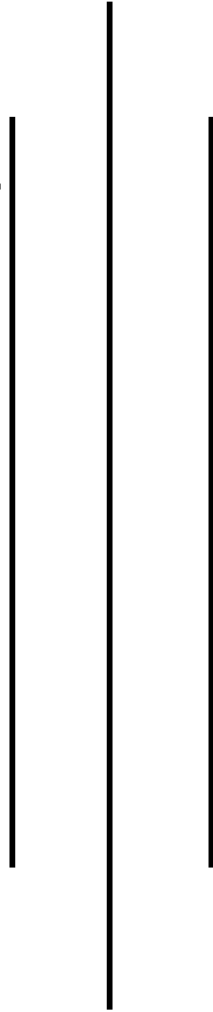


j 0 | z s / f h u f / l z l f f

cl ed v l s / 0 f t f n l d k f 7 a q m d

- j 0 | z s / f h u f / d f h f g x ; s f n f l u _



g k f n ; / s f /
> d t y f / f h u f / d G q f n o
j 0 | z s / f h u f / k j 4 6 a f 8 {
@) &)

kf7dqnd kl/ro

ab]zs /fhuf/ kl't gkfnl oj fx?sf]cfsif@a9bf]5 . j]zs /fhuf/ P@)^\$ n]>d :jls[t lnP/ j]zs /fhuf/df hfg kfpj]Jo] :yf u/\$f]5 . xfn; Dd >d :jls[t lnP/ uPsf oj fx?sf]; Vof @% nfv gfl3; s\$]5 . /fhuf/l sf nflu dlxnf?sf]; xeflutf klq lbgf lbg al9/x\$]5 . uPsf d]b] dlxnf? nueu !! kl'tzt ePsf] cgdg ul/Psf]5 .

j]zs /fhuf/ P@)^\$ n]j]zs /fhuf/df hfg]sdbf/n]cledvls/of tfnld lnP/ hfg' kg] clg]fo{Jo] :yf u/\$f]5 . of]k] {k|yfg cledvls/of tfnld xf]. j]zs /fhuf/df sfd ug{hfg]oj fx?nf0{hfg' ebf cl3 j]zs /fhuf/ ; DaGwl uof:t/lo / kef]sf/l cledvls/of u/fpgsf nflu cledvls/of tfnldsf] cfjZostf dx;" ul/Psf]xf]. oxl cfjZostfnf0{b]6ut u/l @)^^ ; fndf ab]zs /fhuf/ kj4@ af\$]f6 cGt/f]6@ >d ; u7g -ILO_ sf]; xof]df cledvls/of tfnldsf]kf7dqnd thdf u/l nfu"ul/Psf]lyof]. hf]xfn; Dd sfof]ogdf /x\$]5 . o; cl3 @)^) ; fndf j]zs /fhuf/ cledvls/of lb]bz@ adf]hd cledvls/of tfnldsf]yfngl ePsf]lyof].

ab]zs /fhuf/sf lqdf b]yk/\$f gofFgofF d4fx?, /fhuf/btfsf] b]zdf sdbf/n] e]f]sf ; d:of; ; d:ofsf sf/of, kl5Nnf lbgdf ; /f\$/jfnfx?n] u/\$f cl]bog / cge]x?nf0{d]b]gh/ ub]tfnld kf7dqndnf0{; d; fdlos agfp]hfg' cfjZos ePsf] 5 . o; }qndf j]zs /fhuf/ kj4@ af\$] / j]zs /fhuf/ laefusf]; xsfodf j]zs /fhuf/ cledvls/of Jo] ; fol dxf; 3 -FEONA_ n]kl/dflh\$ kf7dqndsf]d:of]f tof/ u/l pkn]w u/Psf] lyof]. kl't d:of]f / d]hbf kf7dqnd Pj+; /f\$/jfnf lgsfo÷; :yf?j f6 kl't ; e]f]x?sf cfwf/df kf7dqnd kl/dfhg u/l tof/ ul/Psf]5 . kl'tt kf7dqndf, j]zs /fhuf/df hfgk] \$] tof/L, k|yfgk] {k/f ug{kg] sfg]l kl]qmf?; ; /lft ofqf ljj/of, l]dfg:yn / l]dfgleq]bfg]b]kg] s/fx?, /fhuf/l sf] b]zsf] >d sfg], 6kms lgod, wd{ ; :s[t, Jo] xf/, x]f]kfgl, /fhuf/l sf] b]zdf sdbf/sf cfr/of Jo] xf/ / ug{xg]/ g]g]s/fx?, gkfn]sf]j]zs /fhuf/ sfg], tg] Jo] :yfk, sdbf/sf]:j f:Yo / ; /lff, Jo] ; foh]o ; /lffsf jf/df Pj +cfly\$; flf/tfsf nflu cfo art tyf ; /lft tj/n]k}f 3/ k7fpg]/ ; lk / k]lsf]; dlrt pkof] h:tf laifox? ; d]Psf x]f o; j f6 j]zs /fhuf/df hfg]oj fx?sf]ofqf ; xh ; /n / ; /lft xg]ck]ff ; lxt kl'tt kf7dqnd j]zs /fhuf/ kj4@ af\$]f]ldlt @)^(!.!.@ sf]lgof]fg; f/ :jls[t e0{nfu"ul/Psf]5 .

kf7dqmdsf]p27o

- cledvls/of tfnld lbg]cgdlit kkt ; yfx? / klzlfyx?nf0{tfnld lbg]l]ifo j:t'sf]:ki6 dfu{bzg -Guideline_ kbfug ug{.
- tfnl dsf] l]lw, laifoj:t'df Ps?ktf sfdo /fVg] tfnl ddf u0f:t/lotf / k'fj sfl/tf Nofpg].
- j'bz /f]huf/sf ; du|klfx?sf jf/df klzlfyl{-sdbf/_ x?nf0{hfgsf/L u/f0{ sdbf/sf]j'bz /f]huf/sf]ofqnf0{; xh,; /llft / nfebos agfpg].
- ab'zs /f]huf/ P'g / lgodfj nln]lglb'6 u/]adflhd cledvls/of tfnld kbfug ug{.
- /f]huf/l sf nflu hfg]u'gtJo dh'sdf sdbf/sf ; d:of, hflvd / b3'6g'fx?sf] Gogls/of ug{.

tfnld cjlw M o; kf7dqmd cg'f/ tfnld cjlw k'ifx?sf nflu !) 306f / dlxnfx?sf nflu yk ! 306f u/L !! 306f /flvPsf]5 .

nllft ; d'x M o; kf7dqmdsf]nllft ; d'x j'bz /f]huf/df hfg]sdbf/x? xg]5g .

; xeful ; vof M tfnl ddf Ps ; d'xsf nflu a9ldf @% hfg klzlfyl'x? /xg ; Sg'5g .

klzlfssf]ofl'otf M o; tfnl ddf klzlf0f kbfug ug{JolQm]:gfts u/L TOT klzlf0f lnPsf]xgkg'5 .

kf70qndsf]; Argf

qm; ≠	lj ifox;	hDdf ; do	s]kmt
!	cledvls/of tfnlds]kl/ro, cfjZostf / dxTj	#) ld	
@	gkfnsf]jD]zs /fhuf/ sfgö	;% ldgö	
#	jD]zs /fhuf/sf nflu kj {tof/L	#) ld	
\$	jD]zs /fhuf/sf]nflu ; %lft ofqf	! 306f #) ldgö	
%	jD]zs /fhuf/df hfg] dhS; Daöwl hfgsf/L -dhSut klzlf0f ugkgI	@ 306f	
^	cfkjf;L sdbf/ / cöt//fliö sfgö	@) ldgö	
&	cfB]lus sdbf/sf]Jo]xf/ tyf cfr/of	;% ldgö	
*	:jf:Yo / ; %lff	! 306f #) ldgö	
	-s_ Jo] ; fohö ; %lff / :jf:Yo		
	-v_ ; ; jf /f] / Pr=cf0=el=:P8\ cflb		
(tgfj Jo] :yfk) ldgö	
!)	sdf0\$]pkof] , art / nufgl	! 306f	
	-s_ sdf0\$]pkof] / jrt		
	-v_ ; lk / khl nufgl		
!!	; xof]l lgsfo / ; xof] lng]tl/sf	#) ldgö	
!@	dlxnf sdbf/sf nflu ljz]f tfnld	! 306f	
	hDdf ; do	!! 306f	

Ij ifom j ɔ̃z /fɨuf/ cledvls/of tfnld tnldsf Ij ifoj :t' / o; sf l; sf0{pknlAwɔ̃

qm: #	Ij ifo	Ij ifoj :t'	l; sf0{pknlAwɔ̃			kɔzɔf Ij lw	; fdul	; dofj lw	sɔkno t
			1fg	; lk	wf/Off				
!	cledvls/of tnld kl/ro, cfjZostf / dxlj	<p>s_ xefulɔ̃; sf alr kl/ro, v_ j ɔ̃z /fɨuf/sf] kl/ro</p> <p>u_ cledvls/of tnldsf] kl/ro, cfjZostf, / dxlj</p>	<p>s_ ; xefulɔ̃ Pscfk; df kl/rt xɔ̃] 5g\</p> <p>v_ j ɔ̃z /fɨuf/sf]af/ɔ̃f hfgsf/ xɔ̃ɔ̃g\</p> <p>u_ cledvls/of tfnldbg]; #yfa6 tnldngkg]hfgsf/l lngɔ̃g\</p> <p>3_ cledvls/of tfnld; # kl/rt xɔ̃ɔ̃g\</p> <p>a_ cledvls/of tfnldsf]cfjZostf / dxlj af/]hfgsf/ xɔ̃ɔ̃g\</p>	<p>• ; xefulɔ̃ Pscfk; df kl/ro ug{ ; Sgɔ̃g\</p> <p>• j ɔ̃z /fɨuf/sf]kl/ro lbg ; Sgɔ̃g</p> <p>• sfɔ̃l ɔ̃ kdf btf{ePsf ; #yfa6 cledvls/of tfnldngɔ̃g\</p> <p>cledvls/of tfnldaf6 xɔ̃]kn0bf af/] atfpg ; Sgɔ̃g\</p> <p>• cledvls/of tfnldsf]cfjZostf / dxlj af/]ki6 kfg{; Sgɔ̃g\</p>	<p>• ; xefulɔ̃; # kl/ro ugI ; fɨ ugɔ̃g\</p> <p>• ; /lft j ɔ̃z /fɨuf/ klrt rf; f]/fVgɔ̃g\</p> <p>• dfɔ̃otf kɔ̃t ; #yfa6 dfq j ɔ̃z /fɨuf/ cledvls/of tfnldng hfgkg]efj gsf]lj sf; xɔ̃ɔ̃ .</p> <p>• cledvls/of tfnldklrt rf; f]/fVg ylnɔ̃g\</p> <p>• tfnldsf]cfjZostf af/] ; jɔ̃gzln xɔ̃ɔ̃g\</p>	<p>Ps cfk; df kl/ro ugI u/fpg]</p> <p>k]rg, kɔ̃gɔ̃/ ; fdfɔ̃ 5nkm</p>	<ul style="list-style-type: none"> dɔ̃f sf8{ dfs{ df:sa ɔ̃k lnɔ̃ ljZ sf]gSzf 86kɔ̃ gɔ̃a's ʘhklɔ̃ knkn rf6{ xj f06 sf8{ 	#) lɔ̃gɔ̃	
@	gkfnsl] j ɔ̃z /fɨuf/ sfɔ̃g	<p>j ɔ̃z /fɨuf/ Pɔ̃ tyf lgodj nldf ePsf dɔ̃o dɔ̃o Joj :yfxɔ̃</p>	<p>s_ j ɔ̃z /fɨuf/l ; Daɔ̃w. sfo{xɔ̃] ; /sf/l lgsfoɔ̃ / ltgsf sfdxɔ̃ af/]hfgsf/l lngɔ̃g\</p>	<p>s_ j ɔ̃z /fɨuf/l ; Daɔ̃w. /sf/l lgsfoɔ̃ / ltgsf sfdxɔ̃</p> <ul style="list-style-type: none"> dɔ̃qnon]j ɔ̃z /fɨuf/ ; Daɔ̃w. /sf/l gllt lgod thɔ̃f u5{eɔ̃g]s/f atfpgɔ̃g\ 	<p>• j ɔ̃z /fɨuf/l ; Daɔ̃w. sfd ugI; /sf/l lgsfosf] rf; f]lng]</p>	<p>k]rg j f kɔ̃gɔ̃/ ;</p>	<ul style="list-style-type: none"> gkfnsl] j ɔ̃z /fɨuf/ ; Daɔ̃w. Pɔ̃ @)^\$ tyf j ɔ̃z /fɨuf/ ; Daɔ̃w lgodj nld @)^\$; zfvɔ̃ ; lxt gkfn ; /sf/af6 j ɔ̃z /fɨuf/sf] ; Dj ɔ̃wdf ePsf u/ɔ̃f dxlj k0f{glltut lg0fɔ̃ɔ̃, lj leɔ̃ ; dɔ̃d kɔ̃fɔ̃z t Pɔ̃ lgod ; # ; Dj lɔ̃wt kɔ̃kɔ̃sfdf 5flkPsf Ij ifo / ; Gbeɔ̃ɔ̃ Nofkɔ̃k, • dɔ̃l6 ldl8of • ; eɔ̃fɔ̃kq • >Jɔ̃z0 ; fdul 	\$\$ lɔ̃gɔ̃	
		<ul style="list-style-type: none"> >d tyf /fɨuf/ dɔ̃qno j ɔ̃z /fɨuf/ ljefu j ɔ̃z /fɨuf/ Gofofwls/of j ɔ̃z /fɨuf/ k] 4ɔ̃ af8{ /fhbtj f; / >d ; xrf/l 	<ul style="list-style-type: none"> ljefuaf6 >d : jls{t lnP/ dfq j ɔ̃z /fɨuf/df hfgɔ̃g\ sfɔ̃l pkrf/sf nflu lj efudf ph/l lbg ; Sgɔ̃g\ sfɔ̃l pkrf/sf qndf j ɔ̃z /fɨuf/ lj efusf] l; knl/zdf j ɔ̃z /fɨuf/ Gofofwls/ofdf ; Dks{ugɔ̃g\ /fɨuf/df uPsf sfdbf/sf]d[0; cɔ̃eɔ̃ l; ls:t lj/fdl h:tf 36gdf bɔ̃fosf s'/sf nflu ; xofɔ̃ dfu ug{; Sgɔ̃gV cfjZostf k/]; Dks{ugɔ̃g\ sɔ̃gɔ̃ts kxn, • lj leɔ̃ sl7g0ɔ̃f p4f/ • zj Joj :yfkq • cflyɔ̃ ; xofɔ̃ sɔ̃kgl / sfdbf/ alrsf] ; d:of ; dɔ̃wɔ̃g / ; dɔ̃j osf 	<p>>d : jls{t lngkg]s/fdf ; jɔ̃gzln xɔ̃].</p> <p>sfɔ̃l pkrf/ ; ɔ̃ ug]s/fdf ; jɔ̃gzln xɔ̃].</p> <p>sfɔ̃l pkrf/ ug]s/fdf ; jɔ̃gzln xɔ̃].</p> <p>sɔ̃gɔ̃ts kxn, lj leɔ̃ sl7g0ɔ̃f p4f/, zj Joj :yfkq, cflyɔ̃ ; xofɔ̃ ; Daɔ̃w. s'/df ; jɔ̃gzln xɔ̃].</p> <p>; d:ofxɔ̃df ; xofɔ̃ lng]</p>					

			<p>nflu /fhbtfj f; / >d ; xrf/L; u ; Dks{ugkg]s/f atfpg]g\ tnsf s/df cfj Zos ; xof]u dfu ug]g]M ♦ s]g]ts sf/jxl ; #fng, ♦ j]l]zs /fhuf/df kl/cfpg] lj le]g sl7g]0]f p4f/ ♦ ; em]f]f cg; f/sf]kl/ >lds / sfd gkfPdf</p>					
		<p>v_ j]l]zs /fhuf/df k7fpg]0]f]fht k]kt l/s]l- Ph]l; L / o; sf lh]d]f/l tyf b]lo]j x]s]f]hfgsf/l lng]g]\</p> <p>u_ cledV]s/0f t]nldk]fros ; :yfx] af6 t]nld]ngkg]lj ifodf hfgsf/l lng]g]\</p> <p>3_ d]f]ot]k]kt d]Bsn ; :yfa]6 dfq ; jf:Yo k/L]f]of u/fpg] / l]ftk]t{ ; D]w]l hfgsf/l lng]g]\</p> <p>a_ sfg]l kl]m]of k/fu/]k]5 j]l]zs /fhuf/ldf gh]f]f xg]a]k]m]0]f]x] ; u hfgsf/ xg]g]\</p> <p>r_ :jf:Yo k/L]f]of, cledV]s/0f t]nld/ p8f]gsf nflu ; dodf g} l/s]l- Ph]l; L; u ; ks{ug]k]g] ; D]w]l hfgsf/l lng]g]\</p> <p>r_ u]sfg]l ; kdf j]l]zs /fhuf/ldf h]f]f xg]a]k]m]0]f]x] ; sf]hfgsf/l lng]g]\</p> <p>5_ lj b]z]df s]dbf/n]k]fng ug]k]g] st]fo / lh]d]f/lx] h]f]g]g]\</p> <p>-h_ /fhuf/b]t]f sk]g] / s]dbf/ al]rs]f] ; em]f]f]k]q]s]f] hfgsf/l lng]g]\</p>	<p>v_ j]l]zs /fhuf/df hfg sfg]l ; kdf b]t]f{eP]sf j]l]zs /fhuf/df k7fpg]s]k]g] ; u ; Dks{ug]g]\</p> <p>u_ :j]l]s] k]kt cledV]s/0f t]nldk]fros ; :yfx] af6 cledV]s/0f t]nld]ng]g]\</p> <p>3_ d]f]ot]k]kt d]Bsn ; :yfa]6 dfq ; jf:Yo k/L]f]of u/fpg]g] / d]B]s]ndf c; km] e]k]m]s]g] k/]f c]k]m]h]d]Bsn k/L]f]of u/]f] d]B]sn ; 0]6/df ; ks{u/L l]ftk]t{ lng]g]\</p> <p>a_ j]l]zs /fhuf/df gu]P]df leiff]f] vr{/ l]t/]f] ; /s]l b: t/ /sd cl]g]fo{l]t]g]k]g]s/f hfg] c]k]m] j]l]zs /fhuf/df hfg]g]\</p> <p>r_ :jf:Yo k/L]f]of u/fpg, cledV]s/0f t]nld]df ; xeful xg] / p8f]gs]f]to]f/l nflu l/s]l- Ph]l; L; u ; dod} ; ks{ug]g]\</p> <p>r_ u]sfg]l ; kdf j]l]zs /fhuf/ldf h]f]f s]g]k]g] l]gs]odf s]dbf/sf] sfg]l clen]y g]x]g]x]f ; 7]l]ft x]g]l]u/l sfg]l ; kdf dfq j]l]zs /fhuf/df hfg]g]\</p> <p>5_ lj b]z]df s]dbf/n]u]t]Jo dh]ss]f] sfg]g] ; :s]t, k/]f, /l]t]l/j]f, wd{c]l]b]s]f] ; D]df]g ug]k]g] st]fo / lh]d]f] / j]x]g] ub]s]d]k]g]s]f]l]god k]fng ug]g]g]\</p> <p>-h_ /fhuf/b]t]f sk]g] / s]dbf/ al]rs]f] ; em]f]f]k]q] c]l]b]og u/L To; df eP]sf ; j]f / z]t{k]fng]f ug]g]\</p>	<ul style="list-style-type: none"> • cs]f]f]n]x]h]x]f] nfu] u]sfg]l ?kn]lj b]z] hfg] ; f]f] to]f]g]g]\ • cledV]s/0f t]nld ; D]w]l hfg] :ki6 xg]. • :jf:Yo k/L]f]of / l]ftk]t{ ; D]w]l hfg] :ki6 xg]. • j]l]zs /fhuf/df hfg] ef]j]g]s]f]lj sf; xg]. • :jf:Yo k/L]f]of, cledV]s/0f t]nld]df ; xeful xg] / p8f]gs]f nflu l/s]l- Ph]l; L; u ; ks{ug]g] • u]sfg]l ; kdf j]l]zs /fhuf/ldf h]f]f 7]lug ; S]g] / c; 7]l]ft xg]. • st]fo / lh]d]f]f/lx] sf] a]n]y xg]. • em]f]f]f] k]fng ug]k]g] r]g]s]f]lj sf; xg]. • ; em]f]f]f] k]q]c]g] ; f] s]d]k]g]s]f]l]god k]fng u/L cf]g]f]c]l]w]s]f/ dfu ug]. 				
#	j]l]zs /fhuf/sf nflu k]f] to]f/l	j]l]zs /fhuf/df hfg ug]k]g]k]f] (to]f/l	<p>s_ k]f]y]f]g] k]f] {df]g] ; s tyf c]l]y]f] to]f/l]sf]hfgsf/l lng]g]\</p> <p>v_ u]t]Jo dh]ss]f]hfgsf/l tyf 5]g]f]s]f]hfgsf/l lng]g]\</p>	<ul style="list-style-type: none"> • kl/j]f]l/s ; / ; 7]n]fx / c]l]y]f] h]f]h]f]d ug]g]\ • hfg]b]z], s]d]s]f]k]k]f]t]s]f lj ifodf 5]g]f] ug]g]\ 	<ul style="list-style-type: none"> • df]g]l; s] ; kdf to]f/l xg]g]\ • ; j]h]g]z]ln eP/ 5]g]f] tyf l]g]f]o ug]g]\ 	k]z]g]f]0/, k]j]rg / >Job]z]o ; f]d]u]l]s]f] k]b]z]g]	#) Id	

		<p>u. efiʃ s tof/l -cfjZos sfuhftx_z-sf]hfgsf/l lngʃgʋ</p> <p>3. l/sl6- Phl;]sf]hfgsf/l / 5grʃ ug]t]/sf hfgʃgʋ</p> <p>a. leiff klqmf hfgʃgʋ</p> <p>r. :j f:Yo k/lifdf u/fpg hfgʃgʋ</p> <p>lj bʒ hig' clw cfkmg kl/jf/nf0(5ʃg)' kg]sfuhf]sf]hfgsf/l lng hfgʃgʋ</p> <ul style="list-style-type: none"> • eif]fkqsf]k]tlnk • >d :j]st[kqsf]k]tlnk • hlj g ald]sf]k]df]k]kqsf]k]tlnk • kf; kʃgʃleifsf]k]tlnk 	<ul style="list-style-type: none"> • kf; kʃgʃ(agpʃgʃgʋ • l/sl6] Phl;]sf]hfgsf/l / 5grʃ ugʃgʋ • leiff klqmf sf nflu l/qnl6-Phl; lnf0{:j f:Yo k/lif]sf]l/kʃgʃk f; kʃgʃ(tyf kmʃgʃ)/ cfjZos c]o sfuhft aen]pʃgʃgʋ • :j f:Yo k/lifdf /f] n]sfpgʃgʃgʋ • :j f:Yodf kmh ePk15 hfg]k]p]z ugʃgʋ <p>lj bʒ hig' clw cfkmg kl/jf/nf0(bʒ]fosf sfuhftx_z 5ʃgʃgʋ</p> <ul style="list-style-type: none"> • eif]fkqsf]k]tlnk • >d :j]st[kqsf]k]tlnk • hlj g ald]sf]k]df]k]kqsf]k]tlnk • kf; kʃgʃleifsf]k]tlnk 	<ul style="list-style-type: none"> • /f]huf/]sf nflu lj bʒ hfg]s/]df kʃgʃ(tof/l xgʃgʋ • l/sl6] Phl; l kl]tsf] ljZj ; glo]t] sfod ugʃgʋ • leifsf nflu clg] fo{:j f:Yo kl/]f]df ug]t. • :j f:Yo k/lif]df ug]s/]df Wbfg lbʃgʃgʋ • :j f:Yo k/lif]df ug]s/]df Wbfg lbʃgʃgʋ • 3/df 5ʃgʃkg] suhq af/df ; r] xg]t. 	<ul style="list-style-type: none"> • kf; kʃgʃ • :j f:Yo k]df]k]q j f l/kʃgʃ • kmʃgʃ • cled]vs/]of t]n]dsf]k]df]k]q • eif]fkqsf]k]tlnk • >d :j]st[kqsf]k]tlnk • hlj g ald]sf]k]df]k]kqsf]k]tlnk • kf; kʃgʃleifsf]k]tlnk 	
\$	<p>j bʒs /f]huf/]sf] nflu ; /l]ft ofqf</p> <p>;/l]ft ofqsf sfuhftx_z jldfg:yndf Wbfg]bkg]k]tlnk / kʃgʃleifsf]k]tlnk</p>	<p>s. ; /l]ft j bʒs /f]huf/]df k]y]fg ug]t ; d]odf jldfg:yndf cfjZos kg] bʒ]fosf sfuhftx_z tof/ u/l cu]n]sf]k]s] jf xrt]k]ofudf ; /l]ft ; fy /fVg hfgʃgʋ</p> <ul style="list-style-type: none"> • /f]bfg] • leiff • >d :j]st[kq • xj f0(]6s6 • ; Dem]f kq -cu]hl / g]k]fnl • hlj g jldf u/ʃf]k]df]k]qsf]k]tlnk • :j f:Yo k/lif]df]k]df]k]q • cled]vs/]of t]n]dsf]k]df]k]q • g]k]fnl b]t]j f; n]k]df]k]qsf]k]tlnk • k]x/l kl]t] b]g-s] j hfgʃz sf nflu <p>-v. ; /l]ft / ; xh j bʒs ofqsf nflu tnsf s/]df Wbfg lbʃg hfgʃgʋ</p> <ul style="list-style-type: none"> • jldfg:yndf kl]g] / p8fg xg] ; do • ; fydf xg]kg]sfuhftx_z • jldfg:yndf n]h]f]g k]p]g] ; f]d]fg • l]g]l]vt ; f]d]fg <p>-u. jldfg:yndf kʃgʃleifsf]k]tlnk</p> <ul style="list-style-type: none"> • k]y]fg u]df nf0g nll]g] 	<p>-s. jldfg:yndf cfjZos kg] bʒ]fosf sfuhftx_z tof/ ug]g]v]tg]sf] kʃgʃ ig]zrt ; d]odf ug]g]v /f]bfg] <p>, leiff, >d :j]st[kq, xj f0(]6s6, ; Dem]f kq -cu]hl / g]k]fnl, hlj g jldf u/ʃf]k]df]k]qsf]k]tlnk, :j f:Yo k/lif]df]k]df]k]q, cled]vs/]of t]n]dsf]k]df]k]q, dlxn]sf]nflu g]k]fnl b]t]j f; n]k]df]k]qsf]k]tlnk</p> <p>u/ʃf]k]df]k]qsf]k]tlnk, s] j hfgʃz sf nflu k]x/l kl]t] b]g tof/ ug]g]v cfkmg j bʒs /f]huf/]df h]b]f tl sfuhftx_z cfkmg u ; /l]ft ; fy /fv cfjZostf]g; f/ kʃgʃ ug]g]v</p> <p>-v. cfkmg]cled]vs/]of t]n]ddf l; s]ʃf cfw/]df]6s6 cg; f/]ef]g:yndf kl]g] / p8fg xg]; dosf] hfgsf/l u/l t]g 30f cu]n]8 jldfg:yndf kl]g]g]V jldfg:yndf n]h]f]g] ; f]d]fg d]f]q a]ʃgʃg]y]f n]h]f]gʋ</p> <p>-u. jldfg:yndf cfjZos kg] sfuhftx_zM; /l]ft tl/]sf]x]8 k]of jf k]s]df /fVg]jldfg:yndf</p> </p>	<p>-s. ; /l]ft ofqsf nflu x]z]of/]sf ; fy cfjZos kg]sfuhftx? tof/ ug]g]v</p> <p>Vf. p8fgsf nflu ; d]odf g] jldfg:yndf kl]g].</p> <p>-jldfg]df n]g k]p]g] ; f]d]fg]sf]; f]</p> <p>-jldfg]df n]g l]g]l]vt ; f]d]fg]sf]; f]</p> <p>-u. cg]z]f; t e0(nf0gdf a:g] / cfkmg]k]n]f]k]v]g] / wʃ(ug]]s ; d]odf</p>	<p>k]z]g] / k]rg / >]ob]o ; f]d]u]sf] k]b]z]g</p> <ul style="list-style-type: none"> • /f]bfg] • leiff • >d :j]st[kq • xj f0(]6s6 • ; Dem]f kq -cu]hl / g]k]fnl • hlj g jldf u/ʃf]k]df]k]qsf]k]tlnk • :j f:Yo k/lif]df]k]df]k]q • cled]vs/]of t]n]dsf]k]df]k]q • g]k]fnl b]t]j f; n]k]df]k]qsf]k]tlnk • k]x/l kl]t] b]g -s] j hfgʃz sf nflu • le]8of] 8ʃd]l]6k • d]g r]h/]sf]k]mʃgʃ • udg kq • cf]udg kq xj f06 j]ʃ{dfs{>]o b]o]ofk]6k d]n]6 d]ʃof 6]h]ehg 	<p>! 30f #) l]dgʃ</p>

- klyfg kjžaf/ ; 7lff hfr
- >d 8js hfr
- jldfg l6s6 sfp06/ -l6s6 hfr, aŋB{ kf; lng] nuŋ 6ofu gŋa/ lng]/ xŋ8Aofudf 6ofu en88afpg]
- cŋofudg hfr -udgkq_
- kx/L ; 7lff hfr - aŋB{ kf; df 5fk _

-3_ xj f0{ofqf ubf{hxhfeq ugkG] sfd hfg5g\

- l; 6 kQfnufpg]
- xŋ8 Aofu /fVg]
- l; 6aŋ6 aŋB]
- zŋfnosf]kŋfŋ
- :jlr a6dx_
- 0n\$6ŋgsj :t' -df]f0n, l; l8, l8lel8, cflb_ sf]; #fng ; a6wl
- vfgf vfg]klqmf
- 6\$ ckm / nŋ8#sf]; dodf ug{ gxg]sfd
- Po/ xŋ6h; # ug]Joj xf/

-a_ 6ŋh6 kof; ŋh/n]hfg5g\

- cfj Zos stuhft ; fydf /fVgkG] -5f8y jf la; g gxg]
- xŋ8Aofu lngkG]
- sg\$6# Po/nf06; sf]gfd, kmf06 gj-, p8fg ; do, uŋ g+ / hfg]:yfg,

-r_ u6tJo jldfg:yndf kuŋI5 cŋofudg lgod ckgfpg / sfd ug(hfg5g\

- kmfŋ] Joj :yfkG
- cŋofudg klqmf,
 - o cfudg kq egI
 - o cŋofudg sfp06/df kf; kfŋ{ / cfudg kq aenfpG] cf7f 5fk jf cf0kŋ6 / cŋofudg lSno/l;
 - o afix/ lg:sg]
- sŋkglaf6 lng gcfPdf sŋkgl jf lng cfpG]JolQm # kmfŋ ; ks{ ug{
- bā} # ; Dks{ge0{cnkq kg]jf cŋofudgsf]lgodfg; f/ kms6kg] cj :yf cPdf ; xofŋ lng]

lgwf/t ; dodf klG]/ jldfg :yndf ; 7lff hfr, l6s6 r\$ >d8]sdf hfr / u/f0{aŋB# kf; lng]/ udg kqe/L cŋofudg tyf kx/L ; 7lff hfr u/fpg]/ p8fgsf] nflu jŋ6# ?ddf a:g].

-3_ xj f0hxhfeq kjž u/ŋI5 Wbfg lbg5g\

- l; 6 kQfnufpg, xŋ8Aofu /fVg, aŋ6 aŋB, zŋfnosf]kŋfŋ ug{ vfgf vfg]tl/sf hfg / 6\$ ckm / nŋ8#sf]; dodf aŋ6 aŋB]l; 6df g]j :g, :jlr a6dx_ grnfpg, 0n\$6ŋgsj :t' -df]f0n, l; l8, l8lel8, cflb_ sf] kŋfŋ gug{
- vfgf vbf sŋ vfgf s; /l vfg]
- Po/ xŋ6h; # cfb/kf\$ Joj xf/, ugI

-a_ 6ŋh6 kof; ŋh/n]Wbfg lbg5g\

6ŋh6 kof; ŋh/n]ckgfpg] kgI klqmf k/f ug{u6tJo jldfg:yndf ckgfpg' kg]lgod, tl/sf / ugkG] sfdx_ ug{cfj Zos hfgsf/L lnP/ sfd u/L sg\$6- (nf06; ŋd ku] p8fg ugI.

-r_ u6tJo jldfg:yndf kuŋI5 ug5gM

- cfkmŋ]kŋfŋ u/\$f ; fdgfsf] vŋh knfll6s jf vŋPsf ; fdqax_ sf]afsl /x\$]efu cflb 8i6lagdf /fVg, hyfej]l gy\$g zŋfnosf] plrt kŋfŋ ug{
- cŋofudg klqmf k/f ug{
- sŋkgl; # ; Dks\$ f nflu kmfŋ ug{]f jldfg :yn afix/ lng cŋPsf JolQm # ; ks{ug{
- sŋkglaf6 lng gcfPdf sŋkgl jf lng cfpG]JolQm # kmfŋ ; ks{ugI
- sŋkgl jf JolQm # ; Dks{geP k7fpg]Phŋ; lnf0{va/ ugI
- bā} # ; Dks{ge0{cnkq kg] jf cŋofudgsf]lgodfg; f/

sfd ugI/ ; fdg nŋfngdf xŋzof/L ckgfpg].

-3_ xj f0{ofqf xŋzof/L ckgfpg]

- cgzfl; t / eb]Joj xf/ ugI

-u6tJo jldfg:yndf klG sg\$6# jldfgsf]af/ŋf hfgsf/L ln0{xg] -kmf06sf]nflu wŋfŋk] \$ kvŋ].

-dhs / :yfgcg; f/sf glt lgod kŋng ug{xŋzof/ eP/ jldfg :yndf klqmf k/fugI.

-r_ hyfej]l kmfŋ] gkmŋlg]

cŋofudg lSno/l; , sŋkgl; # ; Dks{ugI

l; 8l, l8le8l,

knsgkg[cj:yf cPdf ; xofu
lng]btff; ; u ; xofu dflg]

-5_ sfdug[~~s~~dkgldf kull5 hfgsf/l
lng hfgsg\

- cfjf; tyf sfo{yn -s}dkgl_ df ug{kg[sfd af/]hfgsf/l lng]
- cfjf; tyf sfo{yn -s}dkgl_ df kngf ug{kg[lgodaf/]hfgsf/l
- s}dkgldf kng ugkg{ glltlgodx₂
- s}ddf hfg]/ 5bq]; do,
- cgkl:ylt df xq]hl/jfgf
- ; xsdl{ usf]ldqj t\voj xf/
- lgifw ul/Psf sfd
- kl/ro sf8{

-5_ sfdug[~~s~~dkgldf kull5 hfgsf/l
lngsgm

- cfjf; tyf sfo{yn -s}dkgl_ df ug{kg[sfd af/]hfgsf/l lng]
- cfjf; tyf sfo{yn -s}dkgl_ df ug{kg[sfd / kngf ug{ kg[lgod af/]hfgsf/l lng]
- s}dkgldf sfd ubf{ug{kg[sfdx₂ ; Da6w glltlgodx₂
- ; dodf s}ddf hfg]/ s}dkgl_n]
tf}sf]; dodf dfq sfd 5f8q]
- cgkl:ylt gxq]
-; xsdl{ usf]ldqj t\voj xf/
ug{
-lgifw ul/Psf jf ug{gxq]sfd
gug{
• kl/ro sf8{lng]

- 5_ 0dfgbf/, nugzln,
st{o k/fof, lj bfx
gug{ / s}dkgl_sfgllt
lgod / ; em}tfd cfknh]
;jlsf/ u{/sf s/f kng
ug{.

		<p>:j bž cfudgsf] klqmf tyf tof/l</p> <p>kž kjž (re-entry)</p>	<p>; emf cjlwsl]; dftl kl5 :j bž cfudgsf]klqmf hfvgšg\ lgodfg; f/ sdtldf b0{dlxgf cuj} s0kglf0{hfgsf/l lbg</p> <ul style="list-style-type: none"> • s0kgl; # cgkl t lng • dxuf ; fdfg ; ; g, dfa0n 39l k}f cflb nulhdf g/fvl x0f08 Aofudf /Vg • Nofpg kfpg]/ gkfpj]; fdfgsf] hfgsf/l u/] dfq ; fdfg Nofpg • cfkm'cfpbf Aofls# Rofghaf6 cfkm'gfddf k}f k7fpg . • cfkmh]Nofpg]; fdfg ; /lft tj /n] kofs ug{ • kmsš]lbg, jldfg; yn klq nllg] ; do, p8g]jldfg, p8fg ; do hfvg, / p8bf cfj Zos kg]sfuhft xřzof/lst ; fy /Vg . • p8fg xg]ldlt, :j bž klq]ldlt / ; dosf]af/df 3/df hfgsf/l u/fpg . • gkfnsl]jldfg; yndf pqkl5 cfudg kq eg] clbfudg lSno/l; ug] nulh lng] nulh x/fP jf 66k0b ePdf Sng] kmd{eg{ • ofqfdf cfkm' / cf'gf]; fdfgsf]Vofn ug{. • ofqfdf / /ftl ; Tbf ; dř dfbs kbfsf]; Jg gug{. <p>kž kjž klqmf k7 ug{hfvgšgM</p> <ul style="list-style-type: none"> • ; emf cjlw ; dft e0{leifsf] Dofb yk u/l lj bdf cfPsf]xsdf ladf, sllof0fsf/l sf]df h0df u/šf] /sdsf]/l; b kž u/l j š]z /f]huf/ lj efua6 kžM: j lsf t lng hfvgšg\ 	<p>; emf cjlwsl]; dftl kl5 jf lj bsl]; 3/ kmsš tof/l ug]</p> <p>; dodf :j bž cfpg]klqmf k7 ugšgM</p> <ul style="list-style-type: none"> • lgodfg; f/ sdtldf b0{dlxgf cuj} s0kglf0{hfgsf/l lbg} • s0kgl; # cgkl t lng] • dxuf ; fdfg ; ; g, dfa0n 38l k}f cflb nulhdf g/fvl x08 Aofudf /Vg] • Nofpg kfpg]/ gkfpj] f lgif]wt ; fdfgsf]hfgsf/l u/] dfq ; fdfg Nofpg] • cfkm'cfpbf Aofls# Rofghaf6 cfkm'gfddf k}f k7fpg]. • cfkmh]Nofpg]; fdfg ; /lft tj /n]kofs ug{ • kmsš]lbg, p8g]jldfg, p8fg ; do, / p8bf cfj Zos kg] sfuhft xřzof/l ; fy /Vg]. • p8fg xg]ldlt, :j bž klq]ldlt / ; dosf]af/df 3/df hfgsf/l u/fpg]. • gkfnsl]jldfg; yndf pqkl5 cfudg kq eg] clbfudg lSno/l; ug] nulh lng] nulh x/fP jf 66k0b ePdf Sng] kmd{eg{ • ofqfdf cfkm' / cf'gf]; fdfgsf] Vofn ug{. • ofqfdf / /ftl ; Tbf ; dř dfbs kbfsf]; Jg gug{. <p>kž kjž (re-entry) klqmf k7 ugšgM</p> <ul style="list-style-type: none"> • ; emf cjlw ; dft e0{leifsf] Dofb yk u/l lj bdf cfPsf]xsdf ladf, sllof0fsf/l sf]df h0df u/šf] /sdsf]/l; b kž u/l j š]z /f]huf/ lj efua6 kžM: j lsf t lngšg 	<p>; Demf cjlw ; dft e0{ leiff yk u/l kžM s0kglf hfvgš?sf nlu >d lj efua6 kžM kž (re-entry) :j lsf t lng]</p>				
%	<p>j š]z /f]huf/ldf hfvg]dhs ; Da0wl hfgsf/l</p>	<p>j š]z /f]huf/ldf hfvg]dhs ; Da0wl hfgsf/l -dhsut křzlf0f ug{kg]</p>	<p>!_ ułtJo dhšsf]ef]f]hs cj :yf, xřjfkgl / df] dsf ; Da0wdf hfvgšg\</p> <p>@ ; fdf]hs -/li60 tyf :yf glo_ d llo df0otf lřlg / ; Ddfg ug{hfvgšg\</p> <p>#+ ułtJo dhšsf]; #sf t /l t l/j fh, / k/Dk/f -/li60 tyf :yf glo_ hfvgšg\ s_ wd{</p>	<p>!_ ułtJo dhšsf]ef]f]hs cj :yf, xřjfkgl / df] d cg; f/ tof/l ugšg\</p> <p>@ ; fdf]hs -/li60 tyf :yf glo_ d llo df0otf klřrf / To:tf d llo / df0otfklřt ; Ddfg ugšg\</p> <p>#+ ułtJo dhšsf]; #sf t /l t l/j fh, / k/Dk/f -/li60 tyf :yf glo_ wd{ tyf /li60 tyf hftlo</p>	<p>! cllobgzln, lh1fz' :j efj / cllobg u/šf s/f hlj gdf nfu"ug]</p> <p>@_ ułtJo dhšsf]; fdf]hs -/li60 tyf :yf glo_ d llo df0otf klřrf / To:tf d llo / df0otfklřt >4f, cfb/ / ; Ddfg ug]</p> <p>#_ ułtJo dhšsf]; #sf t /l t l/j fh, / k/Dk/f -/li60 tyf :yf glo_ wd{</p>	<p>křgf0/, kj rg / >Jobžo ; fdu]sf] křz0 / 5nkm, 36gf cllobg</p>	<p>ułtJo dhšsf] ef]f]hs / /fhg]ts gšzf dbf] sfdsf]kš[t cg; f/sf] km0f]j f 8sd]0l rř8kj{/ ; #sf t ; Da0wl >Jobžo ; fdu]xž</p>	@ 306f	

v_ rf8kj klt cfb/ jf ; Ddfg
u_ dbf

**\$_ sfd ug]lfg, sfdsf]k\$ft / sfd
ug] ; :sf/sf jf/df hfgsg**

- sfd ug]lfg,
 - s]f
 - pBfj
 - lgdfj
 - ;]f

- sfd ug] ; :sf/sf]hfgsf/
lngsg\

rf8kj klt cfb/ jf ; Ddfg
k\$6 ug]lfg To:tf s/df cfr
cfpg]sfo(ug]lfg\
db]sf]k]xrfg ug]

**\$_ sfd ug]lfg, sfdsf]k\$ft / sfd
ug] ; :sf/sf]kngf ub]jfosf
s/df ug]lfg**

- sfd ug]lfg,
 - s]f
 - o k\$ft
 - ◆ k]h p]k]f]g k]f]d{
 - ◆ k]m]k]h (fruits)
 - ◆ ; fu; Ahl
 - ◆ k]z]k]f]g / b]w 8]l
 - ◆ a[ff/]k]f
 - ◆ df5f]k]f]y/l
 - pBfj
 - o k\$ft
 - ◆ s/7s/]ldn /
k]n]g]f/
 - ◆ /a/ tyf k]n]f]i]6s
 - ◆ k-hf -]h]n]f]_
 - ◆ On]6]g]s;
 - ◆ d]f]n / :6ln
 - ◆ d]f]l]g]sn
 - 0]6]h]g]ol/
 - lgdfj
 - o k\$ft
 - ◆ of]t]f]o]t -af6] kh,
 - j]l]d]f]g :yn_
 - ◆ 3/
 - ◆ k]n]f]06 -]l]o]f] ; k]f]f]n_
 - ;]f
 - o k\$ft
 - ◆ ; k/]d]f]s]
 - ◆ ; /; k]n]f]0{
 - ◆ x]f]f]n / /]6/]l]6
 - ◆ s]f]u]f]
 - ◆ j]l]d]f]g :yn
 - ◆ ;]o]l/6l uf8{
 - ◆ s]f] / lue/
 - ◆ 3/]h' s]f]d]b]f/

sfd ug] ; :sf/df b]j]fosf s/df ug]lfg

- s]k]g]l]s]f]l]g]o]d]s]f]k]n]g]f ug]
- ; dos]l]v]o]r]n ug]j]f ; d]o]d]f
sfd ug]
- s]k]g]l k]l]t l]j]z]f]l; n]f]x]g]
- l]d]n]h]h]l sfd ug]j]f ; d]x]d]f
sfd ug]a]f]g]l ug]
- 3h]d]n x]g]

tyf /fli6 tyf hftlo
rf8kj klt cfb/ jf
; Ddfg k\$6 ug]lfg To:tf
s/df cfr cfpg]sfo{
gu]lfg.

sfd ug]lfg / k\$ft
cg; f/sf]sfd ug]{0R5s xg]

**\$_ sfd ug] ; :sf/df
3h]d]n x]g c]j]z]o]s
; f]f] lgdfj ug]
; :sf/sf n]f]u e]f]i]f l; Sg]**

sfdsf]k\$ft cg; f/sf]
>Job[o ; fdfu]x?

- ug6xb]sfdx; af/]hfgsf/l lng5g\

%_ sfd ug(hfg)bz]sf]eifff]hfgsf/l
 • s0kgldf kofu ul/g]eifff tyf
 ; #f/ ; lksf]klxrfg

^_ lj bz]l sdbf/n]kngf ugkgI
 >dsfg]sf]hfgsf/l lng5g\

- s_ ; em]fkqdf pln]y ePsf ;]f /
 zt{x}sf]hfgsf/l lng5g\
 ; em]fkqsf ;]f / zt{x}M
 • sfd ugI; do,
 • kl/>lds
 • lj bf / cj sfz ; Da6wL
 hfgsf/l
 • ; lj wfx;,
 • ;]f / zt{x}
 • cf/ 6f0dsf]Joj :yf
 • j ldf Joj :yf,
 • n;l
 • sfo{yn jf pBf]ldf zft
 jftf] /of,

- v_ ; em]f /2 jf sda6 d0mxg]
 cj:yf hfG5g\
 • x8tfn
 • sda6b
 • ofg b]o]xf/
 • lj j fx
 • 6 olgogdf ; mlg
 • Joikf/df ; mlg

- s0kgldf sfd ubf(ugkgI/
 ug6xb]sfdx; klxrfg ugI
- ldqj t Joj xf/ ugI
- nugzln, 0df6bf/, lj gd,
 st.]oj fg\p]kfbgzln xg]

ug6xb]sfdx;

sfd ugI; #sf/sf]kngf ub]b]fosf
 sfdx; ug5ggM

- ofg b]o]xf/
 • em]u8f
 • dfbs kb]y]sf]kofu
 • x8tfn, hh;
 • 6 olgogdf n]lg]sfd
 • lj j fx
 • siddf nfk/j fxl
 • ; fd]gsf]b?kofu
 • rf]l
 • wd{eifff, ; #st, k/k/f /
 h]lt, ln- sf]e]efj / ckd]g
 • sfgy lgods]pln3g

%_ sfd ug(hfg)bz]sf]eifff aem]g/
 a]lg]

^_ >dsfg]sf cfwf/df lj bz]l sdbf/n]
 kngf ugkgI lgods]f] kngf
 ug5ggM

- s_ ; em]fkqdf pln]y ePsf ;]f /
 / zt{x}sf]cl]bog ug5g\
 ; em]fkqsf ;]f / zt{x}M
 • sfd ugI; dosf]Vofn ugI
 • kl/>lds,
 • lj b]fx; , cj sfzsf]lgod
 kngf ugI
 • cfj Zos ; lj wfx;df]g lng]
 • kngf ugI
 • cf/ 6f0dsf]Joj :yf
 • n;l
 • j ldf ItgI
 • sfo{yn / pBf]ldf zft
 jftf] /ofdf sfd ugI

- ; em]f /2 jf sda6 d0mxg]cj:yf
 xg g]bg tnsf sfd ug5gg\
 • x8tfn, sda6b, ofg b]o]xf/
 lj j fx, 6 olgogdf ; mlg,
 Joikf/df ; mlg, ; fd]l]hs
 ckd]g jf lj /f] / /fh]l]t u/
 sfgy lj k/Lt xg] / ; em]f /2xg]
 jf sda6 d0mxg].

- x8tfn, sda6b, ofg
 b]o]xf/, ; fd]l]hs
 ckd]g jf lj /f] /
 /fh]l]t h:tf sfo{
 ; #sf/ lj /f] sda6
 6f9f /xg].

%_ sfd ugIbz]sf]eifff
 k]t lh'fz' xg]
 • s0kgldf kofu ul/g]
 ; #f/ ; lk l; Sg]
 rfxgf

^_ >d sfgy kngf u/f]
 e]g]e]f]g /f]g]/
 ; em]fkqsf ;]f /
 zt{x}sf]kngf ugI

- x8tfn, sda6b, ofg
 b]o]xf/, lj j fx, 6
 olgogdf ; mlg,
 Joikf/df ; mlg, ; fd]l]hs
 ckd]g jf
 lj /f] / /fh]l]t u/
 ; em]f /2 xg]cj:yf
 cfpg] xg]n] o:tf

-uf]Jo dhss]>d
 P]g / lgod
 ; em]f kq

		<ul style="list-style-type: none"> ;fdflhs ckdfg jf lj /f/ /fhgllts ; nlggtf <p>wd{efiff, hflltsf]lj/f/ / epefj s/ eOrigl ; Da0wdf hf6g5gM</p> <p>& clbfudgsf lgodx;M clbfudgsf lgodx; kfnq ug{ sDkglnf0{hfgsf/l lbgkg]s/f hf6g5g\</p> <p>-s_ leiff hf/l / leiff gjls/of</p> <ul style="list-style-type: none"> ;j f:Yo kltj]dg ;j f / zt{ <p>Dofb l; l4Psf]leiff gjls/of</p> <p>v_ cfkn]kfnqf ug{g]s/f]hfgsf/l lng5g\ -s_ kl/j f/sf ; b:ox;sf]k]z leiff -v_ lj j fx lgif/</p> <p>-u_ lj j fxsf sf/of leiff yk jf hf/l -3_ u/ sfgyl a; f0{</p> <p>* ck/flws sfg5s]hfgsf/l lng5g\ S_ ck/fw,</p> <ul style="list-style-type: none"> nfukbfy{ ; jg / cf] f/k; f/ of] b]o]xf/ rf]l xlof dfbs kbfy{ ; jg em]u8f s6kl6 cj] zf/l]s ; Da0w / ue]f/of <p>v_ u/sfgyl ; kdf sDkglaf6 eflbf p]k]g xg] ; d:of ; hfoF lknf{c]pg] klqmf]hfgsf/l lng5g'</p> <p>u_ b08 ; hfoF sfgyl pkrf/ ; Da0w hfgsf/l lng5g\</p> <p>(u]t]o b]zsf]6kms lgod ; s] / ; jf/l cgdlt kq ; Da0w hfgsf/l lng5g\</p> <ul style="list-style-type: none"> ; 8sdf xg]b36gf- lftkl't{ ; 8s b36gfsf sf/ofx; lftkl't{klqmf <p>b36gfaf6 aRg]pkfox;</p>	<p>s/ eOrigl k4lt hf]g] sDkgl]sf] lgodf]f/ s/ eOrigl ug5g\ & clbfudgsf lgodx;M</p> <p>-s_ clbfudgsf lgodx; kfnq u/] ; dodf g} leiff gjls/of / Dofb l; l4Psf] leiff gjls/of ug] af/] sDkglnf0{hfgsf/l u/fpg5g\ -v_ clbfudgn] lgif/ u/]sf s/f ug5g\ * sfg5n]ck/fw ; Den]f b]x]osf s/]x; ug5g\ S_ ck/fw,</p> <ul style="list-style-type: none"> nfukbfy{ ; jg / cf] f/k; f/ of] b]o]xf/ rf]l xlof dfbs kbfy{ ; jg em]u8f s6kl6 cj] zf/l]s ; Da0w / ue]f/of <p>-v_ u/sfgyl ; kdf sDkglaf6 eflbf p]k]g xg] ; d:of hfgsf/l eP/ eflg] 5g'</p> <p>-u_ b08 ; hfo ePsf]cj:yfdf sfgyl pkrf/sf nflu bt]f]f ; u ; d6]o u/l j]lsn; u ; Dks]ug5g\ (u]t]o b]zsf]6kms lgod kfnq ug{ ; s] lrg5g\ u]t]o dh]ss]f] 6kms lgodf]f/ ; jf/l cgdltkq lnP/ dfq oftofts ; fwg ; #fng ug5g\ b36gfaf6 aRg]pkfox; can]dag ug5g\ s/ eOrigl cfk]f]b]lo]j x]f e]g] ; Den]g]</p> <ul style="list-style-type: none"> ck/fwdf ; nlg g]xg] sfd]b/n]u]t]o dh]ss]f] sfg5s]kfnq ug] gef]lg] b08 ; hfoF sfgyl pkrf/sf]hfgsf/l u/ b08 xg]sfd gug] <p>u]t]o b]zsf]6kms lgod ; s] / ; jf/l cgdlt kq af/]hfgsf/l ug] / ; fl cg; k r]lg]. ; 8s b36gfsf sf/of / logaf6 aRg]pkfox; k]t ; hu xg]</p>	<p>-ck/flws ult]j lwdf ; hfoFk]Psf >Job]z0 ; fdu]</p> <p>xj f06 af]f d]s{</p> <p>- ; 8s jf c]o b36gf ePsf , 6kms ; s]sf >Job]o ; fdu]</p> <p>6kms lgod 8sD]6k</p> <p>6kms lrgxx;</p>			
^	cfk]f;l sfd]b] /	cfk]f;l sfd]b]/sf	-s_ cfk]f;l sfd]b]/sf]kl/efiff hf6g5g\ -v_ cfw]et ; j t6qtf kfpg]clwsf/sf ug5g\ cfk]f/l sfd]b]/sf] clwsf/sf] ; dlrt kof] ug]	k]gf]Q/ k]rg	dfs{ xj f06 j]f{	@) ld	

	cġt//fi6æ sfġġ	clwsi/	<p>hfġġg\</p> <p>-v_ ; emf]f cg; f/sf /f]uf/L ; Daŵl clwsi/sf s/f hfġġg\</p> <p>-u_ cfkng]; :s]t cg; f/ rfnrng ug{ kfpġ}clwsi/sf s/f hfġġg\</p> <p>-a_ ; fġf ; Daŵl clwsi/sf s/f hfġġg\</p>	<p>-v_ cġw/et : j tġqt f kŋu ugġġg\</p> <p>-u_ ; emf]f cg; f/sf /f]uf/L ; Daŵl clwsi/ kŋu ugġġg\</p> <p>-3_ cfkng]; :s]t cg; f/ rfnrng ug{ kfpġ}clwsi/ kŋu ugġġg\</p> <p>-a_ ; fġf ; Daŵl clwsi/ kŋu ugġġg\</p>					
&	cġf]us sġdbf/sf] Joġxi/ tyf cġr/Of	cġf]us sġdbf/sf] Joġxi/ tyf cġr/Of	<p>-s_ cġf]us sġdbf/df xġkġ]Joġ xi/ tyf cġr/Of ; Daŵl hfġsi/L lngġġg\</p> <ul style="list-style-type: none"> ◆ st{ok/fof ◆ pQ/bfol ◆ kl/>dl ◆ 0dfġbf/ ◆ lj Z] fl; nf] ◆ ; dosf]Vofn ugI-k^aRobn_ ◆ pTkfbgzln ◆ gd] ◆ ldqat\Voġ xi/ ugI ◆ :kiġj Qm - :j R5 ; #f/stf{ ◆ sġddf cN5l gugI ◆ ; dodf sġd k/f ugI ◆ ; :yfut sġd ugI; :sf/ <p>-u_ cġf]us sġdbf/df xġ' gġġ] Joġ xi/, cġr/Of tyf : j efj xġ ; Daŵl hfġsf/L lngġġg\</p> <ul style="list-style-type: none"> ◆ dfbskbfy\$]; j g ◆ lj b]xl ◆ emu8fn' ◆ x8tfnl ◆ ; dosf]a]f:tf ugI ◆ nfk/jfxl ugI ◆ vrfġ' -knhh_ dgġ]ġhg, kml g, vġkfg ◆ csf\$]s/fnfpġ]/ sġd 7u ◆ ; fdġo tgfadf ul/g] c: j efj s Joġ xi/ ◆ cġsf]pkxf; , ckdfg <p>-3_ cġf]us sġdbf/n]bġġbg' kgI s/f hfġġg\</p> <ul style="list-style-type: none"> • klxnf uPsf sġdbf/n]lbPsf] ; fġfdf dfq e/ gkġ] • /fi6æ/ /fi6ætf]Vofn ugI • sġkġdf sġd ; Daŵl sġ} • d: of cġPdf ; k/ef0h/nf0{ hfġsf/L lbg] 	<p>/fd] cġr/Of kġzġ ugġġg\</p> <p>◆ g/fd] : j efj af6 6f9f /xġġġg\</p> <p>cġf]us sġdbf/n]bġġbg'ġġg\</p> <ul style="list-style-type: none"> • klxnf uPsf sġdbf/n]lbPsf] ; fġfdf dfq e/ gkġ] • /fi6æ/ /fi6ætf]Vofn ugI • sġkġdf sġd ; Daŵl sġ} • d: of cġPdf ; k/ef0h/nf0{ hfġsf/L lbg] • cġsf]axs]pfd gnllġ] 	<p>; sf/f]ds ; f] xġ]/ ġsf/f]ds ; f] x6fP/ /f]uf/bftfsf]ck]ff k/f ubI cfkng]ck]ff k/f ug{</p> <ul style="list-style-type: none"> ◆ st{ok/fof ◆ pQ/bfol ◆ kl/>dl ◆ 0dfġbf/ ◆ lj Z] fl; nf] ◆ ; dosf]Vofn ugI- k^aRobn_ ◆ pTkfbgzln ◆ gd] ◆ ldqat\Voġ xi/ ugI ◆ :kiġj Qm - :j R5 ; #f/ ugI ◆ sġddf cN5l gugI ◆ ; dodf sġd k/f ugI • ; :yfut sġd ugI; :sf/ <p>-v_ cġf]us sġdbf/df xġ' gġġ]Joġ xi/, tyf cġr/Of</p> <ul style="list-style-type: none"> ◆ dfbskbfy\$]; j g ◆ lj b]xl ◆ emu8fn' ◆ x8tfnl ◆ ; dosf]a]f:tf ugI ◆ nfk/jfxl ugI ◆ vrfġ' -knhh_ dgġ]ġhg, kml g, vġkfg ◆ csf\$]s/fnfpġ]/ sġd 7u ◆ ; fdġo tgfadf cġdx]of <p>cġsf]s/f ; ġ] ; fġm] k]t]qmf gugI s; ħ]kġ sxl egk]5 To; af/ġ] ulx]P/ To; sf] hfġsf/L lng / jf: tlj stf kQf nfu]kt jf aen]l5dfq To; k]t cfkng]/fo</p>	<p>kZġfQ/ k]rġ / >Joġz0 ; fdu]sf] kġzġ</p> <p>36ġfxġsf >Jo b]o ; fdu] dfs{ xj f06 j fġ{ Nofk6k dN6l d]ġof 6]n]ehġ, lei8of] 8sġlġ6k</p>	\$% ld		

			<ul style="list-style-type: none"> c: s[axsfpdf gnllg] <p>-a_ /fhu/bttf / sdbf/ alrsf] ; Da0w ; Da0wl hfgsf/l lng5g\ -l_ gkfnl sdbf/sf]ck]ff -@_ /fhu/bttfsf]ck]ff -#_ /fhu/bttf / sdbf/alrsf]; dw/ ; Da6w</p>	<p>/fhu/bttf / sdbf/ alr ; dw/ ; Da0w sfod ug5g\ -l_ gkfnl sdbf/n] ck]ff k/f ug{ st]ok/fo0f, nugzn / ; dosf] dx]j aeml sfd ug] jfgl e0{ /fhu/bttf; u ; dw/ ; Da6w sfod ug]</p>	<p>k]t]qnof ug{ /fhu/bttf / sdbf/ alrsf] ; Da0w ; dw/ ; Da6w sfod ug5f nflu st]olg]7, /fhu/bttfsf]cfzo / dsf{ aem] ; dosf]dx]j hfg] sfdk]t]sf]lgoldt Jfftf{k5p}</p>			
*	:jf:Yo / ; 7lff	Jo] ; fo h0o ; 7lff / :jf:Yo	<p>-s_ s0kgldf sfd ubf{nllg ; Sg] /f]ux_</p> <p>-v_ /f]uaf6 aRg]pkfox_</p> <p>-u_ sfdsf]l; nl; nfd] xg ; Sg] b36gfox_ / b36gfsf]sf/0fx_</p> <p>-3_ sfd ubf{ xg]b36gfa6 aRg] pkfox_</p> <p>-a_ ; 7lff tyf ; fjwfglsf ; s] tyf lr6xx_ sf]klxrfg</p> <p>-r_ ; 7lff sj hx_ / k0f]u ug]t]l/sf hfg5g\ -5_ k]ylds pkrf/ ; Da6wl hfg5g\ -h_ sfoz]nf, JolQmut / jf; :yfgsf] ; /; km0{af/]hfg5g\ -em_ sdbf/n]cf]gf]:jf:Yok]t Wbfg lbgkg]s/fx_ sf]hfgsf/l lng5g\ <ul style="list-style-type: none"> ♦ ; Tg]; dodf P; lsf]k0f]u ubf{ z/l/sf]cj]Zostf cg'; f/ tfkqnd ; 0 ug] ♦ P; l gePsf]; Tg]sf]7fdf clSA; hg kf; xg ; Sg]u/l e]6lnz]g vhf /fVg] ♦ dfbs kb]fy{ ; Jg u/]sf]; dodf l; 6fd]h / Pl66afol6ssf]k0f]u gug]. ♦ c]olws dfbs kb]fy{ ; Jg gug] ♦ gzf]nkb]fy{-Pl; 8oQm ; Jg gug]. ♦ x6{P60f]saf6 aRg x]0 jf nf] An8kz/ xg]z_n]; do ; dodf :jf:Yo k/l]f0f u/f0]lgoldt cf]fwl ; Jg ug]/ v]gkfgdf </p>	<p>-s_ s0kgldf sfd ubf{nllg ; Sg] /f]ux_ af6 kl/lrt xg]/ To:tf /f]u nllg g; Sg]jftfj/0f lgd]f0f ug5g\ -v_ /f]uaf6 aRg]pkfox_ klxrfg u/] To:tf pkfox_ ckg]pg5g\ -u_ sfdsf]l; nl; nfd] xg ; Sg] b36gfox_ sf]hfgsf/l u/] b36gf xg]c]j:yfa6 x]l]zof/ eP/ sfd ug5g\ -3_ sfd ubf{ xg]b36gfa6 aRg] pkfox_ klxrfg u/] tl pkfox_ ckg]pg5g' -a_ ; 7lff tyf ; fjwfglsf ; s] tyf lr6xx_ sf]klxrfg ug5g\ -r_ ; 7lff sj hx_ / k0f]u ug5g\ -5_ 36gf cg'; f/sf k]ylds pkrf/ ug5g\ -h_ sfoz]nf, JolQmut / jf; :yfgsf] ; /; km0{ug5g\ -em_ sdbf/n]cf]gf]:jf:Yok]t Wbfg lbg5g\ <ul style="list-style-type: none"> ♦ ; Tg]; dodf P; lsf]k0f]u ubf{ z/l/sf]cj]Zostf cg'; f/ tfkqnd ; 0 ug] ♦ P; l gePsf]; Tg]sf]7fdf clSA; hg kf; xg ; Sg]u/l e]6lnz]g vhf /fVg] ♦ dfbs kb]fy{ ; Jg u/]sf]; dodf l; 6fd]h / Pl66afol6ssf]k0f]u gug]. ♦ c]olws dfbs kb]fy{ ; Jg gug] ♦ gzf]nkb]fy{-Pl; 8oQm ; Jg gug]. ♦ x6{P60f]saf6 aRg x]0 jf nf] An8kz/ xg]z_n]; do ; dodf :jf:Yo k/l]f0f u/f0]lgoldt cf]fwl ; Jg ug]/ v]gkfgdf </p>	<p>s0kgldf sfd ubf{/f]uaf6 x]l]zof/ /xg]/ o; lsl; dsf b36gfa6 aRg]. /f]uaf6 aRg]pkfox_ can]dag ug] b36gf xg]c]j:yfa6 x]l]zof/ /xg] s0kgldf sfd ubf{/f]uaf6 x]l]zof/ /xg]/ o; lsl; dsf b36gfa6 aRg]. ; 7lff tyf ; fjwfglsf ; s] tyf lr6xx_ sf]klxrfg ug] s0kgldf sfd ubf{/f]uaf6 x]l]zof/ /xg]/ o; lsl; dsf b36gfa6 aRg]. k]ylds pkrf/ ug]wf/0f ; /; km0 k]t ; hu xg] cf]gf]:jf:Yok]t ; hu xg]</p>	<p>k]zgf0/ k] rg / >Job]o ; fdu]sf] k0z0</p>	<p>>Jo b]o ; fdu] 6]hlehg, lei8of] 85cd]6k</p>	<p>! 306f #) ldog0</p>

			<p>Wbfg lbg].</p> <ul style="list-style-type: none"> z/L/nf0{kfgl kof{t dfqdf gePdf o; sf]w}}7hf]c; /kg] xgfn]kof{t dfqdf kfgl vfgkg]. lgoldt; kdf of] ug]afgl ug] 5f/7f]u, bd h:tf lj /fdln] lgoldt :jf:Yok/Lf0f u/f0{ cf]fwl ;]g ug]kg] / cf]gf] /f]af/]kl/]f / / ; f]lnf0{ hfgsf/L u/fpgkg]. <p>sf]ofnfdf sfd ubf{ckg]pg'kg] lgodx; ; Da6wl hfgsf/L lng]5g\ cfvf, sfg, 6psf] v6df, xft, :jf; k]j]f; / gf8lsf]; /lfsf ; fdfgx; sf]k]of]u</p> <p>lj b]zdf nllg ; Sg]; ?j] /f]u; / aRg] pkfox; sf]hfgsf/L lng]5g\ s_ Pr= cf0{e=P8\ HIV / AIDS ; Da6wl hfgsf/L lng]5g\</p> <p>v_ P; -6l-8l= STD ; Da6wl hfgsf/L lng]5g\</p> <p>u_ 6l=al= /f]u ; Da6wl hfgsf/L lng]5g\</p> <p>3_ x]k]f6f0l6; al /f]u ; Da6wl hfgsf/L lng]5g\</p> <p>u_ o; af6 ; /lft /xg Wbfg lbg' kg] s/f; hf]g]5g\</p>	<p>Wbfg lbg].</p> <ul style="list-style-type: none"> z/L/nf0{kfgl kof{t dfqdf gePdf o; sf]w}}7hf]c; /kg] xgfn]kof{t dfqdf kfgl vfgkg]. lgoldt; kdf of] ug]afgl ug] 5f/7f]u, bd h:tf lj /fdln] lgoldt :jf:Yok/Lf0f u/f0{ cf]fwl ;]g ug]kg] / cf]gf] /f]af/]kl/]f / / ; f]lnf0{ hfgsf/L u/fpgkg]. <p>cfvf, sfg, 6psf] v6df, xft, :jf; k]j]f; / gf8lsf]; /lfsf ; fdfgx; sf]k]of]u ug]5g\</p> <p>lj b]zdf nllg ; Sg]; ?j] /f]u; k]xrf] ug] / aRg]pkfox; ckg]pg]5g\</p> <p>s_ Pr= cf0{e=P8\</p> <table border="1"> <tr> <td>nllg]sf/0f</td> <td>; /lft /xg]pkfo</td> </tr> <tr> <td>c]j] of]g ; Dks</td> <td>; /lft ; f]wgsf] k]of]u</td> </tr> <tr> <td>; 0{j]f 06h\$; g</td> <td>gof 06h\$; gsf]k]of]u</td> </tr> </table> <p>v_ P; -6l-8l=</p> <ul style="list-style-type: none"> nllg]sf/0f ; /lft /xg]pkfo <p>u_ 6l=al= /f]u</p> <ul style="list-style-type: none"> nllg]sf/0f ; /lft /xg]pkfo <p>3_ x]k]f6f0l6; al</p> <ul style="list-style-type: none"> nllg]sf/0f ; /lft /xg]pkfo <p>Pr= cf0{e=P8\}, P; -6l-8l=, 6l=al=, x]k]f6f0l6; al, wglf6°f/, le/El em8f kvnf h:tf ; ; j]f /f]u; nllg]sf/0f / tl /f]uaf6 aRgsf nllg xg ; Sg] pkfox; / /f]u nfu]k]5 To; sf]pkrf/ ug] s/fdf klxn] ; r] ; x]kg] s/f]sf nllg hf]sf]l sdbf/ kl; r] ; x]kg] xgfn] ; r] eP/ o:tf /f]uaf6 aRg]5g\ c; /lft of]g ; Dks(gug] hyfej]l nllsf]k]of]u gug] ; / ; k]n0{/ pkoQm vfg] Joj :yf ug]</p>	nllg]sf/0f	; /lft /xg]pkfo	c]j] of]g ; Dks	; /lft ; f]wgsf] k]of]u	; 0{j]f 06h\$; g	gof 06h\$; gsf]k]of]u	<p>Pr=cf0=el= / P8\ h:tf /f]uaf6 kl/lrt xg] / ol /f]u nllg]sfd gu/L ol /f]uaf6 ; /lft / ; hu /xg].</p> <p>P; -6l-8l /f]u; u kl/lrt xg] / ol /f]u nllg]sfd gu/L ol /f]uaf6 ; /lft /xg].</p> <p>l6= al /f]u; u kl/lrt xg] / ol /f]u nllg]sfd gu/L ol /f]uaf6 ; /lft /xg].</p> <p>x]k]f6f0l6; al /f]u; u kl/lrt xg] / ol /f]u nllg]sfd gu/L ol /f]uaf6 ; /lft /xg].</p> <p>• a}vfn]/f]u; / lj z]f u/L ; ; j]f k]s]tsf /f]u; k]t ; r] /xg]</p> <p>• nfu]sf ; ; j]f /f]uaf6 aRg cf]j]Zos sbd r]llg] s/fdf ; r] /xg].</p>	<p>s_ Pr= cf0{e= ; u ; Da6wt >Job]zo ; fdu]</p> <p>v_ P; -6l-8l= ; u ; Da6wt >Job]zo ; fdu]</p> <p>k]zgf]u/, k]rg / >Job]zo ; fdu]sf] k]z]g</p>		
nllg]sf/0f	; /lft /xg]pkfo													
c]j] of]g ; Dks	; /lft ; f]wgsf] k]of]u													
; 0{j]f 06h\$; g	gof 06h\$; gsf]k]of]u													
(tgj Joj:yfkg	tgj af] hfgsf/L / Gog]s/Ofsf	<p>s_ tgj]sf]kl/ro, klxrf] / lsl; d hf]g]5g\</p>	<p>-s_ tgfasf]kl/ro / klxrf] ug]tyf tgfasf] lsl; d kOf nufpg]5g\</p>	<p>; sf/f]ds ; f] ; sfd ug] cf]g]n]lo k]t ; hu / cf]k]m] ; Dkg]tsf nllg sfd</p>	<p>k]zgf]u/, k]rg / >Job]zo</p>	<p>tgj / tgfa Joj :yfkg ; u ; Da6wt >Job]zo</p>	\$) ldg]b						

		pkfox		cfkñf ptklg ePsf] bafaut cfly\$; \$6n] kf/j fl/s lj 5f\$ sfdsf]sl7gf0{ ofgaut ; :sf/ jf ; :s[tut /fusf sf/0f dfgj; s efifsf]sl7gf0 PSnfkg lg/fzf k[sf]lj 5f\$ lj k/Lt ln· l; :sf]cfsif0f /fd[]jf cfkng[]rxfgf cg; ksf]sd0[sf]qxt' kl/jf/ jf cfkñtsf]dfo' c; xofu	ug{cfPsf]s/f klft ; j-Þgzn xg]. lx* faf6 ePsf]tgfa afx\$ c6o tgj]nf0{sfddf Jo:t eP/ jf ; fylef0sf] ; Dks0f /fv] tgj d0m /xg]jf Wbfg jf kl0ffofdn] cfkng]st{0 / kf/ljfl/s rxfgf k/f ug]sfdsf nflu cfldan / dgfan b/f]agfpg].	; fdul]sf] kÞz0 5nkmn	; fdul • 36gf clb0g • ; kmtf / c; kmntsf syfx • llofj 6k • l6-le- • l; 8l • l8le8l	
			v_ tgj ptklg xg]sf/0fx hñg\$g\	-v_ tgfa lsg ptklg ePsf] xf] jf tgfa ptklg xg]sf sf/0f k0f nufpg\$g\ cfkñf ptklg ePsf] s; \$f]bafaaf6 ePsf] cfly\$; \$6n]ePsf] kf/j fl/s lj 5f\$ jf ; engfn] ePsf sfd ug{sl7g eP/ ePsf] ofgh0 sf/0faf6 ePsf] ; :sf/ jf ; :s[t]sf]sf/0f ePsf /[]sf]sf/0faf6 efifsf]sl7gf0 dgdf w/\$/f vn] PSnfkg]sf/0f cfkñ]s]L ug{g; s\$]f]; f] dgf-; fdflhs kl/l:ylt lj k/Lt ln· l; :sf]cfsif0f /fd[]jf cfkng[]rxfgf cg; ksf]sd0[sf]qxt' c; xofu	tgj ptklg xg]sf sf/0fsf] h8 k0fnufpg]			
			u_ tgj Joj :yfk ug]tl/sfx hñg\$g\	-u_ tgfa Joj :yfk ug] tl/sfx ckgfpg]5g\ dgfan, cfldan / cfldj Zf; a9fpg]. cfkñf0(ePsf]tgfasf lj ifodf cf0g]lxt]l ; fyx; ; u rrf{u/l pqlx; sf]; lnix adflhd sfd ug]. lgoldt ; kdf Wbfg jf ofu jf zf/l/s Jofofd ug]	sfdsf]af0maf6 xg]ysfg / dgf]; fdflhs kl/l:yltsf sf/0fn]ptklg xg]tgj yxf kf0{Joj :yfk ug]. lx* faf6 ePsf]tgfadf lx*sf]k\$[t cg?ksf] ; xofu ; xofu lgsfoaf6 lng]klpmof ckgfpg]			

			<p>s; n]cgfj Zos tl/sfn]cfknhf0{ tgfa lbPsf]eP sfggL pkfo caj Dag ugI.</p> <p>ue{/xsf]sf/0faf6 ePsf]</p> <p>sfddf Jo:t /xg]/ d]f]; kmtdf 0Zj/sf]; fy 5 eGg]rf /fvG]</p> <p>tgfasf nflu kg:yfkgf s]b]sf]; xof]u lng]</p> <p>efifsf nflu sfd u{/sf]kl/jf/ jf ; fyl; u; xof]u dfu]</p> <p>tg]asf]sf/0faf6 ljllkt xg]</p> <p>; w]; sf/fids; f]rnf0{cl3 a9fP/</p> <p>7 cfdx]of ug]cj:yfsf</p> <p>xlg]tfaf]u/ gu/L cfknhf0{; km</p> <p>nflu; fylef0; xof]u</p> <p>ag]fpg]lxSdt lnP/</p> <p>JolQm kl/jf/ jf; :yfsf]</p> <p>of]hg]fa4 tl/sfn]sfd u/]</p> <p>; xof]u lng]/; sf/fids</p> <p>clg]bf]gj:g]</p> <p>; f] /fvL dg]ansf]</p> <p>; do; dodf kl/jf/; u; Dks]f</p> <p>clej [4 u/] oyzSo</p> <p>nflu; #f/ u/]</p> <p>To:tf]cj:yf xg g]bg]</p> <p>dgf]; fd]l]hs lr]st; saf6; lnfx</p> <p>ln0{sfd ugI</p> <p>lj k/Lt ln- l; #sf]; ks{sdf ugI</p> <p>klq]mofdf x]l]zof/L /xg]j f Hofb}</p> <p>ql]hs q]xg]</p>					
!)	<p>sdf0]sf] pkof]u, art / nufgl</p>	<p>sdfPsf]cf]b]f]gl ;n; ;xh / ;7llft 2kdf ;j b]z k7fpg].</p>	<p>s_ cfly]s; flf/af/]hfgsf/L lng]5g\ . • sdfPsf]cfosf]pkof]u / art</p> <p>v_ ldtJool xg]/ art ugI</p> <p>u_ art ugI afgl ; Da6wdf hfgsf/L lng]5g\ • cfknh/ 3/ kl/jf/sf nflu dfl; s ah] tof/ u/L cfknh]el]iosf nflu jrt ugI{kg]s/sf] hfgsf/L lng]5g\ 3_ k]fk7fpg] ; 7llft dfl]od ; Da6wL hfgsf/L lng]5g\ • a]s • dl]g6]km/ sDkgl</p>	<p>s_ cfly]s; flf/af/; u kl/lrt e0{ cfknh]cf]b]f]gl]vr{/ jrt ugI v]nsf]ah] tof/ ug]5g\ v_ cfknh]k]Psf]kl/ >lds]nf0{clt cfj Zos s/fdf dfq vr(u/L ldtJool a]g]5g\ u_ s]dbf/ / 3/sf kl/jf/n] kl]g ldtJool agl cg]j Zos / ljnf; l ; fd]gsf] k]P]u -km]g, dg]f]h]gsf nflu vr{-km]h_ sd u/L h]ddf u{/sf] /sd e/kbf] a]sdf art ug]5g\ 3_ cfknh] u cfj Zos kg]k]f dfq /fvL afsl k]f a]s- Ro]gnaf6 3/df :yf]g]t/Of ug]j f k7fpg]of :j b]zL a]sdf cf]g]f] g]rddf v]tf v]f]l jrt ug]s/sf]hfgsf/L lng]5g\ • cfknh] u a9L /sd /fvG g]xg]s/f h]f]g]5g\ • JolQm dfknh /sd k7f]pbf cfknhf0{ xg] x]f]gsf] jf]g]f hfgsf/L lng]5g\ • e/kbf] a] jf dgl 6]k; km/ Ph]l; lx?sf]k]0f] hfgsf/L lng]5g\ a_ ; lk / kh]lsf]; bko]f]u ug]5g\ a_ ; lk / kh]lsf]; bko]f]u</p>	<p>• art ugIaf]gsf]lj]sf; • ldtJool xg]/ art ugI • art ugIafgl • ; 7llft dfl]od ; Da6wL hfgsf/L lng]</p>	<p>k]z]g]f]Q/, k]jrg / >Job]zo ; fdu]l]sf] k]b]z]g]</p> <p>cfly]s ult]j lw en]l]sf]pg] >Job]zo ; fdu]l] a]s dl]g 6]k; km/ cfly]s ult]j lw en]l]sf]pg] >Job]zo ; fdu]l] a]s dl]g 6]k; km/ cfly]s ult]j lw en]l]sf]pg] >Job]zo ; fdu]l] a]s dl]g 6]k; km/</p>	! 306f	
	; lk / khl	cfknh]; s]sf]	a_ :j b]zdf ; lk / kh]lsf]; bko]f]u jf]	a_ ; lk / kh]lsf]; bko]f]u ug]5g\ a_ ; lk / kh]lsf]; bko]f]u	k]z]g]f]Q/, lj le]g pB]f]u]x]			

	nufgl	; lksf]; dlrt pkofu / khlsf] nufgl	hfīgḡg\ r_ nufgl xg; Sg]; DefJo pBdx ₂ af/ hfīgḡg\ 5_ nufgl af/]hfīgḡg\ • nufgl sf]sfo(of]hg • ; lksf]; bkoḡu	r_ ; DefJo pBdx ₂ =Joj; fo ugḡg\ • gkḡnsf nflu s]xg; S5gveḡg] ljifodf; fdfō hfīgsl/L lng]/ gkḡndf ePsf]pBdx ₂ sf] cj nḡḡg ug] • :yfglo :t/df ePsf pBdsf] cj nḡḡg ug] • sḡdbf/sf]cj :yf 5_ nufgl sf nflu sḡd ugḡg\ • nufgl sf]sfo(of]hg sf]cllboog ug]/ aenḡ] • cfkḡh]lbg]ptkfbg jf ;]fsf] ahf/ kOf nufpg]. • ; lksf]; bkoḡu sf nflu cfkḡh] hfīgḡf; lk; u ; Dalōwt sb} ; fgf]jf demḡhf khlsf]pBdsf] l:sd tof/ kfg]/ o; sf nflu cfj Zos kg]cfḡhf/ pks/of / srḡf ; fdu]sf]cfkḡt{xg} :yfgsf]klxrfg ug] • pBdzlntf lj sf; tḡnding] h_ nufgl kj 4ḡ klqḡof ckgfpgḡg\ cfkḡh] u/ḡf sḡd jf pBḡu]sf] nufgl sf] dḡqsf] klxrfg, o; sf nflu ugḡg] sḡdsf ljifodf cfBḡu]s lj sf; kḡti7fg, jḡlzs /ḡhuf/ kj 4ḡ afḡ{ ojf :j/ḡhuf/ sf]ḡ; ; fgf tyf 3/h' pBḡu lj sf; ; ldt jf ; fgf tyf 3/h' pBḡu ljefu jf pBḡu j flōḡo dxf; 3sf] pBḡu kj 4ḡ; u ; Dalōwt lgsfo x ₂ / Ond kḡz lḡof sḡb] u ; Dks{/flg]	ug]	kj rg / >Jobzō ; fdu]sf] kḡzḡ 5nkḡm	; fgf tyf 3/h' pBḡu; u ; Dalōwt >Jobzō ; fdu] lj bḡzaf6 kḡsP/ pBd ; ḡfng ug]pBdx ₂ n] pBd ; ḡfng u/ḡf >Jobzō ; fdu]	
!!	; xofḡl lgsfo / ; xofḡ lng] t/l sf	; xofḡl lgsfo, ; xofḡ lng] cj :yf / t/l/sf	s_ ; xofḡl lgsfo / kḡt xg]; jfx ₂ sf] af/ḡhf hfīgḡg\ • lghl ♦ ; d:of ; dḡwfg • ; /sf/L uḡ ; /sf/L lgsfo ♦ ; d:of ; dḡwfg ♦ ; dḡj o ♦ p4f/	s_ ; xofḡl lgsfoaf6 cfj Zos ; xofḡ lngḡg\ • lghl ! Dofgkj / sḡkg l jf k7fpg] JolQm gḡdM ḡ ; Dks{g=M @ ; fyl gḡdM ; Dks{g=M • ; /sf/L !-gkḡnl /ḡhbtḡf; bḡzḡ ; Dks{g=M >d ; xrf/L kḡḡ g=M #=:yflgo kḡ/L sfōḡo	s_ lj leḡ vḡnsf ; xofḡl lgsfo / tl lgsfoaf6 kḡpg ; lsg]; xofḡsf] klxrfg ug]	kḡḡfD/ kj rg / >Jobzō ; fdu]sf] kḡzḡ	; xofḡ lb0/xḡf lj leḡ >Jobzō ; fdu] /ḡhbtḡf; kḡ:yfkgf sḡb] ; /lḡf uḡ kḡ/L sfōḡo	#) lḡḡ

			<p>7fbsf]gfdM ; Dks{g=M \$=; j bzl:yt ; /sf/L lgsfox₂ Jfblzs /fihuf/ kJ 4g j fB{ knf g=M Jfblzs /fihuf/ lj efu knf g=M</p> <ul style="list-style-type: none"> • u} ; /sf/L • =; fdflhs ; 3; :yfx₂ • gfdMPg= cf/= Pg= cflb ; Dks{g=M <p>v_ ; xofu lng'kg]cj:yf ; Da6wl hfgsf/L lng5g\</p>	<p>v_ ; xofu lng'kg]cj:yf cg;/sf] ; xofu lng5g\ • :yfgsf]klxrfg gePdf • tna wj}dixgf; Dd glbPdf jf tna g)glb0{sfid nufPdf • sDkgL vf/h e0{sfid gxg] cj:yfdf • lj/fdl k/df -/fihuf/bftfn]s g] klg ; xofu gu/df • vfgf glb0{j f ef3ef3}a:g' k/df • sbik6 u/L rfbk6s nfu df, • ofg bJoj xf/ ePdf • lj b3df klk15 /fihuf/bftf; u ; #f/ jf ; Dks{xg g; sdf • ofg bJoj xf/ af6 ue{a:g u0{ cnkq ePdf • kfs]ts ksf]kdf • /fhg]ts pynkyn jf lj b3 e0{ cfm'c; /lft ePdf • s/f/sf]; dflktkl5 klg ; j b3 knsg glb0{/fihuf/bftfn]sfid ug]j flb k/df</p> <p>u_ ; xofu lng]tl/sf ckgfpg]5g\ • knf ; Dks{ug] • e3f6 ug] • ; fylef0{ u ; xofu lng] • kl/jf/sf ; b:o; u knf ; Dks{ ug] • /fhbtj f; df ; ks{ug] • :yfglo ; /lff lgsfodf b/vf: t lbg]</p> <p>-3_ ; fdfiotof o; sf nflu e3f6 ubf{ ; /sf/L lgsfo jf u} ; /sf/L lgsfodf lnlt lq] bq lbg5g\ • :yfgsf]klxrfg gePdf ; Dks{g=M</p>	<p>S_ lx#f / clofo ePsf] cj:yfdf jf cfktsfnlg cj:yfdf ; xofu lng] lgsfo; u ; Dks{/ ; #f/ u/L ; xofu lng] ; xofu ug]lgsfox₂ • gkfnf ; /sf/L lgsfox₂ • >d tyf /fihuf/ dfgno • j blzs /fihuf/ lj efu • j blzs /fihuf/ kJ 4g afB{ • gkfnl /fhbtj f; • >d ; xrf/L • :yfglo kx/L sfotfo • u} ; /sf/L • ; fdflhs ; 3; :yfx₂ Pg= cf/= Pg= cflb • j blzs /fihuf/df k7fpg]; :yfx₂</p> <p>u_ sg sg lgsfoaf6 sg sg lsl; dsf]; xofu kfk't x15 efg]s'fdf olsg xg] • ; fdfio ; d:ofdf ; xofu]sf]ck]ff g/vl cfm]; d:of ; dhwg ug] • cK7of/f]/ sl7g cj:yfdf dfq ; xofu v]hg]</p>				
!@	dxnf sdbf/sf nflu ljz] tinld	dxnf sdbf/x2n] cffd/lfsf nflu ug]g]tof/L / ckgfpgkg] ; tsf	<p>s_ sfo{yn ; xsdl{ usf]Joj xf/ ; Da6wl hfgsf/L lng5g\ • ; sf/flds • gsf/flds</p>	<p>s_ sfo{yndf ; xsdl{ usf]; dw/ Joj xf/ ug5g\ • ; sf/flds sfo{yndf ; xsdl{sf]Joj xf/ ; sf/flds eP gePsf]klxrfg ug]w/h' dxnf sdbf/n]3/leq</p>	<p>s_ ; a; xsdl{ u cf]gf] sfdsf nflu ; dfg, ldaj t Joj xf/ ug] / gsf/flds ; f' g/vl sfd ug]</p>	<p>kZgfD/, kJ rg / >Jobzo ; fdu]sf] k3z6 5nkmm</p>	<p>c:ktfn, ; /lff uk / kb:yfkgf s]b] u ; Dalwt >Jobzo ; fdu] dxnf lx#f ; Da6wl >Jobzo ; fdu]</p>	! 306f	

			<p>v_ zfi/s ; Daŵ / :yfglo lgod sfgŷ ; Daŵl hfgsf/l lngŷg\</p> <p>u_ lx; f-tyf bŷoj x/klt ; tŷtf lng] ; Daŵl hfgsf/l lngŷg\</p> <p>3_ lx; f-tyf bŷoj x/af6 aRg] pkfoxŷ sf] hfgsf/l lngŷg\</p> <p>; /lfsf nflu ; #f/ ;]fsf]kŷfŷ ug(hfŷgŷg\</p> <p>; /lff lgsfo / cŷo ; xofŷl lgsfo; # ; ks(ug(hfŷgŷg\</p> <p>^a kŷgg\; jf:Yo ; d:of / ; dfwfg ; Daŵl hfgsf/l lngŷg'.</p> <p>r_ ; /lft uŷ ; Daŵl hfgsf/l lngŷg\</p> <p>5_ kg:yfkgf</p>	<p>ugkg]ŷoj xf/</p> <ul style="list-style-type: none"> • gsf/flds sfo(yndf ; xsdlŷf]ŷoj xf/ gsf/flds eP gePsf]klxrfg ugI <p>v_ zfi/s ; Daŵsf lj ifodf :yfglo lgod sfgŷ; # hfgrmsf/ xgŷg\</p> <p>u_ lx; f-tyf bŷoj x/klt ; tŷtf ckfpgŷg\</p> <p>3_ To; af6 aRg]pkfoxŷ ugŷg\</p> <ul style="list-style-type: none"> • /fŷuf/ kl/j tŷ ugI] ifodf /fŷuf/ kl/j tŷ ; Daŵl :yfglo Phŷ; ldf ; ks(u/l pkoŷm ; eŷj lng]. • ; /lfsf nflu ; #f/ ;]fsf]kŷfŷ u/l cŷkŷf0{; /lft /Vg ; lfd xŷj} • ; /lff lgsfo / cŷo ; xofŷl lgsfo; # ; ks(ugI • axspaf6 aRg]. <p>^a kŷgg\; jf:Yosf lj ifodf hfgsf/ e0{; tsŷf ckfpgŷg'</p> <p>r_ /fŷuf/ ug]bŷdf ; /lff uŷsf lj ifodf hfgsf/l / To; sf] ; ks(gŷ/ cŷlb cŷkŷ' # /Vg)/ cfj Zostf k/ŷf ; ks(ugŷg\</p> <p>5_ kg:yfkgf]bŷf]lj ifodf hfgsf/l /fŷl cŷkŷ]kg:yfkgf xŷkgI:ylt bŷf k/ŷf ; Dks(/Vgŷg\</p>	<p>kŷgf/</p> <p>s_ zfi/s ; Daŵsf lj ifodf ; ts{/xg].</p> <p>u_ lx; f-tyf bŷoj x/sf sf/st]j df d klg kg{; S5' ls eŷg]lj ifodf ; wŷ; ts{/xg].</p> <p>u_ lx; f-tyf bŷoj x/af6 ; ts{/xg]</p> <p>; /lff uŷsf]klxrfg / kŷfŷ</p> <p>kg:yfkgf]bŷf]klxrfg / kŷfŷdf ; rŷ</p>	<p>kŷgg : jf:Yo ; Daŵl >Jobŷo ; fduI</p>			
!#	l; sf0{ dŷof°g / ; dŷkg	dŷof°sgsf] tl/sfsf] hfgsf/l	j : tut, laifout kŷg ugI/ p0/ lbg] tl/sf hfŷgŷg\	Cŷkŷ]l; sŷf]1fg ; lk ; Daŵl cŷkgf] lfdtf lgrf(ŷf ugŷg\	cŷkŷ]j]bŷz /fŷuf/df ugkg]sf d klt hfŷŷs jf ; rŷ xŷj				

1= klzlf0f ljw jf l; sf0{klqmf

tfndsf]ljifoa:tx;nf0{; xh / ; /n 9uaf6 kfej sf/L ?kn]aemfpgsf nflu klzlfyly;nf0{hlj;gt cgej / cgeit' xg] klzlf0f ljw / kls0f cjndag ug{kbf . klzlfyly{ cfkn] u/] l; s;f] l; sf0 ; fble; / pknawldhs xg]ub; . t; y{ (Learning by doing) sf]l; 4f;t cg; f/ x/\$ Is0fsnfkdf klzlfyly{; lqomtkj; ; xeful eP/ l; s;f]l; sf0n]pglx;sf]1fg; ; lk / wf/0fdf ; s/fds kl/jt; cf0{tfndsf]pb;zo tyf nlo xfl; n xg] xbf j;ljzs /fhuf/df hfg;sf nflu klyfgk]{cledvls/0f tfnddf lqdg ljw; cg; /0f ug; ; fble; / Joj xfl/s xg; .

S=I; dh]g (Simulation Method)

of]ljlwaf6 tfnd lbbfklzlfyly;nf0{jf:tljs sfo{yn; u dhvfg]vfnsf s[td jftfj/0f v8f u/] / sfo{ k0fnlsf]c0f; u/f0; . ; /If sjhx;sf]k0f; , 6kms al0x;sf] ; s; cg; f/ h]lq; ug]tl/sf h:tf ljifodf klzlf0f ug{of]ljw k0f; ug{; ls; . o; ljlwaf6 klzlf0f ubf{jf:tljs sfdsf]lznlnzndf cf0{kg{ ; Sg]; d:ofx; cjut ug]ljzn]0f ug{/ ; dfwgsf nflu pkoQm lj sMkx;sf]5gf;df ; xof; klb5 .

v= 5nkm ljw (Discussion Method)

JolQut jf ; dXut ?kdf sg]ljifo jf zliff;df ; xefulx;alrdf 5nkm jf c;tlqmf u/fpg'5nkm ljw xfl. of]ljw klzlfx;nf0{ tfndsf ljifoa:tdf Wbf s;]lt u/fp/ l; sf0{pknaw xfl; n ug{k0f; ul/; . klzlfns]; xefulx;n]u/\$f]5nkmnf0{; f; ; kls/0f ub;]gisif{lgsfn; . sg]d4f jf ljifo (Issue) nf0{lnP/ 6bf; klg of]ljw pkoQm dflg; .

u= kZgf0/ ljw (Question Answer Method)

l; sf0{slt pknawk0f{/x0f]egl klzlfnsf]tfndsf]jlrdf g]yxf kfgpsf]nflu of]ljw k0f; ug{kbf . klzlf0f e0{x0f klzlfns]ljr ljrdf klzlfyly;nf0{hfg of]ljw]k0f; ul/; . o; ljw;f6 l; sf0{ubf{ljifoa:tx;df :ki6 kfb;nfg ; lhnf]x; .

3= 36gf cllbog (Case Study)

j;ljzs /fhuf/df uPsf sdbf/sf ; kmntf c; kmntf jf ; lhnf ck7of/f kl/l:ytsf sf/0f 36;f ; Dk0f{36gfsf af/df kof;t hfgsf/l lb0; . j;ljzs /fhuf/df uP/ kmnsPsf sdbf/x;nf0{ k;0f pkl:yt u/fp/ jf kqklsfsf sl6Ex; kfj/kj f0;6df b;fP/ jf l; gdf jf c;0 ldl8ofaf6 k;flzt lehcn jf cl8cn :nf08sf] dflldaf6 klg o; k;f/sf]cllbog ljw ckgpg'fdl] / ; lhnf]x; . 36gdf pln]vt ; d:ofx;sf] ; dfwg s; /l ug{; ls; eg]s/fdf cf- ckmf ts; lb;5g\ o; /l ; d:ofs]h8 kQf nufpg]sfd ; xeful cfkn] ub;5g\ o; ljw;f6 klzlf0f ubf{; d:of;0;0f d4t ub; .

a= dl:t:s d0yg (Brain Storming)

sg]ljifo; :tsf jf/df sdbf/x;nf0{nuf; s'/fx; eg nufpg]/ pglx;n]eg;f s'/fx/ l6k; ub;h;f yk] abfx; tof/ x;5g\ . o; /l cPsf abf;sf] ; 'l agfP/ klzlfns]yk s'/ ; lxt lgr; lbg' kb; . h:t]ll j;ljzs /fhuf/df hfgk]{s]s]s'/fx; yxf kfgp' kb; < HIV/AIDS sg sg dflldaf6 ; g; ; Sb5 < h:tf kZg ug{; ls; . o; ljwaf/f laifosf jf/df klzlfyly;f] :t/ ; r;gf / 1fg cf;ng ug{; ls; .

r=>lob; k;g

j;ljzs/fhuf/ cledvls/0f tfnd; u ; Dalwt sltko ljifox; lehcn dflldaf6 b;fP/ l; sf0 ug{k;]vfnsf 5g\ h; nf0{c;0 ljw]dflldaf6 e;bf o; ljwaf6 ; lhn]/ ki6; u l; sfpg ; ls; . jldfg;yn; sfd ug] sDkg; /fhuf/btf b;sf]ef;h; ; f:s[ts jftfj/0f, dVo zx/x; , sfo{y;nsf lehcn 8sd;6; lknld, xj f0{ ofqsf lehcnx; b;fpg ; ls; . gkfn j;ljzs /fhuf/ cledvls/0f Joj ; fol dx; ; j;ljzs /fhuf/ kj4; af; , Nepal Institute For Development Studies (NIDS), c;t/1i6 >d; u7g, ljle; ; f/ dflldx; , ko;g; u ; Dalwt ; :yfsf 8sd;6; UNWomen h:tf lgsfox;f6 o:tf ; fdul ptkfbg tyf lj t/0f xg]u/\$]k0; .

5= k;g; (Demonstration)

; xefulx;nf0{ljifoa:t' ; Dalwt ljle; lraq, d;h, rf6{t:j/l/ cfib b;fP/ ul/g]klzlf0f k;g; ljw xfl. lraq, t:j/l/ jf d;h;f ul/g]l; sf0 kfej sf/L / bluf]x; . klzlfyly;n]of]j :t's:tf]x; eg]c8; n ug] dfq geP/ /df0nf] dfq] p;f;xf; ; fy k7gk7g ub;5g\ . lb0Psf ljifoa:tx; k9; / a;fng g; Sg] klzlfyly;alr lraq 5nkm ljw]k0f; kfej sf/L blvPsf; .

h= kjrg ljw (Lecturer Method)

laifoa:tsf]5f;Ldf hfgsf/l u/fp; jf :ki6 kfg{kjrg ljw (Lecture Method) pkoQm x; . 5f;f] ; dodf w;] ljifodf hfgsf/l lbg klzlfx;n]of]ljw k0f; ug]ub;5g\ tfndsf]kl/ro, cfjZostf / dxlj, P; sfg; / /fhuf/btf b;sf]/fhglts, cfly; , dflhs-; f:s[tf cj:yf, sfg; Joj:yf cfib h:tf laifodf klzlf0f k;f; ug{of]ljw pkoQm x; .

2= lzlf0f ; fdulx;

kjtt k7;0qdsf]pb;zo xfl; n ug{;0;td 86k; , g;as , d;f sf8;dfs; , Gohk;6, dfl:s^ 6k , lknk rf6; xj f06 af; >Jo b;0 ; fdul, Notj 6k, dnl ldl8of, gknsf]; h;wg, j;ljzs /fhuf/ P; , lgodfjnl, >d lgod, dfq clwsf/ ; Dalwt c;t/1i6 sfg; , kfj/ k0;6, c;f; x; k;h;6/ , dlb:y;sf] / Oh;tkdf;ofkq;fnfsf] eldsaf/df kq klqsfdf k;flzt slE, 6;:6as, cgej sf syfx; , lj1x;sf ljle; ; dodf k;fl; t n;lx; , s;glts lgor; / >d; xrf/Laf6 u/\$; ; xof]sf]kq klqsfdf k;flzt jf cg; Gwgd; cfwl/t 36gf cllbog,

/f/huf/bftf sDkglx; sf]leHoh kffkrf0n, /f/huf/bftf b7zsf]8sd006k >d P7y sfggsf Istfjx; , l8le8L Nk7/,
; l=8L jf l8lel8, k7 8#0e, ; fp08 l; i6d, cfjZos sfuhftx; sf]gd7f / ; *L, knllof; jf8{jf lk06, ; kmntf /
c; kmntfsf syfx; , l6=le=, 67gE Dofgcn, lS6 tyf lS6\Jofu cflb .

3= tfnd pknlAwsf]dNofsg

klzlfyyl{h}l; s7f 1fg, ; lk / xfl; n u/7sf]cfr/0fsf]ny/vhf/vf ug{kglx65 . l; sf0{k7fj sf/l / pknlAwdhs
eP gePsf]hfF ug7f nflu tfnd cjlw c; flb}5f7f]ePsf]sf/0f ; j}lj ifonf0{; d7g]u/l kl07 kf7af6
j:tut k7gx; tof/ ugI/ l7gnf0{k7gf0/ ljlw ckgfP/ tfndsf]c7odf dNofsg ug{kpoQm x65 .
cledvls/0f tfndsf]o; kf70qmd cg; f/ dNof]g ug7f]p27o klzlfyyl;nf0{; kmn / c; kmn ug7ge0{
l; sf07f]nlo Pj+p27o xfl; n eP gePsf]kQf nufPg'/ tfndnf0{u0f:t/lo tyf k7fj sf/l agfpg'xg7 .
o; /l dNofsg ubf{k7zlfyyl;sf]r}gf:t/df Wofg lb0{df]vs k7gaf/f dNofsg ug7; lsg7 .

j 0]zs /fhuf/ cledvls/of tfnld ; Da6wl gdfj k7gx2

koff{ M!))
pQloff{ M%)

gfd M =====kf; k7{ g+===== Jojr g+=====

qm; ==
lhNmf ===== uf-j; ; ===== j 8f g+=====

tfnld lbg]; :yf M=====

!= j 0]zs /fhuf/ cledvls/of tfnld eg\$]sxf]<

s= sfd; Da6wl ; lk lj sf; tfnld

v= cgej sf]cfbfgkbfj

u= oflotf ; Da6wl tfnld

√3= j 0]zs /fhuf/ ; Da6wl 5f6]cj lwsf]tfnld

@= j 0]zs /fhuf/df hfg]sfdbf/sf ; fydf xg)kg]sfuhftx? s\$]xg\<

s= /fxbgl, leiff / ; enf]fkq

v= cledvls/of tfnlds]kdf0fkq

u= d]8sn l/k7{ >d:jls[tkq / jldf √3=dflysf ; j}

#= jldfgdf ePsf]6]f0h6df /ft]aQl andf s]alem5 <

s= 6]f0h6df vfnl ePsf] √v= csf]df]g; 6]f0h6df ePsf]

u= ^n; cg ePsf] 3= l0ts}alQ an\$]

\$= sfdsf]l; nl; nfdl lj b7df d[o'ePdf j7 /f7 k7 af\$6]slt /fxt ; xofu pknAw u/fp65 <

s= ? krf; xhf/

v= ? Ps nfv

√ u= ? Ps nfv krf; xhf/ 3= ? k7F nfv

%= j 0]zs /fhuf/df hfg]sfdbf/n]s]ug{x6} <

s= /fhuf/bftf b7sf]lgod sfgg p]n3g ug{.

v= lgif]wt sfd ug{

u= x87fn ug{

√3= dflysf ; j}

^= j 0]zs /fhuf/df hfg]sfdbf/nf0{s]sf/0fn]tgfj xg ; Sb5 <

√s= kfl/j fl/s / cfly\$ sf/0fn]

v= k7f w7}sdfPsf]sf/0fn]

u= /fd]sfd kfPsf]sf/0fn]

3= ; do ; dodf 3/kf/j f/; 6 ; Dks{e0{xg]sf/0fn]

&= j 0]zs /fhuf/df hfg]sfdbf/sf]s]sf/0fn]b36gf xg; Sb5 <

s= sfdbf/sf]nfkj f{ln]

v= sDkgl]sdhf] Joj :yfkgf]sf/0fn]

u= ; 7lffsf ; fdg kofu gugf6] √ 3= dflysf ; j}

*= Pr= cf0{ el= ; g]dVo df]lbd s]xf]<

s= /ut

v= ofgl /;

u= jlo{

√3= dflysf ; j}

(= lj b7af6 ; 7lft tj/n]k}f s; /l k7fpg]<

s= x08l dfknt

v= ; fylef0 dfknt

√u= dlj 66; km/ sDkgl j f j \$ dfknt

3= PDj]l dfknt

!)= j 0]zs /fhuf/df uPsf]sfdbf/n]; d:of k/df klxf sxfF; Dks{/fVg' kb5 <

s= 3/kf/j f/df

√v= dgkfj / sDkgl / Ph]6; 4

u= c6o ; xofu]l lgsfox?df

3= dflysf ; a}

*= kf7oqndsf ; ldfx2

dfly p]n]vt lj ifoj :tx2sf lgDg ; ldfx2 /x\$7 5g .

*= 5f6f] ; dofj lw leq w}] s'fx;sf] hfgsf/l lb0{ tfnld k6fg ug{ kg[ePsfh] o; leq ; dfj z ePsf lj ifonf0{; do; 6 tfndh ul/Psf]5 .
 *@ of]lj ifoj :tsf]l; sf0df nilft >Jobz0; u}j 6]zs /fhuf/df hfg]JolQmsf]lzlff / j'emf0 :t/ cg; f/ ; r'gf / hfgsf/l dhs agf0Psf]5 .

; Gbe{; fdfull

- gkfnsf]j 6]zs /fhuf/ P6 tyf lgodfj nl @)^\$; zfvlg ; lxt
- gkfn j 6]zs/fhuf/ lb6bz6 @)^)
- cledvls/of tfnld kf70qmd @)^^
- j 6]zs /fhuf/ kj 46 af84f/f k\$flzt ah]6gx;
- lkkh km7d4f/f lale6g ; dodf k\$flzt k':tsx;
- lale6g la1x; ; 6sf c6tlqmf tyf uf]7laf6 kkt ; emj x;
- j 6]zs /fhuf/ lj 1x; , a6]zs /fhuf/laf6 km]sf JolQm;sf ; emj x; tyf lale6g n]x;
- NIDS 4f/f k\$flzt k':tsx;
- UNWOMEN tyf ILO af/f k\$flzt ah]6gx;
- lkmlk6; , >lnsf tyf aunfbzsf]cledvls/of tfnld kf70qmd
- vf8l dhsx; / dn]; ofsf]>d P6 Pj +; ; 6 ; Dal6wt s]t k]j wfgx;
- gkfn j 6]zs /fhuf/ cledvls/of Joj ; fol dxf; 3 (FEONA) af6 tof/ ul/Psf]kf70qmd d:of6f @)^(

kf70qmd lgdf]sf nflu ; ft ; sng ug{ckgf0Psf]lj lw

- c]lbog, cg; 6wfg tyf vfh]j lw
- tYofs ; sng lj lw
- c6tj ftf{l] lw
- 5nkml tyf c6tlqmf lj lw
- kZgf0/ lj lw
- cj n]sg lj lw
- :ynut lg/lifof tyf cgludg lj lw