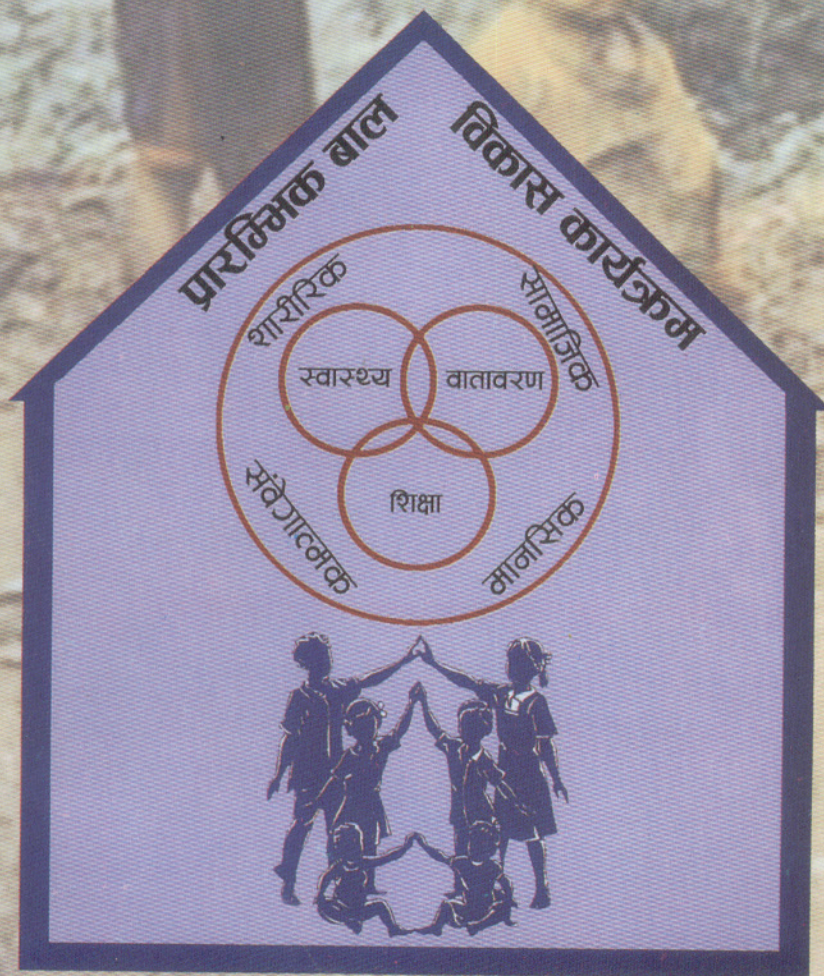
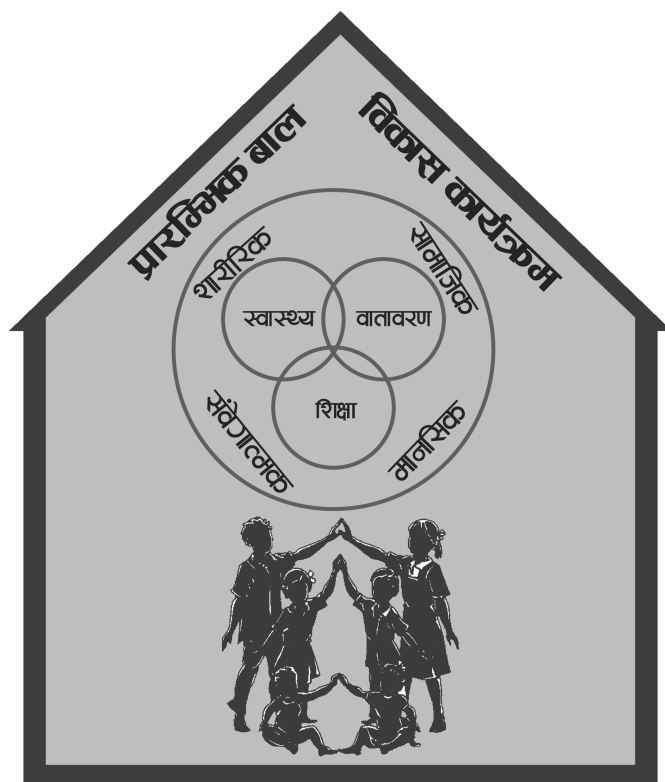


प्रारम्भिक बालविकास दिग्दर्शन (पाठ्यक्रम) २०६२



नेपाल सरकार
शिक्षा तथा खेलकुद मन्त्रालय
शिक्षा विभाग
प्रारम्भिक बालविकास शाखा
सानोठिमी, भक्तपुर

kf/IDes afnljsf; lbUbzg
-kf7bqmd_
@)^@



gkfn ;/sf/
lzIf tyf vhsb dGqfno
lzIf ljefu
kf/IDes afnljsf; zfvf
;fgf7dL, eQmk'

kþfzs || gkfn ;/sf/
 lzlff tyf vhsb dGqfno
 lzlff ljefu
 ;fgfjl7dl, eQmk/
 gkfn .



kþfzg || @)^# c;/

dbøf klt || !)))

kf7bqmd ljsf; tyf dNofsg kl/ifbaf6 :jls[t || @)^@ rø !)

© lzlff ljefu, kf/lDes afn ljsf; zfvf

e'ldsf

k/IDes afNofj:yfn] afnaflnsfsl efjl hljgdf dxljkOf{ kpfj kfb5 . uehV * jif{Ddsf] pd]nfO{k/IDes afNofj:yfdf lnOg]x6f o; pd]sf afnaflnsfsl ; jf{uOf ljsf;sf nflu plrt jftfj/Of kpfj ug{ ;s]df dfq pglx2 kOf{dfgj aGg ;S5g\ . To;af6 dfq b]znfO{cfjZos kgI hgziQnsf]kl/kl{t ;Dej xG5 . o;sf nflu k/IDes afnljsf; sfod]dsf]kpv eldsf /xG5 . xdf] kl/k]fdf #- \$ jif{sf afnaflnsfx2nfO{ dfq k/IDes afnljsf; sfod]d Joj:yf ePsfh] ol afnaflnsfsl nflu sfod]d ;lglZrt ug{k/IDes afnljsf; s]b{k}kfyds slffsf]k]jwfgcg2k o; txsf nflu kf7bqnd kl:tsf tof/ ul/Psf] 5 . o; lgb2g-kl:tsfn] s]b{k}kfyds slffsf afnaflnsfdf c6tlgxt k]tefsf]ljsf; u/L pglx2nfO{cfdljZjf;L, cfkthfO{ ;/lft cgej ug] :jlfedfgL ;xof]ul tyf :jfjndal agfpg cfjZos jftfj/Ofsf]Joj:yf ug{ ;xof]ul=lzlfsnfO{d2t k%ofpg5 .

o; lbUbz6nf0 kf7bqndsf] 2kdf ln0Psf] 5 . o;nf0{ p2Zodhs, Jofjxf]/s, ;d;fdflos Pjd\ :t/Lo agfpg] ;Gbe6f afnljsf;sf] l7qdf sfo{t ljleGg ;/sf/L÷u};/sf/L /fli6e÷c6t/fli6e ;a8; 7yf, lzIff tyf v7hsb dGqfnoc6tu{sf kf7bqnd ljsf; s7bl cfwf/et kfyds lzIff sfo6md, lq=lj=lj= ;78af6 k6flzt e0{kpf] ePsf tyf c6o ljleGg b7x6sf] ;d7 kf7bqnd clloog u/L klxn7]vssf tof/ kfl/Psf]/ ljleGg r/0fsf sfo6fnfx6 ;~rfng u/L ;/f7f/jfnfx6af6 ;emfj ;a8ng ul/Psf]lyof].

aɪnəfɪnsfɪljɪsf; dɪkʰɒlfɪkn]; /fɪf/ /fʌŋ]cleefjɪs, ; xɒfɪl sfoʊtɪf lɪzɪfs, lɪzɪf1, lɪfɪljɪb)
 al4hlɪl; dɪtɪf6 ; aʊsɪnt ; ɛmfɪnf0o; kl:tɪsfɪd; dɪfɪz u/l cɪɪtɪd ɪ kb0Psfɪ5 .

;Nnfxsf/ ;ldltsf]lgbz'g / ;Nnfxcg'k kf7bqmd lj sf; ;dXn]kf7bqmd lj sf;sf] ;DkOf{IhDdf
 ln0{o; kl:tsf tof/ ug]sfo{u/}xfl. olt xfx'k]klg kl:tsfdf s]l ql6 jf sdsdh]l ePdf
 kf7bqmd lj sf;sf]lg/Gt/ klqmo'nf0{ ;hla agfp'kf7bqmdsf] ;wf/ ul/g]ePsn] ;]sfo'nf lu
 oxf'k'sf]/rgf'ids ;'mf]jsf]ck]ff ub'5p. o; lbubz'g tof/ ug]qmd'ddf ;xeful xg'ePsf ;DkOf{
 ljz]f1x? tyf ;'yfx?'nf0{ wGojfb lbg
 rfxG5p.

gkfn ;/sf/
lzlf tyf vhsb dcfno
lzlf ljefu
kf/ldes afnljsf; zfvf
;fgfl7dl, eQmk/

afnljsf; kf7bqmd lbUbzg ;DaGwdf

of] kf7bqmd kl:tsf afnljsf; sfoqmdcGtu{sf slffx¿ ;~rfng ug]
;Dk0f{lgHL lJBfno, ;fdbflos lJBfno / sJbk¿sf nflu tof/ kfl/Psf]
xf]. of] kl:tsf sfoqmd;DaGWL hfgsf/L /fvG] tyf sJb| ;~rfng ug]
;xofJL sfo{tf{¿sf];xofJfy{tof/ ul/Psf]xf].

of] kl:tsf tlg efudf ljeFlht 5 . klxnf] efudf kf/IDes afnljsf;
slffx¿sf] Joj:yfkgdff a9L hfB lbOPsf] 5 . o;df kl/ro, sfoqmdsf]
b/b[6, afnljsf; kf7bqmdsf] nlo / lJz]ftf, cleefjs ;mUgtf lJz]f
afnaflnsf] ;Gbe{ / dNof^asg ;dfj¿ ul/Psf] 5 . bf];] efudf
afnljsf; kf7bqmdsf] af/df hfgsf/L lbOPsf] 5, h; cGtu{ cfwf/e't
l;sf0sf lfQx? tyf lJifofTds lfQx? ;DaGwsf l;sf0pknIAwx¿ ;dfj¿
u/L ck]lft pd]ut pknIAwx¿ k'tt' ul/Psf] 5 . t];] efudf zlif\$ut
lqmo{snfkx¿nf0{gdbf]sf] ¿kdf & cfBf zlif\$xx¿df /flvPsf] 5 . k]oB
zlif\$df pkzlif\$xx¿ / To;sf nflu latfpg] ;do;lxtnf0{ xktfdf
pNn]v ul/Psf] 5 .

o; kf7bqmddf pNn]vt l;sf0pknIAw / ljsf;fTds pknIAwnf0{
zlif\$cg'¿k k'tt' ug\$ nflu agfpkg] kf7of]hgf / ;do tflnsf
cg';'rLdf lbOPsf] 5 .

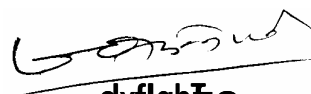
lzIff lJefu
kf/IDes afnljsf; zfvf

b0{zAb

IzIff Ijefuaf6 tof/ u/L gkfn ;/sf/ IzIff tyf vjhsb dGqfnoaf6
:jls[k[/IDes afnljsf; kf7bqnd kl:tsf -afnljsf; lbUbzq_ nf0{hg;dIf
Nofpg kfPsfdf cToGt xifsf] cgej ePsf] 5 . of] kl:tsfsf] kpfuaf6 ;a}
kpf/sf afnljsf;sf sfogndx; h:tl ;dbfodf cfwfl/t k[/IDes afnljsf;
slff, ;fdbflos IjBfnodf cfwfl/t k]kfylds slff tyf ;yfut IjBfnodf
cfwfl/t ls08/uf8q tyf dG6j/Lh:tf afnljsf; slff ;~rfngdf Ps?ktf
cfpg ;Sg]ck]ff /fv}sf]5'.

of] kl:tsfsf] cfwfl/df k|zIfs tof/ u/L tl k|zIfsx;af6 ;xofuL
sfo{tf}sf] tflnddfk[;akpf/sf k[/IDes afnljsf;sf slffx;df ckgf0g]
zf/L/s, dfgl;s, ;fdflhs / ;juflds Ijsf;sf lqofsnfkx; ;~rfngdf
Gogtd cfwfl/ kpfu ug{;S5 eGg]ck]ff;d] /fv}sf]5'.

of]kl:tsf tof/ kfgdf ;nug xgkg]kf7bqnd Ijsf; s]b] z]Ifs hgziQ
Ijsf; s]b] og]sf] olg;k, ;e b IrN8k gj] ;e b IrN8k hfkfg, jN8{lehg,
Knfg OG6/gzgn, lqe'jg IjZjIjBfno, ;]f] u/f;,, KofJ;g, 0=I6=I;=, IzIfs
olgog, P;=cf]P;= afnu[d, ;]/8 Ol;Ol;, ;yfut IjBfnosf IzIfs Pj+
k]wfgfWofksx;, k[/IDes afnljsf;;Fu ;Da4 ;xofuL sfo{tf}{nufot k[/IDes
afnljsf; Ifgdf nful kgkg];DkOf{dxfgefjx;nf0{wGojfb lbg rfxG5'. kl:tsf
kpfzgd ;xofu pknAw u/fpg'xg]og]sf]gkfnk]t xflb\$ cfef/ JoQ ub5'.
cGtdf, k[/IDes afnljsf; sfogndnf0{;dbfo Pj+IjBfno txd sfog]og
ugkg] ;DkOf{ kpfustf;nf0{ kl:tsfsf] clwstd kpfu ugkg cg/fv ub;
kl:tsfdf ;wf/sf]nflu /rgfids ;enfj kpfu ug{;d] xflb\$ cg/fv ub5'.


dxflgbzs

IzIff Ijefu

@)^#, c;/

Ijifo ;ṚL

efu klxnf]M kf/IDes afnljsf; kf7bqmdsf]eldsf

!= kl/ro	!
@= afnljsf; kf7bqmdsf]nlo	!
#= afnljsf; kf7bqmdsf]dh p2xo	@
\$= kf7bqmdsf]ljz]ftf	@
%= jftfj/Of	@
%!= ef]ts jftfj/Of	#
%=@ z]fs jftfj/Of	#
^= cleefjssf]; mUgtf	\$
&= ljz]f afnafnsfsf]; Gbedf afnljsf; sfoqmd	%
*= dNofa'sg	^

efu bf],f]M kf/IDes afnljsf; kf7bqmd

!= z]fs nlo	&
@= afnljsf;sf nflu pd]ut / lf]ut ef/	&
#= ljsf;f]ds nlox;	*
#!= zf/l/s ljsf;	*
#=@ ;]f]ds ljsf;	(
#=# ;fdflhs / g]ts ljsf;	(
#=\$ dfgl;s ljsf;	(
\$= cfwf/et lf] tyf ljifof]ds lf]sf l;sfOpknlAwxc;	!)
\$!= cfwf/et lf]xc;sf l;sfOpknlAwxc;	!)
\$=@ ljifout l;sfOpknlAw lf]	!*

efu t],f]M zlif]ut lq]ofsnfksf gdbgfx?

cg';ṚLx;	@(
----------	----

efu – klxnfj
kf/IDes afnljsf; kf7bqmdsf]elbsf

!_ kl/ro

/ \$ jif{pd];dXsf ;Dk0f{afnaflnsfxczsf nflu ljBfno, afnljsf; s]b] jf
lghl:t/af6 ;~rflnt afnljsf; slffsf nflu of]kf7bqmd tof/ ul/Psf]xf]. o;
kf7bqmdn]kf/IDes afnaflnsfxczsf]l;sf0df Pszktf / lg/Gt/tf lbg cfjZos
lbzf-lgbz ug5 . afnaflnsf] kf/]fl/s, ;fdflhs, efuf]ns, dfgjlo /
kfs[ts kl/]zh:tf ;]fkl/f]jftfj/0fnf0{pkoQm lzlf0f-l;sf0sf zkdf kpf]u
ug{;lfd agfpg]u/L o; kf7bqmdsf]lj sf; ul/Psf]5 .

lzIf Pj / lgodfjnln]Psjif[k]klyds slffnf0{dfcotf lbPsf]5 . ;fy}b0[i]
afnljsf; s]b]j]Jo:yf klg u/]5 . ol b'j}lsl;dsf slff ;~rfng ug{o;
kf7bqmdsf]kpf]u ul/g5 . afnaflnsfxczsf]l;sf0nf0{klyds ljBfnosf]slff !
;F ;dfonhg ub]nlg]dhet dfcotfcgzk o; kf7bqmdsf]lgdf0f ul/Psfn]
o;nf0{ljz]f dxTj sf ;fy kpf]u ug[kg5 .

@_ afnljsf; kf7bqmdsf]nlo

afnaflnsf] ;fdflhs kl/]zcgzk lj]w z}f0fs lqofsnfksf] dflodaf6
k]olf jf ck]olf zknl;sf0lqofsnfk ;~rfng ug{g}kf/IDes afnljsf;-
kf7bqmdsf]kplv nlo xf].

afnaflnsf] cGtlgxt lfdtnf0{ klxNofP/ pkoQm lbzflt/ k]flxt u/L
pglxznf0{cf^gf]:jf:Yo tyf ;/lff;F ;DalGwt tyf cGo hljgfkof]uL Pjd
:jfnDal ;lkxcz xfl;n u/fpg o; kf7bqmdsf]hfB /x]5 . csf]zAbdf eGg]
xf] eg] o; kf7bqmdsf] dVo sfo{g}afnaflnsfnf0{cfkMk]tsf] cftdljZjf;
hufpg, kl/]ltf ;dfh / cGo JolQmxczkt ;sf/fTds ;fr lj sf; ug{rgf]L,
afwf / ;kmtfdf ;]uffds ;Gthg sfod ug{d2t k%ofpgsf ;fy};fdflhs /
Jofjxf]l/s dNo-dfcotfsf]cfwf/df Jofjxf]l/s / l;sf0 ;lk (learning to learn)
kpf]g u/L pglxzdf /fli6otf, ;s[t / dfgjlo dNosf]lj sf;sf nflu cfwf/zlnf
v8f ug{xf].

;dli6ut 2kdf eGg]xf]eg]afnaflnsfxcdf lzlf0f-l;sf0af6 jftfj/0fsf];#f0f
ugI dgdf nfu3f s'fx2 ;gfpq] / c2sf] s'f ;Gg] afgl a;fNg3f ;fy}
pglx2nf0{cf^gf j|/kl/sf s'fx2sf]hfgsf/L /fvq ;lfd tNofpg'o; afnljsf;
kf7bqmdsf]nlo xf].

#_ afnljsf; kf7bqmdsf]dh p27o
lj|jw lsl;dsf dgf]-hgffds lzlf0f-l;sf0 lqmfnsnfksf]dfmodaf/f # / \$ jif
pd];d3sf ;Dk0f{afnaflnsfxcdf];jffuLof ljsf; u/L pglx2nf0{kfylds
ljBfnosf nflu tof/ u/fpg].

pkoQm dh p27o kflktsf nflu o; kf7bqmn]lgDglnlvt p27ox2 cl3;f/3f]5-
!_ afnaflnsfxcnf0{af]4s÷dfgl;s, zf/LI/s, ;Hffds, ;fdflhs, -;jffuLof_
g]ts / l;hgffds ljsf;sf]cj ;/ k3fg ugI.
@_ pglx2nf0{;/;knf0 / ;/lff;DaGWL afgl a;fNg k]/t ugI.
#_ pglx2nf0{;fdfGo lzi6frf/ ug{clek]/t ugI.
\$_ pglx2nf0{kfylds lzlfssf nflu tof/ u/fpg].
%- pglx2df ljZjf; / ;/lffsf]efjgf hfut u/fpg].

\$_ kf7bqmdsf]ljz]ftf
pkoQm nlo kflktsf nflu afnljsf; kf7bqmdn]lgDglnlvt ljz]ftfx2 c3fn3f]
5 ||
• afnaflnsf]l;r, lfdtf / cfjZostfnf0{kfyldstf lbg'.
• afnaflnsf]jffuLof ljsf;df s]3b]t /xg'.
• kl/jf/ / ;dbfodf /x3f ;Hgfds / dfgjlo ;]tsf]k3fu ugI.
• afnaflnsf]l;sf0df JolQm, 7fpF/ j:t';3sf];Dks{/ ;DaGwnf0{dfGotf
k3fg ugI.

%_ jftfj/0f
afnljsf; sf0QmdcGtu3sf]afnljsf; s]3b]f slffleq / slffaflx/ ul/g]vfnsf
lqmfnsnfkx2 u/fpgk5. ol lqmfnsnfkx2 afnaflnsfnf0{gof3ofFs'fsf]vf]hl
ugI / cf^gf] jftfj/0f;DaGWL hfgsf/L lng pTk]/t ugI lsl;dsf xgkb5.
afnaflnsf]l;sf0nf0{;xh / dgf]-hgk0f{agfpgsf nflu :jfe]ljs l:y]tsf]

jftfj/Of agf0{ :jtGqZkn]l;Sg]/ ;/lffsf] cge't lbg] vfnsf] Joj:yf ug{ kb5 .
o;sf nflu lgDgfg';f/sf]l;sf0 jftfj/Of cfjZos xG5 .

%=! e]ts jftfj/Of

- s_ slffsf]fsf] Joj:yfkgf] ;Gbe'f slffleq clgjfoZkn] efiff-lf] ,
l;hGfTds-lf] , ul0ft lf] , l]1fg lf]h:tf l;sf0 lf]xZsf] Joj:yf
ug{ kb5 .
- v_ kZ:t 7fpFePsf]cj:yfdf v]h-lf] , ;fdlxs lqoofsnfk-lf] , kPzG lf] ,
;fdul e08f/-lf] , cf/fd lf] / vfhf lf] klg 56bfpG ;lsG5 .
- u_ slffaflx/sf] Joj:yfkgdf lk^au, lr^{kn}l, ;?^au, kfgl v]h (water play),
jfn]f v]h (sand play), :jtGq bPwk v]h:tf lf]sf] Joj:yf klg ug{
;lsG5 .

%=@ z]lfs jftfj/Of

afnaflnsfxZnf0{l;sfpg] tl/sf cgfkrfl/s Zkdf l;sfpgk5{. o;sf nflu
lgDglnlv t z]lfs lqoofsnfkxZsf]kP]u ug{k5{.

s_ afnaflnsf] l;sf0sf nflu :jtGq v]h, ;fdulsf] kP]uaf6 k]t ul/g]
cgej, kl/jZcg';f/sf :jtGq lqoofsnfk, z]lfs v]h / lgb]Zt
lqoofsnfkxZ ;~rfng ug{sf nflu ;dotflnsf agfpgk5{. 7fpFkl/l:ylt
/ ;s[tnf0{Wofgdf /fvL tflsPsf lf]xZsf nflu ul/g] lqoofsnfkxZ
;dofjldwf ldnfP/ nfgk5{.

u_ afnaflnsf nflu rog ul/g]lqoofsnfk cyk0f{xgk5{. lqoofsnfk 5gf6
ubf{lgrw]/t ;dodf ;lsG]/ Jofjxf]/s hljgdf kP]u ug{ ;lsG] vfnsf]
xgk5{. lqoofsnfkn]afnaflnsfdf afP jf sb]lsl;dsf]gsf/fTds efjg
kP] gu/f] \egl ;xof]uln]ljZ]f Wofg k%ofpgk5{. o:tf lqoofsnfk u/fpP
;xsfo{u/fpgk5{/ afnaflnsfnf0{g} ;lqmo agf0{pglx?sf] :t/cg';f/
gofFgoF s'fxZ vf]l ug{k] ;flxt ug{k5 . lqoofsnfk ;~rfng ubf{
lgoGq0f tyf lgb]Zg uge'bf k[7k]f0f lb0{pglxZsf cK7]fxZ / laljwfxZ
x6fpg cfjZos ;xof]u ug{kG]xG5 .

3_ j/k/af6 l;Sgsf nflu ;d:of ;dWfgsf]pkoQm kl/l:ylt agf0{afnf]kof]ul
lzIf0f tl/sf ckgfpgk5{. o:tf lqoofsnfk ug{afnaflnsfnf0{JolQmut,

;dxut / kʷf sɪffnɔ{g};xofɪ u/ɫ xɸ nf kɸfg ugɪvfnɪsf kʷg ugɪ
/ gofʃsʷf eGg]h:tf /0fgɫɪtxʌ ckgfpgk5{.

a_ afnaɪnsɪsfɪl;sf0df ;xofɪ ug{pgɫxʌsfɪ cfjZostfcgʌk j0fɸ ugɪ
yk hfgsf/ɫ lbɸ/ 7ɫs af6fɸf Nofpgsf nflu kʷgxʌ ;ɸɪg]ugkɸ5 . ;fy}
afnaɪnsfxʌnf0{ klɸ Pscfk;df kʷgxʌ ;ɸɪg kɸ;ɸɫt ugkɸ5 .
o;afxɸ afnaɪnsfn] jftfj/0faf6 1fg cfhɸ u?g eGgsɪ nflu a9ɫ
dfqdf pgɫxʌnf0{g};ɸɪg u/fpgk5{. ;ɸsf nflu cfjZos jftfj/0f
tof/ u/ɫ pɸkɪ/t ugɪvfnɪ]5nkɪn u/fpg æs] < lsg < / s;/ɫÆ h:tf
kʷg ugkɸ5 .

r_ afnaɪnsfnɔ{kɪyɪds ɪjBfnɪsf nflu tof/ ugɪqɪddf afnɪjsf; sɪbɸf
pgɫxʌn]ɪatɸpg] ;dodɪɪo]kɪ]{cɪf/ ɪrgf/ɫ / kɪ]{nɪ}f0h:tf ɪqɪofsnɪksɪ
nflu ofɪhgfa4?kn]sɪɫ ;do 56bɸpgk5{.

5_ afnaɪnsɪsfɪl;sf0nf0{;xofɪ kʷofpg]qɪddf ;do / 7fpFɪ]ɫ ;xofɪɫn]
ɪ;hɸfɪds vɪh:tf ɪoɪQɪut ɪqɪofsnɪkxʌ u/fpgk5{. ;dx ɪqɪofsnɪksɪ
nflu ɪɪleGg kɸf/sf ;dx agf0lbɸ/ pgɫxʌn] u//xɸf ɪqɪofsnɪkdf
cfjZostfcg';f/ ;xofɪ ugk5{. ɪɪfoj:tɪsfɪ kɪtɪt, ;fdɪxs ɪgbɪg-
kfng, ;fdɪɪhs ;ɫxʌsfɪ kɸɪɪh:tf ;fdɪɪhs sfo{u/fpɸf klɸ ;xofɪ
kʷofpg cfjZos xɸ5 .

h_ afnaɪnsfxʌsfɪl;sf0 cf^g] 9fFɪsfɪ xɸ5 . dgɪ~hgɪɪds / vɪhoQɪ
ɪqɪofsnɪkn] afnaɪnsfnɔ{ɪ;Sg ;xofɪ kɪb5 . dgɪ~hgk0f/ vɪhsb
ɪqɪofsnɪkcGtuɸ :jɪGq vɪ, 5nkɪn, ɪ;hɸfɪds vɪ, zɪ/ɫɪ/s vɪ,
ɪgbɪzt vɪh:tf ɪqɪofsnɪkxʌ u/fpgk5{. afnaɪnsɪ cfkɪF/ ;xofɪɫ
ɪdnɪ agfPsf ofɪhgfcg';f/ oɪ ɪqɪofsnɪkxʌ ugk5{.

^_ cleefjssɪf;ɪɪgtf

cleefjsxʌnf0{ afnaɪnsɪsfɪ kɪɪt ;DaGwdf hfgsf/ɫ lbP/ sɪbɸf ɪɪleGg
ɪqɪofsnɪkxʌdf ;ɪɪg u/fpgɪn] cf^g] sfoGɪdsɪf ʌkdf afnɪjsf; sfoGɪdkɪt
pgɫxʌsfɪcle?ɪr a9ɪ u0{sfoGɪd ɪbuɪf/ɪVg ;xofɪ kɪb5 . cleefjssɪf rɪxɪgɪ,
OR5f / afnɪjsf; sɪbɪh] ugɪ ɪqɪofsnɪkaɪr tɪndɪh ɪdnɪpg cfk;df vɪh

5nknn ePdf Pscsfalr ljZjf; a9g u0{afnljsf;sf sfoqmdx¿df pglx¿nf0{
;xofuL agfpg ;lsG5 . o;sf nflu lgDgfg';f/sf sfd ug{;lsG5 -

- cleefjs;F ;do-;dodf s/fsfgl u/L afnaflnsfsl kùltsl hfgsf/L u/fpg]/ pglx¿nf0{sùbùf lqmfnsnfkaf/];';l'r t u/fpg].
- cfjZostfcg';f/ cleefjs;F JolQmut ;Dks{ /fvL sùfsùlsf] kùlt, lqmfnsnfk / sùbùfultljwsf]af/ùf 5nknn ug].
- cleefjsnf0{ljleGg ;ldltdf ;mùg u/fpg] pglx¿ lfdtfg';f/sf];xofu]sf] dfu ug] k':tsfno ;~rfng tyf klqsf ;^sng ug{pglx¿sf];xofu lng] cleefjs / afnaflnsfsl];mQm l;sf0 ;q, vùh vùhpg];q, / cleefjs lzlf sfoqmdsf]Jo]:yf ug] cleefjsalr ljrf/ cfbfgkùfg u/fpg];do-;dodf sùbùf afùfP/ afnaflnsfsl lqmfnsnfk c:jnfsg tyf To:tf lqmfnsnfkdf ;xeful ;dù u/fpg] afnaflnsfnf0{ aflx/ 3dfpg nùfùf cleefjssf];xofu lngù:tf ljzjf sfoqmdx¿sf]thùf ug].
- afnljsf; sùbùf]jlifsg sfoqmd thùf / sùbùf]gult lgdfùdf cleefjsnf0{ klq ;mùg u/fpg].
- ;d:ofdhs afnjflnsfx¿sf]cleefjsnf0{cfjZos ;Nnfx ;emfj lbg].

&_ ljzjf afnaflnsfsl];Gbeùf afnljsf; sfoqmd

afnaflnsfsl];sf0 lfdtf ljleGg sf/0fn] km/s-km/s xg] ePsf]o:tf km/s-
km/s l;sf0-lfdtf ePsf afnaflnsfnf0{ ;fg} pdùdf klxrfg u/L
cfjZostfcg'¿k pkoQm lsl;daf6 ;xofu ugkb5 . o;f]u/ùf l;sf0sf] cGt/
sùL xb;Dd sd xg hfG5 . afnaflnsfsl]zf/L/s / dfgl;s lfdtfnf0{klxrfg
u/L cfjZos ;xofu ugùf nflu o; kf7bqmddf lgbùg ul/Psfb]v afxù
cfjZostfg';f/ cGo ;xùfùf lqmfnsnfk rog klq ug{;lsG5 .

afnljsf;sf]ljzjf cfjZostfsf]klxrfg u/L ;fùg'¿k lzlf0f-l;sf0nf0{Jo]:yt
ug{cleefjs;dùsf];xofu lngkb5 . afnaflnsfsl]lfdtf / pglx¿sf]ljzjf
cfjZostfsf]k']{klxrfg (Early Identification) ug]lgsfo;F ;dù ;xofu ln0{
cfjZostfcg';f/ cGo ;DalGwt lgsfodf ;xofu]fy{k7fpg] / pkrf/fids slff
;~rfng ugù:tf Jo]:yf klq ugkb5 .

* _ dNof^asg

kf/Ides afnljsf; pd]sf afnaflnsfxczsf] dNof^asg lg/Gt/ čkdf
e0{xgkb5 . afnljsf;sf ;a} klfnf0{ ;d6] afnaflnsf lq̄ofsnfxczsf]
c]nf]sg / tl lq̄ofsnfxczsf] /š8sf] cfwf/df afnaflnsf] dNof^asg ubf{
pglxčsf] kpltsf] ult / oyfl:yltsf] hfgsf/L xč5 . o;af6 ;wf/ ug[kg]klf /
;an klfsf] hfgsf/L kłt e0{ ;wf/ ug[kg]klfdf ;xof]u k%ofpg ;lhnf] xč5 .
afnaflnsf] dNof^asg ubf{pQLOf{cgQLOf{ k]yd, bf], f] egl glthf lgsfngeGbf
klg ;xof]uln]afnaflnsf]cfjZostfcg';f/ l;sf0df ;xof]u k%ofpgkb5 .

- afnaflnsf] b]gs lq̄ofsnfksf] cfwf/df s] slt slxn] / s; /L l; s] ečg]
c]nf]sg ug]ug[kb5 . afnaflnsfnf0{cf]krfl/s k/Llf lbg nufpg'xč5 .
- afnaflnsf] dNof^asg ug]q̄ddf sxfFs:tf] s]/ lsg sdhf]L 5 ečg]kQf
nufpg]tl/sfxč ckgfpgk5{.
- afnaflnsf] kpltnf0{ pglxčn] u/šf lq̄ofsnfksf] cfwf/df l6kf]sf] čkdf
/š8{/fvL tl l6kf] qđfl;s čkdf cleefjsnf0{hfgsf/L u/fpgk5{. z]fs
;qsf] cGtodf tl l6kf]nf0{kl]tj]hgsf] čkdf tof/ u/L afnljsf; s]b]af6
ljBfnodf egf{xč h]f] lbg]ug[k5{.
- afnljsf; s]b]df cnucnu pd] ;dXsf afnaflnsfxcznf0{Ps}:yfgdf /fvL
lzIf0f ul/g] ePsf] dNof^asg ubf{pglxčn] u/šf] lq̄ofsnfk x]L pd]ut
l;sf0pkn]Awsf] cfwf/df dNof^asg ug[k5{. h:t} # jif{pd]sf afnaflnsf]
k:tssf clf/df p] ;stf b]vfP/ xč5\ eg] \$ jif{pd]sf afnaflnsf]
k:tssf clf/x? k9g kpf; ug]u5č\ . o;/L ;flf/tf ;lk pd]ut?kn] kłt
u/]gu/šf]n]vfh]vf ug[kb5 .

efu- bf] f] kf/IDes afnljsf; kf7bqnd

afnaflnsf] clxn] l;sf] s/f g} eljiosf] l;sf0sf] hu xg] ePsf] o; txd
afnaflnsfnf0{æ;Sgsf nflu l;Sg] (learning to learn) clekfon]dgf]-hgffds tl/sfn]
l;sfpgk5{. afnljsf; kf7bqnd] v]h / jftfj/0faf6 kf/t cgejsf] dfflodaf6
afnaflnsfdf cGtlgxt lfdtfsf]clej[4 u/f0{pglx;nf0{eljiodf c;n hljgofkg ug{
;lfd tNofpgk5{. o;sf nflu z]lfs / ljsf;fids nlox; pd]ut tyf l]ut ef/
tn pNn]v ul/Psf]5 –

!_ z]lfs nlo

- afnaflnsfnf0{ cf^gf] kl/j}df pknAw cgejx;df ;sf/fids b[6 /vldfgl;s ljsf; ug{tyf :j:y /xg d2t ug{.
- ;xof]l, :j]jnDal -cf^gf] sfd cfk]Fug] :jtGq, OdfGbf/ / ;dfhdf ldn] /xg kl/t ug{.
- g]ts, ;dfllhs / zf/l/s ljsf;df 6]f lbg .
- ;dfllhs, k]s[ts / wld\$ jftfj/0fk]t ;sf/fids efjgfsf]ljsf;df ;xof]l ug{.
- l;hgffds k]tef k]k/Of ug{ljleGg lqofsfnkx;df ;nug u/fpg .
- eflfs ;r]tgf ug{/ b]gs lqofsfnkx;df pkoQm effiff kof]l ug\$ nflu ;Gg] a]lg] k9g]/ n]g];kk]t cle?lr hufpg .
- k]ylds txsf]lzlfssf nflu tof/L ug{qdddf l;sf0df cle?lr a9fpg effiff, ;flxTo, ul0ft, lj1fg, snfk]t ;sf/fids ;f] ljsf; u/L tl ljifox;sf] kf/IDes cjwf/0ffsf]hu a;fNg .

@_ afnljsf;sf nflu pd]ut / l]ut ef/ -k]tlbgsf nflu_

k]ylds:t/sf] kf7bqndf /flvPsf ljifox;nf0{ ;dfo]hg ug[x]h] afnaflnsf] nflu pd]ut / l]ut ef/ lgDgfg';f/ k]t't ul/Psf]5 . l]ut ef/df sg pd]sf]n] sg l]udf b]gs latfpgkg];do slt xf];f]k]t't ul/Psf]5 .

l]h	# jif{	\$ jif{
!_ :jf:Yo;DaGWL afgl, g]ts dNo / dfGotf Pjd\ hljgkof]l ;lk / ljsf; (Acquisition & establishment)	#) ldg\$	#) ldg\$
@_ :jtGq v]h	^) ldg\$	\$% ldg\$

l f	# jif	\$ jif
#_ eflifs cleJolQ	\$% ldg	^) ldg
\$_ ofhgfa4 ;fdlfs lqofsnfk	#) ldg	\$% ldg
%_ :yh zf/l/s ljsf; (Gross motor development)	\$% ldg	#) ldg
^_ ofhgfa4 l;sf0 lqofsnfk	#) ldg	^) ldg
hddf ;do	@\$) ldg -\$ 306f_	@&) ldg -\$ ÷_ 306f_

- ol l f x z nf0{ l jifo j : t c g' ; f / s f l q o f s n f k d f l d n f P / / f v g ; l s g 5 .
- % - ^ j i f { p d 7 ; d x s f a f n a f n s f s f j ; G b e d f a f n l j s f ; k f 7 b q m d ; F l d n f g u g { q m d d f ^ c f 6 f l f u c t u f / f v l \$ ' ÷ _ 306f / f l v P t f k l g l q o f s n f k l 8 h f 0 g u b f { a f n l j s f ; n f 0 { w o f g d f / f v l ; d f o f h g u g k 5 { .
- l b O P s f l z l f 0 f ; d o a f x 3 k l t l b g l a x f g / a h s f s l D t d f ' ÷ _ 306f ; x o f l u x z n] s l f f J o j : y f k g / / 3 8 { J o j : y f k g s f n f l u ; d o l b g k b 5 .
- a f n l j s f ; s j b l x k t d f ^ l b g s f j l x ; f a n j j i f 6 f j # @ x k t f ; ~ r f n g x b k 5 { .
- a f n a f n s f n] s j b p f p d 7 c g' ; f / \$ 306f b l v \$ ' ÷ _ 306f ; D d s f j G o g t d ; d o l a t f p g k 5 { . s l f f ; ~ r f n g s f j ; d o n f 0 { ; D a l G w t ; d b f o s f j k l / l : y l t , c j : y f / c f j Z o s t f c g' ; f / l a x f g j f l b p F f j ; ~ r f n g u g { ; l s g] 5 . o ; s f n f l u a f n l j s f ; s j b l ; l d l t n] c l e e f j s / ; d b f o s f j ; d j / f o l n 0 { l g 0 f 6 u g k 5 { .
- s g j k l g a f n l j s f ; s j b p f c f 0 ; s k l 5 \$ j i f 6 f c f p g h] s l D t d f ! j i f { / # j i f 6 f c f p g h] @ j i f { l a t f p g k b 5 .

#_ ljsf; fids nlox
afnafnsfsfj ; j f u of ljsf; sf nflu lgDgfg'; f/ klfx z df pNn]vt nlonf0{
; d 6 g k 5 { .

#! zf/l/s ljsf;

- z/l/sf ljleGg c^au, efu, z/l/sf] rfn, z/l/sf] j[4 klqof / cfk^m ug{ ; Sg] sfdklt ; r] xg d2t k%ofpg
- :jf:Yo / ; / l f s f j ; D a G w d f ; r] x g d 2 t k % o f p g
- z/l/sf] rfn ; GtInt /fvG, z/l/sf efu rnfpG, z/l/ ; Gthg / df+k]zlsf] plrt ljsf; df d2t k%ofpg
- ; Td df+k]zlo ljsf; -Fine motor development_ df 6]f k%ofpg
- b[6 / rfn, ; gf0 / rfn tyf b[6 / ; gf0alr tfndh ugdf d2t ug{

#=@ ;hufds ljsf;

- ;/lff / :jtGqtfsf]cge!t lbg
- cfTdljZjf; / cfkM / cf^gf]eGg]efjgfsf]ljsf; u/fpg
- cfkMk]tsf];s/fTds efjgf ljsf; u/fpg
- plrt :yfgdf plrt ;h kß6 ug{
- cZsf s/fxZ ;Gg / ;sfgSf nflu ;r] agfpg
- cf^gf]s/f JoQm ug{ jftfj/Of kßfg u/fpg
- cj:yf / cfjZostfg?k ;ødt /xg];lksf]ljsf; ug{

;fdflhs / g]ts ljsf;

- ;fdflhs dNo / dfGotfcgZk cZnf0{cfb/ ug{ ;To aflg, wø{f; ;xof]L xg, ;fgfk]t kßsf]efjgf tyf ldn] sfd ug[k] [Qsf] ljsf; ug{ cf^gf] :t/sf g] [j lng]tyf cu; / xg]lfdtf j[4 ug{.
- ;fdlxs / ;fdflhsLs/Of – ;a; E dhldnfk /fvg] ldn] a:g] v]g] sfd ug[w] ;fyl agfpg] ;dfg Jojxf/ ug[/ c?sf]lj rf/ sb/ ug[;fy};fdflhs kl/jZcg';f/ ;fynf0{;xof]L ug[c?sf]lj rf/ /fd/L ;Gg]cfib ;lksf]ljsf; ug[.
- ;fdflhs Jojxf/ – cf^gf]dgsf] s/f atfpg, c?sf]efiff cnu xG5 eGg] a%g, ;#sf/, afgL Jojxf/ km/skm/s xG5 eGg]a%g / ;a]nf0{;dfg Jojxf/ ug[tk{ ;s/fTds ;f]f0sf]ljsf; ug{.
- hljgfkof]L ;lk – 7Ls, j]Ls lrg] 7Ls s/fnf0{ckgfpq, ;d:of kb{;f] aem] 5nkmn u/] lgOfG ug[afgL a;fNg / cfkM;E ;DaGwt ljifodf xg] lgOfGdf ;xeful xg]afglsf]ljsf; ug{.

#\$ dfgl;s ljsf;

- l;hgTdstf, pT;Stf, sNklgstfsf]ljsf; ug{.
- cfsf/, gofGofFrq agfpg÷sfG{ ;do, /aU, w]y] ;fgf]hf] h:tf cfwf/eT wf/Ofsf]ljsf; u/fpg .
- sf/Of / ;fgf]hf] /fd] g/fd], w]y] }egL ;fwf/Ofsf/Of;lxT km/s 56bfpq] (Logical thinking) tsSf] cfwf/df kQf nufpg] thgf ug[julS/Of ug[cfk;L ;DaGw b]vfpq]h:tf ;lkxZdf j[4 ug{.
- ;do / :yfgsf]klxrfg ug[h:tf dfgl;s ;lknf0{kl/rfng ug{;lfd agfpg
- ;g] / x]] , k9], a%g]afglsf]ljsf; ug{/ cfkM]hfgßf s/f cZnf0{agfpg] ;lksf]ljsf; ug{.

- syf, sljtf, bzo ;fdul, gfrufg xpefpltsf] ;sf/fds efjgf agf0{ ;f; DaGWL pT;Stf hufpg, vñ tyf gfrufgdf rf;f]lng]/ ;xeful xg] tyf pT;Stf hufpg .
- jftfj/0f, lj1fg / kljlw;E kl/lrt e0{/18of] l6-le=, sDko6/h:tf z]fs ;fdulx? lrg] ltglx¿sf]kpfu ug]tl/sf l;Sg jftfj/0f l;hgf ug{.
- l;s]f 1fg / ;lknf0{kl/l:yltcg¿k kpfu ug{kbf{/fd] kl / ;wf/ ug{kgl klf tyf To;af6 xg]c;/sf]lj rf/ u/L dfq kpfu ug[kj]Qdf ljsf; u/fpg .
- sfd ubf{ljr/ k]§ ug{ cf^gf] uNtl sdhf]L vñg, uNtl ;Rofpgkg] s/fklt ;r] xg .

\$_ cfwf/et lfg tyf ljifofds lfgsf l;sf0pknIAwx¿

\$=! cfwf/et lfgx¿sf l;sf0pknIAwx?

\$=!@ af]4s cjwf/0ff / ;lk -1fgfids_

\$=!# :jf:Yo, kffof / ;/ffsf ;lk

\$!=# zf/ll/s ljsf; ;lk

\$!= \$ g]ts ;lk

lzlfs÷;xof]Ln]afnaflnsfnf0{lgDglnlvt p2]o xfl;n ug{;xof] ug{k5{

\$=!@ jf]4s cjwf/0ff / ;lk -1fgfids_

- ;fwf/0f 1fgaf6 ;? u/L lj:tf/}1fgsf]tx a9fpg
- ljBfyl[sf];ffg]efjgfsf]ljsf; ug{
- Wofgk]§ ;Gg] Wofg s]b]t ug]h:tf af]4s lqmofofnfkx¿ ;~rfng ug{
- af]4s pT;Stf, wf/0ff ljsf;; ;d:of ;dfwfgsf nflu cfjZos ;lkx¿ kpfu tyf ljsf; ug{
- gofF1fgsf]nflu pT;Stf u/fpg afnaflnsf sf ;d:of ;dfwfgdf pglx¿sf] eldsf a9fpg

s_ af]4s sfof¿

;dfgtf / leGgtf

- j/k/ b]vg]kf0g]j:t÷r]lhalhsf]cfs[tsf]cfwf/df ;dfgtf klxNofpg
- jfxb / leql u0f jf ljz]ftfsf]cfwf/df leGgtf 56bfp
- cfsf/sf cfwf/df j:t]sf];dfgtf / leGgtf klxNofpg
- /^sf cfwf/df j:t]sf];dfgtf / leGgtf klxrfg ug{

jul\$ / 0f / ; fdfGols / 0f

- kpfjuf cfwf/df a:t'56bfpq
- agfuf cfwf/df a:t'56bfpq
- kpfj / agfuf cfwf/df a:txznf0{jul\$ / 0f ug{
- jul\$ / 0fcGtu{ Ps ; dxdf kgfj sf/0f atfpg
- j:txzn km/s xg] ; fdfGo sf/0f atfpg

Jo j:yf / ldnfg (Organization & arrangement)

- wj}jf yf} cfwf/df ldnfP/ j:txzn Jo j:yt ug{
- cfkth]ug]b]gs lqnofsnfkxzn sf]qmd ldnfpg
- b]j}f / ef]j}f 36gf cfwf/df qmd ldnfpg
- @÷# j:t' kpfj ul/Psf] 9fFf -pattern) x]] ; f]L 9fFf / gofF9fFf -pattern) agfpg
- cf^g}tl/sfn]ljleGg vfnsf j:txzn sf]9fFf agfpg
- wj}/ yf}j:t' jf k6ssf] cfwf/df qmd atfpg
- qmlds zn]36gf atfpg

; DaGwsf] cfwf/df (Deduction / prediction)

- b]j}f] cfwf/df Pskl5 csf\$] ; DaGw kQf nufpg
- pbfx/0fxzn sf]gdgfsf] cfwf/df wf/0ffsf] ; fdfGols / 0f ug{
- cf^gf]lj j}n] Pskl5 csf] j:t' jf 36gfsf] ; DaGw kQf nuf0{ ; f}sf] hfgsf/L u/fpg
- cf^gf]lj j}sf] cfwf/df ; fdfGols / 0f ug{
- 36gf, cj:yf, lrq jf lj j/0fxzdf Pskl5 csf\$] ; DaGw vf]hL ug{
- ljleGg cj:yf tyf lqnofsnfkxzn nf0{qmda4 znkdf /fvG]
- 36gfsf ; fdfGo sf/0f / c ; / kQf nufpg

v_ ; f]f0sf]k]qnof
:d/0f

- x]f0 / ; gf0sf] cfwf/df j:txzn sf]:d/0f ug{
- x]f0 / ; gf0sf] cfwf/df ljleGg j:t'klxrfg ug{
- b]zo / zAbsf] cfwf/df qmlds zn] % cf} j:t' jf rLh ; Ddsf]gfd atfpg

wf/0ff lj sf;

- j:txzn nf0{5fP/, x]] cgej u/L wf/0ff lj sf; ug{

- k[ʔt wf/0ffsf]cfwf/df ;dfɔls/0f u/l p:t}j:txʔsf]wf/0ff agfpg
- wf/0ffnf0{d't{j:t'; ʔ ;Daɔw sfod ug{
- ;fwf/0f wf/0ffxʔsf]cfwf/df ;dfɔls/0f ug{

;d:of ;dfwfg

- k[ɔlf cgej sf]cfwf/df ;d:of ;dfwfg ug{
- cEof; sf]cfwf/df ;d:of ;dfwfg ug{
- ;fwf/0f ;d:of klxrf / ;dfwfg ug{
- ;dfwfgsf nflu d'vs pkfo k'tt ug{
- b]gs hljgdf cf0kg]sl7g ;d:ofxʔsf] ;dfwfgsf nflu j]l'Nks pkfoxʔsf] k'p]u ug{
- cɔo ;d:ofxʔsf] ;dfwfgsf nflu j]l'Nks pkfoxʔsf]v'hl ug{
- ;dfwfg ul/Psf pkfoxʔnf0{p:t}k'p/ tyf kl/l:yltsf ;d:ofxʔdf k'p]u ug{
- k[ɔlf ;/f'p/ gePsf]jftfj/0f; ʔ klɔ leHg
- ;dfwfgsf glthfxʔnf0{h'f]cfwf/xʔ tof/ ug{
- ;dfwfgsf nflu k'p]u ePsf r/0fxʔsf]dNof^asg / kg/fjnf'p ug{

u_ dfgl;s clej]Q

af]4s sfo'f]lgoɔq0f

- xg]ehxʔk't ;hu /xg
- c;To / c;fɔbleʔ ;'rgfxʔk't ;hu /xg
- clgoldt / c;fɔbleʔ s'/f / sfdxʔsf]klxrf ug{
- eh xgfsf]sf/0f kQf nufpg
- c;To, c;fɔbleʔ ;'rgf / sfo'ʔaf/] :ki6 wf/0ff /fVg
- c;xdlt / cgle1tfk't ;hu /xg
- ;f]sf]cfwf/df ;To / c;To ;'rgf 56b'fpg
- ;fɔbleʔ s'/fxʔ 56b'fpg

Wofgk']'sf] ;ɔf0, Psful't / w'p'f

- 5f]f] ;dosf nflu dg k/ʔf s'/fdf Wofg s]b't ug{
- dg k/ʔf]l'qdf Psful'xg / Wofg s]b't ug{
- ckl/lrt s'/f / l'qdf a9l rf;f]/fvL ;'rgf ;^asg ug{ bflotj jxg ug{/ Psful'tdf j[4 ug{
- ljleɔg s'/fdf Wofg s]b't ug{;do a9fp'p'hfg

\$!:@ :jf:Yo lzIff, kff0f / ;/Iff

- z/L/sf efu / logsf sfdx; klt ;';l'r t xg
- :j:y xg / z/L/sf ljleGg c^aux;sf] ;kmf0 /fvG, lg/f]l jGgsf nflu cfjZos afglsf]lj sf; ug{
- rffk6s, /f]Joflwaf6 ;/Iift /xgkg]s'fklt ; r]t xgsf nflu cfjZos s'/f] yxf kf0{;fjwfgl ckgfpg]afgl a;fNg
- /f]Joflwaf6 aRg]pkfox;af/]hfgsf/L /fvL ;f]pkfox; ckgfpg
- ;/Iift :jf:Yosf nflu ugkg]sfdx; ;ff kl/lr t e0{;xeful xg

z/L/af/]hfgsf/L

- z/L/sf ljleGg c^aux;sf gfd / sfdaf/]atfpg
- cUnf]xf]r] df]bAnf]af/]hfgsf/L lng
- ljleGg xfpfpåf/f cleJolQm lbg
- cf^gf cgej / ;jux; JoQm ug{
- cfk^m / c;sf] ;dfgtf / leGgtf klxNofpg

:jf:Yo

- xft, vsf, dv, bf^E / z/L/sf cGo ;Dk0f{c^aux; ;kmf /fvG]afgl a;fNg
- :j:y /xgsf nflu cfjZos rlhsf]klxrfg ug{
- ;kmf nluf, hQf nufpg]afgl a;fNg
- df;dcg';f/sf]nluf nufpg]afgl a;fNg
- z/L/, nlufk^m6f / jftfj/0fsf] ;/ ;kmf0 ug{hfu?s xg
- :j:y /xg]afgl a;fNg
- /f]uaf6 ;/Iift /xg nlufs]5gf6 u/L df;dcg';f/ nluf nufpg
- df;dcg';f/sf]nluf nufpgkg]af/]af atfpg
- ?3f-vf]Lh:tf ;fwf/0f ;;jf /f]uaf6 aRg

;/Iff

- 3/ tyf 3/afix/ xg]vt/f / b3Ggfaf6 aRgsf nflu cfk^mleGbf 7hfsf]lgb;g ;emfj kfng ug{
- ;/Iift /xg]afgl a;fNg
- hyfefjL rlhalhx; grnfpq tyf dvdf gxfNg]afgl a;fNg
- b3Ggf xg ;Sg]j:t'sf]klxrfg u/L ;f]uaf6 aRg
- ;/Iffsf pkfox; hfGg
- c;/Iift vfgf / jftfj/0f klxrfg ug{

- vt/fk0f{cj:yfdf ckgfpgkg[tl/sfsf]hfgsf/L ln0{ckgfp
- glrg]sf j:txč v]g' rnfpg' / vfgcl3 7hf JolQmxčaf6 ;xof]u lng] afgl a;fNg

kff]0f

- vfgf vfg]c;n afgl a;fNg h:t}g^ofSg] g5g] gkf]g] xft 3fP/ vfg]
- lgoldt vfgf vfg]afgl a;fNg h:t} laxfg vfg] lbpFf]vfg]0Toflb
- ;kmf efBfsBfdf vfgf vfg
- vfgf vff ckgfpgkg[s/f ckgfpg]afgl a;fNg
- kfgLsf]dxTjaf/]hfgsf/L ln0{kfgLsf]kpf]u ug{
- ;GtInt vfgf vfg] afgl a;fNg h:t}z/L/nf0{ zIQmlbg] j[4ug] / ;/Ifllbg] vfgfxč vfg]afgl
- cfkMhf0{rflxg]/ vfg]efBfsBf ;kmf /fVg
- z/L/sf nflu rflxg]vfgf / kfgLsf af/df wf/0ffsf]lj sf; ug{

:jf:y ;]f / cf]fwl pkrf/

- :jf:Yo-rf]L, g;{/ 8fS6/xčsf]lrGx lrGg]/ pglxčaf6 :jf:Yo ;]f lng ;lsg] s/f a%g
- :jf:Yo-rf]L, c:ktfn, lSnlgs, g;{/ 8fS6/xčsf]sfdaf/]hfgsf/L lbg
- cfkMteGbf 7hfsf]lgb]zgdf /x] cf]flw vfg
- cfjZos dfqdf dfq cf]flw vfgkg]wf/0ffsf]lj sf; ug{
- cfjZostfg'čk ljleGg JolQmxčsf];xof]u lng
- :jf:Yo s]b]sf sfdxč hfg] cfjZostfg';f/ ;xof]u lng / cf]flw ug[k5{eGg] s/fdf ljZjf; ug{

jftfj/0f

- j/k/sf];/;kmf0k]t ;r] /xg
- kmf]f] jftfj/0faf6 :jf:Yodf g/fd]c;/ k5{eGg]s/f hfGg
- lglZrt 7fpBf kmf]/ ^ofSg] ykfg]afgl j ;fNg
- j/k/sf]kmf]/nf0{;kmf kfg]kpf; ug{
- /fd]/ pkoQm jftfj/0fsf nflu cfjZos ;xof]u ug{

\$=!:# zf/ll/s ljsf; ;lk

- ljeGg rfnxġ rNg tyf zf/ll/s lq̄ofsnfkdf ;mUg /xl cfjZostfcgġk lgoGqOf / ;~rfngsf]dfllodn]z/L/nf0{tGbġ:t /fvG
- ;dXdf ;xof]u ug{afglsf]lj sf; ug{
- rfnâf/f cleJoQm ug{/ zf/ll/s lq̄ofsnfkdf ?lr /fvG
- lgod kfngf ug{ lgbġgcg';f/ sfo{ug{ cgZfl; t xg
- cfkĥh]/ cġn]u/ġf]c; n sfdklt uf/a ug{/ clek]/t xg

z/L/;DaGwl 1fg

- lgbġgcg';f/ ;lwf a:g / v\$ſ bf]fg{
- lgbġfg';f/, a:g, pleg, eĥSg, xft v\$ſ rnfpG / v\$ſ, bf]afg{
- lgbġfg';f/ z/L/sf b0{efuxġnf0{hfġg]-h:t}6fpsf]/ sſf, 3Bf / lrpBf] cfĤef]rnfpG]h:tf sfo{ug{
- z/L/ tGsfpg
- z/L/sf dVodVo hfġġġ 5g

zf/ll/s ;;u7g

- Ps ld6/;Ddsf]b%Ldf an, uġfu8L /fvġf];fgf Aofuxġ ^ofSg / ;dfġg
- Ps ld6/ 6f9faf6 lglZr t 3]fleq kġg]u/L an ^ofS] lgzfgf nufpg
- bā}ufġfn]pkġg
- Ps ufġfn]b0{ tlg kĥ8sf]dfg{/ ;-;fgf Ps b0{v8ĥsnf tndfly ug{
- b0{tlg ld6/sf]b%L;Dd xn'sf s';L{afġ] nĥfg
- tlg ld6/ / ;ĤGbf dflys]b%Ldf an jf uġfu8Lsf];-;fgf Aofu ^ofSg
- @ ld6/ / ;ĤGbf dflys]lglZr t 3]fleq kġg]u/L rĤhalhn]lxsfĤ/ lgzfgf nufpg]
- e0{eGbf \$÷% OG r dfly sb}s/fsf];xfotfn] z/L/nf0{;GtInt /fvG h:t} ?vsf alnof xĤĤdf el08g] alnof]8f]Ldf em08g]

lx8f0 / rfn

- ;\$]cg';f/sf]lx8f0 / pkĤ0sf]ult a9fpg
- ljeGg ;\$]cg';f/ rfn kl/j tġ ug{

z/L/;Gthg

- ;lwf nf0gdf # ld6/;Dd ;GtInt e0{lx8g
- ufġfsf]cfĤfsf]6kĤh]pleg

- bŕb}lxBŕf lxBŕ}‰ jf\$ ple0{z/L/nf0{;Gthgdf Nofpg
- Ps urBŕsf cŕfŕsf]6kfn]s}L ;do;Dd ;Gtlnt e0{pleg
- urBŕsf]cŕfŕsf]6kfn]s}L b/L;Dd ;Gtlnt e0{pleg
- ;fBŕf]7fBŕ -h:t}} ! lk6 rŕBŕsf]l8n, kmNofs_ lglZrt 3}f tyf /yfx¿dfly
;Gtlnt e0{lxBŕg

rfnaf6 cleJolQ

- z/L/nf0{eŕsfP/ ;fgf]e0{b}vfpq
- z/L/nf0{tGsfP/ 7hf]e0{b}vfpq
- xft / cgxf/af6 ;fwf/0f ;\$}x¿ u/] efj JoQ ug{
- tŕndf a:b}l3;Bŕ}lxBŕg
- cgxf/sf cŕfŕf, gfs, dVnf0{rnfP/ cleJoQ ug{
- xfturBŕf rnfP/ ljleGg lsl;dsf ;fwf/0f s;/t ug{
- a;] ljleGg lsl;dsf s;/t ug{
- lgb¿g, tfn jf cfjfhfsf]cfwf/df ;Lwf nf0gdf a:g
- ljleGg cfjfhfsf]cfwf/df tfn ldnfP/ s;/t ug{
- pk]/ s;/t ug{
- lgb¿gcg';f/ 3}fdf a:g / 3}faf6 l5/] a:g
- lgb¿gcg';f/ ;-;fgf ;dXdf a:g
- ljleGg cleJolQ x}] cleJolQaf6 h:t} cfphfp, gf0 h:tf 0zf/faf6 g}
kltlqnof hfx} ug{

\$!-\$ g}ts ;lk

- cfkŕh} ug{ ;Sg] sfđ klxrfq u/L c¿;F c;n Jojxf/ ug{ ;fylnf0{klg
c;n Jojxf/ ug{k}] ;fxg ug{
- ;a\$ŕ]wd{ efiff, ;\$sf/, rŕnrngnf0{a%g]/ ;Ddfg ug{
- c¿nf0{b}lv k}g]Jojxf/ gug{

lzi6frf/ / ;fdflhsLs/0f

- cfkŕŕeGbf 7hf]nf0{gd:sf/ ug{
- slffdf gofŕolQx¿ cŕPdf gd:sf/ ug{/ :jfut ug{
- leq cŕpŕf jf aflx/ hfŕf 7hfnf0{;f]g tyf cŕpŕf hfŕf nf0gdf ldNg]/ kfnf]
kvG]afgl a;fNg
- j/k/sf hljhgfj/, af}lj?jfnf0{dfdf ug{/ ;/lff k}fg ug{
- gofŕolQx¿ tyf ;fyLx¿;F kl/ro ug{/ kl/ro df}g

- 7hfsf]lgbZg / ;fgfsf]egf0sf]sb/ ug{
- cf^gf s/f gd|eP/ ;dXdf /fVg
- vfgf vfgcl3 ;f]g / vf0;s]k5 p7g]j]hfd / ;f]a;f ;f]lxZaf6 ;xdl Ing
- gofFolQmxZ ;f] kl/ro ubf{gd:sf/ ug{ xft ldnfpg jf 6fpsf]e]sfpg
- :jfut ubf{pleg / a; geg];Dd ga:g
- gd|cleJolQmxZ kpf]u u/] ;xof]u lng]bg]afgl a;fNg

lgTo sd{

- laxfg p7]k5 :j:y /xgsf nflu ul/g] lgTo sd{xZ ug[-xft wg] bfF df%g] OToflb_ afgl a;fNg
- Psfu|e0{s]l ;do kfyGf ug{
- cf^gf ;fdfgxZ 7ls 7fpF /fVg
- Psfu|xg ;do a9fpg
- cfkMeGbf 7hfnf0{clejfbg ug{
- 3/af6 cfpF ;a]f0{ clejfbg ug{ / hfF lbgel/sf] lqo]ofsnfksf] 5fF] 5nknn;xt wGojfb lbg

;f]L;f]sf];DaGw / cGo Jojxf/

- lgs6td\;f]Lsf]gfd yxf kfp / eGg
- ;dXdf ldn] a:gsf nflu dfu]f a]hf cfjZos ;xof]u ug{
- cfkMeGbf 7hfnf0{cfb/ / ;fgfnf0{dfog ug{
- ;f]Lsf]gfd, 7]ufg kQf nufpg
- ;xof]u lnFfbF wGojfb, s[of, dfk ugf] \h:tf gd| ;f]bxZ kpf]u ug{
- cfjZostf x]L ;xof]u ug{sf nflu tTk/tf b]fpg
- ;f]lxZ ;f] ldn] v]g
- ;Nnfxn];xdltdf k]gsf nflu s/f ;Gg] kfnf]kv] af]g]afgl a;fNg
- cfjZos k/]f]a]hf ;xof]u lng]bg]ug{
- ;dXdf ;a]f0{a/fa/ ;Ddfg lbg]s/f]sf]sb/ ug{

bflOTj

- cf^gf]/ ;f]lxZsf ;fdfg htgsf ;fy /fVg
- lnPs}7fpF ;fdg /fVg]afgl a;fNg
- cfkMeGbf ;fgfnf0{;xof]u ug{
- cZsf];fdg lnF ;f] lng / sfd ;s]k5 k]sfpg
- dfu]f]cj:yfdf ;xof]uL aGg

- ;fdfgxċnf0{;kmf, ;/lft /fvċ /ltglxċsf];bkof] ug{
- w]}sfd ePsf]a]hf cċnf0{;xof] ug\$nf lu cl3 a9ċ
- sfd nfuċ]dxT]k0f{rlhxċ ;/lft /Jojl:yt ug{
- s;ċnf0{cfkt k/]ċf a]hf ;xof]usf]nflu cl3 ;g{

wfld\$;lxioftf / sb/

- ;a]sl;dsf kfyċfdf ;xdlf hgfpċ / ;f]kfyċfnf0{klg dxT] lbċ
- ;fylsf]/fd]/lftl/jfhk]t ;sf/flds ;f] agfpċ
- x/]ċ wd{ /lftl/jfh / rf8kj\$ /fd] s'fxċaf/]hfgsf/L /fvċ
- /fd] s'fxċ cfk]h]ckgfpċ
- Ps cfk;sf /lftl/jfh, ;\$[t / wd\$ af/]hfgsf/L /fvL ;f\$] cfjZostf a%g / dxT] tf lbċ

\$=@ l]ifout l;sf0 pkn]Aw lfċ

\$=@=! eflifs ;lk

\$=@=@ uloft

\$=@=# bċosnf sfo{f/sf / l;hgZlntf

\$=@=\$ jftfj/0f lj1fg

\$=@=% ;fdflhs lzlf

\$=@=! eflifs

- /fd] ;ċg]afglsf]lj sf; u/L enfs';f/L ug[snf0{6]f lbċ
- b]ċf, ;ċċf ae]sf / nfuċf s'fxċ cleJoQm u/L ;~rf/ ;ksf]lj sf; ug{ ;xof] ug{
- eflifs ;r]tf ckf0{l;sf0 / ;fdflhs kl/jċdf pkoQmċkn]kpf] ug{
- ;'rgf kpfċ ug] kċg ;f]g] s'fsfgl ug] cċn]egċf s'fnf0{5f\$]/ ;/nċkn] h:tfsf]t:t}eċg]tl/sfxċ kpf] u/] ;~rf/ ;lk lj sf; ug{
- ;do, kl/l:ylt, cj:yfcg';f/ zAb / jfsoxċ plrt tj/n] kpf] ug{ ;lfd agfpċsf nflu plrt krlnt efiff, s'fsfglsf efiff / n]o efiff;ċ kl/lrt u/fpċ]
- 5fkfsf] clf/ / efiffxċ;ċ kl/lrt u/f0{loglxċ 1fgsf ;f] xg / ;~rf/sf df\od xg eċg]af/] ;r] ug{
- afnaflnsf sf lfdtf / cfjZostfg'k 5flkPsf clf/xċk]t cfslifċ u/f0{k9f0 / n]yf0 ;lkdf pċdv u/fpċ]

	l;sf0pknAw	
	# jif{	\$ jif{
;bf0 / Psfultf	• 5f6f; dosf nflu / OR5fg';f/sf s'fxčdf Psfultf a9fpg • pTk]0ff / k];fxgsf]cfwf/df ;bf0sf nflu Psfultf a9fpg / Wofg s]b]t ug{ • cfjZostfcg';f/ @÷# s'fxčdf Ps}f]6 Wofg s]b]t ug{	• gjlg :j/ / cfjfhxčdf Psfultf]sf] ;do j]4 ug{ • cfjZos / cgfjZos s'fxčsf] k]tltDwo]cfjZos s'fxč dfq 56bf0{;Gg]lfdtdf j]4 ug{
eflifs c6tlqof	• ljleGg kpf/sf s'fsfglk]t Wofgfsif]f ug{ • cčsf]s'f ;Gg]afglDf lj sf; ug{ • 5f6f s'fsfgldf ;mUg xg • ;a]a%g]zAbxč pkoQm tj/n] kpf] ug{ • k]tlqof a%g / ;xdlt hgfpq • ;-;fgf ;dXd fbf]f]s'fsfgl ug{ • cčsf]s'fsfgl ;Gg]w6f a9fpg • lbOPsf zlif\$sf af/]df atfpg	• s'f ug{ s'f ;Ggsf]efjk]t ;hs xg • cčsf]s'f ;Gg]w6f / cf^gf]s'f ;bfpg]Jo]xf/df j]4 ug{ • bfx]f s'fsfgl pkoQm tj/n]cl3 j9fpg • efj :ki6 kfg\$ nflu ljleGg zAbxč kpf] u/L s'fsfgl ug{ • cčsf]s'f]nf0{dxTj lb0{k]tlqof hgfpq • ;xdlt hgfpq]s'fsfgldf ;mUg xg • lgbZg ae] / ;dXsf]rfxgfgčk s'fsfgl ug{kpf; ug{ • lbOPsf]zlif\$df Jo]l:yt / qm]dsčkn]s'f ug{/ cf^gf]efjgf tsK]f atfpg sf]; ; ug{
cleJolQm	• nfu]sf s'f :j tGg čkn]zAb / 5f6f]j]fSodf JoQm ug{ • lbOPsf zAbfy{cf^g}sl;dn] ae]/ JoQm ug{	• nfu]sf s'fxčnf0{5f6s/Ldf JoQm ug{ • nfu]sf s'fxčnf0{ki6 kfg{pkoQm zAb rog ug{ • ;/n zAb kpf] u/L jf:tljstfsf] j0f6 ug{
wf/Ofsf]kpf] u/L cleJolQm	• cge]sf]cfwf/df b]v] ;g]/ ef]sf s'fxč JoQm ug{ • cfk]h]u/]sf]sNkgfsf]j0f6 u/L ;bfpg	• :j tGg lj rf/ JoQm ug]qmddf wf/Ofxčsf]plrt kpf] ug{
zAb / jfSosf pRrf/Ofxč	• b]gs čkdf kpf] xg]zAb / jfSoxč :ki6 / 7ls;F pRrf/Of ug{ • ult, olt, nok]t cfslifx xg (Rhymes, Intonation) • gofFzAbxčk]t pT;S e0{ki6 pRrf/Of ug{kpf; ug{	• k]rInt tyf cfjZos zAb / jfSoxč :ki6;F pRrf/Of ug{ • clf/, zAb / jfSoxč cGbfh u/] lrgg • af]hldf gfd, ;j6fd / ljelQm]sf] klxrfg ug{ • ;fwf/Of jfSoxčsf]agf6 klxrfg ug{

	l;sf0pknIAw	
	# jif{	\$ jif{
	• ;a]a%g]/ ;a]f0{pkoQm xg] zAb jfSo kpfu ug{ • jfSo / zAbxZsf]olt, ult / no klxrfg u/L kpfu ug{ • eflifs ;lkxZ z4; f kpfu ug{	• ;g]f gofFfSoxZ kgll kpfu ug{ • cj:yfg';f/ ;g]f gofFfSoxZ kpfu ug{pT';s xg • 3/df jf ljz]f 7fF kl/l:yltdf ul/g] s7sfglalr km/s 56bfpq
;flf/tf / n]yg	• k'ts / 5fkfsf clf/ / zAbxZklt ?lr a9fpg • k'tsdf 5flkPsf syfxZ x]] cf^g}tl/sfn]k9g k]];flxt xg	• k'tsdf ePsf lrq / clf/nf0{cf^g} ksf/n];DaGw ufF]k9g / a%gsf] nflu k9sf]clego ug{ • ;/n clf/ / zAb lrgg kpf; ug{
	• clf/df 5flkPsf syfxZ qmlds Zkn]k9g]kpf; ug{ • cf^gf j/k/ b]vg]clf/ / zAbxZklt ?lr a9fpg • lrq / zAbalrsf];DaGw a%g • dgdf nfu]sf s7fxZ lrqfTds Zkn]JoQm ug{	• 5flkPsf clf/, zAb / jfSonf0{ klxNof0{k9g / cy{nufpg • clf/xZ n]gsf nflu k]f]yg kpf; ug{
lrq / clf/sf] ;DaGw v]]g	• lnlt clf/ 5flkPsf clf/alr leGgtf 56bfpq	

\$-@=@ ul0ftlo 1fg

- ul0ftk]t ;sf/fTds clej[Qsf]lj sf; ug{
- cjnf]sg ug{ kQf nufpg]/ cf^g}t/df lgisif[lgsfNg]lfdtfsf]lj sf; ug{
- kpfu]Tds ul0ftlo lqmfnsfk / vf]hL ug]sfo[k]t OR5f / ?lr hufpg h:t]g]g] t]]g];f/fv] thgf ug{
- ;^Vof uGg] gf]g] tyf thgf ug]h:tf ;lksf]lj sf; ug{
- ;^Vof / cfsf/sf cfwf/df jftfj/Ofdf /x]sf j:txZ, -w]] yf]] 7hf;fgf h:tf wf/Off lj sf; ug{ h:t] of]Gbf Tof]7hf]cf]b .
- j:t'; ;^Vof / uGtLalrsf];DaGwaf/]hfgsf/L /fvL ul0ftlo wf/Offsf]lj sf; ug{pT;flxt xg
- cfsf/k]sf/, gfkt]h;DaGwL 1fg xfl;n u/L blgs hljgdf kpfu xg] ;fdul];f thgf ug{ gfkt]h, cfsf/nf0{ ul0ftlo 9^un] cleJoQm ug{ k]];fxg ug{h:t] rf/sb]hf0{ju{ nDjf0{ld6/ h:tf s7fxZnf0{kpf]usf nflu kpTg ug{

	l;sf0pknIAw	
	# jif{	\$ jif{
;aVof / uGtL	• j:t'sf]cfwf/df Ps-Ps u/L dflvs žkdf uGtL ug{ • ;aVofsf]wf/Offdf uGtLsf]cfjZostf atfpg • ;Demgfsf]cfwf/df !, @ ubI% ;Dd qmldsžkdf eGg	• !% ;Dd qmlds žkdf uGtL ug{ • !% eGbfdfly uGtL ug{sf] ; ug{ • ;aVofn]j:t'hf0{aemfpg]afgl a;fNg 7f] j:t'kpfu u/L uGtL u/7 b]vfp
	• cufI8k5fl8 / tndflysf wf/Off ljsf; ug{ • ;Demf0sf]cfwf/df !) ;Dd qmlds žkdf uGtL ug{ • klxnf bf] ;sf]wf/Off ljsf; ug{ • ;dXd /xsf j:t'sf]cfwf/df w]7 yf] eGg • sg]j:t'df cž yKbf a9L / lemSbf 36L xč5 eGg]wf/Off a%g • plQs}j:t'ePsf ;dXd sXl j:t' yKbf yKsf]hlt a95 eGg]s/f u/7 b]vfp • ;dXsf]cfsf/ x] j:t'w]7 yf]a9L jf sd xč5 eGg]wf/Offsf]ljsf; ug{	• lrGx / ;fwf/Of cAs n]yg sf] ; ug{ • ug] ;dXsf]j:t' thgf u/L w]7 jf yf]eGg • ;dXnf0{c]jnf]sg u/L ofeGbf w]7 ofeGbf yf]7 of]j/fj/ h:tf zAbxž kpf]uaf6 ;dXalr ;DaGw sfod ug{ • slt yKbf sltn]a9L eof]/ slt lemSbf sltn]sd eof]eGg]atfpg • plts}j:t'ePsf] ;dXd sXl j:t' yKbf yKsf]hlt j:t'df uGtL u/7 olt j:t'eof]eg] atfpg • ;dXd j:t'/flvPsf]9fFf s]L thgf u/7 w]7 yf]kQf nufpg / cfk]n]kQf nufPsf]s/f 7Ls x] x]7 7Dofpg / cfk]n]g]g] ug]h:tf lq]ofsnfk ug] afgl a;fNg
gfk	• 7hf]fgf] nfd]5f] cUnf]f] df]d] ;gf]h:tf wf/Off :ki6 kfg{ ;f;u}/fv] thgf u/L x]7	• 7hf]fgf] nfd]5f] cUnf]f] df]d] ;gf]h:tf wf/Off :ki6 kfg{ lgbžgcg]f/sf]j:t'kpfu u/L thgf u/7 x]7 atfpg
	• ljleGg j:t'sf]cfsf/cg';f/ tf]nsf]gdfg ug]sf nflu thgf ug{	• c]f, d7L, xft, uf]h:tf cAuxžáf/f ol k]/s :ki6 kfg{ • j:tx?sf]tf]n olsg ug{tf]ng] hf]vg] g]g]h:tf sfož ug{
;do	• s]b]hfg] ;do, ljleGg lq]ofsnfksf ;do, lbg, af/, labf cflbaf/df hfgsf/L lng .	• 38L, Sofn]8/df ;do x]7sf nflu kpf; ug{ • 38Ln] ;do s ;L b]vfp5 eGg] wf/Offaf6 38L x]7] ;Sg • Sofn]8/sf]wf/Off :ki6 u/L Sofn]8/af6 ;'gf lng
HofldtLo cfsf/	• an, afs ;h:tf j:txžsf]cfsf/ klxNofpg / p:t}cfsf/sf cGo j:txž ;f thgf u/L atfpg	• cfsf/xž agfpg / tL cfsf/d]o] ;fwf/Of lsl;dsf g]ksf]cfwf/df 7hf]fgf]atfpg

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	# jif{	\$ jif{
	• ju{ lqeh, uf{h:tf cfsf/x; 56bfP/ ljleGg j:tx;sf]cfsf/atfpg	• ljleGg 7fPdf b]vPsf cfsf/x;nf0{ cGbfsf]e/df 7hf;fg]56bfpg
lrqsf] JofVof	• Sofn]8/ x]L labf af/ 56bfpg • cf^gf]hGd dlxgf / af/ b]vpg Sofn]8/df lrGx nufpg • ;dofg';f/ prf0 / nDjfd ePsf] kl/j tG atfpg	• ;do-;dodf ePsf]kl/j tGaf/] atfpg
	• Pp6}dlxgdf hGdlbg kgI;fyLx;sf] ;^vofnf0{Sofn]8/df ;^s] ug{	
:yfgsf] ;DaGw	• nfd56f] w]y]h:tf uoffds / ;^voffds wf/Off ljsf; ug{ • ;do:yfgsf]wf/Off, a9L36L, a/fa/ghLssf]wf/Off a;fNg • hfP ldnfpg, ;P, ;a} s]L, p:t}/ km/ssf]wf/Off ljsf; ug{	• kOf{efu, s]L efusf]wf/Off ljsf; ug{ • =====eGbf 7hf] =====eGbf ;fg] ecbfcl3, eGbf l56f]=====eGbf w]s] wf/Off ljsf; u/L cleJoQm ug{

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- dgdf nfuf]s'fnf0{cf^g}tl/sfn]snfsf]dfllodaf6 kP6 ug{
- ljleGg snfids cleJoLQmx; h:t]gfr, ufg ug{/ lrqx; kPfu ug{
- ;hgfd k]tefnf0{k]k]Gg ug{cl3 ;g{
- ljleGg lsl;dsf snfx;k]t ;sf/fTds tj/n]cle?lr a9fpg
- ;gf0 / rfnaLr ;dGjo ug{ultcg';f/ ljleGg Wjlg k]t't ug]lfdtf j]4 ug{
- c;sf ljleGg snf ukOf ug]afgl a;fNgsf nflu cfjZos lfdtfsf]ljsf; ug{

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lrq n]vg	• :yh / ;Td hf]Lsf]rfna/f Psgf;] zf/Ll/s df+k]L ;~rfng u/L wsf; tfg • cfkrf]s tl/sfn]/flvPsf lrqfids ;^s] a%g -h:t]nf0g, cfsf/, /^u, j:tSf lrqx; • lgoGqt wsf; tfg • lbOPsf 3]fdf :j tGg ;kn]/^usf]kPfu ug{ • cfwf/et cfsf/x;sf]lrq sf]g{ • dflg;; ;v, 3/, hgfj/, ;fwf/Of j:tx;sf]k/vf sf]g{	• ljleGg ;^s]x; cYofpg • j:thf0{hgfpgsf nflu JoLQmut lx;fan]lglZrt cfsf/ agfpg • lf, :yfg, /^u / jf:tljstfsf] cfwf/df lrqfids jOfgsf nflu sf]; ; ug{

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	# jif{	\$ jif{
	• lraqsf]cfwf/df qmd hgfpq • dgdf nfu}sf sg}klg j:t'sf]lraqfids ;hg/ / To;sf]j0f6 ug{ • cf^gf]dglegsf]s/f kl6bfpq cf^g} tl/sfn]lraqf/f kl'tt ug{	• vf;vf; ;^a}sf]Jo j:yf ug{/ qmd blyfpq • Pp6}kpf/sf j:thf0{Pp6f lraqleq bf^*of0{t}^*of0{kpfl ug{ • clf/ / c^asdf kpfl xg]/vfidslraqx^ lrg] sf0{
	• ljleGg /a^u bf^*of0{t}^*of0{kpfl u/] /a^usf]wf/0ff lj sf; ug{ • nf0g / cfsf/; f kl/lrt xg	• dgkbf]/a^usf]kpflunf0{kyldstf lbg
k]6^a	• cf^f / xftaf6 t:jL/ agfpq -k]6^a ug{ • hyfefjl /a^ux^ ld;fP/ t:jL/ agfpq • a?; kpfl u/L l;sf0 cgej ug{ ;^zjft ug{ • j/k/sf j:t'kpfl u/L k]6^a ug{ • uflk^S; 7f] k]6^a ug{ • /a^ ld;fP/ , 5fof kf/] /a^u ldnf0{ p^hofnf]c^lof/]blyfP/ k]6^a ug{ ;^zjft ug{ • /a^, snd, k]6^;n / texture alr sf] leGgtf dx; ; ug{	• cf^f, xft, a?; / cGo tl/sfsf] k]6^adf ;wf/ Nofpg • lraqsf j0ff]ds tj/sf]k]6^adf ;wf/ Nofpg
Roffg]sfd, s6f0 / 6^f0	• cf^g]lsl;dn]Roffg, k6bfpq / 6fFg • ljleGg j:tx^sf] ;^7t Jo j:yf / lraqsf]cfwf/df Roffg, sf6g, k6bfpq / 6fFg kpf; ug{ • ljleGg j:tx^ 5gff u/L 6fFg • x]] , 5ff / / ;g] cgej ug{ • s^f]n]sf6g]cEof; ug{ • sfuh k6bfpq, vDRofpg, sf6g / uflhf Roll agfpq • lff / /a^usf]Jo j:yf ug{ • lglZrt tj/n]sfuh sf6g]sf] ; ; ug{ • @÷# j:t'sf] ;^7t /vf0af6 cfsf/ lbg kpf; ug{ • l8hf0gk]tsf]cfsifff a9fpq • k]s[ts / dflg;n]agfPsf j:t' / snfids sfo^lr leGgtf 56bf0{j0f6 ug{	• s^f]lsf]kpfludf ;Gthg Nofpg • ljleGg lsl;daf6 j:tx^ 6fFg • lglZrt cfsf/df j:tx^nf0{ k6bfpq, sf6g / 6fFg kpf; ug{ • a9lecbf a9l j:t'sf 6b^mf0{ ;^7t tj/n]/vfl cfsf/ lbg • ljleGg l8hf0gx^ agfpq pT;s xg • lrg, t:jL/ / cGo snfdf lgb]z t cjnf]sg ug{

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	# jif{	\$ jif{
;^ult ;gf0	• jftfj/0fsf]cfjfh ;Gg pT;S xg • ;g] ultsf]efu kQf nufpg • #-\$ ldg;Dd lg/Gt/ ;Gg]cEof; ug{	• ;lqno 2kn];Gg • no, ;^ultsf]cfwf/df wgsf] leGgtf ;g] wf/Off a;fpg
	• ;g] no, tfn / cfjfh]leGgtf ;g] dx;'; ug{	• wgsf]cfwf/df ult klxNofpg sf]; ; ug{
ufog	• 5f5f ult ufpg] • ultsf efsk t rf;f]a9fpg • cfjfh lgsfNg]tl/sfk t rf;f]a9fpg • rsf]/ g/d :j/, l56f]/ l9nf]tn tyf 5f]nfd]/fusf]leGgtf yxf kfp • z/L/sf ljleGg caux2 kpfu u/] :j/ lgsfNg -h:t}yk8L, v8sf]rfk_ • ;fdg kpfu u/] :j/ lgsfNg • dfbn / :yfglo afhf kpfu u/] tfn lgsfNg sf]; ; ug{	• ljleGg pknldf uf0g]ultx2af/] hfgsf/L /fvL ufpg • ;fdlxs ult ufpg • tfn, /fu nocg';f/ ult ufpg, ult 56bfp / kQf nufpg • r6SL, dVsf]l;6L kpfu u/] cfjfh lgsfNg • :yfglo afhf / :yfglo ;fdulaf6 lgldf afhf -h:t}af]nsf]lasf] 9^ufePsf a8fx2_ ahfP/ ;fdlxs tfn lgsfNg
	• lglZrt ;doleq 5f5f ult ufpg • pkoQm ultx2 ufpg • cgZfl;t t j/n]ufpg • afnno, afntfn, afn/fux2 yxf kfp, ufpg / 56bfp • lgoldt 2kn]cfjfh lgsfNgsf nflu z/L/sf xft, uf5f kpfu ug{ • sf7 7f], 9^uf /fv]sf]ef8f rnfP/, af]nsf]lasf]kpfu u/L :j/ lgsfNg • tfn / no lgsfNg	• tfn / /funf0{ldnfpg lgb2gcg';f/ 7hf]rsf]:j/ / ;fgf dl;gf]:j/ lgsfNg
gfr / z/L/sf] ;~rfng	• lgb2gcg';f/ caux2 rnfpg • afnultsf]cfwf/df z/L/sf caux2 rnfpg • ;^ultsf]cfwf/df z/L/sf caux2 rnfpg • vZL, 8/, qf;, l/;nf0{z/L/sf]rfnåf/f cleJoQm ug{ • ultsf]cfwf/df z/L/sf caux2 rnfpg • lgb2gcg';f/ ;fdlxs rfndf efu lng • ;lwf, 3dfp/f rfnx2 ug{ • tfn / nocg';f/ zf/l/s rfn a9fpg jf 36fpg	• ;do / tfnsf]cfwf/df lgb2zt rfn ug{ • ;fults tfnsf]cfwf/df ljleGg rfn ug{ • ;fyl;8 hf8ldf gfr ug{ • k8, dfof / :g]nf0{rfnåf/f JoQm efjfidS cleJoQm lbg

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	# jif{	\$ jif{
	• 7fPnf0{cfwf/ dfg] l]leGg lbzflf/ rfn a9fpg • bfXof0{ tXof0{;fwf/Of lsl; daf6 gfrg • ;^aultcg';f/ z/L/sf]rfn ug{ • cgxf/ / cf]sf]xfpefpaf6 vZL 8/, qf;; l/; JoQm ug{ • 5f]syfnf0{rfnâf/f cleJoQm ug{	

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- j/k/ kf0g] ;hlj tyf lghlf j:txZ cjnfsjg u/L To;sf ljz]ftfxZ yxf kfpg pT;stf kpf ug{
- jftfj/Of / lj1fgsf lf]df /xsf ;'rgf / klqmf]sf] hfgsf/L ln0{ jftfj/Of lj1fgklf ;hu xb
- kpf[t / dfgj hljgalrsf];DaGwsf]hfgsf/L /fv
- jftfj/Of, lj1fg / kljlwklf rf;f]/fvL ;'rgf ;^asng, klqmf;DaGwL vfh / cjnfsjg ug{
- j]flgs ljw / ;fdul kpf]tkf lh1f;f a9fpg

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	# jif{	\$ jif{
laZjf	• j/k/ /xsf af]laZjf cjnfsjg ug{ • xl/of]t/sf/Lsf]?kdf laZjf kpf]af/]a%g • laZjfsf]jfxo efuxZ cjnfsjg ug{ jfxo leGgtf klxNofpg	• la?jfsf]j]4 cjnfsjg ug{ • la?jf / dflg;alrsf];DaGw kQf nufpg
hgfj/	• 3/kfn]f hgfj/sf]cfsf/ / :j/ klxNofpg • j/k/ blvg];-;fgf hgfj/ h:t} ls/f, k]b]uf cjnfsjg ug{ • 7h7hf hgfj/sf z/L/sf efuxZ 56bfp • hgfj/ / dfl;galr xb];xof]af/] hfGg • ;fwf/Of 3/kfn]f, h^aunl hgfj/ 56bfp	• hldgdf a:g] kfgldf a:g]/ p8g] hgfj/xZ 56bfp • hgfj/xZsf]j]4 / kl/jtG ;DaGwdf ;fdfG hfgsf/L /fv
j:t÷kbfy{	• j/k/ kf0g]rlhalhsf jfxo ljz]ftf -/^au, cfsf/ / Texture) cjnfsjg ug{	• kbfy\$]cbZojz]ftf -;fwf/Of t]h / cfotg_ sf af/]hfgsf/L /fv

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	• ;wFkpfu xg]rlhalh kQf nufpg • kfs[ts / dflg;lgldf b]gs krlnt ;fdfo rlhalh 56bfp	
kfgl	• b]gs hljgdf kfglsf]kpfu atfpg • 3/df kpfu ePsf kfglsf ;fl kQf nufpg • kfglsf] ;fwf/Of ljz]ftf c]nfs]g ug{ • ljleGg sfddf kfglsf]kpfu ug{	• ljleGg cj:yfsf kbfx[af/] hfgsf/L /fv]g pT;S xg • kfglsf ljleGg cj:yf / To;sf] kpfuaf/]c]nfs]g ug{ • kfgl sxfa6 cfp5 eGga/]hfgsf/L lng pT;S u/fpg]-zx/, uf5, kxf8, t/f0df kfglsf] ;fl_
	• kfglsf]kpfjll lehfp]g] af6df kfgl xfnbf af6 a9g d2t xgaf/]atfpg	• la?jf / hg]j/nf0{kfglsf]dxTj 5 eGga/]atfpg
jftfj/Of / eue{	• hldg / kfglsf]efu 56bfp • 3/ j/k/sf]hldgsf]cj:yf c]nfs]g ug{ • df6f]r\$fgaf/]atfpg • af6f]b]vg]hldg cj:yf klxrfg ug{ • 3fd / cwf]sf]cfwf/df lbg/ft 56bfp	• k[jlsf] ;txdf xg]klqmf atfpg -h:t]df6f]dlnnf]agfpg dnsf] kpfu, df6f]p8fpg] df6f]aUg] • lxdfn, kxf8, t/f0\$]wf/Off kl6 kfg{ • ;b{pbfpg]c:t]fpg]lbzf kQf nufpg
df}d	• 3df0nf] afbn nfu\$]f/ kfgl k/]sf] lbgdf xg]cgejx[sf]gSsn ug{ • ljleGg df}ddf nuf0g]nufx[af/] atfpg • ljleGg df}ddf kf0g]kth / kinkthx[af/]rf;f]lng • udl[hf8f]/ jiff{df}dn]Nofpg] /xg;xgaf/]atfpg . • cfk" a:g]7fp5f]tTsflng df}d atfpg • ljhhl rDsg] xj]f x/L / atf;af/] lh1f;f /fv]	• df}d kl/j t6 / df}d -jifdf xg] df}dx[_ sf]rqm klxrfg ug{ • gkfnsf df}dx[sf]gfd atfpg • df}dn]b]gs hljgdf Nofpg] kl/j t6 -df}dcg';f/ kinkth, t/sf/L af/]hfgsf/L /fv] la?jf j[4sf]kpfu]fTds c]nfs]g ug{ • df}dcg';f/ /flt cfsfzdf b]vg] tf/fx[/ rGb]sf cfsf/x[c]nfs]g ug{
cfhf/ / d];g	• b]gs hljgdf kpfu xg]afnv]hf / d];gx[af/]hfgsf/L lng • 3/fo;L cfhf/ / d];gx[sf]kpfu / cfjZostaf/]hfgsf/L lng	• ljleGg cj:yfdf kpfu xg]cfhf/ / d];gaf/]hfgsf/L lng • klxn]/ clxn]kpfu xg]cfhf/ / ;fdu]alr leGgtf klxNofpg
zIQ	• ksfz / 6SL, dgaQL, lrd, ;b{kfgl h:tf tfk lbg]b]gs kpfu]sf j:taf/] hfgsf/L lng	• ;f6zIQ / kfglaf6 rNg] ;fdu]x[af/]atfpg

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	• 3/df kpfu xg]cGo ;fdulxç -cf0/g, lx6/, hç/ç/, /]8of] uf]/ Uof; OToflb_ nf0{kpfu xg]zIQmaf/] hfgsf/L lng	
oftfoft / ;~rf/	• j/k/ hfg kpfu xg]oftfofts ;fwgxç c jnf]sg ug{/ To;af/] hfgsf/L lng pT;stf hufpg • af6f]f lx8bf ckqfpgkg]lgodxçaf/] atfpg / af6f]f lx8bf lgoddf lx8g kpf]g ug{ • ;çf0, af]f0 h:tf ;~rf/sf dfllodaf/]hfgsf/L lng • ;~rf/;ç ;Dalçwt j]flgs kljlw -/]8of] 6k/]8{ / 6]nk]fç OToflb_ 56bfpq • laleçç lsl;dsf oftfofts ;fwgxçsf]gfd / lsl;d atfpg	• oftfofts ;fwg rnfpq kpfu xg] Oçwgsf]gfd atfpg • klxn]/ clxn]sf oftfofts ;fwgsf] hfgsf/L lng • ;çgf / lj1fkgsf]sfd / dxTjaf/] atfpg • ;~rf/ dfllods]kpfuaf/]hfgsf/L lng • egçf]s/f ;çç/ dgg ug]afçlsf] lj sf; ug{ • ;çgf lngkg]bgkg]h:tf ;~rf/sf dxTjaf/]hfgsf/L u/fpg • ;çgf kjfxsf dfllodaf/]kl/lr t xg

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- ;dfhdf cf^gf]:yfg, cçsf :yfg / ;Daçw kQf nufpg ;lfd agfpg].
- cf^gf]3/kl/jf/, bç / ;dfhsf nflu cf^gf]:t/n]ug{;lsg]sfoç[t ;r]
e0{To:tf sfo{ug{pT;stf a9fpg .
- cfkç;ç ;Dalçwt / cf^gf] j/k/sf j:t' / r]halhaf/] hfgsf/L /fvç
ltg]xçsf];Af0f / ;bkofu ug]sfoçf ;mugtf a9fpg
- kl/jf/ / ljBfnodf ul/g]sfoçf ;xeful xg

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:jwf/Off	• cfkç-cfkçdf ePsf ;dfgtf leçgtf kQf nufpg • cf^gf]bçgs sfoçç atfpg • j]f]f/s ;dfgtf / leçgtf cfbfgkpf]g ug{ • kl/jf/ / slffdf cf^gf]eldsf / pQ/bflotjaf/]atfpg • cfkç;ç ;Dalçwt 36gfxç atfpg / ePsf 36gfxç klx]nofpg • ljleçç kçf/sf]kl/jf/ -;çççç ;fgf] af/]hfgsf/L lng	• cfkç / cçalrsf];Daçw sfod ug{ • ljleçç cj:yfdf ckqf0g]lgodaf/] hfgsf/L ln0{kpfu ug{-h:t}cfb/, ;çlff, s/fstgl, wçç;çf0 OToflb_ . • ljleçç cj;/n]glhs kfg]kfl/jf]/s ;Daçw -h:t}bzçççççç OToflb_ c jnf]sg ug{

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	# jif{	\$ jif{
	kl/jf/df ul/g]ljleGg lq̄ofsnfkdf cf^gf]elbsf atfpg	
jftfj/0f	- cf^gf]j/k/sf]jftfj/0f; k/l/r t e0{To; df leHg - kl/jf/, l5d\$, agf / ;s[taf/] hfgsf/L lng - kl/jf/, l5d\$, ljBfnodf xg]ul/g] lq̄ofsnfkdf ;xof] ug{/ ;xeful xg	- jftfj/0fdf ePsf s/fx&af/]hfgsf/L /fvL tL s/faf6 xg]k̄mf0bf yxf kfpq - kl/jf/, l5d\$, ljBfno / b&df xg] ul/g] ;f:s[ts, wld\$ lq̄ofsnfkx?sf] af/]hfgsf/L /fvL ;f]sfddf cf^gf] :t/af6 ;xeful xg / tL sfdx&klt uf]j dfGg
afgl	- c;n afgl / v/fa afgl 56bfP/ c;n afgl a;fNg - c;nafgl.s]k&+f ug{	v/fa afglnf0{c;n afgldf kl/0ft ug{
;bfejgf / d]ldnfk	;d&df ldn] a:g / c?nf0{;xof] ug{tyf c&sf]s'/sf]sb/ ug] afgl a;fNg	;d&df ldNg, ;xof] a&g cfk]h] ug]k&]sfdx& atfpg
lg0f&	- lg0f& lng]lfdtf lj sf; ug{ - c&sf]lg0f& ;Gg	- cfk]h]u/]sf]lg0f&af/]k]6 kfg{ - c?sf]lg0f&klt ;sf/ftds ;f] /fvG
:jfnDjg	cf^gf]sfd cfk]h]ug]5{eGg] wf/0ff lj sf; ug{.	cf^gf]sfd cfk]h]ug]{kpf; ug{
g]j	;d&, s]b] s]ffdf xg]ljleGg sfddf ;m]g xg s]j; ; ug{	;d&sf nflu g]j lng]/ c&sf] g]j]j sf]sb/ ug]afgl a;fNg]

efu – t}fj zLif\$ut lqmofofnkxf gdhfxč

o; efudf afnaflnsfj ljlēg lffj; ƒ ; DalGwt p27oxč xfl; n ug\$ f nflu cfjZos
kgj lzlfof ljlw, ; fduj lqmofofnkxf gdhf dNof^asgsf tl/sfxč Pjd\ ; xofj lln] v]lg
; Sg] eldsfsf] lj: t[hfgsf/ l lbOPsf] 5 .

; a} lsl; dsf afnljsf; s] bl jf k} kfylds slffnf0{ s] hl= slffsf čkdf kpfj ug{
; lsof] \eg] ; dli6ut lqmofofnkxf lbOPsf 5g\ . lz lfs jf ; xofj lln] pNn] vt pd] ut
pkn lAwnf0{ cfwf/ dfgl afnaflnsf] pkn lAw hfF] l6kf\$ /Vgk5{. oxfFpNn] vt ljlw,
lqmofofnk, / dNof^asgsf tl/sf pbfx/ ofsf nflu dfq xg\ . lz lfsn] k] o\$ lbgf nflu
ckgfpj] ljlw, u/fpg] lqmofofnk / dNof^asgsf tl/sfaf/] lj: t[čkn] klxn] g} tof/
ugk5{. sg\$g} lqmofofnk nfdj] cjlw; Dd qmldsčkn] u/fp\$ nu] df cGo zLif\$ xč; ƒ
klg ; dfofhg ug{; lsG5 .

; xofj lln] eldsf

- s'fsgl ug] ; Gg] gofFzAbxč bfx] ofpg] / bfx] ofpg nufpg]
- pd] cg'; f/sf] ; dX agfpg] / ; dXcg'; f/sf] lqmofofnk lbg
- ; dX ; dXdf sfd ug{; xofj ug] / u/ \$f] sdfs] c] n] \$g ug]
- lj Bfylč sf] ; xeflutfsf] c] n] \$g u/ l ; xeful u/fpg k] ; fxg ug]
- ; docg'; f/ xfpfp ug[l; sfpg]
- s] xG5, lsg, s; / l, ltd] s] lj rf/ 5 h: tf kZgxč afnaflnsfnf0{
; fljg] / ; fljg k] ; flxt ug]
- ; fyl ; fylalr s'fsgl ug{ nuf0{ c] n] \$g ug]
- lbOPsf lqmofofnkdf ; mUg u/fpg s] fs\$; ƒ 3hldn e0{ l; Sg]
l; sfpg]
- kZgxč ; flv] k] ; fx0f ug]
- cfjZos ; fl] sf] Joj: yf ug]
- ; dofg'; f/ rf8kj{ ljz] f lbg; DaGWL lrq sf] syf sljtf eGg
nufpg] ; fduj ; ^asng u/fpg]
- ; fduj ; ^asng u/ l ; Af0f ug] ; -; fgf kl: t sf lgdf\$ u/fpg k] ; fxg
ug]
- ; sf/ fids k] tltnf0{ clek] / t lbg]

- afnaflnsfaf6 kZg ;fJg kJ;fxg u/L ;fWPsf kZgsf] af/d] rfv lng]
- lJifo ;Gbe{x]L epDof cJnf]sg Joj:yf ugI

zlif\$ M d / dJf]kl/jf/
;do M # xKtf

lJlw M

- ;dX-5nkmn, kZg-pQ/, kJttls/Of kpZG, cJnf]sg, cEof;, vJh, clego, ult, epDof / cGj]fOf

;fdul M

- cf^g}z/L/, lrq, /^a, Jns, sfuh, ult, vJh, Pgf, ;fylsf]lrq, kmfGf] kkG, Pgf, g/dk'tnL, sfuh, Dofufihg, ufd jf df8 / vJh;fdul cflb .

pkzlif\$	l;sf0sf lfq	lqiofsnfk	dNof ^a sg
-s_ d / dJf] ;fyl -v_ dJf] kl/jf/ -u_ dJf] afnlj sf; sJb]	;dfgtf / leGgtf, jul\$ / ;fdfGols/Of, clej[Q, wG{/ Psfultf ▪ cleJoIQm, zAb / jfsO pRrf/Of ;flf/tf / nJys, lrq / clf/sf] ;DaGw ▪ ; ^a vof / uGtL, gfk, HofldtLo cfsf/ lrq jOfG / :yfg ;DaGw ▪ lrq nJyg, kJG ^a , s6f0 / 6;f0 ▪ ; ^a ult, ufog, g[O / clego ▪ j/k/ kf0g]/ kpfl xb]rlhalh afgl, ;befjgf / dJhldnfk, lgOfG, :jfjndag / gJLj	▪ cf^gf]gfd, 7Jfufg, pdJ, cfk ^m hGdJsf] lbg, af/, / dlxgfaf/] atfpg nufpg] ▪ ;fylsf]gfd, 7Jfufg, pdJ ;fJg] / ;fJg nufpg] ▪ sfuhsf 6bm 6bmLaf6 jf whfJf cfJfsf] 5fk nufO{ cgxf/sf] cfsf/ agfpg nufpg] ▪ cfk ^m] ugI sfdxZ atfpg / ;gJg';f/ eGg nufpg] ▪ cf^gf]/ ;fylsf]cfJf, gfs xG{ nufP/ ;dfgtf / leGgtf 56bfpG / atfpg nufpg] ▪ prf0 / dfGf0 xG{ thgf ug{ / cleJoIQm ug{nufpg] ▪ jfhfsf :j/cg';f/ k'}z/L/ jf z/L/sf efuxZ rnfpG, 5G, bfJfg{/ elsfpg]nufpg]	▪ 5nkmn ug{/ vJh vJg nufO{ JoIQmut clenJy /fvG] ▪ ult ufpGf xfpefp, pRrf/Of, no, olt, ult ldnJgldnJsf] cJnf]sg ugI ▪ vJb], afJb], ufpGf, lrq agfpGf afnaflnsfsf] lgw\$stf -Confident_ sf]cJnf]sg ugI

pkzLif\$	l;sf0sf lfq	lqiofsnfk	dNof ^a sg
		▪ pkoQ_m tl/sf ckqf0g xft, v\$_f, gfs, sf_g ;k_mf ug{ nufpg] ▪ dgkgI vfgf, nuf, k_mh, hgfj/, r_lhalh, v_haf/] 5nk_mn u/fpg] / dgkg\$_f sf/0f atfpg nufpg]. ▪ vfgf, r_lhalr_sf /^a, cfsf/, kf0g] 7fpFagf₆, / l_jz_jftf_af/] 5nk_mn u/fpg] ▪ l_rqx_zaf₆ dgkgI l_rq 5f_g nufpg] l_rq sf_g /^a eg{ nufpg] dflg; sf] l_rqdf k_bf_u x_g] cfsf/x_z k_Qf nufpg lb_g] / cfsf/sf]gfd klxrf_g u/fpg] ▪ j/k/ tl r_lhx_z 5g\ eg] c_hofpg nufpg] ▪ dgkgI hgfj/sf] cfjfh lgsfn] v_lg nufpg]/ 5nk_mn u/fpg] ▪ l_rqx_z b_jyfP/ sNkgf ug{ nufpg] ▪ cfk_mh] nufPsf] h:t_f] nuf nufpg] cf[^]g_f h:t_f] ;f_yl_x_zsf] skfn agfpg] slffdf slt hgf 5g\ u_g nufpg] ▪ cfk_m p7_g] ;do, vfg] ;do / s_lb_lhfg] ;do atfpg nufpg] ▪ prf0 / t_fh g_fg / ;f_yl; $\mathbb{F}$ thgf ug{nufpg] ▪ cfk_mhf0{ dgkgI vfgf / nuf, slthgf ;f_yl_x_znf0{ dgk5{ ;f_lg nuf0{ ;f_yl_sf] ;^aVof u_g nufpg] ▪ Ans, 6b_mf6fq_ml_x_zaf₆ dflg; sf] cfs[t agfpg / j0f_g ug{ nufpg]. ▪ sf8_gf cfk_mhf0{ dgkgI l_rq sf_g / /^a eg{ lbP/ gfd sf8{ agfpg nufpg]	▪ s_f/sf_gl ubf{ z₄, :ki6 pRrf/0f u/_fgu/_sf] x_g] / jfso k_f/f e_gg ;s] ÷g; s_sf]x_g] x_g] ▪ s_f/f ubf{ k_m// a_lg ;Sg÷g; Sgsf]x_g] x_g] ▪ x_fpefp, xft u_fsf rfnx_z 7_s u/_fgu/_sf] x_g] ▪ x_fpefp, xft u_fsf rfnx_z 7_s u/_fgu/_sf] x_g] ▪ gfk, u_gtl 7_s; $\mathbb{F}$ ug{ ;s] ÷ g; s_sf] x_g]

pkzLif\$	l;sf0sf lfq	lqiofsnfk	dNof ^a sg
	kl/jf/, kfl/jfl/s ;DaGwdf afgl-Jojxf/, j:t' klxrfg, tyf ;Hf0f, kl/jf/sf]wf/0ff, uGg, ; ^a s], / ^a , ;df0fhg no / tfn .	▪ ;fylsf] cgxf/, xftuf³f, nufdf ePsf] ljjf IrGxkz cjinfs³g u/L xjL ;Deng nufpg]. ▪ cf^gf] / ;fylsf] kl/jf/sf ;b:oxzaf/] atfpg nufpg] ;^aVof olsg ug{ / ;fylsf] kl/jf/sf] ;b:o ;^aVof;F cf^gf] kl/jf/sf] ;^aVof, sf]sf]lsf] ;^aVof, 7hf]dfG5]/ ;fgf]dfG5sf] ;^aVof thgf ug{ nufpg]. ▪ Dofulhgsf Irqxz sf6] kl/jf/ eNsfpg] tl/sfn] 6fFg nufpg] ▪ Irq agfpg /^a eg{nufpg] ▪ ;fylxzs³f Irqxzalr ;dfgtf / leGgtf thgf u/fpg ▪ kl/jf/df ljleG ;b:o xG5g\ pglxzs³f]cf^gf]eldsf xG5, / Ps cfk;df ;DaGw xG5 eGg] wf/0ffsf] ljsf; nflu khtL v^h v^hg / clego ug{nufpg] ▪ kl/jf/df cfk^hh]ugIeldsfxz atfpg nufpg] / ;f] eldsf clego kl^g ug{nufpg] ▪ kl/jf/ agl v^h v^hhpg]/ ult ufpg nufpg] ▪ glhssf] kl/jf/df cjinfs³g u/fpg]/ 5nkⁿn ugI	▪ Irq agfp³F cfdfaaf 5lsg] lsl;dn] agfPsf]- gagfPsf]x^hI ▪ 7ls 7fp³F Irq 6fF³f]-g6fF³f] x^hI ▪ Irqsf] JoVof ug{ nufpg] ▪ 7ls k³f/n]JoVof u/³f]-gu/³f]x^hI ▪ u/f0Psf] lqiofsnfkdf afnaflnsf]sf] ;n^hUgtf, ;xeflutf pI;stf 5÷5^h cjinfs³g ugI ▪ k³f/n]nof]agfpg]

pkzlf\$	l;sf0sf lfq	lqofsnfk	dNof ^a sg
		- kl/jf/df ePsf j:tēfp / r halh tyf ltglxčsf] kpfuaf/] 5nknn u/fpg] / ltglxčsf] kpfusf] g\$sn u/l j:t'56bfpq nufpg] - kl/jf/df kpfu xg] ;fdu sf] lrq sfq{nufpg] - kl/jf/df kpfu xg] ;fdu sf lrxč ;^asg u/l Jojl:yt /fvq nufpg]	
		- afnljsf; s bpf s\$] lqofsnfk u/f0G5, sf\$] xG5g\5nknn u/fpg] - u?cdf / u?jfsf] clego ug{nufpg] - laleGg lrq kpfu u/7 gdbg agfpg] lrq xqI / To;af/] cleJoQm ug{nufpg] - xfpefp ;lxt ult ufpq / vñ vlg nufpg] - s bpf lqofsnfkxčsf] lrq-sf8af6 qldstf lbg nufpg] - cfknn] s bpf ugI sfdxč / lrqdf lbPsf sfdxč ldN5g\ldNbqg\ eGg nufpg]. sg} sfd 56df klxNofpg nuf0{ nufpg] / lrq sfq{kI ;fx0f ugI. ;fyl / u?;E ul/g] Jojxf/af/] hfgsf/l u/f0{ ;fpg';f/ ug{nufpg] - ug{ xg] / gxg] sfoxčaf/] hfgsf/l u/fpg]	

zlif\$ @ M d]f]7fp
;do M ^ xKtf

;xof]l\$]e]dsf

- lrq ;^asng
- 5nk_mndf efu lng]
- ;DalGwt syf slj tf ;^asng u/L atfpg].

ljlw

- syf-syg, 5nk_mn, ep0f, cjnf\$g, vf]h, clego .

;fdu] M

- syf, lrqsyf, sfuh, Un' a]ssf] lrq, 3/x_zsf] lrq, gdbgfx_z, 8f\$6/L jf lzlf0f h:tf k_zfdf kpf]u xg] ;fdu];DaGwL lrx_z, ;f]JolQ_m -;sdL{ bsdL{/ 8f\$6/ 0=, kf]6/ -k_zf hgfpfg]lrq, ljleGg 3/ tyf jftfj/0fsf]lrq, afnaflnsf]sf]sf lrq cflb .

pkzlif\$	l;sf0sf lf]	lq'ofsnfk	d]lofa ^a sng
-s_ d]f] l5d\$ -v_ ljleGg kpf/sf 3/ -u_ k _z f / -3_ d]f] 7fp\$] ljz]ftf / g\$;fa ^a sng	vf]h, ;Af0f, ;/;k _m f0, k _z g, ;xgzlntf, nrstf, ljZjf;, ;b _e fjgf, ljrf/ dGyg, ljZn]f0f, cg\$0f, ;d:of ;dfwfg . ;fdflhsLs/0f,bfloTj- af]v, ;xof]u, vf]h, g]l]j, l;hg]Tdstf .	▪ l5d\$df cfk_m hqf] ;fyl 5, 5g ;f]v]vf]h ug{ nufpg] / eP pglx_zsf] gfd, pd], / kl/jf/sf] ;b:o ;^avofsf] hfgsf/L lnP/ slffdf atfpg nufpg]. l5d\$sf ;fyl;f slxn\$lxn] v]l5f] s] s] v]l5f] pglx_z;f v]lg dg nfU5÷nfUbb] / lsg < h:tf k_zg ;f]vL 5nk_mn u/fpg]. ▪ l5d\$df ldNgkg] Pscfk;df ;xof]u h:t\$yf ;gfpfg]/ eGg nufpg] ▪ l5d\$lsf] eldsf clego u/fpg] ▪ ulTs] tfndf rNg / v]h v]lg nufpg] ▪ l5d\$_L ;xof]u h:tfll lrq b]v]f0{l5d\$af6 ;xof]u lng]/ pglx_znf0{ ;xof]u lbgaf]/ 5nk_mn ug{nufpg]	▪ l5d\$_L;f ;DaGw sfod /fv]g] / jftf]fk ug] tf]tl/sfsf] cjnf\$g ug] ▪ afnaflnsfdf eldsf jxg ug] lfdtf cjnf\$g ug] ▪ 5nk_mn u/fp\$ ts{ lbg] tl/sfsf] c]oog ug] ▪ uGtl 7ls u/] gu/\$f]xg]. ▪ lrqsf] cfwf/df k_zf / k_zfsf] cfwf/df ;fdu] 7ls atfP gatfPsf]xg]

pkzlif\$	l;sf0sf lř	lqofsnfk	dřofa\$g
	uġtl, 7hfj / ;fgf] kl/jf/, bġo ;fdul, ;fdflhs ;xofu, ;lxi0ftf, bflotjafv, kl/ro . cfsf/, gfk, JofVof :yfg- ;Daġw, ;a\$], lřq /a egI cEof;, s6f0, 6+f0, ;Djfb, ult, gfr-ufg agf, la?jf, hgfj/, prf0 . ▪ :yfg kl/ro ▪ dflytn, bfofFfofF:tf wf/0ff / klxrfg ▪ ;dbfosf j:tl:yltaf/]hfgsf/L	▪ ;dfg kġf/sf 3/xġ -tnf, cfsf/_ slt 5g\ / k\ /s 3/xġ slt 5g\ uġg / eġg nufpg]. ▪ 3/sf] sfd, sf]fsf] sfd, 3/df xġkgIcfwf/eġ s/fxġ -%ofn, 9fġf, rNxf] zf}fno_ af/] 5nk\in u/fpg] ▪ %ofn9fġf; lxt 3/sf] lřq agf0{ lřq kġzġ u/L 5nk\in u/fpg] ▪ j/k/sf 3/xġsf] c jnfġg u/fpg] ▪ ljleġg 7fpġf xġ] 3/df kġf/ / agfġaf/] 5nk\in u/fpg] ▪ 3/sf lřqxġ ;a\$ng u/f0{ sfklđf 6fF] sfuhsf 3/ agfP/ 3/ ;Daġw ;fgf] kl:tsf agfpg nufpg] Ansxġ jf 3/, 7fpġf]dfġh agfpg nufpg] ▪ lřqdf, j/k/ Ps} /a\$] p:t} ;f0h, p:t} 5fgf, plQs} tnf ePsf 3/xġ slt 5g\ uġg nuf0{thgf ug{nufpg] ▪ glhssf 3/ / cf^gf] 3/sf lřqdf klxnf] tNnf, bf] f] tNnf 56bfpg nufpg]. ▪ p:t}p:t} %ofn9fġf ePsf] sf]fsf] lřqdf cfsf/ ;f0h kQf nufpg lb0{ To;af/] 5nk\in ugI u/fpg] lřq sf0{ nufpg]. ▪ kġzfaf/] hfgsf/L u/fpg] kġfut lřq bġfP/ 5nk\in u/fpg] ▪ kġzdf ul/g] lq\ofsnfksf] clego u/fpg]	▪ kġf; Daġw clego 7ls u/] ÷gu/ġf]xġI ▪ cfsf/ kQf nufpg, ;f0h gfkġg u/ġf kġf; c jnfġg ugI. ▪ ljleġg kġzsf sfd atfPsf] gatfPsf] ;ġg] ▪ kġf / cfkth] bġfġf JolQ\ xġsf kġfalr ;Daġw /fVgf s; /L sf] ; ; u/ġf 5g\ xġI.

pkzlif\$	l;sf0sf lř	lqofsnfk	dNof ^a sg
		▪ cf^gf] kl/jf/ / kl/jf/sf ;b:osf]kžfaf/]eGg nufpg] ▪ kžfdf kpf]u xg] ;fdu]sf] lrgf/L / ;lhnf ;lhnf ;fdu]sf]lrg sf]nufpg] ▪ ;fylxžnf0{ cf^gf ufpF l5dšlxžsf] kžf; DaGWL hfgsf/L u/fpg nufpg] ▪ lrgsf] cfwf/df cf^gf j/k/sf dflg;xžsf] kžf klxNofpg nufpg] ▪ 8fS6/ jf lzlf0fh:tf ljleGg kžfsf] gŠsn ug{ nufpg] / c?n] u/šf gŠsn x]L kžf kQf nufpg]v]h v]hpg] ▪ cf^gf] 7fpF sxflg/ k5{ / To;sf ljz]ftf eGg nufpg] ▪ cf^gf] 7fpF pTkflbt j:t'; DaGWL cgej cfbfgkpf]g ug{nufpg] ▪ cf^gf 6fh÷ufpF] j/k/ s] s] 5g\kQf nufpg lbg] ▪ ljleGg kšf/sf hldgsf lrg b]f0{ 5nknn ug{ nufpg] cf^gf] 3/ j/k/ /xšf] 7fpF] hldg;F ltglxžsf] thgf u/L ;dfgtf / leGgtf klxNofpg nufpg] ▪ ufpF ePsf dVo dVo d7-dlGb/, rřf/f gbl, :shsf] 7fF / gfd eGg nufpg] ▪ Ans / sfuhxž kpf]u u/L ;fwf/Of žkn] 7fpF] wf/Off jgfp]g nufpg] ▪ ;fwf/Of gS;f lbP/ gS;f k9g l;sfpg]	▪ ljleGg :yfgxžaf/] atfPsf] s'f ;g] 7ls a]ls xg].

pkzlif\$	l;sf0sf l7q	lqofsnfk	dNofa\$g
		otfptf, bfofFf, dflytn h:tf wf/0ffsf] ljsf; u/L ol zAbx¿ af/Daf/ kpfu ug{ nufpg].	
		- lrq b]vf0{ v]af/L au}fh:tf zAbsf]cy{k 6ofpg] - j/k/ b]vg] af?j, kth, afnlgnl cjni\$g ug{ k[];fxg u/L cfkthebf 7hfaf6 ltglx¿af/]hfgsf/L ln0{cfpg nufpg] - cf^gf] 6fh, ufpF ;dbfon] dgfpg] l]z]f rf8kj{ /ltl/jfh, ;fdlxs sfo¿ kQf nufpg / ltglx¿af/] hfgsf/L /Ng nufpg] - lrq sf[] ;dbfodf v]ng] v]h v]g / ult ufpq nufpg] - cf^gf] 6fh÷ufpFf sg s/f sgsg 7fpFf 5g\lbzf atfpg / lrqaf6 k 6bfpg k[];flxt ugI ;dbfo;DaGwL ;fwf/Of k[h]\$6 sfo{u/fpg] ;dbfosf] dxTjaf/] 5nknn u/fpg] ;fdlxs sfo\$[] kmf0bfaf/]hfgsf/L u/fpg]	

zlif\$ # M rf8kj{
;do M \$ xKtf
;xoful eldsf

- rf8kj\$ simulation / To;; DaGWL kZg ugI tyf rf8kj\$ sxfFed0f ugI jftfj/0f agf0{lbq]
- ;fJolQmsf]Jo j:yf ugI
- cGt/lqmofof u/fpg]
- jfblijfb u/fpgsf nflu jftfj/0f tof/ ugI

ljlw M

- kfh\$6, ep0f, ;fjvfh, clego, kZgD/, vjh, kpz\$ 5nkmn -;dX 5nkmn / ;fyl ;fyalr 5nkmn_

;fduI M

- lrq kf]6/, rf8kj\$ kf pfu xg] rlhalhxZ, afnsyf kl:tsf, syfgs—lrq

pkzLif\$	l;sf0sf lfq	lqofsnfk	dNofa\$g
-s_ d]f] 3/df dgf0g] kj\$Z, -v_;ah] dg k/fpg]kj\$Z / -u_ rf8jif\$ ul/g] lqmofofnfxZ	jfblijfb, ljZn]f0f, ;s[tsf] cfb/, g]l[j, lg0f\$, ;dembf/L, ;dfgtf / leGgtf ufog, vjh, df;d kl/jt\$ — af\$la?jf, — df; k — /xg;xg, ;aVof, uGtL, cfsf/, gfk hfgsf/L	▪ rf8kj\$ DaGWL ljleGg lrq b]yf0{5nkmn u/fpg] ▪ rf8kj\$ DaGWL syf, sljtf, eGg, ult, vjhZ vlg]nufpg] ▪ ufpg tyf clego / lrq—;a\$ng, rf8 u/L kfh\$6; DaGWL ;~rfng ugI ▪ 3/df, l5d\$ldf ;fylxZ; Fsg rf8kj{ dgk5{ s] s] ul/G5 ;f\$af/] kQf nuf0{ slfddf atfpg nufpg]. ▪ rf8kj\$} ;do kf/L rf8kj\$ ul/g] lqmofofnksf gdgfxZ kltt u/L lqmofofnfxZ u/fpg]. rf8kj\$ kf pfu xg] vfg\$7f, sk8f, j:txZ b]yf0{ ;f\$]jul\$/0f ug{nufpg] ▪ Pp6}rf8kj{dgkgI ;fylxZsf] ;aVof atfpg nufpg] ▪ uGtL hf\$ ▪ rf8kj\$ ul/g] lqmofofnk qnd atfpg nufpg]	▪ u/\$f lqmofofnfxZ / Jojl:yt / qmlds Zkdf l/kf\$ ugI ;lksf] cjnf\$g ugI ▪ nf\$efvf, ;f\$[ts df\$otfnf0{ Jojxf/df ptf/\$f] gptf/\$f] cjnf\$g u/L /flvPsf] clen]v kf\$K]no\$af6 dNofa\$g ugI ▪ olQn;ut ts{5÷ 5\$ cjnf\$g ugI

zlif\$ \$ M ;do
;do M \$ xktf
;xorfl eldsf

- afnaflnsfxčnf0{;-;fgf Jof8df jlp /f]g nufpg]

ljlw M

- kfh\$6, vfhtnf;, ult, vjh, syf-syg cflb .

;fduł M

- lrq, kf]6/, jftfj/0f, jftfj/0fdf kf0g] ;fduł h:t} jlp, af]la?jf, 38L, Sofn]8/ / Ct'Irgfpg] rf6čž .

pkzlif\$	l;sf0sf lf]	lqıofsnfk	dNofa'bg
-s_ 38L -v_ Sofn]8/ -u_ Ct'	;do, ;młgtf, ;xeflutf, rfn / ;dčjo ▪ gfk, ;do, cfsf/, b/L ▪ ca's, ;a'vof učtl ▪ ;dfgtf, lečgtf, Ct' vfgf / vfgfsf ;f], ljlečg kpf/sf hljhčt' ▪ zIQm, kbfi{ ;bf0, afhf0, ;fwf/0f n]vf0, lrq k9f0, lrqsnf / /a'sf] kpf] / clego g]t]j, lg0fč / ;befjgf	;Tg] p7g] vfg] s]b] cfpg] s]b]pf6 k]sč] ljlečg lqıofsnfkxč ug] ;doaf/] 5nkın ug] ▪ 38L x]L ;do ečg l; sfpg] ▪ 5fkf clf/ ;a'vof lrčg]/ ečg] ▪ k']{n]yg ;lk ljsf; ug] ▪ lbg/ft, xktf, labfsf] lbg, cf'gf] / ;fylxčsf] hčd lbg / dlxgfaf/]5nkın u/fpg] ▪ ljz]f lbg klxNofpg / ;f]f] nflu tof/L ug{nufpg] ▪ ljlečg Ct'xčaf/] 1fg, hfgsf/L lbg] / Ct'bg';f/sf] vfgf, klx/g, / To; Ct'df p'ahg] af]la?jf, b]vg] sl/f / r/faf/]p] ;stf j9fpg] ▪ lrq, ult / syfáf/f k]t'tls/0f / 5nkın ug] ▪ Ct'bg';f/ af]x/ v]hg] v]hxč v]lg nufpg] ▪ ljlečg cfsf/ / cfsf/sf] klxrfg u/fpg]. ▪ Ct'bg';f/ b]vg] jg:klts/faf/]5nkın u/fpg]	;do, Ct' Sofn]8/; DaGWL] gof]ofFzAb kpf] u/f]gu/f]f] c]nf]sg ug] ▪ b]gs lqıofsnfk ubf{ gfk, ;do cfsf/, b/L / učt]sf wf/0ff ljsf;sf]cj:yfsf] clen]y /fvg] ▪ ;do, Ct' Sofn]8/; DaGWL wf/0ffsf]:ki6tf 5 5g xg] ▪ ult, vjh, syfdf cle?lr

zLif\$ % M jftfj/Of
;do M * xKtf
;xorjL eldsf

- vfjg]afgl a;fNg k];fxg
- cfjZos 7fpff ;xorjL lbg]
- 5fkf clf/xZdf afnaflnsf]pT; 'stf hufpg kpTg ug]
- lrg / clf/alr sf];DaGw klxNofpg nufpg]

IjIw M

- vfj, cjnfs]g, kZgpQ/ syf-syg, cEof; ug{nufpg]

;fduI M

- jftfj/Of / To;sf ;DalGwt ;fduIxZ / syfgs lrg

pkzLif\$	I;sf0sf Ifj	lqofsnfk	dllofa'sg
s_ kfgL, v_ af?la?jf, u_hgfj/ -r/fr?auL, sl/fk6bfauL, 3_v]lkftL a_j/k/sf] hldgsf]agf r_ kl/jtG	▪ al4sf] kpfjL, l;hgffds ljsf;, 5fkf clf/, lj1fg efiffsf] kpfjL, bflotj, lhddj]f/L lrg sfj{ zAb zAbfy{ jfSo agfj6 cflb gfk]g cjnfs]g cfPsf kl/jtGsf] s'f qmlds Zkn]j0fG ug].	kfgLsf] ;f / kpfjLaf/] 5nknn u/fpg] lrg sfj{ ult ufp]g / afn'jdf v]g nufpg] kfgLdf v]g nufP/ o;sf uOf / kpfjL;DaGwdf syfsf dfwodaf/f hfgsf/L u/fpg] jiff, gbl, wf/fkfgL, pDn]sf] vGofPsf]h:tf cfjfh]sf]cg's/Of u/fpg]. kfgL gfk]g vGofpg] pdfNg] 3fddf /fVg]/ kfgLn] lehfp]g] h:tf sfo{ u/f0{o;sf] kpf]a (Interference) kQf nufpg lbg] ▪ af?la?jf, af?la?jfsf efuxZ / ItglxZdf cfPsf kl/jtG lrg nufpg] cjnfs]g ug{ ▪ hgffj/xZ lrg] pgLxZsf ljleGg efuxZ klxNofpg / j0fG ug{lbg]. lrg lbP/ /a eg{ / zAb v]haf6 hgffj/xZsf] gfd ldnfpg nufpg]. ▪ syfgs lrg k9g nufpg]	▪ ;xefflutf, ;nugtf Jojl:yt kfgf0{c]jnfs]g ▪ cfjZoscg';f/ lqofsnfkdf lnPsf] g]Tj lg0fG / ;xorjLukgsf] cjnfs]g ug] ▪ 7ls;E cjnfs]g u/sf].

pkzLif\$	l;sf0sf lfq	lqrofsnfk	dNof ^a sG
		▪ v]lkftLsf] c]nf\$g ugI. Ct[;g';f/sf afnL x65 eGg] s/f k 6of0{ ol b0alrsf] ;DaGw j0f6 ugI ▪ ;-;fgf udnfdf af6la?jf /f]g nufpg] ▪ lrq, sljtf / cgejsf] cfwf/df 5nknn u/fpg]. ▪ Ct' / af6la?jfalrsf] ;DaGw, kZfaf/] 5nknn u/fpg] ▪ v]lkftLsf] lrq agfpg] sf]fh (Collage) agfpg, clego jf af6la?jfsf] gSsn u/L v]h v]g / ;fdul ;^asng k]h\$6 lgdf6f ug{nufpg}. ▪ j/k/sf] agf6 df6f] afn'f, hldg, 9^aufaf/]hfgsf/L lbg] ▪ k[jLsf] agf6af/] sNkgf u/L eGg nufpg]/ sNkgf cgZk gd9f -df6h_ lrq lgdf6f ug{ j/k/ ep0f ug{ / cGjj0f ug{nufpg}. ▪ Ct' kl/jt6n] jftfj/0f kl/jt6 x65 eGg]s/f lrsf] dfllodaf6 k 6 kfgI. lrq / syfsf] dfllodaf6 xfpfp u/f0{ kl/jt6sf] c;/af/] 5nknn u/fpg]. ▪ ljleGg sL/fk60f6f, hljh6t' / af6la?jfdf lsg / s;/L kl/jt6 cfp5 eGg] s/f] hf6g pT;s u/fpg] ▪ loglxZdf cfp] kl/jt6af/] cgdffg ug{ To; ;DaGwdf lrq sf6 ;DalGwt zAb kpf] u/L j0f6 ug{nufpg}	

- k[]; f xg agfpg] sfddf ; xofu ug[
- v[h v[]g nufpg]
- e[p0fdf nfg]

- v]h, u]t, 5nkn, c]nf}sg, vf]h

- ul t, syf, dʒh, khn, kf6/, /^a sf8{ Jns, l r q f t ds ; 'r g f .

[illegible]

zLif\$ & M xfd[]klxrfg
;do M % xKtf
;xor[] eldsf

- gS;f, Unf[] xg{k[];fxg ug[] ;dX sfo[]f ;xof[] ug[] ;[]JolQ[]sf[]
JoJ:yf u/L sIf lng nufpg[] e[]d[]sf[]JoJ:yf ug[].

Ijlw M

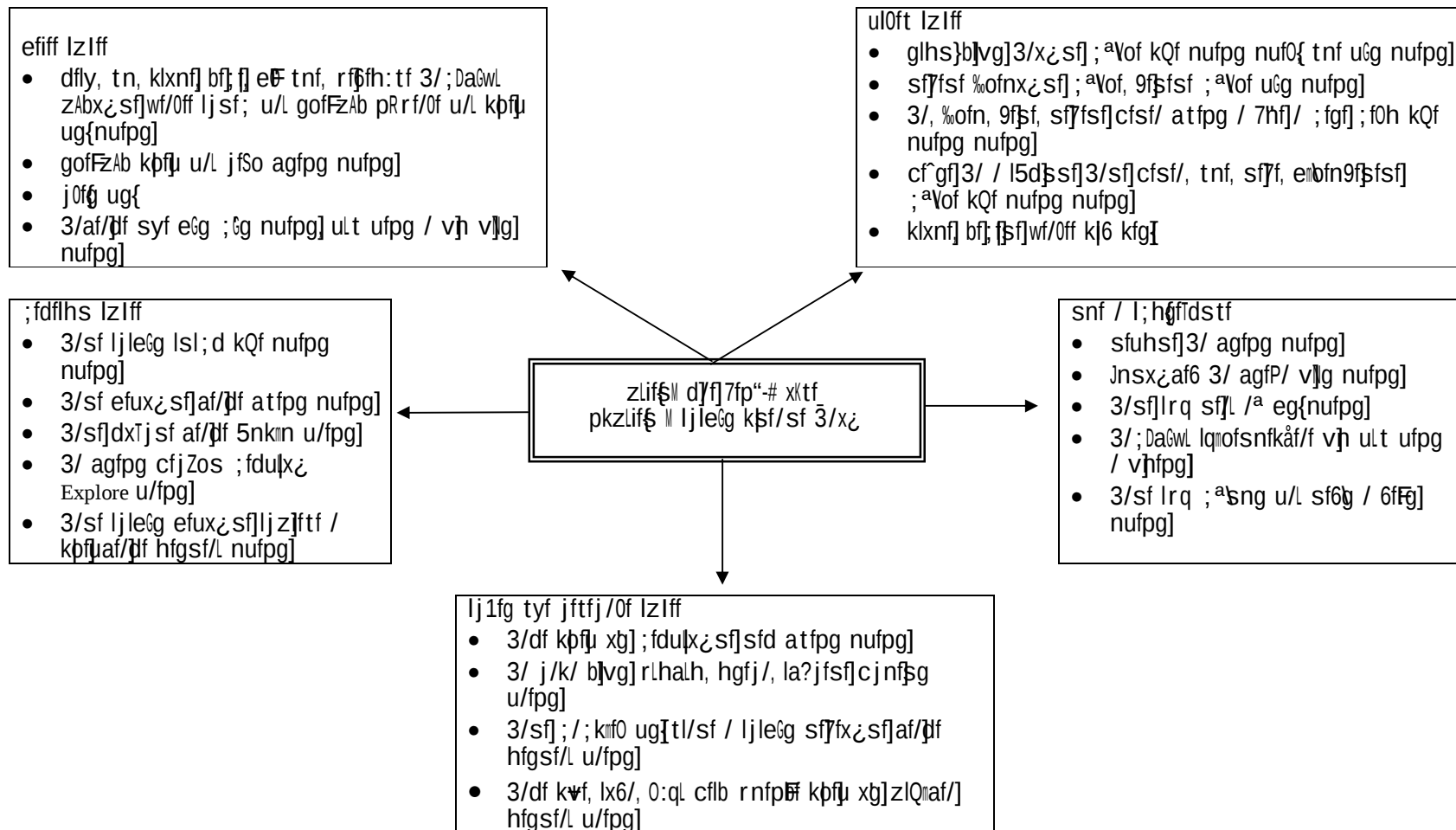
- v[]h, syf-syg, lrq, v[]h-tnf;, 5nk[]n, cjn[]f[]sg

;fdu[] M

- 6[]kn[] Template, IjleGg e[]feIf e[]Nsg[]lrq, gS;f / Unf[] cflb .

pkzLif\$	I;sf0 I[]g	lq[]ofsnfk	d[]Mofa[]sg
s_ xfd[] b[]z / b[]zsf lgzfgx[] v_ xfd[] ;s[t / e[]feIf, u_ xfd[] uf[]j, 3_ IjZjdf xfl	v[]h, cjn[]f[]sg, ;a[]sng, s6f0-6[]f0 ;d[]xdf sfo{	▪ xfd[] b[]zsf[] gS;f k[]p[]z[]g u/L gS;fsf[] cfsf/af[] hfgsf/L u/fpg] ▪ b[]zdf dgf0g[] rf8kj{e[]feIf, /fli6[] lrGxx[]sf[] klxrfg u/L ;a[]sng ug{ / :q[]mfk a[]s (Scrape book) agfpg nufpg] ▪ /fli6[] ufg ufpg nufpg] /fli6[] Ijelt P[]t[]xf[];s JolQ[]Tj, k[];4 / /fli6[] lrGx[]sf gfdaf[] atfpg] / lrqx[]; ;sng u/f0{ k[]h[]\$6 sfo{u/fpg] ▪ xfd[] b[]z kg[] d[]xfb[]zsf[] gfd atfpg nufpg] ▪ Unf[] xg{OR5[]s agfpg] ▪ jfn[]jf jf e[]d[]f IjleGg rlhx[]sf[];fwf/Of cfsf/ sfo{ nufpg]. ▪ jftfj/Of / e[]f[]h[]ns cj:yfsf af/[]f hfgsf/L lng nufpg] / 5kf c[]f/s[]klxrfg u/fpg]	▪ gS;f / lrGx[];[] kl/lrt eP gePsf[]xg[]I ▪ lrq / cfsf/ agfpg[] nueu ldNb[] cfsf/ agfpg s;/L u5[]g cjn[]f[]sg ug[] ▪ sfo{Flosf (Portfolio) []f/f pkn[]AWL (Progress) xg[]I ▪ Unf[] gS;fk[]t[]sf[] ?lr / Toxf[] b[]yfOPsf lrGxk[]t s:t[] lh1f;f b[]yfP cjn[]f[]sg ug[] ▪ gS;f / Unf[] k9[]g v[]h[]gv[]h[]sf[]xg[]I

pkzLif\$[n] ; d[6]sf l jifocGtu{ u/f0g]lq[0fsnfksf] rf6{



cg';tL ! df lbPsf lqnofsnfkaf6 kft xg]pknIAw tyf dNof^asg

ck]lft pknIAw

- c jnfsg, cGjjf0f ug{
- Jojl:yt ?kdf jul\$Of ug\$ f nflu tfls\$ lj rf/ ktt' ug{
- clegoåf/f Jojxf/ / bflotj jfw ug{
- lzi6frf/ / ;fdGols/Of ug{
- c?sf]s'/f ;Gg / cf^gf]s'/f ;gfpq
- uGtl ug{ cfsf/ kQf nufpg
- sNkgf ug{
- ;dXdf ldn] sfd ug{
- cfjZos ;'rgsf]vfhL ug{

dNof^asg ubf{tn lbOPsf s'fx? hfrGk5{

- :ki6 j0fG, j0fG ubf{l;nl;n]f/ / qmldstf
- zAbsf]z4 pRrf/Of
- ljleGg 3/alr ;dfgtf / c;dfgtf / jul\$Of ug\$sf sf/Of
- ;^avof / uGtl, -klxnf] bfj; f] ;DaGwL wf/Ofdf ljsf;
- 3/df kpfu xg] ;fdu|af/]hfgsf/L
- cfsf/sf]jul\$Of
- ;dXsfoG efu lng sf]; ;, g]t[j, lng vfh]sf] lgOfG lng cu];/tf
- vfh / ultdf rfv
- Jns, 9^auf / j/k/sf ;fdu|xGaf6 3/ lgdfG / Ans 9^aufnf0{3/ v]lg] cEof;
- lrq dfB]hdf 3/sf]cfs[t / cfs[t emNsfpg u/]sf]kpf;sf :t/
- /^aebf\$fu/]sf]:t/
- v]bf, ;dXdf sfd ubf{jf s'/fsfgL ubf{:t/ gofFzAbsf]7ls kpfu, k/fj[Q

cg';rl - #

blgs ;do tflnsf

afXo vñ	!% ld=
zf/ll/s vñ / ;fdflhsLs/Of	!% ld=
;dX sfo{	#) ld=
ofñgfa4 lqmofofnfk	!%-#) ld=
JolQmut vñ	!% ld=
;fdlxs ofñgfa4 vñ÷lqmofofnfk	@) ld=
:jf:Yo gñts ;GbZ÷cf/fd	!) ld=
vfñf / zfñfno	
;aùlt tyf clego	#) ld=
cf/fd	!) ld=
ofñgfj4 lqmofofnfk	!% - #) ld=
JolQmut :j tGq lqmofofnfk	@% ld=
;fdlxs ofñgfa4 lqmofofnfk	!) ld=
;faùlts cleJolQm	!) ld=
3/hfg] tof/Lsf nflu slffsf]f Joj:yfkg	!% ld=
3/hfg JolQmut tof/L	!) ld=

मुद्रक :

काभ्रे अफसेट प्रेस

सुविधानगर, तिनकुने, काठमाण्डौ

फोन : ४४८८०००