

## The Chairperson's Message:

It gives me immense pleasure to introduce **Vedanta Publication (P) Ltd., Vanasthali**, Kathmandu to all the esteemed founders, principals, teachers, guardians, parents, students, wholesalers and retailers, and well-wishers.

**Vedanta**, the emergent publication house, is committed to cater quality pre-school, school and college-level textbooks and reference materials that are well-researched and thoughtfully prepared. We make the utmost endeavours to ensure the readers that our products are error-free.



**Vedanta Publication (P) Ltd.** was established in BS 2076 (2019 AD) with the motto of '**read, lead and succeed...**' We firmly believe that our quality products will give the students and learners an insight to lead and become successful in their personal and professional lives.

We aim at producing and distributing the market driven quality school and college-level reading materials throughout the country. Our team comprises qualified, experienced and dynamic subject experts, and authors. Similarly, the diligent sales and marketing as well as the well-organized production and distribution team members will be instrumental to cater the needs of textbooks and other materials in a timely manner.

We expect to receive support from all concerned authorities and stakeholders.

**Happy Reading!**

Suresh Kumar Regmi  
Chairperson

## Message from the Desk of Managing Director:

I would like to extend seasonal and hearty greetings to all respected chairpersons, founders, principals, managing directors, subject teachers, guardians, parents, students, wholesalers and retailers.

I am pleased to introduce the innovative and resourceful **Vedanta Publication (P) Ltd., Vanasthali, Kathmandu**, established by a team of experienced as well as prolific educationists and dynamic businesspersons in BS 2076 (2019 AD). The publication house makes every effort to produce quality, child-friendly and useful reading materials based on contemporary teaching-learning approaches for successful readers and leaders as per its motto, '**read, lead and succeed...**' We aim to develop **Vedanta** as one of the prominent publication houses in the country.



In addition to publication and distribution of textbooks and reference materials, we have planned to lay equal emphasis on online as well as digital materials production. Moreover, with a belief on teacher professional development, we have given prominence to the teacher's training in each subject by the professional experts as a significant part of Vedanta's wings. In order to facilitate the subject teachers, we have also published teacher's manuals for all textbooks.

Attempts have been made to ensure that our textbooks, reference as well as other reading materials are learner-friendly and error-free. Earnest emphasis has been laid on textual presentation and pictorial illustration. Moreover, we will update and upgrade all materials according to the needs and demands of the time.

We always expect your kind assistance and support to our mission.

**read, lead and succeed...**

Jiwan Shrestha  
Managing Director  
9851020105

# vedanta Excel in Mathematics

**Author**  
*Hukum Pd. Dahal*

**Editor**  
*Tara Bahadur Magar*

|                                     |                                       |
|-------------------------------------|---------------------------------------|
| Vedanta <b>Excel in Mathematics</b> | Nursery                               |
| Vedanta <b>Excel in Mathematics</b> | Class LKG                             |
| Vedanta <b>Excel in Mathematics</b> | Class UKG                             |
| Vedanta <b>Excel in Mathematics</b> | Class 1 <small>New Curriculum</small> |
| Vedanta <b>Excel in Mathematics</b> | Class 2 <small>New Curriculum</small> |
| Vedanta <b>Excel in Mathematics</b> | Class 3 <small>New Curriculum</small> |
| Vedanta <b>Excel in Mathematics</b> | Class 4                               |
| Vedanta <b>Excel in Mathematics</b> | Class 5                               |
| Vedanta <b>Excel in Mathematics</b> | Class 6 <small>New Curriculum</small> |
| Vedanta <b>Excel in Mathematics</b> | Class 7                               |
| Vedanta <b>Excel in Mathematics</b> | Class 8                               |
| Vedanta <b>Excel in Mathematics</b> | Class 9                               |
| Vedanta <b>Excel in Mathematics</b> | Class 10                              |



The series of '**Vedanta Excel in Mathematics**' is completely based on the contemporary pedagogical teaching learning activities and methodologies extracted from teachers' training, workshops, seminars and symposia. It is an innovative and unique series in the sense that the contents of each textbooks of the series are written and designed to fulfill the need of integrated teaching learning approaches.

**Vedanta Excel in Mathematics** is an absolutely modified and revised edition of my three previous series 'Elementary Mathematics' (B.S. 2053), 'Maths in Action (B. S. 2059)' and 'Speedy Maths' (2066 B. S.).

**Vedanta Excel in Mathematics** has incorporated applied constructivism. Every lesson of the whole series is written and designed in such a manner, that make the classes automatically constructive and the learners actively participate in the learning process to construct knowledge themselves, rather than just receiving ready made information from their instructors. Even the teachers will be able to get enough opportunities to play the role of facilitators and guides shifting themselves from the traditional methods of imposing instructions.

Each unit of **Excel in Mathematics** series is provided with many more worked out examples. Worked out examples are arranged in the hierarchy of the learning objectives

and they are reflective to the corresponding exercises. Therefore, each textbook of the series itself is playing a role of a **'Text Tutor'**. There is a well balance between the verities of problems and their numbers in each exercise of the textbooks in the series.

Clear and effective visualisation of diagrammatic illustrations in the contents of each and every unit in grades 1 to 5, and most of the units in the higher grades as per need, will be able to integrate mathematics lab and activities with the regular processes of teaching learning mathematics connecting to real life situations.

The learner friendly instructions given in each and every learning contents and activities during regular learning processes will promote **collaborative learning** and help to develop **learner-centred** classroom atmosphere.

In grades 6 to 10, the provision of **'General section'**, **'Creative section - A'** and **'Creative section - B'** fulfills the coverage of overall learning objectives. For example, the problems in 'General section' are based on the Knowledge, understanding and skill (as per the need of the respective unit) whereas the 'Creative sections' include the Higher ability problems.

The provision of **'Classwork'** from grades 1 to 5 promotes learners in constructing knowledge, understanding and skill themselves with the help of the effective roles of teacher as a facilitator and a guide. Besides, teacher will have enough opportunities to judge the learning progress and learning difficulties of the learners immediately inside the classroom. These classworks prepare learners to achieve higher abilities in problem solving.

The **'project works'** given at the end of each unit in grades 1 to 5 and most of the units in higher grades provide some ideas to connect the learning of mathematics to the real life situations.

The provision of **'Section A'** and **'Section B'** in grades 4 and 5 provide significant opportunities to integrate **mental maths** and **manual maths** simultaneously. Moreover, the problems in 'Section A' judge the level of achievement of knowledge and understanding and diagnose the learning difficulties of the learners.

The provision of **'Looking back'** at the beginning of each unit in grades 1 to 8 plays an important role of **'placement evaluation'** which is in fact used by a teacher to judge the level of prior knowledge and understanding of every learner to make his/her teaching learning strategies.

The **socially communicative approach** by language and literature in every textbook especially in primary level of the series will play a vital role as a **'textual-parents'** to the young learners and help them in overcoming **maths anxiety**.

The **Excel in Mathematics** series is completely based on the latest curriculum of mathematics, designed and developed by the Curriculum Development Centre (CDC), the Government of Nepal.

I do hope the students, teachers and even the parents will be highly benefited from the **'Excel in Mathematics'** series.

Constructive comments and suggestions for the further improvements of the series from the concerned will be highly appreciated.

# vedanta Excel in Additional and Optional Mathematics

*Author*

*Piyush Raj Goshain*

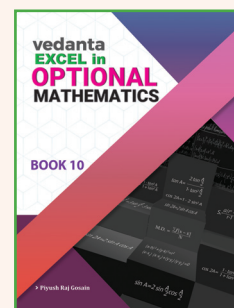
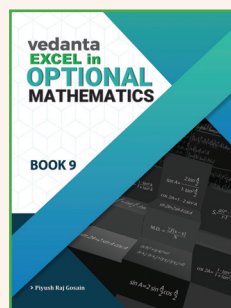
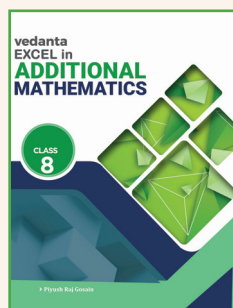
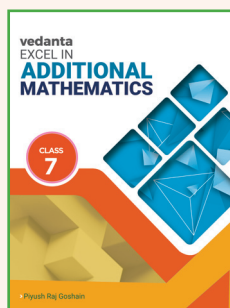
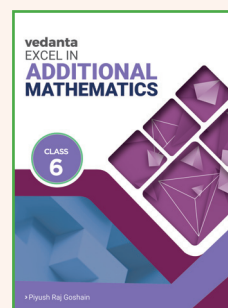
*Editors*

*Hukum Pd. Dahal*

*P. L. Sha*

*Tara Bahadur Magar*

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|---|----------|
| Vedanta Excel in Additional Mathematics | Class 6  |
| Vedanta Excel in Additional Mathematics | Class 7  |
| Vedanta Excel in Additional Mathematics | Class 8  |
| Vedanta Excel in Opt. Mathematics       | Class 9  |
| Vedanta Excel in Opt. Mathematics       | Class 10 |



## Features of Vedanta Excel in Additional and Optional Mathematics:

- Completely based on New syllabus and New specification grid of CDC, GoN.
- Every chapter starts with review concept of the same topic in previous class.
- Discussion questions in each topic are given to warm up the students for the topic.
- Worked out examples and the question in each exercise are arranged in simple to complex approach as per objectives of the topic .
- Questions in each exercise are categorized into three groups -Very short questions, short questions and long questions with higher ability.
- Illustrated diagrams are given as required
- Language in mathematics is simplified and minimized.
- A model question according to latest specification grid is given.

vedanta *(New Series for 2078)*

# Integrated Social Studies

*(A Multidimensional Social Series for Grade One to Ten Students)*

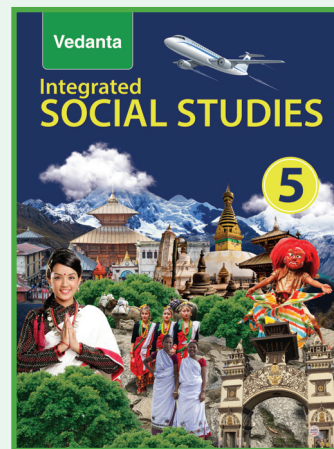
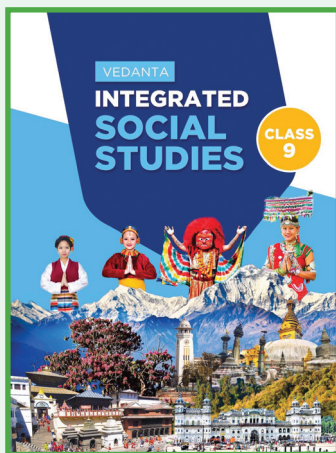
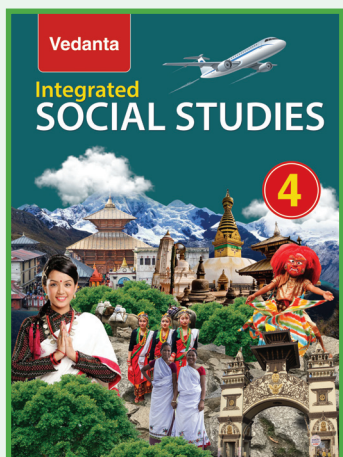
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| बेदान्त हाग्नो सेरोफेरो                      | Class 1  | New Curriculum |
| बेदान्त हाग्नो सेरोफेरो                      | Class 2  | New Curriculum |
| बेदान्त हाग्नो सेरोफेरो                      | Class 3  | New Curriculum |
| Vedanta Integrated Social Studies            | Class 4  |                |
| Vedanta Integrated Social Studies            | Class 5  |                |
| बेदान्त सामाजिक अध्ययन तथा मानव मूल्य शिक्षा | Class 6  | New Curriculum |
| Vedanta Integrated Social Studies            | Class 7  |                |
| Vedanta Integrated Social Studies            | Class 8  |                |
| Vedanta Integrated Social Studies            | Class 9  |                |
| Vedanta Integrated Social Studies            | Class 10 |                |

*Authors*

*Surya Bahadur Gurung*

*Youba Raj Dhakal*

*Hritesh Shrestha*



Social Studies is a unique and comprehensive subject among the subjects prescribed for school level students in Nepal. It aims at developing ideal citizens for the society and the nation with a positive attitude and morals based on democratic norms and values. This subject assists in meeting the maximum national objectives of education in Nepal.

**Vedanta Integrated Social Studies series** are carefully graded multidimensional book series for school-level children. It consists of ten books namely **बेदान्त हाफो सेरोफेरो १, २ ३, बेदान्त सामाजिक अघ्ययन तथा मानवमूल्य शिक्षा-६** and **Vedanta Integrated Social Studies 4, 5, 7, 8, 9 and 10**. This series has been prepared based on the spirit of the above-mentioned theme of the latest national curriculum. This series is the outcome of our decade-long teaching experience, writing textbooks, teachers' guides (TG)s, manuals for virtual classes and other reading materials, and facilitating teachers' training and workshops in affiliation to the CDC, NCED, ETC, and various private institutions and publications in Nepal. The primary objective of this series is to promote civic competence in the students, helping them grow into responsible, honest, dedicated, hardworking, and influential citizens with positive attributes and a profound sense of patriotism.

The concept of critical thinking, multiple intelligence, social-emotional learning, appreciative inquiry, value-based education, life skills education, etc., has been applied to inculcate a sense of responsibility among the learners through a wide range of diversified lessons. A pragmatic approach, "Learn by doing," has been adopted to address all kinds of learners. We expect that the real learning environment, "Students being busy in various learning activities and teachers just guiding them, " will be seen in every school. We hope that this series definitely supports to develop the competency of the students with various life skills.

The list of objectives, content related pictures, attractive illustrations, and unit description in the unit introduction page have been designed to help the teachers and students plan the lessons and determine the depth of the contents and learning outcomes. The contents with the latest data and contemporary issues in various lessons are delivered in lucid language. It can support learners of different levels to have a clear concept of various subject matters. The questions included in activities and community work can encourage students to have holistic development through learning activities. Similarly, the variety of questions in the exercise support the learners to understand the subject matters clearly. The appropriate guideline for practical activities is one of the unique features in the series. Moreover, the lessons in the series have been presented in various formats such as letters, dialogues, speeches, diaries, news articles, stories, letters to the editor, and so on to offer a variety in presentation.

We hope that this series will be really useful to all students and teachers throughout the nation.

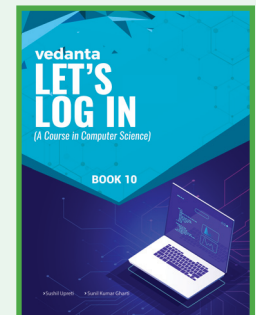
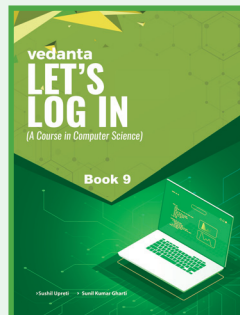
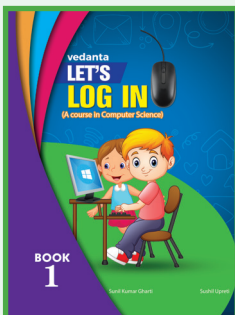
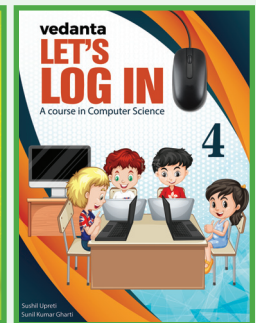
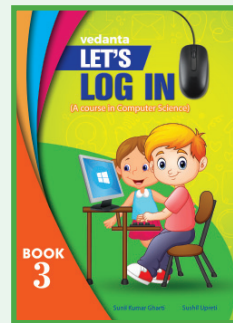
# vedanta Let's Log in

(A course in Computer Science)

Authors

*Sushil Upreti and Sunil Kumar Gharti*

|  |          |
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| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 1  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 2  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 3  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 4  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 5  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 6  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 7  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 8  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 9  |
| Vedanta <b>Let's Log in</b> (A course in Computer Science) | Class 10 |



**Vedanta Let's Log in** is a series of ten books on Computer Science for basic and secondary level students. It is based on the new syllabus of Computer Science. This series has been designed for the new generation, which needs to acquire knowledge on the theory, application, programming and contemporary technology aspects of computing. These books not only assist the students and the teachers in the class but also contain latest information and developments in IT.

Furthermore, each book includes the latest information and techniques needed by the students to cope up with the hurdles they might come across in the techno-friendly working environment. Besides, the books also include some unique features such as definite order of presentation, pedagogic grading of reviews, summary of each lesson, critical and logical thinking exercise and an up-to-date selection of graphics for clarity and so on.



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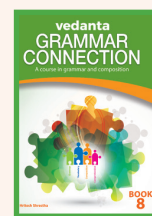
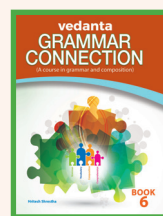
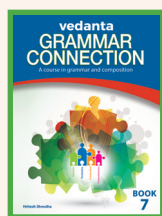
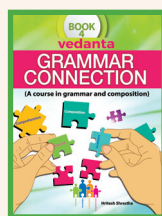
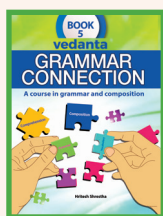
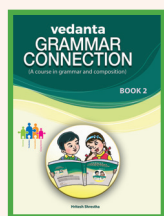
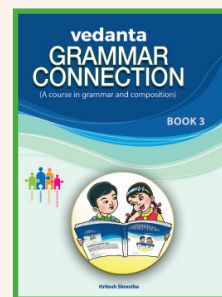
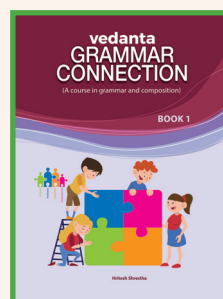
# Grammar Connection

(A course in grammar and composition)

Author

*Hritesh Shrestha*

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|----------------------------|------------------|
| Vedanta Grammar Connection | Class 1          |
| Vedanta Grammar Connection | Class 2          |
| Vedanta Grammar Connection | Class 3          |
| Vedanta Grammar Connection | Class 4          |
| Vedanta Grammar Connection | Class 5          |
| Vedanta Grammar Connection | Class 6          |
| Vedanta Grammar Connection | Class 7          |
| Vedanta Grammar Connection | Class 8          |
| Vedanta Grammar Connection | Class 9 (F. C.)  |
| Vedanta Grammar Connection | Class 10 (F. C.) |



Vedanta **Connection Grammar** is a ground-breaking series in **English Grammar and Composition** for students of basic level from grade I to grade VIII. The series covers comprehensive coverage of all grammar lesson, vocabulary activities, writing composition and reading comprehension.

It combines fun with serious, systematic grammar practice. It contains wide varieties of exercise, attractive layout and carefully graded reading materials. It provides ample opportunities for students to practise grammar through lively, full-colour illustrations and writing activities. Moreover, the series contains simple and concise explanations of the grammar structures. The grammar explanations are easy-to-understand with plenty of examples. It also contains a variety of exercise types – from drills to contextualised and personalised practice.

This series has introduced the two-page concept in its grade VI to VIII level textbooks for the first time in Nepal. There is an explanation of the grammar point on the previous page, and then it has a number of exercises for students to practise the grammar they have just read about on the next page. This concept has broken the traditional approach, in which students are forced to memorise a number of grammar rules without immediate evaluation. Furthermore, it provides students or learners to practise exercises of all grammar points they have studied. Therefore, the author and the publication family are certain that the series is going to be a useful book series for basic level students.

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(नयाँ संस्करण २०७८)

# नेपाली रचना माला

|                          |                        |
|--------------------------|------------------------|
| वेदान्त नेपाली रचना माला | कक्षा १ New Curriculum |
| वेदान्त नेपाली रचना माला | कक्षा २ New Curriculum |
| वेदान्त नेपाली रचना माला | कक्षा ३ New Curriculum |
| वेदान्त नेपाली रचना माला | कक्षा ४ F. C.          |
| वेदान्त नेपाली रचना माला | कक्षा ५ F. C.          |
| वेदान्त नेपाली रचना माला | कक्षा ६ F. C.          |
| वेदान्त नेपाली रचना माला | कक्षा ७ F. C.          |



लेखकहरू

भोला ओझा

लावण्य दुङ्गाना

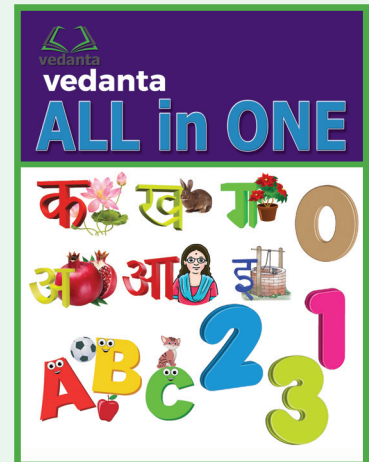
वेदान्त नेपाली रचना माला नेपाली भाषा सिकाइका लागि एक समग्र पाठ्यपुस्तक हो । यसका हरेक पाठहरू तोकिएका एकाइले अवलम्बन गरेका विचारसँग पूर्णतः सम्बद्ध रहेर विद्यार्थीहरूमा आफ्नो परिवार, समाज र राष्ट्रप्रति सकारात्मक भावना जगाउँदै उनीहरूको नैतिक बललाई सुदृढ पार्न सफल छन् । यो पाठ्यपुस्तक सुनाइ, बोलाइ, पढाइ र लेखाइ भाषाका चारै सिपको तहगत विकासमा केन्द्रित छ । यसले सरल एवम् खेलपरक क्रियाकलापहरूका माध्यमबाट भाषासिकाइको उद्देश्यलाई पूरा गर्ने प्रयास गरेको छ । भाषासिकाइका लागि विद्यार्थी र शिक्षक दुबैलाई यो पाठ्यपुस्तक उपयोगी रहेकाले यसको पठनपाठनबाट विद्यार्थीहरूमा नेपाली भाषाको बोध तथा अभिव्यक्ति सामर्थ्य सबल बन्ने अपेक्षा गरिएको छ ।

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## All in One

Nursery

Concept  
Jiwan Shrestha



# vedanta Quick English

(New Series for 2078)

(A course in English Series)

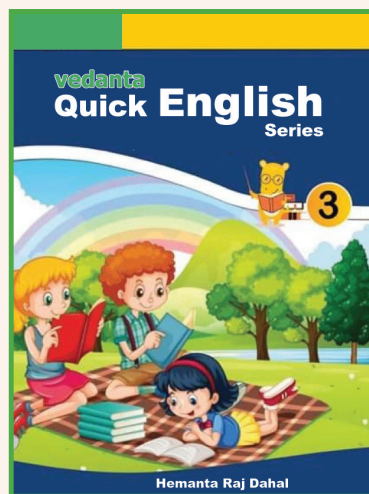
Author

*Hemanta Raj Dahal*

Series Editor

*David D. Perrodin, Ph.D.*

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|-----------------------|-----------------|----------------|
| Vedanta Quick English | Class 1         | New Curriculum |
| Vedanta Quick English | Class 2         | New Curriculum |
| Vedanta Quick English | Class 3         | New Curriculum |
| Vedanta Quick English | Class 4 (F. C.) |                |
| Vedanta Quick English | Class 5 (F. C.) |                |
| Vedanta Quick English | Class 6 (F. C.) |                |
| Vedanta Quick English | Class 7 (F. C.) |                |
| Vedanta Quick English | Class 8 (F. C.) |                |



Vedanta Quick English Series is based on the New Integrated Curriculum of Ministry of Education, Science and Technology, Curriculum Development Centre, Nepal. Through the integrated themes, students are provided with learner-friendly, culturally appropriate materials that cover listening and reading (receptive) and speaking and writing (productive) skills aided by vocabulary, grammar and pronunciation. The learners get enormous opportunities to learn and use English in the appropriate context, maintaining accuracy and fluency both. The role of the English language is to perform communication, be it through writing or speaking. Therefore, developing language as a building block, songs, chants, rhymes, drills, puzzles, role play and language games in grades 1, 2, & 3 should create a foundation for young learners. The teacher's role is expected to be dominantly of a facilitator, who could give clear instructions for tasks and activities, of a resource whenever the students need to access to, of a monitor when the students engage in learning process and guide them to the right direction.

We believe that the teachers and students will enjoy Quick English.

vedanta

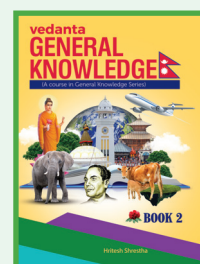
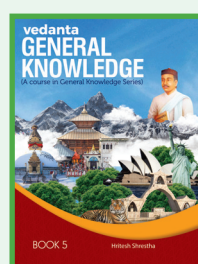
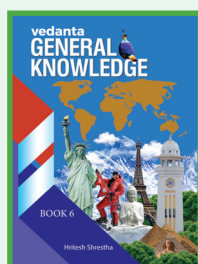
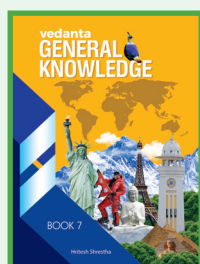
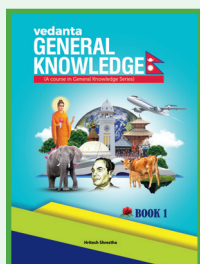
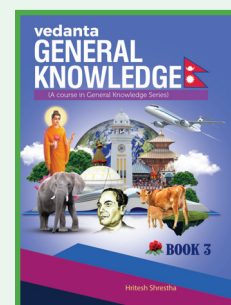
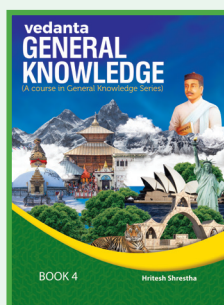
# General Knowledge

*(A course in General Knowledge Series)*

Author

*Hritesh Shrestha*

|                                  |         |
|----------------------------------|---------|
| Vedanta <b>General Knowledge</b> | Class 1 |
| Vedanta <b>General Knowledge</b> | Class 2 |
| Vedanta <b>General Knowledge</b> | Class 3 |
| Vedanta <b>General Knowledge</b> | Class 4 |
| Vedanta <b>General Knowledge</b> | Class 5 |
| Vedanta <b>General Knowledge</b> | Class 6 |
| Vedanta <b>General Knowledge</b> | Class 7 |



Vedanta **General Knowledge** is an innovative series of general knowledge for students of basic level from grade UKG to grade VII. It contains carefully graded and selected lessons from a wide range of genres, themes, and topics.

In fact, this is the only book of its kind to cover **amazing, interesting** and **useful reading** materials from more than ten genres in our country in a balanced way (For the names and features of genres, please go through the books).

There is a column named '**Fast Fact**' from grade four onwards almost on every page. It contains amusing and astounding fun facts for learners. Moreover, **Map Work** section has been introduced as a ground-breaking section for the students of grade VI and VII for the first time in Nepal to facilitate the students and teachers in finding out and locating various significant places of our country on a map of Nepal.

All the materials included in the textbooks of the series have been gathered from various popular, reliable and updated encyclopaedias, textbooks, reference books, dictionaries, leaflets, newspapers, magazines, websites and many other sources published from various reputed national and international publications. Therefore, this series leaves no stone unturned to expand the sphere of knowledge of young minds. Furthermore, this multidimensional series helps them in other academic subjects as well.

# vedanta Newbie Kids

(A pre-school series)

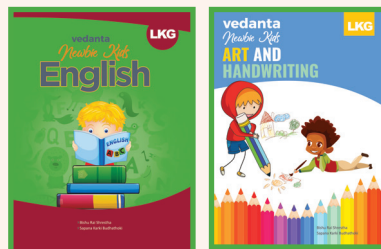
*Authors*  
**Bishu Rai Shrestha**  
**Sapana Karki Budhathoki**

*Editor*  
**S. N. Yadav**

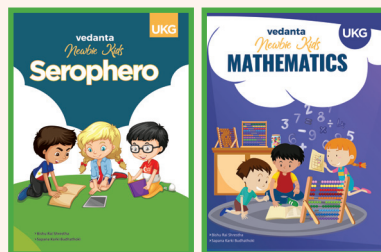
|   |         |
|---|---------|
| Vedanta Newbie Kids English             | Nursery |
| Vedanta Newbie Kids Nepali              | Nursery |
| Vedanta Newbie Kids Pre-writing         | Nursery |
| Vedanta Newbie Kids Art and Handwriting | Nursery |
| Vedanta Newbie Kids Mathematics         | Nursery |



|   |     |
|---|-----|
| Vedanta Newbie Kids English             | LKG |
| Vedanta Newbie Kids Nepali              | LKG |
| Vedanta Newbie Kids Vedanta Serophero   | LKG |
| Vedanta Newbie Kids Art and Handwriting | LKG |
| Vedanta Newbie Kids Mathematics         | LKG |



|   |     |
|---|-----|
| Vedanta Newbie Kids English             | UKG |
| Vedanta Newbie Kids Nepali              | UKG |
| Vedanta Newbie Kids Vedanta Serophero   | UKG |
| Vedanta Newbie Kids Art and Handwriting | UKG |
| Vedanta Newbie Kids Mathematics         | UKG |



The series '**Vedanta Newbie Kids**' (A pre-school series) has been published to ease teaching learning activities. It is based on changes in educational thinking, research and realities of the classroom. It aims to develop appropriate **attitude, skills and knowledge (ASK)** among children from early stage to be the competitive citizen of the world.

The salient features of this series are:

- ✦ Based on innovative approach of teaching learning.
- ✦ Themes are presented in more relevant, sequential and practical ways.
- ✦ Language skills: reading, writing, listening and speaking are duly forwarded.
- ✦ Innovative pre-writing and pre-reading concepts are initiated.
- ✦ 3Cs: Curiosity, Creativity and Confidence level of children are considered.

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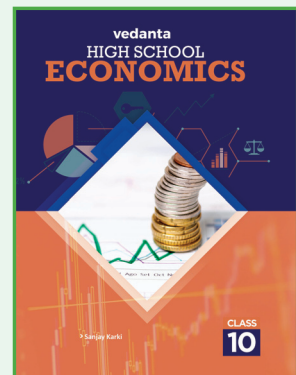
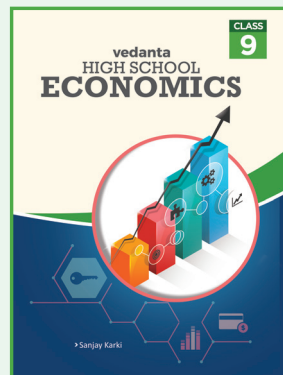
# High School Economics

|                               |          |
|-------------------------------|----------|
| Vedanta High School Economics | Class 9  |
| Vedanta High School Economics | Class 10 |

Author

Sanjay karki

The knowledge of economics has become indispensable to understand how societies, governments, businesses, households, and individuals allocate their scarce resources. The study of economics widens the mental horizon of the people as it enables them to understand the economic realities of life. This book “**High School Economics**” teaches the fundamentals of economics to beginners at the school level. It seeks to explain the basic concepts and principles of economics in a lucid manner.

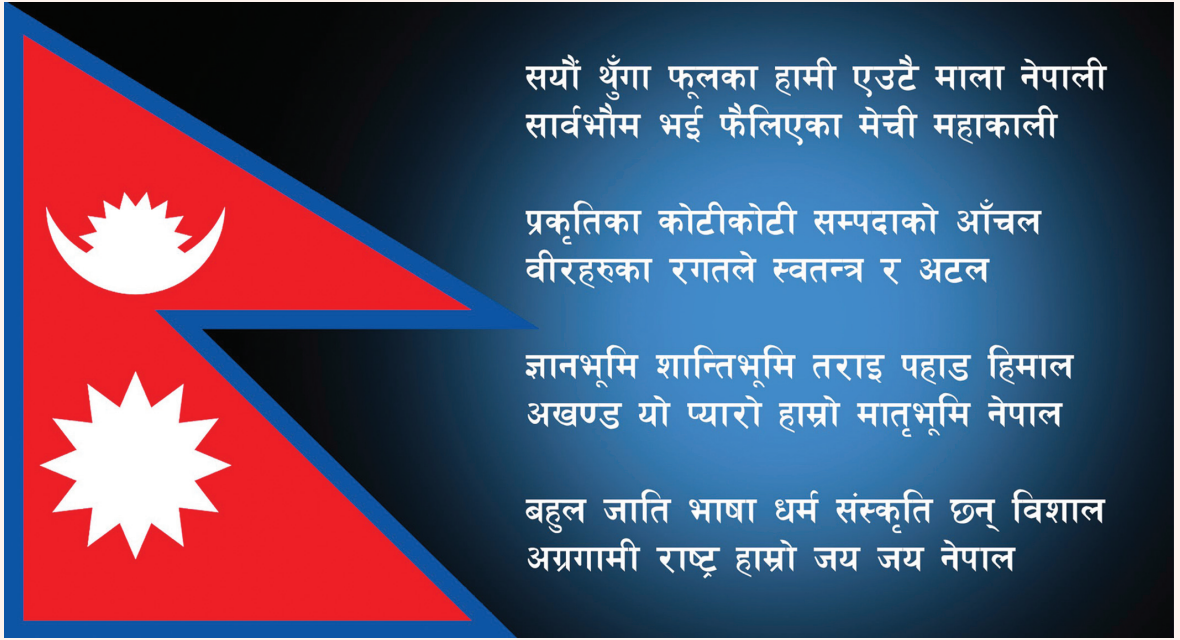


## Salient features of the book:

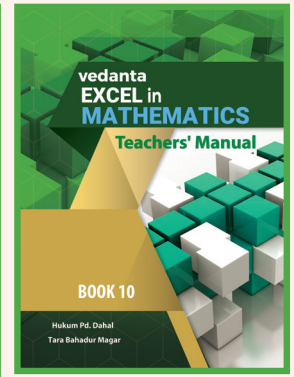
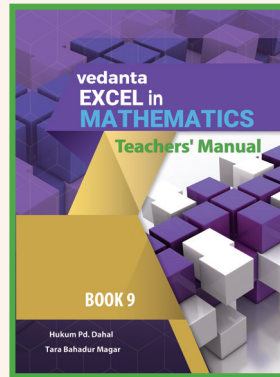
- Presentation of economic concepts in a standard format in lucid manner
- Clarification of basic terms in footnotes
- Course objectives to prepare student for the task ahead
- Use of margin notes and flash points to highlight key terms
- Checkpoints in between topics to assess student understanding
- Economics facts and short profile of economists in each chapter
- Chapter summary at the end of each chapter
- Exhaustive exercise to check understanding of the student

## Other Books

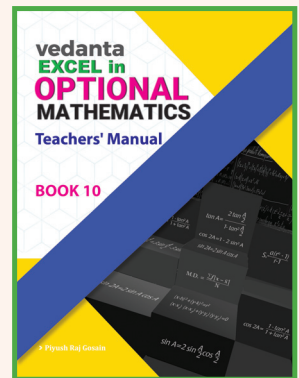
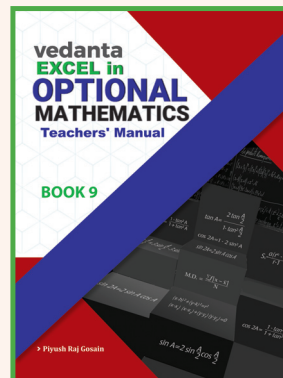


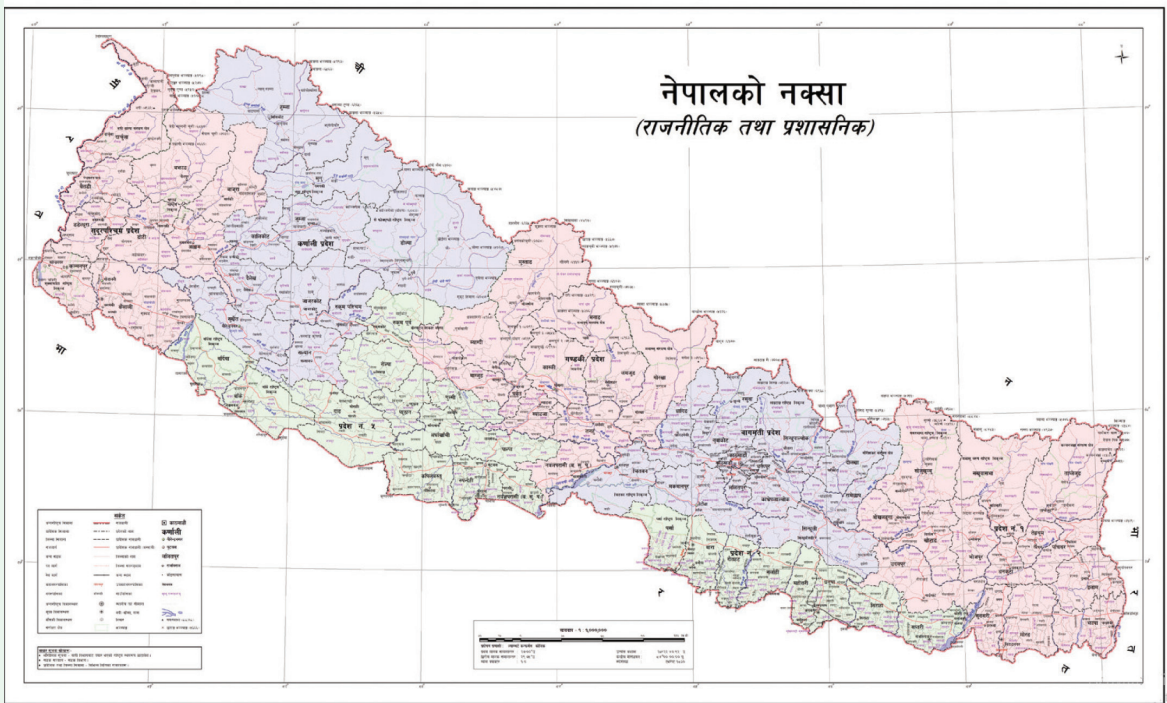


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## कोरोना भाइरस रोग (कोभिड-१९)

हाल विश्वभरी फैलिएका नयाँ कोरोना भाइरसको संक्रमणबाट लागेको रोगलाई विश्व स्वास्थ्य संगठनले "कोभिड १९" को नाम दिएका छ र यसलाई विश्वव्यापी महामारीको रूपमा घोषणा गरिसकेका छन्।

कोरोना भाइरस श्वाशप्रणालीको माध्यमबाट सार्ने रोग हो। यो संक्रमित व्यक्तिले खोसवा वा हाट्टु गदाँ नाक वा मुखबाट निस्कने छिट्टाको माध्यमबाट एक व्यक्तिलाई अर्को व्यक्तिलाई सार्छ।

**कोरोना भाइरस रोगको मुख्य लक्षणहरू**

**ज्वरो आउने**

**सोकि लाग्ने**

**श्वाश फेर्न गाह्रो हुने**

यसका लक्षणहरू देखा परेमा नजिकको तोकिएको स्वास्थ्य केन्द्रमा सम्पर्क गर्नु। यस रोगको संक्रमणको जोखिमबाट बच्नको लागि निम्न उपायहरू अपनाउनुपर्छ।

ज्वरो र सोकी लागेको व्यक्तिबाट टाढा रहने वा आफुलाई ज्वरो र सोकी लागेको छ भने पनि जस व्यक्तिबाट टाढा रहने र मास्कको प्रयोग गर्ने।

खोसवा हाट्टु गदाँ नाक मुख टिप्नु गैर वा खुट्टाले जोडे र जोगल गर्नेको टिप्नु गैरलाई वित्ती रूपको जोडेर फाल्ने भाँडोमा फाल्ने र साबुन पानीले विभिन्निति हात पुग्ने वा अल्कोहल भएको स्यानिटाइजर प्रयोग गर्ने।

बिडमाडमा गल्छी न गल्छी भन्ने नखान सुक्काय दिने, हात मिलाउनुको सट्टा नगस्कार गर्ने।

बेलाबेलामा साबुनपानीले कनिरमा २० सेकेन्ड निचिनिचि हात धुने वा अल्कोहल भएको स्यानिटाइजर प्रयोग गर्ने।

कोरोना प्रभावित देखिएर आएकी व्यक्तिहरूमा सुविधित्व स्वास्थ्य केन्द्रमा पुग्नु वा घरमा छुट्टै आइसोलेसनमा राख्नु पर्छ।

## कोरोना भाइरस रोगबाट बच्ने उपायहरू

बेलाबेलासाबुनपानीले कनिरमा २० सेकेन्ड निचिनिचि हात धुने वा अल्कोहल भएको स्यानिटाइजर प्रयोग गर्ने।

खोसवा हाट्टु गदाँ नाक मुख टिप्नु गैर वा खुट्टाले जोडे वा टुट्टिनाले छोप्ने।

हात मिलाउनु वा अंकगाल गर्नुको सट्टा नगस्कार गर्ने।

बिडमाडमा नजान्ने।

**ज्वरो आएमा, सोकि लागेमा वा श्वाश फेर्न गाह्रो भएमा नजिकको तोकिएको स्वास्थ्य केन्द्रमा सम्पर्क गर्ने**