

# नेपालमा जलवायु परिवर्तनले मानव स्वास्थ्यमा पार्ने प्रभावसम्बन्धी संक्षिप्त जानकारी पुस्तिका



नेपाल सरकार

वातावरण मन्त्रालय  
सिंहदरवार, काठमाण्डौ  
२०६८



नेपाल सरकार

स्वास्थ्य तथा जनसंख्या मन्त्रालय  
राष्ट्रिय स्वास्थ्य शिक्षा, सूचना तथा संचार केन्द्र  
टेकु, काठमाण्डौ  
२०६८



नेपाल सरकार  
स्वास्थ्य तथा जनसंख्या मन्त्रालय

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# राष्ट्रिय स्वास्थ्य शिक्षा, सूचना तथा संचार केन्द्र

प.सं. :  
च.नं. :

b0{zAb

पचली, टेकु  
काठमाडौं, नेपाल

hnj fodf cfPsf] kl/j tgn] lj Zj j ftj /of g} kflj t e0/xsf] 5 . hg:jf:Yodf  
klg o; sf] kfej k]olf jf ck]olf ; kdf kg(uPsf] 5 . hnj fo' kl/j tgsf]c; /n] pRr  
tkqmdaf6 la/fdl tyf d[fo' xg] af9[klx/f] v8]Lsf]sf/Ofn]kfgl tyf vBfgh6o /fux;sf]  
j [4, sl6h6o tyf d' fh6o /fux;sf]j [4 / c6o ; qmfs /fux;sf]j [4 xg] vBfgh tyf  
kfgsf]cefj xg] j fo' kb]f of xg]h: tf ; d: ofx; hg:jf:Yosf] l fof klg a9y uPsf 5g\  
ol ; d: ofx; nf0{GogLs/Of ug]clt cfj Zos 5 .

hnj fo' kl/j tgn] : jf:Yodf kg]kfej ; Da6wL s'fx; nf0{5nkmsf] ; kdf cl3 ; f/L  
hg; fw/Ofdf nhfg lgtft cfj Zos blvPsf]hnj fo' kl/j tgn] : jf:Yodf kg]kfej ; Da6wL  
hfgsf/Ldhs ; fdu]sf] ; ufn]ag]kndf hnj fo' kl/j tgn]dfgj ; jf:Yodf kg]kfej ; Da6wL  
; Hkt hfgsf/L kl: tsf klg ksfzg ul/Psf] 5 . of] kl: tsf 6hls6df ; dfj z Pp6f  
; fdu]sf] ; kdf klg /xsf] 5 . dhtMof]kl: tsf : jf:Yosdl; nf0{nlift uL tof/ kfl/Psf]  
xf]t/ c6o JolQm; n]klg o; af6 hfgsf/L lng ; Sg5gve]g]xfdlnf0{nfusf] 5 .

hnj fo' kl/j tgn] / : jf:Yo lj ifodf lj leG hgr]gfdhs sfogmdx; ; #fngsf nflu  
g]tj bfol eldsf / lgbzg kbfq ug]k] : jf:Yo tyf hg; wof dGqnosf cfb/Oflo ; lrj  
8f= ; wf zdfnf0{xflb\$ cfef/ JoQm ub5' . To; u/L hnj fo' kl/j tgn] / : jf:Yo lj ifodf lj leG  
hgr]gfdhs sfogmdx; ; #fngsf nflu clek]t ug]Psf] : jf:Yo ; jf ljefusf  
cfb/Oflo dxflgbz 8f= ozfawg kwfgnf0{xflb\$ cfef/ JoQm ub5' .

of]kl: tsf]lj sf; sf nflu >L kblk e\$/f0h]k'ofpgePsf] of]ubfgsf] nflu lj zif  
wGjfb lbg rfx65' . To: t]k[7kf]f of lbP/ kl: tsf tyf 6hls6df ; dfj z c6o ; fdu]x; nf0{  
cl6td ; k lbg ; xofu ug]k]j ftj /of dGqnosf ; x-; lrj >L dlgf vgn, pk-; lrj  
>L k]eQm t08sf/ / j ftj /of dGqnosf ADB Consultant >L a]dG6] bxfn, lhNnf  
hg:jf:Yo sfoffo, lrtjgsf kv >L s'x/l; \* urf/, h6kfgl kfylds : jf:Yo s]bbsf  
dl]8sn clwst 8f= lj Zj agw' aufn] lrlst; f zf: q clloog ; #fngsf Associate Professor  
8f= j Gbgf kwfg, gkfn j ftj /of kqsf/ ; dx (NEPEJ), WHO sf 8f= zhzsd/ pklwfo  
/ >L gd/fh vql, UNICEF Nepal, Nepal Family Health Program sf >L vq/fh >]7,  
Skill Information Society Nepal sf Executive Director >L vdfg6 ; a]l tyf o;  
kl: tsf lj sf; ug]sfodf ; mlg xg]g]c6o ; DkOf{dxfgfj x; nf0{wGjfb lbg rfx65' .

To: t]6hls6df ; dfj z ; fdu]sf]cj wf/Of tyf l8hf0gsf nflu lrtjgd fcof]ht  
Creative Workshop sf ; xeful tyf ; f]JolQm; ADB sf Melissa Howel Alipalo  
nufotsf c6o ; a]f0{wGjfb lbg rfx65' . ksfzgsf] qmddf ; fdu] lj sf; sf nflu  
dxgk] \$ sfid ug]k]j l/i7 : jf:Yo lzlf klzlf >L xl/z/Of sfl{/ hg:jf:Yo lg/Lfs  
>L /ofaxfb/ 3tlf0{klg wGjfb lbg rfx65' .

cGtdf, of]kl: tsnufot hnj fo' kl/j tgn] / : jf:Yo lj ifodf lj leG hgr]gfdhs  
sfogmdx; ; #fngsf nflu j ftj /of dGqnonf0{; xofu / ; xsfok]t o; s]bbsf]tk]af6  
xflb\$ cfef/ k\$6 ub5' . of]kl: tsf cem kfej sf/L agfpgsf nflu kf7sx; af6 elj iodf  
/rgfids ; emj x;sf]ck]ff ub5' .

\*)^\* c; fh

alb|axfb/ v8sf  
lgbz

## Ijifo-; Ꞥ

!-) df}d / hnjfo' ===== !

@-) jftfj/0f, hnjfo'kl/j tǫ / dfgj :jf:Yoalr ; Daǫw ===== %

#-) hg:jf:Yo ===== \*

\$-) hnjfo'kl/j tǫsf]j tǫdfg cj:yf ===== !)

\$=! gkfnf hnjfo'kl/j tǫsf]j tǫdfg cj:yf ===== !\$

%-) gkfnf :jf:Yo cj:yf ===== !^

%=! gkfnf hnjfo'; jhgzln /f]uxǫsf]cj:yf ===== !(

%=@ hn tyf vfBfǫghǫ /f]uxǫ ===== @!

%=# Vector Borne Diseases ===== @@

%=\$ udlǫf6 xg]tgfj (Heat Stress) ===== @\$

%=^ hnjfo'pTkǫg k\$fkxǫ (Climate-Induced Disasters) @^

^=) cuf]8sf]af6f](Way Forward) ===== @\*

## !⇒ df}d / hnj fo'

xfdl sg} 7fp5f] df}d s:tf] 5 e6bf ToxFtTsf n 3fd nflu/x\$]j f kfgl k/}gk/\$f]cyj f xj fx/L rln/x\$]af/]atfp5f. TojToxF5f]tTsfnlg df} dsf]cj :yf xj] hg xd] f abln/x\$]x65 . t/ ; f}l 7fp5f]xj fkgf s:tf] 5 eg} ; f}wof]eg]ToxF5f] ; /b/ df} dsf] cj :yf atf065, hg ; fdf6otof abln5g . pbfx/0fsf nflu, kf}v/fsf]xj fkgf Laf/] atfp5f Toj] 7fpFc6oqe6bf w}kfgl kg} g t w}udl{g hf8f]xg} 7fpF0toflb atfp5f. of]g}df} dsf] ; /b/ j f cf} t cj :yf xj. h; nf0{xfdl hnj fo' klg e6b5f. j iff{/ tfkqmdsf j iff}if\$ f w}cleny}sf]lj Zn}f0f u/L k}kt ; /b/ df} dn] hnj fosf]cj :yfnf0{hgfp5 .

df}d lg/Gt/ kl/j t6 e0/xg]xj fkgf]sf] lfl0fs cj :yf xj. h:t}axfgb}v ah}sf; Dd ; 6\$]tkf, j fosf]rfk, afbn, j fosf]ult cflbsf sf/0f df} dsf]cj :yf abln0/xg' lgoldt k}f]s[ts klqmf xj] . To; h] df}d abln0/xg' :j feflj s klqmf ePsf n] o; nf0{ hnj fo' kl/j t6 e6bf km/s 2kn}a%gkb5 .<sup>1</sup> df}d / Ct' ablnP h:tf]xj fkgf abln/x6g hg Ps k}f]s[ts klqmf g}xj. sbflrt df}d / Ct' ablnP h:tf]xj fkgf klg ablnof]eg]Toj]/fdf]; \$} dflg5g . sg}:yfgsf]j iff}nfd]cj lwsf]df} dsf] ; /b/ cj :yfnf0{ xj fkgf cyf\$ \hnj fo' elg65 . xj fkgf ; fdf6o cj :yfdf l:y/ /x65 . t/ cfhefl}n hnj fo' ablng yfn\$] 5 h; n] c; fdf6o cj :yf cfpq nfu\$]; \$} u/fp5 . To; h}lxhf}cfh hnj fo'kl/j t6 (Climate Change) sf] w}rrf{e0/x\$] kf065 . j iff{/ tfkqmdsf j iff}if\$ f w}cleny}x; sf]lj Zn}f0f u/L lgsflnPsf] ; /b/ tfkqmd / j iff{h}hnj fosf]cj :yfnf0{hgfp5 .<sup>2</sup> t/ hnj fo'kl/j t6 e6gfn]

1 G}k}ndf hnj fo'kl/j t6sf k6fj, r6f}l / lj sNk, ; =<sup>a</sup>ld6b}b}fxn / lr/-hljL e\$}f0{ /fli60 k\$]t ; Af0f sf]f, vdn6f/ sf7df8f}

2 Ibid.

dfgj pT; lh~~t~~ xl/tu~~x~~ llof; x~~z~~af6 j fod08ndf tfkqmd j [4 e0{ k~~b~~f ePsf] cl:y/tnf0{ jf c; Gthgnf0{ a~~en~~g' kb5 . hnj fo' kl/j t~~g~~nf0{ tlg bzs tyf ; f~~e~~Gbf a9L ; dosf]lg/Gt/ tfkqmd, j iff{ lxp~~f~~ xj f cflbsf]cf~~5~~8fsf]lj Zn~~7~~f0af6 kli6 ug{; lS65 .

ca hnj fo'kl/j t~~g~~ / o; sf]sf/0fnf0{hfgf}+ hnj fo'kl/j t~~g~~ dfgj lo ultlj lwx~~z~~af6 pT; lh~~t~~ sfa~~g~~8f0cS; f08, ldy~~g~~, gf06~~x~~ cS; f08 nufot c~~o~~ xl/tu~~x~~ llof; x~~z~~sf sf/0f pTkGg dfgj kl/t j ftj /0flo ; d:of xf]. dflj pNnlvt xl/tu~~x~~ llof; nufot kfglsf] j fkm cfl~~h~~g cflb k[~~s~~[ts ~~z~~kdf j fod08ndf /xg]llof; x~~z~~ ldn~~7~~ j fod08ndf Ps txsf]l; h~~g~~f x65 . of]txn]k~~v~~j lnf0{Gofgf]agfpg] sfo{ub5 t/ aflSn~~5~~}uPsf] ; f]txsf sf/0f cfj Zostf eGbf a9L tflg u0{k~~v~~jldf tfkqmd j [4 e0/x~~s~~f]5 . ; b~~a~~f6 cfPsf ljls/0fx~~z~~ cfl~~h~~g tx, j fod08n x~~5~~}k~~v~~j lsf]; tx; Dd cf0klb5g\ / tl ljls/0fx~~z~~ lj leGg j :tx~~z~~n]tfksf]z kdf cj zf]f0f u/L af~~5~~L kgMk/fj t~~g~~ x65g\ t/ aflSnPsf]xl/tu~~x~~ llof; x~~z~~sf]txaf6 tlj ~~t~~f sd ePsf tl ljls/0fx~~z~~ aflxl/g g; sl kgMk~~v~~j L ; txd f kms{5g\ / a9L tfk k~~b~~f ub5g\ of]tfk k~~v~~j lsf]cf] t tfkqmd ; Gthg /fVg rflxg]tfkeGbf a9L x65 / k~~v~~j L cem tflb5 h; nf0{xfdl lj Zj Jofkl pi0fls/0f eGb5f}+. km:n:z~~k~~ hnj fo' kl/j t~~g~~ xg]ub5 . hnj fo' kl/j t~~g~~n]:jf:Yo, s[if, hn; ~~t~~, jg tyf h~~l~~j s lj lj wtf nufot dfgj hllj sfl~~h~~g; ~~E~~ hf]8Psf lj leGg cfofdx~~z~~df k~~t~~olf j f k/f]f c; / k~~b~~f u/L gsf/flDs k~~e~~fj kfl//x~~s~~f]5 .

hnj fo'kl/j t~~g~~nf0{5f~~h~~df eG' kb{cf} t hnj fodf cfPsf] lj rng xf]. hnj fo'kl/j t~~g~~nf0{; ~~o~~Qm /fi6~~x~~; ~~3~~lo hnj fo'kl/j t~~g~~ ; ~~A~~rgf dxf; lGw<sup>3</sup> (United Nations Framework Convention on Climate

3 | g~~k~~fnn)!@ hg !((@ cyf~~t~~ h~~7~~ #) ut]@)\$ ( df ; xl u/~~s~~f]lyof]. o; dxf; lGwnf0{ ; g\ ((@ sf]d] ( df Gofb~~s~~af6 cftd; fy u/L ; f~~x~~l j if~~s~~]hg dlxgdf aflhnsf]l/of] b h~~g~~l/of~~h~~f ; DkGg j ftj /Of / lj sf; ; DaGwl ; ~~o~~Qm /fi6~~x~~ ~~3~~lo ; Dd~~h~~g -k~~v~~j L ; Dd~~h~~g\_sf]; dodf x: tflf/ ug~~s~~f nflu vhf ul/Psf]lyof].

Change, UNFCCC) n] kl/eflft u/\$f] 5 . pQm dx; l6wgc; f/  
.lj Zj Jofkl 2 kdf j fod08nsf] ; Argf ; fy} kfs[ts hnj fo'  
cl:y/tfnf0{ kl/j t6 ugI u/L kIolf jf k/f]f 2 kdf dfgj lo  
ultlj lwx 2 sf sf/of hnj fddf cfPsf]lj rngnf0{ hnj fo' kl/j t6  
elg65 .lj hnj fo'kl/j t6nf0{ /n 2 kdf ; dosf]c6t/fn; E}kV]Lsf]  
:yfglo, lfglo ; fy}lj Zj e/df g}xfj kfgldf cfPsf]ptf/r9fj xf]  
egl aemg klg ; lsg5 . o; n]bzs f}dfq ge0{nfvf}j if\$]cj lwdf  
kfs[ts 2 kdf kV]ldf e0/x\$]hnj fo'cl:y/ tf cyj f j fod08nsf]  
cf} t cj :yfdf cfPsf]kl/j t6nf0{hgfp5 .

lj Zj e/ hnj fo' kl/j t6sf]rrf{kflj lws, cfly\$, /fhgllts  
b[6sf]faf6 e0/x\$] 5 . ljle6g df}d cgudg s[6af6 kkt  
tfkqmd tyf j iff\$]cf58f lj Zn]f0fn]tfkqmd j [4 ePsf]/ j iff\$]  
rl/q ablnPsf]hfgsf/L lj Zj Jofkl 2 kdf lb0/x\$] 5g\ of]hnj fo'  
kl/j t6sf]kflj lws tyf j }flgs klf xf]. To:t}xl/tuX llof; sf]  
pI; h6sf]l:ytI / Itgsf kl/0ftlx 2 hn; flt, s[if Joj ; fo, jg  
tyf hlj s lj lj wtfdf ; dt :ki6; fy bVg yflnPsf] lj ifo klg  
kflj lws klf g}xf]. hnj fo' kl/j t6sf o:tf kl/0ffdn]kfgIcfly\$  
; fdfllhs tyf ; f:s[ts k6fj nf0{lj Zn]f0f u/L hnj fo' kl/j t6sf]  
cy{/fhgllts b[6sf]of tof/ xg]u/\$f]kf065 . xfn pI; h6 s6fljt  
ug{e0/x\$] j ftfx 2 n}cy{/fhgllts]of]kf6f]nf0{5nE kf/\$f]5 .

t/ hnj fo' kl/j t6n]dfgj :jf:Yodf kfgI k6fj :yfglo  
j ftfj /0fsf]cj:yfdf lgeX ugfh]o; sf]klg hfgsf/L xg' h?/L  
x65 . j ftfj /0flo :jf:Yo e6gn] :jf:Yo kj 46 tyf /f]usf]  
/f\$ydsf nflu ; fXl cg 2 ksf] j ftfj /0flo cj:yf l; h6f ug{  
tyf sfod /fVg' xf]. o; df dfgj lo j ftfj /0f klg ; dflj i6 xg]  
ub5 . h; c6tuE dfgj hljgsf nflu cIofj Zos tyf ; j n  
:jf:Yo sfod ugI t-j x2 kb5g\ . j ftfj /0fdf pknAw kfs[ts  
; flt x2 sf]hyfefjl tyf cIolws k6f]u ePdf o; n]k6f/ dfqdf

kþf/sx<sub>2</sub> pTkfbg xgfn]To:tf t-j x<sub>2</sub>df gsf/flDs c; / kg{u0{  
lj leGg kþf/sf /fux<sub>2</sub>sf]; qmdOf a9fp55 . dfgj lo ; Eotf; 6}z?  
ePsf]kfs[ts ; f]x<sub>2</sub>sf]bf}xg qmdZM al9/xþf]xfnsf]kl/k]odf  
jftfj /Oflo c; Gthgsf sf/Of lj leGg kþf/sf gofFgofF/fu nfluGsf  
; fy}k'/fgf /fux<sub>2</sub> kgM b}yfkll/xþf 5g\ km:j 2k dfgj :jf:Yo  
lbgfglbg uDel/ rbf]Lsf]lj ifo agþf]5 .

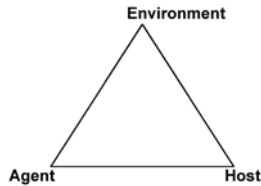
o; sf]ufldEo{fnf0{lj Zj Jofkl piOfLs/Of km:j 2k hnj fo'  
kl/j t6n]cem Jofks agfp5}nlu/xþf] 5 . hnj fo' kl/j t6  
lj Zj Jofkl ; d:of ePsfn]jftfj /Ofdf c; Gthg kþf ug{:yfglo  
:t/df kþfOf geP klg lfglo, /fli60 tyf c6t/fli60 :t/ hxF  
eP klg jftfj /Of kþflift e0{dfgj :jf:Yo kþflj t xg]ub5 .  
efu]ns, h]j s, ; fdfllhs tyf ; f:s[ts kl/l:y]tsf cfwf/df  
kþfj sf]:t/ leGg xg; Sb5 . km/s olt dfq xf]ls st}tlj |  
2kdf b}yfkbl}dxdf/Lsf]2k ln65 t st}; fdf6o cj:yfdf b}yf  
kb5 .

lj Zj :jf:Yo ; #7gsf cg;f/ ...:jf:Yo eGgn] zf/l/s,  
dfgl; s / ; fdfllhs tj /n]kOf{:jf:Yosf]cj :yfnf0{hgfp5 . vnl  
/fu Jofwl jf c6o zf/l/s b] htf gePsf]cj :yf dfq :jf:Yo  
xf0gl . xdf]ufpF7fp6f zf/l/s 2kn]/fu nfu] jf c6o sg}  
sf/Ofx<sub>2</sub>n]la/fdl jf czQmtf eP dfq c:j:y ePsf]dfllg65 . ; xl  
cydf :jf:Yo eGgn]dfgl; s / ; fdfllhs 2kn]; d] kOf{:j:y xg'  
h?/L 5 . To:t}/f]nf0{; /n 2kdf aenOf z/l/leq lg/Gt/ e0/xg]  
klqomfx<sub>2</sub>df cfPsf]lj rng xf]eGg ; ls65 . ; fwf/Oftof lg/Gt/  
rln/xg'kg]klqomfx<sub>2</sub>df cfGtl/s tyf afx0 cj o j x<sub>2</sub>sf]kþfj sf  
sf/Of tndfly xgfn]/fu b}yfkbl5 . xf]6 (Host), Ph66 (Agent)  
tyf jftfj /Of (Environment) sf]hl6n c6t/; DaGwsf]kl/Offd /fu  
xf]. tn lraqdf b}yfp h:t}ol 36sx<sub>2</sub>nf0{0lk8]dof]f]hnsn 66o8  
(Epidemiological Triad) elg65 .

ol tlg cjojx2nf0{ hnjfo' kl/j tgn} 5sf5\$} ; fy} Psls[ 2kdf of bj }tl/sfn]kfej kfb5 . h; n]ubf{loglx2sf} cgt/; Da6wdf : j tM c; / kb5 .

⇒ jftfj /Of, hnjfo'kl/j tgn / dfgj : j f:Yoalr ; Da6w

xfn hnjfo' kl/j tgn sf/Of jftfj /Oflo cjojx2df kfej kl//x\$} xgn] jftfj /Ofn] ; DkOf{ r/fr/ hutnf0{lb0/x\$}; Jfdf c; / k/\$} 5 . hn; ft, jg tyf hjs ljlj wtf, vfbf6g, cflb lfd f k/\$}c; /n]dflg; x2sf]cf'gf]blgs hllj sflkfhgdf gsf/flds c; / blvPsf] 5 h; n] cgt tM dfgj : j f:Yodf k|olf j f ck|olf bj }tl/sfn]kfej b|vp65 .



Irq g=! hnjfo'kl/j tgn]kfej kfgl f6x2

**Potential climate changes impact**

**Temperature**

**Sea level rise**

**Precipitation**

**Impacts on...**

Health	Agriculture	Forest	Water resources	coastal areas	Species and natural areas
Weather-related mortality Infectious diseases Air-quality respiratory illnesses	Crop yields Irrigation demands	Forest composition Geographic range of forest Forest health and productivity	Water supply Water quality Competition for water	Erosion of beaches Inundation of coastal lands additional costs to protect coastal communities	Loss of habitat and species Cryosphere: diminishing glaciers

GRIID Arendal UNEP
GRAPHIC DESIGN : PHILIPPE REKAENCE

Source: United States environmental protection agency (EPA).

gkfnf hnjfo'kl/j tgn]dfgj : j f:Yodf kfgl kfej ; Da6wL ; Hfkt hfgsf/L kl:tsf | 5



*lraqdf b\y/P h:t}hnjfo'sf]k\efj n]kfglsf ; f\tx\, j g,  
kfl/:y\ts k\ffnl, h\j s lj\j wtf, s\lf, / e\ffts j\ftj /ofnf0{\  
vnn kf5{/ ol ; du\kl/j t\gn]dfgj lo :j:f.Yodf k\efj kf5{.*

tfkqmd j [4n] /f\ cf] f/k\ f/ tyf k\mfpg] afxs (Vector)  
x\sf]nflu ; xh j\ftj /ofsf]l; h\gf e0{\tg\lx\sf]; q\mdOf lg/Gt/  
a9\fn]gofF/f\ux\ b\y\kfg\ lgj f/of ul/; lsPsf /f\ux\ kgM k\mf  
kg\ klxnf /f\usf]; q\mdOf gePsf :yfgx\df /f\ b\y\kfg\{h:t  
36gfsf sf/of hnjfo' kl/j t\gn]dfgj :j:f.Yodf k\efj kfl//x\sf]  
5 e\g]k\6 x\5 . o; sf cnfj f hnjfo' kl/j t\gn]ubf{hn; f\tsf  
dh ; Sg] klx/f] af9L tyf v8\l h:t f k\ts[ts k\sf\kx\ a9\]  
j gdf cfunfulsf]q\md a9\] vfBf\g p\kfbgdf sld cfp]h:t f  
; d:ofx\ n]df]g; sf]b\gs uhf/fsf d\l\odx\df gsf/f\ds k\efj  
kgf\]vfBf\g c; /lff a9\] kfglsf]cefj , dx\df/L k\ng]; Defj gf  
j [4 xg' O\wgsf] pknAwtfdf sld h:t f l\atlo k\efj x\ n] kl  
dfgj :j:f.Yodf c; / ul//x\sf]5 .

tyflk dflg; df j\ftj /oflo cl:y/tf; E h\llg] / o; af6 kf/  
kfp] cf^g} c\gtlg\xt lfdtf lj sf; ePsf] x\5 . h; nf0{x\fdL  
cgshg lfdtf e\g ; S5f\ JolQm lj z\fsf]cgshg xg] lfdtf km/s-  
km/s x\gn] j\ftj /oflo c; Gthg; E sf\l rf8}cgshht x\5g\t  
sf\lnf0{a9L ; do n\lb5 . dfgj lo cgshgsf cf^g}; ldf x\5gV  
; f]kl\q\mfdf lj rng cfp]g'eg\sf]/f\ n\llg'xf]e\g]aeng'k5{ t; y{\  
:j:ykgnf0{j\ftj /of; E sf]; km cgshg / o; lsl; dsf]; km  
cgshgdf lj rng cfp]ghf0{/f\usf]; q\mdOf xf]egl aeng ; ls65 .

cgshgdf cfp]g]j rngnf0{l\gd\gnlv t pkfox\sf]k\of\ufaf6  
/f\sg ; ls65 . h:t}M

s\_ :j:f.Yo k]4\ M j\ftj /ofdf xg] tgj x\ lj?4 xf]6x\sf]  
; xg ug] lfdtf a9f0 -h:t}/fd\]k\]f\ofsf]d\l\odaf6\_ .

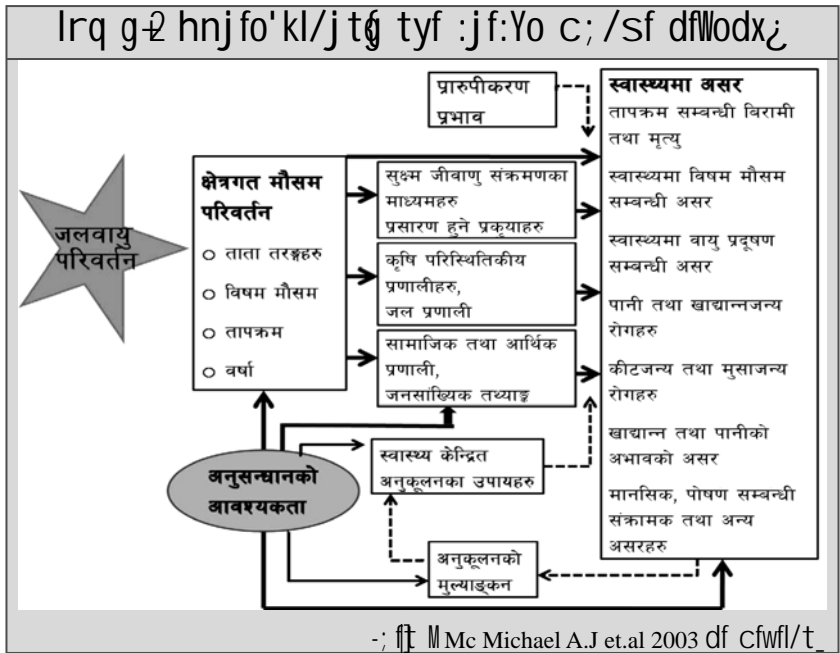
v\_ j\ftj /oflo ; /; knf0\Jo j:yfkg M ; a}lsl; dsf j\ftj /oflo

---

6 | g\k\ndf hnjfo' kl/j t\gn]dfgj :j:f.Yodf kfg\k\efj ; Da\wl ; H\ftt hfgsf/L kl:tsf

कभ्रिस्खः sd ug{h:tf jftfj/Ofdf ePsf hfllvdoQm tyf vt/gfs t-jxःsf]Gogls/Of u/7 .<sup>4</sup>

kl/jltf kl/l:yltn]hnj fo' ; jhgZln kfOfxःsf]cfj thfj t, af; :yfg tyf cGo klqmfxf;df c; / ub5 h; n]cgttM hnj fo' ; jhgZln /fuxःdf j [4 u/f0{dfg; sf]:j f:Yodf c; / kYofp5 .o; /L hnj fodf cfPsf]kl/j tgn] /fuxःsf]kf; k ; fy}kj [Qdf km/skg Nof0{dfgj lo :j f:Yodf kfej kf/\$f]kf0G5 . tfkqmd, ; fkl]fs cfbf, tyf j iff{k]olf ँkdf dfg; sf]a; f;f; ug]cj :yf, vBfGg ; ft ; fy} /f; ; qmdof u/fpg]; 'd hlj xःsf]hlj g kOfn; ; G klg ; DalGwt xG5g\ . olb cgSh jftfj/Ofsf]l; hgf eP To:tf /f; ; qmfs hlj fOfxःsf]afG] cj :yf cem dha't xg] / Itglxःsf]hg; Wof kfgl, vBfGg ; fy}j /k/sf]jftfj/Ofdf a9b}hfG5 . t; y{hnj fo' kl/j tgn]dfgj :j f:Yo kflj t xG5 egl lgSofh ug{; lsg5 .



4 Pradhan, B. 2011 : Climate Change and Health Impact in Nepal. Report submitted to National Health Education, Information and Communication Centre (NHEICC), Ministry of Health and Population, Nepal. Kathmandu.

*k|t't lraqn]hnjfo'kl/j tgn]t?Gt Nofpg]tyf kəflj t  
 xg]ljleGg cjojx<sub>2</sub> / tl cjojx<sub>2</sub>df k/ʒf]c;/n]dfgj  
 :jf:Yodf s:tf]c;/ kfg{; S5 ; fy}cfufdl lbgdf Nofpg ; S5  
 eGg]tYonf0{cf]Nof0{lg/fs/Ofsf nflu ug[kg]pkfo klg b]f0Psf]  
 5 . cg' Gwfgsf]cfj Zostf, :jf:Yo s]bbt cgshgsf pkfox<sub>2</sub>df  
 klg hfʒ lb0Psf]5 .*

#=) hg:jf:Yo

dfgj s[ hnj fo'kl/j tgn]hg:jf:Yonf0{k|olf j f ck|olf b] }  
 klqmafaf6 c; / ub5 . hnj fo'kl/j tgn]sf c; /x<sub>2</sub>n]udl{; DaGwt  
 d[o', hlpdf kfglsf]cefj (Dehydration), ; ?jf /f]ux<sub>2</sub>sf]k]mfj6,  
 skf]f0f ; fy} :jf:Yo; DaGwl efl]ts ; Argfx<sub>2</sub>sf] lfl t nufotsf  
 ; d:ofx<sub>2</sub> pTkGg e0{dfgj hljg si6s/ tNofp55 . csf]k  
 :jf:Yodf df} dsf]dx-j k0f{kəfj /xg]x6f hnj fo' tfl t5}uPsf]  
 j tdfg cj :yfdf :jf:Yo ; d:ofx<sub>2</sub>df klg j [4 xg]cf5ng ul/65 .  
 j 4, afnafnnsf, ; fy}Zjf; kZjf; tyf d6' Pj d\Qmgnl; DaGwl  
 ; d:ofx<sub>2</sub> ePsf JolQm<sub>2</sub>sf]lj ifd df} dlo ; d:ofx<sub>2</sub>; G hllg ; Sg]  
 lfdtf sd xg]ePsf]h]a9l kəflj t xg]x<sub>2</sub>sf]; 'ldf kb5g\

; fy}of]cgdfg ul/65 ls tftf]xfjf (Heat Wave) tyf c60  
 lj ifd df} dlo 36gfx<sub>2</sub>sf]af/Daf/tf / Jofkstf a9l d[o' xg]ʒf]  
 ; Vof a9g5 . lj Zj Jofkl pi0fls/0fn]udl]cf]cf3ft (heat stress)  
 a9f0{dfgj :jf:Yodf k|olf kəfj kfg5 . tfkqmdf P5sf; L j [4  
 e0{zx/L lfd]df ePsf s[qd efl]ts ; Argf, sfnfkq]; 8s cflbsf]  
 sf/Of ætfk 6fk' (Heat Island)Æ aGg u0{ufp]k]kl/j ʒdf a:g]eGbf  
 zx/L lfd]df a; fʒf; ug]hg; Vof a9l c; / efl]g afl0 xg]5g\  
 tfkqmdsf]j [4n]cem tNnf]; txdf lj Bdfg cf]hf]gsf]; 3gtfnf0{  
 a9f0{jfo' k]l]f0sf ; d:ofx<sub>2</sub> a9g hf65g\ . of] nufot hnj fo'  
 kl/j tgn]o; sf cjojx<sub>2</sub> h:t}tfkqmd, j iff{tyf ; fk]l]fs cfb]fdf  
 c; / k]f0f0{kfl/l:y]ltslo k0ffnl c; Gthg, af9l, v8]L, cltj [6,

cgfj [16 e0{vfBfGg pTkfbgdf kl/j tG, cfnf]tyf cGo lj iff0fhGo  
 3fts /fux;sf]k]nfj 6, :j R5 hn; f]df glgnf]kfglsf]cltqmd0f  
 cflb blgs hljg; E hf]8Psf ; d:of pTkGg e0{dfgj :jf:Yodf  
 c; / ub5 .

udl{ E ; DalGwt /fux; a9G]lgIZrt 5 . o; sf cnfj f  
 ; baf6 cfpG]vt/gfs ljls/Ofaf6 kVjlnf0{arfpG]; dtfkD08n  
 (Stratosphere) sf]cf]hfG]lfols/Of ugdf xl/tuX lof; x; lhDd]f/  
 5gV km:j; k cN6Ej f0n] ljls/Ofn] 5fnfsf] SofG; / xG]qmd  
 ; fy}cf]fdf xG]lj leGg ; d:ofx; klg a9fpg5g\ ; fy}o; n]xfdf]  
 /f] k|t/f]v]ds kOfnldf c; / ug{; Sg]cGdfg ul/G5 . lj Zj Jofkl  
 pi0ls/Ofn] nfdv\$] e'; gf h:tf /f] ; fg]j fxsx;sf] af; :yfg  
 pkoQm agf0{/f] ; qmd0fsf] ; Defj gnf0{cem k] n agf0lbG5 .  
 lgDgnlvT tflnsdf hnj fo' kl/j tGaf6 xG; Sg] c; /x; af/]  
 ; Hkdf k|tt ul/Psf]5 .

tflnsf g+! hnj fo' kl/j tGsf sf/Of xG]:jf:Yo ; d:of / c; /x;<sup>5</sup>

hnj fo' kl/j tGsf sf/Of xG]:jf:Yo ; d:ofx;	c; /x;
tfkqmd ; DalGwt c:j:ytf	udl{/ lr; f] DaGwl la/fdl d6' tyf /Qmgnl; DaGwl la/fdl
hlj pTkGg /fux;	/fux;sf]k] [Qdf kl/j tG nfdv\$] tyf cGo /f]j fxsx;af/f af\$] Nofpg]JofS6]/of, ef0/; / cGo sl6f0fx;af6 xG]cf]nf] sfnfhf/, hfkflgh OG; kmf0l6; , tyf 8#'

5 Tearfund 2006, Adapting to climate change Challenges and opportunities for the development community

<p>lj ifd df} daf6  xg]:jf:Yo  ; d:of</p>	<p>kfgldf ldl; Psf /f; folgs tyf hlj s  k\ffsx;n]ubf{xg}lj iffQmtf, emf8fkvfnf,  tyf cfpF.  af9L=-klx/f}cfwaf6 :jf:Yo; Da6wL efl}ts  ; Argrdf lflf ; fy}dflg; sf]d[o', rfo t  tyf lj /fdL xg'  k\$flk tyf :yfgf6t/0fn]; fdfllhs / dfgl; s  :jf:Yodf tgfj</p>
<p>vfBf6g ptkfbg  c; /lffsf sf/0f  :jf:Yo ; d:of</p>	<p>lj z]ftMafnaflnsfdf skf]f0f tyf ef\$d/L</p>

\$=) hnjfo' kl/j t6sf]j t6fg cj:yf

hnjfo' kl/j t6 cl:t]j df cf0{ jftfj /0f0 k\ffnlx;df lj rng  
cfPsf] ; j(6f6 tYo alg; s\$] 5 . hnjfo' kl/j t6; Da6wL  
c6t/; /sf/L d-r -cf0lkl; l; \_ (Intergovernmental Panel on Climate  
Change, IPCC n]@%) e6bf a9L j]flgssf]; xof]udf tof/ kf/L  
; g\@))& df k\$flzt u/\$]cf^gf]r]fy]dNofsg kl]tj 6gsf lgDg  
tYox;n]klg ; f]s/fssf]kli6 ub5g\

- o cfBfl]us qmfl6tb]v otf sfa68f0cS; f08sf]dfqf #^ kl]tzt n]  
a9\$]f]5 .
- o al; fFztf]Absf] z?b]v otf lj Zj sf] cf} t tfkqmd )=&\$  
l8u| ; f6u\$]n]a[4 ePsf]5 .
- o ; g\!(^! b]v @))# ; Dd lj Zj sf] cf} t ; db| ; tx !=\*  
ldlnld6/ kl]tif6f b/n]a9\$]f]5 t/ al; fFztf]Abdf ; db|  
; tx a9g]b/ !=& lldd kl]tif{lyof}.

- o ; g\ \*%) b]v ofsf !# ; a}cbf a9l udl{j ifx\_{d\w}]!@ j if{ ; g\! ((% b]v @))& lyP .
- o /\$8{ul/Psf ; a}cbf a9l udl{j ifx\_{d\w}] ; g\@)) ( kfFfF :yfgdf kb5 .
- o cfs{6s dxf; fu/n]lj ut @% j ifdf !& k|tzt a/km udfof].

; g\@))^ df a]fotl cyzf:ql lgs]h; :6g\$[f]6ldn]tof/ u/\$f]Stern Review k|tj }gn] :j f:Yo / j ftj /Of; DaGwl cf\$ng u/\$f tYox\_{ lgDg tflnsf g\_@ df k|tt ul/Psf]5 . o; n]tfkqnd j [4; 6} s:tf] kl/j t6 ; fy}bl3\$fnlg k6fj kb5 egl cf\$ng u/\$f]5 .

tflnsf g\_@ tfkqnd j [4; 6}xg; Sg]c; /x\_{sf]cf\$ng<sup>6</sup>

tfkqnd j [4 -l8=; 3	j ftj /Of	:j f:Yo
! l8=; 3	Ps cf\$ng cg'; f/, sDtdf klg !) k tzt k fltx_{ nfk\$sf]; Bf/df xg\$g\ u} Aofl/P/ >Qflnufot *) k tzt kj fn>Qfl (Coral Reefs) X_{df clDnokg xg\$ .	hnj fo'; DaGwl /f]ux_{ -dVotof emf8fkvfnf, cf]f] tyf skf]fOf_ af6 k tj if{sDtdf klg # nfv dflg; x_{sf]d[o' xg\$ . pRr clffz -pQ/L tyf ; 0Qm /fHo cd]f/sf_ df lxp5]d[o' 36g\$ .

6 Stern Review: The Economics of Climate Change, Available at: [http://mudancasclimaticas.cptec.inpe.br/~rmclima/pdfs/destaques/sternreview\\_report\\_complete.pdf](http://mudancasclimaticas.cptec.inpe.br/~rmclima/pdfs/destaques/sternreview_report_complete.pdf) Part II PP. 57

@ 18=: 𐄂	Ps cfEng cg; f/, !% b]v \$) k tzt k fltx; nfk sf]; Bf/df xg5g\ w]lo efn' tyf Sofl/af](Caribou) nufot cfs6s dx; fu/sf k fltx; nfk xg]pRr hf]vddf 5g\	clk sf dxfbzdf \$) b]v ^) s/f\$ hgtf dn]ofaf6 ul; t xg5g\
# 18=: 𐄂	Ps cfEng cg; f/, b lf0f clk sdf @) b]v ) k tzt k fltx; h; c6tu6 @% b]v ^) k tzt :tgw/L, #) b]v \$) k tzt r/fx; !% b]v &) k tzt k'tnl nfk sf]; Bf/df xg5g\ s]l df\$nx; sf]lgisif{ cg; f/, cd]hg hwn ktgsf]; ?j ftdf xg5 .	! b]v # s/f\$ e6bf a9L hgtf ef\$d/Lsf sf/0f dg5g\olb sfa6 km6(f0h) g' sdhf] eP_ .
\$ 18=: 𐄂	cfs6ssf]668k lfq nueu cfwf x/fpg5 . lj Zj sf cfwf hlt k\$[t ; Af0f lfqx;n]cf^gf] p27o k/f ug{; Sg] 5g5g\	clk sdf sl/a *) s/f\$ hgtf dn]ofaf6 k6flj t xg5g\
% 18=: 𐄂		

7 sfa6f0c\$; f08sf]dfqfdf j [4 e0[lj ?j fsf]j [4df tlj 𐄂 cfpg'g)sfa6 km6(f0h) g xf].

% l8=; Ꞥ  
eGbf a9L

j tdfg lj 1fgsf pknlAwxꞤsf cfwf/df cfEng  
ubf{ olb xfnsf]pT; hG klqmf lg/Gt/ al9/xg]  
/ ; sf/ftds k[7kfjfsxꞤn]xl/tuX Uof; xꞤ  
-pbfx/0fsf nflu, hldgaf6 sfaG8f0cS; f08  
cyjf kdfkrf]6 af6 ldyG\_ sf]pT; hGn]pi0fls/0f  
kFj nf0{a9fj f lbG5g\eg]kYj Lsf]cf} t tfkqmd %  
cyjf ^ l8=; Ꞥ; Ddn]klg j [4 xg ; Sg5 . of]txsf]  
lj Zj Jofkl tfkqmd j [4 ut ou / j tdfgsf]alr  
; dodf ePsf]pi0fls/0f; E ; dfg 5 . km:jꞤk,  
7h}lft tyf 7hf]hg; Vof lj :yfkG xG5 . o; sf]  
kFj eos/ xG5, t/ tfkqmd dfgj sf]cgej eGbf  
afx/sf]cjoj ePsfn]xfnsf df\$nxꞤnf0{; xl  
kl/l:ylt cfEng ug{w}ufxf]5 .

Gff6 M h; /L /uxꞤ kx]f]af6 /ftf]t/ hfG5g\|tgLxꞤn]c; /sf]  
uDel/tf a9b}u0/x\$]tkf; \$] ub5g\ of]tflnsfn]pi0fls/0fsf  
lj leGg l8ulcg; f/ c; / b\fp55 . sXl clglZrttfnf0{/}hdf  
/flvPsf]5, t/ oyfy{c; /sf]kl/df0faf/]cꞤ yk clglZrttf xg  
; S5g\ . k}tt tfkqmd j [4 cfBf]us qflGtcufl8sf]cj :yf; E  
; DalGwt 5 . k]o\$ tfkqmdf, k}tt ul/Psf c; /xꞤ ! l8=; Ꞥ  
sf]s]b]tfkqmd AofG8 cyf(! l8=; Ꞥ eGgn])=% b]v !=% l8=; Ꞥ  
; Dd k]tlglwTj ub5 . cf0lkl; ; Lsf]; g@) \*) bzssf]cfEng  
hg; Vof / sh ufx{Yo pTkfbgsf]cj :yfdf /x] lj leGg tfkqmdf  
hg; Vofdf kg]c; /af/]lj j ]gf ul/Psf]5 . lb0Psf dfgxꞤdf  
Psn cyjf ; :yfut txaf6 ug{; lsg]cg5hgnf0{cfwf/ dflgPsf]  
5 .

hnj fo'kl/j tGn]; w]Fgsf/ftds c; / dfq Nofp5 eG]xf0g  
h:t}zltf]of (Temperate) lfd hf hnj fo'kl/j tGn]sXl knf0bf ug]



cgdfg cf0kl; l; lsf]rfyf]kljtj bgn]u/\$f]5 . pbfx/0fsf]nflu ; f] lfgdf lr; f\$]sf/0fn]xg]d[o' sd x65, / sxl ldl>t c; / h:t} clktsdf cfnf]j /f\$] /lh tyf k|f/df kl/j t6 cfp5 . tyflk tfkqmd j [4n]ubf{:jf:Yodf kgI; sf/fltds c; /e6bf gsf/fltds c; / a9l x65 lj z]ftm]j sf; f]dv /fi6x2df . lzlff, :jf:Yo x]rxf, hg:t/sf :jf:Yo; Da6wl sbdx2, eflts ; Argf tyf cfly6 lj sf; h:tf cfdhgdg; sf] :jf:Yonf0{k|oIf 2kdf k6fj kfgI lj legg klfx2 o; cj :yfdf cem dx-j k0f{a6g5g\

### \$=! gkfndf hnj fo'kl/j t6sf]j t6fg cj :yf

gkfnsf]e"w/ftnlo 0ltxf; nf0{lgofnb, b0{hlj -efu]ns cjl:ylt -pQ/df kofncfs]6s / blif0df koflnof]kks\_ sf] ; ud:ynd)/x\$fh]hl6n efu]ns cj :yf8 l; h6f ePsf]xf]. h; sf] k6fj gkfnl hnj fo'df pNn]vglo 2kdf kb5 . cem e"w/ftnlo xnrnsf sf/0f ev{ ag\$] lxdz]vfn] gkfnsf] hnj fo'f0{w}} k6fj t kfl//x\$]x65 . h:t}aufnsf]vf8laf6 cfPsf]dg; gl j fo' lxdfndf 7f]sP/ j iff{Ctdf kfgl kg{. o; sf cltI/Qm gkfnsf] efu]ns kl/l:ylt, klZrdl hnj fo' cflbn]klg o; nf0{:yfgfg; f/ km/skm/s k6fj kfl//x\$] x65g\ t; y{lxdfnl lfg lr; f]/ t/f06f udl{ePsf]xf].

lj ut #) j iff0{dfq}x6]xf]eg]klg gkfndf Ps6f; n]hnj fo' kl/j t6 gePsf]k]6 x65 . ; g\!(% b]v @)^ ; Ddsf]gkfnsf] cf} t tfkqmd )=)@& l8=: 3 kljtj if\$] b/n]j [C eof]. gkfndf cf} t tfkqmd j [C lj Zj cf} t tfkqmd j [C e6bf !=^ v08n]/ t/f0{lf]sf]

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8 Bhujju, U.R., Shakya, P.R., Basnet, T.B., and Shrestha, S. (2007) : *Nepal Biodiversity Resource Book : Protected Areas, Ramsar Sites, and World Heritage Sites*, International Centre for Integrated Mountain Development (ICIMOD), Ministry of Environment, Science and Technology (MOEST), Government of Nepal (GoN) PP 17

kj [Q lj Zj cf} t; E ldnbf]hNbf]eP tflkg lxdfnl lfgsf]kj [Q b0{ u0ffn]a9L 5 .<sup>9</sup> -cf0lkl; l; sf]kljtj bpgdf pNny ePcg; f/ ; fxl cj lwdf lj Zj df cf} t tfkqmd j [C =)!& l8=; } kljtj iff] ePsf] lyof].\_ clwstd tfkqmd df ePsf]j [C Gogtd tfkqmd j [C ePsf] eGbf a9L 5 . xfn; Ddsf]g]kfn]cf} t clwstd tfkqmd kljtj if{ }=)^ l8=; } sf b/n]a9/x\$]5 .

To: t}j iff\$]bl3\$fnlg j flif\$ kj [Q -#&# ldlld kljtj iff]v #@@ ldlld kljtj iff]cgkftdf /xl cf} t !=\* ldlld kljtj if{ 5 . lj ut #) j if\$]j flif\$ cf} t j iff{)=( ( ldlld dfq b]v65 . tflkg lj ut #) j ifdf lxp]j iff\$]kj [Qdf b]vPsf] ; fdfgo C0fftds l:ylt olb casf j ifx(df a9L)uPdf eg]bl/nf]d2f ag ; Sg\$ . hlj gofkg]sf nflu cfj Zos ux]Fds)/ hf]h:tf dVo vfBf]g afnl lxp]kfgldf e/ kg[xgfn]klg lxp]j iff\$]g]kfn]df cf^g}dx-j 5 . km:j }k dfgj :j f:Yo k}flj t x65 . ; g\@)) ( df lxp]j iff{ b]zsf]cfwfefbf a9L efudf xgkg]j iff\$]@) kljtzt eGbf sd ePsf]tyf ; a}Gbf a9L /\$8{ul/Psf]cf]v9Efdf klg xgkg]j iff\$] &) kljtzt dfq eof].<sup>10</sup>

g]kfn hf]vd clwog 6f]hl (NCVST) n]General circulation Models/Regional circulation Models k}fl] u/l ; g\@)) ( df u/\$] clwogcg; f/ g]kfn]cf} t j flif\$ tfkqmd ; g\@)#) ; Dddf !=\$ l8=; } ; g\@)^) ; Dddf @=\* l8=; } / ; g\@) ( ) ; Dddf \$-& l8=; } n]a[4 xg\$ . b] }df\$nn]j [4 xg]b]v]P klg tfkqmd j [4 j iffdf eGbf hf8f]dlxgdf tyf k] {lfg]df eGbf klZrddf a9L xg] b]vPsf]5 .<sup>11</sup>

9 Sharma, K.P., 2010 : Climate Change Trends and Instances of Socio-economic Effects in Nepal, Jalsrot Vikas Sanstha, Nepal, Nepal Water Partnership

10 Sharma, K. P., 2010 : Climate Change Trends and Instances of Socio-economic Effects in Nepal, Jalsrot Vikas Sanstha, Nepal, Nepal Water Partnership **PP 52**

11 /fli60 cgshg sfogmd, National Adaptation Programme of Action (NAPA) 2010

kōfū ul/Psf dŕnŕn]cfŕng u/čg' f/ klZrdl lŕdf  
 lxpŕj iff{pNn}yglō; kdf kl/j tŕ geP tŕklg k' {lŕdf eg}% blv  
 !) kl'tztn]j [4 xgŕ . tyflk, udl{dlxgŕdf xg}kfglsf]j iff{  
 bŕze/ g}!% blv @) kl'tztn]j [4 xgŕ . ncvst n]; g@)) (   
 df u/\$f]clwog cg' f/ cf} t j flifŕ j iff{36g}tyf a9g}b}xg]  
 kf0Psf]5 . lŕlo lx; fan]eŕg]xf]eg] of]clwogn]klZrd lŕdf]  
 thgdf k' {/ dwo lŕdf dg; gdf j [4 xg]b}ŕpŕ . ; fy} ; fxl  
 lŕdf dg; g tyf dg; gkl5sf]kfglsf]j iff{f / tlj ŕdf klg j [4  
 xŕ5, t/ lxpŕj iff{f sdl cŕpgŕ .<sup>12</sup>

%=) gkfnf :jf:Yo cj:yf

j tŕfg l:yldf gkfnf] :jf:Yo lŕn] ; wf/sf kōf; xŕ  
 ul//xŕ]5 . gkfn]dft[dŕob/, afn tyf lzz' dŕob/ ; fy}  
 dflg; sf]cf} t cfo' h:tf :jf:Yo ; ŕsxŕdf ; wf/ u/L kŕŕŕŕ]  
 df/\$f]5 . dft[dŕob/ sd u/]afkt gkfn]cŕt/fŕ6 k':sf/  
 ; dŕ kŕt u/\$f]lyof]. xfn cŕP/ gkfn ; /sf/n]kŕylds :jf:Yo  
 ; j f lglŕŕs ug]3ŕfŕoff u/L :jf:Yo lŕdf ; jhgzntf b}ŕpg  
 vŕhŕ]5 . tyflk lj leŕg sf/ŕfxŕn]ubf{of]cleofgn]cfzfltt  
 ; kŕntf gkPsf]blvŕ5 . sg}klg bŕsf]:jf:Yo cj:yf ; fdfhs,  
 ; f:s[ts, cŕyŕ, /fhglts tyf jftfj/ŕflo klfxŕn]kŕfj kfg]  
 xgfn]:jf:Yo ; j f gkfnf]nflu rgf]l ePsf]5 . clt lj kŕg, ul/a  
 tyf blŕ lŕdf :jf:Yo ; j fsf]/fdŕ]lj :tf/ gxg' hgr]gfsf]sdl,  
 wfdl emŕndŕly lj Zj f; cflbn]ubf{hgtfxŕ :jf:Yo ; j faŕ6 j-l-rt  
 ePsf 5g\ . eŕŕŕŕns lj sŕtŕsf]sf/ŕf b}ŕpŕ]blf lrlŕt; sxŕ  
 ulldŕf lŕdf hfg g?rfpg; cŕwŕg klj lwxŕsf]kxF gkŕofpg'  
 klg :jf:Yo lŕsf rgf]lxŕ xg\ . ol rgf]lxŕ; ŕ}ca hnjfo'  
 kl/j tŕ ylkPsf]5 . hnjfof lge{ s[ŕf kŕffnl ePsfn]vŕBŕg

---

12 /fliŕ cgŕhg ŕfoŕnd, National Adaptation Programme of Action (NAPA) 2010

16 | gkfnf hnjfo' kl/j tŕn]dfgj :jf:Yodf kŕf]kŕfj ; Daŕwl ; Hŕkt hŕgsf/L kl:tsf

pTlfbgdf hnj fo' kl/j tḡn]k]olf c; / kfb5 km:j 2k vfBfḡg  
 cej e0{dfgj lo :jf:Yodf gsf/flDs c; / kʻofpḡ5 .

; wfw/0ftof ; aḡ] cfkḡ lg/fḡl e0of] \eḡg] rfxgf /fvḡf  
 xḡ5g\ t/ :jf:Yodf ljleḡg klfx2sf]; sf/flDs tyf gsf/flDs  
 kḡfj kg[xḡgn]j /k/sf]j ftj /0fn]dx-j k0f{eldsf vḡḡf]xḡ5 .  
 gḡfn ; /sf/n]:jf:Yo lfḡdf ; wf/ Nofpg cgḡ kḡf; ul//xḡf]  
 5 . hg:jf:Yoaf/] sfoḡnd rnf0{o; sf cḡtlḡxt p2]o k/f  
 ug{nfuk/ḡf]5 . hg:jf:Yosf]cfwf/et u0f egḡf]g]/fḡx2sf]  
 ; ḡnd0faf6 arfpg' tyf :jf:Yo cj :yf k]4ḡ ug{xḡf]. lj Zj :jf:Yo  
 ; ḡ7g (who) sf cg; f/ /fḡsf]sf/0fx2sf]/fḡsyfd ug{arfj 6 xḡf]  
 / klxn]sbd klḡ, /fḡx2sf]hfF u/L z?s}cj :ydf k0f nuf0{  
 lgsf]xḡ]eP pkrf/ ug]bf] ḡ]sbd xḡf]eg]lrlsḡ; slo cfḡflwsf]  
 cfwf/ lfḡleq /xḡf] / /fḡlx2nf0{lrlsḡ; slo k4tlāf/f /fḡsf]  
 pkrf/ ug]t] ḡ]sbd xḡf]. ol tlḡ sbdx2 :jf:Yo lfḡdf ; sf/flDs  
 kl/j tḡ ug{ckl/xfo{5g\ gḡfnsf]j tḡfg cj :yf tflnsf g# df  
 lb0Psf :jf:Yo ; ḡsx2n]k]ḡḡfpḡ5g\ gḡfnsf :jf:Yo ; ḡsx2sf]  
 lj ut kfF ÷5 j ifḡf]k] [Qnf0{tflnsdf b]yḡ0Psf]5 .

tflnsf g=# gḡfndf :jf:Yo ; ḡsx2sf]k] [Q

/fḡ tyf ; ]fsf]cj :yf	; gḡ))%	; gḡ!)!
s_ pkrf/flDs ; ]fx2		
• cfḡk8ldf hfF u/fpg]hDdf hg; wof -Ü_	#*=!	^(=@
v_ enf8fkvnf; Daḡwl /fḡx2		
• kfF j ifḡḡbf dlgsf afnaflnsdf enf8fkvnfsf gofFlj /fdl b]yḡk/ḡf] ; wof -k]txhf/_	@!(	\$**

• kF jifēbf dlgsf afnaflnsfdf enf8fkvfnfaf6 xg]d[ob/ -k txhf/_	)=#!	)=)*
u_ PSo6 :j fzk j fz ; qm0f (Acute Respiratory Infection, ARI)	; g\@))% ; g\@)) (	
• kF jifēbf dlgsf afnaflnsfdf ARI sf gofFij /fdl b\yfk/}f] ; Wof -k txhf/_	#^)	&^%
• kF jifēbf dlgsf afnaflnsfdf ARI af6 xg]d[ob/ -k txhf/_	)=@	)=)*
3_ afNo cj :yfdf xg]d[ob/	; g\@))^* ; g\@)!!*	
• aRrf h6d}f] Ps dlxgfleq xg] -gj hft lzz'_ d[ob/ -k txhf/ hllj t h6d_	##	##
• aRrf h6d}f] Ps j if{eq xg]-lzz'_ d[ob/ -k txhf/ hllj t aRrfdW6]	\$*	\$^
• aRrf h6d}f] kF j if{eq xg]-afn_ d[ob/ -k txhf/ hllj t aRrfdW6]	^!	%%\$
• afn d[ob/ -Ps j if{ e6bf dflysf aRrfdW6]k txhf/df_	!\$	(
a_ kF jifēbf dlgsf afnaflnsfdf k f]f6f cj :yf*		
• pd] cg' f/sf]prf0 gkllg](Stunting)	\$(	\$!
• prf0 cg' f/sf]j hg gkllg](Wasting)	!#	!!
• pd] cg' f/sf] j hg gkllg] (Under Weight)	#(	@(

Γ_ Vector Control Programme		
• j flif\$ 2 kdf cfnf]j /f\$] k/hljL byfkg]36gf -k txhf/df_	)=@%	!=*
• knfHdf]8od knfN; lkf/dsf] cgkft -lkPkm Ü_	!!	@=@
• Clinical Malaria Incidence (CMI) Sf] 36gf -k txhf/df_	\$=(	%=&
• sfnfhf/sf]byfkg]qmd -k t !) xhf/ hf]vdoQm hg; Wofdf_	@=^	!=#

; f] MDOHS -; g\@))\*, @))(/ @!)\_ \*NDHS -; g\@)) ^, @)!!\_

### %=! gkfndf hnj fo' ; jhgzln /fux2sf]cj :yf

gkfnsf] euf]ns cj :yf, w/ftnlo :j 2k, ; fy}k|olf jf  
k/f]f clwsfz hlij sf]kngsf dfWodx2 hnj fodf cfwf/t ePsf  
sf/Of dfgj :jf:Yo hnj fo' ; jhgzln 5 eGg ; lsG5 . j ftj /Ofdf  
k6fj kfg]lj leGg t-j x2 h:t}jg, hn; f], xjff, df6f] ; a}dfgj  
:jf:Yo; E ; DalGwt 5g\ ul/aln]klg lj leGg /fux2sf]Jofkstf  
tyf ; jhgzln tf a9f0lbG5 . lj kGg ju(2; E :jf:Yo ; ]fdf kxF  
sd, hgr]gfsf] sdL ; fy}hnj fo' kl/j t6lj?4 n8g ; Sg]jf  
cgshg xg] lfdtf klg sd xg] ePsf]n]ul/ax2 a9L k6fj t  
xG5g\ . emf8fkvfnf, cfpF xfQLkf0n] 8E' cflb /fux2 hnj fo'  
; jhgzln xG5g\ dfWodx2 w}eP klg :jf:Yodf c; / kl//x\$]f]  
xG5 . hnj fo' pTkGg k]s[ts k\$fk; E klg tl /fux2 ; DalGwt  
xG5g\ tflnsf g-\$ n]hnj fo' pTkGg k\$fkaf6 xg]b36gfsf af/df  
tYofÍ k|tt u/\$]5 .

tflnsf g=\$ gkfndf hnj fo' pTKGg k\$flk tyf d[o'

36gfxζ	!((*	!(((	@))	@)!	@)@	@)&	@)**	@))
dxdf/L	*\$)	!@)&	!\$!	!%\$	!%!	@))	!)	\$^@
lxdklx/f]	)	%	)	)	)	)		
cfunful	%\$	#(	#*	@^	!!	!@		
af9L÷ klx/f]	@&#	!(#	!&#	!(^	\$\$!	@!^	!#\$	!#%
j hkf ft	!&	!^	@#	#^	#	\$^	@&	\$\$
xfj fx/L tyf cl; gf	^	^	#	@	#			
hddf	!!()	!\$^^	#&*	\$!\$	^)(	\$&\$	!&!	^\$!

; f] MDWIDP (2010) / EDCD (2003)

k|t't tflnsf cg; f/ ; g\!((( df hnj fo' pTKGg k\$flkaf6  
d[o' xg]; Wof ; a)ebf a9L lyof] t/ ; f]kl5sf]cj :yf ldl>t 5 .  
; dudf tl k\$flkxζaf6 d[o' xg]hddf ; Wof ; g@)) otf cfP/  
a9\$]f]g}b]v65 . tyflk ; g@)) \* df ckj fb 5 . hn pTKGg k\$flk  
/f\$yfd dxzfvfsf] ; g\@)! sf]kl|tj dgcg; f/ ; g\!(\*# b]v  
@)) ( ; Dddf hn pTKGg k\$flk tyf c6o k\$flkaf6 !,)#\$,^\$%  
kl/j f/ k\$flj t eP eg]hn pTKGg k\$flk, dxdf/L, tyf c6o k\$flkaf6  
@@, @!% dflg; sf]d[o' ePsf]lyof].

To:t}lj ifd df]fdlo 36gfxζn] ubf{ d[o' xg\$]f] ; Wof klg  
al9/x\$]f]tYof]n]b]vfp5 . ; g@))\$ b]v @)) \* ; Ddsf]tYof]nf0{  
lgofNbf lr; f\$af6 xg]d[o' e6bf udl\$af6 d[o' xg]; Wof k|o\$ j ifdf  
a9L 5 . lr; f\$af6 xg]d[o' nuftf/ a9\$]f]5 eg]udl\$af6 xg]d[odf  
eg]Psζktf 5g -tflnsf g#\_ .

tflnsf g=% lj ifd tfkqndsf sf/Of xg]d[0'

:6f\$	@))\$	@))%	@))&	@))*
udl{	@)	*)	^)	&%
lr; f]	(	!)	!*	#)

; f] MPradhan, 2011

%=@ hn tyf vfBfGghGo /f]ux;

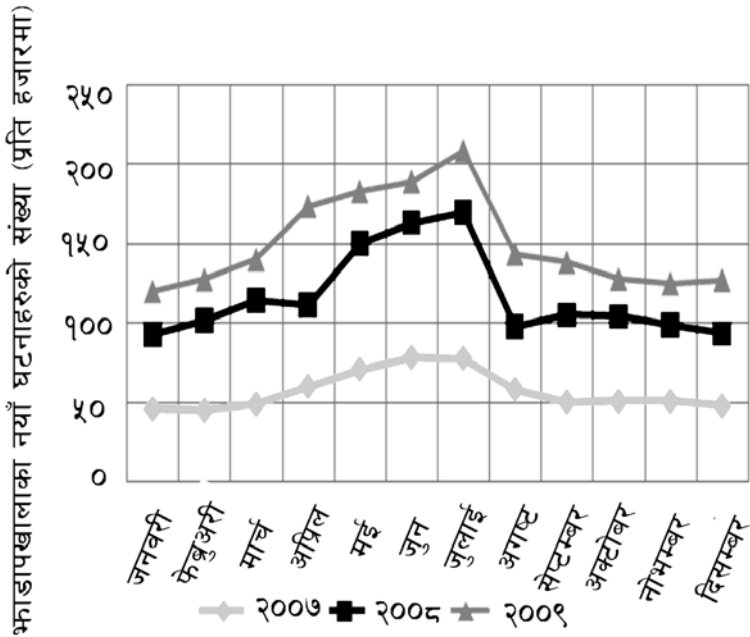
dfgj hlj gsf nflu kfgl / vfgf cTofj Zos ; fy}cfwf/et  
t-j x; xg\loglx; sf]pkf] b]gs ; kdf xg]ePsf]uOf: t/, dfqf,  
pknAwtn]dfgj :jf:Yodf 7hf]eldsf v]h]sf]x65 . olb ; /; kmf0df  
Wofg glbOPdf kfgl tyf vfgf bj }/f] ; qm]ds hlj fOfx; sf]af; :yfg  
aGg ; S5g\ xfdlnf0{zIQm k]bfg ug]vfgf xfd}; jf:Yo laufig]sf/s  
aG65 . cf0lkl; l; n]klg tfkqnd j [4; E}emf8fkvfnf, cfpF x]hf,  
\ofl:6\$ /f], tyf x]kf6f0l6; h:tf kfglsf] uOf:t/; E hf]8Psf  
/f]ux; sf]dfqf a9g]r]f]j gl lb0; s]sf]5 . g]kfns}; GbeOf xg]xf]  
eg]klg kfF j if]lgsf Ps xhf/ afnaflnsf x; dWb]emf8fkvfnf  
b]vPsf 36gf qmdzMal9/x]sf 5g\h:t}; g\ ((% df kltxhf/ !#!  
afnaflnsfdf b]yfk/]sf]emf8fkvfnf ; g\@))% df @)\$ df klOf/  
; g\@)) ( df \$\*\* 36gxf; b]vP t/ d[ob/ eg]p]ln]vglo ; kdf  
36]sf]5 ; g\ ((% df @-%^ kltxhf/df /x]sf]d[ob/ ; g\@))^ df  
)=!& / ; g\@)) ( df )=)\* kltxhf/df ku]sf]5 .<sup>13</sup>

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13 Pradhan, B. 2011



## भाडापखालाका नयाँ घटनाहरूको संख्या (प्रति हजारमा)



; Pradhan, 2011

g\& b/v ; g\& ) ( ; Dddf erf8fkvfnfsf gofF36gfx; sf]; Wof bfi/a/e6bf klg a9ln]j [4 ePsf]kf065 ; fy; fy]j [4 xg]qmd klg hf/l 5 . x/\$ j if[hg tyf hhf0 b0{dlxgdf erf8fkvfnfsf 36gfx; ; a66bf a9L /\$8{ePsf 5g\ o; dllo]; g\& ) ( df ; a66bf pRr 5 .

### %# Vector Borne Diseases

cfjhfj /f] snfhf/, hfkflgh 0G; kmf016; , xQLkf0n] tyf 8f'h:tf afxs ptkGg /fux; xfnsf]tftf]tfkqmd; E]cem k]nP/ u0/x\$]hfgsf/L tYoflaf6 kft ug{; ls65 . t/f0\$fhNnfx;df tfkqmd j [4; E]ol /fux;sf]; qmdOf tlj |eP/ hfg]; Defj gf klg a9] uPsf]5 . klxnf /fux afxs h:t}nfdv\$]gePsf]:yfgdf xfn b}fk/\$] 5 h; n]tfkqmd j [4 ; fy}/fux;sf]klg j [4tkk; \$] ub5 .

tflnsf g=^ hnj fo' ; DaGwt /fux; tyf hf]vdoQm hg; Wof

/fux;	hf]vddf /x\$ lhNnf;	hf]vdoQm hg; Wof* -Ü
cf]h]j /f]	^%	(!=^
xfQlkf0n]	^)	*&=)
hfklgh OG; kmf0l6;	@\$	%#=(
sfnfhf/	!@	@(=&
kfgl tyf vfBfGghGo /fux;	; a}lhNnf;	!))
g; g]/fux;	; a}lhNnf;	!))
8#**	sl/a ^	
* hf]vdoQm hg; Wof s[bllo tyof l efusf]; g\@))@ sf cfB8fdf cfwf/t,		
** 8#'/f]sf]af/df a9L cWbog h?/L 5 .		

; f] MDoHS 2010, j flif\$ :j:f:Yo kl]tj dg

; aebf a9L lhNnf / hg; Wof kfej t ug]/f] kfgl tyf  
vfBfGghGo /f] / g; g]/fux; xg\h; af6 gkfnsf ; a}lhNnf;  
/ ; DkOf{gkfnLx; kfej t xG5g\tflnsf g=^\_ . To:t}cf]h]j /f] ]  
^% lhNnf / sl/a (!=^ kl]tzt hg; Wofnf0{hf]vddf kf/\$f]5 .  
To:t}t} f]:yfg xfQlkf0n]/f]n]cf]u6b5 . ol dflysf /fux; dWb]  
sfnfhf/, hfklgh OG; kmf0l6; , tyf xfQlkf0n]gkfnf dfq xg]  
/fux; xg\ . t/ 8#' ; g\@))^ af6 b]fk/\$f] eP klj lj :tf/  
xg] qmd t/f0\$ f lhNnf;df tlj |aGb}u0/x\$] 5 . ; g\@))^  
df sl6of; DaGwl ul/Psf] cWbogn]ef/t; E ; ldf hf]8Psf dVo  
zx/x; lj /f6gu/, lj /u-h, e/tk/, gkfnu-h tyf tln; k/df o;  
/f]sf]hlj fof' /x\$]tYo ; fj h]lgs u/\$f]lyof].

tflnsf g=& cfnfj /f\$; qndOf tyf o; sf k/hljLsf]kj [Q

j if{	cfnfj /f\$; ; qndOf	KnfHdf]8od ef0e\$;	Knf= knfIN; kf/d	Knf= knfIN; kf/d -Ü_
@)))	&*(!	&!\$%	*#^	!)-\$
@))!	^^\$%	^!#!	\$@\$	^=#*
@))@	!@&*^	!)^@	@!&%	!&=)!
@))#	(\$@\$	*@))	!@@\$	!@=(
@))\$	\$^#&	#*&(	&\$%	&=(
@))%	&)^*	%^(!	!#&&	!(-=\$*
@))^	%#\$	#*\$!	!\$!%	@^=\$%
@))&	\$@@)	@*#)	!#()	#@=(

; f] MEDCD, 2003-2008

k|tt tflnsfcg; f/ cfnfj /f\$; qndOf ; g\@)) df  
; a9Gbf a9L b]v65 h; df KnfHdf]8od ef0e\$; dVo sf/s lyof].  
; dudf ; f]; dokl5 cfnfj /f\$] 36gix 36b}uPsf]kf065 t/  
; g\@))% df klxnf]j if9Gbf sxl a9\$]lyof]. To:t}KnfHdf]8od  
knfIN; kf/dsf]; qndOf klg lj ut j ifx 9Gbf al9/x\$]5 . who sf  
cg; f/ knfIN; kf/dsf]j [4 tfkqmd j [4; E}xg]ub5 t; y{hnj fo'  
kl/j t9; E}of]qmd a9] hfg]; Defj gf a9L 5 .

%-\$ udl9f6 xg]tgfj (Heat Stress)

hnj fo'kl/j t9sf sf/of udl{7fpFcem udl{/ hf8f]7fpE}f klg  
tfkqmd qmdzMa9b}hfg]ePsfn]df]lg; x2n]cf^gf]hlj sf]kfh9sf  
nflu udl{ E hw] sfo{ul//xg' kg]x65 . a9bf]udl{ E cgsHg  
ug{; Sg]lfdtf tyf cfly\$ 9kdf ; an ePsf dflg; x2df udl9f6  
xg]c; / sd k5{t lj k6g ju x2 o; af6 a9L k9f]j t x65g\ sxl  
udl{ E hf]8Psf tgfj x2sf]rrf{tn tflnsfdf ul/Psf]5 .

tflnsf g= \* udl{f6 xg]tgfj sf]k\$ f/, nlf0fx¿ tyf /f\$yfd

udl{f6 xg] tgfj sf]k\$ f/	nlf0fx¿	/f\$yfd
udl{f6 xg] ysfg	kl; gf lg:sg; sdhf] xg' tyf yfSg; j f6tf cfpnf h:tf]xg; z/L/sf] ; fdf6o tfkqmd s]k dfqfdf a9g; kx]hf]xg; cgfj Zos ¿kdf 5fnf cf]; nf]xg'	lztndf cf/fd ug] On\$6k]hf06 em]h lkpg] Soflkmg0Qm vfg\$ /f agb]h ug] j f6tf eP tyf d5f{k/]lrlsT; s sxfF n]hfg]
udl{f6 xg] :6k\$	dfgl; s bf]v/ k]f xg; c]o6t pT; flxt xg; d5f{kg{tyf lbdudf c; / kg]u/l crfgs kl8f xg; z/L/sf]tfkqmd !)^ l8u] km/]xf06 e6bf a9L xg; 5fnf ; Vvf xg' lj z]ftM /ftf]cyj f lgnf] xg'	PDah]; af]hfg] la/fdlnf0{lztndf /fVg] lr; f]kfgln]la/fdlnf0{ lehfg] lr; f]a9fpgsf nflu la/fdlnf0{k]vfn] x]Ds/xg]
udl{h]kl8f xg'	cfsl:ds ¿kdf Dff;+k]Z v]Drg; -sfd ubf]ub]j f ul/; s]k]5 xg; S5_	On\$6k]hf06 em]h lkpg] olb o:tf]v]Drf0 8/nflubf] 5 / lkpg]em]h]n]klg cf/fd gePdf lrlsT; slo pkrf/ ug]k]n]flg]
d5f{kg{	Psl5gsf nflu r]gf z6o xg; z/L/df kl; gf cfpg'	lztndf nu] /fVg] olb oyfl:y]tdf gc]Pdf lrlsT; slo pkrf/ v]h]g]
udl{f6 cfpg]/ftf] k]f\$ f	; fg] uhfal tyf /ftf k]f\$ f, lrn]fpg; c; xh tyf c]k7of/f]dx; ; xg'	5fnf ; k]f tyf ; Vvf /fVg] ; t]sf]v]shf]sk8f nufpg] lr; f]kfgln] g]xfpg] nf] gsf]k]p]u ug]

; f] MPradhan, 2011

%^ hnj fo' pTkGg k\$flkx (Climate-Induced Disasters)

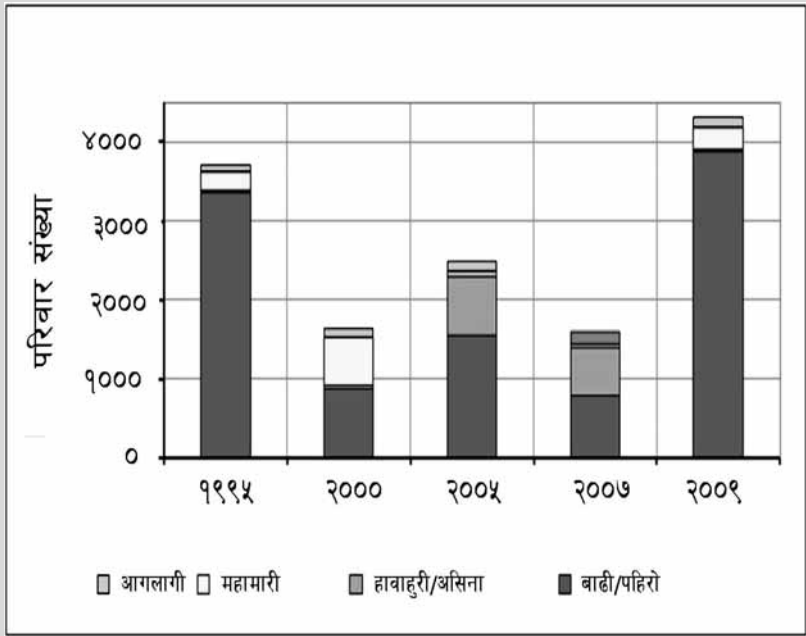
gkfn efufllns tyf e"w/ftnl0 agf0sf sf/0f ljleGg kfs[ts k\$flkx;sf nflu pkoQm :yfg ag\$] 5 . e0Ffnf] af9L, klx/f] v87L, lfols/0f, cfunful tl kfs[ts k\$flkx; hg gkfn df ;fg] 7hf] kl/df0sf 3l6/xG5g\ . oldllo] e0Ffnf] afx\$ ; a)k\$flkx;df hnj fosf]k0fj kl//x\$]xG5 . o; y{gkfn hnj fo' pTkGg k\$flkx;af6 xg]vt/fsf]hf]vdoQm :yfg xf]. gkfn df j if0L ; fg-7hf k\$flkx;n]u/7 w7h]cf^gf]Hofg, hf0h]yf g}udfp5g\ kxf8l e"efudf klx/f]tyf t/f0{lf0sf nflu af9L dVo ; d:ofx; xg\ . h:t} cTolws j iff{ e0{klx/f] cfP/ kxf8l /fhdfu{ 5\$L ; j f/L; fwg af6fdf g}/f]sPsf ; dfrf/x; j iff{Ctsf gofFxf0gg\ To:t}; g@)) \* df sfzlsf]afw k067 cfPsf]af9L w7}sd gkfnln] eh\$ xfhfg\h; sf] c; / gkfnegbf klG ef/tsf] lj xf/ /fhodf ePsf]lyof]. To:t}j ghEndf cfunful xg]qmd gkfn df klG a9\$] 5 . h; n]j gnf0{j f; :yfg agfpg]hEnl hg fj /x;sf]d[o' bh0 hlj tyf j g:klt eP nfk xg]; Defj gf a9fpgsf ; fy}j /k/ a:g] dflg; x;sf]:j f:Yodf ; d} gsf/fl ds c; / kg{hfG5 . hg sf/0fn] cfunful xg a9fj f ldn\$]xf]pxl sf/s -hnj fo' kl/j t0\_ nf0{ ; xofu k0ofpg]sfag8f0cS; f08 h:tf]xl/tuX llof; pT; hg xG5 cfunfulaf6 . v87Ln]s[if pTkfbstj df c; / u/L cG0 cGt/lglxt latlo h:t}vfBfGg c; /lff, skf]f0f ; d:ofx; lgDtofpg]5 .

ljleGg cEof; x;sf]dNof\$g tyf pknAw s[t ; dlffaf6 gkfn]lj lj w lsl; dsf hn tyf df} d ; DalGwt k\$flkx;sf]rk0f ef]u/x\$]5 egl 1ft xG5 . hnj fo' ; DalGwt k\$flkx;n]lj ut !) j if(df \$,)) eGbf a9L dflg; sf]d[o' xg\$sf ; fy}%=# \$ ljInog cd]l/sl 8n/ a/fa/sf]cfly\$ lft ePsf]lyof].<sup>14</sup> af9L, klx/f]tyf

14 Ministry of Home Affairs, Disaster Preparedness Network, Documentation Centre, 2010.

v8]L h:tf hnj fo' pTkGg k\$flkx;af6 k[o\$ j if(!) nfveGb  
a9L dflg; x; hf]vddf kl//x\$ 5g\ . a9bf] tfkqmsf sf/Of  
lxdgblx;df kg] c; /; E af9Lsf] kj [Qsf] cGof]ofl>t ; DaGw  
/xG5 . t; y{lj Zj Jofkl pi0fls/0fn]lxdlnng b† u/f0{xdtfn kb6]  
cfpg]af9Lsf]hf]vd a9f0/x\$]5 . lxdgblx;sf]klunf0df tlj †f  
cf0{lg6 ; dodf g}@) j 6f lxdtnx; kb6]vt/fdf 5gV tl  
dWb)^ j 6fnf0{; jhgZlnsf]; †Ldf /flvPsf]5 .

**lRq g=4 hnj fohGo 36gfx;n]kflj t kl/j f/ ; Wof**



k{tt lRqn]af9L tyf klx/fihf0{g}hnj fohGo 36gfx;n]xb]  
klxn]k]s[ts k\$flksf] ;kdf lrlqt u/\$]5 . loglx;n] ; a\$Gb  
a9L hg; Wofnf0{kflj t kf/\$ 5g\ . g!((% b]v @))( nf0{  
lgofNbf klG af9L÷klx/fih]g]kyd :yfg cf]v6\$]5 . To; kl5 cfunful  
/ xj fx/L÷cl; gf h:tf k\$flkx; kb5g\ . cfunfuln] ; a}j ifx;df  
kflj kf/]klg o; sf]c; / GoG b]vG5 .

^=) cuf18sf]af6f](Way Forward)

/fʌ nfuʃ pkrf/ ugʌʌbf nʃlg g}glbg'al4dfgl x65 . tyflk  
 hnj fo'kl/j tʌ tkf0{xfdlcr cl:tʃ df cf0{o; n}lj le6g dfgj lo  
 klfxʌdf c; / ul/; sʃf]cj :ydf xfdn]o; sf]c; /nf0{sd ug{  
 cgshgsf pkfoxʌ ckgfpg' kb5 . k}t't tʃnsdf sʃl dVo  
 /fʌxʌ / o; sf cgshgsf pkfoxʌ txut lx; fadf /flvPsf]5 .  
 o; n]/fʌsf]tʃ tʃnf0{sd ug{7hf]el dsf vʃlg5 .

tʃnsf g=( /fʌ tyf cgshgsf txut pkfoxʌ

/fʌxʌ	cgshg		
	JolQmut txdf	;fdbflos txdf	glltut txdf
udlʌf6 xg] tgfj	udlʌf6 xg] tgfj sf af/df hgr]gf, kʃ { ; fj wfgl	hgr]gf hufpg] xl/ofnl j ftfj /of agfpg]	sfd ug{ j ftfj /ofsf] dfkb08, kʃfut ; ʃlf, kʃfj sf/L ; j ]f0f ; ʌ6q
8ʃ'	eʌofn, 9fʃsdf hfnl xʃNg] 6fʃg]; do af/]hgr]gf, j ftfj /oflo ; /; knf0{ ladf/L JolQmf0{ c:ktn n]hfg]	; /; knf0{sfoqmd, hgr]gf, /fʌ kʃnfp]afxs a:g] :yfgxʌ h:t}kfgl hdg]7fpF; knf ug] nfef{x6fpg j ftfj /of dʌl klj lw ckgfpg]	afxs pʃk6g /fʌ lgo6qof ug{ Pslst of]hgf Nofpg] gllt, Pʃ, lgod nfu" ug] kʃfj sf/L ; j ]f0f ; ʌ6q
enf8fkvfnf	kfglsf] Joj :yfk, ; /; knf0{ :tgkfg, enf]hnf] kbfy{vfg] :j f:Yorfʃl hfg]	kfglsf] >f] ; Af0f, kfglsf]lj t/ofdf ; wf/, vNnf :yfgdf lbzf tyf knf]xʃ] knfNg glbg] hgr]gf hufpg]	hgr]gf a9fpg] sfoqmdsf] sfof]og, kfglsf]u0f:t/ sfod ug{ ; j ]f0f, WASH sfoqmd sfof]og ug{





<p>@=</p>	<p>hnj fo' kl/j tǵ lfǵsf nflu</p>	<ul style="list-style-type: none"> <li>• xl/tuǵ llof; xǵ pT; hǵ xǵ]sfoǵǵ JolQmut txaǵ 36fpg] cyǵt sfaǵkf0nf 36fpg]h:t}; fj hǵgs ; j f/L; fwǵsf]kǵfǵ, bfp/f kǵfǵ sd ug{ j foǵ]of; tyf ; wǵl/Psf] rǵxf]kǵfǵ ugǵ</li> <li>• hnj fo' pTkǵg kǵs[ts kǵfǵxǵǵaf6 lflǵ sd ugǵkǵ sfo{ugǵh:t} hfǵ]vdoQm :yǵgdf a; fǵf; gugǵ j g lagǵz gugǵ</li> </ul>	<ul style="list-style-type: none"> <li>• xl/tuǵ llof; ǵolǵs/0fǵsf pkfoǵǵ af/]hǵrǵ]ǵf hufǵpg] h:t}j [ff/fǵkǵof cleoǵg rnǵfpg.] j foǵ]of; h8ǵg ug{kǵfǵ]; fǵg ugǵ</li> <li>• ; fdlxs kǵf; df hnj foǵǵo kǵs[ts kǵfǵkǵsf]tlj tǵ sd ugǵ[h:t}kǵfǵkǵsf] rǵ]jǵgl lǵg]kǵffnl h8ǵg ug{kxn ugǵ ; fdbflos jǵgsf] cj wǵf/0ffdf sfd ugǵ af9laf6 c; / ǵoǵ ug{ afw afǵǵ kxn ugǵ</li> </ul>
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गोबर ग्यास वा सुधारिएको चुलो प्रयोग गरौं  
श्वासप्रश्वास रोगबाट बच्ने उपाय गरौं ।

घरबारीमा हरियाली बढाऔं  
स्वच्छ, शितल र स्वस्थ वातावरण कायम राखौं ।  
जलवायु परिवर्तनको बढ्दो तापबाट बचौं ।