



NFAD

Nepal-Japan Friendship Association for
Water Induced Disaster Prevention (NFAD)

December 2015



कालिगण्डकी नदी किनारमा खसेको पहिरो, मालढुंगा, पर्वत
Landslide occurred at the left bank of Kaligandaki River, Maldhunga, Parbat

जलउत्पन्न प्रकोप र
यसका न्यूनीकरण सम्बन्धि
निबन्ध प्रतियोगिता

ESSAY CONTEST ON
Water Induced Disasters
and their Mitigation



जलउत्पन्न प्रकोपसम्बन्धी प्रशिक्षणामो सहभागी श्री रुद्रेपिपल माध्यमिक विद्यालय, बाग्लुङका विद्यार्थीहरू ।
Students of Shree Rudrepipal Secondary School, Baglung participating on the programme of water induced disaster mitigation.



श्री रुद्रेपिपल माध्यमिक विद्यालय SHREE RUDREPICAL SECONDARY SCHOOL

फोन नं. : ०६८-५२२६०५
Phone No.: 068-52609

बा.न.पा. -२, रुद्रेपिपल, बागलुङ
Ba.Na.Pa. -2, Rudrepipal
स्थापित : २००९ [Estd.: 2009]

कोड नं. : ४५-०३१-००२४
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पत्र संख्या (L.No.) २०७२/०७३
चलानी नं. (D.No.): ५५

मिति (Date): २०७२/०६/१२

FOREWORD

Disaster is the event that directly and indirectly affects all the human beings, animals and plants. Disaster can be induced by nature and through the human beings. However, these are the events caused by nature that are beyond the control of human beings. It negatively deteriorates the human, physical, economical, cultural and natural aspects of environment and affects the human beings, plants and animals. The disasters induced naturally include, landslide, debris flows, soil erosion, hurricanes and storms, tidal waves etc. Likewise, the human induced disasters include infernos, explosion of blasting materials, various accidents etc. In human life nothing goes as per pre-envisaged thoughts rather there can occur sudden and abrupt events that can hamper the humankind. That's why during these difficult times it would be wise to have ample information on how to manage the effects of disaster at home, community and the entire nation. We should always remain prepared and be ready to face the challenges of such disasters. We should modify our attitudes and behavior in order to minimize the effects of the disaster. For example the wastes can be managed to prevent air pollution, stop the haphazard deforestation, construct the embankments in the rivers, balance the ozone layer and take water as a useful agent for the welfare of the living beings.

NFAD has helped the students in generating the information, capability and skills on natural and human induced disasters and the measures to remain prepared to ensure our safety through the conduction of essay competitions in the school. By organizing such programmes last year in 2014 in our school by NFAD, our students as well as we developed the skills in us on managing properly the effects of the devastating earthquakes that occurred on 25th April and 12th May in Nepal this year. Likewise, the people managed to escape to the safer place from the river banks when Kaligandaki II was dammed for two days and they cautiously escaped themselves and their family when they got their houses buried by the landslide in Maldhunga this year. Thus, these types of campaign will prove to be the best in generating awareness by conducting such programmes in various schools of hilly, himalayan and the terai region of Nepal.

By conducting the drawing competition for classes 5, 6 and 7 and essay writing competition for classes 8, 9 and 10 under school level Disaster Mitigation Awareness Programme and helping students represent the flood, landslide volcano, soil erosion and earthquake through their essay writing skills and drawings and further awarding the students coming up with the best essays and drawings by getting their creation published in book along with their photo, I heartily express my thankfulness to the executive of MDCJ, Mr. Kazuo Sukanuma for his outstanding work in publishing the book, students of Tribhuvan University Ms. Tara Gautam and Ms. Jharana Khanal and Japanese volunteer Rieko Ito for their inspirational support. I wish the opportunity be given to get involved in these sorts of programs in the days ahead.



Mamata Devi Sharma
Head Teacher

FOREWORD

Water is the most important element for all the human beings and other living creatures on earth. The essentiality and the importance of water are experienced by us in our day to day lives. However, the water has both positive and negative effects to humankind. Its positive aspects are helpful for the survival of human beings whereas its negative aspects cause various disasters. The water induced disasters like debris flows, landslides, flood, etc. cause injuries and death of many people and brings huge economic loss every year in Nepal.

Since the establishment of NFAD in Nepal, it has been supporting the remote areas of our country to reduce the effect of water induced disasters through its numerous programs. The NFAD has been conducting various awareness programs on 'Natural Disaster and Awareness' among students in different community schools in Nepal through essay writing competition on water induced disasters and their mitigation to senior students and drawing competition to the juniors. This helps to spread awareness among students and through them to the villagers about the water induced disasters and various efforts that people can make to mitigate them. Because of these activities of NFAD, community people have been aware to keep themselves safe from possible disasters and help to reduce the damage they might cause. Lastly, on behalf of me and the entire school family, I would like to appreciate and extend thanks for this great support from your organization. I wish your organization further progresses and hope to get continue support in the coming days. We wish we will be able to continue our relationship in the coming future.



Mr. Giridhari Lamsal
Shree Annapurna Lower
Secondary School
Machhapuchhre-7
Kharapani, Kaski

INTRODUCTION

The organization 'Nepal Japan Friendship Association for Water Induced Disaster Prevention' (NFAD) aims at Providing knowledge on water induced disaster to the school students by composing Essays on the topic related to water induced disaster and its mitigation.

The NFAD focuses to conduct the programs in the disaster hit areas of Nepal.

The programs were organized in September 2015 in the following schools:

- Shree Rudrepipal Secondary School, Ba.Na.Pa.-2, Rudrepipal, Baglung
- Shree Annapurna Lower Secondary School, Machhapuchhre-7, Kharapani, Kaski
- Sakura Dormitory, Kanya Campus, Nadipur, Pokhara-3, Nepal

This volume includes both the senior and junior class students of community school in western Nepal. The junior students of Shree Rudrepipal Secondary School, Baglung from class 5, 6 and 7 have expressed their understandings through drawings whereas the senior class students from 8, 9 and 10 have expressed ideas by composing essays.

Similarly, the students of 5, 6, 7 and 8 of Shree Annapurna Lower Secondary School, Kaski have presented their ideas on water induced disasters through their paintings.

The lectures on different topics related to water induced disasters to senior and junior students were given by:

- Miss Tara Gautam, Student, Central Department of Geology, Tribhuvan University
- Miss Jharana Khanal, Student, Central Department of Geology, Tribhuvan University

The credit also goes to the students of Yamagata University for providing the Play cards on water induced disasters for junior students.

Likewise, Miss Rieko Ito, member of women and Children Association of Baglung district and teacher of Japanese language in Baglung School has helped in making the program successful.

Lastly, the Chief Executive Officer of MDCJ, Mr. Kazuo Sukanuma is the man behind the scene who has provided his invaluable support in making this program a successful one. He has been helping Nepal through his social service for decades.

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A. Shree Rudrepipal Secondary School, Baglung

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रोल नं : १

स्कूल : श्री रुद्रपिपल माध्यमिक विद्यालय, बाग्लुङ



Excellent

प्रकोप एउटा प्राकृतिक घटना हो । यसले धेरै ठूलो विध्वंस र विनाश गर्दछ । प्राकृतिक तत्वहरूबाट यी प्राकृतिक घटना घट्ने गर्दछन् जसलाई हामी प्राकृतिक प्रकोप भन्दछौं । धेरै प्राकृतिक प्रकोप जस्तै पहिरो, भूक्षय, बाढी, अतिबर्षा, भूकम्प, आँधी, सुनामी आदिले पर्यावरणको जैविक तथा भौतिक पक्षहरू विगाछ । यी समस्याहरू समाधान गर्न र निराकारणहरू निकाल्न रोकथामका उपायहरू अवलम्बन गर्नुपर्दछ ।

धेरै प्राकृतिक तथा मानवीय कारणहरूले प्राकृतिक प्रकोप घटाउने गर्दछन् । यस्ता प्रकोपले देश तथा जनतालाई असर पुऱ्याउने गर्दछ । संसारका धेरै ठूला देशहरू जस्तै अमेरिका, जापान, चीन, भारत लगायत देश प्राकृतिक प्रकोपको रोकथाममा अगाडि छन् । नेपाल पनि बाढी, पहिरो र भूकम्पले अति ग्रसित छ । चीन र बंगलादेश बाढीको चपेटामा पर्छन् । इतिहासको घटनालाई हेर्दा २००१ मा भारतमा आएको भूकम्पमा २०,००० मानिस मरेका थिए । हिन्द महासागरमा २००४ मा आएको सुनामीले दुई लाख पचास हजार मानिसको ज्यान लियो । जापानमा पानीमुनि आएको भूकम्पका कारण आएको सुनामीले २०११ मा यस्तै खालको परिणाम ल्यायो । सन् १९९० मा नेपालमा आएको विनासकारी भूकम्पले बुढादेखि बुद्धसम्म हजारौंको ज्यान लियो । अर्को महत्वपूर्ण घटना नेपालमा २०७२ वैशाख १२ गते भयो । अचानक आएको ठूलो ७ दशमलव ६ म्याग्निच्युडको भूकम्पले धेरै विध्वंस मच्चायो । मानिसहरूको मृत्यु भयो, जनावरहरू मरे र माहामारी फैलायो । यसले व्यक्ति, समुदाय र देशकै सम्पत्ति विनाश गर्‍यो । यो भूकम्पबाट धेरै क्षति पुगेका जिल्ला जस्तै सिन्धुपाल्चोक, गोरखा र काठमाडौं हुन् । यहाँ भूकम्पले धेरै मानिस घरबारविहिन र शरणार्थी बन्न पुगे । धेरै ठूला भवन, पिलर र टावरहरू क्षतिग्रस्त हुन पुगे । यसले सामाजिक, भौतिक, धार्मिक, जौविक र आर्थिक विकासमा पनि असर गर्‍यो । सामाजिक, आर्थिक र भौतिक क्षेत्रहरूमा अवरोध भयो र देशमा धेरै संवेदनशील समस्याहरू आइपरे । प्रकोपले रोगका लक्षणहरू पनि निम्त्यायो । यदी ती रोगहरू बेलैमा रोकथाम नभएमा तिनीहरू पछि इन्फ्लुइन्जा बन्न सक्छन् । यसको परिणाम हामी कल्पना पनि गर्न सक्दैनौं । नेपालीमा एक उखान छ, रोग लाग्नु भन्दा रोग लाग्नु नदिनु बेश हो । यसले नेपालीलाई विपत्तिबाट कसरी बच्ने भन्ने पाठ, ज्ञान र शिक्षा सिकाउँछ । यस्तो बेलामा हामीले यसबाट बच्ने उपायहरू अपनाउनुपर्छ । माथि दिएको नेपालको उदाहरण सबै विश्वले जान्नुपर्छ । यो अन्य देशमा पनि हुने सम्भावना छ । हामी भूकम्पसंग अभ्यस्त रहेकोले अरुले पनि यो जान्नु जरुरी छ । भूकम्पको समयमा खानेकुरा, बास,

भूकम्प प्रतिरोधात्मक घर बनाउने र सुरक्षाका उपायहरू अपनाउने विषयमा जानकारी हुनु आवश्यक छ ।

वर्तमान समयमा, जनसंख्याको वृद्धिका कारण शहरीकरण बढ्दो छ । नयाँ अनुसन्धान, खोज, आणविक हतियार आदिले मानिसले प्रकृतिलाई मिचिरहेको छ । माथि भनिएका प्राकृतिक प्रकोपको रोकथाम आवश्यक छ । हामी यिनीहरूको रोकथाम गर्न सक्छौं । विभिन्न अन्तर्राष्ट्रिय समुदायहरू जस्तै संयुक्त राष्ट्र संघ, रेड क्रस, स्काउट आदि प्रकोप न्यूनीकरणको क्षेत्रमा कार्यरत छन् ।

प्रकोप न्यूनीकरणको लागि देहाय बमोजिम बुँदाहरू सहयोगी छन् ।

१. नागरिक सचेतना अभियान

विभिन्न कुना कुनाका मानिसलाई सचेतना अभियान संचालन गरेर, मिडिया मार्फत वा च्याली निकालेर र निबन्ध प्रतियोगिता गरेर सचेतना फैलाउने

२. वृक्षारोपण गरेर

मानिसलाई नांगा डाँडामा वृक्षारोपण बारेमा ज्ञान प्रदान गर्नुपर्दछ । यसले बाढी र पहिरो रोकथाममा पनि मद्दत गर्दछ ।

३. मानवीय मिचाहापनलाई व्यवस्थापन गरेर

बढ्दो जनसंख्यासँगै मानिसको इच्छा आकांक्षा पनि बढ्छ । यसकारण मानिसले बनजंगल तथा प्राकृतिक स्रोतलाई मिचेका छन् । यो कार्य बेलैमा रोक्नुपर्छ ।

४. सुरक्षित ठाउँमा बसोबास

प्रकोप कति बेला चट्छ भन्ने थाहा नहुने हुनाले सुरक्षित ठाउँमा बस्नु बेस हुन्छ । राहत सामग्रीहरूको उपलब्धता हुनु जरुरी हुन्छ । मानिसलाई प्रकोपबाट कसरी बच्ने भन्ने परामर्श र तालिम तथा ज्ञान पनि दिनुपर्छ । यसमा विद्यार्थी, शिक्षक र निजी क्षेत्र पनि लाग्नुपर्दछ ।

अन्त्यमा संसारका धेरै देशहरू यस विषयमा सजग रहेका छन् । बैज्ञानिकदेखि प्रध्यापकसम्म प्रकोप नियन्त्रणमा लाग्नुपर्छ । सबैले प्राकृतिक प्रकोपलाई विश्वव्यापी समस्याका रूपमा मानी यसको रोकथाममा लाग्नुपर्छ । नेपाल सरकारले पुनर्स्थापना केन्द्रहरू बनाएर र राहत सामग्रीको जोहो गरेर विपत्ति रोकथाम गर्न सकिन्छ ।

NATURAL DISASTER & ITS PREVENTION

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Excellent

Disaster is a natural event. It causes a great deal of damages and destruction. These natural events caused by natural factors are known as natural disasters. Several natural disasters like landslides, soil erosion flood, heavy rainfall, no rainfall, earthquake, hurricane, tsunami, and so on degrades the biological and physical aspects of environment. For maintaining these problems proper and immediate solution and remedy measure must be maintained effectively.

Several natural and man-made factors cause natural disasters. These disasters affect the nations and their people. Many large nations like USA, Japan, China and India and so on are highly alert to damages from natural disasters. Nepal is highly affected by landslides, flood and earthquake: Japan is affected with bursting of volcano and repeated occurrences of earthquake. China and Bangladesh face problems of flooding. According to the history of India, the earthquake of 2001 AD killed 20,085 people and the Indian Ocean Tsunami of 2005 AD killed more than 2,50,000 people. The Japanese tsunami caused by underwater earthquake brought similar destructions in 2011. The earthquake occurred in Nepal in 1990 also claimed thousands of lives. Another important incident that recently occurred in Nepal in 2072 Baisakh 12, a great sudden and untimely earthquake of magnitude 7.8 richter scale created huge problems like death of people, animals and spread of epidemic diseases. It damaged the property belonging to the individual, community and the entire nation. Specially the affected areas of earthquake like Sindhupalchok, Gorkha and Kathmandu are still surviving homeless and being refugees. Many big buildings, towers and pillars were destroyed and many got injured. Moreover, it has created obligations in the social physical, cultural biological and economical aspect of development. The socioeconomic and physical infrastructures are being obstructed in the country due to the earthquake. These sorts of calamities spread the chances of disease going viral. If the diseases aren't checked they may turn into influenza. The result of influenza is unimaginable. The proverb 'Prevention

is better than cure' must be applied at such situation. This proverb helps to generate awareness among the people on how to remain safe from the natural disaster. During this time people need to be aware about the prevention of the effects of natural disaster and apply safety measures to reduce their effects. These are the issues to deal with among the people to lead to the safer and progressive Nepal. The mentioned example of Nepal must be known to the entire world as it can occur in other parts of the world too. As we do not know the time when it actually occurs, the knowledge on prediction and pre signals must be given through the education system to the people. It may include the storing of food, shelter in proper places; build the earthquake resistant buildings and other safety measures to solve it. In the present situation because of the rapid population growth, unplanned urbanization, modern scientific inventions and experimental tools like atom bomb, hydrogen bomb and industrialization, human encroachment over the natural means and resources indiscriminately are the main causes for the occurrence of the natural disaster.

The above mentioned natural disaster and its causes need the proper immediate solution. They need to be prevented. We cannot tackle this disaster completely because they are occurred by nature itself. But its reduction can be done by using our efforts. Many international and national organizations like UNESCO, WWF, Red Cross Society, Jaycees, Rotary clubs, SOS, Scout, etc. are responsible to conduct the work for its prevention.

The following points can be helpful for the prevention of natural disaster:

1. Conducting public awareness: Programme to the people of every nook and corner about the causes effects and consequences, and also through media campaign, rally, essay competition etc.

2. Afforestation: People have to gain the knowledge of planting tree in barren land and sloppy area in order to control

and prevent the deforestation flood and landslide.

3. Management of human encroachment: Nowadays, due to the over population, people's demands, desire etc are being increased. As a result it creates the situation to destruct the forest and misuse of natural resources. For this management human settlement is to be maintained smoothly and properly

4. Settlement of inhabitants in safe place: As we are unknown about the time and event of occurrence of natural disaster so presettlement of life should be secured before the disaster occurs with proper care and relief materials. For making people well informed about how to save their precious life training programmes and educational services should be provided regularly to them and counseling them through different sources. Students, schools, teachers and private sectors can also contribute at this work.

To sum up many nations of the world have to be concerned with this issue. Well trained scientist and professor have to

be mostly concentrated about the cause and consequences of the natural disaster. Everyone has to think that the natural disaster is the global problem. It must be prevented or reduced by searching and seeking its cause and effects. Moreover, in the context of small country Nepal, it should be taken with more concern. Government of Nepal need to establish the rehabilitation centers, relief materials, and rebuild and reformation of the destructive heritages like Dharahara, Bhaktapur durbar square and so on. As these are the assets of nation and source of income, the public participation, awareness and political parties of our country should concern it as a national problem. The national issues have to be solved through joint efforts. As a whole, natural disaster can cause epidemic diseases at certain place of our country and it is mostly required to prevent for the development and flourishment of the country in success step of destinations. Thus, natural disaster management and its prevention is most for a country.

विपत्ति रोकथाम

नाम : सलिना थापा

कक्षा : १० क

रोल नं. ३

श्री हृद्रेपिपल माध्यामिक विद्यालय, बाग्लुङ



Excellent

परिचय:

विभिन्न कारणले गर्दा मानिसको दैनिक क्रियाकलापमा पर्ने नकारात्मक असरलाई विपत्ति भनिन्छ । विपत्ति अचानक आउने एउटा प्राकृतिक प्रकोप हो । विपत्तिले मानिसको जीवनमा नराम्रो असर पर्छ । विपत्तिअन्तर्गत बाढी, पहिरो, हुरी वतास, भूक्षय, भूकम्प, ज्वालामुखी विस्फोटन, अतिवर्षा, हिमनदी विस्फोटन, ग्रेग्रानवहाव, सामुद्रिक आँधी पर्दछन् । विपत्तिले गर्दा मानवीय क्षति, आर्थिक क्षति, सांस्कृतिक क्षति, भौतिक क्षति पुऱ्याउँछ । विपत्तिले गर्दा प्रकृतिमा नराम्रो असर परेको छ । विपत्ति दुई प्रकारका छन्:

- १) मानवीय विपत्ति: मानिसको दैनिक क्रियाकलापले गर्दा प्रकृतिमा पर्ने असरलाई मानवीय क्षति भनिन्छ । मानवीय क्षति विभिन्न कारणले हुन्छन् :
 - वनविनास
 - जथाभावी फोहर मैला फाल्ने
- २) प्राकृतिक कारण: प्रकृतिमा आफैँ उत्पन्न हुने प्रकोपले गर्दा प्रकृतिमा पर्ने

असरलाई प्राकृतिक कारण भनिन्छ । यसले मानिसमा नकारात्मक असर पुऱ्याएको छ । भूकम्प, ज्वालामुखी विस्फोटन, ग्रेग्रानवहाव, सामुद्रिक आँधी पर्दछन् ।

केहि विपत्तिको चर्चा यस प्रकारका छन् :

१) भूक्षय

➤ सतहको खुकुलो र मलिलो माटो वगेर वा उडेर जाने प्रकृतिलाई भूक्षय भनिन्छ । धेरै जसो भूक्षयजमिन भिरालो भागमा जान्छ र यसका कारणहरू:

- ❖ अति वर्षा
- ❖ भिरालोपन
- ❖ कमजोर भू-बनावट
- ❖ हुरी वतास आदि

२) बाढी पहिरो

• वर्षाका कारणले जमिनको केही भागहरू खिङ्गएर जानुलाई बाढी पहिरो भनिन्छ । बाढी पहिरोले मानिसको आर्थिक क्षति पुऱ्याउनुका साथै भौतिक क्षति पनि पुऱ्याउँछ । बाढी पहिरोले गर्दा मानिसका विभिन्न क्रियाकलापमा असर पुऱ्याएको हुन्छ । प्रायःजसो बाढी पहिरो गाउँ घरमा जान्छ । गाउँघरमा जमिनको माटो खुकुलो र मलिलो हुन्छ । त्यसले गर्दा सजिलै बाढी र पहिरो जान्छ र मानिसको गाँस, वास, कपास सबै सखाप पर्छ । मानिसलाई धेरै क्षति पुऱ्याउनका साथै प्राकृतिक साधनपनि नष्ट पारेको छ । प्रकृतिमा भएका अमूल्य साधनहरू नष्ट हुँदै गएका छन् । प्रायःजसो बाढी पहिरो असर र साउनको वेला आउँछ । बाढीपहिरो निम्नकारणले जान्छन् ।

- ❖ अति वर्षा
- ❖ वनजङ्गल विनाश
- ❖ अवैज्ञानिक कृषि प्राणली
- ❖ अनुपयुक्त भूवनावटको उपयोग

अत्याधिक वर्षा: बाढी पहिरो आउनुको मुख्यकारण अति वर्षा हो । अत्याधिक वर्षाले गर्दा जमिनको माटो खुकुलो र मलिलो हुन्छ । अत्याधिक वर्षाले मानिसको क्रियाकलापमा पनि असर पुऱ्याउँछ ।

वनजङ्गल विनाश

• मानिसको क्रियाकलापले गर्दा पनि वनजङ्गल विनाश हुन्छ । मानिसले जथाभावि वोटविरुवा काट्ने, घरमा काठ दाउरा लम्ने, जङ्गलमा फडानी गर्ने गर्दा वनविनाश हुन्छ । मानिसले वोटविरुवा रोप्दै जाने र अर्को तिर काठ दाउरा काट्दै जाने हो भने वोट विरुवा रोपेको केही पनि हुँदैन । वनजङ्गल विनाशले गर्दा प्राकृतिक स्रोतमा असर पुऱ्याएको छ ।

३) हुरी वतास

• हुरी वतासले गर्दा मानिसलाई धेरै असर पुऱ्याएको छ ।

४) गेग्रानवहाव

• दुङ्गा, माटोहरूलाई वगाएर बनाउने लेदोलाई गेग्रान वहाव भनिन्छ । गेग्रान वहावहुँदै पानीको साथ यसले दुङ्गा, माटो पनि वगाएर ल्याउँछ ।

गेग्रान वहावका कारणहरू:

- ❖ जमिनको भिरालेपन
- ❖ दुङ्गा, माटो वनस्पति थुप्रिनु
- ❖ अति वर्षा
- ❖ भूकम्प

५) भूकम्प

भू र कम्प मिलेर बनेको एउटा शब्द हो । भू भनेको जमिन र कम्प भनेको

हल्लिनु र फुटनुलाई भूकम्प भनिन्छ । भूकम्पले गर्दा प्राकृतिक क्षति पुऱ्याउनका साथै मानवीयक्षति पनि पुऱ्याउँछ । वैशाख १२ गते गएको भूकम्पले धेरै मानिसको मृत्यु भएको छ । भूकम्पले मानिसको गाँस, बाँस र कपास सबै खोसेको छ । मानिसहरू घरमा नबसिकन घरबाहिर पाल लगाएर बसेका छन् । भूकम्प एक प्राकृतिक प्रकोप हो । भूकम्पले गर्दा हाम्रो देशको सांस्कृतिक सम्पदा, मठ मन्दिर, धरहरा आदि भत्काएको छ ।

विपत्ति रोकथामका उपायहरू:

- वृक्षरोपण गर्ने
- भूकम्प प्रतिरोधात्मक घर बनाउने
- स्रोत र साधनहरूको राम्रोसँग प्रयोग गर्ने
- बाटोहरू दीर्घकालीनसम्म टिकने बनाउने
- जनचेतना फैलाउने
- उपयुक्त स्थानमा मात्र खेती गर्ने
- छेक बाँधको निर्माण
- कुलेसो र भलको नियन्त्रण
- सतर्कता अपनाउने

नेपाल भौगोलिक विविधताले भरिपूर्ण छ । यहाँका ठाउँहरू एकैनासका छैनन् । केही ठाउँहरू अग्ला छन् भने केही ठाउँहरू होचा छन् । यहाँ बाढी, पहिरो, भूकम्प, भूक्षय आदि आउने गर्छन् । यस्तो प्राकृतिक प्रकोपले नेपालमा धेरै मानिसको मृत्यु भएको छ । यसरी प्राकृतिक प्रकोपले मानिसको दैनिक क्रियाकलापमा नकारात्मक असर पुऱ्याएको छ । यस्तो प्राकृतिक प्रकोप हामीले नियन्त्रण गर्न सक्दौं । तर यसलाई कसरी रोकथाम गर्ने हो भनेर विभिन्न उपायहरू अपनाउन सक्दौं । विपत्तिहरूले गर्दा नेपालमा परेको नकारात्मक असरले गर्दा नेपालको अस्तित्व मेटिने अवस्थामा आइपुगेको थियो । हामीले विपत्तिलाई रोकथाम गर्न वृक्षरोपण गर्ने, स्रोत र साधनहरूको राम्रोसँग प्रयोग गर्ने आदि अपनाउन पर्छ । विपत्तिले गर्दा हावापानीमा नराम्रो असर पुऱ्याएर मानिसलाई सास लिन कठिनाई गर्दछ । विपत्तिले मानवीय संस्कृतिक, आर्थिक, भौतिक क्षति पुऱ्याएको छ । आर्थिक क्षति र भौतिक क्षतिको कारणले गाँस, बाँस, कपासका साथै भवन, पुलहरू तथा सांस्कृतिक धरोहरको क्षति भएको छ ।

त्यसैले विपत्तिको रोकथाममा शिक्षक, विद्यार्थी, सरकार, राजनैतिक दलका मानिसहरूले महत्वपूर्ण भूमिका निर्वाह गर्नुपर्छ । हामीले विपत्तिहरू नियन्त्रण गर्न नसके पनि थोरै प्रयास गर्न सक्दौं । हामी साथै तयारीमा बस्ने विपत्ति अचानक आयो भने सुरक्षित ठाउँमा बस्ने गर्नुपर्छ ।

MITIGATION OF DISASTER

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Roll no. : 3

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Excellent

Introduction: The effects that are seen in the day to day activities of human being due to various reasons is known as disaster. Disaster is a natural event that occur suddenly. It negatively affects the lives of people. There are flood, landslide, soil erosion, debris flow, volcano, earthquake, glacial lake outburst, hurricane etc. that fall under the disaster. It causes human, economic, cultural and physical loss. The types of disaster are:

A. Human-induced disaster: These are the disaster caused by the daily activities of the people. There are various causes for human induced disaster.

- No afforestation
- Throwing garbage haphazardly
- Cutting down trees
- Cutting the timber for fodder

These factors cause the disaster to occur.

B. Natural disasters: There are disasters that occur due to the natural reasons. Natural factors cause negative impact in the human activities. The natural disasters are earthquake, volcano, debris flows, hurricane etc.

Here are the discussions about some disasters.

1. Soil erosion: The loose and fertile soil of the surface gets blown away which is called soil erosion. The reasons of soil erosion are heavy rainfall, steep land, weak topography and wind.

2. Flood and Landslide: The process of erosion and sliding of the landmasses down is known as landslide. Flood and landslide cause economic and physical loss. These occur specially in the villages of our country. These occur in Ashar and Shrawan in Nepal. The reasons of this disaster are heavy rainfall, destruction of the forest, unscientific farming system, and unplanned land use.

3. Hurricane: People also get affected by the hurricanes and storms. It can make people homeless.

4. Debris flow: Debris is the sludge of stones, mud, trees etc. mixed with the water that flow downslope. The causes of debris flow are steepness of land, collection of stones, mud, plant fragments, heavy rainfall, earthquake

5. Earthquake: Earthquake is the sudden vibration or shaking of the land. It causes natural and human loss. The 25th April earthquake of Nepal killed many people. It has effected food, shelter and clothing of the people. People stayed outside under the tent during the quake. It has caused the economic and physical loss. It has caused the damages in the river, forest, lake, land and houses of the people. It is also a natural disaster. It has damaged our cultural heritages.

The ways to mitigate the disaster are:

- Afforestation
- Build the earthquake resistant houses
- Wise utilization of resources
- Construct the durable roads
- Generate awareness
- Reduce deforestation
- Construct the physical infrastructure within the set standards
- Cultivation in the suitable place
- Construct the retaining walls
- Channelize the rainwater
- Remain vigilant

Nepal is full of geographical diversity. The places here are not uniform rather high and low somewhere. The flood, landslide and earthquake do occur frequently in our country. These have caused the death of many people. We cannot eradicate them but can control and reduce their effect. So to reduce the effect of disaster, we should plant trees and preserve them. The disaster affects the water and climate and will make difficult for the people to breathe. The disaster causes human, cultural, economic and physical loss. Under economic loss people will have shortage of food, shelter and clothing. The physical loss causes loss of houses, buildings and bridges. The cultural losses include the damages in the temples, cultural heritages and monuments. So all the teachers, student, government, political parties should play important role in the disaster mitigation. We should always remain alert and be ready to face the disaster and stay at the safe place.

प्राकृतिक प्रकोप र यसको न्यूनिकरण



नाम : सफलता शर्मा

कक्षा : १० ख

रोल नं : ४

स्कूल : श्री रुद्रपिपल माध्यमिक विद्यालय, बाग्लुङ

Excellent

पृथ्वीमा अचानक हुने विध्वंशात्मक घटनालाई प्राकृतिक प्रकोप भनिन्छ। यसरी प्राकृतिकमा आउने विनाश र प्राकृतिक वातावरणमा हुने असर नै प्रकोप हो। सामान्यतया प्रकोप दुई प्रकारका हुन्छन्, प्राकृतिक र मानव सिर्जित प्रकोप। यसरी प्राकृतिक प्रकोप आउनुमा मानिसको पनि हात छ। प्राकृतिक प्रकोपका उदाहरणहरूमा बाढी पहिरो, भूकम्प, ज्वालामुखी सुनामी आदि हुन्।

हामी जापानमा आएको सुनामीलाई विनाशको तत्वको रूपमा लिन सक्छौं। यो सुनामीलाई हामी जनधनको ठूलो क्षतिको रूपमा लिन्छौं। केहीसमय अगाडि अमेरिकामा आएको भूकम्पमा पनि विभिन्न विकासनिर्माणका संरचनाहरू भत्केका थिए। प्रकृति मानिसका लागि वरदान तथा अभिसाप दुवै हो। प्राकृतिक प्रकोपले मानिसको रगतको खोलो बगाउँछ। मानिसलाई घरबारविहिन र आफन्तविहिन बनाउँछ।

नेपालको सन्दर्भमा हेर्ने हो भने २०६८ असोजमा ६.९ म्याग्नीच्युडको भूकम्प आएको थियो। यसले नेपालको पूर्वी भागमा बढी क्षति गर्यो। त्यस्तै गरि सुनकाशीको पहिरोमा परि धेरै मानिसले आफ्नो ज्यान गुमाउन पुगे। त्यहाँ खाना, बास, पानी आदिको हाहाकार भयो। त्यस्तै गरि भर्खरै नेपालमा ७.६ रेक्टर स्केलको विनाशकारी भूकम्प बारपाक केन्द्रविन्दु भएर आयो जसले सम्पूर्ण नेपाललाई असर गर्यो। मानिसमा भूकम्पका कारण डर र भय कायमै रहेको छ। यो हामीले अनुभव गरेको सबैभन्दा दर्दनाक अवस्था हो। कति मानिस घरबारविहिन बने भने कतिलाई मानसिक चिन्ता पच्यो। यस्तो प्रकोपले गर्दा मानिसको जीवनको गुणस्तर घटिरहेको छ। यसले नेपालमा रहेको प्राकृति, सामाजिक तथा धार्मिक स्थलहरूमा पनि हानी पुगेको छ।

यस्ता प्राकृतिक प्रकोपले मानिस तथा अन्य जनावरहरूको जीवन कठीन बन्दछ। यसबाट प्रभावित हुनेलाई खान, बस्न र जीवन जीउन अतिनै कठीन

हुन्छ। त्यस्तै बेनीमा गत जेठ १० गते कालीगण्डकी पहिरोका कारण थुनिएको थियो जसले भण्डै विनाश निम्त्यायो।

हामीलाई थाहा छैन कहाँ र कहिले प्रकृति प्रकोपहरू जाने गर्छन्। हामी प्रकोपलाई पूरै नियन्त्रण पनि गर्न सक्दैनौं। हामी यस्ता प्रकोपबाट विभिन्न उपायहरू अपनाएर सुरक्षित रहन भने सक्छौं। हामी खेती गर्दा भिरालो जमिनमा गरा बनाएर पहिरो नियन्त्रण गर्न सक्छौं। भूकम्प प्रतिरोधात्मक घरहरू निर्माण गरेर प्रकोपको रोकथाम हुन्छ। मानिसलाई जनचेतना फैलाएर पनि प्रकोपको रोकथाममा लाग्न सकिन्छ। स्थानीयस्तरमा बृक्षारोपण कार्यक्रम संचालन गर्नुपर्छ। जेखिमपूर्ण ठाउँलाई रातो स्टिकर लगाउनुपर्छ र मानव बस्ती पार्नु हुन्न। खोला किनारमा तटबन्ध निर्माण गर्नुपर्छ।

यस्ता प्रकोपले मानवीय जीवनमा धेरै पीडाहरू निम्त्याउने गर्छन्। एक प्रतिवेदन अनुसार नेपाल जलवायु परिवर्तनका दृष्टिले १५ भूकम्पीय जोखिमले ११ र बाढीको जाखिमका हिसाबले ३०औं स्थानमा आउँछ। यो श्रेणीले नेपाल प्रकोपका हिसाबले कति जोखिममा छ भन्ने थाहा हुन्छ।

हामीले हाम्रो प्राकृतिक वातावरण संरक्षण गर्नुपर्छ। हामी सम्पूर्ण जनावरहरूमध्ये सामाजिक प्राणी हौं। त्यसैले हामीले नगरे कसले गर्ने? मानिसले यसमा महत्वपूर्ण भूमिका खेल्न सक्छ। त्यसका अलावा मानिसले निम्न प्रतिज्ञा गर्न जरुरी छ।

- प्राकृतिक वातावरणको प्रयोगसँगै जगेर्ना पनि गर्ने
- प्राकृतिक विकारलाई बेलायमा हटाउने
- हामी सबै संसारका प्राणी भएको नाताले यसलाई जोगाउने
- सुरक्षात्मक उपायहरू अंगाल्दै अघि बढ्ने

NATURAL DISASTER AND ITS REDUCTION

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Class : 10 'B'

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Excellent

Any sudden destructive incidence that happen in the earth due to occurrence of destructive factors is called disaster. The happening of those destruction in by the nature and natural environment is called natural disaster. Simply speaking, disasters are of two types natural and human induced disaster. In occurring natural disaster there is also the influence of humans. Some examples of natural disaster can be mentioned as flood landslide, earthquake, volcano eruption, Tsunami and so on.

As a destructive factor, we can think of the Tsunami occurred in Japan, some some years ago. This Tsunami caused a great loss in the life and property of ordinary people. Some days ago, an earthquake occurred in America, this earthquake also damaged several structures of development. Not only this, it also damages various activities. Certainly, nature is the boon of environment but beside that nature is also the curse for living beings as well as development prerequisites. Also this disaster construct the pond of blood of human beings. This situation makes everyone's heartbroken.

Why to think about other countries? Let's talk about our own country, Nepal which is famous for the feeling of "unity in diversity". In September 2011, an earthquake measuring 6.9 Richter Scale devastated the eastern part of Nepal and caused a loss estimated about 4 billion. Similarly the breaking of embankment of Sunkoshi River over flooded the whole village and damaged the infrastructure of development like road electricity etc. There occurred scarcity of food shelter and so on. Likewise, a recently occurred earthquake of 7.6 Richter scale on Baishakh 12, 2072, making epicenter at Barpark makes the whole Nepal sympathetic. There was the induction of fear and mental disorder among affected people. Some people even became mad. This is the worst situation I have ever faced. This type of calamities also leads to decrement in the quality of life. Due to this Nepal is returned back to 10 years from now in the case of development. This also leads to conversion of various natural, social and cultural heritages to the path of destruction and ash.

These sorts of natural calamities affects humans and other organisms in such a way that they even are not able to live prosperous and fearless life. Also most affected people lacks food to eat, shelter to live and bed to sleep. Also in Jestha 10 in Beni district in a village named Ramchhe , the Kaligandaki river was blocked due to the landslide. This degraded the quality of

life of people living there.

We have no idea how, when and where this kind of natural disaster occur. We can't even stop this disaster because its occurrence is in the hand of nature. We can just be safe from these kind of disaster by applying various kind of measures for safety. We can apply the measure of terrace farming in the sloppy land in order to prevent landslide. We need to make earthquake resistant buildings to be safe from this worst calamity. As we are the storeroom of knowledge, we need to plant the seeds of knowledge about this type of disaster, its effects and mitigating measures in the mind of local people. This will be one of the most effective factors leading to reduction in natural disaster. Afforestation programmes should be launched at the local level. The areas with the more possibility of occurring disaster should be included in redlist and settlement should be restricted. Dams and barriers should be constructed around the area.

This type of disaster causes the immense suffering. According to the recent survey the rank of nepal in Climate Change, Earthquake and Flood are 4th, 11th and 30th respectively. This ranking clarifies the vulnerability of Nepal in context of natural disasters.

We are well known that the condition of human nature is similar to condition of body without soul. If soul is lost everything is lost. So we need to conserve the natural environment and prevent the natural disaster. We human beings are the social creature among all creatures on earth . So if we do not mitigate the disaster then who will? I dont think anyone else is there to play invaluable role for the reduction of natural disaster. Hence we human beings, from our state and position we can play our leading role to prevent these disaster to some extent. So by touching our soul wholeheartedly we need to promise that:

- Besides we use natural environment , we will conserve it to.
- Like 'tit for tat', we will obstruct this damage to nature.
- We will apply the safety measures because protecting and respecting is our motto
- As we are member of common family earth we will try to preserve the natural environment
- being safe from disaster we will rescue others who are at problem of disaster
- By the combination of unified heart we can mitigate the natural disaster.

प्राकृतिक प्रकोप र यसको व्यवस्थापन

नाम : समृद्धी सापकोटा

कक्षा : १० ख

रोल नं : ९

स्कूल : श्री रुद्रपिपल माध्यामिक विद्यालय, बाग्लुङ



Excellent

प्राकृतिका धेरै विशेषताहरू छन् । हाम्रो यस पृथ्वी पनि प्राकृतिकै देन हो । हामीले हाम्रा वरिपरि पनि प्राकृतिका विभिन्न रूपहरू देख्न सक्छौं । वनजंगल, खोलानाला, हिमाल, समथर भाग आदि प्राकृतिका विभिन्न आशिर्वादसँगै कहिलेकाहीँ श्रापको पनि भोग्ने बन्न पुगिन्छ । भूकम्प, बाढी, पहिरो सुनामी खडेरी, भारी वर्षा आदि सबै प्राकृतिक प्रकोपहरू हुन् । यस्ता प्रकोपका कारण हामी वर्षेपिच्छे ठूलो मात्रामा क्षति भोग्न बाध्य छौं, जनधनको क्षति व्यहोरिरहेका छौं । यस्ता प्रकोपहरू मानव सिर्जित तथा प्राकृतिक दुवै हुन सक्छन् ।

बाढी, पहिरो भूक्षय आदि मानव सिर्जित प्रकोप हुन् भने भूकम्प, खडेरी, सुनामी, भारी वर्षा आदि प्राकृतिक स्वयंले निम्त्याउने प्रकोप हुन् । आजभोली मानिसका इच्छा आकांक्षाहरू बढ्दै गइरहेका छन् । उनीहरू भन्भन् स्वार्थी हुँदै गइरहेका छन् । उनीहरूका आफ्नो स्वार्थका निमित्त वनजंगल काट्ने, रिसारिस गरेर आगो लगाइदिने आदि कार्यहरू बढ्दै गएका छन् । मानिसको संख्या बढ्दै जाँदा उनीहरूको आवश्यकता पनि बढ्दै गइरहेका छन् । आवश्यकता पूर्ति गर्ने क्रममा हामीले अत्याधिक रूपमा वन विनाश गर्छौं जसले गर्दा माटो खुकुलो हुन गई वर्षायाममा पानीसँगै बगेर जान्छ । यसलाई हामी पहिरो भन्दछौं । वनविनाश गरेसँगै वातावरण प्रदूषित हुन जान्छ । तापक्रम बढेपछि हिमाल पग्लिन गई हिम नदी बढ्छन् । नदीमा पानीको बहाव बढेपछि नदि छेउछाउको बस्तीहरू डुबानमा परेको सुनिँदै आएको छ । यी सब त भए मानव सिर्जित केही जानकारीहरू । अब भने हामी प्राकृतिक निर्मित प्रकोप सम्बन्धी केही जानकारी लिउँ । प्राकृतिकबाट निर्मित सबैभन्दा ठूलो एवं भयानक प्रकोप हो भूकम्प । जुन वैशाखमा हामी नेपाली बासीहरू सबैले भोगेका हौं । पृथ्वीको भित्री भागमा रहेको प्लेटहरूको घर्षणका कारणले निर्मित प्रकोप हो भूकम्प । भूकम्पले धेरै क्षति पुऱ्याउँछ । समुन्द्र नजिकका देशहरूलाई त सुनामीको पनि डर हुन्छ । ज्वालामुखी विस्फोट हुने खतरा पनि त्यति नै हुन्छ ।

हाम्रो देशको केही ताजा उदाहरण पनि लिन सक्छौं । गत वैशाख १२ गते गएको महाभूकम्पका कारण कैयौंले ज्यान गुमाए, घरजग्गा गुमाए, कति टुट्टा हुन पुगे र कतिले यो संसार देख्न नपाइकनै आमाको गर्भबाटै प्राण त्याग्न पुगे । यतिमात्र काफि थिएन, भूकम्पका कारणबाट चर्किएका पहाडहरूको असरले यी भरिसँगै खस्न थाले । बल्लबल्ल भूकम्पको पीडा भोगेका नेपालीको छातीमा फेरि प्राकृतिकले अर्को बज्रपात थपिदियो । धौलागिरिको

काखबाट बगेको कालिगण्डकीको पानी पहिरोका कारण म्याग्दी जिल्लाको राम्चे गाविसमा थुनिएकाले मानिसहरूको उठीबास भयो । अहिले कालिगण्डकी थुनिदा पनि मानिसहरू घर छाडी भाग्न बाध्य भए । सेती नदीमा हिम पहिरो आउँदा पनि सैयौंको चिता जलेको थियो ।

यसरी आउने प्रकोपले गर्दा विकासका कार्ययोजनामा पनि प्रशस्त क्षति पुऱ्याएको हुन्छ । खोलानालामा बाढी आउदा यस वरिपरि रहेका सडक, विद्युत, आयोजना, पुल, घर, उद्योग आदिमा क्षति पुऱ्याउँछ । उदाहरणको लागि सुनकोशीको घटना लिन सक्छौं । सुनकोशी थुनिनु लगत्तै नेपाल चीन जोड्ने एकमात्र राजमार्ग अरनिको राजमार्ग अबरुद्ध भयो । सुनकोशी जलविद्युत आयोजना पनि प्रभावित भयो जसले गर्दा हजारौं घरधुरी अन्धकारमा रात कटाउन बाध्य भए । सैयौं घर डुबानमा परे र लाखौंको संख्यामा मानिसहरू प्रभावित भए । यताउता हेर्नुपर्छ यस्ता समस्या कति देखिन्छन् कति । हिमालमा अत्याधिक हिउँ पर्ने पहाडमा पहिरो र तराईमा बाढीको समस्या नेपालीहरूको लागि नौलो होइन । अब हामीले यो प्रकोपको यस्तो क्षति भयो भन्नुभन्दा पनि यसको रोकथामप्रति ध्यान दिन जरुरी छ । यो सब विपत्ति प्रत्यक्ष वा अप्रत्यक्ष रूपमा मानव सिर्जित हुन् । कहिले विपत्ति आउला र भागौंला भन्दा पनि आफ्नो लागि सुरक्षा व्यवस्था पहिले बाटै गर्नुपर्छ । हामी यस्ता प्रकोपबाट बच्नका लागि विभिन्न उपायहरू अपनाउन सक्छौं ।

१. सबै खालका प्रकोपहरूको मुख्य जरा भनेको वनविनाश हो त्यसैले हामी सबैले आफ्नो वरिपरि बोटाविरुवा रोप्नुपर्छ । वृक्षारोपण कार्यक्रम संचालन गर्नु पर्छ ।
२. भिराले जमिन त्यसै छाड्दा पहिरो जाने सम्भावना धेरै हुन्छ त्यसैले भिरालो जमिनमा गरा निर्माण गरी वृक्षारोपण एवं अन्य खाद्यवस्तु उत्पादन गर्न सकिन्छ ।
३. नदी छेउछाउमा ठूलूला बाँधको निर्माण गर्नुपर्छ ताकि हरेक वर्ष सैयौं मानिसले ज्यान गुमाउनु नपरोस् । कोही बालबालिका टुहुरो हुन नपरोस् र कसैको शीरमाथिबाट छानो नखोसियोस् ।
४. विपत्ति आइलाग्दा आफू अनि आफ्नो परिवारको लागि सुरक्षित स्थानको व्यवस्था गर्ने ताकी कसैले आफ्नो ज्यान गुमाउनु नपरोस् ।

५. मानिसहरूमा जनचेतना मुलक कार्यक्रमहरू संचालन गर्ने , मानिसहरूलाई प्राकृतिक प्रकोपको बारेमा पूर्ण जानकारी दिनुपर्छ । यसका लागि विभिन्न माध्यमहरू जस्तै सडक नाटक, आमसभा आदि

६. विपत्ति आउन लागे अलि पर बस्ने बासिन्दाहरूलाई जानकारी दिनका लागि सूचक घण्टीको निर्माण गर्ने

७. हामी आफ्नो घर आफु वरिपरि निर्माण भएका पुल, कलकारखानाहरू भूकम्प प्रतिरोधात्मक बनाउने

हामीले यसो गरेमा केही मात्रामा प्राकृतिक प्रकोप र विपत्ति न्यूनीकरण हुन

सक्छ । हामीले प्राकृतिक प्रकोपहरू पूर्णरूपमा रोकथाम गर्न सक्दैनौं तर सतर्कताहरू अपनाइयो भने यसबाट हुने क्षति चाहीं अवश्य रोकथाम हुन्छ । हामीले आजैदेखि आफ्नो वरिपरि प्रकोपसम्बन्धी जनचेतना फैलाएर यसबाट हुने क्षति घटाउन सकिन्छ । आउने समयमा कसैले पनि ज्यान गुमाउनु नपरोस कोही दुहुरो हुन नपरोस् कसैको शीरको छानो नलुटियोस् र कोही पनि घरबार विहिन हुन नपरोस् । हामी सबै एकजुट भएर विपत्ति न्यूनीकरण र यसमा परेकालाई राहत प्रदान गरी पूर्ण पहिलेकै स्थितिमा ल्याउन सकिन्छ । यसो गर्नु भने यो देश यो संसार अति सुन्दर हुने थियो । कोही हाँस्ने कोही रुने थिएनन् । सबैको मुहारमा मुस्कान हुने थियो । त्यसैले आजैबाट विपत्ति विरुद्ध एकजुट भएर लागौं ।

NATURAL DISASTER AND ITS MANAGEMENT

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Nature has many characteristics. Our earth is also the boon of the nature itself. We can see different forms of the nature around us. Forest, rivers and rivulets, mountains, plains etc. are the boon of the nature however along with them we sometimes suffer from its curse. Earthquake, flood landslide, tsunami, draught, heavy rainfall etc. are the examples of the natural disasters. Due to these disasters we experience huge loss of life and property annually. This disaster can be both the natural and human induced.

Flood, landslide, soil erosion, etc. are the human induced disasters whereas earthquake, draught, tsunami, heavy rainfall, etc. are caused by the nature itself. These days the needs and desires of the people are increasing day by day. They are becoming more selfish. They are destroying the forest, burning the forest, for the sake of their self interest. With the increment in population their needs are also increasing. We destroy the forest in the name of fulfilling our desires. This causes the loosening of the topsoil that will cause its flow and its slide during the summer season which is commonly known as the landslide. With the destruction of the forest the environment also gets polluted and the temperature of the earth also increases. The glaciers are caused to melt due to the increased earth temperature. The increase in the flow and volume of water in the river causes the over flow of water in the rivers threatening the lives of people living at the river banks. In our country, every year there is flooding in the rivers like Koshi, Mahakali, Seti that has drowned the settlements

by their side. These are the information on the human induced disasters. Now let's take some information on the natural disasters caused by the nature itself. The nature induced biggest and deadliest disaster is earthquake. We have experienced a huge earthquake this april. Due to the friction between the plates lying at the interior of the earth, earthquake disaster occurs. Earthquake causes damages and losses. The countries near to the ocean have the fear of tsunami from earthquake. It is also equally possible for the explosion of volcano.

We can take fresh example of our own country. Due to the earthquake of April 25 many lost their house and land, many were left orphan, many infants lost their lives inside the womb of their mother. This was not only enough, the cracked hills from the shaking of the quake started to slide along with the heavy rainfall. Nature imposed another disaster to the earthquake-stricken people. The Kaligandaki flowing from the lap of Dhaulagiri also got blocked by the landslide at Ramche VDC. Last year the people were bound to leave their place due to damming of Sunkoshi. Many dead bodies were burnt last time when there was landslide of snow at the Seti river.

These disasters have caused huge damages in the developmental works. The flood in the river damages the road, powerhouses, bridge, hoses, industry etc. located at the side of the river. The example of Sunkoshi can be taken. As soon as the Sunkoshi got dammed, the Araniko Highway which linked Nepal and China was obstructed. Sunkoshi hydropower station also got affected which caused thousands

of households to stay in dark during the nights. Hundreds of houses of the village were drowned. If we see around we find multiple such examples. There is excessive snowfall at mountains, landslides at the hills and flooding at the tarai are the common problems of all Nepalese.

Now, its better not to discuss the losses from the disaster rather pay attention to minimizing such threats. These all disasters are directly or indirectly human induced. Its no good to think to run after the disaster occurs but it's wise to involve in its management beforehand. We can apply various measures to stay away from these disasters. Some are listed below:

1. Deforestation is the root cause of all kinds of disasters. Thats why we all need to plant the trees and conduct the plantation programmes.
2. There is possibility of landslide in the sloppy land, so its better to do the terrace farming and cultivate the crops.
3. It is necessary to build the dams and embankment around the river banks which will prevent the loss of lives of people. No child becomes orphan, no people will be homeless.
4. During the disaster we should locate the safe place to

resettle our family so that we can prevent the deaths.

Conduct the local awareness programmes, give people the information about the natural disaster through dramas, conventions etc.

5. Bell ringing system can be established to inform people about the disaster.
6. The bridges, factories etc around our locality should be made earthquake resistant.

If we undertake above measures the disasters can be minimized to some extent. We cannot fully control the natural disaster but they can be minimized and loss can be prevented to some level by applying some measures. We can conduct the awareness around our area to minimize its loss so that the coming generation may not face this situation and will not remain homeless. The combined effort of all the stakeholders is required to minimize the disaster. The relief materials should be distributed to save the lives of people during the disaster. If these things are done our country and the entire world will be a happy pace to live, everyone would laugh with pleasant smile and no one would cry. So let's get united to reduce the risk of disaster.

प्राकृतिक प्रकोप व्यवस्थापन

Excellent

नाम : सुप्रिया सापकोटा

कक्षा : १० ख

रोल नं : २९

स्कूल : श्री रुद्रेपिपल माध्यामिक विद्यालय, बाग्लुङ



प्रकृतिबाट उत्पन्न हुने विभिन्न प्रकारका परिवर्तन तथा त्यसबाट घट्ने विभिन्न प्रकारका घटनालाई प्राकृतिक प्रकोप भनिन्छ। प्राकृतिक प्रकोपले धेरै मानिसको धनजनको क्षति पुऱ्याउँछ। प्राकृतिक प्रकोप दुई किसिमले उत्पन्न हुन्छन्। ती हुन् प्रकृति सिर्जित र मानव सिर्जित। मानव सिर्जित भन्नाले मानवबाट उत्पन्न हुने प्रकोपलाई बुझिन्छ। मानिसले रुखविरुवाहरु फाँडेर, जतापायो त्यतै फोहोर गरेर, खनजोत गरेर मानव सिर्जित प्रकोप आउँछन्।

जस्तै बाढी पहिरो भूक्षय आदि। प्राकृतिक उत्पत्ति भनेको प्रकृतिमा आफैँ उत्पन्न हुने विभिन्न खालका अचानक घट्ने घटनाहरु हुन् जसले हामी

मानिस जनावर तथा चराहरुलाई जीवनमा असर गर्दछ। प्राकृतिक प्रकोपले माटोको उर्वराशक्ति बगाएर लैजान्छ। यसले खाद्यान्नको संकट आइलाग्छ। यसका कारण मानिसको घर, गोठ, गाईवस्तु, जग्गा जमिन सबै बगाउँछ। हाम्रो एतिहासिक तथा धार्मिक सम्पदाहरु पनि प्राकृतिक प्रकोपका कारण विनाश हुँदै गएका छन्। बाढी, पहिरो भूक्षय र गेग्रान बहाब जस्ता प्रकोपहरुको बारेमा तल उल्लेख गरिएको छ।

क. भूक्षय

भू भन्नाले भूमि र क्षय भन्नाले क्षति वा नाश भन्ने बुझिन्छ। जमिनको सतहको माटो मलिलो र खुकलो हुन्छ। माटो बगाएर वा उडाएर लैजाँदा

जमिनको स्थिति बिग्रिन्छ। यसैलाई नै भूक्षय भनिन्छ। धेरै हावा चल्ने र भिरालो, बोटविरुवा र भारपात नभएको ठाउँमा बढी भूक्षय हुन्छ। यसबाट पर्ने असरहरूमा भूबनोट बिगार्नु, वायु प्रदूषण, मरुभरुमीकरण र विभिन्न जल उत्पादन प्रकोप आदि पर्छन्।

भूक्षय दुई कारणले जान्छ।

प्राकृतिक कारणहरू :

- जमिनको भिरालोपना
- धेरै हावा चल्नु
- वर्षाको समयमा धेरै पानी परेर माटो बगेर जानु
- चर्को घाम लागेर माटो सुख्खा र बुर्बुर हुनु

मानवीय कारणहरू :

- भिरालो जमिनमा खनजोत गर्नु
- खेतबारीको डिलका बोटविरुवा र घाँसपात मासेर
- जथाभावी वनजंगल फडानी र बन डढेलो लगाएर

भूक्षय पूर्णरूपमा नियन्त्रण गर्न नसके पनि यसको रोकथामका उपायहरू यस प्रकार छन्।

- कुलो तथा भल नियन्त्रण
- बृक्षारोपण इत्यादी

ख. बाढी

मनसुनको समयमा हुने मुसलधारे वर्षाले खोला, खहरे र नदीमा पानीको मात्रा बढ्दछ। त्यस्तै ताल, तलाउ र पोखरीमा पनि अटाई भएर भरिन्छ। यसरी बढेको पानी सामान्य गतिभन्दा बढी बेगले बहन्छ र खोला, खहरे नदीनालाका दायँबायाँ भागमा रहेका सबै वस्तु बगाउँछ जसलाई नै बाढी भनिन्छ। बाढीका कारण मानिसको घर जग्गा जमिन सबै बगाउँछ। मानिसको जीवन दुखमा बित्छ। बाढीका विभिन्न पूर्वसंकेतहरू छन्। निरन्तर मुसलधारे पानी पर्नु, खोलानालामा धमिलो पानी बग्नु आदि हुन्।

बाढी प्राकृतिक र मानवीय दुबै कारणले हुन्छ। बाढी रोकथामका उपायहरू निम्न छन्।

१. नदी किनारमा तटबन्ध पर्खालको निर्माण गर्ने
२. बृक्षारोपण गर्ने

ग. गेग्रान बहाव

ढुंगा, माटो बालुवा आदि पानीमा मिसिएर बनेको लेदोलाई गेग्रान भनिन्छ। यो गेग्रान जमिनको भिरालो सतहबाट बेगसँग बग्नुलाई गेग्रान बहाव भनिन्छ। अचानक खोलानालाहरू सुक्नु, धमिलो पानीसँग अन्य वस्तु बग्नु र पहाड थर्केको आवाज आउनु यसका पूर्व संकेतहरू हुन्। गेग्रान बहावका मुख्य कारणहरूमा अतिवर्षा, जमिनको भिरालोपन, भिराला डाँडापाखामा गएको

पहिरो र भूकम्पबाट बनेका पहिरोहरू हुन्। गेग्रान बहाव रोकथामका उपायहरूमा छेकबाँध निर्माण, गेग्रान मैदानको निर्माण र तर्काउ पर्खालको निर्माण पर्दछन्।

घ. पहिरो

जमिन भत्किएर उचाईबाट झर्ने प्रक्रियालाई पहिरो भनिन्छ। कमाजोर भिरालो भागमा पहिरो जाँदा जमिनको सतहमा भएको ढुंगामाटो भत्किएर तल्लो भागमा आएर थुप्रिन्छ। पहिरोका प्राकृतिक कारणहरूमा भारी वर्षा, नदीकिनार कटान र कमजोर भूबनोट हुनु भने मानव सिर्जित कारणहरूमा बनजंगलको विनाश, अव्यवस्थित भूउपयोग र चरन क्षेत्रको अतिक्रमण हो।

पहिरोका पूर्वसंकेतहरू तल प्रस्तुत गरिएका छन्।

क. जमिन चर्केको, भासिएको र तलमाथि उठेको देखिनु

ख. बाटो घरको भित्तामा चिरा पर्नु

ग. कुवा, इनार, कल आदिको पानी धमिलो हुँदै जानु

घ. पहिला नदेखिएका प्राणीका मूलहरू भिरालो पाखामा देखा पर्नु

ङ. जमिनको अग्लो भागबाट स साना ढुंगा र माटो फुर्नु

पहिरो रोकथामका उपायहरूमा पहिरोको माटो हटाउनु, टेवा पर्खाल निर्माण गर्नु, कुलेसो काट्नु र जमिनमा परेका चिरा, धर्सा आदि पुर्नु आदि पर्छन्।

ड. भूकम्प

जमिनमुनीको टेक्टोनिक प्लेट हल्लिदा आउने कम्पनलाई भूकम्प भनिन्छ। भूकम्प जापान, चिल्ली जस्ता देशहरूमा गइरहन्छ। २०७२ बैसाख १२ गते पनि नेपालमा विनाशकारी भूकम्प गऱ्यो जसको कसैले पनि आश गरेको थिएन। यसको चपेटामा परी कतिले आफ्नो धन, जग्गा, बारी, कमाएको सम्पत्ति आदि गुमाएका छन्। नेपालमा गएको भूकम्पले भौतिक तथा मानवीय क्षति पुऱ्यायो। करोडौंको नोकसानी भयो। हजारौंले ज्यान गुमाए। भूकम्पको टेक्टोनिक प्लेट सर्नु मुख्य कारण हो। भूकम्प आउनबाट रोक सकिदैन। यो कति बेला आउँछ थाहा हुदैन। भूकम्पको जोखिम कम गर्ने उपायहरू यस प्रकार छन्।

- टेक्टोनिक प्लेटमाथि नजर राख्ने
- जमिनको परिक्षण गरेर मात्र घर बनाउने
- धेरै अग्ला अग्ला घरहरू नबनाउने
- भूकम्प र यसका असरबारे जनचेतना फैलाउने

प्राकृतिक प्रकोपले मानिस तथा जनावरलाई धेरै नै असर पुऱ्याउँछ। यसले कति मानिसको जीवन जान्छ। कतिले आफ्ना नातागोता गुमाउँछन् बरिँ कमाएको धनसम्पत्ति गुमाउँछन्। यस्ता प्रकोप कसैले बोलाएर आउने होइनन्। यी सबै आफैँ घट्ने प्रकोपहरू हुन्। हाम्रो पृथ्वी हामीलाई आमा जस्तै प्यारो छ। त्यसैले यसको जगेर्नामा हामी जुट्नुपर्छ।

NATURAL DISASTER AND ITS MANAGEMENT

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The disasters and events that are generated by nature and the changes it brings in the nature are known as the natural disaster. Disasters claim the life and property of millions. Disasters occur from two types. They are natural and human induced. Human induced are those disasters which are caused by the human activities. Man cut down the trees, conducts forest fire and plough randomly which cause the disaster like flood, landslide and soil erosion. Natural factors means those occur itself in the nature and cause harm to the human beings, animals and birds. Natural disaster reduces the fertility of the soil. It may cause the food crisis. It destroys the houses and livestock in the villages. Our history and cultural heritages are also getting destroyed by these disasters. Flood, landslide, debris flow, soil erosion etc have been discussed below.

Soil Erosion: The soil at the surface is loose and fertile. The condition of land gets distorted when this loose and fertile soil is washed away and blown in other places. This is called soil erosion. Soil erosion is caused by water and air. Excessive soil erosion takes place in steep and barren land. It also occurs in windy areas. Effects of soil erosion are :

- Distortion of the land
- Air pollution
- Desertification
- Different water induced disasters

Soil erosion occurs by two reasons:

Natural causes are the sloppy land surface, blowing of wind, heavy rainfall during summer and sunny days that dries the soil.

Human are also responsible for it .The practice of plowing sloppy land and destruction of plants and bushes at the edges of terrace farms promotes the flow of soil during rainy season. There is practice of plowing edges and stripping off the layers of cliffs of terrace during farming. This also brings imbalance in soil situation. The land gets naked when there is random deforestation and forest fire.

We cannot fully control the soil erosion but can reduce it to some extent. Channelizing the rain and afforestation can be some of the measures to control the soil erosion.

Flood: During monsoon the rivers become ephemeral and the level of water increase. The level of water in the lake, pond ,etc become high. So the water flows in higher rate and will sweep away everything it finds on its way like houses, trees etc. This is known as flood. It brings problem in the lives of people. There are different pre warnings of the flood.

- The river water getting contaminated
- Heavy rainfall

Flood is caused by two factors. They are natural and manmade. Following techniques can be followed to control the flood.

- Construction of the embankment in the bank of river
- Afforestation

Debris Flows: Stones, mud, sand etc. get mixed with water and form sludge. When it flows down it is known as debris flows. It flows with high speed from the hill to the lowest level. The preindications of debris flows are:

- The rivers if get dried suddenly
- If the contaminated muddy water flows in the river
- If there is the sound of vibration of hill

Main reasons for debris flow are:

- Heavy rainfall
- The sloppy land surface
- Landslides occurring in the steep land
- The cracks formed by earthquake

The measures to control the debris flow would be the formation of embankment, construction of plain for debris flow and formation of retaining structures.

Landslide: It is the process of sliding down of landmass from higher level to the lower level. When landslide occurs in the weak and fragile land, the blocks of land mass and stones slide and get deposited at the toe of the hill. The natural causes of landslide are heavy rainfall, undercutting by river, and weak geology. The human induced causes of landslide are deforestation, unplanned land use and over grazing in the grassland.

The pre signals of the landslide are:

- The cracks on land, subsidence and heaving of land

- The cracks developed in road or houses
- The formation of new water sources in sloppy land
- The unusual sound coming from the hills
- The rolling of small stones and blowing of mud in the slopes

The ways to mitigate the landslide are:

- Removal of the deposited debris from the toe of the hill
- Construction of breast and retaining wall
- Channelizing the rain water
- filling in the cracks of the land

Earthquake: It is the vibration created by the collision of the tectonic plates. Earthquake frequently occur in the countries like Japan, USA, Chile etc. During April 25, 2015 we experienced big earthquake in our country Nepal. No one had expected that earthquake. Many people lost their lives property and their beloved ones in that earthquake. This

quake caused both physical and human loss. The main reason of this disaster is due to the movement of the plates. The occurrence of earthquake cannot be stopped but its damages can be minimized to some level. The measures to mitigate the earthquake are:

- To monitor the movement of tectonic plates
- Construct houses by testing the quality of land
- Do not construct tall buildings
- Conduct awareness about the earthquake and its effects

The natural disaster causes the death of both the human and animals. It takes lives of people. These disasters are not invited by anyone but occur suddenly. We can root them out but can make ourself safe from them. We need to stay in this world from birth to death. That's why we need to follow above mentioned ways to mitigate the disaster.

प्राकृतिक प्रकोप व्यवस्थापन

नाम : सोगात नेपाली

कक्षा : १० ख

रोल नं : ३४

स्कूल : श्री स्त्रेपिपल माध्यामिक विद्यालय, बाग्लुङ



Excellent

मानिस लगायत यस्ता करोडौं प्रजाति, वनस्पति, सुन्दरता आदिको संगम नै प्रकृति हो जुन आफैमा एउटा अनौठो विषय हो। प्रकृति जति सुन्दर र रमणीय छ त्यति नै हानीकारक पनि छ। मानिसलगायत सम्पूर्ण जीवजन्तुहरु प्रत्येक पल आफ्नो जीवन विताउनका लागि प्रकृतिसँगै भर पर्ने गर्छन् तर यही प्रकृतिसँगै मानिसको ज्यानको शत्रु बन्नो भने के होला ? यो प्रकृति सम्पूर्ण जीवजन्तुको शत्रु तब बन्छ जब प्रकृतिमा विभिन्न किसिमका हानीकारक प्राकृतिक प्रकोपहरु देखा पर्ने गर्छन्। प्राकृतिक प्रकोप भनेको यस्ता किसिमका विपत्तिहरु हुन् जुन अनिश्चित समयमा संसारमा हट्टाट्टा देखा परेर मानव लगायत सम्पूर्ण प्राणी, गृह, सम्पत्ति, बोटविरुवा आदि नाश गर्दछ।

प्राकृतिक प्रकोपको विभिन्न रूप छन्। आँधी, हुरी, भूकम्प, ज्वालामुखी ग्रेग्रान बहाब, पहिरो आदि प्राकृतिक प्रकोप विशेष दुई कारणले हुने गर्छन्। यो प्राकृतिक र मानवीय दुवै कारणले देखा पर्छन्। वातावरण असन्तुलित हुनु पनि प्राकृतिक प्रकोपको मुख्य कारण हो। वातावरण दुषित हुनु, हावापानी

आदिको मात्रा वातावरणमा नमिल्नु पनि प्राकृतिक प्रकोपका कारणहरु हुन्। भूकम्प जानु, ज्वालामुखी जस्ता प्राकृतिक प्रकोपहरु प्राकृतिक कारणले जाने गर्दछन् तर पहिरो, अतिवृष्टि, अनावृष्टि जस्ता प्राकृतिक प्रकोपहरु देखा पर्नुमा मानवको पनि हात रहेको हुन्छ। मानवले लापरवाहीका रूपमा आफ्नो व्यक्तिगत स्वार्थका निमित्त प्रकृति र वनजंगलको फँडानी गरिरहेको छ। वनजंगलको नाश गर्नु, भिरालो जग्गामा खेती गर्नु, उद्योगीकरण, शहरीकरण, आदिका कारणले वातावरण असन्तुलन हुन्छ र विभिन्न प्राकृतिक प्रकोप देखा पर्छन्। तसर्थ प्राकृतिक प्रकोपलाई निम्त्याउनुमा मानवको पनि हात छ भन्न सकिन्छ। यसरी संसारमा अनिश्चितरूपमा निमित्तने प्राकृतिक प्रकोपहरुले सम्पूर्ण मानवलाई हानी पुऱ्याउँछ। कैयौं मानिसहरुले आफ्नो ज्यान गुमाउँछन्। कैयौंले आफ्ना धनसम्पत्ति, आफन्त र घरपरिवार गुमाउँछन्। कैयौं मानिस घाइते अवस्थामा छटपटाइरहेर जीवन र मृत्यूको बीचमा लडिरहेका हुन्छन्। नेपालमा २०७२ साल बैसाख १२ गतेको भूकम्प प्राकृतिक प्रकोपको एउटा उदाहरण हो। यसमा कैयौं मानिसले आफ्नो ज्यान गुमाए र नेपालका साँस्कृतिक कलात्मक मन्दिरहरुको विनाश हुन

पुन्यो । त्यसैगिरि नेपालको हिमाली क्षेत्रमा जाने हिम पहिरो पहाडमा जाने पहिरो र तराईमा जाने बाढी प्राकृतिक प्रकोपको उदाहरण हुन् ।

मानव र प्रकृतिबीच घनिष्ठ सम्बन्ध रहेको छ । न त मानव प्रकृतिविना एक क्षण पनि बाँच्न सक्छ न त प्रकृति पनि मानवविना सिँगारिन सक्छ । प्रकृतिलाई सिँगार्ने, बिगार्ने तथा संरक्षण गर्ने काम मानिसको नै हो । मानवका लागि प्रकृति निकै महत्वपूर्ण छ । मानिस आफ्नो हरेक आवश्यकता पूर्तिको लागि प्रकृतिमा भर पर्छ । त्यसकारण प्राकृतिको व्यवस्थापन गर्नु मानिसको कर्तव्य हो । प्रकृतिमा नकारात्मक परिवर्तन आएमा मानवलाई नै हानिकारक हुन्छ । प्राकृतिको ठीक ढङ्गले व्यवस्थापन गर्नु र प्राकृतिक प्रकोपको नियन्त्रण गर्नु मानिसको कर्तव्य हो । मानिसले प्रकृतिमा देखा पर्ने प्राकृतिक प्रकोपहरूलाई पूर्ण रूपले निर्मूल त पार्न सकिँदैन तर पनि केही हदसम्म मानिसले व्यवस्थापन भने अवश्य गर्न सक्दछ । प्राकृतिक प्रकोप अनिश्चित समयमा आउने हुनाले सम्पूर्ण मानिसले पहिलेबाटै सचेत हुनुपर्दछ र पूर्वतयारी गर्नु पर्दछ । यस्ता किसिमका प्राकृतिक प्रकोपबारे राष्ट्रले पनि समयसमयमा खोज तथा अनुसन्धान र जाँच गर्नु अति आवश्यक छ । समाजका हरेक व्यक्ति यस्ता किसिमका प्रकोपहरूबारे जानकारी र बच्ने उपायहरू दिइरहनु पर्छ । त्यसैगिरि टेलिभिजन, रेडियो, ईन्टरनेट जस्ता संचार माध्यमको प्रयोग गरेर प्रकोपबाट बच्ने उपायहरू सबैलाई बताउन सकिन्छ । प्राकृतिक प्रकोप विशेष वातावरण असन्तुलनका कारणले देखा पर्छन् त्यसकारण सर्वप्रथम हामीले हाँप्रो वातावरणमा सकारात्मक परिवर्तन ल्याउनुपर्छ ।

यसका लागि हामीले धेरै बोटविरुवा रोप्नुपर्छ । सकेसम्म आफ्नो

वातावरणलाई हरियाली बनाउनुपर्छ । त्यसैगिरि सम्पूर्ण मानवलाई र विद्यार्थीलाई स्वच्छ वातावरण र यसको महत्व र प्राकृतिक प्रकोपहरूबारे बच्ने उपायबारे सूचना प्रवाह गर्नु अति आवश्यक छ । प्राकृतिक प्रकोपमा परेका सम्पूर्ण जनलाई सहयोग गर्नु सबैको कर्तव्य हो भन्ने कुरा हामीले मनमा राख्नुपर्छ । त्यसैगिरि प्राकृतिक प्रकोपमा परेकाहरूलाई उद्धार गर्नका लागि स्वास्थ्यकर्मी, सुरक्षाकर्मी र सरकार अग्रसर रहनु पर्दछ । त्यसैगिरि प्राकृतिको शिकार बनेका मानिसहरूलाई राहत वितरण गरेर मानिसहरूको जीवनको पुर्ननिर्माण गर्नु सरकारको कर्तव्य हो । यस्ता किसिमका प्रकोपका बारेमा अध्ययन गरेर मानिसहरूलाई समयसमयमा सूचना गर्नुपर्दछ । त्यसैगिरि वातावरणको महत्व र प्राकृतिक प्रकोपबारे शिक्षा पाठ्यपुस्तकहरूमा पनि समावेश गर्नुपर्दछ । आफुलाई आवश्यक पर्ने समान्य सामग्री जस्तै रेडियो, पानी, चक्कु, प्राथमिक उपचार गर्ने सामग्री तथा टर्च लाइट आफुसँगै साथमा राख्नुपर्दछ । यस्ता हानीकारक प्राकृतिक प्रकोप देखा परेको अवस्थामा एकताको महत्वलाई बुझेर सबै संयम बनेर आफु पनि बच्ने र अर्काको पनि बचाउने काम गर्नु पर्दछ । धैर्य नै मानिसको साथी हो त्यसकारण त्यस्तो अवस्थामा पनि मानिसले धैर्यतालाई आत्मसाथ गरेर जीवनलाई अगाडि बढाउने कार्य गर्नुपर्दछ ।

अनिश्चित समयमा हठ्ठात रूपमा देखा पर्ने विनाशकारी प्राकृतिक प्रकोपले मानवलागायत सम्पूर्ण जीवन र सम्पत्तिको नाश गर्ने हुनाले मानव, समाज, सरकार, संचारकर्मी, सुरक्षाकर्मी र स्वास्थ्यकर्मी एकिकृत भएर सबैले आफ्नो ठाउँबाट प्राकृतिक प्रकोप व्यवस्थापन र प्रकोपको शिकार बन्न पुगेका जनको उद्धारका निमित्त अग्रसर भएर मानिस र मानवताको अस्तित्व राख्नुपर्छ ।

NATURAL DISASTER MANAGEMENT

Name: Saugat Nepali

Class : 10 'B'

Roll no: 34

School: Shree Rudrepipal Secondary School, Baglung

Excellent

Human beings including millions of species of plants, animals and their beauty combine to constitute the nature. The nature is equally harmful as it is beautiful and pleasant. Every animal, plant and human depends on nature to sustain their life. What would happen if this nature became the enemy of the humans? This nature becomes the enemy of the living beings when there occur various harmful disasters in the nature. The natural disasters are those events which occur in indefinite time in a sudden manner and cause destruction to every creature on earth, planet including its

plants animals and the whole environment.

The natural disasters have various aspects. Hurricane, volcano, earthquake, debris flow, landslide flood etc. are the natural disasters. These type of natural disasters occur mainly by two reasons. They are natural and human induced disasters. Human activities cause the occurrence of the disaster. The disbalance in the environment is also a human reason. The water pollution, lack of sufficient temperature and pressure in the environment are some factors that cause disaster. The disasters like earthquake volcano etc. are

caused by nature whereas landslides, heavy rainfall, less rainfall etc. are also caused by the human activities. Human cut down the trees for their personal self interest. Farming in steep land, industrialisation, urbanization etc. have caused environmental disbalance and thus cause the disaster. Thus, it can be concluded that human have share in inviting the disaster.

This way the disaster that occurs indefinitely cause harms to the human beings. Many people lose their lives, property, beloved ones, family etc. and also suffer the injuries and fight for their life. In Nepal, there occurred a 7.6 magnitude earthquake on 25th April 2015 which is an example of the disaster in which thousands of people lost their lives. The cultural and historical temples were destructed by the quake. Similarly the snow avalanches in the mountains, landslide in the hills and flood in the Tarai are some examples of disaster in Nepal.

There is close relationship between the human and the nature. Its upto the human being, either to preserve the nature or destruct it. The nature is very important for the human being. Man depends on nature to fulfill his needs and sorrows. This is why it is the duty of man to preserve the nature and manage the natural disasters as well. Man can not completely eradicate the disaster but can reduce their effects. As the disaster occurs at indefinite time man should always

remain alert to mitigate them. The nation should also investigate timely on these disasters. The people of the society and the nation as a whole should be given the information on how to be safe from them. Natural disaster occurs due to special disbalance in the environment. So firstly we should bring positive changes in our environment by planting trees and maintaining greenary. It is important to give information about the importance of fresh environment to the students and all people. It is the duty of all to help people in disaster. All the stakeholders like hospitals, government, police etc. should be involved in providing relief materials to the victims of the disaster. The people should also be informed about these sorts of disaster. The school curriculum should include the importance of environment and natural disaster. The basic things needed during disaster like radio, water, knife, first aid box, light etc. should be put with self. During disaster everyone should be patient and help themselves and others to live. Patience should be maintained and should not panic during disaster.

As the occurrence of indefinite and sudden destructive natural disaster causes harm to all the people and property, every individual, society, government, journalist, police, and medical practitioners should all get united and work in the management of natural disaster in an integrated approach to save the existence of humanity.

प्रकोप न्यूनीकरण

नाम : सुष्टि शर्मा

कक्षा: ९ ख

रोल नं. १

स्कूल : श्री रुद्रपिपल माध्यमिक विद्यालय, बाग्लुङ



Excellent

प्रकोप भनेको अचानक घट्ने प्रक्रिया हो र यसले वातावरण र मानिसमा नराम्रो असर पुऱ्याउँछ । प्रकोपलाई न्यूनीकरण गर्नुलाई हानी रोकथाम भन्दछौं । प्रकोप न्यूनीकरण गर्नुलाई हामी रोकथाम भन्दछौं । प्रकोप यस्तो स्थिति हो । जसले हाम्रो जीवनसम्म लिन्छ । प्रकोप उत्पन्न हुनको लागि प्राकृतिक र मानव सिर्जित कारण मुख्य मानिन्छन् ।

(१) प्राकृतिक प्रकोप

(२) मानव सिर्जित प्रकोप

प्राकृतिक प्रकोप प्रकृतिले आफैँले गर्दा हुन्छ र यसले मानिस तथा प्राकृतिको

सुन्दरतालाई नै असर पुऱ्याउँछ । भूकम्प, ज्वालामुखी आदि यसका उदाहरण हुन् । प्राकृतिक प्रकोपले भौतिक संरचनाका तथा सम्पूर्ण जीवन पद्धतिलाई खलबलाउँछ ।

भूकम्प

पृथ्वीमा रहेका प्लेटहरूको कम्पनलाई भूकम्प भनिन्छ । यिनीहरू २ प्रकारका छन् ।

नेपाल भूकम्पको जोखिम ठाउँ हो । भर्खरै मात्र हाम्रो देशमा ठूलो भूकम्प

गएको थियो जसमा धेरै मानिसहरूको मृत्यु भयो। भूकम्पका मुख्य कारणहरू (टेक्टोनिक) स्थानीय तथा ज्वालामुखी विस्फोटन हुन्।

ज्वालामुखी : पृथ्वीको सतहभित्र रहेको तातो म्याग्मा सतहमा आउने प्रक्रियालाई ज्वालामुखी भनिन्छ र यो तातो म्याग्मा बाहिर आउने क्रममा विस्फोटन हुन्छ। यसले पनि जनधनको क्षति गर्छ। यो सामान्यतः भूनावट र पानीको कारणले हुन्छ। ज्वालामुखीले भूक्षय, भूकम्प, आदि निम्त्याउँछ।

मानव सिर्जित विपत्ति यस्ता विपत्ति हुन् जुन मानिस आफैँले गर्दा हुन्छ। यसले पनि वातावरण र मानिसमा असर पुऱ्याउँछ। मानिसहरू आफैँ यस्ता विपत्तिका कारक हुन्। बाढी, पहिरो, भूक्षय मानव सिर्जित प्रकोपमा पर्दछन्।

बाढी : पानीको वहाव धेरै हुनुलाई हामी पहिरो भन्दछौं। यसले भौतिक संरचना, बसोबास र मानिसको जीवनमा ठूलो क्षति पुऱ्याउँछ। नेपाल पनि बाढीको जोखिमपूर्ण क्षेत्र हो। बाढीका मुख्यतः कारणहरू भौगोलिक तथा वायुमण्डलीय बदली हुन्।

बाढीका कारणहरू

- वनविनाश
- हिमताल विस्फोटन
- शहरीकरण तथा औद्योगिकरण

बाढीका असरहरू

- जनधनको क्षति
- रोगब्याधीको उत्पत्ति

पहिरो : पहाडको माथिबाट अचानक जमिन खस्नुलाई हामी पहिरो भन्दछौं। नेपालमा यसको जोखिम धेरै छ। सिन्धुपाल्चोकको पहिरो भर्खरै म्याग्दीमा गएको पहिरो पनि यसका उदाहरण हुन्। यसका कारणहरू :

- वनविनाश
- गाईवस्तुको चरन

असरहरू

- वनजंगलको सखाप
- जनधनको क्षति

भूक्षय : बाढी, पहिरो जस्ता कारक तत्वले सतहको जमिनको भालो बगाउनुलाई भूक्षय भनिन्छ। यसले जमिनको उर्वराशक्ति घटाउँछ र अन्नबालीमा ह्रास ल्याउँछ।

हामी यस्ता विपत्तिलाई नियन्त्रण गर्न सक्दैनौं तर बच्न भने अवश्य सक्छौं : यसबाट बच्नको लागि निम्न उपाय अपनाउन सकिन्छ।

- जनचेतना फैलाएर,
- छेकवाँधको निर्माण गरेर
- विपत्तिको भविष्यवाणी गरेर
- वृक्षारोपण गरेर तथा गाईवस्तु चरणलाई नियन्त्रण गरेर
- विपत्तिका पूर्वसंकेत याद गरेर
- शहरीकरण र औद्योगिकरण रोकेर

निष्कर्ष : हाम्रो दैनिक जीवनमा यस्ता विपत्तिहरू आइरहन्छन्। जसलाई हामीले एकदमै ध्यान दिएर सामना गर्नुपर्छ। सरकारले पनि आफ्नो स्तरबाट सहयोग गर्न र मानिस आफैँले पनि यस्ता विपत्तिको बारेमा समुदायमा छलफल गरेर यी विपत्तिहरूको उचित समाधान निकाल्नु जरुरी छ।

DISASTER PREVENTION

Name: Shristi Sharma

Roll no.: 1

Class: 9 'B'

School: Shree Rudrepipal Secondary School, Baglung

Excellent

The disaster is a certain calamity that have adverse effect on human life and property as well as environment. And the method of curing the disaster is called prevention. Disaster is a type of calamities that destroy the beautiful gift of nature 'our life'. But the nature have also role for causing disaster. It includes destruction of large amount of human life and

property. Mainly there are two types of disaster, and are:

- Natural disaster
- Human induced disaster

NATURAL DISASTER : Natural disaster is a calamity that occur in nature which not only effect beauty of nature but

also the life. It mainly includes earthquake, volcanic eruption etc. natural disaster brings imbalance in environment. It destroys the physical infrastructure as well as eco-system too. Natural disaster causes lots of destruction in certain place. As a suitable example is earthquake.

EARTHQUAKE : The shaking and the vibrating of tectonic plates of earth is called earthquake. There are two types of earthquake and they are vertical and horizontal. Let's talk about the recent earthquake of 2072 having 7.8 richter scale. In this earthquake many people injured and died. The main cause of earthquake is the movement of tectonic plates, local activities and volcanic activities. Earthquake not only damages the infrastructure but also causes the landslide.

VOLCANIC ERUPTION: The upward flow of molten mass of magma from the inner part of earth is called volcanic eruption. When the molten mass of magma is heated inside the earth than it cannot control and burst through weak zones. It destroys the land, life and property of human being.

2. HUMAN INDUCED DISASTER : Human induced disaster are those destruction which are caused by the human being. It also imbalances the environment and ecosystem. Here human itself destroy their life i.e. they are responsible themselves. Human induced disaster mainly includes flood, landslide, soil erosion etc.

FLOOD : The overflowing of water is called flood. It destroys human life, shelter, and infrastructure and so on. Flood is a burning problem of Nepal, it attacks many times here. Talking about the recent flood of 2072 in the Kaski district, it hunts many lives and this incident many people lost their property. The main causes of flood are geographical, meteorological both. It also causes by deforestation, glacier outburst, landslide, urbanization and industrialization, construction work and destruction of dams. It takes natural vegetation, habitat of wild life and human life. Flood also induces epidemic disease like dysentery, diarrhea and pollutes the water.

LANDSLIDE : The sudden flow of the mass of earth's material is called landslide. It is also occurred in Nepal many times. In the past big landslide occurred in Sindupalchowk and recently in Myagdi district. Many people lost their life and property. The main cause of landslide is deforestation, intensive grazing, and the flow of water from the high hill in high speed. It destroys the vegetation, human life, habitat, beautiful attractions etc.

SOIL EROSION : The losing of fertility of soil due to flood, landslide etc. is called soil erosion. Soil means land and

erosion means destruction of soil. Soil erosion has adverse effect. It affects the cultivation of many crops. It is caused due to landslide, flood, volcanic eruption etc. its effect is very harmful and decreases production.

Preventive measures : Yes, we cannot control all these disasters but we can decrease them. Even they are very dangerous. We can control them by using many preventing measures. Some of them are:

- By raising awareness among the people about the harmful effect of natural and human-induced disaster.
- Construction of dyke (flood embankments) parallel to the river and rivulets is preferred to the blockage of flood. Dams and diversion channels are made for reverse the water flow.
- By doing prediction about the disaster also we can save our life.
- For earthquake, we should make ready for clothes, medicine, mushroom soups, gloves etc after coming.
- By doing afforestation program and promoting knowledge of it. Intensive grazing of animals should be avoided.
- Instead of traditional farming, terrace farming is done to protect from landslide.
- If we get any sign of occurring any kind of disaster, migration should be done as soon as possible in safe places.
- Industrialization and urbanization must be done properly.
- By spreading the sign of disaster to the people of community.
- By giving education to the people about the safety of all above mentioned disasters.

CONCLUSION : We may face many difficulties in our life but we should not be afraid. We should face the calamities very carefully. We should always be aware about disaster in our mind. Many government and private agencies should be aware for building many preventive constructions. We should always think about personal and environmental security. By thinking unity is strength and prevention is better than cure we have to forward our precious life. We should apply many precautions by making dams, balancing the eco-system, awareness programs etc. If we cut 10 trees and then we have to plant 20 trees by adopting the preventive medium. We should control our carelessness towards nature and if such disaster comes we have to face it carefully and logically.

विपत्ति रोकथाम



नाम : सपना गौतम

कक्षा : ९ ख

रोल नं. : ५

स्कूल : श्री रुद्रपिपल माध्यामिक विद्यालय, बाग्लुङ

Excellent

पृथ्वीमा अचानक घट्ने घटनाहरू जसले मानिसलाई नकारात्मक असर पुऱ्याउँछ त्यसलाई विपत्ति वा प्रकोप भनिन्छ र विपत्तिलाई नियन्त्रण गर्ने क्रियाकलापलाई रोकथाम भनिन्छ। विपत्तिले धनजनको क्षति गर्दछ। यसले उर्वर जमिन तथा वनजंगलको पनि विनाश गर्दछ। विपत्ति सामान्यतः २ प्रकारका छन्।

१. प्राकृतिक प्रकोप
२. मानव सिर्जित प्रकोप

प्राकृतिक प्रकोप प्रकृति आफैँले गर्दा हुन्छ भने मानव सिर्जित प्रकोप मानिसको क्रियाकलापले हुने गर्दछ। प्राकृतिक प्रकोप मानव सिर्जित भन्दा धेरै विनाशकारी हुन्छ। भूकम्प र ज्वालामुखी प्राकृतिक प्रकोप हुन्।

(क) भूकम्प : पृथ्वीको सतहमा हुने कम्पनलाई नै भूकम्प भनिन्छ। यिनीहरू २ प्रकारका छन् (1) Vertical (तलमाथि) (2) Horizontal (दायाँबायाँ) जसमा तलमाथि गर्ने भूकम्प बढी खतरनाक हुन्छ। नेपालमा पनि केही महिना पहिले ठूलो भूकम्प गएको जसले जनधनको धेरै नाश गर्‍यो। भूकम्पका केही कारणहरू निम्न छन् :

- (१) स्थानीय कारण
- (२) ज्वालामुखी कारण

भूकम्पबाट बच्ने उपायहरू

- भूकम्प प्रतिरोधी घरको निर्माण
- भूकम्प आएको बेला खुल्ला मैदानमा बस्ने तथा अत्यावश्यक सामग्रीहरू आफैँसँग राख्ने।

ज्वालामुखी

ज्वालामुखी भनेको पृथ्वीको सतहमा भएको छिद्र हो जसबाट तातो म्याग्मा तथा लाभा निस्कन्छ। यो हामीलाई खतरनाक हुन्छ भने कोही बेला लाभदायी पनि हुन्छ। नेपालमा पनि दैलेखको डुल्लु भन्ने ठाउँमा ज्वालामुखीको सम्भावना छ।

रोकथामका उपायहरू

- मानिसहरूलाई ज्वालामुखी बारे जनचेतना जगाउने।
- यसका नकारात्मक असरहरूको जानकारी राख्ने।
- ज्वालामुखी विष्फोटन हुन लागेको भविष्यवाणी गर्ने।

पहिरो : पहाडको माथिबाट ढुंगा, माटो, पानी आदि खस्नुलाई पहिलो भनिन्छ। यो प्राकृतिक तथा मानव सिर्जित हुन्छ। नेपालमा यसको जोखिम धेरै छ।

रोकथामका उपायहरू

- वृक्षारोपण गर्ने
- गाईवस्तु जथाभावी नचराउने
- गराहरू बनाएर खेतीपाती गर्ने
- बाँधको निर्माण गर्ने

पहिरोका कारणहरू

- वनजंगलको विनाश
- भूकम्प
- ज्वालामुखी विस्फोटन

बाढी : स्रोतको समयमा जब खोलानालाहरू भरिएर पानी सुरुमा जमिनबाट बग्न थाल्छ, त्यसैलाई बाढी भनिन्छ। नेपालको तराई क्षेत्रमा बाढीको जोखिम रहेको छ। जसले गर्दा जनधनको क्षति हुन्छ।

बाढीका कारणहरू

- भारी वर्षा
- वनजंगलको विनाश
- हिमतालको विस्फोटन
- पहिरो

बाढीको असरहरू

- उर्वर जमिन बगाएर जान्छ।
- भूक्षय तथा पहिरो जान्छ।

रोकथामका उपायहरू

- वृक्षारोपण
- मानिसमा बाढीका प्रकोपबारे जानकारी गराउने
- खोलामा बाँध बनाउने

भूक्षय : पानीको बहावसँग जमिनको उर्वर जमिन बगाएर लाने प्रक्रियालाई भू-क्षय भनिन्छ। प्रायतः भूक्षय वनजंगलको विनाशले हुन्छ।

असरहरू

- धनजनको क्षति
- जमिनका उर्वराशक्ति घट्दछ

रोकथामका उपायहरू

- छेकवाँधको निर्माण

- वृक्षारोपण

मानव सिर्जित प्रकोप : आगलागी, परमाणु, बम आदि जुन मानिसको कारणले हुन्छ र यसले पनि धेरै क्षति पुर्याउँछ।

रोकथामका उपायहरू

- जनचेतना फैलाउने
- शहरीकरणको नियन्त्रण
- देशदेश बिचमा मैत्री सम्बन्ध

निष्कर्ष : यी सबै कुरा लेखिरहँदा हामीले के बुझ्नुपर्छ भने प्रकोपले सधैं पृथ्वीमा नकारात्मक असर पुऱ्याउँछ। त्यसैले यसबाट आफू बच्नु जरुरी छ। साथै प्रकोपबाट समुदायलाई बचाउनु पनि हामी मानिसको कर्तव्य हो। सर कारले पनि प्रकोपबारे विभिन्न नियमका साथै प्रकोप नियन्त्रणमा ध्यान पुऱ्याउनु जरुरी छ।

DISASTER PREVENTION

Name: Sapana Gautam

Roll no.: 5

Class: 9 'B'

School: Shree Rudrepipal Secondary School, Baglung

Excellent

The sudden event which has adverse effect on it to harm the people as well as the earth is called disaster and the curation of it is called its prevention. A disaster involve the large scale of loosen of life and the property. It also reduce the cultivate land and destroy the forest. There are two types of disaster and are:

Natural disaster:

Human -induced disaster : Natural disaster are those disaster which are caused by nature and disaster occurred due to human activities are human induced disaster. Natural disaster are much more harmful than that of human induced. Earthquake and volcano are natural disaster. They are very harmful for human and earth.

EARTQUAKE : The shaking and the vibration of the earth surface is called earthquake. It occurs untimely. There are two types of earthquake and are vertical and horizontal earthquake. In our country before few months ago there occurs a earthquake and many

people died and also loss their property. Some causes of earthquake are.

- Local activities
- Volcanic activities

And some methods of being safe from earthquake are:

- People should made the earthquake free houses.
- During earthquake, if some people are in open areas than they should go in open area.
- People should carry their safety boxes.

VOLCANO: Volcano is the opening of the surface of earth from which the molten magma and lava comes out in the surface of the earth. It is very dangerous and useful for us. In our country there is also the sign of volcano in the Dallu of Dailekh.

Preventive measures

- Awareness program should be spread to all people about the consequences of volcano
- People should know the adverse effect of it.

- Prediction of volcanic eruption must be done.

LANDSLIDE: The overflow of water and soil from the high hills due to causes of natural as well as human like deforestation is called landslide. In our country landslide is regarded as main disaster. Many people lost their lives and property due to it. In 2071 Sindupalchowk district had also a landslide. To prevent from it there are some measures:

- Afforestation should be done
- Cattle should not graze in sloppy area.
- Terrace farming should be done
- Preventive dam should be constructed
- Public awareness

Causes

- Deforestation
- Earthquake
- Volcanic eruption
- Rainfall

FLOOD: When the dry land is fulfilled with water and the overflow of water comes in river then it is called flood. In our country mainly flood occurs in plains.

In Terai region flood comes which affect the people. Some causes of flood are:

- Heavy rainfall
- Deforestation
- Out bursting of glacier lake
- Landslide

Effects:

- Sweep away the cultivate land
- Causes the soil erosion

Preventing measures

- Afforestation must be done
- People should be aware of hazard and effect of

flood

- Preventing dams should be built in banks

SOIL EROSION: The flow of water due to which fertile land drop out from one place to another is called soil erosion.

Causes

- Deforestation is main cause of soil erosion.
- Loose soil on the surface

Preventive measures

- Dam should be made
- People should be conscious about it
- Plantation should be done

There are some other human induced disaster and they are

- Uses of Atom bomb
- Fire

These two are common disasters and kill many people and to minimize such problem following are preventive measures are there:

- People should be aware
- Urbanization should be stopped
- Make good relationship with other countries.

CONCLUSION: By writing these all points, it needs to be understood that we should not do the things which are harmful to us as well as for the earth. We know that prevention is better than cure so that we have to know the coming problems. We should be aware of future of ourselves and society. For these type of disaster government should make strong laws about the damage and their reconstruction. Government should give more concentration in more affected areas. People themselves also have to be aware of these disasters. By writing, all I have understood is "to be hopeful and great". We should always be ready to help people who are helpless.

प्रकोप न्यूनीकरण

नाम : विनय पोडेल

कक्षा : ५क

रोल नं. ७

स्कूल : श्री खद्रेपिपल माध्यामिक विद्यालय, बागलुङ



Excellent

पृथ्वीमा अचानक घट्ने घटनालाई प्रकोप भनिन्छ। प्रकोपको निश्चित समय हुँदैन र यसले धेरै अकल्पनीय घटनाहरू निम्त्याउँछ। प्रकोप मुख्यतः भौगोलिक तथा वायुमण्डलीय कारणले हुने गर्दछ। प्रकोप २ प्रकारका छन्।

(१) प्राकृतिक प्रकोप

(२) मानव सिर्जित

प्राकृतिक प्रकोप : प्रकृति आफैँले निम्त्याउने दुर्घटना प्राकृतिक प्रकोप छ। ज्वालामुखी, सुनामी, भूकम्प आदि प्राकृतिक प्रकोप हुन् जुन हाम्रो नियन्त्रण भन्दा बाहिर छन्। हामी यस्ता प्रकोपबाट बच्न भने अवश्य सक्छौं। बाढी, पहिरो, आँधी इत्यादि प्राकृतिक प्रकोप हुन्।

(क) **बाढी :** खोलानालामा पानीको सतहबाट बढ्न गई बाहिरबाट बग्नुलाई बाढी भनिन्छ। अतिवर्षा बाढीको प्रमुख कारण हो। अरु पनि बाढीका कारणहरू निम्न रहेका छन्।

- पहिरो
- हिमतालको विष्फोटन
- बनविनाश
- सुनामी

रोकथामका उपायहरू

- छेकवाधको निर्माण
- नदीको गहिराईको अध्ययन
- कुलोबाट पानी कटाएर

(ख) **पहिरो :** पहाडी ठाउँमा माथिबाट जमिन खस्नुलाई पहिरो भनिन्छ।

पहिरोका कारणहरू

- बनविनाश
- जमिनका उच्च चाप
- भूकम्प

पहिरोका असरहरू

- पानीको स्रोत प्रदुर्षण

- धनजनको क्षति

रोकथामका उपायहरू

- वृक्षारोपण
- छेकवाँधको निर्माण

भूकम्प : पृथ्वीको सतहको कम्पन नै भूकम्प हो। यिनीहरू प्रायतः तलमाथि वा दायाँबायाँबाट हल्लिने गर्दछन्। जापान भूकम्पको जोखिमपूर्ण ठाउँ हो तर त्यहाँ भूकम्प प्रतिरोधी घर छन्।

भूकम्पका कारणहरू

- म्याग्माको चालले
- प्लेटहरूको चालले
- वम विष्फोटन

असरहरू

- धनजनको क्षति
- भू-बनावटको बदली

रोकथामका उपायहरू

- भूकम्पको समयमा खुल्ला चौरमा गएर
- घरभित्र भए टेबल, कुर्सी मुनि बसेर

ज्वालामुखी: जमिनको सतहमुनि भएको म्याग्मा बाहिर निस्कनुलाई ज्वालामुखी विष्फोटन भनिन्छ। यो जमिनको सतहमा रहेको कच्चा ठाउँबाट निस्कन्छ।

ज्वालामुखीका असरहरू

- जमिन कच्चा हुनु।
- भूकम्प
- धनजनको क्षति
- भू-बनावटमा परिवर्तन

- भूकम्प निम्त्याउँछ
- सतहको जमिन उर्वर बनाउनुको साथै भित्र रहेको बहुमूल्य खनिज उत्खनन हुन्छ र जमिनको भित्री भागको अध्ययनमा टेवा पुऱ्याउँछ ।

ज्वालामुखीको रोकथाम

- विस्फोटन हुने ठाउँबाट मानिसहरूलाई सुरक्षित ठाउँमा सार्ने ।
- ज्वालामुखी जाने ठाउँमा बस्ती नबसाउने ।

मानव सिर्जित प्रकोप

- मानिसका आफ्नै क्रियाकलापले आइपर्ने विपत्तिलाई मानव सिर्जित प्रकोप भनिन्छ । आणविक बम यसको ज्वलन्त उदाहरण हो । अमेरिकाको जापानमा यो बम खसाएको थियो ।

निष्कर्ष : प्रकोपले हामी सबैको हानी गर्छ तसर्थ यसबाट बच्नु हाम्रो प्रमुख काम यो र प्रकोपसँग सधैं सचेत भएर बस्नुपर्छ ।

DISASTER PREVENTION

Name: Binaya Paudel

Class : 9 'A'

Roll no. 7

School: Shree Rudrepipal Secondary School, Baglung

Excellent

The disaster is a sudden event that has very unfortunately consequences. No one knows when disaster comes and where it comes. It came in any time and do not have exact schedule. It makes different unexpected things. There are two reasons for disaster and that are geographical and meteorological and the two types of disaster are

- Natural disaster
- Artificial disaster

1 natural disaster : These are the disaster which are mainly causes by the nature itself. Natural disaster are of many kinds which are very harmful to all living being. Some natural disaster like volcanic eruption, earthquake, tsunami are out of control. We can only use safety measures for them and some of natural disaster like flood, landslide we can mitigate it.

Flood : When the water from rivers and lakes comes out by over flowing of water to the land is called flood. The main cause of flood is heavy rain. But this is not only a cause of flooding, there are other causes also which are given below

- Heavy rainfall
- Landslide
- Out bursting of glacial lake
- Deforestation
- Tsunami

There are many harmful effects of flood. It destroys life of human being. So to mitigate we can use following clues.

- We must construct dykes in the side of river
- We have to watch the area and deepness of water level in monsoon time.
- We must construct canal to throw the water and make the level normal.
- Afforestation

LANDSLIDE : Landslide is the sliding down of land mainly in hilly reason. The main cause of landslide are:

- Deforestation
- More pressure in the land
- Sometimes earthquake also cause landslide.

Effects of landslide

- It pollutes the source of water
- It destroys life and property
- It reduces forest and wild life.

Preventive measures against landslide are:

- Afforestation
- Retaining walls.

EARTHQUAKE : Shaking or vibration of earth surface is called earthquake. There are two types of earthquake and they are up to down and left and right. The place where the earthquake comes generally is Japan. But they have safe houses to prevent from earthquake.

Causes of earthquake :

- The movement of magma.
- The movement of plates of the earth.
- By exploring the bombs.

Effect of earthquake are.

- It destroy the life and property of people.
- It change the geography of earth.

The preventive measure of earthquake are:

- Making buildings safe from earthquake.
- Running outside of the building and going to open place can save us.
- If we were in closed room hide under the table or bed.
- Keeping all safely kit with us.
- If we are in tree not to jump from there.

VOLCANO : If the magma under the crust comes in the earth surface by any part of earth is called volcanic eruption. It is very harmful to the human.

Causes of volcano

- Weakness in the earth crust.
- Earthquake also causes volcano.

Effects of volcano

- It destroys life and property of human being.

- It changes the topography of land
- It causes earthquake

Useful effects

- Makes soil fertile
- Helps to learn about the earth inner part.
- Important minerals come out.

Preventative measure of volcanic eruption are

- Removing out all the settlement when volcano occurs.
- Keeping away from those places where active volcano occurs.
- These are the natural disasters which are harmful to all us.

ARTIFICIAL DISASTER : Disaster caused by manmade activities are called artificial disaster. The explosion of bomb is main manmade disaster. During the Second World War America dropped the atom bomb on Japan in the place Hiroshima and Nagasaki. These place are affected for many years and not grown a single plant also.

Other artificial disaster are firing, throwing of nitrogen bombs which are powerful than atom bomb.

CONCLUSION : We should know the prevention of different disasters which occurs in our life and are harmful. And we have to always be ready for those disasters and remain alert all the time.

प्रकोप न्युनीकरण

Excellent

नाम : मिजन बोहरा

कक्षा : ९ ख

रोल नं. : आठ

स्कुल : श्री हृद्रेपिपल माध्यामिक विद्यालय, बागलुङ



दुर्भाग्यवस प्रकृतिमा हुने अचानक घटनालाई हामी प्रकोप भन्दछौं । प्रकोप कहाँ कहिले कसरी जान्छ, थाहा हुन्न । थाहा हुन्छ त केवल यसले निम्त्याएका दुःख र विपत्ति मात्र । प्रकोप २ प्रकारका छन् । जसमा

(१) प्राकृतिक प्रकोप

(२) मानव सिर्जित प्रकोप

(१) प्राकृतिक प्रकोप : प्रकृति आफैँले गर्दा हुने दुर्घटनालाई प्राकृतिक प्रकोप भनिन्छ । भूकम्प, ज्वालामुखी, हाम्रो नियन्त्रण भन्दा बाहिर छन् भने बाढी, पहिरो, भूक्षयलाई हामी केही हदसम्म न्युनीकरण गर्न सक्छौं ।

बाढी : जब सुख्खा जमिनमा पानीको मात्रा बढी हुन्छ । त्यसलाई हामी बाढी भन्दछौं । बाढी मुख्यत खोलानालामा तथा खेतियोग्य जमिन सम्म पुग्ने

गर्दछ । नेपालमा पनि बाढीको खतरा छ । अतिवर्षा र वनविनास बाढीका प्रमुख कारण हुन् । मनसुनको समयमा बंगालको खडीबाट तातो हावा आएर नेपालमा वर्षा हुने गर्दछ ।

बाढीका कारणहरू

- १) प्रतिस्पर्धा
- २) पहिरो
- ३) सुनामी
- ४) हिमताल विस्फोटन
- ५) जनविनास
- ६) जनचेतनाको अभाव

(२) मानव सिर्जित प्रकोप : वनविनास बाढीको प्रथम कारकतत्व हो । बोटबिरुवाले सतहको खुकुलो माटो समातेर राखेको हुन्छ । जब वन फडानी हुन्छ । तब त्यो माटोलाई पानीले बगाएर लम्छ र बाढीको रूपमा विकसित हुन्छ ।

बाढीका कारणहरू

- किनारामा छेकवाँधको निर्माण
- हिमताल फुट्न लागेको पत्ता लगाएर पानी बाहिर फाल्ने ।
- वृक्षारोपण

पहिरो : गुरुत्वाकर्षण शक्तिको कारणले पहाड माथिको जमिन खस्नुलाई पहिरो भनिन्छ । पहिरोमा ढुंगा, माटो, अथवा, पुरै जमिन पनि खस्छ र धनजनको ठूलो क्षति गर्छ ।

पहिरोका असरहरू

- पानीका स्रोत दूषित पाछ ।
- भौतिक संरचना तथा मानिसको क्षति ।

रोकथामका उपायहरू

- वृक्षारोपण
- छेकवाँधको निर्माण

भूकम्प : पृथ्वीको सतहमा हुने कम्पनलाई भूकम्प भनिन्छ । यिनीहरू दुई प्रकारका छन् तलमाथि र दायाँबायाँ । जापानमा भूकम्पको बढी जोखिम पाइन्छ तर उनीहरूसँग भूकम्प प्रतिरोधी संरचनाहरू छन् । नेपालमा भर्खरै

गएको भूकम्पले ठूलो क्षति पुऱ्यायो, धरहरा, मठमन्दिर, आदि भत्किए । भूकम्पले कोही बेला सुनामी पनि निम्त्याउने गर्दछ ।

भूकम्पबाट बच्ने उपायहरू

१. भूकम्पप्रतिरोधी भवनको निर्माण
२. भूकम्पको समयमा घर भित्र भए टेबल, खाट मुनि बस्ने भने घर बाहिर भए खुल्ला चौरमा बस्ने ।

ज्वालामुखी: जमिन भित्र रहेका तातो ग्यास, चटानका टुक्रा तथा लाभाहरू क्षिद्रबाट निस्कने प्रक्रियालाई ज्वालामुखी भनिन्छ । यसले जनधनको क्षति गर्छ भने कहिलेकाहीँ जमिन उर्वर बनाउने काम गर्छ । ज्वालामुखीबाट कार्बनडाइअक्साइड, सल्फरडाइअक्साइड, हाइड्रोजन, नाइट्रोजन आदि ग्याँस निस्कन्छन् ।

ज्वालामुखीका असरहरू

- तापक्रममा बृद्धि
- जमिनको उर्वरशक्ति बढाउँछ ।
- हानिकारक ग्यासको निष्काशन
- पृथ्वीको भित्र भागको जानकारी आदि ।

रोकथामका उपायहरू

- जनचेतना फैलाए ।
- भूकम्प प्रतिरोधी घर बनाएर ।

मानव सिर्जित प्रकोप : मानिस आफैँले निम्त्याउने विपत्तिलाई सिर्जित प्रकोप भनिन्छ । दोस्रो विश्व युद्ध ताका अमेरिकाले जापानको हिरोसिमा र नागासाकीमा बम खसालेको थियो । यसले अहिलेसम्म पनि त्यहाँ जन्मिएका बच्चाहरू पूर्ण स्वस्थ छैनन् । आगलागी, परमाणु बम, अनियन्त्रित शहरीकरण र वनविनाश मानव सिर्जित प्रकोप हुन् ।

निष्कर्ष : प्रकोप आफैँमा नराम्रो चीज हो र हामीलाई नकारात्मक असर पुऱ्याउँछ । त्यसकारण प्रकापका उत्पत्ति र रोकथामका विषयमा बुझ्नु जरुरी छ । संसारमा धेरै सरकारी तथा गैरसरकारी संस्था छन् जसले पीडित पक्षलाई सहयोग तथा विपत्तिको बारेमा ज्ञान बाँडिएका छन् ।

DISASTER PREVENTION

Name: **Vijan Bohora**

Roll no.: 8

Class: 9 'B'

School: Shree Rudrepipal Secondary School, Baglung

Excellent

A disaster is a sudden event that has very unfortunately consequences. Nobody knows when and how or where does it occurs. They only know that happiness turns into sad situation which nobody likes. Disaster takes away the human life which is most expensive thing in the earth. The reasons for natural disaster are meteorological and geographical. There are two types of disaster and are as follows:

- Natural disaster
- Artificial disaster

NATURAL DISASTER : The disaster which are mainly caused by nature are called natural disaster.

Some natural disaster like volcanic eruption and earthquake are out of our control. We can just take some safety steps to minimize the effect. Some natural disaster like flood, landslide, volcanic eruption, earthquake, hurricane etc.

FLOOD : When the dry land is filled with water over flowing from rivers or lakes than it is called flood. Rain water is mainly the cause of flood in our country. But sometimes it causes by deforestation etc. The monsoon air which comes from the gulf of Bengal containing large amount of water vapour causes the rainfall in Nepal.

Causes of flood

- Heavy rainfall
- Outbursting of glacier lake
- Landslide
- Deforestation
- Cyclones
- Tsunami
- Destruction of dams
- Lack of public awareness

Deforestation is main cause of flood. Forest absorbs surface water in the soil. When trees get decrease the absorbing capacity of soil also decreased and the excess water flows as flood. Human plays main role for deforestation because of fulfilling their basic needs they cut down trees and don't think what will happen if trees are cut down and how will the living being survive.

Preventative measures of flood:

- Construct the dyke (flood embankments) parallel to the river is preferred for the blockage of flood.
- Glacier lakes which seems to be brusting should be identified and drained out to minimize the damages
- Afforestation

LANDSLIDE : The sliding down of piece of land under the force of gravitational pull from mountain or hill is called landslide. It may be rock slice or rock slide. By landslide many people loss their life and property

Effect of landslide

- It pollutes sources of water
- It destroys the manmade infrastructure and human development things like as house, buildings, bridges etc.

EARTHQUAKE : The shaking and vibrating of the earth surface is known as earthquake. There are two types of earthquake and they are up to down and left to right. In Japan earthquake mostly occurs so they have made their house very safely and the building are not destroyed by the big one also. In Nepal earthquake destroyed lives of many peoples and infrastructure like Dhārahara, temples, monuments etc. By the earthquake Tsunami comes and sinks the houses and other things.

Preventive measure of earthquake

- Make earthquake free buildings
- While in house or any building get under the table and bow down your head.
- Don't run to the stairs
- Go to the open place

VOLCANO : Volcano is the opening of earth's surface through which lava comes with hot gases and rock fragments. It is also a natural disaster and when comes it burns houses and other things. But the soil made from volcano is very fertile to cultivate. During eruption gas like CO_2 , SO_2 , H_2 , N_2 etc. comes from the magma.

Effects of volcano

- It destroys the humidity
- It makes soil fertile
- Gases from it are very harmful
- It gives information of earth's interior.

Preventive methods of volcano

- Public awareness should be developed against volcano.
- As an earthquake also may occur during volcano so earthquake resistant house should be made

ARTIFICIAL DISASTER : Those disaster which are manmade are called artificial disaster. During the time of Second World War American soldier have thrown bombs in two places of Japan, Hirosima and Nagasaki by which their effects are very

dangerous. Babies born there are still of low power. Some other artificial disasters are firing, throwing bombs, deforestation, urbanization etc.

CONCLUSION : Disaster is mostly bad thing which is very harmful for the human. So everyone have to know the prevention of disaster so in world every person who love their life can be alive. There are many NGO's and INGO's in the world which help the person who are affected by the disaster and by them we can know how to be safe from those disaster. By this, in conclusion I want to say that every person who want to make their life happy and in simple words to save their life any how we have to know the causes and preventive measures of these disasters.

प्रकोप न्युनीकरण



नाम : हिरा शर्मा

कक्षा : ९ ख

रोल नं. : १३

स्कूल : श्री रुद्रेपिपल माध्यामिक विद्यालय, बागलुङ

Excellent

मानिसको जीवनमा अचानक आइपर्ने दुर्घटनाहरूलाई प्रकोप भनिन्छ। प्रकोप प्राय गरी २ प्रकारका छन्। प्राकृतिक तथा मानव सिर्जित। प्रकृति आफैले गर्दा हुने विपत्तिलाई प्राकृतिक कारण भनिन्छ भने मानवद्वारा गरिएका क्रियाकलापले गर्दा आउने प्रकोपलाई मानव सिर्जित प्रकोप भनिन्छ। प्रकोप धेरैजसो भौगोलिक तथा वायुमण्डलीय कारणले हुने गर्छ र धेरै जनधनको क्षति गर्छ। बाढी पहिरो, भूकम्प, ज्वालामुखी आदि यस्ता प्रकोपहरूको उदाहरण हुन्।

बाढी : नदीको सतहमा पानीको मात्रा बढ्न गई हुने क्षतिलाई बाढी भनिन्छ। यो मूलत वर्षा याममा हुने गर्दछ।

बाढीका कारणहरू

- अति वर्षा
- हिमतालको विस्फोटन

- पहिरो

बाढीका असरहरू

- जनधनको क्षति
- जमिनको उर्वराशक्तिमा हास
- भूक्षय र पहिरोको सम्भावना

पहिरो : पहाडको माथिको जमिन गुरुत्वाकर्षणको प्रभावले तलतिर भर्नुलाई पहिरो भनिन्छ। यो पनि प्रायगरी वर्षातको समयमा भारी वर्षले हुने गर्दछ।

पहिरोका कारणहरू

- कमजोर भूबनावट
- भूकम्प
- ज्वालामुखी

Paintings on Water Induced Disaster

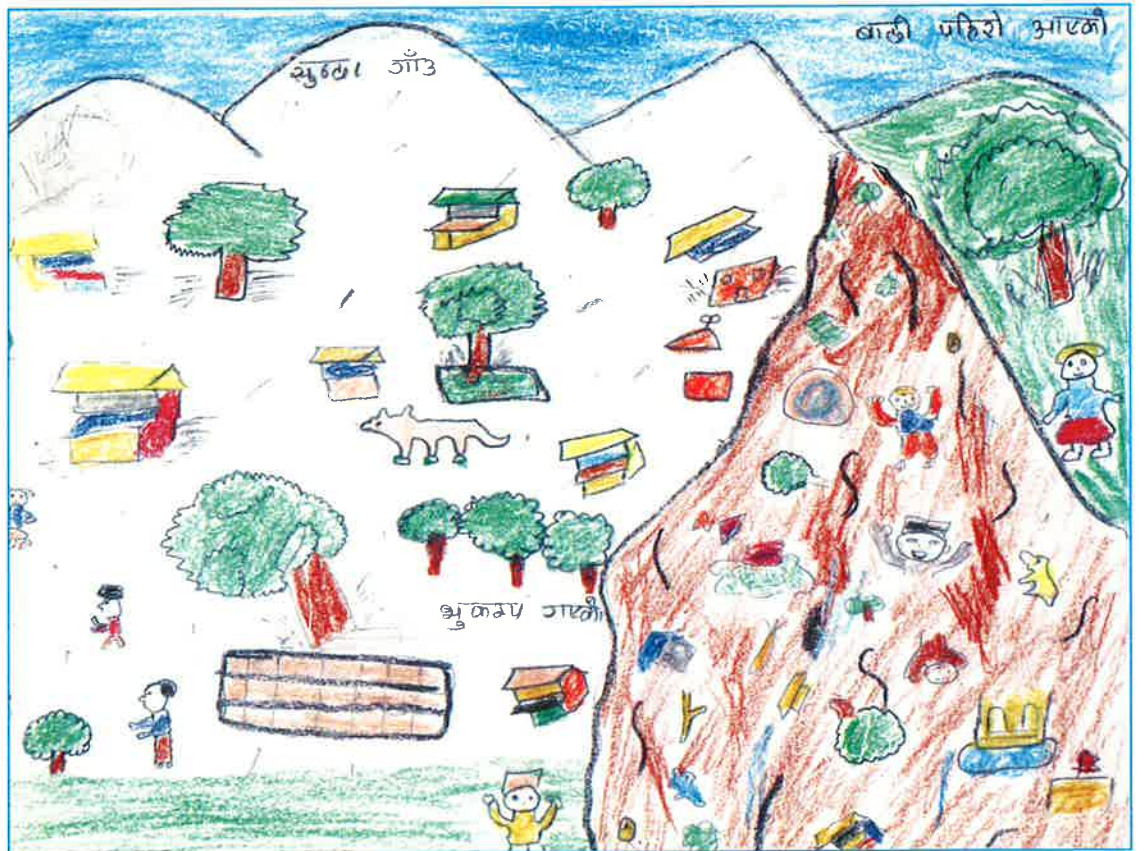
जलउत्पन्न प्रकोपसम्बन्धी चित्रहरू

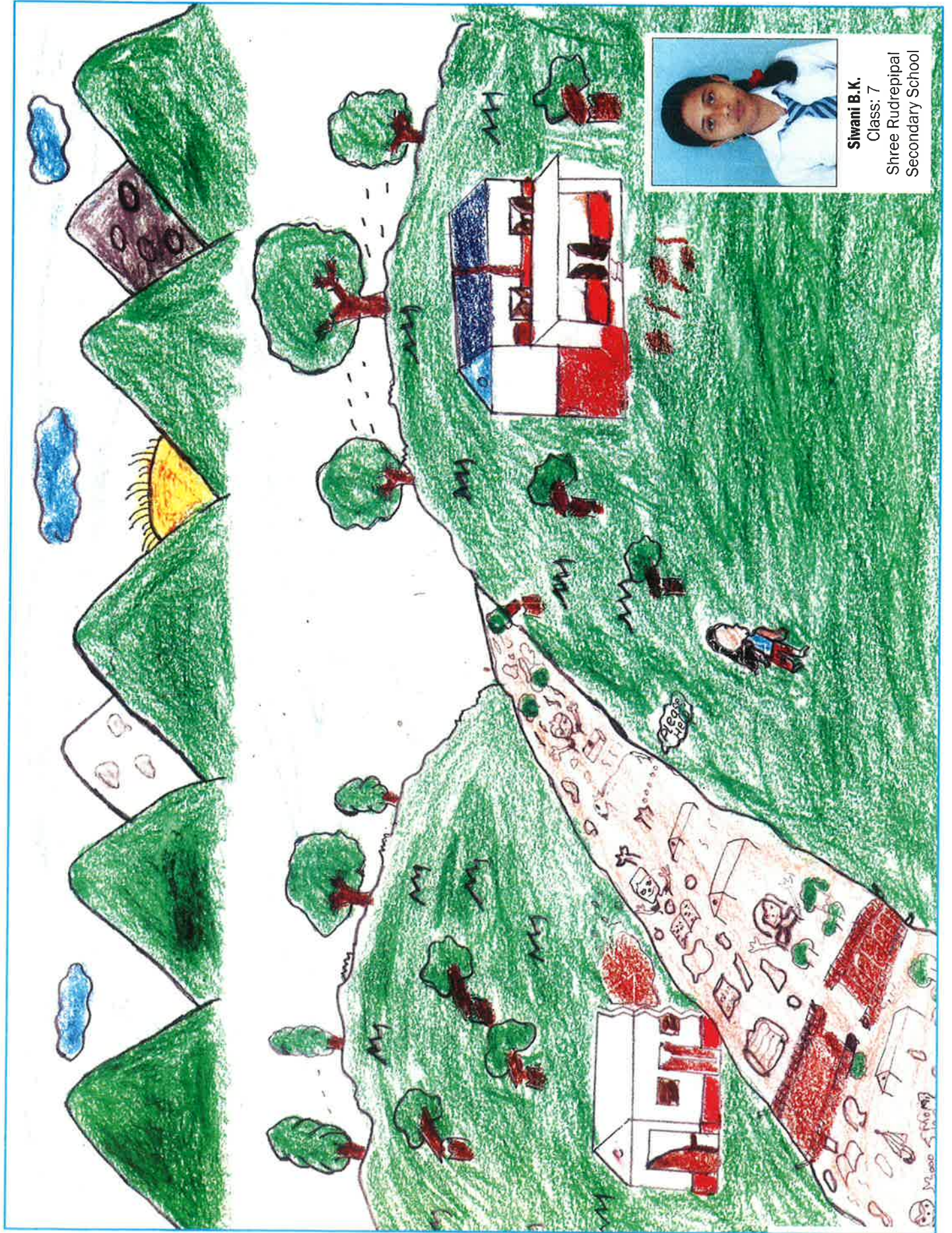


Yojana Bohara

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Shree Rudrepal
Secondary School



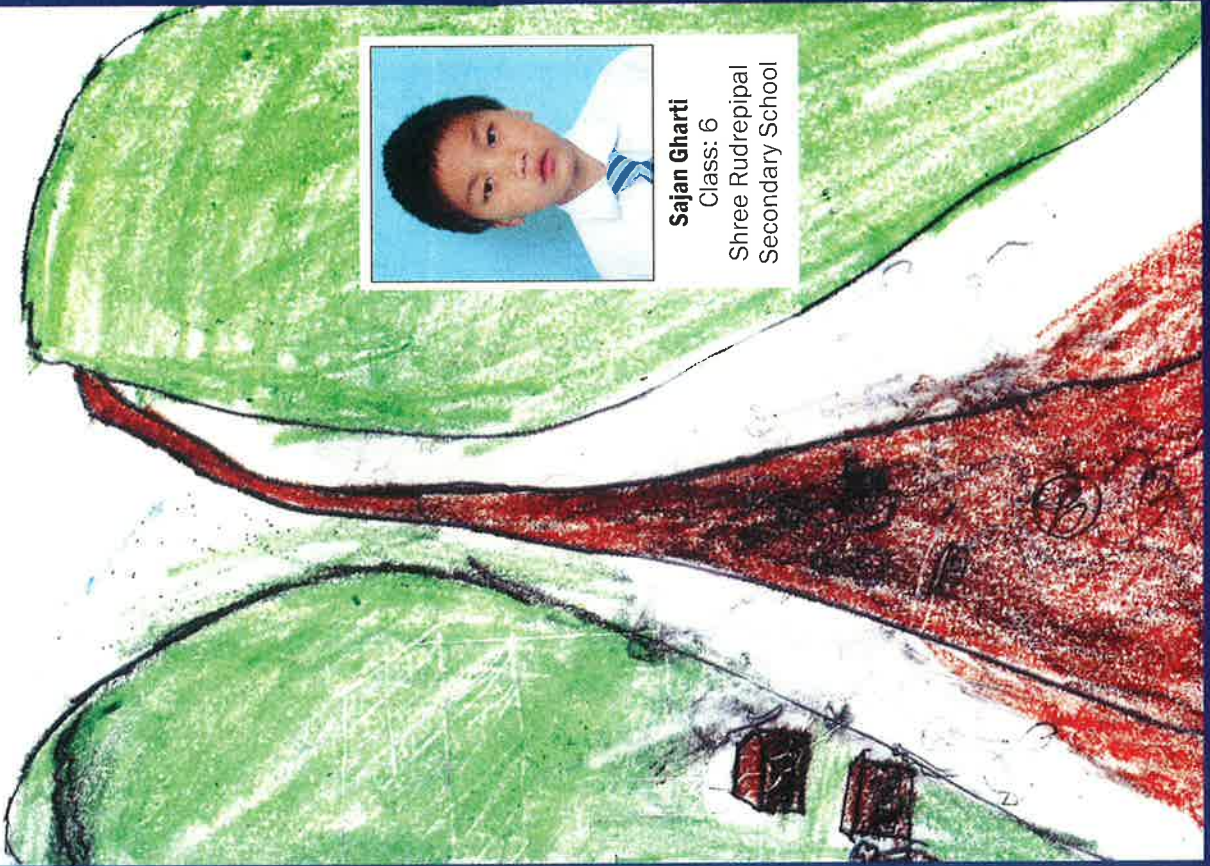
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Class: 7
Shree Rudrepipal
Secondary School

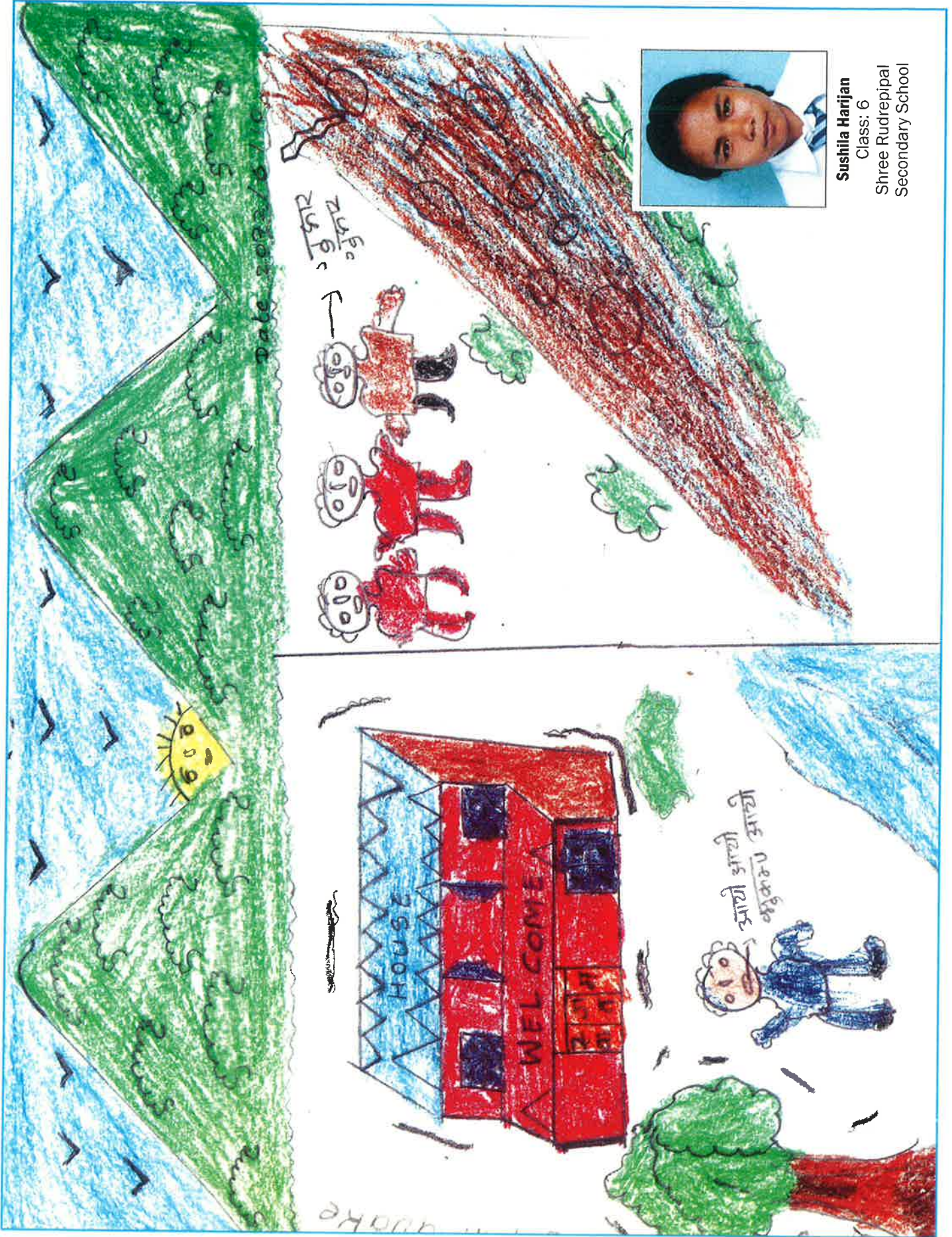






Sajjan Gharti
Class: 6
Shree Rudrepipal
Secondary School

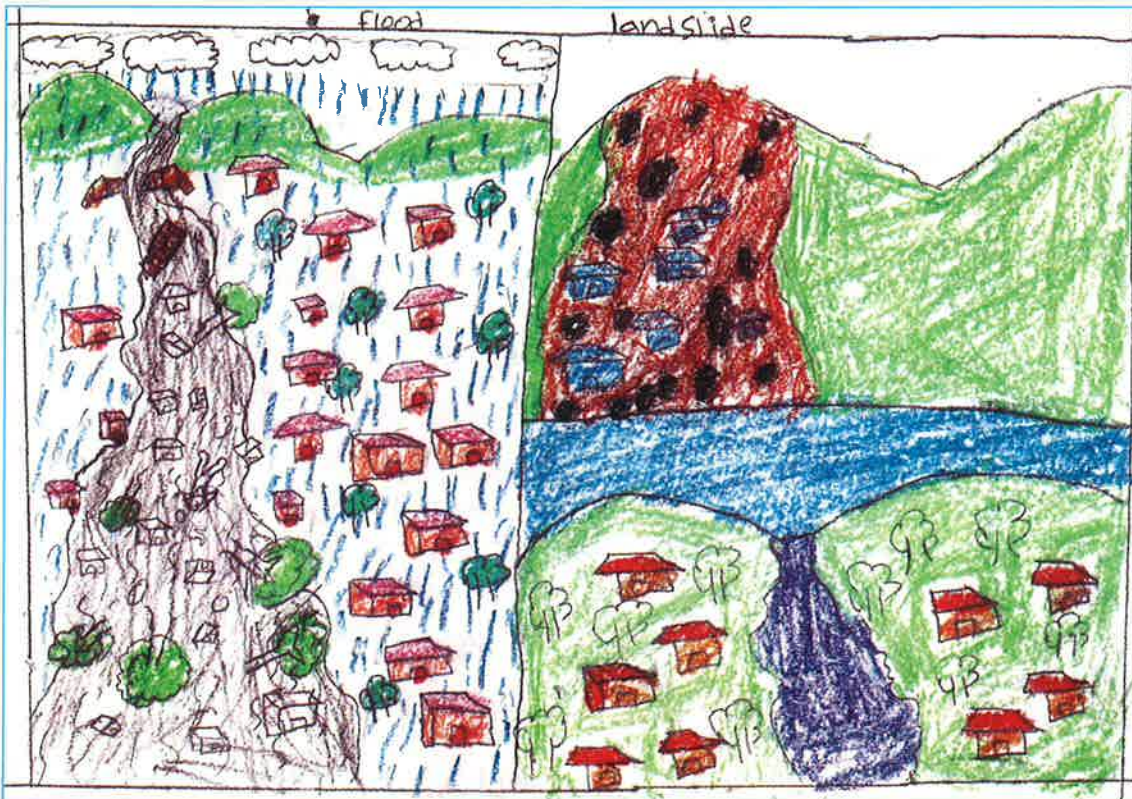
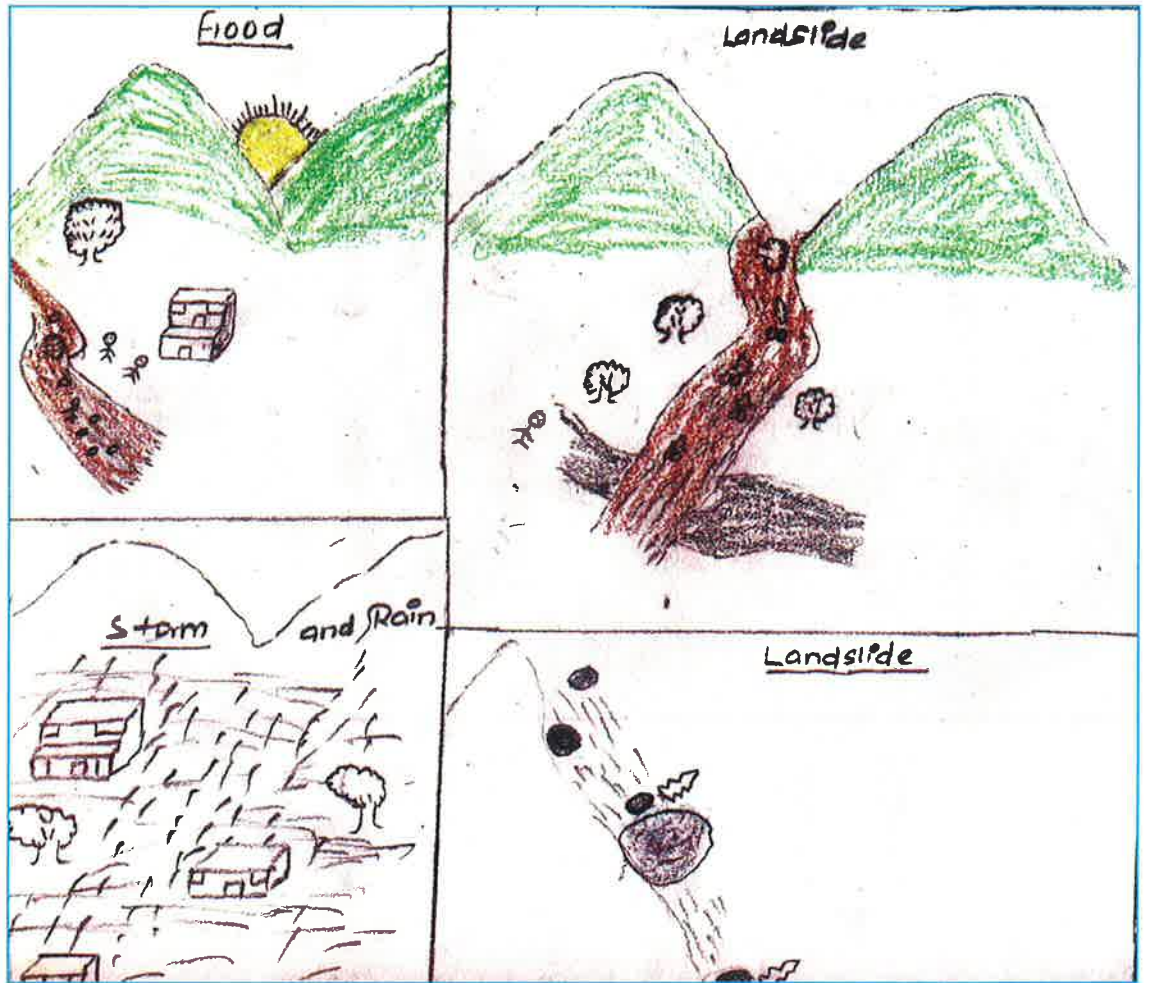




Sushila Harijan
 Class: 6
 Shree Rudrepipal
 Secondary School



Roshan B.K.
Class: 6
Shree Rudrepipal
Secondary School



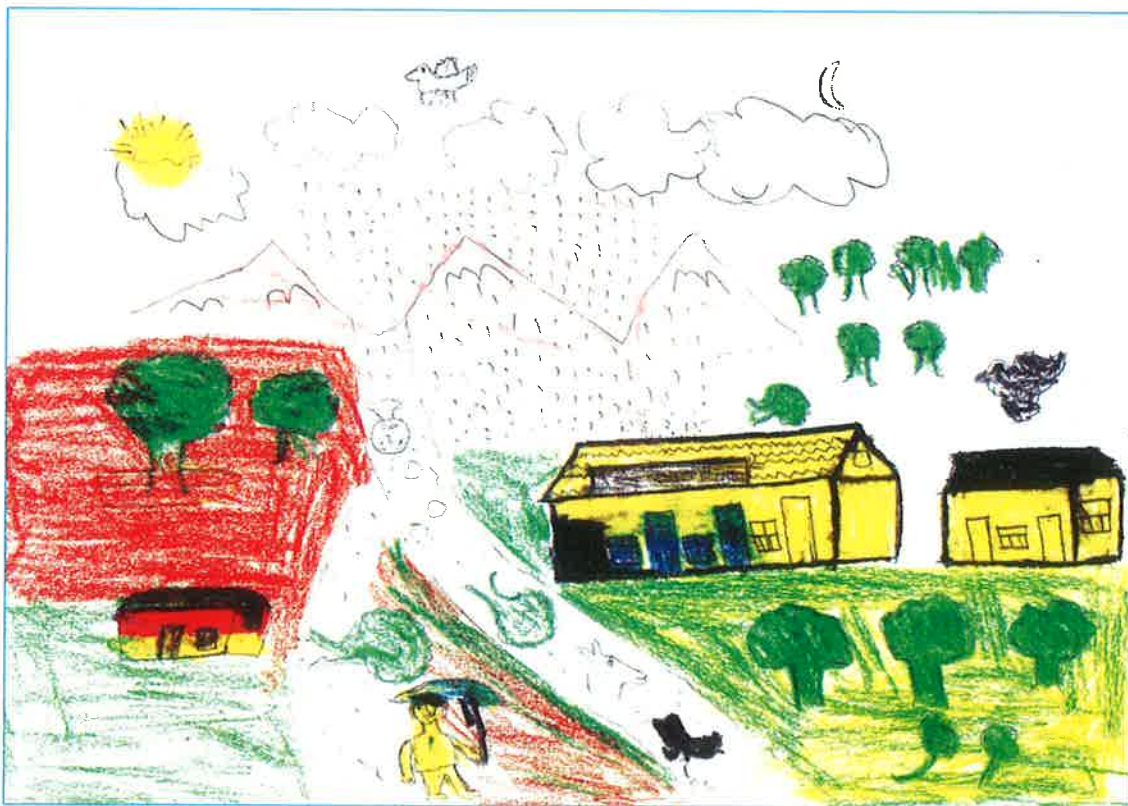
Bibek K.C.
Class: 6
Shree Rudrepipal
Secondary School



Suman Gharti
Class: 5
Shree Rudrepipal
Secondary School

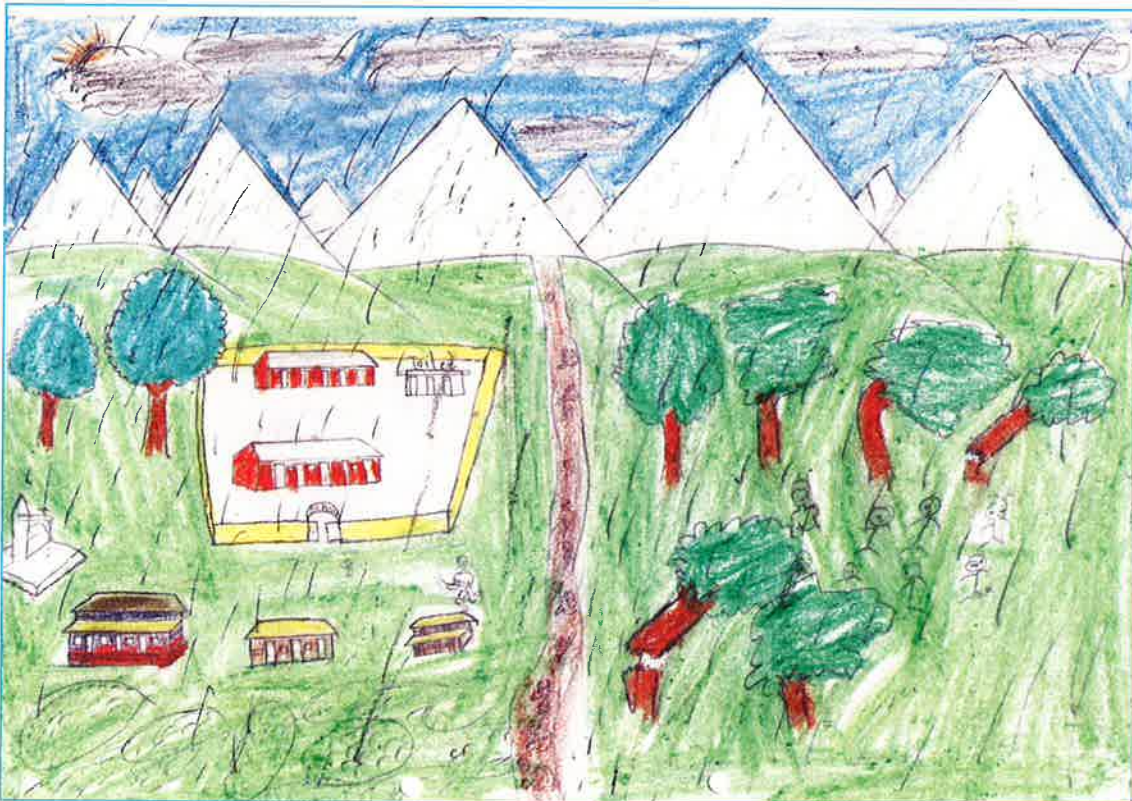


Mahendra Gautam
Class: 5
Shree Rudrepipal
Secondary School





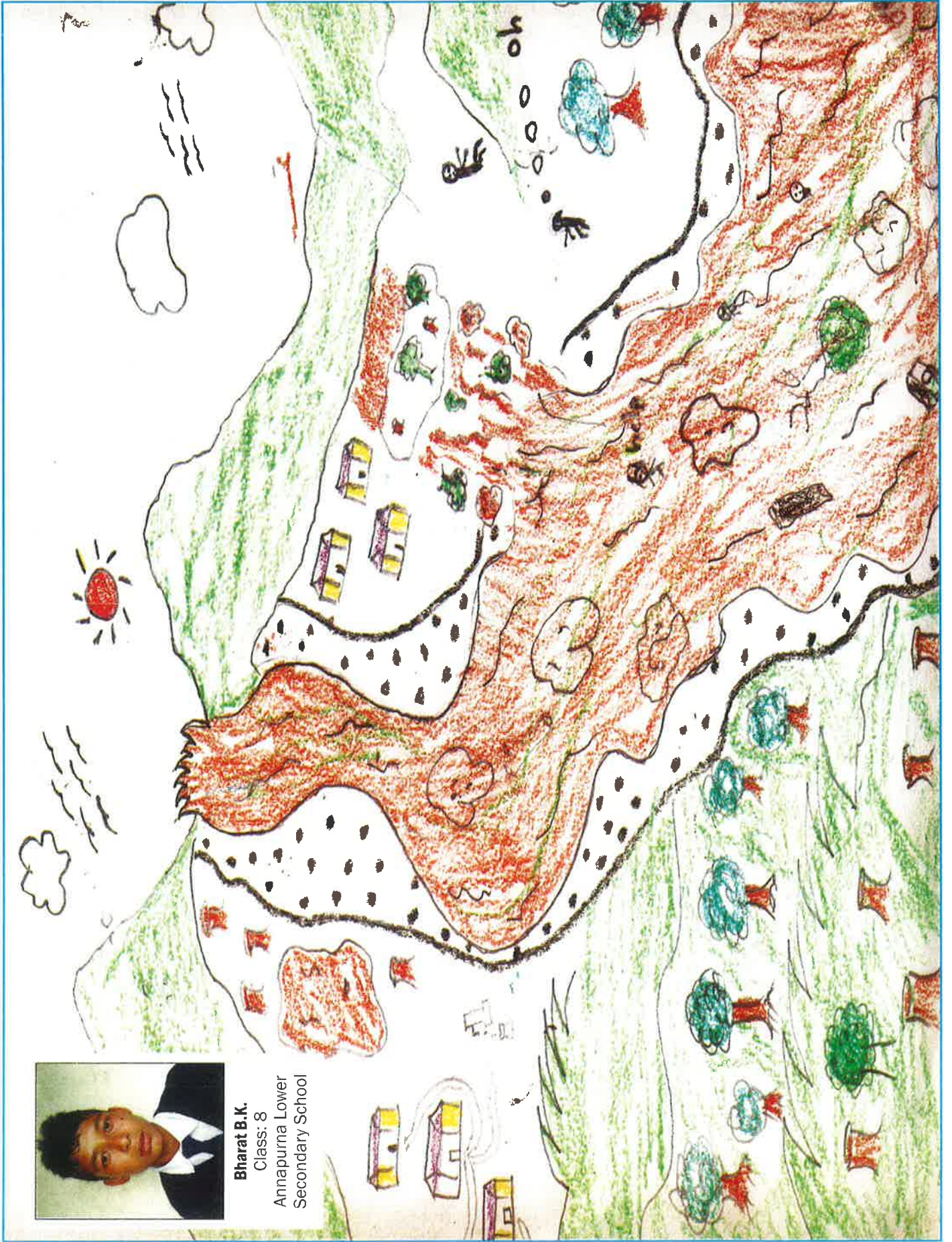
Sandhya Majhi
Class: 5
Shree Rudrepipal
Secondary School



Roshan B.K.
Class: 5
Shree Rudrepipal
Secondary School

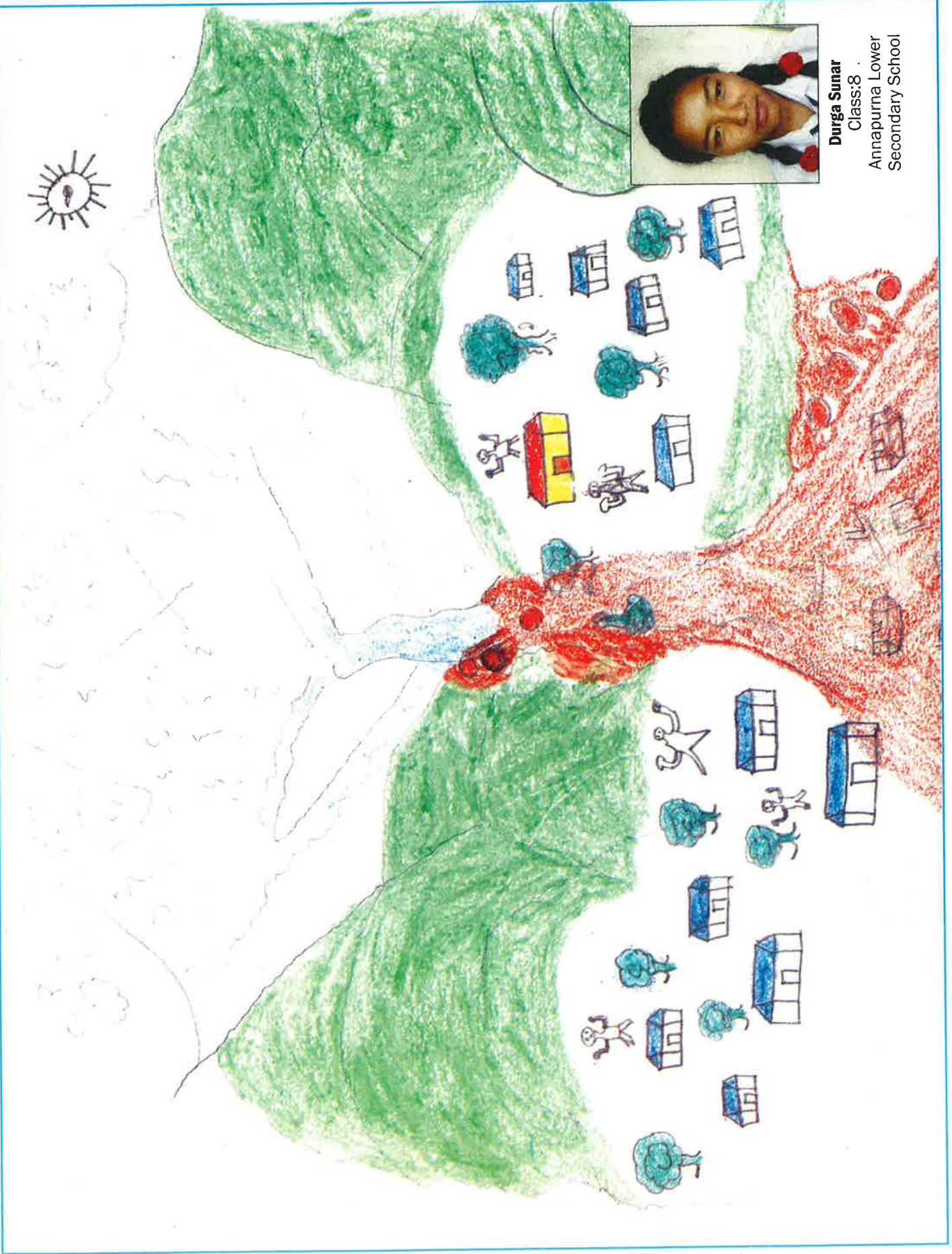


Bharat B.K.
Class: 8
Annapurna Lower
Secondary School





Durga Sunar
Class:8
Annapurma Lower
Secondary School





Nirmala Pun
Class: 8
Annapurna Lower
Secondary School





Rajan B.K.
Class: 7
Annapurna Lower
Secondary School



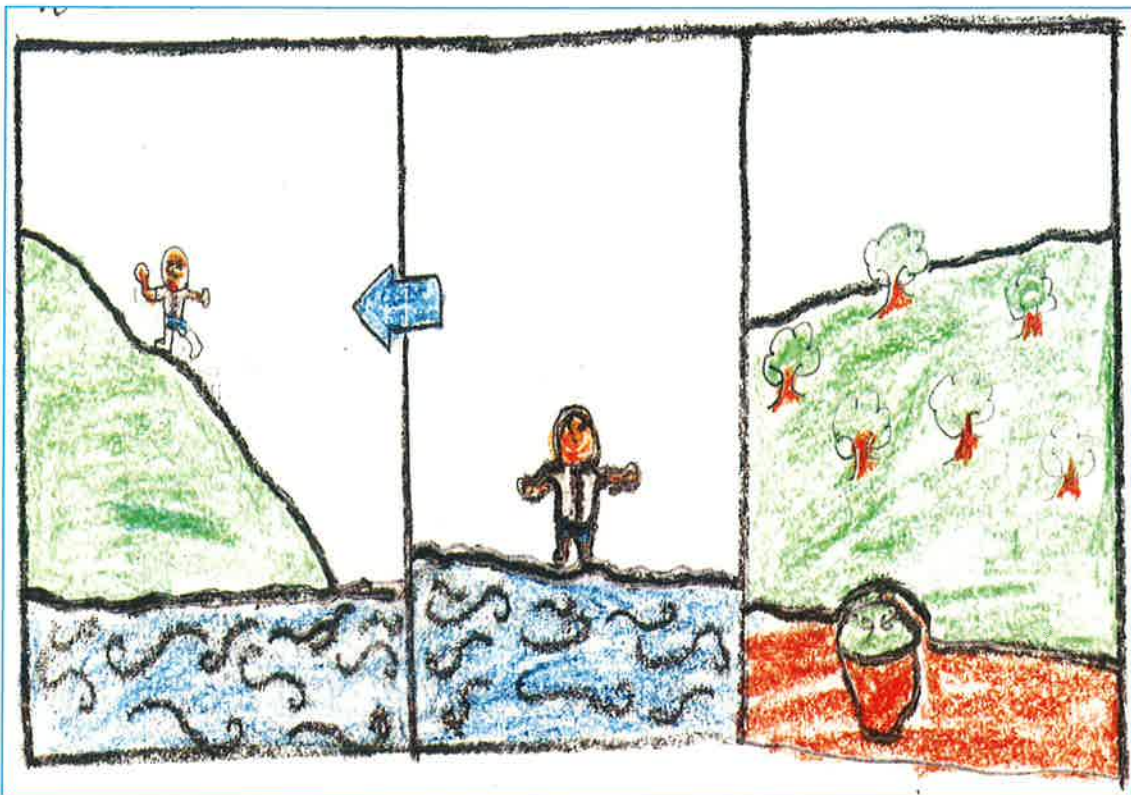
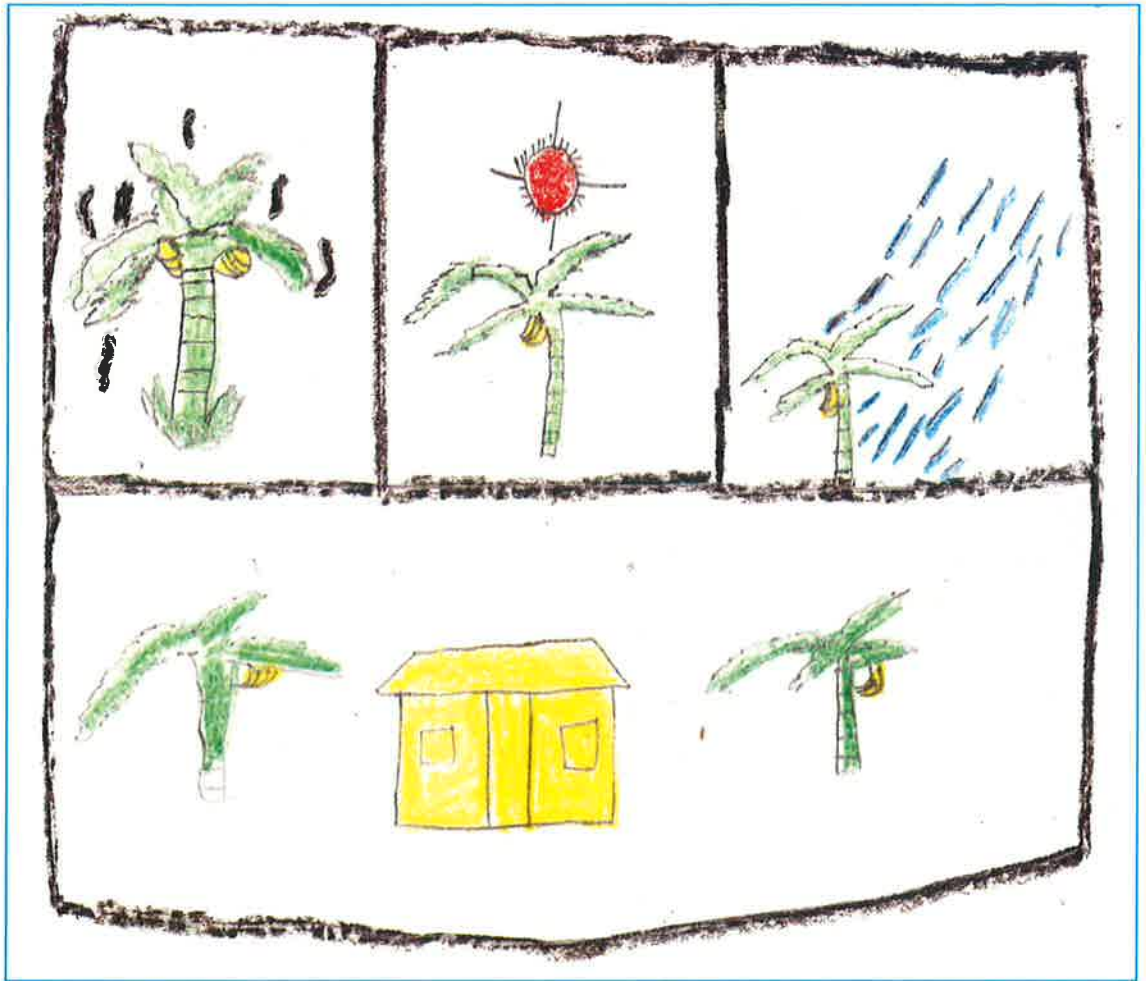
Muna Magar
Class: 7
Annapurna Lower
Secondary School



Bikash B.K.
Class: 7
Annapurna Lower
Secondary School



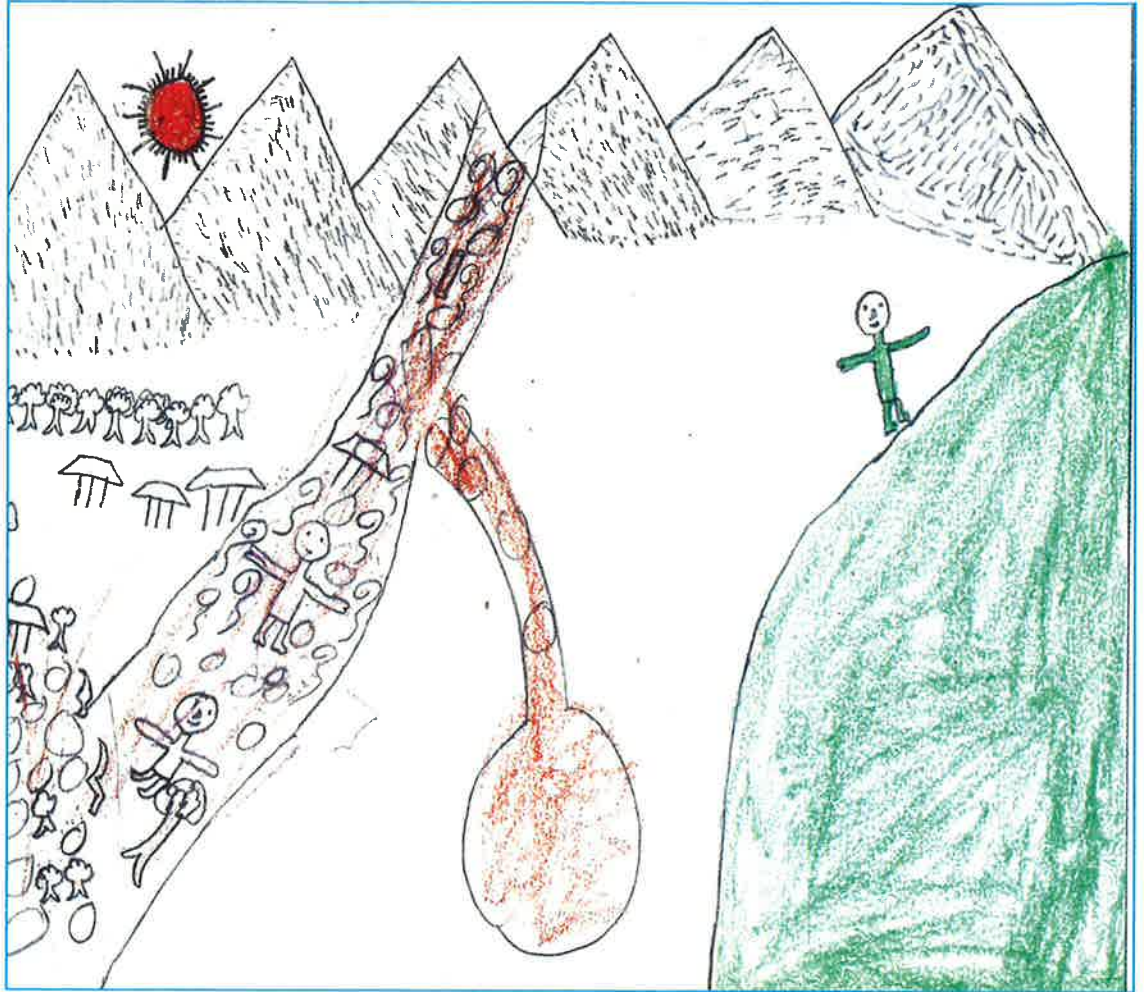
Manoj B.K.
Class: 6
Annapurna Lower
Secondary School



Salan Pun
Class: 6
Annapurna Lower
Secondary School



Bishan Gurung
Class: 5
Annapurna Lower
Secondary School



Urmila Tamang
Class: 5
Annapurna Lower
Secondary School

- वन विनाश

पहिरोका असरहरू

- जनधनको क्षति
- खेतीयोग्य जमिनको नाश

रोकथामका उपायहरू

- जनचेतनाको स्तर बढाउने
- छेकवाँधको निर्माण
- वृक्षारोपण

भूकम्प : सतहमा हुने कम्पनलाई भूकम्प भनिन्छ । यो दुई प्रकारले दायँबायाँ र तलमाथि गरी जाने गर्दछ । यो भूकम्प अचानक घट्ने प्रक्रिया हो तर एकदमै विनाशकारी हुन्छ । नेपालमा पनि गत वैशाखमा ठूलो भूकम्प गएको थियो जसमा जनधनको ठूलो क्षति भयो ।

भूकम्पका कारणहरू

- ज्वालामुखीय कारण
- स्थानीय कारण
- टेक्टोनिक कारण

भूकम्पका असरहरू

- जनधनको क्षति
- भौतिक संरचनामा हास

भूकम्पका रोकथामका उपायहरू

- भूकम्प प्रतिरोधी भवनको निर्माण
- भूकम्पको बेलामा खुला चौरमा बस्ने यदि घरमा भए टेबल, कुर्सी मुनि सुरक्षित रहने ।

ज्वालामुखी : जमिनमुनी रहेका तातो ग्याँसहरू तथा म्याग्मा माथि आउने प्रक्रियालाई ज्वालामुखी भनिन्छ । यो प्रायतः विनाशकारी हुन्छ भने कोही बेला उपयोगी पनि छ किनकी ज्वालामुखीले पृथ्वीको भित्री भागको अध्ययनमा सहयोग पुऱ्याउँछ ।

ज्वालामुखीका प्रकारहरू

- सकृय ज्वालामुखी
- सुषुप्त ज्वालामुखी
- विलुप्त ज्वालामुखी

ज्वालामुखीका कारणहरू :

- भूकम्पीय तरंग

ज्वालामुखीका असरहरू

- जनधनको क्षति
- भू-बनावटमा परिवर्तन
- जमीनको उर्वराशक्ति बढाउँछ ।
- जमिनको तापक्रम बढाउँछ ।

रोकथामका उपायहरू

- ज्वालामुखी विष्फोटन हुन लागेको पहिचान गर्ने ।
- जनचेतना फैलाउने ।

निष्कर्ष : प्रकोपले मानिसको जीवनमा नकारात्मक असर पार्दछ । त्यसैले यस्ता प्रकोपको पहिचान गरी वेलैमा यसको समाधानको उपाय खोज्नु जरुरी छ । हामी जान्ने बुझ्नेहरूले पनि प्रकोपको बारेमा अरुलाई ज्ञान दिनु हाम्रो कर्तव्य हुन्छ र प्रत्येक मानिस आफैँ जागरुक भई वनविनाश, शहरीकरण आदिलाई नियन्त्रण गर्ने हो भने प्रकोपलाई केही हदसम्म न्यूनीकरण गर्न सकिन्छ ।

DISASTER PREVENTION

Name: Hira Sharma

Class: 9 'B'

Roll no. 13

School: Shree Rudrepipal Secondary School, Baglung

Excellent

The sudden event which has unfortunate consequence is called disaster. There are two types of disaster Natural and Artificial Disaster. There are two types of disaster and natural and human induced. Disaster caused by nature is natural disaster and caused due to human

activities are human induced disaster. It effect the life and property of human being. Natural disaster is mainly caused by geographical and meteorological factors. Some of disasters are flood, landslide, earthquake, volcano etc.

FLOOD : The process of overflow of water from river and rivulets called flood. It mainly occur in rainy season. Due to the heavy rainfall flood occurs. When the dry land is filled with water the overfall of water destroys many things.

Causes of flood

- heavy rainfall
- outburst of glacier lake
- landslide

Effect of flood

- It destroy life and property
- Decreases fertility of land
 - Causes soil erosion and landslide

LANDSLIDE : The sliding sown of piece of land under the gravitational force is called landslide. It occurs mostly in rainy season. Due to heavy rain the soil become loose and landslide occurs.

Causes of landslide

- Weak rock formation
- Earthquake
- Deforestation
- Volcano

Effects of landslide

- It destroy the life and property of human being.
- It sweeps the fertile land.
- Preventative measure of landslide
- Public awareness
- Plantation

EARTHQUAKE : Earthquake is the shaking and the vibrating of earth surface. There are two types of earthquake and are vertical and horizontal. Vertical earthquake is most dangerous. Quake occurs suddenly but it is must destructive. On Baishak 12th of 2072, Nepal was also shocked by earthquake and many people died, many houses and temples got destroyed.

Causes of earthquake

- Volcanic activities
- Local activities
- Tectonic activities
- Effect of earthquake

- It destroy life and property of human being
- Also destroys constructions like dams, tunnel, water pipes etc.

Preventive measure of earthquake

- Earthquake resistance building should be built.
- If we are outside the home we have to go in open places.
- If we are inside the house we have to hide under table or strong furniture during the earthquake.

VOLCANO : The process of coming molten magma and other gases from the earth's surface is called volcano. Sometime volcano can be important but in many it is destructive. It gives the knowledge of internal earth surface and makes soil fertile but it destroys the life and property of human beings. there are three types of volcano and are

- Active volcano
- Dormant volcano
- Extinct volcano

Causes of volcano

- Earthquake waves

Effect of volcano

- It destroy the life and property of human beings
- It change the physical feature of earths surface
- It makes the land fertile
- It increases the temperature of atmosphere

Preventative measure of volcano

- There should be prediction of volcanic eruption
- People awareness should be developed in the region of volcanic eruption
- Plantation of trees should be done in bare land
- It also caused by earthquake so earthquake resistant building should be build.

CONCLUSION : The disaster affect the life and property of human being and also the infrastructure too. There are no many reasons to control the disaster so we have to be united and try to know the preventive measures of these disasters. We are the children to develop the nation so first of all we have to raise awareness among the people of the country about the effects of disasters and we should avoid cutting down trees. We have to be confident towards our responsibility to prevent the country from disaster.

प्रकोप न्युनीकरण

नाम : यलीना कंडेल

कक्षा : ९ ख

रोल नं. : २२

स्कूल : श्री रुद्रपिपल माध्यामिक विद्यालय, बागलुङ



Excellent

पृथ्वीमा अचानक घट्ने दुर्घटनालाई प्रकोप भनिन्छ। यसले जनधनको ठूलो क्षति गर्नुका साथै जमिनको उर्वराशक्ति र वनजंगलमा ह्रास ल्याउँछ। मूलतः प्रकोप २ प्रकारका छन् :

- (१) प्राकृतिक प्रकोप
- (२) मानव सिर्जित प्रकोप

प्रकृति आफैले गर्दा हुने प्रकोप प्राकृतिक प्रकोप हो भने मानिसको क्रियाकलापले गर्दा हुने प्रकोपलाई मानव सिर्जित प्रकोप भनिन्छ। प्रकोपहरू विभिन्न प्रकारका छन्। जसमध्ये :

१) पहिरो : गुरुत्वाकर्षणका बलको कारणले गर्दा पहाडमाथिको जमिन खस्नुलाई पहिरो भनिन्छ।

पहिरोका कारणहरू

- कमजोर भू-बनावट
- भूकम्प
- ज्वालामुखी

पहिरोका असरहरू

- खेतीयोग्य जमिनलाई बगाएर लैजान्छ।
- जनधनको क्षति
- भौतिक संरचनाको क्षति
- पानीको स्रोतलाई प्रदुषण गर्छ।

रोकथामका उपायहरू

- वृक्षारोपण
- कमजोर भू-बनोटमा संरचनाको निर्माण नगर्ने
- छकवाँधको निर्माण

बाढी : नदीमा पानीको सतह बन्नुलाई बाढी भनिन्छ।

बाढीका कारणहरू

- भारी वर्षा
- हिमतालको विष्फोटन

- पहिरो
- वनविनाश आदि

बाढीका असरहरू

- जमिनको उर्वराशक्ति घटाउँछ
- व्यक्तिगत तथा सामुदायिक संरचनाको विनाश
- भूक्षय र पहिरो निम्त्याउँछ।

रोकथामका उपायहरू

- छकवाँधको निर्माण
- जनचेतनाको स्तर बढाउने

भूकम्प

- पृथ्वीमा हुने कम्पनलाई भूकम्प भनिन्छ। यो मूलतः तलमाथि तथ दायँबायँ गरी जाने गर्दछ।

भूकम्पका कारणहरू

- टेक्टोनिक कारण
- ज्वालामुखीय कारण
- स्थानीय कारण

भूकम्पका असरहरू

- जनधनको क्षति
- जमिनका चिरा पर्नुको साथै जमिनलाई कमजोर बनाउँछ।

रोकथामका उपायहरू

- भूकम्प प्रतिरोधी घर बनाउने।
- भूकम्पको समयमा घरभित्र भए टेबुल, कुर्सिमुनी बस्ने र बाहिर भए खुल्ला ठाउँमा जाने।

ज्वालामुखी : ज्वालामुखी भनेको पृथ्वीको सतहमा रहेको छिद्र वा प्वाल हो जसबाट तातो ग्यास तथा लाभाहरू निस्कन्छ। ज्वालामुखी मुख्यतः ३ प्रकारका हुन्छन्।

- सकृय ज्वालामुखी

- सुषुप्त ज्वालामुखी
- विलुप्त ज्वालामुखी

ज्वालामुखीका कारणहरू

- भूकम्पीय तरंगहरू
- कमजोर जमिन

ज्वालामुखीका असरहरू

- भू-बनावटको परिवर्तन
- जनधनको क्षति

- तापक्रममा बृद्धि

रोकथामका उपायहरू

- ज्वालामुखी विस्फोटन हुन लागेको ठाउँ पहिचान गर्ने
- जनचेतना फैलाउने

निष्कर्ष : प्रकोप जहाँ पनि र जहिले पनि हुन सक्ने प्रक्रिया हो यसले मानवीय तथा भौतिक संरचनाको विनाश गर्दछ। तसर्थ यस्ता विपत्तिको पहिचान गरी यसबाट बच्ने प्रयास गर्नपर्ने नै उत्तम उपाय मानिन्छ। सरकारले पनि पीडितहरूलाई सहयोग तथा उदारको निमित्त हात बढाउनु जरुरी छ।

DISASTER PREVENTION

Name: Yalina Kandel

Class: 9 'B'

Roll no: 22

School: Shree Rudrepipal Secondary School, Baglung

Excellent

A disaster is a sudden event that has very unfortunate consequences for those who have been affected by it. A disaster involves a large scale loss of life and property. It also reduce cultivable land and destroy forests. There are two types of disaster, they are:

- Natural Disaster
- Artificial Disaster

The disaster which are mainly caused by nature itself is called natural disaster. E.g. earthquake.

The disaster which are occurred by human activities are called artificial disaster. E.g. landslide.

There are several natural disaster, they are :

Landslide : The sliding down of piece of a land under the gravitational force from a mountain or hill slide is called landslide.

Causes of landslide

- Weak rock formation
- Earthquake
- Volcanic eruption, etc.

Effects of landslide

- It shifts the agricultural land and sometime kills people and domestic animals.
- It destroys developmental structure like road, bridges, etc.
- It pollutes the source of water.

Preventive measures

- Afforestation
- Construction of road and dams should be restricted in fragile hill.
- Streams flowing across the road should be controlled by constructing stone wall, etc.

FLOOD : When the dry land is filled with water due to overflowing water from river or lakes is called flood.

Causes of flood

- Heavy rainfall
- Out bursting of glacial lake.
- Landslide
- Deforestation

Effects of flood

- It decrease the fertility of land by deposition of debris on the fertile land.
- It damages personal and public property.
- It causes soil erosion and landslide.

Preventive measures of flood

- Construction of dyke
- Raise awareness about the effect of flood among people.

Earthquake : The shaking or vibrating of the earth surface is

called earthquake. There are two types of earthquake, they are:

- vertical earthquake
- Horizontal earthquake.

Causes of earthquake

- Tectonic activities
- Volcanic activities
- Local activities

Effect of earthquake

- It destroys the life and property of living beings.
- Earthquakes may form crack on the earth surface and weaken the rocks for landslide.
- It collapse monuments, buildings, temples, towers and industries.

Preventive measure for earthquake are

- Earthquake resistance building should be built.
- If we are outside the house during earthquake, we should move to an open place away from building, steep slope, tall trees and power line, etc.

Volcano : Volcano is an opening in the earth surface through which lava hot gases and rock fragments erupt. There are different types of volcano and they are:

- Active volcano
- Dormant volcano
- Extinct volcano

The causes of volcano are:

- Matter speculation
- Earthquake waves.

Effect of volcano are

- It changes the physical features of earth's surface.
- It destroy human life and property.
- It increase the temperature of atmosphere.

Preventive measures

- To avoid the loss of life from a volcano, the prediction of volcanic eruption must be done.
- Public awareness should be developed in the region of volcanic eruption area.

CONCLUSION : Disaster may be caused at anywhere and anytime. It loss a lot of human life and property. Disaster are very dangerous. We should always know the safety or preventive measures to be safe from it. We should raise awareness among the people about cause, effect and preventive measure of disaster. If disaster occur suddenly, at that time also we should not lose our hope. We all people join our hands together to help people who lose their houses, children, and etc. Government also help for victim of the disaster. We should be ready to fight against these types of disaster.

प्रकोप न्यूनीकरण

Excellent

नाम : नविना थापा

कक्षा : ८ ख

रोल नं. १

स्कूल : श्री रुद्रपिपल माध्यमिक विद्यालय, बागलुङ



प्रकोप : प्रकोप भनेको पृथ्वीमा अचानक आइपर्ने घटना जसले सामाजिक तथा सामुदायिक वातावरणमा नकारात्मक असर पुऱ्याउँछ । यसले मानवीय र भौतिक संरचनामा प्रभाव पार्दछ ।

प्रकोप जहाँ पनि र जुनै समयमा आइपर्न सक्छ । यो मानवीय कल्पना भन्दा बाहिरको कुरा हो । त्यसैले मानवीय पहुँचभन्दा टाढा रहेको प्रकोपलाई

भेल्न सदा तत्पर रहनु पर्छ । रोग लागेर उपचार गर्नुभन्दा रोग लाग्न नदिनु नै वेश भनेभैँ प्रकोपको रोकथामका उपायहरु अवलम्बन गर्नु राम्रो हुन्छ । प्रकोप २ किसिमका छन् :

१) प्राकृतिक प्रकोप

प्रकृति आफैँले गर्दा आउने प्रकोपलाई प्राकृतिक प्रकोप भनिन्छ । बाढी,

पहिरो, भूकम्प, ज्वालामुखी आदि प्राकृतिक प्रकोप हुन् ।

बाढी : नदीनाला तथा तलाउमा पानीको सतह बढ्न गई सुख्खा जमीनमा आउने पानीको बहावलाई बाढी भनिन्छ । यसले बाटो, भवन, वनजंगल आदिलाई नष्ट गर्दछ ।

बाढीका कारणहरू

- वन विनाश
- हिमताल विस्फोटन

बाढीका असरहरू

- धनजनको क्षति
- जमिनको उर्वराशक्ति घट्छ

रोकथामका उपायहरू

- गन्हा बनाएर खेती गर्ने ।
- विस्फोट हुन लागेको हिमताल पहिचान गरी रोकथामका उपाय अपनाउने ।
- छेकवाँधको निर्माण ।
- वृक्षारोपण बारे जनचेतना फैलाउने ।

भूकम्प: पृथ्वीभित्र संचय भएको चाप प्रवाह भई सतहमा हुने कम्पनलाई भूकम्प भनिन्छ । पृथ्वीको बाहिरी भाग, लिथोस्फेयर लाई विभिन्न प्लेटहरूमा वर्गीकरण गरिएको छ । यी प्लेटहरू एक आपसमा ठोक्किएर भूकम्प जाने

गर्दछ । गत वैशाखमा नेपालमा ठूलो भूकम्प गएको थियो । यसले जनधनको क्षति गऱ्यो ।

भूकम्पका कारणहरू

- टेक्नोनिक कारण
- ज्वालामुखिय कारण

भूकम्पका असरहरू

- जनधनको क्षति
- भौतिक संरचनाको नष्ट

रोकथामका उपायहरू

- पक्का घरको निर्माण
- जनचेतना फैलाउने

मानव सिर्जित प्रकोप : मानिसहरूको क्रियाकलापले हुने दुर्घटनालाई मानव सिर्जित प्रकोप भनिन्छ । आगलागी, परमाणु बम विस्फोटन, सडक दुर्घटना आदि मानव सिर्जित प्रकोप हुन् ।

निष्कर्ष : मुख्यतः वनविनाश, अनियन्त्रित शहरीकरण तथा औद्योगिकरण, जनसंख्याको बृद्धिले गर्दा प्रकोपहरू उत्पन्न हुने गर्दछ । यसको नियन्त्रणको लागि सरकारले ऐन नियम र जनचेतना फैलाउनु जरुरी छ साथसाथै प्रकोप नियन्त्रणको लागि वृक्षारोपण गर्नु, सन्तुलित बसोबासको व्यवस्था गर्नु पनि अत्यावश्यक हुन्छ ।

DISASTER PREVENTION

Name: Nabina Thapa

Class: 8 'B'

Roll no.: 1

School: Shree Rudrepipal Secondary School, Baglung

Excellent

Disaster : Disaster is a sudden, calamitous event that disrupts the functioning of society and community. It destroys the human as well as infrastructure of the world. The effect is negative on social life and one cannot tolerate or handle the disaster easily. Disaster can take place anywhere and anytime. It takes place automatically without concern of human being. So we have to be ready for the disaster. The best one is 'prevention is better than cure'. Disaster can be categorized into two ways according to their origin: natural and manmade disaster.

Natural disaster : The disaster which is caused by the nature and take place naturally is known as natural disaster. Some of the natural disasters are flood, landslide, earthquake, volcano etc.

FLOOD : When the dry place is covered by the water by overflow of river and lakes is known as flood. It destroys road, houses, forest etc. there are different causes of flood and are

- Deforestation
- Outburst of lakes
- Damages of dam etc.

Effects of flood:

- Destroy life and property
- Causes soil erosion

Preventive measures of flood are:

- Terrace farming in hilly areas.
- Identify the lakes which are going to burst.

- Watershed and dam should be construct for blockage of overflow.
- Promote afforestation to the public.
- Give information about effects of flood to people.

EARTHQUAKE : The shaking of the earth's surface due to excessive energy release is known as earthquake. The outer layer of the earth is divided into many plates which get collide and earthquake generates. All the people of world know that on 12th Baishak, 2072, Nepal had a big earthquake of 7.9 richter scale. It destroyed the life of human being and damaged many houses and temples.

Causes of earthquake

- Tectonic activities
- Volcanic activities
- Local activities

Effects of earthquake

- It destroy human and other structure
- It effects on developmental activities

Preventive measure of earthquake

- Make earthquake free buildings
- During earthquake select open ground for safety

MANMADE DISASTER : The disaster caused by the human activities are called man- made natural disaster. There are

various kind of manmade disaster and are:
Firing, road accidents, atomic winter etc.

FIRING : Firing is a hot bright flame of the burned things. It is caused by the unconscious activities of human. It destroys the buildings, forest and life of living being. Some cause of firing are

- Throwing cigarettes in the forest area.
- By giving the matchbox, lighter to children.
- Due to unmanaged use of petrol, diesel etc.

Effect of firing

- It destroys houses, forest.
- It helps to increase in temperature.

Control measures of firing

- Keep away lighter, matchbox from children.
- Light off the cigarette after smoking.
- Proper storage of diesel and petrol.

These are the disaster which causes destruction in our life so that in order to control the effect of them we should follow some ways and that are:

- Government should make strict laws and the scientific lab which helps to mitigate disaster.
- Control over population and random settlement.
- Construct industries away from the public settlement.

विपत्ति रोकथाम योजना

नाम : ज्योति बोसेल

कक्षा : ८ ख

रोल नं. २

स्कुल : श्री रुद्रपिपल माध्यामिक विद्यालय, बाग्लुङ



Excellent

परिचय : बाढी, पहिरो, भूक्षय, ग्रेग्रान, भूकम्प तथा पानीको कारणबाट हुने मानवीय तथा भौतिक हानी नोकसानीलाई हामी विपत्ति भन्छौं । यी वातावरणमा अचानक घट्ने प्रक्रिया हुन । अनेक प्रकारका विपत्ति जस्तै बाढी पहिरो, भूक्षय, ग्रेग्रान बहाव नेपालको प्रमुख समस्या मात्र नभएर विश्वकै प्रमुख समस्याका रुपमा देखापरेका छन् । विशेषगरी यस्ता खालका विपत्ति दुई कारणबाट हुने गर्दछन् ।

(क) **प्राकृतिक विपत्ति :** "कहिलेकाहीँ प्रकृतिमा अचानक घट्ने क्रियाकलापले जनधनको क्षति गराउँछ । यिनीहरूलाई नै हामी प्राकृतिक विपत्ति भन्छौं । यी आफैँ हुने गर्छन् । भूकम्प, ज्वालामुखी, चट्याङ, अतिवर्षा

प्राकृतिक विपत्तिका उदाहरणहरु हुन्

(ख) **मानव सिर्जित विपत्ति :** मानवको क्रियाकलापले घट्ने विपत्तिलाई मानव सिर्जित विपत्ति भनिन्छ । बाढी, पहिरो, भूक्षय आदि मानव सिर्जित विपत्तिका उदाहरण हुन् । त्यसैगरी नेपाल एक धरातलीय स्वरुपमा धनी देश मानिन्छ, यहाँको भौगोलिक विविधता नै यसको प्रमुख कारण हो । बाढी, पहिरो यसको मुख्य समस्या हुन् । नेपालका विभिन्न ठाउँ यस्ता समस्याबाट ग्रसित छन् जसलाई नियन्त्रण गर्न सकिएको छैन, यो सबैको पछाडि बढ्दो जनसंख्या सहरीकरण, कलकारखाना र जनचेतनाको कमी रहेको पाइन्छ ।

बढ्दो जनसंख्यालाई बढी खाद्यान्न आवश्यकता पर्छ । मानिसहरूले घर बनाउन, अन्न उत्पादन गर्न, सडक निर्माण गर्न वनजंगलको तथा खेतबारीको विनाश गर्छ, जसले गर्दा सडक, भवन, बिजुलीको पुल जस्ता सञ्चारको माध्यमको विनाश हुन्छ ।

यसैगरी नेपालमा आइपरेका विपत्ति जस्तै बाढी, पहिरोले धेरै जनधनको साथै मानिसको क्षति भयो । नेपालका प्रमुख क्षेत्र जस्तै सिन्धुपाल्चोक, दैलेख, चितवन जस्ता मुख्य क्षेत्रमा प्रभाव पायो । अझ नेपाली जनतामा त्यति ज्ञान नभएर अझ यस्ता खालका समस्यामा बाधिनुप्यो । नेपालका हिमाली, तराई, पहाडी क्षेत्रमा बासिन्दाहरूले भोग्नु परेको समस्या नै विपत्ति हो ।

नेपाल अझ हिमालै हिमालको देश भनेर प्रख्यात छ । हिमाली क्षेत्रहरूका बासिन्दाहरू हिमपहिरोबाट आजित छन् । साँच्चिकै भन्नुपर्दा यस्ता खालका विपत्तिमा छेकबाद, तटबन्ध र विपत्तिका बारेमा चेतनाको कमी र सहरीकरण प्रमुख कारण बन्न पुग्दछन् । उदाहरणको रूपमा विपत्तिलाई नेपालको सन्दर्भमा हेर्नुपर्दा गतसाल सुनकोशी नदी थुनिएर गाउँ नै डुवायो, यही वर्ष गण्डकी थुनिएर धेरै जनधनको क्षति भयो । साथै वि.सं. २०६८ चैत्र २९ गते सेती नदी विष्फोटनमा परी धेरै मानिसले ज्यान गुमाए । वि.सं. २०७२।१।१२ गते साथै २९ गते नेपालमा ठूलो भूकम्प आयो र यसले धेरै समस्या निम्त्यायो । यसले कति आमा, बुबालाई लम्यो, कतिको त दिदिभाइ नै लम्यो, कतिको त अकालमै मृत्यु भयो । यसरी विपत्तिले सिङ्गो राष्ट्रमा नै समस्या निम्त्यायो ।

यसबाट हामीले के बुझ्नुपर्छ भने प्राकृतिक तथा मानव सिर्जित विपत्ति नभई आधुनिक र वैज्ञानिक विकासले पनि समस्या निम्त्याउँछ । जस्तै कलकार खानाको विकासले हावा, जल तथा ध्वनि प्रदुषण गराउँछ । यसबाट महामारी रोग फैलावट हुन्छ । जस्तै भ्रूडापखाला, हैजा, आउँ जस्ता रोग निम्त्याउँछ । जसले गर्दा मानिसको अवस्था नाजुक हुनुका साथै त्यस मानिसले राष्ट्रको लागि योगदान दिन सक्दैन ।

यस संसारमा आउने विपत्ति जस्तै भूकम्प, भू-क्षय, गेरानबहाव, बाढी, पहिरो ले धेरै समस्या निम्त्याउँछ । भनिन्छ नि रोग लागेपछि उपचार गर्नुभन्दा रोग

लाग्नु नै बेश भनेर विपत्ति भएपछि संरक्षण गर्नुभन्दा विपत्ति हुनुभन्दा अगाडि नै आवश्यक कुरामा मान्नुपर्दछ । जस्तै: वनजंगलको, कलकारखाना खाँचो पर्छ ।

रोकथामका उपायहरू : प्राकृतिक विपत्ति विस्तारै र क्रमशः हुने गर्छ । यसलाई नियन्त्रण गर्न कठिनाई भएता पनि हामीले पूर्ण रूपमा नियन्त्रण गर्न सकिन्छ । तर हामीले केही मात्रामा नियन्त्रण गर्न सकिन्छ ।

१. **संरचनाका उपायहरू जस्तै:**

- (क) छेकबाँध तथा तटबन्ध बनाउने,
- (ख) कुलेसो नियन्त्रण तथा भेल नियन्त्रण गर्ने,
- (ग) जैविक प्रविधिको प्रयोग,
- (घ) भिरालो जमिनमा वृक्षारोपण गर्ने,
- (ङ) नाँगाडाँडामा वनस्पति तथा बोटबिरुवा रोपाई गर्ने,
- (च) विपत्ति आएमा नआतित्ने ।

२. **सामुदायिक विपत्ति रोकथाम उपायहरू**

- (क) नआतित्ने विपत्ति आइपरेमा
- (ख) विपत्तिको बारेमा ठूला वडाबाट सल्लाह लिने
- (ग) निस्केको घरमा तुरुन्त नफर्कने,
- (घ) विपत्तिका बारेमा टेलिभिजन, रेडियो तथा पत्रपत्रिकाबाट ज्ञान दिने,
- (ङ) खोलामा धमिलो पानी जस्ता घटना देखेमा आफैँभन्दा ठूलावडालाई खबर गर्ने ।

मूलतः मानिस एक सिर्जनशील तथा कल्पनाशील प्राणी हो । त्यसैले उसले निम्त्याएका विपत्तिलाई मानवीय स्वभावमा परिवर्तन गर्नुपर्छ । भूकम्प जस्ता विपत्ति आएमा घरभित्र भए हातखुट्टा टेकी खाटमुनि बस्नुपर्छ, विद्यालयमा भए बेचमुनि तथा टेबुलमुनि बस्नुपर्छ । अन्त्यता बाहिर भए चारैतिर बस्नुपर्छ

मानिस सिर्जनशील प्राणी हो । त्यसैले माथिको निम्न उपायहरू अपनाए आफू लगायत वा अरुलाई बाँच्न र बचाउन सकिन्छ । यस्ता खालका विपत्तिबाट बाँच्न सकिन्छ ।

DISASTER PREVENTION

Name: Jyoti Bosel

Class : 8 'B'

Roll no. : 2

School: Shree Rudrepipal Secondary School, Baglung

Excellent

Introduction : A negative effect in the people, society and the infrastructures due to the flood, landslide, earthquake etc. is known as disaster. These occur suddenly in the nature. Flood, landslide, debris flow are the main problematic disaster in context of Nepal. Mainly disasters are of two types and are:

1. **Natural disaster :** A sudden event occurs in the nature by itself is known as natural disaster. Earthquake, volcano, thundering etc. are the example of natural disaster which affect in the balance of society.

1. Human induced disaster: Disaster occurred by the activities of human are called human induced disaster. Flood, landslide, soil erosion are the disaster promoted by human beings.

Nepal has specific bio diversities which is major reason for the flood and landslide. Due to rapid growth of human population, urbanization and industrialization and the lack of public awareness our country is the victim of such disasters. High rate of population consumes more crops, for the settlement public cuts trees in order to fulfill their basic needs so these disasters are being more dangerous day by day and playing adverse role towards the nature. Nepal is also known as the country of mountains, but in the mountainous region people are effected by glacier lake outburst and landslides.

For instance, landslide of Sindupalchowk, Flood of Seti Nadi

and the devastating earthquake of last April, it is concluded that Nepal is vulnerable for the disaster. By these all we all people have to know that disaster not only induced by the natural or human activities but also results as the product of urbanization and industrialization. Industrialization and advanced scientific invention like atom bomb also causes the air pollution, noise pollution, water pollution and also sometimes produces epidemic diseases.

Some control measures of those disaster are:

- Construction of retaining walls and breast walls to prevent from flood and landslide.
- Use of bio engineering.
- Afforestation in inclined areas.
- Consoling with experience holders in the society about the disaster.
- To be alert all the time and get ready for disaster prevention.

विपत्ति रोकथाम

नाम : लक्ष्मी शर्मा

कक्षा : ८ ख

रोल नं : ४

स्कूल : श्री रुद्रेपिपल माध्यामिक विद्यालय, बाग्लुङ



Excellent

विपत्ति भनेको कुनै पनि आपत्कालीन अवस्था जसले मानवीय संरचनामा क्षति पुऱ्याउँछ भने कुनैपनि कार्यलाई रोक्नु वा छेक्नुलाई रोकथाम भनिन्छ। जस्तै बाढी, पहिरो, भूक्षय, भूकम्प आदि विपत्तिको रूपमा लिइन्छ। यसैगरी कुनैपनि विपत्तिको सामना गर्दै यी विपत्तिहरूलाई रोक्न सक्ने खालको यो जना लागु गर्ने प्रकृत्यालाई विपत्ति रोकथाम भनिन्छ।

सामान्यतया यस्तै विपत्तिहरूको उदाहरण दिने क्रममा बाढी पनि अग्र पंक्तिमा आउँछ। मुसलधारे वर्षाका कारण खोला, नदीनाला एवं तालतलैयामा रहेको पानीको गति बढेर त्यसको वरिपरि रहेका चीजवीज बगाएर लैजाने प्रक्रियालाई बाढी भनिन्छ। हामीले बाढी रोक्नका लागि खोलानाला वरिपरि तटबन्धको निर्माण गर्नुपर्छ र खोलानालाकै पौधमा ग्रउन्ड सिल वा स्पर्को निर्माण गर्नुपर्छ। यस्तै विपत्तिहरूमध्ये अर्को विपत्ति हो पहिरो। जमिनको माटो भत्केर झर्ने प्रकृत्यालाई पहिरो भनिन्छ। पहिरो प्राकृतिक कारण जस्तै

भारी वर्षा, भिरालो जमिन, कमजोर भूबनोट, नदी किनार कटान, हिउँ पग्लिनु तथा भूकम्पका कारणले आउने गर्दछ भने मानव सिर्जित कारण जस्तै वनजंगलको विनाश, अवैज्ञानिक खेती प्रणाली, अव्यवस्थित भूउपयोग आदि कारणले आउँछ। पहिरो रोक्नका लागि हामीले रुखविरुवा रोक्नुपर्छ र खोलानालाहरूको किनारमा तटबन्ध निर्माण गर्नुपर्छ।

यी विपत्तिहरूमा बाढी, पहिरो लगायत भूक्षय पनि पर्दछन्। सतहको मलिलो र खुकलो माटो बगेर वा उडेर जाने प्रक्रियालाई भूक्षय भनिन्छ। भूक्षयका प्रमुख कारण भनेको अव्यवस्थित कृषि प्रणाली र वन फडाणी हो। सामान्य अर्थमा भन्नुपर्दा भूकम्प भनेको पृथ्वी हल्लिनु वा जमिनको सतहमा आउने कम्पन हो। पृथ्वीका प्लेटहरू हल्लिएर आउने कम्पन हो भूकम्प। टूला भवनहरू निर्माण नगरी साना एवं भूकम्प प्रतिरोधात्मक बनाउनुपर्छ तबमात्र भूकम्पबाट बच्न सकिन्छ।

यी सबै विपत्तिहरूले पृथ्वीमा ठूलो असर पारेका हुन्छन् । धेरै मानिसका घर डुबानमा परेका छन् । पहिरोका कारण पनि धेरै घरहरू पुरिएका छन् । धेरैले त आफूना घरपरिवार पनि गुमाएका छन् । त्यस्तै पहिरोका कारण पनि धेरै घरहरू पुरिएका छन् । भूकम्पले पनि धेरै जनधनको क्षति भएको छ । २०७२ बैसाख १२ गतेको घटनाले पनि भन्छ कि काल कहिल्यै बाजा बजाएर आउँदैन ।

मानिस एक सामाजिक एवं विवेकशील प्राणी भएका नाताले उसले प्रकृतिमा ज्यादै नकारात्मक असर पारिहेको छ । वन विनाशका कारण पशुपक्षिको

वासस्थान नष्ट भएको छ । पेट्रोल डिजेलको प्रयोगले प्रदुषण बढेको छ भने ओजोन तहमा प्वाल परेको छ । सूर्यका किरणहरू सोभै हाम्रो छालामा प्रवेश गरेका छन् । रसायनिक मलको प्रयोगका कारण जमिनको उर्वर माटो नष्ट भएको छ ।

अन्त्यमा बनजंगल संरक्षण गर्नु, प्रदुषण नियन्त्रण गर्नु, खोलाको पीँध वा किनारमा तटबन्ध वा ग्रउन्ड सिलको निर्माण गर्नु, माटोको उर्वरा शक्ति बढाउनका लागि रसायनिक मलको प्रयोग कम गर्नु जस्ता उपायले प्रकोपको रोकथाम गर्न सकिन्छ । त्यस्तै मानिसमा चेतनामुलक ज्ञान प्रदान गर्नु पर्छ अनिमात्र हामी विपत्तिको समाना गर्न सक्छौं ।

DISASTER MITIGATION

Name: Laxmi Sharma

Class: 8 'B'

Roll no.: 4

School: Shree Rudrepipal Secondary School, Bagjung

Excellent

Disaster is any sudden situation that brings loss in human and physical structures. Mitigation is to control something wrong from happening. Example: flood, landslide soil erosion, earthquake, etc. are the disasters. So disaster mitigation is to face and simultaneously control the effect of the disaster.

Simply while giving the example of such disaster flood comes to the front. Due to heavy rainfall the level of water increases in the river, lake and pond and it drains out anything that is at its side which is known as flood. To control the flood, the embankment should be constructed on the either side of the river and form ground seal and spurs at the rivers. Likewise the downward movement of the land mass downward is called landslide. Heavy rainfall, steepness of land, weak geology, river cutting, melting of glaciers and earthquake are the natural causes of landslide. The human induced causes are unmanaged landuse, deforestation and unscientific farming system. The trees should be planted and construction of embankment should be done to control the landslide.

Soil erosion is also a disaster along with flood and landslide. Soil erosion is the process of blowing away of fertile loose soil. The reasons of soil erosion are unplanned farming system, deforestation, etc. likewise earthquake is the shaking

of the land by the movement of the tectonic plates of the earth. We should not build taller buildings in order to be safe from the earthquake.

All these disasters bring huge effects in the earth. Flood drowns the houses of people. Many may lose their dear ones. Landslide also covers many houses. Soil erosion has replaced many people. Earthquake has claimed lives and property of many people. The April 25 earthquake of 2015 has proved that death can occur at any time.

Man is a social and intelligent animal. However he has caused many negative effects in the nature. The deforestation has caused effects in the wildlife. The use of petrol and diesel has caused pollution which has caused hole in the ozone layer. This has caused the direct entry of ultra violet rays into the earth. The chemical fertilizer used in the farms has caused infertility of the soil.

All these disasters can be mitigated if the afforestation is done, pollution is reduced, embankment is made in the river banks, modern farming is adopted and the use of chemical fertilizers in farm is reduced. Awareness should also be generated in the community to mitigate the disaster.

विपत्ति रोकथाम र व्यवस्थापन

नाम : ममता नेपाली

कक्षा : ८ क

रोल नं : ११

स्कूल : श्री रुद्रपिपल माध्यमिक विद्यालय, बारलुङ



Excellent

परिचय : पानीका कारणबाट हुने मानवीय तथा भौतिक क्षति र नोकसानीलाई जल उत्पन्न प्रकोप भनिन्छ । नेपालमा, बाढी, पहिरो भू-क्षय र ग्रेग्रान बहाव जस्ता घटनालाई जल उत्पन्न प्रकोपका रूपमा लिइन्छ । यस्ता प्रकोपहरू दुई कारणबाट हुने गर्छन् ।

प्राकृतिक प्रकोपः कहिलेकाहीँ प्रकृतिमा अचानक घट्ने कृयाकलापले जनधनको क्षति गराउँछ । यिनीहरूलाई नै हामी प्राकृतिक प्रकोप भन्दछौं । अतिवर्षा, हिमपात, चट्टान, भूकम्प, ज्वालामुखी, चट्टाड आदि प्राकृतिक प्रकोपहरूका उदाहरणहरू हुन् ।

मानव सृजित प्रकोप : मानिसका विविध कृयाकलापका कारणबाट हुने बाढी पहिरो भक्षय र ग्रेग्रान बहाव जस्ता प्रकोपहरूलाई मानव सिर्जित प्रकोप भनिन्छ ।

प्रकोपका असरहरूमा मानिसहरू घाइते हुने वा मृत्यु पनि हुने, घर, जग्गा, खेतबारी, बालीनाली, गाईवस्तु र बोटविरुवा बगाउनाले जन धनको क्षति, जमिनको माथिल्लो सतहको उर्वर मलिलो माटोमा क्षति, जग्गा, खेतबारी भत्किएर हराउने सम्भावना र बसाइ सार्नुपर्ने बाध्यता आदि हुन् । यसले सडक, नहर, पुल, बाँध र कुलो आदि भत्काउँछ र हाम्रो लगानीमा ठूलो क्षति हुन्छ ।

जल उत्पन्न प्रकोपसम्बन्धी केही प्रमुख घटनाहरू:

भूक्षय: सतहको मलिलो र खुकलो माटो बगेर वा उडेर जाने प्रक्रियालाई भूक्षय भनिन्छ । धेरै हावा चल्ने र भिरालो, बोटविरुवा र भारपात नभएको

ठाउँमा बढी भूक्षय हुन्छ ।

भूबनोट बिगार्नु : भूक्षयले जमिनको अवस्था विगाच्छ । गराहरू र खोल्सा, छिद्र र चिराहरू पर्छन् पानीको मुल, कुवा, ताल, पोखरी आदि पुरिन सक्छन् भित्रभित्रै जमिन खिड्न र पहिरो जान सक्छ ।

मरुभूमीकरण : भिरालो सतहको मलिलो माटो नियमित रूपमा बग्दै जानाले जमिनको ओसिलोपना सुकेर जान्छ । सुकेको जमिनको मलिलो माटो बालुवामा परिणत हुने प्रकृतिलाई मरुभूमीकरण भनिन्छ । यहाँ बोटविरुवा हुर्कन सक्दैन ।

प्राकृतिक कारणहरू : भिरालो जमिनमा भूक्षय बढी हुन्छ । धेरै हावा चल्नु, वर्षाको समयमा धेरै पानी परेर माटो बगेर जानु, चर्को घाम लागेर माटो सुख्खा र बुर्बुर हुनु भूक्षयका प्राकृतिक कारणहरू हुन् ।

मानवीय कारणहरू : भिरालो जमिनमा खनजोत गर्नाले, खेतबारीको डिलका बोटविरुवा र घाँसपात मास्नाले र जथाभावी विकासका कार्यहरू गर्नाले भूक्षय हुन्छ ।

बाढी : नेपालको वर्षा मनसुनमा भर पर्छ । धेरै जसो मनसुनी वर्षा हुने असर र भदौ महिना हो । यो समयमा बाढी जान्छ ।

बाढी पहिरो नियन्त्रणको लागि भिरालो जमिनमा गरा बनाई खेती गर्ने, कमजोर माटो भएको ठाउँमा घर गोठ निर्माण नगर्ने, घर वरिपरि पानी निकासको व्यवस्था गर्ने, पहिरो गड्गडने स्थानको पहिचान गरी यसबाट सावधान रहने र जोखिममा परेकालाई आवश्यक र सक्दो सहयोग गर्ने ।

DISASTER MITIGATION AND MANAGEMENT

Name: Mamata Nepali

Class: 8 'A'

Roll no.: 11

School: Shree Rudrepipal Secondary School, Baglung

Excellent

Introduction: The damage that is created by water is known as water-induced disaster. Different types of flood, landslide, soil-erosion and debris flows are the major water-induced disasters in Nepal.

Types of Disaster

Natural Disaster : Sometimes, the unexpected activities that occur in nature bring a huge loss of life and property. We call these as natural disasters. Heavy rainfall, snowfall, thunder, earthquakes, volcanoes etc. are the examples of natural disasters.

Human-induced Disaster : Sometimes, different human activities cause the disasters like flood, landslide, soil-erosion and debris flows which affect the lives of people. The disaster caused by human activities is known as human-induced disaster.

Effects of Disaster

People get injured or even die from the water-induced disasters like flood, landslide, soil-erosion and debris flows. Life and property gets destroyed when houses, land, farms, fields, livestock and vegetation get flooded or buried. Fertile and productive soil of the surface of the land and manure added to the field also get flooded along with the water. The disaster will damage the developmental infrastructures like road, buildings, canal, dams etc. This will risk the huge investment on them.

Events of the water induced disasters:

Soil erosion: The topmost surface soil is loose and fertile. The condition of land gets distorted when this loose and fertile soil is washed away and blown in other places. This is called soil erosion. Soil erosion is caused by water and air. The effects of soil erosion are:

- **Distort the structure of land :** Soil erosion distorts the condition of the land. Cracks, gullies or gorges are formed in

the terraces. It becomes uncomfortable for agriculture. The existing sources of water like lakes, ponds or well can get buried. If these sources get buried, it will erode the land internally and eventually large landslides can occur.

- **Desertification :** The moisture of soil gets decreased and ultimately dries up when there is constant downward flow of fertile soil from steep surface. The condition in which fertile soil from dry land flows through the sandy layer is called desertification. No any plant grows and develops in the area of desertification.

The causes of soil erosion are:

- **Natural causes :** The rate of soil erosion is high in steep land. Soil easily flows downward in sloppy surface. Air blows swiftly in Manang and Mustang. Here, the air blows soil and sand. Soil erosion occurs in steep land which does not have trees or bushes. Also due to heavy downpour in rainy season, soil flows from such places leading to soil erosion. The soil becomes dry in sunny area and remains loose. Because of it soil erosion takes place in large amount in these areas.

- **Human causes :** The practice of plowing sloppy land and destruction of plants and bushes at the edges of terrace farms promotes the flow of soil during rainy season. There is practice of plowing edges and stripping off the layers of cliffs of terrace during farming. This also brings imbalance in soil situation.

Flood : The rainfall of Nepal depends on monsoon. Ashar and Bhadra are the months that receive maximum rainfall. The flood and landslide can be controlled by terrace farming. The houses at the steep slopes should not be built. The channelization of the rainwater should be maintained. The places prone to the landslide should be monitored. The people suffering from disaster should be helped.

विपत्ति रोकथाम र व्यवस्थापन



नाम : उषा कुंवर

कक्षा : ८ ख

रोल नं : ---

स्कूल : श्री रुद्रेपिपल माध्यामिक विद्यालय, बाग्लुङ

Excellent

प्रकृतिमा अचानक घट्ने घटना वा कृयाकलापलाई विपत्ति भनिन्छ। यसका प्रकारमा बाढी, पहिरो भूक्षय र गेग्रान बहाब पर्दछन्। यसले घर, मानिस, प्राणी, सबै चीजलाई सखाप पार्छ। यसका दुई वटा कारण छन्। ती हुन् प्राकृतिक र मानवीय।

प्रकृतिबाट सिर्जना हुने र अचानक घट्ने प्राकृतिक कारण अर्न्तगत पर्दछन्। मानवका विभिन्न कृयाकलापबाट घट्ने प्रकोपहरू मानव सिर्जित प्रकोपहरू हुन्। वन डढेलो, वन विनाश आदि मानवीय कृयाकलापले प्रकोप निम्त्याउँछ।

प्रकोपको रोकथामका लागि हामीले वनविनाश नगर्ने, कुलेशो काट्ने, टेवा पर्खाल निर्माण गर्ने र पहिरोको माटो हटाउने गर्नुपर्छ।

बाढी : बाढीले ठूलो क्षति गराउँछ। बाढी गएमा मानिस घाइते हुन र मर्न सक्छन्। वर्षामा मुसलधारे पानी परेर माटो गिलो भई बगेर हुने प्रकोप हो यो। थुनिएको खोला अचानक फुट्दा बाढी आउन सक्छ। बाढी नियन्त्रणमा हामीले बाँध बान्ने, बान्ने, बृक्षारोपण गर्ने, र कुलेसो काट्ने गर्नुपर्छ। बाढीबाट बच्नलाई बाढीका समयमा पुल वा खोला नजिक नजाने, बाढी आएको खबर सबैलाई गर्ने र घरमा भएका बेला घरको माथिल्लो तलामा

बस्ने गर्नुपर्छ।

पहिरो : जमिन भत्किएर भर्ने प्रकृत्यालाई पहिरो भनिन्छ। नेपाल पहिरो जाने क्षेत्र अर्न्तगत पर्छ। कमजोर र खुकुलो माटो भएको ठाउँमा धेरै पहिरो जान्छ। मुसलधारे पानी परेको समयमा बाढी पहिरो जान्छ। पहिरो प्राकृतिक र मानव सिर्जित दुवै कारणले जान्छ। भारी वर्षा, कमजोर भूबनोट, हिउँ पग्लिनु र भुइँचालो प्राकृतिक कारणहरू हुन्। मानव सिर्जित कारणमा असावधानी किसिमले गरिएको विकास निर्माण, अनुपयुक्त किसिमले गरिने भूउपयोग वनजंगल विनाश आदि पर्छन्।

भूक्षय : सतहको मलिलो र खुकलो माटो बगेर वा उडेर जाने प्रकृत्यालाई भूक्षय भनिन्छ। धेरै हावा चल्ने र भिरालो बोटविरुवा र भारपात नभएको ठाउँमा बाढी भूक्षय हुन्छ। भिरालो जमिनमा खनजोत गर्नाले, डिलका घाँसपात बोटविरुवा मास्नाले भूक्षय हुन्छ।

गेग्रान बहाब : ढुंगा, माटो बालुवा आदि पानीमा मिसिएर बनेको लेदोलाई गेग्रान भनिन्छ। यो गेग्रान जमिनको भिरालो सतहबाट बेगसँग बग्नुलाई गेग्रान बहाब भनिन्छ। गेग्रान बहाब भिरालो र खहरेमा ठूलो ढुंगा, माटो, पातपतिङ्गर आदि लिएर बेगसँग बग्दछ। भूकम्प, पहिरो, जमिनको भिरालो पन, अतिवर्षा आदि यसका कारणहरू हुन्।

MITIGATION OF DISASTER

Name: Usha Kunwar

Class: 8'B'

Roll no.: -

School: Shree Rudrepipal Secondary School, Baglung

Excellent

The sudden activity that occurs in the nature is known as disaster. Flood, soil erosion, debris flows are the examples of natural disaster. These destroy the houses, kill lives of man, animals and birds. The disasters are caused due to the effect

of nature and also induced by human beings.

The sudden occurrence of disaster is also caused by nature itself which is known as natural disaster. Examples are

earthquake, volcano, storm etc. The disasters that are caused to happen by the human activities on the nature are known as human induced disaster. The forest fire, deforestation is activities of man cause the disaster.

The prevention of the disaster can be done by not destroying the forest, , channelizing the rain water, construction of the retaining wall, and removal of debris.

Flood : Flood affects people. Flood can injure the people and even lead to the death. This event is caused by the excessive rainfall. The bursting of the blocked river can lead to the flood. The measures to control the flood are construction of the embankment, afforestation and channelization of the rainwater. We can remain safe from the flood by not staying or going near the bridge during flood at the river and moving to the upper part of the house during flooding.

Landslide : It is the process of sliding of land mass detaching from the slope. the landslide occur mostly in weak topography

and in loose soil. It occurs mostly in the summer when there is heavy rainfall. The snowmelt and earthquake also trigger the landslide. There are unwanted human activities which also cause the landslide to occur. The unplanned development works, unmanaged landuse and deforestation cause the landslide to occur.

Soil erosion : The soil at the surface is loose and fertile. The condition of land gets distorted when this loose and fertile soil is washed away and blown in other places by air or water. This is called soil erosion. Soil erosion is high in the steep land. The practice of plowing sloppy land and destruction of plants and bushes at the edges of terrace farms promotes the flow of soil during rainy season.

Debris flow : Debris flow is the flow of the sludge made by mixing up of stones, water and mud. The debris flows occur in the steep land. The main reasons of debris flows are earthquake, landslide, steepness of slope and heavy rainfall.

विपत्ति रोकथाम

नाम: लक्ष्मण विक

कक्षा: ८

रोल नं : ४७

स्कूल: श्री रुद्रपिपल माध्यामिक विद्यालय, बाग्लुङ



Excellent

विपत्ति एक अचानक घट्ने प्राकृतिक घटना हो जसले हाम्रो भौतिक अवस्थालाई विगाछ । मुख्यतया मानिसले प्राकृतिक प्रकोप निम्त्याउनुमा मुख्य भूमिका खेलेको छ । प्रकोप अचानक हुने घटना हो जसलाई रोक्न सकिँदैन । यो कुनै बेला जहाँ पनि घट्न सक्छ । यसले समुदाय तथा समाजका काम कारवाहीमा अवरोध सृजना गर्दछ । नेपालमा पनि प्रकोप आइरहन्छन् । गत बैसाख १२ गते २०७२ सालमा नेपालमा विनाशकारी भूकम्प गयो । त्यस्तै बाढी, पहिरो, वनमा आगलागी आदि अन्य प्रकोपहरु नेपालमा गइर हन्छन् । यस्ता प्रकोपको न्यूनीकरण आवश्यक छ अनिमात्र प्रकोपको असर बाट बचिन्छ ।

प्रकोप विभिन्न खालका हुन्छन् । ती मानव सिर्जित र प्राकृतिक हुन् । प्राकृतिक प्रकोपमा भूकम्प, पहिरो, बाढी पर्छन् भने मानवीय प्रकोपमा बन डडेलो, दुर्घटना आदि पर्छन् । प्रकोपले जनधनको र सम्पत्ति दुवैको क्षति

गर्छ । यसले जनावर, चराहरु, वाली र सम्पूर्ण वातावरण नै बिगाछ । त्यसैले प्रकोपबाट बच्न हामीले कदम चाल्नुपर्छ ।

जस्तै भूकम्पको असर घटाउन भूकम्प आउनु भन्दा अगाडि निम्न कुराहरु अपनाउनु पर्छ ।

- > तुरुन्त खान सक्ने कुराहरु किनेर राख्ने
- > घर तथा भवन बनाउँदा भूकम्प प्रतिरोधात्मक बनाउने
- > सामग्रीहरु जस्तै किताब र्याक, टिभी, मूर्तिहरु सुरक्षित ठाउँमा राख्ने
- > फुट्न सक्ने कुराहरु जस्तै गिलास, ऐना आदि सुरक्षित राख्ने
- > पुराना घर, भित्ता र विद्युतीय तारहरु मर्मत गरिरहने

भूकम्प गइरहेका बेलामा अपनाउनुपर्ने सावधानीहरु :

- > ढोकामा यदी हामी छौं भने हामी तुरुन्त बाहिर गएर सुरक्षित ठाउँमा बस्नुपर्छ

- घर भित्र भएको अवस्थामा हामी टेबलमुनि वा खाटमुनि लुक्नुपर्छ
- सम्भव भएमा बाहिर सुरक्षित ठाउँमा जानुपर्छ
- सवारी साधनभित्र भएका बेलासाधन रोकेर भूकम्प नरोक्न हिँड्नु हुँदैन

भूकम्प गइसकेपछि अपनाउनुपर्ने साबधानीका उपायहरू:

- भूकम्प सकिने वित्तकै बाहिर सुरक्षित ठाउँमा जाने घरमा नछिर्ने
- घाइतेलाई प्राथमिक उपचार प्रदान गर्ने
- घरभित्र पुरिएका मानिसको उद्धार गर्न सहयोग गर्ने
- घरभित्र छिर्नुपूर्व घरको ढोका, भूयाल र भित्ताको अवस्था जाँच गर्ने

DISASTER MANAGEMENT

Name: Laxman B.K.

Class: 8 'B'

Roll no.: 47

School: Shree Rudrepipal Secondary School, Baglung

Excellent

A sudden cause that changes the physical condition of the earth's surface is called disaster. Mainly disaster is caused by the humans. Human beings are mainly responsible for these kinds of activities. Disaster is sudden activities we cannot stop it. It can happen in any time at anywhere. It is a sudden and destructive event that seriously damages the functioning of the community and society. In Nepal also the causes of the disaster is high. In 2072 Baisakh 12 Nepal was affected by a disaster called earthquake. Flood, landslide, forest fire, earthquake landslide etc. are other disasters in Nepal. Disaster prevention measures helps to prevent ourselves from the disaster. Our country should develop the disaster prevention methods. There are disasters like natural and human induced. The disaster destroy our life and property with destruction of plants, animals, crop and environment. We can however solve the problems of disaster.

To be safe from earthquake following measure should be adopted :

- We have to collect and buy the emergency materials.
- earthquake resistant houses should be built
- The bookrack, TV, idols should be put in strong and safe wall
- The breakable materials like mirror, glass, bottles should be safely kept

- Old buildings, damaged wall, electric wires should be regularly maintained.

During the earthquake following steps should be followed :

- If we are at door we have to go outside and stay at safe place
- If we are inside the room we should hide in the safe place like under the table, bed etc.
- if possible we should go to open place
- If we inside the vehicle we should stop the vehicle far from huge buildings and trees till earthquake stops.

After the earthquake following steps should be followed :

- Immediately after the earthquake stops one should go outside we should not be inside again at the home
- If we are injured we should get first aid treatment and wait for help
- We should help rescue team to take out the buried people under the remains of broken houses
- Before entering the house we should check the condition of the house i.e. the condition of doors and windows.

About the NPO Nepal-Japan Friendship Association for Water Induced Disaster Prevention (NFAD)

Water induced disaster occur frequently in Nepal and hamper its social and economic development. Therefore, the NPO Nepal Japan Friendship Association for Water Induced Disaster Prevention (NFAD) was established in 2000. The major purpose of NFAD is to promote the friendship between Japan and the Government of Nepal. The purposes behind this cooperation are as follows:

- ❖ Support the water Induced Disaster Mitigation technology in Nepal
- ❖ Encourage the exchange of information about Water Induced disaster mitigation technology between Nepal and Japan.
- ❖ Enlighten and familiarize the knowledge of disaster prevention and mitigation to the general public and associations.
- ❖ Improve the level of water induced disaster mitigation technology.
- ❖ Provide trainings to the next generation
- ❖ Help in improvement of public welfare e.g. social, educational, substantial city planning and overall safety in Nepal

About the essay competition

1. Purpose

A lot of people become injured and dead by water induced disaster in Nepal every year. Therefore the NPO Nepal- Japan Friendship Association for Water Induced disaster Prevention (NFAD) conducts awareness programs about disaster prevention and mitigation among the Nepalese people to save their lives and properties from water induced disasters like debris flows, landslides, flood, etc.

This Essay Competition is one of the activities of NFAD to raise the children's understanding and interest about water induced disaster mitigation.

2. Theme of Essay

Describe about water induced disasters and its effects on environmental and human lives through various media and by the experienced gained through time.

Established

1st December 2000 (Registered to Ministry of Justice, Japan)

Mr. Hidetomi Oi

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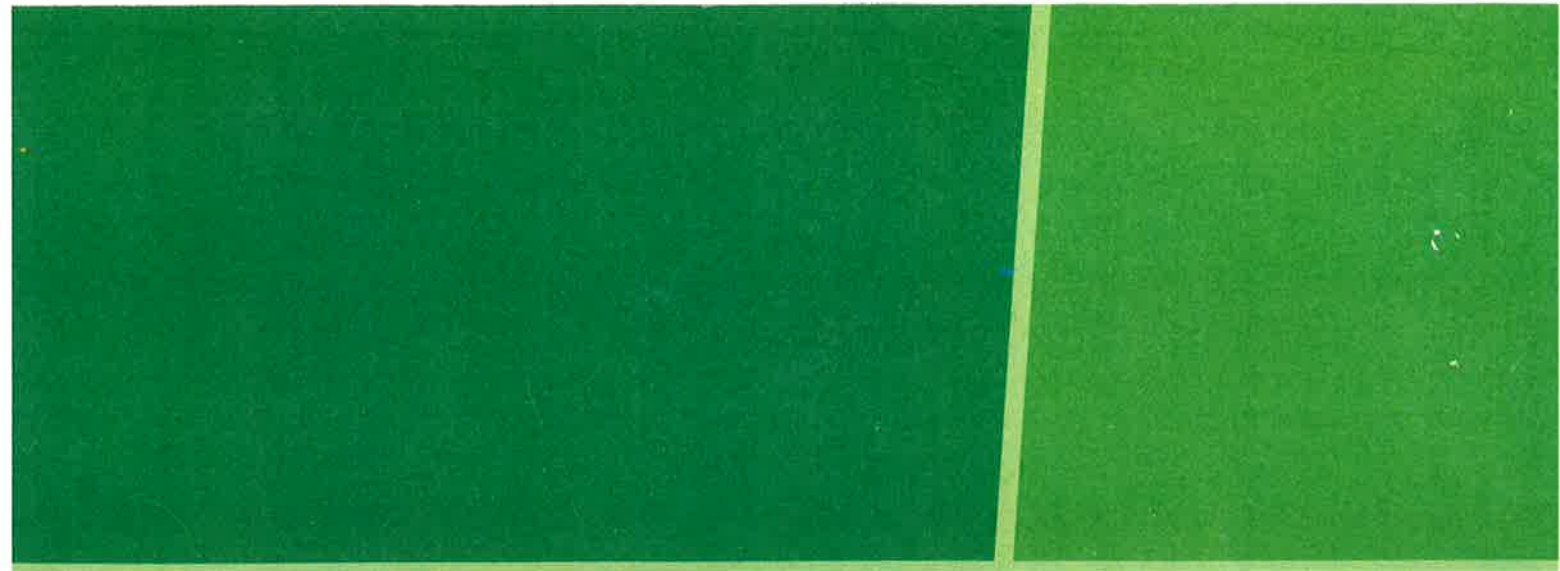
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जलउत्पन्न प्रकोपसम्बन्धी प्रशिक्षणमा सहभागी श्री अन्नपूर्ण निम्न माध्यमिक विद्यालय कास्कीका विद्यार्थीहरू ।
Students of Shree Annapurna Lower Secondary School, Kaski participating on the programme of water induced disaster mitigation.



जलउत्पन्न प्रकोपसम्बन्धी प्रशिक्षणमा सहभागी कन्या क्याम्पसमा अध्ययनरत साकुरा छात्रावासका, पोखराका विद्यार्थीहरू ।
Students of Sakura Domitory, Kanya Campus, Pokhara participating on the programme of water induced disaster mitigation.



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