g]kfn hgk|zf;g ;+3(PAAN)

lgjf{rg ;ldltsf] sfof{nosf] ;"rgf

o; ;+3sf] bzf} sfo{sfl/0fL ;ldltsf] lgjf{rg b]xfo adf]lhdsf] sfo{qmd cg';f/ x'g] Joxf]/f ;DalGwt ;Dk'0f{ ;b:ox?sf] hfgsf/Lsf] nflu of] ;"rgf k|sfzLt ul/Psf] 5 .

lgjf{rg ;DalGw sfo{qmd

! o; ;+3sf] cflhjg Tfyf ;+:yfut ;b:ox?sf] gfd dtbftf gfdfjnLdf ;dfj]z x'g]5 .

@ ;ldltsf] ;b:o kbsf] nflu pDd]bjf/ x'g rfxg] ;b:o tyf kbflwsf/Lx?n] b]xfo adf]hLdsf] /sd ? %))/ (kl5 lkmtf{ gx'g] u/L ) a'emfO{ lgj]bg kmf/d ;+3sf] ;lrjfnoaf6 k|fKt ug{ ;lsg]5 .

# lgjf{rg ;DalGw sfo{qmd lgjf{rg ;ldltn] tf]s] adf]hLd x'g]5 .

$ ;+3sf] lgjf{rg ;DaGwL sfo{qmd b]xfo adf]hLd x'g]5 .

% o; ;+3sf] lgjf{rg ;Dk"0f{ sfo{ ;+3sf] ;lrjfno hg k|zf;g SofDk; xftf ,hdndf x'g]5 .

qm=;+ ljj/0f ldlt ;do

! dtbftfx?sf] gfdfjnL k|yd k6s k|sfzg @)&!.&.@^ !! ah]

 @ dtbftfx?sf] gfdfjnL pk/ bfjL la/f]w @)&!.&.@^ @ ah];Dd

 # dtbftfx?sf] bfjL la/f]wkl5sf] clGtd gfdfjnL k|sfzg @)&!.&.@^ # ah]

 $ pDd]bjf/sf] dgf]gog kq ljt/0f @)&!.&.@& ! ah];Dd

% pDd]bjf/sf] dgf]gog kq blvnf @)&!.&.@& # ah];Dd

^ pDd]bjf/sf] gfdfjnL k|sfzg @)&!.&.@& $ ah]

& pDd]bjf/ pk/bfjL la/f]w @)&!.&.@& % ah];Dd

\* pDd]bjf/sf] bfjL la/f]w kl5sf] clGtd gfdfjnL k|sfzg @)&!.&.@& %M #) ah]

( pDd]bjf/sf] pDd]bjf/L lkmtf{ @)&!.&.@\* @ ah];Dd

!) pDd]bjf/sf] clGtd gfdfjnL k|sfzg @)&!.&.@\* # ah]

!! dtbfg @)&!.&.@( zlgjf/ !! ah]b]vL $ ah];Dd

 ;+3sf] ;lrjfno hg k|zf;g SofDk; xftf

*k'gZr M lgjf{rg ;ldltn] pNn]lvt tflnsfx?df cfjZo ePdf ;fwf/0f x]/km]/ ug{ ;lsg]5 .*

*cGo hfgsf/Lsf] nflu M* [*www.paan.org.np*](http://www.paan.org.np) */ kmf]g $@%%)(^ ,(\*%!))#$&$*

 k|f=8f ;'o{nfn cdfTo

;+of]hs

 lgjf{rg ;ldlt