

## ljzi6ls/of tlnsf

**; do M@ 306f !\$ ldgð**  
**ljifo Mclgjfo{:jf:Yo hg; ^\vof tyf jftfj/of lzlff**

**k0ff{S M&%**  
**pTtloff{S M@S**

j#; =	Psf0	1fg	afw	k0fW	hDdf	kf7b			
!=	hg; ^\vosl	!	!	!	!	!	%	@%	
@=	u0f:t/lo hljg	!		!			@	&	
#=	gkfnsf]jftfj/0f0 l:ylt		!	!	!	!	\$	!*	
\$=	hlj s lj lj wtf	!		!	!	!	\$	!(	
%=	hg; ^\vof jftfj/0f / lj sf;		!	!	!		#	!\$	
=	/fW, kfj0f, wdkfg, nfukbfy	!	!	!		!	\$	!#	
&=	;fdbflso :jf:Yo		!	!	!		#	!\$	
	hDdf kZg ; ^\vof	\$	%	#	&	#	#	@%	!@)

### **kZgx?sf]k\$f/, k0ff{S / ; do ljefhg**

; DwfGts k/lifsf nflu to ul/Psf]kZg lj t/of tlnsfcg; f/ kZgx2sf]k\$f/, k0ff{S / ; do ljefhg  
 lgDgfg; f/ ul/Psf]5 .

j#; =	kZgsf]k\$f/	; flwg]kZg ; ^\vof	pTt/ lbgkg]kZg ; ^\vof	k0ff{S	; do
!	clt ; ^llfkt pTt/ cfpq	!)	!)	!) x ! = !)	@) ldgð
@	5f0f]pTt/ cfpq	!%	!#	!# x % = ^%	!!% ldgð
	sh	@%	@#	&%	@ 306f !% ldgð

**Compulsory Health, Population & Environment**  
**(Compulsory Health, Population & Environment)**

**Set - 1**

; do M@ 306f !% ldgđ

k0ff{S M&%  
pTtloff{S M@\$

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**; dX S (Group A)**

clt 5fđf]pTt/ cfpg]kZgxĸ (Very short answer question)

o; ; dXaf6 ; a}kZgsf]pTt/ lbgxf] \ [10 x 1= 10]

(Attempt all questions from this group)

**!= hgu0fgf ug]sg]Pp6f lj lw n]gxf] \**

Write any one method of census.

**@= ln<sup>a</sup> cgkft s; /l kTtf nuf0G5 <**

How to calculate sex ratio?

**#= hg; <sup>a</sup>lof lzlf]sf]bl3\$fnlg nlo s]xf] <**

What is the long term goal of population education?

**\$= g]fnsf]t/f0{k} slt prf0lar cjl:yt 5 <**

Terai region of Nepal lies between which altitude?

**%= jftfj/0f ; Alfof s; /l ug{; lsG5 < sg]Pp6f ; ěnj lbgxf] \**

How the environment can be conserved? Give any one suggestion.

**^= g]fnsf]sg e]fn]s k} h]s lj]wtfd] wgl 5 <**

Which geographical region of Nepal is rich in biodiversity?

**&= of; f0Dafsf]kg?Tkfbg sg tl/sfn]ug{; lsG5 <**

In what ways yarsagumba (cordyceps) can be reproduced?

**\*= sg pbđf]nf0{; <sup>a</sup>l7t pbđf] klg elG5 <**

Which industry is also called organized industry?

**(= sg hljfofh]k7} / SofG; / u/tpB <**

Which virus causes uterus cancer?

**!)= g]fndf sg k\$ /sf]:j:yo ; ]f a9l kTInt 5 <**

Which type of health service is practiced more in Nepal.

**; dX V (Group B)**

5fđf]pTt/ cfpg]kZgxĸ (Short answers questions) [5x13=65]

o; ; dxaf6 sg}!# k7gx2sf]pTt/ n\gxf] \ (Attempt any 13 questions from this group)

!|= hg; a\of ljj/of eg3f]s]xf]< g\fnf hg; a\of ljj/of ; dfg gxb5f sg}rf/ cf0f sf/0fx2 p\h\ ugxf] \

What is population distribution? Mention any four reasons of unequal population distribution in Nepal. 1+4=5

!@= l8Da lgisfzg rj\h/ k?iffj]n]s; /l h0ddf k0fj k5{< 5f0s/ldf Jof\of ugxf] \

How does ovulation cycle and verity affect to birth? Explain in brief. 2.5 + 2.5 =5

!#= cfr\]s\k\lgs tyf^s k0f\ u/l sf]f dTob/ kTf nufpgxf] \

Calculate the crude death rate by using imaginary data. 1.5 + 3.5 = 5

!\$= ac\z\ff g]00g u0f:t/lo hljgsf]d\vo sf/of xf].E kli6 ugxf] \

“Illiteracy is the main reason of low quality of life.” Justify. 5

!%= kxf8l k0zsf]k\l/:ylts k0ffn\sf dfgjlo lj\0fsn\kn]k/3f]tg cf0f c; / / 00\ls/0fsf sg}b0cf0f pkfox2 n\gxf] \

Enlist any three adverse effects on ecosystem of Hilly region due to human activities and any two mitigation measures. 3+2=5

!^= tkf0{c\k\m\; f\; ul//xgePsf]ef\]hs k0zsf]ef\]ts klfsf]; a\N\df j0f0 ugxf] \

Give a brief explanation of physical aspect of geographical region where you have been living. 5

!&= sg}b0{cf0fsf]l6k0fl n\gxf] \

Write short notes on any two. 2.5+2.5=5

kff6\3 chl^u/ of; f\0af

(Bengal Tiger) (Asiatic Rock Python) (Yarshagumba)

!\*= g\fnf Ps l; a\ju0fsf ; a\of a9fpg s]s]ugk5{ < ; a\N\df of\hg agfpgxf] \

What should be done to increase the number of one horn rhinoceros in Nepal. Make a short plan. 5

!(= hg; a\of, jftfj/of / ljsf; lar c0t/; Da0w b; f0gxf] \

Illustrate the inter-relation among population, environment and development. 5

**@)= lbuf]lj sf; sf]cj wf/0fnf0{s; /L Jofj xfl/s kof]udf Nofpg ;ls05 < sg}kfF cf0f  
pbfx/0fx; k]tt ugxf] \**

How can be the principles of sustainable development applied in practical use.

Present any five ways with examples. 5

**@!= ; gI/fu / g; gI/fular kfF kfF cf0f km/s b; f0gkf] \**

Show any five differences between communicable and non-communicable disease.

2.5+2.5=5

**@@= vfgfdf kff]6s tTj hf]fpg]sg}bz cf0f tl/sfx;sf]; Fl agfpgkf] \**

List any ten ways to preserve nutrient of food. 10x0.5=5

**@#= wdkfg lj?b\ hgr]gf hufpg]sg}kfF cf0f gf/fx; tof/ kfgxf] \**

Prepare any five slogans against smoking.5

**@\$= ; fdbfos :jf:Yosf]kl/efiff / sg}Pp0f k0v :jf:Yo ; d:ofsf]aofg ugxf] \**

Define community health problem and explain any one major health problem. 2+3=5

**@%= g]fndf ; fdbfos :jf:Yo ; d:of ; dmfwgdf c:ktfnsf]eldsf k]60fpgkf] \**

Clarify the role of hospitals in solving the community health problem of Nepal. 5

### **gd0f k]gkq pTt/ sl0hsf**

#### **Set 1**

lj ifo M:jf:Yo hg; <sup>a</sup>vof tyf j ftfj /0f lzlff

; dX s

k]g#@!= pTt/

:yfol a; f0f; lj lw, jf:tlj s pkl:yIt lj lwdWb]sg}Pp0f n]y0f == ! c<sup>a</sup>s

k]g#@= pTt/

ln<sup>a</sup>u cgkft sh k?if ; <sup>a</sup>vof == ! c<sup>a</sup>s

k]g@#= pTt/

u0f:t/lo hljg egl n]y0f == ! c<sup>a</sup>s

k]g@\$= pTt/

^) ld6/b]v ^!) ld6/ lar egl n]y0f ! c<sup>a</sup>s

k]g@%= pTt/

e"Pj d\hn ; Af0f, k]0f0f lgo0q0f, km]xf] d]nf Joj :yfkgdWb]sg}Pp0f n]y0f

== ! c<sup>a</sup>s

k]g@^= pTt/

kxf8L kbz egl nÿdf ==! c<sup>a</sup>\$

klg=&= pTt/

(Spore) jf alhf0f/f egl nÿdf ==! c<sup>a</sup>\$

klg=\* = pTt/

7hf]pbðf egl nÿdf ==! c<sup>a</sup>\$

klg=(= pTt/

xðdg koflknf ef0/; (HPV) nÿdf ==! c<sup>a</sup>\$

klg=!)= pTt/

pkfrf/flds :jf:Yo ; ]f egl nÿdf ==! c<sup>a</sup>\$

klg=#!= pTt/

bzsf]ef]nsf agfj 6, lfo lo l j efhg, kzf; lgs Onsf cflbsf cfw/df s]slt  
hg; <sup>a</sup>Vof k]nPs]5 eg]nÿdf = ! c<sup>a</sup>\$

w/fj nlo : j k x fj kfgl df6/ ; f ; fwg, :jf:Yo lzlff, oftoft ; ~rf/ ; ]f ; lj wf,  
/fhuf/L k] f cflbnf0{rf/ j fSodf nÿdf == \$ c<sup>a</sup>\$

klg=#!@= pTt/

dlxnsf]/h:j nf ; ? ePb]v cft geP; Dd kf7ß/df /h:j nfsf]!\$ lbgdf c08  
lgisfzg ePsf]; do z] lsl6; E dh ePdfq ue{x65 e6g]cfzo nÿdf == @%  
c<sup>a</sup>\$

; dfhdf k?ifsf]; Gtfg h6dfpg ; s]k?j ] sf]kdf0f 7f65g\c6oyf pglx n]ckdfg,  
a]Hht / g/fdf]7f65g\c6g]cfzo nÿdf == @% c<sup>a</sup>\$

klg=#!#= pTt/

d]lj if\$]hg; <sup>a</sup>Vof  
Ps j ife/L d/\$f ; <sup>a</sup>Vof M  
sf]f d[ob/ < nÿdf ==!% c<sup>a</sup>\$  
sf]f d[ob/ d[o' xg\$]f]; <sup>a</sup>Vof == ! c<sup>a</sup>\$  
lx; fa u/L b]fPdf == @% c<sup>a</sup>\$

klg=#!\$= pTt/

clzlffn]l; k kkt x6g, ta /fhuf/l]sf]cefj x65, cfDbfgl 6og x65 / cfjZostf  
k/f ug{g; Sbf :jf:Yo ; d:of / c6o ; d:of b]v65 e6g]nÿdf jf o:t}cfzo cfpjg  
nÿdf == % c<sup>a</sup>\$

k@g#!%= pTt/

s[if eldsf]clws kofu, ; ldfct eldsf]kofu, jg h<sup>a</sup>un a9L kofu, r/g lfgfz,  
kfs[ts :yfgfz egl sg}ltg cfof sf/of nlydf == # c<sup>a</sup>s  
j [f /fkof Pj d\jg ; Afof ugi r/gsf nflu 3fF /fkof tyf hnfwf/ ; Afof h:tf  
sg}b0{cfof pkfo nlydf == @ c<sup>a</sup>s

k@g#!^= pTt/

erufhs lfgsf]gfd, o; }kpxsf]ej]gfj 6, prf0 xfkfql, lfkkm, df6f]cflb sg}  
kF cfof klfsf]pNny u/df == % c<sup>a</sup>s

k@g#!&= pTt/

klo\$sf]kl/ro, af; :yfg, dxTj, bhé xgsf sf/of / ; Afof ugi]pkfodlb]; <sup>a</sup>Nfkt  
¿kdf sg}b0{cfof pkfox¿sf]j ofg u/df == % c<sup>a</sup>s

k@g#!\*= pTt/

cWbog cg'; Gwfg ugi vfg\$/f, af; :yfg klxrfg, hg; xeflutf, lgod sfgg lgdfof,  
; <sup>a</sup>S; :yf; E ; xsfo{ugl hgr]gf hufpg] sfo]rd agfpg]egl sg}% af pNny  
u/l nlydf== % c<sup>a</sup>s

k@g#!(= pTt/

a9b]hg; <sup>a</sup>Vof dfu k/f ugi jftfj/of ; Afof, pTkfbg j bW ; ft ; fwg plrt kofu  
ugl lj sfzn]g}hg; <sup>a</sup>Vof Joj:yfkgdf ; xofu kfof5, lj sf; dflg; n]g}u5{/  
ltg cfofsf]; Gthg sfod x65 egl nlydf jf o:t}cfzo cfpng]nlydf  
== % c<sup>a</sup>s

k@g#@)= pTt/

vlgh jf cgjls/ofolo ; ft sd vkt, s[if eldsf]j }flgs kofu, kfs[ts ; ft,  
; Afof, /; folgs dn sd kofu lj iffib lgo6qof, kplf0f lgo0qof cflb dWb]sg}%  
cfof j fsodf nlydf == % c<sup>a</sup>s

k@g#@!= pTt/

<p>; gI/fu csf]JolStdf ; gI ; <sup>a</sup>Jp0f tlj tf a9L ; Id hlj af6</p>	<p>g; gI/fu csf]JolStdf g; gIcfkn]pTkGg ; <sup>a</sup>Jp0f Jofkstf sd lj ljw sf/of, skf]rof</p>
--	---

lgsf]xg] sd ug{; lsg]  
xhf, enf8f, ?3f, P8\ bd, Sof6; /  
nydf jf o:t}ldNg]cGo pTt/ nydf == % c^a\$

k+g+ @= pTt/

vfgf 5fk] ksfpG] t/sf/l wfP/ dfq sf6g] l3p, th, gg d; nf sd /fVg] vfgdf  
; f8f, /a, kofu gug] rfdn w}gkvfNg]egl nydf jf o:t}cGo ldNg]pTt/ nydf  
== % c^a\$

k+g+ @#= pTt/

wdkfgn]InG5 Hofg, wdkfg TofufHljg arcfFh:tf kfF c6f gf/f nydf ==  
% c^a\$

k+g+ @\$= pTt/

; dbfo /x\$]:jf:Yo ; d:of klxrfg u/L ; dfwfg ug{  
JolStnufot jftfj /0flo :jf:Yo ; wf/ Nofpg]sfo{egl nydf == @ c^a\$  
ul/al, skf]f, pRr dft[zzb/, :jf:Yo ; ]f, lzlf]sf]sdl, hg; ^Vof j]w  
c:jf:Yos/ hljg zhl, ; ?jf /fu cflbd]Pp6f ; d:ofsf]5f6f]JofVof u/df  
== # c^a\$

k+g+ @%= pTt/

la/fdlnf0{pkrf/flds kltsf/flds, ; jw6f]ds ; ]f k6fg ug] c6t/^u / alx/^u  
; ]f, /fu]cg; f/ lhNnf, c-rn tyf If]lo s]b]lo c:ktfn, cf6f, k] 'tl ; ]f, sf6tl  
c:ktfn, cfo]f, lrlst; f ; ]f k6fg ug]:yn egl nydf jf o:t}cfzo cfpG]  
nydf == %  
c^a\$

**Compulsory Health, Population & Environment**

**Set - 2**

; do M@ 306f !% ldgđ

k0fff\$ M&%  
pTtloff\$ M@\$

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**; dK S Group A**

cIQ 5fđf]pTt/fTds kZgx; (Very short answer questions)

o; ; dXaf6 ; a}kZgsf]pTt/ lbgxf] \

Attempt all question from his group. [10 x 1= 10]

!= hđdbtf{ug{sx fHfgk5{<

Where have to go for birth registration?

@= /fli60 hfu0fg @)^\* cg; f/ gkfnsf]hg; aVof j đwb/ !=#% 5 eg]hg; aVof  
bf]a/ xg slt ; do nll5 <

As per 2068 national census population group rate of Nepal is 1.35% .How long does it take to double the population?

#= dfgj lj sf; ; F^\$sf sg}Pp6f cfwf/ nVgxf] \

Write any one criteria of human development index.

\$= kxf8l kbZdf sfnf agfP/ v]l lsg ul/65 <

Why is terrace farming practiced in hilly region?

%= lxdfnl kbZsf]kfl/l:yltsl tGq ; Af0f ug]sg}Ps pkfo nVgxf] \

Write any one measure to conserve the ecosystem of mountain region.

^= t/f0{kbZdf kf0g]sg}Ps bhé kflsf]gfd nVgxf] \

Name any one rare animal found in terai.

&= nf] ; Nnfsf]; Af0f ug]sg}Ps pkfo nVgxf] \

Write any one measure to conserve the himalayan yew.

\*= cJojl:yt ; x/lS/0f /f\$yfdsf]Ps pkfo nVgxf] \

Mention any one measure of unmanaged urbanization.

(= unfufB sg ; Td kf]f0f tTj sf]sf/0f nllb5 <

Which micro nutrient deficiency causes goiter?

!)= gkfnsf]sg}Ps kdV :j f:Yo ; d:of nVgxf] \

Write any one major health problem of Nepal.



**; dX v Group B**

5f]pTt/flds kZgx;M Short answer question

o; ; dXaf6 sbj}!# kZgx;sf]pTt/ nVgxf] \

Attempt any 13 question from this group. [5x13=65]

!!= hg; aVof ljj /of eg\$fs]s]xf] < gkfnfs]hg; aVof ljj /of c; dfg xgSf rf/ sf/0fx; nVgxf] \

What is the meant by population distribution? Write the four cause behind the unequal population distribution of Nepal. 1+4=5

!@= olb sbj}; x/df @)& ; fns]cfk]f; l ; aVof !)) , pTk]f; l ; aVof \$)) / dWoj if\$]hg; aVof ^)) ePdf vf; a; f0F; /f0 b/ / sh a; f0F; /f0 b/ kTtf nufpgxf] \

If Immigrants, Emigrants and mid-year population of acity in 2070 B.S are 1000,400 and 60000 respectively .Calculate Net migration Rate (NRM) and Gross Migration Rate (GMR). 5

!#= d[ob/df kfej kfg]sbj}rf/ t]j x; n]l b0{cf]fsf]5f]s/ldf j 0fg ugxf] \

List any four factors affecting death and explain two of them. 2+3=5

!\$= adflg; sf]u0f: t/lo hlj g 7fpF; do / cj :yfcg; f/ kl/j t; xG5 .A kli6 ugxf] \

“Quality of life defers from time, place, and situation of people.” Justify. 5

!%= tkf0{cfkml'a; f]f; ugePsf]ef]l]ns kb]zsf]hlj s klfsf]j 0fg ugxf] \

Briefly explain on biological aspect of geographical region where you have been living. 5

!^= lxdfnl kb]zsf]kfl/l:y]lts k0ffnldf dfgj lo lj p]fsnfkn]kf/]sf]sg]tg c; / / To; sf]Gog]s/0fsf b0{cf]f pkfox; nVgxf] \

Enlist any three adverse effects on the mountain ecosystem invited by human activities and any two mitigations. 3+2=5

!&= l6k0fl nVgxf] \ (Write short note.) 2.5+2.5=5

h6fd; l (Spike Nard) PS l; aN]u]f (One Horned Rhino)

!\*= hlj s lj lj wtf ; Af0fsf nflu ckgf0g]sbj}kfF cf]f kfej sf/l pkfox; nVgxf] \

Write any five effective measures adopted for biodiversity conservation. 5

!(= hg; xeflutdf cfwfl/t lj sf; lbuf]xG5, lsg < k]6 kfgxf] \

Development sustain based on public participation how? Clarify. 5

@)= lbuf]lj sf; eg\$fs]s]xf] < o; sf sbj}rf/ l; bWf]tx; pNn]y ugxf] \

What is sustainable development? Write any four principle of sustainable development. 1+4=5

@!= xhf s; /l ; b5 < o; sf sg}rf/ cf}f nlf0fx; n\vgxf] \

How does cholera transmit? Write any four of its symptoms. 1+4=5

@@= j fy Hj /f]/ j fy d6/f\ular km/s 5b}dfpgxf] \

Differentiate between Rheumatic fever and Rheumatic heart disease. 5

@#= nfu' cf}fwsf]sh tdf k/}f]tkf0}f]glhssf]; fylsf]pbwf/sf nflu s]s:tf] pkfox; ckgfpg ; Sgx65 < sg}kfF cf}f pkfox; n\vgxf] \

Suggest any five effective ways to rescue your imitate friend fallen into drug addiction. 5

@\$= gkfnsf]kd\ :j f:Yo ; d:of ; dfwfgdf kl/j f/sf]s]s:tf eldsfx; xg ; S5g\ sg}kfF cf}f pln\y ugxf] \

What can be the role of family in solving the major health problems of Nepal?

Mention any five. 5

@%= gkfn lfo/f\ lgj f/of ; a}sf]kl/ro n\l o; sf sg}ltg cf}f sfox; sf]5f}s/ldf Jof\of ugxf] \

Introduce Nepal Tuberculosis Association and explain brief three functions of it.

2+2=5

### pTt/ sllhsf

#### Set 2

:j f:Yo, hg; a\of tyf jftfj /of lzlff

k\g+= pTt/

uf=j=; = jf gu/kflnsf sfof}odf n\y}df == ! c<sup>a</sup>s

k\g+=@= pTt/

%! \*% jif{j f %@ jif{n\y}df == ! c<sup>a</sup>s

k\g+=#= pTt/

hgdbfsf]ckllft ; /b/ cfo' lzlff / kl}tJolSt cfod\B]sg}Ps n\y}df == !

c<sup>a</sup>s

k\g+==\$= pTt/

eTfo lgo6qof ug{j f klx/f]/f}gd\B]sg}Ps n\y}df == ! c<sup>a</sup>s

k+g+%= pTt/

pglt r/0fsf]lgo6q0f h:tf sg)Ps nÿdf ==! c<sup>a</sup>s

k+g+^= pTt/

kf6af3, Ps l; <sup>a</sup>u]uÿf, cgf{jf cGo sg)bhé kf0f]sf]gfd nÿdf == ! c<sup>a</sup>s

k+g+&= pTt/

rfl]sf]lgo6q0f, cfunful tyf jg ljgfzsf]lgo6q0fdllb]sg)Ps nÿdf  
== ! c<sup>a</sup>s

k+g+\*= pTt/

ufdl0f lfqsf]lj sf; , lj sllb]s/0f; ; fgf]ahf/sf]lgo6q0f h:tf sg)Ps nÿdf  
= ! c<sup>a</sup>s

k+g+(= pTt/

cfon]8g nÿdf == ! c<sup>a</sup>s

k+g+!)= pTt/

; ?jf /f]usf]Jofkstf, skfif0f, pRr lzz'd[ob/ jf cGo ldNg]pTt/ nÿdf  
==! c<sup>a</sup>s

k+g+!!= pTt/

sg)lglZrt ef]f]ns tyf kzf; lgs ; ldfleq 5l/P/ a:g]df]g; nf0{hg; <sup>a</sup>vofsf]  
lj t/0f elg65 . h:tf ldNbf]kl/efiff nÿdf == ! c<sup>a</sup>s

- lxdfndf Mfcj fbl sd xgsf sf/0fx; Mlj ifd w/ftn, zls xjf fkfgl, ; Jf / ; lj wfsf]  
sdl, cj; /x;sf]sdl

- kxf8df Mdw/f]xfj fkfgl, le/fnf]eägf, sxl dfqdf pAhfp, sd ; lj wfsf]pknAwtf

- t/f00f M; dtn eëfu, ; Jf / ; lj wfsf]pknAwtf, v]l0f]o hldg, pb0f] tyf sn  
sf/vfgf h:tf sf/0f nÿdf == \$ c<sup>a</sup>s

k+g+!@= pTt/

cfkj]f; L ; <sup>a</sup>vof !)))

pTk]f; L ; <sup>a</sup>vof \$))

dllbj if\$]hg; <sup>a</sup>vof ^))))

vf; a; f0F; /f0 b/ <

sh a; f0F; /f0 b/ <

; qcg' f/

vf; a; f0F; /f0 b/ = cfkj]f; L ; <sup>a</sup>vof - pTk]f; L ; <sup>a</sup>vof x!)))

$$\begin{aligned}
& dWbj\ if\ \$f]hg; \ ^a\ \forall of \\
& = \frac{!)) - \$))}{x!))} \\
& \quad \quad \quad \wedge)) \\
& = \frac{\wedge)}{\wedge)}
\end{aligned}$$

Vff; a; f0F; /f0 b/ ! ) k|txhf/ n\y\df == @ c^a\$

$$\begin{aligned}
& k\m/, sh\ a; f0F; /f0 b/ = \frac{cfkjf; L; \ ^a\ \forall of + pTkjf; L; \ ^a\ \forall of}{x!))} \\
& \quad \quad \quad dWbj\ if\ \$f]hg; \ ^a\ \forall of \\
& = \frac{!)) + \$))}{x!))} \\
& \quad \quad \quad \wedge)) \\
& = \frac{!\$))}{\wedge)}
\end{aligned}$$

sh a; f0F; /f0 b/ = @## k|txhf/ n\y\df == @ c^a\$

k\g=#= pTt/

d[ob/df k\ej kfg|tTj x\

- j zfgj\ d - ln^a - 9Ns\$]pd] - /f\
- Gog kf]f of :t/ - :jf:Yo ; j f / ; lj wsf]cefj dWb]sg}rf/ n\y\df == @ c^a\$

k\g=#\$= pTt/

u0f:t/lo hljg dflgPsf]hljg kb\lt xf]. t; y{; dfhsf]:t/, ; do, ; Gbe{ b\zsf] cfly\$ tyf eflts ; Gbe{/ dflg; sf] OR5f / rxfgf km/s km/s xG5g\To; } dflg; sf]u0f:t/lo hljg klg km/s km/s xG5 eG]cfwf/; lxt kli6 u/df

$$= \% c^a$$$

k\g=#!= pTt/

lxdfnl, kxf8L / t/f0{k\z\ dWb]sg}Pssf]hlj] s kif -jg:klt, hlj hGt', v]lkftl

$$/ kG5lx\ ; d\ j of\ u/df = = \% c^a$$$

k\g=#^= pTt/

j g lj gfz, e\fo, 3fF]d\fgsf]lj gfz, kj (f/f\láf/f k\]f of j f o:t)cGo c; /x\

$$n\y\df = \# c^a$$$

Gog]s/ofsf pkfox\, h:t]Mj [f /f\kof, rf]l l; sf/l sf]/f\$yfd ; /; km0 h:t f

$$ldN]b0{cf\ n\y\df = \# c^a$$$

k\g=#&= pTt/

- h6fd; l kf0g]:yfg pkof]utf, bhe{xgbsf sf/0fx; / ; Af0fsf pkfo n]ydf  
= @% c^a\$

- Ps l; ^u]u8f kf0g]7fpFzf/l/s jgfj 6, ; Aift lfg, vfgf, rf]l l; sf/lsf sf/0f /  
; Af0fsf pkfox; n]ydf = @% c^a\$

k]g+!\* = p]t/

k]o\$ ef]ns k]zsf]h]j s lj lj wtf]sf]1fg, :yfglo JolStsf]eldsdf clej ]w,  
k]j sf/l of]hgf th]f wld\$ tyf ; f:s[ts dxTj sf af] la?j f / kzk]l]sf]  
; Af0f, lj badfg sfggsf]k]f] j f o:t}ldNg]p]t/ n]ydf = % c^a\$

k]g+!( = p]t/

hg; xeflutfdf cfwl/t lj sf; n]l56f\$]/tf] u0f:t/lo ; Af0f Pj +; jw]g, p]t/  
bfloj sf]j]w, ckg]j sf]efj gf, bl3\$fnlg ; f]f0, lj sf; sf]; ldf lgwf]0f, :yfglo  
; f] / ; fwgsf]; dlrt k]f] cflb xg]ePsf]j]f c]o o:t}ldNg]p]t/ n]ydf  
= % c^a\$

k]g+@) = p]t/

bl3\$fnlg ; f]f0sf ; fy lbuf]/ l6sfp, ef]nsf ; Gt]tsf nflu ; d] /xg]u/l /  
j t]fg cfj Zostf k/f xg]u/l ul/g]lj sf; g]lbuf]lj sf; x]fegl n]ydf = ! c^a\$  
lbuf]lj sf; sf l; b]w]tx; M  
k]l/l:y]ts k]ffn]sf]; Af0f, ; dfhsf]lbuf]lj sf; h]j s lj lj wtf]sf]; Af0f,  
hg; ^vof lgo]q0f dfj lo ; f]sf]lj sf; , hg; xeflutfdf j ]w, ; f:s[ts ; Dkb  
; Af0f / k]j]lsf]j xg lfdtsf]; ldfleq /xg]w]sg}rf/ l; b]w]t n]ydf  
= \$ c^a\$

k]g+@! = p]t/

x]f lela]f]sn]f (Vibrio cholera) g]ds hlj f0fsf]; ^]p]0fsf sf/0f k]l]ft vfgf  
tyf kfg]sf]d]w]d]af6 ; b]\$ egl n]ydf = ! c^a\$

o; sf n]l0fx;

-a9l ltvf{nflg' -lk; fa sd nflg] -cf]f uf8g] -w]k6s kftnf]lb; f  
xg] -5fnf rfpl/g] - /Strfk sd xg] = d]w] rf/ c]f] n]ydf = \$ c^a\$

k]g+@@ = p]t/

j fy Hj /f]	j fy d6' /f]
Sl6f0f' (beta Hemolitic Streptococcus Group-A) sf]sf/0f ; ?sf]cj :yf xf].	Sl6f0f' (beta Hemolitic Streptococcus Group-A) sf]hl6n ; a]m]d0fsf]cj :yf xf].
\$ b]v !% j ifsf afn aflnsfdf a9l b]v65 .	of]ojf oj]ltx;df klg b]v65 .
3f6l tyf hf]k; b]v]ub5 .	3f6l 6l6; n tyf Zj f; / vfgf gnldf uDel/ ; d:of b]v65 .
lagf pkrf/ Hj /f]sd xg]/ kgMcfpg] ub5 .	d6Sf]df; k;Zl / ellax;df uDel/ lfl t k;ofp5 .

h:tf ldNg]sb}kfF km/s 56dfPdf == % c<sup>a</sup>s

k;g#@# = pTt/

; fylnf0(nfu' cf]fwsf]c; /af/]; r; u/fpg] v]hsb tyf dgf]-hg]f]ds sfodf ; m]lg /xg], kfl/j fl/s /fd[]; Da6w sfod ug] nfu' cf]fwsf]kpf]l / cf] f/k; f/ u/]f s8f sfggl sf/afxl xg]f/]hfgsf/L u/fpg]h:tf % cf]f aBf n]y]df

== % c<sup>a</sup>s

k;g#@% = pTt/

kfl/jf/sf ; b:ox;lar /fd[]; :sf/sf]lj sf; ug]; dfhdf /fd[]eldsf v]lg clek]t ug] lzz' tyf ue] tlx;sf]:ofxf/df Wbfg lbg] ; /; km0 / dlxnf lz]f]df hf] lbg]h:tf kfF cf]f aBf x; n]y]df == % c<sup>a</sup>s

k;g#@% = pTt/

g]kn lfo/f] lgj f/0f ; a]Ssf]:yfkgf ldlt / pbb]o n]yl Jo]vof u/]f == @ c<sup>a</sup>s lfo/f] nfu]sf Jo]Stsf]klxrfgaf/]; r; u/fpg] al=; l=hl= vf]k lbg] tflnd ; Da6w sfo{ug]ltg aBf n]yl Jo]vof u/]f == # c<sup>a</sup>s

**clgjfo{:jf:yo hg; a\of tyf jftfj/0f lzlff**  
**(Compulsory Health, Population & Environment)**

**Set - 3**

; do M@ 306f !% ldgđ

k0fff{S M&%  
pTtl0ff{S M@\$

**; dx 's' (Group 'A')**

clt %ff^fl pTt< cfpj kZgxč (Very short answer questions) [1x10=10]

o; ; dxaf^ ; a) kZgsfl pTt< lbgxf; \ M (Attempt all questions from this group)

1. hgu)fgf 2068 cg; f< gkfnsfl t<f0{ kþz df slt kltzt hg; aVof  
a; flaf; ub%g) E

(What percentage of population of Nepal live in Terai according to 2068 Census ?)

2. sf<f hGdb< s; <l dfkg ul<G% E e; q n\vgxf; \ )

(How is crude birth rate calculated ? State the formula.)

3. ; fs{ dh'sdWo] ; aþGbf a(l dfgj lj sf; ; rfsf<sup>a</sup>s ePsf] dh's s'g  
xf] E

(Which SAARC country has the highest HDI ?)

4. t<f0{ kþz sf] s'g) 1 dxTTj k)f{ ; f:s|ts kj {sf] gfd n\vgxf; \ M

(Name any one cultural festival celebrated in the Terai region.)

5. lxdfnl ejudf <x|sf] clt r|<r<)fsfl ; d:of sd ug[ s'g) Ps pkfo  
k;t't ugxf; \ M

(Present any one way of minimising the effect of over grazing in the himalayan belt.)

6. xfa|sf] ?lrs< vfgf s] xf] E

(What is the favourite food for Red Panda ?)

7. h^fd; lsfl s'g) Ps pkof]utf n\vgxf; \ M

(Write any one usefulness of Spike Nard)

8. a^NofGŠ cfofu slxn] u&g ePsf] lyof] E

(When was the 'Brundt Land Commission' formulated ?)

9. l; <fj; ; s] sf<)fn] xG% E

(What cause cirrhosis ?)

10. Which virus causes the cervical cancer ?

**; dx 'v' (Group 'B')**

( short answer questions) [5x13=65]

o; ; dxaf^ s} 13 cf^f kZgxZ sf pTt< lbgxf; \ M (Attempt any 13 questions from this group)

11. hg; f<sup>a</sup>Wosl eglsf] s] xf] [ lj Zj sf] hg; <sup>a</sup>Vofsf] l:yIt pNn]v ugxf; \ M  
(Define 'Demography' and state the world population situation.) 1+4=5
12. gkfnsf] s} ; x<sf] 2068 ; fnsf] sh hg; <sup>a</sup>Vof 150000 lyof] M pSt  
; x<df pSt j if] 1000 dflg; sf] d[o" eof] 2000 dflg; a; f0" ; <f0  
u<L cfo < 1200 dflg; a; f0" ; <f0 u<L cGoq uP eg] pSt ; x<sf]  
sf]kf d[ob< < vf; a; f0" b< kTtf nufpgxf; \ M  
(A town of Nepal had 150000 population in 2068 B.S. During the year 1000 person  
died, 2000 entered over there and 1200 migrated to other area , Now calculate  
Crude Birth Rate and Net Migration Rate 2.5+2.5=5)
13. a; f0" ; <f0nf0{ k]efj kfg] rf< tTj xZ n]vL b0sf] %f^s<ldf j )fg  
ugxf; \ M (2+3=5)  
(Mention any four factors affecting migration and explain any two of them in  
brief.) 2+3=5
14. æf]ts ; v ; onn] dfq u):t<lo hlj g k]kt ug{ ; lsb]gg]E kli^  
ugxf; \ M  
(Quality of Life can't be achieved only through the physical facilities.) Jusify. 5
15. tkf0{ cfkm a; f]af; u<L <xg'ePsf] ef]uf]ns kb]z sf] ; dflhs tyf  
cfly[s klfsf] %f^f] j )fg ugxf; \ M  
(Explain social economic aspect of geographical region where you have been  
Living. 5)
16. t<f0{ kb]z sf] kfl<l:yIts k]ffnldf dfgj lo lj ]p]fsnfkn] Itg cf^f c; < <  
To; sf] Gogls<)fsf s} b0{ cf^f pkfoxZ n]v]gxf; \ M



(Make a list of any three adverse effect on the Terai ecosystem caused by human activities and any two mitigation. 3+2=5)

17. सृष्टि में मानव गतिविधियों के कारण तैराई पारिस्थितिकी तंत्र पर क्या प्रतिकूल प्रभाव पड़ सकते हैं? दो उपाय बताएं।

(Write short note on any two) 2.5+2.5=5

a. चीनी पत्थर साँप (Asiatic Rock Python)

b. भारतीय हाथी (Asiatic Elephant)

c. पंच आंशु (Panch Aunle)

18. तैराई पारिस्थितिकी तंत्र पर मानव गतिविधियों के कारण हुए प्रतिकूल प्रभावों को कम करने के लिए कौन से प्रभावी उपाय अपनाए गए हैं? इन उपायों का वर्णन करें।

(Write any five effective measures adopted for mitigating the adverse effects seen on biodiversity.) 5

19. शहरीकरण का अर्थ क्या है? शहरीकरण के कारण हुए प्रतिकूल प्रभावों का वर्णन करें।

(What is meant by urbanization? Write any four negative effects created by unmanaged urbanization.) 1+4=5

20. वायुमंडलीय तापमान बढ़ने के कारण पर्यावरण में कौन से प्रतिकूल प्रभाव देखे जा सकते हैं? इन प्रभावों को कम करने के लिए कौन से उपाय अपनाए जा सकते हैं?

(As the atmospheric temperature goes up, adverse effects have been seen in environment. Suggest any five methods, how it can be reduced?) 5

21. डिसेंट्री का अर्थ क्या है? डिसेंट्री के कारण हुए प्रतिकूल प्रभावों का वर्णन करें।

How does dysentery transmit? Write any four of its symptoms and four preventive measure. 1+2+2=5

22. शिश्न और शिश्न के अंतर बताएं।

Differentiate between (any two) 2.5+2.5=5

s. शिश्न और शिश्न (Smoking and Alcoholism)

v. गुण्डा और शिश्न (Goitre and Anaemia)

u. एचआईवी और एड्स (HIV and AIDS)

23. Sofg; < <fjuaf^ ; <llft <xgsf nflu ug{ ; lsgj s'g} kfr^ cf^f kpf; xz n'vgxf; \ M

(Write any five attempts to be safe from cancer disease.) 5

24. gkfnstf] k'pV :j f:Yo ; d:of ; dfwfgdf ; dbfosf] eldsfxz s] s] x'g ; S%gl E pNn'v ugxf; \ M5

(What can be the roles of community in solving the major health problems of Nepal ? 5

25. gkfn kl<j f< lgo'fhg ; ^#sf] kl<ro lb0{ o; sf s'g} ltg cf^f sfo'xz pNn'v ugxf; \ M

(Introduce 'Family Planning Association of Nepal' and state any three of its functions.) 2+3=5

**pTt< slGhsf**

**lj ifo Y :j f:Yo hg; ^Vof tyf jftfj<)f lz lff**

**Set 3**

1. 50.27% n'v'p'df ..... 1 c^'s lbgj
2. 
$$\frac{\text{s'g} j \text{ if'df h'gd'sf hl'j t lzz'x'z sf] ; ^Vof n'v'hf ..1 c^'s lbgj}}{\text{To; j if'sf] d'wolt<sf] hg; ^bf}} \times 1000$$
3. >ln^'sf n'v'p'df ..... 1 c^'s lbgj
4. x'f'hl, %&, Ob j f c'Go s'g} ldNgj pTt< n'v'p'df ..... 1 c^'s lbgj
5. lj sl; t #f' xz <f'k'k, r<gnf0{ Joj l:yt u<k, j'slNks pkfosf] v'f'hl h:tf sf<)f n'v'p'df ..... 1 c^'s lbgj
6. af' s'f] ^' f n'v'p'df ..... 1 c^'s lbgj
7. %f<] <f'usf] pkrf<, d'^' <f'usf] pkrf< j f ; ulGwt wk agfpg h:tf s'g} Pp^f pkofju n'v'p'df ===== 1 c^'s lbgj
8. ; gl 1983 n'v'p'df ..... 1 c^'s lbgj
9. cTolws dbbkfg n'v'p'df ..... 1 c^'s lbgj

10. xbdg Koflknfjdf ef0<; n]vdf ..... 1 c<sup>a</sup>ʼ lbj
11. hg; f<sup>a</sup>Voslsfj kl<efiff n]vdf ..... 1 c<sup>a</sup>ʼ lbj
- k]j ldf dfgj f]kItt ePsfj 30 nfv j if{ hlt eofj M lh; ; j ]f0: ^sfj hGd  
tfsfsfj hg; <sup>a</sup>Vof, kf<ldes s]if o'ult<sfj hg; <sup>a</sup>Vof, ; g\ 1650 b]v dVo  
dVo ldltsfj hg; <sup>a</sup>Vof 6 ca[sfj lbj; lxt pNn]v u<]df ..... 4 c<sup>a</sup>ʼ lbj

12. oxf:

$$\text{hg; } ^a\text{Vof (P)} = 150000$$

$$\text{d[ro" ePsfj ; } ^a\text{Vof (D)} = 1000$$

$$\text{cfkj f; L ; } ^a\text{Vof (I)} = 2000$$

$$\text{pTkj f; L ; } ^a\text{Vof (E)} = 1200$$

$$\text{sf]kf d[rob< (CDR)} = ?$$

; 'qcg<sup>a</sup> f<,

$$CDR = \frac{D}{P} \times 1000 \dots\dots\dots 1 \text{ c}^a\text{' lbj}$$

$$= \frac{1000}{150000} \times 1000$$

$$= 6.666 \text{ k]t xhf< } \dots\dots\dots 2.5 \text{ c}^a\text{' lbj}$$

k]l<,

$$NMR = \frac{I-E}{P} \times 1000$$

$$= \frac{2000-1200}{150000} \times 1000 \dots\dots\dots 1 \text{ c}^a\text{' lbj}$$

$$= 5.33 \text{ k]t xhf< } \dots\dots\dots 2.5 \text{ c}^a\text{' lbj}$$

(Psf0 gn]vdf 0.5 #^fpgj )

13. a; f0" ; <f0df k]efj kfg] tTj x<

$$\text{pd]k, ln}^a\text{u, kfl<j fl<s l:y]t, k] f n]vdf } \dots\dots\dots 2 \text{ c}^a\text{' lbj}$$

$$\text{s]b) b0( cf^fsfj \%ff] j )fg u<]df } \dots\dots\dots 3 \text{ c}^a\text{' lbj}$$

14. u):t<lo hlj g s]b) klj ; dfhsfj ; Eotf, ; ;s]t, k<Dk<f dNo dfGotf <

; ;sf&f<f lgb]zt xG% h; n] ubf{ hlj g kbwit < cfj Zostfx< k]ks

- km<s < yk #^ xG%g\ M hlj g kbwlctg", f< ; V < ; Gtli^sf cfwf< :t<  
klg km<s xG% M t; y{ eflts ; V ; lj wf < pknIAw dfqn] u):t<lo  
hlj g kfk<t ug( ; lsbj egl n\jdf ..... 5 c<sup>a</sup> bgl
15. lxdfnl, kxfŠl < t<f0( kþz dWoj s'g) Pssfl cflyš ; dflhs klfsfl j)fg  
u<þf æk} f, cflyš lj þofsnfk, ; dflhs ; ≤rgf, uþ lgdf)f, hlj g lgj fþ  
cflbsf af<þf) ..... 5 c<sup>a</sup> bgl
16. j g lj gfz, e'fo, #fþ] dþfgsfl lj gfz, df^fsfl pj{kf zIStdf xþ; ,  
cJojl:yt ; x<ls<)>, ofhgf lj lxx cfbþflus kl<rfng j f o:t) gsf<fl ds  
glthfsfl %f^fl JofVof u<þf ..... 3 c<sup>a</sup> bgl  
Gogls<)fsf s'g) bD( pkfo n\jdf ..... 2 c<sup>a</sup> bgl M
17. hgjf <sf xsdf - kf0g] &fpþ zf<ll<s agfj ^, ; ≤llft hgjf<, vfgf, rþkl  
l; sf<lsf sf<)>f h:tf s"fx¿ n\jdf..... 2.5 c<sup>a</sup> bgl  
j g:kltsf xsdf - kf0g] &fpþ pkoflutf, bhþe x'g'sf sf<)>f < ; ≤lf)fsf  
pkfo n\jdf ..... 2.5 c<sup>a</sup> bgl
18. kfl<l:ylts k)ffnldf xþ; , af; :yfgsfl lj gfz, j g:kltsfl lj :tf<df sdl,  
:j tGq #'dlk<df ck<flw, j g lfgsfl cltj þd)f, lhDdj f<lsfl cgelt gx'g"  
j f cGo pkoSt pTt< n\jdf ..... 5 c<sup>a</sup> bgl
19. lj leGg ; j f ; lj wf, ahf<ls<)>f < wgf cfj fbl ; lxtsfl lj :tfl<t k'j f\wf<  
oSt >þ lgdf)f x'g" j f o:t) cfzosfl j)ŠlNks pTt< n\jdf  
=====1 c<sup>a</sup> bgl  
; lj wfsfl cefj, c:j :ys< a; þaf; , hg; <sup>a</sup>Vofsfl c; dfg lj t<)>f ; dflhs  
lj s|t, j ftj <)>df xþ; cflbdWoj s'g) rf< cf^f c; <x¿ n\jdf  
=====...4 c<sup>a</sup> bgl
20. j ftj <)>flo ¿kn] ldqj t\ h:t) hn lj bb't) ; þþzISt h:tf OGWgsfl  
clwstdf kþfju, Snf<fklnf<f] sfag, ; Nkm Šf0cS; f0Š, sfag dfgþš; f0Š  
h:tf j ftj <)>flo b|i^sfl)fn] xflgsf<s Uof; x¿sfl pT; hgdf sdl Nofpgj

clws cfbfjusls<)fsfj lgoGq)f ugj jftfj <)flo kpfif)f lgGq)f, jg h<sup>a</sup>un  
; ≤lf)f ugj h:tf abfx¿ n|vl k|^ kf<df..... 5 c<sup>a</sup>ʒ lbgj

21. cfp<sup>α</sup> PG<sup>^</sup>fldaf lx:<sup>^</sup>fhf0l<sup>^</sup>sf eGg| kf<sup>^</sup>fhf|cf cyj f l; uhf hftsfj

AofS<sup>^</sup>)<ofsfj ; <sup>a</sup>j |d)fsfj sf<)fn| n|U<sup>b</sup>% egl n|vdf..... 1 c<sup>a</sup>ʒ lbgj  
nlf)f

- k|^ bVg|
- k<sup>^</sup>s k<sup>^</sup>s lb; f n|Ug|
- lb; fdf lk<sup>h</sup> < l<sup>r</sup>knfj kbfy( blvg|
- j fsj fs\ n|Ug|
- vfgf ?l<sup>r</sup> gxg|
- Hj <fj cfpG| .....s<sup>b</sup>) rf< nlf)f n|vdf ..... b0{ c<sup>a</sup>ʒ lbgj

s<sup>b</sup>) 4 aRg| pkfox¿ n|vdf.....2 c<sup>a</sup>ʒ lbgj

22. s

wdkfg	dbbkfg
* ; t  <sup>h</sup> Go kbfy( sfj wj foSt ; j gnfo{ wdkfg elgG% M	* cNsfxn hGo t<n kb kbfy( sfj ; j g dbbkfg xfj M
* o; df Nivotine, Taar, Methane h:tf xflgsf<s <; fog kfOG%g\ M	* o; df Methyl tyf Isopropyl h:tf <; fog kfOG%g\ M
* b  <sup>i</sup> ^ ; Dkfbgdf lj s t Nof0lbG% M	* tTsf <sup>n</sup> dfgl; s pT <sup>h</sup> gf Nof0lbG% M
* ue{ gi <sup>^</sup> u<f0lbG ; S% M	* bl#sfndf ofj c; lfdtf Nof0lbG% M

jf, pkoSt leGgtfsf nflu .....0=5 sf b<n| 2=5 c<sup>a</sup>ʒ lbgj

22. v

unuf <sup>š</sup>	<St cNktf
* kfj)f)df cfofjŠg tTj sfj sdl xbf n Ug  g; g  <fj xfj M	* afn aflnsf tyf uej tlx¿df <ftf <Stsfjfx¿ sdl xg  <fj xfj M
* Thyroid uβyl a(k #f <sup>^</sup> ldf aflx< b vG% M	* kmfd, le <sup>^</sup> fdg B <sub>12</sub> kmfjns cDn h:tf kfjfs tTj sfj sdln  n U <sup>b</sup> % M

* unufŠ a(b) hföf Zj f; kZj f; sl&g xG% M	* la<fdl kxhfj b]vG% M
* la<fdl dgfj } flgs ĩkn] lg<fz b]vG% M	* la<fdl ylst b]vG% M

22. u

HIV	AIDS
* HIV sf] k²f ĩk Human Immuno defficiency Virus xfl M	* AIDS sf] k²f ĩk Acquired Immune Difficiency Synodrome xfl M
* o; sf] ; a)  d)f ofghGo lj  pofsnfk, <St k; f<)faf^ xG% M	* HIV ; a)  d)f sf] kl%Nnf] sdhf< cj :yf xfl M
* HIV ; j  d)f kl% AIDS ; Ddsfl cj lw nfdfl kfg{ ; lSg% M	* of] cj :yfnf0{ nDAofpg ; lsbgg\ M
* HIV <sup>ve</sup> cj :yfdf <flusf nlf)f b]vbgg\ M	* of] cj :yfdf w} <flusf nlf)fxĳ b]vf kb%g\ M

j f, pkoSt leGtfsf nflu .....0=5 sf b/n] 2=5 c<sup>a</sup>š lbg]

; xl leGtfsf nflu ..... 0=5 sf b/n] 2=5 c<sup>a</sup>š lbg]

23. ; lthGo kbfsfl ; j g gug] tf<šfl < kf]šfl vfg] s²f gvfg] gf<sup>a</sup>ufj  
z<l< rsfl #fddf nfdfl ; do ; Dd gj :g] clws dfqfdf <ftfl df; šfl  
kpfju gug] w} l rNnf] < glgnfl vfgf gvfg] lgoldt : j f:Yo k<llf)f  
u<fpg] h:tf abf<sup>a</sup> n]vdf .....5 c<sup>a</sup>š lbg] M

24. vfg] kfglsfl cfklt{ (n lgsf; sf] Joj :yf, ; fj hlgs :ynsf] ; <; kmf0{  
; fj hlgs rklšfl lgdf)f, c:ktfnsfl Joj :yf j f cGo ldNg] abf<sup>a</sup> n]vdf  
..... 5 c<sup>a</sup>š lbg] M

25. gkfn kl<jf< lgofhg ; a#n] :yfkf ldlit < cGt<fl i<sup>o</sup> kl<jf< lgofhg  
dx; a#sf] ; b:otf kfkt ; DaGwdf n]vdf..... 2 c<sup>a</sup>š lbg] M  
dftlzz" : j f:Yo lz lff kpfu ug] bDklItnf0{ kl<jf< lgofhg ; DaGwl lz lff  
kpfu ug] ; šllft ue{ ktg u<fpg] lglzNs vfk j f cGo s'g] Itg abf  
n]vdf ..... 3 c<sup>a</sup>š lbg] M

; dflkt