



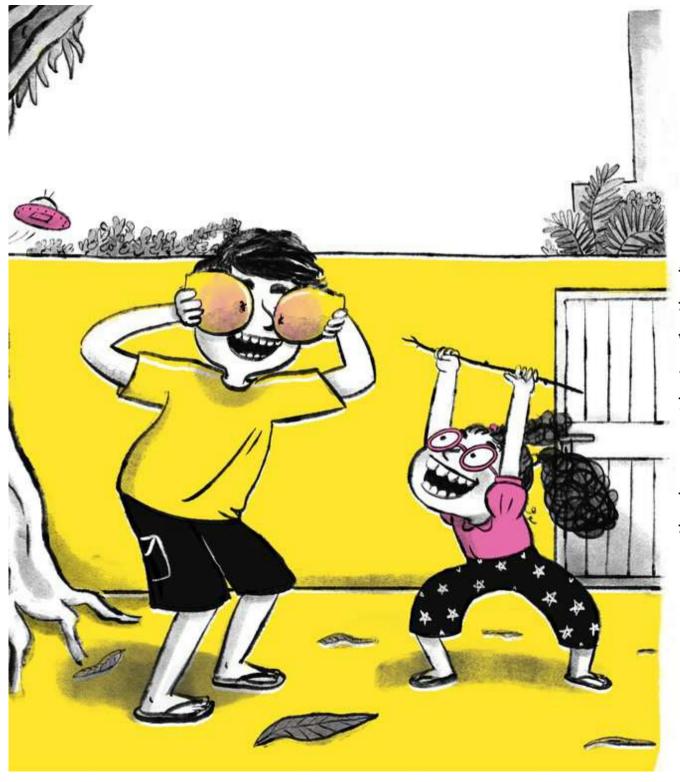
चिन्दुको मुस्कान कसले चोर्यो ?

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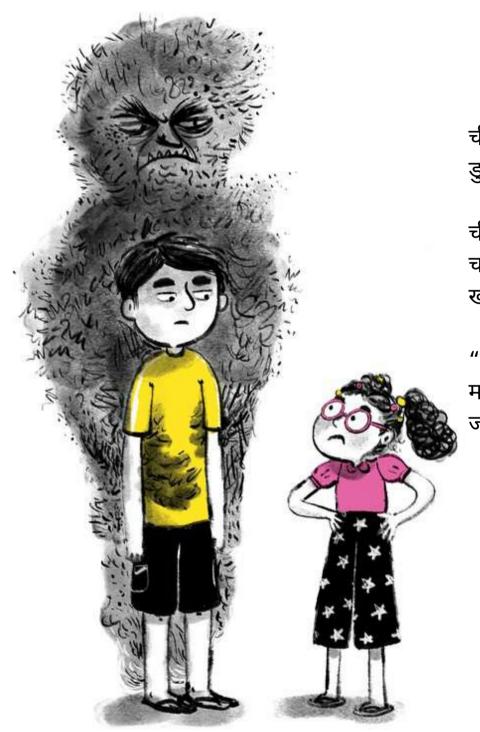
चिन्टुले जहिले पनि चीरूलाई हँसाउने गर्दथ्यो। उसले चीरूलाई- "आमासुरा मंगल ग्रहबाट तिम्रो घर ध्वस्त पार्न आएकी हुन् !" भन्दै चिढाउथ्यो र आफू पनि खित्का छोडेर हास्थ्यो- हा ! हा ! हा ! हा !

"ए त्यस्तो हो ? मैले पनि आमासुरालाई जालमा फसाउँछु र खाइदिन्छु ।" चीरूले पनि मजाक गर्दै गर्थिन् । आजकाल चीरू र चिन्टु संगै नखेलेको भने लामो समय भएको थियो । आजकल उनको दाइलाई कसैसँग पनि खेल खेल्न मन लाग्दैन थियो ।

एकदिन बहिनीले सोधिन् "दाइ आजकाल तपाईंलाई खेल खेल्न किन मन लाग्दैन हँ ?"

चिन्दुले चीरूलाई उत्तर दियो- "आजकाल खेल्न मन लाग्दैन मलाई । किनकि म माथि एउटा ठूलो राक्षस आएर बसेको छ ।"





चीरूले चिन्टुको राक्षसवाला कुरो सुनेपछि सो राक्षसको नाम डुकडुक राखिदिइन् ।

चीरूले मनमनै सोंचिन्- "डुकडुक पक्कै पनि मतलबी र चतुर हुनुपर्छ । सोही कारणले उसले दाइको हाँसो खाइदिएको छ ।"

"डुकडुक सायद सधैलाई दाइसँगै रहला जस्तो छ ।" चीरूले मनमनै लख काटिन् र चिन्टुलाई भनिन्- "त्यो राक्षसलाई जान भन्नुस् दाइ! मलाई ऊ पटक्कै मन पर्दैन।"

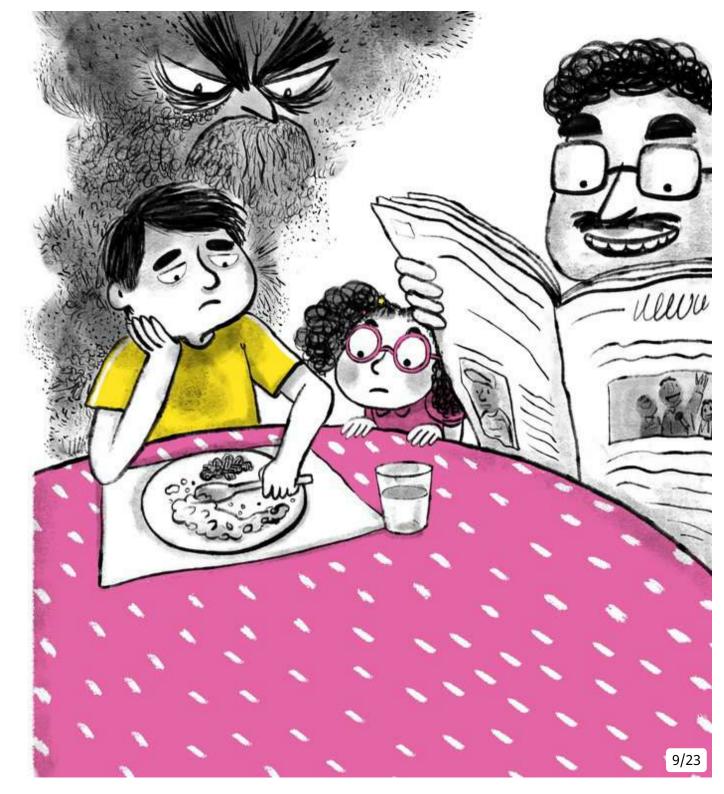






झन् अर्को दिन त यस्तो लागिरहेको थियो, मानौ डुकडुकले चिन्टुलाई बेस्सरी थिचेरै राखेको छ । जसको कारणले चिन्टु ओछ्यानबाट उठ्न सकेको थिएन । बाबालाई पनि चिन्दुको हालत बारे राम्रो संग थाहा छ । त्यसैले उहाँ अक्सर चिन्दुलाई उसको मनस्थिति बारे सोधिरहनु हुन्छ । सोही अनुसार चिन्दुलाई सो समस्याको उपचार विधि बारे पनि सल्लाह दिइरहनु हुन्छ ।

"के भयो तिमीलाई ? भन त बाबु । अनि खाना किन नखाएको नि ?" बाबाले सल्लाह दिँदै भन्नु भयो- "ठीक संग खानपिन गर । त्यसपछि तिम्रो समस्याको समाधान पनि हुनेछ ।"

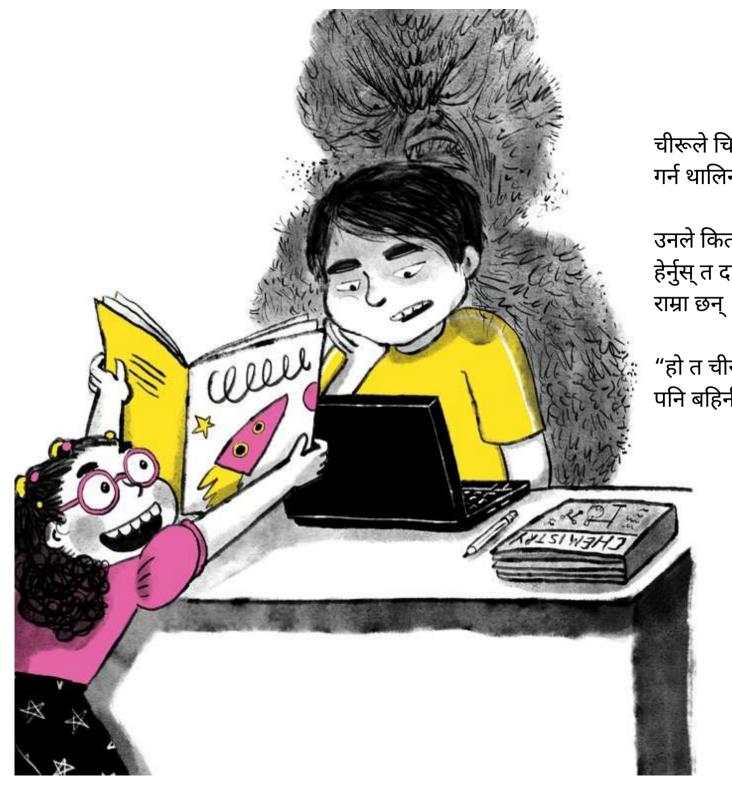






हजुरबुवा आमाले दाइलाई उसलाई के बिमार भएको हो भन्ने बारेमा बताउँनु भयो र हजुरआमाले भन्नु भयो- "हेर केटाकेटीहरु तिमीहरु बेकारमा ससाना कुराहरुमा पनि परेसान हुन्छौं। हामी जब केटाकेटी थियौं तिमीहरु जस्तो यतिसाह्रै कमजोर थिएनौ।" हजुरआमाको कुरालाई समर्थन गर्दै हजुरबुबाले पनि थप्न भयो- "हेर बाबु, तिम्रो मन अलिबढी भङ्किएको मात्र हो, अरु केही भएको छैन।"





चीरूले चिन्टुको ध्यान अर्कै तिर तान्न कोसिस गर्न थालिन् ।

उनले किताबमा कोरिएका चित्र देखाउँदै भनिन्-हेर्नुस् त दाइ, यस किताबमा भएका चित्रहरु कति राम्रा छन् ।

"हो त चीरू । चित्रहरु निकै राम्रा छन् ।" उसले पनि बहिनीलाई जवाफ दियो ।



त्यस पछि चीरूले चिच्याउँदै सोधिन्-"दाइ, के तपाईंले मेरो नयाँ रेलगाडी देख्नु भयो ?" चिन्दुले जवाफ दिँदै भन्यो-"हजुर देखेँ, निकै राम्रो छ।"

चीरूले चिच्याउँदै भनिन्- लौ आमासुरा आयो है! भाग्नुस् दाइ। तर चिन्टुले चीरूलाई भन्यो-"अहिले नखेलौ भो चीरू। मलाई खेल्न मन छैन।"







आज दाइको जन्मदिन हो । चीरूले जन्मदिनको केक तयार गरिन् ।

केक देखेर उसले मुस्कुराउँदै चीरुलाई भन्यो- धन्यवाद चीरू ।

दाइको हाउभाउ देखेर चीरुले मनमनै सोँचिन्- आजकाल दाइको मुस्कुराहटमा पहिलेभन्दा केही फरकपन आएको छ।



चीरू चिन्टुको नजिकै बस्दै सोधिन्- दाइ के तपाईंलाई तपाईंले बनाएको नयाँ साथीले दुःख दिइरहेको त होइन ?

उसले चीरूलाई हो भन्ने जवाफदियो ।



चिन्दुले चीरूलाई सम्झाउँदै भन्यो- "एकमनले भन्छ म खुशी छु । तर खुसी रहिरहन मलाई त्यति सजिलो भने छैन ।" "त्यसो हो भने तपाईको यो साथी कहिलेसम्म यहीँ बस्ने छ त ?" चीरूले चिन्दुलाई सोधिन् ।

"मलाई थाहा छैन," दाइले छोटो जवाफ दियो।

"केही भएन," चीरूले भनिन्। "ठीक छ, तपाईंलाई जहिले खेल्न मन लाग्छ, तैले खेलौला।"

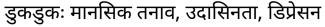
चिन्टुले केही नबोली उही पुरानो अन्दाजमा मुस्कुरायो । चिन्टुको मुस्कुराहटको साथसाथै डुकडुक पनि सानो हुँदै गयो ।



आजकाल चिन्टुलाई डाक्टर आन्टीको पनि सहयोग प्राप्त भइरहेको छ ।

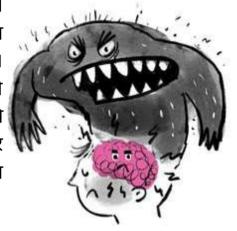






जब कसैको हात भाँचिन्छ वा कसैलाई खोकी लाग्छ, तब निको हुन औषधि लिनुपर्ने हुन्छ । शरीरको अरु अंग जस्तै दिमागलाई पनि चोट पुग्न सक्छ र निको हुन मद्दतको आवश्यकता पर्दछ । कहिलेकाँही हामी उदास हुन्छौं, रुन्छौं, सुस्केरा हाल्छौं र रिसाउँछौं । तर केही समय बिते पिछ हामी सन्चो महसुस गर्छौं । उदास महसुस गर्नु सामान्य कुरो हो ।

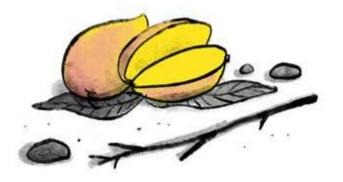
हामी मध्ये कतिपय मानिसहरूमा यस्तो उदासीनता लामो समय सम्म रहन्छ। दिमागले हामीलाई सोँच्न, कार्य गर्न र महसुस गर्न मद्दत गर्दछ। त्यसैले जब हामी सँधै उदास हुन्छौं, तब यसले हाम्रो व्यवहारमा परिवर्तन ल्याउँछ । हामीलाई कुनै काम गर्न मन लाग्दैन । यसले हामी कसैलाई काम लाग्दैनौ भन्ने महसुस गराउँछ । यसमा कसैलाई एउटा ठूलो राक्षस आफू माथि बिसरहेको जस्तो लाग्न पनि सक्छ। कसैलाई यो राक्षस कहिल्यै पनि छोडेर जाने छैन जस्तो पनि लाग्न सक्छ । यस राक्षसलाई उदासिनता वा डिप्रेसन भनिन्छ।





जब तपाईले कसैलाई बिनाकारण उदास देख्नु हुन्छ, उनीहरुसंग कुरा गर्नुहोस् । उनीहरूलाई भन्नुहोस् कि तपाइँले उहाँहरुको मनको भावना पूरै तरिकाले बुझ्न नसके पनि, यो सबै सहन कित गार्हो हुन्छ भनेर तपाईंले बुझ्नु भएकोछ र मद्दत गर्न चाहनु हुन्छ । यदि तपाइँ आफैले त्यस्तो महसुस गर्नुहुन्छ भने, त्यसको बारेमा आफ्नो परिवार र साथीहरूलाई भन्नुहोस् । मनोवैज्ञानिक वा मनोचिकित्सक जस्ता व्यक्तिहरुबाट पनि मद्दत मिल्न सक्छ।







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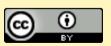


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चिन्दुको मुस्कान कसले चोर्यो ?

(Nepali)

चीरूको दाइ चिन्टुलाई आजकल खेल्ने मन लाग्दैन । के यो उनको नयाँ राक्षस साथी डुकडुकको कारणले त होइन, जो सँधै उसको वरिपरि रहन्छ ? परिवारमा कसैले पनि चिन्टुलाई गम्भीरतापूर्वक लिदैनन् । तर चीरूलाई थाहा छ कि जित आँखाले देखिएको छ त्यो सत्य होइन । यो कहानी डिप्रेसनको सस्त प्रभावहरूको बारेमा हो ।

This is a Level 4 book for children who can read fluently and with confidence.



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