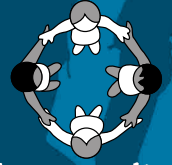


त्रैमासिक बुलेटिन



लू निभा: दारुण



Interpedia

प्रकाशन सहयोगी

aiM(

c^sM@

clkh- hg @)!%



लू निभा: गतिविधि



तलन्दकृत् ल् Bfnonf0{s Dk6/ ; xofu

nntk/, blif0f nntk/sf cf>^, luDbL/ 7hfbh[†]
 uflj ; sf 5 j 6f lj Bfnox?sf lzIfs kltlgwx?nf0{sDk6/
 तलन्द कृत्ग u/Lkto\$ lj Bfnonf0{Ps÷Ps yfg sDk6/
 ; xofu ul/of]. n"lgefMf]a7s xndf @)&@ jzfv # blv
 * ut]Dd तलन्द ; ~rfng ul/Psf]lyof]. ; :yfsf ; rgf
 tyf klj lws clws[ofu|>]7n]klzIf0f ug{ePsf] ; f]
 तलन्द !) hgf lzIfslzllfsfx?sf] ; xeflutf lyof].

तलन्द ; xefuLzIfslzllfsfx?n]lj Bfyk/ lzIfss]cleny
 /fVg, lj Bfyk?sf]k/Ilffkm sDk6/af6 k\$flzt ug{/
 lj Bfnosf] ; Dk0f{cleny sDk6/df /fVg ; Ifd ePsf
 5g\ lj Bfnodf ePsf lqmfnsnksf]plrt ?kdf clenyls/Of
 ug{clekfon]lj Bfnox?nf0{sDk6/ x:tfGt/Of u/\$f]xf].
 of] ; xofun]lj Bfnodf klj lws ?kdf clenyls/Of sf0f
 dxTj k0f ; xofu klG] ; xefulx?n]lj Zj f; JoSt ug{of].



lj Bfno lzIfsfnf0{s Dk6/ x:tfGt/Of ub]sfofLlgbz s g/b]8ufh

गफन/ह्नि० बग्स दं लइफ ; दफर/ M; ~र/ cगुदग क्त्ज ढ्ग, @!%; फ् ह्ग्स

nhtk/, n"lgeMafn ; /f\$ / ; dxn)@)&@ aZfv & ut]Ps ; df/f\$sf alr gkfnL/hni० bğsd f kşilzt lZlff ; dfrf/ ; DaGwL; ~rf/ cgudg kltj ħg @!% ; fj ħłgs u/\$f]5 . !@j 6f /hni० bğsx?sf]! hgj/Lbłv #! l8; Da, @!\$; Dd kşilzt lj Bfno lZlff ; DaGwL ; dfrf/x?sf] ; j İf0f ; ~rf/sdK; j İf0f ; dfrf/ lj Znıf0f, uXg cWog tyf lj 1 cG]ftf{h:tf lj lw ckgP/ cgudg tof/ ul/Psf] lyof].; f]cWogn]j tdfg cj:ydf /hni० bğs kqkqsdf lj Bfno ; dfrf/sf]cj:yf cWogpgsf ; fy}gkİndf lj Bfno lZlffsf kq ; j fnx? kłxrf g u/\$f]5 .

bğs kqkqsdf kşilzt lZlff ; dfrf/sf]; 0edf lj utsf]thgdf lj :t] ; dfrf/sf]; Vofdf j 4 xgşf ; fy}

lZlff ; dfrf/n]bfoffleqLkİdf pNıv0 :yf g kİt u/\$fn] lZlff ; dfrf/sf]kİttİdf ; w/ cfPsf]lgZsif{kltj ħgn] lbPsf]5 .; fy}; ~rf/ dfWdsf]kxF / kİtt zx/ sİ0t ePsf]/ ufdİ0f tyf lj s6 İf]sf ; dfrf/x?n]:yf g křg g; sŞftkİkİg kltj ħgn]cWogPsf]5 .

क्त्ज ढ्ग क्त कZरft l6k0İstf\$?kdf kİNg'ePsf lZlff dGfnosf ; x; lrj Pj kj Qm8f=x/ nD, fnn]lZlff kqsf/tfn]lZlff lgsfonf0pQ/bfoLagfpg ; xoffu ul//xşf] atfpg'eof]. lZlff lj efu / dGfnoaf6 ugkİsf0qnd n" lgefM]u/\$f]df vZLJoQmub}dGfnon]o:tf]l/kİfıf0 bZJoİkLagfpgdf pNıvgıo ofıbfg lbg tof/ /xşf]s/f j xff]JoQmug'eof].



sfoqmldf :j fut ub}; +yİsf sfoqml ; ofİns ; Gt/İd 8ıfİn

प्यार विद्यार्थी भाईबहिनी, शिक्षकहरु र अन्य पाठकहरुमा हाम्रो अनुरोध । यस बुलेटिनमा उपयुक्त आफ्नो लेख- रचना पठाई सहयोग गरिदिनु हुन आग्रह गर्दछौं । उचित लेख-रचनालाई स्थान दिई प्रकाशित गरिनेछ र उत्कृष्टलाई आगमि दिनमा पुरस्कृत पनि गरिनेछ । साथै प्रतिक्रिया र सुझावको पनि हामी अपेक्षा गर्दछौं । तलको ठेगान, कार्यलयमा सर्म्पक वा ईमेल पनि गर्न सक्नु हुनेछ ।

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Ժողովրդական ՎՊ

nltk/, ; fyx?alr dgf/~hg ug] ldqtf a9fpg] / n"lgeMf/z]fs ; xfof sfomdf ; xofu pknAw u/fpg]pZon]k]8 ; \ckm"lgeMf]cfof]hgdf d]kOf{k}kban v] sfomd ; DkG eof]. v]sgf l:yt 1fg]ho pdlj sf]kiban d]hgdf j]zfv !@ ut]cfof]nt ; f]sfomd \$@hgf ; xefuLyP . ; fyx? alrdf ; kiOf tyf ldqtfdf cemkuf9 ePsf]/ dfgj sNofOfsf lglD v' ; Isf ; fy ; xofu ug{kPsf]f ; xefux?n]v' ; LJoSt ugePsf]lyof]. sfomdafb h]uPsf]/sd n"lgeMf/f ; ~rflnt z]fs ; xfof sfidf hDdf ul/of].



v] hdf /df0/x]sf ; xefux?

յ լիֆս e]f tyf lks lgs s foqm

nltk/, n"lgeMf/z]fs ; xfof sfomd cG/ut ; xofu k]t lj Bfyk?nf0{n]lft u/Lazfv !) / !! ut] u]f]j /L, nltk/ / qlejg kfs{yfgsf]df j liֆս e]f tyf lks lgs sfomd cfo]hg ; DkG eof]. @! j6f ; fdbflos lj Bfnodf cWog/t !!^ hgf z]fs ; xfof k]t 5fq5fqx?n]sfomdf pkl:ytLhgPsf lyP .

lj Bfyk?n] ; DalGwt lj Bfnosf k]f]n lz]fs / n"lgeMf : j o+]sx?sf] ; xfof df cf g]bftfn0{lr]L n]y]sf lyP . ; fy}pglx?sf]j liֆս kult k]t]hg / e]skafb k]f]j t JoLQmt hfgsf/Lklg ; sng u/\$f lyP . lj Bfyk?n]u]f]j /Isf]j g:ktLpBfgdf eqOf u/L lj leG khftIsf af]lj?j fx?sf]af/d]f hfgsf/L k]t u/\$f lyP . sfomd tyf a ; ofqsf]cj hwdf gfrufg u/L/d]0nf]tyf v' ; LJoQmu/\$f lyP .



bftfn0{lr]L n]b)lj Bfyk?

յ լիֆս e]f tyf s l/P/ k/fdz{ s foqm

nltk/, z]fs ; xfof sfomd cG/ut P; Pn; L kl/Iff plQOf{u/\$f tyf pRr lz]ff cWog/t lj Bfyk?nf0{n]lft u/Lc; f/ !! sf lbg ; fernk]6k]k]fn] , nugv]hdf j liֆս e]f tyf sl/P/ k/fdz{sfoqm ; DkG ul/of].

sf7df08f]lj Zj lj Bfnosf ; x-k]w]ks gj /fh vltj 8fn] sl/o/ k/fdz\$ f lj ifodf ; xlhs/Of ugePsf]lyof]. sfomdf ^% hgf lj Bfyk?sf] ; lqmo ; xefultf lyof] .

n]o lgw]Of ug{cfw/ tyf tl/sf ; sf/f]ds ; f] / c]f]dlj Zj f/ a9fpg]lj ifodf lj leG cEof; d]k]t ; xefux?nf0{z ; lQms/Of ub] sfomd cufl8 a9]sf] lyof]. n"lgeMsf0 ; ldtsf cW]f ; lznf ykf clwsf/In] lj Bfyk?nf0{ ; km]tsf] ; 'esfdgf lbg]sf ; fy}cf gf ; fd' /x]sf cj ; /x?nf0{cf]Nofp] ; km]tsf] ; ԾL r9g ; Ծz lbg'eof].



sl/o/ sflG ; ln^sf]cGt/lqm]df /df0/x]sf lj Bfyk?

qđff; s ; ldIff tyf ofhgflgdff a7s

nntk/, @) &! rđ @ \$ sf lbg n"lgefMf ! \$ hgf sdff/lx?sf]; lqm pkl:ytldf ; yfsf]a7s xndf klnf] qđff; s ; ldIff tyf ofhgflgdff a7s ; DkG eof]. ; yfdf ; ~rflnt tljg 6f kl/ofhgfx? MzHfs ; xtof sfodnd-nntk/, lzIff ; /f\$/-88Nw/ / zHfs z; f; g-bliff nntk/ cG/ut ; DkG ultj lw?sf]af/đf ; ldIff tyf nyfhfyf ul/Psf]lyof].

; yfsf sfodf/Lgbzssfgtđ df bf]l]qđff; ssf nflu ultj lw? thđf u/L lhDđ] f/L j f8kff ePsf] lyof]. cgudg tyf dNof^sg ; eHs gljg 8ufhn] ultj lw ; ~rflng cj lwdf ug]cgudgsf af/đf hgsf/L



kl/ofhg ; ldIffdf 5nkm ub]sdff/lx?

lbb}kl]tj bg krf/ddf /xL kl]tj bg nYg]zh]sf]af/đf sdff/lx?nf0{cj ut u/fpg' eof].

lj Bfno egf]cleofg s foqml ; DkGg

88Nw/ lj Bfno pd] ; dxsf tyf lj Bfno aflx/ /x\$ lj Bfyk?nf0{nllft u/L n"lgefMkn8 sfofno 88Nw/sf]cfofhgtyf lhNf lzIff sfofno - 88Nw/ lzIff ; ~hfn 88Nw/sf]; eQm; xsfodf ldtL@) &@ azfv # utHv !% ut]; Dd lj Bfno egf]cleofg sfodnd ; DkG ul/of]. ; yfsf ; fdlhs sfostfx?sf]cuj f0df ; dh, u0fzk/, di6fd08f/ chod? ulj ; df sfodnd ; #fng ePsf]lyof]. YfnL ; 8s g6s, 3/bhf] ckril/s efi0f tyf ; fslts sfodnd? dkkf afnafnsfx?nf0lj Bfno

egf]u/fpg clek]t ul/Psf]lyof].

sfodndf lj Bfnosf /fhgllts bnsf gtfx?, lzIffslzIffsf, lj Bfno Joj:ykg ; ldtsf ; b:ox? tyf cleefj s lzIffs ; 3sf kbflwsf/L, lj Bfyk kx/L nufot c6 ; dh; jL tyf lzIff kđlx?sf]; lqm pkl:ytL lyof]. sfodndsf]kđfj sf/Itf : j?k rf/j 6f ulj ; af6 # hgf lj Bfno 5f]8; s\$ afnafnsfx? kgMj Bfno egf]ePsf]hfgsf/Lj Bfnosf kYgfWkx?af6 hgsf/L kfOPsf]5 eg]!^^& hgsf]; xeflutf /x\$] lyof].



lj Bfno egf]cleofg cG/ut Yfnldf ; xefulj Bfyk?

afnSna kg/u7g sfo\$ d ; DkGg

88Nw/f, n"lgefMfn ; /f\$ / ; dx lkn8 sfoffo
88Nw/fn]olk d]dlxgdf k/ohgf Ifqsf @\$ j6]laBfnodf
afn Sna kg/u7g sfo\$ d ; DkGg u/\$f]5 . pSt sfo\$dddf
\$@# s\$ tyf %*% s\$? u/LhDdf !)) * hgf laBflyx?sf]
; xeflutf /x\$]lyof].

lj Bfnodf cfw/t afnSnjx?nf0{lqmfzn agf0{fvg]
/ afnafnsfx?sf]lzhgflds lfdtnf0{clej4 ugkdv
p27ohn0{; ~rfng ul/Psf]; f]sfoqndnf0{kto\$ lj Bfnosf
k\$ n lzIfs / n"lgefMf ; fdlhs k/rfnsx?n]; oQm?kdf
; xhls/Of ul/Psf]lyof]. sfoqndf kto\$ afnSnj n]o;
z]fiszq @) &@ sfnlu sfoqnhgf ; dt tof/ k]f\$]lyof].

z]fIs ; xfotfs fo\$ d ; DkGg

88Nw/f, n"lgefMfn; /f\$ / ; dx lkn8 sfoffo
88Nw/fn]olk d]dlxgdf k/ohgf Ifqsf @\$ j6f laBfnosf
%! hgf 5fq / \$(hgf 5fqf u/LhDdf !)) hgf ul/a tyf
h]of/ laBflyx?nf0{5faqt ; xofu k]fg u/\$f]5 .
sfo\$d]sf]kdv p27o laBfno 5f8g]h]vddf /x\$
laBflyx?nf0{; Af0f k]fg ug\$; fy}laBfno afx/ /x\$
laBflyx?nf0{laBfnodf lg/G/tf lb'g/x\$]lyof]. sfo\$d]df
!)) hgf laBflyx(!)) hgf cleefj s, lzIfs, /fhg]tsbnsf
kl]glw, uf-la=, = kl]glw u/LaleG ; /f\$ /j fnx?sf]
pkl:yt /x\$]lyof]. z]fIs ; xfotdf k/\$f lj Bfyx?nf0{
laBfno kfzfs, emf, sllk, snd, Hbldtas; , Sofnsh\$/
h:tf z]fIs ; fdux? lat/Of ul/Psf]lyof]. sfo\$d]afB
cleefj sx?sf]clfy\$ ef/ sdxg]/ laBflyx?nf0{k9f0f
yk xf] nf khfgxg]s/f ; x>lnE p-df-lj-sf k\$ n lzIfs
ufkn l; = P]n]atfpg' eof]. sfo\$d]df pkl:yt ; a)
; /f\$ /j fnx?sf]tkaf of]sfo\$d] cltg]pkofu nfebos
tyf k\$;lgo /x\$]s/f dfly hf\$ lb0Psf]lyof].

lzIff / lzIff clwsf/sf ; DaGwdf ; Ff/sldx?sf]tfind ; DkGg

88Nw/f, n"lgefMfn; /f\$ / ; dx lkn8 sfoffo
88Nw/fn]hg @ (/ #) sf lbG lzIff / lzIff clwsf/sf
; DaGwdf ; Ff/sldx?sf]tfind ; DkGg u/\$f]5 . /fi6e

tyf :yflgo :t/df lzIff / lzIff clwsf/sf ; DaGwdf
; dfrf/ ; Dk]0f ul/ u0f:tl/o lzIff k4gdf ; Ff/sldx?sf]
eldsfs ; DaGwdf /fi6e klzIfs s]bg coffn]kdv
klzIfs]?kdf klzIf0f ug{ePsf]lyof]eg]/fhz zdf]
; xfos klzIfs]?kdf klzIf0f ug{ePsf]lyof] . tfindf
88Nw/f lhNfsf #) hgf /fi6e tyf :yflgo kqsf/x?sf]
; xeflutf /x\$]lyof].

afn Snj nf0{; xofu k]fg

88Nw/f ÷ afnSnj ; xofu sfoqnd cG/ut ; dhLufj ;
sf b0{j 6f afnSnjx?n]olk hg dlxgdf ljleG ! (j6f
lqofsnfx? ; DkGg u/\$f 5g\ Afnafnsdf /x\$]kl]ef k]k]g
u/LAfn clwsf/sf]; Af0f / U0f:t/lo lzIfs]kj4g]sf nlu
afnafnsfx?nf0{; z]sts/Of ug{sf]oqndx?sf]dVo p27o
lyP . lj Bfno cGut]sf afnSnjx?n]k\$ n lzIfs]; xhls/Ofd
xhL/hj]k]k]h]l]ls\$; ; 8s g]fs, elnan, lgaG nyg,
tyf JolQ] lj sf; ; D]GwLsfoqndx? u/\$f lyP . sfoqndf
hDdf \$*# afnafnsfx?sf]; xeflutf /x\$] lyof].

sfoqnd d]k] afnafnsfx?n]c]k]d]f lg]xt kl]ef
k]z]g ug{:yfg / cj; / k]Psf]d afnafnsfn]v'; LJoQm
u/\$f lyP .

Ihas f lzIff ; DaGw cledvs /Of s fo\$ d ; dkGg

88Nw/f, n"lgefMfn; /f\$ / ; dx lkn8 sfoffo
88Nw/fn]olk hg * Ihasf lzIff ; DaGw cledvs/Of
sfo\$d ; dkGg u/\$f]5 . pSt sfo\$d]ddf \$ hgfs]
; xeflutf /x\$]lyof]. lj lj w sf/Ofn]laBfno lzIff k/f
ug{g; s\$ f oj fx?sf]hlj sfs]nflu nIo lgw{Of tyf
ohgf lgd0f{ug{/ oj fx?sf]hlj sf lgd0f]sf nflu hlj g
pkofuL ; lxx?sf]lj sf; sf]nflu lfdtsf]lj sf; ug\$
nflu ; xhstf?nf0{cledvs/Of ug{0; sfo\$d]sf]kdv
p27o /x\$]lyof].

pSt cledvs/Of sfo\$d]df n"lgefMf lhNf sfo\$d
clws] 1fgest dxhgn] ; xhls/Of ug{ePsf]lyof].
Ihasf lzIff sIf ; fng ; Da; DaGw lalw / k\$]fs]
af/]f 5nkm ul/ sIf ; fngsf]ohgf lgd0f ul/Psf]
lyof].

lhNNff kl/ofhgf ; Nnfxsf / ; ldtsfjaʒs ; DkGg

88Nw/f, n"lgefMfn; /fʒf/ ; dx lknB sfoffo 88Nw/fn]olx hg (sf lbg lhNNff kl/ofhgf ; Nnfxsf / ; ldtsfjaʒs ; ldtsf cWIf :yflgo lasf; clwsf/L1fg /fh kf08ʒf]cWIf fdf ; DkGg u/\$f]5 . sfoʒddf # hgf dlxf tyf @ hgf k?if ul/ hDdf @% hgfsf]; xeflutf /xʒf]lyof].

n"lgefMn]u/\$f sfoʒdsf]af/df hfgsf/Llbg]tyf ; g @)!% af6 ; Ffng ul/Psf]CFE II sf]a/df hfgsf/L ; DalGwt ; /fʒf/j fnx?nf0{/u/fpgsf ; fy}cfufld lbgdf n"lgefM] ug] sfoʒdnf0{s; /L kʒfj sf/L ; lsG / ; /fʒf/j fnx?sf]eldsf s]/xG eG]af/df 5nkm ul/Psf] lyof].

lj Bfno Joj : yfkg ; ldlt tyfkʒ=x?sf]s foʒfnf ; DkGg

88Nw/f ÷ laBfno Aj:yfkg ; ldlt / kʒ=x?sf] sfd, stA / clwsf/sf af/df kbflwsf/Lx?nf0{cjut u/f0 atdfg zʒfs z; f; gsf]ca:yf / laBdfg ; d:ofx?sf] klxrfg ul/ ; f]; dfwgsf af/df 5nkm ul/ pkoSt ofhgf lgdff ul/ uOf:tl/o lzIff kjbg ug]p4ʒosf ; fy lj Bfno Joj:yfkg ; ldlt / / kʒ=x?sf]sfoʒfnf ; DkGg ul/psf] sfoʒfnfdf hDdf %\$ hgfsf]; xeflutf lyof]. sfoʒfnfdf 88Nw/fsf lhNnf lzIff clwsf/Lbuf{bQ lai6 tyf la-g g/0 vltfn]; xlhs/Of ug]{ePsf]lyof].

0; tfindaf6 zʒfs zf; g / laBfno kltsf]bloTj sf laifodf cjut e0{laBfnodf zʒfs zzf; g sfod ug] dBt ldnʒf]; xeflux?sf]egf0{/xʒf]lyof] eg]^ aʒ kl]ta4tf klg hfx] u/\$f lyP .

lzIfs dʒa0h ; ldIff aʒs ; DkGg

88Nw/f, n"lgefMfn ; /fʒf/ ; dx lknB sfoffo 88Nw/fn]olx hg (sf lbg sfo{Ifq leq kg]{@ \$ j6} lj Bfnof?sf dʒa0h aʒsdf ; xeflu xg]lzIfsx?nf0; xeflu u/fp/ lzIfs dʒa0h ; ldIff aʒs ; DkGg u/\$f]5 .

lzIff l; sf0{lqmfsnkx?, T; qrddf eflʒf l; sf0? cfbfgkbfug ug]tyf sl7gf0x?nf0{Ps cik; df ; fdxs 5nkmj f6 ; dfwgsf pkfox?sf]vflLug]{kqV p2ʒon] lautdf ; Ffng ul/Psf]aʒssf]; flbelʒtf / cfufld lbgdf s; /Lkʒfj sf/Lls; dn]; Ffng ug]; lsG elg dʒa0h aʒssf]; ldIff ul/Psf]lyof]pSt sfoʒddf !# dlxf tyf @ \$ k?if ul/ hDdf #& hgfsf] pkl:ytL /xʒf]lyof].

/ʒof]s foʒ d ; DkGg

88Nw/f, n"lgefMfn; /fʒf/ ; dx lknB sfoffo 88Nw/fn]@ j6f ; fdbfos /ʒof]af6 lzIff ; /fʒf/ sfoʒdsf]!@ j6f /ʒof]sfoʒ d kʒf/Of ; DkGg u/\$f] 5 . 88Nw/f lhNnsf kqV @ j6f ; fdbfos /ʒof] sʒzm /ʒof]cd/u9L/ /ʒof]; b/ cfj fh]^ . ^ j6f sfoʒdx? kʒf/Of ; DkGg u/\$f]xf].

n"lgefMknB sfoffosf]cflʒ ; xofu / lhNnf lzIff sfoffo - 88Nw/fsf]; xsfoʒf ; ~rflnt pQm/ʒof] sfoʒdsf]kqV p2ʒo dW tyf ; b/kZrdsf lzIff; # ; DalGwt ; /fʒf/j fnx?sf nflu lzIffsf]dxTj sf af/df 5nkm, ax; / k]jL; fng ug]tyf lzIff; # ; DalGwt laleG ; rfg / hfgsf/lx? kʒf/Of u/Lhgrtfg kʒfpg' /xʒf]5 .

afn clwsf / tyf lzIff ; /fʒf/ laifodf afn Sna cledvs /Of sfoʒ d ; DkGg

88Nw/f, n"lgefMfn; /fʒf/ ; dx lknB sfoffo 88Nw/fn]olx d]dlxgdf kl/ofhgf Ifqsf @\$ j6f laBfnof @\$ j6f afn Sna tyf \$ j6f afn ; ffnf0{afn clwsf / tyf lzIff ; /fʒf/ laifodf afn Sna cledvs/Of sfoʒ d ; DkGg u/\$f]5 .

0; /L; DkGg sfoʒdsf]kqV p2ʒo afn >d, j fnlj fx, 5fpkl8 kyf,h:tf afn b/ʒaxf/sf]cGt u/Lafn clwsf / tyf lzIffsf clwsf/sf]; lgZlrttf ug]{xʒf]lyof]. pSt sfoʒddf %*^ hgf 5fqf tyf \$) \$ hgf 5fqx? tyf lzIfs, ufla=, =kl]lgw tyf c6 ; /fʒf/j fnx?sf]pkl:ytL /xʒf]lyof].

cfsl:ds ; xofu sfoqnd afndqL: yfg ; ~rfg

nntk/, azfv !@ sfljgf; sf/LeSk kZrft n"lgefM] afnafnsf]d]dgf] fdlhs ; xofusf nflu v]sgf / a]dtIdf 5j6f afndqL:yfg ; ~rfg uof]. esDksf sf/Of lj Bfno lzIffa6 al-rt /x\$ / qf; kOf{ cj:yfa6 uh/Lx\$ afnafnsf?nf0{lj xfg !} byLbpFf# jh]; Dd Nofk6k kofu u/Lk7gk7g u/fpg\$; fy}lj leG lqomsnfkx? Mv, ult, gto, lrq, syf dktu dgf]-hg tyf kgMthuLkbf]g ul/G . !@ hgf :yflgo ojf ; xhstf? / 5hgf ; xofuix? kl/rfg u/L; ~rfg ul/Psf]; f]sfoqndaf6 %) afnafnsf?n]ne p7fpg ; km eP .

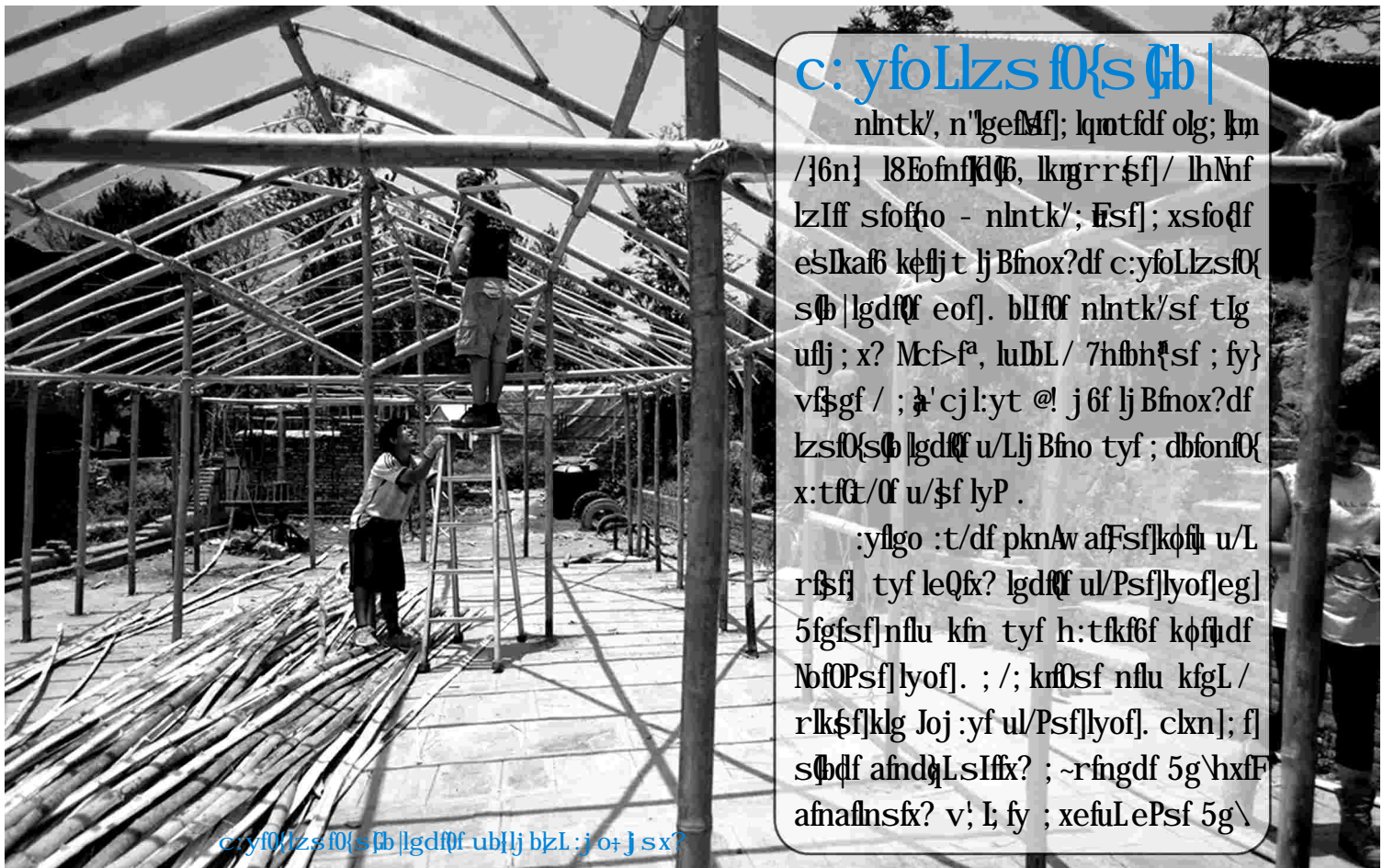
afndqL sIffa6 clt kzG afnafnsf?n]ToxfFg] lqomsnfkx? lj Bfnodf klg lg/G/ ePsf]xg]cklff /fv\$ lyP . cf gf 5f]5f]x? ; /lft :yidf gofflqomsnfkdf ; Dlg ePsf] blv v'; Le09Ss ; fy 3/ tyf vtsf]sid ug{kPsf]s/f JoQm u/\$ lyP . sIffs]kfej sf/Itfsf sf/Of afnafnsf? lbg kltlb g a9\$]/ Pp6}; yfgdf klg ; o eGf a9L; vofdf ; xefuix? j 4 ePsf]; xhstf?n]atP . 7hf]; vofdf j 4 ePsf afnafnsf?nf0{ ; dx lj efhg u/Lj leG lqomsnfkx?df Jo:t ug{; km ePsf]f ; xhstf{dxZj/Ldxhg]v'; LJoQmu/].

/fxt lj t/Of sfoqnd

Nntk/, lj kbsf]3l8df n"lgefM]kfn, h:tf tyf v]BfG lj t/Of u/LeSk lkl8tx?nf0{; xofu u/]. 06nIsf]CESVI ; :yf; F ; xsfo{u/L (#(kfn blif0f nntk'/sf cf>fa, luDl / 7hnbh\$ uflj ; x?sf ; fy}sfe\$]f]Rofgd^ / dsjfgk/sf a]tGL uflj ; df lj t/Of u/\$ lyP . ; dbfodf ktoIf ; xefuL e0{; fdxs 5nkm kZrft kOf]lft]Isf]; lrdf k/\$ kl/j f/nf0{ dfq kfn lj t/Of u/\$ lyP .

n"lgefM]nntk'/sf b0{lj Bfnox? MqL/Tg ; xsf/L dlj -a]dtInf0{^} kff / r08lj Lklj -8s5fknf0{&@ j6f ^ lknfs]h:tf pknJw u/Psf]lyof].

o; sf cnj f ; :yfn]v]BfG ; xofu klg u/\$ lyP . h; df @) s]hE rfd, *) s]hE lrp/f, !%) s]hE bfn, &% s]hE Sj fl, !%) s]hE gg, !%) kfs\$ cfw ln6/sf]t, !) afs; rfrfp, \$@ afs; vfgkfgL @) afnafnsf] vhf, #@% kfs\$; fag, !#) bftdf%g]a; , !@% dGg, %!) kfs\$ lhjghn, Ps afs; cflw, !)) kfs\$ kof8, %) kfs\$ aRrfx?sf]8f0k/, !)) j6f ?dfn, !)) /u / aRrfx?sf]vhf / v]hgf ePsf]) kfs\$; fduL nntk'/sf]v]sgf, a]dtL cf>fa, luDl/ 7hnbh\$sf ; fy}sfe]/ dsjfgk/sf uflj ; df lj t/Of u/\$ lyP .



c: yfoLzs f0{s Gb |
nntk/, n"lgefM]f]; lqomtfd olg; km /j6n] l8Eofn]k]G, lkgrrr\$]/ lhNf lzIff sfoffo - nntk'/; Fsf]; xsfof esDka6 kej t lj Bfnox?df c:yfoLzsfo s]h]lgdf0f eof]. blif0f nntk'/sf tlg uflj ; x? Mcf>fa, luDl/ 7hnbh\$sf ; fy} v]sgf / ; :cj:yt @! j6f lj Bfnox?df lzsfo{s]h]lgdf0f u/Lj Bfno tyf ; dbfonf0{ x:tf0/Of u/\$ lyP .
:yflgo :t/df pknAw aff'sf]kofu u/L r]sf] tyf leQf? lgd0f ul/Psf]lyof]eg] 5fgfsf]nflu kfn tyf h:tkf6f kofudf Nof0Psf]lyof]. ; /; knf0sf nflu kfgL / r]k\$]klg Joj:yf ul/Psf]lyof]. clxn]; f] s]h]df afndqLsIff? ; ~rfgdf 5g\hxf afnafnsf? v'; L; fy ; xefuLePsf 5g\

c:yfoLzsfo{s]h]lgdf0f ub]lj bZL:j o+ j sx?

बाल जगत

कविता

ul/as fjbM

/hs df/ l; akg
>L hgs dfj luDbL, nlnkt/

bM g}bM n|l; lhPs f|d/f| hLj g
; v eGg|s|x|yxf 5g
cfhs f|of|Ps f0; ffzt fAbldf klg
lzIff eGg|s|x|yxf 5g .

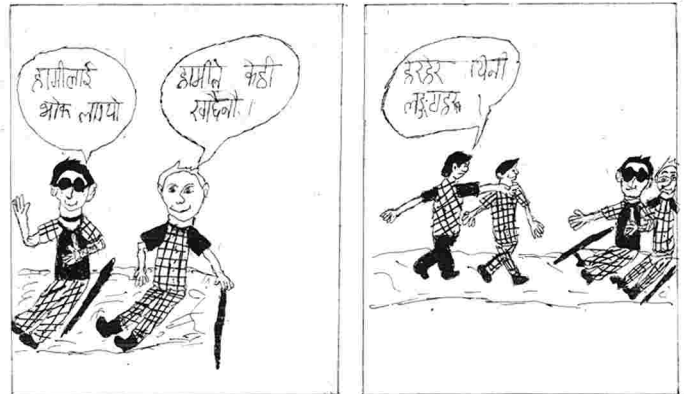
dg t lyof|d/f|wg 5g k9gnf0{
bzsf|lj sf; ugdg lyof| kf0gfcuf18 a9gnf0{
; w|el/ 3ff bfp/f clg dhkft
s:t|f|bM kfPFd|; w|fahkft

; fy lbg|s fkl 5g ; ah|u5g|xhf
d t ; w|fhfG5' ; fyL 8fs f|afsl dhf
lbgf|Ps 5fs v fg klg w|w|k5{dnf0{
lzIff eGg't d/f|h|j gaf6 eof|eng}k/f0{.

z/L/ 9fSglgfgf 5g sxffkfp5' k9g
; a}hgf :sh hbf d t hfG5' j g
o:t}/x5 ul/anf0{; w|el/ bM
xdlh:t|f|ul/an|s lxn|kfp|k9g .



सङ्गो



नामः गौतम ऐसी
नसाः चार
कुराको नामः श्रीसरोजेश्वरी
सोपडको. आएको



d|gf l3ld/|
>L.afndgf|df lgdlj

Ps l5g xf; ft

7hf|dfG5}f|hGd
ko{s Ms |tk0hf0{of|7fpdf s g}7hf|dfG5|
hlGdPs f|yxf 5 <
ufpF|Mcxfdf|ufpFft ; w|aRrfdq hlGdG5g\.

