

"Youth for Peace and Development"

समतामूलक समृद्धि र सुस्वी नेपालको आधार  
बालिकाहरूका लागि समान अवसर र अधिकार



बालिकाहरूको समान अवसर र अधिकारका लागि  
जागृति बाल तथा युवा सरोकार नेपालद्वारा तयार गरिएको  
नागरिक स्थितिपत्र र सुभाष

"Youth for Peace and Development"

समतामूलक समृद्धि र सुस्वी नेपालको आधार  
बालिकाहरूका लागि समान अवसर र अधिकार

# बालिकाविरुद्धको विभेद अन्त्य गरौं

बालिकाहरूको समान अवसर र अधिकारका लागि  
जागृति बाल तथा युवा सरोकार नेपालद्वारा तयार गरिएको  
नागरिक स्थितिपत्र र सुभावा

(यो स्थितिपत्र र सुभावा जागृति बाल तथा युवा सरोकार नेपालले बालबालिका  
तथा बालिकाहरूको सवाल र सरोकारमा कार्यरत नागरिक संस्थाहरूसँगको परामर्शबाट तयार पारेको हो ।)



# s\_k[7eld

gk[nsf]; h wgn]gk[nnf0{; dfj zL ; dtdfhs ; dfhj fbL; d4 /fi6sf]z kdf  
 lgd[ ug{k|tj gf; kt \gk[ndf lj Bdfg cly\$, ; fdlhs ; f:s[ts / /fhgllts  
 lj e|x;sf]cGto ug{dfubzg u/\$f]5 . lj ut @ bzs otf gk[nn]afna[nsf]f  
 Ifqdf u/\$f]kultnf0{jt dfg /fBk[ffnL/ ; h wfg tyf to; cgz k aG]Pg  
 lgodx; n]cema9L alnof/ kefj sf/L agfpg ; Sg]ck[ff ug{; lsG t/  
 /fhgllts kl/jtg; f]lgd[ ePsf]; h wgn]k/sNkgf u/\$f]; dtdfhs ; dfhj fbL  
 ; d4 /fi6sf]lgd[ afnsfx;sf]; dfg ; xefluf ; lqmtf / kO{cj ; /x?sf  
 ; lgZrttf lj gf ; Dej xB\$. lkt[ Qfids Psfids /fB k[ffn]af/f l; lh tyf  
 k[ff n]Es lj eB, lj zif u/Lafnsf / dxnfx; lj ?4 xg]e]efj x;sf]cGosf  
 nflu / pg|x;sf]; dfg kultsf cj ; /x; l; hgf ug{f nflu /fBk[ffn]afndqL  
 afnsf ; jhgzn gllt ; Argf tyf sfodx;sf]lgd[ / kefj sf/Lsfog og  
 ug{h?/L5 .

gful/s ; u7g, lglh Ifq tyf ; xsf/L ; yf / /fhgllts ; u7gx; n]: yfglo,  
 kbz / ; 3lo :t/df afnsf ; jhgzn gllt, cEof; / Jojxf/x; kj 4g /  
 lgodg ug{f nflu ; fef/L ; rtgf tyf va/bf/Isf]sfo{ug{h?/L/xsf]5 .

o; }; Gede hfult afn tyf oj f ; /f\$ / gk[nn]Sofgnfsgsf]; xsfo[af afnsf]dL  
 / ; jhgzn sfodm, gllt tyf ; Argfsf]k]j Isf nflu of]: yltkq tyf ; eif  
 ksfzg / lj t/Of u/\$f]5 .

## v\_gk[ndf afnsf; DaGwL tYox;

- /fi6 hgu0gf -@)^\*\_ cg! f/ gk[nsf]sh hg; Vofsf]S! =\*@Ü !\* j ifeGf  
 sd pd]sf afna[nsf]f/xsf]5 . afna[nsf]fsh hg; Vofsf]S ( kltzt  
 ; Vof afnsfx;sf]/xsf]5 . hgu0gf k[fk[0f]@)!^ df ! ( j ifeGf sd  
 pd]sf sl/j %\* nfv ^^ xhf/ afnsfx; gk[ndf /xsf] b]vfp5 .
- cly\$ ; lqmtfsf]b]fi6sf]af6 ! ) j ifeGf dly pd]sf cly\$ ; kn]; lqm  
 afnsf / dxnfx;df /fhuf/ afnsf tyf dxnfsf]; Vof # ( kltzt 5 eg  
 k?ifsf] %\* kltzt b]vG . afnsfx; 3/fo; Lsfddf a9L; mUg xg] / /fhsf]  
 cly\$ tYof k[ffn]n]3/fo; Lsfdsf]cly\$ ofubfgnf0{dNof]g ug{g; Sbf  
 afnsfx;sf]cly\$ ; lqmtf b/sd b]vPsf]5 .
- afn>dsf]; Gede >ddf ; mUg afnsfx;sf]; Vof -% b]v !& j if[pd] ; dX  
 #\* kltzt /xsf]5 eg]afnsdf of]; Vof #) kltzt dfq /xsf]5\_ .
- lzIffsf]; Gede kfylds txd f b]vPsf]vb egf/df afns / afnsfx;sf]



; dfg cj:yf /x]klg, lzIf ljefusf]k]wof; l/kf{-@}&S&%\_ sf]tYofl cg! f/  
dfWlds tx -sIf ( b]v !@\_ df afnsfx;sf]vb egf/ sj n \$#& kl|ztdf  
/x\$]5 .

- dfWlds lzIfsf]k/Ifdf 5fq / 5fqsf]; Voflds ; xeflutdf 5fqsf]; Vof  
a9Lb]vP klg l; sf0{k/Ifdf sd c1 kff ugdf 5fqx; 5fqef lgs}w}  
/x\$] ljutsf P; =Pn=; = tyf P; =0=0= kl/Ofdn] b]vPsf] 5 .
- afnsfx;dfemk]f]sf]cj:yf klg ; Gf]hgs /x\$]5g . pd] cg! f/sf]t]h  
gxg] jif{ef sd afnsfx; @\* kl|zt / prf0{gxg]afnsfx; #(%  
kl|zt /x\$] 5g\  
• ! ( aifef sd pd]/sf Ps rfyf0{afnsfx;sf]-@% kl|zt\_ lj fx ePsf]tY  
; g@)!\$ sf]; j]f]f]b]vPsf]5 .
- g]kndf !% b]v ! ( jif\$ !& kl|zt lszf/lx; lszf/]j:yfdf g}cdf  
e0{S5g\ jf klxn] aRrf hGdfp ue]tL xg] u5g\  
• sl/j @ü dlxf; n]!% jif{ef sd pd]/d}sg}g sg}k\$/sf]zf/l/s  
lx;f b]o]xf/ e]g]u/\$]cWogx; n]b]vPsf]5 .
- \* (Ü lszf/lx; n]dlxgf f/l]sf]; dodf 5j f5t afg] e]efj ug] 3/af]x/ /fVg]  
/ 5fpk8L uf]df a:g} Dd cj:yf e]g]k/\$] atfPsf 5g\  
• g]knsf @\* kl|zt lj Bfnodf 5fq / 5fqsf nlu 566f566}z]f]nosf]Jo]j:yf  
5g . lj Bfnodf dlxgf f/LePsf]; dodf tt\$fn :ofg]6/Lk]8 pknAw u/fpg]  
Jo]j:yf clwsfz lj Bfnox; df 5g .
- \*#ü lszf/lx; n]dlxgf f/LePsf]; dodf sk8f / sj n !%ü dfq :ofg]6/L  
k]8sf]k]f] ug]u/\$]atfPsf 5g\  
• k]/Lkw]g sf]f]fo, dlxf tyf afnafnsf ; jf lgb;g]nosf]kl]j hg -  
@)&S÷) &%\_ cg! f/ c]y\$ jif{@)&S÷) &% df ha/h:tLs/Of]sf]ck/fwsf  
hDdf !\$\*) d2fx; df !\* jif{ Ddsf ((% hgf afnsf hj/h:tLs/Of]sf]  
ck/fwa6 k]8t ePsf]b]vPsf]5 . o; dW]@! hgf afnafnsf !) aif]lgsf  
/x\$]b]vG .
- x/\$ jif{g]kna6 ef/ttkns]/j !@ b]v !& xhf/; Dd g]knl dlxf tyf  
lszf/lx; sf]a]lavg xg]u/\$]cWog kl]j hg; n]b]vPsf 5g\ kl5Nf]  
; dodf pd] a9fP/ kf; k]f{agfpg]/ ef/ts]af]f]f] h]vdk0{; kdf j]b]z  
/f]uf/l]df hfg] lszf/lx; sf] ; Vof klg a9b} u0{x\$] cj:yf 5 .
- g]kndf 5f]f 5f]g]k]Q c]b]G}w}/x\$]5 . kf]g c:ktndf @) ) # b]v  
@) ) & -kff jif{ sf]cj]wdf ul/Psf]cWogdf afns / afnsfs]cgkft k]b\$



!)) afnsfdf !!\$ afns /x\$flb}vPsf]5 . To; u/L^oh -@)\*\_ n]S)  
j6f bzx;df u/\$flcWog cg' f/ gkfn 5ff 5fgdf kfs:tfk kl5 bf] fl:yfgdf  
/x\$fl]5, hxfF\*! kltzt dxnfx; kl/jf/df kxNb}b0{jf b0{eGf a9L 5f/L  
hlGdPsf]eP t] fl]5f/lsf]uektg u/fpg'unt xffg eG]dfGtf /fVg]u/\$fl  
kfOPsf]lyof].

-dfly pN}vt tYofix; s}b}p tYofl jefu, lzIf dGqfo, :jf:Yo tyf hg; Vof dGqfno  
Pj d's}b}p afnsNof; ldltaf6 k\$flzt *Statistical Year Book 2015, Nepal Demographic  
Health Survey 2016, Nepal Demographic Health Survey 2011, National Child Labor Report  
2012, State of the Children in Nepal (2075), gkfn kx/lsf]j; f06af6 lnOPsf xg\*

u\_ gltut Joj:yf / gkfnsl]kltj 4tf

gltut tyf sfgg]LJoj:yf / lj sf; kltj 4tfsf]; Gbedf gkfn]dxnf tyf  
afnsf]j?4sf]lj e} Gg]s/Of ugdf lj leG Joj:yfx; u/\$flkfg ; lsG .

!= gkfnsl]; lj wfgdf pN}vt Joj:yfx;  
wf/f!\* n]n}Es cfw/df e}efj gxg]; fdlG sfgg]sf]koffdf ; a}gful/s  
; dfg /xg]; dfg sdfs]; dfg Hbmf, k}f; ; DklQdf ; dfg xs tyf lj zif  
cf/Iffsf]Joj:yf ug; lsg]Joj:yf u/\$fl]5 .  
To; }u/Lw/f}\* cGtu{ dxnfsf]xsdf -!\_ kTo\$ dxnfnf0{n}Es e}efj lj gf  
; dfg jzlo xs xg] -@\_ kTo\$ dxnfnf0{/lft dtTj / khgg\jf:Yo; DaGwL  
xs xg] -#\_ dxnf lj?4 wld\$, ; fdlhs, ; f:s}ts k/Dk/f, k}ng jf cG  
s'g} cfw/df zf/l/s, dfgl; s, ofghG, dgf] flgs jf cG  
sg}sl; dsf]lx;fhG sfo{jf zffof gul/g]/ To:tf]sfo{sfgg adflhd  
b08glo xg\$ / kl8tnf0{sfgg adflhd lftklt{kfpg]xs xg] -\$\_ /fhsf; a}  
lgsfodf dxnfnf0; dfgkfts ; dfj zLl; 4fGsf]cfw/df ; xefuLxg]xs xg]  
-%\_ dxnfnf0{lzIf, :jf:Yo, /f}uf/L / ; fdlhs ; /Iffdf ; sf/flds lj e}sf  
cfw/df lj zif cj; / kltt ug{xsg]Joj:yf ul/Psf]5 .

; lj wfgsf]wf/f \$@ ; fdlhs Gofosf]xs cGtu{ ; fdlhs ;kn]k5fl8 k/\$f  
dxnf, blnt, cflbjf; L, cflbjf; Lhghlt, dwzL, yf?, cNk; Vos, ; ldfGst,  
dl:nd, lk58fju, n}Es tyf ofgs cNk; Vos, of, ls; fg, dhh/, pTkll8t  
jf lk58Psf]lffsf gful/snf0; dfj zLl; 4fGsf cfw/df /fhsf]; Argf tyf  
; fj flgs ; jfdf ; xeflutsf]xs xg]Joj:yf ul/Psf]5 .

; lj wfgsf]wf/f #( df afnafnsf]xs cGtu{ pkw/f % df sg}klg  
afnafnsnf0{afn lj jfx, u}sfgg]Lcf] f/k; f/ / cfx/Of ug{jf aGws /fVg



gkfoG] pkw/f -^\_ df sg}klg afnafnsmf0{; g; kx/Ljf ; z:q ; dxd df egf  
jf kofu ug{jf ; f:st s jf wld\$ k'ngsf gdfdf sg}klg dfWd jf k\$ /n  
bJofxf/ , pklf jf zf/ /s, dfgl; s, ofgho jf cG sg}k\$ /sf]zffof ug  
jf cglrt kofu ug{gkfoG]JoJ :yf ul/Psf]5 .

gknsf lj Bdfg sfggdf /x\$ /n]Es lj e} x6fpg gkfn ; /sf/n]s}L gkfn  
; zfyg P} dffu lj leG sfggx; df /x\$ /n]Es lj e}sf/LzAbj nL/ kfj wgx; nfo  
vf/h tyf ; zfyg u/\$f]5 .

@gkfn klf /fi6<x\$ /cG/ff6o dfgj clwsf/ sfggx; df pNhyt JoJ :yf

gkfn ; oQm/fi6< 3af6 cgdffbt ( j6f cG/ff6o dfgj clwsf/ dxf; lGwx; dW)  
& j6fsf]klf /fi6<xf]. tLdfgj clwsf/ dxf; lGwx; n]afnsmf / dlxnsf]; dfgtf  
tyf clwsf/sf]klfdf /fhsf]bflotj /xg]JoJ :yf u/\$f 5g\ dfgj clwsf/sf]  
sfofj ogf ; Gedd klf /fi6<x; sf]; Ddfg ; Af0 / kl/kt\$ /bflotj /x\$]5 . gkfn  
; /sf/n]dxf; lGwdf t]SP adffnd cfjws kljhgx; ; oQm/fi6< 3df dfgj  
clwsf/ dxf; lGw ; ldt; dl kx ugkg/ pQmkljhgpk/ cfPsf ; dfg l6k0L  
tyf ; efi x; sf]sfofj og ug{lhDj f/L dxf; lGwx; sf]klf /fi6<ePsf sf/Of  
gkfn ; /sf/sf] /x\$]5 .  
; fy]gknsf]; lGw P} , @) \$\* n]gkfn klf /fi6<ePsf cG/ff6o ; lGwsf kfj wgx;  
sfgg ; /x nfu'xg] / /fi6o sfggdf JoJ :yfx; afleRdf dxf; lGw s}kfj wfg  
nfu'xg]JoJ :yf u/\$f]5 . afnsmf; F ; DalGwt dfgj clwsf/ dxf; lGwx; sf]  
kfj wgnfo{lgDfg; f/ pNhy ul/Psf]5 .

; oQm/fi6< 3sf]afnclwsf/ dxf; lGw !(\* ( n]afnafnsmf0{femefefj , lx:f,  
zffof / bJofxf/nfo{cGto ug{/fhsf]bflotj sf] ; kdf JoJ :yf u/\$f]5 . To; h/L  
lzlf; :j:f.Yo / kffof Pj d\ ; xelutfsf]clwsf/nfo{; Dk0{afnafnsmf]cfw/et  
clwsf/sf] ; kdf JoJ :yf u/\$f]5 .

; oQm/fi6< 3sf]dlxnflj?4 xg] ; a}vfn]e}efj lgd'ng ug{dxf; lGw  
-! (&\_ n]dlxn / afnsmf0{; dhsmf ; a}lffdf k?if / afns; /x ; dfg clwsf/  
k'ofet ul/gkg/ sg}klg ; kdf dlxn / afnsmf]?4sf]e}efj ug{gxx]sfgg  
JoJ :yf u/\$f]5 . pQmdxf; lGwn]afn lj jxnf0{sfggtMgiffwt ug{tyf dfWlds  
lzlfdf afnsmf]clwsf]; dfg cj ; / / ; xelutf ; lgZrt ug{/fhn]sfgg]JoJ :yf  
u/\$f]5 .

To; h/Lckf'etf ePsf JolQnsf]clwsf/ ; DaGwLdxf; GwL-@) \* \_ n]ckf'etf ePsf



afnlsfxç n|yk hflvdtdf / e|hefj eflgkg{cj:yfnf0{;jlsf/ ub{f|bn|ckf|t|f  
ePsf dxnf / afnlsfxç nf0{l|j zlf ; Af0sf|Jo|j:yf ug{k|g{k|fj wfg /x\$|f|5 .  
# = afnlsfsf| ; Gbe|df lbuf| lj sf; nIo / gkfnsl| kl|t|j 4tf

; g\@)!% ; KDa/df ; oQm/fi6«; 3sf|dx|f; efa|6 kl/t lbuf|lj sf; nIo /  
sfoqmdxç ; g\@)#) ; Dd ; b:o /fi6xç sf|lj sf; sf gllt, sfoqmd tyf  
ofhgfxç sf nflu dfulbzç b:tfj h xfl. gkfnsl|klg lbuf|lj sf; nIo / o; sf  
; r|sxç adflnd cf gfl/fi6o lbzflgbç to ul; s\$|f|5 . o; nf0{lbuf|lj sf;  
nIo kl|t|sf nflu gkfnsl|kl|t|j 4tfsf|ç kdf lng ; lsç . o; cg! f/ afnlsfsf|  
cj:yfnf0{ ; Dafw|g ug| gkfnsl| kl|t|j 4tfxç lgDg /x\$|f 5gM

- ul/aldf /x\$|f ; a}pd|sf dxnfsf|; Vof 36fP/ ; g\@)#) ; Dddf %Ü df enfg|.
- ul/aldf /x\$|f % jif{e|bf sd pd|sf afnafnlsfsf|; Vof ; g\@)!% df #^Ü  
/x\$|f|f 36fP/ @)! ( ; Dddf @&Ü, @)@ ; Dddf @!-%Ü, @)@% ; Dddf !%#Ü  
/ ; g\@)#) ; Dddf %Ü df enfg|.
- cTofj Zos ; jf -lzlf, jf:Yo / ; fdllhs ; /If\_ df ; /sf/sf|nufgL; g\@)!%  
df @%-@Ü /x\$|f|f To; nf0{a9fp|}n|hfg|.
- n|Es ; dfgtf kj4ç ug{ ; /sf/sf|ah\$|f|lx:; f ; g\@)!% df @@#Ü /x\$|f|f  
o; nf0{a9fp|}n|hfg|.
- khgg\pd|sf dxnfxç df /QmcNktf xg|dxnfsf|; Vof #%Ü -; g\@)!%  
/x\$|f|f To; nf0{36fP|}@)! ( ; Dddf @^Ü, @)@ ; Dddf @\$Ü , @)@% ; Dddf  
!\*Ü / ; g\@)#) ; Dddf !)Ü df enfg|.
- % jif{e|bf sd pd|sf afnafnlsfdf /QmcNktf xg|b/nf0{\$^Ü -; g\@)!%  
nf0{36fP/ ; g\@)! ( ; Dddf ##Ü, @)@ ; Dddf @\*Ü, @)@% ; Dddf @#Ü /  
; g\@)#) ; Dddf !)Ü df Nofpg|.
- dft[dTob/ ; g\@)!% df kl|t ! nfv @%\* /x\$|f|f To; nf0{36fP/ ; g\@)! ( ;  
; Dddf kl|t ! nfvdf !@% @)@ ; Dddf kl|t ! nfvdf !!^, @)@% ; Dddf kl|t  
! nfvdf (( / ; g\@)#) ; Dddf kl|t ! nfv &) df Nofpg|.
- cfl|dxTofsf|b/ ; g\@)!% df kl|t ! nfv !^-% /x\$|f|f ; g\@)! ( ; Dddf kl|t  
! nfv !\$-% @)@ ; Dddf kl|t ! nfv (-&, @)@% ; Dddf kl|t ! nfv &\* /  
; g\@)#) ; Dddf kl|t ! nfv \$-& df Nofpg|.





- lszf/fj:yfdf g}cdf aG]lszf/lx¿sf]; Vof kl! ! xhf/ &! hgf /x\$fdl To; nf0{36fpf}; g\@)!( ; Dddf kl! ! xhf/ %^, @@@ ; Dddf kl! ! xhf/ %!, @)% ; Dddf kl! ! xhf/ \$# / ; g\@)#) ; Dddf kl! ! xhf/ #) hgfd Nofpg].
- sIff ! df egf{ePsf afns / afnsf dW}sIff \* df / sIff !@ df kl} cgkft afnssf] thgfd afnssf] sd /x\$fdl ; dfg agfpg].
- klj lws tyf Joj ; flos lzIffdf afnsfx¿sf]; xelutfsf]cgkft kl! ! ; o hgfd %#/x\$fdl pQm; Vofnf0{a9fpf}; g\@)!( ; Dddf ^, @)@@ ; Dddf &% @)% ; Dddf \*\$ kl!zt / ; g\@)#) ; Dddf ; dfg ; xelutf sfod ug}.
- kfylds lj Bfnosf]n}Es ; dfgtsf]cgkft !=)@/x\$fdl pQmcj:yfdf ; wf/ ub}; dfg sfod ug}.
- !% blv @\$ jifpd] ; dxsf]dlxnsf]; flf/tf b/ ; g\@)!% df &SÜ /x\$fdl ; wf/ ub}; g\@)!( ; Dddf ()-% @)@@ ; Dddf (@=\* , @)% ; Dddf (%=! / ; g\@)#) ; Dddf (( kl!zt sfod ug}.
- n}Es e}ejfsf]cGt ug}/ lj e}kOf]gllt, ofhg / sfgg¿sf]cgudg tyf cfjZos ; wf/ ug\$ f nflu cfjZos glltut / siggL Joj:yf ug}.
- xfn lj Bdfg /x\$fdl]dxnf / k?ifaIrsf]; dfg sdfs]Hbfnfsf]cgkft )^@ nf0{a9fpf}; dfg Hbfnf sfod ug}.
- n}Es lj e} ; rs lj Bdfg cj:yfdf )=\$ ( /x\$fdl To; nf0{36fp/ )=% df erf}. n}Es ; zIQns/Of ; rs xfn )=%& dfq /x\$fdl To; nf0{a9fpf})^( k}ofpg].
- hljgdf sg}g sg}; dodf zf/l/s tyf ofg lx¿f eflg afW ePsf dxnsf] ; Vof @\*=\$ kl!zt /x\$fdl To; nf0{qrdzM, g\@)!( ; Dddf @=@Ü, @)@@ ; Dddf !&=Ü, @)% ; Dddf !@=\*Ü / ; g\@)#) ; Dddf Ü df sd ug}.
- !% blv !( jifpd] ; dxdf lj jfxt hljg latfpg afW lszf/l]sf]; Vof @\$=Ü af6 Gg]s/Of ub}; g\@)!( ; Dddf !\*Ü, @)@@ ; Dddf !#Ü, @)% ; Dddf \*=Ü / ; g\@)#) ; Dddf \$=Ü df sd ug}.
- ofg tyf khgg\j:f:Yo ; jf / clwsf/sf af/dl ; r}t dxnf tyf lszf/lx¿sf] ; Vof xfn %(Ü /x\$fdl pQmcj:yfdf ; wf/ ub}; g\@)!( ; Dddf ^\*Ü, @)@@ ; Dddf &\$Ü, @)% ; Dddf \*)Ü / ; g\@)#) ; Dddf ()Ü k}ofpg]



- !% b\@ \$ jif{pd} ; d\sf dxnfsf]006/g\ ; jfd kxF ; g\@)!% df !(=Ü /x\$ffl To; nfo{a4Lub}; g\@)!( ; Dddf \$)~Ü, @@@ ; Dddf %^~Ü, @)@% ; Dddf &!(Ü / ; g\@)#) ; Dddf (\*Ü df k\yfpfg].
- ojf lszf]lszf]Ltyf dxnfsf]lj Qlo ; :yf, /fhuf/ldf kxF a9fpfg] cgtkrf/s >d Ifqnf0{ckrf/s cgudg / dfkb08leq Nofpg] afn>dnf0{; g\@)@% ; Dddf cGto ug{.
- dxnf / aflnsfx\sf]xfn e0/x\$ff]a\lavgsf]; d:ofnf0{GöglS/Of ug{.
- zf/l/s b08 ; hfoFeflg]afnaflnsfsf]; Vof \*!~Ü -; g\@)!% /x\$ffl qrdzM ; w/ ub}; g\@)!( ; Dddf ^)Ü, @)@@ ; Dddf \$\$Ü, @)@% ; Dddf @&Ü / ; g\@)#) ; Dddf ; G kltztdf sd ug{.

3\_ g\kfnf afnfsf] xs clwsf/sf nflu ; Argfut Joj:yfx\

g\kfnf afnfsf]xs / clwsf/sf nflu ljzif ; Argfut Joj:yfx\ glltut \kdf ul/Psf]5g . oBkL/fb ; Argfsf sfd stjo / clwsf/ Ifq\sf]ljZnif0f ubf{afnaflnsf tyf dxnf; F ; /f\$ / /Vg]/fb ; Argfx\ g}afnfsf]nflu klg lhDdj f/ ; Argfsf]\kdf /x\$ff 5g\

:yfglo txdf pknAw ; eG tyf ; Argfx\

g\kfnf]tg txsf]/fb ; Argdf :yfglo txx\ -ufp\knsf, gu/kfnf / lhNf ; dG o ; ldtx\ \_ gful/sx\sf nflu cfw/et ; jf kbfg ug]sxLlj ifox\df Gofos ; jf kbfg ug]lhDdj f/L/x\$ff]5 . :yfglo txsf]; /sf/ -ufp\knsf tyf gu/kfnf \_ g}afnfsfx\sf nflu lzIf, jf:Yo, ; xelutf tyf v\sb / ; Af0f Pjd\ebefj /xltsf]; lgZrttf ug{cfjZos glltut / sfoqnd ; ~rning ug] kd\vhDdj f/ lgsfo /x\$ff]5 . :yfglo tx / j8f sfoffox\ g}afn>d, afnaflnsf]a\lavg, afn lj jfx tyf 5fpk8Lh:tf cEof; x\ cGto ug{gtTj ug]lgsfosf]\kdf /x\$ff]5 . afnfsfx\sf]ljzif clwsf/ pN3g tyf xgg\epdf ph/Ltyf ; gjfo{ug{:yfglo Gofos ; ldtnf0{lhDdj f/ agfOPsf]5 . :yfglo tx g}cf^gf]Ifqleq afnfsfx\sf nflu lgzNs dfw\lds lzIf, lj Bfnox\df ; /If / ; xofnLjftj /Of l; hgf ug{tyf lj Bfnox\ nfo{afnfsf d\La gfpfg] :yfglo txdf lszf]L; dx, afn ; dx\sf]u7g / ; ~rning ug{sf nflu lhDdj f/ lgsfosf \kdf /x\$ff 5g\

g\kfnf]afnaflnsf; DaGwL Pj, @) &% n]:yfglo txdf pkkd\p-kfwIf jf pkkd\ jf pkwIfn]t\$ff]sfo{ldtsf ; b:osf]; e\hsTj df afnclwsf/



;ldlt u7g ug| :yfglo txd f afn clwsf/ kj4g / ; Af0sf nflu :yfglo  
afnsN0f clwsf/LlgoQmugJJoJ:yf u/šf]5 . To; h/L:yfglo txd f lzlf  
;ldlt Pj d\dlxf tyf afnafnsf ařlavglj?4sf :yfglo ;ldltxç u7g ug{|  
;lsg|sfggLJoJ:yfxç /xšf 5g\ lhNf:t/df lhNf c:ktfnxç df Plsst  
;s6 JoJ:yfkg k0fflxç sf]:yfkf u/L lx+f, bJoJxf/ kll8t tyf keřlj t  
afnsfxç sf nflu ; jf pknAw u/f0g]JoJ:yf ul/Psf]5 .

afnafnsf ; DaGwPğ, @) &% n]:yfglo txsf]Gofos ; ldltnf0{afnafnsf]f  
xs křng u/fpg cfjZos ; gçf0 ug| clwsf/ křfg u/šf] 5 .

oBkL:yfglo txd f lgjřrt kbflwsf/lxç tyf sdřf/lxç dfemkořt ; řgf  
; Dkřf Pj d\fdtf lj sf; sf sf0qmxç xg g; Sb, :yfglo txsf]ofhg lgdf  
klqmfdf afnsf ; jfnxç sf]dřkj fxls/Of ug{kořt ; xhls/Of tyf kç] Isf  
sf0xç gePsf sf/Of / :jod\afnsfxç nf0:yfglo ; /sf/; F hfğ] cGklmf  
ug{sf0qmxsf]JoJ:yfxç gxf clwsfz :yfglo txxç n]afnsf sf nflu ug{|  
; lsg/ ug|kg]stko sf0qmxç ug{; sšf]kř0bğ .

kbž txd f JoJ:yf ul/Psf ; 0Gqxç

kbž txd f afnsfxç sf]; jinnf0{křof ç kdf ; Dafwg ug{lhDd] f/ lgsfosf]  
ç kdf ; fdflhs lj sf; dGqno /xšf]5 eg]afnsf sf]nflu ; /lft ; dñ tyf  
pglxç lj?4 xg ; Sg]ck/fw lgoG0sf nflu kbžsf]cfG/s ddfnf dGqno  
lhDd] f/ lgsfosf]ç kdf /xšf]5 . kbž ; efd afnafnsf sf]lj ifo xg{lhDd] f/  
; +b0 ; ldlt n]afnsfxç sf]; jndf 5nkm ug|/ kbž dGqno tyf ; /sf/nf0  
cfjZos sf]fxlsf nflu l; křf/; Pj d\gbžg lbg ; Sb5 . afnafnsf ; DaGw  
Pğ, @) &% n]kř0š kbždf ; fdflhs lj sf; dGqlsf]; 0řsřdf kbž afncwsf/  
kl/ifb u7g ug|JoJ:yf u/šf]5 . pRr cbfntaf6 afnafnsf sf]xs křng  
u/fpg]clwsf/ křfg ul/Psf]5 .

; 30 zf; g JoJ:yf goffePsf]/ stko kbž :t/lo glt lgodxç aGg g; sšf  
sf/Of kbž ; /sf/df afnsfxç sf]; jinnf0{kořt 9un]5nkm / kjž u/fpg  
; sšf]kř0bğ .



; 3lo txdf Joj:yf ePsf ; 0Gqx

; 3df jf s(0lo :t/df gkn ; /sf/n]dxnf afnafnsf tyf Hb]7 gful/s dGqno / dfglo dGq, dxnf afnafnsf, h]7gful/s tyf ; dh sNof dGq]sf cWlftdf /fi60 afncwsw/ kl/ibsf]Joj:yf u/\$f]5 . ; 3lo kx/ldf dxnf afnafnsf ; jf s(0|tyf lgb]gno, /fi60 c:ktfnx] df Psaf/ ; s6 Joj:yfkg ; jf s(0x] ; ~rfgdf /x\$] 5g\ afnsf lzIf tyf k]j lws ; lk ljst; sfq]dx] sf nflu lzIf dGqno lhD]f/ lgsfosf] ; kdf /x\$]5 eg] ; jf:Yosf lj lzi6 lj ifonf0{ ; Dafwg ug{:j:f.Yo tyf hg; Vof dGqno lhD]f/ lgsfosf] ; kdf /x\$]5 . To; h/L; 3lo ; #bdf dxnf afnafnsf tyf ; dh sNof]sf lj ifonf0{ ; Dafwg ug{Ps lj zif ; ldt /x\$]5 . hg; /f\$] / ; ldt tyf dfgj clwsf/ ; ldt n]klg afnsf sf lj zif clwsf/sf ; jfnx] df ; /sf/nf0{lgb]g lb, 5nkm ug{/ l; k]l/ ; ug{: Sb5 . /fi60 dfgj clwsf/ cfof] tyf /fi60 dxnf cfof]n]afnsfx] sf]lj zif ; jfn / ; d:ofdf /f]bsf]Wfg]sif] ug{: Sb5 .

; 3lo :t/df u} ; x] ; f]sf] ; dG o / ; fen]f/ldf lj leG sfq]dx] ; ~ring e0/x\$] 5g\ oBkL ; /sf/sf lgsfox]n]afnsf] ; jndf glltut / sfq]dx] Joj:yfx] u/]klg ltg]x] sf]sfq] ogf nflu /f]bsf cG lgsfox] ; f kofk ; dG o, h]gsf/L/ ; r]gf cbf]g-k]f]g xg ; ls/x\$]5g . ; #blo ; ldt tyf cfof]x]n] afnsf] ; jndf kofk 5nkm tyf lgb]gx] lb g; s\$] kfOG5 .

a\_g]kndf afnsf sf k]v ; jfnx]

; /Ifit hGd / ; dfg k]f]f tyf :j:f.Yo

oBkLg]kndf n]Es klxrf ; xt eOf xTof u} sfggL/x]klg lg/G/ 3l6/x\$] afnsf hGdb/, % jif{dG]sf]afn dTob/df afnsf]cgk]n]g]kndf afnsfx] uef] :yfb]v g}lj e] / h]GdP kl5 klg k]f]f tyf :j:f:Yosf ; jndf e]ef] sf] lzs/ ePsf]kd]f]ot xG5 . olb ; dodf g]o; cj:yfnf0{ ; Dafwg gug{xf]eg] g]kndf afnsf] ; Vof Gg xg hfG / o; n] ; du] ; fdilhs tyf k]s]ts Joj:yfnf0{g]gsf/f]ds k]f] kfb5 . To; h]afnsf] ; /Ifit hGd / ; dfg k]f]f tyf :j:f.Yo ; j]sf]clwsf/nf0{ ; lg]Zrt ug{kl/jf/ ; dh, :yfg]o, kb]z / ; 3lo txaf6 g}glltut tyf sfq]dx] Joj:yf nfu' ug{h?/L 5 .

lzIfdf ; dfg cj ; /, kxF / n]Es ; dfgtkOf]Joj xf/

lj Bfno lzIfdf ePsf]eg]f/nf0{cfw/ dfG]xf]eg]afnsfx] sf]lzIfdf kxF ljutsf]thgdf cTolws ; w]l/Psf] / sltko cj:yidf afns ; dfg /x\$]kfOG5 . oBkLdfw]ds lzIfaf6 pQ]f{xg]b/, l; sf0:t/, pRr lzIfsf /hf0sf If]qx]



/ egf{ePsf ; Vofnf0{xg}xf]eg]afnnsfx; afnssf]thgdf w]}g}k5fl8 k/}\$f] b}y; ; lsG . kl5Nf j ifdf P; =Pn-; = / P; =0-0- nufotsf k/Ifdf sd cš cPsf sf/Of dfgl; s tgj axf] / cftdx}of ug]afnnsfx; sf]; Vof al9/x}\$f] kf0G . cWogx; sf cg; / lj Bfnodf xg]n]Es lj e} tyf afnnsf]cfj Zostdf cfwl/t ; jf ; lj wsf]cej, ; fdlhs rtgf tyf lzIfsx; sf]afnnsf d}L Jojxf/sf]cej]n]of]kl/l:ytLl; hgf ePsf]dfG ; lsG . t; y{s]n lj Bfnodf ; dfg egf/ dfq sfod gu/Ll; sf0:t/; pQl0{xg]; Defj gf / afnnsfx; kl}tsf] ; Ddfgk0; ; j}gzIn / ; /Ifft Jojxf/ tyf ; Argfsf]Joj:yfa6 dfq lzIfdf lbuf]; dfgt klt ug}; lsG .

kf]j lws lzIf, cfly\$ /fhuf/Isf cj; /x;df ; dfg cj; /

kf]j lws tyf /fhuf/dhs lzIfdf afnnsfx; sf]kxF cToG}Gog /x}\$f]5 . kl/OfdfMa]afnnsfx; sf]; fdlhs JoLQn] kms 9un]lgdfOf e0/x}\$f]5 eg] cgfkrf/s tyf ; jfdhs /fhuf/Idf dfq lszf]lszf]LPj d'ojf d]xnfsf]kxF al9/x}\$f]5 . cgfkrf/s >d tyf ; jf If]sf >dn]d]xnfsf]; fdlhs kl}ti7f, cfly\$ x; otnf0{sdhf] dfq agfPsf]5} a? lj leG k;f tyf bJojxf/sf] hf]vddf klg wsn/x}\$f]5 . To; h]kf]j lws lzIfdf lszf]lx; sf]kxF / ; xeflutfnf0{kf]; fxg u/dfq cfly\$ ; dfgt / /fhuf/Idf n]Es ; dfgt xF]n ug}; lsG .

vhsb nufotsf ; fxl; s Ifqdf afnnsfx; kl}tsf] e}efj / c; /If

vhsb nufotsf ; xl; s / ko6gsf Ifq; df afnnsf / oj f d]xnfsf]; xeflut cToG}Gog / k/Dk/fut z}h]sf]/x}\$f]5 . afnnsfx;nf0; fxl; s vhsbx;df sd}dfq ; xefuLu/f0g]ul/G . v} tyf ko6g Ifqdf oj f d]xnfsf]lszf]lszf]lx; n] ; /Ifft / ; xofuLj ftj/Of kf0/x}\$f]5}gg\ lj zif u/Ld]xnfsf] / lszf]lx; kl} xg]bJojxf/ / e}efj]n]o; Ifqdf afnnsf / lszf]lx; sf]; xeflutdf tuf/] l; hgf u/}\$f]5 .

afnnsf tyf lszf]lx; sf]; xeflut tyf g}Tj lj sf;

gknsf oj f ; d} tyf afn Snjx; afnnsf tyf oj f d]xnfsf]; xeflutfsf lx; fan] pTsf6 ; fdbflos ; yfsf ; kdf /x}\$f]5g\ oL; d}x;df %) U d]xnfsf] / afnnsf] ; xeflutdf dfq x}0g, afnnsf / d]xnfsf]; jfnx;df ; fdbflos cleofg, k}jL tyf lfdtf lj sf; sf sfocmx; klg o:tf ; d}x; n]ul/x}\$f]kf0G . oBkL d]xnfsf] / afnnsfx; sf nlu g}Tj lj sf; sf cj; /, afns / oj fx;nf0]n]Es ; j}gzIntsf] ko}t kl}zIf / g}Tj df /x}\$f] afnnsf / oj f d]xnfsf]nlu ko}t ; fy / ; xofuLx; sf] cejdf pj { g}Tj alr}af x/fpg] 5f8g]jf lg/fzdf kl/jtg e0/x}\$f]kf0G .



ofg tyf khgg\j f:Yo lzIff / ; j fsf]; xh kxF

ofg tyf khgg\j f:Yo lzIff / ; j f gkfnLlszf/lx; sf]Ps kdV ; j fn xf].  
koff / ; xL khgg\j f:Yo lzIffsf]cejdf lszf/lx; n|clwstd ofg tyf  
khgg\h1f; fx; sf]; xL; dfwg kfpG ; ls/xsf 5gg\ sltko unt cEof; x;  
ug{afW 5g\eg]; fdlhs k/Dk/f / unt dCotfsf sf/Of khgg\j f:Yosf ; j fn  
/ ; d:ofnf{ckk}df nsfP/ /fu / b36gfsf lzsf/ e0/xsf 5g\ afn lj j fx  
tyf lszf/Lcdfx; sf]; Vofdf pNvYo 9un]sdLcfpg g; SgSf]sf/Of ofg tyf  
khgg\j f:Yo lzIff / ; j fsf] kxFdf b]vPsf hl6ntfx; xg\.

006/g6 tyf ; rgdf ; dfG kxF / cj ; /

; rgf klj lw dfg; sf]JolQm lj sf; , 1fg / ; lk xfl; n ug{tyf gj lgtD ; rgf  
/ hfgsf/lx; koff ug{Ps dxGkOf; fwg e0; s\$]5 . 006/g6, cwzx/Ltyf  
zx/L hlggsf]Ps cfw/eT cfj Zostfsf] ; kdf lj sf; e0; s\$]5 . o;  
kl/l:ytldf klg gknsf lszf/lx; 006/g6 tyf ; rgf klj lwsf]kxF / koffdf  
eg]cT6}k5l8 / x\$]dfly pNvYt tYofIn]klg kl6 ub5 . ; rgf / 006/g6df  
sd kxF ePs}sf/Of cj ; /x; af6 kl5 kgkgaWtf lszf/lx; sf]/x\$]5 .

dlxnf / aflnsf lj?4sf]lx; f, ofg bJof xf/af6 ; AfOf / ; /Ift al:t tyf  
zx/

kl5Nf]j if{gkndf dlnf / aflnsf lj?4sf]lx; fsf]af/df ; rTgf a9g\$; fy}  
/fbsf lgsfox; sf]; jhgZntf / ; Dafwg klg a9\$]dx; ; ug; lsG . a9bf]  
ph/L sf]fL/ Cosos lgsfosf]; lqmtfn]o; nfO{kl6 ub5 . oBkLo; ; d:ofsf]  
; Dafwg dfq koff xB; a? dlnf / aflnsf]; AfOfsf]cgudg / lgodg tyf  
; /Ift ; Argf, Joj xf/, kj fW/ / al:tx; sf]cfj Zostf kb5 . aflnsf, lszf/L  
/ dlnfx; sf]; j/Iff ; zLQm/Of klg TolQs}h?/LxG . aflnsf, dlnf /  
lszf/lx; sf]cgejdf gknsf zx/ tyf a:tlx; pglx; sf nlu sd]dfq ; /Ift  
5g\o; sf sf/Of pglx; sf]lx88hsf]; j tGtf ; xefutfsf]; j tGtf / cj ; /x; sf]  
pkoff]sf]; Defj gfx; l; ldt e0/xsf 5g\

nE\$ ; fdlhs zLQm; Argfsf] ; kGt/OfdvL gllt / sfg6sf] cfj Zostf  
gkndf aflnsf / dlnf tyf nE\$ e]efj sf]; j fn #% ebf a9Lsfggx; n]  
; Dafwg u/\$f 5g\ o; /L5/P/ / x\$] sfgg]LJoj:yfsf sf/Of sltko cj:yfdf  
lgodx; Ps csfdf afleng/ ; dutdf nE\$ tyf aflnsf lj e]nfO{; Dafwg  
ug{; ls/xsf 5gg\ sltko gllt lgodx; df nE\$ ; kdf lgZklf zAbj n]sf]  
koff] ckkd; sf/fds sbd xf] t/ ; lboff]v ; fdlhs, ; f:stts tyf cly\$





Pj d\fhgllts 2 kdf ehefj af6 kl8t aflnsf / dlxnf; sf]cj:yfdf kl/jtg  
Nofpg / lbuf]lj sf; nlo cg?k ; f/et nĚs ; dfgtfd kĚofpg lgZklf zAfj nL  
/ Joj:yfx 2 dfq kofit xĚgg\ o; sf nlu aflnsf / dlxnf kllo, ; sf/flds  
lj eĚ / cf/f0sf]Joj:yf ; ktsf sfgg]LJoj:yfx 2 cfj Zos xĚ . o; l; 4f0nf0{\  
gkfnsf] ; lj wfgsf] ; dfgtfsf] xs cĚtut klg :j lsf/ ul/Psf] 5 .

r\_ gful/s ; u7gx 2 sf]cg/fw s]xf<

gful/s ; u7gx 2 ; /sf/ / /fh; Qfsf c; n ; xsdl{xg\ o; cydf /fĚnf0{\  
a9LeĚf a9LnfstfGq, kf/bzk hgkllo / kuttzn agpg gful/s ; u7gx 2 n]  
gful/ssf ; j fmx 2 nf0{/fĚsf lgsfo; Dd Plsst 2 kdf kĚofpg]sfo{ub5g\  
; fy}/fĚsf ; sf/flds glltut / sfoqnds Joj:yfsf]kefj sf/Lsfof]ogsf  
nlu ; xsfo{Pj d\; xhls/Of tyf gful/s cgudg / ; rĚgfsf sfo 2 ub5g\  
; f/et 2 kdf g}aflnsf tyf lszf]lx 2 sf]cj:yfdf ; w/ ug{/ nĚs ; dfgtfn0{\  
:yflkt ug{gful/s ; u7gx 2 n]; fem 2 kdf lgĚ glltut, ; Argfut / sfoqnds  
Joj:yfsf nlu cg/fw ub5g\M

!\_ glltut Joj:yf

nĚs ; dfgtf ; DaGwLPlsst lj lzi6 sfgg]LJoj:yfM/fĚ, lglh lĚ, lzlff,  
lj sf; / ; xeflutf nufotsf ; a}; Argf, lĚ / sfoqndx 2 df nĚs ; dfgtf  
/ aflnsf clwsf/ kj 4Ěsf nlu nĚs ; dfgtf ; DaGwLPlsst sfgg]LJoj:yf  
cfj Zos 5 . hf]nĚs ; dfgtfsf ; j fndf cĚ ; a}sfggnf0{kefj t kfg]xf]\  
o; }sfggn]nĚs lj eĚ / aflnsf lj ?4 xg]sg]klg ehefj nf0{\; hfosf]Joj:yf  
ugf; fy} :yfglo, kĚz / ; 3lo txsf ; /sf/af6 nĚs ; dfgtf kj 4Ědf clgj fo{\  
nufgl, lglh lĚ u} ; tyf ; xsf/LlĚdf aflnsf tyf nĚs ; dfgtf clgj fo{\  
kj 4Ě ug]Joj:yf u/f] \

clgj fo{nufgl]Joj:yfM]utdf :yfglo txx 2 n]dlxnf nllft lj ifo tyf  
sfoqnddf clgj fo{nufglug]Joj:yfsf sf/Of gk]ndf dlxnf / aflnsfsf]lĚdf  
pNĚo ; w/flds sfo 2 ePsf]kf0Ě . o; Joj:yfnf0{j tdfg tlg txsf]  
; /sf/sf]; Ěedf klg nfu'ul/g'h?/L5 . kĚ\$ txsf ; /sf/n]aflnsf kj 4Ěsf  
nlu kĚut j hĚsf]lgZrt kĚzt clgj fo{nufglug]glltut Joj:yf ul/gkb5 .

; dfg ; xeflutfsf]cj ; /Mkl5Nf]; dodf dlxnf, aflnsfsf]lzlff / ; fdbfos  
; u7gx 2 df ; xeflutfsf]; Ěofdf pNĚo j 4LePsf]eP klg afns / aflnsfalrsf]  
ehefj / cj ; /x 2 sf]pkef]udf c; dfgtf eg]sfod g}/x\$]5 . To; Ě]  
lj Bfnof 2 df -lghL ; fj Ělgs tyf kĚ]j lws\_ clgj fo{ ; dfg aflnsf ; Ěofsf]  
; lgZrttf ug] ; fdbfos ; u7gsf]gt]j df aflnsf / afnsx 2 sf]; dfg ; Ěofdf



; xeflutf clgj fo{ug{ / afnafnsf nllft sfoqnd tyf klzIfof / l; sfOf  
cj; /x; df afns / afnsf bj þf]; dfg ; xeflutf clgj fo{ug{glltut Joj :yf  
ul/gkb5 .

; /Ift ; dbfo ; /Ift lj Bfno ; DaGwLgllt Mafnsfx; cTolws dfqdf lx;f,  
bJofxf/, ofg lx;f tyf afn lj jfx h:tf ; d:ofaf6 kl8t / ktfl8t e0/x\$  
5g\ eosf sf/Of afnsfx; sf]; du |JolQmj lj sf; , ; fdbfos gtTj, cly\$  
; lqmtf tyf lx88hdf ; lldttf sfod xg ku\$]5 . o; cj:yfnf0{kl/jtg  
ug{gkfn ; /sf/ tyf kbz ; /sf/x;n|glltut ; kdf g}; /Ift ; dbfo / ; /Ift  
lj Bfnosf gllt lgdfff sfofg og ug{h?/L5 . o; cGtu\$ ; fj hlgs oftfoft  
tyf :yfgx; afnsfsf]nflu ; /Iff dkk08, ; fdbfos tyf lj Bfno cfrf/; ktf  
; /Iff ; jfsf]lj :tf / d; kOfJoj xf/ tyf cfj Zostfdf tt\$fn ; xotfsf]Joj :yf  
ul/gkb5 .

; r'gf klj lwsf]kxFdf ; dfgtf / ; /IffMPsftkn; r'gf klj lwdf kxFsf]cefj  
ePsf sf/Of afnsfx; gj lgt d 1fg, ; lk / cj; /x; af6 alGrt e0/x\$  
5g\ eg]csf]kkn06/g\$ tyf ; r'gf klj lwdf kxF ku\$ afnsfx; lj leG lx;f,  
bJofxf/ / a;rlavgsf]hflvddf kl/x\$ 5g\ o; sf/Of kxF ePsf afnsfx;  
klg ; r'gf klj lwsf]pkef]af6 6fl9Psf 5g\ To; h]; r'gf klj lwnf0{afnafnsf]  
nflu ; /Ift agfpg]glltut / sfggL Joj :yfsf ; fy}kxFaf6 6f9f /x\$  
afnsfx; df lj zif u/L; fj hlgs lj Bfno tyf ; fdbfos k':tsfno Pj d\ fdbfos  
cWog sOf; df clgj fo{; r'gf klj lw / 06/g\$ ; lj wsf]Joj :yf ul/gkb5 .

@\_ ; Argfut Joj :yf

glltut Joj :yfn]dfq afnsfsf]lgldt kofft cj; /x; vhf u5g\ eG]; lgZrttf  
ug{; lsb; . To; sf nflu lg/G/ ; r'gf; ; fj hlgs ; r'gf, glltut Joj :yfsf]  
sfofg og, ; xhls/Of tyf cgudg ug{; Argfut Joj :yf xg h?/L5 . To; h]  
afnsfsf]lgldt to ePsf glltut Joj :yfsf]sfofg og ug{lgD; ; Argf tyf  
; oGx; sf]; e;fj ul/GM

; 3lo txdf

- ; 3lo txdf /x\$ lgD; lgsfox; df afnsf; DaGwLlj zif 8]s tyf pk; ldtsf]  
; e;fj ul/G .

- dlxfn afnafnsf tyf Hb]7 gful/s dGfnoMafnafnsf lj efu cGtu\$  
afnsf zfvfsf]:yfkf .



- /fli6ə afncłwsf/ kl/ib cĈtuĉ :jod\afnśf tyf afnśf Ifđdf sfołt gful/s ; ~hfnśf klłlgłwxĉsf]; xelutł /xg]u/Lafnśf ; /fšf/ pk; ldlt / 8}ssf]u7g .

- ; 3lo ; #b -klłlgłw ; ef\_Mafnafnśsf]ljifo xgł; ldlt cĈtuĉ afnśf lj zif sfobnśf]u7g .

- /fli6ə dlxnf cfofłMłf]Psf]cfoQmśf]; ofłhsłj df afnśf 8}ssf]:yfkgf .

/fli6ə dfgj cłwsf/ cfofłMłfgj cłwsf/ cfofłsf cfoQmkđłv /xg]u/ldlxnf tyf afnśf cłwsf/ 8}ssf]:yfkgf / ; ~rfng .

; 3lo kx/IMłlxnf tyf afnśsf]; jfnnf0; Dj fłwg ugłlj zif lgbłzgfnośf]:yfkgf / ; ~rfng .

kbłz ; /sf/sf]txdf

- kbłz txdł /xšf lgDg lgsfoxcđ df afnśf; DaGwLlj zif 8}ś tyf pk; ldłtsf]; eřj ul/G5 .

- ; fdłłhs lj sf; dQfnoMafnafnśf lj efu cĈtuĉ afnśf zfvśf]:yfkgf .

- kbłz afncłwsf/ kl/ib cĈtuĉ :jod\afnśf ; łt kbłzdf afnśsf]; jfnđf sfołt gful/s ; ~hfnśf klłlgłwxĉsf]; xelutł /xg]u/Lafnśf ; /fšf/ pk; ldlt / 8}ssf]u7g .

- kbłz ; efMafnafnśsf]ljifo xgł; ldlt cĈtuĉ afnśf lj zif sfobn .

kbłz gllt tyf ofłgf cfofłMkbłzsf]gllt tyf ofłgf cfofłdf afnśf nllft sfołmxĉ lgdf0; ; dG0 / ; ~rfngśf nflu glltut / sfołłds ; eřj kbłfg ugł{afnafnśf xgł; b:0 cĈtuĉ cłwsł:t/sf]sdłf/l; łt\afnśf zfvśf]:yfkgf .

:yfgł txM

:yfgł txdł /xšf lgDg lgsfoxcđ df afnśf ; DaGwLlj zif 8}ś tyf pk; ldłtsf]; eřj ul/G5M

lhNnf ; efMafncłwsf/ tyf afn; Afł0 xgł; ldlt cĈtuĉ afnśf pk; ldłtsf] u7g / ; ~rfng .

ufpKłnsf tyf gu/kłnsfM:yfgł afncłwsf/ ; ldlt cĈtuĉ afnśf lj zif sfobn, dlxnf afnafnśf Psł0cĈtuĉ afnśf 8}ssf]:yfkgf / ; ~rfng .



lj BfnoMfWlds txsf ; a)lj Bfnodf clgj fo{ kdf lj Bfno Joj :yfk g ; ldt  
; b:osf] ; ofhsTj df clj efj s lzlf s ; 3, dxnf lzlf s tyf b0{afnsf; kt\  
/xg]afnsf cj :yf cgudg / ; xhls/Of pk; ldt tyf kTos lj Bfnodf Pshgf  
dgf] fdflhs lj dz\$tf/ :6fkm g; \$f]Joj :yf .

:yfglo ; fj hlg s :jf:Yo ; #yfx{dfMkTos lhNf c:ktfndf afnsf :jf:Yo /  
lsz]fj :yfsf af/df klzIfOf kft Gøtd @ hgf dxnf lrlsT; ssf]Joj :yf .

kTos :jf:Yo s0|tyf :jf:Yo rfsIx{df afnsfsf]lj zif :jf:Yo cfj Zostf /  
; jfnx{sf af/df klzIfOf kft :jf:Yo sdl\$]Joj :yf .

kx/L rfsL tyf ; jf s0MkTos :yfglo kx/L rfsL tyf kx/L ; jf s0df  
afnsf]j?4 xg]lx+f / ck/fw tyf afnsfd0L Joj xf/af/]klzIfOf kft dxnf  
kx/Lsf]golQm tyf lhNf kx/Lsfofhodf Gøtd kl g kx/Llg/Ifssf]gtTj df  
dxnf tyf afnafnsf ; jf s0\$] :yfk g / ; ~rfg .

gful/s :t/df

gknsf gful/s ; #7gx{af6 afnlj j fx, afnsf]j?4sf]lx+f tyf aTlj vg Pjd\  
zif]0sf ; 0edf lj leG sfoqmx{ tyf k}jL; ~rfg e0/xsf]ePkg Plsst  
tyf ; dG oflds 9un]afnsf]j e0 lj?4 tyf afnsf clwsf/sf nflu ; ferh  
{kdf nllft cleofgx{ ; ~rfg xg ; ls/xsf 5gg\ afnsf clwsf/, afnsf]j?4  
xg]lj e0 tyf kl/jf/blv /fi60 :t/; dl ; dfgtsf klfd k}jLug{gful/s ; #7gx{sf  
; ferh w/Of tof/ kfg{tyf afnsfx{sf] ; /\$f/sf]5nkm / cfj Zos sfoqnds  
x:tllsf nflu gful/s ; #7gx{sf] ; ferhd-r cfj Zos /xsf]5 . /fi60 kbz tyf  
:yfglo tx; dl afnsf clwsf/ ; /\$f/ gful/s ; ~hfn :yfk g u/Lgful/s ; #7gx{sf]  
Plsst tyf ; ferh cleofg ; ~rfg ug{h?/Lb]vG .

#=sfoqmx{sf]Joj :yf

afnsfsf]klfd ; f:s]ts cleofgMafnsfkltsf]lj e0sf]dhsf/Of k/Dk/fut  
{kdf /xsf]unt ; f:s]ts dNo dfotfx{ xg\ ofhdfofsf] ; dob]v g}dxnf  
/ afnsfsf]klfd ; f:s]ts {kft/Ofsf nflu cleofg / ; fdflhs kl/rfngsf]  
k0Tgx{ ePsf xg\ o; sf]cfj Zostf xfn cfp/ eng}a9LePsf]5 . To; h]  
/fi60 {kdf g}bz]okLafnsf ; zlQns/Of tyf n]Es ; jfndf ; f:s]ts {kft/Of  
cleofg sfoqnd ; ~rfg u/LafnsfklT lj e0sf/Lunt k/Dk/fut dfotf /  
cEof; x{nf0{abNg ; lsG . o; cleofgn0{kbz jf ; 3lo ; /sf/x{n]gtTj  
lng]/ o; df u} ; , lglh Ifq, ; xsf/L tyf ; fdbflos ; #7g, wld\$ ; f:s]ts  
; 3; #yf, /fhgllts ; #7gx{sf] Plsst kl/rfng xg ; Sb5

klj lws lzIff tyf aflnsf /fhuf/Lkj4g sfoqmdMafnsfx;sf|klj lws tyf  
Jo; flos lzIffdf 6g cj; /sf sf/Of !% blv ! ( jif{pd} ; dxsf aflnsfx;  
clysf cfo cfhgsf cj; /x;df ljebsf lzs/ e0/xsf 5g\ aflnsfx;sf|clrl/s  
tyf klj lws lzIff tyf Jo; fo Pj d\fhuf/lzf !% jif{eGf ddyNfl|pd} ; dxsf  
aflnsfx;sf|; xeslutfnf0{a9fpg /fi60 ojf kl/ib, kbz ; /sf/ tyf :yfglo  
; /sf/sf|; dg o, lgh lqsf|; xsodf Jo; flos Pj d\klj lws lzIff tyf :j/fhuf/  
/ c6 /fhuf/lzf cj; /x; l; hgf ug{l jzif sfoqmd nfu' ug{; lsG .

aflnsf ; /Iff / ; /Ift zx/ lgdfOf cleofgMafnsfij?4 xg]; a)fn|lx+f cGto  
ub; /Ift zx/, ; dbfo lj Bino tyf sfo{yn kj4g ug{ltg}txsf ; /sf/x;n  
aflnsf ; /Iff / ; /Ift zx/sf nflu lj zif ; fdllhs kl/rfng ; r;gf / cfrf/; ktf  
kj4gsf sfoqmdx; ug{h?/L5 .

aflnsfsf|Iftdf lj sf; sfoqmdMvhsb tyf ; fxl; s Ifqdf blvPsf|l; ldt  
aflnsf ; xeslutfnf0{kj4g ug{/ vhsb tyf ko6g Ifqdf aflnsfij?4 xg]  
elhefj tyf bJofxf/ Colgs/Ofsf nflu lj zif aflnsfsf|Iftdf lj sf; sfoqmd  
; ~rfng ug{; lsG . h; n|aflnsfx;nf0; fxl; s vhdv kj4g ug{l hDd} f/  
/ ; /Ift ko6g kj4g ug{/ ko6g Jo; fo tyf >d Ifqdf aflnsfsf|; xeslutf  
a9fpg ; j n kl/jz lgdfOf ub; .

nEs ; dfgtf tyf aflnsf cj; /sf nflu k?if cleofg Mafnsfx;sf|; /f\$/  
/ ; jfn s|n aflnsfx;sf|dfq Psn cfj fh / kl/rfngaf6 ; gjf0{/ kl/jtg  
xg ; Sb; . o; sf nflu afns tyf ojf Pj d\szf| k?ifx;sf|; xeslutf /  
; m;gtf kj4g ug{/ aflnsfkltsf|lj e} cGosf nflu pg|x;sf|; m;gtfdf  
cleofgx; ; ~rfng ug{sf nflu afns, lszf| tyf ojf k?if kl/rfngdf nllft  
sfoqmdx; ; ~rfng ug{h?/L5 .

aflnsf lj?4sf|lx+f tyf ck/fw cg'; Gwfg / Cofodf kxFsf|; b|9s/Of M  
tYoflx;n|b)vfP cg'; f/ aflnsf lj?4 e0/xsf lx+f, zifOf tyf bJofxf/sf  
ck/fw; ksfzdf cfp|/ ph/Lklqmfdf hfg]; fdllhs cEof; al9/xsf|5  
t/, cg; Gwfg sdf/lx; CofIfqdf /xsf lldf / aflnsf ; jhg|zntfsf|  
cefj sf sf/Of aflnsfx;sf|Cofodf kxF cToG sdhf| /xsf|blvPsf|5 . t; yf  
aflnsfx;sf|Cofodf kxFnf0; b9 / kefj sf/L9un|kj4g ug{ck/fw cg'; Gwgsf  
lgsfo, Coflos Ifqnf0{aflnsf ; jhg|zn ck/fw cg'; Gwfg tyf d;lkOf{Coflos  
klqmf kj4g ug{nllft lldf lj sf; , ; /rgfut ; w/, cgudg / sf|L tyf  
hgpQ/bilosf sfoqmdx; ; ~rfng ug{h?/L5 .

o; sf clt/Qmxfn gkn ; /sf/n]; ~rfng ul//xsf khgg\;jf:Yo, dfgl; s  
;jf:Yo ; jf, cf/IOf, 5fj|Q, aflnsf gTj lj sf; / ; z|Qns/Of tyf c6 aflnsf  
cj; /sf sfoqmdx;nf0{lj:tf / lg/G/tf ug{h?/L5 .

"Empower the Girl, Change The world"

## बालिकाहरूलाई सशक्तिकरण गरौं, समृद्ध नेपाल निर्माण गरौं।

- नीति निर्माण र योजनाको तर्जुमा बालबालिकाको सहभागिता सुनिश्चित गरौं।
- बालबालिका सम्बन्धी राष्ट्रिय अन्तर्राष्ट्रिय ऐन कानूनहरू कार्यन्वयन गरौं।
- बालबालिका माथि हुने हत्या, हिंसा, बेचबिखन, कुटपिट, यौन शोषणको अन्त्य गरौं।
- बालिकाहरूलाई सशक्तिकरण गरौं।
- घर, विद्यालय, गाउँ र नगर बालमैत्री बनाऔं।
- छोरा छोरी बिचको भेदभाव अन्त्य गरौं।
- बिहेवारी २० वर्ष पारी व्यवहारमा लागु गरौं।
- सबै बालबालिकाको नियमित स्वास्थ्य परीक्षण गराऔं।



**Jagriti Child and Youth Concern Nepal**  
जागृति बाल तथा युवा सरोकार नेपाल

### **Central Contact Office :**

Kathmandu Metropolitan City-29  
Sagarmatha Marga, Anamnagar, Nepal  
Phone: 977-01- 4772111  
Email: jycyn2001@gmail.com

### **Establishment Office :**

Devchuli-15, Nawalparasi  
Cell No. 9857041304  
Website: www.jcynepal.org.np

प्रकाशन सहयोगः



**KANALLAN**

GIVING RIGHT NOW