

# नेपालको मध्य तथा सुदूरपश्चिमाञ्चल क्षेत्रका बालबालिका तथा महिलाको जीवन, २०१०



gkfn ; /sf/, sQbllp tYof<sup>a</sup>s lj efu÷; eQm /fi6x 3lo afn sfjf -olg; km gkfn ©,  
j }fv @)^^(

k\$fsz M gkfn ; /sf/  
sQbllp tYof<sup>a</sup>s lj efu  
yfkfynl, sf7df8f} gkfn  
; eQm /fi6x 3lo afn sfjf -olg; km  
oPg xfp;  
kNrf\$, nlnk/  
krfj g=( && ! %%@#@ )  
kfj6 aS; !! \* & sf7df8f} gkfn

o; kl:tsfdf lb0Psf hfgsf/l tyf ; 'rgfx; cfef/ ; lxt  
kgM k\$fszg ug{; lsG5 .

of]kl:tsfdf lgDglnlvt j } ; f06df klg pknAw 5 M

<http://www.cbs.gov.np>

<http://www.unicef.org/nepal/5476.htm>





नेपाल सरकार  
राष्ट्रिय योजना आयोगको सचिवालय,  
केन्द्रीय तथ्याङ्क विभाग

(..... शाखा)

फोन {  
४२४१९१३  
४२४१९४६  
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४२४१९४८  
४२४१९४९  
४२४१९५०  
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४२४१९५२  
४२४१९५३  
४२४१९५४  
४२४१९५५

फ्याक्स: ९७७-१-४२२७७२०  
पो.ब.नं. ११०३१  
बापायली, काठमाडौं

पत्र संकेत नं.:-

च.नं.:-

## हाम्रो भनाइ

बहुसूचक सर्वेक्षण (Multiple Indicator Cluster Survey, MICS) संसारका धेरै मुलुकहरूमा महिला तथा बालबालिकाहरूको अवस्था बारे अनुगमन, मूल्याङ्कन तथा योजना तर्जुमा गर्नको लागि तथ्याङ्कको एक भरपर्दो स्रोत बन्दै गइरहेको छ। सन् २०१० को नेपाल बहुसूचक सर्वेक्षणको यो बालमैत्री संस्करण अर्थात् 'नेपालका मध्यपश्चिमाञ्चल तथा सुदूरपश्चिमाञ्चल क्षेत्रहरूमा बालबालिका तथा महिलाहरूको जीवन' प्रकाशित गर्न पाउँदा मलाई ज्यादै खुशी लागेको छ। यस पुस्तिकाबाट नेपालका मध्यपश्चिमाञ्चल तथा सुदूरपश्चिमाञ्चल क्षेत्रहरूमा स्वास्थ्य, सरसफाइ तथा व्यवहारसम्बन्धी प्रचलनहरूका बारेमा तथ्यपूर्ण जानकारी प्राप्त हुनेछ। आफ्नो परिस्थितिमा सुधार ल्याउनका लागि चाहिने ज्ञान तथा सीपका बारेमा यसबाट किशोर तथा किशोरीहरूले जानकारी प्राप्त गर्नेछन्।

यस पुस्तिकामा स्वास्थ्य र सरसफाइका लागि पानी, बालिका तथा महिलाहरूसम्बन्धी विद्यमान प्रचलित हानिकारक सामाजिक प्रचलनहरू, एचआईभी र एड्सविरुद्ध सुरक्षा, विवाह तथा गर्भावस्था, नवजात शिशुको स्याहार, बालबालिकाको स्याहार, बालबालिकाका लागि स्वस्थ जीवन, बाल संरक्षण, बालबालिकामाथि हुने हिंसा र सुनौलो भविष्यको निर्माणजस्ता विषय समेटिएका छन्।

यो बालमैत्री पुस्तिका केन्द्रीय तथ्याङ्क विभाग र युनिसेफ नेपालले हालै सम्पन्न गरेको 'नेपाल बहुसूचक सर्वेक्षण-२०६७' को नतिजामा आधारित छ। केन्द्रीय तथ्याङ्क विभाग यसका लागि युनिसेफ नेपालको राष्ट्रिय कार्यालयप्रति कृतज्ञता व्यक्त गर्दछ। एकदमै छोटो समयभित्र जानकारीमूलक, रमाइलो र शिक्षाप्रद यस्तो पुस्तिका तयार पार्ने कार्यमा संलग्न टोलीप्रति म यस अवसरमा धन्यवाद ज्ञापन गर्न चाहन्छु। यस पुस्तिका मार्फत् सर्वेक्षणबाट प्राप्त जानकारीमा बालबालिकाहरूको सहज पहुँच पुग्नेछ भन्ने विश्वास मैले लिएको छु।

उत्तम नारायण मल्ल  
महानिर्देशक  
केन्द्रीय तथ्याङ्क विभाग

# afnaflnsfsf nflu b0{zAb

lkp afnaflnsf,

clxn]ltdln]cfçgf]xftdf ln0/xšf]k':ts Psbd}lj zlf vfnsf]k':ts xf]. Itdlxçnf0{g} Wofgdf /fv} ax'; ĩs ; j [f0f; DaGwL kltj ðgsf]o; afndðl ; :s/of tof/ ul/Psf]xf]. ax'; ĩs ; j [f0f egšf]7hf]; j [f0f xf] of]s}l j if{la/fP/ ul/G5 / w}dh'sdf o:tf ; j [f0f ug{olg; kmn]; xofu u5{. o; ; j [f0faf6 ; x; fAbl lj sf; nlo cGtuç afnaflnsf; DaGwL nlo xfl; n ug[lbzflf/ ePsf]kçltsf]dfkg ug{; /sf/nf0{cj; / kçt xG5 . o; /l g} afncłwsf/; DaGwL dxf; lGw h:tf gkçfn]u/šf çç cGt/fli60 kltat4tfsf lbzdf ePsf kçltsf]dfkg ug{klg o; af6 ; /sf/nf0{d2t ldN5 .

gkçndf of]ax'; ĩs ; j [f0f dWoklZrdf~rn tyf ; b'klZrdf~rn lfçdf ; ~rfng ul/Psf] lyof]/ o; sf s}l lgisif{; f}l lfçsf lszf} tyf lszf}l; dlf kçtt ug{kçpç dnf0{v'; l nfušf]5 . cfçgf ufp"tyf lhNnfsf afnaflnsf tyf dlxnfsf]cj :yf cem/fdf] u a%çsf nflu o; kl:tsaf6 Itdlxçnf0{d2t klçç egç]dç]cfzf u/šl 5' . ; dfhnf0{s; /l cem a9l ; dtfdhs / afndðl agfpg ; lsG5 egççf/çf yxf kçpg klç o; kl:tsaf6 Itdlxçnf0{d2t ldNçç egçç dnf0{kçf lj Zj f; 5 . afncłwsf/; DaGwL dxf; lGwdf JofVof ul/Psf afncłwsf/xç s; /l ; lglZrt ug[eçç]lj ifodf Itdlxçnf0{o; n]af6f]b]fpgç egçç klç d lglZrçt 5' .

olg; kmgkçnsf]/fli60 sfofçodf sfç ug]xçdlxç ax'; ĩs ; j [f0f ; ~rfng u/šfçf sçbçp tYof<sup>a</sup>s lj efukçt s[1 5f]. Itdlxçs}nflu of]afndðl kl:tsf tof/ kççw}afnaflnsf, j o:s tyf kçlj lws çfçkçlçt klç xçdl s[1 5f]. gkçndf afncłwsf/ kç 4ç ug]ltdlxçsf ; a}kçf; sf]; kmntfsf nflu d z'esfdgf JoQmubç<sup>5</sup> .



xçf l; <sup>a</sup>u/  
/fli60 kçtçlw  
olg; kmgkçfn

# Ij ifo; 'L

	of]kl:tsf s]xf]<	\$
	of]kl:tsf s; sf nflu xf]<	%
kf7 !	:j f:Yosf nflu kfgl	^
kf7 @	:j f:Yo / ; /; krf0	*
kf7 #	Prcf0eL / P8\lj?4 ; /Iff	!)
kf7 \$	lj j fx / uefj :yf	!@
kf7 %	gj hft lzz' :ofxf/	!\$
kf7 ^	afnaflnsf] :ofxf/	!^
kf7 &	afnaflnsf nflu :j :ys/ hljg	!*
kf7 *	afn ; /Ifof	@)
kf7 (	afnaflnsfdfly xg]lx;f	@@
kf7 !)	aflnsf / dlxnfx; DaGWL k Int xflgsf/s rng	@\$
kf7 !!	; gnf]elj iosf]lgdf	@^
	cg; 'L	@*





# of]kl:tsf s]xf]<

o; kl:tsfsf]gfd 'g]kfn]dWo tyf ; b'klZrdf~rn lf]sf afnafnsf tyf  
dlxnfsf]hlj g, @)!)' xf]. of]kl:tsf olg; kmg]kfn]cfly\$ / kflj lws  
; xof]udf s]b]lo tYof^s lj efuaaf/f ul/Psf]; j ]f0df cfwfl/t 5 . o;  
; j ]f0fnf0{g]kfn ax; 's ; j ]f0f elg65 . o; kl:tsfdf g]kfn] dWo tyf  
; b'klZrdf~rn lf]sf afl; Gbfsf]hlj g / cfpbf lbgdf pglx;n]cf]gf]  
hlj g:t/ dfly p7fpgsf nflu ug]k]sfoaf/]j Of] ul/Psf]5 .

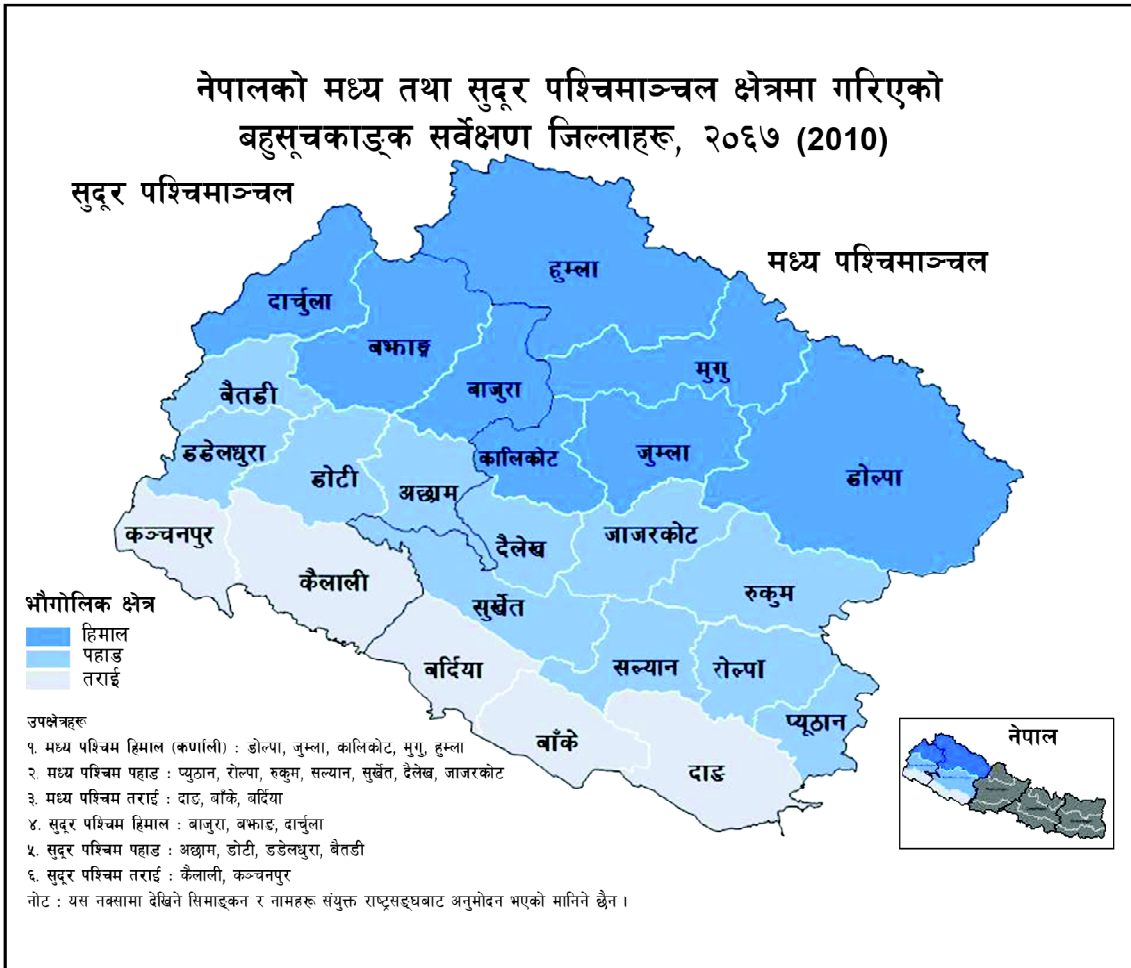
- o; kl:tsfsf]lj ifo; 'L o; k\$ / /x\$]5 M
- :j f:Yosf nflu kfgl
- :j f:Yo / ; /; knf0
- Prcf0eL / P8\lj ?4 ; /Iff
- lj j fx / uef] :yf
- gj hft lzz' :ofxf/
- afnafnsfsf]:ofxf/
- afnafnsfsf nflu :j :ys/ hlj g
- afn ; Af0f
- afnafnsfdfly xg]lx;f
- aflnsf / dlxnf; DaGwl k]Int xfigsf/s rng
- ; g]h]f]elj iosf]lgdf]f



o; ; j ]f0df sl/a ^,) ) 3/w/L ; d]6Psf lyP . !% b]v \$( j if\$ f aRrf  
hgdfpg ; Sg]pd]sf &#&@ dlxnf / % j if]lgsf afnafnsfsf cdf j f  
x]rxf ug]#,%&\$ JolQm, u s'/fsfgl u/L ln0Psf]lyof]. ; j ]f0faf6 cfPsf pQ/  
x;n]xfdlnf0{dWo tyf ; b'klZrdf~rn lf]sf afl; Gbfsf]hlj gsf  
af/]df hfgsf/L k]fg u5g\ of]kl:tsfsf]c]tdf /flvPsf]cg; 'ln]dWo tyf  
; b'klZrdf~rnsf ^ pk-lf]x;sf nflu ; 'sx;sf]v08ls] pQ/ ; d] k]t't  
u/]\$]5 .

of]kl:tsf s; sf nflu xf]<

o; ; j }f0fsf glthf ; a\$ f nflu  
 pkof]l 5 . of]kl:tsf lj z]fu/L  
 !) b]v !( j if{pd}sf afnafnnsf  
 tyf lszf]lszf]L / lj Bfnodf  
 kpf]usf nflu agf0Psf]xf].o; sf  
 ; fy}c6o ; dX tyf j o:s  
 -pd} ku\$fx;\_ sf nflu klg of]  
 kl:tsf /f]s / pkof]l xg] .



kf7 !

# :j f:Yosf nflu kfgl

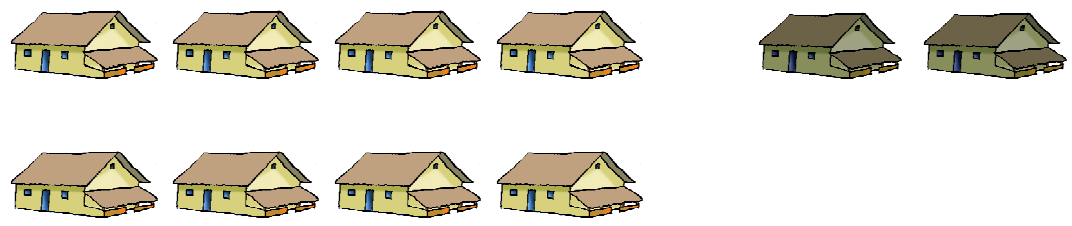
## ; %Iift vfg]kfgl

z'4ls/0f ul/Psf]kfgl dfq k'pflu u/df tyf  
 kfglnf0{sl6f0faf6 ; %Iift u/L /fvdf  
 enf8fkvfnf, 6f0knf08 / kfglaf6 ; g[Cz  
 /fluaf6 aRg ; ls65 . xfdln]lkpg]kfgl  
 ; %Iift ; f]af6 cfPsf]/ z'4ls/0f  
 ul/Psf]xgk5{. kfgl /fv]ef8f leq /  
 aflx/ ; knf xgk5{/ vfg]kfglnf0{; w}5fk]  
 /fvk5{. kfglnf0{pdfn}, lkn6/ u/],  
 Snf]/g enf]h -kfgl z'4ls/0f ug\$nf nflu  
 k'pflu ul/g]cf]fw\_ xfn] j f ; f]8; lj lw  
 -kfglnf0{3fddf /fv} z'4ls/0f ug]tl/sf\_  
 k'pflu u/} z'4ls/0f ug{; ls65 .

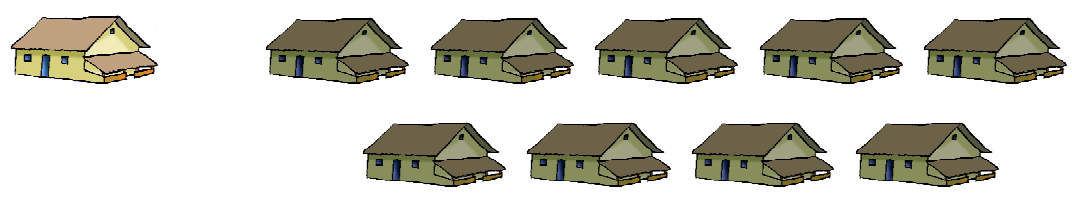


## ; j ]f0fsf glthf

- ! ) dwo]\* 3/n]; %Iift ; f]af6 kfgl ; a\$ng u5g\



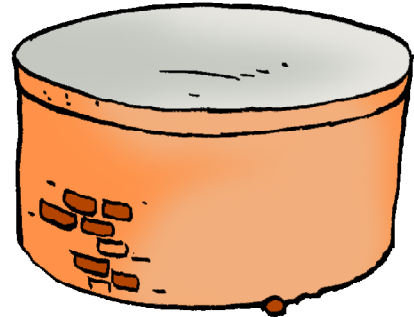
- ! ) dwo]! e6bf sd 3/n]dfq vfg]kfglnf0{z'4ls/0f u5{.



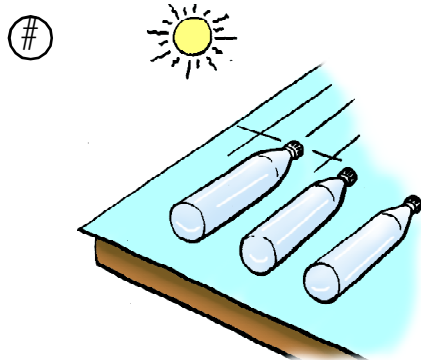
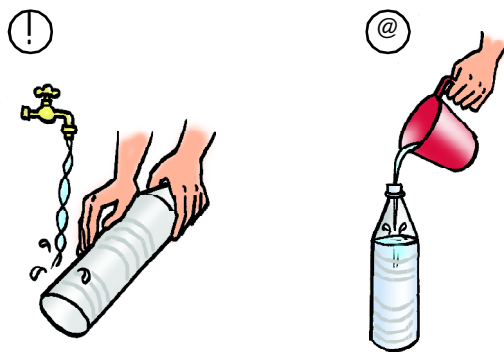
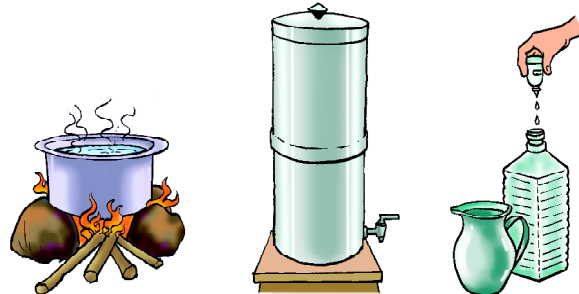


## d s]ug{; S5'

- kfglnf0{; Af0f ug{0gf/ j f dhnf0{5fk} / ; knf /fv}.



- 3/d}kfgl z'4ls/0f ug{lj lw, -dfly pNny ul/Psf\_ kpfu u/} kfgl z'4ls/0f ug{/ ; w} z'4ls/0f ul/Psf}kfgl dfq lkpg].



- kfglnf0{z'4ls/0f ug{/; f}8; lj lw -; knf / ; }f}knf:6ssf}af}ndf lbgel/ 3ddf /fv} z'4ls/0f ug{ tl/sf\_ ckfpg}/ c;nf0{klg o; af/}hfgsf/L lbg].



- z'4ls/0f ul/Psf}vfg}kfgl ; knf ef8df 5fk} ; /lft /fv}.
- z'4ls/0f ul/Psf}kfglsf}dx{lj sf af/}f kl/j f/ / ; dbfonf0{ atfpg].

kf7 @

:j f:Yo / ; /; kmf0

; fag-kfgln]xft wg]/ ; kmf rkl\$]kpfu

:j :ys/ Joj xf/ ckgfpgfn]enf8kvnf /  
lgdf]gofh:tf ; aqfids /fux;sf]; lhn}  
/f\$yfd ug{; lsg5 .

xfdln]lgoldt ; kdf ; fag-kfgln]xft wfP/  
rkl\$] dfq lb; f-lk; fa u/ / z4ls/of  
u/\$]vfg]kfgl dfq kpfu u/ enf8kvnf  
h:tf /fya6 aRg ; lsg5 .



; j ]f0fsf glthf

- ! ) dW0]\$ 3/sf ; b:on]; kmf / /fd/L agfPsf]rkl\$]kpfu u5g\



- ! ) dW0]% 3/df ; fag / kfgl xft wgsf nflu lglZrt :yfgdf tof/  
/flvG5 .



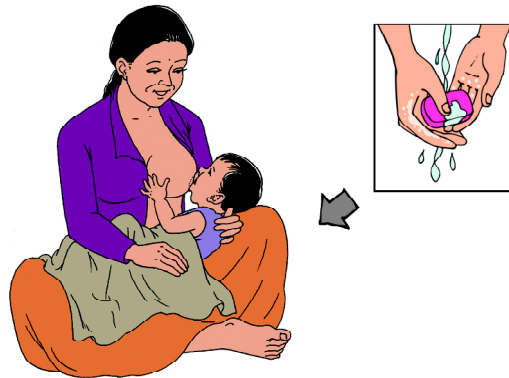
# d s]ug{; S5'

- ; w}rkl{df dfq lb; flk; fa ug].



- cfÇgf] / aRrfsf] lb; f wf]k15, vfg}f/ 5g'eGbf cuf18, vfgf vfg'eGbf cuf18 / aRrnf0{ vj' fpg'eGbf cuf18 ; w} ; fağ-kfgln]ldrl-ldrl xft wğ].

- aRrnf0{bW vj' fpg' cuf18 klğ xft wğk5{eGg]s'/f aRrfsf cdfaj' fnf0{!; sfpg].



- cfÇgf] 3/ / lj Bfnodf rkl{ agfpgsf nflu cdfaj' f j f lzlfslzllfsfnf0{kf]; f xg ug].



## Prçf0él / P8\

Prçf0él ; a\m0fsf]/f\$yfd / pkrf/ ug{; lSp tfklg o; nf0{lgsf]kfg{ ; lsbğ . c; /Iift ofğ; Dks{/fvbf, Prçf0él ; a\m0dt ue] tla6 aRrfd / Prçf0él ; a\m0dt /ut tyf ; 0{jf çhf/ kof]u ubf{Prçf0él ; 5{.

## Prçf0él ; a\m0faf6 çkthf0{s; /L arfpg ; lS65

- klxnf]ofğ ; Dks{/fvg]pd]df l9nf0 u/} .
- Prçf0él gePsf]Ps dfq lj Zj fl; nf]ofğ; fyl agfP/ .
- sG8dsf]; xl tl/sfn]/ ; w}kof]u u/} .
- Prçf0él k/lifof u/\$f]/ut jf /utaf6 ag\$]kbfy{Ing}.
- çj Zostf kb{x/\$ k6s gof"; 0{tyf 5nf 5Bğ]çhf/sf]kof]u ugI.

## Prçf0élaf/]hfçg}kgIs'/fxç

- Prçf0él ePsf]JolStsf]h7f]vfbf Prçf0él ; bğ .
- :j:y b]vg]JolStdf klç Prçf0él xg ; S5 .
- Prçf0él nfdv\$çaf6 ; bğ .

## ; j ]f0fsf glthf

- lxdfnl e]usf !) dWo]! dlxnfnf0{dfq Prçf0él / P8\af/]k0f{1fg 5 .



- !%-\$ j if{pd} ; dXsf !) dWo]# nf0{dfq Prçf0él / P8\af/] k0f{1fg 5 .



- ul/a 3/sf !) dWo]! dlxnfnf0{Prçf0él / P8\af/]k0f{1fg 5 .





# Ij j fx / uefj :yf

## aRrf hGdfpg]pd\

!\* j if{k|xn]j f #% j if{k|5 aRrf hGdfpgfn]cdf / aRrf b] \$f nflu vt/f xg ; S5 . ; fg}pd\df ue{wf/Of ubf{aRrf hGdfpg uxfj} / hf]vdkOf{xg ; S5 . To; sf/Of sDtldf !\* j if{k'f geP; Dd lszf\lx;n]Ij j fx ug{xbg} .

:j :y ue{wf/Of / aRrf hGdfpgsf nflu x/\$ ue] tln]gf}dlxgdf sDtldf klg rf/ k6s ue{hfr u/fpgk5{. tfindk|t k| 'tsdl\$} ; xof]udf :j f:Yo ; :yfdf dfq aRrf hGdfpgk5{. g|kn ; /sf/n]:j f:Yo ; :yfdf aRrf hGdfPakt lxdfnl e]udf ǎ= !,%), kxf8L e]udf ǎ= !,)) / t/f0(df ǎ= %) oftoft vr{lbgu/\$f]5 . ; fy}:j f:Yo ; :yfaf6 lgnZNs ; j f k|fg ul/G5 .

## ; j ]f0fsf glthf

- ! ) dWo]^ lszf\lx;n]sf] !\* j if{gk|b}Ij j fx xG5 .



- !) dWo]# hgfn]dfq tfindk|t k| 'tsdl\$} ; xof]udf aRrf hGdfp5g\



- !) dWo]# hgfn]:j f:Yo ; :yfdf aRrf hGdfp5g\



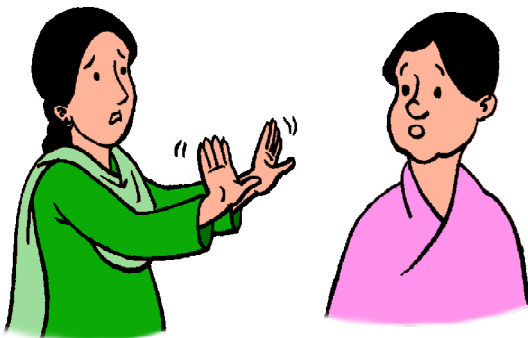
- !) dWo]\$ hgfn]dfq sDtldf \$ k6s ue{hfr u/fp5g\





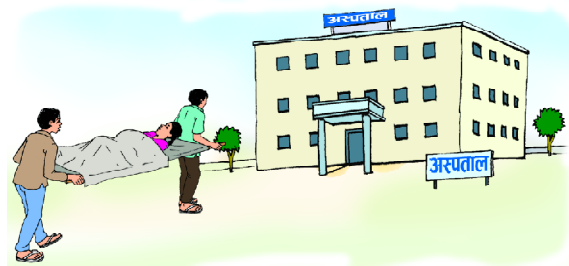
## d s]ug{; S5'

- gkfnst]sfgg cg; f/ @) j if{ gklb}lj j fx ug{gkfpj]s'/f cfdfa'j fnf0{aemfpg}.



- @) j if{gklul lj j fx gug[ / c2nf0{klg gug{; Nnfx lbg}.

- cfçgf] 3/df ePsl sg}klg ue[ tlnf0{; j f:Yo ; :yfd}aRrf hGdfpg j f blf k} l'tsdlçf] ; xofludf dfq aRrf hGdfpg kf]] ; fxg ug[.



- ktoç ue[ tlnf0{sDtldf rf/ k6s ; j f:Yo k/lifof ug{; Nnfx lbg}.

- ue[ tlnf0{lgoldt vfg]cxf/sf ; fy}lbgst]Ps k6s yk kf]]fnf] cxf/ vfg ; Nnfx lbg}. ue[ tl ePsf] (! lbgblv ; Ts}l ePsf]^ xktf; Dd x/ç lbg Psj 6f cf0/g rSsl vfg]. kç:t dfqdf ußfu8lsf] emf] / blgs Ps lunf; bW vfg}. ue[ t]sf]cxf/fnf0{kf]]fnf] agfpg l3p, t]h, gçl, xl/of ; fukft, ußfu8l, t/sf/l, bW tyf bWsf kl/sf/, cG8f, sn]hf] df5f-df; ' / cldnf]hftsf]kmk]h ; dfj ç ug[.

kf7 %

gj hft lzz' :ofxf/

gj hft lzz'sf nflu cfj Zos :ofxf/

:j :y cdf, ; /lft k} 'lt, gj hft lzz'  
:ofxf/ / x}rxf, kl/j f/sf]dfof / 3/sf]  
; kif j ftj /0fn]gj hft lzz'sf]:j f:Yo /dfj]  
ug{/ p; nf0{d[oaf6 arfpg 7hf]d2t  
k%ofp5 .



gj hft lzzhf0{lr; f}af6 arfpg hGd}f]  
@\$ 306fk15 dfq gxf0lbgk5{. lzz' hGd}f]  
klxnf] t] f] ; ftf}/ \$@ cf}lbgdf  
:j f:Yosdl}af6 hfr u/fpgk5{.

; j }f0sf glthf

- 3/d}hlgdPsf !) dW0] ( gj hft lzzhf0{hlgdg]alQs}; kif u/L ; Svf /flvG5 .

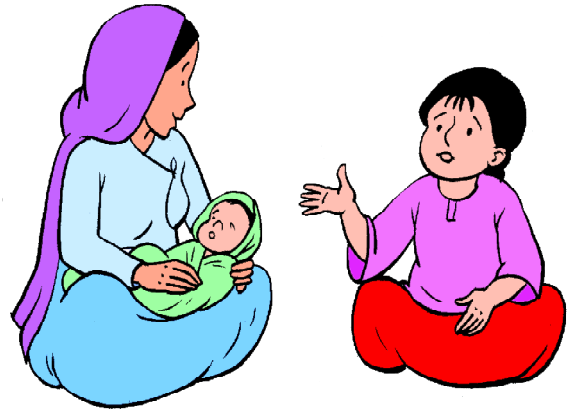


- 3/d}hlgdPsf !) dW0]\$ gj hft lzzhf0{hGd}f]@\$ 306fk15 dfq gxf0G5 .



## d s]ug{; S5'

- aRrf hGdg]alQs}gj hft  
lzzhf0{; krf sk8fn]k5L Gofgf]  
kf/] /Vg / t?Gt}cfdfsf]bW  
vj fpg cdfaj fnf0{kf]; fxg ugI



- hGd\$]@\$ 306fkI5 dfq  
gj hft lzzhf0{gxfoIbgk5{  
eGg]s/f ; a]f0{hfgsf/l lbg].

- gj hft lzzhf0{Hj /f]cfPdf,  
sf]yf xfgdf, l56f]l56f] ; f; k]y]df,  
:tgkfg ug{g; s]df / ; !t j f  
a]f] xg]h:tf vt/fsf nlf0f  
b]yfk/df t?Gt :j f:Yo ; :yfdf  
nfgk5{eg} ; dbfonf0{  
atfpg].



kf7 ^

afnaflnsf] : ofxf /

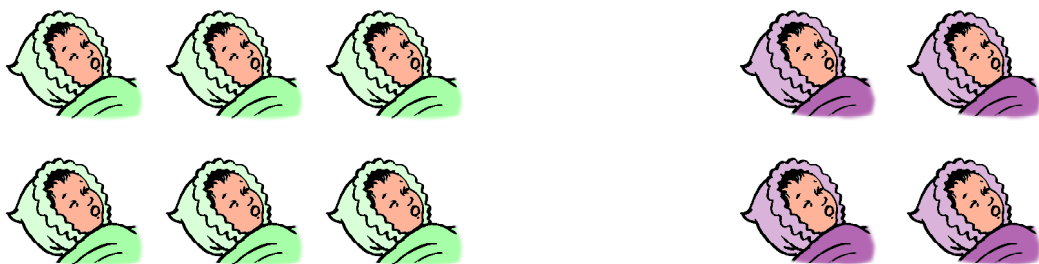
cfdfsf] b'w

klxnf]^ dlxgf; Ddsf lzzhf0{cfdfsf] b'w  
 ; /IÔt / k0f{cfxf/ x65 . gj hft lzzhf0{  
 h6d\$]Ps 306fleq}:tgkfg u/fPdf o; af6  
 lauf]L b'w kf]k(t xgfsf ; fy}/f]u; u n8g]  
 Ôdtf a95 . lzzhf0{klxnf]^ dlxgf; Dd  
 :tgkfg dfq u/fpgk5{. ^ dlxgfb]v b0{  
 j if{ Ddsf afnaflnsfnf0{cfdfsf] b'wsf ; fy}  
 yk kf]j]fnf]cfxf/ -kf]j]fnf]hfpnf] lvr8l,  
 ln6f] xn]f, cflb\_ vj fpgk5{.



; j ]f0fsf glthf

- !) d'wo]^ aRrfn]^ dlxgf k'f geP; Dd cdfsf] b'w dfq vfPsf 5g\

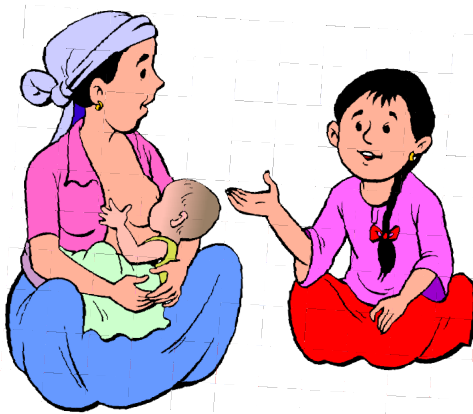


- !) d'wo]tlg gj hft lzzh]h6d\$]! 306fleq}cfdfsf] b'w vfPsf 5g\



## d s]ug{; S5'

- gj hft lzz'sf nflu lauff]l bW  
cToGt cfj Zos klxnf]vfjk  
a/fa/ dflg65 . o:tf]kx]hf]afSnf]  
bW aRrfnf0{hGd\$]Ps 306fleq}  
v] fpgk5{. of]s'/f ue] tl, ev{ }  
aRrf hGdfPsf cdfaj' f / cGo  
cleefj sx; nf0{hfgsf/L lbg].



- aRrf ^ dlxgf k'f geP; Dd  
aRrfnf0{cdfsf]bW dfq v] fpg  
cdfx;nf0{kf]; fyg ug].  
aRrfnf0{cfj Zos kg]kfgl  
cdfsf]bWaf6 g}kf0g]ePsfn]  
aRrfnf0{ltvf{nflbf klg cdfsf]  
bW g}v] fpg ; Nnfx lbg].

- ^ dlxgdflysf afnaflnsfnf0{  
cdfsf]bWsf ; fy}lbgf] tlg  
k6s kf]fnf]vfgf lbg] Ps  
j ifdflysf afnaflnsfnf0{ tlg  
k6ssf]vfgf; fy}b0{k6s  
yk vhf lbg]. afn cxf/nf0{  
kf]fnf]agfpg l3p, t]h, dx,  
lrgl, xl/of ; fukft, t/sf/L,  
e6\$]cGg, u\$fu8L, bW / bWsf  
kl/sf/, cG8f, df5f-df; 'ldr]  
j f ; -; fgf 6qmf kf/] Id; f0{  
v] fpg / df} dcg'; f/sf] kmnk]n  
v] fpg ; Nnfx lbg].



; a\mfs /f\lj ?4 vfjk

vfkn]lj legg vt/gfs /f\ nfluaf6 arfp5 . vfjk gnufPdf aRrf la/fdl xg] :yfol 2kdf ckf^u xg] j f skf]ift xg]/ Hofg}; d] hfg]; Defj gf a9L x65 . aRrfsf nflu klxnf]Ps j if{lgshl6n xg]ePsfntf]sPsf]ldltdf ; a}vf]ksf] dfqf k'f ug{h?/L x65 . tn lb0Psf vfjk ; j f :j f:Yo ; :yfdf lgmZNs pknAw 5 .

vfjk tflnsf

pd]	vfjk	; /Iff k0fg ug]/f\
hGdg]alQs}b]v ! j if{eqdf	al= ; l= hl=	lfo/f\
^ xktf !) xktf !\$ xktf	8l-kl-6l- xk al-lxa	Eofut]/f\, nx/]vf]l, wgl6^sf/, xkf6f0l6; al, x0f]km; OGk]nPGhf-al
^ xktf !) xktf !\$ xktf	kf]nof]	kf]nof]
( dlxgfb]v ! j if{eqdf	bfb'/f	bfb'/f
!@ dlxgfb]v @# dlxgf; Dddf -h]0{ k0f]j t lhNnfsf nflu dfq	h] 0€	hfkflgh 0G; kmf0l6; -h] 0€

; j ]f0fsf glthf

► !@-@# dlxgf; Ddsf !) d]llo]^ afnaflnsf]k0f{vfjk kfPsf 5g\





## d s]ug{; S5'

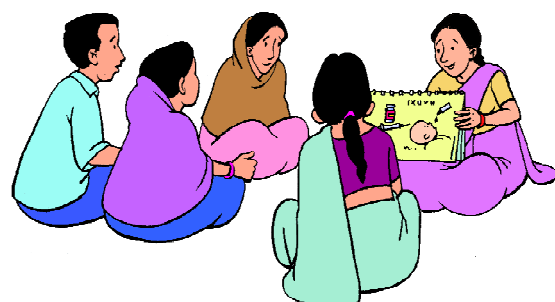
- ev{ }aRrf hGdfPsf cdfaj' fnf0: vf]ksf] knf0bf / nufpg] ; doaf/ atfpg].



- cfÇgf] 3/df ePsf Ps j if@lgsf afnaflnsf]; a}vf]ksf] k0f{dfqf lnPsf] ; lglZrt ug].



- cfÇgf] ; dbfodf vf]ksf] dx[e] sf af/0f hfgsf/l lbg].



### hGdbtf{

k[o\$ afnaflnsf]hGd btf{xgk5{.  
 hGdbtf{afnaflnsf /fli60tf, lzlff,  
 :jf:Yo; Jf tyf c6o sfggl / ; fdlhs  
 ; Jfx; kft ug[clwsf / ; lglZrt u5{.  
 hGdbtf{b]o]xf/ / zf]f0faf6 ; /lff kjpg]  
 dx[Ej k0f{cfwf/ klg xf]. hGd btf{ug{zlns  
 nflb6 . uflj ; j f j 8f sfofodf u0{; lhn}  
 hGd btf{ug{; lsg5 .

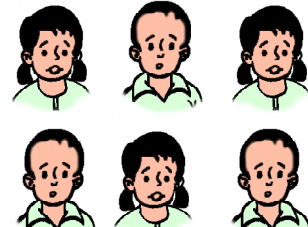
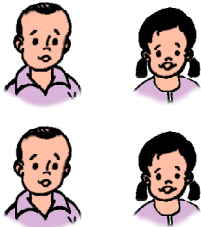


### hGd btf{lsg ugk5{

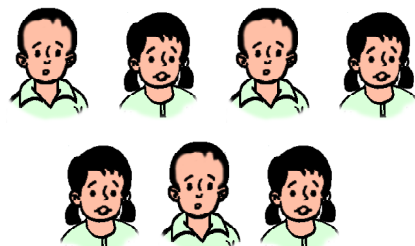
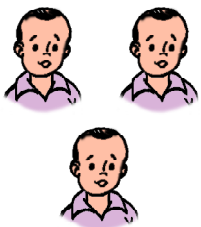
- cf{gf]klxrfg kjpg]clwsf/ lb65 .
- gful/stf kjpg]Pp6f cfwf/ xf].
- sfggl ; kdf pd] kpfloft ug{cfj Zos xG5 .
- /fHon]lbg]c6o ; lj wf kft ug{; lhnf]xG5 .

### ; j ]f0fsf glthf

- !) dWo]\$ afnaflnsf]dfq hGd btf{ePsf]5 .



- kxf8l e]usf !) dWo]# afnaflnsf]dfq hGd btf{ePsf]5 .



## d s]ug{; S5'

- cfkth / cfÇgf bfh'ef0 j f  
 lbblaxglsf]hgd bt{eP÷gePsf]  
 cfdfa'j fnf0{; fl\g] / o; sf]  
 dx[Ej sf af/ðf hfgsf/L u/fpg].



- cfdfa'j f; ù uflj ; j f j 8f  
 sfoffhodf u0{cfÇgf] / kl/j f/sf  
 cGo afnaflnsf]hgd bt{  
 u/fpg].

- hGdbtf{f] cfj Zostfsf  
 af/ðf ; fylef0nf0{atfpg].



afnaflnsfdfly xg]b08; hfo

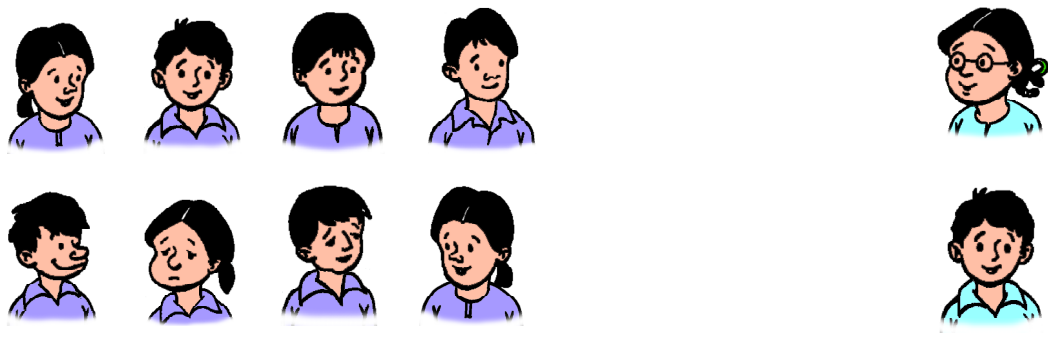
afnaflnsfdfly xg]sg}klg k\$f/sf] lx;f, b]o]xf/ tyf zfi]ofaf6 pglx;nf0{; Af0f ugk5{.

zf/li/s oftgf, b]o]xf/, ofgh6o lx;f, a]lavg / k/Dk/fut xflgsf/s rng, h:t}M 5fpk8L, afnlj j fx cflb b08; hfodf k5g\

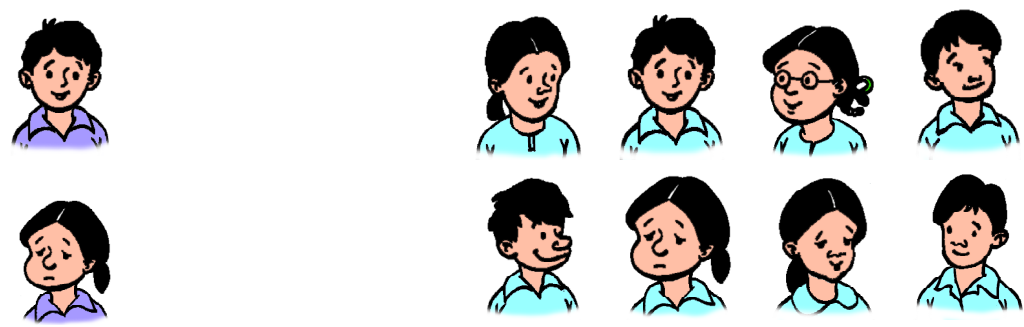


; j ]f0fsf]glthf

- @-!\$ j if{pd} ; d'xsf !) d]llo]\* afnaflnsf]kl/j f/sf]cfkiteGbf 7hf JolQmaf6 b08÷; hfo kfPsf 5g\



- @-!\$ j if{pd} ; d'xsf !) d]llo]@ afnaflnsf]kl/j f/sf]cfkiteGbf 7hf JolStaf6 s8f zf/li/s b08; hfo kfPsf 5g\



## द संयुक्तः संघः

- चक्रवर्त्य एषः संयुक्तः संघः  
 लक्ष्मणः अथवा चक्रवर्त्य संयुक्तः संघः  
 खण्डितः जय लक्ष्मणः संयुक्तः संघः  
 ; गणपति].



- ; फल, बहनः जय लक्ष्मणः जय  
 चक्रवर्त्य ; लक्ष्मणः जय लक्ष्मणः  
 बहनः हनुमान, चक्रवर्त्य जय लक्ष्मणः  
 कर्णः अथवा पस-चक्रवर्त्य ; धर्मः वही  
 स/तः संयुक्तः संघः.

- अनामिका संयुक्तः संघः हनुमान  
 तयः लक्ष्मणः ? संयुक्तः संघः  
 ; खण्डितः संयुक्तः संघः.



kf7 !)

# aflnsf / dlxnf; DaGWL křInt xflgsf/s rng

## dlxgfj f/L / 5fpk8L

dlxgfj f/Lsf ařhf dlxnf;nf0{'cz4' j f 'křfřfřL' dfg]ul/G5 .  
of]rng dfgj clwsf/ lj?4 xř]. ; fy}of]dlxnf / lszfřLx;  
dflysf]7hf]eřefj klg xř]. o; n]dlxnf / lszfřLx;sf]:j f:Yo  
/ lzIffdf g/fdf]křfj kf5{.

dlxgfj f/L křs[ts klj řpf xř]/ o; ; ũ hf]8Psf sltko wřdř tyf  
; f:řs[ts rng cřwlj Zj f; / s'/lt dfq xg\ dlxgfj f/L xbf sřL  
lszfřL / dlxnf; 3/b]v sřL 6f9f ufř j f 5fp3/df křr  
lbg; Dd a:gkgřafWotf j f rngnf0{5fpk8L kyf elgG5 .  
dlxgfj f/Lsf ařhf dlxnf tyf lszfřLsf nflu ul/g]5fpk8L kyf  
xflgsf/s rngsf ěkdf /xřf]5 . of]rng ; f:řs[ts / ; fdf]hs  
ařb]ř tyf cřwlj Zj f; sf ěkdf /lxcřPsf]5 .

dlxgfj f/Lsf]; dodf ; /; křf0df lj zřř Wofg lbgk5{. dlxgfj f/Lsf]  
; dodf ; křf / g/d sk8f j f gof":oflg6/L kof8sf]křfřř ugř5{.



## ; j řf0fsf glthf

- ! ) dřwo]@ dlxnf tyf lszfřL dlxgfj f/Ldf csfř]3/df -5fpk8L\_ a:5g\



- ; břklZrdsf lxdfnl tyf křf8L eřdf !) dřwo]# dlxnf tyf lszfřL  
dlxgfj f/Ldf leGg vřgf vřG5g\.



- ; břklZrdsf lxdfnl tyf křf8L eřdf !) dřwo]! dlxnf tyf lszfřL  
dlxgfj f/Ldf :sh hfg křpbřgg\





# d s]ug{; S5'

- 3/sf ; a}; b: onf0{dlxgfj f/l sf af/df hfgsf/l lbg].



- dlxgfj f/l Ps kfs[ts s'/f xf]/ o; ; dodf dlxnf tyf lszf/lx; nf0{km/s tl/sfsf] Joj xf/ gug{kl/jf/ / ; dbfonf0{kf]; fxg ug].



- dlxgfj f/l sf a]hdf klj Bfno hfg]/ ; fylx; nf0{klj Bfno hfg kl/t ug].



- dlxgfj f/l ePsf]; dodf dlxnf tyf lszf/lx; nf0{kf]ifnf] vfgf vfg / vj fpg kf]; flxt ug].



महिलायारी भएका महिलागण हुने भेट्दाबलाई रेको



- dlxgfj f/l; u ; DalGwt gsf/flDs k]ng x6fpgsf nflu ; dbfonf0{s'/f a' fpg] / To:tf cleofgdf ; xeful xg].

kf7 !!

; gfhf]elj iosf]lgdf0f

kf/IDes l; sf0 / lj sf;

xfdf]; du|lj sf; df lzlffsf]7hf]e'ldsf  
xG5 . afnaflnsf]lj sf; sf nflu plrt  
pd]df lj Bfno hfg ; ? ugk5{. gkfnf  
slff cf7; Ddsf]lzlff -cfwf/et\_ ; fdbflos  
lj Bfnodf lgmZns pknAw 5 / cfwf/et  
lzlffnf0{clgj fo{ul/Psf]5 . o; sf ; fy}  
slff !); Dd kf7dk':ts klg lgmZns lb0G5 .  
blnt, 5fqf / ckf^ut ePsf ; a}  
afnaflnsfnf0{s lff !); Ddsf]lzlffsf nflu  
5fqj [Q klg kbfg ul/G5 .



; j ]f0fsf glthf

- ! ) dWo]& hgf, !% b]v @\$ pd] ; dXsf dlxfx; ; fwf/Of n]yk9 ug{ ; S5g\.



- ! ) dWo]& hgf afnaflnsf pd]cg'k kfylds txdf kl9/x\$}f 5g\



- ! ) dWo]& hgf ; x/L lf0sf afnaflnsf pd]cg'k dfWolds txdf kl9/x\$}f 5g\



- ! ) dWo]% hgf uf]dLof lf0sf afnaflnsf pd]cg'k dfWolds txdf kl9/x\$}f 5g\



## d s]ug{; S5'

- l j Bfno egf{gePsf ; fylef0nf0{egf{u/fpgsf nflu kpf; ugI. ; fy}egf{ePsfnf0{l j Bfno g5f8g ; Nnfx lbg}.



- ufp3/df ePsf ; a}afnaflnsf plrt pd]df l j Bfno u0/x]sf] s/f ; lglZrt ugI.

- lzlfssf] dx{lj / knf0bssf ; Gb]zsf af/df hfgsf/L lbg}.



cg; ĨL M pk-lfŕcg; f/\* ; ĨsxĶsf]; ĨL

; Ĩs		efŕfŕns pk-lfŕ					
hŕdŕf	dŕlŕo-kŕZrd lxdfnl lfŕ	dŕlŕo-kŕZrd kxf8	dŕlŕo-kŕZrd t/fŕ{	; b'ŕ-kŕZrd lxdfnl lfŕ	; b'ŕ-kŕZrd kxf8	; b'ŕ-kŕZrd t/fŕ{	
; j:f;Yosf nflu kfgl							
vfgkfglsf nflu ; wfl/Psf]; ŕŕsf]kŕŕŕŕ -%_	*#	&&	*%	&)	&\$	((	
; j:f;Yo / ; /; kŕf0							
; /; kŕf0sf ; wfl/Psf ; lj wfxĶsf]kŕŕŕŕ -%_	#^	##	#^	@@	\$!	#\$	
xft wŕ]7fp"-kfgl / ; fag pkŕŕw_ -%_	%!	#&	^(	\$!	#@	&#	
; fagsf]pkŕŕwtf -%_	**	*&	(!	&&	*&	(%	
PrĶf0ĕl / P8λ							
ŕj f -!%-@ \$ j ŕf ŕf alr PrĶf0ĕl /fŕŕydfsf af/ŕŕ ŕŕks 1fg -%_	#\$	#(	#\$	!(	@\$	\$!	
lj j fx / uew/ŕf							
!% j ŕfŕ]pd]eŕŕ kŕxŕ]lj j fx -%_	!^	!^	!*	@)	!%	!@	
xfn lj j fxt÷; ŕj a:g]!%-!( j ŕfŕ]s z f]lxĶ -%_	@^	@&	@%	#@	@&	@#	
k/lj f/ lgŕffŕgsf ; fwgŕsf]pkŕŕwtf -%_	%@	%#	%&	#\$	#\$	^%	
bŕf k] l'tsd{-%_	@(	@&	\$!	(	@@	\$!	
; j:f;Yo ; :yfxĶdf k] l't -%_	#)	@%	\$ \$	!@	@@	\$ \$	
k] ŕk] l't hŕf -%_	\$)	@!	\$ %	#@	\$!	%(	
gj hft lzzsf] :ŕxf/							
5\$}sk8df aŕ/Psf]-%_	**	(&*	**	&*	*#	()	
@ \$ 3Ķ6k15 gj hft lzzhfŕ0{gxPsf]-%_	#^	@(	##	##	#!	^(	





