

u} cfj f; lo g]kfnl ; 3

/fli60 ; dgjo kl/ib\
stf/

sf]

lgb]zsf-@))# -; ftf}; zfvlg ; lxt_

Kf]tfjgf

g]kfnsl]j sf; / k46df 6]f k'ofpg tyf stf/df a; f;f; ul/ /x\$ f u} cfj f; lo g]kfnlx?sf]lxtsf]klfkl]f0f
ug{; u]7t 2kn]cl3 a99sf nflu 0{j L ; Dat @))# sf]cs6j / !! df sf7df08f0f :yfkf ePsf]u} cfj f; lo
g]kfnl ; 3 tyf lo; sf]lj wfg c6t/ut /x] ; 3sf]p47o tyf nlox? k]kt ug\$ nflu stf/df kl g u} cfj f; lo
g]kfnl ; 3sf]zvf u7g xg' kg]cfj Zostf dx; ; ePsf]u} cfj f; lo g]kfnl ; 3sf]lj wfgn]lbPsf]clwsf/
kpfu ul/ ; flx lj wfg c6t/ut /xg]ul/ u} cfj f; lo g]kfnl ; 3 /fli60 ; dgjo kl/ib stf/sf] :yfkf tyf
lo; sf]sfo{; #fngsf]nflu of]lgb]zsf hf/L ul/Psf]5 .

! :yfkf=kf/De

!-! o; ; #yfsf]gfd u} cfj f; lo g]kfnl ; 3, /fli60 ; dgjo kl/ib stf/ -o; kl5 lgb]zsfdf kl/ib elgPsf]5_
xg\$. cu]hdf Non -Resident Nepali Association, National Coordination Council Qatar tyf
5f6s/Ldf NRNA-NCC Qatar elgg\$.

!-@ kl/ibsf] :yfkf 0{j L ; Dat @))# lb; 0j / !@ df ePsf]xf].

!-# of]lgb]zsf ; 3sf]cl6td kl/ib\ehf # clkp @)!% af6 kl/t ePkI5 nfu'xg\$.

!-\$ o; lgb]zsfnf0{u} cfj f; lo g]kfnl ; 3, /fli60 ; dgjo kl/ib stf/sf] lgb]zsf-@))# -; ftf}; zfvlg
; lxt_ elgg]5 .

@ kl/efiff

lj ifo j f k] #n]csf]cy{gnfu}df o; lgb]zsfdf

@-! x} cfj f; lo g]kfnl e6gn]u} cfj f; lo g]kfnl ; 3sf]lj wfgdf kl/eflft u} cfj f; lo g]kfnlnf0{hgfp05 .

@-@ x; 3A e6gn]u} cfj f; lo g]kfnl ; 3nf0{hgfp05 .

@-# xkl/ib\ e6gn]o; lgb]zsf adf]hd :yflkt u} cfj ; lo g]kfnl ; 3 /fli60 ; dgjo kl/ib\stf/ e6g]
; Demg' kb\$.

@-\$ xlawfg e6gn]u} cfj f; lo g]kfnl ; 3sf]sl6b6 lawfg e6g] ; Demg' kb\$.

@-% xlgbl]zsf e6gn]u} cfj f; lo g]kfnl ; 3, /fli60 ; dgjo kl/ib stf/sf]lgb]zsf e6g] ; Demg' kb\$.

@-^ xsf0{ldlt e6gn]lgb]zsfdf Joj :yf eP adf]hd u7g ePsf]sfo{ldlt ; Demg' kb\$.

@-& x; dfh e6gn]stf/df :yflkt g]kfnl ; 3 ; #yf ; Demg' kb\$.

@-* x/fli60 kfif6A e6gn]o; lgb]zsfdf Joj :yf eP adf]hd u7g ePsf]/fli60 kl/ib\sf ; b:o tyf kl-hst]
; b:o ; Demg' kb\$.

@-(xbt'f; e6gn]stf/df /x\$]g]kfnl bt'f; ; D' g' kb\$.

@-!) xPsarg e ZAbn]axarg / xaxarg e ZAbn]Psargnf0{; d] hgfp05 .

@-!! xkl'n^u e ZAbn]:qln^u ; d]nf0{hgfp05 .

@-!@ xJolQm e ZAbn]kfs]ts / sfg6l bj }JolQmnf0{hgfp05 .

p27o

u} cfj f; lo g]kfnl ; 3sf]lj wfgdf pNn]vt p47ox? o; kl/ibsf kl g p47o xg\$g . o; sf ; fy}kl/ibn]
stf/df a:g]g]kfnlx?nf0{Psh6 u/fpgsf ; fy}plgx?sf]xs lxt / ; Daw6 ug{g]kl/ibsf]dVo p47o /xg\$.
lo p47ox? k]kt ug\$ nflu kl/ibn]b]fo adf]hdsf sfdx? ug\$.

#-! stf/df a:g]g]kfnlx?sf]lxtnf0{; Af0f ug]Pj +g]kfnsl]k6b6 ug].

#-@ stf/df :yflkt g]kfnl ; 3 ; :yfx?; # ; dgjo ug]Pj +stf/df sfo{t g]kfnlx?sf] ; femf ; #yfsf] ?kdf
ltgsf]kl]lgw]j ug].

#-# lj b7zdf dft e6l g]kfnsl]klxrfg tyf /fli60 lj eltx?sf]dfg kl]ti7f prf]/Vg kxn ug].

#-\$ dft e6lsl]j sf; sf]lgldt u} cfj f; lo g]kfnl / lab7lx?sf]nufgl cfsE0f ug{kxn ug].

#-% g]kfnf u} cfj f; lo g]kfnlx?sf]cfly\$ nufgl, af]4s lzk tyf b0tfsf]plrt kpfu ug{; lsg]jftfj/0f
l; h6f ug{kxn ug].

#-^ lj Zj sf lale6g efudf /x\$] g]kfnlx? alr cfk; L ; xofu tyf ; b6f sf]lj sf; ug{kxn ug].

#& : j b}z tyf lj b}zdf kjf; l gkfnlx?sf]xs lxtsf]k}awg tyf ; A0of ug{cGt/fli60 ; f` f d-rsf ?kdf sfd ug{.

#* a}lzs /f}huf/df /x}f gkfnlx?sf ; d:ofx?sf]klxrfg ul/ cNksfing tyf lb3sfing ; dfwfgsf lglDt knx ug{.

#(stf/df /x}f laleGg k}z / ; dbfosf gkfnlx? lar cfk; l d}hdnfk / ; dw/ ; DaGw sfod /fVg k}pTg ug{.

#=!) stf/df gkfnl ; flxTo, snf, ; s}t}l}sf]hu}f{ug{lqmfzln /xg}.

#=! stf/df gkfn}sf]koGg kjw}sf nflu s}flzn /xg}.

#=@ j }zls /f}huf/ldf /x}f >dls gkfnlx? / pBf}u Joj ; folx?sf xs, lxt ; Af0f tyf ; Daw}sf nflu lj z}f knx ug{.

#=# stf/df /x}f gkfnlx?sf]zf/li/s, dfgl; s, af}4s tyf cfly\$ lasf; sf lglDt ; xof}u k}ofpg}.

#=!\$ kl/ifbsf p4}ox? kl}t}sf nflu b}t}f; ; u ; xsfo{tyf ; d}j o sfod ug{.

#=!% gkfn / stf/ b0{b}z larsf]cfk; l ef0{f/f tyf ; DaGw ; dw/ agfpg s}flzn /xg}.

\$; b:otf

kl/ifbsf ; b:otf b}xfo adf}hd rf/ k}f/sf xg}5g

\$=! ; fwf/0f ; b:o

; 3sf]lj wfgdf Joj :yf eP adf}hdsf ; fwf/0f ; b:o xg of}otf ku}sf stf/df sfo}t JolQm? o; kl/ifbsf ; fwf/0f ; b:o dflgg}5g\

\$=@ kl-hst} ; b:o

; fwf/0f ; b:ox? d}wo}f6 0R5s ; b:ox?n] t}f]sPsf] kmf/fd tyf t}f]sPsf] ; b:otf zNs a}emf0{kl-hst} ; b:otf lng ; Sg}5g\ . kl-hst} ; b:ox? ; j tM /fli60 kl/ifb ; b:o xg}5g\ . kl-hst} ; b:o ; DalGw Joj :yf /fli60 kl/ifb ; b:o ; DalGw Joj :yfn}lgwf}0f ug{5 .

\$=# ; Da4 ; b:o

gkfn tyf gkfnlnf0{ ; xof}u tyf ka4g ug{rfxg}u} gkfnl dhsf]JolQm j f ; :yf kl/ifb ; Da4 ; b:o xg}5 . ; Da4 ; b:otf sfo{ldtsf]lg0f6 ; lxtsf]l; kmf/; df cGt//fli60 ; d}j o kl/ifbn]k}bfg ug}5 . u} cfj f; lo gkfnl ; 3sf] ; Da4 ; b:o k}kt sg}klg JolQm j f ; :yf o; kl/ifbsf] ; Da4 ; b:o xg}5 .

\$=\$ dfgfy{ ; b:o

stf/df sfo}t u} cfj f; lo gkfnlsf]xslxt ; Af0fdf pN}y}glo of}ubfg k}ofPsf JolQm?nf0{kl/ifbn} dfgfy{ ; b:osf]nflu l; kmf/; ug{ ; Sg}5 . dfgfy{ ; b:otfsf]c}Gtd lg0f6 cGt//fli60 ; d}j o kl/ifbn} ug}5 . u} cfj f; lo gkfnl ; 3sf]dfgfy{ ; b:o k}kt sg}klg JolQm o; kl/ifbsf]dfgfy{ ; b:o xg}5 .

% /fli60 kl/ifb}sf]Aoj :yf

u} cfj f; lo gkfnl ; 3sf]lj wfgdf Joj :yf eP adf}hd Ps /fli60 kl/ifbsf]u7g xg}5 .

^ kl/ifb ; b:otfsf]of}otf

^=! ; 3sf]lj wfgdf Joj :yf eP adf}hd ; fwf/0f ; b:ox? kl/ifb ; b:osf]nflu of}o dflgg}5 .

& kl/ifb ; b:otf zNs tyf ; b:o ljj /0f

&=! kl/ifbsf]Ps sfo}fnsf]nflu s}=/!)!÷- -stf/l l/on Ps ; o Ps dfq_ ; b:otf zNs ltg{k}g}5 .

&=@ ; b:otf zNs Ps sfo}fnsf]nflu xg}5 / ; b:otf cfj }gsf] ; fy :jo+pkl:yt e0{a}emfpg' kg}5 . sfo}fn k}f xg}cufj}sg} ; b:osf] ; b:otf ; d}kt ePdf ; b:otf zNs lkmtf{xg}5g} .

&=# kl/ifbsf] ; b:otf ljj /0f cGt//li60 ; d}j o kl/ifbsf]clen}ysf]nflu k7f0g}5 .

* kl/ifb\ ; b:otfsf] ; d}kt

*=! kl/ifb ; b:otf Ps sfo}fnsf]nflu dfq lj t/0f ul/g}5 .

*=@ kl/ifbsf]lj u7g ; u}kl/ifb ; b:ox?sf] ; b:otf ; d}kt ePsf]dflgg}5 .

*=# b}xfosf ca: ydf sg}klg AolQmsf]/fli60 kl/ifb\ ; b:otf ; d}kt xg}5 .

*=#! kl/ifbsf c}w0f ; dlf lnlyt ?kdf /flhgdf lb0{l: j s}t ePdf .

*=#@ u} cfj f; lo gkfnl ; 3sf] ; b:otfsf]x} ; ot ; d}kt ePdf .

*=## kl/ifb ; b:osf]d}o' ePdf .

- *#=\$ cgzf; g ; ldltsf]sfo] flxdf ; b:otf vf/lh u/df .
- *#=% gkfn cyjf stf/sf]sfgn]g]ts ktg xg]kfn]bf/L cleofu kdfloft ePsf]kfoPdf .
- *#=#^ ; b:otf lng' cl3 g]gkfn cyjf stf/sf]sfgn]g]ts ktg xg]kfn]bf/L cleofu kdfloft e0{ ; s}f] kfoPdf .
- *#=#& stf/df a; fjf; ug]sfglg x]; ot ; dft ePdf .

(kl/ib\; b:otf lj t/Of tyf glj s/Of ; DalGw Joj :yf
 (=! gof"kl/ib\ ; b:otf kl/ifbsf]sfo]fn ; dft e0{la36g ePkI5 cfJxfg ul/g5 .
 (= kl/ib\ ; b:otf lj t/Of ug]lhd] f/L dft]bf sfo{ ldltdf /xg]5 .

- !) kl/ib\ ehf ; DalGw Joj :yf
- !)=! kl/ifbsf] ; fwf/Of ehf ; fwf/Of tof ^ dlxgfsf]cj wl cyjf !() lbgEbf sdsf]clt/fndf a:g5 .
- !)=! gof"kl/ifbsf]u7g -kl/ib\ ; b:ox?sf]clGtd gdfj nl k\$zfzgnf0g}kl/ib\u7g ePsf]ldlt dflgg]5 .
 kZrftsf]kyd kl/ib ehf lj z]f kl/l:yltdf afx\$ kl/ib u7gsf]#) lbg leq a:g5 . clGtd kl/ib\ehf
 kZrft g]t] rogsf]nflu ; DkGg ul/g]/fl16o dxflw] zgnf0{kyd kl/ib\ehf]sf]?kdf u0fg ul/g]5 .
- !)=!@ kl/ib\ ; b:ox? d]lo]Ps rfyf0{ ; b:ox?n]lj z]f kl/ib\ehf af]hpg clWof ; dlf lnltv cg/fv u/df
 To:tf]cg/fv kft ePsf]#) lbg leq lj z]f kl/ib\ehf cfJxfg ul/g5 .
- !)=# sfo{ ldltn]sg}klg ; dodf lj z]f ehf af]hpg dgfl; j 7fg]f]cj :ydf sfo{ ldltsf]a]ssf]lgof6n]
 lj z]f ehf cfJxfg ug{ ; lsg5 .
- !)=#\$ kl/ifbsf]sg}klg ehf - ; fwf/Of j f lj z]f larsf] ; do cj wl \$% lbg ebf sd xg]5g .
- !)=#% kl/ifbsf] ; fwf/Of ehf ; DalGw ; r'gf ehf a:geEbf !% lbg cufj }tyf lj z]f j 7s ehf ; DalGw ; r'gf
 j 7s ehf a:geEbf & lbg cufj }k\$flzt ul/ hfgsf/L u/fpg' kg5 . o:tf] ; r'gf stf/df k\$flzt xg]
 gkfnl kqlsf lj BQlo ; #f/sf dflWod k'ngdf /x\$; fdilhs ; #fn cflbaf6 k\$flzt ul/g5 .
- !)=#^ kl/ifbsf] ; fwf/Of tyf lj z]f ehf df pkl:yt xg' kl/ib\ ; b:ox?sf]stfo xg5 t/ pkl:yt xg g; Sg]
 kl/l:yltdf lnltv j f lj BQlo ; #f/sf dflWodaf6 clWof j f dx; lrj nf0{hfgsf/L u/fpg' kb5 .
- !)=#& sfo{ ldltn]Joj :yf ug{ ; s}f]cj :ydf ; fwf/Of tyf lj z]f ehf cl8of]lel8of]sGk] ; L^usf]dflWodaf6
 klg ; #fng ug{ ; lsg5 . o:tf]cj :ydf kl/ib\ ; b:ox? :j o+pkl:yt ge0{cl8of]lel8of]sGk] ; L^usf]
 dflWodaf6 pkl:yt hgfp ; Sg5g\ . cl8of]lel8of]sGk] ; L^sf] Joj :yf eP=gePsf] hfgsf/L ehf
 ; DalGw ; r'gf k\$flzt ubf{g}ug{kg5 .
- !)=#* stf/sf]lj z]f kl/l:yltnf0{dwo gh/ ub}kl/ib ehf df k]olf pkl:yt tyf cl8of]lel8of]sGk] ; L^sf]
 dflWodaf6 pkl:yt ; b:ox?sf] ; Wofnf0{ ; d] u0fk/s ; Wofdf u0fg ul/g5 .
- !)=#(t/ sfo{ ldltsf ; b:ox? ; Nnfxsf/ ; ldltsf ; b:ox? tyf pk- ; ldltsf ; e]hsx?sf]sh hf8 -kblt{
 ePsfx?sf]dfq_ sf]#! kl]ztsf] pkl:ylt clg fo{ dflgg5 . u0fk/s ; Wofsf]u0fg ubf{stf/ aflx/
 ePsf kbflwsf/L tyf ; b:ox?nf0{36fP/ stf/df /x\$ kbflwsf/L tyf ; b:ox?sf]dfq}u0fg ul/g]5 .

!)@ kl/ib ehf ; fwf/Of tof kl/ifbsf]clWofsf] ; efklTj df a:g5 .
 !)=! t/ kl/ib clWofsf]lj ?4sf]k]tj dfly 5nkm ubf{kl/ifbsf] ; efklTj kyd pkflWofn]ug5g\ pgsf]
 cgkl:yltdf laQlo pkflWof tyf ltgsf]klg cgkl:yltdf ehf df k]olf pkl:yt kl/ib\ ; b:o d]lo]h]7
 ; b:on] ; efklTj ug5g\
 !)=@ kl/ifbsf]sfo{ ldlT lj ?4sf]k]tj dfly 5nkm ubf{kl/ifbsf] ; efklTj ehf df k]olf pkl:yt kl/ib
 ; b:o d]lo]h]7 ; b:on]ug5g\
 !)=# kl/ifbsf]sg}klg a]sdf sg} ; b:on]lj z]f k]tj /fVg rfxdf ; f]f]hfgsf/L k]tj ; lxt a]s z? xg'
 ebf sltdf # lbg cl3 kl/ifbsf dx; lrj j f pgsf]cgkl:yltdf pgsf]sfo{/ ; Dxfn\$ kbflwsf/Lnf0{
 lnltv ?kdf ae]fpg' kg5 .

!! kl/ifbsf]sfd, stfo / clwsf/
 !!= kl/ifbsf]cfkmg]lgt tyf sfo]md to ug5 .
 !!@ kl/ifbdf kx xg]cf]bfgl / vr\$]lj j /Of :j l\$ ug5 .
 !!# kl/ifbsf]nyf kl/lfs lgo]m ug5f ; fy}nyf kl/lfssf]klTj hg cgdfbg ug5 .
 !!\$ kl/ifbsf]sfo{ ; #fngsf]nflu sfo{ ldltsf]rog ug]tyf cfj Zos lgbzg lbg5 .
 !!% slbb lj wfg tyf o; lgbzsfdf plny ePsf sfd tyf b]loTj x? lgj fx ug5 .

!!^ sllbb lj wfg tyf o; lgbzsf; # gaflemg]ul/ lgod pklgod agrf0{nfu' ug5 .
!!& cfj Zostf cg; f/ lgbzsf ; zfvwg ug5 .

!@ kl/ifb lj 36g tyf cfJxfgM

!@-! kl/ifbsf] clGtd e]hfn] cfkmgf] lgoldt 5nkmnsf] cGtdf gof" kl/ifb u7g ; Dal6w lgodfj nl kfl/t ul/
kl/ifb lj 36g ePsf] 3f]f0ff ug5 .

!@-@ kl/ifbsf] clGtd e]hfa]f kfl/t kl/ifb u7g ; Dal6w lgodfj nldf Joj :yf eP cg' f/ gof" kl/ifb u7gsf]
nflu ; b:otf glj s/0f / gof" ; b:otf cfJxfg ul/g5 .

!@-# kl/ifbsf] sfo\$fn lj wfgdf Joj :yf eP adf]hd xg5 .

!@-\$ u} cfj ; lo gkfnl ; 3, cGt//fli60 ; d6j o kl/ifbsf] cGt//fli60 dxflwj zg tyf lj Zj ; Dd]hgsf] ldt
a9ldf ^ dlxgf afsl /xg]u/L cfJxfg ul/Psf]kl/ifb e]hfnf0{kl/ifbsf] clGtd e]h df]gg5 .

!# sfo{ ldt]sf]Joa:yf

!#-! kl/ifbsf] b]gs sfo{ ; ~rfngsf] nflu sllbb lj wfgdf Joj :yf eP adf]hdsf]Ps sfo{ ldt]sf]u7g ul/g]
5 . sfo{ ldt]sf kbflwsf/L tyf ; b:ox?sf] kbfalw ; 3sf]lj wfg adf]hd xg]5 .

!#-@ kl/ifbsf] sfo{ ldt b]xfo adf]hd u7g ul/g5

!= cllolf	!	lgj f]rt
@= kyd pkfllolf	!	lgj f]rt
#= laQlo pkfllolf	!	lgj f]rt
\$= dxf; lrj	!	lgj f]rt
%= ; lrj	!	lgj f]rt
^= sf]ffllolf	!	lgj f]rt
&= vlnf ; b:ox?	^	lgj f]rt
*= o]f kltlgw	!	lgj f]rt
(= dlxnf kltlgw ; b:o	!	lgj f]rt
!)= dlxnf ; b:o	!	lgj f]rt
!!= k]f]rn lasf; lfgaf6 ; b:o	!	lgj f]rt
!@= d]wofd-rn lasf; lfgaf6 ; b:o	!	lgj f]rt
!#= klZrdf-rn lasf; lfgaf6 ; b:o	!	lgj f]rt
!\$= d]wo-klZrdf-rn lasf; lfgaf6 ; b:o	!	lgj f]rt
!%= ; b/-klZrdf-rn lasf; lfgaf6 ; b:o	!	lgj f]rt
!^= cf]bj f; l hghfl t ; dbfoaf6 -; b:ox?_@	@	lgj f]rt
!&= blnt ; dbfoaf6 -; b:ox?_	@	lgj f]rt
!*= dlZnd ; dbfoaf6 -; b:ox?_	@	lgj f]rt
!(= t/f0f dwz ; dbfoaf6 -; b:ox?_	@	lgj f]rt
@)= sfo{ ldt]af6 dg]lgt ; b:ox?	#	dg]lgt

hDdf #! ; b:olo

!## sfo{ ldt]sf]u7g k\$5f

!##-! sfo{ ldt u7gsf nflu clGtd kl/ifb e]hfn]o; lgbzsfdf Joj :yf eP adf]hd lgj f]g ; ldt u7g
ug5 .

!##-@ sfo{ ldt u7g k\$5fdf ; DkOf{kl/ifb ; b:ox?sf] ; xeflu xg]clwsf/ /xg5 .

!##-# sfo{ ldt]sf]cllolf kbsf]nflu of]o xg sfo{ ldt j f pk; ldt]df /x] Ps sfo\$fn k/f u/\$f]xg' kg5
/ dxf; lrj kbsf]nflu of]o xg Ps sfo\$fn kl/ifb ; b:o e0{ s\$]xg' kg5 .

!##-\$ lg]Zrt ; dbfo / lfgsf]kltlgwdf r6g / rlgg ; f]l ; dbfo / lfgsf]kl/ifb ; b:o g]xg' kg5 .

!#-\$ sfo{ ldt]sf]lj 36g k\$5f

!#-\$-! kl/ifbsf] /fli60 dxflwj zg]sf] agb ; qdf sfo{ ldt lj 36g ePsf] 3f]f0ff ul/g5 t/ gof" lgj f]rt
sfo{ ldt]nf0{kbef/ x: tft/0f gubf{ Dd lj Bdfg sfo{ ldt]n]g}b]gs sfo{ ; #fng ug5 .

!#-\$@ kl/ifb e]hdf sfo{ ldt pk/ clj Zj f; sf]k]t]fj kZ e0{To; pk/ 5nkmn xbf sh kl/ifb ; b:ox? d]wo]
%! klt]ztaf6 cgd]bg ePdf . o; cj :ydf ; f]x kl/ifb e]hfn]^ hgf kbflwsf/Lx?sf]Ps sfo\$f/L
; ldt u7g ul/ sfo{ ldt]sf] lhDd]f/L ; f] sfo\$f/L ; ldt]nf0{ ; Dkg5 . sfo{ ldt]n] ; f]x kl/ifb

ehfaf6 lgbzsf Joj :yf eP adf]hd lgj ffg ; ldlit u7g ul/ ^ dlxgf leq gof" sfo{ ldlit u7g
ugf .
!#-\$# cGt//fli60 ; dgj o kl/ifbn]x:tlfk ul/ sfo{ ldlit lj 36g u/fPdf . o; cj:yfdf cGt//fli60 ; dgj o
kl/ifbsf]lgbzcg; f/ ul/gf .

!#-% sfo{ ldlit ; b:otf ; dfltl
!#-%= kl/ifb ; b:otf ; dfltl ePsf]cj:yfdf sfo{ ldlit ; b:otf ; j tM ; dfltl xgf .
!#-%@ sfo{ ldltsf]lgoldt kOf{a7sdf ljgf ; rrg nuftf/ tlg k6s jf k6s k6s ul/ ^ k6s cgkl:yt
/xgf sfo{ ldltsf]kOf{a7sn} ; b:otf vf/h ug; ; Sgf .
!#-%# sfo{ ldlit cWOLF ; dlflnlvt /fhlgdf lb0{jLst ePdf .
!#-%\$ kl/ifb ehfdf sfo{ ldlit kbflwsf/L jf ; b:o pk/ cljZj; sf]k}tj kZ e0{To; pk/ 5nkmn xbf
pkl:yt kl/ifb ; b:ox?sf]axdtn]cgdfhg u/df .
!#-%% cGt//fli60 ; dgj o kl/ifbsf]kbflwsf/L jf ; b:odf lgj ffrt jf dgflgt e0{uPdf .
!#-%^ kl/ifbsf]cfrf/ ; lxtf pn^3g u/L sfo{ fl ePdf .
!#-%& cGt//fli60 ; dgj o kl/ifbsf]lgbzgdg sfo{ ldltn]lgof6 u/df .

!#-^ sfo{ ldlit ; b:otf kbklit{
!#-^=! sg}klg sf/Ofn}sfo{ ldlit kbflwsf/L kb vfnl xg uPdf ; DkOf{sfo{ ldlit kbflwsf/L tyf ; b:o, / pk-
; ldltsf ; ehhsx?sf]axdtaf6 afsl cj lwsf]nflu ; f}f]kb kl't{ug; ; lsgf . o:tf]kbklit{f0{cfufdl
kl/ifb ehhsf] ; fwf/Of axdtaf6 cgdfhg ug{kGf .
!#-^@ sg}klg sf/Ofn}sfo{ ldlit ; b:o kb vfnl xg uPdf sfo{ ldltn]kl/ifb\ ; b:ox?af6 Ps hgf afsl
cj lwsf]nflu ; f}f]kb kl't{ug; ; lsgf . o; /L kb kl't{ubf; ; dbfos kl'tlglwj ug; ; b:o ePdf ; fl
; dbfosf kl/ifb ; b:oaf6 ug{kGf / cfufdl kl/ifb j 7s faf6 cgdfhg ug{kGf .

!#-& sfo{ ldltsf]kOf{a7s
!#-&=! sfo{ ldltsf]kOf{a7s ; fwf/Oftof x/\$ b0{dlxgfsf]Ps k6s tfl]sPsf]:yfg tyf ; dodf a:g]5 . t/
cWOLF]lazif a7s afhpg'kg{kl/:ylt b]df cyj f sfo{ ; ldltsf Ps ltxf0{ ; b:ox?n]cWOLF ; dlfl
sfo{ ldltsf]lazif a7s afhpg lnlt cg/fv u/df & -; ft_lbg leq lazif a7s a:g]5 .
!#-&@ sfo{ ldltsf]kOf{a7s a:g} ; do tflnsf sfo{ ldltn]lgwf{Of ug]5 . lgwf{lt ; do tflnsf cg; f/
a7s a:g]culd ; rrg hf/L ug{kGf5 . t/ lazif a7s a:g} ; rrg eg]lnlt jf dflvs ?kdf a7s
a:g'egbf tlg lbg cufa} ; DkOf{sfo{ ldlit ; b:onf0{hfgsf/L lbgkg]5 .
!#-&# sfo{ ldltsf]sh ; b:o ; Vofsf]! ; kl'tztnf0{uOfk/s ; Vof dflgg]5 . uOf k/s ; Vof gku\$]v08df
sfo{ ldltsf]kOf{a7s a:g ; Sg]5 . t/ kGw|lbg leq afhPsf]bf] fl a7sdf eg]pkl:yt ; Vofnf0{
uOfk/s ; Vof dflgg]5 . uOfk/s ; Vofsf]uOfgf ubf{stf/ aflx/ ePsf kbflwsf/L tyf ; b:ox?nf0{
36fP/ stf/df /x\$ kbflwsf/L tyf ; b:ox?sf]dfq]uOfgf ul/g]5 .

!\$ sfo{ ldltsf]sfd, stfo / clwsf/
!\$=! ; yfsf p27ox? kfltsf]nflu cfj Zos sfo{x? ug] u/fpg].
!\$@ /fli60 kl/Eb\$]a7sn]kf/Lt u/\$f lgof6x? sfo{og ug].
!\$# sfo{ ldlit ; u ; Dj lGwt sg}klg laifodf 5fglag, cWooog u/L nfu'ug]u/fpg].
!\$-\$ sfo{ ldltnf0{cfj Zos ; Nnfx ; emfj lbgf]nflu kl/ifbsf lgj tdfg cWOLFsf] ; ehhsTj df k}{cWOLF
tyf kbflwsf/Lx? / ; dhhsf nAw kl'tl:yt AolQm? ; lDdlnt (blv !! ; b:olo ; Nnfxsf/ ; ldltsf]u7g
ug]5 .
!\$-% sfo{ ldltsf lazif sfo{x? ; DkGg ug\$] nflu /fli60 kfif6x? Dflloaf6 cfaZostf cg; f/ ljleGg
pk; ldltx? lf7g ug].
!\$-^ /fli60 kl/ifbsf]ehhsf]cfof]hgf tyf ; #fng ug].
!\$& /fli60 kl/ifbsf]a7sdf kl/ifb tyf sfo{ ldltsf]glit Pj +sfoQmd, cfly\$ tyf ; fu7lgs kl'tabg
l:js]tsf nflu kZ ug].
!\$-* nyf kl/fssf]lgolQm ug]/ kfl/>lds tf\$g].
!\$=(; 3sf]cGt{fli60 ; dgj o kl/Eb\ u a/fa/ ; Dks{ug]/ ; ldltsf]lalj w lqmfnsnfksf]hfgsf/L u/fpg].
!\$=!) ; 3sf]cGt{fli60 ; dgj o kl/Ebn]lgodfg; f/ t\$sf sfo{x? ug] u/fpg].

!% sfo{ldltsf kbflwsf/l tyf ; b:ox?sf]sfd, stfo / clwsf/

!%=! cWolflM-

!%=! sfo{ldlt j 7s tyf /fli60 kl/Eb\ehfx?sf]cWolftf ug].
!%=!@ sfo{ldlt j 7s tyf /fli60 kl/Eb\ehfx? Affjhpg dxf; lrj nf0{lgbzsg lbg].
!%=!# sfo{ldltsf ejj l sfo{mhr तरजुमा गरी समितिमा छलफलका लालु कित्त ug].
!%=!\$ sfo{ldlt j f pk ; ldltx?af/f ; #flnt sfo{mdx?sf]/yby ug] u/fpg].
!%=!% sfo{ldlt j f pk ; ldltx?af/f kfl/t sfo{x?sf]cgdfhg ug] u/fpg].
!%=!^ lj leG sfo{mdx?df ; #yfsf]kltlglwj ug] f u/fpg].
!%=!& lgbzsfdf pNn]vt tyf ; ldltn]tf\$df cGo sfo{x? ug].
!%=!* sg]klg lj Eodf dt lj efhg e0{ /fj /l ePdf lg0ff6s dt lbg].

!%=@ kyd pkflWolflM-

!%=@! cWolfsf]cgkl:ytldf cWolfn]ul/cfPsf]; kOf{sfo{x? ug] u/fpg].
!%=@@ cWolfsf]sfo{fxssf]lhDd] f/l axg ug].
!%=@# cWolfaf/f ul/g]cGo sfo{x?df cWolfnf0{; xof]u ug].
!%=@\$ lgbzsfdf pNn]vt tyf ; ldltn]tf\$df cGo sfo{x? ug].

!%=# laQlo pkflWolflM-

!%=#! kyd pkflWolfsf]cgkl:ytldf kyd pkflWolfn]ul/cfPsf]; kOf{sfo{x? ug] u/fpg].
!%=#@ cWol / kyd pkflWolfaf/f ul/g]cGo sfo{x?df ; xof]u ug].
!%=# lgbzsfdf pNn]vt tyf ; ldltn]tf\$df cGo sfo{x? ug].

!%=\$ dxf; lrj M-

!%=\$! cWolfsf]lgbzsg cg' f/ sfo{ldlt tyf /fli60 kl/Eb ehfx? Affjhpg].
!%=\$@ sfo{ldlt tyf /fli60 kl/Eb ehfx? ; #fng ug].
!%=\$# sfo{ldlt tyf /fli60 kl/Eb\ehfहरमा भएका छलफल तथा निर्णयहरुलाई अध्यावधिक गरी राख्ने ।
!%=\$\$ sfo{ldltdf kkt cGo sfuhftx? ; /lOt /fvg].
!%=\$% kl/ifbsf]kqOfsf]?kdf sfo{ug].
!%=\$^ lgbzsfdf pNn]vt tyf ; ldltn]tf\$df cGo sfo{x? ug].

!%=% ; lrj M-

!%=%! dxf; lrj sf]cgkl:ytldf dxf; lrj n]ul/cfPsf ; kOf{sfo{x? ug].
!%=%@ dxf; lrj af/f ul/g]cGo sfo{x?df dxf; lrj nf0{; xof]u ug].
!%=%# lgbzsfdf pNn]vt tyf ; ldltn]tf\$df cGo sfo{x? ug].

!%=^ sf]ffWolflM-

!%=^! kl/ifbsf]cfly\$ lqofsnfksf]cWofj lws u/L /fvg].
!%=^@ kl/ifbn]tf\$]cg' f/sf]b]gs vr{tyf cfDbfgl ug].
!%=^# kl/ifbsf]cfly\$ lj sf; sf nflu कार्ययोजना बनाई समितिमा छलफलका लालु कित्त ug].
!%=^\$ kl/ifbsf]cfly\$ sf/f]f/nf0{; ldltn]tf\$]cg' f/ cgdfhg sf nflu ; ldltdf k]tt ug].
!%=^% kl/ifbsf]cfly\$ kltj hg n]fkl/Oof u/f0{/fli60 kl/Eb\ehfx?df k]tt ug].
!%=^^ lgbzsfdf pNn]vt tyf ; ldltn]tf\$df cGo sfo{x? ug].

!%=& ; b:ox?M-

!%=&! sfo{ldltsf kbflwsf/Lx?nf0{sfo{Dkfbgdf ; xof]u k%ofpg].
!%=&@ kl/ifbsf]cfly\$ tyf ; f#7lgs lxtsf lgdtl lqoflzn /xg].
!%=&# lgbzsfdf pNn]vt tyf ; ldltn]tf\$df cGo sfo{x? ug].

!^ ; lrjfnosf]u7g
kl/ifbsf]b]gs sfo{ ; xh 9un] ; #fngsf nflu sfo{ldltsf cWOLF, pkfWb0x?, dx; lrj , ; lrj , sf]ffWOLF, o} f
; of]hs, dlxf ; of]hs / # hgf yk ; b:ox? ; lxt !! hgfsf]Ps ; lrj fno u7g ul/g]5 .

!^=! ; lrjfnosf]sfd, stfo / clwsf/
!^=! sfo{ldltsf]lazE of lgoldt a7s ga; \$f]ca:yfdf crfgs lgof0 ln0{lazE sfo{x? tIsfn ug{kg}
ePdf ; lrjfnosf]a7sáf/f axdtn]lgof0 u/L sfof] og ug{ ; lsg]5 .
!^=!@ ; lrjfnosf]lgoldt a7s x/\$ Ps dlxgdf slDtdf Ps k6s a:g' kg]5 . cfj Zos k/\$f]v08df sg}
klg j]hdf a7s a:g ; Sg]5 .
!^=!# ; lrjfnosf]a7sáf/f kfl/t lgof0nf0{sfo{ldltsf]lgoldt a7sdf cgdff]g u/fpg' kg]5 .

!& clazj f; tyf cleof]usf]k]tfj
!&=! sfo{ldlt pk/ lj Zj f; 5g egl /fli60 kl/ifbsf Ps rfyf0{ ; b:ox?n]x:tf0/ u/L, sf/0f ; lxt, lnlt
?kdf sfo{ldlt ; d0 clj Zj f; sf]k]tfj kZ ug{ ; Sg]5g\
!&@ sfo{ldltsf]sg}klg kbflwsf/L ; b:o of kl/Eb\ ; b:on]klbo bfoTj k'f ug{c; 0d /x\$]j]f kl/ifbsf]
lxt lakl/t sfd u/\$f] dxz' ePdf /fli60 kl/ifbsf Ps ltxf0{ ; b:ox?n]x:tf0/ u/L, sf/0f ; lxt,
lnlt?kdf sfo{ldlt ; d0 sg}klg ahf cleof]usf]k]tfj kZ ug{ ; Sg]5g\
o; /L cfPsf]clj Zj f; sf]
k]tfj dfly 5nkm ug{#) lbg leq /fli60 kl/ifbsf]e]hf af]hpg' kg]5 .
!&# /fli60 kl/ifbsf] कूल सख्याको ५१% ; Wofn] sfo{ldltsf kbflwsf/L ; b:o tyf kl/ifb ; b:o la?4sf]
clazj f; sf]kf]tfa kfl/t ug{ ; Sg]5 .

!* /fli60 dxflwj Zg
!*=! kl/ifbsf]/fli60 dxflwj Zg lj z]f kl/l:y]tdf afx\$ k]o\$ b0{aifdf Ps k6s ; ldln]tf\$]f]:yfg, ldlt /
; dodf xg]5 .
!*@ /fli60 dxflwj Zgsg]cf]hgf tyf ; #fng sfo{ldltsf]k]tfj df kl/ifb e]hfn]lgwf{0f u/;cg; f/ xg]5 .
!*# /fli60 kl/ifb\ ; b:ox?n]dfq /fli60 dxflwj Zgdf efu lng ; Sg]5g\
!*\$ kl/ifbsf]/fli60 dxflwj Zg xg] ; rgf ; a} ; b:ox?nf0{dxflwj Zg a:g' e6bf !% lbg cufa}lnlt of
; fa]lgs ; rgfáf/f k7fpg' kg]5 .
!*% /fli60 dxflwj Zgdf sg}klg ; b:on] sg}laz]f k]tfa /Vg rfxdf ; f] sf] hfgsf/L lnlt ?kdf
dxflwj Zg xg' e6bf & lbg cufj } sfo{ldltdf kZ ug{ kg]5 .
!*^ dxflwj Zgsg]lgldt /fli60 kl/ifb ; b:ox?sf]pkl:yt ; Wofnf0{u0f k/s ; Wof dflgg]5 . t/ dtbfgsf]
xsf] g0gtd %! k]tzt dtbfg ePsf]xg' kg]5 c6oyf kg dtbfgsf]Joj :yf ldnfpg' kg]5 .

!(cfly\$; f]tx?
!(=! kl/ifbsf /fli60 kl/ifb ; b:ox?af6 k]t xg] ; b:otf b:t/÷zNs .
!(@ sfo{ldltsf kbflwsf/L tyf ; b:ox?af6 k]t n]l j f ; xof]u zNs .
!(# kl/ifbsf]gfdff k]t r6bf, cgbfg, pkxf/ cflb .
!(=\$ kl/ifbsf]c6o >f]af6 k]t xg]cfo .

@) sf]Esf]Aoj :yfkq
@)=! sfo{ldltsf cWOLF, dx; lrj / sf]ffWOLF u/L # hgfsf]gfdff sg}k]lnt a\$df vftf v]lg' kg]5 .
@)=@ cWOLF / sf]ffWOLF u/L @ hgfsf]x:tf0/af6 /sd a\$af6 lgsf; f ug{Aoa:yf ldnfpg' kg]5 .
@)=# x:tf0/sf nflu cWOLF pknAw xg g; Sg]cj :yfdf dx; lrj / sf]ffWOLFsf]x:tf0/af6 /sd a\$af6
lgsf; f ug{ ; lsg]5 .
@)=\$ x:tf0/sf nflu sf]ffWOLF pknAw xg g; Sg]cj :yfdf cWOLF / dx; lrj sf]x:tf0/af6 /sd a\$af6
lgsf; f ug{ ; lsg]5 .
@)=% b]gs vr\$]Aoj :yfkgsf nflu sfo{ldln]lgof0 u/L nfu' ug{ ; Sg]5 .
@)=^ x/\$ Ps aifdf kl/ifbsf]cfo Aoo n]yf kl/00f u/f0{kl/ifbsf]a7s / dxflwj Zgdf cgdff]gsf nflu k]tt
ug{kg]5 .
@)=& slDtdf # ; b:olo n]yfk/lf0f pk ; ldlt dxflwj Zgaf6 u7g u/L ; #yfsf] cfly\$ s0fsnfknf0{n]yf
kl/00f u/fpg' ug{kg]5 .

@! lgbzsf z;f]vg

@!=! kl/ifbsf] निर्देशिकाको कूने दफा वा उप दफा शंसोधग ug{cfj Zos k/df ; f]lj ifo dfly छलफल गर्नका लागि
kl/ifbsf]clGtd kl/ifb a7sdf cgdffbg ul/ z+f}vg ul/g5 / dxflwj zgdg k} ul/g]5 .

@!=@ ; :yfsf]/fli60 dxflwj zgdg /fli60 kl/ifbsf] बहुमतले विधानसंग नवाभिने गरि निर्देशिकाको दफा संस]vg,
vf/h / yk 36 u/L nfu'ug{; Sg]5 .

@!=# u} cfj f; lo gkfnl ; 3, cGt/fli60 ; dgj o kl/ifbsf]s}bbp lj wfg; # aflemPsf]xb; Ddf ; j tM vf/h xg5 .

@@ cgzf; g ; DalGw Ayj :yf

@@=! sfo{ldltsf kbflwsf/L tyf /fli60 kl/Eb\; b:ox?n}of]lgb}zsf, o; }lgb}शिका मूताविक बनेका र आफू
/xsf ; ldl of kl/Eb\sf a7sx?n]lgodfg; f/ axdtaf6 kfl/t lg0f6x?nf0{k0f{?kdf kfngf ug{kg]5 .

@@=@ sfo{ldltsf]sg}klg kbflwsf/L tyf /fli60 kl/Eb\; b:on]; :yfsf]dof}fdf cfr of kefj sf/Ltfd sdl
cfpg]u/L ; fj hlgS ?kdf cleAolQm lbg of sfo{ug पाउने छैन । तर आफू रहेको कमि6sf]a7sdf eg]lrff
नबुभका कुराहरु छलफलका लागि क}tt ug{; Sg]5 .

@@=# dxflwj zgn]# ; b:olo cgzf; g tyf cgludg ; ldl u7g ug5 . cfj:ostf k/df cfkngf /fo ; emfj
sfo{ldltdf k} ug]5 . ; ldl k0f{?kdf kl/ifb klt pQ/bfol xg5 .

@# sfj fxl ; DalGw Ayj :yf

@#=! sfo{ldltsf]kbflwsf/L jf /fli60 kl/Eb\; b:o pk/ cleofu nfu}df sfo{ldltn]lnlvt ?kdf :ki6ls/Of
dfu ug{; Sg]5 . ; f]lnlvt :ki6ls/Of sfo{smiltle छलफलका लागि /fli60 kl/Eb\ a7sdf k}tt ug]5 .
; f]klqnof pk/ lrQ ga' df ; lDalGwt AolQm]/fli60 kl/Eb\sf]a7sdf clkn ug{; Sg]5 . ; DalGwt
AolQm]/fli60 kl/Eb\ a7sdf df]vs ?kdf klg :ki6ls/Of lbg ; Sg]5 . p; sf]s; /sf]cfwf/df a7sn]
cfj Zos sfj fxl ug]5 . olb cleofu cglrt 7x/df बैठकले सफाई दिन सक्ने छ ।

@\$ lgj ffg ; DalGw Aoa: yf

@\$=! kl/ifbsf]lgj ffgsf]kof]fOf ug{u} cfj f; lo gkfnl ; 3, cGt/fli60 ; dgj o kl/Eb\{cg/fw u/lg5 .

@\$=@ sg}Ps kl/Eb\; b:osf]; ef]hs]j df bkrf !#=#! j df]hd ! ; ef]hs ; lxt kfr blv gf}hgf; Dd ; b:o
/xg]ul/ lgj ffg ; ldl u7g ul/g5 . lgj ffg ; ldltsf ; ef]hs / ; b:on]kbf axfn /xbf; Dd kl/ifbsf]
sg}kbf pDdbj f/L agg kfg]5 .

@\$=# ; 3sf]lgb}zsf tyf ; ldltn]kfl/t u/}f lgod, pk lgodx?sf]clwgdf /xl lgaffg ; Dj lGw k\$df tyf
sfo{awl agfpg] cfj Zos ; rgf k\$flzt ug{/ ; Dej eP ; Dd cfwlgs klj lwsf]; dt -cgnf0g b/vf: t,
pDdbj f/L, ef6l8= kofu ul/ lgj ffg ; DkGg u/fpg]k/f clwsf/ lgj ffg ; ldltdf /xg]5 .

@\$=\$ lgj ffg ; Dj lGw sg}klg s/}sf]clGtd lg0fo lgj ffg ; ldltsf]xg]5 .

@\$=% lgj ffg ; ldl Ps sfo{fnsf]nflu Pp6f lgj ffg kof]hgsf]nflu dfq u7g ul/g5 .

@% zky uxOf

@%=! sfo{ldltsf]lgj ffg ; DkGg ePsf]nuQ}; ldltsf gj lgj ffrt kbflwsf/lx? / ; b:ox?n]lgj ffg ; ldl
; d0 cg; rl - ! adf]hd zky uxOf ug{kg]5 .

; dfkt

cg; rl - !

zky ux0f

d, o; u} cfj f; lo gkfnl ; 3, /fli60 ; d6j o kl/Èb\ bxf, stf/sf]===== kbdf
lgj flrt ePsf] stf/j f; L gkfnlx?sf]xs, lxt tyf dftèdlsf]uf]j sf lgDtl nflu kb; o; ; 3sf]lgbzsf /
; किने अधिनमा रही बनेको यो निर्देशिका प्रति पूर्ण बफदार रही, klbo xl; otn]sfdsfh ubf{s; sf]8/, wfsdf gk/L,
s; }klt dfhflxhf gu/L, nfe nfnr, 0iof{/ v/fa efj gf gln0,{tg dgn]0df6bf/L; fy cf]gf]st{o kfngr ug]
klta4tf AoQm ub5'.

zky ux0f u/fpg]clwsf/lst]x: tf0/ M-

gfd, y/ M-

ldlt M-

kb M-

sfoffo M-

zky ux0f lngsf]x: tf0/ M-

gfd, y/ M-

ldlt M-

kb M-

sfoffo M-

; dft

cg; ĩl - @

; #yfsf]5fk

!_ kl/ifbsf]nfuf]j [f cfsf/sf]xg]5 . glnf]cfwf/df lxdfn clst lr6x / lxdfnsf]lz/af6 ; b{pbfpb}u/}sf] xg]5 . lxdfnsf]kwdf 7hf]c0/df NRNA NCC Qatar n|vPsf]xg]5 .

@_ o; ; #yfsf]5fk klg j [f cfsf/sf]xg]5 . alrdf lxdfn clst lr6x / lxdfnsf]lz/af6 ; b{pbfpb}u/}sf] xg]5 . j [fsf]dfylaf6 u} cfj f; lo gkfnl ; 3 / tna6 Non Resident Nepali Association n|vPsf]xg]5 . leql cw{uf]hfsf/df alrdf NRNA, NCC-QATAR, 2003 n|vPsf]xg]5 .