




lj kbdf afn ; #lf0f :yfglo ult lj lwx?sf]; #fnf]



lj kbdf afn ; AIf0f
: yfglo ult lj lwx?sf]; #fnf]



; sng tyf ; lkbfg
n"lgefMafn ; /f\$/\$/ ; dX
lkug rr{P8sf]; xofl|df

laifo ; lr

s=lj kb / afn ; #If0f	!
v=lj kbdf ug{; ls g]afn s Cblt lqnofs nfkx?	&
!=lrq sf{ / ^a\eg{	&
@afnafnsfnf0{cleJoSt ug{nfufpg}lsøfsnfk	*
#=d]f]af/]v}h	(
\$=d of]ug{; S5'.	!)
%=an kf; ug{v}h	!)
^=lsøfsnfk /x:odo lrq	!!
&= ; /; kn0 /}h	!@
*=c{f} 5{f} v]g}v}h	!#
(=zAb-l; 9L	!\$
!)=d]f]pN6f]	!\$
!!=cIf/leq zJb	!%
!@=zAb u0fg	!%
!#=lrq n}y}g	!^
!\$=df6f}sf]	!&
!%=kfylds pkrf/sf]cEof;	!&
!^=lsøfsnfksf]gfd MnIo lgwff{Of	@
!&= /df0nf]:d/Of ug]lrq	@!
cg! rL	@@

s=lj kb / afn ; #Ifof

k\$|t / ; dbfodf xg]; a}36\gx?n|lj kb lgDlofPgg\ kfs|ts tyf
dfgj lo b36\gx?sf sf/Of ; a}; dbfodf ; dfg ?kn|lj kbsf|cj:yf klg
; hgf xfg . k\$|k, h|vdtf / lj kb kms s/fx? xg\

k\$|k Ma9L, klx/f| e\$Dk, v8/L, r6of^a, cfw/L, cl; gf, cltj i6 cllb
h:tf k\$|taf6}; hgf e0{dfg; , h|j hG'tyf j ftj /Ofnf0{Ift k\$|fpg
; Sg|s/fx? kfs|ts k\$|k xg\ kfs|ts k\$|ksf cnfj f dfgj l; lh^t
lj kbx^z h:tMad lj :krf, /f; folgs b36gf ; 8s b36gf, o4, lx^zf,
cft^as, cfunfuLcflbn|klg xdf|hlj gdf gsf/flds c; / kfg|x^zf o:tf
lj kbaf6 ; wF; hu / xfl; of/ xg' kb5 .

k\$|kx? Df} dsf sf/Ofn, eue\$sf sf/Ofn, ; fdlhs /fhg|ts sf/Ofn,
klj lwdf cfPsf|ql6sf sf/Ofn, h|j s ; d:of tyf lj iffb|sf sf/Ofn|/
dfg; x?sf|nk/fx|sf sf/Ofn, ; hgf xg ; Sb5 . sltko cj:yfdf Ps}
sf/Of dfq klg k\$|k xg ; Sb5 eg|sltko cj:yfdf PseOf w|}sf/Of
Ps|k6s cfpq ; Sb5g\

lj kb Mks|ksf|sf/Ofaf6 dfg; , h|j hG'tyf j ftj f/Ofdf 7hf|Ift xg
u0{k\$|lj t ; dbfo c|k|To; cj:yfaf6 ; fdfCo cj:yfdf kms^g g; Sg'
g}lj kb xf. lj kbsf]; dodf tTsfn affx/L; dbfon|p4f/ tyf ; xof|
gu/|k\$|lj t ; dbfodf cem7hf|wghgsf|Ift xg ; S5 . . k\$|kaf6
pTkG lj kbaf6 ; dbfo g}; ^as6df k5{.

hflvd Meflms cj:ylt, cflys, ; fdlhs kl/j z tyf ; Argfx?sf] efts cj:yf sf/Of sg}klg ksf]ksf 36gfab6 dfgj lo tyf wghgsf] Ifft xg ; Sg]cj:yf g}hflvd xf]. af9Lklx/f] ešDk, cflw/L, 89hf] r6d^a cflbsf sf/Ofn]wghgsf]Ifft xg'egšf]kfs]ts lj kb xf]. vfhf] klx/fš]glhs 3/af/Lxg'egšf]af9Lklx/fš]hflvddf xg' xf]. To; h/L sdhf] ; Argf, sRrL/ km sf]5fgf]ePsf 3/x₂ xg'egšf]ešDk / cfunfulsf]hflvddf xg' xf].

; fdfōtof lj kbsf]hflvdtf a9g]cj:yfx? lgDg /xGg\ng, @)%_M

- PISnPsf]jf 6f9fsf]al:t, buđ cj:yf
- dfgl; x? AolQmjfbLePsf]/ ; fdlhs ; DaGwx? alnof]gePsf].
- ; fdlhs / ; fdks efj gf / dffōtf?sf]cōf; / lj sf; gePsf].
- ; fdlhs kflsf]lj :tf/ gePsf].
- Gōtd cfj Zostfsf ; Gēdf :jlge{ g/xšf].
- 3/w/L/ kl/jf/x? 5l/P/ /xšf].
- ; dbfosf ; b:ox?sf]cōq cfj fudg / ; DaGwx? sd /xšf].
- ; fdlhs zlQm/ clws/ ; fg] ; dš jf sXL AolQmf dfq /xšf].
- ; dbfoleq g}k/fk' h]vsf 4Gx? /xšf].
- hflvdkl]tsf]; r]tgf sd ePsf].
- hflvdsf efts tyf eflms >ftx? a9L/xšf].
- k' {tof/L/ ; Dflng]Ifdtf -dfgl; s, efts / ; fdlhs_ sdhf] /xšf].
- cflys{kl/rfng / ultlj lw sdhf] /xšf].

Gfknsf]lj kb hflvdsf]cj:yf

- gkfn lj Zj df lj kb hflvdsf]lx; fan]pRr hflvddf kg]bž xf] / hflvdsf]:t/df @) cf:;yfgdf 5 .
- EšDk lo hflvdn]!! cf:;yfgdf /xšf]5 .

- kfglh6 k\$flksf]hflvdn]#) cf:yfgdf /x\$fl5 .
- Hnj fo'kl/j t\$gsf]kefj sf]lx; fan]rfyf]:yfgdf /x\$fl5 .
- jiflf sDldf Ps xhf/ dflg; x; dg/ # nfv #% xhf/ dflg; x; ljeG k\$flaf6 keflj txg]ub\$g\ -o; dW]%) klzt afnalnsf xG5g\
 • ut @) &@j}zfv !@ut]cfPs]ešlk / To; kl5sf k/fslkx?df k/Lsl/j (xhf/ dflg; sf]Hbfg uof]. !& xhf/ hlt dflg; 3f0t]eP . sl/j % nfv 3/x? k0f?kdf W:t eP .
- lj kba6 kTo\$ jif{\$# s/f\$ blv @/# s/f\$ a/fa/sf]cfly\$ Iflt xG .
- Ps Ifq tyf lhNfa6 csf]Ifq tyf lhNfdf a; f0; /f0sf]qnd a9bf]5 h; n]ubf{a; f0Hfg}n]5f\$]lhNfdf >ldssf]cefj / kfl/jfl/s ljv08g xg]u/\$fl5 .

lj kbdf sfok0ffnL

lj kb Aa:yfkg / lj kbdf ; Dafvg ug]sfo{k\$0f ; fdf6 cj:yfdf e6f kms /xG . lj kbdf ; fdf6otof rf/ r/Ofdf sfok? xg]ub\$g\M

kj {tof/L tyf hflv d Golgs/Of M

; a}; dbfox?df k\$fl cfpq ; Sb5 ; dbfox?n]lj kbsf]; fdgf ug]kgl xg ; Sb5 . To; h]; dbfosf]Ifdtf lj sf; , hflvdtfsf]klxrfg, kj {tof/L tyf lj sf; lgdf0sf sfok?df lj kb Aa:yfkgnf0{dhkj}xLs/Of ug]sfo{ ul/gkb\$. lj kb Aa:yfkg sf nflu cfjZos ; Argf tyf ; 0Qx?sf] lgdf0f / kl/rfng ug]ul/G .

cfktsfnlg /fxtM

sg}klg k\$flaf6 dfgj lo tyf efts hgwg]Iflt ku\$fl ; dbfonf0{ tt\$fn /fxtsf]Aa:yfkg ug\$fl nflu cfktsfnlg /fxtsf sfok? ul/G . o; k\$0fdf ljifout Sn:6/x? lgdf0f u/L PsLs[/fxt lj t/Of ug] sfok?nf0{kefj sf/Lag0G . lzIf, cfj f; , ;jf.Yo, vfgkgl tyf ; /; kfl0,

kffof tyf vfb, ; Afof h:tf ; dx? lgdff u/L/xt tyf cktfsnlg arfj sf sfo? ; ~rning xG .

kgnfesf]cj :yf M

cktfnsnlg /xtaf6 kflj t ; dbfonf0{/xt kff e0; sk5Lhlgf] ; fdf0ls/0ftkknsg]cj:yfnf0{kgnfesf]cj:yf elgG . o; cj:yfdf dfg; x? cknf]kzfut hlg tkknsg] k\$fn]lftLkuf :yfg?sf] Aa:yfkg ug]nufotsf sfo? ugkb\$. kgnfesf]; dodf kflj tx?nf0 lgoldt lhjgz]ldf kmgf nflu cfjZos ; xfofx? kffg ul/G .

kg:yfkgf, kglgdff / lbuf]lj sf; sflr/of

kg:yfkg / kglgdffsf sfo? cdm/fdf]agfpg]/ l; uf]; dbfosf efts dfq ge0{clys, ; fdlhs lj sf; , ; dfj zL/ ; dfgtf; ktsf]kg:yfkgf / kglgdffsf sfo? ul/G . o; k\$ofdf cfjZos ; eGx?sf]lgdff ; fdlhs ; Argf / efts kjff/x?sf]lj]lgs lj sf; ul/G .

lj kbsf]; dodf ; xoflu ug]; Defo ; a3; #yf / JolStxG sg}kkg kfs]ts lj kbsf]ahdf /\$ qm, kx/LrfsL ; gf ; j:Yo rfsL c:ktfn, 8fs6/ ; g; { :j:Yo sdi clg lgoGqs, OlGhgo/, dgflj 1, 5/15d\$, eue]b ; dh; jL kqsf/, dfgj lo ; a3; #yfsf sfo\$ttG, cflb h:tf ; a3; #yf tyf JolStxGaf6 ; xoflu lng ; lsG .

lj kbdf cf0kg]; d:ofx?

lj kb Ps ljzi6 cj:yf xfl. o; cj:yfdf lgoldt sfo{; Dkfbg ul//x\$fsltko ; /sf/L tyf u}; /sf/Lgfsfo?, lghLkzf tyf Aazfo? / lgoldt /fhuf/LPj +cfocfhgsf ultljwx? gsf/flds 9un]kflj t ePsf xGg\ lj kbdf dnt kflj t ; dbfon]lgDg cj:yfx?sf]; fdg ugk/\$f]kffG M

- 3/af/ ljxg eP/ jf c; /lft dx; ; u/] lj:yfikt xgk/\$f]. c:yfoLPj #; fdxs a; ff; df a:gk/\$f].

- /fhsf ; jf kbfos lgsfox? / ; /If lgsfox? p2f/ /fxt Pj + ljb Aa:yfkgf c6 sfox?df A:t /x\$]/ c6 ; d:ofx?nf0{ gh/ c6fh ugk/\$f].
- dfg; x? cktstsf]dTo' 3f0t]tyf e]ts Iftsf sf/Of dgflzf l7s gePsf]cj:yf
- dfg; x?sf sfggL klxrf; ; DklQ Pj +c6 dxTj k0f{sfggL sfuhftx? ; fydf g/x\$] x/Psf]j f g:6 ePsf]. sltko 7hf ljbx?df ; /sf/L sfoffox?df /x\$] kdf0x? ; d; gi6 xg uPsf]kf0G5 .
- ahf/ tyf Aofkl/s ultj lw 7k ePsf sf/Of /fhuf/L b]gs dhh/LPj +pkelb ; fdfuk?sf]cejf .
- dfg; x? AolQmt ; Af0f / eljiosf]; lgZrt hxf\$ nflu Ps csf{ f gsf/flds kl:t:kw\$ 46 / dgdbfj .
- :jf:Yo ; kff0 Pj +dlxf / aflnsf?sf nflu ; /If :yf tyf kl/jzx?sf]cejf ; hgf e0{eosf]j ftj /Of .
- k/Dk/fut lj eh ; fdbfos Pj +efafns ; Argf, Pj +AolQmf zfl/vs tyf dfg; s cj:yfsf sf/Of lgZrt ; d; AolQmj f kl/jf/x? cktstfngL/fxt, kgnf / kg:yfkgfsf ; jfx?af6 al-rt xgkg].
cflb .

v=lj kbdf ug{; ls g]afn s lGbt lqrofs nfkxç

!=lrq sfgl/ /a eg{
ugl; lsg]M; a}pd/

lsøfsnfkx? M

- afnafnsnf0{; w}h; f]lrq sfgl/ /a\eg{sføf ddf ; xeful
agfpgxf] \
- ; ahf0{cfkm}vzLlrq sfg{nufpgxf] \
- lrq sfg{cf gf]dgnf0{; dk0{?kn]lrq sfg]sføf nufpg
cg/fv ugxf] \
- lrq sfl/; skl5 dg kkn agf0{cfkm]sf]sf]lrqdf uf}j ug{
eGxf] \
- cfkm]cfkm]f0{wk dfg{nufpgxf] \
- /fd]u/]fd]eof]e0}:ofaf; Lbg nufpgxf] \
- cf gf]OR5f cg; f/ /a\nufpbf cf gf kfr}0l0øx? cff, gfs,
sfg, dv cyj f lhaf]/ 5fnf (Eye/ Nose/ Ear/ Tongue/ Skin)
af6 cfkm]/a\e/}sf]sføf0{cgdlt lng eGxf] \ pbfx/0sf]
nflu, cffm]/a\e/}sf]/a\sf]u0f / ; }høf0{bZofçt ub}
Visualize_ cfg0 dx; ; ug]. gfsn]Tof]/a\usf]j:t}sf]ld7f]
jf:gnf0{dx; ; ug]. sfgn]Tb:tf /a\usf j:t}sf]; sf/flds
ax; nf0{; g}sf]cgelt lng nufpg]. lrq sfl]/ /a\el/; skl5
/f]flGrt xg]/ vZL; fy c?nf0{Tb; sf]JofVof ug]
• JofVofnf0{; lg; skl5 ; ah]kz}f ub]tfnLlk6g].

Wfg lbg kg{s/f Muf8f / snf]/^an]kft.\$f lraq, yk}y/Lsf / hyfeflj
/^a\kft]Psf lraqx? cyjf lraq k0?kdf gsf]/Psf / /^a\gnufloPsf
lraqx?nf0{56dfP/ /fv'g'k5{. tLafnafnfn]c6 ls0fsnfkdf byfpg]
k]t]ls0f adf]hd lj zif k/fdz.\$f]cfj Zostf kg{; Sb5 .

@=afnafnfnf0{cleJoSt ug{nfufpg]}ls0fsnfk
ug{; lsg]M; a}pd] -:t/ cg'; f/ rog ug]

o; afx\$ lgDg s/f nVg.]lraq sf]g]tyf /^a\eg{t]/snf]}j b0fy]k0f0{
dgf] fdf]hs ; xof]h ldNg ; S5 .

!_ cfkmf0{dfof ug]JolStx?sf]gfd

@_ cfkmf0{s]s]ubf{cfg6 cfp5

#_ cfkmf0{s]s]s/f; F 8/ nft5

\$_ s]ge0]bP xGof]h:tf]nft5

%_ s]e0]bP xGof]h:tf]nft5

^_ ca s]u? cyjf ug]k]P xGof]h:tf]nft5

&_ s; nf0{w0j fb lbpmh:tf]nft5

*_ d / d]f]kl/j f/ s; /L ; /Ift / v'zLxg ; S5f]h:tf]nft5

(_ es]Dkn]ubf{d]h]s]s]udfP

!)_ es]Dk kl5 d; F cfkmf0{w]f]s/fx? 5g'tLxg\

!!_ d b]MLeP eg]s]xG5

!@_ d v'zLeP eg]s]xG5

!#_ dnf0{8/ nftg]s/fx?

!\$_ dnf0{8/ nfu\$]f]ahf o:tf]ug]dg nft5

!%_ dnf0{v'zLnftg]s/fx?

!%_ dnf0{v'zLnfu\$]f]ahf o:tf]ug]dg nft5

!^_ cf^g]z/Lsf]lraq sf]g]tyf cfkmf0{ck7df/f]j f b'v'f]7fpdf

/ftf]/^a\nufpg]

!*_ d cfkmf0{s:tf]7f05'

!(_ cfh ltdf|dgf|fj gf s:tf]5 lrq sf]] b\y/fpm
 @_ ltdLlj zif JolSt xf)/ ltdf|nflu yk]]lj zif j:tx? xg ; S5g\
 ltdInf0{nfu\$|f]lj zif j:t' / JolSt dW]sg}Pssf]lrq sf|/bpm
 @!_ ltdf|kl/j f/sf]af/df n\y / ltdL kl/j f/; f}ug{dg k/fpg]
 s/fx?sf]af/df n\y .
 @@_ ltdInf0{dbbt ug{JolStsf]lrq sf] / /a^e/ .
 @#_ cf^f lrDng nufpg]/ cf^gf|nflu ; /lft :yfg, zft / cf^g
 cgelt xg]:yfgsf]sNkgf ug{nufpg]. To; kl5 cf^f vfh]
 To; sf]lrq sf]] j Ofg ug{nufpg].
 @\$_ ; ffr0 -Thoughts_ , cgelt -Feeling_ , / kl|ts|ofAction_ , af/]
 nVg nufpg]. cfkmf0{g/fd|f|nlf]; ffr0sf]lni6 agfpg].
 To; ahf xg]cgelt / ; ffr0 abNg s]u5{cyj f ugk5{nVg
 nufpg]/ 5nkm ug}.

#=d|f]af/]v\h

ug}; lsg]M; a)pd] -:t/ cg; f/ eG}s/f ; do kl/j tG ug}

p2\o M

afnafnsfsf]lj rf/ ; lk lj sf; u/fpg afnafnsfsf]cf^dlj Zj f; a9fpg
 afnafnsfsf]cf^gf]/fd|f|klInf0{klxrfg ug}.

ls|fsnfx? M

- ; a)afnafnsfnf0{cf^gf]af/df s\LeG]; do lbg].
- dgkg{s/f, cf^gf]:efj, afgL ; :sf/, ?lr hg; s}lj ifodf klg
 af]g lbg].
- kfg]; do -a9ldf % ldg\ egLhfgsf/Llbg].
- af]g rfxghf0{xft p7fpg nufpg]/ af]g ; do lbg]. -; ah]
 af]g]d|sf ; lgZrt ug}

- Ps hgfn]afn] l; Wfpgf; fy lzIfsn]Tb; sf]; f/fz ul/lbg]/
tfnLahfp]kz;f ug{.

dNf^asg ljlw M

; a}afnafnsfn]afn; skl5 lzIfsn]kZg ug{k5{/ 5nkm ug{k5{.

5nkmsf nflu ul/g]kZgx? M

- oxffcufl8 cP/ af]bf s; nf0{/df0nf]nflbf]<
- oxffDd cP/ af]bf s; nf0{c; lhnf]cyj f 8/ nflbf]<
- eGg ; lhnf]/x\$ ls ; Gg ; lhnf]/x\$ <
- c?n]eg\$]s/f ; Gf s]ug{kG]/x\$ <
- lstfaaf6 l; Sg ; lhnf]/xG ls s; h]elglbbf Tof]l; Sg ; lhnf]
xG <

\$=d of]ug{; S5'.

ug{; lsg]M& jif{dlgsf afnafnsf

p27o M

s\$fs\$Inf0(of]v]h v]hpf] pglx?sf]cfdan a9fpg ; lsG / lhDj]f/L
af]v u/fpg ; lsG .

ls\$fsnfx? M

- ; a}afnafnsfnf0{uf]f]3]/df /fVg]/ ; a} F ; fW]MtdInf0{
s:tf]5 < d t cfh Psbd v'zL5'. dh]cfh cfkn]w}]sfd
u/]. ltdlx? Hg w}]sfd u/] cfPsf]nf]x] ltdlx?n]cfh Psn}
cyj f cf]n]c?sf]; xof]u lagf s]s]sfd ug{; S5f}< 5nkm
ug{.

gf\$ MnfhdGg]/ af]g ws dfG]afnafnsfnf0{lzIfsn]; xof]u ug{

dh]cfkn]v]P . laxfg cfkn]p]7]. bft dfen]

- ; a}afnafnsfn]cfkn]u/\$f]sfdnf0{:of]f; L lbg] kz;f ug{.

%=an kf; ug{v}h
ug{; lsg]M; a}pd]

p270 M

Pscfk; df ; o}hg / ; ul7t agfp5 .

cfv / xftsf]; o}hg xG .

; r} agfp5 / dgf]-hg lbG .

lsøfsnkx? M

- ; a}afnafnsfnf0{ufhf]3/fdf /fvG].
- sg}; a}ultsf]wg ahfpg]/ ah}ubf{an Pskl5 csffkf; ub}hfg].
- hxflwg /lsG / an h; sf]xftdf k5{p; n}cf g]snf byfpg' kb\$.
- ult ufpg] g}fg] slj tf eG] hf\$ eG]h:tf snf byfpg'; S5g\
- k}osn]byfPsf]snfsf]k}f; f ub}tfnl ahfpg].

^=lsøfsnk /x:odo lrq

ug]; lsg]pd] M& jif}v !@ jif; Dd

p270 M

afnafnsfsf]; f}g]zlStnf0{a9fp5 .

cjnf\$g Pj d}j frg lfdtfnf0{a9fp5 .

lsøfsnkx? M

- afnafnsfnf0{kfF hgfsf]; d} agfpg].
- k}os ; d}xaf6 Ps hgfnf0{afnf0{ lzIfsn]klxn]b}v g}tof/ kf/\$f]cw/f]lrq lbG].
- x/\$; d}xnf0{tof]lrq s]xf]; f}g]/ 5nkm ug{inufpg].

- ; xLpQ/nf0{; ah]tfnLahfP/ kZf=f ug{.
- cw/f]lrqs] af/df ; a}lj bdfyLhf0{yxf e0{ s k15 ca afnafnsnf0{cw/f]lrq sf]nufpg}.
- Ps csf]agfPsf]lrq s]xf]; dxd 5nkm ug{nufpg}. lzIfsn]klg x/\$; dxf]5nkmdf efu lng}.

&=; /; knf0 /h
 ug{; lsg]pd} M!@ aif{e0f dlg

pZlo M

o; ksf/sf]vhn]afnafnsdf ckT]f Pj d\df0nf]tl/sfa6 :j.f:Yo tyf ; /; knf0 ; DaGwL r}gf lj sf; u/fp5 .

ls0fsnfx? M

- lj bdfyL?nf0{vNf 7fpdf nfgxf] \
- b0hgfnf0{xft hf\$] :6} gsf]u\$ agfpg]/ ; dxaf6 s; hf0{ cuf18 af]fpg]/ :6} g df:6/ t\$g}.
- af\$; ahgfnf0{nf0gdf pleP/ k5l18af6 sfwdf xft /fv} l8Af agfpgxf] \
- ult ufpf]nf0gdf lx8g nufpgxf] \
- :6} g u\$ glhs}kuk15 /ft]er0f byfpf]:6} gsf]gfd -sfk/, skfkn/ =_ eg] /h /\$gxf] \
- l6s6 hf\$; DalGwt :6} gsf]gfd cg' f/ z/L/sf]cux?sf] hfF ug{nufpgxf] \
- hfF ubf{; knf ePsfnf0{:6} gsf]u\$af6 l5/fpg]/ ; knf gePsf lj bdfyLhf0{afx/ k7fpg nufpgxf] \
- ; a\$]hfF ; lsPk15 sf]sf]afx/ eP < ; ahf0{Ps}7fpdf /Nxf] \
- tnsf kZgx?df 5nkm u/fpgxf] M

s_ of]v\hdf sf]sf]afix/ eP <
 v_ pgix? lsg afix/ eP <
 u_ sf]sf]afix/ xg k/g < lsg <
 3_ ; kñ ug{s}s]; fdfu, rfixG <
 a_ slxn]slxn]; kñ ug{k5<
 r_ ; kñ ubf{s}s]s/fdf Wfg k\ofpg' k5<

- o; /Lg}x/š lbg Pp6f Pp6f :6} g -sfg, skfn, gfs, bfE, g^a, xft, v66f== agfP/ ; /; kñ0sf]v\h v\hfgxf] \
- v\hkl5 ; Dalwt c^ausf] ; /; kñ0{s; /L lsg, slxn]ug[/ ; /; kñ0{ug[t/sf s]xf]eg] 5nkm u/fpgxf] \
- ešlkl5 JolStut ; /; kñ0df Wfg lbg' kg[; Gžx?nf0{klg hfgsf/Lu/fp\}5nkm u/fpgxf] \

*=cfv f 5fk] v\Ng]v\h
 ug{; lsg]pd] M; a}pd]

p24o M
 8/fpg]afnafnnsfsf]8/ sd xG .
 afnafnnsfsf]cfldjZjf; a9fpg .
 cfv sdhf] ePsf cyjf cfv gbVg].

lsøfsnfkx? M

- afnafnnsfnf0{Ps7fpff e}f u/fpg].
- pgix? dWaf6 Pshgfnf0{cuif8 afnf0{xnsf; f ?dfn afv\bg].
- cfv f 5fkkl5 c?nf0{j/l/ a:g nufpg].
- afnafnnsf dWaf6 Pshgfnf0{v\ffg nufpg]. ; flyx?n]cfj fh lbP/ lbzflgbž ug].
- of]v\h knf]knf]u/Lv\hfg].
- dNof^asgsf]nflu lgDg lj ifodf 5nkm ug].

cf7f 5f0f jf g5f0f afnafnsfn|s|s/dfd leGgtf kfP To; ; DaGwL
 5nkm ug{. dffg; sf|lhjgdf cf7fn|s:tf]; xofh ubf|/x\$ eGg|laifodf
 5nkm ug{. cf7fnf0{:jf:y /Vg s|s:tf|s/dfd Wfg lbg kb\$ eGg|
 laifodf 5nkm ug{.

(=zAb-l; DL

pd| ; dX M& aif{b|v !^ aif{

lqmfnsnk

- ; ahgf lj bdfyhf0{ufhf|3/dfd a:g nufpgxf] \
- cf-cf^gf|sfkLaf6 Pp6f kfgf lgsfNg nufpgxf] \
- pStkfgfsf|dfly gfd nVg nufpgxf] \
- kfgfsf|clGtd nfOgsf|lardf ltg clf/sf|sg}Pp6f zAb nVg
 nufpgxf] \ h:t}Mahf/ .
- Tof|kfgfnf0{bfofF; fyLsf|xftdf lbg nufpgxf] \ ; fyIn|ny\$|f|
 zAb k9g nufpgxf] \ Tof|zAbdf ePsf|sg}cIf/af6 aGg|Pp6f
 zAb PsnfOg 5f\$| To; sf|dfly nVg nufpgxf] \
- Tof|kfgf kuf| bfofF; fyLsf|xftdf lbg nufpgxf] \ klxfn ny\$|f|
 bj}zAb k9g nufpgxf] \ bf| f|zAbdf ePsf|cIf/af6 t| f|zAb
 ny eGxf] \ o; /LnVbf zAb bxf|/g xbf| klg eGxf] \
- o; /Lg}kfgf gel/P; Dd 3dfP/ nVg nufpgxf] \ kfgf el/Pkl5
 ; DalGwt ; flynf0{pSt kfgf nu| bp eGxf] \ hf\$Lhf\$LagfP/
 zAbx? Pscsf|f ; gfgp nufpgxf] \ sg}czbw / zAbf|cy{
 gaen|f ; DalGwt lj bdfyhf0{k|6 kfg|cj ; / lbgxf] \
- o; /Lg}cs|lbg ca^u|LzAbdf of|lsf0fsnk u/fpgxf] \ o; nf0{
 slff cg! f/sf]; dX agfP/ klg cEof; ug{nufpg ; SgxG5 .
 o; n|pglx?sf|zAb e08f/ a9fpF . zAb nVg c; xh eP lstfa
 af6 v|h| ny klg eGg ; SgxG5 .

!) = d/f]pN6f]
pd] ; d& M& b]v !^ aif{

- sIfcg! f/ hf\$Lf\$Idf a:g nufpgxf] \
- ; a}hgfnf0{cf-cf gf]sfkldf pN6f]cy{nfg]kffj 6f zAb n]g nufpgxf] \
- cf-cf gf hf\$Idf kfn]kfn]cfkm]ny\$]f]zAb ; gfgp nuf0{csf] ; fyInf0{To; sf]pN6f]zAb eGg nufpgxf] \
- o; /Lhf\$Idf Ps hgfn]zAb eg\$]ahf csf[hgfn]To; sf]pN6f] cy{eGg' kg]lgodnf0{ki6 ub}v]hfgxf] \
- hf\$Labn] klg v]g]cEof; u/fpgxf] \ sfkL; f6] pN6f]zAb n]v]bg]cEof; klg u/fpgxf] \ c^a\hLzAx?df v]hfgxf] \

!! = cIf/leq zJb
pd] ; d& M& b]v !^ aif{

- dflyNf]sIfsf lj bdfy]hf0{nuf/ 8jn nf0gsf 7hf cIf/x? s, v, u, ==1_ sf8{j f ; bf sfuhdf tof/ kfg]nufpgxf] \
- sIf ! b]v # ; Ddsf lj bdfy]hf0{s, v, u, = eGg nufpgxf] \ sf8df tof/ u/\$]f]; DalGwt cIf/ lbgxf] \
- cfkmf0{hg cIf/ k/\$]f]5, Tf]cIf/sf]cfs]tleq To; cIf/af6 ; ? xg]s]Dtdf % / a9Idf hlt ; lsG Toltj 6f zAx? lsfaf6 v]h] ny eGxf] \
- hf\$Lhf\$Idf cfkm]ny\$]f]zAb Ps csffhf0{; gfp eGxf] \ To; nf0{pglx?sf]JolStut kfondf /Vg nufpgxf] \ o; }u/L c^a\hLcIf/x? -A,B,C,.....Z_ df klg cEof; u/fpg ; lsG . ; fy}oxLsφfsnfk ev{ cIf/ lrg\$]f afnafnsfnf0{cIf/sf] cEof; u/fpg klg kφf] ug]; lsG .

!@=zAb uOfg

pd} ; dđ M& b}v !^ ai{

lj bbfyIhfO{sIff cg! f/sf]hf\$Lf\$Idf a; fpgxf] \ ; ahfO{cf-cf gf]
sfkIdf 'gfd' hgfpG]Pp6f-Pp6f zAb n}g nufpgxf] \ cf'gf]sfkL
; fyInfO{lbP/ cf'gf]sfkL; fyInfO{lng nufpgxf] \ ; fyIn]ny}\$f]zAbdf
ldNg]lj z}fOf yk} sfkL; f6g nufpgxf] \ o; /Lg}sfkL; f6} ldNg]
lj z}fOf zAb y}hfg nufpgxf] \ h:t}M

j }/

v}f]j }/

a9f]v}f]j }/

la/fdLa9f]v}f]j }/

bAnf]la/fdLa9f]v}f]j }/

sdhf} bAnf]la/fdLa9f]v}f]j }/

dg{nfu}\$f]sdhf} bAnf]la/fdLa9f]v}f]j }/

!#=lrq n}vg

l; hgf}ds ls}fnsnkaf} afnaflnsf]cGt/lglxt lfdtf k}k}ng xg
d2t ub} . afnaflnsf]lj le}g snf}ds cleJoStdfk} cf'gf]dgdf
nfu}\$f]s/fx?nfO{k}6 / k}tt ub}g\ l; hgf}ds ls}fnsnkaf} dgdf
ePs]efjgf, xif} k}df, 8/,qf; cleJoSt xG .

p27o M

o; kf7sf]cGdf ; xefulx? lgDg sfo{ug}; Ifd xGg\M

s=lj le}g cfsf/ / lrqx? sf}

v=:j t}q ?kn]/^sf]k}ofu ug}

lzIfOf ; fdfu}

k}G; n, dg/^u, ; fb} ; f]sfuh, O/h/, /^u}g k}G; n

lzIf0f kl|s0f M

s= afnafnnsfnf0(\$ b|v % hgfsf]; fgf]; fgf]; d\ agfpg]. cyj f
Ps Ps hgfnf0{566f 566}klg /Vg ; lsG .
v= ; fb sfuh / k|G; n lbg]clg :j tG ?kn]lrq sf|{nufpg].
u= afnafnnsfnf0{pglx?n]s]agfPsf]< / lsg agfPsf]klg ; fW].
3= d\sn/sf]k0f] u/Lcf^gf]OR5f cg; f/sf]/^nufpg eG].

!\$=df6f\$]sfd

o; ls0fsnkaf6 df6f]6 afnafnnsf]cG/lglxt lfdtf snf]ds ?kn]
k|tt ug{; xof] kb5 .

p27o M

o; kf7sf]; xefulx? lgDg sfo{ug{; lfd xg5g`M
s= ljleG cfsf/sf j :t' agfpg,
v= gofFcfs]t / j :t'sf]l; hgf ug{.

lzIf0f ; fdful

d5\$]df6f] lk7f] d\sf]8Nnf]

lzIf0f kl|sof

s= afnafnnsfnf0(\$ b|v % hgfsf]; fgf]; fgf]; d\ agfpg].
v= k|os ; d\fnf0{d5\$]df6f] lk7f] d\sf]8Nnf s]5 lbg].
u= :j tG?kdf cfsf/x? agfpg nufpg].
3= afnafnnsfnf0{pglx?n]s]agfPsf]/ lsg agfPsf]klg ; fW].
^= agfp]k]kg lauf]kms kms cfs]t agfpg klg ; S5g\cyj f
pglx?n]agfPsf]cfs]tx?nf0{ldnf/ ; hfp] klg ; lsG .

%=kfylds pkrf/sf]cEof;

sf]LJolSt b36gfsf]; dfrf/ aG rfx**g** . dflg; jf JolStn]; /Iift xgsf nflu ljleG ; /Iffsf pkfPx? ; r}sf kj \$ ckgfPsf]xG . ; fg] ; fg]ulNtn]klg ljleG lsl; dsf b36gfx? e0/x\$ f xGg\ o:tf b36gfa6 c^aue^a e0{hljge/ xg ; S5 eg]slt b36gdf dT' ; dT xg ; S5 . o:tf cj:yfx?df ; r}tf xg'sf ; fy}hl6n pkrf/ u/fpg kg] cj:yfdf klg lrlsT; snf0{ ; lhnf]pkrf/ u/fpg kg]cj:yfdf klg lrlsT; snf0 ; lhnf]agf0lbG . xdf]h:tf]Gg ; j:Yo kj f/f, clzIft, sdhf] cfly\$ cj:yf ePsf]dhsdf ; fdfG b36gfa6 klg hl6n cj:yf l; hg f e0{cGdf xft v66f g}sf6g' kg]ePsf cgsf]fpbf/Of 5g\ ; ?d}pkrf/ ug]; s]/fd]xg ; Sg]c**f**, sfg h:tf cux? klg kfylds pkrf/ / ; Nnfxsf]cejf df Hbft / >j Of zLst udfp'k/\$f]w}]36gfx? 5g\ To; h]; /Iffsf pkfox? ckgf**h** ckgf**h**]klg ePsf b36gfx?nf0{ hl6n xg glbg hg pkrf/ ul/G, To; hf0{kfylds pkrf/ elgG . o; ; Dj GwLcgejx? lj bofy]hf0{lb0{pgx?sf]Jojxf/df kl/j tG Nofpgkb\$. o; ; DaGwL1fg / ; lknf0{kof]f]ds ?kdf u/f0{:j:f:Yo ; Dj Gwhlj g]kof]L ; lksf]?kdf lzIfOf ug]{of]kf7sf]p27o /x\$ f]lzIfsn]lj ; g' x**g** .

cfjZos ; fdfuL Mkylds pkrf/df kof]h xg ; Sg]:yfglo ; fdfuLx?, ahf/df kfOg]kylds pkrf/df pkof]h xg]; fdfuLh:t}Mskf; , JofG]h, sFL l86fh cfb .

lsøfsnfx? M

- kfylds pkrf/sf]cy{/ k[7eldsf af/]lf 5nkm rnfpg].
 - kfylds pkrf/df PaL; Llgod (ABC Rule) af/]kfylds pkrf/ ubf{vf; u/Ls; /Lla/fdlnf0{/fd]}; **f** ; jf kYofpg]/ dT'bsf] dvaf6 arfpg]eG]lj rf/ kYofpgkb\$. To; sf nflu PaL; Llgod (ABC Rule) cToG dxTj kOf{5 . PaL; Llgodx? tn pNhy u/]cg; f/ ug]M
- ▶ A: Air way clean: o; sf]cy{Zj f; kZj f; glnnf0{vnhf ug]{xf].

- ▶ B: Breathing check: o; s]cy{la/fdln]; f; k]s]5 jf 5g xg]xf].
- ▶ C: Circulation check: o; s]cy{la/fdlsf]; St ; ~rf/ e0/xsf] 5 jf 5g xg]xf].
- d]ysf ltgc]f dVo klf?df Wfg lb]k]ylds pkrf/ kh]g ug].
- lj b]fy]k?nf0{; fw/Of 3fp r]s]pkrf/ ubf{3fp ; k]n ug] /St; fj /Sg]/ s]l6P/ cnu ePsf efunf0{hf]gkg]s/fnf0{ JofVof u/Laen]lbg]xf] \ To; kl5 /St; k /Sg k] / k]f0G df lyRg]/ Jof]h, skf; / ; fg]n7]l]s]dbtn]6]g]s]f06 s; /L k]f]n ug]egLk]g u/Lb]fp]g]xf] \ 6]g]s]f06 lt3] / kv]/f bj]f k]f]n u/] b]fp]g]xf] \
- lj leG 36gf cg'; f/sf d]dn]df k]ylds pkrf/ ug]; DaGwdf lj b]fy]l]f6 k]f] tyf tns]a]f]df cfw]/t e0{5nkm tyf c]of; / clego ug]nufpg].

k]g]df 8]s]f]la/fd]nf0{k]ylds pkrf/ ug]tl/sf

- ; j k]yd k]g]df 8]s]f]3f0t]h]f0{t]fnd k]f] k]8]lj fh jf n]df] 8]f]L sf7 jf /a/s]f]6]as]f]; f]xotfn]af]x/ l]gs]f]g].
- 3f0t]s]f]g]fs, d]vdf s]Lj f]Xo j:t'eP x6f]lbg]
- 3f0t]a]f]f] df eP s]q]d Z]f; k]Z]f; ug]
- 3f0t]h]f0{3f0t]f]k]f/L; t]f/ k]f]df c]n]c]n lyrLj f]f]f u/f0{k]g]L af]x/ l]gs]f]g]
- hlt ; S]f]r]f]f]3f0t]s]f]c]j:yf x]L:j:f.Yo ; ;y]df n]h]fg].

cfuf]nuf]Pt lahhL 3fd, t]f]f]f]g]L, t]h]j c]l]s]f]k]ylds pkrf/ ug]tl/sf

- 3f0t]s]f]z]l// n]uf]df cfuf]nuf]df s]Dan jf a]S]n]f]sk8]f]5]f]g]
- k]f]h]s]f]7]fp]f]f k]f]s]f gp7]s]f]eP !) l]dg] hlt lr; f]k]g]df 8]af]pg]j f j/k]m]ofun]lr:of]pg]k]5{
- k]f]s]f]p]7]f]f g]k]f]f]pg]
- k]f]h]s]f]3]fp ; /I]ft /V]g ; k]f]sk8]f]5]f]g]
- 3f0t]h]f0{k]z:t e]f]h kb]fy{v]f]g l]bg]k]5{
- l56]f]e]b]f l56]f]3f0t]s]f]c]j:yf x]L:j:f.Yo ; ;y]df n]h]fg].

s/06, uflg, sf] fh:tf lj iffn'; kñ]8:bfsf]kfylds pkrf/

- 3f0t]hf0{cf/fd u/fpg]
- lj if knng gbg 8; \$f]7fpE0f s]ldfly 6lg\$0sf]k0fñ ug]
- 8; \$f]7fpE0f ; fag j f k0f; kfgIn]; kñ ug].
- ; kñ]8; \$f]7fpEj l/kl/ lr; f]agf0/fvg]
- 8; \$f]7fpE0f lgdñIs/0f ul/Psf]wfth]rSs'j f An\$ñ]! ; ðL- hlt lr/L/ut aÿg lbg]
- xf] df 3f0t]eP kç:t kfgL Vj fpgk5{
- hlt; Sbf]l56f]:j f:Yo ; ðyfdf nñfg].

!^=ls0fsnfsf]gfd MhIo lgwf{0f

; fduL MvfnLk0f, /a^ l; ; fsnd

p27o Mafnafnsfnf0{nIodf klg rflxg]; xofñL; ðfn kQf nufpg'.

pd] ; dX M!) aif{dfly

lgbçgx? M

; a}afnafnsfnf0{Pp6f Pp6f ; fbf k0f lbg]. pglx?nf0{k0f nsf]; fy}
 ; Dej eP; Dd sn/ klg lbg]. lbOPsf]k0fgdlg bñlt/ cknng]clxn\$]
 cj:yfsf]lrq agfpg nufpg]; fgf]cfsf/sf] . k0fsf]dflylt/ cknñ
 kl5 a0g rfx\$]cj:yfsf]lrq agfpg nufpg]lj:t{?kdf . cyj f
 pglx?; ð ; f]ltdlx? eljiodf s]a0g rfx0f}< To; sf]pQ/ lrq
 agfP/ lbg kl/t ug]. pglx?n]cf-cknng]eljiosf]nIo cg' f/ lrq
 agf0; s]kl5 tnsf]lrq / dflysf]lrqnf0{l; 0L agfP/ hf8g nufpg].
 clg l; 0sf]kTo\$ v8lsnf]f pglx?nf0{s; s; n]s:tf]; xofñ u/df
 cK/]f]cj:yfa6 ; lhnf]kncl3 a8g ; ls0 < eg] ; xofñLJolSt tyf
 ; ðyf?sf]gfd nÿg ; 3fpg]. w})e0f w}); xofñL; ðyf tyf JolStx?
 vñg kl/t ug]. ha ; a}afnafnsfn]cknng]lrq agf0; S5g\pglx?nf0{
 Ps Ps u/] cuf]8 N0fP/ pglx?sf]nIo tyf ; xofñL; ~hnsf]af/df
 atfpg nufpg]. ; añ]atf0; s]kl5 pglx? alr 5nkm rnfg].

5nkmsf]nflu kZgx? M

- of]lsøfsnfk ubf{/df0nf]nflbf]<
- of]lrq agfpbf s:t]cgej eof<
- of]lrq agfp]sfoáf6 tkf0nf0{s]krf0bf eof<
- tkf0sf ; fyl; F tkf0sf]nIo ldN5 ls ldNbğ <

pglx?; F 5nkm rnf0; s;kl5 ; xhstf]o; cEof; n]pglx?nf0{nIo
kft ug]; 3fpgx? w}xG5g\eg]af/df yk hfgsf/Llbg].

!&=/df0nf]: d/Of ug]lrq

; fdfuL M; fbf kGf, l; ; fsnd

p2Z0 Mdgf]~g u/fpF}:d/Of lj sf; u/fpg'

pd] ; dX M* jif{dfly

lgbZgx? M

- afnaflnsfnf0{Pp6f Pp6f 7hf]; fbf kGf lbg].
- pglx?nf0{sg sfd ubf{w}/df0nf]nfl5 Tof]lrq ptfg{; xofu
ug].
- ; ah]lrqdf ptf/L; s;kl5 pglx?nf0{cf-cfkmf0{/df0nf]nflg]
sfoşf af/df cufl8 cfp/ k;tt ug]xf]ofpg].
- ; ah]k;tt u/kl5 ; DalGwt lrqs]af/df 5nkm rnfpg].

5nkmsf nflu kZgx? M

- lrq agfpbf tkf0{ F ; fyIn]sXL; xofu dflgeof<
- of]lrq agfpbf s:t]dx; ; eof<
- o; n]dgdf / z/Ldf s:t]k]t]søf lbof<
- tkf0h]lrq agfpbf s]s]køfu ug]of<
- afnaflnsf; F 5nkm rnf0; s;kl5 pglx?nf0{o; sf]dxTj j f/
atf0lbg]. xfdlnf0{s]s]ubf{/df0nf]nflbf/x\$ eg]af/]5nkm
ug].

cg' rL

lqmfnsnf kltjhg kfi/d

lj Bfno j f afn Snasf]gfdM=====

lqmfnsnf ePsf]ldlt M=====:yfgM=====

; xhstf]j f lzIfssf]gfdM=====

; xefuSsf]pd/ ; dX M=====

; xefuSsf]ln^auM=====afns=====afnsf=====hDdf=====

; xefuSsf]hft hftLM=====afDxOf, =====IfqL=====hghftL=====blnt=====

lqmfnsnf]sf]gfd M=====

!=s]lgb]zsfdf lqmfnsnf cGtu{ pN}y ePsf ; a}lqmfnfkx?
U/of]< gul/Psf]eP sg sg lqmfnsnf ug{; lSPg s]sf/Ofn]<

@- lqmfnsnfkdf afnafnsfn]AoQmu/ \$f wf/Ofx? < lrqx? eP
ltgsf]; HfK lj j /Of <

#= lqmfnsnksf]; Gbedf afnaflnsfndx; ' u/\$f ; sf/flks s'/fx?
\$= lqmfnsnksf sf/Of afnaflnsfnd{k/\$f ckx}/fx?
%= sg}pNy ugkg{36gf cWog eP pNy ugkf] <
cG hfgsf/Lu/fpgkg]s'/fx?

s[kof ; Dej eP; Dl lqmfnsnk e0/x\$]/ afnaflnsf ; xefuLePsf]:ki6
b]vg]@j6f knff] ; nlg ul/lbgxf] .





न"lgeM afn ; /f\$ / ; d\$
(Loo Niva Child Concern Group)

nlntk/ dxfgu/kfnsf-@% gkfn
kfla-g-M* (&% 0lk=, l- @!& sf7df08f)-
krfj M± (&&-)!-%@)%\$÷%!(!\$@
kms; M± (&&-)!-%@(!#@
Odh Mnf@loonivachild.org.np
www.loonivachild.org.np

