

; Nnfxsf/|| x|/ eš
 j|k|; fb cfrfo{
 /iddlOf Gofkfg]
 1fg|b|ji6
 k|tk 8Nnfsf|
 u0fz /fodie|
 sf|gl ; Nnfxsf/|| clwjQmf ljho 9sf|
 k|Gw lgbz s|| eld ; j k|08]
 0Gb|k|; fb aufn]
 lgbz s|| /iddlOf yklnof
 k|sfz s=k|wfg ; Dkfb s|| /lj eš
 ; Dkfb s|| s|Of k|; fb vgin
 sfof|/L ; Dkfb s|| s|zj eš/|O|
 pk- ; Dkfb s|| s'; d lt jf/|::tf/f k|8h
 ; x- ; Dkfb s|| 6s vgin÷cf/lj cofh
 ljzjf ; dfrf/bftf|| j|/axfb/| ; hfnl
 l ; hgf pk|L
 k|tlglw|| /fhg lbn u?^ -j|/|bbu/ , dx|b|l|d|/]
 /-hgf l|d|/]- ; f|fx| , s|t cfrfo{-v}xgl , uf|d
 lu/L -sf|pn] , ; b|eš -h6kfg| , k|d cdufO{e/ tk|/_
 s|zj a:g|t-buf{k| 9sf|n -uf|vf|_ gj/fh e08f/L
 -sf7df08f|k|k 9sf|n -eQmk|/_ , b|ks k|8h -ndha_
 ; bz|g vltj8f -w|lb^ , /lj eš 'f|fl' -d|wok|} ; of|hs_
 ; d|gtf 9sf|n -ef/t_ , cd|t|ld> -stf/_
 sDKo8/ n|f|p6|| l/hg s|; | , (*\$%!(#%@
 se/ l8hf0g|| PgP ; lq|mozg , ; f|fxrf|s
 ahf/ k|tlglw|| l|dgf s|df/L r|fw/L÷8h| vltj8f
 x|p|/fh cfrfo{ ; fu/ clwsf/L
 eld/fh ; fks|f|÷ ; /: j|tk/fhhl
 /fdrGb|>|7÷uf|k|l ; j|sf|
 ljzjf ; xof|u|| u0fz k|8h÷ch|a: t|sf|
 dVo sfof|nolle/ tk|/-!! , lrtjg , d|f (*\$((&)@!^
 zfvf sfof|noll /Tgg|u/ , lrtjg , d|f (*\$%)\$#!@(
 v}xgl-\$, k ; f|lrtjg , d|f (*\$%)*!@*%
 j|/|bbu/ , lrtjg , d|f (*\$%)%!@@*
E-mail: sambandhamonthly@gmail.com
Website: www.sambandhamonthly.com
 db|s|| ; To ; fO{ck| ; f|k| ; , /Tgg|u/-@ , r|Pa/dfu|
 lrtjg , k|f|g|)%^-%^)*!*



; Dkfb sLo

lvn/fh sf|ef|uo g}alnof|

b|z ylst dfq x|f|g ulnt klg ePsf|5 .
 b|zsf|7hf dflg ; x? /fhg|ts kf6L{? cfk||"t
 cfk||" : jo+c ; k|nn ePsf| 3f|f0ff ub|g|t/
 j|t|dfg 0ltxf ; ag|k|5 0ltxf ; n] kSs} klg
 g|k|nsf| 7hf /fhg|ts bnx?sf| c ; k|ntfn]
 lvn/fh /|d|sf| ef|uo k|f|of| egl n|yg|5 .
 lvn/fh klg slt ef|uodfgl ; kgfdf klg
 glrtfPsf|/fi6k|v klg cfk||fok|v klg
 cfk|| . k|l| /fd|] sfd u/] lvnf/fhsf| ho ,
 g/fd|] sfd u/] ; Sg|eP t 7hf kf6L{sf g|fn]
 ul/x|f|y] lg g ; s| t lvn/fhnfO{ ; lDKP/
 cfk||efu|sf .

k|l|/ g|k|nsf s|L k|} {7hf sd{f/Lsf]
 v|k/ klg slt bx|] . k~rfotdf klg cfk||
 axbnsf] ; dosf] t s] s|f aG|sfnsf] klg
 cfk||bafpg] b|v s ; fpg] k| ; fpg] hDd|
 of|hgfsf/ x|f|f|k|g u0ftf|Gqs ; h|wfg agfpg]
 el8 v|f|g| lhDdf klg pg|sf] . cfk||g| b|z|
 rnfp|g] cfk|| . x|g klg b|z|c ; k|nn x|g' eGbf
 kf6L{c ; k|nn ePs} j|z . lsgsl b|z /x|kf6L{xg]
 / g|f k|y|L s : tf|gkTofpnfg / To ; f|z arfpg]
 sfd klxnf|kfyldstfdf /fv| ag|sf|of|hg|g|
 cfhsf| cfjZostf x|f] . ; s] ; h|wfg agfpm
 g ; s|b|znfO{agfpg ls b|znfO{eg|af|f|g c j|
 e0 ; Sof] ; j|f|fO{r|]gf eof .

; DaGw dfl ; s, awaf/, @)&) h7 !%
o; c\$sf cfsif0fx?M

z0otfleq ;DkGg dx;'; u5f ;?eQm



k[7M * df

k9b]pd]sf lszf]x?df ufFf
;]gsf]nt



k[7M @* df .

bfx]L ls kmfx]L=====
k[7 !@ df .

j]kQf afp vf]g zx/ k;]L
5f]Lsf]lr]L . k[7 !\$ df .

c/asf] /x/n] lgDTofPsf] kl8fx?
k[7M @# df .

Ps ufPps pTkfbg sfogmd
kpfjsf/L . k[7 @(df .

ckfE eP/ klG ;jnfueGbf pRr
hljg afF]L 5g\piff



k[7M !% df .

g]kfnL lkmNdddf lx/f]x?sf] sfnv08



k[7M @^ df .

slxNo}b} gkm]sg]kpb} rfrf .
k[7M #) df .

5nL k]n]a/afb agfPsf] lhGbul
k[7M #@ df .

kfunj:tlSL Ps ;flL
k[7M #% df .

hxfFb]v kl8f, Toxf ;DaGw



k[7M # \$ df .

nfx/]aGg] ;f]r cfPg



k[7M \$) df .

;dfh;]fn]h] kfofof]



k[7M \$@ df .

gvh]f]/x:o
k[7 #* df .

cfs ifš uGtAo aGbš I ; 4 ukmf

○ ;b{eš 'sš'

xfdf]bž ;fFr};Gb/ 5 . kš[tsf] sfvdf cToGt}dgf/d 56fx?n]/uL lJ/uL agfPsf] 5 bžnf0{ . lxdfn, kxf8, t/f0{htftt}HjnGt pbfx/Ofx? 5g\kš[tsf tl cgkd b[o . ;fob ;aš] ; jšf0{ cfkmgf] dfq;k6ndf ;hfpq afB. g}xfhf . sltn]kš[tsf pkxf/x? ; b] cfkmgf]cfFdf ;hfPsf xfhfg\ t sltn]ltgsf af/uf yxf kfpq afB. g}xfhf . h}f\ ; /fšf/ jfnfx?af6 jf ; /sf/L tj/af6 tl k[s[ts sf]hLx?sf]jf/uf cfjZos kxn, ljsf; kš4g / křf/ křf/ xg' h?/L b]vG5 . w}}5g\pbfx/OfLo 7fpF/ j:tx? hg cGo bždf lJ/n} kfoG5 jf e]G5 . kš[tsf]sfvdf /df0{ /xšf] / tgxHhNnf alGbk/ uflj; j8f g#^ df cfkmg}wgdf c6n / bš :jefj kl:s/xšf] 'I;4 ukmf' sf af/uf yf}}r rf{ug{dg nfluof} .

alGbk/ kšg]cfGtI/s tyf afXo košsx?sf nflu w}}r rf{ug{gknf{ lsgls ToxfRkug}sf]sf}xntsf]l jifo g}I;4 ukmf xg] ubš . /fhdfušf] ljdngu/ ršaf6 Hofb}glhs k5{of ukmf t/ alGbk/af6 eg]sl/a ! 306fsf] af6f]cf]fnf]nfluGkbš . @)\$\$;fn rš !# utšf lbg gkfnl gful/s rGb] axfb/ ykf tyf ef/tlo gful/s ld:6/ sfqf; b}š]Ps}fy ;fx;křš kQf nufPsf]ukmf g}I;4 ukmf xf] . h;sf] jofG hlt u/klg ck/f]/xg ;S5 . I;4 ukmf ljsf; ;ldtsf cWolf ašLaxfb/ ykf du/ křljlws sf/Ofn] ;Dksdf g/xšf sf/Of n}fkn kždf nfd] ;do ljtšpš ukmf] cjnřšg ug] qmdf lJz]f

uf08 ub] cfpgePsf pQm ukmf sf sf/f/L ltyfn ;bf/sf cg';f/ of] Pl;ofs}7hf]ukmf dflgG5 . ha ukmf kljž ul/G5, crDd nfluG ;S5 ; jšf0{ s;}s;šf0{ePn}nfluG ;S5 . ukmf sl/a \$#^ ld6/ nfd] 5 . \$ ld6/ xřf0G}v %) ld6/ cUnf0{5 of]ukmf]sf] . # ld6/b]v !% ld6/ ršf0{/xšf]pQm ukmf]sf]ofqsf] qmdf st}e#ofa /flvPsf 5g\eg] ofq; lhnf] / ;/lft agfpq st} 8ř]lsf]křf]n]x/š ofql jf bzšsf] dg lhtš}5 . bfofšf0sf cfs[tx? dfqj lgldf xg en}nflu5 . lzjlna, >lkř, gfudlt' lzjhl Wofg, u0ř dlt{cfbšf cfs[t b]bf cjnřšgstf? 5Ss kg] u5g\ . Clisf] dlt{ w/x/f, a4sf] dlt{cfb cfsf/x? b]v]k5 bzšx?n}o;sf]ugufg ug{ yfN5g\ .

gkf]n košg afš{dfkmf 0šSnr/ ;#yfn]ljutdf ?= kGw]nfv ;xofu u/šf]lyof]eg]xfn;Dd sl/a bznfv ;xofu u/šf]s/f cjut u/fpš]6s6 sfp06/af6 klg ?= křf nfv hDdf u/šf sf/Of ;Dk0f{/sdsf];bkofu u/L af6f]ddf / lJ:tf/ ul/g] s/f sd{f/Lx?n]hfgsf/L lbP . alGbk/ b]v I;4ukmf xš;8s dfu{ 5g] ljdngu/ ;Dd af6f]š]/In^a ;lhg] qmd tla]ultdf cl3 a9šf] 5 . eš0sf qmdf :s6Nof08, cd]/sf, gjInufotsf yk}košsx?sf]efjgf ašbf / pgLx?sf]cgēj ;Gb lbg křtlbg I;4 ukmf]nf0{Psk6s ;#f/n]lrGš, b]vš . gkfnsf]of]k[s[ts 56nf0{ Psk6s cfd gkfnl]klg b[o cjnřšg



ug{jf~5glo xG5 . ;fob glhssf] tly{xhf ePsf]xf]jf cfjZos křf/ křf/sf]sdl eP/ gkfnl dfem g}of] cgle1 ynf]agšf]eP beLo g}eG' kbš . xfdln] cfkmg}b]v g afB. /xš clg lrGg afB. /xš . ; /sf/L tj/af6 lJz]f rf;řš ;fy lng]xf] eg] of] košsx?sf nflu lJz]f cfsifšf]ynf]aG ;Sg]klj n ;Defjg /xšf]5 . olt w}}dxTjk0f{lJifo / 7fpš]af/uf rf;řšb]vfpq' ; /sf/L nfrf/Lkgsf] k/fsfi7f xf] . cfzf u/fš;4 ukmf ca ; /sf/L rf;řš lJifo aGš . I;4 ukmf ljsf; ;ldtn] křf/ křf/df cleofg g}yfngkgI b]vG5 . cfpbf lbgdf ;#f/s}cfFdf ;lhP/ a:g ;sf]lI;4 ukmf . bž ;lho xfdl aGšf]š. JoIQmeGb /fi6« 7hf]xf]eGš?n]cfkmg}xf]dg, I;4 ukmf / o:t}lJjwtsf]Pstfnf0{cfhng h?/L 5 . zAb ;fk6 lnP/ eP klg eG cfjZos 5 . bžsf]df6f]/Dg ;s]/D5 gkf]n oxL df6f]uNg ;s]aG5 lJzfn .

/g-kf- !!, lrtjg

❖ ❖ ❖

Jo j ; flos s?f v?l pTkfbg k?j lw

○ /fdnfn >]7

! : x?j?kfgl

s?f udl{df} ddf km:6fpg] jfnl
xfl. gkfnsf]t/f0{ leql dw}, kxf8sf]
v?f, kfgl ghDg]hUuf, cfjZos kb{
kpfkt l; #f0{ug{; lsg]kfglsf]; l?w
ePsf]l?x?df; kmntfk} \$ Jo j ; flos
s?f v?l ug{; lsG5 .

xl/of hftsf s?fx? h:t]jlnod
xf0]jβ, emfkfnl nfn, xl/5fn,
/f] :6f hftsf s?f cflZjgaf6 kmNug
; Dd a9L dfu xg]ePsf]ol hftsf
s?fnf0{c; f/b]v cflZjg; Dd k; fpg]
lx; f]n] nufpg'kb5 . dfnefu hft
cyf\ kfSbf kxhf] xg] s?fsf] dfu
r?af6 cflZjg; Dd xg] ePsf]ol
hftsf s?fx? kf]faf6 a?fv; Dd
k; fpg]lx; f]n] nufp? a?f; ddf klg
pTkfbg xg] / ahf/ d?o klg a9L
kfp? xbfF; f?l cg?k nufpg pkoQm
xG5 .

@: hUufsf]5gf6

kz:t kfEfl/s kbfy{ ePsf]
lrD6b?0{f]bb6 b]v an?b]bb6 df6f]
aiff\$]kfgl ghDg] kfglsf]lg; sf ug{
; lsg]vfnsf]df6f]s?f v?l?sf nflu
pkoQm xG5 . To:t}#÷\$ xft vGbf
ufe]h gcfpg]vfnsf]hldg s?f v?l?sf
nflu 5fGbf /fd]xG5 . sltko gblsf
lsgf/sf]hUufdf yf]dfu dfq df6f]
xg] / afEL efu ufe]h xg] xbf
r}÷a?fvdf a9L ; Sv? nflu]aiff?
vfBtj a9L rxfj6 xg] xgfn]o:t]
hUufdf s?f v?l ubf[k6s k6s dnvfb
lbgkb5 ; fy}; Vvf df}ddf l; #f0\$]
Jo j :yf ug{h?/L xG5 .

ahf/

Jo j ; flos ?kdf s?f pTkfbg ug{
ahf/sf]cfjZostf kb5 . sg ahf/
df ljqmL ug] / sg hftsf]s?f ahf/
df a9L dfu 5< slt kl/Offddf dfu
5< ahf/ slt 6f9f 5< cflb ; j}
s?fsf]ljZn]f0f u/? dfq s?f v?l
; ? ug{k5 .

\$ af6fβ6f]tyf9jfglsf]; fwgsf]
pknAwtfsf]cj:yfll

Jo j ; flos s?f v?l ubf{pTkfbg
ug{sf nflu rflxg]cfjZos s[if ; fduf
h:t]dnvfb, s[if cfhf/x? ; fy ; fy}
pTkfbg ePsf s?fx? ahf/ ; Dd nhfg
af6fβ6f]Jo j :yf xg'h?/L xG5 .
; fy]dnvfb 9jfgl ug{f/S; f, 6]kf]
6\$6/, 6\$ cflbsf]pknAwtf s]5<
; f]sf]hfgsf/L lng'h?/L xG5 .

%: s?f nufpg]; do tyf
hftx?ll

s?fsf hftx? dWo]emfkfnl nfn
df3b]v kmfNuOf dlxgdf nufpg'kb5,
>fj0fb]v cflZjg; Dd kmn nflu
; do nflu5 eg]sflt\$ b]v kmfNug; Dd
pTkfbg lng ; lsG5 . To:t]jlnod
xf0]jβ df3b]v kmfNuOf dlxgdf
nufpg'kb5 . >fj0fb]v cflZjg; Dd
kmn nflu ; do nflu5 eg]sflt\$b]v
kmfNug; Dd pTkfbg lng ; lsG5 .
To:t]j/L dfnefu s?f a?fvb]v
h]7 dlxgdf nufpgkb5 . kf]fb]v
r?; Dd kmn nflu ; do nflu5 eg]
r?b]v c; f/ ; Dd pTkfbg lng
; lsG5 . To:j/L /f]i6f hftsf]
s?f j?fvb]v h]7 dlxgdf

nufpgkb5, kf]fb]v r?; Dd kmn nflu
; do nflu5 eg]cflZjg b]v sflt\$
; Dd pTkfbg lng ; lsG5 .

^: lj?jfsf]5gf6ll

s?f ; fdfGtof jfg:klts
ljlwaf/f khgg\ ul/65 . s?fsf]
j?af6 lg:s?f aRrfx?af6 lj?jfsf]
5gf6 ul/65 . s?faf6 lg:s?f
aRrfx?nf0{ ; s/ elgG5 . ; s/ @
k?f/sf]xG5 . ! r?f kft dl; gf]
af ePsf]@: t/jf/h:tf]wfl/nf]kft
af tna6 df6f]xG5 dfly ; fgf]xG5
hfg]vfnsf]. s?f v?l?sf]nflu ; s/
5gf6 ubf{t/jf/ h:tf]wfl/nf]kft
ePsf] /f] ls/f gnfu?f] au?faf6
!÷!-% s]hl: t?n ePsf]; s/ 5fG'
kb5 .

&:lj?jfsf]pkrf/

dfp af6af6 lj?jfnf0{cnUofpg'
kg]xbfF; jfdf r?k6s nflu ; S5,
To:j]lj?jfsf]pkrf/ u/? dfq nufpg'
kb5 . ; j?yd lj?jfsf]nflu 5gf6
ul/Psf]; sf/nf0{ufgfaf6 @) ; }dl=
dfly wfl/nf]xltof/n]sf6g] ufgdf
ePsf h/fx?nf0{vsG] df6f]6f]; Psf]
eP ; kmf ug]To; kl5 ! ln6/ kfgLdf
@ ldlNln6/ 0{8f]; Nkmfg jf !=%
ldlnln6/ Snf]f]kf0{k; gfdS
sl6gfzs ljiffbl / @ ufd sf]f]8L
hf0d / d]sf]h] ePsf]9; Lgf; s
ljiffbl ldnf0{ufgf]leHg]u/L :k]ug]
/ ufgf]cf?fPk15 dfq /f]g].

sl6gfzs tyf 9; Lgf; s ljiffbl
kpf]udf Nofp? ; fjwfgl ckgfpg'
h?/L xG5 . ol kbfy?f ljif ePsf]

sf/Of xfd]z/L/sf] ;Dksdf cfp
c;/ kfg]x%5 . Ijif rnfp xftdf
k~hf, dVdf df:s, cfdfd r:df,
v\$df uda6 nufpg'h?/L x%5 .

*: ljp b/ cyf\slt lfkndf
slt nufpg}

;fdfGotof slt lj?jf nfu5 eGg]
lx;fj ubf{hfts]klxrfg ug{h?/L
x%5 . cUnfhft-dfnefj, lrgLrDkf,
xf]fHft -ljlnod xfo]j, emkfnl
nf\$ n, xl/5fn, /f]i6f, ufF -tlg
cf]f lj?jf Ps}7fp nufpg], Psn
-Pp6f lj?jf Ps 7fp nufpg] .
To;h] slt lj?jf nufpg] eGg] s/f
lj?jf nufpg] tl/sdf e/ kb%5 .
;fdfGotof ! sf]df cUnf hft eP
&) b]v () uf]f / x]f hft eP ()
b]v !)) uf]f;Dd lj?jf nufpg
;ls%5 .

(: nufpg]b/LM

nufpg] b/Lsf] s/f ubf{ sg
tl/sfaf6 lj?jf nuf0%5 ;f]df e/
kb%5 . l;un /f] 8an /f] ufF
tl/sfaf6 s]fsf] b/L lgwf{Of ug{
;ls%5 . l;un /f]f x]f hfts
lj?jf nufp s]fsf]Ps nf0% b]v
csf]nf0% ;Ddsf]b/L @ ld6/ / Pp6f
s]fb]v csf]s]f;Ddsf]b/L !=% ld6/
sf]km/sdf xgkb%5 . To:t]cUnfhfts]
lj?jf nufp Ps nf0%b]v csf]
nf0%sf]b/L @=% ld6/ /xg'kb%5 eg]
Pp6f lj?jfb]v csf]lj?jfsf] b/L
!=% ld6/ xgkb%5 . To:t]L ufF
tl/sdf x]f]hfts] s]f nufp
Ps nf0%b]v csf]nf0% ;Ddsf]b/L \$
ld6/ / Ps lj?jfb]v csf]lj?jf
;Ddsf] b/L # ld6/ xgkb%5, To:t}
cUnfhfts]lj?jf nufp Ps nf0%

b]v csf]nf0%sf]b/L \$ ld6/ xgkb%5
eg]Ps lj?jf b]v csf]lj?jfalr sf]
km/s \$ ld6/ xgkb%5 .

lj?jf nufpg]vN8f]vGbf 6%6/
jf kfjn 6h/ h:tf hf]g] ;fwg l5g]
lx;fjn]vGbf kl5 vghf] ug{;lhnf]
x%5 . ;fy;fF l;dfqdf sl/a #÷\$
ld6/ hUuf 5f8bf ;lhnf]x%5 .

!): dnvfb

s]f cTofwlgS vGr]f afnl
xf]. To;h]dnvfb Joj:yfkgdf Wofg
lbg'clt h?/L x%5 . s]fdf sDkf]6
dn jf k]Efl/s dnsf] ;fy ;fy]
/f;folgs dn klg xfn'g'h?/L x%5 .
kpfkt dfqdf sDkf]6 dn eP
/f;folgs dn gxfNbf klg x%5 .

;fwf/Oftof Ps af]sf nflu km;n
ln;Dd tn pNn]vt dfqdf dnsf]
cfjZostf kb%5 .

sDkf]6 dnM

!) s]hL -/fd/L kfs]f] jf sv/fsf]
dn eP # s]hL

I8PKLM	@)) ufd
k]f;M	\$)) ufd
ol/ofM	\$)) ufd
;Td tTjM	@% ufd
km%7f8gM	!) ufd

dfly pNn]vt dn dWo]sDkf]6
dn k/}I8PKL !)) ufd, k]f; !))
ufd, ;ld tTj @% ufd tyf km%7f8g
!) ufd nufpg'eGbf !):!% lbg cufl8
df6f]f /fd]f ldnfpgkb%5 . afF
/x]f]dnsf]dfqf k]o]s 8] dlxgfsf]
km/sdf 6k8]sf]kdf uf]d] tyf
ps]f]nufp lb]hfg'kb%5 . Wofg
lbgkg]s/f dnvfb kpf] ubf{df6f]
kof]t dfqdf lr:ofg h?/L 5 . /
x/]s k6s dnvfb kpf] u/]k]5 l;f0{
lbg'h?/L x%5 .

!!: l;f0{

s]f v]L cToflws lr:ofg rflxg]
afnl xf]t/ kfgl hDg'eg]x%5 . kfgl
hDg uPdf ljleGg k]f/sf 9';LhGo,
JofS6]/ofhGo /f]ux? nflu5 . To;h]
jiff]sf]kfglsf]lgsf;sf]Joj:yf ug{
h?/L 5 .

vf;u/L ;Svf df]d kmfNugb]v
a]fz ;Dd a9L kfglsf] cfjZostf
kb%5 . df6f]f lr:ofg x]L !%÷@)
lbgsf]km/sdf l;f0{lb]hfg'kb%5 .
l;f0{ubf{sh}f]f l;f0{ug{/fd]
x%5 . k]o]s @ nf0%sf]km/sdf sh}f]
agf0{kfgl nufp yf]};dodf kfgl
k6fpg ;lsG] / af] 9Ng] ;d:of klg
sd x%5 .

!@: lj?jfsf]x] rfxM

s]f nuf0{s]k]5 ;do ;dodf
/y]b]v ul//xg'kb%5 . lj?jf nufpbf
lr:ofgsf]sdl 5 eg]l;f0{lbgkb%5 .
h;n] ubf{lj?jf l56f] pd] ;xof]
ub%5 .

s]f pldPk]5 Ps k]f/sf]nfef
-km] s6]f sl/fn]ujdf cfqmdOf
ub%5 . ;fy;cGo vk6]ls/fn]klg
cfqmdOf ub%5 . To;h]o:tf] ;d:of
cfPdf xfdln]ufp]df agf0%emf]
dn / ux]E, c;/f] lttkftl jfsof]f]
kfts]f kpf]uaf6 klg lgoGqOf ug{
;ls%5 . o;af6 lgoGqOf ePg eg]
O]8f]Nkmfg jf Snf]f]f]f]lkm; gfdsf]
sl6gfzs ljiffbl l;kmf]l; dfqdf
kfgldf ld;f0{kft / 8f]df :k]ug{
;ls%5 .

ljleGg k]f/sf kft 89]f /f]ux?
klg b]f kg{;S5g\ . o:tf] ;d:ofdf
9';lgf;s ljiffbl h:t]sf]f]8fhf0%
d]sf]h] , k]k]sf]f]h] l;kmf]l;
dfqdf !%÷@) lbgsf]km/sdf kft /

8f7df :k]ug{;ls65 . lj?jf ;fgf
5f emf/kfts] ;d:of klg a9L g}
x65 . To;nf0{vghf] u/L emf/kft
lgo6q0f ug{k65 . emf/kfts]k6f
cToflws a9L ePdf s]fsf]af6df gkg]
u/L Glycel-41% gfdS /f;folgs
ljiffbl % b]v & ldnln6/ ! ln6/
kfgldf ld;f0{ :k] ug{k65 . t/
s]fsf]af6df k/6f] v08df s]f
db65 .

!# s65f6

;do ;dodf ;S6f kft, dfpa6
;6 cfPsf aRrfx? /f]l tyf a9f
kftx?, yDafx? s65f6 ub]hfg' kb6
/ To;nf0{Psls] u/L sDkf]6 dn
agfpg ;s] /f]l sl/fsf]k6f klg
sd x65 / au]f klg ;kmf b]v65 .

!\$ c6t/jfnl

s]fsf]lj?jf ;fgf]xbfFf 3/L
s6fg u/]k15 c6t/jfnlx? lng
;ls65 . c6t/jfnlx?df af6L -xf]f-
hfts]cfsfz, k6sfz, ;b] ltn, df;,
h}3f6, ds} /L 3f6 tyf l;hg cg';f/
sf]c6o xlnsf ;k ;xg]afnl nufpg
;ls65 . c6t/jfnl ln6 ;se/
sf]jfnl nufpg' /fd] x65 . sf]
jfnlsf]h/fdf xg]lufv6f kmf06fhgs
JofS6]/of x65g\ . h;n]jfoD8ndf
ePsf gf06fhgnf0{;h t u/L /fv5,
hg s]fn]pkof]l ug{;S5 . xl/of]
dnsf nflu klg df; , w}f, ltn cflb
nufpg ;ls65 h;n]df6f]f k[Efl/s
kbfy{a9fpg ;xof]l k6ofp65 .

!% /f]l sl/fsf]Jo j:yfkg

s]f v]ln]ubf{ljleGg k6f/sf]
/f]lsl/fn] ;tfp65 . h:t}kft tyf
sf]fdf bfu nufpg]vk6]sl/f, nfxl

ls/f, s]fsf]h/fdf nflu]h6f, ufgf]
tyf yDafdf nflu]ujf/f] v}f vfnf
km66fE]f cflb .

ls/fsf]lgo6q0f ljlm Psn pkfon]
dfq ls/fsf]lgo6q0f ug{ufxf]x65 .
ls/fsf]lgo6q0f ug{Psls] pkfo
ckgfp' kb6 .

!% v]af/L ;kmf ;U3/ /fvG] .

@= Hofbf afSnf]u/L s]f gnufpg] .

-l; kmf/ ; b]/ldf dfq nufpg]

/f]l lj?jf, a9f kft ytf ;s/
;dodf}x6fpg] .

\$= kft, 8f7, yDafx? Psls] u/L
sDkf]6 dn agfpg] .

%= yfof6f -06f, Nkmf, ;f0k/ldy],
06dfSnf]f]k8, Snf]f]f0f/km; ,
gfdS ls6fgzs ljiffbl l; kmf/ ;
dfqdf !%÷@) lbgf]km/sdf kft
tyf yDafdf :k]ug] .

/f]l s]fdf nflu] /f]ux?df kft
lsf/faf6 ;Sb}hfg] 6k6f6 kx]h]
bfu b]vg]/ k15 snf]wAaf x6f;Sb}
hfg] af6 cD6fpg] ;j}kftx? ;do
gk0b}efFg] u]f]slxg] ufgf]slxg]
ef0{;h6o /f]ux? nflu] ;S5 .

/f]syfdsf Psls] pkfom

!% v]af/L ;kmf ;U3/ /fvG] .

@= lj?jfsf]ujf]slxPsf]5 eg]To:tf
af6 h/6]v vgl ;S6f emf/kft /fv]
hnfpg] . To:tf /f]l lj?jf sf66f
xltof/nf0{klg cfuf]f ;6fpg] .

#= lj?jfdf dnvfb lb6 dfqf ldnfP/
cyf]f;GtInt dfqdf lbg] vfBtj]
;GtInt gx6f klg lj?jfdf /f]l nflu] .

\$= jif]fsf]kfgl hDg glbg lgsf;sf]
Jo j:yf ug] .

%= lj?jfsf]km] j1/k1/ p6s]f lbg]
h;n]lj?jfnf0{c86fpg d4t ub6 /
h/fdf kfgl hDg lb6 .

^= hldg ;Svf xg glbg ;do ;dodf
l;Ff0{ug] .

&= sf]f]8fhf06, d]sf]h], k]k]sf]
ghf]h, ck/cIS;Snf]f06 gfdS /f]
gfzs ljiffbl l; kmf/ ; dfqdf !%÷@)
lbgf]km/sdf kft tyf 8f7df :k]ug]
;fy)/f]ugfzs ljiffbl, JofS6]/ofgf; s
ljiffbl l; kmf/ ; dfqdf :k]ug] .

*= kftf ;fgf, 56f, xfFf, urSs xg]
jl6r6k /f]sf nflu ;do ;dodf
ls6gf; s ljiffbl :k]ubf]lgo6q0f x65
lsf]l of]/f]l nfxl ls/faf6 ;b6 .

!^= afnl s6fg

;fwf/0ftof lj?jf nufPsf]!) b]v
!# dlxgdf kmn sf66 tof/ x65 .
sf]f ;fgf]x6f k6f b]v65 . sf]f
l5k6b]Fh6f k6f klg kl/6 hf65
o; /L k6f kl/P kl5 dfq 3/L sf66
t6f/ x65 . s]f s6fg ubf{dWofx
kl5dfq s6fg ug{k65 . h;n]ubf{
kmn efFg]h]vd sd x65 . To;nf0{
! lbg /fv]k15 9jfgl ubf{sd gf6;fg
x65 . eg]azfv h]7df s]f s6fg
ubf{t6t ;sng u/] kftn]5f]kx]ng'
kb6 gq rsf]3fdn]s]f snf]x65 .

!&= s]f ksfpg]ljlm

s]fnf0{wFf/, uD;fp/ ksfpg]
rng k/fg]xf] . cfhsn Sofln;od
sf]f06 /fv] s]fnf0{ksf065 . t/
o; /L s]f ksfpg]tl/sf /fd]xf0g .
To;n]dfgj :jf:Yodf gsf/fTds c;/
kfb6 . 06f]k6 gfdS emf]h] klg
s]f ksfpg ;ls65, 06f]k6 gfdS
emf]h kfgldf ldnf0{s]fsf]sf]f jf
3/Lsf]8f7df /fv] uD;f065 . o; /L
ksf6f udl{dlxgdf @÷# lbg / hf8f]
dlxgdf \$÷% lbg nflu] ;S5 .
-n]vsm d6 gkfn, e/tk/, lrtjgsf
k]j]lws ;Nnfxf/ xg65 .

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b0{dlxgfdf l r t j g s f P3f/ 7fp'df j8k'm'h'

; DaGw ; Djfbftf,

b0{dlxgfotf lrtjgsf]!! :yfgdf j8k'm'h' /f/ b7f/ /sf]5 . r} ! (ut] e/tk/sf] k7f ykfsf] kndf6 ;? ePsf] j8k'm'h' xfn; Dd Psbhg :yfgdf kmhf k/ /sf]5 .

klZrd lrtjgsf] dmk/ uflj ; j8f g=# sf cuGw/ s8hsf] sv/f kmfd6f a8k'm'h' /f/ b7f k/ /sf]5 . /f/ b7f k/ /k15 lhNnf kz' ; Jf sfotf, e/tk/af6 uPsf] k7f lwssf] 6f]h]n] sv/f gi6 u#of] kmfd6f /xsf] ; ft ; o &^ sv/f / b0{ ; o lsnf] bfgf gi6 ul/Psf] sfotf]n] hgfPsf]5 .

Ps ; ftf cufl8af6 sv/f dg{ yfnk15 a7fvd fdfq/ /l f0fsf] nflu /fli6& k7f /f/ c6j] f0f k7fuznf e/tk/df Nof0Psf] lyof] . /f/ n1f0f b7f k/ /k15 k7fuznf] s] b7f k7fuznf sf7df08f] k7fPsf] lyof] . cl6td k/ /l f0fsf nflu s] b7f k7fP/ a8k'm'h' lglZrt u/ /k15 dfq sv/f dfq/ ul/65 .

nuftf/ a8k'm'h' /f/ kmhf kg{ yfnk15 kz' lrlsT ; sb]v ls ; fg ; Dd eoelt ePsf 5g\ . /f/ kmhP/ kmfd6f?df sv/f dg{ yfnk15 xfdl lrl6tt agsf 5f7 . /fli6& k7f /f/ c6j] f0f k7fuznf e/tk/df k7f 8fs6/ af]vgf clwsf/ /n] atfP . s] kndf6f?df /f/ b7f k/ / lgoGq0fsf] cj :ydf cf0{ s8f] lyof] . k7f/ klg /f/ nfu]n] xfdl]n] s8f ; ts{f ckgfpgkg] ePsf]5, oxl l]jfonf0{ lnP/ kz' ; Jf l]jefusf dxflgb7s 8fs6/ /f]ds[0f vltj8fsf 7u]f0df a7s a ; L ; ts{f ckgf0Psf]5 .

lhNnf kz' ; Jf sfotf]osf k7f, k7fuznf] k7f, lhNnf sv/f Joj ; fol ; 6 ; DalGwt l]leG ; 3 ; yf x?sf k7f lglw nufotsf] ; 0Qm a7sn] l]leG lgoGq u/ /L sfotf] jog ug] ePsf 5g\ . pQm a7sn] c7f]vfgs ta/af6 lelqPsf Eof]S ; gx?sf] ahf/ cgludg u/ /L t?6t sf]f]sf nflu lhNnf k7f ; g sfotf]onf0{ cg/f]v ug] hf]vd l7x?sf] ; 6mdof cj :yfnf0{ ; dfsg u/ /L tTsf]n lgoGq0f ug] k7f b7f? c7f]v ug] c7f]vfgs tj/af6 l]jg /lhi67g kof/ /06 rNnf cfoft ug] tyf dfkb08 lakl/t rNnf pTkfbg ug] Xofr/ /L Joj ; folx?nf0{ t?6t sf]f]sf rnfpg] lrtjgsf] z/bk/ /



dmk/ l7f j/k/sf :yfgx?df e7xsf] ; le7f ; sfotf]0{ /f/ lgoGq0fdf gcfP ; Dd cem k7fjsf/ /L ?kdf ; ~rfng ug] u7sf]g?kdf Eof]S ; g, c7f]f]wh6o k7f]sf]cfoft nf0{ g7f ; /sf/ /L Joj ; folalr ; d6jo u/ /L o :tf ultl]wx?nf0{ tTsf]n] /f]dgGq0fdf ln0g] nufotsf lgoGq u/ /sf]5 .

a8k'm'h' /f/ lgoGq0fsf] cj :ydf cf0{ s8f] cgd]f u/ /k7f k7f /f/ b7f k/ /k15 a7sn] u/ /sf] lgoGq s8f0sf ; fy nfu"ug[k]ta4 ePsf] 8fs6/ clwsf/ /n] hfgsf/ /L lbP . sv/f Joj ; fo w7f] /xsf] lhNnfdf 7f]n]

k7f]ksf] ?kdf lng glbg Joj ; fol / k7f]lwsx? ; ts{ /xg' kb5, lgod gdfGh]f0{ sf]f]sf ug] 5f7 . clxn] b7f k/ /sf] a8k'm'h' PlePg 0f kmhPchf Prkmf0f x] of] /f/ dflg ; df klg ; g ; S5 . o ; nf0{ k7f03fts /f]sf ?kdf ln0Psf]5, clwsf/ /n] hfgsf/ /L lbP .

lhNnfdf PlePg 0f kmhPchf Prgf0f a8k'm'h' k7f] lrtjgsf kmfd6f?df b7f k/ /sf] k7fuznf]n] hgfPsf]5 . of] Prkmf0f h :tf] k7f03fts gePsf]n] o ; n]w7f] c ; / gkg] 8fs6/ clwsf/ /L n]atfP . uPsf] aif] /lhNnfel/ g] Pr gf0f nfu]n] lyof] . rfn' c7f]sf aif]sf] dh ; b7f a8k'm'h' /f]sf n1f0f b7f k/ /k7f /f/ nfu] sv/ dg{ yfn]sf] r7f ! (ut]]v ePsf] sfotf]n] hgfPsf]5 .

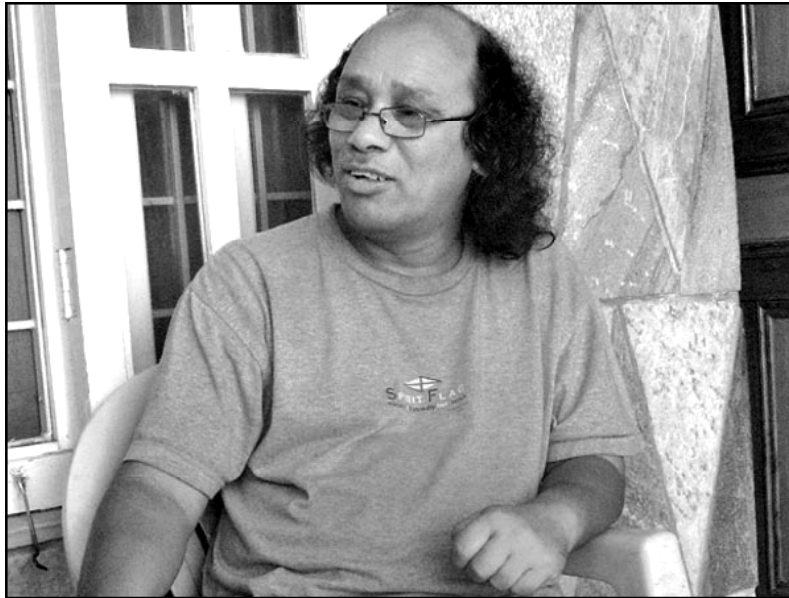
lhNnf kz' ; Jf sfotf]o lrtjgsf cg ; f/ r7f dlxgfb]v xfn ; Dd Ps bhg e6b a9L :yfgdf a8k'm'h' /f/ nfu]sf] / To ; af6 ^) xhf/ \$; o (%) j6f sv/f gi6 ul/Psf]5 . sfotf]osf k7f 8fs6/ /f]dsb]f/ s8f]sf cg ; f/ sv/f df/ /fkt g7f ; /sf/af6 *) nfv \$^ xhf/ 5 ; o &) ?k7f]fltkl't{ afkt k7fpgkg] /sd /xsf]5 . To : t7f gi6 ul/Psf tlg nfv @@ xhf/ ; ft ; o @* j6f c08fsf] lfltkl't{ fkt gf] nfv ^& xhf/ b0{ ; o *\$?k7f]F!! xhf/ 5 ; o ^% lsnf] bfgsf] Ps nfv !\$ xhf/ 5 ; o %) ?k7f]fltkl't{ k7fpg] pgn] hfgsf/ /L lbP .

lrtjgdf j8k'm'h' /f/ b7f k/ /k15 Joj ; fo w/f ; fol ePsf] pB7f] j1f0fHo ; 3 lrtjgsf cWof 8f- ltnrGb] e8f0n] hfgsf/ /L lbP .

❖ ❖ ❖

zGo tf leq ; DkGg tf dx ; ' ; u5g\ ; ?eQm

@)!@ ;fn xl/tflnsf tlhsf]lbg
sf:sL lhNnfsf] kf]v/f au/df
hlGdPsf ;flxTosf/ ;?eQm ax'
cfoldsf ;flxTo k]tfsf wgl AolQmTj
xb\ . syf, sljt, dQms, gf6s /
pkGof; u/L # bhGsf]xf/fxf/Ldf k'ts
kpfzg ul/ ;s}f ;?eQm % bfhef0{
/ @ alxgl dWo}f h7f ;Gtfq xg\ .
stf/ k]bfsf]l f0fdf pg}cfvofgsf/
;?eQm ; /lj /f]ln]lnPsf]cGtjff{.



!_ ;?eQmnf0{s ; /L lrgG}<
→ ;flxTosdl\$] ?kdf g}lrg' k5{
eGg]nfl5 . lsgsl dh]hljgdf sX
u/}f]5'eg ; flxToaf6 g}u/}f]5' .
cfkm}g efjgxf? ; jhg tyf al4 /
lj j}n]h]s'f nYg' k5{eGg]nflf]
ToIx nYb}uPF. ljeGg ljwfx?df dh]
/rgf ub}uPF ; flxTo sd{afx\$ cG
sd{? hf]u{ :yl hljgdf ul/G5 To]
ul/g, d cfm"Jo ; flos k[7e]dsf]
kl/jf/ leqsf] dG5] ePklg hflu/
vfg]tyf Jo ; fo ug]sX klg sfd d

af6 ePg . l jz4 ?kdf nYgd}nfuf]
xbfn] dnf0{ kf7sx?n] ;?eQmnf0{
nYssf] ?kdf Pp6f ; flxTosdl\$] ?kdf
egY lrgb\ eGg] dY]wf/Off 5 .

@_ eQm >]7 s ; /L / slxn}af6
;?eQm eorf<
of] Pp6f dY]f lgtfGt JoIQmut
efjgf ; F lgOfG ; DalGwt kZg xfl . d
@)#% ; fn lt/ ba}gfdn]nYg]uyF.

@)#% ; fndf klxn]k'ts aGb vfd
leq eGg]dQms ; x lgsf]ng]qmdf
sb rfxLfgddf kpf]zt ug]eg] gfd
/f]hgkG]c j:yf cfof/ dh]To ; l f0fdf
;?eQm g}/fhF. To ; ahfb]v g}dh]
;?eQmsf] gddf ; flxTo sd{
ul//x}f]5' / olx gfdaf6 k'ts
kpfzg e0/x}f 5g\ . dY]f gfdsf]
af/}f wY] kZgx? u5g\ / lh1f ; f
/fvG]u5g\ . dh]olt g}eGg]u/}f]5'
ls dY]f of]gfd dY]f cfidsyf xfl .
dY]f cf:yf / dY]f ljzj ; sf]syf xfl .

dY]f gfd g}dY]f hljg xfl . olb sb]
lbg eGg' kg] c j:yf cfof] eg] dh]
cfidsyf ; dfjZ u?F .

#_ eQm >]7 sf]cufl8 ; ? hf]8gdf
ljleGg JoIQm? tkf0\$] k] ; DaGw
sb} : ql ; u hf]8Psf] sf/Ofn] xfl
eGg] c8's nx? ug]ul/Psf]klg
; Gg cfPsf]5 . tkf0{cfkm}h]
cfkm}g]gfdsf]cufl8 ; ? hf]8g's]
k] ; udf eGg'kb{f ; /L kf7snf0{
atfpgXG5 <

of] dY]f k] / cf:yf efjgf /
; jhg ; F ; Da4 s'f xfl . o ; nf0{
s ; } F n'sfpg'kg]h? / t klg 7flGgF
To ; j]of]gfd g}dY]f cfidsyf xfl eGg]
7fGg]u5{ . of] dY]f lgtfGt AolQmut
s'f ePsf] xgfn] o ; nf0{ ; fj}lgs
ug{ cfjzostf g7fg] gu/}f] xF .
Pp6f egf0{5 lg l8k jf6/ kmfh]
; f0n]6hl eG5g\ lg . dG5}f ugx
cgel'tx? d's xG5g] af]lbg]eGg]Pp6f
egf0{5 lg . To ; j] dY]f hljgsf]
lgtfGt Pp6f ugx cgel't ePsf]xgfn]
o ; nf0{dh] JoIQmut ?kdf dfq /fvG
?rf0/x}f]5' .

\$_ kPfojfbdf wY]nYg ?rfpg'xG5
ls lg ; f/ tfjfbdfcfkm}h]f0{kY]g
?rfpg'xG5 <

d wY]eGbf wY]z}ldf wY]ljrf/
x?nf0{cfid ; ft u/} nYg]ub5' .
zGojfbL bzGsf] c jwf/Offsf]af/}f
\$) ; fn b]v g}kP]sf] ?kdf nYb}
cfPsf]5' . t/ To]lg ; f/ tfjfb xflg .
h : t} pbfX/Ofsf] nflu kfl/hftsf]
zGojfb . xg t zGof eg]sf]lg ; f/ tf
xfl lghLtf xfl hljgxlgtf xfl

cyxlgtf xfeGg]Pp6f a7fl/s ;fj
5 .cem egf]Pp6f bfzlgS ;fj 5 .
zGojfb bfz]laZj o4 kl5 bfzlgS
; flxTosf/x?n] klZrdf dh'sdf
kpf]sf] ?kdf n]vb} cfp/ kl;l4
sdfPsf] gjlg bzG ; flxTo xfl .
cl:tTjjfbl / l; utljfbl ; f]raf6
kl/t Pp6f ; f] xfl . dh] ; flxTodf
; fDofbfsf] s7/fnf0{ cufl8 ; f]sf]
5' . To]Pp6f dfgjLo bzGsf] ?kdf
Pp6f leGg bzG xfl . af7 bfzlgS
gfufh]sf] zGottaf6 kl/t eP/ dh]
zGojfb zAbsf] kpf] u/ sf] xF. t/
To]gfufh]sf] zGojfb eGbf dh] kpf]
ug[u/ sf] zGojfb leGg klG 5 . To]
wld\$ zGott xfl eg] of] klZrdaf6
cfPsf] zGott xfl . To] rfxLHg: ; f/
tfaf]L zGott xfl . dh] zGojfbnf0{
rfxL cxd]fbl eg] JofVof ug[u/ sf]
5' . hljg cxd]Qm 5 cxd]dQm 5g .
t; y{dfgjhltn] h] hlt klG /fd]
g/fd] lqmfnsfx? u5G] /fd]
g/fd] sd? u5G] lt ; a} dflg; sf
cxd] ; fkl]ft sd? xg] . l; zfn
zGottleq g}sd? ul/G5g] . zGott
eg]sf] dh] ; DkOf]sf] cydf kpf] u/
sf] 5' , lg: ; f/tfsf] cydf xflG .

%_ tkf0{ k]nf0{ ; flxTodf s ; /L
kl/eflft / k]t't ug]ug]xG5 <
k]nf0{dfgjLo cxd]sf]Ps ; j}7
?k ; DemG5' . dh] To ; /L g}ljleGg
cfk]gf s[tx?df kl/eflft klG u/ sf]
5' . k] eGg] zAb AolQm ; fkl]f zAb
klG xfl . k]df dflg ; a4 eGbf dxfg
klG aGg ; S5g] / flf; \eGbf klG v/fa
klG aGg ; S5g] . xfdL ; fdflhs
hljgdf slt dfG5?n] k] u5G]
ljfx u5G] / 5lSP/ hfG5g] km]/
csf]nf0{k] u5G] / km]/ ljfx u5G]
eGg rfxL fpgLx?n] k] ljfx u/ sf]

eG5g] . d]f] ; f]f0df k] dxfg /
tR5 xgdf dflg; sf] ; j]gzLntfdf
lge/ / xG5 . tkf0{cfk]gf] ; j]gzLntfn]
k]nf0{eujfg hlt dxfg\ ; lDemG5
eg]To]f]k] eujfg hlt g}dxfg\ xG5
/ t/ tkf0{k]nf0{eujfg hlt dxfg
g ; Dem] lgtfGt lfb] ; jfy\$] dfWod
dfq agfpg' xG5 eg]k]sf gfddf sofF
xTof lxFe klG ePsf 5g] . To]Pp6f
k]sf]gfddf lfb]sf] kl/rfos klG
xfl . t/ d]f]JolQmut lx; f]df k]nf0{
cxd]fbl egl JofVof ub]ubf{k] eg]sf]
dfgj jfbl cxd]sf] >]7 ?k xfl eGg
?rfp5' .

^_ cfhsnsf]gkfnL ; flxTodf
of]jfb] ; flxTosf]Jofks tfnf0{
j tdfg ; flxTosf]d ; nfsf] ?kdf
lngxG5 ls cfhsf] cfjZostf
7fGg' xG5 <

ljZj ; flxTodf klG of]jfb]
; flxTosf]cfk]gf] : yfg 5 . of]jfb]
; flxTo klG pTs[6 ; flxTodf bh{ePsf
5g] . pbfX/Ofsf] ?kdf alkLsf s[tx?
klG w]j]of]jfb] ; flxTo ; Da4 5g] .
alkLnf0{klG gkfnL ; flxTosfzdf
pTs[6 of]jfb] ; flxTosf/sf] ?kdf g}
w]j]lrG] u5G] . alkLsf /rgfx?
of]jfb] eP/ klG lgs] pTs[6 /
snf]ds 5g] . of] laifo ; s[clt / x]
; flxTo n]vg] ; sf/ k]rgdf gcfPsf]
xflG . t/ xfd]kfnfb]vg]ef/tlt/
af6 yk] ; :tf of] ; flxTox? lelqg]
u/ sf] lyP / g]kfnf klG To:tf
; flxTox? n]vg] . g]kfnf o:tf
; flxTox? gfd 5f] 5bd gfddf n]vg]
Jofkstf klG a] /L cfPsf] 5 . o:tf
; flxTox? ; dfhsf] dfu]zGsf] ?kdf
eGbf klG Joj ; flos ?kdf ; :tf of]
; flxTo kl:sP/ l56f] / w]j]k]f sdfpg
n]vg]u/ sf] eGg] abng' k5{

t/ clxn] gkfnL ; flxTosf] hg
dh kl]fx 5 , dhwf/sf n]vsx?
clxn]sf]cj : ydf of]nf0{cfjZostf
eGbf a9L dxTj lbP/ Totf lt/ uPsf]
5 h:tf] dnf0{ n]ub] . cfhsf]
; flxTosf]dhwf/ ; dfh ; fkl]f 5 .
; dfh / bzsf]lrGtgdf g]s[clt / x]
l ; hgf ug] ; sf/g]gkfnL dhwf/sf]
; flxTo xfl ePsf] 5 . j tdfg dhwf/
sf] ; flxTo ; dsflng cj : ydf e]xsf
/ ef]uL/xsf cge]tx?nf0{g} al9
cleJoQm u/L n]v/xsf] dh] kPsf]
5' . olb of] laifodf dfq lgb]zt /
s[clt eP/ o:tf ; flxTo n]vg]u/ sf]
5g]eg]lt ; :tf ; flxTo xg]V ; dfhnf0{
r]gf afG]eGbf pQ]hg k]nfP/ k}f
sdfpgsf]nflu dfq n]vPsf xg]veg]
abng' kb5 To:tf ; flxTosf/x? l ; sf?
xg]veg] abng' kb5 .

&_ ; ?eQm ; flxToaf6 cnu eof]
eg] ; ?eQmdf s]af'sl / xG5 <

To ; sf]kl/sllkgf g]ug] ; lSbg .
; flxToaf6 cnu ePFeg] d s]L
klG / xGg . lsgsl d]f] ; DkOf]
hljg g} ; flxTodf lat]sf] 5 .
af6L hljg klG ; flxTo n]vgsf]
?kdf g} cfk]nf0{ ; dlk] u/fpg]
kl]t1f u/ sf] 5' . ; flxTo eGbf aflx/
cfk]gf]sg]cl:tTj / xG5 eGg]lrGtg
g]u/ sf] 5g] .

*_ : sh]sfndf gf6s n]vg tyf
clego af6 cfk]m'kpf]jt eP/ of]
w/ftn ; Dd cf0{ubf gf6s n]vg]
sfddf rfx"slt of]ubf lbg]e of] .

ljBfylsfndf & slfddf k9b]ubf\$]
cj : ydf klxn] k6s gf6s v]h]sf]
lyPF. ljBfnosf]cleefjs lbj ; sf]
pknlodf cfk]h]gf6ssf]Pp6f kfqs]
?kdf clego u/ klG d]f] jf:tljs

gf6s n\yg/ lgbz ug\df SofDk; df
k9g yf\k15 ;? ePsf\xf]. @)#\$
;fndf SofDk; df cf0{P df egf{ePk15
g}d\yf gf6b cle?lr hfuf\yf] .
To; k15 kf\y/fdf obfk -o\ff gf6b
kl/jf/ _vf\y snfdf cle?lr /fv\g
o\fx?nf0{ ;u17t u/y klg cfk\h
gf6s lf\df s\l eldsf lgjff u/\f]
lyPF: To:t\u/L kf\y\h o\ff ;fFs[ts
kl/jf/ eGg; \ff u7g u/L hg ;\yfsf]
;\yfs ;lrj klg xFTo; ;dodf
gf6s klg v\h\yf]lyPF: To;h\n\yg\
/ /ud~r b\j]ljwf SofDk; df egf{
ePk15 g}d\yf]ofqf ;? ePsf\xf] .
To; q\ddf gf6s n\yg\ clegonf0{
klg ;F; F\InP/ uPsf\xF. %) ;f\kl5
rflxFgofFgofF\ud\? / lgbz s
n\ysx? cfP . To; k15 pglx?nf0{g}
To\cleef/f k: tfGt/Of u/y d n\ygdf
dfq s\Gb\ /xF. clxn\klg cGg gf6b
;\yfx?; F cfj4 5' / gf6s n\ygdf
klg cfk\h\h0{ ;lqmo /fv\yf] 5' .
gf6sssf\af\df eGg' kbff{d\yf]hljgsf]
n\ygsf\ /tdf cfwf eGbf w\]t gf6s
dfq 5g\ . Tolx eP/ /ud~r / gf6b
n\yg\ljwf dnf0{dg kg\n\yg\ljwf
xf] . clxn\yf]cj:yfdf gf6s n\yg\
tyf d~rg zGokfo e\sf\yf] 5 .
kf7sx? klg gf6s eGbf cfVofg tk\g
g\cfslif ePsf\kf0Psf]5 . t/ d
ljz4 ;flx\Tos snfsf]?kdf gf6b
snfnf0{g}pTs[6 ;flxTo snfsf]?kdf
dfG5' .

```
( _ g k f n l ; f l x t o s f / x ? / l j b z l
; f l x t o s f / x ? d f t k f 0 f f 0 { d g k g l
k f q x ? s f l s f l x b k
```

d/ŋ hljgdf nŷgnf0{k/ŧ ugŮ
;flxTosf/ egŮfŷdxfslj nldlkŷfb
bŷsfŷ gŷxg\ . ljBfno cj:yfdf
pxfŷŷ/f /lŷt dbŷdbg Ps hgŷ

lzlfsn] ; bfpgePKl5 pxfE] n\vg
klt cfsliif ePsf]x F. To; kl5 pxfE]
n\vg sfl/ tf / pxfE] lfdtfnf0{ d
cem æm] / k9] kpf; ub] uPF.
pxfE] ljbdfg ; flxTos axcfoldstfn]
d / fdf] ; kpf] j t ePF. dgfdbgb] v
k|dy; ; Dd, nldl lgaW ; k] v
lnP/ zfsGtn; Dd ; a]s; ldsf pd]
/ ; a]s; ldsf l j rf/ tyf ; a]sl; dsf
; fdfilhs ; Argfsf l j ifoa: tx?nf0{
b]sf] jn] jofks ?kdf ; flxTodf h; / L
k] j lbg eof] pxfE] ToxL axcfoldstf
af6 d w] kpf] j t ePsf] x F.

gf6s n|vgdf a9L nfu|sf| xgf|n|
afns[0f ; d / laho dNnâf/f d
w|}kpf|jt 5' . To;sf cnf|f eKl
z|rg, kfl/hft, z\$ / nfld5fg|d|f
c6o dg kg|n|v s xgX6S . ljb|zL
;flxTosf/ e6bf klg l|Zj ;flxTodf
;a|e6bf pTs[6 dnfo{dxfef/t nfu5 .
To; }dxfef/tsf|kpf|jn|d|}æ ; jfxf/f
wtl{el/ o1sf|snfn 3f|f?Æ gfds
slj tf /r|sf|klg 5' . of|slj tf dxfef/t
sf|syfdf cfwf|/t 5 . o; sf|dtnj
of|xf|ls ljb|zL ;flxTodf dnfo{dxfef/t
n|/fd|} 5f|Psf|5 . lsgsL d|f|f
cf|Eng / d|f|f AolQmut wf/Offdf
dxfef/t hlQsf| pTs[6 ;flxTo
l|Zjdf clxn|Dd csf|hlGdPsf|5
eg| d dfGg| ; lSbg . dxfef/tsf|
/rgsf/sf|cuf|8 d cfk|hf0{w|}
k8sf| ; Demg|ub5' . o; cydf d|f|f
nflu l|Zjsf| ; j|7 s[t sg|5 eg|
Tof| dxfef/t dfq xf| . To; afx\$
;flxTosf/x?df gf6ssf| lf|df
z\$; lko/, cfk|Gof| ; s lf|df x|d|j|
/l ; og pkGof ; sf/ b:tf|sL b|v
kpf|jt 5' . To:t|u/L ; dsflng l|Zj
;flxTosf| cfVofgsf| lf|df nfu|sf
oyfy|fbsf hgs eg| lrlgPsf
UoflaPnaf6 klg w|}kpf|jt 5' .

!)_ g[kfnL ; flxTo k9g]kf7s
36g'sf] sf/Ofnf0{tkf0n] s:tf]
?kdfIngXG5 < s[t pTs[6tf gxb'
cyjfkf7sx?k]ljw ; flxTodf-0-
; flxTo_ cfs[6xb'<

kf7ssf]sdl ePsf]t 5g] , t/
 klg ;do ;fk]f ;flxTo n]yg tkn[eg]
 n]vxs? klg nflu[kg]b]v65 . lxhf]sf]
 sfnv08df ;flf/ lzllft g]kfnlx?sf]
 ;wof sd ePklg c6o dgf]~hgsf]
 ;fwgx?sf] Jofkstf gePsf] xgfn]
 ;wofTds / u0fftDs ?kdf kf7sx?
 /fd]lyP . clxn]b7sf]hg;wofsf]
 lx;fan] / ;flxTonf0{cfkn]g] ?lrsf]
 laifo 7f6g]x?sf] thgdfd kf7sx?
 a9]klg j t6fg b7sf]hg;wofsf]cfwf/
 df eg]sd g]xf]eGg'k5{ . olQ xf]
 b7sf]hg;wofsf]cfwf/df clxn]kf7s
 u0fftDs / ul0ftLo ?kdf hlt a9g'
 kg]lyof]Tof]rfxL5g] . sh kf7sdf
 lxhf]/ cfh cf6ng ug]xf]eg]clxn]
 kf7sx? a9]b]5g\, 36]sf 5g]g\ . t/
 casf] ;dodf ;flxTosf/x?n] klg
 hgtfsf]efjgf / ;j]hgfnf0{ ;f]vg
 ul/Psf z]hlsf s[t k]sfzg tkn[wofg
 lb0]g eg] s[t pTkfbg dfq xg]5,
 kf7sx? ;6t16 xg]5g]g\ . r]gzLn
 kf7sx?sf] ck]ff cg?ksf] ;flxTo
 k]sfzg ug{ ;s]fFeg]xfdl n]vxs?
 klg lhDd]f/ x65]F. xg] eg]k':tsn]
 kf7s k]pg dl:snsf]cj:yf l;h6f
 eg]cjZo xg] ;S5 . xg]t x/]aif]
 ljleGg ;flxTos ;tyf tyf k]ti7fg
 x?n]ug]u/]sf k':ts d]hfd k':ts
 lsGg]/ k9g]kf7sx?sf]cWoog ;tsf/
 sf]lj sf; Jofks ?kdf a9]sf]5 . To]f]
 klg Pp6f alnof]k]p]f0f xf]ls kf7s
 x? ;flxTo k9g]slt ef]sf 5g]eg] .
 xfd]n]v /rgfx? pTs[6 5g]t/
 kf7sx?n]kl9lbPgg]egL kf7sx?nf0{
 nfl~5t ug{ xfdL ;Sb]g]F/ To;f]
 ul/g' klg x6g] .

!!_ gkfnsf /fdj gfd rn]sf
; flxTosf/x? @,\$ j6f k':ts
kpfzgu/kl5 cGo n]v /rgfx?
n]vglt/ pGdv xg 5fBL ; flxTosf/
aGg / cfkm'hf0; flxTosf/ egfpg
rfxg]kf7s x}; ot ePsfx?nf0{
cfkm'h]n]vlpP/ To; afkt Hofnf
c; h'lug[cf/fk klg w]y]klxn]b]v
nfub}cfPsf]5 . olb of] ; To xfi
eg]o ; f]ul/g' ; flxTos ck/fwxf]
ls xfdg <

xf] o:tf s'fx? obfsbf ; Ggdf
cfPsf]5 . s]x lbg cl3 dfq klg
lalj ; l /]8of]gkfnL ; j]fsl /]8of]sdL{
/df k/fhhln] ; flxTos 6]nkmf]g
jftf\$]k]k; udf pxf]k]k]g dnf0{olx
k]g ug[Psf]lyof] . o; }k]k; udf d]h]
o:tf]c]j:yf laz]ftM sf7df8f]dfq
l; h'gf ePsf]5 . /fdj /fdj ; h'fx?sf]
s[tnf0{a]f:tf u/L To:tf s[tx?sf]
Jofks k]rf/-k]rf/ ug] / c?4f/f
n]vPsf] eGg] s'fx? klg ahf/df
cfpg]u/}f 5g\ . d]h]rfxL]FgDg:t/
sf] ; flxTonf0{a]9 k]rf/ k]f/ ug{/
; flxTosf]eGgf n]vsn]w]y}rrf{v]f]g'
/ n]vsnf0{a]9 rlr]f u/f0g] ; *sf/
sf7df8f]f] /f]u xfi] . ; f]f]uo eGgk5{
of] /f]u kf]v/f; Dd cf0{k]u}sf]
5g . d kf]v/f a; }klg o; laifodf
; f]g] / cfkm'hf0{ k]g ug]u5{ ,
n]vsnf0{n]sg o:tf]u5g} < n]vssf]
s[t / n]v o x}; ot g]n]vssf]k]rf/
xf] lg . ; flxTodf cfPsf o:tf
l]s[tx?nf0{ dhwf/sf ; flxTos
k]ti7fgx?n]ca x]sf /fvg'kg]ePsf]
5 . l]s[tsf]la/f]vdfq u/} l]s[t
x6b] . o; sf]nflu /fdj] ; flxTosf/
x?n]/fdj] ; *sf/ a; f]ng'g]of]l]s[tsf]
pGdhg xfi] . s[tx?nf0{; xL AolQm{x?sf]
xft ; Dd k]ofpg' cfhsf]cfjZostf
xf] . t/ s[tsf]eGgf n]vssf]rrf{
kl/rrf{ul/g'l]s]l xfi]eGg rfxG5' .

!@_ oltsf aif{t n]vgofqdf
; d]k]f xg]ePsf]xgfn]tkf0{nf0{
xfn; Dd t Psnf]kg]sf]dx ; ; ePg.
t/ ca ; ? x]b]u/}sf]a9b]f]h]j]osf]
c]j:yfdf tkf0{sf]Psf]slkg]sf]
hljgn]slQsf]k/f]n]gu/}sf]5 <
d Psnf]5f]5g . ^ bfhef0{/ @
lbbLalxgl nufot xfn; Dd klg lhljt
a]jcfdfsf]d h]f]f]5f]f]x]F. xfi]d]h]
l]jfx ul/g . To]d]f]f]hljgsf]JolQmut
kf6f] / d4f/f ; ~rfInt d]y}a]xsf]
OR5f cg?k d]h]lax]gu/}sf]xf] . d
; F Pp6L 5f]L klg l5g\ . pgl klg
; /:jtl k]Llffsf]gfdn]n]vg]ul5g\ .
pgsf]klg xfn; Dd ; /:jtl k]Llffsf]
gfdn]@ j6f sljtf; *k]k]flzt klg
e} s]sf]5 . ; flxTos ofqdf lx8b]
lx8b]@)%% ; fndf d]h]tl 5f]L kfPsf]
lyPF. eGgnf0{; fdfco efiffdf wd]k]q
eGg]u/}klg d d]L 5f]Lnf0{x]po k]q
eGg ?rfp5' . lsgsl pgl d]L x]posl
5f]L xg\ . klxn] klxn] b]b]fblsf
dfg; k]q xG5 eGy] t/ d rfx]F]L
5f]Lnf0{x]po wd]L 5f]L eGg dg
k/fp5' . 5f]L kfPkI5 Hjf0{k]g
kfPFgftl klg kfPF. d zCotfleq
; DkOf]f dx ; ; ug{ ; Sg]AolQm xF.
d]f]f] ; f]g# aif]f]gftl klg 5 . 3/
5f]f] s]xL]Fhbf klg d gftLnf0{w]y}
ld ; ul//xG5' . d]h]lax]gu/}klg
kfl/jfl/s hljg af]F/x]sf]5' . ToxL
eP/ Psnf]AolQm]sf] ; d:of d]f]nflu
Tolt dxTj af]F]sf] ; d:of xfi]h:tf]
dnf0{nfub} . d Psnf]5f]f]y0g /
d]f]clj]f]lxt hljgsf]AolQmut kf6f]
d]f]Psf]slkg]x]F . o:tf]dx ; ;
dnf0{slxn]klg x]F . lsgsl d ; F
5f]L Hjf0k/ gftl d]f]f] ; fydf 5g\ .
!#_ tkf0{h]s]kl b]z sf] ; flxTos
ofqf klg k/f ul/ ; Sg'ePsf]5 .

dh's aflx/ sf] ; flxTonf0{tkf0{h]
s ; /L x]g]ePsf]5 < gkfn leqsf]
; flxTosf/x? sf]el8df8fo:k]f]/s
; flxTon] s:tf]ks8 hdfPsf]
dNofsg ug[Psf]5 <

; flxTos ofqsf qnddf cd]/sf,
x]Fst, sf]/of, ef/t nufot xfn stf/
; Dd cf0k]bf d]h] ; flxTo k]tsf]nufj
dh'saflx/ w]y}kfPF.

8fo:k]f]/s ; flxTodf lxhf]sf]
c]j:yfdf r]g]dfq hfu]sf]c]j:yf
lyof]eg]clxn]r]goQm ; flxTok]tsf]
lrGtg, k]k]4g ; flxTo k]h] / ; flxTo
kpfzgu/l]zi6 ?kdf kfPF. pTs[6tfsf]
s ; Ldf o; nf0{h'f]eg]cWoog ug]
kg]xG5 . hf]dnf0{k]k]t k':tsx?
k9kl5 g]eGg ; S5' . dh'saflx/sf]
; flxTodf ef/tlo gkfnL ; flxTo ; a]
eGgf pTs[6 /x]sf]5 . 8fo:k]f]/s
; flxTosf]cfkm]g]dxTj / :yfg 5 eGg]
s'f]nf0{ d]h]lxhf]sf]lbgdf klg
; j]sf/}sf]xf] / ef]nsf lbgdf klg
g]k]ndf /x]sf dhwf/sf ; flxTosf/
x?n]8fo:k]f]/s ; flxTonf0{ ; Da]f]vg
ug[k]b]y]sf]5' .



xflb\$ z'esfdgf

Irtjga6 dfl;s ?kdf kpfzgu x]F
cfPsf] ; DaGw dfl;s klqsf]sf]
; kmntsf]nflu xflb\$ d'undo
z'esfdgf JoQm ub5f]f.

;wg dxTf] k]k]f06/ tyf

I6<Nof08 n h

;f]fxf-@ -cf]f] , Irtjg

km]f]g g+)%)^-%*)@%\$

df]f]f]f]M (*\$%%@#\$)^

-xf]Lx]F]vg tyf a:gsf]/fd]f]k]k]Gw 5 .

Aotb

bfxf/L Is kmxf/L<

○ /lj eš 'fjfl'

alxglslf]bof 5 eg]
/fjL 3/ bf0 gfr]geg]=== .
l;wb/af/sf] vfkllaq cjl:yt
/J8of]g]kfnslf]k;f/0f s]baf6 bzsf-
b]v lbxgRk;f/0f xg]uy]ol s0f]k
ulx? . pd]ut pef]la;df plSnb}
ubf{/fjL a:g hfg]a;f'n'/x/n]emDs]
;fEendf /fjL3/lt/ cf]fnf]embf{3/
ufpRf/ /fjL a:g uPsf]e] gvfnb
x]egl ul/Psf]cNbf/sf]cgbo x]eGg]
of]ulstf]efjn]k]6 hgfp65 . To;
tfsf afxglf]lslf];dfhdf /fjL a:g
hfg k]taGw gePklg afxglf]lslf]
5f]f5f]Lx? /fjL wPsf]s;sf]sfFf]
cfFfn]7x/b]vdf kmnfgsf]5f]fnf0{
t s/s']a;f'n]5f]5 eg] To;tfsf
pl5Qf]sf]9Gyof] . af3 xg] emD6g]
lrt]f xg] lryf] xfdln] kfp t?gl
km]sfpg]km]hfg]8f]ldf r9f0{n]hfg]
h:tf sdf/ a:g]sf 76b]nf ulx?
xg]jf lx/0o ef]h'k/sf]kfnfsf]cfk"
t h7]hl x]fR x]fR 8h7, 8fnl 8fnl
gfr] , l6shl 6bfs, l6shl 6bfs,
eG5]x]r/Ln]df of gdf/ h:tf ult
b]v lnP/ ;v]df ;flngf ahah]tfn,
dg t?gf] ;flngf Hofg a9f] of] ;fn
h:tf ulx?n]klg TolQs}ahf/ kfpf
lyP . km]h km]Nof]af;gf, d';Ss x]fEg,
df of ltdf]h]fag nfnlu/'fEh:tf kf08j
;g]jf/sf ultb]v lnP/ 1fg' /foff,
;fljql zfx, /fdz/Of bgf, emnsdfg
uGw, af;b] dgfn, nfb axfb/ lqL,
8h]l a/f0f]lsf s0f]k nfb; ;s]fx?
plQ g]rfvsv;fy ;lgYof]. lgoldt
?kdf o; sf/Ofn]klg ;lgYof]ls
tTsflng k~rfotl Joj:yfsf]zf;g
sfndf /J8of]g]kfnfly ;/sf/

klfaf6 ;f]f xflng s;hf0{klg 56
gePsf]x]f Pkm=Pd= /J8of]sf :yfkgt
;f]x? zfxL ;/sf/s}uef]sPnP/
a;sf]lyof]. xg t cfwlgs ultsf]
km]6df klk gf/fo0fuf]kn u?jfrfo{
uf]kn of]hg, k]w]h k]wfg, km]Q]f,
eQm/fh cfrfo{ plbtgf/fo0f emf,
gftLsfhl, tf/fb]L, zflGt 76fn, bfjf
UofNd]h:tf x:tlx?sf cfwlgs sf]sn
s07x?n]k]d]Lb]v klZrd dxfsfnl
;Dd Ps5q /fh gu/sf t x]fR /<
nf]sufog tyf nfb bfxf/Lsf]qddf
adaxfb/ sfsL s[0f;wf 9Hfgf,
gf/fo0f /fodfem]qon] kfgsf] kft,
df of nhf0{;DemG5'lbgf]ft d:ofEbl
;nn eGg] bfxf/L ultnf0{ Dolhs
g]kndf /f]l8E u/fP/ nfb tyf bfxf/
>jsdfe kl:slbPkI5 nfb bfxf/L ;Gg]
>f]fx?sf]sfg Xj]Q}a9sf]lyof].
To;ahf b]v nfb bfxf/Lsf]nx/n]clxn]
;Dd klk s/Kk v]f] TolQs}ufR
/x]f]5 .

ca n]vslo pku]nf0{zlf]ssf]
s]flt/ g]kl/qddf u/fpgknf]eGg]
;f]f]5' . nfb ult Psn no cyjf
Psf]f]L, Psf]f]L x]f bfxf/L, bfxf/L
af6 t]f]L / t]f]Laf6 klk r]f]Llt/
km]8sf]df/kI5 km]f]f]L eP/ lg:sg
yfn]sf]oy]6 gd]f ulx? xfdlsxfF
au]tl e]6Psf 5g\.

o;/L bfxf/Ldf bu]w km]hfg]km]f]f]
unfsf/x?sf]s]L pbfx/Ofx? k]z ug]
hdsf]u/sf]5' . s/f]sf] >lu0fz
rflx]sf]n c]h]laf6 g]u/f]f. s]x
aif{cl3 sf]n c]h]ln] lgsfn]sf]
PNaddf k]n hfg kfd\eg]sf]n
c]h]lsf]s07 ;h]n]efEwt/f]j]gstf{

lzjhlnf0{u/sf]cgbo kSs}klg xfd]
ufpR/df ;j]hlDdP/ ;Gg nfhdbf]
tlhult x]eGg]d]h]c8sn sf6sf]5'.
nrxnxf]f]ee{f]f]a;f ePsf]ahfdf
;l4n]df6f]vPkl5 clxn]s) n]g]f]
sf6]klg lax]gePsf]tf]df vgf]b}
u/sf]cleJolQm pgsf]oyfy{cgelt
ePklg >f]sf]nflu nfhdbf]k]tlt
x]eGg]d]f]dg]nftn]7x/ u/sf]5.
dhf ePsf]eP sf7 kl;SYof] ;fn
ePsf]eP cu/f7 knf0{SYof] af]f
ePsf]eP 7;7;L ug]P/ lxE v]f0{
;SgkYof]of]pd]df lax]gePsf]tf]df
ultdfkm]f sf]n]h]lslf]ugf;f]x:of;sf]
nflu ufOP klk nfh/;klg >f]fn]
TolQs}cget ug{kfp5g\ . of sf]n
c]h]ln]k]n hfg kfd\eg]ult dfq
lgsfn]sf s]lyP ptf k]n]f]kfvdf
bfp x]f] a;sf csf{ufosn]k]n
hfg kfd eGg]h]f0{d]h]nfg kfd eg]
emGf/f]x]f]kluxfn]. To;kl5 t k]n
hfg kfd eGg]/ k]n hfg kfd\eg]h]f0{
d]h]nfg kfd\eg]unfsf/ alr 7h}
zLto4n]a]t]k lnPkI5 cbfntsf]
b]f]Dd klk ku]sf lyP /]eGg]ckI6
x]f rnf]lyof]. Toln]dfq s]wlt
dYof]/ sf]n]h]lnf0{clxn];Dd df]g
sf]L cf'5g lax]ef5g eGg]ulstf]
sf]f]h]dRrfpg kluxflng\ . ?3fsf]
nlf0f sf]f]h]lrlgG5 cf0f]f]nlf0f
x]f]h]lrlgG5 eg]f]f]f]f]f]f]f]f]
km]s]wfuf]af6]d;Ss dl:sb]tGg]L
x?nf0{cfk]h]f0{[lax]ug]nx8n];tfPsf]
s/f kl:sPklg s7]tl a]af]lnsf]f]
xft yf]g s;h]b';fx;ug{;s]g\.
Psr]f]l t,
tN;lk/df d hf]f v]/

e6]xh/ uhasf]tGg]L
p;n]eGof]P gfgl ufhn]
d t d/fnfhn]
e6b} sf7df08df cfP/ v';Ss
s'/f km'sf0xfing\ . tklg Totfaf6
klg s]L 5f6b]vPg5 . sf]n cf]hlsf]
lax]gePsf]uyf; fhf0{yfE g}/fvfE
n'sL 9fE s'/f s]eojf/ k; + sf6bfpE
Psk6s cfkm]gf]cNbf/]pd]/df ufpE/
sf];Togf/foOf khfdf; fylsf]nx]x]df
bfxf]L ufpG eg] kluof]. u'E ufpE
gfgLx? dvdnl 3n's nufpE]ktnlsf]
cf^adf nk6]sf]gfgfem]fkn6] I/IdSs
kb]ult ufpG xflh/ ePsf lyP . ult
ufpg hfg]; fyl l; sf? g]/x5g\ . 9+
k%ofP/ /+sf]ult ufpG ghf6bf p
ahfdf sfnf]afbn]gkfpG'bv kf0Psf]
lyof].

xfdf]af/L cfn' / sfpnL
ltdf]af/L afE]5 s]vfpnl .
eg] ultsf]esf/L egfpE]; fyln]
eGgdfq s]ku]sf]lyof] ult]ltdf tl
gfgLx?n]/ftlbg ufpE/ rxf]/] lx8g]
; Edfnf nfpE'bv kf0G]xf] ls eg]
ulttfsdf g]c; d~h; JoQm ul/g\.
tl gfgLx?sf]c; xdltefj aen]k15 ; fE

g]3/af/ gxg]g]eof]ls eg]h:tf]
u/] ;fyl t cfkm]gf] bflxg] xftsf]
rf]L cf]f tl ult ufpG]gfgLx?sf]
gfs]df 7f]sfpE' em]ub] ultdf
sln]fn].

a6]L ltdl gag 7fn'
blgofE]sNr]sf]lkEfn' .
olQ eGg dfq s]EofPsf lyP .
avfg u/L ;fwo ePg lg al/n}Tof]
/ft . ToxL cfEg 5p]df ePsf]lkEfn'sf]
v]df dlG c8bfp/ /fv]sf]3f]f]lnP/
kf]nv]yfn]xf]7fs' ufpE6 /flt
x]E]. Tof]dwo /ftdf g sf6nf]elgof]
g sfE elgof] g ; dy/ elgof] g
8fE elgof] . cfkm]g]3/sf] s]/f
af/L ;Dd NofP/ 5f]8lbP lg s7} .
Tof]lbgaf6 bfxf]L ufpG hfg] gfd
lnPk15 cfkm' t b/ bxf0{.

dflysf]k; + NofP/ km]/ Ps k6s
hfE]f. ch6 u]g]gdsf unfsf/n]
ug]u%of]an/fd eE] kfn]
blgofE]f]v]E'bwdf kfgl xfn]
eGg]la8E]ult lgsfn'sf dfq s]
lyP csf{unfsf/n]ufpE]hf0{kfog
b]vfpG /fE]lsg] 7h}pTklQ u/
h:tf]7fg] /fE]kfn] eGg]ult lgsfnL

/Tggu/df u7g eof]/fli6e nfs ehg r8sf ; +lf0f klti7fg

k]Ll]rtjgsf]/Tggu/ gu/kflnsf
df /fli6e nfs ehg r8sf klti7fg
lhNnf sfof]ldtl u7g ePsf]5 . l6sf/fd
nflD5fg]sf]cWolftdf ul7t pQm ; +ydf
!% ; b:olo ; ldtl /x]sf]5 . kfZrflo
tyf ef/tlo ult tyf xfn nfs bfxf]Lsf]
gfd df uf0G]Znlntf l]lxg ultx?n]
gkfnL ; +s]tdfly cltqndOf u/L skpfj
kf/]sf]x]E k/fk]Efn b]v kf/Dkl/s
?kdf uf0G]cfPsf]nfs ehg tyf r8sf
sf]df]hstfsf]/lff / o; l]wfsf]p]yfg
/ ufpE6 ; x/ ;Dd o; sf]Jokstf u/fpg

o; klti7fg u7g ul/Psf] cWolft
nflD5fg] atfP . s]cbp sfof]o
kf]/f /x]sf]o; ; +ysf]s]cbp cWolftdf
nfs bfxf]L tyf ehg r8sf ufos
khfkl t k/fhhl /x]sf 5g\ . /Tggu/
df ul7t lhNnf sfof]ldtLsf] kyd
pkfWolftdf bz/y ; fksf]f, lalto
pkfWolftdf ; Ltf sE]h ; lrjdf /dZ
/fgf, sf]ffWolftdf /fDs]Of bhfn
/x]sf 5g\eg] ; Nnfxfsf/x?df ldng
nfd, /fh]b]x]dfn, k]sfz eS/f0{/
g]hl kGt /x]sf 5g\.



5f8]. Tolt dfq]s]sf]/x/ kUYof]
/ bfxf]L ufogsf kf/vLx?nf0{ km]/
Pshgfn]8f0j/ bf0{dg k%of]dnf0{
eg] ult lgsfn'sf dfq s]lyP Tof]
ult hGd]f]alifE'klg gk]b}csf{
ufosn]

x] g x] vnf;L sf65f ef0{
dg k%of]e65 8f0{/ bf0{ .
e6b}p:t}cgxf/ ldNg]ult ufp/
rltE'nf b]v]f0]fn]. s]L ; do cuf]8
ahf/df lgl:sPsf] emkfnL :ofEhfnL
bfxf]ln]klg :ofEhfnL emkfnLsf]x]E
g]lng]sfd ePsf]5 eGg]xNnf klG
; g]sf]5' . nfsult t ; GbZdhs
xgkg]df o:tf bfxf]ln] km]xf]L ?k
wf/Of u/L15 ; dfhdf o:tf nfs tyf
bfxf]L ultn]s:tf]; GbZ km]hfpE ; xh}
c8sn sf6g ; ls65 . nfs tyf
bfxf]ln] t ufpE/sf kl8f, pTkl8g,
k] ; j] / wd{ ; GbZ k]fx ugkg]df
o:tf ultsf ; GbZn]gofE'nf0{s:tf]
lbzflt/ 8f]ofpE of]cfhsf]; f]glo
klf x].

E-mail: rabi_roshi@yahoo.com
xfn] bfxf, stf/



○ ;l/ tf vgn



kqsf]cGtdf d afs}lgldt Gofosf
nflu n8h}5'. xPFSlt-hh rk a:bfj
/5 kf6l{-;/sf/_ . Gofosf];3if5fj
lgldt d6'alnof]agfP/ c:t'ePklg
gln0{ufpFgkms6j]dgl:yltdf 5' .
cflzjff tkf06fj].
xh/sl 5fj/L . ❖ ❖ ❖

ckf# eP/ klg ; jnf# eGbf pRr
hLjg af'r]sL 5g\piff

○ /lj /fjfl

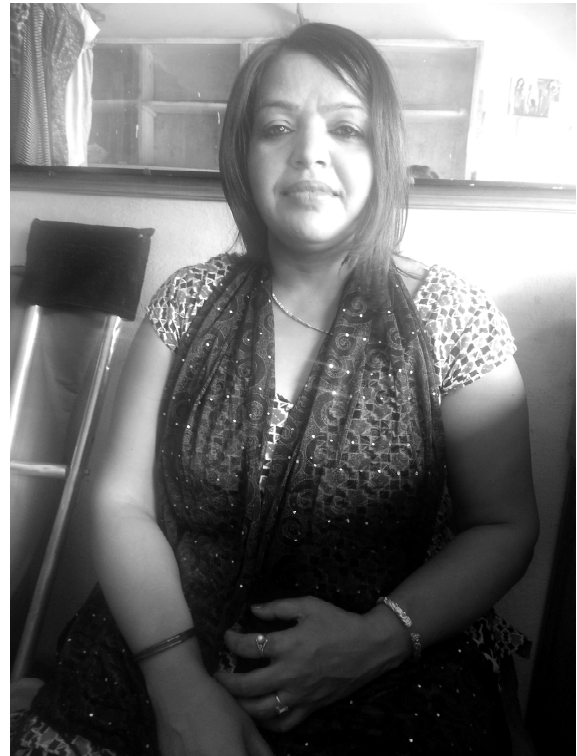
xflgfy afFtjfh / gGb sdf/L
afFtjfhfsfj sfjvaf6 @#\$;fndf
hlGdPsl piiff tlg lbblalxglDwo}sf65
xgl . @)%^ ;fndf bflxgl} ufBfsfj
3Bdf ;d:of b}vPkI5 df/jf8L ;Jf
;dfh al/un] al/u
u/}fj: jf:Yo lzlj/df ck}zg u/fPkI5
pgsfj3Bdf c? hl6n ;d:of b}vf
k
3Bfsfjhfglj}lgsfn] kmflnlbPsfj/
6f6f klg gnurf0{5fj8lbPkI5 cfk
w]}zf/lI/s / dfgl;s kl8f ePsfj
atfpI5g\ . ;d:of hl6n xB}uPkI5
sf7df08fBfjh}kf6L:yt cyf}I8s
c:ktfn / laP08la c:ktfndf
pkrf/ u/fpg} qmddf k/f @ aif{
c:ktfnsfj:6}kdf ;t} latfPsfj}xfnl
nfUbf] Toj lbg :d/Of ubIatf0g\ .
sl/a @ aif\$}pkrf/kl5 klg pgl
cfk
xfn;Dd c;lfd g}I5g\piiff . t/ klg
pgn] hljgaf6 slxn]xf/ vf0gg\/
clxn] klg ufjnuhfFsfj efu b}v
dflyNnf] sl6 ;Dd * shlsfj u?ufj
a}6 nufP/ lx88h ugIu/}L I5g\ .
cfk
l3l;P/ lx8y?sf nflu s}L ug{k5{
eGg] ;f}r} cfk
lasnf+tfnf0{pgn] e';Ss lai;P/
cWoogsfj;fy};Lkdhs tfInd lng
;? ul/g\ . cWoog / ;Lkdhs
tfIndsfj k}zlfof kl5 ar}fj ;do
pgn] cfk
czQm cktux?sfjnfllu k}Off agb)/
;xofu ugdf g}tGdo xg yflng\ .
klxn]k6s dlxn dfu{bzg s}bpf
PDaf08/L tfInd lnPkI5 pgn]lhNnf

ljsf; ;ldlt nufot ljleG u} ;/sf/L ;tyf tyf cGo ;tyfx?af/f ;~rflnt yk ljleG ksf/sf] ;lk xfl; n ul/g\ . xfn;Dd piffn]dlxnf dfu}zG s]b|nufot 3/h' tyf ;fgf pBf]faf6 ;~rflnt ;lk ljsf; tfllnd, pBdzlntf ljsf; k|zlfof, (Council Of Technical Education And Vocational Training (CTEVT), dlxnf g|tj k|ti7fg, National Demorcatc Institute, oP;P8 cd]/sfsf];xofuL ;+yfaf6 klg k|zlfof lnOfkof6g; l8hf0g, PDaf08/L, pBdzlntf ljsf; laz]faf6 l;nfo{ agf0{tyf s6f0sf] k|zlfof lnP/ cfklnfo{ kOf{ ;lkjfg agfpg ;knn ePsl l5g\ .

a8f] d]xgt / cgzf;gsf] ;fy
k]zl f0f k]kt u/]sf/0f pgn]To:tf
;yfx?af6 yk] k]zxfkq / cfk]h
l; s]f] ;lk c?nf0{;sfP/ ;lkjfg
agfpg ;3fp k?ofP afkt yk]sb/kq
klg k]kt u/]l 15g\ . cfk]h]k]kt
u/]f] /fli6æ tyf :yfgLo :t/sf]
k]zxfkq / sb/kqsf]7]h]b]/f]p]pgn]
lj: dosf] ;fy elgg\ . æfxdl ;lkdf
olt ;an ePsfx?nf0{ klg ;/sf/
klfa6 :yfol /f]huf/ lbg ;s]f]5g .

ckfux?sf] sffdf klg gftfjfb /
s[fjfb]sf] sf/Ofn] ubf{[;ldt kx
jfnfx?n]dfq o;sf] kmfOf cgluGtL
p7fPsf 5g\.

ckfux?sf]nflu g)s]L ugk5{egl
ltg}piff >]7 ckfux ;dfh lrtjgsf]



```
;#yfs sfjff\wlf eOgleg))^(÷)^*  
df ;f\ ;#ysf] cWOLF h:t] lhdDjf/L  
kb klq ;Dxfng klug\. To:tf ;#yfX?df  
pgn]k|Zlfsf]nf0{; k|t u/kI5  
/fli6&ckft+sf]f tyf ;dfh sNof  
kl/ifb Cgtuf ;~rflnt I;nf0{agf0{  
k|Zlf0f lbq]sfd klq ubTcfPsl I5q\.
```

@)\$% ;fndf cfk;l ;dembf/Ldf
bjjv\$fsfje/df lxBg g;Sg]afns[0f
>]7;+ cGthf{to ljjfx u/}L piffsf
b0{;Gtfg 5g\ . lz lff gjhlg pGltsf]
kyd s8L xfeGg]s'f /fd/} f aem}L

piffsf ! 5f/f / ! 5f/L 5g\ . gl ;
ljwfsf] k9f0{k/f u/L pgsL 5f/L
xfn gf/fo0f ;fdbflos c:ktfndf
hflu/]l5g\eg]5f/f rfxLpRr lzlf
cWoogsf] nflu xfn ef/tsf]
aWnf]df cWoog/t 5g\.

xfn pgl k[f]lws lzlf tyf
Joj ;flos tflnd kl/ibaf6 ;~rflnt
/fli6α ;lk k[zlf0f ;f cfa4 l5g\
eg]ojf tyf ;fgf Joj ;fol :j/f]huf/
sf]f ;lrjfnol ;w/jf/ sf7df08f6
;~rflnt cleofgdf klpgsf]ljz]f
eldsf /xg] u/β]f pgl atfp5g\.

To:t]u/L g]kn ;/sf/, cy{dcqfno,
ojf tyf ;fgf Joj ;fol :j/f]huf/ sf]f
;lrjfnol tyf g]kn r]a/ ckn
sd ;f/f ;αQm ?kdf ;~rflnt
cledVls/Of tflndx?df klpgn]
k[zlfssf] eldsf lgefpg] u/β]f
atfp5g\.

xfnsf lbgx?df pgl cfm]g]tj/df
l;nf0{agf0{tyf PDj]08/Lsf]k[zlf0f
lbg] sfd ul5g\ eg] sf7df8fβ]f
hf]kf6L l:yt g]kn ckt+ ;3, e+k-
ckf+ ;dfhsf] sf]ffWol, ckt+
hfu/Of cleofg, u0fz ;t >j0df

k]olf?kdf cfj4 /xβ]l l5g\ . pgl
el5g\ zf/Ll/s ?kdf ckt+ e06f]
e66f] lzlf / ;lkaf6 cfm]hf0{al~rt
agfpg]sfd hf]sf]xn]dfgl ;s tgfjdf
cf0{ljllkt hljgofkg gug{cg/f]y
ul5g\ . zf/Ll/s ?kdf ckt+ ePklg
dfgl ;s ?kdf cfm]hf0{ bxf] agfP/
lzlf / ;lk xF]n u/L cfm]g]eljio
phjn agfpg ;Sg]pgsf]bfj /xβ]f
/ piff nufot xHhf/f]ekf+tsf]hljg
afF/xβ]f?sf nflu k]0ffsf] >f]
/xβ]fpgn]atf0g\.

❖ ❖ ❖

zfsxf/L xg's f]kmf0bf

hljs ?kdf df5]peoelfl hlj
xf]. cyf\of]dfzxf/L / zfsxf/L
bā]xf]. oBlk sf]L dflg ;n]df;h6o
kbfy{vfbg\ / zfsxf/L x65g\ . t/
;dupf ;a}df5β]f hljs rl/qsf]
JofVof ubf{dfgjhfltnf0{peoelfl
e6g]ul/5 . dflg ; zfsxf/L ag'jf
df;h6o kbfy{gvfgsf lje6g sf/Of
xg ;S5g\ . 3/kl/jf/sf] ;sf/, wd{
k/Dk/f, c?rl jf dgf]lflgs kβ]f .
df;'vfbf :jf:Yodf c;/ k5{ /
zfsxf/L ef]hgn]nfe x65 eg]hfg]
zfsxf/L ag]dflg ;x? lgs}sd 5g\.
jf:tjdf hf]zfsxf/L ef]hgsf]nfe
hf6b5 / ;f]L d'tfljs dfzxf/L ef]hg
Tofu u5{Tof] :jf:Yosf b[i6n]dfq
ge}dgf]lflgs lx;fadf klpg kmf0bfhg
x65 .

lg/f]uL kβ] zfsxf/L agsf]klxnf]
kmf0bf eg]sf]o;n]tkf0β]f]kβ] :j:y
agfp5 . zfsxf/L df5h]df;sf]
;f6f]kz:t]xl/of] ;fu;Ahl vfg]ePsfn]
x/Lof] ;fukftdf kf0g]kmf0a/ tTjn]
cf6bf tyf ;du]kfrg kPffnlnf0{:j:y

/fv g d4t u5{ . ;fukftn] kβ]sf]
Sof6 ;/sf] vt/f klpg sd ug]
atf05 .

af] ;af6 dIQm ;j:y d6 zfsxf/L
cfxf/df sd lrNnf] tyf ;f]8od
kf05 . dfzxf/L ef]hgdf xflgsf/s
af]f]kf0g]ePklg zfsxf/L cfxf/df
kf0g]lrNnf]kbfy{dfgj ;/L/sf nflu
xflgsf/s x65 . o;n] /Qmrfksf]
lgo6fsf ;fy]d6hf0{:j:y /fv g d4t
u5{.

ljifs] hf]vd sd zfsxf/L
ef]hgdf sgklg kβ]sf]ljifh6o tTj
x65 . t/ dfzxf/L ef]hg slxnβ]fL
ljiffQm ;d] ag ;S5 . kzsf]z/L/
df klpg :6f]8 nufotsf lje6g tgfj
xd] kβ] xg] / tl xdf]x? pSt kzsf]
df;df ;d] /xg] ePsf] To:t]
xd]oQm df;'vfbf To]xd] dflg ;sf]
/utdf ldNg u]To;n]/utnf0{ljiffQm
agfpg]vt/f x65 . ;fy]df;sf nflu
Joj ;flos ?kdf kflnPsf sV/f, xF
jf c6o r/fr?uL / kzx?df lb0g]



j[4 xdf]oQm ;0sf sf/Of To:tf ;0
nuf0Psf kzkHsf df;'vfbf klpg
dfgj :jf:Yodf g/fd]c;/ k]5 .

Sof6 ;/sf]hf]vd sd zfsxf/L
cfxf/df Pl6cS;L806 tTj, njOf,
le6fldg tyf c6o kβ]t]k]fs tTj
kf05 . ol k]fs tTj xdf]zl//sf]
/f] k]t/f]y lfdtsf]ljfzsf nflu
clgjfo{x65g\ . /f] k]t/f]y lfdtf
pRr xg'eg]sf]Sof6 ;/ h:tf c;f]wo
/f]sf]hf]vd ;d] sd xg'xf] .

jhg lgoGq0f zfsxf/L ef]hgsf
nfex? dWoβ]fPs xf] ;/L/sf] jhg
jf dfβ]kg lgoGq0f xg' . zfsxf/L
ef]hg kβ]df kRgsf]nflu clns w]}
;do nflu]ePsf]jefβ l9nf]nflu5 .
h;sf sf/Of vfg] b/df sdl cf0
:jtm dfβ]kg lgoGq0f x65 .

Iz Ifddf ; 'rgf klj lwsf]kl/ ro / kl/efiff

IjBfyl\$fl; sf0{klqnof, lzlfssf
lfdttf ljsf; klqnof / ljbfnosf
JoJ:yfkg klqnofdf ;'rgf klj lwsf]
cxdlvdsf /x\$flxG5 . ;'rgf klj lw
eGgn]s]n slfdf sDkoB/sf]kpfu
/ l;sf0hf0{dfq a%g' ck0f{xg5 .
o; qmddf /]8of] 6]nlehg, 6]nkmf,]
kfh\$6/, l8lh6n Sofd]f jf sDkoB/
h:tf ;'rgf tyf ;~rf/ klj lwsf
pks/Ofx? lzlf0f ;fdul'sf ?kdf
k/Dk/fut ;fdul' eGb c' ;fble\$,
pkoQm, blf / kpfjsf/L ?kdf kpfu
ug{;lsG5 . ;'rgf klj lwsf]dfWod
af/f pknAw ;'rgfx?sf] ;\$ng,
ljZn]f0f, e08f/Of Pj+kgpkofu l56f]
5l/tf/ lJzj; glo dfWodaf6 xg]x\$
jt0fg lJzjdf ;'rgf klj lwsf]dxTj
cuklQmdd /x\$fl]kf0G5 . lJzjnf0{g}
Ps]7p\$ af\$;kmn o; klj lwsf]
;xofun] ljsf;sf Pj+;Defjgfsf
cg\$79\$fx? vNb}u0/x\$fl 5g\ .
lzlfddf klg cfwlgs ;'rgf klj lwsf]
;dlrt / JoJ:yt kpfun] lzlfssf]
u0f:t/nf0{gofFcfofd lbg] tYonf0{
hlt l56f]cfTd;ft ug{;lsG5 Tolt
g}zlffsf]bfo/f km/flsnf]xg\$sf ;fy}
lzlfssf];fdYofhf0{c' a9L phf{kpfu
ub5 . ;'rgf klj lwsf]b]t/ ljsf;;
ltgsf]j9bf]k;f/ / pknJwtf, ltgdf
lglt lJifoj:t\$fl]k\$[t / 36bf]dNof
sf/Of l;sf0{klqnofdf o;sf] kpfu
cyk0f{xg ;S5 .

gkfnndf lzlfddf ;'rgf klj lw
kpfu

ljBfnosf?df ;'rgf klj lwsf]
ljifout k9f0\$fl]z?jft sXl jifv

x\$cfPsf]5 . lJz]fu/L kf0\$ af]8\$
:shx?df o; klj lwsf]kpfu
clwstd\ ?kdf u/\$fl] kf0G5 .
;/sf/L ljbfnosf?df klg ;'rgf
klj lwsf]k9f0{Pj+kpfu lJ:tf/ x\$
uPtfklg ef]ts k]f\$ / Pj+nufgl
cefjsf sf/Of clwsfz ljbfnosf,
ljBfyl? o;af6 jl~rt x\$cfPsf
5g\ . km] / klg lJzjdf a9b}uPsf]
;'rgf klj lwsf]lJ:tf/ ljsf;sf]kpfj]
gofFk:tfx?sf]cfsif0f o;klt a9b}
u0/x\$fl] kf0G5 . cleefjsx? klg
cfklgf ;Gtfgx?nf0{ ;s]Dd o;
klj lwaf6 nfeff]t u/fpg rfxG5g\ .
ljifout ;\$;JoJxfl/s ?kdf klg
;'rgf klj lwsf]kpfu ljbfnosf Pj+
ljBfyl?df a9b}uPsf]kf0G5 . ;'rgf
klj lwsf ;fdgx?sf] lgoldt dNo
lu/fj6 Pj+gofFklj lwsf] Jofks
ljsf;n] o;df kx\$Fsf] c; /nf0{
w} ;xh agf0lbPsf]5 . ljbfnodf
sDkoB/, 6]nlehg, l8lel8, l8lh6n
Sofd]f, xj0\$af\$ { 0\$6/g\$, cl8of]
lel8of]/\$8{, l;8L h:tf klj lwsf]
kpfu clgjfo{h:t}e0{s\$fl] 5 /
lzlf Ifu jf:tjdf g}nfeff]t x\$
cf0/x\$fl] kf0G5 .

'rgf klj lwsf ;sf/ftds klfx?
! = af/Daf/ bfxf]ofP/ kpfu ug{
;lsG5 .

@ = ;'rgfx? bl3\$fn;Dd ;'llft
/fvG ;lsG5 .

Ps]k6sdf Ps};fy 7hf];dxdf'
klg ;lsG5 .

\$= l56f] 5l/tf]Pj+Jzj; glo ?kdf
;'rgf klj fx ug{;lsG5 .



%= lJBfyl{ s]Gb] kpf]nl xgfn]
ljBfyl?sf] ?rlnf0{sfod /fvG
;lsG5 .

^= lrg, /\$ / wjlgsf];ld>Of xgfn]
kpfjsf/L ;'rgf klj fx ug{;Dej
xG5 .

&= ;'rgfx? Ps 7fp\$6 csf]7fp\$Dd
k\$ofpg ;/n, ;xh / lskmfotL
xG5 .

'rgf klj lwaf6 ;r]t /xgkg]
klfx?

'rgf klj lw;F;DalGwt ;fdulx?
a9L dNojfg xG5g\ . w}nufgl nlf]
xgfn] ;a\$fl] kx\$Fdf k\$ofpg sl7g
xG5 .

! = ef]ts k]f\$ /x? dx\$ xg\$sf ;fy}
lgdf0f sfo{;xh x\$g\ .

@ = ef]ts ;'rgfx?sf] lgoldt
dd\$;Def/sf] JoJ:yf clgjfo{
xG5g\ .

klj lw kpfu ug{ghfg]f ;f] /
;fwgsf]rsf]dNo r\$fpkg5{.

\$= klj lw;F;DalGwt ;fdulx? sd
jftfj/Ofd\$ xG5g\ .

%= blf hgziQm]sf] pknAwtf Go\$
xG5 .

^= ;fdulx? l56f]l56f]ck8\$ e0{
xg]xbf\$;fdul'sf]dNodf l56f]l56f]
ptf/r9fj cfp5 .

&= ;fdulx?nf0{ef0/; , whf]h]
66km6 Pj+rf]Laf6 ;'llft /fvL
/xgk5{.

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dlxnfx? : j tGq ?kdf afRg kfpGk5{

○ dflDdb cfotNnf /xdfg

xdfj];dbfodf c' klg lkt; Qfids
;fj]sf]ljsf; e0/xsf]5 . gkfnsf]
clwsfz 7fpff z]lfs, cfly\$,
;fdflhs, /fhg]ts, wld\$ tyf
kl/jfl/s 9un]x/ \$ Ifpxzdf k?ifj
b]vPsf]kf0G5 . ;\$; kfs[ts lnt
xf] eg] h08/ ;fdflhs lnt xf] .
h08/nf0{;dfhn]lgwf{Of u5{. tyf
dlxnfx / k?ifsf] afgl Jojxf/nf0{
;dfhn]lbPsf]x\$ hGdb]v g}k?if
;fx;L, blxhf] / cfRnf]xgk5{h:tf
;fj]f0{sfod g}5 . sgklg cG
k]toflutdf xf] h;df clwsfz
k?ifxzn]dfq}cj; / kfPsf xG5g\.
dlxnfxzn]f0{hGdb]v g}3/sf]sfd
ugI dg ;fgf] ePsf] tyf ;a\$E
;xsfl/tf ugK5{eGg} ;fj]nf0{
clxn];Dd klg lg/Gt/tf lbPsf]kf0G5 .
ca cfhb]v gjo:tf lsl;dsf dlxnfx
tyf gf/Lxzn]f0{e]efj lxfhgs ;fj]
nf0{/ lkt; Qfids ;fj]nf0{a]jf;
u/L dlxnfx / k?ifnf0{;dfg ?kdf
;Ddfg tyf ljleGg cj; /xzd;dfg
?kdf lx;f kfpGk5{ . To;sf/Of
;dfhâf/f lgwf{/t ul/Psf]k?ifdf
b]vPsf]lnt e]nf0{kl/jtG ugK5{.
jf:tjdf]k\$[tn]e] agfof] / clxn]
To;nf0{g};dfhn]e]efjdf abn\$]f]
5 . To;kl5 ;dfhn]e]Gof]ls k?if
pQd:ql dWod 5 . ToxL b[i6sf]af6
k?if / :qlalr lxfhgs Jojxf/
e0/xsf]5 .

xdfj]gkfndf k?ifjbl ;fdflhs
;fj]n]ubf{dlxnfxz k5fl8 k/\$f]
b]vPsf]5 . xdf]3/, kl/jf/ tyf
;dfhn]dlxnfx / k?ifalr hGdb]v g}
ljleGg ul/b}cfPsf]5 . To;sf/Of

lsl;dsf ljleGg x6fpg, dlxnfx lxf
cGTo ug{;a}dlxnfx / k?ifxzn] klg
hfu?s xgk5{ . lj8Dagf sltko
7fpffdf k?ifn]dlxnfx lxf ;DaGWL
ug[sfoGmxdzdf dlxnfxsf cfjfhnf0{
;g]f0{ugI tl/ hfu?s x\$fx\$ klg
kl5 cfP/ cfkmg]3/, kl/jf/df dlxnfx
dfly ljleGg lsl;dsf ljleGg, lxf
ePsf]36gf ;Gg]u/\$f 5fj. h;sf
nflu To:tf k?ifn]dlxnfx lxf lj?4
sfd t u5G\ t/ To:tf k?ifxzn]
3/fo;L lxf a9L xg]u/\$f]b]vPsf]
5 . ca pxfKzsf]nflu d cfhb]v g}
kl/jtG klxn] cfkmg]af6 ugK5{eGg
rxfG5' . cab]v dlxnfxz Psh6
geP;Dd / cfkmg]af6/df cfkmg]
ga' ;Dd cfkmg] kfpG] clwsf/
;lgZrt ug{;StGg\ . dlxnfx dflysf
pTkl8g tyf lxf cGfo ljleGg cf]bnf0{
pGdhg ugK5{. jf:tjdf xdf]g]kndf
hgu0fgsf lxf;fan] %!Ü /x\$]f]
dlxnfxnf0{/fhon]x/\$ Psf0df ##-%
; ;xfluttsf]cf/lf0f tf]sPtf klg
clwsfz Ifpxzdf dlxnfxnf] ##Ü
clwsf/sf] sfof{og gePsf]
b]vG5 . To;h]3/kl/jf/ ;dfh /
/fi6xf0{;b0 agfpg dlxnfx dfly
lxfhgs Jojxf/ tyf pTkl8g xffG
Gof, ;dfgtf, ;x\$otfsf] Jojxf/
b]vfpG x/\$ k?ifjbl ;fj] ePsf
JolQm;dfh tyf /fhon];d] ;xof]
ugK5{.

jf:tjdf k?if, 8fS6/, kf0n6,
OlGhlgo/, cGj]fs h:tf dxfGJolQm
xzn]f0{hGdb]lbg]Ps dfq dlxnfx xg\.
ljleGg ;d:ofxzn]f0{lr/knf/ ubI(
dlxgf;Dd cfkmg]sf]ydf /fv] lgs}

kl8f ;x] Ps gjhft lzzsf]hGd
lbG5g\clg cfkmg]z/L/ ;sfP/ :tg
kfg u/fpP5g / cg\$ vt/fxzn]af6
arf0{Ps ;kmn gful/s tof/ kl5G\.
t/ s:tf]crDd hGd lbPsf tl ;lfd
gful/saf6 g]ljleGg lsl;dsf ljleGg
tyf lxf dlxnfxnf]g]v]k/x\$ 5g\.
To;sf/Of k?ifxzn]cfkmg]cfkmg]nf0{
k?ifjbl tyf lkt; Qfids ;fj]f0{
/fvG'k?ifsf]7hf]dv\$xf]. jf:tjdf
k?ifeGbf s\$]z]lQmzfnl, u0fjfg ePsl
dlxnfx xg\ . ca dlxnfx lxf
Gofgs/Of ug{cfh xdf] b\$]sf]
cfjzostf / olusf]rfxgf xGsf ;fy}
tkf0{xdf]st\$ klg xf] .

jtdfg cj:ydf clwsfz dlxnfx
xzn]@\$ 306fdf !* 306f 3/fo;L
nufot clkl;on sfdx ul//x\$ 5g\ .
tkf0{xfdl] ;f]b]vPsf]l
xfdl ;a] k?if / dlxnfxnf] b]gsl
?kdf ug[sfdxzn]sfaf/df thgf u/fj
t To;sf/Of b]v / kl8fsf]kl/efiiff
tkf0{xfdl]x\$ b]v / kl8f efl; s\$
dlxnfxnf]dfq} /fd]E kl/efliiff ug{
;l5G\ . lnt lgwf{Ofdf k?ifsf]k\$]v
e'ldsfll xdf]3/, kl/jf/, ufpF
;dbfodf 5f]f ghGdfPsf]lgx\$
dlxnfx;E ljleGg lsl;dsf zf/Ll/s
tyf dfql;s lxf clws dfqdf ePsf]
tyf k?ifn]csf]ljx]ugIu/\$f]b]vG5
t/ 5f]f hGd lbg k?ifsf]k\$]v eldsf
/xG5 dlxnfxsf]l8Da / k?ifsf]zq
sl6sf]ldngaf6 lzzsf]hGd xG5 .
dlxnfxdf xx qm]fh]f / k?ifdf xy
qm]fh]f xG5 . To;sf/Of 5f]f jf
5f]lsf]lg0f6 dlxnfxsf]x qm]fh]f
k?ifsf]sg rfx+qm]fh]f ldnb5,

To;df lge{ ub5 . dlxfnsf] x
qm{dfhdf k?ifsf]y qm{dfhdf ldnof]
eg]5f]fsf]hgd x5 t/ dlxfnsf]x
qm{dfhdf k?ifsf]klg x qm{dfhdf
ldnof]eg]5f]L x5 . y qm{dfhdf
k?ifdf dfq}xg] ePsfh] 5f]f jf
5f]L hgdffpg] To]f k?ifdf g] lge{
x5 . t/ xfd] ; dbfodf 5f]L dfq}
kfP eg] dlxfnf0{cg} ksf/sf
lx+ff, oftgf lb05 lsg< ha sg}
3/df lzzh]hgd ln5 ta 5f]f ls
5f]L x]eg] cleefjsnf0{h1f;fdf
plah5 . hg lje]sf sf/Of xfd]
b} ; qm{dfsf] lbzflf/ dfu]glb{6
e0/x]f]5 . xfdl ; a]h0{yxf ePs}
s/f utpF3/ ; dfhdf sg]klg dlxfn
ue{tl ePsf]cj:yfdf ue] 5f]f of
5f]L 5 eg]ljifnf0{lnP/ d]8sn
hfF ul/5 . clwsfz dlxfnsf]ue]df
5f]L ePsf]cj:yf kl/jf/ / cfk]gf]
>ldfgsf]bjfjn]ubf{Pe]f] ; g ul/g]
k]rng a9bf]dfqdf b]vPsf] 5 .
h;nfo{e]df xTof elg5 . ca tkf0h]
g} ; f]g' ; To:tf]lqnfnsfk slt ; Ddsf]
lx+fhgs Jojxf/ / ck/fw x]. kfoM
utpF/df 5f]f hgdff 7hf]cfzf x5
eg] 5f]L hgdff lg/fzdf abln5

lsg< xfd] g]kndf slxn]Dd o:tf
lsl;dsf c;dfgtf < d tkf0{znf0}
k]g ; f]g rfx5' . jf:tjdf dlxfn]
klg k?ifn]h:t}h:tf] ; s}sfdx<
u/}f]xfdl]yxf kfPs}x]. To;
sf/Of dlxfn / k?if Ps /ysf b0}
kfuf xg]eG]egf0nf0{Ps;fy u/L
cufl8 a9g h?/L 5 . sg]klg sfd
ubf{k?if dfq}ug{ ; Sb} . h:sf
nflu dlxfn ; fy rfx5 g}To;sf/Of
dlxfn dfly sg]lsl;dsf]lx+fhgs
Jojxf/ gu/L dlxfn / k?if sfwdf
sfw ldnfP/ cufl8 a9gk5{.

sg]klg Jo]Qmsf] OHht\ dfg-
;Ddfg, dfg-dofff p;sf]afgl Jojxf/
df lge{ x5 . xfd]g]kndf k?ifx<n]
cfk]gf] rfxgf, OR5f cg';f/ cfk]gf
sfd ljgf cj/f]v ul//x]f 5g\ t/
dlxfn dfly ljleG cj/f]v x<l;hg
x5 . xfd]3/ ; utpF;dbfodf sg}
gf/L jf dlxfn]p;sf]cfk]gf]OR5f
cg';f/ sf]L c? ; f]z/L/s ; DaGw
/fVof]cyjf :jtG ?kdf sfd sfh
u}of]eg]To]f dlxfnf0{xfdf] ; dfhn]
gfgf/Lsf s/f sf6g] /08L, j]of,
;fx]5f8f ePsl eg] eG]ub5g\ t/
xfdf] ; dbfodf k?ifn]h:tf] s}g/fdf]

sdfs h u/klg p;sf]jf:tf ub]g\
t/ ca dlxfn]klg k?if ; dx
:jtGqtfk]f af]g kfpgk5{. dfgf-
sf]L dlxfnf0{sg]klg k?ifn]hj/
h:tl u/L zf/L/s ; DaGw /fv5g\
eg]k5 xfd] ; dbfon]tl dlxfnsf]t
OHht t n16of]tyf cg]sy/Lsf
kl/efiff lb5g\To:tf] ; f]f0{ ; f]g'
xfdf] ; dbfosf]dv}f x]. o:tf
lsl;dsf e]ffids ; f]f0nf0{cfhbjv
g} ; kmf0{ug}\. cab]v dlxfnx<klg
:jtG ?kdf af]g kfpgk5{h;sf
nflu xfdl]klxn]cfk]hf0{kl/jtG
u/L kl/jf/, 3/nf0{kl/jtG ub]fufP
6f] ; dbfo / /fi6nf0{g}kl/jtG
ug]k5{.

xfdf]g]kndf dlxfnsf klfdf ePsf
sfgg] Joj:yfsf]sfoff]og klf klg
clt sdhf]l:yltdf 5 . To;sf/Of
ha;Dd dlxfnsf klfdf ag]sf k]of
glIt lgod, P] sfgg]sf]z; Qm / ; xL
9un] sfoff]og x5 ta;Dd dlxfn
dflysf]lje]p]tkL8g / c;dfgtf sfod]
/lx/xg] 5 . h;sf nflu dlxfn]
kfpg]clwsf/, cj;/ dlxfndf g]g]xlt
xgk5{.

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/Tggu/ snf dlGb/sf]g]f]flif ; fwf/Of ; ef tyf ljljw ; f+s[ts sfoqmd ; DkGg



lzlz/ l;v8f,

/Tggu/ snf dlGb/sf]g]f]flif
;fwf/Of ; ef tyf ljljw ; fEs[ts
sfoqmd /Tggu/df ; DkGg ePsf]5 .

rnlrqsdL{Clif Gof]kf]g]
k]v cltly /x]f] ; f]sfoqmdf
dx;lrj ldnf nfdn]
cfo-Joo tyf efjl sfoq]hg
k]tt u/}f lyP . sfoqmdf
g]knl sf]sf gu/ cWolf
?kg/fh l3ld/] g]skf Pdfn]
gu/ cWolf k]gfy b]f8Lg]skf-
dfcf]fblsf /fddlOf yklnof, 6f]h
ljf; ; +yf gu/ ; dGjo
;ldtsf cWolf afa/fd uf]d,

/]6/P6 P06 jf/ P;f]P;g lrtjgdf
cWolf ; ltf/fd s]dn, sfgg]
;Nnfxsf/ lbjfs/ cof]h, 06b]dn
a9fyf]L nufotn]af]h]sf lyP .

snf dlGb/sf cWolf /fd
l/dfnsf] cWolf]tdf ; DkGg ; f]
sfoqmdf snf dlGb/sf pkf]Wolf lbks
l; * kl/of/n] :jfut dG]Ao /fv}f
थिए । कार्यक्रममा राष्ट्रिय तथा स्थानीय
snfsf/n]ult ; lut tyf ; f+s[ts
sfoqmd k]tt'u/}f lyP .

dfgj clwsf/ sf]jx; / dlxf cfGbf]hgsf]eldsf

○ ;hgf cfrfo{

k[7eId

IjZj Oltxf;df dlxf cfGbf]hgn] dfgj clwsf/ sf]jx;df 5\$}Pltxf; s k[7eId af\$} cufl8 a9\$}f5 . cfh gf/L ;dfgtf / lxtsf lgldt hlt kl sfogmdx? ;~rfng e0/x\$}f 5g\ tl ;DkOf{ sfogmdx? ;~rfng xgdf Pltxf; s k[7eId n\$}sf] kf0G5 . vf;u/L IjZj kl/j\$}df x\$}f{ dlxf cfGbf]hgsf] ;?jft ;g\ !*%) kl5 ePsf] kf0G5 . IjleGg cf]klgj\$}df /x\$}f dh\$}x? ;jtGg x\$}f]hgf]qmdf IjZj cf]Plus oluf kl/jtGg x\$}f]hgf pBf]udf sfu ug[dlxfn?n] cfkmX? dfly e0/x\$}f]n]us IjleGg Ij?4 cfjfh p7Psf lyP . Toxf\$}6 g}dlxf cfGbf]hgsf] ;?jft ePsf] Oltxf;df k9g kf0G5 . t/ kl ;g\ !()* dfr{ * df cd]/sfsf] sk8f Idnsf sfu ug[dlxfn?n]k?if sfdbf/ sf]b\$}f]df dlxfnf0{ kf/ > lds nufotsf Ijifodf IjleGg ul/Psf]leGg}cf]krf]/s ?kdf dlxfnf]cfGbf]hgsf] ;?jft u/]. ;f]cfGbf]hgkl5 dfgj clwsf/ sf klfd dlxf cfGbf]hg Pp6f z; Qm cleofgsf ;fy cl3 a9b] . dlxf cfGbf]hg ;?jft ePsf] of] k[7eIdnf0{ /fv] x\$}f{clxn]; Dd ePsf dfgj clwsf/ sf] jx;df dlxf cfGbf]hgn] v]h\$}sf] eldsfnf0{o; /L b]v]pg ;lsG5 .

! IjZjJofkl ;GbeDf dlxf cfGbf]hg @ g]kfn]sf] ;GbeDf dlxf cfGbf]hg

IjZjJofkl ;GbeDf dlxf cfGbf]hg jf:tjdf dlxf clwsf/ eGg'g} dfjgclwsf/ x] . dlxf / k?if kfs[ts ?kdf km/s-km/s zf/L/s

;Argf InP/ hGldPsf]ePklg cG sb}klfd dlxf / k?if alrdf sb} c;dfgtf 5\$. t/ ;fdlhlsls/Ofsf] klqmodf dlxfndfly ul/g] n]us IjleGg sf/Of dlxfnf0{ sdhf] agfPsf]5 . To;h];duldfgj clwsf/ sf]I\$}df dlxf clwsf/ sf Ijifonf0{ c' a9L kfyldstf lb0kgIcfjZostf 7flgPsf]x]. ol IjleGg p4to /fv] IjZjJofkl ;GbeDf dlxf cfGbf]hg? ePsf 5g\.

!:= of]hGo :jtGqtsf]clej[4

@:= dfgj 5g\$}df j[4

#:= of]hGo lx\$}sf]cGto

\$:= ;fdlhlsls b[i6sf]df kl/jtGg k]tsf]dfotf

%:= ;dfhd /x\$}f ;a}txsf n]us :t/Ls/Ofnf0{x6fpg]

IjleGg clwsf/ jfbx?n]cl3 a9Psf lo Ijifonf0{k]t ug{cfGbf]hgs} :j?k lgwf/Of ul/of]. h;sf]kl/Ofd :j?k ;eQm /fi6<3n]; g\ !(&% nf0{;eQm /fi6<3lo dlxf jif/ ;g !(&% b]v ;g\ !(*% ;Ddsf] ;donf0{dlxf bzssf]?kdf dgfpg]3f]f0ff u\$}of]. To]cjlwdf ;eQm /fi6<3df cfj4 ePsf dh\$}x?n] dlxf clwsf/ sf klfd IjleGg sfogmdx? u/] k]ta4tf hgf / sfgbdf klg kl/dfhg u/]. o; }qmdf IjZje/ sf dlxfsf]cj:yf a%g / dlxf dlQmsf ;f'f sfogmd 3f]f0ff ug[IjleGg cGt/fi6G ;Dd]hg x? eP .

!_ ;g !(&% df d]S;sf]df klxf] IjZj dlxf ;Dd]hg .

@_ ;g !(*) df sf]kgx]ugdf bf]f] IjZj dlxf ;Dd]hg .

#_ ;g !(*% df g]f]ldf t]f] IjZj dlxf ;Dd]hg .

\$_ ;g !((% aDlh^udf rf]f] IjZj dlxf ;Dd]hg .

ol rf/j6f IjZj dlxf ;Dd]hgkl5 IjleGg b\$}df ;Dd]hgn] ck]ff u/\$} sfogmd nfu"u\$}of]. o; cy\$}f ;g !((%) sf]bzs dlxf IjZj; sf nflu dxTjk0f; do aGof]. jtGg cj:yf df n]us IjZj; sf sfogmd IjleGg b\$}x?n] /fi6G kfyldstf /fv]f]cj:yf 5 . ol ;a}cj:yf?nf0{dlxf cfGbf]hgsf] kl/Ofdsf ?kdf lng ;lsG5 .

g]kfn]sf] ;GbeDf dlxf cfGbf]hg g]kfn] ;dfhd IjleGg hfthft, wd{ ;\$s[t cf]bdf dlxfn?sf]sdhf] cj:yf k]rlgsfnb]v clxn]Ddsf] ;dodf klg oyfjt\g}5 . g]kfn] ;dfh lkt\$}vfg ;dfh ePsf]lZlffsf] I\$}glt lgdfOfsf]klqmodf, /fhuf/Lsf] I\$}df tyf /fhgltsf] I\$}df dlxf x?sf] ;ugtf Psbd sd ePsf]kf0G5 t/ klg dlxfn?n]dlxf IjZj; , dlQm / ;dfgttsf nflu IjleGg cfGbf]hg x?af6 dlxfn?sf] I\$}df s]l pGglt / k]lt u/\$}f]b]vG5 .

!:= k~rfotL Joj:yfeGbf cl3sf] dlxf cfGbf]hg

dlxf cfGbf]hsf] b[i6sf]fn] of] ;dodf dlxfn? ToIt ;H7t ePsf] kf0b] . /fhgltS ?kdf /f0ffsfnlG ;do cToGt s7f], qm/, bdgsf/L / hxflgofFk4ltdf rn\$}f]kf0G5 . ;f] ;dodf dlxfnsf klfd ePsf s]l pNn]vo sfdx? lgDg 5gN

!= ;tl kyfsf]cGTo
 @= afnljjfxdf kljtjGw
 #= bf;kyfsf]cGTo
 ljqnd ;jt @))\$;fndf gkfndf
 dlxf cfcbf]hgnf0{ cl3 a9fpg
 dñfb]l l; *sf]g]l]jdf clvn gkfn
 dlxf ;3 u7g ePsf]lyof]. qndzM
 @))& df k0okpf b]l, @))(df
 sfdlfb]l;f];3sf]g]l]j u/]. l;+
 @)!! df kgu7t ;Nnfxsf/ ;efdf
 \$ hgf dlxf kltlglw /flvPsf]lyof].
 l;+@)!% ;fnsf] kltlglw ;efsf]
 lgjffgdf ajfl/sf b]j 7s7fgl ljhol
 gkfnsf]klxf]dGql aGg ;knn eP .

@= k*foTL Joj:yfsf];do
 l;+@)!& ;fndf tTsfnlG /fhf
 dx]b]f6 khftf]Gqs ;/sf/nf0]l]36g
 u/L bnljlxg k~rfotl Joj:yfsf]
 ;?jft u/]. o; ;dodf gkfnl dlxf
 cfcbf]hg cds /lgliqmo aGof]. t/
 k~rfotl Joj:yf]j?4 dlxf?n]
 cfcbf]hg 5B]. To;j]hf l]Zj :t/df
 ePsf cGt/fli6a;Dd]hgx?df gkfnl
 dlxf ;xeful eP . l]Zj dlxf
 ;Dd]hgn] dlxf clwsf/sf klfd
 u/3f lg0f6 nfu"u/fpg gkfn kl
 afwo eof]. ;f]qnddf dlxf cfcbf]hgn]
 ubf{la=;+@)! (;fndf gkfn dlxf
 ;u7gsf]lgdf0f e0{dlxf clwsf/
 sf klfd cleofg ;? u/3f]5 .
 l;+;+@)#(;fndf :yfglo l]sf;
 dGqno cGt/ut dlxf l]sf; zfvfsf]
 u7g ul/of]. ;f]qnddf dhsl P]jdf
 ;wf/, k]qs ;DklQdf clwsf/ nufot
 dlxfsf]lfdtf l]sf;sf nflu l]leGg
 tfnd s]b]sf]:yfkf ePsf]kf0G5 .

jxbnlo Joj:yf kb{yfkf
 kl5sf]dlxf cfcbf]hg
 dlxf?sf];m]gtfdf ePsf]j]t
 hgcfb]hgn]k~rfotl Joj:yfsf]cGTo

eof] . @)\$^ ;fnsf] cfcbf]hgdf
 k?ifsf]thgdf dlxfsf]klg plQs}
 eldsf /xbf]. To;kl5 l;+@)\$&
 ;fndf ag3f] gkfn clw/fHosf]
 ;Hjwfgn]Inusf cfwf/df dlxf /
 k?ifnf0{sb}e]efj gug]eGg]sfGg]
 dfotfsf]l]sf; u/fof]. o; ;dodf
 kl]talGwt ?kdf /x3f dlxf ;u7gx?
 vhf eP . To:t]u];/sf/L ;yfx?n]
 dlxf r]gf, l]sf; / kl/jtGsf nflu
 l]leGg sf0Gndx? u/]. dlxf]j?4
 xb];a}k3f/sf e]efjsf]j?4 tof/
 kfl/Psf] dxf;Gwlfnf0{ gkfnn] ;g\
 !((df x:tf]f/ u3of]. l]leGg
 l]Zj dlxf ;Dd]hgdf gkfnl dlxf
 kl; xeful eP . ;/sf/n];g !((%
 df dlxf tyf ;dfh snof0f dGqnosf]
 :yfkf u3of]. :yfglo /fhg]ltdf @)
 kl]zt dlxf?sf]cf/I0fn]:yfglo
 lgjffgdf dlxf? l]ho xb] df3f
 kP .

dlxf]fbl sfGgdf ;sf/fTds
 kl/jtG, dlxfnf0{xb]b]i6sf]df
 kl/jtG, dlxf e]efj, bdg lx+fdf
 qmlds ;wf/sf]cj:yf, 3/h'lx+
 b]Jofkf/ nufotsf dlxf lx+ cGTo
 ug{ sfGg lgdf0f cflb dlxf
 cfcbf]hgsf sf/Of cfPsf ;wf/x?
 xb]. ;~rf/ If]n]klg clxn]dlxfsf
 d4fnf0{ l]Z]f kyldstsf ;fy
 p7f0/x3f]cj:yf5 . cdfsf]gdfaf6
 gful/stf k]kt ug] sfGg k]jwfg
 Nofpg; /fHosf ;0Gqx?df ## kl]zt
 dlxf kl]tlglwT]sf] ;lg]Zrttf
 ul/gkg] sfGg k]jwfg Nofpg'
 nufotsf kl/jtG dlxf cfcbf]hgn]
 NofPsf]kl/Offd x]f. kTglsf]OR5f
 l]kl/t kl]tãf/f ul/Psf]of];DaGwnf0{
 anf]sf/ 7x/ u/];j]r cbfntn]
 dlxfsf]of]gs clwsf/sf];Hf0f
 u/3f]5 .

clxn] cGt/d ;Hjwfg @)^# n]
 klg dlxf?sf] clwsf/sf];Hf0f
 u/3f]5 . n]us ;dfgtf sfod ug{
 ag3f]P] @)^#, 3/h'lx+ tyf s;/
 ;hfoP] @)^^, dhsl P]sf]!@ cf}
 ;z]vg dfk]f dlxfsf]sfGgdf ;wf/
 ul/Psf]5 .

;g\!*%) b]v ;? ePsf]dlxf
 cfcbf]hgn]dfgj clwsf/sf l]jdf yk}
 kl/jtG? u/3f]5 . l]Zjsf]cfw
 cfsf; cf]b]sf] dlxfsf] clwsf/
 :yflkt u/fpg dlxf dfq3f]cfcbf]hg
 / kpf;n] of]pkn]aw xfl;n ePsf]
 x]Gg . k?if ;/x dlxfsf] clwsf/
 :yflkt eP dfq ;du]dfgj clwsf/sf]
 cj:yf dhat xb] ;S5 eGg]dfotf
 cg?k j]lhaudf ;DkGg rfy]l]Zj
 dlxf ;Dd]hgn]dlxf clwsf/ eg3f]
 g]dfgj clwsf/ x]eGg];f]sf]l]sf;
 u/fpg dx]j k0f{7fg];f]l cg;/sf]
 sf0Gnd to u/3f]5 .

lgZsif{

gl]tut / ;Argfut ?kdf dlxf
 clwsf/sf nflu yk}kl/jtG eP kl
 tL ;Argf / gl]tx? Jojxf/tM nfu"
 xb]s7fdf eg]c' }klg yk}r]f]L
 5g\ . sfGgn] lbPsf yk}clwsf/x?
 dlxfn] kpf] ug{kPsf 5g}\ .
 jf:tjdf dlxf clwsf/ dfgj clwsf/
 sf ?kdf :yflkt xb] ;S3f]5g\ .
 h;sf lgDg sf/Ofx? 5g\ .

!= gl]t / sfGg sf0f]ogsf qnddf
 cf0kg]´0´6

@= ck/f]sfGg

#= sfGg / gl]tsf l]jofdf cg]e1tf
 \$= dlxf clwsf/nf0{dfgj clwsf/
 sf ?kdf gl]n0g'

%= lkt]tTds ;Argf, wld\$ kpfj

❖ ❖ ❖

xflbξ ; djpgf



h6d
@)@@ a7fv @# ut].

:juf{f}0f
@)&) h]7 # ut].

:j= e/ t sdf/ e08f/L

xfd| clt ldng ; f/ ldq /Tggg/-!#, lgjf; L : j= e/ t sdf/
e08f/Lsf]df6/ ; f0ξ n b36gdf k/L c ; fdlos lgwg ePsfdf
xfd. ddfξt ePsf 5f7. csNkglo o ; 38ldf pxfξsf]cfTdfsf]
lr/zflGt sf]sfdgf ubIzfs ; GtKt kl/jf/hgklt eu jfgn]w6f/Of
ugIzIQm k6fg u?g\egl xfd. kly6f ub5f7. ; fy}b36gdf k/L
3f0{]xb'ePsl pxfξL kTgl sdnf e08f/Lsf]zl3| : jf:Yo nfe sf]
sfdgf ub5f7.

hodϣnf Jof8ld06g ; 3

/Tggg/-!!÷!#

tyf

hodϣnf o'f Sna

/Tggg/-!#

; DaGw dfl ; s kl/ jf/

oyfy{

c/asf]/x/n]lgDTofPsf kl8fx?

○ /fd kf8h

ufpE/L xNnf rNb5 /fd]c/aaf6
cfof]/] cl:t;Dd ufpE xNnb}hdbf/
afsf]f sfd uYof] x? df65sf lbg
cfPk15 slta? nfu5 /, slt /fd]
ePsf]af0 . Tolt n?/]clg sfnf]g
sfnf]lyof]clxn]t 66g df6Psf].
uf]f]klg ePsf]. xftdf 38L ;bsf]
cf?L clg a8]dfgsf] 6k 36sfpb}
cfPsf]. k?}f klg dgUo] sdfsf]5
/] clg 58]df cfPsf] /]. km/ @
dlxgfk15 hfg]/]. x? t To]af6hLsf
Sof lbg cfP . ufpE cf0?f0?
Psfk;df s?/f ub5g\ . olts?f
;?tnl]e65- s]ug{af0 hf] s}cfpg
hfpfg h];s}Nofpg s]dtna' cfkmgf
a9f t Pslbg 3/ 5f8g ;Sg]x8g\.'
cln Oiof? z?hLdf cfkmgf efj
kf]5]. olts?f ;a}cf-cfkmgf]3/
nfx5g . ;?tnl vfgf agfp5] 5f]f
5f]lnf0{ v?fp5] t/ p;sf] dgdf
dfq /fd?sf]s?/f v]n/x65g\ . 5f]f
5f]L ;lt;S5g\ . ;?tnl c?f]sf]5pdf
cg8 sNkgf ub?a;8L x65]. Zofd
6knSs cf0kU5 . ;?tnl PSsf;L
'f]SSp ' }af]5] 'vfgf vfgklg
;dodf gcfpg]. Zofd gd]eP/ e65,
'gl/;fpg tNnf]v]df uPsf]lyPF;fgf]
k?}f]uP5, To]k65fpg ;do nfuof].
clg s8f-s8ln]vfgf vfP<' ;?tnl,
'xh/ vf/ ;lt;s]. ' P n vfg k:s
g xfdl klg vfpF;fx}ysf0{nfu8f]
5 . vfgf kl:s8;?tnl e65, 'To]
/fd] t c/aaf6 cfP5 lg' 'P x8f
slt rf8}cfof] t <' 's8f]rf8f]xg'
b0[jif{eof]/]lg . slt uf]f]ePsf]
df6Psf] k?}f klg dgUo] sdfsf]5
/]. hdbf/ afsf]tNnf]af/L l8g]e6b}
5 /]. cl:t;Dd csf8f]3/df sfd
ub?lx8Yof] cfh x8f\ t af6hLsf]

e0E v8f 58 . cfkmgf]eg]st}s8L
ug{ ;s8f]x8 . Pp6f ultnf];f8L
nufpg gkf0 hfg]ef]lh6bul . ' Zofd
zf8t :j/df To:t]x?];?tnl s:n]s]
u/]e6ge6bf klg ;?t16 xgk5]lg .
vfgf vf0{;S5g . Zofd cf5bfgdf
uP/ kln665 PSsf;L ;?tnl]u/8f]
Jo^No af0f uDeL/ eP/ ;f]r/x8f]
x65 . ;?tnl cfkmgf]h7f]ef8f];s]
cfp5]. P, c' ;TgePsf]58 < cx,
lg6f]g]nfu8 . n cfpfg a; . ;?tnl
cf5bfgsf]5pdf cfP/ a:5]. ;?tnl,
of8f s?/f egf?egg[s]s?/f x8f To;sf]
nflu klg ;f]vgk5{ t< ca dx8ln]
cfsfz 5f8f] 5f]f5f]L 7hf x8f5g\,
cf0bfgLsf]gfd df o;f]oxL @,\$ dfgf
bw a8g'afx8 s8L 58 . Itlgx?nf0{
k9fpg k8of]ef]ln lax]ug8f] of]3/
klg afsf kfnfsf]k8f] ;fn rlxP/
aaf8 eof] o;f];f]gkg]. sdf0 /fd]
x8f]x8 . zx/sf nfx/] afn] c/a
k7fpg' x65 /]. Psk6s uP/ o;f]
a8g' eP t x8f]lyof]. To] /fd] t
sdfP/ cfof]eg]tk0E s]sdl 5 /<
Zofd ;?tnl]sf s?/f ;lg/x8f].
;'s]f xNnb]To] t x?]. To;f]eP d?f
nuf ' f]hdf /flvb8 g t . d ef]n
nfx/]afnf0{e8f] cfp5; s]e65g\.
;?tnl dgdg} v8L x65] b?}8gf
cf5bfgdf kln665g . ;?tnl cg8
;kgf a8g y8N5]eg]Zofd klg cg8
s?/f ;f]g ljjz x65 . lxxfg p8ofnf]
x65 . ;?tnl lrof lnP/ Zofdsf]
cf5bfgdf cf0kU5]. x8 p7g] ahf
ePg< P d t e'Ss]lgbfP5'. lrof
lng; n 68hdf vfhf klg . ;?tnl,
;g t d?f sk8f ' f]hdf /flvlbof}
t< xh/ ;a}tof/ 5, clg af6f]f
vfhf vfg k?}f klg /flvlbPsl 5'.

Zofd lrof lkp5 clg :gfg ug{hf65 .
vfgf vfp/ ;?tnl]nf0{ ;D' fp8,
'5f]f5f]Lsf] clg uf0{ :tsf] Vofn
u/}, e;8 d rf8}kms8f]x}e6b}
zx/ nfu5 Zofd . nfx/]afsf]3/df
kl5, clejfbg u5{ clg nfx/] af
;f]5g, 'x8 Zofd]cfh staf6 af6f]
la/fPsf] 3/df s8fs8L ;~r}5g8
s} s] s;f] 5 t ufpE/sf] va/<
7Nbf0sf] 3/df ;a} ;~r}x8f]g\ .
w?}eof]ufP8f]g klg kfPsf]58 .
Zofd klg nfx/]8f];a}s?/f atfp8 .
clg skfn sgfp8cfkmgf]p4]o af/]
atfp8 . oxfFa;f] s8L ug{;lsPg
nfx/]af . sdf0 gePk15 afRg ufx]
x8]. d t xh/n]c/a k7fpg8e6g]
;g] d dfly klg s8f ug{8Yof]ls
elg cfPsf]. nfx/]af cR5f of]kf]
s?/f x? Zofd]w?}df65]k7fP8f].
;a8] /fd] g}u/8f 5g\ . tFklg
hf65;\eg]k7f0lp8f] lsg cf]QPsf]
nfx/]afsf] o:tf] pQ/ kfPk15
Zofdsf]dgdf v8L 5fp8 . To;f]eP
kf;kf8{agfP/ cf0h . Zofd nfx/]
afsf]s?/fdf d-h/L hgfpb}3/ kms8f].
3/df ;?tnl k8Llff ul//x8L x65].
ha Zofd 3/df cfp8, PSsf;L ;f]lg
kl5] s] eof] e8bf] t nfx/]afnf0{
Zofd P e8f; a}s?/f eP k7f0lb65'
klg eg8f 5g, t/ k?}f w?}g}nfubf]
/x8, Ps nf v nfu5 /] sxf8f h8df
ug8 ;?tnl]pgl;EePsf]df8af/cgl
ltx/L sfhLsf]df /fv8elg To]tNnf]
v? /fVof] eg] t sfhln] b8f]g lg
k?}f . v8ef]n uP/ l]8L ug{k8f}.
Zofd ef]nkn6 sfhLsf]df hf65 /
k?}f n?fp8 clg kf;kf8{agfP/ Zofd
zx/ hf65 nfx/] afnf0{ e8f8 .
nfx/] afn] ;a}d]f] ldnfp8g cgl

eG5g, 'clxn]tB/ hf le;f cfpKl5
va/ u5{.' Zofd 3/ cfp5 sxl lbg
kl5 nfx/] afn] va/ u5{. Zofd
3/df ;Gtnl 5f]f5f]L; F labf xG5
clg nfu5 c/asf]ofqfdf .

zx/df cfpKl5 nfx/] afn] ;a}
sfuhfh ldnfPsf xG5g\ . kf;kf{
clg hxfhsf]l6s6 xftdf yDofpb}nfx/]
afn]eG5g, 'f/fd] F hf, sfd /fd] F
u/, o;f] slxn]fxL; ID' b}u/ .'
Zofd x; \eGb}labf xG5 / ljdff:yn
lt/ nfu5 . ha ljdff:yn kl5 p;nf0{
;a}gofFnfu5, cgrf]f] nfu5 . tl
nfnfafnf 5f]f5f]L clg ;Gtnl.sf]
ofbn] dg eSsf]G5, t/ s] u/f] \
lajz 5 Zofd . cufl8 a85 ljdff
:ynsf];a}klqof ;lsG5 clg hxfhdf
hfG5, t/ Zofdn]g]kfnL cfm]hf0{dfq
b]5, 'g cflQG5 . cflQbfFclQb}
cfk]g] dft]d 5f]G5 kl5 . sxl
306fkl5 Zofd c/adf .

ufpFpF]Zofd c; /Nn k5{oxfF]
ljdff:ynsf]lqmfnsnf b]bf 6f]hf0{
/xG5 . jfl/kf/L x5{lgfGt phf8
afn]f g]an]fn]el/Psf]:yfg leGg
dfG5] leGg /Ltl/jfh leGg efiff
Zofdsf]dg eSsf]G5 . olts}f Pp6f
;f]fnuf nufPsf]c/al cfp5 p;nf0{
;f]5 t/ Zofdn]p;n]eg}f] a}b}
6f]hf0{ /xG5 . km]/ c/aln] glhs}
plePsf]dfG5]hf0{;xof] ug{eG5 .
glhs}f]dfG5] Zofdl/ cfp5 clg
;f]5 tkf0{g]kfnL xf} Zofdl xh/ .
gfd s]xf]tkf0{f]Zofdl P of]tkf0{f]
df]ns xf] tkf0{f]lmg cfpSf]hfg;\
pm;F . Zofd ;xdlthgfpb}c/allt/
nfu5 . c/aln]Zofdnf0{f]hf uf8Lsf]
k5f]8 /fvG 0zf/f u5{Zofd 'fhf
/fv5 clg uf8Ldf a:5 . c/al uf8L
:6f6{u5{clg ;f]5 ls km]ns< Zofd
6f]hfp5 lsg ls s]eg}f]eGg]a}b}
olta}hf uf8Ldf s}f/x}f 5gZofdsf]
dgdf eg]cTof; nfu}f]5 . ;fgf;fgf

5f]f 5f]L v]h}f];Gtnl uf0{t';a}f]
ofbn]un]d cfm]nf]x]ng kl5 . t/
lajz Zofd cfm] cfm]hf0{;Dxfng
lajz xG5 . sxl a}kl5 Pp6f d?eld
sf]alrdf /x}f]uf]h:tf]7fpF nu]
5f]5 c/aln]. ToxfPshgf klxfaf6
g}sfd ub]u/}f]g]kfnL ltns eGg]
xG5 . c/aln]ltnsnf0{af]hfp5 clg
eG5, of]gofFcfPsf]cfhaf6 ltdL;F
sfd u5{. ltnsn]x;\eG5 . cgl
Zofdnf0{;f]5 g]kfnL xf} Zofd
g]kfnLdf af]L;Gbf xNsf v';L xG5 .
clg eG5 xh/ . P n cfpG; \a:g;\.
olts}f c/al Zofdnf0{5f]L ToxfF6
hfG5 .

Zofd-ltns cfk;df kl/ro u5G\.
ltns laut @ aif]v Psn]lyof].
g]kfnL cfjfh;Dd ;Gklg kfpSf]lyPg .
ha Zofd cfof]v';Ln] uxe/L cfF
lnP/ syf Zofdnf0{sxg nfuof].
ltns klG Zofdsf]h:t};kgf b]v]
c/a cfpSf]lyof]. t/ la8Dagf oxfF
p;n];f]eGbf leGg /x5 . p;s]
sfd e}f r/fpg]clg lGg}f]/v}v]
ug]lyof]. ;v lyPg . u}/v];aGws
/fv];fxaf6 lnPsf]k};f lGg;s}f]
lyPg . lsg ls df]nsn]tna lbb}Yof].
tnasf]s'f u}of]ls lk6g yf]Yof].
dfG5] Psk6s d5{t/ ltns knkn
d/] afF}f]lyof]. ha Zofd ltnsf]
s'f;G5, clg ToxL lgtGt /u:tfgsf]
alrdf /x}f];fgf]ltkf] nufPsf]7fpF
cfk]g]c/a ePsf]lyxf kfp5 . p;sf
;kgf? PSSf;L ;f km6] F sgr/
xg kl5g . p;s]cf]dljZj;sf]afF
h/}v 9Ng kl5 . p;n]tl nfnfafnf
5f]f5f]Lnf0{;D' G5 . ;Gtnlnf0{
;D' G5 ufpF; a};D' G5 . p;sf
uxaf6 aiff}sf] ' /L ' }cfF alu
/xG5g\ . Zofd kfun ' }aGg kl5 t/
ltns Zofdnf0{;D' fpg sf]z; u5{.
af/af/ ;D' fp5 . lbg l]Tb}hfG5
Zofdsf]:jf:Yol:ylt gh's aG}hfG5 .

Ps lbg df]ns cfp5 ltnsn]Zofdsf]
:jf:Yo l:ylt 7ls gePsf]p;nf0{
pkrf/sf]h?/LePsf]atfp5 t/ jf:tf
ub} . ltns Zofdsf]l:ylt b]bf 'g
cflQG5 t/ ltnsf];fd'sg}pkfo
xG5 .

ltns dg yfDg ;Sb} Zofd axf] \
cj:yfdf 5 . ltns eu]fgsf]gfd
hlk/x}f]5 p;F csf]pkfo eGg]5g
Tof]lgtfGt d?eldsf]PsfGt 7fpF .
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ls sGg] ltnsn]k/af6 Pp6f uf8L
cfPsf]b]5 . xtf/xtf/ Totf lt/
efu5, cgl 0zf/f u5{tofuf8L ltns
ePsf]7fpF cfp5 . uf8Ldf Pp6f
hf}l d?eldsf]zo/ ug{cfPsf]xG5 .
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nf0{xNsf c/al af]g cfpYof]. Tof]
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lnP/ uP . clxn]Zofd cgl ltnsn]
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jf/sf]ofb c/adf ef]f]kl8f clg
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eof] eGg] kl8fn] Psfl/ dg
eSsf]gPsf]5 eg]csf]t/ st}km]/
ToxL klxfnsf]gs}f hfg kg]t xg
egl kl8sf];fu/df t]/P/ c/adf
lbg sf6g l]jz 5g\.

- l9s/kf]/L-% sf:sl, xfn stf/

I t d f] c f T d f s f] l r / z f l G t s f] s f d g f e / t b f 0

○ /lj 'ceful'

'To; df k m f] c f P / d n f 0 { v f h d f d f] g D a / b } x } C l t s] , e / t b f 0 s f] c f j f h e f d f v : g g k f p f } d h] h j f k m l b P F x 6 5 b f 0 , l x h f c f h t c f P s f] 5 g w] } e o f] d h] k m] / e g f b f 0 f] 'n n x 6 5' e g] / f l v l b P F . o f] c f j f h g } d f] n f l u e / t b f 0 s f] c l G t d c f j f h / x 5 . d e v / l j b z a f 6 k m s f] b f 0 f] d n f 0 { p x f f] r n f p g e P s f] l ; d s f 8 { l b g e P s f n] p x f f] o ; f e g g e P s f] x f] .

d f] c f f f s l x / f] e P s f n] b f 0 f] C l t s] e g] a f h f p f] c j T o f] c f j f h g p g n] a f] g f g g t d h] ; g] g } 5' . \$ * a i f l e e / t b f 0 { c T o G t } d l x g] L / ; a } f d l 7 f] a f h] l d q t f a g f p g] / c ? n f 0 { g l r 8 b f p g] : j e f j s f l y P t / b } n] p g h f 0 r f b l b o f] . ! 5 f] f / ! 5 f] L s f l k t f p g n] s l x n o } k l g a R r f / k T g l n f 0 { b l v / t g f j l b P g g \ ; d f h n] a f] n / x } s f] 5 ,

J o l Q m u t ? k d f d l r t j g c f P / p g s f] g l h s x f f l g s } ; T o a f] y] . l r o f u k m d f / f h g l l t u g x ? e g b f p g l g k f n l s f f] n f 0 { d f o f u g] / w } a e m } s f] k f P F . ; l q m o e P / b f 8 w k g u /] k l g p g n] g c 6 o / f h g l l t k] t k j f u x a g] g t s f f] n f 0 { l j ;] . s f f] s f] l t l y , l d l t , 3 6 g f , k l / 3 6 g f s f] 0 { t x f ; a e m } s f p g l e v / s v / f J o j ; f o n f 0 { c u f l 8 a 9 f p f] l y P . g f g l , a f a h f 0 { / f d] c W o o g u / f 0 { / x } s f p g l s l x n o } k l g s b } g z f d f n f u g g \ .

3 / w 6 b f u /] 3 / g l h s } k ; n d f y f] } g f : t f u /] b } g s ; a } f d l 7 f ; k g d f u l k m G y] . r s f] c f j f h s ; } f u / g g \ . ; e m f j - ; N n f x l b g] u y] .



h] 7 # u t] p g s f] 3 6 g f 3 6 g ' c l 3 h l j g d f k l x n f] 6 s P p 6 f s f] f o l t g l h s c f P / s / f o f] d h] T o f] c f j f h d f g h f g h f s f] w j l g t / l u t e P s f] d x z ; u /] k ; f 6 j l / l b g u / g u 0 { k m s f] h : t f] n f l o f] t / c l k m ; s f] s f d n] u b f { d u P F k m s f] f y d n f 0 { y k } ; f y l x ? n] ; g f P , b 3 6 g f / d [o ' t j d l ; w] d] 8 s n s n h k u] h x f f , o f s f c g k f / / f g d f 8 l a / x } s f] l y o f] . d c l n s a 9 l ? 6 r] 5' / T o x l d f l y d n f 0 { d f o f u g] P p 6 f b f h ' u d f p g ' k b f { t y f ; a s f] g o g d f c f f b y b f d h] v k g } ; l s g f . d c f j f h k r f P /

s l x n] s ; h] g b] y g] t s l x n] y f d g] g ; S b f h x f F k l g c f f v ; f 0 { l b G y } . s 7 f] c f d f x b } s f g h / x ? k l g y l d P s f l y P g g \ .

s f 7 d f 0 8 f } h f g] q m d d f e P s f] b 3 6 g d f p g s l k T g l s d n f e 0 8 f / L k l g 3 f 0 f] x g e o f] . ; j k y d p x f f] z l 3] : j f : Y o n f e s f] s f d g f u b 5' . u f] y f d f h 6 d g e P s l n] d h] p x f f] 0 { l b b l e g] u 5 { . a f h] f] ; f w g h ; n] r n f p f k l g a 9 l x f f f] k f 0 6 5 . l b g b z f n f u s f] e g] x f d l n] ; f r o f] / o : t f a f h] f x ? ; 8 s d f T o ; / L g j u l 8 / X o f] e g] y k } d f l g ; s f] h o f g l n g ; S 5 , T o ; h] r f n s n f 0 { r } g f l b g ' h ? / L x 6 5 . l j z] f u / L g k f n s f] s f g g d f d f 5] d f o f] c l g l g l z r t / s d l t / y r f n s x ? 5 6 g] x g f n] r f n s n] n f k j f f l u / s f] k f 0 6 5 . ; j f / L w g l n] / s d l t g k g] / ; h f o f l t g x g f n] r f n s x ? n] ; s e / c u e u e g b f k l g l ; w } d f l / l b g] u 5 g , T o ; h] o : t f r f n s n f 0 { x b } d d s f] ; h f o f b g k g] x 6 5 .

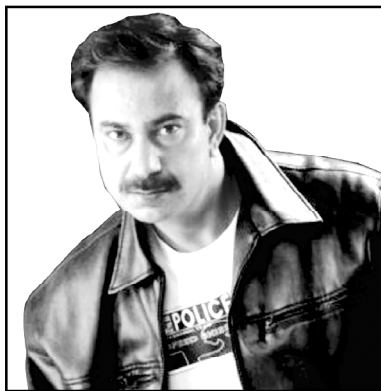
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gkfñl lkmNddf lx/fj? sf]sfñ v08

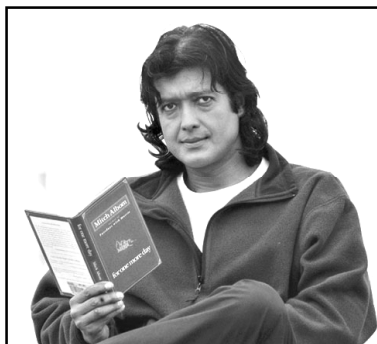
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pglx? lkmNd pBf]df lgs}hd]. e'jg / lzj kl5 gkfñl lkmNd pBf]df cfpSf gfosx?n] s]x ljz]f z}l leqbfP . gfos /fhz xdfnsf] lkmNddf k]zkl5 gkfñl lkmNdsf z}ldf ;d} s]l km/s cfof] . lx/f] eg}sf] nfd] skfn kfñg] chusf] zl// ePsf] / 7hf uhG lgsfñg]xgk5{ eGg]dfGottf cfof]/fhzsf]kfnfd . pgl; ; gkfñl nf0gdf l5/}sf csf{ lx/f] lw/} zfsosf] xsdf klg lx/f] xgsf nflu uFñf] zl// / rsn{ ckgf/ xgkg[eGg]dfGottf] ;dfhdf 5fk 5f}bf]. lw/} zfsosf]s'/f ubf{ gkfñl lkmNddf pgn] Tolt ;kmntf xft gkf]/klg cfkñg]z}ls}sf/0fn] ubf{xdfn clxn]Dd g}dxfgossf] ?kdf :yflkt 5g\ . dxfgfos /fhz xdfn /fhbtsf 5f]f xg\eg] lw/} zfsO kfnkfsf ;g Joj;folsf 5f]f xg\ . pglx?nf0{ klg gkfñl lkmNd pBf]df k]zsf nflu sb} ;}if{ug{ k/} . To; }fly cfkñg]dfdf blks /fodf'ln]/fhz xdfnnf0{klxn]a} lbPsf lyP .



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k97 lx/f]ePsf xg\eg] ; dg l; *n] klg lkmNddf l5gdf nflu vf; }bfEaf6 kl;gf lgsfng' k/7 .

clxn]km]L gkfnl lkmNdsf]608 kl/jtG ePsf]5 . gkfnl lkmNdx?n] cfkngf] zhl kl/jtG u/7sf 5g\ . gkfnl lkmNddf cfPsf]zhl klg km/ s g]5 . gkfnl lkmNd pBfjdf olta]hf gf6ssf snfsf/x?sf] jr{ j xg yfn]sf] 5 . gkfnl lkmNddB/x?n] cfkngf] lkmNddf gf6s s}snfsf/ x?nf0{Ing]kj]Q a9Bsf]5 . ;fyft dNn, boxf^a /f0{ ;jf; ykf, sdf{ zfSo nufPtsf lx/fx?sf]af]hafnf gkfnl lkmNddf rln/xBsf]5 . lkmNds} nful ol lx/fx?n]vf;}; 3if{u/7sf]eg] xfhGgt/ pglx?n]gf6sdf clegosf

zhlcf ca s:tf]kg cfPnf< Toj];don] g}b]vpg5 .



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k9g]pd] sf ls zf/x?df ufhf ; Jgsf] nt

kplk 9sf,

k]l{Irtjgsf]/Tggu/l:yt kof/fug
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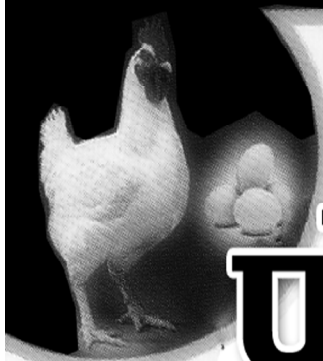
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सम्पर्क नं. ०५६-५८३०८२

मो. ८८५५०६९८८६

प्रो. रामेश्वर रिजाल



अशु फ्रेस हाउस



खैरहनी-४, पर्सा, होलियाण्ड रोड

यहाँ ब्रोडलर कुखुरा, खसीको मासु, माछा र अण्डा थोक तथा खुद्रा
मूल्यमा पाईनुका साथै होम डेलिभरीको पनि व्यवस्था छ ।

'Ps upf'Ps pTkfbg sfoḡnd' kḡfj sf/L

Irtjgdf s?fsf]s?f pTkfbg / ahf/Ls/Ofnf0{Jojl:yt ug{ ;? ul/Psf]Ps upfPs pTkfbgsf]sfoḡnd kḡfj sf/L agḡf]5 . s?fsf]pTkfbg / ahf/sf];d:of v?b}cfPsf Irtjgsf s?f Joj;fol Is;fgx?n]sfoḡnd nfu" ePkl5 /fxtsf]dx; ; u/ḡf 5g . Ps upfPs pTkfbgsf]sfoḡnd nfu" ePkl5 s?f pTkfbgdf b?vpf ;d:of lj:tf/};fdwfg xḡePsf]5 . sfoḡnd ;? ePkl5 Irtjgsf s?f Is;fgx?n] cfjZos tflnd, v?l ug];/n tl/sf / pTkfbg nfut 36fpg]pkfox?sf] af/ḡf hfgsf/ ePsf 5g\ . tflndsf] cefjn] Ijutdf 3f6f jḡḡf jfWo s?f Is;fgx? clxn]eg]pTkfbgnf0{ s;/L ;xh / sd nfutdf ug{;Isḡ5 eḡg]Ijifodf ;r} xḡu/ḡf]Irtjg s?f Joj;fol ;ldtsf cWOLF nldOf ;ḡḡn] atfpgēof] . gkfn ;/sf/ s[if Ijsf; dḡqfno / gkfn pBḡ jf10fHo dxf;3 cḡḡt /xḡf] s[if pBd sḡḡāf/f ut aifḡv Irtjgsf] kḡLēudf Ps upfPs pTkfbgsf] sfoḡnd nfu"ePsf]xf] . IhNnfsf of] sfoḡnd ;~rfngsf]nflu Irtjg pBḡ jf10fHo ;3sf cWOLF 8f- ltnrḡb] eḡ/f0ḡf] ;ḡḡsTjdf Ps upfPs pTkfbgsf]sfoḡnd sfogjog ;ldt ;dḡ Iḡdf0f ul/Psf]5 . ut aifḡv ;? ePsf] ;f] sfoḡnd IhNnf s[if Ijsf; sfogḡosf] kḡoIf /fḡj/df ;~rfngdf /xḡf]5 . Ps upfPs pTkfbgsf]sfoḡnd cḡtuḡ s?f Is;fg dḡL sfoḡnd ;~rfng ug{ut aifḡ! nfV / rfn"cflyḡ aifḡ!) nfV ?kḡfFkḡt e0;sḡf] / Ijleḡg sfoḡndx? ;~rfng e0/xḡf] s?f

Joj;fol ;ldtsf cWOLF ;ḡḡn] hfgsf/L lbgeof] .

IjZ]f u/L s?f pTkfbgsf] kḡv sḡḡf] ?kdf kl/Irt kḡL{ Irtjgsf kbdk/, h6kfgL,/TggU/ / Ik7ḡf Iḡḡsf s?f Is;fgnf0{dWogh/ ul/ sfoḡnd ;~rfng ul/Psf]xf] . sfoḡnd ;? ePkl5 clxn]Dd s?fsf] pTkfbg / ahf/L s/Ofsf jf/ḡf hg rḡḡf kḡḡfpg Ijleḡg dxf];jdf :6n /flv s?fsf]kl/sf/ agfP/ Ijḡḡ ug] ul/Psf]5 . Totldfḡ xḡḡ Is;fg x?nf0{s?f pTkfbgsf]nflu ;xh xf] eḡgsf nflu auḡf Joj:yfkg, kl/sf/ agfpg] ahf/ Joj:yfkg tflnd tyf s?fsf] Ij?jf Ijt/Of, cfḡflw 5g] 6ḡ^asl Ij6/Of / kḡf/ kḡf/sf] sfdx? ;~rfng e0{xḡf] ;ldtsf cWOLF ;ḡḡn] atfpgēof] . s?fsf] kl/sf/sf]kḡḡḡsf]nflu xḡḡn Joj;fol / s?f Is;fgx?sf]alrdf cḡḡḡḡof, kḡf/ kḡf/sf]nflu xḡḡ^a jḡḡ{/fvḡ] sfd ul/Psf]5 . Irtjg pBḡ jf10fHo ;3sf cWOLF Pjd Ps upfPs pTkfbgsf]sfoḡnd sfogjog ;ldtsf ;ḡḡs 8f-ltnrḡb]eḡ/f0ḡf]Irtjgdf pTkfbt s?fsf]ahf/L s/Ofsf]nflu sfoḡnd ;? ePsf]# aifḡ Ijiffbl dQḡ s?f pTkfbg ul/ gkfnf kḡv Jofkf/L sḡḡf k7fpg] ofḡḡf /xḡf] atfpgēof] . o;ḡḡ df6f] k/LIf0f ul/ s?fsf]pTkfbg a9fpg df6f] k/LIf0f Izlj/ ;? ePsf] 5 . Izlj/sf]Ps upfPs pTkfbgsf] sfoḡnd sfogjog ;ldtsf ;ḡḡs 8f-ltnrḡb]eḡ/f0ḡf]pb3f6g ugḡPsf] lyof] . @ lbg ;Dd rnḡf];f]Izlj/df df6f] k/LIf0f kḡḡzfnf xḡḡḡḡf



kljlws xḡḡt sḡf/ dxf] Izjafj' hfḡL, zDek;fb vltj8fn] df6f] k/LIf0f ug]hḡf0Psf]5 . Ps upfPs pTkfbg sfoḡnd sfogjog ;ldtn] cfoḡḡf u/ḡf];f]Izlj/df ^% hḡf s?f Is;fgsf] v?sf] df6f] k/LIf0f ul/Psf]Irtjg s?f Joj;fol ;ldtsf cWOLF o1kḡfb ;ḡḡn] hfgsf/L lbgeof] . Izlj/ ;dfkg sfoḡnddf Ps upfPs pTkfbg sfoḡnd nfu" ePsf h6kfgL, kbdk/, Ik7ḡf / /TggU/sf ;ohḡf s?f Is;fgnf0{ cfḡflw 5g]kḡ/ Ijt/Of ul/Psf]pxfḡf] hfgsf/L lbgeof] . pBḡ jf10fHo ;3 Irtjgsf cWOLF tyf Ps upfPs pTkfbg sfoḡnd sfogjog ;ldtsf ;ḡḡs 8f-ltnrḡb]eḡ/f0ḡf]s[if Iḡḡsf] Ijsf;sf]nflu /fHon]kḡyldstf lbḡḡḡ atfpg'eof] .

Irtjg s?f Joj;fol ;ldtsf cWOLF nldOf ;ḡḡsf] cWolftdf ePsf] ;f] sfoḡnddf Irtjg pBḡ jf10fHo ;3sf lḡḡs /lzs kḡḡf, IhNnf s[if Ijsf; sfogḡosf kḡv huḡḡf Itjf/L, s[if tyf jḡ Ij1fg cWoog ;ḡḡf /fdk/sl ofḡḡf lḡḡs 8f-zf/bf yklnof bḡḡḡeḡ/f0ḡf /fdnfn >]7, Iji0fx/L kḡt nufotn]jḡḡḡePsf] lyof] .

❖ ❖ ❖

sIxNo}b}z gkm s g]kpb}z rfrf

○ /lj eš 'f]fl'



ær} a}fvdf gkfPsf]dxL / k';
माघमा नपाएको पोइ” को कुनै अर्थ हुदैन
eGg] pIQm aũnf}zL kb}z rfrfsf]
>Ldtln]cf}n] kpf]oft ul/lbPsl
l5g\ . obfsbf xdf]g]kfnl ;dfhdf
klg o:tf ;dfrf/x? ;lgg cfO{xg]
xbfn]aũnf}zL gful/s kb}zrG af] sf]
hljgdf 36}f]36gfsf]of]k}; hfb}g
rfx}f]xF. 3/sf]ljkg b/fj:yfaf6
lbSbf/L 'h}f sof]g]kfnl bfhf}f?
nxnxfp}f] pd]sl cfkngl >Ldtl,
afnaRrf / a9f afacdfsf] ;V
:jf:Yoklt 5f]f, afp / >ldfgsf]bhf}
k}kt ug}f]bfloTj lgefpg ljb}zPsf
x}5g\ . k/b}zdf >ldfg? dl/d}f]
kl/jf/sf]nflu sglSyl k}fsf]hxf]
ul/x}f x}5gveg]3/df a;] n]g]
afpsf]k}fsf]:jfb rfv g kNs}fx?n]
cfly\$;V k}ktl kl5 Tolx k/b}zdf
sdfpg uPsf]afp / n]g]h}f}r6Ss
lal;P{ cfkng]3/sf]5fgf]pwfg]sfd
u/}f]au]tl e]6Psf]kfp}f.

pgl stf/ cfPsf]klg @ (aif}
lalt; s} . ef/tlo k}f k}f]gdGqL
Olgb/f ufGwlnfO{ef/tdf uf]hL xfgl
xTof u/}f]@ aif{cl3 cyf} !(*@ df
म कतार आएको हूँ । उनले कतार
cfudgsfing lfofcl3 hfL/sf]
l;nl;nfdf ef/t efl;Psf]s/f klg
;gfp EofP . ef/taf6 kfls:tf
cnu /fHodf ljeffg ePKl5 t}sfing
kfls:tfgsf]eld c}tu{ kg]aũnf}zn]
klg :jfwlgtfsf]nflu o4 5} cnu
ePsf]:d/Of ub}pgn]eg]. aũnf}z
kfls:tfaf6 cnu /fHo t eof]. t/
wflde b}fsf]sf/Ofn]ubf{f]huf/sf]
;Defjgf w]}sd ePsf]xbfn]ev{
h;f]c}h]ef/t 5}f] kmlSPkl5
ef/tdf vf]nPsf]yk}snsf/vfgx?df
hfL/ kfp]g] ;Defjgf af}f] pgl
aũnf}zsf] kmh]f/L x}f]l;nu8L /

klZrd aũnf]afu8f]f/faf6 k}f]t/
at ;/sf/4f/f ;*flnt sf7sf]s}rL{
ePsf]k/fgf]6f6f a;df r9] snsQf
uPsf]lyPF. To; tfsf pgsf]lax]
ePsf]lyPg . bf}f]ljZjo4df cfknh]
cfh}f];DkQL nl6g]tyf dfl/g]eosf]
sf/Ofn]rlgsf nfvgf]ful/sx? x}sa
x}ef/tsf]snsQsf]l;ofnbf zx/
jl/kl/ cfknh]; ePsf]5fnf Jofkf/
;DaGwL Jofkf/L zLk / 5fnf sf/vfgf
x? vf]h] cfkng] k/fgf]k};fnfO{
ef/tdf lg/Gt/tf lbPsf lyP . 5fnf
sf/vfgfdf hf]sf]xn]sfd ug}g?rfpg]
ePsf]xbfn] pgl ToxfHful/ ;xh
?kdf kfp]g ;kmn ePF. @ aif{ToxfH
hfL/ u/kl5 km/ cfkng]dft}eld
फकिँ ।

x]l]tg]aũnf}zsf gful/s kb}zrG]
af] ljut @ (aif{b]v stf/ a:b}
cfPsf /x}5g\ / pgn] ca cfkng]
dft}eld slxn]gkm}g]:j3f]fOff u/}f
5g\ . aũnf}zsf]9fsf af6 sl/a %
306fsf]kSSL tyf sRrLaf6}f]ofqf
u/kl5 dfh]l lHnfn klug]sf]hufd
k~rfot c}tu{ 3/ ePsf kb}zrG]
af]sf] dg cfh a];/L ef}RrPsf]
5 . ;;Eo af}xOf kl/jf/df hlGdPsf
kb}zrG]pgl * slff;Dd dfq k9g
EofPsf pgl kl/jf/sf]PSnf]5f]f]
/x}5g\ . sf]hufddfa;] cfkng]eljio
;Vb gb}f]f pgl Pshgf l5d}Lsf]
;xof]udf stf/ cfpg ;}f]h}f]
/x}f . stf/df 8sdL{sfd u/}
kb}zrfrfn] pGdQ an el/Psf]@
a;Gt ;hQ lgvil/;s}f]lx;fa uGb}
a9f]cf}f uGb} ; eP h:tf]u/].
o; alrdf pgn]stf/ k}f]z ug}cl3 g}
afa'cfdfsf]s/andf k/L ljfx klg
u/L;s] stf/ cfPsf /x}5g\ . pgsL
>Ldtln]klg kb}zrG]cf]g}Sdfaf6
5f]f / Ps 5f]f nufnu hGdfO}bP/

;f;';;f / kb}zrG]hfO{dvv kfl/
lbO}5g\ . l}x}f];dodf >Ldtlsf]gfs
sf]g 3f}edf ;gsf uxgf k/}hfj]f]
Ps hf] ;f}fsf]afnf-;fdGb]s z}waf6
agfO}gnfids ?kdf s}fPsf]afnf
klg lbg ;Sg]pgsf]cfly\$ x};ot
klg /x}5, hg ljjflxt l}Gb'aũfnL
gf/Lx?n]clg]fof/ kljq uxgfsf]?kdf
kpf]u ug}kg]x}5 .

stf/ cfpg]qmdf /lt pgsf
a9fa9ln]w]}enf}f/L u/]. æstf/
df k}f sdfO{;s}kl5 ldtlnfO{;j}
eGb]klxn]sg rfx}f]kxf/ NofO}b}f
eGb]Pp6}uf}f u/];t}f kb}zrfrfn]
cfkngl >LdtlnfO{aũnf}z 5f}f]
clGtd /ft ;f]f]f klg /x}5g\ .
æljfxdf clg]fof]?kdf xfdl aũfnL
l}Gb'gf/Lx?n]nufpg'kg];f}fsf]afnf
nufpg kfPsl 5} . dnfO{c? sIx
rfx}f], tkfO}f]sdfO{f]lslglbgePsf]
;f}fsf]afnfdfq tkfO}f]6 rfx}5' .Æ
ljutdf >Ldtl; eP latfPsf]/l;s /
kl}dn lfof :d/Of ub} / ef]s x}f]
kb}zrG]rfrfn]c? eGb]uP . æstf/
cfpg] /tsf]aũnf}z sf]hufdsf]
d}f]3/sf]km}sf]5fgf]lgsf]Tof]
ljof]f]t ;dodf slxn]d stf/ hf]g]
s/fn]d}f >Ldtl?Gyl / d km}sf]f-
eg]slxn]d ?GyF/ p km}sf]f .
o;/L l}xfg p}hofn]eof]/ a}f cdfsf]
खुदा ढोगेर म कतार आएँ ।” उनले
सुनाएँ ।

stf/ cfPsf]% dlxgdf aũnf}z
hf}f]u/}f]uf}f]f]xtdf s}L k}f
a}f cdfsf]nflu / sIx k}f tyf
vfaGbL l}r7L >Ldtlsf]xtdf dfq
lbg'eg] k7fPsf klg /x}5g\ . l}r7L
lgtf}t ?kdf cfkngl >LdtlnfO{dfq
egl kl}dn zAbx? u}f] n}f]f]xbfn]
hf]sf]lnfO{l}r7L k9g gnu}fpg'egl
;f]lsf]dvdf cfwf ;dfrf/ klg lbO{

k7fPsf klg /x5g\ . ;fF cIf/ klg
gvf/3L pgsL >Ldtln]Tof]lr7L df0{
uP/ ef0{F vfgI lg0f6 ln05g\ /
ef0hf0{k9g nuf05g\ . ef0f] ;/
; /L dgdg}kl9 ; skl5 n]vPsf zAb
x? lbbLnfo{ ; bfpq klg cK7f]nfu]
legfhh]n]v]sf]cIf/ g}al' g eg]
lr7L lbbLsf]xftdf ydf0{bP5 . hf]
sf]xnfo{Tof]lr7L k9g gfbg' eg]sf]
xgfn]3/ 566L sf6] stf/ kmsh]u/
3f ;fylsf]xftdf h:tfst]t:t}stf/
df kb}zrGb}sf]xftdf lkmf{cfP5 .
clxn]Tof]pd]df cfkmg} >Ldtlnfo{
n]v]sf]lr7L leq n]vPsf]76bfhf]
s'/f ; lDeff nfh nfg]u5{. stf/
sf]ttf[kfgln]v0{nPsf]tfnsf]vfnl
kb}z afx} ar]vr}sf sfF3f/L h:tf
; j}kmh}sf]skfn sGofp}kb}zrfrf
c ; lhnf]xfF]xfF] .

æd]h]a8f]si6 / ;fwgfsf] ; fy 5f]f
5f]L / af cfdfsf]nfngkfng ub]
cfPF. stf/df sdfPsf]Ps 8sdL{
k}fn] sdfPsf]k}fn] bVh] ePkq
c?sf]thgdf ; v ; +k9fpg]/ kflg]
काममा भने कुनै कमी राखेको थिइँन ।
h]L 5f]L, df0fL 5f]Lnfo{ufp}6
NofP/ 9fsfsf]SofDk ; df k9fP/ 7hf]
df05]agfP/ l]x]u/Lb0 ; s}sf pgnfo{
ca 5f]fsf]klg sb}6G6f g/x}sf]atfP
 . 5f]f]klg cfkmgfo{ rflxg] lzlf
kof]t k}t u/L kq/Ldf /fd} txd
hfUL/ vfPsf /x5g\ .

æd]h]stf/df @ (aif{ ; Dd ; w}Ps6sf/
; +Pp6}8sdL{k}fdf cfj4 e0{sfd
ub]cfPF. To ; }sdfs]l ; nl ; nfd #
k6s t 3/sf]5taf6 v ; j} uDeL/
3fo{]klg ePsf]lyPF. 3/df atfof]
eg] ; j}lrGtfdf 8A5gleg] dh]slxn]
o:tf]36gfsf]af/df 3/df hfgsf/L
lb06 . clxn]klg 566Ldf 3/ uP/
cfPsf]!) dlxgf eof]. 5f]f5f]L /
>Ldtlsf] ; vsf]nflu egl yk}hUuf
lsgF. /fd]3/ klg agfPF. 3/df /
x}sf >Ldt 5f]f 5f]L axf/L gflt
gfltgnfo{dg k/fPsf]s'/f nufpg /

vfgnfo{sb}sdL /flvg . @ j6f
5f]Lsf]klg wdwfd ; +dfu adf]hdsf]
bf0hf]lbP/ l]x]u/LbPF. 5f]fsf]
klg wdwfd ; Gu l]x]u/fP/ 3/df
axf/L leqofPF. sf5L 5f]Lsf]l]x]
u/LbPsf]COf c' }klg lgvgL ; s}sf]
छैन ।” अनुहार मलिनो बनाउँदै उनले
; bP .

ut l8 ; j}a/df sfd ubf{ub]pgl
sfo{yndf g}axf] e0{9nk15 pgnfo{
xl:k6n k}of0P5 . 8fS6/x?sf]hfF
k8tfn kl5 pgn]aAn yxf kfP ls
pRr /Qmrk, dwb} tyf ldgl xf6{
P6bfs h:tf]h3Go /f]af6 pgl u}t
भईसकेका रहेछन् । बुद्धौलीले बेस्सरी
ufn]sf]aAn pgn]cgej u/sf lyP .
ca afRbg ls eG]nfluof] / 3/df
>Ldtlnfo{kmf}dfk} kb}zrGb]rfrfn]
; f]v5g\ . æ/f]un]a] ; /L ynf kf}of]
ca sfd ug{g ; Sg]ePF eGb} ; bsf]
nflu b}z kmsh]u/sf]s'/f kmf}dfk}
>Ldtlnfo{hfgsf/L u/fP5g\ . cfk}
cfkmg] sf]hufd ufpFkmsh]u/sf]
u/k15 pgsL >Ldtln] cfudgsf]
; kf/L lbP/ vZL htfgsf] ; f6f]cf]
hjfk kmsh]u/sf] /lx5g\ . kfs}sf]
xn]fj} h:tf]ee{f}a} n6/Dd
ePsf]ahdf lwt dg]u/L gkfPsf]
nf]g}sf]zf/LI/s cfgGbfgejsf]
cefjsf]ltQntf kf]yb}kb}zrfrfsf]
>Ldtln]elg5g} æhg pd]df dnf0{
t]f]vfF]lyof]Tof]ahdf dh]tffo{
/x/ d}u]u/L kfgp ; lsgF. ca
cgxf/ , /x/ / pd] ; j} rfp/L
kl/ ; s] kl5sf]of]a9]sfndf tF
cfPkq g cfPkq dnf0{s} : jfb eof]
र ?”

xf]log} s'/fn] kb}zrfrfsf]dg
s}BPsf]/x5 . pgsf]dg dISsPsf]
sf7sf]nf]f]7gSs efFp' Fdg
efFpPsf]/x5 . clg kf]pgn]slxNo}
klg cfkmg]dft}eld gkmsh]u/sf]
u/sf /x5g\ . kb}zrfrfn] 58Ldf
cfkmg]3/ lkm/sf]lbgx?df ; Gtfg
kb}bz}u/sf]Tof]/df0f]dfof]L

lbgx? cfFfel/ ' n' nl gfrb}u/sf]
s'/f ; bfp}o ; f]eGb}uP . æTolx
d]f]5f]f]x]hf]!^ aif}sf]nf7]pd]
df klg 3/ uPsf]ahdf d ; F g]
6fF/P/ ; Tg]ub}of]To ; n] ; d] afjf
tkf0{3/ cfpqkf] \eg] Ps arg
 ; fG]jgfsf]zAb slxn]cf}sn] . hxfF
hxfF ; jf x}hf5, p ; n]klg cfkmg]
>Ldtlnfo{ ; jf ub]ef8fsf]sf]fdf
nu] cfkmg]lg]l lhGbul latfpg
yfn]kl5 p ; n]klg dnf0{e' ; Ss
lal ; lbof] . dh] cfkmg] ; Gtfgnfo{
u/sf]dfof ; a}Joy{/x5 . Itg}
nfnafnf / >Ldtln] bV sf6g'
gk/f] \egl k/b}sf]elddf ynf]kg]
u/L sdfP/ efts ; v ; d[4n] ; DkGg
agfPsf]cfkmg]wdkTgln] kmsh]u/sf]
cf]h]jfk ; g] kb}zrfrf : tAw ePsf
/x5g\ pgn]3/ ghfg]lg0f6 u/sf
/x5g\ . hg ahdf 3/df k}sf]cefj
lyof]Tof] ; dodf kb}zrfrfsf]vfF]
pgsL >Ldtlnfo{k6Ss}ePg5 . ; Gtfg
/ >Ldtlsf nflu hUuf hldg, 3/
/ ; Gtfgsf]lzlfblfssf]nflu hf]
ubf{ub]pd]n]g}sf6]skfn kfs]
 ; j}Dd] ePsf]ahdf 5f]f5f]L /
>Ldtlsf]cf8 e/f]f rflxPsf]/f]L
pd]df pglx?af6 ?vf]hjfk cfpkl5
pgsf]dg lsg g/f]f]t < clg lsg
cfkmg]dft}eld kmsh]u/sf]nflu
kb}zrfrfnfo{ cfkmg] ; Gtfgsf] ; v
 ; d[4sf]nflu h}sf]/y]ga:b}stf/
cfPsf lt kb}zrfrfsf]lttf] ; To
s}Fxfdf gkfnl a:tl / ' k8Lx?df
klg klN ; P/ al ; x}sf xfhg\ . l]ut
/ cfutsf kfl/jfl/s bfl/bptfsf]
bf?Of syf ; bfp/ pgl nfd] ; do
 ; Dd b0{ 3Bfsf]hf]df dG6f]
c8bfP/ 3Es 3Es ub]a9f] ? jf0sf]
gld7f/f]g p/fln/x] . cfh hGdelD
5f]f]l]b]zPsf x/s gkfnl cfGg
lk}sf x/s k/b]zPsf gkfnl kb}z
rGb]rfrf ; F klg slxst}o:t} ; To
36gf ; F dh]gvfPsf]xfhf / <

❖ ❖ ❖

efjrf0

5 nL kpn]a/afb agfP s f]hGbul

○ ;hgf u?ª, 0h/fon

kljq, ;To kpl ;xgzln xG5, bofn' xG5 ,kpn]8fx ubg ,g z]l u5{kpn] cfkmg}s/fdf lh2l ubg, 'sf]dfcbg, v/falsf]lx;fa /fvbg, kpl v/faldf k]Gg xbg t/ 7ls s/fdf /dfp5, kpn];a)s'/f ;xG5, ;a)s'/fsf]kTof/ u5{ ;a)s'/fdf cfzf /fv5 clg l:y/ रहन्छ । प्रेमको कहिल्यै अन्त्य हुदैन । o ;/L kpnf0{kl/eflift ul/Psf] 5 af0andf .

x], 7ls o:t}kpl d]k]k]fk u?ª ;Fu/3l lyPF. cfh d]k]rfn]sf]of sbddf ;a]sf]cnu-cnu ;D' f0a' f0 x]hf t/ of]sbd / of]af6f]f lx8g klg dnf0{pm k]tsf] ;fF] kpn] pTk]/t u/fof] . d /fd]L hfG5 ;fF] kpldf Tofu xG5 / ;fF] kpl ugn]k]k]tsf]cfzf /fvbg, abnfsf] efj /fvbg t/ k]tsf]kl/efiffd d Ps csf]s'/f ykg rfxG5' ;fF] kpl ugn]cfkmgf]kpnf0{o ;/L v/fa lgot lnP/ sdfu]f s5d{ubg]x8]f]klg t xg ;Sbg, s]Tof]unt kpnf0{;xl af6f]f Nofpgsf] lglDt cfjZosLo sbdx? rling' ;fF]kpl ugn]stfo xg cfpbg / <

k]fk u?ª / d]f]k]tsf] ;?jft फेसबुकबाट भयो । फेसबुकमा उसले p;sf]kl/jf]s a]flxs l:ylt l8ef]{n]f]f]lyof] . xfdlaLr s'/f x]hf]f p;n] ;?d} Odfcbf/Lk' f p;sf] >ldtln]g)p;nf0{l8ef]{lbPsf]o:t} blvb sxfgl ;gfof]/ p;sf]cf7 jifsf] 5f]f ;d] >ldtln]g]/fv]f]s'/f klg ;gfof] . ;fy]cfkmg]5f]f]sf]af]f klg ;f]g]Ps c;n hljg ;f]l]sf]v]hldf /x]f] ;Dd s'/f /fvof] . xfdl lbglbg}

च्याटिंग गन्थौ फेसबुक मार्फत र एकअर्का ;b]lv ;Vsf ;a} ;a)s'/f u%of] . ubf{ ubf{ xfd] ldtfn] k]tsf] ?k lnof] Psfsf] f ga]h] dgdf Ps lsl ;dsf] a]g]l xg]uYof] . pm klg dfk]f0naf6 3G6f]dnf0{kmg] uYof]/ d klg . t/ pm clt w]kmg] u/] k]f ;SYof] . एकअर्कासँग मन मिलीसकेपछि प्रतापले km]a5af6 g]OGUj]h ug]cg]/f]v u%of] / d]k]klg :jlsf/ u/]r. clkh ;ft tfl/v @)!! df km]a5 dfkm]f g]x]fdl दुबैले इन्वेज गर्‍यो । त्यसपश्चात्Psfsf]f] kl/jf/ ;f klg xfdl kl/lrt x]uof]f slxn]lax]ug] s]ug]egl eljiosf योजनाहरू बनाउन थाल्यो । म धेरै खुशी lyPFk]k]fknf0{kfP/ . x]f]/fd]klg, lzllft, cfkmg]hft klg . Psk6s wf]f kf0 ;s]f] ;d' bf/ s]f kfp] dnf0{p k]t w]j]Zjz hfuf]f]lyof] xfdl Psfsf]f0{w]j]OHht uYof] . slxn]ltdl ;Dd eg] g p;n] ;Da]vg uYof]g t d]k]g]uy]r. clt cg]f] ldt7f]kpl al9/x]f]x]fdl alr . z5fsf] कुनै ठाउँ दिएन उसले । एकदिन उसको lbbln]lrtjgdf h]uf lsgg nfu]f] egb]@ nfv ?lkof]f ;f ;fk6l df]of] . t/ d]k]d ;f k]f 5g egb] lgs}dg bVfP/ eg]f]lyof]ls d]k]x]fdl b0 Pscsf]f]olt glhs e}s] klg pm माथि विश्वास गरिँन भन्दै २/३ दिन उसले d ;f s'/f ug]tof/ ePg . clncln egfeg eof]k]f]sf]nful xfdl alr t/ kl5 p;h] km] u/] dnf0{ ;D' fof] . slxn]f]f' u8f xG]Yof] . km]/ Pscsf]f0{dgf0 x]N]Yof]f]d]l]xgdf hf]g]s'/f ubf{k]k]fkn]k]f xbg cS6a/ df hf]f]f]hgf ;f cln cln k]f klg

hDdf xG5 clg lax]u/] g]k]fnd}s]l Joj ;fo u/L a ;f]f egl of]hgf ab]f] lyof] . o:t}of]hgf u/]f lyof]x]fdn] d]k]k]fknf0{w]j]k6s elg ;s]l lyPF d ;f k]f gePsf]s'/f . t/ ^ aif{ 0h/fondf a ;f k]f 5g egb] zfob s ;h]klg ljZj ;ug]g ;Snfg\ .

km]/ crfgs k]fkn]pm l8 ;a/ २८ मा जाने कुरा गर्यो । आफू पहिले uP/ ;a)s'/fsf]Joj:yf u5{egl p;n] egb] d]k]klg xG5 eg]f d hgj/Ldf आउने कुरा गरे । ऊ नेपाल जाना साथ dnf0{kmg] klg uof] / Toltahf k]k]fknf0{Ing sf7df08df k]k]fksf]lbbL /~hgf u?ª cfpgePsf]lyof] . ;a /fd]rln/x]f] . xfdlaLr s'/fsfgl e} g]/xG]Yof] . To ;}lardf k]k]fkn]d ;f eg]f]lyof] aolb xh/ ;f bz nfv hlt ;fydf 5 eg]t?ct]cfpg/ g]k]n lax]u/L a ;f]f eg] . t/ d]k]d ;f Tolt k]f 5g d] ;Dd rf]f xG5 eg]l lyPF of]s'/f olQd ;lsof] .

g]k]n hf]g ;fy dnf0{d]h u/] l8ef]{k]k/ 0h/fon k7f0lbg'eg]f] lyPF. d]k]k]k]fknf0{of t d]f]afaf ;f kf]/fd] eg] hf]f l8ef]{k]k/ b]fpg'eg] eg]f]lyPF. k]k]fkn]kl5 p ;sf]l8ef]{k]k/ g]k]nuGhdf 5 eg] s'/f u%of] . pm p ;sf]afpcdfnf0{ eg] / l8ef]{k]k/ klg lng egl g]k]nu~h uof] . g]k]nu~h uP kZrft\ पनि कुरा भै नै रहेथ्यो । फेब्रुअरीको bf]f]x]k]f]v d]k]sn ubf{kmg] :jLr ck] ePsf]s'/f g]k]n 6]nsdsf] cfjfh]n] atf0{Xof] . ;Dks{ ePsf] ahf ;f]bf updf g]j]s{k]f]and ePsf]h] ;Dks{f ;d:of cfPsf]eg y]N]of] .

d]h]klg sbjzsf ul/g / To;kl5 d]h] पनि धेरै फोन गरिन । लामो समय सम्म सम्पर्क नभएपछि पोखरामा रहने उसको lbbLsf] dfaf0ndf kmf]g u/L af]h]sf] थिएँ । एकपटक त्यस्तै २ मिनेट जति p;sf] lbbL; s/f ePkl5 p;sf] lbbL; klg s/f ePg . kl5 d]h] dYf]3/ kmf]g ubf{k]fkn]cfkml"stf/ km]sdfnf0{ sf7df8f}cf0{ s]sf] / dYf]afaf cdf; E kb e]3f6 ug]f0{ 3/df e]g] cfp]g kf0g eg]sf] s/f आमाबाट थाह पाएँ । मैले अनि प्रतापलाई ;Dks{ug]nuftf/ sf]z; ul/ /x}t. t/ p;n]dYf]kmf]g l/l;e g}u/} . ah]sft/ dfq k]fksf]kmf]g p7bf] . d]h];f]bf cfkml"> d sf0f]odf ePsf]h] kmf]g l/l;e ug{ g;s]sf] s/f बतायो ।

p] sf7df08f]p;sf]bfh'efph'sf] 3/df a;sf] s/f ;Dd dnf0{ eG EofPsf]lyof] . @* tf]v laxfg * ah]sf]km]nf06af/f stf/ km]s]s/f पनि बतायो । २७ गते बिहानभरी मैले g]af6 kmf]g u/]t/ l/l;e g}u/} . p;n]kl5 dfaf0naf6 ubf{5f]L df5h] kmf]g l/l;e u}of]d]h];f]p;sf]efph' x]hf eg] . k]fksf]af/]f;f]vgL k5gl u/L tkf0{k]fksf]efph"x]f< भनी सोध्दा ती आइमाइले आफू प्रतापको jf0km x'eg] egl . d cfZro{x}E kgM kZg u/F. æk]fksf]8lef]{e} ;s]sf]5 eg] dnf0{eg]sf]lyof] km]/ s;/L xh' k]fksf]jf0km <E eGbf pgn]elgg) æltcl Oh/fonaf6 x]f< ltdl t k]fknf0{clt df0f u5f]/], k]fksf]nfuL 3/ lslG5', lah]g; ug][k]f lbG5'eg] eG5f]/], ;f]rL x]f< d k]fksf]h]L :jf:gl af]h]sf] lar]f d]h] s/f sf6] eg]æh]L :jf:gl <E æf] t, k]fksf]b0[6f :jf:gl 5 , d h]L xFd;E P3f/

aif]f]5f]f 5 . p;sf]/ sf5L;E g]aif]f]5f]f 5 , sf5L;E x]p;n] l8ef]{u/}sf] . d t cf7 aif]{b]v s]j]df 5' / clxn]5l8df cfPsf] . k]fkn]dnf0{5f] sf5L >ldtl NofP/ a;sf]s]x aif]f]g]km]/ d;E g]a:g]eg] To]ah]df u/}f]un]tlnf0{ ldf lbG eG}d;E w]k6s dfkml dfuof] . 5f]fsf]nflu ePklg ldn]g' k5{eGof] clg ;E]5L ldnfP/ d s]j]af6 / k]fkn]stf/af6 g]kn cfPsf] egl k]fksf]h]L >ldtl] atf0{ .

Tolts]f dYf]dfaf0nsf]k}f klg ;lsof] / kmf]g sf6of] . kl5 d]h] g]af6 kb sn u/}t/ k]fkn]dl/ sf6]p7fPg . of];a ;g] t d kfun h:t]g]ePF/PFw]/PF/ sfd klg ug{k/}sf]cfkmlnf0{;Dxfn] cfkml] hflu/]sfddf nflu ynf] . ha sfd बाट फुसंदिलो हुन्थे तब मनमा भक्कानो km6g / cf]af6 cfE alg slxn} /f]sPg . Psfdgn]t laZj; g]ug{ ;lsg To; cf0{df0sf]s/fdf .

dnf0{ch;|df0f ug]k]fkn]o:tf] w[6tf ug];Sb] eg] /GylgPF, s] u?F, s]gu?E d?Fof afrE olb d]h] 0Zj/sf]k]y]f ub]o:tf ch;|rf]nf0{ ;xg ug]zlQm b]p] k/d]j/ eG} kSf/f ub]cfkml]dgnf0{b/f]agfpg g;s]sf]eP / d sfddf Jo:t xg gk/}sf]eP of d PSn]ePsf]eP lgm;Gb} मैले आत्महत्या गरिसकेको हुन्थे । म ljb]sf]elddf sfddf Jo:t xg afWo lyPF. clns]t km];k]fpgf;fy k]fksf] lbbLn]f0{k]fksf]b06L :jf:gl / b06f 5f]fsf]af/]f;To x]f]ls em6f]x]fegl kmf]g u/L g]kndf ;f]y} . lbbLn]klg eG'eof] æf]t ltdlnf0{k]fkn]eg]sf] 5g] < d]h]k]fknf0{w]}k6s ;f]bf ;a]eg]sf]5'eg] eg]sf]lyof] . t/ b0

hgf :jf:gl g]k]fksf];fydf 5g], km]/ p;sf]h]L :jf:gl s;/L clxn] k]fkn];E eof]d klg kmf]g u/} a]5' lk/ glng'To:tf]s]x]x]f]g eg] dnf0{ ;f]Tjgf lbgeof] . lbbLsf] k]fkn];E s/f ePkl5 k]fkn]sx]f]xg', d ;hgfnf0{t?Gt]kmf]g u5{/ ;D'fpE' eg] eg]sf] s/f lbbLn]dnf0{ eG' eof]To;kl5 k]fkn];E dYf]sbj};Dks{xg ;sg] .

lbbLn]To;f]eg]kl5 d c? kfun ePFw]/PFw]/f]k]f;kgf, of]hgf ;a;]a; o;/L 66g klbf, l]Zj;g]nfu] . cflv/ of];a]j:tljstf /x] . k]fkn] dYf]efjgf;E o;/L v]h]f8 u}of] eg] . t/ d]h]l]Zj; gu/]f klg सत्यता यही थियो । प्रतापले दुईवटा बिहे u/}f]f eGbf klg klxn]:jf:gl 5f8] bf]f]:jf:gl lax]u/L To;nf0{5f] km]/ kb klxn]:jf:gl;E o;/L Ps e0{d;E k]sf]7f]v]h]v]h]sf]yfx kfp] dnf0{k]fkn]k]t w]}l/; p7bf] . k]f;sf]lj/fgf]elddf d बेस्सरी रोएँ । धेरै अनि प्रतापलाई कुनै g sbj};hfoE d]h]lbG'g]k5{eg] ;f]t. t/ s;/L< k]fkn]dnf0{ zf/l]s / cfly?kdf t sbj}rf] k}ofPsf] 5g] t/ p;nf0{csf/Of s;/L ;hfo lbpE

Psfdgn];f]t. k]fkn]dfgl;s ?kdf t dYf]x]of ul/;s]sf]lyof] . d w]}56k6fPF. km]asdf :6f6; n]y} अनि रवि दाजुको कमेन्ट पढेपछि फेरि ;f]t-w]};f]t. hlt k]fkn]dnf0{ dfgl;s ?kdf kl8f lbof]Tolt g]kl8f उसलाई पनि म दिनेछु र दिइनुपर्छ । अब dYf];f]yL, cfkmlt h;-h;nf0{x]f]d] ;DaGwsf]af/]f]yxf 5 pglx?sf]gh/ df d hlt lul/G5'p;nf0{klg d Tolt g]lu/fpg] . p;n]klg a'f] , ha dflg;sf]efjgf;E v]h]f8 u/],

dfgl;s rfb lbP/ afegdf / rfb
;x7 lhpqdf slt km/s xfb/x5 eg
cfef; p;n] klg x/ ;fF, laxfg,
PSnf] xfb, ;f;lx? df' xfb cfef;
u/f] \. a? o;sf] lglDt d7f] abgfd
हुन्छ भने त्यो बदनामी म स्वीकारेर
afegdf' . t/ PSnf] leqleq}d/7 d
s; /L afrF

dnf0{yfx 5, d7f] af/7f of] ;a
hfg7 w7} 7f] gh/df d lugdf' / ljz] f
d7f] afaf cfdn] ha d7f] af/7f of]
;a ;Gxgdf d7f] sf/Ofn] jxfFsf]
dg / dfgd slt rfb klugdf h;sf]
निम्ति म धेरै सरमिन्दा पनि छु । जे होस्

x/ xfnf d7f] of] sbd p7fpg'h?/L
;D' 7. lsgsl hg k?ifn] b0 b0j6f
:jf:gl xfbx5 d ;+ k7sf] oqf] v7
v7gh] olb d p;n] lbPsf] w7sf rkrfk
;x7 ;6Ss} p7 af6 6f9f xfb ef] n
p;sf] '6f] k7sf] lzsf/ sg} csl
lgbf] f gf/L gagf] \. c6fo ug7dfq
ck/fw x7g c6fo ;xg' klg ck/fw
xf]. olb p;sf] b0j6L :jf:gl n] p;nf0
s7 sf/jfxl u/7f] eP cfh k7fksf]
'7f] k7sf] lzsf/ d xlb7y] x7f .
t/ k7fksf] h7L :jf:gl n] s7
sf/jfxl ugdf] ;sf k7fk; F Ps e0
प्रतापलाई अरु घृणित काम गर्न
p7k]/t u/7f] 5 .

olb k7fksl h7L :jf:gl c;n
rl/qsL x7g7eg] k7fkn] bf] f] lax]
u/] kZrft !@, !# aifdf] cjlwdf
k7fksf] ;a; Totf hfgl hfgl s; /L
Ps}; fy a:g /fhl x7g7x7f] ng/ <
d7f] eg7 xfb x7f t k7fksf] h7L
स्वास्नीलाई पनि सजायको माग गर्थे ।
t/ pgsf] laifodf d s] eGg ;S5' / <
a; \ of] d7f] ;To 367f xh/x? ;a;
df' of] pb7on] /fv7s cfhsf] lbg
b7v sf7L klg gf/L of k?ifn] s; 7f]
efjgf / lh7bul; F v7h] j8 ug7cl3
p7 ;xL af67df lx8b} 5 of unt af67df
lx8b} 5, bz k6s cjZo ;f7f] \.

hx'f'bm v kl8f, Toxf"; DaGw

s7fnlsf] lkslgs :k7f] To7f] lbg
a7n] b7vPsf] lyof] . ;7f] /k7f] 6f df
Jo:t /xg] kqsf/, Jofkf/df Jo:t /
xg] Joj; fol / >ldfgsf] k7L lffdf aiff]
ljtPsf Psn dlxfx?nf0{ Pp6}
7f7f b7g kf07f] ol ;j} F ;dw/
;DaGw uf7f] dfnf a7g] cj; / h6fPsf]
xf] ;DaGw dfl; sn] .

l7tjgsf] klqsfx?sf] el8ef8df
Pp6f gofFegkf/ lNp/ xfn] k7fzgd
cfPsf] ;DaGw dfl; ssf] kl/rof7ds
sfo7mddf pkl:ylt xf] ;j7f] .
klqsf sf k7w lgb7s 07b] fb aufn]
;efklt, lgb7s /fddl0f yklnof k7v
cltly ;dfh; 7L gf/fo0fk] fb vgfn
ljz] f cltly tyf klqsf sf ;Dkfb
s70fk] fb vgfn cltly /x7f]
sfo7mddf klqsf sf uf7v7f ;Djfb7f
bluf7f; fb 9sfnn] :jfut d7tJo /fv7f
lyP eg] ;efklt / k7v cltlyn] klqsf
b7f07gfd pRrf/Of u/7f] sfo7mddf]
lj7w7t7p76g u/7f] lyP . klqsf sf]
l6dleq klg Psfk; df kl/ro gePsf]



xfb ;j7f l7ghfg u/f07klqsf l6d; F
kfl/ jfl/s ;DaGw a9fpg] p47on]
cf7ghf ul/Psf] kl/rof7ds sfo7mddf,
kl/rod dfq ;ldt /x7 .

kl/ro ;F ;F ;DaGw] a7akl8t
dlxfx? ;F klg ;DaGw h78xf] Nor] .
;6sfndf >ldfgnf07j7Qf kf/kl5
xfn; Dd PSnf] hljgofkg ul//x7f /
cfk7h:t} a7adf >ldfg] j7Qf kfl/
Ps7=udfPsf kl8t dlxfx?sf l7gdf
sdf ub7 cf07x7f ;dfh; 7L n7nf
sdf/L n7rg / al4dof t7df7nf07
v7bf cf7P/ ljz] f ;Ddfg ul/Psf]
lyof] .

;Ddfgs} q7mddf af7b} klqsf sf]
k7fzsf=k7vfg ;Dkfb /lj e7n]

æhx'f'bm v kl8f, Toxf"; DaGwE klug]
atfP . ;fy} l7tjgaf6 k7fz7t xg]
klqsf] egbf ;DaGw] km/s af67]
af6 lx8b} rfx7f] ;d7 pgn] k76fP
eg] ;Dkfb s vgfn] klqsf df
/fhg7ts /7sf] l56f ;d7 kg7glbg
;Dk0f ;xsd7?nf07 cg7f7v u/7f]
lyP .

xfn l7tjg, ndh^a, wflb^a,
sf7df08f] 7nufotsf 7f7P7df dfq
ljt/Of e7x7f] ;DaGw] cfufdl lbgdf
c7t/f767?kdf g]; DaGw lj:tf/ ug7]
atfP7o; cleofgnf07; zQ7 kfg7nf07
;Dk0f l6d Ps xgkg] / ;DaGwsf
l6dleq of] bl/nf] ;DaGwdf cfF c7pg]
ultljw s; 7f] gug7 ;d7 klqsf sf]
k7w lgb7s 07b] aufn] ;j7f
cg7f7v u/7f] lyP . ;fy} ;f7L
sfo7mddf] cj; / kf/L klqsf sf]
z7l7tsx?n] cg7y afnaf7nsf?nf07
cfj7; lo ;ljw7 k7fg ul//x7f] cg7y
afnaf7nsf ;7f0f tyf cfj7;
s7b7; x7/fsf] 3/nf07sl/a \$ xhf/
;x7f] u/7f] lyP .

kfunj : tLsLPs ; flfl

○ /ltf nfd

lg; ; fl; P/ cGwsf/af6 cflnPF. s]s]L ; fl/of< sxflK: ofeg] . sb} ahf kfunsf] ku/L uy}sf] klg oxL dfyn] xfl . sbfaf6 lrxfp} 5] . dflg; x? k?g ub} lrxofp} p}b} lyP . pTkft; f gf/f nufpb} . t/ oyfy{cs} lyof] . dflg; sf] cfln] vflhp lS, cgbflgt 5} uxjfnf d} xF. gkToP Ps k6s lrdff . p: t} dx; ; kfpfg] 5} . d]f] : kz{ . kfun a: tLsLPs ; flfl=====s}L . h; nfo{ oyfy{yxf 5 . To] a}gsf] . d} rfx}sf] k?g slxn] u/} ltdLn] . dg ljsliff eof] . ldt7] afnlsf] ck]ff ; fob} d} ul/g .

st} d} qm/ dg t /f] hg< af/Daf/ 'S' sf0/x}sf] 5' . aufn r/ p8kl5 8fnlsf] xljut, u8 elTsPsl cjnf . log} ; f]k]f] f]d cIn' g' afWotf xfl . ltdL; f ha/h: t le/fOPsf afWotf . af}b} n8b} . p7fpg] xft s17/f] h: t] eof] . Pp6f k?g ; f]b} ; hjfk lb65} s]d} slxn] ; fy dfu} clg af; < dfu]g] a}b} . dfu]g] dfu ldt] nflu eg] klg . : jfledfgnf0{5ftldf Rofk] ldt] zAbdf 3d08L xF. sf}L sf}L : jLsf/ . aft gnuf] \ . ldt] x}odf . d]f] lkmqL gu/ . d cfF 3f]6ofp} . cfF kf] d6' dfu]g] ? slt a}b} x65g< d]f] cgej 5 . sf] f]6f9f vhf cfsf; b]fp} ; v ToxL xfl eGg] . cfmGtnf0{axhfsf] ; f lbg] pN6f] cy} 1fgl; f n; k; ePsf] j] ; {s} 5g\ . ol vfnl x}on] . ; fob cj d kfun s}L xF. c?sf zAbdf . t/ d} c]f/sf] v}L ul/ /x} . ljutsf] kf08lnkl tof/ kfb} .

Oltxf; cd/ /x} \ . ToxL kpf; 5 d]f] . /ftdf p7g] aflg k/] kl5 . JoI' bff/} kn kl/>d u5} . Oltxf; Jo'tfp} . ldt] c; xof] P}df sf] . विवशताको अर्को किताब तयार हुनेछ । hf] ; f/n] k9g} . oxL sNkgf jf: tljstf agfpg' d} ul//x} . pxl hgsf] ; x/fdf . Rjf; ; 3f]g] jfSo k6s k6s ; g}sf d]f x}o wA]f nfu} 5g\ . k]o} k6ssf] e}df lbPsf pkb} x? clxn] dnf0{sfdf cf0 /x} . Psf}tdf tL zAbsf dfnf pGg ; kmn 5' . ; fRr} oyfy{oxL /} . ljut ; D' } afnfpfg] . ; v x} \ jf blv . ldt7] x} \ jf gdl7] .

0; f/f u/kl5 dlvvPsl lgbf] cf0df0 . xhf/ ; kgf a}b} . cf}nf} kL8f enb} 5] . p c' } klg lgbf] xfl . cfmGtsf] sfv v}b} 56kl6Psf] bw]afnssf] syf s: tf] x}hf < 8' udf ofq'ge] 6Pkl5 df' L klg ef} x65 .

d]f] t: jL/sf] kl/sNkgf ub} sljtf n]g] lxdot u/} of] . v} To] hf] ; kofnf; f]kP} of] algagf hjfk xhf/ k6s ; lg; s}sf] 5' . ca gb} ofp . d} v}sf] cleefjs xfl . dnf0{ a} x/f agfpg] sxfl yof] /< To; f] t cfmhfo{slxn] PSnf] elGbgF. afgl kl/ ; Sof] . ofbsf 6bm-6bm hf} ; do 3sf} . To; hf0; fy ; lDeng] . 89hf] nfu} sf] hndf xl/of kf] slt lgl: kmqL x65g< dlnnf] hldg dfly d]s ' f8llxg . x}f] p}Hofnf] . xfdalr s}L ; dfgtf 5 . hf] ldt] k]rf/ ecb lgtf} cnlu] w/df 7l8Psf] 5 . unt k]rf/sf] cy{ ; fob ; b/ gx}hf . enf a} lnf0{ dgf] ~hgsf] v/fs kSsf xfl .

Pp6f s/f ltdL cfmhfo{h] 7fgl /x}sf] 5} . To] d b]VbgF. kfun ; tnf0{ k5f/} ; kmntf xfl d]f] gfd . ; do; f]afWotf] lbPsf] pkxf/ . d PSn} rkf0/x65' . lgnl lgnl . ca af}bg . n}l cg/ful . d cfm} .

pv/dfpnf] jud. hf0; ; f] 5r} sf] ofbdf x/fpg] cfbt d}f0lbP . Ps c7f} 5ftL hGdfPsf] 5' . cfm} kpf; df . vfPsf] s; d ; f] g} oxL blgof} s}L . d cfm} k}f0f xF. xhf/ k6s /df] ub} lyPF. plt g} k6s pN6f] cyof} lb} . ca sg k}f0f k; u/f} < ; lsg . hljg e/L ef] fl/g] cfm} e] 6g] cfm} 5lsg] .

d Plsg 5' . hgsf] p}Hofnf] दायरा पारेर । तस्वीर खोज्दै बौद्धाएको ofbdf k}f] dg ; lqmo kf/} kn pXL d . pkm} xfdL wAaf ldl>t uef]fg जुन शरीर, औला उचाइ नपेर सन्तुष्टिको dxf; fu/ rDb} x} of] . sfkm ofbsf] ed/Ldf /GylgbfFxf} ; f} sNkgf ug{ ; kfn' 5' . d cfh : d]tdf 5' . k/fgf 'nsx? cfF j]l/kl/ gf} ubf] ltdL; f ofbx? n] lvrB} ofPsf] ; fob cj To; f] gx}hf . cfsn' sn s}L zAb cf} 5' eGy} . t/ ldt] efjgf dflysf] nfk/ jfxLn] hlxn] 6lqPsf] 5 dg . x}o kfP K]fn K]fn kf/} af; /L ahfpg] ; / lyof] sl < cfmhfo{hlxn] b]v a' } ; w/sf] kpf; df 5' . bf] flsf] yk] nuf0 .

यस्तो नभन्नु । पानी माथिको ओभानु aGg] b}kpf; sxfl u/} < ltdLnfo{ kSsf yxf 5 d s]ul//x} .

I' gf] cfudgnf0{klvP} hljgsf] j]df ; 8ssf] whf] dfly kf0tnfsf

8fd a; fpbjldtl l3; fbf{l3; fbfjgfbf
klu; s] 5' . lflth kf/L b]vg]
cfs[tnf0{g k5ofpg ; s]g ; dfpg
Ps k6s klg kl5 kmlsP{ clttnf0{
lgofng gvfjbf kfPsf]lthf]kg 5ftl
leq /fvL lg/f; fsf rhlx? km]/
; ufnj. 3/L3/L b]i6 lb65' bk0fdf
knfknf v: sbf]cfs[t ltdl lggsf
विहान र साभ कादन उकुसमुकुसलाई
k]o} lfof lrl//x5' . ljl5kt dfgl; s
cj:yfsf]cfjytlldf cxf]fq vl6g'kbf{
आयुलाई घटाएको मैले प्रत्यक्ष अनुमति
ub5' . /df0nf lbgx? Ps 38l dfq
cfof] pXL xfd] ; fldkotf t/ ca
rsgfr/ eP/ km6sf]xg{ ljjztdf
dnd nufp5' .

kb[tsf]lgodnf0{pn^a3g ubj]tdf]
bjnf0{cfid; ft ub}. 3f]/P-unLnf0{
lfd lbg] ; fdYo{xhf IsGt' unLsf
kbf/nf0{s; /L lfd u/ e65}.
r18gsf]bf]f ltdlnf0{yxf/L kl65Psf]
sbfl xfd]g t/fhh]uxf]f/vfP/ dfq
xf]. cfjfh lxsf]; f nkss n]g]
s'-r]6f g7fg oyfy]leq t8lkP/ k]jl
lgofNb} 5' . ; 8sdf b]vg] df65]
j/fj/sf df6/ uf8Lsf rsf{xg{
sfsfshx? >jOfzIQmn]e}fPg b[6ln]
sfnf]wAaf dfq e}fof]. ; fldkotfn]

d7f]06blox?nf0{; d] n65 . vfnl-
vfnl e0{l/Qgsf]r:sf0df dnxdsf]
gfd lg;fg 5. cgxf/df xifsf
/yf sf]/g'cufj]rGtn]87f hdfof]
bvfof]bvfo{tfbf, dlit:ssf]; Gthg
cl8u agfpg xDd]Dd] e}Sof].
; fGjgfsf]ykykfx6sf]Ps cæ lbg
klg nfnrl b]vpg'sxf5f]; dk0f xf]
of].

cgel'tn]dgk/L kf]b]dfdf]lgsfnl
nHhfa]v u/fof] d7f] rfxgf leqsf]
ltdl dfq PSnf pd]j]f/ x5f] klg .
cghfg d]ol sndn]pXL k/kl8s
; j6nf0{0ut u5{pXL k/kl8s ; j6sf]
ultljlwnf0{sf] kpf; df h65 x/
avt . untl sndsf] xfd]g .
kl/:yltsf]h]f/f] d7f]x5o . o;
cjwldf sg]g]f / gljg lafoj:t'
5fg]; fx; ddf 5. yxf 5 p:t}
श्रद्धासुमन होला म प्रति, मेरो पनि उस्तै
5 . kl/:yltsf]sdf/f]aGg ; j6f]
भाग्यमा कहाँ लेखेको हुन्छ र ? भाग्यले
सुम्पेको भोगचलन त गर्ने पन्थो । मेरो
cfudgnf0{:ju6f]pkdf lbg]x5on]
ca gs6f]cgel't ub]xf]f e6bf slt
l7s 5' slt 5. bVb}5; cdNo
आसुको बगाईसँगै यो तिम्रो र मेरो संयुक्त
bj]xf]t/ ; xif:jLsf]k]mfd rkfp]g'sf]

s/f]f]u0ff a9L xbf]/x5 . k]oif
gh/ lbbf ltdl blv/x5f]sof]w]d,
IsGt' d leqn] cfdlotfsf] cflz;
df05 jf:tljstfsf]k/ a;] . hf]
cfp5, ldnb, kf05 3/L3/L
bvff/L x]f0{knstf]h; /L pt}k5{
; Gt6L gkf0{pd^au nfk x65 . cfzfn]
lg/f; f afhfp v5f df]8of] xfd]
; fysf] rfx] klg vfh] klg, ldng
lj6bsf]; 5. lbb] xfd] Jojxf/n]
cGt/ dgnf0{lk6b} ? jfpb} 8f]L
r8f]v; L, xf; f]pd^au Psfbzsf]
syf eof]h:t}5 . lgy6s k/hl sg}
s; /t af/f c]efg'xg]fnf 5. v;L
c; Dej- o:tf lg/f; fsf kQmx? sf]
/x/ gxbf gxb} /GyG]LP/ jf:tljstfnf0{
d6' leqaf6 km'sfPF. unt eof]of
; lx dNof^asgsf]kf6f]ltdlnf0{Ps
rf]L km]/ 5f]f. o:tf x/kmx? ; do
; dodf sf]r: sfPsf]cjZo 5'
Jojxf/sf bvfo{; ufn] sndn]3f]6bP
kgM : ofxfg{s; /t ugknf{.
cj ld7f]zAb ; Gb]f]ltdl . d
klg knkn w]f leq b]5' . ; bf ; v
रहोस । क्षण क्षणमा सफलताको कामना
ul/x5' . sfdgfn] dt{ ?k Inof]; \
z6sfdf .

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l r t j g a f 6 d f l ; s ? k d f k p f z g e 0 { x s f] ; D a G w d f l ; s k l q s f s f]
l g / G t / ; k m n t f s f] n f l u x f l b 6 d u n d o z e s f d g f c k 0 f u b 5 f] .

JUNGLE SUNSET CAMP

a 5 f j l - @ , ; f j f x f , l r t j g , k m f g M) % ^ - % () ! ! @ , % *) \$ (\$

/ f h j b l l q k f 7 L , D o f g h /

- l r t j g / f l i 6 0 l g s ~ h c j n f j s g t y f c G o l j l j w
k o 6 s l o u l t l j l w x ? n f 0 { n f l u ; W } x f d l n f 0 { ; D e m g x f] ; \ .

syf

gv'n]sf]/x:o

○ szj eš/f0{

ægf0Æ gf0fgrn gÆ- dgfn]egl .
 ægf0 clxn]xGg Sof .
 sfyl cfof]eg]Æ
 ægf0Fafaf To;f]gu/ gÆ
 gf0Fsof gf0Æ gf==0Ægf===== OF
 p;n] eGb}u0 slknn] ;g]sf]g;G0}
 u#of].

Psl5g sfyl afn] jftfj/Of zft
 eof].

ltdln]s]ub]sf]Tof]ltdlnf0{yxf
 5< - dgfn] ;fvl .

æyxf 5g xfhf tÆ-

slknn] ;/n pQ/ lbof].

Tof]eg]sl xfg, ltdl sf] ;Æ5f]/
 s]ul//x]sf]of]plrt 5< dgfn]ykl .

ædfodf plrt-cglrt x]a]a]of
 ca klg ltdl To;f]/L ;f]5f] d
 Ps ljjfxtf gf/L x]f]t] ;DaGw cgl]ts
 xG5 .

ædfodf g]ts-cg]ts s]x]x]Æ
 xfdl b0{klxn]k]l-k]dsf lyof].
 Tof]; DaGw ;fdflhs ?kdf a]y lyof].
 clxn]sf]xsdf Tof]; do xfdl ;Æ 5g
 ca . xfdl k/k?if-:ql e0{s]sf
 5f].

dfodf a]y-ca]y ;DaGw eG]x]Æ-
 slknn]y]kb}uof].

ltdl / d h]h:tf]lyof]Tof]ToxL
 cj:ydf /xg b]pm . ca o;/L xfdl
 e]6g' klg xGg . l]utsf]36gfnf0{
 ;æf]u dfg] l]l;G]pm . To;df xfdl
 b]j]sf] sNof0f xG5 . dgfn] eGb}
 u0 .

k] l] ;g]sf nflu ul/G5< dfod
 slxNo} d5{ ;DaGw Tolts} 665<
 slknn]k]g? t]:ofof].

'ltdln]ltdf] >ldtl / 5f]f5f]lsf]
 nflu klg dnf0{lj ;g}k5{. ltdln]

dnf0{ 3Dffef]n] x] dfod db] hfg
 yfN5 . clg wf]sf]fh gf/Lsf]pkdf
 lbP/ ;wf]sf nflu dnf0{lj ;{dgfn]
 cg/f]v l]5bf0{.

'd]f]zAbsf]fdf 3Dff, wf]sf eGg]
 zAb]5g . d ltdlnf0{k] u5{. ul/
 /xG5'of]c66 ?kdf rln/xG5'-dgfsf]
 cfbz]f0{v08g ub]slknn]eGof].
 of]t ltdf]kfunkg dfq eof]. k]b]
 b]yf]6L ?kdf ul/Gg . k]b] ug]nflu
 e]6g'kb] xfdl Ps csf]sf]zelrGts
 /x] klg k]b] l]lgdo ug]; S5f]: xfdl
 b0{ca ldn]g] ;fyl dfq agf]. dnf0{
 dfod ug]c? sfyl klg 5 . ltdln]
 dfod ug]ltdf] >ldtl eP h:t}dgfn]
 ;Dempg vfhL .

slkn / dgfalr o:tf cgluGtl
 ;jfbx? hf/L g]/x]. rfx] klg Ps
 csf]r ;DaGw tf]8g ;Dej ePg .
 pglx? cem]ef]s x]b]uP . kl/l:yltn]
 o;/L sf]6]k]l/lbof]ls klxn]eGb]
 klg ulx/f]; DaGw l]sl; t x]b]uof].
 ;ftdf Pslbg e]6g]of]hf]L /ftlbg
 df]f0ndf eml08g yfn]. pglx?sf]
 cGwf] k]b] 5tf5Nn k]lvg yfNof].
 pglx?sf]s]x] ;jfbx? o:tf lyP .

æsnl ltdl ;Æe] ug{kf0g eg]d
 t hn]d5{x]fhf .Æ æsnl ltdf]
 km]gsf]k]l]lfd a:bf dnf0{g lgGb]
 nflu5 g eš]Æ

æsnl g9f]eg t t]f]f0{t]f]
 a9fsf]dfod nflu5 ls d]f]Æ

æsnl t]f]3/sf]a9L / d df sf]
 /fdl<Æ

æ;f]r] t]h]t]f]a9f]f0{lj ;g ;S5]kÆ
 æpm t k/b]zL e}Sof]. ltdln]

d]f]nflu s]s]Tof]lg ;S5f]Æ

æsnl dnf0{t t]f]s:tf]em]Nsf]c]p5 .

clxNo}e]dg nflu; Sof] cfp]Æ
 æolt]jh< /fts]!@ aHg yfn; Sof]
 æ;6Ss cfp]lg sfnl ! l] :tf/}
 9f]sf vfh . l]xfg]6fk lb0xN5'lg= Æ
 æ;f]r]c]p5f]t<Æ

æls 8/ nfluof] cfp]g ;Sb]h:tf]
 nfluof] dnf0{s]f] ;Dem]L<Æ

æTo;f]eP s ;h]yxf gkfp]u/L
 cfp x}tÆ

slkn xflGgP/ dgfsf]3/ k]5 .
 dgfn] l] :tf/} 9f]sf vfh]5] . pm
 l] /fn]sf]r]ndf 3/leq k:5 . 9f]sf
 aGb xG5 .

l]xfgsf] ;b]on]cfk]b]f] ;fd]Ho
 km]f0{s]sf]lyof]. Psf]jxfg}p7]
 km]f]hfg]dgf cfh b]yf kl/gg\ .
 dWofx;Dd klg 3/sf]9f]sf /x:odo
 9un]aGb g]/Xof]. dgf l] /fdl kl/
 ls eGg]nv w]h]sf6]. upf]Æ?

hDdf eP/ dgfnf0{af]h]Pklg pgsf]
 sb}cQ]kQ]ldn] . v]f]sf afv]
 kf7fx? eš]n]56kl6/x]sf b]vGy].
 w]f]cgdf / z]falr upf]Æ?n]9f]sf
 km]b]af]Wo eP . dgfsf]3/leq ;Gg6f
 5fPsf]lyof]. hj 3/sf]dflyNnf]
 sf]fdf upf]Æ?sf]k]z eof]. Toxf

cgf]f]b]o b]vof]. dgf Ps k/k?if;G]
 cr] :cj:ydf l] :tf/fdf 9n]sl ly0{

upf]Æ? ctf]nP . k]k/Lnf0{af]h]f0g]
 36gf:ynsf]lg/Llf0f kl5 yxf eof]

ba]sf]d[o'e0{s]sf]lyof]. 36gf:yndf
 sb}klg ;s]e]b] ;lsPg . d'rNsf

tof/ eof]. kf]6df6d l/k]b]k] klg
 sb}l]j/Of vhfpg ;s]b] . slkn /

dgfsf]d[o'ls / s;/L eof]Tof]
 /x:o vNg ;s]b] .

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s sfnL s8f 5 - cWOLF Gofkfg]

@)!# ;fndf ajf r]gk;fb cfd
;]dfosf] sf]vaf6 sf0nf] ;Gtgsf]
?kdf o; ;f/df kf0nf 6sf] xg\
/fddlOf Gofkfg]. Gofkfg]sf]kl/jf/
dWod vfn] kl/jf/ ePsf] pgsf]
jfnosfn ;Vb g]jToj]. kfgkf]fOf
/ lzlfblff /fd]kfPsf Gofkfg]gkfn
pRr dfWolds ljbfn 6fBlaf6
P;Pn;L kf; SofDk;] hLjg;E] !#
aif;Dd lzlfOf k]fnfO{cufn]sf pgl
kf7bqmd ljsf; s]b] ;fgf]7dldf
;xfos ;Dkfb; ;d] agsf lyP .
gkfnldf Pp6f pvfg 5 æxg]lj?jfsf]
lrNnf]kftE eg]h:t; ;fg]v ;fdflhs
sfof va} rfv /fvG] Gofkfg] ctM
hflu/] hLjgb]v xft wf]p{ xfn
;dfh;]fdf x]dPsf 5g\ . lrtjgsf
;fdbflos jgx?dWos}gdgf s sfnL
;fdbflos jg pkef]mf ;ldltsf]cWOLF
h:tf]lhDd]f/L kb ;DxfnL/xgPsf
pg]/fddlOf Gofkfg] E ;DaGw dfl ;sn]
u/}sf]s'fsfgLM
;DaGw /nfO{ :jfut 5, ;DaGw
dfl ;ssf]of]ljz]f s'fsfgldf .

❖ wGofb .
;DaGw s sfnL ;fdbflos jgsf]
kl/ro lbgkf] g<

❖ s sfnL ;fdbflos jg lrtjgsf]
k]L{;dfgf r]k/ uflj ; /jl/]bbu/
uflj ; ;E hf]8Psf]5 . & ;o ^)
x\$6/ lfgk]ndf kn]nP/ /xsf] o;
jgsf]sl/a @ xhf/ 3/w/L pkef]mf
/xsf] 5g\ . o; jgdf vf;u/L t ;fn
hftsf jf]x? g]w}]5g\ eg] ;fh,
x/f] j/f] l; ;f]nufotsf jf]lj?j
klg kf0]5g\ . bhE jGohGt? af3,
:ofn, aEh, dU, 3f]n nufot

jGohGt?sf] jf; :yfgsf] ?kdf klg
s sfnL ;fdbflos jg lrlgPsf]5 .
;DaGw tkf0]sf] jgdf /xsf bhE
jGohGt' / dxTjkOf{ sf7bfp/fsf]
;HfOf s; /L ul//xgPsf]5<

❖ xfdn]xfdf]jg lfgleq ePsf h]
hlt ;DklQ 5g\ To;sf]plrt ;HfOf
ul//xsf] 5f] xfdn]jgdf s;h]sb]klg
k]sf/sf] cfqmdOf ug{g;sf] \eg]
xfdn]gfsu:tl 6fh] v6fPsf 5f]
x]fn' 6fh] 5 . xfdn]!) hgf t
sd{f/L dfq v6fPsf 5f]eg]lbgdf
eGbf /ftdf rf]Lsf] ;Defjgf a9L xg]
x]gf0] 8b6Lsf]klg Joj:yf u/}sf
5f]eg] jg;HfOfdf sfo{ldltsf
;fyLx? klg plQs}; hu xg]xG5 .

;DaGw of] kl5Nnf] ;dodf ljleG
7fpPaf6 sf7sf]rf]L t:s/L a9sf]
vj/x? cf0{xsf] 5g\ st} s sfnL
;fdbflos jg klg rf]L lzsf/Lsf]
lzsf/ t alg/xsf]5g<

❖ kl5Nnf] ;do rf]L l;sf/L sf7
t:s/L a9sf]kSs}klg x] . lrtjgs}
slt ;fdbflos jgsf]sf7t:s/L cj:yf
nHhfa]w xg] vfnsf 5g\ sltko
t:s/L jgs}sfo{ldltsf]ldnf]t]p
ePsf klg 5g\ . t/ To:tf]nfhdbf]
cj:yf s sfnldf 5g . cem]tkf0;E
eGgkbfs s sfnldf s;h]rf]L ug]lx0dt
g]ug{;Sb]g} lsgsl s sfnL w}]s8f
5 .

;DaGw sg cfwf/n}s s sfnL s8f 5,
yf]k]6bfo]lbgkf]lg .

❖ dh]klxn]klg pNn] u/]klxn]
s'f]t xfdn]kof]t dfqdf sd{f/L,
gfsf u:tl 6fh] v6fPsf]To:tf]unt
lgot af]sf]dflg; jgleq l5g{kfpEg}

eg] olb sf]Ln] uNtL ul/xfnOf] eg]
xfdL t?Gt sf/]fxLsf] bfo/fdf
NofO{xnf5f} . xfdn]pkef]mf ;r] klg
5g\ . lsgsl xfdn] pkef]mfnfO{
;r]gfdhs sfofmd ug]u/}sf 5f].
klxn]t pkef]mf jgk]t ;r] 5g\
eg]csf]s'f s sfnL s8f 5 eG]5fk
dflg;x?df klg k/}sf]5 .

;DaGw tkf0]sf]ljrf/df rf]L t:s/L
h:tf unt lqofsnfk sf]af6 a9L xg]
ub5 .

❖ rf]L t:s/L o;h]u5{eG]sg}
cfwf/ xEg . h;n]klg ug{;S5,
To;f]ug{glbgnfO{]gn]g}s8f glt
cEgkb5 . cfk]p pkef]mfnfO{
r]gfsf] :t/ psf:gk5{eg] sfo{
;ldltdf Pp6f ;demf/L efjgfsf]
ljsf; ug]kb5 .

;DaGw tkf0]sfo{ldl t / pkef]mf
sf]s:tf];xof]u kfpgePsf]5<

❖ dnfO{pkef]mf / sfo{ldltsf]
/fd] ;fy ;xof]u ldn]sf]5 . cfh
s sfnL hg gdgf jgsf]?kdf lrlgPsf]
5, Toj]kSs}klg d PSnaf6 ;Dej
ePsf]x]0g, dh]t s]n g]lj dfq
u/}sf]x]E/ xfdn]l6d dh]u/}sf]g]ljdf
vZL;fy lxEsf]5 eg]Toltdfq x]0g,
/fhglts ;eG, koGg k]4Gsf] ;d]
;fy kfPsf]5'lg:jfy{;]fdf ;fy lbgk?
w}]xg]xG5 .

;DaGw s sfnLsf]cfly\$ cj:yf s:tf]
5 / pkef]mfd s]s:tf sfofmd nfu"
ug]Psf]5<

❖ ;yfsf]cfo;] dWo]sf]jG ;l~rtl
klg Ps x] . xfdn]() x\$6/
lfgk]naf6 sf]jG ;l~rtl ug]u/}sf
5f] . ;af6 utaf]# nfV \$ xhf/

cfDbfgl ePsf]lyof]eg]of]aif{a97 \$
nfv kD]g]cgbfg 5 . eg]cGo ; f]df
jg kD]f/, xdf] lkslgs :kf klg
/fd}rn]f]5 . ljeGg ; 3; *yfsf]
cgbfg, sf7 vl/b ljqm cflbjf6
; *yfsf]sh cfDbfgl *) nfv ePklg
cfudl lbgdf ! s/fB k%ofpg]nlo
lnPsf 5f]eg] pkef]mfd xfdln]
; fd1xs afv]kfng, uf0{kng,
df5kfng h;tf cfodhs sfodnd
u/}sf 5f]. xfdln] o; ; d]hdf
Jofkt /x}sf]hftlo 5j}f5tsf]lr/kmf/
u/}sf 5f]. xfdl]pkef]mfdWo]@% 3/
w/L blntsf]8]ldf kx}F /x}sf]5 .
; dXdf 3fFv]L u/}sf 5f]. ; f]fx;Dd
ljqm xG5, To;af6 pkef]mfn]/fxtsf]
dx; ; u/}sf 5gl.

; DaGw jgn]ljsf; lgdf]df slQsf]
6]f k%ofPsf]5<

❖ ljsf; lgdf]g}xdf]klxn]d4f
xf]. ljsf; lgdf]df dfq}xdfn]%)
nfv 56bfp5f]. vfgkfgl, l; *f0{
of]hg /x}sf 5gl. xfdln]; 8s lgdf]df
u/}sf 5f]. xfdln]; :6ddf /x} sf

u5f] vfgkfgl, l; jld^a kh, Dolhod
cflbdf nufgl u/}sf 5f].

; DaGw clwsfz ofx?df 3Dg hfg]
7fp]w/s}sfnl lkslgs :kf k5]lg
o;f]xgdf s]sf]kD]f xfhf<

❖ s}sfnl 5 g]To:t}xl/ofnl kD]tsf]
pkxf/ kPsf]5 . o]fx?nf0{dgf]
~hgsf nflu kD]kt ; f] ; fwg 5gl.

7fpPsf]t / /d0f]lo 5 s}sfnl rfx]
sD]sf]l xf]loft o]fo]tl rfx]a9fa9L
hf] klg /dfpg ; Sb5gl . udl]sf]
df]ddf l; jld^a khsf sf/Of yk
rxnknx a95 . s}sfnl df eg]
s}sfnlstf] dlGb/ xfdl; 5 eg]
j]flgs ; j]f0f ug{pkoQm 7fpP5
o; sf]ljz]ftf g]km/s ePsf]zfof
; j]sf] /f]f0sf]7fpFag]sf]xfhf .

; DaGw tkf0sf] sfoC]lwdf ePsf
ult]jlwaf6 s:tf]dx; ; ug]Psf]5
/ tkf0sf] sfoCfn ; df]ktkl5
jg; 5sf]s:tf]; DaGw /xG5<

❖ sfof]lw l; l4b]df sfo{
lhDd]f/L / st]o l; l4G5 eGg]xfDg,

d]f] sfoCfndf ; Dk0f]sf] ; fy /
; xof]un]w]}sfd ePsf 5gl/ kD]tf
eg] kPsf 5gl . ljsf; slxNo}
l; l4g] lrh xDg, hlt u%of] plt
al9/xG5 h]eP d To;df cToCt]vZL
5' . ; Gti6 5' / d ; b} jgsf]glhs
/x} ; zQm lsl; dsf] eldsf lgjff
ug5' .

; DaGw cGtodf ; DaGw dfkm} s}L
eGg rfxgkG5<

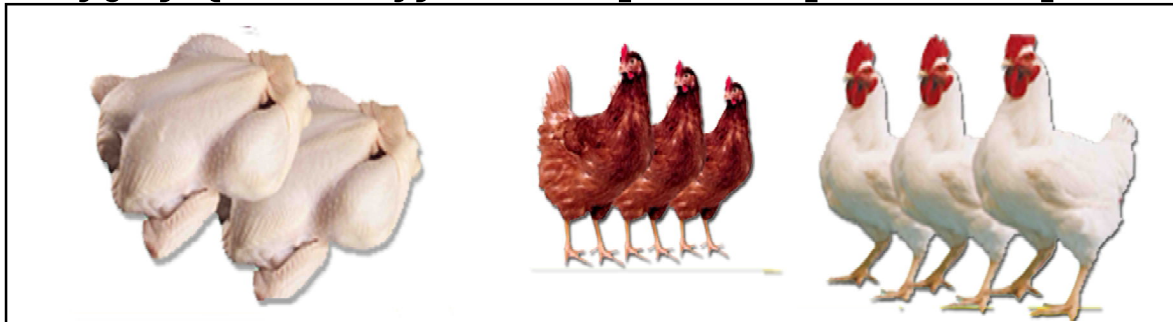
❖ d]f] sfoCfndf h; /L ; fy lbg'
eof] cj gofFag]sfo{ldltnf0{klg
To; }u/L ; fy lbgkfhf h; h; n] hxfF
hxfFaf6 h; /L ; fy lbg eof]pxfFnf0{
oxl ; DaGw dfkm} xflb} cfef/ kD]6
ub5' .

; DaGw Jo:t ; dosf] jfjhb klg
; DaGwnf0{ ; do lbg ePsf]df ; /nf0{
wGofb .

❖ s}sfnl ; fdbflos jgsf l]ifodf
hgdfg; ; dl ol dxTjk0f{s/fx?
Nof0{; xof] ul/lbgePsf]df ; DaGw klt
klg xflb} cfef/L 5' .

k]tltm lqmtl cfrfo{

lrtjgs}0{txf;df ; j}Gbf klxn]/ a9L nf]sn sv'/fsf]kmf/fd



/ l j g k f] N 6 k <

rDk/-#, rDk/ rfs, lrtjg, df] (*%%)^\$^)*
kf] l]dn sDf/ j/fn 'cl;d'

- ; Dk0f{ kf]6k< pTkfbgsf nflu ; b} xfdlnf0{ ; Demgxf] \ . _

kd cDuf0



xfn p-df-lj_ 6f8laf6 P;Pn;l kf;
u/k15 pgnf0{ nfx/7}df etl{xgnf0{
v} s/ u/}f lyP c/]. t/ sf05f}
5f/7f nfx/7] agfpg] cdfdsf] ;kgf
k/7f xg kfPg . kll/ pgl cfnb7f]sb}
sdhf/7sf]sf/0fn}nfx/7]gag}f eg]
xf0gg\ . pgl ljlecg k/Llff kllh eP/
gePsf klg xfggg\ . klxnf] s'/7] t
u?^sf] 5f/7f] csf] nfx/7] k7el'dsf]
dflg; xfn;Dd klg rfx]gkfnL ;}fdfs
xfj\rfx]0f08og / la6;df g]lsg
gxfj\ nfx/7] aGgsf nflu u?^ du/
nf0{ljz]f dfllg05 . Toltw7}cj ;/
eP/ klg lj/axfb/ nfx/7] aGg
rfx]gg\ . xfl nfx/7}f]h:tf]lhp8fn
k/}f jL/axfb/ d';Ss xffB}e05g\
ædnf0{ nfx/7] aGg] xfbN] slxNo}
;tfPg .Æ

P;Pn;lbjv xfo{sh /f 6f8ldf
vfBfGg ufjfd /fvL Jofkf/L kf] ag]
jL/axfb/ . t/ vfBfGg ufjfdaf6
;fjh:tf]nfe lng g;skl5 jL/axfb/
)%) ;fndf xflgP ljbztkm{. oP0{
cyf{\ cfjwfjlsf] Ps sDkgldf
;sol/6lsf]sfd u/] . sfd ubjfhf
pgsf]00fgbfl/ tfaf6 kpf]jt ePkI5
cd]/sl gful/s -uf]f _ld:/ afIn;n]
cfknbf]sDkglsf];k/ef0h/sf]?kdf

ckmuflg:tfg k7fPsf lyP .
ckmuflg:tfgdf a;la;L g]kndf
;Defjgfsf] vfhL u/ʒf jL/axfb/n]
yf}]dfq kl/>d ugI/ wəf{ ckgfpg]
xf]eg]g]knsf]df6df s[ifdf qnf]Gt
Nofpg ;lsq]ljZf;n]g]kfn lkm/kl5
k]L{Irtjgsf]/Tggu/-&, l6sf]hLdf
dT:okfng Joj;fo ;? u/ʒf 5g\ .
ælj P08 xʒE s[if kmfd{-dT:okfng_
btf{u/L Joj;fo ;? u/ʒf jL/axfb/
n] jkm/hg Pl/ofdf ePsf]n] btf{
kʒp̄fdf wY{ ;f:tl v]g' k/ʒf]
atfp̄j]oʒfx?nf0{s[ifdf nfhg k] ;fxg
ugʒf] ;ʒf cgfjZos em0eml6nf]
klqmf]n]hfz / hfz/df cfF cfp]g]
;d] pgn]ugf;f]kfy] . pgn]l56f]
sfd ug{vfh]klg sfofhofs sdf{f/
Ln]dlxgf} emhf0]b65g\ . l56f]sfd
ugk/]To;ʒg;f/sf]Joj:yf ldnfpg'
kgI/] . hj;Dd of]em0eml6nf]klqmf]s]
cGto xʒg, tj;Dd g]kfnL hfuf?S
oʒfx? ljbz knfog e0{ g}
/xgkb5 . sl/a !) nfv ?kʒfF
nufgldf ;? u/ʒf]dT:okfng Joj;fo
lj:tf/} a9fp̄j]n]hfg] pgsf] ;f]
/xʒf]5 . !) s]f hldgdf agʒf]
pgsf] kfy]/ldf /3; gʒL, uf;sfk{
l;ne/ hft nufot \$ xhf/ df5fsf
e/f 5g\ . kl5Nnf] ;do lrtjgdf
df5fkfng Joj;fo Xjfq}a9ʒf]5 .
jL/axfb/n]eg]ælr t jgdf df5fsf]dfu
cg;/f/sf] cfklt{xg ;sʒf]5ʒ . E
b]gs xhf/fʒf] ;wofdf ljbz knfog
xg]oʒfx? g]kndf g}s[if Joj;fonf0{
cu]ng]xf]eg]xdfLn]rfxʒf]h:tf]gofF
g]knsf]l5ʒ]lgdf0f ug{ ;lsGyof] .
k]tlt, k] cDuf0F

zxLbx?k|t >4f ; dg

O blufk|t fb 9sfn



P|txfl;s lhNnf uf/vf, b7sf &%
lhNnf dWo]yk}5\$}ljz]ftf af\$sf
o; lhNnf blIf0fdf tgxF/ lrtjg,
klZrddf ndh^a / tgxFk7df wflb^a
-a9L u08sL_pQ/df rLgsf]:jzfl;t
lfq ltAatn]3]/Psf]hbg @&!%' k7L{
b7fct/ b]v @*)\$%' pQ/L clffz
/ *\$@&' k7L{b7fct/ b]v *\$)\$%'
k7L{b7fct/;Dd km]nPsf]#,^!) ju{
ls-dl= lfqkndf km]nPsf] uf/vf
lhNnf ;fdlGbs ;txb]v \$** Id= b]v
*,!)) Id6/ prf0df /x\$]5 . af0{]
rfal;] /fhdf ljeffht k7{gkfn
cfk;L /fhf /h7f?sf]zlQm kpzqsf
sf/Of gkfn eGg] b7 ljno xg]
l:yltnf0dWogh/ u/L uf/vfsf /fh
k7]lgf/foOf zfxn]Psls/Ofsf]sfo{
kf/De u/L l;E7] gkfn]lgdf0f
u/]. ndh^asf /fhf g/x/L zfx /
uf/vfsf /fhf b]o zfxalr lbg]bg}
x'g] emu8fn] cfdfn] b'a}
5f7fnf0{ r[k] gbl df affh0{ cfkmgf]
bWsf]wf/f auf0{c] cf0df g/x/L
uf/vf gtg{ b]o zfx ndh^a ghfg'
egl bW aufPsf]P|txfl;s egf0{5 .

ndh^adf r[k]gbl lsgf/af6 b7f]
hf]lnulnustf df kUyof]pxL /fhf xg]
rngaf6 of]lhNnf k/oft lyof]. clxn]
klg of]rng x/\$ j8fbz\$] cltd
lbg ljhofbzldf x\$5 . /fhf 5fGg]
rng 5f7] krf; xhf/n]k/:s7 ug]
ul/G5 . lzlf x/fP sfzL hfg; Gof
gkfP uf/vf hfg' eGg] egf0{ 5f5,
gkfndf k7d zxLb nvG ykf, k7d
k7vgdGql eld; j ykf x7h]jgsfnd}
k9f0df k7d xg]JolQm e-k' k7vgdGql

8f-afa/fd e\$ /f0{hlGdPsf]lhNnf .
g}s=kf- dfcf]fbLn] z? u/\$f]
bl3\$fnlg hgo4df b7 / hgtfsf
vftL/ k7Of cfxlt lbg]k7d zxLb lbn
axfb/ /Dt7 b]v ;/7 jfUn]-jf;'
lhNnf ;b/d'sfdb]v em08}!*=%
ls-dl= pQ/k7df kgI;fgf]uf]j; aujf,
hxf7 hgf x7xf/ o7f o7tlx?n]hljg
cfxlt u/\$f]ufpF/ ! hgf jkQf
kfI/Psf]7fpF.

ltg]alnbgf ug7f xI/ZrGb]>]7,
lzj >]7, al4 >]7, zflGt >]7 /
ld/f >]7 / jkQf ;~ho 9sfn
pxf7sf]jflif\$ >4f~hnl x/\$ jif{
ug]ul/G5 . o;]qmd df a7fv @@ df
ld/f >]7 -lxdfnL sf] !@ cf7
>4f~hnl ;df/f7df ! Idg7 df7
wf/Of u/L >4f;dg lbg kfp7 tl
cgxf/x?n]dnf0{;f/r:sfof]. @)##
;fn j7fv @! ut]aujf-\$, l/7]kfgl
-ldng j:tl df lktf /Tg axfb/ >]7
/ dftf ktnL df0f >]7af6 hlGdPsl
ld/f zflGt pdf]laf6 P;Pn;L kf;
u/\$l lJBfnodf /x7cGof cTofrf/
sf lj/f7vdf cfjfh p7fpg]lg8/
5fqsf?kdf lrlglGyg . qmflGtsf/L
ljrf/n]cf]k7] ePsl ld/f kf6Lsf]
cfjZostf adf]hd k0f\$fnlg sfo\$tf{
eP/ sfdf ug]qmdf @)% (÷!÷@@ ut]
kln; k7f;gn]lu/km7f/L u/L cf?3f6
glhs :th v7hf lsgf/df uf]hL xfgl
sfo/tfk7\$ xTof u7of]. ;fj;De7gdf
;DkGg ul/Psf] >4f~hnl ;efdf
x7axfb/ a/fdn] sfo7d ;~rfng
ug7of]eg]w7 e\$np7f]kf6L{k]tsf]
of]ubfgsf]k7 z7 ub]7pxf7n]b]vPsf]

af6f]f lxB7 cg/f7v ug7of] .
ld/fh:t}b7 / hgtf cGof / cTofrf/
sf]lj?4 ;b7f]ljxfgl Nofpg cfkmgf]
k7Of cfxlt ug] !# xhf/ eGbf a9L
x7xf/ o7fo]tl h;n] dg{ b]v
8/fPg7 aGbsf]uf]hLsf]k7fx u/7g7
h;n]@\$) aif7k~rfotL zf;gsf]cGto
u/] axbnlo zf;g b7df cfof]. o:tf
yk}pkn]Aw x7f;n eP . kf6L{ /
qmflGt r7f]Lsf]df7df kl7sf]cj ;/
5f7L g7]j k7Qndf b]vPsf]JolQm]fbl
k7]Q, s7Lsf]df0f, df7, bnut :jfydf
nfu7 kf6L{l7efhg u/]zlQm k7sl
s/Of eof]. cfh g7]j k7Qm s];f7r
/x\$]5, tl dxfG zxLb s:sf xg].
zxLbx? t7f / d7f eGbf x7f]fhl ub7
>4f~hnl ;ef dgfp5g]. oxL xf]
kf6Lsf] clGtd nlo xhf/f7cdfx?
xhf/f7afax?, >ldfgx? >ldtlx?,
5f7f 5f7Lx? /f7x\$5g]. zflGtsf]
;kgf k7f gx77 @ emsf, @ kf6L{ @
df]f\$]@ nfv?k7f7 nfLu tl dxfG
zxLbx?n] Hofg alnbgf lbPsf xg7
pxf7f]utn]s]eG7 cfh 8f7f v7hf,
el/ kf7f, kv7f /f7x\$]5 .
;56sfndf kf6L{ljno xg nflu7 kf6L{
arfpg]sfo\$tf? cfh k5fl8 5g].
rfs8L, uhfdl ug]cufl8 5g]. s;n]
ul/lbG5 of]dnof]g÷s]eG7- zxLb
kl/jf/< zflGtsfkl5 em7f af\$g7?
cfh kf6Ldf prR txdf 5g]. jf:tljs
kf6L{arfpg]hGdl;4 dfcf]fbLx? cfh
ltndnf0{x\$5g]. cfn7f k7]Q
cem]x7jL 5 . oxL /x7f kf6L{ca s]
x7hf<

❖ ❖ ❖

; dfh ; Jfn]h]h k%ofof]

O s';d ltjfl/L

;dfh;Jfdf ;lqmo /x] jfkt o;
aif\$fl;PgPg lx/f]kikf a:g]n]xft
kfl/g\ . pgsf] ;dfh;Jf, k/:sf/
xft kfgfcbf klg ;Jfsf nflu ;dfh;Jf
u/3l ly0g\ . ;dfh;Jfs}sf/0fn]
olt 7hf] cGt/f{i6\ ;Ddfgaf6
;DdfgLo ePsf] s'/f rf]kml{?kdf
rln/x\ oxfFoxl ;dfh;Jfn]g}Ps
dlxnfnf0{h]h k%ofof]eGbf ;fob}kTof/
nfnf t/ of] oyfy{f xfd} Irtjg
lhnfnfsf] lhnfn sf/fuf/df b]g
kf05 . ;dfh;Jf u/Jfkt h]hljgsf]
pkflw kfPsl dlxfn xg ol s';d
sdf/L yg] . cllof! gjnk/f;Lsl
yg]h] ;dfh;Jfn]lbPsf]pkxf/ !(
dlxgfb]v h]hljg ljtfo{x3l
l5g\.

;dfh;Jfdf nfu/ cflbjf;L
hghfltsf] clwsf/sf nflu sbd
rnfpg] yg] lhnfn ljsf; ;ldlt
gjn/f;Lsl dlxfn ;lkdhs ;ldltsf]
sf]ffWolfd ;lqmo ly0g\ . ;yfsf]
sfdn]3/aflx/ a9L Jo:t /xg]ub]yg\
t/ u3f cleof]df sf/fuf/ kl3l
yg]h]dng cgxf/ nufp]elgg\ad]h]
cfh;Dd u3fsf]vfu b]3l ;d] 5g\;
/fsl s]e/df h]hdf si6s/ hljg
ljtfPsl yg]h] cfm]h] cbfnt ;fd'
cfk]g] ;fF]jofg k3 ug]gkfPsf]f
ugf;f] ub]elgg\ad]h] cfm]g] s'/f
aflg kfPsl 5g\, elsf]cleof] nfu3fn]
8/n]aflg klg g;Sg]ePsl lyPF8/
n] xftv\$ y/y/ sfF/x3f lyP,
cbfntn]d]f]aofg g;bl ;/fsls]e/
df kk{fsf nflu sf/fuf/ k7fof] d
lg/ck/fwl ePtflkg ;dod}36gfsf]
5fgljg xg g;Sbf ck/fwl]n] /x ;hfoF



ef]u/x3l 5' .Æ h3Go ck/fw u/3f
ck/fwlx?n] ;hfoFkpg]7fpFf]h:t]f]
nfluof] /]yg]hnf0{klxn]sf/fuf/ t/
ToxfFk;kl5 eg] cfm]h] klxn] ;f]g]
h:t]gePsf]pgsf]l6k0fl 5 . æoxfF
t kxF gx] dflg;x? a:g] 7fpFkf]
/x3, oxfFd h:t]lg/ck/fwl dlxfn
lbbLalxglx? w] ;xg5 . ck/fwdf
;m]g xg}nf0{pglx?sf] 7hfj8f
cfk]Gtx?n] 56fp/ nlu;s]xhdl kf]
;hfoFv]k/x3f 5f3 xfd] cfm]Gtx?
klg 7hf] dfl5]ePsf]eP xfdl klg
56Yof]xfdf] t sf]5 /, eflon]hxfF
k%ofp5, Toxl hfg] xf] .Æ yg]h
el5g\.

yg]hnf0{3/df pgsf >ldfg\ b0{
5f]f / ! axf/L cfm]h]f0{klv{x]fklg
caTof]ufpF s;/L k]s]eGg]lrc]tn]
;tfPsf]5 oltj]hf pgnf0{. el5g\
s]sf] k]nf xg] tof/L 5, d lg/
ck/fwl ePsf]n]k]nf d]f]k]lfd xg]
/ h]h]f;af6 dQm xg]cfzf t 5 t/
k]s] Toxl ufpFs;/L hfpFdnf0{
h]h]uP/ k]s]sl cf0{f0{eGbf]ufpFh]
b]o{x/ ug]xf]hfg\ . a:f0{g} ;/]
cGog hfpFh:t]f] nfu5 t/ 5f]fx?
dfcb]g\.

sf/fuf/ leq klg s';dsf] tl
l;hgZln xftx? slxNo}vfnl x3g\.
pgn]@)%# ;fndf l;s3f]l;nf0{abf0{
clxn] pgsf] ;do ljtfpg] cfwf/ /
cfDbfgLsf] >f] ePsf] 5 . lhnfn
ljsf; ;ldlt]n] ;hGo u/3f]l;nf0{
d] ;g sf/fuf/ leq]ePkl5 pgl sfddf
g]Jo:t xg]u/3l xg\.

;? ;?df lbge/L /P/ ;do ljtfpg]
ePklg oxfFcfk]h:t] lbbLalxgl]sf]
lg/ck/fwl syf ;g]kl5 ;j]h]f0{x]L
lrQ æmfPsf] pgsf] egf0{ 5 .
sf/fuf/df s';dh:t]kfom dlxfn s3l
g s3l ;lkdhs sfddf Jo:t xg]
ub5g\ . slQn]sf/fuf/df k]n] ;bnf]
;dodf l;s3f t slt s';dh:t]klxNo}
l;s] cfPsfx? ca h]haf6 dQm
ePkl5 aflx/ uP/ cfm]h] l;s3f]
;lksf] ;bkof] ug]w]3f] ;f 5 .
;dfh;Jf cfm]g] ;fg]v]sf] ;f]
ePtflkg oxl ;dfh;Jfn] g}h]h
k%ofPsf] æm]s' ;d ca h]hdQm
ePkl5 kl/jf/ ;fPsf eP/ a:g] ;f]df
l5g\ . s';d el5g\ ;dfh;Jfn] g
lbg e5, g /ft g ef5 e5 g kof;
d klg ;dfh;Jfdf gnfu/ 3/d]a;3f]
eP cfh h]h a:g' ky] ;fdflhs
sfddf aflx/ lx3f dnf0{Toq]u3f]
vfu t:s/Lsf]cleof] nfluof] ca t
3/ 5f8] st}aflx/ lgl:sG .

cGofodf k/3fnf0{Gofolbntpg]
kljq dlGb/ cbfntn]h]hljg ljtfo{
x3f lg/ck/fwlx?sf] ;dodf g]36gfsf]
cg';Gwfg u/L k]nf ug] xf] eg]
;dfh;Jf h:t]f]sNof0sf/L sfo\$
nflu s';dsf]h:t]f]l]t]Off hflub]Yof]
ls< ❖ ❖ ❖

dlxnf aGbLnfo{dlxgfjf/L ; d:of

; DaGw ; Djfbftf,

gkfn w?}; Defjgf eP/ klg ; d:of
 g}; d:ofdf ulh/x?sf]b? , gkfn}Pp6f
 d6' ; b/klZrd 5fpk8L kyfn]ul; t
 lfg / gkfn}cfwf eGbf a9L hg; Vof
 cf]6sf]dlxnf?sf]; f/ @!÷@@ cfj
 ztAbLdf bf]8/x?sf]ahf gkfn}sf]; b/
 klZrddf 5fp -dlxgfjf/L_ afgI
 5fpuf]d]lszf]L÷dlxnf}d[o'eg]
 kfoM h:tf]va/ 5flkPsf]cvaf/n]
 dxTj kfg 5f8bf]crh . dl/xN5g\
 lg klG5Psf -dlxgfjf/L_ cf0{f0{eg]
 ; /nefiffdf elgG5 . 5fpk8L kyf
 lj?4sf]cleofg ljljw sf/0fn]xfnf
 kpfjsf/L xg ; s?sf]5g . ; d:of
 ; b/klZrddf dfq xfoG b?sf]kfoM
 elx?df 5, km/s oltdfq xfls ; b/
 klZrddf 5fp -dlxgfjf/L_ x? ; b?fo{
 b'yg' g}x? To; h] 5fpuf] -dlxgf
 jf/L ePsf]ahf a:g]uf]_ df a:g'
 k5{ . oxfr?ifnf0{5g'x? efG5df
 k:g? 50{-dlxgfjf/L_ ePsf]ahf
 /df gof]sk8f nufpg'x? , nufPklg
 nufPs}sk8f; f vfg'x? 5s}sk8f
 nufpgkb5, 5s}lj:tf/fdf ; Tgkb5
 eGg]h:tf cGwljZjf; ; dfhdf b'yg
 kf0{5 . s}l o]tl kl/jtG ug{vfh]klg
 cGwljZjf; sf] sfnf] wAaf d]6P/
 kof]kdf ; l]xg ; s?sf]5g . ; d:ofdf
 cfwlg s}tl klg ca Ps]5g kl/
 sNkgf ug{f] ; t sf/fuf/leq si6s/
 h]hljg ljtfo{x?sf]dlxnf?sf]
 dlxgfjf/L cj:yf s:tf]xfnf<

lrtjg sf/fuf/sf dlxnf
 s}ljGblx? dlxgfjf/L ; d:ofs]df/
 df k/3f 5g\ . ; fgf] / ; f?/f]7fpF



kvof ; / ; kmf0sf nflu kfgl cefj
 tyf dlxgfjf/Ldf kpf] ug{kGkof8sf]
 cefj dlxnfabLdf b]vPsf]5 .
 h]hljgdf ; lldt sk8f xg]x? sk8f
 klg kpfkt kpf] ug{sl7g ePsf]ljut
 !(dlxgf]v h]hljg ljtfo{x?sf]
 s'; bsd/L yghn]atfoG\ . sk8fx?
 kpfkt gx? Pp6} sk8fsf]6fnf]
 k6sk6s ; dd kpf] ug{kGx? wfp/
 ; fpg]7fpf] ; d:of sf/fuf/df
 /x?sf] ; d] yghn]hfgsf/L lbPsl
 ly0G .

:jf:Yosf]b]i6sf]0fn]sk8f kpf]
 ug{plrt x? sk8f kpf] ug{kG]ylt
 ; hgf ePklg g/d sk8fnf0{186f] /
 ; kmf kfgln] /fd/L kvfnL 3fddf
 ; fP/ dfq kpf] ug{k5 / Pp6L
 dlxnf] kpf] ubI cf0{x?sf]-6fnf]
 sk8f c?n]kpf] ug{x? eGgG5 .
 dlxgfjf/L x? c? ahfsf]eGbf km/s
 xg]x? To:tf]cj:ydf ljz]f Vofn
 ug{kG]s; ; f? t dlxgfjf/L x?
 cToflws 9f8, Sdd/, k? bVg] l/uf
 nflu] vfgf vfg dg gnflu]h:tf

; d:ofx? b]v kb5g\ . gkfnh:tf]
 lj sf; f]dv b?df vfgdf ; Gthg ldnG
 g; Sbf klg o:tf] ; d:of b]vPsf]xg
 ; Sg]atfp]dlxgfjf/L x? kfl]fofoQm
 / em]nnf] vfgs/f k? :t vfg]
 cf/fd ug] / ; / ; kmf0sf Wofg lbg
 ; sk15 dlxgfjf/Lsf]sf/0fn]of]Ldf
 xg]; amDofaf6 aRg ; lsg]klg 8fS6/
 sf]egf0{5 . p; f]t cGwljZjf; nf0{
 k5bfp] xfoG, cfkng] cj:yfsf
 af/uf / cfkng] :jf:Yosf]af/uf
 hfgsf/L xg'cfjZos 5 .

dlxgfj/L x? Wofg lbgkg]s/fx?M

- dlxgfjf/L x? ; / ; kmf0sf ljz]f
 Wofg lbgkb5 .
- kpf] ul/Psf]sk8f jf kof8nf0{
 l56f]l56f]kn]kb5 .
- dgtftf]kfgln]of]lbg]sf]# k6s
 ; kmf ug{k5 .
- s8f sk8f kpf] ug{x? -s8f
 sk8f kpf] ubf{sf; nflu]
 5p5psf]5fnf u0{lx88h ug{
 ck7bf/f]xG5 .



xflb\$; dj pgr



hGd
@)@@ a7fv @# ut].

:juf/f70f
@)&) h]7 # ut].

xdf kftM :d/Oflo e/ t s'df/ e08f/Lsf]oxL ldt @)&) h]7 # ut]df/ ;f0\$ n b36gdf k/L ePsf]c;fdlos lgwgn]xdfL cToGt zfsfsh ag3f 5f7. o; 38ldf ;fu/ hfgxb] tyf ;dj]pgr k36 ug]g] ;Dk0f{dxfgbfjx?df xflb\$ s[1tf JoQm ub5f7. ;fy}d[ffTdfsflr/zflGtsf]sfdgf ub5f7.

aafM nfxaxfb/ e08f/L
cfdM u0f7zsdfl e08f/L
>ldtLM sdnf e08f/L
5f7fM ;b7 e08f/L
5f7LM >4f e08f/L

alxgLM lgdhf a:g]t
HjfoM szj a:g]t
sfsM dfxg axfb/ e08f/L
sfsLM dfof e08f/L
ef~hfx?M lgs7 a:g]t, cf/Wo sBh

ef0x?
1fg]b]e08f/L, ?ks e08f/L
lbnk e08f/L,

ef~hlx?M
lg]stf a:g]t, k]/Zdf sBh, lu]df sBh,
?idf sBh, aln6f sBh

axf/Lx?
l/tf e08f/L, ;lgtf e08f/L,
;lutf e08f/L

elt hf÷elt hlx?-
c;ld e08f/L, lbk7 e08f/L
lbgf e08f/L

tyf ;Dk0f{e08f/L kl/jf/, /gkf-!#, hodunf, lrt jg

ef8fsf nf0{ G ; af6 cf}fwL Joj ; fo ; ~rfng

s[Ofk; fb vgn,

dfgj hljg; f k]olf ; /f}f/ /fvG] Joj; fox?dWo}f] clt dxTj /fvG] k}f cf}fwL Joj; fo ; ~rfng ug[qdddf b}ze/ Jofks clgoldttf ePsf] kf0Psf] 5 . /f}Lsf] /f}x/Of u/L cf/f]otf k}t ug[hlt 8fS6/sf] dxTj /xG5, Tolts} cf}flwsf] /xg] xG5 . 7ls; f /f} kQf nufpg, 7ls cf}fwL 7ls ljlw; f tI/sfn] ; jg u/f dfq /f} lgsf] xG5 . hlt; s} dxTj ; jf lnP klG 7ls cf}fwL l; kmf/; ul/P klG cf}fwL ljqm]fn] ; xl cf}fwL ljqm] ul/lbPg eg] /f}Lsf] /f} lgsf] xGsf]yk hl6ntf pTkGg xG5 .

vfgf krfgp ; xof]usf nflu l; kmf/; ul/Psf] Aglozyme cf}flwsf] ; sf ljqm]fn] Aglofen gdfs bv0{ sd ug] cf}fwL ljqm] u/kI5 lsg o:tf]unt cf}fwL ljqm] xg k]of]egl cg; Gwfg ubf}yxf nfluof] clwsf} cf}fwL k; nx? ef8fsf ; l6kns}df ; ~rfnt 5g\ . o; /L ef8fdf nf0{G; lnP/ cf}fwL k; n ; ~rfng ug] sfo{ufpFeGbf zx/df a9L /x}f]kf0Psf]5 . ufp f} btf]g}

gePsf d]8sn k; nx?sf]ljuljul t 5f, dlxgfsf]@ xhf/ b]v % xhf/ ; Dd ef8f lbP/ cf}fwL Joj; fol k}f0fkq ef8fdf lnP/ u}l d]8sn JolQm] cf}fwL Joj; fo ; ~rfng ul/ x}f]kf0Psf]5 . tflnd k}t JolQm] hful/df hfg] / cfkmgf] cfkmgtnf0{cf}fwL k; ndf /fvL k}f ; ~rfng ul/bfF1fgsf] cefj sf sf/Of unt cf}fwL ljqm] xg k]g]Ps cWoogn]hgfPsf]5 .

cem a9L /f}Lx?sf]hd36 xg] :yfg h: t}Sof; / c:ktfn tyf e/tk/sf] c:ktfn /f} cflbdf @ b]v % hgf; Dd ldn] d]8sn ; ~rfng ug] / ; ah] ldn] la/fdl vf]htnf; u/L Joj; fo ; ~rfng ug] u/}f]kf0Psf]5 .

kl5Nnf lbgdf ; lhnf] f}Ohtsf ; fy c? k}zdf eGbf w]jgkmf sdf0g] cfzdf u}l d]8sn k]ljws ; d] o; k}zdf cfsli f} uPsf]kf0G5 . sb}gfd rn}f]8fS6/sf]j f} d]8sn cuf18 6fF 8fS6/sf]Oht a}b} cfkmg] k}f ; ~rfng xg yfn}f] l]ifonf0{ lh1f; f /fvbf sl/a !@ lhNnfsf] cf}flwsf] Joj: yfkg ug]

lhDdf kfPsf] cf}fwL Joj: yf l]efu l] /u~hsf cf}fwL lg/Llfs eflu gf/foOf l; * !@-!\$ lhNnf x}l o; clkmg; df s]n \$ hgf dfq lg/Llfof : t/sf sd{f/L ePsf] / To; n]dfq lg/Llfof ug[hgzlQnsf]cefjdf ; Dej g/x}f]atfpGg\ .

cfkmg]clkmg; sf]lfdtfn]EofP; Dd dfq lg/Llfof / sfj}fL ug]ul/Psf] ePklg w]} ug] af}L /x}f]atfpGg] lg/Llfs l; * cf}fwL Joj; fodf u}l k]ljws tyf tflnd gln0Gg d]8sn ; ~rfng ug] cf}flwsf]cfkmgV; L ; sf sDkgL le8fpg] btf]gePsf uOf: t}Lg cf}fwLsf] Jofkf/ a9}f]atfpGg\ . lg/Llfofsf]qdddf o:tf d]8snx?nf0{ sf/jf}L ; d] ug]ul/Psf]atf0G5 . ; dfhsf JolQmx?n] ; d] pkrf/ ug] tyf cf}fwL vl/b ubf]btf]fnf cf}fwL k; n tyf tflndk}t JolQmaf6 dfq cf}fwL vl/b ug]Gg] / vbf cf}fwL ljqm]fn]btf]fnf yf} ljqm]f; f dfq cf}fwL vl/b u/L ljqm] ug]ul/Pdf unt cf}fwL / unt ljlw ; k}f0f xgaf6 aRg ; lsg]lg/Llfs l; *sf]egf0{ /x}f]5 . ❖ ❖ ❖

lrtjgaf6 k}flzt xg] ; DaGw dfl ; s sf]lg/Gt/ ; kmntsf] nflu zEsfdgf JoQm ub} .

lj P08 x} s[if km]d{ /Tggu/-&, l6sf}L, lrtjg k}jl/axfb/ u?^a df] (*%%)%\$*\$

xfDlsxfFjleGg hftsf df5f tyf df5fsf e'/fx? ; ky dNodf kf0G5 .

lrtjgaf^ k}flzt xg] ; DaGw dfl ; s sf]lg/Gt/ ; kmntsf] nflu zEsfdgf JoQm ub} .

ejfgl ef/ tL km]G; L /Tggu/-*, ashx/ ldlgdfs} k}P ; = ef/tl df] (*\$%%@#&^@

xfDlsxfFcfwlgS km]g]n n]8h tyf h] ; ; dfgx? ; ky dNodf kf0G5 .

lrtjgaf6 k}flzt xg] ; DaGw dfl ; ssf]lg/Gt/ ; kmntsf] nflu zEsfdgf JoQm ub} .

; l6nf0h/ P08 Puf} sD/fh-%, sD/fh, lrtjg k} /fdz/Of atfhf, df] (*%%)^%(*#

xfDlsxfFf; folgs dn tyf pGgt hftsf ljp ljhgx? ; ky dNodf kf0G5 .

sf/fs sf b[i6lj xlg em'j fgl df

; DaGw ; Djfbftf,

Irtjgsf] ljs6 kxf8L uflj ;
sf/fssf b0hgf b[i6lj xlg nfo{em'j fgl df
k7f0Psf] 5 . sf/fs uflj ; * sf
adaxfb/ nfdsl 5f/Lx? lji0fstdf/L
/ d~h'nfdf b0{bbalxgl nfo{cWoog
cWofkgsf nflu em'j pRr dfWolds
ljBfno a5fjLdf k7f0Psf]xf]. ljs6



kxf8L j:tl To; fly b[i6lj xlg xbf
si6s/ hljgofkg ul//xsf lbbalxgl
nfo{; xf/fsf]3/sf]; xofu df ljBfno
; dlf kfof0Psf] cgfy tyf j]; xf/f
jflnsfx?nf0{ cfjff; lo ; ljwf ; lxt
lzlfblff kpfu u/xf]3/n]b[i6lj xlg sf
nflu lgj]g u/kl5 jflnsfx?sf]
cg'; Gwfg kl5 k0f[b[i6lj xlg ePsf]

's' ju\$fl]; kmf/; ; lxt em'j fgl pRr
dfldf cWoog cWofkgsf] Joj:yf
ldnfPsf]Irtjg lhNnsf nlyfhf/f
kpfv 0fk; fb kfbfn]atfpgeof].
; fy]ljs6 j:tl df nls/fv\$; d:of
; DalGwt lgsfo; E Nof0P/ k; zglo
sfo{u/xf]atfpEsbj]klg lsl; dn]
ckfEtf ePsf afnaflnsf ePdf ; 'r gf

ul/lbgxb ; d] cfu\$ ugEPsf]lyof].
b[i6lj xlg lbbalxglx?nf0{ :yfglo
; dfh;]L ; ldnfn tfd^a sf]; xofu df
ljBfno kfof0Psf]lyof]. xfn Irtjg
lhNnsf %) b[i6lj xlg / em'j fgl pRr
dfWolds ljBfnodf @# hgf b[i6lj xlg
jfnjflnsf] cfjff; lo ; ljwf ; lxt
cWoog ul//xsf nlyfhf/f ; ofhs
0fk; fb kfbfn]hfgsf/L lbgf]

; xf/fnf0{; xofu

/Tggu/-! ashx/df /x\$] cgfy
afnaflnsf ; Hf0f tyf cfjff; s]bl-
; xf/fsf]3/_ nf0{; xofu kft ePsf]
5 . ; xf/fsf]3/nfo{s\$fnL ; fdbflos
jgsf cWof /ddl0f Gofkfh] kF
xhf/ ?kpf gub ; xofu ugEPsf]xf].
; yfsl cWof :jl:tsf ltjff/L 's'; d'
nf0{; f]/sd x:tf0t/Of ub}cWof
Gofkfh]; yfdf cfl>t aflnsfx?nf0{
tTsf n vfbfg cfklt\$ nful cfkmh]
JolQmut ?kdf ; xofu u/xf] / klqnof
kfofP/ jgsf]tkm\$6 kl; Sbf]; xofu
ug]atfpgePsf]5 . To; y/L /Tggu/
sf] ; f]fxrf]df /x\$] kfk~hnl
lukm6 P08 lsrg :6f]n] :6zg/L
; fdfu] ; xofu u/xf]5 kP'kmf0Gf;
6f8L zfvfsf Dofgh/ b]b] /fjtn]
; yfsf] cj:yfsf] af/]df cjut
u/fPk5 ; xofu u/xf]:6f]sf kfk0G/
/fdz/Of k7sn]atfpgeof]. cgfy
afnaflnsfnf0{; Hf0f lbg]o; klg
cleofgdf ljleG ; 3-; yf, pBf]L-
Jofkf/L ; dfh;]L ; Dk0f]; xofu
ul/lbgxb ; yfsf lgbz\$ kfk; fb
cDuf0f]cg/fv ; d] ugEPsf]5 .

Irtjgaf6 kpf]zt ; DaGw dfl; ssf]lg/Gt/ ; kmntsf]nflu
xflb\$ dundo zesfdgf JoQm ub5f].

j]paxfb/ clwsf/L, jl/i7 pkfWof tyf
s \$fnL ; fdbflos jg kl/jf/
r\$ k/-*, Irtjg
æjg hfufcf]jftfj/Of ; Hf0f u/f]. E

; DaGwsf dfl ; s emn sx?M



klqsfsf kþw lgb7s tyf lgb7s kl/rof7ds sfog7ddf .



klqsfsfj sfog7ddf kfx7fx? gfrufg ub7.



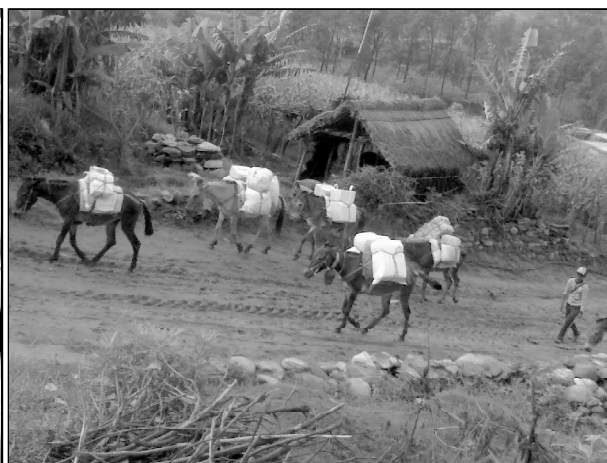
; DaGwn]kl8t dlnfx?nf0{vbf c7p/ ; Ddfg ub7.



sf7z?kf l9df7js7jflif77; jdf 7jo; cWof d7tJo 7b7.



sf7z?kf l9df7jsf 7jB7y77? g7o ub7.



uf7v7sf7 7js6 uf7p77 vRr8áf/f v7B7fg af7f077.



gf/L ;ff/
/Tgg/-*, ashx/
ldlgdft,
kf] a;GtL dNn -b'f_
df] (*\$%%#!^),