

# वातावरण र स्वस्थताकालागि कौशी तरकारी खेती



नेपाल सरकार  
कृषि विकास मन्त्रालय  
कृषि विभाग  
तरकारी विकास निर्देशनालय  
खुमलटार, ललितपुर



प्रकाशक

नेपाल सरकार

कृषि विकास मन्त्रालय

कृषि विभाग

तरकारी विकास निर्देशनालय

खुमलटार, ललितपुर, फोन नं.: ५५२३७०१

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प्रकाशन क्रम

२-२०६९/२०७०

प्रकाशन मिति

असार २०७०

प्रकाशन संख्या

१००० प्रति

लेखन तथा सम्पादन

डा. गजेन्द्रसेन निरौला

श्री अनिलकुमार आचार्य

श्री वासुदेव सुवेदी

# jftfj/0f / :j:ytfstfnflu sf}l t/sf/l v}l

kl/ro

sf}l t/sf/l v}l efgfn]udnf, sf7sf]afs; jf knfli6ssf y}hfx?df plrt dfqdf df6f]/ dn e/ 5fgf, a/68f, sf}l / 3/sf c6o :yfgdf t/sf/l v}l ul/g]k2lt xf]. of]tl/sf t/sf/l v}l ug]hldg gePsf t/ 9nfg ul/Psf 5fgf, a/08f tyf sf}l ePsf zx/af; lx?sf]nflu clt pkoftl tl/sf xf]. sf}l t/sf/l v}l ubf{ljz}f Wofg kfofP/ e06f, v; fgl, l; dl, af8l, ufhe8f, e8y; fgl, :jl; rf8{tyf /fof]h:tf Ps}af8af6 nfd]; do; Dd km jf kft l6k7 pkeftl ug{; lsg]t/sf/l v}l ug{nfebfof x65 . To:t}u/l sfpl, a6bf, af8fpl, ufn/, dhf h:tf t/sf/l klq udnf, knfli6s y}h jf sf7sf] s}l 7hf afs; df v}l ug{; ls65 . xfn cfp/ ; f/sf 7hf tyf ; fgf ; x/x?df of]sf}l v}l klj lw lgs}nf8lkp x6}u0/x8f]5 .



5tsf]l8ndf t/sf/l



5tdf t/sf/l v}l

## sf}l t/sf/l v}lsf knf0bfx?

lj?jfn]xfjfaf6 sfj88f0cS; f08 ln65 / clS; hg ptkfbg u/ jftfj/0fdf -xfjfdf\_ 5f]8lb65 h; n]ubf{xfjfsf] kplf0fnf0{Golgs/0f u/l xfjfsf]u0f:t/ a[4 u/fp65 . h; sf]sf/0faf6 cfbtf a9y hf65 / jfiks/0f 36b5 . o; sf] ; fy}sf]ldf nufOPsf]ljle6g lj?jfsf sf/0f r/f tyf c6o hlj cfsif8f x65g\ eg]lj?jfn]jftfj/0fdf ptk6g Wjglnf0{; d} ln65 h; n]ubf{jfo' kplf0fsf ; fy}Wjgl kplf0fnf0{; d} Golgs/0f ub5 . jiff8sf]kfgl tyf 3/df v}hfg]

kfglnf0{t/sf/l v}ldf kofu ubf{9ndf k7fpg]kfglsf]rfk klq sd x6 hf65 . o;sf cnfjf cfm8}3/df ptkfbt :j:y ptkfbg vbf ahf/sf]ljle6g /; fogoQm t/sf/l vfgkg]afllotf x6y hf65 .

zx/l sf}l t/sf/l v}lsf]knf0bf cfly\$, ; fdlhs / jftfj/0flo lx; fjn]lgs} a9l blv65 . pbfx/0fsf]hflu zx/nf0{xl/ofnl agfpg] kplf0f sd ug] jftfj/0fsf]cfbtf a9fpg] tfkqmd 36fpg]/ zx/l pkeftl/sf]t/sf/lsf]dfu k/f ug8f]; fy}t/sf/lsf]cfoftsf]kl/df0f ; d} sd xg hf65 . klolf tyf cklolf?kdf sf}l t/sf/l v}l ubf{xg]knf0bfx?M

- cf^gf]k/lj f/sf]0R5f / cfjZostf cg'f/sf ljle6g t/sf/lx? cf'g} 3/sf]5t, sf]ldf ptkfbg ug{; ls65 .
- cfm8}3/df ptkfbg xg]t/sf/l tthf, :jR5, ; knf / lj sf/ /lxt xg8f ; f}t/sf/l vl/bsf]hflu xg]blgs cfly\$ vr{tyf ; do art xg hf65 .
- 3/ jl/kl/sf]xl/of]jftfj/0fn]dfgj :j:yf]hflu rfxg]clt cfjZos tTj cS; lhgsf]dfqf a9fpg / sfa8 8f0cS; f08sf]dfqf 36fpg d2t ub5 .
- ;fgf]xf] \jf 7hf] x/8 3/ xl/ofnl/sf] sf/0f cfsif\$, ; 6b/ tyf dNojfg blv65 .
- af8 lj?jfsf]sf/0f 3/leq tyf aflx/sf]tfkqmd slx 36y]-udl6fddf\_ / slx a9y]-708lofddf\_ e0{klf/j fl/s a; f0{; /n x65 .
- laxfg tyf a}h8fsf] knf 8sf] ; dodf 3/sf ; b:ox?af6 /yby tyf :ofxf/ ; Def/ xg]x6f zfl//ls cEof; sf ; fy}/df0nf8f]cgej x65 .

## t/sf/lafnl / ltgdf kf0g]kflj6s tTjx?

Pshgf jo:s dflg; nf0{ :j:Yo /xg / z/l/sf] kflj6s cfjZostf k/f ug{ blgs eflhgdf !@% ufd xl/of]; fukft, \*% ufd h/]tyf sgbdh t/sf/l, \*% ufd kmn t/sf/l / #) ufd u8fu8l vfgkb5 . t; y{; fxl cg'f/ hDdf #@% ufd klT JoIQm klT lbg t/sf/lsf]cfjZostf kl/kl't{ug{t/sf/l afnl/sf]5gf8 / sf}l, 5t tyf a/08fsf]v}l ofhgf agf0{ljle6g t/sf/l ptkfbg ug8b5 . t/sf/l afnl / ltgdf kf0g]kflj6s tTj lgDg adfl]hd lbOPsf]5M



qm; =	t/sf/l afnlx?	kñ6s tñj
!	xl/of]; fu; Jhl, sl/nf] s7fp, af8l, l; dl, ðof7sf]l, k/j n, n; g, km, l{ asNnf, km t/sf/l*	kñ6g
@	ufñ/, ay] ssñf] /fof] dhfsf]kft, kfnEñ] af8l, ðof7sf]l, nš] :j l; rf8{	le6fldg P
#	ufñe8f, e66f, a6bf, sfpn, dhf, ; nud, nf8f, n; g, ssñf] kofh, kfnEñ]	le6fldg j l
\$	ufñe8f, v', fgl, af8f, sfpn, ðof7sf]l, a6bf, wlgofFxl/of] t/sf/l	le6fldg ; l
%	dyl, wlgofFkfnEñ] /fof] knfk/sf]; fu, xl/of] t/sf/l, km t/sf/l*	kmfd tñj
^	sl/nf] wlgofFssñf] km, l8f]d66f, ðof7sf]l, t/ahf, l; dl, klbgf, dhkft, /fdtñ/of	Sofñ; od tñj
&	k/j n, km, l{ asNnf, ufñ/, nš] s7fp, km t/sf/l*	kñj kñf]; tñj

\* e06f, ufñe8f, e8f, fgl, v', fgl, /fdtñ/of

## sf}l vñl ubf{wbfqbg'kg]s/ix?

- vñl ul/g]7fpF5t, sf}l, a/08f j f c6o lgdf{f:ynn]s]slt tñ yñg ; Sb5 ; f]sf]lj rf/ u/] dfq vñl ofñhgf agfpg'kb5 .
- vñl ul/g]7fpFpknAw ef8f j f ; Argf cflbsf]cfwf/df t/sf/l afnl]sf] 5gñ ugkb5 .
- 3/ kl/; / afx}dlxgf xl/ofnl /xg]/ wñ]; do; ðd pTkfbg lng]p27o /fvl ofñhgf agfpgkb5 .
- 3/sf]a/08fdf e6bf 5tdf xjf÷x/lsf]rfk a9l xg]x8f, afnl nufp8f u8{/ñ; -5tsf]kvfñ\_ e6bfleq nuf0{ 68f lb0{lj ?j f afñg'kb5 .

- 3/sf]; tx j f a/08fsf8bf 5tsf]tfkqmd a9l xg]/ a9l xjf f rñg]x8f lg/t/ afnl lngsfñflu vñl ul/g]:yfgdf lr:ofg sfod /Vgkb5 .
- cfsf; ]kglaf6 5tdf nuf0Psf t/sf/l afnlx?nf0{arfpgsfñflu vñg / a6b ug{ldñg]vfnsf]kñfl:6ssf]uðah agfpg' /fdñ]x65 .

## sf}l t/sf/l vñl ug{; lsg]:yfgx;

### 5t

3/sf] 5t t/sf/l vñl]sfñflu kñf] ug{; lsg5 . 3/n] yñg ; Sg] tñnf0{ wbfqdf /fvl vñnf 5tdf df6f] j f c6o la?j f xsfpg ; lsg] kbfx; (Medium) /fvl vñl ug{; lsg5 . 5tdf vñl ubf{vñl ul/g] t/sf/l afnl, lgsfzsf]k6w, ; 88f]k8fz cflb s'fdf wbfq lbgkb5 . 5tdf t/sf/l /ñg df6f] /Vg' e6bf klxn] 5tsf] 9nfgdf l; lng / l; dñ6sf] kñ6 cyj f 8fS6/ lkn8; l6n]kñ6 u/ðf 9nfg lj ug]/ sf]fdf lr; f]cfpg]; d:of /x6g .



5tdf ul/Psf t/sf/l vñl

## sf/l

kSsl 3/df 3/ cg'f/ lgsflnPsf sf}lx (Balcony)df pkoQm cfsf/sf efBf, udnf, kld, afs; tyf cGo ; Argf /fvl t/sf/l vjl ug{; lsG5 . cf'gf/ 3/df pknAw efBf, udnf, kld, afs; tyf cGo ; Argf n0{sf}lsf] lfgkmdf efBfsf] cfsf/ ksf/ ldn] u/L ldnfP/ efBf cg'f/ ; xfpBf] t/sf/lafnl nufpgkb5 . olb efBfx 5gg\eg] h:t] cfsf/ ksf/sf ; Argf agfP klG xG5 t/ la?jfsf]flu rfxg]sl/a @)-#) ; jdl= Jof; / #-)\$% ; jdl= ulx/f0{ prf0{ x/3 ; Argdf /vGkb5 .

## a/08f tyf cGo ; fdufx?

kSsl 3/sf]5t / sf}l afx\$ vjl ug{; lsg]csf]efu a/08f xf]. j/08fsf] lfgkmdf cg'f/sf efBf, afs; , udnf, kld tyf cGo ; Argdf ldnfP/ /fvl sf}ldf h:t}t/sf/l vjl ug{; lsG5 .



a/08f tyf kldf t/sf/l



sf7sf]6]ndf t/sf/l vjl



afBldf ljleG ; Argdf t/sf/l



3/df ePsf cGo ; fdufx? h:t}kfgl 6df]lsf]:6df08, sf}lsf]cyjf a/08fsf] /jE, 8f] 6fEg] kfj, 3/sf] kvfh cflbdf klG la?jfx 5gg\eg] r9fP/ vjl ug{ ; lsG5 . o:tf lgdf]fx?df nx/f hfg]vfnsf t/sf/l afnl n0{udnf jf afs; df pdf/L afnl sf]nx/f To:tf lgdf]fdf r9f0{vjl u/L ptkfbg lng ; lsG5 .

## ; km sf}l t/sf/l vjlsf klfx?

### t/sf/l afnl sf]5gf

kSsl 3/sf]5tdf df6f]jf cGo dflbd jf ; fdufx /fvl vjl ul/g]xBf nfd]h/f ghfg] 7hf] ?v gxg] / wj}xfBf-laEf gkmg]lsf; dsf afnlx? 5fGg' kb5 . 5tsf] ; txdf #-)\$% ; jdl= prf0{xb]u/L xnbf df6f]jf cGo dflbd /fvl ; tx ldnf0{skl5, sxfsxfFs]s]afnl nufpg]eg] /yflg÷of]hgf agfpg' kb5 . udnf jf cGo ; Argdf t/sf/l nufpg]x]eg]nfd]h/f ghfg] l7Ssf] afB xg] / s]l xBflawf kmg]vfnsf ufneBf, eBf; fgl, e06f tyf cGo nx/ t/sf/l nufpgkb5 . 3/sf] sg}klG efudf t/sf/l afnl nufP To; df pknAw xg]kf]6s kbfyf0{lj rf/ u/L nufpgkb5 .

### kfgl lgsf; sf]k\$z

klph; f]kSsl 3/x?sf 5t lgdf] ubf{u8{/l; -5tsf]rf/}lt/ 5]pdf nufPsf] klSs af/÷kvfh /fv] lgdf] ul/G5 . o:tf lgdf]n] kfgl alg glb0{5tdf kfgl h0df xg] / t/sf/l afnl laug]xg ; Sb5 . t; y{cfsf; jkfglsf]/fd] E lgsf; ug{u8{/l; jf kvfh agfP k: t dfqdf kfgl hfg]kfj fn /vG' kb5 . To:t}t/sf/l vjlsf]flu kofu ul/g]; Argfsf]lkwdf kz:t kfj / ; s]lkw cln le/fnf]kfgkb5 .

### ; 06f]k\$z

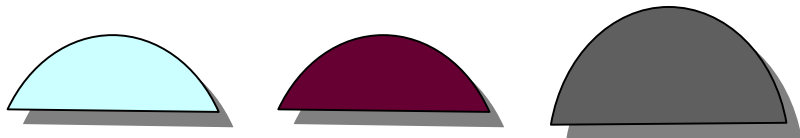
la?j /fd] E a9g, x\$G / /fd]ptkfbg lbg ; 06f]k\$z clt cfj Zos kb5 . t; y{3/sf]5t jf sf}ldf vjl ug{06f klxf cf'gf/ 3/ sg dfx8df 5, cf'gf/ 3/sf]5t jf sf}ldf j/kl/sf 3/x?sf]kfj s:t] 5 ; f]sf]lgSof] ugkb5 . lbgel/ 3/sf]5t jf sf}ldf ; 06f]k\$z kgkb5 . wj}/ u0f:t/oQm t/sf/l ptkfbgsfnflu blf0f dfx8f ePsf]3/sf]5t, sf}l pkoQm df]lg5 . blf0f dfx8f ePsf]3/sf]5t, sf}l jf a/08f 5g eg]a9l ; do ; 06f]k\$z

cf0/xg]efu v]lsf]nflu 5f6g'kb5 . cf'gf]3/ j l/kl/sf c? ; a}3/x? clnf  
5gV cf'gf]3/sf]k/}5t jf sf]l cf'gmndf kb5 eg]to:tf]5t jf sf]l jf  
a/08fdf sg]klg t/sf/l v]l ug{x5g . ; fwf/0ftof cf'gf l5d\$lx?sf]3/ Ps}  
prf0\$5 5gV c?sf]3/sf]c; / cf'gf]3/df kb5 eg]; km sf]l v]l ug{  
; ls65 .

### cfjZos ; fdu]k;

sf]l, 5t tyf j/08fdf t/sf/l v]l ubf{cfjZos kg]; fdu]k; df6f]jf  
df6f\$] ?kdf kofu xg] c6o dflbd, dnvfb, kfgl, lj?jf / kofu ul/g]  
; Argfsf] cfsf/ ksf/ xf]. t; y{ ol ; fdu]k?sf] Joj:yf / kofudf Wofg  
k'ofp6' kb5 .

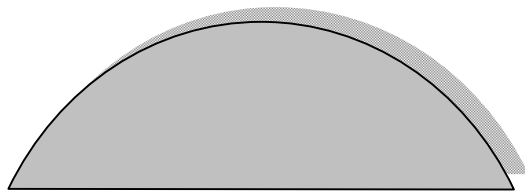
**df6f]dflbdM** sf]l, 5t, a/08fdf v]l ubf{kofu xg] df6f] xn\$ / vshf]  
xgkb5 . v]lsf]nflu df6f]-b0{efu\_ afn]f -Ps efu\_ / sDkf]6 dn -Ps  
efu\_sf] ld>0f agf0{ kofu ugkb5 . ld>0f tof/ ubf{ df6f] afn]f /  
ufp/-sDkf]6 dnnf0{/fd]; G whf] / dl; gf] agf0{ dfqf cg' f/ Ps} 7fp6f  
ld; fpg' kb5 . o; /l tof/ ul/Psf] df6f\$] ld>0f 5tdf v]l ug{jf udnf,  
afs; jf c6o ; Argfdf e/l v]l ug{kofu ugkb5 . df6f\$] kl=Pr=  
; fwf/0ftof ^-& ; a}t/sf/l jfnlsfnflu pkoQm x65 . o; kl=Pr= dfqdf  
df6f]df kf0g]klom; a)k\$ /sf vfBt]j la?j fn]; lhn]lng ; Sb5 .



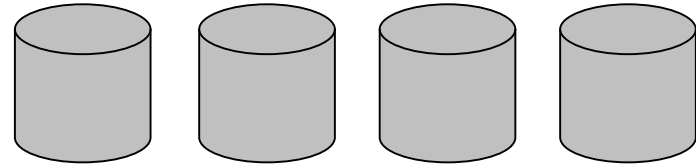
afn]f -Ps efu\_

sDkf]6 dn -Ps efu\_

df6f]-b0{efu\_



; a}ld; f0Psf]ld>0f



udnfdf ld>0f eg]

lasl; t dh\$df knf06 (Perlite), u8fh]df6f](Vermiculite), kl6df] (Peat  
Moss), gl/j nsf]h6f (Cocopit), r6\$fgsf]whf](rock wood/pad), %ofp  
(Moss) cflbnf0{ t/sf/l /f]g] dflbdsf] ?kdf kofu u/l sf]ldf v]l ug]  
ul/65 .

**v]l ul/g]ef8fx?** v]lsf]nflu ljleG cfsf/ ksf/sf ; Argfx? kofu ug{  
; ls65 . 8d, 6lg, h6sf af]f, afFs] 8f\$] 8fnl, afs; , knfl:6ssf ynf,  
afN6l udnf, sf7sf 6}jf c6o sg]; fdu]k h; sf]rf8f0{-Aof; \_ sl/a @)-#)  
; }dl= / prf0{-ulx/f0{ sl/a #)-\$% ; }dl= xg'clt cfjZos 5 .



ljleG ; Argf / t/sf/l afnlx?



**kfglM**sf}l tyf a/08fdf ul/g]t/sf/l v}ldf udnf, hbsf]af]f, afs; , l6g, 8d, 8f\$ , 8fnf] afF cflb kofu ul/g] xbf kmf/f jf kf0kaf6 l; #f0 ug{ pkoQm xG5 eg]5t jf sf7sf nfdf nfdf 6bf ul/g]v}ldf ;/n / ;lhnf] tl/sf ykf l; #f0 xf]. ljeG cfsf/ ksf/sf efBf kofu ubf{lgsf; sfhflu tn lkWdf cfjZostf cg'f/ kfjn kfg{kbf . 5tdf ul/g]ykf l; #f0df kfglsf] ldtJolotf xg]bf lgsf; sf] lolt ; d:of kbq t/ cfsf; ] kfglaf6 afnlfn0{arfpq, xf]f 8d<sup>a</sup> agf0{lar lardf ; -; fgg sh]f agfpg' kbq .

### **sf}ldf t/sf/l afnlsl]oj:yfkq**

5tdf v}l ul/g]afnl / udnf jf sg}cfsf/ ksf/sf efBfdf v}l ul/g]afnl km/s km/s : jefj sf xg]xbf afnlsl]5gfq dxiJ kOf{xG5 . 5bf]/ dfly g}h/f km]ng] t/sf/lx? h:t] sfpnL aGbf, /fof] knE]f rD; /, kofh, n; g, wlgofF cflb 5tdf v}l ug{kbf eg] nfdf] h/f xg] ufheBf, e06f, eB} v' fgl, /fdtfl/of, sfEfm, km; {l; dl, afB}l cflb afnlx? udnf jf cG6 ; Argf jf hbsf] af]fdf v}l ug{kbf .



sf}ldf nuf0Psf t/sf/l afnlx?

**jgf{tof/l tyf /fMjlpaf6** ; fMj v}l ul/g] t/sf/l afnlx? rD; /, knE]f dhf, ufH/, dyl, jslnf, s]fp, jfB}l cflb jfx\$ s}l jfnlx? h:t}ufheBf, e06f, v' fgl, jGbf, sfpnL, UofFsf]l, kofh 0tofbnf0{df6f] sf7 jf 6lgsf]6bf jlp /fkl jgf{tof/ ug{kbf . jlpnf0{\$-% ; f6ld6/sf]b/l df sl/j ! ; j d= ulx/f]nf0g kf/l Psgf; n]/fkg5{ . jlp 5/l; skl5 /fd] # ; kmf k/fn jf 5}fnln] 9fsl xNsf tl/sf ckgf0{kmf/faf6 kfgl=; #f0{lbq' kbq . jiff{sf] ; dodf / dWb lxpBdf la? jfnf0{ hfufpGsfhflu cfjZostfg'f/ knfi6sn] 9fsg' kbq . jgf{xn\$S j9fpg Ps ln6/ kfgldf @) ufdsf]b/n] ol/of dn 3fhl l; #f0{ug{kbf . o; /l jgf{x? #- \$ xktfd ; fggfnflu tof/ xG5g\

nx/] ; dxsf t/sf/l jfnlx? h:t} km; L{ sfEfm] ltt\$/hf, n\$ , l3/fhf, lrlr08sf]lj? jfnf0{knfi6s Jofudf pdfg{kbf . df6f]-b0{efu\_ afnjf -Ps efu\_ / sDkf]6 dn -Ps efu\_ sf]ld>0f agf0{\$ 0f r rBf / ^ 0f r nDaf0{ ePsf]knfi6s Aofudf e/l x/\$ Jofudf @-@ j6f jlp /fkg' kbq . ld>0f tof/ ubf{df6f] afnjf / ufq/-sDkf]6 dnnf0{/fd] E whf]/ dl; gf] agf0{dfqf cg'f/ Ps}7fpBf ld; f0{knfi6s Aofu eg{kbf . jlp /fkl5 whf]sDkf]6 jf afnjfn]jlp 5fkg' kbq . Aofusf]df6bf lr:ofg e}fVg' kbq t/ kfgl hDg lbq' xBq . lgsf; sfhflu knfi6s Aofusf] kmBdf \*-!) j6f kfjn kfg{kbf . jgf{ pdk15 ! j6f agf{dfq /fVg' kbq . jgf{; fgg13 lj? jf /fkg]udnf jf ; Argdf Jofusf]df6f0{tyf prf0{j dflhdsf]vfn8f] agf0{Aofusf]5paf6 la:tf/}rSsh] sf6l knfi6s x6fpg]/ df6f]; lxt jgf{pQm vfn8f]f; fgg{kbf . sf]lsf]cfsf/ ; fgg]5 tyf yf}]lj? jf eP kU5 eg]e/kbf]; f] jf g; {laf6 cfkmh0{rflxg] lj? jf lsg] Nof0{v}l ug{; lG5 .

**la?jfsf]sf65f tyf :ofxf/ ; ef/M**; fgg]xf] yf 7hf]x/\$ 3/x? t/sf/lafnlsl] xl/ofnl sf/of cfsif\$, ; Gb/ tyf dNojfg blvG5g\ . o:t]cj :yfnf0{ ; bf lhjGt /fVg sf]lsf x/\$ lj? jfnf0{ sf65f u/l cfsf]s agfpg' kbq . ; fw/oftof sf}ldf /x\$ lfj? jfsf] ; s\$ , /fV nfu\$, effrPsf tyf cG6 cgfjZos xfE=-kftx? x6f0{:ofxf/ ; ef/ ug{kbf . 6sf lbqkg]afqx? h:t} ufheBf, l; dl, afB}l, s/hfsf]afnf0{6sfdf afM lj? jf a9g lbqkbq .

**dnvfbMj**lj? jf /fkg df6f\$]ld>0f tof/ ul/; skl5 kl't ! ) lsnf]ld>0fdf !%- @) ufd l8-P=kl= / !)-!% ufd Do/LP6 ckm kfBf; /fd/l ld; fpg' kbq . df6bf

a:g] sL/fx?af6 lj?jfnf0{ hfufpg kl't ! ) lsnf] ld>0fdf !)-@) ufd dnflyog whf]ld;fpg ;ls65 . /;folgs dn afx\$ kl'El/s dn dfq kofu u/l vjl ug{klg ;ls65 . kl'El/s dnf]kdf ahf/df af\$;L, em/kftsf] sDkf]6, uf04:t\$] dn, u8dfnf dn, xf8sf] whf] /utsf] whf] lkgf cflb kf065g\ lj?jfsf]cfjZostf cg;f/ -w}]dn rflxg]/ sd dn rflxg]afnl / v]lsf nflu kofu xg]; Argfsf]cfwf/df ;/b/ kl't af0 uf]/ jf sDkf]6 !-@ lsnf] af\$;L %)!) ufd, lkgf @)-#) ufd, xf8sf]whf]@)-#) ufd, v/fgl @)-@% ufd / ld6 ldn @)-#) ufd /lvf pkoQmx65 .

Pp6}df6df nufft/ vjl ul//x6 df6df /x\$]kl'El/s kbfsf]dfqf 36g hf0xgfn]df6df kl'El/s kbfsf]j9p6 kl'0\$ jfnl nufp6 kfz:t dfqdf kl'El/s kbfsf]ykg]ug{k65 .

**dn agfpg]tl/sM** 3/sf]ef6;faf6 blgs lg:sg]kmf/ h:t}cfnf]afqnf, t/sf/L shfPsf]kmf/, af6L /x\$]vfgf, cf6g uf0dih u/\$] em/kft cflbnf0{ h0df u/L ; -;fgf]6qnf kf/L vf8n jf 8ddf /fvL skfP/ dn agfpg ;ls65 . rf8}unfpg / dnnf0{k/}ksfpg 0\$ Pd= emf]sf]kofu ug{;ls65 . o;/L tof/ ePsf]dnnf0{udnf jf 5tdf nuf0Psf t/sf/L afnlx?df /fd] vfBtj sf]?kdf kofu ug{k65 .

**sif cfhf/ tyf cfjZos ; fduM**sf]L t/sf/L vjl ub{ljle6g kof]hgsfnflu ljle6g sif cfhf/x? cfjZos kb5g\ sf65f6sf]hflu l; s;/; km l6kg]s]L ; uf0dih ug{s6]sf6]s6]6\$fbg afF jf c6o sf7sf n7Xlx?; af6]8f]L; l;rf06f nflu xhf/L/kmf/f / kl'hylg kf0k -cfwf 0-rsf] cflb h:tf ; fduMx? cfjZos kb5 .

**5t jf sf7sf 6df df6]e/ vjl ul/g]tl/sM**lj?jf /f]g sg}; Argf kofu gu/L vlnf jf uDah kofu ug{ldNg]:yfg 5 eg]cfjZos cfsf/sf sf7 jf l6g jf l; d]6sf ; Argfx?df lale6g lg0g tlnsf cg;f/sf t/sf/Lx? v]t ug{ ;ls65 .

qm; =	t/sf/L afnl	df6\$] ulx/f0{ -; }dl=	af0 af0sf] b/L -; }dl=	afnl nufpg]; do	
				kxf8L zx/	t/f06f zx/
!	/fof]	#)-\$)	#)-\$%	efb+df /	c; f]h-df /
@	kfnE]	@)-#)	!%-@)	efb+df3	efb+df /
#	kofh kft	@)-#)	!)-!%	c; f]h-sflt\$	c; f]h-kfj
\$	n; g kft	@)-#)	!)-!%	c; f]h-sflt\$	c; f]h-sflt\$
%	:jl; rf8{	#)-\$)	#)-\$%	afx}dlxgf	
^	rD; /	@)-#)	!%-@)	efb+c; f]h	c; f]h-df /
&	n0;	#)-\$)	#)-\$%	; fpg-sflt\$	efb+c; f]h
*	lvfPsf]L	#)-\$)	#)-\$%	; fpg-efb	efb+c; f]h
(	; h]L	#)-\$)	#)-\$%	; fpg-sflt\$	efb+c; f]h
!)	5dfkl	@)-#)	!)-!%	c; f]h-sflt\$	c; f]h-kfj
!!	wlgofF	@)-#)	%-!)	efb+c; f]h	c; f]h-df /
!@	ufh/÷ dhf	#)-\$)	!)-!%	efb+df /	c; f]h-sflt\$

afnl nufpg]; do 3/ kl/; /sf]jftfj/0f cg;f/ t]f]sPsf]; doe6bf km/s ; dodf klg dflp pln]vt afnlx? nufpg ;ls65 .

**udnf jf lale6g ; Argdf df6]e/ vjl ul/g]t/sf/Lx?M**sf]L v]lsf]hflu lale6g k\$fsf ef8f jf ; Argfx? kofu u/L sf]L÷a/08f÷c6o :yfgx?df /fv] lale6g t/sf/Lx? vjl ug{;ls65 .

qm; ;	t/sf/l afnl	v]l ug[s] nflu 3/sf] pkoQmefu	; Argfx?df xg'kg]		afnl nufpg]; do	
			ulx/f0{ -; }dl=	rff0{ -; }dl=	kxf8L zx/x?df	t/f0{ zx/x?df
!	sf pnl	sf]l / a/08f	#)-\$)	@)-#)	>fj 0f-efb	efb c; fh
@	a6bf	sf]l / a/08f	#)-\$)	@)-#)	>fj 0f-efb	efb c; fh
#	a]sf pnl	sf]l / a/08f	#)-\$)	@)-#)	>fj 0f-efb	efb-c; fh
\$	:Sjf; km l{	sf]l / a/08f	\$)-\$%	#)-\$)	knfug-rq	df3-h]
%	kl/f]v'; fgL	sf]l / a/08f	\$)-\$%	#)	df3-knfug	efb c; fh
^	e\$]v'; fgL	sf]l / a/08f	\$)-\$%	#)-\$)	df3-knfug	efb c; fh
&	ufhe\$	sf]l / a/08f	\$)-\$%	#)-\$)	df3-knfug	efb c; fh
*	e06f	sf]l / a/08f	\$)-\$%	#)-\$)	df3-knfug	efb c; fh
(	/fd t]/lof	sf]l / a/08f	\$)-\$%	#)-\$)	knfug- c; f/	df3-c; f/
!)	s]fp	sf]l / a/08f	#)-\$)	@)-#)	efb c; fh	c; fh- sfl t\$
!!	af\$	/hLE, 8f]L, kfjh	#)-\$)	#)-\$)	knfug-rq	efb c; fh
!@	; ldl -nx/]	/hLE, 8f]L, kfjh	#)-\$)	#)-\$)	df3-knfug	efb-c; fh
!#	; ldl -emE]	sf]l / a/08f	#)-\$)	#)-\$)	>fj 0f-efb	efb c; fh
!\$	s]fm, s]/hf, nf\$;f, l3/fhf	/hLE, 8f]L, kfjh, kvf	\$)-\$%	\$)-\$%	knfug-rq	df3-h]

afnl nufpg]; do lb0Psf]; do]j lw leq hft cg; f/ km's kgf \$5 . :Sjf; km l{/ sf]mf  
yf]}af\$; Wof ePdf k/fu ; jg sd e0{km sd nflu]xg ; \$b5 t; y{knh knh]k]5 lj xfg  
efn]knhn]kfyl knhdf k/fu ; jg u/fPdf km a9l nflu]xg5 .

sf]l af/lsf]cfsf/Msf]laf/ldf sg t/sf/l slt nufpg]/ slt ptkfbg lng]  
e6g]s/f cfkm]f]kl/jf/ ; Wofdf e/ kb5 t; y{; f]l cg; f/sf]of]hgf agf0{  
jlp, agf{/ c6o ; fdfull kpfu ugkb5 h; n] ubf{ 0R5f cg; f/sf] t/sf/l  
cfjZostf cg; f/sf]kl/df0df ptkfbg ug{; ls65 . ; fw/0ftof Pp6f \$-%  
hgf; Ddsf]kl/jf/nf0{\$)-%} j6f udnf eP k05 . To:t}c6o ; Argfx?df /  
@%#) au{ld6/ lfqkm a/fa/sf]5t cyjf sf7sf]6\$]cfjZos kb5 . o:t]f]  
cfsf/sf]sf]lsf]ptkfbgn]kl/jf/sf]cfjZostfsf]7h}cz cfu6b5 . Pp6f  
sf]l af/ls] cfsf/sf]gdgf o; k\$;f/sf]xg ; \$b5 .

qm; =	t/sf/l	af\$ ; Wof	ptkfbg÷j f\$ ls=uf=	HfDdf ptkfbg ls=uf=	nufpg] lfqkm a-dl÷ udnf ; Wof	klxnf] afnl k]t xg]; do -lbq
!	ufhe\$	!)	#	#)	!) udnf	*)-(
@	e06f	%	@	!)	% udnf	*)-(
#	kl/f]v'; fgL	%	!	%	% udnf	&%-*)
\$	e\$]v'; fgL	!)	!-%	!%	!) udnf	&%-*)
%	l;j ; rf8{	@)	!	@)	@ a-dl	#)-\$)
^	/fof]	@)	!	@)	@ a-dl	#)-\$)
&	s]fm	@	^	!@	@ udnf	^)-&
*	l3/fhf	@	^	!@	@ udnf	&%-*)
(	nf\$	@	^	!@	@ udnf	&%-*)
!)	l t t \$/hf	@	\$	*	@ udnf	&%-*)
!!	sf pnl	@)	!	@)	@) udnf	*)-(
!@	a6bf	!)	!	!)	!) udnf	*)-(
!#	a]sf pnl	!)	)-%	%	@) udnf	*)-(



qm; =	t/sf/l	af; Wof	pTkbfg-j f; ls-ul	Hfddf pTkbfg ls-ul	nufpg] lfgkm a-dl÷ udnf ; Wof	klxnf] afnl klt xg]; do -lbg-
!\$	:Sjf; km l{	^	%	#)	^ udnf	%)^-)
!%	af;L	^	!	^	^ udnf	%)^-)
!^	;ldl	^	!	^	^ udnf	%)^-)
!&	kfnEf]	!)))	)=)@	@)	!) a-dl	#)-\$)
!*	kofh kft	@))	)=#	^	! a-dl	#)-\$)
!(	n; g kft	@))	)=#	%	!-% a-dl	#)-\$)
@)	rD; /	!)))	)=)@	@)	^ a-dl	#)-\$)
@!	wlgofF	%)	)=)!	%	@ a-dl	#)-\$)
@@	ufh/÷dhf	\$))	)=)*	#@	% a-dl	%)^-)
	hddf			#!%		

xfnsf]/fli6 tVofl cg' f/ -cf-j=)^\*)^(\_ aflif\$ t/sf/Lsf]pknJwtf !@\$-% -!)& lsnf]-sh pTkbfgdf kf]6 xfe]6 gf; fgl s6fpf\_ lsnf]klt JolQm klt aif{ blv65 . o; ; Gbe]f dflysf] tflnsf cg' f/ % hgfsf] kl/j f/nf0{ blgs cfjZos kg]tfhf t/sf/L aflif\$ klt JolQm^# lsnf]pknJw xg]blv65 . h; n] blgs pkef]sf]sl/a %! kltzt cf]65 . To; sf/0fn]o; ksf/sf] t/sf/L v]lnf0{a9fj f lbg'clt cfjZos blv65 .

**afnl lng]** vfgsf]flu sg t/sf/L slxn] tof/ x65 e6g] s/f dflysf] tflnsfaf6 blv65 . kmn 7hf]agfP/ l6K5' eg] w}}; do af]d]/fvg' x65, o; n] gofFcfpg] kmn / To; sf]pTkbgnf0{c; / kfb5 . To; j] t/sf/L l6kg of]o ePkI5 l6kg' kb5{.



sf]ldf nuf0Psf t/sf/Lsf]l6kg]a]hf

**/f;folgs tl/sf/f /f tyf sl/f lgo6q0fM** ;fwf/0ftof sf]lj f/L :t/sf] t/sf/L v]ldf emf/kft x6f0{; /; kmf0{ug] /fd]}; f]sf]alp jf a6f{kof] ug] / df6f] tyf dflwdsf] tof/L /fd] u ug]xf] eg] /f] / sl/sf] ksf]k ToIt blv65 . blgs kof]df cfpg] t/sf/L :jR5 / tfhf kof] ug{sl6gfzs / 9'lgfzs lj iffbl 5g{/fd] x65 . sf]laf/L :t/df blvg] sl /f] / sl/sf] pkrf/ ug{lgDg /f; folgs tl/sf ckgfpg ; ls65 .

**nfxl sl/fM** t/sf/L afnlx?df k]o nfxl sl/f a9l nflu5 . of] sl/f lgo6q0f ug{f]flu gefg @ ld=ln= kltln6/ kfgldf ld; f0{5s6' kb5 . lj iffbl 5/\$f] sl/j % lbg; Dd pQm t/sf/L vfgsf]flu kof] ug{x65 .

**a6fsf] ktnM** a6fsf] ktnlsf] nfeff] sfpnl hfts t/sf/Lx?df lgs} xfgl k]ofp65 . of] sl/f lgo6q0f ug{f]nflu gefg @ ld=ln= kltln6/ kfgldf /fvl 5s6' kb5 . lj iffbl 5/\$f]sl/j % lbg; Dd pQm t/sf/L vfgsf]flu kof] ug{x65 .

**cf]f÷k]k]kf0fM** o; sl/fn] kmn leq kln kf/L kmn sxfo lb65 . o; sf] /f]syfdsf]flu km]f] 6kof÷ kf; f]f]kof] ug{k65 . sl/sf]k]k] a9l ePdf dfnflyog !-@ ld=ln= / !) uf]d lrgl klt ln6/ kfgldf /fvl 5s6' kb5 . laiffbl 5/\$f] & lbg; Dd pQm t/sf/L vfgsf]flu kof] ug{x65 .

**vdM** t/sf/Lsf] km] sf65] vd] sl/f lgo6q0fsf]flu v]l ul/g] df6f] sfFf] uf]dn kof] ug{x65 . dn k/f kfs; sk]5 dfq kof] ug{k65 . klt !) j u{

ld6/sf] kn6df @) ufd % kl'tztsf] dnflyog whf] df6f]f ld; f0{ df6f]sf] pkrf/ ugkb5 .

**89j f /f]M o;** /f]n] kftnf0{89f0{lb65 . o; sf]/f\$ydf tyf lgo6q0fsf]flu 8f0y] Pd-\$% j f Anf06\$; @ ufd kl'tln6/ kfgldf /fvl 5s6' kb5 . laiffbl 5/\$f]& lbg; Dd t/sf/L vfgsf]flu kof]u ug{x65 .

**wh]9; Mof]/f]u** nfu\$ f kft tyf sf08 Pj -kmdf ; j]f]whf]9; l blv65 . /f]usf] k\$flk a9l ePdf s]flyg @ ld-n= kl'tln6/ kfgldf /fvl 5s6' kb5 . laiffbl 5/\$f]@! lbg; Dd t/sf/L vfgsf]flu kof]u ug{x65 .

**k]Efl/s tl/sfaf/f /f] tyf sl/f lgo6q0M** /f; folgs laiffblsf] kof]u gu/L k]Efl/s tl/sfaf6 /f]u sl/f Joj:yfkg ug] xf] eg] t/sf/L afnldf nflu] xflgsf/s / kmf0bfhgs sl/fx? s]s] 5g\efg] yxf kfpkgkb5 . ; fy} sg df}ddf sg sg /f]u tyf sl/fx?sf] k\$flk 5 yxf kfpkg ; s] o; sf] Joj:yfkgdf ; xh x65 . ; fwf/0ftof /f]u tyf sl/fsf] cfqmd0faf6 afnlnf0{ arfpg lg0g cg; f/sf]sfo{ugkb5 .

- sl/fsf ljle6g cj:yf]w]nfef{-em; nsl/f\_ cj:yf ; ae6bf xflgsf/s cj:yf xf] . To; sf/0f v]af/Ldf sl/f, To; sf] km, nefef{/ j o:ssf] nuftf/ cgludg u/L gi6 ugkb5 .
- xflgsf/s sl/fx?sf] k\$flk xg] ; do yxf kfpkg' kb5 . pQm ; dodf afnlnf0{ ; s]Dd 6f9f /f]vg] cyff\afnl nufpg] ; do km/s kf/L sl/faf6 arfp6' kb5 .
- afnlnf0{ ; s]Dd kof]t dfqdf vfBtTj lbgkb5 . kof]t dfqsf] vfBtTj n] la?jfsf] :j f:Yo / j]4df ; sf/flds c; / kfb5 . :j:y la?jfn]s]l xg; Dd /f]u / sl/fsf]cfqmd0fnf0{; xg ; Sb5 .
- hg; S}sl/f eP klg j o:s xg'cufj}gi6 ug{; s]sl/fsf]k\$flk sd x65 .
- ldl>t afnl / lale6g kmh km]lg]lj?jfx?n]-h:t}; okql\_ /f]u / sl/fsf] k\$flk sd ug{d2t ub5 . To; h]v]l ubf{ljl6g t/sf/L afnl / /ElrEl kmhx?; u}nufpg pkoQm x65 .

- afnl nufpg6bf cuf8l udnf j f 5tsf]df6f]f0{3fddf plrt cfl]6f0{ kN6f06]df6f]f a:g]sl/fx? / /f]usf lhj f0fx? gi6 ug{d2t ub5 .
- km]f]d] kf; f]sf]kof]n]km, l{; dx -sf]mf, s/hf, nf\$ f, l3/f]hf cflb\_ df nflu]cf}f-k]6kmf0{lgo6q0f ug{; ls65 .
- /f; folgs ljiffblsf]kof]u gugf]df6f] tyf j ftj /0fdf xg]kmf0bfhgs sl/fx?sf]; Wof j]4 e0{xflgsf/s sl/fx?sf]k\$flk 36g hf65 .
- ef0/; / c6o s]l /f]ux?, sl/fx?af6 ; g]x6f tl sl/fx? lgo6q0f ug{ ; s]df :j tM/f]ux? klg lgo6q0f xg hf65 .
- sl/fsf]k\$flk w]}g}a9l ePdf ahf/df kf0g]h]j s sl6gfzs laiffbl kof]u ug{; ls65 . ; tL{ ; fag kfgl, n; g, kl/f]v; fgl cflbsf]emh agf0{kof]u ubf{sl/fx?sf]cfqmd0f sd ug{; ls65 .

## ; Gbe{>f]x?M

; j]bl, af; b], @)^# . sf]l t/sf/L v]l klj lw, kl:tsf . t/sf/L lj sf; lgbzgfno, vdn6f/ .

t/sf/L lj sf; dxfzfvf, @)%& . s/]fj f/L Joj:yfkg, kl:tsf, t/sf/L lj sf; dxfzfvf, vdn6f/, nlnrk/ .

t/sf/L lj sf; zfvf, @)\$^ . g]kfndf t/sf/L v]l, k':ts, t/sf/L lj sf; zfvf, vdn6f/, nlnrk/ .

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