**zflGt lzIff ;Ghfn g]kfn**

**gjf} jflif{s ;fwf/0f ;ef**

**au}rfSofkm], hfjnfv]n**

**@)&&=!)=@$ zlgjf/**

**dxf;lrj >L ;/f]h nfld5fg]Ho"n] k|:t't ug'{ePsf]**

**jflif{sk|ltj]bg**

o; ;efsf ;efkltHo", jl/i7 ;Nnfxsf/ dxf]box?,pkl:ytcltlyju{, sfo{;ldltsfkbflwsf/Lx? tyf o; ;efdfpkl:yt ;Dk"0f{ eb| dlxnfPj+ ;Hhgj[Gbx?,

Gofgf] clejfbg .

cfh ;DkGgx'guO{/x]sf] o; ;:yfsf] ;fwf/0f ;efdfdxf;lrjsf] x}l;otn] ;+jf]wg ug{ kfpbfcltxif{ nfu]sf] 5 . ;:yfn] cfk\mgf] :yfkgfsfnb]lv ljleGgcf/f]x cj/f]xkf/ ub}{ cfhcfk\mgf] ul/dfdocl:tjcGt//fli6«ohutdfklglj:tf/ ug{ ;kmneO;s]sf] Joxf]/fn] ;+:yfsf] tkm{af6 d nufot ;du| zflGtlzIff ;+hfn kl/jf/nfO{ uf}/jflGjtt'NofPsf] dx;'; u/]sf] 5' .

ljutdf ePsf ljljw ;+:yfutsfo{qmdx? nufot zflGtlzIffsf] If]qdf u}/ ;/sf/L tx af6 ePsf k|of;x?df o; zflGt lzIff ;Ghfn g]kfnn] klg cgj/t ?kdf of]ubfg k'/\ofO/xsf] Joxf]/f ca gf}nf] /x]sf] 5}g .o;} ;Gbe{df ;:yfn] ljutsf ;fwf/0f ;ef dfkm{t pb\3f]if ul/Psf nIfx? h:t} ;b:o ljBfnox?df kL; Snj :yfkgf ug]{, zflGtlzIff ;DalGw tflnd Dofg'cn v];|f ug]{ tyf To;nfO{ d"t{ ?k lbg], zflGtlzIff ;DalGw cled'lvs/0f sfo{qmdx? ;+rfng ug]{, 5fqj[lQ sfo{qmd *-df]ltljgfos ljBfno, nlntk'/df (hgf jfnjflnsf, l;:g]/L pRr df=lj=df @ hgf / yk # hgf jfnjflnsfx? 5fqj[lQsfnflu 5gf}6 r/0fdf /x]sf\_* ;Grfng ug]{, k]g a'n]6Lg k|sfzg ug]{, zflGtlzIffdf pNn]vlgo of]ubfg u/]sf JolQmTjx?nfO{ ;Ddfg ug]{ nufot ljwfg ;+zf]wg ;lxt cIfosf]ifsf] :yfkgf ;d]t ;kmlne't eO{;s]sf Joxf]/f cjut u/fO/xbf o;n] yk pTk|]/0ff klg k|bfg ul//x]sf] 5 eGbf cTo"lQm gxf]nf . o;} ;Gbe{df cIfosf]ifsf] cjwf/0ffnfO{ cGtt ;kmlne't agfpg k|d'v e"ldsf lgjf{x ug'{ePsf o; ;+:yfsf ;b:o 8f=/fhs'df/ 9'ËfgfHo"nfO{ ljz]if wGojfb 1fkg ub}{ cIfosf]ifnfO{ cem} kl/kSj agfpg argj4 sfo{ ;ldltsf kbflwsf/Lx?, ;Nnfxsf/ dxf]box?, JolQmut tyf ;+:yfut ;b:ox? nufot ;DalGwt ;a} dxfg'efjx?nfO{ o;} ;ef dfkm{t cIfosf]ifnfO{ oyf{ydf k'0f{tf lbgcfk\mgf] k|ltj4tf ;+:d/0f ul/lb'x'g xflb{s cg'/f]w klg ub{5' . ;fy} cIfosf]ifsf] oyf]lrt j[l4sf] nflu sf]iffWoIfHo"n] cfjZos gLlt, /0fgLlt Pj+ sfo{qmd cfbL ;+rfng ug'{g} x'g]5 eGg] ljgd| cfu|x ;lxt ljZjf; lnPsf] 5' .

;efklt dxf]bo,jt{dfg ljZj sf]le8 !( dxfdf/Lsf] rk]6fdf k/]sf] 5 . g]kfn nufot ;Dk'0f{ ljZj pQm dxfdf/Lsf sf/0f cfly{s, ;fdflhs, ;f:s[lts /fhg}lts Joj:yf nufot dfgl;s cj:yf ;d]t vnalNn/x]sf] Joxf]/f ljlbt} 5 . :jefjt zflGt lzIffsf] jftfj/0fdf klg To;n] gsf/fTds c;/ kf/]sf] 5 . o:tf] ljifd kl/l:yltdf klg zflGtlzIff ;Ghfn g]kfnn] cfk\mgf zflGt lzIff ;Da4 ultljlwx?nfO{ b]z tyf ljb]zaf6 lg/Gt/tf lbg ;ls/x]sf] kIf ;/fxlgo /x]sf] hfgsf/L u/fpb} cfpbf] a};fvdf ;Dej eP ;Dd ljBfnox?df ljljw sfo{qmdx? ;+rfng ug]{ nufot gofF JolQmut tyf ;+:yfut ;b:otf ;d]t lj:tf/ ul/g] hfgsf/L klg u/fpg rfxG5' . To:t}, o; ;:yfn] lgs6 eljZodf :yflgo gu/kflnsfx? ;+u ;dGjo Pj+ ;xsfo{ u/L ICT k|ljlw dfkm{t 'zflGt lzIffdf Ifdtf clej[l4' kl/of]hgfnfO{ ;+rfng ug]{ ;DaGwdf u[xsfo{ eO/x]sf] hfgsf/L klg u/fpb5' .

o;} ;Gbe{df o; jif{sf s]xL ljz]if sfo{qmdx?nfO{ lgDg lnlvt tflnsfdf k|:t't ug]{ hdsf]{ u/]sf] 5' .

|  |  |  |
| --- | --- | --- |
| **ldlt** | **sfo{qmd** | **s}lkmot** |
| )^ h]i7, )&^  20th May, 2019 | Dff]ltljgfos ljBfno, 9f]nflx6L nlntk'/nfO{ z}lIfs 5fqj[lQ sfo{qmd )&^ x:tfGt/0f | (hgfjfnjflnsfx?sf] nflu |
| May 26th, 2019 (076.02.12) | k|ofukf]v/L, nlntk'/df sfof{no kl/;/ k|fKtL |  |
| Aug. 12th, 2019 (076.04.27) | UNRCPD Asia Pacific region sf nflu Dff]ltljgfos ljBfno, 9f]nflx6L nlntk'/df ;:yfJbf/f cGt//fli6«o o"jflbj; sfo{qmdcfof]hgf ug{ ;dGjostf{sf] e"ldsflgjf{x |  |
| Aug. 12th, 2019 (076.04.27) | cGt//fli6«o o"jflbj;sf] cj;/df le=P;=Pgsn]h sf7df08'df UNESCO Associated Schools Cooperation CouncilJbf/f cfof]lhtcGt/ ljBfnojSt[Tjsnfsfo{qmddf ;xeflutf | ‘The Role of Youth in Promoting Peace in Society’ |
| Aug. 24th, 2019 (076.05.07) | ljljwk|ljj]bgtyfsfo{qmdx?sf] cg'df]bg ;lxt ;:yfsf] cf7f} jflif{s ;fwf/0f ;ef ;DkGg |  |
| Aug. 28th, 2019 (076.05.11) | cIfosf]ifsf] :yfkgf | kz'klt ;]le+u P08 qm]l86 sf]ck/]l6e ln= |
| Sept. 14th, 2019 (076.05.28) | l8=P=le=:s"n, nlntk'/df ;DkGgQUEST Nepal sf]!!cf} ;fwf/0f ;efdf ;xeflutf |  |
| Sept. 15th, 2019 (076.05.29) | ;:yfJbf/f a|fO6 k\mo"r/ :s"n g}sfk sf7df08f}df lzIfsjuf{nfO{ zflGtlzIfftflndsfo{qmd ;+Grfng | ljBfnozflGtlzIffdflzIfssf] Ifdtfclej[l4 |
| Sept. 18th, 2019 (076.06.01) | ;:yfJbf/f O=kL=P;= :s'n sf7df08f}df cGt/ ljBfnolrqsnfk|ltof]lutftyflzIfscled'lvs/0f sfo{qmd ;DkGg | UN theme – ‘Climate Action for Peace’ |
| Sept. 22nd, 2019 (076.06.05) | ;:yfJbf/f O=kL=P;= :s'n sf7df08f}df lzIfs tyf ljBfyL{ju{ s]lGb|t cGt//fli6«o zflGtlbj;, @! ;]Dk]Da/, ljljwsfo{qmdx? ;lxt ;DkGg . |  |
| Sept.23rd, 2019 (076.06.11) | l;:g]/L df=lj= nlntk'/ nfO{ PENN 5fqj[lQsfo{qmdx:tfGt/0f tyfefjLsfo{qmd ;DaGwdf ;ldIff a}7s | @ hgf jfnjflnsfx? |
| Oct. 19th, 2019 (076.07.02-04) | l8=P=le=sn]h, nlntk'/df ;DkGg !%cf} NCSQC sfo{qmddf ;xeflutf |  |
| Oct. 24th, 2019 (076.07.07) | o"=Pg=lbj;sf] cj;/df United Nations Association of Nepal n] cfof]hgf u/]sf] Talk Program df ;xeflutf |  |
| Nov. 03, 2019 to Dec. 15th, 2019 (076.07.17 to 076.08.29) | MidWestern University Nepal & ICNC USA sf];xsfo{df Nepal Peace Building Initiative n] cfof]hgf u/]sf] Civil Resistance and Non-Violent Conflict Coursesfo{qmddf ;:yfsf] ;xeflutf |  |
| Dec. 19th, 2019 (076.09.03) | k'j{ dfcf]jfbLjfn n8fs' tyf Nepal Peace Building Initiative n] Indreni Foodland df ;DkGg u/]sf] cGt/lqmof ;Dd]ngdf ;:yfsf] ;xeflutf | Gofosf] nflu ;+3if{ / dfgjclwsf/ |
| Feb. 27, 2020 (076.11.15) | Kroc Institute for Peace and Justice ,University of San Diego, California, USADff ;DkGgzflGtcleoGtfx?sf] sfo{qmddf ;+:yfsf] ;xeflutf | JbGb / zflGt ;DaGwdfgofFsyfTdsjf:tljstf |
|  | Ul/a tyfc;xfoaflnsfx?sf] 5fqj[lQsfnfluSDNA ;+u a}7s |  |
| March 18th, 2020 (Chaitra 05th, 2076) | Daniel Orth, Univ. of San Diego Kroc Peace Centre ;+u gf]kfnsf] nfluPENN kl/of]hgfdf ;xof]uLe"ldsflgjf{x ug{ Digital Meeting dfkm{t k|:tfj ul/Psf] | ljBfno :tl/o zflGtlzIffk|jw{gsfnflutflnd sfo{qmd |
| April 15th, 2020 (Baisakh 03rd, 2077) | Kroc Institute, USA Jbf/f cfof]lht Zoom Webinar df ' zflGt pk/ sf]le8 dxfdf/Lsf] c;/'ljifosuf]i7Ldf ;xeflutf |  |
| May 04th, 2020 (Baisakh 22nd, 2077) | PENN sf] ;xof]udf CR experts Jbf/f g]kfndf  cfof]lht' gful/s k|lt/f]w tyf clx+;f' ;DaGwdf Zoom webinar dfkm{t sfo{qmd ;+rfng |  |
| May 19th, 2020 (Jestha 06th, 2077) | Kroc Institute, USA Jbf/f cfof]lht Zoom Webinar df ‘Innovative Collective Act' ljifosuf]i7Ldf ;xeflutf |  |
| July 19th, 2020 (Shrawan 04th, 2077) | cGt//fli6«o zflGtlbj;, @! ;]K6]Da/, PENN Bulletin Vol 4, Year 2020, ;b:o ljBfnox?df tflnd sfo{qmd cfbL ;DaGwdf zflGtlzIff ;+hfn g]kfnsf] sfo{;dltsf] Virtual Meeting | sf]le8 !(sf] pTt/fw{df zflGtlzIff ;+hfn g]kfnsf] jfl{if{s sfo{qmdsf] :j?ktof/L |
| August 08, 2020 (Shrawan 24th, 2077) | cGt//fli6«o zflGtlbj;, @! ;]K6]Da/ ;DaGwsf 3f]lift sfo{qmdcfbLsf] gjLgLs/0f tyfcBfjlws ug]{ ;DaGwdfsfo;ldlt lar Virtual Meetingdfkm{t To;sf] cg'df]bg |  |
| August 28, 2020 (Bhadra 12, 2077) | zflGt tyf pGglt ljifos Webinar df ;lrj l/h' dfgGw/sf] ;:yfsf] tkm{af6 ;xeflutf |  |
| September 21, 2020 (Ashwin 05, 2077) | cGt//fli6«o zflGtlbj;sf] cj;/df PENN Bulletin Vol.4/2020(Digital Version)sf] cgfj/0f, ; Virtual Youth Leadership Peace Summit- USA df ;dGjofTds ;xeflutf tyf zflGt lzIff lzIfs tflnd tyf cled'lvs/0f sfo{qmd- sf7df08f} cfbL |  |
| 3rd Jan. 2021 (19thPoush, 077) | sfo{ ;ldlt a}7s, gjf} ;fwf/0f ;efsf] tof/L |  |
| 6th Feb. 2021 (24thMagh, 077) | gjf} ;fwf/0f ;ef ;DkGg | gjsfo{ ;ldltsf] lgjf{rg |

**;fy} xfn ;+rfngdf /x]sf s]xLultljlwx?nfO{ klgpNN]v ubf{,**

s= zflGtsf] jsfntPj+tt\;DaGwdfk|fljlws ;xof]u pknAw u/fpg'sf] ;fy ;fy} zflGtlzIffnfO{ ljBfno :tl/of kf7\oqmddf ;dfj]z u/L ljBfnolzIfsx?nfO{ zflGtlzIff ;DaGwdftflndk|bfg ug{ tyfzflGtPj+ clx+;f d'nslzIffzf:qsf] k|j4{gfy{ o"=Pg= cGt//fli6«o zflGtlbj;sf] ahf/Ls/0f

v=PENN Bulletin Vol. V/2021 (Digital version)sf] k|sfzg

u= lk5l8Psf jflnsfx?sfnflu z}lIfs ;xof]u

3= ljBfno lx+;fsf lkl8t ljBfyL{x?nfO{ tTsfn ;xof]u

ª= ;'/lIftljBfnosf] jsfnt

cGTodf, ljutdfxfFl;n u/]sf pknlAwx?n] xfdLx?nfO{ xf};nfPj+ phf{ k|bfg ul//x]sf] Joxf]/f cjut u/fpb} ubf{ cfpbflbgx?dfklg;+:yfn] cem} s;/L ;zQmPj+ k|efjsf/L 9+un] k|:t'tx'g] eGg] tkm{ klgplQs} Wofglbg' kg]{ ;Gbe{df,lgDglnlvtefjLsfo{qmdx?nfO{ k|fyldstfdf /fVgklg ;Dk"0f{ ;efnfO{ xflb{s cg'/f]w ub{5' .

s= JolQmuttyf ;+:yfut ;b:otflj:tf/ ug]{tkm{ sfo{;ldltn] :ki6 ;}4flGtsPj+

Jofjxf/Ls gLlttyf /0fglltx?sf]lgdf{0fPj+ To;sf] k|efjsf/L cjnDag .

v = ;+:yfsf] pB]Zo ;'xfpbf ;/sf/L tyf u}/ ;/sf/L lgsfox?;+u cfj4 eO{ zflGtlzIff ;Dj4 ultljlwx? ;+rfngfy{ cfjZos u[xsfo{ ug{

u= zflGtlzIffsfo{qmdnfO{ cem ;zQmagfpg;+:yfut ;b:oljBfnox?df

zflGtlzIff ;d'x(Peace Club)u7g ug]{ tkm{ k|efjsf/L ;+oGqsf] ljsf; ug{ .

3= sfo{ ;ldltsfkbflwsf/L Pj+ ;b:ox? nufot ;fwf/0f ;b:ox?nfO{ cfjZoQmfcg';f/ tflndtyfcled'vLs/0flqmofsnfk/sfo{qmdx?df ;dfj]z u/fO{ >f]t JolQmsf] lgdf{0f ug]{ tkm{ u[xsfo{ ug{.

ª= zflGtlzIfftyfzflGtlgdf{0f ;DaGwdfcGt/ ;+:yfutcj;/x?sf] vf]lhPj+ klxrfgsf ;fy;fy} /fli6«oPj+ cGt/fli6«o ;]ldgf/ tyfuf]i7LcfbLsf]] cfof]hgf ;DaGwdf u[xsfo{ ug{

r= zflGtlzIff ;DalGw u'0ffTds pTkfbgx?sf] ahf/Ls/0f

5= cIfosf]ifsf] ;'b[9Ls/0fsf] cnfjf ;'b[9 sf]ifsf] Joj:yf ug{ cfjZosgLlttyf /0fgLltx?sf] k|efjsf/L cjnDag ug{

cGTodf, ;:yfsf] tkm{af6dnfO{ ;:yfutljsf;sf] ;DaGwdf s]xLljrf/x? k|:t't ug{ cj;/ k|bfg ug'{ ePsf]df ;efkltnufot ;Dk"0f{ ;efk|ltxflb{s s[t1tf1fkgub}{ of] ;fgf]k|ltj]bgjfrgnfO{ oxL 6'ª\Uofpgcg'dltrfxG5', , wGojfb .

**zflGtlzIff ;Ghfn g]kfnsf] ho . zflGtsf] ;bfljho ..**

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