

पालिका खोज

PALIKA KHOJ WEEKLY NEWSPAPER MAHOTTARI

afaf
hnZj/gfysf]
kfjgggu/L
hnZj/df
kfNgxbj] ;DkOf{
dxfgbfjx?nf0{
xflb\$:jfut
ub\$fh.
kflnsf vfj
kl/jf/ dxfQ/L

aif{\$,c\$ @^,@) *@ ;fpg @^ ut] ;fplaf/- 11 AUGUST, 2025_-k[7 \$_dNo ?=%÷

cgbfgn]lgDTofPsf]pv' ls ;fgsf] cfGbfnhg

lhjg rfy/L
dxQ/L

;/sf/n] pvdh lbh cfPsf] cgbfg s6f]L u/k15 pv' ls;fg kl/ cfGbfnhgdf plqPsf 5g\.

o;cl3 ;/sf/n]klt SjG6n &) ?kpfCgbfg lbh cfPsf] lyof]. t/ o; cfly\$ jif\$] ah\$df ;/sf/n] lg/Gt/tf lbPgg\.

pv' pTkfb s[fs dxf; / pv' pTkfb s[fs ;3sf kbflwsf/L;xt cfGbfn]t ls;fgx;n]jif\$ pv\$]dNo lgwf[Of ug[cl3 pv'ls;fgsf k]tlglw, lrgl pBfj / ;/sf/alr ;xdlut ul/gkg] ut jif\$]cgbfg afktsf]/sd t[tsfn]pknAw u/fpg ;d] ls;fgn]dfu u/].

dfu ;Dafvg geP cfufdl dlxgf /fhwgl s[>t cfGbfnhg ug[s]lo pv'ls;fg ;3if ;ldtsf;x;ofhs /fhstdf/ pk]ln]atfP . !% jif[cl3 ls;fgx?sf] ak\t cfGbfnhg kZrft\;/sf/n]pvdh cgbfg

lbj] 3ff0ff u/]lyof]. lrgl a] cfpg]/fh:jsf]() kltzt egl @)^^ ;fndf ^% ?kpf /sf/L cgbfg / afB. dNo ls;fg k]tlglw / pBfjLalr sf] ;xdltdf to ul/BcfPsf]lyof] .)&@÷&# lt/ lrglsf]dNo lgs} 36kl5 ;/sf/n]cgbfg yk] klt lsjG6n &) ?kpfKfofof] t/ To] klg xr]jdf lbOPsf] cf/fk ls;fg k]tlglwn]nufpB cfPsf5g\ ;/sf/n]@&÷&& ;fnb]v pv' ls;fg / pBfjkltsf];bfj Pj+rglsf] dNosf cfwf/df ;/sf/n]pv\$] dNo t[fb]cfPsf]lyof].

pBfjln] nfut geO{ lrglsf] dNosf cfwf/df pv\$] efp lbj ;Sg]ts{ub]cfPsf 5g\.

ls;fgn] d; /, k';, df3, kfufgdf pv'ldnnfO{a]gu5g\ . ut jif[;/sf/n] k'; df kltlsjG6n %*% pBfjln]lbj] dNo t[fof] t/ cgbfg gfbg] egg,h;n]ubf&) ?kpfCgbfg cfpg]df ls;fg 9Ss lyP .

ut jif[@ s/f] !^ nfv lsjG6n .

pv' qml;^ ePsf] cgbfg ul/Psf]/ o; cg';f/ ! ca{ ^) s/f] ?kpf]xf/fxf/Ldf cgbfg /sd rfxg]lyof] t/ ;/sf/n] rfn" jif\$] ah\$df pv\$] cgbfgnfO{lg/Gt/tf lbOPsf]5g\ . sf tyf kzkG5L ljsf; dGqfnosl;x;lrj ;agd lzjfs]L cofh eg] ut jif\$]cgbfg ls;fgn]of] jif[kfpg]atf0g\.

To;f]t, nfut dNo gkfpg] pBfjaf6 ;dodk]fgcfpg] ;/sf/L a]f:tf nufotsf sf/Of kl5Nnf jif\$ pvV]Ldf ls;fgsf] cfsifh klg 36b} uPsf]b]vG5 . klxn]*! xhf/ x36/;Dd pvV]L xg]u/]f] clxn]36] ^) b]v ^% xhf/ x36/df em/]f]5 . ;aPbf w]}pv' ;nf]ldf kN5 hx f pv\$] tlg rf/ j6f ldn ;d] 5g\ . nf]ld];fpg !@ ut] a;3f]ls;fg k]tlglwx;s]f a]sn] cfGbfnhg]sf] ljsNk gePsf]lgisif]lgsfn]f]lyof]

/ftf]vfjfdf af9Ln]aufpB o]ssf]d[o'

kflnsf vfj
dxQ/L

dxQ/Lsf]anjf gu/kflnsf- @ df /ftf]vfjfdf cfPsf] af9Ln] aufpB Ps o]ssf] d[o' ePsf] 5 .d[o' xg]df dxQ/L ufPklnsf-# 8fDxl

a:g] j[hdfxg 7fs/sf 5ff] anjf gu/kflnsf-# k8fh cGbfnL #)-#% jifLb ahf/af6 l8hn lnP/ k]sG] qmddf vfjfdf cfPsf]af9Ln] aufpB px]f]d[o'ePsf]kkl/L lg/Lfs gGblszf]k];fb lg/Lfs rfxgn]atfP .

hgtfn]rfx]clxn\$] ;Qf Ps]5gdf 9N5 || dxGy 7fs/

kflnsf vfj
dxQ/L

nf]stf]Gqs ;dfhjfbL kf6L{- nf]kf_gkfnsf clolf dxGy 7fs/n]hgtfn]rfx]f]v08df clxn\$]zf;g ;Qf Ps]5gdf 9Ng]atfPsf 5g\.

;3lo nf]stf]Gqs df]rf] s]fnldf zlga/ cfofhgf u/]f] jtdfg /fhglts cj:yaf/] hghfu/Of cleofg]

sfoqmdf af]b]pgn]clwsf/ / klxrfgsf nflu yf? / dw]zsf ;of];k'tn]alnbfgl . clolf 7fs/n]eg] hgtfn] lbP klg clwsf/L kfgp g;S]f atfP . clolf 7fs/n]eg] . clwsf/ / klxrfgsf]glDt yf? / dw]zsf ;of];k'tx?n] alnbfgl lbP t/ xfdln] clwsf/ kfPgf]jif]v h/f uf8] a;3f]/fhTg klg 9n\$] .

kfgLsf] ;f]sf] ;Af0f u/f]

- jg ;Dkbfsf] ;Af0f u/f]
- vhf 7fpB j[f/f]0f u/f]
- 0gf/, s]f, kfy/L, kfgL k]fh:tf kfgLsf] ;f]sf] ;Af0f u/f]
- eldut kfgLsf] b]xg gu/f]
- kfgLsf ;f]sf] ;Af0faf/]hgr]gf clej]4 u/f]
- kfgLsf ;f]sf] ;Af0faf/]hgr]gf clej]4 u/f]
- vfjfgnf, kfy/L, tfn j]/kl/ ;kf / x/fef /fv]

dxQ/L ufPklnsf
dxQ/L

3/f] tyf ;fgf pBfj sfofno dxQ/Lsf] hgr]gfdhs ;rgf

- of]sfofnon]l;kdhs tfnd / ;fgf pBfjnfO{k]fxg ug[lg/Gt/ ;]f kpf ub]cfPsf]5 .
- :yflgo l;knfO{ljf; ul/ cfIdlge{ /fhuf/L ;hgf ug]g}o; sfofnosf]k]v p2]o xf] .
- o; sfofnon]ljleGg ;]fx? kpf ub]cfPsf] 5 h:tf l;kdhs tfnd, pBfj btf{tyf gljs/Of, dlxnf, blnt, of]f / ljkgg juhfO{nllft ljz] sfofnd .
- :j/f]uf/sf nflu k/fdz{/ kljlws ;xof] .
- pBd lj:tf/ tyf ahf/ Joj:yfkg .

पालिकाखोज साप्ताहिक

सम्पादकीय

cfnsf ; /ffdf Wofg lbpF

afnaflnsf: jf:Yodf xqj qmddf kfol ; fdfco /fusf/fpyddf Wofg hfg': jfeij sxf krfot km klg hfus? tf b/vG5 kfoldf. t/ b[6, h; n]; f/f ; +f/ xqj 9fxf vfb5- To; sf; /Afoklt eg] ajf:tf ul/G5. cem uDeL/ s/f s]5 eg] kfF jifqlgsf gfglxGsf] cfFfdf xg] SofG; / - /6gfnf:6fxf_ h:tf /fuaf/hgr] gfsf: t/ cToGt} GoG 5.

lt nuuf cfF c:ktfnsl 8f- klfOf /fhslofxf/ / k-f8f- /fxt ; h:tf j/i7 ljzj1xGn]af/Daf/ r]fjgl lbFcfPsf 5G- kfF jifqlgsf lzzxGdf cfFsf]SofG; / b/vf kg{; S5 eg]. Ps dlxgfsf lzzaf6}; ? xg]of/fu ; ?cftl r/Odf}kQf nufpg ; s]pkrf/ ; Dej 5, Hofg arfpg ; lsG5, b[6 hfjupg ; lsG5. t/, l9nf0 u/bf cfFfdfq xfg, Hofg]uG]hfjvd /xG5.

s ; }f]cfFfdf /flt 6lNsg]; j]f]gfgl b/vof]eg] ef]odfgl eOof]eg]cGwljZjf; cem]5 ; dfhdf. sk]n]r]f nfu5 eg] ; fdfco 7fG5g\ /fu uDeL/ alg; sk]5 dfq c:ktfn wfp5g\ of]c; f]o}7hf] nfk/afxl xf] jL/uGhsf Ps cleefj ssf]pbfx/of g]kofft 5- Ps jif{ Dd 6lNsf]cfFfnf0]ajf:tf ubf{afnssf]cfF]uDo] afnaflnsf]cfFsf ; Gbedf cleefj s oyfzL3]; fjwfg xg h?/L 5. cfFsf]gfgldf ; j]f]6lsf b/vg; cfFsf]6f]kg, /ftf]xg' jf b[6 lflOf xG]hfg:tf nlfOf b/vP tTsf]n ljzj1 lrlst; ssxfFfpg'cTofjZos xG5. cfF gb]g]ePk]5 jf z/L/df km]nP/ Hofg g]udk]5 dfq pkrf/ vfb]gsf]t sg]cy{/xG.

tlgbnalr sfojt Pstfsf]hdsf

kflnsf vfj

dxfg/L

dwz s]G>t bnx? dwzsf] d2f sdhf] e0/x]sf] / lgjfgdf ; sf/fds glthf Nofpgsf nflu l]leGg df]rf agf0 ; lqmo /x]sf]alr csf] vj km] klg z? ePsf]5 . ; 3lo n]stfGqs df]rfu7g u/]sf]s]L dlxgf gljTb]hgdt kf6L{cnu eP; }czf] /f0{ g]Tj]sf]hgdf ; dfhjbl kf6L{-h ; kf, dxGy 7fs/ g]Tj]sf] n]stfGqs ; dfhjbl kf6L{-nf; kf g]kfn / /fh]> dxtf] g]Tj]sf]/fli6GdlQm kf6Lr sfojt Pstfsf nflu ; sf/fds ?kdf 5nkmn cl3 a9sf]atfG5 . h; n] ubf{ dwz s]G>t bnalrdf ; d]t gofFt/ pTkGg ePsf]5 eg]dwzdf km] klg csf]df]rfu7gsf] tof/L e0/x]sf]eg]r rf; d] rlnPsf]5 . ; ft bnlo ; 3lo n]stfGqs df]rf lqmo]fzLn /x]sf]ahf cGo bnxGsf] alrdf df]rfGbl; lxt sfojt Pstfsf]ljifodf 5nkmn cl3 a9sf]hgfOPsf]5 . Ps g]kfn] lbPsf] hfgsf/L cg'; f/ h; kf, nf; kf / /fdkf; lxt tlj j6}bnsf] alrdf xg; S5 jf cnu cnu klg sfojt xg; Sg]; Defjg k]an /x]sf] hgfOPsf] 5 . h; kfn]nf; kf g]kfn / /fli6GdlQm kf6L{g]kfn; cnu cnu s/fsgl; d] u/]sf]5 . ol bnxGsf] alrdf l]leGg r/Odf ; sf/fds s/fsgl ePsf]h; kfsf Ps g]kfn] hfgsf/L lbP . ; f]L ljifodf 5nkmn ug{ h; kfn] awaf/ sfof]l/OfL ; ldltsf]a]s a; }f]pgn] atfP . afnsdf/L:yt kf6L{ sfof]nodf awaf/ a; }f]

a]ysdf sfojt Pstf jf df]rfGblsf]ljifodf 5nkmn ePsf]atfOPsf]5 . ; j]a]ssf] Ps dfq Ph]8f bnxG; ; sfojt Pstfsf nflu e0/x]sf] ; sf/fds kpf; sf] ljifo /x]sf]atfG5 .

h; kfsf dx; lrj Ol:tofs /f0n]nf; kf / /fli6GdlQm kf6L{ dfq ge0 cGo bnxG; ; klg 5nkmn cl3 a9sf]ki6 kf/] . pgn]Ph]8f,

ljrf/ / d2f ldlNg]bnx?; ; sfojt Pstf jf df]rfGbl ug] h; kfn]lgofg g]u/]sf]atfP . sfof]l/OfL ; ldltsf]a]ysdf ; d] oxL ljifodf s/fsgl ePsf]pgn]atfP . dx; lrj Ol:tofs /f0n] eg] l]leGg bnxG; ; ePsf]5nkmnsf] ljifo Toxfk]tt xG5, clg To; df 5nkmn xG5 . ot f ; 3lo n]stfGqs df]rfpk] ofbj

g]Tj]sf]h; kf g]kfn, /fdkf, t/f0{dwz n]stfGqs kf6L{ gful/s pGdlQm kf6L{ nf; kf g]kfn / Aboz lqkf7L g]Tj]sf] hgdf klultzn kf6L{cfj4 5g . o; }df]rfdf cfj4 /x]sf ; ls /fpt g]Tj]sf]hgdt kf6L{ ?kGblxf x'g nfu]sf] pklgjfgdf ; 3Qm pDd]fj/ pgsf]kf6L{ gkfPk]5 csf] pDd]fj/ v8f u/]sf]5 .

भाडापखाला, हैजा र डेंगीबाट बचौं

अविरल भइरहेको वर्षाले भाडापखाला, हैजा र डेंगीको खतरा

बढेको छ । तसर्थ, भाडापखाला र हैजाबाट बच्न:

- सधैं पानी उमालेर वा क्लोरिन भोल प्रयोग गरेर मात्र पिऔं,
- व्यक्तिगत सरसफाई (विशेष गरी हातको सरसफाई) मा ध्यान दिऔं
- बासी सडेर गेलेका खानेकुरा नखाऔं,
- खानालाई छोपेर राखौं,
- काँचै खान मिल्ने फलफूल र तरकारीको सरसफाईलाई विशेष ध्यान पुर्याऔं



साथै खुल्ला रूपमा दिसापिसाब नजारी, चर्पीको अनिवार्य प्रयोग जारी र दिसापिसाब गरिसकेपछि साबुनपानीले मिचि मिचि हात धोऔं ।

साथै एडीस जातका लामखुटेको (कालो-सेतो छिकेमिके देखिने) टोकाईबाट सनें

डेंगी रोगबाट बच्न:

- आफ्नो घर वरपर तथा कार्यस्थलमा सफा पानी जमेको ठाउँमा लामखुटेले फूल पार्ने भएको हुँदा पानी जम्न नदिऔं
- घरको भ्याल ढोकामा लामखुटे नछिर्ने जाली हालौं,
- जुनसुकै बेला सुत्दा भुलको प्रयोग जारी,
- पुरै शरिर ढाक्ने लुगा लगाऔं र सचेत रहौं ।



साथै खाद्यान्न तथा खानेपानी वितरक सम्पूर्ण सरोकारवाला निकाय तथा व्यवसायीहरूलाई सचेत रहन अनुरोध गर्दछौं ।

hgsk/wfd pkdxfgu/kflnsf
wgfff dwz kpfz

afnaflnsfx?nf0

kf]f0foQm vfgf

v'jfcf] skf]f0f

xgaf6 arfcf]

:jf:Yo sfof]o

hn4j/ dxfg/L

आवश्यक टेलिफोन नम्बरहरू

जलेश्वर	जनकपुर
g]kfn kqs/ dx; 3 dxfg/L %!)% hn4j/c:ktfn PDah]; (&\$%)@%& g]kfn /Bqm; ; f]f0GL PDah]; %!)!); ;f]blos ljsf; kl=PDah]; %!)!); RCDSC PDah]; %!)@(*, b;x/f PDah]; %!)^&& (*\$\$\$^)) albaf; c:ktfn PDah]; %!)!); albaf; ; jf; ldltsf]PDah]; %!)%*^, /fdu]kfn/ PDah]; ^!)# lhNnf k]k/L %!)!); lhNnf hg: jf:Yo sfof]o %!)!); jf?of oGq %!)!); lhNnf k]k/L %!)!); cfjZos g]j/x?sf] nflu ; Dks{u/f]!(&	kk/L wgfff 520099, 100 ; Ylf uNd hgsk/ a]f 0186,526586 ; z:q k]k/L dh]nof 527213, 527800 dh]nof k]k/L rf]L 520750 6f]kns sfof]o lh/f]f0f PDah]; klAns jh km]p/ 9854022474 PDah]; /Bqm; 102 PDah]; -; /fh km]pG8zg. 522806 dxfa/ PDah]; 525980 PDah]; d]8sn snh 526091 PDah]; sp/ d]8sn ; j6/ 523864 a?of oGq hgkf 520011 lhNnf hg: jf:Yo sfof]o 526271 hgsk/ c+n c:ktfn 520033 sp/ d]8sn ; j6/ 523864 wgfff tyf c:ktfn tyf cg;wfg s]b]k]l: 525800 jL/jb]8]6n x]y sp/ b]L rf] 041-528437

hn4j / gfy d]Gb/ khfcfhf

laxfg 9f]f vNg] ; do %!)! ah] ljxfg khf cf/tl %!)# ah] ljxfg 9f]f aGb !@)) ah] lbpf] 9f]f vNg] ; do %!)! ah] ; Gwof khf cf/tl ; f] %!)# ah] /flt 9f]f aGb xg] ; do !@ ah] -x/]f x]tfsf] d]naf/ / zlga/ d]Gb/ k]E0fdf lbpf] ehg lsQg ; lxt xgtdfg cf/fwgf

kfgl ;\$6 / ;dfwfg

8f- zffs/ k/fhhl
dxfl/L

n'ssf] emG8} !& kltzt
eefudf t/f0{ lfh klnPsf]
5 . of lfh s[if ptkfbg,
cfBf]us ljsf; / 3gf
hg; wofsf] b[6n] cToGt}
dxEjk0f{dflg5 . oBlk olt
dxEjk0f{ lfh cfhsf]lbgdf
uDeL/ kfgl cefjsf]; d:ofdf
k; \$f]5 . hnjo'kl/jtGsf
sf/Of jiff\$]c; Gthg, eldud
kfglsf] cTolws bfkg,
clgof]ht ;x/Ls/Of, tlj
hg; wof j[4 / fHo; Gqsf]
sdhf]ln]ubf[of]; \$6 emg
ulxl/ff]5 . t/f0sf clwsfz
gu/ tyf ufpff :jR5 /
kof[t dfqdf kfgl pknAw
u/fpg ;Sg]k]ff/ 5gg\ .
b]gs hljg rnfpgkg[kfglsf]
cfjZostf lghl 6bajh,
Ogf/ jf 6b\$af6 k/f ug{
k/\$f]cj:yf 5 . ol j\$Inks
dflodxg klg e/kbf{5gg\
lsgeg]eldud kfglsf]; tx
tlj] ulddf 3l6/x\$]f] 5 .
ljz]fu/L udlffddf 6bajh
;Sg]Ogf/sf]kfgl 36gh:tf
;d:ofn] :yfglo afl; Gbfsf]
b]gsl sl7g ag\$]f]5 .
kfglsf] u0f: t/ / pknAwtf
b]j} uDeL/ ;d:ofsf] gkdf
b]yf k/\$f 5g\ .

kl5Nnf bzsxgdf kfglsf]
u0f:t/ / pknAwtf b]j} uDeL/
;d:ofsf] gkdf b]yf k/\$f 5g\ .
ljz]ftl lkpg kpf] ul/g]
kfgldf cf; Jgs, knfd /
DofUghh:tf ljiffn'/f; folgs
tEjsf]cTolws dfq kfoGh]
hg:jf:Yodf bl3\$fnlg c; /
kfl/x\$]f]5 . o;n]5fnf /fj,
snhf]sf]v/fal / oxfFdd ls
SofG; /; Ddsf /fjuxg
lgDofpg]vt/f a9fPsf]5 .
;sf/ tyf:yfglo lgsfoxg]
bl3\$fnlg ;dfwfgsf] kxn
gu/; Dd of]; \$6 x6g]
;Defjgf Gog b]vG5 . kfglsf]
;fj ;Af0f, eldud hn
kge{Of, jiff]hn; \$ng, tyf
;kmf kfglsf]; fd'xs
JoJ:yfkg:h:tf pkfoxg]sf]
sfof]jog h?/L e0; s\$]f]5
;o; ;d:ofsf]; dfwfg s]n
kjlwd]; lldt 5gg\ o; sf]
;dfwfgdf /fhglts
OR5fzIQm / hg; dbfosf]
;lqmo ;xeflutf klg plQs}
cfjZos 5 . olb clxn]g]
;rj / ;dlGjt kpf; gul/Pdf,
lgs6 eljiodf t/f0{ lfh
eofgs kfgl ;\$6df kg]
lgLZrt b]vG5 .
ol ;d:of ;dfwfgsf nflu
cGt/f6 cgejxg; F dh

vfj] Jofjxfl/s / kpfjsf/L
pkfoxg]sf] kpf] ca 6fg]
g;lsq] ePsf]5 . ef/tsf]
r]g0{; x/ ;g\0}!(df uDeL/
kfgl ;\$6df k/\$f] lyof] .
;Dk0f; x/df kfgl 6b\$af6
cfkl't{ ug{ k/\$f] ToF; don]
;sf/nf0{ eisenSofof] .
To; kl5 jiff{kfgl ;\$ngnf0{
sf]gbl gkdf clgjfo[agfOof]
h; sf sf/Of cfh elue[hnsf]
:t/ pNn]ygl0 gkdf a9\$]f]5
;gkfnf ;x/ / ufpff]
lfhgxgdf klg of]cEof; nfu"
ul/g ;Sg5 .
Oh/fon hn ;\$6sf]; fdgf
ug]culfdl /fi6x]f] . ToxF
x/ yfkf cdNo] eGg]gf/f; lxt
jiff\$]f] x/\$f yfkf hldgdf
;fj; g]JoJ:yfdf nufgl ul/of]
;kge{Of u^f, kfy/L; fgf
afxg lgdff ul/ elue{hn
kge{Of kffnl; lqmo kfl/of]
h;n] eljiosf nflu hn
e08f/Ofdf ;3fof] . of]pkfo
gkfnf t/f0{ lfh]sf nflu
cToGt pkoQm 5 . aenfb]zdf
klg cf; Jgs kpf] 7hf]; d:of
lyof] . t/ ToxF;fdbflos
;xeflutfdf cfwf/t h]js
lkN6/ / ;t]kjlwsf]kpf]
u/] xhf/f]3/df z4 kfglsf]
kxF kfofPsf]5 .

gkfnf klg o:tf kjlwxg,
h:t}afn]foQm 5fgl; ;t]
3/h' lkN6/, tyf :yfglo
;fduldf cfwf/t oGqg kpf]
u/] ufdlof a:tldf kpfjsf/L
gkdf nfu"ug{;lsG5 . ;'gf
kjlwsf] pkof]uaf/f kfgl
JoJ:yfkg . l;wfk/, hfkf /
blifof sf]/ofdf kjlwd] hn
JoJ:yfkg kpf]nln] kfglsf]
dfu, cfkl't{ / u0f:t/sf]
cgludg ;lhn}; Dej agfPsf]
5 . dfafon cgkpf], l8lh6n
;fj; / tyf:df6ljt/Of kffnl]sf]
kpf]n]kfb]z]f, lgiklft /
;f]sf]lbu]pkof]; lglZrt
u/\$]f]5 . gkfnf ;x/L tyf
cw{x/L lfh]df o:tf]kjlwsf]
;?jft ub]fhg ;lsG5 .
kfgldfly ePsf] ax; nf0{
6b\$P/ ;a} txsf; /sf/
bl3\$fnlg, lbu] ;dfwfgsf
nflu h6gkg]cfjZos 5. xdf]
hljg / ;d]cf] cfwf/ x]
kfgl . o; sf]; Af0f / lbu]kg
;feif b]loj x]
gkfnf] t/f0{ lfh]df kfgl
;d:of s]n kfljws
rb]f]ldf ge0{ /fhglts
txdf pbf;lgtf, c; dy{x /
;d]josf] cefjsf] kl/Ofd
klg x] . kfgl JoJ:yfkgdf
:yfglo, kpf] / ;\$lo
;sf/xg:alr :ki6 lhDd]f/L
afBknf / ;xfo{ gx
sfof]md kpfjsf/L agg
;ls/x\$]f]5gg\ . oBlk kl5Nnf]
;do /fhglts txdf s]l
;sf/fds kxn xg b]vPsf
5g\ t/ cem]klg bl3\$fnlg
of]hgxg nfu"ug{ / ;fj
JoJ:yfkgdf;wf/ ug{cfjZos
5. :yfglo ;sf/xg]vf]kfgl
cf]hgf tyf JoJ:yfkgdf s]l
sfof]md ;~rfng ul//x\$]f] 5g\ .
t/f0sf ljleGg lhNndf
;fj]lgs gnhn of]hgf
lj:tf/, Ogf/ kblgdff / jiff]
kfgl ;ngsf kl/of]hgf
;~rfnt eP klg ltgsf]bfof
;lldt 5 . sltko :yfgdf
ah\$ cefj, kfljws blttsf]
sdl / :yfglo hg; xeflutfsf]
cefjn]sfd ;t ePsf]5 .
:yfglo ;sf/xg] kfp]
jlfif\$ cgbfgdf vf]kfgl tyf
;/; kmf0sf nflu 5\$] sf]
lgdf u/\$]f] cJ:yfdf klg
To;sf]; bko] kpfjsf/L 5gg\ .
pbfx/Ofsf nflu; k/L /
dxfl/L lhNnf s]l :yfglo
txxg] jiff{kfgl ;ng /
Ogf/ ;kmf0df kxn u/] klg
;du]lfh]df rb]f]l cem]5kpf]
;/sf/xg] vf]kfgl /

;/; kmf0 ;wf/sf nflu
bl3\$fnlg glt tyf sfof]md
agfpg] sfd ynf\$ 5g\ .
dwz kpf] ;sf/n] t/f0sf
kfgl ;\$6nf0{ ;dfwfg ug{
kfgl ;f]f of]hgf tof/ kfl/
:yfglo tx; F ;djo ub]
cfPsf 5g\ . kpf] ;sf/n]
ljz]f u/L e^hn kge{Of kjlw
h:t}kge{Of; fgf afw
lgdfdf nufgl a9fPsf]5 .
o; sf; fy} kplift kfgl
z4ls/Ofsf nflu h]js lkN6/
/ ;t] kjlw kpf] ug]
sfof]md cl3 a9f0/x\$]f]5 .
t/ kpf] ;sf/df klg ah\$
;lldttf, kfljws ;f] cefj
/ glt sfof]jogdf
clgoldttfsf sf/Of ;a}
lfh]df;dlrt kpf] klg ;s\$]
5gg\ . ;\$lo ;sf/n] kfgl,
;/; kmf0 tyf:jR5tf;wf/sf
nflu lj]w glt tyf sfof]md
nfu" ul//x\$]f] 5 . /fi6
hn;f] glt / hn;f] ;Af0f
sfof]dsf]d:of tof/ u/L
kpf] tyf :yfglo tx; F
;d]jodf sfd cl3 a9f0/x\$]
5. ;\$lo ;sf/n]kl/jtGzln
hnjo' kl/:yltnf0{wofgd
/fvb} jiff{ kfgl ;ng
clgjfof] tyf eldud hn
kge{Of kjlw. kl4sf nflu
sfof]dxg ;~rfng ul//x\$]
5 . ;fy]lghl 6bajh btf]
tyf lgoGqofsf nflu sf]g
lgdf ug[klqoofdf 5 . t/
sf]gsf] sfof]jog /
cgludg cem]sdhf] /x\$]
sf/Of o; lfh]df ;wf/
cfjZos 5 .
hn ;\$6 ;dfwfgsf nflu
ljz]e/ /fhglts klta4tf
al9/x\$]f]5 . ;\$Qm /fi6\$3n]
;g\@)!% df hf/L ;tt
ljf; nloc]tu{x} ;kmf kfgl
/ ;/; kmf0; lglZrt ug]nlo
lgwf{Of u/\$]f] 5, h;n]
gkfnufot ;a}bznf0{kfgl
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rfng kl/t u/\$]f]5 . blifof
clk]sf] s]k6fpg ;x/n]
@)!&-!* df eofgs kfgl
;\$6 ;fdgf ubf]pRr :t/sf]
/fhglts g]l]n]cfk]sfnl
kfgl ;Af0f of]hgf nfu"u/L
hgtnf0{ ;lqmo gkdf
;xeful u/fPsf]lyof] . o;n]
;dfwfgsf nflu cfjZos 5
ls-:yfglo, kpf] / ;\$lo
;sf/n]:ki6 eldsf lgjfx ub]
cfk;df ;xfo{ ug] ah\$
JoJ:yfkgnf0{ kfylds tdf
/fv] glt sfof]jognf0{
s8f0sf ;fy cgludg ug] .
;fy]lghl 6baah tyf cGo
hn;f]sf]btf] lgodgnf0{s8f
agfpg'kg5 . ;dfhdf kfglsf]
dNoaf / ;Af0af/]hgr]gf
clej[4 u/L ;dbfonf0{;lqmo
;xeful agfpg'cTojZos 5
cGt/f6 ;km pbfx/Ofxg]sf]
clwoog u/L gkfnf ;beef
pkoQm /Ofglit c]nDag
ug]b5 .ca ;do cfPsf]5
ls kfgldfly ePsf] ax;nf0{
6b\$P/ ;a} txsf ;sf/
;dfh / kjlw; F]ldn]
bl3\$fnlg, lbu] ;dfwfgsf
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kfgl xdf] hljg / ;d]cf]
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;feif/lcGgkOf]gsaf6

kl't u/\$]f]5 . ol cGt/f6
pbfx/Ofxg]b]fp5gls hn
; \$6 ;dfwfgdf dfq kjlw
x]g, /fhglts klta4tf /
;fdlhs ;xeflutf cTojZos
5g\ . gkfnf cem]klg w]
lfh]df kfglnf0{c;lldt ;fj
7fg] pkof] ul/G5 .
ljBfnob]v ufpff;Dd kfgl
;Af0f / JoJ:yfkgaf/]
hgr]gf clej[4 cfjZos 5
; :yfglo txn]o;sf nflu
ljleGg ;r]gfdhs sfof]md
;~rfng ul//x\$]f] 5g\ t/ tl
sfof]md cem JoJ:yt /
Jofks agfpgkg]cj:yf 5 .
;fdlhs ;yfxg, pkef]nf
;dx / ;xsf/lxg]sf];lqoof
a9fpg'h?/L 5 . ljz]f u/L
dlxnfnf0{ of]hgf agfpg] /
sfof]jogdf ;xeful u/fpg'
cTojZos 5, lsgeg]pglxg
b]gs hljgdf kfglsf]kpf] /
JoJ:yfkgdf klol; mlg x5g\
t/f0{ lfh]df kfgl ;d:of
ax'cfold 5 / o;sf]
;dfwfg kfljws pkfodf
x]g, /fhglts OR5fzIQm,
cfly\$ nufgl / ;fdlhs
klta4tfsf]; fhgaf6 dfq
;Dej 5 . xfn ;djo cefj,
ah\$sf]; lldttf, glt
sfof]jogsf]sdhf] kl /
hgr]gfsf]sdn];d:ofnf0{
emg]hl6n agfPsf]5 . olb
clxn]gbl3\$fnlg ;fj / ;feif
kpf; gu/df eljiodf of];\$6
cem eofjx xg]lgLZrt 5.
gkfnf]t/f0{lfh]sf]kfgl ;\$6
;dfwfgsf nflu cfjZos 5
ls-:yfglo, kpf] / ;\$lo
;sf/n]:ki6 eldsf lgjfx ub]
cfk;df ;xfo{ ug] ah\$
JoJ:yfkgnf0{ kfylds tdf
/fv] glt sfof]jognf0{
s8f0sf ;fy cgludg ug] .
;fy]lghl 6baah tyf cGo
hn;f]sf]btf] lgodgnf0{s8f
agfpg'kg5 . ;dfhdf kfglsf]
dNoaf / ;Af0af/]hgr]gf
clej[4 u/L ;dbfonf0{;lqmo
;xeful agfpg'cTojZos 5
cGt/f6 ;km pbfx/Ofxg]sf]
clwoog u/L gkfnf ;beef
pkoQm /Ofglit c]nDag
ug]b5 .ca ;do cfPsf]5
ls kfgldfly ePsf] ax;nf0{
6b\$P/ ;a} txsf ;sf/
;dfh / kjlw; F]ldn]
bl3\$fnlg, lbu] ;dfwfgsf
nflu h6g'kg]cfjZos 5 .
kfgl xdf] hljg / ;d]cf]
cfwf/ x] To;sf]; Af0f /
lbu]kg xdf]; feif b]loj x]
;feif/lcGgkOf]gsaf6

भाडापखाला, हैजा र डेंगीबाट बचौं

अविरल भइरहेको वर्षाले भाडापखाला, हैजा र डेंगीको खतरा बढेको छ । तसर्थ, भाडापखाला र हैजाबाट बच्न:

- सधैं पानी उमालेर वा क्लोरिन मिलाएर प्रयोग गरेर मात्र पियौं,
- व्यक्तिगत सरसफाई (विशेष गरी हातको सरसफाई) मा ध्यान दिऔं
- बासी सडेर गलेका खानेकुरा नखाऔं,
- खानालाई छोपेर राखौं,
- काँचै खान मिल्ने फलफूल र तरकारीको सरसफाईलाई विशेष ध्यान पुर्याऔं

साथै सुल्ला रूपमा दिसापिसाब नजारी, चर्पीको अनिवार्य प्रयोग गरी र दिसापिसाब गरिसकेपछि साबुनपानीले मिचि मिचि हात घोऔं ।

साथै एडीस जातका लामखुटेको (कालो-सेतो छिकेँमिकेँ देखिने) टोकाईबाट समेत

डेंगी रोगबाट बच्न:

- आफ्नो घर वरपर तथा कार्यस्थलमा सफा पानी जमेको ठाउँमा लामखुटेले फूल पार्ने मछको हुँदा पानी जम्न नदिएँ
- घरको भ्याल ढोकामा लामखुटे नछिर्ने जाली हालौं,
- जुनसुकै बेला सुत्दा मछको प्रयोग गरौं,
- पुरै शरिर ढाक्ने लुगा लगाऔं र सचेत रहौं ।

साथै सायान्न तथा खानेपानी वितरक सम्पूर्ण सरोकारवाला निकाय तथा व्यवसायीहरूलाई सचेत रहन अनुरोध गर्दछौं ।



euxf gu/kflnsf
euxf, dxfl/L

r/]ljgfzsf]lrGtf

8f- gfu]>kf fb ofbj

r/] ;aebf blifol eefudf /xsf] kxf8 x]h;df gbln] agfPsf s]L vfxzsf ;fy} bg pkTosf cyjf leql dwj ; d] k5g\ . r/] kxf8 dVotof an]9uf, df69ufn] agsf xG5g\ . ol r]fgxZ k/] v]fn]e0g; s]f]xgfn]l58} Ifols/Of xg]cj:yfsf 5g\ . t/f0sf lhnfxZdf ;aebf pQ/lt/sf]kxf8 r/]To;dlg efj/ / To;kl5 ;dy/ eefu dwj; eP klg ol Pp6}ekl/lw x] t/ o;dlw] r/] ;aebf a9L ;jhgzn / dxQ]k0f5 lsggeg] r/] kfglsf] ;f] ePsf] t/f0sf]hljg/]f x] . r/]sf] e'agf / ;jhgzn]tsf]cfw/df k]l{ r/]l]To;df klg ;g;/lb]v /f]x6;Ddsf] r/] sdhf] / a9L ;jhgzn 5 . To;df klg ;kt/L l;xf / wglfsf] r/]sdhf] 5 . dwj;df ;Svkg / v8]L a9b} uPkI5 vfg]kfglnufot l;Ff0sf]nflu kfglsf]xfxfsf/ eP/ ;f]f/jfnfxZsf]lrGtf / rf;f]a9sf]5 . t/ oxL s/f xfdl !% jif]v elg/xsf 5f} . bfa lhnfsf]r/]df kfgl kge{Of tyf hnfzoaf/] sfofhs c'loog ubf]glthf /fd]b]vPsf]lyof] . clxn] ;a] dwj;df ePsf] ;Svf v8]Lsf] k]v sf/Ofdf r/] ljgfzn]ePsf]eGg]u5g\ . s] r/]sf]ljgfz / b]xg oxL Ps b0{ jif] ePsf] x] < r/] ljgfz / b]xg eg]sf]s]x] < r/] ePsf]jg k]f]f/ 9uf luS / afn]f dVo k]s[ts ;f] xg / ol ;f]sf]lgod ljk/Lt ;ng g]b]xg x] . e":jfld]jsf]lx;fan]of] ;sf/ / lghL JolQ]df /xsf 5g\ . r/] kfglsf] ;f] ePsf] t/f0sf]hljg/]f x] . o;s] Ifols/Of k]s[ts sf/Of / dfgjlo ultljwn]e0/xsf]5 . @)%! ;fncl3 dwj;sf k/Dk/fut jg pkef]pQ/lt/ r/]Ddsf]jg k]f] ugiuy] . t/ @)%! ;fnkl5 :yfglo ;dbfon0{;fdbflos jg x:tfGt/Of u/]kI5 blifolt/sf]dwj;sf]hgtf jg pkef] ugf6 j]-rt eP / jgk]t pglxZsf]rf;f]36b} uP . lghL jgafx} /li6

jgsf] Joj:yfkgf]lhDdf l8lehg jg sfof]no / ;fdbflos tyf ;fem]f/L jg ;d'xsf] x] . Psy/L dflg;xZn]klxnfsf]eGbf @)%! ;fnkl5 r/]df ;fdbflos jg agkl5 r/] h]uPsf]5 ;Af0f ePsf]5 eGg]ub5 lsggeg] r/]df clwsfZ ;fdbflos jg g]5g\ . olb r/]ljgfz ePsf]5 eg] s] s] slt, sxfFsf]fjgfz jf b]xg ePsf]5 < r/] ePsf] ;f]xZ /sf/ / jg ;dX lhDdfdf 5gV o;s]cgludg ug]lhDdf /sf/L lgsfosf] x] . efj/ / r/] If]sf] n]vfhf]v :yfglo / k]pZ ;sf/ ;f] olsg xbgk]x]t/ 5g h;n]ubf{ol ;f]xZsf] cltq]dOf / b]xg e0/xsf]5 . t/f0sf]jg Joj:yfkg e0/xsf] 5g / 9uf luS s;sf]lghL ^ofS6df p]kfbg x] . o;s] dVo ;f] eg]sf] r/]g}x] . k]pZsf]jg If]af6 lg:sg] k]s[ts ;f]sf]Joj:yfkg ug] lhDdf k]pZ ;sf/sf]x] ol k]s[ts ;f]sf] ;Af0f / pko] ugf]lhDdf lnPsf lgsfo / ;yfxZn]cfcf^gf]stfo / lhDd]f/L jxg u/]sf 5g< o;s]lgodg / cgludg ug] lgsfon]lhDd]f/L k'f u/]t < o;s] b]f] sf]sf] xg< ol ;f]sf] Ifols/Of / ljgfzsf] c;/ 6f9f /xsf tNnf]t6Lo If]df a:g]dflg;n]lsg efl]g] <lxhf]Dd /fhdfu]pQ/ /xsf k]s[ts ;f]af/]rf;f]g /fv]g] g]f]hlxZ / hgtf ;a] clxn]sf]df/ v]k/xsf 5g\ . cflv/ ol ;f]sf] /f]f/jfnf xfdlxZ klg /xsf]eGg]af] t eof] . xfdln]oxL s/f @)%! ;fnb]v g]elg/xsf 5f]hg glt lgdf]f, g]tf / lgodgstf]aem] . ut tlg bzsd f r/] slt ljgfz eP o;s]n]vfhf]v :yfglo, k]pZ / ;lo /sf/ ;f]5 < r/]sf] Ifols/Of k]s[ts sf/Of / dfgjlo ultljwn]xg]ub5 . o;dlw]dfgjlo ultljwn]xg] r/] Ifols/Ofnf0{Go9 jf Joj:yfkg ug};lsG5 . r/]df cgfjZos ef]ts k]f]f/ ;8s, af6f] cflb lgdf]sf nflu hyef]l kxf8 vGg agb ug]5{ t/f0{dwj;df kfgl kge{Ofsf nflu r/] / gltdf r/] h]u]p / dwj;

r/]sf] k]p]df hnfzo lgdf] ug]h?/L 5 . r/]df sb ;f] sxfF]slt / o;s] Ifols/Ofaf/]yxf eof] eGg]dfq ;Af0f tyf Joj:yfkg ug};lsG5 hg ;sf/ ;f]xsf]b]v] . clxn] r/] b]xg]gfdd clwsfZ efj/ If]af6 luS / afn]fsf] clgoldt Zkdf ;ng u/L /xsf] If]sf]e":jfld]j olsg 5g . t/ k]pZ ;sf/ ;k]f;g / :yfglo ;sf/n] rfx]df ;lhn]o;s]olsg u/L lgodg ug};lsG5 . ol lgsfon] grfxg' / lgodg gug]eg]sf] e]6frf/nf0{a9fjfbg'x] . vf; u/] dwj; k]pZdf r/]sxfF slt 5 < af/] cGof] 5 . o;s] ;f]d]fly sf]sf]s]slt lge{ 5glo;af/]k]pZ ;sf/ c]jut eP dfq Joj:yfkg ug};lsG5 . jgnufot s]if dGqfno k]pZ ;sf/sf] dftxtdf 5 / r/]sf]clwsfZ If] ol b0{dGqfnoc]tu{ k5{ eg] r/] If]sf]plr t ;Af0f tyf Joj:yfkg ug]b]fot] klg log]dGqfno xg\ . t/ /fhdfu{ pQ/lt/sf]h]u]fsf]e":jfld]j jg dGqfnosf]/x]klg olsg 5g h;n]ubf{klg cltq]dOf e0{of] If] Joj:yt 5g . clxn]b]Zsf]lgeGg txt]ksf dflg;n]r/] ;Af0f ug]5{eGg] u/]sf 5g\ t/ r/] ;Af0fsf nflu s s:n]s]s]u/] / c] s] s]ug] < r/] slt j]f/f]k]f u/] < / o;s]cj:yf s:t]5 < jg k]f]f/sf]rfk r/]df g lbg r/]l]g;dy/ eefus]slt jg If] lbu]Zkdf Joj:yfkg u/L tNnf]t6Lo If]sf]hgtfsf] jg k]f]f/sf]cfk]t{u/ < s] k]pZ ;sf/sf]cfj]lws of]hg, j]liff glt tyf sfo]d / j]liff sfo]d ah]df r/] ;Af0f tyf jg Joj:yfkg] k]yldstf k]Psf]5 < cfly{ jif @)&*+)&(df dwj; k]pZsf] r/] ;Af0fsf] k]yldstf / ah] x]f]k]f/L ;f]bol{/Of @# s/f] ?k]fF P]txf] ;s wld{ ;f] ;Af0f !% s/f] ?k]fFg]j]f If]df xl/t k]s]lgdf] !^ s/f] r/] ;Af0fdf ?= ^ s/f] !^ nfv dfq . ol ;a}f !) bzd n] @\$ k]tzt ah] l]lgo]hg ePsf]/x} . r/] ;Af0f tyf Joj:yfkgdf nufgl v} < r/] ;Af0fsf]vfnl efifof, gf/f / gltdf r/] h]u]p / dwj;

arfp] eg] t k]sfz:q /6] ef] d]fpg]h:t}x] . csf]lj8dagf dwj; k]pZsf] r/]df pQ/ blifof ;8s lgdf]df 8f]h/ cft]n] r/] If]df lghL h]u]af6 clgoldt Zkn] luS afn]f ;ngdf t]j]f lbPsf]5 . ;kt/Laf6 uf0sf6 hfg]b0]6f lkr /f] x]x]Zkglaf6 uf0sf6 hfg] af6]agfpg sl/a \$) jif]eof] t/ clxn]Dd cfwf klg vGg EofPsf]5 . ut cfly{ jif] csf]dwj; k]pZs}dGq]hln] sNof]k/af6 uf0sf6 ;8ssf] lznfGof; ug} ePsf]5 . o;u/L u]hahf/af6 dllokxf8L hf]g] ;8s agf0/xsf]5 . ol ;8s ag]af6]df ufp]g]5g eg] ;f]hlxZn]l]sf;sf] gfddf s:sf] nflu ;8s agf0/xsf 5gk s]o;/L r/]h0f l5ofl5of kf/L vGbf r/] ;Af0f xG5 < of]g}r/]ljgfzsf]Pp6f sf/Of x] . r/]af6 lg:sg] gblxZdf oltsf]u]of] sxfF6 cfof] sltko ufpFgblsf] ;txeGbf tn e0;s]f]5 h;n]ubf{ufpF56f / 8afg xG5 o;s] ;dfwf s:n]s] / ug]k s]/fhdfu]blifof l]sf; ug]7f]5g < k}f sdfpg]/ sfof]t{k]n]g]p2]o x]eg] r/]x]sf]If]df l]sf; v]P xG5 . h;n]ubf{sd;sd t/f0{d?ed]s/Of xgaf6 t ar5 . o;af/]dwj; /sf/ lsg dSbz{ ePsf]5 < clxn] ;lo /sf/n]x]ns6/ c]nf]sg u/] dwj; k]pZdf k]f ;oj6f l8k af]a uf8g]

;lo /sf/sf] 3f]foff e0{ wdfwd af]a uf8g ynf]5g\ . t/ ;sf/s} Ps c'loogcg';f/ l]utdf ufl8Psf clwsfZ af]a c;k]n ePsf 5g\ . lbgk]tlbg af]a ylk]uP/ sd ulx/f0sf]af]a sd kfgl lbg] u/]sf]5 eg] sltko ;ls;s]f]cj:yf 5 . t;y{ ca ufl8g] af]a ;DefJotf c'loogsf]cfw/df pkoQ] 7fp] uf8gk5{ gq o;n]yk l]kt]lgtOfpg]5 . hn]fohGo l]kb} ;fdg ug} cg's'hg of]hgf agf0{ sfot]og ub]hfgk5{ . clxn]v8]Lsf];d:of ;dfwf ug}cNksfnlg sfo]dc]tu{ ufp]p] vfg]kfglsf] nflu /xsf k/]fg]0gf/sf]dd{ u/L k]l ;~rfng ug]5{ . ;Svf ;dosf]nflu kfgl e08f/Of u/L /fv]gk5{ kfgl vkt sd / bko] ug]5{ . Pp6]n]b/af6 kfgl tfGg]pks/Of sd h8fg ug]5{ . sd kfgl r]lfxg] afnlsf]v]L ug]5{ . ;Svf v8]Lsf];d:of ;dfwf ug} bl3sf]nlg sfo]d klg ug} ;lsG5 . o;s]nflu r/] ;Af0f tyf Joj:yfkg ug]u]of]hgdf r/]sf]df6f]r/]h0f ;kf kfgl ;ah0{eGg]kl/sNkgf u/]sf] 5 ;f]cgZk r/]df sdf ug]5{ . gbl k]ffnlsf]of]hgfcg';f/ a:tl / gblhGo kb]y{sf] Joj:yfkgf]fy}r/]af6 df6f -l;N6_ sd al]g] pkfoxZ ;d]gk5{ . r/]df k]s[ts ;f] -jg, e' / hn ;Af0f tyf Joj:yfkg ug]

h?/L 5 . r/]df /xsf]k]s[ts jgsf] ;Af0fsf] ;fy}vfnl 7fp] cld]f] / afFsf] ;fy} gblsgf/ au/df a]t\Zkdf a]sf]j]f/f]k]f ug} ;lsG5 . k]pZ ;sf/n] r/]df jg cltq]dOf lgoGqOf tyf a:tl Joj:yfkg ug]h?/L 5 . r/]df cgfjZos ef]ts k]f]f/ ;8s, af6f] cflb lgdf]df hyef]l kxf8 vGg agb ug]5{ . t/f0{dwj;df kfgl kge{Ofsf . t/f0{dwj;df kfgl kge{Ofsf nflu r/] r/]sf]k]p]df hnfzo lgdf] ug]h?/L 5 . r/]If]f6 gblhGo kb]y{ ;ng gug] r/] If]df klxn]lgdf] ePsf 8bdf / hnfzoZ dd{ / d]flyNnf] t6df r]8bdf lgdf] u/L k]l l;Ff0 ;~rfng ug]k]g] cfjZostf 5 . r/]af6 lg:sg] gblf r/]sf] k]p]df af] af] gof]hnfzo lgdf] tyf hnfzosf]d]flyNnf] t6df r]8bdfxZ agfpg'k5{ . efj/ ;dwj;sf]gblaf6 :yfglo tx tyf k]pZ :t/df :jls] 0cf0f'cg';f/ r/] If]af6 r]h]a xg]u/L gblhGo kb]y{ ;ng tyf t6abdf xl/t k]l agfpg'cfjZos 5 . e'hnsf] ;DefJotfsf]cfw/df pkoQ] 7fp] af]a uf8g] tyf Joj:yfkgf] ;Agf lgdf] ug] / ;txl ;Ff0sf]nflu r/]af6 lg:sg] gblxZdf hn ;~ro ug]5{ . rG> gx/ ;sdnf / afudtl gblf ag]f hnfzosf]lfdtf clej]4 ug] / sf]Lsf]kfgl rG>gx/ ;sdnf / afudtlf 8f0e ;g ug]g] -ofbj . iq tyf r/]l]1 xbl\ .

kfglsf] ;f]sf] ;Af0f u/]f

- jg ;Dkbfsf] ;Af0f u/]f
- vhf 7fp] j]f/f]k]f u/]f
- 0gf/, sf]f, k]f/L, kfgl k]f]h:tf kfglsf] ;f]sf] ;Af0f u/]f
- eldut kfglsf] b]xg gu/]f
- kfglsf ;f]sf] ;Af0faf/] hgr]gf clej]4 u/]f
- kfglsf ;f]sf] ;Af0faf/] hgr]gf clej]4 u/]f
- v]f]gfnf, k]f/L, t]n j]l/k]l ;kf / x/fef /fv]f

lkk/f ufpkflnsf

lkk/f, dxf]L

v8[n]vaf dw]

8f- ljhosdf/ l;✱ bgjf/

hljg s;/L wfGg] < dw];
kþždf oxL kžg clxn]dVo
lrGtf agšf]5 .
dw]; kþžsf]df6f]leHg]dfq
xfGg, kfgl g]aUg]u/L @)*@
;fpg !& ut]kfof] o; eGb
klxn]o; kþždf jiff{geP/
rfkfsn, 0gf/ ;s] /
vfg]kfglsf] ;d:of eof]
cfsf;]kfglsf]e/df v]L ug]
ls;fgxZn]wfg /f]g kfPg
hldgdf wfFf km6bf] /f]kšf]
wfg klg ;Sg yfNo] h;sf
sf/Of dVo afnl wfg pKfbgdf
sdl xg]eof] ls;fgn]hljg
s;/L wfGg]< of]clxn]dVo
lrGtf agšf]5.
kþž ;/sf/sf] l; kmf/;df
;3lo ;/sf/n]@)*@ ;fpg
* df ;'rgf kšflz t u/L dw];
kþžnf0{-;Svf lf] 3f]foff
ufof] To; sf]ef]nkN6 ;fpg
(df ;DdfggLo k]vfgdGql
skl cf]hla6 dw]; kþžsf]
e]Of eof]k]vfgdGql cf]hla6
xfnnf0{%) l8k 6bajjh
uf8g]3f]foff ePsf]5.
r/] r/]šf] prf0 !())
ld6/;Dd 5. @)*@ >fjOf
!& eGb klxn]klg r/]šf] skl
kfgl k/šf]lyof] t/ ;f]jssf]
h:t]t/f0df af9L cfp]g]u/L
kfgl k/šf]lyPg. vfg]kfglsf]
;d:of cfpnf eGg]7hf]kl/
5. r/] lf]hdf k']š]v
klZrd;Dd kfo] clwstd
7fpFf wfg /f]kPsf]5.
efa// vfg]kfglsf] dVo >f]
ulx/f] 0gf/ x] kfgl gk/]
0gf/df kfgl sd ePsf]5.
kfgl gk/] 0gf/sf] kfgl ;Sg]
lrGtf 5. r/] Fhf]8Psf]euf]
ePsfn] r/]šf6 lg:sšf]
vf]hsf] kfgl NofP/ sltko
:yfgxZ h:t}albaf; nufot
w]} 7fpFf ls;fgxZn] wfg
/f]kšf 5g\ vfg]kfgl / l; Ff0sf
nflu kfglsf] cefjsf] bafa
eg]3/ kl/jf/ / ls;fgxZdf
5. @)*@ ;fpg !& b]vsvf]
jiff] yk /f]kfoFxb] cfzf
ul/Psf]5.
t/f0[@)*@ ;fpg !& eGb
cfuf]8 t/f0df kfgl k/šf]
lyPg jf sxl+sxl+km6kn6
dfq kfgl k/šf]lyof] tftšf]
tfjdf Ps yf]k kfgl k/]h:t}
rfkfsn vfg]kfglsf]dVo ;f]
xf] rfkfsn xftn] lyRbf jf
lahhl nuf/ kfgl tfGb kfgl

cfpFf jf t?t? kfgl dfq
cfpF. udl{a9bf]5. Psflt/
kfglsf]xfxfsf/ csf]t/ udl{
hgtf b]k]f]df/df. kfgl k/]
eg] jifef/ vfg]kfglsf] hf]k]
s;/L ug] aRrf, jF, dlxf,
la/fdL, ul/a kl/jf/xZ ;aP
a9L df/df.
l; Ff0sf]cj:yf] dw]; kþždf
l; Ff0sf ;fdfO l]lwXZdf
gbl, kf]v/L, shf] ;txL 6bajjh
/ ulx/f]af]asf]kbf] ul/G5.
t/, nfd] ;dob]v k/šf]
v8[n] ol l; Ff0 k]ffnlxZ
kšfjsf/L xg ;sšf 5g\
sdnf, afudtL, gf/fofL, sf]Z
klZrdL gx/nufotsf
gx/xZaf6 l; Ff0 kušf]v]df
wfg /f]kfoFePsf] l; Ff0sf]
;ljwf ePsf] v]tdf wfg
/f]kPsf lyP t/ ls;fgxZaR
kfglsf] tfgtfg.
clxn]dw]; kþžsf]t/f0{efusf]
;x/L / u]dLof Onfsdf
ax';wos 3/w/L / hg;wofn]
rfkfsnsf] kfgl vfg]kfgl /
l; Ff0sf nflu pko] ub5g\
of]egšf]%) b]v @)) lkm6
ulx/f0;Ddsf] @)) lkm6;Dd
PSjfk/]sf]kfgl pko] u/šf]
xf] clxn]šf] ;d:of egšf]
jiffšf] kfgl g k/] @))
lkm6;Dd PSjfk/]sf] kfgl
kge{Of g ePsf] xf] o;df
xfdln]lj rf/ ug]kg]s/f s]5
eg]@)) lkm6;Dd PSjfk/]sf]
kfgl kge{Of s;/L xG5 <
o;sf ;f]xZ s]s]/ sxfF
5g < o;af/] uxg 5nkn
xbgb5. hldgd]gsf] kfgl
kge{Of ug]sf]d gblxZ tyf
l; Ff0 shf]kZaf6 aUg]kfgln]
ub5. t/, dw]; kþždf afxšf];
aUg]gbl afudtL dfq]xf]
l;Sgkg]kf7 ll afaf tnl /;xf
lhNnfsf]s/hGxf gu/kflnsf]
sdnf gblsf] k']L lsgf/df
a;šf]agbLk/ ahf/sf]pt/klš
r/]šf];fdbflos jgdf /xšf]
Ps gdbg tfn xf] dVo Zkdf
o; tfnn];Ff0 / hldgd]gsf]
kfgl kof]t dfqdf kge{Of
u/šf]5 h;n] tfnsf] tNnf]
e]udf /xšf]v]df dfF/ nufP/
hldgd]gsf]kfgl tfg] l; Ff0
ug{;ljwf ePsf]oxfFf dP/
e]nf kf]h / :yf]glo s]sxZn]
jofG u/] yfSb. of] tfn
aGgeGb klxn] ls;fgxZn]
kIDk^;š nufP/ hldgd]gsf]
kfgl l; Ff0 ubf{s]k] ;dodf

g}kfgl ;Sg] ub{of] clxn]
lbgel/ /ftel/ dfF/ nufP/
hldgd]gsf] kfgl tfGb klg
;Sb. of] hldgd]gsf] kfgl
afaf tfnn]kge{Of u/šf]Ps
gdbg xf] o;sf] l;sf0 u/]
r/]šf] cG0 lf]hdf ;fgf 7hf
tfnxZ agfpgkb5.
zDe]gy gu/kflnsf, ;kt/Ldf
hldgd]gsf] kfgl kge{Ofsf]
gdbg sfo{ zDe]gy
gu/kflnsf]df cjl:yt
vf8f]vf]hsf]dflyNnf] lf]hsf]
gdbg ;Af0f sfo{xšf];lsG5.
/fi6kt r/]t/f0{dw]; ;Af0f
ljf; ;ldt, nxfg e";Af0f
sfofho / :yf]glo k']f]v/
sfofhosf] cflyš tyf
kf]ljws ;xof]udf r/]šf]
sfvdf ;f]h]gs hldgdf !&
j6f ;Af0f kf]v/LxZ / lghL
* u/L @% j6f kf]v/L lgdFf
ul/Psf]5.
hxfFklxn]šf] ;dodf ;Svf
ofddf kfglsf] cefj xGof]
clxn] eg] jifef/ ;a}
3/kl/jf/sf nflu kþ:t lkpg]
kfgl / l; Ff0sf nflu
hldgd]gsf] kfgl pknAw
ePsf]5. ol ;Af0f kf]v/LxZn]
e"uelš hn ;f] kge{Of
ul//xšf]o; j8f]olf blufG
eutn] eGgePcg;/f dw];
kþžnf0{-;Svf lf] 3f]foff
ul/Psf]5 t/ o; j8f g- @
sf ls;fgxZn]k]nlyg kf0k
/ ljBtLo dfF/dfk] euelš
kfgl lgsfn] l; Ff0 u/] ;a}
wfg v]t /f]k; sšf 5g\
ljutdf ol kf]v/LxZ g xFf
;Svfoddf euelš kfgl
pknAw gxb]/ wfgv]L cfsf];
kfglsf] e/df xG] u/šf]
pglxZn]cgej 5.
bfa lhNnfsf] 3f]fxL
pkdxfgu / kflnsf-
kf]v/LxZsf] nx/ ll bfa
lhNnfsf] 3f]fxL
pkdxfgu/kflnsf] kl5Nnf
;ft jiff] kfglsf] cefj
;dfwfg ug]/ xl/ofnl tyf
koGg kl]wG ug] p2žon]
tfn; lxt dP/ gZnfn
rf]v/Lsf] g]l]df \$# s]qd
hnfxoxZ lgdFf u/šf]5.
ljutdf cfsf];kfglsf]e/df
v]tL ug] ls;fgxZ ol
hnfxoxZn] l; w} s]if,
df5fkfng / koGgdf ;xof]
kfoPsf]w]}:yf]gloj;lxZn]
hl]jsf]k]hGsf]df]od kfPsf

5g\ r/] lf]hdf :yf]glo
;/sf/sf]kfgl ;Af0f, hn]fo'
cgšhg / Gog]s/Ofsf gdbg
/ pbfx/Oflo sfofho{-;nfd
lkge{Of kf]v/LxZ ll wglff
lhNnfsf]9Ns]/ kfglsf]cefj
lf]hsf] Zkdf df]gG5. ulx/f]
0gf/ vg] 0gf/leq ;d/;š
dfF/ /fv] kfgl tfg] vfg]kfgl
/ l; Ff0 ug{xofFf af] ;Gbsf]
b]gsl hljg xf]ljutdf o:t]
ulx/f]0gf/ klg ;Svf dlxgdf
;Sg]ub{of]xfn wglff lhNnfsf]
ldlynf gu/kflnsf-&
9Ns]/sf] cf]xL gblsf]
lsf]df ayfg u]šf] ^ a6f /
s]nlk/ ;fdbflos jgdf (
j6f kge{Of kf]v/LxZ vgšf
5g\@ j6f kf]v/L t k/]g]lyof]
ayfg u]šf] ^ a6f gofFg}
vlgPsf ol kge{Of kf]v/LxZn]
9Ns]/ / o; sf]tNnf]-blifol
efu lf]hdf 0gf/xZsf] kfgl
kge{Of ug{-;xof]l ePsf]5.
;Svf dlxgdf 0gf/df kfgl
c8g] ePsf] dw]; kþž
;fdbflos jgsf c]olf tyf
9Ns]/ / :yf]glo lgjf;L
;f]k];fb zdf{/ :yf]glo
;dbfoxZsf]cgej /xšf]5.
albaf;sf]j8f g- # df /xšf]
sfnfkfgldf s:sšf kf]v/LxZ
ll /ft' vf]hsf]dflyNnf] t6df
/xšf ;fgf 7hf @!# kf]v/LxZ
vlgPsf 5g\h;df %@ s/f]š
ln6/eGb a9L kfgl hDdf ePsf]
5. o; ;ft'gblsf];a-;/km]
;tx -hldg eGb #-& lkm6_
tn df6šf];txsf] kfgl
;šng u/] albaf;sf]kfglsf]
cfjZostf k'f u/šf]5 eg]
wglffsf] th;L / albaf;sf]
sfnfkfglnufot a:tlsf nflu
vfg]kfgl / l; Ff0sf] kfgl
pknAw ePsf]5. l; Ff0sf]
kfgl pknAw eP/ ;f]jsdf
cfsf];e/df ePsf]Psn afnl
clxn]# afnl v]tL e0/xšf]
:yf]glo ;dbfo / ;fdbflos
ljf; / k]jLd-r albaf;sf]
c]olf gfub] ofbj eGgG5.
dw]; kþžnf0{-;Svf]t lf]
3f]foff eP klg r/]šf]sfFdf
a;šf] th;L / sfnfkfgldf
kfgl k/] /f]kfoFeg]ePsf]5.
kfgl Joj:yfkgaf6 l;sf0 ll
l5dšL dh's ef/t g]knsf
sf]ZL, u08sL / dxfsfnlsf]
kfgl afF afF kfglsf]k]oš
afF kfgl axpko] ul//xšf]
5, csf]t/ xfdln] ;fgfGb

;fgf] vf]hf jf gblsf afF
gafF xfd]v] l; Ff0 ePg
eg] v] afF] /fvšf 5f]of]
xfdf] s:t]f ;f], of]hgf /
sf]md / la8Djgf xf] xfdL
;a]f0fyxf 5, xfdL sxfFf/
dlxgdf sl/a *) k]tzt kfgl
bžafix/ hfG5. dw]; kþždf
afudtL gbl dfq jifef/ kfgl
xb]gbl xf] afF] ;a]gblxZ
h:t}sdnf, /ft' nvgb0{-
vf8f] anfgnufot gblxZ
r/]šf6 lg:sšf l;hgn gblxZ
5g\ t/ ol gblxZd]o]sb]klg
l;hgn gblsf r/]lf]hdf ;fgf
7hf afF afF kfgl ;šng
u/] t/f0šf]hldgd]gsf]kfgl
kge{Of ug{7hf] 6]f klg]
b]vG5.
bl3šfnlg pkfoxZll
dw]; kþžsf dVo gblxZ h:t}
/ft' d/xf, hnfw, cf]xL,
anfgnufot gblxZsf] dVo
k]fxnf0{/f]šg] u/L 8bdf
agfpg] r/]šf6 lg:sšf
gblxZsf] vf];fv];lxZdf
;fgf7hf] / ;ofšf];wofdf
;Af0f kf]v/L, l/rfh{kf]v/L /
tfn tnšfxZ agfpgkb5.
o;n]klg t/f0šf]hldgd]gsf]
@)) lkm6;Dd PSjfk/]sf]kfgl
kge{Of ug]7hf];3fp klg]5.
t/, r/]šf];Af0f ug{klxn]
;txf]
kflnsf / j8fxZsf] k/]fgf
kf]v/L tyf l;d;f/xZsf]ddF
;wf/ / gofFkf]v/L lgdFdf
cu];tfl r/] / efa/ lf]hsf]
kflnsf / j8fxZn] k/]fgf]
kf]v/L / l;d;f/xZsf]ddF
;wf/ / gofFkf]v/L lgdFdf u/L
hldgd]gsf] @)) lkm6;Dd
PSjfk/]sf] kfgl kge{Of ug]
7hf]6]f kfofpg ;Sg]5. bfa
lhNnfsf] 3f]fxL
pkdxfgu/kflnsf / ToxfFf
dP/ / zDe]gy gu/kflnsf-@
sf j8f]olf o;sf cu]fl
x:tlxZ xg\
;f]jssf l; Ff0 8bfxZsf]
ddF / ;wf// dw]; kþžsf]
r/]šf6 lg:sšf dfxhL ;Gb/L,
vf8f] v8u, anfg, rf/gfy,
sdnf, d/xf, km'hhf],
sf]nchf] gblxZsf] r/]šf]
km]pdf l; Ff0sf afF /
;ArgfxZ /xšf 5g\ To;
l; Ff0sf afF / ;ArgfxZsf]
c]oog / sd vrdf dfF
;wf/ u/] efa/ t/f0šf]!))

;f]a3f hldg l; Ff0 ug{dbt
ldNg]5. o;af6 t/f0šf]kfgl
kge{Of ug{6]f klg]5.
r/]šf ;fdbflos jgdf
kf]v/Lsf]cleofg ;? ug]kg]
dw]; kþždf %\$% j6f
;fdbflos jgxZ r/] lf]h /
efa/ lf]hdf /xšf 5g\ x/š
;fdbflos jgdf ;Dej eP;Dd
Pp6f kf]v/L agfpg]cleofg
;-rfng ug]kb5. g]knsf w]}
;fdbflos jgxZn]o;df kxn
ul//xšf 5g\
dw]; kþždf /xšf !& a6f
;fem]f/L jgdf kf]v/Lsf]
cleofg ;? ug]kg] dw];
kþždf wglff, dxfl/L ;nf],
/f]x6, af/ / k;f]u/] !&
j6f ;fem]f/L jgxZ vf; u/L
efa/ lf]hdf /xšf 5g\
;fdbflos jg h:t};fem]f/L
jgxZdf klg kf]v/L vGg]
cleofg rnfpgkb5. o;af6
t/f0šf] hldgd]gsf] kfgl
kge{Of ug{dbt klg]5.
;fu/gfysf] jgdf kf]v/Lsf]
cleofg ;fu/gfysf] jg klg
efa/ lf]hdf kg]ePsfn]o;
jgleq klg kf]v/L vGg]cleofg
rnfpgkb5.
ulx/f] / ;txL 6bajjhsf]
hldgd]gsf]PSjfk/]sf]c]oog
/ cg';Gwfg u/] gS;šg ug{-
h?/ll clxn];Dd xfdL t/f0df
k/]fg]cgejl ;txL 6bajjh
uf8g]ub5žt/, o;af/]uxg
c]oog / cg';Gwfg ePsf]
b]vFf. g]kfn ;/sf/n]ug]of]
Ps clt h?/L sfo{b]vG5.
s;sf]s]eldsf < ll gltut
Zkdf /fi6kt r/] t/f0{dw];
;Af0f ;ldt, jg tyf jftfj/Of
dGafno, dw]; kþž jg tyf
jftfj/Of dGafno, dw]; kþž glt
cfo] / dVodGlsf]sf]ofnosf]
culfdL eldsf /xšf]5.
kl]jws Zkdf jg tyf hnfw/
ljefu, bft[;yfaf6 ;~rfint
hn]fo'cgšhg, l; Ff0, jg tyf
jftfj/Of cfo]hGfxZ dx]jkof]
b]vG5. ynut Zkdf sf]jg
txdf :yf]glo ;/sf/ / j8fxZ,
lhNnf / lkm8 txdf /xšf jg
sfofhoxZ, e";Af0f
sfofhoxZ, l; Ff0 sfofhoxZ,
;fdbflos jg ;fem]f/L jg,
;fu/gfy jg kl/of]hgf /
u];/sf/L ;yf]xZsf]eldsf
b]vG5g\
bgjf/, r/] / dw]; -t/f0[sf]
cGt/;DaGwdf ljBf]f/lw xg\

sdnf gblsf]kh !\$

j ifb n cw }

kkhnf0{x6fP/ nldagL hēlnf0{
 7}sf lbPsfjlyofj. t/, k6s-
 k6s Dofb yk eP/ bz jifdf
 lgdffsfjclGtd r/Ofdf klufj
 ofj kh @)*& c;/ !& df
 ;fdfGo af9L ylg g;sl
 efl;Psfjlyofj.
 kh efl;PkI5 kb|| kbglGff
 yflnPsfjelgP klG olt ;:t
 9un)sfd e0/xsfj5 ls kh
 aGgf-gaGgsYf clglZr th:t}
 5 . kl5Nnfj ;do clGtd
 k6sssf nflu @)*@
 c;/;Ddsfj Dofb lbOP klG
 7sf/njkhshfsfd g)cnkq
 5f8sfj 5 . sdnf khshfj
 ljifodf clxn)sx| eGg ldNgj
 cj:yf g/xsfj lgbZgfnosf
 kdv s[Ofsdf/ dxtfh]atfP
 dxtfzf cg;/f/;Deifzf
 cg;/f/ tfsPsfjldltleq sfd
 gu/kI5 lgbZgfnon]
 7sf/nf0{sf/afxL ug[klqof
 cufl8 a9fPsfj5 .
 oxfBf gful/s cu'fxZn]
 sdnf khshf nflu k6s k6s
 cfGbfhg g}ubf cfpSf 5g\.
 t/, stzf6 klG cfGbfhgsfj
 dfu / ;jfwf/Of kl.8fnf0{
 ;Dafjvg ug[sfd ePsfj5g .
 hals, kfvGdGqlbv dGqL;Dd
 oxfK6sk6s cfP/ kh rlfB
 aGg]cfZjf;g lbP/ hfGju/sf
 5g\. kh agfpgeGbf o;nf0{
 ;wef/ rbfjl d2f agf0/fvg]
 /fhglLts bnx?sfj lgot
 ePsfh]ofj kh aGg g;sdfj
 xhfsL ;8s ;3if;ldltnj
 cf/fk nufPsfj5 .

wgiffdf ;z:q kx/L / t:s/
;dxaLr em8k

u/ʃf lYp . l:yltnfO[lgOqOfdf
lng]qmddf ; z:q kx/L ann]
rf/ /fpG8 xjfo[kmfo/ u/ʃf]
pxfF] hfgsf/L lbgEof].
em8ksf qmddf :yfgLon]
t:s/Lsf]sXL ; fdfg nSfPsf
5g\eg]Pp6f df/ ; f0sn /
sXL ls/fgf ; fdfg ; z:q
kx/Ln]lgOqOfdf lnPsf]5 .

kfglsf] ; flsf] ; #f0f u/fj.

- jg ;Dkbfsl ;Hf0f u/f;
- vhf 7fpd j[ff/f]0f u/f;
- 0gf/, s]f, kfy/L, kfgL kw]h:tf kfgLsf] ;[sf]
;Hf0f u/f;
- eldut kfgLsf] bfxg gu/f;
- kfgLsf ;[sf] ;Hf0faf/] hgr]gf clej4 u/f;
- kfgLsf ;[sf] ;Hf0faf/] hgr]gf clej4 u/f;
- vnfghnf, kfy/L, tfn jl/k/ ;km / x/fel/f /v/;

hnj / gu/kfnsf

hn4j / dxf0/L

dwz kbz

kfglsf] ; flsf] ; #f0f u/fj.

- jg ;Dkbfsf] ;~~hf~~ u/fj
- vhf 7fp~~hf~~ j[ff/fk]of u/fj
- Ogf/, s]f, kfy/L, kfgL k~~hf~~h:tf kfgLsf] ;[sf]
;~~hf~~ u/fj
- eldut kfgLsf] bfxg gu/fj
- kfgLsf ;[sf] ;~~hf~~af/] hgr]gf clej[4 u/fj
- kfgLsf ;[sf] ;~~hf~~af/] hgr]gf clej[4 u/fj
- v~~hf~~gfnt, kfy/L, tfn jl/k/ ;k~~hf~~ / x/te/f /v~~hf~~

fix/k66L gu/kflnsf

nfx/k66L, dxf/L