

tgx'Fsf] kqsfl/tfsf] Oltxf;

g]kfndf h:t} tgx'F lhNnfd f klg kqsfl/tfsf] Oltxf; Tolt
w]/} nfd] b]lvb}g . g]kfnL kqsfl/tfsf] Oltxf;nfO{ Ps
k6s k5fl8 kms]{/ x]g]{ xf] eg] lj=;=!(%% ;fndf
klxnf] k6s ;'wf;fu/ gfdsf] klqsf k|sflzt kfOG5 .otf
tgx'Fdf l7s ^) aif{ k5fl8 klxnf] k6s lj=;= @)!\$;fndf
tgx'Fsf] k'/fgf] ;b/d'sfd aGbk'/df /x]sf] kBd
k':tsfnon] d"naf6f] gfdsf] x:tlnlvt klqsf k|sflzt u/]sf]
b]lvG5 .of] klqsfd vf;u/L wd{ ,;:s[lt / z}lfs jftfj/0fsf
ljifonfO{ ;dfj]z ul/Psf] lyof] . lj=;=@)!\$;fn b]lv
k|sflzt ePsf] of] klqsf lj=;=@) @&;fndf k|sflzt
ePsf] b]lvG5 . oxLaLrdf lj=;=@) @! ;fndf aGbLk'/]
psfnL gfdsf] klqsf k|sflzt ul/Psf] lyof] .of] klqsfd
tTsfnl g /fhf dx]Gb|sf] z'esfgdgf ;d]t /flvPsf]
kfOG5 .

To:t} lj=;=sGof ldl8n :s'nn] sGofgfdsf] d'vkq
lgsfn]sf] kfOG5 . To:f}u/L lj=;= @) @%;fndf
bdf}nLdf ;b/d'sfd ;/]kl5 xfnsf /fdrGb| kf]v/]nsf]
;Dkfb s d08ndf lgd{n df=lj=sf] d'vkq k|sflzt ePsf]
kfOG5 .To:t} @) @* ;fndf g]kfn ljBfyL{ ;+3 tgx'Fn]
ef]ln gfdsf] klqsf k|sflzt u/]sf] kfOG5 .of] klqsf

;d;fdlos ljr/ k|wfg /x]sf] lyof] .of] klqsf @)\$);fn
;Dd k|sflzt ePsf] b]lvG5 . o;/L klqsf k|sflzt
x'g]qmddf lhNnf lzlff zfvf tgx'F{n] @)@(;fndf
xfd|f] z}llfs sf]z]nL, @)#! ;fndf efg' ;]jf ;ldltn]
efg'bz{g , sflnsf dfWolds ljBfno4f/f@)#& ;fndf
ef/tL , ufpF;]jf sf]ifn] @)#* ;fndf ufpF;]jf :df]/sf
,aGbLk'/ SofDk;n] @)#* df xfd|f] ufpF3/ , @)#*
;fndf r'FbL /D3f , bdf}nL ;+ud Snj4f/f @)\$# ;fndf
;+ud ,g]kfn /]8qm; ;f];fO6L4f/f @)\$ \$;fndf rf}tL /
kqsf/ s'nrGb| jfUn]sf] ;DkfbsTjdf @)\$^ ;fndf
sn]:tL k|sflzt u/]s]f kfOG5 .oBkL @)\$& ;fnkI5
sn]:tLsf] k|sfzgsf aGb x'g k'u]sf] lyof] . @)\$^
;fnsf] kl/jt{g ;u} tgx'Fdf kqsf]/tfsf] tgx'F lhNnfd
kqsf]/tfsf] ljsf;qmd x'Fb} uPsf] kfOG5 .vf;u/L
ljleGg ;+3;+:yfn] cfkm\gf d'vkqx? k|sfzgd f ljz]if
hf]8 lbPsf] kfOG5 .Psk6s ljutnfO{ kms]/{ x]g]{ xf]
eg] @)\$^;fnsf] kl/jt{g ;u} @)\$* rIGb|sf , @)%!df
efg'>L, @)%@ df aGbLk'/] cfjfh , @)%#df d~h/L
, b]j3f6 jfu]Zj/L / tLg y'DsL nufotsf d'vkq tyf
;flxITos klqsfx? k|sflzt ePsf lyP .d'vkq tyf ;flxITos
klqsf ;u;u} tgx'F lhNnfd @)%# ;fndf sdnfd]xg
jfUn]sf] ;DkfbsTjtdf tgx'F cfjfh ;fKtflxs k|sfzg

cf/De ePsf] lyof] .tgx'F cfjfhst cnfjf @)%\$;fndf
x|f] ;+sNk tyf Jof;jf0fL / gjJof;af0fL ;fKtflxs klqsf
k|sflzt ePsf lyP .t/ xfn tgx'F cfjfh] dfq lg/Gt/tf
kfPsf] cj:yf 5 .;fKtflxs klqsfsf] k|sfzg k|f/De ;u;u}
sf:sLdf btf{ ePsf] e~Hof^a ;fKtflxsn] bdf}nLaf6 Ps
bzseGbf cufl8 b]lv b}lgssf] k|sfzg cf/De u/]sf]
lyof] .oBkL tgx'F lhNnfdg g} btf{sf] lx;fadf eg]
;]tLdfbL b}lgs lhNnfsf] b}lgs klqsf xf] . oBkL
k/fk"j{ sfndf j]bJof; rf/]b ,c7f/ k'/f0f / dxfef/t h:tf
u|Gyx? olx n]v]sf] kfOG5 .t;y{ tgx'Fsf]
kqsfl/tfnfO{ k/fk"j{ sfn b]lv g} ePsf] dfGg ;lsG5 .

lhNnfsf] xfnsf] kqsfl/tfsf] cj:yf

tgx'F lhNnfdg 5fkf ,ljB'lQo ,cgnfOg u/L em08}
b'O{ bh{g ;~rf/dfWox? clxn] ;~rflnt cj:yfdf /x]sf
5g\ .To;dWo] ;b/d'sfd bdf}nLaf6 ;]tLdfbL ,e~Hof^a,
nf]sjf0fL, dfbL;]tL k|jfx ,tgx'F pb\3f]if, bdf}nL va/
k|sflzt x'b} cfO/x]sf 5g\ . ;b/d'sfd bdf}nL aflx/
b'n]uf}+8faf6 tgx'F va/ b}lgs ?kdf k|sflzt x'Fb}
cfO/x]sf] 5 .lo afx]s tLg j6f b}lgxs? k|sflzt eP/

aGb ePsf] cj:yf 5 .To:t} ;b/d'sfd bdf}nLaf6 tgx'F
cfjfh , bdf}nL PS;k]; / Sof;ld/L ledfbaf6 laxfgL
va/ k|sflzt x'Fb} cfO{/x]sf] cj:yf 5 . To:t} xfn
;b/d'sfd bdf}nLaf6 dfbL;}tL , bdf}nL , /]l8of]
efg'eQm / :df6{ Pkm=Pd= k|zf/0f eO{/x]sf] cj:yf 5
.;b/d'sfd aflx/ 8'd)]af6 aGbLk'/ / o"gfO6]8 ,
cfFa'v}]/]gLaf6 d]/f] ;fyL, v}]/]gL6f/af6 /]l8of] tgx'F /
b'n]uf}8faf6 9f]/jf/fxL Pkm=Pd= k|zf/0f eO{/x]sf]
cj:yf 5 . To;}u/L ;b/d'sfd bdf}nLaf6 tgx'F 6]Inlehg
/ cfwf bh{g cgnfOgx? ;~rflnt 5g\ . xfn tgx'F
lhNnfdg g]kfn kqsf/ dxf;+3sf] ;b:o % bHf{gsf]
xf/fxf/Ldf /x]klg ;lqmo ?kdf sfo{/t ;~rf/sdL{sf]
;+Vof eg] b'O{ bh{gsf] xf/fxf/Ldf /x]sf] 5 .To:t}
kqsf/x?sf] ;femf ;+:yf g]kfn kqsf/ dxf;+3sf]
cfkm\g} ejg ;d]t /x]sf] 5 .

olt~h]n xfdLn] lhNnfsf] kqsf]/tfsf] cj:yfsf af/]df rrf{
u/of} ca xfdL ljifo a:t' tkm{ k]j]z ub{5f}+ . cfhsf]
ljifo 5 .

:yfgLo txdg kqsf/x?n] ul//x]sf] cfTdfg'zf;gsf] cEof;
(Practice of self regulation in local context)

cfTdfg'zf;g M cfTdf / cg'zf;gsf] ;ld>0faf6 ag]sf]
zAb xf] .

cfTdfg'zf;gsf] cEof; eGgfn] cfkm\gf] cfTdfnfO{
cg'zf;gdf /fVg] cEof; eGg] a'lemG5 .To:t}
cfTdfg'zf;gnfO{ cu|hLdf self regulation elgG5 .
self (k|Tolf jf ck|Tolf ?kn] cfkm} dfly ul/g] lqmf
_regulation(ljwfg ,ljlw,Jo:j:yfkg ,lgod _

(control by oneself or itself ,as economy, business,
organization)

ljifo a:t' k|j]z

cfTdfg'zf;g eGg] ljifo x/]s k]zf Joj;fo ckl/xfo{ ljifo
xf] .t;y{ kqsfl/tfdf klg cfTdfcg'zf;gsf] ljz]if dxTj
/x]sf] 5 . lsgls cfTdfg'zf;g eGbf aflx/ uP/ kqsfl/tf
ul/Psf] v08df kqsfl/tf cdof{lbt x'g] ub{+5 . cdof{lbt
9+un] kqsfl/tf u/]sf] v08df ;dfhdf kqsfl/tf lf]qdf dfly
g} cf}nf] 78\ofpg] cj:yf l;h{gf x'g ;Sb5 .To:tf] cj:yf
l;h{gf x'g' eg]sf] cToGt nHhfhgs ljifo xf] .t;y{
kqsfl/tflf]qdf cfTdfg'zf;gnfO{ ljz]if 9+un] x]l/g' kb{5

.

tgx'F lhNnfsf] xsdf klg cfTdfg'zf;gsf] kfngf gePsf]
kfOG5 .vf;u/L ;~rf/sdL{x? leqsf] c+xtf , km/s
/fhgLlts cf:yf , ;~rf/sdL{x? ;+usf] JolQmut 6sf/fj ,
lj1fkgsf ljifo nufotsf sf/Ofn] ubf{ cfTdfg'zf;g kfngf
gePsf] kfOG5 .h;n] ubf{ a]nfa]nfd] lhNnfsf]
kqsfl/tf lf]qdf lgs} ;d:of cfOkg]{ u/]sf] 5 .

vf;u/L :yfgLo :t/df kqsfl/tf ubf{ cfTdfg'zf;gnfO{
kfngf ug{ lgDg ljifox?nfO{ k|fyldstf lbg'kb{5 eGg]
d]/f] dfGotf /x]sf] 5 .

!=kqsfl/tfsf] cfrf/ ;+lxtf kfngf .

@= ;To -tYo ,;Gt'Int / ljZj;gLotf kfngf

#= cfly{s k|nf]egdf gkg]{

\$ vfglkgsf] k|nf]egfdf gkg]{

% v/fa cfr/Of M cflb

