**kf]v/f ljZjljBfnoaf6 gljs/0f ug{ 5'6 ePsf ;DaGwgk|fKt sn]hx¿nfO{ gljs/0f ug]{ af/]sf] cToGt h¿/L ;"rgf**

-bf];|f] k6s k|sflzt ldlt M @)&\*÷)&÷!)\_

kf]v/f ljZjljBfnoaf6 ;DaGwgk|fKt sn]hdf ;~rflnt sfo{qmd/;d"x÷egf{x¿sf] gljs/0f k|To]s kfFr/kFfr jif{df ug'{kg]{ k|fjwfgadf]lhd ljZjljBfnosf] ldlt @)&\*÷)&÷)& sf] lg0f{o cg';f/ gljs/0f ug{ 5'6 x'g uPsf sn]hx¿df ;~rfng eO/x]sf k|lt sfo{qmd/k|lt ;]S;g÷k|lt jif{ egf{ (Intakes Per Year) sf] gljs/0f ug{sf nflu @)&\* ;fn sflQs d;fGt;Dd ;do tf]lsPsf] Joxf]/f ;"lrt ul/G5 . ;fy} tf]lsPsf] gljs/0f z'Ns kf]v/f ljZjljBfnosf] **glan a}+ssf] vftf g+ !@)!)!&%))\*&)** a'emfO{ lgj]bg k]z ug{ ;DalGwt ;a} sn]hnfO{ hfgsf/L u/fOG5 .

**yk hfgsf/L**

!= jif{df @ k6s ljBfyL{ egf{ (Intakes) lnOg] sfo{qmd/;d"xx¿sf] b'O{ sfo{qmd/;d"x cg';f/ ;+nUg cg';"rL # cg';f/ gljs/0f z'Ns a'emfpg' kg]{5 . k|ydk6s k|sflzt ;"rgf cg';f/ gljs/0fsf nflu cfj]bg ubf{ o; adf]lhd /sd bflvnf gug]{ sn]hx¿n] ;d]t b'O{ O{g6]s (Intakes) a/fa/ s} /sd a'emfpg' kg]{5 . ;fy} cg';"rL @ cg';f/sf] lgj]bg kmf/fd nufot cfjZos sfuhft / cg';"rL $ cg';f/sf] k|lta4tf kq ;d]t a'emfpg' kg]{5 .

@= **lgj]bgsf] 9fFrfM–** lgj]bg kmf/fd ¿ !,))). -Ps xhf/\_ lt/L kf]v/f ljZjljBfno of]hgf tyf sfo{qmd dxfzfvf cyjf j]e;fO{6 https://pu.edu.np/ af6 -cg';"lr @\_ 8fpgnf]8 u/L k|fKt ug{ ;lsg] 5 .

#= gljs/0f z'Ns / lgj]bg z'\Ns kf]v/f ljZjljBfnosf] vftf /x]sf] gljn a}+ssf] vftf g+= !@)!)!&%))\*&) hDdf u/L k|fKt a}+s ef}r/sf] ;Ssn k|lt s]Gb|Lo sfof{nosf] n]vf zfvfdf hDdf u/L n]vf zfvfaf6 k|fKt ePsf] ;Ssn /l;b ;+nUg u/L lgj]bg lbg'kg]{5 .

$= ljZjljBfno tyf lgsfox¿df a'emfpg' kg]{ afFsL aSof}tf e'QmfgL gxF'bf;Dd gljs/0fsf] nflu lgj]bg btf{ x'g] 5}g .

%= sfo{qmd/;d"x÷egf{x¿sf] gljs/0f gul/Pdf ljBfyL{x¿ egf{ lng kfO{g] 5}g . ;fy} gljs/0f gul/Psf] sfo{qmd/;d"x÷egf{x¿df laBfyL{ egf{ lnPsf] cj:yf kfO{Pdf k/LIff lgoGq0f sfof{no, kf]v/f ljZjljBfnodf pQm ljBfyL{x¿sf] /lhi6«]zg ul/g] 5}g .

**cg';"rL @**

**kf]v/f ljZjljBfno**

**sfo{qmd/;d"x -;]S;g\_ x¿ gljs/0f ug{sf nflu k]z ul/Psf] lgj]bg kmf/fd**

>Ldfg k|d'vHo",

of]hgf tyf sfo{qmd dxfzfvf,

kf]v/f ljZjljBfno .

**ljifo– o; sn]h -dxfljBfno\_/lzIf0f ;+:yfdf ;~rflnt sfo{qmd/;d"xx¿sf] gljs/0f ug]{ ;DaGwdf .**

kf]=lj= of]hgf tyf sfo{qmd dxfzfvfsf] ldlt ===================== sf] ;fj{hlgs ;'rgf Pjd\ j]e;fO{6df k|sflzt ePsf] ;"rgf cg';f/ o; sn]hn] ljleGg ;dodf ;DaGwgk|fKt u/L tklzndf pNn]lvt ljj/0f cg';f/sf sfo{qmd/;d"xx¿ ljZjljBfnosf] z}lIfs Sofn]08/ cg';f/ lgoldt ¿kdf ljBfyL{ egf{ lnO{ cWofkg u/fpFb} cfO{/x]sf] Joxf]/f cg'/f]w ub}{ ljZjljBfnosf] lgodfg';f/ tf]lsPsf] a}+s vftfdf tf]lsPsf] z'Ns hDdf u/L lgDg cg';f/sf sfo{qmd/;d"xx¿ gljs/0f ul/lbg' x'gsf nflu of] lgj]bg k]z u/]sf] 5' .

**xfn o; sn]hdf ;+~rfngdf /x]sf sfo{qmd/;d"xx¿M–**

|  |  |  |  |
| --- | --- | --- | --- |
| **qm=;+=** | **;+sfo** | **tx** | **s}lkmot** |
| **:gfts** | **:gftsf]Q/** |  |
| **sfo{qmd** | **;d"x -;]S;g\_** | **:jLs[t ljBfyL{ sf]6f** | **sfo{qmd** | **;d"x -;]S;g\_** | **:jLs[t ljBfyL{ sf]6f** |  |
| **!** | **Joj:yfkg ;+sfo** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **@** | **lj1fg tyf k|ljlw ;+sfo** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **#** | **DffgljsL tyf ;fdflhs zf:q ;+sfo** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **$** | **:jf:Yo lj1fg ;+sfo** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**gljs/0f ug{ rfx]sf] sfo{qmd/;d"x -;]S;g\_ x¿M**–

|  |  |  |  |
| --- | --- | --- | --- |
| **qm=;+=** | **;+sfo** | **tx** | **s}lkmot** |
| **:gfts** | **:gftsf]Q/** |  |
| **sfo{qmd** | **;d"x -;]S;g\_** | **:jLs[t ljBfyL{ sf]6f** | **sfo{qmd** | **;d"x -;]S;g\_** | **:jLs[t ljBfyL{ sf]6f** |  |
| **!** | **Joj:yfkg ;+sfo** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **@** | **lj1fg tyf k|ljlw ;+sfo** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **#** | **DffgljsL tyf ;fdflhs zf:q ;+sfo** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **$** | **:jf:Yo lj1fg ;+sfo** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**;+nUg ul/Psf sfuhftx¿M–**

s\_] pk/f]Qm adf]lhdsf ;+sfoutsf sfo{qmd/;d"xx¿ gljs/0f ug]{ ;DaGwL sn]h Joj:yfkg ;ldltsf]

 lg0f{osf] k|dfl0ft k|ltlnlk .

v\_ ut cfly{s jif{;Ddsf] s/ r'Qmf ul/Psf] k|df0fkqsf] k|ltlnlk .

u\_ lzIfs tyf sd{rf/Lx¿sf] of]Uotf/ljifo/cg'ej/k"0f{sfnLg/cNksfnLg ;do v'n]sf] lj:t[t ljj/0f .

3\_ ljZjljBfnoaf6 ;j} sfo{qmd/;d"xx¿sf] ;DaGwgk|fKt u/]sf] k|df0fkqsf] k|ltlnlk .

ª\_ ;+:yfsf] gfddf /x]sf] hUufsf] wlg k'hf{sf] k|dfl0ft k|ltlnlk jf s/f/gfdf ul/Psf] 5 eg] ;f]sf] k|dfl0ft k|ltlnlk / ;f] hUufwgLsf] gful/stfsf] k|df0f kqsf] k|dfl0ft k|ltlnlk .

r\_ sn]h ;~rfngsf] k|aGwkq/lgodfjnL/ljwfgsf] k|dfl0ft k|ltlnlk .

**lgj]bs**

sn]hsf] gfdM

;+:yf k|d'vsf] gfdM

x:tfIf/M

kmf]g gM=

ldltM sn]h/;+:yfsf] 5fk

**cg';"rL #**

**kf]v/f ljZjljBfno**

;DaGwgk|fKt sn]h -dxfljBfno\_/lzIf0f ;+:yfdf ;~rflnt k|lt sfo{qmd k|lt ;d"x -;]S;g\_ k|lt jif{ egf{ (Intakes Per Year) b]xfoadf]lhdsf] gljs/0f z'Ns x'g]5M

|  |  |  |  |
| --- | --- | --- | --- |
| **qm=;=** | **ljj/0f** | **:gfts tx** | **:gftsf]Q/ tx** |
| ! | dfgljsL tyf ;fdflhs zf:q ;+sfo cGtu{tsf sfo{qmd/;d"x -;]S;g\_÷egf{ | ¿= $),))).– | ¿= ^),))).– |
| @ | Aoj:yfg ;+sfo cGtu{tsf sfo{qmd/;d"x -;]S;g\_÷egf{ | ¿= &%,))).– | ¿= !,)),))).– |
| # | lj1fg tyf k|ljlw ;+sfo cGtu{tsf sfo{qmd/;d"x -;]S;g\_÷egf{ | ¿= !,)),))).– | ¿= !,@),))).– |
| $ | :jf:Yo lj1fg ;+sfo cGtu{tsf sfo{qmd/;d"x -;]S;g\_÷egf{ | ¿= !,)),))).– | ¿= !,@),))).– |

**cg';"rL $**

**k|lta4tf kq**

>Ldfg k|d'vHo",

of]hgf tyf sfo{qmd dxfzfvf

kf]v/f ljZjljBfno, kf]v/f–#), sf:sL .

ljifo– k|lta4tf kq k]z u/]sf] ;DaGwdf .

**d o; sn]hsf] k|frfo{/cWoIfsf] x}l;otn], of] k|lta4tf JoSt ub{5' M–**

-s\_ o; sn]hn] ljZjljBfnosf] lgodfjnL, gLlt, ljlgod Pj+ sfo{ljlwx?sf] k'0f{?kn] kl/kfng ug]{5 / ljZjljBfnosf] clwsf/ k|fKt clwsf/Ln] lbPsf] lgb]{zg sfof{Gjog ug]{5 .

-v\_ ljZjljBfnoaf6 o; sn]h -dxfljBfno\_/lzIf0f ;+:yfnfO{ sfo{qmd/;d"xx¿sf] gljs/0f ul/Psf] kq k|fKt eP kZrft ljZjljBfnosf] k"j{ :jLs[t ljgf o; sn]hsf] :jfldTj, :yfg, gfd Pjd\ cGo d"ne"t kIfdf kl/jt{g ug]{ 5}g .

-u\_ ljZjljBfnoaf6 gljs/0f ePsf ;Dk"0f{ sfo{qmd/;d"xx¿df ljBfyL{ egf{ lnO{ lg/Gt/ ;~rfng ul/g] 5

lgj]bs

sn]hsf] gfdM

;+:yf k|d'vsf] gfdM

x:tfIf/M

kmf]g gM=

ldltM sn]h/;+:yfsf] 5fk