

कृषि प्रविधि संग्रह - ८



नेपाल सरकार
नेपाल कृषि अनुसन्धान परिषद्

सिंहदरवार प्लाजा, काठमाण्डौ

वैशाख, २०७३



S[if klj lw ; uX-\$

; DkfbS d08n

8f= o1 k| fb lu/L

8f= wJ /fh e\$ /f0{

8f= afns[0f hfzL

>L k\$Fz kg?

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gkfn S[if cg'; Gwfg kl/ifb\

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; lx p4/0f M

o1 k| fb lu/L, w| /fh e\$/f0{ afns[0f hfzL, k\$Fz kg], th; L kf8h, cfzf /fodferL
/ lj j \$; fksf0f . ; DkfbS . @)&# . slif klj lw ; uX-\$, g|kfn s[if cg'; Gwfg kl/ifb\

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kf]6 aS; M %\$%(, sf7df08f}

knf0 M)! \$@^@\$ \$)

^ofS; M)! \$@^@@%))

0djh M chdnarc@ntc.net.np

j 0; f06 M www.narc.gov.np

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k\$Fzg j if{ M @)&#

; j fkwsf/ M g|kfn s[if cg'; Gwfg kl/ifb

dGtJo

cg; Gwfg dfkmf s[if lfqdf Jofkt ; d:ofx?sf]lg/fs/ofsf nflu klj lw lj sf; sf]lhDd] f/L kfPsf] gkfn s[if cg; Gwfg kl/ibh]olx j } fv @% ut]cf^gf]:yfkgsf]/ht dxf]; j dgfpB}5 . o; cj lwdf kl/ibh]lj sf; u/\$f lj leGg j fnlgfnl tyf kzkHfLsf pGgt hft÷gZn tyf klj lwx? s[fsx?dfem nf\$lkp ; d: e0{ s\$ f 5g . ol hft÷gZn tyf klj lwx?sf]kpfun]gkfnsf]vfB ; %Iff, ul/jl Golgs/of nufot ; du|cfly\$ lj sf; df pNn]yglo ofubfg k\$ofPsf]tYo lj leGg cWbogx?n]b]fPsf 5g .

kl/ibh]f/l lj sfz ul/Psf afnl tyf afuj fglhGo hftx?sf]pGdf]g klqmf ; :yfut lx; fan] :yflkt e0{ s\$ f]5 . tyfkl cGo klj lwsf]pGdf]g / l; kmf/; klqmf xfn; Dd klG cfkrf]/s e0{ ; s\$ f]5g . s[if klj lw pGdf]g / l; kmf/; sfo] lw lgdfuf ug\$ f nflu u7g ul/Psf]sldl6n]kz u/\$f]; hmfj cg; f/ kl/ibh]l56g]klj lw pGdf]g / l; kmf/; sfo{ ; ? ug[sfof]hgf j gfPsf]5 . pQm sfo{cf/De gxBf ; Ddsf]nflu cl3Nnf]cfly\$ j ifdf ; DkGg cg; Gwfg kl/of]hgfsf glthfdf cfwf]/t s[if klj wx?nf0{x/\$ j if{s[if klj lw ; uksf]?kdf k\$ fzg ug[cj wf/Off j df]hd o; j if{ kl/ibh]pQm ; uksf]rfyf]cs k\$ fzg ug{nfu\$ f d cToGt}xlif t 5' . of]; uxdf lj z]f u/L s[fs ; dbfo, s[if k] f/ tyf lj sf; sdl{Pj d\s[if pBdlsf nflu pkof]ul xgd]f d lj Zj :t 5' .

of]; u* tof/ ug\$ f nflu cxd\eldsf lgj fx ug{ePsf kl/ibh]sf j fnl tyf j fuj fgl lgbZs 8f= o1 k] fb lu/L nufot ; DkfbS d08nsf ; b:ob? 8f= w] /fh e\$/f0{ 8f=afns[Of hfZL, >l k\$ fZ kgP, >l cfzf /fodfem, >l thzl k] fb kf8h, >l lj j \$; fksfBf / >l laZj De/ dfg l; *a:g] Pj -o; ; uxdf ; dfj Z ul/Psf klj lwsf n]ysx?nf0{xflb\$ wGoj fb JoQm ug{rfxG5' .

; fy}kl/ibh]sf]/ht dxf]; j sf]ze-cj ; /df ; d:t s[fs ; dbfo, s[if pBdL, s[if sdlx? Pj d\ kl/ibh]kl/j f/df xflb\$ ze-sfdgf JoQm ub\$' .

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sfo\$ f/L lgbZs

j Zfv, @)&#

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Ij ifo ÷ klj lw	kh g+
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@= cGg tyf bnxg afnl	@
@=! c?0f-\$ ds\$]v]L klj lw	@
@=@ 5?j f wfg v]L klj lw	%
@=# ux\$]gofFhft 8f\$]/ v]L klj lw	*
@=\$ ux\$]gofFhft ltnfQdfs]v]L klj lw	!!
@=% pv\$]knf; L af]/sf]Aoj :yfg klj lw	!\$
@=^ sl6 gfzs lj iffb]sf]cj z]f hfF ug{klj lw	!&
@=& 8afg lfg]sf]nflu pkoQm wfgsf]hftx? / v]t klj lw	@)
@=* lj ifbl /lxt ds}e08f/0f klj lw	@#
@=(d\$]/f0hlo d 9; lsf]kpf]af6 vd\$]/sf]lgoGq0f klj lw	@^
@=!) uxFafnl df yfag]emf/sf]Aoj :yfg klj lw	@*
@=!! wfg afnl df kmfhl sl/f Aoj :yfg klj lw	#)
@=!@ :yfol 8afE klj lw	##
@=!# d; 7f\$]:6dkmf0nd 89]f /f] / Joj :yfg klj lw	^#
@=!\$ /fdk/ xfo]a\$-@ ds\$]v]L ug{klj lw	#(
@=!% /fli60 lhg a\$M ; of]aif{ Dd lapx? ; Af0f ugX; lsg]klalw	\$@
@=!^ 6k0sf\$dfaf6 wfgsf]agf{pkrf/ klj lw	\$%
#= afuj fgl	\$*
#=! sf7df8f]/ftf]; nudsf]hftlo u0f / v]L klj lw	\$*
#=@ knfli6s 6df agf{pTkfbg klj lw	%@
#=# kf]f0foQm km knN; fsf]v]L klj lw	%%
#=\$ cb]f e08f/0f klj lw	%&
#=% skmlsf]; j]f]uj f/f]Joj :yfg klj lw	^)
#=^ skmlsf]:j :y agf{pTkfbg klj lw	^!
#=& cb]fsf]Sof08L j gfpg]klj lw	^%
#=* sfutlsf l; kmf/; hftx?sf]hftlo u0fx? / Joj ; flos v]L klj lw	^&

#=(cufkgs lsalkm v}l klj lw	&#
#=!)	Pl; og gf:fkftlsf]kf]6xfe]6 klj lw	&^
#=!!	j df} dl ; okql kmhM snslQof cf]hsf]v}l klj lw	*!

\$= kzkfng		*\$
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\$=!	u]guf]8 j l; d v}l klj lw	*\$
\$=@	glGbgL h}3fF v}l klj lw	*^
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\$=\$	cd]twf/f h}3fF v}l klj lw	()
\$=%	sv'/fsf]cfxf/f nfut Golgs/0f klj lw	(@
\$=^	pGgt awj f afv] kfng klj lw	(\$
\$&	uf0{e}l df pGgt cxf/ Aoj :yfkG klj lw	(%
\$=*	au/sf nflu hd/f 3fF klj lw	(&

%= df5fkfng		((
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%=!	; 3g dT:okfngdf j fo'k] fxoGq -P/P6/_ klj lw	((
%=@	ubl{df5fsf e'/f x\$fpG]klj lw	!)!
%=#	df5fdf nflg]cfu]f]; ; /f]usf]/f\$yfd tyf pkrf/ klj lw	!)@

!=k[7e8l

lgj f{x dvl s[if k0ffnlnf0{cfwlgsls/0f tyf Joj ; fols/0f ug{bžsf]j tdfg cfj Zostf xf].
gkfnl s[if cfh hllj sfkfhgsl; fwg dfq geP/ pBdls/0ftkm{cuf18 al9/xžf]5 . cfh xfdl
sof}oj f ls; fgx?n]; lldt ; fwgaf6 klq wž}cf0bfgl lng]k0f; ul//xžf 5g\ t/ gfkmdhs
s[if Joj ; fosf]nflu dxTj k0f{s/f egžf]klj lw xf]. cfwlgs s[if klj lw dfly s[fsf]kxF
:yflkt geP; Dd o; lfgsf]bluf]lj sf; sf]sNkgf klq ug{; lsb0 . olg}tYox?nf0{dWogh/
/fVb}kl/ifb0]lj sl; t u/žf dxTj k0f{klj lw x?sf]kxF ; /fžf/j fnfx? ; dl f k0fpg]p2žon]s[if
klj lw ; 0k k:ts kšflzt ug[ul/Psf]5 .

gkfn s[if cg; Gwfg kl/ifb0]lj sf; u/žf klj lw x?nf0{x/ž j if{kšflzt u/L cf^gf ; j fufxlx?
; dl f k0fpg]l; nl; nfd f of]s[if klj lw ; 0k-\$ oxfK?sf]xftdf 5 . dhTmax; Wos gkfnl
s[fsx?nf0{nllft u/L o; ; 0kdf ; /n gkfnl efiffdf nVpsf kl/kSj klj lw x?n]dfq :yfg
kfPsf 5g\ o; df afnl la1fg; E ; DalGwt !^ j 6f, afuj fgl; E ; Dj lGwt !! j 6f, kz'lj 1fg; E
; DalGwt * j 6f / df5f; E ; DalGwt # j 6f u/L hDdf #* klj lw x? ; dfj ž ul/Psf 5g\

gkfn s[if cg; Gwfg kl/ifb0]lj sf; u/žf ; fduLx? k0m c0hl efiffdf kšflzt ug[k0ng
ePsf]h]; fdf0 ; flf/ s[fsx?n]kl/ifb0]lj sf; u/žf klj lw x?sf]j f/0f hfgsf/L lng Jofj xfl/s
gePsf]ugf; f]cf0{xžf]; Gb0df of]s[if klj lw ; 0ksf]kšfzgsf]z?j ft ul/Psf]lyof]. h; sf]
; sf/flDs klts0fx? k0t xg]u/žf 5g\ of]; 0kdf ; dfj ž ul/Psf klj lw x?nf0{; se/ ; /n tyf
afhLrnlsl]efiffdf nVg]/ 5l/tf]tl/sfn]k]t't ug[k0f; ul/Psf]5 . ; fy)o; ; 0kdf kšflzt
klj lw x?sf]j f/0f lj :t0 hfgsf/L rfxg]kf7sx?sf]nflu x/ž klj lwsf]c0todf klj lw lj sf; df
k0l0f ?kn]; 0lg ; :yf / JolQmsf]; Dks{70ufg klq pNnV ul/Psf]5 . o; ; 0kn]klj lwsf]
af/0f uxg hfgsf/L lng rfxg]kf7ssf lh1f; fnf0{klq ; DafWg ug[5 eGg]cfzf /flvPsf]5 .

xfn; Dd sg}klq ; /fžf/j fnfn]kl/ifb0]lj sf; u/ž k7fPsf klj lw ckgeP/ v0lubf{s}s:tf
; sf/flDs j f gsf/flDs kl/0ffdx? k0t eP eGg]cflwsf/Ls / k0f0ft tYox?sf]klts0fx?
kf0Psf]50 . t; y{s0tldf s[if klj lwsf]k]f/ ug[kleef/f lnPsf ; /sf/L j f už; /sf/L
lgsfox?n]o; kl:tsfdf kšflzt ePsf klj lw x?sf]Joj xfl/s klfsf]s[fs:t/df k0f0ls/0f
u/L k0f0ft kltlqmf k7f0{; xofu ug[s/fdf Wofg hfg]5 eGg]cfzf ul/Psf]5 . h; n]
ubf{klj lw x?nf0{kl/:st ub0n0fg]cj ; / k0t xg0 . oxfKkšflzt klj lw x?sf]k0fun]
gkfnl s[fsf]cfly\$:t/ p7fpg ; xofu ku0f kl/ifb0]of]k0f; ; fy\$ xg0 .

@cGg tyf bnxg afnl

@ c?0f-\$ ds\$]v]l klj lw

c?0f-\$ ds\$] hft t/f0{ leql dwz
/ kxf8sf] jzl tyf 6f/ lfqsf] nflu
l; kmfl/; ePsf] 5 . of] hft hf8f] tyf
udl{xfj fkgldf /fd] xG5 . lj =; #@)^
; fndf of] gkfndf Nof0Bf j f o; nf0{
lj sf; ubf{o; sf] kfSg] ; do, la?j fsf]
k\$ f/, bfgsf] k\$ f/ cflb u0fx?df w}]
lj lj wtf ePsf] /fdk/df Ps j if{ cw{
k} \$ 5gf k0ffnlaf/f 5gf rqm kf/ u/L
gkfnsf]:yfglo hft; E qm u/L c?0f-\$



c?0f-\$ ds\$]3f]uf

hftsf]ds}lj sf; ul/Psf]xf]. xfn; Dd l; kmfl/; ul/Psf rfB}kfSg]hftx? h:t}of]klg sd
; dodf kfSg]/ xf]f]hft xf].

c?0f-\$ sf]bfgf xNsf kx]hf]w}]h; f]kl6 xG5 . o; sf]prf0{!\$) blv @)) ; B6ld6/ xG5 /
7fpFxl of]!)) blv !!% lbgdf kfS5 . o; sf]pTkfbg lfdtf #-% blv \$-% 6g kl't x\$6/ 5 .
of] ; j]/f] ; xg ; Sg] 3f]uf ; fgf] bfgfx? 6Dd ldn] 3f]ufsf]6Kkf; Dd bfgf nflu] a9L dn
vkt u/L :yfglo ds}eGbf w}]kmNg] /f]g] ; do eGbf l9nf]klg nufpg ; lsg] cl; h-t 6f/
v]df klg nufpg ; lsg] lj leGg 3Dtl afnl k0ffnlaf ; xfp]af] xf]f]xg] sd 9Ng]cflb
u0fx?sf]ePsf]hft xf].

जमिनको तयारी

gkfnsf] ; j {fwf/0f s[fsn] hldgsf] tof/L u/] cg' f/ g}o; hftnf0{klg hldgsf] tof/L
ul/G5 . vf; u/L @:# hf]f0{ug\$ f; fy}ln8sf]nufpg] 8Nnf kmf]sfd ugfh]df6f]aa]fpBf]
xG5 / alp /fd] E pldG5 .

बीउ दर

/fd]pdf/ zlQm ePsf]-*% kl'tzt eGbf a9L alp / hldgdf pkoQm lr:ofg ePdf kl't /f]gl
! lsnf]ufd cyff kl't x\$6/ @) lsnf]ufd eP kl5 . t/ ; w}pkoQm j ftfj /0f g/xg]xBf @) blv
#) lsnf]ufd alp kl't x\$6/ kpfu ug{pkoQm xG5 . z?df afSnf]5/L kl5 a9L ePsf la?j f pv]h

uf0{e}Lnf0{v}fpg]rng klg ePsfh]alpsf]b/ sxl a9l k|tfj ul/Psf]xf]. sl/fn]la?j f sf6g] 8Nnf dlg k/ alp gpldg]lr:ofg sd eP/ alp sd pldg]cflb hf]vdaf6 ; d] aRg ls; fgx?sf]l; kmf/z eGb a9l alp nufpg]kfrng 5 .

लगाउने तरिका

Ps l; of]la/f0{xnfsf]k5fl8 Ps xftsf]km/sdf /f]g' kb5 . ; fwf/0ftof Ps /f]gldf #,) && afb / Ps x\$6/df sl/a ^),,)) b]v ^@,)) afb ePdf clwstd pTkfbg lng ; ls65 . of] rf8}kfSg]hft ePsfh]Ps nx/ b]v csf]nx/ ^% ; j6ld6/ / Ps afb]v csf]afbsf]b/l @% ; j6ld6/ sfod u/l ^!,^#* afb ; wof sfod u/df cem]a9l pTkfbg xfl; n ug{; ls65 .

मलखाद

dhtM dnvfb slt rfx65 eG]s/f hlufsf]dlnnf]kg / dnvfb]pknAwtfdf e/ kb5 . sd dlnnf]hlufdf a9l dn kof]v ug{kb5 . ; fwf/0ftof /fd] E slxPsf]uf] / jf sDkf]6 dn Ps x\$6/sf]nflu !% b]v @) 6g kof]v ug{pkoQm x65 . sDkf]6 dnsf]pknAwtf 5 eg] of]dfqf eGb a9l klg kof]v ug{; ls65 . sDkf]6 dn a9l xfn]df o; n]sg}gf\$; fgl ubg . sDkf]6 dn hldgsf]tof/L ubf{g}xfnl hf] k}kb5 . dn 5/L ghf]L ; sfpgfn]dndf /x\$fvfBt]j x?sf]gf\$; fgl x65 . /f; folgs dnsf]xsdf gf06hng, km:kmf]; / kf}f; ^, #, @-@% lsnf] ufd kl]t /f]glsf b/n]lbgfn]of]hftn]/fd]pTkfbg lb65 . /fd]uf] / dn jf sDkf]6 dn a9l dfqdf kof]v u/\$f]v08df ! lsnf]u]d gf06hng]dfq 6k 8k E u/df klg /fd]pTkfbg lb65 .

सिंचाई

of]hftsf]ds}cfsfz]kfglsf]e/df ; kmntf] \$ v]L ug{; ls65 . l; #f0{; ljwf ePsf]lf]df ds}nufP b]v eRg]ahf ; Dddf # k6s l; #f0{lb}g' kb5 . klxnf]l; #f0{klxnf]uf\$f0df, bf}f] l; #f0{wfgrd/f lg:sg]ahf / t}f]l; #f0{bfgf kf}fpg]ahf lb}g' kb5 .

रोग

kftdf nflg]pQ/L / blif0f kft 89]f /f] (Northern and Southern leaf blight) dVo /f]x? xg\ of]hftn]sxl xb; Dd pQ/L kft 89]f (Turcicum Leaf Blight) /f] ; xg ; S5 . cGo /f]x? h:tf]l; b/] sef]of dBlh, sfnf]kf\$]cflbsf]of]hftdf lolt ; d:of 5g .

कीरा

c?0f-\$ nf0{uj f/f]; xg ; Sg]hftsf]?kdf lng]ul/65 . vd\$sl/f, kb sf6g]sl/f, wfu]sl/fsf] lgoGq0fsf]nflu dnflyog whf] -!) kl]tzt_ !) b]v !% lsnf]u]d kl]t x\$6/sf b/n] 5g{ kb5 . e08f/df nflg]sl/fsf]nflu ; l8 algdf ; jkm; rSslsf]kof]v ug{kb5 . Pp6f alg -! b]v @ Sj l66n_ df Ps rSsl /fvl xfj f gl5g]u/L agb ug{kb5 . 3f]fx?df 3/ kf]g]rgfsf]whf] @% ufd kl]t !)) 3f]fsf b/n]5gfh]3gsf]gf\$; fglnf0{sd ug{; ls65 .

गोडमेल

cGo ds\$ef] hftnf0{h:t}of] hftnf0{klg b0{uf\$fo\$ef] cfj Zostf kb\$. klxnf] uf\$fo{ds} pd\$ef]@ b]v # xktf leq u/l ; Sg' kb\$. klxnf] uf\$fo{; dodf ePg eg]ds\$ef]pTkfbgdf w]} lft xG5 . bf}f]uf\$fo\$ef]; dodf ps}f lb0G5 . ps}f lbg]sfo{klxnf]uf\$fo{u/\$f]# b]v \$ xktf kl5 ul/G5 . o; ; dodf ds}kfpM 38f; Dd j f ; f]egbf cUnf]ePsf]xG5 .

मकै भाँच्ने

ds\$ef]vf]6f km; f]e0{; Sof]eg]ds}kfs\$ef]yxf xG5 . slxn]sfRl cGo sf/0fn]klg vf]6f ; Sg] xbf ds\$ef]bfgf pksf0{vf}fdf ufl8g]efu lt/ sf}bf0{x}bf{sfnf]kq b]vPdf ds}kfs\$ef]lgIzrt xG5 . ; fwf/0ftof ds\$ef]bfgsf]lr:ofg #) kl}tzt eGbf sd ePkl5 ds}efRg pkoQm xG5 .

भण्डारण

ds}hf0{hlt; Sbf]a9L 3fddf ; sf0{ e08f/0f ug{kb\$. e08f/0f ug\$ef] lgldQ ds\$ef] bfgfdf !@ b]v !\$ kl}tzt lr:ofgdf xg'kb\$. lr:ofg a9L ePsf]ds}e08f/0f ugfh]a9L 3g sl/f nllg] slxg] tyf alp gpldg]; d:of xG5 .



c?0f-\$ ds\$ef]af}

विस्तृत जानकारीको लागि

/fli60 ds\$efnl cg'; Gwfg sfoQmd, /fdk', lrtj g

lrq axfb/ sj+/

Kmfqg)%^-*!))!÷(*\$%)%@!&&

Odjh nmrp2012@gmail.com, chitra2058@yahoo.com

5?j f wfg v]l klj lw

gkfnf wfg v]l ul/g] sh lfkmsf] s/lj ()Ü df lxNofP/ /fkf0{ul/G5 . gkfnf] v]l kffnl dG; gl j ifff cfwfl/t /x\$]/ hnj fo'kl/j tGsf sf/Of xfn\$ j ifx?df dG; gsf]z?j ft l9nf]u/L xg]qmd a9h}uPsf]xgfn]wfg /fkg]; do klG Hofb}l9nf]xg]u/\$]5 . o; n]wfgsf] pTkfbgsf ; fy}; du|j fnl kffnldfg}gsf/fltds c; / kf/\$]; Gbehf0{dlWogh/ ub]gkfn s]lf cg'; Gwfg kl/ibh}lj sNksf]?kdf 5?j f wfg v]l klj lwsf]lj sf; u/\$]5 . 5?j f wfg v]l ug]cfhf/ -lh/f]l6n l; 8 l8h, enf/kft Joj :yfkG, pGgt hft, pkoQm nufpg]; do, dnvfb cflbsf]pkoQm kpfu ug{; lSPsf]v08df of]klj lwáf/f pTkfbg nfut sd u/L wfgsf]pTkfbg a9fpg ; lS65 .

छरवा धान खेती प्रविधिबाट हुने फाईदाहरु

- /fkf0{ul/g] wfg v]lsf] thgdf @%-#)Ü >d zlQm sd nllb5 .
- df6f] lxNofpg gkg] ePsf]h] nueu @)Ü kfgl j r t xgsf ; fy}; hf0{sd ugk5{.
- l; 8l8h dlzgsf] kpfu ubf{ sl/a \$-% 306fdf ! x\$6/ hldgdf alp 5g{; lS65 .
- dlxfnx?nf0{lxnfdf nfd] ; do; Dd lgx/] /fkf0{ubf{ :j f:Yo kg{ ; Sg] kl'tsh c; / Golgs/Of ug{; lS65 .
- /fkf0{u/\$]wfg eGbf 5?j f wfg &-!) lbg l56f]kfSb5 .



dlzga6 nuf0Psf]5?j f wfg -bfofE / /fkf0{ul/Psf]wfg -afofE

बीउ छर्ने समय र तरीका

dWo kxf8df h] dlxgfsf]klxfn]xktfdf ko{t lr:ofg ePsf]hlufdf #)-#% lsnf]ld alp kl't x\$6/sf]b/n]l; w}5?j f, xnf\$]k5fl8 j f l; 8l8h dl; gaf6 5g{; lS65 . xnf\$]k5fl8 j f l; 8l8h af6 5/\$]wfgdf ufBd]h ug{; lhnf]xG5 . alp @-# ; lG6ld6/ ulx/f0{df6f]df /fkg' kb5 . wfg 5/\$]@-# xktf leq vfnl 7fpFb]vPdf afSnf]agf{ePsf]7fpāf6 pv]hl vfnl 7fpāf ; fg{; lS65 .

मलखाद व्यवस्थापन

5?j f wfgnf0{df6f\$}p] {fzIQm/ hftsf] cfwf/df !)) -!@) Isnf]ufd gf06hgh, \$) Isnf]ufd km:kmf]; / #) Isnf] uf]d kf]f]; od kl]t x\$6/ cyft Ps /f]kgldf !)-!# Isnf]ufd ol/of, \$ Isnf] uf]d l8-P=kl / @=% Isnf]ufd kf]f]; sf b/n]xf]Ng' kb5 . ol/of afx\$sf c6o ; a} dn alp /f]g]a]hfd x]f]Ng' kb5 . ol/of rfo]gh l; 8l8n]hft\$}f]hldgdf alp 5b}u/\$f]. dnnf0{tlg efu u/L uff] x]f]Ng z? xg] kmh kmNg' cl3 / kmh km\$}f]a]hfd kof]u ug{kb5 .



जात

5?j f wfg v]l klj lwsf nflu kxf8df vdn-\$, vdn-* / vdn-!) / t/f0\$}nflu ; Vvf wfg-!, ; Vvf wfg-@, ; Vvf wfg-#, t/x/f-!, xlb]fy-@, 3df-@, /fwf-\$ / laGbZj/L pkoQm xG5g\

भारपात व्यवस्थापन

5?j f wfgsf]; km p]kfbg]nflu emf/kft Aoj :yfkG ; a]Gb 7hf]rgf]L xf]. 5?j f wfgdf emf/kftsf]c]olws k\$fk xg]ePsf]; dod}lgoGqof gug]xf]eg]wfgsf]p]kfbgdf zt kl]tzt ; Dd lft ePsf]kf0Psf]5 .

5?j f wfg v]ldf ; d:ofsf]?kdf b]vg]kd]v emf/x?df uGw] k6k6] lel/wL, n\$, n8] sf8] sfG] eLw/fh, lrtnf]n]p, baf] aG; f]; fdf, sf] 3f\$G; f] dfy] lem?j f, ; 0/]0Tofb xg\ uf\$dhaf6 emf/sf] Aoj :yfkG ug{ ; Dej gePsf] cj :yfdf emf/ dfg] l] iffblsf] kof]uaf6 lgoGqof ug{ ; lG5 . 5?j f wfgdf emf/kftsf]Aoj :yfkG lgDg cg' f/sf]sfd ; dodf g]ug{clt cfj Zos 5 .

भारपात व्यवस्थापन तरिका

!_ wfgdf emf/sf alp ldl; Psf]eP /f]g' cufl8 lgsfNg].

@_ wfg 5/\$f]@%-#) lbgleq klxnf]uf\$0{ug]/ emf/kft a9L b]vPdf bf}f]uf\$0{ug{pkoQm xG5 .

#_ wfg 5/l ; skl5 k/fnnf0{5fkf\$?kdf kpfu ugfn]z?df cfpg]emf/x? sd xg\$; fy}
df6f]f Ir:ofg sfod /x65 .

\$_ 5?jf wfg / 9]f\$]ldl>t v]l u/\$]cj:yfdf emf/kftsf]k\$fk sd xg]/ #%-)\$) lbgdf
emf/gfzs lj iffbl @,\$-8l kpfu ubf{ 9]f; E}c6o emf/kftx? klg db5gV 9]fn]dnst]
klg sfd ub5 .

%_ wfg 5/\$f]@-# lbg leq j f wfg / emf/ pdg' cufl8 k]8ldyflng !=) lsnf]ld ; lqmo
lj iffbl -P=cf0{ kl't x\$6/sf b/n]#%)-\$)) ln6/ kfgldf 3fh agf0{5gI. emf/gfzs lj iffbl
kpfu ubf{df6f]f Ir:ofg xg'h?/L 5 . olb emf/kftsf]k\$fk a9l ePdf wfg 5/\$f]@) lbg
kl5 lj ; kf0{LAofs (!)Ü) @% uf]d P=cf0€ kl't x\$6/sf b/n]5gI.

विस्तृत जानकारीको लागि

afnl la1fg dxzfxf, vdn6f/, nlnrk/

krf]g)!-%%@!!^(

0djh agronomydivision@gmail.com

@# ux\$]gof'hft 8fkm]/ v]l klj lw

cGt/f[60 ds}tyf uxFcg; Gwfg s[baf6 kft
ux\$] hft 8fkm] lj =; # @)^% b]v @)^& ; Dd
g[knsf lj leGg kxf8L s[if cg; Gwfg
s[bx? tyf s[ssf]v] af/Ldf ul/Psf lj leGg
kl/lf0fx?df of]hft kxf8sf]nflu pTs[6 b]vg
cfPsf] pGdf]g ul/Psf]xf]. of]hftdf kx]f]
l; Gb/]v]f]; Gb/] sfnf]; Gb/]ohl ((_ cj /f]v
u0f kf0Psf]5 . j tGfg cj :ydf sfnf]; Gb/]sf]
cfudg cuj }kz: t cj /f]v hftx?sf]lj sf; ug]qmdf o; hftnf0{pGdf]g u/l kxf8L lf]sf
nflu l; kmf]/; ul/Psf]5 .



जातीय विशेषताहरु	तथ्याङ्क
af]sf]prf0{-; [6ld6/_	(^
afnl kfSg nflu]cj lw -lbg_	!^#-!^%
pTkfbg -6g kl't x\$6/_	\$=\$
afnfsf]nDaf0{-; [6ld6/_	(=%
kl't afnf kl6 bfgf -; Wof_	%^
!))) bfgf tf] -ufd_	\$&
kl't uff] kcfj sf/L ; /f -; Wof_	*

यो जातको विशेष गुणहरु

!_ ux\$]kx]hf]/ sfnf]; Gb/]ohl ((_ /f]v]cj /f]v ePsf].
@_ g[knsf]; Dk0f{kxf8L lf]df pTkfbg ug{; lsg].
#_ l; lrt / cl; lrt b] }h]ufdf /fd]pTkfbg lbg].
\$_ k[6gsf]dfqf !@=*Ü ; Dd kf0Psf]/ rkft tyf kfp/f]lsf]nflu ; d] pkoQm xg].
%_ kxf8df nuf0g]cGo hftx? eGb Ps xktf cufl8 tof/ xg].

सिफारिश क्षेत्र

of]hftsf]v]l gkfnsf]kxf8L lfg -&)) ld6/_ b]v dfly hDnf; Dd prf0{ePsf]l; hf t / cl; hf t bj}cj:yfdf ug{; ls65 .

छने समय

pRrtd pTkfbg k]kt ug{sf]t\$sf]t}f]xktf b]v d^l; /sf]bf}f]xktf; Dd 5/L ; Sg'kb5 .

मलखाद

l; hf0\$]f]; ljwfoQm hldgdf *) b]v !)) lsnf]ufd gf06hg, \$) lsnf]ufd km:kmf]; / @) lsnf]ufd kf}f; k]kt x\$6/sf b/n]lbg'kb5 . gf06hg]sf]cfwf efu ux}f klxnf]l; hf0{lbPsf] !-@ lbg leq v]df 6k 8k^a ug{kb5 . cl; hf t cj:yfdf 5/\$]f]eP ^) lsnf]ufd gf06hg, \$) lsnf]ufd km:kmf]; / @) lsnf]ufd kf}f; k]kt x\$6/ uxF5g]ahfdf hldgdf Psgf; xg]u/L df6f]df ld; fpg'kb5 .

बीउ दर

alpsf]pdf/ zlQm *% k]tzt jf ; f]eGbf a9L / sf]t\$sf]t}f]xktf b]v d^l; /sf]bf}f]xktf; Dd 5/df !@) lsnf]ufd k]kt x\$6/ alp l; kmf/z ul/Psf]5 . l9nf]u/L uxF5g{k/\$]f]cj:yfdf l; kmf/z alp b/df @%Ü ; Dd ylg'kb5 .

सिंचाई

df6f]k\$[t / df6f]df pknAw lr:ofgsf]dfqf cg' f/ @ b]v # k6s l; hf0\$]f]cfj Zostf kb5 . uxF5/\$]f]@)-@% lbgdf -lvz/ h/f lg:sg]ahf_, afnf lg:sg]; do / bfgf el/g]; dodf l; hf0\$]f]clt cfj Zostf kg]xgfn]df6f]df lr:ofgsf]sdl xg glbg pQm ; dodf l; hf0{lbg'k5{.

भारपात नियन्त्रण

uxFv]df pdg]rf}f kft]emf/x? h:t}ay]s[0fgln, s6lnsf]f, xnxn]cf]b lgo6qOf ug{@,\$-8L gfds lj iffb]sf]%) u]d -; lqmo lj ifsf]dfqf_ nf0{%)^)) ln6/ kfgldf ld; f0{uxF5/\$]f]#)-\$) lbg leq 5g{kb5 . olb uxFv]df dfly pNn]vt rf}f / ; fB/f]kft ePsf xflQ; 7]/ /ut]emf/ cf]b 5g\eg]cf0; f}f}f/f / @,\$-8L sf]ld>0f -@,\$-8L !*) u]d / cf0; f}f}f/f &%) u]d ; lqmo lj ifsf]dfqf_ ldnf0{; s}k15 !@)) u]d k]kt x\$6/sf b/n]^)) b]v &)) ln6/ kfgldf ld; f0{uxF5/\$]f]#) b]v \$) lbg leq 5g{kb5 . ; fB/f]kft ePsf emf/ dfq 5g\eg]cf0; f}f}f/f &%) u]d ; lqmo lj ifsf]dfqf &)) ln6/ kfgldf ldnf0{k]kt x\$6/ kof]u u/df lgo6qOf ug{; ls65 .

काट्ने, चुट्ने र थन्क्याउने

uxFf]afnf dlgsf]8f7 kxkf]ePkl5 uxPkfs\$]dflgG5 . afnf xftdf df8bf bfgf / e' /fd/L
5l\$of]eg]uxFsf6g yfn]xG5 . cyj f uxFf]bfgfdf lr:ofgsf]dfqf @) kl|tzt j f ; f]eGbf sd
5 eg]sf6g nfos ePsf]dflgG5 . o; /L kfs\$]uxFf0{sdj f0g xfeI6/ dl|zg tyf xF, of cflbn]
sf6l y] /af6 r6g]sfo{ug{kb5 . sf6l ; skl5 /fd/L ; kmf ugI/ !-@ 3fd ; 5f0{e08f/0f ug{
kb5 . e08f/0fdf nllg]sl/fx?af6 uxFf0{arfpq Pndlgod km:kmf08sf]Pp6f ufjhl kl|t 6gsf
b/n]kpf] ug{kb5 .

विस्तृत जानकारीको लागि

/fli6 uxFfnl cg' Gwfg sfoqmd, e}xj f, ?kGb}L

>L g'tg /fd uf}d

kmf}g)&!-%@)@@^÷ (*\$&)@)) (@

0djh nwrp.bhairahawa@gmail.com, ngautam62@gmail.com

cGt/fli60 ds} tyf uxF cg' Gwfg s[bl
(CIMMYT) af6 kkt uxF] hftx?nf0{lj =; +
@)^% blv @)^& ;Dd t/f0f ljleGg s[ir
cg' Gwfg s[blx? tyf s[fssf]v]af/Ldf ul/Psf]
kl/lfofx?df ltntfQdf hft pTs[6 blvg cFPsfh]
pGdf]g ul/Psf] xf] . o; hft kx[h] l; Gb/]
v]f] l; Gb/] / sfnf] l; Gb/] -o'hL=(_ cj/fW
kfOPsf] 5 . j tdfg cj:yfdf sfnf] l; Gb/]sf]
cfudg cufj}kz:t cj/fW hftx?sf] lj sf;
/ s[fxsx?sf]v]tdf o; sf]v]l u/fpg]kpf; sf
; fy/fli60 uxFnl cg' Gwfg sfodn]o; hft
l; kml/z u/L of]hftnf0{lj =; +@)&! df ltntfQd



hflto ljzlf	tYofE
afsf]prf0{-; l6ld6/_	*^
afnl kfSg nflg]cj lw -lbg_	!!*-!@)
pTkbfg -6g klT x\$6/_	\$=\$
afnfsf]nlfaf0{-; l6ld6/_	(=@
klT afnf bfgf -; Wof_	%^
!))) bfgfsf]tfj -ufl_	#*
klT ju{ld= kefj sf/L ; /f -; Wof_	@%)-@&%



यो जातको विशेष गुणहरू

!_ ux5f]v}f] kxmf]/ sfnf]l; Gb/]-o=h ((_/fusf]cj/fwl ePsf].

```
@_ gkfnsf]; DkOf{t/f0{ leql dwz tyf gbl lsgf/sf lfdx? -*) ) ld6/_ df pTkfbg lng
;lsq].
```

#_ of]hft l; krt / cl; lrt hllufdf /fdf]pTkfbg lbG5 .

\$ _ o; sf] bfgfdf kll] bgsf] dfqf (# kll] tzt; Dd kf0Psf] / /f] lld7f] / g/d xg] sf ; fy}
kfp/f] lsf] nflu ; d] pkoQm/x] sf] kf0Psf] 5 .

सिफारिश क्षेत्र

of]hftnf0{g]k]nsf]t/f0{leql dwZ tyf gbl lsgf/ cf; kf; sf lf0x? -*)) ld6/_ df l; lrt
/ ch lrt bj }cj:yfdf nufpbf /fdf]p]tkfbq lng ; ls65 .

छर्ने समय

pRrtd pTkfbg k|kt ug{sf|t\$sf]t}f]xktfb|v d^l; /sf]bf}f] xktf; Dd 5g{kb\$.

मलखाद

l; #f0{; lj wf ePsf] hldgdf *) Isnf|ufd gf06fhg, \$) Isnf|ufd km:kmf]; / @) Isnf|ufd kf}f; k|t x\$6/sf b/n]lbg' kb\$. gf06fhgsf]cfwf efu ux|f klxnf]l; #f0{lbPsf]!÷@ lbg leq 6k 8k^a ug{kb\$. cl; H-t cj:yfdf eP uxF5g[a]hfd ^) Isnf|ufd gf06fhg, \$) Isnf|ufd km:kmf]; / @) Isnf|ufd kf}f; k|t x\$6/ hldgdf 5g{kb\$.

बीउ दर

alpsf]pdf/ziQm *% k|tzt jf ; f]eGb a9l]ePsf]tyf sf|t\$sf]t}f]xktf b|v d^l; / sf]bf}f]xktf; Dd 5/df !@) Isnf|ufd k|t x\$6/ alh l; kmf/z ul/Psf]5 . l9nf]u/L uxF5g{k/\$f]cj:yfdf l; kmf/z alp b/df @% k|tzt; Dd ykg' kb\$.

सिंचाई

df6f\$]k\$[t / df6f|f lj Bdfg Ir:ofgsf]dfqnf0{d|logh/ /fvl @ b|v # k6s l; #f0\$]cfjZostf kb\$. uxF5/\$f]@)÷@% lbgdf -lzv/ h/f lg:sg]a]h_, afnf lg:sg]; do / bfgf el/g]; dodf l; #f0\$]clt cfjZostf kg[xgfn]pQm ; dodf l; #f0{lbq'k5{.

भारपात नियन्त्रण

गहुँको चौडापाते र साँघुरोपाते दुबै भार नियन्त्रण

uxFv]df pdg]rf\$ kft]emf/x? h:t}a]y] s[0fgln, s6lnsf]f, xnxn]cf|b lgoGqOf ug{!÷@ Isnf|ufd @,\$"8L -*) 8An=KL / ; fB/f]kft ePsf /ut]emf/, xFQL; B] cf|b 5g\eg]! Isnf|ufd cf0; f|k|f/f -&% 8An=KL %) In6/ kfgldf ld; f0{! x\$6/ lfgkmdf uxF5/\$f]#) b|v #% lbgdf 5gIcyj f ; Nkmf] N`o/fq -Aofkl/s gfd ln8/_ !#-% uf|dnf0{!@ s|f|df 5bf{lgoGqOf xG5 . o; sf]lj iffbl emf]h tof/ ubf{yf}]kfgldf !#-% uf|d ln8/ 3f]lg] To; kl5 of]3f]hnf0{%- % ln6/ kfgldf ld; fpg]/ %- % ln6/sf]of]3f]hdf !÷@ ln6/ ln8/ ; km\$6]6 ld; f0{h|df ^ ln6/sf]dh 3f]h tof/ ugI. cGttMof]^ ln6/sf]3f]hnf0{!)) ln6/ kfgldf ld; fP/ gfhnaf6 uxF5/\$f]#) b|v #% lbgdf /fd]f G :k]ubf{b^}emf/x?sf]lgoGqOf xG5 .

चौडा पाते भारको लागि मात्रा

Ps Isnf|ufd @,\$"8L -)=* ; lqmo lj if_ %) In6/ kfgldf ld; f0{Ps x\$6/ lfgkmdf uxF5/\$f]#) b|v #% lbgdf 5gI.

साँघुरो पाते भारको लागि मात्रा

Ps lsnfjlf d cf0; fklf/fg -)&% ; lqmo lj if_ %)) In6/ kfgldf ld; f0 Ps x\$6/ lfgkmdf uxF
5/\$fj#) b]v #% lbgdf 5gI.

किरा व्यवस्थापन

afnl cjwl e/ uxfnldf ls/fsf]k\$fk IflthGo lx; fan]sd)b]vG5 .

गुलावी गवारो

uj f/f]nflg]lfgdf alp b/ !) b]v !% kltzt; Dd a9fpg]. ; fy}6kohfk; @ ldlIn6/ kltIn6/
kfgldf ld; f0 5sgk5{f dfl; :6\$; @ ldlIn6/ kltIn6/ kfgldf ld; f0 5sgk5{.

लाही कीरा

Old8fSnfkl8 -sGKml8f] @)) ldlIn6/_ \$)) ldlIn6/, %)) In6/ kfgldf ld; f0{! x\$6/
hldgdf 5sgk5{.

पाक्ने अवधि

of]hftnf0{plrt ; do -sflt\$sf]t}f] xktfb]v d+ /sf]bf}f]xktf; Dd nufPsf] ; /b/ !!*
b]v !@@ lbg leq t/f0{lf]df kfSg]; do InG5 .

काट्ने, चुट्ने र थन्क्याउने

uxFf]j jnf dlgsf]8f7 kx]f]ePkl5 uxFkfs\$]dflgG5 . afnf xftdf df8bf bfgf /fd/L 5bdf
eg]uxFsf6g yfn]xG5 . cyj f uxFf]bfgdf lr:ofgsf]dfqf @) kltzt ku\$]5 eg]sf6g
nfos ePsf]dflgG5 . o; /L kfs\$]uxFf0{uxFsf6g]sdj f0g xfeI6/ tyf xF of cflbn]sf6L
y] /af6 r6g]sfo{ug{kbf . sf6L ; skI5 /fd/L ; kmf ugI/ !÷@ 3fd ; sf0{e08f/0f ug{kbf .

e08f/0fdf nllg]sl/fx?af6 uxFf0{arfpg Pp6f rSSl Pndlgod kmf:kmf08 -;]km; _ sl/a !)
lsj G6n a/fj /sf]uxFf xjf f gl5gIu/L /fVg' kb5 .

उत्पादन क्षमता

of]hftn]\$\$)) b]v %^)) lsnfjlf d klt x\$6/ pTkfbg lbG5 .

विस्तृत जनकारीको लागि

/fli6 uxfnl cg' Gwfg sfoqmd, e/xj f, ?kGb]l

8f= z]f /d0f pkf]lfo

kmf 071"520226÷ (*%&)@#(@^

0djh shesh_raman@yahoo.com, nwrp.bhairahawa@gmail.com

@%pv\$fnf; l afj/sf]Aoj:yfkg klj lw

pvdf wj}k\$fnf/sf] sl/fx?n] cfqmdof ug[u/\$fnf/ xfn\$fn j ifx?df klxn]gb]VPsf sl/fx?sf] dxdf/L kfom x/\$ j if{sg}g sg} lqdf b]f kg{yfn\$fn 5 . s]l j if{cufl8; Dd vf; } cfly\$ gf\$; fg gug[kfol/nf; ; j]lemEf, sIn\$sl/f, sfnf]kt]f] e]fbf/ nfxl / knf; l afj/ -uaf/f] h:tf sl/fx? xfn 7hf]rgf]lsf]?kdf b]f kg{yfn\$fn 5g\

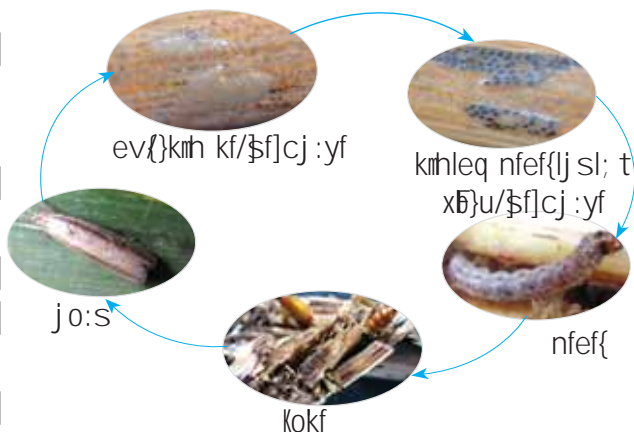
knf; l j f] (Plassey borer, *Chilo tumidicostalis* Hampson) pvdf cfly\$?kdf lflt ug] Ps dxTj kOf(sl/f xfn). gkfnsf]k] l{t/f0\$fn ; g; /L / df]a lhNnf?df x/\$ j if{o; n]w]}yf} gf\$; fg ug{yfn\$fn]5 eg]x/\$ @-# j ifdf dxdf/Lsf]?kdf o; sf]k\$fk b]vg yfn\$fn]5 . dxdf/Lsf] ?kdf gb]VPtf klq of]sl/f dxdf/L; ; nfxl, /f]x6, af/f / k; f{lhNnf?df klq b]f k/\$fn]5 . o; n]pvdf dfq lflt ub5 . pvafln cg' Gwfg sfoqmd, hltk/ / lqlo s]lf cg' Gwfg s]b] t/x/fdf xfn} ul/Psf clwoogx?n] gkfndf s]l j if6tf a9nf] qmdof /x\$fn knf; l afj/sf] Aoj:yfkg\$fn nflu klj lwsf]lj sf; u/L l; kmf/z ul/Psf]5 .

कीराको जीवनी र पहिचान

of]sl/f df3 dlxgfsf]cGto b]v sfiQs÷dl+ /; Dd ; lqmo /xG5 / klT j if{o; sf % b]v ^ k':tf lg:sG5g\ efb]dlxgfsf]t} f]xktf b]v sfiQssf]klxnfn]xktf; Dd of]sl/fsf]lflt ; aGbf pRr :t/df /xG5 . of]sl/fsf]Pp6f hlj g rqm k/f xg #(b]v ^\$ lbg nflu5 Mktm cj:yf &, nfef{ cj:yfdf @^ b]v \$^ / kOf cj:yf ^ b]v !! lbg /xG5 .

प्लासी बोररको जीवनचक्र

of] sl/fsf] nfef\$fn ljleGg cj:yfx? -0G:6f/x?_ Psgf; sf] ge0{ logx?sf] ?k/ km/s km/s xG5g\ . logx?sf] \$ ljz]f k\$fnf/sf nfef\$fn ?kx? xG5g\ . tyflk cfd?kdf of] sl/fsf] nfef\$fn k5fl8 9f8df \$ j 6f uhfal v]f]cyj f ahgl /usf]nfd]w; f]x? xG5g\ o; sf] j o:s k'tnl bfnrlglsf]/u h:tf]v]f] xG5, h; df /ftf]cyj f uf9f v]f] /E km]nPsf]/ uf9f v]f]/usf]sInfx? 5l/Psf] h:tf]b]vG5 .



प्लासी बोररको जीवनचक्र

प्रारम्भिक स्तरको क्षति

ev{ kmhaf6 lg:s\$ f uj f/f\$
nfefx? pv\$fnf\$dflyNnf]#
b]v % j 6f cGt/8f7df hDdf e0{
; /E agf0 lflt u5g\ Pp6}pv\$fnf\$
nf\$fnf\$; fnfvnf !%-@) j 6f; Dd
nfefx? b]vg] ePklg obfsbf
!)) eGbf a9L nfefx? ; d{
; \$ng ul/Psf 5g\ o; cj :yfsf]
lfltdf sl/fsf rldsnf]/ftf]/Esf
tfhf lj i6fx? nf\$fnf\$ dflyNnf]
cGt/8f7df/x\$fnj fnx?af6 em/\$f]
b]vg ; ls65 . lflt ePsf]8f7sf kftx? ; Sb5gV k\$flj t nf\$fnf\$; lhn}effr65g\ lflt ePsf]
cGt/8f7 glhs}/x\$fn]cfWnfaf6 nDrf]h/fx? lg:s65gV tnsf]cGt/8f7nf0{9fsb5 .



knf; L af]/n]pv\$fnf\$dflyNnf]cGt/8f7x?df u/\$f]lflt

द्वितीय स्तरको क्षति

sxl lbg; Dd ; d\$df a; L vf0{x\$sl{; sxl5 nfefx? ; f]:yfgaf6
afix/ lg:s65gV ; fxl af\$sf]tNnf]efu j f glhs}/x\$fn]cGt
af\$df kgMkj \$ u/L / leq leq ; /E agf0 vfg yfN5g\ o;
k\$fnf]lfltdf 8f7sf]6klf]; Sb5g t/ nfefx?n]8f7sf] % j 6f
cGt/8f7; Dd klgl] u/L nfd] ; /E agfp65g\ o; k\$fnf]
latlo :t/sf]k\$fn]df ; d{ Pp6}cGt/8f7df Ps eGbf a9L
nfefx? kmhf kfg{; ls65 . of]sl/fn]uDel/ ?kdf cfqmd0f u/df
pv\$fn]pTkbfgdf kl\$ x\$6/ #) b]v %) 6g; Dd lflt xg ; Sb5
/ rlglsf]dfqdf klglgs}x\$; cfp65 .



knf; L af]/sf]cfqmd0f kl5 pv\$fnf\$
cfWnfaf6 h/f lgl:sPsf]

व्यवस्थापनका उपायहरू

- afnl tyf sl/fsf]cgludgM klxnf]/ bf] f]k':tfsf sl/fn]ug]lfltsf]klxrfgsf]nflu pv'
pd]b]vg]lgoldt cj nf\$g ug{k5{. o; sf]nflu v]sf]lj leGg %-!) :yfgdf Ps ld6/
nDaf0\$fn]tlg-tlg klQm 5fgl sl/fsf]kmh, lfltsf]nlf0f, af\$ leq pkl:yt nfef{/kokfsf]
cfEing ug{h?/L kb\$. aQlsf]kf; f]/fvl km; \$f k'tnlx?sf]; Wofsf]cfEing ug{; s]cem}
/fd]hfgsf/L k\$kt x65 .
- k'tnlnf0{aQlsf]kf; f]df alNnf0{; \$ng u/L dfg] sl/fsf]kmhx?, kflyds lflt ePsf]pv\$fn]

6kfx? / lft ePsf lj ?jfsf efux? lgoldt ?kdf sf6L
sl/f ; lxt hnfP/ jf vf8ndf k/7 gi6 u/]kl5 cfpgj
k':tfsf sl/fsf]; Wof ; lldt ug{; ls65 .

- j iff{ ofddf pvaf/Ldf kfgl lgsf; sf] /fd] Joj :yf ug{
kb5 / sl/fsf] k\$fk blyf kg{ yfnkl5 gf06kng h6o
dnx?sf]kpfjldf /f\$ nufpg'kb5 h; n]ubf{o; sl/fsf]
kfs[ts zqx?sf]nflu j ftj /Of cgsh x65 eg]sl/fsf]
nflu kl'tsh xg h65 .
- 6k0sfjldf sf0nflg; %))))) kl't x\$6/sf]; Wofdf sl/fn]
knh kfgI; dodf !)-!) lbgf]km/sdf pvaf/Ldf 5f8nf
knf; L af]/sf]; Wof pLn]o ?kdf 36fpg ; ls65 .
- Dffnflyog cyjf kmjen/8sf] whf] lj iffbl @ lsnfjld
-vf; lj if_ kl't x\$6/sf b/n]jf To; 7/L kfbfg -sf6fk
xf088nf7f08_ bfgfbf/ lj iffbl # lsnfjld -vf; lj if_
kl't x\$6/sf b/n] >fj Of / ebfdf kpfj ubf{ knf; L
af]/sf]lgo6qOf x65 .
- klxnf] / bf] f] k':tfsf sl/fn] knh kfgI; dodf nfelg
-yofl]8sfa{ &% 8Jn=KL_ b0{ ufd kl't ln6/ kfgl jf
:kf0gf] 8 \$%Ü P; =Pn=)-% ldlIn6/ kl't ln6/ kfglsf]
b/n]5sbf a9L kpfj sf/L x65 .



knf; L af]/sf]cfqmdOf kl5 pv'sf]
6kksf]lelq efu vf0{lft u/\$f]



pv'sf]nfqmdf knf; L af]/sf]
lalto :t/sf]lft



6k0sfjldf sf0nflg; (*Trichogramma
chilonis*)

विस्तृत जानकारीको लागि

sl6 lj 1fg dxzfzvf, vdn6f/, nIntk/
clg; / /xdfg c6; f/L / ; lgn cofh
knfg)!-%@!!\$!÷%#^@\$
0djh ento.narc@gmail.com

Ⓐ sl6 gfzs lj iffb[sf]cj zlf hfr ug klj lw

cf/-al-kl-cf/- -RBPR) klj lw sfaf((Carbamet), cufgfkm (Organophosphate) / 9; L gfzs ; dxf lj iffb[?sf]ltj lj lwaf/f lj iffb[?sf]cj zlf kQf nufpg]lj lw x[. o; lj lwaf6 kmkmh, t/sf/L, lrof, wfg tyf d; nf afnl cfbx?df cufgfkm, sfaf(/ 9; L gfzs ; dxf lj iffb[?sf]lj iffb[?sf]:t/ dfkg ul/G5 . ox[sl6 gfzs lj iffb[d[lo]cufgfkm / sfaf(; dxf lj iffb[?sf]lj Znlf ug lfwsf]pNny ul/Psf]5 . ol ; dxf lj iffb[?n]hlj x?sf]s[bllo :gfo[ffnldf c; / ug[ub5 . ol ; dxf lj iffb[?n]s[bllo :gfo[ffnldf ; lqmo xg cfj Zos kg[/; fog Acetylcholinesterase (AChE) afgaf6 /sf]sfd ub5 . oxl AChE sf]?sf]6 kl[tztsf] cfwf/df hf ul/Psf s[lfh6o kbfx?sf]cj zlf]:t/ lgwf[0f u/] pQm kbfx? pkofu ug[ldNg]j f gldNg]egl lgSofh ug[ul/G5 . tnsf]tflnsdf o; nf0{c? lj :tf/df pNny ul/Psf] 5 .

विषादिले AChE रुकावट प्रतिशत	कैफियत
#%Ü eGb sd	t/sf/L tyf kmkmh vfg oflo
#% blv \$%Ü ; Dd	kvfn], tf5] / sxl ; do kv] kgM k/Llf0f ug[kg]/ To; kl5 vfg oflo xg]
\$%Ü eGb a9L	Vffg coflo, gi6 ug[kg]

>f]M Taiwan Agriculture Research Institute

; g\!)!@ df lj leGg j fnldf ePsf]lj iffb[?sf]lj iffb[?sf]:t/ kQf nufpg, tla|ultaf6 lj iffb[?sf] dfqf lj Znlf ug[klj lw “Rapid Bioassay of Pesticide Residue”(RBPR) sl6 lj 1fg dxzfzvfdf lelqPsf]lyof]. of]klj lw tf0]fgsf]lj iffb[cg', Gwfg kpfuzfnf -Pesticide Research Laboratory), tf0]fg s[lf cg', Gwfg kl[t]7fg (Taiwan Agricultural Research Institute) df lj sf; ePsf]x[. oxl lj lwsf]kpfu u/] sl6 lj 1fg dxzfzvf, vdn6f/df lj iffb[cj zlf lj Znlf0fsf lj leGg k/Llf0f? ; ~rfng ul/P kZrft of]lj lw gkfnl kl/k]odf ; xfp[?k]f0Psf]5 . sl6 lj 1fg dxzfzvf]s[lf lj efusf afnl ; Af0f clws[?x?nf0{o; lj ifodf tflnd pknAw u/f0{lj iffb[cj zlf lj Znlf0f sfodf blf agfPsf]5 . xfn gkfn ; /sf/n]sfndf6l l:yt t/sf/L ahf/df kpfuzfnf :yfkf u/L s[lf j :tx?sf]lj iffb[cj zlf]sf] kl/Llf0f sfodf] z?j ft u/]sf] 5 . a]lj vg ug[pkoQm xg]g[?]:t/ klg tf0]fg ; /sf/sf]dfkb08 cg; f/ g]cj ndag ul/Psf]5 . cf/-al-kl-cf/ cftu[sl6 gfzs lj iffb[?sf]-cufgfkm / sfaf(lj iffb[?sf]lj Znlf0fdf kpfu xg]/; fog, ; fdfull, tyf lj lw o; ksf/ 5 .

रसायनहरू

!=)!= Dffjhf/ kmf] kmf] akm/ -kl=al-P; =, PBS_, kl=Pr &=) (0.1M Phosphate Buffer, pH 7.0)

@= Pl; 6f0nyfof\$fl]ng cfof\$fo8 -P=6=; =cf0{ ACTI_ (Acetylthiocholine Iodide)

#= %,%-8f0yfof]al; -@-gf06kf]hf0\$ Pl; 8 -l8=6=Pg=al=, DTNB_, -5 5-dithiobis(2-nitrobenzoic acid)

\$= 0yfgfjh (%Ü (95% Ethanol)

%= Pl; 6f0hsf]ng 0{6/h-Pr] AChE_, (Acetylcholinesterase)



सामग्रीहरू

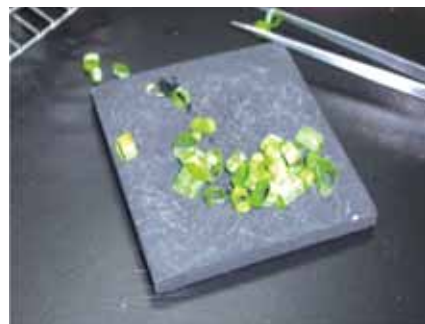
cf/=al-kl=cf/=sfoqmd ePsf]:k\$6kf]kf]d6/, lk06/, ^od x8, ef]6\$; ldS:r/, @) df06kf]ln6/sf] tlg j 6f, !)) df06kf]ln6/sf]!, !-% ldlnln6/sf]! j 6f df06kf]lkk0x? / lkk0sf l6kx?, knfli6s÷Unf; Soe0 - \$ ldlnln6/ ; f0hsf], Unf; 60j -!x& ; 06ld6/_ j f; af0nx?, Unf; 60j xfl]8/, rSs', rlkE af0{ kmf]; k, kf/flkmNd k]k/, skf; cflb .

विधि

t/sf/Lsf]gd0fdf lj iffQmtf k/Llf0f ug{lj leGg k\$0fx? ckgfpg'kb5 . klxnf]k\$0f t/sf/Lsf] gd0fsf]lgisif0f (Extraction) xf]eg]bf] fl]k\$0f lgisif0f ul/Psf]gd0fsf]lj leGg /; folgs kl]ts0f u/f0{:k\$6kf]kf]d6/af6 Absorbance (Abs.) hfF u/L glthf k]kt ug{xf].

निष्कर्षण

- \$ j 6f /fp08 nlkm s6/n]sf6\$]kft cyj f Ps uf]d t/sf/Lsf]gd0fx? \$=% blv ^ j u{ ; 06ld6/sf]6qmf kfg]/ !x& ; 06ld6/sf]Unf; ef0ndf /fVg].
- sfaf00 / cuf0f]kmf]sf] kl/Ifofsf] nflu qmdzM Ps ef0ndf .Pl hgfp] / csf] ef0ndf .all hgfp]. Pp6f gd0fsf]pNn]vt kl/df0f j Unf j Un}ef0ndf /fVg].
- .Pl ef0ndf ! ldlnln6/ / .all ef0ndf @ ldlnln6/ (%Ü 0yfgfjh xfl]g].
- cuf0f]kmf]sf] kl/Ifofsf] nflu /flvPsf] gd0fsf]ef0ndf !)) df06kf]ln6/ afl]dg j f6/ -)=\$Ü_ /fVg]. o; /L afl]dg j f6/ /fVbf ^od x8df /fvl sfd ug{kb5 .
- cfj Zos /; fog /flv; skl5 ef0nx? ef0\$; ldS:r/df @) ; \$08 hlt /fv] xNnfpg].



- $\text{ef0ndf} / \text{x}\$ \text{fj} \text{gd}\$ \text{fx? x}\text{Nnf0} ; \text{s}\$ \text{fj} \text{7ls tlg ldg}\$ \text{kl5}$
 $\text{To; df ePsf]emf}\text{h kb}\text{fy}\{\text{csf}\text{I}\text{gofFef0ndf v}\text{Gofpg}'$
 $\text{kb}\$. \text{v}\text{Gofp}\text{Bf sfaf}\$ / \text{cu}\text{f}\text{Gf}\text{kmf}\text{]km}\$ \text{sf] nflu}$
 $\text{5}\$ \text{f5}\$ \text{ef0ndf v}\text{Gofpg}' \text{kb}\$. \text{o; /l gd}\$ \text{fsf}\text{]lgisif}\$$
 $\text{tof/ x}\$ \text{G5} .$
- $\text{cu}\text{f}\text{Gf}\text{kmf}\text{]km}\$ \text{sf] kl/l}\text{f0fsf}\text{] nflu tof/ kfl/Psf]emf}\text{h}$
 $\text{kb}\text{fy}\text{sf]ef0}\text{h}\text{nf0}\{\text{clws af}\text{ldg j f6/ p8fpgsf}\text{]nflu}$
 $\text{cltl/Qm @) ldg}\$ \text{t}\text{]Qs}\text{]/v}\text{G}' \text{kb}\$.$



आर.बी.पी.आर. प्रतिक्रिया विश्लेषण गर्ने प्रक्रिया

- $\text{Soe}\$ \text{df} \# \text{ldlnln6/ kmf}\text{]km}\$ \text{j km/ /v}\text{G}].$
- $\text{t}\$ \text{xl Soe}\$ \text{df @) df0}\text{Gmf}\text{]n6/ AChE tyf @) df0}\text{Gmf}\text{]n6/}$
 $\text{t/sf/l}\text{sf}\text{]gd}\$ \text{fsf}\text{]lgisif}\$ -\text{cyj f ; fdf}\text{Go kl}\text{ts}\$ \text{psf}\text{]nflu}$
 $\text{@) df0}\text{Gmf}\text{]n6/ Oy}\text{fgf}\text{h} (\% _ / \text{v}\text{G}) / \% ; \$ \text{08 kf/flkm}\text{ldn}]$
 $\text{5f}\text{kl rnfpg}].$
- $:\text{6k j fr rnfpg z? ug}].$
- $\text{To; kl5 7ls ; f9] b0}\{\text{ldg}\$ \text{kl5 !}) \text{df0}\text{Gmf}\text{]n6/ l8=6-Pg-al= -DTNB} (5,5 \text{ dithio-bis}$
 $(2\text{-nitrobenzoic acid}) / \text{v}\text{G}].$
- $\text{7ls tlg ldg}\$ \text{df @) df0}\text{Gmf}\text{]n6/ P=6=; =cf0 (ATCI) (Acetylthiocholine iodine) / \text{v}\text{G}] / \%$
 $;\$ \text{08 kf/flkm}\text{ldn}] \text{5f}\text{kl rnfpg}]\text{h; n]ubf}\{0\text{Ghf0}\text{G kl}\text{ts}\$ \text{psf} \text{z? x}\$ \text{G5} .$
- $:\text{k}\$ \text{6}\text{kmf}\text{]ld6/nf0}\{\$! @ \text{gfg}\text{dl6/sf}\text{]j } \text{h nlydf ; } \text{h ug}].$
- $\text{Soe}\$ \text{nf0}\{:\text{k}\$ \text{6}\text{kmf}\text{]ld6/df /vl Ps ldg}\$; \text{ld x/}\$!) ; \$ \text{08sf]absorbance (Abs.) sf]cf}\$ \text{8f}$
 $/\$ \text{8}\{\text{ug}].$
- $;\text{h ul/Psf}]:\text{k}\$ \text{6}\text{kmf}\text{]ld6/df sl6gfzs dQm ; fdf}\text{Go kl}\text{ts}\$ \text{psf}\text{]glthf; } \text{E thgf u/l AChE sf]$
 $\text{?sfj 6 kl}\text{tzt lgsf}\text{ng}].$
- $\text{Ps l:y/ cj lwe/ kl}\text{tlqmf} (\text{Reaction}) \text{u/f0}\{\text{gd}\$ \text{fx?sf] Abs. ; fdf}\text{Go kl}\text{tlqmf}\text{sf] Abs= ; } \text{E}$
 $\text{thgf u/l tn pNnlyt ; q k}\$ \text{f}\text{lu u/l AChE sf]}\text{?sfj 6 kl}\text{tzt lgsf}\text{ng ; s}\$ \text{G5} .$

सुत्र

$$\text{kl}\text{tzt ?sfj 60} \frac{\text{Abs. km/S -; fdf}\text{Go}_- \text{Abs. km/S -gd}\$ \text{f}_- \text{x !})}{\text{Abs. km/S -; fdf}\text{Go}_-}$$

विस्तृत जानकारीको लागि

sl6 lj 1fg dxzfzvf, vdn6f/, nln tk/

; lgn cofh / 8f= o1 k| fb lu/l

kmf]g)!-%@!!\$!\div%%#^@\$

0djh ento.narc@gmail.com, yagyagiri5@gmail.com

ॐ 8१fg lfgsf]nflu pkoQmwfgsf]hftx? / v॑l klj lw

gkfnf sl/a !% nfv x\$6/df wfg v॑l ul/G5 . To; df %!Ü hluufdf cfsfz] kfglsf] e/df wfg v॑l ul/G5 . cfsfz]kfglsf]e/df v॑l xg]dWb]\$\$,** (x\$6/ lfgkmdf %-!% lbg; Dd 8j fg xg]lfg 5 . pQm 8१fgu|t lfgdf wfg v॑l ubf{8१fgsf sf/Of la?j f dg{u0{pTkfbgdf !%-!))Ü ; Dd c; / u/\$f]kf0Psf]5 . o:tf]kltsh df} d / lj leGg ; d:ofx?n] pTkfbstj 3l6/x\$6] kl/k]odf gkfnf} klxnf] k6s @)^* ; fndf b0{f 6f 8j fg ; xg ; Sg]hftx? l; kmf/z ul/Psf]5 eg] s॑l l; kmf/zsf qmddf 5g\ . ol hftx?n] sd pTkfbg lbg] c? hftx?nf0{ kl:t:yfkg u/\$f 5g\ ol hftx? !) b]v !% lbg; Dd 8j fg ; xg ; S5g\ olgdf ePsf]; j -! lhgsf]sf/Of 8j fgsg]kfgl ; ॑kl5 a॑f{k6M knfP/ cfpq]lfdtf /x\$6]5 .



डुवान सहने जातहरूको गुणहरू

जातीय गुण	सावा मसुली सब-१	स्वर्ण सब-१	सेहराङ्ग सब-१
kmh vlg]lbg 8j fg gxbf 8j fg xbf	90"95 100"105	100"105 110"120	75"80 85"90
kfSg]lbg 8j fg gxbf 8j fg xbf	135"140 150"155	150"155 160"165	120"125 130"135
afsf]prf0{-; ॑6ld6/_	90"95	95"105	95"100
bfgsf]cfsf/	dl; gf]	dWod	dWod
Rfcdn kg[k]tzt	65५	66	68
wfgsf]pTkfbg 6g/x] 8j fg gxbf 8j fg xbf	4"45 3"3५	45"5 3"35	45"55 25"3

:j ॐ ; j -! sf]bfgsf]/E ; gfhf]xG5 eg]; fFf d#hl ; j -! / ; ॑/fE ; j -! sf]bfgsf]/E k/fnsf]/Esf]xG5 . /f]sl/f sd nfluGsf]; fy}pTkfbg klw}lbg]ePsf]ol hftsf wfgx? 8j fg|t :yfgx?df lj :tf/)nf\$lkp x6}u0{x\$6]5g\ ol hftsf wfgsf]eft vfg :j flbnf]ePsf] sf/Ofn]ls; fgn]cem a9l dg k/fPsf 5g\

जग्गाको छनौट

wfgafnlnf0{lrD6f0nf]bfD6 df6f]pkoQm xG5 . df6f]df kfgl kZ:t /xg]lfdtf / l; #f0\$]/fd] kGw xGk5{. df6f\$]/lk=Pr-%-^-% ; Dd pkoQm xG5 .

जमिनको तयारी

ulx/f] lfg dWod :t/lo dlennf]hlufx? of]wfg v]Lsf]nflu pkoQm xG5g\ hldgsf]vghf] k] {sDkf]6 dn xfnGk5{. To; kZrft df6f]aa{fpBf]xg]u/L sldtdf klG @-# k6s vg hf] u/L hluf ; Dofpg' kb5 .



:j Of{; a-!



; fj f-d; hl ; a-!

व्याडको तयारी

kl't &% ufd alpsf nflu Ps ju[d6/ lfgkm cyft\Ps x\$6/ wfg v]L ug{\$%-%) lsnf]ufd alp / ^))-&%) ju[d6/ hluf Aof8sf nflu cfjZos k5{. 3fd nllg]dlennf]df6f] l; lrt / kfgl lgsf; ePsf]/fd] E vghf] ul/Psf]hlufdf kl't /fkgldf % 8f\$ sDkf, ol/of # lsnf] ufd, 8LPkl #-% lsnf]ufd / lHs ! lsnf]ufdsf b/n]clGtd hf]f0df /fvGk5{. alp /fv\$]/!) lbgkl5 ol/of # lsnf]ufd 6k8x ug]/ To; sf]& lbgkl5 km]L # lsnf]ufd ol/of kl't /fkgL 6k8x ug]k5{. h; n]ubf{la?j f clnf]/ df6f]xg hfG5 .

धूले व्याड

df6f]df kof]t lr:ofg ePsf]df6f]hf0{/fd] E dl; gf]agfpg] dn ld; fpg]/ ; Dofpg] clg To; df ; Vvf alp 5g].

हिले व्याड

Jof8df l5lk5k]kfgl agf0{v] hf]g] kf6f nufpg]/ ; Dofpg]ug]k5{. lxn]Jof8df pd\$]/alp 5g]. alp pdfg{@% l8ul ; N; o; kfglSf]tfkqmdf @\$ 306f lehfpG]/ \$* 306f; Dd alp uD:ofpg]. o; /L alp uD:ofpBf Ps 7fpBf hDdf u/L af]fn]5f]g' k5{.

बेर्नाको उपयुक्त उमेर

sd pd]sf aqf{af af9lsf]kfgl nfd] ; do; Dd ; xg ug]lfdtf sd x65 . To; h]aqf{sf]pkoQm
pd] #)-#% lbg xg' kb5 . ; fy}/fkf0{ ; /b/ af9L cfpg] ; do e6bf !)-!% lbg cufl8 u/L
; Sgk5{.

रोप्ने तरिका

kl]t ufaf]@-# aqf{glhs-glhs cyft\xf/ b]v xf/ / af6 b]v af6sf]b/L !% x !% ; 6ld6/
/fvl /f]g' k5{. h; n]ubf{af9L kl5 uffn sd x6f klg pTkfbgdf sg}c; / kb5 .

मलखाद व्यवस्थापन

!))M\$)M\$) lsnf]ld gf06hg, km:kmf]; / kf6f; kl]t x\$6/sf b/n]lj :tf/}uNg]k\$[tsf (slow
release) dn /fVg'kb5 . gf06hgsf]Ps rfyf0{km:kmf]; / kf6f; sf]k/f dfqf clGtd hluf tof/L
; dodf kpfu ug{k5{. af6L gf06hgsf]Ps ltxf0{af9L cfP/ lgsfz ePsf]#÷\$ lbgkl5, csf]
Ps ltxf0{To; sf]#) lbgkl5 / af6L Ps ltxf0{^} lbgkl5 6k8} ug{k5{. ; 'dt]j lhssf]
sdlsf]nlf0f lj ?j df b]vPdf lhf ; Nkm6 @) lsnf]ld kl]t x\$6/ kpfu ug{k5{.

गोडमेल तथा भारपात व्यवस्थापन

rf6f / ; fB/f]kftePsf]enf/kft dfg{gf]dlgufl]8 (Bispyribac sodium) #)) ldlNln6/ %))
ln6/ kfgldf kl]t x\$6/sf]b/n]af9L cfP/ lgsfz ePsf]@% b]v #) lbg leq :k]u/kl5 ; a}
k\$6/sf]enf/kft gi6 x65 .

सिंचाई

wfgafnldf /fk\$]lbgblv !) lbg; Dd nuftf/ % ; 6ld6/ulx/f]kfgl hdfpg'k5{. To; kl5 \$-%
lbg]sf]km/sdf df6f] ; sfpg]/ l; f0{ubf{knh kmNg]ahf; Dd kfgl hdf0{/fVgk5{. kmh kmNg]
ahfdf kfglsf]sdl ePdf pTkfbgdf 7hf]xf; x65 .

विस्तृत जानकारीको लागि

lfqlo s[if cg'; Gwfg s[b] vh/f, af6]/ lfqlo s[if cg'; Gwfg s[b] t/x/f, ; g; /L
; Gtf]f/fh lqkf7L / ; l/tf dfGgw/
kmf]g) *!-%@))%@÷)@%-&^\$^!

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@* lj iffb l /lxt ds}e08f/0f klj lw

af7f, esf/L, ; hl cflbdf ds\$] alp j f cgfh\$] e08f/0f ugI k}ng gkfndf Hofb}klxn] b]v g}x\$]cfPsf]kf0G5 . o; /L alp e08f/0f ubf{!-@ dlxgfleq}3g, kInf, 9; L cflbsf]sf/0f alpsf]gf\$; fg xg]u/\$]5 . pkoQm alp e08f/0f ugI klj lw gx\$ j if\$ s[fsx?n]v}L ugI ; oddf u0f:t/lo alpsf]cefj e}nb}cf0/x\$ 5g\ kxf8L lfd t e08f/0f ugI ahf df alp j f cgfhdf lr:ofg kl tzt a9L xg]x\$ rfb}/f, sl/fsf]; d:of b}f kb\$. pkoQm e08f/0f efBfx?sf]cefj sf sf/0f j if\$ sl/a !%-@)Ü ; Dd alp÷cgfh gf\$; fg xg]u/\$]cg; Gwfgn] b}fPsf]5 . o; /L e08f/0fdf xg]lft Gols/0fsf]nflu ; k/ u\$ Aofu / lj gf lj iffb alp tyf cgfh e08f/0f Aofu (PICS bag) sf]kpfu pQd lj slk xg cfPsf]5 . of]xfn gkfnsf]ahf/df lj leGg sdkgf dfknt\pknAw x\$]cfPsf]5 . tlg j if\$]cg; Gwfg kl/l0faf6 ol Aofux?n]alp e08f/0fdf ^ dlxgf; Dd 3g, kInfaf6 k0f?kdf hfufPsf]/ u0f:t/ tyf pdf/zlQmdf klG /fdf] glthf kf0Psf]ol Aofux? alp tyf cG e08f/0fdf Hofb}pkofu]l b]vPsf 5g\ ol Aofux?df sg}sl; dsf]/f; folgs lj iffb kpfu u/L /xg' kb\$. o:tf ; /lft Aofux?nf0{bu\$ j :tIsf s[fs dfemkYofp\$; s]xfn b]vPsf]alp e08f/0fsf]; d:of ; lhn}xn xg ; Sb5 . ol Aofux?sf] kpfu lj lw tn lb0Psf]5 .

सुपर ग्रेन ब्याग -Super grain bag)

; k/ u\$ Aofu cGt/f6 wfg cg; Gwfg ; yf (IRRI) lkmnlkG; n] ahf/df NofPsf] Ps k\$ /sf knfi6ssf] ynf] xf] . o; df alp cyj f cgfh e08f/0f ubf{ o; sf] leq clS; hgsf] dfqf sd xg u0{sf] G8f0cS; f08sf] dfqf a9\$ hfG5 / alp j f cgfhdf ePsf] sl/f j f 9; Lsf] ; \$f0' clS; hgsf] sdlsf sf/0f af\$; Sb\$g\ . of]Aofu ahf/df lj leGg lfdtdf pknAw 5g\



पिआईसीएस ब्याग -PICS bag)

cd7Lsf\$]kf8o' lj Zj lj Bfnoaf6 kpf0ft Purdue Improved Crop Storage (PICS) Bag ; fg tyf 7hf ; a}sl; dsf ls; fg bfhef0x?, Aofk/Lx? / blgs kpfhgsf nflu, alp tyf vfBGgnf0{lj gf lj iffb ; /lft e08f/0f ugI pkoQm ; /n klj lw xf] . of]Aofudf # j 6f knfi6s tx xG5 h; n]ubf{kj fn kgI; Defj gf ; k/ u\$ Aofusf]eGbf sd xG5 . hg}klg hlj t j :thf0{Zj f; kZj f; sf] nflu clS; hg rfxG5 . of] Aofudf alp tyf vfBGgnf0{xfj f gl5gIu/L af\$ lj lQs}olb sl/f



nfu\$]alp tyf cgfh e08f/0f ug[xf]eg]klg cIs; hgsf]dfqf sdl e0{To; df ePsf sl/f dg{ yfN5g\ olb ; qmlds xf0g eg]sg}k\$ f/sf]sl/f g}nflg lb65 . of]Aofu gkfndf NAF Seed sDkgLn]ahf/df NofPsf]5 . bā}vfn]Aofusf]k0f] l j lw ; dfg 5 .

प्रयोग विधि

klxnf ; k/ u0 Aofu j f PICS bag nf0{sxlRj fn 5 sl 50 elg hfF u/L ; sKl5 olb knfli6s y0f afx/L af]fdf klxnf]g]hf\$} cfPsf]5 eg]sKl ug{k0t t/ knfli6s dfq xf]eg]csf[h6sf] j f knfli6ssf] af]fdf 6Dd ldNg]u/L /vG' kb5 .

alp j f cgfh /fd/L ; 'sf0{sl/a !@-!#Ü ; Dd lr:ofg /xg]u/L ; 'sfpg' kb5 . o; /L ; 'sf]alp j f cgfhnf0{lztndf /fvL ; hfpg]/ cfj Zos dfqdf knfli6sdf alp j f cgfhnf0{v6ofpg]. PICS Aofusf]xsdf alp j f cgfh /vbf knfli6s tx alrdf alp=cgfh kg{x65 . alp j f cgfh /fv; sKl5 leq ePsf]xfj fnf0{l j :tf/}bā}xftsf]; xfotfn]afix/ lgsfNg].

k0f{?kdf xfj f afix/ lgsfnKl5 knfli6ssf]d\vnf0{@ 7fp0f lraqdf b}fP h; /L afNg]. o; f]ubf{ af]fdf cIs; hgsf]dfq 36b}hf65 / sfj 68f0cS; f08sf]dfqf a9g\u0{sl/fx? db5g\



knfli6s RofltPdf j f Kj fn k/0f o; leq xfj f l5g{hf65 h; n]ubf{leqsf]sl/fnf0{cIs; hg pknAw xg hf65 / db5, To; j]knfli6s k0f] ubf{Kj fn gk/f] \elg xfl]; of/L ckgfpg' kb5 . ol Aofux? klxnf]k0f] kl5 /fd] 6 /fv] cfj Zostf cg; f/ k6s k6s k0f] u/L vfB tyf alp ; /lft ug{; ls65 .

कोकुन

of]Ps k\$[sf]lqkfn xf]/ ol sf\$g w}}dfqfdf alh÷cgfh e08f/0f ug\$[nflu kpf] ug{
; ls65 . of]ahf/df Ps 6gb]v @) 6g; Dd lfdtdf kf065 . o; nf0{vhf rf}df /fv} klq
e08f/0f ug{; ls65 .



विस्तृत जानकारीको लागि

/fli60 dsæfnl cg' Gwfg sfoqmd, /fdk', lrtjg

3gZofd e08f/l

kmfj)%^-(!))!÷(*\$%)^#(&\$

0djh nmrp2012@gmail.com, bhandarigb_1978@yahoo.com

☞ dḡf/f0hlod 9; lsf]kḡfḡaf6 vḡḡL/fsf]lgoḡq0f klj lw

vḡḡL/fsf]kḡfḡ ḡḡfn clw/fHo el/g}5 . kḡL{ḡḡfndf lj zḡf u/L ds}cbḡf, t/sf/L afnl, cfn' / lrodf o; n]Jofks lft kḡofḡb}cfPsf]5 . vḡḡL/fxḡ df6fḡeqḡḡ6 lj zḡsf h/fxḡ vḡḡ5ḡ\ t/ j o:sxḡ kḡḡḡḡḡ / cḡo wḡ}j fnlḡfnlsf kft vḡḡ5ḡ\ of]sl/fsf]hlj ḡḡḡḡ hft cḡ; f/ ! bḡḡ # j if{ ḡdsf]xḡ5 . sḡif cḡ; ḡwḡf sḡb|kfvḡj f; n] *Odoretus lassipygus* Burn, *Anomala rufiventris*, Hope, *Anomala perplexa*, Hope, *Mimela vittaticolis*, Burm, *Holotrichia sikkimensis*, *Holotrichia longipennis* u/L ^ j ḡf vḡḡf hftx?sf]klxḡḡf u/ḡf]5 . ol sl/fsf dfp -j o:s vkḡḡḡḡ j ḡḡfvbḡḡ c; fḡ; ḡḡ ; lqḡo xḡ]u/ḡf]kḡ0Psf]5 . oBlk ḡḡḡ kxf8df c; f/bḡḡ >fj of; ḡḡ / pRr kxf8df hḡḡḡḡ c; f/; ḡḡ aḡL ; lqḡo xḡ]u/ḡf]kḡ0Psf]5 .



vḡḡL/f



j o:S *Holotrichia sikkimensis*



H. longipennis



O. lassipygus



ḡḡḡḡḡḡḡḡ ḡḡḡḡḡḡḡḡ (*Metarhizium anisopliae*) sḡḡḡḡḡḡḡḡ ḡḡḡḡḡḡḡḡ

dḡf/f0hlod Pḡl; fḡḡḡ Ps lsl; dsf]9; L xf]hḡ kḡs[ts ?kdf df6ḡḡḡ kḡ0ḡ5 / o; n]k/lhj lsf] ?kdf vḡ]sl/f nufot @) ḡḡḡ aḡL ls/fxḡdf ; ḡḡḡḡ u/L dfbḡ . of]9; lsf s0fx? sl/fsf] aflx/L cfj /of j f Solḡsn (Cuticle) nf0{5ḡ} z/L/leq kḡ ḡḡ ubḡḡḡ\ sl/fsf] kḡḡḡ hfnf] ḡḡḡḡḡḡ\ of]9; lsf]cfḡḡḡḡ kZrft\ s/fn]vḡf 5f8ḡḡḡḡ cḡḡḡḡḡḡ d5ḡ\ o; /L d/ḡf sl/fsf] aflx/L cfj /ofdf xl/of]9; lsf s0fx?sf](spores) lj sf; ḡP/ df6ḡḡḡ cḡḡḡḡḡḡ dfḡḡḡḡ 9; lsf] 3ḡḡḡ aḡ5 / df6ḡḡḡ l r:ofḡ /x/xḡḡ d/ḡf sl/df pḡḡḡḡ 9; lsf s0fxḡ df6ḡḡḡ kḡḡḡḡḡḡ of]9; l Ps kḡs kḡḡḡ u/kḡ5 kḡs kḡs kḡḡḡ ul//xḡ' kbḡḡ .

खुम्ब्रेकीराको नियन्त्रणमा मेटाराइजीयम एनिसोप्लीको प्रयोग

afnl sf6kl5 v}j f/Lnf0{ ulx/f] u/L hf]tlbg] v}af/L /fd] E
uf}d]h u/] ; kmf /fVg] sl/fx, hDdf u/] gi6 ul/lbg] e6df;
/ cGo bnxgj fnlx? ; dfj z u/] 3Dtlj fnlx? nufpg] /f; folgs
lj iffb]sf] kpf] ug] / sfF] dns] kpf] gug] h:tf lj leG
tl/sfx, ckgf0Psf] v08df o; sl/fsf] vf; }k\$fk blV. lj z]
if u/L /f; folgs lj iffb]x, ol sl/f lgoGqf ug{ sd kpf] sf/L
xg\$; ; fy}j ftj /0fdf ; d} kltsh c; / kfg]xgn]h] s klj lwsf]
kpf]af6 pQm sl/fx, sf] lgoGqf]sf] kpf; xb} cfPsf] 5 . s[if
cg; Gwfg s[bl] kfv[af; n]/f; folgs lj iffb] / h] s lj iffb]x, sd
kpf] sf/L kf0Pk15 k]l{xk8sf lj leG :yfgx?af6 vd\$sl/fsf gd}f
; sng u/] To; af6 %) eGbf w}] lsl; dsf d}f/f0hlod 9; Lsf]
; sng u/\$f]5 .

; sng kZrft 9; Lx, nf0{ l4s/0f u/] kpf]zfnfdf ul/Psf]k/Llf0fn]
() kltzt eGbf a9L vd\$sl/f dfg]lfdtf ePsf]kf0of]. pQm9; Lx, nf0{
w}]dfqfdf pTkfbg ug{lj leG j :tx, sf]kpf] u/] xbf{hf}f; aGbf
/fd/L 9; L pTkfbg ePsf]kf0of]. o; /L hf}f pTkfbt *anisopliae*
nf0{ df6}f k/Llf0f ubf{ ds} aGbf nufot afnlx, df ^) blv
&) kltzt; Dd kpf] sf/L ePsf]kf0Psf] 5 . cg; Gwfgdf ; mlg
ls; fgx?sf]egf0{cg; f/ % j if{cl3 kpf] u/\$f]hldgdf vd\$sl/f
eP klG lft eg]gu/\$f]kf0of].

v}j f/Ldf 9; L ; mldt hf}fbfgfnf0{vg} j f xnf\$]l; ofdf j f cGo
tl/sfaf6 df6]eq kg]u/L \$) lsnf]ld klt x\$6/sf]b/n]kpf] ug{
kb5 . 9; Lsf]kpf] ul/; skl5 df6}f lr:ofg xg cfj Zos 5 .



df6}f kpf] ug{tof/L
cj:yfsf]9; L ePsf]hf}fbfgf



UOf: t/lo 9; L ePsf]hf}fbfgf



9; L ePsf]hf}fbfgf
df6}f kpf] ul/b}



9; ln]df/\$f]vd]sl/f

विस्तृत जानकारीको लागि

s[if cg; Gwfg s[bl] kfv[af; , wgsbf

kmf])@^-%\$)#^% ÷%\$)#*!

0d]h arspakh@gmail.com

ॐ) ux'afnldf yf^ag]emf/sf]Aoj : yfkg klj lw

yf^ag]emf/ (*Spergula arvensis* L.) o/f]k]sf]
/yf]g] emf/ eP klj g]k]ndf o; k\$[tsf]
emf/ d]l]o kxf8L lhNnfsf] &)) -!#)) Id6/
prf0Qf a9L kf0Psf]5 . kj t lhNnfd l] ut
s]l j if{otf uxFPj +cGo lxp6] afnlx?df /
t/sf/l afnl -kofh, cfn' cflb_ df klj o;
emf/ k\$[k]sf] ?kdf b]yf k/\$f]5 . of] emf/
lrD6bf0f] df6f]df eGbf kfgl gh]dg]
anf6] df6f]df a9L kf0[5 / of] # ; [6ld6/
ulx/f] df6f]df c\$'Of xg ; S5 eg] !
; [6ld6/ ulx/f0{ df6f]df cem /fd] c\$'Of
xg] ub5 . of] emf/n] \$=-%=-) lkPr
clDnokgsf]df6f]a9L dg k/fp55 . o; sf]alp df6f]df kfF j if{Dd klj h]lj t /xg ; Sb5 .
uf0{ :tx?n]of]emf/ vfg]u/]tfklj e\$fx?n]a9L dg k/fpg]b]vPsf]5 .



yf^ag]emf/sf]af6, kln / alp

ब्यवस्थापन तरीका

emf/ lgoGqOf gu/\$f]v08df %ofEuP/ afnl gfnlnf0{lgSs}IfIt k'ofp55 . emf/sf]lgoGqOfsf]
nflu lgDg adf]hd Plss[Aoj : yfkg ckgfpg cToGt h?/L 5 .

- afnl nufpg' cufl8 afnl]sf] alpnf0{ l] leGg ; f0[tsf] rfnGr]af6 rfn] emf/sf alpnf0{
56dfpg].
- afnl nuf0{; s]kl5 emf/sf]k\$[k] x]l xftn]uf\$Dh u/L x6fpg].
- of]emf/ clDnodf6f]df a9L b]yf kg[ePsf]h]v]df rgsf]kpf]un]emf/sf]k\$[k] sd ug{
; lsG5 .
- k6s k6s vghf] u/L afnl nufPdf k]o\$ j if{emf/sf]k\$[k] sd xg d2t klb5 .
- uxFnufPsf]% lbg leq j f uxFpdg' cufl8 k]8ldyflng #) 0=1; =-# ln6//x\$6//\$))
ln6/ kfgl_ 5gfh]; a]sl; dsf]emf/ lgoGqOf ub5 .
- @,\$8l=; fl]8od ; flv6 *) 8An' lk= -! lsnf]u]d/x\$6//\$)) ln6/ kfgl_ uxFpld]; s]kl5
cyf[emf/sf]#-% kQf cj :yfdf 5/L lgoGqOf ug{; lsG5 .

विषादी प्रयोग गर्दा ध्यान पुर्‍याउनु पर्ने कुराहरु

- hg; S}lj iffbl klj dfgj sf nflu xflgsf/s xg]ePsf]h]kpf]ustf]o; af6 aRg]pkfox?
ckgfpg' lgtfGt cfj Zos 5 .

- 7ls dfqfdf / plrt ; dodf kpfu ug{kbf .
5gIahfdf df6fdf kpfkt lr:ofg xg\$; fy}
xfj f rNg'x6g .
- Ij iffbl 5gIjolQm]5gI ; dodf wdkfg ug{
x6g / cf7f / d'vdf ; f6m}Ij iffbl kg6f
aRg'kb\$. Ij iffbl 5/l ; s6l5 ; fa6 kfglN]
gxfpg]/ kpfu ul/Psf]cfhf/ tyf efBfx?
kfglN]kvfNg'kb\$.



ux6f yf6g]enf/sf]k\$fk -km]f; kj t_

विस्तृत जानकारीको लागि

afnL la1fg dxfzfvf, v6n6f/, nIntk/

kmfg)!-%@!!^(÷%%@&&\$ *

06h agronomydivision@gmail.com

@! wfg afnldf kmfh sl/f loj : yfkg klj lw

em08df /xl -kmfhslf]h:t} Ps blv csf] v]df gf\$; fg kfofp5]x8g]sl/fnf0[kmfhl sl/f elg65 . Pl; ofsf]lj le6g efux?df kmfh sl/fsf sDtlldf tlgi 6f klfhtlx? !_ afnf sf6g]Sof6/lkNn/ [*Mythimna separata* (Walker)]

@_ kmfh sf6g]sl/f [*Spodoptera litura* (Fabricius)]

#_ wfgsf]j fldf Sof6/lkNn/ [*Spodoptera mauritia* (Boisduval)] n]wfg afnldf cfqmd0f u/\$f] kf065 . sl6 lj 1fg dxzfzfvn]wfgafnldfu/\$f] e[f0fcg' f/ wfgsf] afnf sf6g] Sof6/lkNn/ / kmfh sf6g]sl/f kdv kmfh sl/fsf] ?kdf b]yf k/\$f 5g\



k\$flksf]; dodf wfgsf]uffhdf ; d\$df /xl lftl kfof0/x\$fl kmfh sl/fsf nfefx?

o; ; d\$sf sl/fx?dwo]wfgsf]afnf sf6g]sl/f, cfly\$ bl6sf0fn]wfgsf]dxTj k0f{sl/f xf]. lj z]ftM t/f0{lfqsf]j if]wfg afnldf o; k\$fl/sf]kmfh sl/fsf]k\$fl b]yf kl//x\$fl]t/ o; sf] klxrfg / ; dfwfgsf pkfox? s]xg\eg]kl6 hfgsf/l gx6f wfg ptkfbgdf xfl; cfPsf]5 . oxff k}t't ul/Psf]klj lwnf0{ds}uxF0toflb afnlx?df klg cfj Zostf cg' f/ kofu ug{; ls65 .

जीवनी र पहिचान

kmfh sl/fn]wfgafnl gePsf]ajhdf c6o cf>obftf afnlx? -ds}uxFhf]hgjh]pv' sfbf] ; 'tl;l; dl, cflb_ df cf^gf]hlj grqm k'f ub5 . kflyl k'tnl]kftsf]cfwf/ / 8f7sf]alrnf nx/df kmh kfb5 . kmhaf6 nfef{xg &- (, nfef6f6 kokf xg (-@ (, kokfaf6 j o:s xg !#-@! lbg / hlj grqm k'f xg s/la * xktfsf]; do nflu5 . Ps j ifdf o; sf]# blv % k':tfx? lg:s65g\

nfef\$fl]/E w]jh; f]o; n]vfg]afnl, j ftj /0f tyf cj :yf cg' f/ xl/of] uhfj l, uhfj l-xl/of]j f rldsnf]v]f]x65 . nfefdf z/l/sf]dflyNnf]kl\$ nDaf0{efudf \$ cfdf snf w; f? / alrefudf Pp6f ; j]ulx/f]7f8f]w; f]x65 . kflyl k'tnlsf]/E ; Gtn]v]f]/ cluNnf]kv]f]sf]alr efudf Pp6f kl6 ; j]y]nf x65 . kl5Nnf]kv]f] xNsf v]f]/Esf x65g\ logn]crn cj :yf df6f]eq j f wfgsf]uffhsf]tNnf]efudf latfp55g\

क्षति र फैलावट

ol sl/fx? wfgsf]l; hg eGb f cufl8 o; sf cf>obftf la?j fx?df a; L hljgrqm uhfb5g\ / wfgsf] ; dodf wfgdf cfslifx x65g\ . of]sl/f j if]wfgdf ebf]v d+ /; Dd b]yf k/]klg



s_ nfef{cj :yf

v_ kokf cj :yf

u_ j o:s cj :yf

wfgsf]afnf sf6g]sl/f -krf]lsl/f_ sf lj le6g cj :yfx?

o; sf]; Wof c; f]h-sflt\$df cToflws ?kdf j]c x65 . loglx? /ftdf ; lqmo e0{lj ?j fnf0{lfIt ub5g\ ev{ krfaf6 lg:s\$nfef{?n]s}l lbg; Dd kftsf]xl/of]efu sf]/] vf65g\ nfef{sf] ; Wof w]}ePdf logn]8f7 / kftsf]dh g; f afx\$; a}efu vf0{af}nf0{gfE}f]kfb5g\ kl/kSj nfef{?n]lj ?j df r9L dVo afnfsf]krf-cfwf/ j f ; xfos afnfx;df (spikelets) sf6] afnlnf0{ gfa}agf0{lfIt ub5g\ of]sl/fsf]k\$fk a9L ePdf wfgafnldf zt kl'tzt; Dd gf\$; fgl x65 . xfnsf j ifx?df gkfndf t/f0b]v kxf8; Dd sg]g sg]lfqdf wfg, ds}/ ux}f o; sl/fsf]k\$fk b]yfkbf]cfPsf]5 .



s_ kftdf lftl u/\$f

v_ afnfsf]cfwf/df vfP/ gi6 u/\$f]

u_ k/f afnl g}gi6 u/\$f]

ब्यवस्थापन

o; sL/fsf]; Wof tyf lfltsf]cfEng ug{j o:ssf]nflu aQL / km]f]kf; f\$] nfef\$]nflu
vfN8]kf; f\$]kpf] u/] cgludg ug{kb5 . la?] fsf]k]oIf cgludg ubf{! nfef{k]t ufN b]vg]
lj lQs}tn pNn]vt pkoQm Joj :yfkG lj lwx? ckgfpg' kb5 / k\$]k b]vPsf] lq]df wfg kl5
a9L sL/f nflu]j jnl h: t]uxFds}0Toflb gnuf0{cGo afnl nufpg' kb5 .

- v]af/L leq jf j l/k/ emf/kft ePdf sL/fsf]; Wof l56x}a9g]xgfn]v] leq / aflx/
/x\$]f emf/kftx? ; kmf ug[.
- kfgl k6fP/ o; sL/fsf]k\$]k 36fpg ; lsG5 . t; y{afnlfn0{gsf/flds c; / gkg]u/L
kfgl k6fpg]/ lgsf; sf]Joj :yf ldnfpg]. wfg sf6]kl5 nfef{/ crn cj :yfx? dfg\$]f]
nflu v]nf0{hf]l 78fx? gi6 ug[/ v]df @-\$ lbg; Dd kfgl k6f0lbg].
- nfef{x? lbpFf]kftklTÉ/df nsl a:g]ePsfh]v]sf]j l/k/ vfN8f]vg] kftn]9fSg]/
To; df hDdf ePsf nfef{x? ; sng u/L dfg[.
- h]j s lj iffbx? h: t]GolSno/ kfl]nx\$]k; ; ef0/; (NPV) @%) Pn=0{k]tx\$6/, j]; n;
yl/GhG; ; (Bt) hft s'; 6fsl @ u]d k]tln6/ kfgldf ld; f0{5g[.
- o; sL/fsf nfef{x? 7hf]; Wofdf -km]hdf_Ps lq]af6 csf]lq; Dd hfg]Toxl j [4 lj sf;
xg]/ ToxfF/x\$]f]afnl Wj :t agfpg]/ km]l csf]lhldgdf hfg]ub5g\ t; y{dfnflyog
%Ü whf]j f Snf]f]k]f0l/km; !-%Ü whf]v]sf]cfnlldf 5\$af/sf]?kdf kpf] ug[.
- k\$]k\$]f]; dodf Odof\$6lg a]hf]6 % P; ðh=)=# u]d k]t ln6/ kfglsf]b/df jf
km]efn]6 @% 0÷; ! ldnln6/ k]t ln6/ kfglsf]b/df jf ; f0k/dlyg @% 0÷; !
ldnln6/ k]t ln6/ kfgldf cfj Zostf cg; f/ !-@ k6s :k]ug[. :k]; fEfm lj xfg jf
/fts]; dodf ug{kb5 .

विस्तृत जानकारीको लागि

sL6 la1fg dxzfzvf, vdn6f/, nlnTk'

/fd k] fb d]fnl

km]g)!-%@!!\$!

0djh ento.narc@gmail.com

@!@ : yfol 8\of. klj lw

k/fgf]klj lw cg' f/ ; dtn elddf hf]f0 u/] j f df6f]lxNofP/ v]L ubf{df6f]ef]ts tyf /f; folgs u0f xf; eP/ hfgsf ; fy}hnj fo'kl/j t0sf]dVo sf/ssf]?kdf /x\$]sfj g pT; h0 klg Hofbf xG5 . :yfol 80fE agf0{v]L ubf{o; df hf]f0 ul/h0 ; do ; dodf dfq kg0fcsf/ u/L afnl nuf0G5 . o; klj lw0f/v v]L ubf{hf]f0 gul/g]xgfn]df6f]ef]ts u0fdf qmdzM ; wf/ cfp5 / afnlgnlsf]h/f ulx/f0 ; Dd kl0g d2t ub5 . df6f]df xjf f / kfglsf]; #f/ klg /fdf]xG5 . ; fy}o; /L dl]zgaf6 80fE agf0{ljl0g afnlx? kl]t 306f)@& x\$6/ cyft* s'ff hlt hluufdf afnl nufpq ; lG5 .

स्थायी ड्रयाङ्गमा खेती गर्ने तरिका

; aeGb f klxn] v]nf0{ /fd f] ; E ulx/ f] hf] f0 u/ l df6 f] a/ a/ f] agfpg' k5{ To; kl5 6dfS6/ rflnt 8dfE agfpg] d]zg FIRB (Furrow Irrigated Raised Bed former: aB km/ d/ _ kof] u/ ^% ; j6ld6/ sf] km/ sdf !% ; j6ld6/ prf0{ ePsf] 8dfE agfpg' k5{. o; 8dfE dfly 6dfS6/ rflnt FIRB d]zgsf] kof] u/ l ds}sf] Ps nf0g tyf c6o afnlx?, h: t} wfg, uxFdE, d'; 7/ cf]bsf] ; Vvf alp b0 nf0g nufpg ; Is65 . o; klj lwaf6 v] l ubf{ afnl nufpg' eGb f klxn] ; a} lsl; dsf] emf/ kftnf0{ df g] j] iffblx? h: t} \nf0 kmf] 6 j f kf/ fsj f6 5/ l emf/ kft /lxt agfpg' k5{. afnl nuf0; s] kl5 cfp g] emf/ kftnf0 xftn] g} lem6g' k5{ j f vf; lsl; dsf] emf/ gfzssf] l; kmf/ ; dfqdf kof] u/ l lgo6q0f ug{ ; Is65 . s] f cf] hf/ cg'; Gwfg s] b] al/ u h d f ul/ Psf] k/ l l f0f cg'; f/ 8dfEdf afnl nuf0; s] kl5 kl t x\$6/ \$ 6gsf b/n] e'; j f k/ fnsf] 5fkf] lbP/ kl g emf/ kft lgo6q0f ug{ ; Is65 .

स्थायी ड्र्याङ्ग प्रविधिबाट खेती गर्दा हुने फाइदाहरु

उत्पादनमा वृद्धि

of[k]lj lwdf 8dE dfly b0{nf0gdf d[zgsf];xfotfn]alp / dn v; flnG5 / ^% ; [G6ld6/sf] km/sdf agf0Psf] 8dEsf] alraf6 ; bGf] k\$Fz / xfjf kof(t nflg] xGfn] ; dtnsf] thgfdF !@ b]lv #^ kl[tzt;Dd pTkfbg j[4 ePsf] kf0Psf] 5 . glthf cg' f/, wfg -/fwf \$ _ kl[t x\$6/ \$)&^ b]lv ^@^^ lsnf]ufd, uxF-e\$6L_#@\$\$ b]lv \$\$\$* lsnf]ufd / dE -sNof0f_ \$\$! b]lv (* (lsnf]ufd; Dd pTkfbg ePsf]kf0Psf]5 .

सिंचाइको पानीको बचत

o; klj lwaf6 ul/g]v]ldf 8ðfE dlq gfnfdf Ps ltxf0 dfq l; #f0sf]kfgl lb0g]xðf ; dtn v]df eGb sd kfglsf]cfj Zostf kb5 . a#nfbz s[lif cg; Gwfg ; :yfgãf/f gf; lk'df ul/Psf]k/Llf0sf] kl/0ffd cg; f/ uxFafnldf @! b]v #* kl'tzt, wfg afnldf !% b]v ## kl'tzt / d# afnldf @^ b]v ## kl'tzt kfglsf]art ePsf]lyof]. ; fy}l; rf0{ubf{nflg]sh ; dosf]@% kl'tzt ; do art xG5 .



:yfol 8ðfudf nufPsf]uxFafnl



:yfol 8ðfudf nufPsf]wfgafnl



afnf lg:sg]cj :yfdf /x\$:]yfol 8ðfudf nufPsf]wfgafnl



:yfol 8ðfudf nufPsf]d# afnl

उत्पादन लागतमा कमी

o; klj lwdf v; hf]g' kg]cfj Zostf gePsf]xgfn]hf]f0 vr{k0f{art xG5 / ; fy}d]zgãf/f alp v; flNg]xGf Hofdl vr\$]klg art xG5 . o; sf cltI/St of]klj lwdf alp b/ ; dtn v;sf] thgdf #)Ü sd nflg]xgfn]alpsf]klg art xG5 . o; klj lwaf6 v;L ubf{?=#!&% x} vr{nflb5 hg k/Dk/fut tl/sf eGb f Psbd}sd 5 .

नाइट्रोजन उपयोग क्षमतामा वृद्धि

o; klj lwdf /f;folgs dn 8xfEdf g} lb0g] xgfn] kfgldf au] hfg] ; Defjgf xGg ; fy}gf06hg dn lnlu eP/ hldg dlG hfg] ; Defjgf klG GoG eP/ hfG5 . h; n]ubf{lb0Psf]w}dfqdf gf06hg dn afnln]g}pkofu ub5 / ; dtn hldgdf nuf0Psf] afnl eGb 8xfEdf nuf0Psf]afnl uf9f xl/of]xG5 kmntM pTkfbgdf j l4 xg hfG5 .



8xfunf0{kglkfsf/ lbgsf]nflu Bed former n]Reshaping u/\$f]

विस्तृत जानकारीको लागि

s[if cf]hf/ cg'; Gwfg s[b] al/uh, k; f{
knfjg)%!-%@@@#)

0djh aircranighat@gmail.com

@!# d'; /f\$:]6dkmf0nd 89jf /f] / Joj:yfkg klj lw

d'; /f]; :tf]tyf u0f:t/lo kf]lgoQm Pp6f dxTj k0f{sfz} fnl xf]. To; h]d'; /f]vfB tyf
 kf]f0f ; /lffsf]b]i6sf0fn]klg dxTj k0f{5 . ; o ufd d'; /f]bfgfaf6 @)=^ ufd kf]lg, @=!%
 ufd lRnNf]kbfy{ @=*) ufd vlgh kbfy{ ^=*# ufd sRrf /zf tyf %^=\$ ufd sfj fxf08f
 kf]kt ug{; lsg5 . d'; /f]bfn, ; k j f ; nfbsf]?kdf vf0G5 . To:t}d'; /f]h]gkfnsf]^@
 kl]tzt lfgkm / ^% kl]tzt sf] j fnlsf]pTkfbg 9fs\$fxG5 . gkfndf d'; /f\$]pTkfbstj
 ((\$ lsnf]ld kl]t x\$6/ /x\$]5 hg cGo lj sl; t b\$zf]thgdf lgs}sd xf]. gkfndf
 d'; /f\$]sd pTkfbgsf k5fl8 yk}sf/0fx? 5g\h; dWb]sxl j if{otf :6dkmf0nd 89j f
 gdfs /f]sf]kd\ ; d:ofsf]?kdf blvPsf]5 . of]/f] cfly\$ j if{@)\$ (÷%) df gkfndf
 lelqPsf]xf]. xfn cfP/ gkf n e/l g]of]/f]sf]k\$fk b]yf k/\$]5 .

of]...6dkmInPd af]b]cf] d] gdfs 9; lsf]sf/0f nflg]/f] xf]. of]/f] gkfnsf]cnfj f
 aunfbz, 0lhk6, l; /lof tyf cd]/sdf ; d] b]yf k/\$]5 . /f]sf]; qmdof xBf afnlsf]
 cj:yf cg; f/ lft 36a9 xg ; S5 . aunfbzdf t of]/f]n]d'; /f\$fnl g}; vfk ePsf]
 /\$8{5 . gkfndf o; n]t/f0{leql dwz / dWb kxf8df x/\$ j if{afnlnf0{gf\$; fg k\$of0{
 /x\$]5 . tfkqmd tyf ; fkl]fs cfbtf h:tf jftfj/0flo sf/sx?n]:6dkmf0nd 89j f
 /f]sf]k\$fkfnf0{lgwf0f ub5g\ ; fdfGotof tfkqmd !* blv @@ l8ul ; N; o; / ; fkl]fs
 cfbtf *% kl]tzt eGb a9l ePdf of]/f]sf]lj sf; ; lhn}xg ; S5 . d'; /f\$]kftx?
 @\$ 306f; Dd lr; f]e0/fvdf o; sf]k\$fk a9\$]kf0Psf]5 . o; sf]hlj f0fx? sldtdf *
 306f; Dd lr:ofg !) l8ul ; N; o; sf]sd tfkqmd ePsf]cj:yfdf a9l ; lqmo xG5g\

रोगको लक्षण

/f]sf]klxnf]nlfof kmh kmNg]ajhft/ blvG5 .
 z?df kftsf]6kKfx? sxl vfB tTj sf]sdl ePsf]
 h:tf]wldnf] kftdf rldsnf]v]f]blv 6fg /wsf]
 yf]nf blvG5g\kl5 a9b} 7hf] cfsf/sf] yf]nf
 blvG5 / kftsf]; Dk0f{efudf @ blv # lbg leq
 km]nG5 . ; qmdt kft tyf xBfx? xNsf -wldnf]
 kx]hf] xB} hfG5g\ . /f] z? ePsf] sxl lbgd}
 ; qmdt kftx? emb5 t/ af0x? gfaNf]blvG5 .



:6dkmf0lnod 89j fsf]nlfof

kmh kmNg eGbf cufj }of]/f]u nfflof]eg]sf] fx? kmf] f]e0{pTkfbgdf 7hf]xf]; cfp65 /f]uL
alpsf] tfjh sd xg'sf]; fy}alpsf]pldg] zLQm klg sd xG5 . 8f7 tyf xfEfx? ; Sb}
hfG5g\lj : tf/}8f7 xfEfx? v}f]; jf]/udf kl/0ft xG5g\t/ ; qmldt sf] fx? tyf 8f7x?df
; jf]TofGbf]x? pd\$]f]k|6 ?kdf b]vG5 .

रोगको श्रोत र फैलिने वातावरण

of]/f]u zfsf0fx? lj leGg xfj fkgldf xg] afnLx?df h:t}skf; , ufhe\$, n; g, cfE,
gf; kftL, tf]L, kofh, kfns, cNkmfcNkmf, Snf/ cflbdf cf>o :yn agf0{a:g ; S5g\ ol
zfsf0fx? nfd]; do; Dd 708L df} ddf afEg ; S5gV 5f\$]f]cj lwsf]udL{df} ddf logn]
zfsf0f' pTkfbg ug{; S5g\ o; /f]un]ul; t d' /f\$]f]76fx? g}/f]usf]dVo >f] xg\.
o; afx\$ of]/f]u pTkGg xgdf tyf kmhgdf pkoQm xfj fkgfL tyf j ftfj /0fsf]klg plts}
el'dsf /x\$]f]5 . 708L df} ddf kfgL gk/\$]f]v08df ; fkl]fs cfbtf]n]/f]u kmhgdf dxTj k0f{
el'dsf v]lg]ub5 . lj z]fu/L tfkqmd, lr:ofg, ; fkl]fs cfbtf tyf k\$z h:tf j ftfj /0flo
sf/0fn]/f]usf]lj sf; df k|olf c; / kf/\$]f]xG5 . cf} t tfkqmd !* b]v @) l8ul ; N; o;
tyf lj xfgsf]; dodf *% b]v () kl'tzt ; fkl]fs cfbtf ePsf]v08df o; /f]usf]sf/s
9" ln]lj ?j fdf cfqmdOf ug{; Sb5 eg]/f]usf]lj sf; sf]nflu dxTj k0f{of]ubfg lbG5 . To:t}
:6dkmf0ndVf]usf]; qmdOf tyf qmlds lj sf; sf]nflu xfj tyf df6f]df ePsf]lr:ofgsf]
dxTj k0f{el'dsf xG5 . of]/f]u ; qmdOf xg xfj fdf () kl'tzt eGbf a9L ; fkl]fs cfbtf
; fy}; fdf]; do; Dd kftx? cfl]; nf]xg h?/L 5 eg]cf]ftdf && 306f jf Tof]eGbf sd
; do k\$z eof]eg]; qmdOf tlj |xG5 .

रोगको व्यवस्थापन

रोग कम लाग्ने जातको प्रयोग

/f]u sd nfflg] tyf ; xg ; Sg] hftx?
h:t}lzv/, lzdN, dxZj / ef/tL, vh/f
@ cflb l; kmf/z ePsf hftx? / af/L
d' /f] \$, cf0{ Pn=Pn &&# hftx?
nufpBf /f]usf]k\$fk sd xG5 .



d' /f]df :6dkmf0lnod 89j f cj /f]v hftsf]5gfb

खेतीको तरिकामा सुधार

gf06fhg, km:kmf]; / kf\$; tlg]y/L dnx? l; kmf/z dfqdf kpf]u ug]tyf afSnf]/fkf0{
gug]Ps xf/b]v csf]xf/sf]b/L #) ; lGld6/df /fk]df /f]usf]k\$fk sd xG5 .

of]/f]u alpaf6 klg ; g[ePsfh]alpnf0{yl/fd (Thiram) j f alJeli6g (Bavistin) @ ufd
kl't lsnf]ufd alpsf b/n]pkrf/ u/ 5gI. kmkmg yfn]kl5 /f]usf]k\$fk a9g]ePsfh]
kmh kmNg]ahfdf 8fPyg Pd \$%=@ ufd kl't ln6/ j f alJeli6g !=% ufd kl't ln6/ kfgldf
ld; f0{& lbgsf]km/s df b0{k6s 5gfn]/f]u sd e0{pTkfbg a95 . To:t}cf=j =)&!÷&@ df
lf]lo s[if cg'; Gwfg s]b|vh/fdf u/\$f]cg'; Gwfgn]cGo lj iffblsf]thgfd Ps x{tfsf]km/sdf
b0{k6s l6N6 -k]k]lsgfhfh_ :k]ubf{/f]u kfej sf/L 9un] Joj :yfgk ePsf] kf0of] eg]
pTkfbg klg ; a}Gbf a9L kf0of]. To; h]cGo lj iffblsf]cnj f k]k]lsgfhfh]sf]kfej sfl/tf
of]/f]u Joj :yfgdf /fd]kdfloft ePsf]5 .



:6jkrf0lnod 89j f Joj :yfkgsf nflu kllklsgfhjh 5/\$f]kn6 / kpfuznfndf kllklsgfhjh\$sf]c; /
af/\$f]clwoog

If $\{g\}$ is a \mathcal{G} -class, then $\{g\} = \{g\} \cap \{g\} = \{g\} \cap \{g\} = \{g\}$.

/fdaxfb/ v8\$ / ls/g sfsL{

kmfQ) *!-%^) @@ ^ ÷ (* % !! \$!! ^ !

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ॐ!\$ /fdk/ xf0[aß-@ ds}sf]v}l ug[klj lw

/fdk/ xf0[aß-@ hftsf]ds}t/f0{/ leql dw}zsf] nflu l; kmf/z u/LPsf]5 . xfnf j ifx?df t/f0{/ leql dw] df xf0[aß hftsf ds}nufpg] qmd a9lf]5 . xfn gkfndf :j b}zd}lj sf; ul/Psf] xf0[aß hft gx}f ls; fgx? lj b}zsf lj leGg ax/fli6 sDklgsf xf0[aß hftx? nufpg afllb xg' k/\$f]5 . o; }cj :Yffnf0{lj rf/ u/L /fli6 ds}fnl cg' Gwfg sfoqmdn]of] hftsf] xf0[aß ds}lj sf; u/\$f]xf]. of] xf0[aß cf/Pd=Pn-\$ -l; P))#^_ / Pg=Pd=Pn-@ -l; Pd=Pn\$#)_ alrsf]qm; af6 tof/ ul/Psf]xf]. o; sf]pTkfbg vhf ; lrt hftx?sf]thgdf lgs}a9l xg}sf ; fy}/f} sl/f sd nflu] bfgf kx}f]lrNnf] To:t} af} df}f]ePsf]h]9Ng]; d:of sd xg' ds}kfs} yGsofpg]ahdf klg af} xl/of]/xg]o; sf lj z}ftfx? xg\ of]hftdf kf0g]kf}6s tTj x?df kf}6gsf]dfqf &%(kl}tzt, sf]f}f086 dfqf &!# kl}tzt, lrNnf]kbfy\$}dfqf #=)^ kl}tzt, /}zbf/ dfqf @=) kl}tzt / vlgh kbfy\$}dfqf !=(kl}tzt /x\$}f]5 .



जमिनको तयारी

; fwf/Of tof xf0[aß ds}v}l nufp}f hldgnf0{@ b}lv # k6s vghf} ug{k}b5 . df6f\$}cj :yf cg' f/ hf}f0{u/k}l5 8Nnf kmf0{/ df6f]a}f}fp}f]agfp}f ds}/fd}f] 6 pd}5 / af}sf]3gTj eg] adf}hd sfod e}pTkfbg /fd}f]x65 . ; Vvf hldgdf hf}g'eGbf klxn]; #f0{b0{hf}f]df df6f]; lhn} a}f}fp}f]x65 .

मलखादको प्रयोग

df6f\$}p] {fzI0m bluf]/fVgsf]nflu uf] /÷sDkf}6 dn !) b}lv !% 6g kl}t x\$6/ klxnf]hf}f]f0df k}f} ug{k}b5 . /f; folgs dn /f}g]; dodf @))M')M\$) gf06}hg km:kmf]; / kf}f; lsnf}ufd kl}t x\$6/sf b/n]k}f} ug{k}b5 . /f; folgs dn /fVbf ds}/f}g]; dodf 8L=P=kl / kf}f; sf]k'} dfqf /fVg' kb5 . ol/of dnnf0{# efudf lj efhg u/L Ps klxnf]uf\$}f0df / af}l b0{efu bf] f] uf\$}f0{/ wfg rd/f cfpg]; dodf /fVg' kb5 .

बीउको दर

Hofj n/ knf66/n]j f s6fh]nf06 sf]L nufPdf @) lsnfufd alpn]kl't x\$6/nf0{kfb5 . t/ Ps l; of]la/fP/ xnf\$sf]k5fl8 nufpbf @% lsnfufd kl't x\$6/ nfb5 .

रोप्ने तरिका

of]ds}v]l ubf{klQma4 tl/sfn]nufpg' kb5 . ; fwf/oftof Ps klQm blv csf{klQmsf]b/L &% ; l6ld6/ / Ps afb blv csf{afbsf]b/L @) ; l6ld6/ sfod ug{kfb5 . o; /l /f]of afbsf] ; Vof ^^^^ afb kl't x\$6/ sfod ug{kfb5 .

लगाउने समय

xf0[a\$ ds}v]l lxp5df ug{/fd]x65 . t/f0df c; fhblv sflt\$; Dddf / leql dwzdf ebf} blv sflt\$; Dddf nuf0{; Sg' k5{.

गोडमेल

xf0[a\$ ds}v]l ubf{b0{k6s uf\$dh ug{kfb5 . klxnf]uf\$0{pldPsf]@)-@% lbgdf ug{kfb5 . o; uf\$0df emf/kftx? k0f{of x6fpg' kb5 . bf}uf\$0{klxnf]uf\$0\$]@-# xktf kl5 ug{kfb5 . o; uf\$0df ps]f nufpbf /fd]x65 . emf/gfzs lj iffbl lnf0[knf] (Glyphosate) % ldlIn6/ kl't In6/ kfgldf ld; fP/ ds}/f]gk' {j f k8ldyflng (Pendimethylene) % ldlIn6/ kl't In6/ kfgldf ld; fP/ ds}pdg'cl3 cyj f 6km]8l (2,4-D) # ldlIn6/ kl't In6/ kfgldf ld; fP/ emf/x? pdkl5 5g{kfb5 .

सिंचाई व्यवस्थापन

lxp5]v]lInf0{/f]k0{k} ; fwf/oftof l; #f0{lbq' kb5 t/ df6]; Vvf 5 eg]l; #f0\$]vfF]x65 / l; #f0{u/L vghf] u/] ds}/f]g'h?/L x65 . a; Gt]v]lInf0{/f]g]avt l; #f0{lbq'h?/L 5 . df6df lr:ofgsf]cj:yf cg' f/ l; #f0{36l a9l xg ; Sb5 . ; fwf/oftof ds]fnl 3Bf; Dd clnf]ePsf]cj:yf, hEf lg:sg]cj:yf / bfgf kf]6nf]xg]cj:yfx? Af9l ; jhgZln 5gV ol cj:yfdf l; #f0{lbq'h?/L 5 .

रोग व्यवस्थापन

of]hfts]ds}df nflg]pQ/L tyf blIfol kft 89]f, a8\$ Inkm P08 zly Anf06, u]Inkm :kf h:tf /f]x? Kft cj /f] lfdtf kf0Psf]5 . olb /f] nflu xnfdf 9l; gfzs lj iffbl l; kmf/z dfqdf kf] ug{kfb5 . ds}/f]g'eGbf klxn]alpnf0{allei6lg -sfa8fhld %) 8An=k_ gfds

lj iffbL)=@% cyf\ \ Isnf]u|d alpnf0{@=% u|d lj iffbLsf]b/n]lahf]krf/ ug{kb5 . olb z?sf] cj:yfdf /f]u nfu|df 8f0y] Pd-\$%-d]sf]h]_ @ u|d kl't ln6/ kfgl; E id; fP/ klxn]5gI/ To; sf]!% lbg kl5 l6N6 -k]k]ksf]ghf]h @%÷04; _ ! ldl'ln6/ kl't ln6/ kfgl; E id; fP/ 5g{ kb5 .

कीरा व्यवस्थापन

; fwf/0ftof ds}df n]lg]uaf/f]f]k\$]f] /f]syfdsf]lgldQ sfj f]k]o/f]g -k]o/f8fg_ # hl *-!) Isnf]u|d kl't x\$6/ #- \$ u\$]f kl't af]_ sf b/n]af]x?sf]u] f]df k]f]u ug{kb5 .

मकै भाँच्ने तथा थन्क्याउने

ds}df]3f]u]f gEuf0{alrsf]bfgf lgsfnl pQm bfgf; E hf]8Psf]efu -gfyL_ b0{cf]hfsf]gEn] sf]b]f]sf] sfnf]tx b]vof]eg]ds}kfs}sf]5 eGg]alem5 / ds}efRg of]o ePsf]df]lg5 . ds}df] lr:ofg ha @) kl'tzt x65 tj ds}efRbf /fd]x]x65 . efF}sf 3f]u]x? @÷# 3fd ; hfP kl5 3f]u]df !#-!\$ kl'tzt lr:ofg sfod ePsf]3f]u]nf0{5f}fpg' kb5 .

भण्डारण विधि

3fddf /fd/L ; S] !@ kl'tzt eGbf sd lr:ofg sfod ePsf]alpnf0{e08f/0f u/L /fVg' kb5 . ds}h0{afFsf]esf/L, yhf, af]f of d]n ljgdf bfgf 5f}fP/ /fVg ; ls65 . e08f/0fdf lft k]ofpg]sl/fx?af6 arfpg x]f f gl5g]u/L jGb ug{; lsg]efB}df kl't 6g Ps 6dfj n]sf b/n] ;]km; rSsl /fVg'kb5 . !) u|d af]f]sf]h/fdf xg]ufgfaf6 tof/ u/]f]whf] kl't Isnf]ds}df] alpsf b/n]k]f]u u/] klg e08f/0fsf xfgsf/s sl/fx?nf0{dfg{; ls65 .

विस्तृत जानकारीको लागि

/fli6 ds}fnl cg'; Gwfg sfo]md, /fdk/, lrtjg

hljg >]7

k]f]g)%^-%*!))!÷(*)*)#&\$&@

0d]h nmrp2012@gmail.com, jibshrestha@gmail.com

@!% /fli60 lhg a\$M; ofj if{ Dd alpx? ; Af0f ug{ lsg] klj lw

s[lif tyf lj 1fgsf] lj sf; ; E}
s[lif afnlsf :yfglo hftx? x/fp5}
uPsf 5g\ xfdl kVf{ nufp5}
cfPsf w]} :yfglo hftx?
nfk e}s\$[f] cj:yf 5 . s[lif
afnlsf cfgaflzs ; ftx? h; n]
s[lif hlj s lj lwtf elg5, hftlo
lj sf; tyf lbuf] s[lif lj sf; sf]
nflu ckl/xfo{5g\



/fli60 lhg a\$, vdn6f/

gkfndf t/f0{ blv lxdfn; Dd
sl/a @)) Isl; dsf s[lif
jfg:kltx?sf]khflt #),))) xhf/ hlt :yfglo hftx?sf]v]l u/\$f]kf05 . pQm hftx?sf]alp
; fdfotf Ps j if{egbf a9L ; Af0f ug{; lsg s[lif afnlsf ; a}hftx? ; ofj if{ Dd ; Af0f u/L
cg; Gwfgstf{tyf efj llk9lsf]nflu pknAw u/fpg]p2Jon]lj =; @)^& ; fndf vdn6f/df /fli60
lhg a\$, h; nf0{/fli60 s[lif cfgaflzs ; ftx s] :yfkf ePsf]5 . pQm lhg a\$ngkfnsf]s[lif
hlj s lj lwtf sf; Af0f ug\$; fy}cGt/fli60 hlj s lj lwtfdf kxF kfofpg ; xofu u/L /x\$[f]
5 . hftx?sf; Af0f ; u; u}pQm hftx?sf]kf; kf{ rl/q lraq0f tyf dNof\$g ul/ cf58fx?sf]
Joj :yf ub{cfPsf]5 .

संरक्षण प्रविधि

/fli60 lhg a\$ng] ; Dk0f{ s[lif afnlsf hftx? ; Af0f ug\$] nflu kfF Isl; dsf] pk-a\$px?
sfof]j ogdf NofPsf]5 .

बीउ बैक

alp ; \$fpg ; lsg]afnlsf alpx? h:t}-wfg, tf]L dWodsflng / bl3\$flng ; Af0f slfx?df
/flv5 h; nf0{alp a\$ elg5 . o; sf]nflu kofu ul/g]bl3\$flng slf -@) l8ul ; N; o; -clt
lr; f] tfkqmdsf]5 h; df alp /fv]kl5 !)) j if{ Dd hlj t /lx/x5 . dWodsflng slfdf sl/a
!) l8ul ; N; o; tfkqmdsf]Joj :yf ul/Psf]x5 / pQm slfdf alp !% j if{ Dd /fvG ; lsg5 .

फिल्ड जिनबैक

alp ; sfp g; lsg]h:t}cfk, skml / alp g}pTkfbg gxg]h:t}s]f, cfnhf0{pknAw :yfg g}
; Af0f u/L /flvg]k0ffnl lkm8 lhga\$ xf]. g]fn s]f cg; Gwfg kl/ib\$]j leGg s]x?df lkm8
lhga\$; E; E}afnl lj z]f kfs{h:t}pv' kfs{ cfn' kfs{cflbsf]:yfkf u/L ; Af0f sfo{z'z
ul/Psf]5 .



dWb sflng ; Af0f sIf



dWb sflng ; Af0f sIfsf]nflu alp /fVg]efBf



lb3{sflng ; Af0f sIf



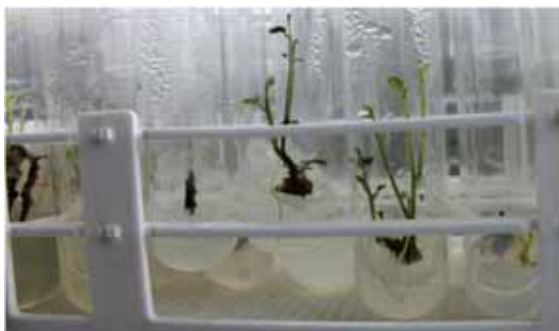
bl3{sflng ; Af0f sIfsf]nflu alp /fVg]efBf

तन्तु बैक

/f] sl/f /xt 6]6 6bdf lj leGg afnlsf ag]f? sf]f leq/fv] ; Af0f ul/G5 . alp g}pTkfbg
gxg]tyf alp ; sfp/ /fVg g; lsg]j g:kltdf hftx?nf0{o:tf a\$df /flvPsf]5 .

डी एन ए बैक

lj leGg afnlsf 8L-Pg-P -\$) l8ul ; N; o; _ lk]hdf /flvPsf]xG5 . pQm 8L-Pg-P sf]gd]g
cg; Gwfg ug{tyf 8L-Pg-P lkm / lkG6 ug{kpf] ul/G5 .



साम्दायिक बीउ बैंक र साम्दायिक फिल्ड जिन बैंक

v;l :ynlo ; Af0f cGtuť lj leG 7fpF?df s[fsx?sf]cuJ f0df s[fs}yfGdf lj leG nfebfo
jg:kltx?sf hftx? ; Af0fdf ; xofu u/L s[fsx?sf] ; xh kxFsf] ; lglZrt ul/Psf] xG5 .

/fli60 lhg a\$df ; Alf0f u/L /flvPsf] hftx?
; bfsf]nflu / ; a\$]nflu eg] Aoa:yf ul/Psf]5 .
dfly pIn]vt a\$dx?df hf]s; h]klg cfkm' E ePsf]
hftx? kf; kf]cfkm/d e/L ; Alf0fsf]nflu lbg ; S5g\
; Alf0f ubf{hg ls; fg j f ; :yfn]lbPsf]xf]p; sf]
gfd, 7ufgf cfib klg /flvg]xhf hf]sf]xn]kl5; Dd
pQm hft kfpq ; S5g\ . cfkm' E ePsf] hftx?
; Alf0f u/L b\$z\$}vfB ; /lff tyf efjL lk8lnf0{
pknAw u/fpq ; lsG5 .



विस्तृत जानकारीको लागि

/fli60 lhg a\$, v'dn6f/, nlnrk/

$$8f = afns[0f\ hf]zL$$

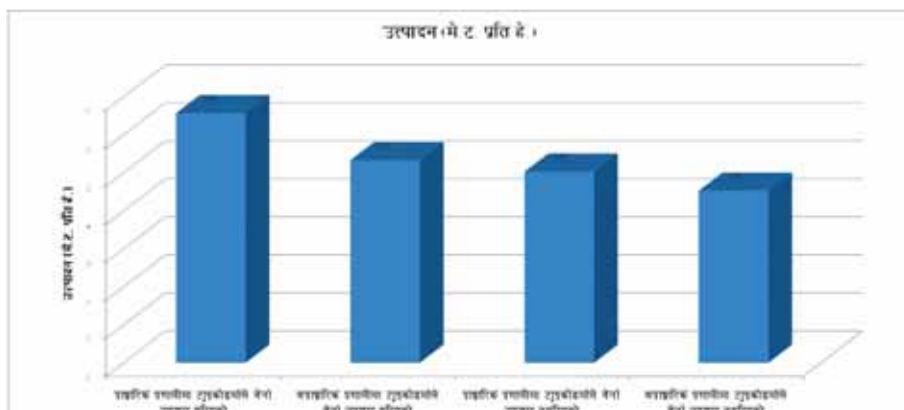
knfjg)!-%))###!÷(*\$!^@(^*#

0d1 narc.genebank@gmail.com joshibalak@yahoo.com

60sf8df6 wfgsf]agf{pkrf/ klj lw

60sf8df{khlft cgtu{sf 9' lx? ; f/e/sf]df6df kž:t dfqdf kf0G5g\ o; ; d'xf w}} 9' ln0{ j fnl lj ?j fsf /fux?sf]h]as lgoG0fsf nflu kpfu ug{ul/G5 . o; ; d'xf 9' lx? sl7g cj :ydf klg l56f]a9g ; Sg] cGo 9' L dfq]lj iffSt kbfg{pTkfbg ug{; Sg]/ 9' Lsf /} f tyf zsf0fdf k/lhlj sf]?kdf af; ul/ xflgsf/s 9' Lsf]j [4 lj sf; nf0{lgoG0f ug{; Sg]/ dfqj :j f:Yo / j ftj /0fdf sg}klg xflg gf\$; fgl gk'ofpg]x'f h]j s lgoG0fdf Jofks kpfu ul/Psf]5 . ; fy}o:tf 9' Lsf]pTkfbg / ahf/Ls/0f klg Jofks ?kdf a9b}u0/x\$]kf0G5 . o; ; d'xf 9' ln]sf0l6gh (Chitinose) gfdS cGo 9' Lsf]sf]sf]leQnf0 gi6 ug{; Sg]0Ghfod pTkfbg ug{x'f of] 9' L w}}lsl; dsf lj ?j fsf 9' L hGo /f] Joj :yfgsf nflu kpfj sf/L blvPsf]5 .

/f] Joj :yfg j fx\$ klg 60sf8df{; d'xf 9l; n]jfg:kltjw\$ pQhs; f]j (Plant Growth promoting hormones) pTkfbg ug{s/f kQf nfu\$]5 . To; sf/0f xfn cfP/ of]; d'xf 9' ln0{ /f] Joj :yfgsf]cnj f lj ?j fsf]pTkfbg / pTkbsTj j [4df klg kpfu ul/Psf]kf0Psf]5 . c'boogx?n]of]9' ln]df6f] alp / lj ?j fsf]:j :Yodf ; wf/ Nofpg] df6f6 lj iffSt kbfg{nf0{ l:yl/s/0f ug{x'fpg], lj ?j fsf]pTkfbgsf]dfqf / u0f b'j 0f j [4 ug{/ j fnl lj ?j df kltsh j ftj /0f ; xg ; Sg] lfdtf (biotic and abiotic stress tolerant capacity) sf]j [4 ug{tYox? b'vPsf]5 . To:t}o; ; d'xf 9' ln] ; f08]f]kf] (Siderophore) gfdS nflu of]us kbfg{nf0{ af]j/; fogsf]pTkfbg ug{x'f lj ?j fn0{pRr nj 0f, s8f tgj tyf cGo ; d'xf 9' Lsf]cfqmd0fsf]

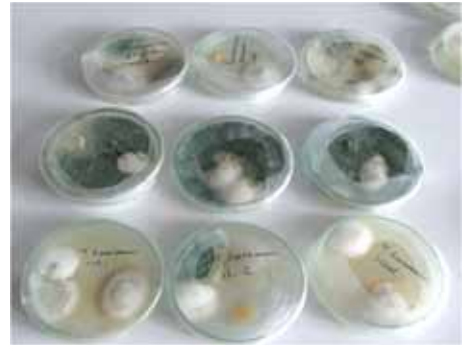


60sf8df]alp pkrf/ ubf{pTkfbgdf k/\$]; sf/flDs kpfj

cj :yf ; xg ; Sg] agfp5 . To; h]o; 9' lnf0{Pp6f ax' pkoFl j g:klt aw\$ 9' Lsf]?kdf ln0G5 . To; sf/0f :yfglo df6f6f6 k]lss/0f (Isolation) ul/Psf 6f0sf0df{9' Lsf pkoSt :6f0nf0S]lf k0ffnldf Plsst?kn]pkoFl (Integration) ug{ Sof]egPsfIt/j ftfj /0f d0l tl/sfn] lj ?j fsf /f]ux?sf]JoJ :yfkG ug{; lsG5 eg]csfIt/ vfBfG, t/sf/L, kmkmhsf]pTkfbstJ j [4 u/L bznf0{cfdlgeX agfpg ; lsG5 .

o; }; Gb] df lfglo s]lf cg' Gwfg s]b] vh/fn]lj ut # j if{b]v j fnl lj ?j df nllg]9' LhGo /f] JoJ :yfkgsf nflu gkfnst lj leGg 7fp5f] df6f6f6 6f0sf0df{; sng / k]lss/0f u/L /f] JoJ :yfkGdf Itgsf] k0fj sf/tfsf] sfo{ul//x\$] 5 .

c]boogdf pkoSt b]vPsf 6f0sf0df\$ Isolate nf0{ cf-j @)!÷&@ df wfg /f]g nfos lj ?j df pkrf/ u/L /f]b 6f0sf0df{h] pkrf/ u/L /f]kPsf] wfgsf] pTkfbg kfEl/s wfg v]L k0ffnldf @# kl'tzt / ckfEl/s wfg v]L k0ffnldf !! kl'tztn]j [4 ePsf]kf0Psf]5 . o; cg' Gwfgsf] glthfn] :yfglo df6f6f6 k]lss/0f ul/Psf]6f0sf0df{nf0{gkfnst]wfg v]L k0ffnldf k0f] ug{; Sof]eg]wfgdf nllg]/f]ux?sf]JoJ :yfkgsf ; fy} pTkfbstJ j [4 u/L bznf0 cfdlgeX agfpg ; lsG5 .



:yfglo 6f0sf0df\$ k0fj sf/L Isolate klxrfgsf nflu kmhfl/od 9' L; E kfg u/\$]

प्रयोग विधि

Wfgsf]/f]g of]o a0f]nf0{pv]h] 7LSSsf d7f agfpg]. Pp6f efBf]df 6f0sf0df\$zfsf0f' (Spore) nf0{kfgldf ld; f0 3f]g]. o; /L kfgl ld; fp5f kl't ldlIn6/ kfgldf bz nfv zfsf0f' kfg]u/L j f xNsf xl/of]/u b]vg]u/L kfglsf]dfqf ldnfpg]. o; /L pv]h]sf wfgsf a0f]nf0{!) ldg0 o:tf]3fh]df 8j fP/ /f]g]clgdfq v]df /f]g].



wfgsf]a0f{pkrf/ ug{]7Ss kf/\$f] 6f0sf0df\$]3fh]

6f0sf0df{ Pp6f j g:kltaW\$ 9' L xf] . cGo c]boogx?df klg 6f0sf0df{n] t/sf/Lsf] lj ?j fsf] pdf/ tyf leu/ zIStdf pNn]yo j [4 u/\$f] kf0Psf] lyof] . To:t} cf-j= @)!÷&@ df lfglo s]lf cg' Gwfg s]b] vh/

fdf wfg vjldf ul/Psf clboogn] wfgsf] j[4 ljsf; tyf pTkfbgdf 6k0sf\$df/f
 jgf{pkrf/n]pnNvo j[4 u/\$f]kf0Psf]5 . t; y{of]klj lwn]wfgdf /fj, sl/f / v8]l h:tf
 h]s tyf ch]s tgjaf6 arf0{pTkfbg / pTkfbstj j[4 u/l vfB ; /Ifdf dxTj k0f{
 of]ubfg lbg ; Sg]blVPsf]5 .



6k0sf\$dfn]wfgsf]agf{pkrf/ u/\$f]



6k0sf\$dfn]wfgsf]agf{pkrf/ u/\$f]wfg

विस्तृत जानकारीको लागि

Ifqlo s[if cg', Gwfg s[b| vh'/f, afE]

/fdaxfb/ v8\$

krfj) *!-%^)@@÷ (*%!!\$!!^!

0djh rarskhajura@gmail.com, vijayautsarga@gmail.com

#=afuj fgl

#= sf7df8f}ftf]; nudsf]hftlo u0f / v}l klj lw

; nud dhfsf] kl/j f/df kg] t/sf/l j fnl xf]. o; sf] kftdf le6fldg .Pl / .; lU clg h/fdf le6fldg .lj l / lj leGg vlgh kbfx? kf0G5g\ xfd] b}sf] hnj fo' Pj d\ef] ns kl/l: yltnf0{ xbf{; nud v}l kf]f; /lff / gkfnl j ffsx?sf] cfly\$ cj :yf dfly p7fpg ; xof] ul xg ; S5 . gkfndf clxn] Dd ; nudsf] Pp6f dfq hft kkn6k pGdf] g ePsf] t/ ; f] hft pkef] / ls; fgx?alr n}skp aGg g; Sbf j fuj fgl cg'; Gwfg dxfzvf, vdn6f/n]; nudsf] gofFhft lj sf; sf] nflu k0tg ul/x\$] lyof]. o; }; Gbedf sf7df8f}pkTosdf kf0G]: yfglo ; nudx?af6 lg/Gt/ 5gf6 u/L gofFhftsf] lj sf; ul/Psf] 5 .

जातीय विकास

; fdLxs 5gf6 (Mass Selection) of] tl/sf cg'; f/ klxnf] j if{ sf7df8f} e0mk/df kf0G]: yfglo ; nudsf] alp nufP/ uf]hf] cln-cln y]rf] cfsf/sf] sn]hl /ftf] /wsf] h/f ePsf] / kftsf] lsgf/f sd sfl6Psf af6x? 5gf6 ul/of]. 5gf6 ul/Psf ; nudx?nf0{ hfnl 3/df nuf0{ alp pTkfbg ul/of]. hfnl 3/df pTkfbg ul/Psf] klhgg\ alp nufP\$ j if{ Dd 5gf6 u/L Ps}k6s j x': ynlo kl/lf0f ul/of]. To; }u/L e0mk/, sfe] / bh]ysf ls; fgx?sf] v}af/Ldf ; d} kl/lf0f u/L sf7df8f}ftf] gfdsf]; nudsf] gofFhft lj sf; ul/Psf] 5 .



जातीय गुण

- lsgf/f sd sfl6Psf] uf9f xl/of] /wsf] kft xg].
- uf]hf] y]rf] cfsf/sf] uf9f sn]hl /ftf] /wsf] ePsf].
- alp /fk\$]f%) - ^) lbgdf j fnl lng ; lsg].
- pTkfbg @%-#) d]l6s 6g÷x\$6/ .

बाली लगाउने समय

t/f0{M c; f]h-sfIQ\$
dWb kxf8 M ebf}c; f]h
pRr kxf8 M h7-; fpg



जमीनको तयारी तथा मलखाद व्यवस्थापन

- vghfj u/L 8NnfX? km6f0{! ld6/ @) ; 6ld6/ rf8f0{/ sl/a !) b!v !@ ; 6ld6/ clnf]8dfE agfpg].
- dnvfb lgDgfg; f/ kl't /fkg l kpfu ugI.
kfs\$]uf/dn-!))) b!v !%)) lsnfufd .
gf06hg-\$ lsnfufd
km:kmf; -^ lsnfufd
kf; -# lsnfufd
- dn /fvkl5 Ps k6s vGg] o; af6 df6f dn /fd/l ldl; g]x65 . emf/kft, 9Ef of sf7sf]6qmf, h/fsf]76fx? x6fpg].
- xftn]8dfE; Dd kfgI/ df6f]a/a/fp6f]j gfP kl5 alp nufpg tof/ x65 .
- uf/dn, km:kmf; / kf; dn hdlg tof/ ubf{/fvGk5{/ gf06hg dn cfwf dfqf Ps k6s klxnf]emf/ uf8g]ahf / cfwf dfqf ufgf cfpG]ahfdf lbg'k5{.

बीउ रोप्ने तरिका

- alp /f]gsf]nflu tof/ ePsf]8dfEdf rRr]s6fh]!) ; 6ld6/sf]b/l'df sl/a @ ; 6ld6/ ulx/f]w; f{sfgI.
- sl/j % ; 6ld6/sf]b/l'df alp v; fNg].
- alp v; fnkl5 8dfEdf xftn]; Dd kfgI.
- pknAw eP k/fn cGoyf v/sf]5fkf]lbg]/ xNsf l; mf0{ugI.
- alp pldP kl5 jgf0{c; / gkgIu/L 5fkf]x6fpg].

बीउदर

Ps /fkg]sf]nflu !))-!%) ufd alp oy]6 x65 .

सिंचाई र गोडमेल

hdlg ; Vvf xg' cufl8 g]; mf0{ug{h?/L x65 . yk dn lbg]ahfdf j iff{gePdf clgj fo{?kdf l; mf0{lbg'kb5 . kfgl hDg]cj :yf ePdf h/f slxg]/ dgIePsfh]lgsf; sf]JoJ :yf ug{kb5 . emf/kft lgo6q0fsf]nflu cfj Zostf cg; f/ uf8d]h ug{kb5 .

रोग-कीरा व्यवस्थापन

kf]i6s tIj n]kl/k0f{ePsf]/ 5f6f; dodf g}tof/ xg]jfn l ePsf]xgfn]o; df ; se/ lj iffblsf] kpfu ug{x65 . /fu-sl/f JoJ:yfkgsf ; fdfGo / 3/h' tl/sfnf0{kfyldstfsf ; fy ckgfpg' kgI x65 . ; fdfGotof lgDglnlvt s/fx?df Wofg lbg ; s\$]v08df /fu-sl/fsf]JoJ:yfkg ug{ ; ls65 .

- :j:y alp kofu ugI.
- afnl cj lwe/ emf/kft cfpg glbg]
vtaf/L ; kmf /fvgl].
- /fu ; emdt kft, 8f7, h/f ; a}clgj fo{
?kn}x6fpg].
- udl{ofddf ulx/f]vghf ugI.
- ; Gtlnt dfqdf dnvfb kofu ugI.
- lgsf; sf]/fd]JoJ :yf ldnfpg].
- afnl rqm ckgfpg].



घरेलु विषादीहरूको प्रयोग

- tltkftl÷asf0g÷lgd÷c; %f\$]@)) ufd cfnf] kftnf0{/fd/L lyr} ! ln6/ kfgldf
98df0{lg:s\$]f/; xktfsf]! k6ssf]b/n] % xktf; Dd :k]ugfh]sl/fsf]k\$fk sd x65 .
- !)) ufd n; gsf]k\$lsf]whf]df cfwf ln6/ kfgl / @ rDrf dltjh ld; f0{@\$ 306f; Dd
/fvgl/ To; kl5 pQm ld>0fdf @ ln6/ ; fag kfglsf]emfh ld; f0{t/sf/L afnldf 5gfh]
w}}h; f]sl/fx?sf]lgo6q0f ug{; ls65 .
- gllda6 tof/ ul/Psf]emfh h:tMgldsf]alpsf]whfh]; Dks{lj iffb]sf]?kdf kefj sf/L
9un]sfd ub5 . ctM gldsf]alpsf]whfh]!@% ufd kltn6/ kfgldf /fvl !)-!%
306f; Dd 98dfP/ kkt xg]/; af/f lj ?jfsf]pkrf/ ubf{w}}sl/fx?af6 xg]lflt sd ug{
; ls65 .
- xfn ahf/df kf0g]lgdsf]th % ldlnln6/ / ; fagsf]emfh % ldlnln6/ kltn6/ kfgldf
ld; f0{xktf lbgsf]km/sdf 5gfh]w}}h; f]sl/fx?sf]lgo6q0f ug{; ls65 .

रासायनिक विषादीको प्रयोग

Jofj ; flos v]l ugI[sf\$xs?n]dflysf pkfox?af/f /fu sl/f lgo6q0f ug{g; sdf /f; fogls
lj iffb] kofu]sf]tl/sf ckgfpg ; ls65 .

!_ ; nudnf0{lflt kxfpg]dVo sl/fx? nfxl / vk6]xg\ . o; sf]lgo6q0fsf]nflu /fu/ !
ldlnln6/ kltn6/ kfgldf ld; fP/ 5sg'k5{.

@_ o; jfnldf h/f slxg]/fu dVo xf]. To; sf]/f\$yfsf]nflu j le:6lg @ ufd kltn6/ kfgldf
ld; fP/ agfPsf]emfh]n]df6f]leHg]u/L kofu ug{kb5 .

उत्पादन

; nud %)-^) lbgdf tfhf t/sf/Lsf]?kdf tof/ x65 . kltn6/ /fkgl ; /b/ !%)))-!*)) lsnf]
ufd; Dd pTkfbg lng ; ls65 .

बीउ उत्पादन

gkfnsl]dllo kxf8l lfq alp pTkfbgsf]nflu pQd xG5 . ebf}c; fhdf alp 5/] aꣳfv-h]7df alp lng ; lsG5 .

वेजात नियन्त्रण

; nud afnl sfnf]tf]L, lrglof aGbf ; E ; lhn}k/fu ; hg xg]ePsfh]of]jfnlsf]afx? / cGo /E gldNg] ; f0h gldNg] uOf gldNg]; nudsf afx? pvhl lbg'k5{o; f]ugfh]z4 alp pTkfbg xg ; S5 .

पृथकता दूरी

z4 alp pTkfbg ughf0{; nudsf cGohftx? / ; lhn}k/fu ; hg xg]afnlx?b]v sDtldf !^)) ld6/ 6f9f xgk5{. hfnl 3/leq alp pTkfbg ughf0{eg}o; f]ug{kbg .

बाली कटाई, चुटाई र सफाई

sf] f kxhf]eP/ sf] f leqsf]u\$ /ftfPkI5 afnl sf6g'k5{. afnlsf6] cfefgf]7fpEf @ lbg slgpFnufP/ /fvkI5 csf]lbg kN6fP/ nYln]r6] j f d]zgn]emfg{k5{. alpnf0{; kmf u/] Ps 3fd ; sfP/ /Vgk5{.

बीउ उत्पादन

Ps /fkgl hdlgdf \$)-\$% lsnf]ld alp pTkfbg xG5 .

alpsf]z4tfsf nflu cfj Zos Gogtd :t/

उम्रने शक्ति (%) कस्तिमा	शुद्धता (%) कस्तिमा	बीउको चिस्थान (%) बढीमा
&%	(&	&=))
अन्य जातबाट पृथकता (मिटर)	वेजात विरुवा वोट बढीमा	वाली चक्र
!^)))=!	@ j if{l] /fP/

विस्तृत जानकारीको लागि

j fuj fgl cg' Gwfg dxzfzvf, vdn6f/, nlnTk/

8f=w] /fh e\$/f0{

kmfg)!-%!%)@\$

0d]h hrtdivision@gmail.com, raj01dhruba@gmail.com

#@Knfli6s 6kf afgf{pTkfbg klj lw

s[fsn]Pp6}hldgnf0{nfd]; do; Dd g; {lsf]?kdf kpfu ug[kyfn]klg /fu sl/fsf]k\$fk a9fpgsf]; fy}afgf]u0f:t/df x[; cf0{pTkfbg / u0f:t/df lu/fj6 cf0/x\$]5 . o:tf kl/l:yltdf k/Dk/fut afgf{pTkfbgsf]lj sNksf]vfhl lj utblv gje0/x\$]5 . oxl ; Gbe{df lfglo s[lif cg'; Gwfg s[b|vh/fn]cWboog u/\$f]lyof]. pSt cg'; Gwfgn]:j :y j jgf]pTkfbgsf]nflu Knfli6s 6kf afv[sf]dn pkoSt xg]s/f klxrfg u/\$f]5 .

प्लास्टिक ट्रेमा बेना उत्पादनका फाइदाहरु

- alpsf]pdf/ kl|tzt df j [4 xg].
- t/sf/L pTkfbgdf !^ b|v @! kl|tzt ; Dd j [4 xg].
- kfglsf]/fdfl]lgsf; xg]xbf 9'; L hGo /fu]sf]k\$fkaf6 arfpg ; lsg].
- afv[sf]dn :yfglo :t/df ; lhn}pknAw xg]xbf cfly\$ b[6sf]n]lskrfotl xg].
- :j :y afgf]pTkfbg ug{; lsg].
- Afgf]j [4 ldl8of h/fdf dn j f ldl8of 6f; /xg]xbf lj ?j f /f]bf nflu]tgfj df sdl e0{pTkfbg ug{nflu]; do 36fpg ; lsg].
- pTkfbgdf j [4 xg]/ afnldf /fu sl/fsf]k\$fk sd xg].
- t/sf/L jgf{pTkfbgsf 7hf ; d:ofx? h:t}h/f slxg]/fu, h'sf, vd]/ kmp s6]f sl/fsf]k\$fkaf6 arfpg ; lsg].
- df6f] 3hgl; n dn tyf ; Id tTj x?sf]kpfu ; lhn}ug{; lsg].
- h]j s 9'; lgfzs lj iffblx? h:t}6f0sf]df{cflbsf]kpfun]lj ?j fnf0{/fuaf6 arfpg ; lsg].
- Knfli6s 6kf0{hfnl 3/leq /fvl lj ?j f pTkfbg ul/g]xbf afnlnf0{ef0/; sf]k\$fkaf6 arfpg ; lsg].
- l; f0\$]nflu kfglsf]kpfu]lskrfot xg]. l; f0{ ugdf ; xhtf xg].

बेना उत्पादन प्रविधि

ahf/df t/sf/Lsf]j gf{pTkfbg ug]nflu lj leGg cfsf/sf Knfli6s 6kpknAw 5g\ h; dWb]!)% sf]7sf]Knfli6s 6k lgs}kfn]gdf 5 . lj ?j fsf]k\$[t / cfsf/ cg'; f/ Knfli6s 6kkm/s-km/s cfsf/sf kf0G5g\ afgf]ddf nx/]afnlx? h:t}sfqmf, km; L[s/hf cflbsf]nflu 7hf]; f0hsf]/ cGo t/sf/L afnlx? h:t}uf]he\$ef, ef6f, e\$]v'; fgl, v'; fgl cflbsf]nflu ; fgf]vf]kN6f ePsf]Knfli6s 6kkf0G5 .



alp /mg 7lss kfl/Psf]Knfli6s 6k

ट्रेमा राख्ने सिडिया

Knfli6s 6kf /fVgsf]nflu klg lj leGg lsl; dsf ldl8ofx? kfnngdf 5g\ . h; dWb] sf\$flk6 gl/j nsf]h6f sxP/ agfPsf]ldl8of ; #f/e/ t/sf/L j g{pTkfbgsf]nflu ; j eGbf k\oft 5 . st}st}eld{sDkf]6, df6f] afn] f / uf] / dnsf]; dfgkflts ld>0fklg Knfli6s 6kf] lwdf kof]u u/\$f]kf0G5 . t/ gkfndf ; lldt lfgkmdf dfq]gl/j nv]L xg]/ sf\$flk6 lj b}zaf6 coft ugk]g] xbf o; klj lwsf]nflu /fd]jxbfxb}klg cfly\$ bl]6sf]fn]nfut a9l nfl5 . To:t}eld{sDkf]6 / uf] / dnsf]ldl8ofdf agf\$]h/fdf /fd]j u 8Nnf]gkg]/ kfgl ; dftl /fVg g; Sg]xbf Tolt pkoSt blvb} . o; ; GbeGf lfglo s]if cg'; Gwfg s]b]vh/fn]cfly\$ j if{&!)&@ df :yfglo :t/df pknAw lj leGg j :tx?nf0{ldl8ofsf] ?kdf kof]u u/L u/\$f]k/Ll0fdf /fd]L slxPsf] afv]sf]h'tf]; j eGbf /fd]j blvPsf] 5 . :yfglo ?kdf ; j { he ?kdf ; lhn}pknAw xg]xbf afv]sf]h'tf]dn Knfli6s 6kf] lwdf kof]usf nflu sf\$flk6sf]lj sNksf]?kdf klxrfg ul/Psf] 5 .

प्लाष्टिक ट्रे भर्ने र बीउ लगाउने

o; klj lwsf nflu ; aGbf klxn]/fd]L slxPsf]afv]sf]h'tf]; \$ngu/L whf]xg]u/L sf7 j f 9ufn] lk:gk5{. To; df !} ufd 6kf]sf]df\$]whf]kl't lsnf]ld h'tf]df kg]u/L ld; fpg' kb\$. To; kl5 pSQ ld>0fnf0{ Knfli6s 6kf] eg{kbf / el/Psf]Knfli6s 6kf]vfn8f]df csf]vfnl 6kf]k5fl8 k\$lsf]lkw kg]u/L Rofkg' kb\$. h; n] ubf{el/Psf]Knfli6s 6kf] !=% ; G6ld6/ ; Ddsf] vfn8f]k/f] . o; /L ag\$]vfn8f]df t/sf/Lsf]Ps Ps alp kg]u/L /fVg' kb\$ / dflyaf6 dnn]5f]klbgk5{.



Knfli6s 6kf]fVg pkoQm hfnl3/

ट्रे राख्ने ठाउँको छनौट तथा निर्माण

ef0/; / To; nf0{; fg]sl/faf6 agf]nf0{arfpgsf]nflu hfnl 3/leq 6kf]fVg' pkoSt xG5 . 6kf] /fVgsf nflu 6kf]nDaf0sf]efuaf6 b0]6f 6kf]c6fpg]cfsf/sf]hldgaf6 % blv !} ; G6ld6/ p7fP/ a\$ lgdf] ugkbf . b0]6f a\$sf]alrdf cfj t hfj t ug]u/L #) blv %) ; G6ld6/ rf\$ / hldgsf]; tx blv % blv !} ; G6ld6/ ; Dd ulx/f]lofk /fVgkb\$.

o; /L agf0Psf]a\$nf0{/fd]L ; DofP/ Knfli6s cf\$nf0{6kf]?nf0{I; nl; nfa4 ?kdf /fVg' kb\$. lr:ofg arf0{/fVg 6kf] alp gpldpGh] ; Ddnf0{dflyaf6 Knfli6s j f k/fnn]9f]slbg' kb\$. alp pldg afnlsf]k\$[t / aftfj/0fsf]tfkqmd cg'; f/ # blv & lbg ; Dd nflb5 . alp /fV; s] kl5 x/\$ lbg xhf/Lsf]; xfotfn]l; #f0{ug{kbf . pknAw eP ; Dd alp 5/\$f]!@ lbgaf6 kfgldf 3hgl; n dn / ; !d tj l; #f0{; #; #lbg ; lsG5 . 6kf] ; w}lr:ofg sfod ug{cj:yf x}]

x/\$ lbg l; #f0{ul//xg' kb\$ t/ 9; L hGo /f]usf]cfqmd0faf6 arfpg w}}kfgl hDg lbgxbDg .

विरुवा कडा बनाउने

aDf{/f]g of]o e0; s]k15 v]df /f]g' eGb klxn]cgshgsf nflu s]l lbg aDf{s8f agfpg' kb\$. o; sf nflu s]l lbg lj ?j fnf0{I; #f0 ug{aGb u/L lbg' kb\$ / ; s] Dd aDf{f0{; b\$] k\$zfzdf b]fpgkb\$.

बेर्ना उखेलने

aDf{pv]g' eGb \$ b]v % 306f eGb klxn]/fd/L leHg]u/L I; #f0{ug{kb\$.

दुवानी

Knfli6s 6Df pTkfbg ul/Psf]j Df{f0{uf8L, ; f0sn j f 7]hdf /fv] 6f9f 6f9f; Dd klg ; %IIf 9] fgl ug{ ; lsG5 . o; /L 9] fgl ubf{hldgdf /fv\$]alp eGb Knfli6s 6Df pTkfbg u/\$]lj ?j f ; %IIf xG5g\ . o; /L 9] fgl ubf{xfjfaf6 arfpg eg] lqkn jf sk8fn]5f]gkb\$.



बेर्ना रोप्ने

cfj Zos b]/ldf Knfli6s 6Df pdf/Psf]aDf\$]h/fdf /x\$]lDl8ofsf]8Nnf]f0{gknbf0{/f]gkb\$ / /f]k; s]k15 /fd/L aDf{j l/kl/ lylr I; #f0{ug{kb\$.

Knfli6s 6Dfaf6 pTkfbt aDf{9] fgl ul/b)

विस्तृत जानकारीको लागि

If]lo s[lif cg' Gwfg s]b| vh'/f, af\$]

/fdaxfb/ v8\$

knf]g) *!-%^)@@÷ (*%!!\$!!^!

0d]h rarskhajura@gmail.com, vijayautsarga@gmail.com

कृष्णफूलकमल; फसल्वल कृष्ण

उल्लोफ कृष्ण/दफ कृष्ण/ ; दृक्ष/ कमल; फ गृष्ण/ नल्लु गृष्ण/ . ए/त्स/ कृष्ण/ फा/ ; ग\@)) * द/ ल/लो स/ि/ cg'; गृष्ण/ स/ि/ व/ /द/ न/प/ ; स/व/ल/ z? उ/ /स/ x/ . ओ; स/ alp ; ल/त्स/ क/ / कमल व/ग/ उ/ / 5 . ओ; द/ ले/द/ग . प/ . .; / / व/ल/ त/ज/ x? क/ः/ द/द/ क/ 5\ ओ; स/ क/त/ ब/ / त/ ए/ ए/स/ र/ / व/ ; / / 5 . क/न/ ? ; fg/ / क/ / / स/ x/ 5g . र/ द/ क/ कमल/ z? ए/ {c; / द/ क/ 5 . कमल/ b/ / 6 स/ alp/ ? x/ 5\



कृष्ण/ कमल; फसल/ कमल

जलवायु तथा माटो

ओ; कमल/ व/ल/ उ/ {त/त/ } / व/ x/ फ/ग/द/ प/को/त/ x/ 5 . ल/प/द/ ; / } क/त/ ? ए/ 5\ ब/द/ द/ 6/ ; स/ व/ / स/ नल्लु प/स/ [6 x/] ए/ त/क/ ? व/ / द/ 6/ } / त/ c/ ; ल/ त/ 7/प/ क/ ए/स/ ; ल/न/ व/ल/ उ/ ; / 5 .

प्रसारण

; द/द/को/त/ कमल; फस/ क/ /ओ/ alp/ 6 उ/ / 5 . alp/ 6 क/ /ओ/ उ/ {7/ / } c/स/ / स/ alp 5/ ; /प/ द/ल/ग/द/ ह/द/ग/ 6 प/ 7/ } /ओ/ 8/द/ न/ओ/ ब/ / न/ओ/ !) ; / 6/द/ / स/ / कमल/ स/ @ ; / 6/द/ / उ/ /ओ/द/ क/ / उ/ alp / / क/ 5 . alp/ न/ { /न/ / / उ/ / /द/न/ ; द/ग/ क/ / त/ /द/ > /न/ 9/ / स/ / क/ 5 . त/ / 9/ क/ग/ ह/द/ग/ / ब/ग/ . स/द/न/ / c/ /म/द/ / 6 /र/ /प/ न/ /स/ #) / ब/ग/ !) /द/न/ क/ / त/न/ / / क/ग/द/ /द/ ; /प/ /न/ / / /ओ/ / कमल ; स/ / 3/ /न/ ; /ओ/ { / / / ब/ ' क/ 5 . ओ; / / न/ /ओ/ / alp/ 6 /ग/ } / / { /द/ 3 /द/ल/ग/द/ न/ /प/ / /ओ/ x/ 5 . स/ 6 / 6 ओ; स/ / क/ /ओ/ स/ 7/ग/ x/ } ए/ त/क/ c/ /ओ/ -P (IBA) /ग/द/ x/ / / स/ / क/ /न/ / स/ 6 / 6 / ह/ / /ग/ / ; / 5 . क/ / /द/ 3 / स/ 6 / / नल्लु प/को/त/ द/ल/ग/ x/ \

विरुवा रोप्ने

/ज/ ? / / /ग/ नल्लु न/द/ओ/ { / / /ओ/ { / / उ/ / /ओ/ } -% /द/ / ए/स/ व/ / 8/ ? /ग/ / ' क/ 5 . /ज/ ? / ब/ / /ज/ ? / / स/ / ब/ ! /द/ / / न/ओ/ ब/ / न/ओ/ ; /द/ / ब/ ! -% /द/ / / /ग/ क/ 5 . / / ; / 5 x/ / ; /ओ/ { /ग/ { क/ 5 .

काँटछाँट

कमल; न/न/ओ/ { / / / { / 5 / 5 / / ? / / / 5 . ओ; स/ नल्लु प/को/त/ ; द/ क/ / /द/ 3 /द/ल/ग/ x/ . क/ /ओ/ / ; क/ / /न/ / 6 / त/ /न/ /द/ /ओ/ उ/ / / 5 . ओ; क/ / /न/ /द/ / स/ / 8/ / / /ओ/ { () ; / 6/द/ / ब/ ! /द/ /

;Dd /fVg ;lsG5 . o; k0ffnlaf6 tflnlds/of ubf{
sf08nf0{ hldgaf6 @ bllv # ; l6ld6/sf] knb /fv}
sfl6G5 . o; /l sf6sf sf08af6 gofFknj] f knfp5g\



सिंचाई

knN; f ; Vvf ; xg ; Sg] jg:ktl xf]. kmn knNg] ahf
-r] bllv kmn kfsGhjh -c; f/_ ; Dd @) lbgsf]km/sdf
l; #f0{lb; s]a9l pTkfbg lng ; lsG5 . lxp5 / j iff{ Joj:yt tl/sfn]sf55f6 ul/Psf]knN; fsf]lj ?j f
ofddf eg]l; #f0{sf]cfj Zostf kbj .

मलखाद व्यवस्थापन

sf55f6 ul/; skl5 df3sf]dlxgdf j f0sf]knbdf Pp6f af0nf0{% lsnf]ufd sDkf]6 jf ufa/
dnst b/n]dnvfb lbg' pkoSt xG5 . o; sf cnfj f !))M\$)M% lsnf]ufd gf06khg, km:knf];
/ kf0f; klt x\$6/sf b/n]k0f] ubf{pTkfbg /fd]xG5 . a9l gf06khgsf]k0f]un]gofFknj]fsf]
; Vofdf j [4 e0{kmsf]pTkfbgdf x]; cfp5 . kmhkmNg' eGbf klxf / kl5 lhE; Nknb -)=%Ü_ /
kn]; ; Nknb -)=\$Ü_ :k]ug{pkoSt xG5 .

भारपात व्यवस्थापन

j if{sf]b0k6s j u]f]sf]uf8dh ug{h?/l xG5 . klxf]uf8dh sf55f6 ul/; skl5 df3sf]dlxgdf
/ bf] l] r] / a]zfvdf ug{pkoSt xG5 . emf/kftsf] k\$fk j iff{ ofddf a9l b]f]k%of] eg]
kf/fsj f0 -uf]dfj f\$; f0_ ^ bllv & ldlNn6/ kltNn6/ kfgldf ld; fP/ 5g{ ; lsG5 . t/ a;
k0ffnlaf6 tflnlds/of ul/Psf]lj ?j fdf kç:t xfEflj uf xg]x6f emf/kftsf]k\$fk sd xG5 .

फल पाक्ने र बाली लिने

c; f/sf]bf] l]xltfaf6 kfSg z? e0{kmn nfu\$]f]%% lbgdf kfsl ; S5 / kfs\$]f]kmnnf0{t?Gt}
l6kg' k5{. kmnx? uf9f uhfj l /uf]eP kl5 kfs\$]f]dflgG5 . ; dfg ?kdf kmn kfSgsf]nflu
a]zfvdf sf08sf]6kxf]x6fpg h?/l 5 . ; fdfGotof xltfsf]b0{k6s kmn l6kg' kb5 . kmn 9j fgl
ubf{@ lsnf]ufd lfdtsf]8fn]cyj f kofsd foflsE ug{ ; lsG5 . o; sf]kmn l56]slxg]k\$[tsf]
ePsf]x6f l6k; s]kl5 oyf; So l56f]ahf/df k%ofpg' k5{. cf]ftdf Ps af0n]@ bllv \$ lsnf]
uf] pTkfbg lbG5 .

विस्तृत जानकारीको लागि

Ifqlo s[lif cg'; Gwfg s[b] vh/f, afE]

/Ghg/ f] n

knf]g) *!-%^)@@÷ (*\$%) *\$@&\$

06]h rarskhajura@gmail.com, ranjanarawal.narc@gmail.com

\$ cbj f e08f/0f klj lw

tfhf cbj fdf *) – *%Ü kfglsf] dfqf xg] xbf cbj f e08f/0f ubf{; Sg] rfp/lg] h:tf ; d:of b]vg'sf ; fy}6' f cf0{u0f:t/ 36g]/ slxP/ lft xg]u/\$f]kf05 . ol ; d:ofx?nf0{; dfwfg ug'f cbj f cg' Gwfg sfomd, sk/sf0n]vf8n / esf/L e08f/0f klj lw?sf]lj sf; u/\$f]5 .

खाडल भण्डारण प्रविधि

of]klj lw ; :tf]/ ; xh ePsfh]; a)s[fsn] ckgfpg ; Sb5g\ of]klj lw ckgf0(!))) ld6/ b]v !^)) ld6/ pRr dWb kxf8L lfd'f alp cbj fnf0{ \$-% dlxgf; Dd ; %lft e08f/0f ug{; ls65 . tn pNn]vt aBf? ; dfj z u/L of] klj lwsf] lj sf; ul/Psf]5 .



vf8n e08f/0f t/Lsf

- xNsf le/fnf] kfgl ghDg] 7fpBfPs-Psld6/nDaf0{rf0f0{ / ulx/f0{ ePsf] vf8n agfpg' kb5 .
- vf8nnf0{Ps xktf 3fddf ; 'sf0{ emf/kft hnfpg'sf ; fy} lj iffbL kpf] u/L lgd]ls/0f ug{kb5 .
- Vff8nsf]lkwdf s/La Ps 0{r afSnf]xg]u/L afn] f j f wfgsf]df0f]e' j f sf7sf]whf] la5nf0{pkrf]/t cbj fsf ufgfx? af]nf gv0[ng]u/L rf^a nufP/ ^ 0{r af5L /fvL k/f vf8n eg{kb5 .
- vf8n sf7sf]^Nofsn]9fSg] alr efudf kg]u/L ^Nofsdf @ 0{r-sf]Kj fB kf/L # lkm6 nfd]kf0k j f leqsf]uf7f]kmfn\$]afF v8f u/L /fVg' k5{.
- vf8ndf kfgl k:gaf6 hf]ufpg / tfkqmd 36fpgsf nflu c:yf0{5fkf]agf0{5fofBbg' k5{.
- vf8nsf]rf]/t/ sh] f]sf6L lgsf; sf]JoJ :Yff ug{kb5 .
- cbj f /f]g]sfo{9nf xg]ePdf e08f/0f cj :yfd]nfd]6' f cfpg]xbf alpnf0{vf8naf6 aflx/ lgsfnL \$÷% lbg kl5 kgM vf8ndf /fvL lbg' kb5 .
- o:tf]vf8ndf #%) lsnf]cbj f e08f/0f ug{; ls65 .
- vfg]kpf]hgsf nflu e08f/0f ul/g]cbj f lj iffbLn]pkrf/ ug{x5g .

भकारी भण्डारण प्रविधि

sk/sf, ; Nofg -; dbll ; tx blv !\$*) ld6/
clnf]:yfg_ df ul/Psf]k/Llf0sf]glthf cg' f/
sf]f leq esf/ldf cbj'f e08f/0f ubf{pkoSt
xg]blvPsf]5 . o; df sf]f leq e08f/0f ul/g]
xlf vf8n e08f/0f eGbf ; /lft xg]/ k]o\$ j if{
lgdflf vr{gnflg]xG5 . of]klj lw ckgf0{alp
cbj'f dlf / blv rj÷aZfv !% ; Dd e08f/0f
ug{; lsG5 .



cbj'f e08f/0f u/\$f]

o; klj lwdf Ps-Ps ld6/ nDaf0{rf\$0{/ prf0{
ePsf]esf/ldf @%)—#%) lsnflld cbj'fnf0{%-^ dlxgf; Dd ; /lft e08f/0f ug{; lsG5 .
cfjZostf cg' f/ ; fg]j f 7hf]cfsf/df lgdflf ug{; lsg]of]e08f/0f esf/L dVotof b0{
ls; dsf]agfpg ; lsG5 .

कोठा भित्र बाँसको चोयाको भकारी

- o; tl/sfdf Ps-Ps ld6/ nDaf0{rf\$0{/ prf0{ePsf]esf/L lgdflf ubf{!x! dl6/sf]
\$ 6qmf afFsf]rf0sf]dfGbf]nf0{rf/ sgdf ufl8Psf]j f; sf]vDj fsf]; xfotfn]hf\$ @)
; lG6ld6/ aflx/L b'/ldf !@)x!@) ; lG6ld6/ sf]\$ 6qmf?nf0{; f]L cg?k hf\$L esf/Lsf]
lgdflf ug].
- b0{afFsf]rf0sf]dfGbf]sf]alrdf @) ; lG6ld6/ vfnl 5fl]8Psf]efudf qmdzM \$÷% lbg
lj /fP/ Ps k6sdf @)—@% ; lG6ld6/sf b/n]uf] / / df6f\$]n]nf0{esf/Lsf]dfly; Dd
k'/f eb]hfg'k5{.
- b0{; f0]hsf 6qmf?sf]alrdf /flvPsf]
uf\$ / / df6f\$]n]nf0{k0f{?kdf ; Sg
lbg]/ leql txdf uf\$/n]lnkg].
- esf/L leqsf]tNnf]txdf !) ; lG6ld6/
; kmf / ; Vvf jfn]f /fVg] / @%
; lG6ld6/ cbj'f /fVg] . To; kl5
qmdzM !) ; lG6ld6/ jfn]f / @%
; lG6ld6/ cbj'f kfn}kfnf](Alternate)
u/L tx ldnf0{dfly; Dd eg]/ cGtdf
Knfli6sn]9flslbg].



sfFf]0\$fsf]esf/L lgdflf ub]

काँचो ईट्टाको भकारी

- uf] / / df6f\$] ; ld>0fj f6 sfFf]0\$ f lgdf0f ug[/ 0\$ f ; ls; s\$kl5 qmdzM df6f\$] hf\$] cfj Zos cfsf/sf]esf/L sf7f leq lgdf0f ug{kb5 .
- o; /L esf/L lgdf0f ePkI5 afFsf]rf0fj f6 ag\$] esf/L h:t}jfnj f !) ; \$6ld6/ / cbj f @% ; \$6ld6/ n]qmdzM/fvl cbj fsf]; %lft e08f/0f ug{; ls65 .
- of] t/Lsf afFsf] rf0fj f6 ag\$] esf/L eGb f ; lhnf]/ sd em6em6nf]x65 .
- sf7f leq afFsf] rf0fsf] jf sfFf] 06faf6 agf06] esf/Ldf cbj f e08f/0f ubf{thgflds ?kdf sd slxg]sd j hg 36g]/ 6; f gcfpg] glthf kf0Psf]5 .



sfFf]0\$fsf]esf/L



sfFf]0\$ / afFsf]esf/L

विस्तृत जानकारीको लागि

cbj fj fnl cg; Gwfg sfo6md, sk/sf, ; Nofg

j lzi7 cfrfo{

krfg) ** - ^#) !! \$ ÷ (* % & * @ ! (# (

06] ngrp.narc@gmail.com, basisthacharya1@gmail.com

#% skmlsf]; f]ujf/f]oj : yfkg klj lw

gkfnsf] skml v]ldf skmlsf] ; f] uj f/f] (*Xylotrechus quadripes* Chevrolat) kðv rgf]lsf] ?kdf /x\$] 5 . of]sl/f vk6]j u\$] ; J]Daf0l; 8L (Cerambycidae) kl/jf/ cGtu\$ kb5 . of]sl/f gkfndf P/flasf skmlsf]kðv zq' dflg5 . clxn] gkfn; E} ef/t, adf{ >lnf, yf0Nof68, 0G8f]j; of / lkmnlk6; df ; d] skmlsf] ; f] uj f/f] dVo ; d:ofs] ?kdf /x\$] 5 .



j o:s uj f/f]

of]sl/f j o:s cj :ydf nfDr] cfsf/sf] / o; sf] aflx/L sfnf] vk6fdf rf/ hf\$] ; f] /Esf w; f{xG5g\ . o; sf] j o:s kfl/nf] 3fd tyf udl{ cfj xjfdf ; lqmo xG5 . of]sl/fsf]; f] nfe] sf08sf] af]mfaf6 vfg z? u/L lj :tf/} leql sf08df kjfn kf/L k:b5g\ / kjfnf0{ yxf gkfp] u/L 6fN5g\h; n]ubf{ aflx/af6 em\$ xbf{sf08 ; fdfGo h:t} b]vG5 t/ ulxL/P/ x]of]eg]kjfn kf/\$f]7fpF] /k/ af]mf cln p7\$]b]vG5 . o; sf nfe{x? kjf kf/\$f]7fpF6 tn-dfly b]jt/ ; ?E agfpE} km]hG5g\

of]sl/fsf]j o:s kfl vk6h]cj :yf x]L j iff\$]z?j ft xgeGbf cufl8 r]-j zfv tyf d+/-kf] It/ skmlsf]dh tyf l5lkkPsf zfvf xefx?sf v; f]af]mf]cGt/df kg[u/L kmh kfb5g\ Pp6f kfl uj f/f]Ps k6sdf !)) b]v !@) j 6f ; Dd kmh kfg{; Sb5 . pQm kmhx? !) j 6f ; Ddsf] ykf]d l]leGg k]ys b]ldf kf/\$f]xG5 . kmh kf/\$f] (-!% lbgdf nfe{lg:sG5g\ ol nfe{x?n} z?sf]cj :ydf g/d efuaf6 z? u/L sl/a @ dlxgfsf]cGt/fndf sf08 j f xefsf]s8f efudf kjf kfg{yfN5g\ o; /L leq k; k]5 leqleq}vfE}sl/a !) dlxgf ; Dd nfe{cj :ydf g}hlj g latfp5g\ o; /L k0f[lj sl; t nfe{h]8f7df ; ?E agfp5gV sl/a Ps dlxgf -@! b]v #) lbg_ sf]crn cj :yf kf/ ul/; sk]5 j o:s vk6]e0{aflx/ lg:sG5g\ of]sl/fsf]Ps j ifdf Ps k':tf dfq lg:sg]eP tfklg j zfv-h] / ebf]-sflt\$ j o:s vk6]lg:sg]lj z]f ; do xg\ t/ ebf]-c; f]h dlxgdf o; sl/fsf]j o:sx? a9L dfqdf lg:sG5g\

क्षतिको प्रकार

uj f/f]kj f kf/\$f skmlsf xef tyf l5lkkPsf ; xfos xefx? cf]nf]h]hG5gV xNsf 3dfpE klg ; lhn}effr-g]xG5g\ . o:tf /f]l af]sf km klg xn\$ / kfgldf t]g]vfnsf xG5g\.

of]uj f/f]nfuf k/fgf afn]sxl j if{km lbPtf klq %
 b]v & j if{; Ddsf afx? dg{yfn5g\ o; sl/fsf]nfefh]
 sf08x?df a9L g}; Wofdf kj fH kfg{yfnf cfnpf}u0{
 kftx? ; Sg yfn5gV cGtodf afb db5 . o; sl/fsf]w]}
 cfqmdOf ePdf auFf g}; vfk xg ; S5 .



qm; eð 60fk

व्यवस्थापन प्रविधि

- uj f/f]nfefh] cfqmdOf u/}f] j f kmh kf/}f]
 sf08x?df afnfx? xNsf p7}f]xg]xgfn]skmlsf]
 lgoldt sf65f6 kl5 j }fv-h]lt/ h6sf]af]fn]j f
 a} n]sf08 lRnfn]xg]u/L /u8] e0Ef emfg]/ kmh
 ePsf]cfzsf ePdf Toxl j f sxl 6f9f nu] ulx/f]
 u/L kg] hnfpj]f !)Ü rgsf]emh kmh kfg]; do cufj }5g]ugf]sl/fsf]k}f]kdf
 sdl cfp5 .
- lgdfls/Of u/}f]/ftf]df6f] uf0}f]uf/ / ux£ ld; fP/ nkq ubf{lftldf sdl cfp5 .
 ; }f]uj f/f]cgludg ug{/ kftnf]; Wofdf /x}f]uj f/f]f0{Jo :yfkq ug{qm; eð
 60fksf]k}f] ug{; ls65 .
- glDsf]lkqf ! Isn]ld kl't af}sf]b/n]af}sf]km}df k}f] ubf{uj f/f]sd lft ub5 .
- glD j f asf0}f]kft, n; g; ; okql kmhsf]yuf j f kft a/fa/ ld; f0{lkW} cfn; sf]
 t]h ld; f0{dnd tof/ kfg]/ sf08df nk nufpg]. o; f]ugf]uj f/f]sf08df kmh
 kfgf0{sd ug{; ls65 .
- uj f/f]kmh kfg{cufj }hldgsf]; txaf6 #) ; l6ld6/ ; Dd skmlsf]af}sf]sf08df
 afFsf]sk6}f affwlbPdf uj f/f]cfqmdOf Goð ug{; ls65 .
- uj f/f]kmh kfg{cufj }tlGsg]vfnsf]knfli6ssf]km}f agf0{skmlsf]sf08df ; Dk0f{efu
 5f]kg]u/L agf]uj f/f]cfqmdOf Goð ug{; ls65 .

विस्तृत जानकारीको लागि

j fuj fgl cg; Gmffg s]b| dfnkf6g, kf]/f

nf\$gfy cofh / slkn kf}h

kmf})^!-%@)@@)

0f]h arsmalepatan@gmail.com

#^ skmlsf]:j:y agf{pTkfbg klj lw

skmlsf]:j:y agf{eGgn]/fj sl/f gnfu\$] ; n\$S a9\$] kft IrNnf]/ t]hnf]b]vg]xgkb\$.
agf{pTkfbg ug{/fd]afaf6 alp 5gf6 u/L g; f]ldf dn, Ir:ofg, 5xf/Lsf]Joj:yfkg /fd] E
ugkb\$.

ब्याड व्यवस्थापन

ब्याड राख्ने जग्गाको छनौट

l; #f0\$] ; lj wf ePsf] dlennf]bf6 df6]ePsf]hlu, 3/sf]glhs, uf0]:taf6 hf]upg ; lsg]
:yfg skmlsf]g; f]l:yfkgfsf]nflu 5gf6 ugkb\$. k/fgf]skml au]fleq j f glhs g; f]l agfpg'
/fd]x6\$.

ब्याडको तयारी

/f]g]alpsf] ; Wof cg' f/ Aof8sf]nDj f0{cfj Zostf cg' f/ a9fp6 j f 36fp6 ; ls65 . Ps
ld6/ rf0\$0{/ cfj Zostf cg' f/ nDaf0{ !% b]v @) ; f]6ld6/ prf0\$]Aof8 agfpg' kb\$.
Aof8 agfpg hf]nsf]df6]# efu, /fd]l kfs\$]uf6/ j f sDkf]6 dn @ efu / afn]f ! efusf]
cgkftdf ld>0f agf0{ !% b]v @) ; f]6ld6/ clnf]Aof8 agfpgk5{. Aof8 agf0; s]k15 !%
lbg; Dd knfli6sn]5fk] ; b\$]k\$zfaf6 df6]lgd]ls/0f ugkb\$. /fd] E ; knf u/] lgd]ls/0f
ul/Psf]afn]f dfqsf]Aof8df klg skml alp l56f]/ /fd]pd\$]kf0Psf]5 .

ब्याडमा बीउ रोपण

/f]g'cl3 alpnf0{dgtftf]kfgldf !@-! * 306f lehfp/ /fvbf alp l56f]pd]5 . alpnf0 Aof8df
nf06 b]v nf06sf]b/L % b]v !) ; f]6ld6/ / alp b]v alpsf]b/L #-% ; f]6ld6/ sfod
/fvL !=@% ; f]6ld6/ ulx/f]w; f? sf]l 3f]6dfP/ -alpsf]r]6] efu tn kg]u/L /f]g'
kb\$. alpnf0{df6] dn / afn]f a/fa/ dfqdf ld; f0{tof/ u/\$]ld>0fn]alpsf]df6]0eGbf
@ u0ff afSnf]xg]u/L 5f]g' kb\$. Jof8nf0{
; \$]f]v/ j f k/fnn]% ; f]6ld6/ afSnf] xg]
u/L 5f]gkb\$. la?j fnf0 rsf]3fd tyf ef/L
j iffaf6 arfp g; f]l Aof8 dfly 5fk\$]
Joj:yf ugkb\$. 7fpFcgzf/ alp /fk\$]
\$% b]v ^) lbg; Dddf pd]5 . alp
pd]k15 9fs\$]v/ k/fn x6fp6'kb\$. Aof8df
cfj Zostf cg' f/ l; #f0{ugkb\$.



63

xG5 . olb l; #f0\$[; lawf 5 eg]* dlxgfsf]
 a9f{ kmfNu0f-r9 dlxgdf /f]g ; lsG5 .
 ; do ; dodf % kl|tztsf] af\$[d>0f agf0{
 a9f{x?df 5b{ 9' lhGo /f]usf] cfqmd0faf6
 a9f{f0{arfpg ; lsG5 .



गुणस्तरिय कफी बेर्नामा हुनुपर्ने गुणहरू

a9f{ afEfl6Ef] ge0{ l; wf a9\$[f] sldtdf
 ^-* hf\$[kft ePsf] !@ b]v !*
 dlxgf; Ddsf] :j:y la?jf, sldtdf
 ! lkm6 -#) ; l6ld6/_ clnf] a9f\$[f] sf08 sldtdf lzzf sndsf] hlt df\$[f0{
 ePsf] kftx? Uff9f xl/of] / lRnNf] ePsf] /f]u÷sl/f gnfu\$[f] / ^x(jf ^x* sf]
 sfnf]knfli6ssf]y]hdf /f]k\$[f]la?jf xgkb5 .

विस्तृत जानकारीको लागि

j fuj fgl cg'; Gwffg s[b, dfn|kf6g, kf]y/f
 nf\$gfy coff / slkn kf8h
 kmf]g)^!-%@)@@)

06h arsmalepatan@gmail.com

#& cbj fsf]Sof08l j gfpq]klj lw

sfFf]cbj fnf0{6qmf kf/L rSn0sf]?kdf Nof0{agf0Psf]kzflwt j :thf0{cbj fsf]Sof08l elG5 .
o; n]ld7f0\$]?kdf dfq geP/ kfrs r\$slsf ?kdf eflhg krfgp d2t u5{tyf skm, vf\$L,
lr; f\$; ; fy}ofqfdf pN6l xg\$ nflu cfjflwsf]?kdf ; d] sfu u5{ .

ध्यान दिनु पर्ने कुराहरु

- Sof08l agfpgsf]nflu /z f sd xg]g/d cbj fsf]hft 5gf0 ug[.
- c; flh dlxgfe/ vg\$]cbj fsf]Sof08l agfpg pkoQm xG5 .
- /fd[] E g; 'sf0Psf]Sof08ldf l56}g}9'; l nflu]/ lj ug] xgfn] Sof08l koflsE ubf{ /fd[] E ; 'sfP/ dfq ug{ kb5 .



cbj fsf]u0f: t/lo Sof08l lgDgfg; f/sf klj lw? ckqf0{agfpg ; lG5 .

प्रथम दिनमा गरिने कार्यहरु

- Sof08l agfpg cbj f vgkl5 wfP/ afqmf x6fpg].
- afqmf x6f0{; s\$]cbj fnf0{sf6fsf]; xfo tfn]rf/]t/ kj fn kfg[.
- pkoQm xg]u/l cbj fsf]Psgf; sf]6qmf sf6g].
- 6qmfxfnf0{@ kl'tztsf]g9 kfgldf Ps/ft 8afpg].



दोस्रो दिनमा गरिने कार्यहरु

- 6qmfnf0{; kmf kfgln]gl'gnf]gx/fpBf ; Dd kvfNg].
- k] / s\$/ j f 8\$rlldf 6qmfnf0{ldnf0{gkfSbf ; Dd ksfpg].
- cbj fsf]6qmf 8Ag]a/fa/sf]kfgldf @%Ü tfn lrgl /)=%Ü ; f06ks Pl; 8 ln0(!) ldg0 ; Dd ksfP/ @\$ 306f; Dd rf:glldf 8j fP/ 5f\$g]. o; f]ubf{6qmfdf ePsf]kfgl lgSnG5 / lj :tf/}ulnof]kfg cbj fsf 6qmfdf k:b5 .

तेश्रो दिनमा गरिने कार्यहरु

- cbj fsf]6qmfnf0{cnu u/l rf:glldf @%Ü lrgl ykl !) ldg0 ttfpg].
- lrgl uln ; sk5L rf:glldf{sk8fn]5fg] 6qmfnf0{@\$ 306f rf:glldf 8af0{5f\$g].

चौथो दिनमा गरिने कार्यहरू

- रfjy]lbgdf klq t}f]lbgdf]h:t}u/7 #)Ü
lrgl ykl !) ldgð ttfpg].
- lrgl uln ; sk5L rf:glnf0{sk8fn}5fg]
6bmfnf0{@\$ 306f rf:glgf 8af0{5f\$g].



पाँचौ दिनमा गरिने कार्यहरू

- cbj fsf]6bmfnf0{!) ldgð ttfpg]/ emfh/sf]
; xfotfn] 6bmf lgsfnl Rff:gl tsfPsf
6bmfnf0{xfj fdf ; \$fpg] / ; Vvf agfpg]
o; f]ul/Pdf llnh8 Soft8L tof/ xG5 .
- cyjf tsfPsf] 6bmfnf0{ 7hf 7hf bfgf
ePsf lrgldf n6k6ofP/ 6bmf]afix/L efu
; Vvf gxGf; Dd xfj fdf ; \$fpg] o; f] ubf{
lqm:6nf0h Soft8L tof/ xG5 .
- cyjf Rff:gl tsfPsf] 6bmfnf0{ xfj fdf
; \$fpg] / lr; f] kfgl ; \$l xftdf g6fF, g]
ePk15 lrglsf]dl; gf] whfðf n6k6ofP/ 6bmf]afix/L efu ; Vvf gxGf; Dd xfj fdf
; \$fpg].



विस्तृत जानकारीको लागि

cbj fj fnl cg! Gwfg sfoqmd, sk/sfð, ; Nofg

j|zi7 cfrfo{

kmfð) ** - ^ #) !! \$ ÷ (* % & * @ ! (# (

0djh ngrp.narc@gmail.com, basisthacharya1@gmail.com

#* sfutlsf l; kmf/z hftx?sf]hftlo u0fx? / Joj ; flos v}l klj lw

gkfn xj fkgl / w/ftlno lx; fj n]sfutl v}lsf nflu pkoQm 5 . sfutlsf] v}l j if{e/l g] Gofgf]/ cf] ln]xfj fkgl ePsf]pi0f k0z blv lxPbdf tiff/f]gkg]/ cGo ; do Gofgf]xfj fkgl xg] lbgdf sd; \$d * blv !) 3G6f ; 0sf]k\$z kg]lfq pkoQm dflgPsf]5 . gkfndf sfutlsf] v}l t/f0{/ lelq dw] sf]kgl ghDg]!)) Id6/ prf0{blv blif0f k]l{df}8f ePsf dWokxf8l efudf !*) Id6/; Ddsf] prf0{ePsf :yfgdf k/Dk/fut ?kn]v}l ul/6]cfPsf]kf065 . tyflk Joj ; flos ?kdf v}l u/l u0f:t/lo km pTkfbgsf]nflu t/f0{/ lelq dw] sf]kgl ghDg]!)) Id6/ prf0{blv dWokxf8l lf0sf a}zL, vf} gbl lsgf/f x6}!\$)) Id6/; Dd prf0{ePsf]lfq pkof]ul dflgPsf]5 .

उन्मोचित जातहरु

सुन कागती-१

of]hft df]a lhNnsf s[fssf]au}faf6 ; \$ng Pj -hftlo 5gf6 u/l Joj ; flos v}lsf]nflu xfn}dfq pGdf]g ul/Psf]lj sl; t hft xj].

- of]hft t/f0{ lelq dw] , dWokxf8l lf0sf] a}zL-vf} / tl6o lf0sf kgl ghDg]:yfgdf v}l ubf{cfiff9blv efb] Dd df}dl kmx?sf] pTkfbg lng ; ls65 eg]s}l dfqdf j if{e/l a}f}dl kmx?sf]pTkfbg lng ; ls65 .
- dWokxf8l efudf o; sf] v}l ubf{efbblv sft\$; Dd df}dl kmx?sf] pTkfbg lng ; ls65 eg]s}l dfqdf j if{e/l a}f}dl kmx?sf]pTkfbg lng ; ls65 .
- kmx? uf]hf, kfsbf ; gfn /usf, lrNnf, kftnf afqmf ePsf, /l; nf / af:gfb/ x65g\
- Pp6f kmnsf] ; /b/ tf} \$% blv %% uf]d; Dd x65 .
- kmndf /; \$(kl}tzt; Dd x65 .
- /; sf]cldnf]kg & blv !) kl}tzt; Dd x65 .
- o; sf sndl la?j fx?n]/fk\$]# blv \$ j if{kl5 Joj ; flos pTkfbg lbg yf]nb5g\
- o; hfts]kl}t x\$6/ clwstd pTkfbstj #\$.% dl66 6g; Dd 5 .



सुन कागती-२

of]hft :of^ahf lhNnfsf s[fssf]au}faf6 ; \$ng Pj +hfto
5gf6 u/L Joj ; flos v}lslf]nflu xfn}dfq p6df]g ul/Psf]
lj sl; t hft x].



- of]hft klg t/f0{lelq dw] , dWb-kxf8sf]a}L÷vf]r
/ tl6o lf]sf kfgl ghDg]:yfgdf v}l ubf{cfiff9b]
lv efb] Dd df] dl kmx?sf]pTkfbg lng ; lsG5 eg]
s}l dfqdf j if}e/L a}f} dl kmx?sf]pTkfbg lng ; lsG5 .
- dWb kxf8l efudf o; sf]v}l ubf{efb}lv sflt\$; Dd pTkfbg lng ; lsG5 eg]s}l
dfqdf j if}e/L a}f} dl kmx?sf]pTkfbg lng ; lsG5 .
- kmx? uf]hf, kfSbf ; g}hf /u\$, lrNnf, kftnf af}nf ePsf, /l; nf / af:gfbf/ xG5g\
- Pp6f kmnsf]; /b/ t}h \$% b}lv %) uf]d; Dd xG5 .
- kmndf /; \$* kl}tzt; Dd / cldnf]kg & b}lv !) kl}tzt; Dd xG5 .
- o; sf sndl la?j fx?n]/fk\$}f# b}lv \$ j if{kI5 Joj ; flos pTkfbg lbg yfNb5g\
- kl}t x\$6/ pTkfbstj @^.(d}6\$ 6g .

तेहथुम स्थानीय (सिफारिश जात)

- of]k}hft t}y}d lhNnfsf]kmfSrfdf/f uf]j ; sf s[fssf]
au}faf6 5gf6 ul/Psf]gkfnsf]:yfglo hft x].
- dWb kxf8sf]*)) b}lv !@)) Id6/; Dd prf0{ePsf
:yfgx? o; sf] Joj ; flos v}l u/L u0f:t/lo km
pTkfbgsf]nflu clt pkoQm xG5g\
- t}klg *) b}lv !^)) Id6/; Ddsf]-gkfnsf]dWb / ; b/klZrdl efudf dfq_ prf0{ePsf
:yfgx?df klg o; sf]v}l u/L pTkfbg lng ; lsG5 .
- kmx? uf]hf, kfSbf ; g}hf /u\$, lrNnf, kftnf af}nf ePsf, /l; nf / af:gfbf/ xG5g\
- dWb-kxf8l efudf o; sf]v}l ubf{sflt\$b}lv kf}f; Dd pTkfbg lng ; lsG5 eg]t/f0df
klg o; sf]pTkfbg lng ; lsg]; Defj gf b}lvPsf]5 .
- o; sf]kmnsf]cf\$ / uf]hf] af}nf g/d / kftnf]xG5 .
- Pp6f kmnsf]; /b/ t}h \$) b}lv %) uf]d / kfsl; s}kI5 kmnsf]/^a xNsf kx}hf]xG5 .
- o; sf]/; df cldnf]kg & b}lv !) kl}tzt; Dd xG5 .
- ; /b/ ^% j 6f kmnaf6 ! In6/; Dd /; lgsf]ng ; lsG5 .
- dWb-kxf8l efudf o; sf sndl la?j fx?n]/fk\$}f# b}lv \$ j if{kI5 Joj ; flos pTkfbg
lbg yfNb5g\



बगैचा स्थापनाका लागी रेखाङ्कन गर्नु अगाडि गर्नु पर्ने कार्यहरु

b/l[sf]lglZrttf ug{au}f[sf]/yfa sg ug{kj} {la?j f nufpg]b/l lglZrt ug{kb5 . b/l lglZrt ubf{cfkmh]/f]g]la?j fsf]lsl; d, lah' la?j f, sndl la?j f / ?6:6S; sg kpf] ePsf]5 yxf kfp'kb5 / ; f]l cg; f/sf]b/l sfod ug{kb5 . sfutlsf]lah' la?j f ePdf % x % dl6/ af] b]l af] / x/ b]l x/sf]b/l sfod ug{kb5 eg]tlgkft]; Gtnfdf sndl ul/Psf]la?j f ePdf \$ x \$ ld6/sf]b/l pkoQm x65 . olb ; 3g ?kdf au}f :yfkf ug{x]eg]# x # ld6/sf]b/l pkoQm x65 .

जमीनको तयारी गर्ने

au}f nufpg]:yfgsf]lglZrt e}; s]kl5 /yfa sg ug{cfu8 hlu]sf]tof/L ug{ h?/l x65 . au}f :yfkf ug{hlu]df v]l u/L vghf] ul/Psf]5 eg]hlu]sf]vf; ; wf/sf]h?/t kb5 . cGoyf vghf] u/L hldgsf]; wf/ ug{kb5 .

खाडल खन्ने

/yfa sg ul/; s]kl5 vf8n vGgsf]nflu afFsf lsNnf?sf]lrGx nuf0Psf :yfgx?nf0{cfwf/ dfgl aZfv dlxgf leq @ b]v # lkm6 rfsnf]/ @ b]v # lkm6 ulx/f]vf8n vGg' kb5 . Vff8n vGbf vf8nsf]! b]v !=% lkm6 dflyNnf]efusf]dlnnf]df6fhf0{Psfk\$ / vf8nsf]! b]v !=% lkm6 tNnf]efusf]v]f]df6fhf0{csfk\$ 5\$ 5\$yfkf]kb5 .

खाडल भर्ने/पुर्ने

au}fdf la?j f /f]g' eGbf Ps dlxgf cufl8 -h7 dlxgf leq_ vf8n vGbf dflyNnf]; txaf6 lgl:sPsf]df6f]/ /fd/l kfs\$]uf]/sDkf]6 dnsf]ld>0fn]vf6L-vf6L vf8n eg{kb5 . vf8n eg]; dodf lgDg s/fdf Wofg lbg' cfj Zos x65 .

बगैचामा सिंचाई व्यवस्थापन

sfutl au}fdf l; #f0\$]Jo] :yf ug{Ps dx]j k0f{sfo{x]f]. au}fdf sf65f6 u/L dnvfb kpf] u ul/; s]kl5 -kf]b]v df3 dlxgf; Dddf_ df6f]f lr:ofgsf]sdl 5 eg]l; rf0{ug{kb5 . o; /L ul/Psf]l; #f0h]To; j if{kMNg]kmsf]pTkfbgnf0{; d] lgwf]0f ub5 . ctM sfutl au}fdf l; #f0\$]Ao] :yfkf ubf{lgDg cg; f/ ug{pkoQm x65 .

बगैचामा मलखाद व्यवस्थापन

sfutlsf af] la?j fx? ax] lif6 k\$[tsf]ePsf]h]au}f :yfkf b]v j iff]j if{ Dd au}faf6 pRr u0f:t/lo km pTkfbgsf]nflu x/\$ j if{kfa]f/Ls dn -uf]dn, sDkf]6 dn, xl/of]dn, lkf, af\$; l dn, xf8sf]whf] gf06 :j f0n, ef; faf6 lg:s\$ j :tx? cfib_ tyf /; fogls dnvfbf]

; fy ; fy}; !d vfBtTj x? -j f]g, lhf, sk/, kmfd, Dofwglh cflb_ l; knf/Lz ul/Psf]dqfdf lgoldt ?kdf lbg' kb5 . gf06fhg oQm /; fogls dn Psk6s lxp6df, Psk6s dg; g z? xg6bf cuf8 / Psk6s dg; gsf]cGtdf lb6f /fd]glthf kf0Psf]5 .

sfutlsf j f6 la?j fx?sf]nflu cfj Zos kgI/; fogls dnsf]dfqf ktl j f6 kl't j if{

सि.न.	वोटको उमेर	नाईट्रोजन ग्राम	फस्फोरस ग्राम	पोटास ग्राम	कैफियत
!	! j if{	%)	@%	%)	of] dfqf df6f\$] pj {f zlQmsf] cfwf/df tn dfly ug{: ls65 .
@	@ j if{	!))	%)	!))	
#	# j if{	!%)	&%	!%)	
\$	\$ j if{	@))	!))	@))	
%	% j if{	@%)	!@%	@%)	
^	^ j if{	#))	!%)	#))	
&	& j if{	#%)	!&%	#%)	
*	* j if{	\$))	@))	\$))	
((j if{	\$%)	@%)	\$%)	
!)	!) j if{/ ; f] e6bf Dffly	%)	#))	%)	

Dffly pNn]vt /; folgs dnx? dWb]o/lofsf]cfwf efu, l8-P=kl=, kf6f; / sDkf]6sf]k'}efu lxp6df sf65f6 u/L ; skl5 t/ kmhkmg' e6bf cufj }tyf o/lofsf]af6L efu ciiff9->fj 0f dflxgdf 6k8} ubf{cem}/fd]glthf cg; Gwfgn]b]yfPsf]5 .

कागती बगैचामा तालीम तथा काँटछाँट

sfutlsf af6 la?j fx?nf0{cfkmnf]OR5f / rfxgf cg; f/sf]cfsf/ ksf/ / prf0df lj sf; u/L af6nf0{alnof]9fFf agfpg]xfEfx? sfod /fVg]k6f]hgn]ul/g]sf65f6nf0{la?j fsf]tfnlld elg65 . af6 la?j fsf]dh sf08sf]\$)-%) ; j6ld6/ e6bf tna6 cfPsf ; a]xfEfx? x6fpg' kb5 . af6 la?j fx?sf cgfj Zos xfEfx / cEfnf0{x6fpg]klqmf0nf0{sf65f6 elg65 . sf65f6 ubf{af6 la?j fx?sf lgDg cg; f/sf xfEfx? x6f065, h; n]ubf{kmsf]u0f:t/df j [4 e0{a9L cfbfgl lng ; ls65 .

- ; 5\$xfEfx?, /f]u / ls/faf6 cfqmd0f e0{pkrf/ xg g; Sg]xfEfx?
- Ps cfk; df hw\$xf / vl6Psf xfEfx?
- rf] xfEfx? / l; wf dfly a9\$xf xfEfx?

काँटछाँटले बोट बिरुवाहरुमा पर्ने प्रभाव र उपयुक्त समय

afdf} ddf sf65f6 u/L xfffx? x6fpbf af0nf0{lkmlhofjfhlsn ?kdf gsf/flds kpfj kb5 / pTkbfg ; d} k]olf ?kdf gsf/flds c; / kg{hfg}xG5 . To; h]sfutl af0 la?j fx?df sf65f6 af0sf]j [4 /f]sPsf]; dodf cyff\km l6lk; s]kl5 gofFkn]f cfpg' eGbf klxn]-kff-df3 dlxgdf_ ug{pkoQm xG5 . Ps}k6s ef/L sf65f6 gu/L x/\$ j if{lgoldt ?kdf ug{kb5 . h; sf kmn:j ?k pRr u0f:t/sf]kmn kmNg d2t k%ofp5 .

फल टिप्ने उपयुक्त समय

kfmndf lRnNf]kgf cfpgf; fy kmn l6Kgsf nflu tof/ ePsf]a%g' kb5 .

- :yfglo ahf/df kmnsf\$]dfu cfpgf; fy kmn l6Kg' kb5 .
- kl/kSs kmx? xl/of]t/ lRnNf]cj :yfdf l6Kg' kb5 .
- kmn l6Kbf af0nf0{c; / gkg]u/L s]fL j f l; s]f/sf]dfModj f6 l6Kg' kb5 .
- kmn l6Kbf kmn l6Kg]emfjhf -Harvesting bag_ sf]k0f]u ug{kb5 .
- kmn laxfg (-!! ah]/ ; fem #-^ ah] Dd l6Kg' /fdf]xG5 .
- kfgl / zlt k/\$f]ahfdf kmn l6Kg' xG5 .
- sfutl afnldf Ps}k6s ; a}kmx? l6Kgsf]nflu tof/ gxg]ePsf]Pp6}af0af6 kmx? k6s-k6s l6Kg' kb5 .
- l6lk ; s\$]f]kmx?nf0{sf6g, af]f, yG;] 8fnf]/ 8f\$fdf /fv] rf/ kfF lbg; Dd 3fd gnflg]:yfgdf eG8f/0f u/df kmx? cfkm]kx]hf xg z? ub5g\

klxn]j if{b]lv bz]j if{; Ddsf]vr{ cfdBfgl / dgfkmsf]cgdf]gt lj j /0f

वर्ष	खर्च रु	आम्दानी रु	घाटा रु	मुनाफा रु
klxn]j if{	#,)),)))-. -cGt/ jfnl laqmlaf6_	%),)))-. -cGt/ jfnl laqmlaf6_	@,%),)))-. -cGt/ jfnl laqmlaf6_	-
bf]f]j if{	!,%),)))-. -cGt/ afnl laqmlaf6_	%),)))-. -cGt/ afnl laqmlaf6_	#,%),)))-. -cGt/ afnl laqmlaf6_	-
t}f]j if{	@,!),)))-. -km laqmlaf6_	@,\$),)))-. -km laqmlaf6_	#,@),)))-. -km laqmlaf6_	-
rf]f]j if{	#,),)))-. -km laqmlaf6_	,\$,*),)))-. -km laqmlaf6_	!,\$),)))-. -km laqmlaf6_	-
kfrf]j if{	,\$),)))-. -km laqmlaf6_	&,@),)))-. -km laqmlaf6_	-	!,\$),)))-. -km laqmlaf6_
5f]f]j if{	%,),)))-. -km laqmlaf6_	!%,),)))-. -km laqmlaf6_	-	^,\$),)))-. -km laqmlaf6_

;ftf}j if{	&,@%,)))).	!*,,),)))).- -km laqlaf6_	-	!\$,!%,)))).-
cf7f}j if{	&,&%,)))).	@!,^),)))).- -km laqlaf6_	-	@*,),)))).-
gj f}j if{	!),@%,)))).	@!,^),)))).- -km laqlaf6_	-	\$!,!%,)))).-
bzf}j if{	!@%,),)))).	@!,^),)))).- -km laqlaf6_	-	%%,^%,)))).-
hDdf	%^,#%,)))).-	!,!#@),)))).-	-	%^,*%,)))).-

Dffly pNn]vt vr{:yfg x} Hofdl Hofnfsf] b//, uf/ dn v/lb b// / 9j fgl vr{36L
a9L xg ; Sb5 . ; fy}o; vr{f au}f x}rfxsf]nflu /flvg]sd{f/l÷ klj lws, lnhdf lnbfsf]
hluf ef8f tyf l; rf0sf]nflu lgdf ul/g]0gf÷af]l^a vr{: d} ; dfj z ul/Psf]5 To; h]
ol vr{?sf]klg lx; fj /fvbf vb dgfkndf sxl tn dfly kgI; Defj gf x65 . Aojl:yt au}f
Aoj:yfkg ePsf]v08df dfly pNn]vt kl/df0f cg; f/sf]km pTkfbg ug{; lsg]5 . kl't af
kl't j if{kmnsf]pTkfbg a9fpg ; lsg]kz:t ; Defj gfx? klg /xsf 5g\ o; /l g]sfutlsf]tfhf
kmnsf]dNo -t}f]j if{sf]pTkfbg blv kfFf}j if{ Dd kl't kmnsf]?= @.- 5df}j if{blv ; ftf}j if{ Dd
kl't km ?= @=) / cf7f}blv bzf}j if{sf]km pTkfbgsf]dNo kl't km ?= # .- /fvL lx; fj
ul/Psf]5 . of]dNo xfn gkfnsf]ahf/sf]dNo eGb Hofb}sd /flvPsf]5 of]dModf a9fpg
; s]yk dgfkndf ug{; lsg]; Defj gfx? 5g\ tyflk lj sl; t klj lw gckgf0sg cJojl:yt ?kdf
au}f Aoj:yfkg ul/of]eg]cf; ftlt pTkfbg lng g; ls Joj ; fo 3f6ftkm(pgdv xg)/ au}f
xf; f]dv e0{gi6 xg ; Sg]; Defj gf ePsf]n]Aoj ; folx?n]lj sl; t klj lw ckgfP/ dfq au}f
Aoj:yfkg ug{kb5 .

विस्तृत जानकारीको लागि

/fli60 ; Gtnfhft cg; Gwfg sfoqmd, kfl/kfIn] wgsbf
xl/ k} fb ; jbl / cd/ axfb/ kg
kmfg)@^~^@)#@÷(*%!!&\$)#*÷(*%%)%!(%\$
06]h ncrpdhankuta@gmail.com

#-(cuffgs lsalkmn vtl klj lw

gkfndf c6t/f60 kj tlo lj sf; ; :yf (ICIMOD) n]lj =; #@) \$%÷\$^ It/ lsalkmnsf
 lj le6g hftx? nIntk/sf]ufbfj /L l:yt k6zgl kmd6f nufPsf]lyof]. lj =; #@) \$% ; fn It/
 l:j ; klfh\$6df sfo{t h3Pkm=d} L e6g]JolQm]bfhvfsf]rl/sf6 l:yt Zofd v8\$fsf]af/Ldf
 / lh/L kflj lws lzIffnodf lsalkmnsf lj ?j f /fk\$]hfgsf/L afuj fgl kmd{ afj, bfhvfaf6
 k\$flzt kmf]8/df k96 kf065 . To; }u/L hfkfglh :Jod\} sx?n]klg hfkfgaf6 sxl hftx?
 Nof0{sf7df08f\$ f lghl au}fdf nuf0Psf]kf065 . ssgl, g] fsf6 -!*)) Id6/_ df hf06l g]
 kfn :yfkf ug{cfPsf lx/flj; dfTo/f gdsf hfkfglhn]lj =; #@)%) ; fnlt/ x] f8{h:tf]blvg]
 hft Nof0{/fk\$]s/f hf06l kmd6f sfd u/\$f nfskf zk\$]egf0{5 . xfn lsalkmn gkfnsf]
 wj}lhNnfx?df vtl ul/g yfn\$]kf065 . h:t}0nfd, kfFy/, wgs6f, sfe] bfhvf, l; Gwhl,
 g] fsf6, aflnE cflb lhNnfx?df o; sf]lfqkm lj :tf/ ePsf]5 . gkfnsf]; Gbedf o; sf]
 vtl !@)) blv @)) Id6/ ; Ddsf]prf0df, l; #f0{; lj wf ePsf kfvf]hlufdf o; kmnsf]
 vtl ug{; ls65 . k]6fnfj; of / cN6f; fl/of gdfs 9' laf6 nllg]/f]l afx\$ gkfnsf]lsalkmndf
 /f]l sl/f ; Dal6w ; d:of gb]vPsf]h]cuffgs lsalkmn vtl\$kf' / ; Defj gf 5 . cuffgs vtl ubf{
 kmnsf]u0f: t/ klg /fdj]xg]/ kmndf kf0g]kf]f0f tTj x? klg k6: t xg]x6f lsalkmnsf]cuffgs
 vtl klj lwnf0{; wf/ u/L /fdj]pTkfbg lng wj}vfBtTj sf]cfj Zostf kb6 . xfdj]h: tf]kxf8l
 lhNnfx? hxf; lhn}; folgs vfBtTj x? kf066, To: tf]7fp6f cuffgs vtl klj lw ckgfpg'
 lbuf]/ gfkmdvL Jofj ; fo x65 . gkfnl pkef]Qm]klg cuffgs kmkmhsf]dxTj alem; s\$fn]
 klg cuffgs lsalkmnsf]ahf/ a9bf]5 . o; kl/k]fdf afuj fgl cg' Gwfg dxfzfvfn]lj =; #
 @)^ (blv lj =; #@)&@ ; Dd ; 6{lsalkmndf{ km: sf6, sfd6f lj le6g dnvfb tyf vfBtTj sf]
 Id>0f /fvl cg' Gwfg ul/Psf]lyof].

मलखादमा प्रयोग गर्न सकिने पदार्थहरू

cuffgs lsavtl ug{lsalkmnf0{rflxg]vfBtTj x? k6'dfqdf klg]u/L slxPsf lj le6g
 lsl; dsf h]j s kbfx? /fvG ; ls65 . h:t] eld\$Dkf]6, sDkf]6, v/fgl tyf uf06}lsf]
 lk; fj ; 6}kftklT6/sf]5fkf] uf] /dn, tf/L÷; :o\$]ldgf, sv'fsf]dn cflb .

मलखादको किसिम र मात्रा

lsalkmn vtlaf6 /fdj]pTkfbg lng lsalkmn nf0{!&) lsnf]lfd gf066hg, %^ lsnf]lfd
 kmf]kmf]; / !)) lsnf]lfd kf6f; klT j if{klT x\$6/ rflx65 . lsalkmnsf lj ?j fx? % Id6/ x
 \$ Id6/df nuf0Psf 5g'eg]Ps x\$6/df %)) lsalkmnsf lj ?j f c665g\ o; lx; fj n]Pp6f

af0nf0{#%) ufd gf06hng, !!@ ufd kmf]km/; / @)) ufd kf0f; kl't j if{rflxG5 . o; }h] dnvfbsf]dfqf lgwf{0f ubf{s'g dnvfbdf slt vfBtTj kf0G5 eGg]s/f hfF u/ ug{k'kb5 .

भर्मिकम्पोष्ट

; fdf0otof eld\$Dkf]6df !=%Ü gf06hng,)=@%Ü kmf]kmf]; / @Ü kf0f; kf0G5 . lsalsf] af0 &* lsnf]ufd kl't af0 eld\$Dkf]6 /fvG' kb5 . dnvfbsf]&)Ü -%%-^) lsnf]ufd_ df3 dlxgdf / #)Ü-@)-@% lsnf]ufd_ c; f/÷>fj 0fdf /fvG' kb5 .

कम्पोष्ट

plt; , 6kf]f]; of, ^nd]hlo h:tf af/-aGb]h / hñsf kftk-lt# / cflb ; sng u/L vf8ndf k'/ ug{ sxf0{agf0Psf]sDkf]6 dn lsalkmnsf]nflu /fdf]dnvfbsf]>f] xf]. o:tf j g:klthG0 kbfy{x?nf0{slDtdf kl'g ^ dlxgf sxfpg'kb5 . sDkf]6 dn kl'g *) lsnf]ufd kl'taf0sf b/n] /fvG' kb5 . ^) lsnf]ufd sDkf]6 df3df / @) lsnf]ufd sDkf]6 c; f/->fj 0fdf af0sf]! ld6/ 6f9f; Dd j l/k/L /vL kg'kb5 . plt; j f 6kf]f]; of gkf0Pdf sf] j fnL, kmfd(f kf0G]emf/kft, v]hfg]j g:kl't hG0 kbfy{cflbnf0{sxfP/ kpf]u ug{; lsG5 .

अर्गानिक मल्व (छापो) को साथै खरानी, गाईभैसीको पिसाब

xl/of]j f ; s\$]f]kftkl't#/sf]dNr -5fkf] af0sf]@ ld6/ 6f9f; Dd @ 0Gr 5f]kg]u/L 5fkf] /vL uf0{Lsf]lk; fj 5/ ug{klu kmf]kmf]; afgldnaf6 lbP/ kl'g cuflgs lsalkm pTkfbg ug{; lsG5 . uf0{Lsf]lk; fj df \$ ufd kl'tln6/ Pdf]god gf06 (NH₄-N),)=@ ufd kl'tln6/ kmf]kmf]; / * ufd kl'tln6/ kf0f; kf0G5 . !)) ln6/ lk; fj n]\$)) ufd NH₄-N @) ufd kmf]kmf]; / *) ufd kf0f; lbG5 !)) ln6/ lk; fj nf0{\$ efu u/L k'lo\$ dlxgf xflNgkb5 . z?df @ ld6/ 6f9f; Dd df6f]leHg]u/L @% ln6/ lk; fa 5/k'15 To; dfly @ 0Gr afSnf]@ ld= 6f9f; Dd 5fkf]lbgkb5 . bf}f]k6sb]v lk; fj nf0{5fkf]dflyaf6}5g'kb5 . o; /L dnvfbsf]Jo j:yf ubf{gku kmf]kmf]; afgldnaf6 lbG' kb5 .

उत्पादन

z?sf j if{x?df cuflgs pTkfbg /; foflgs pTkfbg eGb sd}xG5 . t/ bl3\$fnf cuflgs pTkfbg a9b]u0{gfkf xG5 . * j if{k/fgf]af0df -@)&@ ; fn_ ul/Psf]cg'; Gwfgsf]glthf cg'; f/ eld\$Dkf]6 dfq}kpf]u ubf{%) lsnf]ufd kl'taf0 pTkfbg kf0of]eg]sf] ffnL ; dXsf]sDkf]6 dn kpf]u ubf{#* lsnf]ufd kl'taf0 kf0of]. t/ & j if{k/fgf]af0df -@)&! ; fn_ eg]eld\$Dkf]6 kpf]u ubf{@*#% lsnf]ufd kl'taf0 kf0of]. @)^ (, @)&), @)&! / @)&@ ; fnsf]pTkfbg

tYofI[sf]cf} t cfE8fdf eg]eld\$DkfI6 / sDkfI6 kpfu ubf{cf} t pTkfbg qmdzll @@-@*
 Isnfufd kl|taf6 / @^=*\$ Isnfufd kl|taf6 kf0of]. cuffgs dNlr -5fkf] sf]; fy}v/fgl,
 uf0e}+lsf]lk; fa dnvfb / l; kmf/z dfqfsf]/; folgs dnvfb kpfu ubf{pTkfbg sd g}
 kf0of]. o; h]pTkfbg a9l xg]ePtf klg sDkfI6 dnvfb -*) Isnfufd kl|taf6_ kpfu ubf{
 bl3\$fn df /df]/ gfkrfdvl blv65 .



विस्तृत जानकारीको लागि

j fuj fgl cg! Gwfg dxzfzvf, vdn6f/, nln tk/

8f= 6\$ k| fb ufjfd]

kmfjg)!-%!%)@\$

0djh hrtdivision@gmail.com

#4) Pl; og gf; kftlsf]kf]6xfe]6 klj lw

gf:fkftl ktem8 kmkmh dWb]:ofp kl5sf]bf]f]kmkmh xf]. gf:fkftln]gkfnsf]\$=\$*% x\$6/
hdlg cfu6\$]5 / o; sf]pTkfbg / pTkfbstj qmdzM @\$@#!=\$ d]6\$ 6g / (=(# d]6\$ 6g
x\$6/ /x\$]5 -s]if lj sf; dGqfno, @)&@_ . gkfndf o/f]kog / Pl; og hftsf gf:fkftlsf]
v]l ul/Ptf klg cToflws dfqdf Pl; og gf:fkftl g}k}Int 5 . Pl; og gf:fkftl dWb]pTkfbg
a9L xg]/ u0f:t/sf]km lbg]xgfn]kmk€ :yfglo nf\$lkp 5 . Pl; og gf:fkftl sd lr; fdf
-36ldf ^)) 306f lr; f] klg kmh kmNg ; Sb5g\ s[fsx?; u :yfglo 7\$df/, kmkmh tyf t/sf/L
ahf/, aNv' / kmkmh tyf t/sf/L ahf/, sfndf6laf6 ; sngstf{x?n]gf:fkftl afdf g}5bfF
vl/b u/L Psdl7 l\$g]ub5g\ o; /L lsga} xBf gf:fkftlsf]afdfsf]; Wof, afdfsf]; f0h, km
; Wof cflbsf]cfwf/df dNo lgwf{Of ub5g\ . gkfndf gf:fkftl xft]l6Kg]rng 5 . :yfglo
gf:fkftlsf]afdf clt clnf]xg]xBf km l6Kg c; lhnf]xg]; d:of 5 . ; sngstf{x? jf s[fsx?
l6kPsf kmnnf0{Ps}7fpdf hDdf ub5g\ l6kPsf kmnnf0{knfli6ssf af]f, afFsf 8f\$F, yD;]
cflbdf kofs ul/G5 . pglx{n]af/Ldf g}gf:fkftlsf kmnnf0{; fg]/ 7hf]-P / al_ u/L @ efudf
56dfp5g\ o; sf]; fy}rfp6s nfu\$F, /f] nfu\$F j f c; dfg cfsf/ ePsf gf:fkftlsf bfgfx?
x6fp5g\ pRr :t/sf gf:fkftl xfh; h ahf/df / ; fgf tyf sd; n vfnsf gf:fkftl :yfglo
ahf/df laql lj t/Of ul/G5 .

फलको परिपक्वता निर्धारण तरिकाहरु

Tffhf b]vg] ; kmf, bfu / rf6k6s gnfu\$F h:t gf:fkftl u0f:t/lo gf:fkftl xg\ . Gff:fkftl
cTofT}l56f]lauq]km ePsf]afdf /5ofF/ufsf]xBdf l6Kg'kb5 . gf:fkftl l6Kg]; do pkoQm
-km kl/kSs_ eP gePsf]lj leGg tl/sf/f lgwf{Of ug{; l\$G5 . h:t} afdfmsf]/u x]j, ublsf]
ulnof]kgf rfv], kmnsf]s8fkgf gfk] j f km emg{yfn]gyfn\$F]x] km l6Kg z? ug{kb5 .
kmx? kl/kSj eP gePsf]hfKg lgDg dfkb08x? cfwf/ dfGg'kb5 .

नरमपना

kmx? kl/kSj xBf g/d x65g\ . kmnsf]g/dkgfnf0{g}; a6bf /fd] cfwf/ dflG5 . kmnsf]
s8fkg gfk]g]-k]b k] / 6]6/ gfdsf] xft]pks/0fn]kmk€ :yfglo gf; kftldf ^=%& lsnf]d
bafj b]fPk15 km l6kdf km kfSbf /fd]u0f:t/ sfod xg\$F ; fy}kmnnf0{nfd]; do; Dd
e08f/Of ug{; l\$G5 .

कूल घुलनशील ठोस पदार्थ

km kl/kSs xB]hfbf kmndf lrglsf]dfqf klg a9b]hfg]xBf kmndf uhlof]kgf Pj @ sh 3hgZln
7f] kbfy\$F]dfqf a9g hfG5 . Pl; og hftsf gf; kftlsf]kmx?df sh 3hgZln 7f] kbfy{!#%
ePsf]cj :ydf km l6Kgsf]nflu of]o x65g\

सरल तरिकाले फल छुट्टिने

kl/kSs kmmnf0{e0gf]; lxt ; lhn}l6Kg ; lsG5 eg]ckl/kSs kmmnf0{l6Kbf a9L an k0f] ug{ kb5 . kmx? kl/kSs ePsf]k/Llf0f ug]cGo t/Lsf? dWb]kmh kmh]v]sf]lbg ug], b]gs tfkqmdsf]of] u/] jf kmx?sf]/u / cfwf/nf0{k0v dflgG5 .



s



v



u



3



a

s= kl/kSs t/ xl/of]cj :yf

v= /5ofFcj :yf -xl/of]6 v]f]ePsf]cj :yf_






u= Aofkf]/s kl/kSstf

3= lkmhoh]f]h]sn kl/kSstf

a= a9L kfs]f]cj :yf

gf:fkftlsf]afix/L af]m]sf]/u cg' f/ kl/kSstf lgwf]0f ug]t]/sf

कमलकै गफःफकftldf lj leॆg cj :yfdf kf06]sh 3hgzn 7f] kbfi{Ü / cldnf]kgf Ü

					
sh 3hgzn 7f] kbfi{	!)=%	!@=%	!%=%	!&	!*
cldnf]kgf)=%^)=\$^)=#*)=#!)=@^
s8fkgf -lsnf]ufd an_	*=%	*=)	&=)	^=%	%=%

फल उत्पादनोपरान्त कृयाकलापहरु

नासपाती टिप्पे

Gff:kftl l6kbf rfॆk6s nfuॆf kın slxg] kfgl p8] hfg] Zj f; kZj f; k\$ॆf / 0yf0Ing pTkfbg a9७]e0{kın rfB}lau(5 . o; ॥xft॥j f kın l6kg]n7Xln]gf:kftl l6kbf rfॆk6s gnufo{l6kg' kbॆ . l6kg]JolQm]gf:kftl af]f j f 8f\$ॆf ; fj wfglk] \$ /fVg' kbॆ . ; fy}gf:kftl /fVg]8f\$] yD;]j f 6f\$/lx?sf]leql efu g/d / ; krf xg' kbॆ . kın l6kbf 3fdaf6 hfufpg' kbॆ lsgsl 3fdn]kındf \$-^ l8ul ; ॥; o; tfkqmd a9fo{lbg5 h; n]ubf{gf:kftlaf6 a9l kfgl p8] u0{ t॥ 36६5 .

फल संकलन

kın l6lk; s॥l5 5fofॆf j f 3/, s6]fleq kın hDdf ug{kbf h; n]ubf{3fd j f kfglaf6 kın hf]uG5 . s[fsx? af]f, y॥f] 8f\$]f, yD;]cfibdf kın ; sng u/L kofs ug]ubॆg\ af]f, y॥f] eGbf 8f\$]f, yD;]/fd]dflgG5 lsgls 8f\$]f, yD;]b/f]xg]/ kın ydfpg ; Sg]xG5 .

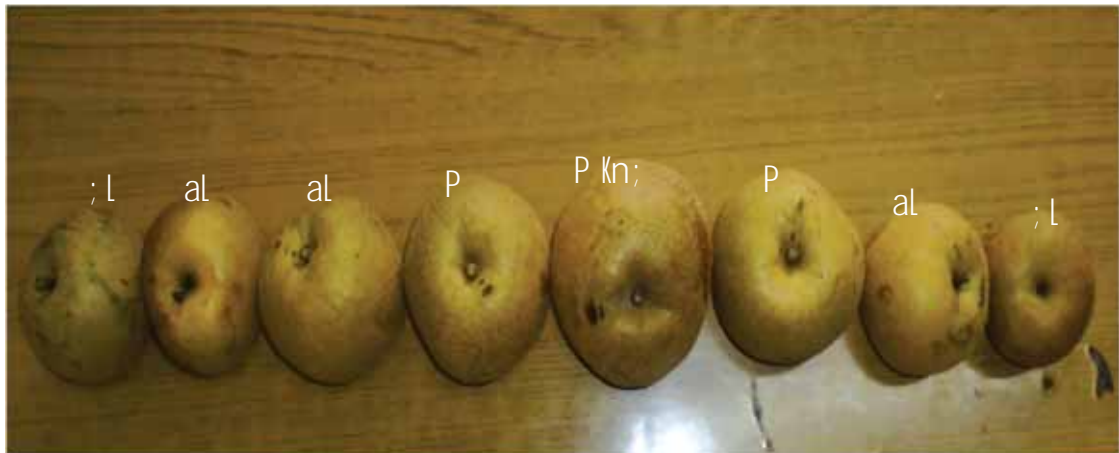
प्याक गर्नु पूर्व चिस्याउने

g॥fndf kın l6lk; s॥l5 gf:kftl lr:ofpg]rng 5७ . t/ kın kofs ug{k} {lr:ofpg' /fd] xf]. kın lr:ofpॆf v]sf]tfkqmd sd e0{u0f:t/ laug / t॥ 36७ kfpॆ७ .

छान्ने तथा ग्रेडिङ गर्ने

gf:kftl l6lk; s॥l5 aflx/ lg:s\$]kmsf]eॆf j f kftx? krfNg] /f]u, ls/f j f rfॆk6s nfu\$] c; dfg cfsf/ ePsf kın 5fg] 56६pg' /fd]xG5 . g॥fndf ; fdfGotof 5fGg]kfng sd 5 .

t/ klg Jofj ; flos s[f[sx?n]/f], sl/f nfu\$ / c; dfg cfsf/ ePsf km 5f6g]/ u]8E ug{ kb5 . gf:fkftlnf0{cf} t Jof; / t]hsf]cfwf/df lj leGg u\$df 5b6f0{laql ug{/fd]}x65 .



kmkE :yfglo hftsf]lj leGg u\$X?sf]gf; kftl

kmkE :yfglo hftsf]l; kmf/z ul/Psf lj leGg u\$sf]gf; kftlsf]cf} t cfsf/ / t]h

फलको साइज	फलको औसत आकार (मिलिमिटर)		फलको औसत तौल (ग्राम)	ग्रेड
	व्यास/गोलाई	उचाई		
clt 7hf]	*) eGb f 7hf]	&) eGb f 7hf]	%)) eGb f 7hf]	P kn;
7hf]	^% b]v *) ; Ddf	%% b]v &) ; Dd	#)) b]v %)) ; Dd	P
dWod	%) b]v ^% ; Ddf	\$% b]v %% ; Dd	!%) b]v #)) ; Dd	al
; fgf]	%) eGb f ; fgf]	\$% eGb f ; fgf]	!%) eGb f ; fgf]	; L
w]}; fgf]			kzf]vgf]nflu pkoQm	

प्याकिङ्ग

g]kfndf 6f\$/L, 8f\$]f] yD;]j f af]fdf gf:fkftl koflsE ug]rng 5 . knfli6s q]6df kofs ubf{ ahf/ 9]fgl ug]Eofg j f ldgl 6\$df w]}7f] cf]6g]xbfFs[f[sx? af]f j f 8f\$df kofs u/L 9]fgl ub5g\

दुवानी

h6 j f knfli6s af]f, 8f\$]f] yD;]cfibdf kofs ul/Psf gf:fkftl af/Laf6 ; 8s; Dd dfig; n]af\$] 9]fgl ub5g\ ; 8saf6 ahf/; Dd k%ofp] Eofg, ldgl 6\$ cflbsf]kpf] ul/65 . st}st}a; sf] 5tdf kofsx? /fv] xf]h;]h ahf/; Dd 9]fgl klg ub5g\ 9]fgl ; fdf6oto lj xfg -\$-% ah] j f ah]slkv ^-& ah] ug]rng 5 .

भण्डारण

gkfndf gf:fkftl nfd]; do; Dd e08f/0f u/L /fvG]kfrng 5g . xfh; j ahf/df gf:fkftlnf0{8f\$] af]f cflbdf kofs u/L e08f/0f ul/G5 / #- \$ lbg leq}laql lj t/0f ul/G5 . xfh; j ahf/df gf:fkftlsf] %)-^) Isnf]ld; Dd kofssf 8f\$, yD; j]f af]fx?df / vbf ahf/df !)-!% Isnf]ld ; Ddsf qj6 j f %-^ Isnf]ldsf knf06s 6df /fvL #- \$ lbg; Dd e08f/0f ul/G5 . vbf laql ug[Ij qjtn]gf:fkftlnf0{gfEnf]df klg lkmhf0{/fv\$]kf0G5 . Gff:fkftl hlj t j :t' ePsf]o; df Zjf; kZjf; k\$df, jfiks/0f k\$df, 0yf0lng pTkfbg k\$df / /; folgs kl/j tG e0{xG5g\ o; /L xg]rf/}sl; dsf k\$dfnf0{sd ug{; s]gf:fkftlsf]tfj 36g / laug sd xG5 . o; sf]nflu e08f/0f ug[sf]fsf]tfkqmd ; ft jf ; ft eGbf sd cfbf *)Ü jf *)Ü eGbf a9L sfod ug{kbf .

gkfndf Pl; Pg gf; kftlsf] pTkfbgfk/fGtsf pGgt klj lw ckgfpg' w}} h?/L 5 . kmnsf] kl/kSstf tyf km l6kg]; do lgwf0f ugff]gf; kftl pTkfbgnf0{ahf/ of]o agfpgsf ; fy} gfkrf sdfpg ; xof] ub\$. a9L kl/kSs e0; s\$ km l6kf leql /v xg]tyf kmx? w}} lbg; Dd e08f/0f ug{; lsb\$. km l6kg w}}]9nf]x\$ klg km l6kg ?v r9bf clwsfz kmx? em/] gi6 xG5g\eg]kl/kSs gePsf kmx? l6kdf pTkfbgdf x]; cfpG] kmnsf]u0f:t/ 36g] e08f/0f ubf{kmm rfp]g]xG5 . o; /L a9L kl/kSs ePdf / kl/kSs gePsf kmnf0{l6kf pTkfbg / cfbfogl klg 36\$. t; y{kmmx? kl/kSs eP gePsf]hfGg pln]vt dfkb08x?nf0{cfwf/ dfGg' kb\$.

आर्थिक विश्लेषण

o; /L ; wfl/Psf] tl/sf cg' f/ gf; kftlsf]kf]6cfe]6 klj lw ckgfp\$!)Ü ; Dd al9 dgfkrf sdfpg ; lG5 . lsgsl rng rNt]sf]klj lwdf gf; kftlsf]kf]6xfe]6 gf\$; fgl #- \$)Ü ; Dd xG5 eg]pGgt klj lw ckgfp\$ gf\$; fgl @%-#)Ü ; Dd dfq}xG5 .

विस्तृत जानकारीको लागि

j fuj fgl cg' Gwfg dxfzfvf, vdn6f/, nlnTk/

8f= 6\$ k] fb uf]fd]/ lu/Lwf/L ; j \$L

kmfG)!-%!%)@\$

0djh hrtdivision@gmail.com

#! j} dl ; okql kmh MsnsIQof cf}hsf]v}l klj lw

; okql kmh cltly ; Tsf/, khfcfhf / rf8kj x?df
 dfnf agf0{dl6b/x?df ywf r9fpgsf]nflu kpfu
 ul/g]kmh xf]. ; okql kmhnf0{marigold elg65 .
 of] blf0fl cd]/sf lf}sf] /yfg] la?j f xf] . .
 snsIQof cf}h hft snsQaf6 leqf0Psf]
 alpaf6 k] f/Of ul/Psf] xf] / c? hftx?sf]
 bfhf} of] hft ls;fgx?sf] cfo cfhg}sf]
 dh cfwf/ ag}sf] 5 . d+ / blv a}fv;Dd
 ; okql kmhsf] dfu cToGt} a9L ePsf] sf/Ofn
 ubf{ *! nv a/fa/sf] kmh dfq snsQf /
 l; nu9laf6 lelqPsf] 5 ^nf]/sNr/ P; flzozg
 g}fn, @)!# . oxl s'fnf0{dWogh/ ub}df} dl pTkfbg klj lwsf] z? lj ut ltg j if{blv
 afuj fgl cg; Gwfg dxfzfvn]sfef hft / nufpgj; dosf]pkoQm5gf} u/L klj lw lj sf; u/\$f]
 5 .



snsIQof cf}h

जातीय गुण

vNnf ; }g xg]hft

af}sf]prf0{	M (@& ; }6ld6/ -! ld6/ e6bf sd_
af}sf]kmh}j 6	M (#=\$; }6ld6/ -! ld6/ e6bf sd_
kmhsf]/u+	M ; Gtnf /}sf]
xfEfsf ; Wofx?	M *-!) j 6f
%)Ü kmh kmNg z? lbg	M \$% lbg -agf{/fk}sf]lbg blv_
klxnf]kmh l6kf0{	M !)% lbg -agf{/fk}sf]lbg blv_
clGtd kmh l6kf0{	M @@% lbg -agf{/fk}sf]lbg blv_
kmh kmNg]cj lw	M !@) lbg -agf{/fk}sf]lbg blv_
kmhsf]Pp6f ywf}sf]tf}	M %) ufld
kmhsf]; Wof kl}t af}	M @^%=%
kmhsf]pTkfbg÷af}	M !=%! lsnf]ufld -\$ dfnf_

प्रसारण विधि

!= alpaf6

@= sl6EM snsIQof hfddf sl6E wJ}k\$F/n]ug{; IsG5U h:t}x[Efsf]sl6E, sdnf]8f7sf] dWod 8f7sf]sl6E lng ; IsG5 .

हावापानी र माटो

o; sf]v]l ; dbll ; txaf6 !%) ld6/ b]v @))) ld6/ ; Dd ; kmTf kJ\$ ug{; IsG5 . pRr kxf8 / dWb kxf8df a9L lr; f]/ tiff/f\$F sf/Of j d]f} ddf pTkfbg lngsf]nflu lj z]fu/L d+ / b]v j zfvsf]alrdf knfli6s 6g]leq dfq o; sf]v]l ug{; IsG5 . o; sf]nflu !% b]v @% l8uU ; JN; o; tfkqmdf lj?Jffsf]/fd]j [4 xg]/ kmh rFB}kmNg]ub\$. of]v]l ug{kz:t k[Efl/s kbfi{ePs] anfb}b]d6 df6f]/fd]xG5 . df6f\$]Ik=Pr= %%-^% ; Dd /fd]df]lgG5 .

पानीको निकास

hldgsf]rf/}tkm(#) ; J6ld6/ ulx/f] #) ; J6ld6/ rf\$F0\$F]sh} f\$F]Joj :yf ldnfpg'k5{olb lgsf; sf]Joj :yf gePdf o; kmhsf]h/f slxP/ hfg]xG5 .

मलखाद

; okql kmh v]l ubf{/fd]kfs\$F]uf\$dn %) b]v ^) 8f\$F / @) lsnf]ld gf06khg, !) lsnf] u]d km; kmfJ; / !) lsnf]ld kf\$F; klT /fkgl\$F b/n]/fVg'k5{.

बेनादर

; okql kmhsf]a\$F{sl/a ^)x^) ; J6ld6/ 8\$fa b]l 8\$fa / af\$ b]v af\$sf]b'l sfod u/L 8\$fa\$F]prf0{!)-!% ; J6ld6/ xgkb\$. klT/fkgl lj?j f !@))-!#)) nufpg ; IsG5 .

लगाउने समय

of]; okql kmh j if]e/L nufpg ; IsG5 . hf8f\$dddf pTkfbg lngsf]nflu sfIQ\$df a\$F{/fk\$ d+ /af6 nufpg ; IsG5 . a9L tiff/f]xg]7fpdf o; sf]v]l ug{sl7gf0{xG5 . To; sf/Of knfli6s 6g] leq dfq}nufpg ; IsG5 .

जमिनको तयारी र बेना रोपण

hdlgnf0{@-# k6s vghf] u/L df6f]dl; gf]agfpg]/ a\$F{/fk\$ nf0gdf sh} f]j f k]fn agf0{ kfs\$F]uf\$dn ! lsnf]ldsf b/n]/fVg]/ a\$F{/fk\$. ; okql kmhdf 89]f /f]usf]; d:of cfpfg] u/\$fn]a\$F{/fk\$!) lbg leq}8folyg Pd \$% j f cGo sg}9; lgf; s lj iffbL @ u]d klT ln6/ kfgldf ld; f0{kmhsf]cj lwe/L @ rf\$:k]ug]. h; sf sf/Of pTkfbg a9L lng ; IsG5 .

विशेष कार्य

lkGrE ubf{Apical portion x6fpB}hfgk5{h; af6 la?j fsf]kmhfj 6 a9L / xfrf]la?j f e0{Ps} gf; sf wj}kmhx? pTkfbg lng ; lsG5 .

गोडमेल

afgf{/fk\$]f]@)--@@ lbgdf v]df cfPsf]enf/sf]cj:yf x]L uf\$dh ugI. sg}sg}la?j fdf sf]knf nfu\$] eP pQm sf]knf lrd6] x6f0{ lbg] . o;/L sf]knf x6f0{ lbBf afb %oflEP/ /fdf]; E kmhg5 .

फूलको टिपाई

kmh l6Kbf 3fB c:tf0; skl5 8f7 ; lxt lnB /fdf] xG5 . snslQof hftsf] ; okql ylf Ps ; f0hsf] km]g] ePsf]h] dfnfsf nflu Psbd pkoQm dflgG5 / ahf/ dNo klg /fdf] kfOG5 .

विस्तृत जानकारीको लागि

j fuj fgl cg! Gwfg dxzfxf, vdn6f/, nlntk/
dl/f 9sfn

knfg)!-%!%)@\$

0d] hrtdivision@gmail.com

\$=kzkfng

\$= ulgufl8 j l; d vjl klj lw

j l; d 3f kflifnf] :j flbnf] tyf a9l pTkfbg lbg] ePsf] xgfn] o; nf0{3fFx?sf]/fhf klg elg65 . c? :yfglo 3f lxp6 dlxgdf ; 'sl kzsfl] pTkfbg lfdtdf xlf; cfpq]; dodf al; d 3f s[fsx?n] cf^gf]kzj :thf0{v} fp6 kfp6f bW tyf df; 'pTkfbgdf j [c]sf]; fy}kz' :j f:Yodf ; d; w/ ePsf] kf0Psf]5 . a9l pTkfbg ePsf] 3fFnf0{; 'sfP/ æx] agfP/ klg vj fpg ; ls65 .

o; sf]vjl t/f0{b]lv dWb kxf8 ; Ddsf]eëfu ePsf]xfj fkgldf ug{; ls65 . lj z]f?kn]gkfnsf]t/f0{ lq?df kzj :tx?sf] cxf/f ckl't\$]nflu o; sf]vjl ug]ul/65 . of] 3fF] fnlsf] a9l pTkfbg lfdt, nfdj; do ; Dd 3fFsf] ckl't{xg\$; fy}a9l kflifnf]kgf xg] ePsf] xgfn] al; d ulgufl8 kzkfngsf]nflu clt g}pkof]ul dflg65 . o; 3fF] fnln]h/fdf ePsf]/f0hf]j od z'd hlj f0sf] d2tj f6 df6f]df kl't /f]kg] j flif\$; /b/ * b]lv !@ lsnf]ld ; Dd j fod08lno gf06hg hddf u/L df6f]hf0{dlnnf]agfpb5 .

हावापानी र माटो

of] 3fFnf0{t/f0{ b]lv dWb kxf8 ; Ddsf]k]oM hg; 's}df6f]df vjl ug{; lSPtf klg a9l pTkfbg lngsf]nflu kfE]bf]d6 df6f]; a}e6bf pkoQm x65 eg]kfgl h0g]7f]df o; sf]vjl /fd]x6g .

जमीनको तयारी

hdlgsf]tof/Lsf nflu @ b]lv # k6s ; Dd vghf] u/L Ps /f]kg] lqkmdf @%) lsnf]ld uf]dn of sDkf]6 dn xflg' kb5 . a9l pTkfbg lngsf]nflu /; folgs dn kl't /f]kg] !=^ lsnf]ld ol/of, %=\$ lsnf]ld l8P=kl / @=^ lsnf]ld Pd=cf]kl= lbg' kb5 . hlufsf]tof/L ubf{cfwf efu ol/of / k'}efu l8P=kl / Pd=cf]kl lbg' kb5 / af6l cfwf efu ol/of 3fF sf6l l; #f0{u/]kl5 6k 8}sf] ?kdf xflg' kb5 .

लगाउने समय र तरिका

a; l6 luqufl8 nfdj; do; Dd xl/of] 3fF lngsf]nflu sflt\$sf]klxnf]xktf b]lv d; / dlxgf; Dd alp 5g{; ls65 . alp pTkfbgsf]nflu dfq j l; d]sf]vjl ubf{s}l l9nf u/L cyf d; /sf]bf]f] xktf kl5 dfq alp 5g{kb5 . j l; d-luqufl8 3fFnf0{tlg k\$fn]vjl ug{; ls65 .

१. धान खेत भित्र घुसुवा खेती

o; klj lwdf wfg sf6g'!%-@) lbg cufj }alp 5g{kb5, alp 5gI; dodf v]df cln cln kfgl xg' kb5 . o; tl/sfaf6 pTkfbg nfut sd kgI/ pJhgl klg a9l / l56f]xl/of] 3fF kkt xg] ePsf] of]klj lw s[fs dfem lgs}nf\$lkp /x\$]5 .

@= धूलो माटोमा बीउ छर्ने

l; #f0{; lj wf gePsf] 7f]df j l; d v]L ubf{ hluufnf0{/fd] ; G vghf] u/L df6f]h0{whf] agf0{ alp 5g{ kb\$. o; tl/sfaf6 alp 5bf{df6f] kpfkt dfqdf lr:ofg xg' h?/L xG5 / alp Ps 0f]r eGb a9L df6f] kl/g' xG5 .



३. हिल्याएको खेतमा बीउ छर्ने

l; #f0{; lj wf ePsf]cj:yfdf vghf] u/L tof/ ul/Psf]hlu- udf b0{0f]r hit kfgl nuf0{ alp 5g{ kb\$ / hluufd al; d 3fF -ulg u]8_ nuf0Psf]kfglnf0{; Sg lbg'kb\$. of]v]L klj lw dxEf]ePtfgl o; tl/sfn]alp 5bf{pdf/ kl]tzt /fd]xg]/ pTkfbgdf j [C xG5 .

सिंचाई

j l; d 3fFnf0{kz:t dfqdf kfgl rfxg]ePsf]h]j l; ddf l; #f0{f]/fd]Jo]j:yf ldnfpg'cTofj Zos xG5 . df6f]lr:ofgsf]cj:yf x]L k]o\$ s6f0{kl5 l; #f0{; lj wf k%ofPdf a9L pTkfbg lng ; lsG5 . lj z]m u/L kmh kmNg cu]8 / k]o\$ s6f0{kl5 l; #f0{ug{kb\$.

हरियो घाँस उत्पादन

sft\$ klxnf]xktfdf 5/\$f] alpaf6 %) b]v ^) lbgdf klxnf]s6fg z? e0{a}fvd lxgf; Dd xl/of] 3fF pTkfbg lng ; lsG5 . klxnf]k6s 3fF lnPk15 k]o\$ @%-#) lbgsf]cj lwdf csf] s6f0{lng ; lsG5 . kl]t /fkgl hluufj f6 %) b]v ^)) lsnf]d ; Dd xl/of] 3fFsf]pTkfbg lng ; lsG5 . o; 3fFaf6 ; /b/ alp pTkfbg @* b]v #% lsnf]d ; Dd xG5 .

जातीय गुणहरू

al; d ullgu]8 3fFsf]prf0{!))-@)) ; [6ld6/; Dd xG5 . /fk\$]lbg b]v !%)-!^% lbgdf o:fsf] kmh kmNb5 . of]hftsf]3fF 5/\$f]!&%-!() lbgdf alp kfSb5 . o:fsf]Pp6f af]sf]xfef (b]v !% cf] ; Dd xG5 . of]3fFsf]!)) bfgf alpsf]; /b/ tf]h & u]d xG5 .

विस्तृत जानकारीको लागि

r/g tyf 3F, f]nl dxfzfvf, vdn6f/, nlnrk/

krf])!-%@#)#*

0d] pfrd@narc.gov.np

\$@ gLgbgl h}3f' v}l klj lw

gLgbgl h}3f' Ps nř\$lkp křj6s tyf
:jflbi6 lxp6] 3fFžfnl x]. of] 3F uxF
cyjf hf}h:t}u/L pdq5 / ljzřf u/L
t/f0{tyf lelq dwž lřđdf o; 3fFsf]
v}lsf]nflu pkoQm x65 . gřkřndf lxp6]
ofddf xg]xl/of] 3fFsf]sdl k/f ug{of]
3fF clt pkofřl x65, hg avt c? :yfglo
3fFx? x6gğ\pQm ; dodf of] 3fFsf]
přkřbg lnP/ cřkřgf]kzř :tx?nf0{xl/of]
3fF vřf0{břw tyf df; řf]a9l přkřbg
lng ; ls65 .



h}3fF -gLgbgl_

जातीय गुणहरू

gLgbgl h}3fFsf]prf0{!^)-!^% ; ř6ld6/; Dd x65 . /řkřf]lbg břv !!)-!!% lbgdf o:řsf]
křř křřb5 . of]hřtsf]h}3fF /řkřf]!#(-!^% lbgdf alp křřb5 / o:řsf] *-!) cřřř; Dd uřř
nřřb5 . o; 3fFsf]alpsf]!))) břřřsf]třřř #% uřđ; Dd x65 . of]hřtsf]lj ?jř pdřř 7ř8ř]
u/L plđ5 .

हावापानी र माटो

gLgbgl h}3fFnf0{ljzřf u/L t/f0{tyf lelq dwž lřđsf nflu l; křř; z ul/Psf]5, o; 3fFsf]
v}l hg; ř}df6řřř v}l ug{; lsPřf křg a9l přkřbg lngsf]nflu křřř břđ6 df6ř]; a}e6řř
/dfř]x65 . křgl hđg]7řpřř / l; d lřđdf o; řf]v}l /dfř]x6g .

जमीनको तयारी

uxřf0{h:t}u/L @ břv # k6s vghřř u/] hđłsf]tof/L ug{k5{. Ps /řkřldf @%) lsnfřřđ
ufřř/dn of sđkřř6 dn xřřg' k5{. a9l xl/of] 3fFsf]přkřbg lngsf]nflu /; folgs dn klř
/řkřl ol/of ^% lsnfřřđ, l8-P=kl ^% lsnfřřđ / Pd=cfřkl %= lsnfřřđ lbg' kb5 . hlřřřř]
tof/L ubř{cfřř efu ol/of / k/}efu l8-P=kl / Pd=cfřkl lbg' kb5 eg]afřř cfřř efu ol/of
3fF řf6l l; řřf0{u/]kZřřřř6k 8řřř]?kdf xřřg' kb5 .

लगाउने समय

lxpE]3fF]fnl ePsfh]o; 3fFnf0{cfIzjgsf]t}f]xktf b]v d# / dlxgfsf]klxnf]xktf; Dd df6f\$]lr:ofgsf]cj:yf x]L @-# k6s vghf] u/L df6fhf0{a/a/fpE]agf0{nufpg ; lsG5 . olb l9nf u/L 5/df xl/of]3fFsf]pTkfbgdf x] ; cfp5 .

बीउको मात्रा

o; 3fFsf]alp klIt /fkgl \$-% lsnf]ufd cfj Zos k5{. xl/of]3fF pTkfbg lngsf]nflu % lsnf] ufd alp klIt /fkgl tyf alp pTkfbgsf]nflu \$ lsnf]ufd klIt /fkgl cfj Zos k5{. o; 3fFnf0{ 5?j f lj lw j f nf0gdf nufpg ; lSP tfklg alp pTkfbg lngsf]nflu nf0gdf nufpE] pkoQm xG5 .

सिंचाई

of]3fF nufPsf]@) b]v #) lbgdf klxnf]k6s l; #f0 ug{k5{/ k]o\$ s6f0{u/]kZrftMl; #f0{ lbg'cfj Zos xG5, h; af6 xl/of]3fF tyf alp pTkfbg a9l lng ; lsG5 . cyft\\$ b]v % k6s ; Dd l; #f0{ug{h?/L kb5 .

हरियो घाँस उत्पादन

of]3fF nufPsf]b0{dlxgf kl5 klxnf]k6s 3fF sf6L k]o\$!-! dlxgdf u/L al9df #- \$ k6s ; Dd xl/of]3fF sf6g ; lsG5 . :yfglo x]f fkfgl, df6f] / dnhnsf]dfqf cg'; f/ klg xl/of] 3fF pTkfbgdf c; / kb5 . r/g tyf 3fF #fnl dxfzfvf, vdn6f/n]u/\$f]cg'; Gwfgaf6 glGbgL hftsf]h}3fF pTkfbg klIt /fkgl @*))-#@)) lsnf]ufd ; Dd xl/of]3fF pTkfbg lng ; lsG5 .

विस्तृत जानकारीको लागि

r/g tyf 3F #fnl dxfzfvf, vdn6f/, nlnrk/
krf]g)!-%#@#)#*

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\$# wGr]/f0\$F' v}l klj lw

r/g tyf 3fF] fnl dxzfzvf, vdn6f/af6 pGdf]rt /f0\$F+-wGr]Ps nf\$lkp kfi]6s tyf :j flbi6 dWb kxf8L / pRr kxf8L e]udf xg]cGo 3fFx?sf]thgdf w}}kfi]fnf]/ ; lhn} E krfg ; lsg] ax]lif6 r/g 3fF xf]. of]3fF Ps k6s nufPkI5 ^-* j if{ Dd nuftf/ pTkfbg lb0/xG5 . of] 7hf]uffi xfnlg]/ ! ld6/; Dd clnf]xg]ePsf]h]r/fpg / sf6] ; d} V]f fpg ; lsG5 .

जातीय गुणहरू

/f0\$F wGr]hftsf]af}sf]prf0{()-!;% ; lGld6/; Dd xG5 / lj?j f pd}f 7f8f]u/L pldQ5 . of]3fF /fk\$]lbg j f6 @#) blv @%% lbgdf kmh kmNb5 eg]of]hftsf]3fF /fk\$]l@&^-*\$ lbgdf alp kfSb5 ; fy}o:fsf]!@-@\$ cf}f ; Dd kl}t af} uff nflb5 .

हावापानी तथा माटो

wGr]/f0\$F lr; f]/ tiff/f}f6 db} . of]3fF gkfnsf]kxf8L pRr / kxf8L lf} -n\$_ !%)) blv \$))) ld6/ prf0{; Dd nufpg ; lsG5, hxfFdf6f}f Gogtd lr:ofg kf0Q5, pk/fQm lf}x?df of]3fF ; km}tf k} \$ nufpg ; lsG5 . of]3fF]fnl ; a}lsl; dsf]df6f}f pd} ; Sb5, t/ /fd]pAhglsf]nflu k}t dfqdf dn / kfglsf]cfj Zos kb} .

जमीनको तयारी

of]3fFsf]alp w}}; fgf]ePsf]xgfn]olb alp v}df 5g[xf]eg]5g{k} {hldgnf0{/fd/L vghf} u/L df6f]a/a'fp}f]agfpg'kb} . o; nf0{r/g vs{x?df sd vghf} klj lw}f/f tyf Jof8 klj lw ckgf0{hldgsf]tof/L u/L 5g{k}b}, h; n]ubf{df6f]alagaf6 arfp5 . alpnf0{Psgf; n]kftnf] u/L 5/L xlsf}fu df6f]h]kg{k}b} . r/g vs}df 5l/Psf]/f0\$Fnf0{/fd/L x\$g a9g lbgf]nflu alp pd} lj?j f /fd/L gkm:6fpGh} ; Dd uf0} :t' r/fpg lbg'x} . a9l xl/of]3fFsf]pTkfbg lngsf]nflu /; folgs dn kl}t /fkgl * lsnf}ufd ol/of, ^=% lsnf}ufd l8-P=kl= / #-% lsnf}ufd Pd=cf}kl sf b/n]/fVg'kb} . hlufsf]tof/L ubf{cfwf efu ol/of / k'}efu l8-P=kl= / Pd=cf}kl lbg'kb}, af}l cfwf efu ol/of 3fF sf6L l; f}f0{u/]kl5 6k 8}sf]?kdf xfnlg'kb} .

लगाउने समय

of]3fF r}a-zfv dlxgdf pRr kxf8L lxpFkg]lf}x?df lxpFkUnkI5 nuf0Q5 eg]kxf8L e]udf cfiZj g-sflt\$ dlxgdf of]3fFsf]alp 5l/G5 . alp 5bf{kl}t /fkgl &% ufdsf]b/n]5g{k}b} .

हरियो घाँस उत्पादन

o; 3fFsf]alp 5/\$f]# dlxgf kl5 klxnf]k6s xl/of]3fF sf6] Vf] fpg ; ls65 . o; kl5 x/\$
#)-\$) lbgsf]c6t/fndf 3fFsf]s6f0{Ing cyj f r/fpg ; ls65 . of]3fFnf0{j if6f %-^ k6s
; Dd xl/of]3fF sf6g ; ls65 . Ps /fkgl hdlgdf ; /b/ #)))-\$))) lsnf]ufd xl/of]3fF
pTkfbg Ing ; ls65 eg] ; /b/ alp pTkfbg kl't /fkgl #) blv %) lsnf]ufd ; Dd kfpg ; ls65 .
/f03fFsf]alp pTkfbg lnbf lj ?j fx?nf0{kmm nflg lbg Ps k6s e6bf a9L 3fF sf6g x6g .



/f03fF -w6r]

विस्तृत जानकारीको लागि

r/g tyf 3fF3fnl dxfzvf, vdn6f/, nln tk/

kmfj)!-%#@#)#*

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\$\$ cd[twf/f h}3f, v]l klj lw

cd[twf/f Ps k\$[f/sf] hf}h:t}b]vg] h}
3fF xf]. of]3fF hf}cyj f uxFh:t}u/L
pd[5 / lj z]f u/L dWb kxf8L e]udf o;
3fFsf]a9L pTkfbg lng ; lsG5 . gkfnfd
lxp[5]ofddf xg]xl/of]3fFsf]sld k/f ug{
of]3fF clt pko]l xG5 . o; 3fFaf6 k'
b]v r[d]xgf; Dd xl/of]3fFsf]cfkl't{ug{
; lsg]x[bf bwn' uf0{e}L tyf afv[kfns
Jo; folx?sf nflu of] 3fF clt pQd
df]lgG5 . of] Pp6f k]i6s tyf :j flbi6
3fF xf].



h}3fF -cd[twf/f_

जातीय गुणहरू

cd[twf/f h}3fFsf]prf0{&%-*\$; lG6ld6/; Dd xG5 / of]hftsf]lj ?j f pd[f 7f8f]u/L pld[5 .
/fk\$[f]lbg b]v !%-%!^) lbgdf o:fsf]knh kNb5 . of]hftsf]h}3fF /fk\$[f]!*)-!() lbgdf
alp kfSb5 / o:fsf]\$-^ j 6f ; Dd ufF xG5 . o; 3fFsf]alpsf]!))) bfgfsf]tfh # % uf[d
; Dd xG5 .

हावापानी र माटो

cd[twf/f h}3fFnf0{dWb kxf8L e]usf nflu l; krf; z ul/Psf]5, o; 3fFsf]v]l hg; s}df6f[
v]l ug{; lSPtf klG a9L pTkfbg lngsf]nflu kf[bf]b[6 df6f]; a)eGb /fd]xG5 . kfgl hDg]
7fp[f o; sf]v]l /fd]x[5] .

जमिनको तयारी

uxFf0{h:t}u/L @ b]v # k6s vghf] u/] hldg sf]tof/L ug{k5{ Ps /fkgl df @%) lsnf]ud
uf[dn of sDkf]6 dn xflNg' k5{. a9L xl/of]3fFsf]pTkfbg lngsf]nflu /; folgs dn kl't
/fkgl ol/of ^-% lsnf]ud, l8=P=kl ^-% lsnf]ud / Pd=cf]kl %-@ lsnf]ud lbg' kb5 . hlufsf]
tof/L ubf{cfwf efu ol/of / k'}efu l8=P=kl / Pd=cf]kl lbg' kb5, af[BL cfwf efu ol/of 3fF
sf6L l; f0{u/]kl5 6k 8k sf]?kdf xflNg' kb5 .

लगाउने समय

lpxf]afnl ePsf]h]o; 3fFnf0{cflZj gsf]t}f]xktf blv d+ / dlxgfsf]klxnf]xktf; Dd df6f\$]f] lr:ofgsf]cj :yf x]l vghf] u/l nufpg ; ls65 . l9nf u/l 5/df xl/of]3fFsf]pTkfbgdf sld cfp5 .

बीउको मात्रा

xl/of]3fF pTkfbg lngsf]nflu % lsnf]ufd tyf alp pTkfbg lngsf]nflu \$ lsnf]ufd alp kl't /fkgl cfj Zos k5{. o; 3fFnf0{5?j f lj lw j f nf0gdf nufpg ; lSP tfklg alp pTkfbg lngsf] nflu nf0gdf nufpbf pQd x65 .

सिंचाई

of]3fF nufPsf]@) blv #) lbgdf klxnf]l; #f0{ug{k5{/ k]o\$ s6f0{u/]kl5 l; #f0{lbg' cfj Zos kb5]h; af6 a9l pTkfbg lng ; ls65 . cyf\$ \$ blv % k6s; Dd l; #f0{ug{k5 .

हरियो घाँस उत्पादन

of]3fF nufPsf]b0{dlxgf kl5 klxnf]k6s 3fF sf6l k]o\$!-! dlxgdf u/l al9df # k6s; Dd xl/of]3fF sf6g ; ls65 . :yfglo xfj fkgf, df6f] / dnhnsf]dfqf cg' f/ klg xl/of]3fF pTkfbgdf c; / kb5 . r/g tyf 3fFafnl dxzfzvf, vdn6f/n]u/\$f]cg'; Gwfgaf6 cd]wf/f hftsf]h}3fF pTkfbg kl't /fkgl @%))-#))) lsnf]ufd; Dd xl/of]3fF pTkfbg lng ; ls65 .

विस्तृत जानकारीको लागि

r/g tyf 3fFafnl dxzfzvf, vdn6f/, nlnrk/

krf]g)!-%@#)#*

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\$% sV/fsf]cxf/f nfut Golgs/Of klj lw

sV/f kfng Joj ; fodf sh nfutsf] s/la *)-

*% kl|tzt vr{ bfgfsf] nflu xg] ub5 . csf] tkm{ sV/fsf] bfgfdf kpf] xg] dVo sRrf kbfi{-gkfnf] ; Gbedf ds} dflg ; sf]klg Ps kdv vfB cgfh xf]. xfd]h:tf]vfBfg cyfj ePsf]dhsdf vfB cgfh -ds} sf] dfqnf0{ sV/fsf] bfgfdf sxl dfqfdf ePklg sd ug{ ; s]f vfB ; \$6 Goğ ug{ sxl d2t ldNg ; \$5 . csf] tkm{sd kfl xg] s[fsx?n] ; fgf] nufglf sV/f kfnbf Joj ; flos bfgf v/lb u/L vj fpef w}}nfut bfgfdf vr{e0 sd dgfkf xG5 . ctM ufpeB/df ; fgf] nufglf



sDk] 3fF

sV/f kfng ug{f]nflu bfgfsf]vr{sd ug{ ; s]a9L dgfkf lng ; lsG5 . o ; kpf]hgsf]nflu sV/fx?nf0{5f8f 5f8} j f cw{5f8f 5f8} kfnl cxf/f/sf]?kdf 3fF vj f0{kfng ug{pkoQm xG5 . sV/f gpufpg]hgfi / ePsf]h]k'}bfgfsf] ; \$f 3fF dfq vj fP/ kflNg g ; lsPtf klg sh b]gs cxf/f/sf] ; Vvf kbfi{f]cfwf/df s/Lj !) kl|tzt efu 3fFaf6 cfklt{ug{ ; lsG5 .

खुल्ला वा अर्धखुल्ला छाडेर पाल्ने प्रविधिका फाइदा

dflg ; sf]hg ; Wofsf]j [4 / klj lwsf]lj sf ; ; xfn Joj ; flos sV/f kfng Joj ; fosf]kdv lx ; f ; 3g kQffnl ePtf klg k'}vNnf j f cw{vNnf 5f8} / 3fF vfg lbP/ ul/g]sV/f kfng k4ltsf yk} ; j n klfx? 5g\ uf]dlOf e]df hxfFkz:t vfnl hldg pknAw xG5, To:tf]ufpef k'}vfh j f cw{vhf 5f8} / 3fFkft sL/f, km6bf^bf vfg lbP/ sV/f kfnbf bfgfsf]nfutdf sdl ug{ ; lsG5 . csf] tkm{ vNnf 5f8} 3fFkft vj fP/ kflnPsf]sV/fsf]df ; ' / c08fsf] : jfb ; 3g kQffnl df kflnPsf sV/fsf]df ; ' / c08fsf] thgfdf : j flbnf] / ltVv/ xG5 eGg]lj Zj f ; n]ubf{ o:tf sV/fx? pkefQmf]f]h0df kb5g\ loglx?nf0{ahf/df pRr dNodf aRg ; lsG5 . To ; } u/L ; fgf- ; fgf lj leGg sDkfp08x? agf0{3Dtl kQffnl ckgf0{sV/f kfnbf df6f\$]u0f:t/ a9g u0 hdlgsf]pj {fzlQm a9fpg ; lsG5 . To ; u/L, vNnf 5f8} 3fFkft vj fP/ kflnPsf sV/fx? kof]t dfqfdf vlg / k]s[ts cxf/f vfg kfpg]xgfn]thgf]ds ?kdf a9L : j :y / ; kmf xG5g\

खुल्ला छाडेर पाल्न सकिने कुखुराका जातहरू

ufpeB/df k'}j f cw{5f8f 5f8} / 3fF vj fP/ kflNgsf]nflu :yflgo sV/f - ; flsgL_ / pggt hftsf df ; ' / c08f b] }kpf]hgsf nflu kflNg]sV/fsf hftx? pkoQm dflgG5g\ o ; kpf]hgsf

nflu gkfnf kflng]pGgt hftsf sv/fx?df lu/L/fhf, Go'xQk; fo/ / ci6knfk{k\oft 5g\ xfn ol hftsf sv/fx? au' tyf sv/f cg'; Gwfg sfoQmd, vdn6f/ / lQlo s[if cg'; Gwfg sQbX? t/x/f / k/jfglk'/sf ; fy}s[if cg'; Gwfg sQb|kfvllj f; df pTkfbg, cg'; Gwfg / laqml lj t/Of e0/x\$5 5g\ ol sv/fx?n]s/la !)-@@ xktfsf]pd]b]v c08f pTkfbg z? ub5g\ ol dWb] lu/L/fhf vf; u/L df; 'sf]nflu a9L pkoQm xG5 eg]Go'xQk; fo/ / ci6knfk{vf; u/L c08f pTkfbgsf]nflu pkoQm xG5g\ Ps j if\$]cj lwdf kf]yL Go'xQk; fo/n]s/la !() b]v @() j 6f, ci6knfk{n!*) b]v @)) j 6f / lu/L/fhfn]s/la !\$) b]v !*) ; Dd c08f kfb5g\ cf} t ao:s tfn Go'xQk; fo/ / ci6knfk{hftsf]efn\$]#=% lsnf]/ kf]ylsf]@=% lsnf]tyf lu/L/fhf efn\$]#\$=% lsnf]/ kf]ylsf]#=% lsnf]kf0Psf]5 .

कुखुरालाई घाँस खुवाएर दाना लागत कम गर्ने तरिका

au' tyf sv/f cg'; Gwfg sfoQmd, vdn6f/n]u/\$]cg'; Gwfgsf]glthf cg'; f/ ol sv/fx?nf0{ cw{vhf 5f8} ol sv/fdf sDkml]3fF -Symphytum species_ nf0{bfgfsf]?kdf vj]fpBf lgs} ; sf/flds glthf kf0Psf]5 . Go'xQk; fo/ hftsf sv/fsf]cfxf/fdf ; Vvf kbfsf]cfwf/df @) kl|tzt bfgfnf0{sDkml]3fF n]kl|t:yfkg ubf{c08f tyf df; 'pTkfbg / uOf:t/df kl|tsh c; / gk/\$]kf0of]eg]pQm klj lw kpf]u ubf{c08f tyf df; 'pTkfbgsf]sh nuftdf !% kl|tzt; Dd sd ug{; lsg]kf]lDes glthf kf0Psf]5 .

o; /L ufpB/df ; fgf] nufglf c08f / df; 'b} }kpf]hgsf] nflu kflng] sv/fx? kfng u/L blgs sh cxf/fsf]s/la @) kl|tzt efu sDkml]jf c6o 3fFkftx? -h:t]j fl; Q, n; g{ v} uPsf]sf]pnl, j Gbf, dhf j f ; fusf kftx?, cflb_ lbP/ bfgfsf]vr{sd ug{; lsg5 . o; sf]nflu :yfglo ; flt -afF j f sf7_ kpf]u u/L vf} lgdf] ug{; lsg5 / vf} aflx/sf]vfnl hldgdf @-# j 6f sDkfp08 agf0{sDkml]3fF v]l u/L 3Dtl kQffnl cg'; f/ sv/f r/fpg ; lsg5 j f sDkml] 3fFnf0{sf6} l; w}sv/fsf]vf} leq}/flvbg klq ; lsg5 . o; /L, ufdlOf e]udf c08f / df; 'b} } kpf]hgsf nflu kflng]sv/fnf0{s}l dfqdf 3fF vfg lb0 kfng ubf{pTkfbg nfut 36g u0{ kZ:t dgfkf lng ; lsg]b]vG5 .

विस्तृत जानकारीको लागि

au' tyf sv/f cg'; Gwfg sfoQmd, vdn6f/
8f= uf\$0f{uf}d / >L bdfb/ Gof]kfg]
knf]g 01"5521650-9851088736
06]h sarp@narc.gov.np

\$^ pGgt awj f afvlf kfng klj lw

Affvlfkfng Joj ; fo tkm{s[fsx? lbg klftlbg cfs[lf e0/x\$ 5g\ . r/g lfgsf]cefj tyf ; fdbflos jg hEundf r/gsf]aGb]hn]ubf{s[fsx? awj f afvlf kfng tkm{cufl8 a9\$ 5g\ j ife/L xl/of]3fFsf]Joj :yfkga6 Affvlfkfngnf0{awj f kfngsf]?kdf cufl8 a9fp6 ; ls65 . afvlf]nflu cfj Zos kg[sh ; Vvf kbfi{dWo} s]l efu e' ; fx?sf]dWodaf6 ; d] lbg ; ls65 . h:t}M c/x/ e' f, d ; /f]e' f . o ; } ; Gbedf lfglo s[if cg' ; Gwfg s]b] vh/f, afE]f lxpEsf]ofddf xl/of]3fFsf]?kdf Hf0{/ j /l ; d, e' ; fx? dWo]c/x/ e' f, d ; /f]e' f / bfgf vj f0 k/Llf0f ul/Psf]lyof].

^ b]v * dxlgf ; Ddsf !^ j 6f :yfglo hftsf -t/f0{nf\$ n_ kf7lx?nf0{# dxlgf ; Dd k/Llf0df /flvPsf]lyof]. k/Llf0f z? ug{ eGb kln]klft afvlfnf0{)=% ldlnl6/ cf0e/d]6g 5fnfdf ; 0{lbPsf]lyof].

बाखाको आहारा व्यवस्थापन

Affvlfnf0{cfj Zos kg[sh ; Vvf kbfi{zf/Ll/s t]hsf]\$ klftzt]xg]u/L pknAw u/f0Psf] lyof]. h:t}!) Isnf]ufd hlj t t]h ePsf]afvlfnf0{(\$)) ufd ; Vvf kbfi{cfj Zos kb5 . h ; dWo]Hf}3fF)=* Isnf]ufd, a/l ; d !# Isnf]ufd / e' f !)) ufd / bfgf !)) ufd -!\$ klftzt qh8 kfl6g_ lbE ; Vvf kbfi{\$f]dfqf k/f ug{ ; ls65 .

lfglo s[if cg' ; Gwfg s]b] vh/fdf ul/Psf]Ps cWboog cg' f/ sh ; Vvf kbfi{cfj Zostfsf] h)/ a/l ; d 3fFaf6 && klftzt ± d ; /f]e' f % klftzt ± !)) ufd bfgf vj fpE ; a)eGb a9l b]gs j [4b/ ^\$=^& ufd kf0Psf]h]lxpEsf] ; dodf t/f0{tyf lelq dwzdf awj f kfng u/L kfngsf]nflu afvlfnf0{cfj Zos kg[; Vvf kbfi{dWo}&& efu -cWff-cfwf_ h)/ a/l ; daf6, afE @% efu d ; /f] e' ; faf6 / !)) ufd bfgf lbf kf0E hgs kf0E]h:t}!% Isnf]hlj t t]hsf] afvlfnf0{! Isnf]h0{/ a/l ; d !=* Isnf]af6 -&% efu cWff-cfwf_ !*) ufd d ; /f] e' ; faf6 -afE @% efu_ / !)) ufd bfgf lbg ; ls65 . afvlfnf0{laxfg ; a)Gb kln]bfgf vj fpg]To ; kl5 e' f / kl5 xl/of]3fF vj fpE ; ls65 . afvlfnf0{a/l ; d 3fF lbE zf/Ll/s t]h cg' f/ vj fpE]hfg' kb5 . afvlfnf0{a/l ; d 3fF lbE Ps}k6s glb0{lbgf]b0{k6s lbg' kb5 .

विस्तृत जानकारीको लागि

lfglo s[if cg' ; Gwfg s]b] vh/f, afE]

kffg) *!-^@!@@^

0d]h rarskhajura@gmail.com

\$& uf0É}ldf pGgt cxf/ /loj :yfgk klj lw

ufldlf e\df kflng]b\fn' uf0É}ldf clwst/ k\ft ; GtInt cxf/fsf]cefj , /yb\ysf]sdlsf sf/Of plrt dfqdf b\w glbg'sf ; fy}yf}]cj lwdfg}bw pTkfbg lbg aGb ug{; S5 kof\{t cxf/f eGgn]:yfglo b\fn' uf0É}lsf]sh zf/l/s t\h cg'; f/sf]#% n]xg cfpq]b\gs v'/fs / To; df !÷# efu bfgf, @÷# 3fF k/fn / 3fF k/fndf klg !÷# xl/of]3fF / @÷# k/fn lbbf !) In6/ ; Dd b\w lbg]kzhf0{kof\{t xG5 / !) In6/ eGb a9L lbg]nf0{@ In6/ b\w pTkfwg a/fa/ yk ! Isnf\ld a9L bfgf lbg' kb5 . ; fdf\otof, Ps :yfglo ao:s uf0{j f e}lnf0{ b\gs @% Isnf\ld hlt xl/of3fF, % Isnf\ld ; Sv f k/fn / @%÷#) In6/ ; kmf kfgl lb0g]rng /x\$]kf0G5 . ; do ; dodf :j R5 kfgl sdtdf uf0É}l sf]t\h cg'; f/ v'j fpg'kb5, udl\ddf kfglsf]dfqf cem w}]lbg' kb5 . ; fy}cj :yf x\l ; do ; dodf lj z\l1sf]/fo ; emfj cg'; f/ k/lhj l k\l/f\l cf\flw / v\kx? klg lbg'kb5 . b\fn'uf0É}lnf0{:j :y /fv l nfd]; do ; Dd b\w pTkfbg lng ; Sg'g]s; fgsf]nflu kmf0bf xg]ePsfh]oyfzSo nfd]; do ; Dd b\wnkgf sfod /fv]k\p; ug{k\5 . t; y{ls; fg bfhef0{/ lbblaxgl]k\p; df cem yk an kluf \elg nfd]; do ; Dd b\fn'uf0É}lsf]b\w lbg]ldtf j [4 u/fpg]p2\osf ; fy cxf/f Jo:yfgksf s\l t/l sf d\lo]tf\lsf]klgf v'j f0{b\w pTkfbg j [4 ug\l/sf af/]s\l hfgsf/l u/fpg]k\p; u/\$f 5f}. b\fn' uf0É}lnf0{tf\l j f e6df; sf]klgf v'j fpBf b\w pTkfbg j [4 xG5 .



tf\lsf]lkgf



/fd\]x\rf/ kl\$]b\fn' e}l

b\fn' uf0É}lsf]z/l/df k\l\ogsf]lgdf\ Itgn]vfg]cxf/f / 3fFkftaf6 g}k\{t ug\xf]. t; y{ a9L / nfd]; do ; Dd b\fn' uf0É}laf6 b\w k\{t ug\$]nflu cxf/fdf k\z:t k\l\ogoQm v'/fs, 3fFkftsf]Jo: yfgk ul/ v'j fpg'h?/l xG5 . /fd\l k\l\ogoQm 3fF v'j fp/ klg 9\wsf]dfqf s\l a9fpg ; lsG5 . a9L k\l\ogoQm 3fFsf]>f\ sfz\fnlsf 3fFx? xf]. To:t} cGo yl/sf lj leGg 3fF v'j fpBf b\wsf]dfqf j [4 xg\; S5 . t/, To:tf 3fFx? rflxg]a\hdf gkf0g]xg ; S5 . lj z\fu/L ; Sv f ofddf ; j q 3fFkft bhÉ g}xg]ePsfh]hlt a\h klg b\fn' uf0É}nf0{; GtInt /

kfl6goQm cxf/f Aoa:yfkg ul/ bwn'uf0e}Ln]lbg]bwsf]dfqf a9fpgsf ; fy}bw lbg]; dofj lw nDAofpg tf]L jf e6df; sf]lkgf vj fpg l; kmf/; ul/G5 . tf]L jf e6df; sf]lkgf cfkm} kfl6gsf]/fdf]>f] xf]. t; y{ k[os lbg lj xfg / ah'sf bwn'uf0e}Lnf0{cxf/f vj fpbf tf]L jf e6df; sf]lkgf vj fpbf kb5 . bwn'uf0e}Lsf]; dlrt cxf/f / :jf:Yo Joj:yfkg xg ; s] nfdf]cj lw; Dd bwnkgf sfod /xG5 .

तोरीको पीना खुवाउने तरिका

; fdfotof, tf]Lsf]lkgf uf0e}Lnf0{lj xfg / ; fEm sBf; fydf ld; f0{vj fpbf kb5 . sBfagfpgsf] nflu ; kmf ls6sf]s/fxl jf 8\$rl h:tf efBdf uf0{e}Lsf]; Wof / zf/l/s tfhsf]cfwf/df kl't j:t'; kmf % blv * ln6/ kfgl ttfpg]/ kl't bwn' hgfj/sf b/n]!-% lsnf]d ds\$]lk7f]; h/ 9bf/ / ux5f] rf\$/ ld; fpg]/ ; f]To; df xn'sf e6\$]cfwf lsnf] 8]ldf kzf]wg / koflsusf nflu /x\$ bW uf]d tf]Lsf]lkgf ld; f0{/fd/L ksfp'kb5 . kfsL ; s]kl5 To; df yk kfgl ld; f0{uf0{e}Lnf0{vj fpg'kb5 .



tf]Lsf]klgfnf0{kz' kfl cxf/fsf]nflu kfl6gsf]/fdf]>f] dflgG5 . tf]Lsf]klgf lj leGg :yfg lj z]faf6 cfpgePsfh]lkgfsf]; Argf klg leGg xg\; S5, tyflk, cf} t #%% hit qm8 kfl6g xg]tYofsn]b]vPsf 5g\ t; y{bw lbb}u/\$f]uf0e}Lnf0{kfl6goQm cxf/fsf]?kdf tf]Lsf]lkgf ; fEm lj xfg cxf/fsf ; fydf vj fpbf, To:tf uf0e}Lnf0{cGo ; d:of gePdf !) blv !% kl'tzt a9L bw lbg ; Sg]ePsfh]ls; fgx?n]glhssf 8]L jf cGoq lj qml u/L a9L kmf0bf lng ; S5g\

तोरीको पीना खुवाउँदा अपनाउनु पर्ने सावधानी

; kmf / 9; lgnfuf] klgf dfq kpf] ug{kb5 . o; n]ydf h]h:tf]n]vPsf]eP tfklg klgsf] kpf]un]:j:y, cGo sg}/f]Aofwl gnfu\$]bwn'uf0e}Laf6 dfq bwsf]dfqf a9fpg ; lsG5 .

विस्तृत जानकारीको लागि

/fli60 kz'lj 1fg cg' Gwfg kl'ti7fg, vbn6f/, nlnTk'/ 6\$ axfb' u?^a

kmf])!-%@(\$)\$)÷(*%!!)^!&%

0djh nasri@narc.gov.np

\$* a#/'sf nflu hd/f 3f' klj lw

a#/' pBf]udf ; a}eGbf a9L nufgl cxf/fdf /x\$] 5 .
sl/a &) b]v *) kl'tzt; Dd cxf/fdf vr{xg]x\$] , sd
nfutdf u0f:t/ oQm cxf/fdf]JoJ :yfgk ug{h?/L /x\$] 5 .
g]k'ndf a#/' bfgsf] nflu nfut Psbd} a9L 5
lsgeg]a#/'sf]cxf/fdf xg]:yfglo sRrf kbfi{h:t}ds}
e6df; , lj leGg lk'fx? Eff/taf6g}cfoft ul/g]ul/G5 .lj b'zdf
nfut sd ug\$] nflu xl/of] 3fFdf cfwf/t a#/'kfng
ug[u/\$]kf0Psf]5 h:n]ubf{nfut vr{sd xg]u/\$]/
kf0bf a9L ePsf]kf0Psf]5 . a#/'kfngdf bfgsf]nfut
sd ug\$]nflu g]kn s[if cg; Gwfg kl/ib'cGt'ut a#/'
tyf sv/'f cg; Gwfg sfoGmd, vdn6f/df a#/'sf]cxf/fdf
hd/f klj lw -un'f klj lw_ df kl/l'of e}x\$]5 . kl/Dels
glthf cg; f/ hd/f klj lw a#/' tyf sv/'sf]cxf/fdf ; fx}
g}pkof]ul kf0Psf]5 .



जमरा प्रविधिका फाईदाहरू

Ps}k6sdf / yf]y]f]df w]}hd/f pTkfbg ug{ lsg]ePsfn]pQmk]j lwsf]k'p]udf >d vr{sd xG5 .
Yff]}:yfgdf w]}pTkfbg lng ; lsg]ePsfn]bfgsf]vr'f ; d't sdl xG5 . pQm klj lwsf]k'p]udf
kzj :tdf /f] sd nflu]ePsfn]nueu %) kl'tzt kz'IrlsT; f ; DaGwl vr'f sdl cfp5 .
:yfglo :t/d}pTkfbg ug{; lsg]ePsfn]cxf/f 9'fglsf]vr'f ; d't art xG5 . ; Vvf u't
lf'qdf of]klj lw lgs}pkof]ul kf0Psf]5 . xl/of]cs/Lt 3fFdf 0fhf0dsf]dfqf a9L xg]xgfn]c?
kf]fs tIjx?nf0{krfpg ; d't d2t u5{. hd/fdf
le6ldg .P] .0] / .al] sf]dfqf a9L xGf]xgfn]ol
le6ldgx?sf]sdln]xg]/f]af6 ; d't kz'j :thf0{
hf]fpg ; lsG5 .



जमरा प्रविधि

df6f]tyf dnvfb lagf ul/g] 3fF v}lnf0{hd/f
klj lw elG5 . o; sf] tof/Lsf nflu 3fF tyf
lj leGg cGg h:t}ds}hf]FuxFh}sf]alpnf0{@\$
306f kfgldf lehFP/ /fVg]. o; /L lehf0{ /fVbf

kfglsf]tfkqmd @! b]v @& l8ul ; N; o; xg'h?/l
5 . k]l6gsf]pknAwtf ; lglZrt ug\$fu nflu sfz]
jfnl j u\$fu afnlx? h:t}s]fp tyf rgfsf]alp klg
ld; fpg'k5{ o; /l alp lehPsf]@\$ 306f kl5 6}j f
j f6fdf lkmhfP/ /fVg' kb\$. pkoQm lr:ofg sfod
u/l /fVg / hd/fsf]j [4b/ pRr /fvl /fVg hd/fdf
lbg]bg} xNsf kfgl 5ls{xg' kb\$. ; ftf} lbgdf
; a}alpx? c\$/lt eP/ 3fF a65 / tTj h/fx?n]
un}fsf]k ln65 . To; nf0{a# tyf sv/f / c?
kzx?nf0{klg vj fp6j ; ls65 .



रासायनिक विश्लेषण

kz' cxf/f dxzfzvf, vdn6f/sf]kpf]uzfnfdf u/\$f]kl/lf0f cg'; f/ -hf]df lgDg cg'; f/sf]kf]f0f
tTj /x\$]5 .

दिन	क्रुड प्रोटीन (प्रतिशत सुख्खा पदार्थ)	क्रुड फाईबर (प्रतिशत सुख्खा पदार्थ)	खनिज पदार्थ (प्रतिशत सुख्खा पदार्थ)
	lj pm !@=&	%=\$	@!
!	!@=&	%=^	@@
@	!#	%=*	@@
#	!#=^	&=\$	@#
\$!#=((=&	#!
%	!\$=)	!)=*	%#
^	!%=%	!^	^%

hd/f klj lwdf ds} hf/ h}s]kpf] w}]x65 .

slt alpn]slt 3fF pTkfbg x65

ds}! lsnf]ufd-& lsnf]ufd xl/of]3fF

h}! lsnf]ufd-& lsnf]ufd xl/of]3fF

hf}! lsnf]ufd-* lsnf]ufd xl/of]3fF

विस्तृत जानकारीको लागि

a# tyf sv/f cg'; Gwfg sfoqmd, vdn6f/
kmfg)! %%@!^%)

0djh sarp@narc.gov.np

%=df5fkfng

%= ; 3g dT:okfngdf j fo'kjfxoGq -P/P6/_ klj lw

; 3g dT:okfngdf kfj/Lsf] pTkfbstj df
clej [4 ug{ kfj/Lsf] Joj:yfkg :t/df
; 99ls/0f, pRr df5f :6lsE b/ tyf bfgf /
dnsf]kpf] u/L kl't 0\$fo lfkmaf6 a9l
eGb a9l pTkfbg lng ; ls65 . o; lsl; dsf]
klj lwdf e/f 5f8g' cl3 kfj/L ; sfP/ 3/kf]
Tg] r9f 5/\$f] & lbg k5fl8 kfgl e/} @%-
#) u[dsf]7hf]; f0hsf]e/fx? !%,))) uf6f
kl'tx\$6/ :6s ul/65 . e/f blv vfg of]o



; f0hsf]df5fx? pTkfbgdf j [4 ug{kl's[ts cxf/f tyf s[qd cxf/fsf]kpf] ul/65 . ; 3g
dT:okfngdf df5fsf]sh tñ tyf kfj/Ldf lj Bdfg hlj s kbfsf]3gTj w}}ePdf kfj/Lsf]
kfgldf 3Int clS; hgsf]vkt a9l x65 . kfj/Ldf nfd]cj lw; Ddf clS; hgsf]dfqf w}}sd
ePsf]ca:yfdf df5fsf]bfgf kl't cle?lr gvg]tyf /f]af6 ; emldt e}tgfj u}t x65g\ To; ð]
; 3g dT:okfngaf6 pTkfbstj a9fp9 clS; hgsf]cfj Zostf kb5 . o; sf]nflu kfj/Ldf j fo'
kjfxoGq -PI/P6/_ sf]kpf]n]kfgldf 3Int clS; hgsf]dfqf a99sf ; fy}kl't 0\$fo lfkmaf6
clwstd df5f pTkfbg lng ; ls65 . xfn cfP/ gkfnsf]sxl t/f0{lfd] s[fsx?sf]kfj/Ldf
k8n lxn PI/P6/ lgs}pkof]udf Nof0Psf] blvPsf]5 .

पोखरीमा एरिएटर राख्ने तरिका

kfj/Ldf PI/P6/ 8lnsf]5p5fpdf /fVg' x65 lsgeg]PI/P6/ rnfp9f l8nsf]df6f]ellTsg]8/
x65 . PI/P6/ kfj/Ldf rf8f0{tkm{alrdf kg]u/L tyf nDaf0{tkm{l8naf6 !} ld6/ leq kg]
u/L /fVg' kb5 .

पोखरीमा एरिएसन गर्ने समय र अवस्था

; 3g dT:okfngdf 3Int clS; hgsf]vkt a9l x65 . 3Int clS; hgsf]6og dfqf dVo afwssf]
?kdf /x65 . ; fwf/0ftof udl{ofdsf]/ftl tyf lj xfgsf]; dodf clS; hgsf]w}}sdl x65 . of]
; dodf lj xfg \$M) ah]blv &M) ah]; Dd PI/P6/sf]kpf] u/L PI/P; g ug{pko'tm x65 .
To:t}u/L hf8f9fddf lj xfg \$M) ah]blv ^M) ah]; Dd PI/P; g ug{pko'tm blv65 . nfd]
; do; Dd kfj/Ldf clS; hgsf]dfqf a9f0{df5fsf]j [4 tyf pTkfbg a9fp9 j fo'kjfx oGq
-PI/o6/_ ug{kb5 . udl9fddf kfglsf]tkfsd @& l8ul ; N; o; eGb dfly ePsf]kfj/Lx?df

clS; hgsf] sdl xg] ; efj gf /xg]bf Pl/P6/sf] kpf] ug{ pko'tm bl]vG5 . o:t}u/L df5f kfy/Ldf 3Int clS; hgsf]dfqf @ j f # ldnufd kl'tin6/ ePsf]cj:yfdf t?Gt Pl/P6/ rnfo{ Pl/P; g ugkb5 .

पोखरीमा एरिएसनको उपयोग

Pl/P6/n]; 3g dT:okfng tyf dT:o pTkfbgdf clS; hgsf]dfqf ; tx bl]v klw; Dd / lglZrt b/L; Dd ; dfg ?kn]Pl/P; g ub5 . o; n]ubf{kfy/Lsf]lkwdf /xg]df5fx? h:t}sdg sfk{ tyf /xh]kofft dfqdf clS; hg kfp55g\ o; /L Pl/P; g ubf{lj iffn'lofF -cdf]gof, xf08k]hg ; Nkrf08_ a9l ePsf]gfo6k]hg tyf sfj g 8f06S; f08 kfy/Laf6 j fod08nlo j ftfj /0fdf k7fpg d2t ub5 . Pl/P; gn]kfy/Lsf]j ftfj /0fnf0{; wf/ u/L w]}eGb w]}df5f pTkfbg ug{; xof] kfof55 .

उत्पादन

t/f0{If]df bl]gs laxfg \$M) bl]v ^M) ah]-@ 306f_ Pl/P6/ rnfpgsf]; fy ; fy}dT:o cxf/f/sf] /fd]Joa:yfkg u/d]f (dlxgdf df5fsf]pTkfbg & d]b6 6g ePsf\$ eg]Pl/P6/ glbPsf] kfy/L eGb !* kl'tzn]pTkfbg a9l xG5 .



विस्तृत जानकारीको लागि

If]lo s]if cg'; Gwfg s]b] t/x/f; ; g; /L
pldtf ; fx
krfg)@%-&^)!)

06]h rarst.narc@gmail.com

%@ ubl{df5fsf e/f x\$fp\$g}klj lw

ubl{ Ps dxTj k0f{ :yfglo hftsf] df5f xf] / o; n]
dWlo kxf8L lfqdf a; f\$; ug] :yfglo hg; dbfodf
hlalsf]kfhgdf ; xof]u k\$ofPsf] 5 . o; df5fsf]
; Af0f u/L k]s[ts hnf; osf] pTkfbstj a9f0{ lbuf]
?kdf ; dbfosf]lxtdf k0f]u ug{o; df5fsf]lj ut s\$
j if{cufi8 b]vg}; kmn k]hgg'e}e/f pTkfbg x\$}cfPsf]
5 / t/ Xofrln# b]v e/f cj:yf ; Dd cfp\$ ol
df5fdf a9L dTob/ xg] ePsf] Joj ; flos pTkfbgdf
sl7gf0 k/\$f] 5 . o; ; d:ofnf0{ Gog]s/of ug]
p2Jon]dT:o cg'; Gwfg s\$>, kf]y/f, a]ugf; df ul/Psf]
cWboog cg'; Gwfg cg'; f/ o; df5fnf0{sfk{df5f h:t}lgDg cg'; f/ e/f x\$fp\$ o; sf]dTob/
36fp\$; ls65 .



ubl{df5fsf]e/f

गदी माछा हुकाउँने विधि

kf]y/Ldf @ ld6/ x @ ld6/ x @ ld6/ ; f0hsf tof/L xfkdf !)) uf\$ XofrlnE / ld6/sf b/n]
/fvg'kb\$. pQmkf]y/Ldf k]s[ts cxf/f/f]j sf; sf nflu ol/of !@=* lsnf]u]d gf06\$hg kl't x\$6/
/ 8f0{cdf]lgod kmf] kmf] (= lsnf]u]d kmf] kmf]; kl't x\$6/sf b/n]/fvg'k5{. ; fy}s[t d cxf/f
@%% qmB kf]lggnf0{zf/LI/s tfhsf]%% sf]b/n]lbgf]@ k6s lbgkb\$ / o; /L cWboog cj lwe/
; Dd k]s[ts cxf/f / s[t d cxf/f vj f0{e/f x\$fp\$ &) lbgdf df5fsf]tfh)=)@ u]ldaf6
)=&* u]ld ePsf]kf0Psf]5 .

ubl{df5fsf]Xofrln# e/f x\$fp\$ k]s[ts cxf/f / k]s[ts cxf/f/f ; fy}s[qd cxf/f/f]k0f]u
ubf{Xofrln# b]v e/f; Ddsf]cj lwdf xg]dT{o' b/ (@=)# kl'tztn]36\$]b]v65 . s[qd bfgf
lbP/ kf]Nbf vr{a9]klg cfdBfgl g)a9L ePsf]kf0of]. ct o; gl; & klj lwn]e/fsf]; Wof a9f0{
Joj ; flos ubl{df5f kfngdf ; kmntsf]; Defj gf b]vPsf]5 .

विस्तृत जानकारीको लागि

dT:o cg'; Gwfg s\$>, kf]y/f

kmf]g g=)^!-%^)) * (÷\$^@))\$

0djh frcpokhara@gmail.com

%# df5fdf nflu]cfuħfl; ; /flu]sf]/fšyfd tyf pkrf/ klj lw

gkfnst]/t/f0{ leql dwž tyf dŵo kxf8L ełsf 6ofgf]kfgldf ul/g]; 3g dT:o kfgndf sfk{ hfltsf df5fx?sf]dVo eldsf /xšf] 5\ . a9L pTkfbgsf]nflu ; 3g dT:o kfgndf df5fsf] pRr 3gTj /fvl dnvfb tyf bfgfsf]clwstd kpfu ul/65 . o; kšf/sf]JoJ :yfkga6 df5fsf]pTkfbstj a9L xg]ePt f klg pTkfbg ; fdfullsf]a9L kpfu]n] kf]/ldf kfglsf]u0f:t/df xfl; cfpj]kən ; efj gf /x65 . kfglsf]u0f:t/df xfl; , df5fsf]pRr 3gTj tyf df]d kl/j t6n]kf]/ldf kflnPsf df5fx? lg/6t/ tgfj (Stress) df cf0{/flu tyf k/hlj laf6 ; qmldt xg]ub5g\ df5fsf]hdf]sf]; qmld0fa6 xg]cfuħfl; ; /flu ; 3g dT:o kfgndf Pp6f kđv ; d:ofsf]?kdf /xšf]5 . o; /flu]sf]lj ifodf dT:o kfns s[fsx? Rfgfvf]xg'kb5 . cfuħfl; ; /fluaf6 df5fx? ; qmldt ePsf]cj :yfdf sfk{df5fsf]pTkfbgdf sdl xgfsf ; fy}cTolws d[o' xg] ; Defj gf x65 . t; y{o; /fluaf6 xg]xfgl gf\$; fglaf6 aRg tyf df5f kfgn Joj ; foaf6 clwstd nfe lngsf]nflu o; /flu]sf] klxrfg tyf lgo6q0fsf pkfo af/]1fg /fVg'h?/L 5 .



वाह्य परजीवी आर्गुलसको जानकारी

afx0 k/hlj l cfuħ; sf]df5fdf ; qmld0f ePdf cfuħfl; ; /flu x65 . cfuħ; nf0{df5fsf]hdf] klg elg65 . cfuħ; k/hlj l c08fsf/, cwkf/bzl{ lkmsf xl/of]j f lkmsf v]/f]/u]sf x65g\ z/L/sf] dflyNnf]tyf tNnf]efu r[6f]x65 . o; k/hlj ln]df5fsf]z/L/sf]t/n kbff tyf /ut cxf/f/sf] ?kdf ux0f ub5 . cfuħ; sf]kfyl dfpn]kfgldf /xšf lj le6g hnlo emf/kft, 9uf, afF, sf7 0[ofib j f kf]/lsf]klw j f kfglsf]alrsf]; dy/ ; txd f !\$-!^ l8ul ; N; o; tfkqmdf kln kfb5g\ ; Jrt kln nfidRnf]-)-@-)=^ ldlnd6/_ cfsf/sf]x65 . Pp6f kf]/ln]@)-#)) klnx? /xšf w]}emkfx? klsta4 ?kdf Ps k6sdf kfb5\ ol klnx?af6 nfefx? sf]ln0{j o:s ePkl5 cxf/f/sf]vf]hldf df5fnf0{; qmldt kfb5g\

आर्गुलस परजीवीको संक्रमणबाट माछामा देखिने लक्षण

;fwf/0ftof df5fkfngsf]sdhf] Joj:yfkg / klts h jftfj/0f ePdf df5fx? /fj-Jofwl; E n8g; Sb8gV /fju|t xG5g\ cfu[h]; ; /fjsf]; qmdOf xg; ; fy df5fsf]:j efj df k|oIf km/s b]vG5 . cfu[h]; ; qmdt df5fx?df lgDg nlf0fx? b]vG5g\

- ; qmdt df5fx? kfj/Lsf]l8nlt/ tyf kfglsf]dflyNnf]; txlt/ lzlyn tyf sdhf] cj:yfdf b]vG5g\
- ; qmdt df5fsf]cfxf/f kl t c?rl xG5 .
- /fjL df5f bAnf]x6}hfG5g\km:j ?k zf/LI/s tfh 36b}hfG5 .
- df5fdf /StcNktf e}z/L/sf]/u lkmsf xG5 -v0fnG5_ .
- /fjL df5fsf]z/L/df k/hljLsf]cTolws ; qmdOf ePdf z/L/af6 Zn}d kbfy{-DoS; _ sf]cTolws ; fj xG5 .
- df5fsf]z/L/df htftt}/ftfkf -/utsf dl; gf l6sfx?_ b]vG5 / cTolws ; qmdt df5fsf]z/L/df ; -; fgf lkgsf]6Kkf cfsf/sf]3fp xG5 .
- /fjL df5fn]cf^gf]z/L/ kfj/Lsf]l8nlt/ 3; Q5 / clws ; qmdt df5f kfgldf plkfP/ cf^gf]cuaf6 k/hljL x6fpg vfb5g\
- cfu[h]; k/hljLsf] cTolws ; qmdOf ePdf /fjL df5fx?sf] z/L/sf]; Gthg lauQ5, km:j ?k c; GtInt ?kn]kf]8G5gV sXL /fjL df5fx? pQfgf]kN6\$]cfj:yfdf ; d] b]vG5 ; lsG5 .
- ; qmdt df5fsf]kvbf tyf z/L/sf sInfx? emg{; S5g\
- ; qmdt df5fsf]Sofsl,+ck/shd, 6fpsf] z/L/, kvbf tyf kR5/df k/hljL 6fF Psf] b]vG5 ; lsG5 .

माछामा आर्गुलोसिस रोग लाग्ने कारणहरू

sfk{df5fdf cfu[h]; k/hljLsf]; qmdOf lgDg cj:yfdf xg]; Defj gf /xG5

- df}ddf xg]kl/j tG tyf kfglsf]u0f:t/df xf; ePdf .
- kfj/Lsf]kfgl w}}k/fgf]ePsf]cj:yfdf / kfgl kmG]; ljwfsf]cefj df .
- df5fsf]3gTj a9L ePdf .
- df5fsf]zf/LI/s tfh cg; f/sf]kofl t ; tInt kf]fstTj oQm cxf/f/sf]sdl ePdf .
- df5f bj h÷sdhf] ePdf .
- kfj/Lsf]kfgldf 3Int clS; hgsf]dfqf nfd]; do; Dd sd ePsf]cj:yfdf .
- cfu[h]; af6 ; qmdt df5fx? ; f}kfj/Ldf :6s ul/Psf]cj:yfdf .
- kfj/Ldf k]flxt ul/g]kfglsf]; f]df ; qmdt df5f jf Eofutfx? /x\$]cfj:yfdf .
- ; fdfGotof j o:s df5f /fj kmhfpG]; fwgsf]?kdf /xG5g\To; sf/Of j o:s tyf lzz' df5fx? kfj/Ldf ; u} /flvPsf]cj:yfdf xSpnf lzz' df5fx? o; k/hljLaf6 t?Gt ; qmdt xg ; Sb5g\

आर्गुलस परजीवीको रोकथामका उपायहरू

cfuह; k/hljL lgo6q0fsf nflu lgDg tl/sfx? Plsst ?kdf ckgfpg' kb5 .

- ; ॠldt kfglnf0{:j R5 kfgláf/f sDtldf %)Ü lj :yflkt ug{kb5 .
- /fjyh6o k/hljL tyf To; sf lj le6g cj :yfsf nfef? tyf ; lrt klnx? x6fpg kfo3 j ifg; l tyf pTkfbg kfy/L clgj fo{?kdf k0ftof ; 5fpg'kb5, tTkZrft kfy/Ldf kfgl eg{& lbg c3l rf/ljt/ %)) lsnfjld rg klt x\$6/ 5ls6' kb5 .
- kfy/Ldf kfgl ; 5fpg gldNg]cj :yfdf ol k/hljLx?nf0{lgo6q0f ug{lj ; ॠnds cfjflwsf] k0fjaf/f kfy/Lnf0{k/hljL dOm ug{kb5 .
- kfy/Ldf kfglsf] pkoSt u0f:t/ -dVotof cflS; hg, kl=Pr / cdfjgofsf]:t/_ sfod /fVg' kb5 .
- Pp6f ; ॠldt df5faf6 csf{:j :y df5fdf tyf kfgláf/f ; d] k/hljLsf]; ॠmdof a9g] x6f ; ॠldt kfy/Ldf :6s df5fsf]3gTj sd ug{kb5 .
- kfy/Ldf h4nl tyf /fj ; ॠldt df5fsf] kj 3 /f\$g kfglsf] kj 3af/df hfnl /fVg' kb5 .
- df5f kfy/Ldf /fVg c3l @-#Ü gg kfgldf #) blv ^) ; \$08 hlt /fvl lj ; ॠldt ug{ kb5 .
- kfy/Lsf]7fp7fp6f nfdf]afFsf]vDaf kfgldf j f/kf/ 8Ag]u/L /fVg]/ efjhl kN6 pOm vDaf 3fddf ; 5fPdf vDafdf 6fF, Psf cfuह; sf klnx? gi6 ug{; ls65 .

आर्गुलस संक्रमित माछाको उपचार

- kfy/Ldf !% kl=kl=Pd kmdf]ng k0fj ug{; ls65 . e6gn] !)) ln6/ kfgldf !=% ldlnln6/ kmdf]ng k0fj ug{; ls65 . udl6fddf o; sf]k0fjaf6 kfgldf clS; hgsgf] sdl xg ; Sg]ePsfh]kmdf]ng /fVg'kj {kfy/Ldf :j R5 kfgl /fVg]k0f]Jo: :yf ug{kb5 . kmdf]ngsf]k0fj u/\$f]@\$ 306f kl5 kfy/Ldf :j R5 kfgl nuf0; ॠldt kfgl lj :yflkt ug{kb5 . kmdf]ng pkrf/sf]Ps xktf cl3 / kl5 kfy/Ldf ufa/ k0fj ug{x6g .
- ; ॠldt df5fnf0{@-#Ü gg kfgldf @) blv #) ufd gg klt ln6/ kfgl_ #) blv ^) ; \$08 /fvl pkrf/ ug{; ls65 .
- 84/fj\$ng)=# ufd kltlsnfjld df5fsf] cxf/fdf ld; f0{nufft/ # lbg lbg]tTkZrft\ ! lbg lj /f0{k6Mb0{lbg vj fp6f sfk{df5fdf o; k/hljLsf]cTolws ; ॠmdofnf0{lgo6q0f ug{; ls65 .



ध्यान दिनु पर्ने महत्वपूर्ण कुरा

df5fsf]:jf:Yo ; Da6wl sg}; d:of cf0k/df t?Gt}dT:o kflj lws; E ; Dks{/fVg'kb5 . /; folgs
kbfy\$]kpfu pkrf/fy{ug{k/df %-!) j 6f /fvl df5f leGb}; fgfky/Ldf /fvl kl/If0f ug{
pkoQm x65 . pkrf/sf]nflu sg}klg /; fogsf]kpfu ug{k/df ; DalGwt kflj lwssf]lgbzg
j f pkl:yltdf dfq ug{kb5 cGoyf b36gf xg ; \$5 . kflj lws ; xof]sf nflu glhssf]dT:o
cg; Gwfg sqbjj f dT:o lj sf; sqbdf ; Dks{ug{kb5 .

विस्तृत जानकारीको लागि

dT:o cg; Gwfg dxzfxf, uf]fj /L, nlnTk/
cfzf /fodfem

krfj)!-%!&\$@^#÷(*\$!^*&%)@

06jh rayamajhiasha@hotmail.com