

# शिक्षक

मासिक

असार २०६६

गुण्य रु ३०/-

अस्थायी शिक्षकका स्थायी पीडा  
भिन्न हुन् गुरु र शिक्षक  
हुकरले पहिल्याएको नेपाली वैभव  
कामचलाउ शिक्षकका काँधमा  
नौ विषयको बोफ

महिला प्रधानाध्यापक

सफल छन् !

प्रअ होमकुमारी कुमाल (सध्मा)  
जनचेतना प्रावि, सुरुङ्गा, झापा



**Little Angels' College**  
*Announces*  
*Admission Open for*  
**Academic Programs**

- ◆ **BBA and BBIS**  
(Affiliated to Kathmandu University)  
Admission Test on June 27, 2009  
at KUSOM, Gwarko, Lalitpur.
- ◆ **'A' Level Program**  
(Cambridge University)  
Admission Process is going on.
- ◆ **10+2 HSEB**  
(Science and Commerce)  
[Hotel Management, Proposed]  
Forms will be distributed after SLC  
result only.



**Little Angels' College**

P O Box : 8322, Hattiban, Lalitpur, NEPAL  
Tel: +977 | 5250123, 5250777 Fax: +977 | 5250888,  
Email: las@wlink.com.np



dlxnf klfgrfbfks  
; km 5 gtlj

cfj/Of ,@^-#&

l/kf{?Msdnfs]sdfn ■ ; dlk{ jlf ■ lg/sz/lsf]  
; km gtlj ■ .clan k{ dntll ■ ; gsd/lsf]  
; kmnt ■ sljhfs] sfzn ■ .dlxnf g} 7lsll  
■ cgejMlxdt gxf/]fd]jug{; lsb]x\$ ■ ; :d/OfM  
dlxnf k{, hlt e{; km e{



dfvj cofn

hfgsl klj, vnljg, kfkfs]ljBfno ejg .

c:yfol lzlfssf  
:yfol ; d:of



l/kf{! \$  
afa'fd ljzsd{f

xS/n] klxNofPsf]  
lxdnfl j e j



gkfn-clwoog | %)  
8f- tlyxib/ >I

leq		
ultljwM lzls olgog cfb]ngdf ■ ; 3 x:tfli/ cleofgdf ■ \$) xhf/ slfss]f ylk] ■ Ps lbg gafi]g] Ps lbg gnVg]U ■ sfo{t lzlfsnf0{klg nf0; q; ■ Oih]aGb u%of] ■ ; #7g ; xsf/lt/		k[7 !)-!!
; Gbe{u?klOfM lzls, u? / jf:tljs u?	8f=uf]j Gb 608g	*
; dfrf/M Pskl5 csf[lzlfssf]xTof	l/tz lqkf7L	!@
l/kf{M klxnf kl9Pg, clxn]gk9L ePg	ho/fd uf;d	!*
afnafnnsf / k':tsfnMslfss]kl/k's k':tsfno	cllj sf lu/L	@!
dt-cledtM .g/fdf lzlfsl s; /l ; wfg] <		#*-\$
cVbogM ljBfyl; lsg alr]f 5f\$5g\ k9g <	ljgostf/ slzo;	\$^
sff-sf]M sdrnfpsf sfndf gf]ljifos]af%	l8Nnlk; fb zdf{	%%
Class Room: Vocabulary Teaching Exercises	Gautam/Gnawali	58
:tDe		
ljifo-; Gbe{@, x]f0-a%0 #, ; %j / k]tlqmf \$, k{ h ^!, hdsfe{ ^\$		

# IzIff, :gƒ / ; :sƒ/sƒ nflu u?cfdƒ

.dlxnƒ IzIffsl eƒg]nah dnf0{cln Ij sƒ; ]nflu5 Isgeg] o; n] .IzIffsl dfq egƒƒ] ; fdfƒotof k?if g}xf] eƒg] cfzo nƒsƒƒ] cfef; lbG5 . .ld; ũ t %g} .ld; oH8Ŭ nflu5 . To; ƒ] dnf0{of]n]ydf .u?cfdƒ ũ zAb kƒf] uƒg{ dg 5 . u?cfdƒx; pknAw ePsf eP dƒƒ] .u?cfdƒx; ; t g}k9ƒƒ]xg]lyPFIIsgeg]To; aƒƒf; Dd g]kfnl efiƒdf clxn] h:tf] zAbx; dfg] plwGg] / Itgsf] xƒ{ lng] nx/x; rin; sƒƒ lyPgg\.

dƒƒf lbblx;sf cToGt lkƒ u?cfdƒx; xg}xGyof] zƒ/bf / /wf . lbblx;n]sƒf u/ƒƒ] ; ƒƒƒ]xƒƒf tl u?cfdƒx;sf] :gƒ / jƒf; Nok0f{5lj dƒƒf dgdf clxn]Dd klg afƒL g}5 . d xƒ0{sƒh kƒbƒcfƒƒf{pxƒƒ; Toxfƒf6 cf'g}yftynf] kƒtsG] qmddf xg}xGyof] . ToxlFa:gePsf] eP klg dƒƒ] pxƒƒ; ; t k9ƒ kƒpg] ly0gFIsgeg] xƒdf] axp2ƒolo Ij Bfnodf pxƒƒ; dƒtM .sƒlx;sf] Ij ifol elgg] uƒ- Ij 1fg k9ƒpgxGyof] .

clg hit kl9of] slxNo}klg u?cfdƒ; t k9ƒ kf0Pg . dƒƒf u?cfdƒ; t k9ƒ /x/sf k5fl8sf] sf/Of s] lyof] t egƒ clxn] Ij rƒ/ ubf{dnf0{lbblx;af6 ; ƒƒƒ] h:tf] :gƒsƒ] nƒƒ nfuƒƒ] /xƒ eƒg] nflu5 .

t/ s] Ij Bfylƒ] u?cfdƒx;af6 kƒpg] dVo sƒf :gƒ dfq xf] t <

Ijifo ; Gbe{n]vg]qmddf dƒƒ]Pshgf lbbl; t pxƒƒ;sf lkƒ u?cfdƒx;sf af/ƒf sƒf u/F. pxƒƒ;sf] sƒ/sƒ] ; f/ lyof] u?cfdƒx;sf sf/Of 5ƒqƒx;nf0{:shdf Psbd}; lhnf] kl/j ƒ kƒt ePsf] lyof] . zƒƒfnosf] cej sƒ sf/Of dfq sƒg\5ƒqƒx; :sh 5ƒ8ƒ afllo ePsf tYox; cufl8 cf0/xƒƒ aƒƒ lbbln] pNn]y ugƒPsf] .; lhnf] sf] cy{ Jofks 5 . To; sf] cy{xf] ckgTj af]y, ; d%bf/L ; :gƒ, cleefj sTj cflb cflb . lbblsf] egf0 cg; f/, tl u?cfdƒx;sf sf/Of xƒdf] uƒpƒƒƒ .cf0df0{dfG5ƒ}klg o:tf] ug{ ; bf{/xƒgƒ eƒg] eƒjgf klg /fd]; t kƒnPsf] lyof] . 5ƒlx;nf0{:sh k7ƒpg]rng olt Jofks ge0; sƒƒ] #-) jifƒ{3sf] uƒdl0f ; dƒhdf u?cfdƒx;sf] sf/Of :shdf egf{b/ klg a9ƒƒ]lyof] . ; do wƒƒ{3 a9; sƒƒ] 5 t/ u?cfdƒx;sf] dxƒj df eg] sƒƒ klg sdl cfPsf] 5ƒ . a? IzIff dlxnƒx; / ; /sf/L Ij Bfnodf a9/xƒƒ]

5ƒqƒx;sf] ; aƒVofsf sf/Of o; sf] ; Defj gf / cfj Zostf %g} a9ƒƒ] 5 .

xx xx xx

g]kfnf] ; dƒhsf af/ƒf ulx/f] cle?lr / 1fg ePsl g] ƒhog kƒƒ] / ldqn] ; ft jifƒltc3 egƒƒ] sƒf d k6s-k6s ; lD%/xG5' . sƒƒ :j gƒdwGo g]kfnl Ij aƒgƒ; t sƒd u/ƒƒ] cƒej sƒ cfwf/df pgn] Pp6f l6Kk0fl u/ƒƒ ly0g\ . aƒg]kfnl k?ifx;nf0{dlxnƒsf dƒtxdf a; } sƒd ug{ rƒlxƒ; fx} uƒxf] xG5 xlu ƒ

d Pp6f g]kfnl k?if, pgn] cƒej u/ƒƒ] sƒf dƒƒ] To; ; ƒkdf t cƒej ug] sƒf ePg g} To; aƒƒf; Dd dl; t dlxnƒsf dƒtxdf a; } sƒd u/ƒƒ] cƒej klg lyPg . t/ kƒolƒ=k/f] bƒƒƒ sƒf ; D%ƒ eg] dnf0{ sƒf 7ls} nfuƒƒ] lyof] .

To; aƒƒf To; Ij ifodf wƒ} sƒf ePg . t/ To; kl5 wƒ}cƒj ; /x;df dnf0{pgsf] Toƒ] sƒ/sƒ] ; D%g e0/Xof] .

sg}klg JolSt jf ; dƒhsf] dgƒƒzƒ p; sf] efiƒ / p; n] kƒf] uƒg] zAbx;af6 kƒ6 xG5 . xƒd g]kfnlx; n] ; lhnf] ; t kƒf] uƒg{ .cf0df0{sƒƒsƒW eƒg] Pp6} zAbn] dlxnƒx; kƒtsf] xƒdf] eƒjgf / wf/Ofnf0{5nƒ kƒ5{h; nf0{ ; dƒhn] sƒƒsƒ; /x 7ƒgƒƒ] 5, p; sf] dƒtxdf a:g s; /L ; lhnf] xG5 / <

sg}klg k?ifsf] dlxnƒx; kƒtsf] wf/Of dh ƒkdf p; n] afnssndf bƒƒƒ / kƒf] j t ePsf dlxnƒx;sf cfwf/df tof/ ePsf] xG5 . sg} cƒdfn] bxƒ] u/L 3/- Joj xƒ/ rnfPsf] bƒƒƒ 5g\eg] pgsf 5ƒƒx; n] ; lhnf] ; t dlxnfnf0{ ; lfd JolStsf ƒkdf :jlsf/ ug{ ; S5g\ . ; lfd u?cƒdfn] k9ƒPsf Ij Bfylx;nf0{ ; fgƒ]v dlxnƒsf] 1fg / kƒ1s lfdtnf0{ :jlsf/ ug] afƒ kl/ ; sƒƒ] xG5 / Jofj ; flos hlj gdf klg pglx;nf0{dlxnƒsf dƒtxdf a; } sƒd ug{ uƒxf] xG5 .

cyƒƒ\ Ij Bfylƒ] u?cƒdfaf6 IzIff ; :gƒ ; ofxf/ cflb t kƒp5g\ g] :shdf u?cƒdfx;sf] ; fyƒ pkl:yltn] pglx;df xƒdf] ; dƒhnf0{ Psbd} vƒFf] k/ƒƒ] sƒf, dlxnƒx;nf0{af]4s / Jofj ; flos JolStsf ƒkdf cfb/ ug] ; :sƒ/sƒ] klg hu a:g ; S5 .

x/fPsf] rfal 0

a]hsf cWof/] e0; s\$] lyof].  
Pshgf kfsf dflg; xtf/-xtf/  
3/ krls] lyP . af6fdf  
; 8saQlsf] p]hofnf] pgn]  
dNnf gl; ?l2gnf0{ rf/ xftkfp  
6\$] s]l v]h/x\$] b]y].

ædNnf, s] x/fof] Æ pgn]  
; f]v].

æd]f] 3/sf] rfal x/fof]  
x]Æ gl; ?l2gn] hjfkm lbP .

æhof x] t Æ dNnf h:tf  
; a]h] dfg\$] enfbdlnf0{ P\$N]  
5f8y dg nfu] . tl dflg;  
klg pgnf0{ rfal v]g ; 3fpg  
yfn].

b]h]gf lgl/P/ rfal v]g nfu]. lgs} a]  
v]bf klg gel6Pk15 tl kfsf dflg; n]  
gl; ?l2gnf0{ ; f]v] æy, tkf0] rfal sx]g/  
v; \$] lyof] xFÆ  
gl; ?l2gn] k5fl8lt/ b]yP/ eg] ærfal t



ptf, d] 3/df x/fPsf] Æ  
tl dflg; h?Ss p7].  
æTo; f] eP lsg oxifv]g]gePsf]  
t Æ pgn] ; f]v].

æd]f] 3/df ; fx} cWof/]  
ePsf] oxifp]hofnf] cfp/  
v]h\$] l g Æ gl; ?l2gn] hjfkm  
lbP .

16k0l

%\$ ; Gb of] Pp6f dV{ kfqs]  
x]h] h:tf] d]g n]U5 . t/  
o; df Pp6f ulx/] cy{ klg n\$]f]  
5 . k]lM xfdl cf^gf] ; lhn]f]  
nflu, cf^gf ; d:ofs] ; d]wfg

unt 7fp]f v]g]5]f. sydf dNnf gl; ?l2gn] eg\$]  
..d]f] 3/l] v]; df ..d]f] c]t/c]d]l]s] k]l]s x]. /l of]  
syfs] ; Gb} x] xfdln] ; d:ofs] ; d]wfg ; xl  
7fp]f v]g]k5{. c]k]h]f0{ hx]f/ h; /l ; lhn]f] n]U5  
ToxFv]h] s]g} klg ; d:ofs] ; d]wfg k]f]g .

U ? e]l

c;f/ @# ut]- u?k]of]f . u?k]of]f bl]ff jf  
lz]ff lbP/ JolQm]f0{h]j]gsf]; xl af6f] b]y]f0]bg]  
u?÷lz]fsnf0{ ; l]g] / s[1tf k\$6 ug]c]j ; /  
x]. u?n] lb]g] 1fg÷lz]ff cdNo xG5, ?k]fF  
k}df To; s]d]No rQm] ug{ ; ls]g] . t/, cf^gf  
u?nf0{ cfb/, :g] / ; Ddfg ug{ eg] h; n] klg  
; S5 . ; Rrf u?n]cf^gf lz]io÷lj B]yl]f6 To]f]f  
w] } ck]ff klg /fv\$] x]g].

of] u?k]of]f]sf] c]j ; /df tkf0] klg cf^gf dg  
k/\$]f u?÷lz]fsnf0{ pkxf/ ; j?k lz]fs dfl; s  
k7P/ s[1tf k\$6 ug{ ; Sg]G5 . To; lglDt tkf0]  
cf^gf u?sf]g]fdd] lz]fs dfl; ss]f]u]ks alg]bP  
k]U5, pglx; sf] 7]g]f]f k]qsf xfdl k]f]f0]b]G5f].

lj : t[ h]gsf/l]sf] lglDt ; Dks{ /Vg]kf] M  
lz]fs dfl; s

k]f]b] aS; g=]^^, kf6g9f\$]f, n]ntk]  
k]f]M %\$\*!\$@, Od]h]mail@teacher.org.np



# k|t|qmf / ; %fj



## s:tf]la8dagf 0

.lz]fs/ dl; s;sf] h] c|df  
 .afh/fm dlb/f / df:6/0 zlif\$sf]  
 :ynut l/kf]h] lz]fsdf ePsf  
 l]s[ft plwGg u/\$f] k0Tg  
 ; /fxglo nlf0f]. p; } t x/\$  
 lsl; dsf ; Defjgfn] l]s6  
 afh/fdf lz]fsn] dBkfg u/L  
 st.[ok/fo0tf eh] lz]f0f l]f]s}  
 wHhL p8fpg] / l] Bfyl\$f]  
 eljiodfly s7f/f3ft u/\$f] cge]t  
 eof].  
 l] Bfyl{ j u\$] ; g]h]f] eljiosf]  
 dfu{ kZ:t ug] afu8f] ; Dxf]g]  
 lz]fs g} dlb/fsf] bnbndf eNg'  
 lsdyf{ ; hlf0f xT0g . o;  
 lsl; dsf Jojxf/n] lz]fs :jod\  
 l] Bfyl\$f gh/df .v/fall .g/fd]  
 jf .co]l]ol dfq sxnf0f]g\ o; n]  
 lz]f0f l]f] g} w/f; fol kfg] s/f  
 lglj]fb 5 .

clgn k]f]h, 06x/L -\$; ;g; /L

## shtlnf0{sf/afxl ugk5}

lz]fs @)^^ h] c|df ; d]j z  
 n]yx; w]} p]s]f6 5g\ .afh/fm  
 dlb/f / df:6/0 k9bf g/df0nf]  
 cgej eof]. bZsf] blf hgziQm  
 lgd]f]stf\$] ; kdf lz]fsnf0{ g}  
 ln0G5 . t/; o:tf l]s[ft /  
 l] ; E]tdf nfu\$] lz]fsn] s:tf]  
 hgziQm p]kfbg unf]g< jf:tjdf  
 Ps szn lz]fsn] t c]gf :sh]  
 gfglafax;nf0{ cfr/Of, do]f]f /

; lksf s/f kf] l; sfp]gk]b{of].  
 o; /L dlb/fsf] pGd0mfdf /dfP/  
 :sh; Dd gkl]g' s:t] la8dagf 0  
 lz]f0f kZf / ; du] l] Bfyl\$f]  
 eljiodfly o:tf lz]fsaf/f v]hj f8  
 e0/x\$] xbf loglx;nf0{ sf/afxl  
 ug{ lz]fs ; 3-; ; E7gx;n] ; xof]y  
 ugk5{.

s/g; \*; tf/  
 ; b7klzrdf-rn Sofdk; , wgu9L

## .d xT0 ; 06/ l] /f]L x0

lz]fs dl; s;sf] @)^^ h] c|df  
 hf]nkfb]L pd]lj afxg]k]f6l  
 l; Gwk]nrf\$sf lz]fs gf/fo0fk] fb  
 ; j]0af/f ln]vt .lz]fs g} c]y  
 sfddf cu]f 0 zlif\$sf] k|t|qmf  
 k9bf dnf0{ cfZro{ nlf0f]. ToxfF  
 d]f] gfd klg p]Nny ePsf] k]PF.  
 s/f] P; Pn; l @)^% sf] /x\$ .  
 ToxfFs]l pR5f]vn t]jx;af6  
 pxfF-gf/fo0f ; j]0\_nf0{ xftkft  
 xg; Sg] eGg] egf0 ; xfos  
 s]0b]0lf /fh]sd/ 9E]gfaf6  
 ePsf]h] ; Deflj t 36gf xg glbg  
 d, /f]x0f/fh ykf /t]haxfb/  
 ykfn] l] Bfnodf uP/ s]0b]0lfnf0{  
 o; ; DaGwdf c]ut u/f]Psf] dfq  
 x]. gf/fo0fk] fbnf0{ ToxfFaf6  
 x6f0{ l] Bfyl]f0{ r]f]pg] xdf] sg}  
 slt; t dg; fo l]Pg / xT0g  
 klg . t/ ; xfos s]0b]0lfsf]  
 ; kdf c]pg]ePsf gf/fo0f ; j]0\_nf0{  
 ko]l]fssf] ; kdf /f]Vg]sf] /x:o  
 r]f]x]Fs] lyof] < o; af/] s]0b]0lf

l]i0f' uf]d / ; j]0\_nf0{ g} yxf  
 x]h]f eg] pR5f]vn t]jx;af6}  
 gf/fo0fk] fbnf0{ xftkft ug]fnf  
 5g\ eGg] s/f oyfy{ lyof] jf  
 agf]6l lyof] To] /fh]sd/  
 9E]gf]nf0{ g} yxf x]h]f . xfdln] t  
 ; Deflj t 36gfaf6 hf]f]0 k/Liff  
 xnsf] j]ftfj/Of v]Nalng glbg] Ps  
 dfq p2]o af\$]sf lyof]. ToxfF  
 r]f]pgk]g] d]f] sf]xl klg l]Pg  
 / r]f]f]P/ kf; u/f]pgk5{ eGg]  
 d]f]g; klg xT0g .

a? d .xT0 ; 06/l]sf] l] /f]L  
 xF .xT0 ; 06/0 lb]f r]f]l a9L  
 x65 eGg] s/f klgsfnf0{ yxf  
 geP/ g} .xT0 ; 06/0 lb]Psf] x]h]f  
 t < dnf0{ t nlf05 cleef]s /  
 l] Bfyl]f0{ cnd]Nofpg / vzl kfg}  
 .xT0 ; 06/0 lb]Psf] x]f] / o; /L  
 ztk]tzt kf; u/f]pg] p2]o klg  
 ; /sf/sf] xg; S5 .xT0 ; 06/0  
 lb]P/ Toxl]f lz]fsnf0{ ; xfos  
 s]0b]0lf / uf8{ agf]pg' eg\$]f]  
 .af]f/nf0{ ln:g] nuf0lb]Psf] h:t]  
 eP] / < t; y{ ; /sf/n] .xT0  
 ; 06/0 lb]P/ c]0oqaf6 Pp6f  
 s]0b]0lf lgoQm u/L k7f]pg' eg\$]f]  
 .P]snf] j]f]k]t %]f]l kfg{ h:t} x]f].  
 clg c]f]Gb pd]ljdf l] Bfyl{  
 cleef]sn] r]f]l u/] jf  
 /fh]sd/x;af6 r]f]pg] k]0  
 e0x]nf0f eg] klg c]f]f]f] df]Gknf{  
 / < clg o:tf] sfo{ o; l] Bfnodf  
 dfq eof] x]h]f / < olb c]f]f]f]  
 df]G] x]f] eg] ; /sf/n] k/Liff

l]z]l]Bfnosf cge]l k]f]b]ksx;af6 c]l]b]kg u/f0g]o; sf7df8f]-  
 lz]f Sofdk; df Pd#8= / Ps]jif]al-P8-sf l]leGg l]ifox;df oxl  
 c]f]f]9 d; f]t; Dd egf]ln0b\$ .

- ✦ c]f]Zostf cg' f/ l]z]f / ; f] sl]fsf]Jo]j:yf .
- ✦ c]f]tl/s dn]ofsg k/L]f]sf]Jo]j:yf
- ✦ sl]f ; -rfng ; fem \$M% ah]0]v \* ah] Dd
- ✦ kZf; g v]Nnf l]b]gsf]! ah]0]v ; fem \* ah] Dd



## sf7df8f]-Hzlff Sofdk;

/fdzfxky, sf7df8f]-k]b]f]o p-df-lj-sf]ejg.  
 k]f]M)!-\$@)(\$), (\*%)!!^\$^  
 Ocd]M kscram@ymail.com



k4ltdf ;wf/ u/l :t/lo /  
doflbt ;kdf k/liff ;-rfng  
u/fpgkgj xfdg / <

nfnaxfb/ sfsf{

eK'kfc, cfbg pdflj, hnj/l/ l; Gwhl

### k9j lbSs nlfobf

unt kZgkqsf] sf/of xfdldf  
k/3f] dsf{ lzlf] n]  
p7f0lbPsfdf w7} w6oj fb . unt  
kZgsf] w7} k6s xn vfflgkbf{  
c6o kZgx; 56\$fn] klgsfklt  
Hofb} l/; p7\$] 5 .

.P; Pn; l kZgkq} unt l  
l/kf6df klg ql6 ep5 .  
.ulofstf] kZg gDa/ !! df  
lrq; d7} ulntl lb0Psf] pQm  
l/kf6df nlpvPsf] lyof] hals  
kZg gDa/ !! df lrq g}  
lyPg, .xfOP:6 sdg ^ofS6/l  
lgsfngkgj kZg ; flwPsf] lyof} .

csf7knc .k/liffdf lr6} 6l  
k9j ; fx} g/fdf] nlfobf} . c%  
lzlf] sdfly cleefjs, 5fq5fqf,  
:sh kZf; g Pj +lzlf  
clwsf/laf6} k/liff vshf] kfg{  
bafa k/3f] ; Gbf Hofb} bMv  
nlfobf} . olb o:t} xf] eg]  
cleefjsn] k9g lsg k7fpg]  
lzlf] sn] lsg k9fpg] / ljBfylh]  
lsg kl9/xg] < lj r/f ; fylx; nfo}  
; fg{ klg bMv k/3 . k/liffdf  
lr6 r7fpg] / ghfg] klg  
5fq5fqfnf0} kf; u/fpg ck]olf  
lgbZg lzlf clwsf/lx;n]  
lb0/xg] xf] eg] k/liff g} gln0}  
.kf; l u/f0lbP e0xfnfnf lg l  
vshf] k/liff lsg ln0/xgk}of] <

cfbfbio cfrfo{

kpltzln pdflj, af777f/, l; Gwhl

### ol s7f klg cfbng\

zlfshutdf gofCfofd yk3f] 5 lzlf] dfl; sn] . o; klqsf] x/3 c l k7glo /; a\k0flo 5g\ . xfdl h:t] lzlfobf kZf] dfa cfa4 xgZ; sf nflu t %g\d6sf] 9S9Sl g} ag3f] 5 of] klqsf .

- o; df lqDg ; fdull ; dfj Z ug{ ; lSpdf c% /fdfl] xgllyof] lsm
- lzlf ; }f; G ; DalGwt kf7dqnd
- lzlf ; }f cfof]uaf/f ; flwPsf kZg / ; dfwfg
- lzlf ; }f cfof]usf dxEj kOf{ ; 'rgf / hfgsf/l
- lzlf ; }f cfof]usf] k/liffsf] nflu pkof]yl ; fdull
- zlf]s ; d:of / ; dfwfg :tDe
- lzlfobf-lj lw / l; sf0-klqnof

l8lnlk|fb k8fn

>l hgkql dfj :of^l, nfk66f/ -!, l; Gwhl

### xfd]hlnfsf s7f klg k?g\ 0

lzlf] dfl; sn] lzlf] / lzlfobf  
kZftkn{ cflsiff ljBfylx; sf  
lgldt dxEj kOf{ of]ubfg u/3f] 5 .  
xfdfl] c5fd ; fknpu/df of] klqsf  
ev{ dfq cfpSf] eP klg o; sf]  
nfsk0tf lbgf] lbg a9b} uPsf]  
5 . bMvsf] s7f s] 5 eg] o:tf  
dfl; s klqsf; xfdfl] lqdf  
ljutdf yk} lelpPsf lyP, t/  
sfxl klg hljGt /xg ; sgg\ .  
tyflk dnf0{ ljZj; 5, h:t] s}  
sl7g kl/l:yltsf afahb klg  
lzlf] dfl; snf0{ c5fdff  
lg/Gt/tf lbgkxg\$ .

.lzlf] dfl; ssf kl]t]glwx;n]  
o; lqdf sfo{t lzlf] / oxfE  
zlf]s ult]j lwx;af/] lzlf]  
dfl; sdf ; d6} klqsf lsgg  
s-h'of0Fug] oxfE lzlf]s; sf]  
s7f] xfo klnglyof] lS l

lxdfn sF/ .pbf; lll

l; 4Zj /-!, ; fkn]lgZ5n ahf/, c5fd

### 8flj3sf]; 4f6tn]dg 50f]

r7} dlxgfsf] lzlf] dfl; s Hofb}  
g} /f7s / pkof]yl nlfobf} .  
cfufdl lbgx;df c% /f7s,  
1fga4\$ tyf hljgfkof]yl ; lk  
k6fg ug] vfnf c l x; k\$flzt  
x6} hfgn l oxl 5 d7f] @)^^  
; fnsf] zesdfg l

8f= tlyaxfb/>]7sf] .8flag  
l; 4f6tsf] ; f6ble\$tfll zlif\$sf]  
vfhdhs n7n] d7f]

cGt:sOf; Dd %S%sofof] . cfufdl  
lbgdf klg o:tf ; f6ble\$ n7x;  
cfp6} /xg\ .

/fhg eh7 .lzlf]s

efiff lqdf]j, a8sf lbobn}%,vf7fE

### lvz/ rDgk5{

; DkOf{ lzlf]s;df lzlf] dfl; sn]  
pRrtd :yfg cf]y6g ; kmn  
e0; s3f] 5 . o; n] c% ; kmntsf]  
r/d lvz/ rDg ; sf] \egl  
pQ/fQ/ kpltsf] sfdgf ub5' .  
Pshgf lzlf]s lzlfobf ug] ; DaGwdf  
cf0k/3f ck7df/fx; s; /l ; dfwfg  
ug] eGg] bflf/df kl//x3f] avt  
sxl ; do p; n] lzlf] dfl; s  
kfg ; Sof] eg] ; d:of cfk6f  
; dfwfg ePsf] cgej ub5 .  
To; 7} of] klqsf k7of\$ ljBfnodf  
klg ; sf] \ / To; kl]t k7of\$  
lzlf]s ju\$] Wofg sl6b7 xf] \  
eGg] rfx65' . lzlf]s df  
; fd6o1fg, ; 8f3' cGtflf/l,



zAbvñ h:t}afnult,  
afnslj tf, afnvñx;n] klg  
:yfg kfgp ; sğ\eg] cfux  
ub5' .

th;l >ñ  
d;ñ-@, uf/vf

**km 6 lzifs ls  
lj Bfylsf nflu <**

zAb vñ / cGtfll/L lzlfssf]  
nflu x] ls lj Bfylsf nflu  
x] < lzlfssf nflu eP t  
:t/lo xgk\of] lg ð ol b0{  
:tDe t kllj sf lj Bfylsf] nflu  
h:t] eof]. lzlfssf nflu t  
sl7g zAbx; /fvðf vñhl ug]  
afqlsf] lj sf; e0{ 1fgdf j [4  
xg]lyof]. sf]f eb] hñf cfkm-  
aG] zAbx; g/vgxfñf . a?  
vñhl ubfub; ; dñwfg ug{g; s]  
g} /fd]. . ;fdfo1fgdf w}  
kZgx; ; dfj z u/df /fd]  
xg]lyof]. zAb vñ / cGtfll/L  
o; k6s klg sf6y ldnq .  
cGtfll/L -\$ sf] ; xl ; dñwfg  
d]f] klg ePsf] lyof] t/

Pshgfsf] dfq ; xl ; dñwfg  
eGgePsf] lyof]. o:tf] nfk/j xl  
gxf] \.

uktaxfb/ e08f/L  
dxQ] kllj, dnDk/, Doñbl

**cgej /eflf0  
lgoldt x] \**

d lzifs dñ; s klqsfsf]  
lgoldt ufxs xF. ljs6  
lhNnsf lzlfxs;sf] cgej /  
eflf0 klg cfufdl c[df /fvb}  
hñf /fd] xg]lyof]. ; duðf  
klqsf lzlfxs;sf nflu clt  
pkofyl 5 . zAb vñ 5flkPsf]  
kfg k'} sf6] k7fpg] jf zAb  
vñ dfq k7fpg] x] k;6 ePg,  
cfufdl c[df k;6 kfl/lbgxfñf .

cñsaxfb/ vql  
lzifs, >l sfnbl] kllj, /fd\$fk  
-l6kk0ñm k'} kfg xq, hlt el/  
Psf] x65, Tolt dfq} k7fpg] x]. -  
; ±

**lzifs buqdf klg kuf] \ ð**  
lzifs klqsfdf xfdl lj Bfyl{

lzifs / cleefj sx;sf nflu  
1fgdhs ; fdulx; ; f} zlf  
ultlj lw, lj Bfno, lzifs /  
lj Bfylsf d2f / rf; fñf0{  
; dl6Psfñ] of] ctoGt} pkofyl 5 .  
t/, lzifs ufdlof / buq  
7fp; ; Dd c% klg ; s\$] 5q .  
bZsf] lzlfssf] cj:yf s:t] 5 <  
xdl sğ cj:yfdf 5f} < xdf]  
st{0 s] x] < eg] h:t} s/fx;  
buqsf lzifs, lj Bfyl{ /  
cleefj sx;n] /fd] a'g kfPsf  
5qg\ . To; ñ] ufdlof / buq  
e; ; Dd lzifs klqsfñf0{  
k'ofpg;f/df ; ñ]rof] \.

0Zj/b0 snñl  
kl8n, dxfsnl -&, a38l

**sf]fd a; ; bZ a%5'**

k; )^% df lzifs dñ; s k9y  
yfnblv sf]fd] a; ; bZsf zlf  
ultlj lw Pj +lzlfssf lj rf/ a'g  
kfPsf] 5' . klqsf nf\$lk0 ePsf]  
5 . of] s/f kf7s ; xeflutfaf6  
; d] yxf x65 .  
d]f] Pp6f kZg Pj +cg/fv 5,

**रेडियो सगरमाथा १०२ थोप्लो ४ मेगाहर्ज**  
**नेपाली रेडियो, नेपाली आवाज**

लहैलहै र सस्तो लोकप्रियता भन्दा निकै ठाढा सत्य, तटस्थ, निष्पक्ष  
र विश्वसनीय समाचार

सधै १५ मिनेट अगाडि

**हालचाल**  
(सरल, शुद्ध र नेपाली भाषामा)

हरेक दिन

विहान: ८:४५ र ११:४५ विउँसो: २:४५ र ४:४५, साँझ: ६:४५ र ८:४५

**बीबीसी नेपाली सेवा**  
हरेक बेलुका ८:४५-९:१५ सम्म

**रेडियो सगरमाथा एफएम १०२ थोप्लो ४ मेगाहर्जमा**



zAb vjh, cGtflf/L h:tf kltoflutfnf0{skldf  
;f/] k7fpg] loj:yf ldnfpg ;lsf < klsf  
kz:t kf0g] 7fpf t 7ls}5 t/ s; sf] klsf  
dfu] k9gkg] cj:yfdf /xsf bu@ a:tlf  
kf7ssf ck7df/fnf0{klg lzlf s klsfn] Wofg  
lbgkg] xf0g / <

anNalln s; h] ufpf klsf nu\$ f xG5g\  
pglx;n] To; nf0{ k95g\  
t/ klsfs}dfq dfGo xfhf eg] cf`gf] kltef  
n\$fpG ljjz 5g\  
o; af/df klg :ki6 u/fpg]  
xf] ls 0 csf] ;d:of, Pp6f sf6bf csf] klg  
sf665, o; sf] af/df klg ; fkgktof] x}0

>ls0f ykf  
;f/l6fk, zltnkf6L-#, l; Qvhl

-l6K0flM ;%j / lh1f;fsf nflu ykfhlnf0{  
wGofj b . sfklf ;f/] k7f0Psf cGtflf/L  
cflb kltoflutfx; ;jlsf/ ubf{ tl :tdex;  
k\$flzt ug\$] kdlv cflr-to g}; dflk xg]  
xhf xfnnf0{Totflf/ g; fkg' g}hftl xG5 . a?  
ufpFa:tl jf :shdf Ps klk klsfdf  
lrQ a%pgsf] ;\$f k9g 0R55x; x/\$n]  
Ps÷Psklt klk uglt/ ;fkg' klsfsf] :t/lotf /  
bl3h]jgsf] lglDt ; xoful xG5 . Psklt klsf  
klu; s\$] ufpF7fpf b0{ tlg jf !} klk klG vf; }  
ufxf] gxfhf . -; Dkfs\_

### snd

;To s/f nVgnf0{ ;l6 eof] snd  
1fgsf] Hoflt kfhpg ;l6 eof] snd  
%bf] s/f ddfpg ;l6 eof] snd  
0ltxf; sfghf0{ ;l6 eof] snd

lzlf sf] k\$z 5g{ rnfprf snd  
; Tosf] phfu/ug{ rnfprf snd  
; flxTo l; hgf ug{ rnfprf snd  
1fg, lj 1fgsf] vfhl ug{ rnfprf snd

%bf] s/f nVgnf0{ grnfprf snd  
0ltxf; ddfpg grnfprf snd  
clxt xg] clf/nVg grnfprf snd  
lzlf sf] lbk lgepg grnfprf snd

0j/bQ snfj  
kl8n, dxsfnl-&, a38L

-lgj 0gM lzlf df k\$flzt ug{slj tf k7fpgxg] slj  
lzlf tyf cGo kf7sx;klk ;Dkfbg 6fh] cglxlt  
5 . t/, :ygfefj sf sf/Of klt ; a} slj tf 5fk  
xdl c; dy{5f} /fdl nfdl slj tf ; Dkfbg ug{klg  
xdl] /x/ge0{afWotf xf] . o; y{ xdl lj Zjf; u5f  
slj tf g5fkbf jf ; Dkfbg xbf s; h] lrQ bvfpkgx]  
5g . -; Dkfs\_



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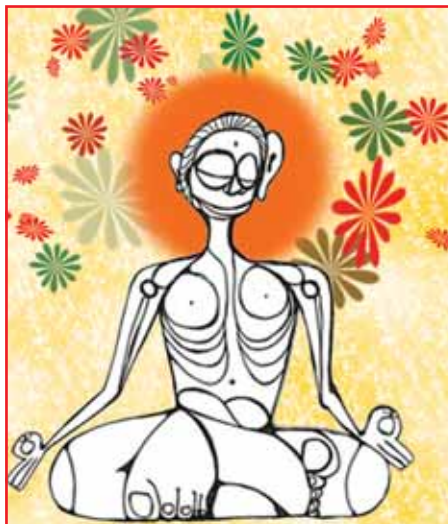
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# ; Gbeŋ u?kl0fɔf

8f= uflj Gb 608g



Izlf s / u? zAb xlf{  
p:t}p:t}nflg]eP klg  
To;leq cGtlg[xt cy{eg]  
ljNsh}leGg kfp5f}.  
Izlf s kzf x] eg]u?  
kzf x]0g . Izlf s sg}  
lgIzrt ;do, sfn, a]hf,  
.kl/o8U / tna jf  
kfl/>lds of eQf;E klg  
;DaGw /fVg]xG5 . hals  
u?df Itgsf]cefj xG5 jf  
xg] ck]ff /flvPsf]xG5 .



## Izlf s, u? / jf:tlj s u?

**k** lxn}klxn]u?sf] h}hlt dfg-;Ddfg, ul/df,  
pkfb}tf / dx[Ej lyof]cfhsfn tof]kfgp  
5f18Psf] 5 . u?sf]cy{/ dlxdf ga^bf o;n]  
a%fpg]cy{/ kl/efiff clxn];ltd / ;Ilof{aGb}  
uPsf]xfdl kfp5f}. ;s[ jf^Nodf u?sf]clt g}  
dx[Ejufg uf0Psf] 5 . ;s[ eiffsf]kxF  
;j{fdffosf]nflu ;/n xBf u?sf]u0ufg ;jG  
bVg hxfFk0Gvof] toxL+lxhf}fh ;s[sf]dx[Ej /  
pkfb}tfnf0{cGoflo eiffx;n]pl5Gb}hfgfn]tyf  
afXo ;s[tsf]kEj ljBfno, snh /  
ljZljBfnodf dfq ge0{;jG a9b}hfgfn]u?sf]  
dx[Ej / cy{klg wldn xB}uPsf] 5 . .u?U zAbsf]  
;Sdf .; /U .Izlf sU .I6r/U .kNbfksU cflb  
zAbx;n]7fpFlnPsf]bV5f}. ;s[ eiffdf u?  
eGf;fy}-! .Izlf lbg]\_@ bllf lbg] / -#  
dfuLzG ug]JolQmF0{a%6p5 . lxhf}fh u?  
eg}f]ls t ;s[sf s]l Izlf snf0{ls t wd{  
cVbfid lqsf dfuLzG JolQmF0{a%6pg]zAbsf]  
;kdf ;ltd aG ku}f] 5 .  
gNfl eiffdf rfxFlxhf}fh .u?U zAbnf0{olt  
e]6 tNofpg yflnf}-ls ;fj]lgs oftoft rnfpg]  
xf]\ls sf/ rnfpg]rfns Itgnf0{.u?U eg]  
;DafVg ug]kl/kf6ln]kN;fxg kfp5f] 5 .

kl/OffdtM u?sf]ul/df, dx[Ej / pkfb}tf gfdG  
xg]lbzdf cu|/ xB}u0/x\$]f] 5 . u?sf]ul/df /  
dlxdfnf0{kg?lyfg ug{;du|;kdf ;a]h};f]gkg]  
a]hf cfPsf]rflxF:d/Oflo 5 . oxlf; ;s[  
jf^Nodf u?nf0{s}s;/L xU/Psf]/x\$ tof]hfG'  
;fGbleS g}x]hf . u?ultf df elgPsf]5-  
*u?zAb:t]j Gwsf/}ofb\ ?zAb:tlG/f]vs].*  
*cGwsf/lG/f]w]jfb\ u?I/Tolewlot].*  
cyf{\.uU zAbsf]cy{.cGwsf/U / ..?U zAbsf]  
cy{to;sf]lg/f]v of ljgFz ul/lbg]JolQm xG5 .  
o;k\$ / cGwsf/sf]lg/f]vs ePsf]tof].u?U  
kba]6 jfRo 5 .  
tG;f/ df atf0Psf]5-  
*usf/M l;I4tM k[Qm] /]m kfk:o xf/sM .*  
*psf/f]ljjo]foQm:qtodf uM k/M .*  
cyf{\.uU cfl/ l;I4bfos atf0Psf] 5 / .uU  
kfsf]x/of ug]fnf 5 . .pu cJoQm lji0f' x].  
o;k\$ / tlG zAbn]ag}f].u?U zAb k/d u?sf]  
jfrs 5 . *shofftG* df u?sf ^ e] atf0Psf]  
5- k]s; ;'s, jfrs, bzS, Izlf s / af]vs .  
cGog Izlfu? / blIfu?sf]pNny kf0G5 . u?  
zAbsf]Jotklt ub}hfB Ps 7fpBf elgPsf]5-  
uB-x]ofGwsf/d\ /f]jolt0 b/ls/f]llt u? cyf{\hf]

x[osf] c1fg?kl c[wsf/nf0{x6f0lb65 pxl g}u? x].

;:s[ jfa^dodf u?sf] avfg ug[ qmldf slt;Dd elgPsf] 5 x[?]-

u?af[xf u?lj?of u?b[?f] dx[?j] / .

u?;f[fft\k/aXd t:d}lu?j] gdlM .

cyf[? \ u? g}aXdf xg\ u? g}ljiof' xg\ u? g} dx[?j] / klg . u? ;flft\k/aXd:j?k ePsf[?] u?nf0{ j[?gf u5{eGg] efj o;df kf0G5 .

ol ;a}p4/Ofx;af6 s]:ki6 xG5 eg]x/xf dglosf] hljgdf u?sf] c[olws :yfg / dx[?j] /x[?f] xG5 . t/, To;nf0{ slt dfqdf xfdln] :j[?sf/xf xG5f]-Tof] eg] dgglo 5 . hljge/ xfdl s[?l g s[?laf6 s[?l g s[?l l;s[?}a;xf xG5f]- rfx[?f grfx[?f] klg l;ls/x[?f xG5f]- bQfqsos r[?al; u? t ;:s[ jfa^dodf kl;4}5g\ . cdf s;xf] nflu klg klxn]u? xG5g\ . cdfaf6} afnsn] w[?} s[?f l;S5g\ . ;:sf/sf] x:t[?t/Of klxn] cdfaf6} aRrfd xG5 . o;[?] t elgg] ul/Psf] x] ls .Pshgf cdf lzllft jf 1fgjfg\ e0g\eg] kl/jf/ / ;dfhdf w[?} hgfsf] p4f/ xG5 l cdfk15 aaf, cuh / To;kl5 dfq}lzlf, u?sf] knf] cfp5 .

lzlf / u? zAb x[?f{p:t}p:t} nflu] eP klg To;leq c[?lg[xt cy{eg] l]Nsh} leGg kfp5f]- lzlf k[?f x] eg] u? k[?f x[?g . o;[?] lzlf afx/L lzlf jf e[?stf;[? w[?} ;fdlko /fV5 eg] u? c[?t/x[?o / wd{c[?b[?f]d;[? ;/f[?f/ /fVg] xG5 . lzlf sb}lg[?zrt ;do, sfn, a[?f, .lkl/o8l / tna jf kfl/>lds of eQf;[? klg ;Da0w /fVg] xG5 . hals u?df ltgsf] cefj xG5 jf x[?] ck[?ff /flvPsf] xG5 . :jfy[?b[?f dflv p7[?f] xG5 u?sf] c[?glafgl, nlf0f / ljz[?tf . o;[?] klg x] ls g[?fln k/Dk/fdf u?nf0{lr7lkqx;df .>l ^l n] ;Da[?vg ug[?k/Dk/f ljut s[?l jif{cu18;Dd klg Jofks lyof}. cfwlgs lzlf[sf] hlt-hlt ks8 / k[?lt x[?5, To1t-To1t u?sf] dx[?j / dlxdfd sdl cfp5}uPsf] cgej xG5 .

;Rrf u?n] ldYofaf[?nf0{gi6 u?} xfdlnf0{ hljgsf] k/dnlosf] dfu[?z[? ul/lbG5g\ . ;ult s] x] < slt s] x] < kfk s] x] < k0o s] x] < wd{s] x] < cwd{s] x] < ug{x[?] s] x] < ug{gx[?] s] x] < 7ls s] x] < a[?ls s] x] < st[?o s] x] < cst[?o s] x] < u?n] To;sf] elnefEl 1fg lbG5g\ / c[?t/fldfl/, OZj/sf] k[?lkt[sf] af6[?lt/, eujt-bz[?sf] dfu[?t/, k[?ofldfqsf] lxtlt/ nflu ;b} k[?/t u5[?g\ . sb}JolQmit nfesf] nflu, cy{ k[?lkt[sf] nflu ge0{lgisfd efjn] h;n] c[?kn] lxt c;nf0{ hljg?kl 8Ef kf/ ug{dfu[?z[? u5[?g\}j ug{ ;S5g\pg[?f0{ ;Rrf u? eGg ;lsG5 . To;b[?lv afx[?sf t gfdwf/L u? xg\

elglb[?f km's kb[? . cfhsfn gfdwf/L u? w[?} kfp[? ;lsG5, s[?l h6fn]u? aGg v[?h[?f xG5g\ s[?l ltns r[?bgn] s[?l j:q kl/wfgn] s[?l zf:qsf] /uf/6f0n] s[?l cfln;fg cf>d / e[?ts ;Dk[?gtfn]u? kb c[?b[?6] a;xf] b[?vg gkf0g] x[?g . hals u?sf] ltglx;[? ;[? sb} ;Da0w /x[?f] x[?g . lziosf] ;Gtfnf0{xg[? ;b[?b] kfp[? sl7g dfq}x[?g cToGt ufx] 5 .

.u?l u?Tj;[? ;Da0w /fVg] xG5 g ls k[?ofkq, hft, jOf{cflb jfxo / ;txl ljifo;[? . u?Tj[sf] k[?lktdf c[?gf] hljgnf0{ck[?f ug[? OZj/nf0{ wd[?f0{ dgloTjnf0{fd/L hfg} a%[?f, ;dfh, /fi6</ ljZjdf c;n s[?fx;- clx;f, bof, dfof, s?0ff, Gof, cgzf;g, ;v, zflGt / c[?g[?bsf] d[?lbdaf6 .j;w} s[?b[?j s[?l .c[?fdjt\;j[?e[?Tj] .dfgj jf0w[?j ;j[? h:t f ;j[?Nofofsf/L pbf/, ljzfn / lj:t[? pbfQ efjgfsf] ;~rf/df ;dlk[? JolQm] g} oyfy[?fdf u? aGg ofl[?o xG5g\ nfos xG5g\ . afhl / s[?fn] x[?gl dg, jrg, sd[?f ;fy}cfr/Of / Jojxf/n] ;f[?f] ;kdf pkoQm dfu[?f hf] ;dlk[? 5 pxl jf:tjdf .u?l eGg nfos / >4[? xG5 .

lzlf u? aGg ;S5 ls ;Sb[? eGg] k[?g p7[? ;S5 . of] :jfe[?js klg x] . u? hf] s[?l aGg ;S5 t/ lgi7f;fy c[?gf] hljgnf0{ ;b[?dfu[?f, k/dfy[?ydf, c[?l[?b[?dsf] dfu[?f, k[?ofl dfqsf] lxtdf h;n] hljgnf0{nuP/ c[?kn] kl/jf/, ;dfh, /fi6< / ljZjsf] lxt x[?] sfo[?f hljgnf0{ ;dlk[? u/[?f] 5, To:t[?] JolQm g}u?Tjn] el/k[?f{ePsf dxfg\ JolQm; xg\ . xg klg u? k[?fzs, dfu[?z[? / p4f/s x] . u? To:t[?] ;zQm cfwf/ x] h;af/f c[?l[?b[?ltds zIQm hg-hgdf klg ;S5 . lzlf h;n] klg lbg;S5 lsGt' lziosf] nflu s]n u?n] dfq}c[?l[?b[?ltds zIQm[sf] ;~rf/ k[?fvg ug{ ;S5 . h;af6 lziosf] c[?l[?b[?ltds jf egf}-c[?ltds p[?gl ;Dej 5 . u? k[?fzs, dfu[?z[? , p4f/s eP klg kfV08L, Jolerf/L, w[?{u?x;af6 rfxF aRgk5{. h;df .afF / af[?g b[?b[? sf] dxfg\ efjgf 5, ;fljstf 5, dxfgt, ljzintf 5, pbf/tf 5, ;a[?f0{ ;dfg ;kn] 1fg, v;l af8[? ;Sg] lfdt 5, u0f 5 Toxl JolQmf .u?Tj[?l xG5 / To:t}JolQm dxfg\ sxlng nfos xG5g\ .

u?k[?of[?fsf] c[?j ;/df ;Ddfg ub[?f / ;Ddfg kfp[?df u? elgg] / x[?g] ge0{tl u0fx; s;/l c[?gf] Jojxf/df Nofpg] x] Tof] dx[?j k[?f{ 5 . cfhsf] e[?tsjfbn] u[?t ;dodf u?Tjn] el/k[?f{ ;Rrf u?x;sf] cfjZostf klxn[?b[?f %g\ a9l x[?] uPsf] 5 . c[?gf] cfr/Of, do[?f / cgzf;gdf /xg] u?x;af6} ljBfyl{ jf lziox;sf] jf cgbolx;sf] eljio s:t[?] x[?] eGg] lgwf[?of x[?] x].

# Izlf s olgog cfbfngdf

**gkfn** Izlf s olgogn] bZJofkl cfbfng z? u/\$f] 5 . olgogsf] ! ) jZfv @)^^ df a; \$f] /li6 sfo{ ;ldtsf] a7sn] lj utdf ;/sf/; E ePsf ; xdl tyf ; D%f] sf of] og u/fpgsf nflu r/Ofa4 cfbfng ugIlgOf6 u/\$f] k ! ^ jZfv @)^^ b]v cfbfng kl/De ePsf]xf]. pQm lbg olgogn]lj utdf Izlf s; E ;/sf/n]u/\$f ; D%f] sf of] ogsf nflu Izlff dGqnonf0{ 1fkgkq lb0Psf] lyof] eg] ; fxl lbg ; a} lhNnf;df olgogsf lhNnf sfo{ ;ldt / cfj4 ; yfsf lhNnf sfo{ ;ldtsf kbflwsf/lx;n] lbpFf] ! ah]v @ ah]Dd Ps 306f lhNnf Izlff sf of] of] wgf{ lbPsf lyP . klnf]r/Ofsf]cfbfngcftuf @% jZfv @)^^ df olgogn]; a}lhNnfdf

Izlf s, ljBfno Joj:yfkg ;ldt, cleefjs, /fhgllts bn, gful/s ;dfh, jlsn / kqsf/x; ; E Izlfssf kZfut dfuf ; DaGwdf ljutsf ; /sf/; E ePsf ; D%f] tyf efl cfbfngsf ?k/yfaf/]cGt/lqnof u/\$f] lyof]. To:t} #! jZfvdf olgogsf lhNnf zfvfn] lj /f]v kbZg; lxt lhNnf Izlff sf of] of] df lj /f]v; efsf] cfofhgf u/\$f] lyP . s]blo Izlf s cfbfng kl/rfng ;ldtn]^ h]df . gkfn Izlf s olgog cfbfng lsg # ljifos cGt/lqnof cfofhgf u/\$f] lyof]. olgogsf]s]blo sf of] of] cg;f/, !\$ h] @)^^ df olgogsf lhNnf zfvfn] Izlfssf kZfut dfu k/f u/fpg ; a} lhNnf ; b/dsf / sf/df8f] lj /f]v ; ef u/\$f] lyP .

# \$) xhf/ s lffsf]f ylkg]

**Izlf** ljefu, olg; km ; e b lrN8 / gkndf sfo{t cGt/li6 u} ; x;sf] ; E7g -Pcf0g\_ afndq] ljBfno / uOf:t/lo Izlf sf nflu Gogtd dfkb08 tof/ ugI{cu|/ ePsf 5g\ . @& h]df /fhwfgldf cfofhgf uf]7ldf tT; DaGw ; /sf/l cjwf/Off k]tt ub] Izlff ljefuf dxf]gZs dxf>d zdf{/ lgbZs lrqk]fb b] sf]fn] ; g\ @)!% ; Dddf ljBfno Izlffnf0{ slff ! b]v \* ; Dd cfw/et / slff \* b]v !@ ; Ddnf0{ dflwld txsf ; kdf kgu7g ugI tyf ; /sf/l ljBfnodf \$) xhf/ slffsf]f ylkg] of]hg /x\$] hfgsf/l u/fP . dxf]gZs zdf] uOf:t/lo Izlffsf] nlo k]ktdf ; a} klfsf] ; xelutf / ; xof]v cfjZos /x\$] Izlffsf] kZfut pGgl]gf To] nlo k/f gxg] ; d] atfP . sf of] of] ; xeful Izlffsf kZfut ; yfsf kbflwsf/l] eg] afndq] ljBfno / uOf:t/lo Izlffsf af/Of ul/g] 5nkmndf c; lqsf dflg; eGf ljBfnosf xPdf:6/ / Izlffsf] ; xelutf a9fpgk] ; %j lbPsf lyP . sf of] of] afndq] ljBfno / uOf:t/lo Izlffsf] cfw/et dfkb08sf af/Of /li6 sfo{ 9fFf tof/ ugI ljefuf pklgbZs lgj/fh hfZln] hfgsf/l lbP . uf]7ldf bft[ ; yf, Izlff clwsf/l, Izlffsf kZfut ; 3; yfsf kl]lgw tyf u} ; /sf/l ; yfsf kl]lgw ; xeful /x\$] lyP .

# ; 3 x:tlf/ cleofgdf

**gkfn** Izlf s ; 3n] 6B olgog PqCtuf >d dGqnofdf btf{xgsf nflu \$) xhf/ Izlffsf]x:tlf/ ; lng ug{yfn\$] 5 . ; 3sf] ( h] @)^^ df s]blo sf of] of] a; \$f] sfo{oj:yf ;ldtsf] a7sn] cfoPncf]dx; lGwsf clwsf/ pkef]v ug]sf nflu ; 3nf0{>d dGqnofdf btf{ugIlgOf6 u/\$f] lyof]. ; 3sf cWOLF df]g 1jfnln] ; fd]xs ; f]fafhl ug] clwsf/sf nflu ; 3nf0{ kZfut ; E7gsf] dfgotf lbnfpg]k]f; ylnPsf]atfP . pgsf cg;f/ o; sf nflu ; 3n] rf]v} c-rndf x:tlf/ ; lng cl3 a9fPsf] 5 . ; 3sf] sfo{oj:yf ;ldtsf] a7skl5 hf/l lj 1Iktdf afnafnsf]uOf:t/lo Izlff kfp]g] g}lu\$ clwsf/sf] k]ofelt ug{ ; /sf/n]kl]j b]v df]j; Dd yk &) xhf/ Izlf s / sd{f/l]b/aGbl l; hgf u/l To; lglDt cfufdl

ah]df /sd 56dfpg]dfu ul/Psf] 5 . b/aGblsf] ; \$f /ixt / kl; lPkm h:tf Izlffsf]Joj:yf ePdf ; 3nf0{ dfgo gxg] hgr0Psf] 5 . ; 3n] Izlffsf]kZfut :yloTj, c:yfol ; ]sf]uOf]g, Izlffsf] hf/l lx;sf] cGto ul/gkg] c8fg b]f]f]of] cufdl ah]df Izlff lqsf nflu sh ah]sf] sDtdf @) kl]zt cz Joj:yf ul/gkg]dfu u/\$f] 5 . ; 3n]!% c;f/ @)^^ ; Dddf cf'gf ; a}; yfglo clw] Zg ; DkGg ug{ ; a} lhNnf sfo{ldtnf0{ kl/rfng u/\$f] hgfPsf] 5 . To; u/l Izlffsf]kZfut clwsf/sf lglDt gkfn Izlf s olgogn] ; ~rfng u/\$f] cfbfngdf ; 3sf] ; lqno ; xelutf /x\$] cWOLF 1jfnln] atfPsf 5g\ . pgn] eg] æfdl cfn] c]xn] sg} cfbfng cl3 a9fPsf 5}f] xfdl olgogsf] cfbfngnf0{ ; kmtdf k]ofpg hl6/x\$] 5f]A

# Ps lbg gaf]g] Ps lbg gn]g] Ū

**g]fn** z]f]s u0ftflGqs d-rn]hgfbg sfo]nn]; /sf/nf0{a%Psf]kl]t] dg sfo]og u/fpg ; a]ifsf] 3f]off u/\$f]5 . d-rn]!& h] @)^ df /fhwfgldf cfo]hgf u/\$f] l] /f]w ; efnf0{ ; Daf]vg ub} d-rsf k] { c]Wof tyf clvn g]kn lz]fs ; E7gsf c]Wof u0f/fh nf]xgn] lz]fs; 6 u/\$f ; D%ef / hgfbg sfo]nsf] ; %f] sfo]og ug{gof / ; /sf/n] cfp]ah]df k]6 Joj :yf ug]kg] dfu u/].  
; /sf/n] cf]gf dfuklt Wofg glbPsf] eGb} d-rn] @\$ bl]v @\* h] ; Dd l] Bfnof]df snf] %08f

uf8] l] /f]w hg]Psf] lyof]. To:t} @ ( h]df lhNnf:t/df /fhgllts bn, lz]fs ; :yf ; fdlhs ; 3 ; :yf / ; /sf/l clwsf/l]sf] ; xeflutdf lz]fssf k]zfut dfuaf/] 5nkm cfo]hgf ul/Psf] lyof].  
d-rsf dxf; l]r] e]f/fh elfnsf cg; f/ ; ! c; f/ @)^ df ; a} lz]fsn] Ps lkl/o8 r]af]6df k9fpgk] @ c; f/df gaf]hl rs / snf]k]6l dfq k]f]u u/] k9fpgk] sfo]nd to u/\$f]5 . pgn]eg] a]j B]yl] l]sg gaf]h]sf] ; / eg] ; f]w] eg] lz]fsn] To; sf]hj fkm rsn] snf]k]6l df n]v] lbgk]5 . o; af6 xdf] dfusf af/]df

Jofks k]f/ xg]5 . A ptf ! ) c; f/df eg] d-rn] ; a} lz]fsnf0{ Ps lkl/o8 gn]yl af]h] dfq k9fpg pbl{hf/l u/\$f]5 . d-rsf] lgb]z]g cg; f/ pQm lbg ; a} l] Bfnof lz]fsn] u0ft k9fpg k]g snf]k]6l / rssf] k]f]u ug{ k]pg] 5gg\ .  
d-rsf] ; a]ifsf] sfo]nd c]tuf ! @ c; f/df eg] ; a} lz]fsn] Ps lkl/o8 alxisf/ ug]kg]5 . To; u/L !# bl]v @\* c; f/ ; Dd ; E7gn] ; /sf/l sfo]nd alxisf/ ug] l]g0f6 u/\$f] hg]Psf] 5 . c; f/ d; f]t; Dddf dfu k]f gePdf #) c; f/df s]bl]o ; l]dtsf] a]s a; ] yk ; a]ifsf] sfo]nd to ul/g] hg]fPsf] 5 .

## sfo]t lz]fsnf0{ k]g nf0 ; Q ;

**lz]fs** ; j] cfo]un] @@ / @# h] @)^ df ug] l]gw] u/\$f] c]Wofkg cgdltkqs] k/Liff ck%6 :ylut u/\$f]5 . ca ; f]k/Liff slxn] x65 eG]6E]nfu\$]5g . t]fnd glnPsf t/ l] Bfnodf k9f0/x]sf lz]fsx; nf0{ k]g c]Wofkg cgdltkqs] k/Liffdf ; xeful u/fpgk] lz]fs ; :yf; sf] bafasf sf/0f ; /sf/n] pQm k/Liff clglZrtsfnsf nflu :ylut u/\$f] xf]. t]fnd glnPsf t/ c]Wofkg ul//x]sf lz]fsnf0{ c]Wofkg cgdltkqs] k/Liffdf ; fd]h ug{ dlGqk]l/ib]sf] l]g0f6 cf]j Zos kg] ePsf]h] k/Liffsf] gof]ldlt l]gw]0f gePsf] atf0Psf] 5 . clxn] Dd !)

dlxg] lz]fs t]fnd lnPsf j]f lz]fzf:q c]Wog u/\$f] JolQm dfq lz]fs nf0 ; Q ; sf] k/Liffdf ; xeful xg k]pg] dfkb08 lyof].  
cfo]usf c]Wof pbo/fh ; f]ln] t]fnd glnPsf t/ sfo]t lz]fsnf0{ k]g nf0 ; Q ; sf] k/Liffdf ; xeful u/fpg] ; xdt e0 ; s]sf] atfP . pgn] eg] a]Soflag]sf] l]g0f6 c]pg]alQs} c]Wofkg cgdltkqs] :ylut k/Liffsf] l]dt to ul/g]5 . ; fy} sfo]t lz]fsnf0{ nf0 ; Q ; lbg]kl]mf k]g cl3 a9f0G5 A c]Wof ; f]ln] of] c]ly]5 j]f]df lz]fssf] gof]ef] (k]g vhf0g] h]f]gsf/l lbP . @)^ @ ; fnk]5 :yfol lz]fs egf{ug{v]Nnf l] 1fkg ePsf]5g} .

## Oi6h] aGb u]fof]

**; :yfut** l]ghl l] Bfno lz]fs olgog g]kn -0i6'n] cf]gf dfu k]f u/fpg !& h]df sf]7df8f] p]k]osfleqs] l]ghl :sh aGb u/fof]. Oi6sf] c]f]b]hgdf g]kn z]f]s u0ftflGqs d-rsf] k]g ; dy] /x]sf] atf0Psf] 5 .  
0:6' d-r / / l]ghl l] Bfno ; -r]fnsx; sf ; :yf KofA; g / Pg-KofA; galr !% r] @)^ \$ df ePsf] ; D%ef sfo]og gePsf] eGb} c]f]b]hgdf plqPsf] Oi6h] hg]Psf] 5 . Oi6sf c]Wof x]f]sd]f/ y]kf eG5g\ a]j Bfno ; -r]fnsx; n] ; D%ef cg; f/ ! ) k]tzt k]g sfd u/\$f] 5gg\ To; h] af]l]o ep/ c]f]b]hg u/\$f] xf]A  
; D%ef]df ; :yfut l] Bfnodf sfo]t lz]fsnf0{ l] Bfnon] l]golQnk]q lbg] ; /sf/l lz]fs; /x tna, eQf / ; l]w] lbg] l] Bfno ; -r]fns ; l]d]tdf lz]fs k]t]lgw /Vg] ; xdt ePsf] lyof]. ; D%ef]df ; :yfut l] Bfno sDkgl P]cg; f/ bt]f{ ug]kg] sf]g]l k]j]w]f x6fpg ; d] l]ghl l] Bfno ; -r]fnsx; ; xdt ePsf] y]k]n] atfP .

## ; E7g ; xsf/l]t/

**g]fn** /li6@ lz]fs ; E7gsf] s]bl]o sld6lsf] @@ / @# h] @)^ df k]f]v/fdf ; lsPsf] a]sn] afa/fd clwsf/l]sf] c]Wof]tdf !! ; b:olo s]bl]o ; l]r]j]nol lz]fs ; xsf/l l]jefu / ; fdlhs ; j]f Pj +clt]l/Qm l]q]ofs]nfk l]jefu u7g u/\$f]5 . c]Wof afa/fd clwsf/l]sf cg; f/ ; cfufdl bz]Dddf b]z]sf ; a} lhNndf lz]fsx; sf] ; xsf/l :yfkg] ug] l]g0f6 ul/Psf] 5 . clw]z]g gu/\$f] dftxtsf ; a} sld6ln] c; f/leqdf clw]z]g ul/ ; Sgk] tyf !\*~@) ebf]df s]bl]o: t/sf] k]z]l]of / @&~@ ( ebf]df z]f]s tyf g]t]j l]sf ; k]z]l]of ; -r]fng ug] l]g0f6 ul/Psf] k]g atf0Psf] 5 . ; E7gn] l]tx/k]5 t/f0]sf dlxn] lz]fssf] k]zfut l]sf ; sf nflu t]fnd ; -r]fng ug] To; u/L s0ff]lsf lz]fssf nflu cn]lu} sfo]nd agf0{ nfu" ug] l]g0f6 ; E7gn] u/\$f] 5 .

# Pskl5 csf{lzlfs}xTof

@% lbgf] cGt/fndf af/f lhNndf Ps k?if / Ps dlxfn u/L b0{hgf lzlfz lgd@tkj} \$ dfl/P . @)^\$ jzfvotf dfq}af/f lhNndf rf/ lzlfzsf]xTof e0; s\$] 5 . c; b0{hgfpk/ ; f^3flts cfqmdof ePsf] 5 .

kl5Nnf] 36gdf lqj Qfl uflj ; l:yt >l gkfn /fli6@ klylids lj Bfnosl lzlfz d;sf uktf !@ h]df dfl/OPsl xg\ . enxl, e/jlnof-# 3/ ePsl lzlfz uktsf] cKx/Ofkl5 xTof ePsf]pgsf afa' /fafa' uktf atfp5g\ . d;sfnf0{!@ h] /flt ; ft÷c7 hgf] ; ^Vofdf cPsf xTof/wf/Lx;sf] ; dxn] 3/df ; lt/x\$] ahf cKx/Of u/L nu\$] lyP . !# h] laxfg s-r6df ufhl xfgl xTof u/\$]cj:yfdf k}f; uflj ; ^ df pgsf]zj k;hf k/\$]lyof] . lzlfz uktsf]xTof s; n]u}of]eG]yxf gePsf] cKnf;tx; atfp5g\ . t/ , zj k;hf k/;huQ} :yfglo PknPd /Bof;xn]sf;l .kVjW eGh]gTj u/\$] hgtflGqs t/f0{dlQm dfrf] xTofsf] lhDd]f/l lnPsf] va/ k}f/Of u/\$] lyP .

d;sf]sf] xTofebf @% lbg cuff8, !& jzfvdf k;hf uflj ; # l:yt >l gkfn /fli6@ dflwolds lj Bfnodf sfo{t lzlfz k;lk ltdlN; gfnf0{cfk/flws ; dxn]To; u/L ufhl xfgl xTof u/\$]lyof] . klylids txd f sfo{t lzlfz ltdlN; gfnf0{lj Bfnoaf6 k9P/ snof gk-& l:yt 3/tk{kns(x\$]cj:yfdf hutk' ufpFghs xTof ul/Psf]lyof] . 36gfnuQ} clvn t/f0{dlQm dfrf] / dwz; dlQm 6f0u; { -t/f0{ eG]b0]6f eldut ; dx;xn]5\$5\$} ; kdf xTofsf] lhDdf lnPsf lyP .

af/f lhNnfsf kx/L pk/Llfs dfwj hfzL, lzlfz ltdlN; gsf]xTof/f kQf nflu; s\$] / rfb}g}kx/Lsf] knbfdf kg]atfp5g\ .

d;sf uktsf]xTofaf/]cg; Gwfg hf/L /x\$]/ ck/fwnf0{ kQf nuf0{sf/afxl ul/g]jrg klg hfzln]lbPsf 5g\ .

snof gk-& df /x\$] >l kGfb]l sGof dflj sl klylids %& jifl; lgdhf yl; g\$pk/ ! ) k; @)^% df c1ft o]sn] ufhl kx/ u/\$]lyof] . ; f] 36gfsf] lhDdf t/f0\$flgj6f ; z;q eldut ; dx;xn]lnPsf lyP . o; 36gfsf] cleoQmsf] ; kdf af/f kx/Ln] k;f{ lhNnfsf] /du9jf 3/ ePsf l;j \$ l; xnf0{ kqnp u/L Hofg dfg]pB]ucGtu; d2f rnfPsf] 5 .

gkfn lzlfz olgogsf af/f lhNnf clwlf b]Qb]lu/L lzlfz;nf0{lj z]f ; kd}nllft u/L o:tf 36gxf; ePsf] / vf; u/L kxfl8 dhsf lzlfz;xn] a9l c; /lft dx; ; u/\$]atfp5g\ . k]o\$ 36gfsf] k\$]lt cnu-cnu blvG5 . t/ ; a} 36gfsf] kf/ eg] Pp6] lsl; dn] xg] u/\$] 5 . eldut ; dx;xn] krf/dvl t/sfn] 36gfsf] lhDdf lng] / :yfglo PknPd /Bof;xn]To; nf0{clt/l-ht agf0{k}tt

ug]u/\$]ugf; f]u5G\clwlf lu/L . lzlfz ltdlN; gf cly; ; kdf ; DkGg geP klg ; xh ; kd}df/] qf; sf] jftfj/Of agf0{To; af6 cj; cly; c; hl ug{ vflg;xn] 36gf u/Psf] cgd]g af/f lhNnfsf lzlfz;xn] nufPsf 5g\ . yl; g\$hf0{klg rGf c; hls}nflu cfqmdof ul/Psf] cgd]g ul/Psf] 5 . d;sf uktsf] xTof lghl sf/Ofn] ePsf] t/ o; nf0{; d; clt/l-ht agf0{eldut lu/f]n]lhDdf lnPsf] egl sltko lzlfz;xn] cfkIQ k\$6 u/\$] 5g\ .

To; cl3, l; d/fsf]dfrp06 Pe/l6 pRr dflj;sf lzlfz nfgfy u}hf0{c1ft ; dxn]# c; f]h @)^% df ufhl xfgl xTof u/\$]lyof] . k; f\$] la?jfu7L-# sf @\* jifl; u}xTofsf]lhDdf klg :yfglo PknPd;df kn; u/L t]sln; hgtflGqs t/f0{dlQm dfrf]-Hj inf ; dxn] lnPsf] va/ cPsf]lyof] . To:t} # jzfv @)^\$ sf lbg c1ft xTof/wf/L ; dxn]lhNnf lzlfz sfofho, af/df sfo{t lj Bfno lg/Llfs jf; b] k;hf]nf0{ ufhl xfgl xTof u/\$]lyof] . sf:slsf] x]hf uflj ; 3/ e0{af/f lhNndf sfo{t ljlg k;hf]nf0{ snof:l:yt lzlfz klzlf0f s]bl;eq /x\$] sd{f/l lgj; kl/ ; af6 lgoGQdf lnP/ ; fl% sl/a \* ah]Ps ls=d= klzrd au/L vif]sf] lsgf/df xTof ul/Psf]lyof] .

lzlfz xTofsf 36gxf;sf] cgludg ul//x\$]dfgj clwsf/jfbl ; yf .ldx/f06\lsf af/f lhNnf ; of]hs nfnafa' szjxf /fho klfsf]sdhf]lsf sf/Of cfk/flws 36gxf; ePsf] atfp5g\ . @)^\$ jzfvotf lzlfz l;df ePsf o:tf 36gxf; k]oM cj; k}f pkfh;sf nflu u/f0Psf] pgl 7fG5g\ . ;o; d]w] Pp6f 36gf b/agbl vfnl u/f0{ cf'gf] dfg5] lqolQm u/fpg rfxg;af/f u/f0Psf]5, t/ To; af/]lj:t; ; kdf atfp/ d hf]vddf kg{rfxGgE, szjxf eG5g\ . ;af/f lhNnfsf & kltzt lzlf0f ; yfx; rGf cft]sf]rk;fdf 5g\kx/L kzf; gsf] eldsf ; Gt]f]hgs 5; clwsf/sd; ; cfknF wdsldf 5g\ck/fwnf0{/fhglts ; Af0f klt e0/x\$]5, Ps hgfnf0{xTof u/L w}hgfnf0{t; r/ ; cj; cly; pkfh; ug]sfddf ljleG ; dx; ; nlg /x\$] 5g\ egl nfnafa' szjxfnufot clwsf/sf/sd; ; cfq; kly5g\ .

wdsl / qf; sf sf/Of lhNnf lzlfz sfofhosf clws{x; ox]Fa:g ; s\$] 5;g\ klf hfj lj Bfno lg/Llfsd]w] rf/ hgf ; ?]f u/f0{lx18; s\$] 5g\c7 hgf ; xfos sd{f/lx;d]w] clxn] tlg hgf dfq sfofhodf 5g\ . lhNnf lzlfz sfofhosf gfoa ; Aaf k;lk;sd/ eS/f0{e5g\ ; awds] lbP/ k}f c; Nq;xn]dwz] jf kxfl8]egl 56dfpg] u/\$] 5;g\ ; a} ; dfg ; kdf kl8t 5g\ .

l/t; lqk7L, af/f

@)^\$ jzfvotf dfq}af/f lhNndf rf/ lzlfzsf] xTof e0; s\$] 5 . c; b0{ hgf pk/ ; f^3flts cfqmdof ePsf] 5 .

# :t/lo lzlfssf nflu lgD;

• rrf / ;-rf/sf] lqdf dfqj ; dbfon) u/\$f]  
 / kqtsf sf/of ; #f/ lbgf/bg ; f8l/f) u0{dfg; sf  
 cfsf^Nf / cfjzostfx; klg a9b) u0/x\$f]  
 cj:ydf ; lk / lfdtn) kOf{JolQm ca s; klg dh\$sf]  
 efn)ns ; ldfdf ; ldt eP/ a: gkg] afNbfd\$ cj:yf  
 5g . nugzln, kl/>dl, cgzfl; t / ; lfd dfq; n]  
 ljzjsf] s; klg s; gdf uP/ cf'gf] ; lk / lfdtfsf] kOf  
 u/L cfkmf0{ ; Eo / ; Dk; agfpg ; Sg] ; Defjgsf  
 9f\$fx; vfb) u0/x\$ 5g\ . tl cj ; /x; sf] kOf /  
 pko] ug{ ; Sg] dh s8l lzlf xf].

lzlf lqdf ; dlk, lfdtjfg, cgejl, nugzln /  
 ljifout bltf xfl; n u/\$f lzlf-s-lzlf, k; klt  
 0dfgf/ sdf/L, lzlfj b\ klti7t ; dh; ]L /  
 cf/Oflo cleefj sx; sf] k; g; lo ; eOm ; xof /  
 ; xsfof g; fn OlG6Ro6 ckm Dofghd6 P08 ; f0g;  
 (NIMS) @)^ ; fndf :yflkt snh] xf]. c6o lq; /x  
 lzlf lqnf0{ ; d; lghs/of / klt:kwf\$] lqldt vlnf  
 ug] g; fn ; /sf/sf] gltcf?k lzlfnf0{c; xfo, u/la,  
 pkl18t, blnt, hghlt / dlxnsf] kxfdf k; of0{/fli6e  
 / c6t/f6e: t/sf 1fg / ; lkoQm hgziQm tof/ ug{  
 lgD; sf] p2]o xf].

; s]Dd 5l/tf] / ; j{he ?kaf6 ljBfyl] lzlf  
 ch; ug{ ; s; e; p2]o; lxt snhn] cf'gf x/\$  
 ; f; f; wgsf] ; xl / Jofks kl/rfng ug] u/\$f] 5 .  
 k'tsino, lj1fg kOfzfnf, sD66/ kOfzfnf, ; ljwf  
 ; Dk; zft slfsf]f tyf ejg / cf'g) snhsf] u8l  
 cflbaf6 ljBfyl] ; xh 9Eaf6 ; ljwf kOf ug{ ; Sg; g\ .  
 o; sf cti/Qm cfjzostf cg; f/ vfh, cg; 0vf, eOf  
 c; jnf\$gsf ; fy) MBBS, BE, B. Arch, B.Sc. Nursing cflb  
 ljifox; sf] tof/L slfx; sf] /fd] k; 0w 5 .

xfn !)±e txsf lj1fg, Joj:yfkg, dfgljsl,  
 lzlfzf:q ; f'oc; tu; ljle; ljifox; / :gfts txsf  
 Joj:yfkg / dfgljsl ; f'osf ljle; ljifox; clbfg  
 u/f0/x\$] o; snhn] lgs6 eljiodf lzlfzf:q ; f'fo /  
 BBA sf ljle; ljifox; k7gk7g u/fpg) ofhg agfPsf]  
 5 .

lj1fg ; f'fonf0{ljzif klydstdf /vL lj1fg /  
 kljwsf] lqdf nugzln, cgzfl; t Pj +blf hgziQm  
 ptkfbg ug{ z]fs ; q @^÷^& blv Join NIMS, Feel



the Difference ... z]fs ofhg nfu" ul/Psf] 5 . ljBfyl(  
 tyf cleefj sx; sf] ; %jnf0{vbfgd /vL snhnf0{  
 ; a\$] k; df ; d; k; fpg] p2]on] lzlf ; f'fo yk u/L  
 ±e txd; a) ; f'odf slf ; ~rfng ul/Psf] 5 . @cf-  
 ztAbldf cfkmf0{ b; tyf lj b; df ; d; v/f] ptf; c  
 kOfnids ljifosf slfx; nf0{ljzif k; f; tyf  
 kOfnids cEof; u/fpg Hotel Management, Travel &  
 Tourism, Mass Communication, Computer Science &  
 Environment Education cflb ljifosf] 5\$F5\$) kOfzfnfsf]  
 ljzif Joj:yf u/L snhn] kOfnids cEof; u/fp; )  
 cPsf] 5 . Mass Communication Sf ljBofyl; nf0{  
 vbfgd /vL Classic FM df x/\$ ; ftf NIMS HOUR  
 PROGRAM ; ~rfng e0/x\$] 5 . o; af6 pgl; n]  
 ; f'f; ts 1fgsf] ; fy) ; lk clej[4sf] cj; / ; d; kfg  
 ; Sg; g\ .



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# I/kf0{Izlfssf kl8f

afa/fd ljZjsdf{

# c:yfol Izlfssf :yfol ; d:of

IjBfno Joj:yfkg ;ldltmf0{lb0Psf]Izlfss egf\$] clwsf/, Izlfss IgoIQmsf]Psls[ /fli6& k0ffnlsf]cefi / fhgllts lvrftfglsf sf/Of c:yfol Izlfssf] ;d:of hl6n a6}uPsf] 5 .

afa/fd ljZjsdf{



I; GwkfNrf\$sf] UofNydl:yt ;/:j tl pdfijsf lj 1fg tyf ul0ft Izlfss cfdk\$sz rfw/ln] Izlf0f ug{ yfn\$] !^ jif{ kl\$] 5 . :yfol Izlfss] nuftf/ @) jif{ ; Jf u/af kq; g -pkbfg\_ kfp5g\ . t/, @) jif{Dd} Izlf0f u/] klq rfw/ln] pkbfg kfpq] ;Defjgf 5g . c:yfol ePs}sf/Of pgl cf`gf] kZf; G klq ; Gt16 xg; s\$ 5gg\ . pgl eG5g\ asltahf ; Jfaf6 lgsflng] xf] eGg] eon] ; tf0/xG5 A hgsk/sf cfdk\$szn] :yfol xg @)%@ ; fndf Izlfss 5gf0 ;ldltm]lnPsf]lnlvt k/Liff lbPsf lyP . lnlvt kf; eP klq cGtjff0f gfd glg]SnPk15 pgl c:yfol g}/x]. dflvsdf kZg} g; fwl c; kmn kfl/Psf]cfdk\$szsf]ugf; f]5 . @)%@ ; fndf Izlfss 5gf0 pk;ldltx;n] !\$ xhf/ #(& l/Qm kbsf lglDt \*\$ xhf/

pDdbjf/nf0{lnlvtdf pQl0f{u/fPsf lyP . t/, k/Liff / dNof^sg klqmf0}uDel/ ljzfb k0f ePk15 cGtjff0f]glthf Izlfss ; Jf cfofludkrf @)^) ; fndf dfq lgsflnof]. cfoflun]cGtjff0f ; kmn !\$ xhf/nf0{lgolQmsf nflu To; } jif{ l; kmn/; uPof]. Toltahf c; kmn ePsf w}] pDdbjf/x; c:yfol Izlfssf ; kdf cf-cf`gf :shdf k9f0 g}/x].  
c:yfol Izlfssf ; d:of ; dfwfgdf ; /sf/sf] Wofg guPsf sf/Of cfkkr; cfhljg kl18t ag' k/\$f]rfw/lst]syg 5 . c:yfol Izlfss};kdf rfw/ln] clxn]Dd l; GwkfNrf\$sf kfFj 6f ljBfnodf k9f0; s\$ 5g\ . lj 1fg / ul0ft .fdfl] k9fpg]ePsfih]c:yfol eP klq cfknhf0{lg/Gt/ ; Jf ul/Psf]rfw/lst] syg 5 .  
Izlf0f ; Jfdf l6ls/xgsf nflu cfkkr;n]

akZfut ; E7gn]c:yfol Izlfssnf0{mf af\$fpq]sfd dfq u/\$f 5g\ . c:yfolnf0{:yfol xg glbg]pglx; xg\ . /sf/n]c:yfol Izlfssnf0{of :jtm :yfol ugK5{ ug{g; s} ; a0f0{ ; Jfaf6 x6fpg]cf5 ugK5{A cfdk\$sz rfw/l, c:yfol Izlfss, ;/:j tl pdfij, l; GwkfNrf\$







:yfoln]eGbf wj}sfdu gk/\$f]c:yfol lzlfsc;  
 atfp5g\ cf}k\$zf; lxt ;/:j tl pdflj  
 Uoflydsf kfFhg c:yfol lzlfsc cfkx;n]blgs  
 & 306l; Dd k9fpgk/\$f] ug; f] u5g\  
 ;/sf/l lj Bfnodf cllofkg ug] wj}c:yfol  
 lzlfsc u} /yfg]elbPsf 5g\ pglx;n]thgfds  
 zkd f sl7g dflgg]c^u]hl, ul0ft, lj 1fg h:tf  
 ljifo k9fP}cfPsf 5g\ 3/-ckfos / sl7g  
 ljifo k9fP klg c:yfolsf]kz}fut ;/lff g/x\$  
 ;/:j tl pdflj Uoflydsf kç ofuaxfb/ ykf  
 atfp5g\ . @)% ; fnb]lv pQm :shdf c^u]hl  
 lzlf0f ub}cfPsf af/fsf rGbZj/ ofbj sf]egf0df  
 rfxFc:yfolnf0{pd} xB; Dd hf]fpg] / a9f  
 ePk15 l/Qf}ft labf ug]c3f]ft ;/sf/l glt  
 5 . pgn]yk} æ:c:yfol cor]o eP xfdln]k9fPsf  
 5fq5fq of]o xg]s/}ePg . ufx]ljifo k9fpg  
 hlt c:yfol 5g\ clg s;/l cor]o egj  
 xfd]lj hljg aafk kfg{ kf0G5 & c:yfol  
 lzlfssf] zkd cf7 jif]lv pQm :shdf  
 cyzf;q k9fP}cfPsf ;g;/lsf ; ltf/fd  
 9sfm klg c:yfol lzlfscnf0{; a} z]f]0f  
 u/\$f] ts{u5g\  
 3/kl/jf/ 6f9} 5f8] cfPsf w]h; f] 6f9f  
 ePsf]h] wj}c:yfol lzlfsc;sf] clwsfz ; do  
 lj Bfnod} lafg] u5{. 3/kl/jf/ / cfkntaf6  
 6f9f a:g' k/\$f sf/of pglx;df lg/fzf / s07f  
 a9\$]elbG5 . r]w/l eG5g\ ækz}fut ; E7gn]  
 c:yfol lzlfscnf0{;hf af\$fg]sfdf dfq u/\$f  
 5g\ . c:yfolnf0{:yfol xg g]bg] pglx; xg\  
 ;/sf/n]c:yfol lzlfscnf0{of :j tM :yfol ug]k5{  
 ug(g; s]; a}f0{; ]faf6 x6fpg]cf6 ug]k5{Æ  
 ; nfx]lsf] x}k/f \* sf axdbj /fpt &  
 df3 @)\$ ( df c:yfol lzlfsc eP/  
 l; Gwk]Nrf\$sf] 1fgdlGb/ gdf df]j d}rf}  
 uPsf lyP . To; kl5sf]Ps jif{bj frf}df k9fPsf  
 pgl @)! ; fnb]lv k]Nrf\$ \* l:yt hojfuZj/l  
 lgdf]jdf 5g\ . @)% sf] k/lif lbB Inlvtdf  
 gfd lgsfn] klg df]vdsf pgsf] klg gfd  
 ;/:j tl pdflj  
 Uoflyd,  
 l; Gwk]Nrf\$sf  
 c:yfol lzlfsc .

c:yfolnf0{ cfGt/s kl:t:kwf{ u/} :yfol  
 ug{ c%} l9nf] ug] xf] eg] xfd] eljio  
 rf]6 xG5 .  
 lg/0b] sj/, clvlf c:yfol lzlfsc cfGf]hg ; ldt



# c:yfol lzlf s cfGbfhg

- @# ebf} @)%% lzlf dGqfnodf 1fkgkq
- !@ sfIQs @)%% lzlf dGqfnodf wgf{
- !# sfIQs @)%% !; xB/af/df wgf{
- !% sfIQs @)%% b]v ^ k'; @)%% ;Dd %# lbg]l/n} cg; g
- & k'; @)%% lzlf dGqfno; G c:yfol lzlf snf0{ :yfol ugI ; xdlit
- @& ; fpg @)%^ c:yfol lzlf snf0{ :yfol ugI dlGqkl/ ifb}sf] lg0f6
- ( ebf} @)%& dlGqkl/ ifb}sf] lg0f6lj ?4 ; j f] rdf l/6, cbfntaf/ f l/6 vf/h
- & k'; @)%& k]wfgdGqlnf0{ x:tfif/ x:tfGt/0f
- !@ kniug @)%\* ; /sf/nf0{ :d/0fkq
- @)% ( b]v ; eQm lzlf s ; a}Sif{ ; ldltaf/ f ; a}Sif{ z?
- h] @)! lzlf dGqlnf0{ ; d:ofaf/ ] kgM cj ut
- !# c; f/ @)! lzlf dGqlnf0{ :d/0fkq
- !# ; fpg @)! lzlf dGqfnodf lj/ f]wq
- @% ebf} @)! dfu k'f u/ fpg b}zel/ sf lj Bfno aGb
- c; f] @)! b}zJofkl lj/ f]w
- @ sfIQs @)! lzlf dGqfno / lzlf s ; ]f cfof]usf] 1fkgkq
- !^ sfIQs @)! b]v & d^k; /; Dd /Tgkfsdf @ \$ 306] l/n} cg; g
- & d^k; / @)! sf7df8f] lj/ f]w hh'; k}bzg; /Tgkfsdf cfd/0f cg; g
- \* d^k; / @)^# lzlf dGqfno; G c:yfol lzlf s :yfol ugI ; xdlit
- !! d^k; / @)^# af6 ; Dk0f{ ; fj h]lgs lj Bfno aGbsf] 3f]joff

lgISnPg . hljgsf] pj{ ; do c:yfol eP/ latfPsf /fpt eG5g\ a3/af6 olt 6f9f cfp/ hljgsf] dx]Ej k0f{ ; do lzlf0fdf nuf0of] . t/ of]ubfgsf] sb/ ePg, lg/fzf / kZrftksf ; fy l/Q]ft 3/ kn]sg] ahf cfp]sf] 5 A

**nf\$; ]fsf] tof/**  
 c:yfol lzlfssf] eljio cGwsf/ ePsf] eGb} l; Gwhlsf] g]sfnl pdfij cfk8fBfsf c:yfol lzlf s sdn kn]sn r]ixFlzlf0f; G] nf\$; ]f cfof]usf] tof/ldf nfu\$] 5g\ . c:yfolnf0{lj Bfno Joj:yfkg ; ldltn] lrQ ga%df hg; S} ahf



**3/af6 olt 6f9f cfp/ hljgsf] dx]Ej k0f{ ; do lzlf0fdf nuf0of] . t/ of]ubfgsf] sb/ ePg, lg/fzf / kZrftksf ; fy l/Q]ft 3/ kn]sg] ahf cfp]sf] 5 A**

**apxb] /fpt, c:yfol lzlf s, hojjuj/ l lgd]lj, l; Gwk]nr\$**



\* d^k; / @)^# df lzlf dGqfno / c:yfol lzlf salr ePsf] ; xdlit kq .

x6fpg] ePsf] pgl clxn] vl/bf/, gf; ; lj Bfno lg/lf s / clws] kbsf nflu tof/ l ul/ x\$] 5g\ . dljdf c^ulh k9fpg] kn]sn k}zdf 9Ss xg g; s\$] / :yfol / c:yfolalr ; ]f ; ljwdf 7hf] e]efj / x\$] ] j \$] lks k}zsf] vf]ldf nfu\$] atfp] eG5g\ a}z] 5f8] l5 s; / l afRg] eG] lgwf] 5g, To; h] nf\$; ]f cfof]usf] tof/ldf nfu\$] xF. hg; S} kbd fgd lgISnP klg of] k}z] 5f8S' A

:yfol lzlf sn] uB, pkbfg, ; ~rosf] nufotsf clt/0m ; ljwf kfp5g\ t/ c:yfoln] r]ixFtnadf dfq lrQ a%pgk5{ . kl]j sf] :yfoln] kfg] tna / cG ; ljwf hfBf %08} dlj sf] c:yfol lzlfssf] tna hit xG5 . cleef]sn] :yfol lzlf snf0{ cfb/ ugI t/ c:yfolnf0{ . c:yfol ePsf] slt jif{ eof] < sx]F sx]F k9fpg eof] h:tf kZg u/ . Xoldn] ugI ul/ Psf] klg kn]sn] cgej 5 .

; /sf/ sf ljleG lgsfon] c:yfol lzlf snf0{ ; ljwf / cj; /df e]efj ugI u/ \$] e]Psf] 5 . ut jif\$] ; ljwfg; ef r]g]df lg]fG cfof]un] lg]fG sdf/ lsf] ; kdf :yfol lzlf snf0{ dfq kl/ r]ng u/ \$] lyof] . lzlf s t]nd, uf]l tyf 5nkn c]lb sfoddf :shsf] klxn] / hf0df :yfol lzlf s kgI u/ \$] 5g\ . To: t} kG lgo]m ugI ah]df klg sd of]ot]sf eP klg :yfol lzlf snf0{ k]yldstf lbg] ul/ Psf] 5 eg] :yfoln] 5f8\$] cj; / c:yfoln] pkef] ugI u/ \$] bl/65 . lzlf ljefusf] c]f58f cg; f/ c:yfol / :yfol

u/l bžel/sf /;sf/l :shdf hDdf ! nfv ( xhf/ (\* lzlf s b/agbldf 5g\ lzlf s lsf vfgn] cBfj lws u/šf] :yfol lzlfssf] ;<sup>a</sup>Vof \*) xhf/ 5 . b/agbldf /xšf lzlf s ;<sup>a</sup>Vofdf :yfol s] ;<sup>a</sup>Vof 36fpf c:yfol lzlfssf] ;<sup>a</sup>Vof @() (\* /xšf] b]v65 . hgfbg g]kn sfoknsf] kljt]gn] c:yfol lzlf snf0{ cf6t/s kljt:kwf{ u/] :yfol ul/gkg] / cgQl0f{ xg]nf0{ :yfol lzlf s;/xsf] ;ljwf lbP/ cjsfz lbgkg] ;%j ;/sf/nf0{lbPsf] 5 . t/ , sfoknsf] pQm ;%j klg t]sf n]sf of] og xg] ;Defj gf b]vPsf] 5g .



kžf 5f8]15 s;/L afkg] eG] lgwf] 5g, To;] nfš;]f cfof]sf] tof/Ldf nfušf] xF.

sdn kbfn, gšsfnl pdfj, l; Gvhl

**;d:ofs] h8 / ;dfwg**

@)^\* ;fndf lhNnf:t/df ul7t lzlf s ;]f cfof]n] kljt:kwf{ z? u/] klg To] kljt]qmf k-rfotk]t jkmfbf/x;nf0{ lzlf s agfpg] cf]krf]l/stdf ;ldt ePsf]w]lzlf sx;sf]egf0 5 . Tolta]hf / @)^\$^ ;f nkl5sf]lzlf s lgo]Qmsf] kl]qmfdf w]c6t/ 5g . ;/sf/n]@)^\$^ ;fndf ;a]c:yfol lzlf snf0{ ;j tM :yfol u/šf]lyof] . Tolta]hf lnog, ;šf cf]b kbdf /xšf lzlf snf0{ :yfol ul/Pg . g]kn lzlf s olgogsf c]lolf s]0fk] fb 9sfnsf]egf0df Tolta]hf :j tM :yfol xg g; sšf lzlf ssf] ;<sup>a</sup>Vof %08}\$ xhf/ hit lyof] . To] ;<sup>a</sup>Vof a9] clxn]@ ( xhf/ (\* k]ušf] 5 . :yfol lzlf s lgo]Qmsf nflu vNnf kljt:kwf{u/fpg lj 1fkg gePsf sf/of lj Bfno Joj:yfkg ;ldlt]n] l/Qm kbdf c:yfol lzlf s lgo]Qm ub] cfPsf] 5 . žlj 1fkg gvNg] clg l/Qm kbdf wdfwd c:yfol egf{ul/Psf]h]c:yfol lzlf ssf] ;d:of l]s/fn agšf] x]f, olgogsf c]lolf 9sf n atfp5g\ .

lj Bfno Joj:yfkg ;ldlt]nf0{lb0Psf]lzlf s egfšf]clwsf/ , lzlf s lgo]Qmsf]Psls] /fl]6 k]0ffn]sf]cej / /fhg]lts lvrft]g]sf sf/of c:yfol lzlf ssf] ;d:of hl6n a6b}uPsf] 5 . t/ , c:yfol lzlf sx;n]eg] ;/sf/n]c:yfolnf0{ :yfol ug{grfxšf] cf/f]k nufpg] u/šf] 5g\ . ptf, ;/sf/l clwsf/l r]fxFc:yfol lzlf snf0{ :yfol ug{sf]gšf]cej /xšf] :ki6s/of lb65g\ . t]klg c:yfol lzlf snf0{ :yfol ug] k]0f; x]f gePsf] eg] x]f0g . \$ ;fpg @)^^ df dlq-kl/ibn]c:yfol lzlf snf0{ :yfol ug]lg0f6 u/šf] lyof] . pQm lg0f6df elgPsf] 5- . ;f] h]gs lj Bfnosf] l/Qm /xšf] sb}klg :yfol b/agbldf @)^^ c; f/ d; f6t; Dddf s]dtldf Ps jif{ jf ;f]6bf a9l ;dob]v sfo{t /xšf ;a]c:yfol ;šf lzlf snf0{ ^ dlxg]sf] k/L]f0f sf n /xg] u/L :yfol ug] . o; ;Da6wl cfj Zos Joj:yf lzlf d6qfnon]ldn]fpg] u/ t/ , s]0fk] fb eš/f0šf] g]t]j sf] ;/sf/ 9nkl5 cl3Nnf] ;/sf/n]u/šf]

pQm lg0f6 sf of] og ul/Pg . To:t]@)^! df Nof0Psf]c]lWof]zdf klg c:yfol lzlf snf0{ :yfol ug]klj wfg /flvPsf]lyof] . t/ c]lWof]zsf]pQm klj wfg vf/h ul/Pkl5 c:yfol lzlf ssf] :yfol xg] cfzf alrd}tlxof] .

\* d^N / @)^# df cf7 /fhg]lts bnsf kljt]glwsf] /f]j/df lzlf d6qfno / c:yfol lzlf s cf6b]hg ;ldltalr !) jžfv @)^# ;Dd z4 l/Qm b/agbldf /xšf c:yfol lzlf s / lnog kbdf sfo{t ;a} lzlf snf0{ kl]qmf k]f u/L :yfol ug] ;xdl]t ePsf] lyof] . pQm ;xdl]tdf dlxn] kl/of]hg]c]tušf sfo{t lzlf snf0{ klg b/agbl Joj:yf u/L :yfol ug]a]f /flvPsf] 5 . To:t]@)^% ;fnsf] k/L]ffaf6 lj:yf]kt lzlf snf0{ ;d]t] yk b/agbl Joj:yf u/] kl]qmf k]f u/L :yfol ug] ;xdl]t klg Tolta]hf ul/Psf] lyof] . pQm ;xdl]tcg]f/ !\$ d^N / @)^# df Joj:yf]ksf ;#b]h] To; ;Da6wl lj w]0s ;d]t] k]l/t u/šf]lyof] . t/ , t]sfng ;efdV ;j; r6] g]lj f^n] ;#b]h] k]l/t u/šf]lj w]0s k]0f]0s/of ubf{.cf6t/s kljt:kwf] nf0{x6P/ . vNnf kljt:kwf] zAb /fvšf sf/of c:yfolnf0{cf6t/s kljt:kwf]6 :yfol ug] ;xdl]t sf of] og xg] ;sšf] x]f .

c:yfolnf0{ :yfol ug]šf nflu lj]leG k6s ePsf k]0f; ;fyš geP klg lzlf ssf] kžfut ;ž ;yfn]c:yfol lzlf snf0{ :yfol ul/gkg]dfu c%}b]f]f]of0/xšf] 5g\ . g]kn lzlf s olgogn] t]sf n lj 1fkg u/L cf6t/s kljt:kwf]sf]cfw]df c:yfol lzlf snf0{ :yfol u/L ;]f c]j]w z?b]v g}u0fg ul/gkg]c8fg /fvšf] 5 . olgogsf c]lolf 9sfnsf cg]f/ cf6t/s kljt:kwf]df ;km xg g; Sg]c:yfol lzlf snf0{ :yfol lzlf s;/xsf] pkb]g ;ljwf lbP/ cjsfz lbgk5{ . c:yfol lzlf s cf6b]hg ;ldlt]n]klg oxl dfu /fv] cf6b]hg ub]cfPsf]5 . ;ld]tsf c]lolf lg/0b]s]f/ e65g\ æ:c:yfolnf0{cf6t/s kljt:kwf{u/] :yfol ug{c%} 19nf] ug]x]f] eg] x]f]df] eljio r]f]6 x65 & t/ , sf]gšf]cej df c:yfol lzlf ssf] ;d:of t]sf n ;dfwg e0x]ng]c]j:yf b]v] . c:yfol lzlf ssf] Joj:yf ;b]sf] nflu c]6To ug]šf nflu lzlf s lgo]Qm Psáf/ k]0ffn]laf6 /fl]6 kljt:kwf]k]f u/L c:yfol lzlf s lgo]Qm ug]df]b]f k]0ffn] g} vf/h ug]kg]b]v65 .



sf7df8f{f] u/dlOf cfbz{axdVl SofDk; df ljzj] slfddf cWbog/t Izlfsx; .

# .klxnf kl9Pg ca gk9L ePgu

!) dlxg]Izlfs tfind pQLof{]slff !@ sf]%) k0ff{ / slff !!  
sf] clgjfo{ c^u^hl ; d] u/L ^) k0ff{sf] k/Liff pQLof{ u/|k15  
kjloftf kdf0fkq ; /xsf] of]otf k|kt ug]JoJ:yf ul/Psf] 5 .

• f | ^nf afnsdf/L pdflj sf7df8f{f  
; kfylds Izlfs xl/s]Of clwsf/L -\$@  
u/dlOf cfbz{axdVl sn]h, g]kfn6f/sf lgoldt  
lj Bfyl{xg\ . @)\$^ ; fndf 3/kfos k]lj Izlfsdf  
:yfol lgolQm kfPk15 knPÉ ePsf clwsf/ln]  
P; Pn; lkl5sf] cWognf0{ kfyldstfdf /fVg  
; sgg\ . Izlfsdf lgoQm ePk15 pgl SofDk;  
egf{ t eP t/ cfknh] k9fpg] / k9g] ; do  
laxfg]k/}\$fn] pgnf0{ k9f0 wfG sl7g eof].  
cf0\$ d bf] ]j if\$]f]. lahgz Dofyl s; u/L pQLof{  
ug{g; s]k15 kgM kf0e\$ lj Bfyl\$ f ; kdf k/Liff  
lbP . o; k6s eg] pgnf0{ bf] ]j if\$]f] c^u^hl  
lj ifon]wf\$ f lbof]. pgl eG5g\æsn]hdf lgoldt

pkl:yt eP/ gk9L gxg] nfu] Tolta]hf  
k9g 5f]8of] clxn] kn] lgoldt slff wfg  
yfn\$]f] 5' .  
; ltfk0nf dfij, sf7df8f{f sfo{t ; flj ql  
zdfn]w]j] j if{c13 kbdsGof SofDk; af6 kjloftf  
kdf0fkq txsf] k/Liff lbPsl ly0g\ . t/ , pgl  
; km xg ; lsgg\ . @)#% ; fndf tgg] kfylds  
Izlfsdf :yfol lgolQm kfPk15 cf^gf] cf]krfl/s  
k9f0 cl3 a9fpg gkfPsf] pgsf] egf0 5 .  
al; f]j if{sf d u/] klg a9]f gePk15 pgnf0{  
cf]krfl/s kdf0fkqsf] cefj dx; ; eof]. /,  
pgl g]kfn /fli6@ sn]h, dgd]h' sf7df8f{f  
egf{xg kl\$sl 5g\ . pgl eG5g\æpd]sf] xbsf

# .xhdlnf0{df/ kʰofʃ

sf/0f clgjfo{cjsfz kfgp w}}; do geP  
 klg sdtldf slff !@ pQl0f{ugj wʃf] 5 .  
 uNdlstf] afn; Gb/ kllj df @)^@ blv lghl  
 ; f] lzlfssf ; kdf sfo{t u0fz/fh ljZj sdf{  
 -@!\_ ; \$f lzlfz /fv/ ljzif slff k9g sf7df8f}  
 cfPsf 5g\ . ; /sf/n] pknAw u/fPsf] cj ; /  
 pkofu ug/ k9k15 :yof lzlfz ag ; d] ;  
 ; xofu klG]cfzfd cWooqsf nflu cfPsf]pgsf]  
 syg 5 . ptf ufF-! , uf/vfsl ; ltf u?^n]  
 ut jif{klyds lzlfssf nflu ! ) dlxg]lzlfz  
 tflnd lnPsl 5g\ . pgl lzlfz xfoqg\ / gkfn  
 /fli6@ snh, dgdh]sf]ljzif slffdf cWooq/t  
 l5g\ .

dfn6f, nlnrk/sl l; hgf nld5fgj] kf6g  
 snhaf6 kjl0ftf kdf0kq tx pQl0f{ug; sk15  
 lghl:t/af6 ; -rfint afudtl kJoff lzlfz tflnd  
 s[ba6 @)^\$ df ! ) dlxg]lzlfz tflnd ln0g\ .  
 lzlfz kzfdf nllg]?lr ePsfn]lzlfz nf0; l;  
 lng pgn]pQm tflnd lnPsl xg\ . nlnrk/sf]  
 ls6gl pdfijs] ljzif slffdf cWooq/t pgl  
 oflotf a9fpg] / ; /sf/l lzlfz ag ; xofu  
 klG] cfzfd l5g\ .

P; Pn; l pQl0f{u/l zlfz hgziQm ljsf;  
 s[bl]j f ; ] s[ba6 dfGott kkt ; :yaf6 ! )  
 dlxg] lzlfz tflnd kkt u/\$f JolQm;nf0{  
 nllft u/ pRr dfWolds lzlfz kl/ifbn}@)^%  
 df3blv bzef/ ljzif slff ; -rfng u/\$f]5 .  
 ! ) dlxg]klyds lzlfz tflnd u/\$fnf0{kl/ifbn]  
 c^a\hl ljifo afx\$ slff !! ; /xsf] dfGott  
 lbPsf] 5 . tflnd lnP/ ; /sf/l ljBfnodf  
 klyds lzlfssf ; kdf sfo{t -0g ; le{ \_ /  
 tflnd lnP/ sfo{t g/x\$ -lk| ; le{ x;nf0{  
 nllft u/ ljzif pRr lzlfz cgt/ut ljzif  
 slff ; -rfng ul/Psf] xf] . o:tf] slff k9g  
 oflotf ku\$ lzlfz? 0g ; le{ df \$% xhf/  
 / lk| ; le{ df !% xhf/ /x\$] zlfz hgziQm  
 ljsf ; s[blh] hgfPsf] 5 .

ljzif slff ; -rfng ug{rfn' zlfz ; qdf  
 !() j6f pdfijs; n] cgdlt lnPsf 5g\ .  
 sf7df8f ^, nlnrk/df tlg / eQnk/df b06f  
 pdfijs] o:tf] slff rnf0/x\$ 5g\ eg] Pp6f  
 pdfijsnf0{ \$) blv !@ hgf ljBfyl{ egf{ ug]  
 cgdlt lb0Psf] 5 . ! ) dlxg] lzlfz tflnd  
 pQl0f] slff !@ sf]%) koff / slff !! sf]  
 clgjfo{c^a\hl ; d] u/l ^)) koff[sf] k/liff  
 pQl0f{u/k15 kjl0ftf kdf0kq; /xsf]oflotf kkt  
 ug]Jo: yf ul/Psf] 5 . df3 @)^% blv k9f0  
 z? ul/Psf] ljzif slffsf] jllf\$ k/liff cfpf]  
 d^a\ /df xg\$ . o ; jif\$] gofFegf{rfixFcpf]  
 ; fpgdf u/l clGtd k/liff cfufdl jzfv=h]df  
 ul/g] pRrdfWolds lzlfz kl/ifbn] hgfPsf] 5 .

;/sf/n] kllj lzlfz !@ slff clgjfo{pQl0f{ugkgl gorf  
 lgod agPsf] 5 . bzsf ; a)7fpdf pdfijs] Jo: yf 5g .  
 ; ]sfnlz lzlfz;nf0{! ) dlxg] tflnd h:tf] u/l !@ slff  
 k9g] Jo: yf ldnfpg; s\$] 5g . 3/ 5f] n\$sf j:tlx;df  
 8]f u/ a:g]lzlfz; xg]vf bu6 e]df a; f;f; ul//x\$  
 :yfglo lzlfz; pgl;sf] nflu ljzif slff Jo: xfl/s /  
 ; xh xg; s\$] 5g . bzsf ljleG 7fpdf zlfz tflnd s[bl;  
 xfx]lzlfz;nf0{slff !! tflnd s[blf k/f eor]ca !@ slff  
 k9g a9]sfndf Sofdk; hf e6g' plrt / ; fble\$ xfo .  
 kllj lzlfz;nf0{!@ k9g]sf] nflu of Sofdk; hfg]sg]  
 Jo: yf ldnf0gk5{of ! ) dlxg] tflnd h:t}zlfz tflnd  
 s[bl;df g]slff !@ ; /xsf] lzlfz lbg] Jo: yf ul/gk5{ .  
 !@ slff k9g] s'/df ; /sf/n] u/\$f] lg0f6 7ls eP klg  
 bzsf] e]f]hs sf/0fn] ubf{bu6sf lzlfz;nf0{df/ k/\$f]  
 5 . o; df ; /sf/n] Wofg kʰofpgk5{

/fdaxfb/ a:g], kllj lzlfz  
 a:g] ufpF lrtl-!, ndh^

zlfz hgziQm ljsf; s[blf clwst sdn  
 klyh ! ) dlxg] tflndnf0{ kll]s dfGott lbg  
 ljzif slff z? ul/Psf] atfp5g\ . ; /sf/n]  
 ljBfno lq ; wf/ sfo{ndc]tu\$ slff ! blv  
 \* nf0{cfwf/e' / ( blv !@ ; Dd dfWolds  
 txsf]ljBfno lzlfz lgw{0f u/\$f] 5 . P; Pn; l  
 u/ kllj lzlfz ag\$;nf0{slff !@ ; Ddsf]  
 oflotf kʰof0{cfwf/e' txd f k9fpg ; Sg]  
 tNofpg' ljzif slffsf] nlo xf] . ljzif slffdf  
 ; km xg g; Sg] lzlfz] slff % ; Dd dfq  
 k9fpg kfp5g\eg]ljzif slff pQl0f{xg]slff  
 \* ; Dd k9fpg kfp5g] 5g\ .

## a9]fsf] cfzf

ls6gl pdfijs, nlnrk/df cWooq/t lzlfz  
 hljgsdf/ lj16n]-%#\_ ljzif slffaf6 a9]sfndf  
 a9]f xg]cfzf /fv\$ 5g\ . ljzv6f/foof dfj,  
 nlnrk/df @)#\* blv sfo{t lj16nf0{ljzif  
 slffn] slff !@ pQl0f{xg]cfzf hufPsf] 5 .  
 ptf ljzif slffdf lgoldt pkl:yt xbf 1fgsf]  
 e08f/ lj:tf/ ug{/ slffsf]df k9fpg dx]k0f  
 ; xofu ku\$]uNdlstf lzlfz u0fz/fh ljZj sdf{  
 atfp5g\ .

h; l klg kf; xg]w\$]lnP/ xl/s]of clwsl/l  
 slffdf lgoldt pkl:yt x65g\ . clwsl/l; f]sfo{t  
 lzlfz s]of/fh kfb] klg xdd]l slff 5f]b]g\ .  
 t/, clwsl/l / kfb]h]ljzif slffdf egf{ePsf  
 ; a]lzlfz]lgoldt slff lnPsf]k0f . \* h]  
 @)^^ df @^ hgf egf{ePsf]gkfn /fli6@ snh  
 klbf slffdf \* hgf dfq] pkl:yt lyP . o:t}  
 u]dl0f cfzb{axdvl Sofdk; df egf{ePsf ^}  
 hgf]W] #) hgf dfq lgoldt ; kdf slffdf

# I/kfɔ{lj Bfyl{ agʃf lzlfɔ



kɪrɪʃl kɪlj,  
lj zʰvɔf/foʊfsf  
lzlfɔ ʊɪb/f bɪxɪn  
elɔ5g\ ægoldt snɪ  
k9ɪ klg cʰuɪl kf;  
ug{ ;lsɟ clxn] klg  
Toxl ljifon] bɪv lɔ65  
h:tf] nfuʃf] 5 ʌ

Isɪ6gl pɔfɪjn]; ~rɪng u/ʃf] gɪfnl eɪff / ; flxɪo ljifosf] k/lɪffɔ ; xeful ToxlFk9ɪ  
lzlfɔxɔ .

cfpg] u/ʃf 5g\ . k7gkf7gsf]:t/ sɔhf] gxf] \  
eg] kl/ɪbɔ] lj zɪf sɪffɔ cɪboog ugɪ] k/lɪffɔ  
; xeful xg sɪffɔ lgoldt pkl:yt xgkg] Pj +  
Goɟtd &) kɪtzt xɪlh/ xgkg] lgod agfPsf]  
5 . t/, w}] 5fɔ5fɔf / pɔfɪjn] o:tf] lgodnf0{  
kɪngf u/ʃf] kɔfɔɔ .

nɪntk/ sɪnɪj/sf] jf3eɪj pɔfɪjn] lgoldt  
sɪffɔf]; ʃf snɪɪdf egf{ePsf lj Bfylɔf0{gɔɔf  
dlR5Gɔ] dɪlj nɪgvɪh, Pɔ; \snɪh kɔkfɪv/l /  
jɔfɪlj nɪ; dɪlj dɪ 6ɔzɟ k9fpg] u/ʃf] 5 .  
; a}kɪlzɪffɔ{lzlfɔ lgoldt ɟkɔf sɪffɔ pkl:yt  
xg g; Sɟ] ePsfɪh] lɪtgnf0{6ɔzɟ k9fpg' k/ʃf]  
atf065 . Is6gl pɔfɪjdf egf{ePsf ; aɪh] lgoldt  
ɟkɔf sɪff lng; sʃf 5fɔg\ . ck/fɔx #-#)  
dɪ z? xg] sɪffɔf lgoldt kɪf lkl/o8 cɪbofkg  
ul/65 . kɪrfo{ chɔ l; nɪjn lj zɪf] sɪffnf0{  
tɪfɪnds} ɟkɔf cl3 a9fpg] kɪta4tf hɟf0P  
klg To:tf] gePsf] atfp5g\ .

gɪkn /fɪli6 snɪɪsf] lj zɪf] sɪff k9ɪ]  
afFaf/l dɪlj sf7df8fɪf sfo{t zɪz a:gɪ  
lj Bfno tyf lɪlzsn] cɪboog labf glbPsfɪn]  
k9ɪ ; d:of ePsf] atfp5g\ . lj Bfnodf k9fpgkg]  
306l ; dɪ] g36fPsf] / pɔɪ tyf ; jf cjlw  
gtʃl ; a} lzlfɔsnf0{ Pp6} dɪkb08df k9f0g]  
u/ʃfɪh] lj zɪf] sɪff w}] lzlfɔsnf0{af% alg/xʃf]  
a:gɪsf] syɟ 5 .

**kf; gɔɟ] lɪrɔtf**  
lj zɪf] sɪff k9ɪ] lzlfɔxɔsf] pɔɪ] 9ɪnsPsf] 5 .  
o:tf] sɪffɔf egf{ePsf clwsfz lzlfɔsn]:shɔf  
k9fP/ lj zɪf] sɪff k9ɪ cfpgkg] cj:yf 5 .  
zx/l / ; ɪdsf lzlfssf nɪlu h; fɪ; f] lj zɪf]  
sɪff lng EofPsf] eP klg buɔ eɪʃf lzlfɔsn]  
egf{ePsf] pɔfɪjdf k9ɪ hɟf EofPsf] kɔfɔɔ .

k9f0 5f8ʃf] nɔdf]; dokl5 lgoldt lj Bfyl{aɔg'  
kɔf{ w}] lzlfɔsnf0{ ck7ɔf/f] dx; ; ePsf] klg  
kɔf0Psf] 5 . sf7df8fɪf] afɪnɪh' af0; w/f/df a:g]  
nɪdl bɪɪhf eɟgl kɪlj, ɟjfsfɔɔf k9fɔ5g\  
afɪnɪhɔ6 Ps 306fɔsf] a; oɔf / %08} kɪv/ Ps  
306f lxB] :sh klɪ ck/fɔx ; f9] tɪg ahʃf]  
lj zɪf] sɪff Eofpg gɪkn6f/ cf0kɪg] u/ʃl 5g\  
pɟlj zɪf] sɪff Eofpg lj Bfnodf l6lkɪng ; dodf  
k7fP/ cf'gɪ] 366l k/f ul5g\ . ak9ɪ] / k9fpg]  
rɪkn] uʃsfo{ ugɪ / k':ts xɟ] kɪh 6 slxɪo]  
xɔɟʌ, cf'gɪ] aʃɪn ; ɟfɔf5g\ . ebʃɪn kɪlj,  
a9fɪnso7sf lzlfɔ ufoɔl ; fksɪɔf cf'gɪ]:shɔf  
k9fP/ clg lj zɪf] sɪff ; sɪ] 3/ kɔɔf /ɪt \*  
ahʃf] xɔ5 . pɟsf] klg k9f0nf0{ kɔfɔt ; do  
lbg g; sʃf] ugɪ; f] 5 .

lj Bfnodf k9fP/ k9ɟkgɪ aɪɪɔtɔsf sf/ɔf  
clwsfz lzlfɔxɔ lj zɪf] sɪff pɔɔɔf{xɟɔf 9Ss  
xg ; ls/xʃf 5ɟg\ . wɪhɔf0{ cʰuɪl sɪ7g  
nɪlu/xʃf] 5 . kɪrɪʃl kɪlj, lj zɰvɔf/foʊfsf  
lzlfɔ ʊɪb/f bɪxɪn lj Bfno / 3/kl/jf/sf]  
lɪɔɔ] f/l k/f u/ɪ] k9ɪ' kɔf{c; ɪɪbɔ} uɪxɪf] ePsf]  
atfp5g\ . pɟlj elɔ5g\ ægoldt snɪh k9ɪɪ  
klg cʰuɪl kf; ug{ ;lsɟ clxn] klg Toxl  
ljifon] bɪv lɔ65 h:tf] nfuʃf] 5 ʌ k9ɪ 5f8ʃf]  
nɔdf]; do ePsfɪn] k9ʃf] s/f a% klg rɪB]  
la; ɔ] ; d:of /xʃf] lzlfɔxɔsf] cɟej 5 .

t/, lj zɪf] sɪffɔf egf{ePsl uɪɪsl gl/f  
; fksɪɔfɪnf0{ k9f0df 5f] fɔxɔn] ; 3fPsfɪh] ; kɪn  
xɟ] cfzɪ 5 . nɪdl bɪɪhɪnf0{klg sɪ7g k7xɔsf]  
cɪboogdf 5f] f5f] ln] ; 3fPsf 5g\ . pɟsf] egf0  
5, æɔt a9l eP/ klg cfɔɔ eg] 5f] f5f] ln]  
l; sɪpɔf l6kɔf ul5g\ . ʌ otf, kɪrɪʃl pɔfɪj,  
nɪntk/sf lzlfɔ kɪɪt >ɪ7n] rɪflF5f] f5f] lsf]  
; ʃf kɪtsf] ; xɔfɪ lng] u/ʃf] atf0g\ .

# s l f f s f ] k l / k ' / s k ' t s f n o



/ljg : fokd

g l f n s f ] l j B f n o - l z l f f d f  
 c w / f ] 5 f ] 8 P s f ] ; a e G b f  
 d x E j k 0 f { k l f x f } k ' t s f n o  
 / k o f u z f n s f ] J o j : y f .  
 l j b z d f k 9 ] - b y ] c f P s f  
 l g h l l j B f n o s f  
 ; ~ r f n s ÷ l z l f s x ; n ]  
 k ' t s f n o n f 0 { k 7 g k f 7 g s f ]  
 c l e G g c E g } a g f P s f 5 g \\  
 e g ] o f ] ; j f n d f ; / s f / /  
 ; j h l g s l j B f n o x ; c % g  
 / f d / l h f u E e 0 ; s z f  
 b l v b g \ . k ' t s f n o / k 7 g -  
 k f 7 g s f ] ; s [ t k j 4 g u g I  
 ; j f n d f g l f n s f ] ; / s f / /  
 v f ; u / l l z l f f d G f n o ; # f / d }  
 c k j f b x g ; S 5 g \ h ; n ] g t  
 l s t f a l s G a h o 5 b d f p E g \\  
 g k ' t s f n o : y f k g f /  
 ; ~ r f n g u g I s f o h f 0 { / f h o s f  
 t k n f f 6 k l ] ; f l x t u 5 g \ .  
 t y f l k l j b z l b f t f x ; s f ]  
 ; x o f u d f k ' t s f n o ; s [ t  
 l j : t f / } k n g y f n z f ] e g ]  
 5 .

# afnaflnsf / k'tsfno

- 1fgfho dflj, sf7df8f9f slff kfFdf k9g]cl:dg ;kfv]l lgoldt k'tsfno hf65g\ . ;df6o1fgsf k'ts 5fgl-5fgl k9g] afgln] ubf{ xflh/lhj fkm kltofl]utdf k':sf] klg ePsf 5g\ . k'tsfno gePsf] eP cfknhf0{w}]s/f yxf gxb]atfpb}pgl e65g\ æk'tsfno ePk15 ljBfno /df0nf] nflu5 Æ
- ljBfnodf k'tsfnosf]:yfkf ePk15 tgx]f] >l dx]b] dflj sf] slff bzdf k9g] ; Æltf ykf / ; kgf ykfn] To; sf] af/df ; a} ljBfylhf0{ yxf lbg leQ}klqsfsf]k\$fgz u/] . pglx;n]k'tsfnosf lstaaf6 g} ; fdulx ; fef/ u/] . afn klqsdf pglx;n] kZgsf] hjfkm vflg] :tDe klg /fv] . kZgsf] hjfkm rlfkFk'tsfnosf lstaadf el665 e] klg pglx;n] hfgsf/l lbP . pglx;sf] of cleofgn] /fd} ; kmntf kfPsf] 5 . æklqsfsf] !@ c] k\$flzt xbf; Dd k'tsfno hfgl]ljBfyl{sf] ; aVof gf6slo ;kdf a9\$]f] 5Æ ; Æltf el65g\ .

## JoJ :yfkqdf ljBfyl{

**lzk'l** pdf]sl k'tsfno kdv zldhf klnv] !%) e6f a9l ljBfylhf0{ :DxfNg sb} ; f/]gk/\$] cgej ; gfp]5g\ . @%) ; fnb]v k'tsfnodf sfd ubf}cfPsl klnv\$} cg; f/ ; f] :shsf]k'tsfnodf ; Gbe{ ; fdul; lxt s/la bzxhf/ lsta 5g\ . slff \$ / % sf]k'tsfno slff klg 5 . c ; slff eg] l6lkn]sf] ; dodf jf vnl slffsf] ahdf cfp5g\ . ; Gbe{ ; fdulhf0{ ; fFf] ePsf] vofsd y6sfP/ /fv] klg sxl lsta / kqkqsf eg] pgn] vlnf g} /fv]sl 15g\hg ljBfyl{ dg nfu\$] ahdf kofu ug{ ; S5g\ . Rofltg ; Sg] s/fdf klg pgnf0{ kl/ 5g\ . el65g\ædnf0{ljBfyl{x;n] klg d2t u56g\Æ

ljBfnon] k'tsfno JoJ :yfkqdf ljBfyl{sf] klg ; xeflutf xf] \eg] k'tsfno ; ldt agfPsf] 5, h; df slff gf]/ bzs] ljBfyl{sf] ; xeflutf x65 . slff gf] sl ; flgof du/ftl el65g\æxfdl ld; nf0{ lsta /lh:6/ ug] ; fylx;n]f0{ xlnf ug{ glbg] hyfeyjl lstaadf s]d6 ug{ glbg] sddf d2t u5f]Æ b0{]jif]v ; ldtdf a; \$f ; % >]7 k'tsfno JoJ :yfkq ; ldt]sf]ldl6^df ljBfyl{sf] klg s/f ; lgg] atfp5g\ . pglx ; kfn]kfn] k'tsfnodf a:5g\ . cfknh ; a; \$]f] b]v]k15 ; fylx ; tyf ; fgf efoalxgl klg 9Ss; f k'tsfnodf cfp] pglx;sf] cgej 5 . æd; nf0{ ; xofu ug{ kfpbf xfdlnf0{lg} /df0nf] nfu\$]f] 5Æ, pglx;n] Ps}j /df ; gfp .

Ps k6sdf @! b]v @% hgf a; ; k9g ldn] k'tsfnodf ljBfyl{sf] ; xeflutfn] lgs} d2t ePsf] klnv\$]f] 7x/ 5 . el65g\æpSn] eP uxf] x6Yof] dnf0{ klg lbSs nfluYof] ls < t/ ljBfyl{ olf ; 3fPsf 5g\ls d t bE 5' Æ

- !! jif6f nlnf kg afndlg/ kflj, kj{df slff kfFdf k915g\ . pgn] Hofn} ?rfPsf] k'ts ; d 6' /18 af/f k\$flzt . b]v] 6]k]f] xf] . nlnf klxf km] hsf] ; do v]h] latpfyg\ eg] clxn] pgsf] ?lr k'ts k9g' ePsf] 5 . ljBfnodf ; d 6' /18/ n] k'tsfno :yfkf ul/lbPk15 clxn] pgsf] nflu ljBfno /df0nf]ub]1fg cfhg ug]7fpFePsf] 5 . l6lkn] / slff gePsf] ; dodf nlnf / pgsf ; fylx ; k'tsfnolt/ bf865g\ .
- hghful] dnld]s ljBfno wfb^a, dxfb] a]ldf slff \$ df clbog/tv]h' nfdn] /fd]l]r]q agfpg hfgsf 5g\ . æd] tl l]r]q k'tsfnosf] lstaaf6 l; s\$] xÆ, pgl e65g\ . /h]sf aaf-cdf v]h]df lu\$ , afn]f h]df ug]sfd u56g\ . labfsf] ahf of] k^a]Qmsf/ ; f e6f nfd klg cf'gf aafnf0{ ; 3f0/x\$]f lyp .

bZs} ; æ6f k/fgf] ljBfno efg' dflj -b/af/ :sh\_df Pp6f km]fnsf] tyf phofn] sf]f k'tsfnosf] nflu 56æf0Psf] 5 . hxfPsf]f]6 sl/a ; o hgf ljBfyl{ a; ; k'ts k9g ; S5g\ . ToxfFs/ a kfF xhf/ k'ts /x\$]f] k'tsfno kdv 0Zj/k]fb l]r]qsf/ atfp5g\ . pgsf cg; f/ k'tsfnos} nflu eg] cnlu} ; do g56æf0Psf] eP klg ljBfylhf0{ 3/df g} k'ts nu] k9g] ; ljwf lb0Psf] 5 . æ b]v \* slff; Ddsf ljBfyl{ k'tsfno kofu w}] u56g\ , pgl e65g\ .

sl/a tlg xhf/ k'ts ePsf] 1fgfho dflj sf]k'tsfno b0{]jif]v JoJ:yt ; kdf ; -rflnt 5 . kç wg-ho zdf] slffdf uP/ k'tsfnosf] kofuaf/] hfgsf/l lbg] u/\$f 5g\ . ljBfyl{ z]f]s- ; qsf] z?df sf8{ agfPsf ; o ?kof]lt56\ / jifé/l k'tsfnosf] kofu u56g\ . k'tsfno kdv cg; bf n0; fn s6fs]ln] ; fdf6o1fg / syfsf lsta ; rfPsf] cgej ; gfp]5g\ .

; d 6' /18/ n] k'tsfno lgd]f ul/lbPk15 /fglb]l lgd]l]sf ljBfyl{ l6lkn]sf] ; dodf whf]f vllg 5f8\$] 5g\ . cleef]s /fdxl/ >]7 k'tsfnosf] clt/Qm nfeaf6 k]Ggf JoQm ub]e65g\æ5f]f] 3/ cfpbf cfheff]n nuf d]f] x6g] Æ ljBfnosf] k'tsfno s:tf] 5 eg] x6g] km] h eg] pgnf0{ 5g} . :shdf k/lif zNs a%P/ bf8g] tof/ldf /x\$]f >]7n] xtl/f] eg] æh] xf] \5f]fn] c ; s/f klg hf] eof]Æ slffdf k9fpg]sfd; f]k'tsfno xlv/x\$]f zDe l3ld/]ljBfyl{ k9\$]df bE 5g\ . k'tsfno slff eg] x/\$ slffnf0{ ; ftsf] Ps k6s k'tsfnosf lsta k9g] ; do lb065 . l3ld/]e65g\æps; ftf; Ddsf nflu lsta 3/ n]f]g klg ; S5g\Æ pgn] ; g\$]f 5g\ slt cleef]sn] t 5f]f5f]lnf0{ lsta Nofpg nuif/ cfknh] ; d] k9g] u/\$f 5g\ . ljBfnon] l5\$} cl8of] / lehocnsf] klg JoJ :yf ug{ nfu\$]f] pgn] atfp .

## krf0b}krf0bf 0

tlghgf ; fgf s6lx;n] lgs} gd] tl/sfn] g]kfn /fi6æ k'tsfnosf] u6df pkl:yt ; /lffsd] f ; f]v] æPS; Soh



# k'tsfnosf ; xofyl xftx;

id 6'1/8 gfdS cGt/fli60 u/; /sf/l ; yfn] ; g\ @)) bly gkfnSf :shdf k'tsfno lgdffdf ; xofyl ug(yfn\$xf]. o; n]clxn]Dd %68}# ; o lj Bfnodf k'tsfno lgdff u/\$f] 5 . o; ; yfsf ; yfks hfq p8n] ; g\!(( \* bly g}k'ts bfg ug{ z? u/\$f lyP . j/l/7 k'tsfno cleofgstf{p0d >ij e65g\,alJ Bfnosf]kltat4tfd xfd] ; yf 9Ss ePKl5 tljijf]ofhgfcGtu\$ lStfa, kmg{/nufotsf ; xofyl u5f\$A >ij\$f cg;/ bl3\$fnlg ; kdf k'tsfno ; -rning ug] s/fdf ; yfn] ; D%}f ubq .

id 6'1/8 h:t}1/8 gkfn n] klg k'tsfno lgdffdf ; xofyl u5{. t/ km/s s] 5 eg] 1/8 gkfn n] ; fdbflos k'tsfno lgdffdf dfq d2t u5{. ; fdbflos k'tsfnodf klg afnafnsf k'tsx; xg}kg]1/8 gkfn sf] wf/Off 5 . lkM8 ; k/ef0h/ ; fhg yfkfsf cg;/ ; g\!( ) bly xfn; Dd \$# j6f ; fdbflos k'tsfno lgdff ul/PSf

5g\ . o; ; yfn] jifdf %-^ j6f k'tsfno lgdff u5{ t/ cfj lg eg] ; of\$] ; aWofdf kg] u/\$f 5g\ . ykf e65g\,alxhf] whfdf vllg] afnafnsf cfh k'ts k9y yfn]k15 ; dbfosf df65] xfl; Psf xg; S5g\,A ulj ; eP @% kltzt, gu/kfnSf eP #% kltzt :yfglo tj/af6 nufgl ug]kg]1/8 gkfn sf] klj wfg 5 . cfj Zos 7fp\$] klxrfg u/k15 bl3\$fnlg ; kdf k'tsfno ; -rning ug] ; dbfosf] kltat4tfd g} 1/8 gkfn n] k'tsfno lgdffdf ; xofyl ug] kdV dfkb08 xf] .

0Gkm]gkfn, g]6 jN8{ Doflhs olt nfoa]l h:tf ; yfn] klg afnafnsfnf0{ lj Bfno tyf ; dbfodf k'tsfnosf] : yfkf ug{d2t u5g\ . o; afx\$ ; jtG ; kdf gkfn edf0df cPsf lj bzl; n] bzs] lje] buq 7fp\$; df klg k'tsfno : yfkf u/\$f 5g\ . xllk gkfn gfdS ; yfn] klg lj Bfno tyf ; dbfodf 0{k'tsfno : yfkf ug{d2t ug] u/\$f] 5 .

dl 0 afnzfvf vNnf 5 A l/l; tf du/, /df >ij / ; lsnf >ij n] ; fylx; af6 ; g\$ / x\$gVfli60 k'tsfnosf] afn zfvf zlgaf/ klg vN5 / Toxf/fdf/fdf lrq ePsf w} lStfa 5g\ . slff \$ sf ol lj Bfyl; n] lj Bfnodf k'tsfno gePsf] atpff ; /n] ufnl ug]65 eg] 8/n] lj Bfnosf] gfd atpfg dfgg\ . k'tsfnosf] lStfa k9] xflh/lhj fkm lht\$ sf s\$ ; fylx; nf0{ pl5] pglx; klg k'tsfno cPsf /x\$g\ . k'tsfnodf sxl ; do 3d]k15 l/l; tfn] bE kb; ; gf0g\, aca d csf] csf] ; a} zlgaf/ cfp5' A

lj Bfnodf k'tsfno gePsf cfsz uf]h] lgsz dxhg klg ; fxl afn zfvdf lgoldt cfp5g\ . k'tsfno cPkl5 c; ; fyln] eGbf cfkM; n] /fdf] lrq agfpg hfq\$] / .hls] - ; df6o1fg df /fdf] x\$} uPsf] pglx; sf] 7Dof0 5 . e\$6ld08kdf aafs] k; n ePsn] slff & df k9y] cd] sf0/fnf / pgsf ef0 cl' tnf0{ sf7df8f} Eofnl k'tsfnosf] kofyl ug{ ; lhnf] ePsf] 5 . /f0lh^ /h afl8e :shsf ol b0{lj Bfyl{x/\$ lbG lj Bfno 5\$ xgf; fy k'tsfno hf65g\ . cd] e65g\,alJ Bfnodf k'tsfno gx\$ lbSs eflWof] oxfk9y kfpff /df0nf] nfu\$] 5A k'tsfnodf syfsf lStfa k9y dg k/fpg] pgl ; df6o1fgdf klg ?lr /V5g\ .

slff \$ sl clg: sf pklWofonf0{lj Bfnosf] ; aGbf dg kg] 7fpFg} k'tsfno xf] . /ftf] aEnf :shsl ol 5fqfn] clxn] Dd slt lStfa kl9; lsg\ To; sf] ; aWof pgnf0{ yxf 5g . el65g\, a3/df klg k95; oxfkklg k95' A kf7dqndebf aflx/sf lStfa k9] w} s/f yxf kPsl clg: snf0{ dgkg] n] yS h8l And, /xNbf xg\ . klxnf klxnf aafs] sf8af6 Pjg k'tsfnoaf6

; d] lStfa NofP/ k9\$ l pgn] aafn] k9y xf] ofpg] atf0g\ . tlghgf lj Bfyl\$] af/df nlyPsf] . uf]6 Eofnl Plnd]6w pgsf] dg k/\$] k'ts xf] . pgl cf' gf ; fylx; n] klg k'tsfno Hofb} dg k/fPsf] ; gfp5g\ .

efg' dfj sl ; lgtf ; fksf\$] lj Bfno : t/lo lgaGwdf klxn] k6s k/:sf/ xft kl/g\ . slff \$ sl ol 5fqfn] k'tsfnodf ePsf] lgaGw ; aWx k9] cfkMh] nlyg hfq\$] atf0g\ . pgl el65g\, adh] s; /l nlyg] e] s/f lStfa k9] yxf kPFA k'tsfno kofyl ug] ; do sd ePsf] ugf; f] ub; ; fksf\$ el65g\, a:sh 5\$ xff ef\$ nflu5, k'tsfno klg a6b x65, clg k9y kf05g A s\$fs\$; n] k'ts k9bf cf' gf] ; f] f0sf] bfo/f kmflsnf] xg] dfq xf0g, gofllfth p3fl/g] cgej u/\$] pgl; f\$] s/ fsqsf qndf %NsGyof] .

afndlg/ klj, kj\$ sf k; /fdaxb/ vqln] k'tsfno afnafnsf] gofFs' f l; Sg] 7fpFePsf] cgej u/\$f 5g\ . o; n] lj Bfylf0{ kf7dqndebf aflx/sf s/f l; Sg d2t ug] xgf] lj Bfyl\$] ; f] kmflsnf] xg] pgsf] wf/Off 5 . pgl e65g\, alJ Bfyl] k'tsfnoaf6 lzlfsn] lbG g; s\$] s/f klg l; Sg ; S5g\,A

## vff] ; /sf/l knsf]

lzlf ljeufsf sfoGnd zfvf clws] s] of 9Efgsf cg;/ f/, klyds txdf .; a\$] nflu lzlf sfoGndcGtu\$ sxl 5flgPsf lj Bfnon] k'tsfno lgdffsf nflu ?-@ xhf/ cgbfg klt u5g\ . sDkob/ tyf k'tsfno Joj : yfkGcGtu\$] lj Bfno tyf gkfn ; /sf/ ldn] b0] 6f sDkob/ / Pp6f lk6/ pknAw u/fpg] ; a\$] nflu lzlf cGtu\$ g} k5{ . 9Efgsf cg;/ f/ sDkob/ sf

# k'tsfnodf s:tf Istfa xgk5{<

**afnafnsf** cTo6t ; jHgzln x65g\ . pglx;sf]x/\$ l;sf0nf0{ dx6j sf ; fy xll/gk5{ . k'ts dl:tissf] nflu v/fs ePsf] xbf pglx;sf] nflu s:tf k'ts cfjZos x65g\ s:tf k'tsaf6 s]s/f l; Sg ; S5g\ e6g]Wofg lbgkg]x65 . kfyldsblv dflWolds tx; Ddsf lj Bfyl\$[f] ?lr, l; Sg] lfdt / cfjZostf km/s xg] xgfn]pd7 cg'f/sf k'ts 5gfb xg]u5{ . lj bzl Istfax;df pd7 56df0Psf] 5gfb ug{ufx] geP klg gk'ndf To:tf] k'ng gePsf]n] klxn cfknh] k9] s9 pd7 ; dxnf0{ 7ls x65 yxf kfpkg5{ . kfylds tx; Ddsf lj Bfylh]7hf-7hf Irq / 5f6f-5f6f jfSo ePsf syfsf Istfa a9L ?rfp5g\ . lj ifoj:t' klg Psbd ; /n, a1%g] xgk5{ . sfuh gRofitg] Irqx; /Elg eP gePsf] s/f x\$sf /Vgk5{ . ; a] lsl; dsf /a ePsf]lrqn]dl:tisnf0{pTk]off lb65 .

sfnf] dfq /a^n] eg] aRrfnf0{ .l8kl; eU agfp5 eg] /ftfh] .Pu]l; eU . of] klg k'ts 5gfb ubf{ Wofg lbgkg] s/f x] .  
 lgDg dflWolds txsf lj Bfylx;nf0{eg] cd't{s/f e6f Jofj xfl/s 1fg lbg]lj ifoj:t' ePsf Istfa lbgk5{ . blgs hljgdf efl]ug] :jf:Yo, g]ts dNo-df6otfsf Istfax; of] pd7nf0{ pkof]ul x65g\ . Istfa k9bf uj \$f] cgel't ug] xbf lj ifoj:t' dfq ge0{n]ygsf] ; /ntdf klg Wofg lbgk5{ .  
 dflWolds txsf lj Bfylnf0{eg]kf70qnd; E hfl]8Psf k'tsx; lbgk5{ . ; f0G; lkn6; g, hljgl, ofg lzlfssf Istfax; pglx;sf nflu pkoQm x65g\ . k'ts 5gfbdf bafa dg gk/fpg] xbf of] pd7 ; dxsf lj Bfylnf0{ :j t6g 5f8gk5{ . lzlfns]klg cfknh]k9b]u/\$f Istfasf lj ifodf s/f ubf{lj Bfylnf0{k9g c%o pT; flxt u/fp5 .

# o:tf 5g\ /fhwfglsf k'tsfno

;g\!(^) df dlxn tyf afnafnsfsf nflu eg] PIS6e jdg ckm cd]sfsf dlxfx; n] sk68fhd Pjg gdfs k'tsfnsf] ; ?cft u/]. xfn PIS6e jdg ckm gk'nsf dlxfx;af/f ; -rflnt pQm k'tsfnodf @) xhf/e6f a9L k'ts 5g\ . ; flxTo, bz6, /fhgllt, c6o ; Gbe{ ; fdull; lxt k/fgf klqsx;sf] ; lng /x\$] of] k'tsfno bftx;af6 g]rn\$] 5 . of] k'tsfnodf @ \$ jifflv sfo/t /fd dfgw/sf cg'f/ c^u]hl efiif ; wfg{ Istfa k9g cfpq\$] ; ^vof Hofb 5 .  
 gk'fn /fli6@ k'tsfnon] )%@ ; fnaf6 z? u/\$] afn zfvdf ^ xhf/e6f a9L k'ts 5g\ . afnafnsnf0{17Ss xg] Istfa %ofsx; 5g\eg] d7 / 6an klg ; fxl cg'f/sf agf0Psf] 5 . cfsif\$ tl/sfn] ; hf0Psf] sf7fdf klljblv dlj ; Ddsf lj Bfyl\$[f nflu xg] Istfax; ; [nt 5g\ . afn zfvf kdV eful/yl clwsf/lf cg'f/ lj zif u/] zlgaf/sf] lbg afnafnsx; a9L cfpq] u5g\ . ; b:o k'fnl gePsf sf/Of 3/df k'ts nu] k9g eg] kf06g . lj 1fg kof]uzfnf, cf7ufdl, syjfrg h:tf citl/Qm sfoqnd klg ubf cPsf] k'tsfnsf] Pp6f zfvdf hkfgl :j o+]sx;n] d2t ug] u/\$] 5g\ . ; ftsf] Pslbg cf0taf/ agb xg] of] zfvdf gk'fnl, c^u]hl, lx6bl tyf sxl hkfgl efiif Istfa klg 5g\ . c6o

lbg laxfg bz ah]lv ; f% k'F ah]Dd k'tsfno vlnf /x65 .  
 vllg] / k9g] 7fpFkw/flsnf] ePsf] gk'fn-hkfg afn k'tsfno lj Bfnodf k'tsfno xg] / gxb] ; a] afnafnsfsf] dg kg] k'tsfno x] . sf7df8f\$] ngrf]df /x\$] of] k'tsfnodf gk'fnl, c^u]hl, lx6bl tyf hkfgh u/] ! ) xhf/e6f a9L Istfax; 5g\ . k'tsfno ; xfos ; zlnf dgfnlsf cg'f/ kf0d/L ; \$]8/L, l/kn] ; u/] cnucnu v08 56df0Psf] 5 . kf0d/L ; \$; gdf lrq ePsf Istfa /flvPsf 5g\eg] vhf6fx; klg kz:t 5g\ . dgfnlsf cg'f/ afnafnsfn] ; o ?k6fFw/f6l / % ?k6f\$] knd{ e/ ; b:o agk]5 !! lbgf] nflu Pp6f Istfa 3/ nu] k9g ; S5g\ .  
 sf7df8f-Eofnl k'tsfno clxn] :yfkgs] r/Ofdf 5 . lje] lj Bfnox;n] k'tsfno edof u/fpg] u/\$] gk'ns] lj zfn k'tsfno sz/ dxn k'tsfnodf klg o ; } jif{ afn zfvf ; -rfng ul/Psf] k'tsfno clws[ nlnf] ; \* vgfnn] hfgs/l lb0g\ . /fhwfgll:yt sxl bt]fj ; n] klg k'tsfno ; -rfng u/\$] 5g\ . 066/g6, leHocnsf] ; lj wf lbPsf] xgfn] lal6z sfl6; nsf] k'tsfno kof]u ug{ hfg] afnafnsfsf] ; ^vof afSn} 5 .

nflu ;/sf/n]@( xhf/ tyf lj Bfon] \$! xhf/ h6fpgk5{ . ut jifv z? ePsf]o; sfoqndaf6 %08}kF; o lj Bfon] kn0bf lnPsf 5g\ . lj Bfnosf] sf6f s[bn] ug[ u/\$f] atp6; 9Efgf e65g\ æsg lj Bfnodf lbg] e[ ]lg0f6 eg] ; Dal6wt lhNnf lzlf sfon] u5{ A

dfWolds lzlf ; xofu sfoqndc6tu{ cfj @)^#-^\$ df k:tsfno Joj:yfkg sfoqndc6tu{ ljlel lhNnfsf b0{o lj Bfonf0{?=@) xhf/sf b/n]; xofu k6fg ul/Psf] lyof] . zfvf clws[ 3gZofd cofh o; kfln ; f]sfoqnd gePsf] 066/ sg\$6lle6l sfoqnd dfq ePsf] atp6g\ . sl/a rf/; o lj Bfnodf 066/g6 sg\$6lle6l sfoqnd nfu" e0; s\$] 5 . cofhsf cg; f/ 8lg8f, Plzofnl ljsf; a\$ tyf gkfn ; /sf/sf] ; eQm nufgldf ol sfoqndx; ; ~rflnt 5g\ .

1fgf6osf kc clwsf/L ; /sf/n] lj Bfno ; wf/ sfoqndc6tu{ ^ xhf/ k6fg] atp6g\ h; nf0{k:tsfnodf c; /sd yk u/] k6fu ug[ ul/Psf] 5 . a9fglns07sf] l/; f] { ; 06/ agfpg cleefjs, lj Bfno tyf ; /sf/n] ; xofu u/\$f] atp6g\ k:tsfno k6v l3ld/] . cf'g] nufgl / k6f; df ; ~rfng e0/x\$] 5 efgdljsf] k:tsfno . lzjk/L pRr dljn] klg ; /sf/af6 k:tsfnosf] nflu sg]; xofu k6t u/\$f] 5g a; pbf/ bftfx; kfPsf] 5 .

pk/fQm tyo / cj:yfn] ; /sf/; E :shdf k:tsfno :yfkgf ug[ 7f] glt gePsf] s/f dfq phfu/ ub6; s6fs6lnf0{ 1fg / :t/lo lzlf lbg] dx6j k6f{ dfWod

k:tsfno p; sf] kfyldstfdf gk/\$f] 6l7nf0bf] tyo klg ; fj hlg ul/lbPsf] 5 . ; g\@)!% ; Dddf ; a\$ nflu lzlf k6fpg cfj Zos cfly\$ ; f]sf] 0of/06l c6t/f66 ; dbfon] u/\$f] cj:ydf gkfn ; /sf/n] rlixFcf'gf %08}#) xhf/ :shx;sf nflu c6ofj Zos k:tsfnosf] :yfkgf ug{ nlo ; d] g/fvg' lj 8Dagfsf] lj ifo xf] . t/ o:t] cj:yfsf] l5\$} c6to xgkg6f ; a\$] hf\$ 5 .

lzlf lj b\8f= x6o/Tg ah6f6sf] lj rf/df ; /sf/sf] lj Bfnodf s] s] xgk5{ e6g] :ki6 ; f] / glt gx6f k:tsfnosf] s/f klg c6f6df k/\$f] xf] . pgl ; /sf/n] tIsn lj Bfnosf] cfwf/et efts ; Argfsf] glt agfpgk6f hf\$ lb65g\ . lzlf, Joj:yfkg ; ldt tyf lj Bfyl\$] kxndf klg k:tsfno ; ~rfng ug{ ; lsg] cf'gf] c6ej ; g6f6] pgl e65g\ æ; /sf/n] lbPg eg] lj Bfno klg xft afw] a:g6g . cf'gf] txaf6 ; Sg] hit ugk5{ A ; d 6' l/8 sfoqndsf Joj:yfks /fhj hfzl yk5g\æ; /sf/n] k:tsfnosf nflu 5\$] ah6 566fpg' k5{ cgludg ugk5{ A xfnf] ; xofu /fzl sl0sf] ; bko6u e0/x\$] 5 eg] cgludg ug{ klg pl0s} cfj Zos /x\$] s/fdf pgsf] hf\$ 5 . To:t] gkfn k:tsfno ; 3sf clWof efnf > 17 ; /sf/sf] k:tsfnosf] k6fuf af/6f lzlf sx; ; d]nf0{ 1fg gePsf] atp6g\ . k:tsfnosf] k6fuf6 lj Bfyl6] lng ; Sg] kn0bfsf af/6f lzlf / lj Bfyl{ b] nf0{ hfuf?s agfpg] sfoqnd klg xgkg6f pgsf] hf\$ 5 .



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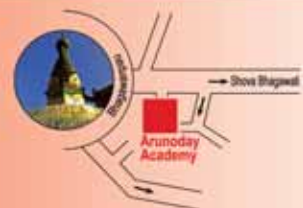
अरुणोदय एकेडेमी

**ARUNODAYA ACADEMY**

Bijayashwori, Kathmandu, Nepal

Tel: 4672362, E-mail: info@arunodaya.edu.np

Website: www.arunodaya.edu.np





/lg : fold

# dlxnf kψfgfWofks

# ; km 5 gttj

**b]** zsf ljleG ;ft lhNnsf  
 ;ft hgf dlxf  
 kψfgfWofksx;sf]g]Tj df :shdf  
 cfPsf]kl/j tgnf0{/z/lfs 6f]ln]  
 k]of cjnf\$g u/115 lgsflnPsf]  
 lgsif{xf} cj ;/ kfP eg]dlxfn]  
 klG /fd]] t :sh rnfpg /

k9f0sf]:t/ psf:g ;S5g\ pglx;  
 k?ife0f sg}klg cy0f sdhf]  
 5gg\ a? sltko ;0e0f a9l g}  
 u0fsf/l b]v05g\ o; klqsf  
 casf kfgx;df dlxfn];fj]lgs  
 :shsf]g]Tj lnbf s]s:tf ;wf/  
 / kl/jtg cfP eg] :ynut l/kf0{

k9g kf0g\$ .  
 of]tl dlxf kψfgfWofkssf]  
 syf xf] h;n]bž lx+fdS á0sf]  
 rk0f, /fhgllts cl:y/tf,  
 b08xlgtf, cdfjlotf, ;a]t/  
 lg/fzf g}lg/fzf Jofkt xbf klG  
 xtf];fxl ge0{.s]l ug{/;ls65U

eg]cfzf / b0 c7f0sf ;fy  
cf'gf]sd{f0df lqmfzln eP . /,  
cfzfsf]lbof]hnfP/ a;].  
k/Dk/fut ;fj ePsf; n].ljr/lw  
.canf cf0df0{ cfib eg] lxofpg  
vf]h]klg To;af6 slQ klg ljrnt  
ge0{pglx; s0fs0lx;sf]lzlffsf  
lgldt ;dlk{ eP . tl :shx;sf]  
cfhsf];kmtf / pknIAw Tox  
;sf/flds ;fj, nug, w0{/ /fd]  
sd\$[f]kltkm xf].

s;n]sb ajf cfP/ s]ugIxf]  
eg]eo / qf;sf alr a;]  
;fj hlgS :shsf]lhDd]f/l ;Dxfn]  
;ajf0{lrQ a%P/ sfd ug{  
cfknf sl7g t x0}xf] kofit  
lzlfS b/ablnufot cfjZos  
cfly\$ ;fj / ;fwgsf]ckofitf  
afahb :shnf0{rDsfpg ;km xg'  
;fwf/Of sYf kSs}xf0g . Toj]klg  
;dfhn]; lfd 7fg\$[f]k?ifn]xf0g,  
.canf / .sdhf]7f 7flgPsl  
dlxnfn].

lzlfSn]u/\$f]gdgf cllbognf0{  
; aN]ls[ ubf{ dlxnfnf0{:shsf]  
z]hfs g]Tj ;Dk0f :shnf0{xg]  
nfe sDtdf ;ft lsl; dsf  
x0f/x0\$g\ . klxn] afnaflnsf]a9L  
dfof kfg]ePsf]k7gk7gsf  
nflu pglx;nf0{a9L cgSh  
jftfj/Of a0g]. bf]f] ;xsdl{  
lzlfSx; / cfjZostfg;f/  
Joj:yfkg ;ldltsf];xflut u/fP/  
/ pglx;nf0{lJzjf;df lnP/ dfq  
lg0f0 ug]. t]f] ;dbfoaf6 a9L  
;xof] h0fpg ;lfd . rfyf] bnut  
/fhgltdf gful :sh / kZfklt  
kltA4 / lqmfzln . kfFf} :sh; f  
;balwt ljifosf cgej / ljr/  
;xsdl{/ cleefjs; f; ;f6f; f6 ug]  
;s[. 50f} kf/bzl{Jojxf/ .  
;ftf}clgoldttf, e0frf/nufot  
uZsf]gl sfdff sdl .

dlxnfnf0{lzlfof kZfdf  
NofpgkgI]jrf/ w}cuf18b]v  
cfPsf]eP klg @S^ ;fndf  
khftqsf]kg:yf]gn]Toj]lJrf/nf0{  
dh wf/df :yflkt ug]sfd u0of]  
eg]bftfx;sf]cu]/tfd ag\$[f]  
cfwf/e't tyf klylds lzlf  
kl/of]hgn]To;nf0{Jojxf]/s

z; kdf cufl8 a9fpg]sfo{u0of].  
b0{bzssf]c0t/fndf sh lzlfS  
; aVofsf]sl/a #) kltzt lx;f  
dlxnfn]cf]0g; km ePsf 5g\  
t/ Tox cgkftdf :shsf]g]Tj  
dlxnfsf]xftdf cfpg ;s\$[f]5g .  
Joj;fosf nflu vf]hPsf lghl  
:shnf0{5fl8lbg]xf]eg] cfh klg  
;fj hlgS :shdf gu0o ; aVofdf  
dfq dlxn klyf]wofks e005g\  
tldw]w}h;nf0{pglx;sf]  
lfdtdf ljzjf; u/] xf0g, lj slk  
ge]6Psf]lhDd]f/l lbPsf]cgdg  
ug{sl7g 5g . ptf, ;/sf/n]  
dlxn lzlfssf]; aVof vf; u/L  
klylds txd a9fpg ljz] wofg  
lbPsf]eP klg :shsf]g]Tj d}  
dlxnfnf0{:yflkt ug]af/0f 7f]  
cjwf/Off / Jofjxf]/s sfo0ml c%0  
agfPsf]5g . tof/Lsf]cl0td  
r/Ofdf /x\$[f]ljBfno lfg ;wf/  
sfo0mldf ;d] o; ;jndf  
oyf]rt wofg kl; s\$[f]b]v0g .  
axklilo bftfx;sf]cu]/tfd /  
dx0j k0f{cfly\$ nufgl ug]  
kltA4tf; lxt a0}u/\$f]sfo0mldf]  
b:tj]hdf elgPsf]5, ;sf/flds  
lje]sf]g]ltaf/f g]Tj lngsf nflu  
dlxn lzlfSnf0{k0];flxt ul/g0\$ .  
lj:t] z; kdf of]g]ltsf]JofVof /  
sfo0ogsf]v]sf gagf0Psf]of]  
gllt s;/ l cufl8 a9S e0g]sYf  
:ki6 5g . pQm b:tj]hn]!-\* /  
!-@ :shsf nflu klyf]wofkssf]  
5\$}Joj:yf u/\$f]5 . k]tfljt  
gofJoj:yf cg'f/, :shnf0{s:t]  
agfpg]e0g]kfF]if].lehgl /  
sfo0hgx; vhf klt:kwf\$  
cfwf/df dfu ug]/ To;nf0{  
dlNof]g u/] k0 5flgg\$ .  
k]tfljt kl/kf6l s;/ l Jofjxf/df  
sfo0og xg]xf] Toj]xg]af0L g}  
5 . t/ oxl kljwfgs}sf/Of dfq}  
klt:kwf\$ df]w0daf6 a9Le0f a9L  
dlxnfn]g]Tj ln05g\ e0g]sYf]  
lbf/06l x0g .

To:t} P0 lgoddf g]Tj ;Da0wL  
tflnd lnPsf]JolQmf0{dfq k0  
agfpg ;lsq]kljwfg /flvPsf]  
sf/Of Jofjxf/df hf]k0 5 p; }]  
dfq pQm tflnd lng]cj;/ k0t

u/\$f 5g\ . of]c0o gugIxf]eg]  
dlxn t s/}5fl8lbpnF c; k?if  
lzlfSn]klg k0sf]lhDd]f/l  
gkfg]l:ylt oyf]tVlx/x05 .

%08}% xhf/sf]xf/fxf/lfd  
/x\$[f ;fj hlgS :shDw]p]ln]v0  
; aVofdf k0sf]g]Tj dlxnfsf]  
xftdf hfg]cj:yfsf]lgdf0f ul/g'  
sDtl r0f]k0f{5g . To;sf nflu  
;xl glltsf]lgdf0f, tbg?ksf]  
/Ofgllt, 7f] sfo0ml / k0fj]sf/  
sfo0ogsf];Vt vfF]kb5 .  
To;lgldt cfh;Dd ckgf0Psf gllt  
/ pknIAwx;sf]n]v]hfyf u/L ca  
a0g]gllt tyf sfo0mlnf0{7f],  
:ki6 / Jofjxf]/s agf0gkg]  
b]v05 . xfdlsxf]gllt / sfo0ml  
/fd}ag]klg To;sf]sfo0og /  
cgludg kl; ;jYf lknfn]xg]  
u/\$f]5 . Toj]cj:yfsf]c0o  
geP;Dd hlt; s;/fd]gllt /  
sfo0ml ag]klg rfx]h:t]pknIAw  
xf];n xg;Sb0 .

dlxnfnf0{:shsf]g]Tj df  
:yflkt ug];0e0f pglx;sf]  
lfdtsf]lj sf; sf];0e0f0{5f0f0f  
kfg{ldlbg . Joj:yfkslo ptk]0f  
/ g]Tj lfdt Pp6f k0df x0kg]  
cfwf/e't tljg6f u0fx;df ulg05 .  
dlxnfnf0{k0 agfpg]e0g]gddf  
ol cfwf/e't u0f / of]0tf gePsf  
JolQmf0{f]eldsdf :yflkt ug{  
;ls0g . ;/sf/n]/fd]k9\$  
dlxnfx;nf0{lzlfof kZfdf cfsliif  
ug]/ dlxn lzlfSDw]dflysf  
cfwf/e't u0f ePsf]nf0{g]Tj  
lfdt a9fpg];lk lbg]tflnd  
nufot ljle0g k0f/sf sfo0ml  
; ~rfng ug{cfjZos 5 . To:t}  
dlxnfnf0{xg];dfhsf]b]6sf]0fdf  
/ftf/ft / rfdSfl/s kl/jt0  
;Dej 5g . To;sf nflu Psflt/  
.dlxnfn]ug{:S5g\ e0g];kmtsf  
pbfx/Of; ;dfhd k]tt ul/gk5{  
eg]csf]t/ ;/sf/sf]cu]f0df  
/fhglts bn / ;dfhsf ljle0g  
tx-tksfsf];xflutdf upF0f]h;Dd  
;dfgtsf klfd / n]0S lje]sf  
ljklfd ;fy\$ ;0z lbg]ljle0g  
ultljwx; e0/xgk5{.

;bz0 l3ld/]

# sdnfsf] sdfn



rtg clwsf/

**P** | p6f b0\$[7] whf6] ejg lyof] ofn9f\$[f sxl lyPgg\ . /flt slxn] ufp\$[ uf0h:th] sf]7fdf uf]ofp] t slxn]df]g; n]lbzflk; fa ul/lbPsf x6y]. axfg :sh cfp/ klxn]slffdf ePsf]lbzflk; fa ; f]kf{ kYof] pgn]sl7g lbgx; ; D%elgg\ æt/ of]lj Bfno d7f]lhDdfdf ePsf]h] oxFh] sfd cfp klg ; DxfNk5{ eGg]nfu] ; a} sfd lagf lxlRsrfx6 ug] uy}Æ

lj Bfnodf cPsf]klxn]jif{pgn] slffsf]7fdf ofn9f\$[f agfpg nuf0g\ . To; lglDt uf]j ; n] ; xof] u}of]. To; kl5 sdnf lj Bfnosf] eflts k]f]f / / k9f0sf] uof: t/ a9fpg] pkfo vflg yfng\ . o; df ufp]x; sf] ; xof] h6f0g\ . lj Bfyl{ a6Ngsf nflu pgl cleefjssf 3/- 3/ klg wf0g\ . egf{ ePsf lj Bfyl{ lj Bfnodf yf]dg klg ; xh lyPg . æavf]fu]k]5 :sh l/Q}x6Yof] pgl e]G5g\ æcleefjssf 3/3/ uP/ ; D%pg yfn]k]5 .8k cfp6l 36b} uof]Æ

pgl cyf{ \sdnf lj Z]sdf{ #^\_ 6fug8Aaf- ( %kfl:yt gdf kf]yds lj Bfnosf] :yfkgsf] nuQ} -@)%( \_ b]v k]wfgfWofkssf] lhDd]f/l ; Dxfn] :sh /fd] agfpg sl:; Psl 15g\ . lj Bfnosf slff ylk6] uPk]5 ltgnf0{ Joj]l:yt ug{ / k9f0sf] :t/ a9fpgsf nflu pgn] uf]j ; b]v lj leGg kf6Lx;nf0{uxfl/g\ / /fd} ; xof] kf0g\klg . pgn]of] /sda6 b0\$[7] ejg agfpg z? ul/g\ . of]jif{lhNnf lz]ff sfof]on] lbPsf] ; f9] % nfv ?k6f]6 ejg lgdff ; DkGg xg nfu\$[f] 5 . lj Bfnosf nflu :yfglo ; dfh; j]l :j = ; 7h ; f]gsf tk6f6 !% s6X hluf kf]t ePsf]5, h; n]ubf{ejg agfpg

/ v]hd]fgsf nflu kof]t 7fpF5 . lj Bfnosf] jflif\$ glthf a; lg k]lt x6]uPsf]bl]vG5 . s6fs6]sf] l;sf0 pkn]awdf a9fQ/l ePsf] lz]fs, cleefj s ; a]h]dx; ; u/\$f 5g\ . lz]fs e6f clwsf/l e]G5g\ æx6]d; sf]hlQm cg; f/ gfglx; nf0{ kof]f]ds / k]z6 lj lwaf6 k9fPsf] glthf t crDdn]ubf] u/l a9d]Æ . lj Bfyl{pd] a9b}uP/ slffsf] klg :t/ ylk6]uPk]5 lj Bfnof0{ klg ; lhnf] x6]uPsf] 5 . slffdf dlG6/sf] k6Gw ug] sdhf] lj Bfyl{nf0{klg slff sfodf ; xeful u/fpg] slff sfodf p]s6 xg]h]0{ k/:sf/ lbg] h:tf ; fgf lgod agfPsf]df olt 7hf]kl/j t6 ePsf] b]bf k6 lj snf0{g}crDd nfu\$[f] 5 . ælz]fsn] yf] 6]6gs nufP gfglx; sf] k9f0 t slt ; k] hf]x6] d]h] klg ; f]l ly0gÆ, sdnf e]G5g\ .

lz]fs e6f ylk5g\ ædlxn] x6]d; eP/; xhf, :shsf]jftfj/Of klg 3/sf] h:t} kfl/j fl/s 5Æ . dlxn] k6 ePs}sf/Of lj Bfno rf]t/af6 ; wf/sf]af6]nf n]dsPsf] 7fG5g\lj Bfno Joj :yfkG ; ldltsf clWof bl3{fh /fo . pgl e]G5g\ æk?ifdf bDe x65 dlxn]df ; dgjoÆ sdnf s6]klg lGof6 ug]l3 ; ldlit, lz]fs cleefj s ; 3; :6fkm / ; s] ; f]JolQm E klg k/fdz{ ul56\ . pgsf]kfFjif{sf6fndf clxn]Dd Pp6f lGof6 klg lj jfbdf cPsf] 5g . æoltsf jif6f lj Bfnodf Ps k}f klg tndfly ePsf] ; lgPgÆ, cleefj s r6b]x6/ cfrfo]eg] . rtg clwsf/l

# ; dlk{ j6f

**k** | lxn] lj Bfno ; dbfodf lyPg . w} afnsflnsfx; lj Bfnosf] 9f\$[f aflx/ lyP . ; dbfon] agfPsf] uf]7df z? eof] :sh . oxl :shsf] ; yfks k]wfgfWofks e0g\j{bf s]l . !)÷!@ jif{pd] ; dXsf @) hgf afnaflnsfaf6 z? ul/Psf]nflD8f6f kl]j, bf]hvf]n]clxn]eg]k]Ssl ejg agfPsf]5 / ^ slff; Dd ; ~rfng ePsf]5 . z]f]fno cefj sf sf/Of clwsfz ufp]x; n] uf]y]leq lb; flk; fa uy]. k]wfgfWofks s]ln] laxfg lj Bfno ku] lb; flk; fa ; f]kf]kYof]I / 5fq5fqfnf0{ k9fpgkYof] . t/ , clxn] ; a} 3/x;df z]f]fnosf]Joj :yf ePsf]h] lj Bfno kl/ ; / ; km; U3/ bl]vG5 . pgsf]d]gt / of]ubgn]lj Bfnosf] cj :yf sfofkn6 ePsf] 5 . bf]hvf]sf] nfb}sdh h]GdPsl j{6fn]@) \$% ; fndf P; Pn; l kf;

# lg/sz/Lsf] ; km g]Uj

**lj** | xfg !) ah\$[f] 306L; E] lj Bfylx; kly6fsf] nflu r]df nfa4 xg yf]5g\ . ; bg cg; f/ leGgfleGg] / a\$[f kfz]s nufPsf lj Bfylx; sf] g^, l/j g, kfz]s, / ; km0{lg/l]f6f x65 . Tok]5 ; a]hg ; / :j tl j6bgf / /fl6æ ufg ufp5g\ . 19nf]ePsf lj Bfylx; lj Bfno u6 aflx/ a:5g\ . ; a} lj Bfylx; slffdf kl; ; s]k]5 .c]f6bf 19nf]gug] zt6f pglx;nf0{ slffdf k7f065 . slffdf lj Bfylx; hfgl ghfgl c^u]hd]f s/f ul//x\$[f 5g\ . lz]fsx; klg c^u]hl dfl]oddf g}



cfkn̄-306L ahfp̄f̃  
kč j ʘf s]L .

u/} lzlf s ačg] c j ; / kf0g\\. kl/jf/sf w}] ; b:0 lzlf s ePsf] lzlf of kžfkl̄t klxn̄lv g} ? Ir /xžf] j ʘf atfp̄5g\\. pgl : yfol ePs} ! \* j if {klu; sžf] 5 . o ; c j lwdf pgn] w}] 5fq5fqf sf] el jio lgdf ʘf dfq u/žl 5žg\\ : shsf] c j : yfnf0{ pN6df Psl 5g\\.

pQm lj Bfnodf clxn] ^ hgf lzlf s xž 5g\\. tldw̄o] kfF hgf t dlxfn 5g\\. kwfglwofks dlxfn] lj Bfno ; wf/ u/žf] dlxfnf0{ g} lzlf s lgoQmdf kfyldstf lb0Psf] atfp̄5g\\ lj Bfno Joj : yfkg ; ldtsf cWOLF ; f̄daxfb/ tfdf̄a . pQm : shnf0{ cž b0hgf lzlf s sf] cfj Zostf 5 . æTo ; df klg dlxfn g} /Vg] of hgf 5A, tfdf̄a sf] syg 5 . pgsf cg ; f/ dlxfn lzlf s xž

afnaflnsfxžnf0{ df of ug] oftgf glbg] lj Bfno ; kmf ; U3/ /Vg] sf /fd] ; t x65 . k9f0 /fd] xž ePsf] clxn] Ps ; o @ ( lj Bfyl{ 5g\\.

sžf s ʘlnf0{ cgžf ; gdf /Vg] gfd df : shdf pglxžnf0{ žf/l/s ; hfo lbg] ul/G5 . t/ , pQm lj Bfnodf lzlf saf6 5fq5fqf sl6g] u/žf] kf0g\\. slff ^ sf 5fqf ; cf0tldf of tfdf̄a / nfnf of tfdf̄a ld ; xžn] cfkn̄kžnf0{ s6žf] ; D%gf gePsf] atfp̄5g\\.

bñhv sf w}] ; f] lj Bfno lj Bfyl{ alrd̄f k9f0 5f8g] ; d:ofaf6 kl8t 5g\\. t/ nfld8f8f kl j To ; sf] ckj fb agžf] 5 . kwfglwofks s] lsf cg ; f/ lj Bfno 5f8g] / eflg] tyf km̄h b/ 6oğ 5 .

kč eP kl g s]L 306L ahfp̄g] : sh ; kmf ug] / slxn žf xLF afnaflnsfxž sf] g^ a ; dž sfl6lbg] ul5g\\. lkog /Vg] vr̄h] dlxfn lzlf s /fvžf sf/of lkog sf sf cfkn̄h] ug] k/žf] pgl atfp̄5g\\. ælj Bfnosf sf/of džf] 3/ lalug] ; ylt 5, t/ 3/ lalup kl g : sh lalug lb6gE j ʘf]n] elgg\\. k9f0df cž : sh eGb̄f sdh] gxf] \\ ečg] pgsf] rfxgf 5 . glhssf ; ft : shxždW̄o

of] ; ačGb̄f /fd] : shdf k/žf] 5 .

lj Bfno Joj : yfkg ; ldtsf ; yfks cWOLF Pj + cleefj s s ʘfaxfb/ a: g] k?ifxž . u/dl / dlxfn xž . g/dl xž ePsf] : shsf nflu dlxfn xž df: 6/ /fd] xž] 7f65g\\. lj Bfnosf hlufbtf a: g] w}] dlxfn lzlf s ePsf] sf d ug] ; lhnf] ePsf] atfp̄5g\\. To: t} csf] cleefj s lj iofk] fb / Qdlsf] bll6df . cž xž df: 6/ ePsf] eP lj Bfno # slff dly hfb̄y of] . lj cleefj s sf65l tfdf̄a n] klg dlxfn xž df: 6/ ePsf] lj Bfnof0{ olt w}] /fd] agf0lbPsf] 7f65g\\.

lj Bfnosf Psdfq} k?if lzlf s gsh s]L dlxfn lzlf s jf xž df: 6/ xž afnaflnsfxž a9L 3hldn xž] atfp̄5g\\. lzlf s, lj Bfyl{ cleefj s / ; dbrosf] /fd] ; xof] ; dyğ ePsf] / k9f0 Pj + Joj : yfkg ; a} lx ; fan] /fd] : sh ePsf] s / df pgl kl g ; xdt 5g\\.

s6l8f8f df j ds̄f / l ; f̄s ʘbdf kg] ; f] lj Bfno af̄ uf̄pFlj sf ; lditel/sf] gdgf lj Bfno 3fifoff ePsf] 5 .

zde' uf̃d

k9f0/xžf 5g\\.

%š xžf {sg} rNtlstf] lghl lj Bfno %f nfu kl g of] nln tk / sf] gu / fr̄g lj fs ʘf / xžf] kēft pRr df Wolds lj Bfno x] . of] ; /sf/ l lj Bfno x] . oxf slff kfF ; Dd c^u]hl df Wodaf6 k9f0 x65 . To ; eGb̄dfly rfxFlx ; fa / lj 1fg dfq} c^u]hl efi df k9f0G5 .

kēft pdflj sf] k9f0 clg kžf ; lgs sfošf] Joj : yfkg ub] cfPsl 5g\\ lj Bfnosl kwfglwofks lg/sž/ l > i7 -%& n] . lj Bfnosf] : yfkg sf nblv g} lzlf s sf] ž kdf k] ž u/žl lg/sž/ n] lj ; +@) @ ( b]lv kwfglwofkssf] lhDd] f/ l jxg ul//xžl l5g\\. nln tk / lhnf df . /fd] lj Bfnoldw̄o] ulgg] of] pdflj df clxn] sl/a ! # ; o lj Bfyl{ kl9/xžf 5g\\. afn dğ slff ; -rfng, lj Bfyl{ / lzlf s sf] cgžf ; g ; / ; kmf0{

c^u]hl efi sf] k9f0, clt/Qm

lqmf s nfk, lzlf s xž sf] ; xof] ulkgh: tf w}] u0fsf sf/of kēft n] lj Bfyl{ h0{ tfgžf] 5 . lj Bfnosf] k9f0sf] : t/ a9fpg lzlf s, kč, Joj : yfkg kl f ; a} ldn] sf d ul//xžf 5g\\. æk} t: kwf { w}] 5,



clgn yk

rgf]l klg pQs}. Joj:yfkg ug{  
 clnslt dfq r5kkg 7hf] gf\$;fg  
 Joxf]kqIxc5A kç lg/sz/L el65g\  
 æghl lj Bfno hfg] lj Bfylhf0{/f\$g  
 c^a^hl efiifdf k9fpg yfNof}A !)  
 slffsf lj Bfyl{xçsf]nflu oxfljzif  
 slff ; ~rfng ugI ul/Psf] 5 .  
 sdhf] lj Bfylhf0{klvldstf lbg] /  
 To; lj ifodf ahfahfdf  
 cleefj sxç; 5nkm ugIk/Dk/f  
 g}a; fOPsf]5 . o:tf /fdl kç;ç;sf]  
 kl/Ofdf klg /fd] b]vPsf] 5 .  
 P;Pn;lsf] pQOf{b/ ^) b]v &  
 klitztsf]xf/fx/ldf /xg]u/\$f]5 .  
 @)^\$ ; fnsf] P;Pn;ldf t (^)  
 klitzt pQOf{ePsf lyP . of]:shdf  
 k9g]afnafnsf]7hf]lx; f cGoqaf6  
 cf0{ dnb/L ugI u/La / lj k6g  
 cleefj sff 5f/f5f]L / ; f] lffsf  
 ; Deft kl/jf/df 3/h' gf\$;sf ; kdf  
 sfo{t sffsçxç;sf] xg]u/\$f]5 .  
 z?df ef8fdf hluf lnP/ vffhPsf]  
 of]lj Bfnosf clxn}cf'g}rf/ j6f  
 ejg 5g\ . lj Bfnodf lj 1fg  
 kç]uzfnf, k':tsfnosf] Joj:yf  
 thgfds çkdf /fdl]5 . 0sf]Sna,  
 afn Sna, /Bqm, :sfp6, xly  
 Snasf]klg u7g ePsf]5 . cl3Nnf  
 jifç;df ktoç dlxgf lbgdf dfq  
 cltl/Qm lqmfnsfk xçy] eg] clxn]  
 ; fltflxs çkdf xç yfnçf] 5 .  
 lj Bfnon] ktoç jif{ lj 1fg kçzç  
 klg ubç cPsf] 5 .  
 oxflktoç lj ifosf]5çf5ç}lj efu  
 / klj, lgdflj / dflj txsf lglDt  
 5çf5ç}lg/lfs klg tflsPsf 5g\  
 ol ; a} sdfs] ; k/lj fof ul//xçl  
 kç lg/sz/Ln] lhDd] f/l /  
 pQ/bfot]sf] af8knf8 ePsf sf/Of  
 lj Bfno / lj Bfylçf af/df ; flg Pj +  
 sfd ug{kç:t ; do ldnçf]cgej  
 u/\$l 5g\ . oxflk kfoM lzlfscç;  
 cf'gf] sfdklit pQ/bfol / lhDd] f/  
 dfq b]vçg\ lj Bfnoklt lj zif dfof  
 / nufj /V5g\  
 sç]lg0fç lnff ; lw}cf'gf]lg0fç  
 nfbç] eçbf, klxnf cçsf lj rf/  
 ; çk5{ eçg] s/f lzlf s lbjfs/  
 cfrfoh]oxl lj Bfnodf cP/ l; sçf  
 5g\ . oxflcçpgçl3 pgl >lsOf klj,  
 wkfv]çsf kç lyP . æd kç xçf

u/\$f uNtl clg ug{g; sçf w}]  
 s/fxç;sf]1fg dnf0{kçftdf cfpkl5  
 e0/xçf]5A, pgl e65g\ . s; ç]sçl  
 uNtl u/df gs8lssg ; D%çpg] /  
 ; fg] 7hf] gelgsg ; ahf0{ ; dfq  
 Joj xf/ ugI kç lg/sz/lsf] afglsf]  
 csf{ lzlf s k?iffDd clwsf/l  
 dQm07n] kçç;f u5ç\  
 lzlf s v;L geP To; sf] c; /  
 lj Bfylçf]k9f0df k5{ . To; ç]oxflf  
 lzlf snf0{lj Bfnon]cltl/Qm; lj wfsf  
 çkdf kçzçs / lj zif eOf lbg]u/\$f]  
 5 . lzlf sff] lfdtf a9fpg tflnd  
 lng, ; lk l; Sg clg k9f0nf0{  
 lg/tt/f lbg klg lj Bfnon]; xofl  
 ugI u/\$f]lzlf s clwsf/l atfp5g\  
 lzlf s Nof0f sff]df lzlf sç;af6  
 ; o ?kçf/ lj Bfnon]; o ?kçfFyk]  
 hDdf ul/0ç5 .  
 kçftdf lj Bfylhf0{ dfq xçfçg  
 lzlf sç;nf0{klg s8f cgzç;g 5 .  
 ; dodf lj Bfno gcf0klç] lzlf sn]  
 Ps lkl/o8; Dd lj Bfno uç aflx/  
 a:çk5{ . 3/sf]sfdn]slxnçfxlA9nf]  
 ePsf] ahf aflx/} a:çk/\$f] b]v] f]  
 kflv5g\ lzlf sff lgdçf zfSo .  
 ; lj wfsf] labf afxç cç; labf lng  
 kf0ç; oxfl . cf'gf] sff]ç; h; /l klg  
 ; dodf ; Sg]k5{ . !\* jifç]v of]  
 lj Bfnodf c^a^hl lj ifo k9fç; cPsl  
 lgdçf el65g\ æj leçg ; fdulçf]kçfç  
 u/] slff lngkç] pglç;nf0{ klg  
 ; xeful u/fpç]k9fpgkç]ePsf]sff]  
 ; Sg ; wFxDd] k5{ A  
 /fdl] jftfj/Of ePs} sf/Of  
 lj Bfylç; lj Bfno cçpg cN5l jf  
 8/ dfçççg\ . æfç]ç;ç{ gubf{ klg  
 ç]slxNo}çkçf0 vffPsf]5ç;A, slff  
 & df k9ç]; hgl bçnf el65g\ æa?  
 lsg gu/\$f] eg] ldn]; flgçkç5 .  
 gçfP/ gu/\$f]eçbf l; sf0lbgçkç5 A  
 kç lg/sz/lsf] sfd clg pgsf]  
 ç]ç]klit Joj:yfkg ; ldlit klg v;L  
 b]vç5 . ; ldltn] u/\$f lç0fçç;  
 kçfçsf ; fy nfu" e0/xçf] lj Bfno  
 Joj:yfkg ; ldltsf cllof kf08j  
 dxhç atfp5g\ . pgl e65g\  
 æ; xldtdf gç} clxn] Dd lj Bfno  
 cufl8 al9/xçf] 5 . sç} kçf/sf]  
 jçg:otf ptkçg ePsf]5ç; A  
 clgtf l; jfsfçl

# .cAan kç dfntLÚ

@)^% ; fnsf] P;Pn;ldf (^  
 klitzt lj Bfyl{-%) d]v} \$\*  
 hgf\_pQOf{eP . b0{hgf lj lzi6 /  
 !\$ hgf kyd >Qldf pQOf{eP .  
 of]; kmntf slff !} df lj Bfyl{5f67  
 kçft ePsf]klg xçfçg . 6çk k/lifdf  
 ; xeful ; a}P;Pn;ldf ; fdh lyP .  
 uf]vffsf] juçf uflj ; -^ df  
 çj:yt zifçt dflvlds lj Bfnosf]  
 of]; kmntsf lglDt ; æççbf a9l >ç  
 :shsf kwfçfllofks dfntl eçnf0{  
 hç65 . çf7 jifçl3 eçn] :shsf]  
 ç]ç] lnff P;Pn;ldf dl:snn] !%  
 klitzt sffsçxç; ; kmn xçy] eg]  
 pgsf] sçn ç]ç] , cxf]çqsf] v6f0  
 / :shnf0{/fdl]agf05f8ç]bç ç7ççsf  
 sf/Of glthdf çndçll a9fç/L xç  
 çhsf] çj:ydf cf0kuçf] xç] .  
 dfntl kç epkl5 cçgçrln/xçf]  
 klj slff oxl :shdf ufleof] .  
 kfç]ç of gofAns ylkP / :shsf]f  
 al; j6f ku] . b0{ jifç]v :shdf  
 sDkoç/sf] ; lj wf klg ylkPsf] 5 .  
 lgdflj txdf %) kçff{sf] sDkoç/  
 slff rnfPsf] 5 .  
 kç eç laxfg ( ah] lj Bfno



eujfg vçfn



klu; IS5g\ afbl lzlf (M#) ah] :sh cfp5g\ lj Bfylx; ; dod} cf0kug\ eg] xktsf] b0{ lbg kfygdf 58\$} xflh/L In0G5 . kfygf; efd x/\$ lbg ; fdf01fgsf sxl kZg ; fW] lj Bfylx?nf0{ 1fgfhgklt ; wF lqmfzln kfg]k0f; ul/G5 . sdhf] lj Bfylx; sf] nflu sd k} fdf clt/Om slffsf] Joj: yf ul/Psf] 5 . slffdf lj Bfylx; n] vh}] kZg ug] / c6t/lqmf ug] jftfj/Ofsf] lj sf; ul/Psf] 5 .

hu alnof] ePdf dfq dflyNnf] slffdf lj Bfylx; /fd/L I; Sg ; S5g\ e6g] oyfy6f0{ Joj xf/df ptfq] k4 e\$ lj zif ; kdf ; rj b]M65g\ . o; lglDt pgsf] ; lqmf tdf uflj ; el/sf kfylds :shnf0{ klg dfly p7fpg pgn] tl :shsf lzlf sx; nf0{ lhnf lzlf sf0fno; G ; d6jo u/] c^a uhl lzlf0f tlnD ; -rfng ul/Psf] 5 . To: t} lj Bfylx; pknAw: t/ a9fpg / slff 5f8g] b/ 36fpg a]hfahdf 3/b]hf] sfoqnd ug] ul/Psf] 5 .

lgdflj txsf lj 1fg lzlf lzj/fh e\$ k4 dfntkl]tsf] cf]gf] cgej ; b]p6} e65g\ apxf]sf] ; f; sfoz]hl / sdz]ntfn] dnf0{/fd]l; t sfd ug{ hftz / xf} nf k]fg u/\$f] 5 . A Joj: yfkg ; ldltsf ; b: o o] /fh j6tsf] dNof] gdf dfntl cAn kwfg]wofks xg\ . lhlzc lj i0fk] fb clwsf/L e65g\ ak4df xgkg] u0fx; d]w]vf; u/L ; d6j osf/L eldsf lgjfx ug] val pxf]f 5 . A

@)#& ; fndf kfylds / @)\$@ ; fndf lgdf] sf] : jls[t kfPsf] of] lj Bfnon] @)%@ ; fna6 df]j txsf] cgdlt kfPsf] eP klg clxn] Dd k: t]f] j t df]j s} ; kdf /x\$] 5 . :shdf sfo{ t !^ d]w] k4 ; d; ^ hgf dlxnf lzlf sx; 5g\ . jlsf b/a6bl s]n & dfq 5 . ox]F 0l; 8lb]v slff bz; Dd \$%) lj Bfylx; clwog/t 5g\ . o; ; j] i]w] pRr df]w]lds txsf] slff z? ug] tof/ldf /x\$] dfntl e65g\ xolb cly\$ ; f]sf] cefj x6g]of] eg] :shsf] :t/ c%) dily p7fpg ; ls6yof] A

**eujfg vgn**



lj Bfylx; 6f0{ ; Nnfx lb6} k]rfo{ ; gsd]f/L .

# ; gsd]f/Lsf]; km tf

**b** 0{ jif613; Dd lj Bfylx; t 19nf] cfp] cfp] sltko lzlf sx; klg %:!) ldg6 19nf] dfq lj Bfnoeq k:y] . clt dlt/sf lkl/o8 vnl xgf; fy ; ahgf 3/lt/ nfly] . t/ clxn] kl/l: ylt ablnPsf] 5 . lj Bfyl{/ lzlf sx; ; dod} lj Bfno l5l/; s\$] x65g\ . 19nf] cfp] lzlf ssf] xflh/ kl: tsdf /ft] nflu5 . lkl/o8 vnl ePsf] ahf lzlf sx; 5nkm u/] a: 5g\ klxn] h: tf] lx]Bxf]Nbgg\ .

5f6f] ; dod} o; /l pNn]o kl/j t6 b]vPsf] lj Bfno xf- ?k6b]xl sf] l6x]fsf] kzklt pRrd]lj . /, Toxf cfp]sf] ; wf/sf] kfylds >6 k]rfo{ ; gsd]f/L u?^nf0{ h65 . lj Bfno Joj: yfkg ; ldltsf clwof ; Toj t zdf{ e65g\ x6]ld; sf] szn g]t]j sf sf/Of of] ; a ; Dej ePsf]

xf] . ; dosf] kngfsf] ; jndf dfq x]0g, lj Bfnodf c; w}] s/fdf ; wf/ cfp]sf] 5 . cgzf; g, ; /; knf0{ k9f0sf] :t/ ; adf pNn]o kl/j t6 ePsf] 5 . A

; gsd]f/Ln] b0{ jif613 pOm lj Bfnosf] k]rfo\$] lhd]f] f/L ; Dxfn\$] xg\ . To; cl3 pgn] ?k6b]xl s} zfl6t gdf df]j df @% jif6 Dd clwofkg; G} s6f] jif6 ; xfos kwfg]wofkssf] eldsf lgjfx ul/; s\$] ly0g\ .

; gsd]f/Lsf] szn g]t]j lfdtsf] ; ah] kZ; #f u/\$f 5g\ . o; df pgl e65g\ xrf]Xof] eg] ; fRr} kl/j t6 ug{ ; s6f] x\$ e6g] cgej ePsf] 5 . A cf] t :t/ / tf] t] /sdf rln/x\$] k/]gf] lj Bfnosf ; a} s/f . I; :6dl df 9Ng] sfd z? df cjZo ; lhnf] lyPg . t/ klxn\$] cgej / OR5fziQm] ; gsd]f/Lnf0{ ; fy lb6f] . pgn] rfx\$]f

; wf/ sfo{x qndzll ; fsf/ xB}uP .  
 Ps lbg, lj Bfyl{nf0{lk6l vhfpg}  
 lhDdf /x\$} lzlfS lj Bfno l9nf]  
 cfP . ; bsd{/l cfkn} lj Bfyl{nf0{  
 lk6l vhf0g\ . of]36gfk15 tl lzlfS  
 ; wf; dodf cfpG yfn]. pgl eL65g\  
 æd} sxl eG}k/ç, To; of pxfF  
 slxNo} l9nf] cfpgePsf] 5g .  
 dgf] flgs ; kd} pxfF kl/j tç  
 cfof] .Æ pQm 36gfaf6 c;  
 lzlfSxç;n] klg l56f] cfpG] kf7  
 l; s]. To:tf]kçfj lzlfS, lj Bfyl{  
 kl/rfl/sf; Dd g} k/}sf] 5 .  
 cgzf; gdf a:bf cfk; l xflbçtf /  
 cfdan a9}f] cgçj lzlfS,  
 sd{/lxç ; çfp5g\  
 tlg jifçl3 P; Pn; ldf of]  
 lj Bfnosf] ; /b/ pQlOf{ b/ %(  
 kl}tzt lyof]eg]ut jif{k/s ; d;  
 u/} (( kl}tzt lj Bfyl{xç pQlOf{  
 eP . sh !# ; o %) lj Bfyl{/x\$}  
 lj Bfnodf dflWolds txdf @) /  
 pRrdfljdf !@ hgf lzlfSxç 5g\  
 oldWb]cf7 hgf dlxf lzlfS 5g\  
 Joj:yfkg ; ldltsf cWOLF  
 ; Tojç zdf{ :shdf cfPsf] ; wf/  
 sf]hz ; bsd{/lnf0{lb65g\ eL65g\  
 ædlxfdf :jfe]j s ; kdf xç]  
 cgzf; g, nugzIntfn]c;nf0{klg  
 :j t:knf{ç; kdf To]af6df 8f]ofpg  
 ; Sbf]xç . klxn] lj Bfnon] sçf-  
 lçdf ; d:ofxç ; %gk/}f] lyof].  
 t/ clxn]kflm ; a}s/f lgoGof /  
 Pp6f k4ltieg cf0; sçf 5g\Æ  
 ; bsd{/l clxn]kçbçl lhlnfs}  
 Ps dfq dlxf kflro{xç}. zllfs  
 lçdf dlxfç; sf]pk:ylt lgs}bhç  
 ePsf] ; dodf pgn] lzlf0f kçf  
 cEfnçl ly0g\ . @)#@ ; ndf ; lw]  
 ; bsd{/l kflroçf]bflotj ; E]clxn]  
 klg slff !) b]v !@ ; Ddsf  
 lj Bfyl{nf0{c^u}h k9fp5g\  
 cf'gf] ; km / kç+glo  
 .sl/ol/sf af/df pgsf] syg 5,  
 ædlxf eP/ :shsf]g]T] ubf{rfçdf  
 w}] kl/j tç ug{ ; sçf]xç . t/  
 To; lgldt kl}ta4tf, nugzIntf,  
 cgzf; g / ; dokfns eg] xçk5ç  
 eG] dçf] cgçj n] eG5 .Æ

blks 1jfnl

# slj hfsf] sfçn

:S' h ejg /df]5, ejgleq  
 afnaflnsf] vllg] ; fdul  
 5g\ . sçfslnf0{e0çf  
 a; } k9ç] /df] Joj:yf ul/Psf]  
 5 . ; dbfo / bft[ ; ysf] ; xofudf  
 :sh ejg agçf] x]. ?d 6' l/8  
 sf] ; xofudf k:tsfno :yfkf ePsf]  
 5 . lj Bfno cfrf/ ; çtf nfu"ul/Psf]  
 cleefj sn] %çhf ubçg\ . lj Bfno  
 zllçt lç xll eG] ; ççç Joj xf/tM  
 nfu" ul/Psf] 5 . To; ç] :shdf  
 xltof/wf/l / lj kççs kbffç  
 afççnf0{uçleq k:g dgfl 5 .  
 lj Bfnosf] cgldt ljgf s; ç] gf/f  
 hh' ; ug{ kçpçç . rsf] :j/df  
 lj Bfnosf]j/k/ aflg gkçpg]lgod  
 5 . lj Bfnosf]cgldt ljgf lj Bfnosf]  
 xftleq sçl klg k:g kçpçç .  
 afnaflnsfnf0{shdf dfq xçg, 3/  
 / ufpçf klg bçotç/ ug{ gkç0g]  
 lgod 5 .  
 log]uof / lj zçttsf sf/of kflkf  
 vfnljg uflj ; sf] hfgsl kflj  
 afndçl aG klçf] 5 . t/, pQm  
 lj Bfno Tolts} afndçl agçf]  
 xçg . o; df lzlfS, cleefj s /  
 lj Bfno Joj:yfkg ; ldltsf] 7hf]  
 dççt 5 . o; sf] ; km g]T]j u/\$}  
 sf/of kç slj hf b]l u/\$]eldsfsf]  
 ; a]t/af6 kççf xç]u/\$]5 . @%  
 jifçl lg/Gt/ lzlf0f ubf{:sh /df]  
 agfpg] pgsf] hfç/df sç} sdl  
 cfPsf] 5ç . slj hfsf] ; lqçtfsf  
 sf/of cleefj s, /fhgllts bn,  
 gful/s ; dh, :yfglo Sna tyf  
 cdf; dçxç ; dç] :sh ; wf/sf]  
 cleofgdf Pstfa4 ePsf 5g\  
 æ; shlt dççt u/\$] 5Æ, u/\$]  
 syg 5 . :shsf] pçgltf lgldt  
 kç slj hfn] ; açf] ; fy / ; xofu  
 kçt u/\$] 5g\ . o; s]Pp6f pbfx/of  
 xç] lj Bfno cfrf/ ; çtf agfçf  
 lzlfS, lj Bfno Joj:yfkg ; ldltsf /  
 cleefj s; E]sf] 5nkm . slj hfsf]



dfwj coff

sdçf sf/of ufpçf] pgnf0{ ; Ddfg  
 u/\$]kf0G5 . pgl klg ; a; E dl7f]  
 jrg afl5g\ . lj Bfnodf k9f0sf]  
 :t/ /df]ePsf]lj Bfyl{ ; ^Vof a9ç]  
 uPsf] 5 . ælj Bfnosf] nflu x/\$]  
 sfd ug{tof/ xl65g\to; ç] ; aç]  
 dg k/fp5gÆ, Joj:yfkg ; ldltsf  
 cWOLF kçfz clwsf/ln] eg].  
 rf/hgf :yfol b/agbl /xçf]pQm  
 lj Bfnodf b0{hgf lghl ; E] lzlfS  
 5g\ . lgoldt k9f0, pkoQm zllfs  
 jftj /of / lj Bfnosf]cgzf; gn]pQm  
 :sh . /df] agb}uPsf]5 . kç u/\$]  
 egf0 5, ædçf] dççt bçç] ; aç]  
 ; xofudf] xft a9fPsf 5g\Æ  
 lj Bfnodf sç]lzlfS klg nçf]lnP/  
 slffdf kçç u/\$] eL6çç . :yfglo  
 ; ltf lj sn]elgg\æ klxf lzlfSn]  
 lk6ç k9fpg] uy]clxn] sçfçl  
 lj Bfno hfg kçof]eg]/dfpg]u5ç\Æ  
 lj Bfnodf k9f0 e0/xçf]5 ls 5ç  
 eg] cleefj sn]cgldg ug]u/\$]h]  
 k9f0 lgoldt ePsf] 5 .  
 æxfdn] lj Bfylçf] k9f0sf]  
 cgldg ug] u/\$] 5Æ, lj Bfno  
 Joj:yfkg ; ldltsf cWOLF clwsf/ln]  
 eg]. 5fç5fçfn]lj Bfno cfpG; fy  
 çkççflh/ ug]lgod nfu"ul/Psf]  
 ltgn] slff 5f8ç] 5ç kçpççç\  
 cleefj s ofgdof cofçsf]zAbdf,  
 ædlxfn]klg /df] E :sh rnfpg  
 ; Sbf /xçg\eg]pbfx/of agçf]5  
 hfgsl kflj . lj utdf #) hgf  
 5fç5fçf /xçf]pQm lj Bfnodf clxn]  
 !&^ lj Bfyl{ 5g\ .

dfwj coff

# .dlxnf g}7LsU

**C** ; f/ @)^! df bz/yk/l:yt  
 ;/j tl kllj sf Psdfq k?if  
 lzlf s tyf kç blb/fd cfrfo{f]; ?jf  
 ePK15 :sh g}agb xg]xf]ls eG]  
 lrçtfn]cleefj snf0{; tPsf]lyof].  
 t/, 7ls pN6f] cfrfo{f] lhDd]f/l  
 dlxnf lzlfssf]sfwdf ;/k15 pQm  
 lj Bfno psfnf]nflg yfnof]. dlxnf  
 lzlfssf]lfdtdfily zlf ug]ç clxn]  
 pglxçsf] lfdtdf uj {ug{ yfnçf  
 5g\ . lj Bfno Joj :yfkç ;ldltsf  
 clwlf hEaxfb/ v8sf eG5g\æz?df  
 t dlxnfç;n] :sh s; /l rnfpnfç\  
 eg] lrçtfn nfuçf]lyof]. t/, clxn]  
 pglxçsf] dçgt / nugzntf b]bf  
 5Ss kçf 5f]Æ .k?if lzlf rfxof]  
 eG}lhzsf wfpç]cleefj sxç clxn]  
 .dlxnf lzlf s g}7LsU eG yfnçf 5g\  
 tyflk ;vçdf dlxnf lzlf sn]/fd]  
 agPsf]; /:j tl kllj Psnf]:sh rfxf  
 x]og, ox]sf çç b0{bhç lj Bfno  
 dlxnsf dçgtsf e/df .fd] ePsf  
 5g\ . n]yufçsf] hgHof]t kllj o:t]  
 Pp6f gdfç x]. tlghç dlxnf lzlf s  
 /xçf]pQm lj Bfno ut jif{uflj ;d]  
 kyd eof]. lhzsfç cç;f/ pQm  
 :shn]# slffsf]k/lifdf (% kltzt  
 / % slffsf] k/lifdf \*^ kltzt  
 cÍ NofPsf] 5 . kç zf/bfçdf/l  
 zdfçf] sygdç :shsf] z]lfs  
 pkn]awdf o:tf] kl/j tç b]ç  
 cleefj s bE kçf 5g\  
 pQm k/lifdf dlxnf lzlf sn]  
 rnfPsf]j/l]bgu/sf]blkdnf kllj n]  
 slff # df \*% kltzt cÍ NofP/  
 kyd ePsf]lyof]. lzlf s kltglw  
 !\$ kn]ug laxfg (M\$% ah]; vç  
 pKtosfsf]pQ/kIzrd sygdç çj:yt  
 blkdnf kllj df klbf rf]hçg dlxnf  
 lzlf s laxfg (M\$% ;Dd lj Bfnos]  
 sDkfp08leq kl; ;sçf lyP . ;f]  
 lbg lzlf s dfq xç lj Bfylç; dç  
 ;fçl ; doleq lj Bfno k]çç uçf]  
 b]vof]. !%^ d]llo]tlghçf 5fq dfq



blkdnfsl  
kç ;f0stf/l zfx

sn]b| ; h]jfn

;f] lbg :sh çPgg\  
 @)\$\* ; fndf :yflkt pQm lj Bfno  
 kçf jifçt dlxnf lzlf saf6 ; -rfng  
 e0/xçf]5 . tlg dlxgçl3 lj Bfno  
 Joj :yfkç ;ldltdf ; dç dlxnf g]  
 clwlf rlgPsl 5g\ . lhzsfç  
 clenç zfvf kçv lxtk]fb kççh  
 eG5g\ ædlxnf lzlf sn] rnfPsf  
 lj Bfnofç sdhç 5çç\Æ  
 ;vçdf dlxnf lzlf saf/f ; -rfnt  
 lj Bfnofç] cfkthf0{ x/ç lçdf  
 çAn ; flj t uçf 5g\ . afns]bç  
 lzlf of l; sf0, afndç lj Bfno  
 jftfj /of, cleefj sxç n]0{lj Bfnoklt  
 pQ/bf ol agfpg]/ lj Bfno lgdfçdf  
 dlxnf ; xeflut a9fpg ; knçf xfl; n  
 uçf 5g\ . bz/yk/sf]; /:j tl  
 kllj sf]gç] dlxnf lzlf ssf]sfwdf  
 klçf] rf/ jifç] 5fç5fqfn] lj Bfno  
 5fçç] ; d:ofaf6 dQm eof]. pQm  
 lj Bfnodf @)^) ; fn; Dd jflifç !)  
 kltzt lj Bfylç] alçç k9f0 5f8y].  
 t/, kl5Nnf] b0{ jifç] çj lwdf of]  
 b/ tlg kltztdf %çf] 5 . pQm  
 lj Bfnodf çdf ; dçsf] dfl; s eçf  
 u/l lj Bfylç] k9f0 5fçç] sf/ofaf/  
 5nkn ug] ul/Psf]ç] to; sf] kç olf  
 c; / :shdf kçf] 5 .  
 dlxnf lzlf saf6} ; -rfnt  
 syfy/lç]l; 4fyç]kllj ; vçf]gdçf  
 lj Bfno dflgç5 . pQm lj Bfnos]  
 lg/lif of uçf lzlf ssf] nflu ; eQm  
 sfççnd sbdsf ; eçhç çfçdf/fd  
 eç/f0{eG5g\ ætoxfçf lj Bfylçç g  
 t uNtl u5g\ç t ; hfo g]kçf5g\  
 of] ; kn lzlf of l; sf0 k4ltsf] bç

xf]Æ dlxnf lzlf sxç eg] lj Bfno  
 ;wf/df lzlf ssf]nugzntf, dçgt  
 / ; dbfosf]; xofç dxçj kofç xg]  
 atfpçg\ . blkdnfsl kç ; f0çdf/l  
 zfxn] kçsf] lhDd]f/l kfpç]alQs]  
 ; dbfosf]; xofç hçfpg kn yfnçl  
 ly0g\ . pQm sfçç] :shsf ; d:of  
 klçrfç uç] ; dfwg klçNofpg d2t  
 klçf] lyof].  
 ;/j tl kllj sf lzlf sxç]n] eg]  
 :sh ;wf/sf nflu ; wf/ çkççf6  
 yflgkç5] eG]7fg] lzlf çrf/; lçtf  
 nfu"u/]. lzlf sxç çgçf; t tj/n]  
 lj Bfno agfpg tID; Pk15  
 cleefj sxç]n]klç ; xofçl xft a9P .  
 dlxnf] gç]ç uç] ; wf/çf  
 :shaf6 çç]n]klç l; Sgkç dx; "  
 ug{ yfnçf] kçfç5 . df3 @)^% df  
 lzlf ssf] lk6f0sf] sf/of 5fqfn]  
 çfçççç uç]çf] lqk/çj/ dflj sf  
 lzlf hltaxfb/ /Dhnl eG5g\æca  
 xfdçç]n]klç blkdnf kllj af6 wç]  
 s/f l; Sg çj Zos 5, dlxnfç]n]  
 rnfPsf] eGççf xçfç uç] xçç Æ  
 lqk/çj/ dflj / blkdnf kllj sf]  
 b/l sl/a kçf ; o ld6/ 5 .  
 lhzsf]n] dlxnsf] a'tfaf6  
 k7gk7g / eççç kççç/ ; wf/ ePsf  
 lj Bfnosf]; /fxçf ug{ yfnçf] 5 .  
 lhzsfç zfvf clws] blçf xdfn  
 dlxnf lzlf saf/f ; -rfnt sçl ; kn  
 lj Bfnof0{ dfçç lj Bfno 3fççfç  
 ul/gkç] atfpç5g\ . pçç] egf0 5,  
 æto:tf lj Bfnof0{z]lfs tyf ; fdflhs  
 lj sf; df pçççç agfççççç Æ

sn]b| ; h]jfn

# lxDdt gxf/] /fd} ug{ ; lSbf}x\$

ljBfnosf] gfd w}t/ rNof]. ljBfno;f} kçsf] gfd klg kçf/ eof]. sltn] rflxFdlxnf kçsf] of] r/lkwl slt lbg l6S5 / eg} s/f klg sf6]. t/, ljBfnonf0{gdgf agfp5' e6g] nloaf6 d ljrlnt e0gF.



| xfd]sdf/L sdfn -;ldf\_ kç, hgr}gf kllj ;?Eif, %6kf

æn ;an]..sü nlyE eg} xftdf 58l af\$} klxnf] lbg :sh cfPsf gfglx;nf0{ wdslk0f{ lgb}g lbPsf] ;D%bf clxn] cfknhf0{ nfn nfu} cfp5 . t/, !# jif6l3 lzlfS ePsf] klxnf]lbg dh]slffdf uP/ o; }u/F. d}f] lzlfS ofqf .x\$16r/laf6 z? ePsf] xf]. Toitahf;Dd dh] sg} tflnd lnPsl ly0gF. ;/x;n]dnf0{ h; /L .sü nlyg l; sfPsf lyP, To; /L g}; sfpg ynf]. kl5 tflnd lnPk15 yxf ef] gfglx;nf0{ k}g; n ;dfpg / /}f tf6g kf] klxnf l;sfpgkbf}x\$ 0..sü nlyg l;sfpg] t w}k15 /x\$ .

@)%# ;ndf dh] cf0R ;s} :gftssf] clloog z? ub\$} ahf ;?E(- ao/3f/ldf ljBfno vfl]g]s/f eof]. cleefj sx;n] dnf0{ Toxf k9fpg cg/fw ug}of]. To;ahf g tna lyof] g ljBfno ejg . vhf cfsfzdlg klxnf]lbg upf}f ;fthgf ef0alxgl ehf u/} k9fpg z? u/F. laxfg-ahf}f ljBfyl{vfl]g upf8Nlyf. upf;ld eP klg xfd] 6fjh rflxFblud lyof]. clwsfz cflbjf;l

hghft a;f}f; ug]of]lfd p; }klg lk5l8Psf] lyof]. cleefj sx;n]dnf0{ gfglx;nf0{ljBfno k7fpgk5{e6g}r}gf klg ;fx}lyPg . ljBfno ;~rfngsf nflu :yfglo lzlf;JL 0Zj/lb]L pk}ln]hluf kl}fg ug}ePsf]lyof]. csf{Pshgf ;xof}ul lzlfssf] klg a6bf}t ul/Psf] lyof]. t/ xfdl b}hgf :jo;}ssf] ;kdf lyof].

@)%\$ ;ndf lhNnf lzlf sfof}on] ljBfno ;~rfngsf] cgdlt;xt Pp6f b/a6bl lbof]. clzlfssf]ed/ldf /x\$}ufp}ff r}gfsf] Hof]t k}h}fpg ljBfno :yfkf ul/Psf]h]o;sf] gfd klg hgr}gf kllj /Vg]lg0f6 u}of}. p0mb/a6bl df lgoQm ug{vNnf kl}t:kwf}f6 k/liff ln0of]. h; df d g}pTs6 7xl/PF. jif{lb}g lglzNs ;}f u/\$f xfdldWo} dh] ca ;/sf/L tna kfg] ePF. t/ ;f} sfd ub} cfPsf] ;fylnf0{ lglzNs sfd nufpg plrt nfu} . km/ dnf0{ kçsf] lhDd}f/L klg lb0Psf]lyof]. To;n]dnf0{ljBfnosf] lhDd}f/ cleefj s klg agfPsf] lyof]. To;f}f/of, dh] sfof}oaf6

k}t cfwf tna ;fylnf0{lb}g]lg0f6 u/F. cf`gf]nflu cfPsf]/sd af8g' k/\$f] eP klg dnf0{ sg} c;lhnf] nfu} . dgdf nf} knfPg .

ljBfnosf] :t/ j[4 x6] h}ff @)%& ;ndf slff % ;Dd cf0k}of]. oltahf;Dd xfd] ljBfnodf ljBfyl{ ;^Vof c}olws a9of]. xfd] .Sofrd}6 Pl/ofle6bf aflx/af6 klg ljBfyl{cfP . To;sf] Pp6} sf/of lyof] :shsf] k9f0sf] :t/ . oxl sf/of, @)%& ;ndf lzlf sfof}on] Ps}k6s tlj6f b/a6bl ljBfnonf0{ lbof]. olt ePk15 bl}gs slff hfgk}g}sf/af6 d cln km}h}nf]ag} u0f:t/ a9fpg] pkfosf] of}hg} agfpg ynf]. of] ljBfnonf0{;km agfpg}d}f]r}gf}l t lyof]g}To;df dlxn} kç ePsf]h] ;km agfP/ pbfx/oflo agfpg}d}f] dx}j}sf^Nf klg lyof]. @)%& ;fnsf] slff % sf]lhNnf:t/lo k/liffd xfd] ljBfnosl l/gf /odf%lhNnf kyd e0g\ . olt ePk15 xfd] ljBfnosf] k9f0 /fd] 5 eg} e6b}lx8g' klg gkg] eof]. s6sf0 dflj ;?Efaf6 kyd >0}ldf P;Pn;l u/\$L l/gfn]



rtg clwslf

dlxnf kčsf] of] r/lkwL slt lbg l6S5 / eg] s/f klg sf6]. t/, lj Bfnonf0{gdgf agfp5' e6g]nloaf6 d ljrlnt e0gF. dñ]clwslfz :6fkm klg dlxnf g} /fvF. clxn] xfdl kFfhgf dlxnf 5fF. dlxnf; ;ødt, 3/h' jftfj/Of ; hgf ug{ ; Sg] / dñs kbv; ; jg gug]xčf lj Bfnosf] z]lfs jftfj/Of ; xh, ; lhnf] xčf]xš .

lj Bfnosf] Joj:yfkg ; dbfosf] xftdf /xšf :shsf] z]lfs cj:yf c% ; wfg{ ; l65 e6g] ; gk15 lzlf sfoffnodf a'g uPF. s/f a'bf xf] h:t]nllOf]. cleefj s; Ē ; Nnfx u/F. lj Bfno ; dbfodf x:tf6t/Of ug]s/fdf ; a} ; xdt eP . cfhe6bf ^ jif6l3 lj Bfnosf]Joj:yfkg ; dbfodf cfof]. To; k15, lj Bfnosf] z]lfs:t/ c; psfl; of]. lzlfnsn] lgoldt k9fP=9k9fPsf] cleefj sn] lg/L1f0f u5g\ . lj Bfnodf ; ae6bf a9l pkl:yt xg] cleefj snf0{ lj Bfnon] k/:sf/ ; d] lbg] ul/Psf] 5 .

lj Bfnonf0{ c% a9l afndžl agfpg ut jif{ slff ! df afndžl kngf/sf] k6Gw ul/of]. b0{ jif6l3 z]lfs ed0fsf] qmdf df] a'sf] zf/bf klj nufotsf lj Bfnodf o:tf kngf/ / slff b]v]k15 To; sf]l; sf] ug{ dg nllOf]. ; qf s; { / 8f0lg^ 6žn /fvk15 s'fslx; a:g ; lhnf] df65g\ . ut jif{ lj Bfno ; wf/ sfo6m]sd / sxl r6bf p7fP/ ?= ( xhf/df o:tf kngf/ hfxf] ul/of]. o:tf kngf/ kfPk15 afnafnsf k9g ?rfpg] / /lQg] /xšg\ . clxn] tl lj Bfyl{slff @ df uP t/ pglx; kngf/ 5fBž df6bžg\ . pglx;nf0{ kmsfP/ 8]sa]rdf /flvPsf]5 . slff @ df klg afndžl kngf/ agbž:t ug{ bftf;sf] vñhl ul//xšl 5' . kngf/s} sf/of yk lj Bfyl{cflslif ePsf 5g\ slff ! df . lj Bfnodf b0{ jif6tf hQf, olgkml{/ %ñf clgj fo{ul/Psf] 5 . o; sf ; fy} slffdf c^uñl lj ifo klg clgj fo{ ul/Psf] 5 . c^uñl k9fpgsf nflu ebf]lv Pshgf lzlfssf]k6Gw ubšf]. cfp6f] jif6lv slff cBij lws ub]čfudl ; ft jif6f

of]lj Bfnonf0{pRr dfij agfpg]džf] ; f] /xšf] 5 .

džf] lj rf/df ; fdbflos lj Bfno ; wfg] Pp6} pkfo, lzlf s / cleefj s'sf] a9l ; ñlgtf g} xf]. cleefj sn] b]gs lj Bfnosf] cgludg u/] eg] lzlf s :j tM cgžl; t / dof]bt x65g\ . lzlf sn] klg st.olg17 eP/ k9fP eg] ; dbfosf] lj Zj; ; j tM a9] hf65 . cleefj s lj Bfno cfp6 EofPgg\ eg] klg gfglx; n] ušsfo{ sž-sž lj ifosf] ñofPsf 5g\egl xž]j f ; ñlgbk5 . n]lg-k9g ghf6g] cleefj sx; klg aRrfn] ušsfo{ ug] a]hdf 5]pdf al; lbP eg] pglx; df k9foklt pT; fx hfU5 . afnafnsf] ušsfo{5g eg] eg] cleefj s ; r] xgk5{. lsg sž} ušsfo{ lb0Pg <eg] cleefj sn] lzlf snf0{ ; f]k5 ug]k5{. o; n] lzlf snf0{ ; wfg{ 7hf] d2t kU5 .

lj Bfnonf0{bnlo /fhglltaf6 dQm /Vg ; Sg' klg lj Bfno p6glt df hfg] Pp6f cfw/ xf] e6g] džf] cf'g] cgej n] l; 4 u/šf]5 . xšdf:6/ :ki6, blačf / kžfklit kl'ta4 eof] eg] sž} bnn] klg lj Bfnodf x:tlf ug{ ; Sžžg\ .

hgr]gf kfylds lj Bfnosf] :yfkgf snb]lv dlxnf k]wfg] ñofk'ssf] žkdf ; j]f ug] dšf kfp6f d cfm]f0{ klg 7hf] xf] nf ldnšf] 5 . cfh klg of] jftfj/Of r6f]k0f{/ cj ; /sf] vñhl ug] vfnf] g} 5 . :j ož] s lzlf s'sf] žkdf sfd ug{ tof/ xčf klg .of] sžln] sfd t ug{ ; Sg] xf] e6g] vfnf kžgx; gcfPsf xf]gg\ . lj ut / j t6gdf lj Bfno Joj:yfkg ; ldt, lj Bfno; Ē ; Dal6wt c6o ; ldt / pk; ldt, lzlf s juž; ; ašf] ; fdlx s kn / k6Tgaf6 g} xfdl] :shsf] cñsf] kvlit ; Dej ePsf] xf]. dñ] s] n ; eñ] hgsf/l eldsf dfq lgj f' u/šl xF. cf0f0f] sxl ug{ ; Sžžg\ e6g] ?9 df6otaf6 dQm ge0 ; sšf] xfd] ; dfhdf klg ; sf/fids ; f] , ñloklt sf] cljrlnt lgi7f / g] j sžžntf ePdf k/ftg df6otfnf0{ ; d] abn] ; dbfonf0{ gofF df6otdf lxBfpg ; lsg] /xš e6g] cgej u/šl 5' .

-šdfn; Ē r]g clwsl/l] u/šf] s//sf] gdf cfwl/t.

! @ slff klg pQlOf{ul/ ; sšl 5g\ . clxn] ; D%65 ; d Toltañf laxfg ^ ah]g} lj Bfno cfp6f]. lj Bfnosf] ; / ; knf0 klg cfm] uyt. a]h'sf lj Bfno labf ePk15 klg lbge/l ul/Psf] lzlf of tl/sf af/df lr6tg uyt/ sx'F ; wfg] klg s/f 5 ; wfg] kof; uyt. eñ] s / z]lfs uof:t/ j [4sf nflu Toltañf lj Bfno Joj:yfkg ; ldt]sf] a]s lbgx'f:tf /fv]F. sx'f6 ; xof]v kf065 / lj Bfnodf ; dbfon] s] bž lbg ; S5 e6g] s/fdf xfdl 5nkm uVof]. Toltañ] xfdln] lg0f6 uVof]. z]lfs uof:t/ p7fpgsf nflu cleefj sx; n] lj Bfnosf] lgu/fgl ug] klg] . To; lglDt kfn] ldnfP/ cleefj s lbgx'f] Bfno cfp6g] ul/of].

lzlf sx;nf0{ lj Bfyl{š] b] lzlf of k4lt ckgfpg k] ; flxt ul/of]. To; lglDt z]lfs ; fdul cfm] agfpg] lj Bfyl{š] agfpg nufpg] / g; s] cleefj sx;nf0{ cg/f]v ug] klqmf ckgf0of]. ol ; a sf/0fn] lj Bfnosf] gfd w]žt/ rNof]. lj Bfno; Ē kčsf] gfd klg k'f/ eof]. sltn] rlixF

cfj/Of ; :d/Of

/fhonldl gsdlx kj{lhlc



dlxnf kç

.hlt eϕ; km eϕ

**Iz** | Iff dGqnosf] ofhgfdxfzfvdf klxn] zfvf clws[ / kl5 pk;lrjsf] x];otdf sl/a !) jif{sfd u/kl5 dGqnon}dnf0{klxn}k6s @)^! df3df lhNnf lzIff clwsf/l agfP/ eOnk/ k7fof]. sl/a b0{jiif{ToxfSfd ubf{dnf0{; aϕGb kϕfj dlxnf .xϕ l6r/lh} kf/\$f lyP . Toltahf eOnk/df rf/j6f xf0{shsf]g]Tj dlxnf lzIffsf]xftdf lyof] . ; ofuj z rf/j6;:shsf]k9f0sf]:t/ cf}t ; /sf/l :shsf]eGb lgs} /fd] lyof].

uofz dflj sl kç /-hgf]l kwfgEsf cf'g}lj ziftx; /xϕg\ . zlf]s of]otfsf lx;fan] lgdgdflwlds txsl eP klg pxfh]dflj /fd/l rnfpgEpsf]lyof]. d uPsf] b0{ dlxgfk15 P;Pn;lsf] k/Liff cfof]. /-hgf ld;sf] :shdf klg k/Liff s[bl] lyof]. pxfh] cf'g}kϕlg / kxndf k/Liff xndf ;l;l l6el h8fg ugE5 . ;l;l l6el ePk15 cf'g}sfo\$lfaf6 k/Liffdf s] e0/xϕ] 5 eg] k]olf zkd f b]g / ;Deflj t clgoldttf /f\$] k/Liffnf0{doflt / Joj:yt zkd ; ~rfng ug{;ls65 eG] pxfE] ;f]f0 /xϕ . lg/Lif0df hnf dh] ;f]f atk0} lsg ;l;l l6el /Vgeflsf] # pxfh]eGgeof] ahNnfaf6 tkf0z cfpE t uf8h]/fd]unf\afx/af6 sfl klg lg/Lifs gcPsf] ahdf klg pglx;n] plOs} /fd] tl/sfn]sfd u?gV k/Liffnf0{k/Liffs}:t/df ;DkGg xf] veg] o:t]ul/Psf]xf] # k/Liffnf0{ ;j:y / dof]t agfpg]pxfE]sl6a4tf b]y] d c; flb}kϕf]t ePF . b]zsf ; a}:shdf o:t}lj rf/ af\$]f / olt g}k]ta4 kç eP xdf]lzIffsf]:t/ slt /fd] xGyof] xfhf eg] dgdg} slnkPFklg .

P;Pn;lsf] k/Liff ;lsf]. k/Liffsf] sfl a%Pk15 s[bl]wofsf] sfd klg ;lsf]. k/Liffsf] af/df c; sg} klg klTjhg tof/ ug{nufpg]g k/Dk/f 5, g t k4lt g}. t/ pxfh] t k/Liffsf] kZgkqdf /xϕ q16b]v k/Liff ; ~rfngsf] ;an / ;wf/ ugk] klfx; ;Ddnf0{ ;dϕ] tl:a/x; ;lxtsf] Joj:yt l/kf{g} tof/ u/] lbgEof]. To] b]bf d 5Ss k/F. cf'gf] klTj hgnf0{ lzIff sfofno jf k/Liff lgoGqof sfofnon] slt Wofg lb65g\eG] kjf\ gul/sg cf'gf] lhDd]f/l lgj\ ug] pxfE]dfGof /xϕ . To;n]pxfE cGtlg\ ; sf/flDs

klf dfq phfu/ ub, Joj:yt / j]flgs k4ltsf] :ykgfk]tsf] ljZj;nf0{klg klTlalDat u5{.

d eOnk/ uPsf]s\ ; dokl5 zflGt lgs]g dflj sl dlxnf kwfgWofksn]cj sfz lngEof]. ; f]:yfgdf dlxnf g]-ldgfll khfkl\_ cfpgeof]. ; b]ljgfos eGb pQ/lt/ xgdGt] vfhf glhs} /xϕ] ; f]:shdf j1/kl/sf unF sf/vfgdf / cGog sfd ug]dhhb/sf s[bs]lsf]afxNo lyof]. klxn] t tl s[bs]lnf0{ :shdf Nofpg] sl7g lyof]. :shdf zNs ltg{gk]eP klg s[bs]lsf]nflu sfl, snd, lsf] Joj:yf ; d] ltgsf cleef]sn] ug{;Sbg]. pxfDhb/ a; \$]sf]sf]df uP/ ;D%0a%0

u/] .n olt d Joj:yf u5{ olt tkf0f ug]f] l eg] ltgsf s[bs] :shdf Nofpgx]xϕ . slt;Dd eg] cf'gf ljBfylh]bfE df% cfpGg\eg]To; sf] sf/Of kQf nufP/ pxfh] sltkonf0{t bGtd-hgsf]klg Joj:yf ul/lbgxGyof]. olb sg}aRrf nuff/ cgkl:yt eof] eg] p; sf] cleef]snf0{ cfkm; eϕh] hfgxGyof] / :sh gcfpGsf] sf/Of kQf nuf0{To; sf]lg/fs/Of u/] eflnkN6b]v :sh cfpG] agfpgxGyof]. pxfE ul/a / dhhb/sf 5f]f5f]lsf]k9f0af/] ulx/] rf;f] / lrGtf /xϕ] dh] kPF.

sGof dflj eOnk/s}w}k/fgf]:sh /xϕ . klxn]Voflt sdpf]To] :shsf] :t/ kl5 cfP/ olt lalup5 ls P;Pn;l k/Liffsf]kl/Ofd %08}zGof %\$]/xϕ .

Toit v/fa cj:ydf clDasf dfgw/n]To] :shsf]g]Tj lngEof]. :t/ v:sE uPk15 ljBfyl{ ;'Vof klg 36b} hfg' ;jfe]j s lyof]. pxfE\$16r/ ePsf]jif{siff !} df dfq !@ hgf ljBfyl{ lyP . To:t] :shnf0{ s; / /fd] agfpg] <:shdf ;wf/ cfPsf]5 eG]s/f ; aϕGb l56f]b]vg] / krf/ ug{; lhnf] t P;Pn;lsf] glthaf6 g}xf]. To; dh] pxf]To] jif{siff !} df /xϕ ; a}!@ hgnf0{ P;Pn;l pQl0f u/fpg] c7f u/] pglx;sf] k9f0 /fd] agfpg] sfdff nfluGgeof]. To; df pxfE; km xGgeof]. To;n]gofFcfzf / pdE hufof]. u/;lsE]xϕ eG] cfdlj Zj; knfof].

To;kl5 clDasf ld;n]csf];fx; / l / dxEj kOf{sbd rflGgeof]. gfd} .sGof dflj u /xϕ] :shdf s[bs] klg

**:shsf] :t/f]ltsf nflu olt k]ta4, .af]8u / lg8/ dlxnf dh] b]y\$] ly0gF. Ps k6s t bnsf sfo\$tfh] hF g} xg lbPgg\]. t/ klg pxf]cljrint eP/ hfFaf6 dfq gof lzIfs /fVg] eg] c88l s;] a:geP5 .**

egf{ug{k:tfj lnP/ pxfHhNnf lzlf sfofhodef cfpgeof}.  
djh}cf}gf}tknf6 ;Sg]hit ;xofu u/F. cGttM pxfBf]  
:shn}sdf klg egf{ug{;jls[t kfof]. tlg rf/ jifBf]  
cGt/fndf :shn] Pp6f 7hf] kn8\$sf] dfq{ ;km ePsf]  
5 . o; n] s] s/f :ki6 kf/\$f] 5 eg] klta4tf /  
nugzIntf xg]xf]eg]x]df] ;/sf/L lj Bfnox;sf]uOf:t/df  
sxl jifQ}w/}; w/ Nofpg ;lsG5 .

dlxnfsf]g]t]j df rn\$]csf]:sh lyof] sdnljgossf]  
;/:j tl lj Bfux . To; sf] kwfgllwoks rGb\$nf df:s]  
xgXGvof]. g/d :jefj sl df:s\$ sf cuif8 k/k15 hit  
l/; fPsf] dfG5] klg zfgt xGvof]. ; xsdl{ lzlf sx; ; E  
3hldn xg] pxfBf] lj z]tf g} lyof]. ; fgfGbf ; fgf]  
; d:ofdf klg ; a} lzlf sx; ; E 5nkm  
u/} lg/fs/of ug] ugXGvof]. :shsf]  
k7gkf7g s; / /fd] agfP} n]hf] eGg]  
s/faf6 pxfBf] ; a}ultj lw lgb]zt xGy].  
kl/Offd:j?k :shsf]:t/ thgf]ds ; kdf  
/fd] lyof]. k9f0 /fd] ePs} sf/of  
gu/sfBsf]8fBfb]v s]fs]lx; alrdf kg]I  
c? ; /sf/L :sh 5f8] ToxfK9; cfpf].

eQnk/sf ol klta4 / nugzln .x\$  
l6r/lx;sf]sfdn]d c; flw}k]lj t lyPF.  
ToxfA; ; /sf/L :shsf]:t/ psf:g]  
sfof cf}gf]elidsf c%o k]j sf/l agfpg  
vflb} ubf{ @)^\$ sfQsdf wflb^a ; ?j f  
ePF. sl/a (% j6f xfo{sh ePsf]wflb^a df  
hd]f Pshgf dfq dlxfn dflwolds txsf]k}c xgXGvof]x\$ .  
Tof] klg ; b/dsdf eGbf 6f9f uf]vf; E hf]8Psf] ufpF  
; Nofg6f/df . t/ yf]}; dodf s] yxf eof]eg] wflb^a  
lhNnfsf c; (\$ hgf k?if x\$df:6/ eGbf ; Nofg6f/sl  
k}c afnsdf/l >ij sg}klg lx; fan]sdhf] xgXGvof]x\$5 .  
kfylds tx dfq :jls[ Tof]:sh lgd]lj / d]lj cgd]laf6  
rn\$]/ Tof]sid pxfBf]k}c; sf sf/of ; Dej ePsf]/x\$ .

buQ 7fpBf dlxfn k}cn]:sh /fd/L rnfPsl 5g\  
eGg]yxf k}Pk15 Tof]:sh x}d nfnlot lyPF. aflx/af6  
hfg\$ nflu ToxfVf]g]a:g]s}g}; ljwf lyPg . g x}Qn,  
g t nh g}5 . d k}c afnsdf/lhlsdf kfxgf nfu]  
a; F. laxfg 3/sf] sfd ; s] pxfF/fglk}fdf alP8  
k9; hfgXGvof]x\$ . P; Pn; l gub]lax]ug}Psl afnsdf/lf  
rf/j6f 5f]f5f]ldw} b0]6fsf] t lj jfx klg e0; s\$]  
/x\$ . Tof]pd]df klg gofFs/f l; Sg] rfxgfsf sf/of  
alP8 k9; yflgePsf] /x\$ . cf}gf] k9f0 ; s] pxfF  
; lw}:sh klGxGvof]x\$ . :sh ; km dfq lyPg, k9f0  
klg /fd] lyof].

ufpB/sf :shdf bnlo /fhglltsf] k}ej cin a9l  
g}5 . ; Nofg6f/sf] of]:shdf klg Pp6f kf6l} bafa  
lbP/ /fxt sfBdf cf}gf ; dy\$nf0{/Vg vflh\$]/x\$ .  
t/ :shdf :jR5 tl/sfaf6 blf lzlf s /Vgk5{eGg]  
dfGotdf cl8u afnsdf/ln] kl:t:kwf\$ cfwf/df 5gfQ  
ug{lhNnf lzlf sfofhont0}lj Bfno lg/lfs / ; f]JolQm  
k7f0lbg lnltv cfux ug}eof]. clg, hfFs}lbg t]tsfn

kZgkq tof/ ug{nufP/ kl:t:kwf\$;sf] hfF lng}eof].  
glthf klg t]tsfn k\$zfg ug}eof]. ; a}s/f kf/bzl{  
ePk15 :yfglo hgtf, cleef]s s; ; h] klg wfln] eof]  
egl cfzlf ug{k}Pgg\ . :shsf]:t/f]gltsf nflu olt  
klta4, .af]8l / lg8/ dlxfn dh] b]y\$} ly0gF. Ps  
k6s t bnsf sfo\$tf]hf] hfF g}xg lbPgg\}. t/  
klg pxfFcljrlnt eP/ hfFaf6 dfq gofFlzlf s /Vg]  
eg] c88l s; ; a:geP5 . To; n] ubf{s}xl ; do; Dd  
Tof]sfBsf]lzlf s g}vfnl /xg uof] t/ unt tl/sfaf6  
unt dfG5] lzlf s agg pxfBf] lbgePg .

3Db}k}k}sf sxl hdg gful/s pxfBf]sfd / nugzIntf  
b]y] olt k}lj t eP5g\ls :shsf] e]g lgd}f]sf  
nflu ltgn] ?#) nfveGbf a9l ; xofu  
h6f0lbP . Tof]k}faf6 ag\$]ejgsf]sxl  
lbgcl3 dfq e]o ; df/f}sf alr pb\$]f6g  
eof]. k} {lzlf clwsf/lf x}; otdf dnf0{  
klg Tof] pb\$]f6g sfo}ndf lgd}Tof]Psf]  
lyof]. t/ ljefusf] s]dsf sf/of rfx]  
klg hfg ; lsgF.

lfdtfsf]lx; fan]klg afnsdf/l cAn  
xgXGvof]. lzlf ljefun]lj Bfnosf]Joj:yfkg  
; ldt]sf clwof / kwfgllwoks nf0{ lbPsf]  
Pp6f t]lndf ; a}afnsdf/lnf0{p]ts]6  
7x}ofP . / ; fxl sf/of pxfBf]Pp6f clwog  
ed}ofdf ef/t hfg]df\$ klg kl}t ug}eof].  
dh] 5gfQ ug] ; fy]x;nf0{ ; f]w\$] lyPF

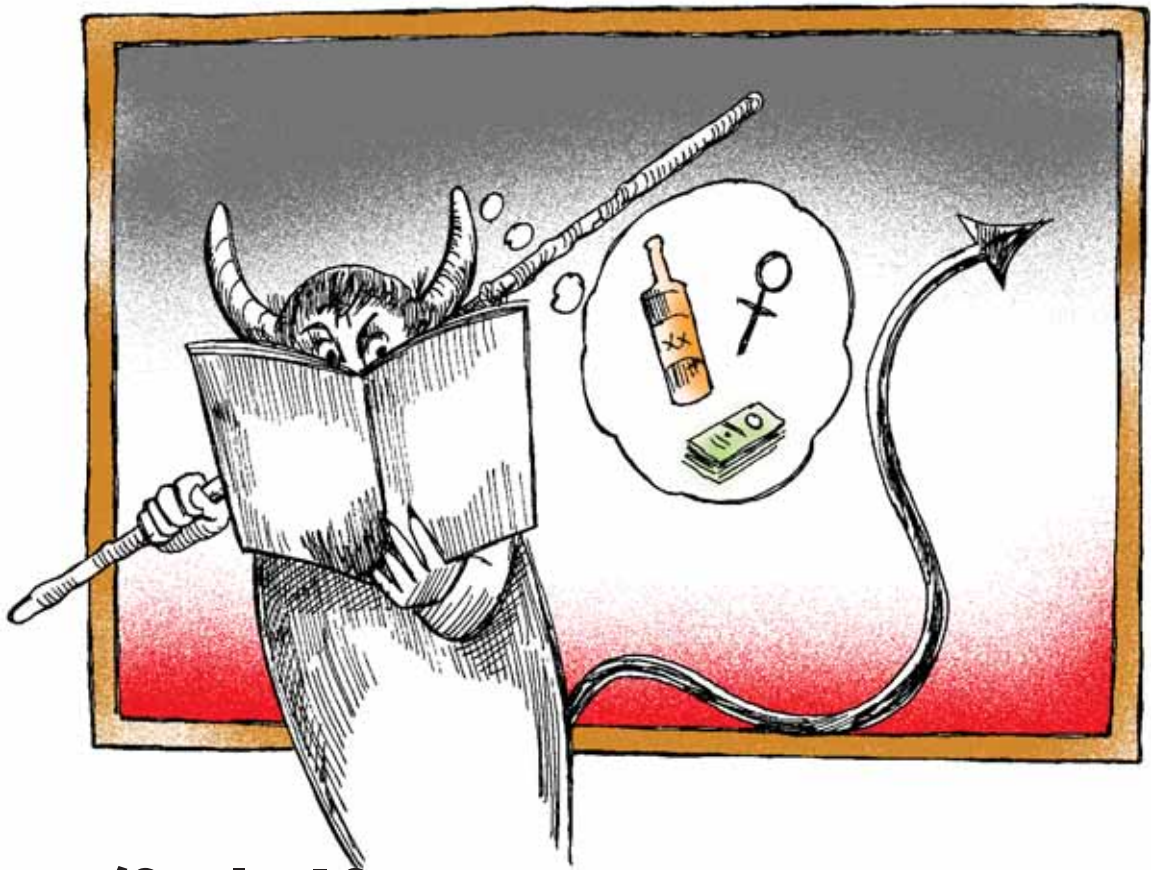
æt}k}n]lsg afnsdf/lnf0{g}5gfQ ug}ePsf] A hj}kndf  
pglx;n]eg] a}sg}klg k?if ; xefulx;sf] eGbf pxfBf]  
; xefultf /fd] b]vof}. To; h] pxfBf]0{g}5gfQ u}of}; A

d dlxfn ePsf] sf/ofn] dlxfnkl}t a9l %sfj /vl  
x]hf eGg] g7lgof] \eg] k?if;x; s} dNof]gdf klg  
afnsdf/lhl p]ts]6 7xl/Psf] k]E pNny ug{rfx\$]  
xF. lhNnf lzlf clwsf/lf] ; kdf d]f] cf}g}cgej 5  
/ , ol b0{lhNnfd dlxfn k}cx;sf] eldsfnf0{lgofn\$]  
cfwf/df d 9Ssn]eGg ; S5; lhDd]f/l kfPsf v08df  
lzlf l}df g]t]j ug{dlxfn; ; lfd 5g\ . k?ifeGbf  
sd 5gg\ . dlxfn]k?if hlQs}/fd]ug{ ; S5g\veGdf  
ca ; dhnn]ljZj; ug}K5{.

x] k}c .l6d jsl} x] . g]t]j ug]Ps hgfn] dfq  
u/} klg sxl x} . t/ Toxl g]t]j ug]df]g; n]g}xf]  
c;nf0{ljZj; df lng] / kl/rflnt ug]. l6d agfpg]  
/ l6dnf0{ ; xl tl/sfn] kl/rflnt ug] s/f g} g]t]j  
lfdt] x] . Tof] lfdt] ; a} dlxfndf 5 eGg] d]f] b]j f  
x}Q . t/ dlxfn ePs}sf/ofn]pglx; :shsf]g]t]j sf  
nflu ; lfd 5gg\veGg]dfGotf ; f]l}ts ; kdf dfq x}Q,  
Jof]xfl/s lx; fan]klg unt l; 4 e0; s\$]5 . To; sf]  
cy{ca ; a}:shsf]g]t]j dlxfnsf] x]tdf ; Dk}k5{  
eGg] x}Q . t/ dlxfn ePs}sf/of s; ; h}f0{ j-l-rt  
ul/gxGg / k?if; /x dlxfn;nf0{g]t]j ug]cj; / rflx  
lb0g}k5{eGg]lhls/ x] .

-xln lzlf ljefudf sfo{t gsd{f]s]s/fsgldf cfwf/t .

dt-cledt .g/fdfl lzlfnsnf0{s; /l ; wfgI<



# v/fa lzlf :shsf SofG; /

cofllo lzlfns]ljBfyl&f] eljio  
c0wsf/ agfp5 . p; dflv /fHon]  
u/3f] nufgl v] hfG5 . jf:tjdf  
v/fa lzlf :shsf] SofG; / g]xf].

■ eldk; fb kf8h

**lzlf** ljBfnosf]vdaf xf]. lzlf l; sfpg]dfq geP/  
l; Sg] / ; do; fk]f ; d] xgkb5 . .v/fal lzlfssf]  
l; sf0 klg v/fa}xG5 . cofllo lzlfns]ofllo lzlfssf]  
eldsfnf0{ Gog agfpq ; S5 . p; n]ljBfnosf] zlf]  
jftfj/of vnaNofpg ; S5 . cofllo lzlf JolQmut /  
bnut :jfydf 8a3f] xG5 . pm pklnf]ju&f] rfs/ldf  
lnkt xG5 h; n]ubf{ljBfyl&f] eljiodfly v]haf8 e0{  
ljBfnonf0{ l; s[t / lj ; Eltsf] ed/ldf hfS5 .

Pp6}cofllo jf v/fa lzlfssf sf/of ljBfyl&f; egf{

gxb] egf{ePsf]ljBfno 5f8g] k9f0df ?lr g/fVg]/  
glthf ; Gtflhgs gxb] h:tf c; / blyf kg{yfl5g\  
cofllo lzlfns] kf7&qnd, kf7&ak!tssf] lgwfl/t nlo  
k/f ug{ ; Sbg . Pp6f v/fa lzlfssf sf/of lzlf0f  
kzf / ofllo lzlfnsnf0{; d] ; dhfn]xg]blf6sf]f gsf/flDs  
xg klU5 / /fdl lzlf kzfaf6 aflxl/g ; S5g\ . o:t]f  
cj:ydf ljBfno uf0&f]df kl/oft xG5 .

.cofllo jf .v/fal lzlfns]ljBfnonf0{gf6s d-rgsf]  
ynf] agfPsf xG5g\ . ha obfsbf v/fa lzlf dlb/f  
; ]g u/l ljBfno hfG5g\ ljBfno kl/jf/df g}To; sf]  
gsf/flDs c; / k5{ . v/fa lzlf ljBfno g}hfG5g\  
slxn3f]xlF u0xfn] klg slldf kjz ubog\ . slldf  
kjz u/] klg ; dodf kjz ubog\ . slfss]f]df kjz  
ul/xfn] klg k/} ; do k9fp5g\ . slldf ; do latfP  
klg p2Zodhs cWofkg ubog\ .

szn lzlf sdf xgkg] Gogtd uof gePsf] lzlf  
; fRrs}v/fa xG5 . v/fa lzlf saf6 ljBfnodf s3s]  
c; / k5{eGbf klg /fdl]rflxfs]xl xG5 . v/fan]ljBfnosf]  
sb} klg klfnf0{ c; n agfpq} ; Sbg . ; dudf, cofllo  
lzlfns]ljBfyl&f] eljio c0wsf/ agfp5 . ljBfno lzlf  
/ 1fgsf] e08f/ aGg ; Sbg . v/fa lzlfssf sf/of  
/fHon] lzlfdf u/3f] nufgl v] hfG5 . jf:tjdf v/fa  
lzlf :shsf] SofG; / xf].

cofllo lzlfns]ljBfnodf ; jfb xg . lj jfb, ljBfyl&f0{



r]hf xg .x]hfl cleefj ssf]; Nnfx xg .v]hfa]hfl t]lndnf0{  
 cgsh xg .kltshl clg lj Bfnosf] e]lts lf]df l]sf;  
 xg .ljgf; u u/\$f xG5g\ . lj Bfno etfeE / nyflnE aG5 .  
 lj Bfnosf] nf0{ .cof]o] lzlfsaf6 dQm /fVg  
 ; /f\$ /jfnfn] 0dfgbf/l ; fy cgludg, dNoflg / Joj :yfk  
 lf]df hf] lbgk5{ . lj Bfno cfk]f ckljq jf v/fa  
 xG5 . lj Bfnosf] e]lts, z]lfs, cfly\$ tyf lj lw  
 ultljwdf ; sf/f]ds jf gsf/f]ds kl/0ff d xgdf lzlfs  
 klg lhDd]f/ /x\$]f xG5 . kyd t v/fa lzlfsaf6  
 lj Bfnosf] cnu /fVg :jR5 klt:kwf\$] d]l]odaf6 /df  
 lzlfs lgo]om ul/gkb5 . lgo]om kfPsf lzlfsf] sfzntf  
 / dg]an j [4df lj Bfno kzf; g / Joj :yfk ; ldltsf]  
 eldsf dx]k] k0f{ xG5 . ; /sf/l lgsfon] t]lnd, ; jf  
 tyf ; ljwf, kzf]sf] luf/06l u/fpgk5{ .  
 lzlfsf ; :yfx;nf0{ lj leG /fhglts bnsf e]t]

; E7gsf] ; kdf l]sf; ul/Psf] 5 . lzlfs / lj Bfno  
 Joj :yfk ; ldltsf] /fhglts c; d%bf/l a9b) hf]f  
 cof]o lzlfsf] ; a]vof j [4 ePsf] kf0G5 . To; h]  
 Joj :yfk ; ldltsf] +lzlfsnf0{ /fhgltaf6 cnu gu/l  
 v/fa lzlfsnf0{ ; wfg{ ; lS6 . lj Bfnosf] .cof]o] lzlfsaf6  
 dQm /fVg ; f] JolQm] cgludg=dNoflg  
 kef]sf/l tNofpgk] blvG5 . lhNf lzlfs sf]df  
 a; j] lj Bfnosf] lgl/l]f uf]kl/kf6]sf] k0f{ ; kdf c]to  
 xgk5{ . v/fa lzlfs lj Bfnodf g/fVg lgo]om lbg]klf,  
 dNoflgstf{ lj Bfyl{ / ; dbfo Pj +lzlfs sd]f/lalr  
 Jofks 5nk]k]5 lqikl 9En] cfjZos b08 lbg  
 ; Sgk5 . o; sf ; fy /df / of]o lzlfsnf0{ k/:s  
 ug{ kl ; Sgk5 . ^ dlxg]efb a9l c:yof lgo]om  
 gul/Pdf cof]o lzlfs ylk] ; Defjgf sd xG5 .  
 lzlfs, gf6j/ dlj, dsjfgk/

# c;n]klg ; wfg{ ; S5g\

v/fa lzlfsnf0{ ; wf/ j .of]o] jf .c; n] agfpg ; lS6 t/ To; sf nflu  
 lzlfsx; :jodf klta4tf / c7f] rfxG5 .

## ■ clgn kfy]h

pQ/bfol, u0fl Pj +c; n lj rf/ ePsf lzlfsx; sf] k]l/ :t  
 n]df] 5 . To; sf] b]f]df yf] ; v/fa jf cof]o lzlfs  
 e0]b]f kl lzl]f lf]df o; n] hl6ntf yklbPsf] 5 .  
 v/fa jf cof]o lzlfsf sf/of /df jf s]l ug]k5  
 eG] e]jgf af\$] ; b] rf/o]m lzlfsnf0{ ; d] sl7gf0{  
 e0/x\$] 5 . o; n] z]lfs lf]df c; Gthg kb] u/f0]bPsf]  
 5 . z]lfs lf]df ; wf/ / lbuf] lj sf; sf] cgej ug]  
 rfxg] ; o:tf] c; Gthgaf6 d]om rfxG5g\ . v/fa jf  
 cof]o lzlfsf sf/of z]lfs lf]df] cfzftt ; k]ntf  
 xfl; n ug{ ; s\$] 5g .  
 afg]ox]f, lzl]f lj lw, lj Bfyl{ }sf] cGt/l]mf, z]lfs  
 /ofgl]t Pj +sfo]z]f / k]z]k]tsf] ; dk]f Pp6f /df]  
 lzlfsf lj z]l]t dfkg ug]s8l xg\ . o:tf] lj z]l]t df  
 ha lzlfs rS5, ta p; n] lj Bfyl]af6 .g/fd] jf .v/falsf]  
 pkdf k]t ub5 . oyfy]f oxl x] .  
 xdf] lzlfsx; g/fd] jf v/fa xgdf pglx; :jo+  
 lhDd]f/ 5g\ . tyflk . /df] eGf . xdf] JolQm lzl]f df  
 lelq] qnd g/]sPsf sf/of v/fa lzlfsf] cf]S8f rln]f  
 uPsf] 5 . lj Bfyl{ ; lh1f; ' xG5g\ l]gn] lzlfsaf6  
 a9leGf a9l 1fg xfl; n ug{ rfxG5g\ . t/ sltko  
 .g/fd] lzlfs 1fgcf]k]tsf] lj Bfyl]f] nfn; f a" g  
 ; Sbg\ clg pTk]0ffdf] pglx; sf] 1fgk]tsf] nfn; f  
 d]g] g; Sbf lj Bfyl]f bl]6df .g/fd] jf .v/fal  
 sxnf0G5g\ . lzlfsx;n] lj Bfyl]f] cfjZostf ga%

k7gk7g u/fp] / lj Bfyl{ hf]G]g\ eG]df] ; stf g]of]b  
 lzlfs-lj Bfyl]r s6tf a9] u/\$] 5 . o; af6 dg] ]flgs  
 ; k]d]lj Bfyl]f k9f0kl]t lj t]off kb] ePsf] 5 . ; fj flgs  
 JolQm] e0; Sbf klg j]0]ms afg]ox]f cyf] \cd]nl  
 k]Q x6fpg g; Sg/ lj Bfyl]f ; fdG]d]Bk]f Pj +wd]k]g  
 ug] lzlfs-lj Bfyl{ ; Da6wdf b/f/ p]k]G u/\$] 5 .  
 .g/fd] jf .v/fal lzlfsf uNtl cf]of]b]f g; wdf  
 sf]g] kdf x6fpg] :ki6 l]sNk 5 t/ uNtl ug]f0{  
 sf/axl gul/Psf] lj Bfnosf] z]lfs jftfj/0df vnn  
 ku\$] 5 . v/fanf0{ ; wf/ j .of]o] jf .c; n] lzlfs  
 agfpg ; lS6 t/ To; sf nflu lzlfsx; :jodf klta4tf  
 / c7f]sf] vff] 5 . .d]h] u/] klg d]f] h]lu/ 9Ss  
 5l eG] dg]lj 1fg]ubf{v/fa lzlfsn] uNtlaf6 p6]om  
 kf0/x\$] 5g\ . o:tf] ; f]f0 /sf/l lj Bfnosf lzlfsdf  
 a9l 5 . b08x]gtfs} sf/of .v/fal jf .g/fd] k]Q  
 a9/x\$] 5 .  
 z]lfs lf]df .g/fd] jf .v/fal lzlfsf] x]n]dx]n  
 eof]j xg g]bg ; /f\$ /jfnf, lj Bfno Joj :yfk ; ldltsf]  
 / z]lfs kzf; s ; r] xgk] ahf cfPsf] 5 . 1fg  
 af] qndf lj Bfyl]f0{ df] ; s / z]l/s of]tg lbg]  
 lzlfs sb]k c; n sxnf] . l; sf0 / of]g]alr  
 sb]gtf 5g . p]k]s e0{l; sf0sf] jftfj/0f l; h]f  
 ug] lzlfs g]lj Bfyl]f gh/df . /df] jf .c; n] sxnf5 .  
 o:tf] lzlfsn] df] lj Bfyl]f] cG]l]k]t kl]tef klxrf

# dt-cledt .g/fdfl lzlfnsnf0{s; /l ; wfgI<

u/l k:knt u/fpg ; S5g\ .hg; s}cj :yfdf klg lzlfns  
 Pp6f ptk} s xg}sf] lj snk 5g .  
 .g/fdfl jf .coflolaf6 . /fdfl jf .ofloldf ?kftl/t  
 xg lzlfns :jom dxlfj kOf{ eldsf vllgk5{. ha; Dd  
 sg} lzlfns} cfkmlqsf] sdl-sdhf]l Pj +ql6x;sf]  
 :jdNoflgsf dflldaf6 klxrfg u/l ; lRrg]sf]zz ubg\  
 ta; Dd . /fdfl jf .ofloldf lzlfns kkt ug] nlo ; sf/  
 xg} . .g/fdfl lzlfns; tIsfn /fdfl lzlfns agg] kmf  
 cu] / eP ; Gtnt zlfns jftfj /ofs] kl/snkf ; sf/  
 ug{ ; lsg5 . cGoyf, cfufdl lbgdf zlfns lfgn] g/fdfl  
 lzlfss} sf/of ck70fno lilt Pj +zlfns c/fhstf  
 eflgk5 . :jR5 Pj +; dfl zlfns jftfj /of loltahf  
 ; Dej xg; S5 hltahf xdf] ; fj klgs :shn] koflt  
 ultnf / ofllo lzlfns kfp5g\ .

06x/l -\$; ; g; /l

## xpdf:6/ ultnf]eP v/fa ; lw(5g\

■ d3' /f0{

sf]l klg dflg; hGdF} v/fa jf c; n Jojxf/ lnP/  
 hGdF} . pm x5g} jftfj /of / ; Etn] JolQmf0{ v/fa  
 jf c; n agfpg] xf] . slxnsfxlF v/fa dflg; klg  
 /fdflsf] ; Etn] c; n ag ; S5 / c; n klg v/fa  
 cfr/of ePsf] ; Etdf k/] v/fa ag ; S5 . lzlf  
 lfgdf kjz u/ \$f cfnfsfF lzlfns; ; jkyd xpdf:6/  
 jf lkl; knsf] JolQmut / ; fdflhs Jojxf/af6 kflj t



## ; wfgIcfkmlf0{xf] ; lwg]cfkmlxf]

cfkml' unt 5' jf ljBfyl; df% clkp 5' efg] s/f tkf0{f] dl:tisn]  
 atfp5 eg] tIsfn g} cfkmlf0{ kl/jtg ug] bP ; lNk ul/xflngf] \U

■ ouflb n0Bh

.g/fdfl lzlfns ; wfg{ sg} afXo t]jsf] ebf lzlfns  
 :josf] eldsf a9l kflj sf/l Pj d'kmlbfol x65 . ; jkyd  
 t x/\$ lzlfns} cfkml' lj Bfyl; lj Bfno kzf; g, cleefj s  
 jf ; Dalwt lfgsf] gh/df ofllo 5' jf cofllo efg]  
 s'/sf] :jo+dNofl g ug{h?/l x65 . o; sf nlu p; n]  
 lj Bfyl; cleefj s cflb; E cGt/lqmf u/] cf'gf sdhf]l  
 tyf g/fdfl klf Pj +afgJojxf/nf0{ cfkml' lbg cfux ug{  
 ; S5 . pglx; af6 /fdfl] ; %j sf] ck]ff ug{ / To; nfo{  
 sfo{ ; kdf abng' p; sf] kdV bflotj x65 .

cfkml' unt 5' jf ljBfyl; df% clkp 5' efg] s/f  
 tkf0{f] dl:tisn] atfp5 eg] tIsfn g} cfkmlf0{ kl/jtg  
 ug] bP ; lNk ugxf] \ . kan OR5sf] glthf ltn:dl  
 x65 . cfef agb u/] c7f ugxf] \ ls, .d ckdf]gt,  
 cofllo / clkp lzlfnsaf6 dfofn; ; Ddf]gt, ; jledf]g,  
 ofllo / lkp lzlfns ag] 5f8g5' . l bP lj rf/ ; kmntf  
 kfl]tsf] dh cfw/ xf] . To; h] cfkmlf0{ ; wfg] of] Pp6f  
 cr5 cf]lw xf] . ha tkf0{ cfkml' lbg d'f]gf/ ag]  
 Pp6f c; n lzlfns ag] c7f ug] G5, ta tkf0{f]  
 ; Dkof{ sfd o; klt %Sg aNno xg5g\ . lj :tf/}j :tf/  
 tkf0{ cfkml' lzlfns eP/ lgj fx ug] kg] bflotj lgj fx  
 ug{ ; s}f] oyfyaf] xg5 / tkf0{ cf'gf] dl:tisdf  
 gofF / ; sf/ffds lj rf/x; sf] :yfkf ub} To; nfo{  
 Jojxf/df ptfq}g5 . cfkmlf0{ abng . ; lkm PSrcnf0h] gl  
 clt g} dxlfj kOf{ t]j xf] .

sltko lzlfns; 1fgsf] sdln] .g/fdfl dflg5g\

eg] sxl rfxF pglx; sf] ?vf] Jojxf/sf sf/of .v/fal  
 dflg5g\ . t; y{ cf'gf sdhf]l x; cfkml' kOf nuf0{  
 To; nfo{ ; wfg] .g/fdfl lzlfns :jo+nllgk5{. c; n] bafa  
 lbP/ v/fa lzlfnsnf0{ ; wfg] sl7g 5 . kZGg JolQm hf]  
 sfxlnf0{ klg dg k5{. lo; h] lj Bfyl; ; b} xF, nf]  
 rX/f lnP/ k]tt xg] u/f} . slfdf kjz ug{fy plnf; do  
 jftfj /of agf0lbgxf] \ . ; a] lj Bfyl; ; E ; dfg / kfl]k} \$  
 Jojxf/ ug] afgl a; flngxf] \ . klto5 lj Bfyl; cf'fdf  
 cfef ldnfpgxf] \ . pglx; sf] lj rf/ ; Gg ; b} cu] /  
 xgxf] \ . lj Bfyl; ; E sf] cGt/lqmf pglx; ; E rfB} 3hldn  
 xg] kdV cfw/ xf] . ; d:ofs] ; xl ; d'wfg ug] nfo{ kfl] ; fxg  
 / xf] nf lbgxf] \ . ; fdlxs sfof hf\$ lbgxf] \ . o; f]  
 ug] f] lj Bfyl; lj Bfyl; ulx/f] ; Da6w :yflkt x65 eg]  
 lzlfsklt pglx; sf] ; sf/ffds wf/ffsf] lj sf; x65 .  
 ; s] Dd cfkml' hfgsf / ; g5f / f] s 36gxf; sf] jOfg  
 ul/lbgxf] \ . o:tf sfof] cfkmlf0{ lj Bfyl; /fdfl / nrlkq  
 agfpg d2t kl5 .

sxl lj Bfyl; k9fPsf] ga%kl5 lzlfnsnf0{ .g/fdfl 7f5g\ .  
 To:tf lzlfns] klg cf'gf] sdhf]l dx; ; u/l lj ifoj :tsf]  
 a9l 1fg lng] / gofFlzlf0f lj lw kof] ug] ugkb5 .  
 cfkml' k9fpg] lj ifoj :tdf lzlfns] klxno} tof/l ugkb5 .

5f5f9f9f0{ gofFs/f vllg kfl] ; fxg ugxf] \ . pglx;  
 ha; Dd a' bbg\ xfl-xfl JoVof ul//xgxf] \ . lj leGg  
 9Eaf6 lj Zn] of ul/lbgxf] \ . pglx; ; E slQ klg g%lsgxf] \ .  
 dfofn' e] n] jOfg ug] hlt g} ck7df/f s/f klg ; /n

x65g\ . x8df:6/ ldng;f/, d8gtl / l;h6zln eP  
 lzlfscx2 klg To:t}xg]k8f; u56\ . c;n x8df:6/  
 kfpq]lzlfsnf0{efludfql g}df8gk5{. c;n x8df:6/  
 ljgf w7}lzlfscx2 sfnt8t/df v/fa lzlfsc ag]w7}  
 ;Defjgf x65 . k8zfklt Odfgbf/ / d8gtl x8df:6/n]  
 lj Bfyl8f0{5f7f5f7l / cfknl8dftxtsf lzlfsnf0{;xor8l  
 7f6b5g\ . lj Bfyl8f] j t8fg / eljio ;Gb/ agfpg  
 rfxg]x8df:6/n]c;n lzlfsnf0{k8f; flxt u5{. l8geg]  
 lzlfscx2sf] ;fdlxs k8f; n] dfq 5fq5fqsf] eljio  
 ;j l8f8 t8lofpg ;ls65 . ultnf x8df:6/n]v/fa lzlfsnf0{  
 ;wfg{cfknl}gd8f rl/q k8z8g u56\ . o; sf ;fy}  
 x8df:6/n]c;n lzlfssf] sfdsf] ;xl d8nof]g u/l  
 k7:sf ubf{v/fa lzlfscx2n}cfknl; w8g]k8f; u56\ .  
 ;l/tf O8b]k8f{k8f] , lj/f6gu/

nflg8g\ . kl/8fddtM lj Bfyl8c;n}tkf08f0{/fd8f] lzlfsc  
 df8g y8flg8g\ .  
 lzlfssf] dx8f] k8f{ u8f eg8f] lj Bfyl8f] dg8f8fj gf  
 a'g'xf] . pglx;sf]cj:yfcg'k Jojxf/ ugk85 . pglx;  
 c8of8t u8el/ ep/ sg]s'fsf]cjnf8g, v8h jf ;dfwfg  
 ul/x8f 5g8eg]To:tf]a8f pglx;nf0{Jo'8bo ugk85 .  
 lj Bfyl8c; /df0/x8f]l8ofdf lzlfsc klg pglx; ;8/df0l8g'  
 n8ef8os x65 . lj Bfyl8f x/8 k8zgnf0{u8el/ ef]n]  
 lngk5{.

x/8 lzlfsc]lj Bfyl{fd' o:t}tl/sfa8 k8tt eP8f  
 sg}klg lzlfsc g/fd8f] x8g . ;a}lzlfsc /fd8f] x65g\ .  
 clg ;a}lj Bfno / ;a}lj Bfyl{ /fd8f] x65g\ . km8tM  
 /fd8f] kl/jf/ ;dfh clg /fi6«/fd8f] x65 clg of] ;f/f  
 lj Zj /fd8f] x65 . t; y{of]lj Zj nf0{/fd8f] k8f]cleef/f  
 af88f ;Dk8f{lzlfsc]cfknl; /fd8f] / g/fd8f]sf] ;j d8nof]g  
 u/l ;wf/tk8f n8lg' cfhsf] cfj Zostf xf] . To; 8]  
 kl/j t8g8f] ck8f /8v8g85 eg] cfknl8f6 z? ugk8f \ .  
 g/fd8f] lzlfscnf0{ ;wfg{z8f]s ; fd8f]hs, k8z; l8g  
 / /8h8lts l8fa8 klg ljle8g k8f; x2 y8flg' h?/l  
 5 . lj utdf g/fd8f] lzlfssf ;kdf ulgPsf lzlfsc  
 j t8fgdf ;lwPsf]kf0P8f pglx;nf0{k7:sf ; D8flgt  
 / cleg8bt ugk85 . o;f]ug8f]g/fd8f] lzlfsc /fd8f]  
 ag8 kl/t x8g8g\ . /8h8lts l8gn]klg To:tf lzlfscnf0{  
 ;xor8l ugk85{. t/ ;wfg]g8df To:tf lzlfscx2dfly  
 cgfj Zos bafa lb8g8g . pglx;nf0{c8o 7fp8f ;?jf  
 u/fpg]ljle8g nf-5gf nufpg]u/8f l8gdf x8gtfa8  
 p8k8g x65 . b8w lbP/ ;wf/ ug{v8f]8of]eg] v/fa  
 lzlfsc]slx8o}cfknl8f0{ ;xl 9Eaf6 ?k8f8t/t ug{  
 ;S8g . ;sf/f8ds Jojxf/ / ;f8f8f g} ;d:of8f]  
 ;dfwfg x65 . g/fd8f] lzlfscnf0{k8f ;kdf /fd8f]8f  
 ab8g]xf]eg] k8lo8 lzlfsc cfknl8f] kl/j t8g y8flg' h?/l  
 5 . cfh / clxn8f8g}g/fd8f]8f /fd8f] cof8oaf6 ;b8llo /  
 v/faaf6 c;n lzlfsc ag8f]k8f{cu/ / ag8f- ag8f8f-/  
 ag8 kl/t u/f8 .

anv:^, cf8yn9E8

# eljio hf8vddf kg8l88t8f

## ■ c8a//fh 9sf8

**v/fa** lzlfsc]lj Bfyl{8 l8d8]f/ / kl/k8sj Jojxf/  
 ug{sb8fk ;S8g . sltko v/fa lzlfsc]t 5fq5fq8nf0{  
 c;n lziosf b8l8n]gx8l of8z8f]8f ug]sh8f ;d8  
 u/8f]el865 . v/fa lzlfsc]lj Bfyl8f0{c8z8ln u8nlun8f8  
 ug8 l868g] w8sl l8g] lj Bfno8eq}v8l, r/88 vfg]  
 /S;l lkP/ sl8fsf]8df k9fpg hfg]h:tf c8of8bt  
 l8mf8nfk u/8f]k8f085 . v/fa lzlfsc]lj Bfnosf] ;du]  
 z8f]s j8ftj /of w8d8ofpg]sf8 u5{. k7gk7g cl8oldt  
 x65 . k9f0sf] :t/ vl:s85 . sf]{g}k8f x8g ;S8g .  
 o:tf lzlfssf] babaf a98 y8l8f /fd8f] of8lo / blf  
 lzlfscx2 ;d8 k8z8f86 kn8og x8g ;S8g]vt/f /x85 .  
 v/fa lzlfsc ;a8s8rt wf/8f8n]ul; t x65 . cfknl8f0{  
 .lx8n/8 7f8g]lzlfsc]c8k8; a8os ck8E, blnt, h8h8lt  
 h:tf lj z8f] ;d8sf 5fq5fq8nf0{ z8f]s ;xor8l k8f8g  
 ug{ ;S8g . 5fq5fq8nf0{ ;fdlxs l; sf0sf n8lu k8f]8f8f8f  
 ;an8/of, k8z8f / k8f] ;fxg l8g ;S8g . p;n]lj Bfyl8f]  
 ;fg8l8g u8tl u/8f w7}cf8f]8f u5{ 5fg / 5fq8df  
 lj e8 l; h8f u/l /fd8f] lj Bfyl{ / g/fd8f] lj Bfyl{ egl  
 kl8ft u5{. v/fa lzlfssf l8mf8nfkn]lj Bfyl8f]eljio  
 g}hf8vddf k8f]8eP8f8f]l8gnf0{ ;dod} ;wf/ ug{lj Bfno,  
 cleef]s / 5fq5fq8; d8 n8lgk8f] b8l865 .

dx8f8n h8h8f8f df8j, u8l8k8f/, sf7df8f8

# t8f8nd p8krf/ x8f8g

## ■ Zofdk; fb n8f8d8f8g

**lj Bfnodf** .g/fd8f]8 cof8lo8 lzlfssf]k8z8 jf cof8ot8sf]  
 l;h8f /88of] lzlf8 gl8t, lzlfsc l8gol8m kl8gn8f /  
 Joj:yfkg ;ld8tsf]eld8fn]lgw8f]8f ub85 . lzlf8 gl8t,  
 l8god8f] Odfgbf/lk]8 sf8of]8g u/f0Psf]v08df x8df  
 lj Bfnox8nf0{.g/fd8f] lzlfscx2sf] k8f]af6 d8m ug{  
 ;ls65 . lj ifoj:t8f .c8an8 Jol8m8f0{ lzlf8f k8z8f8f  
 cf8l8f8f ug{of8ot8f / bl8t8f] cf8w/df ;j f k8z8f8f  
 cj ; / tyf plrt tna ;lj wf ;lg8Zrt ugk85{. k8z8f8f  
 k8z8f ul ;s8f lzlfssf n8lu c8l8oog, cg;8wfg /  
 t8f8nd8f cj ;/x2 lb8f / of8l8b8g8f] cf8w/df a9f]sf]  
 Joj:yf ug{ ;S8f cof8lo lzlfssf]of8ot8f a9fpg ;ls65 .  
 ;sh lg/l8f8f8; k8l]8f8f kl8gn8f8f0{k8f]sf/l gt8nof0{clg  
 ;db8of8f0{; f8fl8 / .df8ns8leg8f ;; xor8l8l8f] ;kdf lj sf;  
 gu/l :sh ;wf/ x8g ;S8g . ul/v8fg] k8c8f] Joj:yf  
 jf:tlj s ;kd} ug{ cf8hsf] cfj Zostf xf] . lj Bfnodf  
 .g/fd8f]8 cof8lo8 lzlfssf]pkl:y8t8f]p8krf/ lzlfssf]z8f]s  
 of8ot8f / k/Dk/fut ;kdf lb8f] cf8Psf] t8f8ndaf6 ug{  
 ;ls65 . pglx;df /x8f]df8f8f 1fg / ;lknf0{sl8fsf]8df  
 Odfgbf/lk]8 k8f8f ug{p8k8f]t ug{h?/l 5 .

eld8f8o pd8fj, u8f8v8f

# dt-cledt .g/fdfl lzlfnsnf0{s; /l ; wfgI <

## v/fanf0{; wfgI kff tI/sf

■ dfwj k; fb clwsf/l

**lzlfns** / g/fdfl zAb l; 4fcttm cfk; df dh gvfg] s/f xg\ t/ g/fdfl lzlfnsx; klg 5g\ . of] tltf] oyfy{ xf] . /fdfl / g/fdfl eGg] 7Dof0 JolQm / kl/l:yltcg; f/ leGgfeGg] xG5g\ . dNofIgstf\$fr] gfsf] prf0 km/s-km/s xg] ePsfh] lj Znifof u/] lgrf\$ lgsfNg] s/f klg ; fklf xG5 .

## .g/fdfl lzlfnsnf0{ ; wfgI tI/sf

- s\_ cfdfgz; g, cfdzbz / kj [Q JolQmsf df]ns klfx; xg\ . hg JolQmcf gf unt / ; xl klfnf0{ lgoNlg ; Sb5 To; n] cf gf g/fdfl klfnf0{c; n uofx; dfrkf lj :yfkq ub\$ . o; sf lglDt ; /f\$ f/- jfnfx; n] cgsH kl/l:yltsf]l; hgf ul/lbgkb\$ .
- v\_ cfdNofIgsf] klj lwm kzf; f; DalGwt cToGt ; jhgzn kZgfjnl /x\$] cfdNofIgsf] km/d lj Bfnosf kfo\$ lzlfnsnf0{ pknAw u/fpg] . plrt lgbz\$ klg kof]t ; do lbP/ ; f] km/d eg{nufpg] / lzlfns kl/jf/ ; fd' :jodnf0{k9y nufpg] . o:tf] Joj:yfn] Pp6f dfid\$ kl/l:ylt kbf xG5 h; af6 g/fdfl lzlfns qndz] /fdldf kl/oft xg yf]lb5g\ .
- u\_ DalGwt ljifosf] l; sf0 pknAw, lgoldttf, kl/>d, lj Bfylx; sf] lzlfnskltsf] cgeltsf cfwf/df b08-k/:sf/sf] glt cjndag ubf{v/fa lzlfns ; lwg ; Sb5g\ .
- 3\_ ;?jf klj wfgM g/fdfl lzlfnsnf0{/fdfl lzlfns / /fdfl z]lfs jftfj /of ePsf lj Bfnos; df ;?jf ul/lb\$ klg pglx; df ; wf/ cfpq ; Sb5 .
- a\_ cf-cf gf] sfo; Dkfbgsf cfwf/df hjfknbl jxg ugkg] ug{g; s} ; fj hlg\$ ; kdf cfdfnf] r-t xg] / slxNo} ; wf/ gePdf ; jf Tofu ugkg] kofnl lj sl; t ug{ ; s} g/fdfl lzlfns lj Bfno cfpq 5f85g\ .

k, Obj/ dfj, kff]

## cjsfz] Pp6f pkfo

■ c-hgf Goffg]

v/fa jf cof]o JolQmf0{k\$] sf/l tI/sf ckgfP/ lzlfns kzf kj z'd} /f\$ nufpgk5{ . o; lglDt lzlfns cgdltkq lbg] r/Ofd] 5gfb ug{yfnlgk5{ . hxf]Dd xfn sfo{t g/fdfl lzlfnsx; sf] ; jfn 5U :sh, ; /sf/ / cleefj s tlj 6} klfn] pkoQm jftfj /Ofsf] lgdff u/] To:tf lzlfnsnf0{ ; lwg] dff\$ lbgk5{ . To; kl5 klg g; lwg] hnf0{ cjsfz lb0xflngk5{ .

sf7df8f]

## k/:sf/n] ; wfg{ ; S5

■ ; lGbk kGyl

**dfhd** w]} k\$] /sf g/fdfl jf v/fa lzlfnsx; xG5g\ / pglx; nf0{ ; wfg] dflod jf pkfox; klg cg\$ xG5g\ . lzlfnsnf0{kzf; lgs sf/afxl; j?k tx 36jf ug] tna /f\$ sf ug] h:tf sf/afxl; u/] ; wfg] sf] zz ; dfhd ul/G5 t/ of] pkfo lr/:yfol xg ; Sb\$ . o:tf] ; hfon] sxl ; wf/ eP klg o; n] lzlfns tyf lj Bfyl{/ ; dfhd rdf jdg:otf l; hgf u5{ . clg z]lfs jftfj /of %g] sdhf] aGg kU5 . ; a} ldn] cfdlo Jojxf/sf ; fy v/fa lzlfnsnf0{ kl/j tG ug] dfu{ vflnlbgk5{ . of] g/fdfl lzlfns kl/j tG ug] ; lhnf] pkfo xf] . o; af6 :jod\ lzlfnsdf klg .d olt ; lhn] kl/j tG xg ; S5' eg] lsg kl/j tG gxb] eGg] ; f] f0sf] lj sf ; xG5 . kmntm pm kl/j tG xG5 . lzlfnsx; cfk; df ehf eP/ cGt/lqmf ug; ; S5g\ . o; af6 lzlfnsx; sf] cfdlj Zjf ; / lfdtf j] 4 xG5 . t/ ; lzlfnsnf0{ ; wfg] dVo pkfo tflnd xf] . lzlfns, lj Bfyl{ tyf cleefj sx; alrsf] lgoldt 5nknaf6 lzlfns] w]} s/f l; Sg cj ; / kfp5g\ / cfk]nf0{ abNlg ; S5g\ . lzlfnsnf0{/fdfl agfpg] jf g/fdfl lzlfnsnf0{kl/j tG ug] csf] pkfo xf] ; Ddfg / k/:sf/ . g/fdfl jf /fdfl h\$P klg o; n] v/fa lzlfnsdf cfdUnflgsf] efj x/fp5 / ; sf/flds ; f] sf] lj sf ; xG5 . To; kl5 lglZrt 5, pglx; n] cfk]nf0{ kl/j tG u5G\ .

c3f]fFl

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 एस.टी.डी., आइ.एस.डी. छैन ?

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 प्रयोग गर्नुहोस ।



**नेपाल टेलिकम**

# cof]o ufpdf, v/fa zx/df

## ■ v]r]b] clwsf/l

**lzifs** ; bfrf/l g} xG5 eGg] 5g} . b/frf/l lzifssf 8/nf]bf / ; Gb}ckToil/nf stf cval/df lg:sg]ub5g\ . ha ljBfyl{ cleefjs ; r] xG5g\ta v/fa cfr/Ofsf lzifssf] stf kbfrn; xG5 . cof]o lzifssf] 7hf] ; aVof ufpdf / v/fa lzifssf] p]n]vo dfq zx/df 5 . o:tf lzifssf sf/Of Pp6f :shsf] dfq} xfoG, z]lfs l]q} s} ab]gd xg] u/}sf] 5 .

ljBfnof0{ cof]o / v/fa lzifsaf6 d]Om lbg ljBfyl{/ cleefjs a]df ; r] xG5{ . ljBfnodf xfn]dxn] ug{ rfxg]h] cf^gf gft]f/ jf cf^gf] s/f gsf6y]hf0{ lzifs lgo]m ug] clxn]sf] skyfnf0{ To]lGk5{

lq]lj slt}z

lbnfpgsf nflu lzifs lgo]m lgiklf xGk5{ . k9f0/x}f lzifs klg k9fpg of]o 5g\ls 5g]eg] dfkg ug] ; eGqsf] cfj Zostf 5 . o:tf] ; eGqn] cof]o lzifssf] klxrfg u/l To; sf] abn]df of]o lzifsnf0{ df}f lbg] jftfj /of tof/ ug{ ; S5 .

DalGwt lj ifodf blftf ePsfx; nf0{dfq k9fpg lbPdf cof]on] clwofkg ug{ kfp]gg\ . v/fa lzifsnf0{ lgo]m of ug{ lzifs cfrf/ ; k}tf nfu" ug{ e/kb] pkfo xg; S5 . o; sf lglDt lzifssf k}fut ; 3-; :yfsf] ; lq]otf h?/l xG5 . ljBfyl{x;n] klg lzifssf sdl-sdhf]l / gsf/]fDs s/]nf0{ cf^gf cleefjs ; G /Vg] afgl a; flngkb5 . /, v/fa lzifsdfl] cleefjssf] bafa kg{ yfn]df ltgn] gsf/]fDs lq]m]snk To]lG] cfzf /Vg ; lsG5 . ctM :yfglo eGbd] sd of]otf ePsfnf0{ lgo]m ug] k/Dk/f agb u/df v/fa lzifssf sf/Of pTkGg ; d:of 365 .

l;]8of-^, nfink/, ;g;/l

# ; wfg{tflnd,g; lwp} cj sfz jftfj /ofn] lauf5{

## ■ ; -ho kf]h

**ljBfnof0{** g/fd] jf . cof]o]o lzifsx; af6 d]Om ug{sf] nflu ; jkyd lzifs, kwfg]wofks, ljBfyl{/ cleefjsn] ; e]Om kof; yfn]Gk5{ . ljBfnodf v/fa cfr/Of ug] lzifsx; nf0{ bl08t gu/]Dd o; af6 d]Om k]pg uxf] 5 . cof]o lzifsnf0{ ls t tflndsf] Joj:yf u/] of]o agfpg ; Sgk5{ cGoyf plrt lftkl't{lbp/ cj sfz lbgk5{ . ljBfnof0{:yfol ; kdf v/fa lzifsaf6 d]Om

## ■ p4j l3ld/]

cof]o lzifsnf0{; wf/ u/l blf / of]o lzifsd] kl/Of] ug{ ; lsG5 . lzifs cfrn] v/fa xGg, v/fa t jftfj /ofn] agfpg]xf] . ljBfnof] z]lfs Joj:yfkg, lzifs / cleefjs ; 3, ; ft] s]b}sf z]lfs ult]lw c]baf6 lzifs k]f]j t xG5 . olb lzifs tflndk]t 5g] eg]p; sf nflu k}fut tflndsf] Joj:yf xGkb5 .

k}e, hgk]l lgd]fj, pbok/

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# dt-cledt .g/fd] lzlfsnf0{s; /l ; wfg] <

## ..v/fa] sxlng sf] kf] rfxG5 / Ū

;dfhdf >d, ;do / l;hg]sf] klxrfg, ;Ddfg / kōf] ug]u/fpg] sfo]f ;r] lzlfsx; cl3 a9]f v/fa lzlfs v]bf klg kf0g] 5g .

### ■ e]h]k; fb b]x]n

**v/fa** lzlfsnf0{c;n agfpg rf/ ;lkdf Wofg lbgk5] != lzlfsf]k]z]ut lgk0]tf, @= lzl]f0f-l; s]0 lqmf]snfkdf bl]tf, #= JolQmut l]dtf / \$= ;fd]l]hs ;lk . k]z]ut lgk0]tf lzl]sn] sn]h tyf ljZj ljBfnosf] cl]oog tyf ljle]g t]lndaf6 k]k]t ug{; S5 . :j]f]wofog / lj]foj :t]sf] lg/Gt/ v]h]n] lzl]snf0{ cB]j]lws agf0/fv5 . x/\$ ljB]yl]sf]klxrfg, kf7of]hg th]f, z]l]fs ;fdul]lgd]f / kōf], l; s]0 kl]qmf tyf pkn]aw dfkgn] lzl]sdf k]z]ut bl]tf clej]4 xG5 . lzl]ssf]JolQmut l]dtf, p; s]l]g]t]j, kl/k]s]j tf / x/\$ ljB]yl]f0{lrg] / ;f]l]cg?k ;xof] ug] s/fdf lge] ub5 . :j-cl]oog, tna e]f, k]z]ut ;/l]f, n]f]o]v]f]f0{ j]Q-l]sf; sf]cj ;/ , c]r/Of / Jojx]f/df lzl]ssf]JolQmut l]dtf c]w]l/t xG5 . of] sg} t]lnd jf sn]h]af6 k]k]t ug{; l]s]f] . lzl]ssf] ;fd]l]hs ;lk r]l]x]Fp; n] ;/f]s]f/j]nf; f]s] ;Da]w, ;-r]f; lk ;d]g]o, ;x]s]o{c]l]bn]lgw]f]Of u5{. lzl]ssf] ;fd]l]hs ;lkn]ljB]yl]f0{c;n g]ul/s a]g ;3fp5 . lzl]sn]afn]l]ns]nf0{ lzl]f0f l; s]0 lqmf]sn]fks]f ;%]f]f/s]f]kdf ;x]h]s/Of ug] / ljB]fno tyf sl]fs]f]sf ul]lj]wdf l]tgn]f0{ ;x]eful u/fpgkb5 .

;/s]f/l b/a]g]b]df /x]s]f ;a]z]l]fs t]lndk]k]t 5]g]g\ . t]lndk]k]t lzl]sn] klg l; s]s]f] s]f sl]fs]f]df kōf] ub]g]g\ . ;a]s]f n]flu lzl]f] sf]kl5Nnf] d]Nof]gn]lzl]fs t]lnd sl]fs]f]df gk]lg' u]f: t/lo lzl]f]sf] ;ae]b]f 7h]f r]g]f] e]P]s]f]b]v]P]s]f]5 . afnd]l] lzl]f0f lj]w sl]fs]f]df kōf] ug] / To; af6 afn]l]ns]f]sf] l; s]0df c]P]s]f] kl/j]t]g]nf0{clen]v]s/Of ug{; l]f]d lzl]fs c]h]s]f]v]f]f] x]f] .

.lzl]fsx; a9] /fh]g]l]t u5]g\k9]f]p]g]g]e]g]c]f/f]k]s]f] ;G]be]f, lzl]ssf ;3; ;E7g /olgogn]lzl]ssf]x]s-cl]ws]f/s]f cl]t]l/Qm p]g]x;sf] k]z]ut bl]tf clej]4 / st]f]o l]g]j]f]df ;d] ;r] u/fpg ;s]f] lzl]f0f k]z]f]nf0{ d]f]b]t / v/fa lzl]snf0{c;n agfpg ;l]s]G5 l]s Ū ;lj-w]g l]gd]f ug]l]h]d]f k]P]s]f w] ;ef; b]lj utdf lzl]fs l]yP . ljB]fno Joj :y]f]kg ;l]dt, lzl]fs cleef]j]s ;3; u]p]f]z]l]f ;l]dt, l]h]Nnf lzl]f] ;l]dt, z]l]fs hg]z]l]st l]j]sf; kl/]b\c]l]b]df s]f]g]g]t]M lzl]fs k]l]t]glw jf lzl]fs ol]g]o]g]s]f] k]l]t]glw]j 5 . t/, ol ;l]dt]x;df lzl]f]sf] k]l]t]glw]j ux]g]s]f]k]df x]f]g] l]j]f]out, ;y]f]ut /lgoldt x]g' c]j]Zos 5 . c;n lzl]sn]ljB]fnos]f]df x]f]g] ;dfh ?k]f]t/Ofs}cuj]f0{ul//x]s]f] xG5 .

d]f] c]g]e]j]df, x/\$ lzl]sn] c]f]g]f] k]z]f]sf af/]f]

df]h]s bl]6]s]f]f] ag]f]p]g]k]5{. d c]z] lzl]f]se]b]f s; /l s]f]f] k]w]s 5' jf xG5' e]g] P]p]6]f l]g]Z]rt n]lo l]n]P/ c]f]k]h]f0{kl/j]t]g] ug]l]t/ n]l]lg]k]5{. l]g/Gt/ cl]oog lzl]sdf ge0{g]x]g] u]f] x]f] .

### c;n lzl]f]ssf lj]z]f]t]f

!= ljB]yl]f]f]j]Of]f] e]f]f]f, e]f]f, h]f]l]t, l]n]E lj]z]f]f] c]j]Zost]f, k]w]s l]f]d]t]f]klxrfg / ;Ddfg ub]f]k]e]f]j]sf/l, d]f]of]n; ;d]t]f]d]hs / ;x]ef]l]ut]f]ds l; s]f]0]s]f] c]Eof; ug] .

@= lzl]fs P]p]6]f c;n ljB]yl]f]c]l]g ky]k]b]z]s x]f] . o; s]f n]flu go]f]F]f]g, ;lk, c]j]w]f/Of]f / c]g]e]j]sf] l]g/Gt/ v]h]l u/l kōf] ul//x]g] .

#= /f]l]i]6] lzl]f]f g]l]t / kf7]d]q]m]d]s]f c]w]f/df :y]f]g]lo kl/j]z]cg; f/ lzl]f0f l; s]0 lqmf]sn]fks]f] kf7]d]q]m]d] l]g]w]f]Of, lzl]f0f l]j]w ;fdul]s]f] l]j]sf; / kōf]u]df n]flu/x]g] . ;a]ljB]yl]f]f] l]h]1]f; f] h]u]f]p]g, l; s]0df ;x]ef]l]ut]f] a9]f]p]g / c]k]l]l]f]t l; s]0 pkn]aw x]f] ;n u/fpg lzl]f0f l; s]0 l]g]b]z]g / l; 4]f]t]s]f] c]Eof; ; s]f]o]f]g]og / To; s]f] k]e]f]j]s]f]l]t]f]s]f] c]g]l]d]g tyf d]Nof]g ul//x]g] .

\$= :t/lo l; s]0 lzl]fs, cleef]j]s / ljB]yl]f]f] c]Gt/l]q]m]f]af6 df]q ;Dej 5 . lzl]f0f l; s]0 sl]fs]f]f]l]e]q df]q ;l]dt 5]g . ljB]fno kl;/ / / ;dfhdf klg afn]l]ns]f]n]l]g/Gt/ l; l]s/x]s]f] xG5]g\ . ct]M lzl]sn]ljB]yl]f]f] cleef]j]s ;db]f]o, :y]f]g]lo ;3; :y]f] / ;/s]f/l l]g]s]f]o; f] l; s]0 / lzl]f0f l]q]m]f]sn]f]k]df ;x]s]o{/ ;%]f]f/l ug]k]5{ .

%= lzl]f0f k]z]f]nf0{; Ddf]l]gt, d]f]b]t / l]h]d]j]f/ ag]f]p]g o; s]f d]N]o, d]f]G]o]t]f, g]l]t, l; 4]f]t / s]f]g]l] b]f]l]o]j]sf] k]f]f/k]f/ / c]Eof; df Wof]g l]bg] .

lzl]fs kl/j]t]g]s]f]af]xs x]f] . ;dfh ?k]f]t/Ofs]f]cuj]f x]f] . ljB]yl]f]f]f]s]zn k]z]g]st]f]ag]f]p]g p]t]k]l]t ug] ;x]h]st]f] x]f] . ljB]fno n]f]s]t]G]q]s]f] c]Eof; ug]y]n]f] x]f] . ;dfh]sf ljB]df]g ;A]rg]f, l]j]w, kl]q]m]f / k/Dk/f]d]f]y cl]oog, c]g; G]w]g / ljZ]n]f]f]o]f u/l ;dfh ?k]f]t/Of]f]d]f o]f]u]b]f]g l]bg] g]ul/s to]f/ ug{ lzl]f]ssf] af]h]l / Jojx]f/alr t]f]n]d]h c]j]Zos 5 . ;dfhdf >d, ;do / l; hg]f]s]f] klxrfg, ;Ddfg / kōf] ug]u/fpg] sfo]f lzl]fs cl3 a9]f] v/fa lzl]fs v]bf klg kf0g] 5g . c]f]v/ v/fa a]g / ag]f]p]g s]f]l] klg OR5s / t]T]k/ x]f]g . To; h] c]f]h]a]f6 c;n lzl]fs a]g] kōf; u/f] .

# Jofj xfl/s lzlfssf nflu ufd/ pdfj



**C**gejl / ;dlk( lzlfssx;áf/f lj=;@)% df  
 ;lclfl dfu{ sf7j/, sf7df8f :yfikt  
 ufd/ klAns p-df-j= df !)+@ cgtu( lj1fg,  
 Joj:yfkg, dfglsl / lzlf ;Ífosf slfx;  
 ;-rfng ul/Psf] 5 . ofhg, ;É7g, lgbzg /  
 lgdGof h:t f klnf0{ dx( jkOf{ 7fg\$} o;  
 p-df-j-n) ;do cgsh, ;hglds, ultzn, blf /  
 khftlGqs zlf s g]df lhD}f/Lnf0{ j}flgs /  
 ljs}ot u/l sfonf0{ kefjsf/l agf0Psf] 5 .

**uof:t/lo / Jofjxfl/s lzlf klf g u/**  
**ljzj d} /fli6 / cG/f{6ct/sf kl:t:kwL{**  
 ;jyndal / b} ljsf;sf nflu ptkfs / blf  
 gful/s agfpg cfjZos ;lk / b{6sfOf klf g  
 u/l pglx;sf} eljiodf 6}f kfofpg} snhsf]  
 zlf s p2]o /x\$} 5 .

zlf s sfonhg} cg;f/ zlf s lqmfnsfk  
 ;-rfng, ljBfyl\$}ot ljw, ;do;fk}f dNrf g,  
 kfh\$6js{ l/kf{/f0l6<sup>a</sup> cflb ljlx;af6  
 ljBfyl\$} :t/j[4 ug] ul/Psf] 5 . o;sf  
 cltl/Qm lgoldt ;kdf cledvls/of tlnD,  
 sfonf uf7L, lzlf cleefjs a} s, ;-rfns  
 ;ldtsf] a} s / ;%j-;Nfx tyf k/fdz{u/\$fn]  
 kmbfol lzlf klf g e0/x\$} 5 . ;Pgfkljwsf]  
 kofu u/] sflrÉ slfx; klg khftlGqs

jftj/Ofdf ;-rfng ul/G5 . ;fy} cfdlGqt  
 klfkfsx;áf/f slff lng] ul/G5 .

elnan, afSfan, knBan, Aof6ldGg,  
 6an6lg; , PS;s;g, jgerh, zlf s edOf,  
 ;f:s[ts sfonm, s/fE} cf6m<sup>6</sup>, /Bof]6-el=  
 tyf cfo ;hglds / dgf]-hglds sfonm ;fy}  
 cfo zlf s sfonm ;-rfng; lxt ljBfno:t/lo /  
 cG/ ljBfno:t/df ;xeful e0/xg] cj;/ klf g  
 ug] ul/Psf] 5 . ljBfylx;sf] kltef k|kngsf]  
 nflu .ufd/ e0;U jflif\$ / .df0n:6f]u qdf; s  
 klqs klg k\$flzt xG5 .

ljBfnosf] cf^g} hldgd} cfwlgs ejgd  
 ;ljwf;DkG slfsf]fx; lgdffwlg 5 . ;fy}  
 lj1fg / sDk6/ Nofj, cG/f{6ct:t/sf]  
 afSfan ulp08, ;ljwf;DkG SoflGg / z4  
 vfg]fglf] Joj:yf, snhsf] cf^g} a; cflb  
 kofudf 5g\ h}of/, ul/a, blnt tyf hghft  
 ljBfylx;sf] nflu ljzj] 5faj]Q ofhg klg  
 /flvPsf] 5 .

cfudl @^& ;fnaf6 :gfts sfonm /  
 lgs6 eljiodf g}df:6;{18ul} slfx; klg  
 ;-rfng ug]ofhg /x\$} 5 . eljiodf ufd/  
 p-df-j= uof:t/lo lzlfssf] nflu Ps gdf snh  
 agfpg] nlo /flvPsf] 5 .



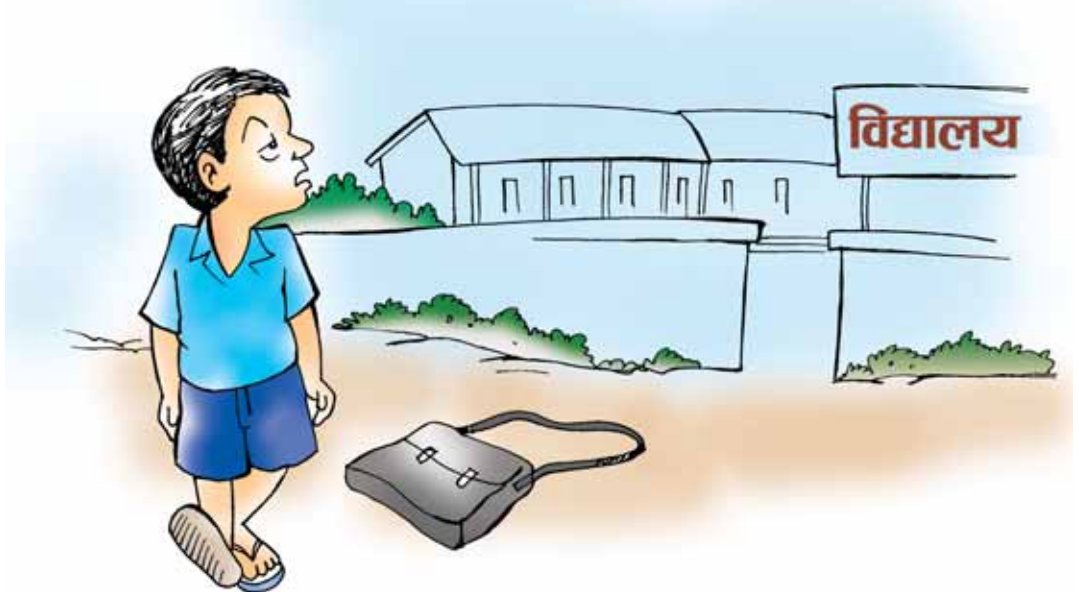
**GRAMAR PUBLIC HIGHER SECONDARY SCHOOL (GPHSS)**

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# Ij BfyLx; Isg alrřf 5f\$5g \k9g <

dřtM rf/j6f sf/0fn] ubf{afnaflnsf] alrřf Ij Bfno 5f8g] u/\$f] cWbogn] b\yp5 . klxnř] cleefjssf] xřrřmř0F/ a]f:tf . bf] ř 3/kl/jf/sf] ul/al . t] ř křfjsf/L / cfsif\$ Ij Bfno jftfj/0fsf] cefj . rfyř] cleefjs / lzlf sx;alrsf]cGt/lqmf / ; DaGwsf] cefj .



**af** naflnsf] křylds lzlf křf gubřalrřf Ij Bfno 5f8g] ; d:of gřfnsf] Ij Bfno-lzlf sf] Pp6f křv sdhfř]sf ; kdf /x\$f] 5 . Ij Bfnodf lg/Gt/ tlg jif{Dd /lx/xg] b/ (Survival rate) sd ePsf] t/f0řf /ř;x6 / kxf8df 8řl lhNnf ePsf]ř] Ij Bfjfl/lwsf] zřysfořf] lglDt :ynut cWbogsf] řř klgl log} b0{ lhNnf0{ agf0Psf] lyof]. cWbogsf lglDt 8řl / /ř;x6sf !% uřf]sf; ; ldt, b0{ gu/křlnsf sf &@ j6f ; fdbřos křylds Ij Bfno / \$#) 3/w/L ; d]řPsf lyP . /ř;x6

/ 8řl sf Ij Bfnox;df !) klřzteřbf a9l afnaflnsf] křylds txsf] lzlf křf gu/L alrřf Ij Bfno 5f8g] u/\$f] kř0of]. t/ 8řl sf] thgřdf /ř;x6df Ij Bfno 5f8g] afnaflnsf sf] b/ nueu břa/ /x\$f] 5 . cyřř\8řřdf & klřzt afnaflnsf] alrřf Ij Bfno 5f8g] eg] /ř;x6df nueu !\$ klřztn]. b} } lhNnfdf bnt afnaflnsf sf] Ij Bfno 5f8g] b/ cGo hřtsf] thgřdf a9l /x\$f] 5 . ; duřf @^ klřzt bnt afnaflnsf] Ij Bfno 5f8g] cWogaf6 b]řPsf] 5 -xřřlnsf-!\_ . o; afx\$, cWbogn]



8f0ldf & kltzt / /f;x6df !%<sup>=^</sup> kltzt s0ln] lJ Bfno 5f8g] u/\$f] b]vPsf] 5 . o; /l ; du0df lJ Bfno 5f8g] b/ s0fe0bf s0lsf] a9L 5 . To:t} zx/l l f0e0bf u0ld0f l f0df lJ Bfno 5f8g] afnaflnsf] b/ !-\$ kltztn] a9L /x\$] 5 .

**alrd} 5f8g] sf/Of**

cdf-afa' cyj} cleefj s lg/lf/ xg] g)afnaflnsf] lJ Bfno 5f8g] k0v sf/Ofsf] ; kdf /x\$] cll0ogaf6 b]vPsf] 5 . ; j }f0f ul/Psf ; Dk0f{ 3/w/ldw0sf &^ kltzt afa' / \* & kltzt cdf lg/lf/ lyP . /f;x6df t cdfsf] lg/lf/tf ( ) kltzte0bf kl g a9L /x\$] 5 -x7 tffnsf- @ . o; afx\$ afnaflnsf] 3/kl/jf/, 5/15d\$ / lJ Bfnodf v/fa ; fyl; 0sf]; 0tsf] k0fj kl g lJ Bfnodf clgoldt xg] l9nf] lJ Bfno kl g] lJ Bfnoaf6 alrd} e0lg] / lJ Bfno 5f8g] ; d:0fsf ; kdf b]vPsf 5g\.

afnaflnsf] lJ Bfno 5f8g] ul/al kl g dx0j k0f{ sf/ssf] ; kdf /x\$] b]v0f] . ; j }f0f ul/Psf 3/kl/jf/dw0}&! kltzt kl/jf/ ul/alsf] /vfdlg af0g afw0 /x\$] k0P . alrd} lJ Bfno 5f8g] nueu &\* kltzt afnaflnsf] cleefj s of t ; fg] ls; fg 5g\0f dhb/ . pglx; rf8kj{ df0g, c]f]w]krf/ ug{ b]gs hljg w0g kl0M C0df 8a\$ x05g\ . kl/jf/sf] ul/alsf sf/Of afnaflnsf lJ Bfnosf] ; \$f sddf hfgk] afw0f /x\$] s/f cll0ogn] 5n0 kf/\$] 5 . ul/alsf] sf/Of] afnaflnsf lJ Bfno ghfg] slfdf clgoldt xg] k90df sdhf] xg] / c0ttf] jf lJ Bfno 5f8g] u/\$] b]vPsf] 5 . o; sf c]t/0m vf; u/L t/f00f afnaflnsf] cj; /- nfut (Opportunity Cost) pRr xgh] kl g lJ Bfno 5f8g] s/fnf0{ k0fj kf/\$] 5 . cleefj sx;n] c'gf 5f] f5f] lsf] k90 vr0f kl g lJ Bfno ug] u/\$] b]vPsf] 5 . 5f] fe0bf 5f] ldf k90 vr{sd ug] u/\$] k0Psf] 5 . o; n] n0s lJ Bfnsf] cj: ynf0{ bz0p5 .

lJ Bfnosf] e]ts / z]fs jftj /0fs sf/Of kl g afnaflnsf] alrd} lJ Bfno 5f8g] u/\$] cll0ogn] b]vPsf] 5 . o; qmddf lJ Bfnosf] ; an e]ts cj:yf, klta4 / p]k] / t -df] be0p\_ lz]fs, k]vfg] w0kssf] ; sf/f]ds / g] j b0f eldsf tyf lz]f0f s00f : yfglo lz]f0f ; fdul / dft 0f]ffsf] k0f]u] afnaflnsf] lJ Bfnodf cfsli0 ub5 . afn; he lz]f0f] lw / z]fs ; fdulx; sf] k0f]u, v]hsb, g]o / ; 0lt h:tf c]t/0m lqmf] snfx; sf] c]f0]hg, lz]fs / lJ Bfyl{ ; xof]u k4lt, dlxf lz]fssf] pkl:y]t ; dbfo / lJ Bfnosf] ; dw/ ; Da0w tyf r:t lJ Bfno Joj:yfkg h:tf klfx;n] kl g alrd} lJ Bfno

**tflnsf ! hfltt cfwf/df lJ Bfno 5f8g] b/**

fdflhs ju{	8f0L			/f;x6			8f0L / /f;x6		
	s0f	s0l	h0df	s0f	s0l	h0df	s0f	s0l	h0df
blnt	!\$^	#(^)	\$^	!(^)	!&%	!*&	@^	@%@	@^)
hghflt	%@	^	%{	*!	*%	*#	&!	&*	&%
c0o	%#!	%#*	%#%	&@!	&\$)	&#)	^^)	^&)	^^%

: f]m 3/w/l ; j }f0f @))& -gf0M c0o hflttq axg, l f0L, dwz]l-blnt afx\$sf dwz]l, d' ndfg c]b kb5g\.

**tflnsf @ lhNndf lJ Bfno 5f8g] afnaflnsf cdfafsf] z]fs cj:yf**

z]fs l:y]t	8f0L		/f;x6		8f0L / /f;x6	
	cdf	afa'	cdf	afa'	cdf	afa'
lg/lf/	*)^	^^@	()^	*!)	*&\$	&^)
; flf/ dfq	!\$^	@(\$	^\$	(&	(!	!^#
k]y]ds	#^	@@	!%	#)	@#	@&
dfw]ds	)^	@@	!!	@^	!)	@%
k] jzsf / kl5	)^)	)^)	)\$	#&	)@	@\$

: f]m 3/w/l ; j }f0f @))&

5f8g] k] l0nf0{ lg?T; flxt kfg{ ; Sg] cll0ogn] b]vPsf] 5 . nueu ^! kltzt lJ Bfnodf ; dod} k]f0k!ts pknAw g]g] clg ^\* kltzt lJ Bfnon] k]s k!ts / yk cll0og ; fdulx; sf] k0f]u ug{ g; Sg] h:tf ; d:of lJ Bdfg /x\$] k00f] . o; af6 kl g afnaflnsf] lJ Bfno 5f8g] k] l0df 6]f kl\$] cll0ogaf6 b]v05 . ; j }f0f ul/Psf lhNnsf h0df !& kltzt lJ Bfnodf dfq afn; he lz]f0f l] lwsf] k0f]u ePsf] k00f] . af0L lJ Bfnox;n] k]f]g] k/Dk/fut z]h]s] lz]f0f l] lw k0f]u ug] u/\$] 5g\ . o:t} lJ Bfnodf v]hsb, g]o / ; 0lt sfo0m] h:tf c]t/0m lqmf] snfxsf] cej, lJ Bfyl{ / lz]fs ; xof]u k4ltsf] cej, dlxf lz]fssf] ckoff]t Joj:yf tyf lz]fs / cleefj salr ; fy\$ ; Dj fb / ; Dks\$] cej sf sf/Of lJ Bfnosf] u0f:t/ k0f]j t ePsf] k005 . kl/d0ftM afnaflnsf; lJ Bfnoklt c]sli0f xg]sf] ; \$f l] sli0f / c00df lJ Bfno g}5f8g] cj:yfdf kl\$] cll0ogaf6 b]vPsf] 5 .

ol b0{ lhNndf cf} tdf %@ hgf lJ Bfyl{ a/fa/ Pshgf lz]fs lyP . 8f0ldf \$% hgf lJ Bfyl{ a/fa/ Pshgf lz]fs / /f;x6df ^) hgf lJ Bfyl{ a/fa/ Pshgf lz]fs b]v0f] . lJ Bfnosf] cfsf/sf] ; Gbe0f 8f0ldf cf} t klt- lJ Bfno !&# hgf lJ Bfyl{ lyP eg] /f;x6df klt-

## Ij Bfno-sljbt sf/Of

- lzlfssf] Gog klta4tf
- ckof(t eflts tyf zlf]s ; ljwf
- ckfj]sf/l=sdhf] lzlf]f ljw
- lj Bfnodf xg] zf/l/s ; hfo
- lj Bfnodf gl/ ; jftf/Of
- afnafnsfsf] clgoldt pkl:ylt
- lj Bfnodf xg] ; fdlhs ebfj
- dft]ffiffdf k7gkf7gsf] cej
- lj Bfno 69f xg'
- afnafnsf k7gkf7gdf sdhf] xg'
- c ; fble\$ tyf gl/ ; kf7dk:ts
- lzlf]sdf kll] ; fxg lbg] Joj xf/sf] sdl
- afnafnsf] uk\$fo{
- slff bfx]ofpg]k]l]Q lg? ; flxt ug{g ; Sg'
- lj Bfnodf Pshgf dfq lzlf]s xg'
- gl/ ; / tgj]kof{ jftf/Of
- cldnbf] lj Bfno ; do
- slffdf clolws lj Bfyl{ ; aVof

## kl/jf/-sljbt sf/Of

- ul/al
- rf8kj /l]tl/j fh
- afnafnsfsf] pRr cj ; / nfut (High opportunity cost)
- Hofnf, dnb/ldf afnafnsfsf] kofl]
- lj Bfno vr{ltg]k}fsf] cej
- cdf-afasf] lg/lf/tf
- sdhf] kfl/jfl/s= ; fdlhs zlf]s :t/
- k9f0klt cdf-afasf] ajf:tf=c?lr
- 7hf] kl/jf/
- lj vl08t kl/jf/
- a ; fOf/f0
- ef0-alxgsf] x]rfx ug{k] afnbt
- /f]il cdf-afa'
- kl/jf/df sdfpg] JolQmsf] lgwg
- 3/h' afn>ldssf] dfu a9g'
- 3/df .k9l eg] kll] ; fxg gul/g'

afnafnsf alrd] k9f0  
lsg 5f8g\<

## Ij Bfyl{s]ljbt sf/Of

- bl3\$fnlg :jf:Yo ; d:of
- k9f0klt]sf] afnafnsfsf] Gog ?rl
- ;fgdf lj jfx -lj z]u/l s]lx]sf]
- l9nf] -a9l pd]\_ lj Bfno k]z
- af/Daf/ la/fdl kg{
- v/fa bfx]lx]sf] ; Et / kfej

## ;fdlhs÷;f:s]ts / ;dbfo-sljbt sf/Of

- :yfgo /fhgllt / zlQmsf klfw/x]sf]kfej
- bf0hf] kyf
- ;fdlhs rfxgdf sdl
- ;fdlhs rfnrng / /l]tl/j fh
- ;fdlhs z]kdf 3hldn xg g ; Sg'
- lj Bfnodf ; dbfosf] ; xelutdf sdl

-ljleq cg;Gwfg tyf clbog kl]t]g]x]sf] k]l]j]n]f]g ubf{afnafnsf] alrd] lj Bfno 5f8g]sf k5f]8 dfl] p]lln]vt sf/Ofx; lhd]j]f/ /x]f] k]f0f] .

**lzlfssf]eldsfnf0{cfhefl]h slffsf]fdf dfq ;lldt u/] xg]k/Dk/fut ; f]f0df w}}kl/jt]g cf0; s\$]f] 5 . sg}afnafnsf lj Bfno cfPg jf lj Bfno 5f8] uP eg]w}}xb;Dd lzlf]sn]klg To; sf]pQ/bf]o]j jxg ug{k]g] xG5 .**

b/ sd ug{ ;lsg] bl]vG5 .  
; aN]k]df eGbf dhtM rf/j6f sf/Ofn] ubf{ afnafnsf]alrd}lj Bfno 5f8g]u/\$]f]bl]vG5 .  
klxn] cleefj]ssf]x]h]r]m]f0F/ ajf:tf . bf] fl] 3/kl/jf/sf]ul/al . t] fl] kfej]sf/l / cfsif] lj Bfno jftfj/Ofsf]cej . r]f]fl] cleefj]s / lzlf]sx]alrsf]c]t/lqmf / ;DaGwsf]cej . afnafnsfsf]k9f0klt]sf]c?lr log}rf/ sf/Ofsf] c]t/ ;DaGwsf]kl/Of]d xf] . o; afx\$ afnafnsfsf] 3/kl/jf/, 5/15d\$ / lj Bfnodf v/fa ; fyl; f]sf] ; Etsf]kfej]klg lj Bfnodf clgoldt xg] l9nf] lj Bfno kl]g] lj Bfnoaf6 alrd] efl]g]/ c]t]tM lj Bfno 5f8g]sf/Of aG uPsf] bl]vG5 .

lj Bfno #%) hgf lj Bfyl{e]bP . ol b0{lhNn]fdf cf}tdf %) hgf kl]t slffdf lj Bfyl{x; egf{ ePsf] bl]vof] . 8f]ldf Pp6f slffdf cf}t # ( lj Bfyl{bl]vof]eg]/f]x6df kl]t slffdf ^^ hgf lj Bfyl{bl]vP . o; /l slffsf]cfsf/ 7hf]e0]b]ff lzlf]ssf]lj Bfyl]fl]y lgu/fgl sd xg]/ To; n] kl]g .8k-cfp6l sf] b/ a9fpg]u/\$]f] k]f0G5 . cl]oogaf6 k]k]t tYof]nf0{lj Zn]f]Of ubf{5f]q]sf nflu cnlu}z]f]fnosf]Joj:yf xg]xf]eg]lj Bfno 5f8g]b/nf0{@% u0ffn]36fpg ;lsg]/ k]f]y]ds lj Bfnodf kfFhgf jf ; f]e]bf a9l lzlf]s s]f]sf] Joj:yf xg] xf] eg] @& u0ffn] .8k-cfp6l sf]

**;dfwfg s] t <**  
afnafnsf]lj Bfno 5f8g] ; d:of ; dfwfg ug\$] nflu ; j]k]yd lj Bfnosf]jftfj/Of ; wfg{cfj Zos xG5 . lj Bfnosf]jftfj/Of ; wfg]/ lzlf]sf]u0f:t/ j]4 ug] klxn] JolQm .lzlf]sl xg\ . lzlf]ssf] eldsfnf0{cfhefl]h slffsf]fdf dfq ;lldt u/] xg]k/Dk/fut ; f]f0df w}}kl/jt]g cf0; s\$]f]

5 . ; du| lj Bfnosf] lj sf; sf nflu lzlfnsn] ; dbfo; ħsf] ; DaGw lj :tf/df Wofg lbgk5{. sg}afnafnsf lj Bfno cPpg jf lj Bfno 5f8] uP eg] w}} xb; Dd lzlfnsn] klg To; sf] pQ/bfioTj jxg ugkG] xG5 . o; /L lzlfssf] eldsfnf0{km/flsnf] agfpg lzlf-; xofu k4ltsf] lj sf; ug{ pQs} dxlfj kOf{ xG5 . To; cGtuĕ lzlfnsnf0{ lj Bfno lg/Llfs; ; JolQm tyf klfqWofksaf6 kZfut ; xofu klfq ug] oflo / stJolg7 lzlfnsnf0{; do-; dodf k/:sĕ ug] lj Bfnodf cfwl/t kgtfĥul tlfndx;sf]; ~rfng h:tf sfoĥnd Nofpg'clgjfo{xG5 . To:t} lzlfnsnf0{ klg lj Bfno Joj:yfkg sfoĥf ; xofu tyf ; xeflutdhs eldsf vġg clek\T ug{; lsof] eg] ; du| lj Bfnosf] lj sf; df yk 6] f kU5 .

; a} ; /fĕsf/jfnfx; afnafnsfn] alrðf lj Bfno 5f8] uDe/ ; d:ofs]; dWfgsf nflu aĥðf Psh6 xgkG] bġV65 . o; sf nflu cleefj sx;df zġlfs hfuf?stf Nofpg ; flf/tf cleofg sfoĥnd, ul/a / lk5l8Psf kl/jf/sf afnafnsfnf0{ lj Bfnosf] ; DkOf{ vrĕf] kĥGw, ul/a tyf lk5l8Psf cleefjssf] klxrfq u/L lj zġf kġf; fxg .kofshlsf] Joj:yf, lgoldt ; kdf lzlf-; cleefj s cġt/lqmf / ul/a lj Bfylĕf nflu lbjġ vĥfsf] Joj:yf h:tf sfoĥ] alrðf afnafnsfn] lj Bfno 5f8] s/fnf0{ lg?T; flxt ug{d2t bġV65 . To:t} lj Bfno:t/df afn; he lzlf0f lj lw; DaGw lj Bfno-sġbġ tlfnddfkmĕ lzlfssf] uOf:t/ clejġ ug] dġWod efiffsf] ; kdf dftĕfiff ; dġ u/L b0] ġf efiff kOfu ug{ kfpG] u/L lzlf0sf] Joj:yf ldnfpg] lj Bfylĕf] k9f0df JolQmut lgu/fgl ug] sdhf] lj Bfylĕf nflu clt/Qm k9f0sf] Joj:yf ug] h:tf sfoĥ] klg lj Bfno 5f8] kġ Qnf0{lg?T; flxt ug{; xofu kġg] s/fdf lġlj wf 5ġ . ; fy} kfylds txdflxnf lzlfnsnf0{kyldstf lbg] gllt agf0{To; sf] sfoĥ] og ul/g' clt h?/L bġV65 . ; jġf0f ul/Psf #e& hgf lzlfsdWb} # ( klġzt dfq dlxnf lzlfns lyP . ^ jġf lj Bfnodf t Pshgf klg dlxnf lzlfns lyPgg\.

blif0f-Plzofs dh5x;sf] thgdf gkfnf kfylds lj Bfnodf afnafnsfn] slff bġf] ofpg] / lj Bfno 5f8] .8k-cfp6\_ sf] b/ Psbd pRr /xĕf] 5 . t; y{o; nf0{ lgoġof ug] kmĕ ; dod} plrt sbd grflg] x] eg] .; aĕf nflu lzlfll sfoĥnd ; km xg] s/f vfnl lbjġ: j kgtWno dfq xg] bġV65 .

-lqejg lj Zj lj Bfno, lzlfzf:q ; sfol sltĕ/df kġWofk/t stz0n] gkfnf afnafnsfn] lj Bfno 5f8] sf ; dġhs tyf cġf; ; ĕsx; / kfylds lzlfss] uOf:t/; ħ o; sf] ; DaGw lj Bfnodf xfn] ef/tsf] k-hj lj Zj lj Bfnodf lj Bfj fl/w txsf] nflu aWPsf] zġkqdf cfwl/t .

## pRr .8k-cfp6U bġbf=

of] lj Bfnodf .sdkfp08-jfnl lyPg . lj Bfno kl/; /df ufoĕ]rl//xĕf lyP . slffsf]f whf0d] / kmĕf] lyP . lzlf sx; kofġt / tlfnd kġt t lyP t/, lzlf sx; k7gk7gkġt pT; fxl / pTkl\T rflx ffnlbg] . lj Bfnodf kgtfĥul tlfndsf] Joj:yf lyPg . lj Bfno 5f8] sĕl afnafnsf sf cleefj snġ lzlf sx; slxnĕfxlFdfq lj Bfnodf hfġ5g\veġg] ugf; f] u/ĕf] kf0of] . sĕl cleefj sx;sf] syg lyof] æzlfns lj gf g} afnafnsfn] 306fF0d slffsf] df sg} s/f gl; sl latpg' k5{.Æ

lj Bfno Joj:yfkg ; ldt / ; dbfoalr vf; ; DaGw lyPg . lj Bfnonf0{ ; dbfosf] rfxg] hlt ; xofu lyPg / slxnĕfxlF; DaGw e0xfn] klg cġf]f] / cln tgġf kOf{ klg xg] uYof] . lj Bfnosf] gġ] j klg cġf] sf/L lyof] . cleefj sx; n] of] cġ; Gwfgstf0f{ atfPcg; f/ pglx; nf0{ lj Bfnosf lj leġ lqmf snfkdf ; xeful xg t dg nġ5 t/ lj Bfnon] vĥsb, jflifĕ lbj ; cġbsf] cfoġhg] g} ubġ / pglx; ; xeful xg] cġ; /af6 jl-rt xG5g\ . pglx; nf0{ lj Bfnosf] sfoĥndf slxNo} klg 8flsbġ . cleefj s-lzlfns ; ĕsf] u7g ul/Psf] ePklg To; sf] sg} eldsf lyPg . sdhf] lj Bfylĕf nflu lj zġf slff jf .sflr-aU slffsf] kĥGw ul/Psf] lyPg . o:tf] kl/l:yltdf ; ~rflnt lj Bfnosf afnafnsfn] alrd} k9f0{ 5f8] eġbf cfZro{ nġg] :ylt lyPg .

## Goġ .8k-cfp6U xġfĕ

of] lj Bfnodf \$)) eġbf a9l lj Bfyl{egf} ePsf lyP . eġ /df] lyof] uġp08 ; km lyof] / lj Bfno kl/; /df ; fg] auĕf klg lyof] . clwsfz lzlf tlfndkġt lyP . lj Bfnon] lzlf sx;sf nflu kgtfĥul tlfndsf] Joj:yf u/ĕf] lyof] . lj Bfno Joj:yfkg ; ldt Joj:yfkgdf b0lrQ bġV6of] . lj Bfnosf] pġgltf nflu klfqWofks, lzlfnsufot ; a} klġt4 kf0ġy] . klfqWofks lj Bfnosf] pġgltf] nflu lj zġf hfuf?s lyP . lj Bfnonf0{ s; /L /df] agfpg] eġg] :ki6 .lehgl sf ; fy} ; xsdl{ ; fylx; kġt klg kĕ ; xofu /xĕf] kf0of] . lj Bfno gġ] j n] c;nf0{lgSs} kĕfj kf/ĕf] bġvof] .

lj Bfno, ; dbfoaf6 sfġ hġdf ug{ / cġo lj leġ lqmf snfksf nflu lhNnf lzlf sfoĥfoaf6 ; xofu lng ; km ePsf] lyof] . lj Bfnodf Pp6f cġlu} k9ġ] sg] - l/l8<sup>a</sup> sg\ sf] klg Joj:yf lyof] . clwsfz lzlf lzlf /gb] zsf / lzlf0f ; fdulx;sf] kOfu uy] . w}ĥ; f] cleefj s lj Bfno uP/ afnafnsf sf] k7gk7g / ; d:ofaf/] alWx6y] . lzlf / lj Bfyl{ bġ ĕf] lj Bfnodf pkl:yltsf] /ĕ8{ /df] lyof] . slffsf] df afnafnsf sf] nflu ; lj wĥgs 9Eġ] a:g] Joj:yf ldnf0Psf] lyof] . lj Bfnon] ; wf/ ofġhg] agfP/ To; sf] sfoĥ] og / j flifĕ ahġ ; dġ ; f] ġlgs ug] u/ĕf] kf0of] . lj Bfnosf] :t/fġgt / kġltaf/] kġdWofsg ug{ lzlf / lj Bfno Joj:yfkg ; ldt sf ; b:alr lgoldt a} sx; x6y] .

# gkfn-clwog

8f= tly(xfb/ >]7



# xS/n]

# klxNofPsf]

# lxdfnl j e j

cfheGb (^) jifcI3 gkfn, ef/t / l;ISSdsf ljleG lqaf6 xS/n] ;ft xhf/eGb a9L khfltsf la?jfx;sf]gdgf / aplahg ;Ing u/] ahfotsf]So" pBfgdf kfoPsf lyP . Toltahf;Dd lxdfnl lqdf %) khfltsf u/fFsf]dfq clenY lyof]. xS/n]To;df @% j6f gofFkhfltsf u/fF yk].

**a**n hEaxfb/sf] j e j gkfnl jg:kltsf] c] ifof Ps kVoft jg:kltlj b\ hf] km 8 6g xS/sf] / :yfg kJL{gkfn]tdf] pKtosf . s:tf]xhf]xf]Toltahf]sf]Tof]lnDajfg lqdl hltahf vDajfgdf ; u/dfyf .; u/dfyfl lyPg . g .Pe/ibul g}lyof]. ljZj sf] ; jfr lzv/sf]ku/L s-rgh<sup>a</sup>sf]yflknof /xsf]cj:yf lyof]. To; u/L ; ufhl ; lGwn]vDRoifPsf]gkfnf .gofFdhsl cyff\Xfnsf rf/ lhnf afE] alb6f, shnl / s-rqk/ hf]Bpsf lyPg\ . To; cydf cfhsf] yf; jfg klg xfdl; E lyPg . xS/ ; g\!\*\$& sf]grda/ !! df ahfotaf6 klyfg u/] ; g\!\*\$\* sf]hgj/L !@ sf lbg snsQf jg:klt pBfg cf0ku\$ lyP . ; f]pBfgsf kdv 8f= knlSfg/ (Dr. Falconer) n]xS/nf0{

k]L{ lxdfnsf] ofqsf nflu l; knl/; u/] . To; ahf; Dd l; ISSdnufot k]L{ lxdfnl lqdf sg} ljbZl ofq jf k\$[t cG]f]sn} kbk0f u/\$f]lyPg . xS/ :jo+ahfotsf]ljZj kVoft jg:klt pBfg .Solsf ky/ ljafg\lyP . pgsf lktf ; / ljinod xS/ To; pBfgsf lgbZs . .So" pBfgsf] ; kgf sf7df8f0f ; fsf/ 5U eGg kl; 4 slj ?8f]km lslkn<sup>a</sup> (Kipling) sf]pbul/n] ubf{klg ahfotl jg:kltlj bx; gkfnklt x?Ss} lyP . xg klg xS/eGb klxn] ; g\!\*@ df gkfn edof ugI knlC; ; jrgfg\XofldN6g / ; g\!\*@ df edof ugI snstf pBfgsf ; k/160806 gfyflgon jflnrn] ; of; of; gofF jg:klt j e j gkfnaf6 hf]B; s\$ lyP . t; y{ k]L{gkfn / l; ISSd edof ugI xS/sf] pT; fx,

hf/ / aGbfa:tl ljzif k\$/sf] lyof].

xs/sf] gkfn ofqdf %^ hgf ; fdh lyP . pgsf] kfn, la5baf, nOfsk8f, lsf, sfuhkq / j] fgs pks/ofx; cf] fg{ kof{t sNnl sfdbf/x; tgy lyP . jg:klt gdf ; sfg kofu xg] sfuh / pks/of af\$g ; ft hjfg el/of vl6Psf lyP . gkfn ; /sf/n] /yby / ; /lfsf nflu v6fPsf b0{ sdcf/l / ^ hgf uf8\$ klg cf-cf'g}el/of lyP . tlghgf nlf sf\$; ; v r9g] / jg:klt gdf ; l'ng ug] sfddf vl6Psf lyP . To; }u/ r/f ljzif j'f'og x8\g (Brian Houghton Hodgon) Sf lglDt r/f ; l'ng ug] lzsf/l / r/fsf] gdf tof/ ug] ljzif x; klg 6fhldf ; fdh lyP . t/kl5, x8\g la/fdl k/\$fn] xs/sf] ; fy nllg ; sgg\ . pgl bhlln<sup>a</sup>d] a; ] .

xs/sf] ofhgfcg; f/ pgn] klxf pQ/L l; lSsd ofq ug] lyof] . t/ , kj z'f1f cf0; s\$] lyPg . t'klg anldRo0af6] l; lSsdleq l5/ . lal6z ; /sf/sf] an / zlQmsf] ; fd' To] : jfe] j's} klg blvGyof] . t/ , l; lSsd /fhaf6 pQ/L ; ldf kj z'f1f kf0g; s\$] cj :yf xgfn] xs/ tyf pgsf ; xofq SofDkjth (Dr. Campbell) nf0{ l; lSsd ; /sf/n] km] y6of] . SofDkjth lal6z cwlg:y bhlln<sup>a</sup>sf ; k/l60806 lyP . lal6z ; /sf/n] l; lSsdly wfj af]g] wDsl lbPKl5 agblao dQm eP . kl5 uP/ l; lSsd /fhosf] sxl e="efu Toxl k\$/ofdf lal6znf0{ ; dk0f klg ug] k'of] . Tolthf gkfn] rlf; ; fjwgl'sf ; fy xs/nf0{ gkfn kj z' ug] ; ljwf ; xh} k'bg u'of] . gkfn b/af/sf nflu lal6z cfj; ; lo kl'tglw (Resident) Sof] yf] l (Colonel Thorsby) sf] ; lqotfdf hEaxfb/sf] k'fj n] jf egf k'fkn] xs/nf0{ pgsf] OR5g; f/ gkfn'sf] k'l{ (efu edof ug] ; xlot k'bg eof] . tbg; f/ vl6Psf gkfnl sdcf/lao / ^ hjfg l; kfxlsf] eldsf / ; xof] uaf/] xs/n] cf'gf] ofqf lj j / ofdf 7fp7fp'f o; / l pNny u/\$f 5gN agkfn'sf] Ps sdcf/l ; w; d'f] ; fydf /xGyof] / cg\$] ; fgltg; ; jf k'bg ub'of] c; l; kfxlx; ofq bndf 5l/P/ a:by] Pshgf cul8 nfu] lzlj / :yng] Joj :yf ug] { kl'byof] eg] csf] Pshgf k5f18 a; ] ; dk0f{ bnnf0{ v] Nofpof] . c<sup>a</sup>u] ; /sf/ ; f/ fdl] s6glts ; DaGw /fv\$] sf/of hEaxfb/ ; g\!\*\*\* sf] hg -lj = + ! ( ! ^ , h7 -c; f/\_ df . gofFdhsl gkfnleq ufEg ; kmn eP .

**gkfnofqf**

gkfn kj z'sf nflu xs/n] ; g\!\*\*\* sf] cS6f / & sf lbg bhlln<sup>a</sup> 5f8] . gkfn / bhlln<sup>a</sup> sf]



kfgl9nf] (Watershed) 56b'pg] l; uflnnf kj f sf6] klZrd nflu} hfudf0{ pkTosf (Myong Valley) lt/ %]. To; pkTosfnf0{ pgn] .pNnyglo / /d0f0l :yng] ; kdf j'ofg u/\$f 5g\ . Toltv] Onfdfs afi; Gbx; df dVotof af'xdof / ddx; lyP . To; sf cti/Qm; lSsdaf6 efu] cPsf sxl n'rfx; klg lyP . tldllo] gkfn ; /sf/n] ..sfhl] pkflw lbPsf JoIQm; klg kb'v] . ddx; sf af/df xs/ n'5g\ aloglx; ltAatl dhsf dflg; xg\ . l; lSsd / lxf; fsf] af6'f'f kg] .gl'df] / .z<sup>a</sup>u] gdfs b0{ lhNn'sf ; eQm gfdn] lognf0{ .glz<sup>a</sup>u] klg elg65 . dlwo gkfn / k'l{ gkfn'df logsf] afxNo 5 . slif Pj +kzkfngnf0{ dVo Joj ; fo agf0{ \$,) lkn6b]v ^,) lkn6sf] prf0df 3fFn] 5fPsf]

# gġkn-cwboġ

9Ēfsf] 3/df loglx; a:bf /x5g\Æ  
 df0{pkTosfsf]j0fġ ub{x5/n]nŷsf 5g\  
 æToxfĒf] bZo Hofb} ;Gb/ lyof]. Ij zif u/ŷ  
 vġf]; Nnfsf jgn]9kSs 9fs\$ kfvfx; 7fpF  
 7fpĒf aF% s6; sf jg / alr-alsf vġf; fx;df  
 piOf jg:kltsf] kř/tfn] tl :yn /d0flo xġsf  
 ;fy; jR5 kfglsf]kj fx klg pNnyġlo lyof].  
 vġaf/Ldf wfġ, sfġf] / ds\$ŷf] vġl ul/Ġyof].  
 g/gf/L Pj +s0fsġlx; ds\$ŷf] yfġf] agfpgdf  
 Jo:t blvġy]. ds\$ŷf]Lsf 5p5fpdf cNnf]-l; :gfsf  
 3f/L klg kř/ dfqdf lyP Æ  
 xS/n] e0sf dġl{ hġlt cġhefġh 0nfddf  
 eġfġg\ . s] Toŷf hġlt g} nġk eof] < cyjf  
 qfd÷kl/ro abġnof] <of] 5\$} vġh÷cg; Ġwfgsf]  
 Ij ifo ePsfġh] clxn] Totf gnfuf}. bġhġn<sup>a</sup>af6

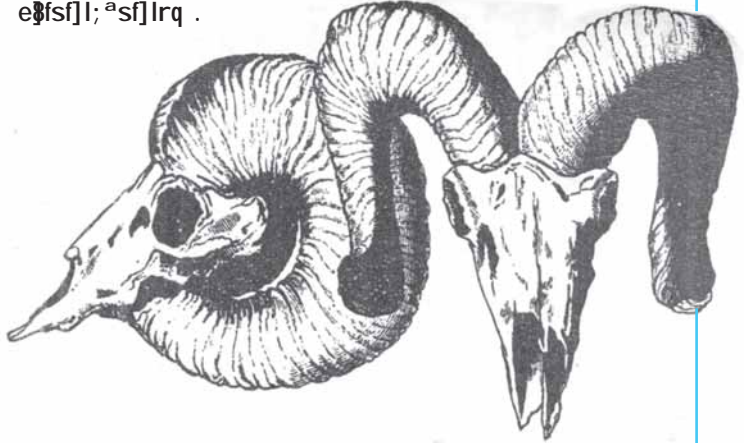
xS/ nġ5gM æof] Ps k0f{ ;Gġf6f lyof] st} sġ}  
 cfjfh lyPg . st} 6f9af6 xġ] jf xġg eg%u/L  
 kfglsf] %0d%0d cfjfh slxn] ;lgġ] slxn] x/fpg]  
 ub{of]. clġ kfglsf]o:t}cġtxġ cfjfh g}axdf08sf]  
 ;Ēlt agġ (Music of the spheres) u~hġ5 .  
 lxdfnosf] o:t} cbæt Pj+cnf]ss kġfj n] Toxf  
 kġġ; lxdfn?kl bġfġdfsf] cġej ub5g\Æ



gġkn I5/\$f] sġl lbgleg}0nfdsf] df0{vġġfdf  
 xS/n]wgġf r/f jge/L bġy]. o; sf]dfġf]rRrġsf]  
 dfly c; wgġf]sf]h:tř] xġ8 hd\$ŷf] cĒ xġg .  
 gġkndf eġPsf] sf/of To; n] .gġkn-wġf] /  
 jġ]fġs ġfd .Pl; /ř] lġknf]; /ġ křPsf]blvġ5 .  
 t/ xS/sf] pkoQm j 0fġkl5 Toŷf] kġ5l gġkndf  
 kġM eġPsf] 5ġ .  
 xS/sf] ofqf Ij j/0fdf dxef/t zġ\vnf /  
 l; uġnnf kġ {sf]; Ed lġlt/ .tř]nġl eġġ:yfgsf]  
 j 0fġ clws eġġ5 . zfof j t0fgsf] tġDn<sup>a</sup> g}  
 xS/sf] .tř]nġl lyof]. h] ePtř kġ tř]nġf6  
 pQ/lt/ lxdfR5fġt lġ, bfofĒ/ l; lSsd /ġo,  
 bġ]lt/ gġkn / blġ0fdf t/f0{/ ef/tsf]; dy/  
 e<sup>a</sup>efu 5nĒ blvġ] xġgn] bZofj nř\$gsf] bġġn]  
 Toŷf:yn Hofb}cġsh lyof]. laxġlsf]; 0š/0fdf  
 pQ/lt/ s~rgh<sup>a</sup>Sfnufot cġ\$ŷf]Hxdzlv/x;  
 / ltġsf alralrdf oġq kġnPsf cġ\$ŷf]  
 lxdġlx; (Glaciers) sf] aofġdf xS/ nġ5g\  
 ætl ġlnf lxdġlx; tġf/řfĒ (Frosted Silver)  
 df h8\$ġ ġlnf ofġky/%%0dnf0/x\$ŷf lyP Æ  
 ;ġ!\*\$\* sf] ġġa/ dlxġsf]klxnf]xġtsf]  
 pQm j 0fġkl5 ġġa/sf] cġtolt/ cġġ<sup>a</sup>r<sup>a</sup> lġdf  
 of<sup>a</sup>df vġġsf]l; /ġlt/sf cġġtlt lxdġlx;df  
 pġl :jo+kbġk0f ug{ ;kġn eP . o; u/L  
 I8; ġa/sf] klxnf]; fġf wġ; f vġġsf]l; /ġlt/  
 ofn<sup>a</sup> lġdf ltġ]lxdġlx;sf]ed0f u/]. xS/sf]  
 j 0fġġf6l lxdfn0df lxdġlx; Hofb} ġmfzġn  
 /x\$ŷf / ToxfĒf pkTosf, ufġā:tl / ġbl-au/x;  
 sġġġh lxdġfn lyP eġġ] kġ6 blvġ5 . tġn  
 ;Skl5 pknAw ePsf u/fx; / ;-; ġfġ 6f/L  
 k/\$ŷf 7fpĒf ufġā:tl :yġġf ePsf] blvġ5 .  
 cġhefġh Ij Zj pi0fS/of (Global warming) sf]  
 kġfj sf] laulaulsf s'ř ubf{ lxdfn /  
 lxdġlx;sf af/0f xġdġn] yk} hġġsf/L /Vġ'  
 k/\$ŷf]5 . cġġ<sup>a</sup>r<sup>a</sup> lġdf sġl lxdġlx; k/fkġ}  
 sfndf ;db]txaf6 !),)) lkn6sf] pġf0; 0d  
 tn %/\$ŷf] s'ř xS/sf] cġnř\$ġaf6 %ġSġ5 .  
 s~rgh<sup>a</sup>Sf lġdf ;j ġġvs lxdġbl 5ġ\  
 lxdġbl]lġdf u/\$ŷf pkTosfx; Hofb}kġfġsnf  
 xġ5g\ bfofġafofFuġġl u/fx; lġdf ePsf  
 xġ5g\ . / ; du0f pkTosfn] c<sup>a</sup>uġl clf/sf]  
 o" (U) cfsf/ ġġ5 . lxdġblsf] kġfj ġk/\$ŷf  
 / j ġfġ\$ŷf]kġġn]lrbf{lrbf{u/ŷ} ag\$ŷf]pkTosf  
 rġfXfulx/f] / el (v) cfsf/sf] xġ5 .  
 ;ġ!\*\$\* sf] ġġa/ /# sf lġg xS/  
 cġġ<sup>a</sup>r<sup>a</sup> kġb5ġ\ . To; kġ5 ;fB/f] tdfř] pkTosf  
 I5řġġ] Psġġ6 lxdġbl] agPsf] kġfġsnf] kġfġ  
 -pkTosf df kġ5ġ\ . ToxfĒf] xl/ofġn] el/k0f]  
 lrdġn, u/ř / wkl clġ rġf] / uġfasf 3f/ġn]  
 pġnř0{ dfġxt tNofġ5 . t/, !),)) lkn6sf]  
 pġf0df cġl:yt ufġġ/k/ wkl jf I7<sup>a</sup>u]; Nnfsf]

jg eg] ; vfk ePsf] b]5g\ . 3/ a; fpg sf7  
 sfl6Psf cyjf l7<sup>a</sup>u\$ kmlf0 agf0(ltAat lgsf; l  
 ul/Psf sf/Of g]jg kftlnPsf]cgdfig u5g\pgl .  
 gblsf]k]l{lsqf/df lgdff ePsf]7hf] ; dy/  
 elddf cjl:yt sl/a ; o w/lst] Toj ufpf  
 k]o\$ 3/ sf7n] ag\$ / cS; / b0fNn] tyf  
 ; DkGg vfnst b]vGy] . 3/3/df clnf] vffdf  
 km/f0Psf wd4lj hfn]ubf{sg} ; fdlb\$ agb/ufxdf  
 8Efsf]aufn h:t}b]vGyof]6f9faf6 xdf{ . dfig; x;  
 ltAatl dhsf / ltgsf] cfltyo /doflo lyof] .  
 3/x; ; fdfgotof @) lkn6 hit clnf lyP /  
 \$)-\*) lkn6 nfdf 3/df w} kl/jf/ ldn]  
 a:by] . gg / gfgldf dy\$]ef\$]lrofsf]clj/n  
 cfltyo efb khzsf gkfnlx;sf] ; :sf/ g}xf] .  
 / , xS/n]klg Toxl efb] . hf] uxF-s? , sff]  
 tyf dhf, cfn' l; dl / ; nud kfozll ltgsf  
 blgs cxf/ lyP . bW, bxl, sv/f, c08f, ; E/  
 / ofssf] df; ' ; DkGg ju\$ cxf/df kbY] .  
 xS/sf]ofaf ljj /Ofdf cfnst]k] E sfof  
 !^ ) jif{klxn] efb] ufpf;df dfq cfn' lyof] .  
 tnlt/sf cfn' Pj +kxfl lfg h:t}tfnh<sup>a</sup> /  
 Onfddf cfnaf/] s; hfo{ hfgsf/L; Dd lyPg .  
 t; y{ gkfnf cfnst] k] z pQ/lt/af6} ePsf]  
 xgk5{ eGg} cgdfig ug{ ; ls65 . pQ/lt/sf]  
 cfjft-hfjt / Jofkf/ pNnyglo lyof] .  
 cfn<sup>a</sup>r<sup>a</sup>sf] uf]fn] gkfn ; /sf/nf0{ klt jif{  
 ?=^,)) a%pgkg]plny o; jofdf 5 . k]o\$  
 ofsakt Ps l; lnE -c<sup>a</sup>u<sup>h</sup> / 3fBfnf0{rf/  
 l; lnE tyf rfxl uf0{ efb, pny tyf gkfnaf6  
 hfg]sf7df klg eG; f/ nfluYof] . eG; f/sf]gfsf  
 -l; dfgf\_s] ufpf<sup>a</sup>of<sup>a</sup> !#%)) lkn6sf]prf0df  
 /x\$] ePtf klg Toxf@))-#)) 3/x; lyP .  
 Toj ufpFklg lxdgbln] yuPsf] uPfg / 9Efsf]  
 yk<sup>a</sup> cjl:yt lyof] . Toxfklg dhf, hf}  
 cfn' / ; nudsf] v]l xg] s'f plny 5 .  
 gfb]a/sf] cflv/l xltfsf] lxdfnl lfgsf]  
 k]s]ts jofg ug{ ; lhnf] xbg . xS/sf]aofgdf  
 elgPsf] 5, aToxfFlbpF\$] cfsz afbn/lxt  
 glnf] ulx/f] ; ju\$] z; kdf cjt/Of x65 eg]  
 /ftdf cWof/f\$]ulx/f0df rldsg]tf/ix;sf]bZ  
 c6o etnaf6 ; Dej xbg A To; lfgdf xg]  
 ; Gg6fsf]p]s]6 cgejn]dfgj xhfonf0{cnf]ss  
 cfgGbd kfofpg] s'/sf]aofg ub{xS/ n]5gM  
 aToj] Ps kof{ ; Gg6f lyof] st} sg} cfjfh  
 lyPg . st} 6f9faf6 xi] jf xfoG eg%)-u/l  
 kfglsf] %D%Dd cfjfh slxn] ; lgg] slxn]x/fpg]  
 ub]of] . zfoB Toxl g]jftfj/Ofsf]hljGt 9s9sl  
 (Pulsation) lyof] . o:t} kl/jzn] xfdl] dgnf0{  
 jf:tljstfeGbf cln 6f9fsf] Ps cfbzdo  
 ; :d/Ofdf kfof0lb65 . :ju\$]Ps axb\pHofn]  
 lbofh] xfdlnf0{ k]l]lsf] etnaf6 p7fP/ dflj

xS/n]ToItah}sf]\$]lxdfnl  
 e\$fsf]l; ^sf]lrq .



e\$fsf hvdn] l; ^sf] aofg ub{xS/ n]5g\ a; }  
 ldlNsPsf] of] e\$fsf] vfgm] l; ^leq :ofn af;  
 a:5 A o:tf] e\$fsf #)-\$) j6fsf] ayfg kn/kn/  
 e]6f lxdfnl ofqdf ylst Pj +df;xf/af6 j1-rt  
 df65hfo{lzsf/sf] tntn nflu' :jfe]ljs xlf To; h]  
 xS/ aG6S gaf\$]l cPsfdf k5tf] u5g\ .

c6tl/lfd tlyg nufp5 . clg kfglsf] o:t}  
 c6txlg cfjfh g}axdf08sf] ; EIt ag] (Mu-  
 sic of the spheres) u<sup>a</sup>-h65 . lxdfnosf] o:t}  
 cbat Pj +cnf]ss kefjn]ToxfKldg; b] fdf  
 lxdfnsf] cgej ub5g\A  
 cf'gf] ofqsf] qmddf xS/n] wG; f vhf]sf]  
 pkNnf] pkTosf, ljjz] u/] vdkfr]sf] /fd]  
 jofg u/]sf 5g\ . Psflt/ @%#!@ lkn6sf]  
 lxdlv/ cslf/!(,)) lkn6sf]lvz/sf]3fFdf  
 !!,\$)) lkn6sf]prf0df cjl:yt of] ufpf dfq  
 !@ 3/ lyP . sf7]sf7n]ag\$ / df6fh]kfl]Psf  
 tl 3/ km]f]snf]3fFdfgdf 7l8Psf lyP . o:tf]  
 bu6 / ljs6 7fpf lsg dfig; sf]a:tl a:5 <  
 xS/nf0{cfZro{nfu\$] lyof] . s]lf pTkfbgdf  
 dhf, cfn' / hf]dfq ; Dej lyof] . cej}cej  
 ePsf] :ynsf dfig; x;sf] cfltyo klg clatlo  
 lyof] . Itgx;n] kfxgfnf0{ s:t/l d]sf] ; fK]  
 / /ftf] cfnst] pkxf/n] lgs} kef]jt kf/\$]  
 s'f xS/sf] jofgdf k9y kf065 .  
 xS/n] ofn<sup>a</sup>lt/ cg\$]-lxdgbl / ltgn]  
 agfPsf au/ / ToxfF jg:kltaf/]lgs]lj :tf/df  
 jofg u/]sf 5g\ . ofn<sup>a</sup>af6 kmgcl3 xS/n]  
 vkkfr] lfgdf Pp6f gnf] ; Nnf khflt (Larix)  
 efb lyP . lziz/ ofddf k'} j]f kxh] e0{  
 kft %g]o:tf] ; Nnf] tdf]eGbf klZrdl efudf  
 kf06gF . o; } u/] pgn] l7<sup>a</sup>u] ; Nnfsf jg,

y/ly/lsf lrdfn / u/fF, ljleG lsl; dsf r|f, n\$fnl knf6 / af% j [fx;sf]jOfG u/\$f 5g\ . t|f|n|t/sf]jgsf]af/d|f n|v|f Pp6f n|f ; |nfsf] kn|sf] 3|f !\* kn|sf] g|kg ku\$g\U To; sf] afq|af6 /<sup>a</sup> lgsfn] afxgx; lgw|/df 6lsf nufp|f] eGg] klq p|Nny 5 .

j|GohGtX;df jge\$fsf]/fd|]aofg 5 . ItAatl -gfog klq elgg] cyf|elxdfnl e\$|f ljZj sf ; a\$|bf 7hf e\$|f dflg65g\ . tl e\$|sf hvdn] l; <sup>a</sup>sf]aofg ub|xs/ n|5g\;æo; }|dl|nsPsf]of] e\$|sf] v|q|nl| ; <sup>a</sup>leq :ofn af; a:5 £ o:t] e\$|sf #-) . \$) j6sf]ayfg kn|/kn| e|b|f lxdfnl ofqdf ylst Pj +df;xf/af6 j|l-rt d|f65|hf0{ lzsf/sf] tntn n|lg' : jfe|j s x|l To; }| xs/ a6b\$ gaf\$| c|Psf|f k5t|] u5g\ .

o; } u/| ; #f/sf d|f/L k|f|f|df ; aeGbf 7hf|Hofg ePsf]el/d|f/l|n]klq xs/sf]aofgd /fd|] :y|f k|Psf]5 . pgnf0{t|kn|<sup>a</sup> |h|n|f|df dfof v|fhf / tdf]sf] ; |Ed:ynlt/sf le/fnf kvf|df hd\$|f d|f/l|sf rfsfx;n]lgs}c|s|l|f|f u/\$f lyP . u/fF kn|sf a|h|f ag\$|f]el/d|f/l|sf

**On|dsf]df0{v|fh|df xs/n]wg|f r/f jge/L b|y] .**  
**o;sf] d|f|f] rRr|f] d|fy c; wg|f]sf] h:t|f x|8**  
**hd\$|f] cE x|6g . g|kfn|f e|b|Psf] sf/Of To;n]**  
**.g|kfn-wg|fU / j]f|gs g|f .Pl; /f] l|gkfn|f; ; U**  
**k|Psf] b|v|G5 . t/ xs/sf] pko|Qm j|Of|k|5 To|f**  
**k|G5L g|kfn|f k|b| e|b|Psf] 5g .**

dxn] dft n|lg] s/f Tol|t|}n|v; s\$|f lyP xs/n] . c|f| kn|6sf g|b|df df5sf] k|f'/t|f|f/ klq p|Nny 5, t/ Toxf|F|sg s|f|l df5f d|f|g|g eGg] k|Zgn] xs/nf0{ cr|Ddt k|f/\$f] /x\$ .

!\*\$\* s|f]l8; |a/ & ; Dd ofn<sup>a</sup>|t/sf]n\$fnl / lxdfnl j|t|f/Ofdf ?d|l|n|P/ xs/ To; k|5sf] |k|nl|{ofq|sf l|g|dt b|l|f|f|t/ d|f|B|P/ tdf] g|l k5d|f|f] p|f] nfu] . To; k|5 sf]j|l pk|Tosf l5/] t|f|f v|fhf k5d|f|f]; u|l|nnf >|l|sf]!!)) |k|n6 p|f|Ofd /x\$|f] 0; n|Daf] (Islumbo pass) e-Hof<sup>a</sup>af6 l; |SSd l5/] . c|hef|l| h|rof e-Hof<sup>a</sup> elgg] :y|f|gnf0{g}zofb k|lxn]0; n|Daf] elg|G|yof] . xs/ g|kfn|leq 5|f]; |SSdaf6 Pshgf b|t c|P/ pgsf] :j|fut / ; Ddfgsf]a|Gb|f|t u/\$f]lyof] .

## s|t|j / Jo|O|nj

c|he|G|f !^) j|f|e|3 g|kfn, ef/t / l; |SSdsf ljleG |f|af6 xs/n]; f|t x|f|e|G|f a9l k|h|l|tsf |a?j|x;sf] g|d|f / alplahg ; |ng u/| a|h|fotsf]So"p|B|gd|f k|of|Psf lyP . Tol|t|f; Dd lxdfnl |f|q|df %) k|h|l|tsf u/fFsf]dfq clen|y

ePsf]lyof] . xs/n]To; df @% j6f gof|F|k|h|l|tsf u/fF yk] .: |SSd lxdfnosf u/fF|e|G]k|:ts k\$|lzt u/]. xs/sf |dq y|f|; y|f|; gn|k|Zrdl lxdfnodf yk|]a?j|f ; |ng u/\$f lyP . jg:k|t |j |f|gsf ol b0{d|x/y|n]; g\!\*\*\*% df ...n|f|f 0|08s|f] g|ds k|:ts k\$|z|g u/]. xs/n]; g\ !\* &@ b|v !\*( & ; Dd @% j|f|f] c|j|lwdf & j6f d|f|f|df jg:k|t j|e|j Psk|5 c|s|f|k\$|lzt ub|f|uP . c|f|n xs/sf] ^n|f|f c|k|l|a|6z 0|08of sf tl & v08nf0{0; |f|q|sf]jg:k|t-ultfe|G|f c|o|Qm x|6g . o; }u/| xs/ tyf c|s|f]jg:k|t|j |1 h|h|y|dsf] .hg/f |kn|f|6]d|l -; g\!\*\*\*% -!\*\*\*#\_ g|ds k|:ts jg:k|t|z|f:q|sf] c|s|f| ultf x|f] .

xs/n]; g\!\*#( b|v !\*\$# ; Dd P66|f6\$|fsf] c|j|f|of u/| ^n|f|f P66|f6\$|f g|ds k|:ts @% v08df k\$|lzt u/\$f lyP . o; }u/| !\*%@ b|v !\*% ; Dddf ^n|f|f g|f|l h|l|n|f|08sf sf] \* efu klq k\$|lzt u/]. o:t}k\$|f/n]...n|f|f 6f:d|l|g|of|l g|ds !! v08sf]k|:ts ; g\!\*\*\*% b|v !\*^ ) ; Ddsf]c|j|lwdf k\$|lzt u/]. xs/sf ol k\$|z|gd|f p|gn] c|f|k|n|] s|f]sf w|] ; |r|qx; ; d|f|z 5g\ . tl |r|qs|f]p|s|f|6t|f lxdfnl u/fFsf /Elg |ny|f|f|k|n 5f|ksf tl:a|df ; fsf/ 5g\ . To; avt kn|f|f|k|n k|of|u|df cf0; s\$|f] lyP|g . -k|lxn] sf|f|s aS; Sofd/f ; g\!\*\*\* df d|f|q k|of|u|df c|Psf] x|f] . t; y| To; a|h|fsf c|j|f|sx; |r|qs|f|/t|df l|g|k|f x|6y] .

xs/ ; g\!\*& b|v !(!! ; Dd (\$ j|f|f a|f] . P|s|d|f|g; sf]c|f|od|f P66|f6\$|f|b|v lxdfnosf] c|gs66f/ ; Dd :j|o+k|u] , Toxf|f|f |a?j|f ; |ng u/| k|to\$|sf] j]f|gs g|d|f agf0{ |t|gsf] j|OfG u/| Toq|f] |j|lw k|:ts k\$|z|g ug| |g|Zro g} cl|atlo sfo{x|f e|G|k5{ . p|gn] |a?j|f, jg:k|t, e|f|f|hs Pj e|f|y|le\$ s/f d|f|q x|f|G, k|to\$ 7|f|f|f d|f|g; , |t|gsf n|j|f0v|f0, 3/ af; :y|f; ; :sf/ / ; :s|t|sf]aofg klq |d|lxg ; k|df u/\$f 5g\ .

xs/ ; fg] p|d|b|v c|j|f|of sfo|df %s|j /|v|b|y|/ k|f|s|t|s ; Dk|b|f|f|/|u|l|l|P/ r|fv |n|G|y] . p|gnf0{Sof|6|g s|s|f]ofq|f |j|j/Ofn]lgs}k|e|j k|f/\$f]lyof] . c|f|g|f |k|t|sf]c|l|wog s|l|f|df k5d|f0{ k5d|f0{efu |ng k|b|y] . p|gd|f p|gsf] |k|t|sf] h:t|f] c; ; |h|n} 3|h|dn ug| / |d|N|g] a|f|l eg] lyP|g . p|gnf0{ a9l :j|f|led|f|l / c;sf] eg|f0 ; x|g] z|Qm sd ePsf] Jo|O|nj e|g| l6k|k|of| ul/G5 . ty|f|k xs/sf] b|g| cl|atlo 5 / x|f|d| g|kfn| klq |t|gsf C|Of| 5|f} .

; f|t; ; Gbe{ ; fdu|

- Himalayan Journals. Note of a Naturalist in Bangal, the Sikkim and Nepal Himalayas, the Khasia Mountains & C. by Joseph Dalton Hooker, Vol I, 1855
- k?|f|f|od| dzd| ha/f >l # x|z|sf] t|y|o |j|Of|t efu -!, b|f|f] ; :s/Of @%) ( .





# ..sfd rnfpgl sfwdf

# gf}lj ifosf]af%o

; fdfilhs ljifosf] b/aGbl / lzlf s bj} pknAw gx}f .sfd rnfpgl hg; s}of]otf ePsf lzlf snf0{ klg ; fdfilhs ljifo k9fpg]lhDdf lbg] ul/Psf] 5 . o; sf] kl/Of fdU Psftkn{ lj Bfyl{x; sf] l; sf0 pknAw kf7dqmdsf] p2]o adf]hd xg; s}f] 5g eg] csf]kn{ ; fdfilhs cllbog lj ifoklt g}gsf/flds ; f]f0sf] ljsf; ePsf] 5 .

@ ) \$ ^ ; fnsf] hgcf6bf]hg; E} b}zdf khftflGqs zf; gk4lt : yflkt ePk15 z]lfs lfqleq klg Toxl bz}gdf cfwfl/t kOfnfl : yflkt xg' cfj Zos lyof]. To; sf nflu t]slnlg lzlf dGqsf] cWolftfdf ul7t cfof]un]dfWolds txsf afnaflnsf] sDtdf klg cf^gf] b}zsf] eluf]h, Oltxf; / zf; gk4ltsf]; fdfgo hfgsf/l lng' cfj Zos x65 eGg] 7x/ u}of]. cfof]usf] Toxl kl]t]lg -e)\$( ; fn\_sf cfwf/df kf7dqmd ljsf; s[}b]h] z]lfs ; q @)%^÷%& b]v nfu" xg]u/l dfWolds txdf ; ; fdfilhs cllboglj ifo ; dfj } u}of].

; fdfilhs cllbog kf7dqmdf ; dfj } ePk15 To; sf nflu cfj Zos blf lzlfssf]plrt Joj: yf ug]k] eg] ; /sf/n] sg] Wofg lbPg . To; c]lw; Dd ; fdfilhs ljifo k9fpg] lzlf sx; nf0{ g} ; fdfilhs cllbog ljifo k9fpg]lhDdf lb0of]. sltko lj Bfnodf ; fdfilhs ljifosf] b/aGbl / lzlf s bj} pknAw gx}f .sfd rnfpgl hg; s} of]otf ePsf lzlf snf0{ klg ; fdfilhs ljifo k9fpg]lhDdf lbg yflnof]. ; f;b}v}sf}faf6 / /fhgllts bafaaf6 lgoLQm kfPsf sltko lzlf sx; nf0{ ; ; fdfilhs ljifo eP klg k9fpg lbg] sfid eof]. o; sf] kl/Of fdU Psftkn{ lj Bfyl{x; sf] l; sf0 pknAw kf7dqmdsf] p2]o adf]hd xg ; s} eg] csf]kn{ ; fdfilhs cllbog lj ifoklt ; sf/flds ; f]f0sf] ljsf; klg xg kfPg . kl/df0ftM cfh .gDa/ gcfcpg] lj ifouL .lstfaleqaf6 k}z g gcfcpg] lj ifouL .3f} } ÷ /6]

klg .l8li6^agL Nofpg uxf]xg] lj ifol]sf] ; kdf cfh ; fdfilhs cllbog nf0{ lng] ul/Psf] 5 . ul0ft, lj 1fg, c^a}h:tf sl7g lj ifosf] ; kdf ; fdfilhs cllbog nf0{ ln0gsf]dVo sf/Of o; sf] plrt k7gkf7g xg g; Sg' g}xf].

hg; s}of]otf ePsf / ..sfd rnfpgl lgoLQm kfPsf lzlf sx; af6 k}fj sf/l lzlf0f lj lw÷lqofnsfk, z]lfs ; fdull dNof]g klqofnsf] ; d] oyf]rt k}f]u gx}f of] ; d:of k}f ePsf] xf]. tyflk o; tkm{ ; /f}sf/jfnfx; sf] Wofg cfh; Dd ku}f] 5g . o; leqsf] csf] 8/nflubf] klf P; Pn; lsf] ; fdfilhs cllbog lj ifosf] pQ/kl:tsf k/lif0nf0{lngkb5 . hg; s}lj ifosf lzlf sdfkm{ pQ/kl:tsf k/lif0f u/fpg] clg k/lifsn]klg a9leGbf a9l pQ/ kl:tsf k/lif0f ug]xf}afhldf /fd/l k/lif0f gug] tyf ; ah; f] pQ/kl:tsfdf cf]t gDa/ lbg] u/}sf] kfOPsf] 5 . k/lif0sf qmdf k/lifsn]pQ/ sl-hsfsf] k}f]u gug] s; }f0{ kmh klg gug] / s; }f0{ w} }gDa/ klg glbg]k] Qn]of]lj ifoklt lj Bfyl{x; sf] ; f]f0nf0{ c; gsf/flds agfPsf] 5 .

o:tf]cj:yfdf ; fdfilhs cllbog ljifo lzlf0f ug]of]o, cgejl / blf lzlf sx; n]klg lj leG r}f]l / ckh; Joxf} k/}f] 5 . dfWolds txsf] ; fdfilhs cllbog lj ifoleq gf]j 6f 0sf0x; ; dfj } ul/Psf]5 . tl gf]j 6f 0sf0x; ; fdfilhs lj 1fgsf km/s-km/s lj ifout lf}qaf6 lnOPsf] 5 . oyfydf gf]j 6f ljifo cWofkgsf nflu tl gf]j 6}lj ifodf blf lzlf rlxg]xf]. t/, sg}

# slff-sf7M ; fdfllhs cllbog

नेताज्यूले पठा'को...  
 "सामाजिक अध्ययन" पढाउन !



gf}j6f ljifo cllbfgksf nflu tl gf}j6}ljifodf blf lzlf s rflxg]xf]. t/, sg}Pp6f  
 ljifo hfg\$[f]-sltko cj:yfdf hfGb}ghfGg] lzlf snf0{gf}j6f ljifosf] ef/l af\$[f0f  
 ;fdfllhs cllbog c; ljifoebf c% af%oQm ePsf] 5 .

Pp6f ljifo hfg\$[f]-sltko cj:yfdf hfGb}ghfGg] kf06g . o; af6 kf7dqndsf] nlo xfl;n ug{  
 lzlf snf0{gf}j6f ljifosf]ef/l af\$[f0f ; fdfllhs sl7g e0/x\$[f] 5 .  
 cllbog c; ljifoebf c% af%oQm ePsf] 5 . ; fdfllhs cllbog sf lzlf snf0{.cjZostfdf  
 ljBfno:t/df ; fdfllhs lzlf lzlf ug\$[f] cfwfl/t tflndu / .dfudf cfwfl/t tflndu  
 lglDt ; lfd hgziQm ptkfbg ug{ ljZj ljBfno lb0Psf] 5g . lzlf sx;df klg tflndnf0{blftf  
 tyf pRr lzlfdf ; fdfllhs cllbog ljifodf g} tyf j[Q-lj sf; ug[ ; fwgsf] ; kdf lngeGb  
 lj lzi6s/of ug[ Joj:yf ul/gkb\$ . ; fdfllhs eQf; E hf\$] pkoj; ug[ k[Q lj sf; ; x\$  
 lj 1fgsf ljifox; h:t eufh, 0ltxf; , cy\$[f;q, uPsf] 5 . of] klg ; fdfllhs cllbog ljifosf]  
 /fhgltzf;q cflb dWof6} lj lzi6s[ of]otf k7gkf7gsf] rbf]l xfl]. cNksfnlg=-bl3\$fnlg=  
 kkt lzlf sx;af6 of] ljifo cllbfg ul/g' h?/l dfudf cfwfl/t cflb tflnd lnP/ klg  
 5 . o; af6 clxn\$[f lzlf sn] cf gf] ljifout lzlf sx;sf] lzlf of lj lwdf ckllft ; wf/ Nofpg  
 0sf0nf0{a9l dx[ej lbg] / cfkndf sd 1fg ; s\$[f 5gg\ . lzlf tflnd xfl;n ul/; s[kl5  
 ePsf 0sf0nf0{sd dx[ej lbg] k/Dk/f x6\$ . klg lzlf of lj lw rflxFpxl k'/fg] 9fFfaf6 cl3  
 ; fdfllhs cllbog df cllbog e00nf0{kf7dqnd\$ a9f0Psf] kf065 . o; n] tflndsf] cf] Todf kZg  
 cE dflg65 . P; Pn; ldf klg gf] c[ef/ af\$[f] v8f u/\$[f] 5 . tflnd kktkl5 lzlf ssf] sidsf]  
 Pp6f kZg cllbog e00f; E; DalGwt /x] ; flwg] k\$[f sf/l cgludg xg; s\$[f] 5g . o; af6 slff  
 ul/G5 . t/ ; fl; ; fwg; ; do cflbsf] sf/of lzlf ofdf afw ku\$[f] 5 . P; Pn; lsf kZgkqdf  
 byf0{sltko lj Bfno x; n] o; nf0{pkofjdf NofPsf] ; flwg] lrq=gS; f jf kZgx; c:ki6, ql6k0f{

xg' of] ljifoklt /x\$}f] rf}knt{ nfk/jfxl /  
gsf/ffds lr{tgsf] Bf]s xf].

;dfwfg s] t <

ljzljBfno tyf pRr lzlfdf ;fdlths cllbog  
ljifosf]5\$}ljefu vfh]l ljzils/Of ug]Joj:yf  
ul/Pdf ol ljifo lzlfOf ug]blf hgZlOm ahf/df  
cfpg]lgZrt 5 . ;fdlths cllbog df kf7def/sf  
lx;fan] ; a}0sf0 plQs} dxlfj kOf{ x65g\efg]  
;Gb}z .lzlfs lgb}zg kl:t\$flldfkm{ ljifo  
lzlfxs;alr kl}gkb5 . o;sf nflu kf7dqnd  
lj sf; s[bbh] ; a}txsf] lzlfs lgb}zg kl:tsf  
tof/ u/l k\$flzt ug{19nf] e0; s\$}f] 5 .

;fdlths cllbog sf nflu cllbog edOf  
clt cfjZos 5 . of]k}rf]ffds kl; G; DalGwt  
5 . t;y{o;nf0{lj Bfyl\$}f] dgf]-hgsf nflu  
efbf kl}g vfh]dhs sfo\$}f nflu ; ~rfng ul/gk5{  
efg]s/f ; DalGwt lzlfs / ljBfnon]cfd; ft  
ugkb5 . ;fdlths cllbog lj BfylOf 1fg; ;lksf]  
lj sf; sf ; fy}p; df ; sf/ffds kj]0sf]lj sf;  
u/l c;n gful/s lgdff ug] pZ}o af\$}f]  
ljifo xf]. t;y{o;sf nflu kl}g k}rf]ffds  
c[sf]Joj:yf ugkb5 .

;fdlths cllbog k9fpg] lzlfnsf0{  
cllksfnlg, bl3\$fnlg tflndsf ; fy;fy}dfudf  
cfwfl/t tflnd cleofgs};kdf ; ~rfng ugkb5 .

;fy}pOm tflndkZrftVo; sf]k}fj sf/l sfoffj og  
eP=gePsf]cgludg kl}g ugkb5 . cgludgnf0{  
cfk}rfl/s dfq gagf0{eljiOf kbfl}gl, a9]f,  
;ljwf yk cflbsf]nflu cfwf/ agfpgkb5 . :yfgo  
txdf lghl ; flt, lnog; ;\$f, /fxt jf c:yofl  
lzlfsaf6 ;fdlths cllbog ljifo cllOfkg ug{  
.sfdrnfp lzlfsl ge0{; DalGwt ljifo jf ;fdlths  
lj1fgsf sb}ljifodf of]otf kl}f lzlfxs;af6}  
cfjZos kl:t:kwf\$}f] cfwf/df lgoLom ugkb5 .  
o;/L lgoLom ubf{o}fx;nf0{klyldstf lbgkb5 .

;fdlths cllbog ljifosf]P;Pn;L k/Llffsf]  
pQ/kl:tsf k/Llff ubf{; DalGwt ljifos}cgejl  
lzlfxs;nf0{klyldstf lb0gkb5 . l56f]l/hl6  
ug] gpfef, l5\$} skl hffr; Sgkg] axfgdf,  
..;fdlths ljifo t h;n]kl}g hffg ; S5l eG]  
dfgl;stfd P;Pn;L pQ/kl:tsf k/Llff ug]  
kl/kf6lsf] t?Gt} cGto ul/gkb5 . P;Pn;Lsf  
kZgkq lgdff, df\$]/g, Anlk06 xbf; Dd kl}g  
kZgkq lgdffstf{ljifo ljzj]1sf]; nltf ; G; G;  
/xgkb5 . o;af6 ql6 sd xg] u/fpg d2t  
kl5 . lqmf]ds cg;Gwfgnf0{;fdlths ljifosf]  
cleG cE agf0{o;sf x/\$} lq}df lg/Gt/  
cg;Gwfg u/l ;dfwfgsf pkfox;nf0{clgjfo{  
kdf sfoffj og ul/gkb5 .

-ljho :df/s pdl]sf lzlfns zdf]  
;fdlths cllbog ljifo k9fpg\.

**देशभरि**  
**उज्यालो 90 नेटवर्क**

तपाईं जहाँ हुनुहुन्छ त्यहाँ  
तपाईं जहाँ पुग्नुहुन्छ त्यहाँ  
अर्थात्

तपाईं हुककले  
व्यवसाय गर्नुहोस्

देशभरिका ७० बढी एकसम्म  
स्टेशनहरूबाट एकसाथ प्रबर्द्धन गर्न  
हामी साथमा छौं ।

विहानदेखि रातीसम्म  
६ बजे काठमाडौं नरन • ९, १२, ३, ६ र १०:४५ बजे नेपाल खबर • ८ बजे नेपाल दर्पण

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थप जानकारीका लागि  
विज्ञापन शाखा  
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# Vocabulary Teaching Exercises

In the earlier issue, we looked generally at how to teach vocabulary in the classroom setting, providing some practical examples along the way. In this issue, we focus on how to help learners at the lower levels to enrich their vocabulary. Here, too, we provide practical tips for teachers to add to their own vocabulary storehouse.

A student tells the teacher why he could not come to class the day before using this expression: "Miss, yesterday I not come I sick." The meaning is conveyed even though the student did not use appropriate grammar. What this shows is that in order to speak and communicate you first need the words. While grammar is of course important, a good store of vocabulary is essential.

In the Nepali context, where students do not use English at home or in daily life and the teaching and learning of English is far from satisfactory, there is a great lack in terms of the vocabulary storehouse. In the English classrooms, the vocabulary terms tend to be presented in isolation to the context. Mostly, students are only taught the meaning of the new words, and they try to learn the words by heart rather than with understanding. This is why when it comes time to use English, the students feel great inadequacy.

Against such a challenge, the English teacher needs to keep in mind that the goal of vocabulary learning at the lower levels is to make the students able in selecting the appropriate words and using them properly in sentences. In what follows, we present ideas about teaching vocabulary effectively.

## What to teach ?

Most of the effort in teaching vocabulary tends to be limited to presenting the meaning only, whereas other aspects are neglected, even those that would help in learning the meaning. The aspects we

need to keep in mind in teaching vocabulary are the following:

- a. Shapes: pronunciation and spelling
- b. Word formation
- c. Meaning
- d. Usage

## How to teach ?

How can we teach all these aspects in vocabulary class? Do we really need to teach them all? Can we teach these aspects in more than one class? These are the questions we often hear from English teachers when we talk about the vocabulary teaching. The answer is: we do need to teach all these aspects of vocabulary items, and it is indeed possible to teach all these aspects in a class.

When we teach new reading texts, the teacher can select key vocabulary items – or words – from the text and spend the whole class in teaching them. Also, the teacher can use class time in going back over and practising the vocabulary items learnt in previous classes. The teacher can also spend part of the lesson time in vocabulary practice activities, exercises and games.

Let's look at how different aspects of vocabulary can be taught at the primary level:

## Pronunciation

You can list the new words on the board, pronounce them and ask the students to follow you. If you are not sure how the word is pronounced, you

must consult the dictionary and also can listen to the CD that nowadays comes with the dictionary. The effective teacher must be confident about his/her own pronunciation before teaching in class.

In teaching pronunciation, the teacher must keep in mind that some of the sounds in English are alien to our local tongue. For example, in Nepal, the sound *f* in the word *fan* should be often pronounced by joining two lips. The proper pronunciation actually comes from joining the lower lip with the edge of the upper teeth. First, practice saying *fan* by yourself before you teach it to the students. Once you are sure of your own pronunciation, demonstrate it before the class and then ask the pupils to follow you.

### Spelling

One great problem for Nepali learners is that in English there is great difference between how a word is written and how it is spoken. For example, the sound 'k' is represented not only by the letter *k*, but also by the letters *c* and *ch*, as is seen from *kite*, *cat* or *chemistry*. Similarly the vowel *i* is represented by *i*, *y*, *u*, *o* as well as *e*, in words such as *city*, *busy*, *woman*, *pretty*, *village*. In the same way, the letter *a* is used to represent various vowels like *æ*, *e*, *a*; *Y* in words like *man*, *many*, *far*, *about*.

Given such complexity, students should be given ample practice in the spelling of the new words. In class you can teach spelling by using the following techniques:

- Ask the students to copy the new words from the text
- Pronounce the words as the students write them in spelling
- Conduct dictation exercises: dictation games are possible
- Give the meaning and ask students to write the word
- Get students to unscramble words
- Get students to correct misspelled words

### Meaning

It is important to alert pupils to the fact that the same word can have different meanings. For example, a term like *head* can have several meanings, including a part of the body, the start of a line, and intelligence. In elementary classes such as grade one, two and three, we try to teach words which have a clear, concrete meaning something that can be seen, touched or felt. There are various ways of teaching meaning to students, in the primary classes, some of which are as follows:

- a) If possible, present the real object in context.

Items such as watch, stapler, ruler, ink-bottle, glass or desk can be presented in class. You can present them in short conversation. For example, if you are teaching the word 'watch' you can have a quick demonstration, such as:

*Teacher:* Look, this is a watch (*pointing to his or her watch*). A watch. A watch.

*Students:* A watch.

*Teacher:* What is this? (*with a gesture*)

*Students:* A watch. (*and so on.*)

- b) You can also point to the objects and teach their meaning. Words such as *ceiling*, *wall* and *window* can be taught through this technique.
- c) If the real objects are not available for pointing, you can teach the meanings by using pic-

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tures and photographs. You can bring photographs or draw pictures on the board and teach the meaning. Words such as *tree*, *bus*, *tiger*, *airplane*, etc. can be taught like this.

- d) If you are teaching action words such as *jump*, *dance*, *walk*, *run*, you can demonstrate the actions in class.
- e) You may also present a context, asking student to work on the meaning by themselves. You can try the following example if you are teaching the term *angry*.  
Ram and his father went to market. Ram saw a beautiful bag in a shop and asked his father to buy it for him. His father refused Ram's request. Ram became *angry* with his father and started stamping his feet.
- f) Words can also be taught by defining them in simple English. Sometimes students find it easier to understand meanings of the words if the teacher gives simple definitions.  
e.g., *crowd*= many people together  
*tree*= a tall plant

As teachers, when teaching vocabulary we should not limit ourselves to only one technique. Combining different techniques helps the learner to understand and 'feel' the meaning from different directions. Let us illustrate the point through some examples:

Words	Techniques
<i>smile</i>	facial expression; board drawing or picture; gesture; translation into Nepali or local tongue
<i>swim</i>	picture; giving context
<i>chase</i>	get students to act it out, show a picture
<i>café</i>	show a picture; explain
<i>stapler</i>	bring item into the classroom, get students to use it
<i>hurt</i>	translation and acting

### Word formation

When we present a new term to the students, it is also necessary that they understand what word classification it belongs to. Thus, a teacher should present the terms in different forms so that the students learn not only the class of the words but also the inflections and derivation. Different forms of the words should be given with the help of the appropriate sentences. For example: *Your writing is beautiful. You write beautifully. Daman works in a factory. He is a worker. I did not sleep well last night. I am sleepy now.*

### Usage

Knowing words is not enough, as there cannot be good communication in the absence of usage. Learners should be able to use the words in appropriate sentences and contexts. The fact is appropriate usage does not get enough emphasis in classroom teaching. Part of the reason may be that teachers are themselves not comfortable enough with it. In order to promote proper usage, after teaching other aspects, the teacher should give example using the new words in sentences. In order to make sure the learners have understood, the teacher challenge the students to respond to his queries and comments relating to the term(s) just introduced.

### Vocabulary practice activities

To repeat, only presenting new vocabulary items does not equip student with the skills of using them in speech and writing. The teacher should encourage students to practice through various activities. Such as:

**Finding words in a word:** Write *elephant* on the board, then ask your pupils to write as many words as they can using the letters from it, such as *ant, pant, peel, help, plant, ten, net*, etc. The student who makes most number of words would be declared winner.

**Words from my name:** Get students to draw a table as given below, writing their first name along the left row. Write down categories on the top row of the table. Ask the students to think of the words they know and fill in the blank spaces. Change the category every time you do this activity.

**I spy:** This is a very popular children's game. One of the players makes a mental note of something in

Name	Fruit	Vegetable	Animal	Some thing we do	A word to describe
L	litchi	lettuce	lion	like	long
E					
K					
H					
N					
A	apple	asparagus	alligator	ask	active
T					
H					

the classroom (or on a wall chart, etc.) and the other players have to guess what it is. He gives them a clue by giving them the first letter of the of the target word. If the answer were 'desk', he or she would say; "I spy with my little eye something beginning with...d". The fellow students would have to guess the word, giving many suggestions until the right one comes along.

**Words Mapping:** For this activity, give a word to which many other words are related and ask students how many words they can think of. For example, write the word *school* on the board and ask students to say one thing or idea each related to school. The possible responses are many: *teacher,*


<i>autumn green purple sun</i>	Colours	Days
<i>brown May Saturday Sunday</i>		
<i>December nineteen seventy twelve</i>	Months	Numbers
<i>Eight October spring Wednesday</i>		
<i>February orange snow wind</i>	Seasons	The weather
<i>Friday rain summer winter</i>		

*bench, blackboard, homework, playground, assembly* etc. The teacher can make the activity competitive by dividing the students into different groups.

**Grouping words:** This is a good way to recycle words. Ask students to put each of the words below into the correct list using each word once only. You can always develop this type of exercise form works in the textbook.

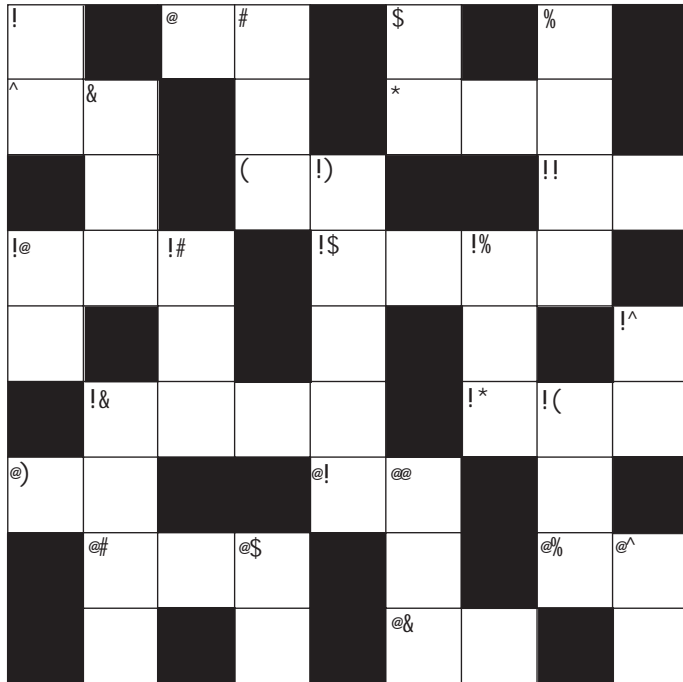
### Task of the month

We invite the readers of *Shikshak* magazine to participate in our discussion on teaching and learning of English. So, we ask you to carry out some tasks and send us your answers along with your feedback. For starters, please send answers to the following questions:

- Complete the table of the above game exercise "Words from my name" for *Lekhnath*. Make another table with your own name and do the same. Leave the spaces blank if you cannot find even one word for some category.
- Use a dictionary and find the origin (etymology) of any two words in English. For this, refer to the article in the previous issue of *Shikshak*. 



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**मकालु यातायात बस सेवा**

हेड अफिस कलकती काठमाडौं, फोन: ४२७७५५२/४२८९२७२

काठमाडौंबाट	वीरगञ्ज	विहान ८, १०:१५	काठमाडौंतार्फ	कलैया	विहान ८ बजे
काकडमिछा	विहान ५ बजे	११, ११:४५ बजे	काकडमिछा	हेटौडा	विहान ११ बजे
भद्रपुर	विहान ५:१५ बजे	बेलुकी ८:१५ बजे	भद्रपुर	वीरगञ्ज	विहान ८, ९, ११:३०
मधुमल्ल	विहान ५:१५ बजे	विहान ८:४५ बजे	मधुमल्ल	शिवनगर	बेलुकी ८:३० बजे
धरान	विहान ५:३० बजे	दिरैँसो १२:१५ बजे	धरान	भरतपुर	विहान ५:३० बजे
विराटनगर	विहान ५:२०, ६:४५	दिरैँसो १२:१५ बजे	विराटनगर	पर्सा	विहान ५:४५ बजे
राजविराज	विहान ६ बजे	दिरैँसो १२:१५ बजे	इटहरी	मेघौली	विहान ६:३० बजे
सिरहा/माडर	विहान ६:४५ बजे	दिरैँसो १:४५ बजे	राजविराज	टाँडी-खोलासिमल	विहान ६:३० बजे
मलंगवा	विहान १०:३५ बजे	दिरैँसो १:४५ बजे	सिरहा/माडर	पर्सा-कपिया	विहान ६:३० बजे
जनकपुर	विहान ७:१५ बजे	दिरैँसो २:१० बजे	लहान	जगतपुर	विहान ७:१५ बजे
कलैया	विहान १०:१५ बजे	दिरैँसो २:३० बजे	मलंगवा	नारायणघाट	विहान ६:१५, ६:४५
		दिरैँसो ३ बजे			७, ७:४०, ८, ८:१५
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टिकट पाइने स्थान: कलकती: ४२७७५५२/४२८९२७२ सुन्धारा: ४२५३१४२ गौशाला: ४४८७९३ लगनखेल: ५५३४३५९ धरान: ०२५-२०३४२ विराटनगर ०२१-३०७२७ राजविराज: ०३१-२००९१ लहान: ०३३-६०३६६ सिरहा: ०३३-२०१३१, मलंगवा: ०४६-२००४२ वीरगञ्ज: ०५१-२१५२६, हेटौडा: ०४७-२०५३५ ।

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 #=psvfnsf] ; db] df5fsf]xf8 xbg .  
 To] sg df5f xf] <  
 \$=sr-lj xf/]gkfn]sf] ; dfgaf6 glhs}  
 kg]ef/tsf]Pp6f lfq -7fp[ sf]gpf  
 xf]. ca eg'; \To]gkfn]sf]sg c-rn  
 jf zx/af6 glhs k5<  
 %=gkfn ; /sf/sf ckfE sdf/l]n]dfq  
 jifdf Ps lbg labf kfp5gl. of]jif{  
 pglx?n]To:tf]labf lsg / slxn]  
 -dlxg / ut] kfp5gl <

## ; 8f\$-& sf] ; dffwfg

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

## ; fdfGo 1fg-& sf] ; xl pQ/

! = /f}  
 @ = cfm  
 # = !m\$&  
 \$ = sl/a ?=%) ca{  
 % = tlg ln6/sf]af]n eg{ \ / To; nf0{  
 kfr ln6/sf]vnl af]ndf vGofpg; \.  
 kml/ tlg ln6/sf]af]ndf t] eg{ \ /  
 kfr ln6/sf] af]n gel/p-h]t  
 vGofpg; \. o; f] ubf{ tlg ln6/sf]  
 af]ndf Ps ln6/ d\$lt]t afsl /xG5 .  
 ca kfr ln6/sf]af]nsf] ; a)t]t eBdf  
 vGofP/ l/O]kfg{ \. tlg ln6/sf]af]ndf  
 cl3 afsl /x\$]Ps ln6/ t] vnl  
 ePsf]kfr ln6/sf]af]ndf vGofpg; \.  
 To; kl5 tlg ln6/sf]af]n kml/ eg{ \  
 / kfr ln6/sf] af]ndf vGofpg; \.  
 o; /L kfr ln6/sf] af]ndf el/Psf]  
 rf/ ln6/ d\$lt]t uf]xsnf0{ lbg; \ /  
 k}f lng; \. clg ; ft ln6/ t] lsg  
 cfpG ; Sg]csf]uf]xsnf0{s; /L t]t  
 lbg] eg] ; f]b}ugrf] \}

# Izlfssf]tna g/fdf]5g Ū



zĀ / sdf/ s0f{

kç, gġfn /fli6 lJBfkl7 pdflj, >lk/-dhl{ jL/u~h

c; kġfl/ gnfu] lsg Izlfs aġe0f] <  
d cfkġ o; ljBfnos] 5fq lyPF. d7f sfsfx; klg  
o; ljBfnos] :yfkġdf ; lqno ePsf] xġfn] o; nfo{g}  
; :yfut ; kdf cufi8 a9fpg d Izlfs aġg klF.  
@)#@ ; fndf kġf; lgs sdf(l/sf] ; kdf cfa4 ePF.  
To; kl5 @)\$) bġv dñl0ds Izlfs / @)%\$ bġv  
kġfgñl0fkssf] lhd]j] f/l jxg ubġ cPsf] 5'.

tkf0{Izlfs aġg' k/\$f]f k5t] 5 ls <  
5g . ; doqnd; Ē; kġfkl; ; xh xĒ; uPsf] 5' . @)#%  
; fnt/ jL/u-hs} sġf cġf/ sf/vfgdf lnvtdf  
gfd lgsfn] lyPF ; :yfgs] hflu/ vfg] /x/ klg  
lyof] t/ df]vsdf eg; ġ rn]sf] xġfn] d kl; kġfġ6  
afxl/PF. To; kl5 t kġ/ ljBfnos} uBdf o; /L l5/ of]  
ls cġoq n]sdf/ l ugġ ; do g} ePg .

Pp6} ljBfnodf s; /L c8ks/xġe0f] <  
dhtM d ; j]f/t /x\$] ljBfnos] Oltxf; ; j]fġo  
gġf u0fzdfq; \* / dxfsj nldk] fb b]sf; Ē  
hf]8Psf] 5 . pxfġ; n] @))& ; fnsf] /fhglts  
kl/jtġkl5 zġfs qmġtsf] ; :yfut yfnglsf nflu  
gġfn /fli6 lJBfkl7sf] cjwf/off Nofpġe0f]. of]  
ljBfkl7sf] k\$[t vhf ljZ]ljBfno h:tf] lyof]. o; /L  
cfkM Pp6f P]txl; s sġb] Ē hf]8f / toxĒf] 5fq  
klg ePsf] xġfn] of] Ē kġfut dfq xġ efjġfds  
; Daġw klg uif; Psf] 5 .

of] kġfdf nfu] kfl/jfl/s lhd]j] f/l sltsf] k/f  
ugġPsf] 5 <  
xġt clt/Om sdf0sf] bġ6n] Izlfof kġfnf0{ cfsifġ  
dfġġ t/ d7f] cġejhġo a%0 eg] km's /x\$] 5 .  
cf] t gġfnlsf] thġdf Pp6f Izlfsf] tna g/fdf] 5g .  
p; n] /fd] tl/sfn] kfl/jfl/s bġl0j lgjfx ugġ ; S5 .

p; n] c; sf] bġf/; sdf Izlfs kġfnf0{ bġfġ' xġg .  
ljBfylġf0{cgzf; gdf /fvġ nf]f] 58l jf yk8sf]  
sIQsf] kġfġ ul/of] <  
nf]f] g; dft]sf] xġġg t/ of] dñl0d kġj sf/l xġġg .  
cgzf; gxlġ jf cġboogdf ?lr gbġfpg] ljBfylġf0{  
efjġfds s/f u/] ; wfg{ ; lsġ5 . ; a} ljBfylġf0{  
Ps} :t/sf] Joj xf/ u/] klg xġg . p; sf] lnĒ, hfll  
/ kfl/jfl/s k[el0dsf] cġwf/df rġgf:t/ lgofñb}  
kġf; flxt ugġ kġġg ugġ5{.

tkf0{w} kġfj kġf] Izlfs sf] xġġyof] <  
:j= hljg] j/ ld> d7f] kġ0ffsf] ; ġf xġġyof]. oltv]sf]  
jL/u-hsf] zġfs :t/ lgdf(fdf @))& bġv @)\$)  
; Dd pxfĒf] cthġo of]ubġg /x\$] 5 . pxfFPp6f  
Izlfs dfq xġġg, jL/u-hdf klxnf] ljBfno / snġ  
:yfkġ u/fpg] ; ġwf/ klg xġġyof].

kġfgñl0fkssf] ; kdf tkf0{] s] pknIaw kġf ugġPsf]  
5 <  
k; f{lhNnf0}; fdbflos ljBfnokġ ! )±@ lj =; =@)^!  
bġv z? u/\$] 5' . k]ġzsf] kl/0ffdnf0{ \* kl; ztaf6  
cf] t %%-^} df psf; \$] 5' . ljBfnodf afnfdġl  
jftfj/of agfpg cleefjs, ljBfyl{/ ; xsdl{Izlfsalr  
; dġo :yflkt u/\$] 5' .

; km kç aġg sġ ; ġ cġfġġePsf] 5 <  
; xsdl{ dlxnf / k?ifnf0{ ; dfq cj; / tyf sfo\$]  
ljefhg u/\$] 5' . ; ldfġts[ ; dxsf ljBfylġ; a9l  
k9ġ] ePsf xġfn] cleefj sx; ; Ē JolQmut Pkġf u/l  
ljBfyl\$] af/df hfġsf/L u/fpg' tyf pxfġ; tkġf6  
klg 3/df rf; f] /flvġg ; dġo ul//x\$] xġ5' .  
cleefj ssf ugġ; f / ; %j xġ wġk] \$ ; ġ5' .

rġb]szf]

Discount Coupon

यो कूपनको साथमा Step 1 पूर्वप्राथमिक बालबिकास शिक्षक तानिममा १० प्रतिशत छुट पाउनुहोस ।

अर्लि चाईल्डहुड एजुकेशन सेन्टर प्रा.लि.

भनिमण्डल, जावनाखेल, नलितपुर पोचन २१९४१ काठमाडौं फोन: २४४८४३९, २४४९०६३  
ईमेल: ecec@wlink.com.np, www.earlychildhoodnepal.org

सैवैमन्दा असल उनीहरूलाई दिऔं

आजका बालबालिकाहरू द्रुतगतिमा परिवर्तित विश्वव्यापी संचारमाध्यमको माझ हुर्किरहेका छन् । शिक्षण विधिहरू पनि सोहि अनुरूप परिवर्तन गर्नु जरूरी छ । बालबालिकाहरूले खेल र अन्वेषणको माध्यमबाट सिक्दछन् ।



\* सार्वजनिक शिक्षाको लागि तालिमको लागि ।

धेरै पूर्वप्राथमिक स्कूलहरूले किताबी ज्ञान र परिक्षामुखी प्रणालीलाई त्यागेर प्रयोगात्मक शिक्षण प्रणाली अपनाइसकेका छन् । तिनीहरूको नमूनालाई पछ्याउनुहोस ।

- **पूर्वप्राथमिक शिक्षकहरूका लागि** : पूर्व बालविकाससम्बन्धि एकमहिने तालिम  
मिति : २२ जून र ५ अक्टोबर २००८ देखि शुल्क रु. १०,१७० प्रति व्यक्ति \*

- **प्राध्यापकहरूका लागि** : पाँचदिने तालिम जसले पूर्व बालविकास शिक्षाका सिद्धान्तहरू बुझ्न र त्यसलाई आफ्नो कक्षामा कसरी लागू गराउने भन्ने बारेमा ज्ञानलाई सहयोग गर्दछ ।  
मिति : ( २००८ जून ८ र १५ जुलाई ६ र २० अगस्त ३, १७ र ३१ सेप्टेम्बर १४ अक्टोबर २० नोभेम्बर २, १६ र ३० डिसेम्बर १४ र २१ देखि शुल्क: रु. ३,०५१ प्रति व्यक्ति \*

- **पूर्वबाल शिक्षा सम्बन्धि विशेष तालिम लिन चाहनेहरूका लागि**: एकवर्षे स्नातक तहको शिक्षा इसिइसि, काठमाण्डौ विश्वविद्यालय र नर्वेजियन कलेजको त्रिपक्षीय सहभागीतामा संचालित छ । यसअर्न्तगत काठमाण्डौ विश्वविद्यालयबाट थप चार महिनाको तालिम लिनुभएमा पूर्वबाल विकासमा स्नातक तह हासिल गर्न सकिनेछ ।  
मिति : फेब्रुअरी २०१०



छटको लागि सबैको पृष्ठको रूपन हेर्नुहोस ।



**अर्लि चाइलडहुड एजुकेशन सेन्टर प्रा.लि.**

भनिमण्डल, जावलाखेल, ललितपुर पो.ब.नं २१९४१ काठमाण्डौ फोन: ५५४८४३९, ५५४९०६३  
ईमेल: [ecec@wlink.com.np](mailto:ecec@wlink.com.np), [www.earlychildhoodnepal.org](http://www.earlychildhoodnepal.org)

# lxdfn Istfasf gof" k\$ fzg ahf/df pknAw 5g\

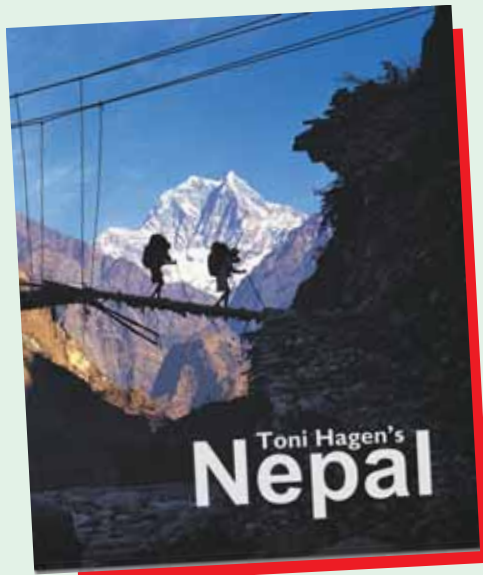
gkfnMgvh\$ f kf6fx;

lj 1fg-lj rf/ n\y; a\ux

n\ysM 8f= tly\axfb/ >ij

@)) (, kfx + @&\* -/Elg k[7x; ; lxt\_, dNo ?= %@%:-

clnf lxdfnl eGhof<sup>a</sup>, el/klx/f\$] kxf8L af6f] dw] sf  
 kn6x; k\on lx8]} rxfg[ yf]} gkfnlx;df tly\axfb/  
 >ij]sf] gfd klg kb5 . pxf\$] of] bZ ofaf csf/Of  
 ul/Psf] lyPg . klxn] jg:klt ljefusf] ; /sf/l hflu/] /  
 kl5 jg:kltzf:qdf ljBijfl/lw k\kt ljz]1sf ; kdf  
 u/\$] p2]ok0f{ ofaf lyof]. pxf\$] o; ofqfn] %68}  
 kfF bzs nfd] ; dofj lw cf]6\$] 5 . pxf\$] cgej /  
 ljrf/x; ljleGg kqklqs / k'tsx;df k\$flzt ePsf  
 5g\ . kfllfs lxdfn va/klqs df pxf\$] ; j-t\@)%&  
 blv lj 1fg-lj rf/sf] z\vnf n\y g yfllgèPsf] lyof] Itg}  
 n\ydlw\af6 5flgPsf krf; j6f n\yx; o; ; a\uxleq  
 k/\$] 5g\ . gkfn\$] e-k\ts[ts ; Argf, o; sf] h]js  
 ; Dkb / xfdl sltko ; f:s[ts k/Dk/fx;sf] j} flgs klf a'g rfxg] kf7sx;sf nflu k\tt  
 ; a\ux clgjfo{ k7g ; fdull 7xl/g5 . Isgeg] ol n\yx;df cGt/lglxt 1fg / ; r'gfsf sf/Of dfq  
 xf0g ; hint n\ygz]ln] klg kf7sx;nf0{ a\llg5g\ .



**Toni Hagen's  
 Nepal: The Kingdom in the Himalaya**

*revised and updated with Deepak Thapa*  
 Fifth edition, 2009, pp. xviii+252 (including colour pages)  
 Rs 4900/- (hb)

When Toni Hagen first set foot in Nepal in 1950, he came as a development expert. Over the next nine years that he walked 14,000 km across the length and breadth of Nepal, conducting its first reconnaissance survey, he grew to become a valued friend of the country. This is the original book that introduced Nepal, both to Nepalis and outsiders. This fifth edition of this classic includes the original reports and photographs even as it brings the reader up-to-date with the changes Hagen has seen over the course of a half-century.



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