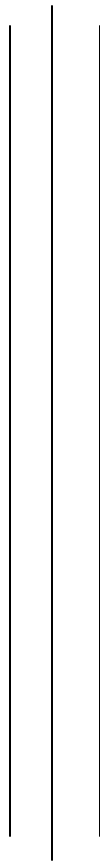


lhfj = / u} = ; fef/l sfond
District Partnership Program

:yflgo lgsfox?sf]ofhgf thdf kpfdf
u} ; = ; =x?sf]eldsf

NGO Role in DDC Planning Process



Sofgf8f gkfn dlxnf k?if ; dfgtfs]nflu ; ayfut ljsf; kl/ofhgf
Sofg]8og c6t/f6 ljsf; lgo]usf]; xof]df

**dlxnf k?if ; dfgtfsf nflu ; :yfut lj sf;
(Canada Nepal Gender in Organizations)**

dlxnf k?if ; dfgtfsf nflu ; :yfut lj sf; sfo{d gkfnf ; z; gsf ; fy} dlxnf
k?if lr ; dfgtfsf nflu sfo{t % j i k l / of h g f x f] . o ; k l / of h g f s f] n l o c f k n f]
sfo{t l h n n f s f l j l e g u } ; = ; x ? n f 0 { n } E s ; [t ; : y f s f] ? k d f l j s f ; u g { l f d t f
c l e j [4 u g { x f] h ; n] u b f { o l l j l e g ; : y f x ? n] d l x n f k ? i f ; d l j s f ; ; D a G w l r] g f s f]
k j w g u g { s f ; f y } ; d b f o , ; 3 ; : y f x ? P j + h n n f s f : y f g l o l g s f o x ? s f] n f l u l j l e g
k \$ f / s f s f o { d , t f l n d / ; / ; N n f x l b g ; l f d x g { g \ . o ; } ; b e d f o f] k l : t s f
k l / o f h g f s f] c j w f / o f f d l x n f k ? i f ; d l j s f ; P s l s [l f d t f c l e j [4 s f n f l u d x l j k o f {
o f] u b f g x g } .

cfef/ k\$6

o f] k l : t s f l h n n f s f l h = j = ; x ? , u } ; = ; x ? t y f k l / o f h g f ; u ; x e f u l , u } ; = ; x ? s f] ; e Q m
k p f ; j f 6 t o f / u l / P s f] x f] .

c f l y \$; x o f] u l b g] S o f g] B o g c G t / f f i 6 0 l j s f ; l g o f] u n f 0 { w } } c f e f / k \$ 6 u l / P s f] 5 .

S o f g f 8 f g k f n d l x n f k ? i f ; d f g t f s f] n f l u ; : y f u t l j s f ; k l / o f h g f , S o f g] B o g
c G t / f f i 6 0 l j s f ; l g o f] u s f] ; x o f] u d f e g] p l n y u / l o f] k l : t s f l g z l l s k l t l n k
l g s f l g ; l s 6 5 .

d b \$ M / k l] k 6 ; { P 0 8 k l A n ; / k l = n = , \$ @ ! & % %

@) ^) c f l Z j g

eldsf

:yflgo lgsfox?n] lhNnfd sfot ; /sf/L, u; ; /sf/L Pj+lglh lf; E ; DalGwt ; :yfx?sf] ; xeflutdf cfjlws / jflif\$ ofhg thdf ug{kg]Jo] :yf :yflgo :jfoQ ; fzg Pgn]u/\$f]5 . o; }ul/ :yflgo lgsfox?n]u; ; /sf/L ; :yfx?; E ; euf u/L sfoqnd ; #fng ug{ ; \$g] tyf u; ; = x?n] lhNnfd sfoqnd ; #fng ubf{ :yflgo lgsfox?; E ; dg]o /fVg'kg]Jo] :yf ul/Psf]5 . lhNnfd sfot u; ; /sf/L ; :yfx?n] :yflgo lgsfox?af6 thdf ul/g] jflif\$ ofhgxf?sf] kmpf, r/ofx? / o; df lj leG lgsfox?sf] eldsf af/] :ki6 xg ; sdf ofhg thdf kmpdf u; ; = x?sf] ; xefultf pknAw dhs xg hfg] tyf :yflgo lgsfo, u; ; = / c6o ljsf; lgsfox? alrsf] ; dg]odf klg clej [4 xg]b]vPsf]5 .

:yflgo lgsfox? / u; ; = ; = x? alr cfkl; ; demf/L / ; dg]o sfod u/L ljsf; df Ps csf\$] ; xoful ; :yfsf] ?kdf ; DaGw :yfkf ug] >l % sf] ; /sf/sf] glt sfof]ogdf ; 3fp k'ofpg l; #Pg=h-cf] n] lh-lj = = tyf u; ; = x?; E ; xsfo{ub} cfPsf]5 .

:yflgo lgsfox?sf] ofhg thdf kmpdf u; ; = x?sf] ; xefultdf j [4df ; xof] k'ofpg l; #Pg=h-cf] sfo{t lhNnfx?df lh-lj = = sf] ; of]STj df ul7t lh-lj = = u; ; = ; dg]o ; ldtlsf] ; of]hgd " :yflgo lgsfox?sf] ofhg thdf kmpdf u; ; = x?sf] eldsf" lj ifodf sfoznf cfof]hg ul/Psf]lyof]. pQm sfoznf lh-lj = =, lhNnfd sfo{t u; ; = x?, u; ; = = g6] s{ kl/of]hg; # ; xeful u; ; = x? lj ifout sfofox?sf] ; xefultf lyof]. pQm sfoznf af6 k'kt zemj x?nf0{ ; \$ng u/L of]kl:tsf tof/ ul/Psf]5 . lh-lj = = / u; ; = = x? lj r ; dg]o / ; xsfo{k]w6 ug{of]kl:tsf ; xof]ul xg]5 eG]cfzf ul/Psf]5 .

dlxnf k?if ; dfgtfsf nflu
; :yfut ljsf; kl/of]hg (CNGO)
nflhDkf6, sf7df08f}

ljifo ; Pl

eldsf	I
<u>bzf]of]hgdf pln]vt u; ; /sf/l ; :yfx? ; DaGwl p27o, /ofgllt, gllt tyf sf; /ltx?</u> bl3\$fnlg cj wf/Off bzf]of]hg ck]lft pkn]Awx?	! ! ! @
<u>:xeflutflds of]hg th]f k]n]sf r/ofx?</u> lj leG r/of cgt/ut ul/g]sf; ? lj leG r/ofx?df ; mlg xg] ; xeful pQ/bfol ; :yf / ; do tfnsf	\$ \$ ^
<u>of]hg th]f r/ofx? / u; ; =sf]eldsf</u>	*
<u>:yflgo ljsf; of]hg th]f u; ; = g]s\$]eldsf</u>	!!
<u>cg; Plx?</u> :yfglo :j foQ zf; g, lgodfj nl, @)%^ sf]-!((:yflgo lgsfosf]of]hg th]f ; DaGwl P]df ePsf]Aoj :yfsf] 5f]s/ldf hfgsf/l	!@ !@ !&

bzf}ofhgdf plnlvt /fli6 ÷ cGt/fli6 u; /sf/l ; :yfx? ; DaGwl p27o,
/Ofgllt, gllt tyf sfoqntx?

bl3fnlg cjwf/Off

hg; jnls/Ofsf klqmf4f/f lbuf] ; fdlhs, cfly\$, jftfj/Oflo / ; :yfut
lj sf; sf nlo kllt ug{u; /sf/l ; fdlhs ; 3 ; :yfx?nf0{kfej sf/l 9un] sfd ug{
; Sg] jftfj/Of tof/ kf/L ; lfd, kf/bzl{/ ; sf/flds 5lj ePsf lj sf; sf ; femf/sf]
?kdf lqmfzln xg kll; flxt ub] pglx?sf] thgflds ; lfdtfsf]; bkofu ug]; f] /xsf]
5 .

bzf}ofhg

s_ p27o

u; /sf/l ; fdbfos ; :yf Pj +gful/s ; dfhnf0{ vf; u/L :jf:Yo, lzlf,
jftfj/Of Joj :yfk, g]ts lj sf; h:tf lj ifout lf] Pj @afnafnsf, dlxf, ckfE,
Ho]7 gful/s, of lqmfnsfk, lk5l8Psf hflt, hghflt, blnt h:tf nllft ju\$]r]gf
clea[4 Pj d\; fdbfos lj sf; sf lf]df lqmfzln u/f0{ul/jl lgj f/Of tyf lbuf]lj sf; sf]
; femf/lgsfosf]?kdf lj sf; ul/g5 .

v_ /Ofgllt

; /sf/sf] kxF ; a} lf]df Jofks ?kdf xg sl7g xg] xBf sltko lf]x?df
u; /sf/l ; :yf, ; fdbfos ; :yf Pj +gful/s ; dfhsf] eldsf ; /sf/sf] eGb a9l
kfej sf/l xg] klq Psf] 5 . o; lf]df pbf/ gllt candagaf6 o:tf ; :yfx?sf]
lqmfzln tf ; Jf k]fx Pj +; fdbfos lf]df lgs}a9\$] 5 . lj leG ls; dn]; fdlhs
lf]sf] ptyfg tyf nllft sfoqndx?df Itglx?nf0{kfej sf/l ?kdf pkofu ug]; dli6ut
cfly\$ ldtJooltf Pj +sfo{kfej sf/Ltf dfknt nllft ; dX tyf lf]sf]bt t/ cfly\$ Pj +
; fdlhs lj sf; sf]lx; fj n]klg a9l dx]j kOf{xg]bl]v65 .

1. u; /sf/l tyf gful/s ; dfh lf]nf0{ ; fdlhs tyf cfly\$ lj sf; sf]
; femf/sf]?kdf ; mlg u/f0{loglx?af6 ; Dkfbg ul/g] sfo{x?alr plrt
; dlj o, cgludg / dNoflg klqmfdf ; /nls/Of ug].

2. u; /sf/l ; :yfx?sf]sfo{pQ/bflo]j tyf kf/blz{fsf]nflu cfrf/ ; lxtsf]
Joj :yf ug] tyf n]fk/Llf0f Joj :yfnf0{pknlAwdhs agfpg] / pglx?sf]
lfdt tyf sfo{f]sf]cfwf/df j ul\$/Of ug].

u_ gllt tyf sfoqllt

; :yfut lj sf; -/ofgllt ! ; E ; Da4

- cGt/fli60 u; /sf/L ; :yfx?n]kl/rfng ugI>f]sf]clwstd pkof]utf lng pglx?n] sfoqnd ugI ef]f]ns / ljifout lf]x?df ; dgjo u/L sfo{ugI u/fpg].
- cGt/fli60 u; /sf/L ; :yfnf0{:yfglo lgsfo, u; /sf/L ; :yf tyf cfo ; :yf dfkmf sfo{? ; :rfng ug{clekl/t ugI. o:tf sfo{? kefj sf/L agfpg :yfglo of]hgf klqmf]s}cEsf ?kdf cl3 a9fpg].
- cGt/fli60 / /fli60 u; /sf/L ; :yfsf] sfof]j ogsf] kefj sfl/tf Nofpg cgludg tyf dNof]g k4ltsf] ; :yfut lj sf; ugI.
- ; f; / / ; dgjo / klqmf]ut ; /nls/of -/ofgllt @ ; E ; Da4_
- ; 3 ; :yf P; ; dfh sNofof P; / cfo ; DalGwt P;sf] kg/fj nf\$g u/L :ki6tf Nofpg pkoQm glltut sf]gl / kzf; slo kGw ldnfpg].
- cGt/fli60 / /fli60 u; /sf/L ; :yf >f] ; fwg kl/rfng, ;]f ; ljwf / sfoqnd ; :fngsf]j tdfg l:y]tsf]kg/fj nf\$g ugI/ sfof] loqtd :t/lotf / ; udtf Nofpg Psaf/ kOf]nl ck]fpg].
- /fli60 cGt/fli60 u; /sf/L ; :yfx? ; DaGwl tYof] cfwf/ tof/ ugI.

3_ sfoqndx?

- ; 3 ; :yf P; ; dfh sNofof P; / cfo ; DalGwt P;sf] kg/fj nf\$g u/L :ki6tf Nofpg ; ldt ugIugI.
- cGt/fli60 u; /sf/L ; :yfx?n]kl/rfng ugI>f]sf]clwstd pkof]utf lng pglx?n] sfoqnd ugI ef]f]ns / ljifout lf]x?df ; dgjo u/L sfo{ugI ; DaGwdf ; DalGwt lgsfo{? ; E cGt/lqmf ugI/ :ki6tf Nofpg].
- cGt/fli60 / /fli60 u; /sf/L ; :yfsf] sfof]j ogsf] kefj sfl/tf Nofpg cgludg tyf dNof]g k4ltsf] ; :yfut lj sf; ugI. o; sfof] nflu ; dfh sNofof kl/ifbhf0{; zQm kfgI.
- cGt/fli60 / /fli60 u; /sf/L ; :yfsf] >f] ; fwg kl/rfng, ;]f ; ljwf / sfoqnd ; :fngsf]j tdfg l:y]tsf]kg/fj nf\$g ugI/ sfof] loqtd :t/lotf / ; udtf Nofpg Psaf/ kOf]nl ck]fpg kxn ugI.

cklft pknlAwx?

u; /sf/l ; :yfx?af6 ; #flnt lj lj w sfoqndx?af6 hgr]gf a9g] ; fdbflos lj sf; xg]
/ :yfglo hgtfnf0{/fhuf/l sf]cj ; / l; hgf xg ; xofu klq].

; Deflj t Joj wfgx?

- cfd hgtfdf cf^g}sfo{f]nflu klq u; /sf/l ; :yfsf]dv tfSg]kj [Q a9g]
; Sg].
- cGt/fl[60 u; /sf/l ; :yfsf] cGt/lglxt p2[on] ; fdlhs ; #rgfdf lj s[t
l; hgf xg ; Sg].
- j tdfg u; /sf/l ; :yfsf] sfo{ ; #fng klqmf]n] pQm ; :yf :j o;] sx?sf]
; #7g eGbf klq tnal sd{f/lx? ; :yfsf]?kdf x[/gfn]hg; xeflutf ghb^g].

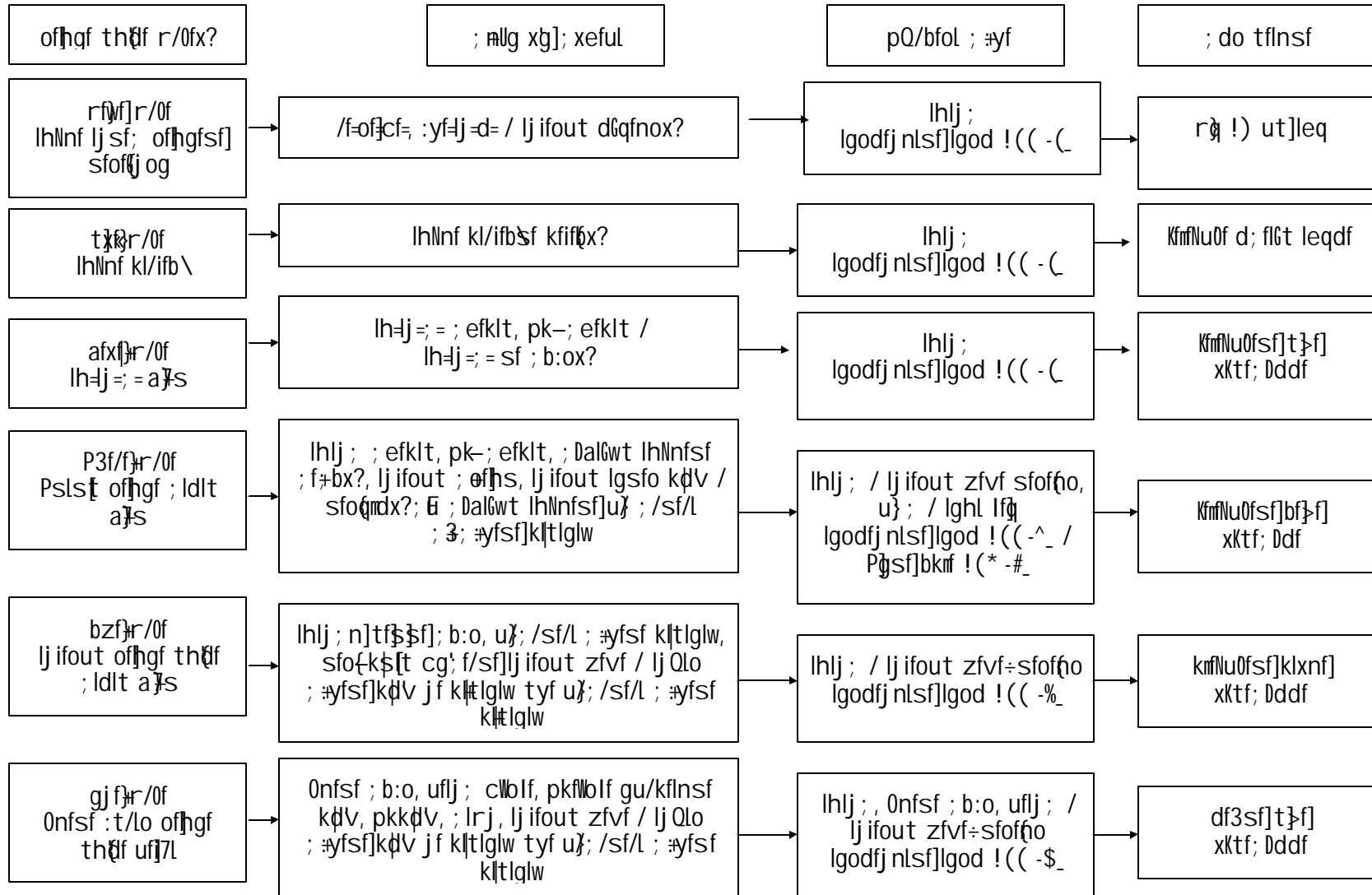
; xeflutflds ofhg th of klqnsf r/Ofx?

ofhg th of r/Ofx?	sfd ÷ sfo?
r/f]r/Of lhNnf lj sf; ofhgfs] sfof] og	<ul style="list-style-type: none"> lhNnf kl/ibaf6 kl/t ePsf]lhNnf lj sf; ofhg :yf-j =d= / /fli6 ofhg cfof]df k7fpg] lj ifout dGqfno; E ; Dalwt lj ifout dGqfnodf k7fpg]
t]r/Of lhNnf kl/ib\	<ul style="list-style-type: none"> k tflj t lhNnf lj sf; ofhgfs]d:of]df Jofks 5nkm u/l cfj Zos ; eifj ; lxt lhNnf lj sf; ofhg kl/ibaf6 kl/t ug]
af]r/Of lh-j = ; = a]s	<ul style="list-style-type: none"> lhNnf lj sf; ofhgfnf{ cltd ?k lbg, >l % sf] ; /sf/af6 kkt glt, dfu6z, cfj lws ofhgfs]nlo, e²-pkofu gS; f, j :tut lj j /Of, >f] gS; f, jftj /Oflo kefj / Onsf-Onsfalrsf]; thg cflb af/af lj Zn]of ug] lhNnf:t/df ; fng ug] lj sf; cfofhg, s]blo :t/sf] ; xof]af6 ; fng xg] cfofhg / c6o ; yfsf]; xof]af6 ; fng xg]cfofhgxf?sf]5\$5\$]j ul\$/Of ug] lj ifout jf lqut ?kdf klydstf t]l lhNnf kl/ibaf cgd]gsf nflu k]z ug]{lhNnf lj sf; ofhgfs]d:of]nf0{cltd ?k lbg]
P3f/f]r/Of Psls ofhg ; ldlt a]s	<ul style="list-style-type: none"> cfofhg-cfofhgfar kl/k/s / kl/k]fs ; Da6w x]l cfj Zostfg; f/ ; x]vg, yk36 Pj -klydstfamd /v] lh-j = ; = a]sdf lhNnf lj sf; ofhgfs]d:of] k]z ug]
bz]r/Of lj ifout ofhg th of ; ldlt a]s	<ul style="list-style-type: none"> cfofhg-cfofhgfar kl/k/s / kl/k]fs ; Da6w x]l cfj Zostfg; f/ ; x]vg, yk36 Pj -klydstfamd /v] lh-j = ; = a]sdf lhNnf lj sf; ofhgfs]d:of] k]z ug]
gj]r/Of Onsf :t/lo ofhg th of uf]7L	<ul style="list-style-type: none"> Onsf leqsf uf-j = / gu/kfnsf]kl/ibaf6 :j ls ePsf cfofhgxf?nf0{ lj ifout lqleq k]z ug]{u/l cfofhgfs]klydstfamd lgwf{Of u/l lh-j = ; =sf] lj ifout ; ldlt df k7fpg] Onsf ; ofhs=]hj ; ; b:on]; Dalwt Onsfleqsf cfofhgxf?sf]klydstf lgwf{Of ug]{cf-cf'g0nfsdf uf]7L cfofhg ug]
cf]r/Of uf]kl/ib\	<p>Uff] :tl:t/af6 cfPsf cfofhgxf?d]b]</p> <ul style="list-style-type: none"> U]j ; sf]cf'g>f] / ; fwgn]; fng ug]{cfofhgxf? sfof]ogsf]nflu up]j sf; sf cfofhgdf :j ls[t lbg] U]j ; sf]>f] ; fwg Pj -fdtfe6bf afx/sf cfofhgfnf{; f]l s]knot vhf0{ klydstfamd t]s]luf0:t/lo ofhafx? lhli : df cfj Zos sfofxlsf nflu k7fpa
; ft]r/Of uf-j = ; = a]s	<ul style="list-style-type: none"> k]o\$ j :tlx?af6 kkt cfofhgxf? ; lrs] ug] cfofhgxf?sf]j ul\$/Of / pknAw xg]>f] ÷ ; fwgsf]lgwf]ug] cfofhgxf?sf]klydstfamd lgwf{Of ug] / uf]j ; >f]af6 ; fng ug]{ ; Sg] / g; Sg] cfofhgxf? 566fpg] / ; f]f] ; l / cgd]g; nfut; d] tof/ ug]
5]f]r/Of j 8f ; ldlt a]s	<ul style="list-style-type: none"> j :tl:t/af6 kkt cfofhgxf?sf]j 8f:t/df klydstfamd lgwf{Of ug]

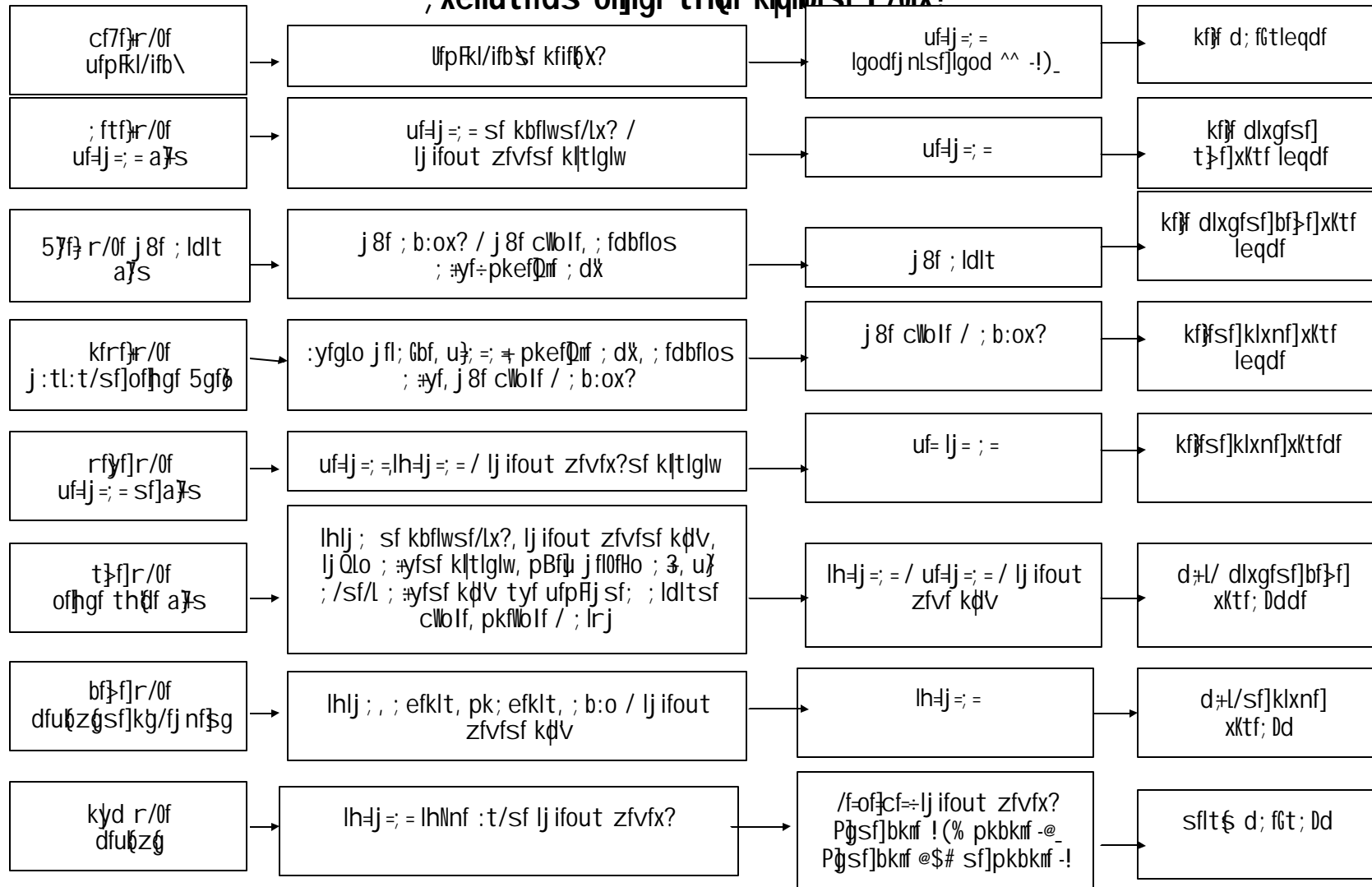
; xeflutflds ofhgf thdf klqofsf r/ofx?

<p>krf]r/of j : tl: t/sf]ofhgf 5gf6</p>	<p>☞ j : t/sf clwstd kl/j/f/nf0{krf0bf klq]cfof]hgfx? ; xeflutflds 5nkm4f/f klxrfg Pj -kfyldstfomd lgwf{0f ug{:yfglo hgtf÷; fdbflos ; ÷yf÷pkerQmf ; dx?nf0{ kl/rfng ugI</p> <p>☞ ; xeflutflds ?kdf klxrfg ul/Psf j : tl: t/sf cfof]hgfx?sf]lj j /of of]hgf cg/fw krf/fd e/L ; xeful ; a6 b: tvt u/fpg]</p>
<p>r]f]r/of uf=j; = sf]a7s</p>	<p>☞ Uff=j; = n]j 8f÷j : tl: t/df ; #fng xg]sfoqndsf af/]cWbog / lj Zn]f0f ugI</p>
<p>t}f]r/of ofhgf thdf a7s</p>	<p>☞ lj ifout lgsfox?sf]gllt, p27o, sfoqnd, >f]; ; fwg tyf cfufdl j ifdf k{k}t xg] sfoqnd / cgbfg ; ldf af/df hfgsf/L u/fpg] uf=j; = cg; f/ cgdflgot cgbfg 566fpg]</p> <p>☞ j : tl: t/df eg[kg]of]hgf cg/fw krf/fd lj t/0f / pQm krf/fd eg[tl/sfsf]cEof; uf=j; = cWof, pkWof, ; lrj / c6onf0{u/fpg]</p>
<p>bf}f]r/of dfu6z6sf]kg/fj nf\$g</p>	<p>☞ lj ifout d6qfno÷/f-of}cf= af6 k{k}t cgbfgsf]k] f6dfg, gllt / dfu6z6sf]lj Zn]f0f Pj -kg/fj nf\$g ugI</p>
<p>kyd r/of dfu6z6</p>	<p>☞ s}blo : t/sf lj ifout d6qfnox? / /f-of}cf= af6 cij Zostfg; f/ dfu6z6 / cfufdl j ifdf]cgbflgt cgbfg ; ldf k7fpg]</p>

; xeflutfids ofhgf thdf klqndsf r/Ofx?



; xeflutfids ofhg thf klqmsf r/ofx?



ofhgf thdf sf r/0fx? / u; ; = sf]eldsf

lqnfnsnk	u; ; = sf]eldsf
ofhgf thdf uf]7l	<ul style="list-style-type: none"> ofhgf thdf uf]7l u; ; = sf]kl t glw j sf nflu cfj Zos tof/l ug]. lj ifout ; ldt tyf Plsst lj sf; ; ldtx?df u; ; = sf] kl t glw j ; lglZrt u/fpg ; dgj o Pj kxn ug]. lhNnf :t/af6 uflj ; df k7f0g]dfu{lgbZgx?df dlxf tyf n]us ; dfgtfsf nflu uf=j=; = tyf gu/kfnsfx?n]ofhgf thdf ubf{ lj zif kxn ug{kgl's/fsf]lglZrttf kl t lh-j=; =nf0{dfu{lgbZg lbg cg/fv ug]. lhNnfd sfot u; ; = x? / bft[; ; yfx?nf0{sfoqndx?df n]Es dh kj fxlS/0fsf nflu cg/fv Pj k /t ug].
uf=j=; = a]s	<ul style="list-style-type: none"> lj sf; sfoqnd thdfdf n]Es ; dfgtf j f/]uf=j=; = kbflwsf/lx?nf0{cledlvs/0f ug]. sfoqnd 5gf6 ubf{n]Es ; dfgtdf cfwf/lt e0 sfoqnd 5gf6 Pj + ; dfj] ug{k /t ug]. blnt tyf lk5l8osf ju\$]pTyfgsf nflu sfoqnd agfpg hf8 lbg].
j:tl :tf/df ofhgf 5gf6 ehf	<ul style="list-style-type: none"> ehf]sf]clw]osf j f/]df ; dbfonf0{hfgsf/l u/fpg 3/ b]hf] sfoqnd cfo]hgf ug]. dlxfx?, lj k6g tyf blnt ju\$]l:ytI lj Zn]f0f u/L ; flx cg' f/ sfoqndx? agfpg j 8f clwlf / j 8f ; b:ox? ; E ; dgj osfod ug]. ; dbfosf dlxf k?if, blnt tyf lj k6g ju\$]j f:tlj s cfj Zostf j f/]cfcfkn]f]lj rf/x? ehfdf /fv ; xofv ug]. ehfdf dlxf, blnt tyf lj k6g ju\$]clwstd ; xefultf u/fpg kxn ug]. dlxf k?ifsf]l:ytI lj Zn]f0f u/L cfj Zostfsf]alu\$/0f u/] ; f] cg' f/ sfoqnd 5gf6 ug{; xofv ug]. ; dbfosf dlxf k?if tyf lj k6g / blnt ju\$]dfg; x?nf0{cfcfkn]f] cfj Zostfdf cfwf/lt ofhgf 5 5g xg(; r] u/fpg]. ; dbfosf dlxf k?if / j 8fsf kl t glwx?; E n]us cj wf/0ff cg?k ofhgf thdf ug{; Dks(; dgj o sfod ug]. uf=j=; = ; E ; dgj osfod u/L ehf ; xlhs/0f ug{d2t ug].

lqofsnfk	u; ; = sf]eldsf
	<ul style="list-style-type: none"> • u; ; = / uf=j; = n]cfufdl j ifdf j 8f :t/df ul/g]sfoqndx? s] s]xg\s; /l ug]/ cgdfigt ahø slt xf]< ; a}nf0{hfgsf/l u/fpg]. • 5nkmaf6 lg:s\$ / 5gf6 ePsf ofhgfx?df lj k6g j ux?sf]nflu lj z]f u/l dlxfx?sf nflu pkoQm 5 5g < n]yfhf]f ug{nufpg]. • ofhgf dfu kmf/dx? eg{; dxx? nf0{; xofu ug].
j 8f ; ldl t a]s	<ul style="list-style-type: none"> • j 8f ; ldl tdf dlxf k?if ; dlj sf; df cfwl/t ofhgf thdf ; Da6wdf gltut hfgsf/l u/fpg]/ ; flx cg?k ofhgfx?nf0{ klyldstsf]; lrdf /lv j 8fnf0{; xofu ug]. • dlxfsf]p]yfgsf nflu ofhgfx? ; dfj] ug{cg/f]v ug].
uf=j; = a]s	<ul style="list-style-type: none"> • dlxfx?sf]p]yfgsf nflu ofhgfx? eP gePsf]c]bbog ug]. • dlxf tyf jfnjflnsf?sf]lj sf; sf]nflu ofhgfx? ; dfj] xg kg] >l % sf]; /sf/sf]gltx?sf]; Da6wdf hfgsf/l lb0{; flx cg?k ofhgfx? agfpg clek]/t ug]. • lj k6g, blnt j u{tyf dlxfx?sf]cj :yfnf0{]bfgdf /lv pglx?sf] lj sf; sf nflu cfodhs / ; lkdhs ofhgfx? agfpg ; dgj o ; Dks{ug]. • :j foQm ; f; g P]df Joj :yf ePsf]klyldstsf cfwl/df ofhgf 5gf6 u/fpg clek]/t ug].
uf]m kl/ib	<ul style="list-style-type: none"> • ; :yfn]uf=j; = df ; :fng ug]sfoqndx? uf]m kl/ibdf k] ug]. ; :yf / uf=j; = :af6 k]tflj t sfoqnd j f/]k]6 kfg]. • Onfsf / lh]nf :t/lo ofhgfx?df lj k6g, blnt j u{tyf dlxfsf] p]yfgsf nflu sfoqndx? 5g j f 5g]g c]bbog u/l ; f]cg; f/ sfoqnd ; dfj] u/fpg k]/t ug]. • dlxf kl]t]glwx?sf]; xeflutf ; lglZrt ug{kxn ug]. • n]ls ; dfgtf / lj sf; sf]c]t/; Da6w j f/]kl/ib ; b:ox?nf0{ cled]vs/0f ug]. dlxf k?if ; d lj sf; df ; xofu k/]dfpg] sfoqnd ; dfj] ug{; xofu k/]dfpg].
Onfsf :t/lo ofhgf thdf uf]l	<ul style="list-style-type: none"> • n]ls ; j]hgzn ofhgf thdf ug{Onfsf ; b:ox?nf0{p]k]7off hufpg uf]l ; :fng ug]. • Onfsf :t/lo ofhgf thdf uf]l]df ; xeflu xg]/ d=k'sf]; dfg ; xefultdf hf] lbg]. • u; ; = :n]dlxf k?if ; dfgtfsf nflu uf=j; = j f gu/ klnsf

lqnofsnfk	u; ; = sf]eldsf
	<p>:t/df ; #fng ug{of]hgfx?sf j f/]hfgsf/l u/fpg].</p> <ul style="list-style-type: none"> • Onfsf :t/lo a}sd f ; dlj sf; sf nflu tof/ kfl/Psf cfo]hgfx?nf0{kfyldstf lbg kxn ug]. • dlxf p]yfgsf nflu ; #fng xg]of]hgfx? Onfsf :t/af6 kfl/t u/fpg ; Dalwt soffio / uf=j=; , gu/kflnsfsf hgkltlgwx?nf0{cg/fw u/l ; flx cg?k cfo]hgfx? kfl/t u/fpg d2t ug]. • uf]7ldf k]kt of]hgfx? lh=j=; =n]dfu{lgb}zg u/]adf]hd 5 5g cgludg ug].
lj ifout ; ldtx?sf]a}S	<ul style="list-style-type: none"> • n]ls ; dfgtf kj w6 ug]cfo]hgfx?nf0{kfyldstf lbg sf nflu lj ifout ; ldtx?nf0{cg/fw ug]. • u; ; = k]tlgwx?sf]; xeflutf k}fj sf/l agfpg kxn ug]. • n]ls ; dfgtfsf]cj wf/0ff nf0{cfwf/ agf0{lj ifot glltx? th}f ug{÷ u/fpg kxn ug].
Plsst of]hgf th}f ; ldt]sf] a}S	<ul style="list-style-type: none"> • uf=j=; / gu/kflnsfx?af6 k\$}fut ?kdf k]kt sfoqndx? d]llo] n]ls ; dfgtf ; Dalwl dfu{lgb}zg adf]hdsf cfo]hgfx?nf0{Plsst of]hgf th}f ; ldt]af6 kfyldstfsf cfwf/df kfl/t u/fpg kxn tyf cg/fw ug]. • aflif\$ sfoqnd]n]ls dh kj fxlS/0fdf k'afpg'kg]of]ubfg ; lglZrt ug{k}g/fj nf\$g ug].
lhNnf kl/ifb	<ul style="list-style-type: none"> • dlxf k?if, blnt tyf lk5l8Psf j u\$ nflu uf=j=; , gu/kflnsf / Onfsf :t/lo uf]7laf6 th}f u/LPsf of]hgfx? lhNnf kl/ifbaf6 kfl/t u/fpg k}jl ug].

:yflgo ljsf; ofhgf thdf u; ; = gjsf]eldsf

1. uf=j=; = Onsf / lhNnf :tl/o ofhgf thdf a]sx?df :yflgo u; ; /sf/l ; :yfx?sf]; xeflutsf nflu kl/t ug].
2. :yflgo lgsfox?sf]ofhgf thdf klqmf j f/]u; ; = x?nf0{hfgsf/l lbnfpg].
3. ; /f\$ /j fnf ; :yfx?nf0{lhNnfdf sfo{t u; ; = x?n]; #fng u/\$f sfoqnd / pknAwlx? j f/]hfgsf/l lbg cfj Zos ; rgf ; \$ng ul/ ofhgf thdf uf]lx?df k|t't ug]kl/kf6l ldnfpg].
4. dlxf, blnt tyf lk5l8Psf ju{nf0{knf0bf kl]sfoqndx? 5gf6 ug{/ nllft ; dbfonf0{; r] u/fpg u; ; = x?nf0{cfcfknf]lf]df kl/rfnlt u/fpg].
5. lhNnf ljsf; ; ldtl tyf lj ifout sfo{ox?; E sfoqndsf]?k/vf / lj ifout hfgsf/l lng lbg ; Dks{ug]j ftj /of tof/ ug].
6. :yflgo lgsfox?; E ; Dks{; dg o; Da6wl :yflgo :j foQ ; fzg P]df ePsf klj wfg j f/]u; ; = x?nf0{lgoldt ?kdf hfgsf/l lbg]kl/kf6l a; fNg].

:yfglo lgsfosf]of]hgf thdf ; DaGwl Pjdf ePsf]Aoj :yfsf]5f6s/Ldf hfgsf/L

ufp'lj sf; ;ldlt	lhlf lj sf; ;ldlt	gu/kfnsf
<p>bkrn - \$# Muf-j-of] thdf</p> <p>1_ bkrn - \$# uf-j-of] thdf</p> <p>2_ pkbkrn -!_ jdf]hd uf-j=; of]hgf thdf ubf{ uflj ; n]cfj Zostf cg; f/ jfo k/fdz{ ; jf kkt ug{ ; Sg5 .</p> <p>3_ uflj ; n]of]hgf thdf ubf{# -s_ blv -r_ jdf]hdsf cfo]hgfx?nf0{kyldstf lbg' kg5 .</p> <p>4_ cfudl j if{ ; #fng xg]of]hgfsf]thdf ug{ rfn' j ifdf bxf0 jdf]hd ug{kg5 M</p> <p>s_ kto5 j ifsf]dl+ / dlxgf ; Dddf uflj ; n] lhj ; tyf c6o ; DalGwt lgsfox?af6 csf]cfly\$ j ifsf]lgldQ dfu{bz6 tyf ; fwg ; f]sf]kj {cgdfg kkt ug{kg5 . uflj ; cfkm]klg csf]j ifsf] ; jf tyf lj sf; sfomd thdfsf]lgldQ ljle6 j 8f ; ldltaf6 cfo]hgf 5gf6 tyf sfomd thdf ; DaGwl dfu{bz6 pknAw u/fpg' kg5 .</p> <p>v_ ufp'lj sf; lgsf j 8f ; ldltx? ; pkef]nf ; ldltx? / u ; af6 cfo]hgfx? dfu u/L ; f]sf]cfwf/df of]hgf thdf ug{kg5 .</p> <p>5_ cfj lws of]hgf thdf ubf{# -s_ blv % -5_</p>	<p>bkrn - !(% Mlhj of] thdf</p> <p>1_ cf°gf]j flif\$ / cfj lws of]hgf thdf ug{k5{</p> <p>2_ -!_ jdf]hdsf]of]hgf /f-of]cf= / >l % sf] ; /sf/sf] ; DalGwt dgqnon]lhj ; nf0{sf]t\$ d ; f6t ; Dd lgt tyf dfu{bz6 pknAw u/fpg' kg5 .</p> <p>3_ ! / @ jdf]hd of]hgf thdf ubf{lhj ; n]jfo k/fdz{kkt ug{ ; Sg5 .</p> <p>4_ of]hgf thdf ubf{-s - 5_ ; Ddsf lj ifox? ; dfj z ug{ kg5 .</p> <p>5_ j flif\$ of]hgf thdf ubf{# -s_ blv % -3_ ; Ddsf s/fnf0{cfwf/ lng' kg5 .</p> <p>bkrn - !(^ M; fwgsf]cgdfg</p> <p>lhj ; n]j flif\$ of]hgf thdf ug{cl3 !(^ -s_ blv -3_ ; Dd pN]vt >f] ; fwgx?sf]cgdfg tof/ ug{ kg5 .</p> <p>bkrn - !(& Mof]hgf thdf klqmf</p> <p>1_ lhj ; n]of]hgf thdf ubf{ ; xeflutfdhs of]hgf thdf klqmf]sf]cj ndag ug{kg5 .</p> <p>2_ -!_ jdf]hd klqmf cj ndag ubf{lhj ; af6 kkt cfo]hgf tyf sfomdnf0{dh cfwf/ df6' kg5 .</p>	<p>bkrn !!! Mgu/kfnsf]of]hgf thdf M</p> <p>1_ kto5 gu/kfnsfn]gu/kfnsf lgsf]lj sf; sf nflu cfj lws / j flif\$ of]hgf thdf ug{kg5 .</p> <p>2_ gu/kfnsfn]of]hgf thdf ubf{gu/sf]lj sf; ; GtInt / lgo]ht tNofpg cfj Zostf cg; f/ e="pkofu, e="Piss/of / lgb]zt hluuf lj sf; h:tf of]hgf ; #fng ug{kg5 .</p> <p>3_ pkbkrn -!_ / -@_ jdf]hd of]hgf thdf ubf{ gu/kfnsfn]cfj Zostf cg; f/ jfo k/fdz{ ; jf kkt ug{ ; Sg5 .</p> <p>4_ gu/kfnsfn]of]hgfsf]thdf ubf{bxfosf]v08 -s_ blv -r_ jdf]hdsf cfo]hgfx?nf0{ kyldstf lbg' kg5 .</p> <p>5_ cfudl j if{ ; #fng xg]of]hgfsf]thdf ug{ rfn' j ifdf bxf0 jdf]hd ug{kg5 M</p> <p>-s_ kto5 j ifsf]dfu{dlxgf ; Dddf gu/kfnsfn]>l % sf] ; /sf/ ; lhj ; tyf c6o ; DalGwt lgsfox?af6 cfudl cfly\$ j ifsf]lgldQ dfu{bz6 tyf ; f] ; fwgsf] kj {cgdfg kkt ug{kg5 . gu/kfnsf cfkm]klg cfudl cf-j=sf] ; jf tyf lj sf; sfomd thdfsf]lgldQ ljle6 j 8f ; ldltdf cfo]hgf 5gf6 tyf sfomd thdf ; DaGwl dfu{bz6 pknAw u/fpg'</p>

ufp'lj sf; ;ldlt	lhNnf lj sf; ;ldlt	gu/kfnsf
<p>sf lj ifo ; dfj z ug{kgf .</p> <p>bkrn \$\$ M>ft gS; f tof/ ugIMklo\$ ufij ; n] ufp'lj sf; lfqsf]lj sf; sf lgldQ ufp':t/lo j :tut tYofl ; sng u/L ufp'sf]j :tl:ylt blvg] >ft gS; f tof/ ug{kgf .</p> <p>bkrn \$% Mcfofhgfsf]; DefAotf clbog ug{kgIM ufij ; n]cf'og]ofhg sfof]j og ug]qmdf \$% - s_ blv \$% -h_ j df]hdsf s'/x? ; dt] vhf0{ cf'ofhgfsf]; DefAotf clbog u/fpg'kgf .</p> <p>bkrn \$^ Mcfofhgfsf]5gf6 M\$^- ! blv \$^ - % j df]hdsf cfwf/df 5gf6 ug{kgf .</p> <p>bkrn \$& Mufij ; / ; /sf/l tyf u}; lgsfox? lj r ; dgj o ugIMufij ; n]cf'og ofhg / ; jf sfomd thdf ubf{ufp'lj sf; lfqdf lj leG ; jf / lj sf; sfomdx? sfof]j og ug{ /sf/l, u} ; /sf/l tyf bft[; :yf; u bxfosf lj ifodf ; dgj o sfod ug{kgf M</p> <p>s_ sg)klg ; j]sf lfqdf ul/g]nufglf ufij ; / ; DalGwt lgsfo lj r bxf]fkg x6fpg].</p> <p>v_ nufglstf? lj r cfk; df kl/k's ; dgj o sfod ug].</p> <p>u_ bj \$f]sfolj lwdf pkefQmfx?sf]edlsf dVo ?kn]sfod ug].</p> <p>3_ nufglaf6 ufp]f; lx?n]clwstd nfe xfi; n ug{; Sg]tl/sf ckgfpg].</p>	<p>3_ lhNnf lj sf; ofhg thdf ubf{; jf s]b, lj ifout ofhg thdf ; ldlt, PlssE ofhg thdf ; ldlt, lhj ; / lhNnf kl/ibdf cfj Zos 5nkm u/L ofhg thdfsf]sf d k'f ug{kgf .</p> <p>4_ ofhg thdfsf]c6o klqmf t]sP j df]hd xg5 .</p> <p>bkrn !(* MPlssE ofhg thdf ; ldlt</p> <p>1_ lhNnf :t/df Ps PlssE ofhg thdf ; ldlt /xg5 .</p> <p>2_ pkbkrf ! sf]; ldlt bxfj j df]hd xg5 M s_ lhj ; ; efkl c]lof v_ lhNnsf ; f+bx? kbq ; b:o u_ lj ifout ; ofhsx? ; b:o 3_ t]sP j df]hd c6o AolQmx? ; b:o</p> <p>3_ pkbkrf -!_ cg' f/sf]j }sdf lj ifout ofhg thdf ; ldltx?af6 kkt cofhgfx?nf0{; dgj o tyf kfyldstf lgwf{of u/L PlssE lhNnf lj sf; ofhgfsf]?k lb0gf .</p> <p>4_ pkbkrf -!_ j df]hdsf]; ldtsf]j }ssf] sfolj lw t]sP j df]hd xg5 .</p> <p>bkrn !((>ft gS; f tof/ ug{kgIM k]o\$ lhj ; n]lhNnf lj sf; sf lgldQ lhNnsf] j :tut tYofl ; sng u/L lhNnsf]j :t':ylt</p>	<p>kgf .</p> <p>v_ gu/kfnsf lfqsf j 8f ; ldltx?, pkefQmf ; ldltx? / u}; af6 cf'ofhgfx? dfu u/L ; f]sf]cfwf/df ofhg thdf ug{kgf .</p> <p>6_ cfj lws ofhg thdf ubf{o; pkbkrf ^ sf] bxfosf]v08 -s_ blv -5_ ; Ddsf lj ifox? ; dfj z ug{kgf .</p> <p>7_ j flif\$ ofhg thdf ubf{o; pkbkrf & sf v08 -s_ -v_ -u_ cg' f/sf s'/nf0{cfwf/ lng' kgf .</p> <p>bkrn !!@ M; ft gS; f tof/ ugIMklo\$ gu/kfnsfn] gu/kfnsf lfqsf]lj sf; sf lgldQ gu/ :t/lo j :tut tYof\$; sng u/L gu/sf]j :tl:ylt blvg]u/L ; ft gS; f tof/ ug{kgf .</p> <p>bkrn !!# Mcfofhgfsf]; DefAotf clbog ug{kgIM gu/kfnsfn]gu/kfnsf]ofhg sfof]j og ug] qmdf bxfosf]-s_ blv -h_ j df]hdsf s'/x? ; dt] vhf0{cf'ofhgfsf]; DefAotf clbog ug{u/fpg'kgf .</p> <p>bkrn !!\$ Mcfofhgfsf]5gf6 M</p> <p>1_ cf'ofhgfsf]5gf6 ubf{bkrf !!@ j df]hd ; ft gS; f tyf bkrf !!# j df]hdsf]cf'ofhgfsf] ; DefAotf clbog kl]tj bgsf]cfwf/df ug{kgf .</p> <p>2_ cf'ofhg 5gf6 ubf{ftfj /of ; Af0f tyf ; Da4g ug]sl; dn]cf'ofhg 5gf6 ug{kgf .</p> <p>3_ cf'ofhg 5gf6 ubf{j 9leGf j 9L :yfglo j fl; Gbfx?sf]; xeflut / >d kkt xg]</p>

ufp'lj sf; ;ldlt	lhNnf lj sf; ;ldlt	gu/kflnsf
<p>^a _ lj leq sfoqnd sfofj ogsf]; do tflnsf lgwf{Of ugI.</p> <p>bkrí \$* Mufp'lj sf; ;ldlt sf]of]hgf ; #fng M</p> <p>¹ _ ! ufp'lj sf; ;ldlt sf]of]hgf ; #fng bxfj dflnd ; #fng xg]5g M</p> <p>s_ uflj ; sf]cf°g}>f]af6,</p> <p>v_ lhlj ; sf]cgbfgaf6,</p> <p>u_ >l % sf]; /sf/sf]cgbfgaf6,</p> <p>3_ lj leq u; ; /sf/l ; 3; ; #yaf6</p> <p>² _ uflj ; n]cf]of]hgf 5gf6 u/k15 ; #fng tflnsf j gf0{sfofj og ug{u/fpg' kg5 .</p> <p>³ _ u; ; =; af6 xg]sfoqnd uflj ; ; u ; Dem]f u/l ; #fng ug{kg5 .</p> <p>⁴ _ lhNnf lj sf; of]hgfdf ; dfj z ugI cf]of]hgf? ufp'kl/ibaf6 kfl/t u/f0{ lhlj ; df k7fpg' kg5 .</p> <p>⁵ _ uflj ; n] ; #fng ugI{sfoqnddf u} ; x?sf] nufgl ; d; xg]cj :yfdf b0{ ; #yf lj r ePsf]; Dem]f cg; f/ cf]of]hgf ; #fng xg5 .</p> <p>⁶ _ >l % sf]; /sf/sf]cgbfgaf6 ; #fng xg] lj zif cf]of]hgf >l % sf]; /sf/áf/f tfl]Psf] k\$of j dflnd ; #flnt xg5 .</p> <p>⁷ _ ufp'lj sf; lfdf /x\$]gu/ lj sf; ;ldlt n]</p>	<p>b]vg]u/l >f] g\$; f tof/ ug{kg5 .</p> <p>bkrí @) Mcfof]hgsf]; DefAotf clbog ug{kg5 M</p> <p>@) s, v, u, 3, ^a, r, 5 / h cg; f/sf lj ifodf ; DefAotf clbog u/fpg' kg5 .</p> <p>bkrí @)! Mkyldstf lgwf{Of M@)! s, v, u, u, 3 / ^a j dflndsf sfoqndf0{klyldstf lbg' kg5 .</p> <p>bkrí @)@ Mcfof]hgf 5gf6 M</p> <p>¹ _ cf]of]hgf 5gf6 ubf{bkrí @) j dflndsf] cf]of]hgf ; DefAotf clbog kltj hgsf clt/Qm bxfosf s/fx? ; d; sf]cfwf/df ug{kg5 .</p> <p>s_ jftfj /of ; Afof</p> <p>v_ j 9l ebf j 9l :yfglo j fl; Gbfx?sf] ; xelutf / >d klt xg].</p> <p>² _ pkbkrí ! j dflnd 5gf6 ePsf cf]of]hgsf] hfgsf/l lhNnf j f; lx?nf0{u/fpg' kg5 .</p> <p>bkrí @)# MlhNnf lj sf; of]hgf ; Da0wdf /f-of]cf= / >l % sf]; /sf/sf]bflotj M</p> <p>¹ _ lhNnf lj sf; of]hgf th0fsf nflu cfufdl j if\$]lgldQ cf-c°gf]lj ifo lfdf lj leq lhNnf?nf0{kbfq xg]; fwgsf]kj f0dfg / ; f] l; t ; Dal0wt /fli60 lj sf; lgt / klyldstf tyf c0 dfu{bz0x? eP ; f]; d; pknAw u/fpg' kg5 . o; /l pknAw u/f0g]; fwgsf]kj { cgdg / dfu{bz0 k10\$ lhNnfsf]cfj lws of]hgsf]nloaf6 /f-of]cf=n]lgwf{Of u/l lj ifout d0qfnox?nf0{lgbz0g lbg' kg5 .</p>	<p>cf]of]hgf? 5gf6 ug{kg5 .</p> <p>⁴ _ gu/kflnsfnf0{klt xg]cgbfgsf]cgdg klt ePk15 klyldstsf]cfwf/df cf]of]hgf 5gf6 ug{ kg5 .</p> <p>⁵ _ 5gf6 ePsf cf]of]hgsf]hfgsf/l gu/j f; lx? lj r ; fj hls u/fpg' kg5 .</p> <p>!!% Mgu/kflnsf ; /sf/l Pj u; ; /sf/l lgsfox? lj r ; d0j o ugIMgu/kflnsfn]gu/kflnsf]of]hgf / ;]f sfoqnd th0f ubf{gu/kflnsf lfdf lj leq ;]f / lj sf; sfoqndx? sfofj og ugI ; /sf/l, u; ; /sf/l tyf bft[; #yf; u bxfosf lj ifodf ; d0j o sfod ug{kg5 .</p> <p>-s_ sg)klg ;]sf lfdf ul/g]nufglf gu/kflnsf / ; Dal0wt lgsfo lj r bxf]fkg x6fpg].</p> <p>-v_ nufglstf? lj r cfk; df kl/k's ; d0j o sfod ugI.</p> <p>-u_ bj \$f]sf]lwdf pkerQmfx?sf]edlsf dVo ?kn]sfod ugI.</p> <p>-3_ nufglaf6 gu/j f; lx?n]clwstd nfe xfl; n ug{; Sg]tl/sf ckgfpg].</p> <p>-a_ lj leq sfoqnd sfofj ogsf]; do tflnsf lgwf{Of ugI.</p> <p>bkrí !!^ Mgu/:t/lo of]hgsf]; #fng M</p>

ufp'lj sf; ;ldlt	lhlnf lj sf; ;ldlt	gu/kfnsf
<p>ofhgf thdf ubf{uflj ; sf]k/fdzdf ug\$. bkrn \$ (Mcfofhgfsf]sfofj og / Aoj :yfkq M ^{1_} ufp't/sf cfofhgfsf]sf; ; fng pkefQmf ; ldlt dfknt ul/g\$. ^{2_} pkefQmf ; ldtsf ; b: onf0{cfofhgf ; fngsf nflu tflnd cfj Zos ePdf ; f] ; d: kbfg ug{kq\$. ^{3_} pkefQmf ; ldlt n]to: tf]cfofhgaf6 ; jf kkt ug]pkefQmfaf6 ; jf zlls c; h ug{ ; Sg\$. ^{4_} pkbkrf -#_ j df]hd kkt ; jf zllssf]/sd ; DalGwt cfofhgfsf]ddt ; Def/ / ; Af0fdf vr{ug{kq\$. ^{5_} pkbkrf -#_ / -\$_ j df]hdsf]cfdbfgl vr\$] lj j /of pkefQmf ; ldlt n]cBfj lws u/l ufp' lj sf; ; ldlt df k; ug{kq\$.</p>	<p>^{2_} lhj ; n]lhlnf lj sf; ofhgf thdf ubf{ufp' kl/ibn / gu/ kl/ibn]j gfg]j flif\$ sfomdnf0{cfj Zos 6]f k'ofpg'kg\$. bkrn @) \$ Mlhj ; / ; /sf/l tyf u; ; /sf/l lgsfo lj r ; dgj o ug]M ^{1_} Plsst lhlnf lj sf; ofhgf thdf ubf{lhlnf leq leq lj leq ; jf / lj sf; sfomdx? ; fng ug{ /sf/l tyf u; ; /sf/l ; yf lj r j }s a; l j flif\$ lj sf; ofhgf lj r ; dgj o sfod ug{kq\$. ^{2_} pkbkrf -!_ j df]hd ; dgj o sfod ug{ ; DalGwt sfomdnf0{kl]glwnf0{j fh0{lhj ; n] j }s ug\$. ; dgj o sfod ug{]znlnzndf sb]dte ePdf /f-of]cf-n]cfj Zos dlw: ytf ug\$. ^{3_} pkbkrf @_ j df]hd cfofh]t ; dgj ofds j }sdf bxfosf s/fx?df ; dgj o sfod ug{kq\$.</p>	<p>^{1_} gu/ :t/lo ofhgf o ; bkrfsf]pkbkrf ! sf]-s_ blv -^_ df plny eP j df]hd ; fng xg\$g . ^{2_} gu/kfnsf]cfofhgf 5gf6 u/k15 ; fng tflns j gf0{sfofj og ug{u/fpg'kg\$. ^{3_} u; ; af6 ; fng xg]sfomd gu/kfnsf; # ; Dem]f u/l ; fng u/fpg'kg\$. ^{4_} lhlnf ofhgf df ; dfj z ug]cfofhgfs? gu/kl/ibn]kl/t u/f0{lhj ; df k7fpg'kg\$. ^{5_} gu/kfnsf] ; fng ug]sfomddf u; ; x?sf] nufgl ; d: xg]cj : ydf b0{ ; yf lj r ePsf] ; Dem]f cg; f/ cfofhgf ; fng xg\$. ^{6_} >l % sf] ; /sf/sf]cgbfgaf6 ; fng xg]lj zif cfofhgf >l % sf] ; /sf/af/f tflsPsf]klqmf j df]hd xg\$. ^{7_} gu/kfnsf lqdf /x\$]gu/ lj sf; ; ldlt n] ofhgf thdf ubf{gu/kfnsf]k/fdzdf ug\$.</p>
<p>bkrn %! Mu} ; /sf/l ; yfnf0{k] ; flxt ug{kq]M ^{1_} k]o\$ ufp'lj sf; lq leq ufp'lj sf; sfomdx?sf]klxrfg, thdf ; jls[t ; fng, /yby, dNof]g tyf ddt ; Def/ ug]sfomdnflu ufj ; n]u} ; x?nf0{k] ; flxt ug{kq\$. ^{2_} u; ; af6 ; fng xg]cfofhgfs? cfog} ; ft / uflj ; tyf lhj ; af6 kkt ; ftaf6 ; fng xg]5g\ . ^{3_} ; DalGwt ; yfn]cfofhgf ; DaGwl kOf]lj j /of</p>	<p>S_ sg]klg lqdf ul/g]nufgl df bxf]k x6fpg]. v_ nufgl ug] ; yfx? lj r cfk; df kl/k's ; dgj o sfod ug]. u_ lhlnf j ; lx?n]clwstd nfe xfl; n ug{ ; Sg]klj lw ckgfpg]. bkrn @)% Mofhgsf]sfofj og Mo; bkrfsf]</p>	<p>bkrn !!& Mcfofhgfsf]sfofj og / Aoj :yfkq M cfofhgfsf]sfofj og / Aoj :yfkq ; DalGwdf o ; bkrfsf]pkbkrf -!_ blv -^_ cg; f/ ug{kq\$. bkrn !!* Mcfofhgfsf] ; dlif Pj -dNof]g Mo; bkrfsf]pkbkrf !, @, # j df]hd xg\$. bkrn !@) MpefQm ; dx / u; ; n]cfofhgf ; fng ug]Mo; bkrfsf]pkbkrf !, @ / # cg; f/ ug{kq\$. bkrn !@! Mu} ; nf0{k] ; flxt ug{kq]M pkbkrf !, @, # / \$ j df]hd ug{kq\$.</p>

ufp'lj sf; ;ldlt	lhlf lj sf; ;ldlt	gu/kfnsf
<p>uflj ; df k; ug{kgs .</p> <p>4_ u} ; n]cfofhg; ; fng ubf{uflj ; ; u ; dgj o /flv ug{kgs .</p> <p>5_ uflj ; n]u} ; dfknt ofhgfx? sfofj og / ; fng ug{ ; Sgs .</p> <p>bkr @ Mcfofhgfsf]; ldff Muflj ; n]ufp'lj sf; lfq leq ; flnt cfofhgfx?sfjdf; s ?kdf ; dlff ug{kgs .</p>	<p>pkbkf -!_ blv -\$_ ; Dd plny eP cg' f/ xgs .</p> <p>bkr @) M; kl/j]f of tyf cgludg M ; kl/j]f of / cgludg o; bkfsf]pkbkf -!_ blv -\$_ j dfjhd xgs .</p>	

ofhgf thdf ksf
:yfglo :jfoQ zf; g, lgodfjnl, @)%^ sf]-!((

bkr / pkbkr g+	s]ugI	sxn]/ s; /l ugI	s; ; u ugI	s:n]ugI	sxf-ugI
!((÷!-s_	ofhgf thdf ufl7l	dl+ / bf}f]xktf leq÷ >l % sf] /sf/ /f-of]cf= af6 >f] ; fwgsf]kj fgdg / dfu6zg kfPk15 .	<ul style="list-style-type: none"> • lj ifout lgsfox? • lj lQo lgsfox? • pBfu afl0fho ; 3 • <u>u}</u>; <u>kflvx?</u> • uflj ; ÷gkf dxf; 3 kltlgw 	lhj ; n]	lhj ; sf] sfofho lfq leq
!((÷!-v_	ofhgf thdf km/d uflj ; ,gkfnf0{k7fpg]	dl+ / d; fct leq -s_ adf]hdsf ufl7lsf] ; emj / >f] ; fwgsf]kj fgdg u/].	<ul style="list-style-type: none"> • lj ifout lgsfox? • lj lQo lgsfox? • pBfu afl0fho ; 3 • <u>u}</u>; <u>kflvx?</u> • uflj ; ÷gkf dxf; 3 kltlgw 	lhj ; n]	lhj ; sf] sfofodf
!((÷@	kfyldstf lgwf{of u/l lhj ; / Onfsf s]bdf k7fpg].	!((÷! sf]-v_ adf]hdsf]km/dcf lhlnf / s]b}t/af6 ; #fng xg]cfofhgfs f] lj ifout lfq 56dfP/ -df3sf]bf}f]xktf leq_	<ul style="list-style-type: none"> • uflj ; kbflwsf/l lj r 	; DalGwt uflj ; / gkf	uflj ; sf] sfofho
!((÷#	Onfsf :t/lo ofhgf thdf a7s .	; xeflux? lj r 5nkm u/f0{df3sf]bf}f] xktf	<ul style="list-style-type: none"> • ; DalGwt uflj ; sf clwlf÷pkfwbIf gkf kdv÷pk kdv, lj ifout lgsfo, lj lQo ; #yfsf kdv tyf <u>u}</u>; <u>kltlgw</u> 	lhj ; ÷lhj ; ; b:0	; DalGwt Onfsfsf] ; jfs]bdf
!((÷\$	kfyldstf lgwf{of u/] lhj ; / lj ifout ; ldltnf0{k7fpg].	uflj ; ÷gkfaf6 kkt cfofhgfx?nf0{lj ifo lfq cg; f/ kfyldstfmd lgwf{of u/] -df3sf]t}f]xktf_	<ul style="list-style-type: none"> • Onfsf :t/lo ofhgf thdf a7s 	lhj ; ÷lhj ; ; b:0	; DalGwt Onfsfsf] ; jfs]bdf

lh-j; = / u; ; = ; ferf/l sfofnd

bkrf / pkbkrf g+	s]ugI	slxn]/ s; /l ugI	s; ;# ugI	s:n]ugI	sxf-ugI
!(÷%)	cfofhgxf?sf] kfyldss/of / j lu\$/of u/l Pof]; df k; ugI	Ofsfaf6 kkt cfofhgfnf0{lj ifout ofhg thf; ldltn]cf-cf?gf]; ldltsf] lhNnf:t/ / s b t/ 56afP/ -krifug klxnf xktf_	• ; Dalwt lj ifout ; ldltn]	lhj ; n]	lhj ; sf] sfofodf
!(÷^	; zfwg, yk36, kfyldstf kl/j t; ugkgIeP ugI.	lj ifout ofhg thf; ldltaf6 kkt cfofhgdf 5nkm u/l cfofhg j lr k/lk/s / kl/kfjs ; Da6w x]L -krifug bf}f]xktf_	• Pof]; ;#	lhj ; n]	lhj ; sf] sfofodf
!(÷&	lhNnf:t/df ; #fng xg] s baf6 ; #fng xg]/ c6o ; #yfsf]; xeflutdf ; #fng xg]cfofhgxf?sf] 5\$ 5\$}j lu\$/of .	>l % sf]; /sf/af6 kkt lgt, dfubz6, cfj lws ofhgfsf]nlf, e'pkofu gS; f, u?ofhgxf?, j :tut lj j /of, ; ft] gS; f sfo{fdtf, sfolttf, jftfj /lfo kefj / c6t/ Onfsf ; Gthg cfbfsf]j Zn]f0f u/] -lhNnf lj sf; cfofhgfnf0{cl6td ?k lbg'cl3_	• cfofhg ; #fng ug]lgsfox?sf] ; xeflutdf / lj 1x? / /fof ; #	lhj ; n]	lhj ; sf] sfofodf
!(÷*	ofhgfsf]cl6td ?k lbg]	lj ifout j f lqut ?kdf kfyldstf tf\$g' kgIeP tf\$] -krifug t}f]xktf leq_	• lhj ; kbflwsf/l ; #	lhj ; n]	lhj ; sf] sfofodf
!(÷(lhNnf lj sf; ofhg kfl/t ugI/ lgof6 kl tnlk /fof, d6qfnodf k7fpg] cfofhgdf k/\$f lqut d6qfno / lgsfox?	lhNnf kl/ifbdf ofhg k t' u/l 5nkm u/f0{-krifug d; f6t leq_ lgof6 kl tnlk r; !) ut]leq		lhj ; sf] sfofo	lhj ; sf] sfofo

lh-j = / u; = ; fef/l sfond

bkr / pkbkr g+	s]ugI	slxn] / s; /l ugI	s; ; u ugI	s:n]ugI	sxf-ugI
!((÷!) -s_	ofhgf :jls[t u/l k7fpg] / sfond / j h k7fpg].	-s_ /fof / >l % sf]; /sf/sf laleg dGqnon]lbPsf]dfu]z / lgt leq /x] -kl/ifb kl5 t?{t} -v_ dfu]z / lgt km/s xgu/l kf/Lt ePsf lhj ofhgfx? ePdf pkoQm ePsf cfohgf :jls[t u/] -sf/Ofx? ; d] vfh_ ; DalGwt lhj ; nf0{ hfgsf/L u/fpg]	• /fof / >l % sf]; /sf/sf ; DalGwt dGqnon]>l % sf] ; /sf/sf defnox?n]	lhj ; n]	dGqnox?df
!!	lhNnf kl/ifb gePsf]cj :ydf /fof / ; DalGwt dGqnon]; DalGwt lhNnfsf lj ifout zfvf sfon]u/]sf]; km/L; ; d]sf cfwf/df lhj ; sf] cgdfgsgfnlu n]v k7fP adf]hdsf sfond / j h :jls[t u/l k7fpg'kgf .				

:vflgo lgsfox?sf]ofhgf thdf kndf u; = ; x?sf]eldsf



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