

## k[7eld

3/ħ' tyf ; fgf pBfłx?sf] lj sf; / lj :tf/sf nflu ; :yfut ?kdf  
; lk lj sf; , pBdl lj sf; sfołmd / pBfł kj 4łfłds ; ] fx? pknAw  
u/fpg -3/ħ' tyf ; fgf pBfł lj sf; ; ldl t u7g cfbž, @)! adfłhd\_  
3/ħ' tyf ; fgf pBfł lj sf; ; ldl tsf]: yfkgf ul/Psf]xf]. @)\$ ( af6  
of]; ldl tnf0{gkfn\$ \$\* lhNnfd f lj :tf/ u/l pBfł kj 4ł sfołf]  
cnfj f pBfł kžf; g tyf j fl0fHo kžf; g ; Dj Gwl sfoł? kłfg ug]  
u/l yk lhDd] f/l ; lDkPsf]5 .



3/ħ' tyf ; fgf pBfł lj sf; ; ldl t, kłfg sfołfo,  
lqk/žj /, sf7df8fž.

## p27o / sfo{f

n3; 3/h' tyf ; fgf pBfux?sf]lj sf; / lj :tf/df ; xofu k'ofpg'  
o; ; ldltsf]dVo p27o xf]. 3/h' tyf ; fgf pBf] lj sf; ; ldlt u7g  
cfbZ, @)% cg; f/ o; sf sfo{f] lgDfg; f/ /x\$ 5gW

s\_ lj leG Isl; dsf cfBf]us -pBdl lj sf; / Joj :yfkG klfd\_  
tflnd / cfj Zostf cg; f/ lj z]f tflnd lbg] lbnfpg].

v\_ pBfux?nf0{C0f lj t/0f tyf nufgl ug[/ ; f]kpf]hgsf]nflu  
pBfux?sf]Isl; d tyf kfyldstf tf\$g].

u\_ pBfux?sf] :yfkG ug[/ pTkflbt dfn; fdgx? laqm lj t/0f  
ug[Jo] :yf ug[.

3\_ ls: tfj Gldf pBdlx?nf0{cfj Zos sf]fdfn, d]; g, Hofj n tyf  
cf]hf/ cflb laqm lj t/0f ug[.

a\_ pBf]uaf6 pTkflbt dfn; fdgx?sf] laqm lj t/0f a9fpg]  
gkfne/ laqm slf vf]lg] / cGt/f[6 ahf/df ; d] To; sf]  
cfj Zos Jo] :yf ug[.

r\_ :j bZl j :t'sf]lgsf; L a[4sf nflu ; xfos xg]vfnsf cGt/f[6  
kPzGldf efu lng]/ ; f]; DaGwdf cfj Zos Jo] :yf ug[.

5\_ pBf]u k]4Gdf ; xfos xg] Isl; dsf of]hg f jf k':tsx?sf]  
k\$zG ug[ jf uf]7L, kPzG, ; Dd]hg tyf cWoog eDofsf]  
cfof]hg ug[.

h\_ pBf]usf] lfGdf pTs[6 sfo{ ug[ pBf]ul jf lzNksf/x?nf0{  
kf]; flxt ug[k/:sf/ lbg]Jo] :yf ldnfpg].

em\_ dflysf v08x?df pNn]vt s/fx?sf]cltI/Om pBf]usf]lj sf;  
tyf lj :tf/ ug\$ nflu cfj Zos kg[cGo sfd sf/j fxl ug[.

# 3/ħ'tyf ; fgf pBfũ lj sf; ; ldltsf dVo dVo lqmf snfkx?M

## k[7edl

3/ħ'tyf ; fgf pBfũ lj sf; ; ldltn]n3', 3/ħ'tyf ; fgf pBfũsf] lj sf; la:tf/ tyf kj 4g ug{o; cl3 ; ldltaf/f ; #fng ul/Psf lj lj w sfoqmdx? 5sf5s}?kdf thdf u/L sfofj og ub{cfPsfdf ; lk lj sf; tflnd sfoqmdnf0{kl/dfhg u/L o; cgtut pBdl lj sf; sf]lgldt cTofjZos kgI lj leG tlg r/Ofsf sfoqmdx; cgt/lqmf, ; r]gf / ; lk lj sf; nf0{Pp6}kofshdf ; dfj z u/L cf=a= )^^÷^& blv pBdl lj sf; sfoqmd tof/ u/L nfu"ufl/Psf]5 . o; u/L cGo sfoqmdx?df pBfũ kj 4g sfoqmd, cfBflus kþzG, pkoQmklj lw x:tfGt/Of, sfz]hl 3/ ; ~rfng, dlxf pBdl lj sf; sfoqmd, j:t' lj sf; tyf klzlf0f sfoqmd, pBdl ed0f, l6-el= sfoqmd, 3/ħ'tyf ; fgf pBfũ /]8of] sfoqmd ; ~rfng ugI p2Z0 cg?k cGo lj lj w sfoqmd; to ul/ sfofj ogdf Nof0Psf 5g\

## != pBdl lj sf; sfoqmd

kYd r/Ofdf pknAw >f]sf]klxrfg u/L pkoQm:yfgdf cgt/lqmf sfoqmdsf] cf0fhgf ul/g5 . cgt/lqmfdf ; xeful klzlfylx;nf0{lgj hgsf]cfwf/df pBdlzntf lj sf; ; r]gf tflnddf ; xeful u/f0g5 . bf]f] r/Ofdf pBdlzntf lj sf; ; r]gf tflnd kkt u/šf klzlfyl{ ; xeflux; dll0af6 5gf0 u/L ; lk lj sf; tflnddf ; xeful u/f0g5 . ; lk lj sf; tflnd k7f u/L Joj ; flos sfo{of]hg; lxt Joj ; fo ug{ 0R55 ; xefulx?sf nflu t]f]r/Ofdf Joj ; fo :yfkf ug{; xhls/Of ul/g] 5 .

# r/Ofut lqnfnsfksf emsx;



cgt/lqnof sfoqnd



pBdlzntf ljsf; ; rjgf sfoqnd



;lk ljsf; tfnd

**; lk ljsf; tflnd kZrft kþfg ul/g]; ]fx?**

klZlffyl{x?n] tof/ u/l kZ u/þf] Joj; fols sfoðf]hgfsf] sfoðf]ogsf]lgldt cfj Zos ; Dkof{sfo{x? ; DkGg ug{kkgþ . ; lk ljsf; tflnd ; DkGg u/þf klZlffyl{x?nf0{pBf]u Joj; fodf ; Ælg u/fpgsf] nflu ; fdfGotof lgDg ; ]fx? kþfg ul/gþ

- pBf]u :yfkgy ug{k/fdz{; ]f .
- pBf]u :yfkgyf{hðfpg' kg]cflyð >f]sf]nflu ; xhls/of .
- pBf]u :yfkgyf{ cfj Zos kg] dZlg cf]hf/ -klj lw\_ ; Dj Gwl k/fdz{; ]f .
- dZlg h8fg / ; Æfng ; Dj Gwl kl]j lws ; ]f .
- gdðf pTkfbg / l8hf0g ; Dj Gwl kl]j lws ; ]f .
- pTkfbg laqm lj t/0fsf]lgldt Jofkf/Lx?; E ; Dj Gw :yfkgyf .
- cfj Zostf cg' f/ pTkfbg, n]yf / ahf/ Joj :yfkgy ; Dj Gwl tflnd .
- pkoQm klj lw x: tfGt/of ; ]f .
- cf]þf]us eðof .
- cf]þf]us kþzGldf ; xeflutf .

.; lk cfhGsf nflu 3/h' tyf ; fgf pBf]u ljsf; ; ldltsf lhNnfl:yt sfoðhodf ; Dks{/fvf}þ.Ú

# @-pBfj kJ 4g sfoqmd

## p27o

o; sfoffon]kpfug ug[; j fx?dWo]kJ 4g; j fklg dxTj kOf{ j fxf] kJ]t ?kdf :yfkf e}; ~rfngdf /xsf t/ kOf{lfdtfdf rNg g; sxf pBfjux?nf0{lj leGg ksf/sf; j fx? dfkmt lfdtf j [4 u/L ptkfbsTj a9fpgsf; fy}yk /f]huf/L; hgf ug{o; sfoqmdn}; 3fp kfofpg] ljZjf; lnOPsf]5 .

## tTsf n ; lk ljsf; tfnd M-

pBfj kJ 4gsf]nflu; Dj lGwt pBfjuf pBdl j f sdbf/x?nf0{sg} lj ifosf]tTsf n; lk kpfug ug{cfj Zos bljVPdf dfq of]sfoqmd; ; fng ul/gf . of] tfnd sfoqmd pBfjuf] k\$[tsf] cfwf/df tyf pBfjuf] dfusf]cfwf/df; ; fng ul/gf .



“ sd{ gu/L kmnsf] cfzf ug{ d'v{tf xf] .”

- dxlif{hgs

### pBdlzntf ljsf; tflndM

cfj Zostf x]l pBdl÷sfdbf/x¿nf0{3/h' tyf ; fgf pBf]u ljsf; ; ldltn]tof/ u/\$f]!) lbg]pBdlzntf ljsf; tflnds]kf7dqmd cg' f/ sfoqmd ; fng ul/g\$ . o; tflndaf6 ; xeflux?df pBf]u Joj ; fotkm[ nflu k]off ldNg]ck]ff u/L of]sfoqmdsf]cfof]hgf ul/Psf]5 .



### Joj ; fo :yfkqf / ; fngsf]nflu ; femf/L ljsf; tflnd sfoqmd

s]b]jf lhNnf :t/af6 ; /sf/L, cw{ ; /sf/L jf ux| ; /sf/L ; 3 ; :yfx?; E n3' 3/h' tyf ; fgf pBf]ux¿sf] k]4qsf] lglD k]of ; xeful e0{sg} ljsf] tflnd ; fng ug{ rfxdf ; ldltn]To:tf lgsfo; E ; xeful e0{sfoqmd ; fng ug\$ . o; ; femf/L sfoqmd ; ~rfng ug{k] {3/h' tyf ; fgf pBf]u ljsf; ; ldltn / ; DalGwt ; :yfsf alr cfk; L ; femf/L u/L sfoqmd j h? tyf glt lgodj f/]; Demf]f to ul/g\$ / ; f]sf]cfwf/df sfoqmd ; ~rfng ul/g\$ .

### pBf]u÷?Uof pBf]usf pBdl tyf sfdbf/x?nf0{kgtfhul tflnd

sg} pBf]u÷?Uof pBf]usf pBdl÷sfdbf/nf0{ kgtfhul tflnd k]fg ubf{; f]pBf]usf]pTkfbsTj j [4 xg ; S5 eGg]nfu]df of]sfoqmd ; fng ul/g\$ . kgtfhul tflnd k]fg u/]kZrft pBf]un]gofult lng ; S5 eGg]dfGotf cg?k pBf]u, pBdl jf sfdbf/nf0{kgtfhul tflnd (Refreshment Training) lb0{pBf]unf0{kqM, fng ug]ul/G5 .

### JoJ :yfgk tflnd M-

sg}klg pBfU=JoJ ; fo kj 4Gsf]lgldt JoJ :yfgk ; Da6wl tflnd k6fg ug{cfj Zos blvPdf n]vf, ahf/, pTkfbg h:tf lj ifosf] tflnd ; #fng ul/g5 . o; tflndaf6 pBdl tyf JoJ ; foln]cfkmg]pBfU]sf] vr{JoJ :yfgk, ahf/ JoJ :yfgksf ; fy}j :t' pTkfbg ubf{nflg]vr{s] s; /L /fVg]eG]1fg kkt ug{; lfd xg5g\ ol tflndx?af6 JoJ ; fo kj 4G, lj sf; / lj :tf/ ug{; xofU klG]ck]ff ul/Psf]5 .



JoJ :yfgk tflnd lnB]klzlfyLkz

### klj lws ; Jf M-

sg}klg gofF?Uof jf rfn' pBfU]sf]nflu dfu cg' f/ cfj Zos klj lws ; Jf k6fg ubf{pQm pBfU kj 4G xg ; Sg]cfwf/df of]sfoGmd ; #fng ul/g5 . o; ; Jfaf6 pBfUn]gofFgdGfx? kkt u/L ahf/ dfusf a:tx? tof/ ug{; lfd xg]lj Zj f; ul/Psf]5 .

### pBdltnf lj sf; tflnd

:yfglo >ft ; fwgsf]pkofU ub{n3' 3/h' tyf ; fgf pBd JoJ ; fo, kzf jf /fhuf/L tkm(pTkV/t ub}pBfU JoJ ; fo sZnfk]5 ; #fng ug{ cfj Zos kg]1fg, ; lk snf jf wf/0ffsf]lj sf; ug]pBdzlntf lj sf; tflnd k6fg ul/G5 . hg tflndj f6 JolQm leq ; lkt cj :yfdf /x5f] pBdzln efj gfsf]k]kmg xG5 .



eut ; jht ; lk ljsf; kj 4g sfoqmd

cfly\$ / ; fdlhs ?kdf k5f8L k/\$f blnt ; dbfosf hftLj u{; dx jf JolQmf0{/fhuf/Ldhs ; lk ljsf; u/L ; lfd j gf0{plgx?sf}cfocfhg j [4 u/fpgsf nflu o; cf=j=@)&#÷)&\$ bYl of]sfoqmd ; #fngdf Nof0Psf]5 .

#= cfBflus kbzgl tyf /fli60 pTs[6 n3; 3/h'tyf ; fgf pBdl k':sf/ sfoqmd

dhse/ ; #fngdf /x\$ f n3; 3/h' tyf ; fgf pBdlx?af6 pTkflbt j :tx?sf] ahf/ lj :tf/ tyf kj 4g ug[clekfon] 3/h' tyf ; fgf pBfl ljsf; ; ldltn] @)\$@ ; fnblv g} /fli60:t/df ax't ?kdf cfBflus kbzgl tyf /fli60 pTs[6 n3' 3/h' tyf ; fgf pBdl k':sf/ sfoqmd ; #fng ub{ cfPsf] 5 . o; sf] ?k/yfdf cfdh kl/jtg / kl/dfhg u/L /fli60 cfBflus j:t' tyf kljlw kbzgl pTs[6 n3; 3/h' tyf ; fgf pBdl k':sf/ sfoqmdsf] gfdn] ; Daflyg ul/6} cfPsf] 5 . o; sfoqmdn] pBdl-pBdl alrdf ; lksf] cfbfg kbfgsf ; fy}ahf/ lj :tf/ ; d} xg]ck]ff ul/Psf]5 .



n3; 3/h'tyf ; fgf pBdlx?af6 pTkflbt pTkfbg?



; Hkt kl/ro

# \$= pkoQm klj lw x: tfGt/Of sfoQmd

## k[7eld M

3/h'tyf ; fgf pBfj lj sf; ; ldltn]n3; 3/h'tyf ; fgf pBdlx?sf] pTkfbslj tyf u0f: t/ j [4 ug]p2]o / ; ldltsf]gllt cg' f/ ; ldltsf] u7g cfbz @)% df als: tfaGbldf pBdlx?nf0{cfj Zos sf]fdfn, dlzg tyf cfbf/ cfib laqm lj t/Of ug] Joa:yf eP cg' f/ o; ; ldltn]cf-j = )^^.)^& bljv n3' 3/h'tyf ; fgf pBdlx?sf]cfj Zostf / dfu cg' f/ pkoQm klj lw x: tfGt/Of ug] sfoQmdsf] yfngl u/\$f] 5 . o; sfoQmd cg' f/ euf]ns bluttsf] cfwf/df pBdlx?nf0{ dlzg cfbf/ tyf pks/Ofx\_ a9df \*)Ü ; Dd 5b dModf x: tfGt/Of ul/g] cf-j = )& ÷ )&! bljv sf7df8f] pKtosfsf pBdlx?nf0{#%Ü 5bdf dlzg cfbf/ pknAw u/fp]cfPsf]h]o; af6 ; -; fgf pBdlx?nf0{/fxt klj]lj Zj f; ul/Psf] 5 . o; sfoQmdaf6 nfe kkt u/L pBfj lj : tf/ xg]qmd lg/Gt/ ?kdf a[4 e} /x\$]5 .

## pkoQm klj lw x: tfGt/Of sfoQmd M

n3; 3/h'tyf ; fgf pBfj]sf] lj sf; , lj :Tff/df ult kbfj ug{ pBdlx?nf0{ dfu cg' f/ pkoQm dlzg cfbf/ tyf klj lw x: tfGt/Of ul/g] . o; af6 pBfj]sf] pTkfbgdf lfdttf tyf u0f: t/ a[4 xg] .



## pkOQm klj lwsf sxl gdYfx?



### gfdM h; / dlZg

sfdM cgf/; ; Gtnf, hgf/, cflb  
tfhf kmknthaf6 /; lenGg].

lfdtfM klt306f %) b]v ^) ln=; Dd



### gfdM I; Gs]rfprfp agfpg]dlZg

sfdM dYaf6 I; Gs]rfprfp agfpg]

lfdtfM ! 306fdf \* b]v !) lsnf]  
; Dd agfpg ; lsg]



### gfdM dY j f rssf]; fr]dlZg

sfdM dYaf6 dY agfpg]

lfdtfM Ps k6sdf @\$ lk; agfpg  
; lsg]



### gfdM knfli6s I; n ug]dlZg

sfdM ; a}sl; dsf knfli6sdf  
lj leGg ; fdgX? /fvl I; n  
ug{; lsg]

lfdtfM ! ldgYdf @) b]v @% kofsY



gfdM sNknl ; frfdldzg

sfdM bwa6 sNknl agfpg]

lfdtM ! k6sdf @\$ lk; agfpg]



gfdM emfh j : thfo{kofs6 ugfdldzg

sfdM emfh h: t}bw, bxl, Wo"n: t }

cGo j : thfo{kofs6 ugfd

lfdtM Ps ldg6df !\$ bljv !^

agfpg ; lsg]

pBfju ; ~rfngsf nflu cfj Zos /; fog tyf dlj; g/l cfhf/  
; knfo; x?

gfd	7ufgf	; Dks{gDa/
!_ Unf3n OSJokd6 kfh=	/ljejg	\$@&)#&&
@_ xf3n OG8Knlh kfh=	63'	@@#)%^)
#_ Unf3n 6B^ sDKn\$; kfh=	; fN6ldf6	\$@**&*!
\$_ 3/h's]d3sn lj qnl s6b	c; g	\$@@!^^^
%_>]7 66 ldl8of	66Zj / sfndf6l	\$@&)^**\$
^_ gsdL; N; kfh=	Go7f6 u6	\$@@%###
&_ hlgy Odk\$;	afw6l9f	\$@@!^))
*_ kmxb 6\$; 6fOn pBfju	7}, nlntk/	%!^)*&
(_ kgd OG6/kf0hjh	rfalxn	\$*!@#(%
!)_ uf86j u6 OG6: i6kh	lvrfkfj/l	\$)!^&*^
!!_ ldlyn fs]d3sn OG6/kf0hjh	hf7k6l	\$@!@@\$)

pkoQmklj lwoQmdldzg cfhf/sfjnlflu kvfvg sf6fho tyf lhNnl:yt sf6f6odf ; Dk6 ug6; lsg6 .

# %= sfzhl3/÷; fyt ux :ykgf tyf ; #fng ; xofu sfoqmd

n3; 3/h' tyf ; fgf pBdl÷Joj ; folx?sf] pTyfgsf] nflu ; ÷yfut ?kdf kj4gffds ; Jfx? pknJw u/fpg o; ; ldltn] l] ut w}} jif{ blv dh'ssf kxf8l tyf lxdfnl lfgsf \$\* lhNnfx?df lg/Gt/ ?kdf sfo{; ~rfng ul//x\$ 5g\ ; ldltsf]u7g cfbz @)%) df pBfufaf6 pTkflbt j :tx?sf] laqnl-lj t/0f a9fpg] dhse/ laqnl slf vflg] / cGt//fli60 ahf/df ; d] To; sf]cfj Zos Joa:yf ug] p2Zo / sfo{f]q tfl]sPsf]; Gbedf o; }; ldltsf]kxndf Onfd, wgsbf, vbfE, cfln9Ef, bfjhvf / soffl sfoqmd cGtu f hDnf, du; 8flkf, slnsfodf ; d] sfzhl3/ :ykgf tyf ; #fng sfo\$] yfngl ub} cfufdl lbgx?df gkfn /Hoe/L g}pkoQm :yfgdf :yfglo, ; /sf/L / glh lfgsf 5ftf ; ÷yf? ; d]sf] ; xeflutf / ; xsfodf ; xsfl/tfsf] cjwf/0ff cg?k sfzhl3/ :ykgf / ; #fng ug]Inlo lnPsf]5 . xfn o; }k\$ /sf] ; Jf ug]u/L sltko lhNnfd ; fyt ux\$sf]gfd ; d] of] ; Jf kbfg ul/b} cfPsf]kf0Psf]5 .



; Hkt kl/ro

# ^= dlxfn pBdl lj sf; sfoqmdM

3/h' tyf ; fgf pBfj lj sf; ; ldt n]ldt @)%@ ; fn blj dlxfn pBdl lj sf; zfvf sf] : ykfg u/L n3; 3/h' tyf ; fgf pBfj sf] lj sf; lj : tf/ tyf kj 4g sfoqmdx? ; #fng ub}cfPsf] 5 . dlxfn?sf] nflu ; #fng ul/g]



; Deflo 3/h' tyf ; fgf pBfj x?df dlxfn?nf0{ ; #lg u/f0{n3' 3/h' tyf ; fgf pBfj x?sf] kj 4g, lj sf; / lj : tf/ u/L dlxfn pBdl x?sf] cfo cfhgdf cfdh kl/j tG Nofpg' o; sfoqmdsf] dVo

p27o /xsf] 5 . ldt @)%@ ; fn rG dlxfaf6 sf7df08f; s] b} /xg] u/L ; #flnt of] sfoqmd kfj sf/L blj Psf] h] cf-j =@)%#.)%\$ blj o; sfoqmdnf0{ sf7df8f] eq dfq l; ldt g/fvL 3/h' tyf ; fgf pBfj lj sf; ; ldt sf dVo

zfvf sfoqnox? / cf-j = @)^).^! blj zfvf sfoqnox?df ; d] of] sfoqmd ; #fng ul/5} cfPsf] 5 . xfn; Dd of] sfoqmd ## lhNndf ; #fng e}; s} sf] 5 . o; af6 k} olf ?kdf klj lw ahf/ / ahf/ls/0f, ; lk, pkoQm klj lw, l8hf0g, shf{ nufgl sfoq?df k} olf nfe k} kt u/L pBfj ; #fngdf ; xofj k} kt ug{; lfd /xsf] 5g\



# &= a:t'lj sf; tyf klzlf0f sfoqmd

3/h' tyf ; fgf pBfU lj sf; ; ldltn]sg]klg lj ifo a:tdf gdgf  
 l8hf0g pTkfbg ug[u/L To; lfgdf lj ifout pBdl=Aoj ; fol tof/  
 ug[p2]on]a:t'lj sf; tyf klzlf0f sfoqmd ; #fng ub{cfPsf]5 .  
 o; sfoh]lj leGg cg; Gwfgf]ds sfo{? lgoldt / lg/Gt/ ?kdf ; #fng  
 u/L ahf/ of]o a:tx?sf]gdgf pTkfbg ug[; fy)pBfU=Aoj ; fo ; #fng  
 u/L /x\$ f pBdlx? / ; fwf/of tflnd xff; n u/\$f t/ pBfU Aoj ; fo  
 ; #fng ug{g; s\$ f klzlfyfL?nf0{ ; #fng u/f0{klzlf0f ; #fng ug{  
 p2]o cg?k o; sfoqmddf krXQ/} lhnNfsf pBdl=klzlfyfL?nf0{  
 ; xeful u/f0{tflnd ; #fng ul/g]5 . o; sfoqmdn]klzlfyfL?df yk  
 ; lk clej [4 xg] / cfdlj Zj; a9g] ePsf] pBdl aGg k]off ldNg]  
 lj Zj; ul/Psf]5 .



xfn afF h6o a:t'lj sf; klzlf0f s[|b| pbok/df, 9fsf a:t'  
 lj sf; tyf klzlf0f s[|b| tgx\$ f, k]s[ts /] f ; DaGwl j:t'lj sf;  
 klzlf0f s[|b|/f]kfdf, h8la6l kZf]vg ; DaGwl a:t'lj sf; tyf klzlf0f  
 s[|b| ; v[ ; b/d\$ fddf, /Tg -9uf\_ ; DaGwl a:t'lj sf; klzlf0f s[|b|  
 ; v[ 15-rdf ; #fng ePsf]5 . o; u/L 0f]d lhnNfdf lrof ; DaGwl  
 a:t'lj sf; klzlf0f s[|b| wfb^df df]lkfng tyf dxkZf]vg, efhk/df  
 snf]ds wft', 88]hw/fdf df]l kfng tyf dx kZf]vg, kj \$df k]s[ts  
 /Zf, uNldf ; ]f]ds; j:t'lj ; GwkfNrf\$df kmknh lj sf; , gj fsf]df  
 9fsf j:t'lj sf; / c3f]v]f]ldf skml kZf]vg / 8f]ldf /TgTy/ ; DaGwl  
 j:t'lj sf; s[|b|:yfkgf ePsf]5 . o; u/L dfu / ; DefAotfsf]cfwf/df  
 lj ifout a:t'lj sf; tyf klzlf0f s[|b|:yfkgf sfohf0{qmdfut ?kdf  
 lj :tf/ ub{nlug]sfof]nosf]glit /x\$ f]5 .

; Hkt kl/ro

## \*= pBdl eð0f sfoǫmd

krxQ/)lhNndf 5l/P/ /xšf n3; 3/h' tyf ; fgf pBfux?af6 pTkflbt  
a:tšf]u0f:t/ j [4 ug{ahf/ lj :tf/ ug{glj gtd\klj lw tyf l8hf0ǫaf/]



k]olf hfgsf/L lbg, p:t} vfnst] a:t' pTkfbg ug] pBf]usf] :j bž  
tyf labždf ; d]t} c]n]šg eð0f u/L u/f0{ pBdlx?df pTkfbst]j  
j [4 ug{ 3/h' tyf ; fgf pBf]u lj sf; ; ldltn} pBdlx?sf] nflu  
pBdl-eð0f sfoǫmd ; #fng ub} cfPsf] 5 . o; af6 pBdlx?df gofF  
gofF1fg / ; lksf] lj sf; sf ; fy} ahf/ lj :tf/df ; d]t} ; xof]u kl]g  
b]lv65 . pBdl eð0f sfoǫmd cǫtǫt lhNnf:t/, s]b] / dlxnf 0sf0{  
zfvaf6 ; d]t} pBdl tyf Joj ; flox?n} pBf]usf]j :t' lj lj lws/0f tyf  
ahf/ls/0f ; Dalǫw nfe k]kt u/šf 5g\

## (= gdǫf ; šng tyf lj t/0f

pBdlx?sf] pTkfbgnf0{ cfj Zostf cg' f/ lj lj lws/0f ug{ tyf  
ahf/ of]o agfpg laleǫg lj ifosf]gdǫf, l8hf0ǫsf]kl:tsf tof/ u/L  
pBdlx?sf] dfu / cfj Zostf cg' f/ gdǫf j :tx? pknAw u/fp5}  
cfPsf] 5 . o; kšf/sf]gdǫf ; šng tyf glj gtd l8hf0ǫx? lgdfof  
u/L lj t/0f ugrf]ahf/ k] 4ǫdf ; d]t} ; xof]u kl]g]ck]ff ul/Psf] 5 .





gdgf j :tx;

# !)=; Fgf ; \$ng / kff/ k| f/

n3; 3/h' tyf ; fgf pBfus] lj sf; , lj :tf/ / k] 4g ; DaGwL  
 sfohf0{Aofks ; kdf kff/ k| f/ ug{/ 3/h' tyf ; fgf pBfu lj sf;  
 ; ldltsf] utlljwaf/] kff/ k| f/ u/L pBdl Joj; fol tyf ; fwf/Of  
 hg; dbfo ; dl f ; Fgf k'ofpg] o; sfo{mdsf] p27o /x\$] 5 . o;  
 sfo{mdaf6 klj lwaf/] hfgsf/L u/L gofFpBdlx? >[hg xg] ck]ff  
 /flvPsf] 5 .



>Jo, b|o ; #/ tyf ; Fgf ; fdfulx?

; Hft kl/ro

## s=kʃzgx

3/h' tyf ; fgf pBfũ lj sf; ; ldtaf6 rfdfl; s ?kdf 3/h'pBfũ  
bkœ / j flif\$ ?kdf ; Hft kl/ro kl:tsf / afl / -gkfnl / cuhl\_  
; ldt[sf]:yfgf sfnblv g}kʃzgx ub{cfPsf]5 . o; df kʃlzt nŷ,  
/rgf, klj lw hfgsf/L, cWbog u/L gofPpBdl tyf Joj ; folx? hgdg  
ck]ff ul/Psf]5 .



3/h'pBfũ bkœ, ; Hft kl/ro, afl; o/ cflb kʃzgx

## v=3/h' tyf ; fgf pBfũ /Bof]sfoœm

n3; 3/h' tyf ; fgf pBfũsf]ultlj lw, >f} klxrfg, klj lw hfgsf/L,  
ahf/ / ahf/Ls/0fsf] ; fy} ; Dalwt pBdl÷Aoj ; folx? ; E[sf] eœj ftf{  
-s/sfgl\_ n3gf6s cflb ; fdfull tof/ u/L /Bof]gkfnaf6 .xfdf]pBdl  
gfds sfoœm kʃf/0f ul/B} cfPsf] 5 . o; sfoœmsf] dh p2o  
pBdklt kl't ug\$ ; fy}pBfũ kj 4œ ug{x]. xfn of]sfoœm k]o\$  
xktfsf] lalxaf/ lj xfg \*=% ah}lv \*#) ah} Dd /Bof] gkfnaf6  
3/h' tyf ; fgf pBfũ ; Dalwl hfgsf/Ldhs sfoœm tof/ u/L k} f/0f  
ub{cfPsf]5 . o; kʃf/sf sfoœmdaf6 pBfũ kl't lh1f; f / rfxgf xg]  
JolQmx?n]k]0ff kkt u/L Joj ; fol aœg ; Sg]ck]ff /flvPsf]5 .



o; 3/h' tyf ; fgf pBfũ lj sf; ; ldtaf/]hfgsf/L /Vg rfxœf www.csidb.gov.np nu cg u/L  
hfgsf/L lng ; lsg]5 .

## u= 3/h'tyf ; fgf pBfũ l6-el=sfoŕmd

n3' 3/h' tyf ; fgf pBfũsf ultlj lw kzf/0f ugI p2ŕon] cf-j= )^^).^& bŕv .xfdf] pBdl gfd s j QlRq gkfn 6ŕnlehgaf6



k} f/0f ul/b}cfPsf]5 . xfn of]sfoŕmd kŕoŕ dlxgfsf]bf] f]]/ clGtd zŕmaf/ laxfg \*#) bŕv gkfn 6ŕnlehgáf/f k} f/0f e0/xŕf]5 . o; sfoŕmdaf6 bz{x?n]cfBf]us ultlj lw, klj lw, hfgsf/L, pTk} s k} Ē dfknt pTk}0ff kŕt ugIck]ff ln0Psf]5 .

## !!=klzIffyl{cgludg tyf cŕt/lqmf sfoŕmd

3/h' tyf ; fgf pBfũ ljsf; ; ldltn] ; řfng ugI lj leŕg sfoŕmdx?dllo]klzIffyl{cgludg cŕt/lqmf sfoŕmd klg Ps dxTj k0f{ sfoŕmd xf]. ; ldltn]lj leŕg ; dodf ; řfng u/ŕf lj leŕg kŕf/sf ; lk, pBdlzntf, Joj :yfkslo tflnd sfoŕmdx?sf ; xeful klzIffyl{x?nf0{ ; Dj lŕwt lj ifosf]pBfũ Joj ; fo ; ~řfng / :yfkgf ugŕf nflu of] sfoŕmdn]; xofũ kŕofpg]lj Zj; ul/Psf]5 .



### of]sfoqndsf]pZ]oM

- s= lj ut cfly\$ j ifx?df ; ~rfng ul/Psf lj leGg k\$ /sf tflnd  
sfoqndsf klzlfyLx?sf]oyfy{lj j /of ln0{hfgsf/L klt ul/g\$ .
- v= ; jf kbfos ; yfsf kl|t|glwx?; E]sf]cGt/lqmfaf6 ?Uof pBf]l÷  
Joj ; fol / gofFJoj ; fo ; ~rfng ug{rfxg]pBdl klzlfyLx?  
k]olf nfe]lj t xg\$g\
- u= pBf]l : yfkgf / kj 4g ug]sfoqnd efjl gllt, /ofgllt / sfoqllt  
to ug{ ; /f\$ /jfnf (Stake-holders) lgsfox?nf0{ pkof]l  
; emfj x? klt xg\$g\

### !@=ul/al lgj f/0fsf nflu n3'pBd lj sf; sfoqnd d\$kf (MEDPA)

pBf]l dGqno / ; eQm /fi6x 3lo lj sf; sfoqnd -UNDP\_ af/f ; eQm  
?kdf ; g !(( \* b]L ; #fng e/x\$]n3'pBd lj sf; sfoqnd -MEDEP\_  
n]lj s6 / lj kGg j udf /fhuf/L ; hgf ub]lj kGg kl/j f/nf0{u/lj Lsf]  
bZrqmj f6 j flx/ Nofpgdf of]ubfg k/ofpb}cfPsf]5 . gkfn]sf] ; Gbedf  
: yfglo ; fwg >f]sf]pkof]l u/L : yfglo ahf/sf]dfu cg?k cj ; /x?  
l ; hgf ub]n3'pBd dfkmt /fhuf/L kbf]g ug] / cf]dbfgLsf >f] a9fpb}  
u/lj Lsf] / yfj f6 dfly p7fpg ; ls65 eGqdf lj Zj : t e0 gkfn ; /sf/n]  
u/lj L lgj f/0fsf nflu n3'pBd d\$kf-MEDPA\_sf]?kdf &% j 6}hNnfd  
lj : tf/ ug]u/L cf-j @)^^.^) ^& b]v nfu"u/\$]xf]. pBd Joj ; fonf0{  
; kmntfk] \$ lbuf]?kdf ; #fng ug{^ j 6f r/0fx? kf/ ub]cuf8l a9g'  
k5{h; df -s\_ ; fdf]hsls/of -v\_ pBdzlntf -u\_ pkoQm ; lk kbf]g -3\_  
klj lwdf kxF -a\_ kflldf kxF -r\_ ahf/ls/of /x\$ 5g . h; cg' f/  
u/la hg; dbfonf0{pBd dfkmt : t/pGgtl ug{sdtldf ! b]v # j if{  
; Dd ; do nflu5 eG]s/fdf lj Zj f; ul/Psf]5 . o; sfoqndn]tkl; n  
adfl]hdsf kl|tkmsf]ck]ff u/\$]5 .

! = n3'pBdsf] : yfkgf tyf ; #fngj f6 kl|t j if{#) xhf/sf b/n]  
% j ifdf ! nfv %) xhf/ k]olf /fhuf/L l; hgf xg\$ .

- @= ; wf/sf bxfosf sxl lfx?nf0{k16 cj nfxg ug{; lsg5 M  
 s\_ n3' pBdx?sf]:yfkgr / ; #fngdf a[4 xg5 .  
 v\_ n3' pBdx?sf]:t/fqgl xg5 .  
 u\_ n3' pBdx?sf]n3' lj Q ; Ddsf]kx# ; xh xg5 .  
 3\_ pkoQm klj lwx?sf]kpfjuf j [4 xg5 .  
 a\_ ahf/ ; Dj GwL lj :tf/ xg5 .
- #= n3' pBdnf0{ul/afldv / ; dfj zl agfpg o; sf] lj sf; df  
 ; mlg sfofj og / ; xofj ug[ lgsfox?sf] lfdtf clej [4df  
 ePsf]; wf/ cj nfxg ug{; lsg5 .

### sfofjog / ofglitx?M

- pNnlvt kltkm xfl; n ug5f nflu bxfosf / ofglitx? cj ndj g ul/g5M
- s\_ n3' pBd lj sf; nf0{ul/afldv / ; dfj zl agfpg cg'sh /  
 ; j n glltut j ftj / of l; hof ug{; xofj ug[.
- v\_ u/lj tyf l; dftst nllft ; dx, clt ul/alsf]df/ v]k/x5f  
 dlxf, blnt, cflbjf; l hghftl, ckfa u, dl:nd, dw] l tyf  
 åb kll8t oj fx?nf0{; xeful u/f0{n3' pBd lj sf; ug{h5f  
 lj leG lgsfox? j lrsf]; dgj o / sfofj og klfnf0{z; Qm  
 agfpg].
- u\_ s[if, ux]sfi7 jg / cGo kls[ts >ft], dfnbf k/Dk/fut ; lk,  
 n3' lj Q ; #yf; #sf]; Dj Gw tyf ahf/ ; Dj Gwnf0{k}o tyf  
 pkofj ub{n3' pBdx?sf]lj sf; ug[.
- 3\_ dNo >vnf cj wf/offdf cfwf]/t eP/ n3' pBd tyf pBdx?nf0{  
 k}o lbb} glit sfofj og stf{ / cgudg ug[ lgsfox?sf]  
 ; b}ls/of tyf n3' pBdx?sf]:t/fqgl ug[.
- a\_ k[o5 lhNnfd n3' pBf]sf] lj sf; lj :tf/ ug{ n3' pBd  
 lj sf; sf]f v8f xg5 lhNnfd o; lfd nufgl ug{x?n]  
 lh=lj=; =dfkmt o; }sf]fdf /sd hDdf u/l vr{ ug{ ; Sg]  
 Joj :yf u/5f]5 .

cfj @) #\* .) # ( b|v cfj =) & @ .) & # ; Dd o ; ; ldtj f6  
; Dkflbt dVo sfo{ljj /ofM

**sfo{ljj /of tflnsf**

l; g+	lj ifo lzif\$	; DkGg sfo{		
!	; lk ljsf; tflnd	!,!%,&\$^	hgf	)%\$÷)%%; Ddsf]dfq
@	pBdzintf lj sf; tflnd (EDP)	!^)\$ (	..	
#	pBdl pTk]s tflnd	@*^^	..	
\$	n yf,ahf/xf6n Joj:yfkg tflnd	!@%*	..	
%	pBdl lj sf; sfoqmd	!\$((^		-dlxfn zfvfsf]j fx\$ _
^	pBf v kj 4G sfoqmd	@&!#@		..
&	cfBflus kbzG  tyf /li60 pTs[6 pBdl k/:sf/ sfoqmd	@*	k6s	@)&# kmfluoF !@-!& ; Dd ; DkGg
*	cfBflus ed of	%!\$	hgf	
(	k  4G k/fdz; ]f sfoqmd÷cf; r tgf	*%!@	hgf	@)&@)&# ; Dd
!)	dlxfn pBdl lj sf; sfoqmd			
	S_ pBdl lj sf; sfoqmd v_ pBf v kj 4G sfoqmd u_ cGt/lqmf sfoqmd 3_ cfBflus ed of a_ ; lk ljsf; tflnd r_ n yf tyf ahf/ Joj:yfkg tflnd 5_ pBdlzntf lj sf; tflnd h_ Pg h-cf; xeful tflnd em_ ahf/ ; dGjo sfoqmd	()\$ @&#& !@# & ^@ !&( #!! &!@ @ (		l; :j =t sf]; Wof xfn pBdl lj sf; df ; dfj z  pBf v kj 4Gdf ; dfj z
!!	Cof nufql \$) #^ pBf v	#)!%(^^)-	?=	
!@	l8hf0g, lj sf; , ptkfbg tyf lj t/of	^*	lj ifo	
!#	kofsh ; ]f -sRrf kb f{ d]zg cf f/ vl/b laqil ; ]f	&!#%#		)\$*÷)\$ ( ; Ddsf]dfq
!\$	kl/of hgf -l:sd tof/l tyf lj t/of_	%^@^		)\$ (÷) % ; Ddsf]dfq
!%	klzlfyf k t:yfkg-s b lh nf_	^)U		
!^	pkoQm klj lw x: tft/of s b± h nf	#\$@#	hgf	
!&	e'sDk k f]j t sfoqmd	!(@ (	Æ	cf=j = @) & @÷) & #
!*	o f pBdzintf cf hgzlQm lj sf; sfoqmd	!\$@!	Æ	Æ
!(	leG lfdtf, Psn dlxfn sfoqmd	!\$!^	Æ	Æ
@)	k/Dk/fut pBf v kj 4G	@#	Æ	
@!	:t/ q t  sfoqmd	%^^	Æ	
@@	cf kbzG  dhf ; xof v	@(%	Æ	
@#	j :t'lj sf; s b l; k clej  4	^^!	Æ	
@\$	kl oeG kmd btf{-j flOf o_	%#^@%	Æ	)^^÷)^& b v
@%	pBf v kzf; g btf{	%@(@#	Æ	z? b v

## ; #fns ; ldltsf cWolfx?

!; =g+	gfd	sfoff lw	
		b v	; Dd
!	>l u0f/fh pkfWof0	@)#(!!!&	@)\$).(.#)
@	>l pldf/f > 7	@)\$).!)!	@)\$!.#.!)
#	>l 0Zj /k  fb > 7	@)\$!#.!!	@)\$^!!!*
\$	>l clDasf s; l=	@)\$^!!!.*	@)\$&\$.#!
%	>l /fdZj /k  fb kwfg	@)\$^\$.#@	@)\$*.*.@%
^	>l slj s; l a:gj	@)\$*.*.^	@)\$(*.@(
&	>l sNof0faxfb/ kwfg	@)\$.(.!)!	@)%@!@!!
*	>l gbg zdf{	@)%@!@!@	@)%\$.#.@!
(	>l kbdk  fb kf8jh	@)%\$.#.@@	@)%\$.(!!
!)	>l u0fz/fh lj i6	@)%\$!!!)	@)%^!@!^
!!	>l g b\$df/ u?E	@)%^!@!&	@)%&.*.@&
!@	>l Innfdl0f kf8jh	@)%&.*.*	@)%*.*.%
!#	>l u?8Wj h a:gj	@)%*.*.^	@)%(!!@!
!\$	>l g6b/fd :yflkt	@)^)!!!.@@	@)^).%.@!
!%	>l Innfdl0f kf8jh	@)^).%.@@	@)^).*.*#@
!^	>l tfgf uf;d	@)^).*.*\$	@)^@.%.@@
!&	>l th/fh zfSo	@)^@.%.*#@	@)^#!@)
!*	>l 0Zj /nfn > 7	@)^#!@!	@)^#.#.@!
!(	>l dxZj / kf8jh	@)^#.#.@@	@)^\$*.*
@)	>l lg/-hg j /fn	@)^\$*.*(	@)^%&.!!
@!	; >l ; /:j tl af6l	@)^%&.!@	@)^^&.!!
@@	>l /Enfn cujfn	@)^^&.!@	@)^*÷@÷@%
@#	>l ofd sdf/l vltj 8f	@)^*÷@÷@^	@)^*÷\$÷@^
@\$=	>l 3gZofd kj fb /hs	@)^*÷\$÷@&	@)&!÷%÷&
@%=	>l ofd sdf/l vltj 8f	@)&)÷%÷&	@)&!÷#÷!
@^	>l hu6gfy gjkfn	@)&!÷#÷@	@)&#÷@÷@*
@&	>l ofd sdf/l vltj 8f	@)&#÷#÷@!	@)&#÷&÷!!!
@*	>l lbk b cfrfo{	@)&#÷&÷!@	xfn; Dd

; #k't kl/ro

3/h' tyf ; fgf pBfj l j sf; ; ldt  
 k\fg sfofno, lqk'/j /, sf7df8f);  
 ; #fns ; ldt sf kbflwsf/lx?sf]gfdj nl / df]f0n gDj / M

q# ; #	kb	; #fns ; ldt ; Dj 6wL sfg9L Jo j :yf	kbflwsf/Lsf]gfd	df]f0n g#	s]knot
1	c\woolf	g]kfn ; /sf/n] tf\$}f]JolQm	>l lbk]b cfrfo{	9851083993	
2	; b:o	k t]glw 3/h' tyf ; fgf pBfj l j efu	>l s[0f k] fb cfrfo{ lgb}z s, 3/h' tyf ; fgf pBfj l j efu	9846033470	
3	; b:o	k t]glw cy{ d6qfno	>l gqk  fb kf8]h pk ; lrj, cy{d6qfno	9851117511	
4	; b:o	k t]glw g]kfn 3/h' tyf ; fgf pBfj dxf; 3	>l r6bgs[0f >]7 pk\woolf, g]kfn 3/h' tyf ; fgf pBfj dxf; 3	9851063782	
5	; b:o ; lrj	sfof/L lgb}z 3/h' tyf ; fgf pBfj l j sf; ; ldt	>l /d}r6b pk\wofo lg= sfof/L lgb}z 3/h' tyf ; fgf pBfj l j sf; ; ldt	9841231543	
6	cfdlqat ; b:o	k t]glw cflwsf/Ls 68 olgog	>l dl0f/fd g]kfn c\woolf, Pslst sdcf/L ; 3 3/h' tyf ; fgf pBfj l j sf; ; ldt	9854045126	

“ qm]w eg]sf] cfk]nf0{ hnfp]g] cfuf] xf] ”  
 - u? fgfs



## 3/h' tyf ; fgf pBfU lj sf; ; ldlT klvfg sfoffodf sfozt sdf/f/Lx?sf]lj j /of

qm; =	sdf/f/Lsf]qfd	kb	df]f0f g=	s]kmt
1	> l /dZ rGb pkfllfo	lg= sfof/l lgbZs	9841231543	
2	> l ; /0b\$df/ yfkfdu/	sf-d= ; x sfof/l lgbZs	9842838665	
3	> l lj qfbb] kGt	pk sfof/l lgbZs	9858052134	
4	> l qf/fo0f0fl nfid5fg]	pk sfof/l lgbZs	9856060660	
5	> l /fhq ld>	sf-d=pk sfof/l lgbZs	9841267642	
6	> l lj qfbsdf/ sfl{	sf-d=pk sfof/l lgbZs	9841491820	
7	> l lj Zj /dof cfrfo{	sf-d=pk sfof/l lgbZs	9842636715	
8	> l chg kfBh	sf-d=pk sfof/l lgbZs	9846049766	c-b=c-cf= sfh
9	> l klbk sdf/ pkfllfo	lgbZs	9841776843	
10	> l bj k] fb u/fuf0{	lgbZs	9851133966	
11	> l lg/f hfZl	pk lgbZs -kf=	9841436851	
12	> l /fdk] fb kf08]	pk lgbZs	9841365143	
13	> l zDe'k] fb kfBh	pk lgbZs	9741086517	
14	> l ; ldaq nfid5fg] ; j dl	pk lgbZs	9843124051	
15	> l g/zk] fb ufzd	pk lgbZs	9841267643	
16	> l /fdaxfb/ >]7	pk lgbZs -nyf=	9841363874	
17	> l lj dnf lwtfn	pk lgbZs	9841600301	
18	> l kfs/ cfrfo{	j l/i7 clwst	9841449115	
19	> l s]ofchg afgofF	j l/i7 clwst -kf=	9841724167	
20	> l lhj gfy bxfn	j l/i7 clwst -kf=	9849516346	
21	> l dl0f/fd gkfn	j l/i7 clwst	9841243686	
22	> l 1fg axfb/ >]7	j l/i7 clwst -kf=	9841432737	
23	> l lgt' eS/f0{	j l/i7 clwst	9842403060	
24	> l zs/ /fh enf	zfvf clwst	9818947425	
25	> l sllkgf >]7	zfvf clwst	9841251715	
26	> l rGb\$ft eS/f0{	zfvf clwst	9845408231	
27	> l lgdhf kGt	zfvf clwst	9841036617	
28	> l clDj sf sfl{	zfvf clwst	9841623763	
29	> l dxZj / k] fb clwsf/l	nyf clwst	9843354648	
30	> l kf08 sdf/ Gofkfg]	nyf clwst	9841355274	
31	> l ldg/fh v8sf	nyf clwst	9741072204	
32	> l klbk Gofkfg]	; #f/ clwst -kf=	9851012019	
33	> l ; lutf l3ld/]	zfvf clwst	9841601170	
34	> l ; l/tf sdf/l ufzd	zfvf clwst	9851003952	
35	> l ; l/tf v8sf	zfvf clwst	9841641211	
36	> l kltdf ykf	zfvf clwst	9841665630	
37	> l cfzsfhl dxhg	zfvf clwst	9741197757	

; Hkt kl/ro

l; g+	kb	sdf/l/sfjgfd	dfj f0n g+	sjkn0t
38	kðv lzlfS	>l blufh dl /ljdl	9849279875	
39	kðv lzlfS	>l /flwsf lu/l	9841724170	
40	kðv lzlfS	>l lutf zfx	9848037182	
41	kðv lzlfS	>l hgZofd >]7	-	
42	gfoj ; Aaf	>l vðrCb e08f/l	9841369680	
43	gfoj ; Aaf	>l dxž >]7	9849817950	
44	gfoj ; Aaf	>l kbðf sdf/l >]7	9746012543	
45	gfoa ; Jjf	>l siknf lu/l	9841046082	
46	sDkoð/ ck/ð/ -kðv lzlfS_	>l lgtf afgf	9841344639	
47	sDkoð/ ck/ð/ -kðv lzlfS_	>l ; ðo dNn	9841429842	
48	sDkoð/ ck/ð/ -kðv lzlfS_	>l jGbfg cfrfo{	9841536494	
49	sDkoð/ ck/ð/ -kðv lzlfS_	>l >lblk j fln]	9855080100	
50	sDkoð/ ck/ð/ -lzlfS_	>l ; lutf zfxl	9841356843	
51	lzlfS	>l /df cofh	9841049893	
52	lzlfS	>l ; l/tf >]7	9847670685	
53	dlvof -kfl_	>l /ldnf gjkfnl	9841593331	
54	; jf/l rfns	>l /fh b v8sf	9849400788	
55	; jf/l rfns	>l ; h{8ufh	9841764883	
56	; jf/l rfns	>l uf j Gb a= ltlld N; gf	9808573124	
57	; jf/l rfns	>l /fdz/of kðt	9841876699	
58	; jf/l rfns	>l ; /ž /fo	9844042842	
59	; jf/l rfns	>l /fhž ykfk	9841278610	
60	; jf/l rfns	>l /fns[0f dxhg	9851012917	
61	sfoffo ; xofjyl	>l /fdaxfb/ clwsf/l	9841827748	
62	sfoffo ; xofjyl	>l /fd rGb clwsf/l	9849135102	
63	sfoffo ; xofjyl	>l cffdf/fd clwsf/l	9841539986	
64	sfoffo ; xofjyl	>l ggk  fb clwsf/l	9849422525	
65	sfoffo ; xofjyl	>l gf/fo0f k  fb kfðh	9808395751	
66	sfoffo ; xofjyl	>l ly/ axfb/ sfsł{	9841861782	
67	sfoffo ; xofjyl	>l an/fd clwsf/l	9841734371	
68	sfoffo ; xofjyl	>l k0f0frof Rofldgl	-	
69	sfoffo ; xofjyl	>l ; /:j tl lwdfn	9849443314	
70	sfoffo ; xofjyl	>l kf; fnfd' tdfdª	9860737581	

pBfj u/f; cflbfgl a9fcf;†

3/h' tyf; fgr pBfjū ljsf; ; ldlit \$\* lhlnfsf sfofno kđv / clwsfxtx?sf]gfd / 6]hkrfjū g]j/

qm; ;*	sfofno kđv / clwsf]sf]gfd y/	kb	xfn sfof't sfofno	6]hkrfjū g+		slkmt
				sfofno	d]f]fōn g+	
1	g]j gsd/ k]k]h	lgldQ kđv pBfjū clws't	d]vo zfvf sfofno,	)@(-%e))@#	9742635911	
	l; tf l3ld/]	zfvf clws't	0hfd		9841092817	
2	; lgn cfrfo{	pBfjū clws't	zfvf sfofno,	)@(-\$^!)^	9852026665	
			tf]h]h <sup>a</sup>			
3	0Zj /l k  fb clwsf/l	sf-d= j /i7 pBfjū clws't	zfvf sfofno, kfFy/	)@(-%e!)^	9842109508	
4	; logf/fof/ /f0{	lgldQ lgbžs	d]vo zfvf sfofno,	)@(-%e)@*% <sup>a</sup>	9842344188	
	l]k]b clwsf/l	n]yf clws't	wgsdf		9841267643	
5	/fdz/0f dxtf]	pBfjū clws't	zfvf sfofno,	)@(-%)!!#	9842844499	
			; v]f; ef			
6	l]ks k]k]h	j /i7 pBfjū clws't	zfvf sfofno, t]x]d	)@(-\$^!)!&	9841476014	
7	r]t]gy uf]d	sf-d= j /i7 pBfjū clws't	zfvf sfofno, ef]h]k/	)@(-\$e)!!(	9841266764	
8	gj /fh /fpt	lgldQ lgbžs	d]vo zfvf sfofno,	)#(-\$e)@e	9841183505	
	l]b]k sdf/ >]7	n]yf clws't	p]b]k/		9842647467	
	a]x]b] d08n	cgbžs -zfvf clws't			9844133953	
9	n]f]gy vlt]j8f	pBfjū clws't	zfvf sfofno, v]f]fE	)#(-\$e!)^	9741061540	
10	r]t]gy l3ld/]	sf-d=pBfjū clws't	zfvf sfofno,	)#*(-%e!)^	9741163395	
			; f]h]d]j'			
11	slknaxfb/ clwsf/l	pBfjū clws't	zfvf sfofno,	)#&(-%e!)^	9851016771	
			cf]vn9E]f			
12	/fdaxfb/ /fgf	sf-d= lgbžs	d]vo zfvf sfofno,	)\$(-\$e!!e^	984705871	
	u0f/fh vql	j /i7 clws't -n]yf	b]f]h]v]		9842074246	
	l]j i0fk  fb >]7	k]l]j lws clws't			9741060682	
13	/fh]b]s]df/ >]7	sf-d= j /i7 pBfjū clws't	zfvf sfofno, /fd]f]k	)\$*(-%\$)##^	9841030216	
14	gf/fof k+ sf]f]/fni	sf-d= kđv pBfjū clws't	zfvf sfofno, l; 6]whl	)\$&(-%e)!e\$	9849829025	
	euj fg emf	n]yf clws't			9813068820	
	d]fw] j uf]n]	cgbžs -zfvf clws't			9841933144	
15	slk]gf zdf(clwsf/l	sf-d= kđv pBfjū clws't	zfvf sfofno,	)!!-^e)!e(	9841392249	
			l; 6]wk]l]r]f]s			
16	l]j hostd/ e]s]/f0{	sf-d= lgbžs	d]vo zfvf sfofno,	)!(-%e))\$	9842048131	
	xl/j ; 6t zdf{	j /i7 n]yf clws't	g]f]s]f]b		9748502492	
	cl]j sf sdf/l l3ld/]	zfvf clws't			9843468777	
17	vul]b]g]k]fn	sf-d= j /i7 pBfjū clws't	zfvf sfofno, /; jf	)!(-%\$)!)\$	9851173005	
18	s]f]/sdf/ v8]s	sf-d= kđv pBfjū clws't	zfvf sfofno, w]f]bE	)!(-%e)!&&	9849326064	
	z]bE' cof]f	n]yf clws't			9851115991	
19	uf]s]0f]fh h]z]l	sf-d= lgbžs	d]vo zfvf sfofno,	)^(-%e))(!	9846088356	
	; 6{k  fb l3ld/]	n]yf clws't	t]g]xF		9846075938	
	l]j Z]eb]v]g]fn	k]l]j lws clws't			9742016273	
20	l]j h]b]s]df/ u?^a	sf-d= pBfjū clws't	zfvf sfofno, d]q]fE	)^^-\$!)\$	9867207043	

; H#Kt kl/ro

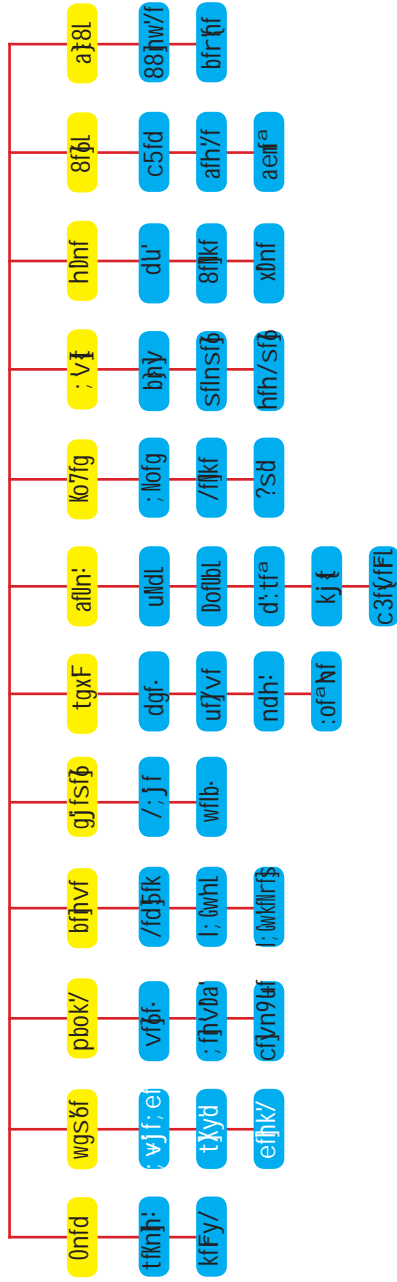
21	gf/fo0fk  fb uf d	Sf-d= kðv pBfjv clwst	zfvf sf0fho, uf vf	)^\$-\$e)!(#	9847114580	
	Clif clwsl/l	n vf clwst			9841412065	
	zflns/fd l3ld/]	cgbžs -zfvf clwst			9848067761	
22	fb/ ykf	kðv pBfjv clwst	zfvf sf0fho, ndhE	)^^-%e)@	9841613126	cf j = -df sfh
	nldl k  fb bxfn	lgldQ kðv pBfjv clwst			9841378273	
23	lzj zs/ aflgof	Sf-d= kðv pBfjv clwst	zfvf sf0fho, :of^hf	)^#-\$e)!@	9847107862	
	; bzg /ldl	n vf clwst			9846069300	
24	ljzj kð 9sfn	Sf-d= lgbžs	dVo zfvf sf0fho, aflnE	)^*-%e)!#	9846044354	
	chg k  fb gkfn	j /i7 clwst -n vf			9847067333	
	hu0gfy kf08]	cgbžs -zfvf clwst			9851160408	
25	s of k  fb kf /h	j /i7 pBfjv clwst	zfvf sf0fho, uldl	)&(-%e)!!@	9747012238	
26	ld/fb l clwsl/l	Sf-d= j /i7 pBfjv clwst	zfvf sf0fho, Doifbl	)^(-%e)!^@	9857621162	
27	gu b k  fb gkfn	Sf-d= pBfjv clwst	zfvf sf0fho, d! tf^	)^(-\$e)!@	9847122564	
28	lj of k  fb fo kfg]	lgldQ kðv pBfjv clwst	zfvf sf0fho, kj E	)^&-\$e)!!*	9841502196	
	6šgfy k/fhhl	n vf clwst			9846347750	
29	sdn; tf/ sfls{	Sf-d= j /i7 pBfjv clwst	zfvf sf0fho, c3fv/fL	)&&-\$e)!#^	9741072647	
30	; lgnstf/ zdf{	Sf-d= kðv pBfjv clwst	dVo zfvf sf0fho, k07fg	)^*-)\$e)!!&&	9857831539	
	b /fh 8fEl	n vf clwst			9841070535	
31	s of k  fb cfrfo{	Sf-d= j /i7 pBfjv clwst	zfvf sf0fho, ; llofg	)**-%e)!!@	9847820363	
32	afns of cfrfo{	pBfjv clwst	zfvf sf0fho, /f kf	)**-\$e)!!^	9847850733	
33	nldof s f/ zdf{	Sf-d= pBfjv clwst	zfvf sf0fho, ?sd	)**-%#)!!@	9847820363	
34	dfwj k  fb fo kfg]	j /i7 n vf clwst	dVo zfvf sf0fho, ; V E	)^*#-%e)!#	9847921698	
	0Gb  xfb/ ykf	zfvf clwst			9848075483	
35	k/z/fd cfrfo{	Sf-d= j /i7 pBfjv clwst	zfvf sf0fho, bh v	)*(-\$e)!#^	9848300088	
36	cf0tl r v /l	pBfjv clwst	zfvf sf0fho, sflnsf b	)*&-\$e)!!)	9861056674	
37	0lcb/ elffn	Sf-d= pBfjv clwst	zfvf sf0fho, hfh/sf b	)*(-\$#)#	9841696834	
38	dfwj sfkbn]	Sf-d= kðv pBfjv clwst	dVo zfvf sf0fho, h dnf	)^*-%e)@!	9848584089	
	xl/eut > 7	n vf clwst			9848094777	
39	lj j šhu zfxl	lgldQ pBfjv clwst	zfvf sf0fho, du'	)*&-\$e)!!&	9858051365	
40	pdž j fln]	Sf-d= pBfjv clwst	zfvf sf0fho, 8f kf	)*&-%e)!!\$	9860811111	
41	sflnr/of k  ofbj	Sf-d= pBfjv clwst	zfvf sf0fho, xdnf	)*&^*%e)!!@	9842161963	
42	gf/fo0f/fh k t	lgldQ lgbžs	dVo zfvf sf0fho, 8f l	)(\$-\$e)!!\$	9848301345	
	dfwj ; j l	j /i7 clwst			9749505385	
43	/fdr b  ; j l	pBfjv clwst	zfvf sf0fho, c5fd	)(&^e)!(	9846038229	
44	g/axfb/ v8sf	pBfjv clwst	zfvf sf0fho, j fh/f	)(&-%e)!!\$	9848435217	
45	; 6tf l gkfnl	pBfjv clwst	zfvf sf0fho, jemE	)@-\$e)!\$(	9849129605	
46	gf/fo0f k  fo kfg]	Sf-d= kðv pBfjv clwst	dVo zfvf sf0fho, j ž8l	)(%-%e)!&@	9841053640	
47	xl/nfn > 7	Sf-d= j /i7 pBfjv clwst	zfvf sf0fho, 88fhw/f	)(^-\$e)!^\$	9844808776	
48	kb  7s/f7l	lgldQ j /i7 pBfjv clwst	zfvf sf0fho, bfr hf	)(#-\$e)!@!	9841724183	

**; #7g tflnsf**

**3/h'tyf ; fgf pBfij sf; ; ldlt**

kWfg sfofño

lqk/4j/, sf7df8f†



; Hkt kl/ro

kWfg sfofño            dV0 zfvf sfofño **!@** zfvf sfofño **#^**

संगठन तालिका

धरेलु तथा साना उद्योग विकास समिति

सञ्चालक समिति

कार्यकारी निर्देशक विशिष्ट

कार्यकारी निर्देशकको निजी सचिवालय

सह कार्यकारी निर्देशक

सह कार्यकारी निर्देशक

प्रशासन महाशाखा

योजना र अध्ययन तथा अनुसन्धान महाशाखा

अनुगमन तथा मूल्याङ्कन महाशाखा

प्रशिक्षण तथा प्रवर्द्धन महाशाखा

आर्थिक प्रशासन महाशाखा

कर्मचारी प्रशासन शाखा

योजना र अध्ययन तथा अनुसन्धान शाखा

अनुगमन तथा मूल्याङ्कन शाखा

प्रवर्द्धन तथा बजार व्यवस्था शाखा

प्रशिक्षण शाखा

लेखा शाखा

ऋण असुली तथा वेरलु शाखा

मुख्य शाखा कार्यालयहरु - १२

शाखा कार्यालयहरु - ३६

3/h' tyf ; fgf pBf\j lj sf; ; ldltaf6 k\fg ul/g]dVo  
dVo ; lk lj sf; tflndx?M

!= cu/aQL	@%= Ro/L fo" k\zfv\g
@= c\Nf]k\zfv\g tyf wfuf]stf0{	@^= rfrprf agfpg]
#= c\Nf]sk8f agf0{	@&= 5fnfsf lj le\g a:t' tof/L
\$= cb]f k\zfv\g	@*= 5fnf k\zfv\g
%= 0Da\08/L	@(= 5]fnl x:tsnf÷9sl agf0{
^= 9fsf sk8f agf0{	#)= 8f]L agfpg]
&= pngL /f8lkfvL agf0{	#!= hg/n 0n\$6ksn j S; {
*= pngL zn agf0{	#@= h\6 un]f agf0{
(= pngL sk8f agf0{	##= h\6 en\Nf agf0{
!)= /z]f x:tsnf	#\$= hQf l; nf0{tyf dd\
!!= pngL wfuf]stf0{	##%= en]h]f agf0{
!@= sknl k\zfv\g	#^= 6f0{8f0{-/· f0_ lj lw
!#= sk8f tyf wfuf]/· f0{	#&= 8]L fo"
!\$= sk8f agf0{-xft] cw{	#*= 8sdl{
:j rflnt Pj ÷j rflnt tfgx?af6_	#(= l; nf0{s6f0{
!%= sfi7 x:tsnf	\$)=bfndf], cfn' lrk;
!^= s]sL k\zfv\g	\$!= wft' x:tsnf
!&= vfd knf0n / :6z]g/L	\$@= k?if skfn s6f0{
!*= vS'/L agfpg]	##= dlxnJ Jol'6l; og÷g]h cf6{
!(= un]f agf0{	\$\$=k[f]l-la8)\_ ; fdu\
@)= nK; L Sof08L	##%=knldj· , :ofg\l
@!= s]k	\$^=k\mk\h k\zfv\g
@@= crf/	\$&=t/sf/L k\zfv\g
@#= uGb]\$, d:of]f, l; Gsl	\$*=Ans 5kf0{
@\$=rs agfpg]	\$(-=k\m]s k]G6-

; H&Kt kl/ro

%)= afS; agfpg]  
%!= a\$ /L  
%@= a]afF ; fdu|  
%#= d9f agfpg]  
%\$=wft\sf efBfsBf agfpg]  
%%=ledn kzf\vg / agf0{  
%^=d\$flgsn jS; {  
%&=d; nf agfpg]  
%\*=df6fsf efBf  
%(=d9j QL agfpg]  
^)=df]hf agf0{  
^!=6fo/ dd£  
^@=df] /; f0\$ n dd£  
^#=df]L3f/ lgdfQf  
^\$=df]L kfng / dxkzf\vg  
^%= /]8of] l6=eL= dd£  
^^= /zd wfuf]stf0£ agf0{  
^&=lnpm agf0{  
^\*=; f0\$ n, l/S; f dd£  
^(=; Nn]k/, agf0{  
&)=; f0g afB{k]G6·  
&!=lahhl h8fg tyf dd£  
&@=; fa9 agfpg]

&#=#; f]hf/ lx6/  
&\$=#; sdl{  
&%=l; d]6 6fPn -5fpg] lgdfQf  
&^=#; d]6 xnf]Ans  
&&=#; wfl/Psf]w] fF]xt rNxf]  
&\*=#; xfp; j fol/  
&(=#; xft]sfuh / ; fdu|  
&\*)=#; xfp; k]G6·  
&\*!=xf]ho/L agf0{  
&\*@=#; knf]f]tyf lel8of]u]knl  
&\*#=#; d/]Aj f agfpg]  
&\*\$=#; l6sf -lalGbof\_ agfpg]  
&\*%=#; a} agfpg]  
&\*^=#; ehf -d/]L\_ agfpg]  
&\*&=#; sDKo6/ tflnd -cfwf/et\_  
&\*#=#; g6qm]knl  
&\*=(#; p8 sfle{  
&()=#; lqm6nsf ; fdu| agfpg]  
&(!=#; tf]knl agfpg]  
&(@=#; dvdnl hQf agfpg]  
&(#=#; 8&0le<sup>a</sup>  
&(\$=#; Sofkn]N8<sup>a</sup>  
&(%=#; ¥oflkn]a<sup>a</sup>  
&(^=#; lj lj w  
-:yfGlo dfu / ; efJotf cg; f/\_

Hob} d¥ofsf] egl gfd s: sf] .  
pBd lj gf lj Tb5 sfn h: sf] .

- cflbsjl efgbQm cfrfo{