**Wm .%ka:h I**

**o;a; /ialsÍu**



**fld<U úYaj úoHd,fha Y%S md,s uKavmfha ckudOH wOHhk wxYhg bÈßm;a lsÍug kshñ; Ydia;%fõ§ ckudOH ^úfYaI& Wmdê mdGud,dfõ wjika jir iajdëk ksnkaOkh i|yd lrkq ,nk iólaIKh**

**2023**

**mqoa., m%;srEm f.dvkexùu flfrys kj udOHfha n,mEu ^2022 f.da,af\*aia wr.,hg úfYaIs;j&**

**wod< fldgqj ;=< zz✔️ZZ ,l=K fhdokak'**

1. **Tn mÈxÑ m<d;**

niakdysr

uOHu

ol=Kq

W;=reueo

jhU

1. **jhi**

15g wvq

16 ;a 25 ;a w;r

26 ;a 35 ;a w;r

36 ;a 45 ;a w;r

46 g jeä

1. **ia;%S mqreI Ndjh**

ia;%S

mqreI

1. **wOHdmk uÜgu**

m%d:ñl wOHdmkh

w'fmd'i id/fm< iu;a

w'fmd'i W/fm< iu;a

ämaf,daudOdrS

Wmdê wfmalaIl

WmdêOdÍ

1. **Tn kj udOH mßyrKh lrkafka o@**

Tõ

ke;

1. **tfia kï Tn ks;ru Ndú; lrk kj udOH fudkjdo@**

Facebook

Youtube

fjí wvú

fjk;a

1. **2022 f.daGdf.da.u f.da,af\*aia wr.,fha úúO mqoa.,hka ms<sno iudc udOH m<lr ;snQ u; jdo ms<sn| Tn Wkkaÿjla oelajQjd @**

Tõ

;rula ÿrg

;rula ÿrg

rula ÿrg

ke;

;rula ÿrg

;rula ÿrg

rula ÿrg

;rula ÿrg

1. **Tn f.da,af\*aia wr.,h ms<sno jeä f;dr;=re oek .;af;a l=uk iudc udOH yryd o**

Facebook

Youtube

Tik tok

fjk;a

1. **wr., ms<sn| úúO mqoa.,hka Facebook Page yryd ,ndÿka f;dr;=re live stream Tn kerUqjdo@**

Tõ

ke;

;rula ÿrg

;rula ÿrg

rula ÿrg

;rula ÿrg

1. **Tn live stream kerUQ Facebook Page fudkjdo@**

os,dka fiakdkdhl

/Ügd

fldaKdr

me;=ï l¾k,a

wkqreoaO nxvdr

Motivation Appachchi

wr.,h page

fjk;a

1. **Tn fuu Page l,ska like lr ;snqkdo@**

Tõ

ke;

1. **ke;skï wr.,h ms<sn| f;dr;=re oek.ekSugu like l<do@**

Tõ

ke;

1. **Tng wr.,fhaoS mqoa.,hka ms<sn| u;jdo f.dvkÕd .ekSug iudc udOH n,mEula ;snqKdo@**

uq¿ukskau tlÕ fjñ

tlÕ fjñ

uq¿ukskau tlÕ fkdfõ

tlÕ fkdfõ

1. **wr.,fha § úúO mqoa.,hka ye¢kaùug Ndú;d l< uhskd" lmqgd yd kkafoa hk wkqj¾: kdu Tn Ndú;d l<do @**

Tõ

ke;

1. **wr.,h ms<sn`o úúO mqoa.,hka bosrsm;a l< Post, Memes ixfõ§ o¾Yk" rEmrduq" idlÉPd wdÈh iudc udOH ;=<ska úYd, jYfhka u;jdo we;s lsÍug bÈßm;a l< njg Un"**

uq¿ukskau tlÕ fjñ

tlÕ fjñ

uq¿ukskau tlÕ fkdfõ

tlÕ fkdfõ

1. **wr.,fhaoS iudc udOH ;=<ska lsishï mqoa.,fhl= fyda mlaIhla ms<sn| ffjrhla fyda fldamhla biau;= lr,Su Uiafia m%;srEm f.dvke.Su i|yd Ndú;d l< fuj,ï fudkjdo@**

Facebook Post

Memes

ùäfhda o¾Yk

PdhdrEm

ixialrKh fkdl, ixfõ§ o¾Yk

1. **wr.,fhaoS foaYmd,k mlaI fyda úúO mqoa.,hka úiska Ndú;d lrkq ,nk m%pdrK Wml%u flfrys ie,ls,su;a o@**

Tõ

ke;

;rula ÿrg

1. **kj udOH uÕska m< lrk u;jdohka mqoa., m%;srEm f.dvke.Su flfrys n,mdkjd hehs Tn is;kafkao@**

Tõ

ke;

;rula ÿrg

1. **iudc udOH bÈßm;a lrk úúO ikaksfõok úê u.ska wr.,fha § Tn ;=< fyd| ys; ^leue;a;& we;s jqfha l=uk md¾Yjhla flf¾o@**

wr., l%shdldÍka

f.daGdNh rdcmlaI m%uqL rdcmlaIjreka

meje;s rcfha wud;H uKav,h flfrys

úl%uisxy flfrys

1. **wr.,h ms<sno iudc udOH ;=< bÈßm;a lrk oE yryd foaYmd,k lr,sfha pß; j,g isÿjQfha"**

wmydi lsÍu

Tjqkaf.a jerÈ fmkajd oSu

iudch ;=< Tjqka ckm%sh

m%;srEmh f.dvke.Su

m%;srEmh úkdYùu

1. **wr.,fha§ iudc udOH ;=< bÈßm;a lrk oE yryd iudc l%shdldÍ pß; j,g isÿjQfha"**

wmydi lsÍu

Tjqkaf.a jerÈ fmkajd oSu

iudch ;=< Tjqka ckm%sh

m%;srEmh f.dvke.Su

m%;srEmh úkdYùu

1. **Tn wr.,fha§ úúO mqoa.,hska ms<sno iudc udOHfha bÈßm;a lr ;snQ f;dr;=re ioyd m%;sfmdaIK ^Comment, Like, Share& ,nd§ ;sfío@**

Tõ

ke;

1. **Tn tfia m%;sfmdaIK ,nd§ ;sfíkï" ta lskï wdldrfhkao@**

Like

Comment

Share

m%yik woyia óï tl;= lsÍu

úúO u; yryd mqoa.,hska ms<sno u;jdo

1. **wr.,fha§ lmqgq ldla ldla" neis,a neis,a" kdls uhskd yd kkafoa hk wkaj¾: kdu Tiafia mqoa., m%;srEmhg isÿl< n,mEu w;súYd,hzz fuhg Tn"**

uq¿ukskau tlÕ fjñ

tlÕ fjñ

uq¿ukskau tlÕ fkdfõ

tlÕ fkdfõ

1. **Tn is;k wdldrhg wr.,fha l%shdldÍ pß; ;u m%;srEm f.dvk.d .ekSu i|yd iudc udOH Tiafia isÿ lf<a yqÿ foaYmd,ksl rx.SlrKhla muKlao@**

Tõ

ke;

;rula ÿrg

Ufí woyia …............…............…............