

**mnvwqKv cÖYqb:**

**mvbvBqv dvnxg Avbmvix, AwaKvi I †RÛvi welqK KÝvj‡U›U**

**†Møvevj †W‡fjc&‡g›U GÛ wimv** **P© Bwbwk‡qwUf dvD‡Ûkb (wRwWAviAvB)**



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**cÖvZ¨wnK Rxe‡b †RÛvi ixwZ-bxwZ Ges bvixi Dci cÖfve welqK cÖwkÿY gwWDj**

**cÖvZ¨wnK Rxe‡b †RÛvi ixwZ-bxwZ Ges bvixi Dci cÖfve welqK cÖwkÿY gwWDj**

**cÖwkÿ‡Yi mvgwMÖK D‡Ïk¨:**

* **gvwjK I Kg©xi Rb¨ †RÛvi ms‡e`bkxj I AšÍf©~w³g~jK Kg©cwi‡ek ˆZwi‡Z ¸iæZ¡ cÖ`vb|**
* **bvix Kg©x‡`i S‡i cov †iva Ges ‡ckvq GwM‡q hvIqvi Rb¨ gvwjKcÿ‡K †RÛvi ms‡e`bkxj Kg©cwi‡ek ˆZwi‡Z DØy× KiY, bvix Kg©xi Rb¨ wbivc` Kg©¯’j ˆZwi Ges Zv Kg©x‡K Rvbv‡bv|**
* **ÿz`ª Ges gvSvwi D‡`¨v³v‡`i wb‡R‡`i AšÍwb©wnZ ÿgZv m¤ú‡K© aviYv cÖ`vb Ges Ams‡e`bkxj †RÛvi ixwZ-bxwZ †f‡½ †djvi Rb¨ DØy× Kiv|**
* **Kg©¯’‡j bvixi cÖwZwbwaZ¡ evov‡bvi Rb¨ Kg©cwiKíbv cÖYqb|**
* **cÖwZ wZb gv‡m AMÖMwZ, P¨v‡jÄ m¤ú‡K© Rvbv‡bv I Av‡jvPbvi cwi‡ek ˆZwi|**

**AskMÖn‡Y:**

**K) ÿz`ª I gvSvwi D‡`¨v³v (GmGgB)**

**cÖ‡qvRbxq †fŠZ DcKiY:**

* 1wU wfc †evW©
* 1wU †nvqvBU †evW©
* gvwëwgwWqv
* GKwU mymw¾Z cÖwkÿY Kÿ hvi AvqZb Ggb n‡e hv‡Z mKj AskMÖnYKvixMY ÔBDÕ AvKv‡i ¯^”Q‡›`¨ em‡Z I Pjv‡div Ki‡Z cv‡ib|

**cÖ‡qvRbxq DcKiYmg~n: Awa‡ekb Abyhvqx**

**mnvq‡Ki Rb¨ wb‡`©wkKv cwiwPwZ**

**cÖ¯ÍywZ MÖnY: cÖwk**¶Y ïiæi c~‡e© cÖwkÿ‡Yi welqm~Pxi mv‡\_ wb‡R‡K cwiwPZ Kiv, g~j cvV ch©v‡jvPbv Kiv Ges †evaMg¨ I AvZ¥¯’ Kiv Ges cÖwk¶‡Yi cÖ‡qvRbxq DcKiY msMÖn I ¸wQ‡q ivLv mnvq‡Ki cÖv\_wgK I ¸iæZ¡c~Y© KvR©| cÖwkÿY ïiæi Av‡M Mfxifv‡e cy‡iv gwWDjwU ch©v‡jvPbv Kiv Ges Awa‡ek‡bi D‡Ïk¨ m¤ú‡K© Abyaveb Kiv cÖ‡qvRb|

**cÖwkÿY ¯’vb: cÖwkÿY ¯’j ev †hLv‡b** cÖwk¶Y AbywôZ n‡e Zvi Ae¯’vb m¤ú‡K© c~‡e©B wbwðZ n‡Z n‡e| djcÖmy Av‡jvPbv Ges AskMÖnY wbwð‡Z ¸iæZ¡c~Y© n‡jv cÖwkÿY ¯’vbwUi mnR Ae¯’vb, K‡ÿi wfZ‡i ch©vß RvqMv \_vKv hv‡Z mK‡j mn‡R bovPov Ki‡Z cv‡i Ges Av‡jvPbvq Ask wb‡Z cv‡i|

cwiwPwZ: GKwU Avb›``vqK Abykxjbxi gva¨‡g cÖwkÿK Ges AskMÖnYKix‡`i cwiwPZ nIqv cÖwkÿ‡Yi D‡Ïk¨‡K mdj Kivi Rb¨ cÖ‡qvRbxq|

**mgq: †**mk‡bi Kvh©Kix cwiKíbvq mvnvh¨ Kivi Rb¨ gwWD‡j cÖwZwU †mk‡bi mgq we‡klfv‡e wb‡`©k Kiv n‡q‡Q| GKwU AskMÖnYg~jK wk¶v cÖwµqvi gva¨‡g Awa‡ek‡bi D‡Ïk¨ AR©b‡K mgq eiv‡Ïi g‡a¨ we‡ePbv Kiv n‡q‡Q|

**DcKiY:** gwWD‡jcÖwZwU Awa‡ek‡b DcKi‡Yi bvg †jLv Av‡Q Ges cÖwZwU avc cwiPvjbvi Rb¨ mnvqK I AskMÖnYKvix‡`i †h me DcKi‡Yi cÖ‡qvRb n‡e Zv GLv‡b D‡jøL Kiv n‡q‡Q| G‡Z mnvqK mwVK DcKiY wbe©vPb, e¨envi I mieivn Ki‡Z cvi‡eb|

**Awa‡ekb cwiPvjb c×wZ I cÖwµqv:** cÖwZwU Awa‡ek‡bi D‡Ïk¨ AR©‡bi Rb¨ mnvqK †Kvb c×wZ‡Z welqe¯‘ Dc¯’vcb Ki‡eb Zv gwWD‡j GLv‡b ewY©Z n‡q‡Q| G‡Z mnvqK wba©vwiZ c×wZ Aej¤^b K‡i mwVK I Kvh©Kifv‡e Awa‡ekb cwiPvjbv Ki‡Z cvi‡eb| GQvovI GLv‡b Awa‡ekb cwiPvjbv cÖwµqv ¯úó K‡i wjwce× Kiv n‡q‡Q| cÖwZwU Awa‡ek‡bi D‡Ïk¨ AR©‡bi Rb¨ mnvqK I AskMÖnYKvix‡`i †h mKj Kvh©µg m¤úbœ Ki‡Z n‡e, Zv avivevwnKfv‡e eY©bv Kiv n‡q‡Q|

**Awa‡ek‡bi D‡Ïk¨:** cÖwZwU Awa‡ek‡bi D‡Ïk¨ A\_©vr Awa‡ekb †k‡l AskMÖnYKvixMY †h Ávb, `ÿZv I `„wófw½ AR©b Ki‡eb Zv mywbw`©ófv‡e D‡jøL Kiv n‡q‡Q hv Awa‡ekb cwiPvjbvi †ÿ‡Î mnvqK‡K wb‡`©kbv cÖ`vb Ki‡e Ges cÖwkÿY KZUzKz djcÖm~ n‡q‡Q Zv cwigvc Ki‡Z mnvqZv Ki‡e|

**wb‡`©wkKvi bgbxqZv:**

* GB wb‡`©wkKvwU cÖwk¶Y cwiPvjbv wb‡`©w©kKv wn‡m‡e e¨eüZ n‡e| AskMÖnYKvix‡`i ¯Íi, Ávb, `¶Zv I cÖZ¨vkv we‡ePbv K‡i cÖ¯ÍvweZ c×wZ, cÖwµqv, mgq, DcKiY BZ¨vw` cÖ‡qvR‡b cwieZ©b Kiv †h‡Z cv‡i| GgbwK cÖ¯ÍvweZ D‡Ï‡k¨i mv‡\_ bZzb D‡Ïk¨ ms‡hvRb K‡i †mB Abyhvqx bZzb avc I welq ms‡hvRb Kivi my‡hvM i‡q‡Q|
* Awa‡ekb‡K AwaKZi AskMÖnYg~jK Kivi Rb¨ D‡jøwLZ c×wZ cwieZ©b Kiv †h‡Z cv‡i ev bZzb †Kv‡bv c×wZ Aej¤^b K‡i Awa‡ekb cwiPvjbv Kiv †h‡Z cv‡i|
* GKwU Awa‡ek‡bi Rb¨ wba©vwiZ †gvU mgq‡K wVK †i‡L cÖ‡qvR‡b wewfbœ av‡ci mg‡qi cwieZ©b K‡i wb‡Z cv‡ib| Avevi cÖ‡qvR‡b GKvwaK Awa‡ek‡bi Rb¨ mgq cybtwba©viY K‡i mvgÄm¨ weavb Ki‡Z cv‡ib|
* ms‡hvwRZ cv‡VvcKiY I Ab¨vb¨ DcKiYmg~n Pvwn`vi mv‡\_ m½wZ †i‡L cwieZ©b Kiv †h‡Z cv‡i, †hgb- cv‡VvcKiY I DcKiY¸‡jvi cwieZ©b, cwiea©b I bZzb DcKiY Awf‡hvRb Ki‡Z n‡Z cv‡i|
* ev¯ÍeZvi wbwi‡L G †Kvm© gwWD‡ji A‡bK wKQyB cwieZ©b, cwiea©b I ms‡kvab Kivi cÖ‡qvRb n‡Z cv‡i| Z‡e Zv ïay cÖ‡qvR‡bi ZvwM‡`B Kiv DwPZ| G ai‡bi cwieZ©b †hb wb‡`©wkKvi Dbœqb I mg„×mva‡bi Rb¨ nq Ges Gi †gŠwjK welqvejx I gvb Aÿzbœ \_v‡K, †mw`K we‡ePbvq ivL‡Z n‡e|
* wb‡`©wkKvq e¨eüZ cv‡VvcKiY, wel‡qi Ici Avcbvi (mnvqK) Ávb I `¶Zv e„w×i Rb¨ ms‡hvRb Kiv n‡q‡Q| AskMÖnYKvix‡`i wk¶vMZ †hvM¨Zv, Ávb, AwfÁZv BZ¨vw` we‡ePbv K‡i mnR fvlvq Zv‡`i Kv‡Q G welq¸‡jv Dc¯’vcb Ki‡Z n‡e|

**cÖwkÿYm~wP**

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| **bs** | **welq** | **mgq** | **c×wZ** | **DcKiY** |
| **w`b 1** | | | | |
| **1** | **D‡Øvab Ges cwiPq ce© (†PKBb)**   * **gyW †mwUs, ïiæi AvbyôvwbKZv Ges** ¯^vMZ m¤¢vlY * cwiwPwZ ce© * cÖwk¶Y cÖZ¨vkv wbiƒcY Ges cÖwk¶‡Yi D‡Ïk¨ eY©bv | **mKvj**  **09.00-10.00** | **e³…Zv, ‡iwR‡÷ªkb, ‡Ljv, kw³i Avavi** | **AskMÖnYKvix‡`i ZvwjKv,**  **wbeÜb QK,**  **Kjg,**  **LvZv,**  dvBj**,**  **wnwjqvg w÷K,**  **gv‡e©j,**  **IqvbUvBg wWm‡cv‡mej Møvm** |
| **2** | AwaKvi m¤ú‡K© †evScov  **‰ewPÎ Ges AšÍf©yw³, mgZv-mvg¨-b¨vqwePvi** | **mKvj**  **10.00-10.45** | Qwei auvav, `jxq KvR, ¯øvBW cÖ`k©b, AskMÖnYg~jK Av‡jvPbv, ‡eªBb ÷wg©s, Abykxjbx | gvmwKb †Uc, wfc‡evW©, wcb, gvK©vi, wd¬cPvU©,  **cvVDcKiY, Qwe, ¯øvBW** |
| **10:45 ‡\_‡K 11:15 Pv weiwZ** | | | | |
| **3** | cÖZ¨vwnK Rxe‡b †RÛvi | **11.15-1.00** | †eªBb ÷wg©s, AskMÖnYg~jK Av†jvPbv, AwfÁZv wewbgq, `jxq KvR, Awfbq, KyBR | gvmwKb †Uc, wd¬cPvU©, cvVDcKiY, Av‡jvPbvi ¯øvBW, gvK©vi,eªvDb †ccvi, fxc KvW© , ‡RÛvi-‡m· Abykxjbx |
| **`ycy‡ii Lvev‡ii weiwZ** | | | | |
| **4** | Avgv‡`i kw³ wewbg©vY (bvixi eûgyLx f~wgKv Luy‡R †ei Kiv)   * g‡bi is * mgvR wewbg©v‡b bvixi f’wgKv * **wb‡R‡K LuywR Avi LuywU Mvw**o | **02.00-3.30** | †eªBb ÷wg©s, AskMÖnYg~jK Av†jvPbv, wfwWI cÖ`k©Y, AwfÁZv wewbgq, †Ljv, Qwe AuvKv | gvmwKb †Uc, wd¬cPvU©, cvVDcKiY, Av‡jvPbvi ¯øvBW, gvK©vi,eªvDb †ccvi, fxc KvW© ,  **bvixi Aeq‡ei AuvKv Qwe ,** bKkv m¤^wjZ †ccvi, †c÷vj is, wfwWI wK¬c |
| **5** | ‡`wL †Zv g‡b Av‡Q wKbv?  wkLb hvPvB | **3.30-4.00** | cÖwkÿY cieZ©x wkLb hvPvB QK c~iY | cÖwkÿY cieZ©x wkLb hvPvB cÖkœgvjv |
| **6** | mgvcbx   * ‡PK AvDU Ges Kg©cwiKíbv cÖYqY * Awa‡ekb mgvwß | **04.00-4.30** | e³…Zv, GKK KvR | Kg©cwiKíbvi QK |

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| **bs** | **welq** | **mgq** | **c×wZ** | **DcKiY** |
| **w`b 2** | | | | |
| **7** | **cÖviw¤¢K AvbyôvwbKZv**   * **gyW †mwUs, ï‡f”Qv Ávcb** * **‡Kgb AvwQ (wZbgv‡m †K †Kgb wQ‡jb Zv GKUy †R‡b †bqv)** | **mKvj**  **09.00-09.15** | **e³…Zv** | **cÖ‡qvRb bvB** |
| **8** | ‡PK Bb   * **gb‡K fv‡jv ivLv: gvbwmK cÖ¯‘wZ MÖnY** * **wb‡Ri Avqbv** | **mKvj**  **09.15-10.00** | gy³ wP¯Ívi So, `‡j Av‡jvPbv, kixi I g‡bi e¨qvg, KweZv †jLv | gvmwKb †Uc, wfc‡evW©, wcb, gvK©vi, iwOb KvMR, 5-4-3-2-1 MÖvDÛ †UKwbK |
| **10:00 ‡\_‡K 10:30 Pv weiwZ** | | | | |
| **9** | cÖwkÿ‡bi c‡i e¨w³MZ Ges cÖvwZôvwbK Rxe‡b cwieZ©b (wb‡R A\_ev A‡b¨i Rxeb)   * wb‡Ri Rxe‡b Ges A‡b¨i Rxe‡b cwieZ©b †`‡LwQ wK? * Drmvn cÖ`vb | **10.30-1.00** | gy³ wP¯Ívi So, `jxq KvR, M‡íi †`qvj | gvmwKb †Uc, wd¬cPvU©, gvK©vi,eªvDb †ccvi, fxc KvW©, iwOb KvMR, Møy |
| **`ycy‡ii Lvev‡ii weiwZ** 1.00-2.00 | | | | |
| **10** | Avgiv AvR‡K †Kv\_vq `uvwo‡q AvwQ: †RÛvi ms‡e`bkxjZv wb‡q bZzb fvebv   * bZzb fvebv ˆZwi | **02.00-3.00** | †eªBb ÷wg©s, AskMÖnYg~jK Av†jvPbv, `jxq KvR | gvmwKb †Uc, gvK©vi,eªvDb †ccvi, fxc KvW© , RvnvR bgybv †cv÷vi |
| **11** | ‡PK AvDU Ges mgvcbx   * e¨w³MZ I cÖvwZôvwbK Kg©cwiKíbv cÖYqY * Awa‡ekb mgvwß | **03.00-4.00** | †eªBb ÷wg©s, e³…Zv, GKK KvR, †ejyb †Ljv | Kg©cwiKíbvi QK, gvmwKb †Uc, gvK©vi,eªvDb †ccvi, fxc KvW©, Nywo AswKZ iwOb KvMR, †ejyb |

**welqm~wP**

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| **Awa‡ekb bs** | | **g~j Awa‡ekb** | **Awa‡ek‡bi bvg** | **c„ôv bs** |
| **1g w`b** | **1** | **D‡Øvab Ges cwiPq ce© (†PKBb)** | * **gyW †mwUs, ïiæi AvbyôvwbKZv Ges ¯^vMZ m¤¢vlY** * **cwiwPwZ ce©** * **cÖwk¶Y cÖZ¨vkv wbiƒcY Ges cÖwk¶‡Yi D‡Ïk¨ eY©bv** |  |
| **2** | **AwaKvi m¤ú‡K© †evScov** | * **‰ewPÎ Ges AšÍf©yw³** * **mgZv-mvg¨-b¨vqwePvi** |  |
| **3** | **cÖZ¨vwnK Rxe‡b †RÛvi** | * **†RÛvi kÖgwefvRb (mgv‡R bvix - cyiæl Ges wewfbœ wj½xq e¨w³‡`i f~wgKv m¤ú‡K© mvgvwRK `…wófw½i cÖwZdjb)** * **‡RÛvi avibv, mvgvwRKxKiY cÖwµqv, ‡RÛvi mgZv, Ges ‡RÛvi mvg¨** |  |
| **4** | **Avgv‡`i kw³ wewbg©vY (bvixi eûgyLx f~wgKv Luy‡R †ei Kiv)** | * **g‡bi is** * **mgvR wewbg©v‡b bvixi f’wgKv** * **wb‡R‡K LuywR Avi LuywU Mvw**o |  |
| **5** | **‡`wL †Zv g‡b Av‡Q wKbv?** | * **wkLb hvPvB** |  |
| **6** | **mgvcbx** | * **‡PK AvDU Ges Kg©cwiKíbv cÖYqY** * **Awa‡ekb mgvwß** |  |

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| **Awa‡ekb bs** | | **g~j Awa‡ekb** | **Awa‡ek‡bi bvg** | **c„ôv bs** |
| **2q w`b** | **7** | **cÖviw¤¢K AvbyôvwbKZv** | * **gyW †mwUs, ï‡f”Qv Ávcb** * **‡Kgb AvwQ (wZbgv‡m †K †Kgb wQ‡jb Zv GKUy †R‡b †bqv)** |  |
| **8** | **‡PK Bb** | * **gb‡K fv‡jv ivLv: gvbwmK cÖ¯‘wZ MÖnY** * **wb‡Ri Avqbvq** |  |
| **9** | **cÖwkÿ‡bi c‡i e¨w³MZ Ges cÖvwZôvwbK Rxe‡b cwieZ©b (wb‡R A\_ev A‡b¨i Rxeb)** | * **wb‡Ri Rxe‡b Ges A‡b¨i Rxe‡b cwieZ©b †`‡LwQ wK?** * **Drmvn cÖ`vb** |  |
| **10** | **Avgiv AvR‡K †Kv\_vq `uvwo‡q AvwQ: †RÛvi ms‡e`bkxjZv wb‡q bZzb fvebv** | * **†RÛvi ms‡e`bkxjZv wb‡q bZzb fvebv ˆZwi** |  |
| **11** | **‡PK AvDU Ges mgvcbx** | * **e¨w³MZ I cÖvwZôvwbK Kg©cwiKíbv cÖYqY** * **Awa‡ekb mgvwß** |  |



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**Awa‡ekb**

**1**

**Awa‡ekb - 1**

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| g~j Awa‡ekb | : | **D‡Øvab Ges cwiPq ce© (†PKBb)** |
| **Av‡jvPbv** | **:** | * **gyW †mwUs, ïiæi AvbyôvwbKZv Ges** ¯^vMZ m¤¢vlY * cwiwPwZ ce© * cÖwk¶‡Yi D‡Ïk¨ eY©bv * **cÖwkÿY Kvjxb KiYxq-KiYxq bq**  **wba©viY** |
| **D‡Ïk¨** | **:** | **Awa‡ekb †k‡l AskMÖnYKvixMY**   * **wb‡R‡`i cwiPq Ges cÖKí I cÖwkÿ‡Yi D‡Ïk¨¸wji mv‡\_ ms‡hvM ‰Zwi Ki‡Z mÿg n‡eb|** * **wb‡Riv G‡K Ac‡ii mv‡\_ cwiwPwZ n‡eb|** * **GKwU cÖvYešÍ AskMÖn‡Yi B”Qv RvMv‡bv, wPšÍv D‡`ªKKvix Ges Kvh©Kix Av‡jvPbvi cwi‡ek ˆZwi Ki‡eb|** * **mvivw`‡bi cÖwkÿ‡Yi welqe¯‘ Ges m¤¢ve¨ AR©b cwi¯‹vi Ki‡Z cvi‡eb|** * **cÖwkÿY PjvKvjxb KiYxq-eR©bxq wba©viY Ki‡Z cvi‡eb|** * **cÖwk¶Y cÖZ¨vkv wbiƒcY Ki‡Z cvi‡eb|** |
| **mgq** | **:** | **60 wgwbU** |
| **c×wZ** | **:** | **e³…Zv, ‡iwR‡÷ªkb, ‡Ljv, kw³i Avavi|** |
| **DcKiY** | **:** | **AskMÖnYKvix‡`i ZvwjKv, wbeÜb QK, Kjg, LvZv,**  dvBj**, wnwjqvg w÷K, gv‡e©j, IqvbUvBg Møvm|** |

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| **Av‡jvP¨ welq** | **cÖwµqv** |
| **gyW †mwUs, ïiæi AvbyôvwbKZv**  **¯^vMZ m¤¢vlY** | **avc 1: ïiæi AvbyôvwbKZv 10 wgwbU**   * mnvqK ï‡f”Qv Ávcb Ki‡eb| * AskMÖnYKvix‡`i Awa‡ek‡b ¯^vMZ Rvwb‡q cÖwkÿ‡Yi D‡Ïk¨ I welqe¯‘ m¤ú‡K© msw¶ß aviYv w`‡eb| G mgq wbeÜb QK mieivn K‡i AskMÖnYKvix‡`i wbeÜb wbwðZ K‡i cÖ‡qvRbxq (LvZv, Kjg, dvBj BZ¨vw`) DcKiY mieivn Ki‡eb| |
| **avc 2 : D‡Øvab/ ¯^vMZ m¤¢vlY**   * mnvqK Dcw¯’Z mKj‡K D‡Øvab c‡e© Avgš¿Y Rvbv‡eb Ges AwZw\_‡`i ga¨ †\_‡K DaŸ©Zb GKRb‡K cÖwk¶‡Yi D‡Øvab †NvlYvi Rb¨ Aby‡iva Kiæb| G Rb¨ AwZw\_‡`i bvg, c`ex Ges gh©v`vµg c~‡e©B †R‡b wbb| D‡Øvab †k‡l cÖwkÿY wel‡qi Ici Av‡jvKcvZ K‡i mKj‡K ab¨ev` Rvwb‡q cwiPq ce© ïiæ Ki‡eb| |
| **†PKBb**  **cwiPq ce©** | avc 3 : wnwjqvg w÷K **15 wgwbU**   * mnvqK cy‡iv `j‡K 04wU fv‡M fvM Ki‡eb Ges 04wU `‡j 04wU wnwjqvg w÷K w`‡eb (mshyw³: 1 bgybv-K)| * `j 04wU †KB wb‡`©kbv w`‡eb †h, `‡ji mK‡j wg‡j `yB cvk w`‡q kyaygvÎ Av½yj w`‡q jvwVwU ai‡eb| * Gevi mnvqK `j PviwU‡K wb‡`©kbv w`‡eb †h jvwVwU‡K Dci †\_‡K Av‡¯Í Av‡¯Í wb‡P bvwg‡q Avb‡Z n‡e| g‡b Kwi‡q w`‡eb †h, †Kvb cÖKv‡i Av½yj †Mvj K‡i wKsev wPgwU w`‡q jvwVwU aiv hv‡e bv| * mnvqK ej‡eb, †Lj‡Z wM‡q hw` †Kv‡bv `‡ji jvwVwU c‡o hvq Zvn‡j cybivq †Ljv ïiæ Ki‡Z n‡e| * mnvqK e‡j w`‡eb †LjvwU KZÿY †Lj‡eb Ges cybivq wb‡`©kbv w`‡eb †h, †LjvwU ïiæ Kivi Av‡M `‡ji m`m¨iv wKfv‡e †Lj‡eb Zv wVK K‡i wb‡eb| * mnvqK †Ljv ïiæi ms‡KZ w`‡eb Ges jÿ¨ ivL‡eb 04wU `j wbqgvbyhvqx †Lj‡Qb wKbv| * KvRwU †kl n‡j mnvqK 04wU `j‡KB KiZvwj w`‡q ï‡f”Qv Rvbv‡eb Ges mKj‡K wbR wbR Avm‡b em‡Z Aby‡iva Ki‡eb| * mnvqK ej‡eb †h, mK‡ji g‡a¨ †Póv, kw³, †gav, I m„RbkxjZv wQj e‡jB mevB KvRwU my›`ifv‡e Ki‡Z †c‡i‡Qb| |
| avc 4 : **kw³i Avavi** **25 wgwbU**   * mnvqK mKj‡K K‡ÿi wfZi †Mvj n‡q em‡Z ej‡eb Ges cÖ‡Z¨‡Ki nv‡Z `yBwU K‡i ¯^”Q (wWm‡cv‡mej)Møvm w`‡eb| cÖ‡Z¨K AskMÖnYKvix GKwU Møvm Lvwj \_vK‡e Ges Av‡iKwU Møv‡m AskMÖnYKvixi msL¨vbyhvqx ZZ msL¨K gv‡e©j cv‡eb| * mnvqK wb‡`©kbv w`‡eb †h, cÖ‡Z¨K AskMÖnYKvix wb‡Ri bvg, †ckv Ges wb‡Ri GKwU ¸Y ev kw³i K\_v ej‡eb| hLb GKR‡bi ejv †kl n‡e, wZwb e¨wZZ Ab¨ mK‡jB Zv‡`i wb‡R‡`i gv‡e©j fwZ© Møvm †\_‡K GKwU gv‡e©j wb‡q Lvwj Møv‡m ivL‡eb| Gfv‡e cÖ‡Z¨‡K Zv‡`i cwiPq w`‡eb Ges Ab¨iv Zv‡K ï‡f”Qv¯^iƒc GKwU K‡i gv‡e©j Lvwj Møv‡m ivL‡eb| Gfv‡e Lvwj MøvmwU ax‡i ax‡i c~Y© n‡q hv‡e| * wb‡`©kbv mK‡j ey‡S‡Q wbwðZ n‡q mnvqK cwiPq ce© ïiæi ms‡KZ w`‡eb Ges jÿ¨ ivL‡eb mK‡j c×wZ AbymiY Ki‡Qb wKbv| * mK‡ji cwiPq ejv †kl n‡q †M‡j mnvqK cybivq wb‡`©kbv w`‡eb †h, mK‡j GKUz kã K‡i gv‡e©j¸‡jv SuvKv‡e Ges hZUv m¤¢e A‡b¨i mv‡\_ wewbgq Ki‡e| * me‡k‡l mnvqK mK‡ji Av‡jvPbv †\_‡K cÖwZdwjZ Ask¸‡jv Zz‡j ai‡eb Ges cÖ‡Z¨‡Ki Ae`v‡bi RvqMv¸‡jv †dvKvm K‡i Av‡jvPbv mgvß Ki‡eb| |
| **cÖwkÿY Kvjxb KiYxq Ges eR©bxq wba©vib** | avc 5 : **cÖwkÿY Kvjxb KiYxq-KiYxq bq** 10 wgwbU  cÖwk¶Y PjvKvjxb mg‡q AbymiYxq bxwZ wn‡m‡e wb‡gœv³ welqmg~n Zz‡j a‡i mnvqK mK‡ji gZvgZ wb‡eb Ges cÖwk¶YKvjxb Abymi‡Yi Avnevb Rvbv‡eb| AbymiYxq bxwZmg~n n‡jv-   * †gvevBj wbie ivLv * h\_v mg‡q ïiæ Ges †kl Kiv * mwµq AskMÖnY * cigZ mwnòzZvi PP©v * cvi¯úwiK AwfÁZv wewbg‡qi gva¨‡g wkLb * mK‡ji gZvgZ ‡kvbv Ges cvi¯úwiK kÖ×v †cvlY BZ¨vw`|   c‡i mnvqK Lvevi cvwb, Uq‡jU BZ¨vw` m¤úwK©Z Z\_¨ Rvwb‡q mKj‡K ab¨ev` w`‡eb Ges cieZ©x Awa‡ek‡b AskMÖn‡Yi Avnevb Ki‡eb| |

**cÖwkÿ‡Ki cÖ¯‘wZ**

* Awa‡ekb cÖwµqvwU fvj K‡i co–b|
* Dc¯’vc‡bi Rb¨ cÖwkÿY D‡Ïk¨¸wj †cv÷v‡i ev ¯øvB‡W wj‡L ivLyb|
* RoZvf½ I cwiPqce© GKwU Kg©kvjvi GKwU ¸iæZ¡c~Y© Awa‡ekb| ZvB GB Awa‡ek‡b e¨eüZ c×wZi Rb¨ fv‡jvfv‡e cÖ¯‘wZ wbb|
* cÖ‡qvRbxq DcKiYmg~n Av‡M †\_‡KB cÖ¯‘Z K‡i ivLyb|
* RoZvf½ I cwiPqce© cwiPvjbv Kivi Rb¨ Ab¨ †Kvb c×wZ ev †Ljv †e‡Q wb‡Z cv‡ib| Z‡e Ggb †Kvb c×wZ †e‡Q wbb †hb cÖwk¶‡Yi D‡Ï‡k¨i m‡½ †hvMm~Î †Lvu‡R cvIqv hvq|

**mshyw³: 1**

**bgybv-K †PK Bb wnwjqvg w÷K**





**Awa‡ekb**

**2**

**Awa‡ekb - 2**

|  |  |  |
| --- | --- | --- |
| g~j Awa‡ekb | : | AwaKvi m¤ú‡K© †evScov |
| **Av‡jvPbv** | : | **‰ewPÎ Ges AšÍf©yw³, mgZv-mvg¨-b¨vqwePvi** |
| **D‡Ïk¨** | : | Awa‡ekb †k‡l AskMÖnYKvixMY   * ‰ewPÎ¨, AšÍf©~w³, AmgZv, mgZv, mvg¨, b¨vqwePvi wel‡q avibv cwi®‹vi Ki‡eb| |
| mgq | : | 45 wgwbU |
| c×wZ | : | Qwei auvav, `jxq KvR, ¯øvBW cÖ`k©b, AskMÖnYg~jK Av‡jvPbv, ‡eªBb ÷wg©s, Abykxjbx |
| DcKiY | : | gvmwKb †Uc, wfc‡evW©, wcb, gvK©vi, wd¬cPvU©,  **cvVDcKiY, Qwe, ¯øvBW** |

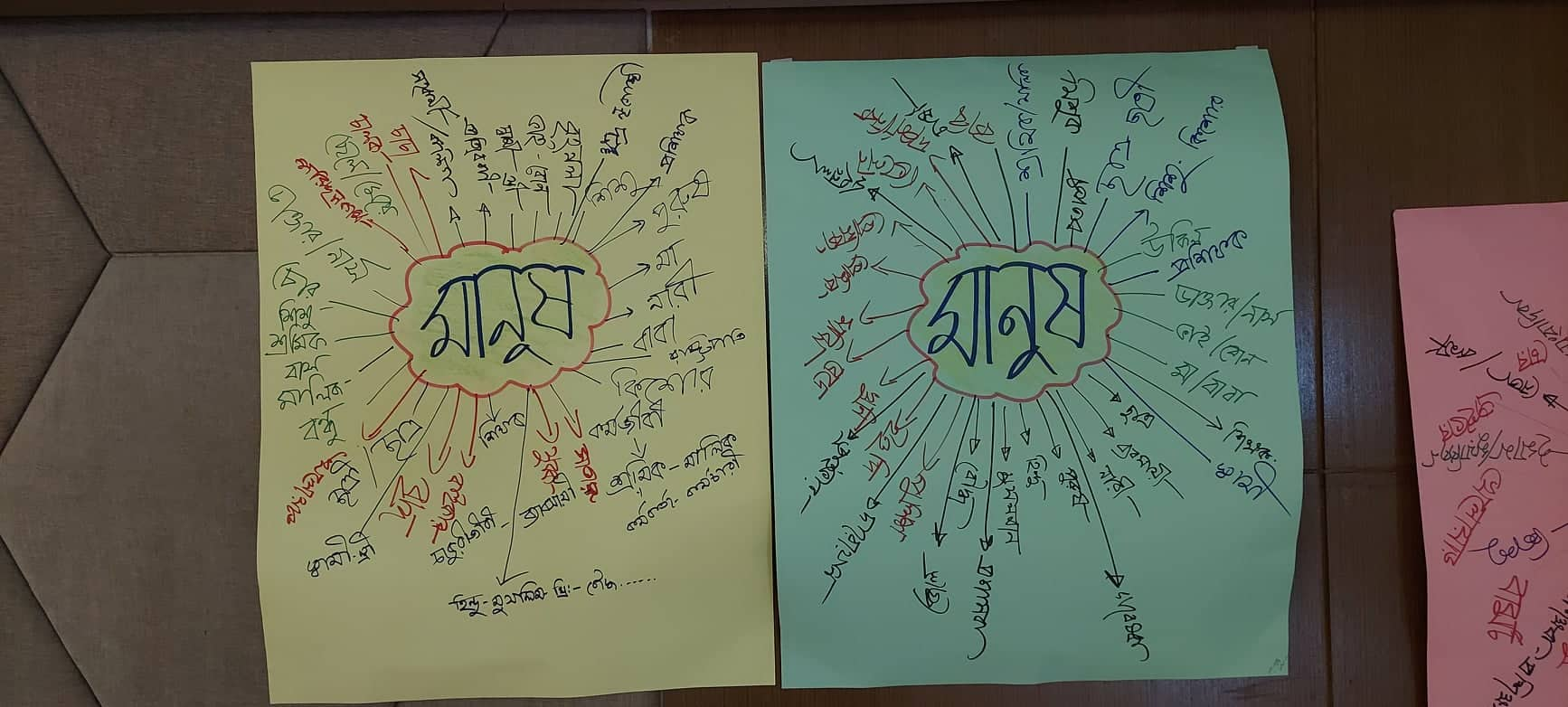
|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| **‰ewPÎ Ges AšÍf©yw³** | **avc 1 ‰ewPÎ Ges AšÍf©yw³ 30 wgwbU**   * mnvqK AskMÖnYKvix‡`i bZzb Awa‡ek‡b Avgš¿Y Rvbv‡eb| * c~‡e© cÖ¯‘ZK…Z ÔgvbylÕ wjwLZ †cvóviwU cÖ`k©b Ki‡eb (mshyw³-2 **bgybvwPÎ: K**) Ges ÒgvbylÓ ej‡Z AskMÖnYKvixiv Kx †ev‡Sb Zv wR‡Ám Ki‡eb| Rvb‡Z PvB‡eb, Ôgvbyl‡K Avgiv KZfv‡e, KZ Avw½‡K wPwb ev gvby‡li KZai‡bi cwiPq Rvwb|Õ * mnvqK AskMÖnYKvix‡`i GKRb GKRb K‡i ej‡Z ej‡eb Ges DËi †`qvi mv‡\_ mv‡\_ Zv wd¬cPv‡U© †jLv gvby‡li Pvicv‡k mvwR‡q wjL‡eb(bgybv wPÎ: K)|   DËi wn‡m‡e †h¸‡jv Avm‡Z cv‡i-   * cyiæl / bvix * e„×/ e„×v * wn›`y / gymwjg * mv`v/ Kv‡jv * cÖwZeÜx * `vwjZ * †hŠbKg©x * wnRov * K…lK * abx/ Mwie BZ¨vw` * mnvqK Rvb‡Z PvB‡eb, †cv÷v‡i †KD ev` c‡o‡Qb wKbv ev ms‡hvRb cÖ‡qvRb wKbv? cÖ‡qvR‡b K‡qKwU Rb‡Mvôxi bvg a‡i Rvb‡Z PvB‡eb †hgb: cÖwZeÜx, wnRov, `wjZ, †hŠbKgx© BZ¨vw` †cv÷v‡i G‡m‡Q wKbv? G‡m \_vK‡j ab¨ev` w`‡eb, bv G‡m \_vK‡j hy³ Ki‡eb| * †jLv †kl n‡j mnvqK ej‡eb, Ôc„w\_ex‡Z ag©, eY©, †MvÎ, fvlv, m¤ú`, wPšÍv, wek¦vm †f‡` A‡bK gvbyl i‡q‡Qb| GB wfbœ wfbœ aib,cwiPq Gme wgwj‡qB gvbyl|Õ   mnvqK AviI ej‡eb- ÔAvgiv gvbyl kãwU D”PviY Kwi wKš‘ gvby‡li cwiP‡qi GB †h wekvj e¨vwß Zv memgq g‡b ivwLbv| we‡kl K‡i Avgv‡`i gZ †`‡k †hLv‡b cÖwZcwËIqvjv gvby‡liv mKj my‡hvM- myweav MÖnY K‡i \_v‡K- †mLv‡b gvby‡li cwiP‡q mK‡ji AšÍf©~w³i K\_v g‡b ivLv we‡klfv‡e cÖ‡qvRbxq|   * ejyb, AšÍf©yw³KiY †Kvb e¨w³i Dci cÖ‡qv‡Mi welq bq, eis GUv Ggb GKwU welq †hLv‡b gvbyl mwµq fv‡e Ask †bq| AšÍf©yw³Ki‡bi PP©v gvby‡li ‰ewPÎ‡K ¯^xKvi I m¤§vb Rvwb‡q mgvR†eva I mgvR mswkøó nIqvi ga¨ w`‡q Rxe‡bi mKj †ÿ‡Î gvby‡li AskMÖnY‡K DrmvwnZ K‡i| GLv‡b †Lqvj ivLv nq, hv‡Z GKRb gvbylI ev` bv c‡o A\_©¨vr NO One Left behind’ ev ev` hv‡e bv †KD- †UKmB Dbœqb j¶¨gvÎv (SDG) Gi GB jÿgvÎv AbymiY K‡i gvby‡li mvgvwRK Ae¯’vb wbwe©‡k‡l mevi Rb¨ mgvb my‡hvM ˆZixi D‡`¨vM †bqv nq, hv‡Z Zviv Rxe‡bi mKj m¤¢vebv¸‡jv AR©b Ki‡Z cv‡i| AšÍf©yw³i ga¨ w`‡q gvbyl wn‡m‡e cÖvc¨ AwaKvimg~n †fv‡Mi ¯^xK…wZ wg‡j| * mshyw³- 2 cvV DcKiY-1 Gi mnvqZvq AšÍfy©w³ Kx Zv Av‡jvPbv Kiæb| * ejyb, mvgvwRK AšÍf©yw³KiY n‡”Q Ggb GKwU cÖwµqv hvi gva¨‡g gvby‡li mvgvwRK Ae¯’vb wbwe©‡k‡l mevi Rb¨ mgvb my‡hvM ˆZixi D‡`¨vM †bqv nq, hv‡Z Zviv Rxe‡bi mKj m¤¢vebv¸‡jv AR©b Ki‡Z cv‡i| GwU GKwU eûgvwÎK cÖwµqv hvi jÿ¨ n‡”Q Ggb GKwU mvgvwRK cwiw¯’wZ ˆZix Kiv †hLv‡b mgv‡Ri gvbyl‡K Rxe‡bi mKj †ÿ‡Î A\_©vr mvgvwRK,A\_©‰bwZK, bvMwiK I ivR‰bwZKmn wm×všÍ MÖnY cÖwµqvq cwic~Y© I mwµq AskMÖn‡Y mÿg K‡i †Zvjv| * ejyb, Avgiv †h cÖwµqvi ga¨ w`‡q gvby‡li GZ cwiPq wPwýZ Kijvg G‡K e‡j gvbe gvbwPÎ ev **Human Mapping**| ejyb-Avgv‡`i Kg© GjvKvi mKj ai‡Yi A\_©vr RvZ-cvZ-eY©-fvlv-wj½-wbwe©‡k‡l mK‡ji Rb¨ †mev wbwðZ Ki‡Z n‡j Gfv‡e wnDg¨vb g¨vwcs Ges †÷K†nv‡ìvi g¨vwcs m¤úbœ Kiv Riæix Ges †mevi evB‡i †Kv‡bv Rb‡Mvôx i‡q †M‡j Zv‡`i AšÍfy©³ KivI Riæix| * mK‡ji Kv‡Q welqwU my¯úó n‡q‡Q wbwðZ n‡q avc mgvß Kiæb| |
| **AmgZv-mgZv-mvg¨-b¨vqwePvi** | **avc 2 AmgZv-mgZv-mvg¨-b¨vqwePvi 15 wgwbU**   * AskMÖnYKvix‡`i wZbwU `‡j fvM K‡i cÖ‡Z¨K `‡j GKwU K‡i Qwe (mshyw³ M bgybv- L) cÖ`vb Kiæb Ges QwewU LuywU‡q †`L‡Z Aby‡iva Kiæb| G Rb¨ 1 wgwbU mgq eivÏ Kiæb| * mgq †k‡l ¯øvB‡W Qwe¸‡jv (mshyw³ 2 bgybv- L) cÖ`k©Y Kiæb Ges wZbwU `‡ji Kv‡QB Zv‡`i ch©‡eÿY Rvb‡Z Pvb| * cÖwZwU `‡ji KvQ †\_‡K †kvbv †kl n‡j Zv‡`i aviYvi mv‡\_ wgwj‡q ejyb, mgZv n‡”Q P~ovšÍ jÿ¨| mgZvq †cŠuQv‡bvi †KŠkjB n‡”Q mvg¨| b¨vqwePvi cÖwZôvi Rb¨ mvg¨ GKwU eo f~wgKv cvjb K‡i| * ejyb, Avgv‡`i jÿ¨ mvg¨ Ges b¨vqwePvi cÖwZôvi ga¨ w`‡q mgZv Avbvqb| mshyw³ 2 cvVDcKiY 2 Gi mnvqZvq mgZv AR©‡bi avcmg~n Av‡jvPbv Kiæb| |
| **wkLb g~j¨vqb** | Av‡jvP¨ wel‡q AskMÖnYKvix‡`i wkLb hvPvB K‡i mKj‡K ab¨ev` w`b Ges cieZ©x Awa‡ek‡b cÖ‡ek Kiæb| |

**cÖwkÿ‡Ki cÖ¯‘wZ**

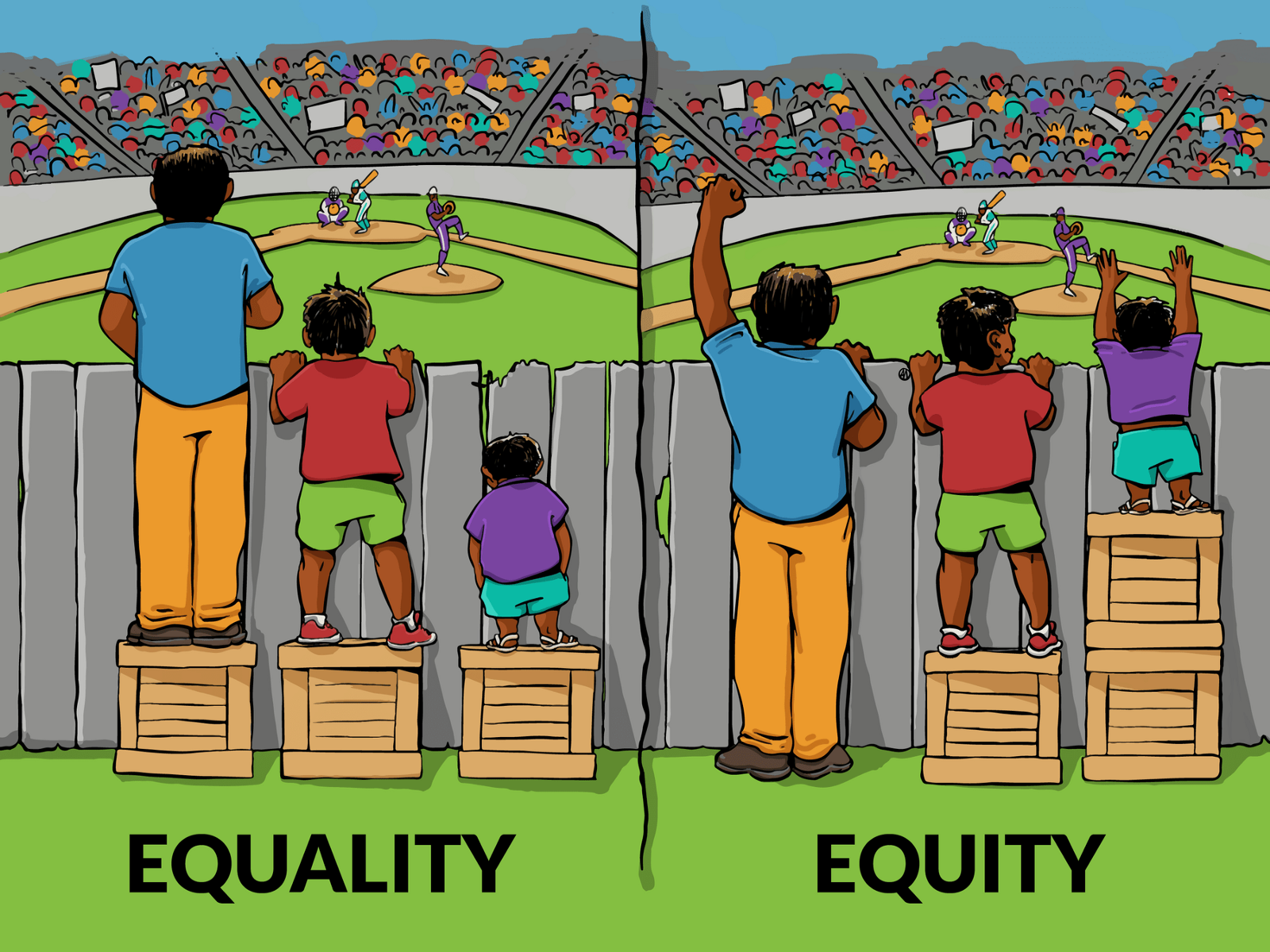
* Awa‡ekb cÖwµqvwU fvj K‡i co–b|
* cÖ‡qvRbxq DcKiY c~‡e©B ¸wQ‡q ivLyb|
* Av‡jvPbvq Av‡iv wKQz †hvM Ki‡Z PvB‡j wewfbœ mswkøó AvwU©‡Kj c‡o †`L‡Z ev ¸M‡ji mvnvh¨ wb‡Z cv‡ib |

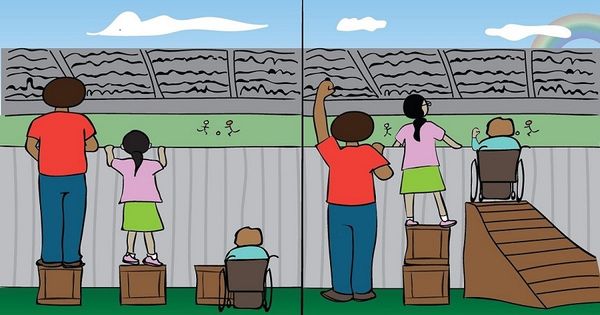
**mshyw³: 2**

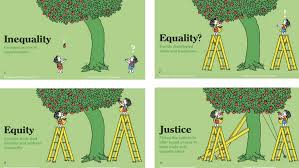
**bgybv-K gvbe gvbwPÎ**

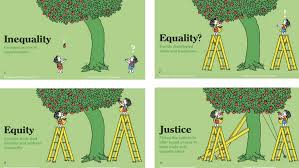


**bgybv-L AmgZv-mgZv-mvg¨-b¨vqwePvi**









**cvV DcKiY-1**

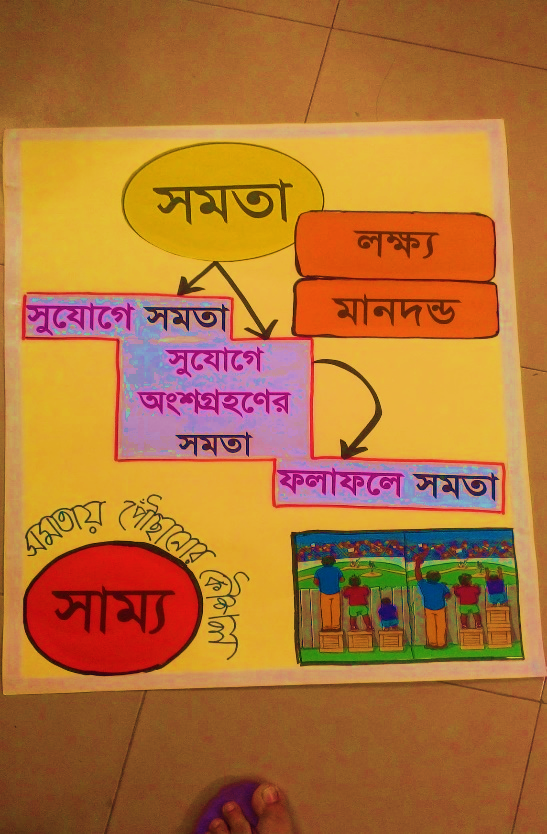
**AšÍf©yw³ ev Inclusion wK?**

mgvR ZvwË¡K e¨vL¨v Abyhvqx AšÍf©yw³KiY n‡”Q e„nËi †Kvb wKQzi Ask wnmv‡e Ae¯’vb Kiv A\_ev f~wgKv ivLv| mvgvwRK †cÖÿvc‡U AšÍf©yw³ gv‡b e¨w³i wbR¯^ `ÿZvi wfwË‡Z, RvwZMZ Ae¯’vb, mvgvwRK Ae¯’vb, †RÛvi ev eqm wbwe©‡k‡l †h †Kvb mvgvwRK cÖwµqvq cwic~Y© Ges mgvb fv‡e AskMÖn‡Yi m¤¢vebv I my‡hvM ˆZix Kiv| AšÍf©yw³KiY †Kvb e¨w³i Dci cÖ‡qv‡Mi welq bq, eis GUv Ggb GKwU welq †hLv‡b gvbyl mwµq fv‡e Ask †bq| AšÍf©yw³ Ki‡Yi PP©v gvby‡li ‰ewPÎ‡K ¯^xKvi I m¤§vb Rvwb‡q mgvR †eva I mgvR mswkøó nIqvi ga¨ w`‡q Rxe‡bi mKj †ÿ‡Î gvby‡li AskMÖnY‡K DrmvwnZ K‡i|

cÖv‡qvwMK A‡\_© mvgvwRK AšÍf©yw³KiY n‡”Q Ggb GKwU cÖwµqv hvi gva¨‡g gvby‡li mvgvwRK Ae¯’vb wbwe©‡k‡l mevi Rb¨ mgvb my‡hvM ˆZixi D‡`¨vM †bqv nq, hv‡Z Zviv Rxe‡bi mKj m¤¢vebv¸‡jv AR©b Ki‡Z cv‡i|

Dbœqb `k©‡Y ejv n‡”Q ÓGwU GKwU eûgvwÎK cÖwµqv hvi jÿ n‡”Q Ggb GKwU mvgvwRK cwiw¯’wZ ˆZix Kiv †hLv‡b mgv‡Ri gvbyl‡K Rxe‡bi mKj †ÿ‡Î A\_©vr mvgvwRK, A\_©‰bwZK, bvMwiK I ivR‰bwZKmn wm×všÍ MÖnY cÖwµqvq cwic~Y© I mwµq AskMÖn‡Y mÿg K‡i|

**cvVDcKiY: 2**

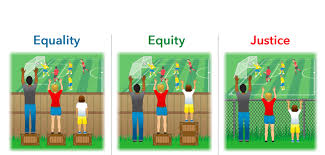
**mgZv I mvg¨**

m¤ú` e›U‡bi GKwU cÖwµqv n‡jv **mvg¨,** †h cÖwµqvi ga¨ w`‡q wewfbœ †Mvôxi wewfbœ Pvwn`vi wfwË‡Z Zv‡`i my‡hvM myweav‡K we‡ePbv Kiv nq| Gi A\_© n‡jv GB †h,wcwQ‡q cov Rb‡Mvôx‡K AwaK my‡hvM myweav ev m¤ú` Avni‡bi c\_ cÖk¯Í Ki‡Z n‡e hv‡Z K‡i Zv‡`i Dbœqb Z¡ivwš^Z nq Ges cÖ‡Z¨K †¶‡Î/me©¯Í‡i Zviv mgvb AwaKvi †fvM Ki‡Z cv‡i| mgZvi AvKv•Lv c~i‡Yi Rb¨ GB mvg¨wfwËK weZiY cÖwµqv bvix Ges myweav ewÂZ †Mvôxi Rb¨ AZ¨vek¨K| mvg¨ mgZvi c\_ ARb©‡K cÖk¯Í K‡i|

**mgZv** n‡”Q GKwU j¶¨ ev gvb`Û Ges mvg¨ n‡”Q †mB j¶¨ AR©‡bi GKwU cÖwµqv| mgZvi bxwZ CEDAW Convention Gi †K›`ªwe›`y| Z‡e mgZv kãwU hw` kvwãK A‡\_© †Kej e¨envi Kiv nq Zvn‡j MZvbyMwZKfv‡e bvix†K cyiæ‡li mgvb AwaKvi †c‡Z n‡e GB K\_vwUi ewnt cÖKvk NU‡e| GB avibvi DrcwËB n‡q‡Q GB mZ¨Zv †\_‡K †h my‡hvM myweav, PvKzix, cvwikªwgK, m¤ú` AvniY,¯^v¯’¨, wm×všÍ MÖnY BZ¨vw` †¶‡Î bvix Pigfv‡e Amg AvPi‡Yi wkKvi n‡”Q Ges GB RvqMv †\_‡K DËi‡Yi iv¯Ív wnmv‡e †`Lv nq bvix‡K cyiæ‡li gZ AwaKvi †c‡Z n‡e| mgm¨v GB Lv‡bB †h, hLb bvixi AwaKvi PP©v †K cwigvc Kiv nq male standards ‡\_‡K| bvix cyiæl i‡q‡Q wfbœZv ev cv\_©K¨ Ges Zv †Kvb fv‡e ˆel‡g¨i KviY n‡Z cv‡i bv|

mgZv hw` cÖK…Z A‡\_© AR©b nq Zvn‡j Aek¨B †mLv‡b weivR Ki‡e:

* cÖ‡e‡ki mgZv ev Equility in Access
* my‡hv‡Mi mgZv ev Equility in Opportunity
* djvd‡j mgZv ev Equility in Result





**Awa‡ekb 3**

**Awa‡ekb -3**

|  |  |  |
| --- | --- | --- |
| g~j Awa‡ekb | : | cÖZ¨vwnK Rxe‡b †RÛvi |
| **Av‡jvPbv** | : | * **†RÛvi kÖgwefvRb (mgv‡R bvix - cyiæl Ges wewfbœ wj½xq e¨w³‡`i f~wgKv m¤ú‡K© mvgvwRK `…wófw½i cÖwZdjb)** * **‡RÛvi avibv, mvgvwRKxKiY cÖwµqv, ‡RÛvi mgZv, Ges ‡RÛvi mvg¨** |
| **D‡Ïk¨** | : | Awa‡ekb †k‡l AskMÖnYKvixMY-   * †m· I †RÛvi m¤ú†K© AviI cwi®‹vi aviYv cv†eb| *  wb†R†`i AwfÁZvi Av†jv†K †RÛvi avibvi mvavibxwKKi†bi my†hvM cv†eb| *  Kv†Ri †ÿÎ Ges Kv†`i Rb¨ Zv wPwýZ Ki†Z cvi†eb| *  mgv†R bvixi Ae¯’v I Ae¯’vb m¤ú†K© cybivq g~j¨vq†bi my†hvM cv†eb| |
| **mgq** | : | 105 wgwbU |
| **c×wZ** | : | †eªBb ÷wg©s, AskMÖnYg~jK Av†jvPbv, AwfÁZv wewbgq, `jxq KvR, KyBR, †RÛvi ixwZ-bxwZi wfwWI |
| **DcKiY** | : | gvmwKb †Uc, wd¬cPvU©, cvVDcKiY, Av‡jvPbvi ¯øvBW, gvK©vi,eªvDb †ccvi, fxc KvW© , ‡RÛvi-‡m· Abykxjbx |

|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| †RÛvi kÖgwefvRb (mgv†R bvix - cyiæl Ges wewfbœ wj½xq e¨w³†`i f~wgKv m¤ú†K© mvgvwRK `„wófw½i  cÖwZdjb) | **avc 1: †K wK Ki†Z cv†ib? †K wK Kivi AbygwZ cÖ`vb K†ib? 30 wgwbU**   * mnvqK KvR D†jøL K†i wKQy †MvjvKvi AvK…wZi KvW© Av†M †\_†K cÖ¯‘Z K†i (mshyw³ 3 bgybv K) Ges 3wU Avjv`v wk†ivbvg KvW© ‰Zwi Ki‡eb- ïaygvÎ bvixiv Ki†Z cv†ib- ïaygvÎ cyiæ†liv Ki†Z cv†ib Ges bvix I cyiæl DfqB Ki†Z cv†ib| * mnvqK AskMÖnYKvix†`i GKwU Avb›``vqK c×wZ†Z 3 fv†M fvM Ki‡eb, KvW©¸wj cÖwZwU `†j weZiY Ki‡eb Ges †g†S†Z 3wU wk†ivbvg KvW© ivL‡eb --- ïaygvÎ bvixiv Ki†Z cv†ib--- ïaygvÎ cyiæ†liv Ki†Z cv†ib Ges bvix I cyiæl DfqB Ki†Z cv†ib (mshyw³ -3 bgybv L) | * mnvqK wb†`©kbv w`‡eb †h, cÖwZwU `†j Av†jvPbv ¯^v†c†ÿ †Kvb KvR¸wj†K †Kvb wk†ivbv†g ivL†Z n†e Zv wba©viY Ki†Z n†e Ges †m¸†jv wk†ivbvg Kv†W©i bx†P emv†Z n†e| * `j wZbwU†K h\_vh\_ wk†ivbv†g, mwVK KvW©wU ivL†Z Avgš¿Y Rvbv‡eb| (mshyw³ 3 bgybv M)| * KvRwU m¤úbœ Ki†Z G Rb¨ 10 wgwbU mgq eivÏ Ki‡eb| mevi KvW© emv†bv †kl n†j `y-GK R†bi KvQ †\_†K Abyf~wZ ïb‡eb| * mnvqK Rvb†Z PvB‡eb, bvixiv NigyLx KvR Ki†e Avi cyiæ†liv ewng©~Lx KvR Ki†e-GUv †K wba©vib K†i? †Kb? * DËi ïb‡eb Ges †Lqvj Ki‡eb †h Zviv GwU cÖvK…wZKfv†e wbwg©Z ev mvgvwRK cÖZ¨vkvi Dci †dvKvm Ki†Q wKbv| wKQy DËi Avm†Z cv†i, n¨vu cÖK…wZMZfv†e ˆ`wnK w`K †\_†K bvixiv `~e©j, big g†bi| Ab¨w`†K cyiæ†liv ˆ`wnKfv†e ewjô Ges Zviv KwVb KvR Ki†Z cv†i, wKš‘ Zviv mšÍv†bi hZœ wb†Z cv†i bv| A\_©¨vr cwiev†i hZœ cÖ`v†bi KvR¸†jvi Rb¨ ÔgvÕ B †miv| bvixiv A†bK ivZ ch©šÍ evB†i KvR Ki†Z cv†i bv, cwiev†ii cÖwZ Zv†`i AviI `vwqZ¡ i†q†Q| ïay DËi¸wj msMÖn Kiæb Ges Zv†`i KvQ †\_†K Avmv DËi¸wj ms†kvab Kivi †Póv Ki†eb bv| * mnvqK mK†ji mv†\_ wgwj†q †hvM Kiæb, bvixiv NigyLx Ges cyiæ†liv ewng©~Lx KvR Ki†e I †ckv †e†Q wb†e-mgvR ZvB cÖZ¨vkv K†i| * cybivq, mnvqK †Kvb GKRb†K wRÁvmv Ki‡eb †h Zviv KvW©¸†jv†K Ab¨ wk†ivbv†g miv†Z Pvq wKbv Z†e kZ© n'j Aek¨B †m¸wj miv†bvi hyw³ \_vK†Z n†e| * `†ji KvR †k†l Av†jvPbv Ki‡eb- †Kb Zviv GB Ni¸†jv †e†Q wb†q†Qb? "cyiæl" wk†ivbv†gi bx†P Zviv †h KvW©¸wj †i†L†Qb Zv hw` bvixiv †Póv K†ib ev Abykxjb K†ib Z†e Zviv Zv Ki†Z cv†ib wKbv| DËi¸†jv ïb‡eb| * mK†ji KvQ †\_†K DËi †kvbv n†j ej‡eb †h, cwievi Ges mgvR hv wm×všÍ †bq Zv†`i †ewkifvM cwieZ©b†hvM¨| * c~†e©i Av†jvPbvi mv†\_ wgwj†q ej‡eb, mvgvwRK `„wófw½ wbg©vY K†i gvby†li ‰ewkó¨ Ges ‰ewkó¨ wba©viY K†i gvby†li KvR| Avi GB Kv†Ri `¶Zv I ai†Yi Kvi†YB wba©vwiZ n†q hvq †ckv| * mnvqK ej‡eb, Avgiv GB Abykxjbxi †¶†Î †`L†Z †cjvg †h, bvix†`i †¶†Î †KejgvÎ ey†Ki `ya LvIqv†bv I Mf©aviY Kiv Ges cyiæl†`i †Kej ïµvYy `vb Kiv Qvov evKx mKj KvRB bvix-cyiæl Df†qB Ki†Z cv†i hw` Dchy³ cÖwk¶Y †`qv nq| * mnvqK ej‡eb, †Kv†bv mgv†Ri †RÛvi f~wgKv Kx n†e Zv wba©vi†bi †ÿ†Î nq mgv†Ri Av\_© mvgvwRK Ae¯’v, bvix-cyiæ†li eq†mi nvi, ag©xq wbf©ikxjZv, RvwZMZ ˆewkó¨ Ges wkÿvi nvi cÖfveK wn†m†e KvR K†i| †RÛvi f~wgKv mvgvwRKfv†e wbiæwcZ n†jI GwU `ªæZ cwieZ©b Kiv m¤¢e| |
| †RÛvi mvgvwRKxKiY cÖwµqv, †RÛvi mgZv, Ges †RÛvi mvg¨ | **avc 1 Am‡PZb cÿcvZ`yó Ges †RÛvi M¨vc welqK auvauv 25 wgwbU**   * **mnvqK ej‡eb, Avgiv GLb GKwU Abykxj†bi gva¨†g wb†R†`i aviYv hvPvB Ki†ev| Ô†RÛvi-†m· LyuRybÕ Abykxjb QKwU (**mshyw³ 3 bgybv N**) mevB†K 1wU K†i w`‡eb (cÖ†qvR†b ¯øvB†Wi gva¨†gI cÖ`k©Y Ki‡eb) Ges Zv wb†Ri g†Zv K†i c~iY Ki†Z ej‡eb| G Rb¨ 05 wgwbU mgq eivÏ Ki‡eb|** * **mnvqK mevi c~iY Kiv †kl n†j AvMÖ†ni wfwË†Z `yB-GKR†bi KvQ †\_†K ïb‡eb Ges †Kv\_vq wUK w`†q†Qb ciL Ki‡eb|** * **`yBwU `†ji KvR †k†l AskMÖnYKvix†`i `yB/wZbR†bi KvQ †\_†K Abyf~wZ ïb‡Z PvB‡eb| cÖkœ Ki‡eb, †Kb Zviv GB Ni¸†jv †e†Q wb†q†Qb? Ges DËi ïb‡eb|** * **cieZ©x†Z Abykxjb c†Îi mwVK DË†ii mv†\_ wb†R†`i DËi wgwj†q wb†Z Aby†iva Ki‡eb| mnvqK ej‡eb, Q‡K `yBwU kã †`Lv hv‡”Q-cÖvK…wZK I mvgvwRK| mnvqK e¨vL¨v Ki‡eb-‡RÛvi ej‡Z bvix-cyiæl Ges Ab¨vb¨ wj½xq e¨w³‡`i mvgvwRKfv‡e wbwg©Z f~wgKv, AvPiY, Awfe¨w³ Ges cwiPq‡K †evSvq| GwU cÖfvweZ K‡i Kxfv‡e ‡jv‡Kiv wb‡R‡`i Ges G‡K Aci‡K Dcjwä K‡i, Zviv Kxfv‡e KvR K‡i Ges cvi¯úwiK wg\_w¯Œqv K‡i Ges mgv‡R ¶gZv I m¤ú‡`i e›Ub K‡i| ‡RÛvi ¯’vb‡f‡`, ms¯‹…wZ ‡f‡` Ges mg‡qi cwiµgvq wfbœ nq| †m· ‰RweKfv‡e wbwg©Z Ges me©Rbxb|** * **mnvqK ¯øvBW Gi gva¨†g †RÛvi Ges †m· aviYvwU ¯úó Ki‡eb| (**mshyw³ 3 bgybv O**)** * **†RÛvi f~wgKv Ges cÖPwjZ †RÛvi avibv welqK 02wU wfwWI cici cÖ`k©b Kiæb| (**mshyw³ 3 bgybv P**)** * **mnvqK cybivq g‡b Kwi‡q w`‡eb †h, mgv‡Ri fvebv n‡”Q cyiælivB mvaviYZ DcvR©bKvix, bvix‡`i ivbœv Kiv Ges M„n¯’vwji KvR Kivi K\_v, cyiæliv mieivnKvix, i¶vKZ©v Ges GKRb ‡bZv Avi bvixiv Abymvix| cyiæliv K‡Vvi cwikÖg K‡i| Kv‡Ri ZË¡veavq‡bi gva¨‡g KvRwU wbwðZ Ki‡Z cyiæliv K‡Vvi n‡Z cv‡i| bvixiv Av‡eMcÖeY, K‡Vvi n‡Z cv‡i bv Ges ZË¡veavq‡Ki Øviv KvRwU Kiv‡Z m¶g nb bv| cÖvqktB, bvix-cyiæ‡liv mgv‡R Zv‡`i wj‡½i mv‡\_ m¤úwK©Z cÖZ¨vkv¸wj ‡g‡b Pjvi ‡ÿ‡Î Pvc Abyfe K‡ib| bvixiv GKwU KviLvbvi mycvifvBRvi, K…lK, cywjk, µxovwe`, cÖ‡KŠkjx Ges g¨v‡bRvi n‡Z cv‡ib| GKBfv‡e, cyiælivI bvm©, eveywP©, Kg©x Ges Zviv hv wKQy n‡Z Pvb Zv n‡Z cv‡i| cyiæl Ges gwnjviv ïaygvÎ wbw`©ó Kv‡Ri f~wgKv c~iY Ki‡Z cv‡i GB aviYvwU Avgv‡`i Dcjwäi cÖwZdjb Ges mgvR Avgv‡`i‡K ‡kLvq ‡h GKRb cyiæl ev bvixi KvR Kx n‡e e‡j Avkv Kiv nq| G¸wj wj½wfwËK cÖZ¨vkv| GQvovI wPšÍvfvebv, `„wófw½ Ges f~wgKv cwiewZ©Z n‡”Q GwU ‡`wL‡q ‡h ‡RÛvi f~wgKv¸wj cyiæl ev bvix‡`i Rb¨ ¯^vfvweK bq, eis Zviv mvgvwRK g~j¨‡eva Øviv †kLv Ges Pvwc‡q ‡`Iqv nq! wKš‘ GKRb cyiæl hv Ki‡Z cv‡i, GKRb bvixI Zv Ki‡Z cv‡i Ges Zvi wecix‡Z| ‡RÛvi mgZv wbwðZ K‡i ‡h mg¯Í gvbyl mgvbfv‡e Rb¥MÖnY K‡i| Gi A\_© nj, Rb¥MZfv‡e cyiæl ‡nvK ev bvix ‡nvK, cÖ‡Z¨‡KiB Zv‡`i c~Y© m¤¢vebv weKvk Ki‡Z Ges ¯^vaxbZv I gh©v`vi mv‡\_ emevm Ki‡Z m¶g nIqv DwPZ|** |
| **avc 2 avibv cwi®‹vi 25 wgwbU**   * **mnvqK AskMÖnYKvix†`i KvQ †\_†K Ô†RÛvi mgZvÕ I Ô†RÛvi mvg¨Õ m¤ú†K© aviYv Rvb†Z PvB‡eb Ges AvMÖ‡ni wfwË‡Z K†qKR†bi KvQ †\_†K ïb‡eb|** * **mnvqK (**mshyw³ 3 cvVDcKiY 2**) †\_‡K ˆZwiK„Z ¯øvB‡Wi mvnv‡h¨ Ô†RÛvi mgZvÕ I Ô†RÛvi mvg¨Õ Av†jvPbv Ki‡eb|** * **mnvqK e¨vL¨v Ki‡eb ‡h, ‡RÛvi mgZv mKj wj½xq cwiP‡qi gvby‡li mgZv bv‡gI cwiwPZ| ‡RÛvi mgZv ej‡Z A\_©‰bwZK Ges wm×všÍ MÖnY cÖwµqvq AskMÖnYmn wbwe©‡k‡l mK‡ji m¤ú` Ges my‡hv‡M mgvb mnRjf¨Zvi Ae¯’v Ges wj½xq cwiPq wbwe©‡k‡l wewfbœ AvPiY, AvKv•ÿv Ges cÖ‡qvRb‡K mgvbfv‡e g~j¨vqb Kivi Ae¯’v‡K †evSvq| ‡RÛvi mgZv nj bvix I cyiæ‡li cÖwZ b¨vh¨Zvi cÖwµqv| b¨vqwePvi wbwðZ Kivi Rb¨ ‡KŠkj Ges e¨e¯’v \_vK‡Z n‡e hv‡Z K‡i bvixi cÖwZ eûKvj †\_‡K N‡U hvIqv ‰elg¨¸wj `~i Kiv m¤¢e nq|** * **mnvqK AviI ‡hvM Ki‡Z cv‡ib ‡h, ‡RÛvi mgZvi Rb¨ mvgvwRKfv‡e g~j¨evb cY¨, my‡hvM, m¤ú` Ges cyi®‹vi/¯^xK…wZmg~n bvix Ges cyiæ‡liv- Df‡qB mgvb Dc‡fv‡Mi `vex`vi| A\_ev, GUvI ejv hvq, ‡RÛvi ‰elg¨ ej‡Z Amg AvPiY Ges wj‡½i Dci wfwË K‡i m¤ú`, my‡hvM Ges ¯^vqËkvm‡bi Dcw¯’wZi gvÎv‡K †evSvq| ‡RÛvi ‰elg¨ we‡k¦i cÖwZwU ‡`‡k we`¨gvb, KviY bvix‡`i Dci Awc©Z ‡RÛvi f~wgKv cyiæl‡`i Rb¨ eivÏK…Z Zyjbvq Kg kw³ Ges m¤ú‡`i mv‡\_ hy³| mvaviYZ bvixiv wm×všÍ MÖnY ‡\_‡K ev` c‡o Ges A\_©‰bwZK I mvgvwRK m¤ú‡` Zv‡`i cÖ‡ekvwaKvi mxwgZ \_v‡K| ‡RÛvi ‰elg¨ wewfbœ Dcv‡q cÖKvk cvq, hvi g‡a¨ GKwU n‡”Q bvix‡`i Ávb I `¶Zv Dbœq‡b mxwgZ cÖ‡ekvwaKvi| GwU Zv‡`i cÖvwšÍK mvgvwRK Ae¯’v‡bi Ab¨Zg KviY| mgm¨v mgvav‡bi GKwU Dcvq nj cÖvmw½K wel‡q bvix‡`i cÖwk¶Y ‡`Iqv hv Zv‡`i RxweKv‡K BwZevPKfv‡e cÖfvweZ K‡i Ges Zv‡`i Av\_©-mvgvwRK gh©v`vi c\_ cÖk¯Í K‡i|** * **mnvqK ‡hvM Ki‡eb ‡h ‡RÛvi mgZvi gv‡b GB bq ‡h bvix-cyiæ‡li Ae¯’vb GKB; Gi gv‡b nj ‡h Zv‡`i my‡hvM Ges Rxeb cwieZ©‡bi c‡\_i AMÖmiZv Zv‡`i wj‡½i Dci wbf©ikxj ev mxgve× bq| ‡RÛvi mgZv AR©‡bi Rb¨ wm×všÍ MÖn‡Y Ges m¤ú‡` cÖ‡ekvwaKv‡i bvixi c~Y© AskMÖnY wbwðZ Kiv cÖ‡qvRb hv‡Z bvix I cyiæl mgvR I Rxe‡bi mKj ‡¶‡Î mgvb Askx`vi wn‡m‡e m¤ú~Y©fv‡e AskMÖnY Ki‡Z cv‡i|** * **Av†jvPbv mK†ji Kv†Q my¯úó n†q†Q wbwðZ n†q c†ii av†c cÖ†ek Ki‡eb|** |
| **avc 3 Avgv†`i wbR¯^ AwfÁZv we†kølY Ges †RÛvi 20 wgwbU**   * **mnvqK AskM«nYKvix†`i GKwU b¤^i eivÏ Ki‡eb (†hgb 1 ev 2)|** * **Ô1 b¤^iÕ AskMÖnYKvix†`i†K Zv†`i †Pqvi wb†Z Ges evB†ii w`†K gyL K†i N†ii ga¨Lv†b GKwU e„Ë ‰Zwi Kivi wb†`©kbv w`‡eb |** * **2 b¤^i AskMÖnYKvix†`i wfZ†ii w`†K gyL K†i GKwU e„Ë ‰Zwi Ki†Z wb†`©k w`‡eb hv†Z c«†Z¨†K Ab¨ Kv†iv †\_†K ¯^v”Q†›` K\_v ejvi gZ `~i†Z¡ e†m|** * **mnvqK wbgœwjwLZ wb†`©kvejx cÖ`vb Ki‡eb:** * **cÖwZwU ivD†Û, Avcbv†`i Kv†Q GKwU cÖkœ ivLe hv Avcbviv †Rvovq Av†jvPbv Ki†eb| cÖwZwU cÖkœ wb‡q Av†jvPbv Kivi Rb¨ Avcbv†`i Kv†Q cÖvq 3-4 wgwbU mgq \_vK†e|** * **Avcwb Av†jvPbv Kivi c†i, 1 b¤^†ii-Gi Af¨šÍixY e„ËwU 2-3wU Avm†bi c†i ¯’vbvšÍwiZ n†e hv†Z cÖ†Z¨†Ki cÖwZwU cÖ†kœi Rb¨ GKwU bZyb m½x \_v†K|** * **eivÏK…Z mg‡qi g†a¨ Dchy³ msL¨K cÖkœ wbe©vPb K†i AskMÖnYKvix†`i Av†jvPbvi Rb¨ wb†Pi Av†jvPbvi cÖkœ †\_†K †e†Q wbb|** * **fveyb- Avcwb hLb wkï wQ†jb, GKRb †g‡q/†Q†j wn†m†e Avcbvi KvQ †\_†K Kx Avkv Kiv n‡qwQj †m m¤ú†K© Avcwb Kxfv†e Rvb†jb? Avcbv†K †K wkwL‡qwQj?** * **fveyb- Avcwb hLb wkï wQ†jb| me©cÖ\_g Avcwb KLb eyS†jb †h GKRb †g†q nIqvi Kvi†Y Avcbvi Abyf~wZ Ges AvPiY mxgve× wQj/ me©cÖ\_g Avcwb KLb GKRb †Q†j nIqvi Kvi†Y kw³kvjx Abyfe K†iwQ†jb?** * **Avcwb wK KLbI Ggbfv†e K\_v e†j†Qb ev AvPiY K†i†Qb ev Avcwb Kx KLbI mgv‡Ri Pv‡c cov AvPiY¸‡jvi weiæ‡× K\_v e‡j‡Qb? cwiw¯’wZ †Kgb n†qwQj? Avcbvi Abyf~wZ †Kgb wQ†jv? Ab¨iv Kxfv†e cÖwZwµqv †`wL‡qwQj?** * **Avcwb wK KLbI cÖZ¨vkv K†i†Qb †h cyiæl ev bvixiv wfbœfv†e KvR Ki†Z cv†i? KLb? †Kvb cwiw¯’wZ†Z?** * **Avcwb wK g†b K†ib †h bvixiv Zv†`i cvwievwiK `vwq†Z¡ \_vKv Ae¯’vq Kg©†¶†Î †evSv ev Pvc wb†Z m¶g nq bv?** * **Avcwb wK g†b K†ib †h A‰eZwbK cwiPh©vi KvR †hgb, ivbœv Kiv, cwi®‹vi-cwi”QbœZv, wkïi hZœ, eq¯‹†`i hZœ Ges Kvco †avqv †ewkifvM bvix†`i Kiv DwPZ? Avcwb wK g†b K†ib GKRb cyiæl†K Gme KvR¸†jv†Z hy³ Kivi `iKvi †bB?** * **Avcwb wK g†b K†ib cyiæliv Zv†`i cwiP‡qi Kvi†Y †Kvb we†kl my†hvM Dc†fvM K†i? GB my†hvM-myweav¸†jv Kx, Ges G¸†jv wK bvix†`i Ici, GgbwK wb†R†`i (cyiæl†`i) IciI weiƒc cÖfve †d†j?** * **Avcwb wK g†b K†ib bvixiv Zv†`i cwiP‡qi Kvi†Y †Kvb we†kl my†hvM Dc†fvM K†i? GB my†hvM-myweav¸†jv Kx, Ges G¸†jv wK bvix†`i Ici, GgbwK wb†R†`i (bvix†`i) IciI weiƒc cÖfve †d†j?** * **me cÖkœ wRÁvmv Kivi c†i, mnvqK AskMÖnYKvix†`i wRÁvmv Ki‡eb:**   **- KvRwU Ki†Z Avcbvi †Kgb †j†MwQj?**  **- Avcwb Ges Avcbvi m½xiI wK GB wbqg Ges my†hvM-myweav¸†jv m¤ú†K© GKB Abyf~wZ ev `„wófw½ wQj?**   * **mnvqK †hvM Ki‡eb †h, mvs¯‹…wZKfv‡e wba©vwiZ wKQz †RÛvi bxwZ, bvix-cyiæ‡li cÖwZ Quv‡P cov Ges cÖZ¨vkv i‡q‡Q, †mUv n‡Z c‡i Kg©‡ÿ‡Î, n‡Z cv‡i mgv‡R Ges n‡Z cv‡i cwiev‡i ‡\_‡K| Gi g‡a¨ bvix-cyiæ‡li KvQ †\_‡K cÖZ¨vwkZ AvPiY, Zv‡`i ‡Kvb KvR Kiv DwPZ Ges ‡Kvb M„n¯’vjx Kv‡Ri Rb¨ Zviv `vqe× -G¸‡jvI i‡q‡Q|** |
| Awa‡ekb mgvcbx | **avc 1 wkLb ch©v‡jvPbv 05 wgwbU**   * **mnvqK mKj‡K ab¨ev` w`‡eb Ges Aby‡iva K‡ib †h, †mev cÖ`vbKvix wn‡m‡e Zv‡`i `vqe×Zv i‡q‡Q| †hgb, ‡RÛvi †jÝ e¨envi K‡i wewfbœ bxwZgvjv¸‡jv‡K †`Lv| Avi †mev MÖnxZv ev wmGmI‡`i `vwqZ¡ i‡q‡Q Zv‡`i Kvh©µ‡g †RÛvi mgZv wbwðZ Kiv|** * **mnvqK ej‡eb, Avgv‡`i mgv‡R A‡bK cwieZ©Y G‡m‡Q wKš‘ †RÛvi mgZv Avb‡Z mgq jvM‡e|** * **cieZ©x Awa‡ek‡bi Avnevb Rvbv‡eb|** |

cÖwkÿ‡Ki cÖ¯‘wZt

* Awa‡ekb cÖwµqvwU Ges mshy³ cvVDcKiY fvj K‡i co–b|
* cÖ‡qvRbxq DcKiY Ges cvVDcKiY c~‡e©B ¸wQ‡q ivLyb|
* Av‡jvPbvq Av‡iv wKQz †hvM Ki‡Z PvB‡j wewfbœ mswkøó AvwU©‡Kj c‡o †`L‡Z ev ¸M‡ji mvnvh¨ wb‡Z cv‡ib |

**mshyw³: 3**

**mshyw³ 3, bgybv wPÎ K: Kvh©µg 1 ‡K wK Ki‡Z cv‡ib? ‡K wK Kivi AbygwZ c«`vb K‡ib?**

**e…ËvKvi AvK…wZi KvW© Øviv Kvh©µg mgvR g‡b K‡i ‡h ïaygvÎ bvixivB Ki‡Z cv‡ib, ïaygvÎ cyiælivB Ki‡Z cv‡ib**

e…ËvKvi AvK…wZi KvW©¸‡jv‡Z, wb‡gœ wjwLZ ‡jLv¸wj n‡e, ZvwjKv ‡\_‡K wKQy ‡e‡Q wbb (me e¨envi Ki‡eb bv!)

31. U«vK PvjK

32. hvbevnb ‡gKvwbK

33. evm Ges ‡KvP PvjK

34. gvjx

35. evm cwiPvjK

36. ‡Mvqvjv

37. gywP

38. Nvm KvUv

39. K…lK

40. Mvwoi PvKvq nvIqv ‡`Iqv I PvKv cwieZ©b

41. ‡U«W BDwbqb †bZv

42. gv‡K©wUs wefv‡Mi c«avb

43. ‡Rbv‡iUi cwiPvjbv

44. ‡`vKv‡b Kvco Bw¯¿ Kiv

45. BU fv½v

46. wK¬bvi

47. Nywo Dov‡bv

48. Kvc‡o gvo ‡`Iqv

49. GKwU cyKyi Lbb

50. ce©Z Av‡ivnb

51. bvm©

52. gvQ aiv

53. SvWy`vi

54. K¨vwkqvi

55. ‡gvevBj †gKvwbK

56. jwÛª‡Z Kvco Bw¯¿ Kiv

1 . mycvifvBRvi

2. wefv‡Mi c«avb

3. PvjK

4. wbivcËv c«nix

5. Mv‡Q Pov

6. mfv cwiPvjbv Kiv

7. bvwcZ

8.¯’vbxq gyw` ‡`vKvb`vi

9. KmvB

10.cvBjU

11. ivbœv

12. mšÍvb jvjb cvjb

13. wkï‡K PvBì ‡Kqv‡i wb‡q Avmv

14. wkï‡K ey‡Ki `ya LvIqv‡bv

15. Wv³vi

16. mšÍv‡bi Rb¥

17. wbg©vb KvR

18. d‡UvKwc ‡gwkb cwiPvjbv

19. evRv‡i gvQ KvUv

20. U¨vw· Ges K¨ve PvjK Ges hvÎxevnx ‡gvUihvb PvjK

21. KviLvbvq Avqib g¨vb

22. cwi”QbœZv Kg©x

23. gvwS

24. ågY MvBW

25. ‡gvUi mvB‡Kj ‡gKvwbK

26. KvVwgw¯¿

27. evwY©k cvwjkKvix

28. ‡iwd«Rv‡iUi ‡gKvwbK

29. ‡nv‡Uj mnKvix

30. ‡Kv¤úvwbi gvwjK

**mshyw³ 3 bgybv wPÎ L**

**KvW©¸‡jvi wk‡ivbvg n‡e, ïaygvÎ bvixivB cv‡ib--- ïaygvÎ cyiælivB cv‡ib Ges bvix I cyiæl DfqB cv‡ib**

**mshyw³ 3, bgybv wPÎ M**

**‡K wK Ki‡Z cv‡ib? ‡K wK Kivi AbygwZ c«`vb K‡ib? (Dc¯’vcbvi ci)**

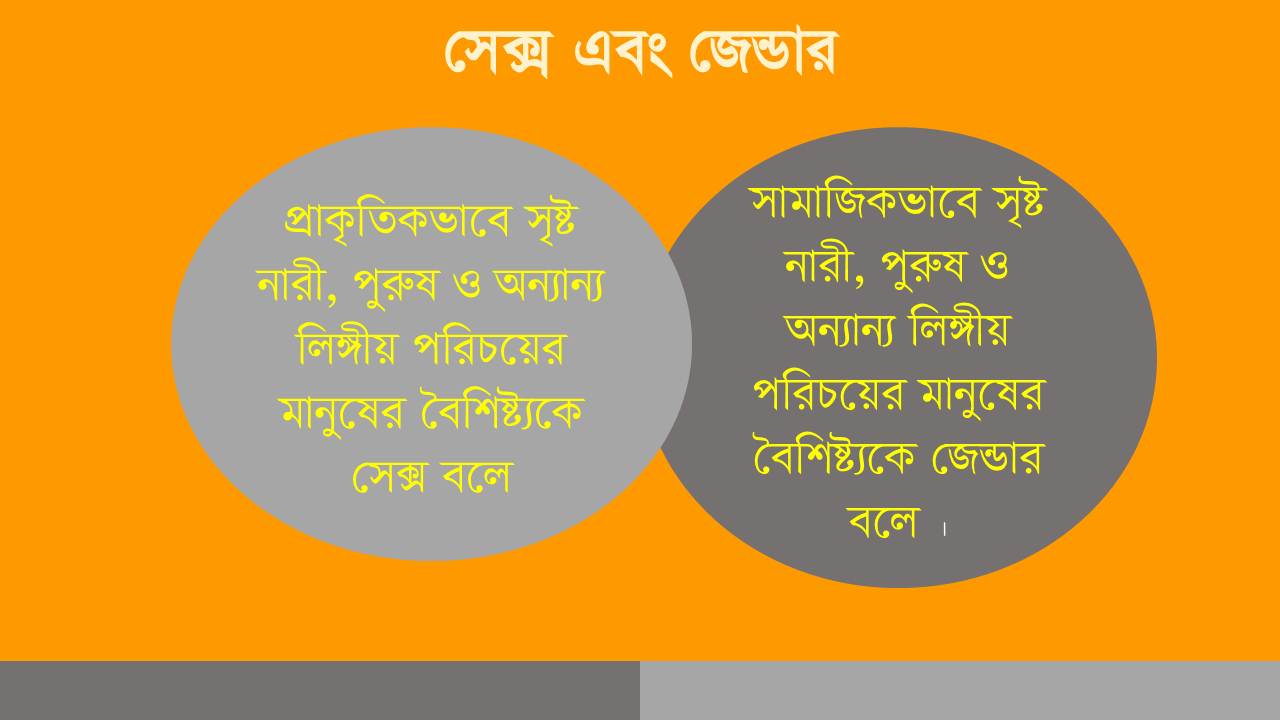


**mshyw³ 3 bgybv N, Abykxjbx 1**

Lyu‡R †ei Kiæb †KvbwU mvgvwRK Ges †KvbwU cÖvK…wZK

|  |  |  |  |
| --- | --- | --- | --- |
| µwgK | e³e¨ | mvgvwRK | cÖvK…wZK |
| 01 | bvixiv mšÍvb aviY I Rš§ w`†Z cv†i, cyiæliv Zv cv†i bv| |  |  |
| 02 | bvix †Kvgj ü`†qi, cyiæl KwVb ü`†qi| |  |  |
| 03 | †g†qiv ‡gvUi †gKvwbK n†Z cv†ib bv| |  |  |
| 04 | c„w\_exi †ewki fvM †`†kB bvix GKB Kv†R cyiæ†li Zzjvq Kg cvwikªwgK cvq |  |  |
| 05 | bvix ey†Ki `ya cvb Kiv†Z cv†i, cyiæl cv†i bv| |  |  |
| 06 | Avgv†`i mgv†R mvaviYZ cyiæl evB†ii KvR K†i Avi bvix M„n¯’vjx KvR K†i| |  |  |
| 07 | bvixi Rivqy Av†Q, cyiæ†li Rivqy †bB| |  |  |
| 08 | bvix jwÛªi †`vKv‡b Bw¯¿ Ki‡Z cvi‡e bv| |  |  |
| 09 | cyiæ†li Kuv`†Z †bB, Av†eM †`Lv†Z †bB, bvix†`i Kvbœv ev Av†eM wbq¯¿†Yi `iKvi nq bv| |  |  |
| 10 | †Kv†bv cÖwZôvb/ wefvM/ `ßi cwiPvjbv bvix†`i KvR bq| |  |  |
| 11 | bvixi cÖavb KvR n†”Q mšÍvb Rb¥`vb, jvjb-cvjb, ivbœv I M„n¯’vjxi KvR Kiv |  |  |
| 12 | bvix†`i †g†b wb†Z n†e †h Zv†`i cwiP†qi Kvi†Y Zv†`i nqivwbi wkKvi n†Z nq |  |  |
| 13 | bvix hw` evwoi evB†i KvR Ki†Z hvb, Zvn†j †mB evwoi mšÍvb fzj c†\_ cwiPvwjZ nq |  |  |
| 14 | †Q†jiv gv†V †Lj†e, †g†qiv cyZzj w`†q †Lj†e| |  |  |
| 15 | bvixi †bZ…Z¡ †`evi ÿgZv †bB| |  |  |
| 16 | cyiæliv `vwqZ¡ cvjbKvix Ges iÿvKvix |  |  |
| 17 | cyiæ†liv ivM†Z cv†i, bvix†`i kvšÍ n†Z nq| |  |  |

**mshyw³ 3, bgybv wPÎ O †m· I †RÛvi**



**†m· Kx?**

**†RÛvi Kx?**

**mshyw³: 3 bgybv wPÎ –Q †m· I †RÛvi**

**mshyw³ 3 bgybv P wfwWI wjsK 1**

[**https://youtu.be/VjoLWvQJ1iw**](https://youtu.be/VjoLWvQJ1iw)

[**https://www.youtube.com/watch?v=Q7OeRdETQeE**](https://www.youtube.com/watch?v=Q7OeRdETQeE)

**cvV DcKiY -1**

**†RÛvi avibv, mvgvwRKxKiY cÖwµqv, †RÛvi mgZv, Ges †RÛvi mvg¨**

**†RÛvi (mvgvwRK) t**

**mvgvwRKfv†e m„ó bvix, cyiæl I Ab¨vb¨ wj½xq cwiP†qi gvby†li ˆewkó¨†K e†j †RÛvi|** †hgb- GKRb bvixi Rb¨ mšÍvb Rb¥`vb ev gv nIqvB Rxe†bi †kªô jÿ¨ wn†m†e mgvR wbw`©ó K†i †`q, wKš‘ GKRb cyiæ†li †ejvq wcZv nIqv bq eis GKRb Kg©V e¨w³ nIqvB mgv†Ri Kv†Q AvKvw•LZ|

**†m· (cÖvK…wZK)t**

**cÖvK…wZKfv†e m„ó bvix, cyiæl I Ab¨vb¨ wj½xq cwiP†qi gvby†li ˆewkó¨†K e†j †m·|**

GUv cÖK…wZB m„wó K†i \_v†K, Gi wfwË cÖvK…wZK| cwievi, mgvR, †`k †f†` GB ˆewkó¨ me RvqMv†ZB GKB iKg, hv cwieZ©b Kiv hvq bv|

**†RÛvi I †m· Gi g†a¨ cv\_©K¨**

|  |  |
| --- | --- |
| **†RÛvi** | **†m·** |
| mvgvwRK fv†e m„ó | cªvK„wZK fv†e m„ó |
| me©Rbxb bq | me©Rbxb |
| mgq I ¯’vb †f†` cwiewZ©Z nq | cwieZ©bkxj bq/AcwieZ©bxq |
| †Kvb cªvK„wZK wfwË †bB | Gi wfwË cÖvK…wZK |
| ‰ewkó¨ mxgvnxb | ‰ewkó¨ wbw`©ó |
| ‰ewk†ó¨i i` e`j Kiv hvq | ‰ewk†ó¨i i` e`j Kiv hvq bv |

**mvgvwRKxKi†Yi wbqg:**

†RÛvi aviYv †Kvb mvaviY I GKK cÖwµqv bq| GwU GwK mv†\_ RwUj hv g†bvweÁvb Ges mvgvwRKxKi†Yi mv†\_ RwoZ| mvgvwRKxKiY cÖwµqv 5wU av†c m¤úbœ nq|

1| GKUv ev”Pv†K mwVKfv†e cwiPvjbv Kivi Rb¨ Zv†K wewfbœ wel†q fv†jvfv†e eySv†Z n†e| †QvU †ejvq †Q†j I †g†qi g†a¨i kvwiixK cv\_©K¨B Zv†`i wbR¯^ Abyaveb MV†b mvnvh¨ K†i| D`vniY wn†m†e ejv hvq- †g†q ev”Pv†`i †QvU †ejvq mZK©Zvi mv†\_ †Kv†j ivLv nq| wKš‘ †Q†j†`i †¶†Î mvnmx K†i †Zvjv nq|

2| †QvU†ejv †\_†K †`Lv hvq †h †g†q wkïiv cyyZyj wb†q †Ljv K†i †Q†jiv ej wb†q †L†j GB me welq †\_†KB Zviv †h Avjv`v †mUv †R†b hvq|

†QvU †ejvq †g†qiv nvwo cvwZj wb†q bv †Lj†jI Zviv †k†L wKfv†e ivbœv Ki†Z nq| Avi †Q†jiv H mgq evwn†ii KvR ev ¯‹z†j hvq|

3| †gŠwLK gšÍe¨ ev fvlv †Q†j I †g†qi wbR¯^ cwiPq ˆZix†Z mvnvh¨ K†i Ges GB me gšÍe¨B Zv†`i†K †Q†j I †g†q n†Z †kLvq| D`vniY wnmv†e ejv hvq- †Q†j†`i Kvbœv gvbvq bv| †g†q†`i †K ejv nq Zviv †hb Av†¯Í nv†m, K\_v e†j|

4| wkïiv wewfbœ Kg©KvÛ Zv†`i ga¨Kvi †g†qwj I cyiælvwj fve cÖKvk K†i| A\_©vr †Q†j I †g†qiv Ab†PZbfv†eB Zv†`i †g†q I †Q†j nIqvi welqvw` cÖKvk K†i|

†hgb †g†q†`i†K N†ii Kv†R DrmvnxZ Kiv nq wKš‘ †Q†j†`i†K evB†i UvKv DcvR©b Kivi Rb¨ DrmvwnZ Kiv nq|

5| †Q†j I †g†qiv †hgb Zv†`i †Kvb Kg©Kv†Ûi Rb¨ cyi¯‹…Z I wZi¯‹…Z nq †m¸†jvB Zv†`i†K mgv†R cÖPwjZ aviYv¸†jv AvZ¥¯’ Ki†Z mnvqZv K†i| †hgb- fvj †g†qiv gvivgvwi K†i bv, fvj †Q†jiv †ev†bi i¶v K†i mvgvwRKxKiY cÖwµqvi gva¨†g| bvix I cyiæ†liv Zv†`i AvPiY, f~wgKv I cvi¯úwiK m¤úK© Ges wbR¯^ e¨w³Z¡ m¤ú†K© `„p aviYv M†o †Zv†j|

**cvV DcKiY -2**

**†RÛvi mgZv:**

†RÛvi mgZv ej†Z mKj wj½xq cwiP†qi gvby†li mgvb AwaKvi, mgvb `vq-`vwqZ¡ I mgvb my†hvM \_vKv†K †evSvq| **mgv†R bvix-cyiæ†li GKB mv†\_ mwVK f~wgKv I mgm¨v g~j¨vqb wbwðZKiY †K †evSvq|** bvix-cyiæl mn wj½ ˆewP†Î¨i mKj gvbyl, wkï Ges cwievi †RÛvi AmgZv Øviv ÿwZMÖ¯’ nq| **†RÛvi mgZv wbwðZ K†i Òbvix I cyiæl, †g‡q I †Q†j, GKB AwaKvi, m¤ú`, my†hvM Ges myi¶v †fvM Ki†e, mevi c«wZ GKB AvPiY Ki†Z n†e, mgv†Ri wKQy my†hvM myweav, †hgb A\_©‰bwZK AskM«nY Ges wm×všÍ M«nY mn wewfbœ AvPiY Ges c«‡qvRb Abyhvqx mgvbfv†e g~j¨vqb wj½ wbe©vPb wbwe©†k†l mevi mgvb AskM«nY \_vK†e |**

**†RÛvi mvg¨:**

†h cÖwµqv AbymiY K†i bvix-cyiæl mn mKj wj½xq cwiP†qi gvby†li mgvb gh©v`v wbwðZ Kiv hvq, †mB cÖwµqvi bvg †RÛvi mvg¨| A\_©¨vr **†RÛvi mgZv Øviv †RÛvi b¨vqcivqYZv ev wbi†c¶Zv †evSvq| †RÛvi mvg¨ n†”Q bvix I cyiæl†K b¨vq Gi `…wó†Z †`Lvi GKwU c«wµqv| mgv†Ri myweav ewÂZ gvby†li Dbœq†bi mydj Ges `vwqZ¡ c«`vb I e›U†bi †¶†Î GKwU b¨vqwfwËK Avskx`vwiZ¡ c«`vb Kiv| Gi gv†b n†”Q hv†`i Pvwn`vi Zyjbvq m¤ú` ev c«vc¨Zvi my†hvM Kg Av†Q Zv†`i†K c«†qvRb Abymv†i m¤ú` fvM †`qv| A\_©vr we†klfv†e ewÂZ †Kvb †Mvwô†K m¤ú`, my†hvM I AwaKvi c«`vb Kiv Ges c«†qvR†b we†kl c`†¶†ci gva¨†g bvixi mvgvwRK I HwZnvwmK eÂbvi ¶wZc~iY Kiv| mgv†Ri c«PwjZ eÂbv I Amg e¨e¯’vi c«fv†e bvix-cyiæl mgv†R mgfv†e f~wgKv cvj†b evavc«vß n†”Q, g†b ivL†Z n†e, †RÛvi mvg¨ n†”Q †RÛvi mgZv AR©†bi GKwU c«wµqv| †RÛvi mvg¨ Gi A\_© bvix I cyiæ†li Pvwn`v Abyhvqx AwaKvi my†hvM myweav I `vwqZ¡MZ w`K †\_†K mgZyj¨ my†hvM hv bvix I cyiæl†`i GKB ai†bi Kv†R HwZnvwmK I mvgvwRKfv†e m…ó Amyweavmg~n `~†i K†i cwic~iK g~jK ¯^”Q e¨e¯’v wbwðZ Kiv**| b¨vqcivqYZv wbwðZ Ki†Z mKj bxwZ Ges gvb`Û¸†jv†K HwZnvwmK Ges mvgvwRKfv†e wcwQ†q \_vKv bvixi cwiw¯’wZ eyS†Z n†e Ges Zv†`i GwM†q G†b mgvb RvqMvq `uvo Kiv†Z n†e| †RÛvi mvg¨ †mB GwM†q Avbvi c\_ †`Lvq hv †RÛvi mgZv wbwðZ Ki†Z AZ¨vek¨Kxq|



**Awa‡ekb 4**

**Awa‡ekb - 4**

|  |  |  |
| --- | --- | --- |
| g~j Awa‡ekb | : | Avgv‡`i kw³ wewbg©vY (bvixi eûgyLx f~wgKv Luy‡R †ei Kiv) |
| **Av‡jvPbv** | : | * g‡bi is * mgvR wewbg©v‡b bvixi f’wgKv * **wb‡R‡K LuywR Avi LuywU Mvw**o |
| **D‡Ïk¨** | : | Awa‡ekb †k‡l AskMÖnYKvixMY-   * gvbwmK w¯’wZ Ges kw³ †Kw›`ªf’Z Ki‡Z cvi‡eb| * bvixi cvi‡e bv-Ggb †Kv‡bv welq †bB, Zv wek^vm Ki‡eb| * mvgvwRK cÖ\_v ev wPivPwiZ avibv †f‡½ †ewi‡q Avmvi mvnm cv‡eb| |
| **mgq** | : | 90 wgwbU |
| **c×wZ** | : | †eªBb ÷wg©s, AskMÖnYg~jK Av†jvPbv, wfwWI cÖ`k©Y, AwfÁZv wewbgq, †Ljv, Qwe AuvKv |
| **DcKiY** | : | gvmwKb †Uc, wd¬cPvU©, cvVDcKiY, Av‡jvPbvi ¯øvBW, gvK©vi,eªvDb †ccvi, fxc KvW© ,  **bvixi Aeq‡ei AuvKv Qwe ,** bKkv m¤^wjZ †ccvi, †c÷vj is, wfwWI wK¬c |

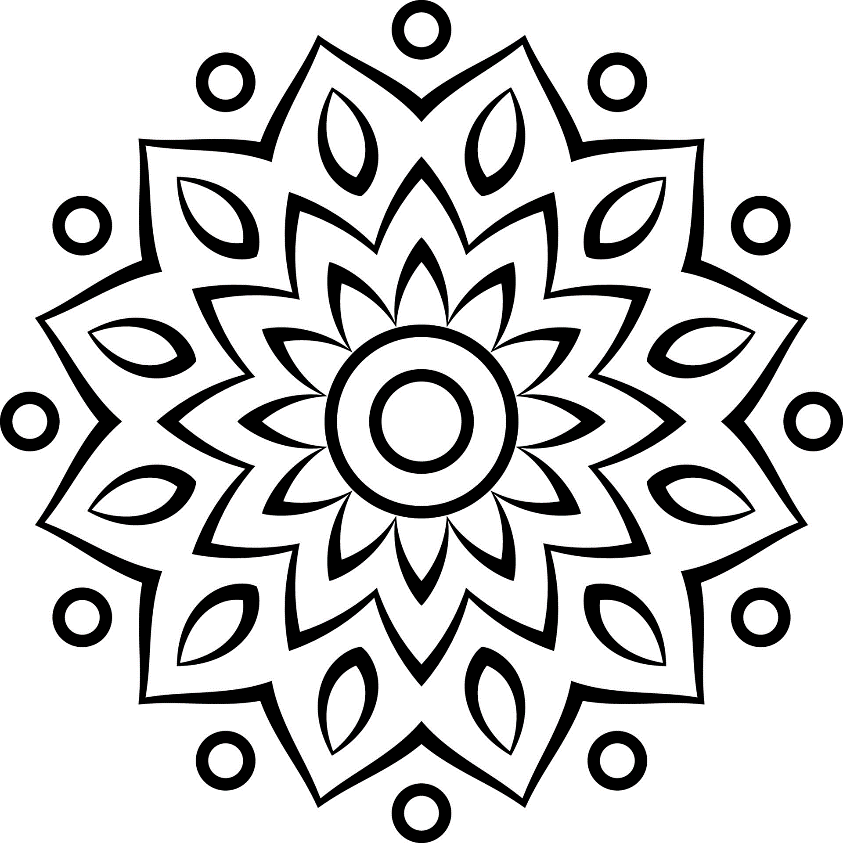
|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| g‡bi is | **avc 1:** g‡bv‡hvM Abykxjb **20 wgwbU**   * mnvqK Awa‡ek‡b mKj‡K ¯^vMZ Rvwb‡q wR‡Ám Ki‡eb, Ô†kl K‡e Avgiv Qwe is K‡iwQ?Õ mK‡ji KvQ †\_‡K DËi ky‡b wb‡eb| * mnvqK cÖ‡Z¨K AskMÖnYKvix‡K GKwU K‡i bKkv m¤^wjZ KvMR Ges †c÷vj is w`‡eb Ges wb‡`©kbv w`‡eb †h, KvM‡R †h bKkv AvuKv Av‡Q †mUv‡Z wb‡Ri g‡Zv K‡i is w`‡Z| KvRwU m¤úbœ Ki‡Z 05 wgwbU mgq eivÏ Ki‡eb| (mshyw³-4 bgybv wPÎ-K) * mK‡ji KvRwU m¤úbœ n‡q †M‡j cÖwkÿY K‡ÿi GKwU †`qv‡j †m¸‡jv cici Ry‡o †`qvi Rb¨ (mshyw³-4 bgybv wPÎ-L) Avnevb Rvbv‡eb| me¸‡jv Qwe †`qv‡j jvMv‡bv n‡q †M‡j mK‡j wg‡j GB †`qvjwUi GKwU bvg w`‡Z ej‡eb| * mnvqK AskMÖnYKvix‡`i KvQ ‡\_‡K KvRwU Ki‡Z wM‡q wK Abyf’wZ n‡qwQj Zv Rvb‡Z PvB‡eb| 2/3 R‡bi KvQ †\_‡K DËi ïb‡eb| * cybivq Rvb‡Z PvB‡eb, mK‡ji Qwe¸‡jv GKmv‡\_ jvMv‡bvi ci Kx g‡b n‡”Q? 2/3 R‡bi KvQ †\_‡K DËi ïbyb| * mKj‡K GKvZ¥Zv Ges mwµq AskMÖn‡Yi Rb¨ ab¨ev` Rvbv‡eb Ges cieZ©x av‡c Av‡jvPbv Ki‡eb | |
| mgvR wewbg©v‡b bvixi f’wgKv | avc 1 †`wL †Zv Kx ej‡Q? 20 wgwbU   * mnvqK ci ci K‡qKwU wfwWI (GB cÖwkÿ‡Yi Rb¨ ˆZwi) †`Lv‡eb Ges Rvb‡Z PvB‡eb, wfwWI¸‡jv wb‡q Zv‡`i fvebv Kx? wfwWI¸‡jv‡Z Kx †Pv‡L c‡o‡Q? * AskMÖnYKvix‡`i KvQ †\_‡K DËi¸‡jv ï‡b wb‡eb Ges ej‡eb †h, c‡ii Av‡jvPbvq AviI Mfxifv‡e Rvb‡Z cvi‡ev |
| avc 2 wb‡R‡K LuywR Avi LuywU Mvwp 50 wgwbU   * mnvqK cy‡iv `jwU‡K 05wU `‡j fvM Ki‡eb| * cÖwZwU `‡j GKwU eo euvkcvZv KvMR (eªvDb †ccvi) Ges GKwU gvK©vi w`‡eb Ges K‡ÿi 05wU ¯’v‡b em‡Z Aby‡iva Ki‡eb| * Gevi cÖwZwU `‡j GKwU K‡i bvixi Aeq‡ei AuvKv Qwe (mshyw³-4 bgybv wPÎ-M) w`‡eb| * cÖ‡Z¨K `j‡K wb‡`©kbv w`‡eb †h, GB Qwei Mv‡q Zviv mgvR‡K wUwK‡q ivL‡Z bvixi hZ ai‡bi f’wgKv iv‡L ev ivL‡Z cv‡i, †m¸‡jv g~j k‡ã D‡jøL Kiæb| (mnvqK wbwðZ Ki‡eb †h, cÖwZwU `‡j wiL‡Z cv‡i Ggb AšÍZ GKRb AskMÖnYKvix \_vK‡eb|) * mnvqK GB Kv‡Ri Rb¨ wba©vwiZ mgq avh© Ki‡eb| KvRwU wVKg‡Zv mK‡j ey‡S‡Q wKbv wbwðZ n‡q `jxq KvRwU Ki‡Z ms‡KZ w`‡eb| * cÖwZwU `‡ji KvR m¤úbœ n‡j mnvqK bvixi Aeq‡ei QwewU evukcvZvq AvVv w`‡q †mu‡U w`‡Z Ges cÖwZwU `‡ji Dc¯’vcbv K‡ÿi gvSLv‡b cvkvcvwk wewQ‡q w`‡Z ej‡eb| * mnvqK cÖwZwU `‡ji †cv÷v‡ii mvg‡b G‡m `uvov‡eb, †Rv‡i †Rv‡i co‡eb, cov †k‡l †Rv‡i †Rv‡i N›Uv evRv‡eb Ges mKj‡K KiZvwj w`‡Z ej‡eb| * me¸‡jv †cv÷vi cov †kl n‡j mnvqK ej‡eb †h, ÔAvgiv A‡bK mgqB wb‡RivI †`wLbv Avgv‡`i kw³¸‡jv Kx, KZ ai‡bi kw³ wb‡q Avgiv Pwj| Avgiv †QvU‡ejv †\_‡K †R‡b G‡mwQ, bvixiv `~e©j, ZvB wek^vm Kwi, Zv Avm‡j wVK bq|Õ * Av‡jvPbv †Kgb jvM‡jv mK‡ji KvQ †\_‡K †R‡b wb‡q mnvqK Awa‡ekb †kl Ki‡eb| |

cÖwkÿ‡Ki cÖ¯‘wZt

* Awa‡ekb cÖwµqvwU Ges mshy³ cvVDcKiY fvj K‡i co–b|
* cÖ‡qvRbxq DcKiY Ges cvVDcKiY c~‡e©B ¸wQ‡q ivLyb|
* Av‡jvPbvq Av‡iv wKQz †hvM Ki‡Z PvB‡j wewfbœ mswkøó AvwU©‡Kj c‡o †`L‡Z ev ¸M‡ji mvnvh¨ wb‡Z cv‡ib |

**mshyw³: 4**

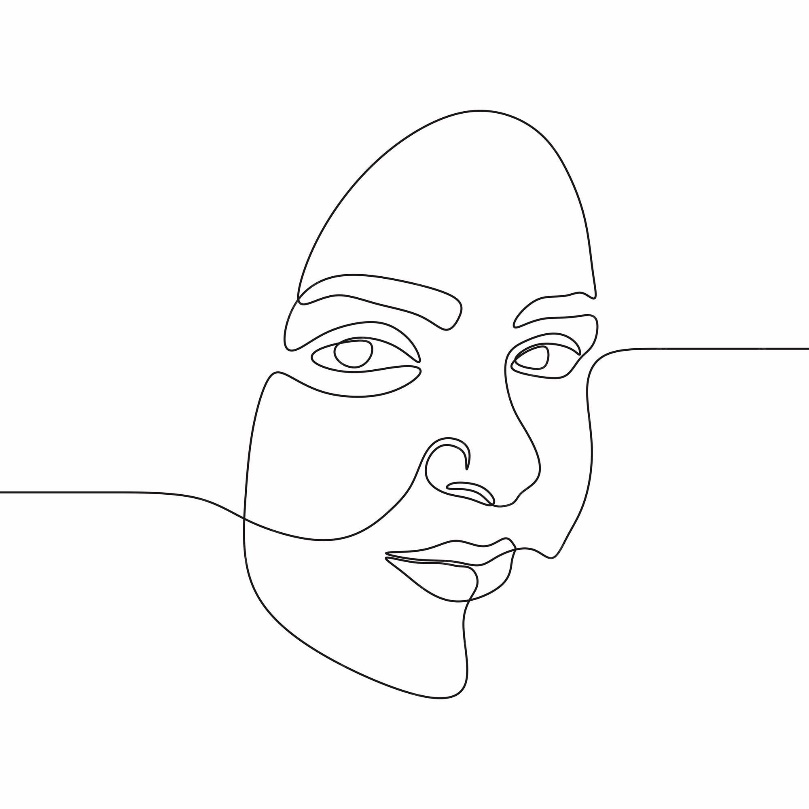
**bgybv wPÎ K : bKkv AvuKv KvMR**



**bgybv wPÎ L : g‡bi is**



**bgybv wPÎ M : bvixi Aeq‡ei AuvKv Qwe**





**Awa‡ekb 5**

**Awa‡ekb -5**

|  |  |  |
| --- | --- | --- |
| **g~j Awa†ekb** | **:** | ‡`wL †Zv g‡b Av‡Q wKbv? |
| Av†jvPbv | : | * wkLb hvPvB |
| D†Ïk¨ | : | Awa†ekb †k†l AskMÖnYKvixMY   * †Kvb& welq¸†jv fvjg†Zv †R†b†Q Zv hvPvB Ki†Z cvi†eb| * cÖwkÿ†Yi welqmg~n cybiv†jvPbv Ki†Z cvi†eb| |
| mgq | : | 30 wgwbU |
| c×wZ | : | cÖwkÿY cieZ©x wkLb hvPvB QK c~iY |
| DcKiY | : | cÖwkÿY cieZ©x wkLb hvPvB cÖkœgvjv |

|  |  |
| --- | --- |
| **Av†jvP¨ welq** | **cÖwµqv** |
| wkLb hvPvB | * mnvqK cÖwkÿ†Yi wkLb hvPvB‡qi Awa†ek†b mKj†K Avgš¿Y Rvbv‡eb| * ej‡eb, Avgiv GLb cy†iv cÖwkÿ†Yi wkLb ch©v†jvPbv Ki‡ev GKUz Ab¨fv‡e| * Gevi cÖ†Z¨K AskMÖnYKvixi Rb¨ c~e© †\_†K cÖ¯‘Z K†i ivLv cÖwkÿY cieZ©x wkLb hvPvB cÎ (mshyw³ 5 bgybv-K.1) GKwU K†i cÖ`vb Ki‡eb| mnvqK di‡gUwU eywR‡q ej‡eb Ges KvRwU m¤úbœ Ki‡Z 20 wgwbU mgq eivÏ Ki‡eb|| * mnvqK cÖ†Z¨K†K KvRwU Ki†Z DrmvwnZ Kiæb Ges †Kv†bv RvqMvq Kv†iv eyS†Z Amyweav n†j h\_vh\_fv†e eywS†q ej‡eb| * mK†ji †jLv †kl n†j c~iYK…Z di†gU¸†jv msMÖn Ki‡eb| * mnvqK ¯øvB‡Wi gva¨‡g mwVK DËi †`Lv‡eb| (mshyw³ 5 bgybv-K.2) |

cÖwkÿ‡Ki cÖ¯‘wZ:

* Awa‡ekb cÖwµqvwU fvj K‡i co–b
* mnvqK cvV Abyhvqx Avbylvw½K DcKiY Kv‡Q ivLyb|
* wewfbœ Awa‡ek‡b e¨envi Kiv †cv÷vi¸wj †`qv‡j Uvw½‡q w`b|
* mnvqK cÖwkÿY cieZ©x cieZ©x wkLb hvPvB cÎwU mshy³ DËic‡Îi mv‡\_ wgwj‡q g~j¨vqb Ki‡eb|

(mshyw³ 5 bgybv-K.2)

**mshyw³: 5**

**bgybv- K.1 cÖwkÿY cieZ©x wkLb hvPvB cÎ**

**cÖvZ¨wnK Rxe‡b †RÛvi ixwZ-bxwZ Ges bvixi Dci cÖfve welqK cÖwkÿY**

**c«wk¶Y cieZ©x wkLb hvPvB**

**mgq-20 wgwbU**

1. mgZv Ges mvg¨ Gi g‡a¨ m¤úK© ‡KvbwU - (mwVK DË‡i√ w`b)

K. mgZv I mvg¨ GKB welq|

L. mgZv Avbvi Rb¨ mvg¨ cÖ‡qvRb|

M. mvg¨ Avbvi Rb¨ mgZv cÖ‡qvRb |

2. GKRb cyiæl e¨w³ Ges Zvi cyÎ GKwU Mvox `yN©Ubvq c‡o| ‡jvKwU gviv hvq Ges Zvi ‡Q‡j‡K Riæix A‡¯¿vcPv‡i Wv³v‡ii Kv‡Q wb‡q hvIqv nq| ‡Q‡jwU‡K ‡`‡L Wv³vi e‡jb, 'Avwg Acv‡ikb Ki‡Z cvie bv, KviY ‡m Avgvi ‡Q‡j| Zvn‡j Wv³vi I H ‡ivMxi g‡a¨ m¤úK© wK?

**e‡· DËi wjLyb**

3. AbyMÖn K†i wUK (√) w`b-‡KvbwU cÖvK…wZK A\_ev ‡KvbwU mvgvwRK

|  |  |  |  |
| --- | --- | --- | --- |
| µwgK | e³e¨ | mvgvwRK | cÖvK…wZK |
| 01 | bvixiv mšÍvb aviY I Rš§ w`†Z cv†i, cyiæliv Zv cv†i bv| |  |  |
| 02 | bvix †Kvgj ü`†qi, cyiæl KwVb ü`†qi| |  |  |
| 03 | †g†qiv ‡gvUi †gKvwbK n†Z cv†ib bv| |  |  |
| 04 | c„w\_exi †ewki fvM †`†kB bvix GKB Kv†R cyiæ†li Zzjvq Kg cvwikªwgK cvq |  |  |
| 05 | bvix ey†Ki `ya cvb Kiv†Z cv†i, cyiæl cv†i bv| |  |  |
| 06 | Avgv†`i mgv†R mvaviYZ cyiæl evB†ii KvR K†i Avi bvix M„n¯’vjx KvR K†i| |  |  |
| 07 | bvixi Rivqy Av†Q, cyiæ†li Rivqy †bB| |  |  |
| 08 | bvix jwÛªi †`vKv‡b Bw¯¿ Ki‡Z cvi‡e bv| |  |  |
| 09 | cyiæ†li Kuv`†Z †bB, Av†eM †`Lv†Z †bB, bvix†`i Kvbœv ev Av†eM wbq¯¿†Yi `iKvi nq bv| |  |  |
| 10 | †Kv†bv cÖwZôvb/ wefvM/ `ßi cwiPvjbv bvix†`i KvR bq| |  |  |
| 11 | bvixi cÖavb KvR n†”Q mšÍvb Rb¥`vb, jvjb-cvjb, ivbœv I M„n¯’vjxi KvR Kiv |  |  |
| 12 | bvix†`i †g†b wb†Z n†e †h Zv†`i cwiP†qi Kvi†Y Zv†`i nqivwbi wkKvi n†Z nq |  |  |
| 13 | bvix hw` evwoi evB†i KvR Ki†Z hvb, Zvn†j †mB evwoi mšÍvb fzj c†\_ cwiPvwjZ nq |  |  |
| 14 | †Q†jiv gv†V †Lj†e, †g†qiv cyZzj w`†q †Lj†e| |  |  |
| 15 | bvixi †bZ…Z¡ †`evi ÿgZv †bB| |  |  |
| 16 | cyiæliv `vwqZ¡ cvjbKvix Ges iÿvKvix |  |  |
| 17 | cyiæ†liv ivM†Z cv†i, bvix†`i kvšÍ n†Z nq| |  |  |

**bgybv- K.2 cÖwkÿY cieZ©x wkLb hvPvB c†Îi DËicÎ**

**cÖvZ¨wnK Rxe‡b †RÛvi ixwZ-bxwZ Ges bvixi Dci cÖfve welqK cÖwkÿY**

**c«wk¶Y cieZ©x wkLb hvPvB**

**mgq-20 wgwbU**

1. mgZv Ges mvg¨ Gi g‡a¨ m¤úK© ‡KvbwU - (mwVK DË‡i√ w`b)

K. mgZv I mvg¨ GKB welq|

L. mgZv Avbvi Rb¨ mvg¨ cÖ‡qvRb|

M. mvg¨ Avbvi Rb¨ mgZv cÖ‡qvRb |

2. GKRb cyiæl e¨w³ Ges Zvi cyÎ GKwU Mvox `yN©Ubvq c‡o| ‡jvKwU gviv hvq Ges Zvi ‡Q‡j‡K Riæix A‡¯¿vcPv‡i Wv³v‡ii Kv‡Q wb‡q hvIqv nq| ‡Q‡jwU‡K ‡`‡L Wv³vi e‡jb, 'Avwg Acv‡ikb Ki‡Z cvie bv, KviY ‡m Avgvi ‡Q‡j| Zvn‡j Wv³vi I H ‡ivMxi g‡a¨ m¤úK© wK?

**gv**

**e‡· DËi wjLyb**

3. AbyMÖn K†i টিক (**√)** দিন-কোনটি cÖvK…wZK অথবা কোনটি সামাজিক

|  |  |  |  |
| --- | --- | --- | --- |
| µwgK | e³e¨ | mvgvwRK | cÖvK…wZK |
| 01 | bvixiv mšÍvb aviY I Rš§ w`†Z cv†i, cyiæliv Zv cv†i bv| |  | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |
| 02 | bvix †Kvgj ü`†qi, cyiæl KwVb ü`†qi| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 03 | †g†qiv ‡gvUi †gKvwbK n†Z cv†ib bv| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 04 | c„w\_exi †ewki fvM †`†kB bvix GKB Kv†R cyiæ†li Zzjvq Kg cvwikªwgK cvq | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 05 | bvix ey†Ki `ya cvb Kiv†Z cv†i, cyiæl cv†i bv| |  | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |
| 06 | Avgv†`i mgv†R mvaviYZ cyiæl evB†ii KvR K†i Avi bvix M„n¯’vjx KvR K†i| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 07 | bvixi Rivqy Av†Q, cyiæ†li Rivqy †bB| |  | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |
| 08 | bvix jwÛªi †`vKv‡b Bw¯¿ Ki‡Z cvi‡e bv| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 09 | cyiæ†li Kuv`†Z †bB, Av†eM †`Lv†Z †bB, bvix†`i Kvbœv ev Av†eM wbq¯¿†Yi `iKvi nq bv| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 10 | †Kv†bv cÖwZôvb/ wefvM/ `ßi cwiPvjbv bvix†`i KvR bq| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 11 | bvixi cÖavb KvR n†”Q mšÍvb Rb¥`vb, jvjb-cvjb, ivbœv I M„n¯’vjxi KvR Kiv | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 12 | bvix†`i †g†b wb†Z n†e †h Zv†`i cwiP†qi Kvi†Y Zv†`i nqivwbi wkKvi n†Z nq | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 13 | bvix hw` evwoi evB†i KvR Ki†Z hvb, Zvn†j †mB evwoi mšÍvb fzj c†\_ cwiPvwjZ nq | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 14 | †Q†jiv gv†V †Lj†e, †g†qiv cyZzj w`†q †Lj†e| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 15 | bvixi †bZ…Z¡ †`evi ÿgZv †bB| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 16 | cyiæliv `vwqZ¡ cvjbKvix Ges iÿvKvix | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |
| 17 | cyiæ†liv ivM†Z cv†i, bvix†`i kvšÍ n†Z nq| | Check Mark Icon Vector Art, Icons, and Graphics for Free Download |  |



**Awa‡ekb 6**

**Awa‡ekb -6**

|  |  |  |
| --- | --- | --- |
| **g~j Awa‡ekb** | **:** | mgvcbx |
| Av‡jvPbv | : | * ‡PK AvDU Ges Kg©cwiKíbv cÖYqY * Awa‡ekb mgvwß |
| D‡Ïk¨ | : | Awa‡ekb †k‡l AskMÖnYKvixMY   * †Kvb& welq¸†jv fvjg†Zv †R†b†Q Ges welqe¯—y m¤ú‡K© Z\_¨ Ges Ávb m¤ú‡K© ej‡Z cvi‡eb| * Av‡jvPbv g‡b ivLv‡eb * cÖwkÿ†Yi welq mgyn ¯^ ¯^ Kg Kg©†ÿ†Î e¨env†ii my†hvM¸wj wPwýZ Ki†Z cvi†eb| |
| mgq | : | 30 wgwbU |
| c×wZ | : | e³…Zv, GKK KvR |
| DcKiY | : | Kg©cwiKíbvi QK |

|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| mgvcbx | avc 1 e¨w³MZ Ges †ckvMZ cÖwZkÖæwZ 10 wgwbU   * mnvqK cÖwkÿ†Yi mgvwß Awa†ek†b mKj†K Avgš¿Y Rvbv‡eb| * Gevi cÖ†Z¨K AskMÖnYKvixi Rb¨ c~e© †\_†K cÖ¯‘Z K†i ivLv Kg©cwiKíbvi QK (mshyw³ 6 bgybvwPÎ-K) cÖ`vb Ki‡eb| * ej‡eb, Avgv‡`i GB cÖwkÿYjä Ávb Avgv‡`i e¨w³MZ Ges cÖvwZôvwbK Rxe‡b Kv‡R jvMv‡Z cvi‡ev Ggb wKQy cÖwZkÖæwZi K\_v Avgiv di‡g‡U wjL‡ev| mnvqK GRb¨ 10 wgwbU mgq eivÏ Ki‡eb|  * mK†ji †jLv †kl n†j c~iYK…Z di†gU¸†jv msMÖn Ki‡eb| |
| avc 2 mvivw`bwU †Kgb †Mj? 03 wgwbU   * mKj AskMÖnYKvix‡`i nv‡Zi Zvjyi AvK…wZ g‡Zv (mshyw³ 6 bgybvwPÎ-L) GKwU K‡i iwOb KvMR cÖ`vb Kiæb Ges mvivw`bwU †Kgb †Mj Zv GKwU A\_©‡evaK k‡ã wjL‡Z ej‡eb| cÖ‡qvR‡b 02 wgwbU mgq w`‡eb| * mK‡ji n‡q †M‡j fxc †ev‡W© c~‡e© †\_‡K muvUv‡bv eªvDb †ccv‡i jvwM‡q w`‡eb| |
| avc 3 mgvcbx 02 wgwbU   * Av†qvRbKvix ev msMVK†`i ga¨ †\_†K cÖwkÿY m¤ú†K© wKQz ejvi Rb¨ AvnŸvb Rvbv‡eb| * AZtci cÖwkÿY m¤ú†K© wKQz K\_v e†j Av†qvRK Ges AskMÖnYKvix mKj†K ab¨ev` Rvwb†q cÖwkÿY †kl Ki‡eb| |

cÖwkÿ‡Ki cÖ¯‘wZt

* Awa‡ekb cÖwµqvwU fvj K‡i co–b
* mnvqK cvV Abyhvqx Avbylvw½K DcKiY Kv‡Q ivLyb|
* cÖ‡qvR‡b GKwU Awfb›`b †cv÷vi ˆZix Ki‡Z cv‡ib hv mgvwß †Nvlbvi mgq †`Lv‡bv †h‡Z cv‡i|

**mshyw³: 6**

bgybvwPÎ-K Kg©cwiKíbv cÖYqb QK

cÖvwZôvwbK

e¨w³MZ

bgybvwPÎ-L w`bwU †Kgb †Mj?





**wØZxq w`b**



[

**Awa‡ekb**

**7**

**Awa‡ekb - 7**

|  |  |  |
| --- | --- | --- |
| g~j Awa‡ekb | : | **cÖviw¤¢K AvbyôvwbKZv** |
| **Av‡jvPbv** | **:** | * **gyW †mwUs, ï‡f”Qv Ávcb Ges cwiwPwZ** * **‡Kgb AvwQ (wZbgv‡m †K †Kgb wQ‡jb Zv GKUy †R‡b †bqv)** |
| **D‡Ïk¨** | **:** | **Awa‡ekb †k‡l AskMÖnYKvixMY**   * **wb‡Riv G‡K Ac‡ii mv‡\_ Kzkj wewbgq Ki‡eb|** * **cÖ\_g cÖwkÿ‡Yi cvi¯úwiK AvšÍwiKZv ¯§iY Ki‡Z cvi‡eb|** |
| **mgq** | **:** | **15 wgwbU** |
| **c×wZ** | **:** | **e³…Zv|** |
| **DcKiY** | **:** | **cÖ‡qvRb bvB|** |

|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| **cÖviw¤¢K AvbyôvwbKZv** | avc 1 : **gyW †mwUs, ï‡f”Qv Ávcb Ges cwiwPwZ** 15 wgwbU   * mnvqK mKj‡K ¯^vMZg Ges ab¨ev` Rvbv‡eb wØZxq w`‡bi †mk‡b AskMÖnY Ki‡Z| * mnvqK mKj‡K K‡ÿ †Mvj n‡q `uvov‡Z ej‡eb Ges GK GK wb‡Ri bvg I †ckv ej‡Z ej‡eb| mnvqK cwi®‹vi Ki‡eb †h, hw`I Avgiv c~‡e©i cÖwkÿ‡Y ci¯úi cwiwPZ n‡qwQ, Avgiv cybivq wb‡R‡`i bvg I †ckv e‡j cwiwPZ n‡ev AvR‡K| * mnvqK jÿ¨ ivL‡eb, MZ wZb gvm Av‡M Aby‡ôq cÖwkÿY AskMÖnYKvix‡`i RoZv f½ n‡q‡Q wKbv| |
|  | avc 2 : ‡Kgb AvwQ (wZbgv‡m †K †Kgb wQ‡jb Zv GKUy †R‡b †bqv)   * mnvqK Rvb‡Z PvB‡eb Av‡Mi cÖwkÿY †k‡l GB wZbgv‡m Zviv †Kgb wQ‡jb? AvMÖ‡ni wfwË‡Z DËi ïb‡eb| mKj‡K GK-`yB jvB‡bi g‡a¨ ej‡Z Aby‡iva Ki‡eb| wb‡RI GB cÖwµqvq AskMÖnY Ki‡eb Ges ej‡eb| * cieZ©x Awa‡ek‡bi Avnevb Rvwb‡q A‡jvPbv †kl Ki‡eb| |

**cÖwkÿ‡Ki cÖ¯‘wZ**

* Awa‡ekb cÖwµqvwU fvj K‡i co–b|
* RoZvf½ I cwiPqce© GKwU Kg©kvjvi GKwU ¸iæZ¡c~Y© Awa‡ekb| AskMÖnYKvix‡`i wb‡R‡`i cwiwPwZ, AvMÖn Ges mgq BZ¨vw` ch©v‡ivPbv K‡i GB Awa‡ek‡b RoZvf½ I cwiPqce© cwiPvjbv Kivi Rb¨ †Kvb c×wZ ev †Ljv e¨env‡ii Rb¨ fv‡jvfv‡e cÖ¯‘wZ MÖnY Avek¨K| Z‡e Ggb †Kvb c×wZ †e‡Q wbb †hb Kg©kvjvi D‡Ï‡k¨i m‡½ †hvMm~Î †Lvu‡R cvIqv hvq|



**Awa‡ekb**

**8**

**Awa‡ekb - 8**

|  |  |  |
| --- | --- | --- |
| g~j Awa‡ekb | : | ‡PK Bb |
| **Av‡jvPbv** | : | * **gb‡K fv‡jv ivLv: gvbwmK cÖ¯‘wZ MÖnY** * **wb‡Ri Avqbvq** |
| **D‡Ïk¨** | : | Awa‡ekb †k‡l AskMÖnYKvixMY   * mvivw`‡bi cÖwkÿ‡Yi wkLb m¤ú‡K© gvbwmKfv‡e cÖmZzZ n‡eb| * GKwU cÖvYešÍ AskMÖn‡Yi B”Qv RvMv‡bv, wPšÍv D‡`ªKKvix Ges Kvh©Kix Av‡jvPbvi cwi‡ek ˆZwi Ki‡eb| * c~‡e©i cÖwkÿ‡bi mv‡\_ AvR‡Ki w`‡bi wkLb wi‡jU Ki‡Z cvi‡eb| * mvivw`‡bi cÖwkÿ‡Yi welqe¯‘ Ges m¤¢ve¨ AR©b cwi¯‹vi Ki‡Z cvi‡eb| |
| mgq | : | 45 wgwbU |
| c×wZ | : | gy³ wP¯Ívi So, `‡j Av‡jvPbv, kixi I g‡bi e¨qvg, KweZv †jLv |
| DcKiY | : | gvmwKb †Uc, wfc‡evW©, wcb, gvK©vi, iwOb KvMR, 5-4-3-2-1 MÖvDÛ †UKwbK |

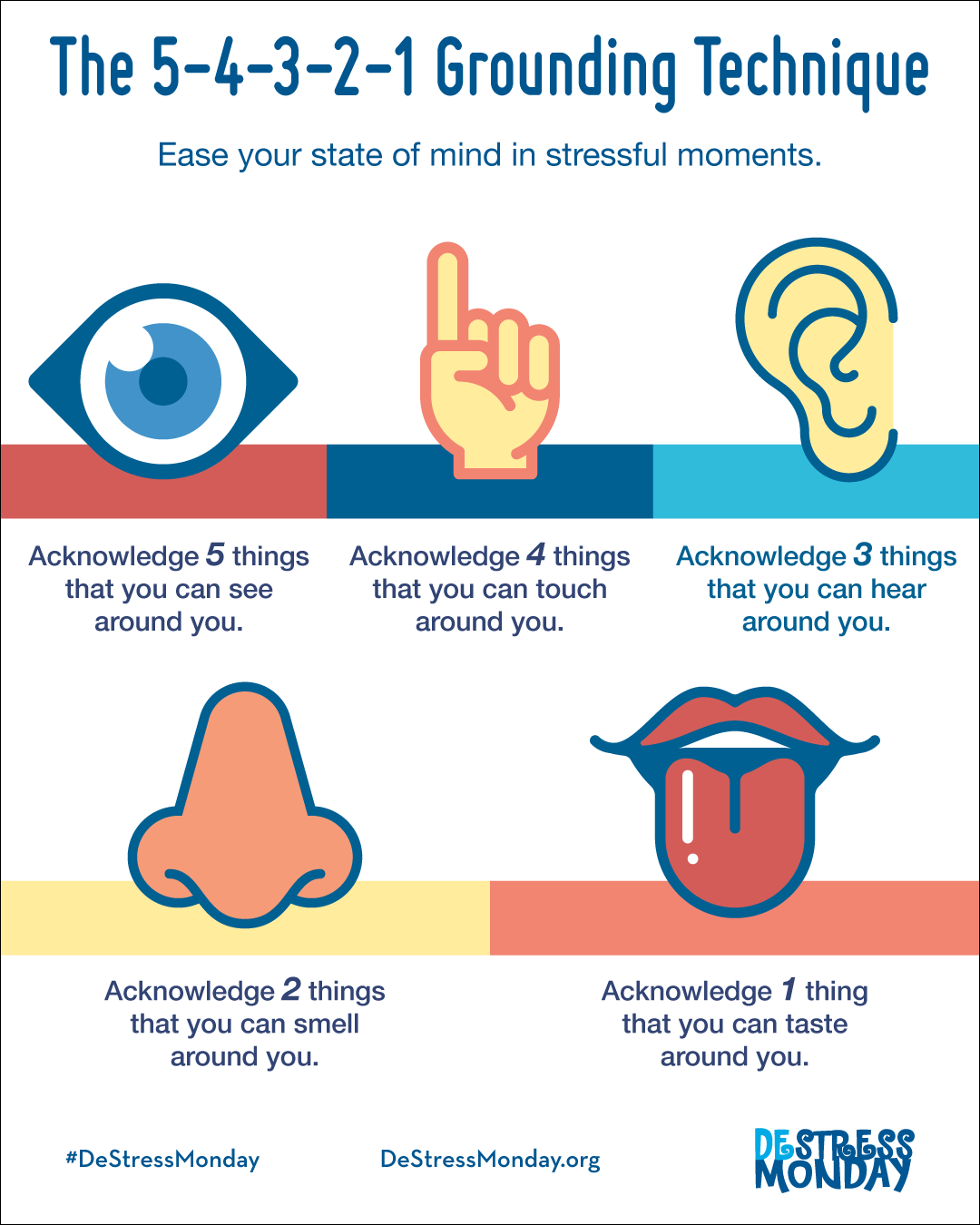
|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| ‡PK Bb | **avc 1 gb‡K fv‡jv ivLv: gvbwmK cÖ¯‘wZ MÖnY 10 wgwbU**   * mnvqK AskMÖnYKvix‡`i bZzb Awa‡ek‡b Avgš¿Y Rvbv‡eb| * mnvqK mKj‡K †Mvj n‡q `uvov‡Z ej‡eb| * mnvqK wb‡`©kbv w`‡eb †h, wZwb cuvPwU wel‡q cÖkœ Ki‡eb Ges cÖwZwU cÖkœ †k‡l mK‡j wbR wbR DËi ej‡eb wKš‘ mK‡j wg‡j GK mv‡\_ DËi Avm‡e| †KD KvD‡K AbymiY bv Kivi Aby‡iva Ki‡eb| * mnvqK wb‡Pi cÖkœ¸‡jv †\_‡K GKwU Ki‡eb, DËi ï‡b wb‡q c‡ii cÖkœwU Ki‡eb| (mshyw³ 8 bgybv-K 5-4-3-2-1 MÖvDÛ †UKwbK)   - †h †Kv‡bv 05wU wRwb‡mi bvg ejyb hv Avcbviv †`L‡Z cv‡”Qb?  - †h †Kv‡bv 04wU wRwb‡mi bvg ejyb hv Avcbviv ¯úk© Ki‡Z cvi‡eb?  -†h †Kv‡bv 03wU wRwb‡mi bvg ejyb hvi kã Avcbviv ïb‡Z cv‡”Qb?  - †h †Kv‡bv 02wU wRwb‡mi K\_v ejyb hvi NªvY Avcbviv cv‡”Qb?  - †h †Kv‡bv 01wU wRwb‡mi bvg ejyb hvi ¯^v` Avcwb GB gyn~‡Z© cv‡”Qb?   * mnvqK GB Abykxjbx †k‡l Rvbv‡eb †h, Avgiv A‡bK mgq wb‡Ri Pvicv‡ki A‡bK wKQzB †Lqvj Kwi bv Z‡e g‡bv‡hvM w`‡j cvwi| * mnvqK Rvbv‡eb †h, AvR †mB gb‡hvM †`qvi w`b| AvR Avgiv gb‡hvM w`‡q ci¯ú‡ii K\_v ïb‡ev Ges wb‡R‡`i K\_vI fvMvfvwM Ki‡ev| |
|  | **avc 2 wb‡Ri Avqbvq 35 wgwbU**   * mnvqK cy‡iv `j‡K 05wU fv‡M fvM Ki‡eb Ges K‡ÿi 05wU ¯’v‡b em‡Z ej‡eb| cÖwZwU `‡j 01wU iwOb KvMR cÖ`vb Ki‡eb| * mnvqK wb‡`©kbv w`‡eb †h, cÖwZwU `j wb‡R‡`i g‡a¨ Av‡jvPbv ¯^v‡c‡ÿ wb‡R‡`i Rxeb, AwfÁZv Ges KvR wb‡q Pvi jvB‡bi GKwU KweZv/Qov wjL‡eb| * mnvqK D`vniY¯^iƒc wb‡¤œi KweZvwU c‡o †kvbv‡Z cv‡ib-   *wb‡Ri Av‡Q KZ kw³*  *wb‡RB Zv LuywR bv*  *AvR e‡mwQ Rvb‡Z I Rvbv‡Z*  *mgvR wbg©v‡Y Ki‡ev bZzb Aw½Kvi|*   * mnvqK KvRwU m¤úbœ Ki‡Z 15wgwbU mgq avh© Ki‡eb| `‡j wM‡q cÖ‡qvRbxq BbcyU w`‡eb| * `jxq KvR m¤úbœ n‡j mnvqK cÖwZwU `j AvMÖ‡ni wfwË‡Z †\_‡K GK GK K‡i Qov/KweZv c‡o †kvbv‡Z Aby‡iva Ki‡eb| * mK‡ji ejv †kl n‡j mnvqK †m¸‡jv †`qv‡j Uv½v‡bvi e¨e¯’v Ki‡eb Ges ab¨ev` Rvwb‡q mKj‡K wbR ¯’v‡b em‡Z Aby‡iva Ki‡eb| * mnvqK Rvbv‡eb, AvR Avgiv Avb›`c~Y© cÖwµqvq GKmv‡\_ wb‡R‡`i kw³‡K fvMvfv‡M K‡iwQ Ges cÖKvk K‡iwQ| * mKj‡K ab¨ev` Rvwb‡q Awa‡ekb mgvß Kiæb| |

**cÖwkÿ‡Ki cÖ¯‘wZ**

* Awa‡ekb cÖwµqvwU fvj K‡i co–b|
* cÖ‡qvRbxq DcKiY c~‡e©B ¸wQ‡q ivLyb|
* Av‡jvPbvq Av‡iv wKQz †hvM Ki‡Z PvB‡j wewfbœ mswkøó AvwU©‡Kj c‡o †`L‡Z ev ¸M‡ji mvnvh¨ wb‡Z cv‡ib |

**mshyw³: 8**

**bgybv-K 5-4-3-2-1 MÖvDÛ †UKwbK**





**Awa‡ekb 9**

**Awa‡ekb -9**

|  |  |  |
| --- | --- | --- |
| g~j Awa‡ekb | : | cÖwkÿ‡bi c‡i e¨w³MZ Ges cÖvwZôvwbK Rxe‡b cwieZ©b (wb‡R A\_ev A‡b¨i Rxeb) |
| **Av‡jvPbv** | : | * **wb‡Ri Rxe‡b Ges A‡b¨i Rxe‡b cwieZ©b †`‡LwQ wK?** * **Drmvn cÖ`vb** |
| **D‡Ïk¨** | : | Awa‡ekb †k‡l AskMÖnYKvixMY-   * cÖ\_g cÖwkÿ‡Yi ci wb‡R‡`i c`‡ÿc¸‡jv ej‡eb| * wb‡R‡`i c`‡ÿc¸‡jv wjwce× Ki‡eb| * wb‡R‡`i Abyf~wZ‡K Rvb‡Z cvi‡eb| |
| **mgq** | : | 150 wgwbU |
| **c×wZ** | : | gy³ wP¯Ívi So, `jxq KvR, M‡íi †`qvj |
| **DcKiY** | : | gvmwKb †Uc, wd¬cPvU©, gvK©vi, eªvDb †ccvi, fxc KvW©, iwOb KvMR, Møy |

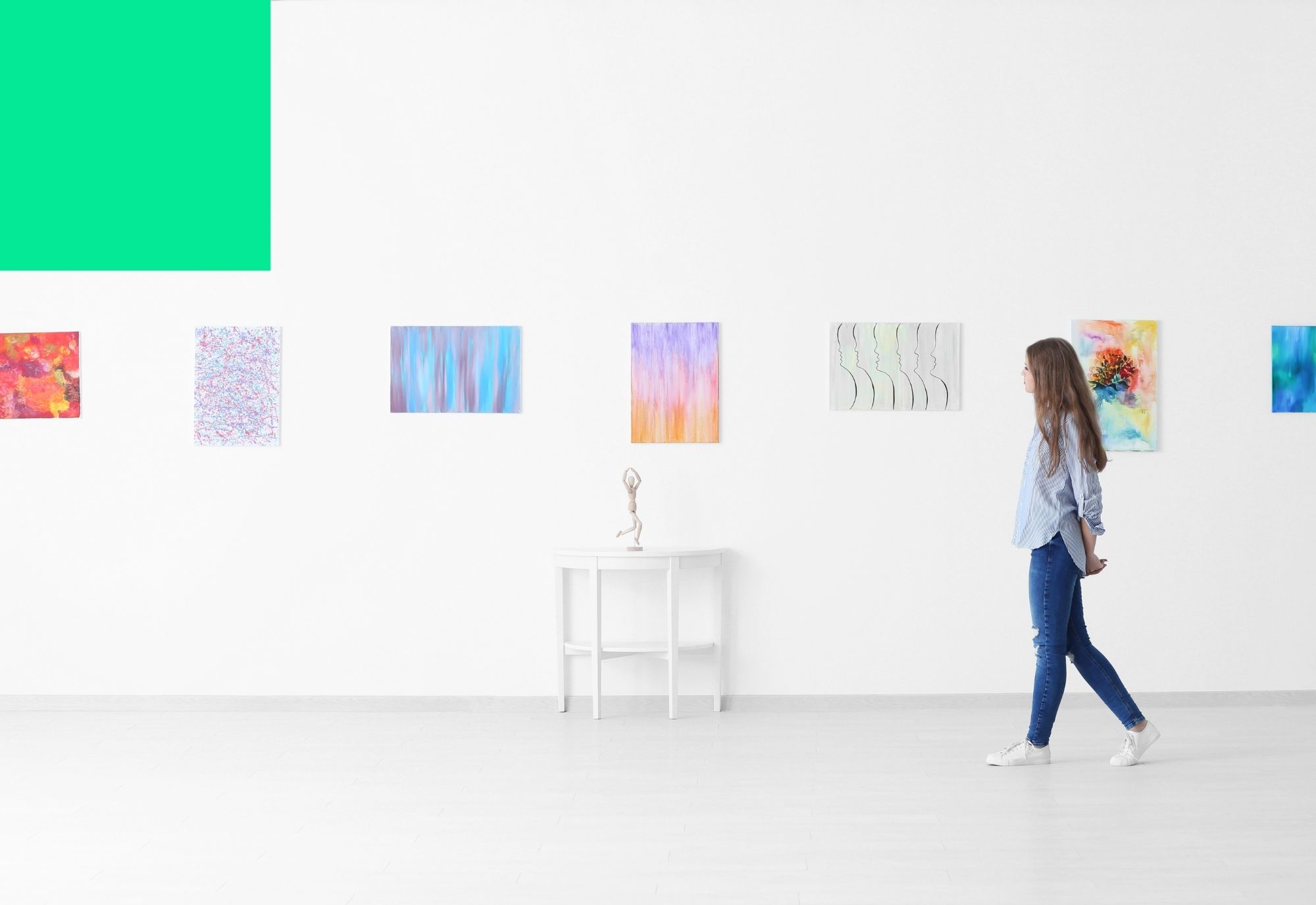
|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| cÖwkÿ‡Yi c‡i e¨w³MZ Ges cÖvwZôvwbK Rxe‡b cwieZ©b (wb‡R A\_ev A‡b¨i Rxeb) | **avc 1: wb‡Ri Rxe‡b Ges A‡b¨i Rxe‡b cwieZ©b †`‡LwQ wK? 130 wgwbU**   * mnvqK 15 wgwbU mgq wb‡q g‡b Kwi‡q w`‡eb †h, weMZ cÖwkÿ‡Y Zviv †RÛvi, mgZv, mvg¨, AšÍf©~w³, ˆelg¨, wewfbœ mvgvwRK cÖ\_v fv½v BZ¨vw` wel‡q cÖwkÿY †c‡q‡Qb| AvR‡K Zviv †kvbv‡eb Zv‡`i wb‡R‡`i Ges Zv‡`i Av‡kcv‡ki Kvwnbx hv H cÖwkÿ‡Yi GKwU cÖwZ”Qwe wn‡m‡e aiv †`‡e| * mnvqK AviI 15 wgwbU mgq wb‡q cy‡iv `j‡K 10wU `‡j fvM Ki‡eb| cÖwZwU `j‡K K‡ÿi wewfbœ& ¯’v‡b em‡Z ej‡eb| K‡ÿi GKcv‡k wewfbœ cÖKvi DcKiY †hgb, iwOb †cv÷vi †ccvi, gvK©vi, Møy, gvmwKb †Uc, wMøUvi, †gvg is, wóKvi, KvM‡Ri dzj, KuvwP, wieb BZ¨vw` ¸wQ‡q ivL‡eb| * mnvqK `j‡K Aby‡iva Ki‡eb †h, cÖwZwU `j‡K †h iwOb KvMR †`qv n‡q‡Q, †mLv‡b Zviv Zv‡`i †QvU †QvU c`‡ÿc †\_‡K kyiæ K‡i eo eo c`‡ÿc Ges Zviv Zv‡`i GB cÖwkÿ‡Yi c‡i wb‡Ri Ges A‡b¨i Rxe‡bI hw` †Kv‡bv **cwieZ©b Avb‡Z †c‡i‡Qb ev †`‡L‡Qb Zv `jxqfv‡e Dc¯’vcb Ki‡eb|** * **mnvqK cÖ‡qvR‡b wKQz D`vniY fvM Ki‡Z cv‡ib| †hgb-** * **wb‡R e¨emvq ïiæ K‡iwQ|** * **wb‡Ri mv‡\_ cÖwZwbqZ NU‡Z \_vKv ˆelg¨ †\_‡K †ei n‡q G‡mwQ|** * **cwievi cov-‡kvbv ev e¨emvq Ki‡Z evav w`‡j Zv‡`i eywS‡qwQ|** * **e¨emv‡qi Kv‡R mgv‡Ri Ab¨‡`i KUzw³‡Z cÖwZev` K‡iwQ|** * ‡Kv‡bv AvZ¥xq ev eÜz‡K wbR cv‡q `uvov‡Z mvnvh¨ K‡iwQ| * mnvqK 40 wgwbU eivÏ Ki‡eb cy‡iv `j‡K Zv‡`i c`‡ÿc D‡jøwLZ †cv÷vi¸‡jv DcKi‡Yi mnvqZvq wewfbœfv‡e mvwR‡q Dc¯’vc‡bi Rb¨ ˆZwi Ki‡Z| * wba©vwiZ mgq †k‡l Ges `jxq KvR m¤úbœ n‡j mnvqK me¸‡jv `j‡K wbR wbR †cv÷vi wb‡q mvg‡b G‡m mvwi K‡i `uvov‡Z ej‡eb Ges K‡ÿi GKwU Lvwj †`qv‡j ci ci mvwi K‡i jvwM‡q †`qv‡ji g‡Zv ‰Zwi Ki‡Z ej‡eb| * mnvqK `kwU `j †\_‡K GKRb K‡i cÖwZwbwa‡K Avnevb Rvbv‡eb wb‡R‡`i `‡ji †cv÷vi Dc¯’vc‡bi Rb¨| GB KvRwU m¤úbœ Ki‡Z 50 wgwbU mgq eivÏ Ki‡eb| |
| **avc 2 Drmvn cÖ`vb 20 wgwbU**   * **Dc¯’vcbv †k‡l mnvqK mKj‡K ab¨ev` Rvwb‡q RvqMvq em‡Z ej‡eb|** * **mnvqK ej‡eb †h, `j¸‡jv wb‡R‡`i g‡a¨ Av‡jvPbv ¯^v‡c‡ÿ wb‡R‡`i Rb¨ GKwU ÔM‡íi †`qvjÕ**(mshyw³ 9 bgybv-K **ÔM‡íi †`qvjÕ**) * **ˆZwi K‡i‡Qb|** * **mnvqK Drmvn cÖ`vb K‡i ej‡eb †h, GB †`qv‡j Avgv‡`i -Avcbv‡`i A‡bK Mí Av‡Q, ZvB GwU Avgv‡`i Kv‡Q g~j¨evb m¤ú`| GB Mí¸‡jvB n‡e Avgv‡`i cieZ©x cÖR‡b¥i Drmv‡ni cv‡\_q|** * **KvRwU Ki‡Z wM‡q Abyf~wZ †Kgb n‡jv ‡R‡b wb‡q mnvqK Awa‡ekb †kl Ki‡eb|** |

cÖwkÿ‡Ki cÖ¯‘wZt

* Awa‡ekb cÖwµqvwU fvj K‡i co–b|
* cÖ‡qvRbxq DcKiY c~‡e©B ¸wQ‡q ivLyb|

**mshyw³: 9**

**bgybv wPÎ K : M‡íi †`qvj**





**Awa‡ekb 10**

**Awa‡ekb - 10**

|  |  |  |
| --- | --- | --- |
| g~j Awa‡ekb | : | Avgiv AvR‡K †Kv\_vq `uvwo‡q AvwQ: †RÛvi ms‡e`bkxjZv wb‡q bZzb fvebv |
| **Av‡jvPbv** | : | * †RÛvi ms‡e`bkxjZv wb‡q bZzb fvebv ˆZwi * **Kx †f‡½wQ Avi Kx M‡owQ** |
| **D‡Ïk¨** | : | Awa‡ekb †k‡l AskMÖnYKvixMY-   * wewfbœ mg‡q M‡o DVv mvgvwRK a¨vb-avibv‡K cyibvq P¨v‡jÄ K‡i bZzb ms‡e`bkxj fvebv I wek^vm ˆZwi Ki‡eb| |
| **mgq** | : | 60 wgwbU |
| **c×wZ** | : | †eªBb ÷wg©s, AskMÖnYg~jK Av†jvPbv, `jxq KvR |
| **DcKiY** | : | gvmwKb †Uc, gvK©vi,eªvDb †ccvi, fxc KvW© , RvnvR bgybv †cv÷vi |

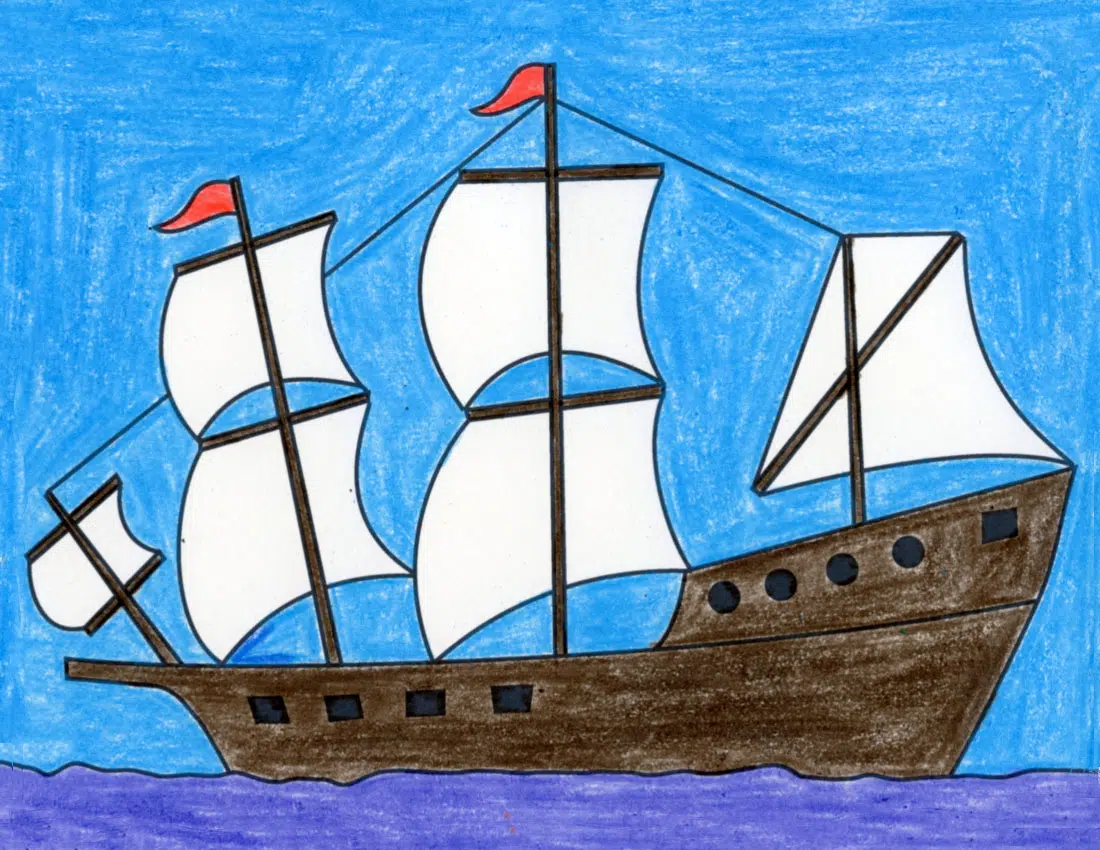
|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| Avgiv AvR‡K †Kv\_vq `uvwo‡q AvwQ: †RÛvi ms‡e`bkxjZv wb‡q bZzb fvebv | **avc 1:** †RÛvi ms‡e`bkxjZv wb‡q bZzb fvebv ˆZwi **40 wgwbU**   * mnvqK Awa‡ek‡b mKj‡K ¯^vMZ Rvwb‡q 10 wgwbU mgq wb‡q g‡b Kwi‡q w`‡eb †h, Avgiv weMZ Zvwi‡L (ZvwiL D‡jøL Ki‡eb) ˆewPÎ, †RÛvi-‡m·, mgZv, mvg¨, AšÍf©~w³, ˆelg¨, mgv‡R M‡o DVv fvebv BZ¨vw` wb‡q Av‡jvPbv Kiv n‡q‡Q | * mnvqK ej‡eb, AvR Avgiv Av‡jvPbvi gva¨‡g †`‡LwQ wKfv‡e GB cÖwkÿY wb‡Ri Rxeb Ges A‡b¨i Rxe‡b Kv‡R †j‡M‡Q| * mnvqK `j‡K 05wU fv‡M fvM Ki‡eb| K‡ÿi 05wU ¯’v‡b em‡Z Aby‡iva Ki‡eb| 05 wU `j †\_‡K 05 Rb `jcÖavb‡K wbe©vPb Ki‡Z ej‡eb| GB 05 Rb `jcÖavb‡K D‡Ïk¨ K‡i mnvqK ej‡eb †h, AvR †\_‡K Zviv mgv‡R cÖPwjZ wewfbœ Ams‡e`bkxj a¨vb-avibv fv½‡eb Ges bZyb fvebv‡K jvjb Ki‡eb Ges cÖPvi Ki‡eb| * mnvqK D`vniY w`‡eb| †hgb- Avgiv †h me avibv fv½‡Z cvwi, * bvix N‡ii evB‡i †`vKv‡b em‡Z cvi‡eb bv| * bvixiv ïay mšÍvb Rb¥ w`‡e Ges jvjb cvjb Ki‡eb| * cyiæ‡liv ev”Pvi †`Lv-‡kvbv Kiv ev evwoi KvR Ki‡Z cv‡ibv| * bvixiiv Mvwoi PvKv cvëv‡bv, Pzj KvUv, †`vKv‡be‡m Bw¯¿ Kiv, †gvevBj cvU©‡mi †`vKv‡b KvR Ki‡Z cvi‡eb bv| * mnvqK cy‡iv KvRwU Kivi Rb¨ 20 wgwbU mgq eivÏ Ki‡eb| |
| **avc 2 Kx †f‡½wQ Avi Kx M‡owQ 20 wgwbU**   * wba©vwiZ mgq †k‡l mnvqK mKj‡K wb‡q †Mvj n‡q K‡ÿi gvSLv‡b em‡eb| Av‡M †\_‡K ˆZwiK„Z RvnvR AvswKZ GKwU eo ‡cv÷vi gvSLv‡b †g‡S‡Z wewQ‡q w`‡eb| (mshyw³-10 bgybv wPÎ-K) * cieZ©x 20 wgwbU GK GK K‡i mK‡ji KvQ †\_‡KB ïb‡eb Ges RvnvR AvswKZ ‡cv÷vi G jvMv‡eb| * GKR‡bi ejv n‡j mK‡j wg‡j ab¨ev` Rvwb‡q c‡i Av‡iKR‡biUv ïb‡eb| * mKj‡K GKvZ¥Zv Ges mwµq AskMÖn‡Yi Rb¨ ab¨ev` Rvbv‡eb Ges cieZ©x Awa‡ekb Av‡jvPbvi Avnevb Rvbv‡eb | |

cÖwkÿ‡Ki cÖ¯‘wZt

* Awa‡ekb cÖwµqvwU fvj K‡i co–b|
* cÖ‡qvRbxq DcKiY c~‡e©B ¸wQ‡q ivLyb|

**mshyw³: 10**

bgybv wPÎ-K RvnvR †cv÷vi





**Awa‡ekb 11**

**Awa‡ekb -11**

|  |  |  |
| --- | --- | --- |
| **g~j Awa‡ekb** | **:** | ‡PK AvDU Ges mgvcbx |
| Av‡jvPbv | : | * e¨w³MZ I cÖvwZôvwbK Kg©cwiKíbv cÖYqY * Awa‡ekb mgvwß |
| D‡Ïk¨ | : | Awa‡ekb †k‡l AskMÖnYKvixMY   * †Kvb& welq¸†jv fvjg†Zv †R†b†Q Ges welqe¯—y m¤ú‡K© Z\_¨ Ges Ávb m¤ú‡K© ej‡Z cvi‡eb| * Av‡jvPbv g‡b ivLv‡eb| * cÖwkÿ†Yi welq mgyn ¯^ ¯^ Kg Kg©†ÿ†Î e¨env†ii my†hvM¸wj wPwýZ Ki†Z cvi†eb| * bZzb D`¨g I bZzb fvebvi cwiKíbv MÖnY| |
| mgq | : | 60 wgwbU |
| c×wZ | : | †eªBb ÷wg©s, e³…Zv, GKK KvR, †ejyb †Ljv |
| DcKiY | : | Kg©cwiKíbvi QK, gvmwKb †Uc, gvK©vi,eªvDb †ccvi, fxc KvW©, Nywo AswKZ iwOb KvMR, †ejyb |

|  |  |
| --- | --- |
| **Av‡jvP¨ welq** | **cÖwµqv** |
| mgvcbx | avc 1 e¨w³MZ I cÖvwZôvwbK Kg©cwiKíbv cÖYqY 30 wgwbU   * mnvqK cÖwkÿ†Yi mgvwß Awa†ek†b mKj†K Avgš¿Y Rvbv‡eb| * mnvqK GKwU eo †cv÷vi ‡ev‡W© jvMv‡eb| wKQz iwOb Nywo AswKZ Qwe KvM‡R †mu‡U w`‡eb (mshyw³ 11 bgybvwPÎ-K) | * mnvqK mKj AskMÖnYKvix‡`i Kv‡Q Rvb‡Z PvB‡eb, AvR Zviv Kx Kx cwiKíbv wb‡eb cieZ©x mg‡qi Rb¨| mK‡j GK GK K‡i ej‡eb Ges mnvqK Zv GK GKwU Nywo‡Z wj‡L wb‡eb| * mK†ji ejv I Nywo †jLv †kl n†j mKj‡K ab¨ev` w`‡eb Ges GB cwiKíbv¸‡jv cvjb I PP©vi Aby‡iva Rvbv‡eb | |
| avc 2 Awa‡ekb mgvwß 30 wgwbU   * mnvqK mKj‡K K‡ÿi gvSLv‡b mKj‡K ‡Mvj n‡q `uvov‡Z Aby‡iva Ki‡eb| * mK‡ji D‡Ï‡k¨ Rvb‡Z PvB‡eb Ômviv w`b †Kgb †MjÕ, Ges mK‡ji KvQ †\_‡K ms‡ÿ‡c kyb‡eb| * mnvqK mK‡ji Kv‡Q GKwU K‡i dzjv‡bv †ejyb w`‡eb| * wb‡`©kbv w`‡eb †h, mK‡j GKmv‡\_ wb‡P D‡jøwLZ MvbwU GKmv‡\_ MvB‡eb Ges mnvqK GK, `yB , wZb ejvi mv‡\_ mv‡\_ nv‡Zi †ejyb Dov‡eb (mshyw³ 11 bgybvwPÎ-L) | hZÿY bv †ejybwU gvwU‡Z co‡Q ZZÿY Dov‡bvi †Póv Ki‡eb|   Avgiv Ki‡ev Rq  Avgiv Ki‡ev Rq  Avgiv Ki‡ev Rq GKw`b|  Avnv ey‡Ki Mfx‡i Av‡Q cÖZ¨q  Avgiv Ki‡ev Rq wbðqB|   * Av†qvRbKvix ev msMVK†`i ga¨ †\_†K cÖwkÿY m¤ú†K© wKQz ejvi Rb¨ AvnŸvb Rvbv‡eb| * AZtci cÖwkÿY m¤ú†K© wKQz K\_v e†j Av†qvRK Ges AskMÖnYKvix mKj†K ab¨ev` Rvwb†q cÖwkÿY †kl Ki‡eb| |

cÖwkÿ‡Ki cÖ¯‘wZt

* Awa‡ekb cÖwµqvwU fvj K‡i co–b
* mnvqK cvV Abyhvqx Avbylvw½K DcKiY Kv‡Q ivLyb|
* cÖ‡qvR‡b GKwU Awfb›`b †cv÷vi ˆZix Ki‡Z cv‡ib hv mgvwß †Nvlbvi mgq †`Lv‡bv †h‡Z cv‡i|

**mshyw³: 11**

bgybvwPÎ-K iwOb Nywo AswKZ Qwe



bgybvwPÎ-L ‡ejyb Dov‡bv





**mgvwß**