

uf]kn of]hgaf/f /lrt tyf ; ulat4 ol /fli6@ ultx;sf]; sng u/l >ldtl /f5g
of]hgn] ; xof] ug{ ePsf] xf] . ol ultx;nf0{ slj >l nldl; Gb/ lh^nyh]
sDkOb/s[u/l ; xof] ug{ePsf] xf] . ; xof]sf lgldt pxfx; b] hgfnf0{
www.nepalikavita.com w6oj fb lbg rxf65 .

uf]kn of]hg af/f /lrt tyf ; ulat4 g]kfnl /fli6@ ultx;

b]z k]l

b]zn]/ut dfu]dnf0{anl r8fp
?f5gg\d]l cdf pm g]kfnsl 5f]l

a9] sfnsf nflu b]z o1leq xfdl
d]l a9l cdf uf]d)xf]l vzl bl]v65g .
tl sf68fsf ; GtfG cem]d/}f 5gg\
t/ lrofaf/l / af]3f/l s/l /x}f x65g
kfp]g s]l klG /ut :tgsf]; f6f]
cfp]g dflg p; nf0{pm g]kfnlsl 5f]l
b]zn]/ut dfu]=====

od/fhsf]lz/ l5gfpG]; f/f k]l]sf ; GtfG
al3glsf]b]f xfd]g To]t g]kfnlsf]:tg
; lSbg d t af]G lgwf{eP/ Psl5g
a? zxlbeP/ jL/s}d[o'd d5{
xfdl jL/ ag] d5f]fuf]l t pm ; x65]
df]lbgg\; gsf clf/ pm g]kfnlsl 5f]l
b]zn]/ut dfu]=====

ag\$]5 kx/in]of]5ft d]f]

ag\$]5 kx/in]of]5ft d]f]
au\$]5 5x/f /utdf d]f]
kv]df h6dl 6fs/fdf v]g]
d em6b)ae6g]g]kfnf]5f]f]

vf] \$]f]/f6ln]d]f]k6 el/6g
dfu\$]wf]tn]d]f]nf; 5f]k6g
wl; P/ xftkfp em/ hfpg cf]f
t/ sf]xl cuf]8 of]xft hf]86g

d cfuf]; x65' c6of0 ; x6g
d t[0ff ; x65' lt/:sf/ ; x6g
d]f]lz/ p8fp a? Tof]; x65'
t/ lz/ k/fofn]6\$]; x6g

gkfnl gkfnst]dfof

gkfnl gkfnst]dfof 5 ls 5g
w7}v\of}gkfnst]ltdl 5ftl dfem
ltdl]5ftl dflly klg gkfn 5 ls 5g

xfd] kvf{; tnh blv l6:6f ; Dd xf5g]
xfd] lsg affgnf0{c?sf]dv tfSg]
xfd] lag}affg ; Sg]xfd] agl cdf
cfh 5f7l nfh gar Ps 36 dlb/fdf

gkfnl gkfnst]dfof 5 ls 5g
Toxl kvf6f]b0{f/ yf]k /ut 5 ls 5g
sfwdf lxdfn affs p7g]tfst\5 ls 5g

; f/f gkfn gkfnlnf0{5f6f lbg ; Sg]
k[jl]sf]hqf]ltdl]5ftl 5 ls 5g
bzsf]lgldt dfq}n8g]v8f / vs/l
lvof k/af]prfNg ; Sg]xft 5 ls 5g

gkfnl gkfnst]dfof 5 ls 5g
z5| wd{bz/y r6b, uEfnfnst]h:tf]
xf6}anl r9g ; Sg]lz/ 5 ls 5g
gkfnl gkfnst]dfof 5 ls 5g

elgb]

elgb]gkfnl bf0 d7f]bž sxfk/df]
dnf0{klg gkfnl ult ufpg dg nllof]
ltdf] h/f, xff, kmh clg kft sxfk/df]
dnf0{klg ; ašf]dg s]hfpdg dg nllof]
elgb]gkfnl bf0 d7f]bž sxfk/df]

e65g ; a]x]fdl n8g kfvt5f]c/]
v5/lsf]wf/df zqan hfvt5f]c/]
elgb]m]ltdln]o4df sg sg gu/ lhTof]< elgb]p
sg sg gu/ sg sg au/, sg sg ; u/ lhTof]
elgb]p
d7f]j]l/x?n]xfsšf]gu/ sxfk/df]<
elgb]p
d7f]j]l/n]v8f wfPsf]au/ sxfk/df]
gkfnl v8g u6xfpg]gfnfkfgl sxfk/df]<
dnf0{klg
ToxLsf]kfgl lkpg dg nllof]
elgb]gkfnl bf0{d7f]bž sxfk/df]

xfdL j l/ xf]elg j l/sf ; Ddfg u5f]/]
:j bžsf]nflu db5f]clg dfb5f]c/]
elgb]p s]sf]wfj fdf aneb]j l/ d/df]< elgb]p
lsg s; /l sxfk/df] led; g d/df]< elgb]p
klxnf]/ b; f]dx; d/sf j l/ stf k/]< elgb]p
tl lj wj f clg 6x/fsf cf>d sxfk/of]<
gkfn tf/f b]vg]; u/ stf k/df]<
gkfn tf/f b]vg]; u/ stf k/df]<
dnf0{klg ToxLfst}x/fpg dg nllof] elgb]p
elgb]p gkfnl bf0{d7f]bž sxfk/df]<
dnf0{=====

Ifo/fjll cdf

; j hfu hfu e65g\s; /l d dfq hfuF
lfo /fjll cdf ; s]bwsf]xs d dfF
p75g\cfj fh cg\$}of]b]p]of]b]p e6g]
; j }oxf]evf/l s]n]s]nf0{s]kf]lbg]
lgj {qsf]cuf8l d dfq s]nhfpF

cf-cfkngf]efllo cfkm)sdfpg ; Sg' k5{
:j feldfgl e0{dh\$df cfkm]afFg ; Sg' k5{
cfktdf /f0{s/f0{; ;f/ uxfg{x6g
cf-cfkngf]ef/ cfkm]cfkm]yfdg ; Sg' k5{
:j ledfglsf]dnfdl a6b}kl5 nfuF

:jbzsf]; Jf

xf]w})5 ug{:jbzsf]; Jf
gkfnl aGnf0{
lz/ 7f8f]kf/L gkfnl eGg]
d g}xFeGnf0{
xg eg]gkfnl geg
jl/sf]5f]f hftldf gug

gkfnl xg kj' {hgdsf]sdf0n]kUbg
kVf\$]kf}v >d / cfzLif dfqh]kUbg
gkfnl xg kljq cftdf gkfnl rflxG5
k/fo d6'bf/fsf]km]n]5fk] kUbg
xg eg]gkfnl ==

dxfsfnl d]rl xf]eG5 gkfn
d eG5' dfglrq
jf:tljs gkfn 5 eg]st}
gkfnl dg leq
; ah]dg vfh] eg
ho ho gkfn
eGof}ls aGof}gkfn ; Gb/ zfgt / lj zfn
; ah]ldnl PskN6 eg
ho ho gkfn =====

cfof]gkfnl

cfof]gkfnl @ alni7 b06f slwdf lxdfn prfnl
cfsfz h:tf]5fltdf gkfn a; fnl
cfof]gkfnl @ =klltsf]ult ufpb}cfof]gkfnl

sf]df:g ; S5 p; nf0{hf]dx; d/df afkg ; Sb5
s; n]p; nf0{t; fpg]hf]tfk ; Eltdf gfRb5
; a\$]nflu tklg zfl6t ; Gb7 ln0{

cfof]gkfnl ==

pm krf8g ; S5 c6wsf/ v8fdf ; b{rDsf0
pm af8g ; S5 dgsf]kof/ dfbndf ehofp/]enDsf0
dfgj sf]nful kφ bfgj sf]nflu sfn ln0
cfof]gkfnl =====

:jfwlg ; 7 lgisk6 gkfnlsf]:jefj xf]
sf]l km/s b]of]eg]Tof]bl6sf]k6ej xf]
cfkngf]; g]hf]e't kf/vn]; Dxfnl
cfof]gkfnl ==

pm e6g]dfq Ps xf]u6of]eg]s/f\$
j; Gw/fsf]l; /gl pm a:g]xf]dlGb/
Toxl khf/L To; \$f]xf]dfnl
cfof]gkfnl =====

klZrd sfl kj {3/

klZrd sfl kj {3/
cfhg t/ Pp6}xf]
5l/P/ a;]s]ef]
; Gtfg t Pp6}xf]
klZrd =====

s0ffl, dxfsnl, sfzl sfl afudtl
lxdflns}hnwf/f Pp6}f]5 gfd slt
rfvl x] x/ vflhl, kfgl ; a Pp6}xf]
5l/P/ a;]s]ef] ; Gtfg t Pp6}xf]
klZrd sfl kj {=====
u/f# ; gfv/L, sxl kth 5 chDa/L
; [6s}; Gb/ kth t/ gfd y/L y/L
; jf; / /^a cg\$ kthaf/L t Pp6}xf]
5l/P/ a;]s]ef] ; Gtfg t Pp6}xf]
klZrd sfl kj {=====

s/f\$]j/l/n]b]y\$]f

s/f\$]j/l/n]b]y\$]f of]; kgf sf]xdf]wtl{
; dlk{ 5 ltgl ; a}hf0{; hf0 /fv]g of]wtl{

hf]cf]w]df glxlb05 lxdfnl To]r6&fg xf0g
hf]cf]ktdf eflulb05 ; /f\$]j]To]r]; Gtfg xf0g
cfkng}cf]g / cfsfzdf xf]l v]g s]sd xf]/
ldnl af0] v]Pdf l98f]; tj f g}sd xf]/
s/f\$]j]l/n]=====

hf]Aoè]rfp0] lg Aoè]ng To]r]h8 xf]lhp0]xf0g
p7fP hf]zn]p75 sg}j]l/n]klg cyl{
ltdl xfdl t b0{lbgf]; w}af]g]t ; slt{
p7fP p75 of]wtl{kn0fP kn05 of]wtl{

arfP j]l/ kvf{]/ kfof}cfh kn]haf/l
hf]0 /fv]g5 o; nf0{gof]a?j]fn]l; Gf/l
ltdl d]f]v]fn xf0g lxdfnl oqf]; Dklt
kl5 h6df0g]5 sf]0 sf]0 g]k]fn]sf]klg wtl{

gkfnl x'+

gkfnl xFgkfnl e}; bf ; bf /xF
gkfnl}kmn}knh}gkfnl}em?F
gkfnl xF=====

d}f x/ sf}zif / x/ kf}v gkfnl}nfuf] \
kl; gf /utsf x/ yf}kf gkfn d}auf] \
gkfnl}auf] \=====

gkfnl ; kgf b}v}akgf gkfnl ef}uF
:j b}zsf]ult uf0 gkfnl whf}d}ldnF
gkfnl xF=====

tl j l/x?sf]dof}fsf]ef/ yfd}d
; k't agl km} / ; k't h}gdfpg ; s}d
h}gdfpg ; s}d
c}f/f]sfnf]d}nf}f0{x6fpg ; s}d
c}dfsf]b}wsf]ef/f ; a r}sfpg ; s}d
gkfnl x'+=====

xfd[]vzlsf]nflu

xfd[]vzlsf]nflu, xfdl g}algg' k5{
gkfn To; }alg65, gkfnl algg' k5{
xfd[]vzlsf]nflu

xfd[]cfh h]5f]h]x]f]of]lxhsf]sdf0 xf]
/df0nf]ef]hl Nofpg, cfh agfpg k5{
; a}vzl xg5g]d]f]b} vzl xg5
vfln b} kl]tsf]j Zj f; c6n agfpg k5{
xfd[]vzlsf]nflu

ltdl h]ug{; S5f}Tof]b}nf0{b}pm
; Sb}f]eg]e]f] t/ b}nf0{ef/ gb}pm
; asf]vzlsf]nflu cfkngf]:j fy{[ofu]s]ef]
kl/ cfP b}sf]nflu ; j {j Toflg' k5{
xfd[]vzlsf]nflu

d7f]6fkl

of]d7f]6fkl ==xf]=
d7f]6fkl s}hf; sf]lz/ h:tf] lxdfnl el/ h:tf]
slxn]klg emsg ghf]g] slxn]klg nsg gdf]g]
d7f]6fkl =
gklfnl j l/ h:tf]gklfnl wl/ h:tf]

d7f]6fklleq d7f]alxgl]sf]df]ofsf]af; 5
clxn] Ddf ef]u\$]f]d}d7}3fd= 5f]6fsf]af; 5
d7f]6fkl d}hf xf]g oxl df]6f]6lsf nfu\$]
d7f]6fkl uf]f]f]lz/dfly d7f]6fkl nfx/\$]f]lz/dfly
7hf]; fg]hf]b}g of]e}efj df]b}g of]
d7f]6fkl
; kf]0lb}5 ; a}; a}gklfnl lz/dfly

wj]f wj]f cv8fleq d7f]6fkl n8b}lyof]
; u/dfyf p}ef]klg d7f]6fkl r8b}lyof]
d7f]6fkl vf]hb}uPF; fu/b]v ; u/; Dd
hxf]klg hlxn]klg of]t clw a8b}lyof]
d7f]6fkl lxt\$]; fyl h:tf] cdf]sf]5fl]t h:tf]
bMv ; vdf sfd nll]g] gklfn]sf]gfd /f]v]
d7f]6fkl cfkn]f]; (tf]g l r}x]fpg]h}d}f]kftl h:tf]

d7l cdf

hggl h6delDfZr :j uflk u/lo; l

rf/ s/f\$ gkfnl xftx?sf]dfnf nfPsl
; u/dfyfdf lz/ gxfo{sf]zldf kfp wfPsl
pm d7l cdf ltdl cdf ; asl cdf xf]
pm ; asl cdf xf]

kto\$ gkfnl cfdfdf ; w)g)pm a; \$l 5
p; sf]lj zfn 5ftldf kto\$ gkfnl a:b5
pleq xfdl a:b5f)pm a:5]xfdlleq
To; h]pm b]v65]zft / klj q
pm d7l cdf ltdl cdf ; asl cdf xf]
pm ; asl cdf xf]

pm 5]; asf]dfemdf tl a]l / t/f0df
dxfsfnl]v j fldtl / d]lsf]auf0df
zx/sf]el8ef8df / ufpF3/ kxf8df
1fglsf]lz/df a:5]pm k/l>dlsf]xftdf
pm d7l cdf ltdl cdf ; asl cdf xf]
pm ; asl cdf xf]

vs/ln]n]vPsf]

vs/ln]n]vPsf]0ltxf; /ftf]x65
snda]sf]Psf]:j uIv/fgl x65

:j bZsf]df6f]fly kl; gf n]v]p
kl; gfsf]/E h:t}df6f]; g]f]x65
of]?vf]?vf]r6dfg r]f]sf lxdfn xgg\
of]8f8f sf8f hEn sg}dxfg\vf0gg\
lxdn]sf]5flt km] d]f]sf]j lf sf]
lg:s65 ; g xl/f s/f8 xft hf8

hnfpg kg]hf0{xfdl]hnf0 ; SofF
e]sfpg kg]hf0{df6f]agf0 ; SofF
Tof]df6f]fly gofFg]kn /f]g' k5{
Tof]enof]EP/ Ps lbg ; #f/ 5f]g' k5{

la/fgf]bžsf]df6f]

la/fgf]bžsf]df6f]e/l 5 g]kfnl gfpFn]y]šf]
sxlFel8 kxf8n]5ššf]sxlFk]fnfdf 6ššf]

; fu/ alr ku] 8fKm]; žf]lxdfn vf]b5
d?elddf nfnlu/fF lr; f]atf; vf]b5
b]vgx?n]lrGbğg\NrGgX?n]b]Vbğg\
s; n]; Gg]p; sf]kl/ ha cfkmgf]dgn]; Gbğ

xfd[]/utn]csf\$fi]; dfgfsf]/\vf sf]/G5
zIQm?sf uRrfx? xfd[]5fltdf v]nG5
uj {u/ P g]kfnl 0jL/sf]lrQ efFrG5
Pp6fn]gfd n]y] cfpБ xhf/sf]gfpFkl/G5

k/Dk/fb]v

k/Dk/fb]v g}; d/df afRg ; S5'
gaf]fP 3/ dnf0{kfv}df afRg ; S5'

ltdlnf0{rf} nfu]6f9f a; L d ?G5'
ltdl 6fs/fdf kllbf d v; ln]plk]lbG5'
s]l k/ hGdb}df kjf; L e0uP5'
t]lg 6f9}f6 Ho"Hofg r9fpg ; S5'

cfdfs]bW gvfo{; u/dfyf 6\$g ; S5'
gfnfkf]sf]kfgllagf klg afRg ; S5'
8Da/ klg d/\$f]0ltxf; nf0{; f]v
eTs}f]g]kfnlnf0{db]leq /fv} ; S5'
kfv}d/]klg d d]f]ofb gdfi/lbg'
3/leq g}d k]v/ h]Gdg klg ; S5'

wtl[ñ]cfsfz 5f[psf]

wtl[ñ]cfsfz 5f[psf] :ju{Ps lxdfnl
Toxl[ef]efllozfnl Ps g[kfnl xFg[kfnl

lxdfindfly pe[] l[] sf; sf]ult ufp[5'
zfl[tsf]d[6q af\$] ; #f/df dlt nfp[5'
:j b[zs]df of ; [fnl xF:j hg :j a[6w' c[fnl
cg[st]fdf Ps xFd g[kfnl xFg[kfnl
wtl[ñ]cfsfz =====

cfiff[9df ls; fg xFd lxp[6df lxdfn xF
a[zs]vsf]tk[if]gdf c[6n crn r[6df]g xF
; /l[ffdf d n[ls]bgF[6of]odf d em[ls]bgF
; w[fs]j t[6q j l/ w l/ g[kfnl xFg[kfnl
wtl[ñ]cfsfz =====

knh\$ f knhx?

knh\$ f knhx? af d}/dfpg lbg'
em/ \$ sfxl eg]of]5ftldf l; p/l lbg'
knh\$ f knhx? =

latfpm tdfd 38l a; Gtsf]dfem
st}tFfnf]k/df d klg 5'; lDembg'
lht} xf5{sfxl xf/}HfT5 sfxl
xf/}HfT5f}eg]d}f]; fy vhl lbg'
knh\$ f knh =

lsg ws dfcg' sfxl dg vhl vhl ?g'
lh6bulsf]gfd t xf]cln xfEg' / ?g'
cfsz cfsz g}xf]p7fpg' kb
ba\$ f kfj dlgsf whfhf0{p7f0{lbg'
wh\$ f]ult xf]of]wh\$ f]wg xf]of]
whdf ldN5f}eg]d}f]; fy uf0{lbg'
knh\$ f knhx? =

; hgfsf]gfnf]

of]; hgfsf]gfnf]kf0nf prfnl
gj olunf0{8fs gj oj s xf]gkfnl

xfdl hxfFh]h:tf]5f]oxl x65 bž of]
; hu agl cl3 a9]cl3 ; 5{bž of]
kvf6]h]hit u/]; a w6o xg ltgl
ca t ltdf]sfwdf e/ k5{bž of]
e6b5 d]rl snlsf psfnl cf]fnl
gj olunf0{8fs gj oj s xf]gkfnl

of]bžsf elj io xf)565 at6fg
z/L/ t df6f]sf]g xf] oj f zlst o; sf]k10f
olug]fsf]cfX]fgdf ; a Ps e)p7
:j bž dfq xf0g lj Zj =zfl6tdf h6
lxdfnl rf]yf]wf/fn]e6efj kvfnl
gj ohf0{8fs gj oj s xf]gkfnl
