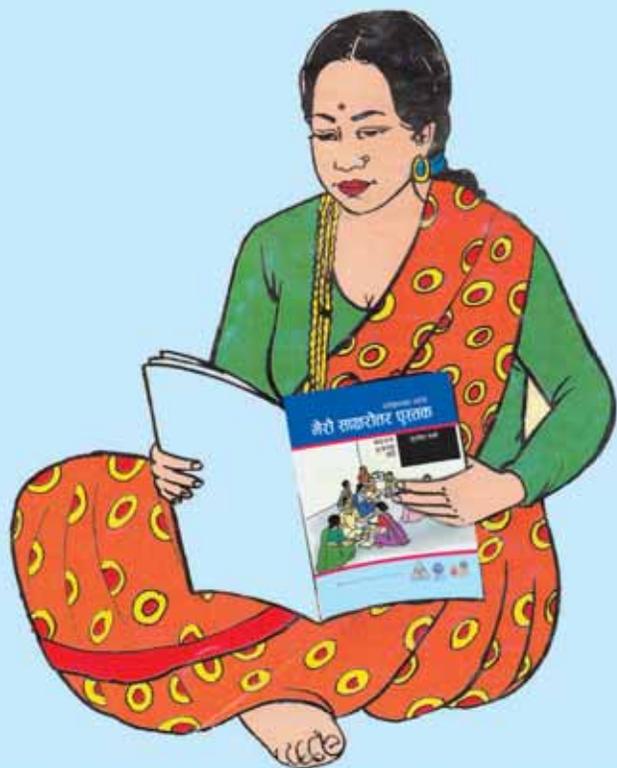


निरन्तर शिक्षा आजको आवश्यकता



थप जानकारीको लागि



अखिलदेशीय शिक्षा परिषद्, काठमाडौं, नेपाल  
संस्थाको नाम : एन.आई.ई.ए. (NIE)  
संस्थाको पता : १०० बंगला, काठमाडौं  
फोन : ९७७ ०१ ४२२२०११, ४२२२०१२  
वेबसाइट : [www.nie.gov.np](http://www.nie.gov.np)



अखिलदेशीय शिक्षा परिषद्, काठमाडौं, नेपाल  
संस्थाको नाम : एन.आई.ई.ए. (NIE)  
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फोन : ९७७ ०१ ४२२२०११, ४२२२०१२  
वेबसाइट : <http://www.nie.gov.np>

# परीक्षणका लागि मेरो साक्षरोत्तर पुस्तक

सुरक्षित पानी



नाम: \_\_\_\_\_



अखिलदेशीय शिक्षा परिषद्, काठमाडौं, नेपाल



अखिलदेशीय शिक्षा परिषद्, काठमाडौं, नेपाल



अखिलदेशीय शिक्षा परिषद्, काठमाडौं, नेपाल

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cgfkrfl/s lzIff /fli6@ ; fjt s|b,| gkfn  
; ftbfaf6f] nlnrk'

k'ts n|yg M kf= >L efjh f s}; l=  
>ldtl sNof0fl afaf >]7

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k\$fzg M @)&!  
db0f M ;kmn cf6{k] , knfgM \$@\*^\$^^



# अनौपचारिक शिक्षा केन्द्र

फोन नं.: ६६३१२८८  
फ्याक्स नं.: ९७७-१-६६३१२८०  
Email: nfec@mos.com.np  
Website: www.nfec.gov.np

पत्र संख्या : ०८०१८०१  
चलानी नं. ६२३

371/14/98  
23 June 2014

सानोठिमी, भक्तपुर  
पो.ब.नं. २१०४५

मिति: २०७१/३/५

## विषय : शुभकामना

नेपाल सरकारले सन् २०१५ सम्ममा देशभरका सबै निरक्षर प्रौढहरूलाई साक्षर गराउने उद्देश्यका साथ साक्षर नेपाल अभियान २०१२ - २०१५ सञ्चालनमा ल्याएको छ। यस अभियानमा सहभागीहरूका लागि अनौपचारिक शिक्षा राष्ट्रिय स्रोत केन्द्र, नेपालले २०६९ मा "मेरो साक्षरता पुस्तक" तयार पारेर केही जिल्लामा परीक्षण गरी परीक्षणबाट प्राप्त अनुभव समेतलाई समेटि २०७० मा यस केन्द्रको सहकार्यमा परिमार्जन पछि संयुक्त प्रयासमा प्रकाशनमा ल्याई देशका विभिन्न भागमा प्रयोग हुँदै आइरहेको छ।

नव-साक्षरहरूको दैनिक जीवनमा उपयोगी ज्ञान सिपको अभिवृद्धि गर्न तयार गरिएको साक्षरोत्तर शिक्षाका लागि प्रस्तुत "मेरो साक्षरोत्तर पुस्तक" ले सहभागीहरूमा साक्षरता सिप र कार्यमूलक सिप विकास गर्न यथेष्ट सहयोग पुग्ने अपेक्षा लिएको छ।

अनौपचारिक शिक्षा राष्ट्रिय स्रोत केन्द्र, नेपालको संयोजनमा मेरो साक्षरोत्तर पुस्तकलाई यस रूपमा ल्याई पुऱ्याउने कार्यमा संलग्न सबै प्रति धन्यवाद प्रदान गर्दै परीक्षणका रूपमा प्रयोगमा ल्याउन लिएको यस पुस्तकका सम्बन्धमा सम्बन्धित संस्थाले थप रचनात्मक सुझाव प्राप्त गरी स्तरीय सामग्री बनाउन सफल होस् भन्ने शुभकामना व्यक्त गर्दछु।

धन्यवाद !

बाबुराम पौडेल  
निर्देशक  
निर्देशक

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 ; flf/ gkfn cleofg @)!@-@)!% ; ~rfng u/L cfPsf]5 . cleofgdf ; xefulx;sf  
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 kf/L sXl lhNndf k/Llf0f u/L k/Llf0faf6 kft cgèj ; d]nf0{bI6but u/7 @)& df  
 lzIff dGqno, cgfkrfl/s lzIff sQb| ; fgfl7dl eStk'/sf] ; xsfof kl/dfhgkl5  
 cgfkrfl/s lzIff sQb| / cgfkrfl/s lzIff /fli60 ; flt sQb\$] ; eOm kof; df k\$fg  
 ul/Psf]lyof]. pSt k':ts bZsf ljleg efudf xfn; Dd klg kofu xB}cf0/x\$]5 .  
 k':ts kofustfaf6 k':tssf ; DaGwdf ; flf/fQ/ k':ts lgdfQdf ; xofu ku\$]5 .

; flf/ gkfn cleofgaf6 ; flf/ ePsf gj-; flf/x;nf0{b]gs hljgdf pkoful yk 1fg,  
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 ; flf/fQ/ lzIffsf nflu l; sf0 pknIaw tof/ u/L ; f]cg; f/ ad/f] sflf/fQ/ k':tsA  
 lgdfQf ul/Psf]5 . o; k':tsaf6 ; xefulx;nf0{ ; flf/ tf l; k / sfodhs l; k lj sf;  
 ug{oy]6 ; xofu klG5 eG]cfzf ln0Psf]5 .

k|tt k':ts n]yg sfo{kf=>l e]hf s; l= tyf cgfkrfl/s lzIff /fli60 ; flt sQb\$]  
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 sQb\$] pk-lgbZs >l lj iofk] fb ld>n] / k':tssf] eiff ; Dkfbg sfo{ zf-c=  
 >l ?bk] fb e6&/f0h] u/L oy]7 ; xofu k'ofpg' ePsf]5 . o; sf nflu pxf; k|t  
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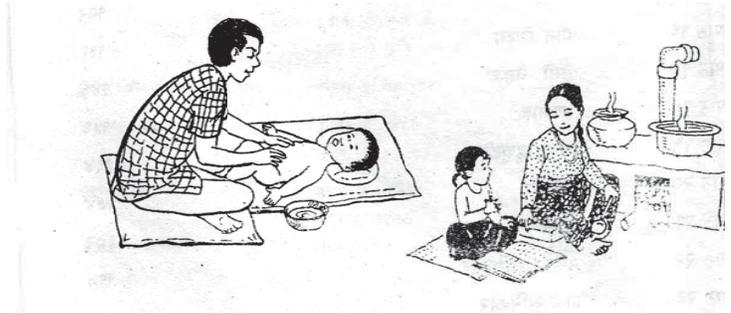
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!#	h <sup>a</sup> un hf]ufcf}	^)
!\$	; dXsf]kmf0bf	^%
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tnsf zAbx? k9] cy{nufpgxf} \

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kf]ofl cGofO afBkmfB Pstf ; dfh

tnsf cgR5] k9]xf] V ; fyl; E 5nkmn ug]xf] \

xfdl kl/j f/df a:5f]. kl/j f/ kl/j f/ ldn] ; dfh  
aG5 . ; dfhdf a:g xfdln]w]}s'/fx? yxf kfpg'  
k5{. Ps cfk; df d]hldnfk sfod ug{k5{/ Ps  
cfk; df ; xof]y lng' lbg' k5{.

kl/j f/df d]hldnfk / ; xof]y ePdf zflGt xG5 .  
d]hldnfk / ; xof]y ePsf] kl/j f/df ; à v'; L  
xG5g\ . 5/l5d\$df klg d]hldnfk / ; xof]y  
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vfnl sf]fdf tnsf egf0x? ; fgxf] \ / ; fyl; 6  
5nkmn ugxf] \  
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@= cfk; df d]ldnfk ePdf afRg ; lhnf]xG5 .

#= kl/j f/df d]ldnfk ePdf zflGt xG5 .

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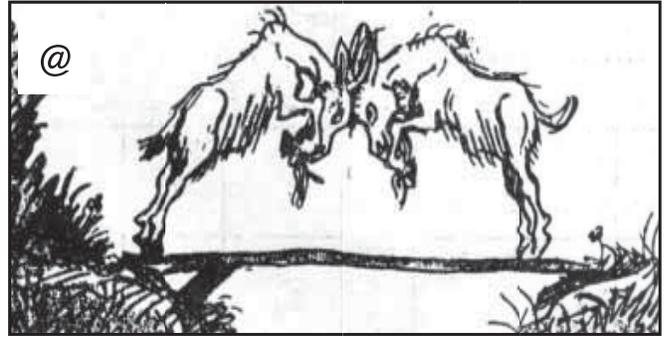
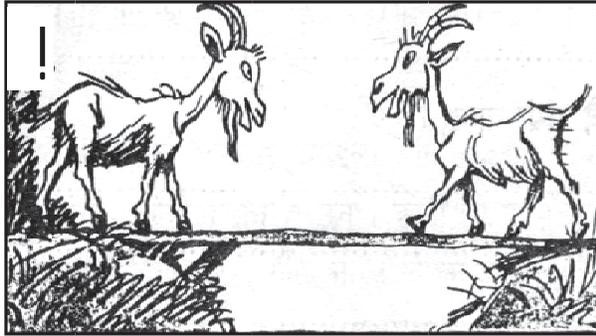
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२. kl/j f/df d]ldnfk xg s]s]ugknf{<

३. kl/j f/ / ; dfhdf d]ldnfk sfod /fVg  
g; s]df xg ; Sg]xfglx? s]s]xg\

Irq x]L 5nkmn ugxf] \



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j \ + o = Jof	Jofj ; fo, Jofj ; flos, Joj xf/
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b\ + / = b	vb f, db f, b o, ?b
/\ + h = h{	cfocfhg, uhg, shf{



tnsf zAbx; k9} cy{nufpgxf} \

pGgt v}l	a}f} dl t/sf/L	vb f k; n
s[if s b	3/h' sfofho	; f0sn dd{
hl8a6l	laqm}	v/fof]kfng
kzkfng	kmkmh v}l	k^Nlkfng

tnsf s'/fsfgl k9L ;fyl; 5 5nkm ug{x} \

; ldnf M P ! /hgl sxfa6 cfPSL < xftdf  
kmf0n klg 5 !

/hgl M cFlbbL, d lxhf]fh 3/]hdf tflnd lng  
hfg yfn]L 5'. Toxla6 cfPSL lg .

; ldnf M s]s]tflnd lb]f]/x] 3/]h] < cfDbfgl  
a9fpg]vfnsf]klg 5 <

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crf/ agfpg] s] agfpg] la:s6  
agfpg] /]8of]ddt ug[h:tf l; kdhs  
tflnd lb]f]/x] .

; ldnf M d]L lbbLnf0{ t kmkmh v]Lsf] tflnd  
lng dg 5 /] ! To:tf] tflnd s; n]  
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; Dks{ugk5{. s]L c? ; a] ; :yfn]  
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; ldnf M 3/]h] tflnd dfq lbG5 ls< c? s]L  
; xof]u klg u5{xF.

/hgl M o; n] rfx+tflnd lbG5 . s[if ; DaGwl  
; Nnfx, ; ] f / ; xof]u klg u5{.

; ldnf M ltdl; E eφ eP/ w}s/f yxf kfPF. d  
klg ca s[if sfonodf hfG5' .  
kmmkmh v]t[lsf] tflnd lnP/ cfDbfgl  
a9fpБ' .

/hgl M xG5, xG5 . lbblnf0{z'esfdgf 5 .

vfnl sf]fdf j fSox? ; fgxf] \

!= ufpB/df vbf| k; n yfk] cfDbfgl a9fpg  
; lSG5 .

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2. tkf0\$ j|/kl/ cfocfhg ug{ tflnd lbg]  
; :yfx? s]s]5g\
3. tkf0\$] 3/ j|/kl/ cfocfhg ug{ C0f lbg]  
; :yfx? s]s]5g\
4. tkf0\$] glhs} ePsf s[if s[|b| tyf kz'  
ljsf; s[|b| cfocfhg ug{ s] s] ; xofj  
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lbgk5{x}hf <

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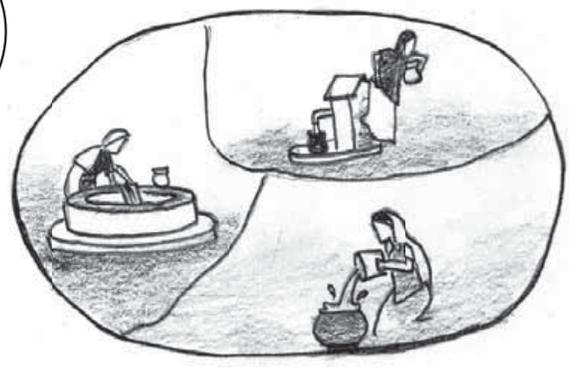
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0gf/	kW]f]	s] f	gbl
vf]hf	z4ls/of	kfglaf6	; gI/fu



Rff/ 366f cufi8b]v d  
 s'; l4f6 p7\$} 5g .  
 la/fdx? cfp5g\ hrfP/  
 kms(5g\ ; a} hgf emf8f  
 kvfnfn]kli8t la/fdx? .



tnsf]cgR5] k9]xf] V ; fyl; E 5nkmn ugxf] \

kfgL ge0{hlj g rNbg} . To; h]kfgL cd[ xf] . t/  
 kmf]xf] kfgLn]lj ifsf]sfd u5{ . kmf] / / blift kfgL  
 g} w]} /fu]x?sf] dVo sf/of xf] . To:tf] kfgL  
 lkpgfn] /fu]sf] lzsf/ e0G5 . kfgLsf :ff]tx?  
 h:tm wf/f, s] f, 0gf/ cflb xg\ . kfgLsf] d'xfg

j l/kl/ kmf]f] ePdf kfgldf /f]sf ls6f0fx?  
a95g\ . kfgldf l56} ls6f0fx? k:5g\ . tl  
ls6f0fx? dflg; sf] z/l/leq k:5g\clg ljleGg  
/f]ux? nfu5g\ . To; f] xbf xfdln] lkpg] kfgl  
; /lft /fVg]pkfox? ckgfpg' k5{.

kfgl ; /lft /fVg]pkfox? M

၁. wf/f, s]f, 0gf/ j l/kl/ ; wf; kmf ; U3/ /fVg]
၂. kfgl yfkg] efBfsf] leq / aflx/ ; fa'g j f  
v/fgl kfgln]/fdf] E ; kmf ug]
၃. kfgl yfkg' cufl8 wf/fsf] 66l j f xft kmf]/  
eP /fdf] E ; kmf ug]
၄. kfgl ; kmf 9sgln]5fk] /fVg]
၅. lkpg] kfglsf] efBfdf slxNo} klg xft  
g8'afpg]
၆. kfgl kof] ubf{; kmf efBfsf]kof] ug]
၇. pdfn] j f ; fl]8; u/] kfglnf0{ ; /lft  
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tnsf k]gsf]pQ/ lbgxf] \

၁. tkf0sf]3/ 6fh j l/kl/ kfglsf ; fl]x? s]s]  
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२. tl kfglsf] ; f]x?nf0{s; /L ; /lft /fVg' ePsf]  
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३. kmf]f] jf blift kfglaf6 s] s] ; d:of xg  
; S5g\

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ug\G5 <

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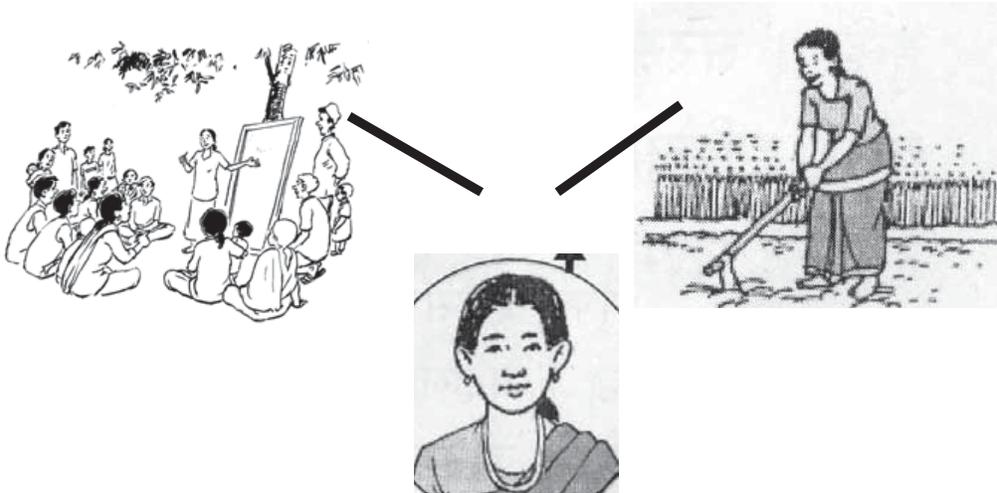
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cfkhhf0{Irgfcf}†

tnsf zAbx? k9] cy{nufpgxf} \

kl/j f/	b]gsl	d]ldnfk	Joj xf/
; flf/ tf	n]k9	lg/lf/	sdfpg'
lg/Gt/	lzlff		



tnsf cgR5] k9]xf] V ; fyl; E 5nkmn ugxf] \

Df]f]gfd kNk; f xf]. d b]phf ufpE]f a:5' . d]f]  
; fgf] kl/j f/ 5 . d]f] kl/j f/df d]ldnfk 5 .  
3/sf] sfd kl/j f/sf ; a} ldn] u5f]. 3/df  
sdfpg]d / d]f] >ldfg\xg]G5 . d]f] ; a}; do  
3/ / v] af/l]sf]sfddf laT5 .

d 3/sf]; a}sf d ; s] ; fEmdf ; flf/ tf sIffdf k9g  
hfG5' . ; flf/ tf sIffdf uP/ gofFgofFs'/fx? l; S5' .  
d]h]; flf/ tf sIffdf l; s]f s'/fx? o:tf 5gW

-s\_ cf^gf]kl/j f/sf]gfd n]g,

-v\_ df]af0n / Sofnsh] / sf]k]f] ug]tl/sf,

-u\_ ; fwf/0f n]k9 ug{/ x/lx; fa ug,{

-3\_ ; kmf kfgl / :j :y jftfj /0f kfpg]pkfo,

-^a\_ 38L x] ] ; do x] / ljleGg ; ^a] IrGxx?  
IrGg,

-r\_ c^a]hl clf/ IrGg / s]l c^a]hl zAbx?  
aem] .

; flf/ tf sIffdf /df0nf] xG5 . dnf0{ ; flf/ tf  
sIffdf hfg dg nfu5 . d]h] bl]gs @ 3G6f ; W]F  
l; Sg]c7f] u/]l 5' .

cEof;

5nkmn ug]f] \

!= kNk; fn] ; flf/ tf sIffdf efu lnP/ s] s] l; Sg'  
eof]<

❖

❖

@= ; flf/ tf s lffaf6 tkf0{x?n]s]s]l; Sg' eof]<



tnsf x/km? k9b}cfkm'klg t]t}nVgxf] \

!= k9g nVg dg xg]hf0{pd}n]5\$b} .



@= lg/lf/ xg' /fdf]xf0g .



#= ; ?df k9g nVg c; lhnf]xg; S5 .



\$=cEof; ePkl5 t k9g ; lhnf]xG5 .



%= s lffdf ; dX ; dXdf ldn] l; Sg klg kf0G5 .



tnsf]lr7L k9\xf] \

dwj gl, ?kGb}L

cfb/0flo kmk,"  
gd:sf/ .

ldlt @)&!÷!÷!

kmk"! gofFj if{@)&! ; fnsf] z'esfdgf . d cfh  
hfgl ghfgl b0{ rf/ zAb n\g] sf]; ; ub5' .  
oltsf j if{ Dd lg/lf/ e0{afF}L lyPF. clxn]d  
cf^gf] gfd n\g ; Sg] ePsl 5' . b0{ rf/ clf/  
k9\ / b0{rf/ k} f sdfpg]pkfo yxf klg kfPsl  
5' . d clxn]lgs}v'; L 5' . dnf0{k9\ n\g kfP/  
kmf0bf ePsf] 5 . kmk"! tkf0{+ klg cufl8  
a9\xf] \. tkf0\$] ufpbf klg kf} lzlff cfPdf  
k9\ ' xfhf . o; af6 w}] kmf0bf xg]/x5 .

tkf0\$L eb}

/Zdf ld>

ca lx; fa u/f}hf\$

-s\_ !@ + #% + \$! = \*\* j f

$$\begin{array}{r} !@ \\ \#% \\ \hline + $! \\ ** \end{array}$$

-v\_ %# + \$& + !\$ = !!\$ j f

$$\begin{array}{r} \%# \\ \$& \\ \hline + !$ \\ !!$ \end{array}$$

tkf\$ {kig ix fa ugr\$ V

-s\_ !@ + !# + !\$ = j f

$$\begin{array}{r} !@ \\ !# \\ \hline + !$ \end{array}$$

-v\_ @% + @\* + ## =

-u\_ \$) + !@ + @\* =

-3\_ %# + !# + \$% =

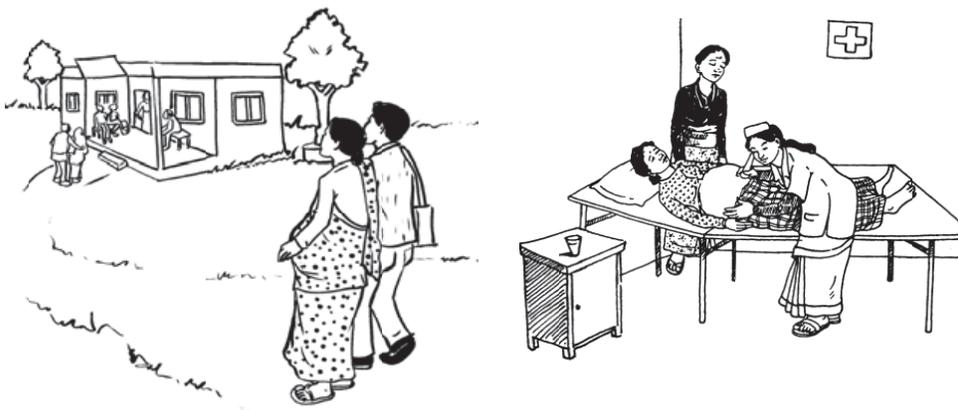
-a\_ ^! + \$@ + \$& =

kf7 %

dlxnf :j f:Yo ; d:of

hf\$}f cIf/ lrgf}/ zAbx? k9f}.

s\+ of = Sof	SofG; /
; \+ of = :of	; d:of, :ofn, :ofV
; \+ t = :t	:tg, c:tfpg'
; \+ jf = :jf	:jf:gl dflg; , :j :yfgl
s\+ t = St	eStk'/, /StsdL, elStefj
; \+ y <del>z</del> o = :Yo	:jf:Yo



tnsf zAbx? k9} cy{nufpgxf} \

:j f:Yo	:j :Yos/ vfgf cfa v:g'	/St; fj
/StsdL	:tg SofG; /	Wfft' alg' j iflg
hGd cGt/	; /lft ; Ts}L	; d:of sDd/ bVg'

tnsf s'/fsfgL k9xf] V ; fyl; 5nkmn ugxf] \

clgtf M gd:sf/, aGbgf lbb! sxfF uP/ cfpq'  
ePsf]< lgSs}xtf/df blvg' xG5 lg .

aGbgf M alxglnf0{yfx}5 . d ufdl0f :jf:Yo :jo+  
; lj sf xF. kNnf] ufpEL crgf lbblnf0{  
; ~rf]ePg5, Toxl ku} cfpE}5'.

clgtf M clg s] ePsf] /x5 t crgf lbblnf0{  
cl:t; Dd t d] af/ldf sfd u/L /fv\$] ]  
b]v\$] lyPF.

aGbgf M hGd cGt/ gu/L \$÷\$ cff aRrf  
hGdf0g\ Itgnf0{t /StsdL ePsf] /x5 .  
/StsdL ePkI5 dflg; sdhf} blvG5, xft  
uf8f uN5g,\cgxf/ km; f]kx]f]blvG5 .  
hGd cGt/ gu/L w}] aRrf Tof] klg aiflg  
hGdfPkI5 dlxnf?df /StsdLsf] ; d:of  
blvG5 .

clgtf M d]L efph" klg dlxgfj f/L xg] ahfdf k8,  
sDd/, 6fpsf] bVof] eGgxG5 . dnf0{ klg  
dlxgfj f/L ePsf] ahfdf xft uf8f kmqSs  
un]h:tf]xG5 .

aGbgf M xfl dlxnf?df :j f:Yo ; DaGwL w} ; d:of  
5g\ . l56f] lax] xg' w} ; Gtfg hGdfpg'  
ue{ tl / ; Ts}L ahfdf /fdf] :ofxf/  
gkfpagn] dlxnf?df :j f:Yo ; d:of  
cfpBg\

dlxnf?df /StsdL blvg' cf<sup>a</sup> v:g' wft'  
alg' ; fwf/of s'f h:t} dflgG5 . slt  
dlxnf?df t :tg SofG; / klg ePsf]  
kf0G5 .

clgtf M xfdl df0hfhf0{klg kf7B/sf]SofG; / ePsf]  
/x5 . To; h]kf7B/ g}lms} kmf\$sf]/].

aGbgf M dlxnf?df kf7B/ tyf :tg SofG; / klg  
w} blvG5 . To; h] ; a} dlxnf?n] ; do  
; dodf :j f:Yo hfF u/fpg' k5{. ; dod}  
/f} kQf nfluof]eg]lgsf]kfg{; lhnf]xG5 .

clgtf M xfdL lg/f}L dflg; x?n] klg :j f:Yo hfF  
ug{k5{t aGbgf lbbL <

aGbgf M k5{ ; ah] ahfahfdf :j f:Yo hfF u/fpF  
/f} nfu\$sf] ; ?d} yxf xG5 / lgsf] kfg{  
; lhnf]xG5 .

tnsf k7gx?df 5nkmn ugxf] \

!= tkf0\$] 5/l5d\$df dlxnf?df s] s] :j f:Yo  
; d:of ePsf]kfpq' ePsf]5 <

@= z/l/df /utsf]sdl ePdf s]s]nlf0f b]vG5 <

#= cfa v:g]; d:of s:tf]; d:of xfhf <

\$= xfdln]:j f:Yo ; d:of cfpg glbg s]s]ugk5{<

tnsf egf0x? vfnl sf]fdf ; fgxf] \.

/Stsdl ePdf cgxf/ kx]f]b]vG5 .

:tgdf uf7fu7L cfPdf :j f:Yo hfF u/fpg'k5{.

ofg /fu nfu]df bDkQL b] ]]:j f:Yo hfF u/fpgk5{.

; /lft ; Ts]L u/fpg :j f:Yo ; :yf hfcf}.

; f] n]gxf] \

; /|lft cdfd aGg s]s]s'/fdf Wofg lbgknf{<

- 
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- 
- 

lx; fa ugxf] \

१. n5dlgofsf] 3/df !\* cf}f afvf], !@ cf}f e}f / !# cf}f a<sup>a</sup>u' 5g\ . ; a}hf}f] pgsf] 3/df hDdf slt hgij / eP t <
२. uf]kgl] ahf/df uP/ ?=\$\* }lkof}f] :ofp lsg] Pp6f em]hfd] /flvg\ . pgn] csf] em]hfd] ?=&% sf] :ofp /flvg\ . pgn] ba} em]hfd] u/L hDdf slt ?lkof}f] :ofp /flvg\
३. ldgef}f] ufp}f dlxnf !%& hg] / k?if !%@ hg] /x}f}g\ ba}y/Lnf0{hf}f] slt xG5 <
४. /Zdlsf slffdf hDdf \$% hg] ; xeful 5g\ . pgs] alxglsf] slffdf \$# hg] ; xeful 5g\ . ba}slffsf u/L hDdf slt hg] ; xeful eP <

kf7 ^

d]f] ufpF d]f]lhNnf

hf\$}f c]f/ ]rgf}/ zAbx; k9f}.

s \ + s = Ss	5Ss, kSs, 9Ss
r \ + r = Rr	pRr, ; Rrf, sRrf
6 \ + 6 = §	7§f, u§f, ; §f
t \ + t = Q	pQd, eQf, ; Qf, ; Q
k \ + k = Kk	vKk; , vKk/
n \ + N = Nn	lhNn, lhNnf, lsNnf, ; Nnf]
; \ + ; = ::;	9!;, 7!;, /::; L



tnsf cgR5} k9}xf] V ; fyl; 5nkmn ug}xf] \  
d]f] 3/ af8] ufp}f k5{ . of] ufpF afudtl  
c~rnsf]nlntk'/ lhNnfd k5{. lhNnfsf]lj sf;  
ug{lhnNf lj sf; ; ldl t nfu\$}f]xG5 .

lhNnf lj sf; ; |dltnf0{ 5f7s/ldf lh=j=; =  
 elg65 . lh=j=; =n] lhNnfd fvgkfgl /  
 af6f3f6f\$]Joj :yf u5{. :j f:Yo / lzlfssf]; lj wf  
 a9fpg]sfd u5{. lh=j=; =n]lhNnfsf]lj sf; ug{  
 ofhgf agfp5 .

d]f]ufpaf lj Bfno, :j f:Yo rf\$L / ; xsf/L k; n  
 5 . tl ; a}lgsfon]ufp5f]lj sf; df ; 3fp5g\

vfnl 7fpaf eg] \

-s\_ d]f]3/ ===== lhNnfd k5{.

-v\_ d]f]uf=j=; =:g=kfsf]gfd===== xf].

-u\_ d]f]uf=j=; =:g=kf= df =====cf7f  
 lj Bfnox? 5g\

-3\_ :j f:Yo ; ]fsf nflu ===== 5 .

-<sup>a</sup>\_ d]f]lhNnfsf]; b/ d'sfd ===== df 5 .

tnsf k7gx?df 5nkmn ug] \

१. tkf0\$]3/ j /k/ s]s]; ] f kf0G5 <

२. tkf0\$] 3/-6f]hdf sg sg ; ] f ; lj wfsf  
 nflu k} f nflu <

- ३. tkf0\$] 6fh 15d\$df sg sg ;]f; lj wf  
l; Qdf kf0G5 <
- ४. tkf0\$]lhNnfd s]s]; lj wf kf0G5 <
- ५. lhNnfs] ; b/d'sfddf s] s] ;]f / ; lj wf  
kf0G5 <
- ६. ;]f ; lj wf lng s]s]ugk5{<

;fyl; 5nkm u/L cfk\$]lhNnfs] ; b/d'sfddf  
ePsf sfofhodf  lrgf] nufpgxf] \

lhNnf c:ktfn		3/h'lj sf;		cbfnt	
kx/L sfofho		s[if lj sf;		kz' :j f:Yo	
jg ; Af0f sfofho		e"; Af0f		dlxnf lj sf;	
lzlf sfofho		dfnkft		gfkL	
el'd ; wf/		xhfs		6]nkmg	



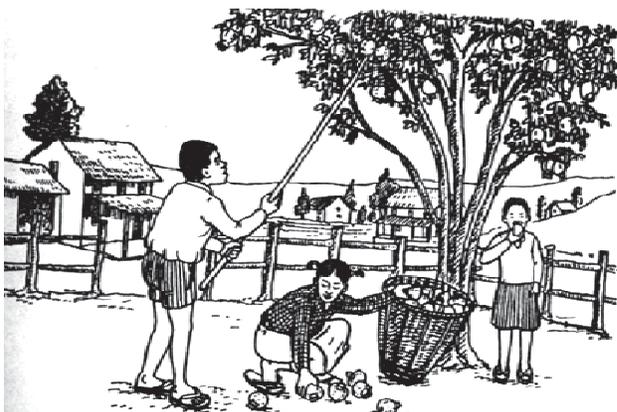


kf7 &

hgf/sf]; j t

hf}sf c lf/ lrgf}zAbx; k9f}.

$\wedge + j = j \{$	$; j \{, kj \{, uj \{$
$n \setminus + nf = Nnf$	$lhNnf, lsNnf, lhNn$
$w \setminus + o = \mathbb{W}o$	$d\mathbb{W}o, c\mathbb{W}ofo, \mathbb{W}ofg$
$a \setminus + u = a\mathbb{U}$	$/a\mathbb{U}, dx^{a\mathbb{U}f}, c^{a\mathbb{U}}$
$\wedge + xf] = \mathbb{Y}xf]$	$ufxf], \mathbb{Y}xf;$



tnsf zAbx? k9] cy{nufpgxf] \

sl6gfzs ; :tf] dx<sup>a</sup>Uf] UffYxf] kz:t  
dW<sub>o</sub> kxf8 pTkfbg cfn'av8f Jofj ; flos hgf/

tnsf cgR50 k9\kf] V ; fyl; 5nkmn ugxf] \

gkfnsf] dW0 kjL{ kxf8L lhNnfdh hgf/sf] v]L  
xG5 . l; GwhL, /fd5fkb]v wgs6f; Dd hgf/ v]L  
xG5 . sltko 7fp6f t sfutl klg kç:t pTkfbg  
xG5 . dflg; x?n] Jofj ; flos ?kdf hgf/ v]L  
u/\$f 5g\ sltn]sfutl v]L ; d]t u/\$f 5g\

/fl]x0fl /fd5fkdf al:5g\ . pgsf b0{ rf/ af6  
hgf/ afx\$ c? cfDbfg]sf] af6f] 5g . >ldfgN]  
5f8\$fn] @ cf6f s6fs6L x\$fbg pgnf0{ lgs}  
ufxf]ePsf]lyof].

Ps lbg pgl sfd k/] dGynL uPsl ly0g\ pgn]  
cf^gf] afNo sfnsL ; fyl sfdgfnf0{ e]6g\ .  
sfdgfs} ; xof]udf pgn] hgf/sf] ; j}t agfpg]  
tflnd ln0g\

tflndkl5 pgn] klxnf cf^g} hgf/af6 ; j}t  
agf0g\ . /fl]x0fln] agfPsf] ; j}t dl7f] :j:ys/  
ePsf]ahf/df dfu a9\df]. clxn]t pgn]; j}t  
agfpg]sf/vfgf g}vfh]\$L 5g\ . cfkm"dfq xf0g  
c? \$÷% hgf dflg; nf0{klg sfd lbPsl 5g\

/f]x0fLsf] ; kmntf b]v] /fd]fk / To; sf]  
 cf; kf; df pGgt tl/sfn] kmnkmh v]lk|t w]sf]  
 ?lr hfusf]5 .

/f]x0fLn] kmnkmh kzf]vg ug] pkfo n]v]s5g,\  
 k9gxf] \ sfklaf klg ; fgxf] \

s]af6	s]a6of]
hgf/	; j t, hfd
nk; L	df8f, Ittf}f, crf/ / kfpF
lgaj f, sfutL, ; Gtnf	; j t, ; Gtnf :j fbsf] rsn6 / hfd
d]f, cf?, cfn'av8f	hfd
s]f	lrk; , kfp8/
gf:kftL	hfd, ; j t, Sof08L
cdnf	crf/, Ittf}f

hfgL /fvf}M

pRr lxdfnL lhNnfx?df :ofp pTkfbg xG5 .  
 ToxF:ofpsf] rfgf klg ; 'sf0G5 . :ofpsf]; j t  
 / /S; L klg agf0G5 .

tnsf k7gx?df 5nkmn ugxf] \

!=tkf0\$]ufpF6f]hdf kf0g]kmmkthx; s]s]xg\

@=tl kmmkthx?af6 s]s]agff0G5< s; /L agf0G5<

#=tkf0\$] ufpB/df Jofj; flos ;kdf nufpg

; lsg]kmmkthx; s]s]5g\

\$=To:tf kmmkth s-s; n]nufPsf 5g\

%=To:tf kmmkthsf]ahf/ Joj :yf s; /L ul/G5 <

hgf/sf] ; j t agfpgsf] nflu lgDg s'fx; rfxG5 M

hgf/sf] /;	! s]hl=
lrgl	!=% s]hl=
kfgl	!=% s]hl=
; f0l6\$ P; L8	\$) ufd
Kff7fl; od d7f j f0 ; Nkmf06 @=% ufd	
o; af6 \$ s]hl= ; j t tof/ xG5 .	

lx; fa u/f}

/f]x0fln]lxhf]\$#@ af]n hgf/sf]; j t agf0g\ Tof]  
dWo]#\*\$ af]n lxhf]g}laSof]. ca pgl; E slt  
afEL 5 <

pTkfbg ePsf]\$#@ af]n  
laqml ePsf] - #\*\$ af]n  
afEL \$\* af]n 5 .

; 0	b;	Ps
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-#	*	\$
	\$	*

tkf0{k]g 36fp ugxf] \

!="/dnfn]?=#@% sf]sfutl lsg\$] ly0g\ . To; af6  
\*#& sf]; j t ag\$ . pgnf0{slt kmf0bf eof]<  
@=ck0ffsf 3/df b0cf7f ; Gtnfsf]af7 5g\ . k'/fgf]  
af7df ^%! bfgf kmn\$ gofFaf7df %\* bfgf kmn\$  
eg]gofFaf7df slt bfgf a9L kmn\$ .

#=cl3Nnf] dlxgdf zSGtnfn] &%) s]hl= ; j t  
laqml ul/g\ . of] dlxgf pgn]#\$\$ s]hl= laqml  
ul/g\ . cl3Nnf] dlxgf hlQs} xgnf0{ ca pgn]  
slt aRg' knf{<

\$=; flaq]sf]kl/j f/n]df}lkfng u/\$f 5g\ . ut j if{  
pglx;n]#\$^ s]hl= dx pTkfbg u/\$f lyP . of]  
j if{ ^#! s]hl= dx pTkfbg eof] . slt a9L  
pTkfbg eP5 .

36fp ug{x} \

!^  
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-s\_ !\*  
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-v\_ !!  
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-u\_ !@  
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-3\_ !%  
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36fp ug{x} \

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kf7 \*

kmf]/d]hf tx nufcf]

tnsf zAbx? k9] cy{nufpgxf] \

slxg]kmf]/	gslxg]kmf]/	Vff8n
sDkf]6 dn	lb; f lk; fj	rkl{
kmf]/ /fvG]efBf	sk8fsf]emf]hf	



tnsf]cgR5] k9]xf] V ; fyl; E 5nkmn ugxf] \

cf/tln] kmf]/ Joj :yfkG tflnd ln0g\ . tflnd lnPk15 pgn]tnsf sfd ul/gW

9. 3/af6 lgSsg]kmfxf]nf0{slxg]kmf]/ / gslxg] kmf]/df 56af0g,\

२. slxg]kmf]/nf0{vfn8f]df vGof0g,\
३. vfn8f]df ykf/}sf]kmf]/af6 dn aGof]
४. efG5faf6 lg:sg]kmf]/nf0{; fgf ; fgf 6qmf u/L  
slxg]kmf]f]sf]vf8ndf /flvg,\
५. gslxg]kmf]/nf0{hDdf kf/] a]rg,\
६. kl/jf/nf0{ vhf lb; f lk; fj ug{ gxb] s'/f  
l; sf0g\ . ; ahnf0{; w]Frkl]df dfq lb; f lk; fj  
ug]; Nnfx lb0g,\
७. ahf/df lsgd]h ug{hfbf cfkm}emf]hf lnP/ hfg  
yflng,\
८. knfli6ssf]emf]hfn]klg j tfj /of lau05,
९. cfkm]ub{cfPsf]sfd c?nf0{klg atf0g\

tnsf k7gdf 5nkmn ug{f] \

१. 3/af6 lg:sg]sg sg kmf]/ slxG5 <
२. gslxg]kmf]/x? s]s]xG5g\
३. kmf]/nf0{s; /L tx nufpg' knf{<
४. cf/tln] cf^gf] 3/df s; /L kmf]/ Joj :yfkq  
ul/g\
५. tkf0] cf-cf^gf] 3/sf] kmf]/ s; /L Joj :yfkq  
ub{cfpg' ePsf]5 <

t nsf]x/km k9] h:tfsf]t:t}n]gxf] \

! =hyfefj L kmf] / ubf{j ftfj /0f blift a65 .

---

@ =slxg] kmf] /nf0{ Ps 7fpEf /fv] dn agfpg  
; lS65 .

---

# =gsixg] kmf] / kgM kof] u/] gofF; fdfg agfpg  
; lS65 .

---

\$ = hyfefj L kmf] / gkmfnf] .

---

% = ahf/df lsgd]h ug{hfEf em]hf lnP/ hfcf] .

---

^ = knfli6ssf] em]hfn]klg j tfj /0f lau65 .

---

lx; fa ugxf] \-36fp\_

!= dlxnfsf]e]hfdh hDdf \*\* hgf dlxnfx; lyP .  
tl dWo] %@ hgf dlxnfx? ; flf/ lyP . slthgf  
lg/lf/ /x5g\

\*\*

-%@

@= lj dnfsf]v]t /f]g \$% hgf v]fnf rflxG5g\  
pgn]!& hgf vf]hl ; lsg\. ca slt v]fnf  
vf]g af]L xf]hf <

\$%

-!&

#= kmf]f]sf sf/0f cl3Nnf]dlxgf ufp]f %@ hgf  
afn aflnsfx? la/fdL k/] . of] dlxgfd] Tof]  
; a\of 36] !% hgfd] em]of]. cl3Nnf]dlxgf  
/ clxn]sf] dlxgfd] la/fdLsf] ; a\of sltsf]  
km/s eof]<

%@

-!%

kf7 (

clwsf/ / st{0

hf{0}f clf/ lrgf} / zAbx? k9f}.

/\ + t = t{	stf{
j\ + 0 = Jo	Joyf, st{0
s\ + 0 = So	oyf; So, Sofd/f, j fSo
v\ + of = Vof	VofnVofn, Voftl
u\ + 0 = Uo	dgl0, efl0
3\ + 0 = fo	f0f/f0f/
t\ + 0 = To	ToxfTo; /L, To:tf]



tnsf zAbx? k9} cy{nufpgxf} \

clwsf/	st{0	Joj :yf	Ij Bfno
efl0	Joyf	Joj xf/	Tofu
Tfk:of	Joj ; fo		

tnsf cgR5b k9xf] V ; fyl; E 5nkmn ugxf] \

xfdL ; a} gkfnln] vfg, nfpq, k9g, nvg kfpq'  
k5{. la/fdL xbf cfjfwl pkrf/ kfpq' k5{. sfd,  
cf/fd / dgf]-hg ug{klg kfpq' k5{. ol s'/fx?  
xfdf] clwsf/ xg\ . ; a]o:tf clwsf/ kofu ug{  
k5{.

clwsf/; E} st{o klg ufE, P/ cfpE . st{o  
egsf] xfdln] k'/f ug{ kg[ lhDd] f/L xf]. cfkmgf]  
kl/j f/sf]/fd/L nfng kfng ug{xfdf] dVo st{o  
xf]. 5f]f 5f]lnf0{ k9fpg', n]vfpq' / la/fdL xbf  
; dod}:j f:Yosdlhf0{b]vfpq' xfdf] st{o xf].

; dfhsf] enf] ug{ cGofO xg glbg' xfdf] st{o  
xf]. 5/ l5dssf]; v bMvdf ; fy lbg' klg xfdf]  
st{o xf]. st{o k'/f ug{df]g; n]g}pGglt ug{  
; S5 . gkfnsf]; H wfgdf xfdf] clwsf/ / st{osf]  
Joj :yf ul/Psf]5 .

zAbx; n]f}.

clwsf/			
st{o			
lj Bfno			
eJo			

; fyl; E 5nkmn ug{x} \

!=tkf0{x?n] clxn] sg sg clwsf/sf] kofu ug{  
ePsf]5 <

@=yk s]s]s'/fdf clwsf/ kfpq' k5{x}hf <

#=sg sg s'/fdf st{o k'/f ug{afE] 5 <

tnsf egf0x? ; fg{x} \ / cfkmhf0{ nfu}f s'/f  
5nkmn ug{x} \

cfkmh]cfkmhf0{lr}gf}.

-----  
cfkmhf0{lr}gfpg]sfd u/f}.

hfGg kfpg]clwsf/sf]; Af0f u/f}.

---

clwsf/ vfhf}st{o gehf}.

---

; dfhkl|tsf]st{o k'f u/f}.

---

slj tf k9f}

st{o / clwsf/ b'a}ldNg]; fyl .  
Pp6f dfq vfhg]u/]ck'f]slt ..  
k9g]nvg]vfg]vlg]; 'lft xg].  
dfjns xs dfg; sf ol ; ah]ug]..  
cfkm'clg kl/j f/ bzk|t klg .  
lhDd] f/L ; ah]k'f ug{k5{lg ..  
lhDd] f/L / bfloTj st{odf k/].  
xs nflg]s'f ; a}clwsf/df em/].  
xs clwsf/ lng xfdL kl5 gk/f}.  
tl s'f k'f ug{; r] ; w}/xf}.

lx; fa u/f}M

!=dfgf}uPsf] ; lj wfg ; efdf afE] lhNnfd ^%)  
dtbftf lyP . tl dWo]\$\$% n]dfq dtbfg u/  
eg]slt hgfn]dtbfg u/}gg\<

@=s[0fn]afn Snj df 5fqfx?sf nflu eg] 5fqj [Q  
sf]f v8f u/]. 5fqj [Q sf]fdf hDdf ?= !))  
lyof]. o; kfln Snj n]; Ltfnf0{kf}zfs / z}fs  
; fdu|| lSgg eg] ?= %^ ) lb0of]eg]ca sf]fdf  
slt afE]L ?lkofF/xof]<

#=9f}kf6g uf=j =; =sf] hg; a\of ((% lyof] .  
o; kfln hgu0fgf ubf{ \*\$^ dfq xg cfof] .  
pSt uf=j =; = df slt hgfsf] ; a\of 36\of]  
xf]hf <

kf7 !)

:j f:Yo ; ] fsf]køfψ

hfø\$ f c lf/ lrgf}z/ zAbx? k9f}.

; \ + y\ + 0 = :Yo,	:j f:Yo
; \ + Jf = :j	:j R5, :j :y



tnsf zAbx? k9] cy{nufpgxf} \

:j f:Yo ; ] f	/fψ lj ?4sf]vf]k	/fψsf]pkrf/
/fψsf nlf0f	aRg]pkfo	3gl6 <sup>a</sup> \$f/
Affn kl3ft	Nfx/]vf\$L	Eofu'tf]/fψ
:j f:Yo sdl{	:j f:Yo :t/df ; wf/	lhNnf c:ktfn

tnsf cgR50 k9xf] V 5nkmn ugxf] \

c~rn c:ktfn, lhNnf c:ktfn, :jf:Yo rf\$L,  
pk-:jf:Yo rf\$L ; a]n]:jf:Yo ; ]f k%ofp5g\

xfdf] ufp0f klg :jf:Yo s0b| 5 . sxl+:jf:Yo  
rf\$L 5 eg] sxl+pk-:jf:Yo rf\$lx? 5g\ . ol  
; :yfx?n] la/fdlsf] pkrf/ u50V sltko cf]fwl  
t l; Q0f klg lbG5g\

:jf:Yo ; :yfx?n] ue{ tl dlxnfsf] hfF u50\  
cfj Zos ; Nnfx klg lbG5g\ x/\$ ue{ tl dlxnfn]  
; Ts]L xg' cufl8 sDtdf rf/ k6s ue{ hfF  
u/fpg' k5{ . :jf:Yo ; :yfx?n] /f] nflgaf6  
arfpg] vfk klg nufp5g\

:jf:Yo ; :yfn] ; j { ; fwf/0fsf] :jf:Yodf ; wf/  
Nofpg] pkfo klg u50\  
le6fldg P v]fpg]  
h'sfsf] cf]fwl lbg] aRrfsf] j [4, /]b]v ug[ ; ]f  
klg k%ofp5g\ . xfdl ; a]n] ; dod} To:tf ; ]f  
Ingk5{ . vfk cleofdgdf efu Ing' k5{ . la/fdl  
xgf; fy :jf:Yo ; :yfdf uP/ hFfpg' k5{ .

tnsf egf0x? vfnlsf]fdf ;fgxf] \ / 5nkm  
ugxf] \

:j f:Yo ; :yfx?n]:j f:Yo lzIff lbG5g\

:j f:Yo rf}ldf \$)÷%) Isl; dsf cf}fwlx?  
lgMzNs kf0G5g\

:j f:Yo ; :yfdf ; Ts}L u/fp}f k} f klg kf0G5 .

:j f:Yo ; :yfx?n]vf}k ; } f klg lbG5g\

/f} nfukl5 pkrf/ ug}Gb f /f} nflu glbg' j }  
xf}.

vfkk

tnsf cgR5 k9xf] V 5nkmn ugxf] \

Vffk nufpgfn] lj leGg ; ?j f  
 /f]uaf6 aRg ; lsG5 . lzz'  
 hGd\$] ! j if{eqdf ; a}  
 vfksf] dfqf k'f ugk5{ .  
 o; n] vt/gfs /f]ux?



nflgaf6 aRg ; lsG5 . ; a} :j f:Yo ; #yfx?n]  
 lgMzNs vfkk ; j f lbG5g\ lzz' hGd\$]Ps j if{eq  
 vfkk nufpg' k5{.

Vffk] gfa	कुग /f]uaf6 विशुद्ध	कखिले] लपुपउने]
Afl=; L=hl=	lfo/f]u	hGd]k]l5 hlt ; Sof] l56f]
x]kf6f06L; al	x]kf6f06L; al	al=; L=hl=; E}
8L=kl=6L=	Eofu't] nx/]vf]L, 3g]6 <sup>a</sup> \$f/	^ xKtf !) xKtf / !\$ xKtff u/L tlg k6s

kff]nof]	Affn	8L=kl=6L= nufpEf
yfkf	kIf3ft	; #; #}tlg k6S
bfb'/f vfk	bfb'/f	( dlxgf k'/f ePblv ! j if{leq

lzzx?nf0{ ; fwf/0f emf8f kvfnf / ?3fvf\$  
 nfu\$ f ahfdf klg vfk nufpg ; lSG5 . x/\$  
 cdfafah] ; dod} vfk sf] dfqf k'/f u/} cfkm]f]  
 lhDd] f/L k'/f ugk5{ . vfk nufPkI5 vfk sf8{  
 lbOG5 . vfk nufPkI5 To; df eg{ klg nufpg'  
 k5{.

vfnl 7fēdf IdNbf]zAb 5fg] egxf] \

1. ; a} lzzhf0{ hGd\$ f] \_\_\_\_\_  
 leqdf vfk sf] dfqf k'/f ugk5{. - # dlxgf, ( dlxgf, ! j if{
2. al=; l=hl= vfk n] \_\_\_\_\_/f] nflgaf6  
 hf]fpБ . -xkf6f0l6; , lfo/f], kIf3ft\_
3. hGd]kI5 hlt ; Sof]l56f]lbg' kg] vfk \_\_\_\_\_  
 xf]. - j l=; l=hl=, 8L=kl=6L, 6L=6L=
4. lzzhf0{ vfg lbg] vfk \_\_\_\_\_  
 xf]. - bfb'/f sf] vfk, j l=; l=hl=, kff]nof] yfkf\_

2. kfl]nof] yf]kf / 8kl6L vf]k \_\_\_\_\_  
 k6s nuf0G5 . -!, @, #\_

ε. Eofut] nx/]vf]sl / 3gl6<sup>a</sup>sf/ h:tf  
 vt/gfs /f]uaf6 arfpg \_\_\_\_\_ vf]k  
 nuf0G5 . -al=; l=hl=,8l=kl=6L, x]kf6f06L; al\_

vf]ksf gfdx? c<sup>a</sup>u]hldf klg k9f]M

BCG	DPT	T.T.,
Hepatitis B	Polio-mellitus	Measles

ca lx; fa u/f]36fp\_

cl3Nnf] j if{el/ ag]kfsf] c:ktfndf \$%^ hgf  
 emf8f kvfnfsf la/fdl cfPsf lyP . of]j if{hDdf  
 @(& hgf cfP5g\ . o; j if{ cl3Nnf] j if{Gbf  
 slthgf sd cfP5g\

utj if{ \$%^	; 0	bz	Ps
o; j if{ - @(& j f	\$ → !	% → !	^
!%(	- @	(	&
	!	%	(

tkf0{#klg lx; fa ug{x} \

१. Ps x\ktsf nflu ; Gtf]flsf]kl/j f/n]bfm, rfdn  
lsGg ?=\*%% hf]ufPsf]lyof]. To; dWo]?= ^))  
cf]fwldf vr{ eof] . ; Gtf]flnf0{ bfn, rfdn  
lsGg slt ?lkofFgku eof]<
२. a4nldlsf ufp#f &&@ dflg; x? a:5g\. tl  
dWo] @\$% hgn] dfq ; /lft kfglsf] ; lj wf  
kfPsf 5g\. afEL sltn] To] ; lj wf kfpg  
; sgg\
३. tkf0{#]of]dlxgf sg sg lbgdf s]s]sfd ug{  
eof} tflnsf agfpgxf] \

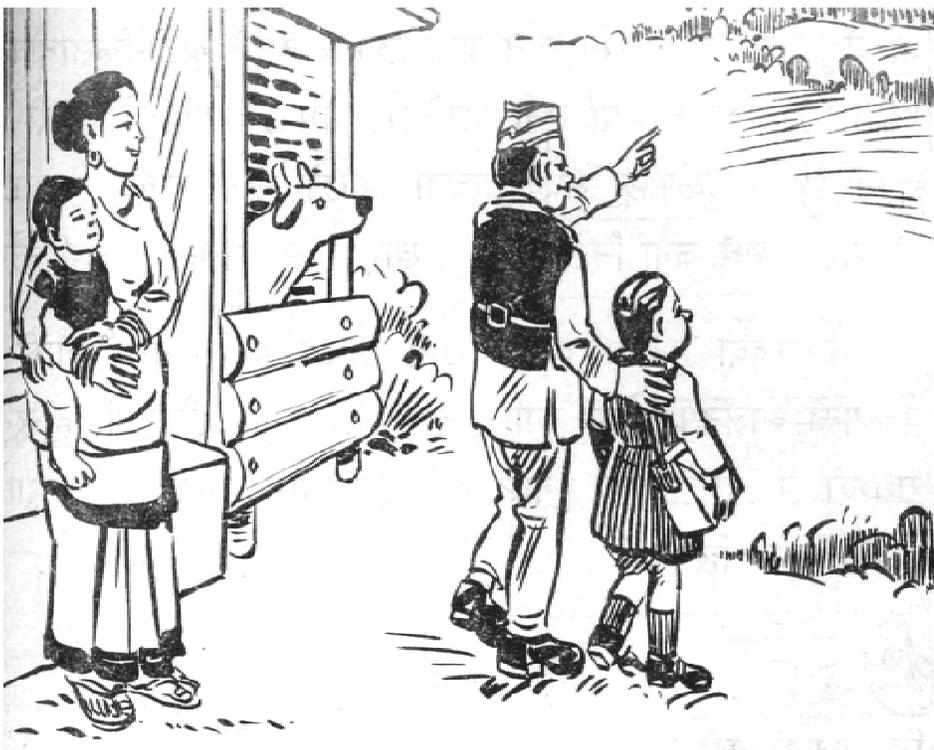
qm#; =	u/\$f]sfd	sfd ug{nfu\$f]lbg
!=		
@=		
#=		
\$=		
%=		
^=		
&=		
*=		

Kff7 !!

hGd cGt/

hf}f cIf/ lrgf+/ zAbx? k9f}.

g\ + d = Gd	hGd, hGdg'
g\ + t = Gt	cGt/, dGt/, hGt/, ; Gtfg
g\ + 5 = G5	xG5, 5G5, vG5
g\ + Rf] = Gr]	?Gr] wGr]
g\ + ; = G;	efG; f, eG; f/
g\ + hf = Ghf	efGhf, efGhL, dGhg
; \ + yf = :yf	:yfglo, c:yfol



tnsf zAbx? k9] cy{nufpgxf] \

hGd cGt/	; /llft	Hfg; a\of
KfI/j f/sf] of]hgf	c:yfol ; fwg	Kfb'ifof
s08d	g/knfg6	Ufe{hfF

tnsf cgR5] k9]xf] V ; fyl; E 5nkmn ugxf] \

/fwfsf]kl/j f/df b0{5f]f5f]L 5g\ 5f]f \$ j if\$]f] ePkl5 dfq /fwfn]5f]L hGdfPsl xg\ clxn]5f]L klg :sh hfg yfnl ; s\$]L 5g\

/fwfsf]lax]klg @) j if{ku]kl5 dfq ePsf]xf]. b0{ ; Gtfgsf alrdf \$ j if\$]f] km/s 5 . To; f] xE]f /fwfsf] z/l/ lg/f]ul 5 . pgsf 5f]f5f]L klg km]t]f 5g\ . lsgls pglx?n] cfdfsf] bW kZ:t vfg kFP . /fdf]:ofxf/ klg kFP .

/fwfnf0{ ; Gtfg w]}eP bMv xg] s'/f yxf] lyof]. To; h] b0{ ; Gtfg ePkl5 pgsf >ldfgN] kl/j f/sf] of]hgf u/\$]f lyP . o; n] ubf{ cfh pglx?sf]kl/j f/ ; fgf]/ ; vl 5 .

;fyl; 5nkmn ugxf] \

!\_ hGd cGt/ ugfn]s]s]kmf0bf xG5 xfhf <

@\_ hGd cGt/ ug[pkfox? s]s]xg ;S5 <

#\_ kl/j f/sf]of]hgf ug{eg\$]s]xf]hf <

\$\_ ; fgf]kl/j f/ ; \L kl/j f/ lsg eg\$]xf]hf <

%\_ 7hf]kl/j f/ ePdf lsg bMv xG5 eg\$]xf]hf <

tnsf s'/fx? sfklf ;fgxf] \ / ;fyl; 5nkmn  
ugxf] \

!\_ dlxnfn]@) j if{ku]kl5 dfq ; Gtfg hGdfcf}+

@\_ b0{ ; Gtfgsf] alrdf \$÷% j if\$] hGd cGt/  
u/f}+

#\_ #% j if{ ku]kl5 aRrf hGdfpBf cdf / lzz'  
bædf vt/f cfpq ; S5,

\$\_ ; Gtfgsf] rfxgf k"/f ePkl5 :yfol kl/j f/  
lgof]hg u/f}+

%\_ w]}; Gtfg ePdf hg; a\of a95,

^\_ hg; a\of a9]; d:of klg a95 .

ca lx; fa u/f}

u0fg M u0fg eg\$]5f]hf\$ xf].

$$\boxed{))} + \boxed{))} = \boxed{))}$$

$$\boxed{))} + \boxed{))} + \boxed{))} = \boxed{))}$$

$$\boxed{))} + \boxed{))} + \boxed{))} + \boxed{))} = \boxed{))}$$

@ X ! = @	@ X ^ = !@
@ X @ = \$	@ X & = !\$
@ X # = ^	@ X * = !^
@ X \$ = *	@ X ( = !*
@ X % = !)	@ X ! ) = @)

tkf0{kkg lx; fa ugxf] \

$$@ X \& = \boxed{\phantom{000}} \quad \# X \# = \boxed{\phantom{000}} \quad \$ X ^ = \boxed{\phantom{000}}$$

$$\% X * = \boxed{\phantom{000}} \quad \% X ^ = \boxed{\phantom{000}} \quad ^ X \& = \boxed{\phantom{000}}$$

$$^ X ( = \boxed{\phantom{000}} \quad \& X \$ = \boxed{\phantom{000}} \quad \& X \% = \boxed{\phantom{000}}$$

$$( X @ = \boxed{\phantom{000}}$$

Kff7 !@

t/sf/L v]L

hf}sf c lf/ lrgf} / zAbx? k9f}.

k\+ / = k	kfylds, kf/De, k\$[t
a\+ u = a\	kf <sup>a</sup> \fl/s, ; a\ t, c <sup>a</sup> \
/\+ if = if{	j if{ j if}
j\+ of = Jof	Jof8, JofSt, JofPsf]
s\+ / = qm	qmda4, tfkqmd
; \+ of = :of	lr:ofg, :ofpnf, :ofn



tnsf zAbx? k9] cy{nufpgxf] \

a}f} dl	kf <sup>a</sup> \fl/s dn	l xpE]	j if}
l; #f0	uf}dih	a}f{	knfli6s 6gih
lr:ofg	Jof8	uf}d	/f; folgs
lj iffbl	tfkqmd		

tnsf s'/f k9\xf] V ; fyl; 5 nkmn ugxf] \
 ufpB/df ; an]w] yf] t/sf/L nufp5g\ sltn]
 t Jofj ; flos t/sf/L v]l u/\$f 5g\ w]}pAhfp
 ug{ /f; folgs dn / ls/f dfg{ lj iffblsf] kof]u
 u5g\ cfhef]n /f; folgs dn / lj iffbl g/fv\$]f]
 t/sf/Lsf] dfu w]} 5 . /f; folgs cf]fwl /fv\$]f]
 t/sf/Ln] z/L/nf0{ xflg u5{ . /f; folgs dn
 gxfn\$]f] / lj iffbl kof]u gePsf] t/sf/Lnf0{
 kf^a\fl/s t/sf/L dflgG5 .

kf^a\fl/s t/sf/Ldf /f; folgs dnsf] ; 6\dfdf
 uf]dn, u8\dfdf dn, vf8n] dn xflnG5 . /f]u
 ls/fsf] /f\$yfd ug{ uf]d, ; tL\$]f] emf]n / v/fgl
 xflnG5 . o:tf kf^a\fl/s t/sf/Lsf]ahf/ efp klg
 a9L g} kf0G5 . To; ]] cfhef]n ls; fgx?
 kf^a\fl/s t/sf/L v]ldf nfu\$]f 5g\

t/sf/L v]laf6 /df] cfDbfgl ug{ a]df} ddf
 pTkfbg ug{ ; Sgk5{ . j iff]sf]df} ddf xg] sfqmf]
 km; L{ af]L cflb j if]t/sf/L xg\ lxp]bsf]df} ddf
 pTkfbg xg] sfpnl, jGbf, rD; / kn^a\fl] cflb
 lxp]t/sf/L xg\ cfhef]n lxp]bsf]df} ddf klg

leB] vf] fgl uf]heBf sfqm / km; L{ pAhfp ug{  
; lsG5 . To:tf t/sf/Lnf0{ xfdl a}f} dl t/sf/L  
eG5f}.

a}f} dl t/sf/L v]laf6 /fd] cfDbfgl ug{  
; lsG5 . a}f} dl t/sf/L v]l ug{s]if sfof}hodf  
; Dks{/fvGk5{.

tnsf k}gx?sf]pQ/ n}vgxf] \

१. tkf0}sf] ufpF6f]hdf kf0g] j if] t/sf/Lx? s]s]  
xg\ Itglx?sf]gfd n}vgxf] \

२. tkf0}sf] ufpF6f]hdf lxpEsf] df} ddf sg sg  
t/sf/L pTkfbg ul/G5 <

३. sg sg t/sf/L ; a}df} ddf nuf0G5 <

४. a}f} dl t/sf/L s]s]vfg]ug{xG5 <

tnsf k}gx?df 5nkm ug{x}f] \

१. v]t af/ldf t/sf/L v]l ubf{/f; folgs dnsf]  
; 6}fdf s]s]k}f]u ug{ul/G5 <

२. t/sf/Lnf0{/f]u ls/faf6 hf]ufpg s]s:tf 3/h'  
cf]fwlx?sf]k}f]u xG5 <

३. lj iffblsf]k}f]u u/] /f]u ls/f lgoGq0f ubf{s]s]  
xflg xG5 xf]hf <

ol s'/fx?nf0{c<sup>a</sup>u}hLdf hfgf}M

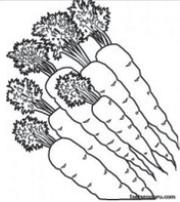
Cauliflower



Beetroot



Carrot



Chili



Broccoli



Urea



ca lx; fa u/f} -u0fg ! c<sup>a</sup>\$n]@ c<sup>a</sup>\$nf0{

!@	\$\$
$\frac{x\#}{\#\wedge}$	$\frac{x^*}{\#\%@}$

tkf0{klg lx; fa ug{x} \

$\frac{\#\$}{x\%}$	$\frac{\%\#}{x@}$	$\frac{\$!}{x^\wedge}$	$\frac{\#\#}{x\$}$	$\frac{\&@}{x\$}$
--------------------	-------------------	------------------------	--------------------	-------------------

kff7 !#

# h<sup>a</sup>ʌn hfʌfcfʃ

tnsf hfʃʃf clf/ lrgfʃ/ zAbx? k9fʃ

a\ + u = aʌ	h <sup>a</sup> ʌn, / <sup>a</sup> ʌ, c <sup>a</sup> ʌ
if\ + o = io	elj io, lzio, cb[o



tnsf zAbx? k9ʃ cy{nufcfʃ}M

; fʃʃ/	bfp/f	xʃfn'	?vla?j f
sf7 bfp/f	xfʃfij ʃf	hl8aʃl	; femf ; DkIQ
:j :y xfj f	; Af0f	3fʃkft	clUg /ʃʃf

tnsf s/fx? k9f} / 5nkmn u/f}.

; /:j t[lsf]ufpFglhs}h<sup>a</sup>∪n 5 . To; h<sup>a</sup>∪naf6  
dflg; x?n] hyfefjL sf7bfp/f Nofpgfn] jg g}  
; vfk xg nfu\$] 5 . o; f] ubf{ elj iodf sf7  
bfp/fsf] bMv xg ; S5 . To; h] jg hf}ufpg  
ufpFh?n]a}S u/L 5nkmn u/].

a}skl5 ; a}hgf jg hf}ufpg sl:; P . jgsf]  
; Af0f / lj sf; sf nflu jg pkefQmf ; ldl  
agfP . clxn] ; /sf/n]Tof] jgnf0{ jg pkefQmf  
; ldlts} lhDdfdf lbPsf] 5 . jg pkefQmf  
; ldltsf] lgod agfPsf] 5 . ca pkefQmf  
; ldltsf]lg0f6 cg?k jgsf]; Af0f / lj sf; ug{  
sfd xg yfNof].

jgnf0{ 89hf}af6 hf}ufpg clUg /}vf agfP . jg  
k}fj f/sf] ; xl pkof} ug{ ; ldlts} cu}f0df  
lgod agfP . cfh efln ufpFh}f0{ sf7bfp/f  
vf}lg 6f9f hfg' k/\$] 5g . h<sup>a</sup>∪nsf] ; Af0f /  
lj sf; ugfh]dflg; x/sf]cfDbfgL klg a9\$]5 .

; d\df 5nkm u/\ pQ/ lbgxf] \

१. j g hf]ufpg s]s]ug{kg[/x5 <

२. tkf0f] cfkm' a; f]f; ub{cfPsf] 7fpFj /k/sf]

j gnf0{s; /L ; Af0f ub{cfpg' ePsf]5 <

३. j g ; Af0f ug{cem s]ug{; lsG5 <

४. j g pkef\$tf ; ldltn]s]s]sfd u5{<

tnsf egf0x? k9f}/ n]vf}M

!\_ j g xfdL ; a\$]f]; femf ; DklQ xf].

@\_ h^a\unn]xfdlnf0{3/ uf] agfpg sf7kft lbG5

#\_ h^a\un]j :t'efpnf0{:ofpnf / ; fQ/ klg lbG5 .

\$\_ h^a\un]3/df vfgf ksfpfg bfp/f kf0G5 .

%\_ j g h^a\ndf yk}hl8a6Lx? kf0G5g\

^\_ hl8a6L a[r] k} f sdfpg ; lSG5 .

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&\_ clUg /]vf agfP/ h<sup>a</sup>\nnnf0{89]hf}af6 arfcf}.

---

; fyl; 6 jg k}fj f/sf] ; xl pkof] s; /L ug[ <  
5nkmn ugxf] \. 5nkmnaf6 cfPsf] dVo s'fx?  
Nf]vgxf] \

!= \_\_\_\_\_

@= \_\_\_\_\_

#= \_\_\_\_\_

u0fg ugxf] \

^(  
x@

&#  
x\$

\*\*  
x#

()  
x^

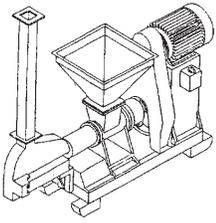
%%  
x\*

^&  
x(

&\*  
x&

\$(  
x%

Irq xh{zAb k9yxf] V vfnLsf]fdf ; fgxf] \



Machine

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Tractor

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Jungle

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Treadle Pump

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Handpump

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-----

kf7 !\$

; dXsf]knf0bf

tnsf zAbx; k9f)/ a'enf)M

j rt ; dX	lhDd] f/L	gLit lgod	lx; fa Istfa
; b:ox;	lj Zj fl; nf]	c\loog	3hldn
Pstf	0dfGbf/		



tnsf s'/f k9f)/ 5nkmn u/f)M

blkf, lZNkf, /~h' ; lagf, /l~htf, ; a}Pp6}6f]hsf  
 ; fylx; xg\ 3/sf]sfd ; s] pglx; Ps 7fp@f  
 x/\$ lbg e}3f6 u5g\ . pglx; cf-cfkmgf  
 s'/fx; /fVg] ; Gg]u5g\

6f]hsf s}L ; fylx; ldn} gj hfu/0f dlxnf ; d} u7g u/] . ; d}df lgoldt a}S a:g] ; d}df ; d:of cf0kbf{ ; dfwfgsf pkfox; kQf nufpg] ; }gfx; cfbfg k}fg ug[u/].

/~h' ; a} E 3hldn xlg5g\ . pgl ck7\df/f] kbf{ ; a}f0{ldnfP/ /fv} ; lS5g\ To; }] pgl ; d}sf] cWOLF algg\ . cWOLF ePsf] pgl a}f a}fdf lj leGg ; }f lbg] sfof}odf u0{ cf^gf s'/f /fIV5g\ . ; d}sf ; b:ox;sf alrdf klg sfdsf] af8KmfB xG5 .

; d}df ; a} cf-cf^gf] lfdtf / l; k cg' f/sf] lhDd]f/L kfPsf 5g\ . Psn]csf\$] sfddf klg ; 3fp5g\ . pglx;df Pstfsf] efjgf 5 . ; a} 0dfGbf/ 5g\ Psn]csf\$]lj Zjf; u5g\

lgoldt j rtn] w}] k}f hDdf ePsf] 5 . ; d}df cfocfh}sf sfdx; e0{ /fv}f 5g\ . dlxnf; hfu?s 5g\



; d'xsf]j rt tyf C0f sfoqmdaf6 ; b:ox;n]w]}  
kmf0bf ePsf]dx; ; u/] . cgfj Zos vr{hf]ufP/  
klg jrt ug{ ; lPsf] 5 . ; d'xsf ; b:ox;n]  
JolStut ; kdf ; d'xaf6 C0f ln0{cfDbfgl a9fpg]  
sfd u/l cfPsf 5g\ . o; af6 dlxnf]x;sf]  
; zStls/0f ePsf]5 .

tnsf k7gx?sf]; d'xdf 5nkmn u/f}M

!\_ ; d'x u7g lsg ug]knf{<

@\_ ; d'x alnof]agfpg s]ug{knf{<

#\_ ; d'x ldn] sfd ubf{s]s]kmf0bf xG5 <

\$\_ ; d'xn]s]s]sfd ug{; S5 <

tnsf x/km k9b}n]b}u/f}M

! =; d'xdf cfk]n]hfg]sf]c?nf0{l; sfpg ; lsg5 .

@ =; d'xdf c?n]hfg]sf]s'/f cfk]n]l; Sg ; lsg5 .

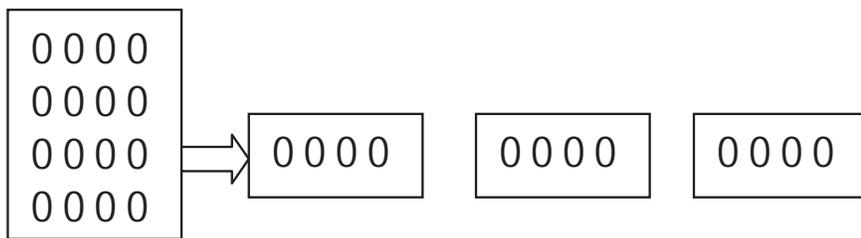
#=; d\df ldn] sfd ubf{an, zIQm a95 .

\$=; d\df j rt ug[afgl a:5 .

%=cfDbfgl a9fpg]sfd ug{C0f kfpg ; lS65 .

efu u/f}M

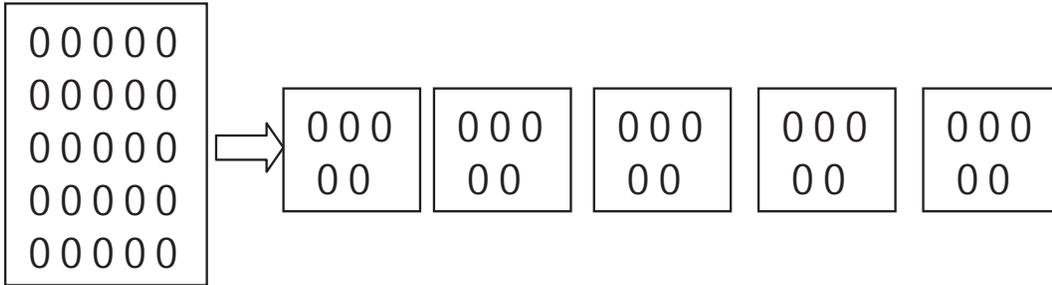
!@ ÷ # =



!@ nf0{# efu nufpEf Ps efudf \$ k5{.

!@ ÷ # =

@% ÷ %



@% nf0{% efu nufpBf Ps efudf % k5{.

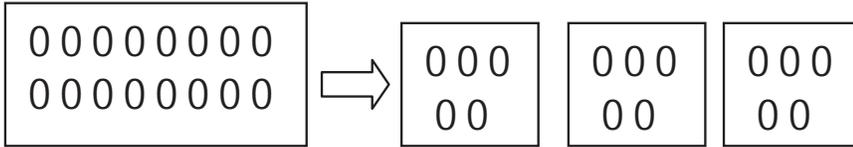
@% ÷ % =

dfly h:t}u/L tn lb0Psf]efu ug{x} \

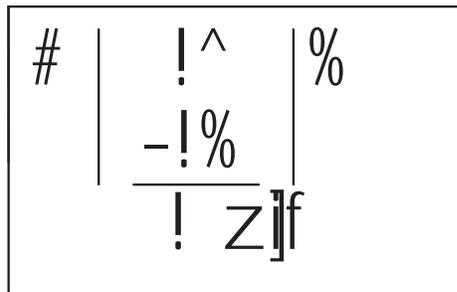
!% ÷ #	<input style="width: 100px;" type="text" value="%"/>	@% ÷ %	<input style="width: 100px;" type="text" value="%"/>
!\$ ÷ @	<input style="width: 100px;" type="text"/>	!% ÷ %	<input style="width: 100px;" type="text"/>
#@ ÷ *	<input style="width: 100px;" type="text"/>	#) ÷ ^	<input style="width: 100px;" type="text"/>
\$) ÷ %	<input style="width: 100px;" type="text"/>	\$* ÷ *	<input style="width: 100px;" type="text"/>
@! ÷ &	<input style="width: 100px;" type="text" value="#"/>	!* ÷ ^	<input style="width: 100px;" type="text"/>
!* ÷ #	<input style="width: 100px;" type="text"/>	@& ÷ #	<input style="width: 100px;" type="text"/>
#% ÷ &	<input style="width: 100px;" type="text"/>	#@ ÷ *	<input style="width: 100px;" type="text"/>

efu ugxf] \

!^ ÷ # =



!^ nf0{# efu nufpEf Ps efudf % cf7f kb5 /  
! afEL /xG5 .



kf7 !%

rkl{

hfø}f clf/ lrgf}/ zAbx; k9f}M

/^± s ö s{	xs{ gs{ vs{ wsf{
/^± v ö v{	kfv{ rvf{ uf}vf{
/^± r ö r{	Rfrf{ krf{ vr{
/^± k ö k{	rkl{ bkøf, ; k{ ckøf
/^± g ö g{	Ufg{ kg{ ; g{ dg{
/^± / ö /{	3/f{ 6/f{ x/f{



tnsf s'/f k9f}/ 5nkm u/f}.

hyfefjL lb; f lk; fj ugfh] kmf}/ xG5 . kmf}/

ePkl5 /f}usf sl6f0fx; a95g\ . Tof] xg glbg

xfdln]lb; f lk; fj rkløf g}ug{k5{.

xfdln]rkl\$]køf] u/kl5 ; fağ / kfgln]/fd] Æ  
 xft wğk5{. rkl{klg ; kmf ug{k5{. ; kmf rkl\$]  
 kof]n]cfpF kvfnf, x]f, 6f0kmf08 /f]af6 aRg  
 ; ls65 .

lb; f lk; fa afx\$]sf kmf]/ tx nufpg kmf]/ kmfNg]  
 vf8nsf] kof] ug{k5{. kmf]/ kmfNg] vf8naf6  
 /fd]sDkf]6 dn; d] a65 . ; a]3/leq / aflx/  
 ; kmf /fvf]. ; fj h]lgs 7fp]nf0{klg ; kmf /fvf].

; fyl; Æ 5nkmn u/f]M

१. 6f]l5d]df b]vfkgl; ?j f /f]x; s]s]xg<
२. ; ?j f /f]x; n]lg glbg]pkfox; s]s]5g<
३. rkl\$]køf]n]s]s]s]/fd ; xof] kU5 <
४. kmf]/ kmfNg]vf8naf6 s]s]kmf0bf x65 <

vfnl 7fp]f zAb ; f/f]M

kfrf{ == rkl{ == ; k{ ==

sb{ == rvf{ == ; bl{ ==

kl0f]f == k; l{ == xs{ ==

; kmf0 ult

no ldnfP/ ult ufcf}M

; g ; g ; fyl ; aNL ; g lbbL alxgl  
 sXl s/f eGb5' d ; a]hfGg' kgI.  
 3/ cfEg af6f}f6f]; wF; kmf /fVg' k5{  
 lg/fuL e0{afRgnf0{o; ]dbbt u5{.  
 whf]d]f]lglZrt 7fpEf kmofSg]afgl u/f}+  
 :j R5 ; kmf e0sg /fu lgdh kf/f}+  
 Aff6f]3f6f] cfEg, rf}sd f kmfX/ kmfNg]ubf{  
 cfkmfEq kmfX/ kU5 xfj f x/L rNbf .  
 v]g] vfg] k9g]7fpF; wF; kmf /fvf}+  
 vf8n vgfF3/ glhs kmfX/ d]hf kmofsf}+  
 htftt}lb; f lk; fj kmfX/ ug{afgl  
 h'sf, cfpFkvfnfnf0{af]hpg' xf]gfgl .  
 To:tf ; ?j f /fuaf6 aRg, arfp g  
 3/ 5p}df rkl{agfcf}b; f lk; fa ug{.

wff/f, s] f, 0gf/nf0{; /lft /fvf}+  
 :j R5 kfgl kofu u/L /fuaf6 arf}+  
 Affn, j 4, oj f ; an]lg/fuL e0{afRg

kfmf] / tx nufpg]s/f xEg x}; fRg .  
kfmf]xf] a9]blift xG5 ; f; km]j fo'  
/f] a95 /f]L a95g\365 xdf]cfo'.  
Vffgf, kfgL, xfj fnf0{blift xgaf6 /f\$g  
Ef; gf, lemuf, nfdv6d]cflbnf0{5\$g .  
rkl{agfcf}+vf8n vgf}+; w]kof] u/f}+  
cfkm]dfq ug]xf]g c?nf0{klg egf}+  
3/, cfEg, af6f}f6f] rf\$ ; kmf /fvf}+  
; kmf ; U3/ algsg lg/f]L e0{afrf}+

5nkm u/L 5f}f]pQ/ n]vgxf] \

!= ult s\$ f ; DaGwdf n]vPsf]5 <

@=hyfefjL lb; f lk; fa ugfh] s] s] /f] nflu  
; Sbf]/x\$ <

#=ultdf eg]Gbf afx\$ kmf] / eof]eg]c? s]s]  
/f] nflu <

\$= vfg\$/f / kfglnf0{blift xg glbg]pkfo s]s]  
xg\

%= ultsf]dVo ; Gb] s]xf]<

^ \_ ; fj hlgS 7fpF; kmf ; U3/ /fVg s\$]ugk5{<

ca lx; fj u/f}M

§ ÷ @ Ö \$

tkf0{klg efu ugxf] \

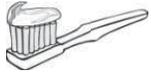
( ÷ # Ö !@ ÷ \$ Ö

!\$ ÷ & Ö !^ ÷ \$ Ö

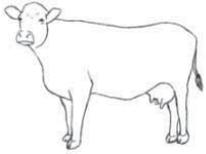
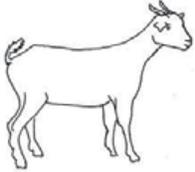
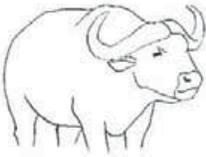
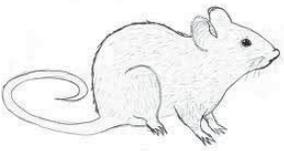
!% ÷ % Ö !\* ÷ ^ Ö

ca n h l d f z A b k 9 n y f M

	Choclote	rsnø	Choclote
	Cake		
	Coffee		
	Momo		
	Leamon Tea		
	Mushroom		
	Salad		
	Coke		
	Mineral Water		
	Soup		
	Chair		

	<b>Coat</b>		
	<b>Pant</b>		
	<b>Brush</b>		
	<b>Bottle</b>		
	<b>Rack</b>		
	<b>Spoon</b>		
	<b>Teapot</b>		
	<b>House</b>		
	<b>Potato</b>		
	<b>Mango</b>		
	<b>Table</b>		

cāṅḥldf hgfj /x?sf]gfd k9f}+n]yf}M

	<b>Cow</b>		
	<b>Goat</b>		
	<b>Hen</b>		
	<b>Cat</b>		
	<b>Buffalo</b>		
	<b>Owl</b>		
	<b>Rat</b>		

kf7 !^

xfdl gkfnl

hf\$}f c|f/ |rgf}/ zAbx; k9f}M

t\ + / = q	kq, ; q, sqL
k\ + / = kf	kf ef, k hftGq, k  l't
/\ + d = Df{	Wfd{ sd{ wd{
w\ + b = 4	Af'4, af4, z'4, >f4
s\ +   / = lqm	lqm: rlog, lqm; d;
; \ + nf = :nf	0:nfd, :nf08, d':nf]



tnsf zAbx; k9f}M

lxGb'	af4	0; f0	0:nfd
ls/ftl	yf?	/fhj zL	/f0{
lnDa"	du/	u? <sup>a</sup>	g] f/
a'4 kl0f6f	lqm; d;	as/0b	b; F

tnsf]ult no xfn] ufcf]M

### खफत गेकफनी

sf]L xfdL sdl{yf? sf]L lnda"/f0{  
 ofbj d08n afxg lfdl ; a}bfh'ef0{.  
 tfdf<sup>a</sup> ; kf{cflbj f; l /fp6]/ yfdl  
 b/}lwdfn cNk; <sup>a</sup>vos bdf0{/ sfdl .  
 dwzdf hGDof}a9df}dlw; ]eof]lrGx  
 kxf8df xSof}kxf8of eof}gfdn]dfq leGg .  
 lxdfn kxf8 t/f0 n\$ hxfFa; ]klg  
 ; a}h]lrG5g\dnng; f/ gkfnl egl .  
 gj f/l af]5f}sltn]t ef]k'/l af]5f}sf]L  
 yf? du/ h]af]h]lg xfdl gkfnl g}xf}x} .  
 sf]L xfdl lxGb' 5f}t sf]L a4dful{  
 sf]L 0:nfd / 0; f0{wdl{5f}t sf]L h}g wdl{.  
 ; a}wd{; a}efiff ; a}hftthflt  
 cfb/ ; b}efj /fvG]u5f}Psn]csf{dfly .  
 cg\$ k] f xfdl u5f}Jofkf/ gf\$/l / v]l  
 oxl g}xfdf]klxrfg a'emf}; a}h]; fyl .  
 yl/yl/ e]fe'iff yl/yl/ sfd  
 ?k /<sup>a</sup> h]ePlg gkfnl xf]gfd .

xf] = g]kfnl xf]gfd  
g]kfnlnf0{rf} nfubf xfdlnf0{kl8f xG5  
g]kfnln]bMv ; f:tl kfof]eg]x]fd]dg ?G5 .  
9<sup>a</sup>nf]sf]e/ df6f]xG5 df6f]sf]e/ 9<sup>a</sup>nf  
g]kfnl g]kfnl ; a}5f}5g st}b<sup>a</sup>nf .  
x]f{x]fdl cg} 5f}kbf{x]fdldf Ps  
ldnlhhl cl3 a9g]g]kfnl b]v .  
=sss g]kfnl xf]b]v

tnsf egf0x? vfnl sf]fdf ; f/f]M

lxdfn, kxf8 / t/f0 hxfFa; ]klg xfdl g]kfnl xf]t.

x]fd]b]z g]kfn]df yl/yl/sf efiffx? Aff]nG5g\

g]kfnlx? Psn]csf]w]dfnf0{; Ddfg u5g\

x]fdl hg hftsf eP klk xnf xfdl g]kfnl xf]t.

tnsf k7gx? k9f)/ 5nkmn u/f)M

!= tkf0\$]ufp6f]ndf sg sg hfltsf dflg; x?  
5g\

@= tl hfthfltn]Ps csf{f0{s]s]s'/fdf ; xof]u  
k%ofp5g\

#= ; dfndf ; a}ldn] a:g s]s]ug]ul/G5 <

\$=tkf0{x?sf]ufp6f]ndf aflng]efiff s]s]xg\

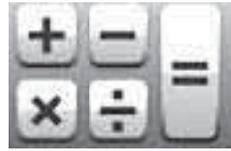
%=9<sup>a</sup>\fsf]e/ df6f] df6f]sf]e/ 9<sup>a</sup>\f eGg'sf]cy{  
s]xf]<

Sofnshø/ / Sofnshø/af6 lx; fa

xfdln] bljgs hljgdf x/ xlx; fa ug{kg] xG5 .  
h:tM Joj; fo ubf{ nqbg]sf] sfddf, ahf/df  
lsgd]h ubf{ jrt ; DaGWL sfd cflbdf  
Sofnshø/n]lx; fax; ug{dbat u5{.

Sofnshø/df o bljv 9 ; <sup>a</sup>\ofx; b; dna • /  
oo sf slx; xG5g\

To: t} Sofnshp/df  
slx; /x\$ f xG5g\



ul0ftlo sfo{ ug{



Effu ug{

u0fg ug{

36fp ug{

HffB ug{

a/fa/l

[dreamstime.com](http://dreamstime.com)

kf7 !&

Joj ; fosf nflu ahf/ Joj :yf

t nsf zAbx? k9] cy{nufpgxf} \

t/sf/L	Afhf/	pTkfbg	Joj ; fo	3/h'
; 'rgf	Kf f/ k  f/	lsga	Tfflnd	Dfnhn
sl6gfzs	laqnl	lj t/Of	Gffkmf	



t nsf s'/f k9f} / 5nkmn u/f}M

gfgld[fsf] cfkng} hUufdf lj leI Isl; dsf  
t/sf/Lx; uf]he8f, sfpnl, km; L{ wlgof,  
; fu; Ahl cflb pTkfbg xG5 . pgn] s[if



s[if ; ] f s[ba]f6 sg ; dodf s] t/sf/l nufpg]  
eGg]; Nnfx lng ; lsG5 .

ahf/df a9L pTkfbg xg] t/sf/l sf] alp lsGg  
kfOG5 .

yxfx kf0/fvf}M

!=sg}klg Joj ; fo ubf{cfkmg]ufpF7fpEf ahf/  
Joj :yf 5 5g a'emg' k5{,  
@=s] s] ; fdfgx? cfj Zos k5{ / tl ; /; dfg  
ahf/df kfOG5 ls kf0Eg ,  
#=Joj ; fo ug{slt /sdsf]cfj Zostf k5{,  
\$=s:tf]l; k / 1fgsf]cfj Zostf 5 <  
%=cfj Zos 1fg, l; k sx f/ s; /l kfpg ; lsG5 <  
^=sfd ; kmn agfpg s\$] tof/l xgk5{< cfib  
s'/f klxnf g}lglZrt ugk5{.

ca lx; fa u/f}+hfØ\_

SofnshØ/sf]køf] u/L hfØf olt x65 .

$$4575 + 3291 + 3785 = 11,651$$

tkf0{klg SofnshØ/sf]køf] u/L tnsf]lx; fa  
ug{x] \

$$\begin{array}{r} -S_ \\ 4 \ 1 \ 1 \ 8 \end{array}$$

$$2 \ 6 \ 2 \ 5$$

$$\begin{array}{r} + \\ 3 \ 1 \ 1 \ 7 \end{array}$$

---

$$\begin{array}{r} -V_ \\ 5 \ 2 \ 5 \ 7 \end{array}$$

$$1 \ 0 \ 5 \ 0$$

$$\begin{array}{r} + \\ 2 \ 0 \ 1 \ 8 \end{array}$$

---

$$\begin{array}{r} -U_ \\ 4 \ 3 \ 2 \ 5 \end{array}$$

$$2 \ 2 \ 4 \ 7$$

$$\begin{array}{r} + \\ 3 \ 3 \ 8 \ 1 \end{array}$$

---

$$\begin{array}{r} -3_ \\ 1 \ 3 \ 5 \ 8 \end{array}$$

$$2 \ 7 \ 8 \ 5$$

$$\begin{array}{r} + \\ 4 \ 9 \ 6 \ 0 \end{array}$$

---

kf7 !\*

# OGwgsf]køf]u

hfø}f cIf/ lrgf} / zAbx? k9f}.

6\ + 6 = § | dl}t]h, 6§'

tnsf zAbx? k9} cy{nufpgxf] \

rhf]	; fø{	bfp/f	Uff] / UoF,
wfFf	whf]	; fø{afs;	OGwg
; wfl/Psf]rhf]	lahhl		dl}t]h

lrg x} } 5nkmn u/f} / afs; leqsf s'/f k9f}M

	<p>Dfflg; / kz'sf] dn d}qaf6 lg:sg]  Ps lsl; dsf] UoF g} uf} / UoF,  xf]. o; nf0{OGwgsf]?kdf k}øf]u ug{  ; lsg5 .</p>
	<p>bfp/f sd vkt xg] wfF /lxt b0{  jf b0}Gbf a9L k}sf/sf vfgf Ps}  k6s ksfpg ; lsg] rhf] g}  ; wfl/Psf]rhf]xf].</p>

tnsf s/f k9f} 5nkm u/f}M

?b| nldlsf] ufpBf lbbL alxglx?sf] cgxf/  
km]/Psf]5 . klxn]h:tf]3G6fFnuFP/ gfdnf]/ vkf{  
af\$} laxfg} jglt/ bfp/f vffg hfg' k/g .  
pglx;sf]hlfpgdf kl/j tG cfPsf]5 .

hljgdf kl/j tG cfpG'sf] sf/of 3/ 3/df /fv\$]f]  
ufā/ UofF /x\$ . ufā/ UofF /fvkl5 bfp/f af\$g'  
k/g . rhf]kmsg' k/g . efBf dfemg ; lhnf]ePsf]  
5 . wj fFwhfāf6 aRg]ePsf]5 . ufā/ UofF afx\$  
s; h] 3/df ; wfl/Psf] rhf] kōfū u/\$f 5g\.  
j \$INKs 0Gwgn] ?b| nldlsf] ufpFf0{ w} } kmf0bf  
ePsf]5 .

tnsf k7gdf 5nkm u/f}M

!\_ j \$INKs 0Gwg eg\$]s]xf]<

@\_ ?b|ldlsf]ufpB/df j \$INKs 0Gwgsf ?kdf s]  
s]kōfū u/\$f 5g\

#\_ j \$INKs 0Gwgaf6 s]s]kmf0bf ePsf]5 <

\$\_tkf0\$] ufpF6fhdf s] s:Tff j \$INKs 0Gwg  
kōfūdf Nof0Psf 5g\

tnsf egf0 k9f} / sfkl df ; f/f}M

3/df wJf sd ug{pkfo u/f}.

bfp/f, u07fsf]; §f sf0nf, afof}of; lj qm0 afnf}.

bfp/f afNg]xf]eg]; wfl/Psf]rhf]k0f}u u/f}.

ca Sofnshødf sxl lx; fax? u/l xlfM

hfø ug{M ; a\ofx; Hffø ug{ (+) sl sf] køfψ  
ul/G5 . olb 15 / 57 hføg tnsf]h:t}ugxf] \

$$1 \ 5 \ + \ 5 \ 7 \ = \ 72$$

36fp ug{M Pp6f ; a\ofaf6 csf]; a\of 36fpg'  
k/øf --\_ sl lyRg' kb5 . 65 / 47 36fpg tnsf]  
h:t}ugxf] \

$$6 \ 5 \ - \ 4 \ 7 \ = \ 18$$

uøfg ug{M uøfg ; DaGwL lx; fa Istfa ug{-x\_ sl  
lyRg' kb5 . 52 / 3 uøfg ug{ tnsf] h:t}  
ugxf] \

$$5 \ 2 \ \times \ 3 \ = \ 156$$

efu ug{M Pp6f ; a\ofnf0{csf]; a\ofn]efu ug{  
k/øf -÷\_ sl lyRg' kb5 . 24 / 3 efu ug{tnsf]  
h:t}ugxf] \

$$2 \ 4 \ \div \ 3 \ = \ 8$$

अस्य

Sofnshø/ kofu u/L tnsf]cEof; ugxf] \

!:=; lagfn]ahf/df uP/ 545 sf]hQf / 839  
sf]Aofu lslgg\eg]hDdf slt 2kofFvr{eof]  
xf]hf <

@=]j sf; ; E ePsf] 750 af6 pgn] 346 vr{  
u/]eg]ca slt 2kofFafEL 5 xf]hf <

#=/dfn] 115 sf b/n]15 cføf snd lslgg\eg]  
pgn]hDdf slt vr{ul/g\

\$= 1500 a/fa/ u/L 3 hgfnf0{ afBnf Ps  
hgfsf]efudf slt k5{<

; fyl; E ldn] c^u]hldf yxf ePsf zJbx 2 n]yf]M

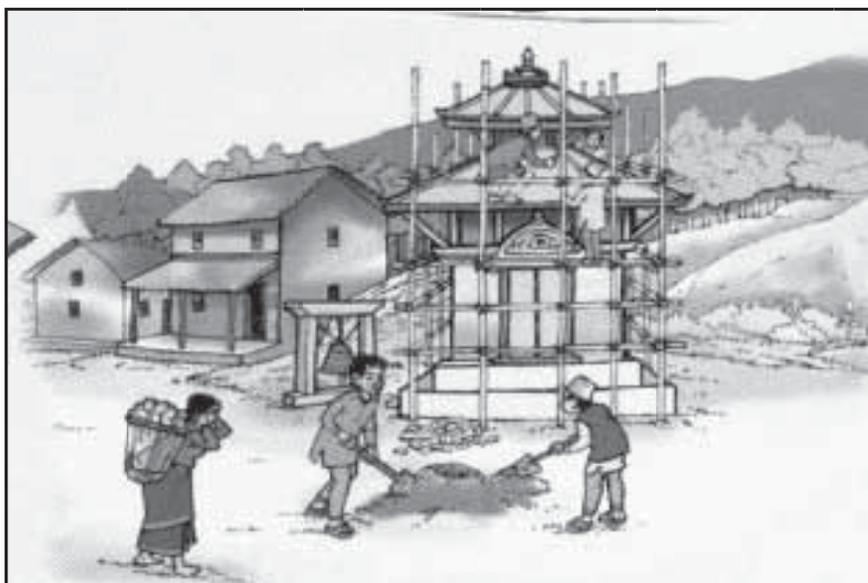
Water	-----	-----
River	-----	-----
-----	-----	-----

kf7 ! (

; fj hlgS ; DklQ hfufcf}

tnsf zAbx? k9f}/ cy{nufcf}M

d7 dlGb/	uDaf	dl:hb	cf>d
lj xf/	kf6L kf}f	rf}f/f	tn tnfp
gbl gfnf	:jf:Yo rf}L	jg h <sup>a</sup> un	kh
c:ktn	lj Bfno		



tnsf s'/f k9f}/ ; fyL; 5nkmn u/f}M

xfdf] ufpF 6f]ndf kf6L kf}f, d7 dlGb/, uDaf,  
 lj xf/, dl:hb, af6f3f6f cflb 5g\ . afnaflnsf  
 k9fpg] lj Bfno 5g\ . la/fdlsf] pkrf/sf nflu  
 :jf:Yo rf}L 5g\ . xfdf] j l/kl/ jg h<sup>a</sup>un, kh,  
 tfn cflb 5g\ . ol ; a} ; fj hlgS ; DklQ xg\ .

logn] xfdlnf0{ kmf0bf lbG5g\ / xfdff] 0Hht  
a9fp5g\. xfdl ; a} ldn] lognf0{ hf]uf0{ /fvG'  
xfdff]st{o xf].

; fyl; 5 nkmn u/f]M

!= tkf0{a:g]j /k/ ; fj hlgS ; DklQx? s]s]5g\

@= ltgsf]kpf] s; /L e0/x\$]5 <

#= o:tf ; DklQx; sf]; Af0f ug{xfdln]s]s]ug'  
k5{<

tnsf zAbx; j fSodf kpf] u/L n]f]M

; fj hlgS	
; DklQ	
lj Bfno	
c:ktfn	
v]g]rf}	

ult ufcf}

gfk tfh

b/L tfh cfotgsf]gfk lrGgk5{  
 gg eg]ahf/df xfdl 7lug'k5{.  
 tfh rffx ufd t b/L nDaf0 ld6/df  
 bW, thsf]cfotg gflkG5 ln6/df .  
 ln6/sf]; fgf]efunf0{ldnl ln6/ eG5g\  
 ld6/sf]; fgf]efu rfxL ; lG6 ld6/ xG5g\  
 ; fgf ltgf tfh gfkG]ufd, lsnf]l]ddf  
 7hf]/ w}]s'/f tfln0G5 lSj G6n / 6gdf .  
 dl]6\$ k0ffnlsf]gfk cg'; f/ lsgd]h ugk5{  
 c? gfkdf lsga]r ubf{; hfoFkf]xG5 .  
 ; dosf]lx; fa lStfa 38ln]atfpB  
 ; \$Q8 ldg6 3G6fsf]s'/f o; h]lrgfpB .  
 ; do lrgfpg]lbg, xktf, dlxgf / j if{  
 ltlyldlt cflb kfqf]df n]vPsf]xG5 .

lx; fa u/f}M

Dengxi] W

nDaf0 gfkG ld6/sf]k0f]u xG5 .  
 !)) ; lG6ld6/ -; h]d= sf]! ld6/ -ld= xG5 .  
 !))) ld6/sf]! lsnf]ld6/ -ls=d= xG5 .

/dnfn]Anfphsf nflu &% ; #ld=, wf]lsf nflu \$  
ld= %) ; #ld= / l; /fglsf vf]hsf nflu %) ; #ld=  
sk8f lslgg\ pgn]hDdf slt sk8f lslg5g\

	ld6/	; #Gld6/
Anfph		&%
Wff]L	\$	%)
l; /fglsf]vf]h		%)
	hDdf	% ← (9) &%

tkf0{kkg skldf lx; fa ugxf] \  
!\_/fwfn]@ ld6/ @%; #ld=, sdnf #ld= ^); #ld=  
cg'fwfn] !ld6/ \*); #ld= 8f]L af6]g\ eg]  
pglx; n]hDdf slt 8f]L af6]g\  
@\_ladnfn] 5f]Lsf nflu #ld= %); #ld=, 5f]fsf  
nflu @ld= &%; #ld= / cfkmgf nflu %ld=  
@%; #ld= sk8f lslgg\eg] hDdf slt sk8f  
lslg5g\  
#\_cr6fnf0{ k]o\$ laxfg kfgl lng hfg #)%  
ld6/, uf]df hfg %% ) ld6/ / t/sf/L l6kg  
@#) ld6/ lx8gk5{eg] hDdf slt ld6/ lx8g'  
kg{/x\$ <

kf7 @)

vfg\$'/fsf]syf

hf\$]f cIf/ lrgf}z/ zAbx? k9f}M

s\ + t =	St /StsdL, cltl/St, ; 0St, zISt
t\ + j =	Tj dxTj, kfijf0f tTj



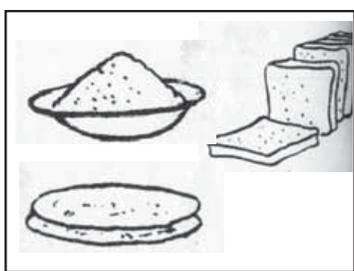
tnsf zAbx? k9f}z/ cy{a'ent}M

Kff]j; nf]vfgf	xl/of ; fukft	Uf\$fu8L
/; bf/	Kfmmkmh	/tGwf]
; 'sgfz	Vf; f]5fnf	sGbdh
lRnNf]kbfy{	Uflnof]vfg\$'/f	/StsdL

tnsf syf k9f} / 5nkm u/f}M

### sf]7hf]

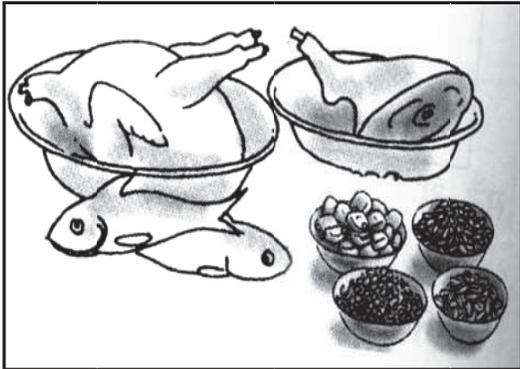
Ps lbg /hgl]sf]efG; fdf ePsf vfg\$'/fdf pglx; dWol]sf]7hf]eg} ukm rn\$ . ukmdf vfg\$'/fx; dVo tlg ; dxd afPsf lyP . Pp6fn]cfkm}gf] gfd an lbg] ; dX /fv\$ . csf]h] z/L/ a9fpg] ; dX /fv\$ . t} f]h] rfxF/f} nflu g]lbg] ; dX egl gfd /fv\$ .



Kflxnf] ; dXn] ukm 5f\$ . xfdl dflg; nf0{ sfd ug{ zlst lbg] vfg\$'/f xf}. rfdn, ds} sf]f] ux} ; hl xfdl ; a}Pp6} ; dxd k5f\$.

xfdL dfG5\$]f] z/L/nf0{ tftf] /fv5f\$. Irgl, u8, dx, pvh]klg zlst lbG5g\ t/ tl s'/f w}k}kpf} ug{ xGg . ; a} vfnsf lrNnf] vfg\$'/fx; n] klG zlst g}lbG5g\ l3p, t]h g}gl, af] f] ltn, abfd klG xfd} ; dxd k5G\ . Itglx;n]klG w} zlst lbG5g\ . Irgl dx h:t}lrNnf]klG w}k}kpf} ug{ xGg . a9L ePdf z/L/df /f} nflu ; S5 .

ufpB/df kf0g] cfn', lkBfn' ; v/v08 h:tf  
 sGbdhn]klg dflg; nf0{zISt lbG5g\ Toxl eP/  
 xfdL zISt lbg]; dXsf vfg\$'/f c?eGbf dxTj k0f{  
 5fF.



To; kl5 bf] f] ; dXsf] kfnf]  
 cfof]. zISt lbg]; dXeGbf  
 xfdL dxTj k0f{ 5fF . xfdff]  
 ; dXdf lj leGg yl/sf bfn /  
 uBfu8L k5g\ . h:tm df; ,

d; 'f] /x/, uxt, d:of<sup>a</sup>, l; dl, afB, sXfp / rgf  
 cflb .

To; y/L df5f, df; ; cG8f, b'w, bxl klg xfdff]  
 ; dXdf k5g\ . xfdL ; a ldnX ; fgf aRrfx;nf0{  
 7hf] agfpBfF. 3fp, rfBk6s kg{ dbat u5fF.  
 ueX tl / ; TsXlsf]/lff u5fF. xfdff] sdl eof]eg]  
 ueX tl dlxnf, ; TsXL cdf / aRrfdf skf]f0f  
 xG5 . To; h] xfdldwo] !÷@ yf\$ ; ah] vfgk5{ .  
 a9bf] pdXsf] aRrfnf0{ t b'wn] emg\wX} knf0bf  
 u5{.



b0{ ; d'xsf] ukm ; g|k|5 t} f] ; d'x klg cfm] s'/f /fv g yfn] . Itdlx; sf] eGb f xdf] ; d'x emg\ dxTj k0f{ 5 . Isgeg] xdf] ; d'xnf0{ k0f] u/|k|5 dfG5] lg/f]L xG5 . p; sf cfE f t]hnf xG5g\ p; sf]bfE / luhf alnof xG5g\ xfdlnf0{ ; w]k0f] ug] dfG5]nf0{ l; Itldlt ; ?j f /f] klg nflu b} .

xdf] ; d'xdf xl/of ; fukftx; kf5g\ . h:t] /fof] tf]L, ay] rD; / kfn<sup>a</sup>uf] wlgof / km; Lsf] dG6f cfb . To; u/L xdf] ; d'x c? xl/of, kx]f t/sf/L klg k5g\ . h:t] ufE/, km; L{ sfpnl, aGb, nf}sf, l3/fnf cfb .

xdf] ; d'xdf cldnf, /; bf/ kmkmh klg k5g\ . To; u/L cfE, d] f, gf:kftl, :ofp h:t] kmkmh klg k5g\ . c? ; d'xeGb f xdf] ; <sup>a</sup>vof w}] 5 . c?neGb f xfdl 7hf] sfd u5f] . To; h] xfdl c?eGb f dxTj k0f{5fE .

tl ; a}sf s'/f ; g] /hgl n] ; f]rg\ . s'/f ; a}sf 7ls xf] . dnf0{t an klg rfxG5 . z/L/ a9fpg'

klg cfj Zos 5 . o; sf ; fy} z/L/nf0{ /fj  
 nfllgaf6 arfpg' klg k5{. To; h]d]h]tlg}; d'xsf]  
 vfg\$/f lbgxFvfgk5{. d]f nflu ; a} vfg\$/f  
 plQs}dxTj k0f{5g\

tkf0{cfkn]ufpF6F]hdf s]s]vfg\$/f kfp' xG5<  
 tnsf]tflnsfdf eg] \

cGg	bfN / u8fu8L	sGbdh	Uflnof] vfg\$/f	lrNnf] j:t'

b'wsf] kl/sf/	Dff; hGo vfg\$/f	kmmkmh	t/sf/L

dflysfDwo]sg sg vfg\$/f tkf0{lb'gxFvfgxG5 <  
 To; df - √ \_ lrgf]nufpgxf] \

no xfn} ult ufcf}

kfijf0f ult

xl/of ; fukft kmnkmh vfcf}

lg/fyl algsg ; wF/dfcf}

/ftflk/f e0{anj fg

cN5L kgfnf0{6f9f eufpg .

t/sf/L kmnkmh vfcf}v} fcf}

lg/fyl xfdL ; a}agf}agfcf}

xl/of ; fukft kmnkmh vfcf}

lg/fyl algsg ; w}/dfcf}

hfE/ km't{; adf Nofpg

/StsdL /fyl xg glbg .

s/] faf/L ; an]agfcf}

tfhf t/sf/L lbgxFvfcf}

xl/of ; fukft kmnkmh vfcf}

lg/fyl algsg ; wF/dfcf}

xf8 / 5fnf lg/fyl /fVg

cfEfsf]/f]uaf6 aRg, arfpg .  
 cDaf, cFk / d]f, :ofp  
 ufH/, km; L{ wlgBf vfcf}+  
 xl/of ; fukft kmnkmh vfcf}+  
 lg/f]ul algsg ; wF/dfcf}+  
 3fp, rf0k6s l56f]; ~rf]kfg{  
 xf8 / bfEsf]/f]uaf6 aRg .  
 Tffhf, /l; nf kmnkmh vfcf}+  
 bfE / luhf alnof agfcf}+  
  
 xl/of ; fukft kmnkmh vfcf}+  
 lg/f]ul algsg ; wF/dfcf}+

5nkmn u/f]M

!= tfhf kmnkmh / t/sf/l lgoldt 2kdf vfgfn]s]  
 s]s'/fdf kmf0bf kU5 <

@= tfhf kmnkmh / t/sf/l lbgxFvfg kfpg]pkfox2  
 s]s]xg\<



kf7 @!

nf]tGq / rgfj

hf]f cIf/ lrgf} / zAbx? k9f}M

g\ + q = Gq	Nff]tGq, u0ftGq
w\ + o = Wo	cWolF



tnsf zAbx? k9f} / cy{nufcf}M

ufpFj sf; ; ldt	gu/kflnsf	j 8f sfofho
lhNnf kzf; g sfofho	lhNnf lj sf; ; ldt	0nfsf sfofho
Gful/stfsf] kdf0f	:yfgLo	cWolF
pkfWolF	; lrj	/fxbfgL
kq	sGbLo	hGdbtf{

# s'/fsfgl k9f}M

; lgtf M P ; Demgf lbbL, sxfFlxBg' ePsf]< lgs}  
xtf/df xgxG5 t <

; Demgf M d ufpFlj sf; ; ldltl/ hfE5' gfgl .  
gfltgL hGd\$] #% lbg kl'g nfluof] .  
To; sf]hGdbtf{ug{k%of].

; lgtf M d\l 5f\l klg !& jif{ kul . p; sf]  
gful/stfsf] kdf0f kq agfpgYof] .  
gful/stfsf] kdf0f kq klg uf=lj=; =n]  
agfpE lg ū xg / lbbL <

; Demgf M Gful/stfsf] kdf0f kqsf nflu  
l; kmf/; dfq uf=lj=; =n] ug[ xf] lg .  
gful/stfsf] kdf0f kq / /fxbfgl t  
lhNnf kzf; g sfon]agf0{lbg5 .

; lgtf M l; kmf/; lng t uf=lj=; =df g}hfg' kg[  
/x5 lg ū xg lbbL <

; Demgf M ca :yfglo rgfj xg] s'/f ; lgG5 .  
rgfj eof] eg] xfdln] /fdf] dfG5hf0{  
dtbfg u/\] lhtfpg'k5{.

; lgtf M uPsf]d;l/ \$ ut]klg dtbfg u/\$f]

xf0g t < km/ lsg dtbfg ugk%of]lg<  
 ; Demgf M uPsf] rgfj ; Hjwfg ; efsf] lyof] .  
 To; n] ; Hjwfg agfpg] sfd u5{ .  
 :yfglo kl|tlglw rGg :yfglo rgfj  
 ugk5{ . To; df xfdln] cf^gf]  
 uf=|j=; =sf]nflu cWOLF, pkfWOLF, ; b:o  
 rGg' k5{.  
 ; lgtf M xG5 lbbL, xG5 . ca t d klg rgfj df  
 efu lng5' .

tn gful/stfsf]k0f0f kq lng egk%g] km/fd lb0Psf]  
 5 . ; fylx; ; 5nkm u/L To; df cfjZos s'fx;  
 egk%] V slffdf k|tt ugk%] \

sfnf]d; Ln]nVg' xfhf .

ᱠᱚᱨᱟᱝ - ᱑

-lgod # sf]pklgod -!\_ / -#\_, lgod \$ sf]pklgod -!\_ / lgod !^ sf]pklgod -!\_ ; ᱚ  
; Dj lGwt\_

>L kᱠV lhNnf clwsf/LHo,"  
lhNnf kᱠf; g sfoffo,  
=====

lgj ᱡssf]  
sfg b]vg]  
kf; kfᱚ{  
; f0hsf]kᱠfᱚ

ᱚᱠᱟ ᱠᱚᱨᱟᱝ ᱚᱠᱟᱨᱟᱝ ᱚᱠᱟᱨᱟᱝ ᱚᱠᱟᱨᱟᱝ

dxffo,  
d j ᱠhsf] gftfnᱚ hᱚdsf] cfwf/n] gkfnl gful/s ePsfh] bᱠfosf] ljj /Of vfhL gkfnl  
gful/stfsf]kᱠfᱚkq kᱠpgsf nflu l; kᱠf/; ; fy ᱚ=!) - sf]lᱚsᱚ ᱚfFL of]lgj ᱡg kq k]  
u/ᱚf]5' . dᱚ]o; cl3 gkfnl gful/stfsf]kᱠfᱚkq lnPsf]5ᱚ .

!= gfd, y/ M=====	%= hᱚdldltM
<b>Full Name ( in block):</b> .....	=====; fn=====dlxgf=====ut]
@= ln <sup>a</sup> N M=====	-zᱚᱠfs kᱠfᱚkq xᱚᱠ]; fᱚl ldt pNny
<b>Sex</b> M=====	ugI
#= hᱚd :yfg M=====	<b>Date of Birth (AD)</b> M ===== <b>Year</b>
<b>Place of Birth ( in block)</b>	===== <b>Month</b> ===== <b>Day</b>
=====	^= afj sf]gfd y/=====
\$= :yfol j f; :yfg M	7ᱚᱠgf M=====
lhNnfM=====	Gfful/stf=====
uf=lj =; =:p=d-g=kf=j 8f g#	&= cdfsf]gfd y/ M=====
<b>Permanent Address</b> M	7ᱚᱠgf M=====
<b>District</b> =====	Gfful/stf M=====
<b>VDC/Municipality/Submetropolitan</b>	*= klᱚᱚkᱚᱠsf]gfd y/ M
<b>City</b> ===== <b>Ward No.</b> =====	=====
	7ᱚᱠgf M=====
	Gfful/stf M=====
	(= ; Afssf]gfd, y/ / 7ᱚᱠgf
	=====

dᱚ]dflly n]vlbPsf]Joxf]f 7ls ; fFf]xf]. emᱚᱠ 7x/]sfgg adf]ᱚᱠ ; xᱚᱠ j emfPᱚᱠ .

cfᱚᱠsf]5fk

ej blo,

bfofF	afᱚᱠ

lgj ᱡssf]b:tvᱚ M

ldlt M

gful/stfsf]kϕf0f kq h:t}lj j fx btf{ hGd btf{  
kf; kfϕsf kmf/fdx; klg ; a\$ng u/L 5nkm u/L  
egxf] \

tnsf j fSox; sfkl df ; fgxf] \

!= ufpAj sf; ; ldl t -uf=j =; = n]ufpAj sf; sf]  
ofhg f agfpБ .

@= lhNnf kzf; g sfofnon]lhNnfel/sf]zflGt  
; %lff u5{.

#= lh=lj =; =n]lhNnfsf]lj sf; lgdfϕfsf]sfd u5{.

\$= lhNnf ; b/ d'sfddf lj leGg sfofho xG5g\

%= ; a}sfofho hgtfnf0{; }f kϕofpgsf nflu xg.\

^= nf\$ tGqdf rgfj sf]dxTj xG5 .



तलक विषयत इलकाल परीं

१. cf^gf]uf=j =; = j f gu/kflnsfaf6 tkf0[s]s] s]; xof] IngxG5 <
२. lhNnf kZff; g sfofhoaf6 s]s]; xof] kfOG5 <
३. rgfj s]xf]/ o; af6 dtbftfnf0{s]knf0bf xG5 <
४. :yfglo rgfj eof]eg]s:tf]pDd]j f/nf0{ dtbfg ug{kknf{<



; lawfg ; efsf]rgfj @)&) sf]af/øf cfmhf0{  
nfu\$]s'/f #÷\$ j fSodf n\ygxf} \

.....  
.....  
.....

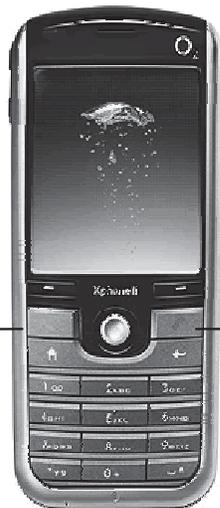
### dfaf0n

dfaf0n cfhef]n ; a\$ f xft xftdf 5g\ tkf0{+E  
klg 5 . tkf0{ cf^gf] ; fylef0, kl/j f/,  
clkm; ÷sfof]nodf, lj bzd f a; \$f kl/j f/ cflb; E  
s'/f ug{ dfaf0n kof]y ug{ ePsf] xfhf . Ps  
7fpaf6 csf] 7fpaf a; \$f hf] sf]x; E s'/f ug{  
clxn]dfaf0nn]ubf{; ahf0{; lhnf]ePsf]5 .

dfaf0ndf o bl]v  
xG5g\

9 ; Ddsf] c<sup>a</sup>\$ Is

cfPsf]kmfg p7fpg  
/ 8fon ug}ls



cfPsf]kmfg sf6g  
kof]y xg]sl

h:t} M tkf0\$] ; fylsf] gDa/ %%#\$\$!^ xf] .  
To; df kmf] ug{ kbf{ klxnf )! %%#\$\$!^ Is  
8fon u/L xl/of]Is lyRg].

To:t}dfaf0naf6 klg Sofnshf/df h:t}; fwf/of  
hf, 36fpg, u0fg, efu ug{; IsG5 .



dfaf0ndf Dofयेह  
dfaf0ndf n] klg ; rgf cfbfgkbf] ug{  
; IsG5 . h:tf]M

- Tapai aja mero gharma aunns la ?
- Huncha, Auchu

kf7 @@

j r t tyf C0f

hf\$}f clf/ lrgf}/ zAbx? k9f}.

s\ + C = s[	s[if, s[fs
b\ + C = b[	b[i6, b[o
; \ + C = ; [	; [i6
x\ + C = x[	x[o
w\ + C = w[	w[6, w[t/fi6«



t nsf zAbx; k9} cy{nufcf}.

C0f	C0fl	s[fs	s[kf b[i6
x[o	x[6ki6	; xsf/L	j r t ; dX
C0f nufgl	Aofh	xhf6f	lwtf]

; fyl; 6 ldn] tnsf]ult no xfn] ufcf} / 5nkmn  
u/f}M

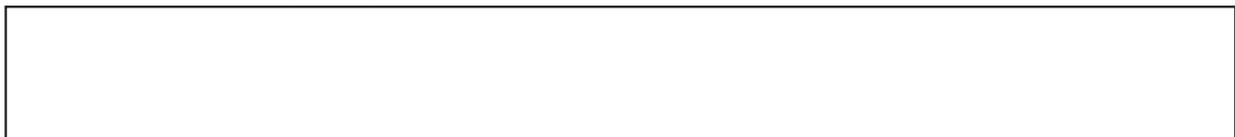
j r t u/f}

j r t u/f}3/vfFf]6b5,  
afn aRrfsf]elj io aGb5  
a'emf}; a]h] xf]s s a'emf}; a]h]  
j r t ug{; ?j ft u/f}clxn]  
j r t u/]e0G5 9Ss k5{cfkt hlxn].  
gq eg]rsf]Aofhn]8laG5 C0fdf  
s6f}L u/f}kmhh vr{wödkfg, dBkfg cflbsf]  
ldt Jool agl u/}sf]j r t lj kbsf]; fyl xf]  
j r t u/f}——a'emf}; a]h]

yf}kf yf}kf ldn] kf}v/L / tnfp g}aG5  
Ps Ps 2 køfFu/] g}s/f8 xG5 .  
yf}kf xBf s}L g s}L tnfpdf kf8L v}g ldN5  
lgoldt j r t u/]; a}sf]uhf]7h}65{  
j r t u/f}ss——a'emf}; a]h]  
elj iodf s]k5{s; nf0{s]yfxf  
; dod}j r t u/]xG5 cyfxf ..  
j r t ug]afgl ; a}df a; fnf}

grflx}vr{f0{; a}x6fcf}+  
j rt u/f}ss ==a'emf}; a}].  
j rt hDdf ePkl5 C0f lng lbg kf0G5  
; xlnot Aofhdf C0f lnglbg j rt}rflxG5 .  
; dX agf0{; xsf/ldf k; ]zlst a95  
; w}j rt ubf{C0f nufglldf /sd p75 .  
j rt u/f}ss ==a'emf}; a}]  
C0f nufgl]Aofh Nofof]vftfdf  
j rt stf\$}d':sfp5 ; fydf  
htf; S}kmf0bf kmf0bf ef]  
j rt ug{of]/fdf]sf0bf xf].  
ef]n k; l{gegl yfnf}clxn]  
lgoldt j rt u/f}x}; a}].  
j rt u/f}ss ==a'emf}; a}]

tnsf j fSox? vfnlsf]fdf n]gxf] \ a'emf s'/f  
; fyl; 5nkmn ugxf] \  
cfktsf]; fyl j rt xf].



j r t ; d'af6 vfFf]kbf{C0f lng kf0G5 .

; d'af6 C0f lnP/ cfDbfgl a9fpg]sfd ug{  
; lsG5 .

C0fsf]; fFf / Aofh ; dod}ltgk5{.

x/\$ j r t ; d'xn]lgod cg; f/ rNg' k5{.

s]slt Aofh lng]lbg]Tof]s'/f ; d'xn]lgwf]u5{.

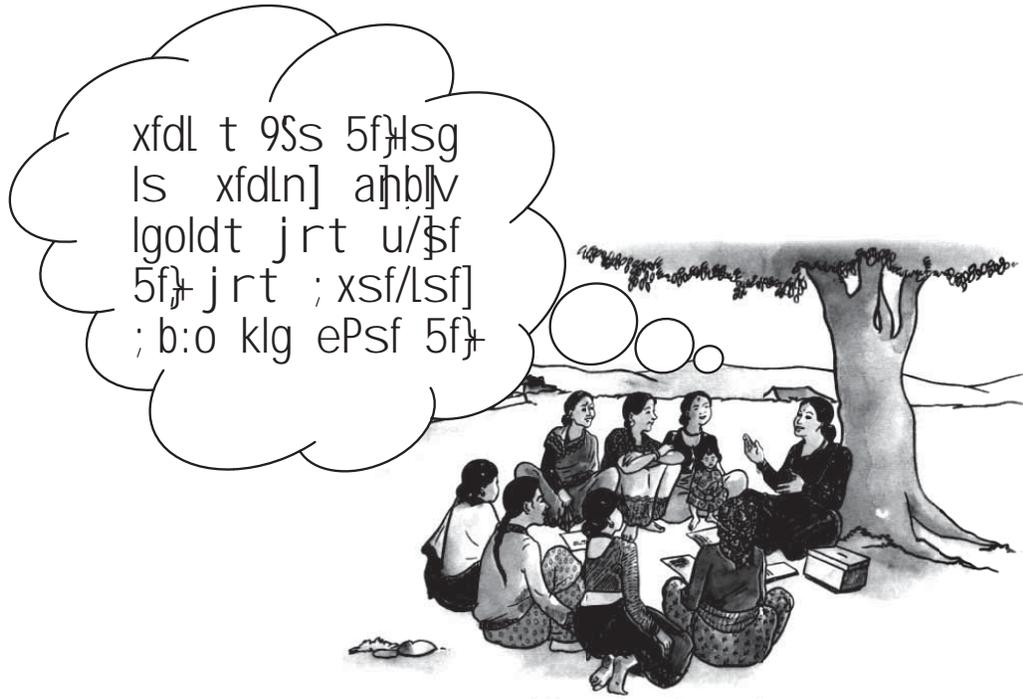
; fyl; 5nkmn ugxf] \

!= tkf0\$]cf^gf]j r t ; d'xn]s]s]lgod  
agfPsf]5 <

@= shf{lng]h]s]s]lgodsf]kfngf ugk5{<

#= j r t stf]h]s]s]lgodsf]kfngf ugk5{<

\$= j r t ; d'xaf6 sf]sfh]s]s]kmf0bf lnPsf 5g\
%=: fx' dxfhg; E C0f lnE'f / j r taf6 C0f lnE'f
xg]; lhnf]/ c; lhnf]s]s]xg\



lx; fa u/f]M tfr]sf]hfØ
lj dnfn] j r t ; d'xaf6 C0f lnP/ crf/ agfpg]
sfd yfn\$L l5g\. pgn]cfh nk; Laf6 \$ s]hl=
^)) ufd, cdnfaf6 \* s]hl= &)) ufd / dylaf6
\$ s]hl= \$)) ufd crf/ pTkfbg ul/g\eg]hDdf
slt crf/ agf05g\

	s]hl=	ufd
nk; Laf6	\$	^))
cdnfaf6	*	&))
dylaf6	\$	\$))
<hr/>	<hr/>	<hr/>
hDdf	!&	&))

hDdf !& s]hl= &)) ufd crf/ tof/ eP5 .

tkf0{kkg lx; fa ugxf] \-hf\$ \_

!= ; /nfsf] 3/df df]Lsf # 3f/ 5g\ . klxnf]  
 3f/af6 @ s]hl= %)) ufd, bf] f] 3f/af6 #  
 s]hl= \*)) ufd / t] f] 3f/af6 \$ s]hl= @%)  
 ufd dx lgsflng\ eg] hDdf slt dx  
 lgsflng\

@= dwdtln]cf0taf/ @ s]hl= \$)) ufd, ; f]daf/  
 # s]hl= %)) ufd / dunaf/ @ s]hl= \*))  
 ufd gf]gl a]rg\eg]hDdf slt gf]gl a]r5g\

tf]nsf]36fp

Tff/fn] k; nsf nflu #& s]hl= %) ) ufd j Gbf  
lslgg\To; dWo]@! s]hl= \*) ) ufd a]rg\ . ca  
slt af]L /x]f] <

	s]hl=	ufd
lsg]f]	#&	%) )
a]f]	@!	*) )
af]L	!%	&))

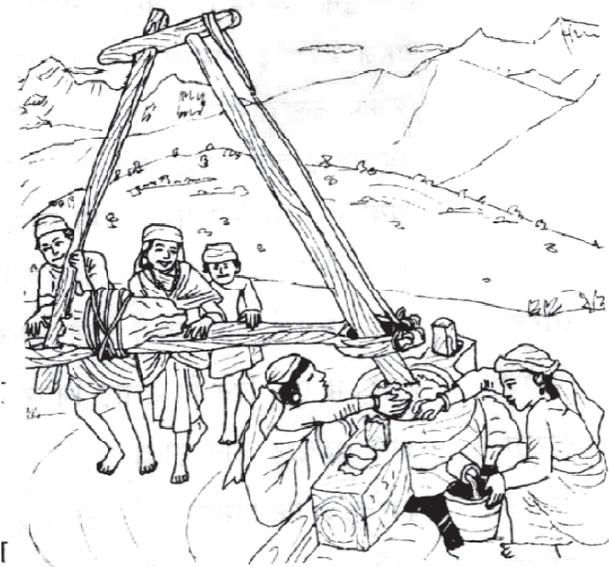
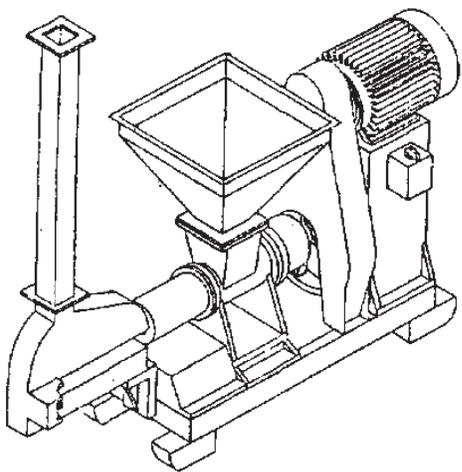
tkf0{k]lg lx; fa ug]f] \

-s\_clgzfsf] af]fdf ^% s]hl=@) ) ufd cfn'  
lyof] . pgn] % \$ s]hl= ^) ) ufd vr{ul/g\  
eg]ca slt af]L /x]f]xf]f <

v=j Bfn]^ s]hl= %) ) ufd d]l]sf]crf/ agfPsl  
ly0g\ To; dWo]@ s]hl= &%) ufd vf0{; lsof]  
eg]ca slt af]L 5 xf]f]f <

kf7 @#

>d / ; dosf]j rt



tnsf s'fx? k9xf] \

!=/fdkof/ln] sfddf ; wf/ ul/g\ pgn] bfp/fsf]  
 ; 6xf uf] / lof, af6 vfgf ksf0g\  
 @=s[0fn] v]sf] sfddf kfj / l6n/, wfg emfg]  
 sdfs]nflu y; / kpfu ug{yfn]  
 #=gj /fhn] tf]l k]g] sf]hsf] kpfu u/l tnsf]  
 Jofkf/ a9fP,  
 \$=/fwfsf efG5fdf /f0; s's/ / k] / s's/ 5g\  
 pgn]to; af6 vfgfx? l56f]ksf0g\  
 %=; gs]z/ln] 3/sf]fx? ; kmf ug{enf8'sf] ; 6xf  
 Eofsd lSng/ lsg] 3/ sf]f ; kmf ul/g\

xfdl 3/df lbgxFyl/yl/sf sfdx? u5f~~†~~. vfgf  
ksfpg] v~~†~~lkftL, 3/ ; kmf ug{ / ahf/ hfg]cflb  
sfdx? u5f~~†~~. tl sfdx? ug{xfd~~†~~]w~~†~~}>d / ; do  
vr{xG5 . lbgxFtl sfdx? ubf{xfdl yfs\$~~†~~f klg  
xG5f~~†~~. xfdln]>d / ; do j rt ug{pkfox? af/  
; fRg' k5{.

/fdkof/L klg s[0fn] h:t} ljleGg pkfo /  
; fwgx?sf]køf~~†~~ ug{hfGg' k5{. To:tf ; fwgx? /  
pkfox? køf~~†~~ u/df xfdlnf0{; lhnf]xG5 . >d /  
; dosf]j rt xG5 . ar\$~~†~~f]; dodf csf{sfd ug{  
; lsG5 . cfDbfgl xg] sfd u/} k}f sdfpg  
; lsG5 . cfjZos sfddf vr{ug{k}f hf~~†~~ufpg  
klg ; lsG5 . ; fydf k}f ePdf bl~~†~~gs hljg  
rnfp~~†~~g ; lhnf]klg xG5 .

æx~~†~~fdl klg >d / ; do arfpg]sfd ug{  
cfh~~†~~af6 ; f~~†~~rf~~†~~  
æ>d, ; do / k}f hf~~†~~ufpg]klj lwsf]køf~~†~~ u/f~~†~~.Æ

>d / ; do j rt ug{ ufpB/ / ; x/df køf~~†~~  
e0/x\$~~†~~f ; fwg / pkfox?sf]gfd n~~†~~vgxf] \

ਫਿਰ/ਫਿਰ ਕੌਫ਼ਿ ਆਉ/ਆਉ]	ਫਿਰ/ਫਿਰ ਕੌਫ਼ਿ ਆਉ/ਆਉ]
•	•
•	•
•	•

tkf0\$] bljgs hljgdf >d / ; do arfpg]  
 lsl; dsf ; fwgx? ਕੌਫ਼ਿ ug{ePsf]xfhf . To; sf]  
 gfd / s] sfddf ਕੌਫ਼ਿ ug{ xG5< ; f] s'/f tn  
 tflnsfdf n\gxf] \

ਫਿਰ/ਫਿਰ ਕੌਫ਼ਿ ਆਉ/ਆਉ]	ਕੌਫ਼ਿ ਆਉ/ਆਉ]
•	•
•	•
•	•

lx; fa u/f}.

cfotgsf]hf\$ / 36fp

cfotg gfkG ln6/sf]kੌਫ਼ਿ xG5 .  
 ! ln6/ = !)) ) ld=ln xG5 .  
 !÷@ ln6/ = %) ) ld=ln xG5 .

/fwfn] cfm] nflu @ ln6/ #)) ld=ln=, zff]sf  
 nflu # ln &%) ld=ln= / cr]fsf nflu \$ ln  
 ^)) ld=ln= tf]lsf] t]h lslg5g\eg] pgn] hDdf  
 slt t]h lslg5g\

	ln6/	ld=ln=
cfm]nflu	@	#))
cr]fsf nflu	\$	^))
zff]sf nflu	± #	&%)
	hDdf !)	^%)

Dflgiffsf] uf0n] ^ ln6/ %) ) ld=ln= bW lbG5 .  
 pgl @ ln6/ ^)) ld=ln= 3/df vfg /flv5g\ afEL  
 k; ndf a]rg n]flG5g\eg] pgn] hDdf slt bW  
 k; ndf a]rg\xf]hf ?

ln6/	ld=ln=	
^	%)	
-@	^))	
#	()	# ln6/ / ( ) ldlnln6/

tnsf lx; fa ugxf] \

hf8

-s_ ln6/ ld=ln	-v_ ln6/ ld=ln	-u_ ln6/ ld=ln
# \$\$)	@ ( )	\$ #%)
^ %*)	% ^))	@ !%)
± % #%)	± # *%)	± % &))

---

36fpm

-s_ ln6/ ld=ln	-v_ ln6/ ld=ln	-u_ ln6/ ld=ln
\$ #))	^ &%)	^ )))
- @ !%)	- % *))	- \$ \$%)

---

Kff7 @\$

; fdflhs GofO

hf\$}f cIf/ lrgf}/ zAbx? k9f}.

b\	+	j	=	bj\	lj bj\fg
g\	+	o	=	Go	GofO, cGofO

tnsf 36gfx? k9xf} \

	<p>k0f\$}f] kl/j f/df afh] aHo} af,  cfd / 5f}f5f/L a:5g\ .  pglx?nf0{Ps hgfsf]sdf0n]vfg  nfpq wf}wf}5 . To; n] kl/j f/df  Psn] csf}f0{ x}hf ug} ufnL ug}  e0/xG5 . To; }] pglx?sf]  kl/j f/df emu8f e0/xG5 .</p>
	<p>/fdsnlsl ; fgl 5f}L df}hd:tl ug}  rfxlg5g\ . pgsf] lbgxF; fylx?; E  3d3fd ug} / k}f w} vr{ ug}  afgl 5 . /fdsnlnf0{5f}Lsf]afgl  dg k/\$f]5g . pgl To]s'/f /f\$g  rfxlg5g\ To; }]; w}cfd 5f}Lsf]  egfeg e0/xG5 .</p>



jL/\$f] v]df s[0fsf] uf0{ k; }  
 v]lkftL ; a} ; vfk kf/\$ . Toxl  
 lgxdf b0 hgfsf alr emu8f  
 eof]. clxn]ba\$]af]hrfn g}aGb  
 5 . Psn] csf]f0{ zq' 7fgl  
 Joj xf/ ub5g\

ol dflysf 36gf t Ps b0{ pbfx/0f dfq xg\  
 xdf] ufpB/ ; dbfodf o:t} dteb emu8f  
 e0/xG5g\ Psn]csf\$]lj rf/ gaemf, bdg ug{  
 vf]bf, csf\$] clwsf/ vf]g vf]bf åGå xG5 .  
 3/h' lx;fx? e0/xG5g\ . o:tf ; a} Isl; dsf  
 åGåx? s] s; /L ; dfwfg ug{/ s; /L zflGt sfod  
 ug{ eGg] af/] a'emg' k5{ . zflGt lzlffn] o:tf  
 åGåx? xgaf6 /f\$g ; xof]u u5{.

lx;f / åGå gxb' jftfj /0f, ; fdfllhs e]efj cflb  
 af/ l; Sg' g} zflGt lzlff xf] . cfb/ ug{ hfGg'  
 kfl/j f/df ; dembf/L xg' a'emf0, ; xof]u ug{ ; dfg  
 Joj xf/ ug{ /fdf] ; DaGw xg' wfld\$ tyf ; fFs[ts  
 s'/fdf ; lxi0ftf xg' Psn]csf]f0{ ; Ddfg ug' cflb  
 zflGt lzlffsf lj ifoj :t' xg' .

; fdfllhs ljs[t h:t}M 5fpk8L kyf, bf0hf\$]f]  
lgx'df xTof, ofg b'Joj xf/ / af\$; lsf]cf/fk cflb  
xfdf] ; fdfllhs ljs[tx? xg\ . o; nf0{ ; dfhaf6  
x6fpg'k5{. o; sf nflu ; fdfllhs GoforflxG5 .

5f7f 5f7L of dlxnf / k?if ; a}hf0{; dfg Joj xf/  
ug{ ; fdfllhs Gofoxf]. ; ]f ; ljwdf hft, wd{  
gelgsg ; a}hf0{ lgiklf kxF k%ofpg' g}  
; fdfllhs Gofoxf] . To; }] cfh xfdlnf0{  
; fdfllhs Gofosf]vfFf]5g\

tnsf k7gx? 5nkn u/f}M

- !\_ åGå s]xf]< åGå lsg / s; /L xG5 <
- @\_ zflGt lzlff lsg cfJfZos 5 <
- #\_ tkf0\$]ufpF; dbfodf s]s:tf åGå ; DaGwl  
36gfx? 36\$]f 5g\
- \$\_ tl 36gfx? ; DaGwl ; d:ofsf]; dfwfg ug{  
tkf0{x?sf]eldsf xg ; S5 <

; d\df 5nkm u/l zflgt / åGåsf af/øf  
tkf0x?nf0{yfxf ePsf zAbx? n\gxf} \

zflgt

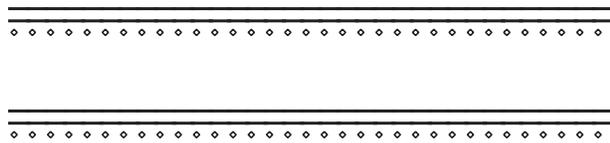
åGå

zflgt jftfj /of

Efmø8f

; /lff

bdg



tnsf s'/fsfglnf0{cfknf]kl/jf/df thgf u/\}  
5nkm ugxf} \

<p>3/sf]sg}lg0f0 ubf{d ; a} ; b:ox?; E}a; \ u5{.</p>	
<p>Df kfl/j fl/s ; Nnfx / lg0f0df efu lnG5'.</p>	
<p>Df / d\f]kl/jf/ clt g}ldn\} a; \$f 5f}.</p>	

Df cfmEgbf ; fgfnf0{dfof / 7hfnf0{cfb/ ub5'.	
d ; ah]eg\$ f /fd  s'/f dfG5'.	

dflysf s'/fx? dwo]tkf0sf]kl/j f/df klg ldNg] s'/fx? n\gxf] \

!=	@=
#=	\$=
%=	^=

समय को जान कहे परी म  
 ^) ; \$08sf]! ldg  
 ^) ldg]sf]! 306f  
 @\$ 3G6fsf]! lbg  
 38ldf # cf]f ; 0 xG5g\  
 o; df !@ cf]f c\$ xG5g\  
 १२९



# ; 0 dWo]5f] / df] 3G6f ; 0 xf].  
 3G6f ; 0eGbf clnslt nfdf ; 0 ldg] ; 0 xf].  
 ; aGbf nfdf] / dl; gf]; \$]8 ; 0 xf].

lx; fa u/f]

; \$]8 % +## <hr/>	ldg] @% +% <hr/>	3G6f ! \$ +# <hr/>	3G6f % @ +^ <hr/>
ldg] #) - @% <hr/>	ldg] ^) - \$% <hr/>	3G6f ^ - \$ <hr/>	3G6f ( - % <hr/>

c<sup>a</sup>u]ldf j fSo egf]n]f]

My name is Lalita.

My name is

What is your name?

-----  
-----  
-----  
-----  
-----

My name is Rukmani.

-----  
-----  
-----  
-----  
-----

Kff7 @%

; ?j f /fψ

hf\$}f cIf/ lrgf}/ zAbx? k9f}.

h\ + j = Hj	Hj /f] Hj fnf, pHj n
d\ + of = Dof	Dofb/f] Dofp, ; fDo
e\ + of = Eof	Eofut f] Eofut ']/fψ, nf}ofpg'
j\ + o = Jo	Jo St, j StJo
w\ + o = Wo	dWo] dfWod



tnsf zAbx? k9} cy{nufpgxf} \

cfpF/ut	x}hf	Dofb]Hj /f]
enf8f kvfnf	?3f vf}l	cf}hf]Hj /f]
8f'	x}kf6f0l6;	Pr=cf0=el=
P8\	OlG; kmnf0l6;	d}g}hf0l6;

tnsf s/f k9xf] \ ; fyl; 5 5nkmn ugxf] \  
 sg}Ps JolStnf0{nfu\$]/f] csf{JolStnf0{klg  
 ; 5{eg]To; nf0{ ; ?j f /f] elg65 . xhf, cfpF  
 bfb'/f, Eofu't] cflb ; ?j f /f] xg\ . Ifo/f],  
 Pr=cf0=el= P8\, ?3f vf\$]L klg ; ?j f /f] xg\

सुरुवा रीत सने गुण चर धरुणरु इतु

- blift vfgf      - blift kfgl
- xfj f            - /f]L; 5sf]; ;u{

blift vfgf / kfglaf6 cfpF xhf, lb; f kvfnf  
 h:tf /f]x? ; 5g\ . xfj fsf dflodaf6 bfb'/f, ?3f  
 vf\$]L, xf8] 6l=al= h:tf /f]x? ; 5g\ . /f]L; 5sf]  
 n; k; , /f]Ln] kof] u/\$f j:tx? kof] ubf{  
 /f]L; 5 ofg ; Dks{/fvbf, /ut lnbf lbf klg /f]  
 ; 5{. n'tf] le/EL, Pr=cf0=el= P8\ h:tf /f]x?  
 o; /L g}; b5g\

lgdf]lgof / emf8f kvfnf xdf] ufpF3/sf nflu  
 7hf] :j f:Yo ; d:of 5 . w]} afn aflnsfx?  
 lgdf]lgof / emf8f kvfnf s}sf/0fn] d5g\klg .  
 lgdf]lgof nfu\$] aRrfn]; f; kmf{eof/\eof/\eof]

eg] lgdfllgofaf6 vt/f xg ; S5 . lgdfllgofaf6  
arfpg lr; f6af6 hfllug' k5{. ?3f vf\$L nfu\$  
dfg; af6 6f9f /xgk5{.

emf8f kvfnfaf6 hfllug ; %llft vfgf / kfgl k0fll  
ugk5{. af; L, lemuf eGS\$  
emf8f kvfnfsf]dVo sf/0f xf]. o; sf nflu hlj g  
hn, bfnsf]/; h:tf emf]hs'/f k4:t vfgk5{.

ofe ugk5{ \M k6s k6s kftnf] lb; f nflu~~ghf0~~  
emf8f kvfnf nflu' elgG5 . kvfnf nfu] cf]  
dV ; Sv f xg' / lk; fa sd xg' hn lj of]ngsf]  
nlf0f xf]. hn lj of]ng xg glbg kghhlo  
emf]hs'/f vj fpg' k5{.

; fyl; 5 nkmn ugk5{ \

!=xfdf] ufpF 6f]hdf sg sg ; ?j f /fllx? w}]  
bllvG5g\

@= ; ?j f /fll km]ng'sf dVo sf/0f s]s]xg\

#= aRrfx?df bllvg]dVo ; ?j f /fllx? s]s]xg\

\$=tl ; ?j f /fllx?af6 aRrfx?nf0{arfpg s]s]  
pkfo ugk5{<

%=kghhlo pkrf/sf ?kdf s]s]k0fll ug{; lSG5 <

तलक सगुडिरे वलि कुडिडि सरी)।

3/ cfEg ; kmf /fVgfn]; ?j f /f]uaf6 aRg ; lsG5.

kfglsf] dxfg kmf]f] eof] eg] x]f, Dofb]j /f] km]nG5 .

nfdv\$]f]6f]f0af6 cf]j] /f]; g{; S5 .

lgdf]gof ePsf] aRrfsf] 5ftL lr; f]af6 hf]ufpg' k5{.

emf8f kvfnf nfu]f hlj ghn v] fpg' k5{.

pdfn\$]j f ; %lft kfgl lkP/ ; ?j f /f]uaf6 arf] .

s'fsfgL k9f)M

sdnf M lbbL! tkf0{t :j f:Yo :j o;+lj sf xgXG5 .  
dnf0{ of] Pr=cf0=el= P8\sf af/df  
atf0{ lbgxf] \ g . d]L kmk\$] 5f]f]  
lj b]zaf6 kms\$]5 . p; n]f0{P8\ ; /\$]  
5eGb] /x]g\ . s] /x]5 Tof] Pr=cf0=el=  
P8\ eg\$]f]<

gd]f M Pr=cf0=el= / P8\ Pp6} s'/f xf]g  
sdnf . ol b]0]f km/s 5 . Pr=cf0=el=  
eg\$]f]P8\ xg'eGb] cufl8sf]cj :yf xf].  
Pr=cf0=el=dlg; sf] z/L/df k; kl5 s]L  
dlxgf jf jifkl5 P8\ xG5 . P8\ /f]u  
xf] eg] Pr=cf0=el= rfx+ /f]u Nofpg]  
cj :yf xf].

sdnf M Pr=cf0=el= jf P8\ s; /L ; 5{t lbbL <

gd]f M c; /lft of]g ; Dks{/fvbf, /f]u]sf] /ut  
jf /St kb]fy{ lg/f]u]ln] k]f]u ubf{  
c; /lft ; 0n] 5fn]df kjfn kb]bf{  
Pr=cf0=el=tyf P8\ xg ; S5 .

sdnf M lj b]z uPkl5 rfx+ lsg P8\ n]flg]  
xf]f <

gd}f M lj b} hf} Pr=cf0=el= ; g{ j f P8\ nflu] xf}g . Toxf uP/ j }ofj [tdf nflu] c; /lft of} ; Dks{ ug{ nfu" cf}fwl kof}u ug{h} km}fs}f ; 0{ kof}u ubf{ Pr=cf0=el= ; g{ ; S5 / kl5 P8\ xg ; S5 . To; h}o:tf]/f} nflu]gaf6 aRg ; ts{xg'k5{.

5nkm u/f}t M

!= Pr=cf0=el= j f P8\ eg}f]s]xf]<

@= s]s]ubf{Pr=cf0=el= j f P8\ ; g{; S5 <

#= Pr=cf0=el= g; /f] \eGgfsf nflu s]s]; fj wfgl ckgfpg'k5{<

ofb u/f}tM Pr=cf0=el= ePsl cfdfaf6 hGd}f] aRrfd Pr=cf0=el=; g{w}]; Defj gf xG5 .

Tfn @)&! ; fn j žfv dlxgfsf] kfqf] lb0Psf] 5 .  
 cll0og ugxf] \ / ; flwPsf kžgx?sf] pQ/  
 n\ygxf] \

वैशाख २०७१							नेपाल संवत् ११३४		APRIL MAY 2014	
आइतबार SUN	सोमबार MON	मंगलबार TUE	बुधबार WED	बिहीबार THU	शुक्रबार FRI	शनिबार SAT				
	चतुर्दशी १ 14 नयाँ वर्ष आरम्भ	पूर्णिमा २ 15	प्रतिपदा ३ 16	द्वितीया ४ 17	तृतीया ५ 18	चौथी ६ 19				
पञ्चमी/षष्ठी ७ 20	सप्तमी ८ 21	अष्टमी ९ 22	नवमी १० 23	दशमी ११ 24 लोकतन्त्र दिवस	एकादशी १२ 25	द्वादशी १३ 26				
त्रयोदशी १४ 27	चतुर्दशी १५ 28	औंसी १६ 29 मातालिथि औंसी	प्रतिपदा १७ 30	द्वितीया १८ 1 मजदुर दिवस	तृतीया १९ 2	चौथी २० 3				
पञ्चमी २१ 4	षष्ठी २२ 5	सप्तमी २३ 6	अष्टमी २४ 7	नवमी २५ 8	दशमी २६ 9 कानून दिवस	एकादशी २७ 10				
द्वादशी २८ 11	त्रयोदशी २९ 12	चतुर्दशी ३० 13	चण्डि पूर्णिमा ३१ 14 लुद्ध जयन्ती	विवाह मुहूर्त २, ३, ६, ७, ९, १८, १९, २५ २७, ३०		व्रतबन्ध मुहूर्त १८, २१				

!\_ j žfv dlxgfdh hDdf slt lbg 5g\

@\_ gj j if{s]af/ k/§ <

#\_ j zfv dlxgdf slt cf0taf/ k/5g\

---

\$\_ nf\$tGq lbj ; slt ut]/ sg af/df k/5 <

---

%\_ dftftly{cfL slt ut]/ sg af/df k/5 <

---

^\_ a4 hoGtl slt ut]/ sg af/df k/5 <

---

c<sup>a</sup>U<sub>h</sub>ldf & af/sf gfdx? o; k\$<sub>f</sub>/ 5g\

cf0taf/	Sunday
; f0af/	Monday
Df0naf/	Tuesday
Af'waf/	Wednesday
Ij lxaf/	Thursday
Zf0maf/	Friday
Zflgaf/	Saturday

c<sup>a</sup>U<sub>h</sub>ldf & af/sf gfdx? n<sub>v</sub>gxf] \

- - - -

- - -

# sht



tnsf zAbx? k9f}cy{nufcf}.

hfB /S; L	sht	; aUt	r'/fϕ
la/fdl	c:ktfn	8fS6/	/fϕL
vt/gfs	lfo/fϕ	Sofg; /	csfn d[o'

kmQϕfg / ; /nfsf] PSnf] 5f}f Gx5ϕfg Ps /fdf]  
 k9g]/ c; n lj Bfyl{lyof]. t/ pgsf ; fylx? eg]  
 k9gdf dg ubϕy]. pglx? :sh gu0{ lbgel/  
 vϕg hfGy]. /ftl r'/fϕ laBL, hfB /S; L lkpg]  
 uy]. Gx5ϕfgn] tl ; fylx?sf] ; autdf k/} Ps  
 b0{; sf[r'/fϕ lkpg yfNof]. kl5 t lbg lbg}lkpg

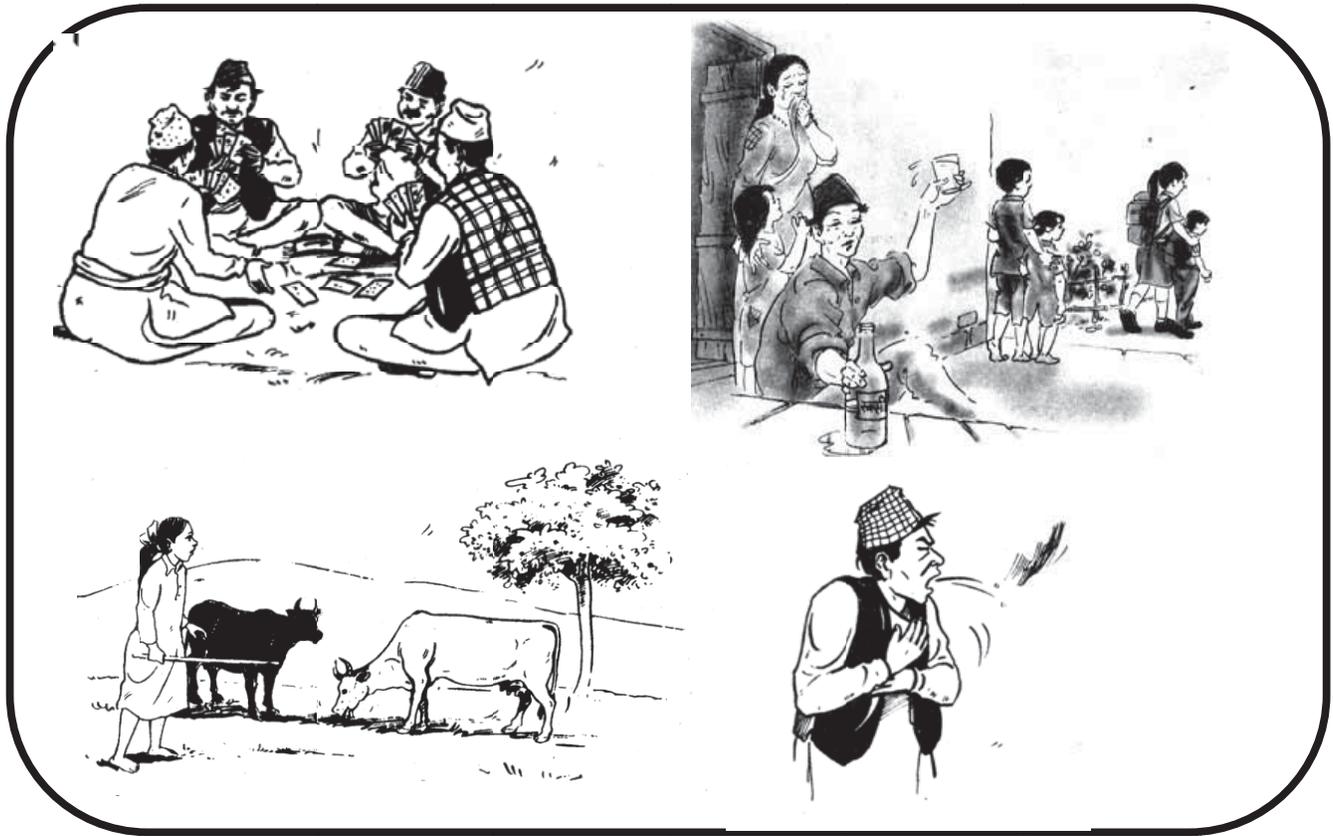
yfNof] . To; kl5 p; nf0{ emg} w}] lkpg] afgl  
a:of].

Gx5]dfg 7hf] ePkl5 hflu/ vfg yfNof] . t/  
pgnf0{ r'/f}, hfB / /S; Lsf] shtn] 5f}g .  
p; nf0{ lbg sf] b0{ tlg a6xf r'/f} rflxg] eof].  
/S; L klg lbg lbg}vfg}kg] eof]. xBf xBf p; nf0{  
sfd ug{ dg nfu} . p la/fdL k%of]. p; nf0{  
kl/jf/n]c:ktn k%ofP . 8fS6/n]p; nf0{k/LIf0f  
ubf{ Sofg; / ePsf] kQf nufP . ; fylef0sf]  
shtdf nfu} Gx5]dfgsf]hljg jjf} eof]. PSnf]  
5f}fsf]of]cj :yfn]ubf{cfdafafa'w}]bML eP .

ca k4gdf 5nkmn u/f}M

!= of]kf7af6 tkf0h]s]s'/f l; Sg' eof]<  
@= tkf0{x?n]hyfefjL / w}]hfB /S; L vfg]dflg;  
b}g' ePsf]5 xfhf < To:tf]dflg; ufpF6f]hdf  
eP To; sf]c; / s:tf]knf{<  
#= æw}]hfB /S; L vfg]dflg; csfnd}db5AE lsg  
o:tf]eg}f]xf]hf <

Irq xγγ 5nkm u/f}M



dflysf]Irrqdf kf0Psf rf/cf}f s'/f tn n}f}M

!	=	_____	_____	_____	_____
@	=	_____	_____	_____	_____
#	=	_____	_____	_____	_____
\$	=	_____	_____	_____	_____

yxf kf /fvf}.

- r/f} vff lg:sg]wff xj fdf km]n/x\$] xG5 .  
r/f} gvfg]dfg; nf0{klg o; n]c; / ub5 .
- ue[tl dlxnf] r/f} vPdf ue\$] aRrfnf0{  
; d] c; / ub5 .
- r/f}sf]wffdf lgsf]lg / sfj gdf]f\$; f08 gfd  
u/\$] /f; folgs t]j xG5 . o; n] kmf\$; f] /  
d}hf0{lf]t k}ofpg]sfd ub5 .
- r/f}, ; l{t{; }gaf6 SofG; / tyf 6L=jL=/f]u nflu  
; S5 .

shtaf6 aRg]pkfo 5nkmn u/f}.

- shtdf nfu\$] dfg; ; E 6f9f xg]sf]z; ug[.
- v/fa afgl 5r8g]egl dg bxf]ug[.
- hfB, /S;L vfg dg nfu\$] ; dodf cfkm}hf0{  
dgkg[csf[sfddf nufpg].
- slxn]/ sg lbg bl}v 5f8g]xf]lbg tf\$g]/ Tof]  
cg! f/ ug[.
- :jf:Yonf0{ xflg gf\$; fgl k}ofPsf] 36gfnf0{  
; Demg]cflb .