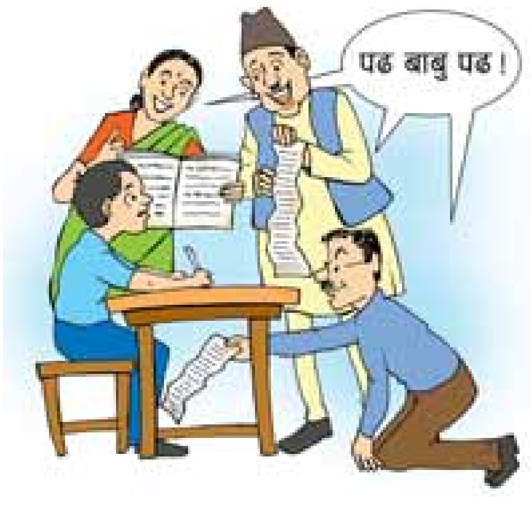
शिक्षक dfl;s
जिप्रका लपु दनं ५३/०६५/०६६

jif{ @ kÚff{ @#

kmfug @)^^
Feb–Mar 2010

cfj/0f tl:a/M ls/0f kf08]



/ljg ;fold

k/LIff ;'wf/f}+k9f0 ;lw{5

klgsf, k/LIff ;dGjo ;ldlt / ;/sf/sf sg} cEn] Irl6ª /f]sbf]hf ls eg]/ klvg{'sf] ;§f s'g}bf}Wolfx¿ :jo+g}Irl6ªsf] lj/f]wdf ;lqmo xg' h?/L b]lvG5 lsgeg] k/LIffnf0{ dof{bt tNofpg] s'/fdf ;a}eGbf dxŒjk"0f{ el'dsf kl;c / lzIfsx¿ s}xG5 .

आवरण २२-२६
afa'/fd ljZjsdf{

गतिविधि

k/LIffyL{{lzIfsn]b]vfP tdf;f Â 5fglj g hf/L Â of]hgf agfpg zl}fs ;+fb Â c;n lzIfs 5fGg dtbfg Â xTof cleof]ldf lzIfs k|tfl8t Â cfof]ldf /fpt

पृष्ठ १०-१३

थप सामग्री

b0{kfgf sfuhsf] rdTsf/	x]h]g kL: df];nf	$
sd{rf/L gxbf lzIfsnf0{dsf{	kdf]b cfofd	!$
P;Pn;L bbzf		@*–##
Irl6ªM sTo Ps, sf/0f cg]s	/fhsdf/ a/fn	#%
P;Pn;L k/LIffM s;n];'wfg][s;/L ;'wfg][<	lzIfs ;+fb	#*
g]kfnL efiff-;+slt hf]ufpg] adf]nL hlQm	sdn bLlIft	$^
JolQmTj	w'j l;Dv8f	%@
ul0ftsf lrGx	pQdaxfb'/ tfdfª	%$
Act locally, Think globally	Sajan Kumar Karn	%^

स्तम्भ

विषय-सन्दर्भ २, हेराइ-बुझाइ ३, सुझाव र प्रतिक्रिया ४, फुर्सद ६०, जम्काभेट ६४

lzIfs ljsf;
lsg / s;/L <

डा. मनप्रसाद वाग्ले

पृष्ठ १६-२१

ufp]fj/L
3Dg hfB---

डा. तीर्थबहादुर श्रेष्ठ

पृष्ठ ४८-५१

हिमाल एसोसिएसनका लागि **वसन्त थापा** द्वारा प्रकाशित, **सम्पादकः** राजेन्द्र दाहाल
सल्लाहकार सम्पादकः केदार शर्मा, **सहायक सम्पादकः** सुदर्शन घिमिरे, **वरिष्ठ संवाददाताः** बाबुराम विश्वकर्मा

कार्यालयः *शिक्षक* **मासिक**, पाटनढोका, ललितपुर, **पो.ब.नं. १६६, ललितपुर,** फोनः सम्पादकीय- ५५४३२५२, व्यापार/विज्ञापन- ५५४८१४२, ग्राहक गुनासो- ४२६५६८६
फ्याक्सः ५५४११९६, इमेलः mail@teacher.org.np, वेबः www.teacher.org.np मुद्रणः जगदम्बा प्रेस, हात्तीवन, ललितपुर

Â केदार शर्मा

„gfnfosx¿ Ú

dflysf] zLif{s tL lzIfsx¿k|lt nlIft 5, h;n]Ir6 rf}g{ gkfPkl5 k/LIff sIfbfdf tf]Ssf]kf] u/L k/LIffsf] dofbfnfO{ dfq xf]dg, cf^gf] kblo k|lti7fnfO{ klg sINrP . ltgn] lzIffsf] Hof]lt af]Eg ;dlk{ c;n lzIfsx¿sf] ;dt lz/ lgx¥ofOlbPsf 5g\ . cf^gf ;Gtfgnf0{ /fdf] lzIff lbgsf nflu dl/xQ] ul//x]sf cleefjsx¿sf] efjgfnf0{ ckdfg u/]sf 5g\ . Tolt dfq geP/ ltgLx¿n] cfkm\\nfO{ tnaeQf pknAw u/fpg] s/bftfx¿sf] dIgt / kl;gfsf] klg cjdNog u/]sf 5g\ . To;eGbf klg 7"nf] s'/f, of]Uo lzIfsx¿af6 lzIf lbnfpgsf nflu ;/sf/n] cl3 NofPsf] Pp6f ljlw;Ddt\ Joj:yf ef]Eg vf]h]/ cfkm\\nfO{ c/fhs eL8sf ¿kdf k|t't u/]sf 5g\ .

gfnfos eg]sf] cfof]Uo xf] lbOPsf] bflo Tj k'/f ug{ g;Sg] sfd gnfUg] JolQm xf] . ;/sf/L sf]lffaf6 tna eQf vfg] JolQmnfO{ lgwf{l/t ljlwaf6 cf^gf] of]Uotf ;fljt u/ eGg' ;/sf/sf] clwsf/ / bfloTj b'j} xf] . k/LIffsf sIL dofbfx¿ xG5g\ To;sf] kfngf ug{ljlwsf] ;Ddfg ug{ xf] / To;nfO{ ckdfg ug{ hËnL k|j[Q xf] .

:ki6 kf/fFoL zAbx¿ cfqmf]zjz nlvPsf xf]gg\ . sIL lzIfsx¿af6 ePsf] of] c/fhs lqmofsnfkaf6 ;Hgl{zLn gkfnLx¿nfO{ l/; p7]sf] xf]g, lrQ bv]sf] 5 . k/LIff alxisf/ u/]/ xhxHt ug{ sfd dh'ssf] sg} Pp6f 7fpEF dfq ePsf] eP of] lrQbvf0sf] 3gEj sd xg]yof] t/ w/} 7fpF af6 Psg;sf ;dfrf/ cfP . Tolt dfq xf]g, pgLx¿n] cf^gf] xNofxfkgsf] a9f0Fu/] ;dfrf/ gn]Vsf] eg]/ kqsf/x¿nfO{ 3'; vfP/ ;dfrf/ nl]vsf] ;dt eg] -jL/u~hsf] 36gf, hxfF k/LIffyL{– lzIfsx¿n] kl5 kqsf/x¿;F dfkmL dfu] .

oxfF dh'se/sf lzIfsx¿n] k9\g] klqsfsf] klxnf] kfgfdf sIL lzIfsx¿nfO{ g} To:tf] s7f]/ ljz]iOf lbg] xfdf] /x/ xf]g . lzIfs / lzIfsx¿sf] kf/:kl/s ;DaGw / Joj:xf/ xfdL b'jy/LnfO{ yfxf 5 . *lzlfs* lzIfsx¿sf] of]Uotf, lfdtf, k|ta4tf / ;dk{fsf] kDf{ sb/ u5{ eg]/ xfdLn] cf^gf dVn] elg/xg} kbg . t/, o;sf] cy{ lzIfsx¿af6 ePsf] eGbf]df c/fhs tf, gfnfosL, 7uL, åy rl/q, e|i6frf/ cflbnfO{ *lzlfs* n] g ;xg u/]sf] 5, g ug{ g} 5 . xfdf] p2]Zo lzIfs / lzIf0fnfO{ ;3fpg] xf] . ToxfF eqsf ljs[tx¿nfO{ cfhofP/ / sHfP/ g} cf^gf] p2]Zo xfl;n ug{ ;S5f}FeGg] xfdf] ljZjf; 5 .

xfdLnfO{ yfxf 5, gfnfosx¿nfO{ ufnL u/]/ dfq ;d:of ;dfwfg xg]5 . xfdLn] ;aeGbf klxn] .d"\uf] b]vfP/ 9"\uf] vf]gf] k|j[Q gkfndf s;/L xls{of] / lsg of] Jofks xG5 eGg] ljifodf uDeL/tfk'j{s ljrf/ ug{ cfjZos 5 .

x8\tfn, ;Tofu|x / gful/s cj1fsf] ;aeGbf ;zQm kb[Iffu dxTdf ufGwLn] u/]sf lyP, ef/taf6 a|hfotLx¿sf] cflwkTo cGTo ug{sf nflu . zflGtkÚf{ cfGbf]ng eg]sf] ;¥fykgn] NofPsf gLlt, lgod / Joj:yfx¿nfO{ zflGtkÚf{ 9Ën] cj1f u/]/ gLlts bafa lbg] dfGotf k|Kt ljlw xf] . sfgLL tj/af6 xf];n xg g;Sg] dxfg\ pknlAwx¿sf nflu To:tf ljlwx¿sf] kb[Iffu ;b} xG5 / To;nfO{ s;}n] klg gsfb]g . t/ To:tf nf]stflGqs ljlwsf] ;+f/df ;aeGbf b?kofu sxLFePsf] 5 eg] Tof] cfhsf] gkfndf ePsf] 5 .

gkfndf klxn] lgbf{lo k~rfotsf] lj/f]w ug{ clg kl5 /fhtGqsf] cGTosf nflu ;ª3if{ug{sfgLL af6fx¿ pknAw lyPgg\ . To;}n] 7"nf] /fhgLlts nlo k|Ktsf nflu ckgf0Psf .h:tf;s} pkfox¿nfO{ klg ;dfhn] ;x]sf] lyof] . t/ clxn] ;a} lsl;dsf ;d:of ;dfwfg ug{ jwflgs af6fx¿ vhf ePsf a|hfdf klg cf^gf] cfof]Uotf 9fs5f]k ug{ / cf^gf c/fhs dfux¿nfO{ k'/f u/fpgsf nflu To:tf ljlwx¿ ckgfpg] k|j[Q c‰ a9]sf] 5 . sIL dflg;x¿ clxn] ;Hfwfg agfpg] sfddf nfu]sf jf ;/sf/ rnfpg] bnx¿n] g} c/fhstf z? u/]sf] eg]/ gkfnnfO{ ;wFc/fhstfsf] eb/Ld} /fVgkg{ ljrf/ klg JoQm u5g\ . ltgLx¿nfO{ xfdf] k/g 5, æs;nfO{ Sofcf;/ ePsfn] 7"nf] zNolqmof u/]/ hftL kfl/Psf] 5 eg] kl5 p;nfO{ ?3f nfUbf klg zNolqmof g} ugk5{ eGg' al4dfgL xf] Æ 7"nf /fhgLlts kl/jtg{sf nflu ckgf0Psf ljlw xfdL ;-;fgf s'/fsf nflu ckgfpg yfNofFeg] xfdLn] Pp6f ;Eo /fi6«sf ¿kdf cfkm\\nfO{ slxn] :yflkt ug{ .

of] k|j[Q sIL lzIfsx¿df dfq} /x]sf] eg] xf]g . t/ o; k6ssf 36gfx¿af6 xfdLnfO{ kfgLsf] dxfg wldlnPsf] cgej ePsf] 5 . eflg ljBfyL{x¿n] æxfdf] ;/x¿ t Ir6 rf}g{ gkfpF tf]Ssf]kf] u/] :yfoL xg]eof] eg] xfdLn] klg ;s] rf]/]/ rf}g{ g;s] tf]Ssf]kf] u/] kf; eP eOxfNof] lgÆ eGbg\ eGg] sg} 7fpF af6 5g\ .

xfdf] /fo 5, ;DaGwt ;a}n] o:tf] k|j[Qsf] lj/f]w ugk5{ . klxnf]lj/f]w t ;DaGwt :s'nsf klwfgfWofksx¿n] g}ugk5{ æ;/÷ld; tkf0{n] t xfdf] :s'nsf] / kf]zfsf] g} ckdfg ug{of] lgÆ eg]/ . ;dfhsf c¿ ;b:ox¿n] klg ugk5{ æcl:t Ir6 rf}g{kf0Pg eg]/ xhbËf ug{df ;/÷ld; klg xg]eGbf{ cg]'Yof] Æ eg]/ . /fhgLlts kf6Lsf] a0{+ r9]/ k|fnfO{abgfd ug{gfnfosx¿nfO{lg?T;flxt ugk5{ . &

lhtsf] ;'q

h"8f]sf] sIffdf egf{ dfq ePsf] Pp6f afns g/fd[] b3{gfdf k¥of] . p;sf] afofF xft kfv'/faf6} sf6\gk¥of] . Tof] p;sf nflu dfq geP/ p;sf] kl/jf/s}nflu g/fd[] cf3ft lyof] . afns w}/} lbg;Dd sIffdf gcfPkl5 h8f]sf u? p;nf0{ e]6\g uP . 3fp 7Ls ePkl5 km]/ h8f] sIffdf cfpg' egL afnssf] 3/af6 kmls{P .

Pp6f xft gePsf] afnsnf0{ h8f] l;Sg afnfPsf] ;Gbf w}/}n] cfZro{ dfg] . h8f]n] afnsnf0{ ;Gthg sfod ug{ l;sfp5 / zf/Ll/s lfdtfnf0{ kZf{pkofu ug{ d2t u5{ eGg] u?sf] syg ;'gkl5 dflg;x¿ cfZj:t eP .

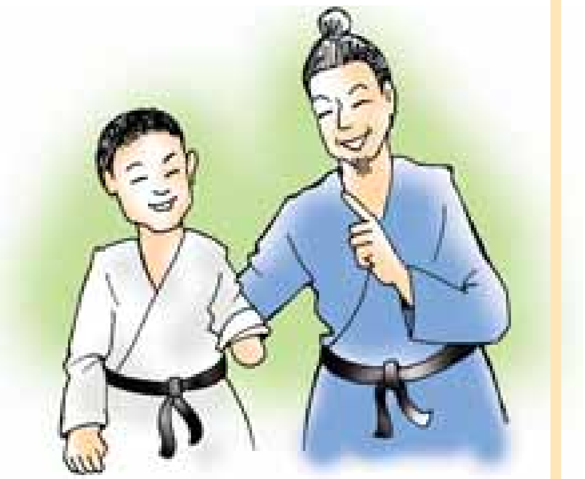
s]xL dlxgfkl5 afns km]/ h8f]sf] sIffdf hfg yfNof] .

w}/} lbg;Dd u?n] Tof] afnsnf0{ Pp6} dfq bfp l;sf0/x] . ;fyLx¿n] w}/} bfp l;ls;Sbf klg cfkm" Pp6} bfpdf ;Lldt xg'k/]sf]df afnssf] lrQ b'vof] / p;n] Pslbg u?l;t ug'f;f] u¥of] ædu?, c¿n] slQ hflg;s] dfn] rflxFc¿ s]xL hfGgkb{g <Æ

u?n] d';Ss xfF;] eg] ædltdLn] hfGgkg{ olQ xf] . c¿ ghfg] klg xG5 . t/ ltdLnf0{ /x/ nfUof] eg] klxnf] klt:kwf{kl5 c¿ bfp klg l;sfpmf lg Æ

afnsn] /fd|L s'/f t a‰g t/ klg u?sf] egf0 dfGof] / cf^gf] cEof;df tNnLg eof] .

Pslbg p;n] Pp6f 7'hf] klt:kwf{df efu lng] df}sf kfof] . cfkm"n] w}/} bfp -l6s_ ghfg]sfn] pm 8/fPsf] lyof] . t/ u? eg] 9Ss b]vGy] .



geGb} p;n]nf0{ ljZjf; gnfUg] u/L p;n] vh lhTof] .

km]s]f p;n] u?nf0{ ;f]Wof] æu?, dnf0{ g} yfxf 5}g, dn] s;/L lht]F<Æ

u?n] eg] æltdL Pp6f dfq bfp hfGb5f} t/ Tof] h8f]sf ;aeGbf sl7g bfpx¿dWo]sf] xf] . Tof]eGbf klg 7'hf] s'/f rflxFof] bfp v]Ng] vh]f8Lnf0{ afofF xft ;dft]/ dfq n8fpg ;lsG5 . ltd|f] klt:kwL{x¿n] ltd|f] afofF xft g} e]6\g\/ ltdLnf0{ lhTg ;s]g\ .Æ &
lzIffM c;n u?n] ljBfyL{sf sdhf]/Lnf0{ lfdtfdf kl/0ft ul/lbg ;S5g\ .

http://www.moralstories.org/ af6 ;fef/

नियमित रूपमा शिक्षक प्राप्त गर्ने ४ काइदा

!: cfkm"hf0{ kfos kg{glhssf] kqklqsf laqm]tf;u ufxs ag]/ . -o:tf] sf/f]af/sf] ;DkÚf{ bfloTj ufxs / ;Da4 laqm]tfdf /xG5 . lzIfs dfl;ssf] Joj:yfkgn] sg}} bfloTj jxg ub}{g ._

@: ufxsn] OR5fPsf] kqklqsf laqm]tf÷k;n jf Ph]6dfkm{ klqsf kf|Kt ug{ u/L ;Lw}lzIfs dfl;ssf] sfof{nodf ufxs ag]/ . -o:tf ufxssf] klt ufxsn] OR5fPsf] k;n jf laqm]tf;Dd k¥ofpg] bfloTj lzIfs dfl;ssf] Joj:yfkgn] jxg u5{ . laqm]tf jf k;naf6 klqsf kf|Kt ug{ Joj:yf ;Da4 ufxs cfkm}n] ug{k5{ ._ jflif{s zNs ?=#@)÷-

#: ;fwf/0f xhfsaf6 kfpg] u/L lzIfs dfl;ssf] sfof{nod} ufxs ag]/ . lzIfs dfl;ssf] sfof{non] gof c+s kslzt u/]sf] b0{lbgleq ;Da4 ufxssf] gfd-7]ufgf 6f;L lzIfs dfl;s xhfsdf a‰ffp5 . -o;/L xhfsdf a‰ffPsf] klqsf ;Da4 ufxsn] gkfPsf] v08df To;sf] lhDd]jf/L ksfzgn] lng] 5}g ._ jflif{s zNs ?=#@)÷-

$: /lhi6L xhfs ufxsM ljz]fu/L zx/-ahf/af6 6f9f /x]/ klg lgoldt ¿kdf klqsf kf|Kt ug{ rfxg] kf7sx¿sf] lglDt of] ;a}eGbf e/kbf{] pkfo xf] ;S5 . klqsfsf] gof c+s kslzt ePnuQ} xhfsaf6 /lhi6L u/L klqsf k7fO{g] 5 . /lhi6L ubf{ nfUg] zNs ufxsn] ufxs zNs;u}Psdl6 a‰fpgkg]{5 . o;/L /lhi6L u/L k7fOPsf] klqsf x/fPdf, gfl;Pdf jf ufxsn] gkfPdf ksfzgn] ;Da4 xhfs jf sl/o/ ;]fnf0{ lhDd]jf/ tNofO{ sf/afxL ug]{5 ._ jflif{s zNs ?=$%)÷- /lhi6L vr{ ;d]t .

प्रेरक प्रसङ्ग

हेलेन पी. म्रोसला

दुई पाना कागज

Tof] sIffsf]7fdf ljBfyL{x¿sf] cN5\bf0Fx6fpgsf nflu d}n] k|bf]u u/]sf] …vhkqÚ elglbP x'g] sfuh dfq lyof] . t/, Tof] sfuh dfs{sf] d[o';+sf/sf lbg dxŒjk"0f{ e0/x]sf] lyof] . dfs{sf aÙf ToxL sfuh b]vfpFb} ;a} ljBfyL{sf cl3lNt/ d]/f] k|z+;f ul//xg'ePsf] lyof] .

dflg;x¿n] cgf}7f / sl7g sfdx¿ kmQ] u/]sf] b]vbf dnfO{ slxn]sfxL{ a8f] crDd nfU5 . ;fy5'] s] xfdL ;a}n] To;/L g} cf^gf] a'tfeGbf aflx/sf sfd kf/ nufpg ;S5f}F t ‹ ;a} dflg;df To:tf] zlQm xG5 / ‹ t/ ;Sbf/x]5f}+. slxn]sfxL{ xfdLaf6 klg To:tf] sfd xF'b}/x]5, daf6} klg cGhfg cGhfgd} To:tf] sfd ePsf] 5 . xf]t Tof] Tolt dxŒjk"0f{ sfd lyof] eGg] dnfO{ g Tof] sfd ubf{ nfu]sf] lyof], g t To;kl5 g} d}n] Tof] s'/f slxNo} ;lD‰PF.

d Pp6f :s'ndf k9fpFy]F. :s'ndf x/]s jif{ gofF—gofF ljBfyL{ylkO/xGy]/ k'/fgf hfGy] . ;a} ljBfyL{sf] t ;D‰gf xF'b}g eg] pgLx¿l;t ul/Psf s'/fsfgL jf sIffsf]7fdf v]nPsf v]nsf] ;D‰gf e0/xg] t s'/}ePg .

Ps lbg d :s'nsf] nfdf] labf dgfpg aÙfcfdf ePsf 7fpFdf hfFb} lyPF. dnfO{ lng ljdfg:yndf aÙf–cfdf cfpg'ePsf] lyof] . sf/df 3/lt/ hfFb} ubf{ pxfFx¿n] ;f]Wg'eof], æltdL dfs{ eGg] ljBfyL{nfO{ ;D‰G5f}Ù Æ cfdfn] p;sf] y/ klg egLkl5 d}n] ;lD‰PF. d}n] p;nfO{ To;/L ;lD‰g'sf] sf/0f lyof] p;sf] Kof/Kof/] afgL . pm sIffdf ;fx} wT/} af]Nbg] ePsfn] pm d]/f] ufnL vfO/xGYof] . clg pm d'sfpb}F dfkmL dfUYof] .

d}n] aÙfnfO{ ;fWg]F, ædfs{sf af/]df lsg ;f]Wg'ePsf] Æ

aÙfn] unf ;km f ug{ eof], dfgf}+ uDeL/ s'/f ug{cfkm'nfO{ tof/ kfb}{ xg'xGYof] . pxfFn] eGg'eof], ædfs{sf afaÙcfdf xfdLnfO{ e]6\g cfPsf lyP .Æ

æclg Æ d]/f] dgdf gdL7f] cfzÍf hlGdof] .

aÙfn] lj:tf/} eGg'eof], ædfs{ ;'Fgs ;]fdf lyof] . leotgfdsf] Pp6f uf]nL xfgfxfgdf p;sf] d[o' eof] . efn p;sf] clGtd ;+:sf/ 5 . dfs{sf aÙf–cfdf ltdLnfO{ Toxf¥F af]nfpg cfPsf lyP .Æ

aÙfsf] s'/f ;'g]/ d xtk|e ePsL lyPF. dfs{ dl/of] ‹ Tof] klg leotgfddf ‹ Tolt gdL7f] ;dfrf/ d}n] To;a]nf;Dd ;'g]sL lyOgF. aÙfn] dnfO{ ;'gfpg'ePsf] of] ;dfrf/ slt gdL7f] lyof] eg] c‰}klg ;8ssf] Tof] 7fpFdf k'Ubf d …dfs{ca of] ;+;f/df 5}gÚ eGg] ;lD‰xfN5' .

d dfs{sf] clGtd ;+:sf/df uPF. Toxf¥F cfPsf clwsf+z JolQmx¿ dfs{s} :s'n] ;fyLx¿ lyP . tL ;a}nfO{d lrGy]F. rr{sf]ljlwcg';f/ rssL alxgLn] Pp6f efj's vfnsf] uLt uf0g\ . dfs{nfO{ :g]x ug]{x¿ nf;sf] jl/kl/ clGtdk6s 3'd]/ To;df kljq hn 5ls{P . To;kl5 lrxfgdf nu]/ dfs{sf] clGtd labfO{ ug{k'g]{ lyof] .

dfs{sf] zjnfO{ rrfaf6 sa|L kf0nf k/ /x]sf] lrxfg;Dd p;sf ;'lgs ;fyLx¿n] af]s]/ k'¥ofP . p;nfO{ ;nfdL lbO{of] . d >4f~hln lbg ;a}eGbf kl5 uPF. d}n] dfs{sf] nf;nfO{ clGtd k6s x]b{} cfz{Ljfb lbPF.

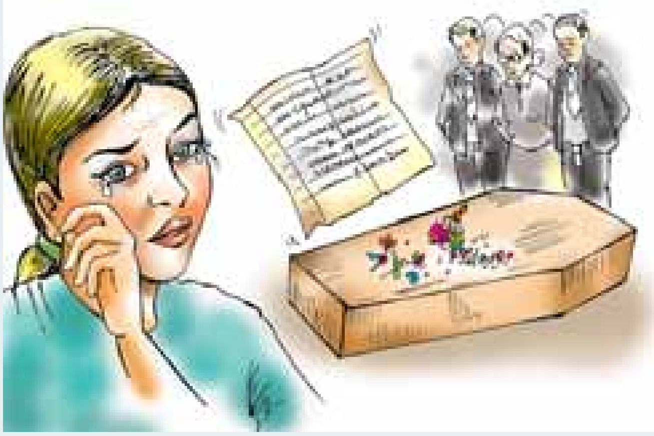
d Toxfaf6 lg:sg}nfu]sL lyPF, dfs{sf ;'lgs ;fyLdWo] Pp6fn] ;f]Wof], æs] tkfO{ dfs{nfO{ ulNft k9fpg'xGYof] Æ d}n] :jLs[tdf d'G6f] xNnfPF. p;n] yKof], æxfdL ;'g}lyof}F / pm kf]M tkfO{sf] s'/f ul//xGYof] .Æ

d[o' ;+:sf/ ;lsPkl5 vfgf vfg] rng 5 . vfgfsf] Joj:yf dfs{s} ;fyL rssf] kmfd{xfp;df ul/Psf] lyof] . ha ;a}hgf e]nf eP, dfs{sf aÙf cfkm"a;]sf] 7fpFaf6 p7\g'eof] . Toxf¥Fpg]x¿sf glhssf JolQm dfq lyP / lzIfsdf d dfq} . dfs{sf aÙfn] dnfO{ Toxf¥F;Dd cfO{lbPsf]df wGojfb lbg'eof] / pxfFn] uf]hLaf6 bO{ j6f sfuhsf kGgf lgsfNb} eGg'eof], æof] sfuh xfdLn] dfs{sf] uf]hLdf kfPsf lyof}F. dnfO{ nfU5, of] sfuh tkfO{n] lrGg'xG5 xf]nf Æ

Tof] sfuhnfO{ ;'/lIft /fVgsf nflu o;/L k6\bfO{Psf] lyof]ls k6\bfO{Psf sgfx¿ RoflQ0;s]sf lyP . RofltPsf] 7fpFdf 6]k 6fF;Psf] lyof] .

vf]n]/ x]/]kl5 yfxf eof]Ù Tof] To:tf] ljz]if sfuhft jf clen]v sf]xL lyPg . a? Ps lbg sIffsf]7fdf ljBfyL{x¿sf] cN5\bf0Fx6fpgsf nflu d}n] k|bf]u u/]sf] …vhkqÚ elglbP x'g] sfuh dfq lyof] . t/, Tof] sfuh dfs{sf] d[o';+sf/sf lbg dxŒjk"0f{ e0/x]sf] lyof] . dfs{sf aÙf ToxL sfuh b]vfpFb} ;a} ljBfyL{sf cl3lNt/ d]/f] k|z+;f ul//xg'ePsf] lyof] .

/ljg ;foVd



Ca d tkf0{+nf0{Tof]sfuh tof/ ePsf]lbgsf] s'f ;'gfpg rfxG5'.

To;}klg ul0ftsf] slff lgs}lg/; xb'g] u5{. clg, To:tf] slffdf a9L xNnf xb'' :jfefljs klg xG5 . dfs{klg ul0ftdf cf};t ljBfyL{dfq lyof]. pm slffdf ;fx}w/}afNYof]/ slxn}sfxL+d p;nf0{ s8f :j/df xKsfpy]{. clg pm d';Ss xf]F}d;F dfkmL dfUYof]. pm eGYof] æof]dV cln a9L g} rN5 ld;, dnf0{o;}u/L ;D‰f0lbO/xg';\x}Æ o;f] eg]sf] s}La]df km]/ af]Ng yflnxfNYof]/ d cfF/f t/]/ p;nf0{ xy]{+. clg p;nf0{ cf^gf] dV rNof] eGg] yfxf xGYof]/ eGYof]+ æ;D‰f0lbg'ePsf]df wGojfb Æ o;f] elg;s]l5 p;sf cfFf r~rn xGy]/ ufnfdf ;fgf] vf]kN6f] a:Yof] hf]' dnf0{ c;fWo dg kYof]{.

afF]L ;a} s'fx¿ ug{ r'S] klg pm xNnf ug{ eg] rSbg}Yof]. Pslbg t d}n] p;nf0{ t;f}pg æca klg ltdL af]Nof}eg] ltd[]dVdf 6k 6f\F;lbG5Æ eg]F. pm Psl5g t rk' nfUof] t/ k]/ p;sf] Kof/Kof/ z'? e0xfNof]. ljBfyL{sf] dVdf 6k 6fF\g' Pp6f ;Eo lzIfsnf0{ ;'xfpg] s'f lyPg . t/ af}nk]l5 t k'f klg ug{k¥of] d}n] 6k NofP/ p;sf] dVdf 6f\F;lbPF. /Ù 6kdf sndn]u0ff -s§L_ sf] lrXg agf0lbPF. Snf; ;lsPkl5 d}n] p;sf] dVaf6 6k lgsflnlbPF. 6k lgsfn]kl5 p;n] k]/ eGof] ædnf0{ ;D‰f0lbg'ePsf]df wGojfb Æ

Psk6s l:ylt lgs} g}hl6n eof]. gofF kf7 cln sl7g lyof]. Ps ;ftfdf ;Sg klg xDd]+xDd]eof]. l:ylt s:tf];Dd e0lbof]eg], d]/f] slff z'? ePkl5 ;a}ngf RofF6A l7g yfn]. ljBfyL{x¿ cfk]m;F ¿ l/;f0/x]sf] b]v/x]sL lyPF. pgLx¿ sl07t / ‰sf]k]sf{ ug{ ePsf lyP . To;kl5 d}n] slffnf0{ cln /df0nf] kfg{ Pp6f sfd u/]sL lyPF.

d}n] ;a}ljBfyL{x¿nf0{ cf^gf] sfkLaf6 b0{ j6f kGgf RofTg cx[PF. clg eg]Fæca oL kfgfdf slffdf ePsf ;a} ;fyLx¿sf] cfk\mhf0{ dgkg[afgL / Jojxf/sf] ;'rL agfpm .Æ

To; lbg ul0ft k9\g'sf] ;§f ;lhnf]clg /df0nf]sfd kfPsfn]pgLx¿ PsfPs v';L b]vP, ;a}n]dg nufP/ b0{ kfgf e/]. tL kfgf d}n] hDdf kf/]/ af}sF.

ef]lnkN6 labfsf] lbg, 3/d}a;]/ d}n] tL ;a};'rL s}hfPF. clg x/]s ljBfyL{sf] gfpF sf] Pp6f a]ln}kGgfdf ;'rL agfpg yfn]Fhg pgLx¿s};fyLn]pgLx¿sf] kz+;fdf n]v]sf lyP .

kl;{kN6 slffdf l5g{[alQs}d}n] cfkm'h] tof/ kf/]sf] ;'rL x/]s ljBfyL{nf0{Ps–Ps u/]/ af}hfpF}lbPF. pgLx¿df b]vPsf] ‰sf]k]sf[ug{ afgL sd xf]hf eGg] d]/f] cfzf lyof]. geGb}pgLx¿ cfkm}F Tof] kGgf k9]/ xfFg yfn]. k'f slff d':sfgdo ePsf] lyof]. d}n] slffel/ uGug ;lg/xF æk'nfgf]h]d]/f] of] afgL dg k/fpF}] /\}5Ù dnf0{ t yfx}lyPg .Æ

To;kl5 Tof]sfuhsf] sg}r rf{ePg . d cf^gf]ljifo k9fpg yfn]F. t/ slff klxn] h:tf] af]‰nf] lyPg .

Clxn] dfs{sf aafn] dfs{sf] uf}hLaf6 lgl:sPsf] Tof] sfuhsf]kGgf b]vf0/xFF d Psk6s ..ˆNof;Aofsÿdf kl'u}sL lyPF/ Tof] b[Zo clxNo} 3l6t e0/x}sf] h:tf] nflu/x}sf] lyof]. dfs{sL cfdfn] eGg'eof] ælzIfs kykbz{s xb'\eGg] yfxf lyof] t/ olt kbefjzfnL xG5g\ eGg] klxnf]k6s dx;';' u/]F. ha–ha dfs{bMvL xGYof], lg/fz aGYof] ta–ta pm of] kGgf kN6fpYof] / cfkm'df olt w]/}u0f t 5F}5 lg eg]/ cfZj:t xGYof]. /, cfh tkf0{+oxfF cf0lbg'ePsf]df xfdLnf0{;fx}v';L nfu]sf]5 . p;sf] d[o';+sf/df p;n] w]/}g}dg k/fPsf] lzIfssf] pkl:yltn] klg p;sf] cfTdfnf0{ zflGt kfpg ;lhnf] ePsf]5 .Æ

dfs{sL cfdfsf] cfFfdf 5rlNsPsf] cfF' b]v]/ d]/f cfFf klg /;fpg yfn]. dfs{sL cfdfn] olt egGh}h xfd[]jl/kl/ dfs{sf ;fyLx¿ e}hf e0;s]sf lyP . rsn] d glhs}cfP/ eGof] æd;F klg Tof] ;'rL h:tfsf]To:t} 5 . To;nf0{ d}n] 3/sf] 6]ahdf ;'llft /fv]sf] 5'. cfk'mdf ePsf u0fx¿sf] ;'rLn] dnf0{ ;w}el/ pmhf{fg\ agfpF .Æ

d]/f csf{ljBfyL{hf]g;L >Ldtln]elgg\ æhf]gn]Tof] ;'rL xfd[]lax]sf] kmf]6f] PNaddf /fv]sf]5 .Æ

dlng{n]elgg\ æd}n]rflxF d]/f ;a};fyLx¿sf] c6fu|kml nPsf] 8fo/Ldf 6fF;]/ /fv]sL 5' .Æ

lasLn] k;{ lgsfNof] / ;a}nf0{ b]vfpF}eGof] æd}n] t k;{df g} /fv]sf] 5'. /, dnf0{ nfU5– ;a}n] o;nf0{ ;'llft /fv]sf 5g\. h;n] sfuhnf0{ ;'llft /fVg ;s]g, p;n] rflxFkSs}klg dgdf ;hfP/ /fv]sf] xf]k5{. lsgeg] x/]ssf] hLjgdf To; lbgsf] slffn] 7'hf] kef]j kf/]sf] 5 .Æ

ljBfyL{sf o:tf s'f ;'Gbf;'Gb}d yrSs a;]F. cfFfaf6 clj/n jiff{e0/Xof]. d}n]t slffsf]lr9\r9fx6 x6fpg / /df0nf]ug{sf nflu Pp6f ;fgf]sfd u/]sL lyPF. olt ;fgf] sfdsf]klg olt 7'hf]kefj xF]/x}5 ‹ t/ xF]/x}5 . dnf0{ rflxFoltaf]hf To:tf] ck]ff / ljZjf; b'j}lyPg . &

/rsf}g ;fk km/ ;fh k:tsaf6 cglbt .

k:tltM अच्युत कोइराला

प्रतिक्रिया र सुझाव

गणित ले निरन्तरता पाओस्

/zIfs df k|sfzg xg] ;a} nV, /rgf xfdl| nflu plQs} ;fGble{s 5g\. To;dWo] klg ut dª\;/ cÍsf] ...sIffsf]fdf ul0ftÚ nV dnf0{ljzf /fdf] nfUof] . xl/gf/foOf pkfWofon] ;‰fpg'ePsf] pkfo gofFul0ft lzIfsx¿sf] nflu clt pkofuL 5 . o:tf ;fdu| lg/Gt/ ¿kdf k|flzt ul/Pdf lzIfsnf0{ ;xofu kUg5 . ctM ljBfyLx¿nf0{ ;lhn} ul0ftLo wf/0ff a‰fpg ;xofu ug{ ul0ft;DaGwL ;fdu|n] cfufdL lbgdf klg lg/Gt/tf kfpmg\ .

pdf u?ª
rf8]h lgdflj, 3fËn, 8f6L

ग्रामीणमुखी होस्

/zIfs dfl;sdf lzIfsx¿sf v';L / bMv tyf kL8f Pj+/fdf| / oyfyk/s ;dfrf/x¿ 5flkPsf] bVbf ;fx} v';L nfU5 . klqsfn] b|zsf] x/ lfqdf /x|sf] lzIffsf] l:yltsf] klg dNofÍg ug{cj;/ kfg u/|sf] 5 . lzIfs n] rf8} vfNg] elgPsf] lzIfs ;]f cfofusf] af/df yk hfgsf/L pknAw u/fOlbP d h:tf lzIfs ;]f cfofusf] nflu tof/Ldf a;|sf nfvf}+dflg;x¿nf0{ ;xofu kUg] lyof] . ;fy}lzIfs dfl;s ahf/dVL dfq geO{ ul0dL0f lfqdf /x|sf ul/a tyf ljkGg ljBfnox¿sf] klg oyfy{hfgsf/L lbg ;lfd xf]\eGg] cfzfsf ;fy klqsfsf] pQ/f]Q/ k|ultsf] sfdgf ub5' .

k|sfz e§/f0{-cªulhL lzIfs_
>L v:yf|s lgDg dfWolds ljBfno, d';Lsf]6–#, uNdL

सुन्ने कोही छ ?

dh'ssf clwsf+z lhNnfx¿df ;~rflnt P;Rn\L k/LIff s]bx¿df xg] u/|sf] vhdvNnf .Irl6ªÚsf af/|df ljutdf lzIfs klqsfdf 5flkPsf ;fdul dfq} k9] klg sfkmL xG5 . ;D‰F ;fx} IrGtf nfU5Ú axbnn] dfq gkU/ NofPsf] u0tGqn] of] dh'sdf s]s] pkxf/ NofO;Sof] jf:tjdf cgzf;gxLg, p208 / c/fhs hgzlQm pTkfbg ug{oxf]F ljBfnox¿ afWo e0/x|sf 5g\. P;Rn\L k/LIff dfq xf]g ±@ / :gfts txsf k/LIffx¿;d} xb};Ddsf] cdof{bt 9Ën] ;~rfng xghf0{oxfF sltko /fhgLlts bnx¿ cf^gf] k|ti7fsf] ljifo 7fGb5g\. /, k/LIffnf0{ dofb{t 9Ën] rnfpgk5{eGg] Psfw .j|k:kltÚx¿n] ;fª3flts ef]}ts cfqmd0fsf] ;fdgf ug{kb5 .

k|Zgx¿n] 6fpsf] bVfpb5g\– s] ca o;/L g}bIz rnfpg] xf] ljBfyLx¿n] k9g] / lzIfsn] k9fpg] sfdsf] bMv ug{k/g zlIfs lfqnf0{c:tJo:t kfl//fVbf dfq} cfk‰x¿sf] bL3{fnLg cl:tTj /lx/xG5 eGg] lgisif{lgl:sPs} sf/0f /fhgLlts bnx¿ o;kl|t dfg /x|sf xg\ kf7bk':tsaf6 kl/t xg] 1fg a}Ddf ePs}sf/ 0f, To;kl|t a]f:tf ul/Psf] xf] s] ca lzIfsx¿n] ljBfyLx¿sf] rfs/ xgkg]eof]

pkoQm k|Zgsf pQ/x¿, .xf]gÚ eg] sf/0f;lxt cfpnf . t/ Tof] bVfpg] bfF dfq xf]5 . k|Zfn]d klg lzIfs xF. dh] dh'ssf lhDd]f/ zlIfs lgsfosf] dfgxlg u/|sf] xF]g / k|Zfut cfrf/;lxtsf] pNnª3g u/|sf] klg 7xl/b}g eg] 7"hf] :j/df s/fpF– dh'sdf ;a}k|f/sf] cgzf;g sfod ug{sf nflu kydtM zlIfs lfq cgzfl;t xgk5{. sf/L s;nf0{ bf|f nufP/ gklG5cf}+xfdf| k/LIffx¿nf0{ dofb{t agfcf}+.

OGbsdf/ >]7, ;/:jtL pdflj, vfgLeGHofª, cfvn9Ë

सुदूरपश्चिममले ठाउँ पाएन

xfdL */zIfs* dfl;ssf] lgoldt kf7s xf}+. oltsf cÍx¿df ;b'/kZrdsf lzIfsx¿sf] syfJoyf sd}p7fg u/|sf] kf0Psf] 5 . o;sf] ;fy} clGtd k[7sf] .hDsf]ÚzLif{sdf t /fhwfgL glhssf zx/ahf/sf lzIfsx¿ dfq ;d]6Psf] bVG5 . o;kl|t klg lzIfs sf] Wofg kuf];\.

nf§]bl l;+ 36fn / nfnaxfb'/ wfdL
>L l;4gfy axdVL SofDk;, s~rgk'/

स्तम्भ थपियोस्

/zIfs dfl;s w/}lzIfs / ljBfyLnf0{pTs[6 v'fs ;flj t ePsf] 5 . t/, Pp6f kIfdf sdL sdhf]/L bVG5, Tof] xf}+ ;flxTos kf6f] . ;flxTo t hLjgs}cleGg cË xf] / ;flxTo-snfljxLg dfG5] kR5/ljgfsf] kz';/x xG5 eGg] s'f zfob ;D‰gePg ls csf]{s'f .k'ts kl/rÚ h:tf] :tDe /fVg' klg h?/L 5 .

/fhGb|kl;fb kGt -alx/f_
Gjfbp–^, gfsfnL, a}t8L

मेरो नाम खै ?

o; klqsfdf 5flkPsf ;8fs' cGtlf/L / zAbvh ;w}e/] k7fpg] u5{. t/ efUo g}To:t} xf] jf klkft xG5, yfxf ePg . pQ/ ldnfpg]sf] ;'rLdf d/f] gfd clxn}Dd k|flzt ePsf] 5g .

OGbaxfb'/ du/ -lghL lzIfs_
>L sfnLb]L kflj, k|lt–&, xuf+

मनोबल बढाउन समवेदना

dfgj d/0fzLn kf0fL ePsfn] hGdkZrft\;a}sf] d[o' cjZoDefjL xG5 . lzIfs klg chDa/L xF]g . t;y{lzIfsx¿sf] lgwgnf0{ ;Ddflgt ¿kdf cleJoQm ug{sf] vflt/ o; klqsfn] dh'se/df ljljw b3{6gfdf k/L, eljtJo cyjf sfnultn] d[o' ePsf lzlfsx¿sf] lgMzNs ;dj]bgf kl|sfzg ul/lbP lzlfsx¿sf] dgf]an c‰ pRr agfpg d2t uYof[ls

cª\u]nL ljifosf xfd|f cfbf/ 0fLo u? >L dgf]sfdgf hgsNof0f dflj, lgd{nL8f8F, vf]6fªsf >L kbdaxfb'/ /f0f{sf] %& jif{sf] pd]/df xfn}c;fdlos lgwg ePsfn] zf]s;GtKt kl/jf/kl|t ;dj]bgf / dl[tfTdfkl|t >4f;dg ck{0f ub{5'+ .

nIdLk|;fb ;'j]bL
xfnM af[F]Rofg8f8F–$, vf]6fª

जिम्मेवार को ?

xfdf[] b]zdf clxn] k/LIff / dNofÍgsf] xfnt rf]k6 g}5 . k9]/ 1fg cfh{gsf nflu kl|sflzt ul/Psf kf7\bk':ts, u]kk]/, uf08nufotsf lstfax¿nf0f{xfdL k/LIffdf nu]/ pQ/kl:tsfdf ;fg{sf lglDt kb|fl]u ul//x]sf 5f}+. ljBfno–ljZjljBfnox¿ bIf hgzlQm pTkfbg ug{vf]nPsf eP klg ltgn]cbIfsf] eL8 dfq kf}bf ul//x]sf 5g\. clg ljBfnodf lzIff lbg k7f0Psf lzIfsx¿ lr6 rf]g]sf ;xof]uL e0/x]sf 5g\.

o;/L lzIffdf ul/Psf] nufgL afn'jfdf kfgL xfn]; /L e0/x]sf] jf:tljstfnf0f{s;n] xf]g[‹ lzIffdf ePsf] dgk/LtGq / 3';vf]/LtGq sf]g jfbn] lgoGq0f ug{‹ cflv/ g]kfn, g]kfnL / ;DkÚf{cleefjsn] rfx]sf] o:t}lzIff xf] t ‹ lzIff of]hgfdf, @)!% ;Dddf lg/lf/tf x6fpg]5, xf] lzIff ;a}n] kfpgk5{ 1fg ;Lk / bIftf a9fpgk5{elgPsf]5 . t/, o:tf] lzIff k|ffnLn] hGdfPsf] jNnf]Bf6 g kNnf] tL/sf] hgzlQmnf0f{sxfF nu]/ s;/L Joj:yfkg ug{‹

cfhsf] zl]fs cj:yfnf0f{ lgofNg] sf]g}lhDdj]f/ lgsfo g]kfndf sxLF5 eg] elgbl]m eujfg ‹

piff g]kfn
l;GwkfNrf]s

मेरो पीडा कसले सुनिदिने ?

/fHoaf6 ;a}eGbf ckx]nt agf0Psf lzIfsx¿sf af/]df *lzIfs* dfl;s kl|sflzt ePsf] / o;n] lzIfsx¿sf bbf{fs kIfaf/] v/f] jsfnt u/]sf]df d h:tf aL;f}+jiff{]v lzIf0f ub{cfPsf lzIfsx¿sf] dg xlif{{ xf]' :jfefljs xf] . cfufdL cÍbl]v lzIfs k9\g g56fpg] ;ÍNk u/]sf] 5' .

åGåsfndf ljbf[xLn] ha/h:tL p;sf] rf/f] agfpg vf]+bf lj:yflkt eP/ clt kL8fhGo tj/n] cGoq sfhdf a;]sf] lyPF. kl5 efu af]8]/ vfg] zt{df lja[xL / /fHoklfsf] ;xdlt ePkl5 sfo{t ljBfnodf kmsf{pg] sfo{eof] . t/, To; ljBfnodf ljbf[xLn] cf^gf cf;]kf;]x¿nf0f{ ljBfno Joj:yfkg ;ldltdf etL{ul/;s]sf] lyof] / dnf0f{xflh/ xf]g lb0Pg . d b]zs} ;a}eGbf el|6 lhlzsf vf]6fªdf km;]+. t/, ^ dlxgf;Dd g kfos 7fpd]f ;?jf, g sfh g t lzIffdf g}xflh/ u/f0of] . ^ dlxgf;Dd lzIff sfof{nosf] 9f]sf s7f]/ oftgfsf ;fy s'/]kl5 aNn

clt ljs6 :yndf /x]sf] ljBfnodf d/]f] d~h'/Lau]/ ;?jf ul/of] . Ps jiff{]v tna eQf vfPsf] ly0gF. ;?jf ePsf] ljBfnodf klg tna cw'/f] lgsf;f eof] . ;f] cw'/f] tna klg lj=Jo=;= cWolf c?0fk|;fb /f0f{n] %))) -kfF xhf/ ?k}ofF_vf0f{

कलम

;To s'/f n]/gnf0f{agfof]snd .
1fgsf] Hof]lt km}nfpg agfof]snd ..
%f6f] s'/f d]6fpgnf0f{agfof]snd .
0ltxf; sf]g{nf0f{agfof]snd ..

;flxTo l;hg{f ug{rnfp ca snd .
1fg–lj1fgsf] vf]hL ug{rnfp ca snd ..
lzIffsf] kl|sfz 5g{rnfp ca snd .
;Tosf] phfu/ ug{rnfp ca snd ..

%f6f] s'/f n]/gnf0f{grnfp x}snd .
0ltxf; d]6fpgnf0f{grnfp x}snd ..
clxt xf]g] clf/ n]/gnf0f{grnfp x}snd .
lzIffsf] bLk lgefpgnf0f{grnfp x}snd ..

1fgLsf] xftdf k/] lxtsf s'/f n]/nf snd .
dV{f{sf] xftdf k/] ljslt km}nfpnf snd ..
j}1flgssf] xftdf k/] cfljisf/ unf{snd .
snfsf/sf] xftdf k/] ;hgf unf{snd ..

0{j/bQ snf}gL
dxfsfnL–&, kl8n, a}t8L

विश्वविद्यालयका प्राध्यापकहरूबाट अध्यापन गराइने यस काठमाडौं शिक्षा क्याम्पसमा
एम.एड.(अङ्ग्रेजी, नेपाली, स्वास्थ्य, शैक्षिक योजना तथा व्यवस्थापन र पाठ्यक्रम)
बी.एड. एकवर्षे र तीनवर्षे (अङ्ग्रेजी, नेपाली, स्वास्थ्य, गणित, जनसंख्या, सामाजिक, शैक्षिक प्रशासन र सुपरिवेक्षण)
+२ (शिक्षा, मानविकी, व्यवस्थापन र कम्प्युटर विज्ञानका कक्षा सञ्चालन भइरहेको छ ।

- ✓ !))Ü ;Dd dfl;s zNsdf ljzl]f 56 tyf 5fqjlQsf] Joj:yf .
- ✓ Internal Assement sf] nflu kmfu\g d;fGtleq ljifo lzIfs;u ;Dks{ugf{]hf .
- ✓ j}a;f06 tyf gf]6;af8{dfkm{t ;'rgf kbfg / cfwlgs kljlwaf6 cWofkg .
- ✓ slff ;~rfng ;f‰f $ bl]v * tyf kzf;g lbgsf] ! bl]v ;f‰f * ab]t;Dd

पहिलो सामुदायिक
शिक्षा क्याम्पस

sf7df8f}+lzIff SofDk;
/fdzfxky, e[s6Ld08k rf}s, sf7df8f}+-kbdfl]o ppfl]oko, p[Ta_
kmf]gM)!–$@#)@$), (*%!)!!^$^, (*$!#@%()), (*$!@^%%$$
gf]6; af8{g=+ SofDk; ljifz ;'rgf -!^!*)!$@#)@$)_
ljBfyL{ljzl]f ;'rgf -!^!*)&)&#)@$!_ pQm g+x¿df
gkfnel/sf nf]sn kmf]gaf6 ;Dks{ug{ ;lsg]5 .

E-mail: kscram@ksc.edu.np, URL: www.ksc.edu.np

प्रतिक्रिया र सुझाव

lbP . ;f}af/] ph'/L / 56 tnasf] dfu;lxt xhf/f}+Hg j}bg ubf{klg lh=lz=sf= vf]6f{n] xfn;Dd s'g} kxn u/]sf] 5}g . d'/f] d~h'/Lau/ ha/h:tL ckfos 7fpF+f ;?jf u/]sf] tLg jif{lalt;Sbf klg d'/f] kL8faf/] st}af6 ;'g'jfO{ e0/x]sf] 5}g . ca d s] u?F

/fd' a:g]t -:yfoL lzIfs_
>L tf]dfg] kfIj, km]bL–@, vf]6fª

हाम्रो विद्यालय र हामी शिक्षक

ljBfno

afnaflnsfsf] ;fdflhs, zf/Ll/s, z}lIfs, dfgl;s tyf ;Dk0f{ JolQmTj ljsf;sf] nflu k0f{ lhDd]jf/ lgsfo g}ljBfno xf] . ljBfno (School) nf0{o;/L kl/eflift ug{;lsG5M

S = Social ;fdflhs

C = Character /fd|f] :jefj, afgLJoxf/'f l;sfpg]

H = Honest Odfgbf/ agfpg]

O = Obedience cf1fsf/L agfpg]

O = Organize ;Ël7t ug{;Sg], ldn]/ a:g l;sfpg]

L = Latest gjLgtd 1fg lbg]

lzIfs

lzIfs Ps To:tf] JolQm xf] h;n] slnnf afnaflnsfnf0{c;n afgLJoxf/'f l;sfpF5 . g]kfnsf] ;Gbe{df Odfgbf/, d]xgtL, nugzLn lzIfs (Teacher) nf0{ o;/L klg kl/eflift ug{;lsG5M

T = Truth ;Tojfbl, Odfgbf/

E = Efficient bIf, ljifoj:t'df lgk0f

A =Affection :g]xL, ljBfyL{nf0{dfof ug{]

C = Command Over teaching lzIf0fdf lgk0ftf

H = Healthy :j:y

E = Eagerness pT;'stf -gofF ljoifoj:t' hfGg a'´g ;Sg]

R=Resourcefull ;a}s'/f a‰fpg ;Sg]

b]j]b| k/fhhL
lzIfs, k[jLgf/fo0f pdflj, sf7df8f}+

गजल र कविता चाहियो

d cf0{P8= bf];f] jif{df cWoog/t\5fq xF. eGg} kbf{eljiosf] lzIfs . lzIfs dfl;s klqsf d klg lgoldt k95' . klqsf Hofb} pkof]uL 5 . ctM o;df j:tUut k[gf]Q/nufot sljtf, uhn ;d]t ;dfj]z ubf{ s;f] xf]nf <

vf]d/fh ;fpF+ .lgdf{nU
a]Qfdf08f} pdflj, c5fd

गजल

:s'h k9bf bfp/f / 3f; sf6'] k9]sf]
laxfg-a]h'sf cfkm}+bfDnf af6'] k9]sf]

cfwL, x'/L, jiff{ ‰f/L;u 8/f0g
lstfa-sfkL, 3f;sf]ef/L ;f6'] k9]sf]

uf]? hf]t]+cfnL vg]+u/]+/f]kf0 klg
dªl;/df vnfe/L wfg ‰ff6'] k9]sf]

3/df k9g]+n'/g]ug{w'/}gkfpbf
w'/}kN6 :s'hdf u?nf0{9f6'] k9]sf]

lhGbuL of]efu]uf0 /}5, ef]be}f]b}cfP
Ps g Pslbg ;kmn xG5'eGb}cf6'] k9]sf]

w]jk|;fb 9sfn, km]h]–%, uf]'vf

यसरी उकास्न सकिन्छ गुणस्तर

k]zfn]d ;+yfut -;fj{nlgs z}lIfs u7L_ ljBfnosf] lzIfs eP klg ;f}efUojz ;Tojfbl dflj, jgufpF+f] lj=Jo=;= cWolf klg ag]sf] 5' .

ljBfnosf] z}lIfs jftfj/0f sfod /fVg ToxfF+sfo{t lzIfs ju{n] dxŒjk0f{eldsf vl]gkb{5 eg] ef}lts tyf cfly{s k'jf{wf/sf] Joj:yf ug{df lj=Jo=;= / ;dbfon] 7'hf] eldsf lgjf{x ug{kb{5 . ;dbfosf] ;xof]uljgf ;fdbflos ljBfnox¿ ;~rfng ug{;lsF}g . ljBfnodf kof{t k'jf{wf/ eP dfq}lzIfs ju{n] cf^gf] 1fg ljBfyL{df ;lhn};F ;~rf/ ug{;S5g\.

sltko ;fdbflos ljBfnox¿df k9f0sf] u0f:t/ sdhf]/ b]vgdf ToxfF+eqsf] /fhgLlt / u}/lhDd]jf/L eGg] cf/f]k nfu] klg oyfy{km/s 5 . To;sf lhDd]jf/ klf eg]sf ljBfyL{sf] nugzLntf, kfl/jfl/s cj:yf, ;fdflhs kl/j]z, lkm'tnf] Joj:yfkg cflb xg\. clwsfz lzIfs cf^gf] k]zfk|t Odfgbf/ g}/x]sf] s'/fdf b0f{t 5}g .

k]zfut xslxtsf] gfddf kf6L{sf %08f af]$b}lxF]g' kf6L{/ g]tfsf kR5/ aGg] k|[Q c;n lzIfssf nflu ;xfpF}g . /fhgLlts ultljlwaf6 6f9}/xL t6:y ¿kdf ;]f u/]dfq lzIfssf] JolQmTj rlDsG5 . lgrf}dfdf eGgkbf{ ;fdbflos ljBfnosf] z}lIfs u0f:t/ psf:g ;Dk0f{lzIfs–cleefjs d]xgtsf ;fy nfUgkg{cfhsf] 68\sf/f]vfF+f] xf] .

nfnaxfb'/ ;fpb, cWolf, lj=Jo=;=, ;Tojfbl dflj, jgufpF s~rgk'/

राहत शिक्षकको भविष्य के ?

ljZj Aof]Ísf] ;xof]udf lgoQm ul/Psf /fxt lzIfs c¿ b/aGbLsf :yfoL / c:yfoL lzIfs ‰}+ljBfnodf lgoldt cWofkg u/fpF}cf0/x]sf 5g\. b/aGbLsf lzIfsx¿n] a]hfd}tna vfg] u/]sf 5g\. /fxt lzIfsx¿n] eg] xfn;Dd klg a9 tna vfg kfPsf 5}gg\. lzIfsx¿aLr e]befj u/fP/ ;/sf/ dxfef/tsf w[t/fi6«sf] kfq aGg kU]sf] 5 .

;/sf/n] #* xhf/ @@! hgf /fxt lzIfsx¿nf0{b/aGbLdf kl/0ft ug{g;lsg] egk|l5 lognf0{ slxn];Dd cN‰fP/ /fVg] xf] < ljZj Aof]Ín] ;xof]u ug{5f8]k|l5 /fxt lzIfsx¿sf] xfnt s] xG5 < dnufot xhf/f}+/fxt lzIfsx¿sf] dgdf pAh]sf] o:tf k[gx¿sf] ;DalGwt lgsfoaf6 lrQa'bf] hjfkm k|Kt u/L lzIfs dfl;sdf k|sflzt ul/of];\. xfdf| lglDt Tof] 7'hf] ;xof]u xg]5 .

/jLGb|s'df/ bf;
>L dflj, lhgfv'; l;GwhL

lh1f;f / hjfkm

lh1f;fM d @)$$;fnb]v k|lj txsf] :yfoL lzIfssf] ¿kdf sfo{t 5' . @)%# ;fnsf] lzIff lbj;sf] cj;/df dnf0{ lhlzsf hfh/sf]6n] b0{ u|B yk]/ k'/:s[t u/]sf] lyof] . clxn];Dd klg d}n] yk u|B afktsf] /sd kf0/x]sf] 5' . * ebf}@)^% b]v nfu"xg] u/L ! c;f]h @)^% df k|lj låtLo >]0fLdf a9'jf ePkl5 d}n] u|B yksf] /sd gkfpg] eGg] ;g]sf] 5' . ;To s] xf] (

6Í axfb'/ e08f/L, k|c, k|lj, s6fxf, p/x/L–&, bf{

hjfkmM k|lj t[tLo >]0fLdf sfo{t lzIfs låtLo >]0fLdf a9'jf xF ;fljssf] kbdf /xF kfPsf] u|B afktsf] /sd a9'jf ePsf] kbsf] tnadf ldnfg ul/Psf] xG5 . To;}sf/0f cl3Nnf] txdf k'/:sf/:j?k kf0/x]sf] u|B afktsf] /sd a9'jf ePsf] kbdf uPkl5 kf0Fg .

Gx5]axfb'/ dxh{g, pk;lrj -nI{vf_, lzIff ljefu

lh1f;fM lzIff lgodfjnL @)%(sf] lgod !)^ sf] pklgod ! -%_ cg';f/ ;fdbflos ljBfnosf :yfoL lzIfsn] cWoog labf kfp5g\ . s:tf–s:tf lzIfsnf0{ cWoog labfdf k7fpg] xf] lgodfjnLdf :ki6 JofVof 5}g . To;sf/0f cWoog labf eGgfn] s:tf] labfnf0{ dfGg] / o:tf] labfsf xsbf/ s:tf lzIfs xG5g\ eGg] hfgsf/L rflxof] .

ab|k|;fb l3ld/]

>L sflnsf pdflj 6]sfgk'/, l;GwkfNrf]s

hjfkmM lzIfs lgodfjnLn] lgwf{0f u/]sf] dfkb08 k'/f u/]sf :yfoL lzIfsn] cfkmh] yk cWoog ubf{ :sh ...cku|BÚ ug{ ;xof]u kÚg] b]vPdf ljBfno Joj:yfkg ;ldltaf6 lg0f{o u/f0{ cf^gf] tnaaf6 ;§f lzIfs lgoQm u/]/ cWoog labfdf a:g kfp5g\ . o;f] ubf{lzIfsn] cWoog labfsf] ;ljwf klg kfp5g\ ;§f lzIfsaf6 ljBfnosf] k7gkf7g klg lgoldt xG5 .

kbdl;x+ lji6, zfvf clws[t, lzIff ljefu

lh1f;fM d @)^! df cfGtl/s k|t:kwf{af6 pQL0f{ :yfoL lzIfs xF lzIff lgodfjnL @)%(df ...@)^! kl5 lgoQm xg] lzIfsn] lgj[Qe/0f kfpg] 5}g / To; kbf]hgsf] nflu Pp6f sf]if :yfkgf ul/g] 5Ú elgPsf] 5 . o:tf] sf]if :yfkgf ePsf] 5 jf 5}g (olb 5 eg] sf]ifdf /sd hDdf ug{[k|qmof s]5 (Pp6} k]zfdf sfd ug{[lzIfsx¿dWo] s;}n] lgj[Qe/0f kfpg] / s;}n] gkfpg] Joj:yf slQsf] Gofof]rt xf]nf (

zfGtaxfb'/ yfkf

1fgHof]t k|lj, af/ËL, df]/{

hjfkmM lzIff lgodfjnLsf] of] Joj:yf clxn];Dd sfof{jogdf cfPsf] 5}g .

lbjfs/ cj:yL

lgldQ dxflgb]{zs, ljBfno lzIfs lstfavfgf

lh1f;fM lzIfs ;]jf cfof]usf] lj1fkg g+))(, @)^^÷)^& cg';f/ lgDgdfWolds tx låtLo >]0fLsf] cfGtl/s k|tofl]utf a9'jf k/LIffsf] k/LIffyL{ePsf] / ;b/d'sfdb]v 6f9fsf] ljBfnodf lzIf0f ug{[ePsfn] @% sflQs @)^^ b]v !(k'; @)^^ ;Dd lzIff sfof{no, kfNkfsf ;DalGwt kmf6fsf sd{rf/Lx¿nf0{ af/Daf/ k/LIff tflnsfsf]af/]df ;Dks{ul//x]sf] lyPF. t/ sfof{nodf To; ;DaGwdf s'g} hfgsf/L gePsf] hfgsf/L kf0of] . @$ k'; @)^^ sf] uf]/vfkq df pQm k/LIff & df3 @)^^ xg] elgPsf]df @@ kmfug @)^^ df xg] ;'rgf uf]/vfkq df k9]kl5 s]xL 9Ss t e0of] t/Ü k/LIff sfo{qmd kl/jt{g geOlbPsf] eP d}n] k/LIff lbg gkfpg] /x]5' . o:tf] ql6df s;nf0{ lhDd]jf/ dfGg] (

w]j k|;fb kF]gL

lzIfs, a'4 ljsf; lgdflj, sf]h8fF, kfNkf

hjfkmM lzIfs ;]jf cfof]uaf6 ;~rfng eO/xg] k/LIffx¿sf] sfo{qmd lg0f{o xg'f;fy ;DalGwt ;a}nf0{ l56f] hfgsf/L xg';sf];\ eGg] clek|on] lfqLo lzIff lgb]{zgfno / ;a}lhlzsfdf hfgsf/L k7fpg] ul/Psf] 5 . uf]/vfkq, /]8of] g]kfn, Pkm=Pd= sfo{qmdx¿sf ;fy}z}lfs sfo{qmddfkm{t k|rf/k|;f/ ul/F}cfPsf] 5 . o;} ;Gbe{df lj1fkg g+))(÷@)^^÷)^& cg';f/ lgDgdfWolds tx låtLo >]0fLsf]nflu @)^^÷!)÷& df xg] elgPsf] cfGtl/s k|tof]utfTds a9'jf k/LIffsf] lnlvt k/LIffsf] ;'rgf ljleGg ;~rf/dfWoddf lbOPsf]/ kl5 ljz]if sf/0fjz @)^^÷!!÷@@ ut]ug{[lg0f{o eO{ ;f] ;d]tsf] ;'rgfsf]hfgsf/L tTsfn};~rf/dfWodaf6 klg k|rf/k|;f/ u/f0Psf] xf] . To;af6 ;DalGwt k/LIffyL{nf0{klg hfgsf/L xg'kg{[xf] .

a}s07k|;fb sf^n] pk;lrj, lzIfs ;]jf cfof]u

-cg'/f]wM o; :tDedf lzIfs ldqx¿n] ;fdgf ug{k/]sf z}lfs / k|zf;lgs ;d:of, rg'f}tL jf hl6ntfsf] cflwsfl/s hjfkm k|Kt u/L k|sflzt ug{kbf]; ul/g]5 . cf^gf k[g jf lh1f;f;F}};Dej eP;Dd s'g lgsfo jf JolQmaf6 hjfkm vf]hPsf] xf] eGg] ;d]t pNn]v u/L k7fpgxf]nf . – ;Dkfbs_

k/LIffyL{lzIfsn] b}vfP tdf;f

pRr dfWolds txsf] ljz]if k/LIff s8fÚ ePsf] eGb}sfe]sf] ag]kfl:yt r}Go axdVL SofDk;sf k/LIffyL{ lzIfsn] @$ df3df k/LIff s]Gb| tf}8kmf}8 u/] . lr6 rf]g{ glbPsf] eGb}pgLx¿n] pRr dfWolds lzIff kl/ifb\sf k/LIff lg/LIfs j?0f l3ld/] / x]dgfy kf}8]hnf0{ SofDk;sf] sDKo6/ sf]7fdf yg]] .

jL/u~hl:yt xl/v]tfg SofDk;df klg k/LIff s8f ePsf]eg] lzIfsx¿n] k/LIff alxisf/ u/] . g]kfnu~hl:yt dËnk];fb pdflj k/LIff s]Gb|df k/]sf alb{ofsf lzIfsx¿n] klg k/LIff alxisf/ u/]sf 5g\ . lr6 rf]g{ glbPsf]‰f]Edf pgLx¿n]pQ/kl:tsf ;d]t hnfPsf 5g\ .

8f]6L, 88]Nw'/f / bfr'{nfsf k/LIffyL{lzIfsx¿ hfF s8f xf]g] yfxf kfPkl5 z?b]v g} k/LIffdf ;fd]h ePgg\ . ToxfFsl/a $)) k/LIffyL{ lyP . gjnk/f;L, kfNkf, slknj:t'hufotsf lhNnfdf klg k/LIffyL{lzIfs / k/LIff ;~rfnsaLr ljjfbsf 36gf ePsf 5g\ .

g]kfnu~h s]Gb|sf] k/LIff jlxisf/ u/]sf alb{ofsf lzIfsx¿n] cf^g} lhNnfdf k/LIff ;~rfng geP;Dd k/LIffdf ;fd]h gx'g] hgfPsf 5g\ . ;'x]hjf kl|j, uhl/ofsf lzIfs /fh]Gb| d08nn]eg], ælg/LIfsn]ckzAb af]n]/ k/LIff xnaf6 lgsfn]/ xfdLnf0{ckdfg u/] . ca alb{ofdf s]Gb| gtf]sP;DDf xfdL k/LIff lbg]g}+Æ cGo lhNnfsf

sNkgf kf8]h

lzIf0f nf0;]G;sf lglDt @(dª\;/df lhlzsf, sf7df8f}+df kU]sf cfjj]bsx¿ .

5fglag hf/L

lhlzsf sf7df8f}+n] lzIf0f nf0;]G; lngsf nflu gSsnL sfuhft k]z u/L b/vf:t lbPsf hDdf @$* hgfsf] b/vf:t /2 u/]sf] 5 . b/vf:t 5fglag ;ldltsf ;b:o ;lrj gf/fo0fsfhL sflz5jfsf cg';f/ !% df3 @)^^ ;Dd 5fglag ubf{ kmf]hf k/]sf kllj txsf **, lgdfljsf $(/ dfljsf %! j6f b/vf:t /2 ul/Psf] 5 eg] lgdflj txsf !*% / dfljsf $# hgfsf] b/vf:t /2 xf]g] ;'rLdf k/]sf 5g\ .

b/vf:t /2 ul/PsfdWo] s]xLn] lzIf0f nf0;]G;sf] k/LIffdf ;xefuL xf] kl]zkq ln0;s] klg pgLx¿nf0{ nf0;]G;sf] k/LIffdf ;xefuL xf] glbg] lhlzsfn] hgfPsf] 5 . lzIfs–;/sf/aLr !! sfIQs @)^^ df ePsf] ;xdltcg';f/ ;/sf/n] % dª\;/ @)^# cl3b]lv sfo{t lzIfsnf0{ Psk6ssf lglDt lzIffzf:q cWoog gu/]sf] jf !) dlxg] lzIfs tflnd glnPsf] eP klg nf0;]G; k/LIffdf ;xefuL xf]g] df}sf lbg] Joj:yf u/]sf] lyof] . pQm Joj:yfsf] b?kofu ub}{ lzIfs sfo{d}}g/x]sfx¿n] klg ‰7f] ljj/0f k]z u/L lzIf0f nf0;]G;sf nflu b/vf:t lbPsf] kf0Psf] 5 . To:tf gSsnL b/vf:tjfnf w]/} ePsf] ug]f;f] a9]kl5 lzIfs ;]jf cfof]un] k';sf] bf];f] ;ftfb]v b]zJofkL 5fglag z? u/]sf] xf] .

b/vf:t 5fglagsf qmddf sf7df8f}+df lghL :s'n] 7'hf] ;ª\Vofdf gSsnL sfuhft agfPsf] kf0Psf] 5fglag ;ldltsf

lzIfsx¿n]
g]kfnu~hdf u/]sf]
lj/f]w kbz{g .

lzIfsx¿n] klg csf{] lhNnfdf ku]/ k/LIff lbg ufx|f] ePsf] eGb} cf^g} lhNnfdf s]Gb| /fVg dfu ub}{ cfPsf 5g\ . t/ pRr dfWolds lzIff kl/ifb\sf pk–lgoGqs s[0fk|;fb zdf{eG5g\ æPp6f s]Gb|df tLgb]lv kfFr ;o;Dd k/LIffyL{ xg'k5{ . To;}n] …xf]d ;]G6/Ú lbg ;Sg] cj:yf 5}g .Æ

pdflj lzIff kl/ifbn] k/LIffyL{ lzIfsx¿n] k/LIffsf] dof{bf ljk/Lt s]Gb|df tf]8km'f8 / s]Gb|Wolf, lg/LIfs / ;'/IffsdL{nf0{ ;d]t ufnLunf}h u/]sf] hgfPsf] 5 . kl/ifbå/f/f hf/L lj1lKtdf elgPsf] 5, ælzIfsx¿n] dof{bt k/LIff lbgkg]{df cfk¬}/f o:tf sfd xg'{ bMvb\5 . o:tf lqmofsnfkn] ;du|lzIff k4ltdf g}cf3ft k¥ofpg] s'/fdf bO{{t 5}g .Æ

;/sf/n] nfu" u/]sf] ljBfno lf]q ;'wf/ sfo{{qmddf k|lj tx cyf{t\ slff ! b]lv % ;Dd k9fpgsf nflu kf|df0fkq tx pQL0f{ugk{g]{afWofTds Joj:yf u/]sf] 5 . lzIff dGqfnon] P;Pn;L pQL0f{u/]/ z}lIfs hgzlQm ljsf; s]Gb|sf] !) dlxg] tflnd lnPsf k|lj lzIfssf nflu kdf0fkq txsf] dfGotf lbg] u/L Psjif{] ljz]if k7gkf7g ;~rfng u/]sf] lyof] . ljz]if slffdf egf{ ePsf b]zel/sf !$ xhf/eGbf a9L k|lj lzIfsx¿n] of] k/LIffsf] cfj]bg km'd{ e/]sf lyP . pdflj lzIff kl/ifbn] @@ b]lv @* df3;Dd ljz]if To:tf lzIfsx¿sf lglDt k/LIff ;~rfng u/]sf]lyof] . t/, lr6 rf]g{gkfPsf] eGb}lzIfsx¿n]w/]}:yfgdf tf08j kbz{g u/]sf 5g\ . gdg'f aGgkg{] lzIfsx¿ g}lr6 rf]g{dl/xQ]ug{/ k/LIff g}ljyfn]glt/ nfu]kl5 To:tf lzIfsn]5fq5fqfnf0{s]l;sfpnfg\ eGg] k]Zg v8f ePsf] 5 . &

प्रमोद आयाम/कल्पना पौडेल

;b:o;lrj sflz5jf atfp5g\ . pgsf cg';f/ sltko cfj]bsn] :s'nsf] n]G6/Kof8 rf]/]/ klg gSsnL lgolQmkq / cljl5Gg ;]jfdf /x]sf] l;kmfl/; kq agfPsf] e]l6Psf] 5 . s]xLn] rflxF k|csf] gSsnL x:tfIf/ u/]/ sfuhft agfPsf] 5fglagdf ;mUg clwsf/Ln] atfPsf 5g\ .

k'; clGtd;Dddf 5fglag ;Sg] elgP klg b/vf:tsf] ;ªVof w/]}ePsfn] 5fglagsf] Dofb a9fpg lhlzsfn] cfofunf0{ cfu|x u/]sf 5g\ . cfofusf ;x;lrj czf]ssdf/ cof{nn] eg] ægSsnL sfuhft kmhf k?~hn] 5fglag hf/L /xG5, b]zel/ g}5fglagsf] sfd kefjsf/L 9Ën] cl3 a9]sfn] lst{wGbflj?4 hfu/0f k}bf ePsf] 5, o;af6 eljiodf gSsnL sfuhft agfpg rfxgk¿ lg?T;flxt xG5g\ .Æ

gSsnL sfuhft agfpg] s]xL lghL :s'nnf0{ lhlzsfn] sf/afxLsf] ;'rLdf /fv]sf] 5 . :s'n vf]Ng] cg'dlt kfPsf] eGbf cl3sf] ldltsf kmhL{ lgolQm agfPsf] 7x/ u/L lhlzsf sf7df8f}+] gofa]fg]Zj/sf] kf7zfnf kmfp08]zg, uhf{vf/fl:yt l/sf:6 OG6/g]zgn :s'n, sfnLdf6Lsf] Peg uf8{ gofa]fg]Zj/sf] eb|3n] OG6/g]zgn :s'n, :o'rf6f/sf] d08nf OG6/g]zgn :s'n, wfkf;Lsf] :jl0f{d OG6/g]zgn :s'nnf0{ sf/afxLsf] ;'rLdf /fv]sf] 5 .

;b:o;lrj sflz5jf eG5g\ æoL :s'n @)^# kl5 vh]sf xg\ . t/ logn] @)^# sflQs % cl3 cf^gf] :s'ndf lgolQm ln0{ sfo{t /x]sf] eGb} w/]}nf0{ nf0;]};sf nflu l;kmfl/; u/]sf 5g\ . o:tf :s'nf0{ sf/afxL xG5 .Æ &

of]hgf agfpg z}lIfs ;jf{b

lzIff If]qsf ;d:ofsf] klxrfg / ;dfwfgsf] sfo{bzf to ug{ p2]Zon] lzIff dGqfnon] @@ b]lv @& df3;Dd …z}lIfs ;'zf;gsf nflu efjL lzIff gLltÚ ljifos ;jf{b sfo{qmd cfof]hgf u¥of] . /fhwfgLsf ljleGg :yfgdf ePsf] sfo{qmddf lzIffsf ljleGg cf7 j6f gLltut ljifosf 5§f5§}ax;kqdf lzIffsf ;/f]sf/jfnfn] 5nkmn u/]sf lyP . k|/lDes afnljsf;, cfwf/e't lzIff, dfWolds lzIff, pRr lzIff, k|ljlws lzIff tyf Jofj;flos tflnd, cgf}krfl/s tyf lg/Gt/ lzIff, vhf tyf b'/ lzIff / lzIffdf ;/sf/L–lghL ;f‰]bf/L;DaGwL gLltut ljifodf 5nkmn ePsf] lyof] .

5nkmnaf6 dGqfnon]efjL z}lIfs gLlt;DaGwL cfwf/kq tof/ kfg{ d2t kU'g] ck]ff /fv]sf] 5 . sfo{qmddf lzIff dGqfnosf clwsf/L, ljZjljBfnosf lj1, lzIfs ;Ë7g, ljBfyL{ ;Ë7gsf k|tlglw, z}lIfs ;+yfsf ;~rfnsx¿sf] ;xeflutf lyof] . &

c;n lzIfs 5fGg dtbfg

dtbfg ug{sf nflu nf0gdf a:b} ljBfyL{¿ .

efiff zdf{

;fdfGotof dtbfg s;}nf0{ rpgfj lhtfpg ul/G5 . t/, afUnªsf] hgktd dflj cd/elddf rflxF c;n lzIfs 5fGgsf lglDt dtbfg ul/Psf] 5 . pQm dfljsf kl/c g0Gbl u?ªn] cf^gf] :shsf lzIfsx¿sf] dNofÍg ug{sf lglDt dtbfg ljlw ckgfPsf xg\ . pgL eG5g\ æljBfyL{ / ljBfnoklt sg lzIfs slt pQ/bfoL 5 eg] yfxf kfpg o:tf] ul/Psf] xf] .Æ

o; ljlwcg?k ;jk{yd ljBfnodf sfo{t lzIfsx¿nf0{ :jdNofÍg kmf/d eg{ nufP . @) j6f k[g ;dfj]z ul/Psf] pQm kmf/ddf lzIfsnf0{ æljBfnodf pkl:yt eP/ cf^gf] lkl/o8df $% ldg6 g}latfpgxG5 ‹ tkf0{sf] cf^gf] lkl/o8df ljBfyL{¿ slQsf] xNnf u5g\‹ slffsf]7fdf hfgeGbf klxn] tkf0{n] cWofkg ug[ljifo / kf7sf] af/]df sxfF/ s;/L tof/L ug{G5 ‹ ljBfyL{sf s'/f slt ;GgxG5 tyf slffdf slQsf] lzi6 efiffsf] kbfu ugG5 ‹ lgoldt ¿kdf ljBfnosf] kf]zfsdf ljBfno cfpgePsf] 5 ‹ tkf0{n] cfkmhf0{ zJfs ;q @)^^ sf] c;n u? bfaL ug{sf] sf/0f s] xf] ‹ tkf0{n] of] zJfs ;qdf u/]sf kfF j6f pNn]vgLo sfo{¿ n]gxf];Æ h:tf k[g ;f]wPsf lyP . pQm kmd{ ljBfnosf !$ hgf lzIfsn] e/]sf lyP .

lzIfsx¿n] :jdNofÍg kmf/d e/]kl5 c;n lzIfs 5gf}sf] nflu 5fq5fqfnf0{ dtbfg ug{ nuf0Psf] lyof] . lzIfssf] ljBfnodf lgoldttf, cWofkg lfdtf, ljBfyL{sf s'/f ;Gg] / lgoldt kf]zfsdf :sh cfpg] cltl/Qm lqmofsnfkdf ;lqmo ;xeflutf hgfpg] ;dosf] kfngf, cg'zf;g / lzi6 efiffsf] kbfu cflb k[gsf cfwf/df 5fq5fqfn] cf–cfkmhf0{ dg k/]sf lzIfsnf0{ dtbfg u/]sf lyP . kl u?ªsf cg';f/ slff $ b]v !) ;Ddsf ljBfyL{sf] dtbfgaf6 o; jif{ kflj lzIfs Wjhaxfb'/ u?ª c;n lzIfsÚ 5flgPsf 5g\ . c;n lzIfsÚ u?ªnf0{ ljBfnosf] jflif{sf];j ;df/fxdf ;Ddfg ug{ sfo{md 5 . c;n lzIfs 5gf}sf]

nflu v;]sf @#$ dtdWo] % dt ab/ ePsf lyP eg] ljhoL pDdbj]f/n] *$ dt kfPsf lyP . k|c u?ª :jo+eg] k|t:kwf{df ;xefuL lyPgg\ .

uf]lo dtbfgaf6 cfkmºhfO{ k9fpg]dWo] ;a}eGbf /fd| lzIfs 5fGg kfPsf]df ljBfyL{x¿ bË k/]sf 5g\ . slff !) sf 5fq ljiOfk|;fb s]B\n eG5g\, æljBfnon] ;sf/fTds k|bf;sf] yfngL u/]sf] 5, o;af6 lzIfsx¿df ljBfyL{k|tsf] lhDd]jf/Lafw c‰}a9fpg] 5 .Ú :t/Lo lzIff lbg lzIfsx¿aLr k|t:kwf{ xf];\ eg]/ o:tf] tl/sf ckgfOPsf] ljBfno Joj:yfkg ;ldltsf cWoIf huaxfb'/ 5GTofn atfpF5g\ . ;f]tJolQm lbg]z kGt rflxFc¿ :sh'n] klg o:tf] cEof; u/]df lzIfsx¿df cf^gf] k]zfk|t hfu?stf k}f xg] 7fG5g\ . c;n lzIfssf] 5gf]6;F 5fq5fqfn] ljBfnosf] k|zf;g 7Ls ls a]7LsÚ eGg] ljifodf klg dtbfg u/]sf lyP . ljBfno k|zf;g 7Ls eGg] kIfdf !*(hgf ljBfyL{x¿sf] dt v;]sf] lyof] eg] a]7Ls eGg]df !% hgf ljBfyL{sf] dt k/]sf] lyof] . &

भाषा शर्मा, afUnª

xTof cleo'f]udf lzIfs k|tfl8t

ædnf0{ afF5' eGg] nfu]sf] lyPg, d[o'sf] eon] lbdfun] sfd ug{5f8]kl5 pgLx¿n] dnf0{5f8]F k|k/Lsf] kGhfaf6 dQm ePkl5 k;f{ jL/u~hsf] g|kfn /]Na] dfljsf lzIfs dxGy ofbjn] atfP . $ df3 ck/fGx $M#) ah] pgnf0{:s'haf6 3/ kmlsF{ /]8qm; ejg cufl8af6 k|k/Ln] kqmfp u/]sf] lyof] . kqmfpkl5 cfkmºhf0{k|k/Ln] r/d oftgf lbPsf] pgsf] syg 5 .

k|k/Ln] kqmfp ubf{ofbj;F pQm :s'hsf k|c xl/x/ ofbj, lzIfså o xl/ dxh{g / lbgf /f]gof/ ;F} lyP . P;kL ;fÚan] ;f]wk5sf] nflu af]hfPsf] eGb}ofbjnf0{k|k/Ln] hah{tL p7fP/ Eofgdf xfn]sf] k|c ofbj atfp5g\ . !& 306fsf] k|k/L lx/f;t / oftgfkl5 pgnf0{ef]nkN6 laxfg 5fl8Psf] lyof] . k|k/L lx/f;taf6 dQm ePkl5 lzIfs dxGy ofbjn] kqsf/nf0{ cf^gf] z/L/sf gLn8fd b]vfPsf lyP . pgnf0{k;f{sf ;xfos l;l8ofs]sf] xTof ug{ vf]h]sf] cf/f]kdf kqmfp u/L oftgf lbOPsf]al‰Psf]5 . lhNnf k|k/L sfof{nosf P;kL /fhGb]bl >]7n] lzIfs ofbjnf0{ ;f]wk5sf nflu lhk|sfdf NofOP klg oftgf glbPsf] atfP .

36gfkl5 g]kfn lzIfs olgogn]

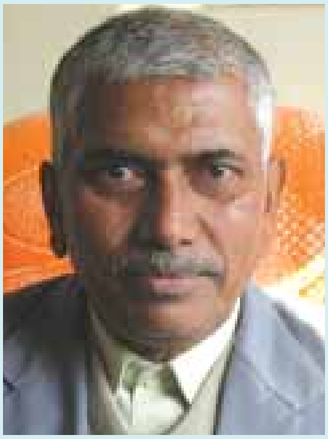
elfOf ofbj

k;f{sf k|dv lhNnf clwsf/L ofbjk|;fb sf]/fnfnf0{ e]6/ 36gfk|t cfklQ k|s6 ub{bf]fLnf0{ sf/afxL ul/gkg{ dfu u/]sf] lyof] . k|hc sf]/fnfn] 36gfsf] 5fglag ug{ cfZjf;g lbP klg clxn];Dd s;}nf0{sf/afxL ePsf] 5}g . k;f{sf ;xfos k|dv lhNnf clwsf/L anaxfb'/ dNndfly @& k';df uf]hL k|kf/ xB pgsf cË/Ifs k|k/L hjfg cgGt/fh v8'sfsf] d[o' ePsf] lyof] . pQm 36gfsf] lhDd]jf/L ;e'Qm hgtflGqs t/f0{dlQm df]rf{n]lnP klg ;f] 36gfdf lzIfs ofbjsf] ;nUgtf /x]sf] k|k/Lsf] cfzÍf 5 . &

रितेश त्रिपाठी, jL/uh

cfof{udf /fpt

;/sf/n] lzIfs ;]jf cfof]usf] l/Qm ;b:o kbdf af/fsf lzIfs of]uGbk|;fb /fptnf0{ lgoQm u/]sf] 5 . dlGqkl/ifb\sf] ^ df3sf] a}7sn] /fptnf0{ lgoQm u/]sf] xf] . o;cl3 pgL af/fsf] bf]k/L d‰f]nofl:yt cd/ pRrdfljsf k|rfo{ lyP .



/fptsf] lgolQm;F} lzIfs ;]jf cfof]un] kÚf{f kfPsf] 5 . @)^^ h]7df cfof]usf ;b:o /fdj[f ;fxsf] kbfjlw ;lsPkl5 cfof]udf Pp6f ;b:o kb l/Qm lyof] . cfof]udf cWoIf / b0{hgf ;b:o /xg] Joj:yf 5 . pgsf] kbfjlw kfF jif{sf] xg]5 . /fptn] ## jif{lzIf0f ;]jfdf latfPsf lyP . cfof]u ;b:o ePkl5 lzIfs ;F s'/f ub{/fptn] eg] ælzIfssf] lgolQm, a9'jf / ;]jf÷;ljwfsf nflu lgikIf eldsf v]Ng5' . Æ pbo/fh ;f]tL cWoIf /x]sf] lzIfs ;]jf cfof]udf ofu]Gbk|;fb /fpt / k]d/fh pkfWofo ;b:o 5g\ . &

रिपोर्ट

प्रमोद आयाम

sd{rf/L gxbF lzIfsnfO{ dsf{

t/fO{sf lhlzsfx¿df sd{rf/L gxbF lzIfssf] tna eQmfgLnufot :sh lg/LIf0fsf sfd k|efljt ePsf 5g\ .

lhlzsf ;Kt/Ldf ;]jfu|fxLsf] rfk .

lhNnf lzIff sfof{no, k;f{sf]k|zf;g, tflnd, k/LIff / sDKo6/ ;~rfng ;d]tsf]lhDdf vl/bf/ w|'j kf}8]nsf] sfFdf 5 . pgsf] vf; lhDd]jf/L sd{rf/L k|zf;g zfvf dfq}xf] . t/, sfof{nodf c¿ sd{rf/L gePsf sf/0f kf}8]n] g} ;a} sfd Eofpg' k/]sf] xf] . kf}8]n eG5g\ æb/aGbLcg'?k sd{rf/L gePsfn] lzIfs / cGo ;]jfu|fxLnfO{ ;dod} ;]jf lbg ;lsPsf] 5}g .Æ lzIff dGqfnon] k;f{sf tLg hgf lj|lgnfO{ sfd' lhlzc agfP/ cGoq}lhNnfdf sfhdf v6fPsfn] klg sd{rf/Lsf] cefj ePsf] xf] .

!) df3df lhlzsf, ;Kt/Ldf tLg hgf sd{rf/L dfq}lyP . n]vf clws[t sfd\j/ ;fx, k|; j}/Lbl| rf}w/L / vl/bf/ cd/sfGt %fnfO{ sfof{nodf cfPsf ;]jfu|fxLsf ug'{;f] ;Gg EofO{gEofO{lyof] . bO{ zfvf clws[tsf] b/aGbL l/Qm 5 .

wglff, dxf]Q/L, ;nf{xL, /f}tx6nufot t/fO{sf c¿ lhlzsfx¿sf] cj:yf klg ofy}Gbf km/s 5}g . lhNnfsf ;/sf/L sfof{nodWo] ;a}eGbf a9L clws[tsf] b/aGbL /xg] lgsfodf k5{ lhlzsf . b/aGbLcg';f/ sd{rf/L gxbF lhlzsfsf sd{rf/Lx¿df sfdsf]af]‰ / bafa dfq k/]sf]5}g, lhlzsfaf6 ;Dkfbg xg]'lzIfs / :sh k|zf;g;F ;DalGwt sfdx¿df ;d]t c;/ k/]sf] 5 .

t/fO{df c;'lff a9b} uPsfn] lhlzsfx¿df l/Qm b/aGbL kl't{ xg' g;s]sf] atfO{G5 . t/ Tof}eGbf klg 7'nf] sf/0f rflxF /fhgLlts bnx¿sf] hyfefjL x:tIf]k / babafn] ubf{ sd{rf/L ToxfF hfg gdfGg]u/]sf] kf0Psf]5 . sfo{t sd{rf/Lx¿ klg c;'lff / rGbf cftÍaf6 dQm b}lvbFg\ . lhlzsf, k;f{sf Ps sd{rf/L eG5g\ ædnfO{ klg w]/}wDsL cfP . t/, oxLF3/ ePsfn] ;?jfsf] k|bf; ul/gF.Æ z}lfs tflnd s]Gb|af/fsf k|lzIfs jf;b]j kf}8]nnfO{# j}zfv @)^$ df hgtfl|Gqs t/fO{ dlQmdf]rf{ -uf]]t ;dX_ n] df/]sf] lyof] . To:t} ;Kt/Lsf lhlzc dfxDdb x;/b cnLsf]dfcf]jfbLsf]e|t[;Ë7g jfO{;LPnsf] oftgfkl5 pkrf/qmddf @)^% j}zfvdf d[To' ePsf] lyof] .

/fhgLlts cl:y/tfsf sf/0f t/fO{sf sd{rf/LnfO{ sfd ug{;lhnf]5}g . lhNnfdf lqmofzLn /fhgLlts bnsf cf8df ;d]t sd{rf/Ldfly cgfrt bafa kg{u/]sf]5 . lzIfs cgbfg ljt/0f, lgolQmdf ;d]t ;a}eGbf a9L /fhgLlts bafa cfpg]u/]sf] sd{rf/Lx¿sf]ug';f]5 . ædGqL / ;ef;b\sf]sfd xf]xg'k5{eGg]bafa cfpb5 .Æ lhlzsf /f}tx6sf kf; pk|Gbl|l;+ eG5g\ æsd{rf/Ln]hflu/ arfcf];\ls bafadf sfd u/f];\Æ

Pshgf lgnlDat lzIfssf] kg'j{xfnL ug{ gdfGbf km]/d / tdnf]kfsf sfo{tf{n] @)^^ j}zfvdf ;Kt/Lsf tTsfnLg sfd' lhlzc s|f/ ltjf/LnfO{sfnf]df]:f]bn] . To;kl5 pgL sfof{nodf kf]oM a;]gg\ . c;'lffsf] sf/0f bl}vfpbF! k';bl]v ;Kt/Ldf cgkl:yt /x]sf ltjf/L @$ df3b]lv lhlzsf af/fdf ;?jf ePsf 5g\ . lhlzsf, ;Kt/Lsf vl/bf/ cd/sfGt %f eG5g\ æha/h:tL sfd u/fpg vf]lhg] kj[Qsf sf/0f lhlzc oxfF a:g}rfxFbgg\ .Æ ltjf/Lsf]7fpFdf dxf]Q/Lsf zfvf clws[t zq'wg ofbjnfO{k7fO{Psf]5 .

sd{rf/L gxbFsf] c;/

af/fsf ljlg dGh/ cfndsf]dVo lhDd]jf/L pgnfO{ tf]sPsf :sh'sf]lg/LIf0f / ;k/Lj]If0f ug{xf] . t/, pgL :sh lg/LIf0fdf guPsf] w]/}e0f ;Sof] . lhlzsfdf c¿ clws[t gePsfn] pgL ljBfno k|zf;gsf] sfddf a9L Jo:t xG5g\ . cfndsf] syg 5, æsfoff{odf sd{f/L g}xF]gg\. To;}n] d aflx/ lg:sg}kfpl6gF.Æ

;Kt/Lsf ;[tJolQm /fdk[;fb rf}w/LnfO{ljBfno k[zf;g zfvfsf] lhDd]jf/L lbOPsf] 5 . hgzlQm cefjdf lhlzsfsf cfGtl/s k[zf;lgs sfdx¿ klg nyflnË 5g\. lhlzcsf]cgkl:yltn]^) eGbf a9L lzIfssf]lgolQm ;b/ xg g;s]sf] hfgsf/L ;Kt/Lsf ;[tJolQm rf}w/Ln] lbP . lhlzcsf] cgkl:ylts}sf/0f df3sf] t];[] ;ftf;Dd ;Kt/Lsf lzIfssf] dªl;/bl]vsf] tna lgsf;f ePsf] 5}g eg] rf/ ;o afn ljsf; ;xof]uL sfo{stf{n] ;fpgbl]vsf] tna gkfPsf] hfgsf/L lzIfs olgog ;Kt/Lsf cWoIf ej]Gb|ofbjn] lbP . lhlzc gxF lzIfs / :sh';DaGwL sfddf uDeL/ Jojwfg kU}sf] eGb}lzIfs olgog, ;Kt/Ln] @) df3bl]v rf/lbg;Dd lhlzsfdf tfnfaGbL u/}sf] lyof] .

cof]o x6fOP

sfoff{odf cgkl:yt eO{ lhDd]jf/Lk|t a]f:tf u/}sf] eGb}lzIfsx¿af6 ug;f] cfPkl5 af/fsf sfd' lhlzc cnljGbnfn s0f{ lzIff dGqfnodf l‰sfOPsf 5g\. af/fsf kdl'v lhNnf clwsf/L tf/fgfy uf}dn]s0ff{nfO{sf/afxLsf nflu k6sk6s tfs]tf u/]kl5 dGqfnon] pgnfO{ lhlzcsf] lhDd]jf/Laf6 dQm u/] ;f}wk5sf nflu sf7df8f}+ af]nfPsf] xf]. k|hc uf}dsf] egf0df lzIfs /fxt / kL;LPkm sf]6fsf lzIfs lgolQmdf s0f{n] k|qmof k¥ofPsf lyPgg\. sfoff{o kdl'vsf] lgoldt a}sdf ;d]t s0f{pkl:yt x6]y]. k|hc uf}d eG5g\ æPp6f lhDd]jf/ clwsf[sf]csdy{o, lgs[6 / nfhdbf[rl/q xf] of].Æ lzIf0f cgdltkqsf] cfjZog 5fglag sfo{nsf] ;ef}hs tf|sP klg To;k|t ;d]t s0f{n] a]f:tf u/}sf lyP .

lzIfssf k[zfut ;Ë7gaf6 lhlzc s0f{sf ljifodf w]}ug;fx¿ cfPkl5 k|hc uf}dn]lzIff dGqfno, lzIff ljefu;F}uk[dGqfnodf pgnfO{ sf/afxLsf] dfu ub{s8f Joxf/fsf] kq k7fPsf lyP . kqdf uf}dn]nf]v}sf 5g\ æd w]}lhNnfdf a;]F. t/, o:tf] lhlzc sxLFklg b]v}sf] ly0gF. of]JolQm oxfFdfq xf]g, cGoq klg lhlzc xg of]o 5}g .Æ &

tflnsf sd{f/L ;ªVof / l/Qm kb

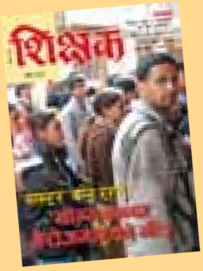
lhNnf	sh b/aGbL	l/Qm kb
af/f	@$	!@
k;f{	@!	!@
/f}tx6	@$	!#
;nf{xL	@#	!)
wgiff	@#	&
dxf]Q/L	@#	*
l;/xf	@@	&
;Kt/L	@#	!@

;[tM ;DalGwt lhlzsf

---

tkf0f{nfO{ शिक्षक s:tf] nfU5 <

olb /fd|f]-pkof]uL nfU5 eg] cfkm'n] lrg]hfg]sf lzIfs, cleefjs / ljBfyL{nfO{ k9\g elglbgxf];\ . xfdLnfO{ s]xL ;‰fj eP शिक्षक sf] 7]ufgfdf va/ lbgxf];\ .



शिक्षक dfl;s, kf6g9f]sf
kf]i6-g+ !^^, nlntk'/
kmf]gM %%$#@%@, %%$*!$@
^ofS;M %%$!!(^

शिक्षक tkf0{sf] ufpFzx/–ahf/sf kqklqsf k;ndf x/}s dlxgfsf] klxnf] ;ftfleq klu;S5 . t;klg **शिक्षक** kfpg sl7gf0{ ePdf tkf0{sf] glhssf] kqklqsf k;n jf xfdLnfO{ eGgxf];\ .

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