AT MICROFICHE REFERENCE LIBRARY
A project of Volunteers in Asia

How to Build a Pit Latrine

Published by:

UNICEF
P.O. Box 1187
Kathmandu
NEPAL

Available from:

same as above

Reproduced by permission.

Reproduction of this microfiche document in any form is subject to the same restrictions as those of the original document.

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। सकभर पानीको मुहान देखि चर्पी तल्तिर 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.

२. गोलो आकारको दुई हात चौडाई भएको खाल्डो खन्न चिनो लगाउनु होस । यो आकारको खाल्डो अरूभन्दा 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. गोलो आकारको खाल्डो खन्नु होस । खाल्डो खन्दा माटो एकातिर मात्र थुपार्नुस् किनभने पछि खाल्डो ढाक्ने बेला मा काम लाग्छ ।

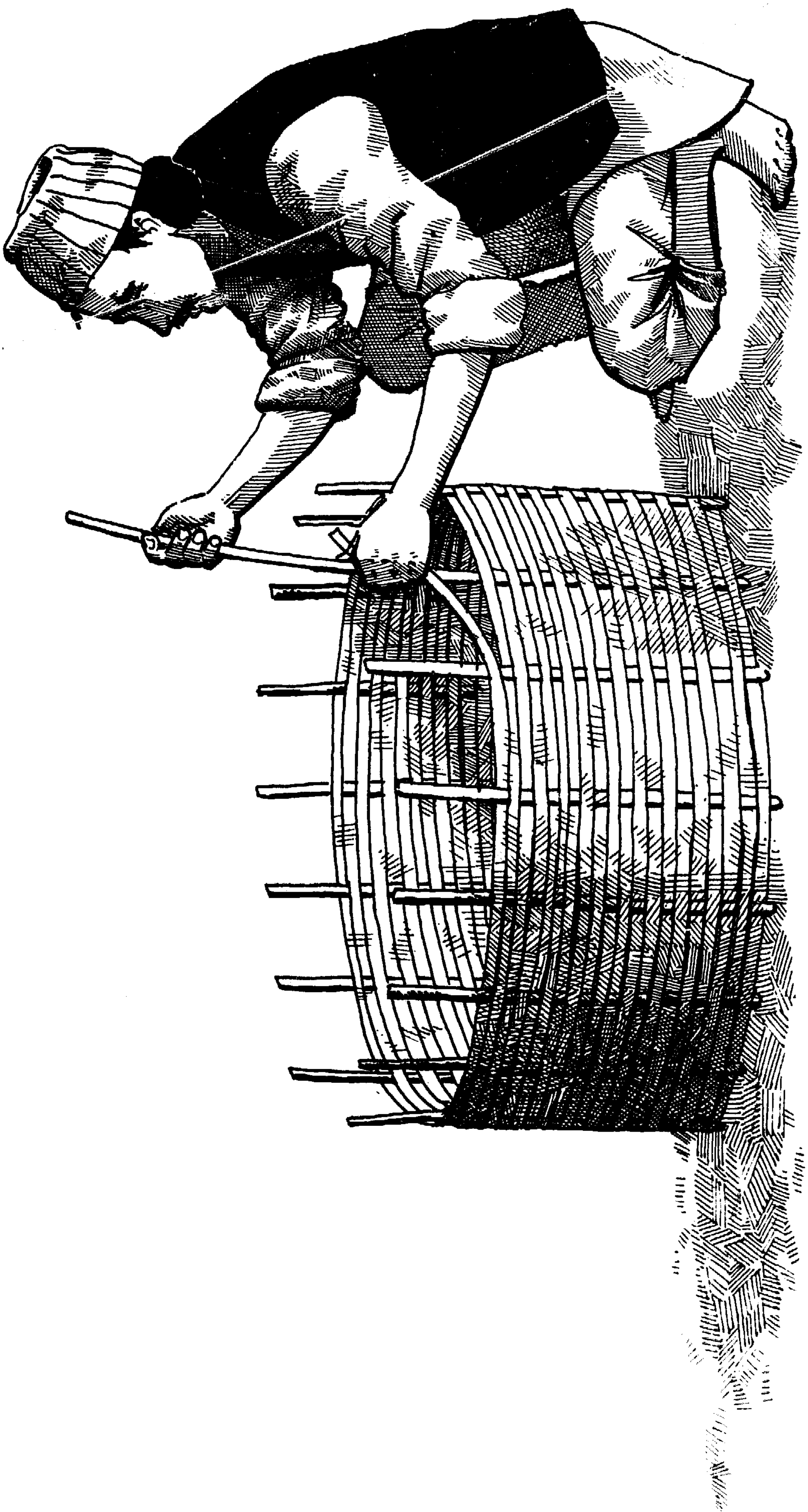
3. AS YOU DIG THE PIT, PUT ALL THE EARTH ON ONE SIDE. YOU WILL NEED IT LATER TO MAKE THE COVER.

४. खाल्डो अन्दाजी एक मान्छे 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.)

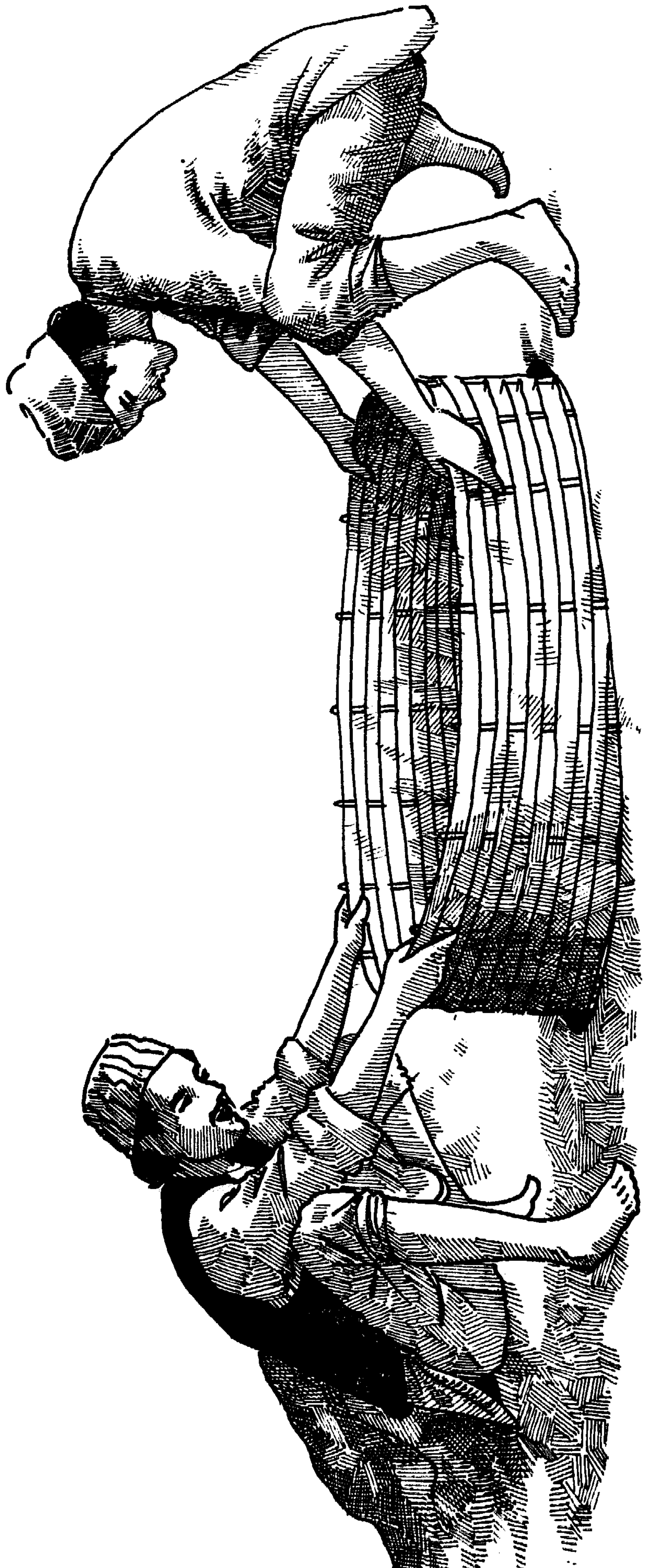


६. खाल्डोको गोलाई र भकारीको गोलाई बराबरी हुनु पर्छ। यो भकारीले पर्खालको काम गर्छ। यसले खाल्डो भासिन दिंदैन।

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.

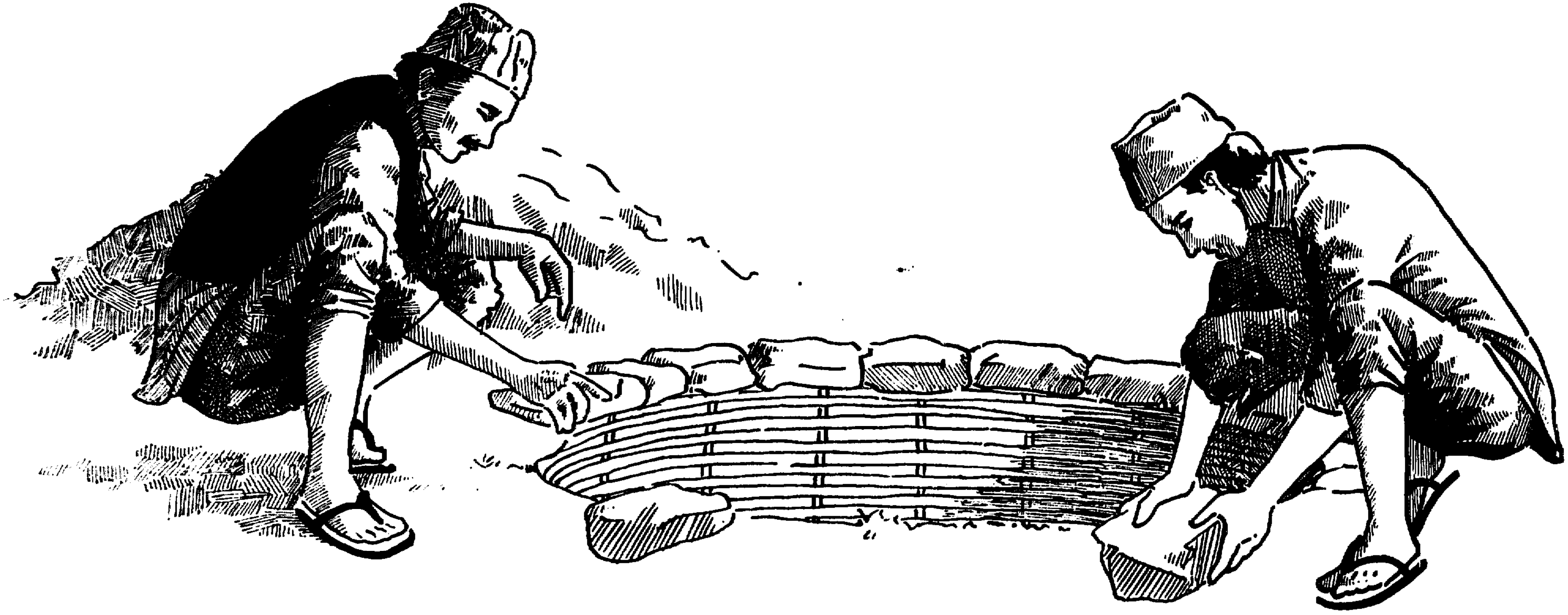
७. भकारी खाल्डोमा टम्म मिल्ने गरी राख्नु होस ।

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



८. भकारी खाल्डोमा राख्दा यसको माथिल्लो भाग जमीन संग मिलेको हुनु पर्छ । भकारी घुसारे पछि खाल्डोको चौरतिर ठूलो ढुङ्गाहरु राख्नुस् । यसो गर्नाले वर्षा महिनामा पानी खाल्डो भित्र पस्न 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.

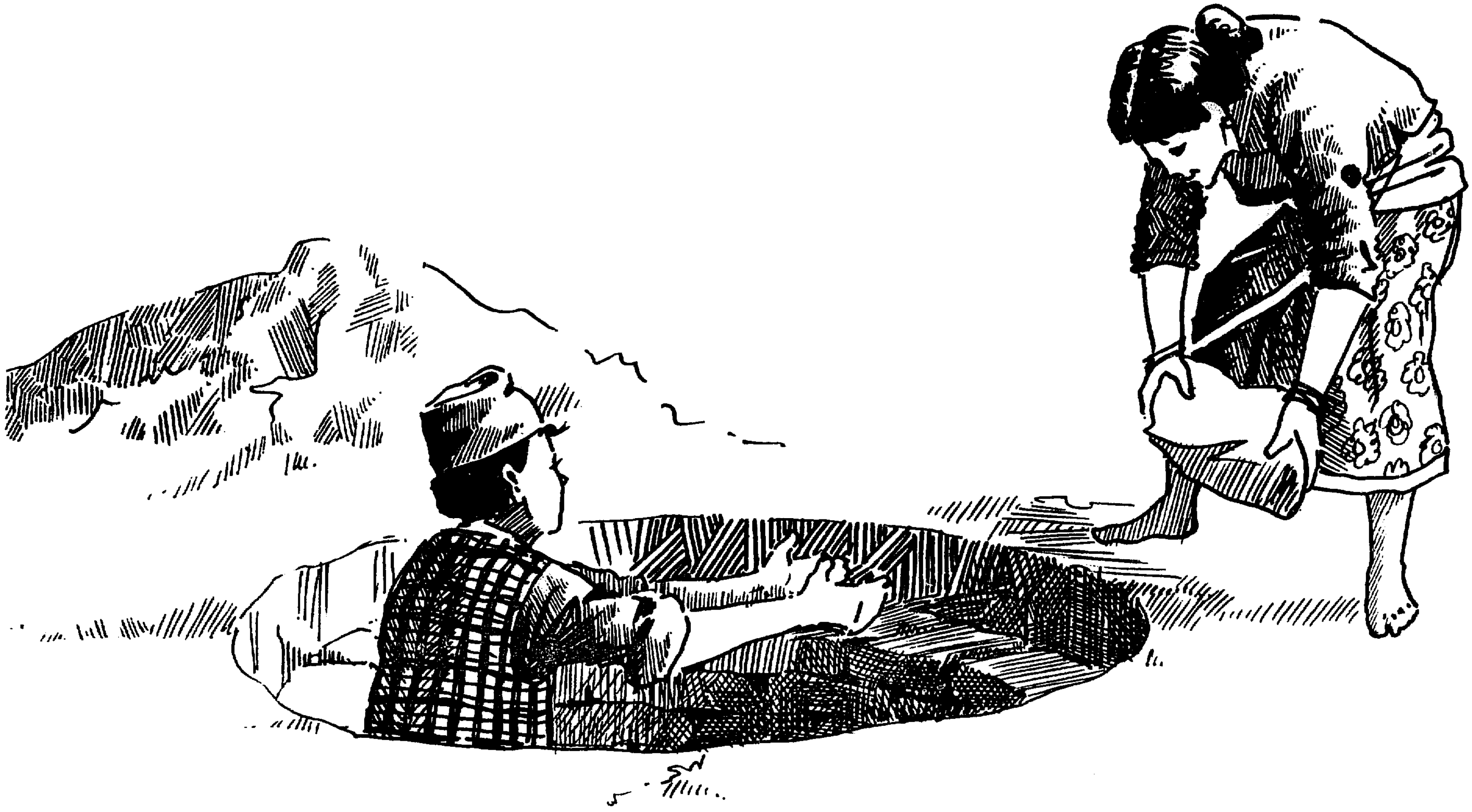


९. जहाँ फुस्रो माटो हुन्छ, त्यहाँ भकारीको सट्टा ढुङ्गा राखे हुन्छ। ढुङ्गा राख्ने हो भने खाल्डो खन्दा माथीबाट दुई हात तलसम्म मात्र अलि फराकिलो गरी खन्नुस।

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 ओछ्याँउ माथिसम्म ल्याउन ।

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

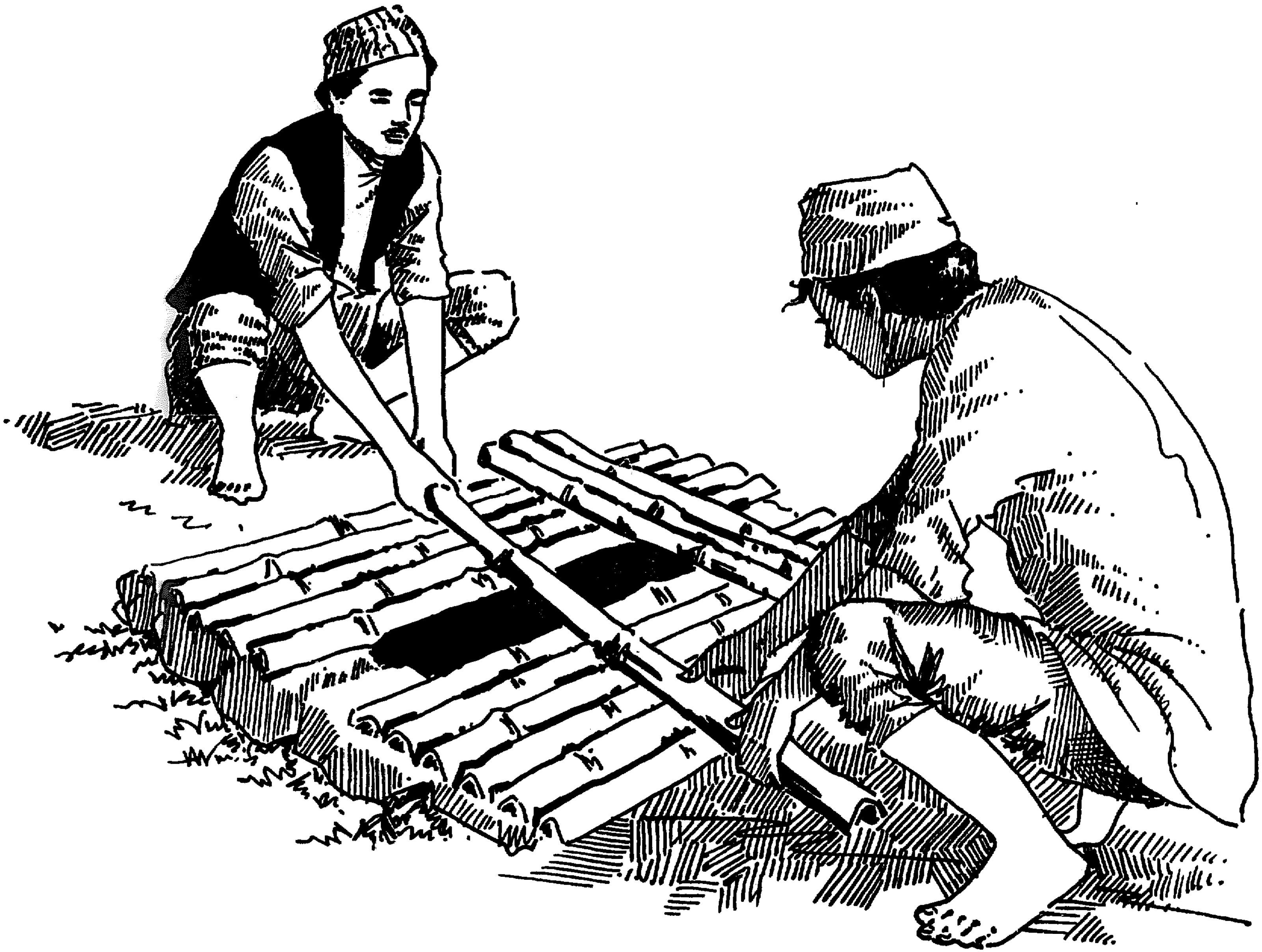


११. खाल्डोको मुख वरिपरि एक बित्ता जति अग्लो गारो लगाउनुस। यस्ले चर्पीको भुई राम्रो र बलियो पार्छ।

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.

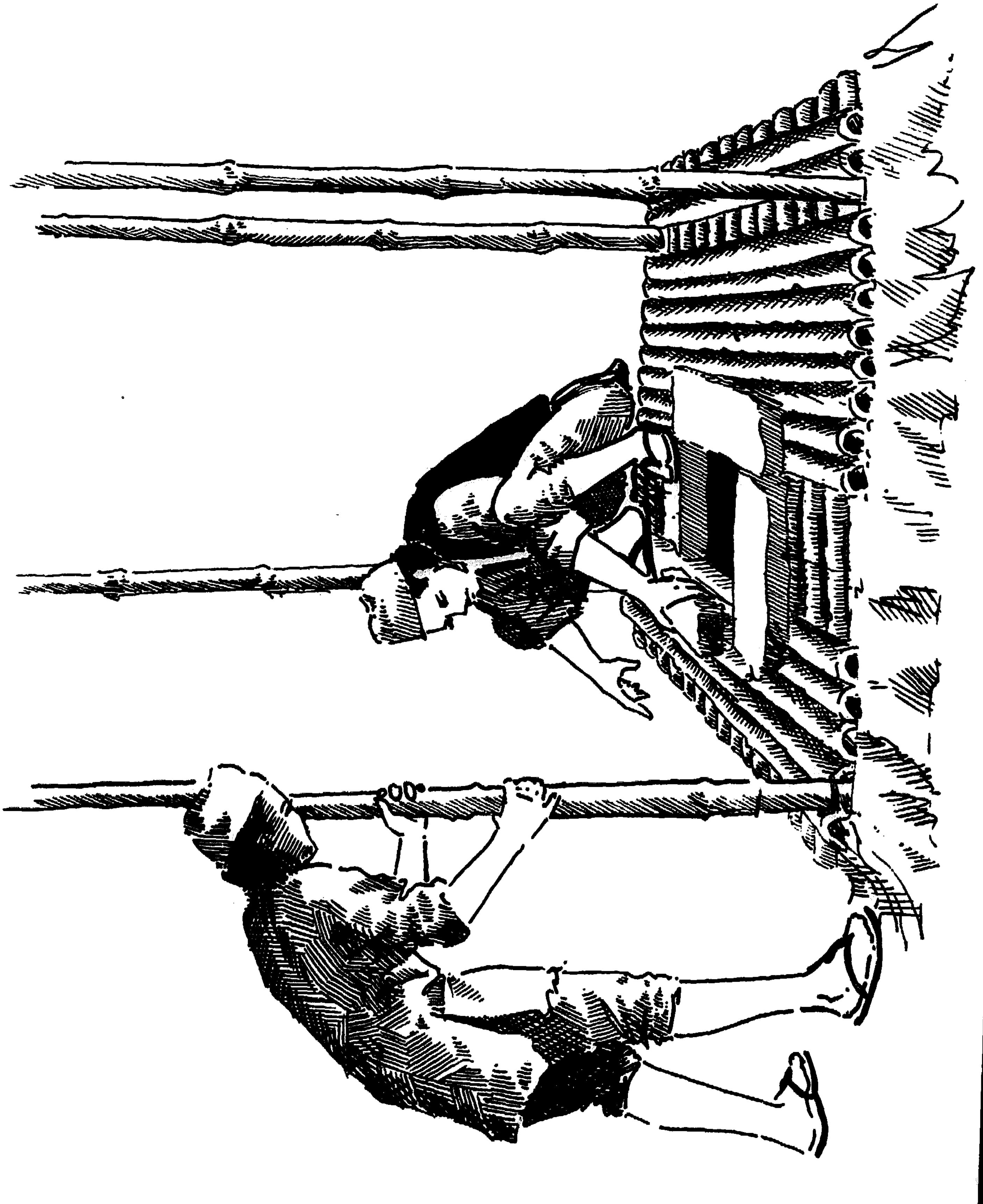
ांसको कप्टेराले खाल्डो ढाकनुस् । खाल्डोको बीचमा
क हात लामो र एक बित्ता जति चौडा दिशा गर्ने प्वाल
ारनुस् । बाँसको सट्टा काठको फल्याक वा लामो ढुङ्गा
रूले पनि खाल्डो ढाकन सकिन्छ ।

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



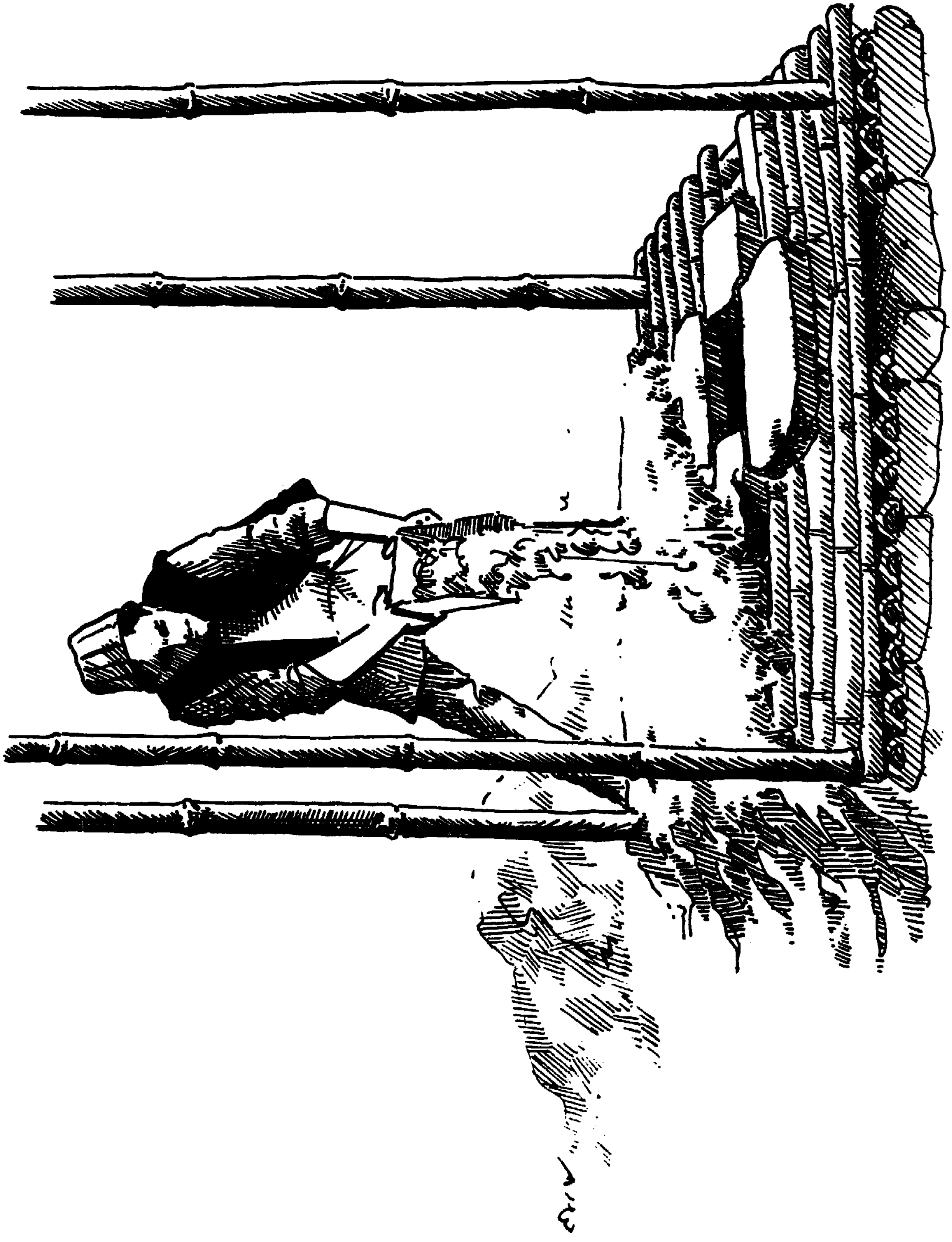
१३. प्वालको वरिपरि चेप्टो ढुङ्गाहरू राख्नुस। ढुङ्गा राख्नाले सफा गर्न सजिलो हुन्छ। छाप्रो बनाउनको लागि चारै कुनामा खम्बा गाड्नुस्। प्वालको छेउबाट पछाडिको बार एक बित्ता जति पर राख्नुस्।

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.



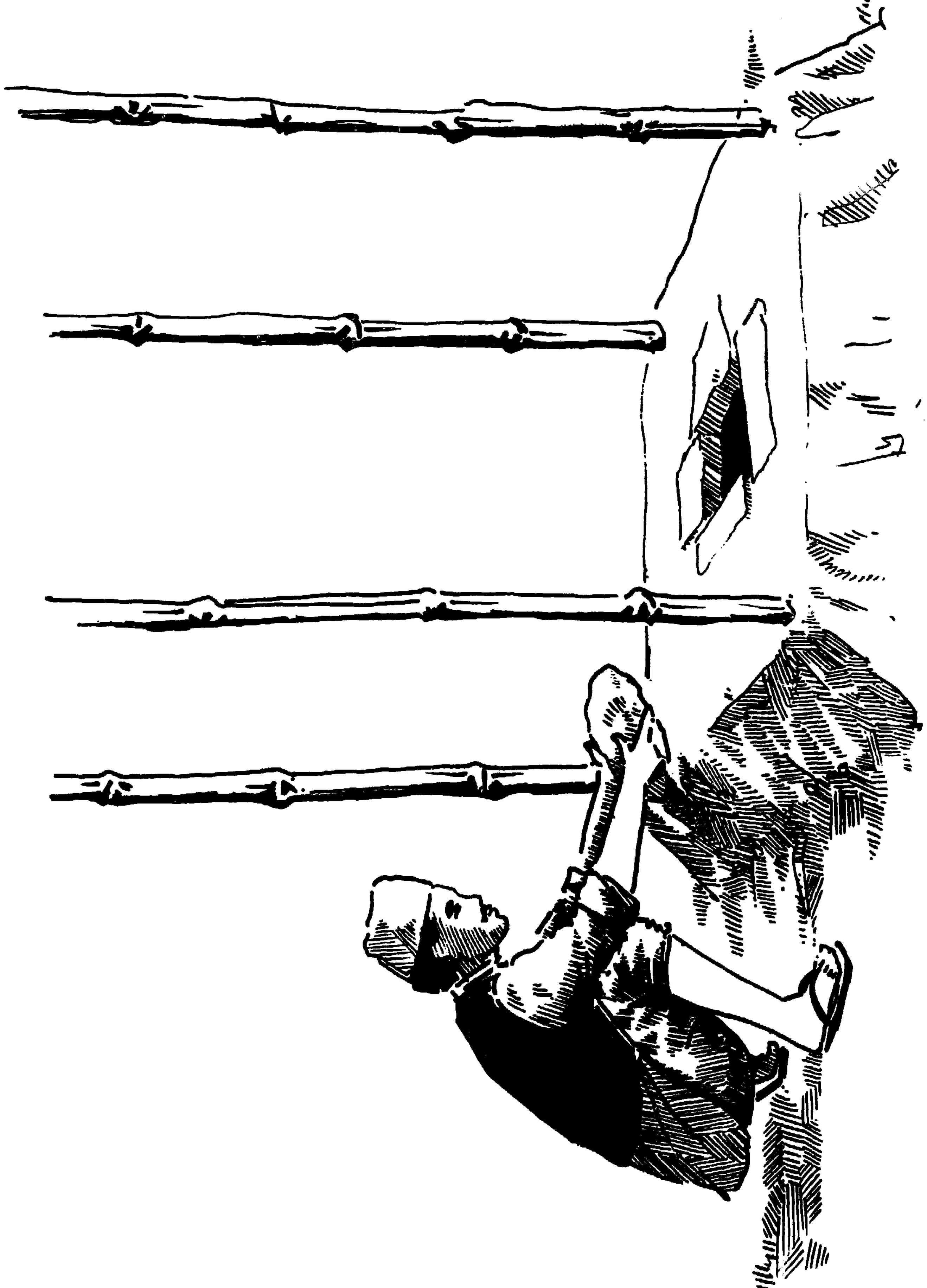
१४.खाल्डोलाई बाँसको कप्टेरा वा ढुङ्गा वा काठको फल्याकले ढाके पछि माटोले पुर्नुस्। यसो गर्नाले चर्पीको भुइं सफा देखिन्छ।

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.



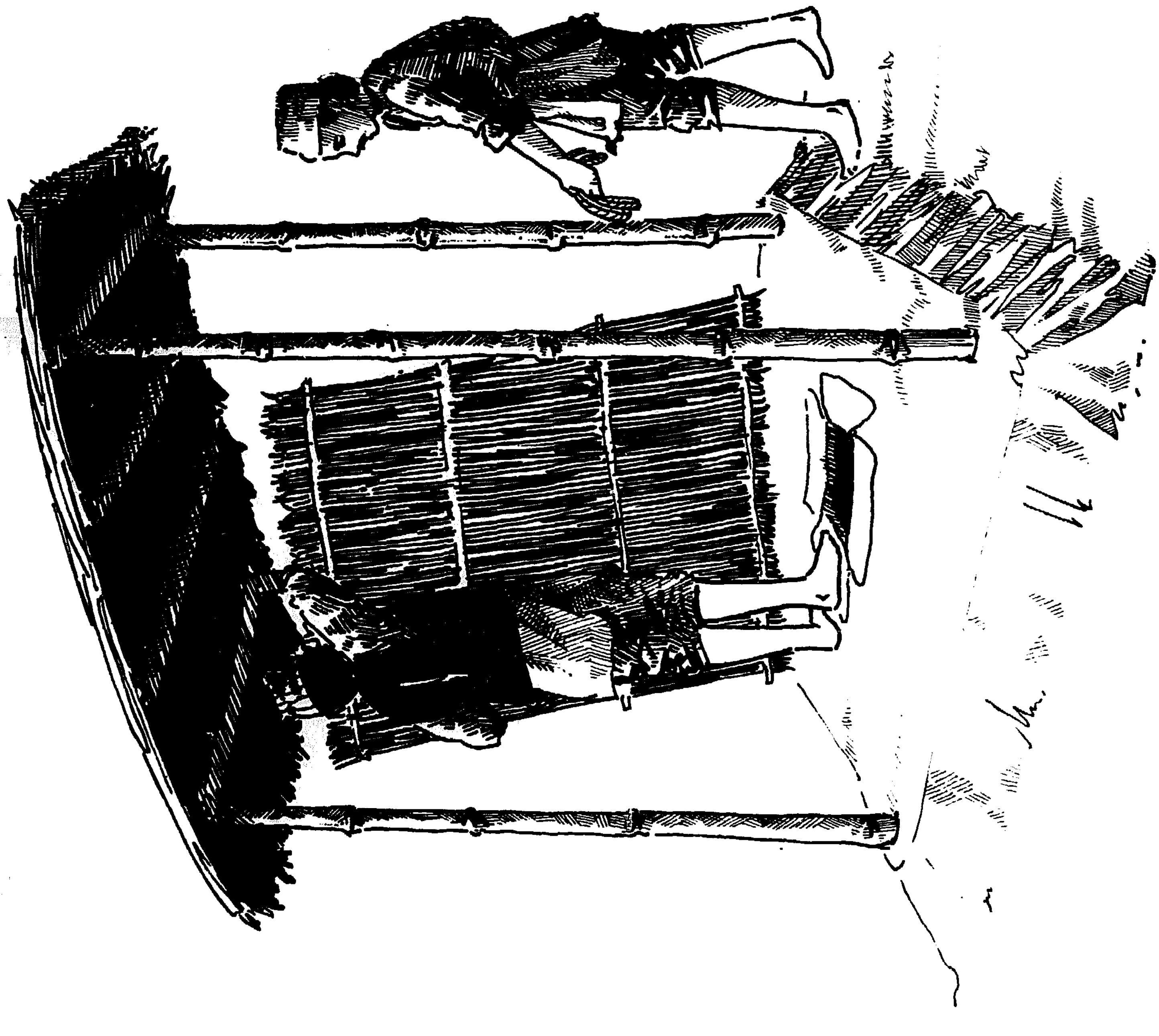
१५. माटोले पुर्दा बेस्सरी थिचेर बलियो बनाउनुस । अब छाप्रो बनाउनु पर्छ ।

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



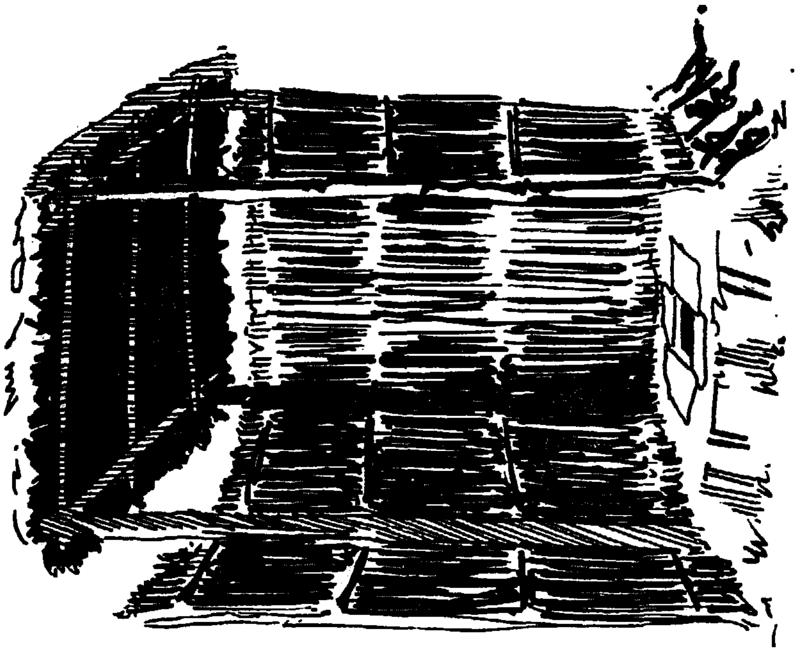
१६. चर्पीको तीन तिर खर, पराल, चित्रा वा स्याउला मध्ये जुन पाइन्छ त्यसको बार बनाउनुस। छाना र वारको बीचमा हावा पस्ने सानो ठाउँ राख्नुस्।

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.



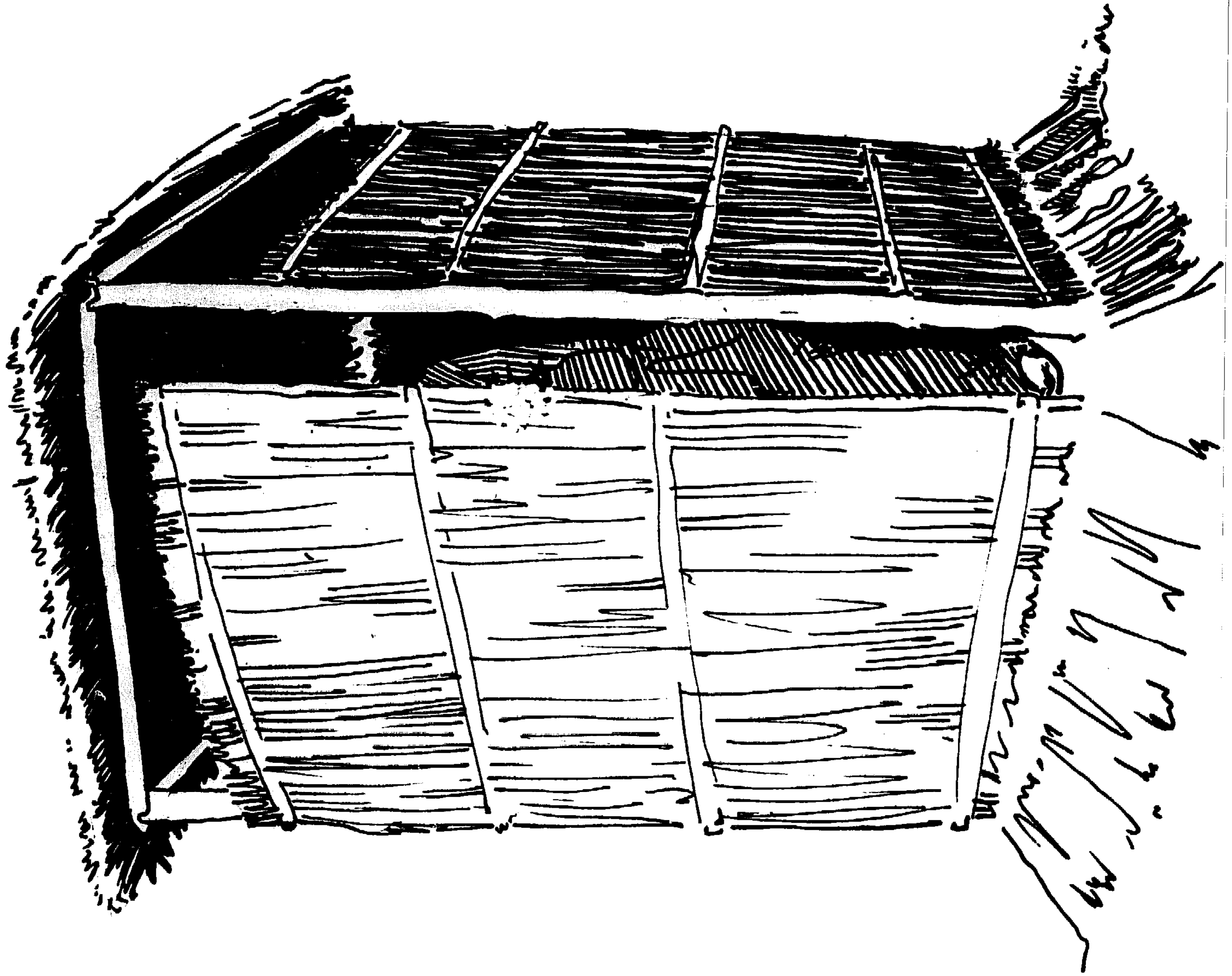
१७. चर्पीको दिशा गर्ने प्वाललाई राम्ररी ढाक्ने काठको ढकनी बनाउनुस् । यसो गर्नाले चर्पी गन्हाउँदैन र झिंगा पनि भन्कन पाउँदैन ।

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



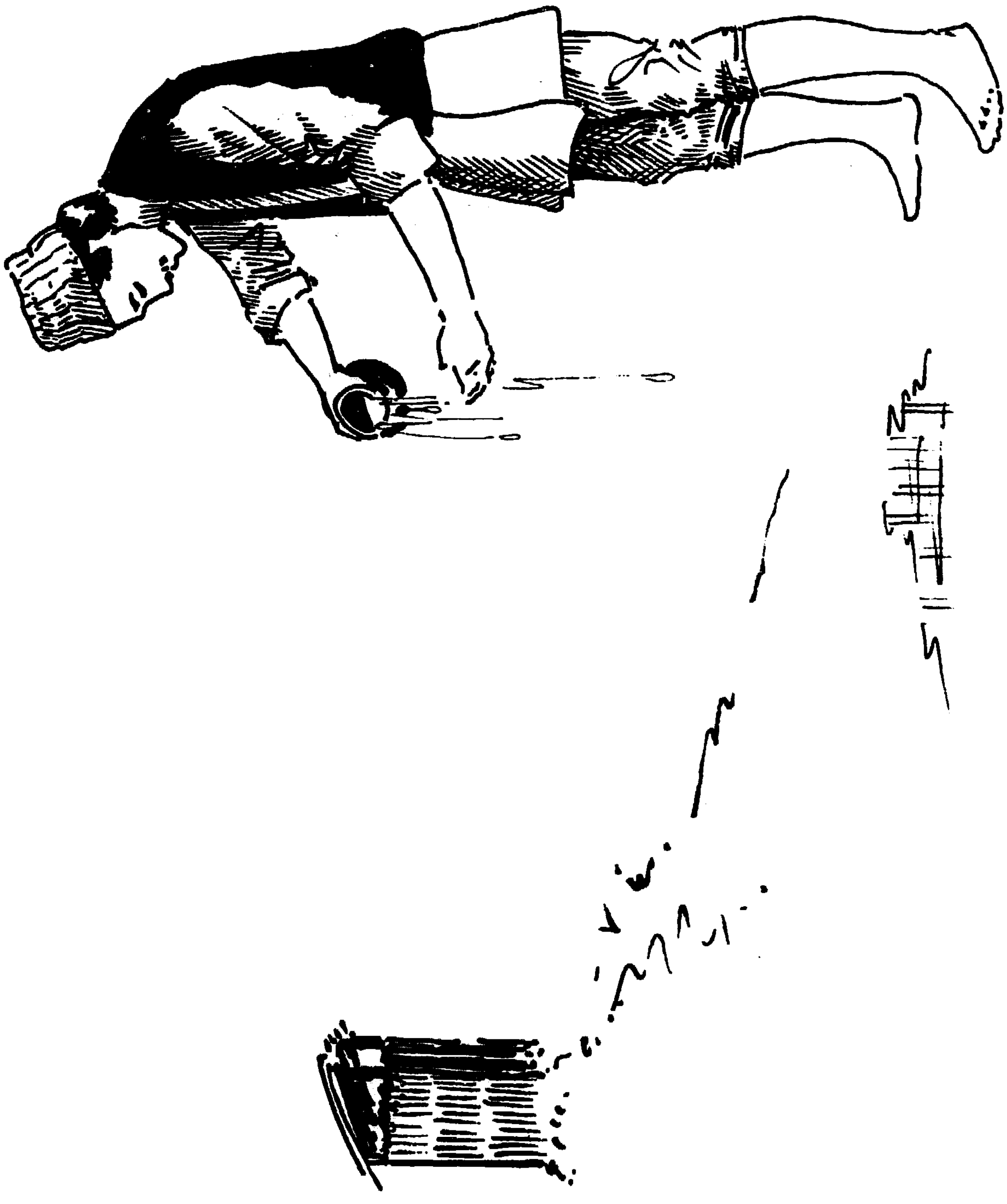
१८. अव ढोका तयार् भयो । ढोका वन्द् गरी आराम साथ दिसा गर्नु होस् ।

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



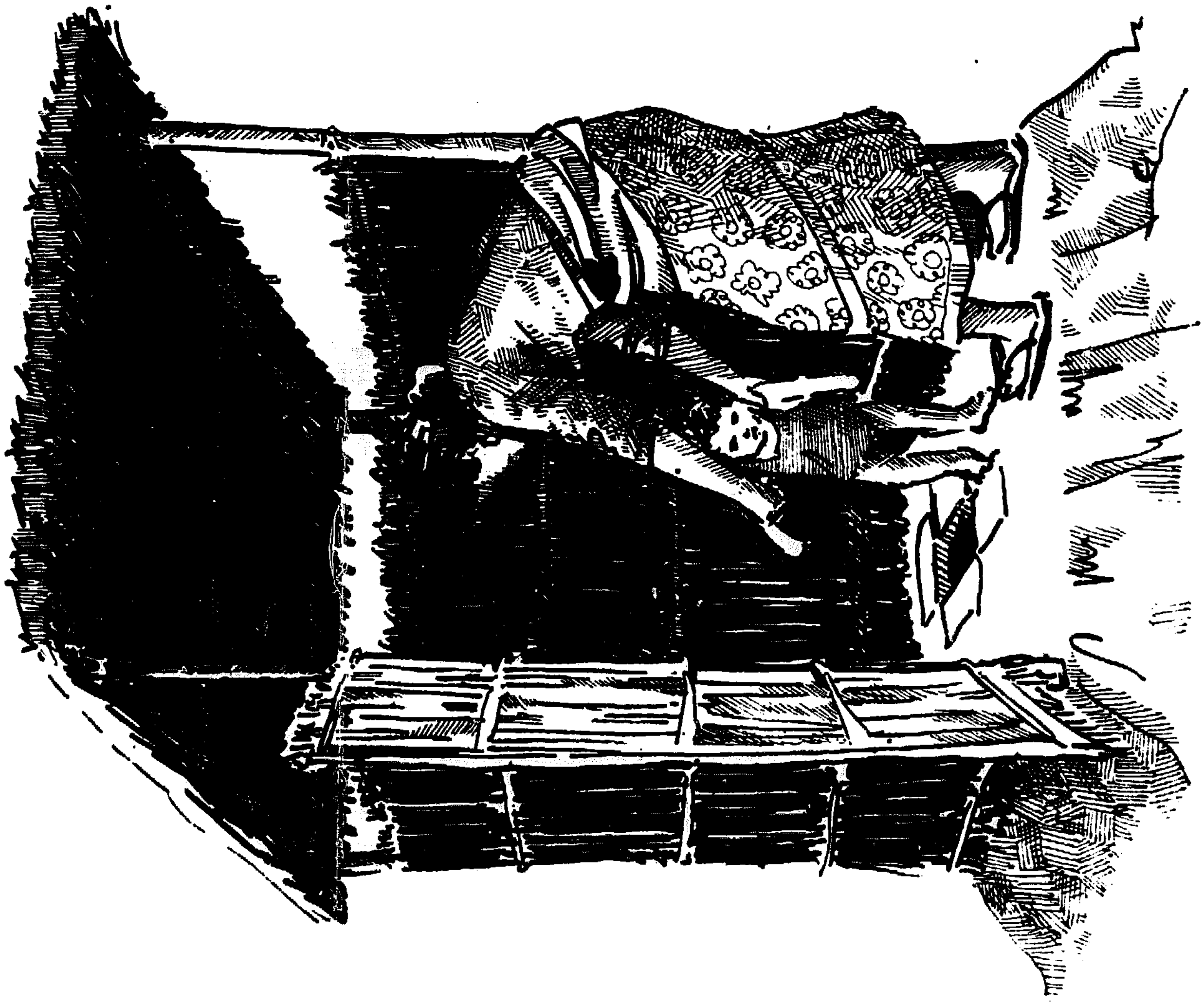
१९. दिसा गरेपछि साबुन वा खरानीले हात राम्ररी धुनुस। यसो गर्दा आफु सफा रहिन्छ र अरूलाई रोग पनि सर्दैन ।

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। प्वालमा बच्चाहरूलाई खस्न 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. सँधै चर्पी सफा राख्नु पर्छ । यसो गर्दा झिंगाआँउदैन र साथै दुर्गन्ध पनि हुदैन ।

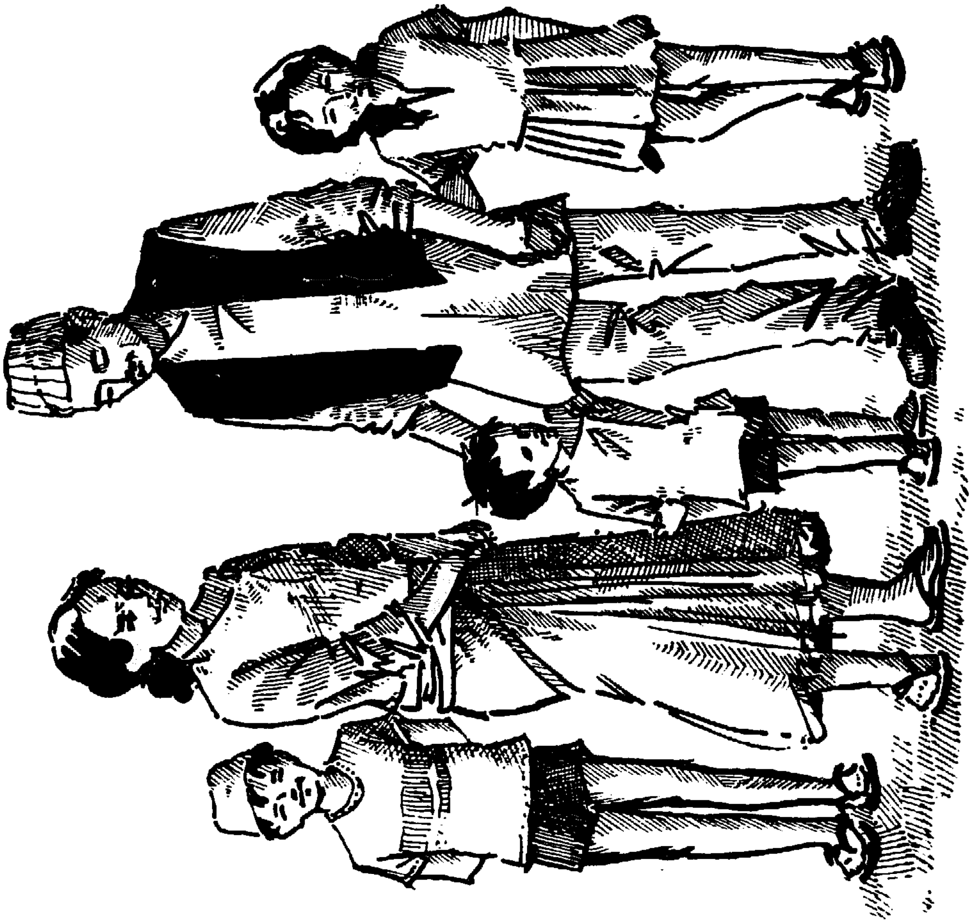
21. ALWAYS KEEP THE PIT LATRINE CLEAN. THIS WILL PREVENT SMELLS AND FLIES.

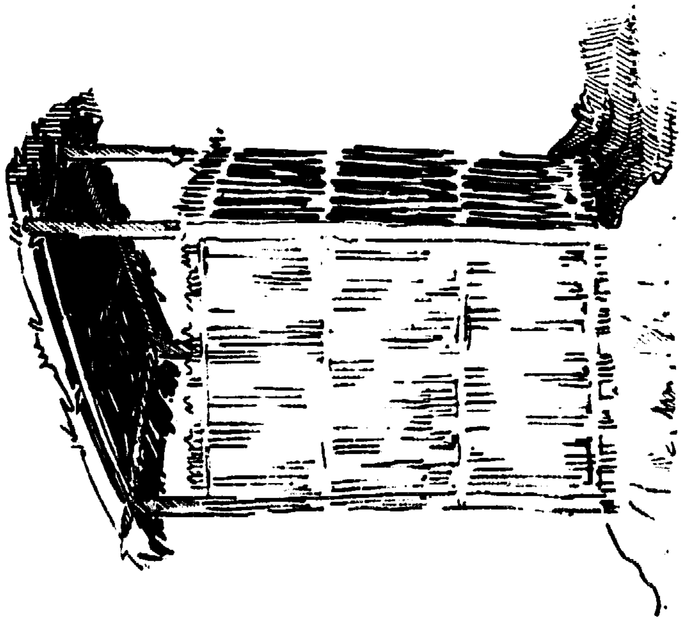
२२. बेला बेलामा चर्पीमा खरानी वा सुकेको पातहरू हाल्ने गरेमा चर्पी गन्हाउँदैन ।

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