



From
the People of Japan



हाम्रा घर तथा कार्यालयका लागि गैर-संरचनात्मक भूकम्पीय जोखिम अल्पीकरण हाते पुस्तिका

Handbook on Non-Structural Mitigation for residences and offices



u};*rgfTds
j:t{x?sf]e'sDklo
hfl]vd sf]cNkls /Of

k|sfz sM
;fknfgl/sf];xofludf
e'sDk klj]lw /fli6
;dfh-gkfn

;*ng tyf n]yg
uOfz sDf/ lhdL
ljho sfOf pkfwofo
e]g]j/L k/fhnl
cf]dsnf vgfn
z/b jfUn]

kg/fjnf]sg / ;'emj
cfd] dlof bl]If t
;b{gf/foOf >]7
v8u ;g cfnL
;hgf >]7

lrq tyf uflk]S;
rGbg Wjh /fgf du/
lbAof ah]rfo{

kyd ;+s /OfM
)))) klt, @)&@

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k]sfzg >]vnf M
NSET-106-2015

o; k|sfz g ;fdu]df k:t't ljifo j:t'e'sDk klj]lw /fli6
;dfh-gkfn]o; If]df u/]sf sfd / cWoogdf cfwil/t
5g\h;k]t bft[;tyf pQ/bfoi /xg]5g .

of];fdu] ;fknfgl/ / e'sDk klj]lw /fli6 ;dfh-gkfn
(NSET) af/f ;~rflnt æ'sDklo u};*rgfTds cNkls/Of
cleofgÆ cGtu{ k]sfzg ul/Psf]xf].

;fj]k]gs lxtsf nflu e'sDk klj]lw /fli6 ;dfh-gkfn]sf]:j]ls[t
lnP/ o; xft]kl:t sfd k:t't ul/Psf ;fdu] ptf/ ug,{k]tlnk
ag]pg tyf kg k]sfzg ug{kf0g]5 .

e'sDk klj]lw /fli6 ;dfh-gkfn (NSET)

k[7eld Ⅵ

gkndf xg]kfs[ts ksfk dwođf ešDk dVo ; /fšf/sf]ljifo
 xfl]sgls gkfn ešDksf]tla|;Defjgf ePsf]Ifđdf cjl:yt
 5 . ljutsf ešDkaf6 /fi6a]w]]hgwgsf]Ifłt Joxfđk/šf]s/f
 Oltxf;af6 klq :ki6 xG5 . Ps cWoogsf cg';f/ ljZjsf]ešDklo
 ;š6f;Ggtfsf lx;fan]gkfn !! cf};yfgdf kb\$ eg]ešDkhGo
 ;ełj t d[osf]kl/dfofsf]cfwf/df ;f/sf 7hf ;x/x?sf]thgdf
 sf7df8f}pkTosf klxnf]:yfgdf kb\$. @)&@ ;fn ašfv !@ ut]
 uPsf]ešDk / To; kl5sf k/sDkx?n]sf7df8f}pkTosf nufotsf
 ljleGg lhNnfx?df ejg, cGo ;Argf tyf u};Argfx?df Ifłt
 křofPsf 5g\.

ešDkaf6 w]]hgwgsf]Ifłt xgdf ełłts ;Argfx? eTsg'dVo
 sf/of /xšf]cWoogx?n]bšvp5 . ešDkdf ;Argfx? geTššf]
 cj:yfdf klq u};ArgfTds j:tx? n8], v;] klq w]]hgwgsf]
 Ifłt ePsf]5 . ešDkaf6 3/sf cGo ljleGg j:tx?sf]Ifłt gePsf]
 cj:yfdf klq cflQP/ efubf8 ubf{rf6k6s nfušf]/ Hofg ;d}
 uPsf]b]vG5 . o:tf]xgdf cfd hgdfg;df ešDklo hfl]vd tyf
 ;/Ifsf]kofłt r]gf gxg' ešDklo k]řof/Lsf]plrt 1fg tyf
 ;lksf]sdl xg'gkđv sf/s tTj /xšf 5g\ . ešDk Ps kfs[ts
 ksfk xf]/ o;nř0{/řg ;lsbđ . t/ ešDkaf6 xg ;Sg]hgwgsf]
 ;ełj t Ifłtnř0hfl]vd cNkls/ofsf ljlwx?áf/f w]]xb;Dd 36fpq
 ;lsG5 . ešDklo hfl]vddf /xšf cGo dhšx?n]hfl]vd cNkls/ofdf
 cřgf]cgšhšf ljlwx?nř0{cjdDjg u/] hfl]vdnř0{sd ul/; sšf]
 w]]pbfx/ofx? 5g\ . olx s'/nfř0{cřtd;ft\ u/] gkfn ;/sf/, břt[
 ;tyf, u};/sf/L Pj+gllh Ifđ nufot w]]];/fšf/jřnf ;3;tyfa6
 ksfk hfl]vd klxřfg, r]gf÷bIfřf clej[4, hfl]vd cNkls/of,
 k]řof/Lb]v plrt gllt lgdfřf;Ddsf sfox?sf]yřngl e0; sšf]
 5 . t/ klq o:tf nřebfřl sfřđdsf]křfj cfjZos dfřdf ;a}
 Ifđ tyf txdř křg ; sšf]5g . křoš JolQm tyf 3/n]of]s'/nfř0{
 cřtd;ft gu/]Dd / ;fdbřlos:t/df of]1fg gku}Dd ljkbl
 hfl]vd Gogls/of křfjsf/L xg ;Sbđ . o;};Gbedř křoš ;dbfodf
 3/wglx? ;Dd ešDklo hfl]vd / u};ArgfTds j:tx?sf];/Ifř
 ;DaGwl 1fg / ;lk k'/řfpglp2řon]ešDk kljlw /fi6o
 ;dfh-gkřnřf/f of]xřtkl:tsf tof/ křl/Psf]xřf].

ljifo ; ȲL

!= kl/ro =====#
@= e\$Dklo hflȳvd GoȳLs/0fsf /0fglltx? ===== \$
#= uȳ; Ȳrgfȳds j:tx? ===== %
\$= Ufȳ; Ȳrgfȳds hflȳvd ===== ^
%= Ufȳ; Ȳrgfȳds hflȳvd cNkLs/0fsf pkfox? ===== &
^= cNkLs/0fsf nflu cfjZos sȳL ;fdulx? ===== !@

Gf[knsf]ljBdfg hfjvdsfjl:ylt xhf{ešDk Ps kfv ljb\xf]. 3/leq /xšf ;fdfgx?
Hf;nfo{x6fpbf jf km]abn ubf{3/sf]ef/axg lfdtfd sğ}sdl xbg eg]To:tf
j:tx?nf0{u};ArgfTds j:t'elgG5 . h:t]ešDkaf6 dflg;sf]d[ot' tyf 3foT]xgsf
nflu ejg kof{kdf lft xg' ;w}cfjZos 5ğ . 3/ elTsP/ dfq hgwgssf]lft xg]
ge0 ešDksf];dodf 3/leq dflg;sf];/;ljwf tyf ;hfj6sf nflu /flvg]b/fh, kwf,
udnf h:tf u};ArgfTds j:tx? n8g] k6g]/ kN6gfn]klg hgwgssf]lft xg]
ub5 . cfjf;lo ejgx?df u};ArgfTds hfjvd Gogls/ofn]dxTjkOf{eldsf vhf]f]
xG5 . o; kl:tsfsf];xofn]cfjf;lo ejgx?sf]u};ArgfTds j:tx?sf]nyfhfyt
tyf hfjvd Gogls/of ug]af/df yxf kfpğ ;lsG5 .

nlft pkofu s tf{

;fwf/of cfjf;lo ejgx?sf]u};ArgfTds hfjvd Gogls/ofsf nflu of]xftkl:tsf tof/
kl/Psf]xf]. o; kl:tsfsf]nlft pkofustf{kloš cfjf;lo ejgx?df a:g]dflg;x?
ePtfklg ef8fsf ejgx? tyf 3/wgl tyf ;3;tyf, Jofkl/s s]b] sfotfosf nflu
;d] ;dfg pkofu 5 . ;fdfGo cfhf/ rnfpğ ;Sg]JolQmn]klg oxfPpNn]vt
u};ArgfTds hfjvd Gogls/ofsf sfox? ;lhn]ug{;Sb5g\cyjf 3/wgl]nflg]
cgdf]gt vr{tof/ kfg{/ ;DalGwt JolQmnfo{Gogls/ofsf sfo{u/fpg ;Sb5g\ . of]
kl:tsfn]ešDklo k]f{of/L tyf u};ArgfTds cNkls/ofsf ljifo:j:tx?nf0{dfq hf8
lbPsf]5 . o;n]ešDk ylg]3/ s;/L agfpg]eG]lgdfqf ljwnfo{eg];d6ğ .

p24o

o; xftkl:tsfsf]p24o eljiodf cfpğ ;Sg]ljgzsf/L ešDkaf6 xg]dfgjlo /
;DklQsf]lftnf0{sd ug{tyf To; kZrft\klg ;jf ;ljwfx? ;rf? ug{d2t ug{
xf]. o; kl:tsfsf]ljzib p24o ejgdf a:g]JolQmx?nf0{lgDg s/fx?df ;xhls/of
ug{xf].
= cfjf;lo ejgx? leqsf u};ArgfTds hfjvd tyf vt/f klxrfg ug{.
= ljleGg u};ArgfTds j:tx?nf0{;lft kfgf nflu cfjZos tyf :yfglo ahf/df
;lhn]pknAw ;fdu|x?sf]klxrfg ug{.
= 3/df /xšf u};ArgfTds j:tx?nf0{ešDklo lx;fan] ;lft kfg{.

cklft kl/offd

o; kl:tsfsf];du]kl/offd ešDklo ;lft cfjf;lo ejgx? xg\h;sf u};ArgfTds
j:tx? ;d] ešDkaf6 ;lft 5g\ . o; kl:tsfsf]kf7sx?n]lgDg sfo{ug{
;Sb5g\.
= ejgleq /xšf u};ArgfTds hfjvd tyf To; ;f cfj4 vt/fx?sf]klxrfg ug{.
= u};ArgfTds hfjvd Gogls/of of]hgf tyf u};ArgfTds cNkls/ofsf nflu vr{
cgdfg ug{.
= u};ArgfTds j:tx?nf0{kfyldstsf ;fy ;fls[ug{/ ;fl cg';f/ r/ofj4
tl/sfn]hfjvd Gogls/of ug{.

e's Dklo hfllvd GoğLs /Ofsf /Ofglltx?

hfllvd cNkls/Ofsf ljlwx?áf/f ešDksf]hfllvdfnf0{w}}xb;Dd 36fpg ;lsG5 eGg]s/f :yflkt e0;sşf]5 . ešDklo hfllvd 36f0 ;/Iift ;dbfo lgdfqsf] nflu tlg j6f /Ofgllt kşfjsf/L dflgG5 . gkfn h:t}hfllvddf /xşf cGo dh'sx?n]log}tlg /Ofglltx?nf0{c]jndag u/] ešDklo hfllvdfnf0{sd ul/;sşf 5g\.

!= yk hfllvd ga9fpg]

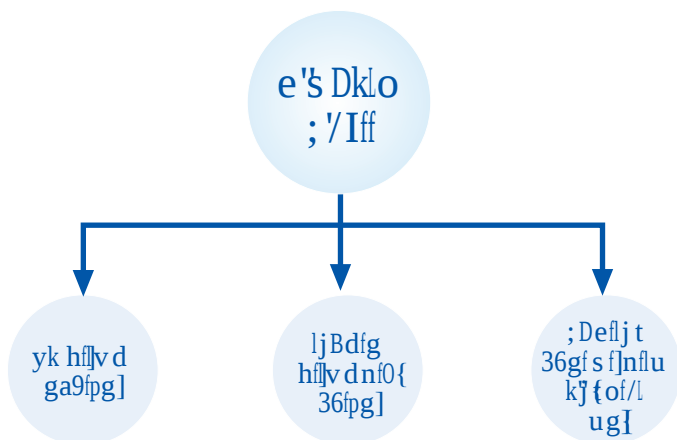
- = ;a}gofFaGg]ejg / ;Argfx?nf0{- ešDk kl't/fvL agfpg]
- = Uf};ArgfTds j:tx?nf0{- alnof]/ ;/Iift ;F h8fg ug]
- = ;DkOf{gofHj sf; lgdfqf sfohf0{ešDklo ejg lgdfqf ;ktf cg';f/ lgdfqf ug]

@= ljBdfg hfllvdfnf0{36fpg]

sdhf] ejgx?sf]ešDklo k]jnls/Of (Retrofitting) ug]/ Uf};ArgfTds j:tx?sf]klg ešDklo hfllvd cNkls/Of ug]

;Defljt 36gf sf]nflu kşf{of/L ug]

ešDk kşf{cf0/xşf];dodf / ešDk kZrft\c]jndag ugkg];/Iift tyf c;/Iift Jojxf/af/]hfgsf/L ln0{yxf kf0/fvg.]EfšDksf]ahf Hofg hfllfpg] ;lk nufot cGo kşf{of/L ug]ešDknf0{/fsg, 5şg / 6fg};lsGg, t/ ljrf/ kşofP/ eljiodf ešDka6 xg ;Sg]hgwgsf];efljt Iflt cyf{ešDklo hfllvdfnf0{lgş}xb;Dd sd ug};lsG5 eGg]tYo :yflkt e0;sşf]5 . ešDklo hfllvd cNkls/Ofsf ljlwx? ;d] klxrfg e0;sşf 5g\.



u};*rgfTds j:tx?

kl/efiff M

3/sf To:tf efux? Hf;nf0{x6fpB jf km\abn
ubf{3/sf}alnofkgfdf km/s kbJ cyjf 3/sf}
ef/ yfDgJlfdtdf sdl cfpB egJTo:tf j:tx?nf0{
u};*rgfTds j:t'elG5 . h:t};hfj6sf ;fdfgx?,
;Jf ;ljwfsf j:tx? tyf blgs ;~rfngdf kpfh
xgls/fx? ;a}u};*rgfTds j:tx? xg\ . pbfx/0fsf
nflu ||



= **v:g ;Sglj:tx?** cUnf]:yfgdf /x\$ / /fdJ}E
gafWPsf j:tx? e\$Dksf];dodf v;J Iflt
xg ;Sb5 . h:t} kvf, cUnf b/fhdly /flvPsf
;fdulx?, leQdf eHG8ofOPsf tl:j/x?, cUnf
7fpB /flvPsf udnfx?, lahl aQlx?, vNnf
Vofsdf /flvPsf ;fdfgx?, kmN; l;lnE, Snf8E,
lrDgl cflb .

= **kN6g ;Sglj:tx?** sgklg j:t'h;sf]prf0
rfB0sf]tlg uoff ebf a9L 5 egJTo:tf
j:tx? e\$Dksf];dodf ;lhn}9Ng ;S5g\
h:t}3/dly /flvg]kfglsf]6ofl, cUnf b/fh,
lkfh, Uof; , lx6/ , hfj6sf ;fdfgx?, Vofs,
leql uf/f] a/G8fsf]uf/f] Uof; sf l;lnG8/x?
cflb .



= **;g{;Sglj:tx?** sgklg j:t'e\$Dksf];dodf
gkN6Jfklg cfkkgf]:yfgaf6 ;g{;Sb5g\ . ;fy}
rSsf hl8t ;fdfgx? Ps 7fpB6 csf]7fpB
u8J 7fBso cfkmJlft xG5g\tyf c? ;fdgnf0{
klg Iflt ub\$g\ . h:t} xff b/fhx?, 6hlehg,
df0qm]cfeg, kfauf hl8t 6an, ljleGg xff
;fdulx? cflb .

= **km6g jf rs\$;Sglj:tx?** l; ;fsf %ofnx?,
;hfj6sf ;fdfgx?, kmfBfBf kpfh x?,
;f\$}x? .

= **cGo j:tx?** eVofa jf cfjthfjt ugJ:yfgdf
/flvPsf ;fdfgx?, eG;fdf /x\$ efBfsBfx?,
lahhlsf tf/x?, cUnf kvfx?, 3/ 5p5fp
/x\$ vDjf, ?v, xBfBf? cflb .



Uf}; #rgfTds hf]vd

u}; #rgfTds j:tx? s f]hf]vdaf6 xg]hgwg s f]Ilt

hij IltM



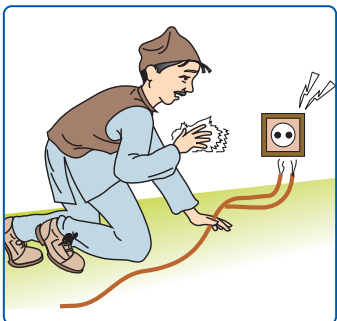
ešDksf];dodf v;], kN6], k6] dflg;nf0{
rf6k6s kfofpg tyf Hofg]klg lng ;Sg]
u/L rf6k6s nflu; ;S5 . h:t}7hf 7hf
l; ;fx?, cUnf / uxf]b/fh tyf fofs, 5tdf
eh08of0Psf kvf, aQLx?, kN; l;lnE,
kfl6{g uf/f] b/fhdf /flvPsf ;hfj6sf
;fdfgx? . sltko ešDkdf ePsf dfgjLo
Ilt dwo]u}; #rgfTds hf]vdaf6 xg]Ilt
)Ü ;Dd ePsf]b]lvPsf]5 .

;DklQs f]IltM



xfdf]3/df /x\$ff u}; #rgfTds j:tx? h:t}
l6=el=, sDko6/, lkth, df0qmf]cfeg cflb
ešDksf];dodf Iltu}t xg ;S5g\ . ol
axdNo ;fdfgx? xg\ . ešDkjf6 o:tf]
;DklQsf]Ilt Pp6f 3/df ePsf];Dk0f{
Ilt sf]sl/a Ps ltxf0;Dd xG5 hg 7hf]
Ilt xf].

;jf ;ljwf ;#fngdf afwM



;jf ;ljwf ;~rfng ugdf kpfh xg]
u}; #rgfTds j:tx? h:t}kfgLsf]kfOk,
lahhlsf tf/, Uof; sf kfOkx? kfg ešDkdf
kN6g] rBg]xg ;S5g\ . o:tf]cj:yddf
ltglx?af6 ;#flnt aQL, lkth, l6=el=,
sDko6/ cflbat6 lgoldt ?kdf ug'kg]sfo{
ug{;lsb8 / c;xh l:ylt ;hgf xg
;S5 .

Uf}; #rgfTds hfjvd cNkls /Ofsf pkfox?

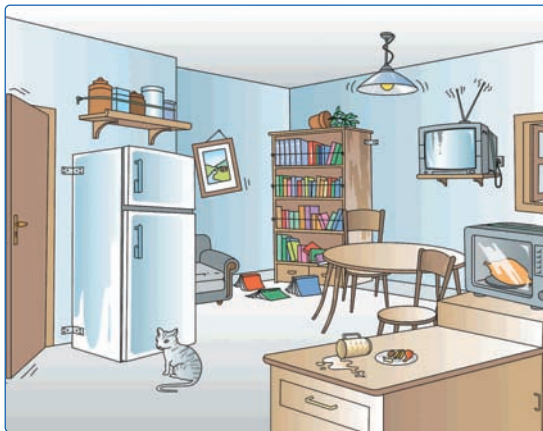
u}; #rgfTds j:tx?sf] e'sDklo
hfjvdfn0{sd ug}tl/sfnf0{cNkls/Of
elgG5 . ol cNkls/Ofsf pkfox? ;/n
/ sd vlrnf 5g\ . sltko cNkls/Ofsf
nflu t vr}klg nflu} . cNkls/Ofsf]
dVo p24o e'sDksf];dodf u}; #rgfTds
j:tx?nf0{v:g ;Sg] 9Ng jf kN6g
;Sg] ;g{;Sg] kN6g jf rsg ;Sg]
cfjfudgdf atwf kfg{;Sg]cflb cj:yf
jf c;/nf0{/fsg'xf].



hfjvd cNkls /Of gubf{xg uPsf]
u}; #rgfTds Iflt

eOtfnf}sf]sDkgaf6 efG;f sf7fdf b/fh 9n}sf] vfgf vfg]6}n / l6= eL-
v;] eLfPsf, klhshf]9f}sf vh] ;fdfg afx/ lg:s}sf]b/fhsf]8e/ vh}sf]
uf/fdf em08ofOPsf]tl:j/ v; }sf]b/fhdf ePsf kn6 tyf lunf;x? nufot
cGo ;fdulx? klg eOdf oqtq v; }sf]:ki6 b}lg ;lsG5 . o;af6 7hf]dfqdf
;Dkltsf]Iflt ePsf]5 .

tnsf]bZo e'sDk kZrft'sf]pxl efG;f sf7fs}xf]. t/ ToxfE;a}u}; #rgfTds
j:tx?nf0{cNkls/Ofsf ljleGg pkfox? ckkgP/ Jojl:yt u/L /flvPsfh]
ToxfE;f ;fdulx? e'sDksf]sDkg kZrft\klg ;/Ifit g}/x}sf]xf]. o;/L
u}; #rgfTds j:tx?nf0{cNkls/Of u/} To;af6 xg ;Sg]hfjvdfn0{sd ug}
;lsG5 .



hfjvd cNkls /Of ul/Psf]xgIn Iflt Goğ

pkfo ! M x6fpg] :yfg kl/ j t g ugI

xfdln]hu8f tyf dd{ ugkglkmlgf / / cGo
;fdfgx?; jf/L ;fwg -df6/ ;f0sn; f0sn,
khjngzln kbfi{h:t}Pl;8, dl66th, k66h,
Uof; l;ln08/ klg cfj thfjt ugIeYofE,
Kof; h, sl/8f], l58ldf To; }yGsfPsf xG5f}
o;n];fwf/Of cj:yfdf klg cfj thfjt ug{f]
nflu c;lhnf]e0/x}f]xG5 . e\$Dk kl5 3/jf6
lg:s} ;/lIf t :yfglt/ hf6f o;/L af6f df
/flvPsf];fduln]xhdlnf0{cNemfpg]/ yk hflvd
a9fpg]xG5 . lsgsl log};fdulx?df cNemP/
xhdlnf0{rf6k6s nflu;S5 . ;fdulx? n8]
af6f]cj?4 klg ug{S5 . cfunful h:t}csl]
hflvd lgDTofpg];efjgf klg xG5 .



;fdfg x6f0 s /l8f] cfj fudgnf0{; xh
agfOP s f]

pkfo @ M 7fpF;fgI

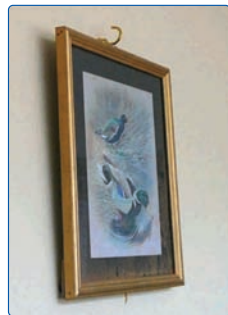
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v08 jf tVtfd / xNsf ;fdulx? dflyNnf]
v08df /fvg' kb\$. o;/L ;fdfgx?nf0{7fpF
;fl6 lbgn]dfq klg e\$Dksf];dodf hgwsf]
lft xgaf6 hflupg ;lsG5 .



uXxf];fdfg tn, xn'sf ;fdfg dfly /fv}f]

pkfo # M c\$; jf x's nu fpg]

xfdln]kmf6f] kdf0fkq, ljleG lsl;dsf tl:j/sf
kdlx? xdf];lg]a:g]jf a7s sf]sf]leQdf
;fdfGo lsnfdf ;Lwf lx;fan]e08ofPsf
xG5f}; kmf6f]e08ofpg ;fdfGo lsnfsf];66f
c\$;ljf x'ssf]kpfu ugk5{ x's jf c\$zn]
e08ofOPsf]j:thf0{v:g lbbg / o; }klg
6fpsf]dfly kg]u/L /fdf]7hf]tl:j/, kvf,
v}hg jf cGo j:t' /fvG' al4dgl xG5 .



c\$; jf x's nu fpg]

pkfo \$M 6b f]tyf cf8 nufpg]

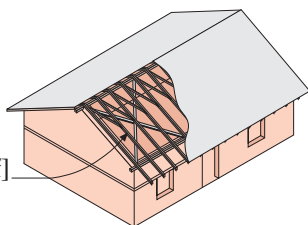
3/sf ljleGg sf7fsf b/fh jf vofsd f ljleGg
;fdfgx? h:t}ls tfa, ;hfj6sf ;fdfg,
l; ;fx?, a66fx? kfol vNnf g\ xG5g\ . 9f3f
gePsf vNnf vofsf jf b/fhx?df /x3f
;fdfgx? eSDksf ahf v:g ;Sb5g\ . To;h
o:tf vNnf b/fhx?df of 9f3f /fvgkb\$ of
t ;fdfg gv:g]u/L sf7 jf 8f]Lsf]af/
nufP/ 6b f]lbg' jf cf8 nufpg' kb\$.
b/fhnf0 klg ;/Ift ug{uf/f]h:tf];Argf;u
afEg' kb\$. ljleGg ljlw kpfh u/L b/fhx?
Afnof] u afEg ;lsG5 . 3/sf]leQdf b/fhnf0{
bfof fafofEAL x's agf0 alnof] E c8ofpg
;lsG5 . b/fhsf] v66fdf g6af]6 s;]
alnof] E afEg klg ;lsG5 . b/fh / 3/sf]
l;lnEsf]prf0 a/fa/sf]sf7sf]6qm f jf
b]k66 cfvnf ePsf]alnof]afEsf]6qmfn]
l;lnE / b/fhnf0{lyr] /fvdf klg b/fh
Nf8bg .



pkfo % M km]abn ugi

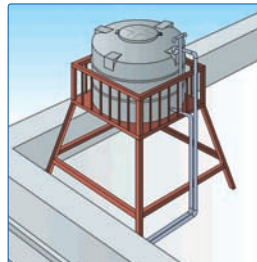
sdhf] kvfh ePsf]3/df uxkf]5fgf
ePdf eSDkaf6 xg ;Sg]hfl]vd klg
a9L xG5 . To;h]o:tf hf]vdaf6
;/Ift /xgsf]nflu xfdln]3/sf]
cj:yf xl]sg xNsf 5fgfx?sf]kpfh
ugk5{.

sf7 jf kmnf sf]
rf]sgf aGwg
afwP sf]



pkfo ^ M ; anl s /Of jf kani s /Of ugi

xfdf];dbfodf w]}3/x?sf]5tdf kfglsf]6sL,
khnf udnfx? sfzL tyf a/08fdf ;hf0
/flvPsf xG5g\ . o;/L vhf?kdf /fvbf eSDksf]
;fgf]sDkgaf6 6sL / udnfx? v:g ;S5g\ .
kfglsf]6sL / udnfnf0{af/ nuf0 jf afw]
;/Ift 9taf6 /fvgk5{.



e'sDksf]ahf xg ; Sg]; eflj t y s g / xNnf0{goGqOf
xg]u/L ; fdfg /fVg]

xfdlN]3/df kpfh ug]Uof; sf l;ln08/x?, kfljngzLn
j:tx? e08f/Of ug]kg]afWotf 5 h;n]ubf{cfunfulsf]
vt/f cem a9}f]5 . kf^auf hl8t s';L{6}anx? e'sDksf]
xNnf0{; f]u8g]ub5g\ . o:tf j:tx? 3/df /fVbf g;g]
/ gx]Nng]u/L gf0ngsf]lkmQf jf kmfidsf]; qmlN]/fdf] f
leQdf af]gk5{.



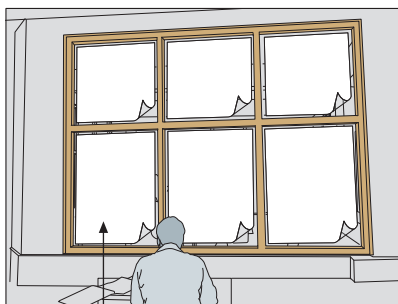
cijlws dd{ tyf ; Def/ ug]

3/leq ehofn-9f}fsf r's'hx? lau]sf]
ehofn-9f}fsf vfkfx? Kf; fl^auPsf] lahhlsf]
:jlr lau]sf] 3/sf]5tdf kfgl hd}f]jf
enf/kft knfPsf]xg ; S5, t;y{xfdlN]
lgoldt ?kdf cfkm}f]3/ / cGo ; fdfgsf]
dd{ ; Def/ ug]kb5 .



;wf/ tyf kl/dfhg ug]

e'sDk cfpbf l; ;sf ehofnx? Hofb}
hf]vdkOf{xG5g\ . sDkgsf]; dodf l; ;f
clnslt dfq klq lqk6 eof]eg]of]w}}
6qmf eP/ km65 . l; ;f km6bf o; sf
6qmf? tla|ultdf pl5l66g]u5g\ .
o;/L pl5l66P/ xlQg];L;sf 6qmf?sf]
z?sf]ult *) ls=d= klt 306f;Dd
tla|xbf]/x5 . o;nf0{aGb'ssf]ufhl
a/fa/ dfG ;lsG5 . To;h]o:t}; eflj t
hf]vdaf6 hf]ugsf]nflu l; ;fnf0{
kf/bzl{knfli6s sf]kq nufP/ nldgzg
ug{;lsG5 . o;f]ubf{l; ;f km]6xfn]
klg pl5l66g kfpbf .



l; ;fdf kf/bzl{6f;g]
knfli6s nufOPsf]eohfN

uł; ʔrgʈds cNkl s /0f nʏfhʏf kmf /fd

uł; ʔrgʈds hʏʏvd klxrʏg ʏ

qʏ= ; ʔ=	uł; ʔrgʈds j : t x ?	: yfg	kl / dʈof	Psf0	; Deflj t hʏʏvdsf]k]sf /			slkʏot
					dfg j lo Ifl t	; DklQsf]Ifll t	sfoʈ t Ifl t	

uł; ʔrgʈds hʏʏvd Gogʏs /0f ofhʏg ʏ

qʏ= ; ʔ=	uł; ʔrgʈds j : t x ?	: yfg	kl / dʈof	Psf0	cNkl s /0f sf pkʈox ?	cNkl s /0f ug]dl t	slkʏot

uł; ʔrgʈds hʏʏvd Gogʏs /0f vrʔcgʈfg

qʏ= ; ʔ=	cNkl s /0f sf ; fdulx ?	uł; ʔrgʈds j : t x ?	kl / dʈof	Psf0	b /	kl / dʈof	kfy]d stf

cNkl s /Of sf nflu cfjZos sxl ;fdu|x?



PS; kfg; g Jffl6 (Expansion Bolt)

7hf tyf ux{jj:tx?nf0{9nfgdf jf lkNn/df
c8ofpgsf nflu ljleGg ;f0hsf (M6, M8, M10)
expansion bolt x? kpfu ul/G5 .



knfl:6s sf jfn knu (Wall plugs)

lsnf sf 066f jf 9nfgdf 7f3] xn'sf j:tx?
c8ofpgsf nflu Plastic grips jf wallplugs
sfjkpfu ul/G5 .



k} lsnf (Screw)

sf7 tyf l:6nsf b/fhx? afg jf leQfdf
c8ofpgsf nflu ljleGg ;f0hsf (19 mm, 25
mm, 38 mm) :q'lsnfx?sfjkpfu ul/G5 .



aP P^un (Bed Angles)

eSDksf ahf kN6g ;Sgjl:6n jf sf7sf clnf
b/fh c8ofpgsf nflu Bed angles
sfjkpfu ul/G5 .



**P^un/knfd]jfs\$
(Angles/Metal brackets)**

cfjZostf cg';f/ ljleGg ;f0hsf angle x?
kpfu ug{;lsG5 h;df b/L lgwf0f ug\$ nflu
Kjfnx? kfl/PsfjxG5 .



knfd]kftf

sg}b0{b/fh jf %ofsnf0{Pscfk;df hf8gsf
nflu o:tf kftfx?sfjkpfu ul/G5 .



gf0ngsf]8f7]

vNnf %ofs jf b/fhdf /flvPsf ls tfa jf cGo
;-;fgf ;fdfgx? gv;g\egsf nflu o:tf
8f7]sf]kpf7 ul/G5 .



gf0ngsf]lk=Qf

ljB'tlo jf cGo ;fdfgx? leQf jf lkNn/df af7]
/fvgsf nflu o;sf]kpf7 ul/G5 .



e]qmf]
(Hook and loop tape/ Velcro)

xf7f ;fdfgx? h:t}ofs; , lk6/, 6lkmf, 38L
cflbnf0{af7gsf nflu o;sf]
kpf7 ul/G5 .



c^a's';]lsnf

kmf6f] Pgf jf leQ38L cflb e108ofpgsf nflu
c^a's';]lsnfx?sf]kpf7 ul/G5 h;n]ubf{ol
j:tx? xlnnP tfklg v:bgg\.



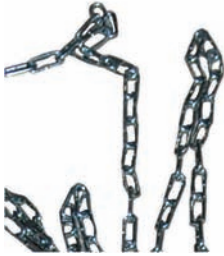
PS;kf6;g Jff7]6 ;xtsf c^a's';]lsnfx?
(Metal hooks with Expansion Bolt)

c^a's';]lsnfx? h:t}uxfj:tx? 9nfgdf e108ofpgsf
nflu kpf7 ul/G5 h;n]ubf{ol j:tx? xlnnP
tfklg v:bgg\.



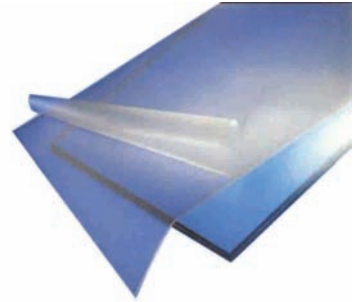
sf7sf kftf

vNnf b/fh jf %ofsx?sf ;fdfg v:g glbgf
nflu tVtfsf]alr lt/ o:tf kftfx? t}f]
kf7] /flvG5 .



knfdjl; qal

e\$Dksf ahf kN6g ;Sg];fdgx?nf0{afg sf
nflu kpfh ugk5{.



nldgzg knfi6s

l; ;f 6qm gpl5l\$cf} \eGgsf nflu nldgzg
knfi6s sf]kpfh ugk5{.



nrsbf/ kf0k

kfglsf kf0kx? h8fg ubf{h8fg ugI7fpff
nrsbf/ kf0ksf]kpfh u/ff e\$Dksf ahf h8fg
kt:s] kfgl v] hffg .



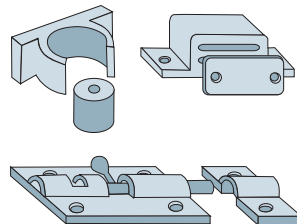
glrKngJkof8 (Self adhesive tape or Pad)

6andfly /xsf ;fdgx? ;sg glbgsf nflu
o; sf]kpfh ul/5 .



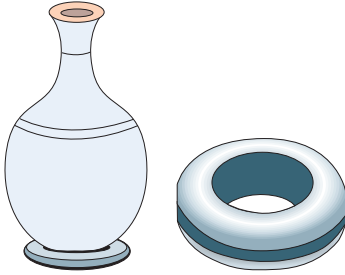
knfi6ssf sjhfx?

sxl j:t'afg sf nflu lkQf; E]o; sf]kpfh
ul/5 .



rDaslo r'sh (Magnetic and Click Latches)

efC;fsf jf clk; sf b/fhsf 9f\$fx? Jff 3/t\$?
aCb ugff nflu o; sf]kpfh
ul/5 . w]juxfj:t\$? /fvg]b/fhdf
o; sf]kpfh ug'xbg .



/j/ Dof6 (Rubber Shelf Mats)

klxn]klxn]df6sf]30f]c80fpgsf nflu To;sf]
klwdf k/fnsf]la8f agfP/ /fvglrng lyof].
To;t]ugf0f];sgljf kN6g];Defjgf sd
x0yof]. To;t]k0sf/sf]/a/sf]la8f agfP/ To;dfly
kN6g;Sg]efBfx? /fvdf; %lift x05g\.



kn]fj]h -Wedge_

b/fh tyf 6jnnf0{9Nsg glbg 60f nufpg .



JolQm ut ljj /0f -cfkt\sfnlg cj:yfsf]nflu_	
cfkagf]gfd Ⅵ	
7hfg Ⅵ	
hgddldt Ⅵ	
/ut ;dđ Ⅵ	
cleefjssf]gfd Ⅵ	
kl/jf/sf];b:osf];wofl	
3/sf]kđf/ Ⅵ	
;Dks {krfđ gđ	
;7If:yn Ⅵ	
cfkt\sfnlg ;Dks {l	
sfof]osf]gfd÷7hfgfl	
0dđ Ⅵ	
cGo Ⅵ	

e's Dk -e0ffnf] sf] ;dodf s]ugI< bz pkofuL ;'emfjxM

- !_ olb e0fnfdf 9f\$ f glhs}xgk5 cyjf tTsfm ;/lIft vhf 7fpdf klg ;Sg' x5 eg]t?Gt 3/ aflx/ lg:sgxf}\ / vhf 7fpd}a:gx}\.
- @_ eSDksf]ahf tTsfm aflx/ ;/lIft 7fpdf klg ;Sg' x5 eg]sDkg g/f]sP;Dd ;/lIft 7fpdf æ38f 6\$ L, u8NsL, cf} nful ;dft" sf]cj:yfdf a:gx}\.
- #_ l;gdfxn, dn, l8kf6d06n :6f] jf kpzg} xn h:tf 7fpdf xgk5 eg]Toxf\$ f ;/IffsdL{cyjf sdf{/Ln]eg]adfhhd ugxf}\.
- \$_ gcflQgxf}\ / sg}klg c ;/lIft Jojxf/ -7hd7h, emofnaf6 xfdkfn]g]cflb_ gugxf}\.
- %_ sDkg /f]sPkl5 dfq em6k6 emhf lnP/ ;/lIft;fy aflx/ lg:sgxf}\.
- ^_ aflx/ lg:sg' cl3 ;Dej eP;Dd cfuf\$ f >f{x? a6b ugxf}\.
- &_ 3/aflx/ xbf 6fpsfhf0{ ;/lIft /fvgxf}\ / hf]vdoQ j:taf6 aRgxf}\.
- *_ ;jf/L ;fwg rnfpb}xgk5 eg]afotfk{df\$ kfs {ugxf}\. lgf]wt Ifq, cUnf ejg, cUnf ?v, kh cflb 5Ngxf}\.
- (_ klx/f]hfg]tyf 9'f jf r\$fg v:g ;Sg]Ifqdf ;fjwfg /xgxf}\.
- !)_ xNnfsf]kl5 gnflugxf}\. ;xL / e/kbf];Ygf kfk t ePkl5 dfq ;/lIft :yntk{ nflugxf}\.



e's Dk kljlw /fli6o ;dfh-gkfn

National Society for Earthquake Technology-Nepal (NSET)
sfoljgfos gu/klnsf, j8f g#@, e}kf6l cfjf; Ifq, nlntk/, kfa-g#!#&&%, sf7df8f}
knfg g*-(&&-!_ %%(!)), knofS; g*-(&&-!_ %%(^(@,
0-dh nset@nset.org.np, jh ;f06l www.nset.org.np