WHOQOL-BREF

of] k|ZgfjnLn] tkfO{sf] hLjg :jf:Yo tyf lhjgsf cGo If]qx?sf] u'0f:t/sf] af/]df ;f]Wb5 . s[kof ;a] k|Zgx?sf] hjfkm lbg''xf]nf . olb tkfO{ s'g} k|Zgsf] pQ/sf] af/]df clglZrt x'g'x'G5 eg] tkfO{nfO ;a}eGbf pko'Qm nfu]sf] pQ/ rog ug'{xf];\ . oL k|fo h;f] tkfO{nfO{ nfu]sf] klxnf] pQ/ x'g;S5 .

s[kof cfˆgf] cfzf, rfxgf, :t/ tyf rf;f]x? Wofgdf /fVg'xf];\ . ;f] pQ/ lbbf tkfO{ uPsf] @ xKtf ;Dem]/ tnsf] pbfx/0f cg'?k pQ/ lbg'xf];\ .

tkfO{ c?af6 tkfO{n] rfx] hlt ;dy{g e]6\g' x'g]5 .

 !\_ 5Fb} 5}g @\_ Tolt 5}g #\_ ;fdfGo dfqfdf

 $\_ w]/} dfqfdf %\_ k"0f{ ?kdf

tkfO{ ca uPsf] clGtd b'O{ xKtfdf c?af6 kfPsf] ;a}eGbf ldNbf] ;dy{gnfO{ lrGx nufpg' x'G5 . To;}n] tkfO{n] c?af6 w]/} dfqfdf ;dy{g kfpg' ePsf] eP …$Ú df lrGx nufpg'x'GYof] .

tkfO{ c?af6 tkfO{n] rfx] hlt ;dy{g e]6\g' x'g]5 .

 !\_ 5Fb} 5}g @\_ Tolt 5}g #\_ ;fdfGo dfqfdf

 $\_ w]/} dfqfdf %\_ k"0f{ ?kdf

tkfO{n] olb uPsf] clGtd xKtfdf c?af6 s'g}klg ;xof]u k|fKt ug'{ePsf] 5}g eg] …!Ú df lrGx nufpg' x'g]5 .

s[kof k|To]s k|Zg k9\g'xf];\, cfˆgf] ejgf d"NofÍg ug'{xf];\, clg tkfO{n] ;'xfpbf] pQ/df lrGx nufpg'xf];\ .

!= tkfO{ cfˆgf] hLjgsf] u'0f:t/ s;/L d"NofÍg ug'{x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

@= cfˆgf] :jf:Yo;Fu tkfO{ sltsf] ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} c;Gt'i6 v\_ c;Gt'i6 u\_ g ;Gt'i6 g c;Gt'i6

 3\_ ;Gt'i6 ª\_ ;f¥x} ;Gt'i6

lgDg k|Zgx?n] tkfO{sf] kl5Nnf] b'O{ xKtfdf cg'ej ug'{ ePsf] s]xL s'/fx? slt dfqfdf 5g\ eg]/ ;f]W5g\ .

#= tkfO{n] ug'{kg]{ sfdnfO{ zf/Ll/s lk8fn] slt dfqfdf /f]S5 eGg] dxz'; ug'{x'G5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

$= cfˆgf][ b}lgsL hLjg rnfpg tkfO{nfO{ cf}+ifwL pkrf/ stL dfqfdf rflxG5 <

s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

%= tkfO{ lhjgdf slQsf] cfgGb lng'x'G5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}=

^= tkfO{ slQ dfqfdf cfˆgf] hLjg cy{k"0f{ dxz'; ug'{x'G5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

&= tkfO{ slt dfqfdf cfˆgf] Wofg s]lGb|t ug{ ;Sg'x'g]5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

\*= cfˆgf] b}lgs lhjgdf tkfO{ slQsf] ;'/lIft dxz'; ug'{x'G5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

(= tkfO{sf] aflx/L jtfj/0f slt :jf:Yo dxz'; ug'{x'G5 <

s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

kl5Nnf] @ xKtfdf slt k"0f{?kn] tkfO{n] s]xL s'/f cg'ej ug{ jf sfd ug{ ;Sg'ePsf] lyof] eg]/ ;f]W5 .

!)= s] tkfO{nfO{ b}lgs lhjgsf] nflu kof{Kt tfst 5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

!!= s] tkfO{nfO{ b}lgsL lhjgsf] nflu kof{Kt tfst 5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

!@= s] tkfO{;Fu cfˆgf] cfjZostf k'/f ug{ kof{Kt k};f 5 <

s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

!#= b}lgs lhjgdf rflxg] hfgsf/L÷va/ tkfO{nfO{ slQsf] pknAw 5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

!$= slt dfqfdf tkfO{nfO{ km';{bsf] df}sf ldN5 <

 s\_ Ps /QL 5}g v\_ ;fx|} sd u\_ xNsf ?kdf

 3\_ w]/} ª\_ Psbd} w]/}

!%= otfptf hfg tkfO{ slQsf] ;Ifd x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

lgDg k|Zgx?n] uPsf] kl5Nnf] @ xKtfdf tkfO{n] cfˆgf] lhjgsf] ljleGg kIfx?sf] af/]df slQsf] /fd|f] jf ;Gt'i6 dxz'; ug'{ePsf] 5 eg]/ ;f]W5g\ .

!^= cfˆgf] lgGb|f;Fu tkfO{ slQsf] ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

!&= cfˆgf] b}lgs lhjgsf] ultljlw ug]{ Ifdtf;Fu slt ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

!\*= cfˆgf] sfd ug]{ Ifdtf;Fu tkfO{ slQsf] ;Gt'i6 x'g'x'G5 <

s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

!(= tkfO{ cfkm";Fu slQsf] ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

@)= tkfO{ cfˆgf] JolQmut ;DaGw;Fu slQsf] ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

@!= tkfO{ cfˆgf] of}g lhjg;Fu slQsf] ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

@@= cfˆgf] ;flyx?af6 kfpg] ;xof]uaf6 tkfO{ slQsf] ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

@#= tkfO{ cfˆgf] jf;:yfgsf] cj:yf;Fu slQsf] ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

@$= tkfO{ cfˆgf] oftfoft ;'ljwf k|lt slQsf] ;Gt'i6 x'g'x'G5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

@%= tkfO{n] uPsf] @ xKtfdf dxz'; u/]sf] jf ef]u]sf] s'/fnfO{ lgDg k|Zgn] ;Daf]wg ub{5 <

 s\_ ;f¥x} g/fd|f] v\_ g/fd|f] u\_ /fd|f] klg xf]Og g/fd|f] klg xf]Og

 3\_ /fd|f] ª\_ ;f¥x} /fd|f]

@^= vNnf] nfUg], x/]z vfg], cflQg], lrGtf ug]{, pbfz x'g], h:tf gsf/fTds efjgf tkfO{df slQsf] cfFp5 <

 s\_ slxNo} cfpb}g v\_ lj/n} dfq u\_ k|foM h;f]

 3\_ w]/} h;f] ª\_ hlxNo} klg