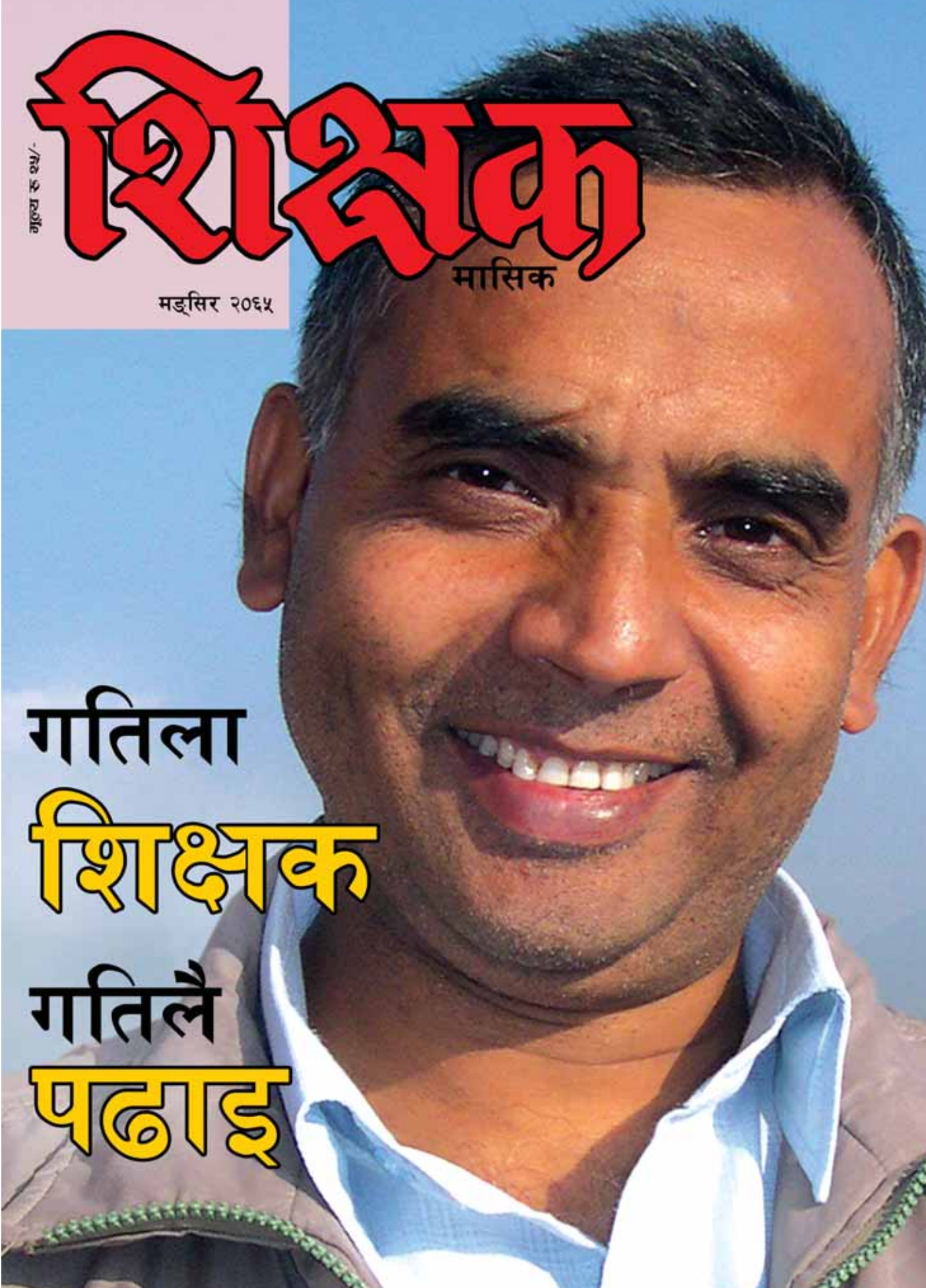


# शिक्षक

मासिक

मईसिर २०६५

गतिला  
शिक्षक  
गतिलै  
पढाइ





RATO BANGALA  
FOUNDATION

## मूल मान्यता

कुनै पनि विद्यालयका प्रमुख र प्रत्यक्ष हिस्सेदार भनेका विद्यार्थीहरू नै हुन्। उनीहरूको समग्र (सामाजिक तथा शैक्षिक) भलो र विकास नै रातो बङ्गला फाउन्डेसनको कार्यको मूल मान्यता हो। उनीहरूले पाउनुपर्ने शिक्षालाई सुनिश्चित गर्नका लागि थुप्रै महत्त्वपूर्ण पूर्वाधारहरू पूरा भएको हुनुपर्छ।

विद्यालयको नेतृत्ववर्गले सबैभन्दा पहिले विद्यालयको एउटा सुस्पष्ट दृष्टिकोण तयार गर्नुपर्छ, जुन बालसुलभ हुनुका साथै हरेक विद्यार्थीको विकसित हुने आवश्यकता प्रबन्ध गर्ने खालको र शिक्षकहरूका लागि एउटा सहयोगी वातावरण सिर्जना गर्न सक्षम एवम् अभिभावकहरूलाई विद्यालयमा स्वागत गर्ने खालको होस्।

विद्यालयहरू राम्ररी सञ्चालित हुन र विद्यार्थीहरूलाई राम्रो शिक्षा दिनका निम्ति शिक्षकहरू सार्थक शिक्षणका लागि चाहिने आधारभूत सीपहरूले सुसज्जित हुनुपर्छ। जब शिक्षकहरूसँग विद्यार्थीहरूले कक्षाकोठामा राम्ररी सिक्ने अवसरहरू सिर्जना गर्ने क्षमता हुन्छ, उनीहरूले आफ्नो कामको महत्त्व बुझ्छन् र

विद्यार्थीहरू पनि विद्यालय आउन रमाइलो मान्छन्।

विद्यालयमा आमन्त्रित हुने अभिभावकहरू आफ्ना केटाकेटीको शिक्षालाई बढी महत्त्व दिन्छन्, आफ्ना छोराछोरीको सिकाइमा बढी सक्रिय हुन्छन् र आफ्ना केटाकेटीले विद्यालय तथा घर दुवै ठाउँमा राम्रो गर्छन् भन्ने कुरामा ढुक्क हुन्छन्। यस्ता अभिभावकहरू विद्यालयलाई सहयोग गर्छन् र विद्यालयको विकासमा सहभागी हुन्छन्।

यसरी समग्र विद्यालयमुखी यो अवधारणा लाभैलाभले युक्त छ, जसबाट सबै सरोकारवालाहरूले यसको अलग हिस्साको योगफलभन्दा पनि समग्रमा बढी नै प्राप्त गर्दछन्। जब यसका हरेक सदस्यले आफूलाई विद्यालयको अभिन्न अङ्गका रूपमा अनुभव गर्छन्, उनीहरू अधिकारयुक्त हुन्छन् र विद्यालयलाई अझै विकसित बनाउनका लागि योगदान गर्ने इच्छा राख्छन्, जसबाट विद्यार्थीका लागि विद्यालय फुन्फुन् राम्रो हुने कुरा सुनिश्चित हुन्छ।

बालबालिकाको  
प्रगतिबारे शिक्षक  
र अभिभावकहरू  
छलफल  
गर्छन्।



अन्तर्क्रियात्मक कक्षाकोठा :  
विद्यार्थीहरू आफ्ना  
अनुभव बाँड्छन्  
र एकअर्काबाट  
सिक्छन्।



विद्यालयबाहिरको  
ध्रमणमा अभिभावक र  
विद्यार्थीहरू



खुसी, सिपालु र  
जिम्मेवार विद्यार्थी



बयस्कहरू (अभिभावक  
र शिक्षकहरू)का  
लागि कार्यशाला

## cf7f}cÍ



cfj/OfM hll >ljf:ta  
lzlfs kft pRr dfij nntk/  
t:l/M 8Da/sOf >ij

lxdfn P; flj; P; gsf nflu  
j; Gt ykfa/f ksfizt

; Dkfs  
/fhb] bxfn  
; Nfxsf/ ; Dkfs  
sf/ zdf{

; xfos ; Dkfs  
; bzg l3ld/  
o1z /fh

ljzj ; jfbftf  
afa7fd ljZj sdf{

sfhfom  
**lzls** dfl; s  
kf6g9fzf, nntk/  
kfz+!^^, nntk/  
knjM%\$#@%-%\$\*!\$@  
kbfS; M%\$#!(^

OdjMmail@teacher.org.np  
jMwww.teacher.org.np

dbpM  
hubdaf kj  
xfQljg, nntk/

lhxsf nk'bg-#:#)^%#^^



## ultnf lzls ultn}k9f0

bzsf /fd] z]fs pknAw xfl;n u/\$f ljleG ljBfnosf  
lzlsx;sf]of]ptf, cgej, nugzIntf, lzlfokltsf]?lr / klta4tf,  
/fd] lzlf0f snf, klfvflbfkssf]of]bfg cflb klfx;sf] ljZnif0f  
ubf{lg:sPsf] lgisif{xf} .ultnf lzls, ultn}k9f0 j

cfj/Of | @\$

## sfhsf]df/df slff-!\$

\*k7 ! \$ df of]zlf\$ cGoyf 5flkg uPsf]5 . ;RoP/ kl9bgkxf .

tInD, ufjL / ljBfno  
kzf;g;f ;DalGwt sfdsf] lgxeff  
lzlsx;n] lng]u/\$f].sfh  
labfh] ljBfyl\$]f k7gk7gdf  
cToGt} 7hf] lft kfof0/x\$]f 5 .



sfh InP/ lhlzsf  
cfPsf wgi/bjL  
klj nntk/sf  
kx xl/ fof]g]  
-afof .

xj0-a%0 #, kltlqmf / ;%j \$, ultljw ^, clenjM ;/sf/nf0{ lzlfssf ;'fj !),  
; dfrf/M k]offbiol kbzgl !e, jftM .:shdf /fhglt aG u/f!&, ljrf/M ofjn]eljosf af/f  
lrGtf lngkbj @), cfj/Of l/kfM h]bf/nf0{s; /L lewfp]#@, cfj/Of ljZj cgejM ultnf  
lzls, ;a}bzsf] ;\$6 #\*, lzlfssf uof-cju0M s; /L e0G5 .dxgl lzls < \$!, JolQmj  
z]axfb/ ^fv; lM :shnf0{p]s[6 agfpg]val \$e, cjuw/Off ljBfno-khftqM ;bf]o gul/s  
agfpg]af6f]\$\$:afnaflnsfnf0{dfG5]agfpg]ls 3f3f < \$\*, ; :e/OfM u?sf]u?lj / ulnof]%),  
slfss]M b08/lxt k9f0, lsg clg s; /L < %e-sbik6 gu/L afnaflnsfnf0{xsfpg] k9fpg]  
s; /L < %, kn] M %, cfdsvom clf/ t hfbh:t}nfbf] ^e, lknDm slxNo}gdg]cfzsf]  
syf ^#, !% k]gM lzlsn]lzls g}xgk5{^\$

-cablv lzls lgoldt ;kdf x/\$ dlxgfsf]klxfn] ;ftf ahf/df pknAw xg5 .

# cfpgxf] \ 5nkm u/f}H



lzlfns] ljBfnodf sfd ug[ lbg			
lj j /of	lbg	lj j /of	lbg
labfx		k9f0 gxg]t/ ljBfno v[lg]	
zlgaf/	\$#	cw]flif\$ k/liff	(
; /sf/l labf	!*	cl6td k/liff	!)
xp[ / av[ labf	%)	k/liff tof/l	#
:yfglo labf	!)	k/liffkm tof/l	!%
bz}	!%	egf{	!@
ltxf/	\$	dlxgfsf] cl6td lbg	%
cleefjs lbj;	!	:yfglo p[; j / wld\$ sfo{	\$
lzlfns d[ot'	\$	gkfn agb cflb	@
vfk lbj;	@	hDdf	^)
/fli6 zf\$	@	klt lzlfns labf	
hDdf	!%)	klt-lzlfns]cf} tdf Ps j ifdf	!!=#
		lng] labf	
		sfh	!@
		xflh/l labf	!)=)
		l9nf] cfpq] rfBf] hfg]	\$!=^
		hDdf	&\$=(
sh hDdf			@*%=(
t; y[Ps j ifdf Ps hgf lzlfns]k9fpg]lbg #^%=@*( 0 &(!			

vr{ u/l kfF lf]df ul/Psf sfoxfnfx;af6 k[kt lj j /ofnf0{ lg/fwf/ eg] To;} k65fpg klg ldNbg . o; y{ of] ; jfnnf0{ cfd lzlfns, lzlfssf k[tlglw ; #yf, cleefjs / ; /sf/sf kbflwsf/lx;n] uDel/tfk] \$ lngkg] x65 .

xfn k[ngdf /x\$]lzlf lgodfjnlN ljBfnox; jif{-#^% lbg\_df @@) lbg v[lgkg]/ Godtd !\*) lbg k9f0 xgkg] Joj:yf u/\$] 5 . t/ Pp6f cf}t lzlfns] jifdf hDdf &(! lbg dfq k9fpg] u/\$] tflnsfn]b]yfp5 . olb afB! !)! lbg j\$llks jf csf]lzlfns]k9fpg\eg] dfq] x] eg] klg To;lgldt yk !@ hgf cyf{b0hgf lzlfns rfxg]x65, hg Jojxf/tM ; Dej 5g .

k[tlj]gd, Pp6f lzlfns slffsf]df cf}t !) ldg6 l9nf]k:g] / % ldg6 rfBf]lg:sg] tyf xflh/ u/] gk9f0{jf cfwf k9fP/ jifdf !) lbg slffdf cgkl:yt /xg] u/\$] klg pNhy 5 . o;/l v] hfg] ; donf0{ lbgdf uOfg ubf{ jifdf/df \$!^ lbg xg] /x\$ . oxfNlbf lb0gkg]klf s]x]eg] ol \$!^ lbg afx\$ slff xg g;s] v] hfg] c6o lbgx;sf lgldt lzlfns;sf] k[olf ; nDgtf jf ql6 blv6 . ; d:ofl /fho, ; /sf/ / ; dflhs, /fhgllts k[offnd} c6tlgk[ /x\$] blv6 .

Godtd !\*) lbg r[lgkg]slffx; \*) lbg dfq r[lf ljBfyl{ cleefjs, ; dfh / /fi6nf0{s] slt lft e0/x\$]x]hf < !\*) lbg]sf]lgldt agfOPsf]kf7dqml \*) lbg dfq k9f0f ljBfyl\$] ; sf0 nlo / pknlAwdf s]s:tf]c; / k/\$]x]hf < jifdf !# dlxgfsf] tna yfk] tlg dlxgfebf sd slff lnPsf]a%\$ jf yxf kfPsf cleefjsx;sf] dgdf lzlfssf af/df s:tf] wf/Off of 5lj ag\$]x]hf <

of]ljifodf cf'gr]wf/Off, l6k0fl jf ; %j n]g lj z] u/l ; fdbflos -; /sf/\_ ljBfnosf lzlfns;nf0{ cfux u5f. cleefjs / ; /sf/l clwsf/l tyf k4 gful/sx;sf ; %j / k[tlqmfx; klg ckllft 5g\ . k[kt ; %j-k[tlqmfnf0{ / lzlfns]oyf]rt :yfg lbg\$ .

dflysf] tflnsf, lzlf d6qfno / gkfn lzlfns olgogaf/f ; eQm ; kdf k\$flzt lzlf lj sf; sf ; jfnx;af/] ; /f\$]jfnfx;sf] lf]lo / /fli6a ; Dd]gx;sf] k[tlj]g-@)^\$ df 5flkPsf] ajBfnodf ; /f\$]jfnfx;sf] cgkl:ylt ljifos k[tlj]g- @)^#E af6 lnOPsf]x]. ; f]k[tlj]g, lzlfns olgogsf]cu| /tf / lzlf d6qfno tyf lzlf lf] ; Nnfxsf/ ; dx -0:of6\_ sf]cfly\$ Pj +k[lljws ; xof]udf bz}sf kfF} lj sf; lf]df ; ~rlnt ajBfnodf ; /f\$]jfnfsf] cgkl:yltE; DaQwL sfoxfnfx;af6 k[kt ; 'gdf cfwf/l / x\$] pNhy ul/Psf] 5 .

tflnsf oxfk]gd]bt ug\$] p2]o- of]ljifodf cln a9L 5nkm x] \eg] /x\$] 5 . tflnsf cfk]kf ckOf{jf cj}flgs klg xg;S5, t/ klg bz]Ffnv

æ

æslffsf]fdf tlqk6s  
38L xg7]zlfS,  
lhizcsf]rfs8ldf  
lgto wfpq ?r7pg]  
k7wfgNbfks /  
k7wfgNbfksnf0{  
rfs8ldf /Vg dg  
k/fpg]lhNnf lzlf  
clwsf/L- lzlfssf tlg  
zq' xg\ .Æ

sfoxfnfdf dGtJo  
/Vb} Pshgf  
k7wfgNbfks .

lzlf dGqno / g7fn lzlfS  
olgogaf/i k7slzt æjBinodf  
; /73f/j7nfS]cgkl:ylt k7tj7g  
@^#Æ af6

æzlffsf]pQd u0f  
eg3f]dfgjlotfsf]  
; ldfg xf]. olb  
lzlfSn]of]s7fnf0{  
jf:tf ub7 eg]p; n]  
lnPsf]tna u7sfg7l  
7x5{.Æ

P8jf8{; l=x]nes

æsh hljgsf lglDt  
tof/L ug7ynf]xf0g,  
of]:jo+g}hljg xf].Æ

cnaf8{xAaf8

æ; sf0 ljgfsf]  
:jtGqtf lff0fs xG5,  
To:t}:jtGqtf ljgfsf]  
l; sf0 Joy{xG5 .Æ

h7g Pkm s7g7l

cd//sfsf k7{7f6kt

Æ

gfgL af3L gfgLx7; k9fpg



hghfu7t lgdflj, ;ln7L, ;7hVbaSl lzlfS buf7ldl /f0{Ps jif3f]  
5f7f]cflb7o yh^a af3] @ sf0s @^% sf]ljxfg :shlt/ h7f7y0g\.)%&  
b7v lzlf0f k7zdf /x3L buf{g7fnl / l; h7fnfs ljifo k9fp75g\.

zAb=tl:a/M ls/Of kf08]

# tna a9\$}k\$sf eof]

**; fj hlgS** lj Bfnosf lzlfssf] tna klg c; f]hblv g} a9\$} s/f ahø k} ePsf] %08} 89 dIxgfkI5 cFP/ :ki6 ePsf] 5 . cy{ dGqfnon] dxfnYf lgoGqssf] sfononf0{ @)^% c; f]h @ ( ut] k7fPsf] gofF tnadfg ; DaGwl kqdf lzlfssf] klg gofFtnadfg ; dflji6 ePkI5 To] s/f vNg cFPsf] xf]. cy{ dGqfnosf cg; f/ ; a} txsf lzlfssf] tna lghfdtl sd{f/lSf] %fDfl; s ?=@ xhf/ j] [4 ul/Psf] 5 .  
 cyGqL 8f= afa/fd e\$ /f0h] c; f]h # ut] k} u/ \$} ahødf ./fi6\$} s sd{f/lSf] tna a9fPsf]

3f]f]off u/kl5 lzlfssf] tna j] [4af/ cGof]h pTkGg ePsf] lyof]. ./fi6\$} s sd{f/lW eGbf ; fdfGom lghfdtl sd{f/lnf0{ dfq} a'g] ul/Psf] 5 . c; f]h !( sf] dlGqkl/ib\$} a}sn] ; f] cGof]h lgj/Of ug] lGof6 u/ \$} xf].  
 a9\$} tnas] lgsf; f eg] xfn; Dd ePsf] 59 . lzlf ljefusf sfonnd zfvf kv xl/ nd; fnn] @ sf]Qsd f lzlf; ; U s/f ub] lzlf dGqfnosf] tknf6 a9 tna lgsf; f ug{ c]krf]l/s kq c%} cf0gkL\$} eP klg d^a/ / dlxgfleq lzlfSx;sf] a9 tna lzlf ljefun] lgsf; f ug{ ; Sg] hfgsf/l lbPsf 5g\.



## ; fj hlgS lj Bfnosf lzlfSx;n]! c; f]h @)^% b]v kfpG]gofFtnadfg

tx	>qfl	:s]h	uß	b/	hdf
kfylds					
b0{ ljifoebf a9L P;Pn;L cgQLOf{	t[lo	&)%	!%	**	*#&)
b0{ ljifo;Dd P;Pn;L cgQLOf{	t[lo	&%)	!%	!)	()^
P;Pn;L pQLOf{	t[lo	*@)	!%	!!)	((#
P;Pn;L pQLOf{	lätlo	(\$()	!&	!@	!!%#
P;Pn;L pQLOf{	kyd	!#\$%)	!%	!^)	!%*%)
<b>IgDgdfWblds</b>					
IgDgdfWblds	t[lo	(\$()	!&	!@	!!%#
IgDgdfWblds	lätlo	!#\$%)	!%	!^)	!%*%)
IgDgdfWblds	kyd	!\$@)	!@	!*^)	!^#&)
<b>dfWblds</b>					
dfWblds	t[lo	!#\$%)	!%	!^)	!%*%)
dfWblds	lätlo	!\$@)	!@	!(%)	!&#\$)
dfWblds	kyd	!*)	!!	@#)	@)%)

: f]h cy{ dGqfnon

# ; È7gsf] dxflwj žg rždf

**głfn** /fli6 /lzfs ; È7gn] klg cf^gf] !)cf}dxflwj žg @, # / \$ rždf sf7df8fžf ug]ePsf] 5 . ; È7gsf dxf;lrj afa/fd clwsf/l sf cg;f/, dxflwj žgsf] tof/L ; DaGwdf 5nkmn ug{ % / ^ d^l; /df xžfždf sžblo ; ldltsf] ažs afh0Psf] 5 . ; È7gn] lxdfnl lhNnf0{ k' / afšl ; aņf0{ d^l; / d; fčtleq lhNnf clwj žg ; Sg lgbžg lbPsf] 5 .  
 otf, ; È7gn] głfn lzfs ; ž; šsf] ; f%žf/ldf ; ~rflnt kl/ofhgfcGtuž wfb^a / DoUblfd ..; ažf] nflu lzlfll; DaGwl cčt/lqmf u/žf] 5 . dlxfn kl/ofhgfc cčtuž !, @ / # sflQsdf ; Vž / &, \* / ( sflQsdf 8fžldf ul/Psf] uřl7ldf u0fftds lzlf, lzlfssf ; :yfx; sf] ; anls/0f, Prcf0{el=P8\ cflbaf/] 5nkmn

ePsf] dxf;lrj clwsf/l n] hfgsf/l lbP . pgn] s0ffl c-rndf eg] d^l; / !) leq ol kl/ofhgfcGtuž sf sfočnd ; DkGg ug] atfP . głfn lzfs ; ž / ; È7gn] ; e0m ; kdf ljZj P8\ lbj; sf] ; Gbečf ! l8; Ńa/df bžsf ; a} :shdf Ps 306f Prcf0{el=P8\af/] 5nkmn, cčt/lqmf / kj rgsf] sfočnd to u/žf 5g\ .  
 &% lhNnfdf zfvf /xžf] ; È7gdf ut jif{Dd #@ xhf/ ; b:o /xžf] dxf;lrj clwsf/l n] hgP . o; cl3 ; È7gn] cfknt š &@ xhf/ lzfs ; b:o /xžf] bfal ubž cPsf] lyof]. bfal / oyfyčf o:tf] km's lsg < æ; aņ] bfal u/kl5 xfdln] klg u/žf xžt /, ut jifšf] /fli6 kl/ib; Dddf gjls/0f ug] ; b:osf] ; ^wof #@ xhf/ lyofž clwsf/l n] eg].

## d~rdf kf6L{ ljefhgsf]c; /

**głfn** ; bžjgf kf6L{-cfG6llb]L lgs6 głfn lzfs d-rdf ; bžjgfsf] kf6L{ ljefhgsf]c; / k/žf]5 . ut jifšf]df3df dxř/l sf lzfs efžžb] % cłolf ePk15 d-rsf] sžblo ; ldltsf] Ppof ažs klg a:g ; sžf] 5g . cłolf %sf cg;f/,

## ; žMcf^g}ejglt/

**głfn** lzfs ; žsf kbflwsf/lx; @! blv @% kmug; Dddf sf7df8fžf xg] /fli6 dxflwj žgsf] tof/ldf hčžf 5g\ . @% / @^ ebfžf a; žf] ; žsf] sžblo ; ldltsf] ažsn] k' d; fčtleq lhNnf clwj žg ; Sg] lğ0f u/žf] lyof].  
 sf0fno ; lrj lj b/k] fb clwsf/l sf cg;f/, )\$\* ; fndf agfpg yflnPsf] ; žsf] ejgsf] bf] Ń] tnfsf] 9nfg ev{} ; lsPsf] 5 .

# dfcf] fbl anh^t]sf] lğGbf

**głfn** lzfs olgog / z]łfs u0ffllGqs d-rdf cfj 4 lzfs ; :yfx; sf] @! sflQsdf a; žf] ; e0m ažsn] dcf] fbl sfoštf] bžsf lj leGg :shdf k] ž u/L hah{tl Joj:yfkg ; ldlit / kč kl/jtž ug{ yfnžf] s[oklt 3f] cklQ hgfp] To:tf] sfo{t]sfn /fšg dcf] fbl lgs6 clvn głfn lzfs ; È7gsf] wofgfsifž u/Psf] 5 .  
 ažsdf głfn lzfs ; ž / głfn /fli6 lzfs ; È7gsf kl]tlglwn] :shdf dcf] fbl n] u/žf] hah{t]sf] lğGbf u/kl5 olgog / d-rn] ; e0m ; kdf o:tf 36gf /fšg lgbžg lbg] ; xdlit ePsf] lyof]. ažsdf ; xeful głfn lzfs ; žsf cłolf dřxg 1jfnln] eg] æ:shdf an kbf]sf 36gf /fšg] lgbžg t]sfn k7fpg] ; xdlit ePsf] 5 . pgn] dcf] fbl n] ankof] u/ cf^gf ; dyšnf0{ lzfs / lj Bfno Joj:yfkg ; ldlitdf /fvždf 3f] cklQ hgfp . lzfs ; š s'/sfglf cłolf 1jfnlsf] egf0 lyof] ; /s/df /xžf] dcf] fbl n] :sh sAhf ug{ cklQhgs 5 ; :sh Joj:yfkg ; ldlit / kč km] sfd g/fš] ; xsfo{xžg .  
 głfn /fli6 lzfs ; È7gsf cłolf xl/fk] fb głfn n]

:shdf dcf] fblsf] Jojxf/ cfqnds /xžf] atfP] l;lgo/nf0{ x6fP/ hlgo/nf0{ kč agfpg] / cf^gf sfoštf] Joj:yfkg ; ldlitdf /fVg] sfošnf0{ . uDel/ ck/fw / Hofbtll sf] ; ž lbP . æo:tf] ck/fw g/fš] dcf] fbl; š z]łfs ; jfndf ; xsfo{xžg ; Sbg] pgn] yk].  
 o; žlr olgog / d-ráf/f ; e0m ; kdf % sflQs @)% df kwfgdGql klksdn bxfnnf0{ a%š0Psf] !& aš] ; %ž sf0f] ogsf] ; do tfš] 1fkqkqsf] ; kdf l5š kwfgdGql / cyčGqlnf0{ a%špg] ; xdlit ePsf] 5 .  
 głfn lzfs olgogdf głfn /fli6 lzfs ; È7g, głfn lzfs ; ž, głfn /fli6 lzfs kl/ib, głfn lzfs d-r / głfn qmłGtsf/l lzfs ; ž cfa4 5g\ . To; Ń/L głfn z]łfs u0ffllGqs d-rdf clvn głfn lzfs ; È7g, c:yof lzfs cfGbf]hg sžblo ; ldlit, hgtllGqs lzfs ; È7g, głfn kłltzln sdčf/l kl/ib\ głfn lj Bfno sdčf/l lzfs olgog, głfn ; :yfut lj Bfno lzfs olgog, głfn ; :yfut lj Bfno lzfs olgog ; fdbflos lj Bfno /fxt lzfs ; È7g / ; fdbflos lj Bfno lghl ; ž ; ^šif ; ldlit cfa4 5g\ .

;b\jgf ljeffgsf]c;/n]d-r lglqmo ePsf]5  
 t/ ljeffg eg]ePsf]5. dx/Q/af6 pgn]  
 6]hkn]df eg]ag]fx;n]nf b]yP/ knb]pg]sflzz  
 ul//x\$]5g\t/ clxn]Dd knb]5. ! ( lhn]df  
 zfvf /x\$]d-rdf t/f0\$] rf/ xhf/ hit lzlf  
 ;E]7t /x\$]cWof %n]atfP . æfdln]lzlfss  
 xs-clwsf/sf nflu sxl ug{; s\$]5g]-ca a]s  
 a; } of]hgf agfpg]klfd 5f- pgn]eg]. l]utdf  
 kf6l{E}/x\$]d-rsf]s]b]p sforn] kf6l{ljeffgk]5  
 agb ePsf]5 .

d^/ dlxgfel/df ;3 cf^g}ejgdf ;g]  
 tof/ldf /x\$]clwsf/ln]hg]P . pgsf cg'/  
 sf7df8f]wDaf/fxldf Ps /f]gl & c]gf  
 hlufdf agb}u/\$]b0]Nn]ejg lgd]df  
 clxn]Dd ?=! s/f\$ @% nfv vr{e0; s\$]5 .  
 ;3sf &% lhn]f sfo{ldt]df ^@ xhf/  
 lzlf ;b:o /x\$]bfal ub]cfPsf]5 . t/  
 ;3sf cWof df]g 1]jnl æ]leG :jfy]ubf{  
 w}]lzlf]bn]b]f]t] ;b:otf lnPsf] :j]sf/  
 u5g\ . o; æ]l] ;3sf dx;/rj jL/bk]sfz >]  
 ;fs{l6r/ knb]/zgsf]cGt/f]6 ;ldt]df  
 5flgPsf 5g\ .

## 6E]5g] lj 1fkg vNg]

;/sf/l :shdf l/Qm lzlf b/agbl slxn]kl{  
 xg]eG]cGof]c%w}]lbg;Dd sfod /xg]  
 b]vPsf]5 . lzlf ;]f cfo]sf cWof  
 pbo/fh ;f]lsf cg'/ vNnf kl:t:kwf]f/  
 lzlf b/agbl kl{ug{cfo]n]cl3Nn}  
 ;/sf/;E]lzlf ;]f cfo]sf]lgod]nl  
 ;æ]vg ug{k]t] u/\$]lyof] t/ clxn]Dd  
 klg ]of]sfd ePsf]5. ;f]l eG5g\æh]xn]  
 lgod]nl ag5, vNnf kl:t:kwf]f]sfd Tol]t]h}  
 z? xG5 .

b]zel/sf ;/sf/l :shdf slt b/agbl vnl  
 5 eG]olsg tYof] cfo] ;gePsf]h];a}  
 lhn]f lzlf sforn]b/agbl ;^vof k7fpg  
 cfux u/\$]cWof ;f]lsf]egf 5 . @)%  
 ;fndf l]lo:t/df ul7t lzlf 5g]  
 pk;ldt]n]vNnf lj 1fkg u/] \*\$ xhf/  
 pDd]j/f/nf{ln]vt k/l]fd pQ]of{u/Psf]lyof]  
 t/ k/l]f / d]n]f^sg kl]n]d]uDel/ k]g  
 p7\$]sf/Of cfo]n]jiff]Dd glthf k]flzt  
 ug{;s\$]lyPg . @)% ( ;fndf lzlf ;]f  
 cfo]n]ln]vt k/l]fd ;knd]o]!\$ xhf/nf0}  
 lgo]msf nflu l;knl/; u/\$]lyof]. cfo]n]  
 clxn]Dd @ nfv &\$ xhf/nf0{lzlf nf0;]  
 k]fg u/\$]5 .

### Teacher's Saving Account

न्यूनतम रु. १,०००/- मा खाता खोल्न सकिने

दैनिक मौज्जातको आधारमा ८% वार्षिक व्याजदर प्रदान गरिने \*

रु. ५०,०००/- सम्मको नि:शुल्क दर्शना वीमा गरिने \*

घर / जग्गा सुविधा कर्जा \*

परिनाको कमाइ | भविष्यको सोचाइ

**कुवेर मर्चेन्ट वित्तीय संस्था लिमिटेड**  
**KUBER MERCHANT BITTIYA SANSTHA LTD.**  
 G P O Box: 24975, Putalisadak, Kathmandu, Nepal  
 Tel: 977-1- 4239797, 4239798, Fax: 977-1- 4239796  
 E-mail: kubermbsl@wlink.com.np, Website: www.kubermerchant.com.np



# ; /sf/nf0{lzlfs sf ; %fj

-.:sh-lzlfsf c7 j6f ;3;-E7gsf tknf6 gkfn lzlf sf olgogsf clwlf szjk|fb e\$/f0{/ gkfn zlf sf u0ftflqsf d-rsf clwlf lg/|b|sf/n] % sf0s @)^% df klfvfgdqlnf0{a%Psf] ; %fj-kq .

; Ddfglo klfvfgdqlho"  
 klfvfgdqlsf] sf0fho  
 l;wb/af/, sf7df8f}.

gkfn sf lzlf gllt / lzlf sf tyf sdf/l sf  
 kzfut ; d:ofx;sf] af/df ljutblv lzlf sf tyf  
 lj Bfno sdf/lx;sf ; 3; yfx;n] Psn jf ; eQm  
 ; kdf p7fpb] cfPsf, s0f; k6s ; /sf/; E ; D%ff  
 klg ul/Psf t/ sf0f] og gePsf ; d:ofx;klt  
 lzlf lf0df sfd ug] lzlf sf tyf lj Bfno  
 sdf/lx;sf ; Dk0f{ ; 3; yfx;sf alrdf lzlf  
 lf0sf ; d:ofx;sf] klxrfg ug] a%0df Ps?ktf  
 Nofpg] ; dfoffg ug] / ; d:of ; d:fwgsg] lglDt  
 ; /sf/; E ; eQm ; kn] cull8 a9g] p2Zosf ; fy  
 gkfn lzlf sf olgog / gkfn zlf sf u0ftflqsf  
 d-r; E cfa4 ; yfx;sf] ; eQm sf0fnn] tof/  
 kf/\$f ; f% ; %fj x; bxfocg; f/ 5gM  
 != gkfn sf] c6t/d ; lj-wfg @)^# sf] efjgf /  
 dd6g; f/ dfns clwsf/sf] ; kdf /x\$] ]  
 lzlf nf0{ lglzns ug{ lj Bfno lzlf sf] ; Dk0f{  
 bfloj /fhn] lng] Joj:yf ; lglZrt ug{  
 lj Bfno lzlf df /x\$] sDkgl Pq vf/h u/l  
 qndzM ; yfut lj Bfnox;nf0{ plrt  
 dcfAhf; lxt /fi6 bfloj leq -/fi6s/of\_ ug]  
 Joj:yf ; lglZrt ul/gkg] xfd] ; %fj 5 .  
 @= bZ lj sf; sf] d?b08sf ; kdf /x\$] lzlf nf0{  
 /fi6 nufglsf] klxnf] klyldstfdf /Vg} kg]  
 ePsf] xfn /fi6 ah0sf] @% kltzt  
 lzlf df lj lgoffg ul/gkg]. sl/a ^# xhf/  
 cku lzlf sf b/agbl l; h0f u/l vhf  
 klt:kwf/f offo lzlf sf ckl't{ ul/gkg] xfd]  
 ; %fj 5 .  
 #= ; dfh ; kfgt/ofsf] kdv cE lzlf nf0{ /fi6  
 cfj Zostf kl/kl't{ ug{ / c6t/fi6 ; kdf  
 klt:kwl{ agfpg gofFlzlf gllt lgdff ug{  
 ckl/xfo{ ePsf] s/f l; E] /fi6] dx; ;  
 ul//x\$fn] gkfn zlf sf u0ftflqsf d-r /

gkfn lzlf sf olgog ; d]sf] ; yfut kltlgwlj  
 xg] u/l clwsf/; Dk6g pRr :t/lo lzlf cf0f  
 u7g ul/gkg]. /, lhnfb]v s0b]Dd zlf sf  
 gllt lgdff txd] pk/fQm ; yfx;sf] ; yfut  
 kltlgwlj ; lglZrt ug{ sfg0l Joj:yf ul/gkg]  
 xfd] ; %fj 5 .  
 \$= lzlf sf ; ]f cf0f]nf0{ ; jwflgs lgsfosf] ; kdf  
 lj sf; u/l k] { klyldsblv pRr df]j tx; Ddsf  
 ; a} k\$] /sf lj Bfnosf lzlf sf / sdf/lx;sf]  
 lglQm Psaf/ k0ffnlaf6 u/l u0f:t/lo lzlf sf  
 nflu offo lzlf sf] ckl't{ ugkg] zfzj t  
 tYonf0{ cfd; ft\ugkg] xfd] ; %fj 5 .  
 %= /fho lzlf sf] bfloj af6 kl65g] u/l lj Bfnosf]  
 Joj:yfkg ; dbfodf x:tf6t/of ug] jtf]g gllt  
 tyf sf0f]nsf] t]sf]n c6to u/l x:tf6t/of  
 ul/Psf lj Bfnonf0{ k] ]t\cj:yfdf cfp]g kfp]g]  
 Joj:yf ; lglZrt ul/gkg].  
 ^= ; Dk0f{ lj Bfno :t/lo zlf sf :t/ j]4 ug{ Ps  
 zlf sf-; qleq Go0td @@) lbg k7gkf7g xgkg]  
 glltut Joj:yf sfod ul/gkg]. lzlf sf tyf  
 sdf/lx;nf0{ 3/ labfsf] sfg0l Joj:yf ul/gkg]  
 xfd] ; %fj 5 .  
 &= ; Dk0f{ cgdlt klt k] { klylds lj Bfnob]v pRr  
 df]wolds lj Bfnox;nf0{ cfj Zostf cg; f/ lzlf  
 tyf sdf/l sf] b/agbl; lxt :yf ol :jls]t k]fg  
 ul/gkg] xfd] ; %fj 5 .  
 \* = lj = ; @)% k] { kZrft\ / xfn; Dd df] /Psf  
 lzlf sf tyf lj Bfno sdf/lx;sf kl/jf/nf0{  
 lghfdt] sdf/l sf kl/jf/n] k]P; /xsf] ; lj wf -  
 lltkl't{ pknAw u/fpgkg] a]Qf k] /Psf  
 lzlf sx;nf0{ t]sf]n ; fj h]gs ul/gkg]  
 oftgkl8t, 3/; Dk]Q gi6 ePsf]nf0{ plrt  
 lltkl't{ / 3/h]uf sAhf ePsf;sf] lkntf /

lj:yflktx;sf] kg:yfkgf ug{ ; dlrt Joj:yf  
ul/gkg] xfd] ; %j 5 .  
(= lj utb]v xfn; Ddsf /fhglts, ; fdlhs-z]lfs  
cfb]hgsf] qndf cf:yfsf cfwf/df, ; j]faf6  
avf{t jf cjsfz lb0Psf, /fhgdf lbg aflw  
kl/Psf lzlfz tyf lj Bfno sd{f/Lnf0{ ; j]f  
cjw hf]8g] u/l kgj xfnl ul/gkg] / kgj xfnl  
ePsfx;n] klq ; j]f cjw hf]8g] Joj:yf ugkg] xfd]  
; %j 5 .  
!)= ; fdbflos lj Bfnodf sfo{t sd{f/Lx;  
; dfgtfsf] xs; d]faf6 j1-rt ePsf] To:tf  
; Dk0f{ sd{f/Lx;nf0{ b/agbl pknAw u/f0{ sfddf  
nufPs} ldtb]v ; j]f cjw u0fg xg] u/l  
lghfdl sd{f/L ; xsf] ; j]f, zt{ / ; ljwf  
pknAw u/fpgkg] xfd] ; %j 5 .  
!!=s=@)^! ; fn r] d; fct; Dd Ps z]lfs; q k/f  
u/\$f ; fdbflos lj Bfnosf g]fn ; /sf/af/f  
:jls] 1/Om b/agbldf jf To:tf ; j]ls]  
b/agb]sf] lnog kbdf c:yfol lzlfssf] ; kdf  
lgolQm kf0{ xfn; Dd sfo{t c:yfol lzlfxs;  
dfq pd]bjf/ xg ; Sg] u/l Ps k6ssf  
nflu pd]sf] xb gn]lg] u/l cftl/s  
k]t:kw]af/f :yfol ul/gkg]. ca pk]t  
c:yfol lzlfz /fv] k]qmfnf0{ k0f{ ; kn]  
cGto ul/gkg] xfd] ; %j 5 .  
v= ; fdbflos lj Bfnodf sfo{t dlxf kl/of]hg,  
/xt, ; \$f, lj:yflkt lghl ; f] / lzz' slff  
nufotsf lzlfxs;nf0{ :yfol b/agbldf  
?k]t/Of u/l ; j]f cjw u0fg xg]u/l lzlfz  
; j]f cf]af6 :yfol ul/gkg].  
u=@)^! ; fn r] d; fct; Dd Ps z]lfs; q k/f  
gePsf xfn; Dd :jls] k]t 1/Om :yfol  
b/agbldf sfo{t c:yfol lzlfxs;nf0{ klq  
a]f g+ !! s cg; f/sf] k]qmf]af/f :yfol  
ul/gkg] xfd] ; %j 5 .  
3=@)^! ; @)^! sf] lzlfz ; j]f cf]af6  
j]l]nks pd]bjf/sf ; kdf 5gf e0{  
l; km] / ul/Psf / xfn :jls] k]t :yfol  
b/agbldf sfo{t lzlfxs;nf0{ ; f] b/agbldf  
:yfol lgolQm lbgkg] xfd] ; %j 5 .  
a= z4 k]l] lätlo tyf lgd]lj lätlodf sfo{t  
lzlfznf0{ qndz] lgd]lj t]lo / d]lj  
t]lodf ?k]t/Of ul/gkg] xfd] ; %j 5 .  
r\_ lj z]f lzlfz, all n]n c]tu]f lgolQm ePsf  
lzlfxs;nf0{ ; d] d]ly p]n]lvt c:yfol  
lzlfxs; / xsf] :yfol] sf] k]lwfg nfu"  
ul/gkg].  
!@= ; fdbflos lj Bfnosf ; Dk0f{ sfo{t bl3} j]l  
lzlfxs;nf0{ lghfdl ; j]sf sd{f/L / x cjw lws

; fdlxs kb]lgt (Time bond promotion) Sf]  
Joj:yf ul/gkg] xfd] ; %j 5 .  
!#=pd] / ; j]f cjw]sf] cfwf/df ; j]f/t  
lzlfxs;nf0{ lj z]f ; ljwf (Golden hand  
shake) ; lxt :j]R5s cjsfzsf] Joj:yf u/l  
lzlfz l]qdf o]f hgziQm c]pg] d]u{ k]z:t  
ugkg] xfd] ; %j 5 .  
!\$= ; yfut lj Bfnosf lzlfz tyf sd{f/Lx;nf0{  
sfddf nufPs} ldtb]v g] nfu" xg] u/l  
clg]fo{ lgolQm kq kb]g ugkg] ; j]f-zt{ /  
; ljw]sf] xsdf ; fdbflos lj Bfnosf :yfol  
lzlfz / x xgkg] Ps z]lfs; q k/f u/\$f  
lzlfznf0{ c]w]kg cgbltkq kb]g ugkg].  
sg] klq lzlfz jf sd{f/Lnf0{ plrt /  
lrQa"bf] sf/Of lagf dgk/L 9Eaf6 cjsfz  
lbg gk]pg] sf]gg] Joj:yf ul/gkg]. /, o:tf  
; yfut lj Bfnosf] lgod k]ng u/] gu/\$f]  
af/Of cgldg / lg/L]f]f ug{lj Bfnosf lzlfz  
tyf sd{f/Lx;sf] ; yfut k]l]glw]j xg] u/l,  
/sf/L k]l]glw]sf] ; of]hs]j]df Pp6f  
clw]sf / Dk]g cgldg tyf lg/L]f]f ; dlt u7g  
ugkg] xfd] ; %j 5 .  
!%=pRr d]lj sf k]rfo] ; sf ; Da]wdf of]otf  
ku]sf] xsdf h]j]t]sf] cfwf/df k]rfo{ xg] /  
:g]tsf] / ge0{ lg/Gt/ k]c e0/x]sf] JolQmsf]  
xsdf lghnf0{ ; j]fsnlg c]w]kgsf] cj ; /  
pknAw u/fpgkg] xfd] ; %j 5 .  
!^=!) dlxg] t]lnd lng gk]Psf k]l]j:t/sf :yfol  
lzlfxs;nf0{ ; j]fsnlg t]lnds] Joj:yf  
ul/gkg] xfd] ; %j 5 .  
!&=lzlfz k]z]f dof]t gx]f blf hgziQm o; tk]f  
c]sliff g]xg] l:y]tsf] cGto ug{ lzlfz k]z]nf0{  
lj z]f ; j]f; ljwf; lxt dof]t ag]f0{ lzlfz  
cjw]e/ c]g c]f]h]gsf] sfo{ug{ gkg]  
cj:yfsf] l; h]f ugkg] dx]lsf] cgk]tdf  
t]naeQf j]l] ul/gkg] / txut c; dfgtfnf0{  
Gog ugkg] xfd] ; %j 5 .

pk/fQm ; f]f ; xdl]t sfod ePsf lzlfz l]q]sf  
; d:ofx;nf0{ ; fdlxs ; kdf ; d]wg ug{ xfd]  
; xdt ePsf 5f]f. /, c]j Zos ljw tyf k]qmf  
cg; f/ ; DalGwt k]lnf0{ c]j Zos h]gsf/L /  
sf]of]jogsf nflu cu]l8 a9]g=a9]pg ljleGg  
c]j Zos k]qmf]x; c]jndag ug{ ; d] xfd] ; xdt  
ePsf 5f]f.

lg/|b] s]F  
g]fn z]lfs u0ft]Gqs  
d-rs]f] tk]f]6  
s]z]k] fb e\$ /f0{  
g]fn lzlfz  
ol]gogsf] tk]f]6

; dfrf/

# kʃ0ffbfol kʰzɕl



cfkn] agfPsf] xl/t uʃ

kʰft pdflj] cfofhgf u/ʃf] lʃ 1fg kʰzɕln] lzlf, lʃ Bfno kʰf;g / Joj:yfkg ;ldltdf OR5f / hfɛ/ eP ;/sf/l lʃ Bfnon] klg pbfx/0flo sfd ug ; ;S5g\ecg] bʃvfPsf] 5 .

**k** | eft pdflj 6ɔfun, nlnrk/sf slff ! ) sf 5fqfx; klltdf >ɪ7, piif tfdf<sup>a</sup>, /flwsf >ɪ7 / clgtf uefhh] ..s[gd xl/t uʃl af/] slffdf ; ʃflɔts s/f ; gʃf eP klg To]s; /L agf0G5 / pkofɪ s] x] eGg] pglx; nf0{ yxf lyPg . t/ ;shn]!) sf0s @)^% df cfofhgf u/ʃf] lʃ 1fg-kʰzɕl df kʰzɕf ..s[gd xl/t uʃl n]To; ; DaGwl Itgsf] sʃʃxn PsfPs 6<sup>a</sup> ʃof0lbof]. kʰzɕl cfofhgdf ; aUg 5fqfx;n] xl/t uʃ



j :tsf] kfglleq / aflx/sf] tʃhalsf] cɔt/ kQf nufpɛ



kfglsf] 5f6g] k|qmf]sf] cEof;



xfjfsf] tfn xE5 e6g] s/|sf] kdfrof klxlopfE}

Igdff ug]tl/sf agkfsf]Pp6f Jofj ; flos xl/t u{xsf] c]nfs]g e6f u/l l; s}sf lYP .  
 sf7, aff / knfi6s k6f u/l tof/ u/}sf] .slqdl xl/t uxu pQm k6z6lsf] Pp6f k6v cfsif6f ag}sf]lyof]. xl/t ux Igdff]sf]cEof; af6 a6f]dl t/sf/l pAhfpg] tl/sf l; s}sl 5f6f uefh'el65g\æPs dlxgf nfd]cEof; af6 lr; f66 af6la?jf hfufpg] tl/sf klg l; |sPsf] 5 .  
 lj1fgsf kf7 lsf / lzlf; E k9] dfq gal%g] /x\$, k6f u/}l; |Sgkbf] /x\$ E  
 pQm k6z6l c]nfs]g ug] ^ lghl / b0{ /sf/l :shsf Ps xhf/ e6f a9l ljBfyl{/ lzlf; x; k|olf nfe6j t ePsf 5g\ ; ft jif6v k6ft pdf]j n]ub} cPsf] lj1fg k6z6ldf To; :shsf slff \$ b|v !); Ddsf ljBfyl6] (& j6f j :tx; k6z6 u/}sf lYP . k6z6l cfofhgfsf] ; efhg u/}sf lYP- lj1fg lzlf; hkl >ljf:tj n]. k6z6ldf 66kms nf06, l3gl{ sfag ; f0sn, ljBtlo df6/ { sgeh6 ckm0ghl{ cfvfsf]gdgf, hgfj / / af6la?jfsf sf] cfb lj1fg ; Da6wl ; fdulx; /fvPsf lYP . k6z6ldf ; fgf slffsf ljBfylsf] k6z6 / JofVof c% /f]s / cfsif6 nfvof]. lj1fg lzlf; c6h' >|7sf] cgejdf o:tf k6z6ln] ; fgf afnafnsdf lj1fg af/ ?lr hfuf xgsf ; fy} cfdlj Zjf; a95 .  
 l; 6l :sh sf6Z] / sf 5f6fx; ; D%gf / f0{ dlNnsf nfd; ; hgl nfd / dlgf nfdn] k6z6laf6 gf066hg / sfag ; f0sn, Rofp ptkfbg, ulg xfp; Igdff, n ckm df]g, jf6/ ; f0sn, 0sf] l; :6d cfbbsf af/df Jofj xfl/s 1fg xfl; n u/}sf] atfP . 5f6f ; hgl nfdn] elgg\æca xfd] :shnf0{ klg lj1fg k6z6l cfofhg ug]{e65f}æ nfdsf]egf0 g; |sB}pgsf

lzlf; ljgfb b] sf6fn] k6z6ln] cf^gf ljBfyl6f0{ lj1fg .tVou x]e6g]a'g ; xofu k6ofPsf]atfP . lghl :sh eP klg c6k6; n] vr6f] cefjdf lj1fg k6z6l cfofhg ug{ g; s}sf] lzlf; b] sf6fsf]egf0 lyof]. t/, k6ft pdf]j sf lj1fg lzlf; >ljf:tj :yfglo ; fdulsf] k6f]af6 yf] vr6} k6z6l cfofhg ug{ ; lsg] atfP5g\ .  
 tlg jif6v lj1fg k6z6ldf ; xeful xE} cPsf olgs df6h :shsl lj1fg lzlf; lbkkl lj16 af6E :shx; n] o:tf /rgf]ds sfo{ug{ k6ft pdf]j af6 l; Sgkg] 7f65g\ . lbkkl; lxt olgs df6hsf \*) hgf ljBfyl{/ f] k6z6l x6{ cPsf lYP . lhlzsf nintk/sf pk-; lrj uf]j 66 /dl k6ft pdf]j sf] lj1fg k6z6l /sf/l :shsf lglDt gdgf ePsf] bfal u5g\ . pgl e65g\ æo; af6 ; a6] l; s6\ k7off lnprg\æ cf^gf] :shsf ^% hgf ljBfyl{lnP/ k6z6ldf cPsf sfl6tk/l af6E :sh, t6N5lv]hsf lzlf; /fh6b] e08f/l klg k6z6laf6 k6f]t b|vGy].  
 k6z6ldf hlk6/ af6E xfo:sh, l; 6l :sh, olgs df6h :sh, lzlf; ; bg, kf; f^ Nxfdf' nufotsf cf7 j6f lghl :shsf lj1fg tyf ul0tsf lzlf; / ljBfyl6] efu lnPsf lYP . To; u/l cfbz6Gof pdf]j / >dht lszf] df]j n] klg k6z6ldf efu lnPsf lYP . lj1fgnf0{ Jofj xf/df k6f]0ft ug{ / lj1fgklf ljBfyl6f cfdlj Zjf; hufpgsf nflu o:tf] k6z6ln] dx6j k6f]0f] ofubfg k6ofPsf] cgej lj1fg lzlf; hkl >ljf:tj sf] 5 . /sf/l :shsf] k7gk7g, sdh7 /xsf]cf/fk nflu/xsf] ahf k6ft pdf]j n] cfofhg u/}sf] lj1fg k6z6ln] cfzfsf] ; 66z lbPsf] 5 .

zlb-tl:a/M afa/td ljZjsdf}

# I/kfɔ{

8Da/s[0f >]7:Psn I; njfn

**n** | lntk/sf]; vl:yt wgf/b]l kflj sf rf/ lzlfsw]Ps hgf lzlf sfhdf lx8] eg] x/ɔ lbg sDtdf kfF 306L -siff\_ vfnl x65g\ . ut jif{tl rf/ lzlf ljeGg axfgdf !e) lbg sfhdf a; ɔf]kf0of]. kç xl/ Gofkfg] e65g\ æxfdf] bɔdf lzlf ljsf; ] sfoɔtf{/ ; dfh; ]l klg ePsfh]ufpɛf]sfd ubf{l]Bfno / l]Bfylç] xfg Joxfg] k//xɔf] 5 Å h]sf] c6td ; ftf tlgbg] sfhdf lhlzsf nltk/ cPsf kç Gofkfg] o; k6s l5dɔsf] dflj nfo{ pdfj sf] : jls[ t Ing] lhd] f/l klg afɔɔf lyP .

Ps jifçl3 e/tk/-! , lrtjgsf] lxdfno /fkflj sl dlxf lzlf zf/bf vgn sfhdf z]fs hgZlQm ljsf; s]bɔf] tflnd Ing ; f9] b0{ dxgf e/tk/df al; g\ . lzlfzf:qdf pRr lzlf xfl; n ug] çf] bg ug{ gldNg] pQm tflnddf alP8 ul/ ; sɔl vgn ; xeful e0g\ . pgn] tflnd lngsf] p27o lyof] çftl/s k/lifdf tflnd afktsf] gDa/ ykfg' . t/ , pgsf] c9f0dlxg] sfhn] l]Bfylç] k7gk7gdf ubel/ afw k]of]. Joj : yfg ; ldt] cWolfsf] lgofo]n] sfh kfPsl zf/bfnfo{ tflnd g; lsɔ] Joj : yfg ; ldt]n] g} pgs} vrçf ; ɔf lzlfssf] Joj : yf ugk] lgofo ufof].

kfFy/sf lhlzc 8f= eflh/fh zdf{sf^nh] lzlfssf] Jofj xfl/s kif, sfo{ lçaf6 lgo]lbf k!ts n]vg] qmddf lhNnfsf l]Bfnocn] jifçf !& blv !\*\$ lbg sfhdf vr{u/ɔf]kfP . tlg lbgeçbf nfd cjlwsf tflndnfo{ u0fgf gubf{ klg lzlf sfh; Da6w o:tf] çfɛ8f cPsf] plny ub} sf^nh] k!tsdf n]ɔf 5g\ æ; /b/ Pp6f lzlf kl t jif{!e lbg sfhdf a:g] u/ɔf]kf0of] Å

## df/df l]Bfylç

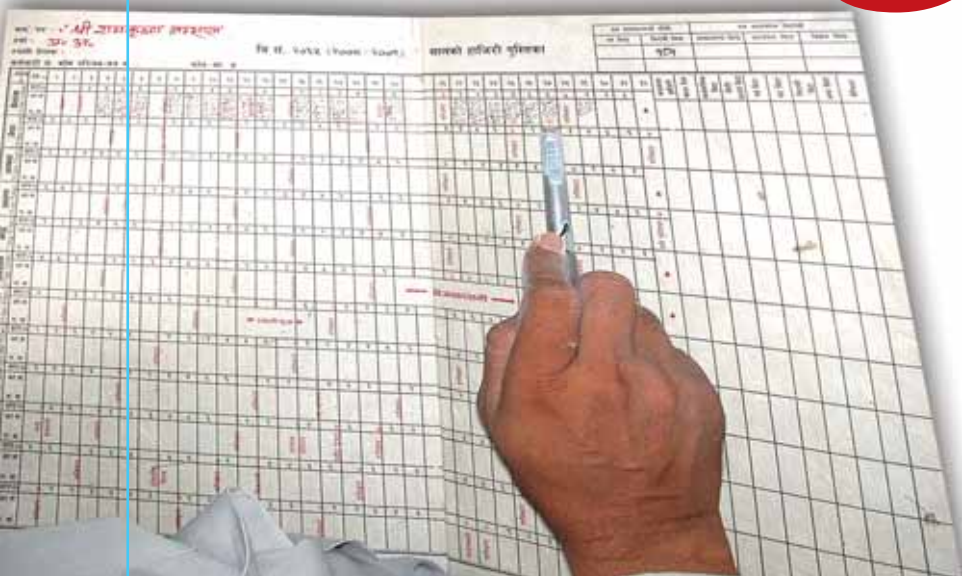
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sfh Joj : yfsf sf/of g]a's lsg ; d] lzlfsc; slff 5fç] lxBg] k] Q a9ɔf] k] j l dflj lrtjgsf kç / fds] of nd; fn atfp5g\ . gkfn lzlf olgogsf lhNnf cWolfsf gf/fo0f rfn; ; k/lifsf nflu sfh lnPsf lzlfnsfo{ çkth] laxɔf] eflhdf eççf] cgej ; çfp5g\ .

**sfh** **sf]df/df**  
**S** **I** **ff**

Psn I; njfn

k]j l dflj  
h6kfgl,  
lrtjgsf]  
lzlf xflh/  
sfkl .



tflnd, uf]l /  
l]Bfno kçf; g; ç  
; DalQwt sfdsf] lgxçf  
lzlfsc;n] lng] u/ɔf]  
.sfh labfn] l]Bfylç]  
k7gk7gdf c]oçt] 7hf]  
lfl t kfofo/xɔf] 5 .

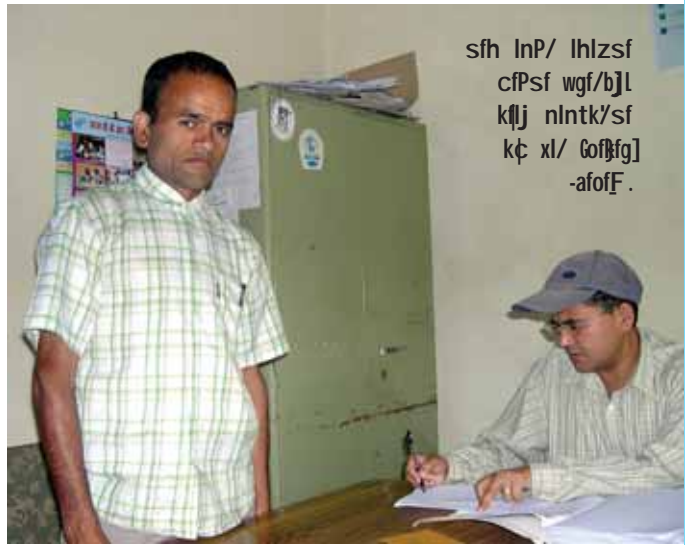
sfhn]lzlfsc;nf0{rfs/l u/] 3/kfos ;?sf  
ldnfpj] sfddf lgk0f agfPsf] olgogsf k;{  
cWof xl/k]fb cfrfo\$] wf/0ff 5 . sltko  
ljBfnodf lzlfsc;n] knfn] ldnfP/ sfh lng]  
u/\$f] ; f;JolQm dxhg atp5g\.

kfInt lzlf lgodfj nldf lzlfsc;n]ljBfno  
/ cWofkg; DaGwl sfdsf nflu sfh kfpj]Joj:yf  
5 . o:tf] sfh lfql0 lzlf lgbz;gfno jf  
lhlsfn] cjw t\$] lbg ; S5g\ . ljBfnos]  
sfdsf nflu k; / c; lzlfsc]klg Ps k6sdf  
a9ldf Ps xktf sfh kfpj]Joj:yf 5 . sfh  
lnf lzlfsc] k; / k;n] ljBfno Joj:yfkg  
;ldtsf cWofsf] cgdlt lngkb5 . t/  
lzlfsc;n]sfh lnPsf b[6f;tn]sfhsf]pkofu  
e6bf a9l b?kofu ePsf] b;fp5 .

lzlfsc] sfh lng kfpj] sfdx;df s;s]  
kb5g\o; af/]lzlf lgodfj nl dfg 5 -x;as;\_ .  
t/ lzlf / ljBfno k;f;g; f; DaGwt sfdsf]  
axfgdf lzlf / k;xc;n]sfh lng]u/\$f 5g\  
To; f]t; ; f; s[6sf]df; s a]ssf nflu ln0g]  
sfh cljfo{g}df;g5 . o; afx\$ /Bqm ; :sfp6  
h:tf u; /sf/l ; ysf tfind tyf uf]l/sf  
nflu lzlfsc;n]a9ldf Ps xktf;Dd sfh lng]  
u/\$f 5g\ . o:tf]sfhsf nflu lhlsfn]:jls[  
lbg] ; /sf/l Joj:yf eP klg lhzc;Dd sfhsf]  
lg]lg g]gk]ugf; f]lhlcx;sf]5 . nlnk/sf  
lhlc afasfhl sfl{e65g\ asfhsf]b?kofu  
ePsf ph/l cf0k]b;g\ cP sf/afxl u5f;f  
lhlsfn] :shsf] k7gk]gdf c; / gkg] u/l  
sfh :jls[ ug]u/\$f]sflh]atp . sf7df8f;f  
lhlc b;f;fy uf;d eg]cf'gf]lhNndf b/a6bl  
cejf gePsf]sfhsf] ; d:of g/x\$]atp5g\  
pgsf]lj rf/df; asfhn]ljBfnof0{kn0bf k05  
/ To; sf]kltkm ljBfyl{ kfp5g\eg] /fd]xf]  
t/ sfhn]slf g;vnl x65 eg]ljSnk v;hg5{f  
ljle6g r/0fdf xg]bzdxg]lzlf tfindsf  
qmdf klj lzlf kl5Nnf]c9f0 dlxgf k/}  
sfhdf a:g]u5g\ . dfj / lgdfj lzlfsc;n]  
eg]klxn] / t]f]r/0fdf Ps-Ps dlxgf u/l  
b0{dlxgf sfh kfpj] / bf]f]r/0fdf klg 5f;f]  
sfh lng] u/\$f] k0G5 .

**sf/Of w}]**

klom tna lng ; b/dsf dxhg]k;xc;n]sfhsf]  
.pkofu c; g] sfddf a9l ug]u/\$f] k0G5 .  
lrtjgs]ljg hfgs] a/fns]sygdf sf dxgf  
klg lzlf sfhf0 cfpj] / Ps]dlxgfs]tnasf  
nflu w}]k6s sfhdf wfpj]k;xc; w}]5g\  
sfhdf sfhf0 wfpj]kj]Q lgo6of ug]  
@)%% ; fndf lhlsf lrtjgn]5\$]xflh/sfklf]  
Joj:yf u\$of]. t/, To; sf]g\ b?kofu ePk15



sfh lnP/ lhlsf  
cPsf wgf/b]l  
klj nlnk/sf  
k; xl/ Gof;f]  
-af0F .

xflh/ u/fpg}a6 ul/of]. sfhf0sf sdf/f  
afa/fd b;f8ln]eg] acgfjZos sfddf cfpj  
5f8g\eg] /\$8{/fvg ynf\$]t lzlf sfhf0n]  
xflh/ u/fPsf]5 e6b}%g\ a9l cfpj yfn]f  
pgsf cg;f/ r;f;f; s tnasf]dfu kn/d a%fpj]

**P;lgodsf] klj wfg**

!= ljBfno jf cWofkg; DaGwl sfdsf] nflu lgbz;gfno jf  
lhNf lzlf sfhf0sf] cfbz; cg;f/ sb; ; ef; ; Dd;g  
jf ;ldg/df vl6g] lzlfsc] ;f; cfbz;df t]sPsf]  
cjw;Ddsf] nflu sfh kfpj] .

@= ljBfnos] sfdsf] nflu lzlfsc] kwfgWofkssf] /  
kwfgWofkns] Joj:yfkg ;ldtsf cWofsf] cgdlt ln0{  
a9ldf Ps xktf;Dd sfhdf hf; ; Sg5g\ .

#= ;?jf ePsf] lzlfsc;n] ;?jf ePsf]ljBfnodf xflh/ xg  
hf;f d6qnon] t]s]bPad]hd] /sd blgs tyf e0f  
eQafktsf] /sd /jfg lbg] ljBfnon] cf'gf] sf;af6  
lbgkg5 . t/ cf'gf] :j;5fn] ;?jf e0{hf;f] lzlfsc]o;  
pklgodad]hd blgs tyf e0f eQafktsf] /sd kfpj]  
5g .

\$= lzlf olgogsf] s[blb ;ldtsf] kbflwsf/ldf /x\$ b0hg  
lzlfsc;n] ; f] olgogsf] l; knl/; df To:tf] olgogdf /xl  
sfd ug\$] nflu Psk6sdf Ps jif;f ga9f0{a9ldf tlg  
jif{Dd ljefun] sfh :jls[ ug] ; Sg5 .

%= sb;}ljBfnodf ljBfyl{ ;^Vofsf] cgkftdf lzlf b/a6bl  
a9l ePdf ljefun]To:tf] b/a6blnf0{ ;f; lhNnsf]lhNf  
lzlf ;ldtsf]kn b/a6blf /vl ljBfyl{ ;^Vofsf]cgkftdf  
lzlf b/a6bl sd /x\$]hg; s;}ljBfnodf sfhdf vl6fpj  
; Sg5 .

-lzlf lgodfj nl )%( sf] bkn !!! af6\_

gfddf dfq tlg÷rf/ k6s  
wfpq] lzlf s klg e|6G5g\  
o:tf lzlf sn] klxnf] lbg  
lhlszsfdf km/d a%fpq] csf  
lbg n|f zfvdfd a'g cfpq]  
/ a\$df tna lgsf; f ; flg  
t] fl] lbg klg cf0klg] u/\$f]  
bjf8l atfp5g\  
:shaf6 t oxl sfddf Ps  
lbg kc / csf] lbg lzlf s  
wf0/x\$ f x65g\  
kc / lzlf sn] sfh  
lng] csf] axgf xf]  
lj Bfno ejg lqdf0f .  
ejg agf0/x\$ f] sljnf; dflj hu8l, lrtjgsf  
lzlf s tyf n|f kfn >lk| fb u?^a e65g\, xhltahf  
klg ahf/lt/ slbxflngk5{. To; h] sfhsf]; ^wof  
dlxgdf tlgblv ; ft÷cf7 lbg kU5 A  
ptf, u; /sf/l ; yfx; sf ; ef÷ ; df/fx,  
tflnd, ufj7l / c6t/lqmf; klg lzlf s sfh  
ksfpg] ynf] ePsf 5g\  
o:tf sfoqndf hfg]  
lzlf s sfh rngn] sfh ; s[tnf0{ a9fj f lbPsf]



5 . lrtjg lkk1/of /fkflj  
kdk/, lrtjgsf kc lzjgf/foof  
rfj]l/ofn] zlf s ; q @)^\$ df  
sfh lnPsf @\$ lbgdWo] tlg  
j6f u; /sf/l ; yfsf sfoqnd  
k/\$f lyP . pgl e65g\, æsg-  
sg sfddf sfh lng] k6 Joj:yf  
gePsf] sfh lng' g} abdf; l h:t] f  
ePsf] 5 A

lzlf ljeu / lhnf lzlf  
sfoqna6 kof]t cgdg gxx]  
/ sfh lgoqof ug] clek] on]  
ul/Psf lqof6 ; d] sfoq] og gxx]  
ePsf] sfhsf] ; d:of %g%g\ a9b)

uPsf] k|wfg] wofks tyf lzlf clwsf/lx; sf] syg  
e|6G5 . lzlf sx; n] kzfut ; 3; E7gx; sf] a] sdf  
efu lng h|f klg labf] pko] ul ug] kq] / sfh  
lng gkf0g] pNny u/7 lzlf ljeun] b0] j ife] l3  
; a] lj Bfnox; df kl/kq u/\$f] lyof] . t/ , o:tf]  
kl/kq sfoq] og gePsf] cgej lzlf ljeufsf  
dxflgb; z s hgf6 gkfn] s] 5 .

gkfn lzlf s ; 3sf clwof dfxg 1jfnl  
lj Bfnosf sfd / uof:t/ j] 4 ug] tflnd, ufj7l sf  
nflu sfh cfj Zos eP klg ; sf lzlf s sfh Joj:yf  
gePsf] ; d:of bl] vPsf] atfp5g\ . 1jfnl e65g\  
æsfh lnP/ ; b/dsfdf klbf slxn] lhizc x65g\  
slxn] Psp6] 6 e65g\ sl7g x65 . kzf; gsf]  
sfd %-%l6nf] ePsf] klg sfh ylk] u5{ A

sfh lnP/  
; b/dsfdf h|f;  
sljnf; dflj  
lrtjgsf  
lzlf s >lk| fb  
u?^a



Ps n: n] hn

**lj slk 5**

sfhn] k7gkf7gdf uDel/ Jojwfg pTk6g u/\$f] df  
w] \$f] Psdt 5 . sfhsf] ; d:of ; dfwfg ug]  
lzlf sx; n] lj le6g ; %fj lb5] cfPsf 5g\  
5f6f] sfhnf0{ Joj:yt ug{ lzlf lgodfj nld} sfh /  
o; sf lj slkaf/] :ki6 Joj:yf ul/gkg] vfFf]  
/x\$ f] cf] l] ofp5g\ k] j] l dflj h6kfgl, lrtjgsf  
k|wfg] wofks / fds] of nd; fn . t/ , pgsf] :sh  
eg] sfh Joj:yfkgdf ; kmn ePsf] nd; fnsf]  
bfal 5 . æk9f0df afwf gkluf] \eg] Joj:yfkg  
; ldltsf] a] s klg labdf a:5 . sfhdf lx8df  
d cf'gf] slff ; s] lx85A pgn] eg] . )^@  
sf] P; Pn; ldf of] :shsf \*\* lj Bfyl{ ; fdh  
ePsf] df ztk] tzt pQl of { ePsf lyP . of]  
; kmntdf sfh Joj:yfkg] eldsf /x\$ f] kc  
nd; fnsf] 7Dof0 5 .

otf, sljnf; dflj sf Joj:yfkg ; ldlit clwof  
6\$axfb/ u?^a klg clwofkg 5f8] sfhdf lx8/xg]  
lzlf snf0{ sf/afxl ug] kq] lgrf] df kl\$ f 5g\  
lhlszsfaf6 xg] sfdx; df lzlf s g} wfpqkg]  
l:yltsf] glttut ; kd} c6To ePdf sfhn]  
k7gkf7gdf kfg] c; / sd xg] lglZrt 5 .

# ..:shdf /fhgllt aGb u/fj

d k/f OdfGb/L;fy, bQlrQ eP/ sfd ul//x\$! 5' / ;a} lzlfS / sdf/lx;nf0{klg cf-cf^gf] stfo / bfloJ OdfGb/L;fy lgjfx ug{cg/fj ub5' . kl/jtg xfdl ;a\$] ;f% kof;n]dfq cfpq ;S5 .

/QfSdf/L ofbj  
| lzlfdfGql



tkf0Fslxlb} lzlfS xgeof] <

e0gF.

lsg <

k9bfk9b}d7f]lj jfx eof]. To; kl5 d z4 .xfg; jf0kml xgkluF. lzlfS aGg] d7f]; kgf klg lyPg .

k9f0 rflxfsxfDd kfofpgPsf] lyof] <

0ltxf; df aP cg; {u/F.

:shdf tkf0Ff0{ k9fpg] u?x;nf0{ s; /l dNof]g ugk65 <

cf^gf] aflNofn s; n] la; g; ; S5 / < d7f u?x; ; a}lj Bfylf0{df0f u/7 k9y clekl/t ugk6of]. xfdl lj Bfyl{/ lzlfSx;alrsf]; DaGw ; fyl-; fylsf] h:tf] lyof]. oxfDd ls 5\$lsf] ; dodf xfdlx; u?x; ; G Aof6ldG6gnufotsf vjhx; vlyof].

tkf0FlzlfdfGql;Dd aGg ;km xgdf tl lzlfSx;sf] sg] eldsf blygk65 <

klolf xft 5 eG IdNb} . lsgg]djh]ef/tdf k9\$! xF. t/ dhj]:shsf]lzlf /fdll; t k/f ug{ gkfPsf] eP kSs} klg oxfDd cfpq ; lSbgyF. To; bl6n] pxfk;sf] eldsf 5 .

lzlfS eGg; fy tkf0Ff]lbdudf s:tf]tl:a/ cfp5 <

clt g}cfb/0f0 kfg, h; n] xfdl ; a}f0{ 1fg lbgk65l /fdll]s/f l; sfpgk65 . ; dfhsf]lj sf; / pGg]tdf lzlfSx;sf] ; a}Gbf 7hf] ofubfg x65 . afnaflnsnf0{s:tf] dflg; agfpg] eGg] blv ; dfhnf0{ stf 8f]ofpg] eGg] s/fdf a9l eldsf pxfk;S}x65 . To; jh] ; dfhn] pxfk;sf] dofkr ugk65{. lzlfssf]hljg:t/ klg /fdll]xgk5{.

gkfnf] lzlfssf]jt6fg cj:yf s:tf] 5 <

/fdll] 5g . vf; u/l xfdll] lzlf :t/lo xg ; sg eGg]Jofks ubf; f/ c; Gtl6 5 . To:t; ; fj klgs / lghl lj Bfnoalrsf] vf8n ulx/f] 5 .

lsg o:tf] cj:yf cfPsf] xfhf <  
klxn] s/f, lzlfdf rflxg] hit nufgl g} xg; s\$]f]

:bzg



5g . ah0sf]cejfd rfxg]hlt slffsf]f, 8]s, z]lfs ; fdu]lv lzls b/aGbl; Dd ; /sf/n]aGbf:t ug{; s\$]f] 5g . o; n] ubf{ lzlfss] :t/df ck]lft ; wf/ cfpq ; s\$]f] 5g . bf]f] @)\$^ ; fnk15 ; yfut ; kdf g} lj Bfnodf k]z u/\$]f] bnlo /fhgllt]n] xfd]f] lzlfnf0{ g/fd]f] E c; / uYof]. dcf]f] fbl lj b]xsf bf]fg t lzlf lfd] %g}g/fd/L kef]jt xg uof]. clxn]klg lzlf lfd] bnlo /fhgllts]v]haf6 dOm xg; s\$]f]5g . t]f] cgludg / lg/Llf0f k0ffnl kef]j sf/L xg g; s\$]fn]klg of]cj: yf ; hgf ePsf] xf].

**:t/ psf]; g g; Sgdf lzlfss]e]l]dsfnf0{slt lhDd]f/ b]vgx05 <**

sltko lzlfxs; n] clxn] klg dl/d0] :shdf sfd ul//x\$]f] 5g\ . ; a} lzlfsn] To; u/L sfd ug] x]f] eg] kSs} klq of0Gbf /fd]f] cj: yf xg]yof]. t/ klq d lzlfsnf0{w} b]f]f] lbg rfxGg . lsgg] Ps hgf lzlfsnf0{b0{tlg ; o lj Bfylf0{ Pp6} slffdf /fd]f] t k9fp eg] s; /L u0f: t/ cfpq; S5 <r]fxg]hlt slffsf]f, 8]s, a}rb]lv vfg]kfgl / z]f]fno; Ddsf] ; d: of 5 lj Bfnodf . z]lfs ; fdu] / k:tsfnos}cejf 5 . To; u/L lzlfsnf0{ cf^gf] sfdklt clek]t ug] /fd]f] sfd ug]nf0{k/: s] ug] g/fd]f] ug]nf0{bl08t ug] k0ffnl a:g ; s0 . To; h} lzlfss] :t/ psf]; g g; Sgdf lzlfss] eGbf ; /sf/ / /fhgllts bnx;sf] b]f]f] a9L 5 .

**ol ; d: of ; Da]vg ug{sg}of]hg]f 5 <** ; fwg ; f]n] Eofpg]hlt ; a]Vofdf b/aGbl ykg] lj rf/ 5 . lj Bfnonf0{zflGt lfd] 3f]lft ul/g0 . /, ToxF xTof-lx; fbl]v bnlo /fhgllt ; a}aGb ug{; a}/fhgllts bnx;sf alrdf ; xdl]t v]fhg]f . u0f: t/ ; wf/ ug] ; j]ndf :shsf] Joj: yfkg ^ofS6/ ; a0Gbf dx]ej k0f{/x0 . k]0e0 :shdf lzlfss] tna ; f]k]gs :shdf eGbf sd 5 . t/ glthf r]fxFk]0e0sf] lgSs} /fd]f] b]lv05 . To; h} :t/lo lzlfss] sf/st]j tna tyf ; lj wf x]f]g, /fd]f] Joj: yfkg /x0 eG]b]lv05 . To: t} lg/Llf0f / cgludg Joj: yfnf0{k}ef]j sf/L agf0g0 . ol]t ug{; dy{e0of]eg] lzlfdf dx]ej k0f{/ wf/sf] yfngl xg]df d lj Zj: t 5' .

**lzlf b/aGbl slt ykg05 <** cl]oog e0/x\$]f] 5 . cy0Gql; E a; ; l]gisif0f klk15 dfq ; a]Vofsf] l]gw]f] x05 . t/ /fxt lzlfsnf0{b/aGbl df ab]ng ; lsg]cj: yf clxn]5g . b]f]f; E dGqnon] lj utdf u/\$]f] ; D%}f] cg' f/ To; nf0{b/aGbl df ?k]Gt/Of ug{ ldl]b0 .

**b/aGbl ykg] s/f ah0df lsg gcf]Psf] <** tof/l gkl] .

**:shdf bnlo /fhgllt r]fxF; /L /f]sgx05 <** kf6L; n] g} cf^gf sfo\$tf; nf0{ :shdf /fhgllt ug] x0 x} eg] s8f lgb0g / klzlf0f lbg] x]f] eg] clxn\$]f] cj: ydf w]g} ; wf/ cfp5 . To; h} d lj Bfnodf sg} klq kf6L\$]f] lj Bfyl{; E7g v]f]g] sfd aGb ug{/ sf0g g} agfP/ eP klq lj Bfnonf0{zflGt lfd]df ?k]Gt/Of ug] of]hg]df 5' .

**tkf0E]f] cf^g} kf6L\$]f6 To; sf] ; ?cft ug0of] eg] c; kf6L\$]f]y g]ts bafa kYof] lS <**

xfd]f] kf6L{ To; f] ug{ tof/ 5 . t/ xfd]f] kf6Lh] dfq u/] x0 . dcf]f] fbl, sf^u], Pdfn]; ah]Ps} fy :shdf /fhgllt aGb ug] lg0f0 u/] eg] To]f] a9L kef]j sf/L x05 . :shdf lj Bfyl{; E7g v]f]g] ; ?cft ol tlg 7hf kf6Lh] u/\$]f] x0 . To; h} /fhgllt aGb ug] sfo\$]f] ; ?cft klq pglx; af6 g} eof] eg] To]f] %g\ kef]j sf/L x05 . ctM d ; a} kf6Lh]0{ Ps} 3f]f]0ffdfk]f :shdf /fhgllt aGb u/fpg]k]f kxn ub0' .



**lzlfxs;sf] xs, clwsf/ / k}z]fut lj sf; sf nflu Pp6} lzlf s olgog eP kl05 . lzlfxs;nf0{sg} klq kf6L\$]f] %08f af]sg lj z ul/gk0g . d ; a} kf6Lh]0{Ps} 3f]f]0ffdfk]f :shdf /fhgllt aGb u/fpg]k]f kxn ub0' .**



**lzlfss]dof]f] a9fpg s]ub]x0g05 <** axbnlo Joj: yfs] : yfkg xgf; fy /fhgllts kf6L{ E cf]4 lzlf s; 3; E7g v]f]g] sfd z? eof]. 7hf] u]ntL To]xL eof]. To]xL\$]f6} :shdf bnlo /fhgllt l5Yof] / lzlfxs; k9f0df eGbf bnlo /fhgllts : jfy{t/ kl/r]f]nt eP . afnaf]nsf / l; E]f]bz]sf]el]jio ; Dk0Psf] lzlf0f h: t] dx]ej k0f{/ dof]0t k}z]fnf0{ bnlo : jfy{k]t\$]f] nflu k0f]v ug{ 7hf] eh x]f]. To]f] u]ntlaf6 ca l; Sgk5{ . cGoyf xfd]f] lzlf c; cf]f]nf] nflu5 . lzlfxs;sf] xs, clwsf/ / k}z]fut lj sf; sf nflu Pp6} lzlf s olgog eP kl05 . lzlfxs;nf0{sg} klq kf6L\$]f] %08f af]sg lj z ul/gk0g . ; ah]f0{z4 lzlf s ag] a:g kl]t ul/gk5{ .

; a} lzlfss] Pp6} olgog agfP/ pglx;nf0{bnlo /fhglltaf6 d]fy /fVg] sfdn] lzlfxs;df cfzsf] ; ~rf/ u/ f0g0 . clg lg/Llf0f / cgludg Joj: yfnf0{klq kef]j sf/L agfpgk5{ . /fd]f] sfd ug] /fd]f] glthf Noifpg] lzlfsnf0{ k/: s] / g/fd]f] sfd ug]nf0{sf/afxl klq ug{ kl5 x60x0g . xfn lzlf dGqnon] lb0/x\$]f] lzlf k/: sf/ ; xl dNof]gaf6 eGbf eg; g / l; k]f]l/ ; sf cfw/df afB0] ul/Psf] /x0 . To]f] Joj: yfnf0{abn] dNof]gsf] qn]06]v of agfP/ ; f]xl cfw/df /fd]f] sfd ug]nf0{dfq k/: s] ug] Joj: yf ug0' . To: t} d]v6 a]f] ; df dfq lzlf s 5gf0 xg] cj: yf agf0g0 .

**:shsf] Joj: yfkg s; /L ; wf]g] ; f]l]gePsf] 5 <** slt 7fp]f] Joj: yfkg ; ldl]tn]/fd]f] sfd u/\$]f]f] lj Bfnosf] k9f0sf] :t/ clej]4 ePsf]5 eg] sltkodf r]fxFoj: yfkg ; ldl]tdf a; \$]f] cleef]j sx; n] g]f]t]f/nf0{ s; /L lzlf s

agfpg] eGglT/ Wofg lbPsf] ug; f] ; Ggdf cfPsf] 5 .  
To:t] sitko 7fpdf Joj:yfkg ; ldt u7g g] bnlo  
/fhglltsf cfw/df xg] u/\$f] 5 . ; ldt g]/fhgllts  
cfw/df agk15 p; n] ug] lq0f6 klg :shsf] k9f0nf0{  
; kfg] eGbf /fhgllts :jfyklt6} s] b6t x65 . lzlfssf]  
5g76 oflotf / lfdtsf cfw/df lgiklf / kf/bzl{  
9En] klt:kwf{ xg] xf] eg] cfknt jf cf'gf] kf6l6f  
lzlf s egf{ug]kj] Qdf c^s z nflu5 . To; h] o; k6s  
ylkPsf /fxt cgbfg / ca ylk] gofFb/aGldf s; /L  
/kph P08 kph/ 9En] lgoQm ug] eGgdf d7f] l] zif Wofg  
uPsf] 5 . clxn] ylkPsf] !@ xhf/ /fxt sf6fdf dlxn  
k?if %)÷%) kltztsf b/n] lgoQm ug] tof/L x65 .  
o; df hftlo ; dfj zls/Of klg x65 . To; sf cnjff,  
lzlf s; s] 5g76 lqlo:t/df g]/kph P08 kph/ klt:kwf6f  
cfw/df s; /L ug] eg] 5nkm x65 .

**o; sf] cyf c:yfol lzlf s 5f6g] clwsf/ dGqnon]**  
**lmg nfu\$] x] <**

xfdln] clwsf/sf] s] b] s/Of ug{ vfh\$] f]  
xf] g . Joj:yfkg ; ldt n]:j t6g / lgiklf  
9En] klt:kwf6f cfw/df lzlf s lgoQm  
gu/\$fn] tof] sfd lqlo lzlf  
lgbzqgnodfknf u/fpg vfhPsf] dfq  
xf] . b/aGbl vfnl x6f c:yfol klt6f  
nflu lzlf s /Vg] sfd Joj:yfkg ; ldt n]  
u5{ . ToxfFklg klt:kwf{ / lgiklftsf]  
Uof/U6l s; /L ug] eGg] l] ifodf ; f] l] rf/  
e0/x\$] 5 .

**lzlf0fnf0{ cfsif6 kzf s; /L agfpg**  
**; lPnf <**

; dhnf0{ g} lzlf tNofpg] lzlfssf]  
tna / ; l] wf ; a\$] eGbf a9l xgk5{ .  
:jf:Yo / h] jg aldf klg xgk5{ . t/  
xfdf] ; fwg ; f] sf] sdsf sf/Of clxNo}  
w] } ug{ ; lsg] cj:yf eg] 5g .

**t/f0df lzlfssf] xtof / ckw/Of /f] sg ; s] lg <**  
**t/f06f ; z;q ; dx; 6 ; /sf/sf] jftf{z? xg nfu\$fn]**  
**ca l5\$} xtofsf] z^vnf c6to xg5 eGgdf d cfzj fbl**  
**5' .**

**lzlf P6 ; zfvgsf] klg sfd x65 <**  
**@)@\* ; fndf ag\$] P6n] cfhsf] lzlf lq0nf0{Jo]l:yt**  
**ug{/ gofFgofF; d:ofx; nf0{; Dafvug ug{; Sb6 . To; h]**  
**k7fgf] P6nf0{ vf/h u/] gofFP6 Nofpg] tof/ldf d**  
**nflu; s\$] 5' .**

**ljzj a\$sf] ; xofdf z? ul/Psf] ; dbfodf ljBfno**  
**x:tf6t/Of sfo6ml a6 ePsf] x] <**

a6b} ePsf] rfxF5g . of] sfd c%} l] jfbf:kb g} alg/x\$] f]  
5 . ; dy6 / l] /v b] } e0/x\$] 5 . x:tf6t/Ofaf6  
:shsf] k7gk7gdf ; wf/ ePsf] klg kz:t} s/f cPsf  
5g\ . o; n] /fdf] u/] eGg] s/f klg p7\$] 5 . d  
clwoog ub5' . sxl ; dod} o; af/df lq0f6 ln0g5 .

**ljBfno lg/Llf0fsf] sfd kfj s/l agfpg] klg sxl**

**ofhgf 5 ls <**

clxn] ljBfno-lg/Llf0fsf] sfd g} xg] u/\$] 5g eg] klg  
x65 . dh] ljBfno lg/Llf / ; f] JolQmf0{ pglx; nf0{  
lb0Psf] lg/Llf0fsf] sfd ug{ lgbzq lb0; s\$] 5' . ca  
l5\$} lhNnf lzlf clwsf/Lx; sf] ehf x65 . lg/Llf /  
; f] JolQmf0{ cf-cf'gf] lqdf lgoldt lg/Llf0df hfq /  
To; sf] l/kf6{ lng ToxfF d pglx; nf0{ l] zif lgbzq  
lbg5' . x/\$ !% lbgdf lhNnf lzlf clwsf/Ln] dGqno  
/ lqlo lzlf lgbzqgnonf0{lg/Llf af/] l/kf6{k7fpg]  
Aoj:yf ldnf0g5 . lg/Llf0fsf] sfd s; /L e0/x\$] 5  
eg] dGqnoaf6} cgludg x65 .

**; fj hgs / lghl ljBfnoalrsf] vf8n s; /L k66 <**  
**dVo s/f :shdf k7gk7gsf] pkoQm jftf/Of agfpg'**  
**k6of] . kofk ; fwg ; f] , bnlo /fhglltaf6 dQm lzlfno,**  
**blf / sfdklt klt a4 lzlf s, kfj s/l lg/Llf /**  
**cgludg Joj:yf, b08 / k':sf/ nfu" eof] eg] sxl**  
**jif6} ; fj hgs :shdf plnvglo ; wf/ cfp5 . clg**  
**c^u] h dNoddf k9fpg yfnof] eg] lghl**  
**:shkltf] qm klg 36g5 . To; af6**  
**; /sf/L / lghl :shsf ljBfyk; alrsf]**  
**dgf] } fgs . lqk] klg x6g5 .**

**lgllzNs slt slff; Dd x] <**  
**of] ; /sf/n] slff \* ; Dd lgllzNs ug]**  
**lq0f6 u/\$] 5 . To] tx; Dd ; fj hgs**  
**ljBfnodf nllg] ; a} k\$ /sf vr6 ;**  
**; /sf/n] g} Joxf6k5{ eGg] s/fdf ; /sf/**  
**b6 5 . xfdl To] Joj:yf u/] 5f85f} .**  
**; fwg ; f] sf] Joj:yf geP; Dd zNs**  
**p7fpg] / ul/asf] nflu 5fj Qsf]**  
**Jo]y: u/\$] eP /fd] x6of] ls <**  
**; Dk6g 3/sf afnafnsf lghl :shdf**  
**k95g\ . k} f gxg] kl/jf/sf dfg; x;**  
**dfq klAns :shdf k95g\ eGg] cfd**

dgf] lj 1fg alg; s\$] 5 . To; h] klAns :shdf k9g]  
clwsfz afnafnsf ul/a / lj k6g kl/jf/sf xg\  
c6t/d ; ljwgn] klg dNolds lzlf lgllzNs xg]  
3f] foff u6of] . To; h] xfdln] lgllzNs} af6df cuf18  
a9df} .

**o; kfln klg kf7dk:tssf] xfxsf/ x65 <**  
**o; k6s z] lfs ; q z? xg cuf18 g} kf7dk:ts lhNnf**  
**lhNndf klu; S5 . To; df ; ahf0{ 9Sg xg cfux u5{ .**  
**tkf0{ ljutsf d6ql e6f s] cydf le6g xgk65 <**  
**d s/f xg, sfd u/] b] /fpg rfx65' . casf] tlq**  
**dlxgflq ; ah] /fd] ; t kl/j t6 dx; ; ug] u/L lzlf**  
**dGqnon] sfd ug5 . lzlf dGqnosf] Oltxf; df**  
**:joff{df nllvg] u/L sfd ug5' . d k'f Od6bf/L; fy,**  
**bQlrQ eP/ sfd ul/x\$] 5' / ; a} lzlf / sdcf/Lx; nf0{**  
**klg cf-cf'gf] st6o / bfo] j Od6bf/L; fy lgj f6 ug{**  
**cg/fv ub5' . kl/j t6 xfdl ; a\$] ; f6 k6f; n] g}**  
**cfpg] x] .**

**; bzg l3ld/]**

ljrf/

cAbh snfd

# o]fn] eljiosf af/af IrGtf Ingkbø

tIsfn pknAw ;do /  
cj ;/x;sf]cToQd pkoft ubI  
hfbf cf^gf] hljg-nlo dfq  
kkt xbg, eljio klg cf^gf]  
klfdf cf0;s\$]xG5 . t;y{  
o]fx;n] eljiosf af/af IrGtf  
u/ ;do Jotlt ug[bg . a?  
;do cgdft 5, lat\$] ;do  
kn/ kkt ug{;lsbg eG]  
;Tonf0{;wFVofn ug[5{.



d sf] xlf0;n] sxl knr's kfbø,  
d sfd ug[5' sfd / sfd,  
of] aXdf08sf ;f/f zIQnn]  
dnf0{d2t ug[5g\  
d h] ;kgf bV5' To; nfo{ ;fsf/ kfg[5'  
cfsfzuEfsf] sbj 5p klg] ;kgf ;d].

d tkf0K;nf0{ d]f] afNofnosf] Pp6f 36gf  
atfpg rfxG5' . d]l cdf x/\$ lbg gdfh k9bf,  
ysjl/ cf;g ;lsPk15 kljq s/cfgsf b0{  
j6f ;/fx kf7 ug[XGyof]. tldWo]Pp6f .cNnfdbU  
/ csf[.nSsd lbgSdlaf6 z? x6y]. Ps lbg  
d]h].nSsd lbgSdlaf6 cy{ ;fWf. To; sf] cy{  
aafn]atfpgf0f] æx/\$ JolStn]cf-cf^gf]af6f]  
/f]5 . /, cf^gf]/f]f0sf nflu pm;jodVhd]f]/  
xG5 Æ

d]f aaf :yfglo dl:hsf]0dfd xgXGyof].  
t/ pxf5f 3lgi7 ldx; kfS;L nldof zf:qlun  
/ knb/ af]fn legleg wdf]ndal lyP . kfS;L  
nldof zf:qlun /fdZj/dsf]lxGb"dlGb/sf dVo  
khf/L lyP . clg knb/ af]fnn]rflxExfd]l]f]df  
klxn]rr{:yfkf u/\$f lyP . afNofndf d]h]  
ol tlg dxfg\olStx;sf]5nkmn ;G] ;f]llo  
kPF. k]om xktfdf Ps k6s pglx; s/cfg,  
af0an / efujt ultfsf ljrf/x;nfo{ s;/L  
Psls[ ug; lSG5 egl 5nkmn uy]. pglx;sf  
s/f ;g] d]h]s]a%FegFhg; s}wd{dfg]klg  
dfg;n]hg dfu{cg; /of u5{ ;fxl cg;f/sf]  
kmn kfp5 .  
cfhsf] 5nkmnsf] nflu d]h] 5fg\$]f ljifo  
xf] æchsf o]fn] eljiosf af/af IrGtf  
xgkbø Æ

## dʒf] hljgsf] nlo

ldquof, ha d tkf0k;nf0{bʒ5' d tkf0k;df  
dxfg\8fS6/, dxfg\0lchlgo/, dxfg\;dfh;]l,  
dxfg\zlfs, dxfg\6ofowlz / dxfg\fhgllts  
JolStJ bʒ5'. tkf0k;dW0s;h]t dEn uxdf  
k0g]/ a:g];f0l0; d] kfgxfhif eg]nfl5 .  
o:tf nlo xfl;n ug{Pp6f JolQndf s]s:tf  
u0f cfjZos x65g\eg]af/0f dʒf cgejsf  
cfwf/df sxl atfpg]cgdlit rfx65'.

dʒf tlg j6f ;kgf lyP . klxnf] ef/tlo  
c6tl/lf cg;Gwfg ;yfsf] c6tl/lf sfo6nd .  
bf]f] /lff cg;Gwfg / ljsf; ;yfsf] sfo6nd  
.cllgl -lffof:q / t]f]f] zx/l ;ljwf ufpef  
kʒofpg]nlo . ol tlgj6} sfo6nd wj}; d:of  
/ rgf]lx;sf] ;fdg ub] ;DkGg x65g\.

## d]ol lfgdf sfd ubf{o:tf]k7 l; s]f

- hljgsf ;kgfx; kl/sNkgfdf abln65g\ /  
tl kl/sNkgfx; cg]f]nlox;df ?k6t/l/t  
x65g\.
- kl/sNkgfnf0{p2]odf ?k6t/Of ug{pRr:t/sf]  
;f]f0 rflx65 .
- 1fg ;a} ;f]x;af6 ux0f ug]kb5 .
- nlo k0f{ge0-h]h ;ldftlt ;kdf kl/>d  
ul//xgkb5 .
- s]g]klg sfdsf]c; kmntsf]lhDd]f/l g]f  
cfk] :j0a] lngk5{. t/ ; kmntf kf0Pdf  
To;sf] >0 sfddf ;nlg ;a]h0{lbqkb5 .

## ;xl avtdf nlo lgwf{Of

xfdf] :shdf Ps hgf dxfg\zlfs xgx6Yof].  
pxf]f]gfd lzj ;j d6od P]0/ xfl. pxf]f]xfdlnf0{  
slff % df k9fpgpPsf]lyof]. xfdl ;a} pxf]f]  
slffdf a:g / k9g dg k/fpVof]. loltv] d  
!) jif]f]lyPF.

Ps lbg lzj ;j d6od ;/n] klfsf] p8g]  
snfsf af/0f k9fpg6of]. pxf]f] snf]k6ldf  
r/fsf kv0f, kR5/, 6fpsf] / z/l/sf c6o  
efux;sf] lrq sf]f]f] / r/fn] s;/l p8g]  
z? u5{/ kl5 xjfdf sfjf vf]s; /l lbzf  
abn5 egl ;lj:tf/ jofg ug]6of]. r/f s;/l  
dfly p7s, cfk]h0{s;/l cl3lnt/ ws]5 /  
!), @) cyjf #) j6fsf]008 s;/l agfp5  
eg]af/0f klg AofVof ug]6of]. c6t0df pxf]f]  
xfdln]Tof]k7 a'of]f]s a%0f]f]eg] ;nlg6of].  
dnufot wj] ljBfyl;2n] a]Pg egof]. xfd]  
gsf/f]ds hjfkm ;g] pxf]f]del/ xg6of]. pxf]f]  
a]hsf xfdl ;a} ;dbl lsgf/df hfg]eg] slff  
;Sgeof].

Tof] ;f% xfd]f] k/} slff /fdʒj/dsf] ;dbl  
lsgf/df pkl:yt lyof]. ;dbl 5fnn]afn]fsf

l9:sfdf lxsf]f]f] bʒo Psbd /df0nf] lyof].  
r/fx; lr/la/ ub]p18/x3f lyP . xfdlnf0{k6w  
al; j6fsf]ayfgdf p18/x3f ;dbl r/f b]yfp6f]  
pglx; sltj]h p85g\ p83f a]hdf pglx;  
s:tf b]v65g\eg] s/f Wofg lbP/ x0f]  
nufpg6of]. xfdln] r/fn] kv0f km8km8fPsf]  
b]yof]. pxf]f] kv0fsf] km8km8fx6 / kR5/sf]  
3df0nf0{c% Wofg lbP/ x0f]eg6of]. xfdln]  
b]yof] r/fx; kR5/ / kv0fsf] d2tn] rfx3f]  
lbzdf p8g ;Sb /x5g\ . To;kl5, pxf]f]  
r/fx;sf]p8g]zl0msf] ;f] cfwf/ cflbsf af/0f  
;lj:tf/ JofVof ug]6of]. 2r/fx;sf]p8g]zl0m  
eg]f] pglx;sf]z/l/sf]agfj6 / p8g] rfxgf  
xf] eg] pxf]f]j]fSo d clxn] klg ;D%65'.

of] Jofj xfl/s slffaf6 xfdl ;a]h] r/fsf]  
p8fg snfsf af/0f k0f{hfgs/l kfof]. slt  
/df0nf] ePsf] lyof] Tof] ;f% 0 P]0/ ; / ;fR-  
g] dxfg\zlfs xgx6Yof]. pxf]f]k]f]df kf0g]  
Jofj xfl/s pbfx/0fsf ;xfotfn] ;f]f]ts 1fg  
lbgx6Yof]. :sh tyf sn]hsf lzlfxs;2n] cfh  
klg o:tf] lzlf0f ljwswf]cg;/0f ul//x3f 5g\  
eg] s/fdf d ljZj:t 5'.

## hljgsf]nlo

dʒf] b0 ljZjf; 5-  
d hg;5} nlo k]t ug{ ;S5;  
d dEn uxdf a:g] ;kgf b]vg5;  
..d sf] x]f o;n] sxl km's kf0g,  
d sfd ug5; sfd / sfd,  
of] a\df08sf ;f/f zl0m] dʒf] d2t ug]5g\  
d dʒf] ;kgf k/f ug5;  
cfsfzuEfsf] s]g]5p k0g] ;kgf ;d]

;dbl lsgf/sf]Tof] slffn]dnf0{r/f s;/l  
p8s eg] 1fg dfq lbPg, To;n]ddf p8fg  
;Da6w Pp6f cg]f]f]cgelt k0f ul/lbof]. Toxl  
;f% d]h] p8fg / p8fg;E ;Da6wt lfg]sf  
af/0f clwoog ug]lgZro u/]. Tof]36gfn]d  
eljiodf s]ug{rfx65'eg]s/f lgwf{Of ul/lbof].

Ps lbg slff l; l4Pk15 d]h] P]0/ ;/nf0{  
p8fg ;Da6w clwoog ug{s]ug]k5{egl ;f]f].  
pxf]f] pQd >0f]df :shsf] k9f0 ;skl5  
0lchlgo/ a k9df]eg]p8fg ;Da6w clwoognf0{  
cl3 a9fpg ;ls65 eg] lj:tf/df a%0f]f]eg].  
Toxl ;%j / r/fsf]p8g]snf ;Da6w cEof;n]  
dnf0{dʒf]hljgsf]celi6 / nlo kQf nuf0lbof].  
sn]hdf d]h] e]f]tszf:q lnPF. db]f] 0lG:6Ro6  
ckm 6\$g]h]h]h]df egf{epkl5 d]h] P/f]l6sn  
0lchlgo/ a k9f. o;/l dʒf]hljg /s0 0lchlgo/,

c6tl/lf 0lGhgo/ / klljwsdf ?k6tl/t eof].

**lzlfsm kl/jf/sf ;b:o a6g k05g\**  
dnf0{;06 hfj}kmsnhdf knb/ l6Pg= ;\$l/ofn  
z\$;lko/sf af/df k9fPsf] ;D%gf 5 . pxfh  
z\$;lko/sf af/df lbPsf]n\$R/ ;g]eg]z\$;lko/  
cfknfklg rlst kyIxfhfg\egl lj Bfylx; e6g  
ubv]. Psk6s knb/n]d7f]sf7f ;6\$;f] ;fyn  
w7} dlxgfb]v afacfdnf0{lr7l gny\$;f] s/f  
yxf kfpggeP5 . pxfh]p;nf0{afacfdnf0{lr7l  
nylg nufpgeof]. of]d7f]nflu cfgbbfos cge't  
/ l;Sg nfos kf7 lyof]. lj Bfylx; pxfh0{  
cleefjs 7f6y]. c; efiiff]s:shdf k9] cPsf  
/ c^u]hl sdhf7 ePsf lj Bfylx;sf nflu ahsl  
knb/n] c^u]hl k9fpgx6Yof]. c^u]hl /fd]  
agfpgsf nflu ;/n c^u]hldf n]vPsf pk6of;  
/ hljgj Qf6tx; k9y ;lnfx lbgx6Yof]. sdhf7  
lj Bfylx; ^ dlxgfd]c^u]hl dfloddf k9fPsf]  
s/f ;lhn}a^g ;Sg] x6y].

**d7f ; ft klt1f**

- d hxfFeP klg d7f]lbdudf Pp6}s/f 3ld/x65 . Tof]xfj  
.d s] lbg ;S5' 4
- d7f] nlo h] eP klg d .0df6bf/lzf ;fy sfd u5{ /  
0df6bf/lk] \$ ;kmtf xfl;n u5{ll
- d ;w6l/ .pj{ ;do v7 knllnbgf e6g]Vofn /V5' .
- d dxfg\p27o /V5'; h;n]pRr ljrf/n];flg, sfd ug{/  
p27o klt ug{;3fp5 .
- d7f c;n ;fyl eg\$; ;j7]s76 dfgj, k\oft lzlfS /  
ultnf k'tsx; xg\.
- sg] klg ;d:ofn] dnf0{ k/flht ug] 5y . ;d:ofn0{ d7f]  
jzdf kfg\$ / To;nf0{k/flht u/7} ;kmtf xfl;n ug\$' .
- d7f] /fi66 %08f ;w6l/ d7f] x6odf knknfpg\$ / d d7f]  
/fi66] sllt{ pRr kfg\$' .

**k9fpg dg k/fpg] lzlfS**  
kllkn] / lrgfb/f0{d7f]hljgsf csf{dxfg\lzlfS  
xgX65 . pxfh0{Sno/ lknhs; k9fpgx6Yof].  
pxf5f]k9fpg]tl/sfn]ubf{yk}lj Bfylx; lknhs;  
k9y rfx6y]. knb/ lrgfb/f0{ lj Bfylx;nf0{  
yk hfgsf/lzf nflu pkoftul c6o n]/rgf /  
;Gbe{k'tsx;sf af/df ;d] atf0lbgx6Yof].  
xfdln]sllf7fd]l6k\$;f]g76 afx\$ lknhs; sf  
c; kf76k'tsx; k9] gk9\$;f] ;d] Vofn  
ugx6Yof]. o; n]xfdf]clloogsf]bfo/f knflsnf]  
agf0lbof].  
gAa]jif{ sf6\$;f knb/ clxn] lbg]lbufndf  
a:gX65 . Totflt/ af6f] kbf{ d pxfh0{ ;w6l/

e6y] u5{. lrgfb/f0\$;f] k9fpg] tl/sfn]  
lj Bfylx;nf0{hljge/ clloog ug]nt a; f0lbof].  
JolSt / /fi66]lj sf; sf nflu of]clt g}dx6j k0f{  
b7y xfl. c;n clloog Tof] xfl; h;n] lj Bfylx;  
l; h6f]ds 9En]l; Sg]afgl a; f0lbg5 / gjlgtd\  
1fg kllktsf nflu nflu/xg kl/t u5{. cfhef]h  
klg ha d pxfh0{e65' pxfh]aQf 5l/lbgx65 .

**lzlfSn] 1fgsf] Hoflt 55{**  
kllkn] / yfy8l{cfow/ uloft lzlfS xgX6Yof].  
uf7j zfnl JolSt]j ePsf cfow/ slffx;df uloft  
k9fpg] ugX6Yof]. pxfh ha lx6yX6Yof] j1/kl/  
1fg jf:gf knb]Psf] efg x6Yof]. ;g\!(%@ df  
pxf]h]lbPsf]uloftsf]k]rg d clxn]klg ;D%G5' .  
pxf]h] kflrg ef/tsf uloft1 / vuf]h]bx;sf  
af/df atfpggePsf]lyof]. uloft / vuf]h]z:qsf  
lfqdf ef/tn] kXofPsf] of]ubgdf uj {ug{ pxfh  
;w6l/ kl/t ugX6Yof].

**Igisif{**  
d knv/ klg .ojfn]eljosf af/df lrgtf  
lngkb6l e6g]s/fdf hf6 lbg rfx65' .  
of]s;/L ;Dej 5 <olb tkf0h]hljgsf]  
sg]p27o lgwf{0f ug6Psf] 5 eg] Tof]  
p27o klt xfhf ls gxfhf eg] lrgtf  
gu/L tIsfn pknAw ;do / cj;/sf]  
;xl pkoftul ug]t/ Wofg slbt ugX6Yof]\  
/ Vofn /VgX6Yof] .; do cgd7h 5, lat\$;f]  
;do knv/ klt ug{; lS6g ll t;y{nlo  
kllktsf nflu, ;kmtf kfpgsf nflu,  
;d:of ;dfwg ug{ ;kn a6g /  
cfdlj Zjf; k6f ug\$;f nflu ;dosf]  
;bkoftul ug{ ;Sgk5{. ;dosf];bkoftul  
ug] JolQm ;j tll cf'gf] p27odf ;kn  
xg\$ .

lzlfSn]lj Bfylx;nf0{b0{j 6f s/f k6f  
u/7 p;nf0{k64 dflg; agfpg ;S5 .  
klxn] lj Bfylx; vfh] ug] c7j 7of ug]l; h6zln  
a6g] gltSjfg / pBdzln a6g]lfdtf a9fP /  
bf] fl] gltS dNo / dfGotf :yflkt u/fP /  
lzlfSn]ckgfPsf]cfbz{hljg z7h] lj Bfylx;sf  
nflu kyk6z6g a6g ;S5 . oxh clla6{  
cf0G; 6f0gn]lzlfSx;sf af/df JoSt ljrf/n]  
dnf0{;w6l/ kyk6z6g ul//Xof]. pgn]lzlfSsf  
tlg j6f u0fM ;To; ;G6/7f / bofefj plnny  
u/\$;f 5g\ . x/\$; lzlfSsf]W66 oxl xgkb6 .

ef/tsf e7k] /fi6klt Plkh]Cabh snfdn]0#d-0#P=  
snh ckm cf6{ P68 ;f0G; sf]ht dx7f]jdf %  
kn66/1 @))\* df u/\$;f efi0f]sf]ef]fj]fb .  
**k; tltM d6fml**

आगामी अंक

# कसले बनायो गणितलाई

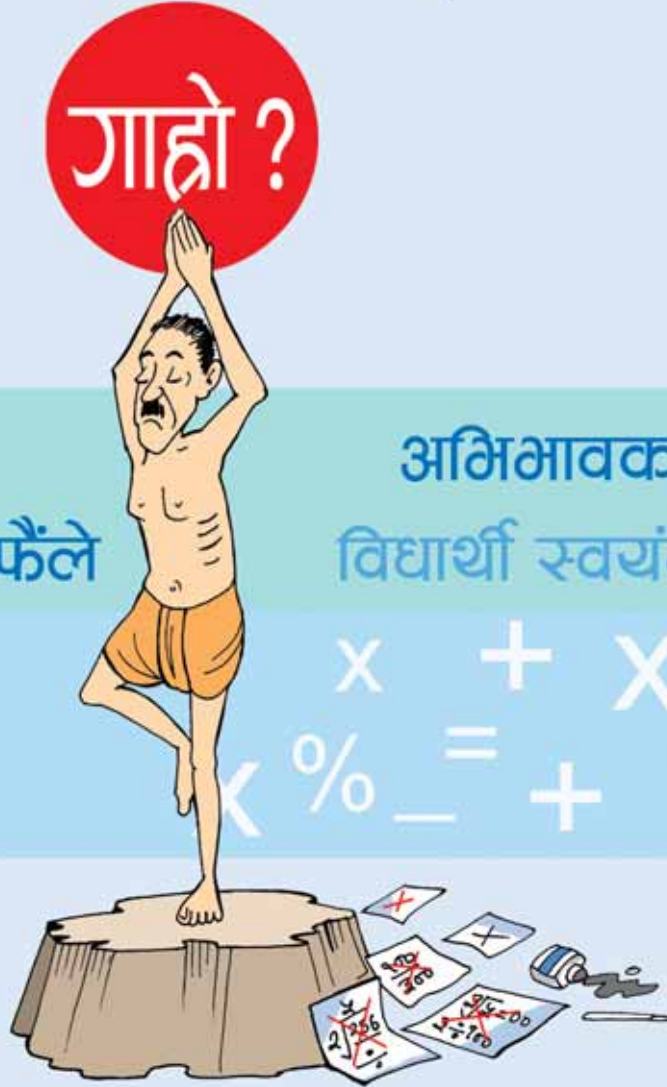
गाह्रो ?

शिक्षकले  
गणित विषय आफैले

अभिभावकले  
विद्यार्थी स्वयंले

= X - +  
= x % =

x + X -  
% \_ = + % +



आफ्नो विचार २० मङ्सिर २०६५ सम्म तलको ठेगानामा पठाउनुहोस् । साथै, गणित विषयलाई सजिलो पारेर पढाउने तपाईंले थाहा पाएका/चिनेका शिक्षकहरूबारे पनि हामीलाई जानकारी गराइदिनुहोला ।

पाटनढोका, ललितपुर, पो.ब.नं.१६६, ललितपुर, फोन: ५५४३२५२, ५५४२५४४, फ्याक्स: ५५४११६६



# ultnf lz lfs

# ultn }k9f0

;/sf/L :shsf] k9f0df ;wf/ Nofpg ljBfnosf] cfly\$, eflts ;ljwfeGb a9L  
hf\$ lbgkg[klf xf} ofljo jf ultnf lz lfsx;sf] Joj:yf . ljBfnox;n] cf^gf]  
ljifodf /fd] ks8 ePsf ofljo lz lfs kfPsf] v08df k7g-kf7gdf tIsfn ;wf/  
cf0{ ;du| z}lfs pknIawsf] .u|ktb psfnf] nflg yflg\$ .



[S/Of k18]

!# ;fpg @)^% df dx\|b| af? dfj, sf7df8f#f lzlfz kl|tlglw; fcsf] 5nkrndf ; xeful xB} ; f|JolQm ljlg, kç / lzlfzxç .

# 8fS6/ aGg 5f8} lzlfz

**P; Pn; ldf** \*@, cf0P.; l / aLP.; ldf ^^ kltzt cÍ xfl; n u/\$l nlnrk/sl ; lgtf kf8}hsf] z?sf] ; kgf 8fS6/ aGg] lyof]. t/, cfnf\$ lj Bf>d gS; fndf k9fpg yfnk15 pgl lzlf0df} cfsliif e0g\ . lzlf0df /dfpBf /dfpBf} cf^gf] gfdsf cuf18 .c; nll .ofl]oll .pTs[6l h:t lj zljof nllg yfnk15 pgl To; df ; Gt16 gxg] s/} lyPg . g; (l|blv lgdflj xB} dfljsf] lzlfz xBf pgn] ; fgb|lv 7hf pd}sf 5fq5fqfnf0{ k9fPsf] cgej ; ffn\$ 5g\ . ogf06B :shsf kç ; ldf hld/sf cg;f/ ; lgtf; B Pp6f ultnf] lzlfzdf xgkg] ; jfeflj s ; lk / blftf 5 . ; ldf elG5g\ . apxfBf] k9f0; B xfdl dfq ge0{ cleefj s / lj Bfyl{ klg c; fllo} ; Gt16 5g\A



; lgtfn] ogf06B :sh ; ftfBf6f6f slff ( / ! ) df lj 1fg k9fpg yfn\$rf] rf/ jif{ ePsf] 5 . rf/ jif\$rf] /\$8df ToxfBf 5fq5fqfn] P; Pn; ldf lj 1fg ljifodf &\$ eGbf sd cÍ NoPsf] kf0B} . To; :shaf6 ut jif{ P; Pn; l lbg] #) dWlo} @& hgfn] lj 1fgdf lj lzi6 >Qflsf] cÍ NoP eg] tlg hgfn] kyd >Qflsf]. pgsf] egf0df /fdl lghl :shdf kyd >Qflnf0{ >Qfl g} dflgB} . lghl :shsf lzlfzn] cleefj s, Joj:yfkg / lj Bfyl\$rf] rsf] bafa %h} :t/lo lzlf0f ug{ k/\$rf] ; lgtfsf] cgej 5 . pgl elG5g\ . aghl :shdf yf} } tnadf w} } sfd ug{k5{ hflu/sf] lof/Q6l xB} , Joj:yfkgn] zfl]0f u/\$rf] xG5 t/ klg lj Bfylh0{ k9fpg] ; jndf t lzlfzn] odfGbf/ xg} k5{A  
lzlf0f tflnd Pj +!) jif\$rf] lzlf0f cgejn] pgnf0{ lj 1fg lzlfzsf] klzlfz ; d} agfPsf] 5 . pgn] lghl :shdf k9f0 xg] .Go" OIG6uB} ; f0G; U gfdz k:tssf] ; xnlyg ; d} u/\$l 5g\ . /fdl lzlfzsf/ ; lgtfsf] cf^g} kl/efiff 5 . pgsf] lj rf/df /fdl lzlfz; B 5fq5fqfn] /df0nf] dfg} k9gk5{ w}B}Gbf w} } 5nknm Pj +cGt/lqmf ug{k5{ / lzlfzn] kf7nf0{ /fdl} B a%fpg ; Sgk5{ . a}j Bfyl6} a'g g; Sg' ; d:of xf0g, lzlfzn] a%fpg g; Sg' ; d:of xf} ; lgtfsf] wf/off 5 . x/\$ lzlfzn] lg/Gt/ clloog+cg; Gwfg ug] / cf^gf] ljifosf gofGofFs/fdf .ck86l ePdf kçfj sf/l lzlf0f ug{ ; lsg] pgsf] 7Dof0 5 .

**f** j klg cyff\ ; /sf/l lj Bfnosf] k9f0 ckllft :t/sf] xg g; Sgdf ; fdfGotM lj Bfnosf] sdhf] cly\$-eflts cj:yf, kofkt lzlfz b/aGblsf] cefj, ; /sf/l lgsfosf] nfkj fxl / /hglts x:tlfk cfb klfnf0{ lhDd} f/ 7fG} ul/Psf] 5 . k7g-kf7gsf k|olf / dxlj kof{kfxç lzlfz / lj Bfyl{clg cleefj sx;sf] lhDd} f/laf/ obfsf dfq rrf{ ePsf] kf0G5 t/ Gog cly\$-eflts ; lj wf / kltsh kl/l:yltdf /x\$f sltko ; /sf/l lj Bfnosç n] jif\$Dd /fdl] zlfzsf pknlAw xfl; n u/\$f b|6fctxç klg kç:t elG65g\ . o:tf lj Bfnosf] ; kmntsf k5f18 st} :yfql ; dfh, st} cleefj s ju{/ st} kwfqlWofks of cGo lzlfz sx;sf] lj zlj ofl]bfg /x\$rf] elG65 . oldWlo} ; aB}Gbf a9l ofl]bfg kwfqlWofks / lzlfz sx;sf] kf0G5 . cslft/, kofkt lzlfz b/aGbl / /fdl] eflts ; lj wf ePsf lj Bfnosç dWlo} sltkosf] zlfzsf pknlAw lg/fzfhgs /xg] u/\$f b|6fct klg oqtq k|hf k5G\ .  
nueu p:t} eflts-zlfzsf k'fWf/ ePsf ; /sf/l lj Bfnosç dWlo} sxl lj Bfnosç sf] k9f0 / kl/offd /fdl] / cgs/oflo xg' / cçsf] gxg}sf k5f18



afa/d



# k0ff{ rDg]tfst

**kF** jifçl3 nlnrk/sf] nê!yt dxnldl dflj sf  
 P;Pn;ldf ;fdh %! hgfdWb] # \$ hgf 5fq5fqf  
 ul0ftdf ;fdGo cI NofP/ kf; eP . ul0ft ljifodf  
 o:tf] sdhf] glthf cfpqdf g ljBfnosf] eflts  
 cj:yf lhDd]f/ lyof] g t ljBfyl{ / cleefj s g}  
 bf]fl lyP . To;df dVo lhDd]f/ lyP tTsfnlq ul0ft  
 lzlfS . ljBfno Joj:yfkg ;ldtst tTsfnlq cWbfl  
 /fdaxfb/ >ij7sf cg;/ tTsfnlq lzlfS k?iffQd  
 gkfn] /fd] E k9fpg g; s\$} sf/0f w}] ljBfyl{  
 ul0ftdf kñh ePsf lyP .

lj Bfno Joj:yfkg ;ldtn] gkfn] :yfgdf gofF  
 ul0ft lzlfS NofPkl5 eg] dxnldl dflj sf

n\$} sf/0f s]xg; S5g\ /zlfS n]b}sf /fd]  
 zlf]s pknAw xil; n u/}f ljleGg ljBfnosf  
 lzlfSx;sf]o]otf, cgej, nugzlnf, lzlf0klt]sf]  
 ?lr / kl]ta4tf, kwfgnWokssf] of]ubfg cflb  
 klfx;sf]lj Zn]f0f ubf{lg]:sPsf]lgisif{xf} .ultnf  
 lzlfS, ultnf] k9f0 .lj oxiF.ultnf] zAbn]Pp6f  
 lzlfSdf ljBdfg ljleGg u0f / ljzif]fx; h:t]  
 kl]tef, /fd] zlf]s kl]eld, nugzlnf, kl/>d  
 ug]afgl, ;sf/]f]ds / ;baj k0f{; f]f0, c;nf0{  
 d2t ug] tTk/tf / Tofusf] efj, g]ts dNo-  
 d]otklt]sf]cj:yf cflbsf]Psls[ efj n]0(hgfp5 .  
 P;Pn;lb]lv PdP-PdP8;Dd kyd >Q]ldf pQl0f{  
 sg}JolQm] lzlf0fnf0{ /fhf0 / ;f]ysf] k}zsf  
 ;kdf ;j]sf/ u/}f]5 / ;w]p]t; fxl eP/ slffdf  
 k]z u5{eg}:jfe]j s ;kd}pm .ultnf]lzlfS  
 sf]sf]bdf k5{. t/, P;Pn;lb]lv PdP, PdP8sf  
 k/Liff t]f] >Q]ldf pQl0f{ eP/ klg sg}JolQm  
 clloogzln, kl/>dl, cf'gf] st.]oklt Od]cbf/  
 hf]el/nf] ;sf/]f]ds tyf /rgf]ds bl]6sf]f]roQm  
 5 / ljBfyl{sf cfjZostf / sdhf]l a%] ;xl  
 9Eaf6 lzlf0f sfo{u5{eg}pm klg ;j tM .ultnf]  
 lzlfS sf] >Q]ldf k5{. lsgeg] :sh-snl]hsf  
 k/Liffdf ;w]sdhf] of c; km /x}sf JolQm;df  
 klg cs{vfn]sf]kl]tef / lfdtf xg; S5 . cf'gf]  
 ljBfyl{hljgdf ;w]f-t]f] >Q]ldf pQl0f{ lzlfSn]  
 k9fPsf ljBfyl{x; rflxF; w]fkyd >Q]ldf pQl0f{  
 ePsf bl]6]tx; k}z:t e]b]65g\ .To:tf s]l pbfx/0f

# .uf]8d\$lni6Uu?

**?k0b]lsf]** t}xj]-\$ sf h}kl=  
 -hok\$zfn\_ >ljf:tj lzlfS ag]  
 ndh<sup>a</sup> hf]f /fd] E gkfn] afljg  
 ;Sbgy]. t/, c9f0 bzssf] lzlfS  
 hljgn] pgnf0{ /fd] gkfn] afljg] / n]vg]  
 dfq x]0g, lj1fgsf] p]df lzlfS klg  
 agfPsf] 5 . ef/]tsf] pQ/k}zaf6 x]0{sh,  
 cf0P;L / alP;L ;s\$} >ljf:tj  
 lq]ljaf6 alP8df kyd >Q]ldf kyd  
 -:j0f]kbs\_ eP . )%^ ;fndf pgn]  
 lq]ljaf6 lzlfz:f.qdf :gftsfQ/ klg  
 kyd >Q]ldf ;s].  
 >ljf:tjdf ;fg]lv ultnf] lzlfS ag]  
 ;kgf lyof]. t/, kl/jf/sf] rfxgf eg]  
 cs{lyof]. )#( ;fndf lzlfS ag]  
 ndh<sup>a</sup>sf] e]j]sfn] dflj kl}sf h}kl Ps  
 jif]k15 nlnrk/sf] lsl6gl dflj 6fyh  
 cfP . To;otfsf !\* jif{pgn] k}ft  
 pdfljdf lj1fg k9f0/x}f 5g\  
 slff !) sf 5fq dlgsf l]tdN; }f /  
 eld dxhg >ljf:tj n]0{ k}f]f]f]ds  
 lj]waf6 k9fpg] p]df lj1fg lzlfS

5fq5fqfsf] efllo g}rDs\$] 5 . @% d^N. / )^)  
 b]v pQm dflj n] P; Pn; lb]v PdP8; Dd kyd >Qldf  
 pQlof{ /fh]b| ltlDn; gfnf0{ uloftsf] slff ; lDkPKl5  
 P; Pn; lsf] glthf %08} ztkltztsf] xf/xf/ldf ku\$]f  
 5 . k} { c]lolf >]7 eG5g\ æo:tf] lzlf s kfg' xdf]f  
 efllo xf] pxf]f] k9fpg yfn\$} jif]v uloftsf] glthf  
 psfnf] nfllof] Æ

ut jif{ dxfnldl dfljsf ( ) d]w] &! k/lffyl{  
 dfq P; Pn; ldf pQlof{ eP t/ uloftdf eg] & \*  
 hgfn] kf; u/] . pQlof{d]w] 5fq ; ld/ /fhynfn]  
 uloftdf ( \* c] NofP eg] kfF hgfsf] c] ( ) eGbf  
 a9L 5 . #) hgfn] uloftdf kyd >Qlfsf] c] l  
 NofPsf 5g\ . kl5Nnf] kfF jif]v uloftsf] glthf  
 ut jif\$} xf/xf/ldf 5 .

@% d^N. / )^)^ df :yfol lzlf s xgc]3 /fh]b|  
 nlnk/s} c]k]n] k9\$]f :sh dx]f]n dflj  
 uf]v]hdf uloft k9f]f] . !% jif]c]3 pgn] k9Psf  
 5fq cg]t l3ld/h] P; Pn; ldf uloftdf !)) g]a/  
 -koff[ \_ g] NofPsf lyP . l] Bfyl{xf] ; n u/\$]f o:t]f  
 p] ; fxhgs glthfsf sf/of /fh]b\$]f uofg uloftsf  
 /fd]f lzlf s; d]w] xg] u/\$]f 5 .

! sflQs )^% df /fh]b| slff ( sf  
 5fq5fqfnf0{ Hofldt k9fpg] tof/l ub]v . sDkf;  
 / :s]h lnP/ slffdf kj} z u/]k]5 ; j]kyd pgn]  
 ; a} l] Bfyl{f0{ l; ; fsnd ltvfg{ nuff . cl3Nnf]  
 slffsf] ; Hkt ; dlff ; s] To; lbgf] kf7df  
 kj} z ubf{ pgn] l] Bfyl{f] Wofg k'} l]v]r; s\$]f  
 lyP . pgl; G; G} 5fq5fq klg slffdf ; lq]P  
 lyP . slff ( sl 5fq b]j]g >]7sf] egf0df  
 l] Bfyl{f] ga%] Dd /fh]b| kf7 b]x]f]of0{ /xG5g\  
 slff ! ) sl 5fq nldl l3ld/\$]f cg; f/ /fh]b|  
 c; km] l] Bfyl{f0{ xf] nf lbG5g\ .

/fh]b| lsg lzlf0df nfu] t < ufp]f] :shdf  
 k9\$]f /fh]b| ufp]f lzlf s; n]f0{ k]kt dof]f /  
 ; Ddfg b]v] ; fg] pd]d} k]f]j t ePsf lyP .  
 pgsf ; djol ; fylx; n] 8f56/ , 0lGhgo/ aGg]  
 ; kgf b]v/x\$]f ah]f pgn] r]fxF. lzlf s] aGg] c7f]f  
 ul/ ; s\$]f lyP . pgl eG5g\ æ:sh k9]f g} lzlf s  
 aGg] c7f]f ul/ ; s\$]f lyP Æ k9Psf] b0{ bzs  
 klG nflbf; Dd pgnf0{ k9fpg cN5l / lzlf0f k}z  
 g/df0nf] nfu\$]f] 5g . /fh]b| eG5g\ ælzlf s  
 ePsf]f d kOf{ ; G]t6 5' Æ

dfG5g\ . pgl l] Bfyl{f0{ l] 1fgsf kf7x;  
 k]f]f]of t u/] b]v]fpg] lzlf s]f ; kdf klG  
 lrlG5g\ . k]f]t pd]f] sl lzlf s ; fxg %f\$]  
 e]G5g\ æpxf]f] slff v]nl ePsf] slx]llo}  
 b]v]Psf] 5g] Æ >ljf:tj b}z} . p]s]f]ol  
 l] 1fg lzlf s ePsf] csf{ lzlf s ; /]b\$]df/  
 l3ld/] bfal u5g\ .

>ljf:tj x/\$] jif{ l] Bfnodf l] 1fg  
 k]b}z]f] c]f]of]hg u5g\ . -x} k]f]f]of  
 k]b}z]f] k]f]@ slff lzlf0df g]f] /  
 kf7ak:ts eGbf :yfglo pbfx/ofsf] a9L k]f]v]  
 ug] pgl l] 1fg; DaGwl rf6x; sf] lgd]f]  
 k]f]h\$6 js]f l] Bfyl{f] ; xeflutfnf0{ /fd]  
 glthf Nofpg] pkfo dfG5g\ . pgl lg/Gt/  
 c]lwoog ug] PS; g l/ ; r} 0G6/g] Pj +  
 dlN6ldl8ofsf] k]f]v] ug] lzlf s ; d] xg\  
 >ljf:tj] lghl :shsf nflu . d]f]f] u]f]f  
 ; f0G; U k]ts ; d] n]v]f] 5g\ . h]k]n]  
 k9fpg yfn]tf x/\$] jif{ cf}t \*) hgf  
 l] Bfyl{P; Pn; ldf ; xeful x}f] c]Psf 5g\  
 h; df neuu &\$ kf; ePsf] tYof] 5 .

h]k] cf]g]f] :shsf l] Bfyl{f0{ 6d}zg  
 k9f]f]f] . æ:shd} /fd]f] k9f]k]5 6d}zg  
 k9f]pgk]f]f] , pgn] sf/of vhfP . cf]g}  
 l] Bfyl{G} z]ls c; h] 6d}zg k9f]f]f]



afaf/d

lzlf s]f] g]t]st]f]eq gkg] pgsf] wf/off  
 5 . /fd]f] lzlf s aGg] s] ; G} 5 t <  
 ælzlf sn] ghfg\$]f] s/f l; Sg lxlRsr]fpg'  
 x}f] , l] Bfyl{f] dg lhTgk5{ / pglx; sf]  
 el]iok]t lh]d]f/ xgk5]f , pgn] eg] .  
 @)%\$ ; fndf p]s]f] lzlf s]f] ; kdf cf]g}  
 l] Bfyl{f]f cleg]Gbt >ljf:tj] Ps jif]k]5  
 dx]b| l] Bfelf0f klG kfP . o:t} @)% ( df  
 h]k]sf ()=( kl]tzt l] Bfyl{ l] 1fgdf  
 pQlof{ ePsf]f] lzlf s ; d]j]o ; ldt  
 nlnk/n] . p]s]f]ol l] 1fg lzlf s eg]  
 pgnf0{ ; Ddfg ul/ ; s\$]f] 5 .

# k':sf/n]k'of]

@ jif[iv abjnsf] sfnst dfljdf lj 1fg lzlf0f ub{ cfPsl 8Da/sdf/l kg jzfv 6s} lj Bfno cfp5g\ . t/ , zf/ll/s lx;fan]sdhf] eP klg pgsf] sfd / ofubfgn] pgnf0{ lhnfs} gdfg lzlfz agfPsf] 5 . pgsf] nugzintf / ofubfg lzlf0f k'zdf nllg}sf lglDt plQs}k} / cg5/0fo 5 . clxn] pgl cf^gf] lj Bfnosl ;xfos k' klg 5g\ .

kg] cdf ; f0G; SofDk; af6 aP::l kyd >0ndf pQl0f u/\$l xg\ . To; cl3 k'jlgf/fof SofDk; k'f/ fdf cf0P::l cWoog ubf{ klg pgl pTs6 5qdf kly6\ . kl5 aLP8 ; d} u/\$l kg] lzlf0f sf0f sdfPsf] vofit / k'z'f clxn] lhnfel/ g}knPsf] 5 . lhnf lzlf sf0fo ?kGb}sf ljlg yfgZj/ 1jfnlsf zAbdf kg æ; fRr} lfdtfjfg\ lzlfz xg\ .

o; jifsf] P;Pn;ldf ;fdh !@! hgf k/lifylw] tlg hgf dfq c;km eP . ; km xg}wof s}ln] lj 1fgdf () eGbf a9l c' kkt u/\$f 5g\ eg] c}n] klg pRr c' kkt u/\$f 5g\ . pQl0f(w) &) kltzt lj Bfyl{kyd >0ndf lyp .

lhnf lzlf sf0fo ?kGb}ln] dfq} 8Da/sdf/lnf0{ kfF k6s . pTs6 lzlfu k':sf/ k'fg ul/ ; s}f] 5 . To;t} pgn] /li6@ lzlf k':sf/sf clt/Om abjn gk / cf^g} :shaf6 b0{k6s pTs6 lzlfz k':sf/ kkt u/\$l 5g\ . pgnf0{ ; Ddfg ug{ Dofubl; Ddsf ; 3- ; yf kl5k/\$f 5g\ .

)\$! ; fnsf] lzlfz 5gr6 klt:kwf} pgsf] gfd kyd :yfgdf lyof] . dflj txd f klt:kwf{ ubf{ 8Da/sdf/ln] lnvtdf bf] f] :yfg xfl; n ul/g\ . ; jfslng lzlfz tflndf klg pgn] pTs6 :yfg xfl; n u/\$l ly0g\ . tflndkl5 lzlf0f ; lkdf w} ; wf/ cfPsf] pgsf] cgej 5 .

8Da/sdf/l] cuj'f0f sfnst dfljdf gdfg lj 1fg k'fuzfnf :yfgf ePsf] 5 . k'fuzfnfdf pgsf lj Bfyl{lgdf u/\$f] Ps lsd; Dd ahg] PknPd, c'ofwgs ln^6, ux glf qd} lj Btlo pks/0f, gdfg /h tyf ; f08n, bh6 jg:klt, x}hsf6/ / 6lel /flvPsf] 5 .

lj 1fgsf] k7gkf7gnf0{ Joj xf/df ptfi/Psf] k'fuzfnfdf /flvPsf ; fdulaf6 :ki6 x65 . !)

jifcl3 lj Bfyl{cn] x}hsf6/ agfpg pgl; E @ xhf/ ?k'fDfubf lr6Xf v}hp/ \$\* xhf/ ?k'fHdf u/\$l ly0g\ . Toxl /sdf6 k'fuzfnf agsf] xfl] .

blks 1jfnl, abjn



# sfdn]klg .k0f0

;vI ; b/dsdfs] hg pdfj sf lj 1fg lzlfz k0f{ gkfnl lhnfs} pTs6 lzlfz dflg65g\ . z}fs of]otf / k9fPsf lj Bfyl{ P; Pn; ldf kkt u/\$f] glhtfn] pgnf0{ ; fRrs} . k0f0 lzlfz k0f0ft u5{ . @) \$( df P; Pn; ldf &% kltzt c' NofPsf pgl To; jifsf ; vI lhnf kyd lyp . cdf ; f0G; SofDk; af6 ^\$ kltzt c' NofP/ cf0P::l u/\$f pgl aLP::lk15 cf^g} :shdf lzlfz ag] .

s}l ; do lghl :shdf k9fPk15 @)%& ; fndf lghl ; f}sf] lzlfzsf ; kdf hg pdfj sf lj 1fg lzlfz agsf k0f{ )^! b}v ( / ! ) sf :yf0l lj 1fg lzlfz 5g\ . P; Pn; ldf w} ; lj Bfyl{ lj 1fgdf c; km xg} u/\$f] hg pdfj df k0f0 k9fpg yfn}k15 githf pln6Psf] 5 .

oxl cfn}df klg ; dflj i6 5g\ .

t/ , sg lzlfz pDdf, ultnf] /df] clg sg rfxFsdhf] eg] julst ug{eg} ; lhnf] 5g\ . sg} lzlfzsf] kltf jf g}ts lj Zj; ; s] s:tf] 5 eg] j:tlgi7 lj Zn}0f ug{ ; Dej x6g . t/ , lzlfzsf] z}fs of]otfsf] t/ , slfut lgoldttf / p; n] k9fPsf lj Bfyl{ k/lif kl/0fd h:tf klx}sf] eg] j:tut lj Zn}0f / dfkg ; Dej x65 . o; cfn}df dhtM lzlfzsf] z}fs of]otf / ltsf lj Bfyl{ k/lif kl/0fdnf0{ dfq cfwf/ agfP/ . ultnf lzlfz klxrfg ug] k0f; ul/Psf] 5 . of] cfwf/ / lj Zn}0f cfk} k0f{x}0g eG} tYoklt klg x}sf / flvPsf] 5 .

cfkm' lj Bfyl{ 5Bf . pDdf jf . ultnf / x}sf JolQm} lzlfzsf ; kdf klg k'fom . pDdf jf . ultnf g} xg} s'f lzlfz n] u/\$f] ; ^Nkt c'Woogn] b}vPsf] 5 . ; f] c'Woogn] s] klg b}vPsf] 5 eg] ; /sf/L :shsf] k9f0df ; wf/ Nofpg lj Bfnosl] cfly6, e}ts ; lj wfeGbf clnsit a9l hf6 lb0gkgl klf- of]o jf ultnf lzlfzsf] Joj :yf xfl] . lj Bfnox}n] cf^gf] lj ifodf /df] ks8 ePsf of]o lzlfz kPsf] v08df k7g-k7gdf tfsn ; wf/ cf0{ ; du] z}fs pkn}awsf] ulkm psfn] nllg yfn}6 . t/ , lzlfzsf] z}fs of]otfsf k0f0kq} ; sh}pDf pDdf, ultnf jf . of]o lzlfzsf] sf]6df /Vg ; lsg] ; ^Vof c'06t sd dfq km} k5{ .

/fdZj/



kfF jif6tfsf] P; Pn; ldf lj 1fg ljifodf of] :shsf sl/a () kl|tzt lj Bfyl{/fdf] c|sf ;fy pQLOf{ePsf 5g\ . clwsfzn} \*) b|v () ;Dd c| NofPsf 5g\ . P; Pn; ldf ;fdh of] lj Bfnosf @)) lj Bfyl{Wb} lj 1fgdf b0{hgfdq} cgQLOf{eP . æd}gt gu/{sf] eP o:tf] glthf c; Dej lyof, pgn] eg]. kofu|fids slffdf hf\$ lbP/ kefjsf/l lzlf of lj lw ckgfPsfn]/fdf]glthf c|Psf] pgsf] 7Dof0 5 .

; /sf/l :shsf] k9f0 /fdf] agfpg lj Bfnob|v .dfly; Dd0 ; wf/ ug|kg] pgsf] ; %j 5 . æ:t/lo lzlf sf nflu kefjsf/l lj Bfno kzf; g rlfX65 lzlf snf0{ tna vjP/ dfq k|b0, pgsf] ; %j 5 . P; Pn; l pQLOf{ubf{ pgsf] ; kgf 8fS6/ a6g] lyof]. t/ 3/sf] sdhf] cfly\$ cj:yfn] of] ; kgf ; fsf/ xg ; s0 . tlg slffdfq} k9\$ aaf / lg/lf/ cfdn] pgnf0{ b|v|hnf] u/l k9Psf lyP . ækl/l:y|tn] lzlf ag}t/ lzlf ePsfdf uj{ 5 . gof

k!tfnf0{ lzlf tNofpg] lhDd] f/l ; Dxfn\$] 5; cf'gf] kzfdf kof{ ; Gt16 5Æ, lzlfzf:qdf :gftsf/ ul//x\$ g|kfnln] eg].

lj Bfyl\$ gh/df kof{g|kfnl pRr sf|bsf] lzlf xg\ . pgsf lj Bfyl{ ts{zfxl e65g\ æj 1fg dfq} x|0g, hg ljifo k9P klg kof{/; 6 /fdf] 6 a%pg] lfdt 5 Æ csl{ 5qf ofdstf/l s8h y|k5g\ æpxf| h; /l k9P klg lj Bfyl{h} a"5g\Æ **/fdZj/ afX/f, ; vI**

lzlf n]n|ntk/ lhNf lzlf sfodf pknAw ; /sf/l :shdf clWofkg/t ljleG txsf &&@ hf lzlfssf] JolQm ut lj j/Of / z]lf of|otfsf] k|fokq x|f{kyd >|f df P; Pn; l pQLOf{ugX; sf] ; aVof %) ^-% kl|tzt\_ dfq e|Psf lyP . snh txdf k|bf tl %) dWb} clwsfzsf] pQLOf{ >|f t] |f %/\$] klg kfof].

bZel/df slt lzlf c|krf|/s z]lf of|otfsf lx; fan] s0 >|f sf 5g\ e6g] Psls[ c|f8f lzlf d6qnon] klg /fv\$] kfo0 . tyfk lzlf d6qno c6tu\$sf] z]lf hgziQm lj sf; s|baf/f @)^# df k\$|zt k|f|ds lzlf t|nds] kefjsf/l/ tf clWog kl|tj 0gdf %) kl|tze6f a9l klj lzlf P; Pn; l dfq pQLOf{ /x\$] pNny ul/Psf] 5 . tldWb} %) kl|tzn] t] |f \$) kl|tzn] b] |f/ !# kl|tzn] P; Pn; l k/l|f kyd >|f df pQLOf{u/\$] b|v65 .

lzlf a9] fsf] qmddf &% j6} lhNfsf lzlf x; sf] JolQm ut lj j/Of clWog u/\$] lzlf ; jf cfof|sf clWof pbo/fh ; f]lsf cg'f/ ; du|f t] |f >|f / k/s k/l|f lbP/ kf; u/\$] lzlf x; sf] ; aVof c|olws /x\$] 5 . clWof ; f]l e65g\æ/fd] dfq; klj lws lf0df, b] |f] txsf kzf; gdf / st]glas\$ dfq} lzlf of kzfdf n|lg] u/\$] :ki6 b|v65 Æ /fdf] of|otf ePsf JolQm; lzlf of kzfdf c|fpgsf] ; DefJo sf/Of atfP} n|ntk/sf lhzc afafhl sfl{

e65g\æhflu/ gkfp; Dd c|N%g] kzf sf ; kdf lzlf of kzf lrgof] To; h] /fdf] of|otf ePsf n] ; nf0{ ckgfpg lx|RsrfP Æ

xg klg ; fdfGtM P; Pn; lsf af\$ {km6 cyj f snh-lj Z] lj Bfnosf .urf] 8d\$ |ni6x; :shsf] .df:6/l ag\$] va/ c|fpg] ub0 . o; df ; fg]

**æt[lo >|f df pQLOf{ JolQm; sf] dfqj clwsf/ p|n^3g x0 eg] ca t[lo >|f nf0{ lzlf ofdf k} ug{ lbx0 . u? /fdf] ePsf r]h dfq r|Ds65g\Æ**

**xl/eQm >|f, kç, dx|baf} dfj, sf7df8f}**



ckj fbsf ; kdf b|vPsf 5g\)^! ; fnsf P; Pn; l .af\$ {km6l sfe] dfj, kgf]lsf ; ld/ >|f . pgn] c|k|n] k9\$] lj Bfnodf rf/ dlxg k9P .

olts}e/df pgl lzlf of kzfdf c|sliff ePsf] elgx|Ng ldN0 . tyfk pgsf] / pgl; 6 k90 kfPsf lj Bfyl{x; sf] cgej eg]; a\$ nflu pko|l xg; S5 . c|k|n] hfq\$] s/f c; nf0{ l; sfp| c|k|n]f0{ kl/s[ ug] cj; / ldNg] / lg/Gt/ lzlf of ubf{bZ / ; dfhsf lg|Dt of|vbg u/\$] cge|t klg xg] ; ld/sf] cgej 5 . ; ld/

# /Qdlsf]/\$8{

**klAns** pdflj, w/fgsf lzlfS ; Gtffj\$df/ /Qdl lhNnfs} ultnf uloft lzlfSdf k5g\ . )\$^ ; fndf kyd >Qldf P; Pn; l pQLOf{ /Qdl n] cfOP:; l bf] fl] >Qldf l; WofP klg alP:; l / PdP:; ldf eg] kyd >Qfl g} xfl; n u/].

@)%# ; fndf lnvt / dflvs k/lifdf kyd ePk15 lzlfS ag\$sf pgn] k9fpg yfn\$} jifaf6 w/fg klAns :shsf] glthf psfnf] nlflof]. uloftdf )%# blv )%^ ; Dddf qndzll ()#@, (%-%% / (^-%# kltzt 5fq5fqf ; kmn ePsf] kfOG5 . !% dlxgf k9fP/ pgl PdP:; l ug{ lj /f6gu/ cfP . kl/l:yltn] /Qdl nfo{ km] w/fg g} kmsf] pgl )%^ df c:yof lzlfS eP . /Qdl n] )^! ; fmb]lv :yof lzlfssf] ; kdf uloft k9fP} cfPsf 5g\ .

kl5Nnf] kfF jifdf w/fg klAns pdflj sf %) blv & ( kltzt 5fq5fqf uloftdf ; kmn ePsf 5g\ . /Qdlsf] cgEj df uloft ; d:ofsf] ; dfwfg xf] eGg] a%Pdf o; klt lj Bfylhfo{ cfsliif ug{ ; lSg5 . w]hfo{ uloft %G%6nf] nfu] klg pgnfo{ eg] /f]f-rs nlfu] /x\$ . eG5g\ æuloftsf /x:o; ; q / ; dfwfgdf st} gkfog] cfG6b 5 Æ

; Gtffj\$sf ; xsdl(lbj) ; clwsf/l\$] egfOdf uloft ljifodf pgsf] h:tf] ; lk / 1fg ePsf] lzlfS kfgp sl7g k5{ . æg]t\$] fg\ klg xgkG5, lj Bfno kzf; g / lj Bfylhfo{ cfsliif ug] snfn] g} pxfhfo{ nif\$lkø agfPsf] xif, clwsf/l eG5g\ . /Qdlsf 5fq gogsdf / fd ; Gtffj\$} of]ubfg / k]ofn] lrlst; zf:qsf] clwogdf nfu\$] atfp5g\ . ; /sf/l :shsf] k9fO ; wf/ gxgdf ; Gtffj w} ; sf/of b]v5g\ .

/ljg lu/l, w/fg



# b]df bVvn

**eQmaxfb/** ; f]h] k9fpg yfn\$} jif]lv >ls]of ; :st / ; fwf/of pdflj n] P; Pn; ldf /fd] glthf Nofpg yfNof]. kl5Nnf kfF jif\$] P; Pn; ldf of] lj Bfnosf lj 1fgdf &% / uloftdf ^) kltzt lj Bfyl{ pQLOf{ eP . of] ; km]tsf] h; :shn] eQmaxfb/ ; / nfo{ lbPsf] 5 . @)# sf] P; Pn; ldf Ps cIn] kyd >Qfl r5] klg eQmaxfb/n] lj 1fg ljifo k9]. lqljaf6 PdP:; l u/] )% df lzlfS ePsf pgl clxn] ; v]s} /fd] lzlfSdf ulg5g\ . To] klg Ppof xfoG, b0fb0{ j6f ljifodf . lj 1fgdf ; f]h]fo{ eg] klS6snsf sf/of /fd] glthf k]t ePh:tf] nlf5 . cfkmh] k9fpg yfn]t @)%# ; fndf



/faZj /

(% dWb)#\$ hgf t]fl] >Ql\$ lyP . of nintk/s} ef/b] ; ff] s]b]dftxtsf rf/ df]j, kfF lgdflj / gf} df]j u/l !\* ; fj klgs :shsf !\$) hgf lzlfSdWb] ; ft hgf kyd >Ql\$ /x\$] lhizsf nintk/sf] /\$8h] b]vfp5 .

ufdlof e\$sf :shdf dfq xfoG, nintk/ pk-dxfgu/kflnsfegsf ; fj klgs :shdf klg kyd >Qldf pQLOf{ u/\$f lzlfS eG5 sl7g k5{ . pk-dgklegsf ^ df]j, rf/ lgdflj / Ppof klj df sfo{t @)^ lzlfSdWb]@! hgf kyd >Qldf P; Pn; l ug] ; lyP . Pshgf klg kyd >Qldf pQLOf{ lzlfS g/x\$] asDaxfnl:yt zflct pdflj sf kc b]Qbaxfb/ k]wfg :jo-P; Pn; lb]lv PdP; Dd t]fl] >Ql\$ lj Bfyl{ xg\ . pgnfo{ P; Pn; lk15 PdP ; Sg %08} \$) jif{ nfu\$] lyof]. @)@\$ ; fndf P; Pn; l u/\$f k]wfgn]@)#) df cfOP, @)#\$ df alP / @)^\$ df PdP k/f u/]. kc k]wfg eG5g\ . æw] ; Uofkdf k9f alrdf kmh klg eOof] ; a}txdf t]fl] >Qfl xfl; n u/\$] 5' Æ pgl cyzf:q / ; fdilhs clwog ljifo k9fP5g\ . @)^@ ; fnsf] P; Pn; ldf k]wfg kc /x\$] zflct pdflj sf %) kltzt k/lifyl{ kf; ePsf lyP . pQLOf{Wb] 5fq5fqfn] cyzf:qdf k]t u/\$] pRrtd\c' %\* / ; fdilhs clwogdf % lyof]. To; jif{#! hgn] P; Pn; l lbPsf] !) hgf kyd / !@ hgf bf]fl] >Qldf kf; ePsf lyP . ut jif\$] P; Pn; ldf pQm pdflj af6 pQLOf{

PdalalP; df egf{ e0; s\$] 5g\ . o; jif\$] P; Pn; ldf ; ld/n] k9fPsf #) lj Bfylh] lj 1fgdf cf}t \*) eGbf a9l c' NofP . oldWb] tlG hgn] (% c' k]t u/]. ; æGbf sd gDa/ Nofpg\$} &^ c' 5 . of] lj j / ofn] sfe] df]j n] . af] { km6l lzlfS kfPsf] lj 1fgdf /fd] c' Nofpg ; kmn ePsf] bzfp5 .

lzlfS kltglwn] nintk/sf] 5Dkl ; ff] s]b] dftxtsf 5Dkl, 3; h / b]lrf] ulj ; sf rf/ df]j / !! klj sf sh (% lzlfssf] lj j / of shfp] kyd >Qldf P; Pn; l pQLOf{ ug] !# hgf lzlfS e]pP . o; dWb] pRr lzlfdf kyd >Qfl xfl; n ug] rflxPsf hgf klg e]pPgg\ .



# uHhasf uloft u?

**sžj** s]lsf] dšgt b]vg]

s; ħ] klg sg] lbg ol lzlf s agg upfFkms]nfg\eg] ; f]šf lyPgg\ . t/ 8fS6/ ag] ; kqf ToFu] !@ jif{13 sžj dftēld dflj, kfkf, b]lgu/sf] lzlf s ag] . lzlf s dfq aggg\ lhNns} ultnf] uloft lzlf s s f kdf :yflkt klg eP . ^ jif{13b]v kč ; dš ePsf pgl xfn ; b/dsfd tfg; gsf] dx]baf]w pRrdflj sf lj Bfyl{f0{ .uloft1U agfpg] cleofgd] 5g\ .

@)^# df dftēld dflj sf \*)= \$( lj Bfyl{ uloftdf pQl0f{ eP . of] pgsf] xfn; Ddsf] ; ašGbf 7hf] ; kmntf xf] . kl5Nnf] kf f jifdf sžj sf cf} t ^% kltzt lj Bfyl{ P; Pn; ldf ; km ePsf 5g\ . P; Pn; ldf &% kltzt NofPsf sžj n] cfOP:; ldf ^&, alP:; l &%@ / PdP:; ldf &\*@ kltzt c] NofPsf lyP .

sžj upfFf ultnf] uloft lzlf s s f] cefj b]v] cfkm' lzlf s agšf] atfp5g\ . eG5g\ ; fgb]v uloftsf] cjwf/0ff a%fp] ; lsof] eg] lj Bfyl{ kl5; Dd klg l; Sg pT; S xG5g\ . t/ , uloftdf sd kf7def/ / z]f] s ; fdu]sf] cefj n] ubf{ uloft cWofkg sl7g ePsf] pgsf] cgej 5 . axktfsf] ^ lbg g} uloft k9fpgk5{ uloftsf] kof]ufds cEof; u/fpg kof]uzfn rflxG5A pgn] eg] .

)%\$ ; fndf P; Pn; l u/\$f pgsf 5f q xl/axf/ ; ?sf] egf0df sžj s]l; E :yfglo z]f] s ; fdu]sf] kof]u u/ / ; n tl/sfn] k9fpg] lfdt / snf 5 . ; ?n] P; Pn; ldf clgjfo{ / P]R5s uloft b]šf (\* c] NofPsf lyP . aul0tdf d]h] o:tf] c] Nofpgdf sžj ; /sf] of]ubfg 5A pgn] yk] . To; jif{ @ hgfn] P; Pn; l lbPsfdf uloftdf tlg hgf dfq c; km ePsf lyP .

**ufflj Gb n0Bĥ, kfkf**

; ašGbf /fd] g]thf cfPsf] eQmaxfb/sf] cgej 5 . To; jif{ pgsf lj Bfyl{ c-rn kyd; dš eP eg] w] ħ] kyd > ħ] NofP . cf'gf] lj ifodf /fd] g]thf cfpgsf] sf/of pgl lzlf s / lj Bfyl{ lrsf] tfnd]nf0{ 7fG5g\ . /fd] lzlf s s f] kl; l4 a9b} uPk15 clxn] pgsf] slfdf lj Bfyl{ f] rfk yfldg; Sg' 5 .

5fq5fqsf] clws rksf sf/of rfx] cg; f/ k9fpg g; sšf] pgsf] ubf; f] 5 . To; dflj lj 1fgdf w] ħ] kof]ufds slf xg] / lgoldt k9f0; dš g]xg] ePsf] lzlf s dflj %g\ bafa kg] u/\$f] pgn] ; g]P . :sh k9b]v g} eQmaxfb/sf] rfxg] lzlf s ag] lyof] . ef/tlo ; g]df hflu/] pgsf lktfn] klg cjsfzkl5 upfFf lzlf s agšf lyP .

5fq5fqsf] gh/df lfdt]fg\ / c; n lzlf s ulgPsfdf pgnf0{ u} { 5 . 5fq / dž zfxlsf] ašlfsf] / fdf px]h:tf] lfdt]fg\ lzlf s d]h] c; s]xl b]v]g] eG] egf0n] pgsf] p]s]t]f bzf]b5 .

**/fd]j/, ; vĥ**

\*) kltzt 5fq5fqdfwšf lagf dxhG / l/t] ah]rfof] cyžf:qdf &! c] kkt u/\$f lyP . k]w]gn] c]wofkg ug] ; fdl]hs lj ifodf lj Bfyl{ xfl; n u/\$f] pRrd c] &) b]v]G5 .

lzlf s k]tlglwn] !# ; fpg @)^% df sf7df8fšf dx]baf] ; f]s]b] dftxtsf & j6f ; f] ħ]gs lj Bfnosf kč; E dx]baf] dflj, af]df u/\$f] cGt/lqmfdf pkl:yt kčx; d]w] sg] txd] kyd > ħ] pQl0f{ s]xl lyPgg\ . dx]baf] dflj sf kč xl/eQm > ]7n] ; a} kčsf] k]tlglw]j ubf]eg] a/fd] c] Nofpgk5 8fS6/ , 0lGhigo / kžf; s ag] t]lo > ħ] Nofpg] / st} hflu/ gkfPsf] lzlf s ag] cj; / kfP, To; ħ] lzlf of kžfdf sd; n hgziQmsf] afx]No 5 . sdhf] lzlf sn] k9fPsf 5fq5fq sdhf] g} xG5g\ . t/ cGt/lqmfdf ; xeful ; a} kčn] kyd > ħ] xfl; n ug] hgziQm k]lj lws lfgdf tyf d]wod:t/sf] kžf; lgs lfgdf nflu] x]t t]f] / k]fom a]f]huf/x;n] lzlf s ag] cj; / kfPsf] :jlsf/ u/ . o; } qmddf kč > ]7n] yk] aet]lo > ħ] ldf pQl0f{ JolQm; sf] dfgjclwsf/ pNn^3g x]b] eg] ca t]lo > ħ] nf0{ lzlf ofdf k]ž ug{ lbgx]b] , klxn] / bf] f] > ħ] xfl; n u/\$fnf0{ Nofpgk5{ . u? /fd] ePsf r]hf dfq r]dsG5g\ .

hghful]t dflj skg, sf7df8fšf kč / fdsfhl s]l klg /fd] hgziQm] 5f8šf] / ; dfhn]

x]šf] lzlf of kžf cf'gf] / ħ]f0df k/\$f] atfp5g\ . pgsf] cgej df blf lzlf s s f] cefj n] g} ; f] ħ]gs :shsf] k9f0 v:sšf] xf] . P; Pn; lb]v PdP; Dd t]lo > ħ] ldf pQl0f{ u]dlzlf dlG/ dflj, skgsf kč s]fmaxfb/ v8šf klg :t/lo k7gk7gsf nflu of]lo lzlf s s f] v]Ff] cf]wofp5g\ .

:gfts; Dd] t]lo > ħ] xfl; n u/\$f sf7df8fšf lj Bfno lg/l]fs blk]j/ ykf; E !% jif{ lzlf of / To; kl5 !@ jif{ lj Bfno lg/l]fsf] ; kdf sfd u/\$f] cgej 5 . pgsf] cgej df ; f] ħ]gs :shnf0{ clxn] klg kyd > ħ] xfl; n u/\$f, kžf]k]t lgi7f]fg\nugzln / Od]f]b/ blf lzlf s k]pg sl7g 5 .

cfj /0f l/kf0{

; bzf l3ld/]

h]pbf /nf0{

s; /L

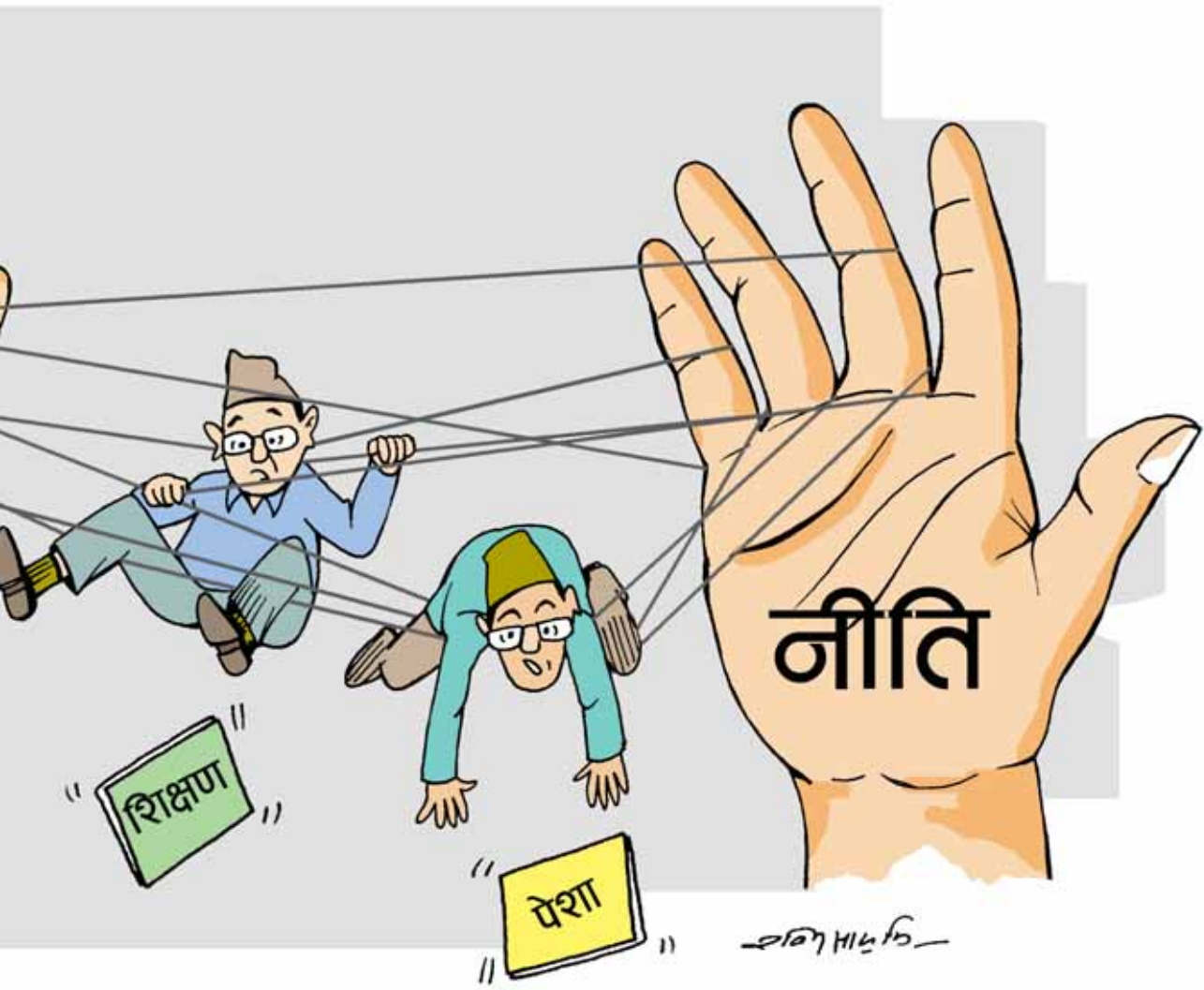
leæfpg]k



cf^gf] ; kmf sf nflu lzlf sx; sf] P s b d }  
dx[Ej k0f{ eldsf /x\$] cgej ug] tl  
kltefzfnl ljBfyl; lsg lzlf s ag  
rfxGg\ t <

- @)^! ; fnsf] P; Pn; L .afB{ km6l sfej  
kgf]tsf ; ld/ >]7 -@) clxn] sf7df8f}  
ljZj ljBfno d]8sn snh -sD; \_ df  
PdalaP; kl9/x\$] 5g\ . cfkm]k9\$] :shdf  
rf/ dlxgf lj 1fg k9fPsf ; ld/sf] eljiodf  
eg] lzlf s ag] of]hg] 5g . æd ; dfhdf  
cf^gf] 5\$} klxrfg agfpg rfxG5' . lzlf s  
agbf d]f] To] klxrfg ag5 eg] nfluBj .Æ  
pgl eg5g\ .
- nintk/sf] /ftf] aEnf :shaf6 ut jif{&(-&  
klttzt NofP/ P; Pn; L ; s\$] dxf/fhu-hsl  
cf:yf kf]y/h -!^ clxn].P] næn k9B]5g\ .  
PdalaP; k9g]nlo lnPsl cf:yf klg elG5g\ .  
æzlf s ag] d]f] ?lr 5g .
- ut jif\$]P; Pn; ldf a%fEaf6 lj lzi6 >]l]sf]  
cÍ -\*\$-% klttzt\_ NofPsl /flwsf lu/l

- lnln P-h] ; :shdf slff !! df lj 1fg  
k9B]5g\ . pgsf] nlo 8fS6/ ag] 5 .
- sf7df8f]sn]lsf ; ld/ bxfn -!\*\_ n)^#  
; fndf /ftf] aEnf :shaf6 P; Pn; ldf &  
klttzt cÍ NofP . ; fxl :shdf .P] nændf  
lj 1fg kl9/x\$] bxfn jfo]6\$df pRr lzlf f  
xfl; n ug{ rfxG5g\ . æof] lf]qdf sxl gofF  
sfd u/f]eG] ; f]rn] dh] of] ljifo lnPsf]  
xE, pgsf] klg .hljg Ph]8fl df lzlf s  
kb\$ .  
km's-km's 7fpF/ :shsf >]7, kf]y/h,  
lu/l / bxfn alr z]l]fs of]otf / hljg nlof  
:ki6 ; dfgtf elG65 . rf/] hgfn] P; Pn; ldf  
/fd] cÍ NofPsf 5g\ / tl sxl klg lzlf s  
ag rfxGg\ . k]tt b]fGtn] lj lzi6 / kyd  
>]l]df P; Pn; L ; s\$] gofFk'tfsf of]x;df



lzlfof k}zfklt cfsifof g/x\$}f] 5nE xG5 . ol ; a}lszf] lszf]lx; cfm' d}wjl l j Bfyl{xgtdf / oxifDd cf0klgtdf cf^gf lzlfsc;sf]; a}ebf dxlfj kof{xft /x\$}f] :jlsf/ t u5g\t/ cfm' klg To:t} lzlfsc ag] sNkgf ubog\ . ;ld/ eG5g\adnf0{j} flgs agg]; kgf bVg]cj :yf; Dd Nofpg d}f lzlfsc;sf] dxlfj kof{ ofubfg 5 . lzlfsc;af6 d}h] /fd] lzlf gkfPsf] eP d}h] oqf]; kgf bVg ; Sg]lyOgFA cf: yf yk5g\ad cfh h] 5; u?x; s} sf/of xF. pxfk;n] dnf0{ pTk}off glbgePsf] eP d s; /l 8fS6/sf]; kgf bVg ; Sg] xGy] / #

**lsg 5g cfsifof <**  
cf^gf]; kmfssf nflu lzlfsc;sf]Tolt dxlfj kof{ eldsf /x\$}f]cgej ug]tl kltezfnl lj Bfylx;

cfm}rflxflsg lzlfsc agg rfxGgg\t <logsf] dgdf lsg slxNo}lzlfsc agg]; kgf k}f ePg t <o; sf w} sf/of 5g\ .  
ci6}nofdf gl; E k9g hfg] tof/ldf /x\$}l a; Gw/fsl clhtf uf}d -!\*\_\* sfIQsdf lzlf dGqfno kl/ ;/df gf]cAh\$; g n} / lng nf0gdf sl//x\$}l e}60g\ . pgnf0{ ; flwof] zlzlfsc xg 5f8] lsg ci6}nof # pgsf]hj fkm lyof] etna sd, :sfk klg sd 5 . To; h] lzlfsc agg dg 5g} #  
dgflj 1x;sf cg; f/ x/\$} JolQm cf^gf] 5\$} klxrfg agfpg rfxG5 . 1fg / lfdtf ePsf kltezfnl JolQm-hf]k9f0df klg cuf18 xG5g\ df cf]dlj Zjf; a9l xg] ePsfm]o:tf o}fx;df To:tf] cfsf^nf c;sf] eGbf a9l xG5 . To; h] o:tfn]s}l gofF/ lj z}f] sfd ug{rfxg]dflgG5 .



P; Pn; l af{km6 ;ld/ >]7sf] sygaf6 klg  
 o; sf]kli6 x65 . pgl e65g\æd ; dfhdf cf`gf]  
 5\$}klxrfg agfpg rfx65'. lzlfS ag6f d7f]  
 Tof]klxrfg a65 e6g]nflubg . To; h]d lzlf0f  
 kZdf cfslif{ gePsf] xFA -x7aS;\_  
 gkfnl ; dfhdf sxl bzsc13; Dd lzlfssf]  
 5\$}cfb/ / ; Ddfg lyof]. lzlf0f kZfnf0{; Ddfgt  
 kZfsf ; kdf xlv6Yof]. t/ ofsf jifdf of]  
 kZfn] cfb/ / ; Ddfg udfpE} uPsf] blv65 .  
 o; f] xgSf] dVo sf/of lzlfS 5gf6 klgmofnf0{  
 klt:kwl{/ uof:t/lo gagf0ghf0{df]gPsf] 5 .  
 @)\* ; fndf /fli6e lzlf k4lt z? x6cl3  
 w7h; f]lj Bfno ; dbfon]; ~rfng uyI/ lzlfS  
 klg ; dbfon]g 5f6Yof]. lzlfS ag6] of]otf  
 ku\$df dfg; Gog ePsf sf/of Itgtfs l5d\$  
 bZ ef/taf6 ; d] hgziQm NofP/ lzlfS

agf06Yof]. hgziQm sd ePsf]toItajhf klt:kwf{  
 gxb' : jfe]j s} xf]. t/ @)\$) sf] bzstotf  
 gkfnf kZ:t of]o hgziQm pTkfbg e0/x\$]f]  
 5 . t/ klg lzlfS 5gf6 klt:kwl{/ uof:t/lo  
 a6g ; s\$]f]5g . @)#^ ; fnsf]lzlfS cfbf]hg,  
 @)\$^ ; fndf axbnlo Joj:yfsf]kg]lyfkgfkl5  
 lzlfS 5gf6 klt:kwf\$ cfwf/df ge0{/fhg]lts  
 lg0f6 / kefj sf cfwf/df a9l xg yf]Nof] h; df  
 of]o / cof]osf alr vf; }c6t/ lyPg . To; dfl  
 c:yfol lgoQm kPsf lzlfSx;nf0{ : jtm :yfol  
 ug]lg0f6 klg ul/of]. lzlf d6qfnoaf/f @)%@  
 ; fndf lfglo / lhNnf:t/df ul7t 5gf6 ; ldt]n  
 lnPsf]k/l]fdd olt w7}clgoldttf / /fhg]lts/of  
 eof] ls s/la !\$ xhf/ kbsf nflu ePsf]  
 klt:kwfdf kP]nt df6otfnf0{ ltnf-hnl lbP/  
 ## cI Nofpg] hlt ; a)-\*\$ xhf/\_ hgfnf0{

# æcf0l8of

## 8«u/Æ

- nldof zdf

kç ; Toj tl pRrdflj, wflb<sup>a</sup>



### clxn]Dd slt hgfnf0{ lzlfS agfpg6of] t <

sl/a !) hgf hltfnf0{  
 agf0of]. c? !) hgf hlt  
 l5d\$sf kfylds / lgDgdflwolds  
 :shx;df P8h:6 ul/of]. To; f]  
 ubf{ tl :shsf] :t/ psf]g  
 yf]Nof]. xfdln] klg dflNnf] txdf  
 /fd] lj Bfyl{ kfg yf]Nof}.

### c? km0bf klg xfhf\lg <

5g\ . cly\$ sf/ofn] k9f0  
 5f\$g af]w hX]bf/ lj BfylX;sf]  
 k9f0 cuf]8 a9g kfof] /  
 pglx;nf] :gfts; Dd ug{ kfp .  
 pglx; lzlfS xB lj BfylX;nf]

klg tu8f, hf6l/nf / sxl u/f;e6g] efjgfsf  
 of] lzlfS kP . cfkmhf0{ g} k9fpg] lzlfSx; ; E  
 sfd ubf{ pglx;sf] cftdan / cftd; Ddfgdf j]4  
 eof] l; Sg-l; sfg ; xh eof]. eljiodf :shsf]  
 g]Tj ug] u/l pglx;sf] g]Tj lj sf; klg xB .

### ;d:of cf0nfu\$ 5g\ <

ltgnf0{ nfd] ; do; Dd lzlfSd] l6sfpg]  
 ; d:of 5 . lsgel] lghl ; f]df t :yfol lzlfSn]  
 kfg] ; ljwf xB . clg pRr lzlf k/f ug\$  
 nflu /fhwfgl hfg dg u5g\.

### S; /L ; dfwfg xfhf <

of]otf, lfdt / cj ; /alrsf] Gofof]rt ; Da6w  
 :yflkt ge0; s\$]f] xfd] ; dfhdf sDtdf lzlf0f  
 lqofsnfkd of] ; Da6w :yflkt ul/xflngk5{ . cyff\  
 d of]o ePsf] c6t sxlFgeP klg lzlf0f kZdf  
 :yflkt x65 eg] 9Ss xg; Sg] jftfj /of  
 agfpgk5{.

tkf06] cf`gf] :shdf hX]bf/ lj Bfyl6f0{ lzlfS  
 agfpg yf]NofPsf] 5 /] lg <  
 xfd] :shdf s; /L /fd] lzlfSx; Nofpg] /  
 :shsf] k9f0sf] uof:t/ a9fpg] eg] pkfox;sf]  
 vfh] ub]PF. To:t6f Ps lbg kfy/fdf Pp6f  
 hfkg] ; yfsf] cu] /tdf bZsf ljleGg lhNnaf6  
 hX]bf/ 5f6fx; NofP/ k9fpg] / k9f0; s]k15 kgM  
 cf-cf`g} ufpE NofP/ lzlfS agfpg] u/\$]f] yxf  
 kP. To; af6 cf0l8of 8«u/Æ dh] xfd} :shaf6  
 kyd >]lfd P; Pn; l pQl0f{ u/\$]f ul/a / hX]bf/  
 lj Bfyl6f0{ lj Bfnosf] cly\$ ; xof]udf :gfts  
 tx; Dd clwoog u/fpg] sfo{ z? ul/of]. :gfts  
 pQl0f{ ul/ ; s]k15 lj Bfnosf] lghl ; f]df lzlfS  
 lgoQm ul/of]. To:t} clxn] laxfg !! / !@  
 slffdf 5faj Qdf k9g lbP/ To:tf sxl lj Bfyl6f0{  
 lbPF] :shdf k9fpg nuf0Psf] 5 . @)%(  
 ; fna6 z? ePsf] of] sfd clxn] klg hf/l 5 .

..; dfhsf]   
 cfll/P66z g   
 g} abNgk5U

;ld/ >I7

P; Pn; L afB{ km6, @)^!



tkf0\$[ ljr/df lzlf s] x[ <   
 lj Bfyl6f0{ lbzflgbz ug[ /   
 ;Tdfu{ blyfpg] JolQm xf] lzlf s .   
 lzlf sn] lj Bfyl6f cfdlj Zjf; eg[   
 / gofFs'f l; Sg ; w}+kll/t   
 u5g\.

tkf0{ cfkn} rflxFlzlf s gaG] <   
 d ; dfhdf cf^gf] 5\$} klxrfg   
 agfpg rfxG5'. lzlf s agbf d7f]   
 Tof] klxrfg aG5 eGg] nfluB .

lzlfss[ rflxFlxrfg g] xBq <   
 lzlfss[ hit cfb/ / ; Ddfg   
 xgkg[ xf] Tolt 5g . 8fS6/ /   
 OlGhigo/nf0{ ; aGbf a9L dxLj   
 lb0G5 . hg kzfdf a9L ; Ddfg

k9f0 sxFKlbf] <

clxn] winvth d]Bsn sn]df PdalalP;   
 ub\$ .

tkf0{-oxfF0d cfpq lzlfss[ s:t] eldsf   
 /x\$[ 7fGkG5 <

w[} g} dxLj kOf{ eldsf 5 . pxfk;n] dnf0{   
 ; xl tl/sfn] ; xl s'f gl; sfpgePsf] eP d s; /L   
 afB{ km6 xg; SyF/ < pxfk;n] xfdlnf0{ ; //km   
 nlg? Pkll af6 k9fpgeof]. sg} klg kf7 klxf   
 xfdl lj Bfyl6f] k9Yof}+ cf-cfkn] a%\$[ s'f slfd   
 5nkn uYof}+ xfdlx;n] ghg\$[ jf ga%\$[ s'f   
 dfq lzlf sn] a%pgkYof]. cltl/Qm ; dodf klg   
 xfdlnf0{ l; sfpgeof]. lzlf sx; x/bd s; /L   
 xfdlnf0{ hfGg] / /fdl] lj Bfyl{ agfpg] eGdf   
 kofTgzln xgkYof]. Pp6f dflg; s[ ; knntf jf   
 c; knntdf :shsf lzlfss[ ; aGbf dxLj kOf{   
 eldsf /x\$[ xBf]x\$ .

xG5, 6drn/6 lj Bfyl6f] Toxl /f]5 . xfdl] ; dfhdf   
 lzlf sn] eldsf cg'f/sf] ; Ddfg kfg ; s\$[   
 5g\.

tkf0k:tf kltezfnl lj Bfyl6f0{ lzlf s kzfdf   
 cfsliif ug{ ; lsPnf <

; lsG5 . t/ To; sf nflu sxl k[} zt\$;   
 5g\ . aGbf klxn] k9fpg] sfd ; dfhsf] ; aGbf   
 dof]t / ; Ddfgt sfd xf] eGg] dfGotf :yflkt   
 ugk5{ . dfhdf lzlf snf0{ ; knn dflg; dflgB .   
 8fS6/ , OlGhigo/ , j] flgsnf0{ dfq ; knn 7fGkG5 .   
 ; dfhsf] of] unt ; f] xf] . ; dfhsf] dfGotf /   
 .cfll/P66zgU g] unt 5, To; nf0{ abNgk5{ . dlj6   
 jlj ; df lzlfss[ lgoIQm xgk5{ . /fdl] G hljg   
 wfGg] tna-; ; ljwf xgk5{ . Tolt eof] eg] 6drn/6   
 JolQm klg lzlf0f kzfdf 9Ssn] cfpBq\.

/fdl] tna-; ; ljwf eg\$[ slt <   
 8fS6/sf] eGbf a9L .

cGt/jttf\$[ nflu 5gf0 ul/of]. To; sf] glthf   
 cf7 jifk]5 dfq lg;sg ; Sof]. hals nf\$   
 ; jf cfofln] ; -rfng u/\$[ k/lifdf a9Ldf ^   
 dlxgfeq of] glthf lg;s; SYof].

@)%@ ; fnotf lzlf s 5gf0 kl:t:kwf\$[   
 cfwf/df ePsf] 5g . \* jif{k/fqf] 5gf0sf] sfd   
 6^NofPk]5 lzlf s ; jf cfofln] vhf kl:t:kwf\$[   
 5gf0 ug{ vfh] klg c:yof lzlfss[ bafadf   
 l/Qm b/abldlWo]bj} k6s %)=%) kl:zt :yfgdf   
 c:yof lzlfss[ alrdf dfq kl:t:kwf{u/fof].   
 pb\$nfubf] s'f s] 5 eg] l/Qm /x\$[ kbdf   
 vhf kl:t:kwf{slxn] slxn] xG5 eg] g lzlf s   
 ; jf cfofln] Sofn]8/ agfpg ; s\$[ 5, g t   
 lzlf dGqfno cfofln] g} :jfoQ / kefj sf/l   
 ; yfsf] ; kdf pleg ; s\$[ 5 . o; df Pq-   
 lgods] thdfdf lzlf dGqfnon]g} ; xofl gu/\$[

cfofln]sf] egf0 5 . cWof pbo/fh ; fl] eG5g\   
 algod kl/dfhg gu/l sxl ug{ ; lsBq . cl3ln]   
 ; /sf/sf] knfdf kl/dfhg] nflu lgodfjnl   
 clxn]Dd :jls[ ePsf] 5g A xg klg b0{   
 jifk]3 lzlf Pqdf ; zflwg xgf; fy z? ePsf]   
 lgodfjnlx; ; zflwg clxn]Dd 6lEPsf] 5g .   
 o; af6 lzlf / lzlf0f kzfkltsf] ; /sf/l   
 pbf; lgtf 5nE xG5 .

c:yof lzlf s 5gf0 klg kl:t:kwf\$[ cfwf/df   
 e0/x\$[ 5g . sxl jifk]3; Dd lhNnf lzlf   
 sfonon]clwsfz ; do kl:t:kwf{gu/f0{/fhg]ts   
 kxF jf eg; bsf cfwf/df lzlf s lgoIQm ug[   
 u/\$[ lyof]. @)%\* ; fnsf] lzlf Pqsf] ; ftf}+   
 ; zflwg kl5 Pqng]lj Bfno Joj:yfkg ; ldltnf0{   
 lzlf s egf{ ug[ clwsf/ lbPsf] 5 . Pqdf   
 kl:t:kwf\$[ cfwf/df 5gf0 ugkgl n]VP klg

# c%}kfyldstfdf k/g

/fd]c l NoPsf kltefzfnl ofx;nf0{lzlfof kzfdf cfsliif ug; jfndf ;/sf/l :t/df 7f] / :ki6 ;fif0 c%}aGg ;s\$]kf05g . lghl tj/df dGqfnosf pRr kzf; sx; .P u\$]lsf]hgziQmf0{lzlfof kzfdf lewofpg ckl/xfo{ePsf]s/fdf ljdlt hgfp5g\ t/ glltldf]f]txdf o; af/]7f] u\$]sfo{ePsf]kf05g . lzlf dGqfno / z]fs hgziQm ljsf; s[}bh] xfn} cf-cf'g]lx; fan] tof/ kf/\$f o; ; DaGwdf glltut vfsf x}f{Tof] s/f 5nE x65 .

dGqfnosf] lzlf gllt ;ldltsf] ;lrjnosf pk- ;lrj th; lk}fb yklnosf cg;/, ljBfno lfg ;wf/ -P; P; cf/\_ b:tfj]hn]/fd] of]otf / lfdtf ePsf tlfh hgziQmf0{; xh}lzlfof ; j]fdf k}z u/fgu/l glltut kl/j tGsf] k}tfj u/\$f] 5 . clGtd ?k lbg nfluPsf] ; f] b:tfj]hn] /fd] c l NoP/ ljZj lj Bfnodf pQlOf{

u/\$f JolQm]; /n 9En]; jf k}z ug{kfpg] / l56f]56f] a9jf -kri:6 6ofs kdfz\_g\_ sf] Joj:yf xgkg] k}tfj u/\$f] 5 . æt/ o; sf] lj:t] vfsf tof/ ePsf] 5g, clGtd 6E}df kluPsf] 5g, yklnofn] /z]fs l; t eg]. ;f]l qmddf xnsf] kyd bf]f] t]f] / rfyf] u/l rf/ txdf /flvPsf] >Qflut ljefhgnf0{vf/h u/] gjk}z, cgejl, klzifs / lj 1 u/l rf/ txsf]gof->Qfl ljefhgsf] klg k}tfj ul/Psf] 5 .

ptf lzlfssf] lfdtf clej]4 ug; ;/sf/l lgsfo z]fs hgziQm ljsf; s[}bh] rfxFo; ; Gbedf cf'g] 5\$}/fo lzlf dGqfnof0{a%Psf] 5 . s[}b\$ klljws clws] lzjsdf/ ; fksf}sf cg;/, ljZj lj Bfnodf dflvNnf]c l NoP/ kf; ug]JolQmf0{; f%}cGt/jftf6 :yfol lgolQm lbgkg; ;%j dGqfnof0{ lb0Psf] 5 . rfn' Joj:yf cg;/, lzifs aGg OR5s hf] s}h] lzifs

Joxf/df eg] clwsfz 7fpdf To; sf] pN6f] xg] u/\$f] 5 . clwof ; f]l e65g\æ:shsf leQdf ; r'g 6f] klt:kwf\$] gf6s u/] cfkntnf0{ hflu/ vjfp]cEof; yfnPsf]5, o;n]ultnfnf0{ lzlf0df cfp g lb5g .

;fdGtl ;:sf/sf cjzif af5l /x\$] gkfnl ; dnfdf khftflGqs dfotfx; hljgk4ltsf]; kdf :yflkt xg; s\$] 5g . lfgsf] dlGb/ d]fgg] lj Bfnodf klg /fhgllts x:tlfk, slnnf afnaflnsf] eljio; u v}haf8 e0/x\$] 5 . !\* jifE13 sf^u] / Pdfn\$ sfotfx;sf] /huh xg] lj Bfnodf lxhf}fh dcf] fbl sfo\$tf; n]TofGbf a9l /f0f0Ful//x\$ 5g\ . lzlf]j b\ s}f/eQm dfydf e65g\ æu} z]fs x:tlfkn] lj Bfnosf] jftfj /ofdf w}]c; / u/\$f] 5 . j:tGg ; kdf sfd ug; kltef / lfdtf b}v]fp] / ; Gtli6 lng] 7fpFgePkI5 s}l klg sfd klt cfsliif x6g . o;n] klg kltefzfnl JolQm;df lzlf0f k}zfklt g}gsf/flds efjgf hufpg dx]lj kof{ eldsf v}h\$] 5 . lzlf]sn] z4 lzifs eP/ a:g] jftfj /of gxb; ; ?j f-a9jf / ; fdf0o hflu/sf] ; f%}f] ug{k}lg cd\$ /fhgllts bnsf] ; dy\$ aGg afll0 xgkg]cj:yfn] of]o / lfdtfjfg JolQm;df of]k}zfklt lg/fzfej k}f xg' c:jfe]j s xg .

s}g}klg k}zfnf0{tna tyf ; ljwfn] cfsiif\$ agfp5g\ . w}] tna tyf ; ljwf ePsf] sfd cfsiif]sf] s[}b] x65, hg lzlf0f k}zdf slxNo} xg; s\$] 5g . hkfgnufot ; #/sf sltko b}zdf ljZj lj Bfnosf] lzlfssf] tna tyf ; ljwf

k}llofs; /x ePsf pbfx/of el}65g\ t/ gkfnfd eg] lzlfssf] tna lghfdtl sd{f/l; /x agfpg @)#^ ; fndf cfb}hng g}ugk/\$]lyof]. tnadfg lzifs / lghfdtl sd{f/l; /x eP klg lfdtf clej]4sf] cj; / / cG0 ; ljwdf lzifs c%} tn}5g\ . xfn}dfq lrlgofF; /sf/sf] ; xof]udf lghfdtl sd{f/l]sf] nflu 5\$}c:ktfnsf] lgd}f xg' t/ lzlfssf nflu kof{t c}f}w}krf/sf] ; d] Joj:yf gxgh] ; /sf/l kfyldstf / dgflj lfg phfu/ x65 . o:t}k}F jif6tf ; f]h}gs lj Bfnodf lzlfssf] xfxsf/nf0{fydyd ug{; /sf/n] /fxt lzlfssf] gddf v8f u/\$f]c:yfol Joj:yfn] t lzlf0f k}zfs}lvNnl p8Psf] 5 . of] Joj:yfdf Ps hg lzlfssf] tnadf b0{ jf ; f}Gbf a9l lzifs /flv65g\ . ptf clwsfz lghl lj Bfnosf lzlf]sn]; /sf/l lzlfssf] hlt klg tna ; ljwf kfPsf 5g\ . o:tf]cj:yf ghlsaf6 b}v]g] s}l klg of]o of]fsf] dgdf of] k}zfklt ?lr k}f ug{ sl7g 5 .

## ca s] ug] <

lzlfs n] u/\$f] gdf ; j]f]ofsf] lgsiif{x} hg :shdf pRr lzlfdf kyd >Qflsf]c l; lxt /fd] lzlf xfl; n u/\$f /fd] lzifs 5gV k7gk7gsf] G0}td\jftfj /of 5, To:tf :shsf lj Bfyl\$] k9f0 / glthf b}]/fd] 5 . -x} cfj /of k}f^\_ lzlf]j b}x; klg blf / kltefzfnl dflg; nf0{ lzlf0f k}zdf Nofpgkg] s/fdf hf} lb65g\ . æljZj lj Bfnodf /fd] c l NoPsf / lfdtf ePsf lj Bfyl}f0{ lzlf0f k}zdf Nofpgk5{ lsgeg]

;j f cfofua6 cWofkg cgdltkq InP/ vhf klt:kwfdf  
pQlOf{eP dfq :yfol lzlf s xg kf0G5 . ælxn} t  
lj 1fgdf :gftsdf ljziz6 >Qlfd kyd ePsf} JolQm  
klg Psjif{alP8 jf bzdixg} tflnd gln0sg cWofkg  
cgdltkq ; d} kfp6gÆ ; fksf6fn} cfknk ; sf} k} t} j} sf  
cfl} To bzf6b} eg} æloxl eP/ kltefzfnl JolQm lzlfOf  
kzdfdf cfsliif gePsf xg\ . pglx ; nfo{ klxnf ; f} ;  
:yfol lgoLQm lbg} / kl5 tflnd lbg} x} eg} pglx ; nfo{  
lzlfOf kzdfdf Nofpg ; lS65 Æ

o:t} lzlfssf} tna ; lj wfnfo{ ol bj } lgsfon} of  
; d:of dfq} klg ; Dafwug ug} ; f} eg} agfPsf 5gq\ .  
/fd} c} NofPsf jf lj z} lf fdtf ePsf nfo{ lj z} ; j} f,  
; lj wf lbg} ; f} klg ; /sf/sf} 5g . ; j} f k} z} ul/ ; skl5  
a9l tna ; ; lj wf lbP/ ...kzn l66d} l6l ug} ; lS6gÆ  
pgl e65g\ . æto ; f} ug} {Gofol} t klg x6g Æ pk ; lrj  
ykinof yk5g\ . æa9l c} NofPs} cfwf/df s ; nfo{ a9l  
tna / ; lj wf lbg} s/f plrt x6g . a? c} e6bf blf  
ePsf n} pglx ; n} l56f} l56f} kdfz} g lng ; S5g\ Æ

lj ifoj :tdf p ; sf} /fd} ks8 x65 Æ lzlf l b\  
dfydf e65g\ ælj ifoj :tdf /fd} 1fg ePsf nfo{  
lzlfOf lj lwsf} /fd} 1fg / ; lk lbP/ lzlf s  
agfpg} x} eg} p ; n} /fd} ; t l ; sfg a%fpq  
; S5 Æ sxl jif6l3 cdw/sfsf} 6g ; l / 8Nnf ; df  
ul/Psf} Ps cWogn} cf} t l fdtf ePsf  
lj Bfyl ; nfo{ pQd kfDf bl/Psf lzlfssf} lhDdf  
lbg} x} eg} k/l fdf pglx ; pQd ! ) kltzt  
lj Bfyl{ dWofdf kb5g\ e6g} b} yfPsf} 5 . cyfÆ  
pQd lzlf sn} cf} t lj Bfyl nfo{ klg pQd agfpg  
; S5 .

c6t/f60 k/fdzkftf ; yf d/Ss6 ; n}  
cg ; Gwfg kl5 ut jif ; f} hlg s u/ } f} lgisif  
x} pQd hgziQm nfo{ lzlfOf kzdfdf t6gk5 .  
To ; sf} cy{x} lj Zj lj Bfnosf h} x} of/ lj Bfyl nfo{  
lzlfOf kzdfdf cfsliif ugk5 . o:t} hgziQm nfo{  
lzlf s kzdfdf t6g} s/f 5gf6 klg nfo{ / tflnddf  
e/ kg} klg ; f} cg ; Gwfgsf} lgrf6 5 . gkfnf  
lzlfssf} dof6f 36b} hfgdf / /fd} lj Bfyl{ of  
kzfklt cfsliif gxgdf 5gf6 klg nfo{sf} ; æ6bf  
dx6j kOf{ xft /x} sf} dflg65 . ctM hlt ; Sbf  
l56f} 5gf6 klg nfo{ klt :kwl{ lj Zj ; glo /  
lgikl f agfpg ; Sof} plt g} rfb} of} kzdfdf  
/fd} / ultnf o} f nfo{ t6g ; lsg} blv65 .  
o ; sf ; fy} uof :t/ / dof6f gv :sg} s/fdf  
cfZj :t kfg} u/L h} x} of/ o} f nfo{ of} kzdfdf  
Nofpg} c6o pkfox ; sf} vfh} ug{ klg l9nf0  
ug} 6g . h} x} of/ / kltefzfnl e0sg klg ul/  
alsf sf/Of pRr lzlf xfl ; n ug{ g ; Sg}  
lj Bfyl ; nfo{ lj le6g kofsh} tof/ u/} pRr

lzlf cWooqsf} cj ; / lbg} x} eg}  
ltglx ; nfo{ elj iodf lzlfOf kzdfdf Nofpg  
; lS6f} /x} e6g} kll6 wfb^sf} ; Toj tl  
pRr dflj n} u/ } f} 5 -x} c6t} f6f} .

lj Bfnosf} z} lfs jftfj /Of csf}  
ckl/xfo{ t} j} x} . æafix/af6 sb} klg  
x :tlfk xg6Pg, bnlo /fhglt kOf6kOf  
a6b xgk6of} . lj Bfnoleqsf} jftfj /Of  
klg /fd} agf0gk5{ Æ lzlf l b\dfydf  
e65g\ æ/fd} lzlf snfo{ k/ :sf/ lbg} /  
v/fa lzlf snfo{ lgisf ; g ug} Ddsf}  
clwsf/ kwfg nfo{ ksnfo{ lbgk5 . lsgls  
hx f kwfg nfo{ ksnfo{ alnof} 5, Toj} :sh  
/fd} x65 Æ dfydfsf} ; %fj 5 . æ/fd}  
glthf cfPg eg} To ; lglD kwfg nfo{ ksnfo{  
pQ/bfol agfpgk5{ Æ o ; f} u/df h} x} of/  
o} fx ; lzlfOf kzfklt cfsliif ug{ ; lsg}  
pgsf} lj Zj f ; 5 . o ; sf ctiL/Qm pQd  
lzlf sx ; nfo{ dfq /fho / ; dhfn} k/ :sf  
ug} kl/kf6l :yflkt xg ; s6f klg of  
kzfsf} dof6f a9b} hfg} ePsf n} To ; df

klg ; /sf/ / lj Bfnosf} oyf} rt Wofg klg'  
cfj Zos 5 .

gkfnf ; j} f k} z} u/ } l} v} cjsfz gkfp-hh  
Pp6f lzlf sn} a9ldf kwfg nfo{ ksnfo{ ; Dd xg ; Sg}  
Joj :yf 5 . gkfn lzlf s olgogsf cWof  
s} z} k} fb e\$ /f06f} cgejdf lgoLQm InPb} v  
cjsfz ; Dd Pp6} eldsdf a :gkbf{ lzlf sdf  
ug} h6f/ d/} h65 . ælzlfssf} l fdtf / :t/  
cg ; f/ ; f} JolQm lj Bfno lg/Lfs, lhNnf lzlf  
clwsf/L, kf7æqndlj 1b} v} cg ; Gwfgsf lfgdf  
eldsf lb0gk5 . x/ } tlg-rf/ jifdf p ; sf}  
eldsf km/lbgk5 Æ, e\$ /f0{ e65g\ æo ; n}  
lzlf snfo{ pt ; fxl / ; hgzln e0/xg klt u5 .  
o ; n} gofDflg ; x?df lzlfOf kzfklt ?lr k6f  
ug{ d2t u5 Æ

gkfnl ; dhdf 8fS6/, OlGhgo/, kf0n6  
h :t} kzfnfo{ ; Ddfgt cfwfn} x} l} gsf k5f18  
logsf} 5gf6 klg nfo{, of} otf / ; j} f ; lj wf dVo  
sf/Of xg\ . ol kzdfdf cfpgsf nflu z} lfs  
of} otfn} dfq kl6g, lglZrt cjlwsf} tflnd  
klg xfl ; n ugk5 . ærf/ jif6f} PdalalP ;  
sf} {Ps jif6f} 066g{ lkl5 d} l} Bsn sfpl6 ; nsf}  
k/Lff kf ; u/} dfq sb} klg JolQm 8fS6/  
xg kfPh :t} lzlf s a6g klg To :t} vnsf} sf} {  
tflnd / cgdltkqsf} :t/ klg To :t} agfPsf}  
eP lzlf s kzf klg rfg} g} kzf xg} lyPg Æ,  
lzlf d6qfnosf pk- ; lrj th ; l ykinof  
e65g\ . afnafnsfnfo{ lzlf lbg} sfd kllj lws  
ePsf} pNn} v} ub} pgl ; j} f k} z} æ/ vshf}  
agfpg gxg} lj rf/ /fv5g\ .

# cfj /OfM lJZj cgej

/fhSdf/ a/in



tla/xz 066/g6

## ultnf lzlfS ; a } b z s f ] ; í 6

**u** Of:t/lo lzlfssf]dfu a9/x6f ; #f/e/ .ultnfl -cyff\k9fpg /dfpg] ljifodf blf / g]ts andf ljZj; /fVg] lzlfssf]cejf ; %f lr{tfsf]ljifo a6g yfn\$]5 . bilfof Plzof / clk]sfh:tf ul/a lřđf cfly\$ cj:yf / c6o ; ljwfsf] cejjsf sf/Of ultnf lzlfssf] ckl'tđf ; d:of k/\$]5 eg]cdl/sf / o/f]kd f rlxFlzlf0fegb c; kzf a9l cfsif\$ ePsf sf/Of ultnf lzlfssf] sdl xg uPsf] 5 .

kl/OfdtM cfh ; #f/sf ; a]h; f] ; /sf/ / ljBfno ; ~rfnsx; /df] lzlfssf] vřhđf h6\$ř kf0G5g\ . ; fdfGotM ljBfyl\$]f] glthfaf6 lzlfssf]:t/ dfkg ug]rng ljZjel/ g}5 . t/, ultnf lzlfS s:tf xg\ eGg] dfkb08 / ltgnf0{ s; /l cfsliřf ug] eGđf rlxFbZ]kR5] km's cjwf/Off /x\$ř kf0G5g\ .

ljsl; t bZx;df lzlfS 5gřđ ug]sfd lghl sDkglx; n]ug{yfn\$ř 5g\ . sg]ljBfnof0{lzlfS cfjZos k/đf o:tf sDkglx;nf0{cfk]h]rfx\$ř]

lzlfssf]ljJ /Of lb65g\ . To; cg'f/ cfj]đg dfu ug] lnvt, cGtjřř{/ kof]řids k/lif lng]sfd sDkglx; n] g}u5đ\ . bZ]kR5]o:tf sDkglx; n] lng]k/lifsf] 9řř km's xg]u5{ . cfhef]h k]om Odihaf6}cfj]đg dfu ul/65 . lzlfS 5gřđ ubf{lzlfsf] afořf6fegb p; sř] ; lk / cltl/Qm kltefdf a9l Wofg lb0G5 .

lzlfSnf0{sg s/fn].ultnfl agřp5 eGg]olsg dfkb08 sxlFklg 5đ . tyflk, lzlf]ljbx;đf/f ul/Psf clWogx;af6 .ultnfl]lzlfsl sf sxl ljZ]řř; eg] ; [ ] u/\$ř 5g\ . ol ; [ ] eg\$ř z]lfs off]otf, lzlf0f cgdlt kq, cgej, ljifoj:t\$ř]1fg / lzlf0f ljw g}xg\ . sg}lzlfS ultnfl]xf]j f xřđg eGg]Ps}jifđf yxf xg] sxl clWogx; n] b]řPsf 5g\ . 6đ]l Eofnh] u/\$ř clWogn] sd kęjzfnl lzlfSn] k9řPsf] slfsf ljBfyl]ul0tsf]k/lifdf @ ( kl'tzt cı NofP eg]a9l kęj sf/l lzlfssf ljBfyl] \*# kl'tzt; Dd NofPsf] b]řPsf] 5 .

l6r/ Plkl; ozg Anusf cg'f/ cdll/sdf ! ) xhf/eGbf a9l lj bZ]l lzlfSx; lghl / ; fj řlgs ljBfnox;df egf{ul/Psf 5g\ . h; df ; ađGbf a9l ; ^Wof lkmnlkG; sf lzlfssf] 5 . cdll/sl ; /sf/n] lkmnlkGf] lzlfssf] z]lfs k[7eld / tflndkl't a9l ljZj:t / ; xh 7fg\$ř] pQm Anun] hgřPsf] 5 . t/, kl5Nnf kfF jif]lv Plzof lřđaf6 hřg]w7ř; f] lzlfSx; uřFj f ; fg zx/df v6f0g] / logsf] tna ; ljwf klg sd xg] u/\$ř] 5 . cdll/sdf ul0ft / lj1fg lzlfssf]cejf a9b) u0/x\$ř]5 . clxn]cdll/sdf lzlfS aGg lzlf0f cgdlt lnPKl5 . nđn Pl klg kf; ug]k5{ . Snř]h^a bl Plred]6 Uofkl jfl; ^6gsf cg'f/ cdll/sfsf ul/a :shn]:t/lo lzlfS křpg Psbd}ufx]5 . lzlfssf]a9b] cfj]nf0{ Wofgdf /fvb} cdll/sl ; /sf/n]kl'tefj fg\oj fx;nf0{lzlfdcf cfsliřf ug]{5řj Q / cfly\$ ; xof]u a9řpg] ofřgf cl3 ; f/\$ř] 5 .

g]đf .ultnfl lzlfssf] ; ^Wof a9řpg g]k]Zlx; sř] tna, ; ]f- ; ljwf j[4 ug] s/ 36řpg] 066/g6 ; ]f pknAw uřpg] ařđ ; lbq] COf lđgřf ug]řufotsf ofřgf Nof0Psf] 5 . cfBřlus /fi6x;df a9f lzlfS w] 5gV lzlfS aGg rfxg]ořsf] , ^Wof lg/t/ 36b] 5 . o:tf] ; l6af6 hřl]ug kof]t ; řř; fwg ePsf bZx; n] ; řj řlgs cleofg / cfly\$ křl] ; fxg a9řpgsf ; fy}5gřđsf] j] \$llks tl/sf ckgřpgkg] ; %ř oğ]sř]h]lbPsf] 5 . oğ]sř\$ř cg'f/ ; x; řAb] lj sf; nlo cřtuř ljZjJofkl křylds lzlfssf] nlo k'f ug{ Ps s/ř\$ \*) nřv yk lzlfS cfjZos k5đ\ .

.b 6ř0D; ckm0lG8ofl sf cg'f/ ( nřv ljBfno / \$^ nřv lzlfS ePsf] ef/tdf křylds / lgđř]df đřq}c7 nřv lzlfS cku 5g\ . o:t} pRřđř]df !@ nřv lzlfssf]Gođřf 5 . laxf/sf křlj :shdf \*# ljBfyl{ a/fa/ Ps lzlfS k5đ\ . pQ/kđZsf ; a}křljdf Ps-Ps hgř lzlfS klg kđg ; s\$ř 5gđ\ ef/tsf ! ) kl'tzt lzlfS % jifđGbf dflysf 5g\ . Toxf ^% kl'tzt lzlfSn]kl't jif{cjsfz

kfp5g\cyjf kzf 5f5g\.  
 ef/tsf]z]fs ofhg tyf kzf; g  
 /fli60 ljzlj Bfno -Pgo0kIP\_sf  
 cg;f/ ef/tdf Psblv cf7 slff; Dd  
 k9fpg]Ps rfyf0 lzlfns]P; Pn; l  
 dfq kf; u/\$f 5g\. Toxf5f]/fli60  
 dNof]g tyf kdf0fs/Of kl/fbfsf  
 cg;f/ snh txdf c%0) kltzt  
 lzlfns dfq :gfts 5g\. sltko  
 7fpdf lzlfns tof/l sf]df alP8 kf;  
 lzlfns] g} alP8nf0{ k9fP5g\.  
 ;]fsnlg tflnd kfg]lzlfns hddf  
 #! kltzt dfq 5g\. sh lzlfnsdf  
 !) kltzt .kof/f l6r/Ū (Para Teacher)  
 5g\. %f/v08df ## kltzt,  
 pQ/kbzd % kltzt, 5Ql; u9df  
 !& kltzt, laxf/ / cf6wkbzd !\$  
 kltzt o:tf .kof/f l6r/Ū 5g\. o:tf  
 .kof/f l6r/Ū dWb]\$\$ kltzt ljgf  
 tflndsf / cfkth] k9fpg] ljifodf  
 ljz]1tf gePsf 5g\. pglx;sf] tna  
 ef? () blv @)) ; Dd 5 .  
 ;/sf/l lzlfssf] tna kllj sf] ef?  
 \$%)), df]j sf] ef? %%) /  
 pRrd]j sf] ef? ^%) 5 . lghl  
 lj Bfnosf] tna of6bf sd 5 .

**clksf / blifof Plzof p:t}**  
 ljsl; t bzx;sf] thgdf blifof  
 Plzof / clksfsf] z]fs l:ylt  
 cto6t gfh5 blv65 . kfpn aghn  
 lzlfns kzklt]sf] cfsif / kll; fxg  
 Joj:yf; Da6w clksf / Plzofs  
 gkfnufotsf bzd u/\$f] cWooog  
 -@)) \$\_n sd cdfbgl xg] bzf  
 lzlfns; cNk Joj; fol xg] lgisif  
 lgsfn\$ 5g\. lqdg:t/sf] lzlf /  
 tflndsf] cefjn] ubf{ ol bzf  
 ax; aNos lzlfns kof{blf xg g; Sg]  
 pgsf] wf/Off 5 . of] lqdf hflu/  
 gkfkI5 df:6/ a6g]rng /x\$]klg  
 pgn]cf]ofPsf 5g\. lzlfns kzf]sf]  
 ;/lff vl:s6]uPsf] kof]t ; ]-; lj wf  
 gePsf] / clt /fhgllts/Of ePsf]h]  
 lzlfnsnf0{rf8]lg/fzn]5f]g] / of]o  
 dflg; x; lzlfns a6g grfx\$]pgsf]  
 lgrf 5 .  
 To:t}ol bzx;df lzlfns] a9l  
 ; do v6gkg] 7hf slffsf]f / w}]  
 ljifox; k9fpgkg]ePsn]klg lj t]off  
 hllg]u/\$f]5 . pQm kltj]hgn]Go6

cfo ePsf bzf sf ufdlof :shdf w}]  
 sd ; aWofdf blf lzlfns; ePsf]  
 b]vPsf] 5 . s]bls[ lzlfns egf{  
 k0ffnlsf sf/Of klg ultnf lzlfns  
 gel6g] kltj]hgn] b]vPsf] 5 .  
 8lPkncf08ln] ; g\@))& df  
 clksfsf]; x/f lq / blifof Plzofdf  
 u/\$f]cWooog]kllj lzlfns; lzlfns  
 kzklt ; a6bf sd cfsif ePsf]  
 b]vPsf] 5 . 3fgf / hflDaofdf t  
 kllj klt clnst klg cfsif gePsf]  
 kltj]hgd pNny 5 . ;] cWooogdf  
 ; d]6Psf 3fgf, l; o/flnofg /  
 hflDaofsf Psrfy0 lzlfns ; j]f]ofsf  
 a]h lj Bfnodf ef\$} el6Psf] klg  
 kltj]hgd hgf0Psf]5 . gkfnufot

cefj g]x]e6g]lgrf klg lgsfnPsf]  
 5 . kltfj fg\j fx;sf]lj bzf knfog  
 a9l]uPsf sf/Of ef/tdf /df] lzlfssf]  
 cefj ePsf] dflgPsf] 5 . ef/tdf  
 ; fnfvnf jflif\$ ef? \*) xhf/blv !  
 nfv; Dd sdfpg]lzlfns]cd]v/sf jf  
 a]hfdof ef? !^ nfv; Dd sdfpg  
 ; S5g\ ef/tlo kll] / ; lt; b]b]f/sf  
 cg;f/ ef/taf6 x/\$ jif(!) xhf/  
 dflj lzlfns; lj 1fg, uloft / c^u]h  
 ljifo k9fpg cd]v/sf / o/f]k]t/  
 u0/x\$ 5g\. a]fn]sl lzlf]j b]vdf  
 d]gsf cg;f/ ef/tdf lzlfnsnf0{l:y/  
 / sd tna; lj wf ePsf]kzf dflg65,  
 To; h] a]x/ ; fg] cj ; / kfgf; fy  
 o]fx; Totlit/ nfluxfl5g\.



**gj]f ;s[t, kf7dqml ;fdbfo / z]fs kdf0kqnf0{  
 :t/lo lzlfssf] of]otfsf ;kdf dNof]g ul/65 .**

blifof Plzofs lzlfns; eg]3/kfos  
 kb{; Gt16 xg]u/\$f 5g\ kltj]hgdfl  
 clt /fhgllts/Ofsf sf/Of blifof  
 Plzofs lzlfns clksfsf e6bf sd  
 lhDd]f/ xg]u/\$f]pNny 5 . t/  
 cgzfl; t 9En] slff ; -rfng ug]  
 ; jfndf eg] o/f]k / cd]v/sfe6bf  
 Plzofs lzlfns; cufl8 /x\$]f]  
 cWooog] b]vPsf] 5 .  
 ef/tdf c; f6ble\$ e0; s\$]k/f]g]  
 kf7dqndsf sf/Of tflndk]t / tflnd  
 glnPsf lzlfnsdf vf; }le6gtf gxb]  
 Ps cWooog] b]vPsf] 5 . lzlfssf]  
 cof]otfsf]kdf sf/Of tflnd sfl]f]

**lzlfssf] of]otf**  
 lzlfssf] cfwf/et z]fs of]otf  
 ; f/el/ nueu p:t}/x\$]f]kf065 .  
 ci6]nofdf lzlfns xg] lzlfnsf  
 ; Da6w ; f]lGts ljifo / Pp6f  
 ; j]R5s ljifo lnP/ rf/ jif{Dd k9f]  
 xgk5{. cyjf Ps}k6s snzf:qdf  
 :gfts / alP8 klg ug{ ; lsg5 .  
 Psjif]alP8 klg 5 . kzfut 1fg,  
 ljifout ljz]1tf / g]ts kl]ta4tf  
 lzlfssf cfwf/et cfjZostf  
 dflg65g\ kll]s blftf, l; sf0sf]  
 Joj:yfkg, lj Bfyl\$]f] cgludg /



# s; /l e0G5 .dxfgl Izlfs <



**P** | p6f Izlfsnf0{ s;h} .dxfgl agfp5 < Pskl5 csf[ ub{ ul/Psf xfn; Ddsf yk]cWooqx; n] sg]Izlfssf]:t/ jf u0f lqwf(0f ug]Pp6}dxlj k0f{cfwf/ p0mIzlfaf6 lj Bfyl6f0{ klt xg]Izlfssf]:t/ g}xf[eG]bVfPsf 5g\ .  
.Izlf0U ; a6Gbf sl7g dWozf]kzf dflgG5 .  
.dxfgl agsf nflu Pp6f Izlfsdf lj ifoj:t; kf7dqnd / z]lfs dfgsx;sf]lj zb\1fg, pI; fx, x/bd lj Bfyl6f] en0nf0{ Wofgdf /Vg] :jefj / l; sf0-k9f0df ?lr, cgzf; g / slffsf7f Joj:yfkgf] 1fg clg afnafnsfsf] hljgdf /fdl] kl/j t6 Nofpg] OR5fzIQm h:tf u0fx; xgk5{. olt w}u0f rfxg]ePsfng} .dxfgl Izlfs e]fpg sl7g xg]u5{.

pTkV/t u5G\ . lj Bfyl6f] Wofg kf7df 5 Is 5g eG]hfg pglx; kZg ul//xG5g\ . slffsf ; a} lj Bfyl6f0{ plQs} cWooGdf ; fdh u/fpg / s;l lj Bfyl6f0{c;dfly xjl xg glbg klg pglx; ; r; /xG5g\ . lj lw vfnf /f/s / hljGt tl/sfx; ckgfP/ lj Bfyl6f0{ k9f0klt pI; flxt tNof0/Vg' lTgsf] lbgrof{ xG5 .  
/fdl] Izlffsf] lj Bfyl{ G ; wF/fdl] ; DaGw

- o:tf Izlfs v/fa dflgG5g\**
- olb Izlfsn] ; wFj Bfyl6f] af/df gsf/fTds l6Kk0fl dfq ul//xG5 eg].
  - Izlfs slxNo} slffdf e]b6g eg]. ; a6Gbf l9nf] :sh cP/ ; a6Gbf rfBf]hfg]tyf kntg jf lr7lsf]sg]hj fkm glbg] Izlfs klg v/fasf] >0ldf k5G\ .
  - lj Bfyl6f] cS; / lagf ux'sfo{ 3/ kms(5g\eg].
  - Izlfsn] ux'sfo{ hfF u/7 lkntf{ ub6g eg].
  - lj Bfyl6f] kqilt-ljj/0f jf c6o hfgsf/l cleefj snf0{ k7f06g eg].
  - cfkth] k9fpg] lj ifosf af/df kof(t 1fg /Vb6g eg].
  - slff cJojl:yt / ebVfth rN5 eg].
  - cleefj sn] lbPsf] sg}klg ; Nnfx Izlfsn] dfb6g eg].

Ps c; n Izlfsdf lqdg lj z]f tf ck]ft xG5gM  
Pp6f /fdl] Izlfs ; a} lj Bfyl{ G plQs} cfzj]fbl xG5 . pm cf^gf] slffsf ; a} lj Bfyl6f] ultnf] glthf xfl; n ug{ ; S5g\ / s;l ag5g\ eG]s/fdf lj Jz :t xG5 . Pp6f .dxfgl Izlfsn] sdhf] lj Bfyl6f0{ slxNo} a]f:tf ub6g .  
/fdl] Izlfsx; cfkth] k9fpg] lj ifosf af/df klxn] g} :ki6 xG5g\ . nlvT ofhgf agfp5g\ . To:tf Izlffsf lj Bfyl6f] cfkth] s]l; Sgsf nflu kl9/xzf]5' eG]s/fdf hlxn]klg cj ut xG5g\ . ; fy] ux'sfo{ slff]glT h:tf z]lfs Joj:yfsf af/df klg lj Bfyl6f] :ki6 xG5g\ . x/z ux'sfof] l; sf0 p2]o xG5 . To; n] lj Bfyl6f0{x/z k6s gofF s/f / ; lk l; Sg] cj ; / lbG5 . /fdl] Izlfsn] Gofon]rt / ts{Et lx; fan]cI lbG5g\ . lj Bfyl6f0{g} sfd lb6f ; dosf] Vofn /V5g\ .  
/fdl] Izlfsx; k9fpg tof/ eP/ ; wF7ls ; dodf slffdf l55g\ . pglx; kf7nf0{ :ki6 a]6g] u/l, vfsf; lxt k]tt u5G\ . slffsf] jftj/0f klg zft / Jojl:yt /V5g\ .  
/fdl] Izlfsn] lj Bfyl6f0{c; lj ifodf e8]sg lb6g\ a? Pp6} s/fnf0{ w} sf]af6 xg{ l; sip5g\ . pglx; sf] slff sg] tVodf kl/ 6lE6g\ a? z? xG5 . pglx; .lsgl eG]kZg ug{ sg}klg lj ifo jf s/fnf0{ rf/ht/af6 xg{ / To; kl5 s]x]hf eG]cfsng ug{lj Bfyl6f]nf0{

xG5 . pglx; x/z lj Bfyl6f0{cfkth]Vofn ul//xzf] hfgsf/l u/f0/xG5g\ . /fdl] Izlfsx; xflb6, s/f ug{ ; lsg] pI; fxl / dfofn' xG5g\ . o:tf Izlfsx; lj Bfyl{ jf cleefj sn] rfxzf] a]hdf :shkl5 klg e6g ; lsg] ; lhnf xG5g\ . /fdl] Izlfsx; hlxn] s}lj Bfnosf ultljwdf ; xeful xG5g\ . :shkltsf]cf^gf]kl]ta4tf bz]fpg slxNo} kl5 kb6g\ . sg]JolQm .pDbf Izlfsu xg rfxG5 eg] pm cf^gf] lj ifodf 1fgl / lj 1 xgk5{ . cfkth] k9fpg] lj ifosf] blftf slffsf]df klz6g ug{ ; Sg] / cf^gf] lj ifosf af/df gofFgofFs/f l; Sg ; wF nfnflot xgk5{ .  
/fdl] Izlfs cleefj s; G lgoldt ; jfb u5G\ . pglx; cleefj s; G e63f6 ul//xG5g\ lj Bfyl6f] kqilt-ljj/0f k7f0/xG5g\ . cfj Zos kb{cleefj snf0{ e6g pglx; slxNo} cN5l dfb6g\ .

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# :shnf0{pIsi6 agfpg]v'val

**e** | Qnk/sf] ; Bfn- ( sf uofz bhfnstf  
3/ glhs} b0{ j6f :sh 5g\ . t/  
pgsf 5f]f5f]l x/ \$ lbg 8p 306f 6f9f tfynl  
; f8f]hsf] b]l pRrdflj kU5g\ . lsg <bhfnstf  
; f]f] hjfkm lyof] æz]axfb/ ; /sf sf/of .  
pxfFhg :shdf k9fpgk65, d d]f 5f]f5f]l  
Toxl :shdf k7fp5'Æ bhfnstf 5f]f dxz'n  
o; kfln b]l dfljaf6} &( kl'tzt cĭ NofP/  
P; Pn; l kf; u/] . ; Bfnstf \$) hgf hit ljBfyl{  
clxn] klg b]l dfljdf k9g wpg] u/ \$f 5g\ .

b]l pRr dflj eQnk/sf] pIsi6 ; fdbflos  
ljBfnodf ulg65 . /, of] ; kmntfsf] >φ . etk] {  
x\$; /U z]axfb/ a'fv'; lnf0{ lbg sf]l klg  
lxRsrfp6g\ . @)#! ; fndf a'fv'; l kç ep/  
cfp6f ljBfno ejgsf gdfdf tlg j6f k/fn]  
5fkĭ lyP . tlg slff; Dd k9f0 x6Yof] ljBfyl{  
lyP, \$) hgf . ; dbfo; E ldn] u/ \$f] a'fv'; lsf]  
k6f; n] ToxlF :shnf0{ lhNfnstf] gdfg :sh  
tNof0lbof] .

**ljBfyl{f] cg'zf; g, Joj xf/ / nugzIntfkĭt a'fv'; l  
rgfvf] /x65g\ . sġ} ljBfyl{6} k9f0df Wofg gIbPdf  
pgl cleefj snf0{ af]hP/ ; D%6p5g\ . sltko  
cleefj ssf] 3/df ckrFklg kU5g\ .**

@)@% ; fndf vh\$] of] :sh a'fv'; lsf]  
cujf06f @) \$& df dflj / o; } jif6] v pdflj df  
kl/oft ePsf] 5 . dflj ; ~rfngsf] :jls[t  
lng rfxg] ?-%) xhf/ a'fv'; ln] b]p; l-ep]af6  
p7fPsf lyP . æb]p; l-ep]af6 p7\$]f] /sddf  
?=@ xhf/ yk] ?-%) xhf/ k6ofPk15 dflj  
; ~rfngsf] :jls[t ldNof] pgl lxhf\$]f] s/f  
; D%65g\ . pRr dflj ePk15 ut c; f/ \*  
b]v a'fv'; ln] k6sf] lhDd] f/l 5f8] . t/ pgsf]  
:j/df clnsit klg ubf; f] ldl; Psf] kf06g .  
eQnk/sf] ; /:j tl ljBfu]af6 t[lo >Qlfd  
P; Pn; l u/ \$f z]axfb/ a'fv'; ln] :gfts; Dd

lzlffzf:q k9\$]f xg\ . clxn] pgs}  
k] { ljBfyl{ /fhf/fd 5sf^a kç  
5g\ t/, ljBfnodf c%} klg  
a'fv'; lnf0{g}; a]h].x\$; /U e65g\  
gofF kç 5sf^a e65g\ æd]h]  
af]Wotfj z kç a6g' k6of] . pxf]6}  
cg6j / dfu6z6df rnfPsf 5f].  
d t x:tfIf/ dfq} u5{Æ

a'fv'; lsf] kvf]g]Wofks]j sfndf  
P; Pn; l pQl0f{ % (^ hgf  
ljBfyl{Wb] kF hgf lj]z16, !\*! hgf kyd  
>Ql / @!\* hgf lätlo >Qlfd lyP . @)^\$  
; fnsf] P; Pn; ldf o; pdfljaf6 \*\$ kl'tzt  
ljBfyl{kf; eP eg] 5fg lg/g 5sf^an] eQnk/sf  
#) j6f ; fdbflos ljBfnodWb] ; j]f]s]6 -\*\$=@  
kl'tzt\_ cĭ NofP . lg/g e65g\ æd]f] ; kmntdf  
a'fv'; l /sf] k7off / dxgtsf] 7hf] xft 5Æ  
a'fv'; l slff ( / ! ) nf0{ :jf:Yo, hg; a'Wof  
/ jftfj/of ljifo k9fp6g\ . pgsf] ljifodf  
clxn] Dd Pp6f ljBfyl{ klg c; km ePsf]  
/\$8{5g . nugzln lzlfs, ldxg]l ljBfyl{  
/ ; xof]ul cleefjs eP /fd] gIthf Nofpg  
sl7gf0{ gxg] pgsf] 7Dof0 5 . æ/fd] u5{  
eg] cfdljZjf; sf ; fy sfd u/Qf ; lsg]  
/x\$Æ pgl e65g\ æx/\$ jif{ P; Pn; l gIthf  
; fj]hgs x6f b]l :shsf] ; kmntfnf0{ ; a]h]  
tfl/km u5g\ . cf^gf] :shsf] kç; f ; Gb v; l  
nfU5Æ P; Pn; ldf pIsi6 gIthf NofPsf sf/of  
lhNnf lzlff sf]ofoaf6 b]l pRrdflj n] kl5Nnf  
b0{ jif{ Ps-Ps nf v?k6f] k/:sf/ kl't u6of] .

eQnk/sf] tfynl / cf; kf; sf up6f z]f]s  
r]gf a9fpg z]axfb/ a'fv'; ln] u/ \$f] ldxg]nf0{  
eQnk/df w]h] kç; f u5g\ . jf; snf e65g\ æpxfF  
gePsf] eP xfd]lj Bfno o; /l kl'tli7t / Joj :yt  
xg] lyPgÆ

cf^gf ljBfyl{f] cg'zf; g, Joj xf/ /  
nugzIntfkĭt a'fv'; l rgfvf] /x65g\ . sġ} ljBfyl{6}  
k9f0df Wofg gIbPdf pgl cleefj snf0{ af]hP/





klm cfod

**Izlfssf] bflotj af\$kl5 ; dod} lJ Bfno cfpkgkI  
afv';lsf] dftotf 5 . pgl e65g\ æcfkth] kPsf]  
lhDd]f/lnf0{Odffbf/Lk}f\$ k/f ugk5{. lJ Bfyl6f0{  
;bfrf/L a6g Izlff lbg] xfdln] 7lg ldnbg] Æ**

dx; ; eof] æj Bfnosf] kullt /fd]5, cfd; Gtl6  
5 Æ Izlfof kzfdf rbf]l slxNo}g36g] pgsf]  
cgej 5 . æsf d u/} slxNo}g; lsg] /x\$ .  
lJ Bfnosf] :t/ / glthfnf0{s; /L a9fpg] e6g]  
lrGtf ; wF e0/xG5 Æ afv';L e65g\.

lJ Bfno lJ :tf/sf qmddf ePsf] Pp6f bvb\  
36gfn] pgnf0{ clxn] klg pl0s} lk/f]5 .  
lJ Bfnosf] dflj sf]f yk ug{ l9:sf] eTsf0b]  
lyof]. To; qmddf afv';L; f}k9fpg] Izlfs s[Of  
jf; snf / pgsf 5f]f ; a\$if{ jf; snfsf] df6fh]  
kl/P/ d[0' eof]. æd]f nflu b]l :sh; f]sf]  
; DaGwdf ; æ6bf bvb\ 36gf oxl g] /Xof]  
pgl e65g\ . pglx; sf] ; D%gdf lJ Bfno kPaf0fd]  
d[ssf kltdf /flvPsf 5g\ . ;fydf %# xhf/  
?k6f]sf] clfosf]f v8f ul/Psf] 5 . pgl e65g\  
æsf]f]sf] /sdaf6 p7\$]f] Aofhaf6 lJ Bfnosf]  
ctil/St lqmf snfksf] vr{ h6fP f} Æ

lhNnf Izlff sfofno, eOnk/df c9f0{ jif{  
lhlzc /lx; s\$]l /fhonldl gsd{-xfn lhlzc,  
wrlb<sup>a</sup> afv';lnf0{ eOnk/ lhNnfs} ldlxg]l /  
pbfx/0fno Izlfs dfl65g\ . pgl e65g\ æj Bfno  
Joj :yfk g / g]T]df pxf]f] lgs} bVvn 5 .  
; f'gf glb0sg] d b]l :sh lg/Llfof d klbf  
Toxf]f] z]f]f jftf /of slxNo} cJojl :yt ePsf]  
blvgf. upf]f] lJ Bfno olt Jojl :yt / cgzfl; t  
sd} dfq e6\$]f] 5' Æ

Izlf0f kzf dofbt a6g g; s\$]f afv';ldf  
c; Gtlf] 5 . t/ ; f]xgdf Izlfs :jos}sdhf]l  
b]5g\ pgl . e65g\ æzlf s cfkth] Izlfofnf0{  
dofbt agfpg]xf] c;sf]dv tfSg]xg . xfdln]  
cf'gf] bflotj / lhDd]f/laf6 kl65g t ldnbg]  
lg Æ pgl Izlfsnf0{ hflu/dvl dfgl; staf6  
kzfdvl tNofpgkI cfj Zostf cfl'ofp5g\  
jtdfg z]f]f k0ffnlkl' afv';L Tolt ; Gtl6  
bl'5g\ . pgl e65g\ æk76qnd ; do; fklf 5g,  
lg/Llfof / cgludgsf] klqmf lgoldt 5g . of]  
kefj sf/L xgk5{ Æ lJ Bfnonf0{/fhnglts/Ofaf6  
/f\$gkI pgsf] ; %fj 5 . b]l pdf]f]sf] yk  
:t/f]gltsf nflu afv';ls}dfu{bzgnf0{k5dfpg]  
qmddf 5g\ clxn}f kç / c6o Izlfsx; .  
kç 5sf<sup>a</sup> e65g\ æ\$ ; /n].l :6dl a; f0lbgPsf]  
5 . xfdl o; hfo{lg/Gt/tf lbg nflu k5f]-  
pxf]f] of]ubfgn] xfdlnf0{ ; wF dfu{bzg]  
ul//xg\$ Æ

D%fp5g\ . sltko cleefj ssf]3/df cfkth]klg  
kl5g\ . kl5Nnf b0{ jif6f lJ Bfnosf Izlfssf]  
; dx agfP/ pgn]3/bhf]sfod rnfP . s:tf]  
/Xof]t To; sf]cgej <æk/Llf cfpgtl3 3/bhf]  
u'of}. o; af6 lJ Bfyl\$]f] k/Llf tof/laf/ a'g  
/ lJ Bfyl\$]f] sdl-sdhf/laf/] cleefj s; f] k]olf  
5nkmn klg ug{ kfof]f pgn] ; gP .

b]l pdf]f]n] eOnk/d} lJ Bfnosf] szn  
Joj :yfk g / cgzf; gdf uhasf]voflt sdfPsf]  
5 . Izlfsx; sf] ; fdlxs k6f; / :yfgo:t/af6  
ldn\$]f] ; xof]un]of] ; kmntf ; Dej ePsf] afv';L  
atfp5g\ . æ; xsdl{ Izlfs / cleefj sx; sf]  
; xof] lJ gf lJ Bfnosf] Joj :yfk g ; Dej g}5g .  
o:tf] ; xsfo{ eof] eg] w} ; fdbflos lJ Bfnon]  
/fd]glhtf lgsN5g\ pgsf]cgej n]e65 . z]f]f s  
cg; Gwfg tyf lJ sf; s[bl-; /8.n]rf/ jif6l3sf]  
cf'gf] kl'tj dgdf kefj sf/L Joj :yfk ePsf]  
lJ Bfnosf] ; f'ldf b]l :shnf0{/fv\$]f] lyof].

afv';ls} zAbdf pgl cln .v/f] ldf; sf  
5g\ . pgl laxfg ; jf gf]ahbf lJ Bfno klu; S5g\  
Izlfssf]bflotj af\$kl5 ; dod} lJ Bfno cfpkgkI  
pgsf] dftotf 5 . l9nf] cfp]g] Izlfssf]  
xflh/sfklf . /ftf] lrGxdl nufPsf] tltf] cgej  
klg pgl; f] 5 . pgl e65g\ æcfkth] kPsf]  
lhDd]f/lnf0{Odffbf/Ltk}f\$ k/f ugk5{. lJ Bfyl6f0{  
; bfrf/L a6g Izlff lbg] xfdln] 7lg ldnbg] Æ

%08} rf/ bzs nfd]f] Izlfof cgejdf  
afv';lnf0{of] kzf slxNo}lg/ ; nfuq, a? uj{

# cjwf/OffM Ij Bfno-khftGq

sžjk; fb eš/f0{



# ; bfljo gful/s agfpg]af6f]

gkfnufot sltko bžx;df :shx; khftflGqs dNo / ;:s[lt lgdf[fsf s[|aG  
; sšf 5g\ . :shx; c%}klg afXo bafa jf cfGtl/s cejsf sf/Of clwgfosj fbl,  
; fdGtl / s7f] kžf; lgs dNo k/Dk/df g}; ~rfng e0/xšf 5g\.

**bf]** ; fl Ij Zjo4sfnlg lall6z klvfgdGql Ij G:6g  
r[r]n[ . bžsf] klvfgdGqln] eGbf Ij Bfnosf  
kčx; n]a9l zIQmpkoŋ ug]u/šf 5g\eg] Ij Bfnox; sf]  
lg/s<sup>a</sup>x ; ~rfng Ij lwdfly kxf/ u/šf lyP . yf[;  
cfNj f P18; g h:tf ; ašGbf a9l cfIj isf/ ug]j } flgsnf0{  
pgsf kčn] . sfd gnflg] dfG5] egl Ij Bfnoaf6 lgisfzg  
u/šf lyP . To; kl5 yf[; slxNo}: sh-snh uPgg\ .  
al; f; zt[Absf dxfgtd\ j } flgs cNj 6{ cf0G; 6f0gn]  
Ps k] Edf cf'gf] : j tGq IrGtg / : jefjsf sf/Of  
. lzlsx; sf] clk[ afn] - Joj xf/ Joj f] / \$ fl pNny u/šf  
5g\ . hh{ j g f8 z f t . lgbf] JoIQm; sf nflu : sheGbf  
qf; blkOf{ csf] 7fpFg} x[ } / sltko cj: ydf t : shx;  
ofnvfgeGbf klg a9l qm' 7fpFxb; Dd egšf lyP .  
of] : yltf cfh cfd ; kdf uoffds ; wf/ cfPsf] 5g .  
t/ klg, o:tf cfn]gf / cej] afahb : shx; n] g}

; dhnf0{ cf'gf] klxrfg lbG5g\ . JoIQm / ; dhnf0{k/; k/; f;  
hf] } tyf hljgdNox; sf] lgdf ugdf : shx; s} eldsf  
cx+/x[ } cfPsf] 5 . :sh cyf\ lzlfdfkne g} ; dhn]  
cf'gf dNo / ; :s[lt csf] kl[ df x:tfGt/Of ub5 .  
krlnt Ij Bfno k[fnlsf o:tf sdx; x6fpg] p2Zon]  
/ j lgbfy 7fs/n] aXd Ij Bfno vfh] . kl5 Toj] : sh  
Ij Zj ef/tl Ij Zj Ij Bfnosf] ; kdf Ij sf; eof]. 7fs/sf]  
of] k[ f; n] lzlf k[fnldf qmlGtsf/L ; f; / kl/ j tG  
dfq NoPq, blgofhf0{/fd] cyžf:ql ; E1, snf ; fws,  
bfzlgS / IrGts ; d] lbof].

xdf] khftGq / To; sf] eljio cfhsf slfsf] f; x; n]  
kltlglw] ub5g\ . k] {klyds / klyds slfdf clwoog/t  
afnafnsf bžsf kyd gful/s ; dx xg\ . To; h] zifGt,  
; d; ; dGgt / khftflGqs / fiogdf[fsf] s[|bdf tl  
afnafnsf / xgkb5 .

Ij Bfnodf clwoog/t Ij Bfyl{/ sfo[lt lzlsx; sb]  
klg lsl; dsf] bafa, tgj / eoaf6 dQm / x] : j tGq  
/ vhf jftj/Ofdf clwoog-clwoogkdf ; nlg xg kfpq]  
clwsf/sf] klfd ; fdilhs ax; k/De ug{/ To; sf]  
klfd ; fdilhs an lgdf ug{ gkfn lzlsf olgogn]

@)! ; fndf gkfnf klxnf] k6s Ij Bfno-khftGqs]  
cjwf/Offnf0{ ; ofds ; kdf cl3 a9Psf] xf].

x/š afnafnsfn] z?b]v g} cf'gf efjgf, dfu,  
ck]ff / ; j lgbzIntfklt h]h:tf ; sf/flds jf  
gsf/flds kltlqmf k[kt u5g\ pglx; leq klg To:t}  
; sf/flds of gsf/flds zIQm lgdf xG5 . Toj] g}  
qndz] pglx; sf] ; fdilhs Joj xf/df cleJoQm xg kU5 .  
To:t} : shdf xg] lx; f ; fdilhs lx; f xf] / : shdf  
xg] khftGq ; fdilhs khftGq xf] . : shdf zifGt /  
khftflGqs jftj/Ofdf lzlf xf; n u/šf] JoIQm] efl  
hljgd lx; f] ds ; s[tdf k] ž ug] ; Defjgf w]} sd  
xG5 . khftflGqs hljgk4ltdf p; sf] ofubg klg Ij zio  
xg; Sb5 . : shdf lx; f Joj] šf] s07f / lg/fzdf xššf]  
ktf8gf v[šf] / r/d lt/:sf/sf] cj: yaf6 ulhP/ xls[sf]  
Ij Bfyl] ; dh; f Toxl Joj xf/ ; f65 . of] p; sf] bff]  
xf] g, jfe]js kl/Ofdf dfq xf].

To; h] khftGqs] kyd cEof; sf] ynf] Ij Bfnox; g}  
xgkb5 . : shx; n] g} khftflGqs dNo, ; :sf/ /  
Joj xf/dikne khftGqnf0{ g] j klfj ug] khftGq cgSh  
/fhqllts ; s[tsf] nflu cfj Zos klta4tfoQm gful/s  
lgdf[fsf] bflolj klg : shx; n] g] lqj f; ug] 5{ . khftGq  
cf: yf dfq xf] g] khftflGqs hljgk4ltsf] ; lk / ; :sf/  
klg xf] . s; /L cfux / k] f; xaf6 dQm / xg] cf'gf]  
klfnf0{s; /L k] tt ug] ; fdilhs 5nkmdf s; /L ; /s  
xg] s; /L lgof6df klG] j j fl/s / ; f: s[ts Ij jwtfnf0{  
s; /L uxOf / ; Ddfg ug] ; d: of / rbf] l; sf] alraf6  
gof; Defj g; sf] 9šf s; /L vflg] eG] s/ khftflGqs  
; :sf/ cGtu f g} kb5g\ . csf] klf / p; sf] lrf/nf0{  
s; /L ; Ddfghgs Joj xf/ ug] eG] klg lzlf0f ; yfx; n]  
g] l; sfpgkb5 .

t/ gkfnufot sltko bžx;df :shx; khftflGqs  
dNo / ; :s[lt lgdf[fsf s[|aG ; sšf 5g\ . :shx;  
c%} klg afXo bafa jf cfGtl/s cejsf sf/Of  
clwgfosj fbl, ; fdGtl / s7f] kžf; lgs dNo k/Dk/df  
g}; ~rfng e0/xšf 5g\ . o:tf] xg' egšf] Ij Bfnox; n]



;/sf/n] cfknhf0{  
 hglgjfrt /  
 khftflGqs eg] bfal  
 ug] clg lzlfSX;n]  
 cfknhf0{ nf\$Tgajfbl xF  
 eg] uj{ug]t/  
 ljBfnosf] ;~rfng  
 kffnl rflxFrlrG,  
 OdzG, jfl8f] / jgf8  
 zfn] eg] %Fg}xg] xf]  
 eg] g lzlfs  
 khftGajfbl /xg ;S5g\  
 g bZ khftflGqs xg  
 ;S5 .

ck]olf ;kdf ckhftflGqs / czflGtsf sf/sx;n]f0{g}  
 dnhn ug{xf].

olb :shx; khftflGqs ;Argf xg\ lzlfSX;  
 khftGajfbl xgV khftGq pglx;sf]cf:yf xf]eg]:shx;n]  
 khftGqnf0{ ;Af0f u/\$} xgkb5 . Itgsf] khftGqkltsf]  
 cf:yf, ljZjf; / ;:sf/ ljBfnodf Jojxf/df ?kftl/t  
 ePs}xgkb5 . cgej af6 khftGq l;Sg]/ l; sfpg]; aebf  
 pkoQm s[bl ljBfno xf]. ljBfnodf xg] lqOf6 klmofdf  
 ljBfylX;sf]kfej sf/l pkl:ylt / ; xelutl ljBfno khftGqsf]  
 cfdf xf] / zflGt ;:s[tsf] cfwf/ xf].

khftGq eg\$]b0{jf b0{eGbf a9l klfx;df% xflb5  
 / lhDd]f/ ; jfbsf] l:ylt xf]. ljBfnodf ; a}; /f\$]f/  
 ; dx;alr lg/Gt/ ; jfbaf/f k/:k/ ; sf/tds  
 kltlqnmf0{kof]t :yfg lbg' ljBfno-khftGq xf]. hxfF  
 :j:y ; jfbsf klmofx; rllb5g\ToxFk/:k/ Pstf,  
 ljZjf; / ; f;fb(jftfj/Of lqdf0f xG5 . o:t]jftfj/Ofdf  
 dfq ; a}klfx;sf] ; Ddfg / clwsf/ ; /lft xG5 .

ljBfno-khftGq eg\$]pRr uof:t/lo ljBfno klg  
 xf]. lqOf6 klmofdf 5nkm / ; xelutfnf0{dx]lj lbf  
 ljBfylX;n]l; sf0sf nflu a9l pkoQm zlf]s / ; fE7lgs  
 jftfj/Of kft ub5g\ . ljBfno ; ~rfngdf lqdf0f /  
 lj sf; ePsf] khftflGqs g]Tjn] ljBfyl\$ l; sf0

cfjZostfx;sf] kl'tsf nflu dfq geP/ ; dhsf cG0  
 ; b:ox;sf]:yfglo cfjZostf kl/kl'tsf nflu klg :yfglo  
 k4lt lqdf0f ug{ ; S5 . jf:t]js khftflGqs g]Tjn]  
 c;nf0{zI0m kft ug{ ; 3fp5 . cfknh] c;dfly zI0m  
 kofly ub5 eg] e]jl gful/snf0{l; sfpg] 7fpFdhTl  
 ljBfno g}xf].

To; h] ljBfylX;n]f0{k7g-kf7g nufotsf ; a}  
 sf0m dx;df a9leGbf a9l ; xeful u/f0{pglx;n]f0{bflotj  
 / lhDd]f/l lgjfxdf ; lfd agfP/ ljBfnox;n] dh\$sf]  
 e]jl khftGqs] ; /lff / ; Dj4Gdf oflybfg ug{ ; S5g\  
 ljBfnodf khftflGqs dNo ; kmntsf ; fy lg/fkOf ubf{  
 /fd] k/Llff kl/Ofdf dfq xg ljBfylX;df ; fdf]hs  
 bflotjafw, g]Tj lfdt / ; ~rf/ szntf nufotsf yk}  
 uofx; klg ; G; G]lj sf; ug{ ; lS65 .

xdf] :shx;n]yf]ljBfylX;n]f0{dfq k9f0 / hljgdf  
 ; kmntf kbfq ug{ ; s\$ 5g\ . t/ o; sf] cy{af\$  
 ljBfylX; cof]o / clfd lyP / 5g\eg]nflg ; Sbg .  
 oyfydf, xdf] clwgfosjfb ljBfnok4ltsf sf/Of To:t]  
 xg]u/\$]xf]. clwgfosjfb ljBfno kffnlfd ljBfylX;  
 ; xh xg; SbgV pglx;df lqdf0f xg]xtf; f / s07fn]  
 ; wFg/fzfhgs kl/Ofddf k\$ofp5 . v/fa k4ltdf c; n  
 lqOf6x;sf] ; Defjgf To; }klg G0g xG5 .

# IzlfS-Ij Bfyl{cleefj s ; DaGw

## Ij Bfno-Ij Bfyl{ ; DaGw

- Ij Bfnodf k|olf, k/f|f, bdgsf/l / j-rgf|ds lx:f / e|efj Ij?4 ; zQm z|lfs, kzf;lgs, dgf|;fdl|hs / ;f:s|ts k4ltx; lgdf| ul/gk5{. ;fy} ; a\$ f nflu ; dfj zL, ; dtrdhs / :t/lo lzlfssf lglDt Gogtd z|lfs / e|lts k|f|f/x; pknAw u/fpgk5{.
- khftGq, dfgj clwsf/, ; fdl|hs ; dfgtf, ; f:s|ts / hftlo Ij Ij wtf / Ij Bfyl{x;sf] zf/l|/s, dfgl; s / ; j|f|f|ds Ij sf; cfj Zostf cg?ksf kf7dqnd, kf7dk!ts, Ij Bfno jftfj/Of tyf IzlfS Jojxf/ k|kt ug Ij Bfyl{sf] clwsf/ ; j|s|t / ; lglZrt xg] kl/; f\$ x; Ij sf; u/l ; f\$|] cfwf/df To; sf] blgs, ; fktlxs, dfl; s / j|flif\$ k|tj|gx; tof/ u/l ; f\$|f/ ; d|x;df% k/fdz{ / e|j| sbdaf/] lgo|f ug Ij Joj:yfnf0{ Ij Bfnosf] clgj fo{sfogndsf] ; kdf Ij sf; ug k5{.
- Ij Bfyl{f0{ cfk|} cf'gf] kl/jf/ / ; d|hsf] hljg / ; fdlxs p6glt / ; d|4 lgdf|f|df k|fj sf/l eldsf lgj f\$ ug Ij k|Q lgdf|f ug{ / 1fg tyf ; lk cfhg ug{ kof|t ; xof|u k|fopg] Ij Bfno sfogndx; ; -rfng ug k5{.
- Ij Bfno khftGqs| cjwf/OffcGtu\$ IzlfSx;sf] ; xof|udf Ij Bfyl{x;n] 1fgsf] ; |t|df k|kt ug Ij z|Qmzfnl kxF tyf kof|u / cgejdf cfwf|t l; sf0sf] ; fy; fy} IzlfS-IzlfS, IzlfS-Ij Bfyl{ / Ij Bfyl{Ij Bfyl{lr ; fdlxs lzlf0f / l; sf0 sfognd ; -rfng ug k5{.

- u0f:t/lo, hljg ; f|ble\$, cfge|j|s / ; j-dfks ; e6qx; ; d|sf] pkl:yltdf eljiosf l; sf0x;nf0{ ; d| dfu|z; ug I; lfd k/l|f k|f|n|sf] Ij sf; / ; -rfng ug k5{.
- ; a) Ij Bfyl{x;sf] km's klxrfg / l; sf0 cfj Zostf cg; f/sf cnucnu l; sf0, ; xof|u lzlf0f of|hg| lgdf|f / ; -rfngsf ; fy} cfhljg lh1f; 'Ij Bfyl{sf] ; kdf cfk|n|f0{k|t ug{ lzlfSnf0{kof|t ; xof|u, ; dyg / clek|Ofsf] Joj:yf ug k5{.

## IzlfS Ij Bfyl{ / cleefj salrsf] ; DaGw

- pglx;sf km's klxrfgx;af/] kof|t hfgsf/l ; lng ug I; To; nf0{ ; To|fg ug{ / tl klxrfgx; k|t ; Ddfg xg] / ; Ddfg ug Ij Bfno sfognd lgdf|f ug k5{.
- pglx;sf ; d:of, ubf; f, ck|ff / ; Gtli6x;af/] lgoldt ; kdf k:/k/ kl/lrt xg] To; d|fy cfj Zos lgo|f lng / Pscsf|f%sf cgej, ; f'gf / hfgsf/lx; k:/k/ cf|f|g|f|f ug I; k:/k/ ; xof|u, Ij Zjf; / ; d%b|l Ij sf; ug I; pkoQm :yf / ; do lgw|f|f ug k5{.
- lzlf / Ij Bfnosf ; a); jfnx;df lg/Gt/ ; fdl|hs ; j|f|b, ; xdt / ; xsf\$ ; e6qx; Ij sf; ug k5{.
- Ij Bfnosf ; a) sfogndx;- k7gk|7g, k/l|f ; -rfng, kl/Ofd k\$z|g, Ij Bfnosf] dfgjlo / e|lts ; |t| Joj:yfkg cf|bdf lzlfS, Ij Bfyl{ / cleefj sx;sf / r|gf|ds of|ubf|gnf0{ ; lglZrt ug I; k4lt / k|q|n|f|x; lgdf|f ug k5{.

xdf|] khftGqn] h:t} j t|dfg Ij Bfno k|f|n|n|klg xfd|df cfzf e|g| p|; fx ykg / cfZj:t kfg{ ; s\$|f] 5g . kl/Ofd|tM /fi6«cTo|t blg, xlg / nrf/ eP/ aff/x\$|f] 5 . xdf| Ij Bfnosf] cf'gf] clwsf/x; k|t ; r|t, k|ta4, pQ/bfol / h%|f| JolQm; pTk|bg u/] ; dfh, /fhg|t, Ij 1fg cf|b |f|q|df gk7f|f|f; Dd /fi6«] ; du| p6glt / k|ltsf nflu cfj Zos p|n|f / szn g|t|j k|pg ; Sg] 5g . dh\$sf pkn|Aw / ; km|tx;sf nflu x/\$n] uj { ug Ij jftfj/Of lgdf|f gx|h| /fi6«p7g ; Sbg . /fi6«sf] ; a\$|G|f 7hf] k|f| / z|Qm g; gful/sx;df lgdf|f xg] To:tf] e|j|gf x|. To:tf] e|j|gf k|f ug I; sfognd g|t|j lzlf|n] afx\$ c;n] lng ; Sbg . oxl b|f|of| af|u u/] g; g|f|n lzlfS

**khftGqsf] kyd  
cEof; sf] ynf]  
Ij Bfnosf] g] xg|kb\$ .  
s; /L cfu| /  
k|f|f|af6 dQm /xg]  
j|f|f|s / ; f:s|ts  
Ij Ij wtfnf0{ s; /L  
u|Of / ; Ddfg ug I; |v|  
csf\$|f Ij rf/nf0{  
; Ddfghgs Jojxf/  
s; /L ug I; e|g] klg  
lzlf0f ; yf|x;n] g]  
l; s|fpgkb\$ .**

olgogn] Ij Bfno-khftGqsf] cjwf/Offnf0{ lq|n|f|j ogdf n|f|g] lgo|f u/\$|f x|. x/\$ Ij Bfyl{sf] j|Q|ms Ij lzlf0f cg?k p; sf] l; Sg] lfg, lfdt|f / kl/jzdf /x\$|f JolQmut, ; fdlxs / ; yfut Jojwfgx; c|to ug I; lgoldt, Joj|:yt / ; lfd ; Argf / k|q|n|f|x; pkl:yt /x\$|f] Ij Bfno g] Ij Bfno khftGqsf] dh dd{x|}. o; cGtu\$ Ij Bfnosf] ; du| z|lfs sfogndx; Ij Bfyl{f|b|t, afn ; Ddf|gt, lgoldt dNof|gaf6 kl/rf|nt Pj + Ij Bfyl{sf] kl/jf/, dfh / /fi6«|f cG| / ; DaGwt x65g\ . clx:f / z|f|tsf a|Q/ dNo / ; s|tx;sf] lgdf|f cfh dfgj ; dbfosf] lglDt k|v rg|f| ag\$|f] 5 . of|rg|f|sf]

;fdgf lj Bfnonf0{;fdilhs zflgt ;s[tstf] cfw/sf] ;kdf lj sf; u/] dfq ug{;ls65 . dhtM clx#f / zflGtsf] jftfj/Of lgdf@f ug]sfd khftflGqs /hfo / ;dfh Joj:yfn] dfq ug]ePsfh]lzlffaf/f khftGqsf]:yfkqf, lj sf;; kj 46 / ;Alf0fsf] ckl/xfo{fdf ;a\$]uBel/ ;/f\$ / /x\$]x65 . ;a]ljzfb / ;d:ofx;sf] kefj sf/l / :yfol ;dfwfg khftGqn] dfq lbg;Sg] ePsfh] g} o:tf] ePsf] xf].

; /sf/n] cfkmhfo{ hlgjfrt / khftflGqs eg] bfal ug]clg lzlfxs;n] cfkmhfo{ nf\$tgqfbl xFeg] uj{ug]t/ ljBfnosf];-rning kffnl rfxFrlnf, Odz6, jfN8f] / jgfb zfn]dfly eg]xg]xf] eg]g lzlfS khftGqjfb] /xg ;S5g\g bz khftflGqs xg ;S5 . To; h]cfkmhfo{t ljBfnoleq a9Lebf a9L khftflGqs jftfj/Of lgdf@f u/] afnaflnsfnf0{ lzlfdfkrf ljz\$, ljrf/, ljBf / ; ;sfx;sf] a9Lebf a9L cfof; ub];fdilhs g]Tj lng oflo agfP/ Pp6f gofFkhftflGqs, ;d4 / ;d6gt g]kfn lgdf@f ug]kdv ;fws / zIQmsf] ;kdf lzlfxs; g] /xgkb5 eG] cfw/df klg of] cjwf/Offnf0{ cl3 Nof0Psf] xf].

pkoQm cjwf/Offnf0{ 7f] sfo6nd lagf Jojxf/df cgjfb ug{;ls65 . To;lgldt cfw/et kfjwv/ xf] ljBfnodf cf'gf] pkl:ylt / eldsf /x\$ ;a]ljBfyl{ lzlfS / kbflwsf/lx;sf]blgs sfd, stfo / clwsf/x; k;6 ;kdf pNny ePsf] / tl sfo{ / lgof6x; af/] lgoldt ;kdf dfly-tn (Top-Bottom), tn-dfly (Bottom-up) / ljBfno-;dbfo (School-Community) l/kfb6 ul/g] To; qnddf p70Psf ;jfnx;n] tTsfn ;Dafwfg kfg] Joj:yf xgkb5 .

**lgisif{**

oufblv dflg;n]kl/jt6 vfh\$]f] 5 . qmlgt u/\$]f] 5 . kl/jt6 NofPsf] 5 . t/ kl/jt6 ePsf] 56 . cfz\$cf cg;f/ dflg; ablng] kb jxfln ug]JolQmsf]gfpFknl/g] t/ p;sf] dfgl;stf gablng] l:yltaf6 sg] u0ffids kl/jt6 cfp6 .

al=kl=n] dflg;sf] ;ae6bf 7hf] u0f p;sf] dfgj tf xf]0Zj/Tj xfoG eg\$ 5g\ . To;u/l cfzfh]cfbz{sf] ux]af%o dlq xfoG dfgj tfsf] ;jt6 ljz\$ / r]gfsf] 5xf/Ldf gofF;dfh lgdf@f xg] s/f u/\$f 5g\ . kj{ cdll/sl pk/fi6klt cn uf] ljlwsf]zf;gnf0{ljz\$sf] zf;g df65g\ . xg klg ljz\$sf]zf;gn]dfq ljlwsf]zf;gnf0{kdfloft ub5 . To:tf]ljz\$sf]zf;gsf]nflu ;fdilhs ljz\$sf]p6gt / pj{ eld lgdf@f xgkb5 / To;sf]kdv bfo]lj Bfnosf]xf] / xgkb5 eG]cfw/df ljBfno-khftGqs] cjwf/Off cl3 ;fl/Psf] xf].

ljBfno khftGq / pQ/bfol ljBfno k0ffnl]dfq

**clx#f / zflGtsf  
aQ/ dNo /  
;s[tstf] lgdf@f  
cfh dfgj ;dbfosf]  
lgldt kdv rbf]  
ag\$]f] 5 . of]  
rgf]lsf] ;fdgf  
ljBfnonf0{;fdilhs  
zflgt ;s[tstf]  
cfw/sf] ;kdf lj sf;  
u/] dfq ug{  
;ls65 .**

x/\$ afnaflnsf] ltx;nfo{ ;Da46 ub] pglx;nfo{ eljiodf ;d4 g]kfn]sf] lhDd]f/ / ;lfd gful/ssf] ;kdf kjtt ug]lfdtt /Vb5 . glltgdff / lgof6 ug]lhDd]f/ldf /x\$ JolQm;nfo{gllt / lgof6x;af6 kef]jt xg] JolQm;klt pQ/bfol agfpg]k4lt g]khftGq ePsfh] ;/sf/ ; ;b, lzlf d6qfno / dftxtsf ;Argfx;blv ljBfnosf slffsf]sf] Joj:yfkq;Ddsf ;a} gllt lgof6 / sfof]og;E ;Dal6wt ;jfnx;df ljBfyl{ lzlfS, cleefjs / gful/sx;n]ubf;f /Vg] cf'gf]dt hfx] ug] / kl/eflft / :yflkt ;Argfx;dfkrf To; /L kjtt ePsf ubf;f / ljrf/x;nfo{;Ddfgk] \$ uxof ul/g]Jojl:yt k4lt / klqmf g} lzlfdf khftGq xf].

xfdl cfux, s07f, c;Gff]nufot xfdldf ljBdfg gsf/flds rl/qx;sf]dfq g]Tj xg] / ul/g]t/ xfdl pI;fx, ;fx, ; ;hgzlnf, dlnstf, zIQm / ;fdVo{x;n] g]Tj g]gkfg]cj:yfsf sf/Of xfdln]cfh eflu/x\$]lgoltsf blrqm; klg ljBfno khftGqs]cjwf/Offsf] ;xl sfof]ogaf6 cfo xg]\$gveG]s/fdf ljZj:t xg ;ls65 .

e\$/fo{g]lfn lzlfS olgogsf clblf xg\.

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# afnaflnsfnf0{ dfG5 ]agfpg]s 3f8f <

Ijrf/, efjgf / 1fg s;df klg ;f%}kjz ub8g\ . ol ;a}lrh  
j1/kl/sf] jftfj /Ofaf6 dl:tisdf l55g\ . sg}klg hljt klf0lsf]  
ljziftf, uOf jf bfi]sf] lgdfQdf jftfj /Ofsf] eldsf ;a8Gf  
dxGj kOf{xG5 .

• | dfhl Pp6f zAb xf]t/ cfk]ff of]w]}lrh xf] .  
/ ;dfhdf lj lw sf/Of / p2Zon]df]g; x; Pslqt  
xG5gV cfk; df hf]8G5g\ . Pp6f df]g; w]}j6f ; dxdf  
cfj4 xg; S5 . x/\$ ; dxsf df]g; x; km/s xg; S5g\ .  
o:tf ; dxsf df]g; x;df Gogtd h]j s r1/q afx\$  
sxl klg ; df]g gePh:tf]blvg; S5 . x/\$ 7hf ; E7gleq  
w]}; fgf ; dx;x; xG5g\hf] /fhgllts df]g geP/ cf]ff]us,  
j]ff]gs jf wld\$ klg xg; S5g\ . ;dfhdf leG ljrf/  
gllt, p2Zo / ; E7g ePsf /fhgllts kf6{ / c;  
; dx;x; xG5g\ . sxl klr]g / w]}h; f]cfw]gs /fhodf  
efiff, wd{ gllt]god / k/Dk/fsf cfofdx;sf] afxNo  
xG5 .

cfhsf 7hf zx/nf0{ xq]xf] eg] ; dfh lgs} ; fgf]  
; dxdf ljeflht xgyfn\$]kf0G5 . /fhgllts df]g]x]f]g  
ck/fwx;sf ; d] cf'g} ; dx 5g\ hf] cf'g] ; f%  
; jfy\$ vf]t/ ; E7t xG5g\ . sxl df]g; x; o:tf ; dxnf0{  
g} ; dfh dfG5g\eg]c; x; To; df ; dfhsf uOf gePsf]  
7fG5g\ . t/, jf:tlj s w/ftndf pleP/ xq]xf]eg]x]fd]  
; dfh cbz{ ; dfhaf6 lgs}k/ klu; s\$]5 . oyfydf  
cfhsf] ; dfh cbz8Gf a9l : jfy\$ cfw]df l6ls/x\$]  
bl]vG5 .

ultnf] ; dfh ultnf] ; fdf]hs hljgn]lgdfQf u5{ .  
/df]k]g jf cbz\$]df]k]g ug]df]gsx; n] ; dfhsf]:t/sf]  
klg dfk]g u5g\ . o; h] sb} ; dfhnf0{ /df] agfpg]  
gfd]f Jojxf/f]k]of]l gxb] .cfbz{ sf]df]q Jo]Vof u/]  
kl]b8 . o; h] ultnf] ; dfh lgdfQf]sf] ; a8Gf 7hf]r]g]f]l  
; dfhnf0{ ; f]Rrs} /df] agfpg] uOf]x;sf] vf]h] xf] . olb  
o:tf uOf kOf nufpg ; lsof]eg]log\$]cfw]df, log}s}  
k]ff]df g/fd] klf]x;nf0{lhTg jf ; wf/ ug{ ; lSg5 .  
x]fdlnf0{yxf 5 ; dfh lg/Gt/sf]gj]ls/Ofn] hljt  
/xG5 . k/f]g]nf0{kG5fP/ gof]f]jrf/ ; dfhdf cf0/xG5g\ .  
t/, gof]f]jrf/x; olQs}cf]8Gg\ . ; dfhsf ckl/kSj  
jf ; fgf ; b:ox;sf]z]ff]s lj sf; n]gof]f]jrf/x; Nofpg]

xf]eg]lzlff eg\$]cfk]ff /f]g] .kf]ff]of lbg] / ..ofxf/  
ug] k]q]of xf] . ol ; a}lj sf; sf]cj:yf; E hf]8Psf  
zAb xg\ . P]t]xf] ; s ; kdf x]ff]lzlff-Phs}z; zAbsf]  
cy{ g]Tj ug] jf 8f]ofpg] eG] a]G5 . ha x]fdl  
lzlffsf] pkn]awsf s'f u5f]Toltahf x]fdl ; fdf]hs  
ult]j]wnf0{lg]Zrt cfsf/df Nofpg]ult]j]wsf af/]s'f  
ul//x\$ xG5f} .

IjZjf; / OR5f s;df ha/h:tl 3'fpg ; lS8g .  
ol cef]ts lrh xg\ . To; f]eP ljZjf; / OR5sf] ; ff/  
s; / xG5 t <o:tf lrhnf0{h:tf]sf]t:t}s; h]f0{x:tf]Gt/Of  
ug{g; lsg]ePsf]afnaflnsf]j]o:ssf]bl]6sf]f s; /  
u]x]f ug{ ; S5g\jf s; / l]tgsf]dlit:snf0{jo:ssf]  
h:t}agfpg]eG]pkfo vf]g' cfjZos xG5 . ; fdf]otM  
o; sf]pQ/ xg]u5{ afnaflnsf]j]l/kl/sf]jftfj/Of /  
pg]x; E ul/g]cGt/lq]mf]sf df]l]odx; k]ff] ug] .

x]fdln]vf]h]h:tf]ljZjf; leQdf lsnf 7f\$]h; /  
afnaflnsf]l]bdfudf 7f\$g ; lS8g, g t p; nf0{rf]x]h:tf]  
k]Qtk]8f]ofpg ; lSg5 . t/, df]g; hg ; dfh /  
jftfj/Ofdf a:5 / x]lG5, To; n]g}p; nf0{cg\$ lrh  
b]y]fp5 / l; sf]p5 . o; n]p; sf]l]bdfudf of]hg]x;sf]  
hg]d u/f]p5, t]fs pm c; ; E ; k]ntfk]\$ sfd ug{/  
t]fb]f]Do ldnfpg ; sf] \ . o; n]p; sf sxl ljZjf; nf0{  
%g\alnof]agf]p5}nhf]G5 eg]sxl]nf0{sdhf] . sb}  
ljZjf; alnof]xG5 lS sdhf] o; sf]lgw]f]Of c; n]  
To; nf0{jl]sf/ u5g\of c:jl]sf/ eG]s'f]df e/k5{ .  
o; h] / l; j:tf/}p; sf]Jojxf/ jf ljrf/ k4l]tsf]lgdfQf  
xgy]v5 . o; / l Pp6f Jo]Qmsf]ljrf/ / Jojxf/nf0{ du]  
; dfh / p; sf]j]l/kl/sf]jftfj/Ofn]lgdfQf u5{ . o; h]  
.jftfj/Ofu jf .df]l]od] h:tf zAbsf]cy{ j]l/kl/sf]  
j:tl:y]tdf df]q ; l]dt /x8g . jftfj/Of / df]l]odn]g}  
sb}df]g; nf0{p; sf ljrf/, sfo{/ k]Qsf]lg/Gt/t]fsf  
nflu cj; / h6f0]bG5g\ .

sb}df]g; df]gj]xlg :y]gdf k]l]of]eg]pm j]l/kl/sf]

kl/l:ylt ldNbf] Joj xf/ u/7 aRrG  
yflN5 . o:tf dfG5\$ f klg cf'g)kj]Q,  
lj rf/ / sfd xG5g\ . o; h] jftfj /Of  
/ dflld afnaflnsf] ?kft/Ofdf  
; aGbf dxLj kOf{ s/f xfl . ; duQf  
eGbf, jftfj /Of eg\$ f]To:tf]lrh xfl  
h; n] sg} klg kflnsf] uOf, bff /  
lj zlf]tsf]lgdfOf u5{ . h: t] df5sf]  
nflu kgl jftfj /Of xfl h; sf]cefj df  
pm aRrG ; SbG . df5fnf0{ kflnsf] klg  
kfgln] agfPsf] xfl . olb df5f hldgd  
xGy] eg] kflnsf] ; \$f bflnsf] jf l3l; G]  
uOf xGyof] xflhf .

xfdf] ; Gbedf ; aGbf dxLj kOf{  
s/f, Pp6f aRrfnf0{ p; sf] ; dfh  
jf ; fdfhs ultj lwn] s; /L  
xsfp5g\ lj sl; t jo: s agfp5g\  
eGg] xfl . sg} aRrf] afix/L  
afgJoxf] f s; /L lgdfOf xG5 eGg]  
yxf kfg vf; }ufxfl] 5G . dfG5\$ f]  
; Etn] ubf{ ss' / 3f\$fh:tf  
hgj /sf] Joj xf/df ; d: kl/j tG  
cfPsf] b]v]g ; lsG5 . ss' / 3f\$fn]  
dfG5\$ f] Joj xf/ x77 cf'g] Joj xf/df  
kl/j tG Nofpg] u5G\ . To; u/L,  
dfg; n] cfknh] rfxh:tf ; fwg,  
jftfj /Of / cj: yf lgdfOfu/L  
3f\$fcflb kzhf0{ klg lgoGqOfdf  
lnG5g\ / lj: tf/} cf'g] cfj Zostf  
cgshsf] agfp5g\ .

Ps k6s cfufh] kfh\$ f] aRr  
; w]cfuf] G 8/fp5 . olb cleef] sn]  
afnaflnsf] sg} vhfGf 5Gf; fy  
cfufh] %kfl] agfOlBP eg] To]  
aRr cfufh: t} vhfGf 5G klg 8/fpg  
yflN5 . afnaflnsf] klzlfOf Hofbt/ p; sf  
afix/L Joj xf/nf0{ Wofg /fv] u/fOG5 . t/; o; sf  
c; ?k klg xG5g\ . h: t} vhfGf] 8/fpg] To]  
aRr clnk15 ; ayfn] vhfGf b]v]g; fy 8/fpg]  
vfn] klg xG; S5 . cyjf To:tf vhfGf g]  
gi6 ug] lsl; dsf] lx+ \$ ag klg ; S5 .

3f\$fn] dflg; sf nflu h] sfd u5{ To; df  
3f\$ cfk]F; fdh xGg . To:tf sdfs  
ljifodf 3f\$fnf0{ dtna klg xGg . p; sf]  
dtna t sfd ul/; s]k15 kfl] t xg]  
vfgdf xG5 . tkf0{ h; s} sfd nufpg];  
3f\$fsf] ?lr To] gofFsfddf xflGg, kfl/  
klg sfdk15 kf0g] vfgd] xG5 . o; h] 3f\$  
To] sdfs] ; %f/ xGg . olb 3f\$ To:tf]  
; %f/ xGyof] eg] p; sf lj rf/, ?lr  
jf efjgf To; df ; fdh xGy] . afnaflnsf]  
klzlfOf jf lzlf klg sl/a-sl/a o: t} xfl .  
; fdfhs ultj lwdf afnaflnsfnf0{ lj  
rf/ / efjgf; lxtsf] ; %f/ agfpg]



**olb :sh khftflGqs 9En]  
rN5g\ / afnaflnsfnf0{  
khftflGqs ; s/ lbG5g\ eg]  
afnaflnsf dflg; aGg ; S5g\  
olb :shn] 3f\$fnf0{ sfd  
nufP% aRrfnf0{ klg .klzlf]tU  
ug{ yflN5g\ eg] afnaflnsf klg  
dfG5] xflGg, 3f\$ftNo aGg  
kl5g\ .**

xf] ls s] n 3f\$fh:tf] <  
xfdf] ; dfhdf ax'; a\os  
afnaflnsf; jo: ssf nflu rflxg]  
sfd dfq ug] u/L xsf]Gg] ul/Psf  
5g\ . afnssf afgJoxf] fb]v  
Joj xf/; Dd jo: snf0{ cgsh xg]  
u/L lgdfOf ug] ul/G5 . p; nf0{  
dfg; 7fg] k9fpg'sf] ; \$f  
hgj /nf0{ % . .klzlf]tU ul/G5 .  
o; \$f/Of xdf] kflom afnaflnsf]  
; jhfGf cf'g] kl8f jf vzl; G  
uif Psf] xG5 . t/; xdf] ; fdfhs  
; Argf o:tf] 5 ls, aRrfn] vzl  
xg jf b]w 5Ng c; nf0{ jlsfo{  
xg] u/L dfq] sfd ug] k5{ cfk]vzl  
xflGg . olb sg} afns jf  
aflnsfnf0{; flRr]; dfhsf]; %f/  
jf cz dfGg] xfl eg] p; sf] efjgf  
cs' xg; S5 . o:tf] cj: yfdf p; n]  
c; ; G ; xdt eP/ dfq sfd  
ug] kGg, a? p; sf lj rf/ / efjgf n]  
c; nf0{; d: pnf{ kflg ug{; S5 .  
lj rf/, efjgf / 1fg s; Gf  
klg ; %f/ k] z ubGg\ . ol ; a]  
lrh jl/kl/sf] jftfj /Ofaf6  
dl: tisdf l55g\ . sg} klg hlj t  
kflnsf] lj zlf]t, uOf jf bflnsf]  
lgdfOf jftfj /Ofsf] eldsf ; aGbf  
dxLj kOf{ xG5 . ; dfhsf ; a]  
; b: osf] ; fdfhs Joj xf/ /  
ultj lwsf] lgwf] Of Toxf] ; %f/  
jftfj /Ofn] g] u5{ .

sg] klg dflg; sf] k]s] ts uOf  
jf rl/qsf] lgdfOf] yfngl pm klxn]  
k6s ; fdfhs ultj lwdf ; fdh  
epk15 xgyflN5 . oxl g] To] ahf xfl ha  
afnaflnsfnf0{ dfG5] agfpg] ls 3f\$  
eGg] s'f to xG5 . ; dfhsf ljleGg  
; dx / lx: ; df afnaflnsf] kfg]  
: yfg / ultj lw o; df ; aGbf a9l  
dxLj kOf{ xG5g\ . /; o:tf] ; do  
eg\$ f] ; Eo ; dfhdf kflom aRrf]  
: sh hfg] pd] xG5 . kl/jf/ afix/  
aRrfn] eGg] klxn] ; dfh eg\$ f]  
: sh xfl . ; fdfhs ultj lwdf ; xeful  
xg] jf ; dxdf 3hldn xg] : yfg  
klg : sh g] xfl . o; h] sg} afns jf  
aflnsf] rl/q jf lj rf/sf] lgdfOf  
ug] ; dfhsf] eldsf klg : shn] g]  
lgj f] u5{ . olb :sh khftflGqs 9En]  
rN5 / afnaflnsfnf0{ khftflGqs ; s/  
lbG5 eg] afnaflnsf dflg; aGg ; S5g\  
olb :shn] 3f\$fnf0{ sfd nufP% aRrf]  
nf0{ klg .klzlf]tU ug{ yflN5 eg]  
afnaflnsf klg dfG5] xflGg, 3f\$ftNo  
aGg kl5g\ . **bjG{-:g\!\*&-!(%  
cdll/sl lrgts xg\ k]tt n]y pgsf]  
khftG / lzlf k' tsaf6 lnOPsf] xfl .**



; :d/Of

8f= tly{xfb/ >|7

# u?sf]u?Tj / uInof]

:yfglo df6f] / dxsdf lzlfssf] kl/De xg  
g;Sg]cj:yfdf b]bt jf km/:tf h:tf tl  
lzlfssf]Tofu / ldxg] klg a9lu08slsf]  
kfgl h:t}v] alu/x\$];D%gfn]c%}k/flb5 .



**h** | :tf]bž p:t}e]f e6g]rng 5 . t/  
h:tf] efiif p:t}lzlf Tolt křngdf  
5g . lzlf 1fgsf];f] xf] . efiif To;sf]dflod .  
lagfdflod 1fg k]fx x6g . lj bžsf]1fg leofpg  
lj bžl efiif hf6gk5{. :yfglo 1fg k]ft ug{  
:yfglo efiifs]dflod rfx65 . g]kfnf c9\$}  
efiifeiflx; 5g\ . w]}efiiff alr Pp6f ;f%  
efiiff] v]Ff] kb5 . To;nf0{xfdl /fli6e efiif  
eb5fF. /fli6e efiiff] k]f/, k]f/ / lj :tf/  
:shsf]dflodaf6 xg]u5{. t/ :yfglo efiiffdf  
leHg g; s\$] :shdf l;Sg];sfg] k6f;x;  
k]fll lgikm /x65g\ . g]kfnf bu6 / sg]s]k]rfsf  
lj Bfnox; o:t}lgikm k6f;sf lzsf/ a6b}c]Psf  
5g\ . ToxF lzlf sx;sf] kl/>d / Tofu tyf  
/fi6e] nufgn] oyl]rt kltkm lbg ;s/x\$]  
5g .

**/fd] tna  
sdfpg bu6df  
ku\$] lzlf sn]  
cf^g} tnaaf6  
lrgl lsg]  
lj Bfyl{ cflif  
ug{ cfkn]f  
Pp6f Tofu-  
tk:ofs] gdf  
lyof}.**

k]ylds jf k]k]ylds lzlf :yfglo  
dft[ efiiffdf k]fg ug{ ;s] dfq ;jR5 /  
:j:y lzlfssf] hu a:b5 . xfd] nflu of]  
sfo{c]tolws 7hf] rbf]lsf] ;kdf v8f 5,  
lsgeg]g]k]n ;fg]eP klg o;sf]euf]ns,  
;f:s]ts Pj -k]s]ts lj lwtf c]o6t}lj ifd  
/ ljzfn 5 . Pp6f ;fg] lhNnfd klg  
lj lwtf sf] 7hf] ;#/ e]665 . lj lwtf sf]  
rgf]lnf0{phfu/ ug{uf]vf lhNnfsf] Ps  
;fg] pbfx/of oxfk]tt 5 .  
uf]vf lhNnfnf0{/fli6e of]hg cfof]sf  
lj le6g lj sf; of]hg tyf lj afg]n]ysx;n]  
Ps kxf8l lhNnfsf] ;kdf kl/eflft u/\$f  
5g\ . o;sf] l]qkm #,^!) ju{lsn]ld6/

dfq eP tfklg ;fnsf]jg / cfKsf] auFfb]v  
lj Zj sf];ftf; j]fRr lxdzv/ dgf;n' -\*,^!#  
ld6/\_ klg oxl lhNnfeq kb5g\ . pQ/L efudf  
;Vvf / pRr eldsf] k]žn]lhNnfsf] %08} !%  
klztz cf]u6b5 . ;bf; j]fRr lxp]n]9fSg g5f]8g]  
eefusf] cž klg !!-% klztz kU5 . pi0f  
xfj kfgldf xg] ;fn, cfK / s]f]sf] k]žn]@  
klztz eefu cf]u6b5 . t;y{ ;fd6o kxf8l  
kl/eflfn]uf]v]sf]lj:tlj stfnf0{cf]u6df kb5 .  
oxf]sf] k\$]t, ;s]t, efiif, wd{/ k/Dk/fx;  
lj lw k\$]f/sf 5g\ . lj lwtf sf] lj ifd k]6df  
dflns :yfglotf (Endemism) d]h]Psf w]}  
pbfx/of oxf]sf] efiif ;s]t]df klg b]vg kf065 .  
pQ/L uf]v]sf]nfs]f] tyf 0of/ef]sf]alrdf  
kg]stf<sup>a</sup> l]q -lj xl uf]j ; tyf k]s uf]j ;sf  
s]l cž sf]sf]xna/]w]}lj afg]n]rrf{u/\$f  
5g\ . o; l]qdf aflng] efiif bilf0fl e]usf]u?<sup>a</sup>  
efiif tyf pQ/L l]q]sf] e]6 efiiff]ld;fj 6af6  
Ps g]h]f] efiiff] ;kdf lj sl; t 5 . To] efiif  
g tnsf u?<sup>a</sup>x; a<sup>b</sup>5g\g d]ysf e]6} ;  
o; \$f/of u?<sup>a</sup> / e]6} ;n]To] efiiffn0{.s: s]bl  
cyf{\r]f]sf] efiif egl g]ds/of u/\$f 5g\ .  
;#f/sf s; h] gaff]g / ga<sup>c</sup>g] cf^g} b0{  
uf]j ;leq ;ldt ;dbfon]dfq a<sup>c</sup>g] efiif afl]g]  
Toxf]f afnaf]nsfnf0{g]k]nl sv/f l; sfg a; \$f  
:of<sup>a</sup>nf, k]llk l]q]sf o]f lzlfssf] nug /  
ldxg] cfh sl/a !\$ jif]k]5 d]h] %WofF;  
;ID%PF. @)! ;fnsf] s/f xf]. tl lzlf s  
vNnf cfsfzldg lxdfnl l; /f]sf] alrdf a; ;  
;ft hgf gfglx;nf0{;ftf]dxg]b]v .s, v, u,



8f-tlyéxib/ >7

3, a] ; d]sf kfF clf/ l; sfpb]lyP . sf7sf] afSnf] nfd]f] kmlofsdf a8f] ldlxg]sf ; fy n]vPsf afxy/lsf clf/ / ; -:fgf gfglx;sf ; fy cfnaf6 uPsf tl lzlfssf lbg s; /l lafb xg\eg] ; rfbf cfnf0{crDd nfu\$] lyof]. afnaflnsf;nf0{clf/kl't sg}rf; f]lyPg . Itgnf0{cfsifef ug]tj s]xf]egl ; rfbf yfxf

eof] u? -lzlf\_ n] lbg] u/\$] ulnof] lrglsf] lrof 0 oyfyef :shdf lb0g] ulnof] lrof g] cfsifef]dvo sf/0f /x\$. zfob tl afnaflnsf lhaflf /x\$ ulylx;n] ulnof] rf6y kfg] Ps dfq cj; / u?sf] Toxl ulnof] lrof g] lyof]. cf7 bz lbg lx8] dfq klug] ; b/d\$fd uf]vf ahf/df cf^gf] tna yfk{15 lzlfsn] Toxl k}faf6 Nofpg] lrglsf] rdTsf/ g}Toxf] lzlfss]dh s8l 7xl/of]. /df] tna sdfpg bu0df kl\$ lzlfsn] cf^g} tnaaf6 lrgl lsg] ljBfyl{cfslifef ug{cfnf Pp6f Tofu-tk:ofsf] gdfg lyof]. To; ahf tna yfk] ; b/d\$fd hfg] kfnf] k/\$] lzlfsn] lrgl / c; vflsl v/fssf ; fydf kmfd]lnsf sf6 klq Nofpgk]x\$. :shsf]5tsf nflu k7f0Psf h:tsf kftfx; lsnf gkf0Psfh] afix/} rfa nfu] a; \$f lyP . b0[0] Ps lzlf s k]o\$ dlxgf nueu @) lbgf] ofqf u/} ; b/d\$fd wfpq af0 lyP- :shnf0{hljt /fv} . cdfsf sfv 5f8] cfPsf gfglx;nf0{cdfsf] h:tf] Gofg] dfof / nfhlah]sf] efiidf lzlf kbfq xgk]xf]. tl .s:sfb efi0 afnaflnsf; klq rlfD; l rlfh:tf]pglx;n] a'g] afn-ult, afn-syf Pj +afn-qm8df /dfp] xfhfg\ . t/ :yfglo df6f] / dxsdf lzlfss]kf/De xg g; Sg] cj:ydf b]bt jf km/:tf h:tf tl lzlfss] Tofu / ldlxg] klq a9lu08slsf] kfgl h:t] v] alu/x\$] ; D%gfn]c%k/rfb\$ .

uf]vf lhlhf, kf\$ uf]j=;sf] qns ufpf lzlf, lrgsf lzlfyl{/ lsnf]sf] cefjdf rfa nfu\$ h:tkftf -lj=;)%\_ .

# tkf0f0 {शिक्षक s:tf]nflU5 <

olb /df]pkof]l nflU5 eg] cfnh] lrg]hfg\$ lzlf, cleefjs / ljBfylf0{ k9y elglbgxf]hf . xfdlnf0{ s]xl ; %j eP lzlfss] 7]hfgdf va/ ul/lbgxf]hf .

## शिक्षक dfi;s

kf6g9f\$, nlnTk/ kf]a-g= !^^, nlnTk/ krf]M %\$#@%@, %\$\*!\$@ ~ofS; M %\$!!(^

शिक्षक tkf0f] ufpfzx/-ahf/sf kqklqs k; ndf x/\$ dlxgfs] klxnf]; ftleq klu; S5 . t]lg lzlf kfg sl7gf0{ePdf tkf0f]g]hssf] kqklqs k; n jf xfdlnf0{ egkxf]hf .

# slffsf7f

efhfk; fb bxfn



b08/lxt k9f0

# lsg clg s; /L <

ljBfno / slffsf7fdf cgzf;g clg ljBfylQf ;sf/flds kl/jtg Nofpg] jf:tljs cujf lzlfs dfq}xg;S5g\ c; sf]L xfg .

**8L** | Pel :sh wf]l3f6, nlnrk/sf sf] cl866/ /fdrGb|vgfnn]@)^@ ebf} !% ut]slff ( df clwog ug]Ps ljBfylh] cf^gf] y/ sf9] afhf0{ cgfb/ u/\$f] lgxdf ljBfylQfly u/\$f] s6lk6lj?4 pgsL cdfn] nlnrk/ lhNnf cbfntdf d2f btf{u/f0g\ .)^\$ c;/ @& ut] ;f] d2fsf] km}nf ubf lhNnf Gofofwlz sdf/k}fb kf]/hn]afnaflnsf; DaGwl Pq @)\$\*, gkfnsf]cgt/d ;ljwfg @)^# tyf gkfn ;/sf/sf] cgt/fl6@ klta4tf adflhd ljBfnodf ul/g] sg} klg oftgf, ;hfo jf zff]0fnf0{cgzf;gsf gfddf p6dlSt lbg gldNg] 7x/ u/L vgfnnf0{?-% xhf/ hl/jfgf / kl8t ljBfylh]f0{8lPel :shaf6 ?=@) xhf/ lftkl't{ e/fpg] cfbz lbP . cbfntn]ljBfnonf0{lzlff cfhg]sf]; xh eld / oftgfdQm lfg 3ff]off u/L tbg?ksf] sfo{ ugfu/fpg lzlff dGqfnonf0{ cfbz klg lbof].

lzlffsf] lk6f0sf sf/of afnaflnsf] cfdxTof u/\$f] >jOf zlSt ubfPsf] ljBfno 5f8\$]f] h:tf ;dfrf/x; af/Daf/ kqklqsdf cfp5g\ .afnaflnsf]f0{gk9\$]f]eg] ;hfo lbg' xdf] ;dfndf ;dfgo dflg65 . c% To;f] ug{ kfg' lzlfs+cleefjssf] clwsf/ g}7flg65 . o;af6 ;dfgo zf/l/s ;hfosf 36gf xdf] :shdf bglGbg e0/x\$]f xg;Sg] cgdfg ;xh} ug{ ;ls65 . c;Xo ePk15 dfq o:tf 36gf ldl8of;Dd cfp5g\ . ;r]; ;hu / cbfntdf d2f n8g] x];ot ePsl cdf ePsn]dfq ;f] k\$/of cbfnt;Dd klg ;s\$]f] x].

3/ jf ljBfnodf ul/g] zf/l/s, dfgl; s ;hfo tyf b]of]xf/af6 afnaflnsfdf eo, qf; / gsf/flds ;f]sf]lj sf; dfq xbg, lx;#Tds



;sf/n]; d; h/f uf85 . zf/ll/s tyf dfgl; s  
; hfo lbg jf bJo}xf/ ug{Ps ldg klg nllbg,  
t/ To; sf]c; / jiffd klg pSt JoSt, kl/jf/,  
:yfglo ; dbfo / ; dhdf /lx/xG5 . .h:tf]efu0  
To:t}u/f0U xG5 eGg]dfGotfcg; f/ cfkln}oftgf  
kfPsf; cfkncbf sdhf] e}fpgf; fy To:t}oftgf  
lbg] ri/qs f xG5g\.

; g\!(( \* sf]dfgj lj sf; kltjlg cg; f/  
gkfnf ! \$ kltzt lj Bfyl; lzlfssf] lk6f0  
jf 8/sf sf/Of lj Bfno 5f\$5g\ . To; u/L ; e  
b lrN8g / xftdfnf] ; ~rf/af/f @)^! ; fndf  
sf7df8f}pkTosfsf % j8f ; /sf/L / % j6f  
lghl lj Bfnosf slff ^, & / \* df cllbog ug{  
!) ) hgf lj Bfyl{ul/Psf]clloogn} \* @ kltzt  
lj Bfyl{] lzlfssx;af6 zf/ll/s ; hfo kfPsf]  
b}fPsf] 5 . tldllo} &! kltzt lj Bfyl{cfkln}  
; hfo efu}sf]vnh; f u/\$f 5g\ . ; hfosf]sf/Ofsf

ls/Of k08]



**b08/lxt k9f0**  
**x\$ afnaflnsf**  
**cfyl /dfp5gM**  
hghfu{t lgdflj,  
;ln;L ;rhvDaf  
lj Bfyl{.

; Gbedf & @ kltzt n}u}sf0{gubf{ ! ( kltzt n}  
slffdf xNnf ubf{/ ^ kltzt n]; fylsf]lj ?4df  
ph/L ubf{ lzlfnsn] ; hfo lbPsf] atfP . oxif  
pNn}vglo s/f s] 5 eg] ; hfo kfPsf  
lj Bfyl{dlo}! \$ kltzt n]dfq cfkndf ; sf/flds  
kl/jtG cfpPsf] pNn} u/\$f 5g\.

lgel\$ jftfj/Ofdf lzlf kfg]afnaflnsf]f]  
clwsf/sf] /lff / kngf ug{ lzlfssf] st{0  
xf] . lj Bfnof0{afnaflnsf]bf] fl}3/ dflgG5 .  
ToxfHzlfnsn]lzlf dfq ge0{p; n]Pp6f szn  
cleefjs, Gofowlz, kx/L ; xhstf{/ eljiobf  
; d}sf] eldsf lgjfx ug{5{. æxfdln] lk6f0  
vfp/}k9\$ lyof}To; }clncln t lk6g}kxf]  
lg eGg] ; f}f0 clxn] klg s0f}lzlfssx;df  
/x\$}f kf0G5 . xftdfnf]sf] cllbogcg; f/ (@  
kltzt lzlfnsn]cfknl}lj Bfyl{5f zf/ll/s ; hfo  
kfPsf]pNn} u/\$f 5g\ . t/ lzlfssf]cfrf/,  
lj rf/ / Jojxf/sf]afnaflnsn]lg/Gt/ cg5/Of  
ul//x\$ xG5g\ . kl/jf/, lj Bfno, ; fyl ; dx,  
; dbfo / ; ~rf/dflod l; sf0sf cr5 c}f/  
xg\ . afnaflnsn] h] l; S5g\ log} dflwodaf6  
l; S5g\ . To; }lzlfslv ; dbfosf pd} ku\$  
; a} dflg; x; æst} d}f] sf/Of aRrfn] unt  
s/f t l; Sb} 5g} e eg] ; wF; r; xgk5{.

afnaflnsf, lzlf, cleefjs / ; dhalrsf]  
cGt/lqmf g} lzlf xf] . afns]b; l; sf0sf  
nflu b08/lxt / afnd}lj Bfno / jftfj/Of  
clgjfo{ xG5 . lj Bfno nftflGqs kl/k6lsf]  
cEof; ug}kl/ldes ynf] klg xf] . lj Bfnodf

## gkfnf ! \$ kltzt lj Bfyl; lzlfssf] lk6f0 jf 8/sf sf/Of lj Bfno 5f\$5g\.

ul/g]zf/ll/s ; hfo tyf bJo}xf/n]efl k'tfnf0{  
lx;f / %u8fn' agf0/xg ; S5 . lj Bfno  
hg; a}wosf] (@ kltztdfly \* kltzt k}n]  
zf; g rnf0/x\$}f c}yfnf0{lg/Gt/tf lb0/xg]  
xf] eg] gkfnf lbur] zflGtsf] rfxgf ; kgrdfq  
xG5 . ; dj; zL ; xeflutdhs / nftflGqs  
gofEgkfnf]cfwf//yf afnaflnsf / lj Bfnoaf6}  
yngl ug{k}xG5 . o; sf]cu}f0{c}af6 ge0{  
lzlfaf6 dfq ; Dej 5 .

afnaflnsf] ?4 xg]lx;f ; DaGwdf /fi6\$3sf  
lgldt cllbog ul//x\$}f lj z}f1 k}f kfnf] ; g\  
) ( leq lj Zj sf ; a}dhsdf afnaflnsklt  
ul/g] ; a}k\$}f/sf lx;f lgr} ug{k}tj kfl/t  
ug{ /fi6\$3; dlf k}tj u/\$f 5g\ . kl/jf/,  
lj Bfno / x}rfx s}b;df ; d} afnaflnsf0{

# dx; lGw / sfggl Joj:yf

**cleefjs** jf lzlf s; jf0{ klg cf^gf slnnf 5f]f5f]l jf ljBfyl6f0{ sg} klg sf/0fn] zf/ll/s ; hfo lbg] clwsf/ 5g . dfgj clwsf/sf] ljZjJofkl 3f]0ff @)\$\* sf]wf/f % tyf gful/s tyf /fhglts clwsf/; Da6w c6t/fi6 klt1fkq !(^^ sf]wf/f & n]s; jf0{ klg oftgf jf c6o qm, cdfgjl o jf ckdfghgs Jojxf/ tyf b08 lbg lgifw u/\$f] 5 . To; }u/l ; g\!(\*\$ sf] oftgf tyf qm, cdfgjl o jf ckdfghgs Jojxf/ jf b08lj?4sf] 5\$} dx; lGw ; d] lqmfzln 5 . afnafnsfsf ; Gbef; ; eSt /fi6«3lo afncfwsf/ dx; lGwsf] wf/f-! ( -!\_ df elgPsf]5, /fhoklfx;n]afnafnsfklit lghsf]afacdf jwflgs cleefjfs Jff c6o JolQm;sf]x]rfxf /x\$]f] cj:yfdf To:tf JolQm;sf]tkr66 xg; Sg} sg} klg k\$sf/sf]zf/ll/s Jff dfgl; s r7 Jff bJo{xf/, xhfJff pkllft JoJxf/ Jff ofgb/frf/ nufotsf zff0fx;af6 afnafnsfnf0{ hf0fpg pkoQm jwflgs, kzf; lgs, ; fdlhs Jff z]lfs pkrf/x; ckgfpg5g\ . @ o; k\$sf/sf ; Afftds sfo;df pkoQm eP; Dd ; fdlhs sfoqndx;sf] ; yfkgf]nflu k6f]sf/l sfo0flwx; ; dfljz u/l afnafnsf / afnafnsfsf] :ofxf/ ug;nf0{; xfoff k6ofpg; fy}c6o k\$sf/sf lgj/s pkrf; ug;kg] / ; fy}dfly pNny ul/Psf ; a} k\$sf/sf afn bJo{xf/sf 36gfx; kQf nufpg] va/ ug; ; flGj]Pj +htglx;sf] hfgsf/l cg; Gwfg, pkrf/ tyf vgludgsf] nflu / cfjZos ePdf Goflos

x:tlf]ksf] nflu ; d] k6f]sf/l pkfo ul/gk5{ . kl/jf/, ljBfno jf c6o :yfgdf afnafnsfdly xg]lx;f, oftgf tyf bJo{xf/sf] /f\$yfd / lgo6qOf ug] sfo\$] sfof0jogsf nflu /fhosf] :ki6 bflotj afncfwsf/ dx; lGwsf] wf/f-#& -s\_ n] t\$}sf] 5 . h; cg;f/ /fho klfx;n] lglZrt ug] 5g\ sg} klg afnafnsfnf0{ oftgf jf c6o sg} qm, cdfgjl o jf xhf0fpg] vfnf] Jojxf/ jf ; hfo lb0g] 5g / !\* jif{ e6bf sd pd]sf JolQm;f ul/Psf ck/fwx;sf nflu d[ob08sf] ; hfo jf l/x0{ kfgpg] ; lsg] u/l cfhljg sf/faf;sf] ; hfo klg lbg kf06g . oftgf kl8t ; /f\$ / s0b\$ b] cfn\$] lkw/fbdly km]nf ub]@^! k' ; @@ ut] ; jf r cbfnts] ljz] 0hnf; n]sg} klg jxfgdf ljBfnodf ljBfyl6f0{ oftgf lbg gxx] glh/ :yfgdf ub] / afnafnsfdly e0/x\$]f] / xg; Sg] zf/ll/s ; hfo Pjd\ c6o cdfgjl o jf ckdfghgs Jojxf/ jf ; hfo b] /f\$ ; /sf/sf gfdcf cfbz lbPsf] lyof] . gkfnf] c6tl/d ; ljwfg @)^# df d]ns xsc6tu; wf/f @ sf]afnafnsfsf] xssf] pkwf/f # n] k]o\$ afnafnsfnf0{ zf/ll/s, dfgl; s jf c6o sg} klg lsl; dsf] zff0j?4sf] xs xg] o:tf] zff0fh6o sfo{ sfg6af/f b08glo xg\$ / To:tf] Jojxf/ ul/Psf] JolStnf0{ sfg6n] lgw]0f u/ dff]hdsf] lftklit lb0g] ; jwflgs ; lglZrttf u/\$f] 5 . t/ o; ; Da6w sfg6 c%ag\$] 5g .

zf/ll/s ; hfo lbg kf065 e6g] unt ; jf0 sfod /x\$]f]cj:yfdf of]nlo dxlf]sf^nl bl]G5U t/ c; Dej g]eg] 5g . ; g\@))#-@))& sf] cjlwdf ljZj]sf ; ft /fi6«]afnafnsf lj?4sf ; a}k\$sf/sf ; hfox; -3/df ; d]\_ sfg6l ; kdf lgifw u/] eg] yk !& bzn] t]sfn lgifw ug]

**!)) hgf ljBfyl6f ul/Psf] clwbogn] \* @ kltzt ljBfyl6f] lzlf sx;af6 zf/ll/s ; hfo kfPsf] b]fPsf] 5 .**

of]hgf ; jf]lgs u/\$f] 5g\ . c6o yk ; ft /fi6«o:tf] ; fhosf] c6tosf nflu sfg6 kl/dfhg ug] qmddf /x\$]f] 5g\ . ; oebf a9l bzx;n] ljBfnodf zf/ll/s ; hfo lgifw ul/ ; s\$] 5g\ eg] !%) n]afn6ofok0fnldf afnafnsfklit ul/g]

jf lb0g]zf/ll/s ; hf0nf0{b08glo 3f]0ff u/\$f] 5g\ . cgzf; gsf] dh dd] afnafnsfnf0{ /fd] / c; n sfd ug{ k] ; flxt ug{xf] . cgzf; g / cfd; Ddfgsf] cfk; df dxlf] k0f{ ; Da6w /x\$]f] x65 . cgzf; glj xlg afnafnsfx; cfd; Ddfg jf cfdljZj]f; sf ; fy x'sg ; Sb0g\ . cfd; Ddfglagfsf] cgzf; g sf]f agwg xg klb5 . To; n]afnafnsfsf] ; jfejl s lj sf; nf0{ afw k6ofp5 . xdl afnafnsf sltko ; jefj df kl/j t6 rfx65f] . To; lglDt .s8f cgzf; gl agfpg] ub\$]f] . t/ x/\$ s'fdf o; f] ug; k6g] p; f] ug{ x6g dfq} e6of-eg] afnafnsfsf] cfdljZj]f; sdh] x6}hf65 / gsf/flds wf/0ffsf] lj sf; x65 . afnafnsfsf] Jojxf/ / ; jefj df Psf]fl6 kl/j t6 vllhgx6g . lj :tf/ ;?k6t/0f klqmfdf n]hfgk5{ . hg ; jefj of Jojxf/n] pm ; j o+jf

; dxnf0{156f}xflg k'ofp5l kl/Des kof; To; df dfq}s|bt ugkb5 . xfdln]eg]cg;/s}cyf{ ; fFdf xfn] agfPsf]06f h:tf]7dSs}rf/sb] ldn\$}xgk5{eg] afnaflnsf s/ \$ s/df kl/jt6 vllhgk5g .

afnaflnsf; leq]ldtf x65 / pglx;n]ug{ ; S5g\eg]df6otfnf0{lzlfsn]ulx/ll; t cffd; ft\ ugk5{. lj Bfyl6f0{ ; sf/ftds ljwn]l; sfg / ?k6t/Of ug{ ; ls65 eg] cfdan ePsf] lzlfns]dfq ; xl Jojxf/ / ljwsw]kofu u/] lj Bfyl6f] cfdlj Zjf; a9fpg ; S5 . Pp6f lzlfns]afnaflnsdf h]kl/jt6 rfx\$]xf] To; sf] pbf/Of pm ckmh-a6g ; Sgk5{. ckmh lgi7/L eP/ afnaflnsf; 6 bofn' : jefjsf] ck]ff ug{ ldlb6g . To; lglDt, klxn]lzlfns bofn' ePsf]cge]t lj Bfyl6f]ug{kfpgk5{. To; kl5, : jefljs zkd} lj Bfyl6f bofefj kof x65 . 7hf dflg; sf]bvl; vl pglx;sf] l; sf0sf] dx6j kof{ dflod xf] .

lj Bfyl6f]cfdlj Zjf; a9fpg]Pp6f dx6j kof{ ljw, kz#f xf] . t/ kz#f jf:tljs xf] ls xflg eg]afnaflnsf]yxf kfp5g\eg]s/fnf0{ lzlfns]; wFvofn ugkb5 . t; y{afnaflnsf] kTofpg]u/L dfq kz#f ugk5{tfls To; nf0{ pglx;n] ; xh}lj Zjf; u?g\ . afnaflnsfnf0{ .of]Psbdf]u}u}u} / ..ca csf]k6s of66f /fd]ug; S5g\eg] pkl/t ug{ ; ls65 . kz#f ; 6; 6]Jo^o jf c; 6tl6 ldl; Psf]s/f ugk5g . afnaflnsfaf/f JoQm efjgfsf] ; Ddfg ub}csf] k6s c% /fd]s; /l ug] eg] ofhg agfpg ; xofu ugkb5 . kz#fn] afnaflnsfnf0{ : j-cgzf; t / lhd]f/ agfpg ; 3fp5 .

afnaflnsfnf0{ cgzf; t agfpg tyf lj Bfnof0{Jo]l:yt kfg]lj le6g lgodx; agf0Psf x65g\ . t/ ol lgod afnaflnsf]dfq}ge0{ lzlfns]klg plQs}kfnf ugkb5 . lgodx; agfpg afnaflnsfnf0{ ; xeful u/fpg' lgod /

cgzf; g kfnf ; lglZrt ug] ; a66f pkoQm pkfo xf] . lgods]kfnfnf0{lg/Gt/tf glbPd] jf lzlfns]rfx\$]af]hdf lgods]s/f ug] / dg gnlfbf jf:tf gug]ul/Pdf afnaflnsf]klg ; fl s/f l; S5g\ . t; y{oxf6] lzlfssf] eldsf ; jflws dx6j kof{ x65 .

afnaflnsf; 6 pglx;sf]afglxof]f]fsf af/df s/f ubf{ ; Eo tyf ; sf/ftds eflfsf]kofu ugk5{. ckmh} ; fgf]uNtl jf sdhf]l u/\$f]

**lj Bfyl6f] cfdlj Zjf; a9fpg] Pp6f dx6j kof{ ljw, kz#f xf] . afnaflnsf] kTofpg] u/L dfq kz#f ugk5{tfls To; nf0{ pglx;n] ; xh}lj Zjf; u?g\ .**

cj:ydf lzlfns]klg t]tsfn uNtl : jlsfg]afgl a; fpg' /fd]x65 . o; n]afnaflnsf;nf0{cf'gf sdhf]l jf uNtl dx; ; ug{/ ; wf/ u/] cufl8 a9g kl/t u5{. cf'gf 5f]f5f]l / lj Bfyl6f] nflu af]h, Jojxf/ tyf sddf tkf04x]fdl ckmh-gd]f Jo]Qm a6g' h?/L x65 . afnaflnsf] l; sgg\jf unt l; s] eg] lzlfns] ckmh6f0{ lgof]ngk5{. uNtl ckmh6f} eof] ls eg] 3f]ngk5{. ; lqno l; sf0 ljw, afndgf]l 1fg, lzlf0f ; fdulsf]kofu, afnaflnsf]Sna, ; fyl lzlf; ; dx' sfo{ ; wf/ftds lzlf0f, lg/Gt/ cgludg, Jo]Qms|bt lzlf0f, 36gf clloog ljw cflb nfu"u/] lj Bfnodf cgzf; g sfod /Vg ; ls65 . To; lglDt ; jkyd lzlfns g} ; a66f a9l ; lqno / lhd]f/ xg' h?/L x65 . lj Bfno / slffsf]fdf cgzf; g clg lj Bfyl6f ; sf/ftds kl/jt6 Nofpg]jf:tljs cu]f lzlfns dfq} xg; S5g\c; sf]l xflg .

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9841831186  
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## लनर फ्रयाण्ड शैक्षिक सामग्री उद्योग

### LEARNER'S FRIEND SAICHHIK SAMAGRI UDHOG

Yarahity, Banasthali, Kathmandu, Nepal (23 Gha Micro Line)



यहाँ बालबालिका (B.C.D.) विद्यालय विषयक नया अधिकाधिक शैक्षिक सामग्रीहरू पाइन्छ ।

लिनुका साथै करिबै ४० प्रकारका सामग्री उत्पादन गरिएको जानकारी जराइन्छ ।

यस उद्योगका शैक्षिक सामग्री विभिन्न जिल्लामा शिक्षक, विद्यार्थी, शिक्षाविद इव तालिम सहभागी संघ छलफल र सुझाव अनुसार परिमार्जित गरी हालको सिकाई उपलब्धी संघ मिल्ने गरी तैयार गरिएकोले सेवा गर्ने अवसर दिनुहुनेछ भन्ने आशा

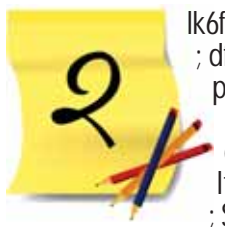
# s6lk6 gu/L afnaflnsf xsfpg}k9fpg]s; /L <

zf/ll/s ; hfon] afnaflnsfnf0{unt s/f l; sfp5 .  
To; sf] ; \$f tnsf pkfo ckgfpg' nfekb xG5M



cfkn6Gbf 7hfa6 lkl6Bf  
afnaflnsfx; lg/fz / c; xfo  
ePsf] dx; ; u5G\ . o; n]  
pglx;nf0{ pbf; jf cfqfids  
agfpg ; S5 .

s] ug] tM tkf0+pglx;n] hg sfd h; /L u?g\  
eG] rfxgkG5, To] s; /L ug] eg] klxf g}  
/fd] f l; sfpG; \ . ; fgf afnaflnsfnf0{ cfkth]  
ul//x\$] sfd of tl/sf unt xf] eG] yfxf gxg  
klg ; S5 . k9fpB cf'gf] wG{ sfod /fVg\ .  
afnaflnsfx; tkf0nf0{x/bd vzl kfg{/ vzl  
bVg} rfxG5g\ .



lk6f0n] afnaflnsfnf0{ ; d:of  
; dfwfug ug] l; sfpG, a?  
pglx;nf0{ bM/L dfq agfp5 .  
; fgf] pd] df cGbj ug] k/\$]  
cfldUnfg jf n3'tfef; sf] rfG  
ltgsf] hljge/ sfod /xg  
; S5 . o; h] pglx;nf0{ s:tf]

efiffdf s] eGb} xGkG5 eG] klg x\$sf /fVgxf] \ .  
zAb / efiifn] klg lk6f0n] hIQs} cf3ft kfg{  
; S5 .

s] ug] tM cfkthf0{ /f] xffG; \ / zfgt xG; \ .  
nfd] ; f; kfg] \ . Psb]v bz; Dd uG; \ al; ; Dd  
ug] %g\ /fd] .



lk6f0n] afnaflnsfnf0{ qm,  
cfqfids / l; fxf : j efj sf]  
agfp5 . pglx;df kl]tzf]sf]  
efjgf klg hGdf0lbg ; S5 .

s] ug] tM pglx;n] s] uNtl u/] / s; /L uNtl  
u/] eG] s/f /fd/L a%fpG; \ . To; af/] s/f  
ug\ . 3/df klg cfjzOs kg] s/fx; h:t}  
; /; knf0{ ; /lffsf pkfo, vfgf vfg] / ; ]g]  
; dosf lgodx; z?b]v g} l; sfpG} hfg; \ .



zf/ll/s ; hfon] afnaflnsfnf0{ s]  
; xl xf] / s] unt xf] eG]  
56dfpg g; Sg] agf0lbG5 .  
To; sf/Of, cGhfg] z ..s6lk6df  
; nUg afnaflnsfnf0{ s6} ]ls  
kfgk5] eG] s/fn] slQsf] cy  
/fVn < ; f]gxf] \ .

s] ug] tM s] la] sf nflu pglx; ; f ga:g; \ . Dxfing; \  
/ afnaflnsfkl]tsf]tkf0B]wf/Off ; sf/fids agfpg; \  
tkf0+pglx;af6 s:tf] Jojxf/ rfxgkG5 /  
tkf0\$ s/f gdfg] s] xG5 eG] s/f pglx;nf0{  
klxlb} a%fpG] ug] f] \ . pbfx/Ofsf nflu pglx;n]  
v]g' jf l6el xG{ gxg] xf] lS] ; ljwf 5f8Gkg]  
xf] lS eG] h:tf s/f z?d] /fd/L ; D%fpG; \ .



afnaflnsfnf0{ lk6G' eg\$]f]  
..csff0{ lk6G' klg /fd] s/f xf]  
/x\$] eg] pglx;nf0{ lz]ff lbg'  
xf] . afnaflnsfn] 7hfsf] l; sf]  
u5G\ . tkf0\$] lk6f0af6  
pglx;df c;nf0{ lk6] klg  
xG]x\$ eG] wf/Off agG ; S5 .

s] ug] tM s; h]f0{ glk6L, lrQ gbVf0Sg cf'gf  
s/f lzi6 zAbdf JoQm ug] tl/sf l; sfpG; \ .  
clg pglx;sf efjgf / egf0nf0{ klg :j]sf/

ug{\. tkf0{pglx;sf s/f a'gk65 / Vofn  
ug{65 e6g} s/f pglx;nf0{b\yfpq;\ cgej  
u/fpg;\.



lk6f0n] afnaflnsf] efj gdf rf6  
k%ofp5 . o; n] pglx;sf] k9f0df  
c;/ t kf5{g} pglx; ;fyl  
agfpg g;S] PSnf] dx; ; klg  
ug{ ;S5g\.

**s] ug] tM** afnaflnsf] u/3f ; a]/fd] sdfs]  
hfgsf/l lng;\ / kz;f ug{\. cf^gf]  
aRrf=J Bfyl6f0{ tkf0{df of ug{65 e6g} s/ysf]  
af] u/fpg;\. of] cln gldnf] s/f nllg ;S5,  
t/ slxn\$fxlFafnaflnsf] v/fa afglnf0{gb\} %  
u/7 klg pglx;dfly kg{ ;Sg] cf3ftnf0{sd ug{  
;lS65 .



lk6f0 jf y{k8n] afnaflnsfnf0{pu]  
/ Wj;#fTds agfpg ;S5 . zf/l/s  
;hfo g} pglx;df g/fdf] afgl  
Joj xf/sf] yk sf/of a6g ;S5 .  
o; n] pglx;df .d v/fa 5' To; h]  
d v/fa}e0/fVg' 7ls 5ll e6g] efj

k6f ul/lb65 .

**s] ug] tM** afnaflnsf] g/fdf] Joj xf/ u/] eg]  
xtfl/P/ jf cfj zdf sll gug{\ Psi5g  
/f]sg;\. o; n] tkf0{/ afnaflnsfnf0{ sll  
;dosf nflu cnu /fV5 . To; k15 p;nf0{ s; l;  
l; 0l jf p; s} sf] fdf a: g e6g;\. o: t] h]  
x/3rf]6 Pp6} 7fpFk6f] ug] ug{\. afnaflnsfn]  
cfknf0{ lgo6qOf ul/; sll15 -cyf{ cfj z-cfqnz  
dly/ ePk15\_dfq pglx; ; s/f ug{\. o; n]  
pglx;nf0{ /fd]  
sfd u/7 tkf0{df] dg lhg k]/t u5{. tkf0{egh: t}  
sfd ubf{ pglx;sf] tfl/km ug{\. ; a}afns aflnsf  
cfkn' /fd] a6g / cfknf0{ /fd] 7f6g rfx65g\.



zf/l/s ; hfon] afnaflnsfnf0{ j-  
lgo6qOf ug{ l; sfp6g .

**s] ug] tM** afnaflnsfnf0{ slxll0}  
y{k8 gnufpg;\. w] y{k8  
v]Psf afnaflnsfdf cfd-  
lgo6qOf ug] ; f]f0sf] ljsf; xg; Sb6 . pglx;n]  
/fd]g/fdf] lgo6 cfkn-ug{ ; Sb6g\ ; w] c;sf]  
dv tfs5g\ . ; hfo kfPsf afnaflnsf cfkn] /fd]  
ug{ ; lSbg eg] xtl; fxl x6] u56\ . /fd] sfd  
ubf{ klg v/fa} u5{ e6g} ; a] 7f6g] x6f pglx;  
lbSbf/ x65g\ . afnaflnsf; uF; Psf cf' g'

cfsf]fssf af/] :ki6 xg;\. tkf0{af afnaflnsf  
s; 3f ; fyl / ; xof]ll xgvf]5g\eg] To; sf] kz;f  
ug{\. cf'gf] ?lrsf] 5g6f cfkn-ug{ k]/t ug{\.



hg; s} lsl; dsf] zf/l/s ; hfon]  
klg afnaflnsfnf0{ t; f65 .

**s] ug] tM** cfknf0{ lgo6qOf  
ug{\. pkb6f afnaflnsfnf0{  
zft cleefjs afx3 c;  
s; h] klg tx nufpg ; Sb6 .  
cf^gf afnaflnsfnf0{ l/ ; fdo ug{ l; sfp6g\ /  
cfkn-p0]ht gxb;\ g l/ ; fpg;\. To; f] ubf{  
tkf0{ p; sf] l/ ; nf0{ yfDg ; Sgk65 . tkf0{cfkn'  
7hf] df65} xf] e6g} s/f ; lD%g;\.



slxn\$fxlF/f0/x3f]  
aRrf]v l%hf] dfg]  
ylst jf lbSs  
ePsf cleefjsn]  
aRrfnf0{  
cln a9l g}%f6n%lun  
kfl/lb65g\ . o; n] aRrf

c6wf]xg] dl: tisd f3ft kl]j f cfE xg]klg xg; S5 .

**s] ug] tM** cfknf0{ /f3g;\. olb aRrf tkf0{f  
/f]sf] xf] eg] sb} l5d\$1 ; fyl jf gft]f/  
v]f]g;\. p; nf0{ s]la}sf nflu aRrf lhDdf  
nufpg;\. c;sf] d2t lng l; Sg;\.

olb tkf0{f0{tkf0{ }Joj xf/sf sf/of ; d:of l; h6f  
ePsf] e6g] nflu eg] To: t] Joj xf/ 5f]Blbg;\ / c?sf]  
; xof] v]f]g;\. o; df c; cdfafa' / lzlfssf]  
cgejaf6 tkf0{cfknf0{ rflxg]w]} s/f l; Sg  
; Sgk65 . afnaflnsf / pglx;sf] ljsf; qm]sf af/f]  
yk l; Sg] kpf; ug{f] \.

olb aRrf 5bf tkf0{cfkn] klg zf/l/s ; hfo  
kfpgePsf] lyof] eg] t afnaflnsf lk6g] afgl 5f]6g  
tkf0{f0{ %g} ; lhnf] xgk5{. lk6f0 v]bf s: t] nfluof]  
; lD%g;\ t u

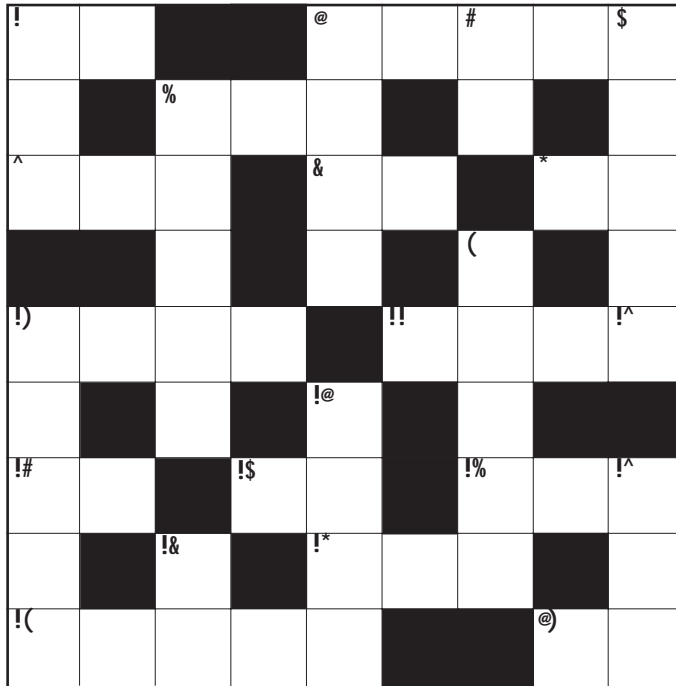
tkf0{cfkn] afnaflnsf] k]t s: t] Joj xf/ ul/x3f] 5' e6g]  
s/f lbgf] Psk6s cfd; dlif ug{ /fd] x65 . o: t]  
; jndf d2t ug] jf ; Nnfx lbg; Sg] dflg; /  
; ayf?sf] ; xof] lng] kpf; ug{f] \. ; fy} cfkn]  
; dosf] pko] ug{\ afnaflnsf] ; jf, 3/ h' lx;f  
cflba/ / a%g] hdsf] ug{\. o; af6 tkf0{f0{ ; Gt]  
cgej xg yfV5 / c6tM tkf0{Pp6f /fd] lzlf s jf  
cleefjsdf ?kf6t/ t xgxb} .

(www.health.shiawassee.net af6)





**zAb vjh-@**



gfdM \_\_\_\_\_

7ψfgfM \_\_\_\_\_

**zAb vjh-! sf]pQ/**

**t]f]**

!= c; f/, @= sdf/, \$= dzfg, %= c6tl, ^= tfdbfgl, &= bzeQm (= nj, !!= bz, !@= 0dfg, !\$= zslg, !^= hfts, !&= dno, !\*= hftl, !(= ; rgf, @!= ef/t, @#= olsg, @%= vt, @%= g6, @%= ; gfklt, @=(kl/qmof, #@= k/L, ##= kgflt, #%= kvf6, #%= sv/f]

**7f8f]**

!= clftf, @= s6tl, #= /y, \$= dxz, %= clgn, &= bj, \*= e/t, != a; , !!= zlg, !#= gdfg, !%= s5y, !^= hftlo, @)= rd6f, @!= eft, @@= tg, @%= vql, @%= 6k/L, @%= k4lt, #)= dfs/f] #!= kfk, #@= kn

**zAb vjh-! sf k':sf/ lj]h]M**

bQaxfb/ lj]zsd{  
u]df8fBf kf]j= bf0hf, /fdk/-\*, /fd5fk

**; xl pQ/ k7fpg]M**

gf/fo0f k8jh-gjnk/f; l, slknaxfb/ uxf:-of^hf, ; ldt sfknh]shfnl, /fdaxfb/ /fgf-c3f/vr-l, s6f/ Bf6f-nlntk/, ; kmf /fhe08f/L-nlntk/, szjk; fb 1j]nl-sfe] hgfbg vgrn-dsjfgk/, ; dlif gkfn-6kf, s]0faxfb/ lnla'sdn4-nlntk/, cfn6w'sknh]shfnl, elQ]jnf; l3d/4nlntk/, ; 6/l; \* sisl4ndh<sup>e</sup>, gu]b] s]0/inf-df]a, 5ljnfn eS/fo4ndh<sup>e</sup>, /fdsf6t r]w/L-sf7df8f- lj]z colf-sf7df8f-t]hfh l3d/4sf7df8f->ls]0f pkn6fo-uml

**t]f]**

!= z/l/df xg]; fgf]bfu jf lrXgl sf]l  
@= s6lgi6x?n] clejfbg ubf{ of] e6g] rng 5  
%= bf0f u/] wfg %6f; s6l5sf]; 56f]gn / kft  
^= s6j}sfdf jf 1fgfh6 cflb ug{hflg] p]s6 0R5f  
&= wld6 b]i6af6 zekm lbg]sf  
\*= k]0lsf]z/l/df xg]; f]lrmnf]kbfy{af] f]  
!)= kzklt lf6df /x6f]Ps k]; 4 kl7  
!!= w]hgfsf]ljbgk0f{cfjfn-cft6f]b  
!#= klzrdsf]lj k/lt lbzf  
!\$= s6j}cy{gePsf]  
!%= lax6f lbg bhxf c6df0; s6l5 bhxfsf 3/df dlxf e]f eP/ ul/g]:ql-k?ifsf alrsf]k]nlnfd cfwl/t gfrufg  
!\*= slxNo]klg gfz g6g]  
! (= gj z6f:qnf0{of]klg elg65  
@)= slj tf jf sflosf ; h6

**7f8f]**

!= bz6l5 c]pg]csf]7hf]r8  
@= hlufwgl btf{k]f0k]h6f0{of]klg elg65  
#= rf/ olu]l6]klxf]ou  
\$= 7hf]; db6dx; dbj  
%= k/a]d:k/dfd  
(= sf]j-kf08j sf alr rn6f]k]; 4 o4  
!)= cfiff9 zSn kl06f]nf0{of]klg elg65  
!@= wgsf]p]kl0, pkef, ljlgdo, lj t/0f cflbsf]lj]j]gf ul/Psf]z:q  
!^= gk]n, duw / sfzn bz6sf]Ps k]rlg k]; 4 zf; sjz  
!&= /fdsf Ps 5f]fsf]gfd

**cfoj 6**

; f; u6fpg]; d:of s; /l x6fpg]-  
; f; u6fpg 7hf]:jf.Yo ; d:of x]0g . t/ slxn6f]f0f]7h]; fdllhs ; d:of a6g ; S5 .  
; f; u6fPsf]JolQmf0{s; 6]klg cf gfc]3 kfg{rxf6g\, oxl ; d:ofsf sf/0f b]0kTo hl]g vt/fdf k/6f]; d] obf6sf ; lg65 .  
; f; u6fpgsf w] sf/0f x65g\, dVotM k6 ; knf ePg eg]; f; u6f65 .  
luhf tyf b]E; Da6wl /f]n]klg o:tf]x65 .  
; f; u6fpg]; d:ofaf6 d]Qmf nflu uhj sf]k]n 8afPsf]kfgdf sfutl lgrf]7 lbgxFs]nfn ug{Pp6f pkfo xf]. luhfdf 3fp nfu6f]5, cyjf luhf ; l6gPsf] 5 eg] klg o:tf] kfgn] lgsf] k65{. To:t}cgf/sf]af]m] kfgdf pdfn] lbgxFs]nfn ubf{klg ol bj}; d:ofaf6 d]Qm kf0g ; S5 .



## cGtflf/L-@

gf dM \_\_\_\_\_  
7ufg fM \_\_\_\_\_

- != lgZrn:bP -#\_
- @= kugku:%08%08)-\$\_
- #= cgjZos jf aK; usf]nfd]s/f -#\_
- \$= glrlgg]p2Zon]dV 5flg]sk8f -#\_
- %= ufhl e/] rnfpg]Ps k; 4 xltof/ -#\_
- ^= of4fx?n]n8f0df z:qsf]kxf/af6 aRg nufpg]wftsf]klx/g -#\_
- &= rsrs}rhah}5s5s}-#\_
- \*= nfh gePsf]lgn[h:gsRr/f}yQ/f]-\$\_
- (= hl]sf:kZf:sfdwGbf -\$\_
- !) = n8f0sf]d4fg:o4eld -\$\_
- !! = kl/>d -\$\_
- !@= kfgl yfkyf]kf u/l rlxghf0{o; /l rlxof]eG]ul/G5 -\$\_
- !# = ; d; fdlos jftfj/Ofaf6 l; lhPsf]l:ylt -\$\_
- !\$ = cgfb:=ckdfg:pk]ff -@\_
- !% = lsZf]l jf jo:s dlxfn k[o\$ dlxgdf k/ ; g[sfd:g5g]-\$\_
- !^ = sg}sfd-s/f]sf]j:tf gug[-%\_
- !& = df}f}f6f}x}k}6kl6

## cGtflf/L-! sf k/:sf/ ljh}fM

dg/fhf /fhf]f]bfo  
nug, sf7df8f}

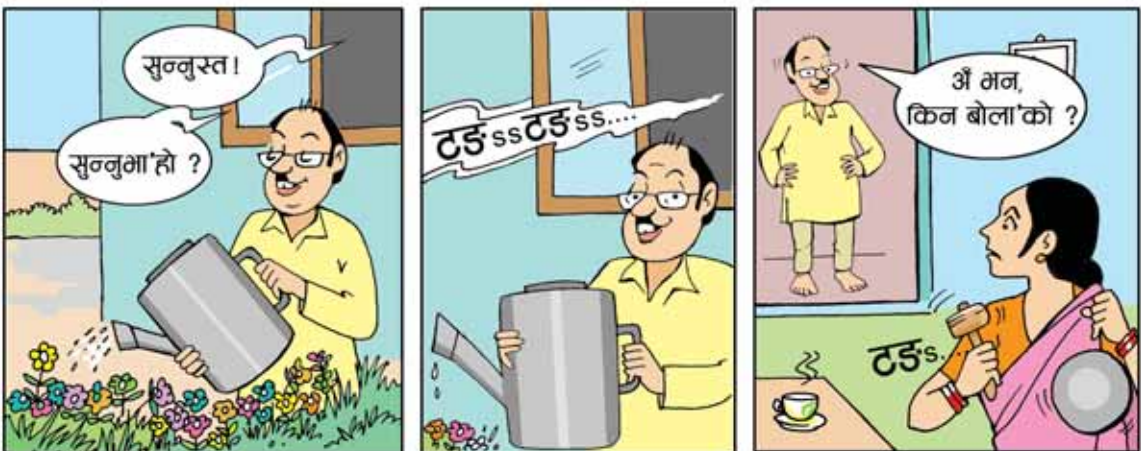
## ; xl pQ/ k7fpg}fM

gf/fof kf}f}h-gjnk/f; l, sP/ B}f}h-nlntk/, crGf kf}f}h-nlntk/, sf0faxfb/  
lna":sdl-nlntk/, elQmjnf; l3ld/}nlntk/, ; Q/l; x sfsLndh<sup>a</sup>, 5ljnfn  
eS/10ndh<sup>a</sup>, /fdfsf}t r}f}/L-sf7df8f}j}j}j} colf-sf7df8f}thhf l3ld/}sf7df8f}  
>lsjof pkf]fofo-ulld, hutaxfb/ tdf<sup>a</sup>-pbok/, nlnfalne vltj8f-  
%f}k, k}k}k}n}sd}/ b}f}n-nlntk/, gu}b]sfs{/gj/fh s}k}n}s}f}n}, eldaxfb/  
df}f, udnf n0b}h-sf7df8f}-n}f}/fh s}k}n}s}f}n}, p4j}k}f}b ; fks}f}-  
dsjfgk/, 1fg' b}f}n-sf}f} k}f}j}n}sd}/ b}f}n-nlntk/, gu}b]s}f}/fnf-df}f<sup>a</sup>,  
kfj}f}l k/fhhl-sf7df8f}

## cGtflf/L-! sf]pQ/

@=gk}+s, #=srdr, \$=rnfdgf, %=gh/fgf, ^=gfhfoh,  
&=hg; xeflutf, \*=tf/fd08n, (=nvt/fg !)=gv/dfpnf]  
!)=nf}k}k}, !@=ohj}f}, !#=bdsn, !\$=nld

## df:6/hl



**; 8f\$!@**

				@			\$
	@			*	(		
^			!			&	
		*		%	&	(	
(		^				#	*
	!		(	*		@	
	%			(		@	!
		@		*			^
\$			@				

gfdM \_\_\_\_\_

7jrfgm \_\_\_\_\_

**; 8f\$' s; /l vlg] <**

oxflb0Ps]vnl s7fd dlyaf6 tnklš / b3f6 bfofklš ! blv ( cs; dd egkb5 . t/ afof6 bfof hfb / dlyaf6 tn hfb Pp6}kl0ndf cs bxfil/g' xbg . o:t)u/l # uoff # sf]s7fd klg ! blv ( ; Ddsf]cs kgk5{. oxfl lb0Ps]cs klg x6fpg kf0bg . ; dwf6 Pp6}dfg x65 .

**; 8f\$-! sf]pQ/**

!	%	#	\$	*	&	@	^	(
(	&	^	#	%	@	!	\$	*
@	\$	*	^	(	!	&	#	%
%	@	!	&	\$	^	*	(	#
&	#	(	%	!	*	^	@	\$
^	*	\$	@	#	(	%	&	!
#	!	&	*	@	\$	(	%	^
*	^	%	(	&	#	\$	!	@
\$	(	@	!	^	%	#	*	&

**; 8f\$-! sf k/:sf/ ljhtM**

kfj{l k/fhhl, ti/0l kfj7 dVvg6f, s7df8f}

**; xl pQ/ k7fpgžM**

dg/fhf /fhfNbo-s7df8f-slnaxfb/ uxf-.of^hf, s0faxfb/ Inla".sdnlnlntk', /fdfsft rny/l-s7df8f-ljjž cofn-s7df8f-g/ž Inla"; g; /l, ljžafa' clwsf/l-s7df8f/e/tkf fb 9sin-pbok', kfjnsdf/ bxfn-nlntk', kklnsdf/ bxfn-nlntk', /faxfb/ /fg-c3f/frl, udnf n06j-s7df8f-kbkt cfrf0nlntk', dun Inla"; g; /l

**; fdf6o1fg-#**



**lgodx?**

- != zlbvñ, cftfl/l, ; 8f\$' / ; fdf6o1fgsf] ; xl ; dwf6 k7fpgxg] k7sdWo] k]ožsf Ps:Ps ljhtfn ?-l,)) k/:sf/ k7fpgxgž .
- @ ; xl ; dwf6 @)^% d^l; / @) ; ddf lzlf sfofodf c0k0kgž . Psebf a9L ; xl hjfkm cPdf ljhtfs] 5gfb ufnf kytaf6 ul/gž . Pp6f ljwdf Ps hgf k7ssf]Psebf a9L kljli6 dfo xg]5g . ljhtfs] cltd lg0f6sf]clwsf/ o; klqsf] ; Dkbs d08ndf lgxt /xgž .
- #= ljhtfs]gd / ; xl hjfkm lzlfssf] k' ; csdf kšfzt ul/gž .
- \$= k/:sf/ ljhtfx?n] kl/rokq; lxt lzlf sf] sfofodf c0{tlg dxgfleq k/:sf/ /sd ; žng ugkgž .

**hjfkm k7fpg] 7jrfgm**  
**lzlf** dfl; s  
 kf6g9fšf, kfžg+!^^, nlntk/

# k9fpbf k9fpbf}xTof

/f;x6sf] kqk/ ufqxl lgdfij df k9fpbf} ubf\$} cj:yfdf lzlf; ;lgnk}fb ofbj sf]lgd@ xTof ul/ Psf] 5 . & sflQsssf] lbg #-\$\$ ah]tlg hgfsf]xltof/wf/L ; dxn] slffsf]fdf kjz u/l ofbjdfly c6wfwG6 ufhl kxf/ u/l xTof u/sf lyP . 3f6L / 5ftldf unln nfu\$ ofbj sf] 36gf:ynd} d[o' ePsf] lyof] . /f;x6s}9/xl/-# sf :yfol af; G6f ofbj @)! ; fnb]v lzlfOf kzfdf ; nlg lyP .



Onfsf kx/L sfofno u?8fdf ls6fgl hfx]L lbPsf 5g\ . hfx]ldf kqk/ ufqxl-\* sf /fdhl dxtf] sf]L /fhlgg dxtf] / pgsf 5f]f lbgS/

dxtf] ufqxl-& sf /fdfgG6 /fpt / cf}ofsf j \$07 7fs/nf0{ sf/afx]sf]dfu ul/Psf]5 . kx/Lsf cg' f/ cleoQndWo] clxn] Dd /fhgg dxtf] / lbgS/ dxtf]kmf/ /x\$ 5g\eg] af6L kqmp k/\$ 5g\ kmf/ /fhgg dxtf]dfcf] fbl efl[ ; E7g jf0{Pnsf] sfo\$tf{ xg\ . pgl lrtjg h6kfgll:yt dcf] fbl 5kfdf/sf]lzj/af6 s]l ; docl3 efu\$ lyP . lzlf; olgog /f;x6n] xTofdf ; nlgnf0{ sf/afxl, kl8t kl/j/nf0{ plrt lftkl{/ lzlf;sf] ; /lffsf]dfu ubf& sflQs @)^% b]v lhlnfsf ; a} ; /s/L :sh agb u/Psf]5 . :j= ofbj sf >ldtl, Ps 5f]L / b0{5f]f 5g\ .

kqft %f, /f;x6

ofbj sf] xTofdf ; nlg /x\$] cleof]df kfF hgf lj?4 ofbj sf afa'ld>lnfn ofbj n]!# sflQsdf

## Izlf / kqsf/tf

### sfozfnf uf]l/sf] ; f'gf

;fdflhs ; jfbsf nflu ; xsfo{-PP; 8L tyf lzlf; dfl; sn]lzlf lf]sf ljifox;df ?lr /fvl ; dfrf/, lkmr/ / ljzn]of tof/ kfg{p; s kqsf/x;sf lgldt tlg]bg]klzlfOf-sfozfnf cfof]hgf ub\$ . sfozfnf lzlf; DaGwL d2fx; s; /L klxnofpg] / ; dfrf/÷lkmr/ s; /L n]vg] eeg] s/fdf s]bt /xg\$ .

kqsf/tfsf cfwf/e' klfx; a%] sDtdf b0{ jif{5fkdfwddf sfd ul/; s\$ kqsf/x; sfozfnf; lgldt ; fdfGotM of]o 7x]g]5g\ . tyflk z]f; ljifoklt ljz] ?lr / n]ygsndf cfdlj]f; ePsf c6o dfwbd; kqsf/x;sf lgldt of] zt{afws ag] 5g} .

sfozfnf k'sf] klxnf] xktf sf7df8f] xg\$ .

sfozfnfdf ; xeful xg OR5s tyf lg/Gt/ l; Sg / d]gt ug{tTk/ kqsf/x;n]@)^% d^; / !% ut]Dd tnsf] 7]fgdf ; Dks{/fvk]f .

sfozfnf xg] ldt / 7fpbf] hfgsf/L 5flgPsf ; xefulx;nf0{kl5 u/f0g\$ .

**gfM** != ; xeful ; ^wof hDdf @ xg\$ . ; xefulx;sf] 5gf of]otf, ?lr, cgej / klta4tfsf] cfwf/df ul/g\$ .

@ sf7df8f]aflx/sf ; xefulx;nf0{vfg}a:g]Jo; yf; lxt cfjZos G6td oftoft vr{pknAw u/f0g\$ .

; Dks{ 7]fgfM ; fdflhs ; jfbsf nflu ; xsfo{-PP; 8L, ; fzn ; fOG; j xfm

kf]6 aS; g+ @%##\$, sf7df8f] g]fn, kn]M \$\$&@\*)&

Od]hM asd@soscba.org j \$; f06M www.soscba.org/asd

# cfTdsYo

rdjhl jf0af

# clf/ t hfbh:t }nflbof]

**d** | clf/df ljZjf; u5{. lsgg] clf/df hljg abNg]zIQm xG5 . clf/df nS\$]Tof]zIStnf0{ d}n} k}p sIffdf egf{ePsf] klxnf] lbg g}lrg}. Toxf] d}n} klxnf]6s d}f] gfdsf clf/x;nf0{glhsaf6 b}y}. d}n} klxnf]6s Toxf]yxf k}PF d ; a}n} eGg] ul/Psl .rldnlw xg .rdjhlw /lx5'. Tolta}nf dnf0{ clf/ t hfbh:t} nflbof]. Pp6f clf/sf] ;fgf] 3df0n} d}f] gfd} knl/of] 0

dnf0{Tolta}n} s] klg nflbof] eg} tlg j6f clf/ lrgbf ; xl gfd e}6G5 eg] ; a}clf/ lrgg ; s] ; xl lhGbul klg cjZo e}6g\$ . Tof]/flt 3/ kms] cf^gf] gfd n}y\$]f] n}yo} u/}. cf^gf] gfd n}vg; Sg' slit 7hf] s/f]/x\$ lhGbuldf 0To; kI5 t clf/sf]df] olt a9df] ls 3fF sf6g, ds}uf\$g, hfbf klg Istfa}lnP/ hfg yfn}.

clf/ lrgGebf klxn}d}f]lhGbul ufpG]hssf]0Gb]/f]/-sh}ygl, dsjfgk/\_ h:t}lyof] hd\$]f]hDo}. afnlj j fxs] kl8f lyof] >ldgfsf] ;fy lyPg, ul/alsf] Joyf lyof] g sg} ;lk lyof] g cf6 . cfheGbf efl}n} efl}heGbf kl; { lhGbul eng\eng\ck7}f]x}lyof]. t/ ufpE}f k9g}n}vg} a9b} lyP} pglx;sf] lhGbul r}-cfheGbf efl}n} ;lnhf] ePsf] bl}vGyof]. clg dnf0{ nflu y}nlof] ls wgn} g ?kn} lhGbuldf wf\$} lbPsf] t clf/n} kf] /x\$ 0

@)! ;fn df3 ( ut\$]f] ;f% d}n} klxnf tlg clf/ lrgF.

ha clf/sf] hfbh} dleq cfTdjZjf; / cf6 eb} uof]dnf0{yk v}nbhln} ;tfg y}nlof} ak}p sIffdf .gof uf}f] eGg] Pp6f Istfasf ;fgl}tgf clf/ / c\$ l; Sbf dfq}lhGbul olt ;lnhf]xG5 eg]:sh, SofDk; sf df6-df6 Istfasf ; a}clf/sf] cy{hfg}x;sf] lhGbul slit cfgGbl x}f] x}f] / d}n} c7f6 u/F d}f]lhGbul t o:t} eof] t/ d}f] ef0alxglx; tl ; a}clf/x; ;Dd klg kfgpK5{hx}fDd pglx; klg rfxG5g\.

To; sf] nflu Pp6f ; d:of lyof] 3/ dl6t/sf] t; / vf}hf . af\$ ;f/ vf}hfkl/ lyof] avf}vf vf}hf tg} g; Sbf xfd] ufpE}f s}fs}lx; :sh g}hfg kfpE}y}. d}n} Toxf]Pp6f khsf] ;kgf b}y}. clf/sf] hfbh} lbPsf] cf6 ; d}n} t; / vf}hfdly kh x}Nlg ; a}nf0{ ux}f}.



@)! ;fn df3 ( ut\$]f] ;f% d}n} d}f] gfdsf tlg clf/ lrgF. Tof]/flt 3/ kms] cf^gf] gfd n}y\$]f] n}yo} u/}. cf^gf] gfd n}vg; Sg' slit 7hf] s/f]/x\$ lhGbuldf 0To; kI5 t clf/sf]df] olt a9df] ls 3fF sf6g, ds}uf\$g, hfbf klg Istfa}lnP/ hfg yfn}.

z?df d}f]cf6nf0{ufpE}n}k}TofPg}\ ; xof} klg cfPg . slitn} t rdjhl}nf0{dfq rfxg}\.rdjhl kh} eGb}lv; l u/]. w}x}uf/uxf/ / bf\$wkkI5 ;dfg kf0of] >dbfg h6df] / kh ag} 5f\$df]. clxn}:sh-SofDk; hfg] s}fs}lx; khdf v?? bf\$}f]b}vbf sDtl ;G}fif nflu} 0 z?df kh agfpg] ;kgfsf] alp pdfg]sfd clf/sf] r}n}u}of] . t/ kh 7I8g ;kgf dfq kof}t lyPg . Toxf]b0{tlg ; o ufpE}f]sfw lyof]/ Tof];Dej eof]. vf}hf]sf] nflu kmf]dsf] kh, df65}f] nflu clf/sf] kh clg ;dbfosf] pGgltsf nflu ;d}x}kh rfxg]/x\$ . ; a}gldnl s}xl gxg] /x\$ .

d cfh kfF j6f ;-;fgf dlxn art ;d}x;sf] cuj}f0{ ul//x\$}l 5' . r/f-6lsdf hfg] dli; s bz-al; ?k}f}Fh}ufpE}f cfh tl art ;d}x;df b0}c9f0{ nfv hlt hDdf e0; s\$}f] 5 . clf/k}tsf] ljZjf; / log} ;d}x;sf] cf8n} cfh d}f]dfq xg} ufpE}f w} dlxn, s}fs}lx;sf] hljg knl/Psf] 5 . l56} ufpE} Pp6f ;xsf/l klg vf}b}f}f}. dlxnf}x;sf] nflu :yfol ;flf/tf sIff / k':tsfno vf}lgsf nflu klg kxn ub}f}f}. afn;d} / o}f ; d}x agfP/ ; a}nf0{ ;d}df af}G]pkfo klg ;flr/x\$}f 5f}.

of] ; a} d}n} l9nf] u/l lrg\$}f Itg} clf/x;sf] b}g x}f]. clf/leq cgGt zIQm/ w}w}hfbx; nS\$} x}f /x\$g\ . clf/sf] Tof] zIQm klx}nlofpg / To;af6 k}k}t xg} cj; /x; ; a}n} ;dfg ;sg}eGg] d}f] OR5f / k}y}g} b} }x}f].

clfv/ ;f/df ; a}Gbf 7hf]clf}/x\$ 0 -of]syg P6}f k}p08}g g}fnsf] sfoGml d}f]lhGbul d}f]ljZjf;af6 ln0Psf]x}f].

# sIxNo }gdgI cfzfsf] syf

**O** 4 l; kfxln] n85g\ t/ To; sf] c; / ; fdfGo dflg; df a9l k5{. Pp6f o4n] xhf/f} dflg; sf] hljgnf0{bzsf}Dd k6f] t kf5{. hftlo lx;fsf z? eP/ al; jif{Dd rn3f] oluf08fsf] u{x04n] Toxf5f] cy{Gq dfq Wj :t agfPg, afnafnnsf / :shnf0{ klg g/fdf] G k6f] t kf5of]. o4sf] of] k6f] sf lj ifodf clxn] Dd w} IkmlD alg; s3f 5g\ . t/, cf]sf/ dgf]lt 8sd]6k . jf/ 8fG; lhf0{ ol ; a} lknDc6bf kw's / k6f] zfnl dflgPsf] 5 . Pp6f z/Offyl{Lzlj/sf]:shsf s3l lzlfS / lj Bfyl6] lx;fsf alrdf klg cfzf hufpg] syf of] 8sd]6kdf ; d]6Psf] 5 .

; g\@)& df b0{cd//sl IkmlDsf/ ; 7j knf0g / cf]G6bf lgS; n] lgdff u/3f] of] 8sd]6kdf s; 7j clego ub6g\ . jf/ 8fG; U p0/L oluf08fsf] kf6f]uf] z/Offyl{Lzlj/sf lj Bfyl6] syf xf] . of] to:tf dflg; sf] syf xf] hf] G ; EIt / g[o afx3 cf'gf] eGgsf nflu s3l af5l 57 . o4sf] x08/n] logsf] ; a} lrh p8f0lbPsf] 5 . lzlj/sf kf6M ; a} afnafnnsf afa' jf cdf o4df dfl/Psf 5g\ . s; 3f] ef0 x/fPsf] 5, s; 3l lbb . lzlj/df sg} vzl 57, htf; s} lg/fzf el/Psf] 5 . t/, Ps lbg crfgs /fi6kofl ; EIt kltoflutfsf nflu 5gf6 ePsf] va/n]:shdf vzlSf] nx/ Nofp5 . yf] tof/lkl5 :sh kltoflutfdf ; xeful dfq x67, yk} ljwdf lj hol klg x65 . t/, of] hltsf] syf g t hlt hlQs} cfG6bbfol 5, g g[oh:t} ; /n . 8sd]6ksf] s]bdf tlg lj Bfyl6] / logsf lzlfS 5g\ . rfw jif3f 8f]lgs / GofG; l tyf t3j if5l

/f]n]o4df 7hf]kl8f efl; s3f 5g\ . t/, logsf :shsf ; EIt-g[o lzlfSn] logsf dgdf kl/ cfzf huf0lbPsf 5g\ .

. jf/ 8fG; lsf lj Bfyl6] nflu :shsf] lgoldt k9f0sf] e6bf ; EIt dxf] ; jsf] dx]lj a9l 5 . o; 3f dflWodn] pglx; o4n] agfPsf] 3pdf dnd nufpg ; lfd x65g\ . IkmlDdf o:tf s3l lzlfS 5g\ hf] lj Bfyl6] ?lr / lfdtsf] klxrfg ug{ ; lfd x65g\ . lzlfSx; cf'gf lj Bfyl6] 0{ ; kintf lbnfpg ; ayf3 lal; P/ nflu/x65g\ .

:shsf lkl6; kn lj Bfyl6] ; a} tof/ldf dfq} ; xeful x67g\ pglx; sf] g]Tj u/ /fhwfgl; Dd hfc5g\ . pgn] kltoflutf cj lwe/ lj Bfyl6] xf] nf a9f0/x65g\ . :shsf ; EIt lzlfSn] lj Bfyl6] 0{k/Dk/fut ; EIt / g[odf lgk0f agfP5g\ eg] zx/af6 cfPsf lzlfSn] pglx; nf0{cfwlgS g[o / k}tltsf] snf l; sfp5g\ . ol ; a} lzlfssf] dx]gtN] cGtodf ultnf] glthf lgsfN5 . bze/sf ; lj wf; Dk6g lj Bfnoaf6 dlxgf3f] tof/l u/ cfPsf lj Bfyl6] 0{ Ps dlxgf tof/l u/ cfPsf z/Offyl{lj Bfyl6] lhlTlb65g\ .

z/Offyl{Lzlj/df eo / qf; sf alr o4sf] 3fp af3} af3f lj Bfyl6] 0{gfRg-ufpg nufpg' ; fdfGo s/f xfoG . t/, o; sf lzjfo ; kintfsf nflu g lzlfS; G c; lj sNk 5g\ g lj Bfyl6] G . o; 7j lzlfSx; lj Bfyl6] lj z]f valsf] klxrfg ug{ h65g\ . sg} lj Bfyl6] k/Dk/fut g[odf /df] 5 t sg} ahf ahfpgdf . lkl6; kn, ; EIt lzlfS / zx/af6 cfPsf lzlfS ldn] lj Bfyl6] lfdtf cg; f/sf] tflnd lbg z? u57 . lzlfSx; sf] of] dx]gtsf sf/Of g} lj Bfyl6] /df] glthf xft kf/ . o; 7j of] lj hodf lj Bfyl6] 6bf a9l lzlfS vzl 5g\ . 6sd] kns6} ubf{ :shsf ; EIt lzlfS dfq 5g\ dvn] s3l af]b6g\ t/ pgsf] cgxf/ cfd; Gtl6n] el/Psf] 5 . hljgsf] of]

7hf] ; kintfdf pgl uf3j flj t 5g\ . ha lj Bfyl6] lzlj/df kl5g\ ta lj Bfyl6] ; fy} lzlfssf] klg elo ; j fut x65 . lzlfS / lj Bfyl6] k6f; n] o4n] lbPsf] pbf; ldf a; 3f] :shdf vlzofnl 5fp5 .

Pp6f z/Offyl{Lzlj/sf]:shsf s3l lzlfS / lj Bfyl6] lx;fsf alrdf klg cfzf hufpg] syf of] 8sd]6kdf ; d]6Psf] 5 .



# IzIfsn] IzIfs g}xgk5{



zDeSdf/ >ij  
k} { klrfo{ glns07 pdfij  
wflb^aj ]L

c; k}fIt/ gnfu] lsg IzIfs aGgeof<

aafsf]rfxgfn]. @)^\* ; fndf wflb^asf]tTsfnlG  
; b/dsfid ; bnfahf/l:yt e}jl dfljdf c^aUhl k9fpg  
yfnF. ufpE}IzIfs ePkI5 5f]f]3/af a:5 eGgdf  
aaf 9Ss xgeof]. kI5 b0{tlg j6f /fdl cj ; /  
udfP/}eP klg IzIfs alg/xF.

s:tf]cj ; / udfpg' kfof<

@)(÷#) ; fndf gkfnl ; }f]sf] .:; }08  
n] 6gU6ldf 5gfb ePsf]lyPF. t/ aafn]gdfgkI5  
5f]8lbPF. To; u/L, @)#\$ ; fndf kx/L .0G:k\$6/ldf  
5flgP/ klg hfg ; lsgF.

egkI5 tkf0f0{IzIfs aG' k/}f]f k5tf]5 <

Tof]t 5g . a? ufpE}IzIfs ag} aaf /  
3/kl/jf/sf]0R5f k'f ug{kPsf]f uj { 5 . ; /lff  
lf]df sfd ug] ?lr ePsf]h] tl kof; u/}f]lyPF.

:sh k9M tkf0Fd]wjl, cf}t jf sdhf] s:tf]  
lj Bfyl{ xgkGyof] <

cf}t g]lyPF. k]l}zsf k/liff t]f] >0lndf pQlOf{  
u/}f] xF. t/ ljZjIjBfnosf k/liff; eg] bf]f]f  
>0lndf pQlOf{ u/}f] 5'.

tkf0Fvlnf klT:kwf]6 IzIfs aGgeof]Is lrgfhg  
jf eg; gaf6 <

; lw}k]z u/}f]xF. ufpE} k9fpg]df65]gePsf]h]  
xfdlx; -lj iofksf/ >ij, uofzsd/ >ij, s]ofk]fb  
bxfn, lj iofsd/ >ij .laP0 / d\_ nf0{ ufpE}h]  
5fg] /fv}f xg\.

IzIfs tIInd Ingeof]Is ePg <

d]h] c^aUhl eiffdf alP8= u/}f] xF. To; }h]  
vf; } tIIndsf] cfjZostf k/} .

kf7ak'ts afx\$ c6o k'ts sIQsf] k9gk65 <

k9S'. IzIfsn]sf]f]f] Istfa dfq k9] kUbg  
./k]l; U k'ts k9g}k5{. clxn]ultf k9b5' lsgeg]  
d sd6]udf ljZj; u5{.

lj Bfyl{cgzf; gdf /Vg nf]f] 58l jf yk8sf]  
sIQsf] kof] ug}of] <

abdf; lj Bfyl{nf0{ slxn}f]xlFnf]f] b}vPFxhf t/  
lk6g rflxFslxNo} lkl6gF.

lj Bfyl{ k}h xbf s:tf] nlfVof] <

PsbD} bMv .

sdhf] lj Bfyl{nf0{ hfG] agfpg s] s] ug}Gyof] <

ltgnf0{pQlOf{u/fpg :shsf]eGbf cltI/Om; dodf  
cnlu}; dx agfP/ k9fpg. w} lj Bfyl{ c^aUhl  
k}h xg] d To; }f] IzIfs ePsf]h] klxn] pglx;nf0{  
o; klT cle?lr hufpg] sfd uy}. /, la:tf/}la:tf/}  
k9fpg.

tkf0Fcfk}nf0{s:tf]IzIfs 7fGk65 < of]o, cf}t  
jf sdhf] =>

IzIfs dx}tl ePg eg]t sfd}nfu} lg U k9fpg'  
eg}f] k9g' klg xf]. To; }h] k9fpg' d ; wF dx}t  
uy}.

of] k}f ckgfP/ s] kfpgeof] < s] udfpggeof] <

c6o lf]df uPsf] eP cfly\$ ; kdf cln ; an  
xGyFxf . t/ clxn]lj Bfyl{/ ; dfhaf6 df; Ddfg  
kPsf] 5' . o; af ; GtI6 5' . s}l klg udfogF.

tkf0FIZIfs ePsf]f] kl/jf/ / I5d}ln] 0Hht,  
ugf; f] of 0iof{s] u5g} <

0Hht u5g}. 0iof{ug]t sf]l klg e}f]f] 5g .  
kl/jf/ / 5/I5d}sf klg ; a}vzl g} 5g\.

cfk}eGbf of]o, cg\$ / 0fio / cfb/0fio IzIffsf]  
gfd lngkbf <

; j= efg6Qm clwsf/L d}f]k}offsf] ; f] xgkGyof].  
pxfFe}jl dflj s] g]kfnl IzIfs xgkGyof]. pxf]f0{  
; lD%/xG5'. pxfFu?sf] klg u? xgkGyof].

tkf0F]#% jif{ ; }f u/} cjsfz lng6P5 . xfn  
k9f0/x}f IzIfsnf0{s] ; %j lbgk65 <

IzIfsn]IzIfs g}xgk5{. IzIfs aG] clg dVo  
Wofg rflxFc; s/fdf lbg] ug}f] . clxn] clwsfz  
IzIffx;n]s; /l /fd]IzIfs eG]t/ eGbf c; g} s/fnf0{  
kfyldstf lbPsf]f bMv nlf5 . To; /L IzIff ; k} .

wj l; Dv8f

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# lxdfn Istfasf sxl ksfzgx;

## dh] by\$fi] gkfn

xs{u?^a

;g\@)&, k[7 xx+#)\*, ?= @&%:-

gkfnstf sgf-sGb/f, kxf8-kj f, efj / / b[ k[on lx87}k[lg]yf7}gkfnlx;df k5g\xs{u?^a . lx87' t Pp[6f kxf8l ufp[6f h[6d\$[ pgsf]afnosfnstf]lgolt g}lyof]. t/ lj b[2df k97 cfPk15 klg pgn]gkfn ofqfnf0{cf^gf]klxn] kfyldstf agfP . ;g\!(^# b]v !(&\* sf cj lwdf slxn); f27o / slxn] vfr 3dSs8lsf lx; fan] p87, u87 / w7h; f] rflxFlx87}ul/Psf ol ofqfx;af6 pgsf lrGtgw/fdf k/\$f 5fk pgsf n]yfo, lj Zn]f[0f / pgn] sf7\$[ dh\$sf offhgfx;df cleloSt ePsf kfOG5g\ o; k!tsdf ; d]bPsf cfn]yx; ; fdfGo ofqf j QfGt dfq ge0{gkfnstf]ef]ts eufh / ; fdf]hs ; f:s[ts kl/jzaf/]Ps ljnlfof lj afg\$[ uxg l6kko]lx; xg\



...

## ljifo ljijw

xs{u?^a

;g\@)^, k[7 xiv+@&^, ?= #@%:-

xs{u?^asf] gfdl; t PseGb[ a9l ljz]f[0f hf]bPsf lyP . eufh]lj b\ offhgfsf/ ; dfhzf:ql, /fhgllt1, lrGts, kzf; s, n]ys, kbofql, kj f ljz]f1, lrqsf/, k[6f]u]k[6, v]h]f8l, d[6ql cflb cg\$ lrgf/l lyof] xs{u?^asf]. xs{u?^asf /df0nf ofqf-syf, d[fd\$ ; :d/Of, 3tnf]ubf ljrf/, tl]of lj Zn]f[0f tyf 7f] cjwf/Offx; ; ^\$lnt ljifo ljijw nf0{ ; xl cydf pxf]f kl]tlglw n]y-/rgfx;sf] ; hf]nf] eGg ; lsg5 .



...

## gkfn M lxGb"clw/fhosf] Oltxf;

I;NefFn[el

;g\@)% , k[7 xxxiv+@^), ?= \$)))-

-klxn] v08\_

;g\@)&, k[7 vii+@&\*, ?= @&%:-

-bf] [ v08\_

I;NefFn[el k]l[6 ; :s[t / Oltxf; sf Vofltk]t k]fG; h]l lj afg\ xg\ . pgl ; aeGb[ klxn] ; g\!\* (\* df gkfn cfPsf lyP . pgsf] gkfn a; f0sf] cj lw b0{dlxgf dfq lyof] To] klg sf7df8f]f]pkTosdf ; lldt . a; f0 5f[6] cj lwsf] eP klg pgsf] cl]oog / cg; Gwfg uxg lyof]. To; \$f]kl/Offd:j; k ; g\!( )% df of] ljzb s[t tlg efudf k\$flzt eof]. Oltxf; eg\$[f] zf; sx;sf] jz]fjnl / :tlt dfq xfo]g eGg]dfGotf /Vg]I; NefFn[elsf]o; s[tnf0{Ps zt]f]bclcl3sf]gkfnstf] ; f:s[ts-/fhgllts cj:yfsf] lj atfkOf{ lj Zn]f[0f dflgG5 .



ahf/df ; j[6 pknAw 5 .

kf6g9f\$[f, nlntk/, k]f] g= %\$@%\$ \$= @]# @