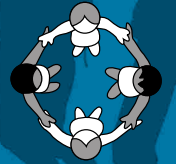




त्रैमासिक बुलेटिन

# बाल निमा: दर्पण



Interpedia

aiFM(

c^a&MS

cS6#/- l8: Da/ @)!%

प्रकाशन सहयोगी



## n" lgefMultlj lw



dgf] fdfllhs k/fdz{sfoqmd ; DkGg

nlntk/, ešlksf sf/Of dgf] fdfllhs ; d:of blvPsf lj bdfyK/ cleefj x?nf0{nllft u/L d^a\;L / kif dlxgdf hDdf !\$ j 6f dgf] fdfllhs k/fdz{sfoqmd ; ~rfng ul/of]. kl/ofhgf IfcGtu{sf ulj ; x?afš !! ( k?if / @! ( hgf dlxfn u/L hDdf ##\* hgf neflg t ePsf lyP .

:jMk]rfx, tgfj Joj:ykfg, cktstfng ; dodf ul/g] c; fdfc Joj x/nf0; fdfcIs/Of ug{pkfo / cktstfng ; dodf cf'gf]lhDd]f/Th:tf lj ifox?df s]b{t /xL sfoqmd ; ~rfng ul/Psf]lyof]. sfoqmdnf0(dgk/fdz{ stf? ; lj tf >]7 / ; lgtf >]7n]; xhstf]eldsf lgj f' ug{Psf]lyof].

To; h/L ; f] sfoqmdkZrft kQf nufPsf ^ hgf lj bdfyK?nf0lj zif JoJQmt k/fdz{sf nflu nlgeMf ; j f pknAw u/OPsf]lyof].



; fdlxs k/fdz{sfoqmdf ; xeful lj Bfyk?sf ; fydf ; xhstf ; lj tf >]7

z'es fdgf cfbfgkbf g sfoqmd

nlntk/, gkfn ; Dj t !!#^ GbFgkfn?sf]dxfg rf8 ltxf/, 57 kj {&}&@ sf]pknIodf lrofkfg tyf z'esfdgf cfbfgkbf sfoqmd @&@ ; fn sft\$ @% ut]awaf/ nIdLkhfsf lbg laxfg ; DkGg eof]. sfoqmd clwst t hdf of 8ufhsf] pb3f]f0afš z? ul/Psf]sfoqmdf n"lgefMsof{ ldt ; b:o al4/Tg 8ufhn]; xefulnf0{:j futsf; fy}z'esfdgf dGJo /Vg'ePsf]lyof]. al/i7 sfoqmd clwst s]fufj] b dxhgn] n"lgefMf]; ^Nft kl/rosf ; fy}:yflgo ; xofuLbftf?afš z]fš ; xofu kPsf afnafnsx?sf]; ^Nft kl]tj b; d; k]tt ul/Psf]lyof].

; xofuLbftf?dW]1fgb]dxhgn]z'esfdgf dGJosf ; fy} c]fosf]sf]klg :ykgf ug{kg}; Nfx lbg'ePsf]lyof]. klxf] :yflgo ; xofuLbftf cd{ v8šfn]; xofuLbftf? j ]4 ug{ :j od\cfkm]klg kxn ug{tof/ /xšf]s'/fsf]hfgsf/L lbg'eof]. ; fy}pxff]ojf :j od\;js kl/rfng dkku cfj Zostf klxfg ug{kg}; 'erj lbg'ePsf]lyof]. To:t); xofuLbftf ; fu/ thfw/n]:yflgo tyf ; /sf/Lgsfo; f ; dGJo u/Lsfo]gfos gu/kfnsfnf0; kltzt lj Bfno egf{ePsf]gu/sf]; kdf 3f]f0f ug{kg}; 'erj lbg'eof].



z'esfdgf dGJosf ; fy}z]fš ; xofu sfoqmdsf nflu ; Nfx ; 'erj lbb]kyd :yflgo bftf cd{ v8šf

## हफस ह्फ ; खोफु सफोमद

नलन्क/, ज॒ऒव !@ / T; kl5sf yk}k/fsDkgn}kYbPsf] lftnf0{Joj :yfk g u/Lafnafnsf nllft sfo{Joj :yf ug\$sf nflu ? @,) sf b/n]; dbfo हफसह्फ ; खोफु u/\$f]lyof]. h; cGt/ut cf>f<sup>a</sup>, luDbL / 7hfbh<sup>h</sup> uflj ; x? / sfo}j gfos gu/kfnsfsf vf\$gf, j<sup>a</sup>udtL, 8s5fk kb\$g\ ; f}L uflj ; tyf gu/kfnsfdf /x\$] @\* ; fdbflos lj bafnox?nf0{klt lj bafno ? ! ) xhf/sf b/n]हफसह्फ ; खोफु lb0of]. ; fy}lj Bfno cGt/utsf afnSnj x?nf0{pTyfgzIntfsf lj ifodf sfoमद ; ~rfng ug{kltSna ? % xhf/sf b/n]; खोफु kbfg ul/Psf]lyof].

; fdbflos ; खोफु cGt/ut zrfno lgd<sup>h</sup>, k'tsfno dd<sup>t</sup>, 9<sup>a</sup>u<sup>w</sup>/f dd<sup>t</sup>, af6f]dd<sup>t</sup> tyf dlG/ dd<sup>t</sup>sf sfo{; DkG ePsf lyP . o; u/Llj bafnox?n]eIsPsf kvfh dd<sup>t</sup>, rlsPsf leQfx? dd<sup>t</sup>, lausf kdgt/ dd<sup>t</sup>, z<sup>h</sup>is ; fdul,lgd<sup>h</sup>, auFf kgMgd<sup>h</sup>, /a/f<sup>h</sup>gh:tf sfo{ul/Psf]lyof]. lj bafyx?sf]tgfjnf0{GogIs/Of u/Llj bafmodf /dfOnf]j ftj/Of l; hgf ug{vfnsf sfoमदx? afnSnan]; ~rfng u/\$f lyP .



; fdbflos ; खोफु cGt/ut 8s5fkdf kgMgd<sup>h</sup> ul/Psf]9<sup>a</sup>u<sup>w</sup>/f

## clego Ifdtf clejI4sf nflu ; 8s gf6s tflnd

नलन्क/, afnafnsfsf] clego snfnf0{lgvf/L ; fdfhs ॒kft/Ofd pglx?sf]efj gf, lj rf/nf0{plrt :yfg lbg]pkoSt dfWsf ॒kdf blif0f नलन्क/sf afnSnj ; b:ox?nf0{\$ lbg] ; 8s gf6s tflndd<sup>h</sup> Ifdtf clejI4 ul/of]. ufhj/L cf>ddf sfQ\$ !@ b}v !% ; Dd ; ~rfnt sfoमदdf clegostf{3gZofd ufēdn]gf6ssf]lj leG clego snf tyf ; Ikdfk<sup>h</sup> tflnd ; xhIs/Of ugēPsf]lyof]. tflndsf]klxnf] lbgdf cf'gf]kl/ro lbg; Dd 8/Psf / nhfPsf afnafnsfn] tflndsf]clGd lbgdf ; fdlxs gf6s agP/ k}tt ug{; km ePsf lyP .

; xefuL@! hgf lj Bfyk?sf nflu tflndsf]cy{ghf]lyof]. clegosf af/df c-hfg afnafnsfx? rf/ lbg]sf]a; f0df gf6ssf]cfw/et t}j, d-rsf lsl; d, gj/; , ; j<sup>h</sup> p}kG u/L jf:tljs kfqsf]lrqOf ug{; Ik cfbf af/df hgf] gf6s k}tt ug{kfp<sup>h</sup> lgs}g>v; LePsf lyP . ; xefuLlj Bfyk?n]c}k<sup>h</sup> l; s\$ s'/fx? cf'gf lj Bfno / ufp<sup>h</sup> uP/ c? lj Bfykdfem l; sf0 cfbfgk}fgsf ; fy}gf6s agf0{; dbfodf k}tt ug{afrf u/\$f lyP . afnlj fx, lzIf ; 'z; g, cleefj sss]eldsf cfb lj ifodf ; dbfo / lj Bfmodf gf6s kbzgL ugēPsf]lyof].



tflnddf gf6s kbzG ub}; xefuLlj Bfyk?

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 आगामि दिनमा पुरस्कृत पनि गरिनेछ । साथै प्रतिक्रिया र सुझावको पनि हामी अपेक्षा गर्दछौं । तलको टेगान, कार्यलयमा सर्म्क वा ईमेल पनि गर्न सक्नु हुनेछ ।

लू निभा: बाल सरोकार समूह

सैंबु, ललितपुर

पो.ब.नं ८९७५, EPC २९२७, काठमाडौं

फोन नं : ५५९२०५४, ५५९१४२६, फ्याक्स : ५५९१३२९

ईमेल : info@loonivachild.org.np

## cgudg edof

nltk/, nltk/sf]7hfbh<sup>u</sup> ulj; cGtu<sup>u</sup>sf #  
j 6f lj bafnox?df nlgefMsf]lhNf kl/ofhg  
; Nfxsf/ ; ldt4/f lsl<sup>u</sup> ) / !! ut]cgudg  
edOf sfoqnd ; DkG u/lof. )&@ sf]c; f/ dlxgblv  
; ~rflnt pTyfgzIntf kl/ofhgfsf sfoqndx?sf]  
kTof cj n<sup>u</sup>sg ug{tyf ; /f<sup>u</sup>/j nfx? lar 5nkm  
u/Ln"lgefM]sfoqndsf]kefj sl/tf Nofpg]sfof  
edOf s]ob<sup>u</sup> lyof]. sfoqndf lhNf lj sf; ; ldt  
nltk/, lhNf lzIff sfoho, dlxf tyf afnafnsf  
sfoho, afncwsf/ clws<sup>u</sup>, u}; dxf; 3 nltk/,  
kqsf/ tyf cG ; fdlhs ; yfx?af6 hDdf @  
hgfsf]; xelutf /x<sup>u</sup>sf]lyof].

## ; xofuLbftfnf0{z'es fdgfs f; fy} cj : yfs f]hfgsf/Lkq

nltk/, n"lgefM]z]hs ; xofu sfoqndcG/ut  
; xofuk<sup>u</sup> @ ( hgf afnafnsfx?n] cf<sup>u</sup>gf  
lkgNof08df /x<sup>u</sup>sf bftfx?nf0{lqm d; tyf gofF  
jif(@)!^ sf]pknIodf z'esfdgf kq nyLk7Psf  
5g\ ; f<sup>u</sup>Lkqsf ; fydf g<sup>u</sup>kndf @)&@ j<sup>u</sup>zfv !@  
ut<sup>u</sup>sf]esDkn]cfkm/ cf<sup>u</sup>gf]kl/j f/nf0{kf/<sup>u</sup>sf]  
kefj sf ; fy}xnsf]cj : yfsf af/df kq nyL; n<sup>u</sup>G  
u/Lk7Psf lyP . cf<sup>u</sup>gf efjgf / cgej bftf  
; dIf k<sup>u</sup>vg kfp<sup>u</sup> lj Bfyk? v; LePsf lyP . w}  
lj Bfyk?n]cf<sup>u</sup>gf]3/ udfPsf]/ Ps lj Bfyk]  
e<sup>u</sup>šDkdf aaf udfpgePsf]5 . afnafnsf]f  
cfjZostf cg; f/ n"lgefM]; xofu k<sup>u</sup>bg u/<sup>u</sup>sf]  
5 .

## /Bof]sfoqnd ; DkGg

88Nw/f, nlgefMkn<sup>u</sup> sfofnosf]cfl<sup>u</sup> ; xofu /  
lhNf lzIff sfoho, 88Nw/sf]; xsfof lhNfsf  
@j 6f ; fdblos /Bof]n]lzIff ; /f<sup>u</sup>/ sfoqndsf]  
kz<sup>u</sup>f/Of u/<sup>u</sup>sf 5g\ /Bof]cd/u9L/ /Bof]; b/  
cfj fhncS6f/bly l8; Da/; Dd ^<sup>u</sup>^ j 6f sfoqndx?  
kz<sup>u</sup>f/Of ; DkG u/]. lzIffsf]dxTj sf af/df 5nkm,  
ax; / k}jL; ~rflng ug{tyf lzIff; f ; DalGwt  
lj leG ; r<sup>u</sup>gf / hfgsf/lx? kz<sup>u</sup>f/Of u/L hgr<sup>u</sup>t<sup>u</sup>gf  
kn<sup>u</sup>fp<sup>u</sup>g]sfoqndx? kz<sup>u</sup>f/Of ul/Psf lyP .

## lj s]Gb<sup>u</sup>š<sup>u</sup> t lzIff ; zf; g ljifos glltut /fli6<sup>u</sup> ax;

nltk/, n"lgefMfn; /f<sup>u</sup>/ ; dxsf]cfofhgdf @)&@ k<sup>u</sup> ^ ut<sup>u</sup>sf  
lbg x<sup>u</sup>h<sup>u</sup> lxdfno sk08h, nltk/df lj s]ob<sup>u</sup> lzIff ; zf; g ljifos  
glltut /fli6<sup>u</sup> ax; U ljifos Pslbg]uf]7L; DkG eof]. dh<sup>u</sup>š  
; 3lotfdf kj<sup>u</sup> z ul/; s<sup>u</sup>sf]kl/k]fdf ; f<sup>u</sup>Lkl/j tgnf0{cfId; ft ub<sup>u</sup>  
casf]lzIffsf]d2f vf; u/Llj s]ob<sup>u</sup> lzIff ; zf; g ; lgZrt ug{  
/ To; nf0]lj Bfno If<sup>u</sup> lj sf; ofhgdf klclalDat ug{p2<sup>u</sup>osf ; fy  
sfoqnd ; ~rflng ul/Psf]lyof]. ; +blo lzIff pk; ldtsf ; ofhs  
8f= u0<sup>u</sup>zdfg u?<sup>u</sup>a sf]cWlftdf sfoqnd ; ~rflng ePsf]lyof]. ; fy}  
sfoqndf px<sup>u</sup>fi]d<sup>u</sup>/\$/sf]; dt eldsf lgj<sup>u</sup> ug{ePsf]lyof].  
lzIff If<sup>u</sup>df nfd]cgej a6ln; Sg' ePsf >L tk/fh kGn]lzIff  
; ; fzg ljifodf sfoq<sup>u</sup> k]tt ug{ePsf]lyof].

ca aG]lj Bfno If<sup>u</sup> lj sf; ofhgn]laBfnodf ePsf]lj lj w vnsf  
cgkl:ylt tyf lzIffs b/aG]LJoj :y<sup>u</sup>kg klfnf0{; Daf<sup>u</sup>vg ug{k<sup>u</sup>g]  
ljifodf g<sup>u</sup>kn /fli6<sup>u</sup> lzIffs ; u7gsf dxf; lrj nIdOf zd<sup>u</sup>h]h<sup>u</sup>  
lbeof]. lzIfflj b\8f= e<sup>u</sup>hf bxfnn]lzIff gllt / P<sup>u</sup>gsf]cefj df  
lj Bfno If<sup>u</sup> ; w/ ofhg<sup>u</sup> c; km ePsf]c]Nofp<sup>u</sup>gofFaG]lj Bfno  
If<sup>u</sup> lj sf; ofhgfsf]sfoq<sup>u</sup> og cj lw; Ddf lzIff gllt / P<sup>u</sup>g oyf; Sbf  
r<sup>u</sup>ff]Joj :yf ug{k<sup>u</sup>g]klfdfly cf<sup>u</sup>gf lj rf/x? /vgePsf]lyof]. lzIff  
dGfnosf ; x; lrj Pj d<sup>u</sup>kjStf xl/ nD; fnn]z; f; gsf]; lgZrttsf  
nflu ; argfut, glltut tyf sfoqndsf s/fx? / ; yfut kl/rfngsf  
s/fx?df s]ob<sup>u</sup> xgk<sup>u</sup>g]ljifodf k<sup>u</sup>sz k<sup>u</sup>g{ePsf]lyof].

sfoqndf pkTosleqsf lhNf lzIff sfohosf ; xfos lhNf lzIff  
clwsf/L, lj Bfno lg/Ifs ; f<sup>u</sup>JolSt, lj Bfnosf k<sup>u</sup>vgfWk<sup>u</sup>xs?;  
lzIffs ; 3; u7gsf kl<sup>u</sup>glw?, /fli6<sup>u</sup> tyf cG/fli6<sup>u</sup> u}; /sf/L  
; yfx? / kqsf/x? ; lxt hDdf !) \$ hgfsf]; xelutf lyof]. n"  
lgefM] sfoqnd ; ofhs ; G/fd 8ufhn]pb3<sup>u</sup>ffOf ug{ePsf]lyof]  
eg]sfo<sup>u</sup>sf/L lgb<sup>u</sup>z s g/|8ufhn]sfoqndsf]hfgsf/l<sup>u</sup>sf ; fy}  
p2<sup>u</sup>odfly k<sup>u</sup>sz k<sup>u</sup>g{ePsf]lyof].



sfoqnd ; xlhs/0fub]; + blo lzIff pk; ldtsf ; ofhs 8f= u0<sup>u</sup>zdfg u?<sup>u</sup>a  
-lj rdf, lzIff dGfnosf ; x; lrj Pj d<sup>u</sup>kjStf xl/ nD; fn -bfof / gkn  
/fli6<sup>u</sup> lzIffs ; u7gsf]dxf; lrj nIdOf zd<sup>u</sup>h-afoff

# !\* cflj flifs ; fw/Of; ef tyf 56f clwj žg

nlntk/, @ &@ d# / !@ sf lbg n"lgefMafn; /f#f/ ; d#sf]sfo{ldltsf cWlf ; žInf ykf clwsf/Isf] cWlftdf !\* cflj flifs ; fw/Of; ef tyf 56f clwj žg ; DkG ul/of]. ; #yfsf sfo{; ldt ; b:o al4/Tg 8ufhn]cfrf/s ; kdf sfoqrd ; ~rfng ugePsf] lyof]. sfoqrd ; #yfsf j/i7 ; Nfxsf/, sfo{ldlt, sd#f/L tyf :jod\; j sx?sf]; xelutf lyof].

sfoqrd ; e#hs ; G/fd 8ufhn]sfoqrd]sf]; aNff kl#j hg k#tt ugePsf]lyof]. sfo{ldlt siffWlf ayf/Tg 8ufhn]; #yfsf]lj lQo tyf cly# kl#j hg k#tt ugePsf]lyof]. o; u/Lsfo#f/Lgb#s g/| 8ufhn]ej Lofhg k#tt ugePsf]lyof]. klxn#f ; qsf]; dffkZrft clwj žgsf nflu ; b:otf lj 36g u/Lj/i7 ; Nfxsf/ dbgs[Of 8ufhsf]; e#hs#j df tlg hgfsf]lgj ff g ; ldt lgdf[ ul/Psf]lyof]. lj utsf]; kmtsf cfw/df ; f]lgj ff g ; ldt n]o; sfo#nsf nflu kl# k/fgf]sfo{ldltnf[lg/G/tf lbg]k#tj nf0; j { Dlt n]kl/t u/Lsfo{; ldt u7g ul/Psf]lyof].

n"lgefM]sfo{ldlt ; b:ox?  
cWlf M; žInf ykf clwsf/L  
dx#; lrj Mg/| 8ufh  
siffWlf Mayf/Tg 8ufh  
; b:o Mal4/Tg 8ufh  
; b:o M; hgf s; h'  
; b:o Muaf z#so  
; b:o Mdg#gog xg a#L



clwj žg kZrft cf^gf]tyf sfo{; ldltsf tkaf6 kl#j 4tf JoQm ub{n"lgefM]sfo{; ldt cWlf ; lznf ykf clwsf/L-lj rdf.

# j flifs ; dlff tyf ofhg lgdf[ sfožnf ufj7L

sf:sL, n"lgefMafn; /f#f/ ; d#sf]j flifs kg/fj n#sg tyf ofhg lgdf[ sfožnf ufj7L kf]/f#f]x#n Nof08dfsdf k; ! ) b#v !@ ut] Dd ; DkG eof]. sfoqrd lzIffj b`8f= e#ff bxfnsf]; xHs/Ofdf sd#f/Lx?n]; #yfut tyf /Ofglt kg/fj n#sg ul/Psf]lyof]. ; #yf ; b#s/Ofsf nflu sfo{ldltsf ; fy}; a}txsf sd#f/Lx?sf]cfcf gf]lj žif lhDd]f/L/xg]/ ; a#f]dx#j /x#f]k#6afpgePsf]lyof].

kl/ofhg kg/fj n#sg cG/ut ž#fs ; foxtf sfoqrd, lzIff ž; fzg kl/ofhg, lzIff ; /f#f/ kl/ofhg / afnafnsf] pTyfgzIntf kl/ofhg cG/ut ; g\@)!% df ; DkG lqmsnfkx?sf]; dlff ul/Psf]lyof]. ; fy}; g\@)!^ sf nflu sd#f/Lx?sf]; xelutfdf ofhg lgdf[ ul/Psf]lyof]. sfoqrd !\* hgf sd#f/L ! hgf sfo{ldlt ; b:o / ! hgf ; #JolStsf] ; xelutf lyof].



; #yfut kg/fj n#sgdf ; d#sfo{ub{n"lgefM]f ; fd#hs kl/rfnsx?

# lj Bfno ; xfotf tyf eš Dk k#f]j tnf0 ; xofu

nlntk/, n"lgefM]lj ut rf/ j i#v >Lr08lj Lkfyds lj Bfno, 8s5fknf0lj Bfno ; xfotf kl/ofhg cG/ut ž#fs uOf:t/ j #sf nflu kl#j lws tyf e#ts ; xofu ub#cf0/x#f]5 . lj Bfnosf] cf]Zostfnf0{dWgh/ ub#k#z; lgs sfddf ; xhtf Nofpg ! yfgsDk6/, ! yfg y#og j fg k#G/ / ! yfg clk# 6#n oxL ldt @ &@ d^, \ / @% ut] n"lgefM] sfoqrd ; e#hsaf6 pQm lj Bfnosf k#vfgWksnf0{x:tfG/Of ul/Psf]lyof].

n"lgefM]6 ž#fs ; xfotf k#t #@ hgf lj Bfy#/ c# eš Dk kl8t #) ) lj bafy#? u/LhDdf ^@ hgfnf0 lj bafno k#z#s l:j6/ lj t/Of sfoqrd ; DkG ul/of].

## l; sf0 lzlj / ; ~rfng

88Nw/f, n"lgefMafn; /f\$ / ; dX lkn8 sfofho 88Nw/fn] l8; Da/ dxgdf @ j6f l; sf0 lzlj / ; DkGg u/\$f] 5 . di6fd8fFfllj; sf]cflbTo lgdfij / uOfzk/ uflj; sf]b/k/ lgdfij df l; sf0 lzlj / ; DkGg ePsf]lyof]. lj Bfno lgoldt gxg]tyf l; sf0 sdhf] ePsf lj Bfyk?sf]lj Bfnodf lg/G/tf tyf pgk?sf]l; sf0 j4 ug{p27on]; ~rfng ul/Psf]pSt sIffdf @( s6Ltyf @! s6f u/LhDdf %) hgf afnafnsf?sf] ; xeflutf lyof]. l; sf0 lzlj/df sIff & / \* sf lj Bfyk?nfO{ c^uH, ulOfT tyf gkfnL lj ifodf lzIfOf ul/Psf]lyof]. sdhf] lj Bfyk?nfO{nlift u/L0; /LsIff ; ~rfng u/\$f] v08df k9f0df ; wf/ xg]s/f sIffdf ; xefuL lj Bfyk?n] cleJolSt lbPsf 5g\



l; sf0 lzlj /df ; xefuL lj Bfyk?sf ; fydf lzIfs

## lzIfs 3DtLa7s ; DkGg

88Nw/f, lzIfOf l; sf0 lqmfnsfknfO{k6fj sf/L ug] p27osf ; fy d:6fd8fFfllj; sf lj Bfnox?df 3DtLa7s sfoqnd ; ~rfng ul/of]. ; fJolSt kdl; x P/n]; xhls/Of u/L5nkm sfoqnd rnfpg' ePsf]lyof]. sfoqnddf % k?if tyf # dxnf u/LhDdf \* hgfsf]; xeflutf lyof]. sfoqnddf ; xefuLePsf ; a}lzIfs lzIfsfx?n]cfcfkn] ehu\$ f l; sf0 tyf sl7gfox?nfO{qndzM ah]k}tt ug] ePsf]lyof]. ; fy} ; fdLxs 2 kdf cfPsf ; d:ofnfO{ ; fJolStx?n]; xhls/Of ug'ePsf]lyof]. sfoqnddf ; a} ; xefuL]sf] hIsf 2 kdf zHfs ; fduL agf0 cfofhs lj BfnonfO{x:tfG/Of ug'ePsf]lyof].



lzIfs 3DtLa7sdf ; xefuL lzIfs x?

## ; fdfhs n'fhf'vf sfoqnd ; DkGg

88Nw/f ; g\@)!% ( l8; Da/sf lbg lzIff ; /f\$ / kl/ofhsf]kl/ofhgf jif{ @)!% sf] ; fdfhs n'fhf'vf sfoqnd n"lgefMaf sfof/L lgb7s g/0|8ufhsf] cWlftdf ; DkGg eof]. sfoqndsf]kdv ctly ; xfos kdv lhNf clwsf/Ls?Ofs/ cj:yIn]sfoqndnfO{plrt dxlj lbF]lhNdf /x\$ f ; DkO{u}; /sf/L; 3; 3yfx?n] cg! /g ug]kg]w/Of ; d} cleJolSt ug]ePsf]lyof]. sfoqnddf !^ hgf dxnf tyf !@( hgf k?if u/LhDdf !\$% hgfsf]; xeflutf lyof].

n"lgefMaf lhNf sfoqnd clwsf lr/LsfhL 8ufhn] j fffs kltj hg; lxt ; DalGwt ; /f\$ /j fnx?nfO{hfgsf/L kbfg u/Lkf/blz{f sfod ug]ePsf]lyof]. sfoqnddf @\$ lj Bfnosf kvgfWfks, lj Bfno Joj:ykg ; ldtsf cWlF, lzIfs cleefjs ; 3sf cWlF, afnSnasf cWlF

tyf /fhg]lts bnsf kdv tyf kltlgw ; /sf/L tyf u}; /sf/Lsfofnosf kdv tyf kltlgw lzIfs olgog, lj Bfyk'olggog ; /Iff kdv tyf kqs/x?sf]pN]vo ; xeflutf /x\$ f]lyof].



; fdfhs kl/Iffdf ; xefuL lj leGg ; 3; 3yfsf kltlgwx?

## ufpHzIff ; ldtInf0{hf\$sfj ; xofu

88Nw/f, n'lgemafn; /f\$ / ; d\$ kmB sfoho 88Nw/fn] l8; Da/ @)!% df chod?, di6fd8fFtyf uOfzk/ uflj ; sf ufpHzIff ; ldtInf0{hf\$sfj ; xofu u/\$f] 5 . lj Bfnosf]zHfs jftfj/Odf ; w/ u/LuOf:t/lo lzIff kj4gd f ; xofu ug{lhNnf lzIff sfoho tyf ufpHzIff ; ldtIsf]kfej sf/Lofhgf lgdff ug{lhNnf lzIff sfoho tyf ufpHzIff ; ldt; F cfj Zos 5nkm u/Lcfj Zostf



sfoqmldf cf^g]s/f JoQmubf; xefuL

## ; lkdhs tfnd ; DkGg

88Nw/f, n'lgemafn; /f\$ / ; d\$ kmB sfoho 88Nw/fn] cu:tblv l8; Da/; Dd cf^g]sfo{f]q leq kg{S j6f uflj ; df rf/ k6s ; lkdhs tfnd ; DkGg u/\$f]5 . !S jifeGf dlysf lj Bfno 5f\$sf t/ cf^g]kzfut Ifdtf a9f0 sXL cfo cfhg; DalGw sfd ug{; fr ePsf lszf]lszf]lx?nf0; dfj z u/L@ hgf oj fx?nf0{tfnd lbOPsf]lyof]. h; dW ! hgf lszf]n]dfaf0nddf / @% Hgf lszf]lx?n]; nf0sf]tfnd lnPsf lyP .



kzfut ; lk tfnd cGt/ut l; nf0{tfnddf ; xefuLlszf]L

## kl/ofhgfd kg/fj nff\$g a7s

nlntk/, afn; xeflutfsf nflu ; fem ; d\$ sG f66d gkndkkt olg; knsf]; xofudf ; ~rfng ul/Psf]dfgj lo ; xeflutf tyf ; ~rf/ ; xofu kl/ofhgfd]clGd kg/fj nff\$g a7s n"lgemaf ; efsIffdf sfIQ\$ @) sf lbg al; of]. kl/ofhgfd kl/rfng ul/Psf !) hgf oj f bff/L; fyIsf] ; lqm ; xeflutfdf n"lgemaf]sfoqm clwsf t]hdf of 8uffn]a7s ; xhls/Of ugePsf]lyof]. kl/ofhgfd]dVo pknAwL l; sf0 tyf r'gf]lx?sf]lj ifodf /xL 5nkm ; ~rfng ePsf]lyof].

; f]kl/ofhgfd cGt/ut !!! hgf afnafnsfx?nf0{hlj g pkofuL ; lk kbf g u/L bff/L ; xofu lbOPsf]lyof]. tL dW]cfj Zos k/\$f afnafnsfx?nf0{kgMe\$sf dfWdaf6 ; xfotf kbf g ul/Psf]lyof]eg]cfj Zostf cg; f/ kl/jf/; F k/fdz{sfoqm klg ul/Psf]lyof]. e\$Dkaf6 keflij t lj Bfyk?sf]k9f0df ; xhtf xg]p2Zosf ; fy @) hgf afnafnsfnf0{!%) -- ?kbf / @% hgmnf0{slk tyf Hbfdlto afs; kbf g ul/Psf]lyof].

## lj Bfnonf0{cfsl:ds tyf dfglj o ; xfotf

nlntk/, afnafnsfsf]zHfs ; rf? ug\$ f nflu blif0f nlntk/df cjl:yt luDbL, cf>^a / 7hfbh^sf @\* lj Bfnonf0{cfsl:ds tyf dfglj o ; xfotf kbf g ul/of]. j zfv !@ ut]uPsf]lj gfzsf/Le\$Dkn]kVofPsf]Ifitnf0 ; Daffvg ub]lj Bfnodf clt cfj Zos ; fduLJoJ:yf ug{ ; xofu kbf g ul/Psf]lyof]. h; cGt/ut pRrdlij tyf dflij txsf lj Bfnonf0{? !))))) -- -Ps nfv ?kbf lgdlj txsf lj Bfnonf0{&%) -- -krxQ/ xhf/ ?kbf / klj txsf lj Bfnonf0{? %) -- -krf; xhf/ ?kbf ; xofu lbOPsf]lyof].

lj Bfnox?n]k7gkf7gsf nflu 8\$; , aGr tyf lzIf0f l; sf0 ; fduLvl/b, rs\$ f leQf, sIffsfyf, kvfh, k'tsfno tyf vhd]fg dd\$ u/\$f lyP . lj Bfnosf kwgfWkx?n] ; xofu klt n"lgemaf0{cfef/ JoQmu/LcfufdLlbgx?df klg lg/Gt/ ; xofu sf nflu ckIff /fv\$ f 5g\

## afnSnanf0; xofu kbfg

88W/f, afnSna ; xofu sfoqmdcG/ut d:6fd8fFu0zk/,  
; dhl/ chod? uflj ; sf @S lj Bfno cG/utsf afnSnj sf]  
cfofhgdf ctl/St lqmfnsnkx? ; DkG eof]. Afn; xeflutf  
kj4g u/LAfnclwsf/sf]; Af0f / U0f:t/lo lzIffsf]kj4gsf  
nflu afnafnsfx?nf0; zStIs/Of ug{sfoqmdsf]dVo  
p2o lyof]. lj BfnocGu(sf afnSnjx?n]kafsn lzIffsf]  
; xhIs/Ofdf xflh/Lhj fkmxHh.] j ftj /Of ; /; krf0x lgaGw  
nyg, tyf JolQmj lj sf; ; Dj GwL.sfoqmdx? u/\$f lyP .  
sfoqmdf hDdf !@@ afnafnsfx?sf]; xefuLePsf lyP .

sfoqmdfku afnafnsfx?n]ckidf lglxt kltef kbzg  
ug{:yfg / cj ; / kfPsfdf afnafnsfn]v'; LJoQmu/\$f  
lyP . ; fy}afnSnasf ; b:ox?n]sfoqmd cfofhgf tyf  
Joj :ykg ug[lj lwsf af/df cgej ; a'sng ug{tyf l; Sg  
kfPsf]atfP .



ctl/Qmlqmfnsnkdf ; xefuLj Bfyk?

## lzIffdf ; rgfklj lwsfkofu lj ifos tfnd

nlnrk/, blif nlnrk/sf kl/ofhg Iq cG/utsf lj Bfnox?sf]  
lzIffzIffsfnf0{nIft u/Lgf/fo0Lpdfj, luDbldf Ps lbg]  
lzIffdf ; rgfklj lwsf]kofu lj ifos tfnd ; DkG eof].  
da\,L !@ ut]; ~rfnt ; f]sfoqmdf pdfj / klj txsf  
^ k?if / ! dxnf lzIffsf]; xeflutf lyof]. ; xefuL  
lzIffsx?nf0{klxnf g}n"lgeMf6 cfw/e't sD66/ tfnd  
tyf lj Bfno kzf; gdf ; rgfklj lwsf]kofu lj ifos tfnd  
kbfg ul/; s\$]lyof].

tfndsf nflu lj Bfno / lzIffsx?af6 7hf]dfu ul/Psf]  
lyof]. kTos lj Bfnox?nf0{Pp6f l8lh6n Sofd/f / ld8f;  
tyf lzIff l; sf0sf lel8of]; l8Lkbfg ul/Psf]lyof].

## lzIff cgudg ; dxsf]kl/roffds

### sfoqmdf x; ofu

88W/f, n"lgeMf]; xofu tyf lzIff clwsf/ cgudg  
; dxsf]cfofhgdf & l8; Da/, @)!% df Pslbg]5nkm  
tyf kl/roffds sfoqmd; DkG eof]. lzIff cgudg  
; dxsf]; ofhs l; 4/fh kf7ssf]cWlftdf sfoqmd  
; ~rfng ul/Psf]lyof]. 88W/f lhNnfsf kdV lhNf  
clwsf/Lkdk; fb n0h]sf]kdV cftYotf tyf, /fli6  
cg; Gwg sfofho kdV lxSdtxfb/ l; +; ; q kx/Isf  
kdVsf]cftYotf /x\$]lyof].

! hgf dxnf tyf \$S hgf k?if?sf]; xeflutf /x\$]  
; f]sfoqmdf lj leG ; /sf/L tyf u} ; sf klTlgw /  
kqsf/x?sf]; xeflutf lyof]. sfoqmdf lzIff clwsf/  
cgudg ; dxsf af/df cjw/Offkq k|tt ul/Psf]  
lyof]. zHfs gllt lgodcg; f/ zHfs ultj lw ; ~rfng  
ug{u/fpg :yflgo :t/df u7g ul/Psf]lzIff clwsf/  
cgudg ; dxsf af/df klg hfgsf/L ul/Psf]lyof].

## ; dIff ays ; DkGg

nlnrk/, @)& ; fn d^,L @^ ut]ojf :jod\,js /  
kif !^ ut]v]sgf, a^adtL/ 8s5kksf !) lj bafnosf  
kcx?; f pTyfgzIntf kl/ofhg]sf]; dIff ays ; DkG  
ul/of]. kl/ofhg]sf]pknAwL, rgfL/ l; sf0n0{c]ofp]  
efj Lofhgaf/]bzf to ug]p2on]; f]sfoqmd ; ~rfng  
ul/Psf]lyof].

sfoqmdf kl/ofhg]sf]klTj hg, cfw/e't ; j Iff0sf]  
klTj hg k|tt ul/Psf]lyof]. pTyfgzIntf]lj ifo  
lj ktsfng ; dodf dfq ge0b]gs hjg ofkgsf nflu  
klg cfj Zos /x\$]dxz'; ub}; xefuLx?n]cfudL  
lbgdf klg o:tf sfoqmdsf]ckIff u/\$f lyP .



; dx sfof]nflu 5nkm ub]lj Bfno kwfgfWfksx?

# बाल जगत

## कविता

### afnult

clgtf rgf/f  
afns NnfOf pdffj

; fgf cffv f, ; fg}5g\ld7fld7f ; kgf  
lstfa sfkLlnP/ k9glnVg|rfxgf .

sldnfsf|tffLxp|:s'n hfpF; fyL  
hgtf/fh:t}hpfCfsfzeGbf dfly .

xfdLknmsf dgfxff; 'g ; a}; 'g  
w|}k95' nV5' clg c; n dfG5|xg .

lxdfnr'nLxh/ gfs df nfpG|kml  
r/fh:t}cfsfzdf knkn u/Lp8L.

### afnclws f/

d|gf|; ffnLdu/  
>Lgf/fo0Lpdffj, luDbL

; a}eG5g\afnclwsf/, afnclwsf/  
t/ lsg u5g\ltgdfly lx+ f / bJof fx/  
afnafnnsf g|xg\elj iosf s0ffw/  
t/ pglx?dfly al9/x5 cTofr/

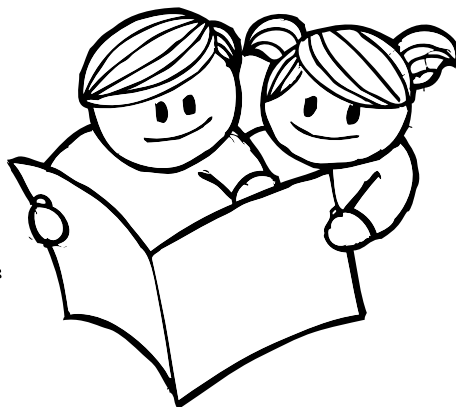
afnafnnsf slt ; xG5f|bJof xf/  
o:tf s'sd5f|ldln u/fflt/:sf/  
zf:q eG5 afnafnnsf xg\euJ fg\  
u/ffxf|dgio afnclwsf/sf|; Ddfg

o'4s}sf/0f ag|lgbff s offcgy  
afnzff0f cGto u/La; fFPs; fy  
afnclwsf/ g|xfdL; a5f|; /ffsf/  
afndhLagf| \fi6; dfh kl/j f/



knixf/

Name: Rajiv Lama  
Organization: ECCA, Nepal



## Ps 15g xf; ff

kr5/df cfuf|  
Psk6s x|nsK/n|/s\$nf0|; ffvof ltdL  
s; /Lolt l56f|p8g ; s5f|<  
/s\$nhj fkrbof| Psk6s ltdf|kr5/df klG  
cfuf|afn| x| g clg yxf kpf5f|.

