

हुलाक

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संरक्षक

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लेख रचनाको लागि अनुरोध

xhfs k|zlf0f s|b| xhfs ; j]fsf] kj 4gdf 6]f kl]g] :t/lo, dfl]ns / vfl]hdhs n|v /rgfx?sf] :jfut ub5 .

n|v-/rgf k7fpbf Sof (Digital) Copy / Hard Copy ; lxt jf 0-d]h ul/Psf]xgkb5 . kmf]f]k ul/Psf n|v /rgf :jlsfo{xg] 5gg\ .

n|v k7fpbf gk]fnl eP k|lt km6 -; f0h !\$_ df / cu]h]df eP Times New Roman -; f0h !@_ df sDtldf !%) zAbdf k7fpg' kb5 .

k]sfzgyf{ k7f0g] n|v /rgfsf] ; ?df æ f/fzÆ / cG]odf æ Gbe{ ; fdu]Æ clgjfo{?kdf ; ml]g xgkg5 .

n|v /rgf k7fpbf n|vssf]k/f gfd, kb, 7]vfgf / ; Dks{g=pNn|v ugk]g5 . k|kt n|v /rgfx? kfyldstfsf cfwf/df k]sfzg ul/g] 5gl . k]sflzt n|v /rgfx? æhfsÆ nf0{ hfgsf/L glb0{ cG]o kq-klqsfdf k]sfzg ug{ kf0g] 5gg\ .

/rgf :jls[t=c:jls[t ug] sf65f6 ug] ; Dk0f{ clwsf/ ; Dkfs d08ndf xg5 . c:jls[t n|v /rgf lkmtf{xg] 5gg\ .

n|v /rgfdf JoQm l]rf/ n|vssf :j tGq Pjd\ lghl l]rf/x? ePsf]h] ; f] k|t n|vs :jod\ lhDd]f/ xg' xg5 . ; Dkfs d08n / k]sfzs hjfkrb]l xg] 5gg\ .

n|v /rgf k7fpg / k]sflzt n|v /rgfsf]kfl/>ldssf nflu xhfs k|zlf0f s|b|, aa/dxn, sf7df8f]df ; Dks{ug{x]f]f .

0d]h 7]vfgfM

hulakprashikshan@gmail.com

सम्पादकीय

bzel/ ; ~hfn /x\$]gkfn\$]xhfs ;]f lj = #!(#% ; fndf gkfn xhfs 3/sf]gfdaf6
:yfk\$ ePsf]xf]. lj = #@)!# ; fndf gkfn ljZj xhfs ; 3df cfj4tf eP kl5 xhfsdf
sfo{t /fhkqcgk\$st / >0fljlxg -xhfsL, xNsf/_ sd{f/lx?sf]1fg, ; lk, lfdtf clea|4
ugI dgf]lQdf ; sf/flds kl/j\$g Nof0{xhfs ;]fnf0{ufxsdvL Pjd\ u0f:t/lo agfpg]
kdv p27osf ; fy xhfs klzlf0f s[b\$] :yfk\$ ePsf]xf]. o; s[bh]xhfs klzlf0f
s[b\$]klzlf0f ; #fng ; Da6wl dfkb08, @)* adf]hd xhfsdf sfo{t sd{f/lx?sf nflu
#) sfo{bg]sfoffo ; #fng tyf Joj :yfk\$ - ;]fsnlg_ tfInd nufot c6o 5f\$ cfj lwsf
cledvls/0f, pTk]0ffdh\$ tyf kg\$fhul tfIndx? ; #fng ub{cfPsf]5 . abln\$] ; do
cg' f/ ; #f/sf]dfWoddf cfPsf]kl/jt\$; u} tfIndnf0{u0f:t/lo Pj +k\$fsf/L agfpg
kf7bqmdnf0{ ; dofg\$sh kl/dfhg ug{jf-5glo ePsf]h] rfn' cfly\$ jif0f; d] s[bh]
; #fng ug]tfIndsf kf7bqmdx? kl/dfhg ul/Psf]5 .

o; s[baf6 ; #fng ul/g]jflif\$ sfo{mdx? dWlo]cw]flif\$?kdf k\$sfzg ul/g]xhfs
klqs -The Post_ sf]k\$sfzg kl\$ Ps dxTjk0f{sfo{md /x\$]5 . o; klqsdf ; dfjZ
ul/g]n\ /rgfnufot xhfs ; Da6wl c6o lj/0fx?n] ; Dj4 JolQm tyf lgsfox?
nfeffj\$ xg]ck]ff ul/Psf]5 . goff jif{lj = #@)* ; fnsf]cj ; /df k\$sfzg xg nfu\$]
नयाँ वर्ष विशेषाङ्कमा हुलाकका साथै सार्वजनिक प्रशासन सम्बन्धी समसामयिक विषयमा आफ्ना
dxTjk0f{lj rf/ ; lxtsf n\ /rgf pknAw u/f0{ ; xof] ul/lbg' xg]dxfgbfjx? w6ojfbsf
kfq xgk65 .

; Dkfs d08n

विषय सूची

gkfnf lghfdtl ; jdf cf/lfof Joj:yfn] phfu/ u/3f s]x d2fx?	0Gb' l3ld/]	१
Human Rights (HRs) for the Existence and Full Development of Humanity	Indra B. Poudel	७
gkfnsf] of]hgj 4 lj sf; kpf;	uf\$ h aff: tf]hf	२३
el'xlg blnt, el'xlg ; sDaf; L tyf clojl:yt a; f] af; lsf]Joj:yfkg	0lGb/f cfrfo{	३५
cGt/fli6o 8fs ; #fng tyf 8f'sn]yf /fVg]Joj:yf	lbjfs/ b]sf]f	४२
gkfnsf] xhfs ; j]sf]j tdfg cj:yf / efjl dfulr	wj/ fh cfrfo{	४६
j]z]s /fhuf/ / gkfnsf]kl/b]o	lgdhf ykf,	५५
j tdfg cyf]qsf] ; dlffm cfly\$; s6sf] ; fdgf s; /l ug]	lgzfg/fh uf]d	६७
nf\$tf]qgs zf; g kDffnldf ; #blo ; ldltsf]el'dsf	/fd]j/ kf]v/]h	७२
lj sf; zln b]zdf :t/f]gl t xg gkfnsf] ; #mDofsnlg /Ofgl t	?b] k; fb e6]	७६
"Global Governance enriched by Collaborative Process and Citizen Power"	Laxmi Ghimire	८२
gkfnf cgf]krfl/s /fhuf/l sf]cj:yf	8f= nf\$gfy e'; fn	८८
gkfnf /fli6o tyf cGt/fli6o u}; /sf/l ; #yfsf]cj:yf M Ps lj Zn]fOf	; latf sfsl{	९३
; zf; g kj 4gsf nflu rfOfSoglltsf]cg'; /Of	uf]lj Gbk; fb kf08]	१०२
xhfs ; j]sf]j; fu7lgs cj]y]t	9fn axfb/ lh= l=	११२
tflnd / xhfs ; j]df o; sf]j; fble\$tf	klj qf l3ld/] vgn	१२४
a]h'sf] atdfg cj:yf, a]h' a9gsf sf/Of / 36fpg] pkfox?	zs/ k; fb kGyl	१२८

/fHosf lgbz s l; 4fct / glltx? gkfnst] ; jwflgs ; lgtf sfsk{ cfof;		939
; fdfllhs GofO / o; sf :j?kx?	; dg v8sf	983
lghfdtl sd{f/lx?sf]sfd / kl/jf/ alrsf]; Gthg tyf dgfan M Ps clloog	efjgf kf8h	987
; xefulsf]gdfjnl		998
xhfs sfoffox?sf]knfg g+/ Odjh		997

नेपालमा निजामती सेवामा आरक्षण व्यवस्थाले उजागर गरेका केहि मुद्दाहरु

इन्दु घिमिरे*

lghfdtl ; jfsf]ljzj 0ltxf; nf0{lgofNbf o; sf]lj sf; qmd cleefj slo sdf/LtGq, n6 kPffnl, of]otf kPffnl xb}kltlglwdhs lghfdtl ; jfsf]:j?k ux0f ug]lbzdf /x\$]5 . lghfdtl ; jf gllt lgdfQdf / o; sf]sfof]jogdf ; mlg /xg]; eGq, xdf] h:tf] bZdf /fhuf/sf]Ps dflWod ; f] ; fwgsf]; \$ng tyf To; sf]j8km8df g]lj bfol eldsf vllg]lgsfo / hgtf; u ; /sf/sf] cgxf/ / eldsf lnP/ ; DksQf /xg]; eGq ePsf]sf/Of ; #f/e/ ljleGg gfdj]6 lghfdtl ; jf kltlglwdhs aGg'kg[cj:yfsf]; hgf ePsf]5 .

jf:tjdf ljzj sf] cEof; nf0{ xP}f{ lghfdtl ; jfnf0{ b0{ tl/sf]f6 kltlglwdhs agfpg] kP}f; u/\$] kf0G5 . To:tf tl/sf dWb] Pp6f lgisb -Passive) tl/sf]f6 / csf]; sb -Active) tl/sf]f6 . lgisb tl/sdf ul/Psf]cEof; df ; j]nf0{ljgfePefj ; jf kj]Zsf]; dfg cj ; / kPfg, j]t lj sf; sf nflu ; dfg cj ; / , ljleGg ef]fl]ns lfQdf u0{sfd ug]cj ; / / of]otf kPffnlsf] c]n]jg cflbnf0{Ing ; lsG5 . k]olf cEof; df cf/lfOf, ; sf/flDs sfo{/ lglZrt ju}nf0{ lglZrt kbdf ul/g]dggog cflbnf0{Ing ; lsG5 . o; }dWb]sf]; sb pkfosf]?kdf cf/lf0fnf0{ 5f}f]cj]wsf]nflu ul/g] kl/Ofdsf]Wof/l6l ePsf]pkfosf]?kdf dflgPsf]5 . hg hg bZdf o:tf]k\$]/sf]cEof; ul/Psf]5 tl bZx?df ; d] cfwf/ / kl/Ofdsf]kl6%of0Qf eg]lj]fb /x\$]kf0G5 . gkfnf klg lj ; #) !# ; fn kl5 lghfdtl ; jfnf0{kfl/jfl/s kltlglw]af6 x6f0{ hgtfsf]kltlglwdhs agfpg] cEof; :j?k of]otf kPffnlsf]z?jft ul/of] . h; sf]kl/Ofd :j?k lghfdtl ; jf P}df g]lglZrt of]otf ku\$] JolQm?nf0{sg}ePefj gu/L ; dfg cj ; /sf] kfl]ktsf]Wof/l6l ul/of] . t/ klg sfgl ; dfgtsf]afahb km/s km/s lfdtf ePsf dflg; x? alr -Tof]km/s lfdtf /fHosf]sf/Ofj]f6 xf] \jf JolQmsf]sf/Ofj]f6 xf] \rfx]kfl/jfl/s / ; dflhs jftj/Ofsf]sf/Ofj]f6 cfPsf]xf] \ sf] of]otf kPffnl] lgsfNg]kl/Ofd To; /L g]km/s km/s /xb] . o:tf]kl/Ofd jf:tjdf sltko hfthltsf /fHon]lnPsf glltsf sf/Of, sltko ju\$] kfl/jfl/s / ; dflhs ljePsf sf/Ofj]f6 / sltko ju\$] /fHon]ljePsf]vf8nk]t ; dodf g} jf:tf gu/\$]cyjf t6:y a; \$] sf/Ofj]f6 ;]ht cj:yfsf]pkhsf]?kdf Ing ; lsG5 .

o; kl/jZdf bzs}hat]tklg !(() kl5 ljZ]n]; dflhs lj sf; df u/\$] nufgl / dfg]lo lj sf; sf] nflu ljzj sf] rf; fh] ubf{dflg; sf] r]gf / lzlffsf]:t/ j9b}uof] / /fHon]u/\$] spfsnk / /fHosf]cleefj st]sf]eldsf Gogtsf]sf/Of kl/jf/, ; dfh / /fHodf /x\$]ljeP}x?

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afh]ljf6 cfjfhx?df kl/0ft xg yfn]. h; sf]kmn:j?k cfh x/\$ bžnf0{dfgj lj sf; , lbuf] lj sf; , ul/jl lgj f/0f / ; dfj žl lj sf; sf]cjwf/0fn]ttfPsf]5 .

gkfn df klg @)!# ; fn kl5 ul/Psf o:tf vfnsf ; dfg cj ; /n]kl/0ffddf ; dfgtf b}vfpq ; sđ . lzlf sf]lj sf; df ul/Psf]nufgln]ubf{; dfh / /fHodf ePsf ljełx?sf]phuf/, o; sf] ulx/f0{/ sf/0fx?sf]jf/\$f vh] jx; xg yfnof]. o:tf kšf/sf cfly\$ / ; fdlhs ljełx?sf] Ğoġls/0fsf] kpf; /fHosf ; œq / Pđ lgod / kšpfj f6 ul/g' b0]6f sf/0jf6 kēfj sf/l dflgof]. Pp6f sf/0f xf] sltko ljełx? /fHosf] sfgġl c; dfgtf, ; f]; fwgsf] lje fhgdf b}vfpq] t6:ytf / j9b}uPsf] ljełk]t /fHon]; dodf g}gb}vfpq] jf: tfn] /fHoj f6 g}o: tf] vf8n sd ug] kpf; ug] {kg] xġ5 eg] csf] sf/0fdf /fHo g}o: tf] zIQm xf] h; n] cġo lfġnf0{ cfkth] u/] b}vfp/ ; f] af6f6 l x8g k] / t ug{ ; Sb5 . /fHon] ug] o: tf kpf; n] c? lfġdf g]ts bjfj / an bā} kpfq ug] {cj: yf / xġ5 .

o; }; Ğbeđf lj Zje/l g}; dfj žl k]hftġsf] x/l j tf; rnšf] ahf gkfn ; /sf/n] klg lghfdtl ; j] df cf/lf0fsf] k]fwfg /fv] sfof] og ul//xšf] 5 . o: tf] k]jwfgnf0{bz jifđf kg/fj nfšg ul/g] k]jwfg ; lxt cfly\$ tyf ; fdlhs ?kn]lk5l8Psf] ju{; dbfosf] nflu vNnf lj 1fkgā/f kblt{ul/g] kbx?df lglZrt k]tzt cf/lf0fsf] nflu 56bf0g] k]jwfg /xšf] 5 . o; Joj: yfsf] p2]odf lghfdtl ; j]nf0{ ; dfj žl u/fpg] eg] k]6 ?kdf elgPsf] 5 . /fHon] lnPsf] of] c; n dg; fo -GOOD FAITH POLICY) sf] Joj: yfn] slx d2fx?nf0{cuf18 NofPsf] 5 . klxf d2fx?df, Pđn] /fvšf] cf/lf0fsf] kbdf pldđj f/ aġg kfpq] cfwf/ -cfly\$ tyf ; dflhs ?kn] lk5l8Psf] sf jf/đf jkt?kdf JoIQmut tyf ; fdxs?kdf lj jfb xg] u/\$f] 5 . olb /fHon] lglZrt jifšf] nflu tf]sPsf] ju{ tyf hfthltsf hf] ; š}eP klg pldđj f/ aġg kfpq] k]jwfg Pđdf g} /Vg' k}of] xfġg eg] cfly\$ tyf ; dflhs ?kn]lk5l8Psf] eġg] cfwf/ s]s] xg] tof/ ug] {k}of]. o: tf cfwf/ tof/ ubf{of] klg eNġ' ePg sl tf]sPsf] kbx?df pldđj f/ aġgsf] nflu slx tf]sPsf of]otfx? klg lg; } Pđdf dfu ul/Psf] 5 . o; šf cfwf/ tof/ ugšf] nflu Pp6f ; ldl t u7g ul/Psf] lyof] t/ xfn To] sfo{sx" kġof] yxf] 5đ . /fHosf glt Pđsf sf/0f lnPsf] cj; /nf0{klg JoIQmut txd f hjfkm lbg' kg] {cj: yfsf] cġto ul/g' kb5 .

bf] f] d2fdf, cf/lf0f tkm{ 56bfPsf kbx?df ; dfg kbdf Pp6} JoIQm] lj leġ cf/lf0fsf lj 1fkgx?df efu lng kfpq] k]jwfgn] lj jfb lġ] To] Psf] 5 . o: tf] k]jwfgn] ubf{Pp6} JoIQm Ps eġf w} } kbx?sf] nflu pldđj f/ ePsf] / xg kfpq] cj: yf 5 . o; đf csf] {klf sġ} Ps txd cf/lf0fdf ; kmn pldđj f/n] kġm csf] {kbdf cf/lf0fsf] kbdf cj; / k]kt ug] {kfpq] Joj: yfn] bf}xf] f] knf0bfsf] cj: yf ; ħġf u/\$f] 5 .

t] f] d2fdf, sltko ; dfj zL kbx?df sg} klg pldlbj f/ ; kmn gePsf] eGg] nf}; Jf cfofl]sf ; Rgtx?n] ; /sf/sf] WofgsifOf ul//x\$} 5g . o:tf ; Rgtx?n] ; /sf/nf0{ sg} Pp6f glt lg/k]f ?kdf ; kmn xg ; Sb5, To; sf] nflu c? glt tyf sfoQmx?df ; /sf/sf] kfej sf/L ?kdf x:tlfk]sf/L eldsfsf] h?/t kb5 eGg] s/sf] dfu ul//x\$} 5g . hg tx / ju\$} kbx?df o:tf ksf/sf kl/Ofdx? xft nflu/x\$} 5g To:tf ju{?sf] nflu lzlf tyf k/Llffdf ; kmntfsf] nflu cu}d ?kdf lfdtf l]sf; sf sfoQmx?sf] h?/t kb5 .

csf] d2fsf] ?kdf xfn ; Dd ; /sf/n] lghfdtl ; Jfd cf/lf0fsf] kfj wfgsf] Pp6f dfq p2]o lghfdtl ; Jfnf0{ ; dfj zL jgfpj] 5 t/ To] p2]osf] jf/Of kl/dOfld nlo lgw}Of u/\$f] kf0Psf] 55 . o; df ; do ; ldsf clt/Qm sg ju\$] nflu slt k}tzt ; xeflutf ku\$}cj :ydf lghfdtl ; Jf ; dfj zL x65 / slt k}tzt k/bfpg] x]eGg] s/sf] ; lglZrttf ug{kg}xf}g /< o:tf] ksf/sf] nlo lgw}Of ug{xf] eg] Pp6} ; do ; ldn] ; a}ju{ hfthfltsf nflu sf d gug{ ; Sb5 . o; l]jofod klg ulx/P/ l]Zn]fOf ug{kb5 .

csf] dx]jkOf{ s/f, o:tf ksf/sf glttx? h; n] sg} ju\$}cj ; /df ; shg Nofpb5 To:tf s/fx?df ; j{xdtl sfod ug{g; lsPtf klg ; /sf/n] sf/Of, p2]o, nlo / cfw/ dfkm} gltnf0{l]j \$zln jgfpj] kpf; ug{kb5 . jf: tjdf xfdln] lghfdtl ; Jfnf0{ ; dfj zL agfpg}sf] p2]o t kSs} klg o; ; Jfj f6 ; Dkfbg ul/g] sfo} kfej sfl/tf / pQ/bfolkOf{ agfpg' klg x] . o; sf/Of ; /sf/n] lsg lghfdtl ; Jfnf0{ ; dfj zL agfpg' k}of] eg} To] ju{ hfthfltsf] / lf}sf] clxn\$} lghfdtl ; Jfd dfq x}g ; du| ; /sf/L ; Jfd /x\$} ; xeflutfsf] cj :y}f/] oyf{ tYofs aflx/ Nofpg' kb5 h; n] glt]sf] j}wtdf ; d] an ldnb5 eg] ; Djlwt ju}f0{ ; d] gltut bjfj ; hgfsf] nflu ; sf/fds an lb65 .

; Jfd kj} z u/L ; s] kl5 Toxf" leqsf] sfo}ftfj/Ofdf kfPsf] Joj xf/sf] ; e}fOf ug{kb5 . lsg eg] oxf" obfsbf glt lGdf}Ofdf k}t] /x\$}j u}n] ; fj }lgs ?kdf o:tf] glt]sf] vh} l] /f}v ug{ g; Sg] t/ o:tf] kfj wfj] f6 cfPsf JolQm?nf0{ sfdsf l; nlnndf dgf] n lu/fpg] kpf; u/} ck}olf ?kdf of] glt}k}tsf] l] /f}v ul//x\$}cj :yf 5 . To; sf/Of klg ; /sf/n] sfo}ftfj/Ofdf k}sf]c; / jf/] ; hu /xg' kb5 .

o; /L l]leG klfx?nf0{l]Zn]fOf ubf{clxn] ; a}ebf 7hf]d2f /fHon]; dfj zL sfG agfpbf hft jf ju{-Caste VS class_ s]n} kf]ydstf kfpj] x]eGg] l] ifonf0{xfnsf] ; du}df eGb l]sf; sf ; rsx?nf0{cfw/ agfpg] o:tf ; rs agfpbf hftlotfsf] d2fnf0{k}lg ; d}6g] u/L tof/ ul/g' kb5 . o:tf ; rsx? TfOf/ u/L l] ut bl}v efl}ub}cfPsf] -Prescribed ident ty_ ; dfhn] lb} cfPsf] klxrfgnf0{k}l]j tG u/} cflh} klxrfg sfod ug{ ; lsg] jftfj/Of tof/ ug{bflo]j

/fHosf]xf]. o; sf]nflu cf/lfof s]n 5f}f]; dosf]nflu ljutsf]k|t|glwTj, klxrfg / kx'rdf /x\$]f]vf8n sd ug[Pp6f dfq gllt xf]. of]; w}+/ ; j\$]f]nflu :jLsfo{dfllod xg ; Sb5 . a]hfahf df o:tf Joj:yfsf]sfof]ogj}6 b]Vpsf /fdf tyf g/fdf klfx?sf]ljZn]f]of u/l o; sf] k|tkmsf]af/df hgtfnf0{ ; ; lrt kfl/b}n}hfg' kb5 .

cj /fHo ; l}otfsf]df}df kl}sf]h]To; cj:ydf ; szn ljr/0fsf]nflu o; ljifodf Jofks ?kdf ljZn]f]of u/} dfq gllt tof/ ul/g' kb5 . o; ; Gbedf ljrf/ ul/g' kg[klfx? M

xfn lghfdtl ; }fdf sfo{t sdf/l ; Vof / b/jGbl lj}0fsf]Pslg ug].
sh kbx?sf]cgkftdf sfo{t dlxf, hghflt tyf blntx?sf]; Vof ls6fg ug].
cgkft lgsfNbf /fhkqflst, /fhkqcgfst tyf sfof}o ; xof]lx? vNg]u/l lgsfNg].
/fHon] lghfdtl ; }fdf lng] ; dfj }l gllt /f]huf/ ; hgsf]nflu xf]jf gllt lgdf}df ; xeflutf a9fpgsf]nflu xf]o; df /fHo :ki6 xg].
; l}otfdf hbf lghfdtl ; }fdf /xg]kbx?sf]; Vof / txut lj}0f sf]cgdfg ug].
s}b, /fHo / :yfglo :t/sf]sdf/l egdf ; dfj }l ; jndf Pp6}gllt nfu"ug]jf txut jgpg ; /sf/nf0{lg0f6 ug]clwsf/ lbg].
o; df ln0g]cfwf/x?nf0{j :tut jgpg]; Gbedf g}kne/ Pp6}cfwf/ nfu'ug]jf cfjZostf cg' f/ cfwf/ tof/ ug]clwsf/ tNnf]txsf]; /sf/nf0{lbg].

o; lj ifonf0{; xh cj t/0fsf]/ :jLsfo{sf]nflu o; ; Gbedf ; u; u}ul/g' kgI ; wf/sf lf}x? M

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cGtodf, dfly p7fOPsf d2fx?sf] sltko ; dfwfg ; df]go glt, lgod kl/j t]g'n] xg] bl]v65 eg] sltkosf]nflu nfd]jx; / ljZn]f]ofsf] h?/t kb5 . t/ clxn] Ddsf]cgejjf6 l; s] ; dofgsh ; wf/ ub]hfg' kg]lj ifo ; dosf]dfu xf] . s]n k]tlglw]jn]dfq g t JolQmsf]cfjZostf k/f ub5 g t /fHon]lnPsf]cleniff g} . To; h]clxn\$]d2f s]n JolQmsf]xf]g of]t hgziQmsf] ; bkof] / /fHosf]l; ldt ; f]sf] ; bkof]sf]klg d2f xf] .

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Human Rights (HRs) for the Existence and Full Development of Humanity

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1. Concept of Human Rights

1.1 Definition

Let us observe some definitions:

Human rights' implies "The freedoms, immunities and benefits to modern values, especially at an international level, all human beings should be able to claim as a matter of right in the society in which they live".¹

Human rights refer to the rights fundamental and inalienable to each person as being a human by birth. It is a significant right or freedom possessed by all men and women, regardless of where in the world an individual might be.

"'Human rights' means the rights related to life, liberty, equality and dignity of the individual guaranteed by the constitution or embodied in the international covenant and enforceable by courts...".²

Human rights are the inborn, inalienable and invariable rights in absence of which a man cannot survive as a human being. Such rights are related to human independence, equality, prestige and respect.

HR Commission Act, 2053 mentions: "By human rights, we mean the rights related to an individual's life, liberty, equality and dignity and included in constitution, and other prevailing laws and international treaties related to HRs concluded on behalf of Nepal."

Human rights are those rights that are universal across all nations. HRs are equally applicable to people of all countries, all religions and cultures without any discrimination. They are based upon the belief that each individual should be treated with the dignity and respect to which, as a human being, they are entitled (Bhargava: 2003a, 1).

Human rights guided by basic ethical assumption. They are based on respect for the dignity and worth of all human beings and to seek to ensure freedom from fear and want. They are rooted in ethical principles and usually inscribed in a country's constitutional and legal framework (Bhargava: 2003ab ix).

¹Shrestha, Shanker Kumar. Dictionary of Law and Justice. Kathmandu. Pairabi Prakashan, 2004, p. 318

²Criminal Law Journal. 1999, p. 17

1.2 Some Assumptions or Principles or Values or Characteristics of Human Rights

Basic organs of HRs: peace, independence, justice, and equality. The main six principles of HRs are the following:

a. Human rights are universal, inalienable and non-confiscable.

The idea of human rights appeals to values and social practices that transcend cultural and political differences - however important those differences might be in other contexts. Any interesting sense of the adjective 'human' requires that these rights be in some sense universal. And the standard language of universal human rights clearly reflects such an understanding. The challenge to cultural relativism thus addresses:

The substantive extent of the (universal) rights; and
Their force relative to competing cultural and political claims.

The leader of Chile, Pinochet, for example, was prosecuted in both Chile and UK by the international criminal court. How can a victim of the abuse of human rights be compensated? Indicating those responsible for heinous crimes against humanity cannot, of course, make restitution to any of their victims, but the very indictment and sentencing of those accused is a minimal act in defense of the universal values of human rights and fundamental freedom.³

If there are few universal rights and if the competing claims of society regularly take priority over even those rights, then the resulting vision of human rights is extremely relativist. Conversely, an extensive list of rights that usually take priority over competing social claims yields a relatively universalist vision of human rights (Bhargava: 2003a, 25).

b. The inherent human dignity on which human rights rest/depend is a social project, not a fact of nature or reason.

c. Human rights have limitations: Human rights, despite being universal, have limits. Rights such as the right to be free from torture or slavery, are generally considered to be absolute, but most other rights have been subject to qualification or limitation in some way. The most important limits to human rights are the following:

The generality with which rights are expressed in conventions: The generality of the expression of rights is the product of how they have developed and how they are agreed upon. The so-called 'first generation' human rights were heavily influenced by liberal political philosophy with its emphasis on the individual and their rights against the state. The formulation of the rights owed much of both the Common Law in English-speaking countries and the Civil Law system applying

³Basnet, Gyan. "Justice and Deterrence...". The Himalayan Times. June 17, 2012, p. 8

in European countries.

Limitations clauses within individual rights; and

Limits caused by competing rights.

- c. Human rights are inseparable and indivisible.
- d. Human rights are interdependence and interrelated;
- e. Human rights lobby for equality and non-discrimination;
- f. Human rights promote participation, pluralism and inclusion;
- g. Human rights promote accountability and the rule of law (See Bhargava: 2003a, 3, 23, 27).

Some other principles of HRs are the following:

Principles of non-discrimination;

Principles of empowerment;

Principles of transparency;

Principles of rule of law (kanuni rajya);

Principles of non-confliction (haran);

Principles of equality;

Principles of fundamentalness (naisargik)

So, they are and should be recognized by all: the state, the market, the civil society, etc. Further, they should not be breached, if breached, it will be against the law (It is non-violable, that is, it is not entitled to be violated).

All humans are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood. Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. These rights are given expression in different forms in the virtuous human rights declarations, treaties and come scholars identify human rights as those which are 'important', 'moral' and 'universal'. A 'human right' has one or more of the following qualities:

- a. Intrinsic values;
- b. Instrumental values;
- c. Values in a scheme of rights;
- d. Importance in not being outweighed by other considerations;
- e. Importance as structural support for the system of the good life (See Symonides: 2000, 33).

The main topics based on the concept of HRs are the following:

Emphasis more on identification and consumption of HRs than on supplying basic

- needs;
- Integrat on on work-related rights and principles;
- Concern on part cipat on;
- Empowerment and inclusion of backward class;
- Local ownership of any development work;
- More directed to accountability and responsibility of concerned authority

1.3 Importance of Human Rights

Although there is a posit ve relat onship among inst tut ons, development, good governance, and rapid economic growth, what makes a state legit mate in true sense of the term is its capability to protect human rights through the rule of law. The solut on of ... people's unbearable grief and government's inability to control the deteriorat ng law and order situat on lies in start ng a polit cal process that leads to peace and reconciliat on.⁴

The suppression on the democracy starts from the human rights abuse. Human rights are also the basis of human development.

Largely human rights abuses go on impunity in the veil of poverty, ignorance, recession, threats and so on (Khanal: 2006, x). Nepal has witnessed people's struggle of ten years (2052-1961 VS). During that period, about 15,000 Nepalese have lost their lives, not to ment on injury, displacement and loss/conf scat on of property (C. Millard in Gellner: 2008, 300).

Now, let us analyze whether nat onal security ideology and cit zen's mental state of peace are correlated and congruent to each other. Nat onal security ideology can be analyzed at nat onal and internat onal levels in terms of polit cs and economics:

- a. Firstly, on an internat onal level, nat onal security ideology is fundamentally a legacy of the Cold War era. This is based not only on the relat onship between two part cular nat ons, but on the division of the globe into the "free" world and the "communist" world.
- b. Secondly, looking at polit cs on the nat onal level, nat onal security ideology holds that ant -government act vit es do not stem from within the nat on, but are internat onal plots by enemy nat ons to spread their ideology into other nat ons. The people's war of Nepal (2052-2061 VS) was somewhat driven by the dif erent polit cal ideology from that of the prevailing nat onal polit cal forces.
- c. Thirdly, looking at the economic aspect at the nat onal level, nat onal security ideology is used to just fy current discrepancies in economical power, as well as the suppression of labour organizat ons, farm organizat ons, and other social

⁴Thapa, Ganga. "Polit cal Transit on". The Himalayan Times. January 24, 2008, p. 6

organizations (Park Hong-kyu in Lee: 1996, 129-131).

1.4 Punishment in Order to Control Crimes against Humanity

In order to protect one's human rights, (the state) has to enforce certain punishment in order not to control criminal crimes by the following:

- a. Discouragement: The UN Security Council has mentioned in the preamble of Ad Hoc Tribunal for Former Yugoslavia and Rwanda, the act on of these "ensures ceasing breaches"
- b. Revenge (Prat sodh): Generally in the serious human rights abuses, tolerance and amnesty cannot be imagined. Very much caution should be taken in launching revenge as a punishment/compensation for the crimes done.
- c. Protection: The criminal should be kept under custody. In order not to recurrently commit crimes, the one-time (patake) criminal should be kept in the jail;
- d. Fixing the punishment.⁵

1.5 Who is Responsible for Basic Human Rights?

The World Conference of Human Rights 1993 has mentioned "promotion and protection of human rights is the first responsibility of governments". The state has accountability in the following: accessibility, affordability, acceptability and availability of basic human needs (like health, education, foodings, etc.) If the state is unable to run health centers efficiently, there would be negative impact on right to health. If the government cannot set up and promote community schools in rural and remote areas, there would be negative impact on the right to education.

The followings are some of the responsibilities:

Respect: the state should create the condition of not breaching HRs;

Protection: The state should protect HRs from breaching them from the third party;

Promotion: the state should release (prachar-prasar) and inform the people to be aware and capable in HRs;

Supply: the state should adopt and supply the remedies on policy, legal, administrative and structural

The rights not included in the Interim Constitution 2063:

The Interim Constitution 2063 has provided for the independence of judiciary, and it incorporated effective constitutional remedies in support of fundamental rights. Such rights guaranteed Nepalese citizens an autonomous personality by which they were able to participate freely in public life with their rightful claim to universality, a "realization of their homo politicus status". However, the constitution failed to classify economic

⁵Siwakot, Raj Kumar. "Rights Breach..." Gorkhapatra. Magh 25, 2068 VS, p. 7

and social rights as being fundamental, placing them instead under "Directive principles and Policies of the State". This made them unjustifiable and therefore unenforceable in any court until they could be progressively realized and implemented by subsequent legislation as national resources and means permitted.⁶

- Responsibility of citizens towards the state;
- Right to take refuge;
- Right to security of one's life;
- Right to development;
- Right to adopt a profession;
- Right to self-security and right to self-determination;
- Right to forsake one's country and right to return back to one's own.

1.6 Sources of Human Rights

While the meaning of human rights is the subject of some debate, the sources of current human rights law are generally accepted. The original source document for current human rights is the United Nations Declaration of Human Rights, adopted in 1948 by the majority of the international community in response to the abuse of human rights perpetrated before and during the World War II. It expresses basic human rights in general terms as a common standard of achievement for all peoples and all nations. These rights include the prevention of slavery and torture, the rights to be treated equally regardless of race and gender, the right to own property and the right to privacy (Bhargava: 2003a, vii-viii).

Sources of HRs can be categorized as follows:

- Primary sources:
 - International treaties;
 - International traditions adopted by general codes of conduct;
 - general principles accepted by the community of countries;
- Secondary Sources:
 - Judicial decisions (e.g., verdicts);
 - Quotations and books by famous personalities.

The covenant which has proved most influential in the development of human rights law has been the International Covenant on Civil and Political Rights (the ICCPR) and International Covenant on Economic, Social and Cultural Rights (ICESCR), both adopted in 1966. The ICESCR provides for the right to be free from hunger, the right to education,

⁶Basnet, Gyan. "Upholding the Primacy of Human Rights". The Rising Nepal. May 10, 2012, p. 4

the right to social security, the right to physical and mental health and the right of groups to enjoy their own culture and part cipate in cultural life (Bhargava: 2003a, viii).

1.7 Historical Evolution of the Concept of HRs

HRs are nature-gif ed rights. But they have a long history. HRs are not created by internat onal treat es, covenants, const tut ons or laws. Instead, HRs are regulated, encoded, of ered validity, protected by legal instruments.

Human right laws have come along with various movements like Magna Carta of 1215, Bill of Rights, American Independence Revolut on, French Revolut on (1789) gradually reached to the present situat on via UN Charter, Universal Declarat on of Human Rights (1948), and various internat onal treat es.

Since 1948, the Universal Declarat on has been translated into more than 200 languages and remains one of the best known and most of en cited human rights documents in the world. Over the years, the Declarat on has been used in the defense and advancement of people's rights. Its principles have been enshrined in and cont nue to inspire nat onal legislat on and the const tut ons of many newly independent states. References to the Declarat on have been made in charters and resolut ons of regional intergovernmental organizat ons as well as in treat es and resolut ons adopted by the United Nat ons system.⁷

For the frst t me in the UN system, the concept t of the right to development has been entered in 1977 along with the General Secretaries' request to Human Rights Commission to study development related rights in internat onal dimension. The study expected to analyze and maintain relat onships of other rights (economic and social rights) on the basic aspect of internat onal cooperat on and right to development (Thapalia: 2064, 15). Tradit onal internat onal law manages only the responsibilities and rights of a nat on. However, internat onal human rights law, more than that, determines the standard of individual group rights and responsibilities. It means, it protects and promotes such rights that assume humans by birth and ent tled to those rights. In another words, a human have the right to live with respect and to develop one's personality. For this a country creates its own responsibility to realizat on of those rights in accordance with the respect ve legal system via legal, administrat ve, judicial, planning, and programmes system (NJA: 2009, 31).

For the implementat on of the Dedarat on of Human Rights in December 10, 1948, two covenants and one ichhadhin aalekh have been approved in 1966 which is collect vely

⁷<http://www.un.org/rights/50/carta.htm>

known as "International Bill of Human Rights" (NJ: 2009, 31). On the initiative of UNO, after the declaration of above mentioned bill of human rights, under the categories of general and special ones, more than one dozen of related conventions, and more than that declarations and nirdeshikas have been released.

In accordance with the recommendations made at the 1993 World Conference on Human Rights for increased coordination within the United Nations system, Kofi Annan, Secretary-General of the United Nations, stated, "I will be a champion of human rights and will ensure that human rights are fully integrated in the action of the Organization in all other domains". Human rights, indeed, cut across all the work of the United Nations, from peacekeeping, child rights, health and development to the rights of indigenous peoples to education, social development and the eradication of poverty. Consultations have already taken place among all agencies and programmes of the United Nations, leading to strategies and campaigns being devised.⁸

The implementation aspect of HRs is given high priority by international law. International law has developed the concept to control breach, misuse and discouragement of HRs and to put into operation the culprit / criminal.

1.8 Classification of HRs

Human rights can be categorized on various bases:

A. On the Basis of Generation:

Human rights have been categorized under three generations:

First generation rights or first order rights: civil and political rights.

Second generation rights or second order rights: economic, social and cultural rights.

Third generation rights - humanitarian rights or solidarity rights: the rights to those who are involved in, or affected by, armed conflict.

Various other categories of rights: women's rights, children's rights, etc.

Human Right include the following:

The right to social security;

The right to work and protection against unemployment;

The right to rest and leisure;

The right to a standard of living adequate for the health and well-being of self and family; and

The right to education; and the right to the protection of one's scientific, literary, and artistic production.

⁸<http://www.un.org/rights/50/carta.htm>

In the same way, all the rights claimed by first generation of civil and political rights can not properly be designated as "negative rights", so all the rights embraced by second generation of social, economic and cultural rights can not properly be labeled as "positive rights". The rights such as free choice of employment, the right to form and join trade union, and the right to participate in the cultural life of the community do not require affirmative state action to ensure their enjoyment. However, most of the second generation rights necessitate state intervention in the allocation of resources for material values in accordance with social distributive justice. Therefore, second generation rights are fundamentally the claims to social equality. Because of late arrival of socialist-Marxist influence in the normative domain of human affairs, the internationalization of these rights has been slow. The ascendancy of Third World after the end of direct colonial rule (after World War-II) set the stage for second generation rights.

B. On the Basis of Sectors/ Subjects:

- Political rights;
- Social rights;
- Economic rights;
- Cultural rights;
- Right to development;
- Rights of the labourers;
- Right to nationality;
- Right to secrecy;
- Right to freedom from discrimination, violence and social security;
- Right to freedom from slavery;
- Right to freedom from brutality and torture;
- Right to fair hearing;
- Right to self-determination;
- Rights of the DAGs/minorities: e.g., children rights; women's rights, etc.;
- Right to peace;
- Right to freedom from hunger
- Right to fair environment;
- Right of nationalities and indigenous peoples;
- Right to sovereignty, etc.

C. On the Basis of State's Duty

There are the following two perspectives:

- Affirmative Rights: economic, social and cultural rights for the realization of which a state has to formulate programmes and mobilize resources;
- Negative Rights: Civil and political rights for the realization of which a state should

recognize them and adopt the policy of non-intervention on these rights.

D. On the Basis of Nature of Consumption:

Individual rights;

Collective/Group rights: e.g., cultural rights, development-related rights and right to self-determination.

E. On the Basis of Effectiveness:

1. Right of basic approach; and
2. Right of welfare approach (See Thapalia: 2064, 13-4).

1.9 Human Rights and Fundamental Rights

Fundamental rights are the highest order human rights recognized in the constitution. All fundamental rights are human rights, but not vice versa. Fundamental rights are not irrevocable (relative) rights. The Justice Bharat Raj Upreti said that these should also be regulated by laws.⁹

2. Some Issues on Human Rights

The followings are some of the issues that have affected all development activities:

- a. Human right is the matter to be granted by the state or the matter to be recognized by the state? Human rights are inherent in human beings as being born as man. It is not given by anybody or any institution to anybody or any institution, yet the state regards human rights to be granted to the citizens and the citizens regard it as the matter to be recognized.
- b. Are human rights absolute or relative matters? Subjectively, the matter to be consumed is not considered as absolute. In international tribunals and instruments, rights to the citizens and responsibility to the state is mentioned. The rights managed in the state of responsibility - lessness are becoming weaker through the perspectives of consumption in such a way that an individual demands rights through the eye of relativity.
- c. Issues between universal principles and cultural relativity principles: The liberal principles of human rights advocate equal rights to all individuals [according to the universal principles of human rights]. Cultural relativity principles presume that human rights are based on various cultural practices, social values and traditions, and it cannot be equally absorbed or implemented in all societies and all situations. Universalism regards an individual as the minimal unit of society, whereas cultural relativity principle regards family as the minimal unit. There is internal conflict between these two principles. For example let us take a woman in Muslim community

⁹Rai, Lokmani. In Kantipur. 16 Chaitra, 2068 VS, p. 1

wearing a burka. Universalists regards the burka as a means constraining the woman to freely walking around, whereas cultural relativists regard the burka as a means consumed according to the religious or cultural rights.¹⁰

4. Human Rights Instruments

The followings are some main nine instruments (conventions and covenants) of human rights (HRs) excluding Universal Declaration of Human Rights, 1948 (December 10?)

S. N.	Name of Conventions (mahasandhis) and Covenants (pratigyapatra)	Date	Ratification from Nepal
1	International Convention on the Elimination of All Forms of Racial Discrimination	21st December, 1965	30th January, 1971 (27th Magh, 2027 VS)
2	International Covenant on Civil and Political Rights	16th December, 1966	14th May, 1991 (31st Baisakh, 2048 VS)
3	International Covenant on Economic, Social and Cultural Rights	16th December, 1966	14th May, 1991 (31st Baisakh, 2048 VS)
4	The Convention on the Elimination of All Forms of Discrimination against Women (CEDAW)	18th December, 1979	22nd, April, 1991 (9th Baisakh, 2048 VS)
5	Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment	10th December, 1984	14th May, 1991 (31st Baisakh, 2048 VS))
6	Convention on the Rights of the Child	20th November, 1989	14th September, 1990 (19th Bhadra, 2047 VS)
7	International Convention on the Protection of the Rights of All Migrant Workers and Members of their Families	18th December, 1990	No Ratification
8	Convention on the Rights of Persons with Disabilities	13th December, 2006	27th December, 2009 (12th Pous, 2066 VS)
9	International Convention for the Protection of All Persons from Enforced Disappearance	20th December, 2006	No Ratification

¹⁰Shrestha, Bishnu Pukar and Balkrishna Devkota. "Human Rights: A Critical Perspective" (In Nepali). In CaHuRAST. Human Rights and Civic Education: A Handbook (In Nepali). Kathmandu, 2065, pp. 113-4

5. Need of Human Rights

For the well-being and dignity of every individual it is necessary to have freedom from all kinds of injustices and restrictions. Some of the most important freedoms are the following:

- a. Freedom from discrimination on the basis of race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status;
- b. Freedom of thought, speech, association, and publication;
- c. Freedom from insecurity and fear owing to threats to life, torture, arbitrary arrest, and similar violent acts;
- d. Freedom to move and reside in any part of the nation and to feel and consider innocent until proven guilty;
- e. Freedom from injustices and violations of the rule of law;
- f. Freedom from the wants of basic needs;
- g. Freedom of participation in decision-making process, cultural life, and other social events;
- h. Freedom of work without exploitation; and
- i. Freedom to realize one's human potentiality and to develop solidarity.¹¹

9. Recommendations

The principal ways to protect human rights (HRs) are the following (humble recommendations):

- a. All the agencies and actors should be fully loyal and succumbed to written constitution and supremacy of law. It means, rule of law should be enforced (international laws and principles)
- b. There should be cease to criminalization of politics and politicization of crime;
- c. The acts supposed to be formulated should be formulated in accordance with the constitution;
- d. The laws approved should be implemented only after it is released to the public;
- e. While formulating laws, 'descriptive notes' should be released along with;
- f. National Human Rights Commission should be taken not only as referral agency (siphariskarta), but also as research, tahakikat and abhiyojan karta/ agency.
- g. The cases of certain nature should not be let withdrawn;
- h. Collaboration and coordination with civil society is a must;
- i. The parliament plays an active role in alerting the government. The reports submitted

¹¹Pathak, Bishnu. Politics of People's War and Human Rights in Nepal. Kathmandu: BIMIPA Publications, 2005, 26

by the HR Commission should be discussed in the parliament and needful actions should be performed by respected agencies: the Commission, government and other affiliated agencies.

- j. The HRs commission should keep its substantial independence and autonomy in itself;
- k. Independent and external evaluation is necessary to assess the HRs situation in the country.
- l. International responsibility should be created via diplomatic medium, and all international treaties signed should be rectified by formulating national laws (Pyakurel: 2067, 89-96).

So, test practices to HRs are the following:

Inclusive and balanced development approach;
HRs and social justice are taken as inter-related disciplines;
Independent judiciary and justice are based on HRs;
Collaboration of civil society in HRs activities;
Gender mainstreaming;
Legal reform;
Zero tolerance to gender violence;
Community-managed natural resources (e.g., community forests).

10. Conclusion

Human rights are a set of a dynamic system. It is utilized for the positive results, not for negative ones. Along with the acceleration of development and requirement of time human rights movement is marching ahead by improving upon the hitherto irrelevant legal duties and responsibilities.

Human rights are the culture to establish. It is about attitude of respecting each other's way of life creating a fair, equal and right-based society. So, a human rights culture must become embedded within all political forces, all levels of governance and within civil society. ¹²

Human Rights Commission does monitor for the protection of the citizens' body alone (bone, skin and blood), but turn its ears deaf on the goods and services that are required to survive and sustain the human body. It thus opines that the market itself determines the quality and price of the goods and services via competition. Such has been the

¹²Basnet, Gyan. "Institutionalizing Human Rights". Himalayan Times. 10th October, 2014, p. 8

disease in the developing countries. ¹³ Even after a long effort in the history of human civilization, subject matter and substance of human rights have been instituted / started at first in the UN Charter formed after the World War II for raising human life, dignity, values and norms (NJA: 2009).

The concept of HRs is a dynamic concept. Its scope and form may get changes in accordance with time and incident. Today, the concern of 'animal rights' is being raised, the rights to the existence of abstract objects have been discussed; the paper presentation on rights of dead person has been commenced; so, the subject of HRs could not be redeemed from the circle of conflict. Human rights is a crosscutting issue:

Up to which grade a Nepali should be given opportunity to study in order to regard him/her of having attained HRs?

Up to which amount and which quality of food should be given to a person in order to regard him/her of having obtained HRs?

What type of residential facility should be given to a person in order to regard him/her of having right to residence?

What sort of quality of clothes should be given to a person in order to regard him/her of having the right to clothing?

What sort of treatment of diseases should be offered to a person in order to regard him/her of having the right to health?

So, HRs should be redefined, re-evaluated. HRs works within the periphery of a country's economic, social and cultural conditions. A state should not be overwhelmed in implementing HRs beyond its capability, and should not distribute 'impossible dreams'. Nobody should forget the fact that commitments should be made of the possible; restore it and maintain it.

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¹³Bania, Jyot. Use of Consumerism in Nepal (In Nepali). Kathmandu: Consumer Welfare Protection Forum, 2011, p. 238-9 [with Me]

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नेपालको योजनावद्ध विकास प्रयास

गोकुल बाँस्तोला*

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kfrf}ofhgf -@)#@-@)#&

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/fli6o pTkfbgdf j flif\$ \$ b|v % k|tzt; Dd j|4 ugInufot >dziQmsf]clwstd pkofu u/L /fhuf/l sf]cj ; / a9fpg]nlo /x\$fd /fli6o pTkfbg rfyf] ofhgfsf] cl0td jif{ @)#!:#@ df ?= !^&!) s/f0 ePsf]df kfrf}ofhgfsf] cl0td jif{ @)#^:#& df ?= !*%!) s/f0 e}j flif\$ @@ k|tzt sf]b/n]j|4 xg uPsf] / ; f}l cj lwdf @# k|tzt sf b/n]hg; Vofdf j|4 xbf k|t JolQm cfodf sdl xg uPsf]b|v65 . kfrf}ofhgf cj lwsf]nflu ; /sf/L lf0sf]lj sf; vr{l:y/ dNodf G0td ?= ^!& s/f0 / clwstd ?= &\$\$%) s/f0 /flvPsf]df oyfy{vr{?= &*@ s/f0 cyff(\ G0td nlosf] !@^* k|tzt / clwstd nlosf]!)#& k|tzt ePsf]5 . o; /L nlo e0bf a9L g}vr{ePsf]b|vP tklg /fli6o pTkfbgdf nlo cg; f/ k|lt gePsf]b|v65 . rfyf] ofhgfsf] cl0td jif{ @)#!:#@ df gkfn sf]j b]zs Jofk/df ?= (@%) s/f0 3f0f ePsf]lyof]. cfj=@)#^:#& df \$(% k|tzt n]3f0fdf j|4 ePsf]b|v65 . slif lf0df ofhgf cj lwdf ; /sf/L nufglsf]b/df j flif\$!*\$ k|tzt n]j|4 xb}uP tklg ofhgf cj lwdf slif pTkfbg eg]j flif\$!} k|tzt sf b/n]xf; ePsf] cfB]us pTkfbg j flif\$ ^& k|tzt sf b/n]j|4 ePsf] lj Bt pTkfbg tk0 G0td nlosf]#!) k|tzt dfq k|lt xg ; s\$]/ oftfoft tk(sfnfkq)/ v08fl:dt u/L nlosf] %\$^ k|tzt dfq pknIaw xfl; n ePsf]b|v65 . ofhgf cj lwdf pNn}vglo k|lt lzlfdf ePsf]5 . lj Bfyl{egf{:t/sf]k|lt kfylds txdf @!) k|tzt / lg0g dflwolds txdf !@)^ k|tzt e0 nloe0bf k|lt a9L ePsf]b|v65 .

57f)ofhgf -@)#&-@)\$@_

57f)cfjlwls ofhgfsf p27ox; ptkfbgdf a9l b/n]j|4 ugI ptkfbgzln /fhuf/lsf]cj ; /df j|4 ugI/ hgtsfs]Goëtd cfwf/et cfjZostfx;sf]kl/kl't{ugI/x\$fyP . Goëtd cfwf/et cfjZostfx;df -!_ vfBfg -@_ nOf sk8f -#_ bfp/f -\$_ lkg]kfgl -%_ cfwf/et :jf:Yo ; ljwf / ; / ; knf0{-^_ kfylds tyf ; lddhs lzlf / -&_ Goëtd ufldOf oftoft ; ljwf -3fBf] rqn] af6f/ en]tyf sf7]kh_ nf0{ln0Psf]lyof} . ol lgwf/t p27ox; kft ug\$sf nflu ln0Psf glltx?df slif lfqsf]lj sf; nf0{kfyldstf, 3/h' tyf ; fgf pBf]sf]lj sf; , lgsf; L Jofkf/, ko6g lj sf; , kfs]ts ; f] / ; Dkbfsf] ; AfOf / hn; f]sf]lj sf; df hf\$ lb0Psf] l; hgf ePsf cfwf/lznfx;sf]kOf{pkof] / a9l ; fwg pkof] ug{cy{Gqnf0{; lfd tNofpg]Pj + hg; Vof j|4b/ lgoGqOf ugIcflb lyP .

57f)ofhgf cjldf /fli6o ptkfbg nlo xfl; n \$# k|tzn]a9fpg]to ul/Psf]df jflif\$; /b/ \$\$ k|tzn]sf] b/n] /fli6o ptkfbgdf j|4 ePsf] slif lfqsf] ptkfbg Goëtd jflif\$ #@ k|tzn] / ux slif lfqsf] ptkfbg Goëtd jflif\$ %^ k|tzn]a9fpg]nlo /flvPsf]df slif lfqsf] ptkfbg aflif\$ \$& k|tzn]sf b/n] / ux-slif lfqsf] ptkfbg jflif\$ \$ k|tzn]sf b/n] a9f]tYof^s 5 . o; }cjldf hg; Vof @^ k|tzn]sf]b/n]a9f]h]k|tJolOm cfodf jflif\$!& k|tzn]dfq j|4 xg ; s\$]b]vG5 . o; ofhgf cjldf hldf ?=## c/a (\$ s/f\$]sf] lj sf; vr{Xg]cgdfg ul/Psf]df !% c/a %* s/f\$dfq vr{Xg ; s\$]lyof} .

; ftf)ofhgf -@)\$@-@)\$&_

; ftf)ofhgdf 57f)ofhgdf /flvPsf nlox; ptkfbgdf a9l b/n]j|4 ugI ptkfbgzln /fhuf/lsf]cj ; /df j|4 ugI / hgtsfs]Goëtd cfwf/et cfjZostfx;sf]kl/kl't{ugI{g} lg/t/tf lb0Psf] lyof]eg]Goëtd cfwf/et cfjZostf kl't{tkm{kfg kpf; s]blt ul/Psf] b]vG5 . cfwf/et lj sf; glltx;sf]?kdf slif lfqsf]lj sf; nf0{; jfkl/ kfyldstf, jg ; Dkbfsf] lj sf; / e"; AfOf, hn; f], pBf], ko6g / lgsf; L Jofkf/sf]lj sf; , hg; Vof j|4 b/nf0{ lgoGqOf, /fli6o cfly\$ Psls/Ofsf]hunf0{alnOf]kfg]lj s]bls/Of u/L cy{Gqsf]; -rfngnf0{ ; lfd agfpg]lj sf; kzf; gnf0{; b9 / ; lfd agfpg]cflb glltx; ln0Psf]kfG5 . o; cfhgf cjlw; dd gkfnsf]cy{oj: yf /fHo lgoGqt lyof]eg]Psbno k-rfotl Joj: yfaf6 bZ axbnlo Joj: ydf klz u/\$f]lyof} . ofhgf sfOf]ogsf] cfwfcwl ; do kZrft /fhgllts Joj: yf kl/j tG ePsf]sf/Of klg ofhgfsf]sfOf]og Pj +ck]lft k]ltdf afw kl\$]lyof} .

cf7f)ofhgf -@)\$(-@)%\$_

bZdf axbnlo Joj: yfsf]kg: yf[kgkl5sf]klxn] / ofhgj 4 lj sf; kpf; sf] cf7f)ofhgfsf] ?kdf /x\$]o; ofhgfsf] gkfnsf] ofhgj 4 lj sf; df 7hf] dxj /x\$] 5 . lsgls o;

ofhgaf6 lj sf; k|qmfdf /fHosf]eldsf g}kl/j tGsf]ul/Psf]lyof]. /fHo lgb|zt Pj #golGqt cy{Joj :yfnf0{qmdzM ahf/df cfwf/t agfpb}lghl lfGsf]; xeflutf / nufglnf0{kf]; flxt ug{ ; /sf/sf]eldsfnf0{; lldt agfpg]sfo\$]z?jft ePsf]lyof]. dhtM o; ofhgf thdf ubf{ lgdg cjwf/0ffaf6 lgb|zt eP/ ul/Psf]lyof].

s= :jtGq, ahf/f|dV / pbf/ cy{oj :yfsf]c]nDag ug{

v= lj s|b|s/0fnf0{kfej sf/l agfpb}:yfglo lgsfox;nf0{alnof]agfpg]

u= ; GtInt / ; dgjofds lj sf; sf nflu lfGlo lj sf; nf0{ufdlOf lj sf; ; u cfj 4 ug{

3= ; /sf/l sf]eldsf dhtM cfwf/et ; jf kjfx tyf ; fdlhs, cfly\$ k|fwf/sf]l; hGf / lj sf; df s|b|t ug{. ; /sf/sf]eldsf lgoGqOf eGbf klG lgoGdssf]/xg]

a= lghllfG tyf u}; /sf/l ; :yfx;nf0{lj sf; sfo\$] a9leGbf a9L ; mDg u/fpg]

o; ofhgdf lbuf]cfly\$ j|4 xfl; n ug{ ul/al 36fpg] tyf lfGlo c; Gthg x6fpg]p27ox; lgwf/t ul/Psf lyP . ol p27ox; k|ktsf nflu s|lfd ; 3gtf / lj lwS/Of, pmhf{lj sf; , ufdlOf k|fwf/sf]lj sf; , /fhuf/L l; hGf tyf dfgjlo ; fwgsf]lj sf; , hg; Vof j|4df lgoGqOf, cfBflus lj sf; tyf koG tyf lgsf; l kj 4G tyf lj lwS/Of, ; dli6ut cfly\$:yfloj, lj sf; k|zf; gdf ; wf/, cgludg tyf dNof°gdf kfYldstf lb0Psf]lyof].

cf7f}ofhgjlwdf dNo clej|4 s/ k|ffnl nfu" ug{ tof/L, ; /sf/l ; :yfgx;sf] lghls/Of, cy{Gqsf ljleG lfGdf ; /sf/l lgsfox;n]kf0{cfPsf]; Alf0fnf0{x6f0{lghl lfGsf]; mDgtfnf0{ a9fpg] cgbfgnf0{; lldt ug{ lj b|z| ljlgdosf b/x; ahf/n]lgwf{Of ug{ a\$ tyf lj Qlo ; :yfx;sf] :yfkgnf0{a9j f lbg] :yfglo lgsfox;nf0{clwsf/ k|bfg ubf]lj s|b|s/Of glttsf] kfej sf/l sfo\$]og ug{ cf|b k|pf; ul/Psf]lyof]. cf7f}ofhgjlwdf cfly\$ j|4b/ k|tjif{ cf} t %& k|tzt ug{nlo /flvPsfdf sh ufx{Yo pTkfbg -pTkfbs dNodf_ ofhgfn] tf\$]sf] nlocg; f/ %& k|tzt ljGbh]g}kult ePsf]lyof]eg]sh ufx{Yo pTkfbg -knofS6/ s:6df_ \$-(k|tzt sf b/n]j|4 ePsf]lyof]. s|lf lfGsf]pTkfbg jflif\$ cf} t #& k|tzt n]j|4 ug{nlo /flvPsfdf #& k|tzt n]dfq j|4 ePsf] b|vG5 . cf7f}ofhgdf jflif\$ cf} t !@\$ k|tzt sf b/n]cfBflus pTkfbg j|4 xg]cgdfg ul/Psfdf l:y/ dNodf jflif\$ cf} t %@# k|tzt n]j|4 ePsf]kf0G5 . o; ofhgf cjwdf eflts k|fwf/ tyf ; fdlhs lfGsf ljleG laifolGsf nflu lgwf{Of ul/Psf nlox;df pknAwl cf} t eGbf dfly g}/x\$]b|vG5 .

gj f}ofhgf -@)%\$-@)%(_

cf7f}ofhgfsf]cGto; Dddf g|kfn]sh hg; Vofsf]sl/a \$@ k|tzt hg; Vof ul/alsf]/\fdlg /x\$]cf]sng lyof]. o; }cj:yfnf0{Wbfgdf /fvb}ul/al lgj f/Of ug{Ps dfq p27o /fv\$]gj f} ofhgfn]bl3\$flng lj sf; sf]nlosf]?kdf klG ul/al lgj f/0fnf0{g}lnPsf]lyof]. o; ofhgfn] pRr cfly\$ j|4b/ tyf ul/al lgj f/Ofsf nflu lfGut / lj zlf sfoGdx;sf]sfo\$]ogaf6 @)

jif{ul/alsf] /yfdlgsf] hg; Vofnf0{!) kltztdf emg[nlo /fv\$] lyof] eg] gjf}ofhgfsf] cGto; Dddf o; nf0{#@ kltztdf emg[nlo /flvPsf] lyof]. o; sf nflu gjf}ofhgj lwdf ^ kltzt cfly\$ j|4b/sf] nlo /flvPsf] lyof]. ofhgfsf] sfof{og kZrft ul/alsf] /yfdlg /x\$] hg; Vof #* kltztdf em\$] lyof]. dfgj ljsf; ; Da6w ; 'rsf°x;sf] klt klgnlosf] thgdf sd klt ePsf] lyof] h:t}k6w jif{fllysf hg; Vofs] ; flf/ff b/ &) kltzt k'ofpg] nlo /x\$] \$(@ kltzt ku\$] dlxf ; flf/ff b/ s/lj #%^ kltzt dfq /x\$] kfylds slffdf vb egf{b/ () kltzt k'ofpg] nlo df *)\$ kltzt, cf} t cfo' %(& jif{k'ofpg] nlo df ^!-(jif{ku\$] lyof] eg] sh khgg b/ eg] \$@ df 36fpg] nlo /x\$] \$= ku\$] lyof]. eflts k'f/f/ l'q;x;sf] klt eg] ldl>t /x\$] lyof]. gjf}ofhgfn] slif l'qdf \$= kltzt / u}slif l'qdf &# kltzt u/l ; dli6df ^ kltzt jflif\$ cf} t cfly\$ j|4b/ xfl; n ug[nlo /fv\$] sliftk' jflif\$ ## kltzt / u}sliftk' #-(kltzt dfq e0{cf} t cfly\$ j|4b/ jflif\$ #^ kltztdf ; lldt /x\$] lyof].

bzf}ofhgf -@)%(-@)^\$ _

bzf}ofhgf dhtM ul/al lgjf/Of /Ofglit kqsf ?kdf Nof0Psf] lyof]. o; ofhgfn] ljsf; df ; /sf/L, u} ; /sf/L tyf lghl l'qsf] eldsf lgwf{Of u/L ol ; a}klfsf] ; xsfof ul/al lgjf/Ofdf hf\$ lbPsf] lyof]. o; ofhgdf ul/alnf0{cfosf] ul/al, dfgj lo ul/al tyf ; fdfhs j|l-rtls/Of u/L dhtM # cfofddf ljefhg / ljZn}fOf ul/Psf] lyof]. ul/alnf0{axcfodls ?kaf6 ljZn}fOf u/L ; fxl adf]hd ul/al lgjf/Ofsf sfof{mx; fof ul/Psf] lyof]. ljZn}fOf ul/al lgjf/Ofsf] nlo xfl; n ug{cfly\$ j|4b/ tyf nufglsf] l'qut afBkmBdf dhtM pRr, lbuf] tyf km/flsnf] cfly\$ j|4b/, ; fdfhs ; jf:t/sf] clej|4, k'f/f/sf] ljsf; / nllft sfof{mx;nf0{ hf\$ lb0Psf] lyof]. bzf}ofhgdf sfof{ognf0{yk k'fj sf/l agfpg pknAw xg ; Sg] ; f} / ; fwgnf0{kpfu ubf{l; #f0, slif tyf ufdlof ; 8s, ufdlof ljB'tls/Of nufot shf{cfklt{ / ahf/ Joj:yfsf ; fy}pko0m dn, alpsf] ; /n cfklt{ tyf goff k'lj lws 1fgsf] kpfu:h:tf l'q;x;nf0{kfyldstfsf ; fy cuf|8 a9fpg] glt ln0Psf] lyof]. gkfnn]o; }ofhgfb]v ; x; f|bl ljsf; nlox;nf0{ofhg tyf jflif\$ sfof{mddf ; dfjz u/L xfl; n ug[kp]g ub{cfPsf] lyof]. o; ofhgdf lg/k]f ul/al \$@ kltztaf6 !! kltzt ljGbh]36l #! kltztdf em\$] lyof] eg] cfo lj t/Ofsf]c; dfgtf bzfpg]lugl u0fs)#\$ af6)\$! kfu}f6 wgl / ul/a alrsf]cGt/ a9\$] b]v65 . o; ofhgdf ck]lft / ; fdf6o u/L b0{cfwf/df cfly\$ j|4b/ k'f]kOf ul/Psf] lyof]. ofhgf cj lwdf ck]lft cfly\$ j|4b/ ^@ kltzt /x\$] lyof] eg] To:t}bzd cfGt/s ; /lfsf] l:ylt l9nf] dfq ; lwg]cj:yfdf cfly\$ j|4 b/ s/lj \$# kltztdf /xg] cgdfg ul/Psf] ofhgf cj lwdf jflif\$ cf} tdf # \$ kltztn]dfq j|4 ePsf] lyof].

tlg j ifl6 c6tl/d ofhgf -@)^\$÷)^%-@)^^÷)^^&_

dh\$df Ps bzs nfd] ; z:q a6asf] c6to kZrft gof gkfn\$] kl/sNkgf ; fy cfPsf] o; ofhgfn] ; d[4, cfwlgs / 6ofok0f{gkfn lgdf0f ughf0{bl3\$fnlg ; fj /fv\$] lyof] . h; cg; f/ gkfn cfly\$?kn}cfldge{ xb}lg/k]f ul/alsf]cj:yfaf6 dQm xg] ; a}gkfnlx;nf0{ cfkn]gf] lfdtfsf] pkof]sf] nflu sfggl ?kdf ; dfg clwsf/ / cfly\$ tyf ; fdlhs cj ; / k]kt xg] ; fdlhs, ; ff:s]ts, eflifs, wld\$, cfly\$, hftlo, n]us, zf/ll/s / e]f]flhs ; a} k]sf/sf l]e] / c; dfgtf c6to xg]sf ; fy}; fdlhs 6of, cfwf/e't dfgj clwsf/sf]k]ofelt / ; Zff; gsf] l:ylt cfp] / gkfn c6t/f]6o ; dbodf k]tli7t ; b:osf] ?kdf :yflkt xg] kl/sNkgf ul/Psf] lyof] . dhtM o; ofhgfn]/fxt / kgMgdff, kgM:yfkgf / kgM Plss/Ofdf hf\$ lbPsf] lyof] . ; d[4, cfwlgs / 6ofok0f{gkfn lgdf0fsf nflu cfly\$; fdlhs ?k]kt/Ofsf] cfwf/ tof/ ug{o; c6tl/d ofhgfsf]kdv nlo e6b}b]zdf ljBdfg j]fhuf/L, ul/al / c; dfgtf 36f0{lbuf] zfl6t :yfk]gdf ; 3fp k]ofpg] / cfd hgtfsf] hljgdf kl/jt]gsf] k]olf cgelt lbnfpg] o; ofhgfsf]kdv p2]o /x\$] lyof] .

/fxt, kgMgdff / kgMPlss/Ofdf ljz]f hf\$ lbg] /fhuf/dhs, ul/af]dv / km]flsnf] cfly\$ j]4 xfl; n ug] / cfly\$; d[4sf nflu lghl tyf ; xsf/L lf] ; d]sf] eldsfnf0{ k]ej sf/L jgfp] nufotsf /Ofgltx; ofhgdf lnOPsf] lyof] . o; ofhgfn]ef]ts ; Argfx;sf] kg]gdff / kgM:yfkgf ; fy} a6a k]flj tx;nf0{/fxt, kgM:yfkgf tyf ; fdlhs Plss/Of / ; dfofhg, l]sf; sf ; a}; Argf, lf] / k]qmf]df pk]lft ; dbfo, lf] / lnEsf] ; dfj]ls/Of, cfwf/e't ef]ts k]f]f/ Pj +dfgj ; +fwg l]sf; sf] nflu lzlf, :j:Yo tyf vfg]kfgl / ; /; km]0sf lf]df nufgnf0{k]yldstfsf] lf]df /fv\$] lyof] .

ofhgfsf] tlg j if\$] c]lwdf lg/k]f ul/al #! af6 @%\$ k]tzt]df em]\$] t/ o; }c]lwdf cfo lj t/Ofsf]c; dfgtf bz]pg]lugl u0fs)\$! af6)\$^ k]f]b]v] wgl / ul/aalrsf]c6t/ eg] a9\$]b]v]5 . o; c6tl/d ofhgdf cfly\$ j]4b/ %% k]tzt xg]nlo lgwf]Of ul/Psf] lyof] . o; d]w] s]lftkm{cf} t #^ k]tzt / u} s]lftkm{^% k]tzt j]4 xg]cgdfg ul/Psf] s]l] lf]df jflif\$ cf} t #@ k]tzt / u} s]l] lf]tkm{jflif\$ cf} t %! k]tzt]u/L jflif\$ cf} tdf \$% k]tzt]dfq j]4 ePsf] lyof] . ; dudf o; ofhgf c]lwdf ul/al lgj/Of, /fh:j ; \$ng, ufd]of ljB]ls/Of, ; 8s lgdf, ljBfno egf{ ljQlo lf]sf] l]sf; / ; xsf/L lf]sf] l]sf; df /fd]k]ult b]vPsf]eP tfklg s]l]f, pB]u, Jofk/, l; #f0, p]hf{ bu] lf]sf]; 8s ; -hfn; usf] cfa4tf ; d]sf] l]sf; k]f]f/sf] lf]df eg]7f] k]ult xg ; s]f] kf0b] .

lqj ifl6 ofhgf -@)^&.)^*-@)^(&)_

afx}ofhgfsf] ?kdf /x\$] o; lqj ifl6 ofhgfsf]bl3\$fnlg ; fj b0{bzs leq gkfnnf0{clt

sd ljsl; t /fi6af6 ljsf; zln /fi6df ?kft/Of u/L ; d[4, zft GofokOf{gkfn agfpg]/x\$] lyof]. pRr cfly\$ j|4 xfl; n e0{ul/alsf]/\vdlg /x\$]hg; Vofsf]k|tzt Gog /xg]/ gkfn Ps ; d[4 cfwlgs /fi6ef] ?kdf ljsl; t e0{b}zsf ; j} lfgdf zft / ; z; g sfod ePsf] cj:yfsf]kl/sNkgf /x\$]lyof].

o; of]hgfn] ; g\ @)!% ; Dddf ; x; f|bl ljsf; nlox; tyf ; Ddfghgs / nfehGo /f]huf/L l; hgf ug] cfly\$ c; dfgt 36fpg] lfglo ; Gthg xfl; n ug] ; fdlhs j|l-rtls/Ofnf0{x6fpg} gkfnlsf] hljg:t/df ; wf/ Nofpg] / lbuf] cfly\$ j|4 dkmf of]hgfsf] cGtodf ul/alnf0{@! k|tzt df emf]nlo /fv\$]lyof]. dht /f]huf/L s|b|t ; dfj z| tyf ; dGoflos cfly\$ j|4 dkmf ul/al lgj/Of / lbuf] zft :yfgdf ; 3fp k}ofpb} hgtfsf] hljgd kl/j tGsf] k|olf cgelt lbnfpg] of]hgfsf] kdV p2]o /x\$] lyof]. of]hgfn] dVotM /f]huf/L s|b|t km/flsnf] cfly\$ j|4 xfl; n ug] efjL ; 3lo k}z|x; / lfglo ; Gthgnf0{ ; d] Wofgd /fVb} ljsf; sf k}fxf/x; l; hgf ug] ; dfj z| tyf ; dGoflos ljsf; ug] dh}ssf] cfly\$, ; fdlhs ?kft/Ofnf0{ ; 3fp k}ofpg] ; z; g Pj +; jf k|jxfnf0{ k}fj sf/L agfpg] / Jofk/nf0{ dhk|fxls/Of ug] ; d] sf /Ofglltx; lnPsf] lyof]. o; of]hgfsf] aflif\$ cf] t j|4 b/ %% k|tzt sf]nlo /x\$] \$ k|tzt dfq xfl; n ePsf] lyof]. o; tk(s|if lfgsf] j|4 b/ # (k|tzt / u) s|if lfgsf] j|4 b/ ^\$ k|tzt xg] cgdg lyof] t/ s|if lfg tkk # \$ k|tzt / u) s|if lfg tkk \$ @ k|tzt j|4 xfl; n ePsf] lyof].

t}f}of]hgf -cfly\$ j if{@)&.&!-@)&@&#_

lj = @)&(-; g\ @)@_ leq gkfnnf0{cltsd ljsl; t /fi6af6 ljsf; zln /fi6df :t/f]gl ug] bl3\$fnlg ; f] /x\$] t}f}of]hgfn] b}zdf Jofk cfly\$ tyf dfjlo ul/al 36f0{cf d gkfnl hgtfsf] hljg:t/df k|olf kl/j tGsf] cgelt u/fpg] nlo /fv\$] lyof]. of]hgfsf] kdV nlo ul/alsf]/\vdlgsf]hg; ^Vof !* k|tzt df emf]nlo /x\$] @!^ df dfq ku\$] lyof]. o; of]hgfsf cGo kdV nlox;df jflif\$ cf] t cfly\$ j|4 b/ ^ k|tzt, s|if lfgsf] jflif\$ cf] t j|4 b/ \$% / u) s|if lfgsf] jflif\$ cf] t j|4 b/ ^& k|tzt xg] cgdg lyof]. of]hgfn] hnljB't tyf cGo pmhf{ljsf; , s|if lfgsf] p|kfbstj j|4, koGg, pBfu / Jofk/ lfgsf] ljsf; , cfwf/et lzlf, :jf:Yo, vfgkfgl tyf ; /; km0{lfgsf] ljsf; , ; z; g kj 4G ; 8s tyf cGo eflts k}fxf/x; ljsf; , k|s|ts ; f] / jftj/Of ; Af0nf0{ kfyldstfd /fv\$] lyof]. of]hgfsf] sfoffj og kZrft aflif\$ cf] t j|4 b/ @-(\$ dfq /x\$] o; d|lo] s|if lfgsf] @# k|tzt / u) s|if lfgsf] ##& k|tzt xfl; n ePsf] lyof]. ck|ft cfo' &! j if{k}ofpg]/x\$] ^ (aif{ku\$] lyof].

r}f}of]hgf @)&#.&\$-@)&%&^

; ljwfg; efaf6 lgdf ePsf] gkfn] klxnf]; ljwfg hf/L ePkZrft dh}sd ; ^B|o z; g kDffnl

nfu"eP kZrft goff ; l;wfgn]kl/sNkgf u/\$f] cfly\$-; fdfllhs cj :yfnf0{JoJ xf/df ?kfgt/Of ug[klxnf] ofhg f] rfwf] ofhg . @)& ; fnsf] l;gf; sf/L e\$Dkn] NofPsf] l;gf; sf] kg] l;gdfOf ug[kg] cj :yf klg kl7elddf /x\$] lyof] . o; ofhgfsf] ; f] :jfwlg, ; dGgt tyf ; dfhjfb pGdV /fli6o cyfGq Pj d\ ; d[4 gkfn] /x\$] lyof] eg] ; fdfllhs Gof; lxtsf] nf\$Nof0sf/L /fHo Pj +dWod cfo ePsf dh\$df :t/f]gt xg] o; ofhgfn] /fv\$] lyof] . rfwf] ofhgfn] pTkbfgzln /fhuf/L pGdV / GofokOf{l; t/Of; lxtsf] pRr cfly\$ j|4af/f ul/al Gogls/Of ub} cfly\$; fdfllhs ;kfgt/Of ug{pZ]o /fv\$] lyof] . o; sf cnfj f kDv kl/dfOffds nlox;df jflif\$ cf} t cfly\$ j|4b/ & kltzt, slif lqsf] jflif\$ cf} t j|4b/ \$& kltzt / u}slif lqsf] jflif\$ cf} t j|4b/ *\$ kltzt xg] kl]kOf lyof] . ul/alsf] /yfdlgsf] hg; ^Vof !& kltztdf enfg] ck]lft cfo' & jif{ k}ofpg] /x\$] ^(& aif{ku\$] lyof] . o; ofhgfsf] sfoff] og kZrft jflif\$ cf} t cfly\$ j|4b/ ^(- kltzt xfl; n ePsf] lyof] . lqut cfwf/df cf} t cfly\$ j|4b/ slif lqsf] \$ / u}slif lqsf] * kltzt /x\$] lyof] . ul/alsf] /yfdlgsf] hg; Vof eg] !*& kltzt ku\$] lyof] .

kGwf] ofhg f] @)^.&&-@)*).*!

rfn' kGwf] ofhgfn] bl3\$fnlg ; f] @!)) cufl8 ; f/\$] 5 . ; d[4 gkfn, ; vl gkfnlsf] bl3\$fnlg ; f] to u/L o; ofhgfnf0{cfwf/ ofhgfsf] ?kdf cufl8 ; f/\$] 5 . kGwf] ofhgfn] gkfnnf0{ ; dGgt, :jfwlg / ; dfhjfb pGdV cyfGq ; lxtsf] ; dfg cj ; / k]kt, :j:Yo, lz]lft, dof]bt / pRr hljg:t/ ePsf ; vl gful/s a; f]f; ug[dh\$sf] ?kdf :yflkt ug[b/b]i6 /fv\$] 5 . dVotM cfo j|4, uOf:t/lo dfgj khl l;gdfOf / cfly\$ hf]vdsf] Gogls/Of ub} l; j} &)& (; Dddf clt sd l;sl; t b}zaf6 l;sf; zln b}zdf :t/f]glt ug] / l; j} &)& * & ; Dddf l;buf] l;sf; nlo xfl; n ub} pRr dWoo cfo:t/ ePsf] dh\$df :t/f]glt xg] bl3\$fnlg ; f] tof/ ul/Psf] 5 . kGwf] ofhgfn] ; d[4 / ; vnf0{bl3\$fnlg /fli6o nlo to u/\$] 5 .

; d[4 cyfGq, ; fdfllhs Gof, tyf kl/is]t hljg ; lxtsf] ; dfhjfb pGdV nf\$Nof0sf/L /fHosf] ?kdf ?kfgt/Of ub} pRr cfo:t/ ePsf] dh\$df :t/f]glt xg] cfwf/ l;gdfOf{ ug] kGwf] ofhgfsf] /fli6o nlo /x\$] 5 . kGwf] ofhgfsf] kDv kl/dfOffds nlox;df kl]l;olQm sh /fli6o cfo !(% cd]l/sl 8n/ k}ofpg] ul/alsf] /yfdgl /x\$] hg; Vof (% kltztdf l; ldt ug] ck]lft cfo' & jif{ !% jif{dflysf] ; flf/tf b/ (% kltzt agfpg] nufotsf /x\$] 5g .

gkfn] ofhg f] kOffnlsf] ; ldlff

gkfn] ofhg f] 4 l;sf; kOffnlsf] cj nDag u/\$] ^ bzs eGb f nfd] cj lwdf kfrj 6f lqj ifl6 Pj +gf} j 6f k-rj ifl6 ofhg f] x;sf] sfoff] o ; DkGg e0; s\$] / k-rj ifl6 dWof] bzf] Pj +; du

blí6df k6wf}ofhgf ; d} sfof{ogsf]cl6td r/0fdf /x\$]5 . o; cj lwdf dh'sdf 7hf 7hf /fhgllts 36gf Pj +kl/jt6 eP, dh'sdf rf/ j6f ; lj>wfg g}kl/jt6 e0{kfrf}; lj>wfg nfu"eof] yk}sf6g tyf /fhosf glt Pj +kfyldstf kl/jt6 eP . b}zn]s}x 7hf ljkbx;sf]; fdfgf klug{kfof} . /hgllt ; w}t/n h:tf]a6of] . ; /sf/ kl/jt6nf0{xg]xf]eg] /fhgllts cl:y/tf gkfnstf]:yfol ljz]ftf h:t}a6g k6of] . ofhgj 4 lj sf; sf]of]nfd]cj lwdf ; fdf]hs, cfly6 Pj +dfgj lo k}f}w/df lj sf; Pj +p6glt xb}gePsf]klg xf0g . lg/k]f ul/al, lz]ff, :jf:Yo, cf}t cfo', cfwf/e't k}f}w/ lj sf; nufotsf ; Gbedf pkn]w;x; xfl; n gePsf klg xf0gg t/ ; jfn ofhgj 4 lj sf; kPffnstf]cjnd]g gul/Psf]ePklg xfn; Ddsf]lj sf; xg ; SYof] jf ; Sb6Yof]e6g]xf]. cyft gkfnstf]ofhgj 4 lj sf; kPffnl ; km xfl]s xf0g e6g]dx]j k0f{kz g xfl]. xfn; Dd sfof{og e0{ ; s\$ ofhgfx;n]lgwf{of u/\$f bl3\$fnlg ; f}r, nlo, p2]o ofhgfsf]ck]ff cg?k g}xfl; n xg ; s\$]eg]kf0b6 . xdf] cfjlws ofhgfsf b:tf]hx;n] u/\$f cl3Nnf cfjlws ofhgfx;sf]; ldfnf0{dfq}cfw/ df6f klg gkfnstf]ofhgf kPffnstf] pkn]wdf ; Gt}ff df6g ; lsg]cj:yf b]vb6 . ; dudf gkfnstf]ofhgf kPffnlDff /x\$ k6v sdhf]lx;nf0{lg0g adf]hd abfut ?kdf pNn} ug{ ; lsg5 .

s= bl3\$fnlg ; f}sf]lg/Gt/tfsf]cefj Pj +c:ki6tf,
v= nlo, p2]o Pj +kfyldstfsf]lf6 kl/jt6 e0/xg', lg/Gtff kfp g; Sg',
u= ofhgf kPffnl leq}laifo lf6ut ?kdf ; fdh:otfsf]sdl,
3= ; fwg; f}sf]cfsng / kl/rfngdf b'/blz]ff Pj +blftf Pj +kl/kSj tfsf]sdl,
a= ofhgfsf]lgwf{/t nlo / xfl; n pkn]w]stf]c6t/nf0{sd ug{g; lsg' jf nlo lgwf{of jf:tl]s agfpg g; Sg',
r= ofhgf / ah6 alrsf]tfnd]h sfod ug{g; lsg' . glt tyf sf6md sfof{ogdf ofhgfn] ah6nf0{g}lj ug{k6df ah6nf0{sf6mdn]k5bfp g}kg]cj:yf l; h6f xg',
5= ofhgfnf0{Jofj xfl/s, sfof{ogof]o / glthdhs agfpg'sf ; fy}sfof{ogdf lhD]f/L, pQ/bfol]j / hjfkb}l}tf :yflkt u/fpg g; lsg',
h= cfjlws ofhgf, d]lodsflng vr{; Argf tyf aflif6 ah6 / sf6mdar k6fj sf/L c6t/; Da6w :yflkt ug{g; lsg' Pj +; /f\$]jfnf lgsfox?df c6tl/sls/0f u/fpg g; lsg',
` = ofhgfx;df ; dul klfsf] :jfldtj :yflkt u/fpg g; lsg' . cfjlws ofhgf /fli6o ofhgf cf6]stf]dfq xfl]vfnstf]a6mf0{ ; f}f0{/ Jofj xfl/nf0{kl/jt6 u/fpg g; lsg' . j t6fg ; 3lo kPffnl df ; a}txsf ; /sf/n]fli6o ofhgfnf0{cfkng]ofhgfsf]?kdf ux0f ug[/ cfl d; ft u/fpg g; lsg' cflb k6v xg .

c6todf, ck]lft lj sf; sf nflu ofhgf k4tl cfkng] /df]pkfo xfl]. o; df sdhf]lx; gePsf xf0gg sdhf]l eP eg] ofhgf kPffnl g}l7s ePg / 56 e6g ldNb6 . v/fal ofhgf kPffnl df xf0g xdf]sfof{og lfdt, blftf / k}tj 4 tdf 5 . casf]cfjZostf xfn; d]dsf sdhf]lx;sf] lgd6 ; dlff ub{xfl; n ePsf pkn]w;x;nf0{ ; yfut agfpb}; 3lo kPffnl cg?ksf]jf:tl]s

w/ftnlo oyf ydf cfwl/t cfj lws of hgf thd / ; f] sf] kffj sf/l sfof] ogsf] lj snk eg] b]lvog .

; GbE ; fdfull

klyd b]lv klf] of hgf x;- /fli6o of hgf cfof]v

gkfnst] ; h]wfg - sfgg l stfa loj :yf ; ldt

of hgf j 4 lj sf; df xfdl sx f c; km eof] < uf] klgfy d]fnl ht ps://www.karobardaily.com.

भूमिहीन दलित, भूमिहीन सुकुम्बासी तथा अत्यवस्थित बसोबासीको व्यवस्थापन

इन्दिरा आचार्य*

; f/fz

el'dnf0{k|s|tkpQ ; Dkbf dflg65 . eld dfgj hfltsf nflu uf, , af; , skf; / hljgsf cfwf/et
cfjZostf k/f ugIdVo ; f; xf]. xfd]bž gkfnf s|lfd cfl>t hg; Vof sl/a ^% k|tzt /x\$]5 .
pTkfbgsf]dVo ; fwg g}eld xf]. s|l tyf vfB pTkfbg, pBf] wGb snsf/vfgsf ljleG sRrf
kbfx; pTkfbgsf ; fy}dfgj hljg / hlj sfsf clwsfz bljgs lqmfnsfks;sf]dVo ynf]xgsf ; fy}
; f:s|ts klxrf / ; d[4sf]cfwf/ klg eld xf]. To; h]dfgj hljgsf]cleG lx.; fsf]?kdf el'dnf0{
ln0[5 . ; a}gful/ssf]cfj; / elddflysf]kx, clwsf/ / :jfldTj :yflkt u/f0{eldxlgtsf]cGto,
el'dsf]dxQd pkof] / hgdvL Pj #ofok0f{eld Joj:yf :yflkt ugk]g]bl]v65 . gkfnf]; l;wfgsf
df]ns xs, /Hosf]glltx? tyf cg; l'df eldxlgtsf]cGtosf] tyf blnt / ; Sdaf; Lsf]; DaGwdf
ljleG kfjwfgx? /x\$] 5gl . o; sf]; fy}Pg, lgod, sfof]lw, lgb]zsf, dfkb08 tyf ; Argf dfkm
sfof? e}x\$]f\$ tflg of]; d:of cem hl6n ab}uPsf]5 . o; sf]; dfwfgfy{cGt/lgsfo aem0{/
; dg]osf]68sf/]cfjZostf /x\$]5 .

laifo kjž

el'd ; a}kfofl hutsf]; fem af; :yfg / hghlj sfsf] cfwf/et j:t' pTkfbgsf] ckl/xfo{t/
; lldt kfs|ts >f; xf]. k|j]lsf]&! k|tzt ; txd kfgl / @(k|tzt eëfu ePsf]df d;el'd,
lxdfn, jghun, tfntn0f, gblgnfsf]efu s6pbf e"-v08sf]#% k|tzt cyf k|j]lsf]; Dk0f{
; txsf]sl/a !! k|tzt dfq}s|lifo]o / ! k|tzt a; f;f; /x\$]5 . gkfn ; /sf/]el'd
Joj:yf; ; xsf/l tyf ul/al lgj/Of dgfnosf cg; f/ gkfnf]@& k|tzt eëfu cfjbl of]o
5 . /fli60 hgu0fgf @)^* cg; f/ gkfnf sh %\$ nfv @# xhf/ @(& 3/kl/jf/ d]o] &\$
k|tzt ls; fg /x\$]f] %# k|tzt ls; fg kl/jf/; u sh s|lifo]o el'dsf]!* k|tzt dfq}hdlg
5 . To; u/L, *%@^ k|tzt kl/jf/sf]cfkn};jfldTj sf]3/ 5 eg]afsl ef8f nufotsf]df a; f;f;
u/\$]f]cj:yf /x\$]5 . gkfnf eldxlgtsf]cGto ub}lbuf]; dfwfgsf]nflu dgfn, ljefu,
sfofxox? tyf cfof] u7g u/L hluf kzf; gnf0{Jojl:yt ug{ljeG kpf; x? xb}cfPsf
5gl . km:j?k eldxlg blnt, eldxlg ; Sdaf; L tyf cJojl:yt a; f;f; Lsf]Joj:yfkgf]nflu
gkfn ; /sf/]n]/fli60 eld cfof]sf]u7g u/L sfok]spf cul8 a9Psf]5 .

/fli60 eld cfof]sf]u7g ; DaGwL sfg]l kfjwfgx? / o; n]ug]sfof?

gkfnf]; l;wfg, sf]df]ns xs cGt]t wf/f !^!_ df k]o\$ JolQmf0{; Ddfgk] \$ afRg kfp]g

*उपसचिव, राष्ट्रिय भूमि आयोग

xssf]Jo] :yf ul/Psf] 5 . wf/f !*!_ df ; a}gful/s sfgg]sf] bli6df ; dfg xg]5g) s; }f0{ klg sfgg]sf] ; dfg ; Af0faf6 j1-rt ul/g]5g e]g]pNn]v 5 . wf/f #& !_ / -_ df k]o} gful/snf0{pkoQm cfjf; sf]xs xg]/ sfgg adf]hdafx\$ s}klg gful/snf0{lg]hsf]:jfld]df /x\$]af; :yfgaf6 x6f0g]jf cltqmd0f ul/g]5g e]g]kfjwfg /flvPsf]5 . o; }u/L wf/f \$) df /fHon]el'dxlg blntnf0{sfgg adf]hd Ps k6s hdlg pknAw u/fpg]/ cfjf; ljxl]g blntnf0{ a; f}af; sf]Jo] :yf ug]eg\$]5 . wf/f %! -h_ df gful/ssf cfwf/e't cfjZostf ; Da6wl glt cGtu} c]ojl:yt a; f}af; nf0{Jo] :yfk]g ug]tyf of]hgfa4 / Jo]l:yt al:t lj]sf; ug]glit pNn]v 5 . ; }jwfg, eld ; Da6wl P}g, cfjf; P}g cflbn]el'dxlg tyf c]ojl:yt a; f}af; Lsf] Jo] :yfk]g ug]:ki6 Jo] :yf u/\$]5 . o; }u/L cg; }ldf ; }3, k}p} / :yfglo txsf]clwsf/sf] ; fef ; }l -cg; }l -(_ df ; }Daf; L Jo] :yfk]g /x\$]5 .

; }jwfgsf] ; fy}el'd ; Da6wl P}g, @)! sf]bkrf %@ .u] / .u] df el'dxlg ; }Daf; L / c]ojl:yt a; f}af; Lsf] Jo] :yfk]g ug]pNn]v 5 . To; df ; /sf/L, P}hfgl, ktl{jf ; /sf/L clen]df jg hlgPsf]eP klg sDtdf !) jif}v 3/6x/f agr0{a; f}af; u/\$] Jo]Qmf0{Jo] :yfk]g ug]pNn]v ul/Psf]5 . cfjf; sf]clwsf/ ; Da6wl P}g, @)&% df k]o} gful/snf0{pkoQm cfjf; sf]clwsf/ / To:tf]clwsf/sf] ; Ddfg / kl/kl't{xg} e]g]Jo] :yf 5 .

el'dxlg blnt, el'dxlg ; }Daf; L tyf c]ojl:yt a; f}af; Lsf] Jo] :yfk]gsf] nflu ; }jwfgsf] cltl/St el'd ; Da6wl lgodx?, @)! -p}gf0; }j; }f]w}g ; d}_ , hluf gfk}h}r P}g, @)!(, dfnk}f} P}g, @)#\$, el'd ; Da6wl P}g, @)! sf]bkrf %@s sf]pkbkrf #- / bkrf %@v sf]pkbkrf -^_ adf]hd]sf]clwsf/ k}f]u u/L g}k}n ; /sf/af6 u7g ePsf] %@ s=hldg pknAw u/fpg]-!_ g}k}n ; /sf/n]el'dxlg blntnf0{Ps k6ssf nflu tfl]SP adf]hd tlg aif{leq hdlg pknAw u/fpg] 5, %@ v=el'dxlg ; }Daf; lnf0{hluf pknAw u/fpg] %@ u= c]ojl:yt a; f}af; lnf0{Jo] :yfk]g ug]kfjwfg /x\$]5g} .

ol kfjwfgnf0{sfof]ogdf ; xof]u ug\$] nflu jf el'dxlg blnt, el'dxlg ; }Daf; lnf0{hluf pknAw u/fpg] tyf c]ojl:yt a; f}af; lnf0{Jo] :yfk]g ug]k}f]h]gsf] nflu /fli6o el'd cfof]u u7g cfb}z, @)&* -bf}f] ; }f]w}g ; d}_ adf]hd ldt @)&*.)% df /fli6o el'd cfof]usf]u7g ePsf]xf] . /fli6o el'd cfof]u u7g kZrft sfof]lw / dfkb08 -el'dxlg blnt, el'dxlg ; }Daf; L / c]ojl:yt a; f}af; Lsf]klxrf / k}df0]s/0]sf]cfwf/ / dfkb08, @)&*, el'dxlg blnt, el'dxlg ; }Daf; L / c]ojl:yt a; f}af; Lsf]nut ; }ng ; D}6wl sfof]lw, @)&*, el'dxlg blnt, el'dxlg ; }Daf; L / c]ojl:yt a; f}af; lnf0{hluf pknAw u/fpg] ; Da6wl sfof]lw, @)&*, ljutsf cfof]u, ; ldt / sfof]nsf af]sl sfd ; Dk}g ug] ; Da6wl sfof]lw, @)&*, _ lgdf}f u/L ; }xl adf]hd sfo{ub}cf0{x\$]5 .

e'ldxlg blnt, e'ldxlg ; S'Daf; L / cJojl:yt a; f'af; Lnf0{Joj :yfgk ug\$}nflu
lgsfout / txut eldsf

!= s'bbp cfof'j j f /fli6o eld cfof'j]dVo eldsf

e'ldxlg blnt, e'ldxlg ; S'Daf; L / cJojl:yt a; f'af; Lsf]klxrfg / k'p'f'of'ls/ofsf]nflu cfwf/
/ dfkb08 t'f\$g] nut ; °ngsf] nflu cfjZos 9'f'f'f tof/ ug] t'Yof°sf] ljZn'f'of ug{
cfjZos k'p'f'nl'sf]lj'sf; u/L ; f'xl k'p'f'nl'sf]cfwf/df cJojl:yt a; f'af; Lsf]h'lu'f'sf]j'ul\$'/Of
ug]cJojl:yt a; f'af; Lnf0{h'lu'f pknAw u/fP afkt P'g adf'f'h'nd'sf]b:t/ Ing] xba'g'bl e'g'bf a9L
e0{/f\$'sf /x\$'f h'lu'f e'ldxlg blnt, e'ldxlg ; S'Daf; Lnf0{pknAw u/fpg]h:tf sfo'x? ub\$.
o; sf] ; fy} /fli6o eld cfof'j]n]e'ldxlg blnt, e'ldxlg ; S'Daf; L / cJojl:yt a; f'af; Lnf0{
Joj :yfgk ug{r/0fa4 ?kdf ; H'f'k'tdf b'x'fo adf'f'h'nd'sf]sfo'j'lw c'j'nd'j'g u/\$'f]5 .

; j'k'lyd :yfglo txsf]5g'f' / ; xdl't kqdf x:t'f'f/ ug]

nut ; s'ngsf nflu lgj'bg lbg]#% lbg] ; f'j'f'lg's ; 'rgf k'sf'zg ug]

nut k'p'f'nl'df k'j'li6 ug]

cfof'j]n]:yfglo txsf] ; d'g'j'odf lj t/Of jf Joj :yfgk ul/g]gsf/f'ld's ; 'L afx\$'sf ; /sf/L
h'lu'f'sf] klxrfg 5g'f' / j'ul\$'/Of ug]

; Dal'wt g'f'kl sfof'f'ho d'f'k'f' h'lu'f g'f'k h'f'r -h'lu'f g'f'k h'f'r'df satellite image, total
staton h:tf cfwl'gs l8lh6n k'j'lw k'p'f'j_ ug]

g'Szfsf]database tof/ / eld nut k'j'li6 ug]

j8f ; ldl'tn]lgj'bg'sf]h'f'ra'em u/L sfo'k'f'ln'sf'nf0{l; k'f'f/; ug]

sfo'k'f'ln'sf'n]k'p'f'of'ls/of u/L cfof'j]nf0{l; k'f'f/; ug]

cfof'j]n]cfjZos h'f'ra'em u/L k'p'f'of'ls/of ug]

e'ldxlg'nf0{h'lu'f lj t/Ofsf]lg'of'6, l'k'n'8 a's tof/L / h'lu'f b'tf{; Da'gwL sfo{ug]

cJojl:yt a; f'af; Lsf]h'lu'f'sf]j'ul\$'/Of / /fhZj lgwf'f'Of ug]

cJojl:yt a; f'af; Lnf0{Joj :yfgk ug]lg'of'6, l'k'n'8 a'sdf b'tf{, /fhZj e'Q'f'gl

>}tf k'h'f{tof/L / lj t/Of ug]/

sfof'f'j'og'sf nflu ; Dal'wt g'f'kl=d'f'nf'k'f'j' sfof'f'odf x:t'f'f't/Of ug].

cfof'j]s'f]dVo l'h'd]j'f/L e'g's'f]e'ldxlg blnt / e'ldxlg ; S'Dj'f; Lnf0{cfj'f; jf s'l'f's'f]nflu
h'lu'f pknAw u/fpg] cJojl:yt a; f'j'f; Lsf]Joj :yfgk ug]/ lj'ut'sf cfof'j]x?n]u/\$'f'cw'f
s'f'dx?sf]c'w'boog / To; sf]lg?k'Of ug]/x\$'f]5 . /fli6o eld cfof'j]n]e'ldxlg blnt / e'ldxlg
; S'Dj'f; L / cJojl:yt a; f'j'f; Lsf]Joj :yfgk ug\$}nflu log'lx?sf]kl/e'f'iff ; d'j' u/L sfo{
u/L/x\$'f]5 . h; cg; f/ æ'ldxlg ; S'Daf; L'æ' e'g'f'n]g'k'f'n /f'Holeq c'f'k'f'g]j'f c'f'k'f'g]kl/j'f/sf]
:j'f'ld]j'df h'lu'f h'dlg ge'P'sf] / c'f'k'f'g]j'f c'f'k'f'g]kl/j'f/sf]cfo c'f'h'g, ; f'j' jf k'p'f; af6
h'lu'f'sf]k'p'g'w ug{c; dy{Jol'Qm / lgh'k'l't c'f'l>t kl/j'f/ ; d'j'nf0{hg'f'p'b5 .

æcJojl:yt a; fǽf; lǽ eGgn]c6oq btfffn hluuf ePsf / sldtdf !) jif{b}lv cfjfb sdfj xb} cfPsf]; /sf/l Pǽhgl, ktll{jf ; /sf/l clen}vdf jg hlgPsf]eP tfklg nfd]; dob}lv cfjfb sdfj u/l 3/ 6x/f agf0{a; fǽf; u/ǽf cfl>t kl/jf/ ; d}nf0{hgfpb5 .

ældxlg blntǽ eGgn]/fli6o blnt cfof}uáf/f blnt egl ; ǽls[t hfltsf eldxlg ; ǽdaf; lnf0{ hgfpb5 . ol tlgj6}el dxlg blnt, eldxlg ; ǽdjf; l / cJojl:yt a; fǽf; lnf0{JoJ:yfkg ug} spdf cfof}un]hluuf pknAw u/fpg ; Sg]; ǽlsf]; d} pNn}v ePsf]5 . ; f}xl adf}hd pknAw u/fpg ; lsg]; sf/flds ; ǽlsf]hluuf / gsf/flds ; ǽlsf]hluuf b}xfo adf}hd /xǽf]5 .

; sf/flds ; ǽlsf]hluuf

cfjfb nfos jf a; fǽf; of}o Pǽhgl hluuf,
ktll{ gbl psf; nufotsf a; fǽf; jf v}t}of}o c6o ; /sf/l hluuf,
; fljssf]jg lf} hlgPsf]ePklg cfjflbdf kl/of}t ePsf]hluuf,

gsf/flds ; ǽlsf]hluuf

wldǽ, ; f:slts tyf ; fdl/s dx}jsf lf}leqsf hluuf,
kfs}ts k}sfk, lj kb}JoJ:yfkg / jftfj/of ; Af0fsf]bl}i6af6 ; /lft ug{cfjZos bl}vPsf] hluuf,
; fj}hlgS hluuf,
gbl, vf}hf jf gx/ lsgf/fsf]hluuf,
hf}vdoQm :yfgdf a; fǽf; ul/Psf]hluuf,
/fli6o lgs}h jf ; Alft lf}sf]hluuf,
¿v la?jfn]9flsPsf]jg lf}sf]hluuf,
; 8s ; ldfleqsf hluuf,
g}kn ; /sf/, k}ǽ ; /sf/ / :yfglo txsf]k}f}sf]nflu cfjZos /xǽf]hluuf,
s; ǽf]lg}h hluufdf ef8f lt/L jf glt/L a; ǽf]hluuf,
epkof} lf} julǽ/ofdf cfjf; jf s}ifsf]nflu pknAw ug{g; lsg]hluuf .

@= eld cfof}u IhNnf ; ldlts} eldsf

g}kne/sf && j6}IhNnfd} IhNnf ; ldl}t u7g ug{k}jwfg /xǽf]5 . pSt ; ldl}tx?n]sfo{f}u; l} ; DalGwt ljifodf k}ǽ ; /sf/ / IhNnfleqsf :yfglo tx; l} cfjZs ; d}jo ug} :yfglo txsf kbflwsf/lx?nf0{cled}vls/of tflnd lbg} ; /f}f/jfnf; l} 5nkm / c6t/lqmf ug} :yfglo txaf6 eP u/ǽf sfo}f]lgoldt cgludg ug} nut ; sng ug} cJojl:yt a; fǽf; lsf]hluuf julǽ/of, dNof}sg / /fhZj l}gw}f}of ug} g}fgk}Szf ,hluuf lj t/ofsf]lgof6, lkmN8 as tof/L /

hluuf btf{; DaGwl sfo{ugI >}tf khf{tof/L / lj t/Of ugI tyf sfof{ogsf nflu ; DalGwt gflk
=dfnkf} sfof{odf x: tft/Of ugI nufotsf sfo{? ub5 .

#= :yfglo txsf]el dsf

/fli6o eld cfof{; u sfo{ xdl t kqdf x: tfl/ ul/; sKl5 #% lbg] ; 'rgf k}sfzg e} sKl5
; DalGwt :yfglo tx dfknt b}fo adf]hdsf sfo{? xg]ub5gl .

eldxlg blnt, eldxlg ; sDaf; L / cJojl:yt a; f}f; Lsf]klxrfg, nut ; sng / kpf0fls/Ofsf]
nflu k}of} :yfglo txn]a: t]sf]txut lfq t}Sg]

eldxlg blnt, eldxlg ; sDaf; L / cJojl:yt a; f}f; ln]a; f}f; jf cfjfb sdf] u{/sf
a: tlx?sf]lj j/Of, a; f}f; Lsf]cgdflgt 3/ kl/jf/ ; Vof nufotsf lj j/Of tof/ ugI

nut ; sngsf nflu cfjZos Joj: yfkslo k}Gw ldnfpg]

eldxlg blnt, eldxlg ; sDaf; L / cJojl:yt a; f}f; Lsf]nut ; sng lgj }g btf{ePsf]
hfgsf/L : j; k tYof° k}j li6 ePkI5]lg; ; f e/L t]sin lgj }snf0{aemfpg]Joj: yf ldnfpg]

eldxlg tyf cJojl:yt a; f}f; L Joj: yfkg ; xhls/Of ; ldt u7g ug{; xof{ ugI

nut ; sng sfo{f nflu ; }f s}b| u7g ugI

gflk sfof{oa6 u7g ul/Psf gflk 6f]hdf /xg] u/L gfkGszf ; DaGwl sfo{ ug{ k}Gw
ldnfpg]

eldxlg blnt, eldxlg ; sDaf; L / cJojl:yt a; f}f; Lsf]nut ; sng / kpf0fls/Ofsf]
qmdf :yfglo txn]sg}zNs jf b: t' glng]

nut ; sng tyf kpf0fls/Ofsf]sfo{Jojl:yt / lgwf/t ; do leq ; DkGg ugI

; }f s}bdf /xg]sd{f/lnf0{cledVls/Of ugI]Joj: yf ldnfpg]

cfjfb sdf] ug{ldNg]hldg klxrfg u/L gfkGszf ug{: yfglo tx dfknt lhNnf ; ldtnf0{
l; kmf/; ugI.

\$= k}zsf]el dsf

eldxlg blnt, eldxlg ; sDaf; L / cJojl:yt a; f}f; Lsf]Joj: yfkg ; DaGwdf k}z ; /sf/; u
cfjZos ; dgj o, clen}ls/Of / cgludg ug{ Sg]kfj wfgsf ; fy} b}fo adf]hdsf sfo{? xg]
ub5gl .

eldxlgnf0{ lj t/Of ugI hluufsf] klxrfg / 5gf6 :yfglo txn]ug{g; s}f cfof{un] k}z
; /sf/; u ; dgj o u/L To: tf] hluufsf] klxrfg / 5gf6 ugI

cfof{un] eldxlgnf0{ hluuf lj t/Of / cJojl:yt a; f}f; Lsf]Joj: yfkgdf k}z ; /sf/; u
cfjZos ; dgj o / ; xhls/Ofsf nflu cg/f} ug{; Sg]

pknAw u/fpg ldnG] hluuf xf]xf}g eGg] ; DaGwdf k}z ; /sf/ / :yfglo txsf] ; dgj od
Plsg ugI u/fpg]

cfouln] eldxlgnf0{ hluuf lj t/Of / clojl:yt a; f;f; lsf] Joj:yfkgdf kbz ; /sf/ /
 :yfglo txsf]; d;ljodf sfd ugI
 eldxlgnf0{ hluuf lj t/Of / clojl:yt a; f;f; lsf] Joj:yfkgdf eP u/;f sfdsf] cgludg
 ; Dalwt kbz ; /sf/n]ug{; Sg]
 eldxlgnf0{hluuf lj t/Of / clojl:yt a; f;f; lsf]Joj:yfkgdf kbz ; /sf/ / :yfglo txn]
 cfoulnf0{cfjZos ; xofu ugkg,I
 cfouln]pknAw u/fPsf]hluuf / To:tf]hluuf kft ugIeldxlg blnt, eldxlg ; Sdaf; l /
 clojl:yt a; f;f; lsf]clen; ; Dalwt kbzn]/fVg' kgI.

%= gfkL sfofnosf]el dsf

lhNnf:yt gfkL sfofnosf]sfofno kpV lhNnf eld cfoulsf]; ldltsf]; b:o ; lrj sf]?kdf
 dxTj kOf{lhOd]f/l /x;f]x;5 . o; sf]; fy}gfkL sfofnon]Focal Person tf;L gfkL sfofnos}
 g;Tj df gfkGszf ug{6fhl u7g u/l gfkG; f ugI sfo{ub; . . cfoulaf6 :jls[t ePsf gSzf
 ; Dalwt lhNnfsf]; b/d;sf l:yt gfkL sfofnosf] gfkL clws[t;n] kpflOfT ugI / cfoulaf6
 kpflOfT clen; ; lxt gSzf ; Tt kft ePkI5 gfkL sfofnon]To:tf]gSzf ; Tt nfu"ug{kgI
 kfjwfg /x;f]5 .

^=dfnkf] sfofnosf]el dsf

lhNnf ; ldltdf dfnkf] sfofnosf]klg kltlgw ; b:o /xg]kfjwfg 5 . dfnkf] sfofnodfkm
 /lhi6;g ugI hluuf ; Tt lj j/Of /fVg]tyf kpfls/Of ugInufotsf sfo{? xg]ub;g\ . dhTl
 cfoulaf6 :jls[t ePsf hluufwgl ; Tt tyf hluufwgl kpflkfhf{eld; wf/ tyf dfnkf] sfofnosf]
 dfnkf] clws[t jf dfnkf] sfofno /x;f]:yfgdf ; f] sfofnosf]kpVn]kpflOfT ug{kg; .
 cfoulaf6 kpflOfT clen; ; lxt gSzf ; Tt kft ePkI5 dfnkf] sfofnon]To:tf]gSzf ; Tt
 nfu"ug{kg; .

/fli6 eId cfoulsf]pknIawdhs sfo{

eldxlg blnt, eldxlg ; Sdaf; l / clojl:yt a; f;f; lsf]:yfglo txdfkm ; sng ePsf nut
 kljli6, kft nutsf] jul;f/Of / ljZn]fOf, sfg;df pNn; ePsf] xbleq /xl pknJw u/fpg]
 hluufsf] lfk;km olsG, clojl:yt a; f;f; ln]aefpgkgI b:t/ lgwf{Of cflb sfo;f nflu nut
 kljli6, jul;f/Of, b:t/ lgwf{Of, khf; ; Tt:Gszf ; DjwL kpffnl lgdf;f pkof;df NofOPsf]
 5 . hg kpffndf x;f :yfglotxn]cfk;h]; sng u/;f eldxlg blnt, eldxlg ; Sdaf; l /
 clojl:yt a; f;f; lsf]lgj;g km/fdsf]lj j/Of kljli6 :jo+:yfglotxn]g}ugI/ lgj;g km/fdnf0{
 klG :Sofg u/l cknf; ugIJoJ:yfn] clen;g ug{; xh xg]bl;v;5 . o; sf]; fy}kpffnl]sf]

pkofuaf6 bxfjfkq / u/sfggl bfjlnf0{klg lgo6q0f ug{; lsg]cfwf/ lgdf0f ePsf]5 . cldg ; j]fs lgo10m u/l lhNnfx?df gfkhhf]sf] nflu k7fPsf] 5 . kbz:t/lo, lhNnf:t/lo tyf kflnsf:t/df cledvls/0f sfo\$pd ; #fng e0{x\$}f 5gl . ; rgfdf ; a\$]kxR ; xh agfpg / hf] S}hf0{cfofu]sf]ultljwl jf/]hfgsf/L u/fpg]p2]on]cfofun]j} ; f06 lgdf0f u/L pkofudf NofPsf]5 . cfofu]sf ultljlw, ; Dal6wt sfgg, lgod, sfo]lw?, sfo{ Dkfbg; u cfjZos 9fif Pj +gj}bgx?, ; Rgfx? cflb lgoldt ?kdf ck8b ug[u/\$]5 .

/fli6o eld cfofu]sf]@)&(kmfug; Dd kPffnldf sl/j * nfv lgj}bgx?sf]nut ; \$ng ePsf] 5 . h; dWb]el'dxlg blnt %(*)^ el'dxlg ; S}Daf; L !@%\$%# / c]ojl:yt a; f]f; L ^!@#& /x\$}f5gl . rfn' cfly\$ aif0f !*#@ j6f nfnkhf{el'dxlg blnt, el'dxlg ; S}Daf; L / c]ojl:yt a; f]f; lnf0{lj t/0f u/\$]5 . tl; #-)_ j6f lhNnfdf gfkGszfsf] sfo\$]f] nflu cldg ; j]fs v6f0{lgsfout ; dgjodf sfo{e0{x\$}f 5 . o; u/L ^(! :yfglo tx; u sfo{; xdlit kqdf x:tlf/ e0{^** :yfglo txsf]nut ; \$ngsf]nflu ; Rgf k\$}fzg e0{sfo{cuf]8 al9/x\$}f] cj:yf 5 .

ctM /fHon]; ljwfg tyf sfgg}x?sf]sfof]ogdf tbf?stf b}yfpb} hgtfsf]xssf]; Ddfg ub{ / pSt xssf]:yflkt ug{cfofudfkmf nful kg{; sf/flds sbd dfg ; ls65 .

; Gbe{; fdu]x?

gkfn]sf]; ljwfg, @)&@,

eld ; Da6wl P}g, @)@!, eld ; Da6wl lgodx?, @)@!,

hluf gfkhhf] P}g, @)! (, dfnkf] P}g, @)#\$,

/fli6o eld cfofu] u7g cfbz, @)&*,

el'dxlg blnt, el'dxlg ; S}Daf; L / c]ojl:yt a; f}f; lsf]klxrfg / kpf0fls/0fsf]cfwf/ / dfkb08, @)&*

el'dxlg blnt, el'dxlg ; S}Daf; L / c]ojl:yt a; f}f; lsf]nut ; \$ng ; Dj Gwl sfo]lw,@)&*,

el'dxlg blnt, el'dxlg ; S}Daf; L / c]ojl:yt a; f}f; lnf0{hluf pknAw u/fpg]; Da6wl sfo]lw, @)&*

ljutsf cfofu], ; ldlit / sfo]nsf affsl sfd ; DkGg ug] ; Da6wl sfo]lw, @)&*,

aflif\$ k}tj}bg, /fli6o eld cfofu],

aflif\$ k}tj}bg, eld Joj:yf ul/al lgjf/0f tyf ; xsf/L d6qfno .

; /sf/L j]; f06x? -www.cbs.gov.np,www.molcpa.gov.np,www.nlc.gov.np_ .

अन्तराष्ट्रिय डांक संचालन तथा डांकलेखा राख्ने व्यवस्था

दिवाकर देवकोटा

CN 31 कम्/फडस्/कल/रो, दखि त्य एग/तल/स्

लज्जि खहस ; अन]लज्जे/लस् बख?न]खहस ज:त' च्बफ्ग क्पफ्ग -लज्गदो_ उग/जो:यफ्नो{; खह;
;/नलस्[त, जो:यत, ल्गदो त्य प्स?क्त्फ क्पफ्ग उग{दख; ल्ग -UPU Convention_ थ्दु/ उ/ल
ो; स्/दख्क्ल्वज्ज्ग -UPU Congress_ अफ क्फ/त उ/फो{लज्जे/ल न्फु' उ/स्/ 5 . ो; /ल ख्ग] 8'स
च्बफ्ग क्पफ्गस्/ल; फा लस्त्फि उ/ल तो; ज्फ6 ब्लव्प अद/ह्दस्/स्द बो{खहस ; फ्फन्स?अल् च्फुद्ल
जिफ्द/ एग्/ल ल्ग ल्ब] उ/ल/ 5 .

लज्जि खहस ; अस्/दख; ल्ग, @)@) -; फ्ग्_ ज्द/ह्द ज्द]स् 8'स क्फ्ग] ब्ज्स्/खहस ; फ्फन्स
-ग्/फ्फन्स्/; ब्द/ उ/ज्जि/फ् खहस_ न] 8'स अल्ल' क्ज' {; ज} लज्ज/ओ/ CN 31 form -ग्/फ्फन्स्/; ब्द/
रन्ग्ल ; र_ स्/स्/ 6'द?दु/स्/; र्ग् ग्5'फो{ एग{ क्ब5 . ल्ग्ल, ो; स्/ च्फ/द/ क्ल5 द्ल; स,
र/द्ल; स / ज्फ्लिस् न्/य/ तो/ ख5 . ो; अस्/ CN 43 Verifcation Note, द्ल; स, र/द्ल; स /
ज्फ्लिस् न्/य/द/ स्} स्/क्मोत् ब्ल/वो/ एग] CN 31 द् ह्ग/प्स्/ च्स् / च्ो लज्ज/ओ/फ्नो{दवो क्पफो
द्व्ल स्/क्मोत्स्/ ल्ग/स्/ उ/ल/ 5 .

च्ग/त/ 60 लर7ल क्ग् -Letter Post_ च्बफ्ग क्पफ्ग्द CN 31 Letter Bill दवो ब:त्फि ख] .
ो; न्फो{ 8'स लज्गदो, ; फ्क्5, च्ग्; ल्ग् त्य 8'स न्/य/द/ स्} लज्जि ब्लव्प ; स्/ ल्ग?को/ उग/
क्पफोस्/ ?क्द ल्नो5 . ो; न] लज्जि खहस ; अन] क्फ/त उ/स्/दख; ल्ग्स्/ ल्गदो] उ/स्/ जो:यस्/]
क्ल/ज्म क्फन्ग उ/ल CN 31 द् स्} क्ल; र्ग् त्य तवो क्ल5 ; द् क्म/स् ग्क्ग/ उ/ल क्लेन्/लस्/ओ/
उग{ क्ब5 . त/ ग्क्फन्द खहस्द/ स्द उ/ल च्गेज् खि; न उ/स्/ स्द/ल/ 156] 156] ; ?ज् ख्ग]
उ/स्/ 5 . ो; न] उब{ व्; उ/ल ज्द]स् खहस ; फ्फन्ग, 8'स ज:त' स्/; फ्क्5 -Enquiry_ त्य
च्ग/त/ 60 8'स ; फ्फन्ग त्य न्/य/स्/ ल; फ्ग् /व्ग् ; स्} च्गेज् स्द/ल/ त्य ; फ्फुत् ; द्ग्
-Inst tut onal Memory_ च्ेज् ; व्ग्/व्लस्] उ/स्/ 5 . खहस्द/ क्ब:यक्ग् त्य ; ?ज् ए/ च्फप्स्
स्द/ल/ न्फो{ लज्जि खहस ; अस्/दख; ल्ग त्य ल्गदो न्फोत् ज्द]स् 8'स ; फ्फन्ग त्य न्/य/ क्पफ्न
ज्/] ह्ग्स्/ल ल्ब ो; द् क्पफ्ग् ख्ग] क्फ/द/स् क्म/द त्य तो; द् एग{ क्ग्/ 7ल् लज्ज/ओ/फि/] ह्ग्स्/ल
ल्ब] क्मद/द/ ओ] न्/य/द/ CN 31 -Letter Bill_ / CN 33 -Registered Special List_ द् लज्जि र्फ/
उ/प्स्/ 5 .

ग्क्फन्द खहस ; फ्फन्ग उग{ खहस ;] ल्जेफुनो{ Designate Operator त्य ज्द]स् खहस ज:त'
लज्गदो उग{ एग्ल उ/ज्जि/फ् खहस/नो{ Internat onal Of ce of Exchange त्/स्/प्स्/ 5 . तो; न] उ/ज्जि/फ्

xhfsn]j]z 8fs rnfgl ubf{CN 31 knf/fddf cfjZos ljj/Of Pslg u/L eg{k5 . lr7lkq tk6f
8fs ; rnfngdf o; nfo{kpf0fs dflg5 / o; }cfw/df 8fs ljlgdos]n]f /flv65 .

CN 31 df C n] Convent on / N n] knf/fdsf] Number cyff ljZj xhfs ; }sf] dxf; l6w
Convent on sf]Form Number e6g] hgfp5 . CN 31 knf/fddf lb0Psf lale6g sf]7x?df
ljbzdf 8fs k7fpg] / k7fpg] dh'ssf] gfd, 8fs j:t'sf] cfsf/-k'sf/, t'f, 8fs k7fpg] dfu{
-xjf0{ ; tx_, rnfgl gDj/, ldl't, d'wo:y dh'sdfknf eP/ k7fPsf] /x5 eg] eg{k5 . o;
knf/fddf e/}sf] hfgsf/L Pj +tYof° jf6 Terminal Dues Pj +Transit Charges Sf] lX; fj ugdf
; d] sfd cfp5 . To; }uf]j]f/f xhfsn]CN 31 knf/fd ebf{dxTj ljz]f Wofg k'-ofpg' kb5 .

CN 31 knf/fdsf] gdgf tn lb0Psf] 5 . of] knf/fd UPU Website -www.upu.int/en/Postal-
Solut on/Programmes-Services/Physical/Let er-Post-Forms_ df klg bVg ; l65 . o; nfo{
ljZj xhfs ; }n] tof/ u/}sf] ljb'tlo -Electronic_ dfl'odaf6 klg eg{/ k7fpg ; l65 . of]
Website sf]Form Complet on Guide df 8fs rnfng ug]ljlgdos xhfsn]of] knf/fd eg]-entry_
/ nutaf6}k7fpg ; lsg] u/L tl/sf l; sf0Psf] 5 . oxf' xfdln] s'ko6/df jf xft' } CN 31
knf/fd eg]tl/sf jf/]5nk'm ug]5f}.

!= 8fs yhf ; lxtsf]t'f eg]

6ld6n 8bh -Termina Dues_ / kf/udg -Transit Charges_ sf] lX; fj /fVg] kpf'hgsf nflu
cfjZos kg]8f6nfo{CN 31 knf/fdsf] tflnsf-@ -Table- @_ df eg{k5 . of] tflnsfnfo{tn
rf/j6f efu -a b c d_df lje fhg ul/Psf] 5M

a = 0; df Priority/Non Priority cyjf LC/AO yhf jf c6o o:t}ef8f]-Receptades_ /x5 eg]
; f]; lxtsf]Ps dl6 ; Vof / To; sf]sh t'f'nf0{hgfp6' kb5 . sh t'f' e6gin]M Bag
jfx\$ CN 34 -Surface, ; tx dfu{eP/ hfg], CN 35 -xjf0{dfu{eP/ hfg] xhfs j:t'sf]
8fs yhf'sf]6bfu n]ndf hgfPsf]Psd16 t'f'nf0{; Demg' k5{. dfly p'Nn]vt rnfng ul/g]
8fs'sf] t'f' leq IBRS -Internat onal Business Reply Service_ j:t'sf] t'f' klg ; dfjz
ug{k5{.

b= ljbz]f6 8fs affw] cfPsf 8fs yhf; -Emptyreceptades_ jf6 8fs lems]kl5 tl l/Qf
xg k'5g\ . 8fs affw] k7fpg]dh'sn]l/Qf 8fs yhf? knsfpg' kb5 eg]sfdf jfx\$ c?
; j}8fs yhf?nf0{p; }sxf lkmtf{k7f0{lbg' k5{. xjf0{dfu{jf6 cfPsf]eP Toxl dfu{jf6
l/Qf yhf'nf0{k7f0{lbg' k5{. hg hg b'zdf l/Qf 8fs yhf k7fpg]xf]To; sf]h'ldf t'f'
u/L To; nfo{CN 31 knf/fdsf]a ; }s] sf]7fdf hgfp6' kb5 . of]t'f' dfly a ; }s]sf]lgod
cg; f/ h]lb0Psf] 5 Tolx g]xf]. o:t]l/Qf]yhf'sf] t'f'ndf Terminal Dues nflu6g, 56

ul/Psf]5 . t/ Transit Charge eg]nfl]5, 5b 5g . d]l]o:y dh's -Transit Country_ eP/
l/Q]8f's y]h k7fpg]ePsf]h]o; j fkt p; nf0{Transit Charge lbg' k/}sf]xf].

c M bags*ko t]h]M % lsnf] ; Dd / To] e]bf j 9L t]h] ePsf]M bags*ko nf0{5\$] 5b} hg]fpg'
k5{. of] d]fly a sf] lgod cg' f/ xf] . ; fy} % s]hl e]bf sfd t]h] ePsf M bags x?sf]
; Vofnf0{k]g hg]fpg' kb5 .

d. 8f's j:t'sf] t]h]M of] eg]sf] Pp6f 8f's rnf]gl]df v]ldPsf] ; a}8f's j:t' / af]w]sf] 8f's y]h]
; d]sf]sh -h]d]f h]d]L_ t]h] xf] . o; nf0{sf]7df hg]fpg' k5{. M bags v]ldPsf] cl]td 8f's
y]h]f -sacs collecteurs_ ; Da]w]df .

% s]hl e]bf sd t]h] ePsf M bags k7fpgs]h]flu af]w]g] cl]td 8f's y]h]f sacs collecteur
(art de 17-119.5.2) sf] ; Vof / To; sf] t]h]sf] sf/Ofn] CN 31 hg]fpg] s'/df s]xl km/s
kfb]g . To; }sf/Of sacs collecteur leq af]w]Psf M bags sf] ; Vof / t]h]nf0{CN 31 let er
bill sf] table ! -M bags]part_ and 2 -M bags up to 5kg_ df hg]fpg' k5{. /l]h]6k, ladf
/ 8f's j:t'sf]l:y]lt kQf nufpg ; lsg]-tracked items_, Terminal Dues n]llg]/l]h]6k, ladf
/ l]tgsf]c]j]l:y]lt kQf nufpg ; lsg] tracked items nf0{CN 31 sf] table 3 sf] cl]td bf] f]
column df hg]fpg' kb5 .

/l]h]6k j:tx;nf0{CN 33 special list -l]z]f] ; 'l]df_ Ps Ps u/L hg]fpg' k5{. ladf j:t'sf]
x]sd]f eg]CN 16 -l]z]f] ; 'L_ Ps Ps u/L hg]fpg' k5{. CN 16 r CN 33 forms eg]tl/s]fsf]
af/] Complet on instruct on document -FCD_ v]f]h] k]fpg ; l]s]6 . FDCs eg]sf] UPU
sf km]f]dx? eg] k]f]l]ws lgb]z]sf xf] . of] UPU website -www.upu.int/en/Postal -
Solut ions/Programmes-Services/Physical-Services/Let er-Post-Forms_ df pkn]w 5 .

Ps jif{el/df ! nfv e]bf a9L ; Vofdf /l]h]6k jf Tracked items x]h]fs j:t' s]g}csf]b]z]sf]
x]h]fs ; #fnsnf0{rnf]gl u/] k7f]p]bf cf]k]h]k7f]p]g]/l]h]6k jf Tracked items x]h]fs j:t'sf]
n]flu dfq 5b}rnf]gl g]l]a/j]f6 z? ug]kb5 .

uf]j/f x]h]fsn] cf]k]m] s]xf]f]6 rnf]gl u/] k7f]Psf] /l]h]6k, ladf / jf tracked items u]t]Jo
dh]s]df 8]n]e/L x]g g; sl lk]m]f{x]g cf]Pd]f To; nf0{UPU Convent on, Let er Post Regulat on
sf] Art de 30-101-101.3 cg' f/ To; nf0{CN 31 km]f]f]dsf] Table 3 sf] cl]td Column df
hg]f0{lbg' kb5 . o; f]ePd]f 8]n]e/L x]g g; l]ssf]To:tf j:t'df cl]tl/Qm -Addit onal Terminal
Dues_ l]tg]kb5 .

uf7j f/f xhfsn] rnfgl ug[8ffSleq .xhfs ;]fdfl -On Postal Services_ n]vPsf] /lhi6k kq
klg ; dfj z ePsf] /x5 eg] To:tf a:t'sf]; Vof table 3 sf] cl6td Column -sf]hd_ df n]vl
lbg' k5{. o; f]ePdf To:tf]j:t'sf]8]ne/L afkt nllg] cltl/Qm 6ldgn 8bh Itg{kbg .

CN 31 nf0{krf0h ugI

uf7j f/f xhfsn]8ffS rnfgl ubf{CN 31 df xftn]eg[u/\$f]5 eg] p; n]Tof] krf/fdnf0{k[o\$
jif\$]nflu l; nl; n]f/ rnfgl gDa/ cg; f/ krf0h ub]hfg' k5{. o; f]ePdf xhfs ;]f l]efusf]
c6t/fli6o 8ffS n]vf zfvfnf0{u6tJo xhfsn]tof/ u/L k7Psf]k[o\$ jif\$]8ffS cfbfgkpfgsf]
clen]v -:67d06_ ?h' ug{; xh x65 .

; Gbe{; fdfullx?

UPU, Stat st cs and Account ng Guide Let er and Parcel Post. 2020.2 edit on, Decisions
taken up to February 2020. This vesion of the guide includes changes to the UPU
Convent on decided upon by the 2016 Congress as well as changes to the Convent on
Regulat ons decided upon by the 2019 Extraordinary Congress and Postal Operat ons
Council up to February 2020.

नेपालको हुलाक सेवाको वर्तमान अवस्था र भावी मार्गचित्र

धुवराज आचार्य*

!= k[7e]d M

; #/df g}; aebf k'/fgf]dfgg]xhfs ;]f gkfnsf ljleG ; fj hlgS tyf ; /sf/L ;]fx?d]b]k'/fgf / hgtfsf]3/b]h]Dd ku\$]f]hgkpb ; /sf/L ;]f x]. k/Dk/fut ?kdf Ps JolQmf6 csf]JolQm jf Ps 7fpaf6 csf]7fpdf Ir7lkq, va/, hfgsf/L / ; Rgf cfbgkpbfgsf]e/kbf]tyf kdv dfWodsf] ?kdf /x\$]f]xhfs ;]f dh\$sf]b'/b/fh / sgfsGb/f; Dd kxR ePsf]Pj +axt ?kdf km]nPsf] ;]f x]h; sf]ljlwj t z?jft lj= #!(#% df :yflkt gkfn xhfs 3/af6 ePsf]kfoG5 . To; kl5 lj= #!(#* df klxnf]l6s6 k\$szg u/\$]f]gkfnsf]xhfs ;]fn]lj= #@)#!# ; fndf ljZj xhfs ; 3 -UPU_ / ; g\!(*@ df Plzog kof;]kms kf]6n olgog -APPU_ sf]; b:otf lnPsf]lyof]. lj= #@)!^ ; fnb]v j]b]zs Ir7lkq ; d] cfbgkpbfg z? u/\$]f]gkfnsf]xhfs ;]f sg}; do ; aebf Jo:t, cfsif\$ / hg:t;/ Dd kxR ePsf]; /sf/L sfofho lyof]eg]; 8s oftoftsf] ; ljwf lj:tf/, ; Rgf tyf ; ~rf/sf c6o ljw Pj +dfWodx?sf]lj sf; ; u}x]df] dh\$df xhfs ;]f lj:tf/}cf]h kb}uPsf]j tdfg cj:yfdf xhfs ;]fnf0{; Rgf klj]wdf cfwf/t, k]t:kwl{ Jofj; flos, lj]lws]t, :jfoQ / cfwlgs agfpg ; lsPdf of];]fsf]; fble\$tf / dx]j cem a9] hfg ; S5 . xhfssf]h:t}sfo{ug]lghl lfgsf k]t:kwl{?sf]; Vof ahf/df a9b}uPsf] cj:yfnf0{x}f{xfn xhfsn}ug]sfo{36\$]ge0{clxn]xhfs sfofhox?n}kpbfg u/\$]f];]fsf] k\$]/, lfg / tl/sdf eg]cjZo kl/j tG ug]k]b]vG5 . klxnfklxn h:tf];]fuxl / hgtfn] xhfs v]b}hfg]e]bf klg ca xhfsn];]fuxl / hgtf v]b}hfg]cj:yfsf]; hgf ul/g' cfjZos 5 . ljZjsf ljleG dh\$sn]xhfs ;]fdf klj]wsf]kl/j tG, cfjZostdf cfwf/t gof]goff ;]f, Ao; flostf / k]t:kwl{h:tf dNox?nf0{cfd; ft u/L ; ~rfng u/\$]f]cj:yfdf gkfnsf]xhfs ;]f ; flass}cj:yfdf ; ~rfng ubf{;]f kjfx / k]f]sfl/tfdf lbgxf xf; xb} cfPsf]b]vG5 . t; y{ cfhsf]xhfs ;]fdf ; wf/, kl/j tG / kg; Rrgf /x/ ge0{af]lotf / cfaZostf ag\$]f]5 .

; do tyf ; Rgf klj]wnf0{k5bfgp g; s\$]f]gkfnl xhfs ;]f sf]e8 !(sf] dx]df/Ln]ubf{ cem ; fB]/f]jG k]of]. sf]f]f]sf]dx]df/L sd xb}h]bf cGt/f]6o 8ffs ;]f kgM z? ePsf]/ dh\$leq xjfo{tyf :yn dfWodaf6 b]t 8ffs ;]f nufPtsf c6o xhfs ;]fn]kgM ultizntf k]ft u/\$]f]cj:yf 5 .

*निर्देशक, हुलाक सेवा विभाग

@= xhfs ; Jf; DaGwl sfggl tyf glltut Joj :yfm

gkfnsf] k/fgf] /sf/L ; Jf dWb\$] xhfs ; Jf ; #fngsf nflu ljleGg glltut / sfggl
Aoj :yfx? /x\$]f 5g\ M

gkfnsf] ; ljwfg -@)&_ sf]cg' rL % -*_ df b/ ; -rf/ , /l8of]lkp\$] ; lsf]afBkmfB, /l8of]
6]nlehg / xhfs ; Jfsf] ; #fng / Aoj :yfkG ; DaGwl sfd ; \$sf]Psn clwsf/ ; lrdf
/x\$]f] gkf]n /sf/ sfo]efhg lgodfjnl @)&\$ - ; zfv]g ; lxt _ df !=xhfs ; DaGwl gllt,
sfgg, dfkb08, ; #fng / lgodg, @=xhfs l6s6 k\$sfzg, e08f/0f tyf clen]v Aoj :yfkG,
/ #=wgfbz ; Jf, xhfs art a\$ / cGt/f]60 8fs n]v Aoj :yfkG nufPtsf xhfs ; Jf
Aoj :yfkGsf sfd ; \$lo ; #f/ tyf ; r'gf klj lw dGqnonf0{tfl]sPsf] 5 .

o; y/L xhfs ; Jf ; #fng / Aoj :yfkGsf nflu xhfs Pq, @)! (, xhfs lgodfjnl, @)@,
cftl/s xhfs j :t' -ladf ug] Pq, @)! (, cftl/s xhfs j :t' -ladf ug] lgodx?, @)! (,
wgfbz lgodfjnl, @)#!, xhfs art a\$ lgodfjnl, @)##, cltl/Qm xhfs lgodfjnl, @)#\$,
a]E xhfs lgodfjnl, @)#\$, xhfs ; Jf sfo]lw lgb]zsf, @)^#, xhfs l6s6 k\$sfzg
lgb]zsf, @)&, xhfs art a\$ sfo{-rfng -kyd ; zfv]g_ lgb]zsf, @)&# nufotsf
sfggl kfjwfgx? /x\$]f 5g\ .

o; sf ; fy}ljleGg cfalws of]hg / rfn' kGw}+cfj lws of]hg -@)&^&)-@)*^)*!_df
xhfs ; Jfnf0{ ; #yfut kg ; #rgf u/L ; jfoQ, k]t:kwl{/ Aoj ; flos agfpg]/Ofgllt tyf
xhfs ; Jfnf0{k]t:kwl{/ Jofj ; flos agfpg cfjZos glltut, sfggl tyf ; #yfut ; wf/
ul/g\$ / xhfs ; Jf kf]ws/Of u7g u/L sfo]f] lj]lws/Of, lj]zi6s/Of tyf cfwlgsls/Of
ul/g\$ eG]@ j6f sfo]llt /x\$]f 5g\ .

rfn' cfj @)&(^*) sf]gllt tyf sfo]msf]abf *% df xhfs ; Jfnf0{ ; dofghh cfwlgs,
k]t:kwl{/ Aoj ; flos agf0g\$ eG]/x\$]f] 5 eg]cf=j=@)&(.@)* sf]ahp j Qm]osf]abf
g+@&(df xhfs ; Jfsf] cfwlgsls/Of / Jofj ; flos/Of u/L /fli60 tyf cGt/f]60 ?kdf
ljZj ; glo / e/kbf]lgsfosf]?kdf lj sf ; ug{o; sf]kg ; #rgf ul/g\$ eG]pNn]v ul/Psf]
5 . To:t}xhfs ; Jf ; wf/ ; DaGwl ljleGg clloog k]t]abg / ljleGg ; dodf ul7t k]zf ; g
; wf/ cfof]vsf k]t]abgx? cflbdf ; d] xhfs ; Jf ; wf/sf laifo p7fg ePsf]kf065 .

o; y/L gkfnn]ljZj xhfs ; \$ -UPU_ tyf lf]lo xhfs ; \$ -APPU_ sf] ; b:o ePsf sf/Of
UPU Const tut on, UPU Acts, UPU General Regulat ons -Parcel Post Regulat ons &
Let er Post Regulat ons_, UPU Convent ons, blt 8fs ; Jf -Express Mail Service_ ; Jf
; -rfng ug{ul/Psf Bilateral/Multilateral Agreements x; cflb h:tf gllt, dfu]zG
tyf l; 4f]tx? ; d] cfd; ft u/] gkfnsf]xhfs ; Jf ; #fng Pj #Aoj :yfkG u/\$]f] 5 .

æ= xhfs ; Jfsf]j tdfg ; Argf / hgziQmM

bžž/ ; ħfn /xšf]gkfn xhfs ; Jfsf]lj Bdfg ; Argfdf xhfs ; Jf ljefu -!, ufžj/f xhfs sfofño -!, xhfs klzlf0f sđb] -!, sđb]o wgfbbž sfofño -!, lkmmf6]ns tyf xhfs l6s6 loj:yfkg sfofño -!, xhfs lgbžžgfn0-\$, lhNnf xhfs sfofño -&), 0ħfsf xhfs sfofño - *\$@, cltl/Qm xhfs #)&\$ u/l #((% j6f lgsfodf ljutb]vsf]; u7g ; Argf cġtuġ sđb] b]v Onfsf xhfs sfofño; Dd ^@(\$:yfol b/aġbl -h; df \$%** hġf s/f/df sfo{t_ sdf/f/L / !)*%* cltl/Qm xhfssf sdf/f/Lsf]b/aġbl ; Argfdf !&))) eġbf a9L sdf/f/L hgziQm sfo{t /xšf]cj:yf 5 eg]sfo{f]msf]ca:yf lautsf]thġfdf !)Ü eġbf yf]đf vldrPsf]5 .

\$= xhfsaf6 kj fx xg]; Jfx? M

gkfsf]xhfs ; Jf ljefu dftxtsf lgsfox?af6 bžžPsf ; Jfx? kj fx xg]ub5 M
b]t 8fs ; Jf -EMSM Express Mail Service_M :j bžž tyf lj bžždf ; ħlnt, Post Box ; Jf M sf7df8f}pkTosf / bžžsf dVo ; x/L lfġx?df pknAw, lrYlkq cfbfgkġfg -Let ers_M ; fwf/0f / /lh:6k lrYlkq M bžžleq tyf bžž aflx/ ; d], klNġbf -Parcel_ cflbsf]cġtl/s bžžž/ tyf cġt/fġ60 ?kdf lgoldt ?kdf 9jfglsf]sfo{ l6s6 kšfzg, Aoj:yfkg tyf l6s6 lalqm ; Jf M ljleġg kšf/ tyf b//ġdf l6s6 kšfzg Aoj:yfkg / lj t/0fsf] sfo{ xhfs l6s6sf] kšfzg / lj t/0faf6 lj Zjdf gkfnfsf] ; Dkbf, kš]t, ; :s]t / hlaz]n cflbsf]af/đf křf/k; f/ xg] xhfssf sdf/f/Lsf] lfdtf lj sf; / tflnd M sfo{t hgziQmf0{ljleġg kšf/sf nfd] tyf 5fġf]cj]wsf tflndx? ; ħng, xhfs art aš tyf wgfbbž ; Jf M bžže/sf lgbžžgfn0, lhNnf / Onfsf xhfs sfofñox?af6 xhfs art aš ; Jf ; ħngdf 5 .

%= xhfs ; Jf ljefu dftxtsf sfofñox?sf]xhfs j :t' 9jfglsf]xfnsf]cj :yf M

xhfs j :tšf]cġtl/s 9jfgl ; Jfsf nflu :yn 9jfgl ; Jf ; ħng ug{ & yfg 6s, % yfg ; fgf ; jf/L ; fwg -sf7df08f}pkTosfsf tlg lhNnfd ufžj/f xhfsaf6 ; ħlnt 3Dtl ; Jfsf nflu_ lqejg cġt/fġ60 ljdfg:yndf cġt/fġ60 xhfs j :t' lng hġfsf] nflu ! yfg 6s /xšf] 5 . ufžj/f xhfsaf6 cġkġf] ; fwgaf6 xhfs j :t' 9jfgl sf7df8f]v / ; Jf-g]fsfġ, sf7df8f]v sfe] ; Gwknřfš=:bf]hv=:fd]fk=:l; Gwhl, sf7df8f}pkTosfdf b]gs 3Dtl ; Jfsf] nflu % j6f ; fgf ; jf/L ; fwg kl/rfng ePsf, sf7df8f]v=:wflb^=:lrtjgsf nflu b0]6f 6s, u08sl kġžsf] 8fs dllng; Dd ufžj/f xhfs / dllngaf6 kf]v/fsf]uf8laf6 9jfgl xg] lrtjgaf6 k]{emkf; Dd b0]6f 6s, lrtjgaf6 sġrgk/ ; Ddsf]nflu b0]6f 6s, kf]v/f, lrtjg, /f]x6, e]xjf, affs] k; f{ wġlff, ; v]ġ, 8fġL, lj/f6gu/ / emkfdf ; /sf/L ; jf/L ; fwgj6 8fs

9jfglsf]JoJ:yf, c6o lhNnfd ; fj hlgS ; jf/L ; fwg tyf df6/; f0snj6 8fs 9jfgl e}x\$].
o; u/L xjfo{dfllodaf6 xhfs j:t' -EMS_ 9jfglsf nflu ljleGg ljdG sDkglx?; u ; Demf}f
u/L 9jfgl sfo{e}x\$]5 . h; d]llo]Yet Airlines ; u sf7df8f]v ebk/, lj/f6gu/, hgsk/,
l; d/f, kfj/f, e}xjf, gkfnu-h, Summit Airlines ; u gkfnu-hb]v 8f]kf, xDnf, hDnf, du/
/ kfj/fb]v d:tf, Nepal Airlines ; u sf7df8f]v nSnf, ef]hk/, kmkn'; S}f/, t]DnE6f/
Buddha Airlines ; u sf7df8f]v ; v}f; ef, lrtjg, ; V}t, s}hnl / l; /fxdf 9jfglsf nflu
; Demf}f e0{9jfgl sfo{e0/x\$]5 . xhfs ; j}sf cfkng}; fwg / xjfo{dfllodaf6 9jfgl xg]
pNn]vt afx\$sf c6o :yfgx?df :yndfu}f6 ; fahlgS ; jf/L ; fwg; u ; Demf}f u/L xhfs j:t'
9jfglsf]JoJ:yf ldnf0Psf]5 .

o; u/L sf7df8f]v dxdf/lkl5 /f]sPsf] j}b]zs xhfs j:t' 9jfglsf] ; j}f ; d}t kgM ; #fng
ul/Psf]5 . j}b]zs xhfs j:t' 9jfglsf nflu stf/ Po/j}h; u ; Demf}f e}e)&(d}t / !(
utb]v g}b/Nof08, a]Nhod, 8}gdfs{ stf/, hdgl, l;j6h/Nof08, lkngNof08, a}hfot, ; eOm
/fHo cd]v/sf, :kg, ; , gj} k}f; , 06fnl, :jl8g / cl:6of u/L !^ b}zsf !(u}tJodf, gkfn
Po/nfo6; dfknt l}jutb]v ef/t, dn]; of, b}0{/ stf/ u/L \$ b}zsf % u}tJo / l; u}k/
Po/nfo6; dfknt e}&(df3 @% utb]v hfkg, sf]/of, l; u}k/, yf0Nof08, leotgfd, lkmlnk; ,
G}hNof08, ci6]nof, dflNbE; / 068f]v; of u/L !) b}zsf !@ u}tJo u/L h}df @ (b}zsf # \$
u}tJodf j}b]zs xhfs j:t' ; d}t 9jfglsf] sfo{e}x\$]5 .

^= xhfs ; j}fsf ; jn klfx?M

la= = !(#% b]v xfn; Dd cf0k}bf w}] cf/f}xj/f} kf/ u/\$]f gkfn]sf] xhfs ; j}df yk}
sdl]sdhf]l / ; d:ofx? /x\$]f 5gl . olt xbfxb}klg b}ze/ km]nPsf]7hf]; #fnoOm ; Argf,
cgejl / k}pft hgziOm cfkng}; jf/L ; fwg * j6f 6s / ljleGg !# lhNnfd xn}sf ; jf/L
; fwg tyf @ kf]v; fwgx?sf] pknAwtf / k}p]un]; 'l]ft 9jfgl xg] xjfo{ ; j}fsf] k}x} ePsf
lhNnfx?df Po/nfo6; x?; u ; Demf}f e}xjfo{dfu}f6 9jfglsf] sfd e0{x\$]f yf}] eP klG
; /sf/L /fh:jdf of]ubfg kl}sf] b}ze/ hlufhdG tyf ejg / ef]ts ; Argfx?sf] pknAwtf
/x\$]f /fxbfgl l}efuaf6 lhNnfx?; Dd kf; kf}6{9jfgl, oftfoft JoJ:yf ljefusf]0}af]8 gDa/
lhNnfx?df 9jfglsf] ; Demf}f e} sfd e0{x\$]f b/fh cgnf06; u sf7df08f] pkTosfleqsf]
lkntf{ ; fdfg 8]ne/l]sf] ; Demf}f e0{sfo{e0{x\$]f /fli6o aflOfHo a}sn] ATM Card/Cheque
Book 0}d}d} ; dfknt aflx/ lhNnfd k7fpg] u/\$]f sf7df08f] pkTosfleq uf}j}f/f xhfs}f/f
8]ne/L Eofgd}knt ; Demf}f ePsf sfoff}od}u0{b]gs ?kdf xhfs j:t' Ing]/ k}ofpg]-Pick
and Drop_ sfo}sf nflu 3}tl ; j}f ; G}fng e0{x\$]f] xhfs j:t' 9jfglsf nflu uf}j}f/f xhfs
tyf sf7df08f] pkTosf aflx/sf lhNnf xhfs sfoff}ox?; u ; Demf}f u/L sfo{u/}f xhfs
j:t' Ing]/ k}ofpg]-Pick and Drop_ JoJ:yf ; lxt dfl; s ?kdf xhfs ; j}f dx; h eQmgl

ug[u/L ;]f pknAw u/fpg ; lsg] 0hfsf xhfs sfofho; Dd 6lnkrfq / 066/g6sf] lj :tf/ ePsf] sfo{t hgziQmsf] lfdtf lj sf; sf nflu xhfs k|zlf of s|b| /x\$] sf7df8f\$] ufZj f/ xhfs sfofho afx\$ e; f/ sfofho /x\$] gkfnsf dVo zx/x? /x\$] emkf, df]a, k; f{ ?k6b}L, kf]v/f, afs] / s}hfnl u/L & lhNnfaf6 a}lzs xhfs a:t\$] btf{/ e; f/ k|qmf z? ePsf] xhfs ;]f ; wf/ / kg; }rgfsf nflu k|z; g ; wf/ cfofu / ljleG ; emj ; ldltn] ; emj lbPcg' f/ ; wf/ tyf kg; }rgf ug{pRr /fhg]ts / k|z; lgs txd dx; ' e}xhfs ;]f kflws/of u7g ug{kflws/of Pq ; d} d:ofb e}5nkmsf qmddf /x\$] xhfs art a\$ Aoj:yfkg\$] ; DaGwdf clloog e0 k|tj}bg dGqfnodf k} e} s\$] 0PdP; = ;]f ; f}L lbg -same day delivery sf7df8f\$] Ring Road leq _ b}lv c6o tfl]sPsf lhNnf?df # lbg leq ; a}lhNnf ; b/d\$fd k}ofpg ; lsg] xhfs j:t' btf}lv lj t/of; Ddsf] Event x?nf0{ PITS -Postal internal tracking system_ dfknt Tracking ug{ ; lsg] CDS.POST-Custom Declarat on System_, IPS.POST-Internat onal Postal System_, I-Care-Inquiry System of EMSPost_, GCSS -Global Customer Service System|| Inquiry System of Parcel Post_, RAIS -Registered Article Inquiry System_, QCS-Quality Control System_, EMS Cooperat ve Guide, EMS Smart, Internat onal Customer Care System cflb h:tf cfwlgs k}ffnl tyf ; k}b}p/x? c}n}dag ul/Psf] :yndfu}f6 9}fgl xg]lhNnf?df /lh:6k / kf; f} \$ b}lv & lbg ; Dddf lhNnf ; b/d\$ddf 8}ne/L ug{ ; lsg] xhfs j:t' 9}flgsf] b//6 Gogtd /x\$] / ; 'lff tyf ljZj; lgotdf xfn; Dd sg}Issues gcfPsf] xhfs l6s6 dfknt dh\$sf] ; Dkb, snf, ; #s}t, hljgz}hl Pj +voflt k}kt JolQm}x?sf] ljZj:t/df k}rf/k; f/ ePsf] @(dh\$df j}l}zs xhfs j:t' ; d} k7f0g]u/\$] / cfd hgtdf xhfs ;]fk|t cem}klg cfzf / e/f}f /x\$]h:tf w} ; jn klfx? ; d} /x\$] 5gl .

&= xhfs ;]fdf /x\$] lj Bdfg ; d:ofx? M

:yfkgf snb}lv em8}la= ; =@)% sf]bz\$; Dd lgs}sfdsfhl / hglkb ;]fsf ?kdf /x\$] xhfs ;]f la= =@)^ sf]bz\$df cf0k}bf ; }rgf k}j lwsf] tla| lj sf; , ; }rgf / ; #f/sf] l}qdf Od}h, 066/g6 / ljleG ; fdlhs ; }fnsf]lj sf; , df}fOn k}rgsf]k}p}udf lj :tf/ cflb sf/ofn] la:tf/}cf}h}df kb}hbf xfn cfP/ em8}em8}zGosf]cj:ydf klG nfu\$]5 . sg} ; dosf] ; a}Gbf Jo:t /sf/L lgsfo, hf]b'b/fhsf hgtd; Dd k}r /VYof] hgtdsf]dgdf a; \$]lyof] hxf sfd ug{kfpg' ; fdlhs k|ti7fsf lx; fan] /fd}df}lgYof] / /fli6o Pj +c6t/fli6o ; DaGw tyf klxrfg ; d} /fd}lyof] To:tf]xhfs ;]f ; do / k}j lwnf0{k5bfp g; Sbf clxn]cfP/ ; /f\$]jfnf ; a\$]pk}ff Pj +x}sf]l}q / lj ifo aG ku\$]5 . o; f]xgdf xhfs ;]f ; dof}sh Aoj; flos, k|t:kwl{ k}j lwd}l / k}f]sf/L xg g; Sg' xhfs ;]fsf IrYlkq h:tf k/Dk/fut sfddf x}; xbf o; sf]j} \$INks tyf Aoj; flos sfdsf]v}h gul/g' c6t/fli6o bflot]sf]lj ifo / cTofazos ;]fsf] ?kdf /x\$] xhfs ;]f ; #fng / Aoj:yfkg\$ nflu /fli6o glt gxg;

cġt/fi6o 8fs n]f, /fhZj, cġt/fi6o ; DaGw, xhfs ; Jfsf] sfo{oj:yfkg h:tf hl6n /
 cw{k]j lws k[s]tsf sfd xg]xhfs ; Jfnf0{yk ljZj1tfsf]lj sf; / ljzi6ls]t ug{k]gdf la= +
 @)^! ; fndf cfP/ k]zf; g ; Jfdf /x]sf]xhfs ; dX g}vf/hláf/f ; dffos]t u/L ; fdf6o k]zf; g
 ; dXd] lalng u/f0g' ; x; lrj sf] k/l]ffsf] kf7bqmdf /x]sf] xhfs ; Jf ; DaGwL ljifo ; d]t
 x6f0g' xhfs ; Jfdf dx]f]gb]zsb]v vl/bf/ ; Dd sf]k klg sd{f/L ; ?jf e}cfpg grfxg' /
 cfpg]k/df k]nPsf]dx; ; ug{ nfd]f/ em6nf]lj t/Of k]qmf, ; a; /sf/L ; 6qsf] ; B0tf
 cg?k kg; Argf xbf klg xhfs ; Jf k/f/g; Argf -xhfs lgb]zgfno, Onfsf xhfs sfof]no
 cflb_ df /xg', s]b]o wgf]z tyf xhfs art a]nf0{a]su laz]1tf ; lxt cfwlgs]s/Of
 gu/L k/Dk/fut ?kd; ; #fng ul/g' sfo{t sd{f/Ldf ptk]0ff / dgf]nsf] oyf]rt Joj:yf
 gul/g' ljZj xhfs ; 3 -UPU_ sf]dfkb08 cg; f/ sfo{ #fng ug{g; lsg', oftfoft / ; 8s
 ; #fnsf]Joj:yf e} Sbf klg k/Dk/fut k]n 8fs/vfx? kg/fj n]f\$g gXg', cġt/fi6o km]dx]df
 g]k]nsf] xhfssf] pNn]vo of]ubfg xg g; Sg', lghl sl/o/ sDkglx?sf] lgodg tyf cgludg
 sdhf] /xg' ; ~rf/ tyf ; Rgf k]j lw dGqfnodf xhfs ; Jf xg]5\$}dx]zfvf=zfvf ; d]t gXg',
 xhfs ; Jf ; #fng tyf Aoj:yfkg ; DaGwL xhfs Pġ, @)! (, lgodfjnl, @)@), wgf]z tyf jrt
 a]s ; ~rfng lgodfjnl @)##, c]tl/Qm xhfs ; ~rfng lgodfjnl, @)#\$, xhfs a:t' ladf ug]
 ; D]lGw lgodfjnl @)! (nufot cġo Pġ, lgod Pj d]lgb]zsf] ; do; fk]f ; z]w]g / kl/dfhġ
 gXg', xhfs ; Jf ; w]/sf nflu k]zf; g ; w]/ cfof]u, xhfs ; Jf ; w]/ sfo{6n cflbn] lbPsf
 ; em]jx? sfof]og xg g; Sg', cfalws of]hg]f / ah]n]pNn]v u/]adf]hd xhfs ; Jf ; w]/
 xg g; Sg', lr]lkq x/fP jf df;]s; / tyf ; hfo xg]t/ lr]lkqsf]y]nf g}x/fP jf df; df
 s]; hfo ug]eG]Pġ sfgġdf cġof]htf /xg', j]z]s b]t 8fs ; Jfsf]nflu ljleG b]z]x; ; u
 ; dġjo ug{g; Sg', lftkl't{ lxtsf]; Jfdf ; Jfufxl / ; /f]sf/jfnfx?nf0{ljZj f; lbnfpg g; Sg'
 cw{k]j lws k[s]tsf]sfd xg]xhfsdf ; Jf k]j z ug]j f ; z]f eP/ cfpg]sd{f/Lnf0{lgoldt
 t]fnd lbg g; Sg', k]qmfut l9nf; 'tl xg', sd{f/Lsf]nflu cf/fd ug]ynf]sf] ?kdf xhfs
 sfof]nox? /xg', sfo{t sd{f/Lsf] l56f]56f] km]abn xg', xhfs ; Jfdf sfo{t hgziQmdf
 n3tfef; xg' ; Rgf]k]j lwsf]e/k/ k]p]u xg g; Sg', w]}lhNnf xhfs sfof]nox? lgldQsf e/df
 ; #fng xg', >f] ; fw]g / ah]sf]Gġtf /xg', cy{dġqfno, k//fi6«dġqfno, eġ; f/ ljefu, cflb
 ; /f]sf/jfnfx? ; usf]; dġjo sdhf] /xg', xhfs ; Jfsf]b//ġ k/Dk/fut / k/fgf]/xg', xhfs
 ; Jfnf0{/fhon]pRr k]yldstfd /fv]g g; Sg', xhfs j:t]sf]; sng, btf{/ lj t/Of k]ffnlnf0{
 k]f]sf/L agfpg g; lsg', cfd hgtfdf xhfs ; Jfsf]af/df oyf]rt hfgsf/L gXg', / xhfs
 ; Jfnf0{cfw]gs, Aoj; flos, k]alwd]l / k]t:k]w]agfpg g; lsg'h:tf yk}; d:of / ; d:ofsf
 sf/Ofx? lj Bdfg 5g] .

*= xhfs ; Jf ; w]/sf]ef]l dfu]rq M
 xhfs ; Jfnf0{oyf]l:yltdf ; #fng ubf{ ; /sf/sf]cfly\$ b]lo]j / af]em dfq a9g]xgfn]xhfs

; jfnf0{; wf/ / kg; Argf ug{o; lfgsf sdhf/lx? klxrfg / ; wf/ ; d:ofx? klxrfg /
; dfwfg, rgnjtx?sf] ; fdgf / ; jn klfx?sf] kj 4g ub} clxn\$] ; do cg; f/ klj lwdq,
; rgnkjlwdf cfwf/t, kt:kw{ ljZj; lgo, loj; flos / lj lj lws[t ; jfoQm xhfs ; jf agfpg'
clxn\$] cfaZostf / dfu xf]. o; sf nflu 5l/tf] sfodhs Pj +pkoQm cfsf/sf]; #7g ; Argf
tyf b/agbl tof/ ug{xhfs ; jf ljefu / cgtu{sf]; #7g tyf loj:yfkg ; jf0f -O&M
Survey_ ug[kg] xhfs ; jfsf lrYlkq h:tf k/Dk/fut sdfs]; \$fdf a\$lnks tyf loj; flos
sdfs] vfh l u/l lj Btlo lofkl/ -e-Commerce_df hfgkg] xhfs ; jfnf0{; /sf/L ; Argfaf6
eGb f :jfoQ tyf loj; flos tl/sfn]; #fng ug{:jfoQ, 5l/tf] sfodhs / loj; flos vfnstf]
xhfs ; jf kflws/of u7g ug{xhfs ; jf kflws/ofsf] Pq, sfgg, lgodfjnl, sfok] lw, lgb]zsf,
dfkb08 / gltx? cflbsf] lgodf] u/l kflws/ofdfknt ; #fng ug[kg] kflws/ofsf] nflu ; dt
; j\$] sfd cufl8 a9fpgkg] xhfs ; jf ; #fng / loj:yfkg sf nflu 7f] /fli6o glt tof/
ug[kg] xhfs ; jfnf0{yk ljzif1tfsf] lj sf; ; lxt lalzi6lst ug[kg] xhfs ; jfnf0{; l3otf
cgsh kg; Argf ug{xhfs lgb]zgfno vf/h u/l && lhNnf xhfs sfoffo sfod ug] /
Onsf xhfs sfoffox?nf0{; a}klnsdf xhfs sf] kflnsfut ; Argf /xg] u/l ; dfofhg tyf
kg; Argf ug[kg] sltko Onsf xhfs sfoffox?df dlxgf} Dd Pp6f kq klg btfgxg] / w}]
cltl/Qm xhfsdf dlxgdf Pp6f kq klg lj t/of ug[kg] cj:yf ; dt /x\$fh] to:tf ; #yf tyf
; Argfsf] af/df udel/ kg] f/ u/l cltl/Qm xhfs lgodfjnl vf/h ug] / lgodfjnl adf] hdsf
sdf/Lnf0{sfggadf] hd loj:yfkg ug\$ f nflu ; f] sf] loj:yfkg ug[kg] xhfs ; jfsf] dftxtdf
/x\$ f e]ts ; DklQ tyf hlufhdlgsf] clen} tof/ u/l ; Af0f, loj:yfkg / ptkfbgdhs
kpf] usf] loj:yf ldnfpgkg] s] b]o wgfz sfoffostf] vf/h tyf xhfs art a\$sf] oyflrt
loj:yfkg ug[kg] sfolt sdf/Lnf0{; #ydf l6sf0{fvG tflnd, lfdtf lj sf; , ; jf; ljwf Pj +
ptk] off / dgf] nsf] oyflrt loj:yf ul/gkg] xhfs klzlf0f s] b]sf] tflndsf] sf] ; f] ; fwg,
hgziQm kf] w/ , lfdtf / se/h cflbdf ; wf/ u/l o; nf0{xhfs ; jf ; wf/sf] clwog tyf
cg; Gwfg s] b]sf] ?kdf lj sf; ug[kg] ljZj xhfs ; 3 -UPU_sf] l; 4ft / dfkb08 cg; f/
xhfs ; jf ; #fng ug[kg] oftoft / ; 8s ; hfnsf]; lawf cg?k k/Dk/fut kpn 8fs/vfx?sf]
; do; fble\$ kg/fjnf\$g u/l l56f] / 5f6f] ?6 sfod ug[kg] cgt/fli6o km] dxzdf gkfnstf]
xhfs sf] klta4tf, eldsf, pkl:ylt / ofubfg a9fpg} hfgkg] lghl lfgsf sl/o/ sDkglx?sf]
lgodg tyf cgludgsf] :ki6 sfggl loj:yf u/l sfoffjog ug[kg] ; -rf/ tyf ; rgn klj lw
dGqfnodf xhfs ; jf xq] 5\$} dxzfzvfzvf] loj:yf ul/gkg] xhfs ; jf ; #fng tyf
loj:yfkg ; DaGwl gof; Argf / sfgg gaGb; Dd lj Bdfg Pq, lgod Pj dl lgb]zsf] ; do; fk] f
; zfvG, kl/dfhg / vf/h ug[kg] xhfs ; jf ; wf/sf nflu kft ; emj tyf cfj lws ofhg
tyf aflif\$ ah\$sf xhfs ; jf ; wf/ ; DaGwl kfjwfg sfoffjog ug[kg] j] b]zsf] b]t 8fs ; jfsf]
kpf] sfl/tfsf nflu ljleG b]z; ; u ; dgjo / ; xsfo{ug[kg] lftkl't{ lxtsf]; jfnf0{kpf] sf/L
/ ljZj; glo agfpgkg] xhfsdf ; jf kljz ug] jf ; jf eP/ cfpg] sdf/Lnf0{lgoldt tflnd

tyf lfdtf lj sf; u/l ; jfdf l6sfpg sflz; ugkg; jfsf]u0f:t/lotf, 5l/trlkg / Aoj; flostf
a9fpgkg >f; fwgsf] oyflrt Aoj:yfkg tyf xhfs j:t' 9jfglsf nflu cfkng; fwgsf]
Jo:jyf ugkg xhfs ; jfsf] b//bnf0{ k|t:kw{ / ; dofgsh xg] u/l kg/fj nfg ugkg
c|ofazos ; jfsf ?kdf xhfs ; jfnf0{/fHon] pRr kfyldstfdf /fVgkg xhfs ; jf lfgsf]
lj:t/ / lj ljws/of ugkg xhfs a:t'sf; sng, btf{/ lj t/of kpfnlfnf0{ kfej sf/L agfpg
hgtf / ; jfufxlsf]3/bnf0}cfkngf ; jf/l ; fwgaf6 l56f]5l/trl?kdf ; sng / lj t/of ugkg
; a}lhNnf xhfs sfoffno?df clwst sfoffno kdv / b/agbl cg; f/sf sd(f/l sf] Joj:yf
ugkg cfd hgtfdf xhfs ; jfsf] af/df krf/k; f/ tyf hfgsf/l u/fpgkg; Rgf kljwsf]
clwstd pko|udfknf ; jfnf0{lj ljws/of / lalzi6ls/of ugkg /fli6o c|t/fli6o xhfs j:t'
cfbfgkpf tyf eg; f/ k|qmf ; /nls/ofsf nflu cy{dgqno, k//fi6 dgqno, eg; f/ laefu,
cflb ; /f\$ f/jfnfx?; u ; dgjo tyf ; xsfo{ugkg tlg}txsf ; a} ; /sf/l xhfs j:t' xhfs
; jfaf6 dfq 9jfgl ug; Da6wl gkfn ; /sf/af6 glltut lgofo ugkg k/Dk/fut xhfs a:t'sf]
cltl/Qm Aoj; flos j:t' ; d; 9jfgl ugkg xhfs ; jfsf] lgoldt ; k/lj]fof, cgludg tyf
dNofs ugkg nufotsf ; wf/sf pkfox? canlag ug{; lsg5 .

o; /l j t(fgsf] xdf] xhfs ; jf ; 3g pkrf/ slf -lCU_df pkrf//t l; ls:t la/fdl h:t}ag\$]
5 . o; sf; dul ; wf/ tyf pkrf/ ; fg] kpf; af6 xf0g 7hf] kpf; , wSsf / kxn h?/L 5 .
o; sf nflu ; /sf/n] pRr:t/sf /fhg]ts tyf kzf; lgs b9 OR5fziQm k|ta4tf / :ki6
b|l6sf0f; lxt cNksfnsf nflu xhfs ; jfsf] j tdfg ; Argfsf]kg; Argf / ; wf/ ub}bl3\$fnf
nflu xhfs ; jf kflws/of agfpg] tof/l ugkg ; /f\$ f/jfnfx?; u 5nkm / c|t/lqmf u/l
/fo ; emj ; sng tyf ; xdl t ugkg / xhfs ; jfnf0{qmdzM :jfoQ, lj ljws[t, Aoj; flos,
k|t:kw{ k|alwd} / cfwlgs agfpb}hfgkg]xG5 .

(= lgisif{M

@)\$^ ; fnsf]kl/j t6 kZrft lj = @)\$* ; fnb]vsf lj leGg ; dodf ul7t kzf; g ; wf/ cfof]sf
l; knf/; , xhfs ; jf ; wf/sf] ; emj sfobnsf ; emj -@)&(; fndf ul7t sfobn ; d;_ tyf
cfalws of]hgf / ahdf klg xhfs ; jfnf0{ ; wf/ ub}kflws/of df}hdf ; ~rfng ug] eg]
eP klg xfn; dd pQm laifo sfoffjogdf cpg ; s\$] 5g . k/Dk/fut ?ksf lrYlkqdf xfz
cf0{a\$ tyf ljQlo ; yfsf Cof czhl ; Da6wl kq, ; /sf/l lgsfosf sd dxTj sf af]fy{kq
/ cbfntl kq dfq af\$gk/\$] ca:yfdf xhfs ; jfsf ; an klfsf] kj 4g ; lxt casf] xhfs
; jfnf0{?kft/of ub; ; Rgfklj lw, k|t:kw{ Aoa; lostf, ljZj ; glotf tyf :jfoQtfsf] dfl]odaf6
; ~rfng / Joj:yfkg ub} cfd ; /f\$ f/jfnf / ; jfufxk]tsf] ; j}hg, lhD]f/l, kf/blz{f /
pQ/bflo]j nf0{ c|td; ft ub} xhfs ; jfsf] sfo\$zntf, bltf / kfej sfl/tfdf ; wf/ Nof0{
xhfssf] ul/df a9fpg tyf ; jfk|t hgtfsf] ljZj; kgM :yflkt ug{; lsg5 . xhfs ; jfsf

ljBdfg ; d:ofx? klxrfg / ; dfwfg tyf rgf]tx?sf]; fdgf ubx;o; sf ; Defj gfx?nf0{cg'shg
ug{ ; j]fsf]udg nfu\$sf]; fv / la/f; t hf]ufpg albhb]kl/j z tyf c6t/f60 dfkb08 adf]hd
xg]u/L xhfs ; j]fsf]; wf/ tyf kg; f;rgf ug{cfhsf]oulg cfaZostf xf]. ; g\@)@@ sf]ljZj
xhfs lbj; sf]aPost for planetæ e6g]gf/fnf0{rl/tfy{ug{/ aPost for Nepalæ cyff gk]fnsf
nflu xhfs e6g]efjgfnf0{; fsf/ kfg{gk]fnsf]; !tfPsf] xhfs ; j]fnf0{; wf/ Pj +kg; f;rgf
u/L k|t:klw{ Jofj; flos, cfwlgs, lalaws]t, k6fj sf/L / ; f;rgfklj lwdf cfwl/t agfpb}cuf]8
a9df dfq xhfs ; j]fnf0{/sf/L bflotj a9fpg]lfq xf0g ; /sf/L /fhZj tyf cf]bfglsf]>f]sf
?kdf lj sf; ubx;o; sf]; fy\$tf / cf]rTotf ; flat ug{; ls65 .

; Gbe{; fdu]x?M

gk]fn sfg6 cfof]sf]jj]; f06, gk]fnsf]; lawfg -@)&@_,
gk]fn sfg6 cfof]sf]jj]; f06, xhfs P6, @)!(
gk]fn sfg6 cfof]sf]jj]; f06, xhfs lgodfjnl, @)@),
gk]fn sfg6 cfof]sf]jj]; f06, xhfs art a\$ lgodfjnl, @)##,
gk]fn sfg6 cfof]sf]jj]; f06, cltI/Qm xhfs lgodfjnl, @)#\$,
www.opmcm.gov.np, gk]fn ; /sf/ sfol]efhg lgodfjnl @)&\$ -; zfv]g ; lxt _
www.npc.gov.np, k6wf}cfj lws of]hgf -@)&^{:}&&-@)*):)*! _
www.opmcm.gov.np, rfn' cfj=@)&(:*) sf]gl]t tyf sfo6md,
www.mof.gov.np, cf=j=@)&(@)* sf]ah6 jQm]osf]
xhfs ; j]f ljefusf]af]lifs k|ta6g @)*:=@)&(
xhfs ; j]f ; wf/ ; Da6wL ljle6g k|ta6gx?,
ljle6g uf]jL tyf tflnds] k|:tlt tyf cl]boog ; fdu]x?;

वैदेशिक रोजगार र नेपालको परिदृश्य (Foreign Employment and Nepal's Scenario)

निर्मला थापा*

1. Introduction

The purpose of this study is to analyze the current scenario of foreign employment in Nepal and its impact on the country's economy and social structure. The study is based on secondary data collected from various sources, including government reports, academic journals, and news articles. The findings of the study indicate that foreign employment has become a significant source of income for many Nepalese households, particularly in the rural areas. However, it has also led to a brain drain and a loss of skills and experience among the working population. The study also highlights the need for the government to implement policies that protect the rights of migrant workers and ensure that they are able to contribute to the development of their home country.

The study is organized into several chapters. Chapter 1 provides an overview of the research and its objectives. Chapter 2 discusses the concept of foreign employment and its importance for the Nepalese economy. Chapter 3 examines the current scenario of foreign employment in Nepal, including the number of workers, their destinations, and the sectors they are working in. Chapter 4 analyzes the impact of foreign employment on the Nepalese economy and society. Chapter 5 discusses the challenges faced by migrant workers and their families, and proposes some policy recommendations. Chapter 6 concludes the study and summarizes the main findings.

2. Foreign Employment as Trade in Services

The concept of foreign employment as trade in services is based on the idea that the services provided by migrant workers are a form of trade between their home country and the host country. This perspective allows for a more comprehensive analysis of the economic impact of foreign employment, as it takes into account both the direct and indirect effects.

*उपसचिव, वन तथा वातावरण मन्त्रालय

eGgkbf{j}b]zs /f]huf/nf0{; }f Jofkf/sf]Ps ?k dfg ; lsg5 . WTO sf]; }f ; DaGwl ; Demf]f-
General Agreement on Trade in Services (GATS) sf cg' f/ ; }f Jofkf/sf lgdg \$ tl/sfx?
5gt

- I. Cross-border trade
- II. Commercial presence
- III. Consumption abroad
- IV. Movement of the natural person

xgt WTO n]dflysf]w]rfyf]tl/sf cgtuf xg]Jofkf/df ljz]f1 txsf]j}b]zs /f]huf/ cyff
; }f kjfxnf0{dfg dfgotf lbPsf]5 . tyflk, ; a}k]sf/sf]j}b]zs /f]huf/nf0{; }f Jofkf/s}?kdf
aetg ; lsg5, lsgls, o; df JolQm]cfkngf]; }f / ; lk laqnl ub\$gl . ; fy} ljz]f1 afx\$sf
; }fnf0{klg WTO n]dfgottf lbgkb\$ eGg]cfjfh pl7/x\$]5 .

#= lj Bdfg Joj :yf -Existing Provisions_

j}b]zs /f]huf/sf]; DaGwdf /fli6o / cgt/fli6o ?kdf ; d] glltut, ; #7gf]ds / sfo}t
Joj :yfx? ePsf 5gl .

cgt/fli6o ?kdf eGgkbf{ljb}zl sdbf/ / ltgsf]kl/jf/sf]clwsf/ ; DaGwl cgt/fli6o ; Demf]f
; eQm /fi6« ; 3af6 kfl/t e0{sfoff]ogdf /x\$]5 . ; #7gf]ds ?kdf Internat onal Labor
Organizat on (ILO), Internat onal Organizat on for Migrat on (IOM) h:tf ; eQm /fi6« ; 3; l
hf]8Psf cgt/; /sf/l lgsfox? sfo}t 5gl . lbuf]lj sf; nlo -SDGs_ sf]?kdf kfl/t ePsf
ljz]Joflk lj sf; sf !& j6f nlox?d]w] cf7f}nlosf]?kdf descent work and economic
growth sf]kj 4g ug]pNn}v ul/Psf]5 .

/fli6o :t/df gk]fndf j}b]zs /f]huf/sf]; DaGwdf lj leGg Joj :yfx? ul/Psf 5gl . ol Joj :yfx?nf0{
; #df lgdgfg' f/ k:t't ul/Psf]5 .

s= ; j}w]lgs, sfg]l / glltut Joj :yf

gk]fnsf]; l}wfgdf /fHosf dfu{lgb}zs l; 4ft / glltx? /x\$]5gl . wf/f %) df Joj :yf
ul/Psf]dfu{lgb}zs l; 4ft cgtuf /fli6o cyf]Gqnf0{cfdlge}, :jtGg / pGltzln agfpb}
; dfhjfbpGdv, :jtGg / ; d]4 cyf]Gqsf]lj sf; ug]cfly\$ p2]o 5 . wf/f %! df v08 -s_
b]v v08 -8_ ; dd u/L !# j6f abdf /fHosf glltx? pNn}v 5gl . v08 -em_ df >d tyf
/f]huf/ ; DaGwl glltx? 5gl . olx v08sf]abf g=% df j}b]zs /f]huf/sf] lq]nf0{lgodg /
Joj :yfg ug]gllt 5 . To:t}abf g=^ df j}b]zs /f]huf/laf6 cflh} khl, ; lk, klj lw /

-Jofj; flos :jf:ysdl{x?sf]nflu_, df\; ; / ;] \; u/l !@ j6f dh'sx?; u ePsf]5 .

v= ; u7gflds Joj :yf

gkfn]sf; h>wfg cg?k gkfn]sf]zf; g kPffnl ; 3lo 9ffrfsf]5 . ; 3, kbz / :yfglo u/l tlg txsf]; /sf/dfknt oxfsf]zf; g kPffnl ; fng e0/xsf]5 . ; h>wfg cg; f/ jblzs /fhuf/sf] l]ifo ; 3lo ; /sf/sf]clwsf/ lqdf kb5 . ; h>wfgsf cg; Flx?df ul/Psf tlg}txsf Psn / ; fem clwsf/ ; l'rdf of]l]ifo ; dfj z 5g . wf/f %* cg; f/ sg}; Rldf gePsf]c]lzi6 clwsf/ ; 3sf]xg]Joj:yf 5 . ; fy}cg; Fl % sf]abf g=#% df ; d] cg; Flsf]sg}klg ; Rldf ; dfj z gePsf]l]ifo lqsf]clwsf/ ; 3sf]xg]Joj:yf 5 .

plNlvt Joj:yf cg; f/ jblzs /fhuf/sf]l]ifo ; 3lo dGqno / cGtu{sf lgsfox?dfknt Joj:yfkg e0/xsf]5 . gltut txd >d, /fhuf/ tyf ; dflhs ; /lff dGqno /xsf]5 . dGqno cGtu{ jblzs /fhuf/ l]efun]jblzs /fhuf/sf]kdv Joj:yfkg ub5 . l]efu cGtu{ kbzx?df /xsf >d:jblzs /fhuf/ sfofnox?dfknt o ; ; Da6wL sfo{e0/xsf]5 .

ljbzl:yt sbgllts lgoFlux?n]klg jblzs /fhuf/ Joj:yfkg sf sfo{ul//xsf 5gl . ; fpbl c/a, ; 0m c/a Old/6\, stf/, dn]zof, sj], ax/f0g, cfqf / blifof sf\of u/l * j6f dVo >d uGtJo dh'sx?df :yflkt gkfn] sbgllts lgoFlux?df >d dGqnosf]klg kltlgw]j ->d sfg; h/ / >d ; xrf/L_ 5 .

jblzs /fhuf/ ; Da6wL sNof0sf/L / kj 4gflds sfo{sf]nflu jblzs /fhuf/ afB{/ afB{sf] ; l'rfno /xsf]5 . jblzs /fhuf/sdl{sf] Gof Joj:yfkgnf0{ l56f] 5l/tf] agfpgsf]nflu sf7df8df jblzs /fhuf/ Gofolws/0sf]:yfkg ul/Psf]5 .

jblzs /fhuf/sf]Joj:yfkgdf ; /sf/L lgsfox? dfq ; mlg 5gg\ . ; 0m /fi6\ ; 3 cGtu{sf] lLO/IOM h:tf lgsfox? o; lqdf sfo{t 5gl . jblzs /fhuf/ Pq / lgodfjndf Joj:yf eP adf]hd jblzs /fhuf/df k7fpg]0hfhtkq kflkt ; :yfx?, ; l'rst :jf:y ; :yfx?, tflnd kpfos ; :yfx? klg o; lqsf ; u7gflds Joj:yf xg\ . jblzs /fhuf/df >d :jLst lnP/ hfbf clgjfo{?kdf hljg ladf u/fpgkg[ePsf]h] ; Dal6wt ladf ; :yfgx? / gkfn /fi6\ a\$]n] jblzs /fhuf/ artkq x/\$ jif{hf/L ug[u/\$f]h]pk/f0m a\$ klg sg}g sg}?kdf jblzs /fhuf/ Joj:yfkg; u ; Dal6wt ; Argf xg\ . o; sf]cnfjf, cfrf/s ?kdf ljklf of leqofpg] a\$ x? / /ld6 sDkgL ; d]nf0{jblzs /fhuf/; u hfl8Psf lghl lqsf ; u7gflds ; Argf dfG ; lsg5 .

u= ofhgfut / sfoqndut Joj:yf

lj:jJofkl ljsf; nlo cyff ; eQm /fi6«; 3lo lbuf]ljsf; nlo -SDG 2030_ df ; dlj6Psf !& j6f nlodllo]cf7f)-nlosf] ?kdf doflbt sfd / cfly\$ a|4 -Decent work and Economic Growth_ /x\$]f] 5 . j b]lzs /fhuf/ ug] sfdbf/sf] clwsf/, ; /lff / ; /lft sfo{jftfj/Of nufot !@ j6f akbl nlox? -targets_ of] nlo cgtu\$ /flvPsf 5g\ . lbuf]ljsf; nlosf] gkfn klg klf /fi6«ePsfh]cfjlws ofhg thdf ubf{o; nfo{klg ckg]j ln0Psf] 5 .

gkfn] cfjlws ofhg] xsdf ; ftf)-ofhgdf klxnf] k6s j b]lzs /fhuf/sf] ljifo ; dfj z ul/Psf]lyof]. tKzrft x/\$ cfjlws ofhg]of]ljifonf0{; d\$]f] 5 . ; ah; f]ofhg]dh nlo eg]j b]lzs /fhuf/nf0{Joj:yfkg ug] o; sf]nfe clwstd ug] / sfdbf/sf]xslxt kj 4g ug] /x\$]f]kf0G5 . rfn' kGwf]ofhg] -@)&^:&&-@)*):*!_ df cgt/; DalGwt ljifo lft cgtu\$ >d tyf /fhuf/l]ljifo ; dlj6Psf] 5 . o; leq ; dlj6Psf \$ j6f p27ox?dllo]rfyf]p27o j b]lzs /fhuf/lnf0{; /lft, doflbt / Joj:yt ug]efg] 5 . of]p27o kflktsf]nflu sxl sfoqlltx? plNnvt 5g\ . tldllo] j b]lzs /fhuf/ sNofOfsf/L sf]fnf0{yk kfej]sf/L agfpg] j b]lzs /fhuf/ldf hfg]hf0{; lkoQm agfpg] j b]lzs /fhuf/af6 kflk 1fg, ; lk / cge]nf0{kdf0fls/Of u/L pkofu ug] j b]lzs /fhuf/ldf hfg]cleny Joj:yt ug] ef/tdf /fhuf/l]nflu hfg] klg clen] /Vg]nufotsf sfoqlltx? kdv 5g\ .

rfn' cf= a= @)&(:*) sf] ah\$ jStJodf j b]lzs /fhuf/nf0{yk ; /lft, Joj:yt / doflbt agfpg ljB'tlo kDffnlfnf0{cem} kfej]sf/L ?kdf pkofu ug] j b]lzs /fhuf/sf]nfe clwstd ug] gof / ; /lft ahf/sf]vfh] ug]h:tf ljifox? ; dfj z ul/Psf 5g\ .

\$= tYof°df j b]lzs /fhuf/ -Foreign Employment in Data_

j b]lzs /fhuf/sf] tYof°df kj z ug]l3 5f\$S/ldf ; du] >dZlQmsf] sxl tYof° xgkb5 . gkfn] t] f] >d ; j]f0f k]tjbg -Report on Nepal Labor Force Surve 2017/18_ cg; f/ gkfn] sfd ug]pd] ; dxsf]hg; Vof @ s/f\$ & nfv 5 . o; dllo]!!\$ k]tzt a/f]huf/ 5 . kb]z?kdf ; a\$Gbf 7hf]cgkftdf a/f]huf/L -@)d k]tzt_ dw]z kb]zdf 5 . olt 7hf] cgkftsf]a/f]huf/nf0{/fhuf/sf]Ps dx]k0f{lj sNksf] ?kdf j b]lzs /fhuf/ ag] ku\$]f] 5 . j b]lzs /fhuf/df hfg] ?sf] tYof°sf] clen] cfkrf] /s ?kdf ; g] !(((\$ bl]v /Vg yflnPsf] kf0G5 . cf= a= !(((\$ (% df @!%(hgf j b]lzs /fhuf/df uPsf]bl]V65 . cf= a= @)@@:@# ; Dd cf0kubf of] ; Vof ^,#).)() ku\$]f] 5 . cgkrf] /s ?kdf hfg] ; Vof hf\$df of] ; Vof cem} 7hf]xG5 .

cfkrfl/s ?kdf j bllzs /fhuf/df hfgsf]; Vof

cf=a=	>d :jls t lngsf]; Vof	al4 kltzt	s)kmt
!(((\$÷(%	@!%(-	!(((\$÷(% sf]
!((÷))	#%\$#	!^\$^	thgdf cf=
@))\$÷)%	!#(^(^	#=#	a@)@!:@@ df
@))÷!	@(\$)(@=!	j bllzs /fhuf/df
@)!\$÷!%	\$((!)(!&)	hfgsf]; Vof @(\$
@)!(÷@	#^*\$##	-)&#	u0ff a9sf]5 .
@)@)÷@!	!^^^(*	-)\$%	
@)@)÷@@	^#))())#*	

; f]M j bllzs /fhuf/ ljefusf jflif\$ kltj bgx?, Contribution of Foreign Employment and Remittances to Nepalese Economy, Prof. Bijaya Shrestha, Ph. D. 2007, /fli6o ofhngf cfofluf kltj bgx?

j bllzs /fhuf/ldf dlxf / k?ifsf]; Vof / cgkft

cfly\$ jif{	k?if	dlxf	sh ; Vof	sh ; Vofdf dlxfsf]cgkft
@)!*÷!(@!%^##	@)%&*	@#^@!!	*&
@)!(÷@	#\$))	@*\$##	#\$*\$##	*@
@)@)÷@!	!%@\$@	!!\$%^	!^^^(*	^(-
@)@)÷@@	%*)(^@	\$(!@*	^#))()	&*

tYof°n]b]fP cg' f/ gkfnaf6 j bllzs /fhuf/ldf hfgsf]; Vof x/\$ jif{ tla| ?kdf al9/xsf] 5 . cf=a= !(((\$÷(% b]v cf=a=@)@!:@@ ; ddsf]@* jifdf j bllzs /fhuf/ldf of]; Vof em08} @(\$ u0ffn]a9g' eg\$]; fdf6o cj:yf xfg . o; n] :jbzdf /fhuf/lsf] cj; / / cfsif0fsf] cj:yf gfh's /xsf]; \$] u/sf]5 . j bllzs /fhuf/ldf hfgd]w] sh ; Vofdf dlxfsf]cgkft cem]klg !) kltztebf sd b]v65 . tyflk, cgkrfl/s ?kdf ofebf klg 7hf]; Vofdf j bllzs /fhuf/lsf]gddf dlxfx?sf ; fy}k?ifx? lj b]z uPsf]cgdfg 5 .

cfkrfl/s ?kdf j bllzs /fhuf/ldf w]; Vofdf uPsf dh'sx? tnsf]Box-1 df b]fP cg' f/ /xsf] 5g\ . o; u/l Box 2 df b]fOP cg' f/ cblf / sd blf ksf/sf ; Jf lfq?df gkfnlx? /fhuf/ldf /xsf]cj:yf 5 .

Box-1
j bllzs /fhuf/lsf kdV u6t]o dh'sx?
!= ; fpbl c/l]aof
@= stf/
#= ; @Qm c/a Old/0
\$ dn]zof
% s]j
६. बहराइन

Box-2
वैदेशिक रोजगारीमा जानेमध्ये धेरैले गर्ने प्रमुख पेशा
१. साधारण श्रमिक (ordinary labor)
२. सरसफाइकर्मी (cleaner)
३. सुरक्षा गार्ड (security guard)
४. सवारी चालक (driver)
५. विक्रेता (sales person)
६. हस्पिटालिटी/होटेल सेवा सम्बन्धी (Hospitality)

gkfnl sdbf/ ; xfpbf]dfu, efuf]ns ?kdf glhs, sd vlr[rf]/ ; xh oftofts]kxlr ePsf]h] dWokj]sf dfly pNn]v ul/Psf dh'sx? / dn]zofdf ; aebf al9 gkfnl sdbf/ hfg]u/\$f] b]vG5 . csf[km] :j b]zdf /fhuf/Lsf] cj; / g}gePsf]h] / pknAw /fhuf/L klg IrQaemb] gePsf]h]lj b]zdf hfg]; Vof cIolws a9\$]5 . o; afx\$, o/fk, cd]v/sf nufot dh'sdf klg cllbog nufot ljeGg ksf/sf leiff lnP/ clwsfz JolQmx? /fhuf/Ls}p2]on]uPsf] cj:yf 5 . ef/tdf /fhuf/Lsf]nflu hfg\$]xsfdf eg]5\$}cllbog cg; Gwfg / tYof° Joj:yfkg ugkG] cj:yf 5 .

%= j b]zs /fhuf/Lsf sf/Ofx? -Causes of Foreign employment_

gkfnaf6 j b]zs /fhuf/Ldf hfg]k]lQdf lGdg tlg ksf/sf sf/Ofx? /x\$]k]kfG5

s= lj sifQf ug]j f ws]g]sf/Ofx?÷t]j x? -push factors_

!_ /fhgllts kl/b]on]l; hgf u/\$f]lj t]off -frustrat on_

@_ eljio clgZrt xg]hfl]vdsf]cfsng -unsecured future_

#_ /fhuf/Lsf cj; /sf]sdl / pknAw cj; / klg sd cfsif\$ -low and less at ract ve opportunit es_

\$_ e]6frf/, rfs8jfb, k]ffnl]lxg]tf -corrupt on, slaverism and systemlessness_

%_ ;fdflhs dgflj 1fg cyff 15d\$], ; fly, cfknt uPsf]h]hfg]-socio-psychology_

^_ ; /sf/L gllt g}j b]zs /fhuf/ kj 4G ug]-Government Policy_

&= C; /lff -insecurity_

*= ; fk]f / lg/k]f ul/al -absolute & relat ve poverty_

(_ lj Bdfg lziff k]ffnl -exist ng educat on system_

!)_ sdhf] zf; g -Weak Governance_

v= cfsifQf ug]j f tfg]sf/Ofx?÷t]j x? -pull factors_

!_ ; xh /fhuf/ / tna ; ljwfsf]; lglZrttf -employment/salary & fringe/benef ts_

@_ ; ldfghgs tna ; ljwf -dignif ed salary_

#_ pGgt sfd / cfwlgs klj lw -modernized work and technology_

\$_ k]ffnlj 4 zf; g Joj:yf -system-based governance_

%_ zflGt ; /lff -peace & security_

^_ ;fdflhs dgflj 1fg -socio-psychology_

&_ ; fylef0 / kfl/jfl/s kfej -ef ects of friends and family members_

*_ alnof]zf; g k]ffnl -strong governance system_

u=cj wf/OfhGo, klj lwhGo / oftfofthGo sf/Ofx? -**Conceptual, Technological and Transport-related factors**_

!_ ljZjJofkls/Of / o; sf] k}efj -globalizat on and its ef ects_

@_ ; :tf]/ ; xh ; 'rgf tyf ; #f/ klj lw -cheap & easy nformat on and technology_

#_ ; :tf]/ l56f] oftfofsf] ; fwg -cheap and fast means of transportat on_

\$_ cfly\$ /fi6j fbsf] af]h] fnf -dominance of economic nat onalism_

%= j }llzs /f]huf/Lsf knfObf / aknfObf -**Merits and Demerits**_

knfObf -**Merits**_

!_ lj k}rof k}ktlM g}kndf ^) k}tztEgf a9l 3/kl/jf/df lj k}rof cfo k}olf klu/x\$] 5 .
; /sf/sf] lj b}zl dbfsf] k}dv ; f] klg lj k}rof /x\$] 5 . lj ut b0{ bzsblv g}kndf
cfkrf]s ?kd}sh ufx{y pTkfbgsf]@% blv #) k}tzt; Dd lj k}rof lelqg]u/\$] tYof°
5 .

@_ /f]huf/Lsf] dxTj kOf{l] sNKM /f]huf/Lsf] cj; / :j b}z / lj b}z b}df xG5 . g}kndf /f]huf/Lsf]
cj; / lgs}sd / ePsf /f]huf/L klg clwsfz t cfly\$ / j]Q lj sf; sf] lx; fj n] klg
sd cfsif\$ 5g\ . o:tf]cj:yfdf ahf/df pknAw hgziQm vkt ug] /fdf] lj sNksf] ?kdf
j }llzs /f]huf/L /x\$] 5 .

#_ 1fg, klj lw / ; lk x:tfGt/OfM j }llzs /f]huf/Ldf hfg]h] cfkngf] k}zf Joj ; fo; u ; DaGwt
1fg, ; lk / klj lwdf a9fQ/L ug] / :j b}zdf k}p} ug] ; efj gf alnof] /xG5 . o:tf s}l
pbfX/Of g}kndf blvPsf 5g\ .

\$_ l}klflo ; DaGw a9gM j }llzs /f]huf/Ln] u}tJo dh's; usf] ; DaGw JolQmut, kfl/jfl/s,
Joj; flos / ; /sf/L txd] ; d] klj 4G ub\$. g}knsf] xsdf klg lj leGg dh's; u ePsf
>d ; Dem}f j }llzs /f]huf/s}pkh dfG ; lsG5 . o; af6 6bfs 6' l8knfQ] Ldf ; d] ; 3fp
ku\$] 5 .

%_ ul/al Gogls/Of / cfly\$; fdf]hs lqmfnsnfk klj 4GM g}knn] ; x; f}abl lj sf; nlo
xfl; ndf u/\$] pknAw / ul/jlsf] Gogls/Ofdf j }llzs /f]huf/sf] klg el'dsf 5 . o; u/L
lbuf]lj sf; nlo k}ktldf j }llzs /f]huf/sf] of}ubfg 5 . csf]t/ ; dbflos / ; #yfut ?kdf
klg j }llzs /f]huf/Ln] cfly\$; fdf]hs lqmfnsnfkdfknt ; sf/f]ds of}ubfg u/\$] 5 .

aknfObf -**Demerits**_

!_ k/lge{t}fm pTkfbgdhs hgziQm lj b}z h}bf :j b}zl pTkfbg 365 . o; n] ubf{ aflx/af6
x/\$ k}sf/sf]j:t' tyf ; j} cfoft ug}kg]cj:yf cfp5 . clxn]g}kndf olx cj:yf 5 .

@_ ; fdf]hs kfl/jfl/s lj Cwnt}fm hgziQmsf] 7hf] cgkft j }llzs /f]huf/Ldf h}bf ; fdf]hs
; DaGwdf c; / kb\$. ; fdf]hs dgf}fjgdf zGof 5fp5 . o; n] kfl/jfl/s h}lGttfd

gsf/flds kfej kfb5 . ; fdlhs ; befjdf ; d: gsf/flds c; / k/l ; fdbflos c; /lff
a9g] / ; Da6wx?df ; d: cj/fv cfpj]x65 .

#_ kfl/jfl/s PSnfkgfM j b]zs /fhuf/l]sf] sf/of lj b]zg] / kl/jf/df /xg] b] }klfn] PSnfkgf
dx; ; ub5gl . To; df klg afnafnsf / a4a4fsf] PSnfkgf / kfpkg] cfltdo ; jf /
/yb]v]s]sdl x65 .

\$_ knfog kj]QM j b]zs /fhuf/L nfd] ; do; Dd /xg] / of] a9b} hfbf of] dfq xf]g of]sf]
kl/jf/ ; d: knfog xg] hf]vd ; b} /x65 . gkfn kmsg rfx] klg ljle6g ; d:of kg]
hf]vd /lx/x65 .

%_ /fli6o ; /lff / Pstfdly hf]vdM lj b]zdf nfd] ; do a:g] / kfp; Dd pt}sf]:yfol a; f}f; sf]
cgdlit lng]k]Q klg a9bf]5 . o; /l hfg}f6 dh}sk]tsf]lg]7f sdhf] e0{/fli6o ; /lffdf
hf]vd cfpj ; S5 .

^_ g]l] / l; hgzlntdf cj/fvM j b]zs /fhuf/Ln]; e]jgf ePsf o]fnf0{lj b]z hfg]cj:yf
l; hgf x65 . o; n]phfzn g]l] lj sf; ; pBdzlntf / Joj; flos l; hgzlntsf]:j b]zdf
k:km6g xg]cj:yfnf0{afwf k/bfp5 . o; af6 cGtdf :j b]zdf kgM a]fhuf/L / ul/al a9fp5
/ of]rqms}?kdf /xg] hf]vd /x65 .

^= j b]zs /fhuf/Lsf ; d:of, rgf]l / ; dfwfgsf pkfox? (Problems, Challenges and Solutions)

; d:of -Problems_

j b]zs /fhuf/Lsf]; du]rqm k:yfgk] { k:yfgsf]cj lw, uGtJodf ku]k]5, sddf /xbf / sfdaf6
kmsg] u/L ; a}r/ofdf ; d:ofx? /x}f 5gl . o:tf ; d:ofx? ; a}sf] xsdf ; dfg ?kdf eg]
b]vbg] . t/ gkfnaf6 j b]zs /fhuf/df hfg]? clwsfz cblf / cw6lf ePsn] pglx?sf]
xsdf ; d:ofx? clws 5gl .

k:yfgcl3sf]; d:ofdf 7ul, em6ofg, k]qmfut c; xhtf, >d :jls[t lng]qmdf xg]; d:ofx?
xgl . o:tf]; d:ofsf sf/sdf dVou/L Dofgkfj/ Ph]; Lsf k]tlglwx?, u} lhDd]f/ ; fdlhs
; hfn / ; #f/ hut, tflnd kpfos ; #yfx?, dfgj t:s/x?, bnfnl ug]; dx=:JolQm?,
; Dal6wt ; /sf/L lgsfo / ; Dal6wt c6o lf]sf sd pQ/bfol ; e6qx? xgl . o; afx\$ lj b]z
hfg rfxg]JolQm? / tflnd kpfos ; #yfx? klg ; d:ofsf sf/s xgl .

k:yfgsf]cj lw cyf{ 6f]Gh6sf]qmdf klg ; d:ofx? b]vPsf 5gl . ljdfg:ynb]v uGtJodf
gku] Dd :ki6 lgb]z'g gxg'; ; 'rgf / lgb]zgsf]j]f:tf ug]; Ddf]gt cfr/of k}z'g ug{g; Sg'
xk]f0df kg] /df]; #f/ gxg' h:tf ; d:ofx? /x}f 5gl . o; df hfg]JolQm k7fpg]; #yf,
; Dal6wt sDkg] / s}l xb; Dd 6fen Ph]; Lx? ; d: lhDd]f/ b]v65gl .

uGtJodf kuKl5 ; dodf sDkgLn] lng gcfpg' ck]ff u/] cg' f/ jf; :yfg / cfwf/e't ; ljwf gkfpq' nfd] ; do; Dd sfddf gv6fpbf tgjfoQm cj :yf cfpq' gkfnfd u/}sf] ; Demf}feGbf km/s ; Demf}fkqdf x:tf/f / u/fpg' ; Demf}fdf pNn} ePsf] / elgPsf]sfd km/s xg' a9L ; do sfd ug{kg{h:tf ; d:ofx? k}v /x}f 5g\ .

sfdsf] qmddf ; dodf tna ; ljwf gkfpq' ; Demf}f cg' f/sf] sfd ug{g; Sg' elgP adf]hd sfd gkfpq' dlb/f ; }g u/L em}u8f ug{ uGtJo dh}ssf]lgod sfg}sf]af/}f cgle1tf xg' em}ofgdf kg{ /fhgllts nufot cGo k}f afx/sf sDkgldf k}tjlgwt / cjfl-5t ultljw ubf{ ; d:ofdf kg{ cfwf/e't >d sfg}sf]af/}f hfgsf/L sd xg' j}z /fhuf/Lsf]gdfdf dfj t:s/L ; d} xg' nufotsf ; d:ofx? 5g\ .

r}f}L -Challenges_

dh?kdf cj ; / / nfenf0{JolQmut, kfl/jfl/s, ; fdfhs / /fli6o txd ; d} clwstd agfpq g; Sg' gkfnf]j}z /fhuf/Lsf]k}v r}f}Lsf]?kdf /x}f]5 . o; u/L j}z /fhuf/Lnf0{ cftl/s /fhuf/L kj4}sf]nflu pkof} ug{g; Sg' csf]r}f}L xf] . j}z /fhuf/Lsf] ; du} r}f}LJoj :yfkq ; /lft / ; xh, ; zf; goQm dof}ot, ptkfgdhs / dh}ssf]nflu k}fj sf/L ?kdf of}ubfgdhs agfpq g; lsg' yk r}f}Lsf]?kdf /x}f]5 .

; d:of / r}f}L ; Daf}gsf pkfo -Solut ons_

s=j}z /fhuf/L k}tsf]b}i6sf} :ki6 ug]-clear vision_M o; df JolQmut / /fli6o b} }txsf] b}i6sf}nf0{d}wogh/ ug}b} . j}z /fhuf/Ldf s:tf JolQm hfg] o; sf]nflu s:tf]jftfj/Of /fHon] ; h}f ug] j}z /fhuf/ o}fsf]klxf] /fhf0 xg' x65 of xb} h:tf ljifodf :ki6tf xg}b} . j}z /fhuf/Lsf]nflu lj b} hfg]8/nflbf]kj}Qk}t /fHosf]s]wf/Of 5, s]/fHo ufx:y ptkfgeGbf lj k}f}df lge{ xb}uPsf]xf] dh} 5f}bf gful/sn]lsg ; km eP h:tf df}g yfn}f]5 eG]ljifo k}rnf]ag}f]5 . s]lj b} hfg ; s] Dd ptk}t / geP ws}g]cj:yf t dh}df l; h}f e0/x}f]5 < j}z /fhuf/Ln] :j b}df ljsf; sf]hu alnof]jf sdhf} s:tf]agfPsf]5 h:tf ljifodf :ki6 b'/b}i6 agfpqkb} .

v=j}z /fhuf/Lsf]nfe / xfgl=ftlsf]j:tut tYof° tof/ ug]-objective data_M j}z /fhuf/Ldf hfg]ug]vr{/ pglx?n]gkfn k7fpq]df} / u} df} of}ubfgsf]tYof° tof/ ug}b} . s]n >d :jls[t lng}f] ; Vof, uGtJo dh}ssf]gfd / lj k}f}sf] ; dli6ut tYof°n] dfq ; a}oyfy} atfpb} . /fhuf/ afx} cGo leiffdf uPsf}d}w}klg clwsfzsf]j}z /fhuf/L g}k}v p2}o /x}f]ljifo s; }f6 l5k}f]5 . o; y{ lj b} hfg]qmddf ; DkOf{k}qmfdf ePsf] ; a}vr{ p; n]gkfn a:bf ug]sfdsf]kfl/>lds nufotsf]tYof° tof/ ug}b} . efi}sf]

gfddf, leiffsf] gfddf, l6s6sf] gfddf, tflndsf] gfddf, ; Jf zNssf] gfddf aflxl/g] /sdsf] tYof° cgdffg ug[xf]eg] gkfn lelqgēēbf aflxl/g] /sd sd gxg ; S5 . o; afx\$, :yfglo ufldof lfgsf] pTkfbg, pTkfbstj, ahf/ nufot lfgdf ePsf] lfltsf] tYof° tof/ u/df xfnsf] cj:yfsf] j b]zs /fhuf/ gkfnf] bl3sfing lxtdf 5 of 5g :ki6 x65 .

u=j b]zs /fhuf/L ; Da6wl tTsflng / bl3sfing sfoffj ogof]o of]hgf agfpg]-implementable plan_M o; sf] nflu :j b]zsf] /fhuf/ ahf/ / hgzi0msf] oyfy{tYof° bz of kfr jifdf xf0g x/\$ jif{cBj lws ugkb5 . ahf/ / hgzi0mf0{hf\$g] Joj:yf t?ēt ugkb5 . ahf/df vkt gePsf] hgzi0msf] nflu cNksflng / bl3sfing ?kdf pko0m j b]zs /fhuf/ ahf/sf] of]hgf agf0{sfoffj og ug{cfjZos 5 . j b]zs /fhuf/ / :j b]zsf] /fhuf/nf0{cēt/; Dal6wt agfpg' kb5 . :j b]zdf /fhuf/ ljxgtfsf] cj:yf lbgf lbg a9\$fi kl/jz b]vPsf] h]oxff ; d] /fhuf/L a9fpg] u/L Joj; flos lfg; u j b]zs /fhuf/Lnf0{hf\$gkb5 .

3=j b]zs /fhuf/ kzf; g ; dofgsh / kēfj sf/L agfpg] -ef ect ve governance_M j b]zs /fhuf/ kzf; gdf ljifoj:tdf hfgsf/ / lfdtjfg hgzi0m v6fpgkb5 . cgejl / of] lfgdf of]ubfg ug{; Sg]sd{f/Lnf0{l6sfpgkb5 . of] lfgdf sdhf] hfgsf/L ePsf] hgzi0m] kēfj sf/L ; Jf k]jfx gxg]dfq xf0g ; r'gf ; d] lbg g; Sg]e0{; Jfufxln]cgfjZos bV kfp5g\ / vr{ klg a9g] x65 . j b]zs /fhuf/; u ; Dal6wt sfoffo / ljefunf0{; ljwf; DkGg agfpgkb5 . o; lfgaf6 p7gkg] /fhZj klg rxfj6 e0/x\$fi lfg{rxfg] /fhZj klg /fhon] lng g; s\$fi cj:yfnf0{cētō ugkb5 . cgfjZos txd; ; Jfufxln]vr{ugk/\$fi cj:yfnf0{; wfg{klg j b]zs /fhuf/ kzf; gnf0{; dofgsh, ; xh / gful/sdql tyf ; /f\$fi/jfnfdql agfpg' clt h?/l 5 .

a= :j b]zdf pTk]offo0m cfBflus / Joj; flos jftfj /of lgdff ug]-conducive enviromnent_M :j b]zdf ePsf] hgzi0m] gwfgl lj b]zdf ePsf gkfnl ; d] cfpkgk] u/L pBfl Joj; fo :yfkgsf] nflu ; xh glt, kzf; g / zf; g xgkb5 . casf] sxl cj lwsf] nflu dfq lj Bdfg hg; fWos nfesf] pko]utk{nflg l9nf e0; s\$fi]; 3lo ; /sf/ dfq xf0g, kēz / :yfglo txsf ; /sf/, lghl lfg / c6o lfg ; d] uHē/ ?kdf lh]d]f/ xgkb5 . o; sf] nflu /fhosf] zf; slo eldsf kēfj sf/L xgkb5 h; n]ubf{j b]zs /fhuf/laf6 kft cfly\$ tyf u} cfly\$; f], 1fg, ; lk, cgej, sfd ug]; #sf/ nufotsf] pko]u e0{lj sf; sf] /fli6o nlo xfl; n xg ; 3fp klb5 .

; Gbe{; fdulj

!= gkfnf] ; ljwfg

@= gkfnf] cfj lws of]hgfx?, /fli6o of]hgf cfof]u

#= ahf j StJo, cy{dēqfno, cf= a=@)* (÷*)

\$= j ɔ̃lzs /fɪhuf/ Pɔ̃, @)^\$ / j ɔ̃lzs /fɪhuf/ lɔ̃dɔ̃j nɪ, @)^\$

%= j flif\$ kɪtj ɔ̃gɪx?, j ɔ̃lzs /fɪhuf/ lɔ̃jɛfu

^= tɔ̃fɔ̃ ut ; fɪx?, gɪkɪnɪ /fɪhɔ̃tɪfɪ; , cawfal

&= Report on Nepal Labor Force Surve 2017/18, Central Bureau of Stat st cs

*= Internat onal Convent on on the Protect on of the Rights of All Migrant Workers and Members of Their Families, 18 December 199-, General Assembly Resolut on 45/158

(. Contribut on of Foreign Employment and Remit ances to Nepalese Economy, Prof. Bijaya Shrestha, Ph. D. 2007

!). Report on Nepal Labor Force Surve 2017/18, Central Bureau of Stat st cs

!!= Other related websites

glltsf sf/Of nufglolfo /sd ; d] kofit /x\$] lyof]. csf[km /ld6of; cfk]fx -Remitance
 infow_ df ; d] ; f] cg?k sdl cfPsf] lyPg . ol ; a}sf/Ofaf6 ahf/df kofit ?kn] t/ntf
 -Liquidity_ pknAw e0{a\$ tyf lj|Qo ; :yfx?n] Goğ Aofhb/df COf -Loan_ kjfx ug{yfn].
 Joj ; fol tyf nufglstf[] ; xh ?kdf / Goğ Aofhb/df COf kfp[] yfn]. jflOfHo tyf ljsf ;
 a\$ x?n] hlufsf] lwtf] /fv] cfqfids 9uaf6 COf lj : tf/ u/] eg] ; xsf/L tyf n3lj Qx?n]
 lwtf] g/fvl JolQmut / ; fd]xs hdfgldf COf kjfx u/]. o ; /L ahf/df db]sf] cfklt{-Money
 Supply_ a9g yfNof]. kofit t/ntfof]o /sd ePsf sf/Of cfly\$ ahf/df p] ; fxxOf{/ vZlsf]
 cj : yf -Euphoria_ b]vfk/\$] lyof]. ; /sf/ / s]bb a\$ sf] pbf/ glltsf sf/Of COfdfkm k]kt
 /sdsf] ; xl, k]f]sf/L / p]tkfbgzln ?kdf kl/rfng ug] b]f]o] COf]sf] lyof]. t/ COf]n]
 pQm /sd ; xl tj/af6 kl/rfng ug{g ; s\$ sf/Of j t]dfg cfly\$; s6sf] cj : yf b]vg ku\$]f
 cy]j bx?sf] egf0{/x\$] 5 . xg klg COf lnPsf] /sd z] / / hlufh: tf cg]tkfbgzln l]qdf
 kl/rfng xg ku\$]f / ol l]qsf] dNo prfng kul cy]Gqdf km\$ -EconomicBubble_ ; hgf
 xg k]of]. kl5Nnf] ; do g]k]nsf] xsdf hlufdf ul/Psf] nufgl]n] 5f]f] ; dodf g}w} k]tkm
 lb0{x\$] lyof]. k]z: t sdf0g] ck]ff / ahf/df /x\$] kofit t/ntsf sf/Of z] / / 3/hlufdf
 nufgl a9g u0{ol l]qsf] dNo a9\$] lyof]. nufglsf sf/Of dfu a9k]5 dNo a9g' cy]Gqsf]
 ; fdf]o lgod xf]. z] / / 3/hlufsf] dNo a9k]5 s]l nufglstf[] ; Dk]Q laq]af6 ; f]f]Gbf
 /fd] k]tkm sdfpg ; km eP . csf[km ; :tf] dNodf z] / / 3/hluf vl/b ug] ? klg pRr
 dNosf sf/Of ; Dk]Q a9\$] / wgl ePsf] -WealthEffect_ dx ; z u/]. h ; sf sf/Of klxnf] y/Lsf
 JolQm] cflh\$ /sdaf6 / bf] f] y/Lsf JolQm] jrt /sdaf6 pkef] -Consumption_ a9fpg
 yfn]. s]ln] Joj ; fodf nufgl a9fP . pkef] / nufgl df ePsf] a9fQ/Ln] cfoft -Import_ XofQ}
 a9bf]. g]k]ndf j : t' / ;]sf] p]tkfbg -Production_ kofit gePsf] pkef]sf nflu lj b]z
 j : tsf] cfoft a9g k]of] eg] p]tkfbgsf] nflu klg lj b]zaf6} sRrf kb]f{-RawMaterial_ cfoft
 eof]. olxahf ? ; -ob] o4sf sf/Of k]f]nod kb]f{/ vfBf]gsf] dNo a9\$] ; fy} cd] / sl
 8n/ alnof] xbf ef/tlo db] ; u ljlgdo b/ l: y/ ePsf] g]k]nl db]sf] cj dNog xg ku\$]f /
 o ; n] ubf{cfoft ul/Psf] j : tsf] nflu a9L /sd eQf]gl ug] k]g] cj : yf ; hgf ePsf]n] klg tlj
 ?kdf lj b]z db]sf] ; l-rtl 36g yfNof] / cy]Gqsf] afXo l]qdf ; d: of b]vg yfNof].

cy]Gqsf] afXo l]qdf ; d: of b]vg yfn] k]5 g]kn /fi6 a\$ n] cfoftsf sf/Of 3l6/x\$]f]
 lj b]z db] ; k-rtl hf]ufpg lj leG pkfosf] vf]hl ug{yfNof]. km: j?k ahf/df db] cfklt{
 36fpg Ps kl5 csf] df]b]s Pj +u] df]b]s cf]h/x?sf] k]f] xg yfNof]. o ; c]tu\$ Aofhb/
 a9fpg] vl z] / / 3/hlufdf kjfx xg] COfdf lgoGqOf ug{yfNof]. ol ; a}sf/Of]n] pRrtd
 ljGbaf6 z] / ahf/ 36g yfNof]. 3/hluf sf/f]f/df ; d] sdl cfpg yfn] \$] 5 . prf0df
 ku\$]f z] / ahf/sf] dNodf Jofks lu/fj 6 cfPsf] / 3/hlufsf] sf/f]f/df sdl cfPsf] nufotsf
 sf/Of cy]Gqdf d]bl -EconomyRecession_ sf] cj : yf b]vPsf] 5 . cfly\$ r]qdf ; xeful

JolQm tyf Joj ; folsf] qmozlQm -Purchasing Capacity_ 36\$] sf/Of ahf/df dfu klg 36\$] 5 . dfudf cfPsf] sdlsf sf/Of Jofkf/ Joj ; fofs] lfgdf ; d] dGbl b]yf k/\$] 5 . csf] tkm{ a9\$] a\$] sf] Jofhsf sf/Of z0/, hluf, Joj ; fodf nufgl ug? cfly\$; \$6df k/\$] 5gl . Joj ; flos nfut a9\$] 5 . ?; oqntj o4sf sf/Of a9\$] k\$] nod kbfi{ 8n/ dhat ePsf] cj:yfsf sf/Of cfollt j:t\$] dNo klg a9\$] 5 . o; n]ubf{cf]bfgl xg?n]d]gkrf / jrt ug{ ; s\$] 50g\ eg]cf]bfglsf] thgdf vr{a9l xg?nf0{emg}; s; k/\$] 5 . COf lng? COfsf] blrqmf k/\$] 5gl . /fhuf/ JolQm? a]fhuf/ xg] / a]fhuf/ tyf ul/a JolQm? ul/alsf] blrqm -Vicious Circle of Poverty_ af6 afx/ cfpq g; Sg]l:ylt b]vb\$. cToflws shf{k]fx ePsf]/ a\$ tyf ljQo ; :yfnf0{ahf/af6 COf p7fpg ; d:of ePsf]dh's ljQo tgf]sf] -Financial Distress_ sf]cj:yfdf 5 . ol ; a}sf/Ofaf6 cyfGq ultxlq / ; \$6f]dV ePsf]cj:yfdf ; \$6df]gsf] nflu ; /sf/ / lghl lfg ldn] jfl-5t cul; /tf gb]fpg]xf]eg] qmdz] ahf/ cyfGq k]t hgtsf]ljZj; ulg]cj:yf -Revulsion_ ; hgf e0{cfly\$ tyf ljQo c/fhstf b]yf kg{; S5 . o; sf ; fy}ul/al, a]fhuf/L / c; dfgtf 36fpg] lbuf]lj sf; nlo xfl; n ug] tyf lj sf; zln /f6df :t/f]gtlsf] nflu dh'ssf] ; fdlhs tyf cfly\$ kanls/Of -Resiliency_ ug]l bzdf ; d] o; n]cj/f]w k\$] u5{.

cfly\$ ptf/r9fj sf]cyzf:qlo lj Zn]f0fM

cyfGqdf dGbl -Recession_ / t]hl -Expansion_ sf]cj:yf ; lxtsf]Joj ; flos rqm -Business Cycle_ nf0{:jef]s 36gfqmd -Phenomenon_ sf]?kdf lng]ul/G5 . t]hlsf] ; dodf cfly\$ lqmf]snfkx?df a9fQ/L xG5 eg]dGblsf]ahf sh ufx:y ptkfbgdf gs/f]ds j]4 e0{/fhuf/L / cfly\$ lqmf]snkdf ; \$rgsf]cj:yf b]yf k5{. gk]nsf]j tdfg cj:yfnf0{oxl k]lQo; u b]fh] klg xg{; lG5 . tykl cfly\$; \$6 -Crisis_ sf ljifodf cyzf:qlx?alr dt\$otf kf0\$. gjzf:qlo cyzf:qlx? -Neodassical Economists_ n] cyfGqdf xg] pt/r9fj dhtM afXo -External or Exogenous shocks_ klf h:t] ; /sf/L x:tlfk, /fhglts cl:y/tf, cfly\$ tyf ; fdlhs c/fhstf, k]s]ts k]sfk, k]jwdf cfPsf] kl/jtG, pkefQm]sf] kfyldstfdf kl/jtG, 8n/ tyf t]hsf] dNo 0Toflbsf sf/Of xg] dfGotf /V5gl . pglx?n] afXo t]j sf] pkl:ylt gePsf] cj:yfdf ahf/n] cfkm]sf]d ug] -Supply creates its own demand_ ePsf]h] ; /sf/n] ahf/df sd eGbf sd x:tlfk -Laissez Faire_ ug]k] dfGotf /Vb5gl . csf]tkm{ cyzf:qsf] lslG; og ljrf/wf/f klw/x? -Keynesian School of Thought_ n]cfly\$ k]ffnleqsf cfGtl/s -Internal or Indigenous shocks_ klfx? h:t] j:t' tyf ;]fsf]dfudf sdl, c:j:y k]t:k4f{ Joj ; flos ; zf; gsf]cefj, a\$ tyf ljQo ; :yfx?sf]c; kmntf, z0/ ; 'r'ssf] tla] lu/fj6, j:t' tyf ;]fsf] ptkfbg / ptkfbs]jdf lu/fj6, ;]t; fwg tyf nufglo]o k]hlsf] cefj 0Toflbsf sf/Of ahf/ cyfGq c; km xg] / o; nf0{:Rofpg ; /sf/L glttut x:tlfk tyf ahf/sf] k]fj sf/L lgodg Psdfq}lj sNk xg] ts{u/\$] 5gl . gk]nsf]j tdfg cyfGqdf b]yf

k/šf]; d:ofsf]ulx/f0{/ cfofdsf af/šf yk cllbog cg; Ğwfg ugĳgIxĳ5 . oBkl ; fdfġo ?kdf
xĳf{jtĳfg ptf/r9fj / cflyš ; š6df afXo tyf cftl/s bĳ}klf plQs}lhDd]f/ /xšf]dfĳg
; lsĳ5 . oxl tYonf0{cftd; ft ubĳ sltko cyžf:qlx?n]cyĳĳqsf]; Argfĳds klfd ; wf/
gu/L 6fn6h]kĳ]Qn]j tĳfg ; d:ofsf]; dfwfg xg g; Sg]atfPsf 5g\ .

csfĳkm{JoJxf/jfbl cyžf:qlx?n]cyĳĳqsf]ptf/r9fjdf JolQmut 5gfĳ, lg0fĳ tyf JoJxf/sf]
kĳfj dxĳk0f{xg}s/fnf0{hfš lbPsf 5g\ . nufĳlstfĳ]nufĳl ; laĞwl lg0fĳ ubf{tYo / ts{
-Rat onality_ eĳbf klg :jjjš / kĳtikwłšf]JoJxf/nf0{a9l dxĳ lbg]ub5g\ . nufĳlstfšf]
nfĳ, dxĳstfĳf, efjgf, cfzf / lg/fzfn]cflyš ptf/r9fjdf kĳfj kf/šf]xĳ5 eĳg]s/fnf0{
hšdšS; n]æThe General Theory of Employment, Interest & Moneyĳ k':tsdf rrf{ubĳo;
vfnsf]dfĳjlo kĳ]Qnf0{æAnimal Spiritsĳ egl pNnĳ u/šf 5g\ . nufĳlstfšf]cftdljZjf;
-Investors Conf dence_ alnof]xbf cyĳĳqdf tĳhl -Bubble_ sf]cj:yf e0{; ĳklQ -assets_
sf]dNo a9g]/ cftdljZjf; Pj -dĳĳn sdhfĳ xbf ; :tf]dNodf g; ĳklQ lalqm ul/lbg]-Panic
Selling_ dĳfĳ]1fgsf sf/Of cyĳĳq w/f; fol -Bubble burst_ ; dĳ xg]ePsf]n]cyžf:qdf
dfĳjlo dĳfĳ]1fg -Human Psychology_ sf]cllbog ugĳgIxĳZostf lsĳ; n]cftĳofPsf 5g\ .
gĳfnsf]jtĳfg cflyš ptf/r9fjdf ; dĳ nufĳlstfšf]dfĳjlo ; ĳĳĳ tyf JoJxf/n]eldsf
vĳšf]bĳ]Vpsf]5 . lj = +@)&* ; fn efb]dlxĳdf zĳ/sf]dNo #!((sf]Pĳtxf; s prf0ĳf
klg' eĳbf cl3 cĳoflws dĳkĳf sdf0ĳ]nfĳdf nufĳlstfĳ]lgofds lgsfoaf6 k6sk6s ; rĳ
u/fpbf klg sĳ}; fĳ]r/ gu/L a9bf]zĳ/ ahf/df nufĳl u/šf lyP . ; fy}5fĳ]; dod}w})
dĳkĳf sdfpg 3/hlufdf ; dĳ cĳwfww nufĳl ePsf]lyof]. t/ lgofds lgsfosf]s8f0{Pj +
sl; nf]dfĳĳs glltsf sf/Of nufĳlstfšf]cftdljZjf; 8udufpbf zĳ/dNo !*) sf]xf/fx/lcf
em/šf]/ 3/hlufsf]sf/fj/ / dNodf ; dĳ tla]lu/fj6 xg kušf]5 .

cflyš ; š6df]g s; /L <

dĳblsf]kĳfjaf6 cyĳĳqnf0{dQm ug{; /sf/sf]glltut x:tĳfĳ / nufĳl dxĳk0f{xg]cyžf:ql
lsĳ; sf]wf/Off 5 . cflyš dĳblsf]; dodf pkefĳ -Consumption_, pĳkfbg -Production_,
nufĳl -Investment_, /fĳhuf/l -Employment_ nufotsf cflyš ; ĳsx? tNnf]ljĳbdf kušf
xĳ5g\ . JolQm tyf 3/kl/jf/ txsf]pkefĳ ugĳ]ldtf 36šf]xĳ5 eg]JoJ; flos nufĳlstfšf]
nufĳl ugĳ]ldtf 36šf]xĳ5 . ; aĳt/ lg/fzf pĳkĳg e0{nufĳlstfšf]cftdljZjf; udšf]xĳ5 .
t; y{cflyš rĳmĳf ; xeful ; a}klfsf]dĳĳn a9f0{nufĳl, pĳkfbg, pkefĳ / /fĳhuf/l sf]:t/
a9fpg ; /sf/n]dfĳĳs tyf ljQo cĳhf/x? kĳfĳ ugĳgIxĳ5 . ; /sf/n]cflyš ; š6af6 jš
tyf ljQo ; :yfnf0{w/f; fol -Bankruptcy_ xĳaf6 hfĳfpg cflyš kofsh -Bail out_ 3fĳOff
ugĳgIxĳ ; S5 . csfĳkm{3/kl/jf/ txsf]pkefĳ]ldtf a9fpg gub ; xfof -Helicopter
money_ pknAw u/fpgĳgIxĳ5 . ; fy}JoJ; flos jftfj/Of lgdfĳsf]nflu s/sf b/df s6f]l

ugI/ ; /sf/l vr{a9fpg]gllt lngk5{. ol ; a}sfo\$]nflu ; /sf/nf0{koff{t ; f]sf]cfjZos kb5 . t/ xfn ; /sf/n]rfn' vr{wfg ; d] klg]u/l /fh:j ; \$ng ug{ ; s\$]f]5g . rfn' vr{rlnPsf]5 eg]khlut vr\$]f]kult ; Gtf]fhgs 5g . tna eQf / ; fdlhs ; /lffsf gddf dfq} sl/a \$ va{\$} ca{;koff vr{xg]u/\$]f]5 . To; h]; /sf/n]cfufdl ahdf lgdf 9un] rfn' vr{s6f]l ugk5{eg]cfjZos ; f] Joj:yfkg u/l khlut vr{a9fpg]tkm{hf\$ lbgk5{ d6bsf]ahf a\$ tyf ljlo ; #yfn]Cof nufgl gugI/ nufglstfh]klg kv{/ x]f sf] /ofgllt lng]ePsf]n]s]b a\$]n]nlrnf]df]b]s gllt cjndag u/l db]sf]cfklt{a9fpg]tkm{ hf\$ lbgkgI x65 . ljlo lqsf] ; \$6 ; dfwg ug{Coflnf0{; dod}Cof Itg{; xh xg]jftfj/of a\$ tyf ljlo ; #yfx?n]; hgf ugk5{. nufglstfh]cfkmt # ePsf]Cof Joj:yfkg kl5 dfq} yk Cof lng]/ nufgl ugI ofhgf agfpgk5{. ; /sf/n]afxo lqdf cf0/xg]; d:ofsf]lbuf] ; dfwg ug{; rgf kljldf cfwl/t pBd ljsf; , ko6g pBf]sf]kjbwg, ljbz]l sDkg] g]fn cfP/ nufgl ugIjftfj/of lgdf tyf g]fn] gful/s ljbz] uP/ sfd u/l /ld6bf; a9fpg blf hgziQm pTkfbgd hf\$ lbgkgI x65 . cyf]qsf]bl3\$fnlg ; wf/sf nflu Pq-sfgg kl/dfhg u/l nufgl d] jftfj/of lgdf ub]hfgk5{.

Igisif{M

dh'sn]; d]4 tkm{f]ofqf to ugI qm; u}cfly\$ ptf/r9f]sf]klg ; fdgf ub]hfgkgI x65 . slxn\$fxl cfly\$; \$6sf]jfl56fn]cyf]Gq dfq}ge0{; dfh / /fhglltnf0{; d] wldnf]agfpg] hf]vd x65 . o; af6 ljwsf]zf; g / nf\$tgq dfly g}rgf]l klg b]yf kg{; S5 . cfly\$; \$6n] e6bf klg cfly\$; \$6 ; fdgf ugI lfdtf / Oq5fzIQm] dh'ssf] eljio lgwf]of ugI ePsf]h]o; df ; a\$]f]kpf; dxlj k0f{x65 . To; h]cfly\$; \$6sf]rl/q / kl]t afw u/l ljQlo / df]b]s cf]hf/x? dfkmt cfly\$:yf]o]j / j]4 sfod ugI tkm{hf\$ lbgk5{. /fhuf/Lsf km]f]snf]cj; / ; hgf ug{; /sf/sf]nufgl s]b]t ugk5{eg]lghl lqnf0{; d] nufgl sf] nflu kf]; flxt ugk5{. o; af6 pTkfbg, cfbf]gl Pj +pkef]u a9g]/ cyf]Gq rnfodfg e0{dh's ; d]4sf]lbfztkm{cl3 a9g]s/fdf ljZj:t xg ; ls65 .

; Gbe{; FLM

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लोकतांत्रिक शासन प्रणालीमा संसदीय समितिको भूमिका

रामेश्वर पोखरेल*

!= k[7edl

; #blo c[of; df ; #blo ; ldltx?nf0{ ; #bs} clelg cusf] ?kdf ln0G5 . o; nf0{ Real Workshop of Parliament, Miniature of Parliament, Representative of Parliament h: tf gfdn]; d[lrlgg]ul/G5 . nf\$tfllqs zf; g Joj: ydf /fHo zIQmsf]; f[hgtf xg]/ hgtdf lglxt ; fj e[; Qsf] kpf] hgk|tlglwx?af/f ul/G5 . ; #b hgtsf]; fj e[; Qsf] kpf] ug[Ps dxTjk0f{ ; #yf xf] . zf; g k[ffnlfd glt lgwf{of tyf sfgg lgdf[ug[h: tf] dxTjk0f{ sfd Joj: yfkg sfo[lwsf dflodaf6 ; #bn]; lglZrt ub5 . ; #blo zf; g k[ffnlfd ; #bsf] eldsfnf0{ k[efj sf/l agf0{ lgoldt tyf c[sl: ds sfo{?nf0{ lg/Gt/ cuf18 a9fpg ; #bsf ; b:ox? d[lo[af6 t[]sPsf ; b:ox? /xg]u/l ljleG ; #blo ; ldltx? u7g ul/G5g\ . ; #bsf] cdNo ; dosf]art ug{/ ; #blo sfd sf/jxldf k[efj sf/Lt a9fpg ; ldlit k[ffnlfd] z?jft ePsf] xf] . ; #baf6 ; DkGg xg] sfo{?nf0{ k[efj sf/L Pj +cyk0f{ agfpg tyf To; nf0 hjGt /Vg / sfo{ljefhgaf/f ; #bsf] sfo{afem sd ug{ ; #bsf] d[ns eldsfd k[ts h c; / gkg[u/l ; #blo ; ldltx? u7g ul/Psf] xG5 . ; ldltn]; #bs} k|tlglwsf] ?kdf sfd ug[xgfn] o; sf] sg} 5\$}/ ; jTg clwsf/ eg]xbg . ; #blo ; ldltx;n]; /sf/nf0{ ; #bk|t pQ/bfol / hjfknb]l agfpg eldsf lgjfx ug{ ; Sb5g\ . ; #b\ clwj zg gePsf]; dodf klg k[efj sf/L eldsf lgjfx ug{ kg[b[loTj ; ldltsf] xf] . ; ldltx;sf]; lqmotfn]; #blo zf; g k[ffnlfnf0{ hgpQ/bfol, hjfknb]l, kf/bzl{ kl/0ffddVl tyf ; lfd agfpg d2t k[ub5 . o; [n]; #blo ; ldltsf] lqmfzln[tsf] ck]ff ug[ul/G5 . sfo{kfn[tsf clwsf/; DkGg 5g\ . Itgn] sfo{ Dkfbg ubf{ clVtof/sf] b[;kof] ug[]v cGo lj lw lj k/Lt klg sfo{ ug[u/\$f / o:tf sfo{ /f\$g ; #blo ; ldltx;sf] eldsf dxTjk0f{ dflG5 . csf[km(; #bsf] lhDd]f/l sfgg lgdf[xf] . hg ck]ff cg; f/ sfgg lgdf[ug{ ; ldltsf] eldsf plQs} cxd\ xg] ub5 . lj 1 tyf lj z]f1 x; ; u 5nkmn ug[]v gful/sx; dfem ku] ; emj ; °ng ug[Ddsf sfo{ ; ldltn] ug{ ; Sb5g\ . h; n]; /sf/n] sfgg lgdf[sf nflu k[u/\$f] lj w[psnf0{ alnof]/ k[efj sf/L agfpg ; 3fp k[lg ; Sb5 . ; #blo ; ldltnf0{ cf-cfk[rg] lq[flwsf/ leq /x] ; /sf/sf sfdaf/] 5nkmn ug[tyf lgbzg lbg] clwsf/ 5 . ; /sf/nf0{ g] lgb]zt ug{ ; Sg] clwsf/ kfPsf o:tf ; ldltx; vf; } ; lqmo gePsf] cfjfh pl7/x\$] kf0G5 .

; a}; do ; /sf/sf sfd k|t ; #bn] wofg lbg g; Sg] tyf lj z]f1 t[tsf] sdlsf sf/0fn] ubf{g} ; #blo ; ldltx? u7g ePsf xG5g . ; #b /fhgllts cfux / dNo d[gotfaf6 klg k[ys /xg

*उप सचिव, रक्षा मन्त्रालय

g; Sg] xbf ; #blo Joa:yf ckgf0Psf kfoMh; f] bẏdf ; #blo ; ldltsf]e'ldsf a9L /x\$]5 .
; #bsf ; ldltx? ; fj hlgS >f] ; fwgnf0{hg0R5f cg?k kpf]u u/fpg, ; /sf/nf0{; Nnfx
lbg, ; r] u/fpg / lgu/fgl ug{u7g xg]; a]wfgs ; e6q xg\ . ; fj hlgS hjfkrb]xtf / /fHosf]
kfej sf/Ltf a9fpg' g}o:tf ; ldltx?sf]dVo p2]o xg\ . g]kfnst]; h]wfgsf]efu * wf/f (& n]
k]ltglw ; ef tyf /fli6o ; efn]ljle6g ; ldltx? u7g ug{; Sg]JoJ:yf u/\$]5 .

@= ; #blo ; ldltsf]cf]rTo / cfjZostfM

lj ifout lj z]f1 tfsf nflu
; fgf] ; Vof /xg]ePsf]uxg 5nkm xg]
; Ddltk0f{lg0f6 k]qmf]sf]lj sf; ug{.
nllft lj ifodf c6t/lqmf ug{; xh xg].
lXjk gnllg]ePsf]cfkrb]lj rf/sf]k0f{; dy6 ug{; lsg].
; ldltsf]j]s jif6/L g}rfn' /xg ; Sg]
sfo6f/Lsf sf d pk/ lgu/fgl /Vg / pQ/bf]oTj kj 46 ug{
/fhgl]ts ; xdltsf]lj sf; xg ; Sg]
lj z]f1sf] ; bnfj lng ; lsg]
sfo6f/Lnf0{hj fkrb]xl agfpg].
lj w6sssf]af/6f ; doleq g}6uf6f k%ofpg ; lsg].

#= ; fj hlgS kzf; gdf ; #blo ; ldltsf]e'ldsfM

; fj hlgS kzf; gnf0{a9L pQ/bf]o agfpg] ; k/lj]f0f ug]/ lgbẏg lbg].
; fj hlgS kzf; gnf0{cfjZos kg]sf]g]l ; Argf / cfwf/x? tof/ ug].
cfly6 cgzf; g sfod ug{/ a]h' 36fpg ; xof]u ug].
; zf; g clej]4df ; xof]u k%ofpg].
sf]g6sf]zf; g [Rule of Law] sfod ug{lqmfzln /xg].
lg0f6sf]kfej sfl/tf a]4 ug{.
ck]l]ft pkn]awsf]kfej sfl/tf dfkg ug].
kzf; gdf ug{kg]; d; fdlos ; wf/sf laifodf ; /sf/nf0{lgbẏg lbg].
kf/blz]f clej]4df ; 3fp k]lg].

\$= g]kfnst] ; #blo ; ldltsf]k0ffn]sf ; d:ofx?M

s= ; /sf/sf sf/Of cf0k/\$]f ; d:ofx?
; /sf/n]lbPsf cfZ]f; g sf]of]jog gxg].
kfej sf]c]wog gu/L cfZ]f; g lbg]k]rng .

dfqlx? ; ldltklt ; jhgzln gxg].
ljwopsklt lhdd]f/ xg]gu/\$f].
JolQmut / bnut lxt x7] ljwops kž ug[u/\$f].
clGtd 3l8df dfq ljwops kž ugfn]kofkt 5nkmn gxg].

v= ; #bsf sf/Of cf0k/\$f ; d:ofx?M
; f#bx? hgkltlgwsf ?kdf k:tt xg g; Sg'.
/fhgllts k|t:k4f\$]kfej sfddf klg kg{.
; ldtsf]a7ssf]Sofn08/ agfpg g; lsg'.
ljwops 5nkmdf lj1sf]/fo gln0g'.
; /sf/sf]sfdnf0{; xl lbzf lgbž ug{g; Sg' cflb .

u= ; #blo ; ldtsf cfkmg}sf/Of cf0{k/\$f ; d:ofx?M
bnlo kfej,
; efklt lgolQmf bnlo efuj08f,
lj1,; lfd / kfej sf/L g]lj sf]sdl .
kofkt hgzlQm / ; f; ; fwgsf]cefj .
sfddf kfej sf/Ltf eGb klg nf\$lkptf / k|t:k4f\$]efjgn]sfd u/\$f]
; dgjo kfej sf/L xg g; Sg' .
; ldtsf]sfo{lfqdf x:tlfk xg]u/\$f].

%= ; #blo ; ldtnf0{kfej sf/L agfpg]pkfox?

; ldltk|ffnlsf] ; #fng / sfoffjogdf blvPsf ; d:ofx?nf0{; Daf]vg gu/L ; ldltx?nf0{
kfej sf/L agfpg ; lej 5g . ; ldtn]dfu u/\$f ; Fgf ; DalGwt lgsfon] ; dod}pknAw u/f0{
; Fgsf]k|kof / ljZj ; glotfsf] ; lglZrttf xg' kg]blvG5 . ; ldtn]sfo{f]leq /xl jkQ/
/fli6o lxt / hgtfsf] ; ljwfnf0{Wofgdf /fv] lbPsf lgbžg / ; emj sf]kfej sf/L sfoffjog /
; Ddfg xgkb5 . ; ldtnf0{kfej sf/L agfpg cjndag ug{k]pkfox? lglgfg' f/ 5gl .

s= ; /sf/sf]tkmf6 ug{k]sfdx?M
lbPsf cfZjf; gklt clt ; jhgzln xg' kg].
ljwops kž ug{cl3 Jofks 5nkmn / ljZn]fOf ug[kg].
; jfy{; dx [Interest Group] sf]bjfjdf k/L ljwops kž ug{gxg].
; ldtaf6 k|kt ; emj x? sfoffjog ug{sfoffjog of]hgf ; lxt kxn ug{k]g].

v= ; #bsf tkmf6 ug{k]sfdx?M
; dfjzl / ; dfgkflts cfwf/df ; ldtdf k|tlglw]sf] ; lglZrtf ug].
; b:o ; Vof l; ldt ug].
; f#bx? bnlo kfej af6 dQm xg].

; #b rn\$ f ; dodf ; b:ox?sf]clgjfo{pkl:y|tdf hf\$ lbg].
u= ; #blo ; ldltaf6 ul/gkg[sfdx?M
; fwg >f]sf]kof(t Joa:yf ug
ljifo lj 1 / cgejl tyf of]o ; b:o 5gf\$ ug{kg
lj 1 / j|/i7 ; b:onf0{g]l] lbg]
sfo{f]df /x\$]f]bfxf]f]kg x6fpg]
; b:ox?sf]dNof\$g ug[kl/kf6L a; fNg]
cgf]krf/ls sfo]lwsf]c]n]dag ug
; ldltsf]; efkltnf0{; b:onf0{lbo]g]e\$bf yk ; ljwf glbg]
; b:o ; Vof w}]ePsf ; ldltsf]pk; ldl t u7g ug].

^= pk; xf/

; #blo ; ldltx?sf]dVo p2]o b] / hgtfsf]; jf]k/L lxt / p\$gltsf nflu pko]m Joj xfl/s
/ ; do ; fk]f sfg\$ th\$]f ug{; #bnf0{; xof]u k'/f0{/sf/nf0{hgtfsf]dg, dlZtis / d\$df
a:g ; Sg]jftj/Of lgd]f ug{xf]. ; ldltx? ; #bsf ckl/xfo{cu ePsf]n]; ldltx?sf lgZklf
/ k\$]sf/L eldsfn]; ef / ; /sf/sf sfdx?nf0{k\$]sf/L agfpg ; xof]u klg\$. k|tlglw]j,
sfg\$ lgd]f / lgu/fgl ug]sfo]f ; xof]u u/] ; #bnf0{; lfd, ; an / k\$]sf/L agfpg]eldsf
lgj]f ug]ePsf]n]; #blo ; ldltsf]eldsf cfw]gs nf\$ql]qs zf; g]oj:yfdf cem]dx]j kOf{
/x\$]f]kf0\$5 .

; Gbe{; fdfu]

g]k]nsf]; ljwfg
k|tlglw ; ef lgodfjnl, @)&%
/fli6o ; ef lgodfjnl, @)&%

विकासशील देशमा स्तरोन्नति हुन नेपालको संक्रमणकालीन रणनीति

रुद्र प्रसाद भट्ट*

; f/

; @Qm /fi6« 3sf]nuftf/ b0{k6ssf]; dlff kl5 dfgj ; DklQ / cfly\$ hf]vd ; 'sf\$df kft kpltsf] cfwf/df @\$ gf]j / @)! df gkfn ljsf; zln dh'sdf :t/f]glt ePsf] 3f]fOff ePsf] 5 . :t/f]glt kZrft\gkfn]klxrfg / klti7f a9]klg @\$ gf]j / @)^ kl5 gkfn]c]t/f]60 Jofkf/df kf0g] 5b, ; xlnotk0f{C0f tyf cgbfg nufotsf ; ljwfx? udfpg' kg[cj:yf 5 . ; xlnot / ; ljwf udfpbf cyf{Gqdf kg[r]rgf]l tyf cj ; /sf]c]lloog Pj +tof/Lsf]nflu kfr aif{-@\$ gf]j / @)! b]v @\$ gf]j / @)^ ; Dd_ ; @ndOf cj lw t\$]f] 5 . :t/f]glt n0{j/bfg ; flj t ug{jf gsf/flds c ; / sd ug{o ; cj lwdf gkfn]l ngkg]glit, lfdt ljsf ; / ; :yfut ; wf/ ; lxtsf] tof/Lsf]nflu ; @ndOfsfnlg /Ofglit (transit on strategy) sf]cj Zostf 5 .

kl/ro

; g! (^) sf]bzsd f ljsl; t bzn]Goğ lfdt ePsf ljsf; zln /fi6« cem cltsd ljsl; t /fi6«-Pnl8; L_ n0{lz]f ?kdf ; xof] ug{k5{eG]cjwf/Off z? eof. o ; } ; Gbedf ; g! (&! df ul/al lgj f/Of, k]f]f/sf]ljsf ; , klj lw x: tft/Of nufotsf ljifodf c]t/f]60 ; dbfo cem ljz]f u/L wgl bzx?sf] Wofgsif]f ug{/ sd ljsl; t bzx?sf] cfjfh ahGb ug{Pnl8l ; ; dx : yfkgf ePsf]xf] . ; g! (&! df Goğ k]tJolQm cfo, Goğ dfgj ljsf ; ; 'sf\$ / pRr cfly\$ hf]vd ePsf gkfn; lxt klRr; bznf0{ ; @Qm /fi6« 3af/f cltsd ljsl; t /fi6« egl 3f]fOff u/\$f]f xfn \$ j6f bzx? o ; ; dxdf 5gl . xfn; Dd 5 j6f cltsd ljsl; t /fi6«? ljsf; zln /fi6df :t/f]glt e} s\$]f 5gl eg]gkfn; lxt ; ft j6f bzx? ; g! @)^ ; Dd k0f{ :t/f]glt xg] ; @ndOfsfnlg ; dodf /x\$]f 5gl .

gkfn]ljsf; zln bzd f :t/f]glt]sf/Of @\$ gf]j / @)^ kl5 c]t/f]60 Jofkf/df kf0g] 5b, ; xlnotk0f{C0f tyf cgbfg, c]t/f]60 ?kdf kf0g]c]lloog 5fj]t tyf ; Dd]hgdf kfpg]s]l ; ljwfx? udfpg' kg[cj:yf 5 . ol ; ljwf udfpbf cyf{Gqdf kg[r]rgf]l tyf cj ; /sf]c]lloog u/L kfr aif{-@\$ gf]j / @)! b]v @\$ gf]j / @)^_ ; @ndOf cj lwsf]of]hgf ; wf/sf lf]x? tyf tl/sf / k0f{ :t/f]glt -@\$ gf]j / @)^_ kl5 kl/sNkgf ; lxtsf] ; @ndOfsfnlg /Ofglit (transit on strategy) th]f ug[r/Ofdf 5 . cfufdl ; @ndOfsfnlg /Ofglitdf s]s:tf ljifox? ; dfjz ug[kg]eG]ljifodf of]n]v s]b]t /x\$]f 5 .

*प्रमुख कोष नियन्त्रक, कोष तथा लेखा नियन्त्रक कार्यालय, बबरमहल, काठमाडौं ।

-s_ cltsd ljsl; t /fi6x?

Catogory	No.	LDCs
Lat n America	1	Hait
Africa	33	Angola, Benin, Burkina Faso, Burundi, Central Africa Republi, Chand, Comoros, Democrat c Republic of the Congo, Djibout , Eritrea, Ethiopia, Gambia, Guinea, Guinea Bissau, Lesotho, Liberia, Madagascar, Malawi, Mali, Mauritania, Mozambique, Niger, Rwanda, Sao Tome & Principe, Senegal, Sierra Leone, Somalia, South Sudan, Sudan, Tanzania, Togo, Uganda, Zambia
Asia	9	Afghanistan, Bangladesh, Bhutan, Cambodia, East Timor, Laos, Myanmar, Nepal, Yemen
Oceania	3	Kiribat , Solomon Islands, Tuvalu

(UN/CDP: 24 Nov, 2021)

-v_ cltsd ljsl; t /fi6af6 :t/flgl t ePsf /fi6x?

(1) Botswana-1994 (2) Cabo Verde-2007 (3) Maldives-2011 (4) Samoa-2014 (5) Equatorial Guinea-2017 (6) Vanuatu -2021

-u_ cltsd ljsl; t /fi6af6 :t/flgl t xg]qnddf /xsf /fi6x?

(1) Bhutan-2023, (2) Angola (3) Sao Tome and Principe & (4) Solomon Islands -2024, (5) (Bangladesh, (6) Lao PDR & (7) Nepal -2026

gkfnscj:yf

; rs	; g\ @)!* -gkfn_		; g\ @)! -gkfn_		; ldfff
	; ldf	cj:yf	; ldf	cj:yf	
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संयुक्त राष्ट्रसंघको स्तरान्ति गर्ने नीति कार्यान्वयन हुने ।

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अन्तराष्ट्रिय बजारमा व्यापार पहुँच घट्ने । स्तरान्ति पछि नेपालको निर्यात ४.३०% ले घट्ने (ITC, 2022)

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“Global Governance enriched by Collaborative Process and Citizen Power”

Laxmi Ghimire*

Global Governance is a governance of international structure and institutions. It is levelled into three types as the first one is culture which means any norms and identities that influences people's mindset and behaviors. Here, culture is associated with the cultural confrontations with globalization for example religion, caste and race. The second is the story of the limitations of inter-state system; the realistic recognition of the world and the major objects of state centric frameworks that is the highest level of authority. The third is the Information technology (IT) that is correlated with the Era of artificial intelligence. Linking this context, the author has elaborated to be developed the collaborative process and citizen power as the paradigm shift and mild-stone of the transformation in governance.

1. Introduction of Global Governance (GG):

“Governance is the absence of central authority at the highest level of political unit that is global society” (Rosenau, 1995). If we look at the nation-state level, we found that core authority is the central government whereas the core authority would be the world government at the global level. The central government authority is not powerfully supported by the poorer societies and global authority is only existing in hope, dream and social movements. It seems innumerable rules and norms have been generated at the regional and global levels while political influence and authority found in plentiful at state levels. It is eye-opening that both dynamics of political influence and the regime can be worked on global and state level with interpenetrate and internalize each other. NGOs and private enterprises claim that, global governance has been constructed through controlling mechanisms of state and non-state actors and the possible missing links would be connected by regional organizations, sub-regions, regions and macro regions which support and counter globalization trends.

2 Global governance and its linkage

Global governance may not be glorious in all areas in the upcoming future, and there is no certainty that global governance always brings all positive results. However, Rosenau & CZempiel, 1992 describe that global governance relates to different policy making activities that produce coordinated actions and it contains a 'type of invisible hands' guiding different actors toward harmonious actions. Global issues like global common

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goods, the global environment, cyberwar, financial markets, drugs and human trafficking need to be controlled by regulative mechanisms. For that states need to delegate more power and authority to regional organizations, civil society and private sectors. It is compulsion to strengthen the linkage between international and regional organizations. Regional organizations can interact more with states, civil society and private enterprises.

3. Power of Information Technology in GG

As we seem the debate that global governance is running with the progress of Information technology (IT). It needs to be established that effective regulative system in hot money control and cyberwar prevention. IT can connect people, companies, governments and NGOs to any unit that could provide a chance to pervade information around the globe and sends calls to act on to society. Globalization known as the contradiction process of the world over internet and moving technologies. However, since a global civil society has developed in IT environment and make citizens to communicate each other creating mutual understanding as well as anger and fears related to confrontation. IT is one of the most important sources of power and influence linked to e-government aims at upgrading efficiency and improving accountability. IT is promoting an artificial intelligence with the increment of transparency and smart governance in service delivery. Developed countries are boosting Robot technology shifting from human action such as robot cleaner at the airport, waiter service at the hotel, tourist guide at the travel and professor at the university and medical guidance at the hospital.

4. Collaborative Process to Gain Value and Legitimacy:

A collaborative process (CP) is a participatory process of constructive dialogue that makes a meaningful and effective engagement with the citizens for policy making, planning decision and mutual respect among the parties. In this process, stakeholders expect to generate meaningful engagement and they recognize and create efficient consultation with legitimate information for decision making. A well designed collaborative process can produce good data, provide viable options for decision-making, manage stakeholder expectations, provide political legitimacy and reduce the intensity and scope of disagreement. The common names of the collaborative processes include meditation, negotiation, dialogue, workshop, joint-fact finding panel and many more others. Each situation requires a careful and strategic analysis to bring the best outcome as an agreement, a set of facts, an exchange of information.

5. The possible outcomes of CP

Collaborative process can reach agreement. It can aid decision-making quality, narrow and focus disagreement and improve government legitimacy. The noted outcomes are; i.) an impartial assessment of the key issues raised by stakeholders ii.) a problem definition

and creating vision for the future iii.) a joint-fact finding report considered legitimate by stakeholders' iv.) consensus recommendations by stakeholder representatives to decision makers. v.) improve relationships among stakeholders and between stakeholders and government. vi.) reaffirm the legitimacy of government vii) improves stakeholder self-sufficiency.

6. Roles defined in collaborative process:

Main roles of people involved in the collaborative process to bring the outcomes are mentioned below in the table;

Convener/Sponsor	One who invites the different parties to meet.
Funder	The people, agencies, or other organizations that provide funding for a collaborative process.
Process Manager	A person who designs and manages the process, including budget meeting, expert panels and group interactions with the media and other interested outsiders.
Member	A person participating in the group who either speaks for a particular entity, or speaks about the perspectives of one or more groups.
Executive Committee	A few select leaders from the group will work together with the process manager to manage some aspects of the process such as manage budget together to ensure transparency.
Expert	Expert may educate members or work with them in a joint fact-finding process to develop information.
Observer	Parties will observe the meetings, but will not have a say in the group decisions.
Staff	Staff present in the meeting. They will be brought in by the convener and process manager to aid the deliberations.

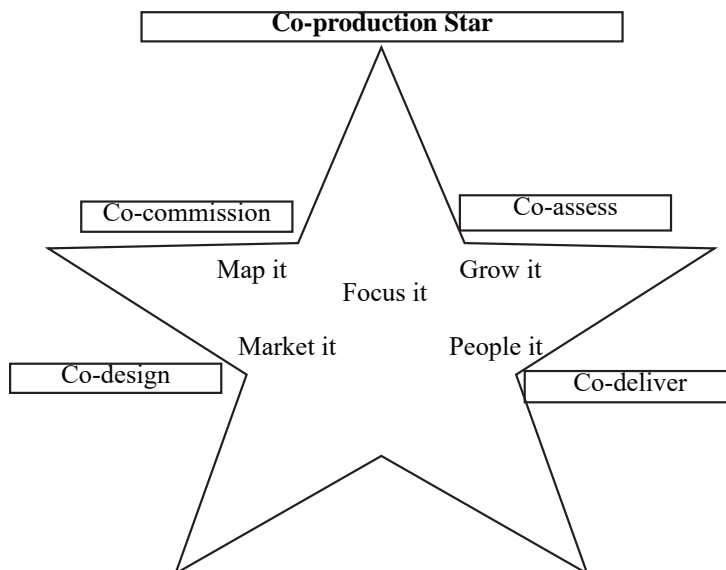
Convener/Sponsor	One who invites the different parties to meet.
Const tuency/Client	Members have relat onships with part ular const tuencies. Their support is essent al for the process outcomes. Process managers must keep them engaged strategically.
Meet ng Facilitator	Meet ng facilitator helps to moderate the meet ng most ef ciently and ef ect vely.
Arbitrator	A collaborat ve process may ask a judge or other expert to listen to the evidence and render a judgement to issues among stakeholders under discussion to make progress on.
Media	The media take an important role in communicat ng to the general public.
Result: Build up a strong organizat onal ident ty, develop signif cant polit cal support or resources and made a decision simple to easily explain for expert to have mastery over.	

Source: Consensus building in Asia,2018

7. Harnessing citizen power in Governance in Nepal

Citizen power is the energy that creates the synergy in the state-development. It supports to cut local public misuse of budget and develops citizen satisfaction with local public services. Moreover, it promotes young people's education, employment and social outcomes, supports for wellbeing of older people and encourages digital and social media. It also harnesses the skills, resources and creativity to find smart solutions in the pressing issues. It helps to improve local environment, public safety and their own and other people's health. Furthermore, "it helps to achieve better outcomes for citizens through a more collaborative relationship between citizens, staff and elected politicians of the state" (Elke & Tony, 2018). The outcomes of citizen power are based on citizen participation and meaningful engagement for improving public services. It not only gives citizens a voice but helps to organize themselves to support each other effectively in doing things well done. Such as Co-production: 1) resilient communities 2) improved outcomes 3) smart innovations 4) efficient use of resources 5) higher quality in service delivery. Co-Commission: transformation from delivering services to people i.e. local prevention framework with decision making panels including young people, elected members and partners. Co-design: the service communication tools and Co-deliver: trained volunteers work with family members to provide self-help and identify

capabilities of those members and strengthen the ability of them to cope with crises. Co-Assess: empowering patients to improve their own health. The co-product on star focuses on this transform as:



Here, we define the words in the center of the Star relating to Nepal as below:

- Map it: explore existing and new forms of co-product on in the government organization collaborating to private, development partner and cooperatives as constitution of Nepal included as three-pillar of economic policy.
- Focus it: Focus on activities with the highest impact based on national need and priorities.
- People it: using strengths-based approaches that fulfill the demand and problems of citizen as a whole.
- Market it: in order to bring about behavior change, people need to join with the laissez faire economy sectors as their real partners.
- Grow it: within the institution, grow its partners and local communities.

8. The steps of Governance to harness citizen power in Nepal:

Help to develop an **action plan** to grow co-product on in the institution and partners.

Train Staff, third part providers and community organizations to become citizen power Champions.

Stimulate **social innovations** in the institution through co-product on case studies.

Provide **digital solutions** to help communities

Support to **communication strategy** by reporting on and showcasing work nationally and internationally.

9. Conclusions

Governance is the system that collaborates people with the stakeholders and enriches the accountability and efficiency in the state mechanism whereas global governance functions for addressing global agenda and issues in the international structure. In this phenomena, collaborative process is the joint fact finding, it contributes to strengthen the governance through legitimate decision making process. Similarly, Citizen power is the power that transforms the society, leadership and creates conducive environment in wellbeing of people reflecting in the whole global governance. Nepal is the country it needs to strengthen all governance, collaborative process and citizen power at hand.

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नेपालमा अनौपचारिक रोजगारीको अवस्था

डा. लोकनाथ भुसाल*

kl/ro

/f]huf/L ljleGg cj:yfsf]xg ; Sb5 . /f]huf/L lh]sf]kfhG, cfocfhG / cf]df]lgtstf nflu ug]ul/G5 . /f]huf/L cfly\$ lj sf; sf]kj}t{g}xf]. sdbf/sf]5gfG, lgoLm ; jf ; ljwf / ; fdf]hs ; /lff Joj]yt / lgwf{/t dfkb08 jf sfgGaf/f g}Joj:yf ePsf]/f]huf/Lnf0{cf]krfl/s /f]huf/Lsf]kdf Ing ; lsG5 . o:tf]/f]huf/Ldf hf]vd sd xG5, Hofnf a9L xG5, >ldssf]xs clwsf/ ; lglZrt xG5 / sfdsf]; Ddfg /xG5 . cf]krfl/s /f]huf/Lnf0{pTkfbgzln / dof]bt /f]huf/Lsf]kdf Ing]ul/G5 . To; h]; #/e/ cf]krfl/s /f]huf/L a9pg kpf; x; xg]u/\$f 5gl . ; fdf]otof]l cf]krfl/s cyfGq / cf]krfl/s /f]huf/Lsf]alrdf ; sf/flds ; DaGw /x\$]xG5 . >d sfgGsf]kxR / ; /sf/sf]lgodgsf/L eldsfn]klg cf]krfl/s /f]huf/Lsf]dfqf lgwf{/of xg]ub5 .

/f]huf/Lsf]csf]cj:yf cg]krfl/s /f]huf/L xf]. cg]krfl/s /f]huf/Lsf]Pp6}/ :jlsfo{kl/efiff 5G . cg]krfl/s /f]huf/L jf sdnf0{clen}v gePsf] t/ dx]jk0f{sfdsf]kdf Ing]ul/Psf] 5 . o:tf]/f]huf/Ln]cyfGqsf]h/df dn-hn ug]sfd u/\$]xG5 . sdbf/sf]lx; fan]o:tf] sfd /x/eGbf af]lotfn]ul/g]ul/G5 . a]f]huf/L a9L /x\$]/ cg]krfl/s cyfGqsf]lx; ; f Hofbf /x\$]dh'sdf cg]krfl/s /f]huf/Lsf]kw]gft /xg]ub5 . o:tf]sfd lgwf{/t ; jfzt\$]cefjdf c; /lfft / hf]vdk0f{xg]ub5 . u;Gh]h dfq vfg]ePsf]h]o:tf]/f]huf/Ldf /xghf0{ ; fdf]hs ; /lff / >ldsf]xs clwsf/sf]Joj:yf klg xbG . >ldssf]zf]f]of oxL xG5 . Hofnf sd ePsf]h] sfd u/] klg ul/ladf /xg' kg]-j]ls' kfb6L{ cj:yf ljBdfg /xG5 . cfkt-lj]ktsf] ; dodf kpf]g ul/g] ; /sf/L /fxt klg cg]krfl/s lf]sf >ldsnf0{pknAw xbG} . o; n]ubf{ul/alsf] hf]vd a95 .

cg]krfl/s /f]huf/L :yf]lo]j klg gePsf]sfd xf]. o:tf]sdfaf6 Joj; fol jf /f]huf/bftfnf0{ s}xl nfe xg]ePtklg >lds / ; /sf/nf0{gf\$; fgl xG5 . /f]huf/bftsf]gfk]fsf]nflu >lds / ; /sf/nf0{gf\$; fgl k'ofpg'lsdfy{hfoh xf]G} . /fli60 /f]huf/ gllt, @)&! n]cg]krfl/s /f]huf/L Gog uof:t/lo, cg]kfbgzln / Gog kfl/>ldsaf6 u:t /x\$]pNn]v u/\$]5 . o; af6 >d ahf/sf]7hf]lx.; fdf /x\$]sdbf/sf]cj:yf :ki6 xG5 . ; dupf, cg]krfl/s sdnf0{ 36f]b}uP/ c]To ul/Pdf dfq b}zn]; dfhj]bl cyfGq lgdf]fsf]dfu]df ult xfl; n ug{; Sg5 .

*कार्यक्रम निर्देशक राष्ट्रिय योजना आयोग

gkfnf cgrf/s /fhuf/lsf]cj :yf ljZnif0f

/fhuf/lsf]cj :yfn]bzsf] >d ahf/sf] :jf:Yo lgwf{of ub5 . dof{bt /fhuf/l lbuf]lj sf; sf] cfwf/ xf] . >d sfg9sf] kxlr sd /xbf cgrf/s /fhuf/l sf] lx: ; f a9g] ub5 . gkfnf cgrf/s /fhuf/l sf] ljifd cj :yf /x\$] 5 . tlg jif{ klxf n]VPsf] kGwf}ofhgdf ^\$ kltzt >lds cgrf/s lqdf sfo{t /x\$]eg} pNn]v 5 . btf{eP/ ; #fngdf /x\$] 7hf pBfu klti7fgx;df klg cgrf/s >ldsx; /xg]u/\$]atf065 . dlxf >ldsx;sf] ; #lgtf cgrf/s /fhuf/ldf a9l xg] u/\$] 5 . ofhgfsf] cGto; Dddf cgrf/s /fhuf/lnf0{%) kltztdf emfg]nlo /x\$] 5 . sf]e8-!(nufotsf ; \$6n]of]nlo kflkt rgf]tk0f{b]v65 . xdf]cyf{qdf cgrf/s lqsf]lx: ; f #* kltzt /x\$]cgdfg klg xg]u/\$]kf065 . o; sf] cflwsf/ tf eg]kli6 ul/Psf]5g .

o; n] klg cgrf/s /fhuf/l sf] clxn\$] oyfy{cj :yf ls6fgl; fy olsg ug{c; lhnf] 5 . o; bzsdg gkfn] ; fdgf u/\$] e5dk, gfsaf6l / sf]e8-!(n]a9Psf]cgrf/s cyf{Gq / /fhuf/lnf0{ a9j]f lbPsf] eg] ; xh}cgdfg ug{ ; ls65 . cyf{qdf ; jf lqsf] a9Q/L ePsf]h] klg cgrf/s /fhuf/l a9\$] 5 . lghl lqsf c:ktfn / gl; f xqdf dli; s kfr xhf/ ?k9df :6fkm g; n]cgrf/s tj/n]sfd ug]u/\$]eG] ; Gdf cfPsf] 5 . lgdf0f lqsf]nueu ; a} /fhuf/l cgrf/s g}xf] . khljfbl gkmsf nflu nfut 36fpg] ; lhnf] pkfo /fhuf/lnf0{cgrf/s agfpg' klg xf]eG] tsdf w}\$] ; xdlf klg 5 . o; sf] cyf{ ljZjokls/of; u}cgrf/stf a9\$] 5 . /fhuf/btfn] ; fdf6tof /fhuf/lnf0{cgrf/s agfpg rfx65g . gkfnf cgrf/s /fhuf/l sf] oyfy{cj :yf hfGsf nflu gof ; j]f0fsf] cfjZostf 5 . cj :yf hfGkl5 g} ; d:of klxrfg u/L ; dfwgsf pkfosf]vfhl ug{ ; ls65 .

l9n}ePklg ; /sf/ /fhuf/lnf0{ dof{bt agfpg}km(nfu\$] 5 . cf]r/s, cgrf/s / :j /fhuf/ldf /x\$] ; a}>ldsnf0{ ; fdlhs ; /lffsf] bfo/fdf Nofpg' clxn\$] cfjZostf xf] . o; n]cgrf/s /fhuf/lnf0{cf]r/s agfpg klg dxTjk0f{el'dsf lgjfx ug5 . gkfn >d zIQm kltjbg @)!&-!* sf cg' f/ cgrf/s lqdf \$\$ nfv !! xhf/ >lds 5gl . ; a96bf hf]vddf oxl lqdf sfo{t >lds 5gl . /fhuf/ldf /x\$fd]b] ; a96bf w} ; vof klg loglx;sf] /x\$] 5 . cf]r/s lqdf @^ nfv &% xhf/ hgf 5gl . loglx; dof{bt /fhuf/ldf ePsf] :ki6 5 . loglx; ; u]lgolQnkq x65, ; jfzt\$] :ki6 Joj :yf x65 . ; e]f0fsf cg' f/ :j /fhuf/ldf !* nfv >lds /x\$] 5gl . lj = ; = @)&% d+ / !! blv nfu"ePsf] ; fdlhs ; /lff sfo6dn] cf]r/s lqdf /x\$] @^ nfv &% xhf/ >ldsnf0{dfq} ; Daf]vg u/\$] lyof] . xfn} ; /sf/n] cgrf/s / :j /fhuf/df /x\$] tyf j]z] /fhuf/ldf /x\$] ; d] ; a}>ldsnf0{ ; fdlhs ; /lff sf]df cfj 4 u/] ; fdlhs ; /lffsf] bfo/f lj :tf/ ug]dxTjk0f{el'dsf lgjfx u/\$] 5 .

cgfkrfl/s /fhuf/L dof{ot / ; Ddfigt aGg ; s\$[5g]. cgfkrfl/s /fhuf/L leq wJ}; d:ofx;
/x\$[xG5g\ . klxnf] t o:tf] /fhuf/L hf]vdk0f{xG5 lsggeg] o; df Joj; flos :jf:Yo tyf
; /lffsf dfkb08x; kfngf ul/Psf]xbg . lgdff lfqdf sfd ugI>ldsnf0{k-hf, xld} nufotsf
cfwf/e't ; /lffsf pks/0fx; lgdff Joj; foln] pknAw gu/fpgh] ubf{xg; Sg] b3Ggf /
bl3\$fnlg :jf:Yosf]sdhf] cj:yfn]cgfkrfl/s sfddf /xg]hf]vdnf0{b}fp5 . o:tf]sfddf
ljbf, ladf, pkrf/ vr{kq; g / cG o fubfg-; lxt jf ofubfg-/lxt ; fdlhs ; /lff gxx' csfI
; d:of xf]. o; n]/fhuf/Lnf0{c; /lft / cdof{ot agfPsf]cj:yf 5 . o:tf >ldssf]sdfs]
lznlnfdf d[o' eof]eg]kl/jf/s}ljrNnl xG5, ul/alsf]hGd xG5 . cgfkrfl/s /fhuf/Ldf xg]
sd Hofnfn]ul/al / c; dfgtf ; d] a9fp5 . o:tf]cj:yf cfpg' xfd] lj sf; sf] cfsfHffsf]
ljkI/t xg hfG5 .

/fhuf/Lsf] :yfloj gxx] ; /sf/L lgodgsf] sdl /xg] ofg nufotsf zf]of tyf lx#f /xg]
/fhuf/Lsf]xs gxx]/ dlxnfsf yk ; d:of klg cgfkrfl/s /fhuf/Ldf xg]u/\$[5g\ . dh'sdf
/x\$[(nfv @# xhf/ pBfu klti7fgx;dllo%) kltzt dfq btf{xgh]klg cgfkrfl/s cyfGg
/ /fhuf/Lsf]Jofkstf :ki6 xG5 . Joj; fo btfdf s8f0{gul/bff o:tf]cj:yf /xg uPsf]xf].
ol ; d:ofn]gkfnl >ldsnf0{ ; ljwfg-kpQ xssf] kfktdf afwf kf/\$[; d:of ; dfwgsf nflu
7f] kxn ul/g' clxn\$]cfjZostf xf].

glltut ;kdf ; /sf/ cgfkrfl/s /fhuf/Lnf0{Jojl:yt ug{k]ta4 /x\$]b]vG5 . gkfn ; /sf/n]
ljleGg gllt tyf sfodmx?dfknt cgfkrfl/stfnf0{36fpb}cGtddf x6fpg] kpf; u/\$[5 .
cgfkrfl/s cyfGg / /fhuf/Lnf0{cfkrfl/stfdf ;kft/Of ugIaf/df !%cf] ofhgfsf ljleGg
v08sf #% :yfgdf pNn]v 5 . /fli6o /fhuf/ gllt, @)&! , lbuf]lj sf; nlo / cG o >d
sfGgx;n]klg cgfkrfl/s sfdnf0{36fpb}hfg]pbBff u/\$[5g\ . /fli6o /fhuf/ gllt, @)&!
sf]Pp6f p2]og}cgfkrfl/s /fhuf/Lnf0{qmdzM cfkrfl/sdf ;kft/Of u/L /fhuf/Lsf]uOf:t/
j]4 ugI/x\$]5 . lbuf]lj sf; nlo-* df slif lfqdf /x\$]cgfkrfl/s /fhuf/Lnf0{; g@)#)
; Dd !) kltztdf emg]kl/nlo lS6fg ul/Psf]5 .

o; af6 ; /sf/ o; sf nflu kltj 4 5 eGg] :ki6 xG5 . o; sf nflu Joj; fo btfhf0{clgjfo}
ugI >ldsnf0{lgoLmq clgjfo{ugI Gogtd Hofnfsf]Joj:yf u/L cgludg ugI x]rfx / 3/h'
sfdnf0{klg /fli6o cfodf u0fgf ugI ; fdlhs ; /lff sf]df cfj 4 ugI ladf / ; fj h]gs
/fhuf/Ldfknt ; fdlhs ; Af0fsf]bfo/f lj :tf/ ugI o; sf nflu btf / u} ; /sf/L ; #yfx;nf0{
klg kl/rfng ugI sfd ; /sf/af6 lg/Gt;/kn]ePsf 5g\ . kl5Nnf]; dodf o:tf sdfs]ult /
ulx/f0{klg a9\$]b]vG5 . o; af6 nfvf}>ldsnf0{nfe ldNb}hfg]/ ; ljwfg / lj sf; ofhgfsf
3f]ffx; sfof]og klg xg]e0{ ; /sf/ / gful/ssf]; DaGwn]goff ljZj; kfktdf ugIlgIzrt 5

. cfnfjgfd s rj; lxt ; sf/flds / cfzjfbl /xg'sf]lj sNk klg bljvbg .

cgfkrfl/s /f]huf/Lnf0{JoJl:yt ubf{ ; ahf0{ krf0bf xg] bljvG5 . cgfkrfl/s /f]huf/Lnf0{
cfkrfl/s agfpbf ; /sf/nf0{s/, >ldsnf0{e/ / /f]huf/btfnf0{ ; Ddfg ldNg] ePsf]h} o;
lfqdf ePsf kpf; nf0{yk ult lbg' cfjZos 5 . o; sf nflu of]lj ifonf0{/f]huf/btft / ; /sf/n]
klg ; ld tl/sfn]a%g' cfjZos /x\$]f] 5 . ; a} ; /f\$]f/jfnf lgsfon]yk kxn ug{kgI h;L
bljvG5 . xfn}cj sfz lnPsf >ddqln]æd ; ah]u5G\ . s; h]9uf, df6f]g5f0{cf/fdsf]>d
u5G\ eg]s; h]9uf df6f]f nl8a8l u/] klg s8f >d u5G\ . Itg}s8f >d ug]nf0{dxTj
glb0Psf] . h; n]cgfkrfl/s lfqdf s8f >d ul/x\$]f] 5g\ pxfk?sf] >dsf] dNofsg ul/g'
kb5 . pxfk?nf0{klg ; fdf]hs ; /lffsf] bfo/fdf NofP/ Gofolbg] sfd ug{k}k{ ; a\$]f] Wofg
hfg cfjZos 5A egh] ; /sf/ cgfkrfl/s /f]huf/Lsf]cGtosf]nflu sl6j 4 /x\$]f]:ki6 xG5 .
; /sf/sf]o:tf]sl6j 4tf cgfkrfl/s / :j/f]huf/df /x\$]f] >ldsnf0{klg cnllu}lgb]zsfdfk}k
; fdf]hs ; /lffsf] bfo/fdf NofPaf6 bljvG5 . o; /L goff-goff gl]tut Joj:yf / ePsf gl]t,
sfgg / sfog]dsf] kpf]sf/L sfoff]j ogdfk}k ; /sf/sf] ; lqmotf / g]T]j bfol eldsf lj:tf/
ePsf]klg bljvG5 .

>d ahf/sf cG0 ; /f\$]f/jfnfx;sf]klg cfkrfl/s /f]huf/Ltkm(rf; f]a9\$]f] 5 . kl5Nnf] ; dodf
cfd; #f/ lfqn]klg of]lj ifonf0{uxg / ljZj ; glo tj/n]p7fg u/\$]f]h]klg o; df cfzfltt k]lt
xfl; n xg]bljvG5 . /f]huf/btfx; n]klg sdfs] ; Ddfg ug{kgI/ ; a}k\$]f/sf z]f]f0sf]cGto ug{
gljg cj:yf]k|t ; rj / hfuzs a6b}uPsf 5g\ . lgod-sfgg]sf]kfngf u/]pBd ubf{ ; /sf/L
; jf- ; ljwf / gful/ssf] ; Ddfgdf kxlr a9g]tYok|t klg /f]huf/btfx; ; rj /x\$]f] 5g\ . lgodsf]
kfngf ug{/ p0/bfol a6g' pglx;sf]klg b]loTj xfl . >ldssf]hfuf/Of, gful/s ; dfhsf] ; rjgf
/ bafadhs sfog]dx; klg a9fpb}hfg' h;L 5 . cgfkrfl/s lfqdf sfo{t >ldsx;nf0{lzlff
/ kf]ljws lzlffsf]JoJl:yf]dfk}k lfdtf lj sf; u/L cfkrfl/s /f]huf/Ldf cfsif0f ugI ; lsg]klg
:ki6 5 . k/Dk/fut k}zfnf0{cfwlgs/Of ubf{klg cfkrfl/s /f]huf/Lsf]lj:tf/ xg]bljvG5 .

lgisif{

>d pTkfbgsf]hljGt / dxTj k0f{ ; fwg xfl . g]kfindf >d / /f]huf/L; DaGwl tYof°sf]sdl 5 /
pknAw tYof°sf]klg oyf]l]rt / ; fdlos ljZn]f0f xg]u/\$]f] 5G . cyfGqdf ul/g]pTkfbg /
ljt/0fsf nflu /f]huf/Lsf]cfjZostf /x\$]f]xG5 . /f]huf/Laf6 ul/al lgjf/0fnf0{6]f ldNb5 .
>dnf0{ ; sng u/] /Vg ; lsb}g t/ o; sf]kpf]sf/L tj/n]pkof]u ug{ ; lsg5 . /f]huf/Lnf0{
pTkfbgzln / dof]bot agfpg' h;L xG5 . cgfkrfl/s sfdnf0{cfkrfl/sLs/Of ug{ ; a\$]f]nflu
krf0bfhgs ljifo xfl . /f]huf/Lnf0{dof]bot agfcf}. >dsf] ; Ddfg u/f} . /f]huf/Lsf]uOf:t/
a9fcf}. hf]jvd, ul/al, c; dfgtf / z]f]f0sf]cGto u/f}. ; ahf0{k]f]; flxt u/f}. æ 3 zlQm snf}

ou7 klg elgPsfih]klxrfg, kxlr, kltlglw]jsf]/ bafasf nflu cgrfkrfl/s lfgdf sfo{t >ldsx; ; u7t klg afg' knf{. t/ /fhgllts bnsf eft[; u7g;kl ; u7gx; lgi]; flxt ul/g' kb5 . pTkbfg kspfnf0{g}cj;4 ug[u/] >ldsx; cfbfllnt xg gdbg ; /sf/l lgodgnf0{kpfj sf/l agfpg' h;/l x65 . cgrfkrfl/s lfgdf sfo{t >ldsnf0{; fdfilhs ; /lffsf]bfo/df Nof0g]u/L >d, /fhuf/ tyf ; fdfilhs ; /lff dGqnon]ut dlxgfsf]@% ut]hf/l u/\$f]cgrfkrfl/s lfgsf >lds / :j/fhuf/df /x\$JolQmsf]; fdfilhs ; /lff ; ~rfng sfo{J lw, @)&(dxTj kOf{sbd xf]. o; sf nflu ; /sf/, /fhuf/bttf / 6\$ olgogsf]lqklfo u7hf\$nf0{w6oj fb lbg' kb5 . o; n] >ldssf]; fdfilhs ; /lff / /fhuf/bttfsf]/fhuf/l sf]nrstfsf]rfxgfnf0{; Gthg klg u/\$f]5 . dof{bt /fhuf/laf6 g}; d[4 gkfn, ; vl gkfnlsf]/fli6o lj sf; sf]cfsf]ff xfl; n xg]:ki6 5 .

; Gbe{; fdullx;

/fli6o /fhuf/ gllt, @)&! .

Nepal's Sustainable Development GoalsM Status and Roadmap 2016-2030.

kGwf}of]hgf -@)&^:=&&-@)*):*!

gkfnfsf]; ljwfg @)&@ .

ljleGg kqklqsf / j]; f06x; .

नेपालमा राष्ट्रिय तथा अन्तर्राष्ट्रिय गैरसरकारी संस्थाको अवस्था : एक विश्लेषण

सबिता कार्की*

क[7e]ld

lj sf; dfgj hljgsf] axcfofd?df xg] u0f:t/lo kl/j t6g xf] . o; df /fhg]lts, cfly\$,
; fdlhs, ; f:s]t, eff]ts / dgl] j]flgs cfofd kb5g\ . lj sf; eg\$]f] dflg; sf] rog lfdtf,
; dfgtf, kxlr lj :tf/, /fhuf/L l; h6f ; fdlhs ; /lffsf]; b9ls/Of xf] . lj sf; sf] p27o /fHo
/ hgtfalr lbg]/ Ing]-Giver- Taker_ sf]; Da6w lgdff] xf] . /fHosf] eldsf lj sf; nf0{lbufj
agfpg cfkm'afix/sf kfqx?sf]; e]jgf / lfdtfsf]pkofu ug]j ftj /Of / lj Zj f; lgdff] xf] . oxl
df6otf / cfuxsf ; fy u}; /sf/L lff]sf lgsfox?sf] kfbbefj e0{cfkngf] eldsf vff]g yfn\$
xg\ . o:tf ; :yfx? lj sf; sf] j]4 / o; sf] lbuf]kgf /lffsf nflu s]b]t xg]ub5g\ . u}; /sf/L
; :yf zAbsf] kpfu ; g!(\$% df ; 0m /fi6« ; 3sf]:yfkf; u}xg yfn\$]b]v65 . dhTM bf] f]
lj Zj o'4sf]; dflkt; u}/fhgllts kg{ Argf / /fHo kg]lff]sf]ouaf6 lj Zj d-rdf gful/s ; :yf
/ u}; /sf/L ; :yfx;sf]pNnVo pkl:ylt a9\$]kf065 . dfgj tfj fbl / ; xsf]/tfsf]dh efjgdf
s]b]t /xl ; fdlhs lj sf; sf lqmfnsfk ; ~rfng ug{ ; dbfodf cfwfl/t ; E7g / ; dksf]
; kdf gful/sx; cfa4 e0{:j t6g lsl; dn]sfd ug] sfo\$]f]; ?cft; u}; E17t ; :yfsf] ; kdf
u}; /sf/L ; :yf ; ~rfngdf cfPsf]kf065 . u}; /sf/L ; #7gsf]kl/efiff ug] qmddf lj Zj a\$
n] To; ksf/sf]; :yffds :j?k hg k0f{?kdf jf clwsfztM /sf/L lgo6q0faf6 dQm x65 /
Jokf/s p27osf]; \$f dfgjlo ;]fsf]lj z]ff af\$]x65 eg\$]f]5 . o; /L xbf{u}; /sf/L ; :yf
eGgn]j]flgs tj/af6 lglZrt ;]fsf]nlo tyf p27o kf]ktsf nflu ul7t :jfoQ, dgfkmf/lxt,
; fdlhs bafa l; h6f ug] ; zQm k]j]lstf\$] ; kdf a%g ; ls65 .

; feff lj z]fftsf ; kdf lj sf; dvl u}/fhgllts, nf\$tfll6qs rl/q / dgfkmf/lxt ; :yfsf] ; kdf
Ing ; ls65 . o; /L xbf{u}; /sf/L ; :yfx; cfsf/df ; fgf] r't, klqmfut; kdf ; /n tyf
kl/Ofddvl / eldsfsf] ; kdf :j o+]L ; dfh;]L efjaf6 kl/rflnt /x\$]f] b]v65 . sg}klg
dhsdf ; fdlhs tyf cfly\$ lff]df u}; /sf/L ; :yfx;n]u/\$]f]of]ubfg tyf eldsfnf0{gsfg}
; lsb6 . t/, To:tf u}; /sf/L ; :yfx;sf] eldsf pQm ; :yfx; sg p27o InP/ sg lsl; daf6
u7g e0{s; /L ; ~rfng e0/x\$]f 5g] eG] s/fdf lge{ /x65 . kfom o:tf ; :yfx; gful/ssf]
cfsf^ff klxrfgb]v cfj Zostf kl't{ug{k}jl ug] lk5l8Psf] lff] / ju{ dd kl]g]ub5g . lj sf;
; xotf kl/rfngsf]kbfj sfl/tfsf nflu kl/; l; 4f6tx; , @))% / cfqmf Ph08f ckmPS; g, @))*
n]klg lj sf; sf nflu ; fdbflos ; 3; :yfsf] cxd\ eldsf :j]sf/\$]f]b]v65 .

*मुख्य प्रशिक्षक, हुलाक प्रशिक्षण केन्द्र

k'tfsf cfwf/df u}; /sf/L ; :yf

u}; /sf/L ; u7gsf]lj sf; qmndf0{k'tfsf cfwf/df b}kfo adf]hd xg]ul/G5 M

s_ klxnf] k'tf M klxnf] / bf] f] lj Zj o4sf ; dodf p2f/ / kg{yfkgsf cleofgdf nfu\$ f ; :yfx?nf0{klxnf] k'tfsf ?kdf x]G5 . o:tf ; :yfx?sf] sfd dfgj lo p2f/ / sNof0sf nflu h6dg]/ lqmfzln xg]lyof].

v_ bf] f] k'tf M ; fdbflos lj sf; dfknt lj sf; sf ; xofql a6g] lfdtdf b]vg yfn] / Toxl cg?ksf] sfo{eldsf lng yfn]. To; kl5 o; nf0{vehide of Development sf ?kdf lng yfnof]/ bf] f] k'tfdf /Vg yfnof].

u_ t] f] k'tf M lbuf] lj sf; sf nflu sxl k4lt a; fNg]t/ cl3 a9]To; kl5 loglx?nf0{t} f] k'tfsf ?kdf xg]{yfnof].

3_ rfy] k'tf M ; fdfhs, cfly\$ lj sf; sf cleofgdf s]b]t /xl cl3 a9g yfn]. clg loglx?nf0{rfy] k'tfsf ?kdf xg]{yfnof]

a_ kfrf] k'tf M kfrf] k'tfdf cf0k]bf; dd u}; / gful/s ; dfhn]464 Joj :yfkf, zfl6t :yfkf, gful/s clwsf/sf] axfnl / lgjffg kx/bf/L ; d] ug{yfn\$] 5 . kj]l{l6df] / >ln^a sfd zfl6t :yfkgsf nflu o:tf lgsfon]; xof] kb]Psf lyP . g]kndf klg nf\$tf]qcs cf6bf]hgx?sf ; dodf gful/s ; dfh nufot o:tf ; :yfsf]eldsf dx]k0f{b]vPsf]lyof].

u}; nf0{o; /L k'tfsf cfwf/df jul\$ /of ul/P klg o; sf] pkl:ylt / lqmfzln tf t]sfnlg cfj Zostfsf cfwf/df b]vg ; S5 . a6au; t ; dfhd klxnf] / kfrf] k'tfsf] pkl:ylt Ps; fy b]vg ; S5 eg]; fdf6o cj :yfdf bf] f] k'tf; dd . g]kndf clxn]; a} k'tfsf] u}; n] w]yf] pkl:ylt b]vPsf] kfpq ; ls65 .

u}; /sf/L ; :yfsf lj z]l]tfx?

u}; /sf/L ; :yfx?sf ; jdf6o kl/efiff gePklg o:tf lgsfon] cj n]dag ug]k]7e]l sfo{k]qmf, / :jef]sf cfwf/df lj z]l]tfx? lg]g klxrfg ug}; ls65 .

dgfkrf/lxt,

afXo lgo6q0faf6 dQm

sfo{jfoQtfsf] pko]u,

ljrf/, cfux / :jfy6f6 6f9f,

cf]wsf] / s cj :yfsf] k]t :yfkf,

:jod\ ; j]l / l56f] k]tlqmf hgfpq ; Sg]

n]rnf] / sfo]hs,

gful/s jf:tljstf ; u glhs /xg]cfbl .

klfdf pbf/jfbl bli6sf0f /flvof]. tTsfnlq klfvfgd6ql lul/hfk; fb sf0/fnfsf]cWblftfdf ul7t
pRr:t/lo kzf; g ; wf/ cf0f, @)\$* n]o; cl3 ; /sf/L tj/af6 ul/b}cfPsf sfddWb] lfdt
/ ; Defjgf ePsf sxl sfd lghl lfq / u}; /sf/L ; :yfnf0{x:tf6t/0f ugI; kmf/; uof].
h; cg; f/ :jf:Yo ; /; kmf0{ jftfj/0f, hgr}gf, ; fdbflos lj sf; , ; lk lj sf; / cfo j]4sf
sfddf u}; /sf/L ; :yfnf0{kl/rfng ugI/ gfkndhs sfdx? lghl lfqnf0{lbg] glt cjndag
ul/of]. o; n]; /sf/sf] sfo6ldsfnf0{; lldt / Joj:yt ug{; dt ; 3fp kb6f].

u}; /sf/L ; :yfx;sf]lgodg tyf kl/rfngsf nflu gkfnndf ePsf dffbf Joj:yfx;M
s_ gkfnfsf]; ljwfg gkfnfsf]; ljwfgsf] wf/f !& :jt6qtfsf] xs c6tu€ -3_ df ; 3 / ; :yf
vfl]g kfpq] Joj:yf /x\$] 5 . ; fy}/fHosf glt c6tu€ wf/f %!-`_!\$ df ; fdbflos tyf
/fli6o jf c6t/fli6o u}; /sf/L ; 3; :yfsf] nufgl / eldsfnf0{ hjfkmbxl / kf/bzl{ agfpp}
To:tf ; :yfx;sf]:yfkf, :jls]t, ; -rfng lgodg / Joj:yfkgsf nflu Psaf/ kPffnl ckgfpg]
/ /fli6o cfjZostf / kfyldstfsf lfqdf dfq To:tf ; 3; :yfnf0{; mlg u/fpg] e6g] Joj:yf
ul/Psf] 5 .

v_ c6t/fli6o lj sf; ; xfof kl/rfng glt, @)&^
/fli6o tyf c6t/fli6o u}; /sf/L ; :yfdkmt lj sf; ; xfof kl/rfng ug{o; gltdf /fli6o
cfjZostf / kfyldstfsf] lfqdf dfq kl/rfng ugI ; Dal6wt :yfglo txsf] g]ljdf cfofhgf
5gf6 ugI tyf ; xeflutfdhs ofhgf th6f k]qmf cjndag ugI. :yfglo tx; lu ; fdf-h:o
sfod u/} cfofhgf jf sfo6mdx; ; -rfng ugI ; :yfn]cfofhgf nfutsf]a9ldf @) k]tztfdq
kzf; lgs vr{ug{kfpq] ; :yfn]kl/rfng u/\$] lj sf; ; xfof]sf] cf0oo tyf lqmf]snfksf]
lj/0f kf/blz{f clej]4sf] nflu jflif\$; kdf ; fj hlgsls/0f ugI ; :yfx;n]sfo6md ; -rfng
u/\$] :yfglotxdf jif\$] Ps k6s t]] klaf/f To:tf sfo6mdx;sf] k/lf0fsf ; fy}; fj hlg
; g]f0 tyf ; fdlhs n]vk/lf0f u/fpgkg]. sg}klg lj sf; ; femf/n]gkfn ; /sf/sf nflu
pknAw u/fpg] egl 56of0; s\$] ; xfof /sdaf6 cfofhgf k]tj ug{gxb] / k]rInt
sf6gadflhd ; dfhsNof0f kl/ibdfkmt /fli6o tyf c6t/fli6o u}; /sf/L ; :yfn]j]z; ; xfof
kl/rfng ugIcfbl kdv Joj:yf ul/Psf] 5 .

u_ rfn'k6wf]cfj lws ofhgf -cfly\$ jif{@)&^÷&&- @)*)÷*!
k6wf]cfj lws ofhgf] ; fdbflos tyf u}; /sf/L ; :yfx;nf0{Jofj; flos, hjfkmbxl, kf/bzl{
Pj +; fdbflos agfpp]bl3\$fnlg ; f] lnPsf] 5 . /fli6o tyf c6t/fli6o u}; /sf/L ; :yfx;sf]
kl/rfngdfkmt ; fdlhs tyf cfly\$ lj sf; ugInlo /fv\$] 5 . h; nf0{k/f ug{b0j6f p2]ox;
/flvPsf] 5 . klxf] /fli6o kfyldstfsf] lfqdf ; 3; :yfsf]kl/rfng, Joj:yfkf / lgodg ugI
/x\$] 5 eg] bf]] /fli6o tyf c6t/fli6o u}; /sf/L ; :yfx;af6 k]kt xg] ; f]sf] pkof]nf0{

hjkmbxl / kf/bzl{agfob}dh'ssf]; fdlhs tyf cfly\$ ljsf; ug{/x\$]5 .

kGw}of]hgn]; fj / nlo kflktsf nflu \$ j6f /ofglltx; tyf !(j6f sfoglltx;sf] Joj:yf u/\$]5 . o; of]hgf ; Dkg ePkZrft /fli6o tyf cGt/fli6o u}; /sf/L ; :yfx; Jofj; flos, kf/bzl{ pQ/bfol e0{/fli6o kfyldstsf] Ifqdf kl/rfng ePsf xg] u}; /sf/L ; :yf kl/rfng Pj +godg ; DaGwl goff sfgG sfof]ogdf cfPsf]xg] Psls[t tYof\$ tyf ; rGf kPffnl :yfkG tyf ; ~rfng ePsf] xg] / cgludg tyf dNof\$g kfej sf/L ePsf] xg] h:tf pknIaw ck]ff ul/Psf]5 .

3_ :yfglo ; /sf/ ; ~rfng Pq, @)&\$

o; Pqn]; 3; :yf kl/rfng ug\$]nflu lGdg Joj:yf u/\$]5M- cfknG] Ifqleqsf pkefQmf, lghl Ifq; ; fdbfdlos ; 3; :yf, ; xsf/L ; :yf tyf u}; /sf/L Ifq]sf] kl/rfng / ; dgjo kj Agnf0{ kf]; fxg ubI:yfglo txn]:yfglo:t/df ljsf; / lGdfQf tyf ; j]f kjfx ; DaGwl sfo{ug]Joj:yf /x\$]5 . u}; /sf/L ; :yf, pkefQmf ; ldt, ; xsf/L ; :yfnufotsf ; fdlhs tyf ; fdbflos ; 3; :yfn] :yfglotx; usf]; dgjodf /xl sfo{ug]kg]. t/ :yfglotx; u ; dgjodf sfd ubf{ To:tf]sfdsf]nflu gkfn ; /sf/sf]k] j]ls[t lngkg]Joj:yf /x\$]5 .

a_ ; dfhsNofOf kl/ifbVp, @)\$ (

; dfhsNofOf sfo{ u ; DaGwt ljleG lqmfnsnfkx;af6 bZsf]; jfElOf ljsf; df 6]f kofpgsf] nflu gkfn ; /sf/n]; DaGwt dgqno tyf ; fdlhs ; 3; :yfx; dfknf ; dfhsNofOfsf sfoqmd ; ~rfng ug{lGdgfg; f/sf]Joj:yf /x\$]5M-

gkfnleq sfd ug{rfxg] cGt/fli6o u}; /sf/L ; :yfn] sfd ug{L3 kl/ifb\ dlif sfd ug]cgdlit lngkg].

cGt/fli6o u}; /sf/L ; :yfsf] kl/of]hgf ; ~rfngsf nflu ; fembf/ ; :yfsf] ; kdf sfd ug]/fli6o u}; /sf/L ; :yfx;n] kl/ifbdf cfa4 xgkg]/ cGon] rfxdf cfa4tf lng ; Sg].

sg}klg /fli6o u}; /sf/L ; :yfn]gkfn ; /sf/ jf ljbZl ; /sf/, cGt/fli6o ; fdlhs ; 3; :yf jf lGofu jf JolQmaf6 j:tut kfjlws, cfly\$ jf cGo sg}ls; dsf]; xofu kflkt u/L ; ~rfng ug]sfo{jf kl/of]hgfsf]k:tfj pk/ :jls[t lngkg].

r_ ; :yf bt{Pq, @)#\$

; fdlhs, wld\$, ; flxIos, ; f:s]ts, j}flgs, z]fs, afl4s, zf/L/s, cfly\$, Jofj; flos tyf k/f]sf/L ; :yfx;sf ; kdf /fli6o u}; /sf/L ; :yfsf]bt{ gjls/of, ; :yfsf]lj 36g; DaGwl Joj:yf /x\$]5 .

5_ /fi6@ lgbzg Pj, @)!*

ljleG ju{ kzf jf lfgsf] hgtfsf alr ; ' ; DaGw, ; j{ fwf/Of hgtfsf] ; bfrf/, ; ljwf, cfly\$
 lxt, lzi6frf/ / g]tstf sfod /fvgsf]lgldQ jul6 tyf lofj ; flos ; E7gx;sf]zIQmf0{cfkm
 gf]jul6 tyf lofj ; flos lxt tyf ljsf; sf ; fy; fy}/fi6sf]lgdfQ / ljsf; sfodf nufpg
 /fi6lofkl lgbzg ug] clwsf/sf] loj:yf ug{o; Pj adf]hd ; :yf :yfkf ug{ ; lsg] loj:yf
 ul/Psf]. Pj adf]hd ; jul6 tyf lofj ; flos ; E7gæ eGgn]afn ; E7g, ojs ; E7g, dlxf
 ; E7g, ls; fg ; E7g, dnb/ ; E7g / sg}vf; ju{jf loj; fosf]lxt tyf ljsf; sf ; fy; fy}
 /fi6sf]lgdfQ / ljsf; sfodf dh nlo /fv} v8f / ; ~rfng ul/g]to:t}c; jul6 tyf
 lofj ; flos ; E7gnf0{0lEt u/\$f]5 .

h_ sDkgl Pj, @)^#

o; Pj]sf] kl/R5b !(df dgkfm lj t/Of gug]sDkgl :yfkf ug{ ; lsg] loj:yf cGtu\$ sg}
 kzf jf loj; fosf]ljsf; tyf kj 4g ug] ; fdlxs xs lxtsf] ; AfOf ug{jf sg}z]fs, kf]1s,
 ; fdfhs, k/fksf/l jf ; fj hlgS pkof]utf jf sNof0sf/L p2]o kf]ktsf]nflu nefz afBl lng
 gkfp]zt}sf sg}pBd ug{sDkgl :yfkf ug{ ; lsg] loj:yf /x\$]5 .

lj sf; df u}; /sf/L ; :yfsf]el'dsf

gful/s ; dfhaf6 ; jtmkmt{ ; kdf :yfkf ePsf u}; /sf/L ; :yfx;n] ; dfhnf0{ ; Eotf /
 ; dGglttkm{n}hfg ; xof]u ub\$. u}; /sf/L ; :yfn] ; fdfhs tyf cfly\$ ljsf; sf] nflu
 ; /sf/sf] ; xof]ul lgsfosf] ; kdf ; d] x]G5 . u}; /sf/L ; :yfsf]lgdg sf/Ofn]ubf{ljsf; df
 cxd\ el'dsf /x\$]s/f lgdg cg; f/ pNn}v ug{ ; lsg5 M -

sdhf] ; dx / ; dbfosf] ; AfOf,
 :yfglo ; j] kl/rfng / ; dbfo kl/rfngdfkmt :yfglo ; lk tyf klj lw ljsf; ,
 :yfglo g]lj ljsf; ,
 ljsf; sf] clwsf/j fbl wf/Ofsf kj 4\$,
 nllft ju\$]z; Qns/Ofsf]df]lod,
 ; xeflutfds ljsf; sf pTk}s,
 ljsf; / dfgj clwsf/ tyf Gofosf nflu jx; / k}jL /
 gful/s / ; /sf/alrsf] ; DaGw ; j]sf]el'dsf .

; d:of tyf rGf]lx;M-

; dfhsNofOf kl/ifbsf] ; Argfnf0{kl/jlt\$; Gbe{cg'sh u/fpgsf ; fy}Pjdf ; dofg'sh
 kl/jtG Nofpg g; lsbf o; lqnf0{ck]lft;kdf kl/rfng ug{g; lsgPsf]

u}; sf] sfo[ks]t Jojks 5, ååå Joj:yfkgblv hnjo' kl/jtå ; Dd sfd ugI o:tf
 ; u7gx? cf cfknj}9En]lqmfzln /x\$fn]loglx?alr ; d;]odf ; d:of /x\$fn]
 hgtfsf nflu sfd ugIhg; u7gsf ?kdf kl/ro :yflkt ePtfklg g hgtfsf kfyldstfdf
 ; jHhgzln b]vPsf 5g\g kpf]u ePsf ; f] ; fwgk]t hjfknbl]xtf g]lgjfx ug{; s\$sf 5g\.
 loglx? cfknj}kfyldstf / ; xhtfcg?k lqmfzln xg]u/\$f 5g\ ,
 ljleG ljifout lf]sf] :yfglo, kbz:t/ / s[|b:t/sf] kfyldstfsf] lf] tf\$sl c]t/fli6o
 ; 3; :yfaf6 cfpj]/sd, /fHosf]kfyldstf k]kt lf]df dfq s[|b]t ug{g; l\$Psf],
 c]t/fli6o tyf /fli6o u}; /sf/L ; 3; :yfsf] sfd sf/afx]sf] clen]v]s/of, kf/bzl{/ /
 JojI:yt gePsf]
 w]}h:tf]kl/of]hgfx; :yfglo cfjZostfe]bf klG bft] lgsfosf]cfjZostf / kfyldstfdf
 tof/ tyf sfof]og xg]u/\$f]
 ; /sf/ / u}; Ps csf]f ; jfb]jxlg cj:yfdf /x\$fn],
 /fli6o tyf c]t/fli6o u}; /sf/L ; :yfåf/f ; ~rf]nt kl/of]hgfnf0{ Psåf/ kPffnldfknf
 ; xhls/of tyf kl/rfng ug{
 /fli6o dxQj] /Vg]lf]df cfw]l/t sfoqmdx]sf]kfyldstf ; lL lGdf]f ug{
 c]t/fli6o u}; /sf/L ; :yfaf6 kl/rfng xg]cfly\$; f]nf0{ kf/bzl{ agf0{/fli6o n]v]
 kPffnldf cfa4 u/fpg g; Sg'
 /fli6o tyf c]t/fli6o u}; /sf/L ; :yfdknf j]b]zs ; xfoff kl/rfng e0/x\$fn]eP tfklg
 nufgl cg' f/ ck]lft pkn]aw xfl; n xg g; Sg'
 ; fdf]hs tyf cfly\$ lj sf; df u}; /sf/L lf]sf]of]ubfg dfkg ugI; l's tof/ ug{
 ; /sf/ / u}; /sf/L ; :yfalr Trust Build ug{cfbl .

; dfwfgsf pkfox;M

; <lo ; Argfcg; k ; dfhsNof0f kl/ifbsf]kg; f;rgf ugIu/L ; fdf]hs lj sf; Pj oyfzL3]
 Nofpgkg]
 ; dfh sNof0f kl/ifbsf]Joj:yfkslo 5ftf -One Umbrella_ leq /x] sfd ugIkg]afNof]ds
 Joj:yf u/L btf{ sfoqmd :j]s]t, cgludg / dNof°gsf sfo{o; leq ; d]g' pkoQm xg]
 Psls]t ; f;gf Joj:yfkg kPffn]sf]lgdf]f u/L j]lif\$;kdf k]tj]g g]kn ; /sf/; dlf k]tt
 ugI
 u}; /sf/L ; :yfsf lqmf]snf]kx; kf/bzl{ hjfknbl]xtf / pQ/bflot] ; lglZrt ug{of]hgf
 lGdf]f]v sfof]og ; Ddsf lqmf]snf]kdf :yfglotxsf]; d;jo / ; xeflutf ; lglZrt ugI
 sfg]sf] lGdf]f ugIkg]
 b08xlg]tsf]c]to ug{sf/afxl ugI ; :yf btf{vf]h]nufotsf ljifo sfg]df ; dj]z ugI
 /fli6o tyf c]t/fli6o u}; /sf/L ; :yfx;sf]nufgl / sfoqmd /fli6o kfyldstfsf] lf]tkm]

sllb|t ug{sg sg lfgdf dfq j|z ; xfof kl/rfng ug{x|To; sf]; rL tof/ ugI
 u}; /sf/L ; :yfx;sf]; xhls/Of, cgludg / kl/rfng klqmf|sf]k|sf]sfl/tfdf j|4 ugI
 ; dfh sNofOf kl/|f|bnf0{KnowMedge Center /Data Center sf]k|df lj sf; u/L :yfglo,
 kbz / ; <sf] kfyldstfs] cfwf/df dfudf cfwf/t kl/of|hgfnf0{dfq j|z ; xof|
 kl/rfng ug{Psaf/ k|ffnlsf]lj sf; ugI
 lj|jw ljifout lfgsf] cfjZostf / kfyldstf lgsf| ug{ clloog tyf ljZn|fOf ugI
 Research Wings :yfkf ugI
 bt|{ gjls/Of / cgludgsf]Jo|:yfdf yk ; wf/ ug|kgI
 cy{d|qfnosf]; xfof; r|gf k|ffnl -Aid Management Plat orm_ df NGO /INGO b|sf]
 clgj fo{clen|ls/Of ugIJo|:yf ldnfpg]
 c|t/f|60 u}; /sf/L ; ; :yfsf lj bz| s|dbf/sf]Jo|l:yt clen|ls/Of / cgludg ugI
 ; a}c|t/f|60 tyf /f|60 u}; /sf/L ; ; :yfsf]sfd sf/afx|sf]clen|ls/Of, kf/bz|{/
 Jo|l:yt u/fpgk|I
 kl/of|hgfnf0{clgj fo{ul/gkgI
 Jo|:yfnf0{clgj fo{ul/gkgI
 kl/of|hgfnf0{fdflhs n|fk/l|fOf, ; fj h|gs ; gj f0nf0{clgj fo{agfpg]
 ; fdflhs tyf cfly\$ lj sf; df u}; /sf/L lfgsf]of|ubfg dfkg ugI; r|s tof/ ugIcfbl .

Igisif{

g|kfn|sf]lj sf; df u}; /sf/L ; :yfx?sf]el|dsf k|sf]sf/L /xb}cfPsf]5 . u}; /sf/L ; :yfsf]
 pkl:ylt / o; n|g|kfn|sf]; fdflhs tyf cfly\$ lfgdf u/\$f]of|ubfgnf0{gsfg{; lsb| . lj sf; sf]
 kmnf0{hg; dl| k|ofpg]; fdYo{/ lfdtf kl| ol ; :yfx?; lu 5 . t/ u}; /sf/L ; :yf bt|{
 Jo|:yfk tyf kl/rfng ug{sf nflu lgdf| ul/Psf / sfof|ogdf /x|sf]sfgx;n]; a}; :yfnf0{
 Ps}k|sf/n]Jo|x|/ ugI/ sfg| tyf lgofds lgsfosf]; dosf] cfjZostfcg;k kl/dfhg /
 kg{ r|gf g|bf ; :yfx;sf]of|ubfgnf0{clen|ls/Of u/L p|fb|tf b|/fpg ; lsPsf]5 . ; fy}
 lgofds lgsfon]; :yfnf0{g|kfn|sf]; h|wfgsf]dd{ad|hd /f|60 kfyldstf tyf cfjZostfsf]
 lfgdf kl/rfng ug{g; s|sf]cf/f|k| kl| v|g'k/\$f]5 . t; y{oyfzl3| ; DkOf{/f|60 tyf c|t/f|60
 u}; /sf/L ; :yfx; kl/rfng, Jo|:yfk ugI Psls|t ; fdflhs lj sf; sfg| th|f ugIlgofds
 lgsfosf]kg{ r|gf / ; z|ms/Of ugI sfo{u/L ; :yfx;dfk| kl/rfng xg]j|z ; xof|nf0{
 Psaf/ k|ffnl dfk| Jo|l:yt u/L /f|60 kfyldstfsf lfgdf sllb|t u/fpg l9nf|e0{ s|sf]5 .
 ; fy}g|kfn|sf]clt sd lj sl; t dh|saf6 Middle Income Country df :t/f|gl|t ug{tyf lbuf]
 lj sf; sf]nflu g|kfn ; /sf/n]lnPsf]nlo k|k|t ug{sf]nflu Ps dx|j kOf{; f|f|sf]k|df /f|60
 tyf c|t/f|60 u}; /sf/L ; :yfx; ; lu ; xsfo{/ ; d|jo u/L cl3 a9g ; ls65 .

```
; Gbe{; fdulj
  gkfnst]; ljwfg
; dfh sNofOf kl/ifb\ dlxfn afnaflnsf tyf Hoij7 gful/s dGqfno, krfuOf @)&(
cGt/fli6o ljsf; ; xfotf kl/rfng gllt, @)&^
kGwf}cfjlws ofhgf -cfly$ jif{@)&^-&&- @)*)-*!_
/fli6o lgbZg Pq, @)!*
; :yf btf{Pq, @)#$
; dfhsNofOf kl/ifb\ Pq, @)$ (
sDkgl Pq, @)^#
: yfglo ; /sf/ ; ~rfng Pq, @)&$
```


सुशासन प्रवर्द्धनका लागि चाणक्यनीतिको अनुसरण

गोविन्दप्रसाद पाण्डे*

; f/fz

gkfnf sxl jif{otfb}v g]ts dNo / ; bfrf/nf0{kj}g ug{/fhg]ts, kzf; lgs, Jofj; flos
nufotsf lf}df cfrf/ ; lxtf lgdf} / kpf]sf] ; ?jft eP klg rf0fSoglltdf j]0f} g]ts
dNosf ljifox}sf] ; dfhdf h] hlt cg' /Of xgkg]xf] ; f]cg' f/ eP u{/sf] kf0b} . j}t}fg
; dfhdf h; /L eP klg wg cfh} ug] pRr :t/sf]hljg z}hl ckgfpg] vfgkfg tyf klx/gdf
klZrdf ; #s]tsf]cjn}ag ug] sf}d k]t:kwf}ds }kdf cufl8 a9}sf] kf0G5 . cfo{ ; #s]tsf
}kdf k}rlgsfnb}v rn}sf dNo df}otfsf]cg' /Of gxgh] b}zdf dgd}fj, e}mu8f, a}a tyf
czfl}tsf]cj:yf ; hgf xg]sp a9}sf]5 .

o:tf ljleGg ; d:of tyf rgf}L; }u d}flanf ub}rf0fSogllt ; }qdf k}t't ul/Psf g]ts dNosf
ljifox} j}t}fg ; dfhn]cg' /Of u/L ; dfhdf dfof, k}l, ; Totf, ; xof}u, ; befj xb} ; bfrf/sf]
kj}g ug}sf nflu ; a}tx / tksfsf] ; e}tm kpf; cfjZos 5 . o; sf]kpf]uaf6 ; dfhdf g]ts
dNo df}otfsf]cg' /Of e0{ ; zf; g kj}b}df d2t ldNg]b}vG5 . k}t't ; Gbed} o; n}ydf gk}nfl
; dfhdf rf0fSoglltsf g]ts dNox?sf]Jofj}xfl/s cg' /Ofsf af/}df ljZn}f}of ug]hdsf]ul/gsf
; fy}rf0fSogllt ; }sf]cg' /Ofnf0{s; /L a9fpg ; lsG5 eGg]j}f/}df ; d} rrf{ul/Psf]5 .

!= lj ifo kj }z

kf}:To bz}sf lj}afg\ tyf ljblfx}n] g]tstf ; bfrf/, dfgjlo dNo / df}otfsf ljifox}df
ulx/f]vf}h tyf cl}oog u/} k}tkflbt ljifoj:tx} glt, :d}t, ; }sf }kdf ; u}xt u{/sf]kf/}sf]
kf0G5 . o; /L nfd]cgej tyf ; fwgfaf6 /rgf ul/Psf ; fdu}x}d}lo} rf0fSogllt ; } dx}j}k0f}
u}y}xf] . o; u}ydf cfrf0{rf0fSon}w} }7hf]cgejaf6 ; °ng tyf ; Dkfbg u{/sf ; bfrf/,
g]tstf / ; zf; g; DaGwl ljifoj:tx} klxrfg, To; sf]kpf]u, ; dfhdf kfg]k}efj sf j}f/}df xfn; Dd
kof}t dfqdf zfl}vf}h eP u{/sf]gk}Psf}h]To; ljifonf0{Wofgdf /fvL of] n}y} n}y}g]hdsf]
ul/Psf]5 . o; n}ydf rf0fSoglltdf p}Nnlvt g]ts dNo -g]tstf, ; bfrf/ tyf ; zf; g_ ; }u
; Da4 ljifox}sf]vf}h u/L Itgsf]j}t}fg cj:ydf cg' /Ofsf]klxrfg ug]p2}to /flvPsf]5 .
of]n}y} tof/l}sf]nflu cfrf0{rf0fSoaf/f /lrt rf0fSogllt ; } tyf g]tstf ; bfrf/, ; zf; g,
dfgjlo dNo / df}otfsf aff/}df k}sf}lzt k':ts tyf n}y} /rgfnf0{dVo ; }rgfsf] ; } agf0}
cl}oog u/L To; sf]JofVof ljZn}f}of ul/Psf]5 .

*हुलाक अधिकृत जिल्ला हुलाक कार्यालय बांके

@= cfrfo{rfofSo / rfofSogllt-; q

rfofSof]hgd 0; fkj{#&) df / d[lo' 0; f kj{#@# kf6nlkqdf ePsf]lyof]. rfofSo tlfznfsf
bfzlgS lyP . pgn]gGb jzsf]gfz u/] rGbjukt dfohf0{/fhf agfP . pgl /fhgllt /
s6glltsf 1ftf lyP . pgn]cyzf:q, /fhgllt, cy6llt, slif, ; dfhgllt cflbsf dxfg ufyx;
/rgf u/3f lyP . sfl6No cyzf:q dfo6flns ; dfhsf]bk0f dflg65 . rfofSof]jf:t]s gfd
ljiofukt lyof]. ljiofk'/fof, >ldbefujt, cflb ; #s[t ufyx;df rfofSof]gfd cPsf]5, ; fy}
af4 ufyx;df ; d] rfofSof]syf e]6g]u/3f 5gl . a43f]raf/f agf0Psf]ljgolk6ssf]6lsf
tyf dxfgfd:y] / lrt dxjzsf]6lsdf rfofSof]j]Qf6t lb0Psf]5 . pgsf]hljg lgs}; /n
lyof]e6g]ul/65 pgl /fh; l 7f6-af6e6bf 6f9f Ps ; fgf]s6ldf /x6y].

rfofSoaf/]pknAw P]t]xf; s tYon]s]:ki6 x65 eg]pgl kn6f] / Pl/:6f6n h:t}/fhwd6f
kP]f, P8d l:dy h:t}cflly6 bz6sf k]tkfbs tyf dfS; {h:t}; fdf]hs bz6sf/ klg xgl .
cfrfo{ljiof' ukt rfofSo jf sfl6Nosf]gfd >ldbefujt, ljiofk'/fof, sfd6bgllt; f/, k-rt6q,
sfbDa/L, bzsd/rl/q cflb s6f]; #s[t ufyx;df ; Ddfg ; fy pNn]v ul/Psf]5 . af4 / h6
ufyx;df klg rfofSof]pNn]v kf065 . k]rlg k':tsx;df h6 ; kdf cfrfo{ljiofukt rfofSo jf
sfl6Nosf]:d]t ; /lft /flvPsf]5 . To]o; s'/sf]kP]of x]sl rfofSof]/fhgllts sfo{/
lj6Qsf]:d]t ljutdf w]}; do; Dd sfod /x3f]lyof]. pgl tlfznf ljZ]ljBfnodf cyzf:qsf
kP]v cfrfo{dfq x]0gg]. pgl cfo{; #s[t]sf]/lff ug{tyf z:q Pj d\ zf:q b]3f]p4f/ ug{
Ps ; lgs / Ps ; 6fklit h:t}s6f]k6s hljg hf]vddf xfn] sfd ug]Ps sfo6tf{k]lg xgl .
cfrk]h]k]tkfbg u/3f l; 4f6tsf]pgn]; kmn kP]v klg u/3f lyP .

RfofSoglltnf0{ef/tlo 0]txf; / ; #s[t]sf]cTo6t dx]jk0f{; DkIQ dflg65 . lrgts, bffzlgS
/ ljrf/s rfofSon]t]sflns ; dosf]; fdf]hs loj:yf af/df klg j0f6 u/3f 5gl . ldq e6,
zqsf]klxrfg, kljqtf / rl/qxlg dlxnf]e6, /fhfsf]st]o ; u}hgtsf clwsf/ Pj +j0f{
loj:yfsf af/df ; d] rfofSo; qdf j0f6 kf065 . o; s]tleq rfofSoglltsf ; q c]lfo 5gl
eg]rfofSo; q c6tu6 %*(; q ; °Int 5gl . rfofSof k]o3 ; q uxgsf ; fy}lofs cy{/
efjn]el/Psf 5gl . ol rfofSo; q ljZ]dfgj sNof0df kP]v ug{; lsg]vfnsf 5gl . /fhf
k]h ; a3f lglDt cfrf/; lxtsf ; kdf ol ; qn]sfd ub5gl . rfofSo ; qsf]c]l6ogaf6 lo]Qndf
t]h, ; fx; , b9tf, cfd]ljZ]f; Pj +; dfh; wf/ssf]r]gf hfult x65 . To; 3f/Of rfofSo ; q
/ rfofSof]hljg rl/q cfh klg cgS/Oflo 5gl . rfofSon]g}ljZ]a6w]sf]efj klxnf]k6s
km]fPsf lyP . ; °6nf0{s; /L kf/ ug{k5{e6g]s'/df rfofSo Hofb}lgk0f lyP . s6glltsf
k]sfo8 lj6fg rfofSodf :jfy{/ n]6 e6g]s'/f lyPg .

/fdfof, dxef/t, cflbsf /fhgllts cæx, lj b/gllt, z'sgllt, efjdgllt cflbs}efj cæ cflb dy} lgisif{?kdf of} ufy /r\$ sf/of pTs|6 ufy lgdf of}. /fhf / kfhfsf ; DaGwaf/] lj :tt jofg 5 . ; dofg'sh eljio; d} aem} /rgf ul/Psf] 5 . kfrlgsfnlg ef/tlo lrgts Pj +Clifdlgx;n} dglo hljgsf] k|of\$ Jojxf/ / kpf}sf af/d} glhsaf6 aem}sf lyP . dglosf k|of\$ efjgf / ljrf/nf0{ hfr\$ aem}sf lyP . To; sf/of rfOfSon] gllt ; qnf0{ ; ah} ; /n 9uaf6 clwoog ug{ ; s} eg} dfgj sNof0sf lglDt ; -; fg ; q, Znf\$ / jfSox?df /rgf u/].

kt-hlnsf] of}; q, gf/bsf] elQm; q, jfl:ofogsf] sfd; q, e/tdlgsf] gf6b; q, z'srfof\$] z'sgllt, sfdGbslogllt; f/, wd{ q, dg:d|t, j}bs ; flxTosf ; q, pklgib\ k/of, klfoglo ci6fNofol, ztky, /fdfof, dxef/t, af4 / h} ; flxTox; kfrlg ufy xg\ . ol ufyx;sf dflwodaf6 tTsflns ef/t Pj +; DkOf{ k}L6 lqsf zf; s Pj +hgtfx?n] wd{ ; s|t, k/Dk/f, ; fdlhs, cfly\$, /fhgllts, hljg / hutsf c|t/ tx; Dd aem} ; s} eg} o; ufyleg lj ljw ljifoaf/] pNn} u/\$f] kfOG5 . k}:To hutdf /fho Joj:yfsf lglDt o:tf ljifox; dfgj ; Eotf; u}k}/De ePsf xg\ eGbf cGoyf xg] 5} . hgsNofOf ug{g} rfOfSof] hljgsf] klxnf] stfo lyof]. To; sf/of pgsf /fhglltdf ; bfrf/ / wd\$] ljZf] :yfg 5 . To; sf/of klg rfOfSof] gllt ; q cfhsf zf; s / hgtf b} }klfsf lglDt pko}l 5 . cfrfo{ rfOfSon] d gllt l; 4fGtnf0{glltZf:qsf ; kdf k:tt ub\$' . dnf0{ljZjf; 5, d}f] of] glltZf:q eljiodf ; To l; 4 xg} eG]s/f; d} JoQm u/\$f] kfOG5 . rfOfSof ; qdf dfgj hljgsf lglDt dNojfg\ ljifox; ; e}ht ul/Psf] 5 . cfbz, gllt, wd{ ; bfrf/, Jojxf]/stf, /fhf, ; dfh, /fhgllt Pj + s}glltsf cToGt u9 tJx;nf0{ol ; qsf dflwodaf6 ; e}ht ul/Psf 5g\ .

#= g]ts dNo -g]tstf, ; bfrf/ / ; zf; g

bzGzf:qsf] kdV xflfsf ; kdf g]tszf:qnf0{:jlsf]/Psf]/ k}:To bzGdf g]tstfnf0{wld\$ / ; f:s|ts hljgsf] cleG cu dflgPsf] 5 . g]tstfdf cfa4 gful/s ; dfh g} ; d|4sf] cfwf/ xf]/ g]tstfsf ljleG cfofd;x;sf] lj j}gf u/l :j 1fg xfl; n ug] jftfj /Ofsf] lgdf of ug{ klg cfhsf] cfjZostf xf]. ; fj hlgS ; j}sf]; dX, ; dfhsf] cu}f, dfgs / cfkrf]/s ; dbfo ePsn]o; n]ug] Jojxf/ / gful/s cEof; sf] k}efj cgS/Oflo klg xG5 . g]ljdf /xg] cfkrf]/s ; dbfodf g]tstf / :j 1fg ; jfk}lft 5 .

w}h; f]; Gbedf ; bfrf/, g]tstf, dofbf, cgzf; g h:tf ljifonf0{; dfgyl{; kdf kpf} ul/Psf] kfOG5 . cfr/Ofnf0{j}Qms Jojxf/, cflafgl, klj|Q / cEof; sf ; kdf lrg]ul/G5 . cfr/Ofsf] cfbz{nf0{g]tstfsf]; ldkdf /fVg ; lsG5 . glltdf cfwf]/t Jojxf/ jf g]tstf eg\$] j}Qms dNo dfGof, s]ug{xG5 jf xG} eG]dfgs xf]. g]tstf lnlt eGbf clnlt a9l krlnt

x65 . Jojxf/ / sfoz{hlnf0{g]ts / Joj:yt u/fpg]klf g}cfr/Of xf]. o; n]kzř lgi7f /
; bRrl/q Pj +cfbz{h0{Jojl:yt ub5 . gful/s hljgsf x/š eldsfx?df ; bfrf/, g]tstf /
cgzf; g ck]lft x65 . -sž l= @)&#_

; bfrf/ e6gn] /fd] cfr/Of jf Jojxf/ e6g] alen65 . of] dflg; sf] c; n cfr/Of; E u hf]8Psf]
ljifo xf]. g]tstfn]g]tstf]kfnfg ug{jf g]tjfg\ ePsf]cj : yfnf0{aenfp5 . ; bfrf/ / g]tstf
b]} c6t/; Da4 ljifo xg\ . c; n, ; ; #s]t, ; Eo tyf g]t; Ddt Jojxf/ Pj +cfr/Of ; bfrf/
xf]eg]g]tstf oxl ; bfrf/ k]kt ug]dflod xf]. . fdlhs kf0flsf ?kdf /xš]dfgj n]kfnfg
ug{kg]Jojxf/ / cfr/Ofsf]; du]tf g}; bfrf/ / g]tstf xg\ . of]cfbz{dfgj lo uOf, dNo /
Jojxf/ xf]. . ; bfrf/ / g]tstf dflg; n]; Eo / ljjšzln kf0flsf ; kdf aRg ge0{gxg]laifo
xg\ . -1jfnl, pk; lrj ; kmntf sNkj]lf, @)&&.*_

sf]6Non]hgkbf a; fāf; ug]hgtfnf0{6ofo Joj :yf sfod ugšf nflu zf:q cflbsf]ljrf/ u/]
hfglaem kpf] ul/Psf]b08n]k]hfnf0{wd{ cy{ sfd, ol lqj uš]of] u/fp5 . e]6frf/ lgj f/s
ufp]sf] hfnl, ufp]sf] dlvofo To: tfnf0{hfirL aem b]fl 7xšofPsfnf0{/fhfn]ck/fw cg; f/sf]
b08 lbP/ To:tf bl6nf0{cfk]gf]bžaf6 lgsflnbg' . cWOLF eP/ /xš]fn]; /sf/l gub lhlg;
wgsf]gfz u/df kf0f-b08 ug{. -/l]dl=kf]v]h, @)&@_

; bfrf/ / g]tstfsf]kfnfn]lgod, sfgg tyf JolQmsf ljZjf; / dNo kj 46 ug] o; n]cfd
lgo6qOf / :jptk]0ff j]4 ug] ; fj h]lgs ;]fnf0{/fhglltaf6 t6:y, lgiklf agfpg] ; fj h]lgs
kzř; gdf xg]l9nf; :tl, nfk/afxl, e]6frf/ / clwsf/sf]b?kof]unf0{lg?I; flxt ug] ;]fu]x]sf]
; /sf/ tyf ; fj h]lgs ;]fk]tsf]ljZjf; clej]4 ug] ; /sf/l sfd sf/afxlnf0{156f] 5l/tf]
u/fpg ; 3fpg] dx]j kOf{; /sf/l clen]v]sf]uf]k]glotf sfod ug]tyf ; Af0f u/fpg]tyf ; /sf/l
;]f ; ljwf / lj sf; lgdf0f sfohf0{kēfj sf/l agfpg]sfd; d] ub5 .

hgdvL Pj +hgpQ/bfol ; /sf/l ; e6qsf] dflodaf6 hg; xeflutf, kf/blz{f / hjfk]b]xtfsf
cfwf/df cfd gful/snf0{af]w xg]u/l c; n zf; gsf]k]ofelt u/fpg]zf; slo df6otf g}c; n
zf; g jf ; zf; g xf]. hgtfsf]cykOf{; xeflutf, pQ/bfol Pj +hgdvL ; /sf/, ljw]sf]zf; g,
kf/blz{f, k]f]gdfg of]otf, gful/s :jtgqtf, ; d6ofo Pj +; df]žls/Of, dfgj clwsf/ Pj +
cfj]ws lgjffg h:tf c; n zf; gsf cfbz{dNonf0{ j/Of ug]cfw]gs zf; g g}; zf; g xf].
; zf; gn]; /sf/ / kzř; lgs kbflwsf/lxžsf]lhDd]f/l ls6fg; lxtsf] sfo{ljefhg, gful/s
a8fkq, ugf; f]Joj :yfkq, ; 'rgfsf]xs, ; fj h]lgs ; g]f0{cfrf/; lxtfsf]Joj :yf, 3Dtl ;]f Pj +
; /sf/l sfdsf/afx]sf]lgoldt :jtlkšfzg h:tf ljifox?nf0{cfd; ft\ u/š]x65 .
cfrfo{rf0fSo e65g]hg s'f hgtfnf0{k]lts/ n]l5 To; h]f0{cfd; ft\ ubf{g}zf; ssf]; d]

lxt xG5 . ; Eotfn] u/\$f] ; aebf cfzro\$] cf]jisf/ 8/nflubf] OZj /, /fHo / ; bfrf/ k4lt
xf]. ; dfhsf] lgdff cfwf/e't ; kdf JolQm / ; fdfknt ; dfhsf] lxtsf nflu ePsf]xf]eg]/fHosf]
lgdff dhthM lgoGqOf / bdgsf nflu . zf; g zAbdf zf; g of b08sf] k]wfgtf / eosf] emenNsf]
dx; ; xG5 . szf; g zf; gsf] lj s[t ; k xf] . of] cToGt} b/fzokOf{ tl/sfn] rnnf0g] zf; g
kPffnl xf] .

\$= gkfndf lj Bdfg Joj :yfx;

gkfndf g]tstf, ; bfrf/ tyf ; Zff; gsf] kj fgsf] nflu tkI; nsf sfggl tyf ; #yfut Joj :yf
ul/Psf] kfG5 .

gkfnsf] jtdfg ; ljwfgdf ; fj efd; Qf tyf /fhslo; Qf gkfnl hgtfdf lgxt, k]t:kwf{ds
axbno nf\$tfllGqs zf; g kPffnl, dfgj clwsf/, df]ns clwsf/, ; jtgq, ; lfd / lgiklf
Gofoklnsf, aflnu dtflwsf/, sfggsf] zf; gnfo{ k:tfjgfd} pNn]v ul/Psf] ; jtgq ; jwflgs
lgsfox;sf] Joj :yf, axt\df]ns xs tyf ; jwflgs pkrf/sf]xs, hgdT ; u]ksf] Aoj :yf, ; 3lo
zf; g kPffnl]sf] dflldaf/f bluf] zflGt ; zf; g, lj sf; / ; d]4sf] cfsflff k/f ug] k]ta4tf
h:tf ljifox; ; d]6Psf 5gl .

; zf; g Pq, @)^\$ tyf lgodfjnl, @)^% df hgdVl, hjfknb]l, kf/bzl{ ; dfj zL k]zf; gsf]
kl/sNkgf, dGql, dVo ; lrj, ; lrj, ljefulo kdv tyf sfofno kdv]sf] lhDd]f/l]sf] ls6fgl,
gful/s a8fkq, ugf; f] Joj :yfkq tyf gfn clws[t, ; fj h]lgs ; g]f0{ kblo cfrf/Of; DaGwl
Aoj :yf tyf 3Dtl ; j]f k]jfx h:tf ljifox; pNn]v ul/Psf 5gl .

; fgsf] xs; Galw Pq, @)^\$ tyf lgodfjnl, @)^% df ; fgf gful/ssf] xs ; DaGwl ePsf]h]
gful/sn] dfu\$] ; fgf pknAw u/fpg' ; fj h]lgs lgsfosf] bflotj xf] . ; fj h]lgs lgsfon]
eP u/\$f ultljwx; ; d]l] lgoldt ; kdf ; fgsf] :j t]k]sfzg ug]kg]s/f pNn]v 5, h; af6
; bfrf/ sfod xg]b]vG5 . o; n]/fHosf sfdsf/afxl nf\$tfllGqs k4ltcg;k vNnf / kf/bzl{
agfpg] /fHonf0{gful/sk]t hjfknb]l / lhDd]f/ agfpg] ; fj h]lgs lgsfodf /x\$] ; ff] h]lgs
dx]j sf] ; fgdff cfd-gful/ssf] ; /n / ; xh kxlr agfpg] /fHo / gful/ssf] lxtdf k]tsh
c; / kfg] ; j]hgzln ; fgsf] ; Af0f ug] tyf gful/ssf] ; ; lrt xg]xsnf0{ ; Af0f / k]rng
u/fpg] sfd ub5 .

; bfrf/ kj f]g tyf e]6frf/ lgoGqOf; DaGwl sfggl Joj :yfx;df clVtof/ b?kof]u cg' Gwfg
cfof]u Pq, @)\$*, clVtof/ b?kof]u cg' Gwfg cfof]u lgodfjnl @)^%, e]6frf/ lgjf/Of Pq,
@)^%, lj z]f cbfnt Pq, @)^%, Gofokl/ifb] Pq, @)\$&, dxfleof]u -sfof]lw lgoldt ug] Pq,
@)^%, ; lgs Pq, @)^#, ; kb]ul Pq, @)^&, ; E]7t ck/fw lgjf/Of Pq, @)^&, clVtof/ b?kof]u

cg; Gwfg cfofũ sfofj lw, @)&, ljleG cfbžx; tyf ; Rgfx; e|6frf/lj?4 ; ldlT; DaGwl sfofj lw, @)^# tyf cfo sfgl lgbžgx; d; /xšf 5gl . To; } u/L e|6frf/ lgoGqOf /Ofgllt, @)^%, e|6frf/ lgoGqOfsf] nflu lgsfout eldsf, @)^&, ; Qm /fi6 <lo dxf; lGw sfofj og; DaGwl /fli6o /Ofgllt tyf sfofjhg, @)^(tyf clVtof/ b?kofũ cg; Gwfg cfofũ /Ofgllt, @)& ; d; /xšf 5gl .

lghfdtl ; Jf Pq, @)\$ (/ lgodfj nl, @)%), lghfdtl sd{f/Lsf]cfrf/ ; DaGwl lgodfj nl, @)^%, /fi6 J]sx;sf] cfrf/; ħtf, @)^*, GofowLz cfrf/; ħtf, @)^%, cbfntdf sfo{t sd{f/Lsf] cfrf/; ħtf, @)&%, ; /sf/L jlsn / ; /sf/L jlsn sfof{nodf sfo{t sd{f/Lx;sf]cfrf/ ; ħtf, @)&%, ahf/ cgldg 6fh]lsf]cfrf/; ħtf, @)&&, ; xsf/L cfrf/; ħtf, @)^\$, sfgg Joj; fol cfrf/; ħtf, @)%!, kqsf/ cfrf/; ħtf, @)&#, sfgg Joj; fol cfrf/; ħtf, @)%!, ljleG lgj{gsf] ; dodf hf/L ul/g]lgj{fg cfrf/; ħtf, lz]fs ljBfyl{ tyf cleefjs cfrf/; ħtf, ; 3, kpbž ; /sf/ / :yfglo txn]hf/L u/šf cfrf/ ; ħtf, aš tyf ljQo ; yfx;sf cfrf/ ; ħtf, ; fj h]gs ; yfgx;sf cfrf/ ; ħtf nufotsf ljleG Pq, lgod, lgb]zsf lgdff u/L sfofj ogdf NofOPsf]5 . o; sf clt/Qm ljleG kžf / Joj ; fo ; DjGwl cfrf/; ħtf hf/L eO{ nfu"ePsf 5gl .

cGo loj :yfx;df cfj lws of]hgfx;sf] ; žf; gnf0{ :yfg lbPsf] jflifš ahžx;df ; žfgnf0{lj žif dx]j sf ; fy :yfg lbPsf]5 . ; /sf/sf ljBdfg ; du] gllt tyf sfošpx;df ; žf; gnf0{hfš lbOPsf] ; žf; gsf nflu /fhgllts tyf kžf; lgs k]ta4tx; Hff/L xgšf; fy}ljleG lfqut tyf ljifout sfggž?sf]lgdff tyf sfofj og ePsf]cj :yf 5 .

g]tstf, ; bfrf/ / ; žf; g kj žg; ũ ; DalGwt ; u7gf]ds Joj :yfx;df clVtof/ b?kofũ cg; Gwfg cfofũ, k]wfgdGqL tyf dlGqkl/ib]sf] sfofho, ; žf; g kj žg tyf e|6frf/ lgu/fgl žfvf, /fli6o ; tsf s]b; ; DkIQ z4ls/Of cg; Gwfg ljefusf] Joj :yf ul/Psf]5 . To; ũ/L /fh:j cg; Gwfg ljefu, ; j]r cbfnt, ljžif cbfnt, Gofokl/ib) ; fj h]gs vl/b cgldg sfofho tyf clVtof/ b?kofũ cg; Gwfg cfofũ] clwsf/ k]ofof]hg u/šf lhNnf kžf; g sfofhox; ; 3 ; yfx?df 6Gk/Q; L O66/gžfgn, k]k]lans, jf; g]k]nnufotsf ; yfx?; d; /xšf 5gl .

%= rfofSof g]ts dNosf]cg; /Of

; Rrf-OdfGbf/ JolQmf0{ ; a}s/f lkp xG5 . ; b} ; Rrf0sf]dfu]f rNg]JolStsf nflu ; #f/df ck]ko j :t' xbg, ; a}s/f k]kt u/] ; dfhd ; DdfGo xG5, lkp xG5 . >]hg egšf]cfk]gf] gllt, cfr/Of / Jojxf/df wd{/ ; bfrf/sf]kfngf ug]JolQm xf]. t; y{o:tf JolQmsf ; bfrf/sf]

cg' /0f ug{k5{. cfkrf cz4 5 eg]p; n]c;df klg czl4sf]z°f ub5 . cfr/0fdf e]6 /xg] JolQm]c;nf0{klg cfr/0fxlg e]6 e]g]z°fsf]bli6n]x]5 . ; a}df]g; sf]cfelf0f xf]wd{. k/0k/f jf zf:q cg' f/ cfkrf] ; dfhdf k]rInt / :j]lSt lj]w lj]wfg, cfr/0f, Jojxf/, dof]cf cflbsf]kfngf ug{ ; Tsd{ug{wd{xf] . o:tf]sfo{ ; a]h]ug{k5{. ; To / ; bfrf/af6 g}of] ; #f/ cl8Psf] h:tf]sh To:t}cfr/0f, JolQmsf cfr/0f, Jojxf/x; cfkrf] shaf6 klg w}] k]f]lj t ePsf x]5g\ . ; dfhdf /fd]Jojxf/ ug]JolQmf k]s u0fx; klg ; /s]f x]5g\ . ; #sf/ eg]s]k]s k/0k/f / kl5 l; l]Psf u/l b0{vfnsf x]5g\ . nf]s]Jojxf/ zf:qcg' f/ g}x]gk5{. -cfrfo{e\$ /f0{ }&&, rf0fSogllt-; q_

; gftg j]bs k/0k/fsf Clifdlgx;n] w}] jif{ ; fwgf u/] df]g hl]gnf0{Jojl:yt 9Eaf6 ; #fng ug]p2]osf ; fy lj]le]g cfrf/ Jojxf/sf u]yx; /r]s]f 5g\ . nf]s]Jojxf/df pkoSt xg] gl]t lj]wfg; sf]kfngf ug{k5{. To; kl5 dfq ; dfhdf ; Ddfgsf ; fy /xg ; l]s]5 . zf:qsf] 1fg 5] eg] ; fw' Gtsf]cfr/0fnf0{cg' /0f ug{k5 . olb cfkrf] zf:q1fg 5] eg] ; Hhg u0fx;sf cfr/0fx;nf0{cg' /0f u/] cfkrf]Jojxf/ pglx;sf cg;k ug{k5{. hf] u c; n u0f 5, hf] u wd{; bfrf/ 5, Toxl JolQm hl]j t xf] . u0f / wd{b}]gePsf]JolQmsf]hl]j g lg/y] 5 . u0f eg]s]bof, k/f]ksf/, df]g tf xf]eg]wd{eg]s] ; bfrf/, dof]cf, ; Rr]l/q, >4f, cf:yf, lj]z]f; cflbsf] ; dli6 ?k xf]. dglodf ol b0{s/f x]gk5{. c]oyf To; sf]hl]j g lg/y] 5 . -cfrfo{e\$ /f0{ }&&_

j t]dfg g]k]nl ; dfhdf kl]zrdf JolQm]fbl ; #s]tsf]k]f] a9] r/d e]f]ts]j]f]bn]h/f uf8]s]f]5 eg] bof, k/f]ksf/ / g]tstf]sf]cg' /0fsf]cj:yf lgs}sdhf] /x]s]f]5 . lj]utdf k/f]ksf/sf nflu hl]uf bfg ug]af6] shf] k]6l, k]f]f lgdf] ug]ul/G]of] o; sf k]l]of pbf/0fsf ; kdf g]k]nuf]sl ; df; j]l dl]xn]f c]jtf/b]xl s; f]w] rf]w/f0]gn]e]l c:ktfn tyf dx]b] axd]vl Sof]k; sf]nflu ; of]l]aufxf hl]uf bfg u/]s]f] ; dfh; j]l k]0]h]E zfx tyf pxf]sl wd]k]l]g afnsdf/l zfxn] g]k]nu-hsf]k]n6]s]f]yt k]0]fn cf]vf c:ktfnsf]nflu cfkrf]b/af/]kl ejg tyf s/f]f]d]No kg]hl]uf bfg u/]s]f] :ju]f/l dx]k]esf gfddf bf^df ; of]lj]ufxf hl]uf bfg u/]s]f] /0faxfb/ zfx / cl]asf zfxn]?k]b]ldf /0fcl]asf cf]vf c:ktfn :yfkgf u/]s]f] /fd:]k tyf /fd ; fu/ g]dsf JolQm]cf/ cf/ axd]vl Sof]k; hgsk/nf0{; of]lj]ufxf hl]uf bfg u/]s]f]lj]ifonf0{Ing ; l]s]5 .

rf0fSon]cfkrf]gl]t-; qdf n]v]s]f 5g\g/fdf]cfr/0f ePsf] b/frf/l; u ; E]t ug]sb]i6 /fVg] k]k]l :jef]sf JolQm; u /xg] cz° jf g/fdf]7fp]df a:g]JolQm; u ldqtf uff:g]c; n JolQm klg l56}lau]5, gi6 x]5 e]g]p]Nn]v 5 . To:tf JolQm]g t ; Zf; g sfod ug{ ; S5g\g t c;sf] enf]xg]sfd ug{ ; S5g\ . gl]t-; qdf rf0fSo e]b5g\ df]g; sf]cfr/0f / Jojxf/af6 p; sf]

s:tf]sh kl/jf/ /x\$ eG]s/f yxf kf0G5 .

gllt-; ðdf hg JolQmsf b] }xft bfg lbgsf nflu p7bGg) b] }sfgn]j b zf:qflb ; Gg rfxbGg) b] }cfvfv ; fw; Gt, dxflfx?sf]bzG ug{rfxbGg) b] }v\$fn)tly{ynilt/ hfg kf0nf rfnbGg) ; fy}Tof]JolQm cGof / e]6frf/áf/f sdfPsf]; DklQdf efljnf; ub{cxsf/k] \$ c;nf0{ckdfg u5{To:tf]JolQm /lEPsf]:ofn xf]. x]cf8Da/L :ofn 0 tf clt lgGbglo kfq xf] \. o:tf]glr z/L/nf0{t?Gt}Tofulxfn . o:tf] :jfyl{JolQm bof, bfg wdáf6 j1-rt /xG5, unt 9Eaf6 sdfPsf wgáf/f ; j{fwf/Ofdfly /jfkM 3d08, b]/fpb)/dfpg]u5{. ; fRr}g]glr / :jfyl{o:tf JolQmsf]; dfhdf sb}cfjZostf 5G, l56}g}k]ylaf6 dQm xGdf ; a\$]sNof0f 5 . o:tf JolQm] ; dfhnf0{g}lauf5{eG]pNn]v 5 .

rf0fSo cfknGf]glltzf:qsf]rfw)cllofodf nVb5g) xfdln]h:tf]vn]alp /fk\$]xG5f)+kmn klg To; }cg; f/ kfpG]xf]. xdf]nflu ljsf; / ; d]4 Pp6f kmn xf]eg]; Zf; g Pp6f alp xf]. ha; Dd ; Zf; gsf]alp ; a}lfGdf /fkGg, ta; Dd ljsf; / ; d]4 ; Dej g}5G .

; dfh lgdf0fsf]cfw/ JolQm ePsfn]; dfhdf JolQmsf]eldsf 7hf]xG5 . JolQmsf afgl, Jojxf/, ; \$sf/hGo cEof; x; ck]lft / lglZrt dNooQm xGkb\$ eG]dfG0tf jtGfg ; dodf kAn ;kdf cfPsf]5 . Psflt/ dfj clwsf/ Pj+df]ns jf sfgG clwsf/dfkm dfjlo dofGfnf0{a9jff lbg]kxn ePsf 5g\eg]csf]t/ cfd; æd / :jlg0q0f eG]l]ifo sfgGsf kfgdf dfq n]v] xGg a? cGt/xpob]v k:kGg xGkb\$ eG]cem alnof]cjwf/0ff cfd; ft\ug[k]b]vPsf]5 . rf0fSon]eg\$ 5g) ; Zf; g sfod ug{ ; Sg]JolQm dfq ; kmn g]f dflG5 . h; n]cfknGf] lGdf ; Zf; g sfod ug{ ; SbG) To:tf JolQm; cfknGf]kdbf al; /xGsf]sb}cf]rTo xGg . rf0fSo eGb5g) ; Zf; g sfod ug{g; Sg]JolQm hgtfsf]cfvdf lu/\$f xG5g/ / pglx? ; j] lt/:sf/sf]kfq xG5g). rf0fSo cfknGf]cyZf:qdf nVb5g) Pp6f g]ljn]; Zf; g sfod ug\$] nflu e]6frf/ ug]nf0{s8feGbf s8fsf/afxl ug] cfknG}; dy\$ eP klg p; sf ult]lwx;nf0{lg/Gt/ lgu/fgl ug] cfknGf cfn]s eP klg olb g]tsjfg/ / cgzfl; t 5 eg]To:tf JolQmnf0{lhDd]f/l lbg]/ hgtfsf ug; f / ; emj x;nf0{wD\$; fy ; Gg]/ ; dod}nfu"ug{ ; Sg]xGkb\$. cGtodf, of] bZsf] ; a}lf\$ g]ljstf;df ljsf; / ; d]4sf] x6x6L, cgZf; g, Jojxf/df ; fbulkg, g]ts rl/q / bZelQmsf]efjgf ePdf dfq ; Zf; g sfod ug{k]ta4 ePsf]a%g ; lG5 . -vgfn, @)&%

; dupf s]eG ; lG5 eg]nfd]cgej tyf tk:ofaf6 /rgf ul/Psf ; fdfu;x;dlw)rf0fSogllt- ; ð klg dxTjK0f{ufy xf]. jtGfg ; dfhdf efl]tsjfb]df tyf klZrdf ; \$]t cGwfwGw cg; /0f / o; sf]kfej]sf]sf/0f o; uf]ydf p]Nnlvt g]ts dNo; DaGwl ljifo] :tx;sf]cg; /0f

/ kl/kfngf :t/ lgs}sdhf] /x\$]kf0G5 . sxl jif{otfb]v g]ts dNo / ; bfrf/nf0{kj 4G
ug{/fhg]ts, kzf; lgs, Jofj; flosnufotsf lfgdf cfrf/; lxtf lgdff / kpf]u, nf\$; Jf
cfof]n]zfvf clws]t, pk; lrj tyf ; x; lrjsf]lnlvt k/lffdf g]tstf, ; bfrf/ / ; zf; gsf
lj ifox; ; d\$]kf0G5 .

ljleG wd\$; ef, o1, syf jfrg cflbdf ; d] hgr]gf lj:tf/sf nflu ; bfrf/ / g]tstfsf
lj ifox; p7g] u/\$f 5g\ . To; } u/L clVtof/ b?kof]u cg' Gwfg cfof]u, /fli60 ; tsff
s]bhufotsf lgsfox;n] ; d] g]tstf / ; bfrf/sf lj ifox;df hgr]gf lj sf; ug{yfn\$
5g\ . ljleG klzlf0f s]b]x?n] ; d] kf7bspdf g]ts dNo dfGotsf lj ifox; ; dfj z ug[u/\$f]
b]vG5 . rf0fSo glldf jlf0f g]ts dNosf lj ifox;sf] ; dfhdf h] hlt cg' /0f xgkg]xf]
; f]cg' f/ eP u/\$f]gkf0Psf]cj:yf lj Bdfg 5 . jtdfg ; dfhdf h; /L eP klG wg cfhg
ug] pRr :t/sf]hljg z]h ckgfpg] vfgkfg tyf klx/gdf klZrdf ; #s]tsf]cjndag ug]sfd
kl:t:kwf]ds ;kdf cuf]8 a9\$]kf0G5 . cfo{; #s]tdf k]rlg sfn b]v rn\$ dNo dfGotsf]
cg' /0f gxgh]b]zdf dgd6fj, emu8f, aGa tyf czflGtsf]cj:yf ; hgf ePsf]5 .

^=: emfj

kf]:To bzGsf lj aGf tyf lj blfx;n]g]tstf ; bfrf/, dfgjlo dNo / dfGotsf lj ifox?df ulx/f]
v]h tyf clwog u/] k]tkflbt lj ifoj:tx? glt, :d]t, ; Qsf ;kdf ; ulxt u/\$f]kf0G5 .
o; /L nfd] cgEj tyf ; fwgaf6 /rgf ul/Psf ; fdfu]x; dNo] rf0fSogllt-; Qdf plNnlvt
; bfrf/, g]tstf / ; zf; g ; DaGwl lj ifoj:tx;sf]cg' /0f :t/ a9fP/ ; dfhdf a9\$]dgd6fj,
emu8f, aGa tyf czflGtnf0{Gols/0f u/L g]kfnl ; dfhdf df0f, k]p, ; To, ; xof]u, ; befj,
ef0rf/ ; lxtsf] ; #s]tsf]lj sf; ub] ; bfrf/sf]kj 4g ug{nflu tkl; n adf]hdsf ; emfj x?
k]:tt ul/Psf]5 .

; fj]h]lgs kb wf/0f u/\$f sdff/L tyf hgk]tlglwx;nf0{kj z\$sf] ; ? r/0fdf rf0fSogllt,
efujbultf h:tf kf]:To bzGdf plNnlvt g]ts dNo tyf ; bfrf/sf af/]df cledvls/0f
ug]clgjfo{Joj:yf ubf{pkoQm xg] .

Wf]ld\$ tyf ; fdflhs ; z ; #ydfk] g]ts dNo / ; bfrf/; DaGwdf cfd gful/snf0{; r]gf
lj:tf/ ug]kg] .

:yfglo txn]k]o\$ j8fdf g]tstf, ; bfrf/ h:tf g]ts dNosf af/]df j8fsf gful/snf0{
lgoldt ;kdf hfgsf/L kjfx ug]u/L sfo\$ d to ul/gkg] .

lj Bfno tyf lj Z]lj Bfnosf kf7bspdf !)) k0ff{sf]glitzf:qnf0{clgjfo{lj ifosf] ;kdf
; dfj z ul/gkg] .

cfdf gful/snf0{g]tsjfg gful/sdf ?kfGt/0f ug\$]nflu /fHon] g]ts dNo dfGotsf
af/]df /]8of] 6]nlehg tyf kqklqsdfk] Jofks dfqdf k]rf/ k; f/ ug]kg] .

; fj hlgsg lgsfo tyf lghl lfqn]cfrf/; lxtf lgdfqf ubf{w}}cfbz]fbl s/f /fVglsf]; Sf
Jofj xfl/s tyf sfoff]og xg ; Sg]s'fx; dfq /fVgkg].
cfrf/; lxtf sfoff]ogsf]cgldg, dNof°g ug]lgsfosf]Joj:yf ug\$;f ; fy}plrt ;kdf
kfnf ug]f0{k/:sf/ / kfnf gug]f0{b08sf]Joj:yf ugkkg].
; fj hlgsg kb wf/of ug]hkgk|tlglw, sdf/l, lzls 5gf ubf{cfbz]fg tyf g]tsjfgnf0{
kfyldstf lbgkg].
; bfrf/ tyf g]ts dNo kj fgsf nflu ; do; fk]f xg]u/l Pj sfggsf]lgdfqf tyf kl/dfhg
ugkkg].

&= lgsif{

; bfrf/ / g]tstf Jofj; flos hljgdf dfq ge0{dfgj hljgs}; a;ebf ; Gb/ uxgf xgl .
; bfrf/ / g]tstfn]Ps hgf JolQm jf sdf/Lnf0{OdfGbf/, st{ok/foof, hg;]L, gful/s rl/q
pGdV, lzi6, lhd]f/, ; dojå / ; Ddfigt tNofp5 . cfd hgtfdf zf; g Jofj:yfkt g]lj t]off
a9b}uPsf]b]vPsf]h]dfly pNn]v ul/Psf nufotsf ; emjx;nf0{uxof ub}; dfhsf ; a}tx
/ tkfnf0{ ; bfrf/oQm g]tsjfg agf0{ ; zf; g sfod ug{rfOfSogllt h:tf kf}:To bzgsf]
cg; /of cfhsf]68sf/f]cfjZostf xf]. o; f]ug{ ; s]dfq hgtfdf kl/jtgsf]k]olf cgelt
xg5 / ; d4 / ; Vl gkfn lgdfqf ug]lbzftkm]sf]xdf]ofqf ; xl uGtJotkm{cl3 a9g]5 .
o; sf]cg; /ofaf6 ; dfhdf a9b}u/\$f las|t / la; utlx? Gogls/of e0{cfbz{tyf ; Eo ; dfh
lgdfqdf ; d; d2t ldNg]b]v65 .

; Gbe{; fdulx;

clwsf/L, tf/fgy -@)&&:&*_, ; fj hlgsg kzf; gdf cfr/of, Jofj; flostf / hjfkn]lxtf,
zftfb]l kgt, sf:sl .
cfrfo{rfOfSo=cg]fb, e\$ /f0{th; lk; fb -@)&&_, rfofSo gllt-; q, dwjg ksfzg, sf7df08f}.
s; l/dzsd/ -@)&#_, lghfdtl ; jf klqsf, nf\$; jf cfof], sf7df08f}.
vgfn, ; Gt]f -!& knfug @)&%_ RfofSo gllt, ; zf; g / g]lj, cgnf0g va/ b]gs,
sf7df08f}.
Gofofwlz cfrf/; lxtf -@)^%, gkfn sfgg cfof], sf7df08f}.
/ldl -kfy]h_ lggf -@)&@_, sf]6Nosf] ; KtE l; 4f'tsf cfw/df k]jlgf/foof zfxsf
/fhglltsf]ljZn]f0f, gkfn ; #st ljZj ljBfno, ljBjfl/wl zfyk]Gw .
n06h, ltnsk; fb -@)&\$_, dg:d[tl, k]jL ksfzg, sf7df08f}.
1jfnl, /fdk; fb -@)&&*&*_ pk; lrj ; kmntf sNkj]lf, Hof]t klAns}zg, k'tnl ; 8's
sf7df08f}.

हुलाक सेवाको सांगठनिक अवस्थिति

बाल बहादुर जि.सी.*

; ~rf/sf]kfrlg / ljZjJofkl dflWodsf] ?kdf xhfsnf0{ln0G5 . 0k=" \$))) It/ rlg / 0lhk6df
effif lnka4 eP; u}lr7L nVg]sfd klg z?jft ePsf]dflgG5 . tyfkl cfwlgs xhfssf]0ltxf;
; fxf}-ztfAbldf ahfotaf6 z? ePsf] xf] . ; g! !\$(& df 06fnlsf] /f]dg ; fdfHodf tTsfnlG
b/afI/of tyf /fh3/fgsf] ; j]fsf]nflu kfhGh efG 6bfIS; ; n]klxfnf]kf]6 clkM :yfkGf u/\$L
ly0G . ; g! ^#% sf]hhf0df ahfotsf tTsfng /fhf rfn; {klydn}; j{fwf/0fnf0{; d] /f]n
d]hsf] :yfkGf u/L l6s6 6ff; u/ k7fpg]JoJ:yf u/\$f lyP . o; nf0{g}cfwlgS xhfssf]
z?jftsf ?kdf ln0G5 .

gkfn]sf] ; GbEdf lj = ! (#% df xhfs 3/sf] :yfkGf kZrft xhfs ; j]fn]JoJ:yt ?k lng ku\$]f]
b]lvG5 . lj = ! (#* df xhfs sfoffosf] ; Vof \$# /x\$]f]lyof]. bf]f]lqaifl6 of]hgf z? xg'
cl3 lj = @)! (; fndf gkfn/ \$!# j6f xhfs3/ /x\$]f lyP . ; fy}lj = @)# c; f]h ! df bZ
lj bZaf6 ; tx tyf xjf0{dfuaf6 cfpG]8fs ; dodf g}5gf6 u/L ; DalGwt :yfgx?df k7fpg
8fs s[b]sf] :yfkGf ePsf]lyof]. o; sf cltI/St lj = @)# ; fndf g}xhfs lg/Lif0f sfoffo
/ lh6; lvfgsf] :yfkGf ePsf]lyof]. lj = @)* ; fndf xhfs ; j]f ljefusf] :yfkGf ePsf]xf].
xhfs ; j]f la:tf/; u}cf7f]of]hgfsf] cGto; Dd #^^) j6f xhfs :yfkGf ePsf] b]lvG5 . lj =
@)!# ; fn cflZjg @^ cyf! (%^ cS6f/ !! df gkfn ljZj xhfs ; 3sf] ; b:o ag\$]f]lyof].
ljZj xhfs ; 3 ; g! (\$* hhf0{! b]lv ; 0Qm /fi6; 3sf]ljzli6st ; :yfsf ?kdf /xl cfPsf]
5 . o; ; u}gkfn]ljZj sf laeGg bZx?df xhfs ; j]f ; ~rfngsf]cj ; / k]kt eof]. ; g! (*@
clkh @ (df gkfn]Plzof kofl; lkms kf]6n olgogsf] ; b:otf k]kt u/\$]f]lyof].

xfn xhfs ; j]f ; ~rfngsf nflu ! j6f ljefu, \$ j6f lgbZgfnox?, ! j6f ufZj]f/f xhfs
sfoffo / &) j6f lhNnf xhfs sfoffo, *\$@ j6f 0nfsf xhfs sfoffo / #)&\$ j6f cltI/Qm
xhfs sfoffox? /x\$]f 5g\.

gkfn]sf] ; GbEdf xhfs nfd] ; dob]v ; j]f lb0/x\$]f] ; /sf/L ; j]f xf] . ljutdf o; ; j]fsf]
clg]fo{cfjZostf lyof]. ; rGf klj]wsf]lj sf; ; u}lr7VL kq k7fpg]sdfdf sdl xb}cfof].
o; n]ubf{xhfssf]sfd klg 36bf]. o; sf/0f o; sf]kg{ Argfsf]laifo klg p7fg e0/x\$]f]5 .
vf; u/L o; n]ydf gkfn]xhfs ; j]fn]xnf s]s:tf]; Argf / hgziQndf sfd ul//xsf]5 eG]
af/df hfgsf/L xg ; sf] \eGg]x] 'of]n]y tof/ ul/Psf]5 . o; n]ydf gkfn]xhfs ; j]fsf]

*शाखा अधिकृत, हुलाक सेवा विभाग

ljZn]f0f ge0{xhfsf] ; Argfut Joj:yf / tl ; Argfx?sf] dVo-dVo sfd tyf hgziStsf] cj:yfsf af/df hfgsf/l lbg] kpf; ul/Psf]5 .

xhfs ; Jf ljefu

xhfs ; Jf ljefu xhfs ; Jfsf] Joj:yfkg ; DaGwl sfd ug] dVo lgsfo xf]. laleGg glltut laifo nufotsf sddf dGqfnosf]/fo, ; emfj, gllt, lgbZgdf sfd ug]{kg] eP tflkg xhfs ; DaGwl Joj:yfkslo sddf xhfs ; Jf ljefusf]g}dxTj k0f{eldsf /xG5 . o; ; GbEdf xhfs ; Jf ljefusf dVo-dVo sdx? b}fo adf]hd /x\$ 5gl .

xhfs ; DaGwl gllt th0f, sfgg lgd0fsf]nflu dGqfnodf l; kmf/z ug] dftxt lgsfox?af6 ; -rflnt sdx?sf]lgodg, ; kl/j]f0f, ; xhls/0f, dfulgbZ, lg/Ll0f, cgludg ug]

xhfs ; Jfdf hgziSt Joj:yfkgf]sfd ug] cGt/s tyf cGt/fli6o 8fs Joj:yfkg ; DaGwl sfo{ug] xhfs l6s6sf]Joj:yfkg ; DaGwl sdx? ug]

xhfs ; Jf ; -rfngsf nflu >f] ; fwgsf]Joj:yfkg ug] xhfs j:tx? cf]fk; f/sf nflu cfjZos ; fdfux?sf]Joj:yf ug] ljZj xhfs ; u7g, Plzof kofl; lkms kf]6n olgog; lu nufotsf ; :yfx?; lu ; DaGw sfod ug]

xhfs ; Jfsf]j0]zs ; DaGw sfod ug] tyf ljZj xhfs ; u7gsf]l; 4f0tx?sf]cfwf/df 8fs ; Jf ; -rfngsf]Joj:yf ldnfpg]

PS; k] dh ; Jf ; -rfngsf]nflu ; Dem]f nufotsf sdx? ug] cGt/fli6o 8fs n]fsf]; -rfng, cg; Gwfg tyf 5fglag ; DaGwl sdx? ug] ljefu cGt]tsf lgsfox?af6 ; -rfng xg]sdx?nf0{156f] 5l/tf]/ kfej sf/l agfpg] ; dupf gkfnsf]xhfs ; Jfnf0{; Joj:l:yt ?kdf ; -rfng ug]{dVo eldsf lgjfx ug].

ufZj f/f xhfs sf0f0

xhfs ; DaGwl ; Jf kpf] ug]; a0Gbf 7hf]sf0f0 ufZj f/f xhfs sf0f0 g}xf]. ufZj f/f xhfs sf0f0af6 xhfs; DaGwl ; a}k\$ f/sf ; Jfx? kpf] ul/G5 . of]gkfnsf]cGt/fli6o xhfs ; #fng ug]lgsfo klg xf]. t; y{ o; sf0f0nf0{PS; r]h ; 06/sf] ?kdf klg ln0G5 . o; xhfs dfknt g}lj bZaf6 gkf]n cfp] tyf gkf]naf6 lj bZdf hfg]; a}xhfs j:tx?sf]cfbfgkpf] xg] ub5 . lj = @)!^ ; fn blv j0]zs 8fs ; Jf ; -rfng xg yfn\$]xf]. xfn; Dd o; sf0f0af6 dfq gkfnsf]j0]zls 8fs ; Jf ; -rfng xG5 . o; sf0f0n]lgbZgfnosf] ?kdf ; d] sfd ug]ub5 . lj = @)&% blv o; sf0f0n]; fljs d]odf-rn xhfs lgbZgfnosf]sfd ; d] ub]

cf0/x\$]5 . pQm lgbzgfnon]ug[!* j6f lhNnf?; DaGwl sfd o; sfofhoaf6 xg]ub5 .
sf7df8f;HhNnf leq /x\$] Onfsf xhfs tyf cltl/Qm xhfsx?sf]Joj:yfkg ug[sfd ; d]t
ufz]f/f xhfs sfofhoaf6 g}x65 . o; sfofho c6t6t sf7df8f;HhNnfd !% j6f Onfsf xhfs,
%# j6f cltl/Qm xhfs / \$ j6f sfp06/ /x\$] 5g\ . o; /L ufz]f/f xhfs sfofho]sf7df8f}
lhNnfsf] xsdf lhNnf xhfsf] ?kdf, !* j6f lhNnfsf] nflu lgbzgfno / gkfnfsf] nflu
c6t/fli6o xhfsf] ?kdf ; d]t sfd ug[sfofho xf] . o; xhfs af6 g}bze/Lsf xhfsx?df
xhfs j:tx? cfbgkpg nufotsf sfdx? ub[cf0/x\$]5 .

o; sfofhoaf6 k6fg xg]dVo-dVo ;]fx?

/fli6o tyf c6t/fli6o lr7Vlkq, kln6bf, b]t 8fs ; sng, cf] f/k; f/ tyf lj t/Of .

art a\$ tyf wgfz ;]f, kf]6a\$; ;]f nufot sf7df8f}pkTosfdf 3Dtl xhfs ;]f
;-rfng .

s]b]o wgfz sfofho

xhfs sfofhox?dfkmt /sd k7fpg];]f g}wgfz ;]f xf]. c6t/s wgfz ;]fsf]z?jft
lj =@)#! ; fn b]v ePsf]xf]. ab]zs wgfz ;]f c6t6t ef/t; u @)#& af6 of];]f z?
ePsf]xf]. Ps xhfsaf6 wgfz k]kq km/fd e/L k7fP kl5 ; Dal6wt csf] xhfsdf pQm k]kq
ku]kl5 pQm sfofhoaf6 gub /sd g}eStfgl x65 . xfn l; w}wgfz ;]f xfn ufz]f/f xhfs
sfofho, \$ j6f xhfs lgbzgfno, &) j6f lhNnf xhfs sfofho / \$ j6f Onfsf xhfs u/L
hDdf &(:yf6af6 pknAw 5 . eg] \$\$% j6f Onfsf xhfs sfofhoaf6 wgfzsf] btf{ tyf
eStfgl dfq xg]u/\$]5 . o; /L wgfz ;]f nfu'ePsf sfofhox?f]; Vof %@) /x\$]5 . ; fy}
lale6g xhfs sfofhox? dfkmt ; -rfng e0/x\$]xhfs art a\$sf]s]b]o Joj:yfkg ; DaGwl
sfd ; d]t o; sfofhoaf6 x65 . wgfz / xhfs art a\$sf]s]b]o lx; fa /Vg]sfd klg
o; sfofhoaf6 xg]ub5 .

lkmf6]ns tyf xhfs l6s6 Joj:yfkg sfofho

xhfs l6s6 tyf n]vg ; dfu]sf]e08f/Of, ; /Ifof / ; Dkl't{Pj d\ lkmf6]nl kj 4g ; DaGwl sfd
o; sfofhoaf6 xg]ub5 .

dVo-dVo sfdx?

:jLst ePsf xhfs l6s6x? 5kf0{ug[.

ufz]f/f xhfs sfofho, xhfs lgbzgfno tyf lhNnf xhfs sfofhox?df l6s6sf]Joj:yf
ug[.

lkmf6]ns Joj:yfkg ; Da6wl sfo{x? ugI.

/fli6o tyf c6t/fli6o ?kdf lkmf6]ns kþz6lsf] cf6fhgf ugI/ gkfn6sf] tkmf6 efu lng].

xhfs k|zlf0f s|b|

o; s|b|sf]:yfkgf lj≡=@)! (; fndf ePsf]xf]. xhfs ; j]fdf sfo{t sd{f/lx?sf] blftf tyf lfdtf clej|4 ugI tyf pglx?sf] dgf]l|Qdf ; sf/ffds kl/j t6 Nof0{xhfs ; j]fnf0{ufxsdVl Pjd u0f:t/lo agfpg]k|zlf0f s|b|sf]p27o /x\$]5 . ; fxl adf]hd pQm s|b|h]lale6g vfn6sf tflndx? ; ~rfng ubIcfPsf]5 .

xhfs lgbz6gfno?

xhfs ; j]f ljefu c6t{t xfn \$ j6f xhfs lgbz6gfno? /x\$] 5g . o; sf ; fy}uf]j/f/xhfs sf6fhon]; d] xhfs lgbz6gfno6sf]sfd ub5 . lo sf6fhox?n]cfkmg]sf6fh6 /x\$] lhNn6sf]nflu lhNnf xhfs sf6fh6 ; d]sf]sfd ugIub5gl . lhNnf xhfs sf6fhox? alr ; d6jo, cgludg / ; kl/j]f0f ugI sfd lgbz6gfno6sf] /x\$] 5 . lgbz6gfno?df pk; lrj sf6fh6 kdV /xg]Joj:yf 5 .

xhfs lgbz6gfno, lj /f6gu/

o; xhfs lgbz6gfno c6t{t tfln]h^a, kfr]y/, Onfd, ; v]j; ef, t]yd, wgs6f, eflhk/, vrf^a, ; fhV]da', cf]yn94f, pbok/, enkf, ; g; /L, ; kt/L / l; /xf ul/ !% j6f lhNnf xhfs sf6fhox? /x\$] 5gl .

uf]j/f/xhfs sf6fh6 -; flj s dWodf~rn xhfs lgbz6gfno c6t{tsf lhNnf?sf]nflu _ uf]j/f/xhfs sf6fhon]g}; flj s dWodf~rn xhfs lgbz6gfno c6t{tsf lhNnf?sf] nflu xhfs lgbz6gfno6sf]; d] sfd ugIub5 . o; sf6fh6 c6t{t eStk/, nlnk/, sfek]nfrf\$, l; GwkfNrf\$, wflb^a, gjfsf6, /; j]f, bf]hvf, /fd]fk, l; Gwhl, wglff, dxfd/L, ; nfxl, af/f, k; f{/f]x6, lrtjg / dsjfgk/ ul/ !* j6f lhNnf? /x\$] 5gl .

xhfs lgbz6gfno, kf]y/f

o; xhfs lgbz6gfno c6t{t uf]vf, ndh^a, tgx] dgf^a, d':tf^a, kj f, :of^ahf, Doflubl, jfln^a, gjnk/f; L, ?k6b]xl, slknj:t', kfnkf, uNdl / c3f]vfrl ul/ !% j6f lhNnf? /x\$] 5gl .

xhfs lgbz6gfno, ; vI

o; xhfs lgbz6gfno c6t{t ?sd, /f]kf, ; Nofg, ko7fg, bf^a, affs] alb6f, xDnf, hDnf, du'

8fllkf, sflnsf, hfh/sf / bhv ul/ !\$ j6f lhNnf xhfs sfoffox? /x\$ 5g\.

xhfs lgbzgfno, 8f6l

o; xhfs lgbzgfno c6t6t aem^a, afh/f, c5fd, s6fnl,a68l, 88hw/f, s-rgk/ / bfrhf ul/ * j6f lhNnf xhfs sfoffox? /x\$ 5g\.

lhNnf xhfs sfoffox?

xhfs lgbzgfno /x\$ lhNnf? afx\$ c6o &) j6f lhNnf?df lhNnf xhfs sfoffox? /x\$ 5g . lo xhfs sfoffox?n]lhNnf el/sf]8fs Joj:yfkg / ; ~rfng tyf c6o lhNnf?af6 kft 8fs lj t/of, xhfs art a\$, wgbz ; jfx?; Da6wl sdx? ub{cf0/x\$ 5g . ; fy}PkmPd= / s]n l6+e= cgludg tyf gljs/of nufot /fli6o ; Rgf cfofn]lhD]f/l lbPsf sltko sdx? ; d; ub{cf0/x\$ 5g\ . ; fy}lj 1fkg af6]eStfgl ug]nf\$Nof0sf/l lj 1fkgsf]/sd eStfgl ug]sfd ; d; ub}cf0/x\$ 5g\ . lhNnf xhfs sfoffox?df zfvf clwslt sfoffo kdv /xg]Joj:yf 5 .

Onsf xhfs sfoffo

lhNnf xhfs sfoffo c6t6t /xg]Onsf xhfsx? cknf] lq leq lr7vl btf{ tyf lj t/of ug]kpf]ngsf]nflu laleg :yfgdf :yfgf ul/Psf]5 . vl/bf/ kbsf sdf/l kdv /xg]o; sfoffodf xhfs/ xNsf/f kbsf c6o sdf/l /x65g\ . xfn gkfnf *\$@ j6f Onsf xhfs sfoffox? /x\$ 5g\.

gkfnf]xhfs ; jfsf]lhNnfut ?kdf ; u7gflds cjl:ylt

qm ; =	lhNnfsf] gfd	uf]j f/f xhfs sfoffo	xhfs lgbzgfno	lhNnf xhfs sfoffo	Onsf xhfs sfoffo	clt/l/Qm xhfs sfoffo	sfp06/
!	Onfd))	!	!!	\$))
@	emkf))	!	!&	#&)
#	kfr y/))	!	!!	#\$)
\$	tfn]h))	!	!@	#*)
%	efhk/))	!	!\$	\$*)
^	wgs6f))	!	!#	@#)
&	df] ^a)	!)	!&	%!)
*	; g; /l))	!	!^	#*)
(; v]f; ef))	!	!#	@\$)

q# ; =	lhNnfsf] gfd	uf7j f/f xhfs sfoffho	xhfs lgbZgfn0	lhNnf xhfs sfoffho	Onfsf xhfs sfoffho	cltI/Qm xhfs sfoffho	sfp06/)
!) txyd)))	!	(@#)
!! vfofa)))	!	!!	^\$)
!@ cfyn9uf)))	!	!!	\$\$)
!# ;kt/L)))	!	!&	(!)
!\$ l; /xf)))	!	!\$	*#)
!% ;fjvDa')))	!	*	@%)
!^ pbok/)))	!	!!	#%)
!& sf7df8fj	!)))	!%	%#	\$
!* eStk/)))	!	*	!#)
!(nIntk/)))	!	(#^)
@) sfojknfgrf\$)))	!	!@	^()
@! l; GwkfNrf\$)))	!	!#	^%)
@@ wflb ^a)))	!	!@	#&)
@# /; jf)))	!	\$!#)
@\$ gjfsf\$)))	!	!#	%))
!% jf/f)))	!	!#	&))
@^ k; f{)))	!	!\$	^^)
@& lrtjg)))	!	!#	@%)
@* dsjfgk/)))	!	!!	##)
@(/fjx6)))	!	!!	&#)
#) wglff)))	!	!#	&%)
#! dxfo/L)))	!	!@	^!)
#@ ; nfxl)))	!	!\$	&()
## /fd\$fk)))	!	!!	\$\$)
#\$ l; Gwhl)))	!	!@	\$\$%)
#% bfjvfv)))	!	!)	\$#)
#^ jfln ^a)))	!	!#	\$*)
#& Doflubl)))	!	!)	@()
#* kjf)))	!	!!	\$#)
#(d: tf ^a)))	!	*	&)
\$) sf:sl))	!)	!#	#&)
#! ndh ^a)))	!	!)	%))
\$@ tgxf)))	!	!\$	#&)

qm# ; =	lhNnfsfj gfd	uf7j f/f xhfs sfofho	xhfs lgb7zgfno	lhNnf xhfs sfofho	Onfsf xhfs sfofho	cltl/Qm xhfs sfofho	sfp06/)
\$#	dgr ^a))	!	%	%)
\$\$:of ^a hf))	!	!@	%#)
\$%	uf7jvf))	!	!@	%^)
\$^	uNdl))	!	!\$	^!)
\$&	c3f7vfrl))	!	!@	@()
\$*	kfnkf))	!	!#	%@)
\$(?kGb7xl))	!	!%	%#)
%)	slknj:t'))	!	!#	%())
%!	gjn k/f; l))	!	!%	%*)
%@	affs]))	!	!!	#%)
%#	alb6f))	!	(@#)
\$\$	b7jv))	!	*	\$&)
%%	hfh/sf6))	!	*	@!)
%^	; v7)	!)	!)	\$))
%&	xDnf))	!	^	@!)
%*	hDnf))	!	*	@@)
%(du'))	!	*	!&)
^)	8f7jkf))	!	*	!%)
^!	sflnsf6))	!	*	@@)
^@	bf ^a))	!	!\$	#))
^#	ko7fg))	!	!)	#*)
^\$?sd))	!	*	#\$)
^%	/f7jkf))	!	(\$!)
^^	; Nofg))	!	(#&)
^&	aem ^a))	!	(#&)
^*	afh'/f))	!	*	!*)
^(8f6l)	!)	!!	\$!)
&)	c5fd))	!	!@	%())
&!	s7fnl))	!	!#	##)
&@	a78l))	!	!#	\$\$)
&#	887hw'/f))	!	*	@@)
&\$	bfr7hf))	!	!)	#@)

qm# ; =	lhNnfsf] gfd	uf7j f/f xhfs sfoffho	xhfs lgbZgfn0	lhNnf xhfs sfoffho	Onfsf xhfs sfoffho	cltl/Qm xhfs sfoffho	sfp06/)
&%	s~rgk/))	!	!)	!@)
	hDdf	!	\$	&)	*\$@	#)&\$	\$

gkfnfs]xhfs ; jfdf hgZlStsf]cj :yf

xhfs ; jf ljefu / cltltstf lgsfox?sf]xfnsf] :yfol b/a6blsf]lj j/of b]fo adf]hd /x\$]f] 5 .

qm# =	kb	>0fl	; jf	; dx =pk; dx	b/a6bl
!	; x; lrj	/fk-kf	kzf; g	; fk-	!
@	pk; lrj	/fk+4=	kzf; g	; fk-	!)
#	zfvf clwst	/fk-tf	kzf; g	; fk-	!)#
\$	n]yf clwst	/fk-tf	kzf; g	n]yf	@
%	snf clwst	/fk-tf	lzlf	snf =lrqsnf	!
^	sDko6/ OIGHlgo/	/fk-tf	ljljw	-	!
*	gfoa ; Aaf	/fk-εgklyd	kzf; g	; fk-	@!\$
(6f0lki6 gfoa ; Aaf	/fk-εgklyd	kzf; g	; fk-	!
!)	n]yfkfn	/fk-εgklyd	kzf; g	n]yf	@&
!!	sDko6/ ck/ϕ/	/fk-εgklyd	ljljw	-	%
!@	vl/bf/	/fk-εg+4 tlo	kzf; g	; fk-	!) * &
!#	; xn]yfkfn	/fk-εg+4 tlo	kzf; g	n]yf	%@
!\$	l; lgo/ ld:ql	/fk-εg+4 tlo	dϕ=	-	#
!%	On]S6k; og	/fk-εg+4 tlo	OIGHlgol/ ^a	On]S6sn OIGHlgol/ ^a	!
!^	xϕL ; jf/l rfns	>0flj lXg	kzf; g	; fk-	#
!&	xn'sf ; jf/l rfns	>0flj lXg	kzf; g	; fk-	!*
!*	Uff8l ld:ql		kzf; g	; fk-	!
!(xNsf/f	>0flj lXg	kzf; g	; fk-	!(* (
@)	xhfsl	>0flj lXg	kzf; g	; fk-	@%((
@!	sfoffho ; xofyl	>0flj lXg	kzf; g	; fk-	!&!
@@	:jlk/				%
				hDdf	^@(\$

cltl/St xhfs sfoffho

cltl/Qm xhfs lgodfjnl, @)#\$ cg; f/ cltl/Qm xhfs sfoffhosf] :yfkf xg]Jo j:yf 5 . ol

sfoffox?df xhfs k|tlgwl, 8ffsfjxs / ljt/s ul/ tlg kbgfdfs sdf(f/lx? /xg]Jo]y:f
 5 . xhfs k|tlgwl]lr7Vlkq btf{ug[tyf ; DalGwt :yfg; Dd 8ffsafxs dfkmt k/ofpg] /
 ljt/sdfkmt ljt/of ug]Jo]y:f ldnfpg]sfd ub5g . 8ffsafxsn]tfl]sPsf]:yfg; Dd 8ffs yhf
 af\$g]sfd ub5g eg]kq ljt/sn]cfkmg]lfg]leq JolQm tyf ; :yfsf kqx? ljt/of ug]sfd
 ub5gl . xfn bze/ #)&\$ j6f cltl/Qm xhfs sfoffox? /x\$ 5gl .

cltl/St xhfs sfoffox?df sfo{t hgziStsf]cj:yf

xhfs ;]f c6t6t cltl/Qm xhfs sfoffox?df sfo{t hgziQmsf]lj]j/of b}fo adf]hd /x\$]f
 5 .

qm# =>	sfoffo	hgziQmsf]lj]j/of				s}kmt
		xhfs k tlgwl	ljt/s	8ffsf afxs	hDdf	
xhfs ;]f ljefu						
!	xhfs ;]f ljefu))))	
	ljefusf]; Argf hDdf))))	
s}blo ; Argf c6t6tsf sfoffox?						
@	ufz]f/f xhfs sfoffo	%#	\$\$	\$(!\$^	
#	xhfs k zlf of s}bl))))	
\$	s}blo wgf bze sfoffo))))	
%	lkmf6]ns tyf xhfs l6s6) Jo]y:fkgs sfoffo))))	
	s}blo ; Argf hDdf	%#	\$\$	\$(!\$^	
lgbz}gfno sfoffox?						
^	xhfs lgbz}gfno,lj/f6gu/,df]a	%!	%!	^!	!^#	
&	xhfs lgbz}gfno,kf]v/f,sf:sl	#&	#&	*#	!%&	
*	xhfs lgbz}gfno,; v]f	%!	%!	^!	!^#	
(xhfs lgbz}gfno,lbkfon,8f6l	\$!	\$)	&#	!%\$	
	lgbz}gfno ; Argf hDdf	!*)	!&(@&*	^#&	
lhNnf ; Argf c6t6tsf sfoffox?						
!)	lhNnf xhfs sfoffo, t]kn]h ^a	#*	#&	(@	!^&	
!!	lhNnf xhfs sfoffo,kf]ry/	#\$	#!	@&	(@	
!@	lhNnf xhfs sfoffo,0nfd	\$)	#(&*	!%&	
!#	lhNnf xhfs sfoffo,; v]f; ef	@\$	@\$	\$%	(#	
!\$	lhNnf xhfs sfoffo,t}yd	@#	@@	@*	&#	
!%	lhNnf xhfs sfoffo,wgs6f	@#	@#	\$\$	()	

qir# =>	sfofno	hgziQmsf]ljj/0f				s}knot
		xhfs k t gwl	ljt/s	8fsf afxs	hDdf	
!^	lhNnf xhfs sfofno,eflhk/	\$*	\$*	^%	!^!	
!&	lhNnf xhfs sfofno,vf ^a	^\$	^\$!#*	@^^	
!*	lhNnf xhfs sfofno,;fjvDa'	@%	@%	\$@	(@	
!(lhNnf xhfs sfofno,cfjyn9uf	\$\$	\$\$	^!	!\$(
@)	lhNnf xhfs sfofno,pbok/	#%	#!	%%	!@!	
@!	lhNnf xhfs sfofno,erfkf	#&	#^	\$&	!@)	
@@	lhNnf xhfs sfofno,;g;/l	#*	#&	#&	!!@	
@#	lhNnf xhfs sfofno,;kt/l	(!	(!	!)%	@*&	
@\$	lhNnf xhfs sfofno,l;/xf	*#	*@	!)!	@^^	
@%	lhNnf xhfs sfofno,wglff	&%	&%	!\$!	@(!	
@^	lhNnf xhfs sfofno,dxfQ/l	^!	^!	&)	!(@	
@&	lhNnf xhfs sfofno,;nfxl	&(&(&(@#&	
@*	lhNnf xhfs sfofno,/fj;x6	&#	&@	&&	@@@	
@(lhNnf xhfs sfofno,af/f	&)	&)	&!	@!!	
#)	lhNnf xhfs sfofno,k;f{	^^	^^	^@	!(\$	
#!	lhNnf xhfs sfofno,bfjhvf	\$#	\$#	^@	!\$*	
#@	lhNnf xhfs sfofno,/fd\$fk	\$@	\$\$	\$\$!#)	
##	lhNnf xhfs sfofno,l;Gwhl	\$@	\$@	%&	!\$!	
#\$	lhNnf xhfs sfofno,sfelknfgrf\$	^()	^()	^*	@)^	
#\$	lhNnf xhfs sfofno,l;GwkfNrf\$	^%	^%	&(@)(
#^	lhNnf xhfs sfofno,/;jf	!#	!#	#@	%*	
#&	lhNnf xhfs sfofno,gjfsf\$	%)	%)	*()	!*()	
#*	lhNnf xhfs sfofno,wflbu	#&	#&	^()	!\$#	
#(lhNnf xhfs sfofno,lrtjg	@%	@%	@()	&(
\$)	lhNnf xhfs sfofno,dsgk/	#\$	##	^\$!#!	
\$!	lhNnf xhfs sfofno,eQnk/	!#	!)	!)	##	
\$@	lhNnf xhfs sfofno,nlntk/	#^	##	%)	!!()	
\$#	lhNnf xhfs sfofno,ufjvf	%^	%^	!!#	@@%	
\$\$	lhNnf xhfs sfofno,ndh ^a	%)	%)	*%	!%*	
\$%	lhNnf xhfs sfofno,tgxf	#&	#&	%&	!#!	
\$^	lhNnf xhfs sfofno,dgf ^a	%	%	!!	@!	
\$&	lhNnf xhfs sfofno,d'tf ^a	&	&	*	@@	
\$*	lhNnf xhfs sfofno,kj\$	\$#	\$#	^^	!%@	

qmf	sfofno	hgzlQmsf]ljj/Of				sknot
		xhfs kltlgwl	ljt/s	8fsf afxs	hDdf	
\$(lhNnf xhfs sfofno, :of ^a hf	%@	%!	&(!*@	
%)	lhNnf xhfs sfofno,loflubl	@(@(*@	!\$)	
%!	lhNnf xhfs sfofno,jfln ^a	\$*	\$^	!)!	!(%	
%@	lhNnf xhfs sfofno,gjnk/f; l	%*	%*	!)!	@!&	
%#	lhNnf xhfs sfofno,?kGbxl	%#	%#	&!	!&&	
\$\$	lhNnf xhfs sfofno,slnkj :t'	%(<	%(<	*#	@)!	
%%	lhNnf xhfs sfofno,kfNkf	%@	%@	^@	!^^	
%^	lhNnf xhfs sfofno,c3fVfrl	@(@(\$#	!)!	
%&	lhNnf xhfs sfofno,uNdl	^!	^!	!)%	@@&	
%*	lhNnf xhfs sfofno,/fNkf	\$!	#\$	*#	!%*	
%(lhNnf xhfs sfofno,ko7fg	#*	##	\$^	!!&	
^)	lhNnf xhfs sfofno,bf ^a	#)	#)	\$@	!)@	
^!	lhNnf xhfs sfofno,afS]	#%	#%	#\$!)\$	
^@	lhNnf xhfs sfofno,alb6f	@#	@#	!*	^\$	
^#	lhNnf xhfs sfofno,?sd	#\$	#@	^)	!@^	
^\$	lhNnf xhfs sfofno,; Nofg	#&	#&	^\$!#*	
^%	lhNnf xhfs sfofno,8fNkf	!%	!%	!@@	!%@	
^^	lhNnf xhfs sfofno,hDnf	@@	!(!!	%@	
^&	lhNnf xhfs sfofno,du'	!&	!&	##	^&	
^*	lhNnf xhfs sfofno,xDnf	@!	@!	\$#	*%	
^(lhNnf xhfs sfofno,sflnsf6	@@	@@	##	&&	
&)	lhNnf xhfs sfofno,hfh/sf6	@!	!^	#%	&@	
&!	lhNnf xhfs sfofno,bhV	\$&	\$&	%*	!%@	
&@	lhNnf xhfs sfofno,afh/f	!*	!*	\$)	&^	
&#	lhNnf xhfs sfofno,aemf ^a	#&	#&	&!	!\$%	
&\$	lhNnf xhfs sfofno,c5fd	%(<	%(<	!!^	@#\$	
&%	lhNnf xhfs sfofno,bfrhf	#@	#@	!!%	!&(
&^	lhNnf xhfs sfofno,a]8l	\$\$	\$\$!)^	@!\$	
&&	lhNnf xhfs sfofno,88hw/f	@@	@)	#(*!	
&*	lhNnf xhfs sfofno, s~rgk/	!@	!!	!@	#%	
&(lhNnf xhfs sfofno,s]fnl	##	##	\$*	!!\$	
lhNnf c6t(]tsf]; Argf hDdf		@*\$(<	@*)@	\$\$!\$!)) ^%	
xhfs ;]f ; Argf hDdf		#)*@	#)@%	\$&\$!	!)*\$*	

xhfs ;]fsf]cfufdl sfo{bzf

o; n\ysf] p27o xhfs ;]fsf]jt{dfg cj:yfsf]; Argf nufot hgzlQmsf]cj:yfsf]af/df
hfgsf/l lbg' /xsf]lyof]. pQm s/f o; cl3 /flvPsf laifox?n]sxl xb; Dd hfgsf/l lbPsf
5g . ; Rgf klj lwdf cfPsf]qmf{tn] xhfs ;]fsf]sfdnf0{cTolws dfqdf 36fPsf]xbf o; nf0{
kg{ Argf u/l ; dosf]dfu cg' f/ ; Argfut ?kdf / sfo{t ?kdf ; d] kl/j t{g ug{lj ut s|x
; dob]v lale{g 5nkm, clbog ePsf 5g\ . o; qmddf xhfsf]xfnsf]cj:yfnf0{kg{ Argf
ug{b]v :jfoQ lgsfosf]?kdf n]hfg]af/]; d] 5nkm ePsf 5g\ . tyfkl o; af/df dt\$otf
xg g; s\$fn]s:tf]?kdf hfg]e{g]af/df 7f] cfsf/ lng ; s\$fb]vb{g . cfzf u/f]sl xhfs
kg; Argfn]l566}; fsf/ ?k lng ; km xf] \ .

; Gb{ ; fdfullx?

xhfs ;]f P{g, @)! (

xhfs ;]f lgodfjnl, @)@

xhfs ;]f ; wf/ sfo{nsf]k|tj{bg, @)&%

cltl/St xhfs hgzlSt Joj:yfkg ; Da{wl ; emj k|tj{bg, @)&&

xhfs ;]f ljefu nufot lale{g lgsfox?sf jj]; f06x?

afli{ k|lt k|tj{bgx?, xhfs ;]f ljefu, aa/dxn, sf7df8f}

तालिम र हुलाक सेवामा यसको सान्दर्भिकता

पवित्रा घिमिरे खनाल*

; #7gdf goff egf{xg]jf sfo{t hgziQ#sd{f/Lnf0{1fg, ; lk, lfdtf Pj +cjwf/Off kl/j tGaf/f
ljBdfg cj:yfaf6 ck]lft cj:yfdf k%ofpg] k]qmfnf0{ tflnd elg65 . tflndn] sd{f/Lsf]
dgf#n / pTk]Offsf]:t/ clej]4 u/fpgsf ; fy}; #7gsf]p2]o xfl; n ug{; xof]u kbfp5 .
xhfs ;]fsf]s]bb]v j8f:t/; Ddsf]; Argf]ds lj:tf/ / ; f]cg?ksf]sd{f/Lsf]pkl:y]t xbf{
of];]fnf0{/fHosf]; a#6bf 7hf]0sf0\$] ?kdf lng ; ls65 . t; y{ xhfsf sd{f/Lx?nf0{
; do ; dodf tflnd k]bfg u/L 1fg, ; lk, lfdtf Pj +cjwf/Off kl/j tGsf b]i6sf]fn] clb]j lws
u/L /Vg' cfjZos b]V65 .

xhfs ;]fsf]sfg6l z?jft xhfs ;]f Pq, @)!(hf/L eP kZrft ePsf]b]V65 eg]; flx ; findf
g}xhfs k]zlf0f s]b]sf]:yfkf u/L xhfs ;]fdf sfo{t sd{f/Lnf0{xhfs ;]fsf /fli6o tyf
cGt/fli6o ; /\$f/ lglxt ljifodf hfgsf/L k]bfg ug\$nf lu ljleGg txut / ljifout k]zlf0f
sfoqmd lg/Gt/ ?kdf ; -rfng ub{cfPsf]kf065 . xhfs k]zlf0f s]b]h] tflnd cfjZostf
klxrfg u/L xfn clwstf txb]Vl xhfs; Ddnf0{sfo{f]q; u ; Dalwt ljifout tflnd k]bfg ug]
u/\$f]5 . gfoj; Aaf / vl/bf/:t/sf sd{f/Lx?sf nflu ;]f klj z sfndf cledVls/Of k]zlf0f
tyf lgwf{/t dfkb08sf cfwf/df j]Q ljsf; -a9]_ k]b]h]gfy{;]fsfnlg tflnd k]bfg ug]u/\$f]
5 . ; fy}xhfsdf klj z u/\$f clwstf:t/sf sd{f/Lx?sf nflu b0{lb]g]cledVls/Of k]zlf0f
lb]g]sfoqmdsf]yfngl ePsf]5 . To:t}xhfs ;]fdf klj z ePsf ; Rgf klj lw k]ffnlx?sf post
; DaGwdf klg k]zlfylx?nf0{k]zlf0f lb]g]sfo\$]kf/De u/L k]zlf0fnf0{; Rgf klj lwd]l agfpg]
k]b]; ul/Psf]5 .

xhfs ;]f 5\$}; dX sfod xbf tof/ u/LPsf] tflnd kf7qmdnf0{xhfs ; DaGw /fli6o tyf
cGt/fli6o glt Pj +sfoqmd adf]hd ; fdlos ?kdf kl/dfhg ug] sfo{k]g xb}cfPsf]5 .
kl/j]t# ; do / ; Gbe{cg; f/ xhfs ;]f k]z; g ;]fdf ; dflxt eP kZrft tflnd kf7qmdnf
xhfsf ljifoj:t'sf]cnfj ; f]h]gs k]z; g; u ; D]lGwt ljifox?nf0{k]g ; dfj z u/L xhfs
;]fnf0{ ; f]h]gs k]z; gsf] dxTj k0f{s8lsf] ?kdf :yfikt ug] hdsf] ul/Psf]5 . xhfs
k]zlf0f s]b]af6 ; #fng xg]k]zlf0f sfoqmx? lgDgfg; f/ /x\$]f 5gl .

l; g+	tflnd :-klzlf0f sfoqmd	sfo{lbg
!	sfoffno ; #fng tyf Aoj:yfkg klzlf0f sfoqmd -gf= :-vl/bf/_	#)
@	clcdlvs/0f sfoqmd -gf= :-vl/bf/_	^
#	clcdlvs/0f sfoqmd -clwst_	@
\$	sfp66/ tyf 8fs Aoj:yfkg klzlf0f sfoqmd	^
%	xNsf/f pTk/s klzlf0f sfoqmd	^
^	xhfs klzlf0f sfoqmd	^

xhfs klzlf0f sfoqmd dflly tflnsfdf pNny ul/Psf cnfjf ljutdf 6hl ; 06/ ; #fng tflnd, art a\$, Aoj; flos ; Jf klzlf0f sfoqmd, cfwf/et sDk6/ klzlf0f sfoqmd, c6t/fli6o 8fs nlyf klzlf0f sfoqmd, ; k6j0/ tyf ; hgf klj lw tflnd ; #fng ug[u/\$f]df xfn pOm tflndx? s6f]tdf k/\$f / sltko tflnd sfoqmd c6o ; Dal6wt lgsfoaf6 ; #fng xg] u/\$f] 5 . pNnlvt tflndx? dWb]afllf\$?kdf b0]6f ; Vofdf ; #fng xg]sfoffno ; #fng tyf Joj:yfkg tflnd / tl6:tlg j6fsf b/n] ; #fng xg]xNsf/f pTk/s tflnd / xhfs klzlf0f sfoqmd ; /f\$]/jfnf sdff/Lx?sf]dfu k/f ug{ ; s\$]f]5g . xfnf lbgdf nf\$; Jf cf0f]sf]gfoa; Aaf / vl/bf/sf]k/Liff Sofn08/ cg' f/ ; Dk6g gePsf]h]clcd'Vs/0f tflnd kl6 k6f]t xg ku\$]f] 5 . sg}cfly\$ jif0f :jLst tflnd sfoqmd ; #fng xg g}g; Sg]/ sg}cfly\$ jif0f :jLst tflnd sfoqmd]goff lgoLom ePsf sdff/L ; a\$] nflu clcd'Vs/0f u/fpg g; lsg]cj:yfsf] l; hgf ePsf]5 .

tflndn]dhtM sdff/Lsf lfdtf wf/0ff ; lk / klj lwsf]kpf]udf lgvf/kg Nofpg]ePtf kl6 o; sf] cfjZostfnf0{lgDgfg' f/ k;tt ug{ ; lsg5 .

- != sdff/Lx?alr cfk; l cgej sf]cfbfgk6fg ug{
- @= sdff/Lx?alr cfk; l ; Dj6w lj:tf/ / ljsf; ug{
- #= tfn's sfoffno / sdff/Lx?k]t ; sf/flDs bli6sf]0f agfpg,
- \$= sdff/Lx?df pTk]0ff clej]4 Pj +sddf k6t]hul Nofpg,
- %= x/\$ txsf] ; d:of klxrfg Pj +; dfwgfsf]Joj xfl/s pkfo klxNofpg,
- ^= ; #7gsf]rfn' of]hgf sfoqmd tyf spfsnfksf]hfgsf/L u/fpg,
- &= ; #7gsf]p2]o dftxtsf sdff/Lx?sf]sfd sf/afxlalr ; Gthg Nofpg,
- *= ; #7gdf dfgj ; zfwgfsf]dx]j :yflkt ug{.

k;tt tflnd cfjZostfsf]k]7elddf xhfs klzlf0f sfoqmd :jLst aflif\$ sfoqmd / kl/dflh\$ kf7bqmdsf]clwgdf /xl ljle6g ljlx?sf]kpf]uaf/f xhfsdf sfo{t sdff/Lx?sf nflu tflnd ; #fng xb}cfPsf]5 . tflnd ; #fngdf kpf]u ul/g]ljlx?n]sdff/Ldf lfdtf ljsf; sf] ; fy} JolQm]j ljsf; df a9f]0/L ePsf]kf065 . tflnds]qmddf ul/g]:ynut eDof / cgej cfbfg

kpbfgh:tf lqmfnsfnkn]sd{f/Lx?df u/7 l; Sg]/ ; b7 l; Sg]l; sf0sf]lj sf; ePsf]kf065 .
; #7g / sd{f/L ba}klfsf nflu tflnd ctofjZos sfo0md ePtf klg l; ldt ; f] ; fwgnufot
c6o lj]w sf/0fn]; d:ofu;t ag\$]5 . tflndsf ; d:ofx? lgdgfg; f/ /xsf 5g\ .
!= xhfs ;]f ; #fng ug[; a}lgsfof?sf]cem;klg k]f{w/df k0f{kxlr g'xg;
@= tflnd klj]lwd}l tNofpg blf hgzi0m g'xg;
#= cfjf; lo ; ljwf ; lxtsf]tflnd ; #fng ug{g; Sbf klzlfyLx?df ugf; f]Jofkt xg;
\$= xhfssf]sfdff lg/t/ ePsf]lu/fj6n]tflnd dfly g}kZg lr6x v8f xg;
%= tflnd ; #fng vr{lgs}sd ePsf]h]blu0 lqdf tflnd ; #fng ug{g; Sg;
^= tflnd cgludg xg g; Sbf tflnd kfej]sf/tf clloog / tflnd klxrfg xg g; Sg;
&= tflnddf ljifout tyf txut lj]wtf g'xg;
*= tflnd kl]tsf]wf/0ff :ki6 / eljiok/s g'xg;
(= ;]f klj Zsf]; dodf g}tflnd lbg g; Sbf sfo{; Dkfbg kfej]sf/L xg g; Sg' cfbL .

xhfs ;]f ; #fngnf0{kfej]sf/L tNofpg / sd{f/Lnf0{goff 1fg ; lk / klj]lwaf6 ; ; lHht
tNofpg tflnd ckl/xfo{/ dx]k0f{cf]h/ ePsf]h]dfly plNnlvt ; d:ofsf]lgdgfg; f/ ; dfwfg
cfjZos 7x5{.

!= ; a}0nfsf xhfs / cltl/Qm xhfs; Dd lj B't 6]nknf]g / 066/g6 ;]f k%ofpg]
@= xhfs ;]fsf]kg; #rgf u/L lgsfout r:t'tf kpf]g ub}hgzi0mf0{5l/tf]agfpg]
#= xhfsnf0{; fwg; f]sf]bl]i6sf]0fn]pko0m tNofpg]
\$= tflnd ; #fng ubf{k}zlfyLx?nf0{lb0g]ep0f vr{/ cfjf; lo ; ljwdf kg/fjnf\$g u/L
; d; fdlos agfpg]
%= xhfssf]sfdnf0{kg; #rgf u/L l56f]5l/tf]/ e/kbf]agfpg]
^= tflnd cgludgnf0{kfej]sf/L agfpg ; fwg; f]sf]kofft Joj:yf ug]
&= tflnd cfjZostf klxrfgdf cfwf/t xg' kg]
*= tflnd glltut dfubZg / ; fu7lgs l; 4f6tdf cfwf/t xg' kg]
(= tflnd ; fdlos / Psaf/ k0ffnl cg?k ; #fng xg' kg]cfbl .

xhfs ;]fdf sfo{t lj]leG tx / >0]lsf sd{f/Lx?nf0{kpf]g ub}cfPsf tflndx?sf]; Gbedf
lj]leG wf/0ffx? j]hfjvtdf kl:tt xb}cfPsf 5g\ . Psflt/ nfdf]hflu/]hljgdf Ps k6s klg
sg]ljifodf tflnd glnPsf 7hf]; Vofsf xhfsl xNsf/fx?af6 tflnd gkfPsf0f ugf; f]5 eg]
cs[t/ xhfs kbQ ;]f qmdzM v]Drb}uPsf]cj:yfdf xhf]sdf sfo{t sd{f/Ldf kpf]g ul/g]
tflndsf]cf]rTo ; Da6wdf kZg lr6x v8f ePsf]cj:yf 5 . To:t}xhf]sdf goff klj Z u/\$f /
c6o lgsfoaf6 xhfs ;]fdf ; ?]f e0{cfPsf sd{f/Lx?nf0{klg xhfssf]lj ifodf cledvls/0f
gu/L sfdff nufpbf xhfs ;]fsf]kfej]sf/Ltdf klg kZg lr6x v8f ePsf]cj:yf 5 . o;

s{b}af6 ; #fng ul/g} tflndnf0{ tflnd kpfos ; #yfsf] dxTj / ul/dfnf0{ sfod /fVg] / ; du
xhfsdf sfo{t sdf/f/Lnf0{kf] ; flxt ug{eGb k/s tl/sfn] ah6 ljlgofhg xg] ePsfh] s{b}sf]
dVo eldsf g} cfm] hdf k/ \$f] k|tt ePsf] 5 . tyflk xfnsf] xhfs ; j]fsf] ljsNk cfwlgs /
Jo] ; flos xhfs ; j]f ePsf] ; Gbedf tlnsf] ; fble\$tfnf0{ b}xfosf abaf6 cem :ki6 ug{
; ls65 .

!= tflndn] xhfsf l] ifodf ePsf goff glltut Jo] :yf sfggl Jo] :yf / ; #yfut Jo] :yfsf]
hfgsf/L u/fp5,

@= sdf/f/Ldf ahfahdf b}yf kg] ; j]l]f] ds lzlyntfnf0{ kgM hfult agfp5,

#= tflndn] ; #7g / sdf/f/Lj] lrsf] ; DaGwnf0{ kg/fj n] \$g Pj +k] r9 agfpg d2t kbfp5,

\$= sdf/f/Ldf sfo{t ; lk / blftfnf0{ k] j] lwd} l agfpg ; xof] kbfp5,

%= tflndn] sdf/f/Lsf ugf ; f s07f cflbnf0{ ; DalGwt lgsfodf kbfp5 ; xhls/Of ub5,

^= ; #7gk] tsf] wf/Off / ca ugkg] ; wf/sf l] ifodf cgkf] fof k] kt x65,

&= tflndaf6 ; #7gsf] p2] o / sdf/f/Lsf] p2] ojlr ; fd-h:otf Nof0{ ; j]f k] j] xdf k] f] sf/Lt
Nofpg' d2t ldN5 cfl .

cG]odf, gkfnn] c] n] jg u/ \$f] pbf/Ls/Ofsf] gllt cg' f/ xhfsaf6 k] j] x} cfo/x\$] s} l
; j]df lglh lf] sf] k] j] ePtf klG ; a} ; j]f / ; a} lf] df plgx?sf] pkl:ylt ; De] g} g]
ePsfh] cfd hgtfsf] ; j]f ug{ul7t xhfs ; j]fnf0{g} r:t ; /n / ; xh agf0{ ; /sf/sf] ; j] f
pkl:yltsf] af] u/fpg xhfsdf sfo{t / g] k] j] l sdf/f/Lnf0{ ; dofgsh off] o ; lfd / blf
agfpg tflnd lg/Gt/?kdf ; #fng ug{kg] ePsfh] o; sf] ; fble\$tf ; w}g} sfod /xg5 .

; Gbe{ ; fdullx;

xhfs klqsf l] j] eG c\$ x?

xhfs k] z] fof s{b}sf tflnd k] t] j] g} x?

बेरुजुको बर्तमान अवस्था, बेरुजु बढनुका कारण र घटाउने उपायहरू

शंकर प्रसाद पन्थी*

; f/fz

; fj h lgs lj Q Joj : yfkg kPffnlfn0{Jojl:yt, ljZj; glo Pj +cGt/fll60 :t/sf] agfpg cGt/fll60 ?kdf :yflkt dfg cg?k n\yfk/Llf0f ; Dkfbg ul/g' kb5 . n\yfk/Llf0fn] n\yfsf] cfwf/df tof/ ul/Psf] lj Qlo lj j /0fsf] hfr u/L b]vPsf s]knotx?nf0{cfkmgf] k]tj b]gdfr k]z ug] ub5, Tof] g} aPh' xf]. lgoldt ?kdf ; Dkfbg ul/g] n\yfk/Llf0fn] lgsfosf] lj Qlo lj j /0fsf] ljZj; glotf j]4 ug{/ lj Qlo k]tj b]gdfr Ps?ktf sfod ug{/; xof] ub5 .

n\yfk/Llf0f k]tj b]gn] s]n aPh' dfq] gcf] of0{lgsfosf]; wf/sf] nflu ; emj ; dt] k]bfg u/\$f] xG5 . g]knsf] j t]dfg ; ljwgsf] efu @@ wf/f @\$) / @\$! df dxfn\yfk/Llfs ; Dj GwL Joj : yf ug] \$f ; fy} lgoldttf, ldtJlotf, sfob]lftf, k]fj sfl/tf Pj +cfl] rTosf] cfwf/df n\yfk/Llf0f ug] cfwf/ k]bfg u/\$f] 5 . dxfn\yfk/Llfsf]%(cfl] k]tj b]g @)&(cg; f/ b]zsf] cwf] lws aPh' sl/a \$ va{*# ca{k]u\$] 5 eg] aPh' k]b] b]f] sf] c] : yf eg] lg/fzfhgs /x\$] 5 .

!= kl/roM ; fdfGo cydf sfgg ; Ddt gePsf] sf/f]f/ /sd g} aPh' xf]. cfly\$ sfol] lw tyf lj Qlo pQ/b]lotj Pj, @)&^ sf] b]k]f @ -t_ df k]r]nt sfgg adf]hd k]f]ofpg' kg] /lt gk]of0{ sf/f]f/ u/\$f] jf /fvkg] n\yf g/fv\$] tyf clgoldt jf ad]gl; a tl/sfn] cfly\$ sf/f]f/ u/\$f] egl n\yfk/Llf0f ubf{cf] of0Psf] jf 7x]ofPsf] sf/f]f/ nf0{aPh'sf] ?kdf kl/eflft ul/Psf] 5 .

cyf{\ k]r]nt sfgg adf]hd k]f]ofpg' kg] /lt gk]of0{ sf/f]f/ u/\$f] /fvkg] n\yf g/fv\$] ad]gl; j tl/sfn] cfly\$ sf/f]f/ u/\$f] /sd snd, hg n\yfk/Llfsn] n\yfk/Llf0f ubf{cf] of0Psf] xG5 To; nf0{aPh' elG5 . aPhhf0{cfly\$ cgzf; g]lgtfsf] pkhsf ; kdf ln0G5 .

; fj h lgs cfo / Joosf] sfo{k]r]nt sfgg] lj lw / k]qmf k]f gu/L ubf{b]yfk] clgoldt /sd snd xf]. n\yfk/Llf0fsf] qmddf sfgg lakl/t cfly\$ sf/f]f/sf] l]xg]ldgfn0{aPh'sf ; kdf cf] ofpg] Joj : yf 5 . ; f]l P]gn] aPhhf0{c; h ug] kg] lgoldt ug] kg] / k]sl u/L # judf jul\$ /of u/\$f] 5 . dxfn\yfk/Llfs sfon] aPh' jul\$ /of ubf{c; h ug] kg] aPhdf l]xg]ldg / d: of, x]lggf\$; fgl / c]o c; h ug] kg] aPh' ; dfj z u/\$f] 5 eg] lgoldt ug] kg] aPhhf0{ clgoldt ePsf] k]df sfuhft k] gePsf] lhd] f/L g; f/\$f] / z]fwegf{glnPsf] u/L \$; dxdf

*नायब महालेखापरीक्षक महालेखापरीक्षकको कार्यालय

⌈= ٧٤ va{## ca{(s/f\$sf] n\vk/Lifof ; DkGg ul/Psf] 5 . lj Qlo n\vk/Lifofsf] cltl/Om ^
 lj ifosf] sfodhs, ! lj ifosf] kl/kfngf, ! lj ifosf] jftfj/oflo, ! lj ifosf] lj zlf n\vk/Lifof / #
 lj ifosf]; *rgf klj lw n\vk/Lifof ul/Psf] 5 .

@@ n\vk/Lifofaf6 bl\Psf a]h'sf]l:ylt

of] jif{; 3lo ; /sf/l sfofno, kbz ; /sf/l sfofno, :yfglo tx, c6o ; ldl / ; :yftkmf
 n\vk/Lifofaf6 cf]ofPsf] a]h' ⌈= va{!% ca{% s/f\$ %) nf v /x\$] 5 . ; f] a]h' c° sf]
 jul\$/of lgdgfg; f/ 5M

-⌈= nfvd_

jul\$/of	; 3lo ; /sf/l sfofno	kbz ; /sf/l sfofno	:yfglo tx	; ldl÷ c6o ; :yf	hddf	sh a]h'sf] kltzt
!= c; h ugkgI	@^#&\$(\$	&)@@	%(*)	^*((##&\$&(\$	@(#
@= lgoldt ugkgI	!**)#%	%%)%	#*^@!	!@\$&(&	^(^!\$#	^)%!
@= clgoldt ePsf]	%!&&	!^\$%@	!!&)^@	@!\$%#	@)&!\$\$!*⊖
@@ kpfof sfuh k] gePsf]	!#\$@@	#*%(^	@!)(&^	!)@*!	\$*^%(#	\$@@(
@# lhdd] f/l g; f/\$f]))))))=
@\$ zfwegf{glnPsf]	!^#*	@	@@#	%\$#	@\$)^)=2
#= k]sl	\$@(@#	!@&#(%)@%	!)@!\$!!^(@*	!)≠^
hddf a]h'	\$((\$)&	&\$*!!	\$#()(%	!\$!(#&	!!%)%)	!))

@# n\vk/Lifof Pj -a]h' c° - of] jif{% xhf/ ٤٤٤ lgsfosf] ?= ٤٣ va{٧٧ ca{٩٧ s/f\$ ٩٤
 nfvsf] n\vk/Lifof ; DkGg ul/Psf] 5 . n\vk/Lifof ; DkGg ul/Psf lgsfo / ljifout cj:yf
 lgdgfg; f/ 5M

-⌈= nfvd_

n\vk/Lifof ul/Psf lgsfo / ljifo	; Vof	/sd	a]h'	a]h' kltzt
; 3lo d6qfno tyf lgsfo -aSo]f \$* ; d]_	#@٥٧	٢٥٢٠٣٧٩٥	٤٩٤٧٠٧	٩.٧٤
kbz d6qfno tyf lgsfo -aSo]f !@ ; d]_	٩٩٣٩	٢٩٩٤٧٠٧	٧٤٥٩٩	٢.٤٠
:yfglo tx -aSo]f 55 ; d]_	&((٩٠٤٩٠٩٩٠	٤٣٩٠٩٤	٤.٩٥
; ldl / c6o ; :yf	٤٤٥	٢٠٤٩٢٢٩	٩٨٩٩٣٧	٤.٥٩
hddf	٤٤٤٤	٤٣٧٧٧٧٤	٩٩٤٠٤٤٠	٢.٤٣

; aBlo tyf kþz ; /sf/l lgsfo / :yfglo tx, ; 7t ; :yf, ; ldt / c6o ; :yf; d] o; jif{
 ?= 9 va{33 ca{e s/f8sf]n]vk/lifof ; DkGg ePsf]5 . ; 3, kþz / :yfglo tx ; d]sf]
 n]vk/lifofaf6 ?=! va{!% ca{% s/f8 aPh' sfod ePsf]5 . ; f]l]o]3 xhf/ 2c9 ; aBlo
 ; /sf/l lgsfo tyf sfoffosf] ?= 2c va{20 ca{39 s/f8sf] n]vk/lifofaf6 ?= 89 ca{
 89 s/f8 -9.9 kltzt_ / kþz lgsfo tyf sfoffo 9 xhf/ 939 sf] ?= 2 va{99 ca{89
 s/f8sf]n]vk/lifofaf6 ?= 9 ca{8c s/f8 -2.20 kltzt_, 88c ; ldt tyf c6o ; :yfsf] ?=
 2 va{6 ca{92 s/f8 n]vk/lifofaf6 ?= 98 ca{99 s/f8 -6.69 kltzt_ / 999 :yfglo tx
 -aSoftf 22 ; d]_, sf] ?= 90 va{29 ca{9 s/f8sf]n]vk/lifofaf6 ?= 83 ca{90 s/f8
 -8.9c kltzt_ aPh' b]vPsf]5 . ; f]sf]clt/Om ; fj h]lgs ; :yf 93 sf] ?= 39 va{22 ca{
 93 s/f8sf]n]vk/lifof ; DkGg ul/Psf]5 . ; 7t ; :yfsf]n]vk/lifofsf]nflu k/fdz{pknAw
 u/fPsf #! ; :yfsf] ?99 va{22 ca{96 s/f8sf]n]vk/lifof ePsf]5 . k/fdz{pknAw u/fPsf
 ; 7t ; :yf; d] ?= ^ va{*% ca{*% s/f8sf]n]vk/lifof ; DkGg ePsf]5 .

of] jif{ ; 3lo ; /sf/l sfoffo, kþz ; /sf/l sfoffo, :yfglo tx, c6o ; ldt / ; :yftkmf
 n]vk/lifofaf6 c]f]ofOPsf]aPh' 2=! va{!% ca{% s/f8 %) nv /x3f]5 . h; d]o] ; 3lo
 ; /sf/l sfoffosf] \$(8&)& nv 9.9, kltzt, kþz ; /sf/l sfoffo 8\$*!! nv, 2.20
 kltzt, :yfglo txsf] \$#() (% nv, 8.9c kltzt / ; ldt=c6o ; :yfsf] !\$! (#& nv, 6.69
 kltzt /x3f]5 .

aPh' /sd d]o]c; h ug[kg]@(# kltzt, lgoldt ug[kg] ^)%! kltzt, kpfof sfuh k]
 gePsf] \$@@(kltzt, z]vegf{glnPsf])22 kltzt, / k]sl !)3^ kltzt /x3f]5 .

n]vk/lifof ePsf hDdf %e62 lgsfosf] ?= 83 va{99 ca{99 s/f8 96 nvvsf]n]vk/lifofdf
 aPh' c\$ 9920220 cyff\ 2.63 kltzt /x3f]5 .

@\$ cBfj lws aPh'- ; 3lo ; /sf/l sfoffo, kþz ; /sf/l sfoffo, :yfglo tx / ; :yftkmf
 n]vk/lifofaf6 c]f]ofOPsf]cBfj lws aPh' 2= 8 va{c3 ca{29 s/f8 68 nv /x3f]5 .
 cBfj lws aPh' ut jif{eGbf 92.86 kltztn]a93f]5 .

-2= nfvdf_

lj] /of	ljutsf] aPh'	; dfofhgaf6 yk -36_	km { of8 tyf ; Dk/Lifof	ljutsf] vb affsl	rfn" j ifsf] yk aPh'	cBfj lws affsl aPh'
; 3lo ; /sf/l sfoffo	@#239	33	#\$*#)	!(&^^&\$	\$(8&)&	@\$!#*!
kþz ; /sf/l sfoffo	!@8990		!^*()	!)&()	&\$*!!	!*&!!

lj/Of	ljutsf] ; dfofhgaf6 aPh'	yk -36_	km { of tyf ; Dk/Lifof	ljutsf] rfn" jif\$]f] vb affsl yk aPh'	cBfj lws affsl aPh'
:yfglo tx	!)30399	(369)	!)%*&	(@\$!@(\$#)(%)	!#^#@@\$
c6o ; :yf ; ldl -kbz ; dt_	909969		#!@%^	^&^!!	!\$(#* *!^^(
hDdf	8955202	-325_	202963	#^*%\$!\$!!%)%#! \$*#%(^%

@% sf/afxl 6: f]nufpgkg]/sd - ; 3lo tyf kbz ; /sf/l sfoffo, :yfglo tx, c6o ; ldl / ; :yftkm\$]aPh'sf cltl/Qm n\fk/Lifof aSoff, /fh:j aSoff, zfvveg{Ingkg]j]z cgbfg tyf Cof /sdsf ; Da6wdf ; dodf g}sf/afxl 6E]nufpgkg]cBfj lws /sd i=3 va{\$% ca{ %^ s/f\$ # nfv /x\$]5 . pQm/sd utjif{e6bf #s=& kltzt a9\$]5 .

-i= nfvdf_

qm# =	lj/Of	ut jif{Dd	o; jif{yk ÷36	cBfj lws /sd
!	n\fk/Lifof aSoff -kbz ; dt_	959932	-!!#@&_	^(^)*
@	/fh:j aSoff	2922669	(&)\$!(#!@^!)^
#	zfvveg{Ing affsl j]z cgbfg	90936	@%%^@	!!%^(*
\$	zfvveg{Ing affsl j]z Cof	929383	-#%^@_	!@#^(!
%	hdfgt a; l lbPsf] Cofsf] efvf gf3\$] ; fjf Aofh	20200)	@)%))
	hDdf	2292609	**)))@	#\$%#%^)#

pQm/sddf cBfj lws aPh' i=\$ va{*# ca{%(s/f\$ ^% nfv yk ubf{sf/afxl u/l 6E]nufpgkg]cBfj lws /sd i=* va{@(ca{!% s/f\$ ^* nfv ku\$]5 . sf/afxl 6E]nufpgkg] /sd a9gd /fh:j aSoff /sd dVo sf/of /x\$]5gl .

#= gkfndf aPh' a9\$]sf sf/Ofx;M

dxfn\fk/Lifssf] jflif\$ kltj dg cg' f/ x/\$ jif{aPh'sf] dfqf a9\$]f] cj :yf /x\$]5 .
o; /l aPh' cfpgsf sf/Ofx? lgd cg' f/ pNn\ ul/Psf]5 .
cftl/s lgo6qof kpfnl kfj sf/l gePsf]
sf/f\$ /sf]n\y°g kf]efj l cfwf/df ge0{gub xbf kof(t lj Qlo ; 'rgsf]kof(t tfsf]cefj df
aPh' sfod xg]u/\$]
gkfn lj Qlo kltj dgdfg / gkfn ; fj hlgS n\ydfg kof{sfoff]og gu/\$]
; dod}n\fk/Lifof gu/fpg] kbflwsf/lnf0{ hjknb]l agfpg g; Sbf aSoff n\fk/Lifofsf]
c\$ aPh'sf] ?kdf cfp]u/\$] .

sfoðhs n\vk/Llf0fsf] ; Vof a9f0 k\qmf0vL e6bf glthfdvL n\vk/Llf0fdf hf8 lbg' kb5 .

n\vkfng k0f{of ; 'rgf k0ffnldf cfwl/t ePsfh]s|td afl4stf -Artficial Intelligence_ sf]kpf\j6 n\vkfngsf ePsf hf\vd kQf nufpg]Joa:yf ug{k5 .

bzd f k\kt xg] ; a}j b\z ; xfotf ah8 k0ffnl dfknt dfq}kl/rfng ug[/ ; f]n\vk/Llf0 dxfn\vk/Llfsj6 u/fpg]Joj:yf ug{k5 .

dxfn\vk/Llfsf]ljQlo kzf; lgs Pj +sfo0t :j t6qtfdf j|4 ul/g' kb5 .

b08 / k/:sf/ k0ffnlsf]kfej sf/L sf0fj og ul/g' kb5 .

Igisif{

aPh' n\vk/Llf0fsf]pkh xf] . ; fahlgs sf]fsf]vr{clgoldt ta/n]u/3f]cj:yfdf aPh' a9b}hf6 . o; /L cfly8 cgzf; g gxbf e\6frf/ dfhfpb}u0{ ; fahlgs sf]fsf] b?kof\ ePsf]cj:yf 5 . o; /L aPh' a9b}hfg'kSs}klg /fd] ; s] xf0g . To; sf/0f aPh' xg glbg' g}pQd pkfo xf] . aPh' 36fpgsf] nflu krlnt P0 lgodsf] k0f{kfngf ug{sf] ; fy}cfly8 sf/faf/df :jR5tf / kf/blz{f sfod ug{k5 . o; sf] ; fy}cly8 kzf; gnf0{ :jR5, ljZj ; glo, hjfkb\l, hgpQ/bfol, / kf/bzl{ agfpb}sf/faf/nf0{ult k0fg ug{ ; s0f ; wf/ ug{ ; l865 . h; n]ubf{ljQlo eflts tyf dfgjlo >f]sf] ; xl kl/rfng xg u0{ ; d\4 gkfn ; vL gkfnlsf] ; kgf ; fsf/ kfg{d2t ldN5 .

; Gbe{; dful

gkfnlsf] ; ljwfg -@)&_, sfg0 lstfa Joj:yf ; ldl, sf7df08f}.

n\vk/Llf0f klqsfsf ljle6 csx?, dxfn\vk/Llfsf]sf0fho, aa/dxn, sf7df08f}.

; /sf/L n\vf lgb\zsf, @)&#, dxfn\vf lgo6qs sf0fho, cgfdgu/, sf7df08f}.

dxfn\vk/Llfsf] %(cf] jflif8 kltj0g @)&(, dxfn\vf k/Llfsf] sf0fho, cgfdgu/, sf7df08f}.

cfly8 sf0fj lw tyf ljQlo pQ/bf0lj P0, @)&^, sfg0 lstfa Joj:yf ; ldl, sf7df08f}.

cfly8 sf0fj lw tyf ljQlo pQ/bf0lj lgodfjnl, @)&&, sfg0 lstfa Joj:yf ; ldl, sf7df08f}.

राज्यका निर्देशक सिद्धान्त र नीतिहरू नेपालको संवैधानिक अभ्यास

सुनिता कार्की*

cjwf/Off

lgbz s l; 4ft /fhosf]p27o xf]. /fhosf glltn]; /sf/sf]lj sf; sf]kfyldstfnf0{hgfpb5 . bzd f pknAw ; fwg ; f]sf]cfwf/df sfoffj og xb}hfg]lj ifox? xgl . ; fdfotof Joj:yflksf / Gofokflnsfn] o; df x:tlfk ubg . ; /sf/ kl/jtg e0{xbf klg /fHo ; #fng cfwf/et kfyldstf eGbf aflx/ ghfcf] eg] o; sf]Joj:yf ul/Psf] xG5 . ; /sf/n] eljiodf ; #fng ug[kg]ultljwsf]dfubzg /fhosf lgbz s l; 4ft / glltx? xg . o; n]/fHo ; #fngdf dfu{ lgbzg ubg . ol bzd f pknAw ; fwg >f]sf]cfwf/df qmdzM sfoffj og xb}hfG5gl . of] zf; g ; #fngsf]; fef / eljiodvl b]i6sf]of xf]. of]/fhg]ts dfgotf ePsfn]sfggl pkrf/sf] af6f]c]n]ljg kfoM ul/bg t/ jtgdfdf cjwf/Off]ds kl/jtg e0{sfoffj og :t/sf]cgludg /fhg]ts ; Gq dfkf ug]u/\$f]kfG5, To; u/L Goflos ; sptfsf]dfwodaf6 cbfntn]klg eldsf v]g]u/\$f]kfG5 . dVotofM cflyG, ; fdlhs tyf ; f:s]ts k]s]tsf clwsf/x? ; dfjz xG5g . gful/ssf clwsf/ / cfjZostf ; Djfvg ug]kdv dfwodsf]?kdf o; nf0{lnG5 . /fHon]qmdzM sfgg agfP/ lgbz s l; 4ft / glltnf0{afnosf/L agfpb}n]hfg ; S5 . jf:tjdf ljleG ljrf/wf/f af\$sf JoIQm jf /fhg]ts bn lgjffgsf]dfwodaf6 ; /sf/df uP kl5 zf; g ; #fngsf]cfwf/, dfubzg, cfudl dfu{/ eljiosf]uG]osf]?kdf o; nf0{lnOPsf]kfG5 . h; n]; /sf/nf0{hgtfk]t lg/Gt/ lh]d]f/ / pQ/bfol agfpg ; sf] .

cfwlgS ljZj sf]dxfgtd pkn]wssf ?kdf cfPsf lnvlt ; h]wfgn]/fhosf]; ldf / st{o lgwf{Of ug{df]ns clwsf/ / /fHo glltsf lgbz s l; 4ftnf0{leq ; d\$sf]/ JojI:yt u/\$f]kfG5 . of]/fhosf]st{o, ; ldf / gful/ssf]clwsf/sf]To:tf]cf]krf]l/s Joj:yf xf] hg pkrf/ ljlg xg]ubG . o; nf0{ ; h]wfgsf]dd{ r]gf Pjd\ ljzsf]?kdf dfg\$sf]kfG5 . lgbz s l; 4ft sfokflnsf, Gofokflnsf tyf Joj:yflksfdf klg km]nPsf]xG5 ls xb]eg] :ki6 wf/Off kf]d]g t/ sfokflnsf ; u o; sf]lh]d]f/L a9L /xG5 lsgeg]sfo\$f/L clwsf/ ; /sf/df /xG5 .

klxnf]/ bf]f]ljZjo4 kl5 ; fdlhs cjwf/Offdf kl/jtg eof]. hgtfsf jw ck]ff k'f ug] dfwod ; /sf/ xf]. o; n]hg]ltdf clwstd sfd ug{kbg eGg]dfGof cuf]8 cfof]. h; n]; / sf/sf]eldsfnf0{kl/jtg uof]eg]pQ/bfol zf; gsf]; lglZrttf vf]hof]. km:j?k To; kl5 ag\$sf kfoM ; h]wfgdf /fhosf lgbz s l; 4ft / glltsf]Joj:yf ul/Psf]5 . ; gl!(#& sf] cf0l/ ; ; h]wfg4f/f ljsl; t xb}cfPsf]/fhosf lgbz s l; 4ftsf]cjwf/Off kl5Nnf]; dodf ag]

*लेखा अधिकृत राष्ट्रिय युवा परिषद्

sf ; ljwfgsf] cfwf/et ljzjftf g}agšf] 5 .

lgbžs l; 4f6t tyf glttx?nf0{klg ljle6g bžsf] ; ljwfgdf cnu cnu gdfsf/0f ul/Psf] kf065 . h:tt ef/tdf /fhosf lgbžs l; 4f6t, kfs:tfgd glttsf l; 4f6t tyf junfbždf /fho glttsf dflns l; 4f6tx? cfbl . aunfbžsf] ; ljwfgn] ; ljwfg / c6o sfg6x?sf] JofVof ubf{cbfntn] tl l; 4f6tx?sf] klg kfngf ug5 eg] Joj:yf u/] ; jwflgs cleef/f ; ldkPsf] 5 . gkfn, ef/t nufPtsf bždf cbfntnf0{ ; jwflgs cleef/fsf] ?kdf gtf]sPsf] ePklg lgbžs l; 4f6t tyf glt ljkl/t zf; g ; #fng xg yfn6f cbfnt kx/6f/sf] ?kdf pleg yfnšf] kf065 . 6oflos ; s6tfsf] dfl6daf6 cbfntn] JofVof / ljZn]6of ub5 eg] ; fj6lgs ; /fšf/sf] lj jfbsf] ?kdf cbfntdf kjž ub5g .

lgbžs l; 4f6t tyf glttsf ljzjftfx?M

/fhg]ts, cfly6, ; fdlhs, ; f:s]ts, efl]ts nufot /fhosf] axt klfnf0{ ; d6šf] x65, /fhosf] tkn66 Jo0m ; jwflgs k]tj 4tf xf] /fHon] sfg6 agfP/ nfu' ug{ ; S5, pb7o / kfyldstfx? pNn] ul/Psf] x65, eljio p6dv bl]6sf6f x65, sf6f]og u/f0{ kfp6 cbfntdf pkrf/sf] nflu hfg kf066, of] 6oflos kg/fj nfšgsf] lj ifo xf06, nfšsNof0fsf/L /fhosf] df6otdf cfwf/t 5g) /fhosf] s6}klg cusf] nflu k]6lft a6wgsf/L xb6g) pNn3gsf] kl/0ffd sfg6l ; hfo xb6, /fhosf] k]t1fsf] ?kdf /xšf] x65, sf6f]og eP gePsf] cbfntdf kZg p7fpg kf066, pNn3gsf] kl/0ffd /fhg]ts dfq x65 .

/fhosf lgbžs l; 4f6t tyf glttsf] cfjZostf / dx]jM

hg0R5f cg' f/ zf; g ; #fng ug{ nfšsNof0fsf/L /fhosf] ; lg]Zrttf, ; fdlhs 6ofosf] kj 46, o; šf cfwf/df sfg6 / of]hgfx? tof/ x65g, jxt lj ifonf0{ ; d6šf] x65, /fhoaf/f ; #flnt spfsnfkx?n] awflgstf kfp6] bl3šfnlg glt / of]hgf agfpg ; lhnf] gl]tut l:y/tf xb]j

kfyfldstf lgwf{0f ug{; lhnf]
zf; g Joj:yf pQ/bfol / hgd\vl xg]
/fHo ; #fngsf] cfwf/ tof/ xg]
; /sf/nf0{dfu{lgbz}g ug]
; fwg >f]sf]Gofof]rt lj t/Of ug{; lsg]
hg; s}/fhg]ts bn ; Qfdf cfPklg zf; g ; #fngsf] cfwf/sf] ?kdf /x\$] xG5,
zf; gdf awtf k]kt ug]dfllod xf]
gful/snf0{; lfd agfpg ; xof] ub5,
glltut l:y/tf sfod ub5 .

gk]ndf lgbz}s l; 4fGt tyf glltsf]; jw]lgs lj sf; qndM

-!_ gk]n ; /sf/ aw]lgs sfGg, @))\$

o; df lgbz}s l; 4fGt tyf glltsf]; DaGwdf :ki6 Joj:yf u/\$] 5g . oBlk efu ^ lj ljw
v08 cftu\$ wf/f ^) df of]sfgg adf]hd sfd kf/De ePk5L ; se/ r]Bf]/ cj:yfn]lbP; Dd
dhse/df kf/Des lzlf lglzNs clgjfo{ul/lbg / dftel'dsf]; j]nf0{rflxg]lzNk lzlf / pRr
lzlf]sf] k]kw ; /sf/af6 xg\$. ; fy ; fy}lg/lf/tf x6fpg]Joj:yf klg hlt ; Sof]plt l56f]
xg\$. lzlf]sf]dVo nlo g]ts pkbz, JolQmut of]otf / sfo\$zntf, /fi6k] / cGt/fli6o
d]le]f km]fpg]xgk5{eGg]Joj:yf lyof]. o; df cj:yfn]lbP; Dd eGg]afSofzn]/fHon]; fwg
>f]sf]pknAwtsf cfwf/df nfu' ub5 eGg]alen65 .

-@_ gk]nsf]cGtl/d zf; g lj wfg, @))&

efu @ sf]/fHosf gllt, lgbz}s l; 4fGtx? cftu\$ wf/f \$ -s_ df hljg lgjfk ug{rflxg]
kof]t ; fwgdf g/gf/l ; a}gful/ssf]; dfg xs xg]. -v_ ; dbfosf]ef]ts ; DklQsf]k]tj /
lgoGqOf ; fj h]gs lxt / ; fwgdf ; jfQd ; xfos xg]u/l lj t/Of ul/g]. -u_ hgtfnf0{xfgl
gf\$; fgl xg]u/l wg / p]kfbgsf ; fwgsf]Plss/Of xg gk]fpg]tj/n]cfly\$ Joj:yf rnfpg]
-3_ :ql -k?if b]j]nf0{; dfg sfdsf nflu ; dfg tna lbnfpg]-a_ dnb/, :ql -k?if :jf:Yo /
jn tyf s]fs]lx?sf]slnnf]pd]sf]b?kof] xg glbg]/ gful/sx?nf0{cfly\$ kl/l:y]tn]
lghx?sf]pd] jf annf0{g; xfp]g]/f]huf/ ug{af]lo ug{glbg]. wf/f ^_ /fHon]b]zsf]cfly\$
cj:yf / lj sf; n] lbP; Dd sfd k]fpg]xs, lzlf k]fpg]xs tyf a\$]/ j]4, lj/fdl, cuxlg /
c? o:t}cj:yfdf ; xfo]f k]fpg]xs lbnfpg cfjZos k]kw ug\$. wf/f-& /fHon]Gofof]rt
/ dfgj]rt sf]o{:yf :yflkt ug{/ k; lt ; xfo]f]sf]lgldQ k]kw ug]5 . wf/f -!)_ /fHon]
ljz]f Wofg lbP/ lga] ju\$ nflu lzlf / cfly\$ lxt a9fpg]/ plgx?nf0{ ; fdlhs cGof
/ ; a}lsl; dsf]3f]f]offaf6 /lf ug\$. wf/f-!#_ gk]n /fHo leq P]gsf]cuf]8 ; a\$]; dfgtf
jf P]gaf6 xg]; dfg /lf hg; s}JolQmf0{0{sf/ ul/g]5g . wf/f-!\$_ /fHon]wd{ hftl, hft

-jOf{ InĒ, hġd:yfg jf o:tf sg}lj ifosf cfwf/df sg}gful/snf0{eġefj ug[5ġ . wf/f-!% hg; s}; /sf/L kbdf sfd nfpq}jf lgoQm ug[; Daġwdf ; a}gful/sn]; dfg cj; / kfpq5g . t/ sg}cdġgt gful/s juġ]; /sf/L gf\$ /Ldf kof{t :yfg kfPsf]5ġ eġg]/fHosf]; Ddtl ePdf ltgx?sf]lgldQ sġl kb 56bf0{/fVg]kġġw /fHon]ug{; Sg5 . wf/f -!^_ gful/snf0{jfs tyf kġsfzg :jtġqt, zflġtkj\$ / ljgf xltf/sf]; Ddġhg ; ef ug[; :yf jf ; 3 v8f ug[gġfn /fHoe/ ljgf /f\$tf\$ 3dlkm/ ug[gġfn /fHoe/ hg; s}efudf klġ lgjf; ug[/ 3/hd ug[; DklQ cfhġ ug[efġ ug[/ jġljvg ug[/ sg}kġf, /fġhuf/, p2fġ jf Jofkf/ ug[. wf/f -@)_ !\$ aif{eġbf sd pd/sf sg}afnsnf0{klġ sg}sf/vfgf jf vfglsf]sfddf cfpq jf hfġld sfddf egf{ug{xġġ eġg]Jo:jf 5g .

-#_ gġfn clw/fHosf]; ġwfg, @)!% df /fHosf lgbġs l; 4fġt tyf glltx?nf0{; dfj ġ ul/Pg . -\$_ gġfnfsf]; ġwfg, @)!(-sf]efu \$ df o; sf]Jo:jf ul/Psf]5 . z?df ; dfh glltsf p2ġo / l; 4fġtx?sf]Jo:jf ul/Psf]df ; ġwfgsf]klxfn]; ;fġvg @)# n]k-rfot kġffnlsf lgbġs l; 4fġtx?sf]Jo:jf ul/Psf]lyof]. wf/f !* df ol l; 4fġtx? ; fdfġo dfu{bzġsf ?kdf /xg] / cbfntaf6 nfu'gul/g]Jo:jf lyof]. wf/f !(df z+fġvg cufl8 ġofok0f{; fdflhs Jo:jf ysf] :yfkf / ; Af0f4f/f hgsNof0fsf] clej]4 ug[/fHosf]p2ġo xg] / o; sf nflu lgġg gllt ckġf0ġ]. -s_ gful/snf0{JolQmġ lj sf; / cfly\$ pġglt sf]cj; / kġfg . -v_ hlljsfġfhġsf] kof{t Jo:jf -u_ ; DklQsf]ġofofġrt lj t/Of ug[/ gġhl lfġnf0{klġ kf]; fxg lbg]. -3_ >lds, dlxfn tyf jfnjlnsf]lxtdf Wofg -a_ cgfy, jfnjlnsf tyf kġ; lt cj:yfsf dlxfnsf]xġrfx -r_ axlj jfx, jfnlj jfx tyf 5j f5tsf]cġġo ug[/ -5_ lgMzNs clġjfo{kfylds lzlf]sf]Jo:jf ug[glit ln0Psf]lyof]t/ z+fġvg k5f18 lgġg glltnf0{Jo:jf ul/of]-s_ lj sġb/s/Ofdf hf\$ lbg]/fhg]ts nlo -v_ ; xflutfdhs cfly\$ pġglt / gllh lfġsf]lj sf; / ; Af0f ug[cfly\$ nlo -u_ gġtstfdf cfwf/t ; fdflhs hlġgsf]:yfkf ; fdflhs nlo sf]Jo:jf ul/Psf]lyof].

-%_ gġfn clw/fHosf]; ġwfg, @)\$&
efu \$ df o; sf]Jo:jf ePsf]lyof]. h; cg' f/ wf/f @\$ df lo l; 4fġt / glltx? cbfntaf6 kġfġ ul/g] 5ġ eġg] Jo:jf lyof] / lolgx? zf; g ; #fngsf] dVo dfu{lgbġgsf] ?kdf /xg] / pknAw ; fwg >f]sf]cfwf/df sfofġog xġ}hfg]. wf/f @% df vhf ; dfhdf cfwf/t nf\$snof0fsf/L Jo:jf ysf]clej]4L /fHosf]kġv p2ġo xf]. To; ġ/L /fli6o cyġġqnf0{;jtġġ / cfġdġeġ agfpg', cfly\$ ġof / gġtstfdf cfwf/t ; fdflhs hlġgsf]:yfkf / lj sf; ; fdflhs p2ġox? xg eg]kġftġqs f nfx?sf]pkfġ ug{; Sg]Ao:jf sfod ug{/fHosf bflotj sf ?kdf ; dfj ġ ul/Psf]5 tyf /fli6o ; Ddfgsf]clej]4 ug[cġt/fli6o ; Daġw lgbġzt xg]Jo:jf 5 .

wf/f @^ df /fHosf !^ j6f glltx?sf] pNn]y 5 . h; df hgtfsf] hljg:t/ j|4, ; f:s|ts
lj|jwtf ; lxtsf]/fli6o Pstf sfod, kfs|ts ; f] ; fwgsf] ldtJool kpf]u, jftfj/Of cgSh
ef]ts lj sf; , s|ifnf0 pBf]usf] ?kdf lj sf; , >dsf] ; Ddfg / kj f]g, /fli6o lj sf; df dlxfn
; xeflutf clej|4, afnafnsfsf]lxt /lff / lglMzNs lzlff, sdhf] au\$]nflu ; fdf]hs ; /lffsf]
Aoj:yf, lk5l8Psf hfthftl / ; dbfosf]p]yfg, lj 1fg / klj lw tyf :yfglo klj lwsf]lj sf; df
hfB, lj sf; df :jb]zL / aB]zs nufglf hfB, ufldOf lj sf; df hfB, c; dyf]f0{lglMzNs sfg]l
; j]f kpf]g, k//fi6«gllt ; #fngsf cfwf/ tof/ / g]kfndf zflGtnf0{cGt/fli6o dfgotfsf cfwf/df
; :yfut ug]s/f dVo 5g\.

-^_ g]kfnsf]cGtl/d ; ljwfg, @)^#

o; ; ljwfgsf]efu \$ df /fHosf]bfloTj, lgb]zs l; 4fGt tyf glltx?nf0 ; dfj]z ul/Psf]5 .
wf/f ## df bfloTjx? 5g\ . h; df ; ljwfg; efsf]rgfj ug] b]zsf]/fhg]ts, cfly\$ / ; fdf]hs
kl/j tG ug] ; zf; g sfod ug] /fHosf] ; dfj]zL, nf\$tf]Gqs / cu]fdl kg{ Argf ug] /fHo
; eGqdf ; a\$]f] ; xeflutf u/fpg] a]flgs eld; wf/ nfu," /fli6o pBf]usf] ; AfOf, ; fdf]hs ; /lff
kpf]g, ; fem lj sf; cjwf/Off cjndag, >ldssf]lxt, ; lGwsf] sfof]jog, ljeBsf/L sfg]sf]
cGto, kfs|ts ; f]sf]/fli6o lxtdf kpf]u, aGakl8tnf0{/fxt / kg]tyf]kgf, Wj:t ; Argfsf]
kg]gd]f /x\$]f 5g\.

wf/f # \$ df /fHosf lgb]zs l; 4fGtx?df -s_ nf\$]sNof0sf/L Aoj:yfsf] clej|4 ug] -v_
nf\$]tGqsf nfesf]pkef]u ug] ; Sg]Joj:yf sfod ug] -u_ ; dGgt / ; d]4 g]kfn lgd]f ug]
-3_ :j tGq / cfdlge{ cyf]Gq lgd]f ug]-a_ :j:Yo ; fdf]hs hljgsf]:yfkgf / lj sf; ug]
/x\$]f 5g\.

wf/f # % df /fHosf glltx?sf]Joj:yf 5 . h; df gful/ssf]hljg:t/ j|4, cyf]Gqsf]lj sf; ,
; f:s|ts lj|jwtf; lxtsf]/fli6o Pstf sfod, kfs|ts ; f] kl/rfngdf :yfglonf0{kfyldstf,
:jR5 jftfj/Of sfod, s|ifnf0 pBf]usf] ?kdf lj sf; , >dsf]lxt, dlxfn ju\$]lxt, sdhf]
au\$]nflu ; fdf]hs ; /lffsf]Joj:yf, cf/lf0sf]Joj:yf, lj 1fg / klj lwsf]lj sf; df hfB,
jB]zs khl / klj lwnf0{cfsif]f, ufldOf lj sf; df hfB, k/Dk/fut 1fg / ; lksf]cfw]gsls/Of,
u} ; sf]lgodg, lj sf; df o]f hgziQm kl/rfng /x\$]f 5g\.

-&_ g]kfnsf] ; ljwfg

efu \$ df /fHosf lgb]zs l; 4fGt, gllt tyf bfloTjsf]j f/df Joj:yf u/\$]f]5 . lo /fHo
; -rfngsf]dfu]lgb]zgsf] ?kdf /xg] / ollgx?sf] sfof]jog cfjZostf cg; f/ >f] ; fwg
kl/rfng u/] ul/g] pNn]y 5 . wf/f %) df lgb]zs l; 4fGtx? 5g h; df M -s_ ; 3lo

nf\$tfllqs uoftlq ; b9 ug{-v_ ; fdlhs ; befj / ; f:s|ts lj lwtf sf] ; Ddfg ubx/fli6o
Pstf sfod ug[-u_ ; dfhjfb p6dv :jt6q ; d4 cy{llqs}ljsf; ug[-x\$ 5g\.

wf/f %! df /fi6sf glltx?sf]JoJ:yf ul/Psf]5 h; df M-
/fli6o Pstf / /fli6o ; /lff ; Da6wl gllt,
/fhg|ts / zf; g JoJ:yf ; Da6wl gllt
; fdlhs / ; f:s|ts ?kft/Of ; Da6wl gllt
cy{ pBf| / aflOfHo ; Da6wl gllt
s|if{tyf eld ; wf/ ; Da6wl gllt
lj sf; ; Da6wl gllt
kfs|ts ; fwg >f]sf] ; AfOf, ; Dj 46 / pkof| ; Da6wl gllt
gful/ssf cfwf/e't cfjZostf ; Da6wl gllt
>d tyf /fhuf/ ; Da6wl gllt
; fdlhs GofO / ; dfj zls/Of ; Da6wl gllt
GofO / b08 JoJ:yf ; Da6wl gllt
ko6g ; Da6wl gllt
c6t/fli6o ; Da6w ; Da6wl gllt

jt6q ; ljwfgn]o; cufl8sf ; ljwfgdf ePsf e6f gof lj ifox? klq ; dfj z u/\$f] 5 h; dfl-
/fli6o / dfgjlo ; /lffsf] k|ofetL, ; zf; gdf hf\$, ; fdlhs / ; f:s|ts lj lwtf sf] ; Ddfg,
; AfOf / lj sf; , ; fj hlgS lghl / ; xsf/L lqsf] dflodaf6 cfly\$ lj sf; , a}flgs eld; wf/
; xeflutdhs lj sf; , lbuf] lj sf; , gful/ssf] lzlff, :jf:Yo / /fhuf/l sf] ; lglZrttf, >dsf]
; Ddfg / /fhuf/l sf] l; h6f, ; fdlhs GofO / ; /lff, ; dfgklts ; dfj zls/Of, Gofon0{156f]
5l/tf] lgiklf / e/kbf]agfpg] ko6g cy{llqs}kdv cfwf/sf]?kdf lj sf; ug[- ; fj 6f; Qsf]
/lff / kf/:kl/s lxtsf] cfwf/df k//fi6x ; Da6w ; #fng xg].

wf/f %@ df gkfnnf0{ ; d4 tyf ; d6gt agfpg]/fhosf] bflotj xg] pNn]v 5 .

wf/f %# df /fhosf lgbzS l; 4ft, gllt / bflotj sf] sfoff] ogsf] ; Da6wdf gkfn ; /sf/n]
/fi6kltdfkm ; 3lo ; #b ; dlflif\$ k|tjbg kz ug[- wf/f %\$ df ; #bdf sfoff] og :ylltsf]
cgludg ug{-ldlt /xg]JoJ:yf 5 . ; fy,}wf/f %% df lo lj ifox? sfoff] og eP gePsf]; Da6wdf
cbfntdf kZg p7fpg gk06]JoJ:yf u/\$f] 5 .

lgbzS l; 4ft / gllt sfoff] ogsf sdhf]Lx?
kof|t ; fwg >f]sf]sdl,

k|:t't ul/Psf ; emjx?nf0{glltut, ; :yfut / k|spfut ; wf/ u/l cuf18 a9g' kg[b]v65 .
jt0fg ; ljwfgdf ; :blo ; ldlt[n] sfoffj og l:y1tsf] cgludg ugI goff Joj:yf u/§fn] emg
cfzfjfb1 agfPsf] 5 . h; n] nf\$ sNof0sf/l zf; gsf] df6otf cg?k ; /sf/nf0{ pQ/bfol
agfpg eldsf v1b5 .

; Gbe{; rL

gkfn ; /sf/ jwflgs sfg0, @))\$
gkfn]c6tl/d zf; g ljwfg, @))&
gkfn clw/fHosf] ; ljwfg, @)!%
gkfn] ; ljwfg, @)!(
gkfn clw/fHosf] ; ljwfg, @)\$&
gkfn]c6tl/d ; ljwfg, @)^#
gkfn] ; ljwfg
gkfn] ; jwflgs 0ltxf; / ; jwflgs clen]vx?, 6fk axfb/ l; x, k7jl ksfzg, @)&^,
sf7df8f}
; dfh, ; :sf/ / zf; g, v0/fh gkfn, :jzf; g clwog klti7fg, @)^(, sf7df8f}

सामाजिक न्याय र यसका स्वरूपहरु

सुमन खड्का

; f/fz+

; fdfllhs GofO nftstflGqs zf; g Joj:yf / dfgj clwsf/sf] cjwf/Off / clei6 xf]. h; n] nftssNof0sf/L /fHosf] cjwf/Offnf0{ ; fsf/ kfb} cfd hgtfdf /fHosf] pkl:yltsf] afw u/f0{ Gofosf] cgeIt lbnfpg] sfo{ub5 . ; fdfllhs GofO ; lawf gkfpGx?sf nflu ; lawf, cj ; / gkfpGx?sf nflu cj ; /, nfe gkfpGx?sf nflu nfe / ; AfOf gkfpGx?sf nflu ; AfOf kft ugIdfllod xf]. ; fdfllhs ?kdf /x\$>f] ; fwgx?sf]; a}au{ lft, lnu, hfthflt, ; dbfox?df ; dfg kxr, cj ; / tyf nfex?sf]; dGoflos lat/Of Pjd\ltgsf ; fdfllhs lqmfnsfkx?df ; dfg / cykOf{; xeflutf :yflkt u/fpg]p27o ; fdfllhs Gofosf]/x\$>f]x65 . ; fdfllhs Gofon]; dfhdf ; a}k\$>f/sf]ePefj / zlf0fsf]cGto ub}; fdfllhs dfgdoflf, kxr, kftj, dhkjfxls/Of u/fpg] sfo{ub5 . ; fdfllhs Gofon]; dfhdf ; fdfllhs ; dfgtf / ; fdfllhs ; dtf sfod u/fpb5 .

ljifo kjz

pknlw ; f], ; fwg jf nfe / cj ; / ; lldt JolQmf s]Gbt xg glb0{ladv tyf ljkGg juOf ; dt klg]u/L Gofof]rt lj t/Of ugI k]qmf jf kPffnl g}; fdfllhs GofO xf]. ; dfhdf b]vPsf ; fdfllhs tyf cfly\$ c; dfgtfsf sf/Of To; c; dfgtfnf0{ ; Dafwg ug{ ; fdfllhs Gofosf] cjwf/Off ljsf; ePsf]kf065 . cfwlgs cjwf/Off; lxt ; fdfllhs GofO zAb ; jklyd ; g!*\$) df n0lh 6f/f/]nn]kpf]udf NofPsf lyP .

; fdfllhs GofO nfe gkfpG\$>f nflu nfe, cj ; / gkfpG\$>f nflu cj ; /, ; AfOf ljxlGx;sf] nflu ; AfOf kfpG]s/fx;sf] cgeIt xf]. ; dfhdf ljBdfg /x\$>f]c; dfgtf x6f0 ; dfgtf, ; j tGqtf, cykOf{; xeflutf, clwsf/sf]kft, ; fdfllhs-; f:s]ts GofO, ; DkIQ, ; f]; fwg, ; ljwf, cj ; / / nfesf]Gofof]rt lj t/Ofdf ; dfg lx:; b]f/L, clzof/L Pj +; fembf/L kft ugIcjwf/Off ; fdfllhs GofO xf]. . ; fdfllhs GofO eg\$>f]; dfhdf ; DkIQ, cj ; / / ; ljwfsf]nflu ; dfg kxr xf].

; fdfllhs GofO To:tf]; fdfllhs cj:yf; lu ; Djlgwt 5, hxf wgl ul/j, ; DkGg lj kGg, pRr lgr ; a}dflg; df Ps}k\$>f/sf] Jojxf/, ; dfgtf / nftssNof0sf]l/tf kft ugI kpf; ul/65 . sg} JolQmf0{k/\$>f]dfsf]jf vf]; Psf xs, clwsf/, stfo / bfoTj sf ljifodf pkrf/ kfpGsf nflu ul/Psf]dfu ; Djfwg u/L sfgg jdf]hd kpf] ul/Psf]GofO g}; fdfllhs GofO xf].

; dfhdf ju{ lft, ln^au, pd], hflt, cfly\$ Pjd\ ; fdfllhs cj:yf h:tf s/fx?n]GofO ; Dkbfdf c; / ugkbg] lsgsl ; fdfllhs rZdfn] xbf{x/\$ JolQm ; dfg xgk5{ . ; dfhdf c; dfgtf, ljeP ePdf To] aGa, hg ; Dejtm sgk]g r]gzln JolQm jf ; dfhn] rfxbg] . cGt/f]6o >d

; aU7gsf cg' f/ dJzJ zflGt Toltj]hf dfq ; Dej xg ; S5 hltaj]f ; dfh ; dfgtfoQm / GofokOf{xG5 .Æ ; fdfllhs Gofon]x/§ JolQmf0{ ; dfg / GofokOf{Jojxf/ tyf ; fdfllhs cj ; /sf] ; dGoflos ljt/Of ub5 . ; fdfllhs Gofosf l; 4fGtx? ; f] ; fwgdf kxR , ; dtf , ; xeflutf, ljljwtf / dfgj clwsf/ xg\ .

; fdfllhs GofO o:tf] ; fdfllhs ; Argf xf] hxf] ljeGg hfthflt, eiffefifl, ju{ ln^au, wd{sf] e]efj lagf ; dfhdf ljBdfg aGwg / c; dfgtfx;sf]cGtosf nflu gful/s :jtGqtf, ; xeflutf, zIQmsf] ljt/Of, ; fdfllhs, ; f:s]ts GofO, ; DklQ cflbsf] Gofof]rt ljt/Of ul/G5 . k]rlg ; dosf ljrf/sx;n]g]ts cfwf/df ; fdfllhs Gofosf] ; Argfnf0{JofVof / ljZn]fOf u/§f lyP . jtdfg cfwlgs, j]flgs / kl/jtGzln ; fdfllhs Joj:ydf o; nf0{g]ts cfwf/df dfq JofVof gu/lsg ; fdfllhs, /fhg]ts / cfly§ cfwf/df klG JofVof / ljZn]fOf ul/Psf]5 . ; fdfllhs Gofonf0{ :jtGqtf, ; xeflutf cflb cfwlgs tl/sfn] xg{ yflnPsf] 5, h; n] sfggl /fhosf] dfGofnf0{:yflkt u/§f]5 .

/fhgllt / cfly§ lfqdf clws ;kdf kpf]u xb}cfPsf] ; fdfllhs Gofosf]kpf]u cfh x/§ lfqdf kpf]u xg yfn§f]5 . ; fdfllhs GofO, ; dtf, ; dfgtf / ; fdfllhs ;kft/Ofsf nflu cfjZos xG5 . ; dfhsf ; a}; b:ox; d]l]sf]xl 7hf jf ; fgf xbgg\ . hGdb}ljeb gePsfn]hGdkZrft\ s; hf0{7hf]jf ; fgf]agpbf ; dfhdf e]efj xG5 . ; dfhsf ; a}; b:ox; ; dfg jf a/fa/ xg\ eGg]wf/Off g} ; fdfllhs GofO xf] .

; fdfllhs Gofosf] ; DaGw JolQmsf] ; dbfok]tsf]Tof]g]ts lhDj]f/L xf] h; sf] ; xof]ulagf ; xl Jojxf/ ug{ ; xl s'f / sfdsf]/lff ug{ lgiklf 9^aun]sfo{ug{ ; dfg b08 / k' :sf/sf]Joj:yf ug{c; Dej xG5 . ; dfhdf wg, k9f0, ; f]f0, zlst, ; fwg, uOf, sd{ k}s]t cflbsf sf/Ofn] ; dfgtf / c; dfgtf kfG5 . tl c; dfgtfsf alrdf ; dfgtf vf]h} dfgjlo dNosf] hugf{ug{ ; fdfllhs GofO xf] .

dHtM ; fdfllhs Gofonf0{lgDg abfdf klG pln]y ug{ ; lsG5 M
; jhf0{lgiklf / GofokOf{Jojxf/ ul/Psf]xG5 .
; fdfllhs cj ; /x?sf] ; dGoflos kf]kt / afBknfB xG5 .
cj ; /sf] ; dGoflos ljt/Of ul/G5 .
clwsf/ / cj ; / kf]kt ; dfg kxR sfod xG5 .
o; df ; dfhsf x/§ ju{ hft, wd{ /fhgllt, ln^au cflbsf cfwf/df sg}klG k}sf/sf]ljeb ul/bg .
; dfg vfnsf cj ; /, ; ljwf, clwsf/ tyf sfgg ; a}ju{/ txnf0{ ; dfg tl/sfn]pkn]w

u/fpg]sfo{x65 .
/fHosf]cfo tyf ; f] / ; fwgsf] ; dfg tl/sfsf]lj t/of kDffnl , ; dhhsf lj k6g / lk5l8Psf
ju{tyf ; dbfonf0{lj z]f ; Dj 46 / ; Af0f ul/g]k]qmf0n] ; fdfllhs Gof0 k]kt ug{ ; ls65 .
; fdfllhs Gofon] lj le6g hflit hghfltx;df /x\$ f dNo, dfGotf / k/Dk/fsf] ; Af0f /
; Dj 46nf0{klg hf\$ lb65 .
; fdfllhs Gofosf sf/of ; fdfllhs lj lj wtfssf] ; Af0f / ; Dj 46 xg ; S5 .
jt0fg nf\$snof0sf/L /fHosf x/\$h; f] ultlj lw / lqmf0snfkx? ; fdfllhs Gofosf]
:yfkgrdf s]b]t xgkb5 e6g]dfGotf /fv65 .
; fdfllhs Gof0 sg} ; f]l6ts lj ifoj :t' dfq ge0{of]k0f{of Jofj xl/s Gofosf]lj ifo xf].
lk5l8Psf]ju{ ; dbfo jf lf0nf0{dhk]j fxdf Nofpg]jf kj fxlS/of ub5 .
lj ifdtfleq jf: tlj s / kx]ro]lo k\$]tsf] ; dfgtf p6dv lj sf; ug]0Toflb .

; fdfllhs Gofosf p2]ox?

; dfhd f lj Bdfg /x\$ f lj le6g ls; dsf c; dfgtf / cGofox?sf] cGto ug] kDv p2]o ; fdfllhs
Gofosf]/x\$ f]5 . ; a}ju{ lf0, ln^u / ; dbfonf0{/fHosf]dhk]j fxlS/ofdf ; dflxt ug\$ f ; fy; fy}
nfesf]Gofof]rt lj t/of ul/g' klg o; sf]kDv p2]o xf]. ; fdfllhs Gofosf p2]ox?nf0{lg0gfg; f/
klg pNn} ug{ ; ls65 M
; dfgtfsf]l; 4f6tnf0{d't?k lbg].
; dtfdhs / Gofok0f{; dhhsf]:yfkgrf ug].
; f], ; fwg / clwsf/sf]Gofok0f{/ ; dfgk]ts lj t/of ug].
nf\$snof0sf/L /fHosf]cjwf/0ffnf0{6}f k\$ofpg].
dfgj clwsf/sf]kj 46 ug].
zf; slo cEof; / lj sf; ultlj lwdf hg; xeflutf clej]4 ug].
; fdfllhs ; bej sfod /fvG].
hgtfsf]hljg:t/ psf:g].
; dfhd kl5 k/\$ f jf kl/Psf juhf0{dh wf/df Nofpg ; xof]u k\$ofpg].
; fdfllhs ; /lfsf]; lglZrttf ug].
lj ifdtf, c; dfgtf, e]bej / jul6 lje]sf]cGto ug].
/fi6x lgdf0fsf]cleofgdf ; a}lf0, ju{ ; dbfosf gful/snf0{dhk]j fxlS/of ug].

; fdfllhs Gofosf :j?kx?

!= lj t/0fsf/L Gof0 M

of]; dfgtfdf cfwl/t Gofosf]bl]6sf0f xf]. o; n]; dfhd /x\$ f s; }nf0{klg sg]klg lgxf jf sf/0fn]
sg}ju{ lf0, ln^u, hflit, efiff, wd{ ; :s[t, pd] cflb lj e] ul/g' xbg e6g]dfGotf /fv\$] x65 .

@ ; A1f0ffTds Gof0 M

; dfhdf cfly\$, ; fdfllhs, z]lfs Pjd\ ; f:s[ts ?kn] kl5 k/\$f jf kfl/Psf ju{ ; dbfo, lfgnfo{cf/lfof, sfbf cflb dflwodaf6 /fhosf ; a}txdf ; xeful u/fpg]eGg]dfgotfdf cfwfl/t /x\$]5 .

#= kglj f/Ofsf/L Gof0 M

o; cjwf/Ofdf ; dfgtdf cfwfl/t Gofon]jf:tljs Gofosf]:yfkf ug{; SbG eGg]dfgotf /fv\$] xG5 . o; n]c; dfg cj:yfdf ; dfg Jojxf/ ubf{jf cj; /x? lbbf c; dfgtf a9] hfg5 eGg]dfgotf /fv\$]xG5 .

\$=kg{yflkt Gof0 M

/fHo ; ~rfngsf qmddf ljutdf ePsf ; fdfllhs ljePsf sf/Of pTkl8gdf k/\$f ju{ lfg, hfthfltnfo{To; vfnf] ljeP / zflf0faf6 dQm ub{x c? ; /x ; dfgtf / ; dtfsf] k]ofelt lbnfpg]sfohf0{kg{yflkt Gofosf ?kdf cYofpg ; lG5.

; fdfllhs Gofosf]nlift ju{Pj +; dbfo M

Gof0 ; a}gful/ssf nflu plQs}cfjZos ljifo xf]oBlk ; a}JolQm ; dX, ju{ lfg, ; dbfosf dflg; x;sf] ; dfg x]; ot 5G . bxfosf k5fl8 k/\$f=kfl/Psf ju{ lfg, ; dbfonfo{; fdfllhs Gofosf nflu nlift ju{Pj +; dbfo dfg ; lG5 M

ul/a, ljkg, pTkl8t, zflift ju{tyf ; dbfo,

h]7 gful/s, afnafnsf, dlxf, ckfEtf ePsf JolQm c; xfo, a]fhuf/,

cly\$, ; fdfllhs blisofn]k5fl8 k/\$f=kfl/Psf ju{ lfg, ; dbfo,

lk5l8Psf lfg, alx:s/Ofdf k/\$f ufdlof, buG lfgsf afl; Gof,

al-rltdf k/\$f, cNk; Vos Pj +; ldfGts]t ju{ ; dbfo,

n]Es tyf of]gs cNk; Vos ; dbfo,

; k;6, k\$flk, ljkbf k/\$f JolQm ; dX, ; dbfo,

lx+f, o4, aG, ljePdf k/\$f JolQm ; dX,

blnt, dw]l, cflbjf; l hghfl, dl:nd ; dbfo leqsf ul/a, ljkg, pTkl8t JolQm ; dX,

dhb/, l; fg, >dhljL Pj +Gog cfo ePsf JolQm ; dX, hftl, lnE, ju{tyf ; dbfo,

zf/li/s / dfgl; s ;kn]sdhf] JolQm .

; fdfllhs Gofosf pkfox;

; fdfllhs Gofosf]dflwodaf6 /fhosf]x/\$ txd ; a\$] ; dfg / cykOf{; xeflutf u/f0{; dfjZl ; dfh / /fHo lgdf uf ug{; lG5 . k]hftGqlagf ; fdfllhs Gof0 ; Dej xbG . ; a}JolQm;x;sf] efjgfsf] sb/ ug{g; Sg] /fHo ; /sf/n] ; fdfllhs Gofosf] k]ofelt lbg ; SbG . nf\$Tgdf

cfwfl/t zf; g Joj:yfsf]dfllodaf6 ; fdfllhs GofO ; lglZrt ug{; lsg5 . ; fdfllhs GofO klfofet
ug{ljleGg pkfox; 5gl . h; nfo{lgDgfg; f/ pNn}v ug{; lsg5 M
; dfj zls/Ofsf]l; 4fgtnfo{Joj xfl/s ; kdf sfoflj og ug{; jwflgs tyf sfggl klgw u/},
; sf/flDs lje}sf]dfllodaf6,
; zQnts/Ofsf]dfllodaf6,
ljzlf ; AfOfsf]dfllodaf6,
ljljwtf Joj:yfkgf]dfllodaf6,
sf}f / cf/lfOfsf]dfllodaf6,
hgr}gfdhs sfoqmdx;sf]dfllodaf6,
; zf; gsf]dfllodaf6,
; dfgtf sfod /fv},
clje}sf]dfllodaf6,
sfgg]sf]zf; g :yfkf u/},
; fgdff kxlf}sf]; lglZrttf k}fg u/},
x/} spfsnfkdf ; xeflutf ; lglZrt u/},
n}Es lje} x6fP/,
lghl lfq, gful/s ; dfh / u}; /sf/l lfqalr ; dgjo / ; xsfo}sf]dfllodaf6,
c?sf]sb/ / ; Ddfg ug{afglsf]lj sf; u/} .

cGtodf,

; dfhdf ljBdfg /x}f ljleGg ju{ lfq, hflf, ln^au, ; dbfox?nf0{; dtf / ; dfgtfsf cfwf/df
/fHosf]dh kjfxls/Ofdf ; dfj z u/L, ; a}:yfgdf ; a}>f} / ; fwgx?sf]Gofofl}rt lj t/Of u/L
To; sf]nfe ; ahf0{; dfg xg]lsl; dn]lj t/Of ug{klqmf jf k}ffnl g}; fdfllhs GofO xf]. t; y{
ljleGg ; dodf ljljw sf/Ofn]lk5l8Psf]ju{; dbfosf ; fy; fy}; ahf0{; dfg cj ; / / ; xeflutf
u/fpg k}fjsf/l ?kdf ; jwflgs / sfggl Joj:yfx? ub}; f}sf] sfoflj og klfd /fHosf]wofg
hfg' h?/l bl}v65 .

; Gbe{; fdullx?

gkfnf] ; ljwfg
; d; fdlos dflnfx?, /d}z cofh
; d; fdlos ljifox?, ufklgy dgfnl
ljleGg lj1sf n} tyf /rgfx?
ljleGg 5kff tyf cgnf0g dflloddf k}sf]zt ljleGg n}x?

निजामती कर्मचारीहरूको काम र परिवार बीचको सन्तुलन

तथा मनोबल : एक अध्ययन

भावना पौडेल

o; n]n] lghfdtl sdf(lx?sf] sfd / kl/jf/alrsf] ; DaGw / agfpgkg] ; Gthg ; DaGw
cWbog / c]j jfOf ug] kpf; u{/sf] 5 . o; n]vsf] kpV p2]o sfd / kl/jf/larsf] âGâ /
To; n]lg]Tofpg]tgfj , sfo{; Gtli6 tyf pTkfbs]sf] lfd df kfg]kfej / Joj :yfkG u/L ; Gthg
sfod ug{rfNgkg]sbdx?sf af/df rrf{ug{/xsf] 5 . cfwlgs ; #7gx?df sfd-kl/jf/ âGâ
; fem l]ifo /xsf]kf0G5 . sfd / kl/jf/ lar ; Gthg sfod u/L Joj :yfkG u/L cl3 a9g' g}
; a#f nflu >f:s/ xg] b]vG5 .

kl/ro

j tdfg cfwlgs ; #7gx?df sfd / kl/jf/alr âGâsf] k]7el'd kf/Des lbgaf6 g}z? ePsf]
xf] . dfgj hljgsf] kf/De]v g}sf hllj sf]kfhGsf] dflods] ?kdf /x} cfPsf] 5 . dfgj
; Eotfsf]kf/Des r/Ofdf, dflg; x? ; dXdf a:g]uy] / vfgsf]nflu hg]j/x?sf] lzsf/ uy].
vfgs/f]sf]vf]hdf Ps 7fpaf6 csf]7fpdf ef]fl/g]u{/sf lyP . ha dflg; n]s]if sd{u/L cGg
pTkfbg ug{l; s]To; kl5 kl/jf/; u 3/ agfP/ :yfol ?kdf g}a; f#f; ug{yfn]. cf]B]us/Ofsf]
olusf]lj sf; :fu}dflg; x? hllj sf]kfhGsf nflu uf]p 5f8] zx/lt/ nllg yfn]sdfs]vf]hdf .
To; kl5 sfd / kl/jf/alr âGâ / ; Gthgsf]cjwf/Off ; ? ePsf]kf0G5 .

cf]B]us/Of; u}k?ifx? cfkn]f]hllj sf]kfhGsf nflu sdfs]vf]hdf zx/ hfg yfn.] kl/jf/nf0{
uf]p 5f8]. kl/jf/x? sdfs]nflu zx/ hfg yfn]/ cfwlgs olusf]z?jtaf6 âGâsf]9f]sf
vf]hdf]. xfnsf]:of8jlr k:tf, h; sf cdfajf uf]p a:5g) >ldtl / 5f]f5f]L zx/df 5g\ /
pgl st}lkm8 clk; df 5g\ . pglx?n]sfd ug]:6] gaf6 uf]p cdfajf / zx/df 5f]f5f]L
/ hljg; fylsf]x]rfx ug]k5{. o; /l cflbd sfnb]v g}kf]jfl/s hljgdf sfdnf0{a9l dx]j
lbg yfn]f].

sfd-kl/jf/alr ; DaGw

sfd / kl/jf/alr cGof]ofl>t cGt/; DaGw /xsf]xG5 . sfd kl/jf/ kfngsf]; f] xf]eg]kl/jf/
sfd ug]sf nflu pTk]t ug] ; f] xf] . ; do; u} sfd / kl/jf/larsf] ; DaGw klG kl/jtG
e0{xG5 . slxn]sf]kf]jfl/s hljgdf sfd; u ; DalGwt sf/sx? dx]jk0f{xG5g]eg]slxn]sf]kf
sfo{hljg eGf kl/jf/; u ; DalGwt sf/sx? dx]jk0f{xG5g\ . sfd / kl/jf/alr ; Gthg sfod
/Vg ; Sg]lfdtn]kl/jf/df v'; L Nofp5, sfdaf6 ; Gtli6 / ; :yfsf]pTkfbs] a9fp5 . o; sf]
lj/lt, ; Gthg sfod ug{g; Sbf sfd / kl/jf/alr âGâ / tg]sf]l:ylt pTkGg xG5 .

w}cg; Gwfgstf{?n] sfd / kl/jf/larsf] åånfo{dVotof tlg ksf/df ljefhg u/L JofVof / ljZn}f of ug{Psf]kf05 .

s_ ; do; u ; DalGwt åå eGfn]sfdsf nflu lbgkgI; do / kl/jf/sf nflu lb0GkgI; do alr plrt tfndih / Joj:yfkg gxbf pTkGg xg]cj:yfnf0{alem5 .

v_ tgfj; u ; DalGwt åå eGfn]sd{f/Ln]Pp6f sfo{ubf{pTkGg ePsf]leql IrGtfn]csfI}sfo{ubf{f]k]qmfdf kfej kfb5 .

u_ Jojxf/; u ; DalGwt åå eGfn]slxn}fxl Pp6f sfo{/ eldsfsf nflu kfej sf/L Jojxf/ csfI sfo{/ eldsfsf nflu cgkoQm xg ; Sb5 . o:tf]cj:yfdf olb JolQm]Jojxf/ kl/j tG ug ; sG eg]ol eldsfx?df ååsf]cgej ug{kG]cj:yf xg ; Sb5 .

sfo{/ kl/jf/alrsf]; Gthg / ; do, tgfj / sfo{f]pTkfbsTj alr k}olf ; DaGw /x}f]xG5 . slxn}fxl sfo{/ kl/jf/alrsf] åå x6fpg g; lsg]klg xG5 . åå tyf tgfj ; w}xflgsf/sdfq xbg . oBlk, w}cg; Gwfgstf{?n]eGgePsf]5 ls sfo{/ kl/jf/alrsf] åån]zf/LI/s tyf dgf]flgs bj}?kdf ; sf/flds ebf gsfl/flds kfej a9L kfb5 . ha kl/jf/af6 sfdsf] nflu ; sf/flds ; xofu kf0G5 jf sfdåf/f kfl/jfl/s hljgsf nflu ; xofu kUb5, oxl cj:yfn]g}Ps csf{f ; Gthgsf]cj:yf l; hGf xG5 .

w}lj åfg tyf cg; Gwfgstf{?n]sfd / kl/jf/alrsf]; DaGw, åå / ; Gthgsf ; DaGwdf ljleG l; 4ftx? ljsf; ug{kpf; ug{Psf]5 . %) kltzt ; do kl/jf/; u / %) kltzt ; do sfdsf] nflu latfpg' sfd / kl/jf/ls hljgalrsf]; Gthgsf]cy{of]xf0G . of]uloft xf0G . sfd / kfl/jf/ls hljgalrsf]; Gthg snf, sfzn / /ofgllt xf]. kfl/jfl/s vzl / ; vdf ; Dem}f gu/L sfo{; Dkfbgdf tyf pTkfbsTjdf j|4 tyf sfo{; Dkfbg tyf pTkfbsTjdf ; Dem}f gu/L kfl/jfl/s vzl / ; vdf j|4 g}jf:t]js sfd / kfl/jfl/s hljgalrsf]; Gthg xf].

Ighfdtl sd{f/L / kfl/jfl/s hljgalrsf]; DaGw

; fdfGotof b}sf]; fj}lgs k}f; g ; ~rfng ug{:yfol ; æqsf ?kdf :yflkt /fi6]sx?sf] ; dli6ut ; Argfnf0{Ighfdtl ; }f elG5 . sfgG l cfwf/ k}kt Ighfdtl ; }fdf k}t:kwf}f6 5flgP/ cPsf u} /fhgllts sd{f/Lx? g}Ighfdtl sd{f/L xg\ . of]u} ; lgs rl/qsfl /fHosf]:yfol sfo{fl/OfL / cljIR5Gg ; :yf xf]. Ighfdtl ; }f g}k}nsf]; ljwfgåf/f :yflkt u/L Joj]:yt ?kdf ; u}7t ul/Psf]; u}7g xf]. o; cGtu} sfo{ug]JolQm? g}Ighfdtl sd{f/Lx? xg\ . oxfl Ighfdtl sd{f/Lx?sf]pglx?sf]sfd / kl/jf/ larsf]; Gthgsf]; DaGwdf rrf{ug{vfl}hPsf]5 .

cWooogsf]p27o

sfo{kfl/jfl/s ; Gthg ; #7gffds cg' lwfgsf] a9bf] ljifo ag\$] 5 . w}] ; #yfx?n] o;
cfwlgS oludf ; #7gffds sNof0fsf]nflu kfl/jfl/s hljgsf]dxTjnf0{kIxrfg ug{yfn\$] 5g\ .
o; sf]gsf/flds kfej sf /0f sfd / kfl/jfl/s ; d:ofx? ; #7gx?sf] nflu dxTjk0f{xb}
u0{x\$] 5g\ . lghfdtl ; J]fsf sdf/fl klg of]goff oyfy#6 cnu 5gg\ .

lj#fgx?sf cg' f/ cfwlgS ; #7gx?df sfd ug]JolQm? sfo{kfl/jf/ls tgj]sf]a9L hf]vddf
5g\ . kfoh; f] 3/af6 6f9f /x\$] lghfdtl clwsf/ln] sfo{kfl/jf/ ; Gthg sfod ug{af/0af/
; d:ofx? dx; ' u/\$]kf0{5 . olb lghfdtl sdf/fl]sfo{kfl/jfl/s hljgnf0{ ; Gthgdf /fVg
g; sdf, o; n] sfo{kfbg / kl/jf/sf]vzldf cgfjZos c; / kf5{.

o; cWooogn]lghfdtl ; J]fsf lghfdtl sdf/flx?sf] sfo{kfl/jf/ ; Gthgsf]; DaGwnf0{cWooog
ug]nlo /fv\$] 5 . cWooogn]sfd / kl/jf/alr]sf]; DaGwdf k/\$]kfej sf]cWooog / 5nkm
u/L sfd / kl/jf/alr ; Gthg sfod /fVg sXl ; emjx? l; kmf/; ug]kpf; klg u/\$] 5 .

cWooogsf]vf]h

s_ uj {dxzlf kZf

lghfdtl sdf/flsf] ; dfhdf pRr ; dfllhs x]; ot xg] ePsf]n] lghfdtl ; J]df cfa4 xg'
gkfnsf o]jsf nflu uf]j]sf]ljifo xf]. lghfdtl ; J]df hjfkm]x]tf, kf/blz{f ; xeflut dhS
lg0f6 kPffnln] ; Zf; gsf]cge'tl ; J]fufxln] ug]ub5g\ . h; n] lghfdtl sdf/flnf0{pTk]/t
ug{d2t ub5 .

v_ ljIQo cfjZostf

ckoff{t cfbfgln]klit=kIglnf0{3/fo; l cfjZostfx?, cfly\$ dfu k'/f ug{k}f sdfpg afllo
agfPsf] 5 . lghfdtl hf]bl bj]h]sfd ug{yfn\$] 5g\ . ha bj}sfdsf]nflu aflx/ hf65g)
3/leq Joj:yfkgf]7hf]; d:of xg5 .

u_ afn lzlff

bDkltsf]nflu afn lzlff w}]dxTjk0f{ 5 . cfly\$ l; 4ft afn lzlffdf nfu'xbg, lsgeg]
dflg; x?n] zNs ; Argf / cfbfglsf] ; f]nf0{aj]f:tf ubX cfm]g 5f]f5f]lx?nf0{pTs]6
ljBfnodf egf{u5g\ . gful/s bDktl ; w]/fd] :jf:Yo, lzlff / hljgsf]u0f:t/ sfod /fVg
rfx65g\ t/ :yfgf6t/0f / t]fyln]pglx?sf]aRrfsf]lzlff / hljg; fyl klg]sfd ug]h]hljgdf
gsf/flds c; / kf5{.

3_ rf8kj{

rf8kj{? ; #Qm ?kdf dgfpgfn]kl/jf/df v'; l Nofp5 . rf8kj \$] ; dodf cleefj sx? dWlo]

sfxl cgkl:yt ePdf afnaflnsfnf0{cw/f]/ bMl dx; ; x65 . o; n]pglx?sf cdfafa; lsfj ; Da6wdf afwf klG ; S5 .

a_ bfdkTo Pstf

bfdkTo Pstf / ; Gtli6 vZlsf]; fj xf]. la5f8 / r/d ysfG, hng / efj gffds aGan]lj jfxsf] c; Gtli6, sfo{kfl/jfl/s aGaa lGdTofp5 .

gkfnsf]lghfdtl ; jfdf sdf/Lx?sf]dgfan

dgfan eG]zAbn]dgsf]an eG]cy{lb65 . dgsf]cf6 jf cfdannf0{g}dgfan elg65 . sg] JolQmsf]cf6 jf pT; fx g}p; sf]dgfan xf]. oxif sdf/Lsf]s/f ul/Psf]; Da6wdf sdf/Lsf] sg]sfd ug]cf6 jf pT; fxnf0{sdf/Lsf]dgfan elg65 .

gkfndf lghfdtl sdf/Lx?sf] dgfan s:tf] 5 eG]s/fsf]klxrfG ug\$flgldt lghfdtl sdf/Ln]cfkng]hflu/ jf kZfk]t ; Gtff jf uf]j sf]cgej ug]cj:yf 5 ls 5G eG]h:tf s/fx?sf]lgSofn ug]k5{. dgfan prf]ePsf]sdf/Ldf cfkng]; jfk]t lg/fzsf]efjgf gXg] s/f klg :ki6 g}5 . To; h]gkfnsf]lghfdtl ; jfsf]dgfan s:tf] 5 eG]lgisifdf klgsf lglDt lghfdtl ; jfdf lg/fzf s]slt Jofkt 5 of 5G eG]s/fsf]klxrfgn]d2t k%ofpg ; Sg] bl]v65 . lghfdtl sdf/Ln]kfPsf]kfl/>lds / ; ljwfsf]:t/ pglx?sf]cfjZostf / lghl lfG / c6o ; Da4 lfGsf]kfl/>lds / ; ljwfsf]:t/ cgSh 5 of 5G eG]s/fn]; jfsf]k]ti7f / sdf/Lsf]dgfan ba6f kfej kfg]s/f klg plQs}:ki6 5 .

dgfan]sf]kl/Offdx? / dxTj

o4sf] bli6sf]af6 xG]xf] eg] dgfan] o4df lj hol agfp5 . ; fj hlgS kZf; g jf nf\$ kZf; gnf0{klg o4l; t thgf ug}; ls65 . To; h] ; fj hlgS kZf; gsf]; kmntf sdf/Lsf] dgfan]df lge{ x65 . sdf/Lsf]prf]dgfan]a9l kl/>d / dxGt, :j fledg Pj +cftduf]j sf] efjgdf j]4, ; fdlxs sfd ug]kj]Q, lgi7f tyf cgZf; gdf j]4, sdf/Ldf k; Ggtf jf pNnf; / pT; fxd j]4, JolQmsf]phf{tyf k]tefsf]clwstd pko]u cflb h:tf ; sf/flds kl/Offdx? Nofpb5 . o; /L dgfan sdf/L kZf; gsf]phf{xf] k]of zIQm xf].

lghfdtl ; jfdf dgfan / pTk]Offsf]j t6fg cj:yf

pRr dgfan]sf ; fy lhld]f/l lgefpg]jftfj/Ofn]dfq ; Zf; gsf]; lglZrttf / kj 4G xG] jf:t]jstf xf]. lghfdtl ; jfdf hjfkb]xtf, kf/blz{f plrt ; ?jf, a9]f, k/:sf/ cflbsf] Gofof]rt Jof:yfn]sdf/Ldf ; sf/flds pTk]Off hflub5 / dgfan]df j]4 x65 . clg ; jfuf]xlN

; Zf; gsf] cge'tt ub5gl . t/ k':sf/ / b08sf kfjwfg kf/blz{f e6bf klg kx'rsf cfwf/df xg] u/\$f] ugf; f] sltko cj:yfdf kf065 . o; n] sdf{f/Lx?df dgf]an 36l gsf/flds pTk]0ff a9b}u0{lhld]f/l k65fpg] cfkn]f] sfdnf0{af]msf]?kdf lng] hf]vd lng grfxg] sfo{kultdf rf; f]g/fVg] cg\$}f+sfg6l c8rg b]vP/ l9nf]ug] sfo{; Dkfbgdf hf]u/ grnfp]g]cf]b h:t:tf gsf/flds kj]Q d]nfpb}hf65 . tyfkl g]k]nsf]lghfdtl ; j]nf0{r':t, b?:t / cfsif\$ agfpg] p2]osf ; fy pTk]0ffsf kfjwfgx? ; doqmd cg; f/ Jojl:yt ug]kpf; xb}cfPsf]kf065 .

dgf]andf j [4 ug\$}f lglDt ckgfpgkg]pkfox?

sdf{f/Lx?sf]dgf]andf j[4 ug\$}f lglDt sdf{f/Lsf]dgf]andf kfej kfg]t]jx?sf]klxrfg u/L cj:yfdf ; wf/ ug]pkfox; klxNofpgkg]s/f :ki6 5 . To; h]sdf{f/Lsf]dgf]andf j[4 ug\$}f lglDt lglDg pkfox; ckgfpgkg]b]v65 M
!=cfkn]f] sfdsf]klxrfg / ; Ddfg x65 e6g]s/fk]tsf]sdf{f/Ln]ljz]f; ug]jftfj/0fsf]l; h6f, @=kbf]lgt, tflnd, c]wog / c]wog epOf cf]b j]Q lj sf; sf ljle6g cj; /x?sf]kf/blz{ lgiklf / dfkb08df cfwf/t lj t/Of k]ffnlsf]:yfkf ,
#=kfej sf/L k':sf/ k]ffnlsf]:yfkf,
\$=sdf{f/Lnf0{; #7gsf]nlo lgwf{Of / glt lgdf{Of ; xeful xg]cj; / k]bfg ug]sfo{cf]bl .

lgisif{

lghfdtl ; j]fsf]dh cfsif{ ; j]fsf]; /lff ePsf]c6o lgsfo e6bf o; ; j]fk]tsf]cfsif{ a9bf]/x\$}f] 5 . ; dupf lghfdtl ; j]fsf]dgf]an tyf pTk]0ffsf]cj:yfnf0{sfo{; 6tli6, j]Qlj sf; , ; ljwf tyf lftkl{ sfo{jftfj/Of / sfo{; Da6w tyf sfo{; kl/j]f0fsf cfwf/df lj j] \$k0f{Jo] :yfk g ul/gkb5 . pTk]0ffsf ; ljwfx? xdf e6bf /fd]nf0{kfyldstf lbg] / k]zf; g 6ofon] rNg] dfg]; stf Pj +; Argfsf]lj sf; / lj :tf/n]dfq lghfdtl ; j]f hgd]vl Pj +nf\$]k]p xg]j]f:tlj stf tkm{ ; /sf/ / ; /f\$}f/ klfsf]b]i6 klg' b'blz{f 7x5{.

cfw]gs ; #7gx?df sfd / kl/jf/alrsf]a6a c6t/f]6o 36gsf]kdf /x\$}f]5 . sfo{/ kl/jf/alrsf]; Da6w ; b} a6a / ; 6thgalrsf]wf/df /x\$}f]x65 . sfo{/ kl/jf/alrsf]a6anf0{a9fpg] ; xl sf/s t]jx?sf]klxrfg gu/] Dd lghfdtl sdf{f/Lx?sf]sfo{/ kl/jf/alr ; 6thg sfod ug{; lsb6 . o; tkm{; Da6wt lgsfon]; dod}Wofg k]ofpg cf]Zos /x\$}f]5 . o; c]wog]n] lghfdtl sdf{f/Lx?sf]sfd / kl/jf/alrsf]; Da6w ; Da6wl s]xl c]wog ug]kpf; u/\$f]5 . g]k]nl ; dfhdf lghfdtl sdf{f/Lx?sf]pRr ; fdlhs l:y]t /x\$}f]kf065 . To; h]o]f j]u{x?df lghfdtl sdf{f/L xg kfpghf0{uj \$}f]lj ifosf]?kdf ln0g]u/\$f]kf065 . ; ld lj ifoj:t' ePtf klg sfo{ Dkfbgdf a]t\eldsf v]lg]ePsf]lghfdtl lf]nf0{hgzi0m pTk]fbgsf]alnof]cfw]f/sf ?kdf ln0Psf]5 . :j:Yf k]t:kwf{f/f cf]Zos k]kl't{ul/g]xgfn]sfo{ Dkfbgdf r':t, b?:t:tsf]

k|tssf]?kdf lghfdtl ; jfnf0{df6g ; ls65 .

; Gbe{; fdfullx?

; fj hlgS kzf; g / ; fj hlgS sfo\$] Joj:yfkg -@)^@ _ , kf08] o] /fh, lj Bfyl{k':ts
e08f/ ef7flx6L, sf7df08f}.

olg6L hgñ, bf] f] ; #s/0f -@)&&_ , k|jlgf/fo0f zfx cg' Gwfg s|b|, g|kfnl ; 7f k|wfg
sf0fño, eb|sfnl sf7df08f}.

lqe]g ljZjJ Bfno Joj:yfkg ; \$fo c6tu\$ lalaP; , lalaP, Pdla; tyf PdlaPsf kf7\
oqmdf ePsf dfgj ; #fwg Joj:yfkg, /0fgllt Joj:yfkg tyf tgj Joj:yfkg ; Da6wL
ljle6g kf7bk':tsx?

; f] ; -hljgl -@)&&_ , k|1fg k|sfzg k|fn, sf7df08f}.

xhfs THE POST sf ljle6g c\$X?, xhfs k|zlf0f s|b| aa/dxn, sf7df08f}.

xhfs klzlf0f s|b| aa/dxn
 cledlvs/of -gf=: :-vl/bf/_ klzlf0f sfoqnd-@)&(, !(cf); q
 ldlM @)&(=)(÷!\$ ut]b|v @)&(=)(÷!(ut]; Dd
 dsfdM uf0\$ff6, pbok/

l; -g# k#k= g#	kb	gfd=y/	sfofho	s knt
!	%)!^	vl/bf/	lbgz sdf/ ofbj	lhNnf xhfs sfofho, cf yn9uf
@	%)!&	vl/bf/	; /f h a9fyf\$	lhNnf xhfs sfofho, cf yn9uf
#	%)!*	vl/bf/	pbo axfb/ vql	lhNnf xhfs sfofho, cf yn9uf
\$	%)!(gf=: =	cf zif l3ld/]	lhNnf xhfs sfofho, v f ^a
%	%)@	vl/bf/	; lzn sdf/ ofbj	lhNnf xhfs sfofho, v f ^a
^	%)@!	vl/bf/	clgn sdf/ kl8t	lhNnf xhfs sfofho, ; f h'vDa'
&	%)@@	vl/bf/	; hgf bxfn	lhNnf xhfs sfofho, ; f h'vDa'
*	%)#@	vl/bf/	lj sf; kl/of/	lhNnf xhfs sfofho, ; f h'vDa'
(%)@\$	gf=: =	d-h' sdf/l cfrfo{	lhNnf xhfs sfofho, pbok/
!)	%)@%	vl/bf/	vu b /f0{	lhNnf xhfs sfofho, pbok/
!!	%)@^	vl/bf/	x /f h lg/f h	lhNnf xhfs sfofho, pbok/
!@	%)@&	vl/bf/	l/kk' bf;	lhNnf xhfs sfofho, l; /xf
!#	%)@*	vl/bf/	lj lgtf sdf/l ofbj	lhNnf xhfs sfofho, l; /xf
!\$	%)@(<	vl/bf/	ch r w/l	lhNnf xhfs sfofho, l; /xf
!%	%)#)	vl/bf/	/d z /fo ofbj	lhNnf xhfs sfofho, l; /xf
!^	%)#!	vl/bf/	/fds of clwsf/l	lhNnf xhfs sfofho, l; Gwhl
!&	%)#@	vl/bf/	ozj t 7fs/ xhfd	lhNnf xhfs sfofho, l; Gwhl
!*	%)##	vl/bf/	r b axfb/ du/	lhNnf xhfs sfofho, l; Gwhl
!(%)#\$	vl/bf/	s; d /f0{	lhNnf xhfs sfofho, /fd\$fk
@)	%)#%	vl/bf/	r b Hof l ; fksf f	lhNnf xhfs sfofho, /fd\$fk

xhfs klzlf0f s]b| aa/dxn
 xNsf/f pTk/s klzlf0f sfo(=)(&(\$cf}; q
 ldlT @)&(:)(= @\$ ut]b]v @)&(:)(= @ (ut]; Dd
 dSfdM wgu9L, s]fnl

l; =g= k=k= g=	kb	gfd=y/	sfofno	s]knot
!	%)#^	xNsf/f	sh/fh hfzL	xhfs lgbz]gfno, 8f6L
@	%)#&	xNsf/f	u0fz l; xfn	xhfs lgbz]gfno, 8f6L
#	%)#*	xNsf/f	hUlul ltj f/L	lhNnf xhfs sfofno, s]fnl
\$	%)#(xNsf/f	hlt axfb/ s]fnl	lhNnf xhfs sfofno, s]fnl
%	%)\$)	xNsf/f	uf]kGb/ /foff	lhNnf xhfs sfofno, afh/f
^	%)\$!	xNsf/f	abl{h} l	lhNnf xhfs sfofno, afh/f
&	%)\$@	xNsf/f	uf]0f axfb/ rGb	lhNnf xhfs sfofno, a]8L
*	%)#\$	xNsf/f	wgl a/ wfdl	lhNnf xhfs sfofno, a]8L
(%)\$\$	xNsf/f	gj /fh kf08]	lhNnf xhfs sfofno, s]gk/
!)	%)\$\$	xNsf/f	cdf; * af]f/f	lhNnf xhfs sfofno, s]gk/
!!	%)\$^	xNsf/f	k] k]sfz dx/f	lhNnf xhfs sfofno, s]gk/
!@	%)\$&	xNsf/f	lzNkf sdf/L d08]h	lhNnf xhfs sfofno, aem ^a
!#	%)\$*	xNsf/f	clgtf sdf/L d08]h	lhNnf xhfs sfofno, aem ^a
!\$	%)\$(xNsf/f	wd{b]fn	lhNnf xhfs sfofno, c5fd
!%	%)%)	xNsf/f	/fd axfb/ ; fpb	lhNnf xhfs sfofno, c5fd
!^	%)%!	xNsf/f	hfgsl kf08]	lhNnf xhfs sfofno, alb6f
!&	%)%@	xNsf/f	Hof]L blxt	lhNnf xhfs sfofno, alb6f
!*	%)%#	xNsf/f	piff b]l lji6	lhNnf xhfs sfofno, bfr]f
!(%)%\$	xNsf/f	b] l; * sj/	lhNnf xhfs sfofno, bfr]f
@)	%)%%	xNsf/f	gog axfb/ 8f6L	lhNnf xhfs sfofno, affs]
@!	%)%^	xNsf/f	; t]b] sdf/ zdf{	lhNnf xhfs sfofno, affs]

xhfs klzlf0f s|b| aa/dxn
 xhfs klzlf0f sfo(=)^(,rfyf]; q
 ldlM @)&(=!÷)% ut]b|v @)&(=!÷!) ut]; Dd
 d'sfdM wgsbf

l; -g#	k#k= g#	kb	gfd÷y/	sfofho	s knot
!	%)%&	xhfsl	/fd k ; fb l/hfn	xhfs lgbz'gfno, la/f6gu/	
@	%)%*	xhfsl	jwgy 7fs/	xhfs lgbz'gfno, la/f6gu/	
#	%)%(xhfsl	u0f/fh k/fhhl	xhfs lgbz'gfno, la/f6gu/	
\$	%)^)	xhfsl	k0f{axfb/ du/	lhNnf xhfs sfofho , eflkf	
%	%)^!	xhfsl	end k ; fb l; jfsf0l	lhNnf xhfs sfofho, eflkf	
^	%)^@	xhfsl	ljg' eS/f0{bfxfn	lhNnf xhfs sfofho, ; v]f; ef	
&	%)^#	xhfsl	80a/ axfb/ vql	lhNnf xhfs sfofho, ; v]f; ef	
*	%)^\$	xhfsl	/fh' rfxfg	lhNnf xhfs sfofho, ; v]f; ef	
(%)^%	xhfsl	v0a l; x ehj	lhNnf xhfs sfofho, eflhk/	
!)	%)^^	xhfsl	Clif sdf/ >]7	lhNnf xhfs sfofho, eflhk/	
!!	%)^&	xhfsl	l8s axfb/ >]7	lhNnf xhfs sfofho , eflhk/	
!@	%)^*	xhfsl	v8u axfb/ v8'sf	lhNnf xhfs sfofho , wgsbf	
!#	%)^(xhfsl	1fgaxfb/ v8'sf	lhNnf xhfs sfofho, wgsbf	
!\$	%)&)	xhfsl	6\$ b clwsf/l	lhNnf xhfs sfofho , wgsbf	
!%	%)&!	xhfsl	/]t sdf/ /f0{	lhNnf xhfs sfofho, wgsbf	
!^	%)&@	xhfsl	; f0 k ; fb ltlDlN; gf	lhNnf xhfs sfofho, wgsbf	
!&	%)&#	xhfsl	ltnf]g lnda'	lhNnf xhfs sfofho , txyd	
!*	%)&\$	xhfsl	l/tf la s	lhNnf xhfs sfofho, txyd	
!(%)&%	xhfsl	/lhtf u/fuf0{	lhNnf xhfs sfofho , txyd	
@)	%)&^	xhfsl	clDasf sfsL{9f]l	lhNnf xhfs sfofho , ; g; /l	
@!	%)&&	xhfsl	s]0f axfb/ lj i6	lhNnf xhfs sfofho , ; g; /l	
@@	%)&*	xhfsl	e/t/fh zdf{	lhNnf xhfs sfofho, ; g; /l	

xhfs k|zlf0f s|b| aa/dxn
 xNsf/f pTk|s k|zlf0f sfofnd-@)&(,&%cf}; q
 ldlM @)&(÷!)=!\$ ut]b|v @)&(÷!)=!(ut]; Dd
 dSfdM e/tk/, lrtjg

l; -g# k#k- g#	kb	gfd÷y/	sfofho	s krot
!	%)&(xNsf/f	uuf axfb/ yfkf	lhNnf xhfs sfofho, lrtjg
@	%)*)	xNsf/f	lj i0fdfof l3ld/]	lhNnf xhfs sfofho, lrtjg
#	%)*!	xNsf/f	gfgldøf ltdN; lgf	lhNnf xhfs sfofho, dsjfgk/
\$	%)*@	xNsf/f	s j tf a:g	lhNnf xhfs sfofho, dsjfgk/
%	%)*#	xNsf/f	uh b k; fb ofbj	lhNnf xhfs sfofho, af/f
^	%)*\$	xNsf/f	cjwz ; fx sfg'	lhNnf xhfs sfofho, af/f
&	%)**	xNsf/f	/fhg sdf/ enf	lhNnf xhfs sfofho, /f;x6
*	%)**^	xNsf/f	kKk' sdf/ 7fs/	lhNnf xhfs sfofho, /f;x6
(%)*&	xNsf/f	zde' k; fb ; fx	lhNnf xhfs sfofho, k; f{
!)	%)**	xNsf/f	/fd hgd k; fb ofbj	lhNnf xhfs sfofho, k; f{
!!	%)*(xNsf/f	/fd 0{j/ ofbj	lhNnf xhfs sfofho, wglff
!@	%)()	xNsf/f	l k b sdf/ bf;	lhNnf xhfs sfofho, wglff
!#	%)(!	xNsf/f	uf kn /fo	lhNnf xhfs sfofho, dxfo/L
!\$	%)(@	xNsf/f	kn sg ; fx	lhNnf xhfs sfofho, dxfo/L
!%	%)(#	xNsf/f	s zj k; fb kf / h	lhNnf xhfs sfofho, ; nf L
!^	%)(\$	xNsf/f	z y/ axfb/ v8sf	lhNnf xhfs sfofho, ; nf L
!&	%)(%	xNsf/f	cd/ axfb/ dxtf]	lhNnf xhfs sfofho, gjnk/f; L
!*	%)(^	xNsf/f	/fd gf/fo0f dxtf]	lhNnf xhfs sfofho, gjnk/f; L
!(%)(&	xNsf/f	s/of yfkf	lhNnf xhfs sfofho, ?kGb L
@)	%)(*	xNsf/f	lht axfb/ ofbj	lhNnf xhfs sfofho, ?kGb L
@!	%)((xNsf/f	?krGb kf08ø	lhNnf xhfs sfofho, slknj : t'
@@	%)!))	xNsf/f	c h' cfrfo{	lhNnf xhfs sfofho, slknj : t'

हुलाक कार्यालयहरूको फोन नं र इमेल

l; =g=	laj /Of	knfjg gDj /	Odih
!	lhNnf xhfs sfofho, tfknh ^a)@-\$-^)!@#	dpo.taplejung@yahoo.com
@	lhNnf xhfs sfofho, kfrjy/)@-\$-@@!)\$	panchthardpo@gmail.com
#	lhNnf xhfs sfofho, Ofhd)@&-%@))%)	ilamjillahulak@gmail.com
\$	lhNnf xhfs sfofho, emkf)@#-\$%&&(&	districtpostof cejhapa@gmail.com,
%	xhfs lgbzgfno, la/f6gu/,dfj ^a)@!-%!@^^%)@!-%!\$&()	birathulak123@gmail.com
^	lhNnf xhfs sfofho, ; g; /L)@%-#@)!))	sunsaripostof ce@gmail.com
&	lhNnf xhfs sfofho, wgsdf)@^-%@@!%*)@^-%@@^#@	dktdpo@gmail.com
*	lhNnf xhfs sfofho, ; vjf; ef)@(-%^)!%@	districtpostkhandbari@yahoo.com
(lhNnf xhfs sfofho, efhk/)@(-\$@)!!^	bhojpurhulak01@gmail.com
!)	lhNnf xhfs sfofho, tkyd)@^-\$^)!@\$	dpotehrathum@gmail.com
!!	lhNnf xhfs sfofho, pbok/)#%-\$@@!#(hulakudayapur@gmail.com
!@	lhNnf xhfs sfofho, cfjvn9Ef)#&-#@)!!#	okhl.dpo@gmail.com
!#	lhNnf xhfs sfofho, ; kt/L)#!-%@)^&	saptarihulak185@gmail.com
!\$	lhNnf xhfs sfofho, l; /xf)##-%@)!*)#^-\$@)!)	sirahahulak@gmail.com
!%	lhNnf xhfs sfofho, ; fjhvDa')#^-\$@)!)	postof ce.solukhumbu@gmail.com
!^	lhNnf xhfs sfofho, vdf ^a)#^-\$@)!)	postof cekhotang@gmail.com
!&	lhNnf xhfs sfofho, /fdjfk)\$*-%\$))#%	ramechhaphulak@gmail.com
!*	lhNnf xhfs sfofho, ; nfxl)\$^-%@)!^!	dposarlahi046520161@gmail.com
!(lhNnf xhfs sfofho, l; Gwhl)\$&-#@)!@!	dposindhuli121@gmail.com
@)	lhNnf xhfs sfofho, wglff)\$!-\$@)!^@	dhanushapost@gmail.com
@!	lhNnf xhfs sfofho, dxfo/L)\$\$-%@))\$)	postof cemahot ari@gmail.com
@@	lhNnf xhfs sfofho, bfjvfv)\$(-\$@)!!*)%^-%(\$#^!)%^-%(%%#)	dolakhapostof ce45500@gmail.com
@#	lhNnf xhfs sfofho, lrtjg)%^-%(\$#^!)%^-%(%%#)	chitwan.postof ce@gmail.com
@\$	lhNnf xhfs sfofho, af/f)%#-%%))\$%	barahulak@gmail.com
@%	lhNnf xhfs sfofho, k; f{)%!-%@#%@(postof.parsa@gmail.com
@^	lhNnf xhfs sfofho, dsjfgk/)%&-#@)###)%&-#@!&#@	dpo.makwanpoor@gmail.com
@&	lhNnf xhfs sfofho, /fjx6)%-%@)!&\$	dporautahat7@gmail.com
@*	lhNnf xhfs sfofho, /; jf)!)-%\$)!\$%	postof ce45000@gmail.com
@(lhNnf xhfs sfofho, gjfsf)!)-%^))(%	npobidur@gmail.com

l; =g=	laj /Of	knfj gBj /	Odih
#)	lhNnf xhfs sfofho, wflb ^a)!)-%@)!!\$	dpodhading123@gmail.com
#!	lhNnf xhfs sfofho, l; Gwknrf\$)!!-^@)!!^	dposindhu@gmail.com
#@	lhNnf xhfs sfofho, sfejknf-rf\$)!!-\$()!&	dpokavre11@gmail.com
##	lhNnf xhfs sfofho, nlnrk/)!-%%@@)#\$	postof_celtp@gmail.com
#\$	lhNnf xhfs sfofho, eQmk/)!-^^!\$!%#	dprobkt@gmail.com
##%	uf7j f/f xhfs sfofho, l8Nnlahf/, sf7df8f)-)!-\$\$\$#()()!-\$\$\$@(!@\$	administration@gpo.gov.np
#^	xhfs lgbzgfno, kfjv/f, sf: sl)^!-\$%^^^%)^!-\$%^@#%	hulakpaschimanchal@gmail.com
#&	lhNnf xhfs sfofho, :of ^a hf)^#-\$@!)#)^#-\$@%)#	syangjapostof_ce@gmail.com
#*	lhNnf xhfs sfofho, ndh ^a)^^-%@)!!#	postlamjung@gmail.com
#(lhNnf xhfs sfofho, uf7vf)^\$-\$@)!!@	postof_cegorkha@gmail.com
\$)	lhNnf xhfs sfofho, dgf ^a)^^-\$@)#%	dpomanang@gmail.com
\$!	lhNnf xhfs sfofho, tgxf)^%-%^#)!!#	tanahunhulak@gmail.com
\$@	lhNnf xhfs sfofho, d: tf ^a)^(-\$\$))@@	dpomustang2@gmail.com
\$#	lhNnf xhfs sfofho, DoflJbl)^(-%@)@@@	districtpostof_ce33200@gmail.com
\$\$	lhNnf xhfs sfofho, afln ^a)^*-%@)!%()^*-%@)!%#	baglung.dpo@gmail.com
\$\$%	lhNnf xhfs sfofho, kjf)^&-\$@)!)*	info.parbatpost@gmail.com
\$^	lhNnf xhfs sfofho, c3fvfirl)&&-\$@)!)*	dpoarg077@gmail.com
\$&	lhNnf xhfs sfofho, uNdl)&(-%@)!*@	dpostgulmi@gmail.com
\$*	lhNnf xhfs sfofho, knkf)&%-%@)!\$^	dpostpalpa@gmail.com
\$(lhNnf xhfs sfofho, gjnk/f; l)&*-%@)!#!)&*-%@)!\$!	dpost.parasi@gmail.com
%)	lhNnf xhfs sfofho, slkna: t')&^-%@)!(#	nepal.dpo.kapilvastu@gmail.com
%!	lhNnf xhfs sfofho, ?kGbxl)&!-%&)!^()&!-%&)!^#	dporup.32900@gmail.com
%@	lhNnf xhfs sfofho, ?sd)**-%#)!@#	postalof_cerukum@gmail.com
%#	lhNnf xhfs sfofho, /f7kf)**^-\$@)!@\$	dporolpaa@gmail.com
\$\$%	lhNnf xhfs sfofho, ko7fg)**^-\$@)))^	pyuthandpo@gmail.com
%%	lhNnf xhfs sfofho, ; Nofg)**-%@)!!	dposn11@gmail.com
%^	lhNnf xhfs sfofho, bf ^a)*-%^))@\$	dpodang22400@gmail.com
%&	xhfs lgbzgfno, ; Vt)*#-%@)!&%)*#-%@##()	postalotr234@gmail.com
%*	lhNnf xhfs sfofho, bhjv)*(-\$@)%*\$	dpo.dailekh089420149@gmail.com
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l; =g=	laj /Of	knfj gBj /	Odlj
^)	lhNnf xhfs sfofho, alb6f)*\$-\$@)!!*	dpobardiya118@gmail.com
^!	lhNnf xhfs sfofho, affs])*!-%@)%/#	dpobanke123@gmail.com
^@	lhNnf xhfs sfofho, xDnf)*&-^*)!^	bishnubudha@gmail.com
^#	lhNnf xhfs sfofho, hDnf)*&-)%@)%^	postof_cejumla026@gmail.com
^\$	lhNnf xhfs sfofho, du')*&-^\$))\$%	dpomugu1935@gmail.com
^%	lhNnf xhfs sfofho, 8fjlf)*&-)%@)%&%	dpo550075@gmail.com
^^	lhNnf xhfs sfofho, sflnsf6)*&-\$\$!)(\$	dpo.kalikot72@gmail.com
^&	lhNnf xhfs sfofho, aenf ^a)(@-\$@)!%@	jihuka.bajhang@gmail.com
^*	lhNnf xhfs sfofho, afh'/f)(&-%\$!)\$^	bajuradpo@gmail.com
^(xhfs lgbzgfno, 8f6l)(-\$-\$)!\$(\$	fvrpddipayalpost@gmail.com
&)	lhNnf xhfs sfofho, c5fd)(&-^@)!^^(dpoachham5@gmail.com
&!	lhNnf xhfs sfofho, s6fnl)(!-%@)!%@	dpokailali2071@gmail.com
&@	lhNnf xhfs sfofho, bfnhf)(#-\$@)!@	dpodarchula518@gmail.com
&#	lhNnf xhfs sfofho, j68l)(%-%@)!#*	baitadipost138@gmail.com
&\$	lhNnf xhfs sfofho, 88hw'/f)(^-\$@)!\$!	ddlhulak@gmail.com
&%	lhNnf xhfs sfofho, s-rgk'/){(-%@)!\$^ {(-%@)&&(\$	dpokanchanpur10400@yahoo.com
&^	s6bbp wgf6z sfofho, aa/dxn)!-%#@&%\$@)!-%#@)!^	dhanadeshnp@gmail.com
&&	uf6j/f xhfs sfofho, k6f; g zfvf)!-\$!@(@\$)!-\$!#@*(!	generalpostof_cenepal01@gmail.com
&*	lkmf6jns tyf xhfs l6s6 Loj:yfkg sfofho, aa/dxn)!-\$@!\$!*(%	tcket.mgmt12@gmail.com
&(lkmf6jns tyf xhfs l6s6 Loj:yfkg sfofho, l8Nnlahf/)!-%&!#*@@)!-%#\$^%#	ppsmoworkshopnepal@gmail.com
*)	xhfs k6zlf0f s6b, aa/dxn)!-%#^@&&))!-%#^@%&()!-%#^#!!@	hulakprashikshan@gmail.com
*!	xhfs ; jf ljefu aa/dxn		hulaksewabivag013@gmail.com
*@	xhfs ; jf ljefu -k6f; g zfvf_ aa/dxn)!-%#@\$!!^	admin@postalservice.gov.np
*#	xhfs ; jf ljefu -k6f; g zfvf_ aa/dxn)!-%#@\$!!&	Nepalpost.hulak@gmail.com
*\$	xhfs ; jf ljefu -offhgf zfvf_ aa/dxn		psdyojana@gmail.com