

पदीय दायित्व पूरा नगर्नु भनेको समाज र राष्ट्रको लागि धोखा हो ।

नेपाल सरकार  
सूचना तथा सञ्चार मन्त्रालय  
सूचना विभाग

सुनिश्चित महिला तथा बाल अधिकार सुसम्पन्न नेपालको पूर्वाधार

नेपाल सरकार  
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सूचना विभाग

सार्वजनिक सम्पत्तिमा प्रत्येक नागरिकको हक छ, त्यसको दुरुपयोग दण्डनीय अपराध हो ।

नेपाल सरकार  
सूचना तथा सञ्चार मन्त्रालय  
सूचना विभाग

/fli6@ lj Bt ; d:ofsf]lg/fs/0fsf nflu ; /sf/L sfof{ox?nq}}lj Bt vkts]nflu ldtJolotf ug} sbdx? rfn' /fvL ; j {fwf/Ofx?nf0{ ; ; !rt u/fcf}.

gkfn ; /sf/  
; rgf tyf ; ~rf/ dGqfno  
; rgf lj efu

; 8s b36qfaf6 hfllug 6&kms lgod kOfpkdf kfngf u/f}.

gkfn ; /sf/  
; rgf tyf ; ~rf/ dGqfno  
; rgf lj efu

वर्ड फ्लुको खतराबाट जोगिन हामी सबै सतर्क र सचेत होऔं ।

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सूचना विभाग

नयाँ नेपाल निर्माणको दिशामा सहभागी हुन नयाँ संविधान निर्माणका लागि आ-आफ्नो क्षेत्रबाट राय, सुझाव एवम् सल्लाह उपलब्ध गराऔं ।

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सूचना तथा सञ्चार मन्त्रालय  
सूचना विभाग

सुरक्षित मातृत्व सुरक्षित आधार

नेपाल सरकार  
सूचना तथा सञ्चार मन्त्रालय  
सूचना विभाग

आफ्नो अधिकारको खोजी गर्दा अरुका अधिकार एवम् प्रचलित नियम कानूनहरूको पनि ख्याल गरौं ।

नेपाल सरकार  
सूचना तथा सञ्चार मन्त्रालय  
सूचना विभाग

पत्रकार तथा सञ्चार माध्यमहरू बीचको आपसी सम्बन्ध व्यावसायिक स्वस्थ संयमित मर्यादित र सुमधुर राख्न दुवै सक्रिय र प्रयत्नशील हुनु पर्दछ ।

नेपाल सरकार  
सूचना तथा सञ्चार मन्त्रालय  
सूचना विभाग

पत्रकार आचार संहिता २०६० मा उल्लेखित आचारणहरूको उल्लंघन गरेको छ भनी पिडित पक्षलाई लागेमा त्यस्ता पत्रकार तथा सञ्चार माध्यम विरुद्ध प्रकाशन तथा प्रसारण भएको मितिले १५ दिन भित्र प्रेस काउन्सिलमा उजुरी दिई आफ्नो अधिकारको संरक्षण गरौं ।

नेपाल सरकार  
सूचना तथा सञ्चार मन्त्रालय  
सूचना विभाग

; f/f gkfnl ldn] cfofo, ctofrf/sf]lj?4df  
n8g'k5{/ o:tf]cfofo, ctofrf/af6 dOm  
xgk5{. oxl g}; dosf]dfu xf].  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

dfgj n]dfgj nf0{zrf0f ug] cfofo ctofrf/ ug]  
sfo{lg6glo sfo{xf]. gful/s clwsf/kl't ; hu  
/ ; r] agf-agcf] / ; adf ; dfg Joj xf/ u/f};  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

gkfn / gkfnlsf]; dggt eljio lgdf0fsf]  
lhDdf xfdl gkfnls}xf]. To; h]xhdlf ePsf]  
ckf/ lfdtsf]; bkofu u/f};  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

ul/al, cfofo, ctofrf/, e]6frf/, clzlf,  
hftlo e]efj xfdl zq' xg\ o; sf lj ; 4  
; a}; r]; ; hu / lqmfzln /xg' kb5 .  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

b]zdf zflgt, ; Joj:yf / lj sf; ; a}  
gkfnlx;sf] rfxgf xf]. o; kl't kl'ta4 xg'  
gkfnlx;sf]st{0 xf].  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

3/h' lx;f-ck/fwsf]h3Go k\$ /,  
; a} ldnl u/f};o; sf] kl'tsf/  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

zflgt, d]hldnfk / kf/:kl/s ; b}efj, ; Ddgt  
/ ; vl eljiosf]cfwf/ .  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

hft, wd{ j 0f{/ ln- sf cfwf/df lj j fb  
gu/f}; Pscsf{ ldn} cl3 a9f};  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

; f:s[ts, wfld\$ / k]s[ts ; Dkbfsf]/lff  
u/f}; /fli60 : j fledgfsf] /lff u/f};  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

afnaflnsfnf0{k9g k7fcf}pglx?sf]; vb  
elj ionf0{; lglZrt u/f};  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

ldlxg]sf]sdf0sf]; Ddfg ug]afgl a; fnf};  
e]6frf/dOm ; dfhsf]lgdf0fdf d2t k'ofcf};  
gkfn ; /sf/  
; rfg tyf ; ~rf/ dgafno  
; rfg lj efu

5f7f / 5f7Lnf0{; dfg Joj xf/ u/f}+  
5f7Lnf0{klg :sh k7fcf}+

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

hyfefjL af6f]gsf6f}+csfn d[oa6 arf}+

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

wdkfg / dBkfgaf6 6f9f /xf}+  
; vL / :j :Yo hljg latfcf}+

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

afnljj fx, axlj j fx / cgdh lj j fxnf0{k}o  
glbcf}+ :j :y ; dfhsf] lgdf0f u/f}+.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

hyfefjL ?v gsf6f}+j ftfj /0fnf0{:j R5  
/fvf}+.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

b0{dfq ; Gtfg, ; /lft elj iosf]cfwf/ .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

3/ j l/kl/sf]j ftfj /0f ; krf / :j R5 /fvf}+  
/fuAoflwaf6 arf}+.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

kqsf/ cfrf/ ; lxtfsf]kfngf u/f}+  
kqsf]/tnf0{dof]bt / :j :y /fvf}+.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

unt ; r'gfsf] ; Dki]0f ck/fw xf] To; j] ]  
; r'gfsf]tf\$df\$ gu/f}+.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

>dsf] ; Ddfg ug{l; sf}+/fi6sf]pTyfg /  
lj sf; df d2t k'ofcf}+.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

xfdl gkfnlx?df hg; s}lf0df klg sfd  
u/7 b]vpg ; Sg]cj :yf 5 / ; km klg  
xg ; ls65 . gof"klj lw / gof"lf0x?df  
xfdl hfgk5{. dVotM xfdldf klta4tf,  
nugzLntf, cf6 / ; fx; rflx65 .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

x/5 rf8kj {Pj d\; f:s[ts k/Dk/fx?  
b7sf /fli60 klxrfg xg\ o:tf s'/fx?sf]  
c6to xg' eg\$] /fli60 klxrfg udg' xf].  
/fli60 klxrfgsf]hugf\$ nflu klg rf8kj {  
Pj d\; f:s[ts k/Dk/fsf]kj 4g / ; Dj 4g  
ug{xfdf]g]ts bflotj xf}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGafno  
; r'gf lj efu

hgtfsf]kl/dsf{; Gg / /rgf]ds ; emj x? ux0f  
ug{gkfn ; /sf/ ; w]tk/ / hfus 5 . ; fy}  
; d:of lg/fs/of ug{; emj sf]ck]ff klg ub5  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

; j:y kqsf] / tfsf]lj sf; ; j tq / xs clwsf/sf]  
hugf; /fli6@ ; j dfo k]ng / dfof]nf0{; dfof]ng  
ub]cuf]8 a9g' cfhsf]ckl/xfo{cfj zostf xf].  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

/fli6@ cv08tf, ; fdf]hs dof]ef e]efj /lxt  
; To tYo ; r]gfsf] ; Dk]f0f u/L zflGt k] 4gdf  
cu] / xg' xfdl ; a]sf]st]fo xf].  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

; f/f gkfnL ldn] c]fofo, c]ofrf/sf]lj?4df  
n8g' k5{/ o:tf]c]fofo, c]ofrf/af6 dQm xg'  
k5{e]g]cfhsf]dfunf0{xfdl ; a]j]a%g' kb5 .  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

cfkng]clwsf/ kof]u ubf{c?sf]clwsf/k]lt  
; hu / ; r] xg'c; n gful/ssf]st]fo xf].  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

sg]klg sfd ; fgf] / 7hf]xbg . >d ug{  
glx]Rsr]cf] ; >dsf] ; Ddfg u/f] ; p]tkfbg /  
p]tkfbs]j a9fpg lzllft / ; r] agf] / c?nf0{  
klg agf]cf] ;  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

>d ug{lj b]ztkm{hfbf t]sf]n knf0bf eP klg  
bl3\$flng ?kdf ; fdf]hs / cfly\$ lj rng  
cf0kg]xbf dh's leq]kl/>d ug{-kl; gf aufpg]  
df g}; a]sf]enf]5 .  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

cgzf; g / g]tstf lj xlg JolQm kz' e]bf klg  
tR5 xG5 . o; h] /fli6@ hlj gsf x/\$ cfofdx?df  
pbfx/oflo cgzf; g / g]tstf sfod ug{  
cfh]v cfkng]f6 To; sf] z?j ft u/f] ;  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

cGwlj Zj f; / s'/l]tdf nflu]bf hlj gdf  
cf0kg]b]kl/of]fd af/]hg-; fwf/ofnf0{  
; r] / lzllft agfpg c; n gful/sx?  
cu] / e0{dfu{lgb]zg ug'kb5 .  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

cfkng]lfdtsf]klxrf]g u/f] / b]z lgdr]fsf]  
nflu o; sf]pkof]u u/f] ;  
gkfn ; /sf/  
; rgf tyf ; ~rf/ dgqfno  
; rgf lj efu

PSsf0; f; ztfAbldf gkfn / gkfnlsf]; dGgt elj io  
lgdf0fsf]lhDdf xfdl gkfnls}xftdf 5 . To; h  
xhdlf ePsf]ckf/ lfdtnf0{v} gkfnfn}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

lj sf; sf]gfddf ; xofu ug?n]xfdf cfr/Of  
/ g]tstfdf c; / k?ofp5g\ls elg ; hu /  
; r] xfcf}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

; jf/L ; fwg rnfxbf / af6f]sf6df lgodx?  
kfnfg u/f}cfkml'klg hf]ucf} / c?nf0{klg  
hf]ucf}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

; ~rf/ dflwodn]lgiklf e0{hgtfnf0{; sf/flDs  
pTk]Of lbg]vfnsf]tYokOf; Rgf / hfgsf/L  
lbg]vfnsf ; fdull ; Dk]fOf ug{kbf5 .

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

; dfgtf, ; j tGqt / Gofosf]nflu cfkmg]  
clwsf/kl't ; hu / ; r] xfcf}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

dfgj n]dfgj nf0{zflfOf ug] cGofO ctofrf/  
ug]sfo{lgGbglo sfo{ePsf]xbf gful/s  
clwsf/kl't ; hu / ; r] agf} / agfcf}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

c; n agf}OdGbf/ agf} ; Gtltnf0{lbfz lgbz  
u/f}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

bzdf zflGt ; Joj :yf / lj sf; ; a}gkfnlx?sf]  
rfxgf xf]. o; df kl'ta4 xg' gkfnlx?sf]st{0  
xf].

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

jD]zs /fhuf/Ldf hbf : jLst lgsfo dfknt  
gkfn ; /sf/af6 ; l'rst dh'sx?df dfq  
hfcf}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

; Dej eP; Dd dh'ss}; flt / ; fwgsf]kOfu  
u/L dh'snf0{cfly\$ Pj d'cfBfl]us ?kdf  
6]f k?ofpg]afgl a; fnf}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

xfdf x/\$ sdx? /fli60 ; jfy6f6 kl'/t xg]  
; s[tsf]lj sf; u/f}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

nf\$Tqsf]lj sf; sf nflu zflGt clgjfo{zt{  
xf]. To; h]/fli60 zflGt sfod ug{; ah]oyfl]rt  
of]ubfg lbcf}.

gkfn ; /sf/  
; Rgf tyf ; ~rf/ dGqfno  
; Rgf lj efu

; fj hlgS g]tstf / lzi6frf/ lj?4sf ; dfulx; kzf/Of, k6z6, lalqm] t/Of  
 ug{lj B'tlo sf/faf/ P6 @)^# af6 ; d] ck/fw 7xl/65 . To:tf]lqmfnsnfk  
 st}s; af6 ePdf ?= ! nfv ; Ddsf]hl/j fgf / % j if{; Ddsf]s6 ; hfo x65  
 . t; y{slx+st}to:tf]lqmfnsnfk e}x\$}yxf ePdf b}fosf 7ufgdf hfgsf/L  
 u/f}u/fcf}.

-s\_ Odh 7ufgM

-v\_ lnvt ; 'rgf lbg rfxdM

1. siteinfo@nta.gov.np
2. info@nepalpolice.gov.np
3. info@moha.gov.np
4. moicgon@ntc.net.np
5. apf.security division@gmail.com

!= ux d6qfno, zfl6t ; 'lff zfvf @= ; 'rgf tyf ; ~rf/ d6qfno  
 #= gkfn b? ; ~rf/ kflws/Of \$= kx/L k}vfg sfofno

gkfn ; /sf/  
 ; 'rgf tyf ; ~rf/ d6qfno  
 ; 'rgf lj efu

j iff6sf] ; dodf af9L, klx/f]tyf dxdf/Lsf sf/Of lhpwgsf]gf\$; fgl x6 ; S5,  
 To: h]

- af9L, klx/f\$]hf]vd :yfgdf a; \$fx? ; dod}; 'lft :yfgdf hfcf}.
- klx/f\$]hf]vd a96]xbf hyfefjL lj :krf6s kbfy{/ 8fh/ k6fl gu/f}.
- af9L, klx/f\$]hf]vd a96]ePsfh]hyfefjL 9ufvfgl, afn] f lgsflNg] af6 lj?j f sf66]/ vfhfsf]axfj  
 abNg]h:tf sfo{gu/f}.
- af9L, klx/f\$]hf]vd 36fpg ; dbfo :t/af6 ; dod}?v /f}j; jg hf]fcf}6]f kvfn nufcf}ef6f tyf  
 sf7sf 5\$af/ nufcf}.
- lj kb\$]36gf 36df p4f/ tyf /fxtsf]nflu glhs}/x\$ ; 'lff lgsfodf ; Dks{/fvf}.
- vfgkfglsf dxfgx? ; krf /fvf}.
- kfgl pdfn} lkp6]u/f}.
- rkl6f dfq}lb; f lk; fj u/f}.
- ; fu; AhL ; krfkfgln]kvfn} dfq vfg]u/f}.
- ; krf; u xft wfP/ vfgf vfg]u/f}.
- emf8f kvfnfh:tf /fu nfu6f glhs}/x\$] :j f:Yo s6bdf ; Dks{u/f}.

gkfn ; /sf/  
 ; 'rgf tyf ; ~rf/ d6qfno  
 ; 'rgf lj efu

krfugb]v j zfv; Ddsf]cj lw xfj fx/L a9L cfp6]  
 ; do xf]. cfuf]afNbf ; 'lft 7fpdf dfq afNg]  
 ; nf0{nf06/, d\$lt]h cflb Hj ngzLn j :t'  
 s6fs6ln]e66]7fpdf g/fvf}. s6fs6lnf0{  
 hyfefjL cfuf]afNbf x6 ; Sg] cfunfulsf  
 b36gxf?af/] ; Demf0{- a'emf0{ugI / o:tf  
 s'/fx?af6 ; hu /xg hgr]gf a9fpg]sfo6f  
 ; xofu u/f}.

gkfn ; /sf/  
 ; 'rgf tyf ; ~rf/ d6qfno  
 ; 'rgf lj efu

ul/al, c6ofo, cIofrf/, e]6frf/, clzlff,  
 hftlo e6efj xdf] zq'x6 . o; sf lj?4 ; a}  
 ; r] , ; hu / lqmfzLn /xg' kb5 .

gkfn ; /sf/  
 ; 'rgf tyf ; ~rf/ d6qfno  
 ; 'rgf lj efu

k|tlnk clwsf/sf]kfngf u/f} s; }klg /rgf, snfs[t, ult ; ult rnlrq,  
sDKo6/ ; k|j } / cflbdf wglstf]-/rgfsf/, ; h\$, lgdfff, pTkfs\_ Psflwsf/  
/xG5 . wglstf]:jLst algf pTkfbg, k|pTkfbg, k\$zfg k|f/Of lj qm lj t/Of,  
8fpngf cflb sfo{u/df sfgg adf]hd hl/jfgf / s; ; hfo xG5 . sfgg  
adf]hd s; /; ; u ; DalGwt dfn hkmt Pj +fltklt{; d} ItgkG|xG5 . t; y{To:tf}  
sfo\$fyfngl wglstf]:jLst lnP/ dfq u/f}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

k|tlnk clwsf/ cg' f/ wglstf]:jLst algf pTkfbg, k\$zfg tyf k|f/Of  
u/df hl/jfgf / s; ; hfo xG5 . s; /; ; u ; DalGwt dfna:t' hkmt xG\$  
; fy}lfltklt{; d} ItgkG|xbf wglstf]:jLst algf pTkfbg tyf k|pTkfbg  
cflb sfo{gu/f}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

sfgg cg' f/ j }zs /f]huf/ Joj ; fo ; ~rfng ug{ :j s[t lnPsf ; #yfn]  
/f]huf/Lsf]lj 1fkg -k\$zfg ÷kz'f/Of\_ ubf(j }zs /f]huf/ lj efuj f6 k' { :j Lst  
lng]kfj wfg ePsfnx] / alem hfg] dfq k\$zfg ÷kz'f/Of u/f} / /f]huf/Lsf  
gfddf xg] 7ul 36gdf hf]ucf} / hf]ucf}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

/f]huf/Lsf nflu ul/g]lj 1fkg j }zs /f]huf/  
lj efuj f6 :j Lst k|kt u/\$f lj 1fkgnf0{  
dfq lj Zj f; u/f} / 7ulgj f6 hf]ucf}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

xfdl ; a\$] ; fem cleofg, dfgj  
a]lj vgsf] k'Of{j /fd .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

; fawfg 0 af\$; Lsf]gfdff oftgf lbgaf6 /f\$}+yxf  
kfpq]]j IQs}kx/Lnf0{va/ u/f}+

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dgqfno  
; 'rgf lj efu

af\$; f af\$; L egl cGwlj Zj f; df gnuf}+/f]u  
nfu0df :j f:Yo sQb|hfg]afgl a; fnf}+.

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dgqfno  
; 'rgf lj efu

af\$; L kyfsf]cGto u/f}+; Eo / ; r] gful/ssf]  
kl/ro lbcf}+.

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dgqfno  
; 'rgf lj efu

n} s lx+f /lxt ; dfh cfbz{; dfh xf]  
o:tf]; dfh lgdfQfdf xfdl ; a}; xeful agf}+.

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dgqfno  
; 'rgf lj efu

- tkf0\$}hlj g nfu' kbfsf]clwgdf 5 < xfd]  
hlj g / ; dbfonf0{nfu' kbfsf6 6f9}/fvf}+.
- xfd]]rfxgfMbJo{ g/lxt :j :y / ; vl hlj gsf]  
sfdgf .
- nfu' kbfsf]; f6f} :j :y hlj gsf]af6f].
- nfu' cffwsf]; ]gn]dfg; sf]zf/l/s / dfg]; s  
:j f:Yo lj u(5 . o; sf]k0f]uaf6 cfkMkl/j f/  
; dfh / /fi6mf0{g}ck'0fio lft kl]g]x6f o:tf  
kbfsf{b]v 6f9f /xg]k0f]g u/f}+.
- nfu' kbfsf{/lxt :j :y ; dbfosf nflu lj Zj Jofkl  
cleofg .

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dgqfno  
; 'rgf lj efu

- Global Action for Healthy Communities Without Drugs.
- Do Drugs Control your Life ? Your Life, Your  
Community No Place for Drugs.

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n} s lx+f x6fcf}+dfgj a]lavg cGto u/f}+.

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dgqfno  
; 'rgf lj efu



s; h]sg}klg JolQmf0{hft, hflt, jz, ; dbfo,  
kzfsf cfwf/df Joj ; fo ug{ sg}wldf sfo{ug{  
j:t'jf ; Jf, ; lj wf plkfbg, lj qm lj t/Of ug{ kltaGw  
jf /f\$ nufpg jf sg}kzf ug{afMbo kfg{xGg} .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

hft, hfltsf cfwf/df hftlo ; jf r'rtf jf 3Qffsf  
cfwf/df cfwf/t lj rf/sf]krf/=k| f/ ug{ sg}klg  
JolQmf0{>ddf nufpg Ofsf/ ug{>daf6 lgisfzg  
ug{ ckdfighgs zAb kofu ug{ jf ug{u/fpgaf6  
pS; fpg]sfo{; d] ug{u/fpg' xGg} . To:tf sfo{  
eP u/df sfggn]tf\$]adflhdsf]b08 ; hfo xg]  
5 .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

sg}klg JolQm]hft, hflt / cGt/hftlo lj jfxsf  
cfwf/df kl/jf/sf ; b:onf0{alxisf/ ug{ 3/leq  
kj z ug{glbg]ufpRgsfnf ug{To:tfaf6 hlGdPsf  
; Gtfgsf]Gj f/fg gug]h:tf eDefj kOf{sfo{ug{  
u/fpg' xGg} . To:tf]sfo{ug{JolQmf0{hftlo  
eDefj tyf 5j'f5't s; / / ; hfo Pq, @)^\*  
adflhd tlG dlxgf b]v tlG jif{Dd sD jf Ps  
xhf/ b]v kRrL; xhf/ ?kOfDd hl/jfgf jf b] }  
; hfo xGg} .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

s; h]klg hftlo eDefj tyf 5j'f5't ug{ jf  
u/fpg xGg}, olb u/df hftlo eDefj Pq adflhd  
; hfo xGg} .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

p7fcf); ah]hf\$bf/ cfjfh, agfcf)dfgj a]rlavg  
dQm ; dfh .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

dlxnf lx;f cGto u/f)-zGo ; lxiOf'tf sfod u/f)-

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

dfga a]rlj vg lj ?C ; f/f gkfnL Ps xf]cf)-

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

ebf}@) ut]dfga a]rlj vg lbj ; eAotfsf; fy  
dgfcf)-

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

lszf]lx?sf]cfj Ctf, pHhj n elj iosf]  
; lglZrttf .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

dlxnfdly lx;f ug{sg}k?iffy{xf}g, nHhf xf]  
dlxnfdly lx;f ug{f0{alxisf/ u/f}.

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

dlxnfdly xg]cGofosf lj ?4 k?if ; xeflutf,  
3/h'lx;fdf ckgfp zG0 ; lxi0'tf .

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

s; h0{af\$; lsf]cf/flk nufpg' dfgj tf lj ?4,  
sfgg lj ?4, lGbglo / b08glo sfo{xf]o; y{  
s; h0{af\$; lsf]cf/flk gnufcf}.

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

/f]sf]; dodf pkrf/ ug{kbs . pkrf/sf]nflu  
wfdl emf]kxsfxf}g ; jf:Yosdl{Pj +j f:Yo  
; :yfdf hfcf}.

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

rf8 kj}f khh vr{gu/l ptkfbgdhs sfo}f  
nufgl u/f}.

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

; a}hfthfltsf rf8 kj}f ; dfg ; xeflutf  
hgfcf}.

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

z4 vfB kbfs]k}f u/f}:j:y hlj g ofkg  
u/f}.

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

lr; f}f6 cf^gf afnaRrfx; n0{h]ufcf} lr; f}f6  
aRg Gofgf]sk8f tyf tftf]k} kbfs]{w}]kpg]  
u/f}.

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

t/f0}f zltnx/ k\$flksf]?kdf a9b}uPsf]5,  
zltnx/af6 aRg ; dodf g}; fj wfg xfcf}.

gkfn ; /sf/  
; hgf tyf ; ~rf/ dGafno  
; hgf lj efu

j 8{n'nufotsf /f\af6 aRg tyf arfpg lqDqfg' f/sf

h\j s ; /lffsf pkfox; ckgfcf

- cfkth]kfn\$ kzkHlnf0{vfh ?kdf g5f8L yg] dfq kfnf}.
- 3/ kfn]f kzkHlnf0{hEunl hgfj /sf]; Dksdf cfpq glbcf}.
- d/\$f kzkHlnf nufotsf ; emldt j :tx; gbl, shf]tyf vfhdf gknfnf}.
- kzkHlnf;nf0{bfgf, kfgl lbg]ef8f lgoldt ?kdf ; knf u/f}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

j 8{n'nufotsf /f\af6 aRg tyf arfpg lqDqfg' f/sf

h\j s ; /lffsf pkfox; ckgfcf

- kzkHlnf0{/fv\$]knfd{ vf] nufotsf :yfgdf lgoldt ?kdf ; knf u/l r'gf / lesf] 5sl{lg; emldf u/f}.
- xF, sv/f nufotsf kHlnf;nf0{Ps}7fp8f jf vf]df ld; fP/ g/fvl 5\$fo/ /fvf}kfnf}.
- kofu e0; s\$ c08f /fv]6af6 /fu ; g' ; Sg] x8f o; sf] kgM kofu gu/f}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

j 8{n'nufotsf /f\af6 aRg tyf arfpg lqDqfg' f/sf

h\j s ; /lffsf pkfox; ckgfcf

- ahf/df lj qml lj t/0fsf]nflu nluPsf kzkHlnf; e/; s x6 jf ahf/af6 lkntf{ gnofcf;Nofpg}kg]ePdf sxl lbg]sf]nflu c6o kzkHlnf] ; Dksaf6 6f9f /fvf}.
- cfkth]kfn\$ kzkHlnf; Pssf; L w]; vofdf lj /fdl k/df jf d/df t?6t ghlssf]kz' ; ]fsf] lgsfodf hfgsf/L u/fcf}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

j 8{n'nufotsf /f\af6 aRg tyf arfpg lqDqfg' f/sf

h\j s ; /lffsf pkfox; ckgfcf

- kzkHlnf v/lb ubf{>f] Pslg u/l dfq v/lb u/f} v/lb u/l Nof0Psf kzkHlnf0{cfkth; E /x\$ kzkHlnf; ; E gld; f0{sdtdf klg & lbg 5\$}:yfgdf /fvf}.
- kHlnf kng ul/Psf]lq ghls hunl kHlnf; cfslif{ xg]jftj /0f gagfcf}.
- kzkHlnf kng ul/Psf]uf] tyf vf]x;df aflx/sf dflg; x;nf0{cgj Zos cfj t hfj t ug]glbcf}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

j 8{n'nufotsf /f\af6 aRg tyf arfpg lqDqfg' f/sf

h\j s ; /lffsf pkfox; ckgfcf

- kzkHlnf;nf0{bfgf kfgl lbg]ef8fs8f, ; hl cflb rlhx; gfEf]xftn]g5cf}olb gfEuf] xftn]5f]df t?6t ; fag kfgln]/fd] E xft v\$ w]u/f}.
- sv/ffsf]vf]af6 lg:s\$]; hl tyf c6o j :t' hyfeflj gknfnl vN8f]df /fvl tx nufcf}.
- /f\af6 aRg JolQmut ; /; knf0df lj z]f Wbfg lbcf}.

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

hftlo 5j f5t ug{sfgbl ?kdf b08glo / ; fdlhs ?kdf lgbglo xf].

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dGqfno  
; r'gf lj efu

hftlo 5j f5t ug{sfgbl ?kdf b08glo / ; dflhs  
?kdf lg6glo xf].

gkfn ; /sf/  
; hgf tyf ; ~rf/ d6qfno  
; hgf lj efu

; a}vfn]ckfEtf ePsf JolQm?sf nflu cfj Zos  
kgI; xfos ; fdfu|x; sf nflu ; DalGwt dlxnf  
tyf afnaflnsf sfofhoaf6 lgoldt ?kdf ckfEtf  
ckfE sf]f, e\$6ld08k sf7df8f} k}f{rndf  
l; =lj=cf/ xf6vf]hf, lj /f6gu/, df]a /  
; b/kIzrdf-rn lf]df gkfn /fli60 ; dfh sNofOf  
; 3 (NNSWA) s~rgk/df lgzNs lj t/Of  
e}x\$] ; j { fwf/Of ; a}f0{hfgsf/L u/f065 .

gkfn ; /sf/  
; hgf tyf ; ~rf/ d6qfno  
; hgf lj efu

sg}klg JolQm/ ckfEtf ePsf JolQm]eh7f]lj j /Of  
v8f u/L jf j blgotk} \$ u}sfgbl tl/sfn]kfpq  
gkgIj u\$]ckfEtf kl/rokq lnPdf jf lbPdf  
sfgbl sfof]fxl xg]x\$] ; j { fwf/Of ; a\$] nflu of  
; hgf hf/L ul/Psf]5 .

gkfn ; /sf/  
; hgf tyf ; ~rf/ d6qfno  
; hgf lj efu

sg}klg JolQm]hft, hft / c6t/hftlo lj j fxsf  
cfwf/df kl/jf/sf ; b:onf0{alxisf/ ug] 3/leq  
kj } ug]glbg]ufpfgsfnf ug]To:tfaf6 hl6dPsf  
; 6tfgsf]Gj f/fg gug]h:tf e}efj kOf{sfo{ug]  
u/fpg' x\$] . To:tf]sfo{ug]JolQmf0{hftlo  
e}efj tyf 5j f5t s; / / ; hfo P6, @)^\*  
adfl]nd tlg dlxgf blv tlg j if{Dd sb jf Ps  
xhf/ blv kRrL; xhf/ ?kOf; Dd hl/jfgf jf bj }  
; hfo xg\$ .

gkfn ; /sf/  
; hgf tyf ; ~rf/ d6qfno  
; hgf lj efu

ckfEtf clwsf/sf]; lglZrttf ug]sf nflu ckfEtf  
ePsf JolQm?sf nflu &% j6}hNnfdf dlxnf tyf  
afnaflnsf sfofhoaf6 lgoldt ?kdf ckfEtf  
kl/rokq lj t/Of e}x\$] hfgsf/L u/f065 .

gkfn ; /sf/  
; hgf tyf ; ~rf/ d6qfno  
; hgf lj efu

ckfEtf ePsf JolQmf0{ckzAb kOfu ug] , xhf,  
3}ffsf]b]6n]xg]Ij f xfl}ofpg]sfo{ug]u/fpg  
x\$] .

gkfn ; /sf/  
; hgf tyf ; ~rf/ d6qfno  
; hgf lj efu

- ckfEtf ePsf JolQm?nf0{bof÷df of xf0g  
clwsf/ b} .
- ckfEtf sg}b}L sf/Ofaf6 xf0g dfgj lo sdhf]L  
/ j]f:tfaf6 ; hgf ePsf]l:yIt xf].
- ckfEtf sg}klg JolQmf0{xg ; Sg]Pp6f l:yIt  
xf]. To; h]ckfEtf ePsf]JolQm eG]u/f}.
- ckfEtf ePsf JolQm?nf0{; Ddfghgs zAbx?  
kOfu ug]l; sf} • /fhosf]; lj wfgn]ckfEtf  
ePsf JolQm?nf0{l j z]f Joj :yf ug]kgI  
j u\$] ?kdf Wbfg lb0Psf]5 .
- ckfEtf ePsf JolQm?nf0{cj ; / lbPdf pglx?n  
klg cfdlge{ / ; Ddf]gt hlj gofkg ug]  
; Sb5g\ .

gkfn ; /sf/  
; hgf tyf ; ~rf/ d6qfno  
; hgf lj efu

ckfEtf ePsf JolQmsf nflu ; dfhaf6 alx:s/Of  
u/] xf0g ; dbfodf g}a:g / afkg kfpq]clwsf/sf]  
/lff]{ :jf:Yo, lzIff, /f]huf/L, hlj g lgj f\$,  
; fdf]hsLs/Of / ; zIQms/Ofsf]cj wf/Off adfl]nd  
&% j6}hNnfdf ; dbfodf cfwf/t kg:yf]kgf sfoqnd  
; ~rfngdf /x\$]hfgsf/L u/f065 .

gkfn ; /sf/  
; hgf tyf ; ~rf/ d6qfno  
; hgf lj efu

- ca/f]vdQm j ftfj /of ePdf ckfËtf ePsf JolQmx? ; fdfGo ; fdbflos ultlj lwx?df ; xeful aGg ; S5g\
- ckfËtf ePsf afnaflnsf / dlxnf? b]xf]f] af]lts/0fsf]df/df kg]o]vG5 . To; h]pglx?nf0{ kfyldstfdf kf/] sfoGmdx? lj sf; ug{h?/L xG5 .
- ckfËtf cof]otf jf JolQmsf]bf]f] xF0g of]Pp6f zfl//ls jf dfgl; s cj :yf xf]. cj ; /x? k]kt ePdf sg]klg k\$]f/sf rgf]lk0f{sfdx? ug] ; lfd xG5g\

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dGqfno  
; 'rgf lj efu

gkfnl hgtfn]k]kt u/\$]u0ftGqsf  
; Alf0f, ; j+4G Pj +; :yfut lasf; sf  
nflu u0ftGq lbj ; , @)&) eJo ?kdf  
dgfcf]~

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dGqfno  
; 'rgf lj efu

@)&) h] !%,!^,!& ut]leq Ps k6s dfq 5fkGxG

- xfd]r]rxfGfM b]Jo{ g /lxt :j :y / ; vL hlj gsf]sfdgf .
- nfucf]w]wsf] ; ]gn]df]lg; sf]zf//l/s / dfgl; s :jf:Yo lj uG5 . o; sf]k]k]af6 cfk] kl/j f/, ; dfh / /fi6nf0{g}ck/0flo lft kl]g]x]f o:tf kb]y]v 6f9f /xg]k]k]g u/f]~
- nfucf]w b]Jo{ g /lxt :jf:Yo / ; dGgt ; dfhsf]k]k]tsf nflu nfucf]w b?kof]usf]/f\$yfd tyf lgoGq0fsf]sfoGf ; xof]u k]ofcf]~
- cf^gf ; Gt tL, kl/j f/, ; dfh Pj +/fi6sf]p]Hj n elj io ; lglZrt u/f]~
- :j :y / ; vL kl/j f/sf nflu b]Jo{ gnf0{gf0{egf]~
- nfucf]waf6 56sf/f k]pg t?Gt}pkrf/ tyf kg:yf]kg s]b]df ; Dks{/fvf]~

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dGqfno  
; 'rgf lj efu

- nfukbfy\$]f]; f6f]:j :y hlj gsf]af6f].
- nfucf]w]wsf]b]Jo{ gaf6 dfgl; s / zf//l/s :jf:Yo lauG5 .
- nfukbfy{ ; ]gMuof]cdNo hlj g .
- c; n ; fyln]nfucf]w vfg cfux ubG .
- nfucf]w ; ]g ug{kmsfpg]ltdf]cuf]8 ple/x\$]f]JolQm ldaq xF0g, zq' xf].
- xfd]r]rxfGfM nfukbfy{/lxt ; dfhsf]l; hGf .

gkfn ; /sf/  
; 'rgf tyf ; ~rf/ dGqfno  
; 'rgf lj efu

- नफुचिफु ; ]gn]; v, zflGt / ; Dj [4df lflt k\ofp55 .
- :j R5 hlj g, pRr lj rf/Mnfucfifw u/f)alx:sf/ .
- nfucfifw v]hj f8 xf0g, o; af6 arf)/ arfcf):
- nfucfifw a]lj vgstf{; dfhsf ck/fwl xg\
- nfucfifw ck/fwsf]; r'gf kx/Lnf0{lpF.
- tkf0sf]l5d}nfucfifwsf]sf/f]l/l xg ; S5g,\yxf kfpfg; fy kx/Lnf0{vj / ugxf] \

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dgqfno  
; r'gf lj efu

- Let's Talk About Drugs.
- You Look Smart Without Drugs.
- Good Friend does not take Drugs.
- Yes To Life, No To drugs.

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- ; r'gf xdf]clwsf/ 0 ; zf; g / lj sf; sf]cfwf/ .
- ; r'gfsf]xs eg\$] ; fj hlg\$ lgsfodf /x\$] ; fj hlg\$ dx]j sf] ; r'gf dflg] / kfp]clwsf/ xf
- k]o\$ gkfnl gful/snf0{ ; fj hlg\$ lgsfosf] ; r'gf dflg] / kfp] clwsf/ 5 .
- ; r'gfsf]xs dflg; sf]df]ns clwsf/ xf].
- nf\$tGqs]cfwf/, ; r'gfsf]clwsf/ .
- ; r'gf lbg] / lng]afgl a; fnf}.
- sg}klg ; fj hlg\$ ; /f\$] /, yxf kfp]hgtfsf]clwsf/ .

gkfn ; /sf/  
; r'gf tyf ; ~rf/ dgqfno  
; r'gf lj efu

- Right to Information is Foundation of Good Governance and Development.
- Right to Information means the right to claim and receive the significant public information from the Public Entities.
- By constitutional provision, Every Nepali citizen has the right to claim and receive the Public entities information.
- Right to information is Democratic Foundation.
- Let's develop the habit to give and receive Information.

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