/ x'g]5g\ . tyflk, lhNnf / ljleGg txsf c:ktfnx¿nfO{ jflif{s jh]6 ljlgof]hg ubf{ tL lgsfox¿sf] sfo{ ;DkfbgnfO{ klg cfwf/ agfOg]5 .

**!)=% sfo{ ljj/0f**

:jf:Yo ;"rgfsf] Joj:yfkg / :jf:Yo ;]jfsf] of]hgf th'{df tyf Joj:yfkgdf ;"rgfsf] k|of]u ug]{ b[li6sf]0faf6 ;/sf/L If]qsf ;a} :jf:YosdL{ tyf ;xof]uL sd{rf/Lx¿sf] sfo{ ljj/0fnfO{ ;+zf]wg ul/g]5 . pgLx¿n] cfˆgf] sfo{ ljj/0fnfO{ plrt 9+uaf6 a'em]sf 5g ÷5}gg / k|of]udf NofPsf 5g ÷5}gg eGg] s'/fsf] cg'udg PsLs[t ;'k/Lj]If0fsf] ;dodf ul/g]5 .

**!)=^ lghLIf]qsf :jf:Yo ;+:yfsf] k|dfl0fs/0f tyf O{hfht k|bfg**

;Dk"0f{ u}/ ;/sf/L / lghL lSnlgs tyf c:ktfnn] cfkm'n] k|bfg ug]{ ;]jfsf] clgjfo{ ?kdf clen]v /fVg] tyf k|ltj]bg k]z ug]{ sfo{nfO{ sfg'g4f/f clgjfo{ ul/g]5 . pkrf/df ;+nUg ;Dk"0f{ :jf:Yo sdL{n] ;/sf/L :jf:Yo clwsfl/nfO{ hgfpm lbg'kg]{ /f]usf] k|ltj]bg tf]lsPsf] 9fFrfdf k]z ug'{kg]{5 . o;af6 :jf:Yo If]qsf] ;"rgfx¿ cem a9L oyfy{ / k|of]u ug]{ of]Uo x'g]5g\ . ;/sf/L tyf lghL If]qsf ;a} :jf:Yo ;+:yfsf] Ohfht–kq gjLs/0fsf nflu tL :jf:Yosf] k|dfl0fs/0f ePs} x''g' kg]{5 . ;fy} tf]lsP cg';f/ ;]jfsf] k|ltj]bg ug]{ sfo{nfO{  
;d]t :jf:Yo ;+:yfsf] gljs/0f ug]{ cfwf/sf ?kdf lnOg]5 .

**!)=& tYofÍ ;Dkfbg tyf ;Totf lg?k0f ug]{**

:jf:Yo ;]jfsf] se/]h / ;Dk"0f{tf tyf ;"rgfsf] j}wtf PsLg ubf{ ckgfOg] k|s[of tyf ;fdlostf / ;"rgfsf] k|of]u tyf k|;f/0fsf] b[li6sf]0faf6 ;d]t ;"rgfsf] u'0f:t/sf] n]vfhf]vf ug{sf nflu k|To]s :jf:Yo ;+:yfsf tYofÍnfO{ jflif{s ?kdf  
;Dkfbg ul/g]5 . /fli6«o ;"rgfsf] u'0f:t/ k|m]djs{ leq} /x]/ /fli6«o :jf:Yo ;"rgf s]Gb| / lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldltn] jflif{s ?kdf tYofÍ ;Dkfbg ultljlw ;+rfng ug]{5g\ .

**!)=\* kmLlt{ hfgsf/L**

:jf:Yo ;]jf k|0ffnLsf ljleGgtxaf6 ;DalGwt :jf:Yo ;+:yfnfO{  
lgoldt ?kdf k|bfg ul/g] kmLlt{ hfgsf/L cGt/ut tYofÍsf] u'0f:t/ ;DaGwL hfgsf/LnfO{ ;d]t ;dfj]z ul/g]5 .

**!!= /0fgLlt sfof{Gjog ug{sf nflu rflxg] ;|f]t÷;fwg**

k|:t't /0fgLlt g]kfn :jf:Yo If]q sfo{qmd–sfof{Gjog of]hgf, @))$–@))(, s} Pp6f cleGg cË xf] . o;nfO{ sfof{Gjog ug{sf nflu ljBdfg sfg'g, ;+u7gfTds 9fFrf, Joj:yfkg cflb If]qdf y'k|} kl/jt{gx¿ ug'{kg]{ cfjZostf 5 . o;n] ubf{ :jf:YoIf]qsf nflu pNn]Vo?kdf r'gf}ltx¿ k|:t't x'g]5g\ / Joj:yfksLo k|s[ofdf k|efjsf/L kl/jt{g ug{ ljz]if dxTjk"0f{ x'g]5 . o; /0fgLltsf] ;kmntf s]lGb|o :t/df /0fgLlt sfof{Gjog ug{ bIf tyf ;jn lgsfosf] Joj:yf / lhNnf tyf :yfgLo txdf /0fgLltsf] k|efjsf/L sfof{GjognfO{ ;'lglZrt ug{ ;lsg] lsl;dsf] ;+oGqdf lge{/ ub{5 . tn pNn]v ul/P cg';f/ hgzlQmsf] Ifdtf ljsf;, ;"rgf k|ljlwsf] k|of]u / Joj:yfkgdf ;'wf/ tyf kl/jt{g, cflb s'/fx¿ /0fgLltsf] ;kmn sfof{Gjogsf nflu clt cfjZos 5g\ .

**!!=! ;+/rgfsf] cfjZostf**

k|:t't /0fgLltsf] sfof{GjognfO{ ;xof]u k'¥ofpgsf nflu y'k|} ;+/rgfTds ljsf;sf] cfjZostf kb{5 . lsgeg] /0fgLltsf ;Dk"0f{ cfoflds ultljlwx¿ ;DkGg ug{sf nflu :ki6 tyf ;Ifd ;+oGq cltcfjZos x'G5 . /fli6«o :jf:Yo ;"rgf s]Gb|n] /0fgLlt sfof{Gjogsf ;Dk"0f{ k|s[ofdf g]t[TjbfoL e"ldsf lgjf{x ug'{kg]{5 / of] g} s]lGb|o :t/sf] k|d'v lhDd]jf/ dfu{bz{s lgsfo x'g] ePsfn] o;nfO{ ;zQm agfpg clt dxTjk"0f{ 5 . :jf:Yo ;]jf ljefu cGt/utsf] :jf:Yo Joj:yfkg ;"rgf zfvfsf] :t/ j[l4 ug]{ sfo{ /0fgLlt sfo{Gjogsf] lbzftkm{ rflng] klxnf] sbd x'g]5 . pQm zfvfsf] :t/ j[l4sf nflu cfjZos ;a} ef}lts ;'ljwfx¿ pknAw u/fOg]5 .

**!!=@ hgzlQmsf] cfjZostf**

k|:t't /0fgLlt sfof{Gjogsf nflu :jf:Yo If]q ;"rgfsf] ljsf;nfO{ ;xof]u k'¥ofpg ;Ifd / pko'Qm ;Lk tyf tflnd k|fKt hgzlQmsf] pknAwtf Hofb} dxTjk"0f{ 5 . o; /0fgLltdf pNn]lvt sfdx¿ ;DkGg ug{ ;Sg] lsl;daf6 :jf:Yo  
;]jf k|0ffnLsf] Ifdtf j[l4 ug{sf nflu hgzlQm ljsf;df pNn]Vo kl/df0fdf tyf lg/Gt/ ?kdf cfly{s tyf k|fljlws ;|f]t nufgL ug'{ kg]{5 . hgzlQmsf] cfjZostf kl/k"lt{ ug]{ l;nl;nfdf lgDg sfo{x¿ ;DkGg ul/g]5 M

* /fli6«o :jf:Yo ;"rgf s]Gb|df pRr Ifdtf ePsf JolQmx¿ ;lDdlnt ;fgf] cfsf/sf] 6f]nLsf] Joj:yf
* lhNnfdf ;+rflnt ;/sf/L / lghL :jf:Yo ;+:yfsf] ;ª\Vof / c:ktfnaf6 k|bfg ul/g] ;]jfsf] kl/df0f cg';f/ tYofÍ ;xfos / d]l8sn /]s8{/sf] kb ldnfg
* k|To]s lhNnf / ;]lG6gn c:ktfnsf nflu yk ! hgf tYofÍ ;DaGwL sfd ug]{ sd{rf/LnfO{ tflnd
* ;"rgf ;+Íng, ljZn]if0f, k|ltj]bg nufotsf ;"rgf Joj:yfkg sfo{df ;+nUg x'g] sd{rf/LnfO{ tflnd

**!!=# ;"rgf zf;g Joj:yfsf] cfjZostf**

;"rgfsf] ;d'lrt Joj:yfkg -;+Íng, ljZn]if0f, k|;f/0f\_ / ;Dk"0f{ :jf:Yo If]qdf ;"rgfsf] k|of]u ug{] sfo{df ;xfos x'g] lsl;daf6 :ki6 sfg'gL tyf zf;g Joj:Yffsf] cfjZostf ePsfn] o;sf] pko'Qm 9fFrf tof/ ul/g]5 .

**!!=$ cfly{s ;|f]tsf] cfjZostf**

ljleGg bftfx¿n] cfˆgf] ?rL cg';f/ s'g} vf; ultljlwnfO{ dfq cfly{s ;xof]u lbg] jt{dfg k|0ffnLsf] ;§f ;Dk"0f{ ;"rgf k|0ffnLsf nflu af:s]6 km08sf] Joj:yf u/]/ jt{dfg ljvl08t ah]6 k|0ffnLnfO{ /fli6«o PsLs[t tyf lj:t[t k|0ffnLsf] ?kdf ljsl;t ug{ ;lsG5 . jt{dfg ljvl08t k|0ffnLnfO{ lhNnfdf cfwfl/t lj:t[t tyf PsLs[t /fli6«o :jf:YoIf]q ;"rgf k|0ffnLdf kl/0ft ug{sf nflu s"n !(,%(,%&) cd]l/sL 8n/ vr{ x'g] cg'dfg 5 . tnsf] tflnsfdf kfFr jif{sf nflu nfUg] jflif{s vr{sf] cg'dfg lbOPsf]5 .

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| kfFr jif{sf nflu cg'dflgt vr{ -;/sf/L sd{rf/Lsf] tnj afx]s\_ -cd]l/sL 8n/df\_ | | | | | |
| @))% | @))^ | @))& | @))\* | @))( | hDdf |
| ##^)) | ^!@%\*^ | @^\*!#% | !)!#((( | #!@%) | !(%(%&) |

**!@ sfo{of]hgf**

o; /0fgLltsf ultljlwx¿ qmlds ?kdf ;+rfng j[l4 u/]/ /0fgLltnfO{  
sfof{Gjog ul/g]5 / sfof{Gjogsf nflu cfjZos kg]{ ;"rgf ;+/rgf tyf k|s[ofsf] ljsf; sfo{nfO{ k|fyldstf lbOg]5 . ;"rgfdf kx'Fr j[l4 / pknAw ;"rgfsf] cem /fd|f] k|of]u ug]{ s'/fdf ;'wf/ Nofpg] sfo{nfO{ klg a9L hf]8 lbOg]5 . lSnlgsn zAb tyf lSnlgsn sf]l8Ë / juL{s/0f k4ltsf] dfkb08sf] ljsf; k|:t't /0fgLlt sfof{Gjosf] nflu d'ne"t k"jf{jZostf xf] . ctM o; sfo{nfO{ cuf8L a9fpgsf nflu /fli6«o :jf:Yo ;"rgf gLlt ;ldltsf] oyf;+ej rf8f] u7g x'g clt cfjZos 5 . ;"rgfsf] zf;g Joj:yfsf] 9fFrf, h;n] /0fgLltsf] ;di6Lut sfof{Gjogdf ;xof]u k'¥ofpg]5, :jf:Yo ;"rgf P]gn] k|bfg u/]sf] sfg'gL cfwf/df tof/ ul/g]5 . PsLs[t / lj:t[t tyf ;Dk"0f{ :jf:Yo ;"rgf k|0ffnLnfO{ ;g\ @))( ;Dddf d'n'sel/ g} k"0f{?kdf nfu' ul/g]5 . cg';"rL @ df pNn]v ul/Psf ultljlw / tL ultljlw ;+rfngsf] ;do tflnsf tyf To;sf nflu k|:tfljt jh]6n] /0fg}lts dfu{bz{g dfq k|bfg ub{5 . lj:t[t ljj/0f ;lxtsf] jflif{s sfo{of]hgf eg] k|To]s jif{ tof/ ug'{kg]{5 . o; v08df /0fgLltnfO{ sfof{Gjog ug]{ l;nl;nfdf  
;DkGg ug'{kg]{ sfo{ / ultljlw -Action and Activity\_ af/] lj:t[t?kdf pNn]v ul/G5 .

**sfo{ !M** :jf:Yo If]qsf k|d'v /fli6«o ;"rs nufot PsLs[t tyf lj:t[t /fli6«o :jf:Yo If]q ;"rgf /0fgLltnfO{ cg'df]bg ug]{ .

g]kfn ;/sf/af6 cg'df]bg ul/Pkl5 o; /0fgLltn] cflwsfl/s x}l;ot k|fKt ug]{5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | /0fgLlt cg'df]bgsf] k|s[of ;'? ug]{ | Joj:yfkg dxfzfvf :jf:Yo,  ;]jf ljefu | – |  |
| @ | ;Da4 dGqfnox¿;Fu clGtd k/fdz{ ug]{ | :jf:Yo tyf hg;ª\Vof dGqfno | – |  |
| # | dGqL kl/ifbaf6 :jLs[t u/fpg] | :jf:Yo tyf hg;ª\Vof dGqfno | – |  |

**sfo{ @M** :jLs[t /0fgLltaf/] hfgsfl/ u/fpg]÷k|;f/ ug]{

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | /0fgLltnfO{ g]kfnLdf cg'jfb ug]{ | Joj:yfkg dxfzfvf, :jf:Yo  ;]jf ljefu | !)))=)) |  |
| @ | /0fgLlt 5kfO ug]{ | Joj:yfkg dxfzfvf, :jf:Yo  ;]jf ljefu | !#%)=)) |  |
| # | != ;Da4 dGqfno ;dIf hfgsf/Lsf nflu k|:t't ug]{  @= ;Da4 j}b]lzs ;+:yfx¿sf] hfgsfl/sf nflu k|:t't ug] | Joj:yfkg dxfzfvf, :jf:Yo  ;]jf ljefu | ())=)) |  |

**sfo{ #M** :jf:Yo tyf hg;ª\Vof dGqfnodf /fli6«o :jf:Yo ;"rgf gLlt ;ldlt u7g / /fli6«o :jf:Yo ;"rgf s]Gb| :yfkgf ug]{

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | /fli6«o :jf:Yo ;"rgf gLlt  ;ldlt / /fli6«o :jf:Yo ;"rgf s]Gb|sf] u7g k|s[of z'? ug]{ | Joj:yfkg dxfzfvf :jf:Yo  ;]jf ljefu | – |  |
| @ | ;DalGwt sd{rf/Lx¿ v6fpg] | :jf:Yo tyf hg;ª\Vof dGqfno |  |  |
| # | /fli6«o :jf:Yo ;"rgf s]Gb|sf] nflu pks/0f / kmlg{r/ cflbsf] Joj:yfkg ug]{ | :jf:Yo tyf hg;ª\Vof dGqfno | !@))) |  |
| $ | /fli6«o :jf:Yo ;"rgf s]Gb|sf sd{rf/LnfO{ tflnd lbg] | :jf:Yo tyf hg;ª\Vof dGqfno | !))))) |  |

**sfo{ $M** tYofÍ ;Íng, cg'udg tyf k|ltj]bg ;fdfu|L / k|lzIfs lgb]{lzsf tyf tflnd Kofs]hsf] ljsf; Pjd\ ;+zf]wg ug]{

:jf:Yo If]qsf :jLs[t k|d'v ;"rsx¿sf] cfwf/df dfq ;"rgfsf] cfjZostf lgwf{/0f ul/g]5 . ;"rgf ;Íng / k|ltj]bg kmf/ddf ;"rssf] u0fgf ug{sf nflu cfjZos ;a} tYofÍx¿ ;dfj]z ul/g'k5{ . xfn} dfq k|of]udf NofOPsf tYofÍ ;Íng tyf k|ltj]bg kmf/fdx¿df ;dfj]z ul/Psf tYofÍx¿ xfn b]lvPsf gofF gofF cfjZostf cg';f/ gx'g ;S5g\ . ctM lgDglnlvt ljifo;Fu ;DalGwt tYofÍ ;Íng tyf k|ltj]bg ;fdfu|Lx¿nfO{ ;+zf]wg ul/g]5 tyf gofF ;fdfu|Lsf] ljsf; ul/g]5 M

!= :jf:Yo ;]jfx¿ -cfw'lgs÷cfo'j]{b–;/sf/L lghL\_

@= /f]u ;le{n]G; -;L3| r]tfjgL tyf k|lts[ofsf nflu ;"rgf ;Íng / ;]lG6gn\_

#= ;/;fdfg tyf cfk"lt{

$= hgzlQm

%= ef}lts ;DklQ

^= lalto

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | ;"rgf Joj:yfkg ;fdfu|L / tflnd Kofs]hsf] ;+zf]wg tyf ljsf; ug{ k|fljlws ;d"x u7g ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |
| @ | k/fdz{ bftf lgo'Qm ug]{ | :jf:Yo tyf hg;ª\Vof dGqfno | #)))=)) |  |
| #= | ;]lG6gn k|of]hg nufot ;Dk"0f{ :jf:Yo If]qsf] ;"rgfsf] Joj:yfkg ;DaGwL gofF  ;+zf]lwt ;fdfu|L / tflnd Kofs]hsf] ljsf; ug]{ | k|fljlws ;d"x | !@))=)) |  |
| $ | ;+zf]lwt ;fdfu|LnfO{ k"j{  k/LIf0f u/]/ clGtd ?klbg] | k|fljlws ;d"x / /fli6«o :jf:Yo ;"rgf s]Gb| | !#%)=)) |  |
| % | ;+zf]lwt ;fdfu|Lx¿ 5kfO{ ug]{ | :jf:Yo tyf hg;ª\Vof dGqfno | \*%))=)) |  |
| ^ | ;+zf]lwt ;fdfu|Lsf] k|of]ufTds k/LIf0f ul/g] lhNnfdf k|d'v k|lzIfs tflnd ;+rfng ug]{ | Joj:yfkg dxfzfvf, /fli6«o :jf:Yo tflnd s]Gb|, /fli6«o  :jf:Yo ;"rgf s]Gb| | %)))=)) |  |

**sfo{ %M** 5gf]6 ul/Psf lhNnf / ;]l06gn k|ltj]bg ug'{kg]{ c:ktfnx¿df :jf:Yo ;"rgf k|0ffnLsf] k|of]ufTds k/LIf0f ug]{

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | # lhNnfx¿ 5gf]6 ug]{ | /fli6«o :jf:Yo  ;"rgf s]Gb| | – |  |
| @ | lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt u7g ug]{ | /fli6«o :jf:Yo  ;"rgf s]Gb| | #))=)) |  |
| # | lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldltsf kbflwsfl/sf] cled'vLs/0f÷ tflnd ;+rfng ug]{ | /fli6«o :jf:Yo  ;"rgf s]Gb| | !#))=)) |  |
| $ | cfjZos sd{rf/L v6fpg] | /fli6«o :jf:Yo  ;"rgf s]Gb| | – |  |
| % | s= k|of]ufTds k/LIf0f ul/g] lhNnfsf tf]lsPsf lhDd]jf/ sd{rfl/nfO{ -focal person\_ k|lzIfs tflnd lbg]  v= lhNnf :t/ / cGt/utsf  :jf:Yo sd{rfl/x¿nfO{ tflnd lbg] | /fli6«o :jf:Yo  ;"rgf s]Gb| | !@,)))=)) |  |
| ^ | ;DalGwt sd{rfl/nfO{ sDKo'6/ tflnd lbg] | /fli6«o :jf:Yo  ;"rgf s]Gb| | %)))=)) |  |
| & | lhNnfsf] nflu cfjZos pks/0f÷kmlg{r/sf] Joj:yf ug]{ | /fli6«o :jf:Yo  ;"rgf s]Gb| | #),)))=)) |  |

**sfo{ ^M** k|of]ufTds k/LIf0f ul/g] lhNnfdf tYofÍ ;Íngsf nflu s'l/o/ k|0ffnL :yfkgf ug]{

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | s'l/o/ k|0ffnL ljsf; ug]{ | lhNnf÷/fli6«o  :jf:Yo ;"rgf s]Gb| | %))=)) |  |
| @ | s'l/o/ k|0ffnLnfO{ sfof{Gjog ug]{ | lhNnf÷/fli6«o  :jf:Yo ;"rgf s]Gb| | ()))=)) |  |

**sfo{ &M** k|of]ufTds k/LIf0f ul/g] lhNnfdf ;'k/Lj]If0f tyf cg'udg ;+oGq :yflkt ug]{

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | ;'k/Lj]If0f of]hgf k]z ug]{  -/fli6«o :jf:Yo ;"rgf s]Gb|af6 lhNnfdf / lhNnfaf6 cGt/utsf :jf:Yo ;+:yfdf\_ | lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt÷ /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |
| @ | ;'k/LIf0f of]hgfnfO{ sfof{Gjog ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | %)))=)) |  |
| # | ;'k/Lj]If0f k|of]hgsf nflu ufl8 pknAw u/fpg] | :jf:Yo tyf hg;ª\Vof dGqfno | %),)))=)) |  |

**sfo{ \*M** k|of]ufTds k/LIf0f sfo{qmd nfu' ul/Psf lhNnfsf] cg'udg tyf d'NofÍg ug]{

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | k|of]ufTds k/LIf0f sfo{qmd nfu" ul/Psf lhNnfdf q}dfl;s ;ldIff ug]{ | lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt÷ /fli6«o :jf:Yo ;"rgf s]Gb| | %)))=)) |  |
| @ | k|of]ufTds k/LIf0f sfo{qmd nfu" ul/Psf lhNnfdf ^÷^ dlxgfdf tYofÍsf] ;Totf lg?k0f ug]{ | lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt÷ /fli6«o :jf:Yo ;"rgf s]Gb| | %)))=)) |  |
| # | jflif{s ;ldIff uf]i7L ug]{ | lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt÷ /fli6«o :jf:Yo ;"rgf s]Gb| | %)))=)) |  |
| $ | jfx|o k/fdz{ bftf 4f/f clGtd d'NofÍg ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | #)))=)) |  |
| % | d'NofÍgsf] lgis{if / l;kmfl/;x¿nfO{ :jf:Yo ;"rgf k|0ffnLdf ;dflji6 ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | #)))=)) |  |

**sfo{ (M** :jf:Yo Joj:yfkg ;"rgf k|0ffnLnfO{ ;dfj]z u/]/ :jf:Yo ;DaGwL ;a} k|sf/sf tflnd kf7\oqmdx¿ ljsf; ug]{ -;]jf k"j{, ;]jfsflng tflnd\_

lgDglnlvt :jf:YosdL{x¿sf] nflu tflnd kf7\oqmd ljsf; ubf{ Olk8]ldof]nf]hL tyf kf7\oqmd ljsf; ;DaGwL tflnd k|fKt u/]sf hg:jf:YosdL{x?sf] ;]jfnfO{ pkof]u ul/g]5 M

* ;d'bfodf cfwfl/t :jf:Yo sfo{stf{ h:t}M u|fdL0f :jf:Yo sfo{stf{, dft[lzz' sfo{stf{ O{Toflb
* kf/fd]l8sn :jf:Yo sfo{stf{ h:t}M cx]j, x]Ny cl;:6]06 OToflb
* hg:jf:Yo Joj;foLx¿ h:t}M hg:jf:Yo clws[t, hg:jf:Yo k|zf;s, j}B, slj/fh OToflb
* gl;{Ë Joj;foLx¿–cgld b]lv gl;Ë ljifodf :gftsf]Q/ ptL0f{ u/]sf g;{x¿
* lrlsT;sx¿ h:t}M Pd=lj=lj=P;= lj=P=Pd=P;= pQL0f{ u/]sf lrlsT;sx¿
* kmfdf{l;i6x¿
* d]l8sn k|ljlwsf sd{rfl/x?
* cGo :jf:Yo sd{rfl/x¿ -cfjZostf cg';f/\_
* sfo{qmd ;'k/Lj]Ifsx¿ -kl/jf/ lgof]hg ;xfos, lhNnf Ifo÷s'i6 ;xfos OToflb\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | ljleGg :jf:Yo sdL{sf] tflnd cfjZostf klxrfg ug{ / ljlzi6 k|sf/sf] tflnd cfjZostf k'/f x'g] lsl;daf6 tflnd kf7\oqmd ljsf; ug{sf nflu k/fdz{bftf lgo'lQm ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | %)))=)) |  |
| @ | kf7\oqmd ljsf; ug]{ | k/fdz{bftf |  |  |
| # | ;DalGwt ;a} lgsfonfO{ kf7\oqmd pknAw u/fpg] -5kfO{ ug]{\_ | /fli6«o :jf:Yo ;"rgf s]Gb| | !)))=)) |  |

**sfo{ !)M** ;a} k|sf/sf ;]jf k"j{ lzIff tyf tflnd sfo{qmddf ;"rgf Joj:yfkg ljifo ;dfj]z ul/Psf] kf7\oqmd nfu' ug]{

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qmd  ;ª\Vof | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do  ;Ldf |
| ! | :jf:Yo tflnd ;~rfng ug]{ ;+:yfx¿nfO{ ;DaGwg k|bfg ug]{ cGo ljZj ljBfnox¿ / lzIff zf:q cWoog ;+:yfg, k|fljlws lzIff tyf Joj;flos tflnd s]Gb|, sf7df08f}+ ljZj ljBfno / k"jf{~rn ljZj ljBfnosf kbflwsfl/x¿nfO{ ;dfj]z u/]/ uf]i7L cfof]hgf ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | !)=))) |  |
| @ | tflnd k|bfg ug]{ ;+:yfn] kf7\oqmdnfO{ sfof{Gjog u/], gu/]sf] cg'udg lzIff dGqfno dfkm{t u/fpg] | /fli6«o :jf:Yo ;"rgf s]Gb| |  |  |

/fli6«o :jf:Yo ;"rgf s]Gb|n] lzIff dGqfno dfkm{t kf7\oqmd nfu' u/fpg]5 . tflndsf] u'0f:t/ /fd|f] agfO/fVg lg/Gt/ cg'udgsf] cfjZostf kg]{5 .

**sfo{ !!M** lhNnf, If]q / s]lGb|o txdf ;"rgfsf] Joj:yfkgsf nflu -;+Íng, ljZn]if0f, k|ltj]bg\_ sDKo'6/ sfo{qmd cGt/ut -Soft ware\_ sf] ljsf; ug]{ .

lhNnf / ;]lG6gn ;le{n]G; :ynx¿sf nflu b'O{ leGg leGg k|sf/sf ;ˆ6j]o/sf] cfjZostf kg]{5 . lhNnfn] tYofÍnfO{ sDKo'6/df /fVg, k|ltj]bg tof/ ug{ / If]qLo :jf:Yo lgb]{zgfno, ;DalGwt sfo{qmd dxfzfvf tyf /fli6«o :jf:Yo ;"rgf s]Gb|df tYofÍ k7fpgsf nflu ;zQm (Robust) ;ˆ6j]o/sf] cfjZostf kg]{5 . o; cfjZostfnfO{ blIf0f clk|msfdf ljut !) jif{sf] cjlwdf ljsl;t ul/Psf] ;ˆ6j]o/nfO{ cg's"n ;+of]hg ;lxt pkof]u u/]/ ;Daf]wg ug{ ;lsG5 . j]:6g{ s]k ljZjljBfnon] ;+o'Qm /fHo cd]l/sf / gj]{nL ;+:yfgsf] k|fljlws tyf cfly{s ;xof]udf g]kfn h:tf d'n'ssf nflu cg's"n x'g] / w]/} lsl;dsf] sfddf k|of]u ug{ ;lsg] ul/ of] ;ˆ6j]o/sf] ljsf; u/]sf]5 . of] ;ˆ6j]o/nfO{ dnflj, df]hflDjs / ef/t h:tf w]/} d'n'sx¿n] pkof]u ul/;s]sf5g\ . o;df ufpF ljsf; ;ldlt, lhNnf / If]q cg';f/ 5'l§g] u/L tYofÍ /fVg ;lsG5 / o;nfO{ e'–;"rgf k|0ffnL;Fu cfj4 ug{ klg ;lsG5 . of] ;ˆ6j]o/n] y'k|} k|ltj]bgx¿ tof/ ug{;S5, tNnf] txaf6 tYofÍ cfoft ug{ tyf tYofÍLo cfwf/df -Database\_ ldnfP/ /fVg ;S5 / k'/} cyjf s]lx tYofÍnfO{ s'g} klg 7fpFdf k7fpg ;S5 .

o; ;ˆ6j]o/df Ifo/f]u lgoGq0f sfo{qmdsf] j]Un} df]8\o'n 5 / pQm df]8\o'nnfO{ s'i7/f]u lgoGq0f sfo{qmdsf nflu ;d]t k|of]u ug{ ;lsG5 . tYofÍdf kx'Frsf nflu tYofÍLo cfwf/ ljsf; ug]{ sfddf cg'ej k|fKt ;ˆ6j]o/ k|fljlwsn] o;nfO{ g]kfnsf nflu cg's"n x'g] lsl;daf6 ;dfof]hg ug{ ;S5g\ . of] ;ˆ6j]o/ lgz'Ns pknAw x'G5, y'k|} k|fljlws tyf cfly{s nufgL u/]/ o;nfO{ w]/} jif{;Dd k/LIf0f ul/Psf] 5 / o;nfO{ w]/} lsl;dsf] sfddf pkof]u ug{ ;lsG5 . ;fy} xfn} dfq ljsl;t ul/Psf s'g} klg gofF ;ˆ6j]o/df eGbf o;df lgs} sd ;d:of pTkGg x'G5g\ .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | ;"rgfdf kx'Fr k'¥ofpg], k|ltlqmof k|bfg ug]{ cflb (Access, Oracle etc.) ljifo ;DaGwL ;ˆ6j]o/ ljsf; ug]{ sfddf k|z:t cg'ej k|fKt u/]sf] k/fdz{bftf klxrfg u/]/ lgo'Qm ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |
| @ | lhNnf, If]q / s]lGb|o txdf :jf:Yo ;"rgf k|zf]wg ug{sf nflu lhNnf :jf:Yo ;"rgf k|0ffnLsf] ;ˆ6j]o/nfO{ g} cg's"n agfP/ k|of]u ug]{ | k/fdz{bftf | #)))=)) |  |
| # | ldnfOPsf] cyjf cg's"n agfOPsf] ;ˆ6j]o/nfO{ k|of]ufTds kl/If0f sfo{qmd nfu' ePsf # lhNnfx¿df ! jif{;Dd k/LIf0f ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |
| $ | krxQ/} lhNnf, kfFrj6} If]qLo :jf:Yo lgb]{zgfno / s]lGb|o txdf ;ˆ6j]o/ nfu" ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |
| % | !% j6f ;]l06gn ;le{n]G; :yndf tYofÍ clen]v tyf k|zf]wg ug]{ sfddf pkof]u ug{sf nflu d]8Sj]:6 (Med Quest) ;ˆ6j]o/nfO{ cg's"n x'g] u/L ldnfpg] | /fli6«o :jf:Yo ;"rgf s]Gb| | #)))=)) |  |
| ^ | pQm ;ˆ6j]o/nfO{ ljleGg ef}uf]lns If]qsf # ;]lG6gn c:ktfnx¿df ! jif{;Dd k/LIf0f ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |
| & | afFsL !@ lhNnfsf ;d]t ;a} !% j6f ;]lG6gn :ynx¿df ;ˆ6j]o/ nfu" ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |

**sfo{ !@ M** /fli6«o :jf:Yo ;"rgf kf]6{n ljsf; ug]{

/fli6«o :jf:Yo ;"rgf s]Gb|åf/f :jf:Yo ;"rgf k|of]ustf{sf] cfjZostf cg';f/sf] k|ltj]bg tof/ ug{sf nflu j]a ;fO{6 / cGt/s[ofTds k|ltj]bg kmf/fdsf] ljsf; ul/g]5 . o;df d'Votof dfly pNn]lvt b'O{ k|sf/sf ;ˆ6j]o/sf tYofÍ / ljZj;gLo ;|f]taf6 k|fKt x'g] cg';Gwfg tyf ;e]{If0fsf tYofÍx¿ pkof]u ul/g]5 .

lj1fg tyf k|ljlw dGqfnon] ISP 7]ufgf / j]a xf]l:6Ë (Web hosting) ;]jf pknAw u/fpg ;S5 . kf]6{ndf g]kfnsf nflu ;fGble{s x'g ;Sg] :jf:Yo ;"rgfsf ;|f]tx¿sf] JofVof ;lxtsf] ;"rL / ljB'tLo ;|f]tx¿;Fusf] j]a ;Dks{nfO{ ;dfj]z ul/g]5 .

lj1fg tyf k|ljlw dGqfnon] :jf:Yo tyf hg;ª\Vof dGqfno cGt/utsf x/]s sfo{qmd Joj:yfksx¿nfO{ lgMz'Ns Od]n ;'ljwf pknAw u/fpg]5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | OG6/g]6df cfwfl/t cGt/lqmofTds ;"rgf kf]6{nsf] ljsf; ug]{ sfddf cg'ej k|fKt k/fdz{bftf lgo'Qm ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | - |  |
| @ | lhNnfn] Joj:yfkg ug]{ tYofÍ / ;]lG6gn ;ˆ6j]o/nfO{ hf]8\g'sf ;fy} cGo ;DalGwt tYofÍLo cfwf/ tyf sfuhft;Fu cfj4 ug{ ;lsg] lsl;daf6 ;"rgf kf]6{nsf] ljsf; ug]{ | k/fdz{bftf | @)))=)) |  |
| # | j]adf cfwfl/t ;"rgf kf]6{n cf/De ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |

**sfo{ !#M** dGqfno, ljefu, lhNnf / ;]lG6gn c:ktfnx¿df sDKo"6/df cfwfl/t ;"rgf k|zf]wg k|0ffnL :yfkgf ug]{

;Dk"0f{ lhNnf / !% j6f ;]l06gn c:ktfnx¿sf nflu sDKo"6/, ;h{ k|f]6]s/, df]8]d / lk|06/ (4 in one printer) vl/b ul/g]5 . oL ;fdfgx¿sf] ljz]if ljj/0f /fli6«o ;"rgf k|ljlw /0fgLlt cg';f/sf] x'g'kg]{5 . tyflk, sDKo"6/ eg] !)) lh=lj=, xf8{–l8:s, l;8L l/8÷/fO6 8«fO{e, %)) RAM, @!Æ /+uLg dlg6/ / %^ Kbs df]8]d ;lxtsf] x'g'kg]{5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | &% lhNnfsf nflu Ps Ps / cfsl:ds cj:yfdf k|of]u ug{ kfFr} If]qsf nflu b'O{ b'O{ j6fsf b/n] 8]:s6k ;]6 tyf cGo pks/0f pknAw ug]{ / h8fg ug]{ . pks/0f eGgfn] sDKo"6/, ;h{, k|f]6]S6/ lk|06/, :Sofg/ cflb kb{5g\ -# r/0fdf M qmdz #),@) / @% lhNnfdf h8fg ug]{\_ | 7]s]bf/ | !&),)))=)) |  |
| @ | sDKo"6/ k|fKt ug]{ / h8fg ug]{ | 7]s]bf/ | !@,)))=)) |  |
| # | !% ;]lG6gn c:ktfn / kfFr If]qdf sDKo"6/, df]8]d, :Sofg/, lk|06/ cflb k|fKt ug]{ / h8fg ug]{ | 7]s]bf/ | #$,)))=)) |  |
| $ | pk/f]Qm ;fdfu|Lsf] ;+ef/ sfo{ 7]s]bf/af6 u/fpg] | 7]s]bf/ | #),)))=)) |  |

**sfo{ !$M** sDKo"6/ tyf ;ˆ6j]o/ k|of]ustf{nfO{ tflnd lbg]

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | sfo{ ;~rfng tyf tflnd Dofg'Pn tof/ ug]{ tyf 5kfpg] | k/fdz{bftf | !)))=)) |  |
| @ | tYofÍ ;xfosx¿nfO{ ;ˆ6j]o/ k|of]u u/]/ tYofÍ Joj:yfkg ug]{ ljifodf tflnd k|bfg ug]{ . tflnddf sDKo"6/ tyf pks/0fsf] ;fdfGo dd{t / ;ˆ6j]o/nfO{ ;fdfGo ldnfg ug]{ ;Lk ;d]t ;dfj]z ul/g]5 . | k/fdz{bftf | %%,)))=)) |  |
| # | d]l8sn /]s8{/nfO{ ;ˆ6j]o/ k|of]u u/]/ ;]l06gn tYofÍsf] Joj:yfkg s;/L ug]{ eGg] tflnd lbg] | k/fdz{bftf | \*,\*))=)) |  |
| $ | dGqfno, :jf:Yo ;]jf ljefu, cfo'j]{b ljefu, cf}ifwL Joj:yf ljefu / If]qLo lgb]{zgfnosf ;Dk"0f{ sfo{qmd Joj:yfksx¿nfO{ :jf:Yo ;"rgf kf]6{naf6 :jf:Yo If]qsf ;"rgf s;/L k|fKt ug]{, lhNnfn] k7fPsf ljB'tLo k|ltj]bgx¿ s;/L vf]hL ug]{ / s;/L k|ltj]bg tof/ ug]{ eGg] ;DaGwdf tflnd k|bfg ug]{ . | k/fdz{bftf | @%,@\*^=)) |  |

**sfo{ !%M** :jf:Yo ;"rgf P]g agfpg]

:jf:Yo ;"rgf ljw]ossf] d:of}bf tof/ u/]/ :jLs[ltsf nflu ljwflosf ;+;bdf k]z ul/g]5 . ljw]osdf, cGo ljifosf cltl/Qm, ;/sf/L tyf u}/ ;/sf/L :jf:Yo ;+:yfn] k|ltj]bg ug'{kg]{ cfjZostf, /f]usf] ;"rgf, tYofÍ k|sfzg ;DaGwL k|f]6f]sn, ;"rgfsf] clwsf/ cflb ljifonfO{ ;dflxt ul/g]5 .

d:of}bf tof/ ubf{ g]kfn tYofÍ P]g, @)!% nfO{ pNn]v ug'{kg]{5 / cGo d'n'ssf :jf:Yo ;"rgf P]gnfO{ ;d]t pNn]v ug'{kg]{5 . 5'§} :jf:Yo ;"rgf P]g agfpg' eGbf ljBdfg :jf:Yo ;]jf P]gnfO{ g} ;+zf]wg ul/g]5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | :jf:Yo ;"rgf P]gsf] d:of}bf tof/ ug{ Pshgf jlsnnfO{ k/fdz{bftf lgo'Qm ug]{ | :jf:Yo ;lrj | – |  |
| @ | ;xdlt lgdf{0f k|s[of4f/f :jf:Yo ;"rgf ljw]ossf] d:of}bf tof/ ug]{ | k/fdz{bftf | !)))=)) |  |
| # | ljw]osnfO{ :jLs[ltsf nflu ljwflosf ;efdf k]z ug]{ | :jf:Yo ;lrj | – |  |
| $ | lg/Gt/ rln/xg] tflnd sfo{qmddf tyf cGo pko'Qm cj;/x¿df :jf:Yo ;"rgf P]gaf/] hfgsf/L u/fpg] | /fli6«o :jf:Yo ;"rgf s]Gb| | &!$=)) |  |

**sfo{ !^M** dGqfno, :jf:Yo ;]jf ljefu, cfo'j]{b ljefu, cf}ifwL Joj:yf ljefu / If]qLo :jf:Yo lgb]{zgfnosf ;a} zfvf k|d'vx¿nfO{ lhNnf :jf:Yo ;"rgf a}+saf6 cfˆgf] sfo{qmdsf] k|ltj]bg s;/L k|fKt ug]{ / cfˆgf] cfjZostf tyf ?rL cg';f/sf] k|ltj]bg s;/L tof/ ug]{ eGbf ;DaGwdf tflnd k|bfg ug]{M

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut cd]l/sL 8n/df | ;do ;Ldf |
| ! | tflnd tyf sfo{ ;~rfng Dofg'Pn lgdf{0f tyf 5kfO{ ug]{ | k|fljlws sfo{ ;d"x | !\*%&=)) |  |
| @ | tflnd ;~rfng ug]{ | /fli6«o :jf:Yo tflnd s]Gb| | – |  |

**sfo{ !&M** :jf:Yo ;]jfsf] of]hgf th'{df, ;'k/Lj]If0f, cg'udg tyf d"NofÍgdf ;"rgfsf] k|of]u / ;"rgfsf] Joj:yfkg ;DaGwdf lhNnf :jf:Yo Joj:yfkg ;ldlt / lhNnf ljsf; ;ldltsf kbflwsf/LnfO{ tflnd k|bfg ug]{

;"rgfsf] Joj:yfkg / :jf:Yo ;]jfsf] of]hgf th'{df tyf Joj:yfkg ug{sf nflu ;Dk"0f{ lhNnf :jf:Yo ;"rgf ;ldlt / lhNnf ljsf; ;ldltsf ;b:ox¿nfO{ tflndsf] cfjZostf kg]{5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | sfo{ ;~rfng tyf tflnd Dofg'PnnfO{ k|of]ufTds k/LIf0f nfu" ul/Psf lhNnfsf] cg'ejdf cfwfl/t u/]/ ;+zf]wg tyf kl/dfh{g ug]{ | k|fljlws sfo{ ;d"x | %\*@!$=)) |  |
| @ | k|lzIfssf] tflnd ;~rfng ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | %!))=)) |  |
| # | lhNnf ljsf; ;ldlt, lhNnf :jf:Yo ;ldlt / lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldltsf kbflwsf/LnfO{ cEof;ut tflnd lbg] | k|lzIfsx¿ | !,$\*,)))=)) |  |
| $ | ;a} :jf:Yo ;+:yf k|d'vnfO{ cEof;ut tflnd lbg] | lhNnf :jf:Yo ;ldlt | – |  |

**sfo{ !\*M** :jf:Yo If]qsf] cw{jflif{s j'n]l6g / jflif{s k|ltj]bg k|sflzt ug]{

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | cw{jflif{s j'n]l6g / jflif{s k|ltj]bg tof/ ug]{ | lhNnf÷s]lGb|o txsf ;ldltx¿ | – |  |
| @ | k|ltj]bg k|sflzt ug]{ / 5fkf tyf ljB'tLo dfWodåf/f k|;f/0f ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | !@%)))=)) |  |
| # | :jf:Yo ;+:yf txdf tYofÍ÷;"rgf k|bz{g ug]{ k|0ffnL nfu' ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb|, lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt | %%))))=)) |  |
| $ | :jf:Yo ;+:yf txdf ;"rgf ;|f]t sfp06/ :yfkgf ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb|, lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt | @,&%,%))=)) |  |

**sfo{ !(M** k|To]s kfFr jif{df cBfjlws :jf:Yo P6n;sf] k|sfzgnfO{ ;+:yfut ug]{

k|To]s :jf:Yo ;+:yfsf] ef}uf]lns cjl:ylt ;DaGwL tYofÍ ;+Íng tyf ;dfof]hg ;DalGwt lhNnfn] ug]{5 . o; k|of]hgsf nflu k|To]s lhNnfnfO{ lh=lk=P;= -Unf]an kf]lh;lgË k|0ffnL\_ pknAw u/fOg]5 . k|To]s kfFr jif{df lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldltn] cfˆgf] lhNnfsf] cBfjlws :jf:Yo P6n; k|sflzt ug]{5g\ . pQm P6n;df ufpF ljsf; ;ldlt cg';f/sf lgDg lnlvt ;"rgfx¿ ;dflji6 x'g]5g\ M

!= d'Vo d'Vo :jf:Yo ;]jfdf kx'Fr h:t}M :j}lR5s k/fdz{ tyf /Qm k/LIf0f (VCT), Pl06/]6«f]efO/n pkrf/ (ARV) cTofjZosLo k|;"lt ;]jf (EOC), cfwf/e"t k|;"lt ;]jf (BOC) OToflb .

@= :jf:Yosf] :t/

#= !) j6f clt dxTjk"0f{ :jf:Yo ;]jfsf] pkef]u

/fli6«o :jf:Yo ;"rgf s]Gb|n] dfly pNn]v ul/P cg';f/ cBfjlws ul/Psf P6n;df ;dfj]z ul/Psf ;"rgfx¿nfO{ lhNnf cg';f/ 5'l§g] u/L /fli6«o P6n;df ;dfof]hg ug]{5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **qm=;+=** | **d'Vo s[ofsnfk** | **lhDd]jf/ lgsfo** | **nfut cd]l/sL 8n/df** | **;do**  **;Ldf** |
| ! | /fli6«o of]hgf cfof]uaf6 ;a} lhNnfsf :yfg ljz]ifsf l8lh6n tYofÍ (Digital Spatial Data) vl/b ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | @!$=)) |  |
| @ | k|To]s :jf:Yo ;+:yfsf] ef}uf]lns cjl:ylt / pQm ;+:yfaf6 k|bfg ul/g] :jf:Yo ;]jfsf] clen]v ug{sf nflu k|To]s lhNnfsf] lh=lk=P;=  -Unf]an kf]lh;lgË k|0ffnL\_ vl/b ug]{ | 7]s]bf/ | !!@%)=)) |  |
| # | lhNnf :jf:Yo sfof{no / /fli6«o :jf:Yo ;"rgf s]Gb|n] k|of]u ug{sf nflu cfs{Eo" ;ˆ6j]o/ (Arc View Software) vl/b ug]{ -:yfgLo ljsf; dGqfno;Fu ;dGjo u/]/ cyjf ;ˆ6j]o/ sDkgL;Fu ljz]if ;Demf}tf u/]/ k|fKt ug{ ;lsG5\_ | 7]s]bf/ | @),)))=)) |  |
| $ | lhNnfsf] :jf:Yo P6n; tof/ ug{sf nflu &% hgf tYofÍ ;xfosx¿nfO{ :yfg ljz]ifdf kfOg] /f]u ;DaGwL tyf ljlzi6 u'0f ePsf tYofÍ (Spatial and Attribute Data) Joj:yfkg ;DalGw tflnd k|bfg ug]{ -lqe'jg ljZjljBfnosf] e"uf]n ljefu;Fu ;dGjo ug]{\_ | 7]s]bf/ | %#,%&!=)) |  |
| % | k|To]s :jf:Yo ;+:yfn] ;]jf k'¥ofpg] If]q / /fli6«o :t/sf ljlzi6 u'0f ePsf tYofÍ (Attribute Data) nfO{ cBfjlws ug]{ | lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt | – |  |
| ^ | ufpF ljsf; ;ldlt cg';f/ ;"rgf b]lvg] u/L lhNnf :jf:Yo P6\n; 5kfO{ ug]{ -k|To]s lhNnfsf] nflu cf}ift !)) k|ltÙ %) b]lv @)) k|lt;Dd\_ | lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt | %#,%&!=)) |  |
| & | lhNnf cg';f/ ;"rgf b]lvg] u/L g]kfnsf] :jf:Yo P6n; 5kfO ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | &,!$#=)) |  |

**sfo{ @)M**jflif{s ?kdf tYofÍsf] ;Dkfbg / n}lËstf, ul/jL tyf ;fdflhs cj:yf cg';f/ k[ySs/0f ul/Psf tYofÍ ;Íng ug]{

:jf:Yo ;"rgfsf] u'0f:t/ ;'lglZrt ug{sf nflu jflif{s ?kdf tYofÍ ;Dkfbg ul/g]5 . k|To]s ef}uf]lns If]q / ljsf; If]qaf6 tL If]qsf] k|ltlglwTj x'g] lsl;dn] k|To]s jif{ Pp6f Pp6f lhNnf 5gf}6 ug]{ / o;/L 5gf]6 ul/Psf k|To]s lhNnfaf6 ;DalGwt lhNnfnfO{ k|ltlglwTj ug]{ lsl;daf6 b'O{ b'O{j6f :jf:Yo ;+:yf 5gf}6 u/]/ tL :jf:Yox¿sf] e|d0f ul/g]5 / tYofÍsf] u'0f:t/ lgwf{/0f ug]{ cfwf/x¿ tof/ ul/g]5 . :jf:Yo ;+:yfsf] e|d0f s} cjlwdf ;fdflhs cj:yf cg';f/ k[ySs/0f ul/Psf tYofÍ ;d]t ;Íng ul/g]5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | ;"rgf ;Dkfbg lgb]{lzsf tof/ ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |
| @ | cw{ jflif{s ;'k/Lj]If0f e|d0fs} cjlwdf ;a} txx¿df jflif{s ;"rgf ;Dkfbg sfo{ ;DkGg ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb|, lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt | – |  |
| # | ljlzi6 (Specified) ;"rssf tYofÍx¿ k[ySs/0f ug]{ | k|lzIfs | – |  |

**sfo{ @!M** ;Dk"0f{ ;/sf/L tyf lghL :jf:Yo ;+:yfx¿sf] lj:t[t kl/rofTds ljj/0f tof/ ug]{

d'n'sel/sf ;Dk"0f{ ;/sf/L tyf lghL :jf:Yo ;+:yfx¿sf] lj:t[t kl/rofTds ljj/0f ;lxtsf ;"rgf sDKo"6/df /fVg tYofÍLo cfwf/ (Database) lgdf{0f ul/g]5 . o; k|of]hgsf nflu :jf:Yo hgzlQm ljsf; ;"rgf k|0ffnLsf] tYofÍLo cfwf/nfO{ pkof]u ul/g]5 . k|To]s :jf:Yo ;+:yfnfO{ ;+s]t gDa/ (Code) lbOg]5 . ;+s]t gDa/ to ubf{ /fli6«o hgu0fgf @))! / g]kfn hLjg:t/ ;e]{If0fsf ;+s]t gDa/;Fu ldNg] lsl;daf6 lhNnf, ufpF ljsf; ;ldlt / j8fsf] ;+s]t gDa/x¿nfO{ ldnfP/ ul/g]5 . tYofÍLo cfwf/df :jf:Yo ;+:yfsf] k|sf/ -:jf:Yo rf}sL, k|fylds :jf:Yo s]Gb|, lhNnf c:ktfn\_, :jf:Yo ;+:yf lghL xf] jf ;/sf/L xf], k|bfg ul/g] :jf:Yo ;]jfx¿, h:t}M cf+lzs jf ;Dk"0f{ cTofjZosLo :jf:Yo ;]jfx¿, cfwf/e"t cTofjZosLo k|;"lt ;]jf, ;Dk"0f{ cTofjZosLo k|;"lt ;]jf / cGo ljj/0fx¿ ;dfj]z ul/g]5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | d'n'sel/sf :jf:Yo ;+:yfx¿ k|To]ssf] lj:t[t kl/rofTds ljj/0f tof/ ug]{ | k/fdz{bftf | – |  |
| @ | ;DalGwt lhNnf :jf:Yo sfof{no dfkm{t kl/rofTds ljj/0fsf] tYo lg?k0f ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |

**sfo{ @@M** :jf:Yo If]q ;"rgf k|0ffnLnfO{ sfof{Gjog ug{sf nflu jf:s]6 km08 :yfkgf ug]{

:jf:Yo If]q ;"rgf k|0ffnLsf] Joj:yfkg k|s[of ljutsf] ljleGg ;"rgf k|0ffnL k|To]ssf] cnu cnu Joj:yfkg ug]{ k|s[of eGbf leGg x'g]5 . :jf:Yo ;"rgf k|0ffnLsf] Joj:yfkg sfo{ k"0f{?kdf lhNnfdf ljs]lGb|t x'g]5 . lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldltn] :jf:Yo ;"rgfsf] ;Íng, ljZn]if0f tyf k|;f/0f sfo{ ;du|tfdf ;DkGg ug]{5 . ;/sf/L / lghL :jf:Yo ;+:yfx¿sf tYofÍnfO{ Ps} 7fpFdf Plss[t ul/g]5, sDKo"6/df /flvg]5 / ;d'bfo b]lv s]Gb| ;Ddsf ;DalGwt ;a} ;fem]bf/ kIfx¿ ;dIf k|zf/0f ul/g]5 . cfly{s ;|f]tsf nflu ljleGg lgsfo;Fu xft yfKg'kg]{ jt{dfg k4lt eljiodf :jf:Yo ;"rgf k|0ffnLnfO{ PsLs[t ?kdf sfof{Gjog ug{ Tolt pko'Qm x'g]5}g . ctM :jf:Yo ;"rgf k|0ffnLsf nflu jf:s]6 km08sf] Joj:yf ul/g]5 / xfn ljleGg k|sf/sf ;"rgf k|0ffnLnfO{ ;xof]u ub}{ cfPsf ;Da4 ;fem]bf/x¿nfO{ pQm jf:s]6 km08df /sd k|bfg ug{ cfu|x ul/g]5 .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| qm=;+= | d'Vo s[ofsnfk | lhDd]jf/ lgsfo | nfut  -cd]l/sL 8n/df\_ | ;do ;Ldf |
| ! | d'n'ssf] :jf:Yo If]q ;"rgf k|0ffnLsf] Joj:yfkgsf nflu lqjifL{o lj:t[t ah]6 cg'dfg tof/ ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |
| @ | PsLs[t tyf ;Dk"0f{ :jf:Yo If]q ;'rgf k|0ffnLsf] ;'b[9Ls/0f ug{ jf:s]6 km08 :yfkgfsf nflu ;/sf/L tyf j}b]lzs ;xof]uL ;+:yfx¿sf] jrgj4tf k|fKt ug{ k|oTg ug]{ | :jf:Yo ;lrj | – |  |
| # | jf:s]6 km08nfO{ sfof{Gjog ug]{ | /fli6«o :jf:Yo ;"rgf s]Gb| | – |  |

**!#= :jf:Yo If]qsf k|:tfljt d'Vo ;"rsx¿**

| **;+s]t g+=** | **;"rssf] gfd** |
| --- | --- |
| ! | :jf:Yo If]qsf nflu ljlgof]hg ul/Psf] s"n ;/sf/L ah]6sf] k|ltzt |
| @ | :jf:Yosf] s"n ah]6 dWo] cTofjZosLo :jf:Yo ;]jfsf nflu ljlgof]lht ul/Psf] ah]6 k|ltzt |
| # | k|lt JolQm :jf:Yodf x'g] cf}ift /fli6«o vr{ -cd]l/sL 8n/df\_ |
| $ | :jf:Yo If]qsf] s"n ah]6 dWo] dfgj ljsf; ;"rfÍ clt tn ePsf lhNnfx¿sf nflu 5'6\ofOPsf] ah]6 k|ltzt |
| % | tnj afx]s cGo k|of]hgsf nflu ;fnj;fnL ah]6 ljlgof]hgsf] k|ltzt (Recurrent Allocation) |
| ^ | ;fd'bflos cf}ifwL sfo{qmd nfu" ePsf :jf:Yo ;+:yfsf] k|ltzt |
| & | ;/sf/L :jf:Yo ;+:yfsf nflu :yfgLo lgjf{lrt lgsfoåf/f j]xf]l/Psf] vr{sf] k|ltzt |
| \* | ;fd'bflos :jf:Yo sfo{qmd, ;fd'bflos :jf:Yo aLdf cflb dfkm{t :yfgLo ;d'bfoåf/f ;/sf/L :jf:Yo ;+:yfsf nflu a]xf]l/Psf] vr{sf] k|ltzt |
| ( | lghL If]qn] k|bfg u/]sf] ;xof]usf] k|ltzt |
| !) | ;fd'bflos :jf:Yo aLdf sfo{qmdn] cf]u6]sf] hg;ª\Vofsf] k|ltzt |
| !! | pkof]u ul/Psf] ah]6sf] k|ltzt |
| !@ | cfˆgf] sfof{jlw k"/f u/]/ ;?jf ePsf sd{rf/Lsf] k|ltzt |
| !# | cgld kbdf :t/j[l4 ul/Psf dft[lzz' sfo{stf{sf] k|ltzt |
| !$ | :jf:Yo sdL{nfO{ tflnd k|bfg u/]sf] jflif{s ;ª\Vof |
| !% | :jf:Yo sdL{sf] kbk"lt{ k|ltzt |
| !^ | :jLs[t b/aGbL cg';f/sf ;Dk"0f{ kbk"lt{ ePsf ;/sf/L :jf:Yo ;+:yfsf] k|ltzt |
| !& | :jf:Yo sdL{sf] ;ª\Vofdf qmlds x|f;sf] k|ltzt |
| !\* | /fli6«o dfkb08 cg';f/ cf}ifwLsf] ;"rLdf pNn]lvt dWo] pknAw ePsf cf}ifwLsf] k|ltzt |
| !( | btf{ ePsf k|To]s cf}ifwL k;n -Pnf]k]lys / cfo'j]{lbs\_ cGtu{t cf}ift hg;ª\Vof |
| @) | k|lt cf}ifwL k"hf (Prescription) df l;kmfl/; ul/Psf cf}ifwLsf] cf}ift ;ª\Vof |
| @! | cf}ifwL vl/b tyf e08f/g ug]{ clwsf/ k|fKt u/]sf lhNnf :t/sf :jf:Yo ;+:yfsf] k|ltzt |
| @@ | Ps xKtf eGbf a9L cjlwsf nflu k'Ug] cf}ifwL df}Hbft ePsf :jf:Yo ;+:yfsf] k|ltzt |
| @# | :jf:Yo tyf hg;ª\Vof dGqfnosf sd{rf/Ln] jif{df sDtLdf # k6s e|d0f u/]sf lghL :jf:Yo ;+:yfsf] k|ltzt |
| @$ | lhNnf :jf:Yo Joj:yfkg ;ldltåf/f PsLs[t ;'k/Lj]If0f r]slni6 k|of]u u/]/ ;'k/Lj]If0f ul/Psf :jf:Yo ;+:yfsf] k|ltzt |
| @% | c:ktfn Joj:yfkg :jfoQ ;ldlt cGtu{t /x]sf c:ktfnx¿sf] k|ltzt |
| @^ | :yfgLo lgsfox¿nfO{ :jf:Yodf pgLx¿sf] e"ldsf k|efjsfl/ ?kdf lgjf{x ug]{ sfddf ;xof]u k'¥ofpgsf nflu Joj:yfksLo lhDd]jf/LnfO{ k"0f{?kdf ljs]lGb|t ul/Psf lhNnfx¿ |
| @& | lhNnf:t/Lo k~jifL{o :jf:Yo of]hgf th'{df u/]sf lhNnfsf] k|ltzt |
| @\* | ;Ifdtfk"j{s, lhDd]jf/k"0f{ tyf hjfkmb]xLk"0f{ tl/sfaf6 :jf:Yo ;]jfsf] sfo{qmd tyf ah]6 th'{df tyf Joj:yfkg ul//x]sf lhNnfsf] k|ltzt |
| @( | :yfgLo lgsfoåf/f Joj:yfkg ul/Psf :jf:Yo ;+:yfsf] k|ltzt |
| #) | c:ktfnsf] Joj:yfkg ug]{ lhDd]jf/L lghL jf u}/;/sf/L lgsfonfO{ s/f/df lbOPsf c:ktfnx¿sf] k|ltzt |
| #! | :jf:Yo ;]jf k|bfg ug{ lghL÷u}/;/sf/L If]q;Fu ul/Psf ;Demf}tfsf] ;ª\Vof |
| #@ | :jf:Yo ;]jfaf6 ;Gt'i6 u|fxssf] k|ltzt |
| ## | :t/j[l4 ul/Psf :jf:Yo ;+:yfsf] k|ltzt -:jf:Yo rf}sL, k|fylds :jf:Yo s]Gb|, c:ktfn\_ |
| #$ | tf]lsPsf] dfkb08 cg';f/sf] ef}lts ;'ljwf ePsf :jf:Yo ;+:yfsf] k|ltzt |
| #% | tf]lsPsf] dfkb08 cg';f/sf pks/0f pknAw ePsf :jf:Yo ;+:yfsf] k|ltzt |
| #^ | cf}ift cfo' |
| #& | ;Dk"0f{ cTofjZosLo :jf:Yo ;]jfx¿ lgwf{l/t dfkb08 cg';f/ k|bfg ul//x]sf lhNnf :t/ / ;f]eGbf tnsf :jf:Yo ;+:yfx¿sf] k|ltzt |
| #\* | :jf:Yo ;+:yf / hg;+Vosf] cg'kft -lhNnf c:ktfn, k|fylds :jf:Yo s]Gb|, :jf:Yo rf}sL, pk:jf:Yo rf}sL, cfo'j]{lbs cf}ifwfno\_ |
| #( | c:ktfn z}øof pkof]u b/ |
| $) | cfw'lgs :jf:Yo ;+:yfdf jlx/+u ;]jf lng cfpg] lj/fdLsf] k|ltzt -s"n hg;+Vofsf] k|ltzt\_ |
| $! | cfo'j]{b cf}ifwfnodf jlx/+u ;]jf lng cfpg] lj/fdLsf] k|ltzt -s"n hg;ª\Vofsf] k|ltzt\_ |
| $@ | ;'Ts]/L ePsf s"n dlxnf dWo] kof{Kt dfqfdf ;'Ts]/L kl5sf] ;]jf kfPsf dlxnfsf] k|ltzt |
| $# | sDtLdf rf/ k6s ue{jtL hfFr u/fPsf ue{jtL dlxnfsf] k|ltzt |
| $$ | bIf k|;"lt ;]jf k|bfosåf/f ;'Ts]/L u/fOPsf ue{jtL dlxnfsf] k|ltzt |
| $% | k|lt % nfv hg;ª\Vofdf cfwf/e"t k|;"lt ;]jf / ;Dk"0f{ cfsl:ds k|;"lt ;]jf k|bfg ug]{ :jf:Yo ;+:yfsf] ;ª\Vof |
| $^ | cTofjZosLo k|;"lt ;]jfsf] dfu kl/k"lt{ -k|ltztdf\_ |
| $& | ue{lg/f]wsf ;fwgsf] k|of]u b/ |
| $\* | s"n k|hgg b/ |
| $( | ;Dk"0f{ vf]k kfPsf % jif{ d'lgsf aRrfsf] k|ltzt |
| %) | l6=l6= vf]ksf] k'/f dfqf lnPsf ue{jtL dlxnfsf] k|ltzt |
| %! | hlGdbf sd tf}n ePsf lzz'sf] k|ltzt |
| %@ | sd tf}n ePsf aRrfx¿sf] k|ltzt |
| %# | vfBzlQm pkef]usf] Go"gtd :t/ eGbf tn /x]sf hg;ª\Vofsf] cg'kft |
| %$ | s'kf]lift dlxnfx¿sf] cg'kft |
| %% | ^–%( dlxgfsf aRrfx¿df le6fldg …PÚ sf] se/]h |
| %^ | kof{Kt dfqfdf cfO/g rSsL vfg kfPsf ue{jtL dlxnfsf] k|ltzt |
| %& | :jf; k|:jf; /f]uaf6 lj/fdL k/]sf % jif{ d'lgsf aRrfx¿ dWo] pko'Qm pkrf/ ;]jf kfPsf aRrfsf] k|ltzt |
| %\* | emf8f kvfnf nfu]sf % jif{ d'lgsf aRrfx¿ dWo] pko'Qm pkrf/ ;]jf kfPsf aRrfsf] k|ltzt |
| %( | Pr=cfO{=le= ;qmd0f x'gaf6 aRg] sDtLdf Pp6f k|efjsf/L pkfoaf/] 1fg ePsf pQ/bftfsf] k|ltzt |
| ^) | !$–@$ jif{sf ue{jtL dlxnfx¿df Pr=cfO{=le= ;+qmd0f b/ |
| ^! | cfd hg;ª\Vofdf Pr=cfO{=le= ;+qmd0f b/ |
| ^@ | pRr hf]lvdo'Qm hg;ª\Vofdf Pr=cfO{=le= ;+qmd0f b/ |
| ^# | s08d k|of]u ug]{ !%–%( jif{sf k'?ifx¿sf] k|ltzt |
| ^$ | s'i7/f]usf] Jofkstf b/ (Prevalence) |
| ^% | k|lt Ps nfv hg;ª\Vofdf kQf nfu]sf Ifo/f]usf lj/fdLsf] ;ª\Vof |
| ^^ | Ifo/f]usf] Jofkstf b/ (Prevalence) |
| ^& | Ifo/f]usf lj/fdLx¿sf] d[To'b/ |
| ^\* | l:do/ kf]lhl6e (Smear Positive) ePsf Ifo/f]usf lj/fdL dWo] pkrf/af6 lgsf] x'g]x¿sf] b/ |
| ^( | k|lt Ps nfv hg;ª\Vofdf kQf nfu]sf s'i6/f]usf lj/fdLsf] ;ª\Vof |
| &) | nfdv'§] lj?4 pkrf/ ul/Psf] em'nsf] k|of]u b/ |
| &! | cf}nf]sf lj/fdLsf] vf]hk8\tfn tyf pkrf/ b/ |
| &@ | cf}nf]sf lj/fdLsf] d[To'b/ |
| &# | pGgt ;/;kmfO{sf] ;'ljwfdf (Sanitation) kx'Fr ePsf 3/kl/jf/sf] k|ltzt |
| &$ | ;?jf /f]uaf6 lj/fdL kg]{x¿sf] jflif{s b/ (Annual incidence of morbidity) |
| &% | g;g]{ /f]uaf6 lj/fdL kg]{x¿sf] jflif{s b/ |
| &^ | gjhft lzz' d[To'b/ |
| && | lzz' d[To'b/ |
| &\* | % jif{ d'lgsf aRrfx¿sf] d[To'b/ |
| &( | dft[d[To'sf] cg'kft |
| \*) | sf]/f d[To'b/ |
| \*! | ;?jf /f]usf] sf/0fn] d[To' x'g]x¿sf] jflif{s b/ |
| \*@ | g;g]{ /f]usf] sf/0fn] d[To' x'g]x¿sf] jflif{s b/ |
| \*# | :jf:Yo ;"rgfsf] k|ltj]bgsf] se/]h |

**:jf:Yo If]q ;"rgf k|0ffnL**

**/fli6«o /0fgLlt**

**lg0f{o**

**sfof{Gjog**

**;"rgf**

****

**g]kfn ;/sf/**

**:jf:Yo tyf hg;ª\Vof dGqfno**

**sf7df8f}+, @)^#**

**Supported by**



:jf:Yo tyf hg;+Vof dGqfnoaf6 :jLs[t c+u|]hL efiffsf] :jf:Yo If]q ;"rgf k|0ffnL–/fli6«o /0fgLlt @)^# nfO{ sfof{Gjog ug{ ;lhnf] xf];\ eGg] p2]Zon] ;/n g]kfnL efiffdf cg'jfb u/L k|sflzt ul/Psf] 5 .

Joj:yfkg dxfzfvf

:jf:Yo ;]jf ljefu

@)^%

**ljifo;"rL**

***k]hx¿***

!= k[i7e"ld !

!=! jt{dfg l:ylt !

!=@ ;d:of tyf cj/f]wx¿ $

!=# :jf:Yo If]q ;"rgf /0fgLltsf] kl/ro %

@= :jf:Yo ;"rgf /0fgLltn] kl/sNkgf u/]sf] nIf, o;sf] If]q, l;4fGt tyf p2]Zo &

@=! :jf:Yo ;"rgfsf] kl/efiff &

@=@ :jf:Yo ;"rgf /0fgLltn] kl/sNkgf u/]sf] nIo &

@=# :jf:Yo ;"rgf /0fgLltsf] If]q &

@=$ :jf:Yo ;"rgf /0fgLltsf lgb]{zs l;4fGt \*

@=% /0fgLltsf p2]Zo \*

#= :jf:Yo If]q ;"rgfsf] Joj:yfkg -pTkfbg tyf ljt/0f\_ (

#=! ;"rgf pTkfbg (

#=@ ;"rgfsf] k|zf]wg (

#=# lhNnf :jf:Yo ;"rgf j}+s !)

#=$ ;"rgf k|jfx / k|jfxsf] af/Daf/tf !!

#=% :jf:Yo If]q;Fu ;Da4 lgsfosf nflu ;"rgfsf] cfjZostf !#

#=^ k|d'v :jf:Yo ;"rsx¿ !$

#=& :jf:Yo ;"rgfsf] k[ysLs/0f !%

$= :jf:Yo ;"rgf k|0ffnLsf] sfo{Gjogsf nflu ;+:yfut Joj:yf !%

$=! /fli6«o :jf:Yo ;"rgf gLlt ;ldlt !%

$=@ /fli6«o :jf:Yo ;"rgf s]Gb| !^

$=# If]qLo tx !(

$=$ lhNnf :jf:Yo ;"rgf Joj:yfkg ;ldlt !(

$=% lhNnf :jf:Yo ;"rgf j}+ssf] :yfkgf @)

%= :jf:Yo ;"rgf ;DaGwL zf;sLo tyf sfg'gL Joj:yf @)

^= :jf:Yo ;"rgfsf] dfkb08 tyf u'0f:t/ @@

^=! tYofÍsf] dfkb08 @@

^=@ k|fljlws dfkb08 @@

^=# u'0f:t/Lotfsf] dfkb08 @@

&= :jf:Yo ;"rgfsf] Joj:yfkgdf k|ljlwsf] k|of]u @#

\*= :jf:Yo If]qsf ;"rgfsf ;|f]tx¿ @$

\*=! hgu0fgf @%

\*=@ hGd, d[To', ljjfx tyf a;fOF;/fO{ -k|d'v JolStut 36gfsf]\_ btf{ k|0ffnL @%

\*=# ;e]{If0f @%

\*=$ b|'t n]vfhf]vf @^

\*=% ;]lG6gn k|ltj]bg k|0ffnL @^

\*=^ cg';Gwfg @^

\*=& /f]u ;le{n]G; @^

\*=\* hgzlQm Joj:yfkg ;"rgf @&

\*=( cfly{s Joj:yfkg ;"rgf @\*

\*=!) ef}lts ;DklQ Joj:yfkg ;"rgf @\*

\*=!! cfk"lt{ Joj:yfkg ;"rgf @(

\*=!@ :jf:Yo ;]jf ;"rgf @(

\*=!# cf}ifwL ;"rgf ;~hfn #)

\*=!$ cfo'j]{b k|ltj]bg #)

\*=!% ;DkGg ul/Psf ultljlwsf] k|ltj]bg #)

(= :jf:Yo ;"rgfdf kx'Fr -;"rgfsf] k|;f/0f\_ #)

(=! u|fxs;Fu /xg] :jf:Yo k|f]kmfOn #!

(=@ ;fd'bflos cg'udg kf6Ldf ;"rgf k|bz{g #!

(=# cw{jflif{s :jf:Yo j'n]l6g k|sfzg #@

(=$ jflif{s sfo{ ;Dkfbg k|ltj]bg k|sfzg #@

(=% e"–;"rgf k|0ffnL tyf :jf:Yo P6n; k|sfzg #@

(=^ sDKo'6/sf] :yfgLo ;~hfn -LAN\_ ##

(=& OG6/g]6df cfwfl/t :jf:Yo ;"rgf kf]6{nsf] ljsf; ##

(=\* ;"rgfsf ;|f]tx¿ #$

(=( :yfgLo k|of]usf nflu lgoldt ¿kdf k|fKt gx'g] /fli6«o :t/sf tYofÍ pknAw u/fpg] #$

!) :jf:Yo ;"rgfsf] u'0f:t/ ;'lglZrt ug]{ #$

!)=! tflnd #$

!)=!=! ;]jf k"j{ lzIff÷tflnd kf7\oqmdx¿df :jf:Yo

;"rgfnfO{ ;dfj]z ug]{ #$

!)=!=@ 5f]6f] cjlwsf tflnd sfo{qmd #%

!)=!=# cEof;df cfwfl/t tflnd #%

!)=@ PsLs[t ;'k/Lj]If0f #%

!)=# nfeflGjt x'g] lgsfo÷gful/s ;dfhsf] ;+nUgtf #%

!)=$ sfo{ ;Dkfbgsf cfwf/df jh]6 ljlgof]hg #%

!)=% sfo{ ljj/0f #%

!)=^ lghLIf]qsf :jf:Yo ;+:yfsf] k|df0fLs/0f tyf O{hfht k|bfg

(Accreditation and Licensing) #^

!)=& tYofÍ ;Dkl/If0f tyf ;Totf lg?k0f ug]{ #^

!)=\* k[i7 kf]if0f #^

!! k|:t't /0fgLlt sfof{Gjog ug{sf nflu cfjZos kg]{ ;|f]t÷;fwg #^

!!=! ;+:yfut ;+/rgfsf] cfjZostf #&

!!=@ hgzlQmsf] cfjZostf #&

!!=# ;"rgf zf;g Joj:yfsf] cfjZostf #&

!!=$ cfly{s ;|f]tsf] cfjZostf #&

!@ sfo{of]hgf #\*

!#= :jf:Yo If]qsf k|:tfljt d'Vo ;"rsx¿ %$

M/S Ugochi Daniels

UNFPA Representative, i.e.

Country Office, UN Building

Pulchock, Lalitpur.

Dear M/S Daniels,

As per memorandum of agreement made between UNFPA and me for translating endorsed HSIS strategy document into Nepali language, I am pleased to submit, as stipulated in the ToR, two hard copies and one electronic copy of Nepali version of HSIS. I have tried to make it as simple as possible and hope that it will satisfy both you and HMIS Section, DoHS. However, it will be my pleasure to receive comments, if any, from you as well as HMIS Section which I will incorporate as appropriate.

At last, not the least, I would like to extend my sincere thanks to you for entrusting me to perform this important task and hope to work with you in the future too.

With best regards

Tek B. Dangi

Date: 27th June, 2008

