

:j f:Yo ; d:of

lj leG sf/Ofx?n]ubf{dflg; sf]z/Ldf /f] nftg jf b36gdf k/Ldflg; sf] z/L tyf dfg; s l:yltdf bykgl; d:ofx?nf0{g}:j f:Yo ; d:of eG]ul/G . o; cGuf lj leG /f]x? nftg/ b36gfsf]; sf/ e0{r}k6s nfu\$]cj :yf klg xg ; S5 .

/f] eg\$]vfgf, ls6f0f jf lhj f0sf]; a^ndOf tyf pkoQm?kdf z/Ln]sfd gubf{bykglz/L/s ; d:of x]. dflg; df bykgl/f]x?nf0{dVotof b0{kdfv ; dxdf ljehtg ul/Psf]5 . tLxg\g; g{/f] (Non-Communicable Disease) / ; ?j f /f] (Communicable Disease) . Ps dflg; af6 csf]dflg; df g; g{/f]x? h:t}Mf8 hf\$]k DaGwL/f]x?, dwdx, d6'; DaGwL/f]x?nf0{g; g{/f] elgG eg]xfj f, kfgL hgfj/ tyf Ps dflg; af6 csf]dflg; df ; g{/f]x? h:t}Mfo /f], eBkvmf, ?3fvf\$Inf0{; ?j f /f] elgG .

o; afx\$ vfgsf]k]f0{sf]sdla6 xg]/f]nf0{sk]f0f elgG . z/Lnf0{cfj Zos kg]le6ldg, k]6g, vlgh tyf sf]f08\$ h:tf cTofj Zos t]j x? ePsf vfgx?sf]; GInt ehtg gvBf sk]f0f xg]ub\$. /, sk]f0f ePsf dflg; x?nf0{ c? /f]x?n]klg ; lhn}cfqndOf ug{; Sb5 .

sg}klg 36gfsf]sf/Ofn]dflg; sf]z/Ldf cgk]ft ?kdf r}k6s nfb5, z/L/s ?kdf caue^u xg kb5 jf dflg; x?sf]dTo' tyf ; Dk]Qsf]xfgL g\$; fgLxg kb5 eg]To:tf 36gxf?nf0{b36gf eG]ul/G / of]klg Ps uDeL/ :j f:Yo ; d:of g}xf]. hyfefj L; 8s kl/ u/df, c]flw glrgL, ghfgL hyfefj LvPdf, b}8/x\$]a; df ^ l08Pd / a; sf]5tdf a; df b36gf xg] ; Defj g w}xG .

**:j f:Yo ; d:of?af6 hf]ugsf nflu s]ug{<
; Deflj t /f]x?af6 aRgsf nflu M**

vfk nufpg]

n cfj Zos ; a}vfkx? ; dodf g}nufpg' kb\$. afNcj :yfdf g}cfj Zos vfk nufpgn]lj leG ; ftj 6f uDeL/ /f]x?af6 afnafnfnf0{hf]upg ; lsG . vfk nufpg]lgoldt tlnsf xG . hg tn lbOPsf]5 M

!; g#	vfk]sgfd	sg /f] lj?4	slxn]lbg]	slt k6s	slt ; dodf
!	la-; h-	Ifo/f] -l6-a-	hGd\$]^ xTdf	! k6s	-
@	l8-kL6-	Eofut]/f], nx/] v\$]L, wgf6sf/	hGd\$]^ ^ xTdf k]xnf]dqf	# k6s	Xknf]k6s vfk lbP kl5 slddf \$ xTfsf]kmsdf
#	l]nof]	klf3ft	l8-kL6-vfk lbg] ahdf vj fpg]	# k6s	l8-k-6L; f}
\$	bfb/f	bfb/f	(dxgfsf] pd]df	! k6s	-
%	l6-6-	wgf6sf/	!% b]v \$% j i\$] uef]L tyf c6 dxnf? nf0{	% k6s	k]xnf]vfk lnPsf]! dxgdf csf]vfk lng]To; sf]^ dxgdf csf]vfk To; sf]! jif]f csf]vfk / kl5Nf] csf]! jif]f c]Gd dqf lng].
^	xk}6f06; aL	xk}6f06; aL	hGd\$]^ ^ xTdf k]xnf]dqf	# k6s	l8kl6L; f}

JolQmt / jftj /Oflo ; /; k]f0 ug]

- n lgoldt ?kdf gx]Owj f0{ug].
- n bE lbgdf b0{k6s dfg' kb\$ -laxfg p7g]lalQs)/ ah]s]sf]vfgf vfo{ ; sk]5 ; TgEbf cufl8_ a] Joltmt xg' k5{.
- n lbzf u/] c]Pk]5 xft ; fag kfgLj f v/fgLkfgIn]/fd/Lwg' kb\$. vfgf ksfpg' k:sg' / vfgcl3 xft /fd/Lwg' kb\$.
- n 3/fo; Lk]f]af6 lg:sg]k]f] sl; ^u/ h:t}M/sf]sf]af]qmtyf slxPsf] t/sf/L, pa\$]vfg\$]/f, whf]sl; ^u/ c]fb tyf lj Bfnoaf6 lg:s\$]f k]f]x?nf0{lg]Zrt 7fpf v]Bf]vg] km]ngkb\$.
- n kfg]sf]dxfg ; 8sj/lkl, gb]sf]sgf/df tyf vNf jftj /Ofd lbzf-lk; fa ug{x} / ; fy}3/ / lj Bfnoaf6 lg:s\$]f k]f] sl; ^u/, pB]af6 lg:s\$]f d]f km]ng' x} .

k]f]nf]/ ; GInt ehtg vfg]

- n xdf]z/Lnf0{:j :y /xgsf lglD cfj Zos vfg\$]/x? h:t}Msf]f08\$, k]6g, cfo]8g, le6ldg vfgkb\$.
- n cdfn]aRrnf0{hGd]v 5 dxgf; Dd kz:t dqdf bw vj fpg' kb\$. 5 dxgkl5 bw ; f; f}c? :j :ys/ / ; GInt ehtg vj fpg' kb\$.
- n xdfn]Df; '/ df5f ; jg u/df To; af6 w}]dqdf k]6g, le6ldg tyf kmfd t]j k]f]ub\$. t/ Df; '/ df5f ; jg gug]j f ug{g; Sgh]f]9f xl/of/^sf ; fuktx? tyf u\$fu8lx? vfg' kb\$.
- n dBkfg tyf c? s'/df km]v' vr{ugEbf t]hf km]k]h, ; fukf, cgfh lsGdf / vfgdf vr{u/} xfdLcfk]f0{:j :y /Vg ; Sb5fE

b36gfaf6 aRgsf nflu

- n ; 8sdf hyfefj Lx}x} .
- n af6]sf6bf h]f]h ^sf]k]f] ug]k5{; fy}aQ]sf]lgod kfg ug]k5{.
- n kl8/x\$]a; df ^ l08g' x}, a; sf]5fg]f a:g' x} .
- n ; jf/L; fwg rnfpgcl3, ?v, e}f^, r9gcl3 h}f, /S; L; jg ug{x} .
- n /n^ gePsf]5tdfy r^uf p8fpg' x} .
- n wgif j fof v}g' xG, c}f k}g ; S5 .
- n ; nf0{ nf06/, rSs, 5/L tyf c6 xtxtof/x? hyfefj Lgrnfp] rnfpg] k/df x]; of/; fy rnfpg].
- n r}Bg nfu\$]lka gv]g]
- n e]sg nfu\$]sf7]; f} gtg].
- n kfgLk/] lr}f]ePsf]ahf ?v gr9g].
- n af?nf, cl/^ufnnf0{9^ufn]xG; rnfpg' x} .
- n d]st] tyf c6 ljifn' lrhx?nf0{; /lft /Vg' k5{ s\$]s\$]n]e\$]7fpf hyfefj Lg/Vg].
- n c]flw 8fS6/n]lbPsf]afx\$ c}h]sf]e/df vfg' x} .

:j f:Yo ; d:of byk/df s]ug]

k]ylds pkrf/ ug]
36g:yndf pknAw ; f / ; fwgsf]k]f] u/Lb36gf]t JolQmj f 3f0t\$] Hbg arfpg]p2]on]rlsE; f ; jf pknAw geP; Dd 3f0t\$]cj :yf laugaf6 hf]upg ul/g]pkrf/nf0{k]ylds pkrf/ elgG . k]ylds pkrf/sf]dVo p2]o 3f0t]f0{ cfj Zos ; j f ; dodf g}k]f] u/L la/fd]sf]k]f arfpg' xf].