



# मेरो आफ्नै तरिका

**Author:** Bindu Gupta

**Illustrator:** Kanak Shashi

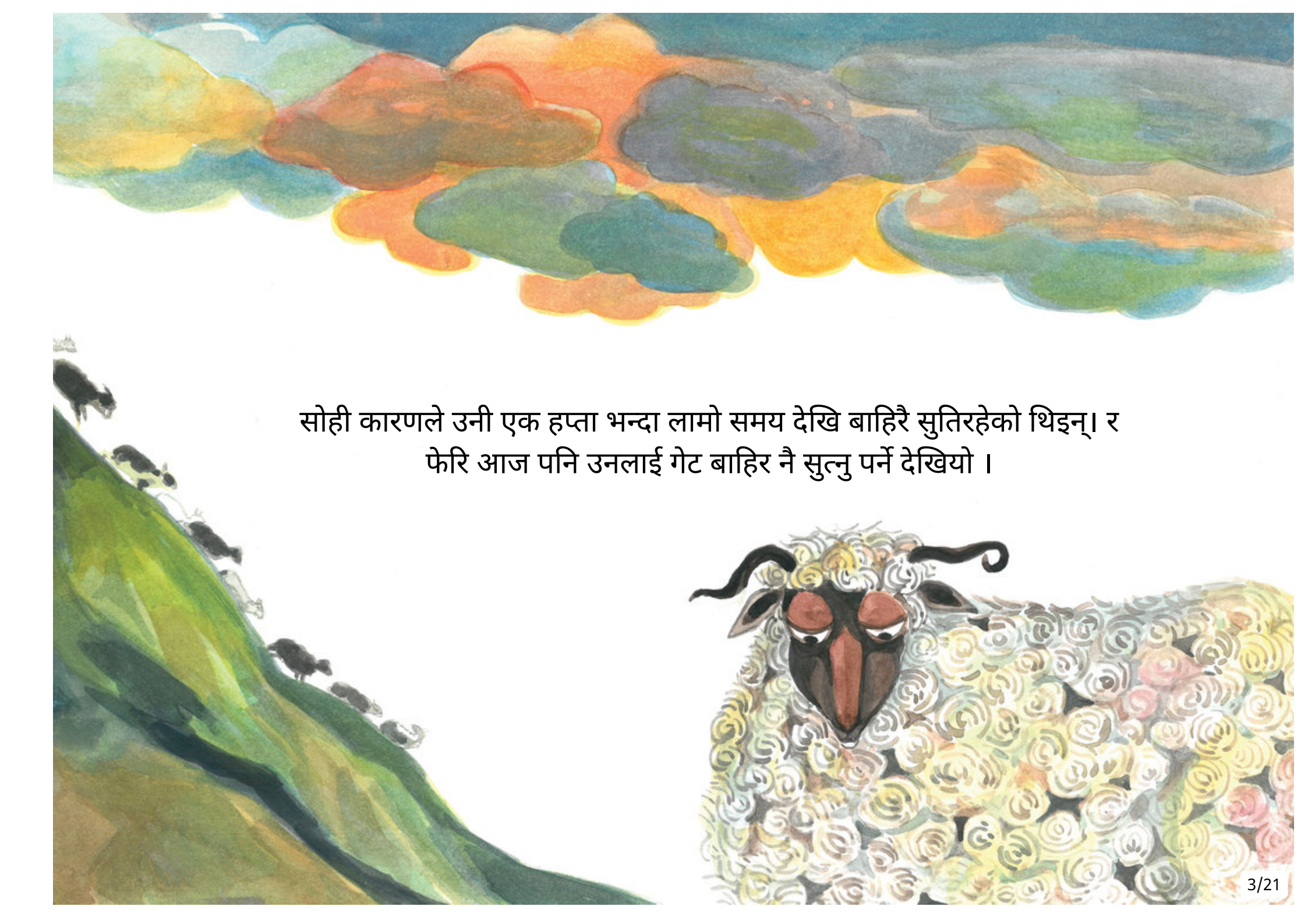
**Translator:** Anupama Bishwokarma

Level 3



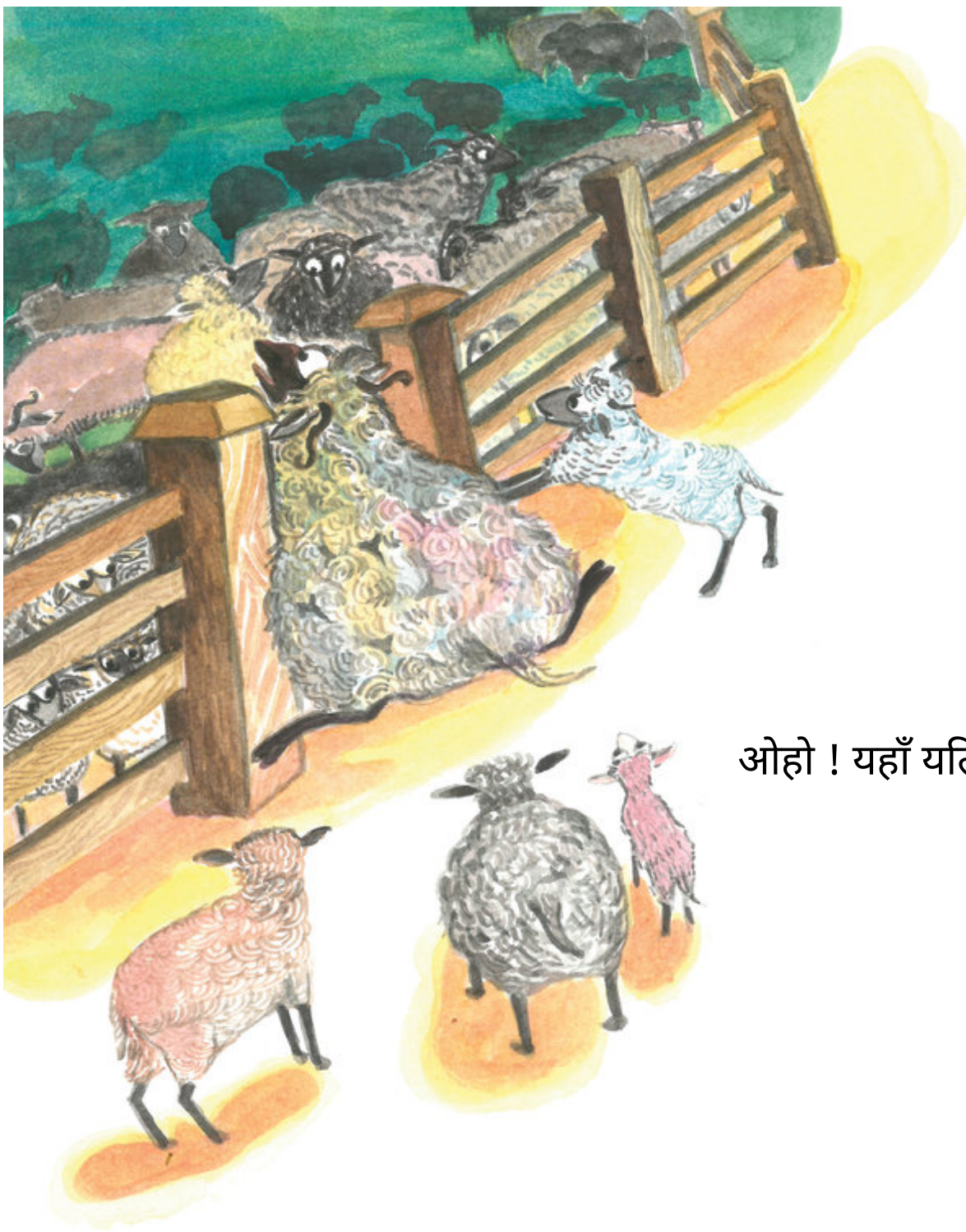
साँझ परेपछि भेडाहरूको एउटा बथान सधैजस्तै खुशीका साथ घरतिर  
फर्किरहेको थियो ।  
तर मट्कोको मन भने खुशी थिएन । किनकि फार्ममा बनाइएको नयाँ  
गेट उनको चौडा शरीरलाई प्रवेशको लागि उपयुक्त थिएन ।





सोही कारणले उनी एक हप्ता भन्दा लामो समय देखि बाहिरै सुतिरहेको थिइन्। र  
फेरि आज पनि उनलाई गेट बाहिर नै सुत्नु पर्ने देखियो ।





ओहो ! यहाँ यति सानो ढोका उपयुक्त थिएन ।



भेडामध्ये योगी भेडाले उनलाई सुझाव दियो- “योगा गर्ने गर ! योगाले तिमीलाई पातलो बनाउँनेछ ।  
त्यसपछि तिमी ढोकाबाट भित्र पर्न सक्ने छौ ।”





अर्को दिनबाट मट्कोले योगा  
गर्न शुरु गरिन् ।





यसरी योग गर्दै धेरै दिन बिते ...



र पनि मट्कोको शरीर गेटबाट भित्र पस्नको लागि उपयुक्त भइसकेको  
थिएन।







एउटा घुमन्ते भेडाले मट्कोलाई  
सुझाव दियो- “हिँडडुल गर्न  
सुरु गर ।  
हिँडडुलले तिमीलाई पातलो  
बनाउने छ । त्यसपछि तिमी  
ढोकाबाट पस्न सक्ने छौ ।”





त्यसपछि मट्को हरेक दिन  
हिँड्डुल जान थालिन् ।

केही दिन यसरी नै बिते, तर  
पनि उनको शरीर ढोकाबाट  
छिर्न सक्ने भएन ।



पौडिबाज भेडाले उनलाई सल्लाह दियो- “तिमी पौडिन सुरु गर ! पौडियौ भने तिमी पातलो हुनेछौ । त्यसपछि तिमी ढोकाबाट भित्र पस्न सक्ने छौ ।”







त्यसपछि मट्कोले पौडिन शुरु  
गरिन् ...





यति गर्दा पनि उनको शरीर  
ढोकाबाट छिर्न सक्ने भएन ।

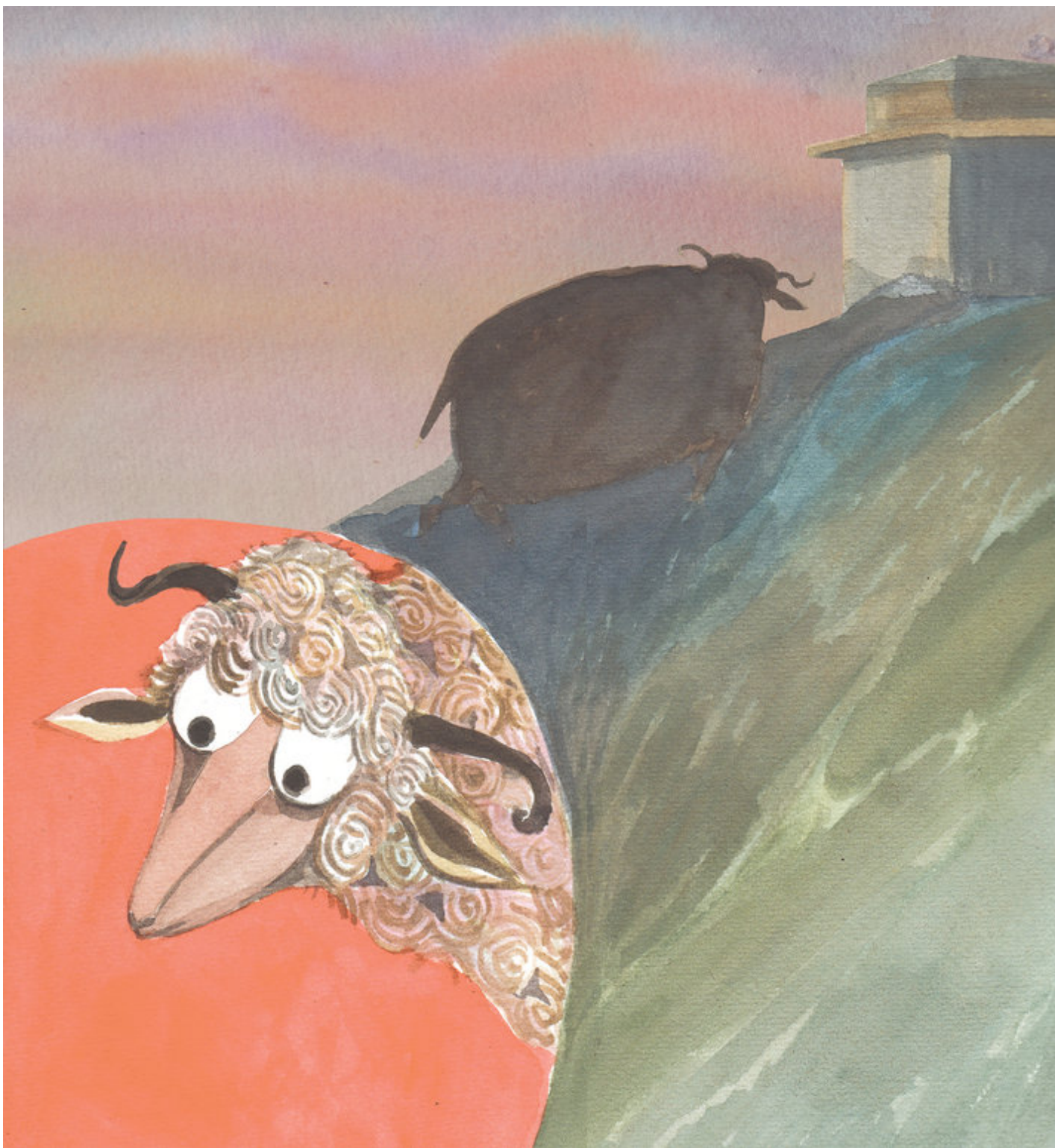




बुन्नीले मट्कोलाई आफ्नो  
साइकल देखाउँदै भनिन्-  
“साइकल चलाउन शुरू गर  
मट्को ।

साइकल चलायौ भने तिमी  
पातली हुने छौ । यदि साइकल  
चलाएर पनि तिमी ढोकाबाट  
पस्न सकिनौ भने भने म मेरो  
टोपलाई खानेछु!”





मट्को उदास भइन । “अब त  
अत्ति भयो ! म मात्र घर जान  
चाहन्छु ।”

मट्कोले सौँच थालिन् । र यो  
सौँचेक्रम जारी रह्यो ।  
धेरै चिन्तन पछि मट्कोले यात्रा  
शुरु गरिन् ।

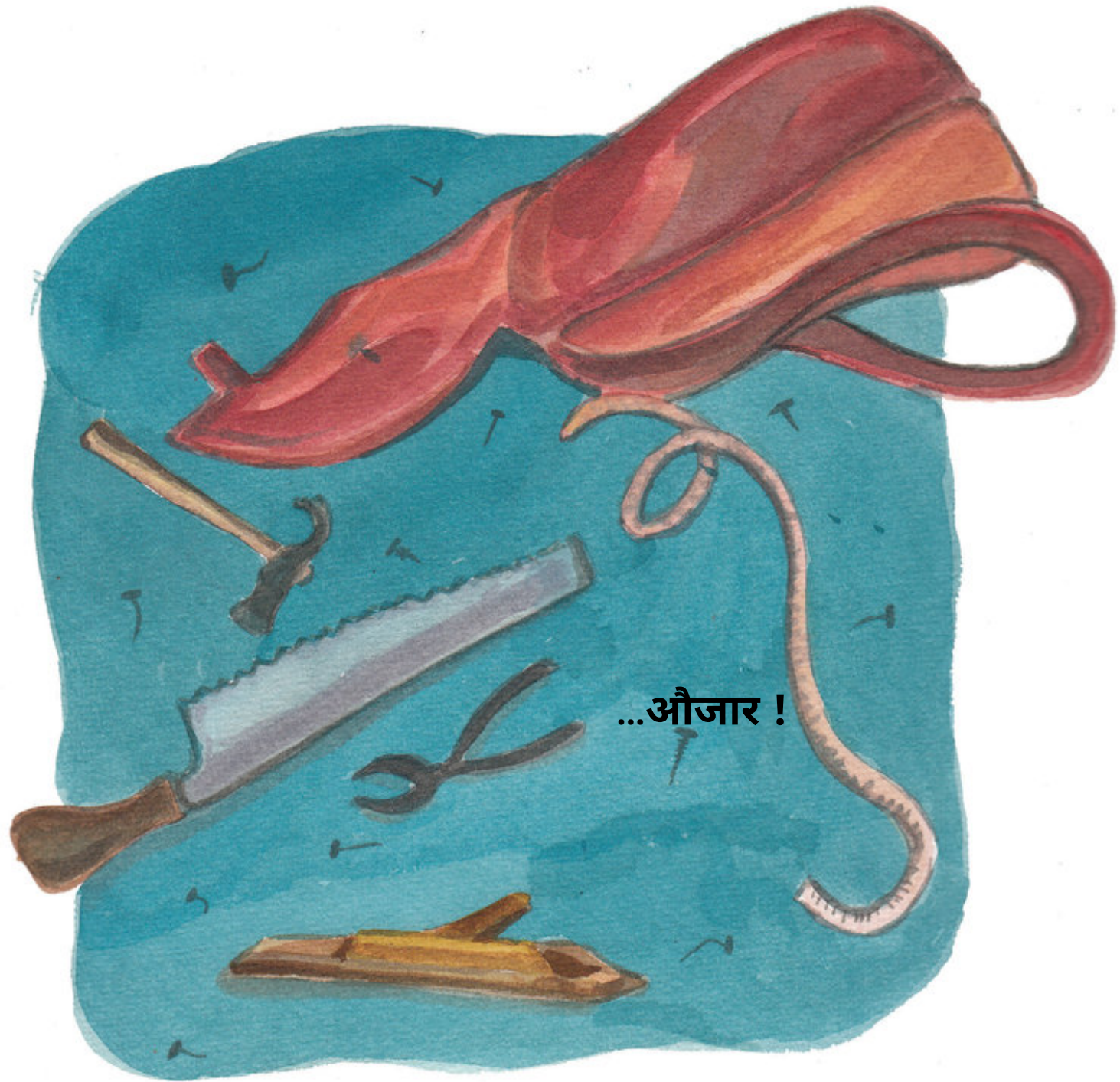





केही दिन पछि मट्को आफ्नो  
ठाउँमा फर्किइन् ।

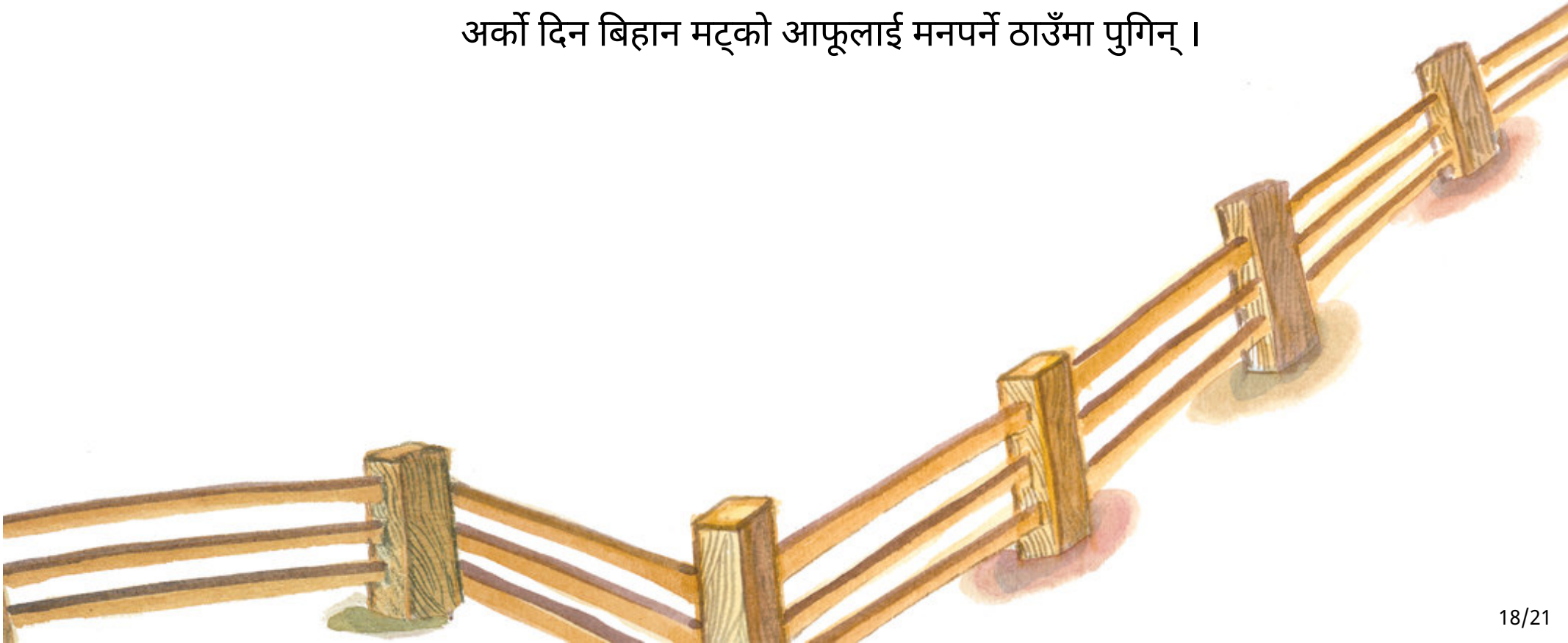
अब उनीसंग एउटा योजना  
थियो । त्यो योजनामा थियो...







अर्को दिन बिहान मट्को आफूलाई मनपर्ने ठाउँमा पुगिन् ।







त्यहाँ रहेका अन्य सबै भेडाहरु अचम्मित भए ।  
“तर तिमी अझै पनि कति मोटी छौ !” उनीहरु सबै कराउन थाले । “हैन तिमी गोठको भित्र कसरी पस्यौ हँ?”





“मैले त खाली ढोकालाई अल्ली  
चौडा बनाएकी हुँ,” मट्कोले  
मुस्कुराउँदै जवाफ दिइन् ।

“म तन्दुरुस्त छु, ठीक छु र  
जस्तो हुनुपर्ने हो त्यस्तै छु !”





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# मेरो आफ्नै तरिका (Nepali)

मट्कोको शरीर गोठका गेटबाट भित्र पस्नका लागि निकै ठूलो अथवा चौडा थियो । उनका साथीहरूले उसलाई पातलो बनाउन मद्दत गर्ने विभिन्न प्रकारका व्यायामहरू गर्न सुझाव दिन्छन्, तर कुनै तरिकाले पनि काम गर्दैन। अन्त्यमा मट्कोले गेटबाट भित्र पस्न आफ्नै तरिका अपनाउँछिन्।

This is a Level 3 book for children who are ready to read on their own.



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