

**mAnisc ishV sVAv; dE chh:**  
**str aVE ybA d-clustl, mAnisc ishV smAj**  
**sAnisaAv; aVEiCVAv; dA srVKN**

- 1 str aVE ybA d-clustl mAnisc ishVGr, mAnisc ishV sVAv; chh dEpsEivE: krC  
crcE smAj c sVAv; aVE shAeVA dE vAYE I el ivh sAl A yjn; pS crEjA
- 2 icrpA crcE ubh sAnisaAv; aVEiCVAv; di jANclrl I Al ivE sDI mAd cr-ijhREic n;  
iel Aj civl hel mAnisc blmArI clrn bNEj; ut dEkVREijnH vA asl: alpNI mDI I ivh  
sAl A yjn; dOrh iYalN dElet
- 3 asl: ieh srVKN ies gA dA pVA I glUW I el bNHeaA h>ic VhAn<ivSS sAnisaAv;  
vArEichl cUICVA h>

**aj VhADI sl h I Al sDEI el bhV**  
**mhAv prN h>**

sArE srVKN di jANclrl nEieclTA CIVAJAvjA aVE'am eE as ef dE I el  
prAVimcVAv; (pihl ) iValr crn vAl a; dEsmh vl : vrVI jAvgl.

**jE VhAn<icsE uWr dN ivE mAd dl I R h> icrpA**  
**crcE plk:**

**sAnisaAv; aVEiCVAv;:**

bhV sArLa; sAnisaAv; dl sEl hEF; uthr grP mVAibc idVl gel h> str aVEyBA d-cAustl sAmAj nZichl sAnisaA h> icrPA crCEdrZA ido. hr ietE dEl el pAnE dl vrV:- cr7; ubh QteV; nBr j-Cgl VrH spSt crEic VbI ics VrH mihss crdE h7; "drzAbdl" kAnE ivE Br ido.

**ij hE vl uthr grP; vArEVbI: jAiez smJdEh-sbYn cr-:**

**1**  
cel sAnisaA nhl:

**2**  
WRI sAnisaA

**3**  
drimaAnl sAnisaA

**4**  
bhV sAnisaA

**bCElj vAn**

**jvAn bAl g/  
pirvrVn ivE jvAn (16-25)**

sAnisaA	drjAbdl
sArkaV Gr	
bGrApN	
scE ivE cmj r; nDrAuN;	
ivAr sAnisaAv;	
mSicI dEsme shAieVA	
aAVm hAVaA	
mAnisc hspVAI	
bCEdA clAustl V:- bAr rKkN;	
Gr V:- bAr rKkN;	
aYAlipC bCEdla; mAnisc ishV sVAv; dl shAieVA crn yg	
scE ; ivE idVla; mAnisc ishV sVAv;	
bAl cpN ina; ivvswA ivE fsN;	
sAmAj c vkrV;	
I Ri:dE I AB, shAieVA aVE sVAv; pApV crn I el shAieVA	
bACa; dEsAhmNE Gr ivE niSa; dl gl V vrV:-	
SrAb / niSa; dl vrV:-	
CgEm;-bAp bNn dla; cl Is;	
bACa; dla; mDI la; sVAv; (0-5)	
srlrc ishV iel Aj dEsAYn	
sVAv; vsVE aAVAj Ael dEsAYn	
pirvAirc sbY	
mAVA ipVA hANI shAieVA / sVAv;	
mAnisc ishV iel Aj DIctrl sBAI dEmhO ivE	
sABaACiirc nAj tEVA nAl sVAv;	
mrl psd dl BISA ivE sVAv;	
bI I dA nAm :	
hr :	

sAnisaA	drjAbdl
sArkaV Gr	
bGrApN	
Gr I N aVERkN I el shAieVA	
cm I BN aVERkN I el shAieVA	
mSicI dEsme shAieVA	
aAVm hAVaA	
mAnisc hspVAI	
ibn; mrjI dEsBAI	
Gr V:- bAr rKkN;	
Gt V:- Gt skVI dl pAr vAl A rihN dA ievjAm	
shAiec irSVE	
bAl cpN aprAY/ina; ivvswA ivE fsN;	
sAmAj c vkrV;	
I Ri:dE I AB, shAieVA aVE sVAv; pApV crn I el shAieVA	
sAmAj ivE rihN dl ygVA	
SrAb / niSa; dl vrV:-	
ivAdaA	
CgE cm; ivE ihSA I N;	
pirvAirc sbY	
hANI shAieVA / sVAv;	
sVAv; vsVE aAVAj Ael dEsAYn	
sEt-cAl hspVAI dl vrV:-	
mAnisc ishV iel Aj DIctrl sBAI dEmhO ivE	
sABaACiirc nAj tEVA nAl sVAv;	
mrl psd dl BISA ivE sVAv;	
bI I dA nAm :	
hr :	

**str-ybA am eE as efsrvKN**

1  
cel s̄nisaA nhl:

2  
WRI s̄nisaA

3  
drimaAnI s̄nisaA

4  
bhW s̄nisaA

**bAI g**

**bAI g (60+)**

s̄nisaA	drjAbtl
s̄r̄kaV Gr	
bIGrApN	
Gr I N aVErkN I el shAieVA	
cm I BN aVErkN I el shAieVA	
mSicI dE smE shAieVA	
mAnisc hspVAI	
G& V: G& skVI dl p&r vAI A rihN dA ieVjAm	
aJAdI nAI rih scN I el shAieVA s̄vAv;	
shAiec irSVE	
ivAdaA	
ibn; mrjI dE sBAI	
SrAb / niSa; dl vrV:-	
aAVm hAVaA	
hANI shAieVA / s̄vAv;	
I Ri:dE I AB, shAieVA aVE s̄vAv; pIpV crn I el shAieVA	
sAmAjc vkrV;	
mAnisc ishV iel Aj DActrl sBAI dEmhO ivE	
sEt-cAI hspVAI dl vrV:-	
srIrc ishV iel Aj dE sAYn	
CgE cm; ivE ihSA I N;	
s̄vAv; vsVE aAVAj Ael dE sAYn	
tI Ifn shAieVA	
pirvAirc sbY	
sABaACAirC nAj tEVA nAI s̄vAv;	
mIrl psd dl BISA ivE s̄vAv; bI I dA nAm---	
bAI cpN aprAY/ina; ivsWA ivE fsN;	
hf :	
hf :	

s̄nisaA	drjAbtl
s̄r̄kaV Gr	
bIGrApN	
Gr I N aVErkN I el shAieVA	
cm I BN aVErkN I el shAieVA	
mSicI dE smE shAieVA	
mAnisc hspVAI	
G& V: G& skVI dl p&r vAI A rihN dA ieVjAm	
aJAdI nAI rih scN I el shAieVA s̄vAv;	
shAiec irSVE	
ivAdaA	
ibn; mrjI dE sBAI	
SrAb / niSa; dl vrV:-	
aAVm hAVaA	
hANI shAieVA / s̄vAv;	
I Ri:dE I AB, shAieVA aVE s̄vAv; pIpV crn I el shAieVA	
sAmAjc vkrV;	
mAnisc ishV iel Aj DActrl sBAI dEmhO ivE	
sEt-cAI hspVAI dl vrV:-	
srIrc ishV iel Aj dE sAYn	
CgE cm; ivE ihSA I N;	
s̄vAv; vsVE aAVAj Ael dE sAYn	
ibrY; I el tI Ifn shAieVA	
pirvAirc sbY	
sABaACAirC nAj tEVA nAI s̄vAv;	
mIrl psd dl BISA ivE s̄vAv; bI I dA nAm---	
mrlz, pirvAr aVE s;BN vAI a; nE iskI Ael	
hf :	
hf :	

hf \_\_\_\_\_

VhADEvcV I el VhADA bhW YhvAd  
str-ybA am eE as eEsrvKN

j-j ANcArI VbI: s;JI cIVI uTh gPv aVE bhAm h> ieh shAiec hvGA jE VbI: stn^aApNE vArE WRA ij hA dIs dVz:

1. VhADI uThr ichI h??  0-15  16-17  18-24  25-59  60+

2. VhADA il g cl h?  mrd  j nAnI

3. VhADA ij p cD cl h? \_\_\_\_\_

4. VhADA vrg cl h?  cGj n  I MIn; ihspinc, mEsIcn  
 afrIcn amrlcn  hF eSlAn j; pisifc aIell ;Dr  
 eSlAn ieDlan  hF / ivaIkaA cr- \_\_\_\_\_  
 amrlcn ieDlan  uM/r dN V: n;h

5. VhADI pSt dI bI I ichRI h?  aGrzI  
 spinS  
 mG  
 pJAbI  
 hF / ivaIkaA cr- \_\_\_\_\_  
 uM/r dN V: n;h

6. hEF; il kE smk(:) ivC: VhADE uVE ichRA QIE: dA h?  mrlz / KpVcAr  DIcrl iel Aj pKlAn crn vAl E  
 KpVcAr dE pirvAr dA ivacVI  str-ybA mAnisc ishV crmCArI  
 j vAn KpVcAr dE pirvAr dA ivacVI  hF cluStI / stEt crmCArI  
 sBAI crn vAl A  smIj c aAYAr VE pKlAn / j Al IdAr pKlAn  
 vIdaA j; aiYaAipc  ivSvIs dE aAYAr VE sGTn  
 pIl s  vPAr / smIj c ivacVI  
 smIj sVAv;  hF \_\_\_\_\_

7. icrPA crCf utS kAnE VE inSAn I glo j-VhADI ishV ieSfS I el h>:  cel ishV ieSfS nhl:  mDlcar  pVA nhl:  
 mAnisc ishV dE jbn; ieSfS  mDlcl  uM/r dN V: n;h.  
 mAnisc ishV dE nAl ieSfS

8. cl VbI: j; icSf pirvAr dE ivacVI nE str-ybA mAnisc ishV V: cdE mAnisc ishV sVAv; pIv CIVIa; hn?  
 h;  nhl:

**VhADI shAieVA I el VhADA bhW YhvAd!**

icrPA crCf sArI pSnlVI I nEies pVE VE mR-:

**am aE as eF dE DbfivE j-prvS crn vAl EcmrFivE h>j; DIc rhl:**  
str-ybA cluStIa; mAnisc ishV sVAv; -am eE as eF  
1965 I Aiev oc bI lArD  
ybA istI, cI fFnla; 95991  
j;  
ies nEfes cr: **(530) 822-7108**

jE VhAn^pSn h> icrPA crCf dHA Wpsn, s<sfR, crn brAun, j; bvrI I girifW n^ (530) 822-7200 j; mFV 1-888-923-3800  
VE fA cr: am aE as eF vArE hF j ANcArI I el icrPA crCf sArI vB skEt **eCtItIpl://DbI yDbI yDbI yslo.str.slefyas j;**  
**eCtItIpl://strcluSti.org**

**str-ybA am eE as eFsrVKN**