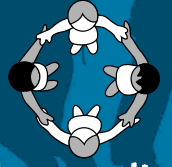




त्रैमासिक बुलेटिन

# बाल निभा: दर्पण



Interpedia

अभिलेख

संस्करण

संस्करण/संस्करण

प्रकाशन सहयोगी



## न" लगेत मलजल



### अन ; अल्लो नयनयन

@&# कनुग !@ ut.] sf7df8fjgkndf dxfešlk uPsf]@  
 dlxgf lat\$fi5 . ešDkn]; GwkfNrf\$, gjfsf\$, uf/vf, wlb<sup>a</sup>,  
 sf.]bfhvfnufot !\$ lhNnfsf sl/j ; ft xhf/ lj Bfno ejg  
 W:t agfof]. W:t agPsf]7fpff t ešlk kl/fvLkglgdfsf  
 othgf alg/x\$}5g\ t/ c? lhNnfx?df ešDklo wšsfnhfjvdkO{  
 agPsf]/ ltg}ejgx?d}lj Bfyk{k19/x\$kl t eg}s; sf]slt  
 Wfg ku\$fxhf < log}lj ifodf lrGf JoQmub}awaf/ nntk'/df  
 .lj Bfnodf afn ; /Iffsf lj ifodfy glltut 5nkm eof]. hxfF  
 lzIff lj efusf pklgbžs Pj+ljk\Joj:yfkg zfvf  
 pk lgbžs lzj /fh pkfIn]Pp6f cWognfO{cfw/ agfpf  
 tYo k}tt ugeof]. To}xf] cemkkg gknsf \$) nfv lj Bfyk  
 hfjvdkO{ejgdf k9g\jfw 5g\ .lel; Pšf]cWogn}o:tf]  
 tYo afx/ NofPsf]lyof]. n'lgemfO{N sG g{Pka/f cfofnt  
 ; f]5nkmdf pkfIn]lj Bfno Ifq lj sf; sfoqndf klg ; /Ift  
 lj Bfnosf]lj :tē cjw/Off pNny ePsf]rrf{ub}o; df ; a)  
 ; /f\$ / klf PsIsē 9Ēn]k/fdzdf ; lqm xgkg[atfpgēof].  
 .: /Ift lj Bfno eg] a%bf o; sf]ešts klfnfO{dfq a%g]  
 ul/Psf]5 . t/ ; ~6jφ/ cyff lj kbaf6 aRg/ arfpg]kIf  
 cemdxTj kO{5, ūpklgbžs pkfIn]eGēof]. dVotMcG/fi6ē

dfkg cg; f/ ; /Ift lj Bfno xg tlgj 6f klfnfO{Vofn ug]  
 k5{. Pp6f ; Arfut, bf] flj Bfnon]ugkg{Joj :yfkso k6f]  
 / t} ff]lxH3\$ing zHfs sfoqnd . Ū

sfoqndf ; /Ift lj Bfnoaf/] tlgj 6f sfoq k}tt ul/of].  
 lzIff dGfnosf ; x; lrj Pj +kj Qrn 8f= xl/ nD; fnn]; /Ift  
 lj Bfnosf lj ifodf lj Bdfg gllt, cj :yf / cEof; af/]sfoq  
 k}tt ugeof]. To:t} afncwšf/sd]uf/Lkwfgn]afncwšf/sf  
 b]i6df ; /Ift lj Bfnosf]cj :yaf/]k}tlt ugePsf]lyof].  
 nlgēsf sfo\$ /Llgbžs g/ 8Ēfn]lj Bfnodf afn ; /Iffsf]  
 cj :yaf/]tYo? k}tt ugeof]. sfoqndf ; /Ift lj Bfnosf  
 nflu kš]ts lj klQaf6 hf]fpg'sf ; fy}; fdfhs ?kdf xg]  
 e]efj, :shleq xg]b08-; hfo, alnĒ, bJojxf/ cllbaf6 klg  
 afnafnsfnfO{arfpg /ffsf]glltut klf :ki6 xgkgdf hf\$  
 lbOPsf]lyof]. To; sf nflu lj Bfyk{fO{dgf] fdfhs pkrf/ /  
 lzIffsd; r}tgf lbg h?/LePsf]5nkmsf ; xefuX?n]; e]ff .

jQrf? sG lo afnsNof; ; ldltsf sfo\$ /Llgbžs tf/s  
 lwtfn, lkrg rr{P8sf /fi6ē lgbžs lnnf a:ofnnufotn]  
 ; /Ift lj Bfnosf lj ifodf ; e]fj lbgēPsf]lyof].



nntk' , xfbh lxdfno kNrf\$df afn ; #llof nly fhfjv f kl}j bg ul]7ldf ; xefuL dxfgēfj x?

**88Nw/ fdf gdgf lj Bfno ; DaGwL; dIIff  
sfozfndf**



खिर्न : ofpj l/L, Eo6fj / , 88Nw/fdf gdgf lj Bfno ; ldlff tyf  
ofhgf lgdtff sfozfndf fip27o dtyLk\$z kfbl, n"lgefMsfo\$ f/L  
lgbz s g/fb|8ufh

88Nw/f, krfug @ ( . lhNnf lzIff sfofho / n"lgefMafn  
; /f\$ f/ ; dxáf/f 88Nw/f lhNnfsf rf/ ufij ; df ; fflnt  
gdgf lj Bfno sfofndf ; dIIff sfozfndf ; lkGg eof]. pSt  
; dIIff sfozfndf lhNnfsf rf/ cff gdgf lj Bfnosf lj Bfno  
Joj:yfkgf ; ldlt, lzIfs cleefj s ; 3 / afnSnasf cWlIf,  
kffgfWlks, lj Bfno lg/Ifs, ; flJolSt Pj d\ufpHj sf ;  
; ldtsf ; lrjx?sf] ; xeflutf /x\$ f]lyof].

:yfglo lj sf; cLwsf/LPj d\lhNnf lzIff ; ldlt 88Nw/ssf  
cWlIf 1fgG|k/fhhLHb\$ f]cWlIfdf ; flnt sfozfndf kd\ v |  
lhNnf clwsf/Lpbo axfb/ l; x, lhNnf lzIff clwsf/La; Cfsdf/  
vqL, lzIff b\8f= efhf k; fb bxfn, n"lgefMsfo\$ f/L lgbz s  
g/fb|8ufh / O6/k|8of lkfb\$ of8sf kltlgw Ohfgf silNofhf  
cltlysf] ?kdf ; xeful/xg' ePsf] lyof].

sfozfndf lh-z-c=a; Cfsdf/ vqIn]:j fut dGto /fvG'  
ePsf] lyof]. sfozfndf k-lh-c=l; xn]zessdfgf lbb}88Nw/f  
lhNnfsf gdgf lj Bfnodf afx/ lhNnfaf6 edOf ug{ cfpG  
xgn]To; df xfd] ; fdLxS kof; cfj Zos /x\$ f]s/ fdf hf\$

lbg' eof]. sfozfndf ; eWlIf :yfglo lj sf; clwsf/Lk/fhhIn] sfof  
ogdf cfpG af\$ /x\$ f xfdL ; H}ePsf lfdtf / ; flsf]  
koff ug{ ; sdff lj Bfnox? ; flRs}gdgf xg]atfpG' eof].  
pQmsfo\$ dslf] p27o dty k\$z kfbl 88Nw/f lhNnfsf rf/j 6f  
lj Bfnox? nf{bO} aif; Dddf gdgf lj Bfnosf] ?kdf ?kGt/ t  
ug{sdff ePsf Gogtd / >hgZIn sfof?sf] ; dIIff tyf  
cufdL lbgdf ugkG] ofhgf lgdtff ug\$ f nflu sfozfndf]  
cxd\eldsf lgj ff u/\$f] s/ fdf hf\$ lbg' eof]. lzIff b\8f=  
efhf k; fb bxfn / lh-z-c=a; Cf sdf/ vqIn]; xhIs/ Of ug  
ePsf] sfozfndf rf/j 6} lj Bfnon] cknfgdf lj Bfnosf ?kdf  
?kGt/ Of xg ; Hfkt ofhgf lgdtff ug{ ePsf] lyof].

**lhNnf kl/ ofhgf ; Nnfxsf/ ; ldtsfja7s**

@) &# krfNug !%, lhNnf lj sf; ; ldlt, 88Nw/ssf :yfglo  
lj sf; clwsf/LPj d\lhNnf kl/ ofhgf ; Nnfxsf/ ; ldtsf cWlIf  
1fgG|k/fhhLHb\$ f] cWlIfdf lhNnf kl/ ofhgf ; Nnfxsf/  
; ldtsfja7s a:of]. n"lgefMafn ; /f\$ f/ ; dx, lkN8 sfofho  
88Nw/ssf] cfofhgfdf ; flnt pQma7s n"lgefMafn sfofnd  
; ehs silNuff G dxhgn] a7sdf pkl:yt ; lkff{ dxgefj x?nfO  
:j fut ub} a7ssf] p27o dty k\$z kfg{ ePsf] lyof]. :j fut  
nut} sfofnd ; ehsn] gn"lgefM] lzIff ; /f\$ f/ kl/ ofhgf



88Nw/f lhNnfsf ; flj s uofzk/ ufj ; sil, l; dZj / cfwf/et lj Bfnodf  
lhNnf kl/ ofhgf ; Nnfxsf/ ; ldtsf] cgudg edOfdf ; /f\$ f] inx?  
; cGt/ lqmf ubl: yfglo lj sf; clwsf/L; lx edOf 6fhIsf  
; xefulx? .

**प्यार विद्यार्थी भाईबहिनै, 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 आगामि दिनमा  
पुरस्कृत पनि गरिनेछ । साथै प्रतिक्रिया र सुझावको पनि हामी  
अपेक्षा गर्दछौं । लू निभा:को टेगाना, कार्यलयमा सर्म्पक वा ईमेल  
पनि गर्न सक्नु हुनेछ ।**

**n"lgefMafn ; /f\$ f/ ; dx**  
(Loo Niva Child Concern Group)  
Lalitpur Metropolitan City-25, Lalitpur, Nepal  
G.P.O 8975, EPC 2127, Kathmandu  
Phone: 977-01-5592054/5591426  
Fax: 977-01-5591329  
Email: info@loonivachild.org.np  
www.loonivachild.org.np

dfkrf ; g@)!^ df u/\$f sfoqndx?sf]; Hftt kljtj hg / ; g\  
 @)!& df ul/glej Lofhgfsf af/|a7sdf ; xefulx?nf0; ; lrt  
 xg|cj; / klfhg ug{ePsf]lyof]. To:t}/]6n] 8fnkdfsf  
 kik kf/|hn]klg pQma7sdf ; g@)!^ df u/\$f sfoqndsf]  
 kljtj hg / @)!& sfofhgf k:tt ug{ePsf]lyof]. pQma7sdf  
 ba}kljtj hg tyf ofhgfdly lj:t} 5nkm u/Lcgudg edof  
 hfg]; dt a7sn]lg06 uYof]. kljtj hgdf pNy eP cg; f/  
 ; fr\$}jkn8df klg ePsf]5 ls 5g elg cjni\$g ug\$ nflu  
 ldt @) &# knNug !& ut|b0j 6f ; dx lj ehg u/Ln"lgefM  
 sfsfof] 88Nw/lhNhsf]; flj s ; dhL/ u0zk/ uf-lj = -sf]  
 lzjzs/ cfw/et lj Bfno / l; dzj/ cfw/et lj Bfno df  
 edofdf hfg]lg06 eof]. cGdf kl/ofhgf ; Nfxsf/ ; ldtsf  
 cWlf Pj =yfglo lj sf; clwsf/Lk/fhhn]lj sf; ]sfoqndf  
 Out put cfpg' 7h]s/f x0g Out come s]cfofeG]s/f  
 xg{h?/L5 eG]s/f JoQmug{ePsf]lyof]. casf]cjni\$g  
 edofdf tLOut come sf dkb08nf0{cjni\$g ug{/ To; }f  
 cfw/df casf aifdf tLsfoqndx?nf0{lg/G/tf lbg' kg{xf]  
 jf sfoqndsf]:j?k g}kl/jtg ug{kg{xf]Tof]; enj ; dt  
 klfhg ug{5'elg cknf s}Legf0? /|v)a7s ; dft ePsf]  
 lyof].

**hj fknbL/ ; dfj zLlj Bfno**

nlntk/, n"lgefMafn ; /f\$ / ; dxsf]cys kof; df 06/klBof  
 knb08sf]cflx\$ ; xof]df o ; ; yf tyf kf6g l; -j=-cf=-n]  
 ; 0m?kdf ; g@)!& blv @) ; Ddsf nflu kl/ofhgf ; jLst  
 kPsf]lyof]. ToxLkl/ofhgf cyff ahj fknbL/ ; dfj zLlj BfnoE  
 gfd sfoqnd qndz ; flj s cf>fu, luDbL/ 7hf8hufsf !\*  
 j6f ; fdbflos lj Bfnodf ; zf; g sfod ug{/ cktf]tsf]kxrfg  
 u/Llj Bfno ; Dd kYofpg ; 3fp kYofpg|xth]o; kl/ofhgfn]  
 ; xof] tyf d2t ug{ck]ff u/Lldt @) &# ; fn df3 @\* ut]  
 ; flj s uflj ; x? cf>fu / luDbL, 7hf8hufdf @( ut]kl/ofhgf  
 cledlvs/Of sfoqnda6 z?jft ul/Psf]lyof]. pQmsfoqndf  
 bj}; yfsf kl]glwx? n"lgefMaf sfoqnd Joj:yfks ; G/fd  
 8ufhn]sfoqndsf]cfr To / ; yfn]ug{sfoqndsf jf/df /  
 kf6g l; ljcf/sf sfoqndsf jf/df ; ofhs /fd sdf/ sjFcf/f  
 o; aif\$]sfoqndsf jf/df lj:t} hfgsf/Ltyf vNhf 5nkm  
 ul/Psf]lyof]. To; }sfoqndnf0; xh / ; /n tj/n]sfoqnd  
 ug\$ nflu n"lgefMaf j/i7 sfoqnd clwsf lr/IsfhL/ kf6g  
 l; -j=-cf=-sf kuthof]; ofhsCon]; xof] ug{ePsf]lyof]. ; fy}  
 pQmsfoqndsf b]fgdf ; DalGwt uflj ; sf ; fdlhs kl/rfns  
 ; ul]tn]; flj s uflj ; x? cf>fu , dg]hn]luDbldf / blksn]  
 7hf8hufdf ckrfl/s sfoqnd ug{ePsf]lyof]. h; df qndzM  
 lj BfWzj/Ldf-lj =sf lj -Jo = cWlf k\$z r0 ehg , luDbldf

hgs df-lj =sf k-c= uf\$0f; / / 7hf8hufdf dx0|df-lj =sf  
 lj -Jo = cWlf ld7f/fd hds6]hn]; efcWlft ug{ePsf]lyof].  
 pQmcj ; /df ; DalGwt ; efcWlfx?4f/f gofkl/ofhgfx?nf0  
 xbo blv ; j fut tyf cfufdLbgx?df klg ; Sbf]; xof] u/L  
 ; kmtkfj\$ ; DkG ug{; 3fpg]kljtj 4tf JoQmug{e0{sfoqnd  
 ; dkg ePsf]lyof]. h; df tlg j6}uflj ; u/LhDdf !@@  
 hfgsf]; xeflutf /x\$]lyof].



; flj s cf>fu uflj ; s] >Lafn dgf/df cfw/et lj Bfno, nSgldf  
 n"lgefMgkfnf sfoqnd Joj:yfks ; G/ fd 8ufn4f/f  
 ; /f\$ / j fmx?nf0{kl/ofhgf ; DaGwL hfgsf/L u/fpb].

**lj Bfno ; xof] kl/ofhgf ; fng**  
 nlntk/, n"lgefMafn ; /f\$ / ; dxn]lj Bfno ; xof] uflj  
 sfoqnd cGt o; }lhNhsf]; flj s 8s5fk uf-lj =, df  
 cj:yt >Lr08Lbj Lcfw/et lj Bfnonf0; xof] :j?k  
 lj Bfnodf cfj Zos kngf/ ; fduLx? / ; fLlj Bfnosf  
 afn Snasf]nflu ; f\$]ts kfz]s ; xof] ePsf]lyof].  
 ; yfsf]; xof]lj f6 kft oL ; fdgx?n]lj Bfnosf]z]f]s  
 :t/ j [4df d2t klg]lj Bfno kwfgfWfks >Ll; tf/fd  
 v8sfsf]lj rf/ /x\$]kf06f].

nlntk/ ; flj s 8s5fk uflj ; s] >Lr08Lbj Lcfw/et lj Bfnonf0  
 ; yfsf] sfof]Llgbz >Lg/b]8ufn4f/f pQmlj Bfnosf kwfgfWfks  
 >Ll; tf /fd v 8sfnf0{z]f]s ; fduLx:tft/Off ub].

**afnSnasf ; b: onf0{hlg pkofuL ; lk tflnd ; DkGg**

88Nw/f, n"lgefMafn ; /f\$ / ; dxsf]cfofhgdf 88Nw/ssf] xfn :ofpa/L Eo"6fj /df ldl t @) &# df3 !^ b]v df3 !\* ; Df afnSnasf ; b: onf0{hlg pkofuL ; lk tflnd ; DkGg ePsf]lyof]. ; yfsf sfo{Iffx? rf/}uf-la=, =sf % df-la= / & cf-la= sf u/L!\$ hgf 5fq / !\$ hgf 5fqf u/L hDdf @\* hgf ; xefuL/x\$]lyof]. pQmsfoqndf ; yfsf sd{f/lx? # hgf dxnf / \$ hgf k?if u/LhDdf #% hgfsf]; lqmtf /x\$] lyof]. o; sfoqndsf]kdv pZzo afn Snasf ; b:ox?nf0{ hlg pkofuL ; lk ; DaGwL laifos\hfgsf/Lkbfug ug{/x\$] lyof]; fy}b]gs tyf Aoj xil/s hlg gdf cf0{kg}; d:ofnf0{ ; dt ; dfwfg ub}; fdlhs ?kft/Ofdf pgIx?sf]eldsfmf0{ dfu{kz:t ug}; lsof] eG]dg; fon]o; tflndsf]cfofhg u/Psf]lyof]. h; n]ubf{afnSansf ef0{axgx? cToGt kefij t e0{yk o:t}lsl; dsf sfoqndj f6 xfdlnf0{plrt dfu]lgbzgg xg]ePsf]j]cfufdLbgx?df klg o:tf /fdj /fdj sfoqndsf] ck]ff ; dt u/\$]lyof]. of]tflnd lgs}g}dx]j k0{ePsf]xbff c? ; a}afn afnnsfn]; dt yxf kfg' kg{/ cfkn:oj od\ ; qnto e0{cfknf ; fyIx?nf0{l; s\$ s/f cfbg kbfg ug} hfgsf/LbPsf]lyof]. h; n]ubf{ yk !!) hgf afn afnnsfn] o; ; DaGwLhfgsf/Lkfg ; km ePsf]lyof].



xfn :ofp f/L Eo"6fj /, 88Nw/dfd ; flnt hlg pkofuL ; lk tflnddf klzIIs ; lj gf e08f/L4f/f ; dxsf ; xefuL; u cGt/lqmf ub}.

**cfsl: ds ; xofun]d]d/f]k9f0{ lg/Gt/ ug{kfPE**

nlntk/, ; i6 lj ut tlg jif{b]v n"lgefMafn ; /f\$ / ; dxsf] z]fs ; xotf kl/of]hg z]fs ; xotf kft 5fqf xg\ pgL xfn dx]f]fn cfw/et lj Bfno, audlt sIff # df k9b}l5g\ pgLgf]jif\$Le0g\pgLxfn cf gf cdf, ajf; f audlt df c:yfoL6x/dfd a:b}cf0/x\$L5g\ pgsf]kl/jf/df cdfajf, bf0{efph'u/L% hgf 5g\ t/ klg bf0 / efph"audlt df ; fgf Joj ; fo u/La:b}cf0/x\$]xgfn]xfn pgsf]kl/jf/df tlg hgf dfq xgxG .

azfv !@ ut\$]e\$Dkn]ubf{pgsf]3/ k/}eTs\$]lyof]h; n] ubf{pgIx?sf]kl/jf/ c:yfoL6x/dfd a:g afW 5g\ df3 dxgdf g}lj Bfno labf ePsf]ahf ; i6 pgsf]; fgf]aj fsf] 3/df cf gf]; fyIx?; f v]b}ubf{crfgs %ofna6 v; } ba} xft ePsf]lyof]. cleefj sss]cfbfgLxg]; f sd lyof] h; n]ubf{cf]fwL pkrf/df sl7gf0 e0{; yfdf kl/jf/cf/ pkrf/ vr\$fnfu cg/fv kq k7fpg'ePsf]lyof]. ; fLva/sf cfw/df ; yfn]cfl:ds ; xofu :j?k ; i6sf]pkrf/sf nfu cly\$ ; xofu kbfg ul/Psf]lyof]. pgsf]ba}xftdf plaster ul/Psf]5 t/ pgLlj Bfno lg/Gt/ u0/x\$]/ xfn pgsf]:j:Yb cj:yidf lgs}; w/ cfPsf]pgsf]cdfn]atfpgeof]. pgsf] cdf; f s/f ubf{afof]xftdf cln al9 rff nfu\$]/ bbf xft rnfpg / u\$so{ug}; Sg]ePsf]lj Bfno hfg ; Sg]/ u\$so{ ug}; Sg]ePsf]atfpgeof].

pgsLcdfn]cktsf]ahf ; dod}; xofu kP/ 5f]lsl]pkrf/ u/fpg / k9f0nf0]g/Gt/tf lbg kPsf]df cToGt vZLx]; yf klt s[1tf ug{ePsf]lyof]. clxn]; i6sf]cj:yf ; fdfG e0]lj Bfno lg/Gt/ u0{x\$L5g\

**; IkoQmsfdbf/sf]nflu kfylds pkrf/ tflnd ; DkGg**

kn]ug @\$, @% ut] / @&, @\* ut]nlntk/sf]af3 e}j dfWlds lj Bfno / k6f/sf]krs\$Bf cfw/et lj Bfnodf :yfglo ; IkoQmsfdbf/x?nf0{sg}lsl; dsf]; fgf]ltgf] 3fp rff k6s nlfga6 aRg / e}xndf s; /Lyk rff xga6 h]ug ; S5f]eG]s/f hfgsf/Lbg]kdv pZzosf ; fy kfylds pkrf/ tflnd ; DkGg ePsf]lyof]. tflnddf hDdf @^ hgf k?if / ! hgf dxnf >lds sdbf/x? ; xefuL e0{sfoqnd ; fng ePsf]lyof]. tflndnf0{ kefj sf/L agfpgsf nflu gkn /\$qm ; f] f06L tyf :yfglo :j:Ybsd]sf]; xofudf o; sfoqndnf0{; xhls/Of ug{ePsf]lyof].



nlntk/, ; flj s rff]uf]j ; sf :yfglo >lds 4f/f kfylds pkrf/ tflnddf cEof; ub}.

**Afn; Af0f; DaGwLcfrf/; krtf lgdf0f / ugf; fj; gjf0{; ldt u7g**

nlntk/ , n"lgefMfn ; /f\$ / ; dxsf]; lqrotf tyf :yfglo ; /f\$/j fnf / lj Bfno c0tu{sf ; a\$]kxndf ; :yfsf ; fdlhs kl/rfnsx?sf] ; xhIs/Ofdf afn ; Af0fsf] cfrTo tyf afnafnsf] clwsf/sf] ; lgLzrttsf nflu cledlvs/Of sfoqnd ePsf]lyof]. oxLknug / r0 dlxgdf blif0f nlntk/sf !S c0f lj leG ; /sf/L lj Bfnox?df Afn; Af0f ; DaGwLcfrf/; krtf lgdf0f / ugf; fj; gjf0{ ; ldt u7g klg ePsf] 5 . pQmsfoqndf hDdf k?if !% ^ / dlxf !^\* u/L#@S hgf ; xeflutf /x\$]lyof]. sfoqndf lj Bfno Joj:yfkg ; ldtsf kbflwsf/lx?, lzIfs cleefj s ; Bsf kbflwsf/lx?, cleefj s, lzIfs / afn Snasf kbflwsf/lx? ; xefulePsf lyP . ; fydf pQmsfoqndf ugf; f]k]6sf / cfrf/; krtf lgdf0fsf]af/df klg cledlvs/Of ul/of]/ afn ; Af0fsf; u ; DaGwt lgbLzsfdf t]sP ad]ndsf]kbflwsf/lx? 5gf\$ u/ ugf; fj; gjf0{; ldt lgdf0f ul/of/ lzIfs, lj Bfyk/ cleefj ssf] tkn]6 cfrf/; krtf agf0{kz ul/of]. hg cfrf/; krtfif0{ t]tsin km\$; df lk0 u/L; fj h]gsIs/Of ug]o]hg; dt alg sfoqndsf]c0o ePsf]lyof].



>Lj g:ktLcwf/et lj Bfno, ; flj s r0] / uflj ; sf lj Bnosf lzIfsfx? cfrf/ ; krtf lgdf0fsf nflu ; fdlxs 5nkm ub].

**; fdlhs ; r0gf sfoqnd ; DkGg**

nlntk/ , ; flj s snZj / / r0] / uflj = df afn s]0t lj kt\ h]vd 0]gs/Of / afn ; Af0f lj ifos ; fdlhs ; r0gf sfoqnd ; DkGg ePsf]5 . sfoqnd dl; / , kif / df3 dlxgdf bj} uflj = sf]k]f-k]f c0f km]s km]s :yfgx?df ePsf]lyof]. sfoqndf uflj = sf] ; a)lf]nf0{; d0g]u/Lba}uflj = sf dlxf !#@ / k?if !S# u/L hDdf @% hgf ; xefule/x\$]lyof]. o; sfoqndf0{ ( hgf :yfglo lzIfsx?n); xhIs/Of ug]ePsf]lyof] . o; sfoqnd]ubf{; xefulx?n]afn ; Af0f / lj kb\Joj:yfkg ; DaGwLj0t ?kdf hfgsf/Lkfg ; km ePsf]lyof].



nlntk/ , ; flj s luDbL uflj ; df ; r0]nt ; r0gf sfoqnd kZrt ; fdlxs k]6f]

**b0{]bg]afn Sna cledlvs/Of ; DkGg**

nlntk/sf]; flj s snZj / / r0] / uflj = df kif @@ ut] blv df3 ^ ut\$]; doj lwdf ^ c0f lj Bfnodf afn Snasf] dx]sf j f/df ; :yfsf ; fdlhs kl/rfns cK / f ltlDn gfn] cledlvs/Of sfoqnd ; DkGg ug]ePsf]lyof]. pQmsfoqndf afn Snasf ; b:ox, lzIfs / lj Bfno Joj:yfkg ; ldtsf ; b:ox? u/LhDdf \*^ hgf dlxf / &\$ hgf k?if u/L hDdf ; kt !^ hgf ; xefule/x\$]lyof]. sfoqndf afn clwsf/ afn ; xeflutf / afn ; Af0f, l/k]6{, v]hLug]/ arfpg] pkfosf af/df hfgsf/Lu/f0{sfoqnd ; DkGg ul/Psf]lyof]. To; sf ; fy ; fy}afnSnasf ; b:ox?nf0{leQ]klqsf eg\$] s]xf< / leQ]klqsf agfpg]t/Isf]af/df klg 5nkm u/f0{ plrt dfu]g]b0g u/Lsfoqnd ul/Psf]lyof]. afn Sansf ; b:ox?n]c]k]n]l; s\$] ; lknf0{k]0\$ dlxgfsf]c0o lt/df; s ?kdf ! j 6f leQ]klqsf k\$; g ug]u/L; a):shsf ; b:on]; fdlxs kl]tj 0tf ; dt ug]ePsf]lyof]. ; fy ; fy} df3 dlxgf / knug dlxgdf ; flj s luDb, cf-0, 06f/, df0f, 7h]b]0, snZj / / r0] / \$f lj leG !S c0f lj Bfnodf leQ]klqsf nflu ; r0gf k]6]sf ; fy}b0{dlxgfsf nflu cfjZos ; dul; dt lj t/Of ePsf]lyof]. lj t/Of kZrt ; a) lj Bfnodf afn Snax?sf]gt]df c0o p]f; fxsf ; fy :j od\ lj Bfyk?sf]; xeflutfdf leQ]klqsf k\$]zg ul/Psf]lyof]. o; leQ]klqsf]df]d]af] afnafnsf]cf g]f; hgf /rgf? k]tt ug]d]sf k]Psf]/ h; n]ubf{afnafnsf]df ; hgf]ds ; f]sf]lj sf; df d2t ku\$]clwsfz lzIfssf egf0 /x\$] k]0]sf]5 .



; flj s luDbL uflj ; sf afn Snasf ; b:ox? leQ]klqsf k\$]zgsf nflu ; fdu]to/ ub].

# lhNnf kl/ofhgf ; Nnfxsf/ ; ldtsf jʄs

nlnrk/, ldt @)&# ; fn rġ @( ut\$ŋ lbgdf lhNnf kl/ofhgf ; Nnfxsf/ ; ldtsf] jʄs hfj nfvhsf]au}f /ʄ6/ʄ6df ePsf]lyof]. pQmsfoqrdđ lhNnf ; dG o ; ldtsf :yfglo ljsf; clwsf/L>Lxđ /fh e; fn Hšŋ]cWlftdf ; IkG ePsf]lyof]. sfoqrdđ laifout sfohosf kđv qrdz lh-z-sf-clwsf/L, lhNnf hg :j:f:ʄ sfohosf, dxnf tyf afnafnsf sfoho, kx/L; ħ nufot ; ldtsf ; Ik0{ ; b:o cfdlġt'đfġohgx?sf]/ cfohhs ; ÷yf n"lgefMafn ; /šf/ ; dġ , o; kmgkfn ; ; Pd; Lgkfn / kfg l; lj cf/sf sfoho kđv tyf cŵ sdġf/k? u/LhDđ ## hgfsf] -dxnf % hg/ k?if @\* hg\_ pkl:ylt /xšf]lyof]. pQm sfoqrdđ kl/ofhgf ; Nnfxsf/ ; ldtsf] jʄs a:g]b}fgdf ; DalGwt kl/ofhgf]lj:tġ 5nkm u/Lsfoqrdđ]j]Is]tsf nflu l; kđ/; ug]gkfn ; /sf/sf]kġj wġ ePsf]xbfġo; /L ; eQm?kdf cfohgf ubf{; a}; Ğ ; :yfx?sf]j ħt ?kdf 5nkm ug{w}; do nlg]ePsf]xbfġkġš ; ÷yfut ?kdf 566f 566jʄs al; lg0ġ ug{kPsf]v08df cToġ /df] xg]; eġj ; xlt 5ġf dġAo ; fy jʄsnf0{cuf8La9fpg' ePsf]lyof]. To; ; ũ ; ũ}; DalGwt sfohosf sfoqrdđ ; eġhsx?n]kl/ofhgf] j f/đf kġtj ħg / cj:yfsf j f/đf k;ttLug{ePsf]lyof]. k;ttLkZrft jʄsdf ; xefuġ?n] ; eġj sf]?kdf ; DalGwt sfoho; ũ ; xsfo{/ ; dG o u/L sfoqrdđ ug{kġđ hš lb' ePsf]lyof]. cġdf o; jʄsnf0{ ; dfkgsf b}fgdf lhNnf ; dG o ; ldtsf ; fdflhssf ljZjZj/ sf0{fnf Hh}klg o:tf]sl; dsf]jʄs eġf klg ; a}; Ğ ; ÷yf 566f 566jʄs cfohgf ug{kġđ ; eġj ; xlt ; dfk ePsf]lyof].



hfj nfv ħ nlnrk/, au}f /ʄ6/ʄ6df ; flnt ; eQmlhNnf kl/ofhgf ; Nnfxsf/ ; ldtsf]jʄssf cWlft nlnrk/ lhNnf :yfglo ljsf; clwsf/L4f/efj Lsfoqrdđ nflu /fo ; eġj lbj).



; flj s v flsgf uflj ; cġt/ut >L?bfo0L dfWldś lj Bfno sIff (/!) sf lj Bfyġ?nf0{n"lgefMaf :j ođ j sx?ġf/f ; fdflhs ; ħfnśf kġfġ ; DaġwL ħgfsf/L lbj)

sfoqrdđ] ; jftdf n"lgefMaf j/i7 sfoqrdđ clwsġ lr/IsfhL 8ufġn]sfoqrdđ pkl:yt ; aġf0{:j fut ugġePsf]lyof]. :j fut dġJo kZrft\; fdflhs ; ħfnx? h:t}kġaś, 606/, eġo/ cġfb 0{fġbn]ubf{; ÷f/ g}Ps ; fġf]ħfnf]h:t]alg ; sšf]xġf o; sf] ; xL pkoġn]kġf0f / b?koġn]akġf0f xġ ; Sg]s/fsf]cj ut u/fpġ]sfoqrdđ ; ~rfng ePsf]lyof]. o; sfoqrdđnf0{n"lgefMaf :jod; j sx?ġf/f o; ljifodf k;ttIs/ġf ug{ePsf]lyof].

sfoqrdđ]lgrfšdf ; xefuLj Bfyġ?n]lyk kġfj sf/Isf nflu ceġh o; nf0{j ħt ?kdf ; řfng u/La9Leġf a9lnf0{ħgfsf/L lb' kġđ ħš lb' ePsf]lyof]. o; }; ġġdf of]sfoqrdđ Psbd}; do ; ħġf /xšf]/ o:tf ; dfllhs ; ~ħfnśf; xL; dodf ; xL sġdf] nflu kġfġ ug{; sšf]v08df lgs}; km xg]s/fdf ; xdt ePsf] b]ġġ . of]cġkġđ 3fġs xġ /xš of]t kġfġ ug{dfġđf e/ kġl /xš eġ]s/f yfx kġpg ; km ePsf]; xefuġ?sf]egf0{/Xof].

cġodf n"lgefMaf sfoqrdđ Joj:yġks >L; ġ/fd 8ufġaġ 5ġf] dġJosf]b}fgdf lj Bfyġ?df kŚs}klg o; sfoqrdđn]; sf/fġds kl/jtġ Nofpg]ljZj; kš6 ugġof]. ; fy ; fy}o; }; fdflhs ; ~ħfnaf6 xġ ; Sg]ck/fwx?sf]af/] xfn ; fn}ePsf 36gfsf] pġfx/ġ lb0{; rġ u/fpg' ePsf]lyof]. ; fy}pQmj Bfnof; xġos kġġfWġks s[ġf eut dxġ n]klg ; fdflhs ; ~ħfnnf0{cġkġf] cWogdf ; bkoġf u/šf]v08df lj Bfnodf cġan :yġ Nofpgdf s; ħ]klg /šg g; Sg]lġls/ ug{ePsf]lyof]. s/f /vġ]qrdđ gofFzAbśf]kġfġ u/L uuhZj/afaf eġ}lj Bfyġ?nf0{k9f0df ; d:of eP uuhZj/ afafnf0{(Google) ; Derg' / o; sf]; dfwġsf nflu ; flv vġh u/La9Leġf a9L ħgfsf/L lng ; Ifd xg]s/fdf ħš lb0{sfoqrdđnf0{cġġkġf/s ?kdf ; dfkġ ul/Psf]lyof]. lj Bfnof; xġos kġġfWġks s[ġf eut dxġ n]klg ; fdflhs ; ~ħfnnf0{cġkġf] cWogdf ; bkoġf u/šf]v08df lj Bfnodf cġan :yġ Nofpgdf s; ħ]klg /šg g; Sg]lġls/ ug{ePsf]lyof]. s/f /vġ]qrdđ gofFzAbśf]kġfġ u/L uuhZj/afaf eġ}lj Bfyġ?nf0{k9f0df ; d:of eP uuhZj/ afafnf0{(Google) ; Derg' / o; sf]; dfwġsf nflu ; flv vġh u/La9Leġf a9L ħgfsf/L lng ; Ifd xg]s/fdf ħš lb0{sfoqrdđnf0{cġġkġf/s ?kdf ; dfkġ ul/Psf]lyof].

**n"lgefMaf :jod; j s 4f/f; rġgf sfoqrdđ**  
 nlnrk/, n"lgefMafn ; /šf/ ; dġsf :jod; j sx?sf]kġf; df @)&# kġfġġ ħ ut\$ŋ lbg ; fdflhs ; ~ħfn ; DaġwL Ps lbġ cledlvs/ġf sfoqrdđ >L?bfo0Ldf]j = sfoġġfos g-ġf-df ; IkG ul/of]. sfoqrdđ lj Bfnof sIff \* / ( df k9b)u/šf lj Bfyġ? 5ġf ! ) / 5ġf !& u/LhDđ @& ħgfsf]; xeflutf /xšf]lyof].

**; dbfo ; rġgf sfoqnd ; DkGg**

nlnk/, hj fkbkxtf / ; dfj ħL lj Bfnof0{kff; flxt u/L :yfglo :t/j f6 g}; Ifd agf0g)p24osf ; fy n"lgefMfn ; /fšf/ ; dġn]; dbfosf cleefj sx?nf0{lj Bfnoaf6 kff ; lj wsf jf/df / u0f:t/lo lzIfsf nflu oxLkafuġ / rġ dlxgdf cf>fu / 7hf8hġ ; flj s ufġj = cġtuġ ^ j6f ; dbfo ; rġgf sfoqnd ; DkGg ul/Psf]lyof]. h; sf]sf/0fn] ubf}; Dk0{afn afnsfsf]k9f0 :t/ psf:gsf nflu :jod\ cleefjssf]tknġf6 cknġhfus / lzIfssf]tknġf6 lzIfs cknġhfus e0{lj Bfyġ?nf0{cknġf] clwsf/ dfq ge0{ stġonf0{; dġ afw u/fpg ; lSpG eg]eljiodf 7hf]; d:of xg ; Sg]lgisf; lxt casf lbgdf cleefj s cknġf Bfnodf u0{; fġ vġ ugġu/Loġhġf ċ ?kdf lj Bfnodf hġf]klġj ċtfsf ; fy sfoqnd ; DkGg ePsf]lyof]. h; df b0{ufġj =sf hDdf !() hġf cleefj sx?sf]; lqm ; xeflutdf ; dġkg ePsf] lyof]. o; sfoqnd]ubf{3/df cknġf ePsf?sf]kl/ro kq lbgdf ; 3fp kġfP/ /fġn]lb0{/xšf]; lj wsf]kaf0f p7fpg d2t ugġ; flj s cf>fu uġj ; sf l/gf nf]n]klġj ċtf ug{ePsf] lyof].

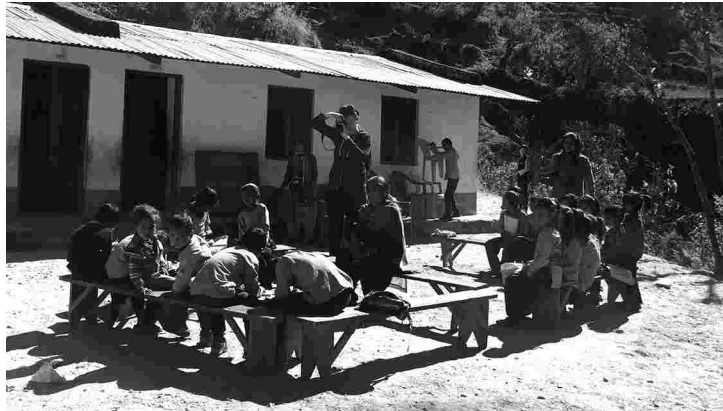


7hf8hġE uġj ; cjl:yt >Leuj tLkġj sf]c:yfoLlZlj / sġbdf ; rġgf ; fġngdf pQmulj ; s]ud/fu cfw/et lj Bfnosf lzIfs eld kġ fb bhfn]cleefj snf0{lzIfsf]dxġj j l/hġgsf/Llb}

**s]Gġp sfoġno tyf 0ġ6/k]8ofs f]cgudg eġ0f ; DkGg**

88]w/f, n"lgefMj fn ; /fšf/ ; dġn]lzIf ; /fšf/ lj ifos kl/ofġhġf lātlo cġtuġ ; fġng ubġcġ0{xšf lj leġ sfošdx?sf] sġbġ sfoġno tyf 0ġ6/k]8ofaf6 ; eQmcġudg ul/Psf]lyof]. h; df gdġf lj Bfnosf nflu 5gġdf k/šf lj Bfnox? qndzM ; flj s chod? Ufġj =sf] >Lgabūf{cfw/et lj Bfno, ; flj s ; dġLuġfa =sf]; /:jtLcfw/et lj Bfno / ; flj s u0ġk' uġfa =sf]ldZj/ cfw/et lj Bfno ldlt @) &# df3 @\* ut] / kġfug ! utšf lbg cġudg ul/Psf]lyof]. cġudgsf qndf sġbġ sfoġnoaf6 sfoš/Llgbz s/g 8uġ, lkn8 sfoġnoaf6 sfoqnd ; eġhs s]0uġaf6 dxhġ, al/i7 cġyš tyf kġf; g clwsġ o1/fh afš6L/ bft]lgsfo 0ġ6/k]8of lġnNof08sf 0ġhġf sġnnoġfsf]cgudg ePsf]lyof]. o; kl/ofġhġf lātlo

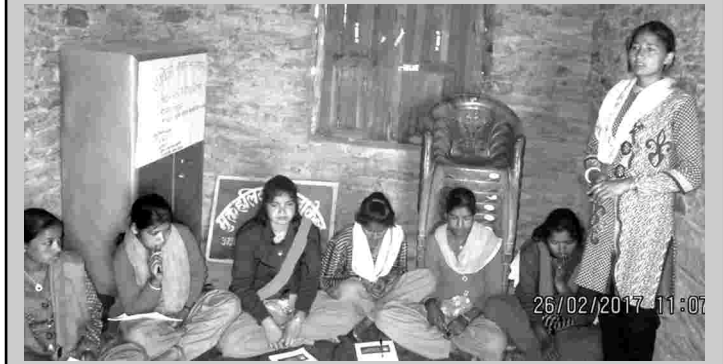
cġtuġ eP u/šf sfošdx?sf]pknlAw / eġfa kġfj sf/tfsf] nflu kġ7kġf0f kġfġ ugġp24on]of]sfoqndsf]cfoġhġf ePsf] lyof].



n"lgefMsf sfošf/Llgbz s; lxt 0ġ6/k]8ofs f 0ġhġf s fġnnoġhġf/f ġj bġf{cfw/et lj Bfno, a; g/ chod?sf]gdġf laBfnosf]eġ0fsf qndf lj Bfyġ?sf]lqmfs nġk Sofd'f sġ ubj.

**hġj sf lzIf sfoqnd**

88]w/f n"lgefMj fn ; /fšf/ ; dġsf]cfoġhġf o; }aifġ @) &# ; fndf lhj sf sġfno{cemkġfj sf/L9uġn]; Fġng ugšf nflu kl/ofġhġf Ifġsf \$ j6}; flj s ufġa = x? qndzM ; dġL, di7d8f] chod? / u0ġk' u/L# hġf k?if tyf ! hġf dxnf ; xhstfġ?nf0{hġj sf lzIf ; xhstf{cledvIs/0f kġnf]r/0fsf]tġnd lb0Psf]lyof]. h; df rf/}uġfa; sf rf/ hġf ; xhstfġ0{hġj sf sġf ; fġng ugġ; lhnf]xf] elg ; f]sfošġsf]; Fġng ul/Psf]lyof]. pQmsfoqnd kZrft bġf]r/0f cġt/ut :yfglo :t/df o; sf]cemkġfj sf/L ugšf nflu ; xefuġ?n]; /fšf/ j fġf?nf0{o; ; DaGwL ; rġgf a9fpg]oġhġf cg?k \$ j6]uġj ; sf cleefj sx?nf0{ kġf csf]lbgdf o; sf]ġj Zostf jf/df ; rġgf ul/Psf]lyof]. To; n]ubf{cleefj snf0{cknġf 5f]f 5f]lx?n]lj rġf k9f0 5f]f] a; šf cknġf 5f]f 5f]lnf0{ o:tf]sfoqnd]eljiodf ; lx dfu]lgbz xġ]ePsf]ubf{pk:yt ; a}cleefj sšf cknġf 5f]f 5f]lx? cyġġ ; flj s chod? uġj ; sf dfq @ hġf lszf]L/ ! hġf lszf] ; dġ ; xefuL u/f0{t}f]r/0df ; xhstfġ?n]kġMoġxl/s ; lġ ofġhġf agfpg ; dġ d2t kġfġ]clekġon]sfoqnd ug{ePsf]lyof]. h; n]ubf{pQm sfoqndf ; xefuL lszf] / lszf]lx?n]Joġ ; fols ofġhġf agfpg kġ ; km xġ' ePsf]lyof].



n"lgefMsf ; fdġhs kl/rfns kġ tLe6 P]n]lhj sf lzIf sfošġsf] kl/ro tyf p24o dfyL ; xefuL lszf]lx?nf0{hġgsf/Lu/fpb}.

lj Bfno ; wf/ ofhgfcBfj lws / lj Bfnodf lj kb\ hfjvd Golgs / Of ; DaGw b0{lbj}sfzfncfb/Oflo pklhNnf lzIff clwsf/L >ldfg\vdjgfy kfy/hHb}sf]kdv clyTddf ePsf]lyof]. pQmsfoqndf0cTbGt kefj sf/L?kdf ; fng ug\$ nflu >ft JolQmo dx}lj i6 / ; To gf/fof dxhgn]ldt @}& ; fn r} !# ut|/ ! \$ ut\$fbgdf bj\$] ; dG}odf ; fng ePsf]lyof]. To; sfoqndf]k/ro ; yf]sf sfoqnd clws} cleif\$ l; ykfn]ug{eof]eg}o; sfoqndf] dx}lj / cfrTosf jf/df ; yf]sf j|/i7 sfoqnd clws} lr/IsfhL8ufhn] ; ah}0:j fut ; d} ug{ePsf]lyof]. lj Bfno ; wf/ ofhgfc lj gf nlo lj kxg ofqLxg]ePsf]lj Bfnosf]l; sf0 pkn]Aw / ; du lj Bfnosf]kq]ltsf nflu lj Bfno ; wf/ ofhgfsf] dx}lj kOf{eldsf /xg|x}f ; a} ; xefu]nf0{sf]d 6fg]dfq geO} cTbGt uxg e}lj Bfno ; wf/ ofhgfsf]cBfj lws sfoqnd ; qndtf kj\$ nfu'ug{cg/fw ug{ePsf]lyof]. To:t}qndf lj Bfnosf]kq]lts tyf pG]ltsf nflu ge}gxg]lj Bfnosf]l; wf/ ofhgfc a9LJojxfl/s tyf pko}LxG} ToxL lj Bfnon] ; a} :t/jf6 aw0sf]kq] aG]ePsf]l] ; lKOf} ; xefu]nf0{cTbGt uxg e}lj Bfno ; wf/ ofhgfc agfpg ; qnd xg ; d} kdv clyt pklhNnf lzIff clwsf/L >ldfg\vdjgfy kfy/hHb} lgb}z} lbg'ePsf]lyof]. o; sfoqndf] ! \$ j6f lj Bfnosf k}gfW}ks, lj Bfno Joj :ykg ; ld]tsf cW}If / k}lj lws lzI]fsx? u/LhDdf \$( hgfsf] ; xefu]nf /x\$]lyof]. pQm sfoqndf ; a}lj Bfnosf]lj Bfno ; wf/ ofhgfc ; d} ; sng / lk} ug{sfocfo]hs ; yfn]lhDdf ln0} ; sng ul/Psf] lyof]. sfoqndf]cG}df o; k}/ofhgfsf sfoqnd ; o]hs lfgeQmdxhgn]ofhgfc?sf]nflu geO{of]lgtfG} ckn]f] lj Bfnosf]l; sf0 pkn]Awdf ; xof] k}g}sf ; fy}o; ofhgfn] ; du|b}z}sf]lzIff ofhgfn0} ; xof] k}g}u/L0; sf]cfrTo /xg' kg}df hf} lb} sfoqndf] ; dfg ul/Psf] lyof].



; flj s uflj ; lu}l, nltk/sf] >Lgf/fofLdW}l}ds lj Bfnosf] ; ef sIfdf >ft JolQmo ; To gf/fof dxhg / dx}lj i64f/f bll}of nltk/sf !% j6f lj Bfnosf ke}lj Jo; / k}lj lws lzI]fsx?nf0(lj Bfno ; wf/ ofhgfsf nflu sDk6}/df tYofs eg]lj lwj f/]hfgsf/L u/fpb).

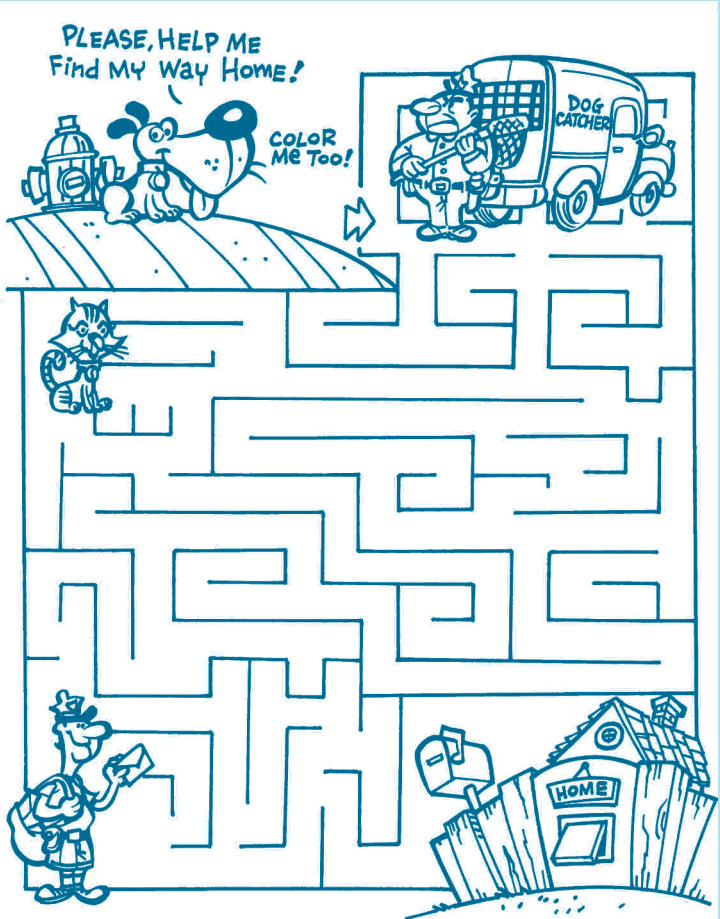
# बाल जगत

Pooja Baruwal and I am writing about my experience in Photography Workshop.

"A picture worth a thousand words." Pictures convey emotions and message better than written and spoken explanations. Loo Niva had given me a chance to express my thoughts to the world through photography. The three days photography workshop was very joyful, meaningful, and a chance to make a better view on our own thoughts. We learnt much more and better about photography on those days. After our photos were printed on the book "Through the children's eye" it was an amazing experience and achievement in my life. it was great feeling when our photos were examined and exhibited in Patan Museum. I am greatly and heart fully thankful to Loo Niva for giving this golden opportunity in my life. I hope we will again get this kind of help and support from Loo Niva again.



Pooja Baruwal  
Adrasha Saula Yubak Higher Secondary School



A mole can dig a tunnel 300 feet long in just one night.



A newborn Chinese water deer is so small it can (almost) be held in the palm of a hand.

