



I; f0{ ubf{ Wofg lbg' kg] s'/fx? M

w/} hluufdf yf/} kfgl xfn]df dflyNnf] txsf] df6] dfq leH5 . o; n]ubf{ lj?jfsf h/fx? slxn] klg tn hfg ; Sbg / rsf]3fd nflu l56f] ; S5 . To; h]kfgl xfn]bf a? yf/} hluufdf leHg]ul/ /fvL kL5 5fkf] lbg' k5{ . o; n]ubf{ pQm 7fpdf w/} lbg; lD kn/L kfgl xfn]g' kb5 . udl{ ; dodf lbpf, f] kfgl xfn]g' xbg, ah'sf xfn]g] ug{ kb5 .

dnsf] Joj :yf M

df6]df dn lagfsf] v]tl ubf{ /fd] eg] cg; f/sf] ptkfbg lng ; ls6bg, t; y{ s/; faf/Lsf] nflu uf0{ j:t' ePsf] 3/df uf7] dn / s]k]f]6 dnn] kpfkt dfqdf kL5 . olb uf0j :t' 5g eg] To:t] 3/df 3/ leq tyf 3/ j/k/sf] kn]x/ tyf 3'/gaf6 klg dn agf0{ s/; faf/Lsf] nflu kpf] ug{ ; ls65 . s/; faf/Lsf] nflu lj leI >ftaf6 h:t} 3'/g vf8ndf 3/ leq jf 3/ j/k/ j9fbf{ lgl:sPsf] kn]x]/nf0{ sxfP/, em]h dn agfP/, 5fkf] lbP/, xl/of] dnsf] kpf] u/y, sf;]afnl nufP/ dnsf] dfqf k'/bfpq ; ls65 . ; fy) cGo j:tx? h:t} v/fgl, lkgf, /fd]/L sxfPsf] sv'/fsf] ; hl jfadv]sf] hQf, cflb df6]df lD; fP/ klg dnsf] dfqf k'/bfpq ; ls65 .

afnl nufpg] tI/sf M

s/; faf/Ldf ; s; lD w/} k]sf/sf t/sf/L nufP/ pkef] ug{ kb5 . afnl nufpbf clnf] em]Elg] vfnsf] t/sf/L glhs glhs nufp]g' xbg . o; /L em]Elg] vfnsf] nufpbf afSnf] e0{lj leI /f]u nflu ptkfbg lbbg . To; sf/Of ; fgl / 7hf] hftsf t/sf/L afnl lD; fP/ nufpg' k5{ . ldl>t v]tldf cfwf/t t/sf/L nufpg' kb5 . s/; faf/Ldf nufpg ; lsg] t/sf/L afnlx? o; k]sf/sf 5g\M

asNnf, l; dl, ufhe]f, kofh, s]/fp, l;j; rf8{ wlgof, sfpnl, n; 'g, ufh/, agbf, dhf, ; nud, llof/s]el, lk/f] v'; fgl, efhl, e]j] v'; fgl, kfnE]f, e06f, ; f]k, rD; / cflb .

; dofg'sh g; {ldf ; w} jbgf{ tof/L cj:yfdf /xg' k5{ . Ps vfn] t/sf/L l6k/ vf0{ ; sk]5, To; vfn] 7fpdf jbgf{ ; f/L xfn]g' k5{ . o; f] ubf{ slxNo} klg t/sf/Lsf] vfrf] kb5 .



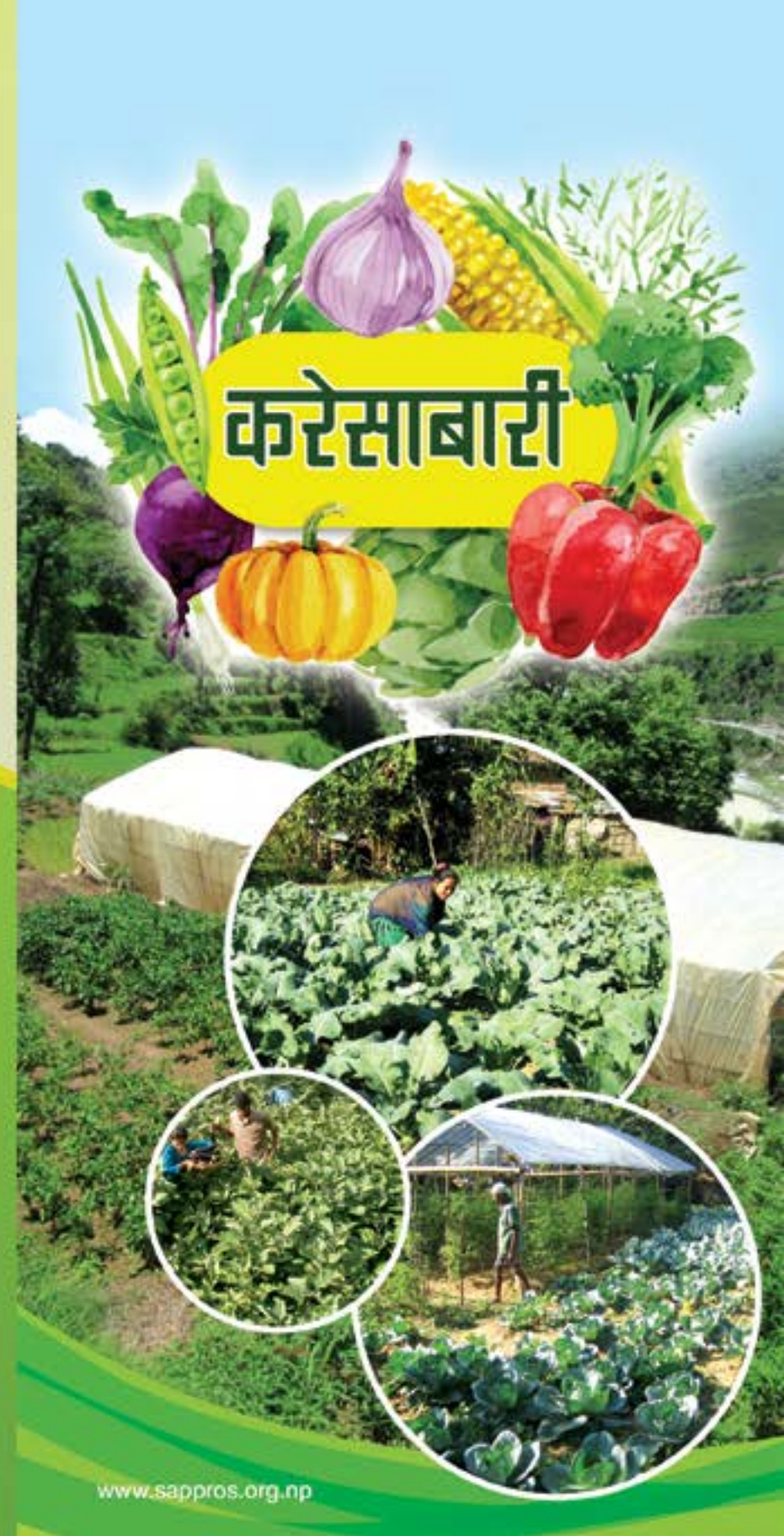
; kf]; gkfn

#(v, ; b'dfu{ aa/dxn sf7df08f] gkfn

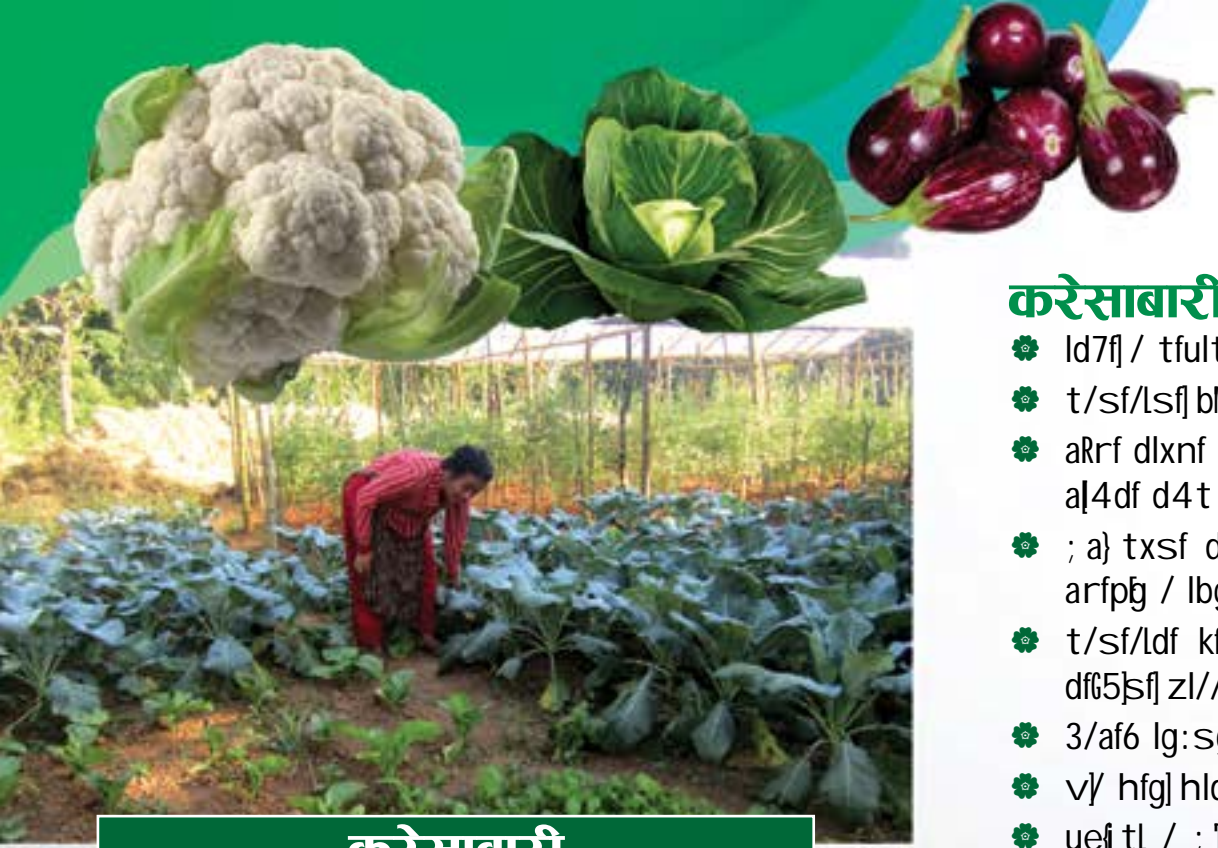
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info@sappros.org.np

www.sappros.org.np



करेसाबारी



करेसाबारी

s/; faf/l egjsfj ckgfj 3/df t/sf/l vfgsfj nflu 3/ glhsjsfj ; fgj hluufdf ljele ksf/sf t/sf/l vjtl ug{ xfi . s/; faf/ldf Joj zfls ?kdf t/sf/l vjtl ug{ geP/ kl/jf/sf :jf:Yo tyf ld7fj / kfjifnfj vfgsfj nflu t/sf/l vjtl ul/65 . sltko 7fpf tyf 3/x?df t/sf/l ljgfsfj vfgf vfP/ lhlj sf rnfpb} cfPsfj b}v65 . h; n}ubf{ w/h; fj j Rrfx?nf0{ skfjfof xg} / 7hf 7hf JolQmx?nf0{ klg w/}yl/sf /fjn} u:t agfPsf x65g\ . o:tf 7fpk?df s/; faf/lsfj dxTj af/ :ki6kf/L s/; faf/ldf t/sf/l vjtl u/fpg h?/L b}v65 . w/h; fj :yflgo hftsf dhf, efhl, ; nud, v'; fgl, l; dl, km, l; sfpnl, a6bf cflb s/; faf/ldf nufpgj ul/65 .



करेसाबारी किन ?

- ❁ ld7fj / tfultnfj vfgs/f vfg
- ❁ t/sf/lsfj bMv tyf cefj ePsfj 7fpdf
- ❁ aRrf dlxnf tyf a2x?nf0{ skfjfofaf6 arfpg} / zl// a4df d4t k/bfpg
- ❁ ; a) txsf df65x?nf0{ ljele ksf/sf /fju nfluaf6 arfpg / lbge/L sfd ug{ zlQm k6fg ug{
- ❁ t/sf/ldf kf0g} ljele lsl; dsf kfj6s tJx?af6 df65jsfj zl//nf0{ t6b?:t / kmthfj agf0{/fVg
- ❁ 3/af6 lg:sgj kmxf/ tyf kfglsfj ; bkoju ug{
- ❁ v/ hfgj hldg, ; do / >dsfj ; bkoju ug{
- ❁ uefj tl / ; Ts/lsfj nflu t/sf/L v'jfg clt h?/L 5, o; sfj kl/0ffd cdf / aRrfsfj :jf:Yo /fdj} x65

करेसाबारीका फाईदाहरु

- ❁ tfhf t/sf/L plhfP/ pkeju ug{ kf065 .
- ❁ vrfsfj art x65 ; fy; fy} a9L ePsfj t/sf/Laf6 skl cflbfgl x65 .
- ❁ 3/leq tyf 3/ j/k/sfj kmxf/ / v/ uPsfj kfglsfj ; bkoju x65 .
- ❁ hluufsfj ; xl ; bkoju x65 .
- ❁ zl//df kfjfofsfj sdLaf6 xg} /fjaf6 arfp5 .

करेसाबारीमा खेती गर्दा ध्यान दिनुपर्ने कुराहरु :

7fp6sfj 5gfb M

s/; faf/ldf t/sf/L vjtlsfj nflu kfgl hldg} 7fpf pkoQm xbg . 3fd nfujsfj jf kxfj/nfj 7fpf xg' k5{ . l; ffo{ ; lj wf pknlw xg} 7fpf eP cem pQd x65 . kzktflaf6 hfjufpg af/ nufpg ; lsg} 7fp6sfj Joj :yf xg' k5{ . ; fy} s/; faf/ldf cfpj / hfgsfj nflu af6fsfj /fdj} j6bfj :t ePsfj xg' k5{ .

; 'Iffsfj Joj :yf M

s/; faf/ldf t/sf/L pTkfbgsfj nflu ; 'Iff Joj :yf clt cfj Zos x65 . h; n}ubf{t/sf/L pTkfbgdf gf\$; fgl x'gaf6 arfo{ w/} pTkfbg lng ; ls65 . lj zjf u/ s/; faf/ldf t/sf/L pTkfbg ubf{ s/; faf/Lnf0{ kzktflaf6 / t/sf/ldf nflu} sl/f / /fjnsfj /fjyfdaf6 ; 'Iff lbg' kb5 .

Ir:ofgsfj Joj :yf M

df6fdf plrt Ir:ofg ePg egj s/; faf/Laf6 /fdj}t/sf/L pTkfbg lng c; km e065 . To; sf/Of df6fdf Ir:ofg sfod /fvL 5fbgsfj nflu ljele pkfox? h:t0 5fkfj lbg, rfB} slxg} vfnsf xl/ofj dn kpfjnsfj ; fy} df6fsfj Ir:ofgsfj nflu wf/faf6 v/ uPsfj kfgl / 3/sfj nflu kpfju ul/Psfj kfglnf0{ ; sng u/L s/; faf/ldf l; ffo{ ; lj wf k'-ofpg ; ls65 .

