e's Dkx?

Earthquakes

a/fa/ ;f]wg]tL; k|Zgx? tyf Pg;6–g]kfnåf/f ltgsf pQ/

30 Frequently Asked Questions and Answers by NSET-Nepal

USAID
FROM THE AMERICAN PEOPLE

NSET

e"ŠDkx? <

a/fa/ ;fljwg]tL ; kZgx? M

;jfkwsf/ ;'/lIftM e"ŠDk k|jlw /fli6« ;dfh – gljkfn @))@

wGojfb 1fkg

lgDglnlvt jla ;f06x?af6 sxL hfgsf/Lx? ln0Psf 5g\.

;«Qm /fHo efjale{s ;jljf0f US Geological Survey: www.usgs.gov

cdl/sfnL /fli6« /8qm; The American National Red Cross: www.redcross.org

ljifo ;'tL

kZg g=+!–!# e"ŠDk

kZg g=+!#–!% gljkfndf e"ŠDk / e"ŠDkLo hfljvd

kZg g=+!%–@^ e"ŠDkLo kj{of/L ofjhgf

kZg g=+@& u} ;/rgfTds ;'/Iff

kZg g=+@* ;/rgfTds ;'/Iff

kZg g=+@(kfylds pkrf/

kZg g=+#) yk hfgsf/L

kZgfQ/ ;snngstf{	M	;>L lrh'-Pg;6–gljkfnsf];xofjufy{vl6PsL Singapore International Foundation Volunteer_
cg'jfb ;xofju	M	>L dbg dl0f bLIft
lrq tyf ufjkmS;\	M	>L rGbg Wjh /fgf du/
låtLo ;snf/0f	M	@)^) kfjf -!),))) k|t_
t[tLo ;snf/0f	M	@)^# kfjf -!),))) k|t_
rty{;snf/0f	M	@)^% kfjf -%,))) k|t_
kfFf};snf/0f	M	@)^^ kfjf -$,))) k|t_
5f}f};snf/0f	M	@)^& kfjf -^,))) k|t_
;ftf};snf/0f	M	@)&) kfjf -!&,))) k|t_

of];fdu|cdl/sL ;xfotf lgofju (USAID/OFDA) sf]cfly{s ;xofjudf e"ŠDk k|jlw /fli6« ;dfh–gljkfn (NSET) åf/f ;~rflnt "e"ŠDkLo hfljvd Joj:yfkgdf ;fjklgs lghL ;fe|f/L kj4g sfo{qmd (3PERM)" c;tu{ ks|fzg ul/Psf]xf]. o; ks|fzgdf k|t't ul/Psf ljifo o;sf nv'ys -x?_ sf cfkvgf cleJolQm xg\h;k|t bft[;yf pQ/bfoL /xg]5g\ .

!_ e"sDk s]xf]<

k[jL–kL08sf];jeGbf dflyNnf]efudf s'g}sf/0fj; k[jLsf]cfGtl/s phf{lg;[t x'gfsf]sf/0fn]x'ghfg]e"tnsf]sDkg g}e"sDk xf]. e"sDk dVotof k[jLkL08sf]dflyNnf]efusf]r§fgdf tGsfO{a9/ yfDg g;Sbf 6'qmgfn]ubf{x'G5 . e"sDksf cGo sf/0fdf Hjfnfd'vL km6g' jf k[jLsf]rDasLo s[oflzntf jf cGo rfkdf x'g hfg]kl/jt{g cflb x'g\.

@_ lr/f-kmN6_ eg]sf]s]xf]<

e"ue{df r§fg 6lqmO{k/]sf]lr/fnfO{kmN6 elgG5 h'g k[jL kL08sf] dflyNnf]v08df cjl:yt r§fgleq e"sDkn]ubf{k/]sf]To:tf]kmf6f]xf] h;sf]b'a}kf6fsf r§fgx?aLr kf/:kl/s :yfgfGt/ ePsf]x'G5 . r§fgdf hxL+txL+b]lvg]/f=lr/fx? efu{ale{s lr/f xf]Ogg\. efu{ale{s lr/fsf b'a} kf6fdf r§fgsf];a}kf/:kl/s lj:yfkg s]xL dL6/ b]lv s]xL ls=dL= ;Dd x'g ;S5 .

#_ s;/L e"sDkx? x'g]u5{g <

clwsfz+ljWj+s e"sDkx? efu{ale{s lr/fdf r§fg rlsO{PsfPs kf/:kl/s lj:yfkg x'gfsf]sf/0fn] x'g]u5{g . of]cfn}f k8\sfpg' h:tf] g}xf]. k8lsg' eGbf klxn]cfn}fx?nfO{e"ue{sf tlGsPsf r§fgx? h:t} Ps}fy / 5]plt/af6 tGsfOG5 . 3if0{fn]ubf{;?df ltgLx? 5l§g' kg]{af6 /f]lsG5g\. t/ b/f]lsl;dsf]bafa a9]kl5 cfn}fx? cs:dft ;5{g / Wjlg t/Ësf]?kdf phf{ljdf]rg x'g]u5{hf]cfn}faf6 ;/] sfgdf k"U5 . e"sDk klg e"ue{sf]r§fg aLr a9g uPsf]tGsfO{-rfk_ axg ug{g;Sbf kmN6sf]?kdf r§fg 6lqmO{lg;[t phf{rf/]t/ lkm+hg' xf].

$_ cGtM s]Gb|(hypocenter, xfOkf];]G6/) s]xf]<

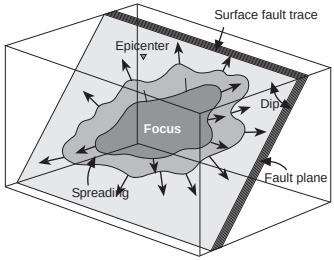
cGtM s]Gb|eg]sf]k[YjLsf]cGtM:yndf /x]sf];f]laGb' xf]; hxfaF6 e"sDk ;?x'G5 . o;nfO{gfles]Gb|;dt elgG5 .

%_ clws]Gb|(Epicenter, Olk;]G6/, s]Gb|laGb') s]xf]<

k[jLsf];txsf]Tof]ljGb' cl3s]Gb|-s]Gb|laGb'_ xf], hf]cGtMs]Gb|sf];f]em} dfly /xG5 . cGtM s]Gb|sf];f]em}dfly hdLgdf kg]{ljGb'nfO{clws]Gb|-s]Gb|laGb'_ elgG5 .

^_ kfuwSsf (Foreshock, kmf/ ; s) s]xf] <

e"sDksf]dVo wSsf eGbf klxn]s|ds tj/df cfpg ;Sg]ck]Iffs[t ;fgf e"sDkx? kfuwSsf x'g\. kfuwSsf dVo wSsf eGbf ;fgf x'G5g\. slxn]sflx+ o:tf kfuwSsf xfdLn]rfn gkfpg] ?kdf cfp5Fg\. t;y{xfdLn]rfn kfPsf] k|yd wSsf kfuwSsf xf]jf dVo wSsf xf]egL eGg tTsfn};lsGg .



&_ cjlzi6 wSsf (Aftershock, cfkm\6/ ; s) s]x'g\<

e"sDksf]dVo wSsf uPkl5 s|ds tj/df cfpg]ck]Iffs[t ;fgf e"sDkx? cjlzi6 wSsf x'g\. o:tf cjlzi6 wSsfx? x^tf;}+dlxgf+}/ jiff}+Dd cfO/xg ;S5g\. ;fdfGotj/df, hlt 7"nf]e"sDk x'G5 TolQ g}7"nf / plQg}a9L ;Vofdf / al9 ;do cjlw;Dd cjlzi6 wSsfx? cfpg ;S5g\.

*_ e"sDkx?nfO{s ;/L clelnlvt -dfkg_ ul/G5 <

e"sDk dfks oGq (Seismograph, ;]0:dfu|fkm) gfds pks/0fåf/f e"sDkx?nfO{clelnlvt -dfkg_ ul/G5 .

(_ e"sDksf]u'?Tj cyf{ kl/df0f (Magnitude, DofUg]lo8) dfqf eg]sf] s]xf]<

e"sDkn]dQm u/]sf]pmhf{kl/df0fsf]/fzL dfk g}kl/df0f dfqf -DofUg]lo8, Magnitude) xf]. /fzL dfqfsf];ljVoft dfkf]sf gfd Æl/S6/Æ kl/dfk xf].

!)_ e"sDksf]tLa|tf (Intensity, OG6]G;L6L) eg]sf]s]xf]<

s'g}Pp6f lgl>t 7fpdf e"sDkåf/f ePsf sDkg tyf Iflt sf]gfkg} e"sDksf]sDkg tLj|tf xf]. e"sDksf]cl3sGb|af6 -Olk;]6/_ To; :yfgsf] b'/L, To; :yfgdf ePsf] r§fg jf df6f]sf]l:ylt tyf e"sDksf]kl/df0fsf] cfwf/df, ;fdfGotof Olk;]6/af6 hlQ 6f9Fpuof]plQ sDkg tLa|tf sd xF}hfg]ub5 . ;+zf]wt d]sf]Nn tLa|tf kl/df0f (Modified Mercalli Intensity Scale) sf]cfwf/df kfozM gflkG5 . cGo dfkf]df -Pd= P;= s=_ dfkf](MSK Scale) klg k|rngdf 5 .

!!_ s'g k|sf/ sf]cg'ej xf]e'sDk <

e'sDksf]klxnf];+]sf]?kdf ax'wf hf]/bf/ em8\sf nfU5 / To;kl5 el'd 8udluPsf]h:tf]xG5, tTkZrft Tof]ult cem}tLa|xG5 jf em6sf emg 7'nf]xG5 .

!@_ e'sDkaf/]k'jfg'dfg ug{;lsG5 <

s;/L e'sDksf]k'jfg'dfg -sxf,Fslxn]/ slt kl/df0fsf] ug]{eGg]af/] s'g} j]1flgsdf 1fg 5g\, g t lgs6 eljiodf slxNo}To:tf]1fg kf|Kt x'g]cfzf ltgLx? Uf5g\.

!#_ e'sDkLo df}d eGg]sxL 5 <

e'sDkLo df}d eGg]sxL 5g\. ;a}k|sf/sf df}ddf, jif{sf]s'g}klg Ct'df jf s'g}dlxgf cyjf lbgsf]s'g}klg ;dodf e'sDk x'g ;S5 .

!$_ g]kfndf lsg e'sDkx? x'g]u5g <

g]kfn o"]];og Kn]6 -efu]ale{s e'v08_ tyf ef/tLo Kn]6sf]hf]gL{dfly cjl:yt 5 . oL b'O{Kn]6x? x/]s ;o jif{df @ ld6/sf b/n]Ps cfsf]t/ ;l//x]sf 5g\. of]ultleGgtfn]k[jL leq r§fgdf rfksf];[i6 u5{. Tof]rfk a9b}uPkl5 e'sDkåf/f dfq To;sf]lj;hg xG5 . g]kfndf o; k|sf/n]dfq e'sDk xG5 .

!%_ g]kfndf k6s-k6s slt e'sDk x'g]u5g <

g]kfndf ax'wf e'sDk x'g]ub5 . u0fgf cg';f/ ;g\!(!! / !((! aLr g]kfn tyf g]kfnsf];Ldfaf6 !)) ls=dL sf]If]qleq lgDg k|sf/n] e'sDkx? eP .

%–^ l/S6/ kl/df0f dfqfdf e'sDk cfi]ft b'O{jif{df

^–& l/S6/ kl/df0f dfqfsf e'sDk cfi]ft kfF jif{df

&–&=% l/S6/ kl/df0f dfqfsf e'sDk cfi]ft cf7 jif{df

&=%–* l/S6/ kl/df0f dfqfsf e'sDk cfi]ft rfln; jif{df

* l/S6/ eGbf a9L kl/df0f dfqfsf e'sDk cfi]ft cl; jif{df

;Dat\!(() df *=# l/S6/ kl/df0f dfqfsf];a}eGbf kl5Nnf]dxfe'sDk uPsf]lyof]eg]@)$% ;fndf k'jL{g]kfndf demf]af --^=& sf]:sn]_ sf] e'sDk uPsf]lyof].

!^_ sf7df08f}pkTo sfdf clxn]e"sDk uPdf s]xf]nf <

;Dat\!(() sf]tLa|tf dfqfsf]h:t}e"sDk ePdf x'g]xtfxt / Ifltaf/]
@)%& ;fndf sf7df8f}pkTosfdf ul/Psf]cWoog cg';f/ –
$),))) dflg;sf]d[o'x'g ;Sg]
(%,))) dflg; 3fOt]x'g ;Sg]
^,)),))) dflg; 3/af/ljxLg x'g ;Sg]
;}s8f ^) 3/ d/Ddt x'g}g;Sg]u/L Ifltu|:t x'g ;Sg]
kfgLsf gn ;}s8f (% Ifltu|:t x'g ;Sg]
ljB't ;]jfsf nfOg / pksQ]bx? ;}s8f $) Wj:t x'g ;Sg]
6]lnkmfg PS;r]h Joj:yf / nfOg ;}s8f ^) Wj:t x'g ;Sg]
k"nx? dWo];}s8f ^) e"sDk nuQ}cfjfudgsf nflu lgik|of]hg x'g]

-Ifltaf/]oL cg'dfgx? sf7df08f}pkTosf e"sDkLo hf]lvd Aoj:yfkg cfof]hgfsf k|sfzgaf6 pb\w[t ul/Psf x'g\. o:tf cf+s8fn]e"sDkLo hf]lvdsf]df6fdf6L lrq0f dfq u5g{\ cf}ltgsf]k|ofu Ifltsf]Æls6fgL dfqfÆsf]?kdf lng'x'g\._

!&_ Tolt a9tf Iflt lsg x'g]<

s}of}sf/0fx? 5g\. d'Vo sf/0fx?df b|tultdf a9bf]hg;Vof, pkTosfdf ju/ of]hgfsf]/ clgolGqt ljsf; sfo,{ckofK{t efl}ts k"jfw{f/, 3/sf] l8hfOgdf e"sDkLo ;'/Iffsf tTjx?sf]cefj, lgdf0{f ;fdu|sf]u0f:t/df sdL Pj+cs'zn lgdf0{f k|s[of cflb dVo x'g\. Ifltaf/]pRr cg'dfg ugk{g]{yk sf/0f xf]– e"sDkLo r]tgfsf]tyf hf]lvd 36fpg]of]hgfx?sf] cefj jf c;Ifd sfof{jog .

!*_ e"sDk ;'/Iff lbj; s]xf]<

;Dat\!(() sf]dxfe"sDksf]:d[tdf g]kfn ;/sf/n]df3 @ utnfO{ e"sDk ;'/Iff lbj;sf]?kdf 3fjf0ff u/]sf]5 . of]/fli6« sfo{qmdsf] g]t[j dfggLo u[x dGqLsf]cWoIftfdf /x]sf]e"sDk ;'/Iff lbj; /fli6« ;ldltåf/f ul/G5 . e"sDksf]vt/faf/]hgtfn]yfxf kfpg\/ cf^gf ;'/Iffsf ;DaGwdf ltgn]s]ug{;S5g\eGg]a'em'g\tyf tb\cg';f/ ub{ hfpg\egL x/]s jif{k|bzg{L, e]nf, ufl]i7x? h:tf sltko ultljlwx?sf] cfof]hgf ul/G5g\. e"sDk ;'/Iff lbj;sf ultljlwx?df sltko /fli6« / cGt/f{li6« ;/sf/L tyf u}–;/sf/L ;3+ ;+yfx? ;xefuL x'G5g\.

!(_ e"sDksf]nflu cfkm"n]/ cfkm\gf]kl/jf/n]s]s;/L tof/L ug{ ;lsG5 <

e"sDksf]k"j{tof/Lsfnflu ug{;lsg]sfd oL xg\M–

!_ ;Í6sfnLg kfl/jfl/s of]hgf tof/L u/L sfof{jog ug]{.

@_ e"sDk hfbf JolQmut ;'/Iffsf]nflu s]ug"{ k5{eGg]af/]klxn]g}yfxf kfpg].

#_ ;Í6sfn lglDt cfjZos kg]{j:t'x? ;u+xu/L æcfkTsfnLg afs;Æ em6k6\emf]nf (Go bag) sf]?kdf tof/ /fVg].

$_ lgoldt?kdf dd{t ;e+f/ u/L cf^gf]3/nfO{ ;'/lIft /fVg].

%_ cf^gf]3/nfO{e"sDk k|t/fv]s u/L agfpg].

@)_ ;°6sfnLg kfl/jfl/s of]hgf s;/L agfpg]<

!_ cf^gf]kl/jf/sf ;a};b:onfO{e"sDksf] vt/faf/]atfP/ ;Í6sfnLg of]hgfaf/]5nkmn ug"{f];\.

@_ 3/df / sfofn{odf klg k|Tos sf]7fsf ;'/lIft / c;'/lIft 7fpFx?af/]klxrfg ug"{f];\. h:tf] kmlg{/x? dlGt/, leqL kvfn{sf ;u+,}9f]sfsf rfy}6x? / ;xfos vDafx? ghLs}sf 7fpFx? ;'/lIft 7fpFxg\. df}sf kbf{plDsg];a}eGbf ;lhnf]af6fa]af/]klg 7x/ ug"{f];\.

#_ cf^gf]3/aflx/ klg ;'/lIft 7fpFsf]7x/ ug"{f];\. h:tM}3/x? / ?vx?, 6]nkmfg / lahn'nLsf tf/cflbaf6 6f9f l/St dbfgx? ;'/lIft 7fpFxg\.

$_ zx/ jf b]z aflx/sf s'g}gftb]f/ jf ldqnfO{ ;+s6sfnLg cj:yfdf cf^gf]kl/jf/sf];Dks{ s[b|x'g cfu|x ug'xf];\. kl/jf/sf ;b:ox?n] cfkm' 3/ hfg ;s]g\jf 3/l;t 6]nkmf]g ;Dks{ug{;s]g\eg]ltlgx?n]o:tf];Dks{ s[b|dfkm{ ;dfrf/sf]cfbfg k|bfg ug{;Sg] 5g\.

%_ e'sDk hfbFf s]ug]{af/]kl/jf/sf k|To]s ;b:onfO{l;sfpg'xf];\/ k|fKt hfgsf/Lsf cfwf/df cfjZos cEof; ug'xf];\.

^_ 3/leq kfgL, Uof; tyf ljB't cfkl't{sf dVo >f]tnfO{slxn]/ s;/L aGb ug]{eGg]af/] kl/jf/sf k|To]s ;b:onfO{l;sfpg'xf];\. lah'nL / kfgLsf]nfOgnfO{cf^gf]3/ sDkfp08sf]kj]z ljGb'df g}aGb ug{;Sg' nfesf/L x'G5 .

&_ cf^gf]6f]ndf jf glhstd 7fpFdf /x]sf bdsn, k|x/L c88f / ;Í6sfnLg pkrf/ s[b|x?sf ;fy;fy};Í6sfndf s;n];xfotf ug{S5 eGg]s'/fx? Yffxfkf0/{fVg'xf];\. pbfx/0f lglDt l5d]ssf]s'g}lrlsT;s .

*_ 3/sf afn– aflnsf, a[4 / ue{tL dlxnfsf] ;'/Iffsf nflu ljzi]f cfjZostf cg';f/ ljzi]f of]hgf ug'xf];\.

(_ ;Í6sfnLg cj:yfdf k|bfu ug'{kg{Sg] dxTjk0f{6]nkmf]g gDa/x? 6]nkmf]gdf jf 6]nkmf]g glhs ;an]b]Vg]u/L 6f]F/ /fVg'xf];\.

!)_ ;+s6sfndf cfjZos kg]{j:t'x? hDdf kfl//fVg'xf];\. k|To]s ^ dlxgfdf tL j:t'x?nfO{ gofFkmg'xf];\. sfofn{odf ;d]t tL j:t'x? /fVg]ug'xf];\.

!!_ ;+s6sflng cj:yfdf 6Kk l6k/] ;lhnl}; t sb\g ;lsg]u/L ;+s6sfnLg emf]nf Tfof/ kfg'xf];\. cf^gf]3/, sf/ / sfof{no lglDt Ps Ps j6f emf]nf cyjf ;+s6sfnLg afs; agfpg'xf];\. k|To]s ^ dlxgfdf tL kf]sfx? Jff afs;sf ;fdfgx? kmg'xf];\.

!@_ kfylds pkrf/ k4lt l;Sg'xf];\.

!#_ ;lsG5 eg]cf^gf]3/df clUg ;'r s306L (Fire Alarm) oGq tyf clUgzdg oGq /fVg'xf];\ tyf ltgsf]pkofu k4ltaf/]l;sL c?nfO{ l;sfpg'xf];\.

!$_ cf^gf] ;+s6sfnLg kfl/jfl/s of]hgf / afnaflnsfsf kf7zfnfx? Pj+5/l5d]s sf ;Í6sfnLg of]hgfx?aLr cfjZos tfndjn ldnfpg'xf];\.

@!_ 7'nf]e'sDksf];dodf dh]s]ug]<

!_ 3/ leq /xg'ePsf]5 eg]M–

-s_olb tkfO{sf]3/ sfFf]O6+ jf df6f]sf]h8fgdf ag]sf]5 eg]M]

-!_ 3/ cufl8sf];8s 3/sf]pFfO{eGbf km/flsnf] 5 eg]dfq

– aflx/ hfg'xf];\

– rf]s h:tf]7'nf 7fpFkm{nfUg'xf];\

– ;w}+;8ssf]aLrefudf /xg'xf];\.

-@_ 3/ 5]psf];8s ;fB'/f]5 eg]

– leq}a:g'xf];\ aflx/ ghfg'xf];\/ sf]7fdf klxn]g}klxrfg ul/Psf];ae}eGbf glhssf] ;'/lIft 7fpFt/ hfg'xf];\. 6fpsf]hfu]fpg] u/L lgxl/g'xf];\ cfkm'5f]kg'xf];\/ Tolx+

/xg'xf];\. ;lsG5 eg] s'g}6]a'n d'lGt/ k:g'xf];\/ Tolx+ /xg'xf];\. cf^gf]lz/ / cfVfsf];'/Iff ug'xf];\. 3/sf]leqL dVo kvfn{sf]5]pdf cf]t nfUg'xf];\. ‰ofnaf6, ef/L kmlg{/af6 cyjf cfkm'dfly v:g ;Sg]j:t'af6 6f9f hfg'xf];\. 8/nfUbf]7fpF7xl/Psf] efG;f sf]7faf6 aflx/ lgl:sg'xf];\. 3/ xlNn/x]sf];dodf e/]Ëaf6 tn gbf]8g'xf];\cyjf 3/af6 aflx/ ghfg'xf];\.

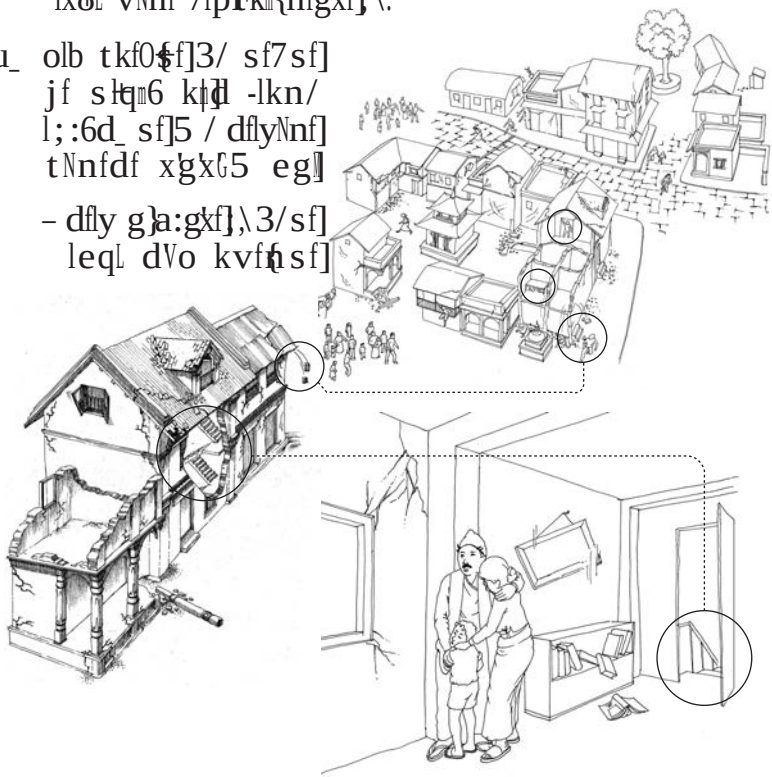
-v_ olb tkfO{sf]3/ l;d]6Lsf]hf]8fOdf O{6f jf l;d]6 Ans jf 5fI6Psf]9'ufn+]ag]sf]5 eg]

– dflyNnf]tNnfdf x'g'xG5 eg]tNnf]tNnf tkm{gb'ug'xf];\ a? dfly @! -s_ df eg]cg';f/ ug'xf];\.

– eO{tNnfdf x'g'xG5 eg]3/ aflx/sf];8s 3/sf]pFfO{eGbf km/flsnf]5 eg]dfq 3/ aflx/ lg:sg'xf];\/ ;8ssf]aLrefuaf6 lx8L vNnf 7fpFkm{hfg'xf];\.

-u_ olb tkfO{sf]3/ sf7sf] jf sl+qm6 kmd -lkn/ l;:6d_ sf]5 / dflyNnf] tNnfdf x'g'xG5 eg]

– dfly g}a:g'xf];\3/sf] leqL dVo kvfn{sf]



5]pdf cf]; nfUg'xf];\ tyf dfly @! -s_ df eg]cg';f/ ug'{xf];\.

– e0{tNnfdf xg'xG5 eg]aflx/ lg:sg'xf];\ / ;8ssf]aLrefuaf6 lx8L vNnf 7fpF{kmn{nfUg'xf];\.

@_ 3/aflx/ xg'xG5 eg]{\–

cUnf 3/x?, zlQmzfnL lahnLsf tf/, ?v / cfkm"dfly v:g ;Sg]cGo sg}klg s'/faf6 6f9f hfg'xf];\. zx/df xg'xG5 eg]sbflk 3/leq gk:g'xfnf, a? alnof]b]lvg]9f]sf dlGt/ pleg' xf];\. ;fy'/f]; 8s jf uNnL eP/ glxF'g' xf];\.

#_ df]6/ xfFbo}xg'xG5 eg]jf afxgdf xg'xG5 eg]{\–

lj:tf/}/fl]sg'xf];\jf /fSg nufpg'xf];\. ;8ssf jfxg cyjf 3/x?af6 cf^gf]afxgnf0{k/ nafg'xf];\. kh jf ?v, lahnLsf vDaf jf ;'gf kf6L dlGt/ g/fl]sg'xf];\. e"Dk g/fl]sGhan afxgsf] 9f]sf vfl]n cf^gf]afxgleq}a:g'xf];\. ;se/ uf8L grnfpg'xf];\. t/ st}kmnL uf8L rnfpg' k/]sf]v08df dfq ;8sdf k/]sf kmf6fx?, 9n]sf 3/x? / 9Ëf jf ?vaf/]xfl]zof/ /xg'xf];\.

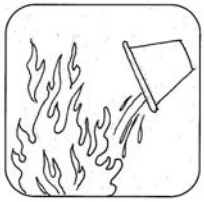
$_ kj{Lo 0nfsfdf xg'xG5 eg]{\–

r§fg, klx/f jf ?vx? af/]e"Dksf]wSsfn]ubf{ vl:sg ;Sg]cGoaf/]xfl]zof/ xg'xf];\.

@@_ e"sDk uPkl5 d}n]s]ug{]<

!_ cjlzi6 wSsf (aftershock, cf^6/zs_ lglDt tof/ /xg'xf];\. cf^gf]kl/jf/nf0{;'/Iff lglDt klxnf]lv klxrfg ul/Psf]3/aflx/sf]vnf 7fpF{t/ nUg'xf];\.

@_ cf^gf]3/ leqsf ;+s6fledv 7fpFF?nfO{ hfFFgxf];\. t?Gt}cfuf]lgefpgxf];\. v;/] kf]lvPsf cfjflwx?, dl§t]n, k|Hjngzln jf pQ]hs b|jx?nfO{k5/] jf cGo k|sf/n]tx nufP/ ;kmf kfgxf];\. cfuf]lgefpg ;lsPg jf Uof; rlxPsf]b]lvPdf 3/ 5fl]8 aflx/ lgl:sg' xf];\.

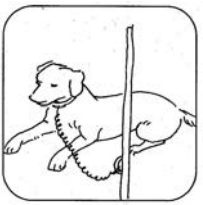


#_ 9f]sf jf b/fh vf]lbf v:g ;Sg]j:tx? k|t ;fjwfg /xgxf];\.

$_ ef]hg ;fdu|L Pj+kfgL cfkl't{sf] hfFF ugxf];\. l56}slxg]vfBnfO{klxn]tyf cl8nf] vfB ;fdu|nfO{kl5 vfg]u/L rfFF]ldnfpg' xf];\. 9f]sf /fd]};t ylgPsf]5 eg]k|Lh/df /x]sf]j:tx? slDtdf bOk|bg lglDt 7Ls /xg] u5g{\. kfgL cfkl't{lalu|Psf]5 eg]kfgL ttfpg] lx6/ / j/kmsf l9Ssf cflbaf6 kuflnPsf]kfgL vfP xG5 . 3/aflx/ dfq :6fe, rNxf,] bdrnf] jf cu]gf];Nsfpg plrt xG5 .

%_ e'sDkåf/f elTsPsf 3/-;+rgf cflb leq ylgPsf 3fOtx]?nfO{;Sbf];xfotf ugxf];\. sfObf yfxf ePdf k|fylds pkrf/ k4ltsf] pkofu ugxf];\. yk 3fO{]xg ;Sg]cj:yf b]lvPsfx?nfO{afx]s uDeL/ 3fO{]nfO{grnfpg' xf];\. uDeL/ 3fOt]sf]nflu pkrf/sf]Joj:yf ugxf];\.

^_ 3/ kfn'jf jf 3/]n' kzx?nfO{;'/lIft 7fpFF af]Fgxf];\. o:tf];+s6sfndf 3/ kfn'jf hGtx? ;d]tdf c;fdfGo Jojxf/ b]lvg]xgfn];a} hgfj/af6 ;fawfg /xg'a]z 7x5{.



&_ km6]sf]Pg]f jf w'/fgaf6 xg];+efljt Ifltaf6 hf]lug ;se/ afSnf]hQf nufpgxf];\.

@#_ e'sDk kl5 d}n]s]ug'{xb'g <

!_ cflwsfl/s Pj+;fdb'flos lg0f{ a]u/ s'g}3/leq gk:g]

@_ km6]sf P]gf glhssf s'g}v'nf ef8'faf6 kfgL gvfg]

#_ aGb ul/Psf]5 eg]UofF;nfO{km/L gvf]'g]

$_ UofF; rlxPsf]5g eGg]kSsf gxf]pGhn ;nfO,{nfO6/, :6f]e, lahnL pks/0fx? pkofu gug,[gq eg]ltgLx?af6 lgl:sg]lemNsfn]rlxPsf UofF; ;lNsP/ cfunfuL ;? x'g;Sg]5 .

%_ cfj}fwf]krf/ jf cfunfuLaf/];Í6sfnLg ;'rgf lbgsf nflu afx]s cf^gf]6]nkmf]gsf]pkofu gug'{xf];\.

^_ s'g}s]6fs]6LnfO{PSn}g5f]8g' xf]nf . s]6fs]6Ll;t s'/fsfgL ug'{xf];\. a? ltgLx?l;t v]'g'xf];\.

&_ df]6/sf/ grnfpg'xf];\. cfjZos 5 eg]kb]n lx8g'xf];\ gq ;fOsn r9g'xf];\.

*_ arfp sfo{df nfu]sfx?nfO{-:jo+;]sx?nfO{ cfnf]rgf ug]{jf ltgsf sfdaf/]:jtM:km't{lg0f{ glbg'xf];\. s]x]sf ug{k5{eg]lgs}b?x l:yltdf ltlgx? sfo/{t /x]sf x'g;S5g\. a? pgLx?sf]dgf]an a9fpg] sfd ug'{xf];\.

@$_ d 3/leq ylgP"eg]s]ug]<

9n]sf]3/df y'lgg' ePsf]5 eg]gx8\a8fpg'xf];\/ ;xfotf lglDt glrRofpg'xf];\. lj:tf/};f; km]g'{xf];\/ cfkm' aRg]5' eGgdf ljZjf; ug'{xf];\. ;+6df]rg 6fnL cfPsf]5 eGg]osLg ePdfdfq Wofgfsif{fsf nflu lrRofpg' jf l;l6 ahfpg' ;a}eGbf /fdf]pkfo xf].

@%_ d]/f lglDt s'g s'g ;°6sfnLg j:t'x? cfjZos 5g <

!_ cfuf]lgefpg]oGq

@_ tkfO{n]jf kl/jf/n]vfgkg]{cfj}flwx?sf kofK{t hu]8f

#_ lahnL, UofF; / hn cfkl't{aGb ug]{ cf]hf/ -ltgnfO{klxn]g}sfd lngkg]{ :yfgd}/flv 5f8g'xf];\.

$_ kfylds pkrf/sf]afs; / ltgsf]kofuaf/] k':ts jf lgb]zsf

%_ kl/jf/sf]k|tJolQm k|tlbgsf]nflu slDtdf $ ln6/sf]lx;fan]slDtdf tLglbgsf]lglDt kfgLsf] hu8f /fVg'xf];\.

^_ ;+s6sfnLg afs; jf kf]sfdf a§f–aGb, rf8F} glaug]ef]hg ;fdu|, -ls;ld;, 5fx/f cflb d;nf_ gg', lrgL, cGg, Ro"f, nfvfd/L, bfndf6 cflb /fVg'xf];\. kl/jf/sf ljz]if ;b:onf0{ cfjZos vfBj:t'–pbfx/0f lglDt lzz'x?sf] nflu w'nf]b'w aGbf]a:t ul//fVg gla;{g].

&_ 3/aflx/ ef]hg ksfpg lglDt cfbfg, bfp/f]jf sf0nf, :6f]e tyf s6fs6Lsf kx'F aflx/ /xg] u/L t/n OGwg h:t}dl§t]n /fVg'xf];\.

*_ leqL n'uf, h'Qf, sfDnf,] ANofÍ6 h:tf ;fdu|, /fVg'xf];\.

(_ 6jfn6 k]k/, ;fa'g, lglh ;kmf0sf j:t'x? cflb klg /fVg'pQd 7x5{.

@^_ ;°6sfnLg kf]sf]jf afs; eg]sf]s]xf]<

e"sDkkl5sf];+s6sfndf tkfO{nfO{ge}gx'g]dfly @% cf}kZgdf n]vPsf cfjZos vfB tyf cGo ;fdu|x? Go"gtd dfqfdf hDdf u/L /flvPsf]em]nf jf Affs; g};+s6sfnLg afs; x'g\. Go"gtd ;fdu|, ;lxtsf]em§ l6k]/ b'u'g{;Sg]em]nf g};+s6sfnLg em]nf xf]eg]o:t};fdu|sf];u+x u/L 3/sf];jf{ws ;'/lIft 7fpdF /flvPsf]afs;rfxLF;+s6sfnLg afs; xf]. oL j:t'x? ;lhn];t nUg ;lsg]em]nfdf klxn] b]v g}/flvPsf x'g'a]; x'G5 . ;+s6sfnLg kf]sfdf lgDg a:t'x? x'g'a]z x'G5 M

!_ tkfO{n]jf kl/jf/n]lbgx'lng]u/]sf cfjflwx?sf kofK{t hu8f

@_ Ps jf b'O{nL6/sf kfgLsf af]tnx?

#_ Kofs ul/Psf l5§}gi6 gx'g]ef]hg ;fdu|L h;df vfg]d;nfx?, Nffvfd/L, ;Vff kmn, cGg, Ro"/fx?

$_ Aof6k«oQm 6ra{QL / yk rLdx?

%_ xn'sf /]8of]/ Aof6k«

^_ kfgL z'4 ug]lghn{ cfj]flw rSsLx?

&_ l6gsf a§f vf]g]oGq / rSs'

*_ hGd / ljjfx k|df0f kq, /fxbfgL, ljdfsf sfuhft, a}+sf sfuhft / h?/L 6]nkmf]g gDa/ n]vPsf kfl/jfl/s sfuhftsf k|tlnlkx?

(_ tkfO{sf]3/sf]gS;fsf k|tlnlkx? -vf]hL jf p4f/ sfo{lgDt logLx? pkof]uL x'g ;S5g\

!)_ hu]8f ;f+rfx?

!!_ ?ko}F

!@_ l;l6V7

@&_ e"sDkaf6 3/leq / aflx/sf ;fdfgx?nfO{ s;/L arfpg ;lsG5 <

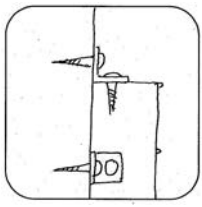
!_ 7"nf, ef/L jhgsf / 6'6km'6 x'g]j:t'x?nfO{ b/fhsf tNnf v08df -vfkf y'g]/_ /fVg].

@_ a/08f / afbn{Lsf 6kaf6 udnfx?nfO{ x6fpg].

#_ t:jL/x? / P]gfx?nfO{cfkm";Tg]cf]5\ofgaf6 6f9f em08fpg].

$_ lalu|Psf ljB't tf/ k|0ffnL / rlxPsf UofF; kfO{x?sf]cfjlws d/Ddt ug]{.

%_ cUnf kmlg{/ / cGo ;fdfg tyf k':ts b/fh / /]kmh/6/x?nfO{leQfdf alnof]ul/ lsNnf 7f]sL h8fg ug]{.



^_ laleGg 6fFg]s'/f / sf7÷Knfli6ssf kl§x? pkofu u/L kmlg{/, lahnLsf ;fdfgx?nfO{ xlNng / ;ga{f6 /f]g].

&_ b/fhx?df s6fs6Ln]vf]g g;Sg]lsl;dsf] klSs tfNrf dfg]{.

*_ l;lnu-k+vf / k|sfz pks/0fx?nfO{ l;qmLsf]k|ofuåf/f yk ;'/Iffsf ;fy aFw/ c8\sfpg].

(_ sL6gfzs cf}flw, dl§t]h, Hjngz Ln kbfyx{?nfO{tfk>f]taf6 6f9f /fVg].

@*_ d s ;/L e'sDk k|t/fwL 3/ agfpg ;S5'< o;/L 3/ agfpb'f slt a9L vr{nfU5 <

kf|jlwsx?sf];Nnfxdf g]kfnsf]ejg lgdf6f ;l+tfdf pNnv eP adf]hd e'sDk k|t/fwfTds k|jlw ckgfO{e'sDk k|t/fwL 3/ agfpg ;lsG5 .

3/sf];/+rgf agfpbFsf]hDdfhDdL nfutdf ;os8f % b]lv !) ;Dd yk vr{u/]df ;fdfGo ljrf/ k¥ofO agfOPsf g]kfnL 3/x?nfO{e'sDk k|t/f]lw agfpg ;lsG5 . alg ;s]sf 3/x?nfO{klg ;os8f @% b]lv $) ;Dd vr{u/L e'sDk k|t/fwL agfpg ;lsG5 .

@(_ d}n]kf|yld s pkrf/ k4ltaf/]sxf'1;Sg ;S5'<

g]kfn /]8qm; ;f];fO6Ln]kf|yld s pkrf/ tfnLd sfo{qmd rnfpg] ub5 . yk hfgsf/Lsf nflu ;Dks{ug'{f];N-

g]kfn /]8qm; ;f];fO6L, s]Gb|o sfo{no

/]8qm; dfu{sflndf6L, sf7df08f}g]kfn

kmfg g=+$@&)^%), $@&@&^!, $@&*&!(, $@&#&#$

^ofS; N $@&!(!%

#)_ e'ŝDk k|jlwaf/]yk hfgsf/L dh]sxf"af6 kfpg ;S5'<

s[kof e'ŝDk k|jlw /fli6« ;dfh– g]kfnsf]j]a;fO{ www.nset.org.np x]g{¥f}\.

k[o]s zqmaf/ ck/fGx @ ah]kl5 e'ŝDk k|jlw /fli6« ;dfh–g]kfnn] e'ŝDk k|t/fvs k|jlw nufot tkfO{sf]3/nfO{s;/L e'ŝDk k|t/fvL agfpg]ljifoaf/]lgzNs ;Nnfx ;]f pknAw u/fpg]u/]sf]5 . o; cGtu{ tkfO{sf]xfnsf]3/nfO{;d] s;/L e'ŝDkLo k'g;{Sb]Ls/0f (Earthquake Retrofit) ug{;lsG5 eGg]af/];dfhsf OlGhlgo/x?n];Nnfx lbg ;Sg]5g\. To;sf lglDt slDtdf bO{lbg cufl8 g}6]nkmfg gDa/ %%(!))) df ;Dks{u/L e{ cf}/ ldnfpg'xf}\. of]e{3f6 ubf{tkfO{n] cf^gf]3/sf]ofhgf jf gS;f cfkm';u}Nofpg'k5{.

To; afx]s e'ŝDk k|jlw /fli6« ;dfh–g]kfnsf];xofu]df sf7df8f}sf] /]Bof];u/dfyf (FM 102.4 MHz) n]dËnaf/ ;fEm &l#) ah]/ kfv/fsf] /]Bof]cGgk0f{(FM 93.4.4 MHz) n]a'waf/ laxfg &l#) ah]lgoldt ?kdf e'ŝDk ;DaGwL hgr]gf sfo{qmd ;+fng ul//x]sf]5 . o;af6 klg yk hfgsf/L kf]t ug{;lsG5 . oL b'a}kof;nfO{a9L nfebfos agfpg tkfO{sf]cdNo ;'emfjn]dxTjk0f{ofu]bfg lbg ;S5 . o;sf]nflu e'ŝDk k|jlw /fli6« ;dfh–g]kfndf ;'emfj ;d] ;Dks{ug{¥f}\.

yk k|fgsf]hfgsf/L, ;'emfj tyf ;dfhnfO{cfly{s jf cGo ;xofu] k¥ofpgsf nflu lgDg 7]ufgfdf ;Dks{ug{¥f}\.

NSET

e'ŝDk k|jlw /fli6« ;dfh–g]kfn

National Society for Earthquake Technology-Nepal (NSET)

kf]6 aS; g=!#&&%, ;}'uf=lj=;= j8f g=$
e}]kf6L cfjf; If]q, nlntk'/, g]kfn
kmfg]l -(&&–!_ %%(!)))
^ofS;]l -(&&–!_ %%(@^(@
O{dh]l nset@nset.org.np
j]a]l www.nset.org.np

NSET

e'sDk k|jlw /fli6« ;dfh-g]kfn

National Society for Earthquake Technology-Nepal

kf]a=g=+!#&&%, ;+'uf=lj=;= j8f g=+$, e+]kf6L cfjf; Ifdtf, nlntk'/ g]kfn . kmf]g g=¥ -(&&–!_ %%(!))), kmofS; g=¥ -(&&–!_ %%(@^(@

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