



cv†Vi mviK\_v

beg †kªYx

Drmt †iBgvM©, Gd. (2017) | Gxvlgvwis †z†W›Um Uz BxcÖ“f `v lqvì© Bb wm·Ux †jmÝ 1g ms¯ †iY. wµ†qU†¯cm BwÛ†cÛ›U cvewjwks c-vUdg© |

ˆ^Zjvwakvit © 2017 dvibv†›v Gg. †iBgvM© | GB cÖKíwU wµ†qwUf KgÝ A“vwUªweDkb 4.0 B›Uvib“vkbvj Øviv Aby†gvw`Z | Aby†gv`bc†îi Abywjwc †`Lyb GLv†b: <https://creativecommons.org/licenses/by/4.0/> mg¯ — Awakvi msiw¶Z |

mZK©xKiY: mswk-ó cvV cwíKíbv †M-vej `†zj'm †cÖvMÖvg KZ©...K GKKfv†e cÖ`ZK...Z | gyw`ªZ |

<b>mswŋβ eb@bv</b>	
<b>cv#Vi jŋ</b>	
<p>beg †k²Yx#Z wkŋv_@xiv mvwn#Z"i gva"†g †g†q#i AwaKvi Ges wj½ mgZv mxcwK©Z welq,wj          cixŋv Ki#e  †h#nZz "vbxq, RvZxq Ges ^ewk!K cÖ#Z"K "—†i wj½ ^elg" we"gvb, ZvB          bvix#i cyuw_MZ cÖwZK...wZ e"envi K†i wkŋv_@xiv wj½ ^elg" mxc#K© Rvb#e  cwi#k#,          wkŋv_@xiv hv wk#L#Q Zvi Dci wfWĚ K†i GKwU cÖKí cwiKíbv Ki#e, ev" —evqb Ki#e Ges          Dc"vcb Ki#e </p>	
<b>welqe"</b>	
<b>cÖ_g cvV</b>	mvwn#Z"i w`#K ZvKv#bv: wek!e"vcx bvix#i Kxfv#e wPwĪZ Kiv nq?
<b>wØZxq cvV</b>	mvwn#Z"i we#k-ly: gwnjv#i Zv#i mxcÖ`v†qi g#a" Kxfv#e wPwĪZ nq?
<b>Z...Zxq cvV</b>	mvwnZ" †_#K wkŋv: mxcÖ`v†qi bvix#i eZ@gvb ev" —eZv
<b>PZz_© cvV</b>	wj½ ^elg" `~i Kivi Rb" GKwU cÖKí bKkv Kiv
<b>cÂg cvV</b>	GKUv cÖKí ev" —evqb
<b>cv#Vi D#ik"</b>	
<ul style="list-style-type: none"> <li>• mvwn#Z"i gva"†g mvgvwrK mgm"v,wj A#š^IY Kivi mv#_mv#_wkŋv_@xiv mgv#jvPbvg~jK cvV Abykxjb Ki#e </li> <li>• wkŋv_@xiv mvwn#Z"i KvR,wj †_#K wkŋv MÖnY Ki#e Ges †m wkŋv Zv#i wbR^ Rxe#b cÖ#qvM Ki#e </li> <li>• wkŋv_@xiv hv wk#L#Q Zvi Dci GKwU "Ašš cÖKí bKkv Ki#e Ges ev" —evqb Ki#e </li> </ul>	

### beg †k²Yx cÖ\_g cvV

Øbvix AwaKvi Av#`vjbt cwRkwbs / mvwn#Z" WzeÓ

mgqmxgv: 60 wgwbu

welq: mgvR we"v, bvMwiK wkŋv, BwZnvm



**gvb`Ū:** †RŪvi mgZv (GmwWwR 5), AmgZv n`vm (GmwWwR 10), kvwš—, b`vq wePvi Ges Kvh©Ki cÖwZóvb (GmwWwR 16)

**cÖYvq#bt** g`vU l#qY

**mvims#q#c Ges g`jbxwZt** wbæwjwLZ cvV,wji wfwĚ wnmv#e GKwU mvgvwRK Ges HwZnvwmK KvVv#gv mieivn Kiv hv#Z wkq|v\_©xiv †QvU Mí Ges KweZvi gva`#g wj½ `elg` Ges bvixi AwaKvi Av#>`vjb cixq|v K#i |

### ch@#e#iYi jq`t

- wkq|v\_©xiv cy#iv BwZnm Ry#o bvixi AwaKvi Av#>`v#bi K`i Avil †ewk Dcjwä Ki#e Ges Ggb GKwU †cÖq|vcU ^Zwi Ki#e hvi gva`#g cieZ©x cv#Vi mvwnZ` ,wj cov hv#e |
- wkq|v\_©x#`i Ggb GKUv wfwĚ ^Zwi n#e †hUv Zv#`i#K Zv#`i †QvU Mí A\_ev KweZv we#k-lbvÍK ` ,wó#Z co#Z Aby#gv`b †#e |

### Abyaveb#hvM` jq`t

- bvixi AwaKvi Av#>`v#bi GKwU kw³kvjx l cÖvYeš— BwZnm i#q#Q Ges eZ©gv#b Avš—R©vwZK mgv#R Gi Aw—Zi i#q#Q |
- BwZnmRy#o mgv#R †h AmgZv wQj Ges hv AvRI we`g v Zv `~i Kivi Rb` wek| Ry#o bvixi AwaKvi Av#>`vjb AK-vš— cwik#g K#i#Q |

### „Zic~Y© cÖkævejxt

- BwZnmRy#o Ges AvR#Ki hy#M bvixiv †Kvb †Kvb AmgZvi gy#LvgywL n#q#Qb?
- cy#iv BwZnm Ry#o bvixiv l bvixi AwaKvi Av#>`vjb Kxfv#e AmgZvi wei`#x cÖwZwµqv †`wL#q#Q?
- †Kvb †Kvb mvgvwRK Ges HwZnvwmK e,,nĚi kw³ bvixi AwaKvi Av#>`v#bi Dìvb#K D™čveb K#i#Q?
- mvwnZ` ,#jv Kxfv#e h\_vh\_ AvZm KvuP wnmv#e KvR Ki#e hvi gva`#g bvixi`i AwaKvi ch©v#jvPbv Kiv †h#Z cv#i?

### wkq|v\_©x#`i †kLvi D#k` (wkq|v\_©xiv GB cvV †k#l hv wkl#e)t

- †RŪvi AmgZv `yi Ki#Z bvix AwaKvi Av#>`v#bi f,wgKvi e`vcv#i A\_©en Av#jvPbvq †hvM †#e
- cieZ©x K-v#m Zviv †h mvwnZ` co#e Zvi mv#\_ ms#hvM `vc#bi Rb` GKwU we#k-lYag©x KvVv#gv ^Zwi Ki#Z wkl#e |

**g`j`vqbt** K~vm Av#jvPbv

**Kv#Ri avivt**



- **m~Pbv (10 wgwbu)t** mviv weþk|i Avþ>`vjbþK Aš—f©z³ Kivi jþ¶ cÖwk¶K BwZnvþmi Ges eZ©gvb mgþqi bvixi AwaKvi Avþ>`vjþbi GKUv msw¶¶ eY©bv `þeb|
- **cÖv\_wgK Drm cvV (20 wgwbu)t** cÖwk¶K wk¶v\_@xþ`i †QvU †QvU `þj wef³ Kþi cÖv\_wgK Drþmi bw\_þjv weZiY Kiþeb| wk¶v\_@xiv cÖ\_g 10 wgwbu Zvþ`i Ask wbtþã coþe| Zvici Zviv cÖwk¶K Ki wRÁvmv Kiv cÖkæ,þjv wbþq †QvU †QvU `þj AvþjvPbv Kiþe| †Kvb †Kvb AmgZv A\_ev øvqweK Pvc wk¶vi\_xiv j¶¶ Kþi? †m,þjvþK wKfvþe mgvavb Kiv hvq?
- **K~vm AvþjvPbv (20 wgwbu)t** wewfbœ ms`c...wZ Ryþo wewfbœ LÊ, RbmvaviY `^xK...Z w\_g Ges cv\_©K` wbþq AvþjvPbvi Rb` wk¶v\_@xiv †kªwY wnmvþe cybM©Vb Kiþe| cÖwk¶Kiv `j,þjvþK cybivq mvRvþbvi Rb`l wPš—v KiþZ cvþib hvþZ wk¶v\_@xiv, Ab` wk¶v\_@xiv hviv Ab` cvV` cþoþQ Zvþ`i mvþ\_wbRþ`i AskwU wbþq AvþjvPbv KiþZ cvþi|
- **mvwnZ` (10 wgwbu)t** wk¶vi\_xiv Zvþ`i mvwnZ` weþk-lþYi Rb` coþZ cvþi Ggb cvV` ,þjv wk¶K Dc`vcb Kiþeb| wk¶v\_@xiv cieZ©x K~vþm †h cvV`wU coþe †mUv wbe©vPb Kiþe|

#### wk¶v\_@x mnvwqKvt

- নারীদের ইতিহাসে প্রাথমিক উৎস <http://tiny.cc/G9L1R1>

#### wk¶K mnvwqKvt

- Avš—R©vwZK bvix BwZnvþmi ,izicyb© ZvwiL mg`nt <http://tiny.cc/G9L1R2>
- BDGb DBþgb: <http://tiny.cc/G9L1R3>

## beg tk<sup>a</sup>Yx wØZxq cvV

Ò mvwnZ<sup>o</sup> weþk-IY: Kxfvþe bvixiv Zvþ<sup>i</sup> mæcÖ`vþqi gþa<sup>o</sup> wPwÎZ nqÓ

**mgqmxgv:** 50 wgwbu

**welq:** mgvRwe<sup>o</sup>v, mvwnZ<sup>o</sup>

**gvb`Û:** wj½ mgZv Ges bvix I þgþqþ<sup>i</sup> ¶lgZvqb (GmwWwR 5)

**cÖYvqþbt** K<sup>o</sup>vwm wdDbþgqi

**mvimsþ¶lc Ges g~jbxwZt** GB cvVwU cÖ\_g cvþV wk¶v\_@xiv þh mvwnZ<sup>o</sup> wbe@vPb KþiwQj Zvi weþk-lbþK þK>`a Kþi Mþo DVþe| Zviv (`þj wef<sup>3</sup> nþq) bvixþ<sup>i</sup> wkfvþe mvwnþZ<sup>o</sup> Dc<sup>o</sup>vcb Kiv nq Ges mvwnþZ<sup>o</sup> þh w`K,þjv GB Dc<sup>o</sup>vcbv MVþb Ae`vb þiþLþQ Zv weþk-IY Kiþe|

### wk¶vgyjk j¶¶t

- wk¶v\_@xiv mvs<sup>o</sup>...wZK ^ewPþZ<sup>o</sup>@i cÖwZ cÖksmv, þKŠZnj Ges mæþvb PP@v Kiþe|
- wk¶v\_@xiv hLb þKvb KweZv/Dcb<sup>o</sup>vm/ þQvU Mí þ`Lþe ZLb Zviv þm,þjvi e<sup>o</sup>vcbþi weþk-IYvÍK wPš—v Kiþe Ges ch@þe¶b`¶Zv Abykxjb Kiþe|

### AbyavebþhvM<sup>o</sup> j¶¶t

- ^-cÖwZweæ^, cwiPq MVb Ges mnvbyfzwZkxjfvþe gvbyþli mvþ\_ þhvMvþhvM<sup>o</sup> v<sup>o</sup>vcbi wfwË wnmvþe cÖksmv, þKŠZ,nj Ges mvs<sup>o</sup>...wZK wewPÍZv Ges weþk|i ms<sup>o</sup>...wZþK mæþvb þ`lqvi PP@v Ki“b|
- wek|BwZnm, f,þMvj Ges ms<sup>o</sup>...wZþZ k<sup>3</sup> wfwË Mo—b Ges wek|mvwnZ<sup>o</sup> AbymÛvb Ki“b|
- we<sup>o</sup>gvb kw<sup>3</sup> KvVvþgv,þjv wbþq cÖkæ KiþZ wkLyb Ges weþk|i wbw`@ó þcÖ¶vcþU Zvi Ae<sup>o</sup>vcb wk þmUvi e<sup>o</sup>vcbþi mZK@ þnvb|
- Kvil wbr<sup>o</sup>^ cwiPq Ges wkKo, Aþb<sup>o</sup>i cwiPq Ges wkKo, ms<sup>o</sup>...wZ Kxfvþe cwiPqþK AvK...wZ þ`q Ges v<sup>o</sup>vcb I Kvþj GKRb þKv\_vq Ae<sup>o</sup>vcb Kþi Zv eySzb|
- mvs<sup>o</sup>...wZK Kzms<sup>o</sup>vi Ges Gi cÖfve n<sup>a</sup>vm Kivi ¶lgZv wPbþZ wkLyb|
- ms<sup>o</sup>...wZ, ag@ Ges AwfÁZvi gva<sup>o</sup>þg Kxfvþe g<sup>o</sup>j<sup>o</sup>þeva ^Zwi nq Zv eySzb|
- mvwnZ<sup>o</sup> wkfvþe mvgvwrK Ges mvs<sup>o</sup>...wZK ev<sup>o</sup>—eZvþK mwVK Ges fzj Dfqfvþe Dc<sup>o</sup>—vncb Kþi þmUv eySzb|

### „izic~b@ cÖkævejxt

- Zzwg þh mvwnZ<sup>o</sup> co þm,þjvþZ bvixþ<sup>i</sup> wkfvþe Dc<sup>o</sup>vcb Kiv nq?
- GUv wkfvþe mvwnþZ<sup>o</sup> þcÖ¶vcU/ Kvj cvÍ A\_ev þjLþKi mvþ\_ Lvc Lvq?
- bvixþ<sup>i</sup> GB wPÍ Avgvþ<sup>i</sup> wewfbæ ms<sup>o</sup>...wZ mæcþK@ wk avibv þ`q?
- Avgiv wk GB mvwnþZ<sup>o</sup> þKvþbv AmgZv ev ¶lgZvi fvimg<sup>o</sup>nxbZv þ`LþZ cvw”Q?



### wk¶v\_©x¶i ¶kLvi D¶ik¶t wk¶v\_©xiv m¶lg n¶e-

- Zviv ¶h mvwnZ¶ c¶o¶Q ¶mLv¶b bvix¶i wk¶fv¶e Dc¶vcbv Kiv n¶q¶Q Zv ¶evSvi gva¶¶g GB cvVwU ¶kl Ki¶Z|
- ¶h Dcvq,¶jvi gva¶¶g GB mvwnZ¶ wU mvs¶c...wZK ev¶ —eZv¶K mwVKfv¶e Ges fzjfv¶e c¶wZdjb K¶i¶Q ¶m,¶jv wb¶q wP¶š—v Ki¶Z|

g¶j¶vqbt wk¶¶K ¶¶ji Av¶jvPbv,¶jv Ny¶i Ny¶i ¶L¶Z cv¶ib Ges ch©¶e¶¶Y Ki¶Z cv¶ib|

### Kv¶Ri avivt

- c¶ö\_g avc (25 wgwbu)t wk¶v\_©xiv Zv¶i wbe©vwPZ mvwn¶Z¶i Dc¶i Av¶jvPbvi Rb¶ ¶QvU ¶QvU ¶¶j wgwjZ n¶e
  - Zzwg ¶h mvwnZ¶ wU coQ Zvi Kvj/cv¶i/ ¶c¶¶vcU/¶jLK Gi m¶c¶K© Kx Rvb?
  - Zzwg ¶h mvwnZ¶ co Zv¶Z bvix¶i wk¶fv¶e Dc¶vcbv Kiv n¶q?
  - GB Dc¶vcbv wU wk¶fv¶e GB mvwn¶Z¶i ¶c¶¶vcU/ Kvj-cv¶i¶i mv¶\_A\_ev ¶jL¶Ki mv¶\_Lvc Lvq?
  - bvix¶i GB c¶wZK...wZ Avgv¶i¶K wewfbœ ms¶c...wZ m¶c¶K© wK avivt ¶¶q?
  - Avgiv wK GB mvwn¶Z¶ ¶Kv¶bv AmgZv ev ¶lgZvi fvimvg¶nxbZv ¶L¶Z cvw¶Q?
  - Zzwg wK g¶b Ki GB mvwn¶Z¶i Dc¶vcbv GB ¶c¶¶vc¶Ui Rb¶ mwVK?
- w¶Zxq Ask (25 wgwbu)t wk¶v\_©xiv ¶h mvwnZ¶ wU c¶o¶Q Zv ¶h M¶c mvwnZ¶ wU c¶owb Zv¶i mv¶\_¶kqvi Kivi Rb¶ wewfbœ ¶¶j wgwjZ n¶e| mevi mv¶\_¶kqvi Kiv n¶q ¶M¶j, wk¶v\_©xiv wb¶æv³ Av¶jvPbvi c¶¶kœi D¶i ¶¶e|
  - bvix¶i¶K ¶h Dcvq,¶jv¶Z Dc¶vcbv Kiv n¶¶Q Zzwg wK Zvi g¶a¶ ¶Kvb wgj A\_ev cv\_©K¶ ¶L¶Z cv¶¶Qv?
  - ¶Kvb ¶c¶¶vc¶U bvix¶i¶K BwZevPKfv¶e wP¶vwqZ Kiv n¶q¶Q? ¶bwZevPKfv¶e?



## beg tk²Yx Z...Zxq cvV

ÒmvwnZ" t\_#K eZ@gvb ev-—eZvi mv#\_ ms#hvM "vcb Kiv: Avgv#`i mxcÖ`v#qi bvixiv Ó

**mgqmxgv:** 50-60 wgwbu

**welq:** mvwnZ", mgvR we"v

**gvb`Û:** †RÛvi mgZv Ges bvix Ges †g#q#`i ¶lgZvqb (GmwWwR 5), AmgZv n²vm (GmwWwR 10), kvvš—, b"vq wePvi Ges KvH©Ki cÖwZóvb (GmwWwR 16)

**cÖYvq#bt** n"v`vi K"vmjg"vb

**mvims#¶c Ges g~jbxwZt** wk¶v\_©xiv mvwn#Z" bvixi ¶lgZvq#bi g~j welq Ges Zv#`i Rxeb I mgv#R bvixi f,wgKvi g#a" ms#hvM "vcb Ki#e| wbw`©ó †cÖ¶vc#U wj½ mgZvi aviYv, #jvi e"vcv#i e"w³MZfv#e hZækj n¶qvi Rb" GwU ,j"Zic~Y©|

**wk¶vgyjK j¶"t** wk¶v\_©xiv Zv#`i mxcÖ`v#qi eZ@gvb ev-—eZvi mv#\_ ms#hvM "vcb Ki#e|

### Abyaveb#hvM" j¶"t

- mvwnZ" Rxeb#K AbyKiY Ki#Z cv#i Ges Avgv#`i wbR^ Rxe#b mvgvwRK ^elg", #jv#K cÖwZdwjZ Ki#Z cv#i
- mgv#R bvix#`i fzwgKv RwUj Ges ii" t\_#KB Amg|

### ,j"Zic~Y© cÖkævejxt

- mvwn#Z" bvix#`i †h Dcv#q Dc"vcY Kiv nq Zv Kxfv#e Avcbvi wb#Ri mgv#R `„k"gvb ev A`„k"?
- Avcbvi mgv#R bvix#`i mv#\_ Kxfv#e Ab"vq AvPiY Kiv nq?
- Avcbvi mgv#R bvix#`i mv#\_ †Kgb AvPvib Kiv n#e Zvi msÁv †`q Ggb wk wk Aš—wb©wnZ kw³ KvVv#gv Ges wewfbœ mvs"…wZK g~j" #eva Av#Q?

### wk¶v\_©x#`i †kLvi D#k"t wk¶v\_©xiv m¶g n#e-

- Zv#`i mxcÖ`v#q wj½ ^elg", #jv we#k-lb Ki#Z
- mvwn#Z" bvix#`i wewfbœ f,wgKvi g#a" wj Ges cv\_©K" eY©bv Ki#Z

**gyj"vqbt** wgwbu †cv÷vi Ges P,ovš— cÖwZ"Qwe

### Kv#Ri avivt

- ^AZš iPbv (5 wgwbu)t wk¶v\_©xiv Zv#`i Rxe#bi A\_ev mxcÖ`v#qi GKRB ,j"Zic~Y© bvix#K †jLvi gv#a" #g eY©bv Ki#e| Zvi wk ai#bi ¶lgZv Av#Q? †m wk ai#bi msMÖv#gi gy#LvgywL nq? mvgvwRK A\_ev mvs"…wZK †Kvb †Kvb



cÖZ`vwkZ welq Zv#K evuav t`q A\_ev Zvi ¶lgZvq#b Ae`vb iv#L? wZwb tKvb ai#bi wm#vš— wb#R wb#Z cv#ib Ges tKvb ai#bi wm#vš— Zvi Rb` ^Zwi Kiv nq? wZwb hw` cyi`l n#Zb Zvn#j Zvi Rxeb A\_ev my#hvm, #jv Kxfv#e Avjv`v nZ?

- **hyMj t#kvi (5 wgwbu)t** wk¶v\_@xiv GKrb mncvVxi mv#\_ tm th bvix#K eb@bv K#i#Q Zvi Mí ej#e GB cÖ#kœi Av#jvPbv K#it "Zvi tRÚvi Kxfv#e Zvi my#hvm, #jv, cQ>, #jv, `„wóf½ ev j¶", #jv#K cÖfvweZ K#i|Ó
- **cy#iv `#ji mv#\_ t#kvi (5 wgwbu)t** 2-3 Rb wk¶v\_@x Zv#`i mncvVx#`i mv#\_ hv hv Av#jvPbv K#i#Q tm, #jv t#kvi Ki#e|
- **mvwnZ` ch@v#jvPbv (20 wgwbu):** mncvVx#`i mv#\_ wk¶v\_@xiv mvwnZ` t\_#K Kgc#¶ 5 Uv Dw³i A\_ev DcvL`v#bi D`vniY msMÖN Ki#e thUv M#í bvix#`i mv#\_ AvPi#Yi K\_v e#j, Ges cÖ#Z`K D`vni#Yi cv#k wKQz Z\_` A\_ev we#k-lymn GB avibv, #jv wjwcex K#i ivL#e| GwU wØ-Kjv#g K#b@j t#vUm, wk¶#Ki cQ#>`i MÖvwdK AM@v#vBRvi ev wk¶v\_@x#`i t#vUeyK, #jvi GKwU msMwVZ tUwe#j Kiv th#Z cv#i
- **djvdj t#kvi (3 wgwbu)t** mvaviY djvdj Ges cv\_@#K`i Zzj#v K#i wk¶v\_@xiv Zv#`i cvlqv K#qKwU D`vniY t#kvi Ki#e | GBuv `ye@j Qv#`i Zv#`i we#k-l#b tKvb d#vK\_vK#j Zv cyib Ki#Z m#vnh` Ki#e |
- **wfRyqvj ^Zwi (10 wgwbu)t** wk¶v\_@xiv mvwn#Z`i bvix#`i Ges Zv#`i wb#R#`i mgv#Ri bvix#`i f,wgKvi Zzj#v K#i GKUv t#b WvqvMÖvg ev cQ#>`i Ab`vb` Bb#dvMÖvwdK ^Zwi Ki#e|
- **Dc`vcbv Ges M`vjvix lqvK (3 wgwbu)t** wk¶v\_@xiv K#¶i g#a` t#nu#U teov#e Ges mncvVx#`i Øviv wPwýZ GKB w\_g,wj ch@#e¶¶Y Ki#e|
- **P,ovš— cÖwZ`Qwe (8 wgwbu)t** wk¶v\_@xiv Zv#`i LvZvq wbæwjwLZ cÖ#kœi Reve wjL#et "mvwn#Z` Ges Avgv#`i wb#R#`i mgv#R bvixi f,wgKvi g#a` Avgiv Kx wgj l cv\_@K` j¶" Ki#Z cwvi?

### wk¶K mnvwqKvt

- t#b WvqvMÖvg lqvK@kxU: <http://tiny.cc/G9L3R1>





## beg tk²Yx PZz\_© cvV

Òwj½ ^elg" `~i Kivi Rb" GKwU cÖKí bKkv KivÓ

**mgqmxgv:** 50-120 wgwbu

**welq:** mvwnZ", mgvR we"v

**gvb`Ü:** †RÛvi mgZv Ges bvix Ges †g†q†`i ¶lgZvqb (GmwWwR 5), AmgZv nªvm (GmwWwR 10), kvwš—, b"vq wePvi Ges KvH©Ki cÖwZóvb (GmwWwR 16)

**cÖYvq†bt** wLª÷vb evDwU—v

**mvims†¶c Ges g~jbxwZt** GB K-v†m wk¶v\_©xiv GKUv wkíK†g©i cwíKíbv Ki†e †hUv wk¶v\_©x†`i wb†R†`i mxcÖ`v†qi †h†Kvb †RÛvi ^el†g"i mgvavb Ki†e| GB wkíKg©wU GKwU †QvU Mí, KweZv, wPíKjv, A¼b, fv`ch©, Mvb, iPbv

BZ"vw` n†Z cv†i| GB cvVwU wkíKjvi †Kvb wk¶¶Ki mn†hvwmZvq cwíKíbv Kiv †h†Z cv†i|

**wk¶vgyjk j¶"t** wk¶v\_©xiv Zv†`i m„RbkxjZv Zv†`i wb†R†`i Rxe†bi A\_ev mxcÖ`v†qi †Kvb mvgvwRK mgm"vq Ggbfv†e cÖ†qvM Ki†e hv†Z Zv†`i c~e©eZ©x cvV,†jvi Kv†Ri mv†\_ mgš^q Ki†Z cv†i Ges K-v†mi evB†i Askx`vi†`i Aex Ki†Z cv†i|

### Abyaveb†hvM" j¶"t

- Awfe" w³K gva" g wnmv†e wkíKjv mvgvwRK Av†`v†bi m~Pbv wnmv†e KvR Ki†Z cv†i|
- hyev I wk¶v\_©xiv hLb mZZv, msnwZ Ges m„RbkxjZvi mv†\_ KvR K†i ZLb cÖK...Z mvgvwRK Ges ivR%bwZK mgm"v,†jv mgvavb Kiv †h†Z cv†i|

### „i"Zjc~Y© cÖkœvejxt

- c~†e©i cv†V cvlqv AmgZv,†jv wKfv†e wP†íi gva"†g Dc"vcv Kiv †h†Z cv†i?
- ^kwíK gva" g,†jv wK mvgvwRK b"vqwePvi cvlqvi Rb" Zzjbvnxbfv†e KvH©Ki?
- mvgvwRK b"vqwePvi AR©†bi Rb" wbw`©ó gva"†gi cÖZ"†KwUi (wPíKjv, Mvb BZ"vw`) kw³ / mxgvexZv,wj Kx Kx?
- wkíKjv Kxfv†e ms`c...wZ Ges mgvR†K MVb Ki†Z cv†i?

### wk¶v\_©x†`i †kLvi D†ík"t wk¶v\_©xiv m¶g n†e-

- GKwU Avmj wkíKg© ^Zwi Ki†Z †hUv 1g-3q cv†V Zv†`i wb†R†`i wk¶vi cÖwZdjv Ki†e
- Zviv †h ^kwíK wmxvš— wb†qvwQj Zv wjwLZ ev †gšwLK cÖwZ"Qwei gva"†g e"vL"v Ki†Z



g~j"vqbt Drcvw`Z wkiKg© Dc~'vcbv; wjwLZ ev tgšwLK cÖwZweæ^

## Kv#Ri avivt

- mvwnZ" Ges ^AZšž iPbvi mv#\_ thvMms#hvM (5-7 wgwbu)t wkqv\_@xiv cÖ\_g `yB cv#Vi cvV"m#gi Dc#i Zv#i  
 wPš—v fvebvi weKvk mæc#K© gy³n#— wjL#e| Z...Zxq cvV #K Zv#i msMÖnK...Z 5 wU Dw³ Ges Zv#i mncvVx#i KvQ #K cvlqv #Kvbl Dx„wZ hv Zv#i Kv#Q AvKl©Yxq e#j g#b n#qwQj #m, #jvi ch@v#jvPbv Ki#e, cvkvcvwk Zv#i wb#R#i Rxe#b Ges mæcÖ`v#q GB Dw³, #jvi cÖvmw½KZvi cÖwZdjB NUv#e|
- weZiY#hvM" wkiKg© Drcv`b (20-60 wgwbu)t wkqv\_@x#i Zv#i eiv#K...Z mg#qi tewkifvM mgq Zv#i wkiKg© ^Zwi Ki#Z e"envi Kiv DwPr #hUv GK ev GKvwaK ,iZic~Y© cÖkæe wb#q Ø,Ø Ki#Z #Pöv K#i|
  - BwZnv#m Ges AvR#Ki w`#b, we#klZ Avgv#i mæcÖ`v#qi bvixiv Kx ai#bi wel#g"i gy#LvgywL n#q#Qb?
  - BwZnm Ry#o Avgv#i mæcÖ`vq ^el#g"i e"vcv#i Kxfv#e cÖwZwµqv Rvwb#q#Q?
  - bvix AwaKvi Av#v`vj#bi D#vb#K ifc`vbKvix cÖavb mvgvwrK Ges HwZnvwmK kw³#K wPwîZ Kivi #Kv#bv Dcvq Av#Q wK?
    - hw` wkqv\_@xiv #Kv#bv wP#Kjv, #KvjvR ev wFR"yqvj Av#U©i Ab"vb" wkiKg© ^Zwi K#i \_v#K Z#e civgk© #`lqv nq th wk#K Ab" cÖwk#K#i (msMxZ cÖwk#K, wki cÖwk#K, BZ"vw`) Dcw" wZi ev GKmv#\_ KvR Kivi my#hv#Mi #cÖw#KZ wkqv\_@x#i c~e@wba@vwiZ ^kw#K gva" #gi g#a" mxgvex ivL#eb
      - cÖ—vweZ gva" g:
        - wkqv\_@x#i wb#R#i Rxeb #K #bqv A\_ev `vbxq msev`c# #K #bqv Qwe msewjZ GKUv #KvjvR
        - th#Kvb ai#bi wP#Kjv, mæcveZ wKQz cÖ\_vMZ mxgvexZvmn ( #hgb iaygvî 2 Uv iO e"envi Kiv)
        - d#UvMÖvwd, KweZv, wee„wZg~jK iPbv, Mvb iPbv / MxZ
  - P,ovš— cÖwZdjB(20 wgwbu)t weZiY#hvM" UzK#ivUvi cÖK...wZi Dci wbf©i K#i wkqv\_@x#i nq Dc#iv³ 3 wU cÖ#qvRbxq cÖ#kæei GKwUi cÖwZwµqv wj#L mgq KvUv#Z n#e ev tgšwLKfv#e Zv#i KvRwU #k#WY#Z eo AvKv#i Dc~'vcb Ki#Z n#e| hw` cÖKí,wj h#\_ó cwigv#Y eo nq (ev DZcv`b Kivi Rb" GKwU K-v#mi #P#q tewk mgq #bq) Z#e wk#K#i GKwU c„\_K Abyôv#bi K\_v we#ePbv Kiv DwPZ #hLv#b mæcÖ`v#qi m`m"iv (wk#K, cÖkvmK Ges wcZvgvZv) wkqv\_@x#i KvR #`Lvi Rb" AvgwšžZ n#e|

## beg tk<sup>a</sup>Yx cÂg cvV "cÖKí ev̄—evqb "

**mgqmxgv:** 120-180 wgwbu

**welq:** mvwnZ̄, wkí, mgvR wē̄v

**gvb`Û:** †RÛvi mgZv Ges bvix Ges †g†q†īi ¶lgZvqb (GmwWwR 5), AmgZv n<sup>a</sup>vm (GmwWwR 10), kvš—, b̄vq wePvi Ges KvH©Ki cÖWZóvb (GmwWwR 16)

**cÖYvq†bt** wPwn†iv Blwk`v

**mvims†¶c Ges g~jbxwZt** PZz\_© cv†V wk¶v\_©xiv wgwWqvg wnmv†e †h wkíKg©wU ^Zwi K†iwQj Zv ē̄envi K†i Zviv Rbm<sup>a</sup>Ÿy†L GKwU e,,nr m<sup>a</sup>cÖ`v†qi mv†\_ GwU†K fvM K†i †b†e Ges GjvKvi g†ā msNwUZ wj½ ^el†ḡi welq,†jvi Dc†i

GKwU Av†jvPbv cwiPvjbv Ki†e |

**wk¶Yxq j¶t** wk¶v\_©xiv e,,nĒi m<sup>a</sup>cÖ`v†q Zv†i wkíKg©wU Dc`vcb Ges †kqvi Ki†e, Rbm<sup>a</sup>Ÿy†L e<sup>3</sup>ē †`qv Abykxb Ki†e Ges `vbxq m`m`†i mv†\_ mvgvwrK mgm`v,†jv wb†q Av†jvPbvq AskMÖnY Ki†Z wkl†e |

### Abyaveb†hvM̄ j¶t

- wkíKjv Ges cÖ`k©bx Awfe`w<sup>3</sup>K gva`g wnmv†e mvgvwrK Av†v̄vj†bi m~Pbv wnmv†e KvR Ki†Z cv†i |
- hyeK Ges wk¶v\_©xiv hLb mZZv, msnwZ Ges m,,RbkxjZvi mv†\_ KvR K†i ZLb cÖK...Z mvgvwrK Ges ivR%bwZK mgm`v,†jv mgvavb Kiv †h†Z cv†i |
- m<sup>a</sup>cÖ`v†qi m`m`†i mv†\_ K†\_vcK\_†b Avex nlqv Kv†Ri Rb̄ PvwjKv kw<sup>3</sup> n†Z cv†i

### j`Zic~Y© cÖkœvejxt

- hyeKiv wkfv†e mvgvwrK Ges †RÛvi welḡ wb†q Av†M †\_†K we`gvb avibv,†jvi ē̄vcv†i AvcwĒ Rvbv†Z cv†i?
- e,,nĒi Rb†Mvô†K mvgvwrK mgm`v,†jv wb†q Av†jvPbvq AskMÖn†b DrmvwnZ Ges Avex Ki†Z wkíKjv†K wKfv†e gva`g wnmv†e ē̄envi Kiv †h†Z cv†i?
- `vbxq Rb†Mvôxi g†ā Kviv †mB Askx`vi hv†i GKUv e,,nr c`†¶c wb†Z AvjvcPvwiZvq wjß nlqv DwPr?

### wk¶v\_©x†i †kLvi D†ík`t wk¶v\_©xiv m¶g n†e-

- Abykxb Ki†Z Ges e,,nr †k<sup>a</sup>vZve,,†īi mvg†b K\_v ej†Z
- wewfbœ Askx`vi†īi mv†\_ †RÛvi welqK mgm`v,†jv wb†q K†\_vcK\_b Pvjv†Z wkl†Z

**Kv†Ri avivt**



- Mfxifv#e wPš—vfvebv Kiv (60 wgwbu)t wk¶v\_@xiv †Rvovq †Rvovq A\_ev †QvU `†j Zv#`i `ZwiK...Z wkíKg@wU cÖwZdj#bi Rb` Kvr Ki#e Ges wkfv#e wkíKg@wU `vbxq m`m`#`i mv#\_ me#P#q Kvh@Kifv#e Dc`vcv Ges †kqvi Kiv hvq Zv wb#q Av#jvPbv Ki#e|
  - Zv#`i wkíKg@wU e`vL`v Kivi Rb` GKwU eY@bvg~jK wjwLZ wee,,wZ hy<sup>3</sup> Ki#e
  - KvrUv †`Lv#bvi Rb` GKUv †QvU wkíKg@ cÖ`k@b Ki#e
  - ey\_ #jvi Av#kcv#k Ny#i teov#bv `k@K#`i Kv#Q Zv#`i wkíKg@wU e`vL`v Ki#e
- Dc`vcbv (20 wgwbu)t wkíKg@wU MbMÖš`vMvi, `vbxq msMVb, cvK@ BZ`vw` RvqMvq Av#qvwRZ Rbmfvq †kqvi Kiv n#e hv mxcÖ`v#qi A#bK m`m`#K wk¶v\_@x#`i mv#\_ †`Lv Ki#Z Ges †hvMv#hvM `vcv Ki#Z AvKl@Y Ki#Z cv#i| `czj Ges wk¶Kiv `vbxq ms`v,wji mv#\_ mfvwU Av#qvr#bi Rb` Kvr Ki#e Ges wk¶v\_@xiv Zv#`i wkíKg@ `k@K#`i mvg#b Dc`vcv Ki#e|
- Av#jvPbv (40 wgwbu)t wk¶v\_@xiv Ges `vbxq cÖwZwbwaiv Zvic#i †QvU †QvU `†j wef<sup>3</sup> n#q wkíKg@wU wb#q Ges †RÛvi AmgZvi mgm`v,#jv †h,#jv Zviv mgvavb Ki#Z †Póv Ki#Q †m,#jv wb#q K#\_vc\_#b AskMÖnY Ki#e| wKQz MvBwWs cÖkœevjx n#`Q-
  - wkíKg@wU †Zvgvi g#a` wK ai#bi Abyf,wZ RvMÖZ K#iwQj?
  - Zzwg wK wkíKg@wUi evZ@v,#jvi mv#\_ GKgZ bvWk wØgZ?
  - wKQz cÖwZev` wkfv#e Av#jvPbv †\_#K ev` hv#e?
  - GB wj½ msµvš— mgm`v,wj mxcÖ`vq Kxfv#e mgvavb Ki#Z cv#i?
  - GB cÖ#Póv#Z †Zvgvi f,wgKv Kx n#Z cv#i e#j Zzwg g#b Ki?
- cÖwZdj (15 wgwbu) t wk¶v\_@xiv `vbxq cÖwZwbwa#`i mv#\_ Zv#`i †h Av#jvPbv,#jv n#q#Q Zv Ab`#`i mv#\_ †kqvi Kivi Rb` Ges wkfv#e Zviv D#`vM,#jv GwM#q wb#Z cv#i Zv Av#jvPbv Ki#Z K~v#m wd#i Avm#e| Zviv w`bcwîKv †jLvi gva`#gl wb#R#`i cÖwZdj NUv#Z cv#i|

### wk¶K mnvwqKvt

- BDGb DB#gb (Bqy\_cvlqvvis †RÛvi BkzqvjwUt) <http://tiny.cc/G9L5R1>
- G MvBW Uz Ggcvlqvi Bqvs wccj Uz weKvg A`vW#fv#KUm di †RÛvi BKzqvjwUt <http://tiny.cc/G9L5R2>
- wmwfK G#½RW Bb WvBfvM@ Kb#UKót <http://tiny.cc/G9L5R3>