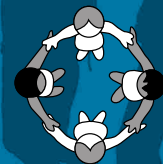




त्रैमासिक बुलेटिन

बाल निभा: दर्पण



Interpedia

अभिम

काश्मि

हार्दिक ; कृपा / @ !%

प्रकाशन सहयोगी



न" लगेर मूल्य लव



अन लज ; ; डकग

88]w/f, nlgefMafn ; /f\$ / ; dx lkn8 sfoffno 88]w/fn] ebf)@ (ut\$ f lbg sfoffleq kg]S j 6}ufij ; x?df afn lbj ; sfoqrd eJotfsf ; fy dgfPsf]5 . sfoqrd ufij ; :t/lo afnSnas]cuj f0 tyf nlgefM]cfly\$; xofu tyf :yflgo lgsfox?sf]klg ; xsfof]f ; dkGg ePsf]xf].

lgs}pT; stfkj \$; ~rfng ul/Psf]; f]sfoqrd]p27o Afnafnsfdf /x\$]k]tef k]k]og u/LAfn chwsf/sf]; Af0f / U0f:t/lo lzIffsf] kj 4g\$ nflu afnafnsfx?nf0{ ; zStIs/Of ug{/x\$]lyof]. sfoqrd ufij ; :t/lo ; f:stIs sfoqrd,; 8s gf6s/ ljleGg lsl; dsf vhsb tyf hgrtgdhs sfoqrdx? ; ~rfng ul/Psf lyP .



अन लज ; दगभ] लज Bfy] e0j lxx?

afnafnsfx?sf ; xoflfy(!) hgf bf/L?nf0{tof/

nlntk/, gkndf uPsf]dxfešDkkZrft afnafnsfdf
b]vPsf]dgg]fdflhs ; d:of GogIs/Osf nflu !) hgf
bf/L?sf]lfdtf tyf ; lk lj sf; sf nflu hlj g pkoFl
tyf bf/L ; xoflf tflnd ; ~rfng eof]. nlntk'/sf]
rfkfufpEyt kmh/L/16/06df ebf]@S b]v @ut] Dd
tflnd cfof]hgf ul/Psf]lyof] ; f]tflnddf ; gsf]7L, 7rf]
rfkfufpFem]f/f; L/ 7asf b0f b0{hgf ojf -! dxnf
/ ! k?if_ sf]; xeflutf lyof]. ; ÷ysf sdff/L t]hdfof
8uf] / 1fgeQmdxhgn]tflnd ; xhIs/Of u/\$f lyP .

lgs}g}pT, fxhgs ; xeflutf /x\$]tflnddf ; xefuX?n]
cfcf gf ; dbfodf afnafnsfx?nf0{bf/L ; xoflf u/L
hlj g pkoFl; lkdktu b]gs c0k/\$f ; d:of ; d]wgsf
nflu sfof]hgf tof/ u/\$f lyP .; f]lcf?k Ps hgf
; xefuIn]sDtdf klg !)) hgf afnafnsfnf0{; xoflf
ug{kltj 4tf hfx] u/\$f lyP .



; dxsf0f 5nkm ub]; xefuLofx?

cleefj s cGtlqmf sfoqnd



a7sdf cGt/lqmf ub]; xefuX?

nlntk/, nlgeMf]z]f]s ; xfotf sfoqndcGtu\$; xoflf
k]t lj BfyX?sf cleefj sx?nf0{nllft u/Lebf]@% c; fh
\$, % / & ut]cGtlqmf sfoqnd cfof]hgf ul/of]. sfoqnd
uOfz d]j-8s5fk, afv]hsdf/Llgd]j-a^udtL, ?b]f0L
d]j-v]sgf / cbz{ fh ojs pd]j-a^udtdf cfof]hgf
u/Psf]lyof]. !% j6f lj Bfnodf cWog/t afnafnsfx?sf
!)@ hgf cleefj sx?sf]; xeflutf lyof]. ; ÷ysf sdff/L
t]hdfof 8uf] / s]0f]lj G dxhgn]sfoqnd ; ~rfng tyf
; xhIs/Of ugePsf]lyof].

sfoqndf uOf:t/lo lzIff kj 4gd] cleefj ss]eldsf,
afnd]Lj ftj/O, ešDkkZrft afnafnsfdf b]vPsf]
; d:of tyf nlgeMf]; xoflf z]hsf ljifodf 5nkm
ul/Psf]lyof]. ljleG pbfx/O, 36gf, syf, lrq ; fd]xs
sfo{ cGtlqmf]f sfoqnd /f]s tl/sf]; DkG ul/Psf]
lyof].

lzIff cgudg ; dxsf nflu Ps lbg] sfozfnf ; DkGg

88]w/f, nlgeMafn; /\$f/ ; dx lk]8 sfof]o 88]w/fn]
#) ; 16]a/ , @)!% sf lbg lzIff clwsf/ cgudg ; dxsf
nflu ! lbg]sfozfnf uf]7L; DkG u/\$f]5 . nlgeMf
sfof/Lg]z]s g/0]8uf]sf]cW]lftdf ; ~rfng ul/Psf]
pSt sfoqndf 88]w/f lhNnsf k]v lhNf clwsf/L
k]k] fb n0]sf]k]v c]tYotf, lhNf lj sf; sfof]osf
:y]lgo lj sf; clwsf/L1fg/fh tyf lhNf lzIff clwsf/L
b]f]Q lj i6./fi6e cg; Gwg sfof]o k]v lxSdt axfb/
l; x tyf kqs/ dx; 3sf cW]f 5q ; fpbsf]c]tYotf
/x\$]lyof].

hgf dxnf tyf #S hgf k?if, ljleG ; /sf/Ltyf u} ; sf
k]t]lgw / kqs/x?sf]; xeflutfdf ; DkG ul/Psf]pSt
sfoqndsf]k]v p2]o lhNf txd] lzIff clwsf/ cgudg



sfoqndf dGtJo /f]v]lhNf lzIff clwsf/L

z]lfs ; fduLkbf



Jofu lj t/Of ubj; +yfsf sfoqnd clwsf l fgeQmdxhg

nlnk/, ešDkaf6 clt keflj t lj Bfyk?nf0{dVo nllft u/LoxL; D6Da/ dlxgdfd ^ j 6f uflj ; sf hDdf #^ hgf lj Bfyk?nf0{lj Bfno eflhf, hQf, 5ftf / sklx? lj t/Of ul/of]. ešDkaf6 cf gflz]lfs ; fduL,udfPsf t/ c6 s'gklg lgsfodx?af6 ; xofu gkfPsf lj Bfyk?nf0{dVo nllft u/L; f]; fduL? kbfg ul/Psf]lyof]. ; f]sfoqndnf0{ /ln6; / z]lfs ; zf; g b0{6}kl/ofhgfsf]/sd Joj :yf ul/Psf]xf]. sfoqndaf6 ; fduL, kPsfnlj Bfno 5f8g nfušf lj Bfyk?n]klg lj Bfno hfgnf0{lg/Gt/tf lbPsf] lj Bfnosf lzlfxs? atfp5g\

dgf] fdlhs pTyfgzIntf lj ifos klzIfs klzIf0f tlnf



clkril/s sfoqndf ; +yfsf sdtf/lx? tyf cltyx?

nlnk/, lzlfslzllfsf tyf ojf :jod\,]sx?sf nflu nllft u/Lafnafnsfx?df dgf] fdlhs pTyfgzIntf lj ifos klzIfs klzIf0f tlnf ; fpg !\$ blv !* ut] Dd auFf /16/06df cfofhgf ul/of]. ešDkkZrft afnafnsf tyf jo:sdf pTkG dgf] fdlhs ; d:ofnf0{Gogls/Ofsf nflu sfoqndx? ; ~rfg ug{ @* hgf ojfx? tlnf af6 ; Ifd ePsf lyP . ldnw w/h, ; !df /ldL, clgtf tdf^, blkf l; Uh / dlgtf w/hn]tlnfsf]; xhls/Of ugēPsf] lyof].

vfšgf tyf a^udtldf edOfaf6 ešDkkZrft afnafnsf, kl/jf/, lj Bfno tyf ; dbfosf]j:tl:ylt cWog tyf lj ZnifOfaf/f tlnfnf0{lgsg}gkefj sf/LagfOPsf]lyof]. h; n]; xefulx?nf0{cfufdLbgdf sfoqnd ug{kykbbzg u/\$f]kf0of]. ; xefulx?n]sfofhgf lgdff u/Lsfoqnd cuf18 a9fpg kl]tj 4tf hfx] u/\$f lyP .

afnSnanf0{; xofu kbfg

88w/f÷ afnSnj ; xofu sfoqnd cGuť chod?, ; dhL, uOfzk' / d:6fd8fFulj ; sf lj Bfnodf cfwl/t lj leG afnSnjx?n]!* j 6f lqmfsnfkx? ; DkG u/\$f 5g\ Afnafnsfdf /xšf]kltef k]kr6g u/L Afn clwsf/sf] ; AfOf / UOf:t/lo lzlfssf]kj 4g'sf nflu afnafnsfx?nf0{ ; zStIs/Of ug{sf0qndx?sf]dVo p27o lyof]. lj Bfno cGuťsf afnSnjx?n]kafn lzlfssf]; xhls/Ofdf xflh/L hj fkmxHh.] j ftj/Of ; /; krf0{ lgaGw n'yg, tyf JolQm] lj sf; ; D] GwL sfoqndx? u/\$f lyP . sfoqnddf hDdf (^\$ afnafnsfx?sf]; xeflu lyP .

sfoqnddfkfu afnafnsfx?n]cfkldf lglxt kltef kbzg ug{:yfg / cj; / kPsf]af afnafnsfn]v'; LJoSt u/\$f lyP . ; fy}afnSnj sf ; b:ox?n]sfoqnd cfofhgf tyf Joj :yfkug ug]lj lwsf af/dlf cgej ; ^sng ug{tyf l; Sg kPsf]atfP .



sfoqndf ; xefuLlj Bfyk?e0j lxxg?

vhsbsf ; fduḁ? kḁfg

nltk/, lj Bfnodf /dfOnf]j ftj /Of xfi √ h; afḁ lj Bfyḁ? lj Bfnok]tsf] cfsifOf a9f] √ cf'gf] k9fOnf0{lgoldtft lbpgeG]p27on]kl/ofhgfcGtuḁsf @* j6}lj Bfnosf kḁj tx sf lj Bfyḁ?nfOf nllft u/LljleGg kḁf/sf vhsb ; fduḁ? lj t/Of ul/of].

eḁDkkZrft lj Bfyḁ?sf]dfgl; stfdf 8/, eo / qf; dfq e0/fvḁf] / sltko lj Bfnodf ePsf vhsbsf ; fduḁ.klg kl/Psf] / gi6 ePsf]cj :ydf lj Bfyḁsf]dg ehfpg, /dfOnf]u/fpg / lj:tf} pglx?sf cj:yf ; fdfGokḁkḁsfpg o; n]7hf]d2t u/ḁf]lj Bfnosf kḁx? atfpg'xG .



vhsb ; fduḁ.kḁf] ; DalGw cledvIs/Of ubj ; +yfsf ; fdfhs kl/rfns

/ḁof]sfoḁnd ; DkGg

88Nw/f, nlgefMfn; /ḁf] / dḁ lkn8 sfoffo 88Nw/fn]@j6f ; fdbfos /ḁof]af6 lzIf ; /ḁf] sfoḁndsf]!@j6f /ḁof]sfoḁnd kḁf/Of ; DkGg u/ḁf]5 . 88Nw/f lhNnfsf kḁv @j6f ; fdbfos /ḁof] qndzM/ḁof]cd/u9L/ /ḁof] ; b' cfj fh] ^÷^ j6f sfoḁndx? kḁf/Of ; DkGg u/ḁf]xf].

nlgefMkn8 sfoffos]cflyḁ ; xof] / lhNf lzIf sfoffo,88Nw/fsf] ; xsfodf ; ~rfnt pSt /ḁof]sfoḁndsf]kḁv p27o dW tyf ; b'kZrdsf lzIf; ḁ ; DalGwt ; /ḁf]j fmf?sf nflu lzIfsf] dxTj sf af/ḁf 5nkm, ax; / k}jL; ~rfng ug] tyf lzIf; ḁ ; DalGwt lj leGg ; ḁgf /hfgsf/lx? kḁf/Of u/Lhgrtḁf kḁfpg'xḁf]lyof].

afnSna cledvIs /Of



afnansf?dfepTyfgzIntf ; DalGw kḁttub]ojf ; xhstf

nltk/, vḁsf, aḁudtL, 8ḁ5fk, cf>ḁ, luDl/ 7hfbhḁsf afnansf?nfOfnllft u/L! (j6f lj BfnocGtuḁ :ykgf ePsf afnSj sf hDf ^# ; b:ox?nfOf eḁDk / pTyfgzIntfsf lj ifodf cledvIs/Of sfoḁnd ; DkGg ul/of]. eḁDkkZrft afnansf?df blvPsf dg] fdfhs ; d:ofnfOf; Dafvg u/Lpglx?sf]k7gkf7gnfOf lgoldtft lbg] / eḁDk / pTyfgzIntf; DalGw ; lk, Ifdtf lj sf; ug]dVo p27on]; f]sfoḁnd ; ~rfng ul/Psf]lyof]. kl/ofhgfcGtuḁsf hDf ^ j6f uflj ; cGtuḁ @* j6f lj Bfnosf? afnSnanfOfnllft u/Lofhg lgdOf u/ḁg' f/ afL/xḁf] (j6f afnSj df sfQs / dḁ\,L dxgdf ; DkGg ul/gḁ .

; dbfonf0{cledvIs /Of

nltk/, eḁDkkZrft ; dbfosf dfg; x?df blvPsf dg] fdfhs ; d:ofx?nfOf{GogIs/Of ug] pglx?df eḁDk / To; n]kf/ḁf c; /x?sf af/ḁf lj ZnifOf ug] pTkGg 8/, lrGtnfOf{plrt Joj:ykg ug] / ckdif s; /LptyfgzIntfsf]Ifdtf lj sf; ug] eG]afx?df /x] tkzIndf pNḁ ul/Pcg' f/ cledvIs/Of sfoḁnd ; DkGg ul/of].



cleefsx? dfepTyfgzIntf ; DalGw kḁtt ub]ojf ; xhstf

lzIfs 3Dtla7s ; DkGg



a7sdf cGt/lqmf ubj lzIfs lzIfsf?

88Nw/f, nlgefMafn; /f\$ f/ ; dX lkN8 sfoffo 88Nw/fn] sfo{f] leq kg{ @ \$ j 6 } lj Bfno x?sf lzIfs lzIlsf fno{ nllft u/L \$ j 6 f 3Dtla7s sfoqmd ; DkGg eof]. a7fn klj, chod?, a7fn klj, ; dhL uOfzk/ uflj ; / di6fd8f? uflj ; df sfoqmd ; ~rfng ul/Psf] lyof]. sfoqmdf lzIff l; sfo lqmf snfkx?, T; qrd df efl\$ f l; sfo? cfbgkbf g ug{ tyf sl7gfO?nfO{Ps cfk; df ; fdls 5nkmj f6 ; dfwfg u/L kefj sf/L ?kdf ; DkGg ul/Psf] lyof].

lgs}pT; stfkj \$ a7snfO{; fJolSt eflh/fh P], ; /Q | sfsk/ 8Da//fh hfzIn]; xhls/Of ug{Psf] lyof]. \$ j 6 } sfoqmdf hDdf #& hgf lzIfs tyf @(hgf lzIlsf sf] ; xeflutf /x\$ f] lyof]. sfoqmdf ; a}; xefuln] sf] hlsf 2kdf zHfs ; fdul, agfO{bgkgfJoj : yfn] ubf; xefulx?df pT; stf a9fPsf] / /f rstf /x\$ f] kfOof].

hlj sf lzIff sIff ; DkGg

88Nw/f, nlgefMafn; /f\$ f/ ; dX lkN8 sfoffo 88Nw/fn] cu:t dlxgdf ckn] sfo{f] leq kg{ uOfzk/, chod?, di6fd8f / ; dhL uflj ; df hlj sf lzIff sIff ; DkGg u/\$ f] 5 . ! \$ j ifeOf dflysf lj Bfno 5f\$ f t/ ckn] kzfut lfdtf a9fO{sxLcfocfhg; DaGwLsfd ug{; f? ePsf lszf] lszf]Ix?nfO{; dfj z u/Lkzfut lfdtfsf] lj sf; ug{p27on] sfoqmd ; ~rfng ul/Psf] lyof . sfoqmdf !) hgf lszf] tyf % # hgf lszf]Ix?sf] ; xeflutf /x\$ f] lyof].

sIff ; xhls/Of kSdtaxb/ hfzL eLdaxb/ lj i6, nldlk; fb e8f/L/ lbNnL/fh eSn]ug{ePsf] lyof]. lbg sf] @ 306sf b/n] ! @ lbg; Dd ; ~rfng ul/Psf] pSt sIffaf6 pTs{6 !) hgf nfO{bf] f] r/Osf nflu 5gf6 ul/Psf] lyof].



; d: ofsl x nub | chod? uflj ; sLPs ojtL



a7sdf lj ifout 5nkm ubj ; xefuk?

lhNnf: t/lo zHfs ; ~hfnsf] a7s ; DkGg

88Nw/f, nlgefMafn; /f\$ f/ ; dX lkN8 sfoffo 88Nw/fn] @ (; kDa/, @) ! % sf lbg lhNnf: t/lo zHfs ; ~hfnsf] a7s ; DkGg u/\$ f] 5 . lhNnf lzIff clwsf/L buffQ lj i6sf] ; eflsTj df ; DkGg ul/Psf] pSt a7sdf * hgfsf] ; xeflutf lyof]. pSt sfoqmdsf] kdV p27o 88Nw/f lhNnsf] zHfs ; w/ / uOf: t/ clej 4sf nflu lzIff; f ; DalGwt ; /sf/L tyf u}; /sf/L ; /f\$ f/ j fnfx?sf ; fem Ph8f to ug{ lyof] .

IzIfs cledvIs /Of



sfoqndf 5nkm ubj? bjo0Ldlj -bfof / cbzj fn ojs pdlj -afof sf ; xfos kwgfwksx?

nlntk/, dgllj dz{/ pTyfgzIntf; DalGw ; Ik Ifdtfsf lj sf; ug{p2Zon}c; fh !) ut|vf\$gf, a^audtL/ 8s5fk cGtu{sf lj Bfnosf kwgfwksx?nf0{nlgeMf} a7s slfd lzIfs cledvIs/Of sfoqnd ; IkGg u/lof] . h; df !) hgf kwgfwksx?sf]pkl:ylt lyof] . ; fXL sfoqd c; fh !^ ut|cf>f^a, luDl/ 7hfbh^asf ulj; df cj:yt lj Bfnosf kwgfwksx?nf0{nlft u/Lgf/fo0L dlj df cfofhgf ul/Psf]lyof]. h; df !* hgfsf]pkl:ylt lyof]. sfoqndnf0{; F ; ftS0sf ; ftJolSt gj Igksfz dxt, nlgeMf sfoqnd clwst 1fgeQmdxhg / gf/fo0L pdlj sf ; xfos kwgfwks 0Zj / ; ~hjn]; xhIs/Of ug{ePsf]lyof].

sfoqndf dVo ; kdf dgllj dz{/ pTyfgzIntf, eSdKkl5 lj Bfnodf b]vPsf dgf] fdilhs ; d:ofx? / To; sf] Joj:yfkg s; /Lug{eG]afX?df cledvIs/Of ; ~rfng ul/Psf]lyof]. sfoqndsf]cGdof of]; Ik lj Bfnosf ; Ik0{IzIfs / lj BfyIhf0{klg lbg]p2Zon]Sof:s\$ d\$ndf ofhg klg tof/ ul/Psf]lyof].

Did you know...

Singing is good for you. It makes you happy and live longer.

; sfo{zlj / ; ~rfng

88Nw/f, nlgeMfn; /f\$ / ; dx lkn8 sfofno 88Nw/fn] hnf0{ @)!% df chod? Ullj ; sf]euj tL klj / ; dhL ulj ; df kg{shkn kl}df l; sfo lzlj / ; IkGg u/lof]. lj Bfno lgoldt gxg]tyf l; sfo sdhf] ePsf lj Bfyx?sf]lj Bfnodf lg/G/tf tyf pglx?sf]; sfoj 4 ug{p2Zon]; frfng ul/Psf] ; f]sIffdf @! 5fq tyf !& 5fq u/L hDdf #* hgf afnafnsf?sf]; xeflutf /x\$]lyof]. l; sfo{zlj/df sIff @ / # sf lj BfyIhf0{c^auL, uloft tyf lj 1fg lj ifosf] lzIfof ul/Psf]lyof].



l; lj/df ; xefuLj BfyIhf0{; xhIs/Of ubj; xhstf

s dxf/ix?sf]Ildtf clej 4 ; DaGwL sfozfnf

88Nw/f, nlgeMfn; /f\$ / ; dx lkn8 sfofno 88Nw/fn] @* ; 6Da/ @)!% sf lbg sdxf/ix?sf]Ildtf clej 4; DaGwL sfozfnf ; IkGg u/\$f]5 . @ hgf dxnf tyf & hgf k?ifx?sf] ; xeflutf /x\$]pSt sfozfnf ldnw w/hn]; xhIs/Of ug{ ePsf]lyof]. sfoqndsf]kdv p2Zo kl/ofhgfsf]p2Zocg?k k\$]sf/Lsfof] ogf nflu sdxf/ix?sf]Ildtf clej 4 u/L plgx?nf0{JolStut ; kdf ; Ifd agfpg' /x\$]lyof].



; dxsfof] ofhg]gd]of ubj]sdxf/ix?

बाल जगत

कविता

गकन अरु बच्चा

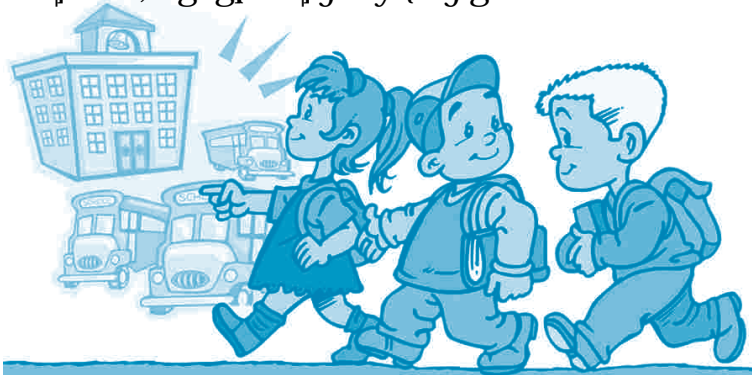
lgZrn l3ld/]
afndgfj/df dffj, cf>^a

gkfn cfh ; ^s6df 5 arf0 bpg ; fyL
xft lb0{dfly cfpq p7f0bpg ; fyL
8Ag nffs fj 3fdh: tfj nff5 d/fj gkfn
; a}ldln klf/ o; nf0{rDs f0 bpg ; fyL
y/// agf0lbof|e's Dkn|o; nf0{
qf; oSt d6' o; sfj; dfnL bpg ; fyL
ls g ar|cf^gf|hlj g v/ krfNg yfN5f}<
v 8/ldf k/s fj b2 kfgL bpg ; fyL
afaf, ddL of|b2s fj lrTsf/ ; Gg ; ls gf
?v lj ?j f /fkLo; nf0{huf0 bpg ; fyL

lj Bfy khlj g

! df bxfn
>Lgf/fo0Lpdffj, luDbL

lzIffn|g}agf0lbG5 cd/ xfd||gfd
k9b}l; Sb}hfg|lj Bfy|k|s|sf d
/fd|| E k9kl5 kf0G5 /fd||sfd
o; hf6 kf0G5 x}hlj g kfNg|bfd
lj Bfy|k|s|afgLxG5 k9g|clncln
; ?b|v /fd||k9|u0G5 dflydfly
/fd||s/f l; Sgkg|xfd||lj Bfy|k|hlj g



5f/Inf0{dfq s fd



Name: Kanchan Shakya
Class: 9
Organization: ECCA, Nepal

Ps 15g xf; f

elj ioj f0L
vfh8LMkfof Hffif xgxG . tkfof|t elj ioj f0Lugf
; SgxG . vhebf cul8 g}s; n|slt c^s kpf <
Hffif Myxf 5, vhebf cul8 hj|kIfsf) -zG_ c^s
xG .

