



जोरायल राजपत्र

जोरायल गाउँपालिकाद्वारा प्रकाशित

खण्ड ६ संख्या १ मिति: २०७९ पौष १४

भाग- २

जोरायल गाउँपालिकाको सूचना

स्थानीय सरकार सञ्चालन ऐन २०७४ को दफा १०२
उपदफा (३) बमोजिम सर्वसाधारण जनताको जानकारीका
लागि प्रकाशन गरिएको छः

lj Bfno lbjf vfhf Jolf:yfkg sfolfj lw, @)&(

lj Bfno lbjf vfhf Joj:yfkg sfolj lw, @)&(

स्विकृत मिति:-२०७९/०९/१३

:yfglo ; /sf/ ; ~rfng Pj, @)&\$ cg;f/ cfwf/e't tx; Ddsf] lzlfif ; 3lo ; /sf/sf]dfkb08sf]cfwf/df Joj:yfkg ug[lhd]f/l :yfglo txsf] /x\$] / cfwf/e't tx; Ddsf] lzlfifnf0{ u0f:t/lo, lgMNs tyf clgjfo{ u/fpg k]o\$ lj Bfnodf kf/Des afnlj sf; b]v slff ^ ; Ddsf afnaflnsfx?nf0{ lbjf vfhf sf] Joj:yf ul/Psf] 5 . o; lbjf vfhf sfomdnf0{ ; xhls/0f ug] p2]on]g]kn ; /sf/ lzlfif, lj 1fg tyf klj lw dGqfnon] ; fdbflos lj Bfnodf lbjf vfhf dfkb08 tyf ; xhls/0f kl:tsf @)&^ hf/l u/\$] / To; \$] clwgdf /lx hf]fon kflnsf lj Bfnox?df o; sfomdnf0{ p4]odhs, kefj sf/l / ; Joj:l:yt ug{o; hf]fon ufpFkflnsf, ufpFsf]kflnsf] lbjf vfhf Joj:yfkg sfolj lw, @)&(hf/l u/\$]5 .

!= ; Hfkt gfd / kf/DeM

s= of] sfolj lwsf] gfd lbjf vfhf ; rfng tyf Joj:yfkg ; Da6wl sfolj lw, @)&(/x\$]5 .

v= of] sfolj lw t?6t kf/De xg]5 .

u= of] sfolj lw lj Bfnodf lbjfvf hf sfomdnf0{ nf u' ePsf lj Bfnox; sf]xsdf dfq nf u' xg]5 .

@= kl/efiff M

s= "lbjf vfhf" eGgn] lj Bfnodf lj Bfyl; sf nflu Joj:yf ul/Psf]vf hf sfomdnf0{ ; Demg' kb]5 .

v= "k]vfgfl]bfks" eGgn] o; lgb]zsfdf p]n]y eP cg;f/ lj Bfno Joj:yfkg sf nflu lgoQm ePsf k]vfgfl]bfks ; Demg' kb]5 .

u= ; f] zAbn] lghl tyf ; :yfut lj Bfnosf kd\vnf0{ ; d] hgfp5 .

3= "lbjf vfhf Joj:yfkg pk ; ldlt" eGgn]kflnsf:tl/o lbjf vfhf Joj:yfkg ug[lgd]f ul/Psf] ; ldlt ; Demg' k5{.

kl/R5] - @

lbjf vhf sfoqmsf]p2]o tyf nllft ju€; dx

#= p2]ox?M

:yfglo ;/sf/n] ljBfondf k9g] afnafnssf] lzlfdf kxF,
lg/t/tf, u0f:t/ l; sf0, l; sf0{ pknAw clej 2 / ljBfyl{
-ljBfno cllbog ug] afnafnssf_ x?sf] :jf:Yodf ; wf/sf nflu
; #flnt lbjf vhf sfoqmsf p2o]ox?nf0{ k/f ug] u/l o;
kflnsfn]lbjf vhf sfoqmsf]nflu kl/k/s p2]ox? lgwf{0f u/\$f]
5 hg b]fo j dflnd xg\$.

s= ljBfnodf ljBfyl\$]glthfdlv pkl:ylt .

v= ljBfyl\$]k]f]of tyf :jf:Yodf ; wf/ .

u= ljBfno lard}5f\$g]kj [tdf sld tyf 36fpg .

3= s[fsx?sf] l; k, lf]tdf lj sf; ul/ :yfglo s[fl pkhnf0{
a9]f f lbg .

a= :yfglo cy{Gqdf 6]f k]ofpg .

r_ ljBfno pd] ; dxsf ljBfyl{?sf]ljBfnosf]kxFdf j l4 ug].

\$= nllft ; dxM

- :yflgo ;/sf/ ; #fng Pq @)&\$ tyf ; 3lo ;/sf/n]
tf\$]f] ; j}; fdbfols ljBfnosf kj {klylds tx blv slff
^ ; Ddsf ; j}ljBfyl{o; sfoqmsf]nllft ; dx xg\$.
- :yflgo:t/df u7g ul/Psf]s[rf\$; dx ; fy}; xsf/lx? klg
o; sfoqmsf]nllft ; dx dflgg]5 .

kl/R5] - #

lbjf vhf]k]f]of dfkb08 / d'g' ; DaGwl Joj:yf

%= lbjf vhf k]f]of dfkb08M

vhf ef\$ d]fpg]dfq ge}zl//nf0{cfjZos kg]zld k]f]of t]j
(Micronutrient) / j]t k]f]s t]j (Macronutrient) cflkt\$ nflu
cfj zos x65 . lgwf/t dqdf cfjZos k]f]s t]j pknAw ePsf]

vfhf dfq :j:ys/ dflg65 . :j:Yos/ vfhfn]dfq zfl//ls :j:Yo
 sfod ug{; xofl ub5 . kfjsoSt vfhf ; knf, tfhf / :j:R5 klg
 xg' kb5 . vfhfdf pknAw xg] kfjof ttj sf]dfqf /fli60 dfkb08
 lgwf{Of ; f] dfkb08 cg?ksf vfhf dfq pknAw u/fpg] kfnng
 ; #f/sf wj} bzx?df 5 . ; fy} lgwf{/t ul/Psf /fli60 dfkb08
 cg?k kfjfs tTj cfklt{xg] ul/ lbjf vfhf cfjZos kl/Offddf
 pknAw u/fpg' k5{eGg] dfGotfsf] ljsf; ePsf] 5 . o; sf nflu
 cfj zos ; fdul / kj fvf/ ; dT k6w ul/g'k5{.

^= lbjf vfhfsf]kfjof: t/sf]dfkb08M

ljZj :jf:Yo ; #7gn]\$ blv !) jif]pd] ; dxsf afnaflnsfx?sf]
 pkef]o vfhfdf pknAw xg' kg]j kt kfjfs tTj x? lbjf vfhfaf6
 cfklt{xg' kg]pNn]vt kfjfs tTj sf]dfqf lgwf{Of u/3f]5 .

gkfn ; /sf/ tyf ; 3lo ; /sf/jf6 pSt tf]sPsf] dfkb08sf
 cfwf/df gkfn]klg kj {kfylds / kfylds txsf afnaflnsfx?sf
 nflu tf]sPsf] kfjof dfkb08nf0{-b]gs 2kdf rfxg] axt tyf
 ; 1d kfjfs tTj x? dfqsf]#) Ü lbjf vfhfjf6 kkt xgk5{ lbjf
 vfhfaf6 afnaflnsfx?n] pNn]vt /fli60 dfkb08sf cfwf/df
 Joj:yf jdf]hdsf]ul/g5 .

o; /l lbjf vfhf cfkly{tyf lk/Of ubf{:yfglo:t/df pknAw xg]
 vfB kbfa6 ; DalGwt ljBfno vfhf Joj:yfkg ; ldltn]
 ljBf]xnf0{b]fosf ; dxsf vfB; fdul]af6 lbjf vfhf tof/ u/l
 ljBf]xnf0{vj fpg' kg5 M

-s_ sfaf]f08 ; dx -zIQm lbg] h:t}M rfdn, uxF ds} sf]f]
 knk/, hf] cfn', t?n, ; v/v08 cflb .

-v_ kf]6g ; dx -z/l/s ljsf; ug]_ h:t}M e6df; , l; dl, s]
 /fp, rgf, u3fu8l, df5f, df; ; c08f cflb .

-u_ ldg/n ; dx -zIQm lbg] k]t/lffds_ h:t}M xl/of ; fukft /
 cfo xl/of t/sf/lx2 .

-3_ le6ldg ldg/N; -z/l/sf c^ux2sf] ; Gtlnt ljsf; / sfo{
 lfdt a[4ug] h:t}M :ofp, ; Gtnf, hgf/, gf; ktl, d]f, s]f
 cflb .

-^a IrNnf]kbfy{; dX, h:t}M fo," tjh, gfgl, bW, bxl cflb . t/
 bw, bxl dfq vjfpbf IrNnf]kbfy{sf]dfqf klG]u/L pknAw
 u/fpg' kg\$. #-@ ahf/sf tof/L cj:yfdf /x\$fvfB
 ; fdu]sf](junk food) kpf]unf0{kOf{?kdf lgifw ug[kg\$.

tflnsfM

blgs cfjZos vfhfaf6 cflkt{xgkg]j]kt / ;ld kf]s t]jsf]
 /fli60 dfkb08 cg; f/ dfqf .

k]f]of t]j	Blgs cfjZos kf]s t]jsf] dfqf -\$-(j if{ pd] ; dk_	g]fnsf afnaflnsf] nflu GogQd lbjf vfhfaf6 cflkt{xg' kg]kf]s t]jsf] dfqf -#)Ü_	s]knot
J]kt kf]s t]j Sofnf]l kf]g knbf6	!*%) %& \$*		%%% !& !\$
;ld kf]s t]jM cfof]Bg -df0qmf]d_M cf0/g -ldlnu]d_M lh ^a \$ le6fldg P le6fldg lj	!@) !&=* !!-@ ## !@		#^ %-\$ #-\$!! \$=!

&= lbjf vfhfsf nflu dgM

tf]sPsf] kf]f]of dfkb08 / vfB ; fdfu]x?sf] dfqfsf] cfwf/df o;
 kf]nsf c]tu}sf ; DkOf{ ljBfnosf] nflu Pp6} lbjf vfhfsf]
 ; fktflxs ?kdf km/s km/s dg' xg ; Sg\$. dg]sf] nflu b]fo
 j df]hnsf]Jo] :yf ul/g\$.

s= lbjf vfhfsf]dg' lgdf]sf nflu ; xsf/L, s[fl tyf cGo ; dxX?,
 ; } ; yfx, s[if, kf]f]of, :jf:Yo lj1sf] k/fdz{ / ljBfno
 lz]fs / lj=Jo= ;sf]; Nnfxdf xg\$.

v= lbj f vfhfsf]dđ' k0f{?kn]o; kflnsfleq pTkfbg xg]VffB6gdf
 cfwfl/t xg]jf :yfglo pTkfbgnf0{kfl]; ffg ug{xg} .
 u= dđ' tof/ ubf{ :yflgo s[lif pkhnf0{Wbfg lbP/ lxp / j if
 df} d u/l @ j 6f dđ'sf]; đ lgdf' ug{; lsg} .
 3= k[0š lbgf]vfhf dđ' cnu cnu xg]tyf Ps lbgf]dđ' ; a)
 lj Bfnodf Pp6}xg]u/l ; fktflxs tyf b]gs dđ' nfu' xg} .
 a= j if]Ps k6s dđ'sf]kg/fj n]sg cyj f ; ldlf ug{; lsg} .
 lbj f vfhfsf]cg' rl -s_ cg' f/sf]dđ' xg} .

kl/R5] - \$

***= rhf]/ 0[wgsf]JoJ:yfkg M**

lj Bfnox?n]lbj f vfhf tof/ ug{rhf]/ 0[wgsf]JoJ:yfkg cfm]
 ug{k]5 . lj Bfnox?n]; 3lo ; /sf/n]tf}sf]/sd vfB ; fdfu|x;
 / efc; }f] nflu vr{u/l jff /x}f]/sdj6 rhf] / 0[wgsf]
 JoJ:yfkg ug} . o; f] ubf{ /sd cku ePdf jfnjflnsfx?sf]
 :yfglo tx, k} ; /sf/, cleefjs jf c6o bftfx?; E ; xofu
 h6fpg ; Sg} . olb lj Bfnon]Pn= kl= hl= llof rhf]k}fu gul/
 bfp/f rhf]k}fu u{/}fv08df o:tf rhf]“; fdbilos lj Bfnodf
 lbj f vfhf dfkb08 tyf ; xhls/of kl:tsf, @)^” df tfl]sPsf]
 cg' f/sf]wff /lxt jftj/of d} rhf]dfq k}fu ug} . kflnsfn]
 lj Bfnox?df o:tf] rhf]lgdf'fsf] nful gkfn ; /sf/sf] ; Dj lGwt
 lgsfo j}lNks pmhf{kawg s} jf o; n]tf}sf]; :yf; E ; xsfo{
 u/l cfj Zos ; xofu ug} .

(= :jR5tf / ; /; knf0

lbj f vfhf e08f/of ug{:yfg tyf sf7f lr; f]gePsf] ; b}f]ls/of
 kg{xg' kg} . ; fdu|x? /vbf ; fdu|sf]tn sf7sf]k6/f tyf Gofof]
 xg] ; fdfg lj 5df0Psf]xg' kg} . kfgl tdfsf]ufu| tyf lkn6/df
 e08f/of ePsf] xg' kg} . ; fy}lj Bfnosf] jftj/of ; knf, vfhf
 ksfp]sf7f ; s] Dd l; d[6} / l; d[6} gePsf]cj:yfdf lnk]
 ; knf u/fpg' kg} / of]sfd vfhf ksfp]JolStsf]xg} . vfhf
 vfg]efBfx? :yflgo:t/df pknAw xg]efBfx? k}fu ug{; lsg5

tyfkl cleefj sx?n] cfmkf afnaflnsf?sf nflu Ps Ps j6f
kn6 tyf l6lkn -l:6nsf] Joj :yfug[kg5 . vfhf vfgsf nflu
lkBfnon]klg vfhf kn6sf]Joj :yf ug5 .

kl/R55 - %

**lbjf vfhfsf]vl/b tyf tof/L / /sd lgszfz; Dj Gml Joj :yf
!)= lbjf vfhfsf]nflu vfB ; fdfull vl/bM**

o; upfKflnsfdf vfB ; fdu|x?sf]vl/b bxf0 adf]ld xg5 .
s= lj Bfnon]lbjf vfhfsf nflu cfj Zos kgI vfB6g ; fdfullx? -
rfdn, bfn, kmknh, ; fukfu / kzh6o pTkfbg?_ gu/
kflnsf j f upfKflnsfn]; fdu| cflklt{sf nflu 6gf6 u/\$f s[if
; xsf/L j f s[fs ; dxaf6 vl/b ul/ lbjf vfh tof/L ug{kg5 .
o; c6tu{ lj Bfnon]kflnsfj f6 klxrfg ePsf]dlxnf j f s[if
; xsf/L, ls; fg ; dx; G vfB ; fdfull vl/b tyf cflklt{ug5 .
v= o:tf hf] 5}cflklt{tf{ePklg lbjf vfhfsf nflu rflxg]; DkOf{
vfB ; fdu|x :yfglo :t/df pTkfbg ePsf] xgk5{ tyf sg}
; dodf :yflgo txd f k|t gePdf dfq aflx/af6 vl/b ug{
; lsg]5 . tflsPsf]; Demf]f cj lwdf cflklt{tf{f}]&% Ü e6bf
sd uOf:t/ j f sd dNo j/fj/sf] ePdf lj Bfnon] o:tf]
cflklt{tf{ G vl/b ; Demf]f /2 ug{; Sg5 . .
u= vfB6g ; fdu|sf cflklt{ubf{cflklt{tf{f}] tflsPsf] uOf:t/sf]
dfkb08 sfod ugkg5 .

!!= vfhf tof/L tyf lj t/Of ; DaGml Joj :yfm

o; gu/ tyf upfKflnsf c6tu{sf]lj Bfnon]lbjf vfhf tof/L/sf]
nflu bxf0 jdf]nds]pkfox? ug{kg5 . vfhf Joj :yfkgsf nflu
k|tt gdgfx? dNo hg plrt b]v65 ; fxl cg; f/ vfhf tof/L /
Joj :yfkgsf ug{; Sg]5 . o; /L ubf{lbjf vfhfsf]afnaflnsf?sf]
cleefjs g}vfhf tof/L tyf lj t/Ofsf nflu pkoSt ePsf]w}]
cEof;x?n] b]yPsf] 5 . h; c6tu{afnaflnsf] cdf,
cleefj sx?sf]; ldlit u7g ugI/ pxfK?Aff6 vfhfsf]Joj :yfkgsf ug{
kg5 . h; cg; f/ lgDgpkfox? canDag ug[; Sg5 .

s= lbjf vfhf tof/lsf nflu lj Bfnodf sfo{t ; xofuL sd{f/lnf0{
lj Bfnon]køf] ug{; Sg]5 .

v= lj Bfyl{; Wof al9 ePsf lj Bfnox?n]lbjf vfhf tof/lsf nflu
Ps 568}ef6;]sd{f/lsf]JoJ:yf klg ug{; Sg]5 . ; f]sf]nflu
cfjZos kg] ahø lj Bfnosf] cf6tl/s >f] jf ufpFgu/
kflnsf; u ; xsfo{ug{; Sg]5 .

u= lj Bfnox?n] tf]sPsf] lj Bfno vfhf Aoj:yfkg ; ldltn]
:jod;]s ef6;]kl/rfng u/l lbjf vfhf ; ðfng u/fpg]5 ; fy]
:jod;]s ef6;]kl/rfng ubf{ef6; }f]nflu c6o JoIQm køf]u
ug{kf0g]5 .

u= o:tf lbjf vfhf tof/ ug]ef6;]:jod;]s ePklg pmg]x?n]
u/}f]kl/>dnf0{; Ddfg ug{s}xl /sd pknAw u/fpg ; Sg]5 .

3= ; /lfsf] b]i6n] klxn] kvfgr]lbfks jf kn]sn lz]fsn] tof/
ePsf]vfhf vfp/ ?h' u/kl5 dfq lj t/Of ug]5 .

a= tof/ ePsf]vfhf lj t/Of lz]fsx?sf]pk:yllt tyf ; xof]udf
dfq xg]5 . lj t/Of ubf{k]xn]; je6bf ; fgf slffb]v z? ul/
qmdz]M dflysf]slffx?nf0{dfq lj t/Of ug]kg]5 . s; ðf0{k]g
sg}klg k}f/sf]-hflto, wld6; ; fFs]ts / n]Es_ e]ðefj ug{
kf0g]5g .

!@= lbjf vfhf]sf]; fdf]hs kl/lf0f / cl86 l/kf]

lj Bfnon]cfk]mf]lj Bfnodf k]kt lbjf vfhf jfkt cgbfg /sdsf]
; fdf]hs kl/lf0f ug{k]g]x65 . ; Dk0f{lj Bfnon]:yflgo txaf6
k]kt \$÷\$ dlxgdf of]klqmf ; Dk6g ug[k]g]x65 . bf] f]cgbfg
/sd lgsf; f dfu ubf{k]xn]ls:tdf k]kt cgbfg /sdsf]; f]l]hs
kl/lf0f kl]tj]g k]z ug{k]g]5 ; fy]df6otf k]kt lgsfoaf6 cl86
u/f0 ; f]sf]l/kf] ; m]g ug{k]g]x65 . pSt klqmf k/f gePsf]
cj:yfdf :yflgo txsf]lzlffaf6 /sd lgsf; f xbg] .

!#= lbjf vfhf]sf]nflu /sd lgsfzf M

:yflgo tx cyf] kflnsfn]lbjf vfhf JoJ:yfkg]sf nflu gub jf
lh6; l lgsfzf b]xfo adf]nd ug]5 .

s= ; 3lo ; /sf/jf6 kkt lj Bfyl{ egf{ cg' f/sf] /sd kto\$
lj Bfnosf]vftdf rðfl; s ?kdf kZsl :j?k k7fpg\$. o; sf]
nflu lj Bfnon]kl5Nnf]rðfl; ssf]kult lj j/0f ; lxt cgbfg
lgszsf km/d el/ cg'; lr -v_ kfnsfsf]lzlf zfvdf kZ
ug\$. klxnf]k6snf0{kl5Nnf]rðfl; s lj j/0f cfj Zos kg[
5g .

v= kfnsfn] /sd lgszsf ubf{kl5Nnf]k6s lj Bfnon]kZ u/\$f]
kult laj/0f ; lxtsf] rðfl; ssf] vr{k660f6 u/L dff]bft
/sdnf0{s6f0{csf]rðfl; ssf]nflu yk /sd lgszsf lbg\$.

u= dflysf] /sd lgszfsf]nflu lj Bfnon]cg'; lr -v_ cg'; f/sf]
dfu km/d el/ kfnsfsf]lzlf zfvdf kZ ug\$.

3= e08f/0f ; lxtsf]ef6; fsf]fsf]ahø lgszfsf]nflu lj Bfnon]
klxn] tflsPsf]9fFf cg'; f/sf]ef6; f lgdf]fsf]nflu cfj Zos
vr{nfut cgdffg u/L ; f]vr\$]nflu cfj Zos cku >f]
klxrfg ; d] ul/ j8f sfofosf]l; km/z ; lxt kfnsfdf
lgj ðg kZ ug\$.

^a= kfnsfsf]lzlf zfvfn]o; lgj ðgnf0{?h'ul/ tflsPsf]/sd jf
; fdfu]sf]lgsf; f ug\$.

r= ef6; f ; fdulx?sf]nflu klg tflsPsf]dfkb08 cg'; f/sf]
cfj Zos vr{nfut cgdffg u/L ; f]vr\$]nflu cfj Zos cku
>f] klxrfg ; lxt j8f sfofosf]l; km/z ; lxt kfnsfdf
lgj ðg kZ ug\$ / ; f]lgj ðgsf]cfwf/df tflsPsf]/sd jf
; fdfu] kfnsfn]lgszsf ug\$.

kl/R5] - ^

lbjf vhf]sf]; fngsf]nflu sfof]og k\$ðf tyf ; :yfut ; Argf
-dfgj >f]_ tyf ; jGjo ; ldt ; DaGwl Joj :yfl

!\$= :yflgo txsf]sfof]nd sfof]og ; oGqM

:yflgo txleqsf lj Bfnodf lbjf vhf Joj :yflkg ug[lhðd]f/L
kfnsfdf /xg] ; fdfhs lj sf; ; ldtnf0{g}xg\$. o; sfo\$

nflu bxfoadf]hdsf ; b:ox? ; d] xg] ul/ Ps pk; ldt u7g
ul/g5 .

s= pk]b]f c]b]f

v= ; fdlhs ; ldt]sf]k]v ; b:0

u= c]b]f]n]t]f]f]f]:yflgo txsf]j 8f c]b]f d]b]Ps hgf
; b:0

3= k]v k]f; slo clws] ; b:0

^a l]Bfnno Aoj :yfk g ; ldt c]b]f d]b]f6 c]b]f]n]
t]f]f]f]Ps hgf ; b:0

r cfw/e't txsf lzlsx? d]b]f6 ; ldt]sf c]b]f]n]
d]g]l]gt u/]f]Ps hgf ; b:0

5 :yflgo tx leqsf dlxn] lzlsd]b] ; ldt]sf
c]b]f]n]d]g]l]gt lzls Ps hgf ; b:0

h :j]f:Yo / s]f l]sf; x]z]f]v]f k]v]x] ; b:0
em dlxn] l]sf; z]f]v]f k]v ; b:0

` :yflgo txsf]lz]f]f x]k]v] clws] ; b:0 ; l]rj

!@ l]Bfno Joj :yfk g ; ldtM

l] =Jo= ; n]l]Bfno / l]b]f v]h]f Joj :yfk g pk ; ldt ; u]sf] ; N]nf x
/ ; xof]u]d]f l]g]g sfo]x? ug5 .

s= k]f]n]s]f]n]l]b]f v]h]f]s]f]n]flu t]f]f]f]g]o]g]t]d] d]f]k]b]08 / c]f]j]Z]o]s
k]f]v]f]x?]s]f]Joj :yfk g .

v= g]o]g]t]d] d]f]k]b]08 / c]f]j]Z]o]s k]f]v]f]x?]s]f]Joj :yfk]g]s]f]n]flu
r]f]l]x]g]c]f]l]y]s] tyf l]h]l]g ; >f] Joj :yfk]g]s]f]n]flu j 8f s]f]o]f]h]o,
gu/k]f]n]s]f] n]u]f]o]t] c]g]o] l]g]s]f]o / b]t]f] ; E ; x]s]f]o}.

u= k]f]n]s]f]n]l]b]f v]h]f]s]f]n]flu t]f]f]f]d]g]s]f] / c]g]o] k]f]f]o]f
d]f]k]b]08n]f]o} r]f]l]x]g] v]f]b]o ; d]f]u]l]x?]s]f]n]flu c]g] ; l]r -u_
c]g] ; f/]s]f]v]l]b]o]f]h]g]f] t]o]f/ ug5 .

3= v]l]b]o]f]h]g]f] c]g] ; f/ k]f]n]s]f]n]k]l]x]r]f]g] u/]f]s]f] ; x]s]f]l] , c]g]o
; x]s]f]l] j]f] l]s] ; f]g ; d]x ; E c]f]j]Z]o]s k]l/]d]f]o]f ; l]x]t]s]f] v]f]B

; fdu|x?sf] vl/b tyf cfk'tl\$] nflu cg'; lr -3_ cg'; f/sf]
9fFfdf ; Demf]f ug\$.

^a= lbjf vfhf ; #fngsf] nflu tf]sPsf]dfkb08 cg'; f/sf]/sd jf
c6o >f;x?sf] lgsfzsf] nflu cfjZos sfuhft tyf k\$pf
k/f u/l kfnsfsf]lzlff zfvdf k\$ ug\$.

r vfB ; fdu|| cfk'tl\$tf(f0{tf]sPsf]; dodf /sd pknAw u/fpg].

5= lbjf vfhfsf] tofl/sf] nflu ;jod;]s eff; \$f] klxrfg,
kl/rfng ug[.

!#= ljBfnosf k\fgf\bfkssf]sfd, st{fo / lhDd}f/l

-s_ gu/kfnsfaf6 vfhfsf] /sd lgsf; f ln0{ vfhf Joj :yfk
; ldtnf0{df]; s ?kdf pknAw u/fpg]

-v_ ljBfnosf ljBfyl{x;nf0{ bl]gs vfhf v]fpg] ; do tf]nsf
lgwf{0f u/l lbjf vfhf v]fpg tf]sPsf] JolQmf0{ pknAw
u/fpg],

-u_ ljBfyl\$] bl]gs pkl:ytsf cfwf/df lbjf vfhf ksfp' kg[
ePsn] bl]gs ?kdf ljBfyl{ ; wof vfhf tof/ ug{ tf]sPsf]
JolQmf0{pknAw u/fpg],

-3_ lbjf vfhfsf ; fdfgsf] plrt e08f/ ug[7fpFtyf lbjf vfhf
ksfp]7fpFpknAw u/fpgsf ; fy}; /; knf0\$]plrt k\$Gw ug{
; xof] k\$ofpg]

-^a_ lbjf vfhf Joj :yfk ; ldtaf6 cfbfgl vr\$] lx; fj ln0{
rf]fl; s=jflif\$ k\lt lgoldt xkdf ljBfno Joj :yfk
; ldtaf6 kfl/t u/l gu/kfnsfdf k7fpg],

-r_ lbjf vfhf sfo\$ d ; ~rfng ug{ lbjf vfhf Joj :yfk
; ldtnf0{cfjZos ; xof] k\$ofpg],

-5_ lbjf vfhf ; DaGwdfgu/kfnsfaf6 k\lt lgb}g sfof] og
ug[u/fpg],

-h_ ljBfyl\$] egf{ lgoldt tf, l; sf0{cj:yf, :jf:yo / kf]f0f tyf
; /; knf0{af/]cleefj snf0{hfgsf/l u/fpg]

- em lj Bfyl[sf] blgs xflh/l lnbf ; wof plnly u/l lng] Joj :yf ldnfpg].
- _ lbjfvfhf sfo[nds] ; Hfkt ; Rgfdhs rf6{tof/ u/l sfoffno slfdf k[oz] u/l /fVg].
- 6_ lj Bfnodf lbjfvfhf Joj :yfkgsf nflu cfj Zos kgIyk ; ft ; fwg tyf ; xofu pknAw u/fpg].
- 7_ lj Bfno lbjf vfhf Joj :yfkgsf ; ldltaf6 lgoldt kl[tj]dg ln0{ lj Bfno Joj :yfkgsf ; ldltdf 5nkmn u/f0{df] ; s ?kdf kl[tj]dg gu/ lzlff zfvdf k[] ugI.
- 8_ lgoldt cgludg u/l ; emfj sfoffj og ugI Joj :yf ldnfpg].
- 9_ cleefjs ehf u/f0{ :jR5 zlfjs jftfj/of l ; hgf ug{ c[gt/lqmf ; ~rfng ugI.
- 0f_ jflif\$?kdf ; fdfhs k/lif0f u/f0{ ; DalGwt lgsfodf tf]sPsf] 9fFfdf kl[t]dg k7fpg].
- t_ lj Bfno vfhf Joj :yfkgsf ; ldltnf0{cfj Zos ; xofu u/l lbjf vfhfsf] ; Dk0f{Joj :yfkgsf ugI.
- y_ dfl ; s cfo Joosf] ;]tf b?:t /fVg] Joj :yf ldnfpg].
- b_ lj Bfno lbjfvfhf sfo[nd] ; ~rfng sfo]lw @)&(tyf lzlff lgodfjnlntf\$]sf c[go sfo{ugI.

!\$ lj Bfno lbjf vfhf Aoj :yfkgsf ; ldltnf0{

- lj Bfnon]tklzn adf]nds]lj Bfno lbjf vfhf Aoj :yfkgsf ; ldltnf0{ ug{kg\$.
- s_ lj Bfno Joj :yfkgsf ; ldltsf]clwlf jf lghn]tf\$]sf] ; ldltsf] ; b:o clwlf ! hgf .
- v_ lzlfjs cleefjs ; 3n]dgflgt u/\$f cleefjsx[d]w]af6 ! hgf dlxf cleefjs ; lxt @ hgf ; b:o
- u_ :yfglo:t/df jg pkef]mf ; dx / :yfglo u} ; /sf/l ; :yfx? eP tl lgsfox? af6 ! hgf kl[t]glw ; b:o
- 3_ ; DalGwt j8fsf]8f ; b:o -lzlff xgI ! hgf ; b:o
- a_ afnlj sf; s]b\$] ; xofu] sfo\$tf ; b:o

-r_ k|c jf k|c n] tff\$}f] !hgf lzlf s ; b:o-; lrj ; fy}o;
sfoqnddf ; xofu ug{ ; Sg]lj Bfno ; jflfg leq sfo{t /x\$
cfo ; /sf/l tyf u} ; /sf/l lgsfo tyf ; :yfx?sf kbflwsf/l
; d] a}sd f cfdlqat ug{ ; lsg]5 .

!% j8f sfofnoM

j8f sfofox?n]lbj f vfhf sfofj ogdf bxfosf]sfo{x? ug5 .

s= lj Bfnox?nf0{rflxg]cfj Zos kj fvf/sf]nflu >f]sf]klxrfg /
kl/rfng ug].

v= lj Bfno / kflnsfsf]lj rdf khsf]sfd u/l lj leG lgsfox?
alr ; d]j o ug].

u= tfl]sPsf]dfkb08 cg' f/sf] sfo{ePsf]gePsf]cgludg u/l
; wf/sf kof; ug]u/fpg].

3= cf^gf dftxtsf lj Bfnox?nf0{lbj f vfhfsf]nflu jflif\$?kdf
; fdflhs k/lf0f u/fpg ; xofu ug].

!^=:yfglo tx lzlf zfvM

:yfglo tx lzlf zfvn]lbj f vfhf ; #fng / sfofj ogdf bxfosf]
sfo{x? ug5 .

s= ; DalGwt lgsfo nufot lzlf s, lj =o=; = / cdf ; dx?sf]lj j
vfhf ; ldlt kl|tlglwx?sf] ; d]joddf tfl]sPsf]dfkb08
cg' f/sf] dg' lgdf0f u/l ; dflhs ljsfz ; ldlt sf]l:js[t
ln0{sfofj og ug].

v= lbj f vfhf ; #fngsf]nflu Ppof sfof]hgf tyf jflif\$ j h0
jgfo{ ; fdflhs ljsfz ; ldtdf cgdff]g u/f0{sfof]flnsfdf
l:js[tsf]nflu k} ug].

u= lbj f vfhf ; #fngsf]nflu rflxg]dfgj>f] tyf sd{fl/
cfjZostf klxrfg u/l ; f\$]Jo:jyfkgsf]nflu :yfglo tx
sfof]flnsf ; 6 kxn ug].

3= lj Bfnx?nf0{ tfl]sPsf]dfkb08 tyf lgod cg' f/ r0fl; s
?kdf lgsfzf lbg].

a= ljbfnx?n]kz u/\$f]kpllt kljtjbgx?nf0{Plsst u/l cf^gf]
:yfglo tx :tl/o kljtjbg tof/ u/l ;f]kljtjbg kflnsf
nufot cfo lgsfodf kz ug].

r= dfl;s klfvfgflbfks j}sdflbjf vfhf ljifo;E ;DalGwt
clgjfo{?kdf Pp6f ljifo:t\$?kdf 5nkm ug[u/fpg]/
lbjfvfhfnf0{Pp6f ;fwgsf]?kdf pkofu u/l jfnjflnsfsf]
lzlffdf kxF, ;xeflutf / l;sf0df ;lglZrt ug[vfnsf]
sbfksfx?df 5nkm u/fpg].

5= lbjf vfhf ;fnng tyf Joj:yfkgdf sfo{t sd{f/l tyf cfo
;/f\$f/afnx?sf]-efl;]lj=Jo=; = / lzlf\$?sf] lfdtf ljsfzsf
nflu ;Djlgwt lgsfox? -h:t}vfB tyf u0f:t/ lgoGqOf ljefu,
lzlffsf] nflu vfB kl/ofhgf, kl/jf/ sNofOf dxzfzvf cflb_
tyf cfo ljsf; ;femf/x? ;E ;dGjo ug].

h= lbjf vfhfsf]sfof]og tfl]sPsf]dfkb08 cg';f/sf]eP gePsf]
cglug u/l cfjZos ;Nnfx, ;emfj / ;xhls/of ug[u/fpg].

!&= :yfglo tx ;fdflhs ljsf; ;ldltM

lbjf vfhf ;fnngdf ;fdflhs ljsfz ;ldltsf];Gj osf/l eldsf
/lx lgdg sfo{? ug].

s= lbjf vfhfsf]nflu xg]o; ;ldltsf]j}sdflcj :ostf cg';f/
kflnsf cgtu{sf]s[l, kz';fdflhs ;'lff zfvfsf kplvx?
nufot cfo ;/f\$f/jfnfx?nf0{klg cfdGqOf ul/ jx1fl]qo
kn]kmd{sfod ul/ cfjZos ;xofu / ;xsfo\$fnflu kxn ug]

v= ufpFlzlff zfvfn]kz u/\$f]lbjf vfhfsf]sfof]hgf /
jh]dfyl cfjZos 5nkm ul/ cgdff]g ug]/ ufpF sfo{
kflnsfdf l:j s[t\$fnflu cfjZos kxn tyf ;dGjo ug].

u= lbjf vfhfnf0{:yfglo :t/sf]pIkfbgdf cfwfl/t jgfpG ufpF
s[lf zfvfsf];xofudf s[lf ;xsf/L, ;xsf/L jf ls;fg
;dxx?nf0{cfjZos kl]jlws tyf cfo ;xofux? lbnfpg kxn
ug{.

3= lbjfvfhf ; #fngdf c6o lfqsf] ; d] eldsf klxrfg ul/
kllj lws, cfly\$ tyf c6o ; xofu jf ; xsfo\$]nflu kxn ug\$.

a= lbjfvfhfsf] ; #fngsf]nflu rfxg]yk gltt, lgod, ofhgf, tyf
sfoqmdx?sf]d:of] tof/ ul/ l:js[?sf]nflu sfo{kfnsfdf kz
ug].

r= k[osf] r[off]; sdf sltdf Ps k6s cf^gf] dftxtsf] ; DkOf{
lj Bfnof?nf0{ ; @Om cgludg ul/ cgludgd b]vPsf]
lj ifoj:thf0{5nkmn ul/ ; d:ofx?sf] ; dfwfg ul/ lbjfvfhfnf0{
k6fj sfl/ jgpg kxn ug\$.

!*=:yfglo tx -lzlff, zlvf / s[if zlvf tyf ; fef]/ ; :yf_ n]
ug{kgl[sfo{? lbjfvfhf ; #fng, Joj:yfkg / sfof]ogsf]nflu
:yfglo txsf]sfo{kfnsf gltt lgwf{of tyf cl6td lgof6 ug]lgsfo
/xg\$ / b]fo j dfl]hdsf]sfo{ug]5 .

sfo{?÷sfoqmdx?M

!= ; xsf/l 5gf6sf nflu ; rgf k\$zfg / 5gf6 ug].

@= ; xsf/l 5gf6sf nflu 5gf6 cfwf/ tof/ ; a]nf0{ ; Dk]of ug].

#= lj Bfno d6'cg' f/ lbjfvfhf tof/ ug{tflnd k6fg ug].

\$= slf\$; dx u7g, cujf s[if\$ 5gf6 / lf]tf clej [4 ug].

%= cujf s[if\$ tyf s[if\$; dxnf0{s[if klj lw af/] tflnd tyf
cledlvs/of ug].

^= lbjfvfhf Joj:yfkg pk ; ldlt u7g / tflnd .

&= lzlff zlvfaf6 Vffhf Joj:yfkg tyf lj t/of / pk ; ldltnf0{
lf]tf clej [4sf nflu :yflgo ofhgf th6f ul/ ah6
ljlgof]hgsf nflu jsfnt ug].

*= s[if zlvfaf6 s[if{x?sf] l]dtf tyf l;k ljsf; / cgbfg
; xof]sf nflu ofhgf th6f ul/ ah6 ljlgof]hgsf nflu
jsfnt ug].

(= lj Bfnonf0{ d6'cg' f/ lbjfvfhf lgdf]of ug{ tflnd tyf
cledlvs/of sfoqmd cf]ofhgf ug].

!)= lj Bfnonf0{lbjfvfhf dfu tyf clen] ug{ ; xhls/of ug].

!!= ljbfn0 ; xsf/l / s[fs jlr ; Demf]f .
 !@= cfly\$ sf/f[af/f]r't b?:t / kfbkztsf nflu cledlvs/0f .
 !#= lbjf vfhf e08f/0f, 9jfgl ; DalGw lzlf zfvf / s[if zfvfnf0{
 5nkm tyf a]s cfof]hgf ug[.
 !\$= efb; f s[7f lgdf0f / Joj:yfkg af/] ljbfn0 kl/jf/nf0{
 cglzlf0f =
 !% lbjf vfhf tof/ ug\$ f nflu cfj zos -efBf, j tG Joj:yfkg_
 tflnd .
 !^= s[fsx?nf0{; xsf/l4f/f lj lQo lzlf kbfq .
 !&= lbjf vfhf Joj:yfkg / lj t/0f klqmf]sf] kfej sfl/tfsf] nflu
 lzlf tyf s[if zfvf4f/f cgludg .
 !*≠ lbjf vfhf sfoqmdsf] ; xofu[; :yf, sd(f/l tyf sfo{
 ; ldl4f/f sfoqmdsf af/0f cgludg .
 !(= sfoqmd ; DalGw :yflgo tx, s[fs tyf ; xsf/l dfkmt ; emj
 ; sng tyf ; Daf]vg .
 @)= lzlf ljsfz ; ldl4f6 k[ePsf] glt, lgod, of]hgf, tyf
 sfoqmdx?sf]d:ofbdfly 5nkm u/l cfj zos kl/dfhg ; lxt
 l:js[ug[.
 @! lzlf zfvfj6 k|tt ePsf] lbjfvfhfsf] sfof]hgf, jlif\$
 jhfnf0{l:js[ug[.
 @@= ; 3lo ; /sf/jf6 k|t /sd jfx\$ lbjfvfhfsf] Joj:yfkgnf0{
 r't b':t ug{yk jh[fsf] Joj:yfkg tyf jfBkmf6 ug[.
 @#= lbjf vfhf Joj:yfkgnf0{kfej sfl/ ug{o; :yflgo tx cftu[
 ePsf] zfvx?df km\$ n sd(f/l t[sg] jf cfj zos sd(f/l
 sfddf v6fpg] .
 @\$= lbjf vfhfsf] nflu rflxg] cfj zos kj fvf/x?sf] ljsfz ug{u/
 ; /sf/l ; 3 ; :yf, glh lf, bft[lgsfox?; 6 ; xof]usf] nflu
 cfj zos ; xsfo{ug[.
 @%= lbjf vfhfsf] lj :tf/ tyf u0f:t/sf] nflu rflxg] >f]sf] nflu
 k[; /sf/ ; 6 ; xof]usf nflu kxn ug[.

@^= cf^gf] dftxtsf] ; Dk0f{ lgsfo tyf lj Bnfox?nf0{ cfj Zos
lgbz g lbg].

!(= ufPklnsfsf]lzlf zfvfs]sfd stfo / clwsf/

s_ lj Bfno lbj f vhf sfo\$ d ; ~rfng ug{gu/ :tl/o lgbz s
; ldltn]u/\$f lgofox? sfof] og u/fpg]

v_ lj Bnox?nf0{ lbj f vhf sfo\$ d kfej sf/L ?kdf sfof]fog
ug{k\|t ug]

u_ lj Bnox?nf0{ ; Dej eP ; Dd :yfglo :t/df pknAw xg] vfb
; fdfu{x?sf]kpf] u/L vhf tof/ ug{nufpg]

3_ lj Bnox?df afnlj sf; s]b\$ s lffdf egf{ ePsf lj Bfyl\$ f]
blgs xflh/L ; xof]u sfo\$ tfa6 tof/ u/L lj Bnon]kdf0fl t
u/L k7fPsf] lj j /0fsf] cfwf/df blgs kl|t lj Bfyl{? !%.- sf
b/n]rf]f; ls xg cfp]g]/sd lj Bfnosf]vftdf cgbfg :j?k
lgsf; f Joj :yfsf] nflu gu/ sfo{klnsfsf] sfof]nosf] cfly\$
kzf; g zfvdf l; kmf/L; u/L k7fpg].

a_ lj Bfno lbj f vhf sfo\$ dsf] ; Dj wdf dflyllnf] lgsfox?af6
k|t lgbz gx? sfof]fog ug]u/fpg].

r_ :yfglo lgsfo, tyf u} ; /sf/L ; 3 ; :yfx? jlr ; dg]o u/L
lbj f vhf sfo{ndnf0{ ; xof]u k]ofpg]j ftj /0f l; hgf ug].

kl/R5] -&

lbj f vhf]sf]nflu rflxg]cfj Zos ; f]sf]nflu nfut ; fem]f/L

s= lj Bfnod lbj f vhf Joj :yfkgsf nflu g]kn ; /sf/, k]z
; /sf/ ; lxt :yfglo tx / ; xof]u ; :yf / cleefj salr
; ssfo{/ ; fem]f/L ul/g]5 .

v= lbj f vhf Joj :yfkgsf nflu :yfglo ; xsf/L, cdf ; dx,
Sof6l/a ; fns, s]s ; dx ; u cfj Zos lj Qlo, Joj :yfksto
tyf nfut ; fem]f/L ug{; lsg]5 .

lbj f vhf sfoqndf nufgldf ; ferdf/

o; sfoqndsf nflu >f]sf] cfj Zo kg{ ePsf] gkfn ; /sf/af6
 kkt cgbfgaf6 lj Bfnodf lbj f vhf sfoqnd lgDg adf]hd dNodf
 ; xeflu u/fpg ; lsg]5 cost sharing .

s_ lhNnf lzIff tyf ofj v]sb zfvM lj Bfno tyf :yflgo txn] cknof] Ifq tyf kflnsfleqsaf afnaflnsfx?nf0{vfhfdf nufgl sd ePsf] cj:yfdf lhNnf lzIff tyf ofj v]sb zfvf; u ; dgj o ul/ cgbfg kkt ug{ ; Sg]5 / cku /sd yk ul/ u0f:tl/o vhf vj fpg ; Sg]5 .

v_ k]z ; /sf/m lj Bfno tyf :yflgo txn] cknof] Ifq tyf kflnsfleqsaf afnaflnsfx?nf0{vfhfdf nufgl sd ePsf] cj:yfdf k]z ; /sf/; u ; dgj o ul/ cgbfg kkt ug{ ; Sg]5 / cku /sd yk ul/ u0f:tl/o vhf vj fpg ; Sg]5 .

u_ lglh Ifq tyf cleefjsM lj Bfno tyf :yflgo txn] cknof] Ifq tyf kflnsfleqsaf afnaflnsfx?nf0{vfhfdf nufgl sd ePsf] cj:yfdf ; dbfos]cleefjs tyf Jofkf/l ; xofu ; sng ul/ u0f:tl/o vhf vj fpg ; Sg]5 .

3_ bft[lgsfoM lj Bfno tyf :yflgo txn] cknof] Ifq tyf kflnsfleqsaf afnaflnsfx?nf0{vfhfdf nufgl sd ePsf] cj:yfdf klnsf tyf lj Bfnon] u0f:tl/o vhf vj fpgsf nflu /fli60 tyf cgt{fli60 ; xofu ; yf tyf bft[lgsfo ; ferdf/ldf sfd ul/ afnaflnsfx?nf0{u0f:tl/o vhf vj fpg ; Sg]5 .

kl/R5b - (
cgudg tyf dNoflg

of] sfo{dsf] lgoldt, lg/Gt tf{ / kēj sfl/tfsf nflu cgudg
 lj Bfno Joj :yfgk ; ldt, j8f sfo{ho, gu/ tyf upfAzlff zfvf,
 lzlff ; ldt tyf gu/ tyf upfKflnsfsf]sfo{kflnsfsf]sfo{hoaf6
 bxf0 adflhd xg5 .

-s_ lj Bfno txdz lzlf s cleefj s ; 3 tyf lj Bfno Joj :yfgk
 ; ldt n] lgo; dt cgudg ugkg5 . cgudg sfo{f j8f
 ; ldt sf ; b:o Pj+d j8f nbf ; d]nf0{; xeful u/fpg' kg5 .
 ; f]f] kljtj dg tfl]sPsf] km/fddf gu/ lzlff zfvdf k7fpg'
 kg5 .

-v_ j8f sfo{hoaf6 dfl; s ?kdf cgudg u/L ; f] sf] kljtj dg
 gu/ tyf upfKflnsf lzlff zfvdf k7fpg' kg5 .

-u_ gu/ tyf upf kflnsfsf]lzlff zfvaf6 sltdf rffl; s ?kdf
 cgudg u/L gu/ sfo{kflnsfsf]sfo{hodf kljtj dg k7 ug{
 kg5 .

-3_ gu/ tyf upfFsfokflnsfsf] tkmf6 ; do ; dodf cfs:ds
 lg/Lf0f tyf kēj dNoflg ug{; lsg]5 .

-a_ o; sfo{mdsf] kēj sfl/tf dNofs gsf nflu lj Bfnon] vhf
 z? ubf]sf] cj lwsf] oyfy{-ef]ts, z]fs, cfly\$, lj Bfyl]sf]
 l6sfpb/ / l; sf0{sf]cj :yfcflb_ lj j/0fsf]cleny tof/ u/L
 /fVg' kg5 .

-r_ gu/ tyf upfKflnsfaf6 @)&* ; fnsf]lj Bfyl{egf{lj j/0f /
 c6o z]fs ; rsx?sf] lj Zn]f0fsf cfwf/df cfufld aifx?df
 sfo{dsf]lg/Gt/tf,kg{fj n]sg / klyfldstf lfg klxrfg u/L
 sfo{d ; ~rfng ug{lj ifodf pkoQm lgofo ug{; Sg5 .

cg, Fl-s

kIzrd kxf8nf0{dVb gh/ ul/ tof/ ul/Psf]dġ'-

afUnĒ, DofUbl, cufv/fFL, uNdl, Ko7fg, /f]kf, ?sd kj { ?sd
 kIzrd; Nofg, hfh/sfġ, ; vġ, bġ]y c5fd, 8fġL, aġ:8L / 88ġhw/f
 lhNnfx? .

dġ-! kff]fnf]hfpnf]

kff]6s Ij j /of -klġ afnafnnsf_

qm ; * ; * sf]gd	fduix? Tffn uġd	dNo ?	zIst kcal	knf6 g	kff]g g	le6fldg mcg	lhġ mg	cf0/g mg	
!	Rffdn	%)	#	!&@-%)=@%	#-\$))=^)%)=#%
@	cfn'	@)=*	!(-\$)=@)=#@))=%^)=(@
#	Dff; sf] bfn	#)	#=(!)\$=!)=\$@	&=@))=(!=\$
\$	Nf6ġsf] ; fu	\$)	!=^	!*)=@	!=^	!*-\$)=#\$\$!#(^
%	Ef6df; vġf]	%)	#-%	@!^	(=&%	@!^	!&=&%	@=)%	%=@
^	; bġlv tġ	#)=%!	@&	#))))
&	hDdf	!(#	!#=#!	%&	!#=#	#\$=!@	@)!-&%	#=(!	*=!&&(
*	klġzt		!))	!%!	#*%	!#%	!!&	!%#	

j ġINKsM

t/sf/LMkfnĒf]sf]; fu, ay] km, l\$]dġ6f

h/f tyf sġbdhM; v/v08, t?n

bnxgMI; ld, rgf

knknhMsfutl gf; klġ

dġ: @ knk/sf]/fġl
kf]i6s lj j /Of -klt afnafnsf_

qm ;+ ;+ gfd	fdulx?sf Tifn ufd	dNo ?	zlst kcal	knf6 g	kġlg g	le6fldg mcg	lhl mg	cf0/g mg
!	knk/sf] lk7f]	^)	\$=	!*&=*)=&*	#=^^)))	#=#^
@	;v/v08 #)	!%=	!@@&)=))=&)=&	@!%=&)=))=))=)^*)=)^*
#	lf]kml;ld \$)	\$=* !#*_*)=)	!#*_*)=)	!#*_*)=)	(= (^)=\$)= (^*) !&^)= (^*) !&^)= (^*) !&^
\$	Tff]lsf];fu \$)	!=^	!(-@)=)^	@=\$ * &=\$	@=\$ * &=\$	@=\$ * &=\$	@=\$ * &=\$	@=\$ * &=\$
%	Afbfd %))=^%	@*#% (=)%)	!@^%))))=)^#%)=)^#%)=)^#%)=)^#%
^	;bdlv tġ %))=*%	\$% %)	%)))))
&	hDdf !*)	!#^	!\$!_*% *_%/%%	!&=!(% #)#_%	#)#_% #)#_%	#)#_% #)#_%	#)#_% #)#_%	#)#_% #)#_%
*	kltzt		(& (^	!(\$ @)@	((!(\$	((!(\$	((!(\$	((!(\$
(

j ġ INksM
 cġgM uxsf]lk7f]
 h/f tyf sġbdhMcfn' t?n
 t/sf/lM kfnĒf]f]; fu, ay]

dġ: # ds\$]lv/
kf]i6s lj j /Of -klt afnafnsf_

qm ;+ ;+ gfd	fdulx?sf Tifn ufd	dNo ?	zlst kcal	knf6 g	kġlg g	le6fldg mcg	lhl mg	cf0/g mg
!	RofVnf -ds}	&)	@=!	@# (= \$ @=%@	&=&& %=@%	!=%* (@=#!	!=%* (@=#!	!=%* (@=#!
@	uf0sf]bw ^)	\$=* \$)=@	\$)=@	@=\$^ !=(@)	!=(@))=)^*)=)^*)=)^*
#	Afbfd @)	@=^	!!#=\$ *=@	!#=\$ *=@	!#=\$ *=@	!#=\$ *=@	!#=\$ *=@	!#=\$ *=@
\$	ufh/ \$)	@	!(!@)=)^*)=)^*	!\$@_%@)=)^*	!\$@_%@)=)^*	!\$@_%@)=)^*	!\$@_%@)=)^*
%	s]fp ;lvf_	!%	!=(% \$&=*%)=)^*	@=(%)=)^*)=)^*)=)^*)=)^*
^	lrql %))=\$!=()=)^*)=)^*)=)^*)=)^*)=)^*)=)^*
&	;bdlv tġ #))=%!	@& #)	#)	#)	#)	#)	#)
*	hDdf @!#	!\$=#^	%)^=*& !^=#^%	!^=#^%	!*=& !\$&=&&	!\$&=&& #)=)^	!\$&=&& #)=)^	!\$&=&& #)=)^
(kltzt							

j ġ INksM
 cġgM uxsf]lk7f]
 h/f tyf sġbdhMcfn' lk8fM'
 t/sf/lM rD; %, ay] dhf

dj-\$ Sjf6l
kflj6s ljj /of -kl't afnaflnsf_

qm; fdu x?sf] fffn	dNo	zISt	knf6	kflg	le6fldg	lhl	cf0/g	
; =gfd	uld ?	kcal	g	g	mcg	mg	mg	
! Ef6df; ; jf]	%)	#=%	@)%-%	*=%%	!^=%%)=\$!-&#%	\$=%%
@ uf]kml; ld	@)	@-\$	^(-\$	=@^	\$-(^)=@)=\$*\$)=**
# Rfgsf]bfn	!)	!#	#&=@)-%^	@=)*))=#^%)=#%
\$ AfSNf	!)	!-\$	\$=*)=!)=\$%))=)^!)=!\$
% lk8fñ'	\$)	!^	!\$*_*)=)^*	!#@=\$))=!^\$)=@^\$
^ UfxBf]k7f]	@)	!	^*=@)=#\$	@=\$@)=\$*)=%&)=(^
& Uffh/	%)	@-%	@#=()=!)=\$%	!&*=!%)=!@%)=!%!
* ; bdlvsf] tñ	#)%!	@&	#))))
(hDdf	@)#	!\$=@!	%*\$=\$*	!#=!**	@*=#%\$!&(-@#	#=%)\$	&=%%(
kl'tzt		!)^	!\$^	#@)	!!(!)%	!\$@	

j \$INKSM
cGgM knfk/sf]lk7f]
h/f tyf sGbdhMcfñ' t?n
t/sf/LMkfnE]; fu, ay] n6&\$f]; fu

dġ: % I98f] / t/sf/l
kf]i6s lj j /of -kl]t afnaflnsf_

qm ; +	fdu]k?sf gfd	Tif]n u]d	d]No ?	z]st kcal	kn]f6 g	k]f]lg g	le6]ldg mcg	lh]l mg	cf0/g mg
!	Dfs\$]f]lk7f]	^)	@-\$	@!^	@#\$	%-%@	!%-@\$)=\$ \$!=\$ \$
@	Afbfd	@)	@=^	!!#-\$	*=)@	%=)^))=%\$)=%
#	; v/v08	@)	!	*!=\$)=)^)=!*	!\$#=\$)=)^)=!@
\$	uf0sf]bw	@)	!=^	!#-\$)=\$@)=\$))=^^)=\$
%	s]f]p ; Vvf_	#)	#=((%&)=%&	%=(!))=(@@	@=!%
^	Kofh -7hf]	!))=\$	\$&)=!))=!@))=#%)=)^
&	Uf]ne\$]f	!))=%	@=!)=!))=!#	#=%#)=!@)=)&
*	xl/of] wlgofsf] kft	!))=%	\$-\$)=)^)=#	%&=^%)=)^*)=!\$@
(; b]l]vsf] t]h	#)=%!	@&	#))))
	h]d]df	!*#	!#=\$!	%%*=%	!\$=* (!&=* (@@)-@@	@=^^%	\$-\$*&
	kl]tzt			!))	!^%	@)!	!\$^	&(*\$

j \$]l]nksM
c]G]M kn]f]k/sf]lk7f]
t/sf/l]n]k]f]n]E]f]f]f]; fuk]n]; \$]f]d]G]6]f
h/f tyf s]G]b]d]h]M]c]f]n'; t?n

dg-^ sffsf]kf f
kfj6s ljj /of -kl't afnaflnsf_

qm ; fdufk?s ; ≠ f]gfd	Trfn u]d	dNo ?	zlst kcal	knm6 g	kflg g	le6fldg mcg	lhI mg	cf0/g mg
! sffsf] lk7f]) ^)	#	!(^=*)=&*	\$=#* @=!	!-%!* @=#\$			
@ cfy/	\$	#=@	@&=\$* @=%*+)=^@\$))=!!&^)=!)%^				
# ; v/v08	#)	!-%	!@@&)=()=@& @!%&)=()=!*					
\$ xl/of] wlgofsf] kft	!))-%)-%	\$=\$)=)^)=# #&=^%)=)^*)=!\$@					
% s]fp ; Vvf_	- #)	#=((%&)=%& %=(!))=(@=(@=!% (
^ lrgl	%)=\$)=\$!(=())=)%)))					
& ; bflvsf] tj	* !=#^	!=#^	&@ *))))					
hDdf	!\$& !#=-*^	!#=-*^	%#*=(* !@=)* !!-%!(@&%-\$ %&@#^ \$=* * @ ^					
kl'tzt			(& !#% !#)	!*#	*@	(@		

j \$lNksM
cGgM ds}f]lk7f]
h/f tyf sGbdhMik&fn; cfn'
bnxgMI; ld

cg, l-l-v
hlfon upklnsf
lzlf of tyf vhsb zfvf

rðfl; s kùlt ljj /of tyf cgbfg lgszfv knf/fd
 -rðfl; s ljj /ofsf cfwf/df tVofÍ egkgI

lj Bfnosf]gfd M

j8f g=

cl3Nnf]rðfl; sdf lj Bfno ; ~rflnt lbg M

vfhf pkefú ePsf hDdf lbg

s= cl3Nnf]rðfl; ssf]lj Bfyl{; Vof

lj j /of	5fqf	5fqf	hDdf
hDdf egf{			
hDdf pkl:ylt lbg			
vfhf pkefú ePsf lbgf]hDdf pkl:ylt			

v=kl5Nnf]df]bftsf]/ cfufdl lgszfvf]lj j /of

lj j /of	/sd -z xhf/df_	vfB ; fdull ! -shl_	vfB ; fdull @ -shl_	vfB ; fdull #-shl_	vfB ; fdull \$-shl_
ut rðfl; ssf] df]bft					
ut rðfl; sdf kùtl					
ut rðfl; ssf] vr{					
art / df]bft					
hDdf lj Bfyl{egf{					

lj j /of	/sd -z xhf/df_	vfB ; fdul ! -shl_	vfB ; fdul @ -shl_	vfB ; fdul #-shl_	vfB ; fdul \$-shl_
cfudl rfdl; sdf vfhf pket] xg] hDdf lbg					
klftlbg klft lj Bfyl{ nfut /sd / cfj Zos vfB ; fdul kl/dfof b/					
cfj Zos vfB ; fdul kl/dfof / /sd					
hDdf df]bft jrt					
lgsf; f xgkg] /sd / vfB ; fdul k/ldfof					

laJo; cWb]fsf]gfd M

; xl M

vfB ; fdul] j f /sd lgsf; f ug]clwsf/]sf]gfdM

; xl M

; fdul] alen]ng]f]gfd M

; xl M

lj Bfno 5fk M

cg', 'l u

vi/b ; ldltn]tof/ ugkgvl/b ofhgfs]lj j/0f

lj Bfno M

S= vfB ; fdu|| ki/df0f / nful cgdfig

j 8f g#

ldlt

निर्धारित खाद्य टोकरी परिकार	... वर्षमा खाजा उपभोग हुने अनुमानित दिन	खाजा परिमाण को दर	जम्मा विद्यार्थी भर्ना	आवश्यक पर्ने सामग्रीको परिमाण	बचत र मौज्दात खाद्य सामग्रीको परिमाण	खरिद गर्नुपर्ने खाद्य सामग्रीको वास्तविक परिमाण	अनुमानि त एकाइ मूल्य दर	अनुमानित जम्मा मूल्य	सामग्रीको गुणस्तर विवरण (ब्राण्ड राम्रो असल)

cg', Fl u
lj Bfno vfhfsf nflu vfB ; fdul cfklt{sf}cfklt{t{f/
lj Bfno÷kflnsf]lr ePsf]; Derf]f

af]hkq g#=====

lj Bfno / kflnsfsf]gfd=====kflnsf j 8f g#=====
 cfklt{t{f}gfd =====

7]fgf===== ; Dks{g#=====

tn plNnlvt zt{cg',f/ tflnsf s adf]hdsf vfB ; fdulx¿
 vl/b tyf cfklt{ ug{ b} } kif d-h/ e0{ of] ; Derf]f cfh
 ===== sf lbg dfly elgPsf lj Bfno / kflnsf
 / cfklt{t{f] r ; DkGg ePsf]5 .

tflnsf s Mvl/b tyf cfklt{ul/g}vfB ; fdulx¿

qm ; #	vfB ; fdul	vfB ; fdul{sf] k\$f/	hDdf kl/df0f	Psf0 dNo b/ ¿	hDdf dNo ¿	cfklt{ ; do / t{/sf
s= cGg						
v÷bfn tyf u\$fu8l						
u÷xl/of]; fukft						
3-c¿ t/sf/l						
h/f tyf sGbdh						

qm ; ≠	vfB ; fdul	vfB ; fdul sf] k\$ f/	hDdf kl/df0f	Psf0 dNo b/ ¿	hDdf dNo ¿	cfkl't{ ; do / tl/sf
knnknh						
abfd						
c08f						

cg' fl^a
; fktflxs dg' tflnsf

qm ; =	j f/	kl/sf/	s knot
!	cf0tj f/ -klxnf]lbg_	kf]f]nf]hfpnf].	dfqf kl/R5# # sf] & - ^a cg' f/ xg\$
@	; f]j f/ -bf] f] lbg_	kmfk/ /f]l	dfqf kl/R5# # sf] & - ^a cg' f/ xg\$
#	dun] f/ -t] f] lbg_	ds\$]lv/	dfqf kl/R5# # sf] & - ^a cg' f/ xg\$
\$	awj f/ -rfyf] lbg_	Sj f6l	dfqf kl/R5# # sf] & - ^a cg' f/ xg\$
%	lalxj f/ -kff] lbg_	l98f]/ t/sf]/	dfqf kl/R5# # sf] & - ^a cg' f/ xg\$
^	zqm] f/ -5]f] lbg_	sf]f]f]k] f	dfqf kl/R5# # sf] & - ^a cg' f/ xg\$