

@^!.)^.^)! ; !6]a/ !&, @))\$



; fdu	zAb
<p>Gof/7g ! kl/De</p>	<p>gd:sf/ /]Bof]klqsf Pss]5gaf6 zftf a:g]sf]</p> <p>cfhsf]Pss]5g kj fto kl/rodf s]bt 5 .</p> <p>xfd]v]zsf]clwsfz efu kxf8l / lxdfnl lfgn]9fs\$]5 . kxf8l / lxdfnl hghljg xdf] /fli60 hghljg g}alg; s\$]5 . kxf8 lxdfn tyf kxf8l / lxdfnl hgtfjlr g^a / df; sf] ; Da6w 5 . ol bj)Ps csf\$ kofo{xbf xb}klg cf-cfkn}vfnsf cgelt ; kmtf / ; d:ofleq /d\$ 5g\</p> <p>/]Bof]; u/dfyf / c6t/fli60 ; yf Mountain Forum sf]; 0m kof; df xfdl log}lxdn kxf8 / logs}sfvdf a:g]tkf0{xfd}syf Joyf / hljgsf lj lw kf6f ; d6] x/\$ zqmaf/sfoqnd Pss]5gdf k f/0f u5f]</p> <p>Mountain Forum ; g\!((% df :yfkf ePsf] kj fto ljifo a:tdf rf; f]/Vgk?sf] c6t/fli60 ; hfn xf]Mountain Forum n]; #f/ el/sf kj fto lfgdf ; dfgkflts / bluf] kj fto lj sf; sf nflu cfk; l ; xofu ; #rg cfbfg k6fg / j sfnts]sfd ub}cfPsf] .</p> <p>/]Bof]; u/dfyf / Mountain Forum alrsf]of]; xsfoh]kj fto lfgsf :yflgo j fl; Gbf / Mountain Forum sf] lflqo, /fli60 / c6t/fli60 ; -hfnalr bxf]f]; Dks{:yfkf ug\$] nflu Pp6f dflwdsf]?kdf ; 3fpg]5 e6g]p27o xfdln]/fv\$ 5f]</p> <p>Pss]5gsf]cfhsf]csdf</p> <ul style="list-style-type: none"> • kj fto kl/ro ; dl6Psf]feature • Ifkf0#f0{kxf8l tyf lxdfnl lfg]sf]j fl; Gbf xf]eg] s]n]lrgfp5 e6g]k7gdf tkf0\$}cfj fh /

	<ul style="list-style-type: none"> • Kxf8L hghlj g / rbg]Lsf af/df Pl\$st Lj sf; s[b -ICIMOD_ sf k]s[ts ; f] Joj :yfkq sfoqmd kplv 8fS6/ PsnJo zdf\$]lj Zn]fOf
Gof/}g @	<p>; fdfotof clnf]r\$fgn]ag\$]kxf8L w/ftn kj f]lo lfd] xf]. kj f]lo lfd] wfd\$, ; f:s[ts hlj s / k]s[ts lj lj wtn]el/kOf{5 . kj f] kj f]lo >vnf lj Zj sf ; a}dxfbzdf kf0G5g\ lj Zj sf cfwf hg; Wofn]vfg]kfgLsf] >f] kj f]lo lfd] g}xf]. To]afx\$ vlgh ag kbfj / hl8a6l h:tf >f] klg kj f]lo lfd] kf0G5g\</p> <p>lj Zj s}kof]/oflo rqm ldnf0/vg klg kj f]lo lfd] dxTj kOf{5 cfh xdf] ; fvl Cifl cfrfoh] oltsf w]}dxTj af\$sf]kj f]lo lfd]sf]kl/ro lbg]lkmr/ agfpg'ePsf]5 .</p>
Feature	<p>Gof/] g !</p> <p>lr; f] lxdfnnf0{df of ug] lxdfnaf; L / lxp]j lrsf] ; f0gf] g^a / df; ' h:t}5 . clg of] ; f0gf\$] /^a /ut e6bf klg uf9f 5 . g]kfnf0{lr]g]pg lxdfnsf]s/f ug]5{. clg lxdfnsf] s/f ubf{Toxfsf afl; Gbfsf] cgxf/sf] cgd]g tkf0{ xfdl em]f\$} nuf0x]n5f}. lj leGg hghftlx?sf]j ; f]f; /x\$]lxdfnl lfd]j f; Lsf j f6hf]l xp h:t}; f]cgxf/, y]rf]gfs, ; fgf cffvf, t/ ol cffvf leq klg lj zfn sf]xntf lxdfnsf]prf0{h:t}.</p> <p>Gof/] g @</p> <p>lxdfnl lfd] wfdL\$, ; f:s[ts, ef]f]h s / hlj s lx; fan] cgf]f] ; l>0fePsf] 7f] t]klg lxdfnl lfd] lrcg]cfwf/ eg\$]prf0{g}xf]eGx65 e]f]h lj ifosf k]l]ofks 8fS6/ d]nl; l4 dfg6w/ .</p> <p>8fS6/ d]nl; l4 dfg6w/</p> <p>kxf8nf0{lr]g]eg\$]w/ftnn]xf]. hxf]pRr efu x65 To; nf0{kxf8 elg65 . pxf]f]fotdf a]lj r, To; sf]prf0 kfF xhf/ k]l]b] . \$% ; o lkm6e6bf sd 5 . xdf]pk]osf g}\$ \$; o lkm6sf]prf0df 5 . g]k]ndf a:g]df]g; clnf]7fp]f]f0{kxf8 / clns xf]f]efunf0{y]dsf] e65g\ To:t}y]dsf]f]f0{s]tko 7fp]f] dl; n]eg]kxf8 e65g\ To; sf/of prf0 ePsf] 7fp]f]f0{kxf8 elg65 .</p> <p>Gof/] g #</p> <p>clnf clnf kj f] ePsfn]lxdfnl / kxf8L hlj g sl7g 5 . uf]Fa:tlx? 6f9f 6f9f x65g\ psfnl cf]fnl ub]Ps uf]f]f6 csf]uf]f]f klg klg 306f]n]f]5 . x]f]{Tolt k/ gb]vP klg Ps uf]f]f0{csf]uf]f]f6 6f9f kfg]sfd b]p/fnl / e-Hof^an]u/\$f x65g\ . To; h] kxf8L e]sf uf]F/ a:tl g]lkr5]efiff, wd{ ; s[t / k/Dk/f km/s-km/s x65g\ . t/, klg afRg]</p>

z]hl / cfwf/ eg]lg]Zrt prf0sf] kxf8L e"efudf /x\$}f ; a\$}f] Ps}vfnsf] x65 . lr; f] xfj kfgl, le/fnf]hdhg, r/fsf]lr/la/\clg 5^a5^au/l allg]vfhfgfnfx? .

g]kfn nf\$ afhf ; u]fnosf cllo]f /fd k} fb s8] eg]lxdfnl lfg]sf ult; u]tdf ToxfE]f] k\$[t em]sg]atfpgx65 .

/fd k} fb s8]

lxdfnl e]usf afhf w]}]l56f]ahb0 . h:t}; h]f]6u]gf . kxf8lt/ cf0; s}k]5 ; u]lt Ps l5g rsf] Ps l5g l56f] Ps l5g l9nf] ld>t syf, Psl5g slx/f]nflU5, afbn nflU5, kfgl k5{ km] / Psl5gdf 5df^au 3fd nflU5 . w]}]cllnf]r9f0 klg 50, Ps l5g psfnf]pSllof]clg km] / cf]fnf] cf]of] t; f] 5 To; n]ubf{ ox]E]f] ; lut klg ldl>t k\$}f/sf] l56f] l9nf] plQv] l/; fPsf]h:t]plQv] vzl ePsf]h:t]f].

Gof/] g \$

xfdl lxdfno kj { z]v]ndf a:5f}: t/, ljZj sf c, efudf klg lxdfnl lfg]x? 5g\ o/f]k]sf] clnk; kj {lo z]v]nf, blif0f cd]v/sfsf] PIG8h / pQ/ cd]v/sfsf] /sl kj {lo z]v]nf To:t} clk]sfsf] tf]hflgof kj {lo z]v]nf . ..efu]fn]s lx; fan]ol lfg]x? 6f9f eP klg w]}]s/fdf ; dfgtf kf065, u] e6gx65 k]b]z]s lj sf; lj b]8fS6/ lktfDa/ zdf{.

lktfDa/ zdf{

kxf8L ; s]t c? ; s]t]te]bbf le6g klg x65 . clxn]klg tkf0f; #f/sf c? kxf8df hfg'eof] eg]h:t]f]af]h]leofs]kxf8 ; fpy cd]v/sf, 0Sj \$/ / g]kfnl kxf8df cfpgeof]eg]stf stf slQ s'f ldn\$]f]h:t]nflU5 . kxf8L jftfj/0fdf df65]ldllg]P8K6 ug]hg] tf} tl/sf xg]tl tf} tl/sf lj le6g 7fpE]f kxf8 ePklg s/lj s/lj ; dfgtf h:t]b]v]65 .

Gof/] g %

lxdfnl lfg]n]ljZj e"j g]6sf]% efudf ! efu lfg] cf]u6\$]f]5 . of]lfg]df af]hg]efiffx, dfg} klugku Ps xhf/ 5g\ ljZj hg; wofsf]bz kl]tzt a; f]af; lxdfnl lfg]df g}5 . 8fS6/ kdf llo]d; f]e6fgl gfu/ls xg]x65 . e6fgsf]s]if d6qfnodf /x} kj {lo lfg]sf]nflu sfd u/]sf] nfd]cgej pxfE] 5 . clxn]pxfPsls] c6t/f]60 kj {lo lj sf; s]b] (ICIMOD) df gllt / ; fem]f/L lj sf; lj efu kdfv xg]x65 .

8fS6/ kdf llo]d; f]

kxf8lt/ Psbd}hf8f]x65, Toxl eP/ ToxfE]f df65]h]hfB v]f5g\ . pgsf nuf nufp5g\ . kzkfngsf]sfd u5g\ cf]dbfg]sf]>f] r]lx]s]l]t 5 . Toxl eP/ ToxfDf]lg; x? u/lj x65g\ t/ klg ; a}df]lg; x? ldhf]; nf]x]F; nf]Psb] ldn]g; f/ x65g\ . aflx/sf kfxg]fx? cfPeg] ; Isf/ /fd]u5g\ cf^gf]; d]xdf Psbd ldn] sfd u5g\

	<p>Gof/] g ^</p> <p>kxf8l ; dbfo ; #f/d}u/la / lj sf; sf kj fvf/af6 klg k5fl8 5 . lzlf, :jf:Yo, ; #f/, cfly\$; fjt, hdlgsf] clwsf/, / glt lgdf f txd ; xeful xg] s/fdf c; dfgtf 5 . t/ kxf8l lf q k s[ts ; fjt df wgl 5 . kfgl, jg, vglh kbfi{/ phf{oxf f ; fjt x? xg\ kxf8sf ol ; fjt af6 krf0bf lng ; s]kxf8l lf qsf] lbuf]j sfz x65 8fS6/ lktfDa/ zdf{.</p> <p>lktfDa/ zdf{</p> <p>kxf8 ; w}c?n]OS; knf06 ug] zff0f ug]kxf8sf] hwn 5, sf6] tn nlof]kxf8sf]kfgl 5, o; af6 lj hhl ptkfbg u#of]]of]lj hhl kxf8 hf5g . knq zx/df hf65 . kxf8sf]df65h]hg ; Dkbf 5,]of]; Dkbf t sf8lsf]d]lodf a]gkg]l:ylt 5 . clxn]x]df]g]kfnf klg To; sf] kl/j t g e0/x\$]5 . kxf8 ; w}7luof] kxf8 ; w}df65]lgof f ug]7fpFdfq eof]. g]kfnaf6 uf]vfx? Eff/tdf uP, lal6x cfdl f n8] g]kfnf dfq x]og kfls: tfgsf]kxf8df hfg', ef/]tsf]kxf8df hfg', kxf8sf]cy f g eg\$]af]xaf6 k}f sdfP/ k7fpg]/]d6l; ug]. ca df65h]aemb}5g\sl kxf8df >f] 5, tl kxf8sf]>f]sf]plr t krf0bf xfdln]ug{; Sof}eg] To; af6 g}kxf8sf]lbuf]j sf; ug{; ls65 .</p> <p>Gof/] g &</p> <p>; dy/ d]fgsf] thgdf kxf8l e"efu k s[ts lx; fj n] a/bfg, t/ clj sl; t b}zx d hllasf lx; fan]b]wbfol g]5 . pkoQmaf6f]f6] lahdl / c6o ; lj wfsf]cej /x\$]kxf8l e"efu p]hgsf]lx; fj n]klg pj { 5g . t/, kxf8sf]; txd /x\$] hl8a6l / kxf8sf]ue f /x\$] vlg kbfi\$]pkof] ug{; Sg]xf]eg]kxf8 ; fRr}:j u{g}xf].</p>
Gof/]g #	kj {lo kl/ro ; dl6Psf]; fyl Cifl cfrfo\$]lkmr / ; Gof}.
Gof/]g \$	<p>g]kfn 3Dg c]pg] lj b}zl kfxgix? kj {lo ult eg] /] d lkm/l/nf0{lr65g\7d] lf qdf u6wj {? Toxl wg ahfP/ lj b}zl ko6snf0{dVv kfl//x\$] x65g\</p> <p>7d]hsf]le8ef8nf0{5f8] xfdl s}l ; do cl3 sf7df08f}af6 pQ/ kj f kg]gu/sf6 glhs\$] sflQs]e-HofEdf ku\$] lyof} tdf^a ; dbfosf]af]lnotf /x\$]sflQs]e-HofEaf; lnf0{xfdln] tkf0{kxf8 lf q}s]xf]eg] s]n]lrgfp5 eg] ; f]v\$] lyof}.</p>
People's voices	<p>c6tj ftf{! Mdfgaxfb/ tdf^a</p> <p>kfgl lr; f]5, xjf f lr; f]5 . 7ls 5g\ oxf"cln lxdfn b]5 . vfg h]klg dl7f]x65, n\$sf] 7fpdf =. d kxf8l xf]e6bf nuf af6}lr65g\ ; ?j fn nfp5g\ef6]nfp5g\0:6sf6 nfp5g\To; }lrgxf]5gVg kxf8of df65]t . tkf0h: tf]; b kf066 nufP/ lx8b}g\ c6tj ftf{@ Msf65l tdf^a</p> <p>lrlgxf]5gVg TolQs} s/]n]klg, nufpg] lx8g]tfnn]klg . n#l nufpg] Anfph nufpg] tdf^a s/f ug] km] g g}a]n}x65 lg df65\$]f]. eiff klg a]n].</p> <p>c6tj ftf{# Mw] k} fb a: tfsf]l</p>

	<p>nš ca kxf8 e6g]s'f lxp"kg]lr; f]xg]w]h:tf]ef]f]s5f8 nufP/ v]l ugk5{clg lx8f0df klg ca ; fwf/0f uf8l cfpbf klg xlrSp/ k/ a:g k%of]To; /l klg lrlg65 lg .</p> <p>c6t/jftf{\$ Mc6hg] tdf^a</p> <p>ufpšf]s]lx; ca ; fwf/0f eP/ lx85g\w, ca ; x/sf]t km] g lgsfn] lx85g\ xfdl t ca oxf"kxf8df a:g] df65], esf/f ; f]kof]j g hfgk%of]3f+ sf6g'kof]; f]/sf6g'k%of, Toxl t xf]lg .</p> <p>c6t/jftf{ % MI; tf ; Gbfz</p> <p>lrlgxf]n65 lg km]zga6} eifffn]lr65, km] gn]lr65 , vfnl of]v]tkftl u5{a:5 clg k}fsf] ; d:of x65 .</p> <p>c6t/jftf{ ^ Md7nl g]fnl</p> <p>gfda6 lr65, af]hln]lr65, v]lls; fgn]nuf ; krf xb. To]t ca ls; fgl df65]To:t}x65 . !) lbg sfd u%of]eg]@) lbg ; Dd sfd}wg x65 .</p> <p>c6t/jftf{ & lbn]df of kfv]g</p> <p>zx/sf]df65]t sfd xb. s]ug]t < laxfg p7df]lrof l; of vfof]clg eft ksfof]. eft ; ft vfof]clg clk, lx8df,xf]g t< pxfx?sf]t hflu/ x65 xfd]hflu/ xb. .</p> <p>c6t/jftf{ * M/fd clwsf/l</p> <p>r:t, km]tf; f]nf /xg; xgdf rfx"cf]gf]/llt l/j fhdf km's k5{ ca sf7df8} e6b hft cg; f/sf]x65 .</p> <p>c6t/jftf{ (Mgfgld} tdf^a</p> <p>; x/sf df65]/ kxf8sf]e6b t h:tf]nuf nufP/ klg To]/fd]u/l nufpg hf6b, clg of] kxf8sf]df65]kxf8l /lx5 eg] yxf kfp5 . a]nln]yxf kfp5, nu]klg yxf kfp5 ca h:tf]; s} xhf/ k6w ; o hfg]; f8l xf] , g/fdf]tfnn]nfp5 xf]. rš nfpg hf6b clg of] kxf8sf]df65]s:tf]kxf8l /x5 e6g]pglx; nf0{yxf x65 . af6f]sf6g hf6b, To; }yxf x65, lx6b}yxf x65 .</p> <p>c6t/jftf{ !) Mnld of lu/l</p> <p>kxf8sf]df65]/ ; x/sf]df65}f af]h0, nuf0{ Vj f0, lx8f0, rfnrngaf6 lrlg65 .</p>
Gof/zg %	<p>kxf8l / lxdfnl l]sf]hljg ofkg Totl ; lhnf]5. yk}rbf]lx? 5g\ ptf lj sf; sf ; efjgxf? klg 5g\ . Plsst kj flo lj sf; s]b ICIMOD sf k]s]ts ; f] Joj :yfkgsfoqmd kv 8f PsnJo zdf{kxf8l hljgsf rbf]lx? / ; efjgfnf0{l Zn]f0f ub]e6gx65</p>

Commentary

8f PsnJo zdf{

kxf8df vfg]t/l\$fx? cnu}5g\ ToxfFkf0g]lrhx? cnu}5g\ / dflg; x?sf]sfd u/f0 , kxf8 r9g'k#of] , ; fdfg af\$] lx8g'k#of]to; h]ubf{a9l phf{energy sf]requirement Hofbf x65 . kxf8L dflg; x?sf]hg ; #s[t 5, To]dwz Ifq]sf]e6bf w]g}km/s 5 . clg kxf8L Ifq]df x]of}eg]dflg; x?n]ef]hgsf]Joa:yf k/f ; fn el/sf]nflu xbq .

pglx?sf]cfxf/ vfg\$]fx? ; j}v]lkftlaf6 k/f geP/ hu#n; # a19 ; Da6w ePsf]b]v65 . hu#naf6 kfp]wild edible fruits eof]; fux? jgaf6 HofP/ pglx?n]cf]kfy]cfxf/ k/f u5g\ . fnsf]% b]v ^ dlxgf ; Dddfq}cfk]h]u/\$]v]lkftln]vfg kl5 / pglx?sf]hg Joj; fo 5 , To]Joj; fodf klg w]l; ldttf b]v65 . v]lkftl / jghu#n; # dfq}cfl>t x65g\ . w]k}f eP/ gfglx?nf0{/fd/l k9fpgsf nflu vr{ug{; Sbqg\ . jflx/af6 cfP/ jflx/sf]s/f l; s] sg}s/f u/f}e6g]pglx?df lfdtf x6q, Hofst x6q . t/ kxf8L Ifq]df w] /fd] s/fx? klg 5g\h:t}6l/i6x? uPsf]7fpdf cfly\$ lj sf; ePsf] b]v65 . dw] sf]knfg kxf8df htf /fd] # sfd ug{; Sbq . / pglx?sf]hg lj sf; sf]nflu ; f]f]5 To]k\$]sf] lj sf; x6q . pglx? lk5l8Psf] k9f0\$] Ifq]df, v]lkftl]sf] Ifq]df af6] agfpg] Ifq]df 3/ agfpgdf . hg rflx-gzgn knflg^a 5, To]dfp06q k|k]6e (perspective) elg65 . kxf8L Ifq]sf] ; f]f0{ ePsf] knfg gag\$]h] ubf{ hg 0lnd]6]g x65, To] successful implementation x6q . To; df w]}; wf/ ePsf]b]v6q .

sf7df08f}klg kxf8L Ifq] eP/ /fhwfgl klg ox]FePsf]h]ubf{g]k]ndf lj sf; sf]; f]f0 kxf8L Ifq]nf0{g}lnP/ 5 . t/ c? ; j}lj Zj df xq]x]eg]w]bzx? hxfFrflx-kxf8L Ifq]nf0{; f]f]f 5qg . kxf8L Ifq] >f]df w]wgl 5 . t/ lj 8Dj gf s]5 eg]kxf8L Ifq]df a:g]dflg; x? k]oM ; a}ul/j 5g\ h]j s lj lwtdf x]of}eg]x]fdln]hl8j 6laf6 w]k}f sdfpg ; ls65 . x]df] dflg; x?sf]lj sf; ug\$ nflu w]pkfox? 5g\ kfglaf6 xf08k]k]h]6 u/] phf{lj qnl u/] lj sf; Hofpg ; ls65 . kxf8L Ifq]df hit klg dflg; x? 5g\pglx?n]kof]/Ofsf]; Af0f klg u/\$]f 5g\ / To; n]cfly\$; x]otf klg kfp]k5{e6g]klg lj Zj df rrf{e0/x\$]5 .

kxf8 eg\$]lgZrog}clezfk xf]g . of]t Psbd}k]s[ts zfwg ePsf]wgl 7fpFxf]. t/ To]k]s[ts ; zfwgaf6 rflx-x]fdlx?n]kmf0bf lng ; s\$]f 5qf]To]x]fdl]; d:of xf]. lx6b\$z lxdfnog l/hg e65f; o; df cf7j 6f bzx? k5g\ o:t]k]s[ts ; zfwgnf0{lj sf; ug]x] eg]x]fdl ; a}bzx? ldn] regional cooperation agfpgk5{. rf0gf / ef/t; # Hofg /fVof}eg]To; sf]dfs]sf]k]6]; on w]5 . kfgl g]g]k]naf6 au] ef/t au]fnb]z; Dd kl5 . To; af6 s; /l kmf0bf p7fpg]/ b0j 6f b]zsf]cfk; l ; Da6wn]ubf{To; sf]s; /l lj sf; ug] < ol s/fx?df Hofg lbof}eg]x]fdl]kj tlo Ifq]x?sf]dflg; x?nf0{lgZro g}>fk t xf]g, wg

	/x\$ e[ig]s/f dgdf n[fl]g\$.
Gof/zg ^	/l[Bof]; u/dfyf / d[fp]6[6]g km[d] ldn] kj {lo lj ifo j :gdf sfo[md] pTkfbg ug{z? u/\$f[0]f xfdlnf0{Mountain Forum sf w]}; b:o ; fylx?n]mail dfk[m] ; 6rfa ; Nnfxx? k7fpg' ePsf]5. tkf0E[Email xfdl cfudl c\$df ; d[0]g]5f); cfh tkf0F/ xfdl[PSS]5gsf]a; f0 olQ g}. csf[z]qmaf/ kj {lo lj ifodf ; u; u)a;] km]L 5nkm u/f]af . cfhnf0{Mountain Forum sf ; fylx?; u} Cifl cfrfo{lgd]f clwsf/L / d z[6]tf j :g] x65'gd:sf/ .