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How to Build a Pit Latrine

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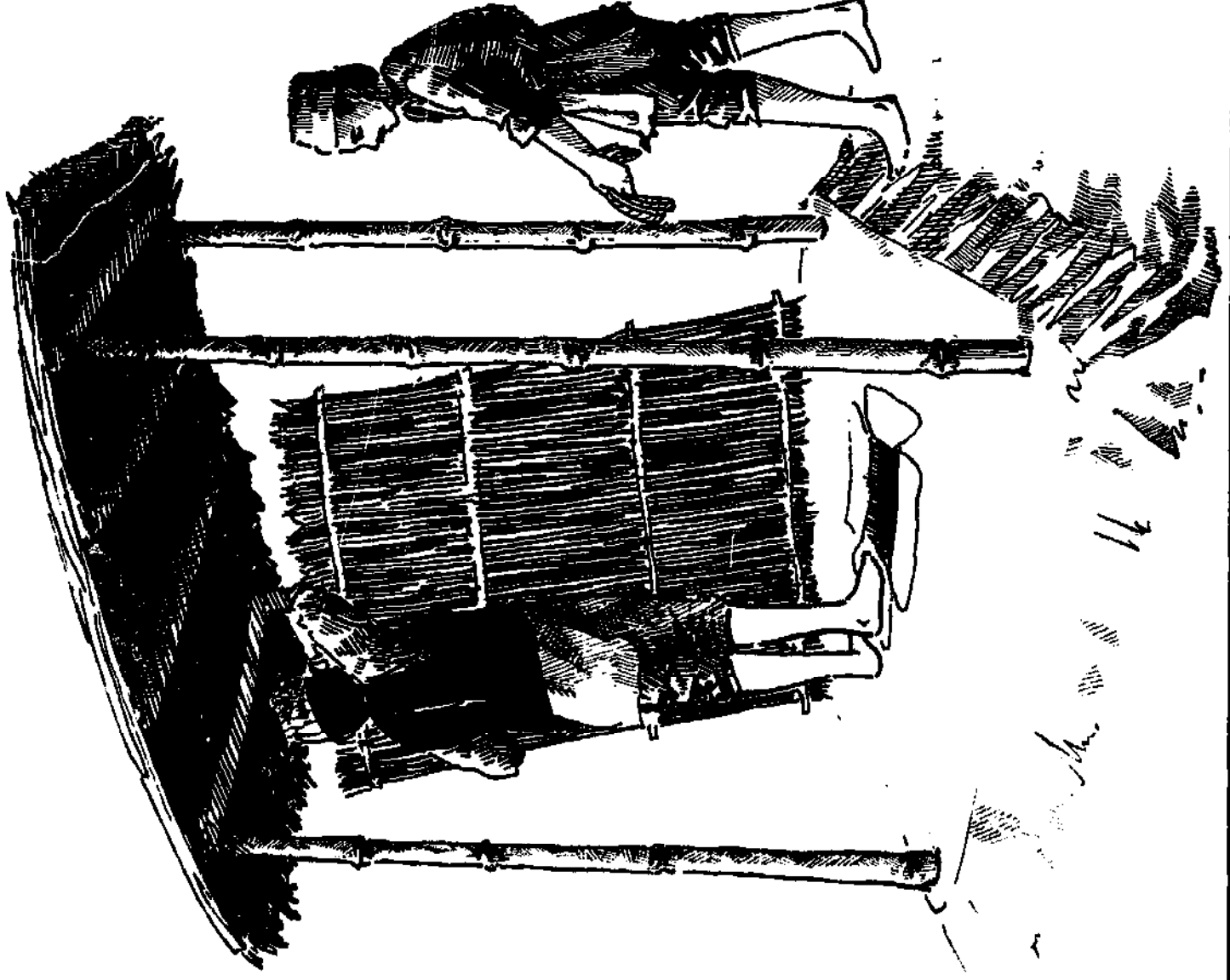
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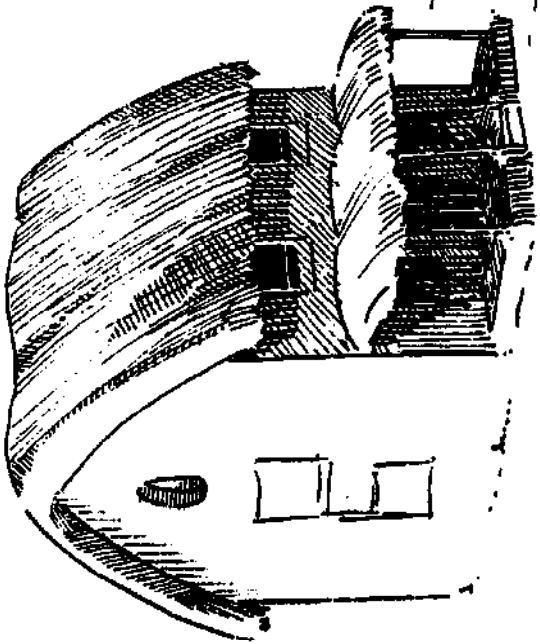
चर्पी कसरी बनाउने ?

How to Build a Pit Latrine



१. आफु बस्ने घर र खाने पानीको मुहान देखि अन्दाजी २५ कदम टाढा चर्पी बनाउनु पर्छ । सबभर पानीको मुहान देखि चर्पी तलतिर बनाउनु पर्छ । यसो गर्दा, त्यो मुहान फोहरबाट बच्दछ ।

1. BUILD THE LATRINE ABOUT 25 STEPS AWAY FROM YOUR HOUSE AND DRINKING WATER SOURCE. IF POSSIBLE THE LATRINE SHOULD BE BUILT BELOW THE WATER SOURCE. THIS IS TO PREVENT THE LATRINE POLLUTING THE WATER SOURCE AND THEREFORE MAKING PEOPLE ILL.



101



Handwritten notes and scribbles, including the word "Vander" and other illegible text.

२. गोली आकारको दुई हात चौडाई भएको खाल्डो खन
चिनो लगाउनु होस । यो आकारको खाल्डो अरुभन्दा बलियो हुन्छ ।

2. MARK THE GROUND SO AS TO DIG A CIRCULAR PIT ABOUT 2 "HAAT" WIDE.
A "HAAT" IS AN ARMLENGTH, ABOUT 18 INCHES. A CIRCULAR PIT WILL BE
STRONGER THAN A SQUARE PIT.



३. गोत्रो आकारको खालडो खन्नु होस । खालडो खन्दा माटो
एकतिर मात्र थुपार्नुस् किनभने पछि खालडो ढाक्ने बेला
मा काम लाग्छ ।

3. AS YOU DIG THE PIT, PUT ALL THE EARTH ON ONE SIDE. YOU WILL NEED
IT LATER TO MAKE THE COVER.



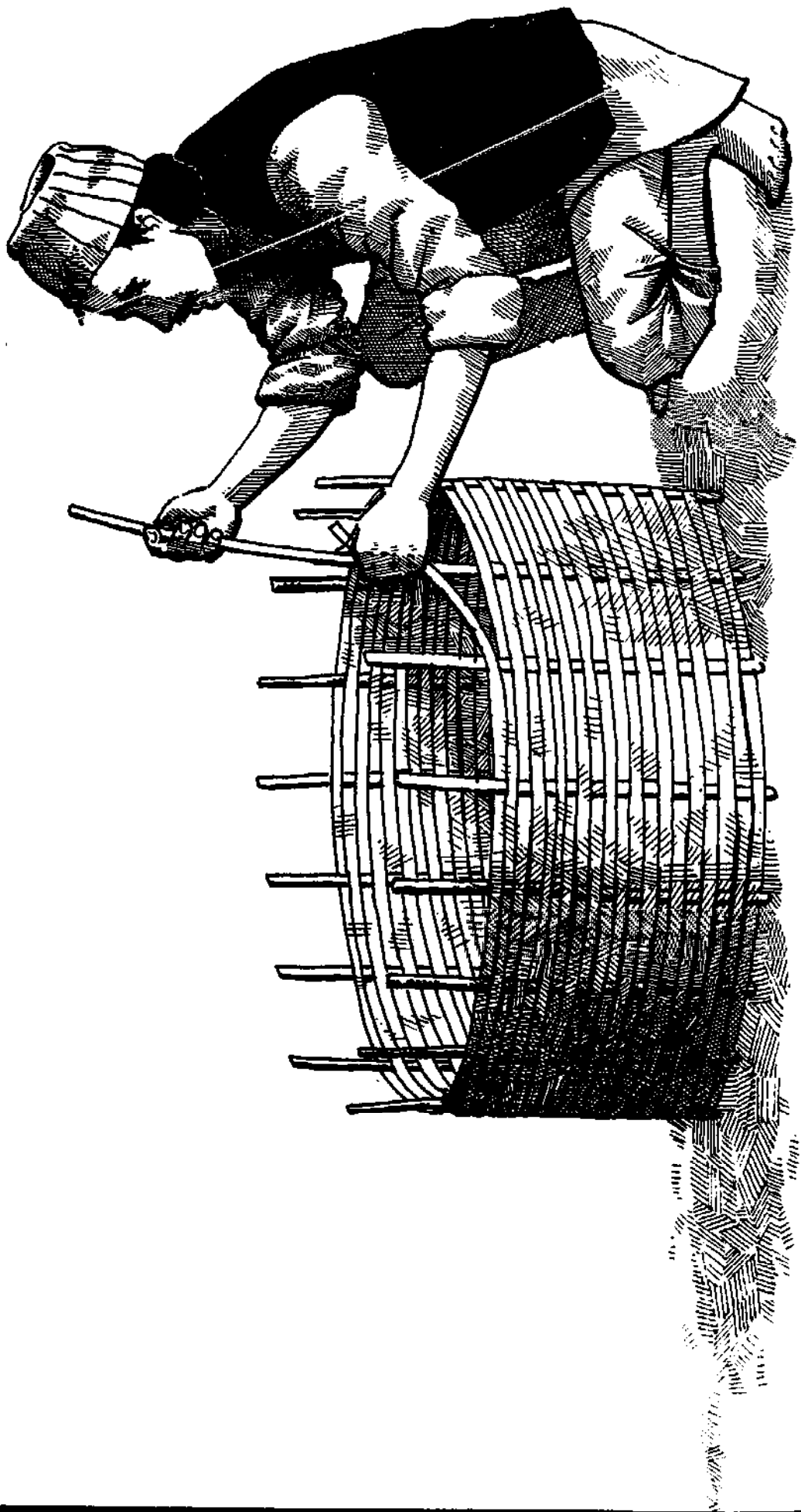
४. खालडी अन्दाजी एक मान्धे जति अथवा चार हात
गहिरो खन्नु होस ।

4. DIG THE PIT ABOUT ONE MAN OR FOUR "HAAT" DEEP (ABOUT 6 FEET.)



५. दुई हात अग्लो र गोलो आकारको भकारी बनाउनु होस ।

5. WE WILL DESCRIBE TWO WAYS OF LINING THE PIT. THE FIRST IS TO MAKE A CIRCULAR "BHAKARI" ABOUT TWO HAAT HIGH. (A "BHAKARI" IS A WOVEN BAMBOO MAT.)



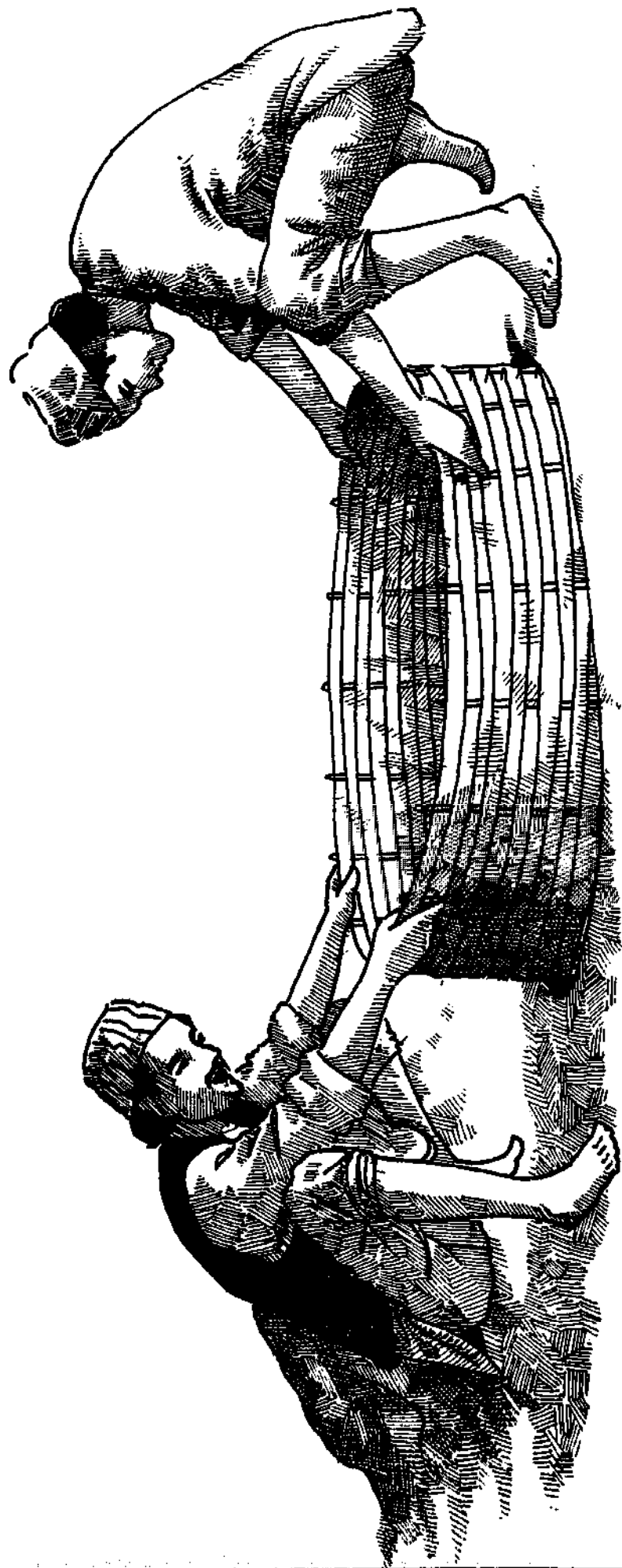
६. खाल्डोको गोलाई र भकारीको गोलाई बराबरी हुनु पर्छ। यो भकारीले पर्याप्तको काम गर्छ। यसले खाल्डो भासिन दिँदैन।

6. THE CIRCUMFERENCE OF THE "BHAKARI" SHOULD BE THE SAME AS THE CIRCUMFERENCE OF THE PIT. THE LINING IS TO PREVENT THE SOIL SLIPPING INTO THE PIT AND SO WILL HELP TO PREVENT THE LATRINE COLLAPSING.



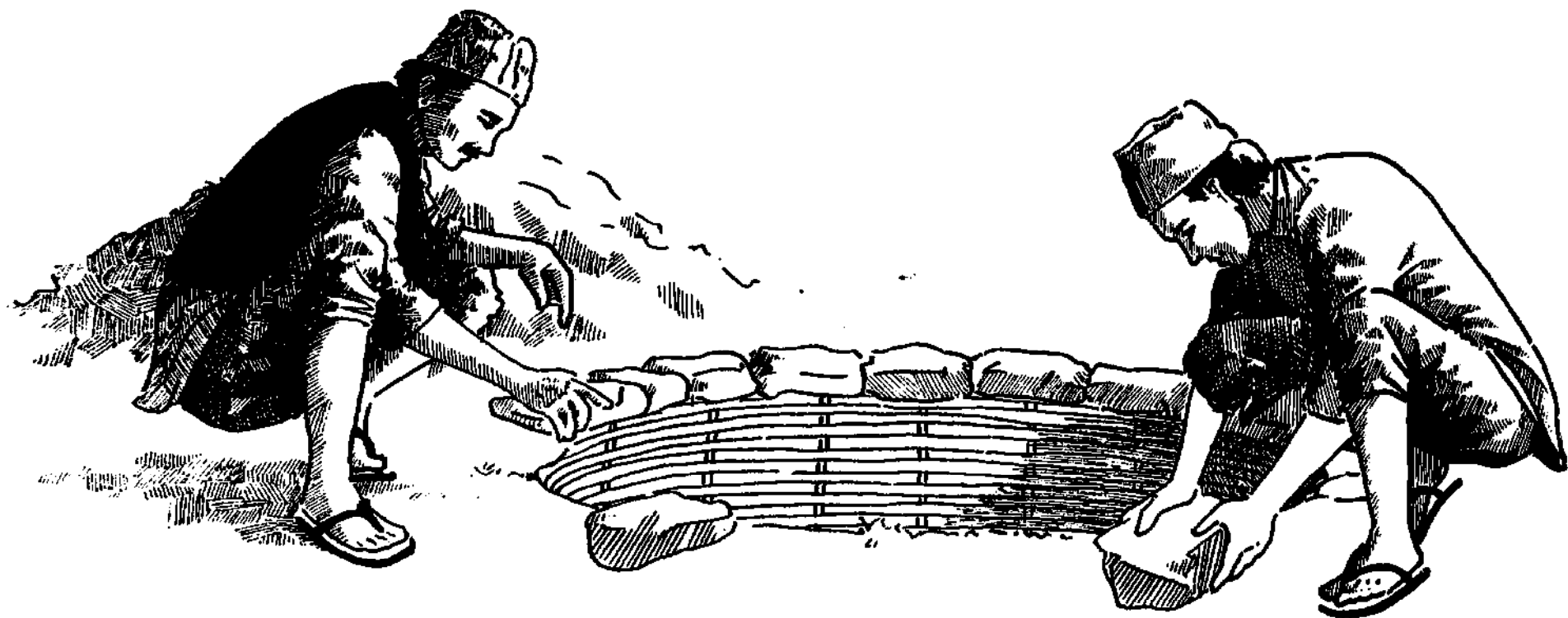
6. भकारी खालडोभाटम्म मिलने गरी राखनु होस ।

7. PUSH THE "BHAKARI" FIRMLY INTO THE PIT.



८. भकारी खाल्डोमा राख्दा यसको माथिल्लो भाग जमीन सँग
मिलेको हुनु पर्छ । भकारी घुसारे पछि खाल्डोको चौरतिर
ठूलो ढुङ्गाहरू राख्नुस् । यसो गर्नाले वर्षा महिनामा पानी
खाल्डो भित्र पर्न पाउँदैन ।

8. WHILE PUTTING THE "BHAKARI" IN THE PIT ITS UPPER PART SHOULD BE LEVEL WITH THE GROUND. AFTER INSERTING THE "BHAKARI" PUT SOME LARGE STONES ALL AROUND THE PIT. THIS WAY WATER WON'T GET INSIDE DURING THE MONSOON.



५. जहाँ फुस्रो माटो हुन्छ . त्यहाँ भकारीको सट्टा ढुङ्गा राख्ने हुन्छ । ढुङ्गा राख्ने हो भने खाल्डो खन्दा माथीबाट ढुङ्गा हात तलसम्म मात्र अलि फराकिलो गरी खन्नुस ।

9. INSTEAD OF A "BHAKARI" YOU CAN ALSO USE STONES. IF YOU USE STONES DIG THE UPPER TWO HAAT UPPER TWO HAAT OF THE PIT A LITTLE WIDER. (STONES SHOULD BE USED WHEN THE SOIL STABILITY IS POOR.)



१०. खाल्डोको फेद देखि नै पक्का गरी ढुङ्गा ओख्याउँछु
माथिसम्म ल्याउने ।

10. THE DRY STONE SHOULD BE FROM THE BASE TO THE TOP OF THE PIT
AND THE STONES SHOULD BE WELL SET.



5. 11/11/11

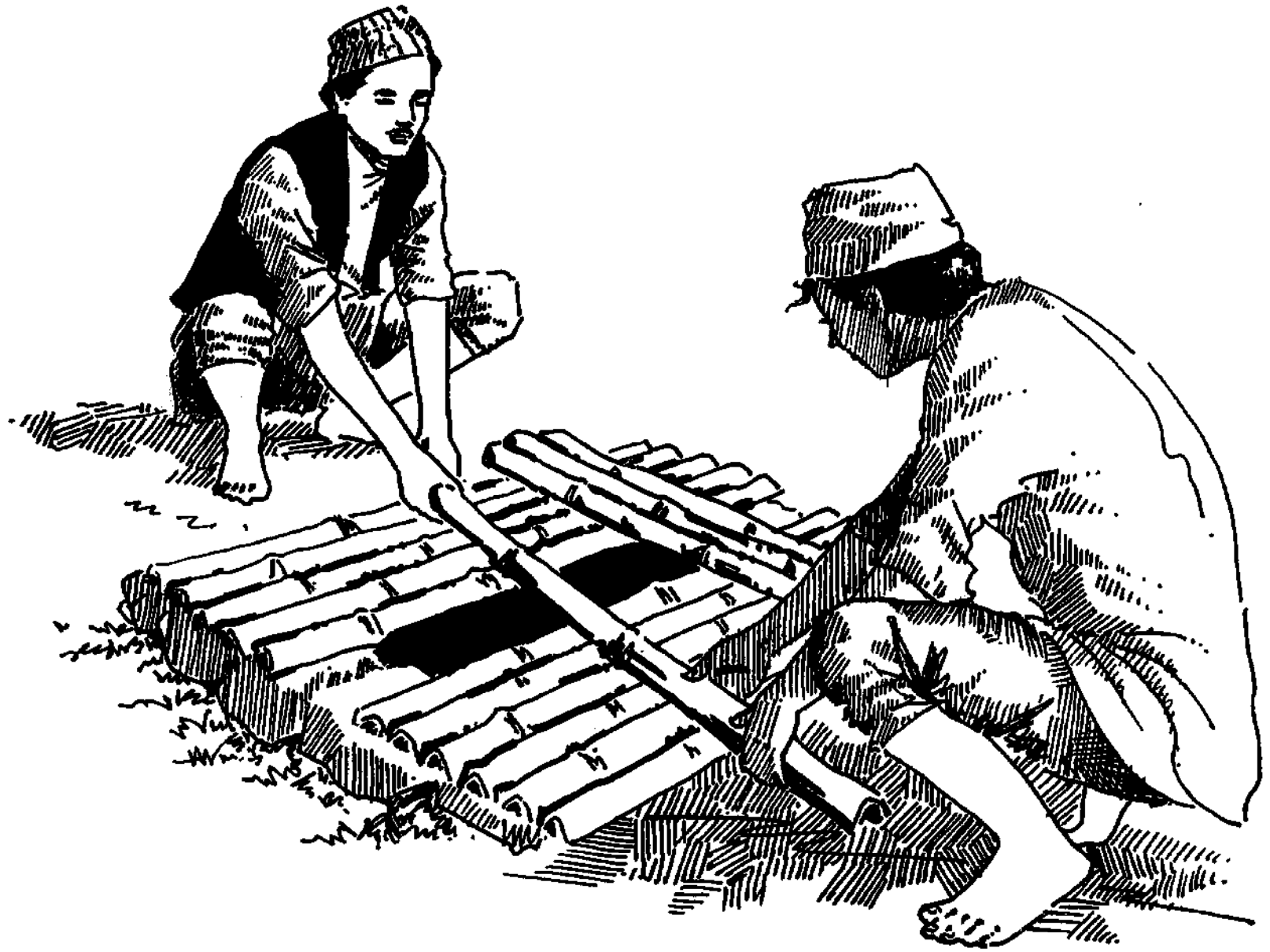
११. खाल्डोको मुख वरिपरि एक बिचा जति अग्लो गारे
लगाउनुस । यस्तै चपीको भुई राम्रो र बलियो पार्थ ।

11. BUILD THE WALL ABOUT ONE SPAN HIGHER THAN THE GROUND ALL AROUND
THE MOUTH OF THE PIT. (A SPAN IS THE DISTANCE FROM THE TIP OF THE
THUMB TO THE TIP OF THE LITTLE FINGER - ABOUT 9 INCHES.) THIS WILL
GIVE A GOOD BASE TO THE LATRINE HOUSE.



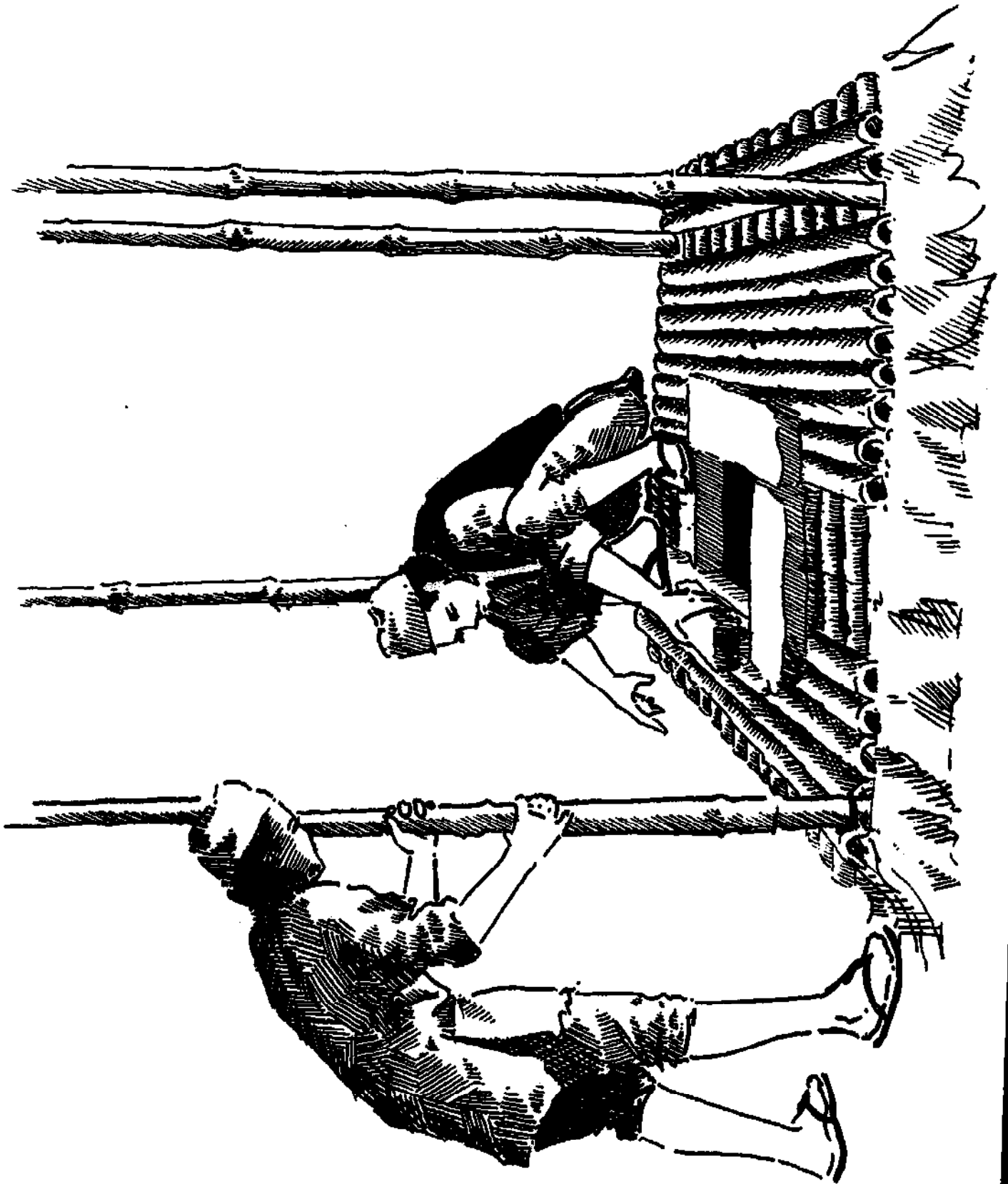
सिको कण्टेराले खाल्डो ढाकनुस् । खाल्डोको बीचमा
क हात लामो र एक बिता जति चौडा दिशा गर्ने प्वाल
रणुस् । बाँसको सट्टा काठको फल्याक वा लामो ढुङ्गा
रूले पनि खाल्डो ढाकन सकिन्छ ।

COVER THE PIT WITH PIECES OF SPLIT BAMBOO. IN THE MIDDLE OF
THE COVER LEAVE A HOLE FOR DEFECATING ONE "HAAT" LONG AND
LITTLE LESS THAN A SPAN WIDE. INSTEAD OF BAMBOO THE COVER
CAN ALSO BE MADE OF PLANKS OR LONG STONES.



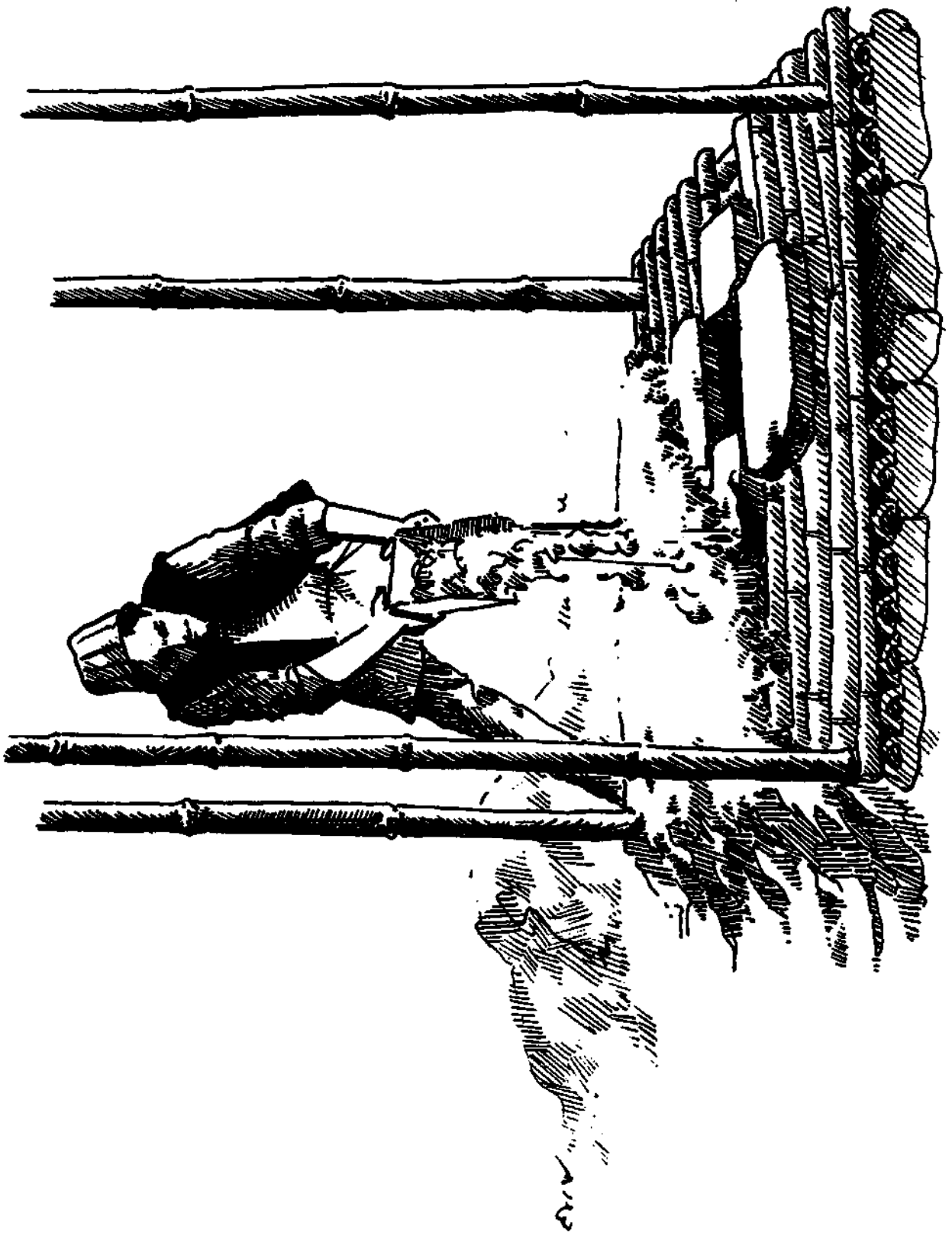
१३. प्वालको वरिपरि चेटो ढुङ्गाहरू राख्नुस् । ढुङ्गा राख्नाले
सफा गर्न सजिलो हुन्छ । धाप्रो बनाउनको लागि चारै
कुनामा खम्बा गाड्नुस् । प्वालको धेरैबाट पछाडिको
बार एक बिचा जति पर राख्नुस् ।

13. PUT SOME FLAT STONES AROUND THE HOLE. BY PUTTING STONES IT WILL BE EASIER TO CLEAN. TO MAKE THE HUT, PUT FOUR POLES AT THE FOUR CORNERS. THE REAR WALL SHOULD BE A LITTLE LESS THAN A SPAN AWAY FROM THE EDGE OF THE HOLE.



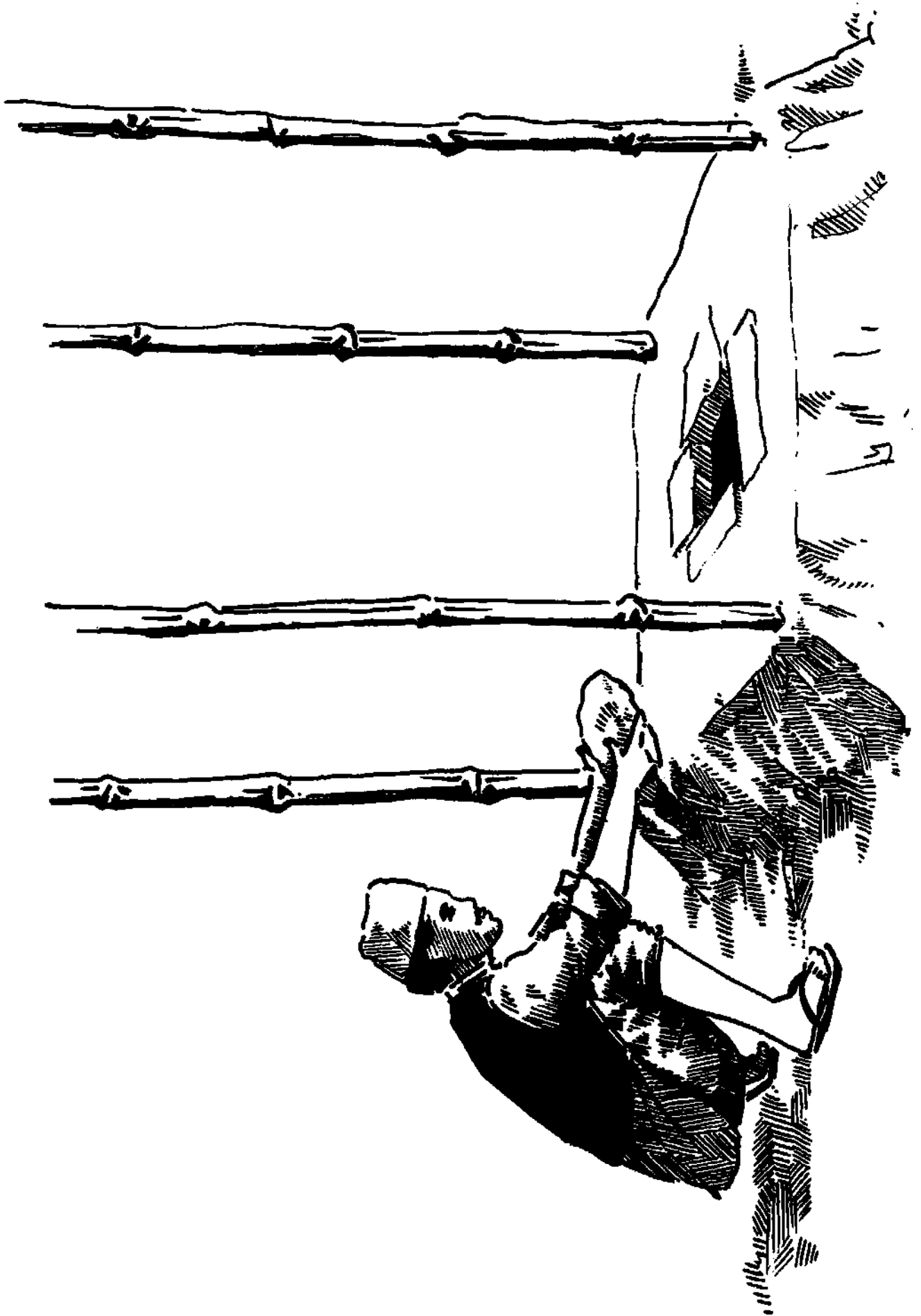
१४. खाल्डोलाई बाँसको कण्टेरा वा ढुङ्गा वा काठको फल्याकले ढाके पछि माटोले पुर्नुस् । यसो गर्नाले चर्पीको भुइँ सफा देखिन्छ ।

14. AFTER COVERING THE PIT WITH BAMBOO, PLANKS OR STONES, SPREAD EARTH OVER IT. THIS WILL GIVE A GOOD FINISH TO THE FLOOR OF THE LATRINE.



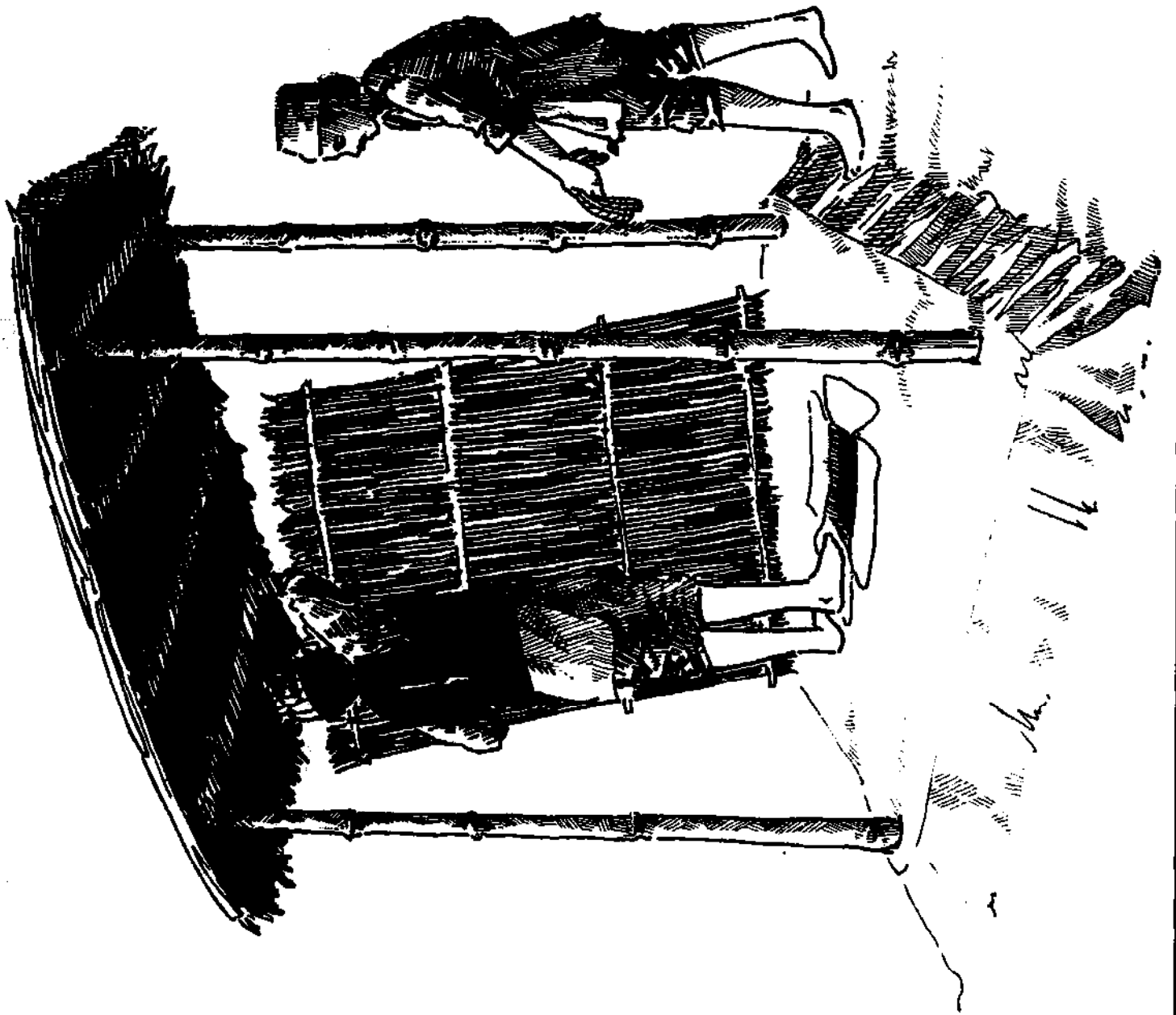
१५. माटोले पुर्दा बेर्यरी थिचेर बलियो बनाउनुस । अब
छाप्रा बनाउनु पर्छ ।

15. AFTER SPREADING THE DIRT, COMPACT IT FIRMLY. NOW WE HAVE TO BUILD
THE HUT.



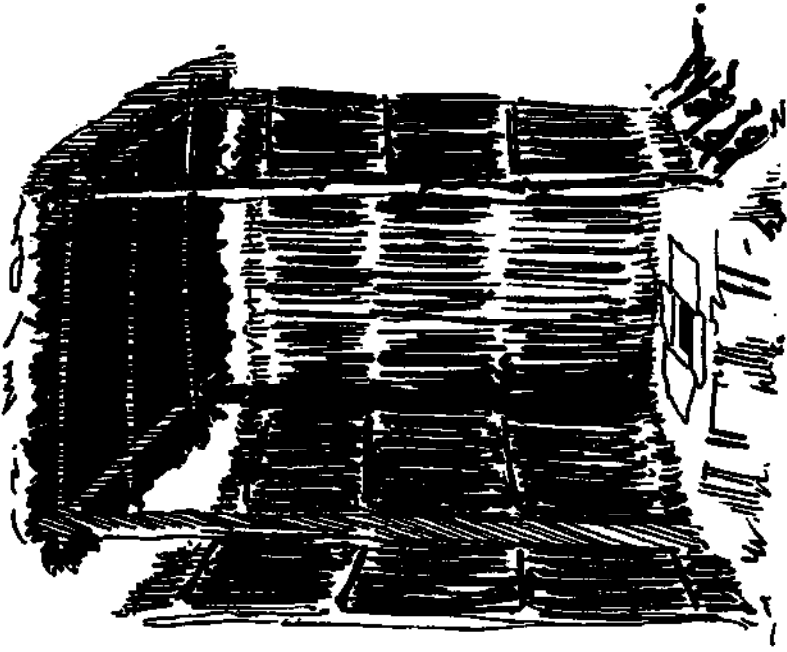
१६. चर्पीको तीन तिर खर, पराल, चित्रा वा स्याउला
मध्ये जुन पाइन्छ त्यसको बार बनाउनुस् । धाना र
वारको बीचमा हावा पर्ने सानो ठाउँ राख्नुस् ।

16. MAKE WALLS ON THREE SIDES WITH REEDS, STRAW, WOVEN MATTING,
GRASS OR WHATEVER IS AVAILABLE. PUT A DOOR ON ONE SIDE. BETWEEN
THE WALLS AND THE ROOF LEAVE A SMALL SPACE FOR AIR.



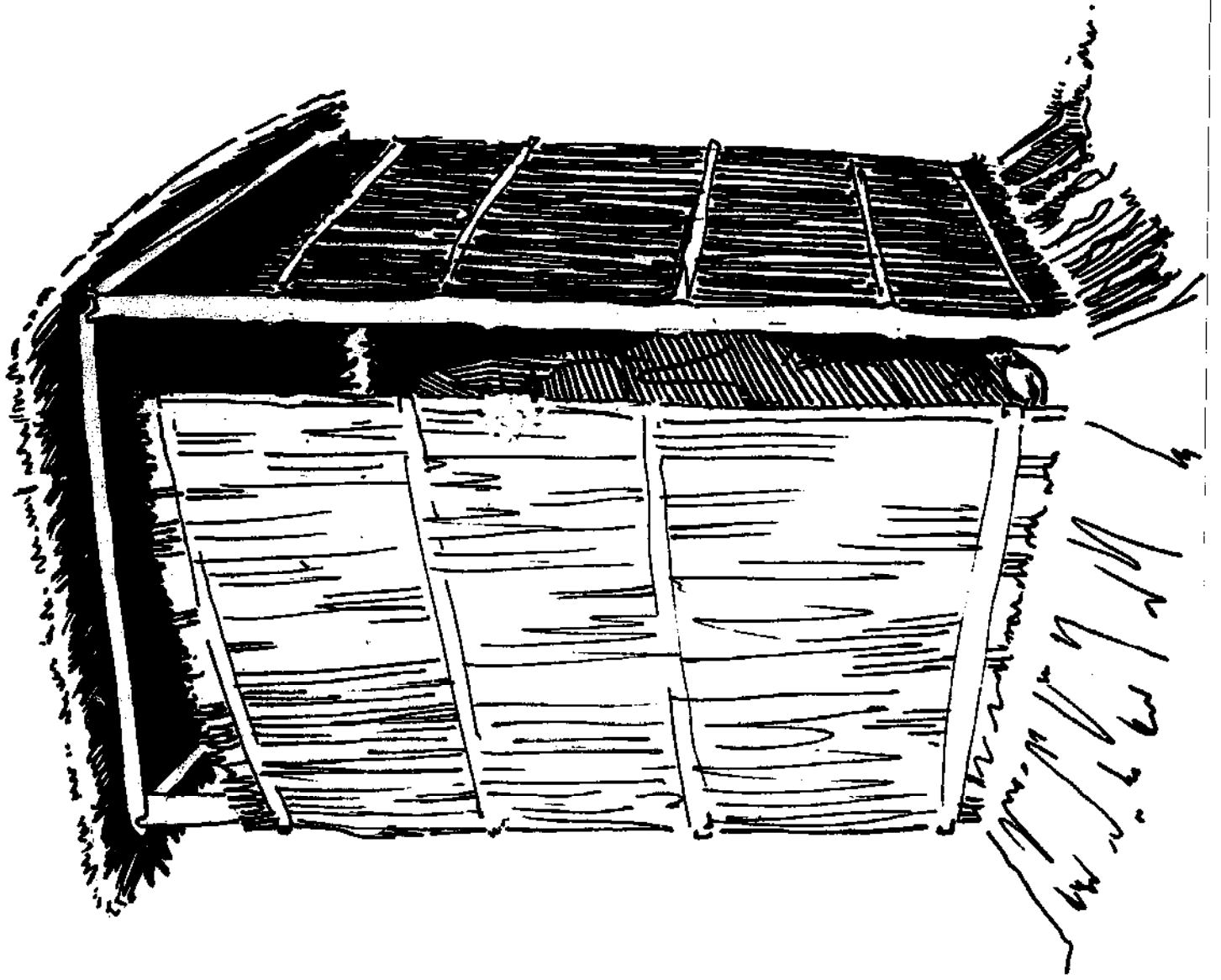
१७. चर्पीको दिशा गर्ने प्वाललाई राम्ररी ढाक्ने काठको ढक्की बनाउनुस् । यसो गर्नाले चर्पी गन्हाउँदैन र भिंगा पनि भत्कन पाउँदैन ।

17 MAKE A WOODEN LID TO COVER THE HOLE NICELY. THIS WAY IT WON'T SMELL AND FLIES WON'T COME BUZZING AROUND.



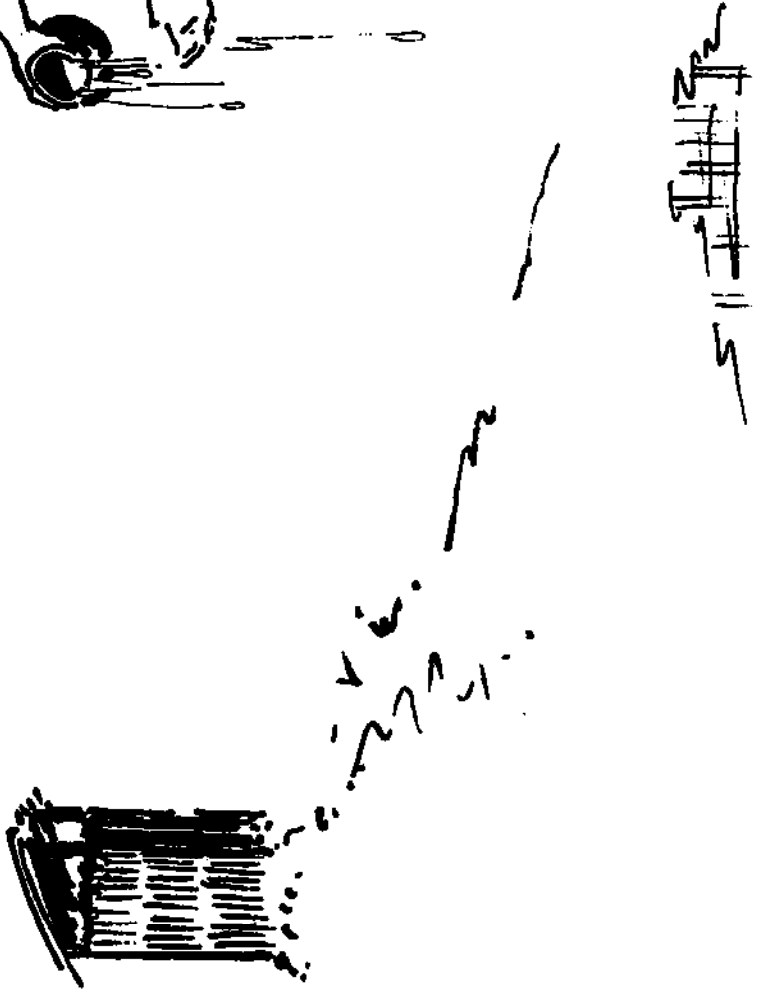
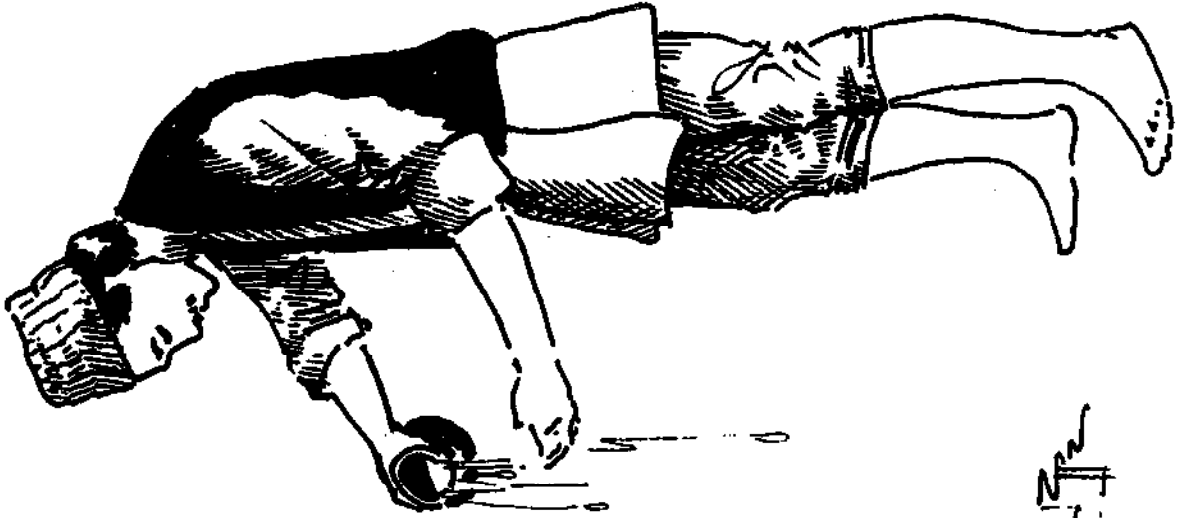
१८. अब ढोका तयार भयो । ढोका बन्द गरी आराम
साथ दिशा गर्नु होस् ।

18. ALTERNATIVELY YOU CAN ATTACH A WOODEN COVER TO THE SQUATTING
HOLE. NOW THE PIT LATRINE IS READY !!



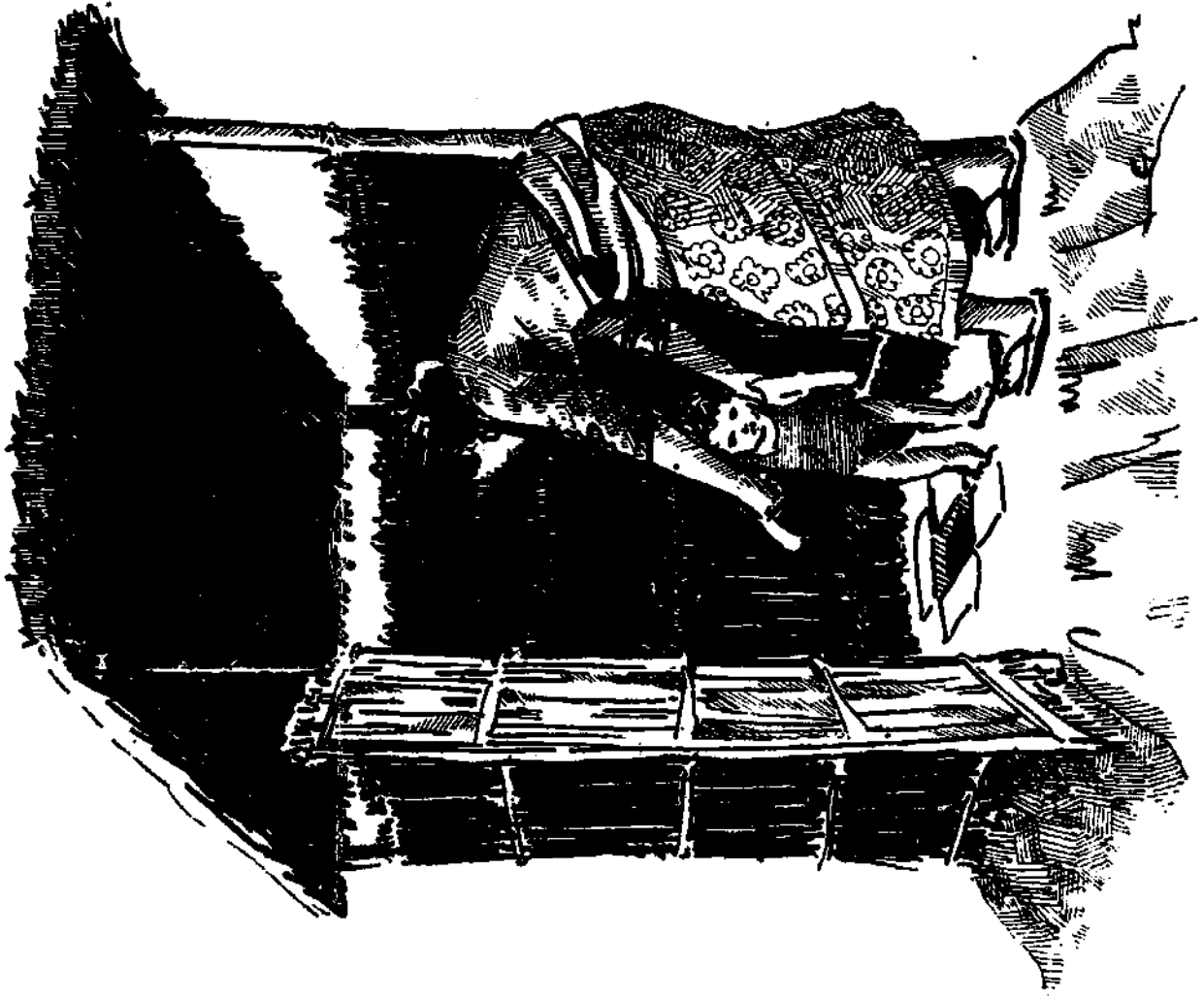
१६. दिस्सा गरेपछि साबुन वा खरानीले हात राम्ररी धुनुस।
यसो गर्दा आफु सफा रहिन्छ र अरुलाई रोग पनि
सर्दैन ।

19. AFTER DEFECATING, WASH YOUR HANDS WELL WITH SOAP OR ASHES. THIS
WILL PREVENT YOU SPREADING DISEASE TO OTHER PEOPLE.



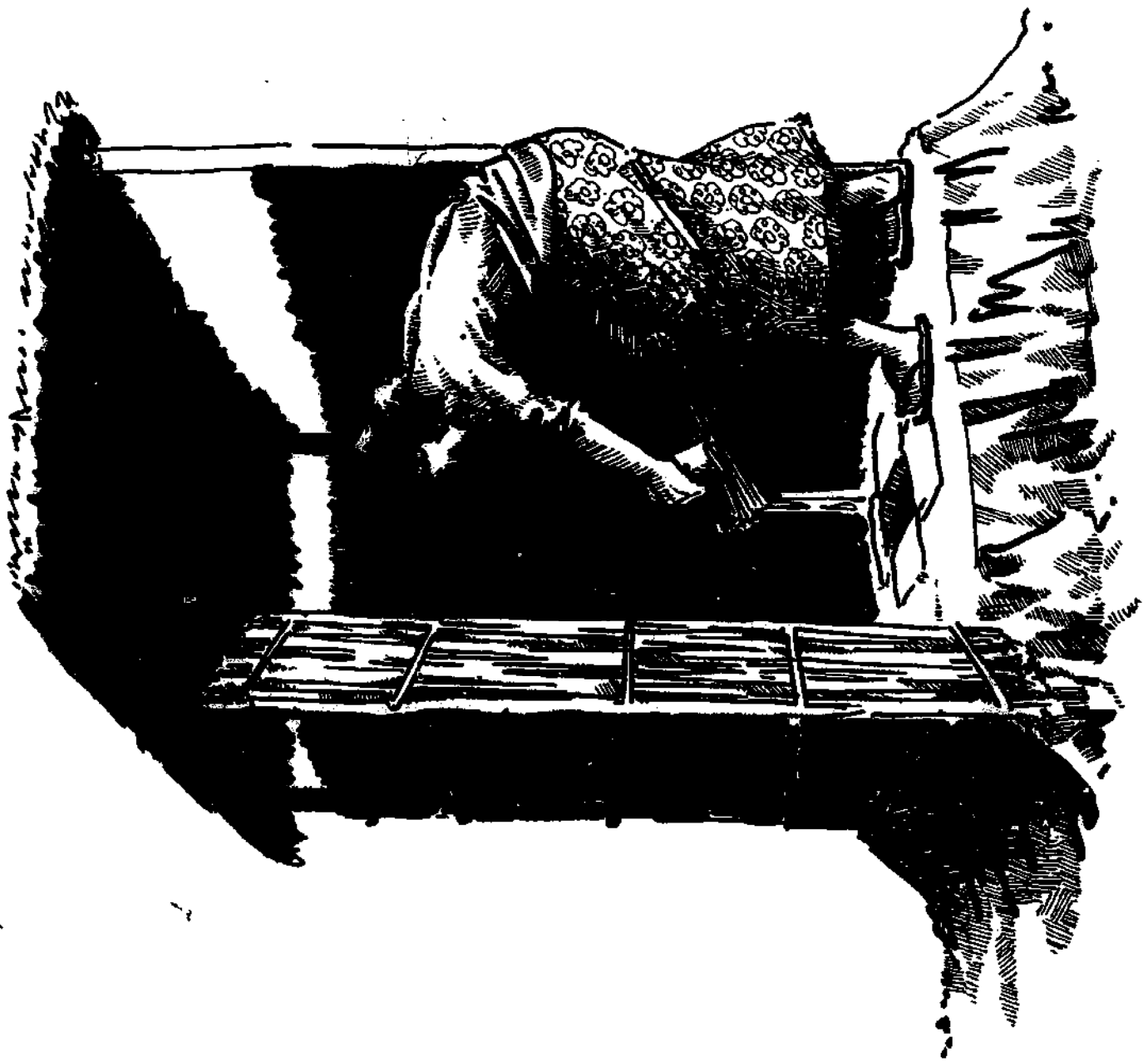
२०. बच्चाहरूलाई चर्पीमा दिसा गर्ने बानी बसाल्नुस ।
पवालमा बच्चाहरूलाई खरून न दिन र चर्पी
फोहर हुन न दिन आमाबाबुले हेर विचार गर्नु पर्छ ।

20. TEACH YOUR CHILDREN TO USE THE PIT LATRINE. PARENTS SHOULD TAKE CARE OF THE CHILDREN SO THAT NO ONE FALLS IN THE PIT OR MAKES THE PIT LATRINE DIRTY.



२१. सँधे चर्पी सफा राखनु पर्छ । यसो गर्दा भिंगाआँउदैन
र साथै दुर्गन्ध पनि हुदछ ।

21. ALWAYS KEEP THE PIT LATRINE CLEAN. THIS WILL PREVENT SMELLS AND
FLIES.



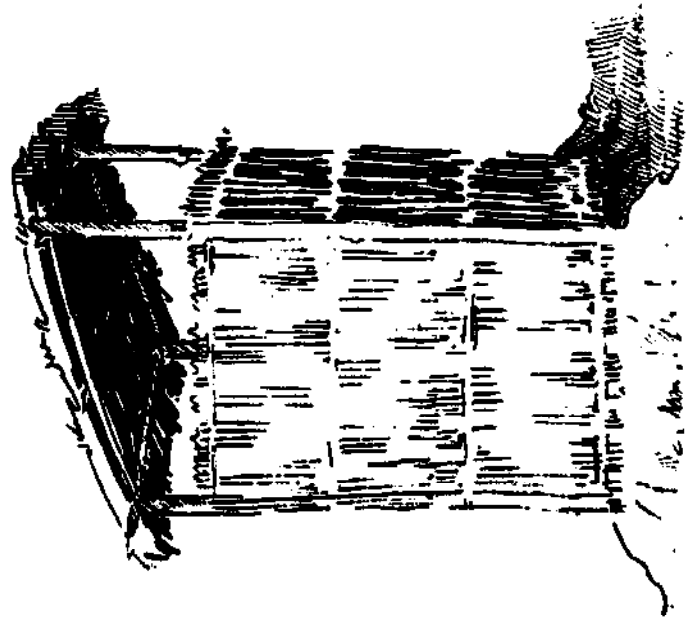
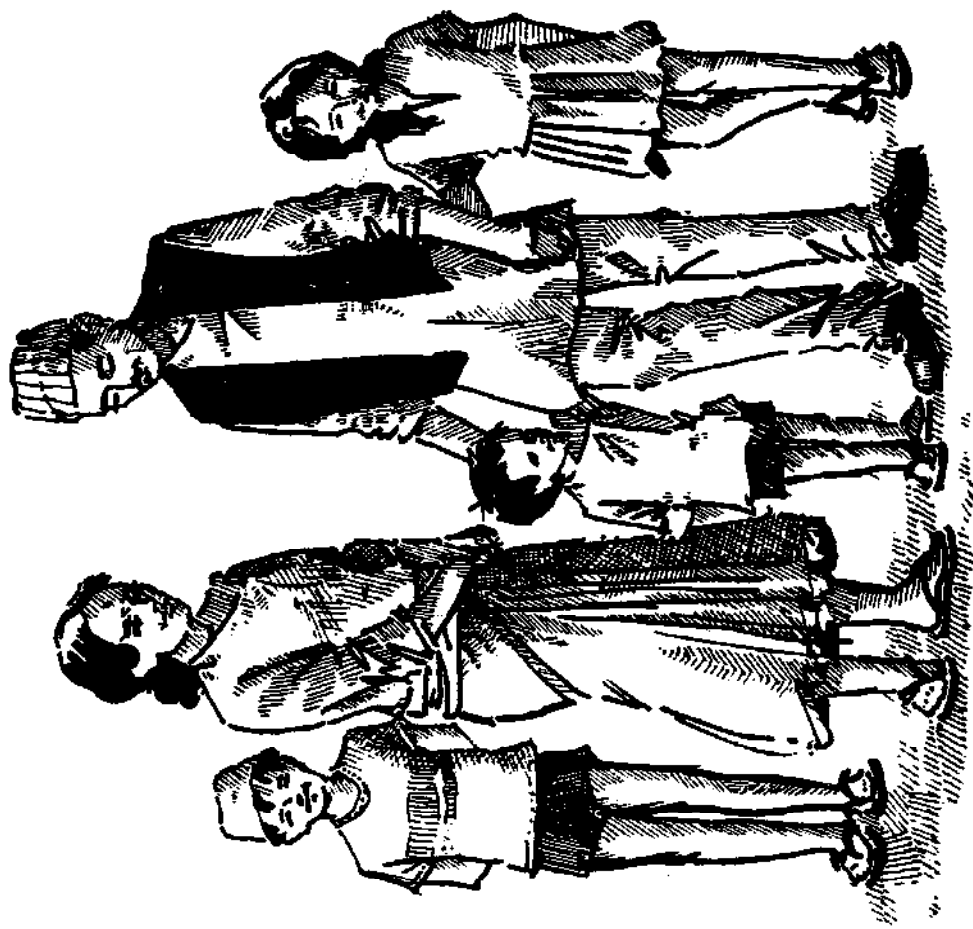
१३. बेला बेलामा चर्पीमा खरनी वा सुकेको पातहरू
हालने गरेमा चर्पी गरुहाउदन ।

22. IF YOU PUT ASHES, EARTH OR DRY LEAVES IN THE PIT FROM TIME TO TIME IT WON'T SMELL.



२३. चार वर्ष सम्म तपाईंको परिवारको लागि अर्को चर्पी
बनाउनु पर्दैन । र रोगहरू पनि फैलन पाउँदैनन् ।

23. YOUR FAMILY WON'T HAVE TO MAKE ANOTHER PIT LATRINE FOR FOUR
YEARS AND WILL PREVENT DISEASES FROM SPREADING.





अनौपचारिक शिक्षा कार्यक्रम
श्री ५ को सरकार शिक्षा तथा संस्कृति मन्त्रालय
तथा
युनिसेफ, नेपाल
Nonformal Education Programme
HMG' Ministry of Education and Culture
&
UNICEF, Nepal