**dof{lbt sfd / dof{lbt lhjgsfnflu**

**;xof]uL k'l:tsf**

**ljifo ;"lr**

!= kl/ro =========================================================================

@= cgf}krfl/s >lds==============================================================

#= ;fdflhs ;'/Iff =====================================================================

$= ;fdfGo hfgsf/L ===============================================================

$= ;/sf/n] lbg] ;]jf / ;'/Iffx?=================================================

^= :jf:Yo ;]jf ===========================================================================

&= ;fj{hlgs ;]jf ======================================================================

\*= lzIff ======================================================================================

(= cGo ;xfotf, ;'ljwf / ;]jf ==========================================================

!)= Jofj;flos tyf ;Lk ljsf; tflnd ================================================

!!= ============== ;xof]usf] :yfkgf / ;xsf/L =============================================

!@= 3/]n' vftf / hLjgsf] of]hgf ============================================================

***kl/ro***

hfkfg cGt/f{li6«o >d ;+u7g -JILAF\_, :jtGq / nf]stflGqs >d cfGbf]ngsf] ljsf;df of]ubfg ug]{ p2]Zon] >dsf] If]qdf cGt/f{li6«o cEof; cfbfg k|bfg / ;xof]unfO{ cuf8L a9fpg / ljsf;zLn /fi6«x?df ;fdflhs / cfly{s ljsf;sf] nflu Pp6f ;+u7gsf] ?kdf ;g\ !(\*( df hfkfgL 6]«8 o"lgog dxf;+3 -RENGO\_ åf/f :yflkt ul/Psf] lyof] . lhnfkmsf] d'Vo sfo{qmdx?, h;af6 ljsf;zLn /fi6«x?sf h'lgo/ 6]«8 o"lgogsf g]tfx?nfO{ hfkfgdf cfdGqLt ub{5 . ;fy} sfd ug]{ jftfj/0f / hLjLsfdf ;'wf/ Nofpgsf nflu cf}krfl/s÷cgf}krfl/s If]qsf >ldsx?nfO{ ;xof]u ug{ cfjZostf cg';f/ :yfgLo ;]ldgf/x? / If]qLo kl/of]hgfx? ;+rfng ub{5 . ;g\ @)!! b]lv cGt/f{li6«o /f]huf/bftf / dhb'/x?sf] ;+hfnåf/f g]kfn, yfONof08 / j+unfb]zdf Supporting Grass Roots sfo{qmdx? ;+rfng ub}{ cfO/x]sf] 5 . of] kl/of]hgfn] hLjg ;dy{g ;]ldgf/, l;kd'ns Joj;foLs tflnd / ;xsf/L dfkm{t ;fdflhs ;'/Iff;Dd l;ldt kx"Fr ePsf cgf}krfl/s If]qsf dhb'/x?sf] hLjg:t/ psf:g / cfk;L ;xof]u ug{ g]6js{sf] :yfkgf u/]sf] 5 .

 of] ;xof]uL k'l:tsf hfkfg cGt/f{li6«o >d ;+u7g, cGt/fli6«o >d ;+u7g / g]kfn 6]«8 o"lgog sfFu|];åf/f k|sflzt ul/Psf] xf] . g]kfn 6]«8 o"lgog sfFu|]; ;Dk"0f{ dhb'/x?sf] hLjg:t/ psf:g], pgLx?sf] clwsf/nfO{ ;'/lIft ug]{ sfd ub{5 . of] kl/of]hgf dfkm{t -SGRA\_ g]kfn 6]«8 o"lgog sfFu|];n] ;/sf/ / cGo lgsfoaf6 ;j{ ;fwf/0f tyf cgf}krfl/s If]qsf dhb'/nfO{ ljleGg lsl;dsf ;]jf tyf ;'ljwfx? ;fdflhs ;'/Iff, lzIff, vfg]kfgL, :jf:Yo ;'ljwf cflbsf af/]df hfgsf/L k|bfg ub{5 .

 of] k'l:tsfsf] dfWodaf6 cgf}krfl/s If]qsf dhb'/x?sf] hLjg:t/ psf:g] sfo{df ;xof]u k'Ug] JILAF, ILO / NTUC n] ljZjf; lnPsf] 5 .

wGojfb .

JILAF/ILO/NTUC

***cgf}krfl/s If]q***

 ***kl/efiff***

 !) hgf eGbf sd >ldsx? ;+nUg /x]sf Go"g k"FhL, Go"g k|ljlwsf] k|of]u ePsf] ;/sf/L lgsfodf btf{ k|fo M gePsf cbIf jf cw{ bIf hgzlQmsf] a9L k|of]u ePsf], sfo{ ;dosf] clglZrttf, df}lvs s/f/ jf ;Demf}tfsf cwf/df JolQmut, kfl/jf/Ls jf :j/f]huf/ ?kdf ul/g] k]zf, pBf]u jf Joj;fonfO{ cgf}krfl/s If]q elgG5 . t/ xfn lgdf{0f pBf]u / ;]jf If]qdf lghL / c;+ul7t tj/n] ;fd'lxs jf JolQmut s/f/, 7]Ssf, lk;/]6sf] cfwf/df >dzlQmsf] k|of]u ul/g] 7"nf] cfly{s sf/f]jf/sf] If]qnfO{ ;d]t cgf}krfl/s If]q dflgG5 . ;fy} g]kfnsf] ;Gbe{df ljBdfg >d sfg"gn] ;+/If0f / ;'ljwf k|Tofe"lt gu/]sf] >d If]qnfO{ cgf}krfl/s If]q dflgPsf] 5 . xfn g]kfnsf] s'n hg;+Vof dWo] sl/j ! s/f]8 @) nfv JolQmx? >d If]qdf ;+nUg /x]sf] cg'dfg 5 . d'n'ssf] s"n >dzlQmsf] (% k|ltzt >d zlQm cgf}krfl/s cy{tGqdf sfo{/t /x]sf] 5 eg] sl/a % k|ltzt ;+ul7t cy{tGqsf] bfo/f leq sfo{/t /x]sf] cg'dfg 5 . c;+ul7t cy{tGq cGtu{t s[lif If]qdf sl/a $) nfv b]lv ^) nfv >ldsx? ;+nUg /x]sf] / sl/a !% nfv >ldsx? lgdf{0f If]qdf sfo{/t /x]sf] cg'dfg ul/Psf] 5 eg] ;]jf, pBf]u, oftfoft nufotsf cGo If]qx?df sl/j @) nfv b]lv #) nfv >ldsx? ;+nUg /x]sf] cg'dfg 5 . s"n hg;+Vofsf] sl/a \*) k|ltzt hgtf s[lif k]zfdf cfl>t 5g\ / #) k|ltzt hg;+Vof lg/k]If ul/jLsf] /]vfd'gL cj:yfdf afFRg afWo /x]sf] jt{dfg cj:yfdf clwsf+z hgtfsf] lgjf{xsf] cfwf/g} cgf}krfl/s cy{tGq /x]sf] 5 . :j/f]huf/ l;h{gf ug]{ d'Vo If]q s[lif g} /x]sf] 5 / o; sfo{df ;+nUg clwsf+z JolQmx? :j/f]huf/ >ldssf ?kdf /x]sf 5g\ . o;/L pNn]lvt >d zlQmnfO{ ljZn]if0f ug]{ xf] eg] d'n'ssf] l;+uf] >d zlQm g} cgf}krfl/s cy{tGqsf] bfo/f leq cfl>t / sfo{/t /x]sf] b]lvG5 .

 >d zlQmsf] k|jfx, zx/Ls/0f / ljz]if u/L pTkfbg If]q cflbsf] cgf}krfl/lss/0fn] ubf{ ljz]if u/L g]kfnsf] ;x/L If]q nufotsf If]qx?df cgf}krfl/s cy{tGqsf] If]q Hofb} 7'nf] ePsf] 5 . o;n] :yflgo Pj+ /fli6«o cy{tGqdf dxTjk"0f{ k|efj kf/]sf] 5 . o; If]qsf] Go"g cfo ePklg ;fd'lxs?kdf lgs} 7'nf], d"Nojfg Pj+ /f]huf/Lsf] If]qdf o;n] dxTjk"0f{ of]ubfg u/]sf] 5 .

***cgf}krfl/s If]qsf ljBdfg ;d:ofx?***

lzIffsf] cefj, Go"g r]tgfsf] :t/, Go"g ;fdflhs tyf cfly{s cj:yf, l;k / 1fgsf] cefj tyf hLljsf]kfh{gsf nflu cGo ljsNksf] cefjsf sf/0f d'n'ssf] 7"nf] >d ZflQm cgf}krfl/s If]qdf sfd ug{ afWo 5 . of] If]qdf ;+nUg >ldsx? cfˆgf] d]xgt, kl/>d, OR5f / rfxgf ljkl/t sd d"Nodf >d a]Rg afWo 5g\ . >d cg'?ksf] plrt kfl/>lds / Hofnfb/ lgwf{l/t x'g g;Sg' >d zf]if0fsf] HjnGt pbfx/0f xf] . t;y{ ;/sf/, /f]huf/bftf tyf ;Daå If]qdf lqmoflzn 6]«8 o"lgogx?n] pgLx?sf] ;]jf ;t{ / ;'ljwf tyf plrt Hofnf / ;fdflhs ;'/Iffsf lglDt kxn ug'{ clgjfo{ b]lvG5 . o;sf cltl/Qm >ldsx?n] ef]Ug' k/]sf ;d:ofx? lgDg a'Fbfdf pNn]v ug{ ;lsG5 .

* df}lvs ;Demf}tf dfq
* /fhuf/Ldf clgoldttf
* Hofnfb/df clglZrttf, Go"g cfo
* sfg"gL ;+/If0fsf] k|fjwfgsf] cefj
* cgf}krfl/s If]qsf >ldsx?sf] uf=lj=;= lh=lj=;= gu/kfnLsf nufotsf If]qdf clen]v gx'g' .
* cgf}krfl/s If]qsf] pTkfbgsf] nflu lglZrt ahf/sf] cefj
* c;+ul7t If]q
* bIf >d zlQmsf] cefj
* afn >dsf] k|of]u
* c:yfoL k|s[ltsf] sfd
* clzIff
* >lds klxrfgdf sl7gfO{

***cgf}krfl/s cy{tGq / 6]«8 o"lgogsf r'gf}lt***

jt{dfg cj:yfdf 6]«8 o"lgogx?sf ;fd' cgf}krfl/s If]q Ps ulDe/ r'gf}ltsf ?kdf /x]sf] 5 . o;}n] 6]«8 o'lgogx?n] cfˆgf] ;f+u7lgs ultljlwnfO{ ;+ul7t If]qsf cltl/Qm c;+ul7t Pj+ cgf}krfl/s If]q tkm{ s]lGb|t ub}{ pgLx?sf] Go"gtd zt{, ;'ljwf, ;+ul7t x'g] cj;/ / 6«]8 o'lgogsf clwsf/sf af/]df ;r]t u/fpFb} 6]«8 o'lgog lzIffdf hf]8 lbg' h?/L 5 . >ldssf clwsf/x? / ;d:ofsf af/]df ;+ul7t cfjfh / k|of; ;DalGwt lgsfodf k|:t't gu/];Dd ltgLx?sf af/]df ;f]Rg] / ;'g'jfO ug]{ jftfj/0f aGg ;Sb}g, t;y{ 6]«8 o'lgogx?n] lgo'lQmkq, Go'gtd j]tg, sfo{ ;dosf cltl/Qm @! cf}+ ztfAbLsf d'2f dof{lbt /f]huf/L, plrt Hofnf, ;+u7g :jtGqtf, n}lËs ;dfgtf, Joj;fo hGo :jf:Yo / ;'/Iff / ;fdflhs ;'/Iff h:tf k|d'v d'4fx?nfO{ ;dGjo u/L Ps ;fy lnP/ lx+8\g' kg]{ cj:yf cfPsf] 5 . oL d'2fx?nfO{ r'gf}tLsf] ?kdf lnO{ ;fdgf ug]{ c7f]6 Pj+ b[9tf af]s]/ lxF8\g ;lsof] eg] cgf}krfl/s cy{tGqnfO{ ;+ul7t Pj+ cf}krfl/s cy{tGqdf abNg ;Dej x'g]5 . o;af6 6]«8 o'lgogx?sfnflu ;+u7g lj:tf/ ug]{, >ldssf] ;fdflhs Pj+ cfly{s :t/ j[l4 u/L cfkm'nfO{ 6]«8 o'lgog cfGbf]ngsf] Ps ;zQm ;+u7gsf] ?kdf :yflkt ug]{ cj;/ ;d]t k|fKt x'g ;S5 .

***cgf}krfl/s cy{tGqdf g]kfn 6]«8 o"lgog sfFu|];***

g]kfnsf 6]«8 o'lgogx?n] c7f/f}+ ztfJbLdf cGt/f{li6«o 6]«8 o'lgogx?n] p7fPsf d'2fx? h:t}M lgo'lQmkq, Go"gtd Hofnf, sfo{ ;do h:tf >ldssf cfwf/e"t clwsf/sf nflu cfGbf]ng ul/x]sf 5g eg] csf{ lt/ ljsl;t b]zx?sf PSsfO;f}+ ztfAbLsf d'2fx? h:t}M ;+u7g :jtGqtf, 6]«8 o"lgog clwsf/, ;fdflhs ;'/Iff, dof{lbt sfd, Joj;fohGo :jf:Yo / ;'/Iff, n}lËs ;dfgtf cflb ljifox?nfO{ ;d]t ;d]6]/ cuf8L a9L /x]sf 5g\ . lglZro g} g]kfn 6]«8 o"lgog sfFu|]; klg o;af6 c5'tf] /xg ;s]sf] 5}g . cgf}krfl/s If]qnfO{ /fHosf] bfo/fleq NofO{ ;f] If]qnfO{ Jojl:yt Pj+ dof{lbt agfpg :yfkgfsfnb]lv ljleGg bft[ lgsfox? ILO, JILAF nufotsf ;+3 ;+:yfx? Pj+ dxf;+3;Fu ;Da4 cgf}krfl/s If]qsf cfj4 ;+3x? dfkm{t cgf}krfl/s If]qsf >ldsx?nfO{ :jlge{/ agfpg b]ze/sf ljleGg lhNnfx?df sfo{qmdx?sf] ;+rfng ul//x]sf] 5 . h; cGtu{t crf/ agfpg] tflnd, d}gjlQ agfpg] tflnd, l6sf agfpg] tflnd, l;nfO{ tflnd, cgf}krfl/s If]qsf >ldsx?sf] afnjfnLsfsf lglDt ( j6f lhNnfdf cgf}krfl/s afnlzIff sfo{qmd, 6]«8 o"lgog lzIff sfo{qmd, 6]«8 o"lgog clwsf/sf ;DaGwdf hgr]tgf sfo{qmd, OHS sfo{qmd, HIV/AIDS, Go"gtd Hofnfsf ;DaGwdf hgr]tgfd'ns sfo{qmd, ¥ofnL cflb ljleGg sfo{qmdx?sf] ;+rfng ul//x]sf] 5 .



***g]kfn 6]«8 o"lgog sfFu|];;Fu cfj4 cgf}krfl/s If]qsf cfj4 ;+3x?sf] gfdfjnL***

* g]kfn s[lif >lds ;+3
* g]kfn eG;f/ tyf ljdfg:yn ;Da4 >lds ;+3
* g]kfn oftfoft dhb'/ ;+3
* g]kfn ODa|f]O8/L, x]l08qmfkm\6 tyf l;nfO{ a'gfO{ >lds ;+3
* g]kfn lgdf{0f tyf ;Da4 >lds ;+3
* g]kfn ef/jfxs dhb'/ ;+3
* g]kfn Jo'l6l;og ;+3
* g]kfn gfO{ ;+3
* g]kfn Jofkf/ tyf ;Da4 >lds ;+3
* g]kfn l/S;f tyf 7]nf >lds ;+3
* g]kfn 3/l:yt >lds ;+3

***cgf}krfl/s If]qsf ;Gbe{df NTUC sf] cfufdL /0fgLlt***

* cgf}krfl/s If]qsf ;Defljt pk If]qx?df ;+u7g lj:tf/ ug]{ .
* cgf}krfl/s If]qsf >ldsx?nfO{ /fHo ;dfhsf x/]s If]qdf kl/rfng ug]{ .
* If]qut cf}Bf]lus kl/ufb\ / If]qut ;fd'lxs ;f}bfjfhL k|0ffnL nfu' ug{ cGo 6]«8 o"lgogx?aLr ;dGjo / ;xsfo{ ug]{ .
* /fHo:t/af6} cgf}krfl/s If]qsf >ldsx?sf] Go"gtd Hofnf Pj+ ;'ljwf pNn]v ug{ nufO{ pgLx?nfO{ lgo'lQm kq lbnfpg] Joj:yf ug]{ .
* sNof0fsf/L sf]if / >lds ;xsf/Lsf] :yfkgfnfO{ k|f]T;fxg ug]{ .
* pkbfg tyf Ifltk"lt{sf] nflu ;DalGwt kIf ;dIf kxn ug]{ .
* lgz'Ns cf}iflw pkrf/sf] nflu kxn ug]{ .
* cgf}krfl/s If]qsf >ldsx?sf] kl ~hs/0f / kl/ro kq lbnfpg k|oTgzLn /xg] .
* >d lgl/If0f k|0ffnLsf] :yfkgfy{ nljª ug]{ .
* :jf:Yo tyf b'36{gf ljdfsf] Joj:yf
* afn >dsf] cGTo ug]{ .
* ILO cle;lGwx?sf] k|efjsf/L?kdf sfof{Gjogsf nflu ;/sf/ ;dIf kxn ug]{ .
* ILO cle;lGw g+ \*& / !\*( nfO{ kfl/t ug{ bjfj lbg]
* ;fdflhs ;'/Iff sf]ifsf] :yfkgf
* gofF ;+ljwfgdf >ldsx?sf] !) k|ltzt k|ltlglwTj ;'lglZrt u/fpg] .

***;fdflhs ;'/Iff***

***;fdflhs ;'/Iff Pj+ ;+/If0f M Ps kl/ro***

 ;fdflhs ;'/Iff ljljw sf/0fn] >ldsx?nfO{ b'v kbf{ ;fdflhs?kdf ul/g] ;+/If0f xf] . o;n] >ldsx?nfO{ cfo cfh{g ug{ g;Sg] Joj:yfdf cfkm' / cfkm\gf] kl/jf/sf] hLljsf]kfh{g ug{sf nflu cfosf] lg/Gt/tfsf] ;'/Iff ub{5 . csf]{ cy{df a]/f]huf/L, j[4fj:yf, la/fdL, Joj;flos b''3{6gf, dft[Tj, c;zQmtf jf d[To' h:tf 36gfsf] sf/0fn] sfd ug{ jf cfo ch{g ug{ g;Sg] >ldsx?nfO{ cfwf/e"t cfo ;'/Iff k|bfg ug{sf] nflu ckgfpg' kg]{ ;fj{hlgs pkfo jf gLlt ;fdflhs ;'/Iff xf] . ;fdflhs ;'/Iff dof{lbt sfdsf] Pp6f kf6f] klg xf] . ;fdflhs ;'/Iff k|0ffnL cGtu{t sdhf]/ eGbf sdhf]/ JolQmn] klg cfly{s ?kdf ;'/lIft dx;'; ug{ kfpFb5g\ . ;fdflhs ;'/Iff k|fKt ug]{ clwsf/ cfwf/e"t dfgj clwsf/ xf] . :j:Yo ;'/lIft / ;Ddflgt ;fdflhs hLjg ljtfpg kfpg' x/]s >ldssf] df}lns clwsf/ xf] . ;fdflhs ;'/Iffn] >ldssf] pTkfbsTj a[l4 u/L ;dfh tyf /fHosf] cfly{s ljsf;df of]ubfg k'¥ofp5 .

 cGt/f{li6«o >d ;+u7gsf] ;g\ @))@ df ePsf] ;Dd]ngn] cg'df]bg u/]sf] ;fdflhs ;'/Iff -Go"gtd dfkb08x?\_ ;Demf}tf !(%@ cyf{t dxf;lGw g+ !)@ n] ;fdflhs ;'/Iffsf] lglDt ( j6f If]qx?sf] klxrfg u/]sf] b]lvG5 .

!\_ **lrlsT;f ;]jf** M dft[ lzz' x]/rfx tyf :ofxf/ / /f]usf] pkrf/ / k|lt/Iffsf] lglDt cfjZos lrlsT;f ;]jf pknJw u/fpg] Joj:yf .

@\_ **la/fdL ;'ljwf** M lj/fdLsf] sf/0fn] sfd ug{ g;Sg] cj:yfdf ;'ljwf jf ;xof]u lbg] Joj:yf .

#\_ **a]/f]huf/ eQf / ;'ljwf** M pko'Qm /f]huf/L kfpg g;s]sf] sf/0fn] cfosf] gf]S;fgL jf :yug jfkt ;'ljwf ;xof]u lbg] Joj:yf .

$\_ **j[4fj:yfsf] ;'ljwf** M j[4fj:yfdf ;'ljwf k|bfg ug]{ Joj:yf .

%\_ **/f]huf/ b'3{6gf ;'ljwf** M /f]u nfu]sf] jf sfd ug{ g;Sg] cj:yf, cf}Bf]lus b'3{6gfdf k/L d[To' jf c;Qm ePsf] cj:yf / k]zfut sf/0fn] /f]u nfu]sf] cj:yfdf ;'ljwf lbg] Joj:yf .

^\_ **kfl/jfl/s z}lIfs ;'ljwf** M ljBfno 5f]8\g] pd]/ jf !% jif{ d'lgsf afnjfnLsfsf] kfng kf]if0fsf] lglDt ;xof]u / ;'ljwf lbg] Joj:yf .

&\_ **dft[Tj ;'ljwf** M ue{j:yf / ;'Ts]/L cj:yfdf cfjZos :jf:Yo ;]jf / cfosf] ;'lglZrttf .

\*\_ **czQmtf ;'ljwf** M cfod'ns sfo{df ;+nUg x'g g;Sg] u/L czQm cj:yfdf k'u]sf] JolQmnfO{ k|bfg ul/g] ;'ljwfsf] Joj:yf .

(\_ **kfl/jfl/s ;xof]u ;'ljwf** M sdfpg] dfG5] d[To' ePsf] sf/0fn] c;xfo ag]sf ljwjf / afnjfnLsfnfO{ cfjZos ;xof]u lbg] Joj:yf .

***g]kfndf ljBdfg ;fdflhs ;'/Iff***

 g]kfndf ;fj{hlgs If]q nufot sltko gLlh k|lti7fgx?df l4kIfLo of]ubfgdf s]xL ;fdflhs ;'/Iffsf k|fjwfgsf] Joj:yf /x]sf] kfOG5 . h;dWo] ;/sf/L / ;fj{hlgs ;+:yfdfgdf sfo{/t :yfoL >ldssf] xsdf dfq ;fdflhs ;'/Iff nfu" ePsf] 5 . k|fKt ;'ljwfx?df ;~ro sf]if, pkbfg, tnjL labf, lj/fdL ljbf, pkrf/ vr{, ckfËtfsf] Ifltk"lt{, ;'Ts]/L labf, cjf; ;'ljwf, d[To' ePdf cfl>t kl/jf/nfO{ cfly{s /fxt, lgj[lte/0f / cGo sNof0fsf/L ;'ljwf cflb /x]sf 5g\ .

;~rosf]ifsf] Joj:yfsf] xsdf ;/sf/L ;]jf tyf ;fj{hlgs ;+:yfsf sd{rf/Lsf nflu sfg"gtM clgjfo{ ul/Psf] 5 . lglh If]qsf] ;+ul7t /f]huf/sf nflu of] clgjfo{ gePsfn] lglh If]qdf ;~ro sf]if Joj:yf Tolt k|efjsf/L x'g ;s]sf] 5}g . >d P]g, @)$\* n] ;+ul7t If]qsf sfdbf/, sd{rf/Lsf nflu klg ;~ro sf]ifsf] Joj:yf u/L k|lti7fg :jo+dn] jf æsd{rf/L ;~ro sf]ifÆ dfkm{t ;f] sf] Joj:yfkg ug{'kg]{ Joj:yf u/]sf] ePtf klg o;sf] k|efjsf/L sfof{Gjog x'g ;s]sf] kfOFb}g .

c;+ul7t ?kdf ljleGg k]zf Joj;fodf ;+nUg /x]sf :j/f]huf/x?nfO{ xfn;Dd s'g}klg k|sf/sf] ;fdflhs ;'/If0f k|0ffnLdf ;dfj]z ug{ ;lsPsf] 5}g . c;+ul7t If]qsf] ;fdflhs ;'/Iffsf] cf}krfl/s k|f/De Joj:yf lj=;+= @)%! df a[4 tyf c;xfonfO{ ;fdflhs lgj[lQe/0fsf] ?kdf j[4 tyf c;xfo eQf k|bfg ug{ yfn]kl5 ePsf] xf] . o; sfo{qmdsf] bfo/f qmdzM lj:tf/ x'Fb} uO{ xfn &) jif{ jf ;f] eGbf a9L pd]/sf Ho]i7 gful/s, Psn dlxnf, nf]kf]Gd'v hghftL Pj+ k"0f{ jf cf+lzs ?kdf ckfË ePsf gful/sx?nfO{ klg ;d]6]sf] 5 .

bz jf bz eGbf a9L >ldsx? sfo{/t /x]sf lghL pBf]u k|lti7fgdf sfd ug]{ :yfoL lgo'lQm kq kfPsf >ldsx?nfO{ >d P]gn] ;Lldt ;fdflhs ;'/Iffsf] Joj:yf u/]sf] 5 . t/ c:yfoL, s/f/, b}lgs Hofnfbf/L / 7]s]bf/L k|yfdf sfo{/t >ldsx?nfO{ ljBdfg >d P]gn] s'g}klg ;fdflhs ;'/Iffsf] Joj:yf u/]sf] 5}g . g]kfndf cf}krfl/s If]q eGbf cgf}krfl/s If]qdf sfd >ldssf] ;+Vof cToflws ePtf klg pgLx?n] s'g} klg ;fdflhs ;'[/Iffsf ;'ljwfx? k|fKt u/]sf 5|}gg\ . o;k|sf/ lgdf{0f, oftfoft, s[lif, :j/f]huf/ / cGo ;]jf If]qdf sfd ug]{ >ldsx?sf] ;fdflhs ;'/Iffsf] ;Gbe{df ljBdfg >d P]g / >d lgodfjnL k"0f{?kdf df}g 5 .

***;fdflhs ;'/Iff sf]if***

g]kfnsf] cGtl/d ;+ljwfg, @)^# sf] wf/f !\* n] ;fdflhs ;'/IffnfO{ hgtfsf] df}lns xsf?kdf :jLsf/ u/]kl5 o; If]qsf] ljsf;df gofF cfofd ylkPsf] 5 . o;} qmddf g]kfn ;/sf/sf] cfly{s jif{ @)^^÷@)^& sf] ah]6 dfkm{t\ ;fdflhs ;'/Iffsf] If]qdf dxTjk"0f{ / o'ufGtsf/L sfo{qmdsf] pb\3f]if ul/of] . h;df kfl/>ldsaf6 cfo cfh{g ug]{ gful/snfO{ ;fdflhs ;'/Iff s/ nufpg] Joj:yf ul/of] . ;fdflhs ;'/Iff s/sf] Joj:yf k|f/De gul/P;Dd kfl/>lds cfo cfh{g ug]{ JolQmx?af6 s/of]Uo cfosf] klxnf] :Nofjdf ! -Ps\_ k|ltzt s/ nufpg] Joj:yf ;f] ah]6n] u/]sf] 5 . o;} Joj:yf cg'?k g]kfn ;/sf/n] @)^& ;fn >fj0f dlxgfb]lv ;fj{hlgs tyf lglh If]qdf sfo{/t ;j} >ldsx?sf] kfl/>ldsaf6 sNof0fsf/L sf]ifsf] nflu ! k|ltzt s/sf] ?kdf tnjaf6 s§f ug]{ k|lqmof z'? u¥of] . 6]«8 o"lgogx?sf];Fusf] ;+jfb kl5 pQm s/sf] ?kdf sf6]sf] /sd ;fdflhs ;'/Iff sf]ifsf] ?kdf hDdf ug]{ ;xdlt eof] . xfn pQm /sd g]kfn ;/sf/sf] /fhZj vftf g+= !=!=)#=@# df hDdf x'Fb} cfPsf] 5 . >dhLjLx?n] ! k|ltzt /sd a'emfpFb} cfPsf] ePtf klg of]ubfstf{x?n] xfn;Dd klg ;f] sf] lg:;f kfPsf 5}gg\ .

 ;fdflhs ;'/Iff sf]ifdf lqkIfLo -6]«8 o"lgog, /f]huf/bftf, ;/sf/\_ of]ubfg /xg]5 . o; sf]ifnfO{ cgf}krfl/s If]qsf >ldsdf ;d]t nfu" ug{ 6]«8 o"lgog, /f]huf/bftf, ;/sf/sf] aLrdf ;xdtL eO{ ;ssf] 5 . ;/sf/n] pQm sf]if ;+rfng ug{ 5'§} ;fdflhs ;'/Iff sf]if -Joj:yfkg tyf ;+rfng lgodfjnL, @)^& hf/L u/]sf] 5 . pQm lgodfjnLn] ;fdflhs ;'/Iff sf]ifnfO{ Jojl:yt?kdf ;+rfng ug]{ k|aGw u/]sf] 5 . ;+o'Qm 6]«8 o"lgog ;dGjo s]Gb|| -JTUCC\_ sf] tkm{af6 k|d'v ltgj6f 6]«8 o"lgogx? g]kfn 6]«8 o"lgog sfFu|]; -NTUC\_, clvn g]kfn 6]«8 o"lgog dxf;+3 / g]kfn 6]«8 o"lgog dxf;+3 Pj+ /f]huf/bftfaLr ePsf] ;Demf}tfn] k|To]s >ldsn] cfkm\gf] kfl/>ldsaf6 !! k|ltzt s§f ug]{, /f]huf/bftfn] @) k|ltzt s§f ug]{ ;xdlt e};s]sf] 5 . o; ;Gbe{df /fHosf] tkm{af6 ;d]t @) k|ltzt of]ubfg /xg' kb{5 eGg] JTUCC sf] dfu /x]sf] 5 . xfn ;fdflhs ;'/Iff sf]if P]g ;+sNk k|:tfjsf ?kdf ;+;bdf k]z ePsf] cj:yf 5 .

**;fdflhs ;'/Iff**

>ldsx?sf] ;fdflhs ;'/Iffsf nflu P]g cg';f/ Joj:yf ePsf ljleGg sf]ifx? af]g; P]g, @)#) sf] bkmf % adf]lhd k|lti7fgx?n] af]g; jfkt 5'6\ofPsf] gfkmfsf] !)Ü /sd af]g;sf] ?kdf >ldsx?nfO{ ljt/0f u/L afFsL /x]sf] /sd b]xfo cg';f/sf] sf]ifdf hDdf ug{'kg]{ Joj:yf /x]sf] 5 .

***:yfgLo -k|lti7fg:t/\_ sf] sNof0fsf/L sf]if***

 >d P]g @)$\* sf] bkmf #& adf]lhdsf] k|lti7fg:t/sf] sNof0fsf/L sf]ifdf af]g; ljt/0f u/L afFsL /x]sf] /sdsf] &)Ü hDdf ug{'kg]{ / pQm sf]ifaf6 :yfgLo:t/df >ldsx?sf] nflu ljleGg sNof0fsf/L ultljlwx? ;+rfng ug]{ Joj:yf /x]sf] 5 .

***/fli6«o:t/sf] sNof0fsf/L sf]if***

 >d P]g @)$\* sf] bkmf #& adf]lhd sf]ifdf hDdf u/L afFsL /xg uPsf] #)Ü /sd >lds xs lxt, ;'/Iff / ;'ljwfsf nflu af]g; P]gsf] bkmf !# adf]lhd g]kfn ;/sf/n] v8f u/]sf] /fli6«o:t/sf] sNof0fsf/L sf]ifdf af]g; ljt/0f u/]sf] ! dlxgfleq hDdf ug{'kg]{ Joj:yf 5 .

 o;/L v8f x'g] sf]ifx? /fli6«o sNof0fsf/L sf]if lqkIfLo / :yfgLo sNof0fsf/L sf]if l4kIfLo /f]huf/bftf / >ldssf] ;xeflutfdf ;+rfng x'g]5 .

***cfjf; sf]if***

 >d lgodfjnL @)%) cg';f/ k|lti7fgn] s'n aflif{s cfDbfgLsf] %Ü /sd k|lti7fgx?n] >ldsx?sf] cfjf;u[xsf] nflu 5'§\ofO{ cfjf; sf]ifdf hDdf ug{'kg]{ Joj:yf 5 .

***;fdflhs ;'/Iff sf]if***

 ;fdflhs ;'/Iff sf]if Joj:yfkg tyf ;+rfng lgodfjnL @)^& cg';f/ :yflkt ;fdflhs ;'/Iff sf]ifdf >ldsx?sf] dfl;s kfl/>ldsaf6 @)^^ b]lv ! k|ltzt ;fdflhs ;'/Iff s/ hDdf x'Fb} cfPsf] 5 . ;/sf/, /f]huf/bftf / >ldssf] lqkIfLo k|ltlglwTjaf6 Joj:yfkg x'g] pQm sf]if ;+rfngfy{ ;fdflhs ;'/Iff sf]if P]g kfl/t eO{ nfu" eP kZrft >ldssf] of]ubfgdf /f]huf/bftfaf6 @)Ü of]ubfg ug]{ / g]kfn ;/sf/sf] ;d]t of]ubfgdf cgf}krfl/s If]qnfO{ ;d]6g] u/L ;~ro sf]if, pkbfg, cf}ifwf]krf/ nufot ljleGg ;fdflhs ;'/Iff ;+rfng ug]{ tof/L ePsf] 5 .

# Joj;fohGo ;'/Iff / :jf:Yo

Joj;fosf] k|q[mlt cg';f/ Joj;flos jftfj/0fdf ;+nUg dflg;sf] ;'/Iff tyf :jf:Yodf cNksflng jf lbw{sflng xflgsf/s c;/ ug{ ;Sg] ljleGg tTjx? ljBdfg x'G5g . Joj;flos jftfj/0fsf oL ljleGg tTjx?sf] xflgsf/s c;/jf6 arg jrfpg jf oL c;/nfO{ Go'g ug{sf nfuL s|dzM ljsl;t x'b} cfPsf] cjwf/0fnfO{ Joj;fohGo ;'/Iff tyf :jf:Yo eg]/ elgG5 .

o;sf] k|fb{'efj ;g !()%df xf]O6 kmf];km/; jf6 pTkGg x'g] vt/f / b'/w{6gf nfO{ Jojl:yt ug{ jg]sf] lgodjf6 z'? ePsf] b]lvG5 . o; kl5 cfO{= Pn cf] n] ljleGg ;dodf o:sf lgodx? jgfpb} cfPsf] 5 . h:t} cle;GwLx?,!%%,!^$,!)),!!!,!#!,!!,. g]kfnsf] ;Gbe{df lj=;+=@))& ;fndf k|hftGqsf] k|fKtL kl5 lj=;+= @)!^ ;fndf sf/vfgf / sf/vfgfdf sfd ug]{ dhb'/x?sf] nfuL jg]sf] lgod g} k|yd k|of; xf] . o;df dhb'/x?sf nfuL lglZrt ;dosf] lgwf{/0f vfg] lkplg, zf}rfno,d]l;gsf\ 5]sjf/,/ jftfj/0fsf\] z'lws/0fsf nflu hf]8 lbPsf] 5 . To;kl5 lj=;+=@)$\* ;fndf 6«]8 o'lgog P]gsf] Joj:yf ePkl5 To;sf] kl/R5]b % sf] wf/f @& b]lv $$;Dd o;sf] Joj:yf ul/Psf] 5 .

tfTsflng > %sf] ;/sf/n] Joj;fohGo ;'/Iff / :jf:Yosf] k|rf/ k|;f/ ug{sf\ nfuL lj=;+=@)%@ ;fndf Joj;fohGo ;'/Iff / :jf:Yo s]Gb| :yfkgf ul/ cfof]hgf g} ;+rfng ub}{ cfPsf] 5 . o:n] ljleGg ;'rgf ;+sng ug]{ k|ljlws 1fg lbg] / k|lzIf0f cflb lbg] sfd ub{5 .

Joj;fodf ljleGGg lsl;dsf vt/fhGo tTjx/? ljBdfg x'G5g . ltlgx?sf] hfgsfl/jf6 g} b'{w6gf tyf Joj;fohGo /f]ux?jf6 jrg ;lsG5 . lt ;d'xut?kdf lgDg x'g.

### vt/fhGo tTjx?

### !=ef}lts—k|sfz,WjgL,tfk, ljls/0f,e'O{ / drfg OTofbL

@=ofGqLs—kx'+r,ljw't,oGq, pks/0f/ Hofjn dfn;fdfg 9'jfgL OtofbL

#=/f;folgs—ljiffn' / ljsf/ kbf{y,cfuhlg,ljikm]f6g O{tofbL

$=h}ljs—9'li;,efO/;,JoS6]l/of O{Toflb

%=sfd / zf/Ll/s Ifdtf—clws sfo{ef/,sfdsf] :t/,Psf]xf]/f]] sfo{ untsfo{ k4lt OToflb

^=dgf];fdflhs—sfddf Psnf], Psf]xf]/f]] sfo{ sfdsf] :t/

**b'{w6gf /f]syfdsf pkfofx/**

!=k|fljlws /f]syfdsf pkfofx?—vt/fhGo oGq pks/0f / ljiffn' ;dfgx?sf] lj:yfkg,dfn;fdfg 9'jfgL, :jR5 jftfj/0f / sfof{:yn :ki6 /]vfs+g OToflb

@=k|zf;lgs /f]syfdsf pkfofx?—pko'St sfg'g, cg'udg, ;+rf/ Joj:yf ;'/If ;ldlt OToflb

#=JolQmut /f]syfdsf pkfofx?—x]nd]6, kGhf, P]k|f]]g, uDa'6, df:s OToflb pbfx/0f—lgdf{0f Joj;fodf b'w{6gf /f]syfdsf pkfofx?

### !=vt/fhGo j:t'x?sf] lj:yfkg h:t} xftn] ug'{ kg]{ sfd oGqn]ug]{

@=afn'jf, Jnfli68) sf/jf]lgs 3f]ns, P]ij]:6;, ;]G6]lys kmfO{j/, Unf;,kmfO{j/ cflbnfO{ lj:yflkt ug]{ cyjf ljz]if k|s[of ckgfO{ sfd ug]{ .

#=vt/fhGo /f;oflgs j:t'x?sf] eGbf/ 5'6} /fVg]

$=dfn;fdfg kl/rfngdf Wofg lbg]

%=;'/Iff ;ldlt jgfpg]

^=;'rgfx?sf] cfbfg k|bfg ug]{

&=;fdfg kl/rfngsf nflu P]y]i6 :yfg /fVg]

\*=sfd ug]{ 7fp+df k|sfz,xfjf,kflgsf] k|jGw /fd|f] ldnfpg]

(=cfjZos JolQmut pkfofsf ;dfg h:t} x]nd]6, j'6, kGhf OToflb nufpg]

!)=o:tf JolQmut pkfofsf ;fdfgx?sf] hfr+ u/fpg]

#### ;+u7g / ;'/Iff ;ldlt

 Joj;fohGo b'{w6gfaf6 jrgsf nflu sfo{:yndf Pp6f ;'/Iff ;ldlt /xg' cTofjZos 5 . ;'/Iff ;ldlt sf{onoaf6 jGg] cyjf o'lgogjf6 jGg] u/]sf] x'g'kb{5 . ;+u7g tyf ln8/x?sf] e'ldsf o:df cToflws x'G5 .

;+u7g tyf o'lgogjf6 ug{ ;Sg] sfdx?

!=;'/Iffsf jf/]df j'emg] j'emfpg]

@=k|To]If ;'/Iff ;DjlGw ;d:ofx?sf] cfjZos k|lzIf0f lbg]

### #=Joj:yfkg / dhb'x?sf] ljrdfdf ljZjf; ;[hgf ug]{

$=Joj:yfkg ;u+ ;'/Iff ;DjlGw ljifodf ljrf/ tyf,;'rgfx? / cfjZos ;+/rgfx?sf] ljifodf 5nkmn ug]{

%=dhb'/x?sf] ;'/Iff nfO{ k|fyldStf lbO{ sfd ug]{

^=dhb'/x?sf] sfd nfO{ ;Xfgf ug]{

&= dhb'/x?nfO{ Joj:yfkg ;dIf k'Xofpg]

**;fdfGo hfgsf/L**

;a}eGbf klxn] xfdL dfgj xf} . x/]s dflg;;+u cf cfkmgf clwsf/ (dfgj clwsf/) ;'/lIft x'G5 To;} ul/ >ldsx?;+u >lds clwsf/, afnaRrrf;+u afn clwsf/ / dlxnfx?;+u dlxnf clwsf/ ;'/lIft x'G5 . xfdL >lds xf}+ . x/]s >ldsnfO{ >lds clwsf/ k|bfg ug'{ /fHosf] st{Jo xf] . To;kl5 xfdL of] b]zsf] gful/s xf} / xfld s'g} klg /fHosf] gful/s eO;s] kl5 x/]s gful/ssf] ;'/Iff ug{' / laleGg clwsf/x? lbg' /fHosf] bfloTj x'G5 l7s To:t} xfd|f] klg gful/ssf] ?kdf /fHo k|ltsf] bfloTj x'G5 / /fHosf] ;DkltnfO{ ;'/Iff ug{' xfd|f] bfloTj x'G5 .

हामी मानव हौ त्यसकारण मानवको रुपमा हामीसँग धेरै अधिकारहरु छन्

* ***प्रत्येक व्यक्तिसँग जीवन, स्वाधीनता र सुरक्षाको अधिकार हुन्छ***
* ***कानुनको सामु सबै बराबर हुन्छ र कानुनसंग बराबर सुरक्षाको अधिकार हुन्छ***
* ***प्रत्येक व्यक्तिसँग देश भित्र स्वतन्त्र पुर्वक बस्ने र आन्दोलन गर्ने अधिकार हुन्छ***
* ***प्रत्येक व्यक्तिसंग जीवन भरि बिहे गर्ने र परिवारको विस्तार गर्ने अधिकार हुन्छ***
* ***प्रत्येक व्यक्तिसंग सम्पति जोड्ने अधिकार हुन्छ***
* ***प्रत्येक व्यक्तिसंग स्वतन्त्रता र धर्मको अधिकार हुन्छ***
* ***प्रत्येक व्यक्तिसंग विचार र अभिव्यक्ति को स्वतन्त्रता हुन्छ***

*हामी नेपाली नागरिक हौ, त्यसकारण*

* ***देश भित्र सार्बजनिक सेवा उपयोग गर्न सामान अधिकार छ***
* ***सामाजिक सुरक्षाको अधिकार छ***
* ***काम गर्ने अधिकार, सहि काम चुन्ने अधिकार, आफु अनुसारको काम र सुरक्षा***
* ***सामान कामको लागि सामान ज्याला पाउने अधिकार***
* ***शिक्षाको अधिकार***

***;/sf/n] gful/snfO{ k|bfg ug]{ ;]jf / ;'/Iffx?***

* :jf:Yo ;'ljwf -:jf:Yo s]Gb|sf ;]jf, dft[Tj ;'/Iff, vf]k / cGo ;]jfx?\_
* lzIff -lgz'Ns lzIff / clgjfo{ – sIff \*\_, cgf}krfl/s lzIff\_
* ;fj{hlgs ;]jf -vfg]kfgL, vfBfGo, af;, lah'nL, oftfotf cflb\_
* dlxnf / afnaflnsf s]lGb|t sfo{s|d
* ljkb\ ;xfotf
* ljbjf eQf,
* ckf+utf eQf
* j[4 eQf
* blnt / u/Lj ljBfyL{nfO ;xof]u
* dft[Tj ;'/Iff -k|;'lt ;]jf\_

***;fdflhs ;'/Iff cGt{ut ;/sf/n] lbO /x]sf ;'law x?***

***ckf+utf eQf***

ckf+utf eQfM h'g dflg; k'0f{?kdf of cf+lzs?kdf cfkfË 5g\ tL cfkfËx?nfO ;/sf/n] ckfËtf etf lbg] ub{5 h; cg';f/ s'g} klg lsl;dsf] k"0f{ ckf+utf ePsf] JolQmn] /fHosf] sf]ifaf6 dfl;s ?= १००० (Ps xhf/) ckf+utf eQf k|fKt ug{ ;Sg'x'g]5 . To:t} cf+lzs?kdf cfkfË ePsf AolQmn] sf]6f cGt/ut dfl;s ?= #)) k|fKt ug{ ;Sg'x'g]5 .

cfkfËtf etf lngsf] lglDt lgDg ljj/0fx?sf] cfjZostf x'G5 M ckf+utf k'i6L x'g] c:ktfnsf] k|df0f sfuhx?, ckf+utf emNsg] Ps k|lt kmf]6f] / gful/stfsf] k|ltlnlk

cfkfËtf etf lngsf] lglDt ;Dks{ /fVg] sfof{noM ;DalGwt ufp“ ljsf; ;ldlt of gu/kflnsfsf] sfof{no

***ljwjf eQf***

s'g} klg pd]/sf] ljwjfn] dfl;s ?= kf+r ;o ljwjf eQf kfpg ;Sg'x'g]5 .

cfjZos ljj/0fM o;sf] nflu cfkm\gf] kltsf] lgwg ePsf] k|df0f, gftf k|dfl0ft sfuh, gful/stfsf] k|ltlnlk ;fy} Ps k|lt kmf]6f]

;Dks{ /fVg] sfof{noM ;DalGwt ufp“ ljsf; ;ldlt of gu/kflnsfsf] sfof{no -gu/kflnssf] xsdf ;DalGwt j8f sfof{nosf] l;kmfl/; klg cfjZos k5{\_ .

***h]i7 gful/s eQf***

&) aif{ pd]/ k'u]sf s'g} klg g]kfnL gful/s /fHoåf/f k|bfg ul/Psf] h]i7 gful/s eQf afkt dfl;s ?= kf+r ;o k|fKt ug{'x'g]5 साथै औषधि उपचार वापत मासिक रु. ५०० k|fKt ug{'x'g]5 .

cfjZos ljj/0fM klxnf] k6s ;Ssn gful/sftf, gful/stfsf] k|ltlnlk ! k|lt, gu/kflnsfsf] xsdf j8fsf] l;kmfl/;, ! k|lt kmf]6f] / lgj]bg cfjZos k5{ . To;kl5 dfl;s?kdf eQf lngsf nflu sfof{non] lbPsf] h]i7 gful/s eQf sf8{ lnP/ hfg] .

;Dks{ /fVg] sfof{noM gu/kflnsf of uflj; sfof{no .

***5fqa[lQ***

* x/]s ufp of gu/kflnsf leq a;f]af; ug]{ blnt kl/jf/sf s]6fs]6Lx?sf] lzIffdf ;xof]u ug]{ p4]Zon] ;/sf/n] blnt 5fqa[lQsf] Joj:yf u/]sf] 5 . of] 5fqa[lQ blnt kl/jf/sf x/]s ljBfyL{n] cfkm" k9\g] ljBfnosf] k|wfgfWofks;+u ;Dks{ /fvL of] 5fqa[lQ kfpg ;Sg'xg]5 .
* हलिया, कमैया, कम्लरी, चेपांग, बिपन्न मुसलमान, मधेशी दलित, सुदुर पश्चिम र मध्य पश्चिमका पिछडिएका १० जिल्लाका १ हजार जनालाई प्राबिधिक डिप्लोमा अध्ययन गर्नका लागि छात्रवृतिको व्यवस्था गरेको छ |
* तराईका पिछडिएका दलित र सिमान्तकृत बर्गका कक्षा १० र कक्षा ११ मा अध्ययनरत छात्राहरूका लागि रामनारायण मिश्र बिशेष छात्रवृतिको व्यवस्था गरेको छ |

***ljkb ;xfotf***

cfunfuL, af9L, k}x|f], e"sDk, dxfdf/L h:tf ljkbx? cfOk/]sf] v08df ljkb ;xfotf kfpg ;lsG5 .

1. को माहा विनाशकारी भूकम्प पिडित ले पाउने सुविधाहरु
* मृतकको परिबारले रु. १ लाख
* क्रिया खर्च रु. ४० हजार
* पूर्ण क्षति रु. २ लाख
* प्रारम्भिक सहयोग रु. १५ हजार
* सहुलिय ऋण रु. १५ र २५ लाख

cfjZojm ljj/0fM cfkm"nfO{ s'g} klg lsl;dsf] lakb cfOk/]sf] xf] eGg] k'i6L x'g] sfuhkq tyf tlZj/ / lga]bg .

lhNnf k|zf;g sfof{no, lhNnf ljsf; ;ldlt, /]8qm; ;f];fO6L, lhNNff k|sf]k Joj:yfkg ;ldlt / :yfgLo ;+3 ;+:yfx?

***:jf:Yo pkrf/ सुबिधा***

* *७० किसिमका औषधिहरु जिल्ला अस्पतालबाट निशुल्क उपलब्ध (औषधिहरु को बिस्तृत विवरण अनुसुकी १ मा हेर्न सक्नु हुनेछ )*
* *परिवार नियोजनको सुबिधा*
* *निशुल्क सुत्केरी सुबिधा र यातायात भता*
* *जन्म देखि २८ दिन सम्मको नवजात शिशुको सरकारी स्वास्थ्य संस्थामा निशुल्क उपचारको ब्यबस्था छ*
* *मिर्गौला र पाठेघरको क्यान्सर रोगको सरकारी स्वास्थ्य संस्थाहरुमा बर्षमा एकपटक निशुल्क स्वास्थ्य परिक्षण गरिन्छ*
* *विभिन्न खोप र भिटामिन कार्यक्रम*
* *रेबिज, फिलेरिअल र बिष बिरुध खोप कार्यक्रम*
* *तराईमा औषधियुक्त झुल*
* *मुटु, किड्नी र क्यान्सर रोगीको उपचारको सुबिधा*
* *७५ बर्ष भन्दा माथिका बृध र १५ बर्ष मुनिका बच्चाको लागि निशुल्क मुटु रोगका उपचार (गरिबका लागि ५० हजार देखि १ लाख सम्म)*
* *२५ जिल्लामा टेलि मेडिसिन सुबिधा*
* *निशुल्क dylisis सुबिधा*

***lgz'Ns vf]kM सेवा***

:yfgLo :jf:Yo rf}sL, lhNnf hg:jf:Yo sfof{no, /f]6/L OG6/g]zgn, Dlxnf :jod;]ljsfx?, lhNnf c:ktfn आदि बाट यस्ता खोपक सुबिधा हरु सजिलै लिन सकिन्छा .

***lgMz'Ns sfg"gL ;xfotfM***

lgz'Ns sfg"gL ;xfotf kfpgsf nfluM lhNNff af/ Pzf]l;Pzg, lhNnf k|zf;g sfof{no

;fd'bflos k|x/L / :yfgLo dfgj clwsf/afbL ;+:yfx? मा सम्पर्क गर्नु पर्ने हुन्छ .

***महिलाहरु कोलागी महिला कार्यक्रम संचालन गरिएको छ***

* ***अहिले सम्म ५७ जिल्लामा संचालित***
* ***तालिम, नेतृत र क्षमता बिकाश तालिम, प्रजनन स्वास्थ्य सम्बन्धि अभिमुखीकरण कार्यक्रम***
* ***नन्द र ससुरा सँग साक्षत्कार कार्यक्रम***
* ***विभिन्न समुहहरुको गठन (आमा समुह)***
* ***शिप तथा उधम बिकाश तालिम***
* ***सुक्ष्म ऋणको माध्यम बाट सानो ब्यबसाय को स्थापना***
* ***महिला तथा स्वास्थ्य सिक्षा को लागि सह्योग***

***dfly pNn]lvt ;'ljwfx? kfpgsf nflu JolQmut 36gfx? :yfgLo lgsfodf btf{ ug{' k5{ .***

***>ldssf ?kdf clwsf/***

* dof{lbt sfd, dof{lbt hLjg
* lje]baf6 d'Qm
* plrt / dof{lbt Hofnf

***>ldssf cfjZostfx?***

* lg/Gt/ sfd
* :jf:Yo pkrf/
* lj/fdL ;'ljwf
* a[4a[lQM
* sfdsf] lznlznfdf nfUg] rf]6k6saf6 jrfj6
* ;'Ts]/L eQf
* lzz' :ofxf/

**hLljsf k|j4{g**

* lagf lwtf], ;'ne Jofhb/df C0f kfpgsf nflu
* cj;/ tyf >f]t ;fwg;Dd ;xh kx'r
* zLk lasf;sf cj;/;Dd kx'r
* ;fIf/tf sIff of k|f}9 sIffdf k9\gsf nflu
* ahf/;Dd l;wf / ;xh kx'r
* k|ljlwdf kx'r
* Vffg]kfgL tyf ;/;kmfOsf nflu
* g]t[Tj / ;fd'lxs ;f}bfafhLsf] Ifdtf ljsf;
* la/fdL k/L 7"nf] ck|]zg ug{ k/]sf] v08df

***lagf lwtf], ;'ne Jofhb/df C0f kfpgsf nflu***

n3' pBd sfo{qmd, u/LjL lgjf/0f sf]ifsf ;fem]bf/ ;+:yfx?, dlxnf ljsf; sfof{no / ;xsf/L ;+:yfx? **मा सम्पर्क राख्ने**

***cj;/ tyf >f]t ;fwg;Dd ;xh kx'r***

/ffli6«o tyf cGt/f{li6«o:t/sf] zLk tyf Ifdtf ljsf; tflnddf ;xefuL x'g] cj;/M

n3' pBd sfo{qmd, u/LjL lgjf/0f sf]ifsf ;fem]bf/ ;+:yfx?, u|fdL0f n3'C0f ljsf; sfo{qmd, dlxnf ljsf; sfof{no / :yfgLo ;+:yfx?

***Ifdtf lasf;sf cj;/;Dd kx'r***

Jojzflos zLk ljsf; tflnd s]Gb|, e}+;]kf6L Jojzflos zLk ljsf; s]Gb|, ;fgf]l7dL, k|fljlws lzIfnox?, /f]huf/ k|j4{{g af]8{, x]Ne6f;, lhNnf 3/]n' ljsf; sfof{no हरुमा सम्पर्क राख्ने

***k|ljlwdf kx'r***

u/LjL lgjf/0f sf]if, n3' pBd ljsf; sfo{qmd, lhNnf 3/]n' pBf]u ljsf; sfof{no,

lhNnf ljsf; ;ldlt, Ufflj; tyf gu/kflnsf sfof{no, ;f}o{ pmhf{ ljsf; s]Gb| **जस्ता संस्था मा सम्पर्क राख्ने**

***g]t[Tj / ;fd'lxs ;f}bfafhLsf] Ifdtf ljsf;***

6]«8 o'lgogx?, cfOPncf / cGo s]xL ;+:yfx? **सम्पर्क राख्ने**

***;fIf/tf sIff of k|f}9 sIffdf k9\gsf nflu***

lhNnf lzIff sfof{no, o'lg;]km, ljleGg ;+3;+:yfx? , Kf|]/0ff dlxnf laBfnox? **मा सम्पर्क राख्ने**

***;'/lIft k|;"lt ;]jfsf nflu सम्पर्क गर्ने ठाउँ***

:yfgLo :jf:Yo rf}s, :yfgLo c:ktfn, lhNnf c:ktfn, Dft[lzz' sNof0f s]Gb| , k|;"lt u[x

dfly pNn]lvt :yfg tyf s]Gb|x?df k|;"lt u/fpbf cfdf / aRrfsf] hLjg /Iff x'g'sf ;fy} oftfoft vr{ afkt ?= Ps xhf/ pknJw x'G5 .

***Vffg]kfgL tyf ;/;kmfOsf nflu सम्पर्क स्थान***

**Vffg]kfgLsf nflu**

gu/kflnsf tyf uflj; sfof{no, lhNnf vfg]kfgL sfof{no, Vffg]kfgL tyf 9n lgsf; ljefu, Vffg]kfgL af]8{, jf6/ P8 nufot cGo ;+:yfx?

**;/;kmfOsf nflu**

gu/kflnsf tyf uflj; sfof{no, Eff}lts of]hgf sfof{no, Vffg]kfgL tyf 9n lgsf; ljefu, u|fdL0f k|ljlw s]Gb|

**सहकारी**
सहकारी एउटा यस्तो व्यवसाय हो जहाँ संयुक्त रुपमा सदस्यहरुद्वारा आर्थिक लगानी गरी  सोमा  व्यवसायवाट प्राप्त मुनाफा नियामनुसार वितरण गरिन्छ । एउटा अविच्छिन्न उत्तराधिकारीवाला, स्वायत्त, स्वतन्त्र र उद्यमशिल व्यवसायीक संगठन नै सहकारी हो ।सहकारी निश्चित व्यवसायीक उद्देश्यका लागि गठन हुने हुँदा एउटा यस्तो उद्यम पनि हो जसले सदस्यलाई सेवा प्रदान गदर्छ । सहकारी  समुदायमा  बसोवास गर्ने मानिसहरुको अभियान हो । यो पूँजीवाद र शोषणबाट मुक्तिका लागि आम जनताको संयुक्त प्रयास हो ,जुन एकका लागि नभएर सबैका लागि हुने गर्दछ । सहकारी सबैका लागि खुल्ला हुने हुँदा हरेक नागरिकले यसको सदस्य बनेर योगदान गर्न एवं वितरीत सेवा ग्रहण गर्न सक्दछन् । यो समुदायमा आधारीत, सदस्य केन्द्रित र सहकारीको मूल्य, मान्यता, सिद्धान्त र मर्म अनुरुप संचालन हुनुपर्छ ।
सहकारीको बारेमा अन्तराष्ट्रिय सहकारी महासंघ ICA (International Co-operative alliance) ले सन् १९९५ मा निम्नानुसारको परिभाषा गरेको पाइन्छ ।”A Co-operative is an autonomous association of persons united voluntarily for the fulfillment of their common  social & cultural needs and aspirations through a jointly owned and democratically controlled in enterprise.”” “व्यक्तिहरुको स्वच्छिक सहभागीताबाट उनीहरुको समान आर्थिक, सामाजिक र सांस्कृतिक आवश्यकता तथा आकांक्षा परिपूर्तिका निमित्त सामुहिक स्वामित्व र प्रजातान्त्रीक ढंगबाट नियमित स्वायत्त उद्यम नै सहकारी होे” ।
समुदायमा छरिएर रहेका स्थानीय स्रोत, साधन र पूँजीहरुलाई एकत्रित गरी व्यवस्थापन गर्ने कार्यकुशलता वा क्षमता अभिवृद्धि गरी सदस्यहरुको आर्थिक, सामाजिक, सांस्कृतिक विकास गर्ने सवल संस्थागत माध्यम नै सहकारी हो ।

**3/]n' vftf / hLjg of]hgf**

3/]n' vftf agfpg' cfo / 3/sf] vr{sf] b}lgs /]s8{ /fVg' xf] . o;n] cfosf] >f]t / cr{ sxfF eO{/x]sf] 5, yfxf kfpgdf d2t ub{5 . ;fy} JolQm / kl/jf/sf] k};fsf] Joj:yfkg / art ug{ of]hgf agfpg d2t ub{5 .

3/]n' vftf agfpg'sf] kmfObf

!\_ cfo, vr{ / afFsL /x]sf] k};f cyjf 3/sf] bfloTj a'em\g d2t ub{5 .

@\_ 3/sf] ljlQo Joj:yfkg ug]{ / cfo / vr{sf] of]hgf agfpFb5 .

3/]n' vftf agfpg] l;4fGt

!\_ k|To]s lbgsf] cfo, Joo, bfloTj / ;Gt'ngsf] hfgsf/L

* cfo eg]sf] sfd / cGo s'/faf6 k|fKt ug]{ k};f
* Joo
* bfloTj

जीवन समर्थन कालागि NETWORK

* नेटवर्क ले हाम्रो जीवन लाई सजिलो बनिदिन्छ जसले सहयोग र सहकार्य कोलागी धेरै महत्वपुर्ण छ |
* जस्तै: शहकारी, समूह, शहकारी जसको अर्थ हो दायित्व साझा गर्नु हो परस्पर सहयोग लिनु र गर्नु

नागरिकको रुपमा हाम्रो दायित्व

* सार्बजनिक सम्पतिको सुरक्षा गर्नु
* सरकारी कार्यालय, सडक, विधुतीय खम्भा तार, पानीको पाइप, ट्राफिक नियम, कानुन को पालना, कर चुक्ता आदि
* **अनुसूची १ (Free Essential Drugs for Health Institution)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| S.N. | Name of Drugs  | Forms  | Strength  | Group  | Dist. Hosp  | PHC  | HP  |
| 1 | ✓Ligncocaine | Injection30 ML  | 1% with/without adrenaline, 2 % w/v/  | Local Anaesthesia  | ✓ | ✓ | ✓ |
| 2 | ✓paracetamol | Injection | 1% with ÷without adrenaline , 2 % w÷v | Local Anaesthesia  | ✓ | ✓ | x |
|  |  | Tablet  | 500 mg | NSAID | ✓ | ✓ | ✓ |
|  |  | Syrup 60 ml | 125 mg÷5 ml |  | ✓ | ✓ | ✓ |
| 3 | ✓Aspirin | Table  | 75÷150÷300mg | NSAID | ✓ | x | X |
| 4 | lbuprofen | Tablet | 400mg | NSAID | ✓ | ✓ | ✓ |
| 5 | Diclofenac | Tablet | 25mg÷ml,3ml | NSAID | ✓ | ✓ | x |
| 6 | Indomethacin | Tablet | 25mg, 50mg | NASID | ✓ | ✓ |  |
| 7 | ✓Chlorpheniramine  | Tablet  | 4 mg  | Antihistamine | ✓ | ✓ | ✓ |
| 8 | ✓Phenirami | Injection 2ml | 22.75 mg ÷ ml | Antihistamine | ✓ | ✓ | ✓ |
| 9 | Cetirizine HCL | Tabs,susp | 10 mg, 5mg,÷ 5ml | Anti-histamine | ✓ | ✓ | x |
| 10 | ✓Metronidazole | Infusion | 500mg÷100ml | Antiprotozoal | ✓ | ✓ | x |
|  |  | Tablet | 400mg |  | ✓ | ✓ | ✓ |
|  |  | Syrup 60 ml | 200mg÷5ml |  | ✓ | ✓ | ✓ |
| 11 | Tinidazole | tablet | 500mg | Anti-protozoal | ✓ | ✓ | X |
| 12 | ✓Amoxycilin | Tablet | 125DT, 250mgDT | Antibiotic | ✓ | ✓ | ✓ |
|  |  | capsule | 500mg |  | ✓ | ✓ | ✓ |
| 13 | ✓Gentamycin | injection | 80mg | Antibiotic | ✓ | ✓ | x |
| 14 | ✓ciprofloxacin | Eye÷ear drop, 5ml | 0.3%w÷v | Aantibiotic | ✓ | ✓ | ✓ |
|  |  | tablet | 250n 500 mg |  | ✓ | ✓ | ✓ |
|  |  | infusion | 200mg÷100ml |  | ✓ | ✓ | x |
| 15 | ✓chloramphenic | Applicap, | 1% | Antibiotic | ✓ | ✓ | x |
|  |  | caps | 250 n 500mg |  | ✓ | ✓ | x |
| 16 | ceftrixone | injection | 1 g | Antibiotic | ✓ | x | x |
| 17 | ✓ Sulfamethoxazole + Trimethoprim | Tablet | 120 DT, 480 n 960 mg | Antibacterial | ✓ | ✓ | ✓ |
| 18 | Doxycycline | capsule | 100mg | Antibiotic | ✓ | ✓ | ✓ |
| 19 | Azithromycin | tabs | 250mg, 500mg | Antibiotic | ✓ | ✓ | x |
| 20 | cloxacillin | tabs÷caps | 125÷250÷500mg | Antibiotic | ✓ | ✓ | x |
| 21 | Neomycin skin | ointment | 15 gm | Ext. antibiotic | ✓ | ✓ | ✓ |
| 22 | Fluconazole | tabs÷oint | 150mg÷15gm | Anti—fungal | ✓ | ✓ | x |
| 23 | Acyclovir | tabs÷oint | 200mg÷5 mg | Anti-viral | ✓ | x | x |
| 24 | Ferrous salphate | tablet | 60 mg elemental iron | Anaemia | ✓ | ✓ | ✓ |
| 25 | Folic acid | tablet | 5mg | Anaemia | ✓ | ✓ | X |
| 26 | ✓vitamin B complex | capsule | therapeutic | Vit. supplement | ✓ | ✓ | ✓ |
| 27 | ✓compound solution of sodium lactate | Infusion 500ml | Ringer's Lactate | Electrolyte imbalance | ✓ | ✓ | ✓ |
| 28 | ✓sodium chloride | Infusion 500ml | Normal saline | Lon substitution | ✓ | ✓ | x |
| 29 | ✓Dextrose solution | Infusion, | 5% w÷v 500 ml | Glucose substitution | ✓ | ✓ | x |
| 30 |  Hydrochlorothi azide | tablet | 25 mg | Diuretic, antihypertrnsive | ✓ | x | X |
| 31 | ✓Atenolol | tablet | 50 mg  | Antihypertensive | ✓ | ✓ | ✓ |
| 32 | ✓Albendazole | tablet | 400 mg | Anthemintic | ✓ | ✓ | ✓ |
| 33 | ✓calamine lotion | Lotion, 30 ml | 15 % w÷v | Allergy, sunburn | ✓ | ✓ | ✓ |
| 34 | Gamma benzene hexachloride | Lotion 100ml | 1% w÷v | scabies | ✓ | ✓ | ✓ |
| 35 | Povidone lodine | Liquid, 500 ml | 5% w÷v | Antiseptics | ✓ | ✓ | ✓ |
| 36 | Aluminium hydroxide + mag. trisilicate | tablet | 250mg + 250 mg | Antacids | ✓ | ✓ | ✓ |
| 37 | Ranitidine, | Injection, 2 ml | 25mg÷ ml | Ulcer healing drug | ✓ | ✓ | x |
|  |  | Tablet  | 150 mg |  | ✓ | ✓ | ✓ |
| 38 | Atropine | injection | 0.6 mg ÷ ml | Antispasmodics anti poisonous | ✓ | ✓ | x |
| 39 | Hyoscine butylbromide | injection | 20 mg÷ml | Antispasmodics | ✓ | ✓ | x |
|  |  | tablet | 10 mg, 20mg |  | ✓ | ✓ | ✓ |
| 40 | Rehydration solutions | powder | WHO formula-sachet÷Ltr. | rehydration | ✓ | ✓ | ✓ |
| 41 | Clove oil | liquid | 5 ml  | Dental pain | ✓ | ✓ | ✓ |
| 42 | Metoclorpropa | tablet | 10 mg | Anti emetic | ✓ | ✓ | ✓ |
|  | mide | Injection 2ml  | 5mg ÷ml  |  | ✓ | ✓ | x |
| 43 | Promethazine hydrochloride | tablet | 25 mg | Antiemetic | ✓ | ✓ | ✓ |
| 44 | Charcoal  | powder | 10 gm÷sachet  | Anti poisoning | ✓ | ✓ | ✓ |
| 45 | Benzoic acid + salicylic acid | Ointment tube, 30 g | 6% + 3%+w÷w | Eczema | ✓ | ✓ | ✓ |
| 46 | frusemide | tablet | 40 mg | diuretics | ✓ | ✓ | ✓ |
|  |  | Injection 2ml | 10mg ÷ml |  | ✓ | ✓ | x |
| 47 | Amlodipine | tablet | 5 mg | Antihypertensive | ✓ | x | x |
| 48 | dexamethasone | Injection 2ml | 4 mg ÷ml  | steroid | ✓ | ✓ | ✓ |
| 49 | salbutamol | tablet | 4mg | bronchodilator | ✓ | ✓ | ✓ |
| 50 | Aminophyllin | tablet | 100mg | Bronchitis, Asthma  | ✓ | ✓ | x |
| 51 | prednidolone | tabs | 10 mg, 5 mg | Oral corticosteroid | ✓ | ✓ | x |
| 52 | Pralidoxim sodium | injection | 500 mg | Anti-toxic (antidote for OP) | ✓ | ✓ | x |
| 53 | phenobarbitone | table | 60 mg | Anti- epilepticus | ✓ | x | x |
| 54 | Alprazolam  | table | 0.25mg | benzodiazepin | ✓ | ✓ | X |
| 55 | chlorpromazine | tablet | 100 mg | Psychotic drug | ✓ | x | x |
| 56 | Amitryptiline  | Tablet  | 10mg, 25 mg | Mental stimulant | ✓ | x | x |
| 57 | hydrocortisone | Powder for injection | 100 mg÷ vial with WFI | Corticosteroid bronchodilato | ✓ | ✓ | x |
|  |  |  |  | R, allergy |  |  |  |
| 58 | Metformin | tablet | 500 mg | Anti- diabetic | ✓ | ✓ | x |
| 59 | Adrenaline | injection | 1M1000 | Anaphylactic shock | ✓ | ✓ | ✓ |
| 60 | Digoxin  | Tablet  | 0.25 mg | Cardiac glycoside | ✓ | x | x |
| 61 | Silver sulphadiazine  | Cream, 25 g | 1 % w÷w | Antiseptic specially for burn  | ✓ | ✓ | ✓ |
| 62 | clotrimazole | Skin cream. 25 g | 1 % w÷w, | Antifungal | ✓ | ✓ | ✓ |
|  |  | Pessary tab | 100 mg |  | ✓ | ✓ | x |
| 63 | Diazepam | inj | 5mg per 2ml | Tranquilizer  | ✓ | ✓ | x |
| 64 | Gention violet | 2 % sol. | 10 ml | Antiseptic | ✓ | ✓ | ✓ |
| 65 | Allopurinol  | Tablet  | 500 mg | Anti-gout | ✓ | x | x |
| 66 | Tetracycline  | caps | 250÷500mg | Broad spectrum antibiotic  | ✓ | ✓ | x |
| 67 | carbamaxepine | tabs | 250mg | Anti-epileptics | ✓ | ✓ | x |
| 68 | Acetazolamide  | tabs | 250mg | For high altitude sickness | ✓ | ✓ | x |
| 69 | Oxymetazoline | Nasal drop | 0.1 %, 5ml | Nasal decongestant | ✓ | ✓ | x |
| 70 | levothyroxin | tablet | 100 mcg | Anti thyroid | ✓ | x | x |
|  |  |  | Total |  |  |  |  |
|  |  |  |  |  |  |  |  |

* Medical Devices

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| s. No.  | Name of product | unit | packing | hospital | Primary health center  | Health post  | remarks |
| 1 | Absorbant cotton | roll | 400 g | ✓ | ✓ | ✓ | 400 g |
| 2 | bandage | Than  | 35 TPS | ✓ | ✓ | ✓ | 18 mx 90 cm |
| 3 | Gauze  | Than  | 40 TPI | ✓ | ✓ | ✓ | 18 mx90 cm |
| 4 | Surgical gloves | pair | Different size | ✓ | ✓ | ✓ |  |
| 5 | IV set  | pcs | Different size | ✓ | ✓ | ✓ |  |
| 6 | Iv canula | pcs | Different size | ✓ | ✓ | ✓ |  |
| 7 | pheol | pcs | Different size | ✓ | ✓ | ✓ |  |
| 8 | Disposable syringe | pieces | 2 ml, 5ml | ✓ | ✓ | ✓ |  |
| 9 | Suture set | Pkt |  | ✓ | ✓ | ✓ |  |
| 10 | Catgut  | Pkt | 1-0,2-0 | ✓ | ✓ | x |  |
| 11 | Adheshive tape 4'' | Rolls | 4'' | ✓ | ✓ | ✓ |  |
| 12 | Surgical blade | Pcs | Different size | ✓ | ✓ | ✓ |  |
| 13 | Rubber catheter | Pcs | Different size | ✓ | ✓ | ✓ |  |
| 14 | Rectified spirit | Bottle  | 500 ml | ✓ | ✓ | ✓ |  |
| 15 | Chlorine powder  | Pkt  | 200 g | ✓ | ✓ | ✓ |  |