भाईचा

e"ŠDkLo lrqsyf

e"ŠDk k|jlw /fli6« ;dfh–g]kfn
cf]Pk¤8L=P=÷o¦P;=P=cf0=l8=–sf7df8f}

National Society for Earthquake Technology-Nepal
OFDA / USAID-Kathmandu

lrqsyfsf n]vsx?M

>L/fd l;x+a:g]t
cfdf]) dl0f bLlIft
np/f 8\jnL ;fdGt
dx]z gsdL{
lzj axfb'/ k|wfgf ª\u
a|fog 6Ss/

k|sfzsM

e"sDk k|jlw /fli6« ;dfh–g]kfn

k|yd ;+s/0fM

!,))) k|t

lrq tyf u|flkmS;M

rGbg Wjh /fgf du/

db0fM

kmDof6{ lk|G6· k]
sf7df8f}

k|sfzg >[ª\vnfM

© ;jf{wsf/M e"sDk k|jlw /fli6« ;dfh–g]kfndf ;'/lIft

o; lrqsyfdf lrq0f ul/Psf ljifo o;sf n]vsx?sf cf^gf cleJolQm xg\h;k|t
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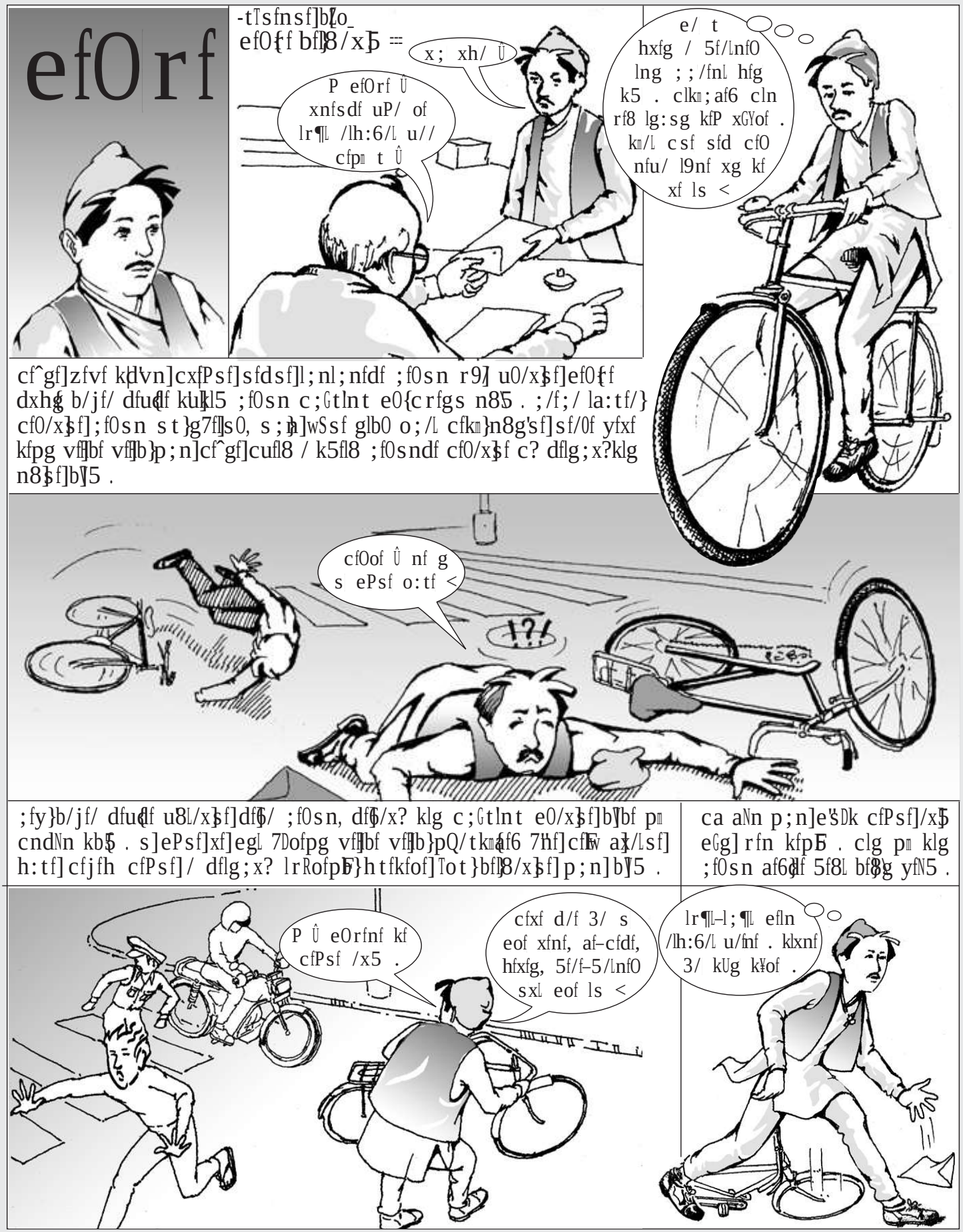
efOrf
-tTsfnsf]b[Zo_
efO{f bfl}8/x]5 ==
x; xh/ Û
P efOrf Û xnfsdf uP/ of lr¶L /lh:6/L u// cfpm t Û
e/ t hxfg / 5f/LnfO lng ;;/fnL hfg k5 . clkm;af6 cln rf8 lg:sg kfP xGYof . km/L csf sfd cfO nfu/ l9nf xg kf xf ls <
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cfOof Û nf g s ePsf o:tf <
!?!
;fy}b/jf/ dfu{df u8L/x]sf]df6/ ;fOsn, df6/x? klg c;Gtlnt e0/x]sf]b]bf pm cndNn kb5 . s]ePsf]xf]egL 7Dofpg vf]bf vf]b}pQ/tkm{af6 7'nf]cfFw a]/Lsf] h:tf]cfjfh cfPsf]/ dflg;x? lrRofpF}htfkfof]Tot}bfl]8/x]sf]p;n]b]5 .
ca aNn p;n]e"sDk cfPsf]/x]5 eGg]rfn kfpF . clg pm klg ;fOsn af6df 5f8L bf8g yfN5 .
P Û eOrfnf kf cfPsf /x5 .
cfxf d/f 3/ s eof xfnf, af-cfdf, hfxfg, 5f/f-5/LnfO sxL eof ls <
lr¶L-l;¶L efln /lh:6/L u/fnf . klxnf 3/ kUg k¥of .

Ps}If0fdf ;a]t/ wn}wnfn]9flsG5 . pm sfofn{osf]sfd h];'s}xf];\eg]/ kl/jf/nf0{;DemL 3/lt/}bfl]8G5 .
o;/L bf8bf jl/k/Lsf ?vx? hf8n]dlRr/x]sf] af6f]lr/f kb{uPsf]/ ;a]t/ sfnfxn dlRrPsf]p;n]slxNo}
cg'ej gu/]sf b[Zox? b]V5 .

ef0{fnf0{slxn]3/ k'uf}h:tf]e0/x]5 .
t/ af6fdf 3/x? 9ln/x]sf]b]Vbf af6df
lslrP/ dl/g]kf]xf]ls < 3/ k'Ug}gkfpg]
xf]ls < eg]/ 8/f0{/x]sf]5 . pm hlt l56f]
bf8g rfx]klg of]8/n]ubf{p;sf v§fx?
l56f]sbg ;ls/x]sf 5gg\. o;/L bf8bf pm
s}of}k6s n8\5, s}of}k6s c? bfl]8/x]sf
dflg;x?;u+ hW5 .

;a]t/ wnfn]9flsPsf]/ 3/x? elTsPsfn]ef0{fnf0{cf^gf]3/ k'Ug]
af6f]7Dofpg klg dlZsn kl//x]sf]5 .

t/ p;n]cf^gf]3/ km]nf kfg{;Sbg . aNntNn 3/sf] dn 9f]sfdf kU5 . xbf{t p:sf]3/ elQm;s]sf]/x]5 . pm ?b} s/fpb}3/leq k:g vf]5 . t/ 9f]sf kl/Psf] 5 . pm af, dfFegL lrRofFb}otfplt bf]8G5 . t/ efOrfn];a]t/ To:t}b[Zo b]5 .

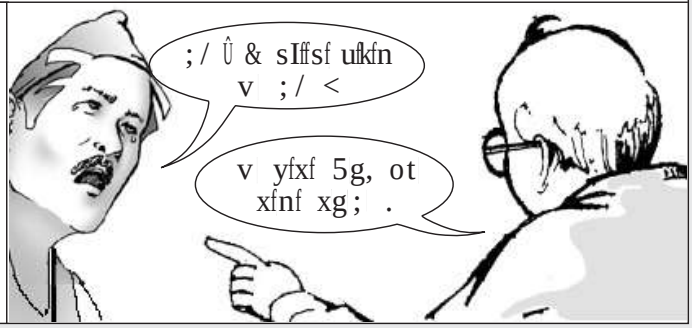
p;n]cf^gf]af, cfdf, kTgL, 5f]/f, 5f]/Lsf]af/]e6]hlt ;a} dflg;nfO{;f]5 t/ s;n]klg atfpg ;Sbgg\. pgLx? klg pm h:t}?b}s/fpb}bf]8/x]sf 5g\.

pm af, cfdf, kTgL v]tlt/ xf]nfg\ls egL bf8b}v]tdf kU5 . t/ v]tdf p;n]cfdf, 6f9faf6 cfPsL km"k"/ c? l5d]sLx?nfO{dfq e6]5 . cfdfnfO{e6bf pm sxL cf:j:t xG5 .

?3f vf]sL nfu]sf]n]st}guO{afa'3/d}a;]sf] p:sL kTgL / 5f]/L ;;'/fnLd}ePsf]/ 5f]/f]:sn uPsf]af/] p:sL cfdfn]hfgsf/L lblG5g\. To;kl5 efOrfn] ;DemG5– cfh a]n'sL ;;'/fnL uP/ kTgL / 5f]/Lnf0{ Nofpg]p;sf]sfo{md lyof].

cfdf / km"k"nfO{v]td}a:g, cGoq ghfg'eg]/ pm ;;'/fnL tkm{ bf8G5 .

;;'/fnL hfg]af6fdf p:sf]5f]/fsf]:sn kg]{ePsf]n]pm 5f]/fnfO{lng :sndf k:5 . t/ :snsf]xfnt b]bf pm emg laxjn xG5 . :sn ejg cfwf elTsPsf]ljBfyLx{? /f0 /x]sf, lzIfsx? cflQ0/x]sf, sxL cleefjsx? s/f0 /x]sf p;n]kfpF5 . p;n]cf^gf]5f]/fsf]af/]df ;fwvf]n u5{. sxL a]/;Dd p;nfO{5f]/f]af/]yfxf kfpg ufxf]k5{.



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cf^gf]afa'nfO{bv]kl5 pm ?g yfNof] 5f]/sf] xfnt bv] efO{f klg ?g nfYof].

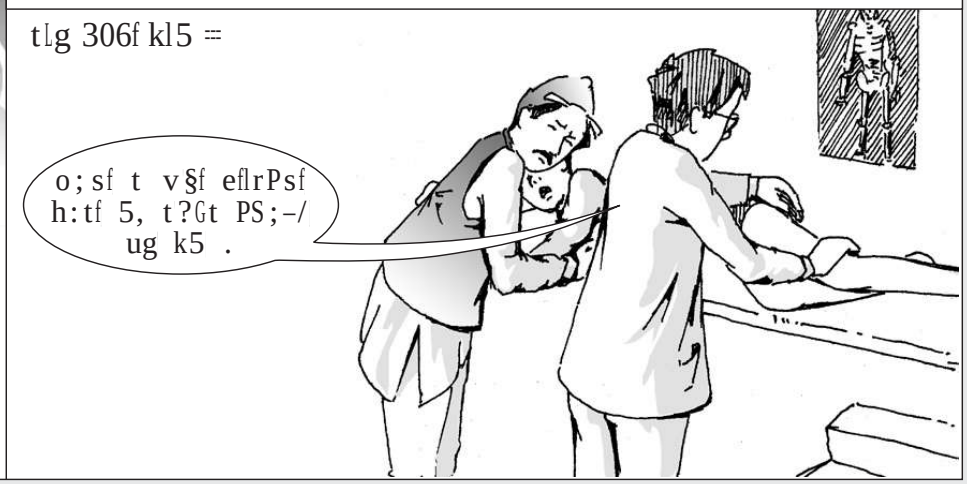
kTgL / 5f]/LnfO{lng ;;'/fnL lt/ bf]8Psf]efO{f 5f]/sf]xfnt bv]kl5 s]ug]{s;f]ug]{eg] 56\k6\6fpg yfNof]. oltv] 5f]/fnfO{hlt ;Sof]rf8f] c:ktfn k¥ofpg klg h?/L 5, kTgL / 5f]/Lsf] vf]h va/ ug{;;'/fnL k"Ugklg Toltg}h?/L 5 . t/ lx8] ;;'/fnL k"Ug @ 306fdf klg EofOb{g, 3fO{]5f]/fnfO{5f8] hfg]s'/f klg cfPg . To;}n]p;n]h;/L ePklg klxnf 5f]/fnfO{g}c:ktfn k¥ofpg]lg0f{ u¥of]. t/ c:ktfn s;/L hfg]< ==

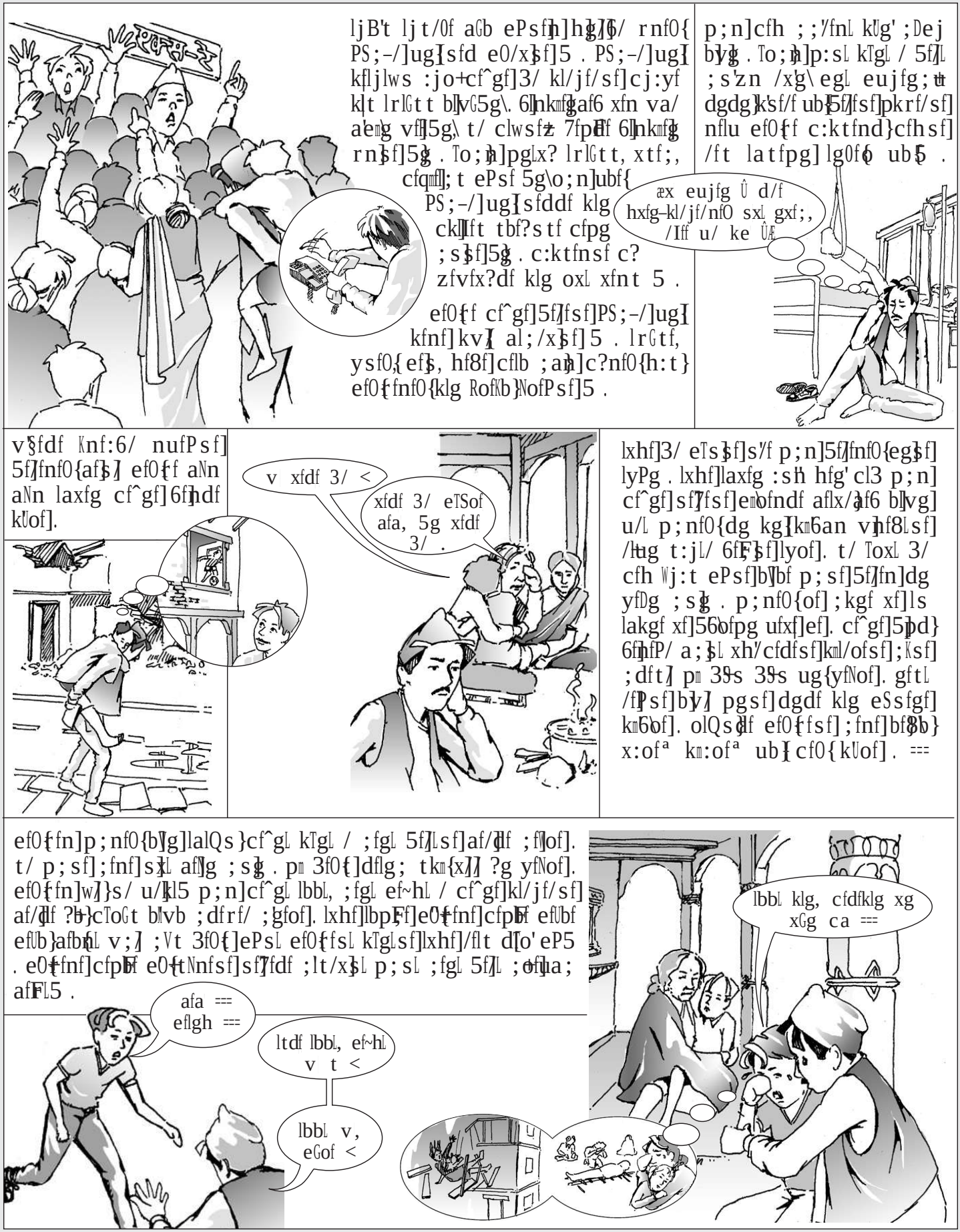
af6f]lalu|Psf]ylgPsf]n]s'g}uf8L rn]sf]5g . o:tf]cj:yfdf PDa'n]; cfpnf eGg]cfzf ug'{klg Joy{5 . To;}n]p;n] 5f]/fnfO{cfkm}n]af]s] c:ktfn k¥ofpg]c7f6 u¥of].

7fpF7fpdf la;fpF}efO{fn]5f]/fnfO{aNn aNn c:ktfn k¥ofof]. t/ c:ktfnsf]cj:yf emg gfh's 5 . 3fO{]/ ltgsf cfkmGtx?sf]le8 5 8fS6/x? sd 5g\. To;}n];a}3fO{]n] tTsfn pkrf/ kfpg ;s]sf 5gg\. o;n]ubf{8fS6/ / 3fO{]sf cfkmGtx? aLr egfeg\klg eO/x]sf]5 .

c:ktfn k'u]sf]s/La tLg 306fkl5 aNn Ps 8fS6/ cfO{efO{fsf]5f]/fnfO{x]/] k|ylds pkrf/ ul/lbP . p;sf]v§fsf]PS;-/]ug'{h?/L ePsf]5 . t/ PS;-/] ug]{7fpdf 7"nf]le8 5 .

tLg 306f kl5 ==





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p;n]cfh ;;'/fnL k'Ug' ;Dej b]vg . To;n]p:sL kTgL / 5f]/L ;s'zn /x'g\ egL eujfg;+ dgdg}k'sf/f ub]5f]/fsf]pkrf/sf] nflu efO{tf c:ktfnd}cfhsf] /ft latfpg] lgOfO{ ub]5 .

v'§fdf Knf:6/ nufPsf] 5f]/fnfO{af]s]/ efO{tf aNn aNn laxfg cf^gf]6f]ndf k'Uof].

lxhf]3/ eTs]sf]s'/f p;n]5f]/fnfO{eg]sf] lyPg . lxhf]laxfg :s'n hfg' cl3 p;n] cf^gf]sf]/fsf]em\ofndf aflx/]af6 b]lvg] u/L p;nfO{dg kg]{km6an v]nf8Lsf] /+ug t:jL/ 6f]F]sf]lyof]. t/ ToxL 3/ cfh Wj:t ePsf]b]/bf p;sf]5f]/fn]dg yfDg ;s]g . p;nfO{of];kgf xf]ls lakgf xf]56\ofpg ufx]ef]. cf^gf]5]pd} 6f]nfP/ a;]sL xh'/cfdfsf]kml/ofsf];Ksf] ;dft]/ pm 3Ss 3Ss ug{yfNof]. gftL /f]Psf]b]v]/ pgsf]dgdf klg eSsfgf] km6\of]. olQs]df efO{tfsf];fnf]bf8b} x:of^a km:of^a ub]{cfO{k'Uof]. ===

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nfz km]nf k/]kl5 p;sL cfdf, 5f]/f / kmk'km]/ Ps k6s ljofu]sf]kL8fn]56k6fpbF}?g yfn]. t/ o:tf]ahkft pgLx?nf0{dfq k/]sf]lyPg . To;}n]cfFz' k5g pgLx? klg afWo eP .

;w}ukm ul//xg]/ c?nf0{xF;f0{/xg]ef0{rf clxn]nf6f] h:tf]ePsf]5 . pm s]xL af]Nbg, dfq 6fnf0{/xG5 . lxhf] cfPsf]e'sDkn]p;sf];jg{fz ul/lbPsf]5 . p;sf]kl/jf/df ^ hgf lyP, ca $ hgfdfq afFsL /x]. 5f]/f];Vt 3f0{] 5 .

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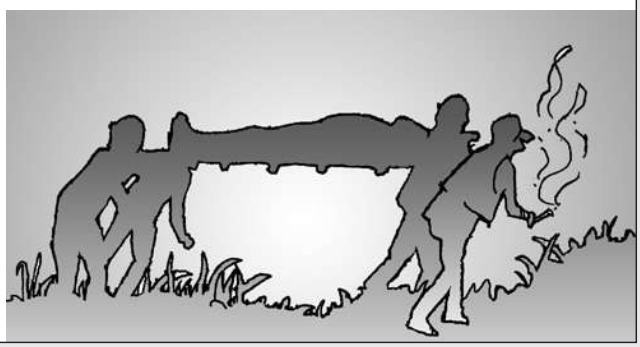
p;n]Ps 6qmf hUuf a]r]/ / s]xL k}f ;fk6L lnP/ tLg jif{cl3dfq agfPsf]3/ clxn]Wj:t ePsf]5 . oltdfq xf0]g, ToxL 3/ leq k/]/ p;sf]afa'sf]d[o';d]t eof]. p;nf0{k/]sf]a]nfdf ;xofu ug]{;;'/fnL 3/ ;d]t eTs]sf]5 . ;w}xfF;/ s'/f ug]{ pHofnf] cg'xf/ ePsL / c;fWo}hfFl/nL p;sL kTgL e'sDksf]a]nf ToxL 3/df k/]/ d/L . p;sL ;f;'nf0{klg of]k|non]afFsL /fvg] .

afa'/ kTgLsf]Ps}k6s cGTo]6L ug]{afWotfdf k/]sf ef0{rf clxn] ;al}t/af6 ;d:ofn]3]/Psf]5 .

afa'sf]nfz cfFgdf n8f0{/x]sf]5 . t/ sf]xL ul7of/x? sxfF va/ ug{;lsPsf]5g] . va/ ug{hfg]/ va/ kfP/ cfpg]l:yltdf sf]xL klg 5g]g\. To;}n]ul7of/x?nf0{gkvL{;a}sf];Nnfx cg';f/

b0{tLghgfsf]d2tn]p;n]klg cf^gf]afa'sf]nfznf0{ h;f]t;f]3f6 k¥ofof]. nfznf0{cf]8fpg sfqf] kf0Pg . cl3 3/ vf]tNbf km]nf k/]sf]tGgfn]g}afa'sf] nfz 5f]k]/ p;n]3f6df k¥ofof].



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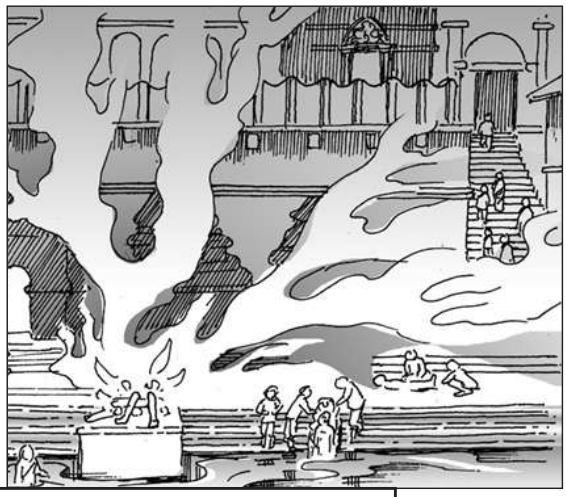

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Ps dlxgf kl5 ==

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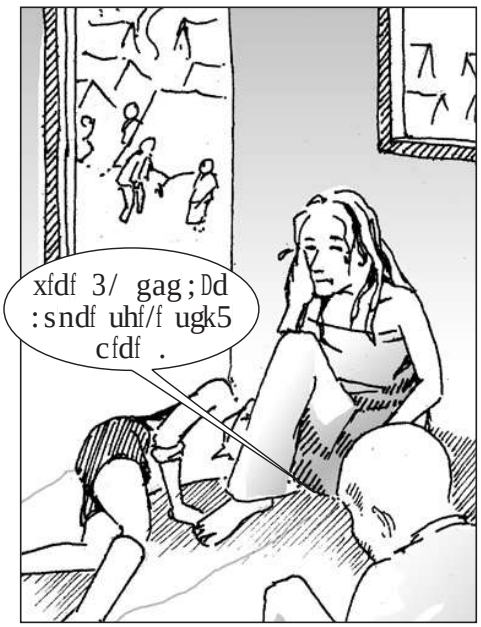

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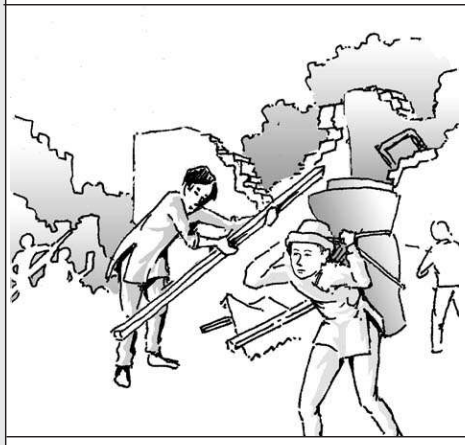

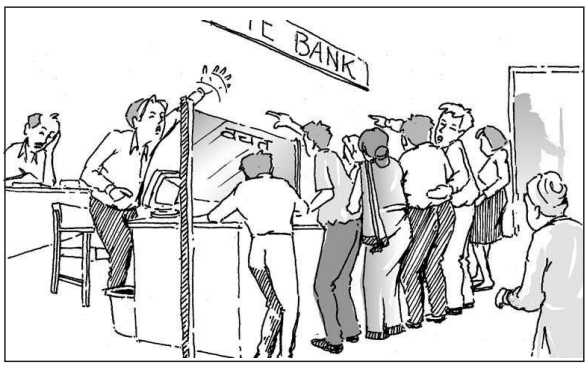

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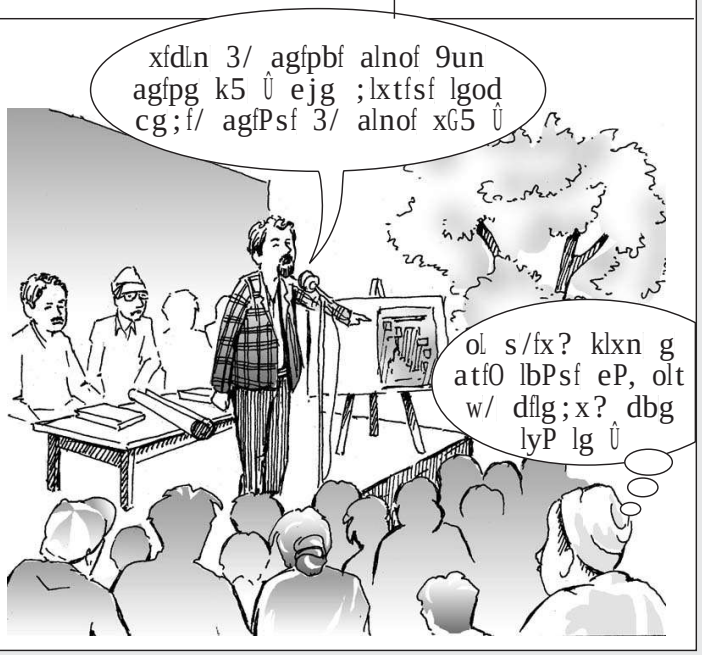
t/ efO{ffnfO{To:tf]s'/f ;'g/] l/; p7\5 . pm dgdg}eG5 oltsf s'/f hfGg]dflg;x? e"sDk cfP/ oqf];Tofgfz x'g' cl3 s]x/]/] a;]sf lyP < klxn]g}lsg dflg;x?nfO{o:tf s'/fx? atfPgg\< l;sfPgg < e"sDkaf6 xTktL gelTsg]u/L 3/ agfpg]t/Lsfaf/]clxn]v'a k|rf/ eO/{x]sf]5 . of]k|rf/ b]y/]-;'g/] klg efO{ffsf]dg sl8G5 . p;n]3/ agfpg'cl3 g}oL ;a}s'/fsf]hfgsf/L eO{lbPsf]eP pm klg To;/L g} 3/ agfpFof]/ To;/L 3/ agfpg kfPsf]eP p;sf]3/ elTsb]g lyof]xf]nf, 3/ geTs]sf]eP p;sf]afa'clxn]hLljt} x'g]lyof]. p;sf];;'/fnL 3/sf]af/bnL gv;]sf]eP p;n] hLjg ;utLgL u'dfpg'kg]lyPg . p;sf gfafns 5f/]f-5f/]Laf6 cfdfsf]Gofgf]sfv vf];g]lyPg . :s'ndf e"sDksf]a]nf s] ug'{xb]g eg/] /fd/L k9fO{lbPsf]eP p;sf]5f/]f o;/L 3fO{] x'g]lyPg, p;sf]5f/]fsf ;fyLx? sIff leq}dg]lyPgg\. oL ;a}s'/f ;Dem/] Nofpbf efO{ffnfO{l/; klg p7\5, dg klg bV5 .



*

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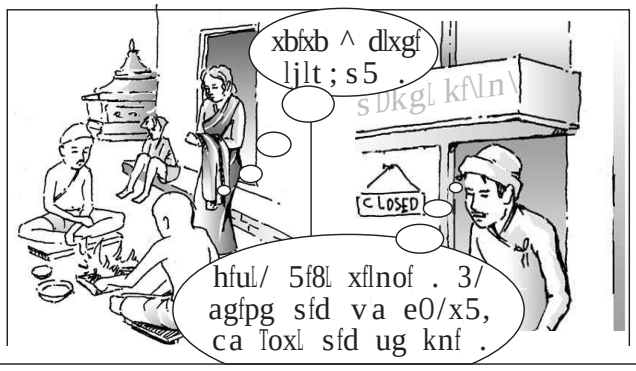

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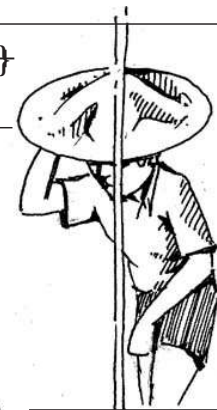

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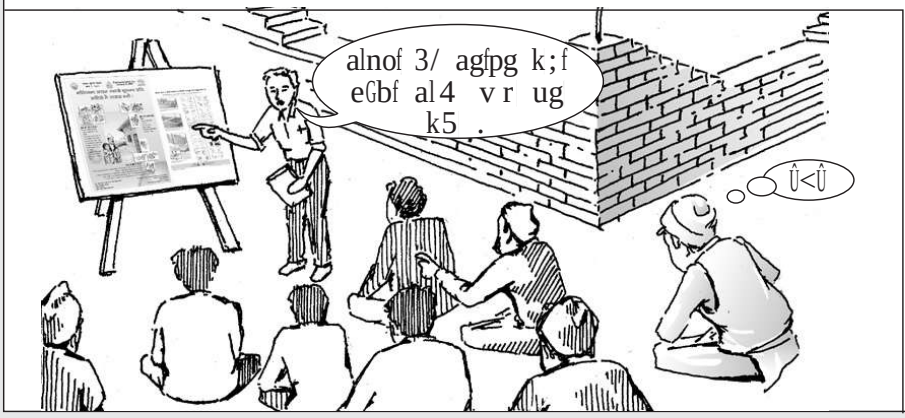

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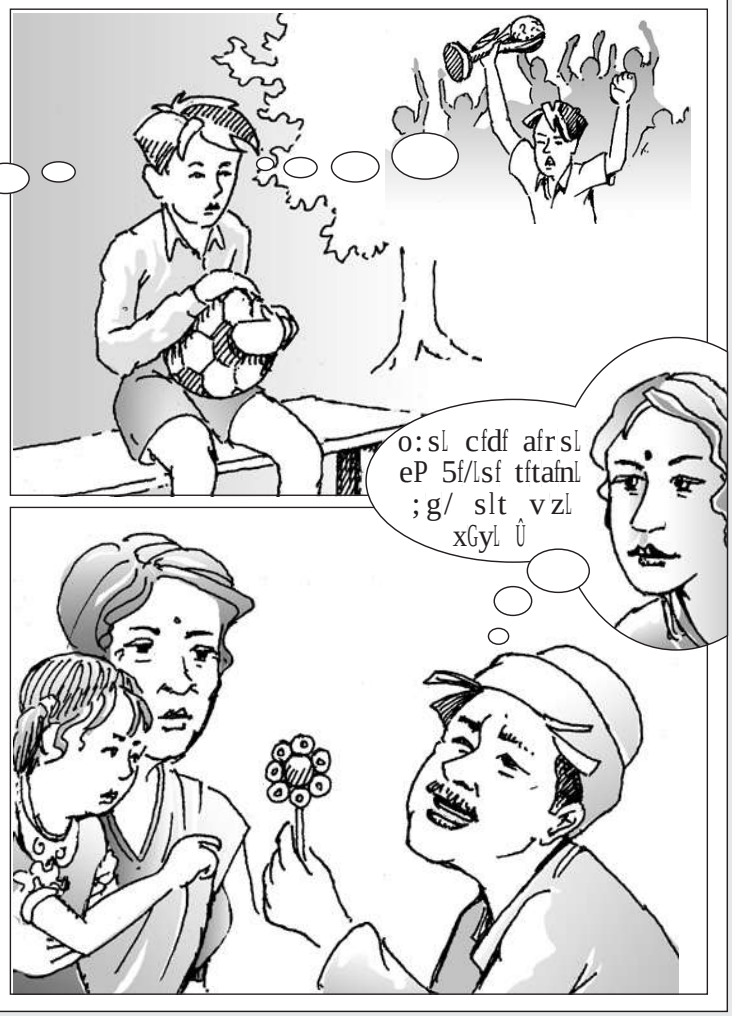

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bz}ltxf/ ==

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cln dg km'sfP/ vr{ug{tD;GYof]. clxn]pm cf^gL
kTgLsf ltg};Nnfxx?nf0{emNemnL ;lDem/x]sf]5 .

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hlt ;'s}si6 p7fpgklg kl5 gkg]{;+sNk p;n]dgdg}lnPsf]5 . cfugdf a;]/
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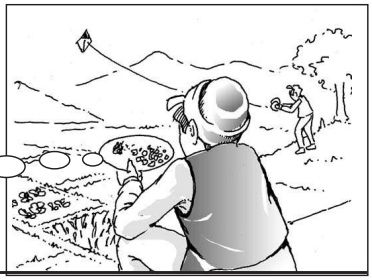

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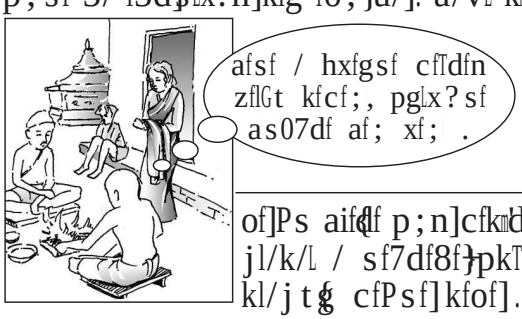

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e"sDk cf0{tx;-gx; kfg'{cuf8L eGbf pm cfkm'nf0{w]/}kfsf]e0;s]sf]/
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of]Ps aif{df p;n]cfkm'dfdfq xf0]g, cf^gf]
jl/k/L / sf7df8f}pkTosf el/ g}7"nf]
kl/jtg{ cfPsf]kfof]. klxn]sf ;fB"/f
uNnLx? clxn]km/flsnf]af6f]ag]sf 5g\. e"sDk cl3sf k"/fgf
3/x? ePsf 7fpFdf clxn]gofF3/x? ag]sf 5g\eg]sltko
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g}kUg' kg]{sf7df8f}df clxn] 7fpF-7fpFdf vNnf 7fpF?
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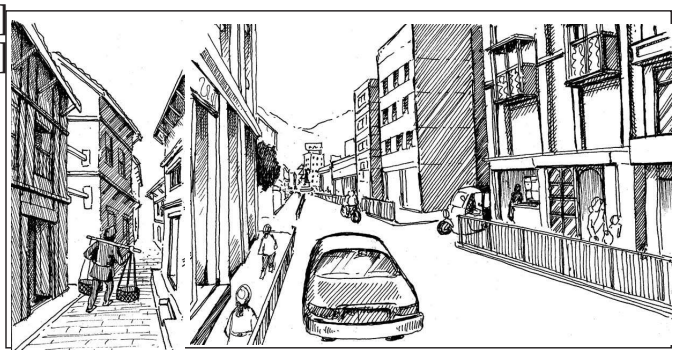

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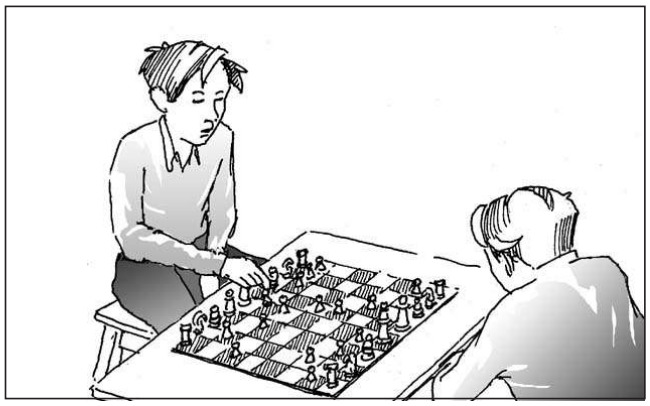
p;sf]5f/]f]& sIff pQL0f{eO{* sIffdf k'Uof]. km6an v]g c;dy{eP klg v]nsb k|tsf]p;sf]cle?lr 36}sf] 5g\. p;sf]Wofg clxn]al4rfntkm{uPsf]5 . efO{fsL ;fgL 5f/]L cem}dfdf 3/d}5]. pm ;w}5f/]LnfO{ToxfF/fv/] ;;'/fnLnfO{b'Nv lbg rfxb+g . gofF3/ agfP kl5 p;n]5f/]LnfO{;;'/fnLaf6 Nofpg]lg0f{o u/}sf]5 .



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ÛÛ ;dfKt ÛÛ

e"šDk kljlw /fli6œ ;dfh–gkfn

v @–&#!, dxfb] :yfg, afgZj/, kfi6 aS; g=+!#&&%, sf7df8f}–gkfn . kmfg ‖ (&&–!–$&$!(@, ^ofS; ‖ (&&–!–$() ($#
Kha 2-731, Mahadevsthan, Baneshwor, P.O.Box: 13775, Kathmandu, Nepal. Tel: 977-1-474192, Fax: 977-1-490943, e-mail: nset@nset.org.np