



निडर सात्विक FEARLESS SATWIK

A Children Book on COVID-19



BNMT NEPAL

Serving the People of Nepal



AMPLIFYCHANGE

निडर सात्विक FEARLESS SATWIK



A Children Book on COVID-19

Published by BNMT Nepal / Written by Saki Thapa

Design, Layout & Illustration by K.Three Design Communication (P). Ltd.

७ वर्षको सात्विक आफ्नो भ्यालमा बसीरहेको हुन्छ । उसको बगैचामा निकै राम्रा फुलहरू फुलेका छन् । तीन वटा लोखर्केहरू रमाउँदै खेलिरहेको देखेर उसलाई आफ्नो साथीहरूको याद आउँछ । उसलाई अलि नरमाइलो लाग्छ किनकी केही हप्ता भइसक्यो उसले आफ्नो साथीहरूसँग खेल्न र भेट्न नपाएको । उनीहरू सबै कक्षा १ मा पढ्छन् । उनीहरूको विद्यालय पनि बन्द छ ।



Seven year old Satwik is sitting in the window looking outside. His garden has beautiful flowers. He remembers his school friends seeing three squirrels running around his garden. He gets bit sad. It's been few weeks and he hasn't been able to meet his friends. They all study in class 1. His school is closed.

सात्विक खाना
खान आऊ ।



Mother : "Satwik, its lunch time. Let's have lunch together."

सात्विक आफ्नो नरम स्वरमा सोध्छः

आमा, म किन आफ्नो
साथीहरूसँग भेट्न र
खेल्न सकिदैन ? म आफ्नो
साथीहरूलाई भेट्न चाहन्छु, र
उनीहरूसँग खेल्न चाहन्छु ।



Satwik, in his soft voice asks his mother "Mamma, why can't I go out and play with my friends? I want to see my friends and play with them."



हेर मेरो छोरा, हामी अहिले बाहिर जान
सक्दैनौं अनि साथीहरुसँग भेट्न पनि
सक्दैनौं । कोरोना भाइरस संसारभर जताततै
फैलिएको छ अनि धेरैलाई बिरामी बनाई
राखेको छ । हामी बाहिर गयौं भने हामी पनि
बिरामी पर्न सक्छौं ।

"Oh my baby", says Mamma. "You cannot go out and play with your friends. There is a coronavirus all over the world. And it is making many people sick. If you go outside you might get the virus and become sick."

"कोरोना भाइरस? के हो यो कोरोना भाइरस आमा ?
के यो डरलाग्दो राक्षस हो ?" सात्विक छक्क पर्दछ ।



"CORONA VIRUS! What is Corona virus?
What is it Mamma? Is it a monster? The scary
one?" Satwik ask his mother.

આમા હાંસદૈ સાત્વિકલાઈ કાંખમા રાખ્નુ હુન્છ:

છોરા યો તિમીલે કથામા પઢે જસ્તો
રાક્ષસ હોઇન નિ, મેરો છોરા ત નિહર
છ । તિમી ત રાક્ષસસૈંગ ડરાઉદૈનૌ નિ
હોઇન ત ?



The Mother laughs and holds Satwik in her lap, "oh no my baby, it is not a monster like a big one you read in the story. Satwik is the fearless. You are not scared with the monster, are you?"

सात्विक हाँसछः

हो आमा, म सबैभन्दा बलियो
छु । मैले दुध पिउँ भने भन् धेरै
बलियो हुन्छु र सबैलाई जित्न
सक्छु ।



Satwik giggles, "No mamma, I am the bravest.
If I drink milk I can defeat everything."

आमा मुस्कुराउनुहुन्छ, "हो तिमी धेरै बलियो छौ । राक्षस भन्ने कुनै चिज हुदैन । यो त कथामा मात्र हुन्छ । तर कोरोना भाइरस साच्चिकै हुन्छ । हामी कोरोना भाइरसलाई आँखाले देख्न सक्दैनौं किनकी यो धेरै सानो हुन्छ । यो भाइरस भनेको तिमीलाई रुघा लगाउने भाइरस जस्तै हो जसले तिमीलाई बिरामी गराउँदछ ।"



Mother smiles, "Yes you are, so strong. There is no such thing like monster, it's all made up. But coronavirus is real. It's a very tiny creature which we cannot see with our eyes. It is like the virus that makes you feel poorly when you have a cold."

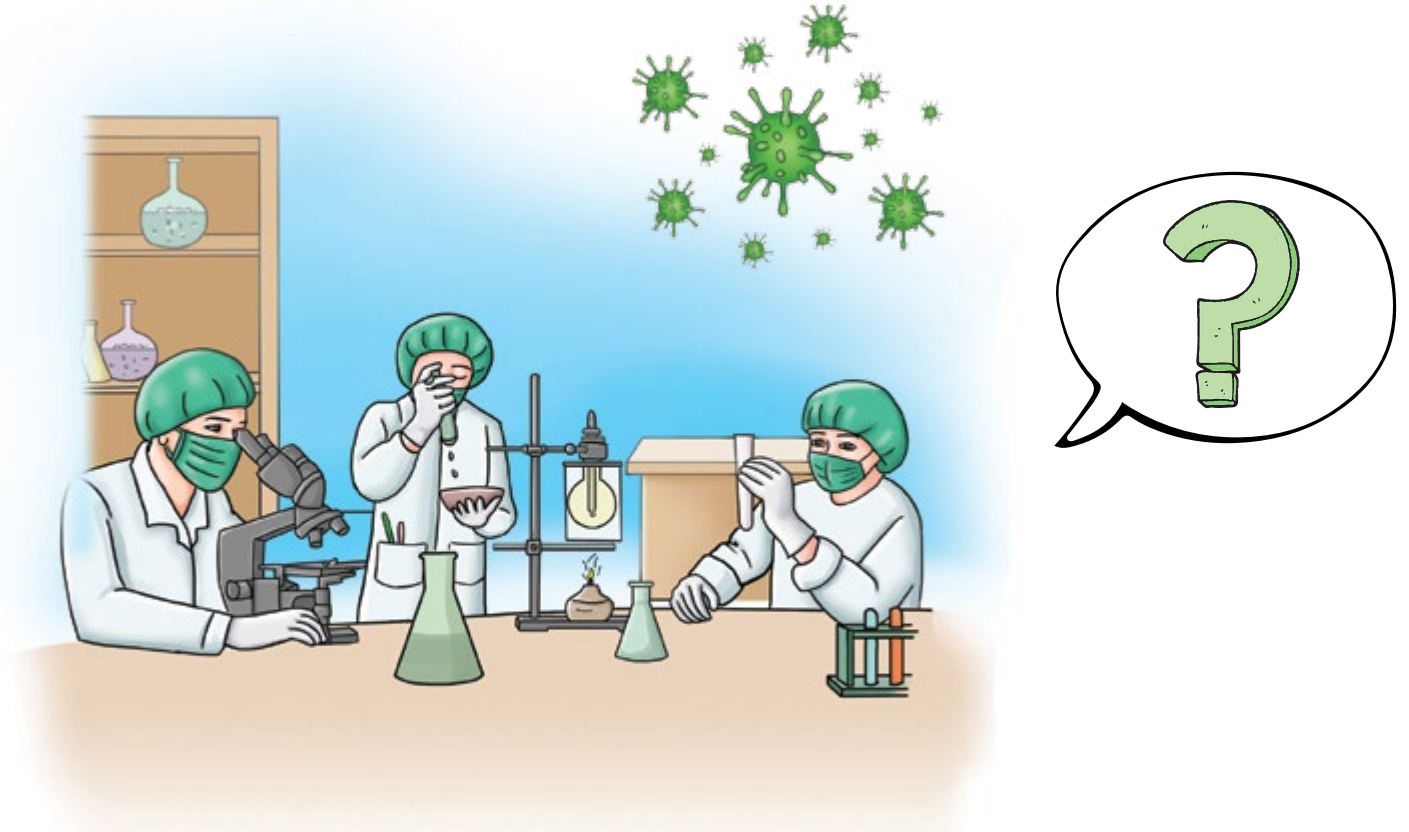
सात्विक छक्क पर्दै आमालाई सोध्छः



आमा मलाई अस्ति रुखा
लागेको बेलामा हाँच्छिउँ गर्दा
तपाईंले मलाई भाइरसले गर्दा
हाँच्छिउँ आयो भन्नुभएको थियो
तर मैले त मेरा साथीहरूलाई
त्यो बेला भेटेको थिए नि ।

Satwik looks puzzled, "But Mamma, last time when I got a cold, and I was sneezing and you said I got a virus? But I could still see my friends that time?"

आमा हाँस्नुहुन्छ, "हो त्यो बेला तिमीलाई रुघा लागेको त अर्कै भाइरसबाट थियो नि । हाम्रा वरिपरि धेरै प्रकारका भाइरसहरू हुन्छन् । यो कोरोना भाइरसको कारणले COVID-19 भन्ने रोग लाग्छ । यो एउटा नयाँ भाइरस हो र बैज्ञानिकहरूले पनि यसको बारेमा अझ धेरै कुराहरू थाहा पाउन सकिरहेका छैनन्, तर यसले धेरै मानिसहरूलाई बिरामी बनाउन सक्छ ।"



The mother smiles and says, "Yes, the cold that you got is also from virus. But there are many different types of viruses around us. This Coronavirus causes an illness called COVID-19. It is a new virus, and scientist still don't know lot of things about it. But it is sure that it can make some people very sick."

सात्विक चिच्याउँछः

मलाई बिरामी बनाउन सक्दैन है
आमा ? म त सबै भन्दा बलियो
छु ।



"Not me", Satwik yells, "I am the strongest."

सात्विकले आमाको हात समातिरहेको हुन्छ र आमाले उसलाई सम्झाउँदै भन्नुहुन्छ, "रुघा लाग्ने भाइरस जस्तै यो पनि खोक्दा र हाँच्छिउँ गर्दा एक व्यक्तिबाट अर्कोमा सर्न सक्छ । यदि कसैलाई कोरोना भाइरस छ भने उसले मुख नछोपी हाँच्छिउँ गर्दा र खोक्दा भाइरस हावामा फैलिन्छ र नजिकै बसेको मानिसले श्वास लिँदा त्यो हावामा भएको भाइरस उसको शरीरमा जान्छ र उ पनि बिरामी हुन्छ ।"



Satwik is holding his mother's hand and the mother continues explaining to him, "Like a cold virus, it can be passed from one person to another through coughing and sneezing. If someone has coronavirus and that person sneezes and coughs, the virus can float through the air and when someone breathes that air nearby, the virus enters into his body and he can get sick."

सात्विक आफ्नो आमालाई जिज्ञासु पाराले हेर्छ । आमा अभै भन्दै जानुहुन्छ, "भाइरस भएको व्यक्तिले हाँछिउँ गर्दा र खोक्दा उसको हातमा भाइरस बस्दछ । अनि त्यो हात नधोई वरपरका वस्तुहरू जस्तै: टेबल, ढोकामा समात्ने लक, खानेकुरा छोएमा यी ठाउँहरूमा पनि भाइरस बस्न सक्छ । किनकि भाइरस हाम्रो नाङ्गो आँखाले देखिदैन र त्यस्ता चीजहरू छोएर हाम्रो आँखा, नाक र मुखमा छोयो भने सर्न सक्छ । त्यसैले, हातले आफ्नो आँखा, नाक र मुखमा छुनु अगाडी साबुन पानीले राम्ररी हात धुनु पर्छ अथवा सेनिटाइजरको प्रयोग गर्नु पर्दछ।"



Satwika looks at his mother with curiosity, "If we cough or sneeze on our hand, the virus remains there. When we touch other objects such as tables, doorknobs, handrails and food, without washing hands, these viruses will stay there. To remove that virus, we must wash our hands with soap and water and clean the surface. Since we cannot see the virus and it can be anywhere, we should not touch our eyes, nose or mouth without properly washing our hands. We can also use special gel called sanitizer to remove the virus", Mamma explains patiently.

सात्विकले उसको आमाको हातबाट आफ्नो हात भिक्छ र
आफ्नो दुवै हात हेरि भन्छ:

आमा हेर्नुहोस् त मेरा
हातहरु सफा छन् ।
हातमा भाइरसहरु होला र ?



Satwik pulls his hand from his mother. He looks at his both hands.
"Mamma look my hands are clean. Does this also have viruses?"



हो, तिम्रा हातहरू सफा
देखिन्छन् तर अझ पनि यसमा
धेरै कीटाणुहरू र भाइरसहरू
हुनसक्छन् । त्यसैले तिमीले आफ्नो
हातहरू समय समयमा साबुन
पानीले कम्तिमा पनि २० सेकेन्ड
सम्म मिचि मिचि धुनु पर्छ ।

"Hmm, yes your hands look clean, but still it can have lots of germs and virus on it. This is why it is important to wash your hands regularly with soap and water for at least 20 seconds."

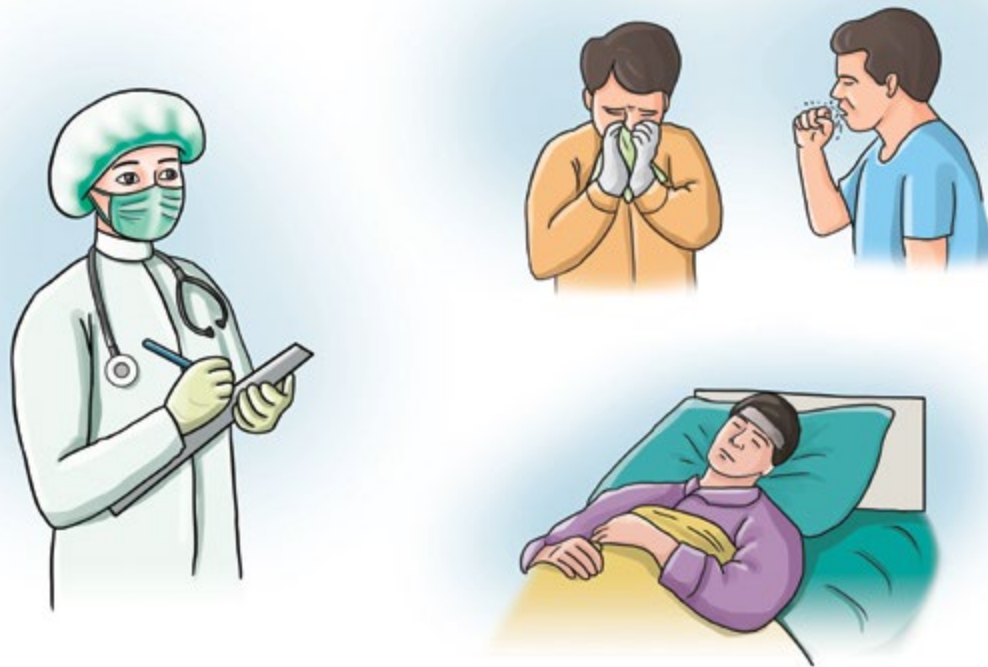
सात्विक अचम्मित भई आमालाई सोध्छः

के मलाई पनि कोरोना
भाइरस छ त आमा ?



Satwik looks mystified, "Do I have a coronavirus too?"

आमा भन्नुहुन्छ "भाइरस भएका व्यक्तिहरूमा खोकने, हाँछिउँ गर्ने, शरीर दुख्ने र ज्वरो आउने जस्ता लक्षणहरू देखिन्छ । तिनीहरू मध्ये कतिलाई स्वास फेर्न पनि गाह्रो हुन्छ । कसै कसैलाई भाइरस भएता पनि यी लक्षणहरू नदेखिन सक्छ, तर यसको मतलब यो होइन कि उसको शरीरमा भाइरस छैन । डाक्टरले जाँचे पछि मात्र त्यो मानिसलाई भाइरस छ कि छैन भन्ने थाहा पाउन सक्छौ । तर मलाई थाहा छ की तिमीलाई कोरोना भाइरस छैन, किनकी तिमी कोरोना भाइरस भएको कसैसँग पनि नजिक भएका छैनौ । तर, अरू पनि धेरै थरीको रोगहरूबाट बच्नलाई पनि हात धुनु पर्छ ।"



Mother chuckled, "Many people who have the virus start to feel unwell and feel like having a bad cold- coughing, sneezing, body ache and feeling very hot (fever) can happen. Some of them also find it harder to breathe, a bit like when you run very fast and cannot catch your breath. Some of them may not feel unwell. But that doesn't mean the person has no virus in the body. We can know if the person has virus after doctors perform the test. But, I am sure you don't have it, as you have not been in contact with anyone that might have coronavirus. But still you need to wash your hand regularly to protect from other diseases."

सात्विक केही लामो श्वास फेर्छ । उसकी आमाले उसको आँखा, नाक र मुखमा बिस्तारै देखाउँदै भन्नुहुन्छ, "यदि तिमीले हात नधोइकन आँखा, नाक र मुख छेयौ भने त्यही आँखा, नाक र मुखबाट नै तिमी शरीर भित्र भाइरस जान्छ । यदि तिमी COVID -19 भएको बिरामी व्यक्तिबाट टाढा बसेनौ भने भाइरस तिमी शरीर भित्र पस्छ र तिमी पनि बिरामी हुन सक्छौ । त्यसैले यस्तो बेलामा हामीले एक अर्कासंग टाढै बस्नु पर्छ र सफा सुघर गर्ने बानी बसाल्नु पर्छ । यसले हामीलाई अरु रोगहरु, जस्तै पेट दुख्ने, रुघा खोकी आदि समस्याबाट पनि बचाउँछ । खानु भन्दा पहिले र बाहिर खेलेर आएपछि हामीले राम्ररी साबुन पानीले हात खुट्टा मुख धुनुपर्दछ ।"



Satwik looks relieved. His mother gently points Satwik's eyes, nose and mouth and says, "It can get inside your body from eyes, mouth and nose if you do not wash your hand and you touch it. And also if you do not maintain distance with someone who is ill from COVID-19, the virus can get inside your body and can make you ill. So it is really necessary to maintain good hygiene practices. It helps us not to be sick with other illnesses like upset tummy too. We should always wash our hands before we eat or after we play outside."

सानो सात्विकको मनमा धेरै प्रश्नहरू अबै खेलिरहन्छः

त्यसो भए आमा, जो भाइरसबाट
बिरामी परेका छन्, के यो
उनीहरूको गल्ती हो ?

होइन सात्विक, यो उनीहरूको
गल्ती होइन, तिनीहरू भाइरसबाट
बिरामी परेका हुन तर तिनीहरूलाई
दोष दिन मिल्दैन । हामी पनि कुनै
न कुनै समयमा अरु रोगले बिरामी
परेको हुन्छौं नि होइन र ?
मानिसहरू बिरामी पर्न सक्छन् तर
रोग निको भएपछि तिमी र म जस्तै
स्वस्थ पनि हुन्छन् ।



The little satwik still has lots of questions in his mind, "So Mamma, "those who have got sick from the virus, is this their fault?"

"No Satwik, it is not their fault that they got sick of the virus, we all get sick sometimes with different illnesses, don't we? Many people get unwell. Once they recover they will be healthy just like you and me" says the mother.

સાત્વિકલે અગાડી હેઠ્ઠ, "હેનૂ ત આમા ! બાબા ઘર આડનુભયો ।"



Satwik eyes lights up, "Look baba is home !"

बाबाले टाढैबाट टुलो श्वरमा भन्नुहुन्छ "बाबु म हात र
मुख धोएर अनि लुगा फेरेर तिमी कहाँ आउँछु, पख ।"

सात्विकले चिच्चाएर भन्छ:

बाबा तपाईंले आफ्नो हात साबुन
र पानीले मिचि मिचि २०
सेकेन्ड सम्म धुनु पर्छ ।



Baba shouts from the distance, "Wait my boy, I will wash my hand and face, change my clothes and come to you."

Satwik yells, "You must wash your hands with soap and water for 20 seconds."

बाबा हाँसुहुन्छ, "स्मार्ट सात्विक ! २० सेकेन्ड भनेको मेरो लागि
दुई पटक जन्मदिनको शुभकामना गीत गाउने जस्तै हुनेछ ।"



Baba, Laughs, "Smart Satwik ! 20 seconds will be like
singing a happy birthday song to me twice."

सात्विकले प्रश्न गर्छः

त्यसो भए आमा, बाबा किन
बाहिर जान सक्नुहुन्छ र हामी
सकदैनौं ?



"So mamma, why baba can go out and we can't?"

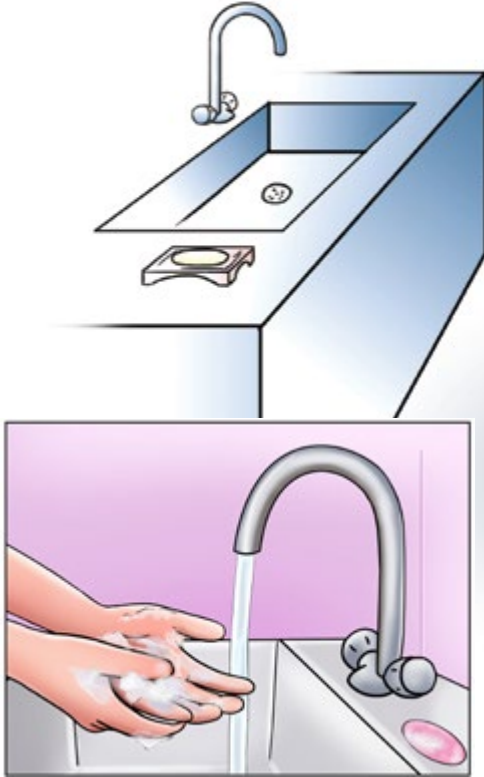
आमा फेरि हाँस्दै भन्नुहुन्छ, "बाबा त घर बाहिर काम गर्न जानु भएको हो । हाम्रो लागि खाना र घरको आवश्यक सामान किन्न पनि बजार जानुहुन्छ । तर उहाँ मास्क लगाएर मात्रै बाहिर निस्कनुहुन्छ । मास्क राम्रोसँग लगाउनेले भाइरस सर्नबाट जोगिन सकिन्छ । बाबा सामान लिन जाँदा मान्छेहरूसँग दुरी कायम राख्ने र आफु घर फर्केपछि साबुन पानीले हात धोइ लुगा पनि फेर्नु हुन्छ । बाबा आवश्यक परेको बेलामा मात्र बजार जानुहुन्छ ।"



Mother smiles again and says, "He has to go out and work. He does this to make sure we have sufficient food to eat and other supplies at home. But he is protecting himself by wearing mask properly, keeping a space between himself and other people, shopping and washing his hand with soap and water when he comes back home. He goes to market only when it is required."

अब खाना खाऊ सात्विक, तिमी
भोकायौ होला । तर त्यो भन्दा
पहिले आफ्नो हात धुनु पर्छ ।

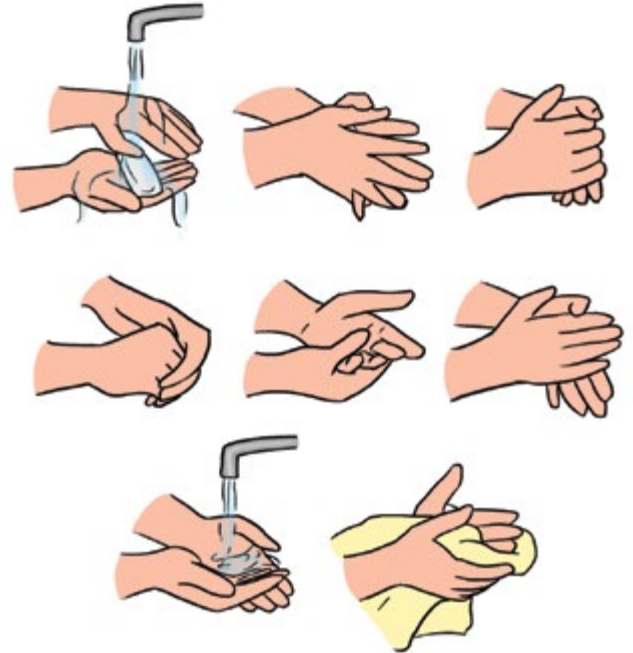
भन्दै आमाले सात्विकलाई धारा तिर देखाउनु हुन्छ ।



"Let's have lunch Satwik, you must be hungry. But before that you must wash your hand remember", mother points Satwik toward the tap.

सात्विक धारा तिर दौडन्छ । जन्म दिनको शुभकामना गीत गाउँदै साबुन पानीले हात धुन्छ । उनको बुबा पनि उनीहरूसँगै खाना खानको लागि आउनहुन्छ ।

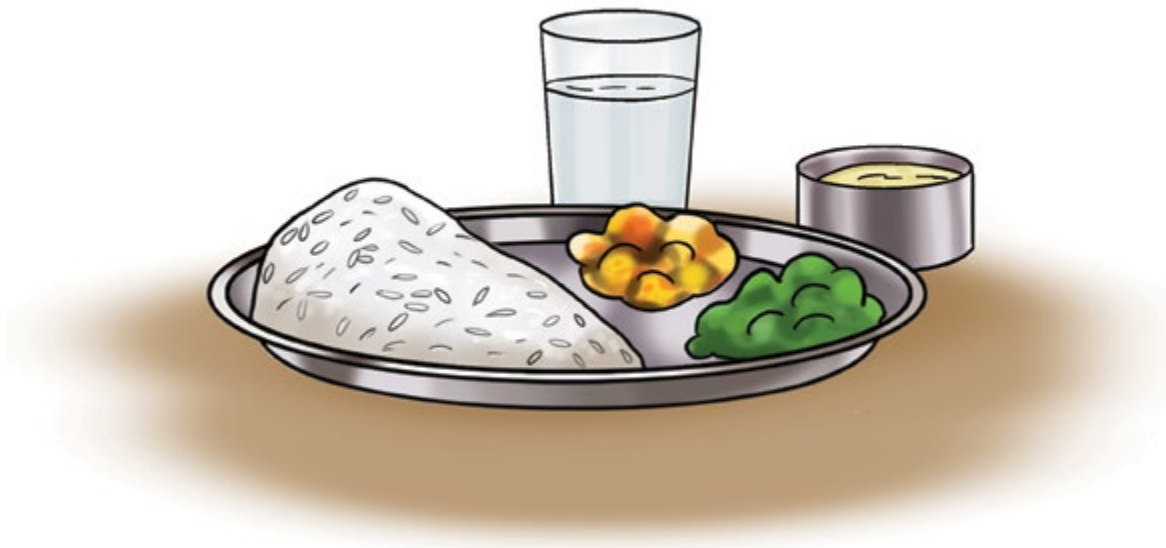
खाना दिनु अघि आमाले पनि हात धुनुहुन्छ र सबैजना हात धोइ खाना खान बस्छन् ।



Satwik runs toward to tap, soaks his hand with water and soap. He is singing the happy birthday song. His father also joins them for the lunch.

Before serving the food, mothers also washes her hand. Now everybody has washed their hand.

आमाले पकाउनु भएको खाना साच्चिकै स्वादिष्ट छ । सात्विकले
दाल, भात र हरियो तरकारीको मज्जा लिंदै खाना खान्छ । यो
एकदमै स्वस्थकर छ ।



The food cooked by mother is really yummy. Satwik is enjoying the dalbhat and green vegetables. It's really healthy.

"सात्विक तिमीलाई थाहा छ, "हामीले शौचालय प्रयोग गरिसकेपछि, अनि हात फोहोर हुँदा र हातले छोपेर हाच्छिउँ गर्दा वा खोकदा हात धुनुपर्छ । हाच्छिउँ गर्दा तिमीले आफ्नो कुहिनाले नाक र मुख छोप्नु पर्दछ र यदि टिस्यु पेपर प्रयोग गरेको छ भने बन्द डस्टबिनमा फाल्ने गर्नुपर्दछ र हात धुनु पर्दछ । यो एक स्वच्छता अभ्यास हो र यो तरिकाले भाइरसलाई अन्य व्यक्तिमा फैलाउनबाट रोक्न सकिन्छ ।" बुबा भन्दै जानुहुन्छ ।



"You know Satwik, "we must wash our hands before eating anything, after using the toilet, if our hand is visibly dirty, and after sneezing or coughing." While sneezing, you must use tissue paper then you must discard it to the closed dustbin and wash your hand. If you can't find a tissue quickly enough, use your elbow instead. This is a good hygiene practice. And this way you can prevent spreading the virus to other person."

सात्विक ध्यान पूर्वक आफ्नो बुबाको कुरा सुन्दैछ । "हाम्रो शरीर अचम्मको छ । कुनै किटाणु हाम्रो शरीरमा पस्यो भने शरीर आफै त्यो किटाणुसँग लड्छ । यसलाई एन्टिबडी भनिन्छ, यसले हाम्रो शरीरभित्र सिपाही सरह काम गर्छ । यो कोरोना भाइरससँग पनि लड्न सक्छ । हामी मध्ये धेरैलाई यो भाइरस भएपनि केहि समय पछि आफै निको हुन्छ । यदि हामी राम्रो स्वच्छत अभ्यास गर्छौ र राम्रो पौष्टिक खाना खान्छौ भने हामी स्वस्थ रहन सक्छौ ।"



Carefully, Satwik is listening to his father. "Our body is amazing. It fights the germs that has entered in our body, even this coronavirus. We have an army inside of us called antibodies that goes to battle against the virus if it comes inside us. So lots of us who have the virus get well after some time. If we practice good hygiene and eat good food we can be healthy." Says the father.

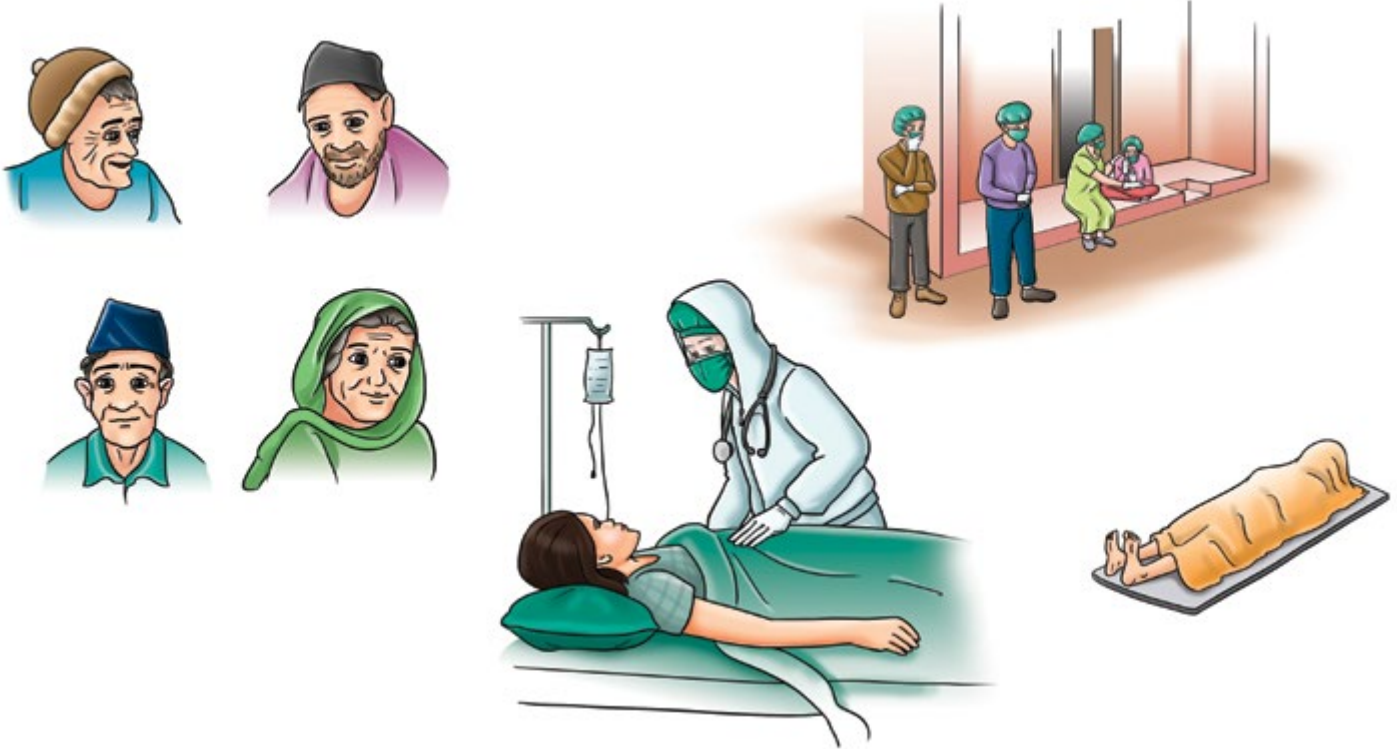
सात्विकले आँखा ढुलो बनाई भन्छः



त्यसो भए हामी किन
यो कोरोना भाइरससँग
डराउँछौं त बाबा ?

Satwik eyes gets bigger, he says, "Then why we are so worried about this corona virus baba?"

"राम्रो प्रश्न सात्विक ! सबै व्यक्तिको शरीर एकनाशको हुदैन र भाइरससँग लड्न सक्ने क्षमता हुन्न । जो तिम््रो हजुरबा/हजुरआमा जस्तै बढी उमेर भएका छन र जसलाई अन्य रोगहरू लागेका छन्, उनीहरूको एन्टीवडी भाइरससँग लड्न सक्दैनन् । त्यस्ता ब्यक्तिले अस्पताल गएर डाक्टरलाई भेट्नु पर्छ, तर सबै बिरामीलाई डाक्टरले निको पार्न सक्दैनन् । कोही कोही मर्छन् पनि ।"



"Good questions Satwik, ! Not all person's body is equally strong and able to fight back the virus. The persons who are old like your grandparents and who have other diseases, their antibodies cannot fight the virus. Such person needs to go to hospital and see doctors. But not every time doctors can help them get better and sadly some of them die."

यो कुराले सात्विकलाई चकित पार्छ र उसले बिस्तारै भन्छ:



It stuns Satwik and he whispers "Die ?"



"Yes, that's why we need to practice good hygiene, avoid crowd and follow the instruction the doctors are giving. It's our responsibility to protect ourselves and everyone around us by staying home and stay away from anywhere they might catch corona virus", says the father.

आमाले सात्विकको टाउकोमा आफ्नो हात राख्दै कपाल सुम्सुमाएर भन्नुहुन्छ :

तिमीले राम्रो गर्दैछौ । म
तिमीमाथि साच्चिकै गर्व गर्छु,
तिमी साहसी छौ, कोरोना
भाइरसलाई हराउनको लागि
सबैलाई मद्दत गर्दैछौ ।



Mother puts her hand in Satwik's head and softly touches his hair, "You are doing great Satwik. I am really proud of you. You are my hero. You are helping everyone defeating CORONA VIRUS by washing hands and staying home."

आमा भन्नुहुन्छ, "मलाई थाहा छ तिमीलाई नरमाइलो लागिराछ आफ्ना साथीहरूलाई भेट्न नपाएर, तर यो सामान्य भावना हो । अहिले धेरै व्यक्तिहरू यस्तै महसुस गर्दैछन्, किनभने उनीहरूले जे गरिरहेका थिए त्यो गर्न पाएका छैनन् । तर तिमी त्यसको सट्टा बहिनीसँग खेल्न र उसलाई नयाँ कुरा सिकाउन सक्छौ, अथवा तिमी मलाई घरको काममा सहयोग गर्न सक्छौ । के तिमी त्यस्तो गर्न चाहन्छौ ?"

"हुन्छ आमा", सात्विक उत्साहित हुन्छ । "म बहिनी र बाबासँग खेल्नेछु । म आफुले खाएको भाँडा आफै माफेर तपाईंलाई मद्दत गर्नेछु ।"



Mother says, "I know you are bored and sad that you can't see your friends but it is normal feeling. Many people even adults are feeling the same for not being able to do what they have been doing. But you can play with your sister instead and teach her new things. You can help me in house chore. Do you want to do that?"

"Yes mamma", Satwik looks excited. "I will play with my sister and baba. I will clean my own plate and help you."

"ज्ञानी सात्विक", बाबाले भन्नुहुन्छ, "यो गाह्रो समय चाँडै वित्नेछ यदि हामीले आफ्नो घरमा नै बसेर भाइरस फैलनबाट रोक्न मद्दत गर्यौं भने । बैज्ञानिकहरू औषधी र खोपहरू खोजिरहेका छन् । विश्वभरका मानिसहरू भाइरसलाई हराउन लडिरहेका छन् । एक दिन उनीहरू सफल हुनेछन् अनि हामीले जे गर्न मनपर्छ त्यही गर्न सक्नेछौं । तिम्रो स्कूल पनि खुल्ने छ अनि तिमी साथीहरूसँग भेट्न र खेल्न सक्नेछौ ।"



"Good boy Satwik", says the father, "this difficult time will be over if we help stop spreading the virus by staying home. People around the world are fighting to defeat the virus. Scientists are looking for the drugs and vaccines. One day scientists will succeed to find treatment. And we can go back to do what we love to do. Your school will open and you can go meet your friend, study and play with them."

सात्विक खुशी हुँदै कराउन थाल्छः



"येss," यो समय अवश्य वित्नेछ ।
म निडर छु, म सधै हात धुनेछु र
कोरोना भाइरसलाई भगाउँनेछु ।

"Yay," this time will be over. I am a fearless boy, I will always wash my hand and defeat the coronavirus." Happy Satwik shrieks.



BNMT NEPAL

Serving the People of Nepal



AMPLIFYCHANGE

Birat Nepal Medical Trust (BNMT Nepal)

HEAD OFFICE

PO Box : 20564 Lazimpat-2, Kathmandu | **Phone :** +977 1 4436434, 4428240, 4441918 | **Fax :** +977 1 4439108
E : bnmtnepal@bnmt.org.np | **W :** <http://www.bnmtnepal.org.np> | **Twitter :** @BiratNepal | **Facebook :** /bnmtnpl

REGIONAL OFFICE

Nepalgunj Sub-Metropolitan City-10
Bhrikutinagar, Nepalgunj
Tel. 081 525757

Hetauda Sub-Metropolitan City - 5
Latinath Marg, Hetauda, Makwanpur
Tel. 057 521023

Biratnagar Metropolitan City-11
JanapathTol, Biratnagar, Morang
P.O. Box - 9
Tel. 021 470608



Scan QR code
to visit Website