

## moK ` NUbvq ZvrP wYK Ki Yxqt

### ~ NUbv- t̄j Ki bxqt

1| ~ vbxq cij k ckvmb, dvqvi mwifn I mmwfj  
wtdY, Avbmvi I wfWic t̄t kbtk NUbvi msqB  
weei Y mvt\_ mvt\_ RvbZ nte|  
2| cwi wTZ eſtZ tPov Ki "b| Ah\_v Zvovuv Ki teb  
bv, GtZ wbRi Ges Abv" hv̄ x̄ i wec` Avti v teo  
thtZ c̄ti |  
3| ~ NUbv Keij Z hvb I ~ vb mpuK Abv"  
hvbevnbtK mZK®Ki t̄z nte|  
4| Dxvi KvR i i` Kivi c̄tēt̄ t̄L wbb~ NUbvKej xZ  
hbvU wbi vc I wec` ḡ Aet̄ vq AvQ wKbv|  
K) t̄gvUi hvbtk Av, b bv j vMv t̄tK i vK i t̄z nte|  
thgb - Mvoxi BwAb Pvj y vKt̄j Zv eU Ki t̄z nte|  
NUb- t̄j hv̄ Z tKD agcvb bv Kti tmB w t̄K j ¶  
i vLt̄Z nte Ges mae ntj Mvoxi evvUv x wbi vc vtb  
mii tq tdj t̄z nte|  
L) t̄gvUi hvbU bxP c̄t̄o hvevi fq vKt̄j PvKvi  
bxP BU ev eK w b Ges MvQ ev LyUi mvt\_ k³ Kt̄i  
tefa wbb|  
5| ~ NUbv- t̄j hvbRU wbi vmtbi j t̄l c̄t̄qvRbxq  
c̄t̄l c MhY Ki "b|

## AvnZ t̄ i Dxi I c̄t̄wgK wPkrmvt

1| ~ NUbvKej xZ hv̄ x̄ i mvt\_ K\_v etj Zv̄ i t̄K  
Avk\_ Ki "b|  
2| AvnZ eW³ t̄ i tKvb cKvi cvbxq cvb Ki t̄z w t̄eb bv|  
3| AvnZ t̄ i Mvoxi wfZi t̄tK tei Ki "b Zte . i "Zi  
AvnZ t̄ i mi vtbvi tPov Ki teb bv cKvmbK AwfA  
tj vKt̄ i Rb" Atc¶v Ki "b ev mae ntj wbKU"  
W³ vi tK Lei w b A\_ev Dci Z AwfA tj vKt̄ i  
Gm¶q AvmtZ evi evi Ab¶jva Ki "b|  
4| ~ NUbv Kej xZ tgvUi hvbI wfZt̄ Ges Gi  
Pwi w tK Ah\_v wf o bv Kti chwB evqPj vPtj i e e v  
Ki "b| AvnZ hv̄ xi v hv̄ Z mnR wbtkym wbZ cvt̄i  
tmw t̄K j ¶ i vLb|  
5| i ³ cvZ ntj Zv eU Kivi tPov Ki "b| ` i Kvi ntj  
¶ Z vtbvi Dci I bxP k³ Kti tefa w b, Zte  
30gwbUi tekx GKUvbr evav i vLteb bv|  
6| ~ NUbvM hv̄ xi kxi t̄tK KLbB avZi UKiv,  
KvPj UKiv BZ w tUtb tei Kiv hvte bv| H Ae vq  
Kvco Øvi v evtÜR Kti nvmcvZt̄j hZ \*Z mae  
vbrt̄ Ki "b|  
7| bvK t̄tK i ³ ¶ i Y ntj bvtki Dcti i k³ As¶ki  
bxP tPtc ai "Y 10 wgbU i ³ cov eU bv ntj ci ci  
2 evi Ki "b| Gmgq AvnZ hv̄ x gl Øvi v kym wbte|  
Zte bvtki nvo tf t̄tK tMtj bvK tPtc ai v hvte bv|  
8| KvB t̄tK i ³ ¶ i Y ntj, KvBtK bxP w t̄K i vLt̄Z  
nte Ges Kvco Øvi v evi evi gqQ w t̄Z nte hv̄ Z tKvB  
Ae vZB Kvbi wfZi i ³ RgvU bv evta|

## AvnZ AÁvb hv̄ x̄ i t̄l t̄t t̄

9|  
K) AÁvb hv̄ xi (UvB, I obv, Rvgvi tevZvg I c̄t̄vU  
teé BZ w ) Ajy Mv Ki "b| Zte Av, tb c̄t̄o hv̄ qv  
hv̄ x̄ i Rvgv Kvco Lj evi ev Avj Mv Kivi tPov Ki teb  
bv|  
L) hv̄ xi ḡt̄Li wfZt̄ i ³ ev evg vKt̄j, Zt̄K KvZ  
Kti Kvco Øvi v ḡt̄Li wfZi Uv cwi vi Kti w b| Zte  
Nvo fvZv hv̄ x̄ i t̄l t̄t KvZ Kivi mqa Aek B  
Atb'i mvvh hv̄ t̄eb|  
M) wbtkym bv tbl qv AÁvb hv̄ xi bvK nvZ w t̄q tPc  
ati gL t̄tK ḡt̄L evZvm w b 2 tmtKU chs+ Gi ci  
gL mii tq wbb hv̄ Z evZvm tei ntq hvq| Gfvte 10  
evi Ki "b|



N) kym-cKym w t̄weK ntq Gt̄j hv̄ x̄ K wPZ Kti  
i Btq w b Ges cv w t̄v Dcti i w t̄K DVb GK wgbU  
chs-t̄ Lb Avb wdti wKbv|



O) Ávb bv wdi t̄j hv̄ x̄ K KvZ Kti Dcti i cv fvr  
Kti Kbtq w b Ges hv̄ xi Mtv tUtb gv\_UvK mvgbv  
wCQtb i w t̄K i vLb| Nvofvov hv̄ x̄ i t̄l t̄t Mj vi  
Pwi w t̄K Pv i, I obv ev k³ tgvUv Kvco tcwPtq tgvUv  
Ki "b| Ges KvZ Ki t̄z Atb'i mvvh wbb| Gi ci  
Gt̄j t̄Yi Atc¶v Ki "b|

P) wbtkym bv tbl qv I ü w p qv eU nl qv hv̄ x̄ i  
Kvti wUW cvj m Qwei gZ (th tKvb GK w t̄K) 10  
tmKU ati Ab¶fe Kivi tPov Ki "b| cvl qv tMtj 9  
(M,N,O ) Ab¶mi b Ki "b| bv cvl qv tMtj -hv̄ x̄ K wPZ  
Kti i Btq w b Ges e¶ki Dcti gvSvgs w t̄K  
Avcbvi wntZi Zj y Øvi v wgbU 100 evi 1½ t̄tK  
20 chs-bxP w t̄K Pvc w t̄Z vKb| Gfvte cZ 15  
evti i (evPvt i Rb" 5 evi) mvt\_ mvt\_ 2 evi  
(evPvt i Rb" 1 evi) gL t̄tK ḡt̄L evZvm w t̄Z vKb,  
hZ w b chs-bv kym-cKym I ü w p qv mpj nqj Gi ci  
9 (N,O) Ab¶mi Y Ki "b|

10| Av, tb c̄t̄o hv̄ qv hv̄ x̄ K ḡt̄ evZvtm AvbZ  
nte Ges axt i axt cwb tXtj kxi vUv Ki t̄z nte|  
tKvb cKvi µxg gj g evtÜR BZ w eenvi Kiv  
hvtebv Ges kixt i tWv v ntj dvUvibv hv̄ t̄ebv|

11| tgvUi mvBtK hv̄ xi t̄l t̄t kym cKym mgm v  
ev gv v t̄tK i ³ ¶ i Y bv ntj f vov tnj tgU gv v t̄tK  
Lj evi i Kvi tbB| H Ae vq nvmcvZt̄j cvvZ nte|

## Ri "i x thvMvthvMt

- \* wB R wB R Gj vKvi , i "ZcYt̄dv b¤t msMtn i vLb Ges  
AbtK w b|
- \* cKtK Gj vKvi Ri "i x thvMvthvMt Mi Rb" c̄t̄qvRbxq  
tUij t̄dv b¤t , t̄j v wBtP Dtj E Kiv ntj vt

## Ri "i x ms- vi bvg t

- |  |                      |
|--|----------------------|
| · nvBl t̄q cij k - XvKv                | : 02-9348066         |
| · cij k KtUj i "g- XvKv                | : 02-9560661/9561067 |
| · tRj v cij k KtUj i "g- i scj         | : 0521-61639         |
| · tRj v cij k KtUj i "g- w bvRcj       | : 0531-63111         |
| · tRj v cij k KtUj i "g- VvKi MvI      | : 0561-61380/61965   |
| · tRj v cij k KtUj i "g- cAMo          | : 0568-61244         |
| · tRj v cij k KtUj i "g- j vj givi nvU | : 0591-61296         |
| · tRj v cij k KtUj i "g- MvBevUv       | : 0541-61666         |
| · tRj v cij k KtUj i "g- KvoMg         | : 0581-61387         |
| · tRj v cij k KtUj i "g- wbj dvgvi x   | : 0551-61354         |
| · tRj v cij k KtUj i "g- gggbimsn      | : 091-65750          |
| · tRj v cij k KtUj i "g- Rvgj cij      | : 0981-63004         |
| · tRj v cij k KtUj i "g- tki cij       | : 09324-61204        |
| · tRj v cij k KtUj i "g- UvzbvJ        | : 0921-53018         |
| · tRj v cij k KtUj i "g- Mrxcij        | : 9252689            |
| · tRj v cij k KtUj i "g- Krigj w       | : 081-65012          |
| · tRj v cij k KtUj i "g- Pv icj        | : 0841-63015         |
| · tRj v cij k KtUj i "g- ie-ewoqv      | : 0851-57661         |
| · tRj v cij k KtUj i "g- bi wms x      | : 01715-160266       |
| · tRj v cij k KtUj i "g- bvi vqbMA     | : 9750027            |
| · tRj v cij k KtUj i "g- gYMA          | : 0851-57661         |
| · tRj v cij k KtUj i "g- bvi vqbMA     | : 06516-12178        |
| · tRj v cij k KtUj i "g- wKtvM         | : 0941-61862         |
| · tRj v cij k KtUj i "g- tbtv tKvbw    | : 0951-61201         |

## nvmcvZt̄j wPkrmvt

- ① AvnZ hv̄ x̄ i th tKvb tgWtKj, wKbK Gi Ri "i x  
wef vM AvbZ nte|
- ② AvnZ ti vMx t̄ i bvg I wVKvb nvmcvZt̄j ti wR w t̄  
Zwj KvFj Kti t̄Z nte|
- ③ AvnZ t̄ i GKU cYt̄Z Zwj Kv nvmcvZt̄j i Ri "i  
wef vM Suj tq i vLvi e e v Ki t̄z nte|
- ④ , i "Zi fvte AvnZ ti vMx t̄ i tgWtKj w t̄gi  
(mvRt x wef vM) gva"tg wPkrmvt e e v Ki t̄z  
nte|
- ⑤ c̄t̄qvRt b evW evstki gva"tg i ³ t̄ qvi e e v  
Ki t̄z nte|
- ⑥ ti dvi KZ , i "Zi ti vMx t̄ i wvbs ii i Rb"  
Gt̄j t̄Yi e e v wboZ Kti t̄z nte|
- ⑦ AvnZ, t̄ i t̄ i vMx t̄ i wPkrmvt mgq t̄ Aw\_K  
mvvhth i J l t̄ai e e v wboZ Kti t̄z nte |  
Gt̄j t̄i nvmcvZt̄j i wef vM BvUvbr  
W³ vi t̄ i gva"tg webvgj J l t̄ai e e v Kiv  
thtZ cvt̄i |

WwBbFf vvttii ii Kkii Yyqqtt

1. chθB wekiŋ I kixi m̥' i vLvi e''cv̥ti j Π  
i vLtz nte|
  2. i v̥' vq Mwo bvgv̥tivi c̥te⁹ Mwoi wdu̥tbum  
ci x̥l v Ki tZ nte Ges c̥tqv̥Rbxq KvMR-c̥t  
Mwoi tZ i vLtz nte|
  3. i v̥' vq Pj - Ae⁻ vq weci xZ w̥' tKi A\_ev  
w̥cQ̥tbi Mwo hv̥tZ weeZ bv nq tm w̥' tKj Π  
i vLtz nte|
  4. `jtu̥ðšv̥M̥' ev tbkv̥M̥' Ae⁻ vq Mwo Pvj v̥teb  
bv|
  5. tní vi Øvi v Mwo Pvj v̥teb bv|
  6. Mvox Pvj v̥tbv Ae⁻ vq tg̥ev̥Bj tdvb e''envi  
Ki t̥eb bv|

hvt x‡` i Ki Yxqt

- ④ ct̄Z'K hv̄xi bvg, wVKvbv I i #<sup>3</sup> i M̄cmn  
cwi Pqc̄ mv̄t\_ i vL̄tZ n̄e|
  - ⑤ mn-hv̄x̄ i mn̄t̄hwMzv I mnḡḡvi  
ḡt̄bvfve wbt̄q ḠM̄t̄q Avmt̄Z n̄e|
  - ⑥ `N̄bvbq AvnZ/wbnZ hv̄x̄ i gvj vgvj  
mnhv̄x̄ i mn̄t̄hwMzvq msi ¶ Y Ki t̄Z n̄e|
  - ⑦ Pj vi ct̄\_ Acwi wPZ tj v̄t̄Ki t̄` qv wKQy Lv̄t̄eb  
bv|
  - ⑧ Pj vi ct̄\_ M̄voxi Pvj t̄Ki mv̄t\_ K\_v ej t̄eb  
bv| ct̄qvRt̄b M̄voxi m̄jcvf v̄BRvi ev  
KbŪt̄i i mv̄t\_ K\_v ej p̄l

- vbxq RbMtbif wgKvt

- ` `NUbv - tj vbxq RbMY#K mn#hwMZvi g#bvfve wb#q GwM#q AvmtZ n#e|
  - D xvi Kv#R wb#qvwRZ Kg# i #K mweK mn#hwMZv Ki #Z n#e|
  - AvnZ# i mv#\_ Avkve ÄK K\_v etj kvŠþv w#Z n#e, KL#bv GKvKx i vLv hv#e bv|
  - hv#l x# i gvj vgj hv#z j #cvU I P#i bv nq tmw# #K mZ#K #ó i vL#Z n#e|
  - ` `NUbv - tj k;Lj v ErVq i vLVi Rb m#u q f#gKv i vL#Z n#e|
  - - vbxq RbMY#K t- "Qvq i ³ v#b DrmwnZ Ki #Z n#e|

WbnZ†` i cÖZ Ki Yxqt

- ④ ` NÙbvq wbnZ e\w^3 \t` i n\` vš\` / Mh\`Yi Av\`tM  
tcv\`g\`tU\`g nt\`q\`Q ev tRj v g\`wR\`t\` / tUi  
Abg\`W Av\`tQ tR\`t b n\` vš\` / Mh\`Y Ki tZ n\`e |
  - ⑤ ` NÙbvq wbnZ e\w^3 \t` i hZ\`n\`nKvti i vLvi  
e\`e\`v Ki tZ n\`e |
  - ⑥ ` \`bxq c\`y k c\`kvm\`tbi mn\`hwmZvq wVKvbv  
msMh K\`t i \`j v\`k\` h\`v\` v\`b tc\` tYi e\`e\`v  
Ki tZ n\`e |
  - ⑦ bvg wVKvbv wenzb j v\`ki t\`l t\`l Qwe tZvj vi ci  
ag\`q\` wewa weavb t\`gvZv\`tEK c\`tqvRbxq e\`e\`v  
Mh\`Y Ki tZ n\`e | G e\`vcv\`ti tel qwi k j v\`k  
` vdb c\`k\`t i m\`t\` thwmv\`thwM Ki tZ n\`e |

(Grafj Y)

XvK vt

- AvÄgvb-B-gwd` j Bmj vg-9346970,  
9346623
  - XvKv tgWtKj Ktj R nvmcvZvj -8626812-  
26
  - evi tWg -9661551-5, 8616641-50
  - mjj gj w tgWtKj Ktj R I wgWtqvU  
nvmcvZvj -7319002-6
  - Knx` tmvni vl qw` °nvmcvZvj -9130800
  - wki nvmcvZvj -8116061-2
  - evsj vt` k tgWtKj Ktj R nvmcvZvj -  
9118101, 8115843
  - e½eÜ tgWtKj wekhe` vj q-9614545-9,  
9612550-4
  - AvBmwWtWAvi we (ICDDRB)- 8860523-32
  - dvqvi mwfñ Gtj Y-9555555,  
9556666-7
  - ti Wju tmU tmvnmBwU- 93301881-9
  - b"vkbjv nvU°Bbw÷ wUDU-9122560-74,  
9350399, 8314701, 8319366
  - XvKv wGgGBP-8822779
  - tgWtbfv tgWtKj mwfñ jj t-8620353-9



moK ` N@bvg Zvr¶ wYK Ki Yxq



even†Ki Ri "i x thvMv†hv†Mi weeI Yt

- 1| bvg t  
 2| wczv/⁻ ḫgxi bvg t  
 3| M̥g/gnj ḷ WkNi t  
 4| \_vbg t  
 5| tRj v t  
 6| i t³ i M̥c t  
 7| tdbv bs t  
 8| RvZxq cwi Pgct̥ i b¤t t

~ NUbvi weei Yt

- 1| NUbvi - \b t  
2| mgq t  
3| Zwi L t

‐ №Ubv Kej xZ hvbevnþbi weeí Yt

- 1| cwi en‡bi bvg t  
2| Mvoxi bs t  
3| i "U t.....n‡Z ..... ch§-  
4| Qvovi mgq t