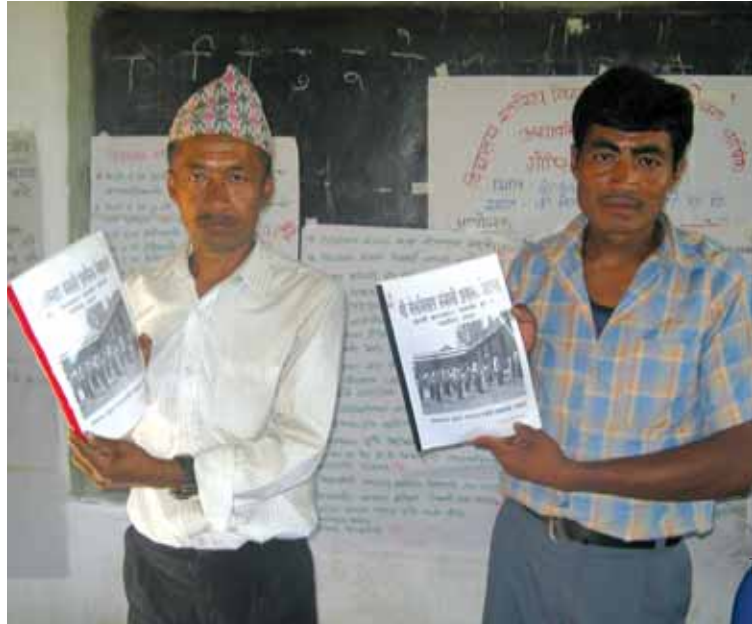


cleefj s
; lqno eP
; lk(5 :sh

lj Bfno ; wf/ ofhgf blyfpE
wflb^a, d/nle-Hof^a:yt
dihldnfk s\$fnl kllj sf
Joj:yfkg ; ldit cWOLF zDe'
>I7 -bfofF / lzifs-cleefj s
; 3sf cWOLF lzj sdf/ >I7 .



कवि चोपडा

आवरण ३०-३५

; bZg l3ld/3kplf cfofd

गतिविधि

पृष्ठ १३-१५

- > lzlfssf]; lft /sdM dGqfno ahD vfllb}> lzlfslj?4 ph/l\$frf^a
- > lzlfOf cgdltkqsf]glthf M &* kltzt pQLOf{> aNn lgsf; f eof]
kl; lPkm cgbfg > km/ sl6P lzifs

थप सामग्री

k9g]w7} k9fpg ; Sg]yf7}	kplf cfofd	!^
xdf] :shM o; /L agof}/fd]	wg-ho zdf{clwsf/L	#^
; wf/sf]dhdGq M .cfkngf] lj Bfnosf]Joj:yfkg cfkm+u/f}M	lzifs ; jfb	\$)
g7lj ultnf]eP Joj:yfkg /fd]	/fhsdf/ a/fn	\$^
of]otf / nugsf k]tdlt{s]of ; / ; /z/fh Gofkfg]		%)
d7f]df:6/lM Toltajfb]v oltajf; Dd	kf8f-gf]n lszf7 /fo{	%@
The challenge and excitement of teaching large classes		%*

स्तम्भ

lj ifo-; Gbe{@, x7fo-a%ffO #, ; %ffj / kltlqmf \$, lh1f; f / hjfkm *, dgsf s/f !),
km (h ^), dh]k93f]:sh ^\$

रोचक बहस

शिक्षक
र लाठी 0



**पृष्ठ
२०-२८**

cltlysf]c]ofrf/ 0



पृष्ठ ५४-५७

डा. तीर्थबहादुर श्रेष्ठ

lxdfn P; fl; P; gsf nflu वसन्त थापा á/f k\$flzt, सम्पादक: /fh]b] bxfn

सल्लाहकार सम्पादक: Sbf/ zdf{ सहायक सम्पादक: ; bZg l3ld/] वरिष्ठ संवाददाता: afa/fd ljZj sdf{ संवाददाता: kplf cfofd

कार्यालय: शिक्षक मासिक, kf6g9f3f, nlnk/, पो.ब.नं. १६६, ललितपुर, km]M ; Dkfslo- %%\$#%@, Jofk/-lj 1fkq- %%\$*!\$@, ufxs ug; f] \$@%^^^
kibfS: M %%\$#!!(^, OdjhM mail@teacher.org.np, j3M www.teacher.org.np dbpfM hublaf k] , xQljg, nlnk/

gxkfk} gxkpmf

xkfk : alt/ xG5, :shx;df klg xG5 . t/ xlg-xlkG st} klg xG5 :shdf t %g\xG} xG5 .

t/ .g/fdf] s/f xlf eGbdf dlf]g] s/f klg xfo] of]. alnofn] lgwfnf0{ / 7hfn] ;fgfnf0{ xlg]xSg] rng k\$[tdf klg 5 . jg:klt hutdf ; d] o; sf ?k blvG5g\ . P]n] ; luf] af6 vf0lbG5, 7hf af6-la?jfsf] ; k ;fgfnf0{ nfu5 . ;fg] df5fnf0{ 7hf] df5fn] vfG5, To; nfo{ c% 7hfn] vfG5 . o; / ; Sg]h]g; Sg]hf0{ klg] / To; nfo{ :jfe]j s 7fG] k] Qnf0{ .dt:o Gofol elG5 .

dfgj ; dfhdf t xkfk / bfbflu/L cln a9l g} 5 . JolQm] JolQmf0{ xlg]v /fi6] /fi6mf0{ n3fg] Ddsf sfd xG5g\ . t/ To; f] eGbdf xkfk :jfe]j s / plrt x] eg] rlfxFs;] klg dfG5 . xlg]n] klg cfknh] s;] xkfk] 5' eGb5, c; g} axfgaf6 jf c; gdfaf6 To; sf] c]rTo b]vpg v]5g\ . hg s/f u/] klg olb u/] :jlsf/ ul/ eg] To] ; xl xfo] . cyff\ xkfk unt x] .dt:o Gofol Gofu xfo] , cGofu x] . .Gofol n] zIQm / ; fdYo{xfo] , lgod dfq x5{ xk5 . dfgj ; dfhdf dt:o Gofu rNgx] . lgwfn] klg a/fa/ x] ; otdf kfg] ljw; Ddt Gofu kfg] k5{ .

o:tf] s/f cfbz{ fbl ; lgG5, t/ of] x] ; n xg] ; Sg] eg] xfo] . xkfk0nf0{ kof{ ; kdf cGto ug{g; lSpmf t/ sd ug{ rlfxF; lS5 . :sh h:tf ; dfhsf ; -; fg] 0sf0x;nf0{ t xkfk0dQm g} agfpg klg ; lS5 . o; sf nflu xkfk0sf] dg]lj 1fg / To; sf c; /x;nf0{ a'g' h?/l xG5 .

kfylds txd f k9f0g] ; :s[sf] lStfadf Pp6f Znfs xg] ub]of] . lj Bf bbf]t lj god= lj Bfn] dflg; nfo{ lj gol agfp5 . cyff\ ; xl cydf lzlf kfPsf] JolQm lj gozln xG5 . lj gozln] t / xkfk lj kl/t w] xg\ . hxfF lzi6tf / lj gozln] t xG5, hxfF ; d%bf/l xG5, hxfF csf] cl:t] / lj rf/sf] sb/ xG5 ToxfFxkfk xG5 . hxfF 3d08 xG5, cxdTofF xG5 Toxf dfq xkfk xG5 . sg} sg} JolQmf cfknh] rfxk]5 cf'gf] xs-x] ; ot afx/sf s/f klg cfknh] eg] h; /l g} rNgk5{ jf cfknh] rfx] kfg] k5{ eGg] dfgl; stf xG5 . To:tf] dfgl; stf ePsf JolQmf tfut klg ykof] eg] p; n] csf] {baP/ jf k5f/] eP klg To] x] ; n ug{ v]5 . xkfk Tox] x] .

xkfx JolQmf k5f18 of t s; } cf8e/f] , k} fsf] an jf xftx] tof/sf] ths xG5 . csf] {8/ b]vP/, s/skdf kf/] , cToP/ / cftl] t tNoP/ sg} sfd t ug{ ; lS5 t/ To:tf sfof6 ; dfhsf] lgod / sfg5 ldir0/x] xG5 . To:tf sfdaf6 csf] clwsf/ xgg\

xG5 . xkfx;n] ; hfo gkfgp' eg] b08xlgtf x] . b08xlgtf nf] tGqs] ; aGb] 7hf] zq' x] .

nf] tGqs] hu :shd} a:5 . olb hud} v/fal 5 eg] 3/ /fdf] xG5 . ldn] v]Gsf] ; f6] ; fyln] v]G nfu] an vf] ; n]hf; csf] vfh vf] ; vf0lb; csf] {luHofpg; ckdflgt ug] lj Bfyl; df ; fdfGotof kf0g] xkfk0sf k] Q xg\ . t/ :shx;df xg] xkfk To] tdf dfq ; lS5 . cf'gf] of] ot, x] ; ot / lfdt cf; f/sf] xkfk ug] lzlsx; klg kl5 kb5g\ . eg; g u/] jf ; f] k] {nufP/ hflu/ xftkfg] of] ot / P] lgodnf0{ xlg' x] . hflu/ kf0; sk]5 ; dodf :sh gc'fg; /fd/l gk9fpg- cafv afnafn] s / lTgsf pkfoxlg afacdfnf0{ xlg' x] . /fhgllts bnx;n] lzlsnf0{ cf'gf sfo] t{/x kof] ug' rlfxF lzls, lj Bfyl / cleefj s ; dfh / b; ; d] ; ahf0{ xlg' x] .

nf] xkfk0sf] dt' k] ls x] . ufnl xkfk0sf] cr's ; ^6j /l x] . lj Bfylnf0{ k] /V5' eGg] lzlsx; dg] 5g\ . pglx; sf] lgot k9fpg] / k] s/ l 9En] l; sfg] g} x] , t/ pglx; sf] dflod unt 5 . o; sf k5f18 ; hfosf] dflodaf6 l; sfg] ; lS5 eGg] unt a% t 5 g} cfknh] eg] sfd h; /l eP klg u/fp5; dnf0{ s; n] s] ug{ ; S5 x] t] sf] cx] f/l dfgl; stdf klg 5 .

%8 x] { xlg] JolQm alnof] / xlk] JolQm lgw] b]vG5 . t/ lrlgof b]z]gs nfc] ;] o; nfo{ Psbd] pN6] lsl; dn] JofVof u5g\ . pgl eG5g\ cxf] /sf] alp xlgtf] vdf xG5 / xlgtf] v]sf] alp cx] /df . cx] /ln] leqaf6 cfknh] lgw] / lgu] tnf] 7fg] xG5 . cfknh] ePeGb] 7hf] 7fG] rlfxF; b] ; xlg efj gaf6 ul; t /xG5 . alnofn] x] , lgw] ; xG5 . slj lz/ f] of n] ygy kf] B]n] of] s/fnf0{ Psbd] ; /n ; kdf JoQm ul/lbPsf 5g\

apksf/l u0l JolQm lgx/G5 lg/Gt/ kn] j] [fsf] x] g] s] sxfF5 /] cyff\ h; n] csf] { xlg v]5, To] ; xl cydf ; lzlf, ; an, ; Eo / ; :sf/ zln JolQm xfo] . /, P] -lgod-sfg5 kngf ug] c; n gful/s klg xfo] . olb xfdl csf] xk] P] cgej ul//x] 5f] eg] To; JolQmf] dfgl; stfsf] lj Zn] u/f. o; f] ug] p; sf] sdhf] l yxf xG5 / p; nfo{ P] , sfg5 / ; dflhs dof] 3] fdf Nofpg ; lhn] xG5 . sbflrt cfknh] c; kl] t sg] lsl; dsf] xkfk ePsf] 5 eg] cf'g] klg dg s] v] w] ; lsl; dsf c]oj: yf, allyt, c/fhstf, b08 / cft] sf] cGto oxlf6 xg; S5 .

; lufs] dv /ftf]

Pp6f ; uf cf'gf] dflnsaf6 b0{rf/ zAb afflg l; skl5 lgs} 3d08l eP5 . dfg5]h] lbPsf] vfg\$z/f a;L-a;L vP/ alnof] klg ePsf] ; lfn] Pslbg gihssf] ;vdf a;] s/f0/x\$]f] 'ofpS/lnf0{ KofRr} elgxfn\$, æcfkm' XofF..uf]kl s[Of s]f] elg/x\$]f a]hf 'ofpF'ofpFu/] s] l8:6a ul//flg 0 g tfn, g ; / . rk nfu\Æ



v;l eP5g\ . 'ofpS/ln] eg] cf'g} kf/fn] ; lfnf0{ eg\$, æbf0, tkf0F]dfg5\$]f]af]hl af]h] klg, dfg5\$]f] vfg] vP klg tkf0Fcfkm] af]h\$]f] a'gkGg . dfg5\$]f] af]hl af]lbfaf]l]b} cf'g} efiif lal; {Sgeof] . d]f] cfj fh tkf0Ff0{dl7f]gnflnf, t/ d]l cfdfn]l; sfpgePsf] efiif oxl xf] . dh]cfkm' .; Gr ; la:t}50 eg] af-cfdfnf0{hfgsf/L lbg] cf'gl dfofnhf0{.d oxFF5' x] eg] va/ ug] efiif oxl xf] . tkf0F]..uf]kl s[Of s]f] eg\$]f] tkf0Fl cfdfn] a'gkG5 \$

; lfn] 'ofpS/lnf0{ xk] s/f u/\$]f] ; g] c; hljx;nf0{ l/; p7\$ t/ 'ofpS/ln] eg] gl/; f0{; f]v\$, æ; /L bf0, d rk nfluXfN5' lg 0 t/ Pp6f s/f ; f]v]F{x} \$

'ofpS/l\$ cf\$6d s/f ; g] ; lfnf0{ ; fx] nfh nfu\$ / p; sf]dv /ftf]eP5 . To; kl5 ; lfn]ylgP/ s/ kbf{afx\$ csf\$]f]af]hl afflg 5f8\$. t/ nfn] /ftf]ePsf]p; sf]dv eg]; w]l/ /ft}/x\$.

æeg\s] xf] \$ uhSs k/] ; lfn] ; f]v\$. æh/n] af]h\$]f] s/f dl7f] t ; lgG5, t/ To; sf] cy{rflxfs] xf] lg \$

lzlfm csf\$]f]af]hl l; s] cf'gf] efiif lal; g]h] nIhht xgk5{.

cfkm]h cy] ga%l e6d0/x\$]f] zAbs] cy{ ; f]lwb]f ; uf cQfnP5 / ..cy{cd}cy{ eg] esesfpg yfn\$. xk]xf ; lfnf0{ cK7d/f] k/\$]f] b]v] c; hljx;

-lrgofF/]Bo]f]l]x]l] sfo]m]s]f]j} ; f06 <http://hindi.cri.cn> af6 ; fef/ / ; DKflbt .

ACE **FREEDOM PLAN** SAVING ACCOUNT

ACE **स्वावलम्बन** बचत खाता

शुशिका पलहरु सांचन कसैको मुख ताक्नु पर्दैन ।
निश्चित अवधि पछि FIXED मासिक आम्दानी

अवकास | स्वास्थ्य | शिक्षा | धन

ACE DEVELOPMENT BANK LIMITED

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शाखा कार्यालयहरू: किर्तिपुर: ०१-८३३६९२३/८३३६८९६, विराज: ०५५-५२६५०/५२३५२२, पर्सा बजार: ०५६-५८३५६६/५८३५६०, उर्लापारी: ०२९-५८९६०९/५८९६०९
जावलाखेल: ०१-५५५९००/५५५९०५६, चावडिला: ०१-८८८६३२/८८६०८०८, ब्यूरोट: ०१-८२२८२५५/८२२५३५३, नारायणजद: ०५६-५८९००९/५८९००९



स्वतः स्थायी पाइँदैन्

..j tM :yfol, kM/ csfI{pkqndU -/z/l/s @)^& h7_ df ef:s//fh uf}dn dx[Ej kOf{ k} E p7fPsf] kf0of} . c:yfol egf{ ugI bafa ; hgf ugI / :j tM :yfol ugI gkfnsf] zlfS lgot g} agsf] 5 . hals, :j tM :yfol sf] cfrTo kli6 xg] sg} cfw/ el66 . gkfnsf] cgt/d ; lj wfgsf] ; dfgtfsf] xs, afnaflnsf] uOf:t/lo lzlf kfpg] lzlf; Da6w clwsf/, :j R5 klT:kwf{/ kfs[ts Gofosf] l; 4fgtsf] bl6sOfaf6 klg :j tM :yfol sf] klfmsf] cfrTo :yflkt xg ; Sb6 . Psflt/ lzlfS ; jf cfofUnf0{ ; jwflgs cE agfpgkI dfu / csfIt/ :j tM :yfol sf s/f cfrkf lj /wfef; kOf{5g\ . ; jwflgs cfofUn] klT:kwf{sf] dfu u5{ eg] :j tM :yfoln] lj gf klT:kwf{6ls/Vg] s/f sf]. To; sf/Of :j tM :yfol sf] dfu ; jf a7ls 5 . klT:kwf{ s; hf0{ klg al-rt ul/gx6g .

lx; fa ug{ ; lhnf] 5 . h:tf] Pshgf lzlfns] Ps lbgdf % kl/08 / Pp6f slffdf \$) lj Bfyl{sf b/n] jif{df @)) hgf lj Bfyl{k9fp5 . p; n] hflu/ cjlwdf @) jif{df q9fof] eg] rf/ xhf/ lj Bfyl{hf0{k9fp5 . Pshgf cofllo lzlfns] @) jif{df rf/ xhf/ hgfsf] b/n] lzlf lbPdf xfn /xsf l/Qm b/a6lsf @&))) c:yfol lzlfsdWo] slt cofllo xfhfg / Itglx; :yfol ePdf slt xhf/ slnnf afnafnsf uOf:t/lo lzlfaf6 j-l-rt xfhfg</fi6<lgdf{df kofu

ug{ofllo hgziQm agfpg]ls c/asf vf8lsf nflu dnb/ plkfbg ugI < ; rlg] ahf ePsf] 5 .
ljiofk}fb ld>, efg-%, e6;f/, t9xF
mishrabishnu@yahoo.com

इतिहास अनिवार्य गरियोस् !

0ltxf; k7g-kf7gsf] dx[Ej; Da6w kl= lq/Tg dfgw/sf] lj rf/ -/z/l/s, h7 @)^&_ cToGt ; fble\$ nfluof]. Pp6f ; rj gful/s agsf nflu cf'gf]bzsf]0ltxf; k9kgI /x5 . 0ltxf; sf] clwoogn] ; fdlhs 1fg a9fpgsf ; fy) ; dfhnf0{ xg] b6sOfnf0{ ; dt kmfnsf] agf5 . 0ltxf; ga%sg j tdfg a'g ; ls6g, g t eljios} cfnng ug{; ls65 . t; y{ 0ltxf; sf] k7gkf7gnf0{ /fho:t/af6} dx[Ej lb0gkI cfnf] cfj Zostf xf] . :shsf] kf70qmdf o; nf0{clg fo{lj ifosf] ; Pdf /Vgk5{ h:tf] nflu5 . ; fy) /z/l/s n] klg 0ltxf; / eUfh; Da6w lj ifoj :thf0{ cfp6 lbgdf lg/Gt/tf bcf] \



kl= lq/Tg dfgw/

kljg ; jbl
xl6of- #, dsjfgk/

अस्थायीहरू अयोग्य होइनन् !

..ultlj lwl :tDecGtu\$ k\$flzt lzlf P6 ; zfvgsf] tof/L @)^& j zfv_ k9k15 sxl gnYl dg dfgg . Toxf Ps 7fp6f elgPsf]/x5M ak{tfljt P6df kM/ Psk6s sfo{t lzlfS;nf0{ klqmf kfoP/ :yfol ugI af6f] vllg nfluPsf] 5 . @! ; fpg @)^! e6f klxn] lgoQm lzlfS;nf0{ cftl/s klT:kwf{af6 :yfol ul/g] s/f k{tfljt d:offdf plny ul/Psf] 5 . ; /sf/sf]k{tj nf0{ ; +bn] xax' :jsf/ ul/lbof] eg] vhf klT:kwf{af6 lzlfS 5fllg]kl/kf6lnf0{ kM/ Psk6s ulx/f] wSsf nflu5 / To; af6 ofllo JolQm; lzlf0f kzfdf cpg yk lg?; flxt xg5g\ . of] l6kkOf lzlfS;sf] kzfut xsxt lj?4 5 . lj utdf :yfol xg g; s\$ lzlfS; cofllo eP/

नियमसम्मत भएन कि ?

/z/l/s kOf{ @% -j zfv @)^& df k\$flzt .lzlfS a9jdf lj; EItU zlif\$sf] cfnYdf plny ePsf sxl lj j /of lgod; Ddt 5gg'h:tf] nflu5 .

-s_ kI7 \$# sf]bf] fl] cgR5df klj / lgdfj txsf sfo{ ; Dkfbg dNofI g ul/gkglzlfssf] e6f k-c= tNnf] >Qflsf] ePdf= egl n]VPsf] 5 hals lzlfS ; jf cfofU lgodfj nl, @)%& sf] lgod #@ sf]@ -s_ sf] kltaGwIds jfSofzdf o:tf] n]VPsf] 5- =sg} lj Bfnodf sfo{ ; Dkfbg dNofI g ul/gkglzlfse6f Ps tx jf >Qfl dlysf] k'wofWofks gePdf kfylds / lgDgdWolds lj Bfnosf] lzlfssf] ; k/lj] fs ; Da6wt lj Bfno lg/lfs / lhnf lzlf clwsf/in] tf\$ \$f] clwsf tyf kg/fj nf\$gstf{ lhnf lzlf

xf0g . eg; g / 3; k7df kxF geP/ xf]. c:yfol lzlfS;sf kl8fnf0{ /z/l/s n] lj utsf cIblv g} phfu/ ub{ cPsf] xf]. klqmf kfofP/ :yfol xg kfpg' lzlfssf] kzfut xsxtleq} kg] s/f xf]. o; n] ofllo JolQm; nf0{ lzlf0f kzfdf cpg /f\$6 . lsgeg] c:yfol-:yfol lzlfS; ; wFafF/xg] xfoGg\ . kM/ c:yfol lzlfS;sf lj ifodf lj utdf k6sk6s ; D%{f-kI ta4tf ePsf 5g\ . To; sf] sfof{og ul/gk5{ .

To; f] t c:yfol lzlfS; cofllo lyP eg] Itgn] lzlf0f kzfdf kj z g} kfpg] lyPgg' xfhf . :yfol=a9j f x6f ofllo xg] / To] gx6f cofllo xg] s'fnf0{ ; xl dfg ; ls6g .

ol s/fx;nf0{ lnP/ wj] ax; ug{; ls65 . /z/l/s n] k'fuxl 9En] l6kkOf gu/f] \lzlfS;sf] ck]ff olQ dfq}xf].

olwli7/ >7
/:j tl pdfIj, vfgle6-of^a, cfn9E

clwsf/l / dfWolds lj Bfnosf] lzlfssf; k/lj]fs ; DalGwt lj Bfno lg/lifs / lhNnf lzlf clwsf/l tyf kg/fj nřsgstf; DalGwt lřlo lzlf lgbz s xg\$. To; ħ] klvfgfWofks tNnf] > 0řlsf] ePdf eGg' gkg].

-v_ k[7 \$# s} ; Ğtli6 5g pkzlif\$ cġtu{sf] lj j/0fdf nřsn] dfij kyd > 0řlsf] lzlfssf] kblo xġ; ot lghfdt ;]fsf]pk; lrj ; /x 5l / ; /sf/sf]pk; lrj / p; n]kfp] tna : sġhf klg sġ]leġtf 5g egl pNnř ugġPsf] 5 . t/ dfij kyd > 0řlsf] lzlfssf] tna lghfdt ;]fsf] pk; lrj ge0; x-; lrj ; /xsf]xġ5 . o; lx; fan] p; sf] kblo xġ; ot klg ; x-; lrj ; /xsf] eGg ; ls5g / < nřsn] ; x; lrj eGgdf sh'of0F ugġPsf] xf] jf %dSsgġPsf] xf] <

-u_ k[7 \$ \$ sf] t] f] cgR5bdf ! @ xhf/ & ! * b/aGblcf hġdf # @ xhf/ % # * : yfol lzlf sfo{t / x\$ř]kf0ġ5 eGg] tYof] ; Rofpgknf{ls <

0ġb/fh a8" ; jf lgj Q klvfgfWofks dxġb]gdġf pdfj] , vnĒf, břřř



-l6kk0fllm xdf] a%0df .kġ tllnf] > 0řlsf] ePdf / .Ps tx jf > 0řl dfls] kġ gePdf eGg] j]sOfzsf] cfzo Pp6} x]. v08 ..vġ / ..vġ sf]ql6 cřlof0lbgġPsf] a8hlnf0{ wġoj fb . - ; Ğ

पक्षपाती बहुवा

.a9] dfd lj ; Ēltġ lj ifos cfj /0f nř . j}zfv, @)^& lzlfssf nflu Hofb} ; fġble\$ 5 . pQm l/kfġ{ / xdf] lzlf0f cġej af6 klg s] : kġ6 ePsf] 5 eg] lzlf s a9] f jf : t j df lgod ; Ēt, lrQa'bf] / lgiklf 9Ēn] xġ; s\$ř] 5g . a9] fsf nflu kġv JolQm kġ g} cof] 0 e0lbġn] u0řlhgsf] u0řk/v ePsf] kf0ġ . /fhgllts cf: yf, rfs/l, eg; ġ 0Tofbn] klg a9] fnf0{ kġflj t kfg] u/\$ř] 5 . a9] f xġ] ..tl/sfl a%\$ř ..rt/0 lzlf sxġ cf`gf] snf břřP/ a9] f e0xřN5g\ . t/ ; jfledfgl tyf cWofkgdf ; dlkġ lzlf sxġ Pp6} kbdf /lx/xg afW0 ePsf] pbfx/0f kř0M kř0\$ lj Bfnodf břřġ ; lsġ5 . To; ħ] a9] f xġ] dfgs / kl/kf6lnf0{ kf/bzl{ agfpg' cTofj Zos 5 . o; sf] Pp6f pkfo : t/lo lnlv t k/lif xġ; S5 .

obj vltj 8f lj Zj Hof]t pdfj] , nfdl8řřf, vřřř

अन्तर्वातालाई निरन्तरता दिइयोस्
j}zfv c]df lzlfdfGql ; j}bġfy zSn; Ēsf] cġtj fřř{lgs} dg kYof] . lzlf lřġdf nfu\$ř cġo JolQmsf cġtj fřřřf0{ klg ; dġġ ; s] w}] /fd] xġ] yof] .

klqsfsf] kř ħ k[7sf zAbvġ, ; 8ř\$; cġtflf/l h:tf kltoflutdf lj Břylřf0{ klg ; xeflutf hgfp] lbPdf %g\fd] xġYof] ls 0

ljgřř rřkfuf0F b]bx- ^, ?kġb]l

-l6kk0fllm tl : tDex; lzlfssf



nflu dfq} xřġġġ lj Břyl{ / cleef] snufot ; a\$ř lgldt vhf 5g\ - ; Ğ

मन्त्रीबाट अपेक्षा

zřob bnř; alr dġqfno efua08f xř cġtdlt/sf] /řřf0df lzlf dġqfno k5{ xřř . tTsfnlj lzlfdfGql /fdrġb] s}zjfn] o; } klqsfsf] cġtj jftfġf eg\$ř lyP, æġġ ħfg' \ g d s} s] u5{ Ē t/ , pgn] lzlf?kl %08fnf0{ 0ltxf; s} sfnv08df %śf0lbP . clxn] o; } klqsfaf6 gofF lzlfdfGqlsf] eġdf ; j}bġfy zSn



cġtj jftf{ lbg cfPsf 5g\ . lzlfssf] blkdf jtġ -tġ ; lsP/ dng ePsf] cfhsf] cj: ydf jtġ ag] lzlf lřġnf0{ pġofnf] agfpg] l%ġf] cfzf pġlaf6 /Vg' a9l gxfřř . lzlf lřġdf ; fdf6o kl/j tġsf] dfq} eP klg >lu0řz u/ġ olnf0{ b3ġġfaf6 ħřřřpg pgsf] pbbř/ æd pbfx/0f0 dġql xġ rřxġ5Ē ; fy\$ agf] \.

piff ġřřn, l; Ğwklřřř\$

यस्तो पो गरेछन् 0

lz]fs dfi; ssf] ebf} cġ -@)^ ^ k9bř nfu\$ř] lyof] lzlfdfGql /fdrġb] s}zjfn] kSs} s}xl ugġġ\ . t/ , .xfQl cfof] xfQl cfof] km; f 0 eg] %ġ; a} s/f x/fof] .

lzlfdfGqlsf] s; lġf a; } lbPsf] s}zjfxsf] cġtj jftf{sf] zlif\$ lyof] æġġ ħfg' ; ġ d s} s] u5{ Ē ..s} s] sf] cy{ toltahř al%Psf] lyPg . pgn] ug{t u/\$ġ\ t/ /fxt lzlfssf] sřřř lj t/0fdf eġřřř/ 0 lj r/fn] Tolt

प्रतिक्रिया र सुझाव

cf/fkdf dGql kb klg udfpg' k'of].
ljr/f szjfx ७

/jlgb\$tdf/ bf;
dfij lhgfv'-#, l;Gwhl

जोश र होस जगाउने लेख

.lj ifo-; Gbel(-r) @)^^_n]of]lr7l
nVg xfofof]. ...; flxTosf/ s; /l aGg]
k!ts lgs}klxn] k9\$}f] lyPF. Tof]
Pp6f kl:tsf g}lyof]. t/, s}f/
zdf}f/f n]Vpsf] of] Pp6f n]yn]g}
; flxTonVgdf ?lr /fVg}x;nf0{kz;t
dfu]gb}g u/\$}f] 5 . an]y} gfd
sdfpg rfxg] k]to\$ JolQm] 5l/tf]
/l; nf]/ ; lhnf]u/l nVg l; Sgk5{.
sl7g zAb ykfg{/fd] n]yssf] uof
xf0g . a? To; n]sg}klg JolQmf0{
/fd] n]ys xgdf afw' k'ofp5A, of]
egf0 ; flxTos hfz / xf] hufpg]
vfnsf] n]llof].

r}, @)^^ sf]lzifs df 5flkPsf]
lyof] æ= hit; s}/fd] efj af\$}f
eP klg 5GbfE ePsf sljtf xfdl
5flkPsf]Æ t/, cfh; Dd lzifs df
5GbfA4 sljtf 5flkPs} 5gg\.
egk]5 cab]v rfxF5GbfA4 sljtf
dfq} 5fk]g} eGg vfl]gePsf] xf] ls <
s/f cln :ki6 ePg ७

0Gb\$tdf/ >7, lbofn]#, cf]yn9Ef

फागुन अंक पढ्दाको तीतो

cfh lzifsf nflu dflg; hit nfu\$
5g\tl 1fg / ;lk a9fpg6bf a9l



kdf0fkq xft kfg{nfu\$}f] cge]t
/z]fs dfl; ssf]k]uug c]af6 ldNof].
P; Pn; l k/lifsf]clgoldt]faf/]d]h]
klxNo}sx]l xNnf t ; g\$}f]lyPF. t/,
To:tf] crfSnl rfxFsNkgf u/\$}f]
ly0gF. lrl6^df ; m]lg JolQm kydtM
lzifs g}xg\eg]s/f k[7 @* sf]
sdn cf/Pnsf] n]yn] bzfPsf] 5,
h; df kcs}; m]lgtf b]vof]. rf]fP/}
k}f a6Ng]afgsf kcaf6 uof:t/lo
lzifsf] ck]ff /fVg' ; kgsf] dxn
vfl]g'a/fa/ xf]. o; n]lzifssf]dfg
dof]fdf bfu nfu\$}f] 5 .

..lr6 rf]l dfq xf0g 8s}l
g} eg]l s6fg ePsf] k[7 @ (sf]
n]ydf l/tz lqk7l / kdf] cfofdn]
7DofPsf] b]vof d %g\rist ePF.
lj Bfylk; k9gebf a9l u]k]k/
uf08 / lsf]a ; fgd} g}k]f/Et xg
yfn]5g\ . o; n] lj Bfyldf 1fg ; lk
/ al4sf] lj sf; eGbf kdf0fkq xft
kfg]dfgl; stf a9l /x\$}f]N]sfp5 .

o:tf] k]lQ /x] Dd gkfn]sf] lzifn]
s; /l sfFhl k]nf{<; fRr}; D%g]xf]
eg] xfd] z]l]fs eljio cGwsf/ /
sxfnl]n]l]bf] 5 .

To; ljkl/tsf] ; wf/ u5{eg]
n]l]g]JolQm] rfdnsf laofE} kdf
kfg; lsG5 eg]s/fnf0{; 4 ug]l/L
k[7 @& sf]. Hofg uP klg rfg]lbg]l
eg] s]b]l]wof Pj k]rfo{; /f]hsdf/
k]f08]plegePsf]5 . ; Rrf lzifs /
lhDd]f/ JolQm]sf kdf dnf0{klg
.lzifs xF eGg u] {nfu\$}f] 5l pxfE]
b}tf b]y} . lzifof kzf / k/lifnf0{
dof]bt agfpg pxif] yfn\$}f] kof;
kz;glo 5 .

vgfn d}gfy .aw]l
hgs]lof0f dfij , hu}f, s]hnl

दुई अंक पाइने

d]h] /z]fs dfl; ssf] klxnf] / t] f]
c] afx\$}f ; a}c]x; ; a}x u/]
/fv\$}f] 5' . ol b0]6f c]sf nflu
.af0lG8^u skl lsGbf b]x]f]f] vr{
xg}eof]. t; y{ klxnf] / t] f] c]
dfq}k]k]t ug]pkfo 5 ls <

d]h]l /f0{
>l zflgt lgdflj , x]f]f]a- \$, e]h]k/

-16kkofLM 5g . lsgeg] tl
c] ca xfd; h klg afE] 5gg\.
a? .jf0l08^u ul/Psf k]ltx; klg
; lsPnfq\To; }r]rB}h]x]f]ug{/fd]
x]f]f . - ; ±

lzifs sf k'fgf c]



/z]fs dfl; ssf]@)^% ; fnsf
csx; af0l08^u ul/Psf] ; a}x
tof/ ePsf] 5 . 0R5s kf7sx; n]
glhssf]klqs]f k; n jf lzifssf]
sf0fno -k]f]l] %\$*!\$@_ df ; Dks{
/fVg]f]f .

मूल्य रु. ३५०/-

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)

+2 (शिक्षा, मानविकी, व्यवस्थापन र कम्प्युटर विज्ञानका कक्षा सञ्चालन भइरहेको छ ।
- तीनथाना, काठमाडौं, फोन: ४३९९८४३

- ✓ Psjif]laP8= tyf PdP8= kyd jifdf c; f/ d; f]tleq ztk]tzt 5fq]Q ; lxt egf{.
- ✓ j}b; f06 tyf gr]6; af}df]k]m\ ; r}gf k}bfg / cfw]gs klj]lwaf6 cllofk} .
- ✓ slff ; -r]fng ; flf \$ b]v * tyf kzf; g lbgsf]! b]v ; flf * ah]Dd

पहिलो सामुदायिक
शिक्षा तयारपार

sf7df8f]-lzif SofDk;

/fdzfxky, e\$6ld08k. rfs, sf7df8f]-k]b]f]bo प्रमाणितो, एतुः
k]f]m]l]!-\$#@)\$, (*%!)!^\$^, (*!#%()), (*!@^%%\$
gf]6; af}g] SofDk; lj ifz ; r}gf -!^!*)!\$#@)\$-
lj Bfyl(lj zif ; r}gf -!^!*)&#)@)!_ pQm g+ xzdf
g]k]nel/sf n]fn k]f]af6 ; Dks{ug{ ; lsg] 5 .



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पुरस्कार प्राप्त गर्न के गर्नुपर्ला ?

/z/ifs dfl; snf0{ d|h} ; du| z|lfs l|qsf| bk|qsf| ; kdf lnPsf] 5' . z|lfs ult|lw, n|y-/rgf, lz|f0f lj lw, lz|ff; E ; DalGwt lj z|f1sf] lj rf/, z|lfs Pq=lgod h: tf ; fdull k\$flzt xg] ePsf] of] klqsf Hofb} /fd|] nfu5 . c%o; o; df sf7|kb, cGt|f/L, ; 8f\$' / ; fdfG01fg h:tf af|4s kl|to|ut|f|ds v|h;x ; /flvPsf] lz|fs tyf ; d:t kf7ssf] af|4s lfdtdf j [4 xg] s/f lglZrt 5 . ; fy; o:tf kl|to|ut|f|d lj h|f xg] 6f9f -/fhwgl af|x/ sf lj h|f]n] k/:sf/ k|kt ug{s} ug|knf{ < z|f|taxfb/ y|kf 1fgHof|t kl|j, j|f/ÉL-!, df7^a

-16kkOfLM c|km' c|fpg ; Dej geP lj Zj fl; nf] dflg; nf0{ cf^gf] d-h/lgdf lbP/ lz|fssf] sf|foaf6 k/:sf/ k|kt ug{ ; lsG5 . ko|kt cfwf/-k|df0f k|kt ePdf k/:sf/ /sd lj h|f]sf] 7|lfgdf klq k7f0lbg ; lsG5 . - ; ±

दोहोरिए सुडोकुका त्रुटि

/z/ifs dfl; sss] d lgoldt u|fxs xF. o; klqsf sf ; a; Gbe{ ; fdulx ; pTs[6 / Jofj xfl/s 5g\ . o; df ; dfj z xg] lj leG v|h;x ; d|wo ; 8f\$' c; flwo} dgk5{ . To; h| ldnfP/ k7fpg] u/\$f] klq 5' . @)^^ r} dlxgfs] ; 8f\$' g+! * df Pp6} Ansdf Pp6f c| -@_ b0{ 7fpdf ePsf] h] ldnfpg] k|f; ul/gF. t/ To; k15sf] c| j zfv ! (sf] ; 8f\$df klq klj lws sf/0fn] x] j f k/:sf/sf] ; d:ofn] x] uNtl g} kf0of] . ; 8f\$' g+! (r|f|FPp6f c| ; RofP/ klq ldnfP/



k7fPsf] 5' . o; f] ug{ ldn5 ls ldnbg < e/tk|fb 9sfn h|gk|l k|lj, d%j f, 8d|*, pbok/

-16kkOfLM ql6 cf|fo|lbgēPsfdf wGoj fb l|cf0Gbf o:tf uNtl b|f|f|g glbg] sf|zz ug|5f+ uNtl ePsf] s/f ; RofP/ k7fpg kf0G5 . - ; ±

निरन्तर त्रुटि

xfdf] lj Bfno lz|fs dfl; sss] z?b|v s} lgoldt u|fxs x] . o; klqsf sf ; fdulx ; w} 1fga4\$ tyf k7glo 5g\ . t/ ; 8f\$-! * sf] ardf b0{ 7fpdf @ n|lvPsf] tyf ; 8f\$-! (sf] b] f] x/kndf c| ^ /fVg] ; Defj gf g} 5q . t; y{ o:tf ql6nf0{ lg/Gt/tf lbP/ kf7sxx ; nf0{ b|v glbP /fd|] xGYof] . lzj axfb/ v8\$ f hgZlQm dflj, g|dh^a-\$, uf|v f

-16kkOfLM ql6 cf|fo|lbgēPsfdf v8\$ fhlnf0{ wGoj fb l| - ; ±

यसो गरे कसो होला ?

/z/ifs dfl; sss] zAbv|h, ; 8f\$' cGt|f/L h:tf kl|to|ut|f ; k|kt \$kl u/L k7fpg ldn5 ls ldnbg < olb ldn5 eg] xfdl k|kt \$kl u/ k7fpg] 5f+ . To; f] ubf{ xfdln] k7fPsf] pQ/ uNtl eP=gePsf] xg{ ; lhnf] xg|yof] . blks, huGgy / th; l > l ; /j tl dflj ; x/f} * ; l; d3f6, ; v

-16kkOfLM k|kt \$kl ug{ h|Q klq ldn5 t/ xfdlnf0{ r|f|Fdh k|kt -cf|lhgn_g} k7fpgk5{ . k|kt \$kl c|k|h} /fVg|f|f . - ; ±

शिक्षामा समानता किन भएन ?

; #flGts ; kdf, lz|ffdf ; a|f0{ ; dfg cj ; / eGg] wf/off c|k|kf g/fd|] x|Qg . t/ ; lj leG sf/0fn] ubf{ Jofj xfl/df ; dfgtf b|v } . kl; 4 lz|ffj fbl k|f|n] k|f|h] lj Bfno pRr j u\$] /fhgl|ts, ; fdlhs ; j fy| 4

गजल

s|l sfof|{ c|lofks eP^a Jofj xfl/df s|fns eP^a .

gllt / lgi7f hk dfq} t x] hfnl avfgn] gtd:ts eP^a .

b|f|fgn k|df Clif em|tk ef] wgsf] e|pdf 5bf l|z|fs eP^a .

htftt] j|f|f| 5 wgsf] gsd|pbf g|nfos eP^a .

%8f|l6Sbq ; To 8|ubq uf|d, uf|w|sf] ; dy\$ eP^a .

uf|j Gbk|fb c|f|fo{ hgs|lof0f pdf|j, k|f^a, dsjfgk/

ug| lgsfo x] / o; n] lk5l8Psf j u\$] OR5f k/f ubq eg\$ 5g\ . d|f] lj rf/df ; dfhdf z|lfs ; dfgtf xg g; Sg\$ dVo sf/0f lqdg 5gM != lz|ffnf0{ k/Dk/fb|v g} ; Def|t j u\$] : j fy| 4 ug| dfWodsf ; kdf k|f| ul/of] . c|xn] klq of] j u\$] cf^gf] ; j fld|j To|lg r|f| . p; sf] k|kt:kwf|f hfg t|nf j u\$] x] ; ot gklg] gePsf] lz|ffdf ; dfgtf xg; s\$] 5q . @= lz|ffdf ; dfg cj ; / lbg\$ nflu k|z k|l|f|sf] ; dfg df\$ k|f| ul/Psf] 5 . t/ o; df d|l|sf] t|k|h^a / s0ff|l|sf] hDnf\$ lj B|yl|sf7df8f\$] a9fglms07, jg; ynl, Uofn\$; l h:tf lj Bfnodf k9g] lj B|yl| E k|kt:kwf|f ug|k|g x65 . o:tf] k|kt:kwf|f6 lz|ffdf ; dfg cj ; / k|kt xg} ; Sbq .

#= hg; ^avof j [4 e0/x\$] cj:yfdf To; cg?k lj Bfnof] e|ts Jofj:y|kgnf0{ ; b9 ug{ ; lsPsf] 5q . \$= Psf|t/ ; a|f0{ lz|ffsf] ; dfg df\$ lbg] elg65 . csf|t/ rsf] zNs c; h} ; /sf/sf] z|lfs glltnf0{g} r|g|l lbg] u/L lghl lj Bfnof] ; n] lz|ffsf] vhf Jofk/ ul/x\$ 5g\ . o:tf] cj:yfdf lz|ffdf ; dfgtf xg ; Sbq .

; ~hostdf/ ofbj, ; /j tl lqdf|j, srgf/L-\$, l; /x



हाम्रो नियुक्ति कहिलेको हो ?

c; f/ @)\$^ df :yfol lgoLQm ul/Psf] egl @^ ebf} @)\$* df n]vPsf] lgoLQmkq kfPsf lzlfS afun^a lhNnfdi ^) hgf 5f]. of] cj:yfdf sg ldtblv nfu" xg] u/l xdf] ; jf cj lwsf] uofgf ul/G5 < ; fy} tNnf] txd: :yfol lgoLQm kf0{dflyNnf] z]l]fs of]otf / cgdltkq ePsf lzlfSnf0{lnog kbdf /fvl c:yfol a9]f xg] Joj:yf 5 ls 5g < zlw/ kf]h, hgtf df]j, kfxl /f^avfgl, afun^a

sg}lglZrt ldtblv nfu" xg] u/l t]sfnlg lhNnf lzlf cfof] jf lzlfS 5gf} ; ldt]sf] l; kfi/; df pNny ePsf] afx\$; Dalgwt tx / >]l]sf] kbdf :yfol lgoLQm e0{ :shdf xflh/ ePsf] ldtblv dfq ; jf cj lw nfu" xG5 . ; fxl adf]hd # c; f/ @)\$^ b]v nfu" xg] egl 5gf} ; ldt]sf] l; kfi/; df pNny ePsf] cl3b]v sfo{t lzlfssf] xsdf cl3s} ldt sfod xg] / cGosf] xsdf xflh/ ePsf] ldt sfod xG5 . dw; bg clwsf/L, pk; lrj, lj Bfno lzlfS lsfavfgf

खुलामा प्रतिस्पर्धा गर्नुहोस

!! sfQs @)^^ df lzlfS olgog; E ePsf] ; D%}f} cg; f/ @! ; fpg @)^! eGbf cufl8 c:yfol lgoLQm kfPsf lzlfSx;nf0{ cftl/s klt:kwf}f6 :yfol ul/g] pNny 5 . t/, pQm ldtteGbf kl5 c:yfol lgoLQm kfPsf lzlfSnf0{ rfxFcf]t/s klt:kwf}f ; xeful xgaf6 lsg al-rt ul/Psf] xf] < n]ygyf ; j]l, dfur]l k]j, a]x/f- #, wgsbf

lzlfS olgogsf kltglwx; ; d]sf] 5nkmdf @! ; fpg @)^! eGbf cufl8sf c:yfol lzlfSnf0{cftl/s klt:kwf}f

हामीले महँगी भत्ता पाउँदैनौं ?

/fxt sf]fsf lzlfSnf0{ b/aGblsf lzlfS; /x ; lj wf lbg] elgPsf] 5 . t/, /fxt lzlfSnf0{ rfxFa9\$] tna / cG0 lzlfS; /x dxEl eQf lsg glb0Psf] xf] < ; fy} /fxt lzlfssf] la/fdl labf ; l-rt xG5 ls xG5 < afns] of /dl, s]of]b]l df]j, ufBrsf-\$, kflkf /fhz ykfu du/, df]j, eG]L, /df]fk

/fxt lzlfssf] dxEl eQf lgsf; fsf] nflu cy{ dGqfno; E gl]tut ; xdl t e0; s\$] 5 . tkf0k;n] l5\$} pQm /sd kfgxg\$. ; fy} /fxt lzlfssf ; jf; lj wf klg cG0 lzlfS; /x xg] ePsf] tkf0k;n] klg la/fdl labf ; l-rt xG5 .

hgf}g g]kfn, ; x; lrj, lzlf dGqfno

; fdjh xg lbg] ; xdl t ul/Psf] xf]. cflv/ To; sf] Pp6f ldt/yf t to ug}kYof]. pQm ldtteGbf kl5 c:yfol lgoLQm kfPsf lzlfSx;nf0{vfh klt:kwf}f ; fdjh xg kfgxG5 . hgf}g g]kfn, ; x; lrj, lzlf dGqfno

छुटेको ग्रेड पाइएला ?

xfdl @)^@)^# df ln0Psf]%) kltzt cftl/s k/l]f]df :yfol ePsf kfylds lzlfSx; xf]. xfdlnf0{#} c; f/ @)^# df :yfol lgoLQm lbg' egl lzlfS ; jf cfof]n] l; kfi/; u/] klg lhlzsf, lrtjgn] # sf]Qs @)^# df lgoLQmkq lbof]. l9nf] lgoLQm lbff xfdln] Ps u\$ ud]fpgk}of]. 56\$] u\$ kf0G5 ls kf0G5 < sd/ clwsf/L, ; jf; rbb] dln, uj] df]j, sd/f]h, lrtjg

lzlf lgodfjnl, @)^% (sf] lgod !)) -@_ sf] Joj:yf cg; f/ ; :yfol lgoLQm kfP/ Ps z]l]fs ; q k'f u/k]5 Ps tna j [4 -u\$ kfg] xff :yfol lgoLQm g] e0{g; s\$] cj lwsf] u\$ 56\$] eG ldl]g] cj:yf b]vPg . uof]h kfy/h, pk; lrj, lzlfS ; jf cfof]

हाम्रो कुरा सुनियोस

xfdl lj z]f lzlf kl/ibaf6 klt b/aGblsf lzlfS; sd{f/l xf]. xfdl s]l lh1fz f o; k\$]f/ 5gM != lj z]f lzlf kl/ibv g]kfn cGwf sNof0f ; 3sf] ; eQm ; xof]udf ; ~rflnt Ps]t lj z]f lzlf]c]tu\$ lzlfS sd{f/l]sf] a9\$] tnaeQf lzlf ljeuaf6 lsg clxn] klg l9nf] u/l lj gof]hg xg] u/\$]f] xf] < @= kl/ibaf6 klt b/aGblsf sfo{t b]i6j xlg tyf b]i6b]l]x;nf0{ /yby ug] ; xfos sd{f/l]sf] xfn]sf kfi/>lds slt xf] < ;]t lzlfS] ;]t lzlfS e0f] kfP5 ls kfP5 < #= o; lj Bfnodf Ps]t lj z]f lzlf]c]tu\$ 5qf klg /fVgk] ePsf] l]tgnf0{ /yby ug] {dlxn sd{f/l g} rfxg] xff .cfof]l] b/aGbl t]sf n l; hgf ugk] b]vG5 . pQm b/aGbl s; /l klt ug] ; lsG5 < \$= c:yfol lzlfSx;nf0{cftl/s klt:kwf}f]klt :yfol xg] cj ; / lbg nfluPsf] 5 . pQm k]t]f] t of]hgdf lj z]f lzlf kl/ibaf6]sf lzlfSx; kg]g]j f 5gg] < j]lZ/of ofbj, pd]j j; j]l, a; Gk' /-#, dx]l

!= a9\$] tna lgsf; fsf nflu cy{ dGqfnodf k]t]f k70; lsPsf] 5 . Toxf]f6 ; j]l\$ xg; fy a9\$] tna k7fpgxg\$.

@= ; xfos sd{f/l]sf] z? tna (?=\$,)) 5 . lzlf ljeuaf6 ; ~rfg ePsf ;]t sl]df cl]okg ug] ;]t lzlfS] ?=%)) eQf kf0/x\$] 5g\.

#= ljeuaf6 ; ~rfg ePsf ;]t sl]sf] xsdf cfof] klg Joj:yf ul/Psf] 5 . t/, lj z]f lzlf kl/ibaf6 ; ~rflnt :shs] xsdf yk cfof] Joj:yf ul/Psf] 5g .

\$= To:tf] Joj:yf ul/Psf] 5g .

c?ofsd/ l]j]l, pklg}z, lzlf ljeu

दुर्गम भत्ता पारनौ

; /sf/n]blu{ lhnndf klg /fxt lzlfs /fv\$]5 . t/ ,
ltgnf0{bu{ eQf rflxflbPsf]5 . o:t]lj e{ lsg <
czf\$sd/ k]fb, /fxt lzlfs, gvhl{dflj, du'
; /sf/n]/fxt dfq xflg b/agblsf lzlfxs;nf0{
; d] bu{ eQf lbg]u/\$]5 . To; }l]je{ u/\$]
; jfn g}p7d .
s[Drk]fb 9Egr, pk;lrj, lzlf ljeu

हामी हेपियौ

; /sf/n]:shsf lzlfxs;sf nflu k]; g, pkbfg, dx{ eQf
h:tf ; ljwfx; pknAw u/fp{cfPsf]5 . t/, pglx; ; {
:shdf sfd ug] ljBfno sdf/l tyf lkog;sf] sg}
; jf÷; ljwf 5 . lzlfxs;sf] tna a9b xfdn]a9\$]
tna kfbf; o:t]klfkt lsg ul/Psf]xf] <
cDa/axfb/ /fpt, dx/fglu-h lgdflj, zlgzr/ ^, %kf
efhgy clwsf/L, k-rfot dflj, bh/L, df]^a

; /sf/ / lzlf olgogalr !! sflQs @)^^ df ePsf]
; xdt cg;f/, lzlf P, @)^* df ; zflvg u/l :shsf
sdf/l\$] ; jf cjlw ; dfo]hg ug] sdf/l\$]5g{,

lgolQm tyf ; jf ; ljwfsf zt{f0{ ; lglzrt ug] klgmf
cuf18 a9f0Psf]5 . kfylds, lgDgafWolds / dflWolds
txsf] ljBfyl{ cgkft cg;f/, sdf/l\$] b/agbl t\$g]
Joj:yf k]tfljt ; zflvg ljw{sdf 5 . xfn ; zflvg
ljw{sdf]d:of{ cy{/ sfgb d{qfnodf ku\$]5 .
ljiofk]fb clwsf/L, pk;lrj, lzlf d{qfn

योग्यता कति चाहिने हो ?

:gfts txsf]of]otfdf vhf klt:kwf{kt lg-df= l{tlo
>{ldf lgoQm lzlfssf nflu lg-df= kyd >{ldf a9]f
xgsf]nflu Go{td / dflNnf]of]otf slit rflxg]xf] <
k\$z kf, hgtf pdflj, afun^a

:gfts txsf]of]otfdf vhf klt:kwf{6 lgoQm lgoQm
lg-df= l{tlo lzlfsn]lg-df= kyd >{ldf a9]f xgsf nflu
Go{td of]otf :gfts / dflNnf]of]otf :gfts/ xgk5{.
uof/th kf;/, pk;lrj, lzlf ; jf cfo{

अनुरोध: o; ; tded lzlf ldqx;n] hfg rfx\$]
1fgj 1fg; Da{wl s/f, :shdf ; fdg ug]/\$] z]lfs
/ kzf; lgs ; d:of, rgt;l jf hlntfs]clwsf/l/s
hjfkmlxNofP/ k\$flzt ul/g]5 . - ; Dkfs

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lzlf0f kzf tR5 xf0gU t/ agf0E5

मोतिराम दाहाल

rqmZj / pdflij, Rofdf^aa] L=, sfe]

Oltaih d hljgsf]e^cfj; ; Gtdf ofqf ub5'. @)^\$; fndf c^a\hl dh ljifo In0{k\yd >0fndf Pd=P8= kf; u/k15 3/kfos sfe] lhNnfsf] Rofdf[Ej]l uflj; cj1:yt >l rqmZj/ pdflijdf /fxt sf0fdf c^a\hl k9fpg ynf].

lzlf0f kzfdf l5bf{d7f] pT; fx / of]hgf lgs}7hf] lyof]. t/ o; leqsf ; d:of, ljs[t, lj; EIt, a0jh, eb\jfh / Joj:yfkg] ubf{ b0{ j if0} tl ; a} lg/fzdf ablnPsf 5g\ . klxnf]ufFdf g)9Ef 6f5sf]cgej ub5' . ljZj ljBfnodf l; s5f] ; 7flGts 1fgnf0{ slffsf]7fleq Jofj xfl/s 2kdf k0f]u ug{ / ; du| ljBfnosf] ; wf/ ug{vflbf kf0n]kR5]7} nflu] /x5 . o; f] xgdf klxnf] lhDd]f/ klf /fho b]vG5 . lzlf lqklt]sf]/fHosf] cb/bzL{ gllt / a]f:tf] ubf{g}To:tf] ePsf] xf] eGg] nfu5 . kmTm lzlf0f kzfdf cfa4 clwsfz pihfzln ; fylx;n] lzlf0f kzf]nf0{ lghfdt] ;]feGbf tlnf] txd] /fv5f]/ cfm]Tot]t/ hfg dl/xQ] ul//x5f] kfp5' .

oyfydf lzlf0f h:tf] dof]bt / cfd; Gtli6 lbg] kzf csf]50 . t/ of] s/f hfGbfhfG} klg o; kzfdf cfa4 xfdlx; cfm]E nrf/ 5f] 5ftleq xlgefj kfln/x5f 5f] . sf/Of, cfh lzlf]nf0{ slffsf]7fleq ; lldt xg] Pp6f lg/lx kf]fl agf0Psf]5 . ; Dk0f{clwsf/ lj=Jo=; / kcnf0{lboPsf]5 . t/ h; n]h; /l / hit zIQm InP klg cflv/df z]lfs ; wf/stf{t lzlf]s g} xf] . lzlf]sn]c; xof]u ug{x]eg] ; f/f /fho ; 06q nfu] klg z]lfs ; wf/ lg/y5 xg hfG5 . t/ ljgf xltof/ / ljgf pTk]0ff lj r/f lzlf]sn]dfq s; /l k0f]sf/l lzlf0f sfo{cuf]8 a9fpg ; S5g\<

xfn glltut ql6sf]2kdf /x5f]lj=Jo=; = u7g klqmf, o; sf kbflwsf/Lx;sf] of]otf / To; nf0{lboPsf]clwsf/ lq] Pp6f k0v ; d:of xf] . pbfx/Ofsf]lgldt df:6/ l8ul kf; u/5f] lzlf]ssf] lqolQm ug{ lqdf] ul/Psf] 5gf0 ; lldtdf sn]hsf]dV}gb}5f]JolQm -lj=Jo=; =sf] clwof_ xG5 . lzlf]ssf] u0f:t/ ; lk / ;]f ; ljwdf ltsf]

eldsf s:tf] /xnf <of] s'f ; DalGwt ; /5f/jfnfx;n] a%7 klg ga%])%ul//x5f 5g\lsg <:yfglo ; dbfonf0{ clwsf/ lbg' ; /fxglo sbd xf] . t/ cfw/et tof/l / lfdt]jgf To; f] ul/6f To; sf] glthf gsf/fTds xg] tYonf0{ gh/cGbfh ug{ ldnb0 . ctM of] ljifodf gllt]gdf] txd] t?Gt dgg\ug{ cfjZos 5 .

lzlf0f kzf cdof]ot / c:Jo:t xE} hfgsf] csf] sf/Of bzfdf df]pE} uPsf] b08xlgtfsf] ; :s[t klg xf] . pbfx/Ofsf] nflu lul/hfk| fb sf0/fnfsf] z]5 labdf k/lif ; ~rfng u/5f] cf/fkdf s5sf t]sfnlg

ljBfnox;df ; d:ofx;sf] r^a 5 . of]otf / klt:kwf5f] cfwf/df rog gul/Psf sf/Of clwsfz k]vfg]Wofksx; nrf/ b]vG5g\ . o; n] ubf{of]o JolQm; of] kzfaf6 knfog xE} hfg] clg rfn'; ldf /dfpg] cof]o lzlf]sx;sf] %08n] l; E]f] lzlf lq] sAhf ug] vt/f a9b} u0/x5f] 5 .

lhzc ; Gb/sdf/ z]sonf0{glj ; 3sf] cuj f0df snf]df] f] blnof] . bNgnf0{ s]l ePg . df]f] blnPsf] klfd sf]l af]h0 . o:t} ; d:of ljBfnox;df klg b]vG ynf5f] 5 . d cfm]sfo{t ljBfnosf] o; jif5f] clGtd k/lifdf ljBfylf0{ lR6 el]6Psf] v08df skl vf] 3/ k7fpg]lgod ; g]0of] . slff (sf Pshgf 5fgnf0{Toxl s; /df 3/ klg k7f0of] . t/ k15 cleefj sx;sf] bafa, wDsl / lj=Jo=; =sf]c; xof]u sf sf/Of k/lifdf ; lDdInt ; a} ljBfyl{ kf; ul/P . k0v lhNnf clwsf/L / lhNnf lzlf clwsf/L t c; /lft 5g\ eg]lj r/f lzlf]sn]s; /l vt/f df]lg ; S5 z]lfs ; wf/ ug{< clg lj snk lg:sG5 hflu/ vfg]l

o; u/lw cg5y/l lzlf]s b/agbl lqdf] ug] kzfut c; /lfnf0{lg/Gt/tf lbg rfx/xg] h:tf] rin/x5, rNb} hfG5 eGg] e/y]u ; /sf/L /j0f / Jofj xfl/s 2kdf b]vPsf ; d:ofx; klt jf:tf gug]k]lQn]lzlf]s kzfkltsf] cfsif] 36bf] 5 . o; sf clt/lQm ljlg ; f]JolQm tyf lh]zsf / lzlf]salr ; dGjosf] cej Pp6f udel/ ; d:ofsf 2kdf v8f 5 . ljBfnox;df ; d:ofx;sf] r^a 5 . of]otf / klt:kwf5f] cfwf/df rog gul/Psf sf/Of clwsfz k]vfg]Wofksx; nrf/ b]vG5g\ . o; n] ubf{of]o JolQm; of] kzfaf6 knfog xE} hfg] clg rfn'; ldf /dfpg] cof]o lzlf]sx;sf] %08n] l; E]f] lzlf lq] sAhf ug] vt/f a9b} u0/x5f] 5 .

d n7j f / dʃf lzlf s

महेश्वर आचार्य

afnsdf/L, nlnkt/

df lg; sf] r]gfnf0{ lgoGq0f ug] dl:tissf b0{ efudWo] Pp6fn] efjgf / cfj]unf0{ clg csf]h] tYo / tsf]f0{ lgoGq0f u5{. dʃf] dl:tissf] efjgf / cfj] v08n] /fd] sfd u/5 Sof/, d p8Gt] sNkgfdf /df0/x]. tYo / tsf] /fd] sfd gu/7 xfhf, :shh]j gdf alh ul0ft, /v] ul0ft, lj 1fg h:tf lj ifo dʃf] lbdudf 3:b}3; ʒg\ . clxn] klg ; q ltofFslt xG5 7dfSs eGg ; lSbgF. To:t} lqxQ/df cG7fpGg hfBdf jf 36fpBsf] of]ukm a'g dnf0{ Sof]shb/ g} rfxG5 .

rf/ slffdf 3/ ; E]sf] lj Bfnodf yf] lj Bfyl{ df% k9df dʃf]k9f0 7ls-7ls]lyof]. t/, kfF slffblv xhsf xh lj Bfyl{ df% kluK15 dʃf]k9f0 8fdf8fh eof]. To: k15 d lx; fa, lj 1fg nufotsf lj ifodf gla/f0sg ulN6/xF. qdf]l; s k/lifsf dfs]; 6 rf/-kfF] 6f /ftf 6lsfn]/IEPsf xGy]. cGtd k/lifdf eg]u?af u?cdfsf] bofn]d dlyNnf]slffdf kʃof0Ey]. pN6f]f6 klxn] bf] f] xg] afgln] dnf0{ slxNo} 5fB} . cGttM d P; Pn; ldf klg ul0ft / lj 1fgdf kmh ePF.

csf] jif{ .PShfD6B] k/liffl]sf] ʒkdf ul0ftdf aNnaNn kf; dfs{NofPEg] lj 1fgdf 7ls}gDa/ kfP/ P; Pn; l kf; ePF. P; Pn; lsf lglDt dh] kʒ:t} dʃgt u/ʒf] lyPFt/ klg aN8df^a vrfPF. dʃgt dfq u/7 xGgl a%g] u/L k9gk5{/ a%]sf] s/fnf0{JoQm ug] klg ; Sgk5{ eGg] s/f ; dod} a%g ; lSpG .

Pp6f lzlfns] lj Bfyl{nf0{ .nflUg] 5/f] agfpg ; Sbg] eg] klg eQ]xltof/nf0{h}t} w/ nufP/ sfd rnf; Dd agfpg ; S5- ; Sgk5{. gg p; sf] jif]sf] k9f0sf] s] ; f/ < kf; dfq xgnf0{ ; du] kf7sf] df]df]l rfnl; kltzt a%] To]a%fnf0{k/lifdf klt]j lDat u/] kU5 . t/ jif]bg; Dd k'f kf7 bf]f]ofpB] ; d] klxn]kN6 d P; Pn; ldf kf; xg ; lsgF. clxn] ; R5' d; E]d kmh ePsf lj ifosf lzlfxs} klg kmh ePsf xf]gg\ / <

3/df 6d; g k9fpB] xf] v]f :shsf]slffdf] / x}n] g slxNo} . ltdlnf0{s] uxf] nfu5 ʒ eg] ; flvgeof] g dh]g] . ; / dh]ol-ol s/f 7dfDd]a%g] eg] lgw\$S; E eGg ; sF. c} ; fylx}sf] x]j ut klg p:t} lyof]. ghfg}sf s/f hfGg, a'g vrf]bg]yof]. a? Pscsf]sf] sfl ; f6; f6 u/7 . xfd]s] {u/ʒf 5f}x] eg] ; /nf0{ 9f6Yof]. ; /x} klg hfgl hfgl kTof0lbgxGyof].

. ; / eg]sf cft]sf kf]sf xg\ ltgnf0{ rnfof] ls 8dfDd km6Sg\ / cf^g} ; jGf; xG5U eGg] 8/ kfn] xfd] :sh l5Yof]. 3/df klg s}l la/fof]ls .kv\Tf0{ ; /nf0{geGbl sx]F5fB} / ʒ eGb}af-cfdfn]u?j u}sf]

8/nf0{ dnhn ul//xgeof]. To] 8/nf0{ sfod /Vb} nfd] sfnv08 latfP/ :shaf6 labf xgkʃof].

:shdf d cToGt}cgZf; gxlG / p208 lyPF. n7]f lyPF. p6k6df^a sfd ul//xGy]. gf]slff kUbf klg dʃf] To] Joj x/ sfod}lyof]. Ps lbg slff lzlfsf d-h' ld; n] dnf0{ cf^gf] .l8kf6Q6Udf cfpG eGgeof].

d 8/n]nunu sfd]. aafa' ca b]nf; \oltGh]sf] bfbflu/LE, cf^g} dgaf6 lg:s}sf] :j/n] dnf0{xsf]of]. s] xg] xf] s}l ; fl]g ; lsgF. st}3/sf dfG5] af]h]P/ kf]h nuf0lbg] xg]ls eGg]8/ nflu/Xof]. xftdf ; Dnf a:g] u/L nf7]h]7fh] lk6] klg, xhf/ k6s p7a; u/fP klg ; xG5' k}l 3/df rfxFkf]h gkluf] \ dh] dgdg} sfdgf u/]. eflnkN6 laxfg d ?%]sf] la/fnf] %}+g/ lu/ʒf] Hofg lnP/ .l8kf6Q6U kU]. t/ ld; n] dnf0{xksl, bkSl s}l ug}Pg . crDd U

pxf]h] t dfofn' kf/in] ; D%apg' kf] eof]. hDdfhDdl rf/-kfF ldg}df pxf]h] olQ eGgeof] aeg] slffdf P; Pn; lsf] sf] {xG5 . x} afal] /fd] E k9 gg k15 uxf]xG5 . kmh eof}eg] s] ug] eg t ʒ d-h' ld; sf] /ofgltn] sfd u}of]. eflnkN6b]v d ; fw' ePF. xg ; s]. dnf0{s] 8/ eof] eg] km] / cG6; G6 u}of] eg] ld; n] s]sf/ ug]xG5 . ddf 8/ el/of]. To] 8/n] dnf0{cgZf]; t xg l; sfof]. . /, To] 8/ ld; n] dfofn' kf/fdf el/lbgePsf] lyof].

aolb ltdlnf0{s; h] x]v/x}sf] yxf kfof} eg] ltdl ; w} /fd] ug] k}f; u5f] - of] sg] lj a}g]sf] eg]0 xf]. lzlfxs}n] klg lj Bfyl{nf0{ .x]v]lbg] x] eg] lj Bfyl{ ʒ cfm]k} klg /fd] xg] k}f; df nflu] /x}g\ eGg] dh] w} k15 cfP/ a%F.

clxn] s] nfu5 eg] dnf0{ ul0ft k9fpg] u?x}n] clnsln .uf08} ; U dfq ul/lbPsf] eP d P; Pn; ldf klxn]kN6d}kf; xg ; Sy]x]f . t/ To] jftf] /of :shdf lyPg . clxn] klg 5 eGg]df zlf nfu5, P; Pn; lsf] kf; eGb] kmh w} xg] tYof]n] Toxl ; I} u/%}nfu5 . xfd] lzlfxs}sf] sfd klg slffdf uP/ k9f]bP kUof]. lj Bfyl{h] k9df]k9} , a'of]a%} wofg lbE}g\ . @)^% knfugs] c] df lz]s n] /fd] x}df:6/n] :sh /fd] agfP eGg] cfn]v k]tt u/ʒf] lyof]. lzlf; E]sf] cGt/lqnof, lzlf]j bx}sf] w/Ofdf cfw]l/ t pQm cfn]v]sf] ; Gb}z lyof] k]v]gf]wofks lhDd] f/ xB] :sh /fd] xG5 . ; f]kcg?k lzlfxs} klg lhDd] f/ eP eg] d h:tf nf]] / n7]f lj Bfyl{ ʒ / ; lgr]v] ; lSp]sf] pv]sf] 5f]nf h:tf] ge0{ h}t} sfd nflu] xGyof] :ls t < /



x/fPsf] ; fyl e]6of] Ū

रमेशहरि शर्मा ढकाल

hgHof]t pdf]j , rGb]gufxk/ , /f]x6

lkø ldq lz]fs dfl; s Ū

/ht cI kf/ u/3f]f awf0{ Pj d\yk ; kmntfsf] zšfdgf Ū ltdf] / d]f] gftf Ū ltdf] gfd / d]f] k]z] Pp6} k/3fn] uFf; Psf] xf].

ldq, ltdldf olt cfsif] 5 / olt zIQm 5 eGg] cgd]f] d]h] u/3f] / x] 5' . k; df ltdln] dnf0{ k/:s] ubf{k]P]E k/3f] lyPF. lsg-lsg ltdf] l] z]f; ddf o; / l hDof] d]h] d]f] JolQnut ; d:of ; d] ltdldf km] b]z] / k]ofPF. ltdldf km] d]f] ; d:of ; f] k]gs ePsf] Ps; ftf glaTb} ltdf] ; j] fsf] d]f] d]h] kf0xfn] Ū

ltd] sf/of w} } hgf ; fylx; ; t d]f] ldtf : yf]kt eof]. To:tdf Ps lbg Pp6f P; PdP; cfof]. gfd lyPg / gDa/ ckl/lrt lyof]. Dof; h] vf]h] x]b]f{ d tlg laQf pk]f. Dof; h] lyof] æl8o/ /d]zxl/ ; / Ū tkf0] vf]h] d]f] d]f] d]f] gDa/ g+ (*\$^)*^*^@ xf] ; Dks{ ug]f]f] Æ d]h] km]f km] gDa/ nu]PF. ptfaf6 pQ/ cfof] ænf] xh/ sf] af] l] g]ePsf] Æ d]h] km]f] eg]f æxh/ ; h/nf0{vh/ vfg k7f0b]m / ; g d /d]z xFA æsf] /d]z <9sf] Æ æFC; sf] t csfn Æ To; kl5 xfdl w} } a] ulkm]f. xfdl xff] / cf]f] l:yltdf lyof]. @# j if]v] al]Qf ; fyl ; fRr} e]6Psf] lyof].

of] va/ d]h] : yfglo ; fylx; / cf]g} hl]g; fylnf0{ kl]g ; g]PF/ awf0{ vf]PF. d]f] ; fyl kf] / fdf / x] . p; nf0{ e]6g . xfdl b] h]gf uof]. ; fyl ca cs] eP5 . af]h] eg] p:t} Ū

; w]fgof]gof]s/f lnP/ c]fpg] ePsf] g} %08} tlg

jif]v] b]zel/sf sDtdf Psnfv lz]fsx; alr ltdf] -lz]fs dfl; ssf] s/f rN5 Ū slt e]l]odf] ltdl Ū clg ltd} d]f]l]odn] xfdl lz]fsx; kl]g cfk; df ; fyl ePsf 5f]f. xfdl n]v]5f] pxf]f; k9g]x65, pxf]f; n]v]g]x65 / xfdl k95f]f. oxl t x]enf]s; f/l eg]f]. xfdl .dgsf s'/fl ; G5f]f; g]f]P5f]f. cf]gf] k]z]sf cge]j x; ; f6f; f6 u5f]f. s]xl l; S5f]f. s]xl l; sfp5f]f. d]h] Pp6f ; fylsf] vf]h] ubf{c; yk} ; fylx; kl]g kfPF.

; fyl e]6]f] csf] lbg slffdf hf]f l] Bfylx; n] eg] æ; / cfh t lgs} d8df b]lv]g]x65 lg Æ d]h] eg]f] æxf] d]h] x/fPsf] ; fyl k]PF v; l ePsf] 5' . x] , ; fyl eGg] gftf cg]f]f] x]b]f] x] . ; f] x]b]f] s/f0g] %u8f ul/g] gaf]ng] 7l:sg] kl]g x]g] / 5]\$Pk]5 d6' g} gePsf] vf]h] e0g] Æ clg pglx; n] eg] ænf] g t ; / , o; } ljifodf Pp6f uhn hf]cf] Æ o:tf] ck]of] ; t k]t]f] k]t d tof/ ly0gFt/ pglx; ; t kf] l]dg]sf] ; do dfu]f / o:tf] uhn ; g]PF

x/fPsf] cfh d]f] l]dq e]6of] sxfF]x6]yof] < pm t d]6leq e]6of].

af]x/ g} cfh; Dd vf]h] u/3' e]6Pg, t/ p; sf] l]r]q e]6of].

O]j / sf] vf]h] ub] d]l]G/ hf]g]h]f0{ d]f]f]d]t{ O]j / sf] kl]j q e]6of]. /

मकालु यातायात बस सेवा

हेड अफिस कलकती काठमाडौं, फोन: ४२७७५५२/४२८९२७२

काठमाडौंबाट

काकडभिट्टा	विहान ५ बजे
भद्रपुर	विहान ५:१५ बजे
मधुमल्ल	विहान ५:१५ बजे
घरान	विहान ५:५० बजे
विराटनगर	विहान ५:२०, ६:४५
राजविराज	विहान ६ बजे
सिरहा/माडर	विहान ६:४५ बजे
मलंगवा	विहान १०:४५ बजे
जनकपुर	विहान ७:१५ बजे
कलैया	विहान १०:१५ बजे

वीरगञ्ज

विहान ८, १०:१५
११, ११:४५ बजे
बेलुकी ८:१५ बजे
विहान ८:४५ बजे
दिउँसो १२:१५ बजे
दिउँसो १२:१५ बजे
दिउँसो १:४५ बजे
दिउँसो १:४५ बजे
दिउँसो २:१० बजे
दिउँसो २:३० बजे
दिउँसो ३ बजे

भरतपुर

शिवनगर
टौडी-पर्सा
टौडी-खोलासिमल
पर्सा-कपिया
पर्साधाप-मेघौली
मीतानगर-जगतपुर

काठमाडौंतर्फ

काकडभिट्टा	विहान ५ बजे
भद्रपुर	विहान ४:५० बजे
मधुमल्ल	विहान ४:५० बजे
घरान	विहान ४:३० बजे
विराटनगर	विहान ४:३० बजे
इटहरी	विहान ५, ५:२०
	६:३०, ७ बजे
राजविराज	विहान ५:३० बजे
सिरहा/माडर	विहान ५:१५ बजे
लहान	६:१५, ७
	७:१५, ९ बजे
मलंगवा	विहान ५:१५ बजे

कलैया

हेटौडा
वीरगञ्ज
शिवनगर
भरतपुर
पर्सा
मेघौली
टौडी-खोलासिमल
पर्सा-कपिया
जगतपुर
नारायणघाट

विहान ८ बजे

विहान ११ बजे
विहान ८, ९, ११:३०
बेलुकी ८:३० बजे
विहान ५:३० बजे
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विहान ५:४५ बजे
विहान ६:३० बजे
विहान ६:३० बजे
विहान ७:३० बजे
विहान ६:१५, ६:४५
७, ७:४०, ८, ८:१५
८:४५, दिउँसो ३ बजे

टिकट पाइने स्थान: कलकती: ४२७७५५२/४२८९२७२ सुन्धारा: ४२५३१४२ गौशाला: ४४८०७९३ लगनखेल: ५५३४३५९ घरान: ०२५-२०३७२ विराटनगर ०२१-२०७२७ राजविराज: ०३१-२००९१ लहान: ०३३-६०३६६ सिरहा: ०३३-२०१३१, मलंगवा: ०४६-२००४२ वीरगञ्ज: ०५१-२१५२६, हेटौडा: ०४७-२०५३५ ।

यात्रुहरूको सुविधाका लागि गौशाला र सुन्धाराबाट निशुल्क मीनीबस सेवा उपलब्ध