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| **sfo{ ljj/0f** | |
| **kb÷;+Vof** | :jo+;]js -sf]le8 !( k|ltsfo{ sfo{qmd ;~rflnt lhNnfdf !) hgf \_ |
| **sfo{ ug]{ lgsfo** | g]/];f] :jf:Yo ;]jf ljefu cGt{ut |
| **hjfkmb]xL** | :jf:Yo ;]jf ljefusf lgb]{zs÷ sf]le8–!( k|ltsfo{ sfo{qmdsf ;+of]hs÷sfo{qmd clws[t -:jf:Yo\_ |
| **;dGjo ug{'kg]{ lgsfox?** | g]/];f]sf cGo ljefux? -h:t} ;+u7g ljsf;, ljkb\ Joj:yfkg, h'lgo/ tyf o'jf, dfgjLo d"No tyf ;~rf/, ;fd'bflos ljsf;, n}lËs ;dfgtf tyf ;fdflhs ;dfj]lztf\_, lhNnf sfo{qmd sfo{;+rfng ;ldlt, kflnsf :jf:Yo zfvf, :jf:Yo sfof{no -lhNnf\_ dlxnf :jf:Yo :jo+;]ljsf, lhNnf s]; cg';Gwfg tyf sG6\ofS6 6«]l;ª ;d"x, lhNnf sf]le8–!( ;+s6 Joj:yfkg s]Gb| |
| **;dofjwLt÷**  **kfl/>lds** | :jo+;]jsx?nfO{ g]/];f]sf] sf]le8–!( k|ltsfo{ lgb]{lzsf tyf sfo{of]hgfdf tf]lsP adf]lhd Psd'i7 k|lt dlxgf ?=%),))). kfl/>lds k|bfg ul/g]5 . sfo{qmdsf] cjlw ;]K6]Da/ @)@! b]lv l8;]Da/ @)@! ;Dd /x]sf]5 . |
| **sfo{ug]{ :yfg** | sf]le8 !( k|ltsfo{ sfo{qmd ;~rflnt !) lhNnfx? - tgx'F, dgfª, d'':tfª, c3f{vfrL, /fd]5fk, wflbª, sfe|], hf/h/sf]6, afh'/f / aemfª \_ |

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| **;+lIfKt sfo{ljj/0f M**  :jo+;]jsx?n] d'Vo ?kdf sfo{qmd ;~rflnt lhNnfx?df sf]le8–!( k|ltsfo{ sfo{qmdsf] of]hgf th'{df, k|zf;lgs sfo{, n]vf Joj:yfkgdf ;xof]u tyf tf]lsPsf] ;dodf s]Gb|df cfly{s tyf k|ult k|ltj]bg k7fpg], sfo{s|dsf ultljlwx? sfof{Gjog tyf ;~rfng / cg'udg tyf d"NofÍg ug'{kg]{5 . tf]lsPsf] lhNnf zfvfdf vl6Psf :jo+;]jsx?n] lhNnf leqsf ljleGg ufFp÷gu/kflnsf tyf sfo{qmd ;~rflnt If]qx?df sfo{qmd ;~rfngsf nflu e|d0f ug'kg]{ 5 . d'Vo ?kdf g]/];f] :jf:Yo ;]jf ljefu, lhNNff zfvf tyf cGo ;/f]sf/jfnf lgsfox?;Fu ;dGjo u/L sfo{qmd ;~rfngdf cfjZos ;xof]u pknJw u/fpg'kg]{]{5 . |

**e'ldsf tyf lhDd]jf/L**

!= :yfgLo ;/f]sf/jfnf lgsfox?;Fu ;xsfo{ Pj+ ;dGoj u/L k|ltsfo{sf sfo{qmdsf] of]hgf th'{df ug{ ;xof]u ug]{, uljljlwx? ;~rfng ug]{ / cg'udg ug]{ .

@= :yfgLo :jf:Yo :jo+d;]js tyf kflnsf:t/sf :jf:Yosf sd{rf/Lx?sf] -h:t} dlxnf :jf:Yo :jo+;]ljsf, :jf:Yo sdL{x?, lhNnf s]; cg';Gwfg tyf sG6\ofS6 6«]l;ª ;d"x\_ Ifdtf clej[l4 ug{ ;xof]u k'¥ofpg] .

#= lhNnf tyf kflnsf:t/df ;~rflnt sf]le8–!( k"j{tof/L tyf k|ltsfo{ / sf]le8–!( lj?4sf] vf]k cleofg;Fu ;DalGw ultljlwx?sf] lgoldt cg'udg tyf ;xof]u ug]{ . ;fy} pQm ultljlwx?sf] k|ult ljj/0f lhNnf tyf s]Gb|Lo sfof{nodf k7fpg] .

$= sf]le8–!( sf] hf]lvddf /x]sf ;+s6f;Gg ;d"x tyf If]qx?sf] klxrfg ug]{ sfo{df ;xof]u ug]{ .

%= :yfgLo kflnsf tyf lhNnf zfvfsf] ;dGjo tyf ;xosfo{df sf]le8–!( tyf cGo ;Defljt hg:jf:Yosf ;d:ofx?;Fu ;DaGwLt ultljlw?sf] cg'udg, d"NofÍg tyf ljj/0f tof/ kfg]{ tyf ;DjlGwt lgsfox?df k]z ug{ ;xof]u ug]{ .

^= lhNnf zfvf, s]Gb|Lo sfof{no tyf cGo ;/f]sf/jfnf lgsfox?nfO{ cfjZostf cg';f/ b}lgs, ;fKtflxs, dfl;s?kdf k|ltj]bg tof/ u/L k]z ug]{ .

&= :yfgLo kflnsf tyf s]Gb|Lo sfof{no;Fusf] ;dGjodf ;d'bfo:t/df hf]lvd ;~rf/ tyf ;fd'bflos hjfkmb]lxtf ;DaGwL ultljlwx?sf] sfof{Gjog ug]{ .

\*=lhNnf zfvf;Fusf] ;dGjodf :yfgLo :jo+;]jsx? tyf h'lgo/, o'jf ;s{nsf ;b:ox?sf] klxrfg u/L cfjZostf cg';f/ kl/rfng ug]{ .

(= :yfgLo kflnsf tyf ;/f]sf/jfnf lgsfox?;Fu ;dGjo u/L k|ltsfo{ sfo{qmd k|efjsf/L ?kdf ;~rfng ug{sf nflu yk >f]tx?sf] Joj:yfkg ug{sf nflu ;xof]u k'¥ofpg] .

!)= s]Gb|Lo sfof{no, k|b]z sfof{no tyf lhNnf zfvfn] cfjZostf cg';f/ tf]lsPsf cGo sfo{ ug]{ .

**of]Uotf**

!= Go"gtd k|lj0ftf k|df0fkq tx jf ;f] ;/x z}lIfs of]Uotf ePsf /]8qm;sf :jo+;]js tyf sfo{/t / k"j{sd{rf/Lx? o; k|s[ofdf ;xefuL x'g;Sg]5g\ . :jf:Yo ljifo cWog u/]sfx?nfO{ ljz]if u|fxotf lbOg] 5 .

@= :yfgLonfO{ k|fyldstf lbOg] 5 .

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| **sfo{ ljj/0f** | |
| **kb÷;+Vof** | dgf];fdflhs ;xof]u :jo+;]js -g]/];f]sf] k|b]z sfof{nodf -^ hgf \_ |
| **sfo{ ug]{ lgsfo** | g]/];f] :jf:Yo ;]jf ljefu cGt{ut |
| **hjfkmb]xL** | :jf:Yo ;]jf ljefusf lgb]{zs |
| **;dGjo ug'kg]{ lgsfox?** | g]/];f]sf cGo ljefux? -h:t} ;+u7g ljsf;, ljkb\ Joj:yfkg, h'lgo/ tyf o'jf, dfgljo d"No tyf ;~rf/, ;fd'bflos ljsf;, n}lËs ;dfgtf tyf ;fdflhs ;dfj]zLtf\_, k|b]z sfof{no, k|fb]zLs cfkt\sflng :jf:yo sfo{;~rfng s]Gb|, sf]le8 !( k|ltsfo{ sfo{qmd ;~rflnt #$ lhNnfx?sf :jo+;]jsx?, dfgl;s :jf:Yo tyf dgf];fdlhs ;xof]u kmf]sn k;{g |
| **;dofjwL ÷**  **kfl/>lds** | :jo+;]jsx?nfO{ g]/];f]sf] sf]le8–!( k|ltsfo{ lgb]{lzsf tyf sfo{of]hgfdf tf]lsP adf]lhd Psd'i7 k|lt dlxgf ?=#),))). kfl/>lds k|bfg ul/g]5 . sfo{qmdsf] cjlw h'nfO{ @)@! b]lv l8;]Da/ @)@! ;Dd /x]sf]5 . |
| **sfo{ug]{ :yfg** | g]/];f] k|b]z sfof{no lj/f6gu/, j'6jn, kf]v/f, ;'v]{t / wgu9L / g]/];f] s]Gb|Lo sfof{no u/L hDdf ^ hgf . |

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| **;+lIfKt sfo{ljj/0f M**  :jo+;]jsx?n] d'Vo ?kdf g]/];f]sf] k|b]z sfof{nodf /xL k|b]z leqsf ;Dk"0f{ lhNnfx?df dgf];fdflhs ;xof]u ;]jf cfjZostf cg';f/ k|bfg ug'{kg]{5 . ;fy} cfjZostf cg';f/ k|b]zs sfof{nosf] sfo{x?df klg ;xof]u ug'kg]{ 5 . :jo+;]jsx?n] k|To]s dlxgf k|ult k|ltj]bg . d'Vo ?kdf g]/];f] :jf:Yo ;]jf ljefu, k|b]z sfof{no tyf cGo ;/f]sf/jfnf lgsfox?;Fu ;dGjo u/L sfo{qmd ;~rfng ug'kg]{ 5 . sfo{/t k|b]z:t/df dgf]ljdz{sf] ;]jf k|bfg ug'{ kg]{5 . |

**e'ldsf tyf lhDd]jf/L**

!= k|b]z:t/Lo ;/f]sf/jfnf lgsfox?;Fu ;xsfo{ Pj+ ;dGoj u/L k|ltsfo{sf sfo{qmddf ;xof]u ug]{ .

@= lhNnf zfvfx? tyf sf]le8–!( k|ltsfo{ sfo{qmddf lhNnfdf kl/rflnt :jo+;]jsx?;Fu ;dGjo u/L dgf];fdflhs :jf:Yo l:yltsf] af/]df hfgsf/L lnO{ cfjZostfsf cfwf/df dgf]ljdz{, dgf]j}1flgs k|fylds pkrf/ ;]jf k|bfg ug]{ / ;]jf cfjZostfsf cfwf/df cu|jlt{ ;]jfsf nflu k|]if0f ug]{ .

#= dgf]j}1flgs k|fylds pkrf/, k|lzIf0f, cfTdxTof /f]syfd sIff , tgfj ;fdgf / :jx]/rfx sIffx? s]Gb| tyf lhNnf zfvfx?;Fu ;dGjo u/L ;~rfng ug]{ .

$= lhNnf s]; cg';Gwfg tyf sG6\ofS6 6«]l;ª ;d"x;Fu ;dGjo u/L pgLx?sf] Ifdtf clej[l4 ug{ ;xof]u k'¥ofpg] .

%= g]/];f] k|fb]zLs sfof{no, s]Gb|Lo sfof{no tyf cGo ;/f]sf/jfnf lgsfox?nfO{ cfjZostf cg';f/ b}lgs, ;fKtflxs, dfl;s?kdf k|ltj]bg tof/ u/L k]z ug]{ .

^= k|fb]zLs ;/sf/, :yfgLo kflnsf tyf ;/f]sf/jfnf lgsfox?;Fu ;dGjo u/L k|ltsfo{ sfo{qmd k|efjsf/L ?kdf ;~rfng ug{sf nflu yk >f]tx?sf] Joj:yfkg ug{sf nflu ;xof]u k'¥ofpg] .

&= sf]le8–!( k|ltsfo{ sfo{qmd dfkm{t ;xof]u ul/Psf] ;fdu|Lx?sf] ekf{O / k|ltj]bg s]Gb|Lo sfof{nodf k7fpg ;xof]u ug{] .

\*= s]Gb|Lo sfof{no, k|b]z sfof{no tyf lhNnf zfvfn] tf]lsPsf cGo sfo{ ug]{ .

(=lhNnf zfvfaf6 kl/rflnt :jo+;]js tyf sd{rf/Lx?sf] :jx]/rfx ;'lglZrt ug]{ .

!)= lhNnf zfvfaf6 ;~rflnt dgf];fdflhs ;xof]u ultljlwx?sf] cg'udg ug]{ .

**of]Uotf**

!= Go"gtd k|lj0ftf k|df0fkq tx jf ;f] ;/x z}lIfs of]Uotf ePsf / 5 dlxgfsf] dgf]ljdz{ k|lzIf0f ;kmntf k'j{s ;DkGg u/]sf] x'g' kg]{5 .

@= /]8qm;sf :jo+;]js tyf sfo{/t / k"j{sd{rf/Lx? o; k|s[ofdf ;xefuL x'g;Sg]5g\ .

#= Counselling psychology df :gfts u/]sf]nfO{ ljz]if u|fxotf lbOg] 5 .

$= :yfgLonfO{ ljz]if u|fxotf lbOg] 5 .