

/fli6@ hgu0fgf @)%* cg; f/ du/ hg; Vof / du/efiflsf]l:yt1

8f-sz/ hE a/fn

!= ; Gbe{

gkfnsf cflbj f; L hghfltx? dW0]du/ hflt Ps xf]. du/x? gkfnsf]&% lhNnfd}
a; f]f; ub{cfPsf 5g\ du/x?sf]j :tl gkfndf dfq l; ldt 5g . laziif u/} l; lSsd /
ebfgdf klg du/x? w} ; do cuf18 b]v a:b}cfPsf 5g\ . o; n]ydf hgu0fgf @)%*
cg; f/ >l % sf] ; /sf/, s]Gbb tYofI ljefun] k\$zfzdf NofPsf] tYofI sf] cfwf/df
gkfndf du/x?sf] hg; Vof / du/efiflx?sf] laZn]f0f ug] kof; ul/Psf] 5 . of] n]y
gkfn du/ ; B, s]Gbb ; ldtnf0{ du/ ; dfhdf ; fdfhs kl/j tG Nofpgsf] nflu
cfjZos sfoqmd thdf u/L sfof]og ug{clt pkof]ul xg ; Sb5 . t; y{ ; j {fwf/Of
du/x?nf0{gkfndf du/x?sf]hg; Vof / du/efifl ; DalGw hfgsf/L lbg] gkfn du/ ; B
s]Gbb ; ldt / lhNnf ; ldtnf0 ; fdfhs ; wf/ / du/efiff ; DalGw sfoqmdsf]/Ofglit
tof/ ug{k[7kf]fs lbg]x]h]of]n]y tof/ ul/Psf] 5 . dnf0{nfU5 o; n]ydf ePsf
tYofI / ; 'emfj x? du/ ; W- s]Gbb ; ldt / lhNnf ; ldtx?-nf0{cfkmg] sfoqmdsf]
/Ofglit tof/ ug{ / ; j {fwf/Ofnf0{gkfndf du/x?sf]hg; Vof / du/efiflx?sf]lj t/Of
; DalGw hfgsf/L lngsf]nflu pkof]ul xg5 .

of]clWog gkfn clw/fhosf uf=j = / gu/kfinsfx?sf]hft, efiif / wd{; DalGw
>l % sf] ; /sf/, tYofI laefun]k\$flzt u/\$f]tYofI df cfwf]/t 5 . kfF}lj sf; lfgsf]
hg; Vof-sh hg; Vof / du/x?sf]hg; Vof-tfnsf !! af6 / dft[efiif ; DalGw tYofI
tfnsf !@ af6 lgsflnPsf] 5 . oxF lb0Psf]/ >l % sf] ; /sf/n]k\$flzt u/\$f]lhNnf
cg; f/sf] hguu0fgf kl]tj b]gdf lbPsf] gkfnsf] sh hg; Vof / du/x?sf]hg; Vof /
du/ efiflx?sf]hg; Vofdf s]xL tn dfly xg ; Sb5 . s]xL lhNnfx?-; Vt, sflnsf, du;
hDnf, afh'/f / 8f]kf-sf] k/} uf=j =; x?sf] tYofI pknAw gePsf]h] o:tf] km/s xg
cfPsf]xf]. o; f]eP tfklg du/ hg; Vofsf]lj t/Of ; DalGw tYofI df eg]vf; }km/s k/\$f]
b]vbg . To:t} u/L zx/L hg; Vofdf %* j6f gu/kfinsfx?sf] hg; Vofnf0{ ; dfj z
ul/Psf] 5 . laleGg lhNnfsf] uff=j =; = / gu/kfinsfx?sf] tYofI nf0{ sDKoB/df /fvl
cfE8fsf]kzfv]g ul/Psf]h]kzfv]g klqomfdf uNtl xg klg ; S5g\ s; h]o:tf uNtlx?
c]Vof0 lbg'ePdf d cfef/L xg5' .

@= du/x?sf]lfg]ut hg; Vofsf]lj t/Of

dfly pNny ul/P cg; f/ gkfndf du/x? &% lhNnfd g}a; f]f; ub{cfPsf 5g\
. o; f]ePtfklg du/ hg; Vofsf]lj t/Of c; dfg lsl; dn]ePsf]kf0G5 -lhNnf cg; f/sf]
du/x? / du/efiflx?sf]hg; Vof kl/lzi6 ! df lb0Psf] 5 . gkfnsf]% lj sf; lfg-
k]f{rn, dWodf-rn, klZrdf-rn, dWoklZrdf-rn / ; b' klZrdf-rn-df a; f]f; ug]
du/x?sf]hg; Vof tfnsf ! df lb0Psf]5 .

gkfndf du/x? hg; Vofsf] lx; fj n] t] f] :yfgdf kg] hflt xf] . b]zsf] sh
hg; Vofsf] =&) & U du/x? 5g\ . lj sf; lfgsf] lx; fj n] ; j }eGbf a9L du/ hg; Vof
ePsf]lfg] klZrdf-rn xf]. o; lfgdf sh hg; Vofsf]!^-\$#U hlt hg; Vof du/x?sf]

¹ Published in *Armitma* published by Nepal Magar Sangha, District Committee, Kaski , Falgun 2060.

5 . o; Ifqdf gkfndf j ; fjf; u/\$f du/x? dWo] sl/j cfwcflw hlt du/x?sf] j ; fjf; 5 . klZrdf-rnsf tlg c-rnx?-u08sl, wfjflu/L / nldj gl- dWo] nldagl c-rndf o; Ifqsf]sh du/ hg; Vofsf]sl/j %#Ü du/x?sf]a; fjf; ePsf]kf0G5 . o; c-rnsf] du/ hg; Vof #,((#)\$ 5 . of] c-rnsf] sh hg; Vofsf] !%=*Ü xg cfp5 . ljzjf u/} kfnkf, gjnk/f; L / ?kGb}L lhNnfd du/x?sf]j :tl a9L kf0G5 . pknAw tYofl cg; f/ nldagl c-rnsf ^ lhNnfx?-kfnkf, ?kGb}L, gjnk/f; L, slknj :t; uNdL / c3f{frl-dWo] kfnkf lhNnfd dfq du/x?sf] afxNotf /x\$} kf0G5 . o; c-rndf du/x?sf] ; j}egbf sd hg; Vof slknj :tdf ePsf]kf0G5 . o; lhNnfd lhNnfsf]sh hg; Vofsf]@Ü dfq du/ hg; Vof ePsf]b]V65 . To:t} u/L u08sl c-rndf du/x?sf] hg; Vof @,!!,#@\$ 5 . of] hg; Vof c-rnsf] sh hg; Vofsf] !\$=@@Ü xg cfp5 . of] c-rnsf] ^ lhNnfx?-tgxF uf}vf, nDhE, :ofEhf, sf:sl, / dgfE- dWo] ; a}egbf a9L du/ hg; Vof ePsf]lhNnf tgxFxf]. o; lhNnfd du/ hg; Vof *\$,##@ 5 . of] hg; Vof lhNnfsf] sh hg; Vofsf]@^&% xg cfp5 . du/ hg; Vofsf]lx; fj n]tgxFkl5 :ofEhf, clg uf}vf, sf:sl, nDhE / dgfE cfp5 . o; c-rndf du/x?sf]afxNotf sg}lhNnfd klg 5g .

tlnsf !Mlj sf; Ifq cg; f/ du/ hg; Vof lj t/Of lj=lf}	sh hg; Vof du/ hg; Vof	sh hg; Vofdf du/ hg; Vof kltzt	sh du/ hg; Vofdf du/ hg; Vof kltzt	
!-k}f{rn	%@&\$##)@	!&^#%)	#=#\$!)=(&
@=dWodf-rn	&(%@#!	@\$*&\$%	#=#	!%=\$&
#=klZrdf-rn	\$%^(!)\$	&%)*%!	!^=\$#	\$^=^(
\$=dWoklZrdf-rn	@&)(^*&	#(!%\$)	!\$=\$%	@\$=#%
%=: b}klZrdf-rn	@!&(%)*	\$@!!)	!=(#	@=%#
sh hg; Vof	@@^*\$*(@	!^)*#!	&=(!))

; f}Mkl/zi6 ! .

wfjflu/L c-rndf c-rnsf] sh hg; Vofsf]lx; fj lsf]n] klZrdf-rn lj sf; Ifqdf kg[# c-rn dWo] ; a}egbf a9L kltzt du/ hg; Vof ePsf]c-rn xf]. o; c-rndf du/ hg; Vof !,\$),@@# 5 . of]c-rnsf]sh hg; Vofsf]@%=@!Ü xg cfp5 . o; c-rnsf rf/ lhNnfx?-d:tfE, Dofubl, kj t / afunE-df sg}lhNnfd klg du/x?sf]afxNotf 5g . lhNnfsf]sh hg; Vofsf]lx; fj n]Dofubldf ; j}egbf a9L du/x? ePsf]kf0G5 . o; lhNnfd lhNnfsf]sh hg; Vofsf]sl/j \$@Ü hg; Vof du/ 5 . t/ du/ hg; Vofsf]lx; fj n]x}f{afunE lhNnfd ; j}egbf a9L du/x? ePsf]b]V65 . o; lhNnfd du/ hg; Vof &\$,%%) 5 . of] ; Vof lhNnfsf]sh hg; Vofsf]@*Ü xg cfp5 eg] c-rnsf] sh du/ hg; Vofsf] % # Ü xg cfp5 . kj t / d:tfE lhNnfd eg] du/x?sf]hg; Vof guGo dfqdf 5 . d:tfEdf lhNnfsf] sh hg; Vofsf] ^Ü / kj tdf !!Ü dfq du/ hg; Vof ePsf]b]V65 .

klZrdf-rn kl5 du/x?sf]hg; Vofsf] b[6sf0fn]bf] f]:yfgdf dWo]klZrdf-rn
lj sf; lfg cfp5 . tflnsf ! df lbP cg; f/ o; lfgsf]du/sf]shhg; Vof #,(!,%\$) 5
. du/sf]hg; Vof o; lfgsf] sh hg; Vofsf] !\$=\$%Ü 5 . o; lfgsf] du/ hg; Vof
gkfn]sf] shdu/ hg; Vofsf] @\$=#%Ü xg cfp5 . o; lfgsf] !% lhNnfx? dWo] sg}
lhNnfd klg du/x?sf]afxNotf ePsf]b]vbg . o; lfgsf]sh du/ hg; Vof dWo]^*Ü
/fktl c-rndf, #!Ü e]L c-rndf / !Ü dfq soffnl c-rndf ePsf] b]vG5 . /fktl
c-rnsf]sh hg; Vofsf]@#-%#Ü hg; Vof du/ 5 . t/ e]L c-rnsf]xsdf eg]du/
hg; Vof *^&Ü dfq 5 . soffnl c-rndf eg]du/ hg; Vof sl/j @Ü dfq 5 . /fktl
c-rnsf % lhNnfx?~ko7fg, /f]kf, ?sd, ; Nofg / bfE~dWo] /f]kf / ko7fgdf a9L
du/x? 5g\ . ol lhNnfx? dWo]; j}eGbf du/ hg; Vof ePsf]lhNnf /f]kf x] hxf sh
hg; Vofsf] \$\$Ü hg; Vof du/ 5 . /fktl c-rnsf] sh du/hg; Vofsf] #=\$%Ü
hg; Vof /f]kf lhNnfd ePsf]b]vG5 . /f]kf lhNnf kl5 du/x?sf]hg; Vof qmDzMKo7fg,
bfE / ?sddf ePsf]b]vG5 . ko7fg lhNnfsf]sh hg; Vofsf]#)=^%Ü hg; Vof du/x?sf]
5 eg] bfE lhNnfd du/x?sf]hg; Vof lhNnfsf]sh hg; Vofsf]!@Ü ePsf]b]vG5 .
; Nofg lhNnfd eg]lhNnfsf]sh hg; Vofsf] thgdf du/x?sf]hg; Vof bfE lhNnfd
eGbf a9L ePsf]b]vG5 .

e]L c-rnsf % lhNnfx?~afs] alb6f, ; v[, b]v / hfh/sf6~ dWo]du/x?sf]
a; f]f; vf; }; v[lhNnfd dfq ePsf]b]vG5 . o; lhNnfd lhNnfsf]sh hg; Vofdf
@)=^#Ü hg; Vof du/ ePsf]b]vG5 . e]Lsf] t/f0 lhNnf~afE] / alb6f~x?df du/x?sf]
hg; Vof vf; } ePsf] b]vbg . kxf8L lhNnf hfh/sf6df klg sh hg; Vofsf] *^ (Ü
hg; Vof du/ ePsf]b]vG5 . soffnl c-rnsf % lhNnfx?~8f]kf, hDnf, sflnsf6, du' /
xDnf~dWo] 8f]kf lhNnfd afx\$ c? lhNnfd du/x?sf]hg; Vof guGo dfqdf /x\$]
kf0G5 . 8f]kf lhNnfd klg laz]f u/] ; xtf/fsf6, nfjOf, Inv;" lqk'/fsf6 uf=j=; x?df
dfq du/x? ePsf] b]vG5 . hDnf lhNnfsf] \$ uf=j=; ~rGbggy, sbf/L, dxtufP
tftf]kgl~df !)% hgf du/ ePsf]b]vG5 . sflnsf6, hDnf / du'df dfc]f] flaf6 k6f]j t
lhNnfx? ePsf]h] ; j} uf=j=; sf] tYofI >L % sf] ; /sf/n] k\$flzt u/\$] 5g .
sflnsf6sf]pknAw # j 6f uf=j=; =sf] tYofI cg; f/ b0 uf=j=; df du/x? ePsf]b]vG5
. To:t}du' lhNnfsf]pknAw ! (uf=j=; sf] tYofI cg; f/ >lgU/ / ; vfl9s uf=j=; =df
dfq du/ a:tl ePsf]b]vG5 . ol b0{uf=j=; df du/ hg; Vof hDdf %% 5 . To:t}u/L
xDnf lhNnfd klg du/x?sf]hg; Vof gfd dfqsf] 5 . o; lhNnfsf]@& uf=j=; = dWo]
sflnsf / :ofbdf dfq du/x? ePsf]b]vG5 . ol b0{uf=j=; df du/ hg; Vof hDdf (\$
5 .

du/ hg; Vofsf] lx; fjn]dWo]klZrdf-rn kl5 dWo]df-rn cfpb5 . o; lj sf;
lfgdf sh hg; Vofsf] #=#Ü du/ hg; Vof 5 . o; lj sf; lfgdf kg[# c-rnx?~
hgsk/, gf/of0l / afudtl~ dWo]lj z]f u/] afudtl c-rndf du/x?sf]hg; Vof a9L
ePsf]b]vG5 . o; c-rndf o; lfgsf]sh du/ hg; Vofsf]sl/j \$%Ü du/x? j; \$]
kf0G5 . o; c-rnsf] * lhNnfx?~l; GwnfGrf\$, sfe]nfGrf\$, sf7df08f} e0mk/,
nlntk/, gj'fsf6, /; j'f / wflwE ~ dWo]sf7df08f}/ wflwE lhNnfd a9L du/x? ePsf]
b]vG5 . sf7df08f}df lj z]f u/] a; f0{; /] zx/L jftf/0fdf a:g ?rfpg]wgl du/x?sf]/
Plss/0fsf]; dodf ; gdf sfo{t ; lgs du/x?sf]j; f]f; kf0G5 . c? lhNnfd h:t}
o; lhNnfsf cflbjf; Lsf]?kdf du/x? Hofb}sd kf0G5 . wflwE lhNnfd eg]du/x?
ToxfE cflbjf; Lsf]?kdf g}j; f]f; ub}cfPsf 5g\ ol b0 lhNnfn] dfq o; c-rnsf]

sh du/ hg; Vofsf]^!Ü cfu6\$F\$. c? lhNnfd du/x?sf]j ; f]f; vf; }ePsf]b]VbG

hgsk/ c-rndf sh hg; Vofsf]sl/j \$Ü hg; Vof du/sf] 5 . dWodf-rnsf] sh du/ hg; Vofsf]sl/j #(Ü hg; Vof o; c-rnn]cfu6\$F\$. o; c-rnsf] ^ lhNnfx?-wglff, dxQ/L, ; nfxL, l; GwhL, /fd\$fk / bfhvf-dWol; GwhL / /fd\$fkdf a9L du/x? ePsf] b]V65 . ol] b0 lhNnfsf du/ hg; Vofn] o; c-rnsf] sh du/ hg; Vofsf]sl/j ^%Ü hg; Vof cfu6\$F] 5 . kxf8L lhNnf bfhvdf eg]du/x?sf]j:tl guGo dfqdf ePsf]b]V65 . o; c-rnsf]t/f0sf # lhNnfx?-wglff, dxQ/L / ; nfxL-dWol dxQ/L / ; nfxL lhNnfd thgf]ds ?kdf du/x?sf]j:tl a9L ePsf]kf0G5 . t/wglff lhNnfd eg]du/ hg; Vof Hofb}sd ePsf]b]V65 .

gf/fo0fl c-rndf eg] du/x?sf] j:tl Hofb}sd 5 . o; c-rnsf] sh hg; Vofsf]sl/j @Ü dfq du/ hg; Vof ePsf]b]V65 . cf]bjf; lsf] ?kdf dsjfgk/ lhNnfd dfq du/x? ePsf]b]V65 eg]kl5 kxf8L lhNnfaf6 a; f0 ; /] a; f]f; ub} cfPsf du/x?sf] hg; Vof lrtjgdf a9L dfqdf b]V65 . o; c-rnsf]t/f0sf # lhNnfx?-f]xt, j f/ / k; f{df eg]du/x?sf] hg; Vof guGo dfqdf 5 . o; c-rnsf] du/ hg; Vofn]dWodf-rnsf]du/x?sf]sh hg; Vofsf]@)Ü dfq cfu6\$F] 5 . k]f{rnsf] sh hg; Vofsf]##\$Ü hg; Vof du/ 5 . of] hg; Vof b}zsf] sh du/ hg; Vofsf]sl/j !!Ü xg cfp5 . o; lqdf kg]d]L, sfzl / ; u/dfyf c-rnx?df qmdzM du/ hg; Vof ##,*^^, ^@(\$ (/ &(%#% 5 . c-rnsf]sh hg; Vofsf]thgdf ol c-rnx?df du/ hg; Vof qmdzM @-&!Ü, @-(Ü / \$-%(Ü 5 . d]L c-rnsf \$ lhNnfx?-tfkn]E, kfFy/, Onfd / eifkf-dWol]eifkf / Onfddf du/ hg; Vof a9L 5 . ol lhNnfx?df du/x?sf] hg; Vof qmdzM !#,%& / !@,&! (5 . tfkn]E lhNnfd eg] du/x?sf]hg; Vof guGo dfqdf 5 .

To:t}u/L sfzl c-rnsf ^ lhNnfx?-df]E, wgs\$F, ; g; /L, t}yD, ; F]f; ef, / ef]hk/- dWol df]E / wgs\$fdf du/x?sf] hg; Vof a9L 5 . o; c-rnsf] kxf8L lhNnfx?-ef]hk/, t}yD / ; F]f; ef-df eg] du/ hg; Vof guGo dfqdf 5 . ol lhNnfx?df du/hg; Vof lhNnfsf] sh hg; Vofsf]qmdzM \$Ü, #Ü / @Ü dfq 5 . o; c-rndf kg]uf-lj =; =x?sf] hg; Vofsf]lj Znif0fn] du/x?sf] j ; f0{/f0hfltx? ; E Hofb}sd ePsf]b]V65 .

; u/dfyfsf ^ lhNnfx?-; f]hVda," cf]yn9E]f, vf}fE, pbok/, ; kt/L / l; /xf-dWol]pbk/df dfq du/hg; Vof a9L ePsf]b]V65 . o; lhNnfd lhNnfsf]sh hg; Vofsf] !\$Ü du/x? 5g\ o; lhNnfsf du/x?sf]hg; Vof c-rnsf]du/x?sf]sh hg; Vofsf] %)Ü xg cfp5 . o; c-rnsf t/f0sf lhNnfx?-; kt/L / l; /xf-df / lxdfnl lhNnf ; f]hVd]df eg] du/x?sf] hg; Vof guGo dfq 5 . cf]yn9E]f lhNnfd klg du/x?sf] hg; Vof pbok/nf0{5f\$} c? lhNnfx?sf]thgdf a9L 5 .

; b/kIzrdf-rndf du/x?sf]hg; Vof Hofb}sd 5 . o; lqsf] sh hg; Vofsf] !=*^Ü dfq du/ hg; Vof ePsf]b]V65 . sh du/ hg; Vofsf]@-%#Ü du/x? dfq o; lqdf j ; f]f; u/\$f]b]V65 . dxfsnldf eGbf ; jL c-rndf thgf]ds ?kdf a9L du/x? 5g\ dxfsnl c-rnsf]s-rgk/ / 88]hw/f lhNnfd dfq du/x?sf]clnsit j:tl ePsf] b]V65 eg] a}8L / bfr]fdf du/x?sf] j:tl kfo ; Go g} 5 . a}8lsf]bz/yrGb| gu/kflnsf, l]fn\$, gfu/hg, ; /dfnl, lzjgy, lz4k/, lz4Zj / / pbob] uf-lj =; -df

dfq gu6o dfqdf du/x? 5g\ bfr{hfsf]ufshzj / uf-lj=; =, z1/k/ / ps"uf-lj=; =df
dfq du/x? 5g\

; tl c-rnsf]shfnl / 8f6L lhNnfx?df dfq du/x? 5g\ shfnl lhNnfsf]sh
hg; Vofsf]#=#Ü du/ hg; Vof 5 eg]8f6L lhNnfd f @-&(Ü dfq du/ hg; Vof ePsf]
>L % sf]; /sf/sf]tYofIn]b]vfp5 . afh/f / aemfE lhNnfd eg]du/x? 5g g}eg]
x65 . afh/f lhNnfd du/ hg; Vof hDdf @@(5 eg]aemfEdf \$^ dfq 5 . afh/fsf]aw'
afxlj ;] sf]6L, shb}pd8f} df/68L, kg8/; f0{ / tfrh]b]n uf-lj=; =x?df dfq gu6o
dfqdf du/x?sf]j :tl 5 . To:t]u/L aemfEsf]e]j gfy, lv/ftf8L, dh]a; f6L, l/7fk\$
; 6s8f / :of6bl uf-lj=; =x?df dfq du/x?sf]j ; f]f; ePsf]b]v65 .

zx/L] sh hg; Vofsf] \$=!^ Ü dfq du/ hg; Vof ePsf]b]v65 . zx/L hg; Vof
klg klZrdf-rndf g]a9L ePsf]b]v65 . sh zx/L du/ hg; Vofsf]sl/j \$) Ü o;
lasf; lfgdf slgbt ePsf]b]v65 . ljzif u/] abjn, e}xjf, kfy/f, jflnE / :ofEhf,
tfg; gdf / afunEdf du/x? slgbt ePsf]b]v65 . tflnsf @ df lb0Psf]cfE8fn]
zx/L lfgdf a:g]du/x? sd dfqdf du/ efiiff af]g]u/\$]s/f b]vfp5 . ; du|?kdf \$&
Ü du/x? du/efiiff af]g]ub5g\t/ zx/df a:g]#&Ü du/x? dfq du/ efiiff af]g]u/\$]
pknAw tYofIn]b]vfp5 . o; af6 clwsfE lzllft / wgl du/x?n]lz4f6tdf dfq du/
efiiff af]g' kb5 e6g]t/ Joj xf/df gafh]sf]tYo :ki6 x65.

tflnsf @ Mlj sf; lfg cg' f/ zx/L lfgdf du/ hg; Vof / du/efiflx?sf] lj t/Of
lj=lfz sh zx/L du/ hg; Vof - du/ efifl du/ efifl
hg; Vof kl|zt_ hg; Vofsf] kl|zt

	hg; Vof	kl zt_	hg; Vofsf]	kl zt
!k]f-rn	^@\$^!)	!%#^* -@=\$^_	()@	%*=%*
@=dWodf-rn	!^)%@^\$	\$#!* -@&!_	!#*^%	#!=*^
#klZrdf-rn	%@)*@^	!)-\$@_	!(\$\$%	#%=*@
\$=dWoklZrdf-rn	@#!#&%	!*)\$& -&=*_	%^#@	#!=@!
%=; b'klZrdf-rn	@\$%*)\$	#!@* -!=@&_	!&* \$	%&=#
sh hg; Vof	#@@&* &(\$=!^_	\$(&@*	#&=)!

; f]M kl/lzi6 ! .

#=du/ efiflx?sf]l: ytl

du/efiiff @ k\$ f/sf 5g\ kfnkf, :ofEhf nufot klZdf-rnsf du/x? af]g]du/
efiiff / /f]kf, ?sd, afunEsf]lg; L / ehL, / 8f]kfsf] ; xtf/fsf6sf du/x? af]g]du/
efiiff . klxnf]vfn]du/ efiiff ef6adhl efiiff kl/j f/ leq kb5 eg]bf] f]vfn]efiiff lAatl
efiiff kl/j f/df kb5 . klxnf]vfn]efiiffnf0{afx|du/fEel efiiff / bf] f]vfn]nf0{c7f/ du/fEel
efiiff elg65 . c7f/ du/fEel efiiff klg vfd / sf0s]u/L b0 k\$ f/sf 5g\ . xfn sf0s]
efiiff 8f]kf lhNnfsf] ; xtf/fsf6sf du/x? dfq af]g]ub5g\ of]efiiffsf efiflx?sf] ; Vof
hDdf &(! Dffq 5 . /fli60 hgu0fgf @)%* df sf0s] efiiffnf0{ 5\$} efiiffsf] ?kdf
b]vf0Psf]h] >L % sf] ; /sf/n]of] efiiffnf0{ du/ efiiffsf] ?kdf df6otf lbPsf] 5g e6g]

alen65 . vfd efiiffnf0{klg du/ efiiffsf]?kdf wj}kl5 dfq -dnf0{nfU5 b0 j if{hlt
 dfq eof] >L % sf] ; /sf/n]dfGottf lbPsf]xf]. lj zjf u/ /f]kf, ?sd, ; Nofg, 8f]kf,
 afunE vfd du/ efiiffsf]lf] xf]. /fktl c-rn o; efiiflx?sf]afxNof ePsf]c-rn xf].
 o; afx\$ cG0 lhNnfx? / l; lSsd, e6fg / ef/tsf sxl :yfgx? h:tf]v:ofE df afx
 du/ftl efiiflx? 5g\ lj sf; lf] cg; f/ du/efiiflx?sf]lj t/Of tflnsf # df lb0Psf\$.

tflnsf # Mlj sf; lf] cg; f/ du/efiiflx?sf] lj t/Of

lj=lf]	du/ hg; Vof	du/ efiif hg; Vof	du/ efiif kl]tzt
!k]f-rn	!&^#%)	!#&\$%\$	&&=(\$
@=dWof-rn	@\$*&\$%	!)#(\$#	\$!-&(
#klZrdf-rn	&%) *%!	#(((%^	%#=@&
\$=dWofklZrdf-rn	#(!%\$)	(*&@*	@%-@@
%=; b/klZrdf-rn	\$)^\$%	@)^@*	%)=&%
sh hg; Vof	!^)*#!	&^)&)(\$&#)

; f]Mkl/Izi6 ! .

Tflnsf # df lb0Psf] tVofIn]clwsfE du/x? du/efiif af]bgg\eg]s/f :kki6
 kfb5 . kjf{rnsf clwsfE du/x? du/efiif af]g]u/\$]kf0G5 . kjf{rnsf]!^ lhNnf
 dWof]tkn]hE / ; f]hVad]f afx\$ c? lhNnfsf clwsfE du/x? du/efiif af]g]ub5g\
 o; lf]sf du/x? cfkm]f]efiif / ; Fs[t ; DalGw a9L ; r] b]V65 / klZrdsf]thgdf
 lj b]zg]kyf klg sd kf0G5 . dWof-rnsf]!(lhNnfx? dWof]; j}eGbf a9L du/efiif
 gaf]g] du/x? afudtl c-rndf ePsf] b]V65 . o; c-rnsf]; j}lhNnfsf clwsE
 du/x? du/ efiif af]bgg\ . sh du/ hg; Vofsf]@%Ü du/x?n]dfq du/efiif af]h\$]
 kf0G5 . hgsk/ c-rnsf clwsfE du/x? du/ efiif af]g]ub5g\ o; c-rnsf ^ j6f
 lhNnfx? dWof]bf]hvfdf afx\$ c? lhNnfsf clwsfE du/x? du/efiif af]h\$]kf0G5 .
 gf/o0fl c-rndf klg af/fdf afx\$ c? lhNnfsf clwsfE du/x? du/efiif af]g]ub5g .
 af/f lhNnfd] eg]sh du/ hg; Vofsf]%^Ü du/x? cfkm]f]efiif af]g]u/\$]kf0G5 .

klZrdf-rn lf] hxfFsl/j clw/fHosf]cfwf hlt du/x? a:b5g\df clwsfE
 du/x? du/ efiif af]g]u/\$]kf0P tklg sl/j \$&Ü du/x?n]du/efiif af]h\$]kf0b5g .
 laz]f u/ u08sl c-rnsf]sf:sl / uf]vf, wf]flu/L c-rnsf]; j}h; f]lhNnfx?df /
 n]Dagl c-rnsf]uNdL, c3f\frL, slknj:t' / ?kGb]lsf clwsfE du/x? du/efiif
 af]bgg\ o; df klg du/ efiif Hofb}sd af]g]lhNnfx?df d':tfE, DofUbl, afunE, sf:sl,
 uNdL, c3f\frL, slknj:t' / ?kGb]l kb5g\
 ; j}eGbf sd du/ efiif af]g]du/x? /x\$]lj sf; lf] eg\$]dWofklZrdf-rn xf]

. sh du/ hg; Vofsf]sl/j @%Ü du/x? dfq du/ efiif af]g]u/\$]tVofIn]b]fp5 .
 /fktl c-rnsf sh du/x? dWof]@\$=#(Ü n]dfq du/ efiif af]h\$]b]V65 . laz]f u/ ;
 Nofg, bfE / ko7fg lhNnfsf clwsfE du/x? efiif af]h\$]kf0b5g . To:t}u/L e]L
 c-rnsf clwsfE du/x? klg du/efiif af]h\$]kf0b5g . t/ s0ffl c-rnsf du/x? eg]
 clwsfE ?kdf cfkm]f]efiif af]h\$]kli6 /fli60 hgu0fgf @)%* n]u/\$]5 . ; b/
 klZrdf-rnsf sh du/ hg; Vof dWof]sl/j %!Ü du/x? cfkm]f]dft]efiif af]g]ub5g\
 ; j}eGbf sd du/ efiif af]g]du/x? /x\$]lj sf; lf] eg\$]dWofklZrdf-rn xf]

aemfE, Afh/f, a}8L / bfrhfd du/efiflx? 5gg\ 8fL, s}hfnl, / b8}hw/ssf clwsfE
du/x? du/efiff af}g]u/}f]tYof}n]b}vp5 .

\$= du/x?sf]hg; Vofsf]; Gbedf @)%* ; fnsf]/fli60 hgu0fgfsf]; ldlff
g}kfndf afxg, l}qL / du/x?sf]y/ sl/j Pp6}ePsf]/ du/x? hgu0fgf ; DalGw
sd ; r} ePsf]h]sXof}du/x?nf0{afxg / l}qLdf u0fgf ug]; E}j gf k}z:t 5 . To; h}
d}f]b}i6sf0}df du/x?sf]hg; Vof oyftdf >l % sf]; /sf/, tYofl laefun]lbPsf]eGbf
lglZrt ?kdf a9L xg' kb5 . To:t}u/L du/efiflx?sf]tYofl klg st}a9L / st}sd
b}vG5 . h:t}f] kfNkfsf s}xl uf=j=; = hxf du/ efiff gj f}g] du/ g} kf0b0 To:tf
uf=j=; =x?df du/ efiff gj f}g] du/x?sf]tYofl kf0G5 . To:t}u/L DofUbl / afunEsf
sXof}uf=j=; =sf du/efiff ; DalGw tYofl ; xl gePsf] b}vG5 . h:t}f] DofUbl lhNnfsf
b/afE, blj :yfg, lzvf uf=j=; =sf du/efiflx?sf] ; Vof k}ofpg ; lsb0 . To; h}
clw/fHosf du/x?n]cfk}nf]lhNnfsf du/ ; DalGw tYofl slQsf]; xl 5 To; sf]dNof}g
u/L cfk}nf]lhNnfsf du/x?sf] ; xl tYofl}sf]cfsng ug{cfjZos 5 . st}st}du/
efiff ghfg} klg du/x?n]du/ efiff hfg}f]eg} eg}f]/ st}hfg} klg ghfg}f]eg}f]
tYo d kl/lrt lhNnfsf uf=j=; =x?sf]tYof}n]:ki6 kf/}f]5 .

%= c}tdf
sl/j cfwf hlt g}kfn clw/fHosf du/x? klZdf-rndf a:g]ub5g\ o; l}q ; E
hf}8Psf]dWo klZrdf-rnsf] du/ hg; Vofnf0{ ; dfj } ug]xf]eg] sl/j &!U du/x?
klZrdf-rn / dWo}klZrdf-rndf a; f}f; u/}f] b}vG5 . ol l}qsf c-rnx?-nlDagl,
u08sl, wf}nflu/L, /f}tL / e}L-g} du/fE l}q xg . o; l}qsf] du/x?sf] ; du} ?kdf
cfly\$, ; fdf}hs, / /fhg}ts ?kdf lj sf; gxbf ; Dd g}kfnsf du/x?sf]/ o; l}qsf]g}
lj sf; xg ; Dej 50 . t; y{g}kfn du/ ; Bn}oyftdf cfd du/x?nf0{ r} ug]xf]eg]
o; sf]sfo}md ; DalGw /ofgltdf kl/j t0 ug}{kb5 . ; j}kyd t du/x?sf]hg; Vofsf]
lj t/0fn] g}kfn du/ ; Bsf] s}b0 sfo}no sf7df08f} ge0{ klZrdf-rnsf] kfNkf, jf
:ofEhf jf tgx}f /fvg' kb5 . d}f]lj rf/df du/x?sf]; fdf}hs ; wf/ / dft}efiff ; DalGw
hgr}gf / lj sf; sf]nflu s}b}lj Gb}sf] ?kdf kfNkfnf0{dfgl Toxf}f6 ; fdf}hs ; wf/
cfGbf}hg / efiff lasf; sf sfo}mdx?nf0{du/ ; Bn}cuf}8 a9fpg' kb5 . ; B ; Bsf]
g}t}j sf] ; lj wfsf]nflu dfq xf]eg] du/ ; Bsf]sfo}md zx/L Onfsf / ; lj wf kl}f]
lhNnf / ufpF7fp}df dfq s}b}t ug}{kb5 . xf}0g eg]du/ ; Bsf]sfo}mdnf0{ ; 3g ?kdf
du/ hg; Vofsf]3g}j ePsf]lhNnf / l}qdf s}b}t ub}hfg' kb5 .

kl/lzi6 !							
hgu0fgf @)%* cg; f/ gkfn df du/x?sf]hg; Wof							
lj sf; lfq	c-rn	lhlnf	sh uf=lj =;	du/ ePsf] uf=lj =;	sh hg; Wof	du/ hg; Wof	du/efifl ; Wof
!-kj f{rn	!-djrl	!-tfkn]hE	50	15	133,727	1,270	539
		@-kfry/	41	31	201,729	6,370	6,025
		#= Onfd	49	46	281,678	12,719	9,189
		\$=emkf	49	46	632,177	13,507	8,101
		hDdf	189	138	1,249,311	33,866	23,854
	@-sfzl	!= df]E	66	54	842,507	22,240	18,061
		@=; g; /l	52	32	623,226	8,741	6,607
		#=wgs\$	36	32	165,069	16,094	14,722
		\$=txyd	32	16	113,061	2,427	2,288
		%=; f; j f; ef	34	17	159,007	5,006	3,902
		^=ef]hk/	63	37	202,576	8,441	6,258
		hDdf	283	188	2,105,446	62,949	51,838
	#=; u/dfyf	!=; fhvDa"	34	21	107,211	4,917	598
		@= cf]yn9Ef	56	44	155,255	15,775	12,157
		#=v]ofE	76	47	230,898	9,849	7,729
		\$=pbok/	45	45	286,683	39,651	34,458
		%=; kt/l	115	20	569,812	2,328	1,541
		^=; /xf	108	21	569,686	7,015	5,279
		hDdf	434	198	1,919,545	79,535	61,762
hDdf			906	524	5,274,302	176,350	137,454
@= d]wodf-rn	!-hgsk/	!=wg]ff	102	22	670,825	2,894	5,450
		@=dx]Q/l	77	14	552,892	14,115	11,604
		#= ; nfxl	100	29	635,667	14,280	7,477
		\$=; Gwhl	54	53	276,941	39,656	23,022
		%=/fd\$fk	55	50	214,824	23,474	14,756
		^=bf]hvf	49	28	173,581	3,477	689
		hDdf	437	196	2,524,730	97,896	62,998
	@=afudtl	!=; Gw]n]grf]s	78	49	293,083	4,479	133
		@=sfe/]n]grf]s	90	60	383,389	13,354	1,878
		#=n]ntk/	42	28	344,109	11,416	3,337
		\$=eQmk/	18	16	224,503	3,571	728
		%=sf7df08f]r	59	49	1,063,721	33,495	11,177
		^=gj fsf]p	62	35	282,887	6,405	355
		&=; j f	18	8	43,906	507	66
		*=w]lbE	50	46	337,478	28,613	8,045
		hDdf	417	291	2,973,076	101,840	25,719

kl/lzi6 ! qmDzM

lj sf; lfq	c~rn	lhNnf	sh uf=j ; =	du/ ePsf] uf=j ; =	sh hg; Vof	du/ hg; Vof	Du/efifl ; Vof
	#=gf/fo0fl	!=dsj fgk/	45	41	392,604	17,939	3,390
		@= /f;x6	97	11	540,981	3,994	695
		#=af/f	98	17	553,562	5,346	3,053
		\$=k; f{	83	16	495,380	2,087	861
		%=r tj g	39	39	472,048	19,643	7,227
		hDdf	362	124	2,454,575	49,009	15,226
hDdf			1,216	611	7,952,381	248,745	103,943
#= klZrdf-rn	!=u08sl	!=ufj\vf	67	46	288,134	32,662	13,465
		@=nDhE	61	38	177,149	3,595	1,865
		#= tgxF	47	47	315,237	84,332	67,723
		\$=:ofEhf	62	53	315,321	67,140	53,226
		%=sf:sl	45	38	380,527	23,509	6,273
		^=dgfE	13	5	9,587	86	44
		hDdf	295	227	1,485,955	211,324	142,596
	@=wfjflu/L	!=d: tfE	16	13	14,981	934	156
		@= Dofubl	40	40	114,447	47,820	16,986
		#=kj t	55	44	157,826	16,919	8,742
		\$=afunE	60	60	268,937	74,550	21,364
		hDdf	171	157	556,191	140,223	47,248
	#=nDagl	!=uNdl	79	73	296,654	59,166	9,745
		@=kfnkf	66	66	268,558	136,750	88,906
		#=gj nk/f; L	74	62	562,870	96,874	80,071
		\$=?kgb\l	71	43	708,419	62,200	23,565
		%=sikna: t'	78	32	481,976	10,241	2,892
		^=c3f\frl	42	39	208,391	34,073	4,933
		hDdf	410	315	2,526,868	399,304	210,112
hDdf			876	699	4,569,014	750,851	399,956
\$=dllokIzrdf~rn	!=/fktl	!= ko7fg	49	49	212,484	65,123	5,530
		@=/fj\kf	51	51	210,004	91,936	38,155
		#= ?sd	43	40	188,438	43,621	13,489
		\$=: Nofg	19	18	60,643	10,445	27
		%=bfE	41	41	462,380	55,711	7,873
		hDdf	203	199	1,133,949	266,836	65,074
	@=e]l	!=afs]	47	38	385,840	20,905	5,635
		@= alb0f	32	32	382,649	10,767	2,793
		#=: v t	48	48	269,870	55,668	15,588
		\$=b\j\y	56	35	225,201	22,222	4,158
		%=hfh/sf0	30	26	134,868	11,721	1,213
		hDdf	213	179	1,398,428	121,283	29,387

		kl/lzi6 ! qmDzM					
lj sf; lfq	c-rn	lhNnf	sh uf=lj =; =	du/ ePsf] uf=lj =; =	sh hg; Vof	du/ hg; Vof	du/efifl ; Vof
	#=s0ffql	!-8f]kf	18	16	22,071	2,810	3,958
		@-hDnf	28	4	69,226	105	-
		#=sf]nsfØ	3	2	11,510	357	309
		\$-du'	18	2	31,465	55	-
		%=xDnf	27	2	43,038	94	-
		hDdf	94	26	177,310	3,421	4,267
hDdf			510	404	2,709,687	391,540	98,728
%=; b/-klZrdf-rn	! =; jL	! = afh/f	27	6	97,581	229	77
		@=aemfE	47	6	168,975	46	-
		#= cf5fd	75	18	228,852	94	-
		\$=8fØL	51	18	207,066	5,785	3,587
		%=s]fnl	44	42	616,727	23,613	12,487
		hDdf	244	90	1,319,201	29,767	16,151
		! =sgrgk/	20	17	377,899	6,998	2,585
	@=dxfsfnl	@= b8]hw/f	21	11	126,162	3,652	1,892
		#=a]8L	63	22	234,418	174	-
		\$=bfrhf	41	3	121,828	54	-
		hDdf	145	53	860,307	10,878	4,477
hDdf			389	143	2,179,508	40,645	20,628

His Majesty's Government of Nepal, National Planning Commission Secretariat, Central Bureau of Statistics and UNFPA. *Population of Nepal: Village Development Committee/Municipalities, Population Census 2001-Selected Tables on Caste/Ethnicity, Mother Tongue.*

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