

@& ; in azfv !@ ut\$feSk / To; kl5sf k/fsDka6 l; lhf ; d:ofkl5 ; /Ift klgd0sf nflu ; /sf/n|nPsflp2zo k/f ug{7hf}; vofdf bIf hgZlQnsf] cfjZostf dxz; ePsf]5 . klgd0sf]; DaGwdf ; /sf/n|hf/L/fv\$ kof; , /fi6e klgd0sf] kflws/Of, eSk kZrftsf]klgd0sf tyf bl3\$fnlg chy\$ lj sf; sf|nflu ; mlg cG dQafno tyf ljeufsf ljeG sfonf0; 3fpgsf nflu eSk klj lw /fi6e ; dfn gkfn -Pg; \$ \_n|/fi6e ejg ; ktf adfhd xg]cfj; klgd0sf] klj lws ; xofu ug]p2zon]cdl/sLj sf; lgofu USAID sf]chy\$ ; xofudf cfj; klgd0sf] klj lws ; xofu kl/ofhgf -Pr cf/ 6LP kL sfonf og ul/x\$]5 . aalnof]3/Esfoqmsf gdd; ; fmg eO/x\$]o; kl/ofhgf ; g\ @)!% cS6fa/ blv ; g\@) ; l6Da; Dd ; fmg xg\$ . cfj; klgd0sf nflu ; fnt o ; oQmk-raif6 sfonfn]eSklo ; /Ift cfw/t 3/wgL :josf]kxndf lgd0f xg]3/x? eSk klt/fvL agfpg]p2zosf ; fy Jofks hfuf?stf, tlnf, kbzg tyf ejg ; ktf kmgdf ; xofu h:tf kofk dfqdf ax' lzIf0f k2tdf cfw/t tlnf tyf cledvs/Of ; fmg ug{kof; /t 5 . eSk klt/fvL ejg lgd0f; f}eSk nufot cG k\$ksf]ljifodf ; w7t tyf Joj:yt aen0f:yfkt ug{/ ; yfut ug; ; fmg ePsf]alnof]3/ sfonfn /fi6e klgd0sf] kflws/Of, zx/Lj sf; dQafno, zx/Lj sf; tyf ejg lgd0f ljeu ; ; 3lo ; Arg tyf :yfglo lj sf; dQafno nufot cG ; Da4 dQafno tyf ljeu; f]sf; xsfo{tyf pglx?sf]lgbzgdf ; fmg xg\$ .

**kf7e8L**

P]txd; s lhNf ul/vf j/f/kfsnf0{s0blj G' agfP/ @)& azfv !@ -clkh @% @)!% df uPsf]&\* DoflgRo8 dkg ul/Psf]eSk / To; kl5sf z^vnfj 4 k/fsDka?n]\*&) a9lsf]hbg lnPsf]5 eg]@% xhf/ a9L3f0t]5g. ljgZsf/L eSkkl5 /fi6e ofhgf cfofn]u/\$f]kl/Des cWog klj hg cg; f/ eSk sf sf/Of en8} & ljnog cd/sL8n/ -& va{?koffsf]Ift ePsf] / lj:yfkt sf] cfjZostf 5 . eSk sf]z^vnfn]gkfn]u]ldf eufsf ljz]ftMk/Dk/fut d6f]/ 9hfa6 lglf \$ nfv () xhf/ cfj; x?df kOf?kdf Ift k/dPsf]5 eg]@ nfv ^% xhf/ cG k\$sf/sf cfj; df kofu ug{g; lsg]ul/ cNksfnlg Ift k/dPsf]5 . eSk n]gkfn]sf ljeG #! lhNndf w]k\$sf/sf ; Argdf Ift k/dPsf]t 5 g} ofhgf cfofn]u7g u/\$f]kl]6 l8hf:6/ lg8\ P; } d06 -kl8-Pg-P\_ sf]klj hg cg; f/ ; aGof a9L Ift cfj; ; Iqdf k/\$f]blvPsf] 5 . o; sf]klgd0sf] # bzdna @& ljnog cd/sL8n/ cyft # va{& ca{ gkfnL?kofeGf a9L/sd cfjZos 5 hg klgd0sf] rfxg]hdhf cfjZostf] en8}cfw xf].

olta hf klgd0sf]cfjZotf 68sf/f]t 5b)5 t/ klgd0sf] ; mlg xg?nf0f pkoQmlgbzg tyf ; xofu xg]x]eg]kl/ klg ejg ; ktfnf0f]j]f:tf ub{ k/f]9f]df 3/x? lgd0f xg]; Defj gf plQs)5 . o; n]xidf]a; f]f; nf0f(cem a9L; j]hgZn agfpg]vt/nf0f(dWgh/ ub]of]cEof; df kl/jtg xg' cfjZos blvG . ; /Ift klgd0sf] lgZrt ?kdf pR:t/sf]xg' klg h?/L5 . gkfn]sf] ljut cgejn0f(xg]x]eg] :yfglo 8sdk?nf0f]plrt dfu]gbz ul/Psf]v08df pglx?n]; /Ift lgd0f ug{; Sg\$g\ To; h]cfj; klgd0sf] ; xofusf]ck]f ul/x\$ gkfnL; dbfonf0f]klj lws ; xofu k/dp' t'lsfnlg cfjZostf ag\$] 5 .

**lgbzs l; 4fGt**

cfj; klgd0sf] klj lws ; xofu kl/ofhgf -Pr cf/ 6LP kL n]lgDg pNhlvt l; 4fGt c]nDag u/\$]5 M

- 3/wgL :josf]gt] tyf kxndf cfj; klgd0sf]
- sfonfn ; fnt ulj ; jf gu/kfn]sf ; a)3/w/nf0f; d6g]cfid klj lws ; xofu
- /fi6a]canDag u/\$f gllt tyf k\$of
- ; a); fent/ sfonfn?ar /Ofllts tyf sfonfn og Ps?ktfd ; lgZrtt
- ; dj]z]tf tyf kxF
- hfvd Gols/Ofsf]Psf] kofu
- nrstf tyf ; fble\$ bl6sf]
- bl3\$fnlg tyf bluf]bl6sf]
- /fi6e tyf cG/fi6e dkb08 tyf cEof; sf]cg; /Of
- ; kl/j]f0f tyf dNofsg k2tsf]; b0f

**alnof]3/ kl/Ofid ?k/yf**

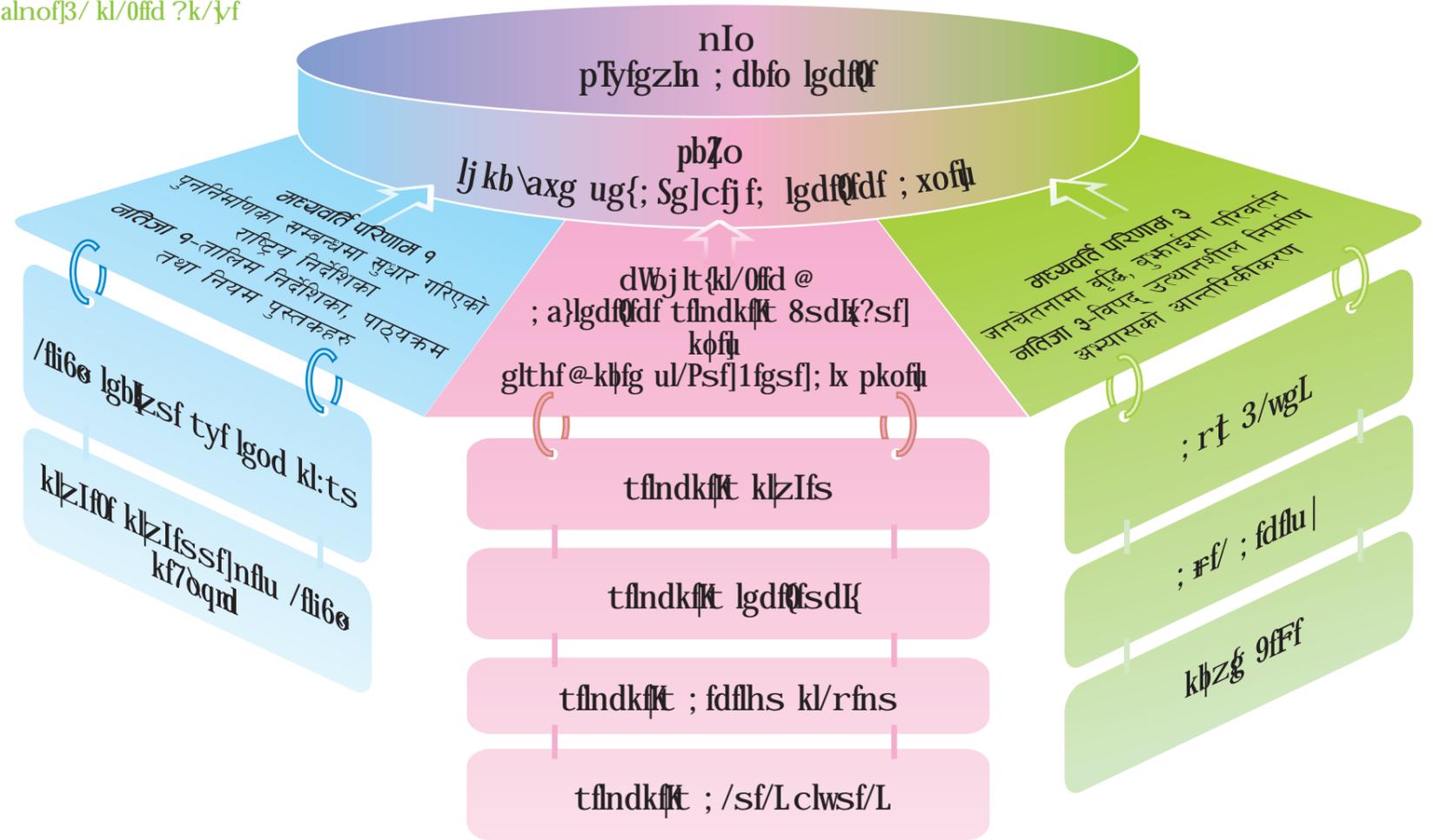
dfly pNhlvt dfu]bz\$ l; 4fGt cfj; klgd0sf] klj lws ; xofu klj lws ug{ eSk klj lw /fi6e ; dfn gkfn -Pg; \$ \_n]lgDg bl6sf] /fv\$]5 M

s\_ klgd0sf]cfw/et l; 4fGt a; /Ift klgd0sf]Eefn]goffaG]3/n]eSk klt/fvLjz]ft af\$]xgk\$ . ; fy)/fi6e ejg ; ktfn]lgbz u/\$] eSk ylg ; Sg]uOf af\$]xgk\$ .

v\_ ; /sf/Ls0lo lgsfo tyf :yfglo clws/lx?; f ; G]s6 /xLj Bdfg Pk lgodsf]chwdf /xL.sfo{ug}.

u\_ cfj; klgd0sf]dfusf]thgdf bIf klj lws hgZlQnsf]pknAvtf cG0f Gg /x\$ sf/Of Jofks dfqdf klj lws hgZlQm/ lgd0f]sdk?nf0f]tlnf kbfg ug{h?/L5 . To; h]; a); fent/x?nf0f; xofu k/dp; Sg]klz]fs tyf dVo klz]fssf]lj sf; ug{h\$ lb0g]5 . a9L; ]a9L.klz]fsx? p]kfbg ug{klz]fs klz]f0f tlnfx? ; fmg xg\$g\

3\_ cfj; klgd0sf] ubf{:yfglo lgd0f ; fdfu]sf]kj 4g ub]axk\$]k klt/fvL lgd0f klj lw c]nDag ug}



**alnofj3/ ŪnIo / ckllft kl/Ofid**

dhtM; sfoqnd]bOf 6f nIo af\$sf]5 M  
 != cNksfnlg ?kdf, kglgdfcf xg nfu\$; DkOf{cfj f; x?nfo(e\$Dk klt/fvL agfpg].  
 @ bE\$fnlg ?kdf; /llft ; dbfo lgdffcf]nIo kllt sf nlu k\$fk ylg ; Sg] lgdffcf kOfnL:yflkt ug].  
 oLnlox? tTsfn\$ kglgdfcfdf klj lws ; xfof kbfjg u/L/ eljiodf k\$fk klt/fvL ; Argf lgdffcf /sf/sf]ldtf j l4 ug}; 3fp k/dfp/ xl; n ug}; lsg\$ . o; sfoqnd]3/wgL:j osf]kxndf xg]cfj f; kglgdfcfdf cfly\$ ; xofu geOfklj lws ; xofu kbfjg ug]5 .  
 tn pN]vt tlg ljleG dWj tLk/Ofidsf cfw/df sfoqnd]kl/nllft u/\$f nlo kllt xg\$ M  
 • cfj f; kglgdfcf / ax'h]vdoQmpTyfgzIn cfj f; lgdffcf ; DaGw ; /sf/L dhu\$zgd; w/ .  
 • e\$Dk klt/fvL lgdffcf lj lw / k2ltdf tlnkOf OChlgo/, 8sdLl; sdl?sf] ; Wofdf j l4 .  
 • gkndf k\$fk klt/fvL ejg lgdffcf ; DaGwdf hgrtgdf Jofks j l4 .

**nllft ; d\$**

o; kl/ofngfn]pN]vt ljleG kfF ; d\$nfOfneufkldf cg;lrt u/\$f]5 M  
 • lgdffcf sdl? MBsdL? -Of, 9uf tyf l; dG, l; sdl?, kSLaNg?, 7\$lf/x? .  
 • ; fdlhs kl/rfns M; fdbilos kl/rfns; ; fdlhs cleOf .  
 • klj lws k\$] / MOChlgo/ ; a-OChlgo/; cfs\$6; ; Argfut OChlgo/ .  
 • ; dbfo MB/wgL pkeOfm; d\$ / cdf; d\$ h:tf cG ; dxx? .  
 • glt lgdffcf tyf lgo\$stf? Mgu/klnsf tyf ulj ; sf clwsf/lx? ; /hgt\$ gt]j, ljleG dGfno tyf lj efusf clwsf/lx? .

**kl/Ofid**

o; kglgdfcf kl/ofngsf ckllft kl/Ofid? nllft eufndf ; a\$]kxFdf klj u/Lklj lws ; xfof kbfjg xg\$ h; af\$ & kltzt ebf a9Lcfj f; kglgdfcf e\$Dklo ; /If klj lws]kOfu xg\$ .

**kl/; r\$**

**k\$] kl/; r\$**

sfoqnd ; r\$ng xg]ldf lgdffcf xg]3/x?df lj kb pTyfgzIn lgdffcf klj lw cjnDags]cgkft .

**glthf kl/; r\$**

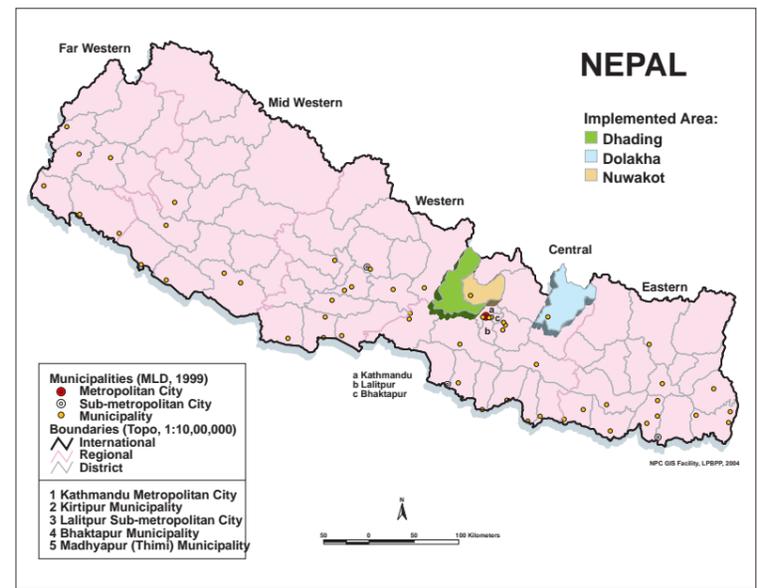
- lj kb pTyfgzIn lgdffcf klj lw ; DaGwdf ; /sf/4/f cgdfp klj lws lgbLzsf; lgod k:ts tyf tlnk kf7dqndsf]; Wof .
- sldtf Ps hgf tlnkOf 8sdLsf]kl/rfngaf\$ lgdffcf xg]3/x?sf] cgkft .
- lj kb klt/fvL lgdffcf ; DaGwdf ; dbfodfem1fg j l4sf]kltzt .

**pkh kl/; r\$**

- :yfglo lgdffcf ; DaGwdf lj kb e\$Dk klt/fvL klj lw; ; fwg-agf]6 cjnDag jf lj sf; jf k\$zng ul/Psf klj lws dfuleLzsf]; Wof .
- hgrtgf clej l4 tyf tlnk ; DaGwdf lj sf; ul/Psf jf cjnDag ul/Psf jf k\$zng ul/Psf kf7dqndsf]; Wof .
- tlnk tyf hgrtgf nlu tlnkOf klzLfsx?sf]; Wof .
- e\$Dk klt/fvL cfj f; lgdffcf ; DaGwdf pklbt lgdffcf hgziQm-OChlgo/; cfs\$6, 8sdLl; sdl?sf]; Wof .
- e\$Dk klt/fvL lgdffcf klj lws]kj 4g ug]; fdlhs kl/rfnsx?sf]; Wof .
- e\$Dklo bl\$stfn]; /llft cfj f; lgdffcf sfoqnd]sf]of og tyf kj 4g ug]; /sf/L clwsf/lx?sf]; Wof .
- lj kb klt/fvL lgdffcf ; DaGwdf cledlv/Of tyf 3/-3/ cleofaf\$ ; r\$ 3/ wL tyf cG gful/sx?sf]; Wof .
- lj kb pTyfgzIn lgdffcf ; DaGwdf tof/ kl/Psf jf kj lxt ; r\$; lzlfidhs ; r\$; ; fdlus]; Wof .
- e\$Dk klt/fvL lgdffcf k2tsf lj fofdf tof/ kl/Psf k\$zng 9ffsf]; Wof .

**efnhs Ifj**

of]sfoqnd e\$Dkaf\$ cIt k\$]t !\$ j6f lhNdf s]bt /xlg dhtMS lhNf -b]hv, wlb<sup>a</sup> / gj fsf\$ / sf7df8f-df sfoqnd og xg\$ .



**yk hgsf/l\$fnlu**

**e\$ Dk klj lw /fi6e ; dhn-gkfn (NSET)**  
 sfoj gfos gu/klnsf, j 8f g#@, e]kfl, nltk/  
 kfa-g#!#&&, sf7df8f-gkfn  
 krf g-M(&&-!\_%(!)), knd\$; g-M(&&-!\_%(!)@  
 O-dhMset@nset.org.np, j l4 ; f06Mwww.nset.org.np

# बलियो घर

## BALIYO GHAR

भूकम्प पश्चात्को सुरक्षित पुनर्निर्माणका लागि  
 प्राविधिक सहायता कार्यक्रम  
 (अक्टोबर २०१५-सेप्टेम्बर २०२०)



अबको पुनर्निर्माण सुरक्षित पुनर्निर्माण

