

# sfofsNk

- rsl >17

ca ; Tonf0{klg  
; flfl rflxPsf]5

ca ; Tonf0{klg  
; To ; flj t xg ; flfl rflxPsf]5  
3fdnf0{3fd xg  
hgnf0{hg xg  
cfszfnf0{cfsz xg ; flfl rflxPsf]5 .

oBlk b/ lflthaf6 cfln]Psf]3fdfs]pHofnf] 6}  
lh6bulsf]zfZj t ; Tosf]vflhldf lx8/x\$5g\dfg; x2  
t/ ; To / p Hofnf\$}cl: tJj df k7g klg p7f0/x\$5g\

ca slj tfn]dfq  
slj nf0{slj ; flj t ug{; Sb8  
ca slj nf0{slj xg  
ufosnf0{ufos xg  
/, df65]hf0{df65]xg klg ; flfl g}rflxPsf]5 .

oBlk ; flfln]w7]kN6 km]l]bPsf]5 ; Tosf]kl/efiff  
; flfln]w7]kN6 km]l]bPsf]5 ; Tosf]/<sup>a</sup>  
; flfls}sf/Of w7]kN6 agbl ePsf]5 ; To  
ca ; To g}; flflsf]vNt]sf]2dfn ePsf]5 .

**sfofsNk**

-dl0fk7/sl 0/f] zld6fnf0{hf]kn]hl  
aa{tflj 24 ul//x\$5g\; Tofux .

dfgj tflj 24 n8f0F]  
csf]dfgj lo n8f0F; ? u5{  
h; /l cft\$lj 24 cft\$  
; ? u5{csf]wf/sf]lj b]x .

sg}afbndf rfb]sf]3]f gxg'  
/, To; \$f nflu bM/L xg'  
To; \$f nflu

cfTdfs]xTofx;alr cfTdfs]xTof]j 4  
ad / uf]hfaf?balr ad / uf]hfaf?blj 4  
lge6tk] \$ pleg'  
cfx, Tof]kmhh:tl oj t]sf]; fx; 0  
; vl ; fx; sf lx; fan]  
PSSf0; f]Zt]Ab]sf]; ?j ftsf]of]cf7f]cfZro{xf].

b]zsf]bMvaf6 sf] f]6f9f /x]  
s]xl /fhgfosx;  
xl//x]5g\kfgldf cf^gf]5fofF  
/, km]; /x]5g\cf^g}5fofEsf]k]df  
k]df km; \$f]df]g; nf0{cfkm]f]k]deGbf  
; Gb/ s/f ; #f/df c; x]5g .

cfkm]k]f0tfnf 5fP/ alu/x]sf]  
/utsf]gblnf0{la; ]  
Ps hf]f k]l-k]dsf x/fp5g\Psfsf\$]5fofE  
5]5g ; #f/sf]sg}klg bMvn]ltglx;nf0{  
; #f/sf]; a]Gbf ; v e]sf]df]g; nf0{bMvn]5]5g .

cQ/sf]; uGw gfeldf Rofk]  
s]xl oj tlx; 6fF; lb65g\  
kfl/hftsf]k':tsdfly sg}gj gflosfsf]sfd's tl:a/  
xf] 6fF; lb65g\db/ 6] ] fdfly 8fogf  
/f]hf nShDau]dfly h]gkm/ nfk]h  
/, cf]gf cfVdft]f]dfly Plnl; of lshsf]sfd's tl:a/ .

; xg g; s] cfkm]k]l/j f/sf]c; ld ckdfg  
Ps an]ts]t oj tl u5]cf]dxTof  
t/, lj b]zaf6 :j Of]kbs lht] km]sf v]hf8lemF  
d's/fp]5}dG6f]xNnfp]5}x]B/x]5g\an]tsf/Lx;  
t/, df]g 5g\k]x/Lx;  
df]g- df]g 5g\cvaf/x; .

cGwfsf]/Eh:tf]; dosf]kbrfk ; lg65 af/Daf/  
t/, sfgdf t]h xfn] df]g db]df 5g\df]g; x;  
s]to; f]eP /f]sG5 ca ; dosf]ult <

xl/ofnlk]0f{of]gsf]dl7f; nf0{r6Ss la; ]  
unt ; v / c; n bMvalr ha /f]hl p; n]c; n bMv  
ToxlE]f6 ; ? x]5g\df]g; x]sf]c; n ; vsf]af6f]  
d[osf]tf08j lj 4  
d[osf] E hlw/x]sl P kmhh:tl oj tl 0

hxlf6 ; ? ufof]tdln]c; n ; vsf]af6f]  
Toxlf6 ; ? ug5g\Ps lbg dflg; x;n]cfknyf]clj/n ofqf .  
nf\$tgqsf]dWbfgt/df

; fjkj ifk15  
d]f k]dnf cf7fdf knlsPsf]5 Tof]Hj fnf  
h; sf]/fkn]sbj}lbg  
89\$]lyof]sfnf]; ljwfgsf]k':ts .

; fjkj ifk15  
kn]v o4a6bl 5 lbdusf]lsNnf  
sfl6Psf 5g\wtsf cf7fx;  
ufoa 5 lz/df s\$zsf]; f0bo{.

AoFemP/ p7\$F 5g\  
d]t ; ljwfgsf clf/x;  
/, 6fF, b5g\gofF; ljwfgsf clf/dfly  
h; /L cvaf/sf]k]6/n]  
k'/fg}g\$; fdf 6fF5 gofFtl:a/ .

; Gb/ dhfod auFfdf  
; E/x;n]ul/lbPsf 5g\; j 6 kn]xf]  
td; sdf txlj nbf/n]hfnl c\$ yk]h:t}  
zdz] u0fsf df} dl k]x;n]  
n]vlbPsf 5g\to; dfly- khftGq .

ev{}k]sf]glthfdf  
c; km oj tlh:t}ylst ; dosf]of]df\$df  
; fjkj ifk15  
af/Daf/ d cfkmF E ; flw/x\$-  
n6fx / /fhfdf s; n]a9L rl; /x\$ b\$znf0{<  
; E/ / zf; sdf sf]a9L kn]xf]L 5 of]b\$zdf <  
; /lffsd{/ cft\$sf/ldf s; n]a9L 3fp lb0/x\$ b\$znf0{<

t/, ; fjkj ifalr, d ; f]b\$'  
k]sf gfddf a0dfgl gu/] Dd  
bl6 k]dsfnf0{Tofu] ; x]bo j }of; E  
; Da6w uffg d :j tGq 5'

; j tGq 5; d7f]axd; E}; j tGq lj r/Of ug{  
/, /fhosf]cgxf/df kmsPsf]hunl cfVflj ?4 cfVf n8fpg .

; fB5- cfVf sfl6Psf]rf6 la; 7  
d s; /L Eofn]6f0g 8]slj tf nVg ; S5' <  
kf0tfndf lsnf la%bf  
kl]dsfsf cfVfdf s; /L cfkmsf]cgxf/ vfl]g; S5' <

; fX«j ifKl5  
Zff; ssf cfVfaf6 PsfPs ufoa 5 lgbf  
/, tDtof/ xg' 5 sg}klg lf0f  
hf/L ug{lgifVf1f, s^o{/ ; S6sfn  
t/, nf\$tgqsf]dWbft/df  
r'gftl lbg aGb'snf0{  
blGs/x\$ ; 8sdf cfuf\$ c; Def/ hh' .

; fX«j ifKl5  
d7f kl]dnf cfVfdf kmsPsf]5 Tof]Hj fnf  
h; sf]/fkn]sg}lbg  
89\$ lyP sfnf sfggsf khLx .

df]g; x; e65g\  
; fX«j ifKl5  
vã}; xfPsf]5- d7f kl]dnf cfVfdf Hj fnf  
/, ltdf]; #f/dfly ltd}clwsf/sf gf/f  
xf] vã}; xfPsf]5- 6lsf rfW/lst]xftdf uh]h  
/, sfnf]uhfkmsf]knh .



### qnlGt sf]kf7zfnf

Tof]oj tlnf0{e6}kl5  
dnf0{afW eof]-  
wf\$fk0f{/fhglltj 4  
j 7ofj [Q klg of]bZdf ; zOm sf/afxl xf].

hfq xA; sf]k':tsleq  
cnsf/ klx/7 ; lhPsf]5 ; ljwfgsf]cfbz{  
efiffsf]; Gb/ hnk nufP/  
; ljwfgsf]k':tsleq ylgPsf]5 dfl]ns xs  
Joj :yf / lj bfx bj }of]bZdf

s\$; sf To:tf bfgf xg\  
h; leq s]n 9; l x65 .

Tof]oj tlnf0{e6}kl5  
dnf0{af]w eof]-  
j Zofj [Q of]bZdf Joj :yfe6bf ; 6b/ j [Q xf].

bZdf a4sf]tl:a/ / lx;fsf va/  
lals/x5g\Ps; fy  
Ps; fy lals/x5g\  
a0dfgl / ; j;hgfsf slj tf  
xf]Ps; fy rln/x5g\  
qmflGt / ; /lffsf dgfkrmbfos Joj ; fo  
; Ygfsf]xs of]bZdf  
ToIQs}; /lft 5  
hlt ; /lft 5g\o; bZsf gful/sx; .

Odfgsf]kl/0ffd vf]g'of]bZdf  
Pp6l aZfn'cf0df06]  
Tof]df]g; ; E of6; v vf]g'xf]  
hf]h6dhft x65 lx68f  
oBlk Odfglagf qmflGt x6g  
qmflGt of]bZsf]; ae6bf k/fgf]ef\$ xf].

bMv 5  
d6'g}s6s6l vfg]bMv 5  
bMv, j Zofj [Q / Odfgalr s]; f0gf]5 slGg 0  
Tof]oj tlnf0{e6}kl5  
dnf0{cgej eof]-  
j Zofno of]bZdf qmflGt sf]klxnf]kf7zfnf xg; S5 .  
.....  
-----

### **d of]:j tGq eldsf]s6l**

d of]; dosf]ck/fwl  
h; nf0{lagfs; / ; hfosf nflu  
of]; do l; krf]/; ul//x5 .

d /fli60 gf6ssf]bMv l r]/q  
hf]zIQm; 3if6f

dfyj /l; xentf]l/g]vt/f x/bd em]n/x65  
d of]gful/s ; dfhsf]df?gl  
hf]; w]Flj gsf]; f]bo{udfP/ klg  
; Dk0f{clwsf/ alnbfu u/] klg  
k]hft6q ef]u]sf]gf6sdf k]b]z]t x65 .

d]f]z/L/nf0{  
k; n yfk] ; hf0Psf]5 ; f]z]df  
lrs] s6n]h:t}  
k]f0 u/] k:s]sf 5g\d]f]d6]sf 6q]fx  
/ut, xf]d]f]/ut  
h; nf0{of]b]z]sf]  
k]o]s af6f] b]f]f6f]/ u]n]ldf  
:j futsf]sfk]em]R5]dfPsf 5g\  
laq]ldf /fv]sf 5g\d]f] xftk]p of]b]z]sf zf; sx]n].

d of]; dosf]ck/fwl  
h; nf0{lagfs; / ; hfosf nflu  
of]; do l; k]m]l/z ul//x]5  
d of]:j t]q elds}s]l  
k]f]g rfx65' z]l]m]zfnl lj b]f]sf]dxfg of]; dolj 4  
Rof]g rfx65' blg]ltsf]lj wfg  
h; n]k]o]s kn  
whf-whf kf/] k]m]ln/x]5 dnf0{.

d bef]o]sf]bf; a]bf a]bf  
bef]o]sf lj 4 lj b]f]df plq]Psf]Pp6f of]f .

## clezkt

l/QP5 b]z] olt, l/Qf]k]g}z]f lyof].  
l/Qf]k]g}of]b]z]sf]efiff clg e]f lyof].

lx8]s}5' cfh klg ; To v]f]g lxhf]h:t}  
blgof]t ; w]f]d]j lj /v]df k]z] lyof].

dflg; s}nflu d5{ af]R5' e]g]dflg; sf]  
lk7o]E/ 5/f clg dl8Psf]s]z] lyof].

; l]sP5 af6f]t/ k]lg]sg}7fp]F5]g,  
lx8]s}ug{d]f] nflu ; lhnf]; Gb]z] lyof].

htftt}v]f]hl lx8]f]t/ sxl]f]l]6Pg,

dfglrq vfhL xbf{ToxfEd}bZ lyof].

ef\$ / kP

laxfglsf]3fdemF  
knhfof}ltdln]dlit/ kPsf]l; /fgl  
d lx8g]af6f6l/  
ltdf]; f0bo\$]k\$zfz klg km}nPs}xf]  
lkp xh0 0  
d7f]nflu Pp6f Gofgf]:j u{kkg  
; hfof}ltdln]cf^gf]xPpdf .

kP / ; f0bo\$ pksyfx  
af/Daf/ o; u/L hf]8g cfp5g\ d; E  
/, sg]bg lj sif0sf]lflthdf  
0Gb\vglfemFcsf:dft\anfP/ hf65g\  
; To e65' xh0 0  
d7f]xsdf ltdf]kP / ; f0bo\$]lgolt klg oxl g)xg\$ .

e6g]n]e6nfg\  
ltdlnf0{kP ug{g; Sg'd7f]bef0o xf]  
7f6g]n]7f6nfg\  
o; nf0{gkzs lj bfx  
7f6gx]n]h]klg t 7f6g ; S5g\  
t/ d e65'  
bPtf; fy-  
; To ; a}af6sl k/\$f x6g\  
; To slxNo}PsfuL x6g  
s]uf6wl, ul/afN8L  
jf nlgg / r]lj f/f g}cl6td ; To lyP <

; To e65' xh0 0  
df65\$]f]; a66bf 7hf]s'/f p; sf]cfj Zostf xf]  
/f\lnf0{of0sf]sg}cy{x6g  
h; /L ef\$fhf0{; uLtsf]sg}e/ x6g  
cgflbsfnblv g}d t  
kf]8/x\$'ef\$, /f\ / zf\$sf]cg6t ; fu/df  
P d7f]kP ug{g; s\$]lkp xh0 0  
d cTo6t}sxfnlnflbf]; do xFo; olusf].

; fRr}  
of]c; ld ef\$, /f\ / zf\$sf]; #f/df  
ltdf]k / ; f0bo\$]s]cy{x65 xh0 0

## Pp6f cgf7f]wf/fj flxs

xg{clezkt 5'  
Pp6f cgf7f]wf/fj flxs  
slxNo}s; h]lhTg g; Sg]b?x v]hsf]  
; flfl 5g\; 8sdf, v]sf cfnldf / agsf abdfgx\df  
kf]tPsf]/utsf 6f6fx\  
cg'; 6wfg klg ug{; ls65  
ls of]kg/fj [Q xf]  
j f k/ftflj s cj z]f xf]sg}aa{ ousf].

vf]hsf]lsgf/ / au/df  
v]sf sfnf / slnofgx\df km]nPsf]nfzsf]c; x\ bufw  
/, ; #f/sf ofj t ; [6nf0{v/fgl agfpg]  
Hof]t\k o; sf cj oj x\ xg\  
kfglsf]; \$6 / /utsf]j iff{  
clf00f lj z]ftf xg\o; sf .

6]nlehgdg sf}p6dQ gflosfn]  
k\z6g u/]sf]p6dQ g[o enF  
Pp6f k\08 pQ]hgfsf]  
xf]B{ afB{em08dfP/ P]hfg ul//x5g\w]hf8lx\  
lgwf/df le/] sn\$sf]kf?if  
6lsf nlfP/ xflh/ 5g\  
oBlk Pp6f zfZj t ; To klg pb\$ff] ul//x5 of]wf/fj flxs  
ls Ps lbg ltgs}j zn]pT; u{ug5g\h]j g ltgsf lj \4  
hf]hf]; mlg 5g\of]wf/fj flxsdf  
; flfl of]b]zsf]3fdkfgl, xfj fx/Lnf0{ g}/fv]x65 .

## e]j /yofqf

Pp6f uf]j do  
k/Dk/fsf]k\z6g rln/x5  
cgf7f]k]ti7f / k]t:kwf\$  
; flfl 5g\afaf e]j / ci6dft\$  
/, 5g\ysf uh/ / Wj hfktfsfx\ .

; 8sdf=%ofndf=afb\ldf a; ]  
c; ld pT; fx huf0/x5g\bz\$  
/y tfg\sf]cbdo hfz  
Wj hfktfsfn]; lhPsf]/y

dfgf}kf}f10fs ou g}kmlsPsf]5 oxfF.

lj lwkj} \$ ; ? u}ofF/y tfgg xfdln]  
slxn]tnlt/  
slxn]dflylt/  
slxn]bj }t/sf]tfgftfgdf l:y/ / lftu}t x65 /y  
ha cln a9l tflgof]/y tnlt/  
PSSfl; al; P dflyaf6 9ufd8f / xltof/x2  
/y km/ tflgof]dflylt/  
p; u/L tna6 al; P 9ufd8f / xltof/x2  
sf}hxfn, xfgxfg / df/df/ rln/x0f]  
uf}hl rNof]  
s}xl ljeT; 3fpx2 cfp  
s}xl ljeT; d[ox2 cfp  
cla/ / km}hkftln]; lhPsf]e0F  
5f}kof]lfofe/d}/utn].

xfdl cem}cft/ 5fF/y tfgg cf-cf^gf]klfdf  
dfgf}b}zsf]csf]gfd g}/y xf]  
xfdl lg/tt/ /y tflg/x5fF  
/, k}bzg ul//x5fFcf-cf^gf]uf}j / jL/tf .

**cfF'sf]kxf8**

rgf}l lb6}ulh{x5f]afbnnf0{  
sg}klg a}hf lj :km}6t xg tDtof/  
ck} {c; ld lj b}k af5}  
lflthj /}plePsf 5g'cfF'sf Hj fnfdvL kxf8x2 .

ha ldlrP lgd0tfk} \$ xTs}hfd  
cfF' / kl; gfsf ; 6b/÷dhfod km}hx2  
lylrP dgel/ ps'; d5'; lgdvfx2sf]cfj fh  
a6gyfn]z'jl/ Un}8P6/x2  
s}an h}nL dgf]-hgsf ; fwg  
kl5P ltgsf lgwf/af6 jL/tfsf 6lsfx2  
ha n}vP lj j ztfsf lgwf{sfuhdf hfnl td; s  
eg{yfn]wt{txlj nbf/x2n}hfnl csx2  
7Ug yfNof]ha k\$[tn]klg cfFh]i; k}t kxf8nf0{  
To; kl5 ; ? eof]  
cfF'x2sf]ck} {c; ld lj b}k .

km}hfP/ rf}/t/  
ck} {÷c; x0 /fk

lflthj /}nfda4 eP/  
plePsf 5g\cfuf\$; x; |kxf8x  
a%g} e65g\ tl cfF\$]lj b}n]/flkPsf kxf8 xg\

### ltd]cgxf/sf]P}f

ltd]cgxf/sf]P}fdf  
df65} x\|x\$g\of]b}sf]cgxf/ .

rlsPsf] e]sPsf]P}fdf  
b\|v65 x/\$ j :t' 6qmf-6qmf  
ltd]cgxf/sf]P}fdf  
b\|v65g\ ol lxdfn, ol kxf8, n\$a] l  
clg xfdl p]hofnfx; 6qmf-6qmf  
xf] b\|v65 /utn]l; F\$]of]l; uf]e]ufh  
, :j o+of]b} 6qmf-6qmf .

rls}rls}rsgfr/ xg cf6\$]  
ltd]cgxf/sf]P}fdf  
b\|v65 ltd]cgxf/ klg 6qmf-6qmf .

ltd]cgxf/sf]P}fdf  
df65} x\|x\$g\of]b}sf]cgxf/  
xf] x\|x\$g\of]b}sf]jleT; tf  
lsg lj z 5g\df65}  
ltd]cgxf/sf]P}fdf xg{of]b}sf]cgxf/ <

### b}nf0{aufpg tDtof/ ol gblx}

yk}k}dxfgx;  
el/e/fp 5g\utn]  
rf/]t/af6 alb}cfPsf 5g\  
rf/]t/ alb}uPsf 5g\oxf6 /utsf gblx} .

auFf x}  
shf]sh] f]x}  
cfnl / sf6nf x}  
hwn, abdfg / ; vsf 6f\$sf x}  
dhfod kth / sf]knfnf0{?emfp}  
au\$]5 ; fgf afnsx}sf]/ut  
j 4 df65}sf]/ut  
slnnf oj tlx}sf]/ut .



t/, cfuf]hf8f\$ f lj 4 xf0g  
hljgs}lj 4 blGs/x\$ .

## lr; f]

df} d lrl; Psf]5  
k[os lbg b\$sf]df} d lrl; 6}uPsf]5  
t/, afaf kzkltgyf b\$df cem}lr; f]leqdfpg kl|ta4 5g\

lxdnno{g}6kSs sfvdf lng]; f\$fllo kfPsf]h]xf]hf  
kof(t lr; f]; -rog u/\$f]5 b\$zn]  
lr; f]; fk6L kmsfpg]dg 56}5g p; nf0{  
To; h]t ; 8s, auFf, ag  
vf]hf, vf]l; f  
cfEg, dem]L, sf]f, rhf]  
sxFDd eg]df65\$]dgleq ; d] lr; f\$}; fd]Ho 5 .

lr; f\$]f6 aRg df65} 4 cg\$ pkfo ul//x\$g\  
b\$]f; ln]z/L/d}lx6/ hf\$}gdfq afE] 5

lr; f]crfSnL a9k]5  
lgs}dx}uPsf]5 /fof\$]:j fb  
lkp ePsf 5g\ufFf / r/f\$sf]; sf]  
lrof / skmsf]; sf]  
t/, v^/u ; \$sf 5g\bf]/ th; lsf kft  
7x/}ePsf 5g\; tnf]sf la?j f / kn]f ; kgfx 4

t/, afaf kzkltgyf  
b\$df cem}lr; f]leqdfpg kl|ta4 5g\

## xfj fsf]; f\$bo{

hf\$ hf\$]n]  
lj r/of ub}j fof08ndf  
; } fpE}; Nnf / afFsf kftx 4 df  
k65fpE}whf] sl; u/nf0{  
ha ha axg yfN5 xfj f  
lh6bulsf]s^o] 4 Pp6f cbDo :kmtL{; ~rf/ x65 dleq .

ef]sf]dGb dGb xfj f xf] \  
jf d\lof}gdf hf\$ hf\$]n]rNg]atf; xf] \  
cyj f ; fEmsf]zlt n-zlt n ; dl/  
em08sf em08 dn] fx 4

em08sf em08 r/fx  
xfj fdf lj r/of ug{kfp  
vzln]hf\$ hf\$ n]kv\$ k18k18fp\$  
af; tlt ult ufp5g\p6dl0msf]ult u6ugfp5g\

hublv g}Pp6f zfZj t ; To af\$]  
pl8/x\$g\vr/fx d0m cfsfzdf  
xfj fsf]zlt n kj fxdf v]b}/dfp\$}  
t/, hublv g}sxl df65}  
ltgsf kj f\$ n5g  
sf6] kv\$ ltgsf]au/df k18k18fp\$]x\$ {nfnflot 5g\  
/, 5g\nfnflot xfj fsf lj 4 s^o{nufpg .

Psnf; rf]f/l\$]lkknh:t}  
:j t6q eldd}a6bl 5f\$fdlx  
:j t6qtfeq}a6bl 5 v08-v08 of]w/tl  
oBlk Ps hublv g}  
:j t6qtfsf]ult uf0/x\$fdlx .

p6dl0msf]; ult ; ' ]b}  
ha ha axg yfN5 xfj f  
PsfPs :knt{x65 of]lg:tAw eld  
; f\$R}:knt{x65 .

### d] f\$fdofsf]cfsfz

Pp6f cg6t eoblv  
eo; Ddsf]atf; ulh/x\$ d] f\$fdofsf]cfsfzel/  
cflbd ; Eotfb]v clxn] Dd  
; f\$ n; E lgn(t eP/  
oBlk kj \$lv klZrd; Ddsf]3fd  
k18nPs}5 ToxF klg bla\$]3fd eP/ .

k]o\$ snf ; f\$ n; j 4  
/ftf]; u/sf]Hj fnf bl6s/x\$}5  
lsgeg]ToxF klg Tolts}e0/x\$]5 hlj gsf]s/f  
k]sf s/f  
k18 / ddtfsf]s/f  
oBlk afn]f cf\$; E pl8/x\$]sfnf]; k{  
k18nP/, la:tf/t eP/ 8l; /x\$ 3fdnf0{.

/ftf]; fu/ p7fP/ 5ftlel/  
tl hf]pleP kvf\$ eP/

elTSP ullof(uhf) / dfl/P  
Pp6f lg:kGb atf; km]nof]:kGb eP/  
d] f]k]f]ldofsf]cfszel/  
z]fer]P8], /utsf]lbg]pbl{af\$} .

afnj]sf]cf] eP/  
v/]gl]sf]syf elg/x\$ ; Eotfsf]cflbd b]zdf Pp6f xj f  
gldP/ kfgln]klg  
af\$} lx]B/x\$ /ftf]; fu/ .

s?0ff / dfgj tf  
kl; gf / ysf0  
cfuf]/ t]hsf s/f  
c]Nem]Psf 5g\lg:kGb xj fdf  
oBlk 0ltxf; b]v g}rln/x\$ ToxF  
; Eotfsf]v/]gl]df ; Eotf v]f]g]qmd  
q]v/t]leq kl; ; Eotf v]f]g]qmd  
/utsf]6f6]leq kl; ; Eotf v]f]g]qmd .  
@)%(-!@!@

**/utsf]dx; fu/**

d}]; kgfsf]af6f]x\$}  
/utx]sf]Pp6f dx; fu/  
alb}uof]  
alb} alb} alb}uof].

/utx]sf]dx; fu/; E alb}  
d : j o+dx; fu/ alb}uPF  
pQ/ufdl 3fd; E}/utsf]uf}j ufyf uf0/x\$  
/utn]l; F\$]Pp6f uf}j do tl:a/ sf]v/x\$.

l]l]bu]t; Dd n]l]Da]Psf]of]qfel/  
ltdln]klg /utsf]cg]t ; f]bo\$]syf elg/x\$}  
/utsf]dx; fu/h:t}l]gla\$g  
lh]Gbulsf]zf]z] t ; Tosf]syf elg/x\$}  
d}d]gsf]s/f ul//x\$}.

t/ k/ ; kgfsf]a] l; Dd gk]b}  
PsfPs x/]Psf]5 /utsf]of]dx; fu/  
sg]lgzfgl 5g ToxF/utsf]  
dxfb]n]lk]Pen]sfns} lj if  
s; n]lk]l]bof]/utsf]of]dx; fu/ <

5g\of]; kgfs]a] ldf  
ltdln]; gfPsf]/utsf cg6t ; fbo\$ syfx  
d]sf]sf]tl ; Gb/-; Gb/ dfglrqx  
5g\st}tl ; Gb/-; Gb/ xfd]; kgfsf /yfx  
d]Psf]5 Pp6f o:tf]0ltxf;  
h; sf]hudf plePsf]5 b  
oBlk xfd]/utsf]dxfgaf6  
/utx;sf]dx; fu/ alu/xsf]5  
lg/t/ alu/xsf]5 .

d}); kgfs]af6]xB}  
/utx;sf]Pp6f dx; fu/  
alb}uof]  
alb}alb}alb}uof]  
t/ k/ ; kgfs]a] l; Dd gklb}  
PsfPs x/fPsf]5 /utsf]of]dx; fu/ .

## lgjfg

ltg}dfg; x;  
7f5g\dnf0{k/f0{  
/, u5g\dnf0{c:jlsf/  
h; ; E ufF, Psf]5 d]f]dftel]dsf]gftf .

tl dfg; x; klg  
7f5g\dnf0{c;fdlhs  
/, u5g\dnf0{c:jlsf/  
h; ; E ufF, Psf]5 d]f]clgj fo]j tdfg .

ltg}dfg; x;  
7f5g\dnf0{s]n Pp6f slj  
/, ws]5g\dnf0{sljsgflt/  
h; ; E ldnfP/ xftdf xft  
sdfpg'5 d]cf^gf]/fhl/f6L .

tl dfg; x; klg  
7f5g\dnf0{s]an va/sdl{  
/, u5g\dnf0{c:jlsf/  
h; sf]alrdf kfPsf]5' d]cf]dkl/ro .

d]f kof/f ufpF;  
d]f j tdfg l5d\$lx;  
d]f bfE/l va/sdlx;

d7f ; xofql slj x2  
; a} a}7f65g\dnf0{cs}df65]  
/, u56\dnf0{c:jlsf/ .

slxn0]v udfP5' d7h]  
cfTdlgj f{gsf]clwsf/ <

### awkj {

Toxl ; fyl  
5l//x5 cfh km]v ddfly kmh  
h; n]sg}lbg  
kfP/ d7f]zqsf]0zf/f  
3f]klbPsf] lyof]d7f]lk7d8f 5/f .

Toxl p208 l; kfxl  
lx8/x5 cfh ag] d7f]cu/lfs  
h; n]sg}lbg  
b7] d7f]lj b7]l cgxf/  
xflglbPsf]lyof]d7f]sf]yfdf uf]hl .

Toxl ; Dkfs  
5flk/x5 cfh d7f]lj ?bfj ln  
h; n]sg}lbg  
; xg g; s] d7f]lj b7]l n7]  
ydf0lbPsf]lyof]dnf0{cj sfzkq .

Toxl k7] / u08f  
xflh/ 5 cfh d7f]nflu Hofg lbg  
h; n]sg}lbg  
p; sf]g]f]lj 24 p0d0j f/l lbPsf]enf]df  
ul/lbPsf]lyof]d7f]lktfhlsf]xTof .

Toxl kl]dsf  
tDt of/ 5]cfh km]v dnf0{cf^gf]d6' lbg  
h; n]sg}lbg  
y5\$] ly0{dnf0{d7f]ul/al / aaf6]ldf  
/, ; do; fk]f df65]eg]  
khf u/\$] ly0{anf]sf/lnf0{  
-t/, p; sf]anf]sf/lj 24  
kl]t z]v]sf]efj gfn]e0/x5f]lyPFd kfun . \_

Toxl 0ltxf; sf/

nVg d7f]0ltxf;  
ul//x\$ clxn]d; 6 cGtj f{f{  
h; n]sg}lbg  
sf67 dnf0{ d7}/utn]d]6lbPsf]lyof]d7f]0ltxf; .

df} dcg! f/ ablng]xfj fsf]lbzfh:t}  
kmls{x\$g\`-  
d7f]d[05f]dModf xhsf xh dflg; x; dlt/  
dfgf]wdwfd rln/x\$ oxfPp6f dxfg\kj {.

### **cfsfzsf]dfglrq**

! ; hfPs}xf]  
cfsfzn]cf^gf]x]odf atf; nf0{  
lbPs}xf]  
kmhmf0{klg t zltsf]; f]bo{  
oBlk cfsfzsf]a]n}syf 5  
atf; / kmhsf]cf-cf^g}loyf 5  
pk]ff ub}  
of]lg; ; ld ; DaGwnf0{  
ulh{x\$ o; ahf afbn lg/Gt/  
/, kxf/ ul//x\$ r6af w/tl / cfsfzsf]; sf]n 5ftldfly .

@ em]of]eg]of]cfsfz  
nflg; \$5 s^o{of]zltm-zltm atf; lj ;4  
:jo+of]vhf cfsfzlj ;4  
xf] nflg; \$5 agb]h clj/n gblsf]kj fxlj ;4  
a; G; \$5 t/af/ ol slnnf-slennf kmh]lj ;4  
oBlk :j tGqtf]x]of gug{  
em]08Psf]5 lj 1fkg z]ldf Pp6f lj zfn xfl]8f af\$  
zx/sf]; a]Gbf pRr :yfgdf .

# ; g; fg l; g]f3/sf]9f]fh:t}  
sg]klg ahf vN5, agb xG5 cfsfz  
s]l lr/Gtg kZg / dfGotfnf0{kG5fP/ au/df  
vhfahf/df laqldf /flvPsf 5g\  
o; sf dfglrq / ulj hf syfx;  
p8bf-p8b}3f0t]eP/ ev{em]sf 5g\  
vhf cfsfzdf ltdln] p8fPsf]Ps hf\$L k/]f  
/, 7^b}Psf]sf]3fp  
Psgf; 3l//x\$g\cf]Fsf]efsfdf  
oBlk cfsfzsf]; Gb/tf / ulj hf syfsf]avfg

Ps hublv g}ul//x\$F 5fFfdlx .

**pQ/ufdl xfj f**

k|o\$ laxfg  
Ps ; sf[xfj f d]f]; fd' cfp5  
/, dfofn]; D; Dofp5}dnf0{pQ/lt/ hfg5 .

d blv/x\$:-  
k|o\$ laxfg Pp6f c; Def/ x/l  
blif0flt/ x6xgfp5  
df65x . hf\$-hf\$]blif0flt/}bf]8/x\$F x65g\  
lj b]k ug{g; sl el]h; E  
gblx . blif0flt/}alu/x\$F x65g\  
k5}fp5}x/l\$]k] fxnf0{  
em8sf em8 r/fx . blif0flt/}pl8/x\$F x65g\  
blif0flt/}pl8/x\$F x65g\afbnx .  
blif0flt/}9]l]s/x\$F x65g\kxf8x .

t/, k|o\$ laxfg  
Ps ; sf[xfj f d]f]; fd' cfp5  
/, dfofn]r]dag ub}d]f]ufnf pQ/lt/ hfg5 .

slt dl7f]xfj fsf]Tof]:kz{0

**b/l**

; vf/}; vf/}  
Ps laxfg ltdl oxfFcfPsf lyof}  
slnnf]laxfglsf]cgxf/ lnP/  
t/, ; fEmh:tf]cfj fh af\$] .

cfpg]alQs}sxl b/l pQ/lt/ bf]8Psf lyof}  
sxl b/l blif0flt/ bf]8Psf lyof}  
/, kms] df65]/ df65\$]lj j \$alr 6\$S plePsf lyof}.

clnslt kfgl afn] fdf v6ofPsf lyof}  
clnslt cfuf]  
; dbdf ld]l]sfPsf lyof}.

cfwfhltd [o'af\$] cfPsf lyof}  
cfwfhltd lh6bul af\$] cfPsf lyof}  
cfwf e't / cfwf elj io af\$] cfPsf lyof}

/, j t dfgnf0{p6dlQm / ; Gqf; alr e0Elx/f\$]a6bl agfPsf lyof}.

To; kl5 c:tfrnsf]3fdh:t}  
lj bf0sf]xft xlnfp6}uPsf lyof}  
hf6f xfdl]3/-cfEgdf  
d[o' / lh6bulsf]bf6fg 5f8] uPsf lyof}  
lh6bul / d[oa1rsf]b7l t ltdln]g}lnP/ uPsf lyof}.

**ofqf**

log}/ut au\$fvfhfx; tbI  
log}xfEif-xfEifdf nfzsf 6qmf kmn\$fv ?v  
log}df65\$fv x88l sfllrPsf 6f8\$fvx; x6I  
lj iffb / bMvsf clj/n cfF' rxfp6}  
lh6bulsf]xl/ofnlsf]vfhldf ; ? u/\$fv lyof}ofqf xfdln].

lx8/x6fF  
xfdln slt sf8\$fv8f 6\$] lx8/x6fF  
slt el/6l/ slb/x6fF  
w})lx86fFhun}hun  
w})lx86f}et6tl kfl]g]au/ .

lx86f lx86f cfh  
aiff6l5 km] pxl /utsf]vfhfsf]lsgf/df  
cf0klu\$fv 5fFxfdlx;  
km] nfd nfu\$fv 5g\  
nfzsf 6qmf kmn\$fv ?vx;  
/, df65\$fv x88l sfllrPsf 6f8\$fvx; .

a96\$, lg/6t/ a96}a96}cf0/x\$  
/utsf]af9l gblx;df  
cf]6}cf]6}cf0/x\$gNu4x;  
allg]lf0f s7] al; /x\$fvxfdl /utsf gblsf lsgf/x;df  
xf] sl//x\$fvxfdl z/l/sf 6qmf sfllrg]lf0f log}6f8\$fvx;df .

**0ltxf;**

Pp6f  
; g; fg ; fEm af\$]  
pglx; oxfFcfPsf lyP  
/, d6}c; flb}df0f u/\$}lf0f  
d7f]; kgfsf]xIof ul/lbPsf lyP .

d7f]; kgfsf]xIof ePsf]cfqmfzdf  
ha n]y]Fdh]Pp6f lj b]xl slj tf  
8:6/n]ANofsaf\$df ; j]f]clf/ k5emF  
; ; tL{d]6lbP pglx;n]d7f]slj tf .

d7f]; kgf / slj tfsf]  
cyff\d7f]cfIdfs)xIofkl5  
dh]n]y]F cf^g}/utn]sxfnlfn]bf]cf^gf]0ltxf;  
abnfd f dnf0{sf6]  
d7}/utn]d]6lbP pglx;n]d7f]0ltxf; klg .

d]6Psf]d7f]0ltxf; n]  
dfon]; !t/L dnf0{; D; Dof0/xdf]  
t/, km] / s; dh]n]y]d]6Psf]d7f]0ltxf; sf]syf .

; ab

ToItv7}  
; Tosf]xIof e0; s\$]x65  
ha hf]865g\; abx;n .

ca d7f]k] / d7f]; kgfsf]xIof  
d7}gfddf c;n s; dh]ul/lb65  
d7f]d6' d7f]z/L/af6  
sf6] s; dh]dNsf0lb65  
d7f]d[okqdf  
c;n s; dh]d7}x: tflf/ ul/lb65  
t/, ol ; a}ck/fwsf nflu ck/fwlnf0{sg}; hfo x6g .

; abx;n hf]8Pkl5  
To; dh] / km] {; ls65 j : t\$] ; k  
h; /L ; j]f]sfuhdf eg{; ls65 cfj Zostfcg' f/sf]/^a .

Pp6f slj ; E slj tf /x6g  
snfsf/; E snf /x6g  
g hf]fxfsf]v] /x65  
g b]zeQmsf]b]z  
a; Gtdf sf]nlh:t}a; f0 ; 5g\  
xfd] : j fld]j sf j : tx;n g\$snl : j fdlsf kfpdf .

slj , snfsf/  
hf]fxf, b]zeQm  
kx/L, kqsf/

8fS6/, j lsn  
j fbl, kl|tj fbl, GofofwLz ; a} a}  
; Tosf]d; fg3f6df pleP/  
ul//x\$ f x65g\; Tosf]k|tLlff .

**; x/df aQl lge\$ f]Ps ; fEm**

; x/df aQl lge\$ f]Ps ; fEm  
bzuhfj fl/sf]hldgh: t}  
PSSfl; ; fBl/Psf lyP rf|f ; 8s  
9ln/x\$ f lyP  
k/| v|ln/x\$ f slslsf clnf 2vx2  
nft xfg] ; Dkbf l|qnf0{cllnPsf lyP kSsl ejg  
t/, gtd:ts lyof]w/x/f .

; x/df aQl lge\$ f]Ps ; fEm  
/f\$] cf gf]k] fx hld/x\$ f lyP afudtl / lj i0fdtl  
b]n / ; Qnx2 pbf; pbf; lyP  
pl8/x\$ f]lyof]Toxf|f6 s]n uf|f]sf]w] fF  
b] -b]lx2 b| 5f8] d|nfg eflu/x\$ f lyP  
a|b5 nfu] k|8k|8f0/x\$ f lyP dlG6/df k/] fx2  
t/, l; sf/ls}]j ?bfj ln uf0/x\$ f lyP wld\$ ; 3-; :yf .

; x/df aQl lge\$ f]Ps ; fEm  
af]yP/ PSSfl; zflnsaf6  
j foj |udf k] {t/ slb/x\$ f lyP dxf/fh h4zdz]  
gflr/x\$ f]lyof]xftsf]hul t/af/ hyfefjL xj fdf  
axhfp/ df65\$ f]lk7|d|fly bf]8/x\$ f]lyof]3f|f  
k/ l; xb/af/af/df  
lk7|y|kg dxf/fhnf0{k|t:kwf{ul//x\$ f lyP 5ft}2  
hohosf/ ub]t|g}df65]cl3kl5 lx|8/x\$ f lyP  
hf]lbpFf]/Tgkfs|df lg/\$ztflj 24 rsf]efif0f ul//x\$ f lyP .

; x/df aQl lge\$ f]Ps ; fEm  
lgd|t|fk] \$ ul/Psf]lyof]x|of Pp6f ; j |f6o ; Tosf]  
dvel/ cfnf]/ut kf] ] vhdvhf lx|8/x\$ f lyP lj fFfx2  
t/, df| df| /ldtf x|/x\$ f]lyof]u|d|Gqno  
df| df| :jls[t hg|0/x\$ f]lyof]l; xb/af/  
g|fn ; Gb/lsf]lkmu/ s:tf]5 - ax; ul//x\$ f lyP lj wfosx2  
t/, a|b lyof]306f3/sf]38l  
a|b lyP :j o|e\$ f cf|f|fx2  
t/, ; Nnfsf clnf 2vx2 df plel08P/  
of]/fli6| gf6ssf]:j fut ul//x\$ f lyP rd]fx2

kv3f kn8kn8fP/ :j fut ul//x3f lyP .

; x/df aQL lge3f]Ps ; fEm  
; kgfk0Lx2 g)ul//x3f lyP ; kgfsf]xTof .

### 5f0sf]kl5kl5

dnf0{af6f]b]yfp6}  
d7f]cl3cl3 lx8b5 d7f]5fof .

plePsf]5' ; dosf]Pp6f o:tf]; 3f/df  
hxfFj :t3f]kl'tlglw]j u5{p; sf]5fofn]  
hxfF5fof xF0g  
j:t'g}alg]b65 5f0sf]kl'tlaDa  
ha ha ultxlG x65 5fof  
j:t'klG e0lb65 PsfPs ultxlG .

Ps hu ef]  
agfP/ dnf0{lgld0-gfos  
d7f]gfddf Pp6f dfofjL v]h v]b5 d7f]5fof  
/, lj:yflkt ub5 dnf0{d7f]ax0daf6  
ldVof /fhglltsf]j fokwL 3f8f r93f]  
sg)hgkl'tlg]wn]h:t}  
lx8fp65 dnf0{lh6bulsf]pN6f]lbzfdf  
ha ha rfnG rfx65' kf0nf lj j 3sf]  
pm 555 d7f]af6f]  
/, yfs] ha ; :t'fpg rfx65'  
hah{tl pm tf65 dnf0{  
h; /L tflG65 wfkdf km, 3f]uf8lnf0{.

dnf0{af6f]b]yfp6}  
d7f]cl3cl3 lx8b5 d7f]5fof .

### unt df65] -k| u !\_

Pp6f slnnf]ar7f xftdf lnP/  
6f9f st}lx8/x3f]lyPF  
cfwLsf]rfkdf  
sXl slnnf xftdf e0af vl; /x3f lyP  
ltgnf0{klG xftdf lnP/  
xNnfp6}lx8/x3f] lyPF.

6f9f st}  
Pp6f ; 6b/ kmh  
:j futdf xfdlnf0{xft xNnf0/x\$}lyof]  
lflthkfl/ 8Ag nfu\$}3fd klg  
dfon]Ps lfof 6Ss cl8Psf]lyof].

t/, sxl qm4 df65x;  
d]f]xftaf6 To]ar]f vf]g vf]h/x\$} lyP  
ls t?6t To; nf0{; Dkg lgbz lb0/x\$} lyP  
ha d o; nf0{lnP/ st}eflg vf]h/x\$}lyPF  
hah{tl o; sf]  
Pp6f v\$} sf6] Itglx; st}efu\$} lyP .

ha d o; sf]  
pkrf/sf nflu lrlst; ssxfFuPsf]lyPF  
pkrf/sf]gfddf o; sf]Pp6f kv6} sf6]  
Itglx; klg st}efu\$} lyP .

To; lgb]v lg/6t/ lx8/x\$'  
Pp6f v\$} / Pp6f kv6} sfl6Psf]of]ar]f lnP/  
xf] lx8/x\$'  
of]ar]f]sf sfl6Psf kv6} / v\$} lkmtf{lng lx8/x\$' .

sxfel6Pnfg\tl dflg; x;  
h; n]o; sf]kv6} / v\$} sf6] lnPsf lyP <

## k]ofj t6

To; lbg klg  
dflg; x; lj iofdtlsf]Psnf; lsgf/df  
uafnfn]sf]; flnsdfly kxf/ ul//x\$} lyP .

s; h]gb]g]df\$} 5fk]  
uafnfn]sf]; flnsdfly pglx; xyf8} xflg/x\$} lyP  
; flnssf]xft efF]  
6qmf6qmf kf/] st}^of5g vf]h/x\$} lyP  
cyj f adn]g]p8f0lbg]xf]ls e6b}  
vf; v'; ; Nnfx ul//x\$} lyP .

e6g t pglx; g)elg/x\$} lyP  
uafnfn xfdl]d6' xf]

d6lagf df05]afkq ; Sb0 elg/x\$}lyP  
uafnfnsf]; flns ; Af0f ug{  
dxfgu/kflnsfnf0{1fkqkq klg lb0/x\$}lyP  
kn// klg dflg; x2 cfkmg}d6' rB}  
st}dNsfpg klg vflh/x\$}lyP .

e6g t elg/x\$}lyP  
wdkysf]d6af6 h4zdz]sf]; flns 9fNgk5{  
ToxfFr/ ; lxsbf]; flns /fVgk5{  
t/, h4zdz]sf]; flnsnf0{  
lgTo tlg k6s kl/qmrf u// cflzs klg yflk/x\$}lyP .

To; lbg klg  
dflg; x2 h4zdz]sf]; flns 9fNgk5{e6b}  
h4zdz]sf]; flnsnf0{kl/qmrf ul//x\$}lyP  
/, uafnfnsf]; flns ; Af0f ug{  
dxfgu/kflnsfnf0{1fkqkq lb6}  
uafnfns}; flnsdfly kxf/ ul//x\$}lyP .

### cw{ To

blgof0f o; /L Jofkt x65 cw{ To  
h; /L k]o\$ lbg Jofkt x65 3fd .

k]o\$ /ft  
xfdl xfdl gfglx2nf0{; gf0/x\$} x65f]f]L  
k]o\$ e0df  
g]fhl ; gf0/x\$} x65g\pHHj n elj iosf]; kgf  
k]o\$ e0df  
; fxhl b]yf0/x\$} x65g\w0f: t/ kdf0flrx0  
/, k]o\$ e0df  
j lsn dxfl0o b]yf0/x\$} x65g\Gofosf]; kgf .

GofofwLz, slj  
8fS6/, kqsf/ ef]fl/0/x\$} x65g\; Tosf]vflhldf  
t/, kfngf ul//x\$} x65g\  
k]o\$ kn cw{ Tosf]; gftg wd{  
cw{ Tolagf ; #f/ rN5 e6g]  
ltgnf0{/lte/ lj Zjf; 50 .

k]ft6q  
dfgj clwsf/  
; Hwfg

; fj éfð; Qf  
GofO  
gllt-; ðst  
Jofkf/  
lj lgdo htftt}Jofkt 5 cw{ To  
nfl5- cw{ Tolagf ; dfkt xg\$ Itgsf]cl:tlj .

knll/ k[os oludf olwli7/  
Psk6s cw{ To afl5  
/, zfsfsh b[ffrfo{9N5  
knll/ knll/ cw{Ton]o; /l ; ðf/ rN5 .

### unt df05]

sxl 8/nflbf cfwlsf emf\$sfxç  
kj {klZrd, pQ/-blifof ul//x\$ f lyP  
p8g yfn\$ f lyP  
df05\$ f cfj fh, ; jhg / ; Demg f ç  
cfszaf6 klg emg(yfn\$ f lyP /utsf wf/fxç  
/, slxPsf df; \$f cl; g f ç .

sfnf d\$ xç pQ/af6 blifof xB}  
u8af<sup>a</sup>u8<sup>a</sup>ul//x\$ f lyP  
w/tlsf]; \$f0n 5ftldfly  
r6af<sup>a</sup> kxf/ ul//x\$ f lyP .

t/, d eg]  
cfnf]d[osf]uGwlj ç4  
hlj gsf]; dw/ ; utnf0{:kz{u/}  
hlj gs}; j fl; nf]xfj fsf]s/f ul//x\$ f]lyPF  
glhs}; //{xfj f 5l//x\$ f]lyof]kth  
To; nf0{klg af/Daf/ :kz{ul//x\$ f]lyPF.

Pp6f ar]f hlj gsf]vf]hldf  
56k6f0/x\$ f]lyof]  
To; sf v\$ f / kv\$ f sfl6Psf lyP  
To; nf0{sfl6Psf v\$ f / kv\$ f lkntf{lbnfpg]k\$ f ul//x\$ f]lyPF.

; fob To; \$f]cleof]udf  
d[osf]j ftfj /0fdf hlj gsf]s/f u/\$f]cleof]udf  
dflg; xç dnf0{vt/gfs r]fj gl lb0/x\$ f lyP .

Itg}dflg; lx18/x\$ f lyP lgw\$ s

h; n]/f]k]bPsf lyP d]f]lk7d'f 5/L  
/, xflg]bPsf lyP d]f]sf]y]df uf]hl  
t/, 5/Ln]klg d]f]d[o'ePg  
uf]hl]n]klg d]f]dTo'ePg  
/, d lx]B/x]F  
lk7d'f /f]k]Psf]5/L  
/, sf]y]df ufl8Psf]uf]hl; lxtsf]z/L/ lnP/  
xf],lx]B/x]F  
hljgsf]; utnf0{:kz{u/]  
hljgsf]vf]h]ldf 56k6f0/x]f]f]  
Tof]Pp6f ar]f lnP/ lg/t/ lx]B/x]F.  
.....  
**el8df cgxf/**

**-gku]f]7fp]Fklg Toxl af6f]lx]B]gk5{  
hxf]t]dl x]f]f] l6P; 0lno6\_**

Pp6f lj zfn el8df  
d vf]h]b]f'cgxf/x]z .

cg]t ; db]h:tf]of]el8df  
cglu]tl 6f]psfx]z 5g\  
cglu]tl z/L/x]z 5g\  
cglu]tl h0fx]z 5g\  
t/, sx]l]Fst}  
:ki6 cgxf/ 5g]  
cgxf/sf 7fp]Ff  
p:t]p:t]b]l]vg]s]an d\08fx]z 5g\  
cgxf/x]z qm]dzM  
kl/0ft e0/x]f]g]el8df  
t/, kl/0ft e0/x]f]f]5g] el8 cgxf/df  
el8df To; u/L ; To klg e0/x]f] ufoa  
h; /L ufoa e0/x]f]g]cgxf/x]z .

of]lj zfn el8df  
d vf]h]h/x]f]f'cgxf/x]z  
t/, sx]l]Fst}cgxf/ 5g]  
r]g]f]l lbg rfx]65'd of]cgxf/x]lg el8nf0{  
p]Eofpg rfx]65'Pp6f :ki6 cgxf/  
cf]g}cgxf/ .

t/, vf]0 sx]f]F5 d]f]cgxf/ <

cfx ũ d]cgxf/ klg t ufoa 5 of]el8df ũ

**el8af6 cgxf/**

el8df To; ũ/L udfp5 df65h]cf^gf]cgxf/  
h; /L lz/z/df udfp5 agkfvfn]cf^gf]/<sup>a</sup> .

sf]lj xlg kf0flh:tf  
cfsf/lj xlg cglu6tl 6fpsfx 5g\el8df  
hf]gflk/x5g\ 8ssf]tfkqmd af/Daf/  
hlj glj xlg z/L/h:tf  
ultj xlg cglu6tl kf0nfx 5g\el8df  
hf]kl/qmdf ul//x5g\zIQmkl7 af/Daf/  
3fdlj xlg lbgh:tf  
cglu6tl kN7fx 5g\el8df  
hf]km]f0/x5g\s]n wj fAg/6t/ .

el8df dflg; x 2 n]  
x/fPsf 5g\cf^gf]cgxf/, cf^gf]/<sup>a</sup> / cf^gf]a}d  
t/ nfl5- ol ; a}x/fPsfdf  
sg}la:dft\5g dflg; x 2 nf0{.

Ps hub]v grfx}]  
x/fPsf]5 el8df d]f]cgxf/  
xf] x/fPsf]5 d]f]cl:t]j .

rgf]l lbg rfx65'  
o; kfln d of]cgxf/xlg el8nf0{  
x6f0lbg5' of]el8nf0{cf^gf]cgxf/af6  
xf] lkmtf{rfx65' of]el8af6 cf^gf]cgxf/ .

ha cdn]y xg5 el8af6 d]f]cgxf/  
cdn]y xg5g\w}]w}]cgxf/x 2 .

**x/fPsf]b 2**

-o; sf/Of ; fob o:tf]eof]ls  
It dlnf0{cfk]y}Hofldlt yxf lyPg- nf}f{.

plxn]plxn]  
w}]kixn]g}of]b 2 af6  
udfPsf lyof]fxfdln]cf^gf]b 2 .

t/, plxn]plxnblv g}  
xfl of]bzs]; fbo(ufyf uf0/xsf lyofF  
xf] xfl of]bzs]  
cla/n / ch; |kgl[s]s/f ul//xsf lyofF  
xl/of]j g gkfn[s]wg elg/xsf lyofF  
of]bzs]:j R5 xjf / zlt n j ftfj /0fs]s/f ul//xsf lyofF.

of]bz  
Pl; ofsf]:j lh/Nof08 xf]  
of]uf]j nf0{hf]ufpgk5{elg/xsf lyofF  
; u/dyf / uf]d a4nf0{pEofP/  
; :f/; fd' gfs 7hf]kfl//xsf lyofF.

kSs}klg oxF  
df} dcf; f/ rNg; Sg]g]fx; klg lyP  
lf0d}prflng]/ lf0d}k5fl/g]hgtf klg lyP  
cfGbf]ng, lj b]x / j ftf{klg  
yf\$ laqm z]ldf e0/x\$}lyP  
dfglrqdf klg t bz 5E]lyof]  
t/, lj 8Dagf, bzleq st}bz lyPg .

plxn]plxnblv g}  
oxfFofofnodf st}fofo lyPg  
plxn]plxnblv g}  
oxfF; /lfd st}zflGt lyPg  
xf] plxn]plxnblv g}oxfF  
qmflGtdf Odfg  
; Tofuxdf ; To  
/, dlQm4df st}dlQm lyPg

xf] xfl; E bzsf kz:t uf]j ufyf t lyP  
t/ lj 8Dagf, bzleq st}bz lyPg .

### cf]dfs]x]of]j 4

-xfl s; \$f x]0gf} sf]l xfl] x]0gg\  
xfl ; To / 7Lssf, ; To / 7Ls xfl]  
-;krGb]lj i6 .

Ps hub]v  
hlj gsf]z]zj t ; To af\$] lx]B/x\$]lyPFcfj fhdf .

Ps hub]v g}



ha /fkɪfɪksf]uhhf/ a:tlx;df  
u8y yfn]aN8f]h/x; kɔzɔ ub]gfuf]gfr  
ha d[o5f]l; ɹl ahfpɛ  
bfɔg yfNof]Hofgdf/f cfɹ  
c1ft uGtJolt/ axg]gblx;h:t  
ha cfF' / /utsf]sg}lx; fa /xɔ  
To; kl5 klZrdaf6 pbfof]  
cGwfsf]/Eh:tf]Gofosf]Pp6f 3fd .

ha llflthdf kf]vPsf]3fdfs]ls/0fh:t}  
kf]vof]csf:dftvtdf]/ut  
/fkɪfɪksf]; g; fg ; 8sdf 5tf5Nn  
cf]cd]v/sl oj tl 0  
To; ahf dɪ]b]v]Htdlnf0{; ;f/s}; Gb/L  
blgofɛf ; Dkof{kfv08 kɔzɔ u/]  
3f]ift axɔdf08 ; Gb/LeGb w}w/}; Gb/L  
To; ahf dnf0{of]; To af]v eof]-  
d[o'j leT; dfq}xɛɔ  
d[o'ufGwl / u]vafN8lsf]h:t}  
d[o':kf6fɛ; / r]Uj ɔf/fsf]h:t}  
d[o'kn]v ltdf]h:t}  
hljgsf nflu hljgh:t}; Gb/ klg xɛf]xɛ .

a; Gtsf]kɪ08 cfɹh:t}  
Pp6f lj bf]xl ult pbfpɛ d]wbklZrdsf]cfszaf6  
ha /fkɪfɪksf]x/]ɛ lrd6l df6fɔf  
kn]hɛ}hfG5 ltdf]/utsf]/ɹ  
xf]Tof]; To / Gofosf]slxNo}gd]6g]uf9f /ɹ .

- @# jiflɔf cd]v/sl oj tl /fzɪ sf]ln]; g\@)# clkɪ !^df /fkɪfɪksf]lx-P;  
; nfd lf]ɔdf ul/a kofn]i6glsf]3/ hf]vfpɔ ; Tofux ubfGɔɪ; xfbt k]Kt ul/g\  
kofn]i6glsf]3/ e]Tspɔ cfPsf]0h/foNl aN8f]h/ lkmtf{ug{; x; |laGtl ubf{klg  
gnfu]kl5 pgl aN8f]h/sf]cuf]l8 3ɔf w; ] al; g\ t/ aN8f]h/ /f]sPg / pgnf0{  
slNrɛ}3/ e]Tspɔ cuf]l8 a9of]. of]slj tf ltg}oj tlnf0{; dkɔf ug{rfxG5- slj  
:-

### cf]dsyf

lhGbulsf]ofɔf o:tf]ehh:tf]d]f]syf .  
gblalr afn]fsf]khh:tf]d]f]syf .

olt ; Gb/ laxfglnf0{s; n]bfuf wl/uof]  
; w]fɔfɔ al; lbg]kn]h:tf]d]f]syf .

d7}; fd' xltof/n]; ' lHht 5g\ldqx,  
vS/Lnf0{; lxlbg]thh:tf]d7f]syf .

Jolb ; Gbf /dfpB}w7}w7}xfFk15,  
d6el/ alNembg]zhh:tf]d7f]syf .

wldnf]5 cfhefln, cfF'klg wldnf]5,  
; lshfg]; Unf]; Unf]dhh:tf]d7f]syf .

### **eðsf]kbf{RofltPsf]lbg**

ltdf]eðsf]kbf{RofltPsf]lbg  
cfFk;sf]lbof]afn] d ltdlnf0{eðg cfpq5'  
/, k\$6 ug5' d7f]olusf]cl6td ; dj]bgf ltdlnf0{.

ldRgk; ldlr/x5g\wTs]hdf  
cfF' / kl; gfsf kmhx;  
lgdf]gk; lgdf]7/x5g\  
lgZ5n÷sf]n lhGbulsf kfnj fx;  
of]alx; fa cfF' / kl; gfsf]lx; fa s; /L xg]xf]  
Tof]xg{af5L g}5 .

aGb'ssf v]hx; ltdlnf0{lkp nfu5g\  
lkp nfu5g\tdlnf0{wfl/nf vS/L / 5/Lsf v]hx;  
t/, aGb'ssf]k/fh]vf] \$f]3fpn]  
d7f]0v ltdf]lj ;4 kxf8 aG5  
5/L / vS/Lsf]rf]n]d7f]cfj fh  
ltdf]lj ;4 t/af/ aG5  
aGb xGgg\tdf] sf/afxln]d7f] cf]x;  
/f]s5g d7f]o4 .

lgEg nfu\$]f]blk sxl lfof rxlsnf]xG5 t/ lgE5  
ulh{x\$]f]afbn eofj x xG5  
t/ xfj fsf]Ps}enf\$sf]l5GgleGg xG5 .

ha km6g5 lj bfx / c; Gtf]fsf]Pp6f k'08 Hj fnfdVl  
/, ; Nsg5 cGofosf]w/Ldf cfuf]  
d lj Zjf; u5{  
To; lbg ltdf]ck/fwsf]cfsfzdf  
/flknf]3fdfs]; qmdOf xg5 .

ltdf]eðsf]kbf{RofltPsf]lbg

cfF'x;sf]lbof]afn] d ltdlnf0{e}cfpg5'  
/, k\$6 ug5'd7f]ousf]cl6td ; dj }gf ltdlnf0{.

## kj {syf

ltdf]af6f]a]n}xf]hf  
cgxf/ a]n}xf]hf  
ltdf]cf:yfsf]cfsfzdf  
p8g]r/fx; klg t a]n}xf]hf\  
af6f]a]n}eP klg  
klg]7fpFt ltdf]d7f]pxl g xf]0

d7f]dg k]h xf]0g  
d7f]dg 9uf klg xf]0g  
k]hs}k]l/ x]of x]f  
d7f]dg ltdf]k]ksf]ult klg t xf]0g  
; fob o; cy}f  
ltdf]dg klg t k]h xf]0g 0

kfglsf]cf^g}; tx x65  
; fpgsf]cf^g}p6dfb x65  
lz/sf]vf]h]ldf dflg; x; lx]B/x]f o; a]hf  
st}kfgl 5g÷sg}df5f 5g .

3/df rf]x; n]l]nfg\  
leQfx; k]l]B]Pnfg\  
t/ dnf0{yxf 5,  
ltdf]dg rf]n]t s]hf; ; n]klg rf]g}; Sbg .

cfF' / c\$xf; sf]u{x04 rln/x]f]a]hf  
cf]l / c; Gt]f]sf]Hj fnfd\l k]6/x]f]a]hf  
lh6bulsf]xl/ofnl]sf]vf]h]ldf  
lx]B/x]f' Pp6f cgj /t ofqfdf .

xfj fsf]lj kl/t lbzflt/  
^of]Psf]sfhuh:t}  
ha cfp5  
p8] ltdf]; Demgfsf]tl:a/ af/Daf/  
d e}5' ltdlnf0{d}ofqfdf  
pxl ofqfdf t 5f]ltdl klg 0  
af6f]a]n}eP klg  
klg]7fpFt ltdf]d7f]pxl g xf]0  
.....

email: [chankyshrestha@hotmail.com](mailto:chankyshrestha@hotmail.com)  
**xltof/**

lgnkhtflj 4  
glgtf klg ; zQm xltof/ xf]  
h; /L kfv08lj 4  
j 7ofj [Q klg dgfl; a sf/faf/ xf].

afbzfxf]h:t}dxuf / zfbf/ nuf nufPsf dflg; x 4 g}  
ha gfuf dflg; ebf x65g\s/f8fFu0ff cZnl  
e16 ; #f/lj 4  
glgtf klg alnof]cfwf/ xf].

ha ckmfgl lgbfif gful/s a:tldf  
dfgj lo ; lxtflj 4 e0/xsf]lyof]ef/L adj iff{  
gflwP/ k6z6 ub{sfnf]em08f  
qmfl; ofnl Ps lszf]ln]ahfotl /fhddf/nf0{; flwg\  
gful cf0df0{/ ltdf]b7df sf]a9l gfuf]5 /fhddf/ <

cdl/sl o4lj /fvl oj foj tln]  
alr ; 8sdf k6z6 ub{gfuf]hh';  
/fi6kltnf0{; fvl]  
gfuf]kgsf]; ldf6t s]xf]a'; dxflho <

lgnkhx 4 nf0{glwofpg  
; #f/df yk}k6s ePsf 5g\gfuf hh'; k6z6x 4  
/, gflwPsf 5g\w7}w/}lgnkhx 4  
efsf-gfufx 4 ha hh'; df pq65g\  
anf]st cf0df0x 4, csfn klt udfPsf ljwj fx 4  
/, xlkPsf, nl6Psf j 7ofx 4  
ha lj /fvl df p75g\  
hah{tl ltgn]; /sf/nf0{glwof0/xsf] x65g\  
<

Gofosf kl08tx 4 g}ha a65g\Gofosf xIof/f  
Gofosf j l-rt dflg; x 4 sf nflu  
glgtf klg ; zQm xltof/ xf]  
h; /L cIofrf/lj 4  
cfl dbfx klg lj b7sf]xsf/ xf].

38lkmh / ; do

sg}E 5g  
sg ; ut 5g  
sg}cfj fh 5g  
sg}df} d 5g  
5g}S}n ; Gb/ 38lkmhx .

d}6}d}6}uPsf] ; donf0{klg  
ldnf0Psf]5 ev{ }38lkmhdf .

a}x ; fa lh6bulh : t} / fv} ; donf0{a6bsl  
x} / x} ' cfh 38lkmhdf ; do .

xTof, h ; sf]d2f  
l5lg6g k}Int Gofofnodf

sg}k} / xTof / f x}f]xf]t  
p7g}lyPg of]k}g  
>ldfg \ d}f]xTofdf ; mlg lyof] : j o -fofofno .

leQdf xflgPsf]9}fh : t}  
k}l} / ha Gofofno alh / x}f]lyof]5ftldf  
p}6}Gofofno v}h / x}f]lyof]d ; E t}hsf ; f  
xf] Gofofno af}h / x}f]lyof]T}oxl efiif  
h ; n}o ; b}zdf agfPsf] 5 TofZj t .

s}Gofofno df5fsf]kv}fbf / sf}f xf]  
hf]af / Daf / c8}65 3f6ldf <  
cyj f Gofofno u08fsf]xftsf]5 / l xf]  
hf] / f}65 af / Daf / xfd}5ftldf <  
ls Gofofno lnnfdldf / flvPsf] ; fdg xf] <

3fddf ; sf0Psf]bfv}h : t}rfxl / g  
ha ul / x}f]lyPF c : j lsf /  
, ; flw / x}f]lyPF  
lrx}gh : t}df} ; do ; E ; gfdl 5fnh : tf s}l k}gx .  
>ldfg \ 7ls Toltv} }ePsf]lyof]d}f]xTof  
o : tf]Pp6f xTof, h ; sf]d2f  
l5lg6g k}Int Gofofnodf .

0ltxf; b]v g}af/Daf/  
o; }u/L ePsf]5 d]f]xTof  
xf] Gofos}dlG6/leq af/Daf/ Gofosf]xTofkI5  
; lxbst]/uth:t}af]P/ xTofeldaf6  
PskN6 km] d plePsf]5' ; Tosf]0hnf; df  
yxf 5- 0ltxf; sf]gfddf  
; wF, w]0ltxf; sf]xTof x6}cfPsf]o; b]zdf  
km] klg n]vg\$ Itglx; s}lj ?bfj Indo 0ltxf;  
h; n]cGofog}nhfpg]u/L  
agfPsf 5g\Gofonf0{zfZj t  
xf] h; n]kfv08 g}nhfpg]u/L  
agfPsf 5g\kfv08nf0{>lv08 .  
yxf 5- k]Int sfggadfl]hd  
vf/h xg; S5 km] Pp6f ; Tosf]0hnf;  
/, yxf 5- o; k]ln klg  
dfyj /l; \*sf]h:t}xg; S5 d]f]xTof .  
t/, dflg; x; nf0{yxf 5-  
d]f]xTof lsm]fy{d]f]syfs}cGTo xf]g .

sg}k]z] / xTof/f xbf]xf]t  
p7g]lyPg of]k]z]g  
>ldfg\ d]f]xTofdf ; m]lg lyof]:j o-fofofno .

## xltof/ lgdf}f

k]u0ltxf; ; flfl 5-  
kmfdfs]; bzg rqmaf6}lj G]wfrndf dfl/Psf lyP ; bfd  
hf]cfof] t6}kmfdfs ; aeGbf kf]t sfl/u/ lyP  
kmfdfs}xltof/ lgdf}f nf]f; /  
bf] f]kN6 dfl/Psf lyP kmfdfs]xltof/af6  
/, Tof]t/af/ klg kmfdfs}lyof]

h; nf0{chfK]  
dx/fh /fdaf6 sndl ul/Psf]lyof]zDa\$sf]lz/ .

To; kl5 klg c? s0g\s0g\  
kmfdfs xltof/ lgdf{fx; dfl/P  
kmfdfs}xltof/af6 .

ltgaf6 lgld{ xltof/ vf] ]  
ul/Psf]lyof]ltglx;sf]xTof  
h; n]lj kt0f ; fk6l lbPsf lyP xltof/ .

**-cfkn})xltof/af6 ePg slxNo}ltglx;sf]; /lff  
cfkn}af6 lgld{ xltof/ slxNo}ltglx;sf]cfkn})ePg .**

cfof] t\$]o; kfjg elddf  
; b' cttaf6 ; fef/ eP/  
3ld/x0f]; dosf]rqm af/Daf/  
hxfFu?dftf clxNofnf0{ckx/0f u/]  
alr ; 8sd)anf]sf/ u56\dxzI0mzfnL dx/fh 0Gb|  
hxfFck/fw klg zI0mzfnLx;sf nflu  
e0lb65 clwsf/ .

olucg! f/ ablng]xfj fsf]emf\$; E}  
lg/Gt/ kIN6/x\$g\; dosf kfgfx;  
/, nf\$tGqsf]dWofGt/df  
xltof/ lgdf{fx;  
cfh cfkn})nflu xltof/ agf0/x\$sf 5g\