



Nishorgo Support Project

॥कृतिव्यवः ज वृष्टि का द्वारा अभ्यं व्य श्वेत विहरु

Dfti k : j vrti c Gj vKvi RbMti Yi myeav myoi Dfti tk mn-e-e vcbv KrigU KZK KgRvU ev-levqtbib Rb bdmM mnvqZv cKt K Abj vb c0bi cxZ e vL v Ki tZ cvi teb |

DcKiY : j vrti c Dbaab Abj vb Znlej Kvhpuig Dci msB n vAvDU

mgq : 45 mgibU

Cupqv :

■ Avtj vP mel tqi Dfti k Dc vcb Kt b | - 2 mgibU

■ i vZ Gj vKvi mske-KgGj vKvi Pwi v tki mxgvbv AskM vKvi x i gva tg msBt c Ztj ai b | - 3 mgibU

ej p, Avgiv Gi Pwi ctkP mxgvbv AShf KgGj vKtK j vrti c Gj vKvi intmte AvfwnZ Kti _wK |

■ GbGmwc0i 6vU Dfti k mnR I msBf vte Ztj ai b | - 6 mgibU

ej p, bdmM mnvqZv cKt i 2 bs Dfti k ARtbi Rb gj Z vZb ai tbi Dcr vb itqtQ , h vutg:

- mn-e-e vcbv KrigU gva tg Kg vKtK Kvhpuig ev-levqtbib Rb j vrti c Dbaab Znlej Abj vb c0vb,
- eb e envi Kvi x tji gva tg cwi evi vFtK vek Kt Kvhpuig ev-levqtbib Rb c0k0x I cKt Y eve` Znlej ,
- Pi Dfti vM Dbaab Kwi Mi x mnvqZv c0vb I Pi FY vB Kvi x ms vi mft mshtvMmva tbi mnthvMxZv c0vb |

■ Dftj LKt b, Avgiv GLb 1 bs Dcr vb vbtq Avtj vPbv Kie | - 3 mgibU

AZ:ci ej p, j vrti c Dbaab Abj vb Znlej i Dfti k ntQ: i vZ Gj vKvi Rx-%vP t msit Y Dfti k j vrti c Gj vKvi RbMti Yi myeav myo Kvhpuig ev-levqtbib gva tg mn-e-e vcbv KrigU tK k03kvj x I tUKmB Kiv |

j vrti c Dbaab Abj vb Znlej ` vbtq :

K. bdmM Pti Abj vb, I

L. Z vZ Kvhpuig Abj vb |

K. *mbmM[©]¶i* [“]Abj[”] vb

bZb ai[”]bi, c[“]MZkj I cwi eZ[”]Kvi x D[”]i *Mmg^{fn}* Rb[”] mn-e[”]e[“]vcbr K[“]g[”]U[”]K *mbmM[©]*
 ¶i [“]Abj[”] vb c[”] E nte | GB D[”]i *Mmgⁿ* Ab[”] *c[”]ev* *“*evqb ev Ab[”] msMVb/t k KZ[”] i[”]Z
 Gj vKv msi ¶tY hv[”]Z m[”]c[”]hni b[”]h[”]M[”] nq tm *“*etePbv i[”]L[”]Z nte | GKB mv[”]_ GB
 KgRv[”], tj v hv[”]Z eb *“*ev[”] Mi *mbmM[©]Kg[”]Pi* mv[”]_I *“*vg>Rm[”]cY[”] nq |
 G Abj v[”]bi cwi gY n[”]Q 300,000 - 1,400,000 UvKv Ges c[”]Ki[”] GK eQ[”]i i Kg mg[”]q
 ev[”]ev[”]qZ n[”]Z nte |

j “[”]U[”]c Db[”]b Abj[”] vb Zn[”]ej *“*bt[”] K[”]kv c[”]heZ m[”]avi Y Zn[”]ij Kv Abj[”]i Y K[”]i *“*bt[”]ge
 K[”]qK[”]U my[”]l[”] c[”]Ki[”] avi Yv D[”]tj[”]Z n[”]j v:

1. *mbmM[©]Kemg^{fn}* cwi *“*ek *“*el qK c[”]W[”]M[”]i c[”]Z[”]ov |
2. i[”]Z Gj vKvi *“*fZ[”]i ev A[”]t[”]k-*“*rt[”]ki Ab[”]gw[”] Z *“*bm[”]g[”]n *“*bxq t[”] K[”]nv[”] vi[”] i
*“*ec[”]Y[”]tQvU t[”]vKv[”] Z[”]xi Rb[”] AeKvV[”]g[”]MZ Db[”]b |
3. *“*gvb c[”]Ki[”], Lv[”], tj K Db[”]bi Rb[”] ¶i [“]ebt[”]qM |
4. *“*ek[”]I Z: f[”]gnxb I Rj[”] vbx Kv[”] msM[”]h[”]Kvi x[”] i Rb[”] Rj[”] vbx K[”]tVi mnRj f[”]Zv[”]i *“*bi[”]L
 Kg[”]jb[”]Uv[”]E[”]K *“*ek[”] ai[”]Yi KgRv[”] M[”]Y |
5. *“*ev[”]Qb[”] Rbc[”] i mv[”]_ ms[”]h[”]M[”]Kvi x mv[”]Kv[”] Z[”]xi |
6. th mg[”] M[”]g cvbxq R[”]tj i Af[”]ve tmL[”]b bj K[”]c A[”]ev Ab[”] t[”]Kv[”] c[”]wb m[”]ei[”]ni Drm
*“*Z[”]xi |
7. ms[”]vi[”]wenxb by[”] vi Kv[”] tb Gj vKvi RbMY *“*“[”]MZ mgm[”]q f[”]M[”]j c[”]wb *“*ok[”]bi Rb[”]
 tQvU L[”]vU Db[”]b KvR |
8. *“*“[”]I *“*wb[”] “[”]gb[”] i mn[”]th[”]M[”]Zv[”] Rb[”] mn-e[”]e[“]vcbr K[”]g[”]U[”]i Kj “[”]Y Zn[”]ej M[”]Vb | n[”]Z
*“*rt[”]i K[”]g[”]U[”] *“*ek[”] ai[”]Yi *“*jh[”]M[”]Kv[”] xb mn[”]th[”]M[”]Zv[”]; D[”]vni Y[”]“[”]fc Rbc[”]Z m[”]ter[”]
 5,000 UvKv *“*vb mn[”]th[”]M[”]Zv[”] c[”]ve |
9. j “[”]U[”]c Gj vKv[”]Z J[”]ax M[”]Qi m[”]ei[”]n ev[”]x Rb[”] *“*ek[”] Kg[”]P |
10. *“*bxq *“*DU[”] i mv[”]_ *mbmM[©]K*e Ges Ab[”]vb[”] Zi[”]Y[”] i AskM[”]Y *“*ek[”] f[”]te Zi[”]Y
*“*em cv[”] tb[”] gva[”]tg m[”]PZbZv m[”]o |
11. mn-e[”]e[“]vcbr c[”]uqv m[”]ut[”]K[”] *“*bxq g[”]inj v[”] i m[”]PZb Kivi KgRv[”] |

L. *Z[”]i Z Kvh[”]g Abj[”] vb:*

*“*ek[”]l[”]wqZ Kvh[”]g hv gj Z: GKmg^{fn} Rb[”] thgb, c[”]K[”]Y KgRv[”]j, *“*ek[”]l[”] *“*el tqi Dci
 M[”]te[”] Yv , ev tQvU AvKv[”]i t[”]Kv[”] c[”]k[”]W[”]E[”]K Kvh[”]g c[”]U[”]Z[”]ms[”]h[”]B c[”]lebvi gva[”]tg hZ
 ZvovZwo m[”]g G Abj[”]vb t[”]qv th[”]Z c[”]i |
 G ai[”]Yi Kvh[”]gmg^{fn} cwi wa mxgve[”] AvKv[”]i, *“*“[”]tgq[”] hv m[”]gvwRK ev[”]evq[”]bi j[”]¶
*“*Z *“*m[”]xv[”]S[”]M[”]tb[”] gva[”]tg m[”]ub[”] Kiv hv[”]e |
 Gai[”]Yi Abj[”]vb i agv[”] mn-e[”]e[“]vcbr K[”]g[”]U[”]B c[”]te | G Abj v[”]bi cwi gvb n[”]Q m[”]ter[”]
 300,000 UvKv |

ej þ, j "Uf-^c Dbqb Abþ vb Znþej wþt` Kvi 1.4 Abþ"Q` Abþi b Kti mn-e-e-vcby
KgñU th mg-`KvR Ki tZ cvt`ebv Zvi mybowi ó KþqKwU D`vni Y Ztj ai v ntj v: - 5 ugibU

1. e-`emvq ait`bi cKí , thgb-

K. BtKv j R

L. Ab-`tKv e-`emv

M. ¶z-`FY Kvþþug

Dþj L- eb wefM etbi AeKwVtgw myoi Rb- wþgeibZ ait`bi we lq- %Zix Ki tZ cvt- -

K. tUBj `Zix,

L. cRbb tK-`cZÓv,

M. AwZw_ cwl chþe¶Y -j ,

N. cFwZ |

Wš-`eb wefM hw- wþtRiv Zv bv Ki tZ Pvq Zntj Zt-`i Abþgr` b mvtc¶ mn-e-e-vcby KgñU
Gai`bi cKí ntZ wþtZ cvt- |

**Dþj L-Ki "b, tLvj vþgj v | - ^QZvi mvt_ Avte` bKZ cKí cU`ebv, t j v chþj wPZ | gj-`mqZ
nt- | - 6 ugibU**

Abþ vþbi Rb- Avte` b cU`ebv w`K, t j v Dþj L-Ki tZ nt-:

- Avte` bKvi x msMVtbi cwi Pq I eZgb A-`vb

- msMVtbi ms¶B cU`ebv, tbZZj ce-`AwfÁZv cU`ebv Dc-`vcby

- cU`ebv cKí e-e-vcby Rb- Kwi Mwi Ges msMVwK m¶gZv mybowi Øfþte Ztj ai v

- cU`ebv cKí i mybowi Øj ¶ | Dþl k- hv wbmM-`mnvqZv cKí i mvt_ mvgrm-`cb-

- myeb-`l mybowi Øfþte cKí i Kvþþug Dþj L-Ki v hv cKí i j ¶ | Dþl k- AwRZ nt-
wKv Zv eþtZ mnvqZv Ki te

- cwi we¶Yi Rb- mybowi Øgzb Úmgm | cU`ebv %Zixi cwi Kí bv

- ms¶BvKvti i KvþþugwEK e-`q mn ckwmbK e-`qi ev-`RU

- cKí i dj vdj mgm ejS t-`qui mæle-`mgqmP

(cKí Zwi Kivi GKwU DK GZ`msk-`n-`UAVDþU msthwRZ)

ej þ, mwavi Yfþte cY% cKí cU`ebv gva-`tg Avte` b Kiv hte | - 4 ugibU

Zte, cU`ebv ntj w-`li weikó chþj vPbv e-e-`l Abþi Y Kiv nt- | A-`R cU`ebv -`ti GKwU

avi Yvc-` mn-e-e-vcby KgñU KZK Rgv w`Z nt- | hv- Abþ vb cU`ebvKvi x KZ-`¶ KZK H

avi Yvc-` h-`vh-: ejj we-`enPZ nq Zntj wZq -`ti cb-`l cKí cU`ebv Rgv w`Z nt- |

Abþ vb evQvB KgñU MwZ nt- AvBAvi wR, BDGmGBW Ges eb wefvtMi cU`ebv mgþtq | GB

KgñU wbowi Øgzb `tUi w-`E-`Z cKí cU`ebv, wj chþj vPbv | gj-`mqb Ki te |

Ztj ai "b, Pv-`Abþgr` tbi ci Abþ vb e-e-vcby aib nt- wþgeic: - 4 ugibU

- Abþ vb cU`ebvKvi x KZ-`¶ KZK MþYKvi xK cU`ebv wþt`Rbv cU`ebv Ki te |

- cKí Kvþþug | Zvi AMwZ cwi we¶Y Ki te |

- h-`vh- f-`te | h-`vmgtq cU`ebv b Rgv-`vþbi Ae-`l t-`Lte |

- cKí i Aw-`R e-e-vcby chþe¶Y | chþj vPbv Qvovl LvZl qwi Znþej e-`en-`ti i chþj vPbv
Ki te |