

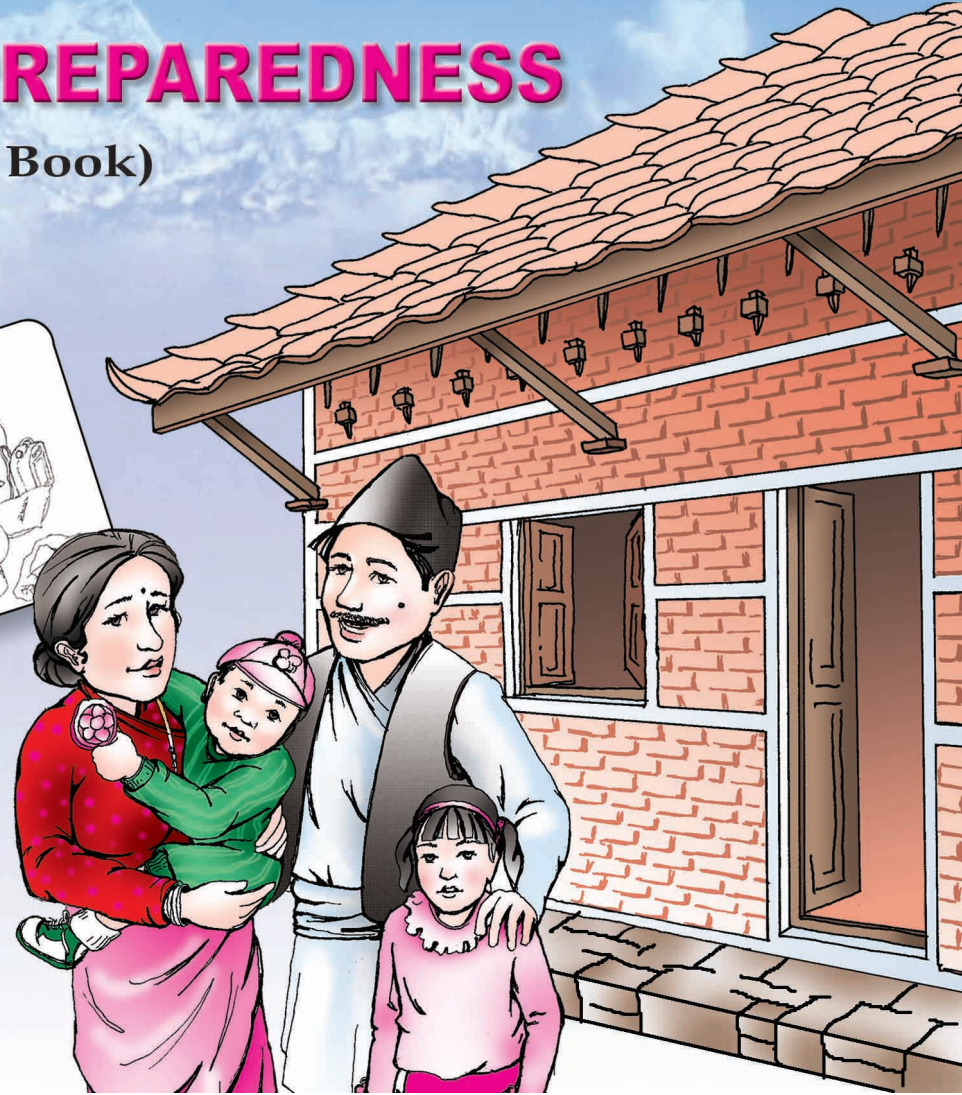
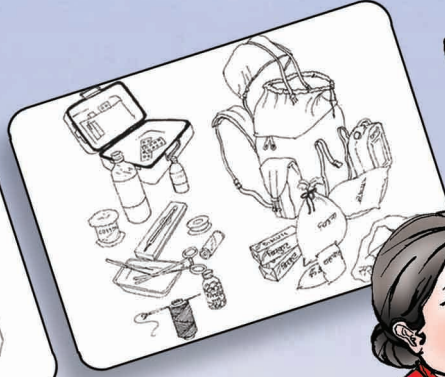
भूकम्पबाट सुरक्षित रहन गर्नुपर्ने पूर्व-तयारी

भूकम्पीय पूर्व-तयारी

(हाते पुस्तिका)

EARTHQUAKE PREPAREDNESS

(Hand Book)



eŠ Dk klj lw /fi6 ; dfh - gkfn
National Society for Earthquake Technology-Nepal

cdl/sL; xfof lgoftsf]j blzs k\$fk ; xfof sfofo cGuf cghfg
#^&-G-))-))*)-)) sf]; xofndf of]xft]kl:tsfsf]k\$fgz -latlo ; s/Of
; Dej ePsf]xf]. o; xft]kl:tsfdf lrqOf ul/Psf ljifo o; sf nysx?sf
cfkuf cleJolQmg\h; klt bft] :yf pQ/bfoL/xg]5g .

"This publication was made possible through support provided by the Office of Foreign Disaster Assistance (OFDA), U.S. Agency for International Development, under the terms of Award No. 367-G-00-00-00080-00." The opinion expressed herein are those of the author(s) and do not necessarily reflect the views of the U.S. Agency for International Development.

-of]kl:tsf o:t}k\$f/sf ljleG k\$fgz tyf /fli6e-cG/fli6e
cgejsf]cfw/df tof/ kfl/Psf]xf]. _

(This handbook has been prepared based on similar publications and national / international experiences in earthquake emergency management.)

o=P; =P= cf0e 8L= cf] Pkm8L= P= sf]cily\$; xofndf PlzofnLk\$fk k] (of/L
s0\$]]; of]hgdf e\$Dk klj lw /fli6e ; dfh-gkn tyf
lhoft]h8{ '06/gzgnaf/f sfot] It
sf7df8f]pkbsf e\$Dklo hf]vd Joj:yfkg cfo]hgaf/f lgldf

A product of the Kathmandu Valley Earthquake Risk Management Project implemented by the National Society for Earthquake Technology-Nepal & GeoHazards International under the Asian Urban Disaster Management Programme of Asian Disaster Preparedness Center (ADPC), with core funding from USAID/OFDA

Earthquake Preparedness ; /lft /xg ugkg{kj }tof/L

Earthquake Preparedness ; /lft /xg ugkg{kj }tof/L

Earthquake Preparedness (Hand Book)

Earthquake Preparedness ; /lft /xg ugkg{kj }tof/L

Earthquake Preparedness ; /lft /xg ugkg{kj }tof/L

Earthquake Preparedness ; /lft /xg ugkg{kj }tof/L



National Society for Earthquake Technology - Nepal (NSET-Nepal)

In Association with:



United States Agency for International Development

eŠ Dkaŕ ; /Ift /xg ugkŕkŕtoŕ/L

Earthquake Preparedness

nŕ gM
 cfdŕ dlŕ bIIft
 dxŕ gs dlŕ
 >I/d l; x a: gŕ
 lzj axfb/ kŕfg^au
 Plnhŕ jŕ jŕ; g

kŕ fzs M
 eŠ Dk klj lw /fi^o ; dŕh-gkŕn

cfj /)f kŕ tyf lrq)ŕM
 rGbg Wj h /fgf du/

kŕd ; s /)f
 df#, 2056 -10,000 kŕt_
 lätlo ; s /)f
 kŕf, 2059 -10,000 kŕt_

dbŕ M
 kmDofŕ lkŕG^é kŕ kŕ ln=
 s fnŕh, s f&d^{*}ŕ

kŕ fzg >ŕv nf

4

4

Authors:

Amod Mani Dixit
 Mahesh Nakarmi
 Shreeram Singh Basnet
 Shiva Bahadur Pradhanang
 Elizabeth Wesson

Published by:

National Society for Earthquake Technology-Nepal

Cover & Drawings Designed by:

Chandan Dhoj Rana Magar

First Publication:

January, 1999 (10,000 copies)

Second Publication:

January, 2003 (10,000 copies)

Printed by:

Format Printing Press (P) Ltd.
 Kalopul, Kathmandu

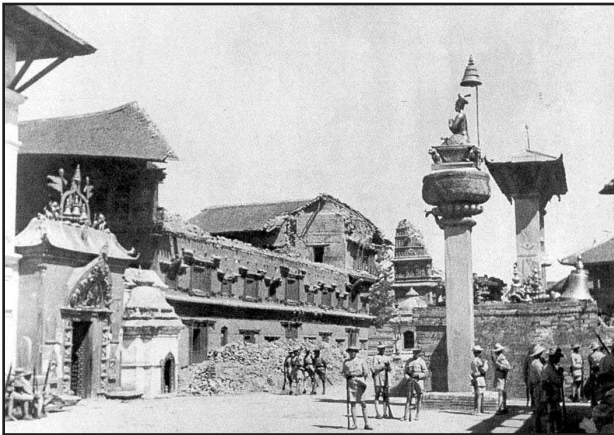
Publication Series:

ljifo; ŕL

kŕ& ; Vof

gkŕndf eŠ Dklo hŕv d	1
eŠ Dk cŕpg' cl# s] ugŕ <	2-5
• ; ŕrgŕds ; /Iff	2
• uŕ ; ŕrgŕds ; /Iff	2
• eŠ Dkkŕŕ f cfj Zos tŕs fŕ klxrfg	3
• JolQmut lzIff / kŕtoŕ/L	4
• ; fdls ofŕgŕ	5
eŠ Dk cf0/xŕ fŕ ; dodf	5-6
• #/leq cf>o lnŕf	5
• #/afx/ cf>o lnŕf	6
eŠ Dk /ŕs Pkl%	6-7
• #/leqaf^ lg: s gŕ	6
• JolQmut cfj Zos tŕ	7
• #/s fŕ hŕ ugŕ	7
cgŕ ŕIx?	7-12
• cgŕ ŕL 1MeŠ Dk cŕpgkŕŕ f cŕktŕ fnlg ; fdŕg	
• cgŕ ŕL 2M#/leq / afx/s f ; /Ift / c; /Ift : yfgx?s f pbfx/)f	
dxTj kŕŕ klŕj fl/s hŕgs f/L	13

() ; fns f] dxfeš Dkaŕ lftu; t eQnk/sf] %% emfn]b/jf/



sf7d8f]pkTosf leq hgllft

lhNnf	zx/	k?if	dlxnf	hDdf
sf7d8f]	leq	@%\$	@@%	\$&(
	afx/	&(!^^	@\$%
kf6g	leq	@%	@(&	%\$&
	afx/	*&!	*@^	!^(&
efbupfF	leq	\$##	&#(!!&@
	afx/	^%	(!	!%^
	hDdf	!(%@	@#\$\$	\$@(^

sf7d8f]pkTosf leq 3/x?sf]lft

lhNnf	zx/	kftfn ePsf] 3/	w}} rs\$}f] 3/	yf}} rs\$}f] 3/	hDdf	bj fno, lzj fno, kŕkŕkŕf
sf7d8f]	leq	&@%	#&#%	\$!\$^	*)^	\$)
	afx/	@*(@	\$)^@	\$@&	!!@!	!^
kf6g	leq	!))	\$!&	#*^	(#)	@@(&
	afx/	#(&&	(\$\$@	!%(*	!%)!&	#)
efbupfF	leq	@#%(&	@@#	!\$@%	^)\$&	!&&
	afx/	!\$\$\$!(*^	@#**	!*!*	-
	hDdf	!@#(&	@%^^*	!&^*\$	%&#(&	\$(@

gkŕndf eš Dklo hflvd

eš Dk Ps kŕs [ts kŕ kŕ xŕ] . of] k/fkŕ} ŕ fn b]v dfgj ; dbfon] eŕ]b} cŕPs f] v t/gŕs tyf clt lj gŕzs f/L kŕ kŕ xŕ] .

eš Dklo kŕ kŕ b0{ s f/)fn] xG%M eŕŕleš / Hj fnfdv L . gkŕndf Hj fnfdv L gePs f] xgfn] eŕŕleš s f/)faf^ eš Dk hfg] u%{ . eŕŕleš s f/)faf^ kŕ] leqs f] cŕŕt/l/s kŕ ŕfaf^ pTkGg oflGqs zlQm s g} v; ; yfgx?df ; ŕt xŕ} hŕG% / s g} ; Idf; Dd kù] kl% eš Dkgs f] dŕWodaŕ^ lI}f (Release) xG% . o; /L zlQm lI}f xg] kŕ ŕŕs f] eš Dkgnf0{ g} eš Dk elgG% .

zlQm ; ŕt xg] : yfgx? ; fwf/)ft of b0{ Tectonic plate s f] ; Idfgŕs f] kl/lwdf xG% . pbŕx/)ŕs f] nŕŕu gkŕns f] bllf)df cjl: yt ef/tlo Knŕ (Indian Plate) n] pQ/lft/ hŕg v ŕŕŕf pQ/df /xŕ} f] ltAat lo Knŕ (Tibetan Plate) s f] ; Idfgŕs f] kl/lwdf kg] lxdfnos f] lj leGg : yfgx?df eš Dk pTklt ub% . o; s f/)fn] ubŕ{ g} b0{ eŕŕleš Knŕ} s f] ; Idfgdf kg] lI} gkŕndf eš Dks f] ; Defj gf a(L xG% . t; y{ o: t} eš Dklo hflvd /xŕ} f] bŕdf a: g] af; Gbŕx?df eš Dklo kŕ kŕ ; DaGwL kŕ fŕt gf xg' / ; f] af/ŕf kŕ} t of/Idf /xg' clt cŕj Zos b]v G% .

kŕoŕ j iŕ lj Zj df s /la tlg nŕveGŕf a(L eš Dk hfg] ub% . eŕUojz tL dWb] wŕ}h; f] eš Dkx? of t s d zlQmŕnL xG%g\cyj f tL dfgj a; ŕŕ; gePs f] lI}df xg] ub%g\ . h; n] ubŕ{ hgwgŕs f] lft ePs f] xŕ}g, t/ tL dWb] s ŕL wŕ} zlQmŕnL / wŕ} k^s bŕŕf]L /xG%g\ . t; y{ eš Dks f] cŕŕY g] ls l; ds f] rl/q xG% .

gkŕns f] ; Gbeŕf s /f ubŕ{ wŕ} k/fgf Plt xŕl; s eš Dkx?s f] af/ŕf v f; cŕs *f gePt f klG lj ; 1890 -7-8 DoŕUgŕo* , lj = ; + 1990 -8-4 DoŕUgŕo* s f dxfeš Dkx?, / lj = ; + 2045 ; fn -6-5 DoŕUgŕo* , OkL; ŕ^/ pbok/_ s f demŕf eš Dk pbŕx/)ŕs f] nŕŕu pNnŕy glo %g\ . lj = ; + 1890 s f] eš Dkn] dWb] gkŕn / s f&dŕ)*ŕ} pkTos fdf cTolws lj gf; u/ŕ} f] lyof] .

lj = ; + 1890 s f] dxfeš Dks f] &ls 100 j iŕ kl% lj = ; + 1990df of] eš Dk uPs f] lyof] . lj ; + 1990 ; fns f] df# 2 ut] lbgŕŕ 2 ah}24 ldgŕ 22 ; ŕ} * hŕŕf cŕPs f] gkŕns f] kŕ} lI} ŕgk/df s ŕb] lj Gb' ePs f] ; f] dxfeš Dks f] gŕk 8-4 /ŕ^ / : s ŕs f] lyof] . lj = ; + 1990 ; fns f] dxfeš Dkn] kŕ} { bŕŕhŕn^b]v klZrddf gŕŕs fŕ; Dd / pQ/df tŕkŕh^ b]v bllf)df ef/tŕs f] laxl/ kŕŕt; Dd xŕgl gŕ; fgl kŕofol] . o; af^ s f&dŕ)*ŕ} pkTos fdf cTolws wghgs f] gŕŕ; fgl ePs f] lyof] . ; f] dxfeš Dkn] gkŕndf k?if 3850 / dlxnf 4669 u/L hDdf 8519 hgŕs f] dŕo' ePs f] lyof] . o; dWb] s f&dŕ)*ŕ} pkTos fdf k?if 1952 / dlxnf 2344 u/L hDdf 4296 hgŕs f] dŕo' eof] . o; eš Dkaŕ^ #/af; , bj fno / kŕ^L kŕf f; dŕ u/L hDdf 207740 j ^f lgdŕŕf eŕs ŕ f lyP .

pQm dxfeš Dkaŕ^ s f&dŕ)*ŕ} pkTos fdf ePs f] hgwg lftŕs f] lj : tŕ hŕgs f/L afŕft kŕf lj j/)f tŕŕns fdf lb0Ps f] % . ; f] tŕŕns fdf lb0Ps f tYofŕs x? >L aŕx zd; ŕ h= a= /ŕ af/f lnlv t ŕ0 ; fns f] dxfeš Dkaŕ gŕds k! ts af^ ln0Ps f] xŕ] .

eš Dk c'fpg'clff s'jugk

; /rgf'fids ; /Iff

- t'kf0'gof' #/ ls Gg cyjf e'f'fdf lng r'fxg'G% eg] eš Dk ; DaGwL OIGhgo/; u ; /; Nnfx lngx'f \ / pgix?'s f] ; emfj n'f0{ Wofg lbg'x'f \ t'f ls t'kf0'g c'fkn'g'f] #/ g'k'fndf c'fpg ; Sg] eš Dks f] wSs f] k'l't /f'v ug{ ; I'fd % e'Gg] s' /'df (Ss x'g ; Sg' x'g' % .
- eš Dks f] h'f'v daf^ #/n'f0{ h'f'v'fpgs f] n'f'lu Wofg lbg' k'g] dx'tj k'f] s' /'fx?'df p'koQm : y'f'gs f] %g'f^, l'gd'f'f ; k'x'tf c'g' ; f/ #/s f] g'S ; f's g ug' u) : t /'lo l'gd'f'f ; f'du' k'p'f'lu ug' ; l'x t'l/s f'n] l'gd'f'f ug' c'f'lb k'b'g' % \ .
- k' /'fgf / s dh'f' #/n'f0'k'lg eš Dk k'l't /'f'v'f'f'ids ag'f'pg ; ls G% . o: t'f] s' f'd ; f'd'G'ot'of y'f'f' v'r'f'f' k'l'j'lw' s' f] ; k'l'j' l'f'f' u' /'f'pg ; ls G% . #/s f] l: ylt tyf ; /'I'f'f' f] c'f'j'Zos t'f c'g' ; f/ ; b'[(s /)'f's f n'f'lu 15 b'j'v 40 i ; Dd yk v'r'f' k'b' % .
- s' g' #/df c'f'w' /'e't k'l'j't'g ug' c'lw l'j'z'f'f' ; u ; Nnfx lngx'f \ . p'b'f'x' /'f's f n'f'lu #/s f] l'e'Q'f' (f's f / e'm'f'n c'f'lb'n'f0{

; f'g'f' cyjf t'N'nf y'k'g j'f x'^'f'p'g l'j'z'f'f' s' f] ; Nnfx / ; 'em'f'j lng' h?' /L x'G% .

- a(t'f *G' *l's f] k'p'f'lu, a'f'S'n'f] u'f' /'f] j'f %g'f] w'f] } l; d'f' ^ l'd >) f' c'f'lb d'f'q'n] #/ al'no'f] x'b'g, u) : t /'lo / ; d'f'g'k'l't's ; f'du'f' s' f] ; x'l k'p'f'lu tyf t'n e'G'b'f d'f'y'l x'n's f l'gd'f'f'f ug' { al's d'f'g'l & x' % { .

u' ; /rgf'fids ; /Iff

- eš Dks f] wSs f'af^ x'g ; Sg] ; e'lj t I'f'f't'n'f0{ s' d ug' { #/df k'p'f'lu ul' /'g] U'of'f' , lah'nL / k'f'g'l's f w' /'f'x? l'g'oldt ? k'df /'f'd'f' u h'f' ug' / c'f'j'Zos k' /'f'f' t' ?'G't} d'd'f' ug' l .

- eš Dkaf^ #/ w'f' } x'b ; Dd ; /'I'f't /'x'f' f] % e'G'g] n'f'u] k'lg #/fo ; L ; f'd'f'g em'g] k'ir^'g] cyjf o't'f'p't'f ; /'f' h'lp h'of'gs f] t'n-l'j't'n n'uf'ot u'd'e'l' /'g'f' ; f'g'l x'g ; S% . To ; s' f' /'f' To: t'f ; f'd'f'g'n'f0{ g'v : g] u' /L s : g] cyjf ; /'I'f't /'f'v'g] k'p'f' ; ug' { k' % { . ; g' { ; Sg] To: t'f ; f'd'f'g'x? x'g \ M

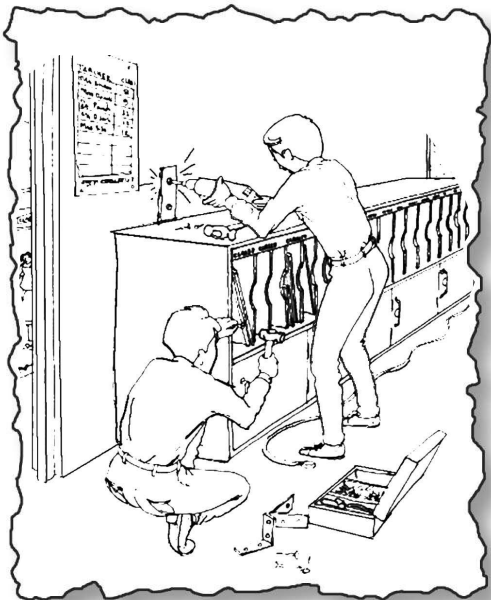
- u'x'f' / k'ir^'g ; Sg] ; f'd'f'g cyjf b' /'f'ns f] d'f'f'y'N'n'f] v)*d'f' /'x'f' f e'f'f'x'?, e'm'f'nd'f' /'x'f' f ; f'd'f'g'x'?, >Jo b' /'os f ; f'd'f'g'x'?, s' D'ko^' / / l'k'f' ^ / c'f'lb'n'f0{ ; /'I'f't : y'f'g'd'f' a'f'w' /'f'v'g'k' % { t'f ls



f'f' / ag'f'p'b'f
eš Dk
k'l't /'f'v'f'f'ids
p'k'f'ox c'k'g'f'p'g'
c' /'to'G't h?' /L
% .



v ; f' k'ir^'g]
; f'd'f'g'x'?'n'f0{
; /'I'f't : y'f'g'd'f'
a'f'w' /'f'v'g'
k' % { .



uxš-knlgf / / leQidf em)of0Ps f
j: tx?nfo{ g; g{jf gv: g} u/L yk
ls nf Pān, l; qml cllbn} afw} /fVg'
k%{ . ; /Y jf v; Y Iift xg ; Sg
o: tf j: tx? lgDg xg ; S%g\ M



eš Dk / cUg aldf u/fif
tk0f}s gkg
kš f/s fl
; eļj t Iifts fl
Iift kl' kfp
; SgxG% .

eš Dk cP's fl ; dodf lt gix? v ; Y
Iift xg] ; eļjgf s d xfl \ .

- uxš-knlgf / / leQidf em)of0Ps f
j: tx?nfo{ g; g{jf gv: g} u/L yk
ls nf Pān, l; qml cllbn} afw} /fVg'
k%{ . ; /Y jf v; Y Iift xg ; Sg
o: tf j: tx? lgDg xg ; S%g\ M

- ykSs dfq /flv Ps f &hf b/fh,
tVtf, Ÿofs
- b/fh, tVtfdyL /flv g] afs ; jf
cGo uxš-j: tx?
- k' ts /fVg] b/fh
- kfgL tt fpg] ulh/
- Uofš l; ln)*/
- em)*ofP/ /flv Ps f kins f udnf
- knldf /flv Ps f &hf t: jL/x?
- /kth} /
- em)*of0Ps f lahhL alQx?, kmg';
- Pğfx?

- ; /Iift ?kaŃ #/ afx/ lg: s gs f nflu
s fš afx/ lg: s g] af^l] eYoŃ, s ʃ/*f],
dh/L d^fg / cGo : yfgx?df -af^l] /
/xš f cj /fjw x^fo/fVg' k%{ .
- Hj ngzIn -dšlth, kš, Uofš _ j: tx?
cyjf #its emh kbfx? -h: t} /f, folgs
kbfy, lkmgh, Pl; * / ; kmfo s f

; fdg, lanru emf, /ux?_ ; s e/
#/eGbaf x/ cyjf kfoM kofu gul/g]
#/s fl s g} s gdf /fVg' k%{ .

- tk0f] lj >fd ug] : yfg, vf^, knu,
; kuf cllbnfo{ l; ; f v kf ePs fl emfn
jf b/fh tyf em)*of0Ps f uxš; fdgaf
^f(f /fVgxfl) \ . eš Dks fl aħf
o: tf ; l; f km^} ^qnf? ufhl em-
xlQG%g\ . (fš f cyjf emfn / uxš-
j: t' /fv š fl &fpøGb t n a: g' xšg,
gq To: tf ; fdg tk0f]ly g} v: g
; S%g\ .

eš Dk kš f cfj Zost fs fl klxrfg

eš Dk kl% w} } s /fx?s fl cfj Zost
PSs f; L a(%g\ . To; h] cfh} To; af/
; fš } tn egh: t} cfj Zost Joj: yf ug
Wofg lbgxfl \ M

- eš Dk / cUg aldf u/fif tk0f] s gkg
kš f/s fl ; eļj t Iifts fl Iift kl' kfp
; SgxG% . cfkmgf] ; Dklqs fl aldf
ugkf] \ .
- gj hft lzz' / afnašns fx?nfo{ ; dodj
/ Igoldt vfk lbnfPd eš Dkkl%
xg; Sg] ; eļj t /fuaŃ pgIx?nfo{
; /Iift /fVg ; ls G% .

- eš Dk kl% #/df kŋl, lahnL, Uofŋ , / ; ŋf/ ; Dks ŋf u*a*L xg; S% . To; s f/)f vfgkŋl, vfgf, kŋylds pkrf/s f ; fdg, lgoldt ; jg ugkŋ} cToŋZos cŋflw, nʊknf^f, / h?/L cfjZos tŋs f ; fdgŋ f} ; ŋon] eš Dk kl% s f cfjZos tŋ kʃf ug{ ; #ŋp%g\ . hUuŋs f} nfnkhf{ aŋ s f} rŋŋ aŋ eš Dks f} rkŋʃdf kl/ x/fpg ; S%g\ . To; h] To: tŋ s fuhts f} knfʃŋ kl klg ; /Ift /Vgxf} \ . kŋ 8 / 9 df h?/L cfjZos tŋs f ; fdgŋ? s f} pbŋx/)f lbOPs f} % . To; nŋf0{ xgkŋ} \ / eš Dk kl% ; lhn} kŋkt ug{ ; ls g} &ŋpŋf To: tŋ ; fdgŋ? tof/L cŋ: ydf /Vgxf} \ . eš Dk kl% s f 2-4 lbg lgs } s i^kŋ xG%g\ To; s f} nŋlu clxn] g} hŋfuf* ugkŋ} \ .

JolQmut lzIff / kŋʃof/L

- eš Dk s ; /L cŋp% To; s f} ; eŋgf af/] kydtMkl/jf/s f ; b: o / l% dŋ I; ŋ v f; u/} s ŋŋs ŋL / a(ŋkŋs f; ŋ s /f ugkŋ} \ . pŋlx?nŋf0{ cs : dft cŋpg} eš Dkaŋ^ xg; Sg} g; ŋŋPs f c; /nŋf0{ hgrŋgf / cfjZos kŋʃof/Iaf^ s d ug{ ; ls G% eG} af/] ; Demŋpgxf} \ . To; kl% pŋlx?nŋf0{ ; /Iŋs f pŋfo ; DaGwdf l; s ŋpgxf} \ . kToŋ JolQmn] #/, lj Bŋno jf s foŋnodf æš Dk kl% dŋf} bŋfoTj

s] xŋf <a eG} af/] clxn] g} lj rf/ ug{ pQd xG% .

- eš Dk cŋPs f} avt ; /Ift cŋ>o: yn eŋʃŋg' egŋ f} #/s f ; a} ; /Ift / c; /Ift : yfgx? s f af/]df yxf kf0/Vg' x} . To; h] eš Dk cŋpg' cl# g} cŋkŋg} #/, lj Bŋno, s foŋnodf ; /Ift : yfgx? klxrfg ug{ pkoQm xG% . s ŋL pbŋx/)fx? kŋ 12 df lbOPs f} %g\ xgkŋ} \ .

- tkf0{To: tŋ cŋ>o: yndf eš Dk cŋPs f} avt s ; /L a: g} / tkf0ŋ f} z/L / ^ŋps f} s ; /L hŋfufpg} eG} s /f klxn] g} yxf kf0{ lgIzrGt xgxf} \ . ; /Ift pŋfos f nŋlu kŋ 5, 6, 11 / 12 s f lrqx? xgkŋ} \ . To; kl% kl/jf/s f ; b: onŋf0{ v f; u/} tkf0ŋ f} %ŋf%ŋf/Inŋf0{ l; s ŋpgxf} \ . kŋylds pkrf/ ; DaGwL tŋnd s foŋmddf ; xefuL xgxf} \ / c?nŋf0{ klg To: t} ug{ kŋŋ; fxt ugkŋ} \ .

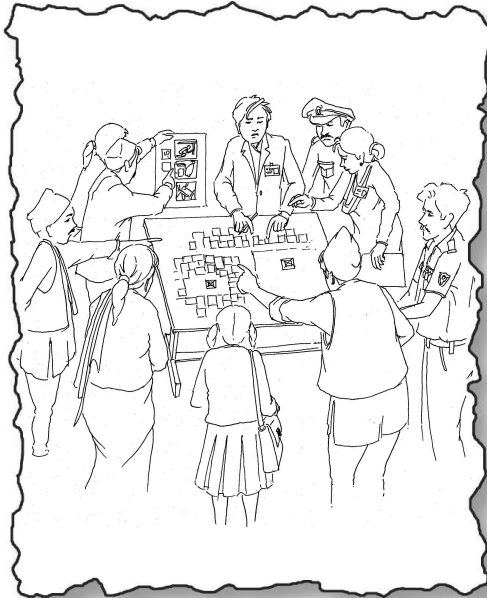
- To; aŋf tkf0h] kŋŋf} ug{ kŋI pks /)fx? s f} pŋofu ug{ t/ls f yxf kŋpgxf} \ tyf eš Dk kZrŋŋ f} ; eŋt cŋktŋ nŋlg cfjZos tŋx?af/] clxn] g} lj rf/ ugkŋ} \ . eš Dk cŋPkl% tL ; fdgŋ f} pkoQm kŋŋf} ug{ tkf0h]f0{ o; n] ; #ŋpg% . o: tŋ h?/L ; fdgŋ?



eš Dk s ; /L cŋp% To; s f} ; eŋgf af/] kydtMkl/jf/s f ; b: o / l% dŋ I; ŋ v f; u/} s ŋŋs ŋL / a(ŋkŋs f; ŋ s /f ugkŋ} \ .



eš Dk cŋPs f} avt ; /Ift cŋ>o: yn eŋʃŋg' egŋ f} #/s f ; aŋ] ; /Ift / c; /Ift : yfgx? s f af/]df klxn] g} yxf kf0/Vg' x} .



kl/jf/s f
; b: o,
l% d\$ lx?,
; u} s fd ugġ
; xofuL ldqx?
ldn} ; fdlxs
kġtof/L ofhg
agfpg' k%{.



eš Dk cfpbf
cfkmi / cfkngf
kl/jf/s f
; b: ox? ; /Ift
/ e/kbġ : yfgdf
eš Dk
g/f}s bf; Dd
a: gxf} \.

s xfa yGs f0Ps f %g\ kl/jf/s f ; a}
; b: onf0{ hfgs f/L lbgxf} \.

- lahnL, kfgL / Uofġ agb ugġ t/Is f
kl/jf/s f kġtoš ; b: onf0{ yxf xg'
kb% .
- &hf #/, xffġ, s fofno / l; gdf cllbdf
afx/ lg: s gġ cftk's fnlg (f\$ f /
eYof^a s xfa s xfa% egġ klxn] g} yxf
kf0{ /fVgxf} \.

; fdlxs ofhg

vt/gfs eš Dkk% tkf0\$ fġ Iġdf pSf/s dġ
t?Gt gkUg ; S%g\ . To; s f)f kl/jf/s f
; b: ox?, l% d\$ lx? / ; u} s fd ugġ
; xofuL ldqx? ldn} ; fdlxs kġtof/L
ofhg agfpg' k%{ . eš Dkk% ; /Ift ?kdf
eġf xg s l&g xG%, t; y{ Pp^f ; fdlxs
kġtof/L ofhg agfpg' pkoQm xG% . o; fġ
ubġ kġtoš JoIQm] cfckngf s tJo /fdġ u
kngf ugġ ; S%g\ / #^gf #^L ; s kl%
cndn xbg .

eš Dk cf0/xšf]; dodf

tn atf0Ps f pkfox?n] eš Dks fġ kġf af^
aRg lgs } ; #fp%g\ . t/ eš Dk h: tġf
cftk's fnlg cj: yfdf ol pkfox?s fġ ; dlr t
pkofu / cj nDags f nflu lgoldt cEof;
(Drill) ugġ cToġf Zos xG% .

3/leq cf>o lnbf

- zġt /xg; \ / c?x?nf0{ ; dġ gclQs g
; s] Dd l%^fġ ; /Ift : yfgdf kUg
; Nnf lbgxf} \.
- olb tkf0{Ps tn] #/df xgxC% / afx/
lg: s gġ (f\$ fs fġ glhs d} xgxC% egġ
eš Dk z? xgf; fy t?Gt #/ %f*gxġ \
/ klxn] g} lglZrt u/\$ fġ ; /Ift &fpelf
kUgxġ} \ . #/ glhs ; /Ift &fp^a%g
egġ #/leq} /xgxġ} \ .
- olb tkf0{ eš Dk cfpbf w} dfls fġ
tnfdf xgxC% egġ (f\$ ft/ gbġgxġ} \ ,
eYof^as fġ kofu gugġ} \ cyjf dlyaf^
kufnxfNg] kof; gugġ} \ . ; /Ift /
e/kbġ : yfgdf -k& 5,6,11 / 12 cg' f/_
eš Dk g/f}s bf; Dd a: gxf} \ .
- eš Dkn] xNnf0{ /xš fġ aġfdf eYof^adf
tndfly bf*g xGg . leqL uf/fġ u

^f#; P/ a: gxf] \ . ^f#s f] / #f#Inf0{ xft n] %fk} ; /Ift /fVgxf] \ .

• Inkm^df xgxc% eg] o; nf0{ ; aeGbfglhs s f] tnfd /f# } Inkm^ afx/ lg: s gxf] \ .

• ha eš Dkg /f# G%, tkf0f; /Ift : yfgdf s xL If a: gxf] \ / To; kl% xlfzof/L; fy afx/ lg: s gxf] \ .

• eš Dk cfPs f] avt olb tkf0f aš cyjf ; lk^a ; #^/ h: tf ejgdf xgxc% / ; xh} afx/ lg: s g ; Sgxc% / af^df le*ef* %g eg] afx/ lg: s gxf] \ / ; /Ift : yfgs f] vfhL ugxf] \ .

• gf^dux, /uzfnf, s f: yn cyjf l; gdf xn h: tf ; fj hlg s : yfgdf afx/ lg: s g] (fš ft kmf bf#bf uDeL/ rf^ nfUg- ; S% . ; /Ift : yfgs f] vfhL ugxf] \ / olb To: tf] ; efj gf geP cfkng}l; ^df a: gxf] \ ##fdf ^f#s f] /fVgxf] \ / xft n] ^f#s f] hfufpgxf] \ .

3/afx/ cf>o Inbf

• rff ; *s df /xbf ?veGbfgk/, lahnL aQIs f] v Daf, lah'nIs f] nf0g, cUnf ejgx? / knx? eGbfg ^f(a: gxf] \ .

• ; #/f ; *s df /xbf Ps tn] #/s f] afx/s f] uf/fdf cf* lnP/ a: gxf] \ / cfkngf] ^f#s f] xft n] (fSgxf] \ .

• ul*/xš f] ; jf/L ; fwgdf /xbf To: tf] ; jf/L ; fwgnf0{ #/ / cGo &hf j: t'eGbfg ^f(f /fVgxf] \ / s Dkg ; dftt geP; Dd ToxL+a: gxf] \ .

eš Dk /f#s P kl5

3/leqafš lg: sg]

eš Dk /f#s Pkl% klġ #/dflyaf^ eTs š f ; fdg v: g ; Sg] lahnIs f tf/x? r#g] tyf Uof# / kfgIs f kf0kx? km^g ; Sg] ; efj gf xG% . dVo eš Dkkl% ; d# \ eš Dks f] &h} em^s f kgM b# fkg] ; efj gf /xG% . To; h] eš Dk /f#s Pkl% lgDg s /fdf Wofg lbgxf] \ M

• tkf0f cfkngf cfkt's fnlg ; fdgx? lngxf] \ / xlfzof/lk} š #/af^ afx/ lg: s gxf] \ .

• c?nf0{ #/af^ afx/ lg: s g ; xofu ugxf] \ v f; u/} s }fs }L / a(fks fnf0{ .



olb tkf0{ w} dflyf f] tNnfd xgxc% eg] (š f lt/ bf#g] eXof^x cfh#ġ] ^ dfn, afb^L jf s š la^ xfdkmNg] uNtL s kNo} klġ gugxf] \ .

; /Ift : yfgs f] ; efj gf gePdf uf/f# f] s ġf jf ^h^ dlġ a: bf #fdf ^f#s f] /fV xft n] ^f#s f] hfufpgxf] \ .



; #/f ; *s df /xbf Ps tn] #/s f] afx/s f] uf/fdf cf* lnP/ a: gxf] \ / cfkngf] ^f#s f] bj} xft n] (fSgxf] \ .



eš Dkdf k/L
#f0t] ePs fx?
nfo{ xlfzo/ lġ' s
xns f (an) dġ
p&fpgxf] \. xt f/
u/ ħ ha/h: tL
p&fbbf #f0t] hfo{
eng yk cfwft
kUg; S% .



pSf/s dġhfo{ s fd
ug{ ; lhnf] kġgxf] \
/ cġkt's fnlg
afxgnfo{ af^f] %f] *lbgxf] \.

tkfoš f] ^fġh: ^/
v fNgxf] \
cġkt's fnlg ; řgf
tyf ; dġrf/
; Ggxf] \ / To; df
elgP cg' f/
ugkġf] \.

- dġlyaf^ ; fdfg v; ħ nfoUg ; Sg] jf
cfuf] cyjf Uof: n] ps ; dš ; xg] h: tġ
vt/fk]f{ cj: yf %g eg] #/leqs f uDeL/
?kdf #f0t] JolQm? v f; u/L ubg,
s Dd/ eġPs fx?nf0{ ha/h: tL tġgġ
cyjf aflx/ eP lgs fNg] kġf;
gugkġf] \. o: tġ aġfdf #f0t] JolQmfo{
: ^ġ/s f] ?kdf s fddf cġpg ; Sg] h] s }
; fdfgnfo{ kġfġ u/L aflx/
lgs fNg' xġf] \. h: t} s Dan, s k*f cyjf
knlfi^s s f] ^qmf, v f^, eYof^, (fš fx?,
s K^ ħf Oġoflb . t/ pgnfo{ nfuš f]
rf]nf0{ bvn gkuf] \ eg} ; fj wfg
xgk%{ . lġ ifzu/L #f0tš f] ubg, (f* /
s Dd/df yk bvn kUg' vt/fhgs
xg; S% .

- tkfoš f] kl/jf/ ; /Ift /xš f] lġZrt
ePkġ% cGo #f0t] dġg; nfo{ ; xofġ
ugkġf] \.

JolQmġ cfjZostf

- #/aġx/ lġ: s kġ% #f0t] hfo{ t?Gt kġyds
pkrf/ u/fpg] Joj: yf ugkġf] \ / yk
pkrf/s f nġu ; xfofs dġš f] kġIIff
ugkġf] \ jf ; DalGwt lgs fo; u ; dġj o
u/L gġhs š f] c: ktfn jf : jf: Yo s ġbġf
; fj wfg; fy nġhfgxf] \.
- kġoš JolQms f] tTs fnlg cfjZos tf

aġnf aġn} xġ% . To; s f] kġt{ eof]
ePg egL Wofg lbgxf] \.

- pSf/s dġhfo{ s fd ug{ ; lhnf] kġgxf] \
/ cġkt's fnlg afxgnfo{ af^f] %f] *lbg'
xf] \.
- pSf/s dġhfo{ k]f{ ; xofġ / cġkm ; Sbf]
d@t ugkġf] \.
- tkfoš f] ^fġh: ^/, /f] *of] v fNgxf] \ gof^
cġkt's fnlg ; řgf / ; dġrf/ ; Ggxf] \
tyf To; df elgP cg' f/ ugkġf] \.
- ^ġnkġg ; jf cġkt's fnlg s fds f nġu
dġ kġfġ ugkġf] \.

3/sf]hġr ug}

eš Dk u0; s kġ% tkfoš olb cġkmġf]
#/s f] ; řgġfds Iġts f af/ġf hġr ug}
xġ% eg] tns f s /fdf Wofg lbgxf] \ M

- #/ eTs ħ lġ: s š f ; fdfgdġly lx#bf
afSnf] tn]js f] -b/f] hQf nufpg'
xf] \. s ġs f ^qmf, ls nf cġlb laemġ
tkfo{ g} #f0t] xg ; Sgxc% .
- yk ; /Iġs f nġu xft df dġf] v fns f]
k~hf nufpgxf] \.

- dlyaf^ ; fdfg v:% ls egl xlfzof/
/xgxfj \. eTs g nfuš f &fpaf^ ^f(f
/xgxfj \.
- cWof/f) ePs f) v)*df #/leq ^rħf0^
dfq kofju ugxfj \. ; nfo{ gs fgxfj \
/ aQIs f):jIr glyRgxfj \. Uof: rxfj ^
gePs f) lglZrt u/kl% dfq aQL / cfufj
afNg' pkoQm xG% .
- Uof: s f) uGw cf0/xš f) yxf kf0Ps f)
v)*df t?Gt emofn vNgxfj \ Uof: s f)
dVo eNj aGb ugxfj \.
- lahhIs f) tf/ rħPs f) % eg) dVo :jIr
aGb ugxfj \.
- olb kfgIs f) kf0k Iiftu;t ePs f) % eg)
dVo :yfgdf aGb ugxfj \.
- #/ k)ħ?kn] ; /Iift % eG) lglZrt
geP; Dd kl/jf/s f ; b: onfo{ #/leq
kjž ug{ glbgxfj \.
- eš Dk u0; s kl% eš Dks f) k'gM
em^s f xg; S%, t; y{ o; klħ ; hu
/xgxfj \.

cg; ĩL !

ešDk cfpkjšf cktšfnlg ; fdfgx?

t n lb0Ps f kToš ; fdfg h^f0; s kl%
To; s f) ; ĩL agf0{ lrGx nufpgxfj \.

- s DtIdf 3 lbgnfo{ kUg) / tTs fn gi^
gxg) v fgf
- l*Aafdf /flv Ps f v fgf, Ro/f, ehf,
bfndħ, nfvdl/, la: s ^, rs nħ,
lrGL, gg, %ħ*f, ls ; ld; , abfd
0ħoflb .
- o: tf ; fdgs f) e)*f)fnfo{; do; dodf
kmħabn ubħfgxfj \.
- lkpg) nufwg) / :jf: YoaSš kfgIs f)
e)*f) f s DtIdf 72 #)^f; Dd kUg)u/L
/fVgxfj \.
- o: tf) kfgL knfi^s s f) ef*fdf xjf f
gl%g) u/L aGb ugxfj \ / kToš
dlxgf kl/jtğ ubħ /xgxfj \.
- rSs; v s ĩL, Sofg cħg/ cħb xtof/
/fVgxfj \.



#/ eTs ĩ lg: s š f
; fdfgdly lxħbf
afSnħ tñj fs f)
-b/f) hQf nufpg'
xfj \.



s DtIdf 3
lbgnfo{ kUg) /
tTs fn gi^ gxg)
v fgf e)*f) f
ugxfj \.



pšf/s f
tyf cGo
; fdfgx?



kfylds
pkrf/s f
; fdfgx?

- pšf/s f ; fdfg
 - ; fajh - l; SL - *f/ls fl d&f
 - df/tfh - nfo^/ - /Gr
 - ; nfo{ - dgaQL
 - ; fgfl ^šGh: ^/ - yk Jof^k
 - clUg lgoGqs
- kTofš JolQmnfo{ tlg lbsg f nflu kUg]
 - ; /; kmf0š f ; fdfg
 - ; fag - tšnof?dfn
 - kmf/ xfnG] emfh - l*^/hš^
 - l^: o' kk/
- kfylds pkrf/s fl ; fdfg
- ; fdfu{x? M
 - ; fag -1
 - tlv fl ^Kkf ePs fl lrD^L -km/; k_-1
 - ; kmf s kf; -2 /fh
 - Aof)*h -; f0h 1æ 2æ 3æ 4æ - x/š
 - ; f0hdf b0{ b0{ /fh
 - ^š; g] kšL 1æ /fh
 - s feš(Splint) -2 j ^f -xfts fl nflu
 - ydšd^/ -2 j ^f -cl/n / /š^/
 - Ps Ps j ^f
 - s šL(Scissor); fgfl -1
 - kk/ / kf; In -1÷1
 - lgdšls š uhkof* -1 Kofs š

- kk/Aofu -5 j ^f
- xk -; Ÿ^ lkg_ -6 j ^f
- cšflwx? M
 - /š^kmf0* l: kš emfh
 - hšG; og efočfhš emfh
 - l^Gr/ cfoš* g emfh cyjf ašfl* g
 - l^Gr/ ašhf0g emfh
 - hšj ghn whfl
 - l; Ne/ ; Nkmf*foihg dNxd / whfl
 - cšv fs fl ykf 20š ; Nkmf; ^fdfo*
 - dššNs škdfo* rSs L -5 lduš-
emfh -5 lduš klš lrof rDrš
 - ; š*od afoš fašš rSs L
 - Ns š/kmš/fldg -25 lduš rSs L
 - Pl: k/Ig -300 lduš rSs L
 - kf/fl; ^fdfh -500 lduš rSs L ÷
emfh -125 lduš klš lrof rDrš
 - dššlg*fhfh -Pdšh^
 - lgcšfoš; g jf kmfdo; šlg qnd

cšflwx? s flkšfl

• /š^kmf0* l: kš emfh
of] Ps kš f/s fl s l^šfgzs emfh cšflw
xfl . of] emfh cšflw hg; š } ls l; ds fl šp,
vl^/f ; kmf ug{ kšfl ul/G% . ; kmf
s kf; df cln rškl šp vl^/f jl/kl/ %p
%šdf ; kmf ul/G% . #špx?df ; šem kšfl
ug{ xšg . o; /L #špd l; w} kšfl u/šf
šp rx/špg] kšng] / bVg] ub% . o; n]
lj /fdlnfo{ emg kl*f xG% .

hġ; og ef0cfhġ emfġ
of] cġflw kġ ls ^f)fgfzs emfġ kbŷf{
xf]. o; s f] /é uf(f KofhL xġ% . of] cġflws f]
emfġ ; kmf ; fgf] s kf; df rġk} leqL #fp
jf vl^/fleq kġflġ ul/G% . t/ nġufd
nfukl% o; s f] /én] bfu agf0lbġ% . of]
cġflw laimġb xfġg .

l^Gr/ cf0fġ*g emfġ jf aġfl*g
of] cġflw kġ ls ^f)fgfzs emfġ kbŷf{
xf]. o; s f] kġflġ gġn*fd, #l; P s f]
&fp s d /Qmġfj eP s f] #fp rġfġdf kġflġ
ul/G% .

l^Gr/ aġhfġg emfġ
of] cġflw s *f ls l; ds f] ls ^f)fgfzs emfġ
xf]. o; s f] af; gf ld&f] ls l; ds f] xġ% .
clncln /Qmġfj eP s f] #fp x?df kġflġ ugffġ]
o; n] /Qmġfj /fġsgdf d@t ub% .

hġghn whġ]
of] hn ; ōfhgs f nġu klxn] g} tof/
kl/P s f] gġ, lrgL ; fġfs f] whġ] xf] .
hġghns f Kofs ġx? cġflw k; n afxġ
cGo k; nx?df kġg kf0ġ%g\ . Kofs ġs f]
afx/ klġ pNnġ eP cg; f/ pdġn} lr; f]
kl/P s f] kġgldf #fġL emfġ afġtf tyf kvġnf
nfuġ f] la/fdġnf0{ a/fa/ v j f0/xġf z/Ldf
s dL eP s f] kġgls f] klġ{ xġ} hfġ% .

l; Ne/ ; Nkmf*f0l*g dNxd / whġ]
oL cġflwx? kġSg nfuġ f cyjf kġs ; s ġ f
#fp x?df kġflġ ul/G% . #fpnf0{ ; kmf kġgġn]

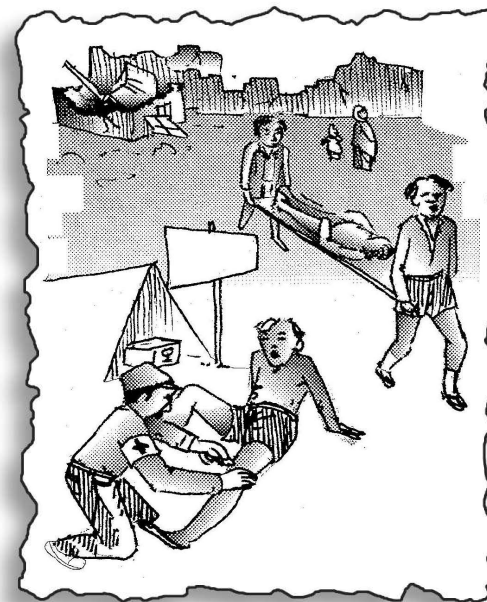
/fdġ] ō ; kmf u/} #fpdf of] cġflw /fVg]
/ kftnf] Pj+ xNs f s k*fn] %f]klbg'
kb% .

20ġ ; Nkmf; ^fdġ* cfv fs f] yġkf
-gġk fġ 20ġ _
of] cġflw cfv f /ftġ xġf, lrnfġbf / cfv faf^
kġgL cf0/xġf kġflġ ul/G% . &hfġ f] nġu
20ġ / ; fgf gfglx? s f nġu 10ġ s f]
1-2 yġkfs f b/n] lbġdf 4+5 k^s ; Dd
kġflġ ug{ ; ls ġ% .

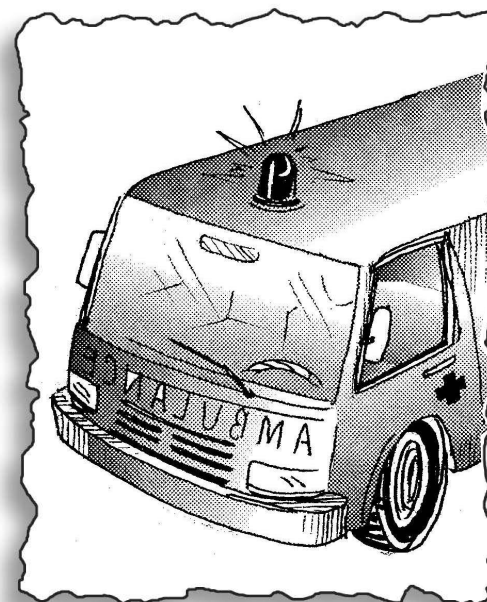
dġfġNs fġkġf0f
of] cġflw afġtf /fġsgs f nġu kġflġ ugġ]
ul/G% . kġ bv} afġtf xġ] cyjf a; uf*L
r (bf afġtf xġ] la/fdx?nf0{ of] cġflw ; jg
u/f0ġ% . o: tf dġg; x?n] uġ* r (ġ 15
jf 20 ldġġ kġ{ of] cġflw v fPdf afġtf
xġġ .

; fġlod af0s fafġġ rSs L -; fġfldġ^_
of] rSs L dġyNnf] kġ xNs f; ō bvġ]
*s f/ cf0/xġ] la/fdx?n] kġflġ ugġ]
; ls ġ% . ; fwf/)ftM &hf dġg; nf0{ 2-2
rSs L / ; fgġnf0{ P s rSs L lbPdf kġ
bv f0df s ġL /fxt xġ] ub% .

Ns f]kġg/fldġ rSs L 25 ld= uf -Plen_
Pnhġ kġtġqmf -Pl) ^lx: ^fdġg s f s f/)
hġpdf lrnfġg] kmġs fx? cfPdf of] Plen
rSs L v fPdf lrnfġg] /fġ lgs f] xġ% . kġf
of] cġflwn] lgġbf nfUġ% . o; n] afġtf
/fġg] s fd kġg ub% .



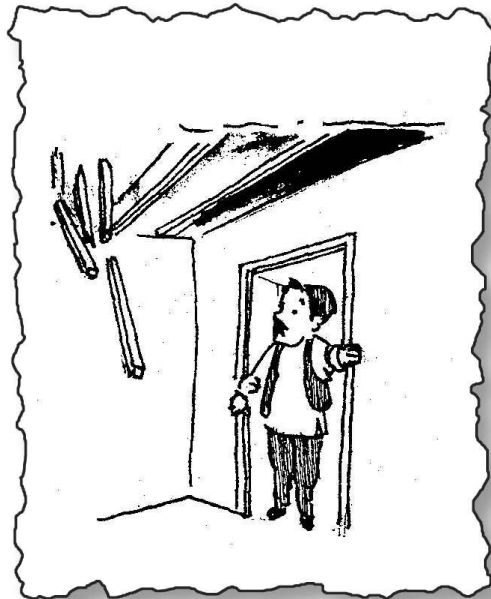
cfkni / cfkġgġ
kl/jf/ tyf %/
l% dġs lx?nf0{
kġylds pkrf/af/
hġgs f/L u/fġf.



#f0k?nf0{ l% ^f]
eġbf l% ^f] s ; /L
c: kġfn kġf0ġg
; ls ġ% eġg] /
PDahġ; s f] ; lġ wf
s xġf / s ġ &fpġf
pkġAw % eġg]
s /fs f] hġgs f/L
/fv fġ.



#/leqs f
; /lft : yfg-
bxj ^h cyj f
*j s dlq



#/leqs f
; /lft : yfg-
(š fs f); twdf

• Pl: k/lg 300 ld= uš
k/l; ^fdh-500 ld= uš
^fš f] hlp bVbf, Hj/f] cfpbf kpfu ul/g]
cšfw j o: s x?nf0{ Pl: k/lg 300 ld= uš
cyj f k/l; ^fdh 500 ld= uš tyf 10 aif
dlgs fn0{j o: s dšfs f] cwf . t/ k's f
/l'ux? / aRrx?nf0{ glbg].

• d]lg*fhfh -Pdlh^
cfs kbš f] av t 400 ld=uš lbgš f] tlg
kN^ v fgkl% lbg' k%{.

• lgcšf0l; g jf kšfd0; l^g lqmd
-lgof] k/l/g jf ; f'kšfd0l; g_
of] dnd ; a) kš f/s f ašx/L #fš f] pkrf/
ug{ pkoš u xG% .

- dxTj k)š s fuhkqx?
- nfnkhš -hUufwgl kdl)f khš
- gful/s tfs f] kdl)fkq
- aš s f] rš aš
- kl/jf/s f] : jf: Yo lj j /)f
- cGo dxTj k)š s fuhkqx?

- cGo
- gub ?kpf - u/uxgf?
- s nd, kG; n / s fuh

- nšfknf^f
- Gofgl nšf - alnof] k~hf
- alnof] hQf - s Dan
- xhd' -; Dej ePdf

dly lb0Ps f ; fdgafxš tns f] hfgš f/L
; dš tk0h] cknšf] ; šldf ; dš ž ugk%{

- : yfglo j f; Gbfs f] ; fgf] knf^f] ; lxts f]
; šL tof/ ul//Vg' k%{ . knf]š f] k%*L
pglx?s f] gfd, pd], kl/rokq ; Vof /
/Qm ; dš nVgk%{ .

- To: tf JolQms f] /f]u ; DaGwL k)š f]
lj j /)f, pglx? s g /f]af^ -h: t} bd,
d^' ; DaGwL ; d: of, s g} cšfwaf^ xg]
Pnhš kl*t %g\ pglx?nf0{ lb0Ps f]
cšfw / v'fs lj lw af/] k)š f] lj j /)f
/Vgk%{ .

- lgs ^td cknš cyj f ; fyx?s f] &šgf
/ knš gDa/ .

- s ššx?, ešof^, ašx/ lg: s g] (š f /
; a) dxTj k)š &šx? h: t} lahl, kfgL
/ Uofš s f dVo : j lrx?s f] : ki^ l: ylt
emNs g] u/L #/leqs f] gS; f agfpg'
k%{ .

- cktš fnlg pšf/ s šš f] &šgf / knš
gDa/ v f; u/ g]hs s f] cšfw s šb,
cUgl lgoGq)f 0s f0{ kš/L ršš L /
/šqm ; f] f0^ls f zfv x? .

cg! lr @

3/leq / aŋx/sf; /Ift /
c; /Ift :yfgx?sf pbf/Ofx?

3/leqsf; /Ift :yfgx?M

-s _ #/leq

- bxŋ ^ŋn, *}s cyjf v f^dlg
- (ŋ fs ŋ kŋŋ alrd
- lkn/ glhs
- ; ŋ/ŋ s ŋ/*ŋ
- leqL uf/ŋ glhs
- s ŋŋs ŋ s ŋf

-v _ #/aŋx/

- j l/kl/ cUnf #/, ?v, lahnIs ŋ ŋf / v Dafŋb gePs ŋ v hf &ŋŋ rŋ jf rŋŋ .
- km/ŋs nŋ ; *s s ŋ dWofu

3/leqsf c; /Ift :yfgx?M

-s _ #/leq

- (ŋ f jf emŋn glhs } -v ŋŋs ŋ ; L f rs ŋ xlQg ; S%
- Uofŋ rNxf h: ŋf Hŋ ngzIn ; fdŋs ŋ %ŋ

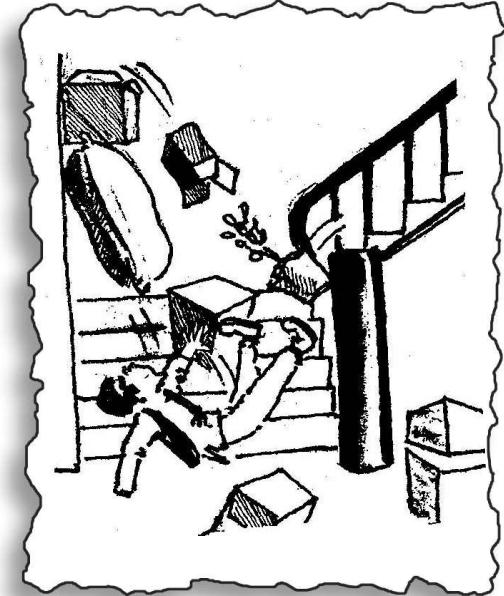
- eŋof^a / lnkŋ
- *c/ / ls tfa /fvŋ] b/fh glhs
- alnof ŋ gs ; L em)*ŋf/ /fv ŋ] aQL kŋŋ xŋŋ f t: jL/ / uxŋ Pŋf h: ŋf v: g ; Sŋ] ; fdŋdŋŋ/
- To; } /fv ŋ f /kŋŋ/ŋ/, : ^ŋŋ / kŋL t tŋŋ] lx^/s ŋ] glhs
- eŋ; ŋŋ ŋŋŋ /xŋ f b/fh / cŋo ; fdŋs ŋ ŋn jf glhs -; ; f ePs ŋ] b/fh emŋ] hŋv dk)ŋ xŋ%

-v _ #/aŋx/

- cUnf #/s ŋ] glhs
- aŋŋŋIs ŋ] ŋn
- udnf /fv ŋ ŋ] %t dŋŋ/
- ?v dŋg jf ; ŋ}
- k; ns ŋ] aŋx/klŋ lgs ŋnPs ŋ] cŋŋnŋŋ] &ŋŋ ŋ] ŋn
- ; *s aŋIs ŋ] v Daf jf ^ŋŋ; km/d/ glhs
- lj! ŋŋ / kŋzŋs f nŋŋ /fv Ps f &ŋf aŋŋ ŋ] glhs
- khs ŋ] dŋŋ/ jf khŋŋŋ
- pRr eŋN^hs ŋ] lahnIs ŋ] ŋf/dŋg
- klx/ŋŋ ŋ] %ŋŋŋ



ff/leqs f
; /Ift :yfg-
lkn/ glhs ,
leqL uf/ŋ glhs ,
; ŋŋ/ŋ s ŋ/*ŋ
jf s ŋŋs ŋ] s ŋf



ff/leqs f
c; /Ift :yfg-
eŋof^a / lnkŋ

ešDklo ; %Iff ; DaGwLkfl/j fl/s ofhgf

; #rgfTds ; %Iff
 !_ tkf0{d2t ug{; Sg]0lhlgo/af/]hfgsf/L.
 gfdM.....
 7ufgm.....
 s]0lhlgo/; u 3/sf]ešDklo ; %Iffsf]s/f ug{ePsf]5 <
 5 5
 5 eg]slxn]ug{<

--	--	--

 : fn dlxgf ut]

@_ s]tkf0{f]alg; s\$]3/df ešDk klt/fvLpkfo ckgfOPsf] |
 5 <
 5 5
 5 eg]slxn]ug{<

--	--	--

#_ s]3/ agfpf u0f:t/l0 / ; dfgkflts ; fdulsf]; xLk0fh
 ul/Psf]5 <
 5 5
 5 eg]ljzif1af/f slxn]hff u/fpg] <

--	--	--

u}-; #rgfTds ; %Iff
 !_ s]3/df k0fh ul/Psf]0fF, lahhL/ kfglsf]lgoldt ?kdf
 dd{ ; Def/ tyf hff ug{ePsf]5 <
 5 5
 5 eg]slxn]ug{<

--	--	--

@_ s]3/leq /x\$]f]; fdfgx? -h:tf]b/fh, kvf, ulh/, 0fF
 l; ln08/, udnf, 7hf k0f]j f en080fP/ /flvPsf]; fdfgx?_
 afw] j f alnof]u/L/flvPsf]5 <
 5 5
 5 eg]slxn]; Rofpg] <

--	--	--

#_ s]tkf0{x8g]af6f]f c; lhnf]xg]l/ ; fdfgx? /flvPsf]
 5 <
 5 5
 5 eg]slxn]kG0fpg] <

--	--	--

\$_ s]Hjngzln j:tx? -d\$Itj, k0fh, 0fF_ ; %Ift :yfgdf
 /flvPsf]5 <
 5 5
 5 eg]slxn]/fvG] <

--	--	--

%_ s]tkf0{; Tg]7fp0f]ly v;] k0fh ; Sg]l; ; fsf ; fdulx?
 5g\ <
 5 5
 5 eg]slxn]Jojl:yt ug{<

--	--	--

clt cfjZos ; fdulx?
 !_ s]tkf0{kylds pkrf/sf -First-Aid_ ; fdfgx?nf0{ahfahfdf
 knabn ug{ePsf]5 <
 5 5
 5 eg]slxn]slxn]ug{<

--	--	--

@_ s]tkf0{sDldf tlg lbgnf0{k0g]glaug]vfg\$/fx? ckt\$fnlg
 en]fdf /fvL; %Ift /fvG'ePsf]5 <
 5 5
 5 eg]cft\$fnlg en]f slxn]tof/ ug{<

--	--	--

#_ s]tkf0{tlg lbgnf0{k0g]vfg]k0g]L0fng j f knf:6Lssf]
 en]fdf /fv ; %Ift /fvG'ePsf]5 <
 5 5
 5 eg]slxn]rf]f]ug{<

--	--	--

; /Iift :yfg

!_ s]3/leq ; /Iift 7fpFh:t} dVo ; Tg] sf]f_ sf]leq sfg sZzidf ; ah]alem] ul/ lr& nuf0{klxrfg u/fpg' ePsf] 5 <

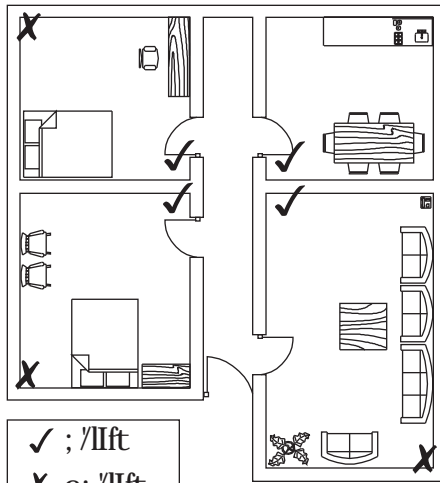
5 5g

5g eg]slxn]ug] <

@_ s]tkf0a]ešDk cfp] cfkm/ cf]gf] kl/jf/ ; /Iift /xg kj} /Iift ; /Iift :yfgsf] klxrfg ug{ ePsf] 5 <

5 5g

5g eg]slxn]ug] <



c; /Iift :yfg

!_ s]tkf0a]3/leq /xsf]c; /Iift :yfgx?sf]klxrfg ug{/ u/fpg' ePsf]5 <

5 5g

5g eg]slxn]ug] <

hfgsf/L

!_ s]tkf0a]sf]kl/jf/n]of]kl:tsf k9sf]5 <

5 5g

5g eg]slxn] Dddf k9g] <

@_ s]tkf0a]ešDk ; DaGwLcG hfgsf/Isf]nflu ešDk klj lw /fli6ø ; dfh g]kndf ; Dks{/Vg' ePsf]5 <

5 5g

5g eg]slxn]hfg] <

kl/j fl/s tYox?

!_ kl/jf/

qm #	gfd	pd]	lnE	gftf	lzIff	:jf:Yo l:ylt	/Qm; dX	gful/stf g#	a\$ vftf g#
!									
@									
#									
\$									
%									
^									
&									
*									
(
!)									

@_ 7hfgfMB/ g=M 6fhM zx/M lhNfM c~rnM
 # ; rf/ ; Dks]krf] g=3/ _M -sfoffo_M kmfS; M 0-dhM cG zx/M
 \$ _ Joj ; fo -gfs/LJokf/-cG_M 7hfgfM krf] g=M

ljZjsf bz 7hf 3fts eš Dkx?

ldlt -0f; g\	dhs; :yfg	dTo'; wof	/š6/ :sš
%@	d]@	l; /of, PGicfš	@%))
!@()	; ;6]a/ @&	rlg, lrxn	!))
!%%^	hgj/ L@S	rlg; ;^hL	*#))
!&#	l8;]a/ #)	hkf, xšs08f]	!#&))
!&#&	cS6f/ !!	ef/t, snsQf	#))
!()*	l8;]a/ @*	06fnL, dj; lgf	*#))
!(@)	l8;]a/ !^	rlg, uř^; '	!))
!(@#	; ;6]a/ !	hkf, ofš; fdf	@))
!(@&	d]@	rlg, fg; f^	@))
!(&^	hnf0*	rlg, tř^; fg	@S))

; g\@%% b]vsf]gkfdf uPsf 7hf eš Dkx? - ^ /š6/e6f 7hfdq_

; fn	dlxgf ut]	; do	cIffz (Latitude)	bžfQ/ (Longitude)	k/IdfOf (Magnitude) Richter	clwstd Itaf (Intensity) MMI
!@%			@&^&)	p	*%##) k"	X
!S)	*		@&^&)	p	*%##) k"	X
!^*!			@&^&)	p	*%##) k"	IX
!*)#) ()!		#)#)	p	&*#) k"	IX
!*) (#)#)	p	&*#) k"	VIII
!*!)			@&^&)	p	*%##) k"	IX
!*!^)% @		#)=)	p	&(=) k"	VIII
!*!^) (!@		@#^*)	p	*(-S) k"	VI
!*^@	!) @ ()@M		@#^*)	p	*(-S) k"	VII
!*#&)&)@	@#M	@(=S)	p	&(=) k"	VI
!*##)% #)	!@M	@(=S)	p	&(=) k"	VI
!*##)* @^)%M	@#^*)	p	*(-S) k"	X
!*##	!))S		@&^&)	p	*%##) k"	IX
!*##	!) !*		@&^&)	p	*%##) k"	VIII
!*#S)&)*		@#^*)	p	*(-S) k"	VIII
!*#S)& @!		@#^*)	p	*(-S) k"	VIII
!*S#)* !)	!^M	@&^&)	p	*%##) k"	VII
!*S () @ @&	@!M	@&^&)	p	*%##) k"	VIII
!*S () @ @*	@!M*	@#^*)	p	*(-S) k"	VI
!*%@)% ^	!*	@&^&)	p	*%##) k"	IX
!*^#)# @ (@@M		@&^&)	p	*%##) k"	VII
!*^#)&)*	@NM	@&^&)	p	*%##) k"	VI
!*^#)* !!	!SND	@&^&)	p	*%##) k"	VI
!*^%	!) @ !^	@M	@&^&)	p	*%##) k"	VI
!*^^)% @#		@#^*)	p	*(-S) k"	VIII
!*^^)% @#		@&^&)	p	*%##) k"	VIII

; fn dlxgf ut] ; do cIffz bžfQ/ k/IdfOf chwšQml Itaf

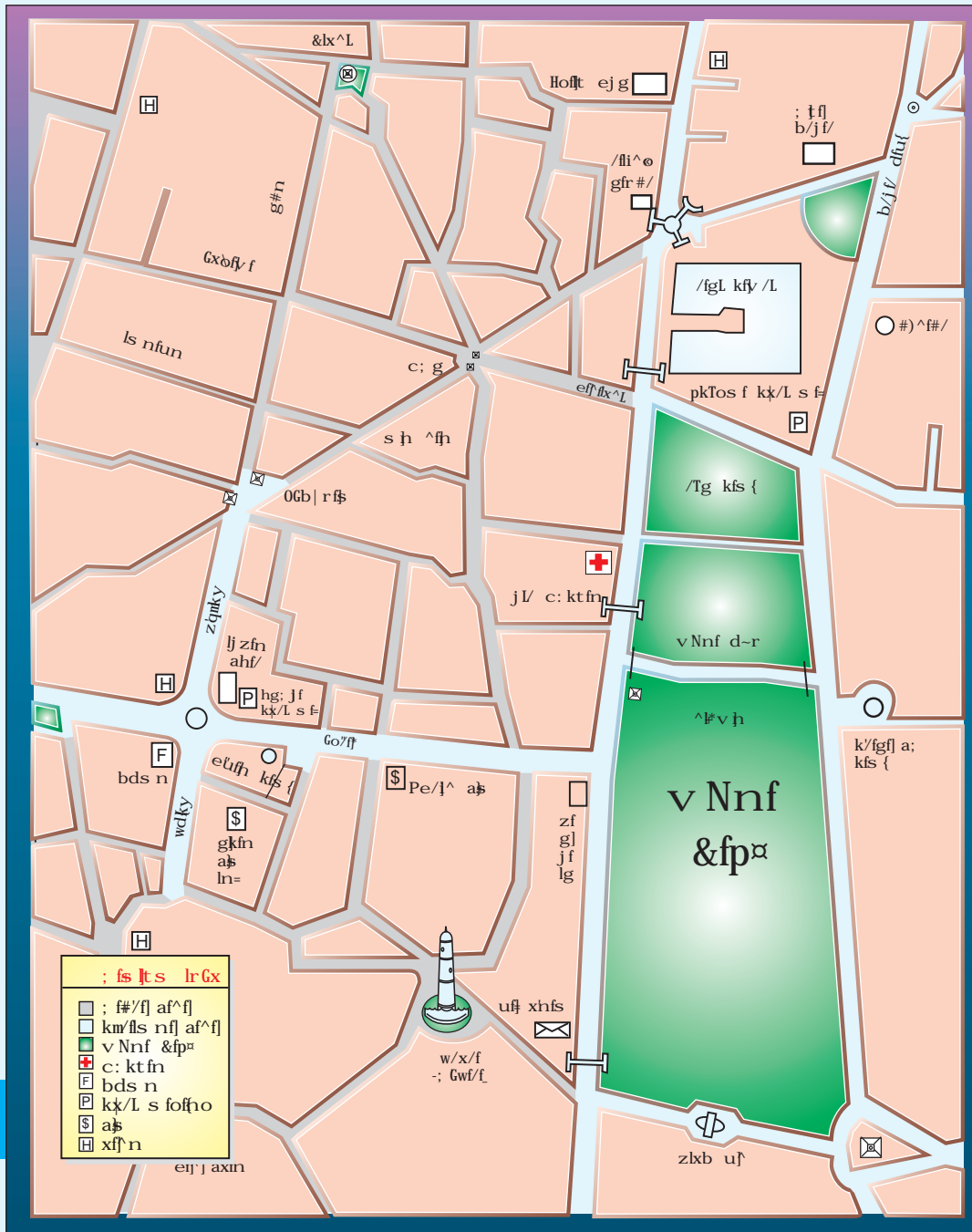
; fn	dlxgf ut]	; do	cIffz (Latitude)	bžfQ/ (Longitude)	k/IdfOf (Magnitude) Richter	chwšQml (Intensity) MMI
!*^^) (@&^&)	p	*%##) k"	VI
!*^ () !)		@#^*)	p	(=) k"	VIII
!*^ () &) &		@#^*)	p	*%##) k"	X
!*^ () *) (@&^&)	p	*%##) k"	VII
!* (() (@%		@&^&)	p	*%##) k"	VIII
! (! !) ! ! \$	@#M	#)=)	p	*#) k"	^&%
! (! #) #) ^)@M (#)=)	p	*#) k"	^@
! (! #) #) ^	!!=#	#)=)	p	*#) k"	&#
! (! ^) * @*)^M (#)=)	p	*!#) k"	&&
! (! *) @) \$!&MS	@(=)	p	*&#) k"	^#)
! (@ ^) & @*)&M#	#)=)	p	*#) k"	^#)
! (@ \$) ! *)MS	#)=)	p	*#) k"	^#)
! (# \$) ! ! %)*M#	@&^&)	p	*& (k"	*-S)
! (# %) #) %	@NM	@(=)	p	*#) k"	^#)
! (# %) % @ !)SM@	@#^*)	p	*#) k"	^@
! (# ^) % @&)^M (@#^*)	p	*#) k"	&#)
! (\$ \$) ! ! &	!*M	#)=)	p	*#) k"	^&%
! (\$ \$) ! @ ())M	#)=)	p	*#) k"	^&%
! (\$ \$) ! !) ^)M (#)=)	p	*#) k"	^#)
! (\$ %) ^) \$!@M (#)=)	p	*#) k"	^#)
! (% #) @ @#)M^	@#^*)	p	*!#) k"	^#)
! (% \$) () \$)M#	@#^*)	p	*#) k"	^#)
! (% &) \$! \$)&M	#)=)	p	*\$&#) k"	^#)
! (% &) \$! \$!^M	#)=)	p	*\$#) k"	^@
! (% &) \$ @ @)M@	#)=)	p	*\$#) k"	^#)
! (% *) ! @*)M^	#)=)	p	*\$-S) k"	^@
! (% *) ! @*)MS	@#^*)	p	*#) k"	^#)
! (^ \$) # @&	@#M#	@&^&)	p	*#) k"	^#
! (^ \$) (@ ^)M^	@(=)	p	*#) k"	^@
! (^ ^) ^ @&)M!	@(=)	p	*#) k"	^#)
! (^ ^) ^ @&)M (@(=)	p	*!#) k"	^#)
! (^ ^) ! @ ! ^	@M@	@(=)	p	*& (k"	^#)
! (^ () @ ! !	@M (@#^*)	p	*@&#) k"	^@
! (*)) & @ (!SM*	@#^*)	p	*!#) k"	^#)
! (*)) ! ! (!M	@&^&)	p	*& (& k"	^#)
! (* @) ! @#	!&M&	#)=)	p	*@S^ k"	^#)
! (* *) * @	@#M (@&^&)	p	*^!^ k"	^#)

; s tMyfg= - yxf gePsf]

cg'f]M
o; kl:tsaf/]sg}; eřij ePdf
ešDk klj lw /fli6@ ; dñ-gkinnf0{pknAw u/f0{; xofij ug{xg cg'f]v 5 .

sf7df8fjlelq zx/s f]k\$ f]k Joj : yfkg gSzf -gdgfsf]nflu dfq_

sf7df8f]pkTos fs f] cfs! : ds 6]nknf]g gDa/x?M



c:ktfm		PDah\$;jf -sf7df8f]M	
j]L c:ktfm	@!(**:@#*)&	ljzfn ahf/	@\$\$!@!
6\$'c:ktfm	@##(%-@##(^	Rof]a/ ckmsd; {	@#)@#
sf]a afn c:ktfm	\$!\$&(*-\$!%)	hg :jf.Yo s]b	@*^!@
k]lt u\$	@#&^:@#&&	dx]j/ hg	\$!*^!(
lz]f] c:ktfm	\$!@)\$-)%-&)	g]kn /\$qm, sf7df8f]-	@*) (\$
g]zgn ls8g] ; f]b/	\$@)!^-\$@(*^^	k/]ksf/	@) *%(
d]Bso/ g]zgn xl:k6n	@&* (%-\$!!* (k]Zrd e]uo	#)!!&
ltnuaf c]f] s]b	\$ (#* \$-\$ (#&&%)	l; 4L; jf s]b	@() &*^
g]kn c]f] c:ktfm, lqk/]j/	@) *!#	; \$r^a e\$6L	\$&#!^^
	@) ^(!-@!@!@^	ls]tk/ PDah\$;jf	##)@)
sf7df8f]d]B] c:ktfm @)\$	*) %-@%) * \$*		
c]f]j] lrisT; fno, g/]j]@%	(!* @-@% (&^\$	PDah\$;jf -nlntk/]M	
z]xb uaf]n /li6o x]o/] s]b	#&! #@-#&! #&\$-#&)^@	h]j nfv]h :jf.Yo	%@!@) \$
		nlntk/ pk dx]fgu/k]nfsf	%@&) #
		g]kn /\$qm, nlntk/	%@&) #
k]f]g c:ktfm	%@@&* -%@@@(%	PDah\$;jf -e]Q]w/]M	
la= P08 la= xl:k6n,]j fs{	%#! (#	e]Q]w/ h]j]h	^!!!!
	%#! (##-##@)^	e]Q]w/ gu/k]nfsf	^!#@)
df]g; s c:ktfm	%@!##	g]kn /\$qm, e]Q]w/	^!@^
		d]Wk/]7dLg-kf= PDah\$;jf	^#!))
e]Q]w/ c:ktfm	^!) ^&^!^!) &(*	c]G]M	
		/Qm; #f/ ;jf	@@#\$\$
k]x/Lsfof]o]M	@!!^@-@&#^)	kz]kit c]f]f]6 s]b	\$(@(((
sf7df8f]h]Nf k]x/L	%@!@&	/f]q.6o]S; L; jf, sf7df8f]-	@\$#&\$-@\$\$\$%)
nlntk/]h]Nf k]x/L	^!)@*\$		
e]Q]w/]h]Nf k]x/L	!)@^(((j]f?0fo]G]M	
u:tLk]x/L	@@))	sf7df8f]nlntk/, e]Q]w/	!))
cfs! : ds k]x/L; jf			



e\$Dk klj lw /li6o ; dfh - g]kn

v @-&#!, dx]hj :yfg, afg]j/, k]f]6 a\$; g+!#&&%, sf7df8f]-g]kn
k]f]g g=\$S&\$!(@, ^o]S; g=M(&&-!-\$) (\$#
O]d]n: nset@nset.org.np
j]f; f]06: www.nset.org.np