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चैत २०६६

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राम्रा शिक्षक

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कवि चोद

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| Developing Speaking Skill | Gopal Prasad Bashyal | %^ |

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; Nnfxsf/ ; DkfsM s]b]f/ zdf{ ; xfos ; DkfsM ; bzg l3ld/] j]i7 ; j]fbftm afa/fd ljZj sdf{

sfoffom lzIff dfl; s, kf6g9f\$], nlnk/, kf]g+!^^, nlnk/, krf]m ; Dkfslo- %\$#%e, Jofk/=lj 1fk- %\$*!\$e, ufxs ubj; f] \$e^^^
knt]S; M %\$!!(^, Od]m mail@teacher.org.np, j]m www.teacher.org.np db]m hublaf k] , xfQljg, nlnk/

tkf0\$ƒ dgsf s'/f

klqsdfƒ gofF:tDe z? xg' ; fdfGo s'/f xƒ].
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 d-rsf ; kdf kl/sllkgf u/\$f 5fƒ. o; n]
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 ; fj hlgS ug{cj; / lb65 . lzlfssƒ eƒluf0x;
 ; fj hlgS x6} hƒƒ To; n] glltldf0df klg d2t kl6
 ; S5 . cfknh] nƒy\$ƒ s'/f 5flkg] ; Defj gf ePkI5
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 bƒvƒf lj Bƒylx;df klg nƒv]g] xƒ} nf / hƒƒ/ knƒpg
 ; S5 . o; n] lzlfS / lzlfSx;alrsf] ; Da6w klg
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 JolQm] 5l/tƒ] /l; nf] / ; lhnf] u/L nƒv]g
 l; Sgk5{. cK7af/f zAb ykfg{
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 nƒyssf] dgleqaf6 plDnP/ cfPsf] 5
 eg] dfq To; n] kf7ssf] dg 5g ; S5 . nƒv]gsf nƒlu
 dfq nƒy\$ƒ] s'/f cN5l u/L-u/L ksƒPsf] vfg\$ƒ/f h:tƒ]
 x65, kf7sn] To; df :jfb kƒp6g / ulxl/P/ k9g}
 ; S6g .

bƒ] ƒ] s'/f xƒl] hg; s} eƒiffdf nƒy] klg nƒysdf
 Toƒ] eƒiffsf] cƒwf/et Jofs/Ofsf] 1fg xgk5{. cz4
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t] ƒ] s'/f xƒl] sƒg} klg nƒysn] cf^gf] eƒluf0 /
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 hƒlufpg] bƒl0tj ; DkfbSx;sf] xƒ]. pbfx/Ofsf nƒlu,
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pkdf lb0Psf nƒy-slj tf slt w}] cƒp5g\eg] Toƒ]
 pkdf /fd} eP klg Toƒ] bƒv]g; fy xƒdlnf0{ lbSs nƒlg
 yfn\$ƒ] 5 . dƒhntsf nƒlu ; ae6b d2t kƒofpg]
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 36gƒx;sf] bƒ66t lbP/ kZ ugk65 eg] Toƒ] tkf0F t
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 g] nƒygnf0{ bƒx] agƒpg] klƒ sdhƒ] 5 . sd}
 lj Bƒylx;df dfq kf70k'ts aƒx\$ƒsf ; fdull k9g]
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 5fƒ. kmtM clwsfz gkƒnl lj Bƒylx;sf]
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xƒdl] gofF:tDen] lzlfS ; ƒylx;nf0{cf^gf dgsf
 s'/f c;sf] dg 5g] lsl; dn] eG k70ff l6of] eg] Toƒ]
 xƒdl] sƒdsf] ; ƒy\$ƒt xg5 . pxfƒ;sf] nƒy 5flkPsf]
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 5, Psk6s k\$flzt gx66f nƒv]g g5f8g' xƒhƒ, c;sf]
 eG6f /fdƒ] xg]lalQs} tkf0ƒ] dgsf] s'/f 5flk65 eG]
 s'/df sƒg} zIƒ g] lngkb6 . hlt; s} /fdƒ] eƒj
 aƒ\$ƒ eP klg 56bƒ6E ePsf slj tf xƒdl 5flkb6ƒF.
 t/ tkf0ƒ; n] ulhasf ; fdull k7ƒpg yƒNgeof] eg]
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Psfbzsf Pp6f ls; fgn] ljleGg rfkfxf; kfn}f lyP . tldW0] Pp6f uwf klg lyof]. Pslbg Tof] uwf cfEg5}psf] k/fgf] 0gf/df v:of]. 3/df w}] jif{ sfd lbPsf] uwnf0{ ; a}h] dfof uy]. t/ , dfofn] dfq To; nf0{ arfpg ; Sg] lyPg . ls; fgsf] kl/jf/sf ; b:ox;n] l5d}sl ufpa}f6 qm] NofP/ uwnf0{0gf/af6 lgsfN]s}f klg ; f}]. t/ qm]sf] vr{ uwfsf] dfheGbf lgs} a9l kg] ePsf] Tof] .cf0l8ofl klg Jofjxf]/s gxb] eof]. uwf o; } klg a9f] xg yfn; s}f] lyof] / 3/df 6ofS6/ lsgk]5 Tof] plt sfddf cPsf] klg lyPg . To; u/W 3/df vfgkfglsf] wf/f cPkl5 0gf/sf] klg sfd ; lSP hI0s} ePsf] lyof].



o:t} s}/fn] ubf{ kl/jf/sf ; b:ox;nf0{ lgo}f lng ; lhnf] eof]. s}la}d} pglx; lgsif}f klu- uwf / 0gf/ bj} plt sfddf gcPsf] bj}nf0{Toxl k]/lbg].

pglx;n] uwn] hljge/ ef/l af}f} cf}gf] ; jf u/}f] s}/f r6Ss lai; P / cf}gf] :jfyL{/ s}f}g of}hg k}/f ug}f nflu 0gf/df df6f]v; flg yfn]. t/ w}h} df6f] v; fln; Sbf klg uwf kl/Pg . pglx;nf0{ lrg}tf nflu yfnof]. t/ pglx;sf ; fd' 0gf/df df6f] v; fln/fvgeGbf csf] sg} pkfo klg lyPg .

t}klg uwf kl/Pg . 0gf/ kl/} h}f} uwf t %g%g\dfly kf]c}pg yfnof]. cG}odf uwf 0gf/af6 afx/ g}lgl:s}f].

ePsf] s] /x} eg] k]o} k6s dflyaf6 df6f] v; flnf uwnf0{ bVof]. t/ , pm rkrfk lk70}f6 df6f] %fYof] / Tof] aa}f}p}f} df6f}nf0{ v}f]n] clnslt v}fYof]. To; f] ubf{ ubf{ 0gf/ kl/} uof] / pm ; szn afx/ lg:Sof].

uwnf0{ dv{ k}0fl dflg5 t/ Tof] a9f] uwfsf] af}g] ; a}Sif} al4dfg dflg; x;nf0{ lrt v}f0lbof].

lzlflm o; syaf6 b0{j6f lzlff kf0G5, klxnf] xfl] :jfyh] dflg; sf] al4 / ljz}df lasf] nuf0lb65 . uwn] h; /l cf}gf] Hofg h}f}of] Toxl s}/f To; sf dflnsx}n] u/}f eP pglx;nf0{ ljz}zln dflg ; lS}Yof]. bf] fl] / c% dxEj kOf] lzlff xfl] ; bkof} ug{h}f}of] eg] 7hf ; d:ofx; klg cj; /df kl/oft xg ; S5g\.



tkf0}nf0{ शिक्षक s:tf] nflu5 <

olb /fd}f}pkof}l nflu5 eg] cfknh] lrg}hfg}f lzlfs, cleefjs / lj BfyLnf0{ k9y elglbgxf}hf . xfdlnf0{ s}L ; %fj eP शिक्षक sf] 7}f}g}df va/ lbgxf}hf .



शिक्षक dfl; s, kf6g9f}f kf}a-g=}!^^, nln}k/ kn}M %}\$#@% , %}\$*!\$@ ^ofS; M %}\$!!(^

शिक्षक tkf0}f] ufpFzx/-ahf/sf kqklqsf k; ndf x/} dlxgfsf] klxnf] ; ftfleq klu; S5 . t}klg शिक्षक kfgp sl7gf0{ ePdf tkf0}f] glhssf] kqklqsf k; n jf xfdlnf0{ eGgxf}hf .



P; Pn; lsf] lahf] u

P; Pn; l k/lifsf] lahf] u -lzlfs krfug @)^^_ k9bf dgleq cg\$}+ kZg plAhP . lr6^a lkm ?=%)) b]v ?=@%)) u P; Pn; ldf P]txf]; s rfy]w lr6M rfy]l xfg 8s}l g} x65U ; :yfalr s]b]w]l]sf]efua08fl lr6 rfy]l{dudfl} cfj /of lj Zn]f]ofdf b]v]ofPsf] sf6g] lrgnufot P; Pn; l k/liff / bb}f h:tf ; fdu]x;n] kmfdfs] 9f}f eg] lrlgg] P; Pn; l k/lifsf] kb}k}f; u/]sf 5g\ . P; Pn; lsf] o:tf] bb}f x]l-x]l klg lzlf dGqfno, lzlf ljefunufot ; DkOf{[lzlffk]d]x;n]o; nfo{Jo]l:yt agfpg ; s}g]eg] b}zdf b]k]b]sf] rl/x/ofsf]syf b}k]v]g ; Sg} . hxf] b]k]b]sf kfF kltx} , elidk}tdx, /fnf, dx/fhnufot dx1fgl dx1df lj b/ ; d} rl/x/ofsf] b}zo x]l-x]l a:g af]wo ePsf lyP / To; sf] kl/df] xl:tgfk/sf lgb]f] hgtfn] eflgk/\$f] lyof] .

/j]l]b}stf/ bf; /fxt lzlf, dfj lhgfv; l; Gwhl

lr6^a /f\$g}k5{

P; Pn; l k/lifdf lr6^a ug{k}r}ngsf] af/df lj Bfyl{ lzlf, cleef] s, klgfnufot ; DkOf{ ; /f\$}j fnfx; nfo{ lj lbt} 5 . lr6^asf] s; :sf/nfo{ tf}g] lzlf / klgfsf]d]vo eldsf /xgk5{ eGg] d]f] 7Dof0 5 . t/, lj 8Dagf k/liffyl{ lzlf g} lr6

rfg] p2t xg] P; Pn; l k/lifdf lr6^asf]lgldt k/liff z]nssf]gdfdf clt/Om z]n lng] / klgfn] tof/ u/]sf] lgb]zsf] sf]of]og gxg] u/]sf] kf0of] . /fi6] lnPsf] z]l]fs p2]o xfl; n ug\$] lgldt of] 7hf] tuf/f] xfl . o; nfo{ lg/Gt/tf lbg] xfl eg] lzlf / lj Bfyl] d}xgt ug{/ z]l]fs lfgdf /fi6] nu]gl ug{ Joy{ xG5 . t; y{ lr6 rfg] sf]of]o{ lg?; flxt ug{ h?/l 5 . To; lgldt k/liff kOfnldf g} ; wf/sf] cfj Zos 5 . lr6^adf lzlf sx; sf] ; xelutfn]z]l]fs k}zfsdx; sf dfg, dof, cfr/of, Odqgbl/tf, gltstf / uf]j tdf rfg kl\$}5 .

8f= dgk|fb j fln\$] . lzlf lj sf; lsg / s; /w n]v c]of}t/fdf] 5 . lzlf dfl; ssf] k]of} c]df lzlf lj bx; sf o:tf n]v]n] lg/Gt/tf kfprg\ .

6\$axfb/ klml lzlf, hglk} lgd]fj Hofld/#, kflk

stfoaf] ugk5{

8f= dgk|fb j fln\$] . lzlf lj sf; lsg / s; /w -krfug c]_ lj Zn]f]ofn] dg 5f] . ha Ps szn lzlf sn] c]k}df ; ldkPsf] lhDd] f/l j xg u5{ ta dfq p; n] c; n Jo]Om] tyf cf]gf] lfdt cfj 4 ug]df}f kf65 . lzlf sn] cf]gf] stfoaf] ug{ ; s}df dfq uof:t/lo lzlf ; Dej xg; S5 . of]lj Zn]f]ofn]ds ; fdu]laf6 lzlf j u] cf]gf]pQ/b]l]of] sf]af]v ug]df}f cjZo kfpg] 5g\ .

s/g; * ; tf/ ; b}k]Zrdf-rn Sofk; , wgu9L ; gfts t]f]jif



a? o; f] u/] s; f] xfhf <

* jif] pb}sn]ubf] cEof; u] zlif\$sf] lzlf nfo; ; ; DaGwL n]v -lzlfs df3, @)^^_ ; E d]f] klg dt ldNof] . jf:t]d} ; /sf/n] lzlf of k}zdf NofPsf] nfo; ; k]qmf /df] ePklg Jo]l:yt eg] k6Ss} ePg . lsgg]lxhf]z?df lzlf ; f]o dfq ge0{ hg; s} ; f]oaf6 k}df]of-kq a6h}f ePe/sfnfo{ ; f}x}f] lzlf ag of]wo eg] tlg306] k/lifsf] s; laf6 k}df]of-kq lbof] . alrdf cfP/ efl]nsf nflu lzlf ag]eg] lzlf ; f]odf lzlf of lj lw, dg]f] lrgnufot \$% lbg] lzlf of cEof; u/l lqej g lj Zj lj Bfnon] lzlf of sf nflu .7]s e0; k eg] lbPsf] k}df]of-kqnf0{ a]f:tf u/l kgM nfo; ; g]f]ds hfq] k/liff lbP dfq aNn lzlf of sf] 9f}f; Dd klG ; lsg]eol] . o; f]ubf{ lzlf ; f]o c]woog ug] df/df k/\$f 5g\ . To; h] lzlf ; f]oaf6 c]fpg] nfo{ ; fdfGo k]qmfaf6 g] nfo; ; lb} cGo ; f]oaf6 c]fpg] hgziQmf0{ dfq nfo; ; sf] k/liff lbgk] Jo] :yf ul/of] \ .

sf]knf yh^a .c]z}f]fl lbOm] 0EIn; ; \$}8/L af]l}f :sh

sljnf lrGtgsf] b]fif

lzlfs dfl; ssf] @)^^ df3 c]sf] lj ifo ; Gbe{ c]tu} ..sf] ultnfl] eGg] n]vdf p7f]ofPsf ; jfnx; nfo{ lzlf sx;n] Psk6s dgg ug] ahf cf0; s}f] 5 . lzlf sx;n] c; nfo{ dfq b]fif ykf/] lzlf lfgdf k]lt xg ; Dej 5g .

; f]xl c]df ; dfj z 8f= lj Bfgfy sf]ofn]sf] ..fi6</ /fHosf] n8f]of lzlf s] lbg] eGg] n]v Hofb} ; do ; f]ble\$ nfu\$] 5 . clxn] gk}ndf xfl ePsf] .sljnf lrGtql sf] s]xl b]fif lzlf sn] klg lngk5{ .

ch} b]fxn .ckj]bl ldu}%, lrfnpg]y{s} b]fifv

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lzlfs dfl; sn] lzlf lfgdf ePsf ult]lw, ; d:of, r}gf]l, Jo] :yfkgnufot ; DkOf{ z]l]fs



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szn lzifofsf nflu lzifsx;n]f0{
tfind lb0b} 5 . P; Pn; ldf /fd]
glthf lgsfng] :shx;n]f0{ k/:s]
ug]ul/Psf] 5 . lzifdf nufgl klg
a9f0Psf] 5 . tyfk :t/lo lziff
xfl; n xg; s}f] 5g .

:t/lo lziff xfl; n ug{lzifsn]
k}f]sf/l 9En] k9fpg'sf ; fy]
lj Bfyl{ klg Wofg lbP/ k9gk5{ .
cfhsn lj Bfyl{x;n] lzifsn] k9fPsf]
kf7klt plrt Wofg lbg 5f8}f 5g\ .
o; sf] Pp6f sf/Of k/Liff l:ylt klg
xf] . lj Bfyl{sf nflu k/Liff pTk}S
xgk5{ . k/Liffdf /fd] ug}f lglDt
lj Bfyl{/fd]l k9g tTk/ /xf] \ .
/fd]l a'gsf lglDt lzifsn] k9fPsf]
s/fdf Wofg lbg] u/f] \ . ta dq
l; sf0 pknIAw pRr xG5 .

t/ crh k/Liff h:tf] b]vg
5f8}f] 5 . uf]v xz/ / tnb]v
dfl; Dd hfF rf]l ug]k]Q a19/x}f]
5 . kxfl lhNnsf sltko k/Liff
s]bx;df lrl6^a kj]Qn] k/fsif7
gf3}f] 5 . k/Liffdf rfg] bfpdf
kfom ; a} k/Liffyl{ xG5g\ . cf^g

dfG5]hf0{ rfj}fpg 3/df ef}f] t]Nrf
df/} k'} zvf-; Gtfg}k/Liff s]bdf
k]lg] u/}f] e]lG5 .

P; Pn; l k/Liffdf t]f]sPsf]kltzt
pQL0f{ u/fpg g; Sg] lj Bfnosf]
cgbfg /f}sf ug] sfq]l Joj :yfn]
lrl6^a a9fPsf] xf] . pQm kfj}wfgsf]
p2]o z]lfs:t/ p7fpg] xf] . t/
o; n]kl/Ofd pN6f]lbPsf]5 . sltko
lj Bfnox;n] cfkm' l6Sgsf nflu
lj Bfyl{hf0{ rfj}fpg' afWotf 7fg}f
5g\ . To; h] of] lj s[t cfd }kdf
k]n0; s}f] 5 .

k/Liffsf] vNnfkg] ubf{
k}f0fkqwf/l duh vnl of]of tlx;sf]
; ^Vof a9b} uPsf] 5 . Pslbg of]
; ^Vofn] 8f8f8f8f 9fSg] 5 / sg}
lbg b}zsf] lzifdf dfq x]0g b}z}
uOf:t/ /xg] 5g . rfj]lsf] e/df
kf; ug] of]of tlx;n] /f]huf/sf
cj ; /df klt:kwf{ ug{ ; Sg] 5g}\ .
pRr lziff cWoogsf] nflu klg tl
k]z k/Liffdf} kmfng5g\ . cfkmhf0{
k9g}v}f egl 6f]kg ?rfpg] ol
of]of tlx;n]f0{ 3/sf] sfd ug{ klg
ufxf]xG5 . kmntM tl k]j f/sf] af%
ag}f xG5g\ . o:tf] hdfaf6 ; dfh
/ /fi6} s}l cfzf ug{ ldNb} .
t}kg sxl cfof]o JoIQm;x;n]eg; gsf]
cfwf/df sfd kfg ; Snfg\ . t/
To:tf JoIQmaf6 uOf:t/lo ;]fsf]
cfzf ug{ ; lsgf .

To; h] k/Liffdf lrl6 rfj}fpg} rfg]
blsdfdf s}f] klg nfluGk} . lsgg]

lrl6^af6 JoIQm k]j f/ ; dfh /
/fi6«s; hf0{ klg km0bf klbg a?
xfg xG5 . lzifsn]t %g\o:tf]unt
sfo}f nflu} nflu} xGf .

uOf}k}fb r}hfuf0f
k}zifs, z]lfs tfind s]b] hdnf

cfb}fhg / ; D%}f}x;sf]

lj j/Of rfxof]

lzifsf sf cfudl c}x;df b; jif]
lx;f]dssfndf lj b]xl / ; /sf/klaf6
dfl/Psf ; DkOf{lzifsx;sf] lj j/Of /
xfn; Dd ; /sf/l kl / cfb}fhg/t
lzifsf tyf z]lfs ; 3; ; E7gsf
alrdf eP=u/}f] lj leGg z]lfs
cfb}fhg / ; D%}f}x;sf] ; ^Nkt
lj j/Of klg k}tt ul/lbg}P cfef/l
xg]yof} .

cf]k}fz clwsf/l
hgtf pdflj, dg/l, gjnk/f; l

/fd] nflu5

d lzifsf klqsfsf]lgoldt kf7s xF.
d]h]o; af6 w}f]1fg kfpf]5' . d]h]
cGo lzifsf Pj d\lj Bfyl{hf0{ ; d};
k9g} ; NnfX lbG5' . o; sf] ; km}tsf]
xflb} sfdgf ub}f' . ldN5 eg] Pp6f
k}z /Vg rfxG5- of]klqsdf xfdn]
lj leGg syf, uhn, slj tf k7fpg
kf0G5 ls kf0b} <

lj gf] r}hfuf0F
; u/dfyf cfj f; lo pdflj , b]bx-^,
?kGb]l

ljZj lj Bfnosf k]b}k}sx;af6 clw}k}g u/f0g]o; sf7df8f]-lziff Sofdk; df
PdP8=c^a]h]l, g]k]nl, :jf:Yo, z]lfs of]hgf tyf Joj :yfk / kf7bqnd_
alP8= Psjif / tljijf -c^a]h]l, g]k]nl, :jf:Yo, uOf, hg; Vof, ; fdlhs,
z]lfs k}z; g / ; klj]fOf
+e -lziff, dfg]sl, Joj :yfk / slk0b/ lj 1fgsf slf ; -rfng e0/x}f] 5 .

- ✓ !))ü ; Dd dfl; s zNsd] lj z]f] 5b tyf 5fj]Qsf]Joj :yf .
- ✓ Psjif]laP8= tyf PdP8= kyd jif]f]goff slf ; -rfng @)^& j}zvfaf6 .
- ✓ j}h; f06 tyf g]l6; af}f]k]m\ ; r}g kbfq / cfwlgs klj lwaf6 clw}k}g .
- ✓ slf ; -rfng ; f% \$ b]v * tyf k}z; g lbgf] ! b]v \.f% } ab]l]d

**k]x]n] ; fdb]os
lziff Sofdk;**

sf7df8f]-lziff Sofdk;
/fdzixy, e}b}ld08k rf}, sf7df8f]-k}b}f]o p}f]f]o, e}g.
k]m]M)!-\$@%\$), (*%!)!|^\$^ (*\$!#%()), (*\$!@^%\$\$
gf]6; af}f]g^M Sofdk; ; ljz ; r}g -!^*)!\$@%\$).
lj Bfyl{ljz}f ; r}g -!^*)&}&#)@\$! . pQm g+ x;df
g]k]m]l/sf n]fsn km}af6 ; Dks{ug{ ; lsg] 5 .

E-mail: kscram@ksc.edu.np, URL: www.ksc.edu.np

kl|tlqmf / ; %fj



शब्द खेल-१८



ldN5 ls ldNbø <

d o; lz|fs dfl; ssf]lgoldt kf7s xF. o; k|qsf] Pp6f dx|j k0f{ cfsif0f x|} lgoldt kl|toflutfls :tDe zAbv|, c|tflf/L, ; 8f\$' / ; fdfgo 1fg . o; n|kf7sx;nf0{.6f0d kf; l dfq geP/ af]4s :t/nf0{j|4 ug| cj; / ; d|} k|pfg u/|\$f] 5 . o; } ; Gbedf ol :tDex;df ; xefulsf] nflu Pp6}vdfdf b0{f b0|Gbf a9L kl|toflutfx;sf]pQ/ k7fpg ldN5 ls ldNbø < atf0lbg|eP cfe/l x|j|PF.

bnaxfb/ o:dfnl

7h|f|f| dflj, d|l-&, wflb^a

-l6KkOfLM ldN5 . t/ Pp6}:tDe jf ; d:ofsf PseGbf a9L hjfkm k7fpg eg|kf0f| . To; f|ul/of|eg| k7|k| [16 /2 xG5 . ; ±

lz|fs sf k'/fgf c|



lz|fs dfl; ssf]@)% ; fnsf csx? . af0l08^al ul/Psf] ; a|jx tof/ ePsf]5 . OR5s kf7sx; n] glhssf]klqsf k; n jf lzlfssf] sf0fio -k|f|j|l %\$*!\$@_ df ; Dks{ /fVgxf|f|f . dNo ?#| #%)<-

Pp6f cfux

lz|fs dfl; ssf]lgoldt kf7s xF. o; k|qsf] Pp6f dx|j k0f{ cfsif0f x|} lgoldt kl|toflutfls :tDe zAbv|, c|tflf/L, ; 8f\$' / ; fdfgo 1fg . o; n|kf7sx;nf0{.6f0d kf; l dfq geP/ af]4s :t/nf0{j|4 ug| cj; / ; d|} k|pfg u/|\$f] 5 . o; } ; Gbedf ol :tDex;df ; xefulsf] nflu Pp6}vdfdf b0{f b0|Gbf a9L kl|toflutfx;sf]pQ/ k7fpg ldN5 ls ldNbø < atf0lbg|eP cfe/l x|j|PF.

oxfFdh| lz|fs k|qsf]sf]

kl|tlqmf / ; %fj :tDedfkl| pxf|f0{Pp6f cg/f|v ug{rfx\$|f] 5' . s|k| ; doblv .hnjfo' kl/j tG| sf]lj ifoj :th|/fli60 / c|t/f|60:t/ ; fy}|1; 4f|t / Joj x|/ ; b|j|f :yf| kfPsf] s/f ; j|l|bt}5 . o; sf]k|fj dflg; x;n|k|ol f |kdf dx; ; klg ul//x|f] 5g\ . s|k| ; Gbedf 8/f0{klg /x|f] 5g\ . pglx;sf] hljg Pslsl; dn]si6s/ ePsf]



5 . d lzlf l|f|df sfd ug| Jo|Qm ePsfn]cfhsf]oludf lz|fs dfl; ssf] cfwf/e't hfgsf/Lx; lbP/ pglx;sf]si6 sd ug{ ; lsG5 ls < tly|xfb/ / ; |e of| lj ifodf n|v|x;dfkl| lbzflgb| ug{ cg/f|v ug{rfx\$|f] 5' . cfzf 5l ca pkl|t pxf|f n|v|x; df]d kl/j tG|df klg cfwf/t x|j|G\.

k|fz|; * clwsf/l sf7df8f|

clws|t laqmf rlfxf]

d o; lz|fs dfl; ssf]lgoldt kf7s xF. t/ dnufof lj s6 7fp|f kf7sx;sf lg|dt of|klqsf ; dod|k|t ug{Hofb}ufx|]5 . j|flf|f u|fxs ag| a|8l lhNndf o; sf]clws|t laqmf klg 5g . o; ; d:ofsf] ; dfwfgsf nflu lz|fs dfl; sn] a|8l lhNndf klg clws|t laqmf]sf]Joj:yf hit; Sbf] rfBf]u/f] \

n|f|j|l| ; * 36fn

k-r|j/ u|lj ; #, z|l a|\$, a|8l

-l6KkOfLM To; l|f|df clws|t laqmf ag| s; |k|tlqmf; Ddt|9Eaf6 OR5f b|fPsf]l:y|tdf dfq xfdln] s; |f0{lgoQm ug{ ; Sg|x|f] . ; fwf/Of jf /lhi6k xhfsaf6 klqsf kfpg]u/L ; lw|lzlfssf]sf0f|odf u|fxs ag| ; lsg] ; ljwf ; w|v|f 5 . ; ±

o:tf] dhfs lsg <

lz|fs agsf]nflu lzlf lj ifo ln0{ cf0P8=, al-P8= jf flndk|t x|k5{ . oltn]dfq gkl| lz|fs nf0; |; klg

lngk5{clg dfq lzlf sdf lgolQm x|k|f0G5 . t/ dG|l x|j|f nflu s|k|klg d|k|b08 gePs} sf/Ofn] lzlf dG|l jf c|o dG|lx;n] lzlf lgodfj nl cf-cf|gf]cgsh agf0/x|f] 5g\.

lbgf] rf/ 306f; Dd clwofkg u/fP/ ; fgf-; fgf afnaflnsf;x;nf0{ k|f|yds lj Bfno; Dd hfg of|o t|nofg] afnlj sf; s|b|sf ; xof|l sfo\$tf\$|f] dfl; s tna eQf ?=!,*) dfq sfod u/| of] .cw|zl|lftl /sf/n] d nufot xhf/f|; xof|l sfo\$tf\$|f] dhfs p8fPsf] b|vG5 .

..cw|zl|lftl o; sf/Ofn] ls @!cf| zt|f|bsf] of] dx|ldf Pp6l lj j|f|t dlxnfn] ?=!,*) n] s; /l cf|gf] 3/Joj x|/ 6fg{ ; S5} < ; dfg of|otf ePsf c| lzlf sx;nf0{sl/a ^ uoff a9L tnaeQf clg xfdlnf0{ rlfXf ?=!,*) dfq lsg < o; sf] lh|d|f/ sf|<

l|gd|f b|l, ; xof|l sfo\$tf\$|f blnt hgs|l|of afnlj sf; s|b| b|k/f-\$, wglf

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नेपाली १ देखि ५ सम्म



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[.dgsf s/f lzlfsx;sf] lghl s/f kfVg] :tDe xf]. o; df tkf0+ckngf cgeIt, syf-
Jof, cgej tyf dd{kzL{Pj +k}S 36gfnufot cknngf] dhl\$ s/f nVg ; Sgxg\$.
; !ki6, ; fy\$, ; fble\$ / tl:a/; lxtsf 5f\$ n\yf0n] lJzif kfyldstf kfpG] 5g\ . ; ≠

; aeGbf /fdf] sfd lzl f0f

pdf u?^a
lzlfs, r\$ h lgdfj, 3fEn, 8f\$ l



c; n lzlfs aGsf nflu
ljifoJ :tdf blf xgk5{
st{olgi7, 0dfgbf/ aGk5{
/ cfknh] l; s\$ s/fnf0{
slffsf] df k\$ u\$ ugk5{.

d ; fgf] 5f la/fdx;sf] ; jf ug[OR5f dgdf ; fRb)
To; nf0{ cf^gf] p2Z o agfp\$]. To; sf] nflu
8fS6/ jf g; { aGk5{ eG} klg yxf lyof]. @)%(
; fndf shfnlaf6 P; Pn; L k/lif kyd >flfd pQLof{
ePsf] dfs; 6 d]f] xtdf kb{ d cToGt} v; l eP
t/ pRr lzlffsf] nflu lj1fg k9g k7fpg kl/jf/sf]
cfly\$ cj :yfn] EofPg . 8fS6/ jf g; { aG} d]f] ; kgf
To; } ; hfP/ uof]. To; kl5 d]f dfj txsf u?x;sf]
; Nfxadflhd / cf^gf] ?lrsf] ljifo klg ulof ePsfn]
dh] c; n lzlfs aG} p2Z on] ulof ljifo ln0{ cfOR8
/ alP8 pQLof{ u/F.
sxl ; do gkndf sfo{t cGt/f\$6 u} ; df

lzlfs xgdf uj {

l /d\$ k; fb uf}d

Pp6f lzlfs hlxn] klg .d Pp6f c; n lzlfs xF
eG ; Sg] cj :ydf /xgk5{.

h ; /l v/fa alpaf6 /fdf] km nflu, To; u/
gnfos lzlfsn] of] o lj Bfyl{ tof/ ugdf
sg} ofubfg ug{ ; Sbg . hlt; s} cfbz\$ s/f u/
klg cfr/of /df g\$ lzlfsn] lzlffnf0{ vdfn]
agfpg] afx\$ c; sxl ubg . of] s/f ; ahf0{
yxf 5 t/ .k9h] fl lzlfsx;sf af/df .clzlftl
cleefj sn] sg} kZg p7fpg ; Sbg\ . /fhgltS
jf gftfuf] fsf dfWodaf6 lgoOm ePsf lzlfs c%
alnof xG5g\ . gSsn zlf]s kdfokq dfq xfGg,
gSsn cWofkg cgdltkqs] klg 7hf] laulaul
5 . ol s/f hfcbfhfb} klg s; h] sxl ug{ ; Sbg
lsgeg] xdf] lzlfsx; /fhgltS bnx;sf xtof/
klg alg/x\$ 5g\ . cf^gf] stfo / bfoTj sf] afy
ug\$ Gbf clwsf/sf] dfu ug[kj] Q alnof ePsf] 5 .

:j o+} s e0{sf d ug[d f s f k f 0 o f] . :6806 kf66/;lk
j/118/f08 g f d s ; y f a f 6 : j o+} s e0{w f l b^a l h n n f s f]
u f d l o f l f q d f s f d u g { u P s l l y P F . T o x f F l j l e G
l h n n f a f 6 c f P s f d f g ; / l j b z l ; f y l k l g l y P . d ; E
g j n k / f ; l s l l z N k f r f k f u f 0 F / c d l / s f s l P l n h f j y k l g
l y P . x f d l w f l b^a l h n n f s f] ; f^a s f i f u f l j ; s f] k z k l t
d f l j s f l j B f y l x₂ n f 0 { ; f d b f l o s o j f ; z l Q m s / o f s f o q m d
c f t u f { s f] k f 7 k 9 f p F o f } . T o ; d f c l t l / Q m l q m f s n f k s f]
d f l W o d a f 6 l j B f y l x₂ s f] J o l Q m i j l j s f ; s f ; f y ; k 9 f 0 d f
; x o f u u g] ; f d u l x₂ ; d f j z u / f 0 G y o f] . o ; / l : j o+} s
e0{ l j B f y l { E w } } g l h s e0{ k 9 f p F f c l g c l t l / Q m
l q m f s n f k d f e f u l n f d n f 0 { k l g l z l f s e0{ s f o { u g]
x f } n f a 9] c f o f] . c % P l n h f j y n } l j B f y l x₂ n f 0 { v h s f]
d f l W o d a f 6 k 9 f p g] t l / s f k o f u u / s f j b v b f c f k n h f 0 { k l g
T o f] t l / s f k o f u u g { / x / n f l o f] . c l g d h } k l g c f k n l
l z l f s a g k l 5 l j B f y l x₂ n f 0 { J o f j x f l / s l z l f f l b g k b 5 /
u / x] l ; S g] l j w - n l g e j f 0 8 0^a _ s f] c j w f / o f f n f 0 { c l 3
a 9 f p g k b 5 e G g] c 7 f 6 u / F .

o ; / l s x l ; d o k l 5 g } w f l b^a d f u b { c f P s f] : j o+} s s f]
s f d ; l s o f] / d c f g f] 3 / s h p n l k n s P F . : j o+} s
e0{ s f o { u g { ; w f l / ; D e j g e P s f n } d h } l z l f s a G '
h ? / l y o f] . T o ; h } d l z l f s s f] n f l u l j 1 f k g v h s f] 5
l s 5 g e g] r f ; f] / f l v / x G y F . o ; } q m d f 8 f 6 l l h n n f
3 f E n u f l j ; s f] k f 8 h l g d f l j d f u l o f t l z l f s s f] n f l u
/ f x t s f 6 f d f l z l f s s f] c j j z o s t f k / s f] y f x f k f P F .

3 / k u s f] b 0 { l b g k l 5 g } d 8 f 6 l l t / l x 8] . : s h d f
k u x l z l f s k b s f n f l u c j j h g l b P F . l n l v t , d f l v s
k / l l f d f p Q l 0 f { e 0 { 5 g f 6 e P k l 5 @ } ^ ^ ; f n h j d l x g b l v
d T o ; l j B f n o d f k 9 f p F 5' . d h } c 7 f 6 u / f g ; f / g } d
u / x] l ; S g] l j l w s f] c j w f / o f f n f 0 { c l 3 a 9 f p F 5' . s l f f

! / @ s f l j B f y l x₂ n f 0 { c l g j f o { c^a u h l l j i f o v h s f]
d f l W o d a f 6 k 9 f p g] u 5 { h ; n } u b f { k l x n f 6 b f l j B f y l x₂ f]
c l W o o g d f ; w f / e P s f] 5 . T o : t l l g d f l j t x d f u l o f t
l z l f 0 f u b f { k l g p g l x₂ n f 0 { u l o f t l o ; d : o f x₂ b l g s
h l j g ; E ; D a l G w t u / f P / w f / o f f a % f p F } ; d : o f ; d f w f g
u g { l ; s f p F 5' .

l j B f n o d f k 9 f 0 s f] ; f y ; f y } c l t l / Q m l q m f s n f k s f]
c j j z o s t f k g] e P s f n] z q m a f / g f R g] u f p g] v h s b
s f o q m d ; ~ r f n g u b f { T o ; l j B f n o d f c l W o f k g u g {
n f u s f] * d l x g f g l a t b } d h } l j B f y l x₂ s f] w } } g l h s x g]
c j ; / k f P s l 5' . l j B f y l x₂ g a % s f s / f v f n l ; d o d f
c f P / ; f l l g] u b 5 g v d T o ; s f] ; d f w f g E o f P ; D d u b 5' .
t / f 0 s f] b f f 6 f k x f 8 l e u s f l j B f y l x₂ d f 3 / d f c l W o o g
u g] a f g l s d x f 7 x 5 . p g l x₂ ; f l o l a x f g 3 / s f] s f d
u g] h : t l l 3 f F - b f p / f s f 6 y] k f g l s f] ; f l j 6 f 9 e P s f n]
k f g l c f] f g] u b 5 g \ . l a h h l a Q l s f] ; l j w f g e P s f n] / f l t
l j B f y l x₂ n f 0 { c l W o o g u g { u f x f] k b 5 . T o ; h } l j B f y l x₂ n f 0 {
s l f f s f 7 f d f g } u x s f o { u / f p g k g] a f l W o t f k l g o y f j t \\
5 . o ; / l e f l t s ; l j w a f 6 6 f 9 / x } c l W o o g - c l W o f k g
u / f p F s f] e f u f 0 c l g T o ; a f 6 k l t x g] c f d ; G t l i 6
a l l n } x f 7 x 5' .

u f p F x₂ s f] d f o f c l g c f b / - ; D d f g k f p F f ; f R r }
l z l f s x g s f] u j { d x ; " u b 5' . c f k n h } l j B f y l { h l j g
c l g : j o+} s e0{ l ; s s f s / f n f 0 { l j B f n o d f k o f u u b f
c f P s l 5' . l j B f y l { c l g c l e e f j s n f 0 { k 9 f 0 k l t ; s f / f t d s
b l l 6 s f 0 f a g f p g 0 d f g b f / l k } s k o f ; u b 5' . c ; n l z l f s
a G s f n f l u l j i f o j : t d f b l f x g k 5 { s t f o l g i 7 , 0 d f g b f /
a G k 5 { / c f k n h } l ; s s f s / f n f 0 { s l f f s f 7 f d f k o f u
u g k 5 { . o f] d } f] c f g f] k z f k l t s f] l j z j f ; k l g x f] . o x l
l j z j f ; n f 0 { ; f y s a g f p g d } f] o f q f h f / l 5 .

/ f h g l l t d f l z l f s x₂ n f 0 { k o f u u g] ; s f / n } u b f { l z l f f
l f q e f f 8 b } u 0 / x s f] 5 . l z l f s s f] k z f u t x s l x t s f
g f d d f e 0 / x s f c g s a G b / x 8 t f n s f 3 6 g f x₂ n]
z l f s h u t / l z l f s x₂ s f] k l t i 7 f b j h f 0 { x f l g u / s f]
c g e j e 0 / x s f] 5 .

o ; / l c f g f] b f l o t j s f] k l x r f g / k z f k l t s f]
k l t a 4 t f g / x f l l ; E f] / f i 6 < g } b a f n x g k l b 5 .
l z l f s s f] ; a e G b f 7 h f] k l x r f g g } k z f k l t s f] k l t a 4 t f
x f] . k l o s c l e e f j s n } c f g f ; G t f g n } c f k n h } e G b f
/ f d f] h l j g o f k g u g { ; s g \ e g] l z l f s s f k f l l 6 f d f
; D k s f x G 5 g \ . l t g n f 0 { ; l f d g f u l / s a G d 2 t u g]
b f l o t j l z l f s s f] g } x f] . ; j { f w / o f g f u l / s x₂ c f g f
P s = b 0 { ; G t f g ; b f l o a G b f u f j u 5 g \ e g] ; o f }
a f n a f l n s n f 0 { ; b f l o a g f p g] c j ; / k f P s f l z l f s n]
c % 7 h f] u j { l n g ; S g] x g k 5 { . g f u l / s x₂ n f 0 { o f l o
a g f p g / f i 6 k } ; D k s f] b f l o t j k / f g u g { e g s f] / f i 6 k f 0 {
w f s f l b g ' x f e G g] s / f ; a } l z l f s x₂ n] W o f g d f
/ f v g k 5 { .

x f d l c f g f] d h s n f 0 { 5 / l 5 d s t y f c d l / s f
n u f o t s f l j s l ; t d h s ; E t h g f u / x l v G g
x G 5 f F . t / l v G g e P / d f q x f d f] ; d : o f ; l n % f 6 .
o ; n f 0 { ; N % f p g] P p 6 } t l / s f 5 - % g } a 9 l d x g t ,
k l / > d / p l ; f x s f ; f y c u f l 8 a 9 g] . d h s s f
; a } l z l f 0 f ; y f u 0 f : t o Q m x g ; s q f ; d f h s f
l k 5 l 8 P s f ; d b f o / j u s f 5 f] f 5 f] l n] k l g : t / l o
l z l f n o d f k 9 g k f p g] 5 g \ .

; d f h d f l z l f s n] 0 h h t , ; D d f g k f p g s f n f l u
k y d t M c f k n l / f d f] c f r / o f d f a : g ; S g k b 5 .
l z l f s ; E h l x n] k l g / f d f] s / f g } x g k 5 { . p ; n]
l j r f / / f d f] / f v g k 5 { J o j x f / / f d f] u g k 5 { .
c f g f] k z f k l t k l t a 4 / x g s f ; f y } c f k n l l z l f s
e P s f d f u j { k l g u g k 5 { . P p 6 f l z l f s h l x n]
k l g . d P p 6 f c ; n l z l f s x f e G g ; S g] c j : y f d f
/ x g k 5 { . c f g f] ? l r g e P l z l f 0 f k z f c f f v g '
g } x b g c e f l n ; s k l 5 k z f s f] d o f f n f 0 { k i n g f
u g k b 5 .



dlxnf lzlfnsn] Wofg lbgkg{s'/f

I /Def kf8j

dlxnf lzlfnsx;n] ;dfhsf cujf xgsf nflu cfd dlxnf] r]gf:t/eGb dfly p7g}k5{.



3 /kl/jf/df cdfsf] h:t] dxlj xG5 lj Bfnodf dlxnf lzlfssf] dxlj klg To:t}xG5 . To; } dlxnf lzlfnsn0{u?cdf klg elgG5 . lj Bfno hfg] x/3 aRrfn] dlxnf lzlfdsf cdf, lbb] jf kl/jf/sf cfnh0{df of ug] dlxnf ; b:osf] ?k bVg ; Sof] eg] lgZro g} cWofkgsf] cfwf sfo{z?d}k/f xG5 .

dlxnf lzlfssf] pkl:yltn] g} ; dfhdf ; sf/fds kefj kfb5 . x/3 lj Bfnodf dlxnf lzlfssf] ; aVof a9bf lj Bfnodf 5qfx;sf] egf/ g} a93f] blVpsf] 5 . dlxnf lzlfns] afnaflnsfno{ cdfn] h:t] x]rfxf ; fy vjhp5] / ult uf0lb5]l; sfg ; S5g\ vfgkfg / ; /; kn0df ; r] u/fp5]c; n afglsf] ljsf; u/fpg ; S5g\ . dlxnf lzlfns] ug[; Sg] s/f c; klg w}]5g\ . t/ klg pglx;sf] ; aVof thgfds ; kdf sd 5 . o; sf] klnf] sf/0f t ; flf/ b/ g} x]. xdf] b3sf] hg; aVofsf] %! klitzt dlxnf 5g\ . t/, dlxnf ; flf/ eg] \$@ klitzt dfq blV65 . a5ut ; kdf eGg] x] eg] dlxnf lzlfns k5fl8 kg3f sf/0fx;nf0{lgDgfg; f/ pNny ug[; lsG5ll

!= k?ifk\wfg dfgl; stfsf sf/0fn] ; lfd / of]o lzlfns klg k5fl8 kfl/Psf 5g\ . o; }sf/0fn] dlxnf lzlfnsx;df xgtfsf] efjgf ljsl; t xG5 . lj Bfno, kl/jf/ / ; dfhn] pglx;nf0{ pT; flxt agfpg] eGb klg lg?T; flxt ug] kj]Q cfd 5 .

#= cWoozlnf]sd] klg dlxnf lzlfns k5fl8 kg3f] csf] sf/0f x]. Ps t dlxnfd 3/sf] lhDd]f/l a9l xg] ePsfn] cWoozsf nflu ; do sd xG5 . ; do eP klg k9] ; do latfpg] dlxnf sd}dfq blV65g\ . dlxnf;df Joj ; flostfsf] klg sdl blV65 . cfd dlxnf;df /x3f] lzlfns aGg] rfxgfsf k5fl8 klit:kwl{ lzlfns eP/ zlfns lfqdf sxl u/f-

eGg] efj gfeGb ; lhnf] hflu/ vfp/ gg t]hsf] hfxf] ug] jf 3/ rnfp' / a9ldf cfly\$; kdf cfdlge{ xg] s/f dfq ; Dalwt 5 .
\$= oyfl:yltj fbl lrGtgn] dlxnf lzlfns0{ cfd clzlf]t dlxnf] ; dflhs-; f:s[ts :t/eGb dfly hfg lbp]sf] 5g . dlxnf lzlfnsx;n] ; dfhsf cujf xgsf nflu cfd dlxnf] r]gf:t/eGb dfly p7g}k5{ .
%= dlxnfd n]Es Pstfsf] sdl blV65 . cfd ; kdf dlxnf dlxnf] zq' xg] u/3f blV65g\ . 3/-kl/jf/df ; f; "axf/l, gGb-efph" / Joj ; flos kl]ti7fgdf tNnf] / dflyNnf] >0]lsf dlxnf sd{f/ldf cgj Zos klit:kwf{ / Psk3f/n] Psn] csf3f] v3f tfg] kj]Q blV65 . dlxnf;df /x3f] oxl kj]Qnf0{ k?ifx;n] dlhfn] pko] ub5g\ / dlxnf Pstfd yk Jojwfg pTKGg xG5 eGg] s/f a'gk5{ .
^= dlxnf; k3fut u0f:t/lotf ; lk / 1fgkl]t eGb klg nlf, uxgf / Jo]Qm]sf] aflx/l klfd Wofg sl]b3 ub5g\ . o; n] ubf{ ; do / wgsf] b?kof] xghfG5 tyf dlxnf eg3f zP\w/ / dgf]-hgsf j :t' xg\veGg] efj gfn] k3o kfp5 . pko]m sf/0fx;df ; w/ ug] eg3f] of3f ; zQm ; dflhs cfbf]hg cufl8 a9fpg' x]. o; sf ; fy} k3f; lgs / /fhslo:t/sf] ; w/; d] cfj Zos 5 . o; sf nflu- !_ k?if / dlxnfd alc / lfdt ; dfq xG5 eGg] r]gf]sf] ljsf; u/fpgk5{ @_ ; do-; dodf cf-cf^gf lj ifodf kgtf]sl tfndsf] Joj :yf ug]k5{ #_ ; do-; dodf dlxnf lzlfns; 6 k/fdz{u/l pglx;sf sl7gf0dfly 5nkmm ug]k5{ \$_ ; do; fk]f ; kdf kl/dflh3 xgsf lglDt efiif tfnd, kl]j lws lzlf / zlf]s:t/ pGg]tsf tfndsf] cj ; / lb0gkb5 / ; dfq Joj x/ / sfdsf] af8knfB xgk5{ .

Izlfz zflnuſd of kTy/ <

u0fzk; fb rfv/L
zlfz tflnd sſb, hſnf

ædofſbt / kſj zfnl Izlfz aſg]j f xhſFkfp]eſg]s/f Izlfz :joſf e/ k5{Æ

æt kf0ſ; /sf/l gſ/L u/ſf] eP clxn] Dd ſxf
klu; SgXGyof] xhſf Æ dſf sxl zebſ5sxzn]
dnf0{ahſavt eſg] u5ſ\ . xg klg Pshgf ;/sf/l
clwſt lätlo >ſf]df a9]f xſf pgl lhlzc, l;l8cf]
pklgbſz ſf pk; lrlj h:tf pRr dſgg]kbf kl5g\
otf Izlfz eg]kſylds tx tſlo >ſf]b]v dſWolds tx
kyd >ſf; Dd klu; Sſf klg pxl dſ8; ſla g}ſxnſ0G5 .
Izlfz lhGbule/ 7fpFpxl, ſfd pxl / gfd klg pxl
/xG5 . dſg; xzn]Izlfſſf]x]; ot ſlxNo}klg ablnPſf]
gb]k]5 o:tf] egſf xhſfg\.

oxfſf zlfz ofhgſf/xçdf zlfz ſfoſmd
ſfoſ]og cyfſ\k9Pſf]cſej w}]ePſf]kf0ſ]eg]
ofhgſ lgdſf]df Izlfzçſf]ſg}elſſf b]vſ] . zfof
zlfz u0f:t/ p7ſ g; Sgſf]Pp6f ſf/0f oxl klg xf]
ls <lzlff kſf; gdf /xſf JolQmç / Izlfzçalr
ſlxnſxlFeldſf km]abn xg}c]j Zos 5 eſg]nſU5 .
o; f]ubf{ofhgſ / ſfoſ]og klfalr ; Gthg ſfod e0]
kltkm /fdſ] xg; S5 / ; fob Izlfſſf]o:tf]cj dNog
klg xg kfp]5ſ .

Izlf0f kſf cſfNſgdf ; aſf cf-cf]g}ſf/0fç
xhſfg\ . k9fp] ſfd kſom 3/b]ſf]el]ſg]ePſfn]klg
w]h; f]dſg; xç otſf/ tſlgPſf xg; S5g\ . dſf]xſdf
eg]c]y:ſf cln leſg]5 . d]h]c]k]k]k9ſ kfp]ſf nflu
of]kſf ckgfp] k/ſf] xf] . ſ/f @)@ ; ſnſf] xf] .
j flifſ ?=#)#)) ſf]5faj [Q kPkl5 d !^ jifſf]pd]df
Pſſf]ſ ^ ſlffdf :ſh egf{ePF. To; cl3 jghEn,
v]af/l g]dſf nflu :ſh, k7zfnf lyP . ſfda6 km]ſ
kſPſf lbgçdf ; fylef0ſf]nxnçſf :ſh kl]g]uyſf.
t/, ſfdſf]; do çfpſf jf :ſhn]ſfkl lſGg]jf lkm
ltg]ſ/f p7fpſf :ſh 5f8ſgYof].

P; Pn; kl5 ; fwf/0f tflnd lnP/ kſF jif{Dd
kſylds Izlfz e0{clgjfo; jf ug]k]ztdſf]hd @)@&
; ſnb]v k]lj Izlfz agF. PdP; Ddſf afſl ; a}k9f0
:ſhdf ſfd ubf]k]k/f u/ſf]xſ. kl5 çP/ k9fp]g]
ſfd 5fſ] ; lſGyof]. t/, Tolta]h; Dd :ſhdf dg
al; ; ſſf]lyof]. 5faj [Qn]dſf]hljg abNof]. 5faj [Q
To:tf]lj Bfylſ]kfp]gk5{h; ſf]Toſf]gf k9ſ g}g; Sg]
l:y]t xf]\ . çhſf lbgdf ſtko lj Bfnocç 5faj [Q
lj j/0f klqmofdf Tolt ; j]hgzln b]vſ] . wgl-ul/a

hſ]ſf]lnf0{bdf; fxln]afſg]lrlh xſ0g of] .
d xfn klzlfſſf çkdf zlfz tflnd sſbdf ſfoſt
5' . tflnd ſlffçdf zlfz:t/ dſly p7fp]g Izlfſſf]
elſſaf/]rrf{e0/xſf cgludſf]çej, /fdſ]ſfdſf]
klxrf]g gç; doſſf / ; lj wſf]ſdl h:tf ; d:of çf]ſf]ſf]
lg/fz] JoQm ug]ſxl Izlfzçnf0{xſ]nf lbg]qmddf eſg]
u5{ædofſbt / kſj zfnl Izlfz aſg]j f xhſFkfp]
eſg]ſ/f Izlfſſf]çf]g}xftdf e/ k5{Æ /fdſ]k9fp]
; Sg]Izlfzſnf0{lj Bfylſ] /fdſ]dfG5g\çleef]ſn]lrG5g\
; dbſon]yxf kfp5 / k'} ; dhn]ltgſf]xſ0çxſ0{ug]
yſN5 . çk]h]k9Pſf lj Bfylçç hljgſf x/ſf lſ0df
el]ſf gtd:ts e0{; Ddf] / ; xof]u u5ſ\ . ſ]of]
df]g, doſſf / ſdf0{s; ſf]eſb ſd eof] / <lzlſdf
ljifout 1fg, kçk]l]t Wof]g / kl]ta4tf xg h?/l 5 .
d]h]klzlf0ſ}l; nl; nſdf ahſof / l; Èk/; Dd
kl]g]dſf kPſf]lyPF. ToxfJofj; flos Izlfſſf]t
ſ]ſ/f, çj]lws Izlfzſn]klg x/ſf lbgſ]çWof]kgnf0]
Ps dxfg\ſfdſf]çkdf dxſ]lbg] /xſg\ . Jofks /
ef/l Izlf0f ; fdul; lxt k9fp]g hſg] /xſg\ . lſPſf
k7ſf]Izlf0f çſejſf]çfwf/df çfp]g]k7xç k9fp]
ofhgſ agfp]g]ubf{/xſg\ . oxifExdl ſxfFeg]c:yfol
IzlfſdWof]ſxl çk]h]f0{.c:yfol t kl/of]çh xf]of
eſ]n]eg] /fdſ]k9fp]g dg ub]ſ]eg]yfoldWof]ſf
rflxſ.ca dnf0{s; n]ſ]ug]; S5 / ſ eſg]3d08
ug{yſN5} . jf:t]df ſf]Izlfz alg/xg] / ſf]Izlfſdf
a:g gkfp]g]eſg]ſ/f dVotof ſlſſf]ſf Izlf0df p; n]
b]yPſf]lſdſf]çfwf/df xgk]lyof].

/fi6k]dſf]dVo ynf]çfv/ ſg xf]t- çſf]ſus
kl]ti7fg, l; x]af/, ; ;b\dlGqkl/ib]j]f ; j]Rr çbſnt <
j:f:t]df /fi6k]dſf]dVo ynf]lj Bfno xf] . lſgeg]o; n]
klxn]dſyſf ; a}lgsfoçdf ſfd ug{hſg]df]g; xç
tof/ u5{/ tl dſg; xç tof/ ug]dſg; xç Izlfz xg\
To; f]xçfn]Izlfſſf]x]; ot ſd xſ0g a? ; açbſf a9l
xgk5{. Izlfz Toſ]zflnuſd xf]h; nf0{hſGg]lj j]0f
eujfgſ]j?k dſgl khf u5ſ]eg]ghſGg]o; nf0{s]n
Ps 9Èf xf]eG7ſG5g\ . t/ ; aeſb klxn]hgdf; df
Izlfſſf]dxſ]a]fp]g Izlfſſf]ſfd, kl]ta4tf zlfz
lſ]df xf]n u/ſf]pkn]aw afxç çç ſxl]n]klg
; S]ſ]eſg]ſ/f Izlfzçn]a'g}çj Zos 5 .

nf0; Q; k/Lffsf]glthf j žfvdf



elfof ofbj

k; fšf] Ps s[bf] u] k] / cufl8 /fv] lzlfz nf0; Q; sf] k/Llff lb0/xšf k/Llffyl{.

lzlfz ;]f cfoflun] ut d^N /df lnPsf] cWofkg cgdltkq -lzlf0f nf0; Q; _sf] k/Llffsf] glthf kšfzg ug{ c; Ps dlxgf n[lg] atfPsf] 5 . knfugel/df glthf kšfzg ug] elgP klg n[š;]B^a, nf0; Q; s}csf] r/Ofsf] hfF / knh[b/vf: t 5fglgsf sf/Of cgd[fg u/šf] c]lwdf glthf kšfzg ug{g; lsPsf] cfoflun] hgfPsf] 5 . cfoflusf ; x; lrj cz]šsd/ cofnsf cg; f/; r]el/df d^N /sf] k/Llffsf p0/kl: tsf k/Llff u/; s] j žfvdf] klxnf] ; ftf; Dddf glthf kšfzg ul/g] 5 .

sfo{t lzlfz ePsf] eGb} gSsnl sfuhft kž u/] lzlf0f nf0; Q; sf lgldt b/vf: t lbg] bžel/sf sl/a tlg xhf/ JolQmsf] b/vf: t /2 ul/Psf] klg cfoflun] hgfPsf] 5 . cofln] eg] aklnf] r/Ofsf] 5fglagdf tlg xhf/sf] /2 ePsf] 5, ph/L k/df kl5 klg 5fglag e0/xG5 . gSsnl sfuhft kž ug] sltko JolQm hfF lbg] cfPgg\.

o; žlr cfoflusf] kl5Nnf] lj 1fkg cg; f/ @!; @@ / @# knfugdf lzlf0f cgdltkqsf] k/Llff ; DkGg ePsf] 5 . pQm k/Llffdf bžel/sf Ps nfv (% xhf/ k/Llffyl{; xeful ePsf] cfoflun] hgfPsf] 5 . ; /sf/ / lzlfz ; yfalr !! sf0s @)^^ df ePsf] ; xdltcg; f/ lzlfzf: q

gk9šf] jf !) dlxg] lzlfz t[nd glnPsf] eP klg % d^N / @)^# cl3 lgoIQm ln0{ sfo{t /xšf lzlfz xžnf0{Psk6ssf lgldt lzlf0f cgdltkqsf] k/Llffdf ; xeful xglbg] Joj: yf ul/Psf] lyof] . ; f]L cg; f/ cfj žg lbPsf pDd] j/sf] hfF pQm ldldf ePsf] x] .

ptf gSsnl lzlf0f cgdltkq agfP/ lzlf0f kžfdf cfpg] qnd al9/xšf ahf lhlzsf dsjfgk/n] To; nf0{lg?; flxt kfg] sbd rfnšf] 5 . lhlzsf] lhlzsf c: yfol / /fxtšfšf lzlfssf] lzlf0f cgdltkq 5fglag ug{ yfn] kl5 !) d^N / b]v @% df3; Dd !^ hgf lzlfzsn] kba6 /flhgdf lbPsf 5g\ . /flhgdf lbg] df k]j] txsf *, lgdlj sf % / dfj sf # hgf lzlfz 5g\.

lhlzsf] 5fglgsf lgldt !* j6f ; f] s[bf] k] c: yfoltk #*\$ / /fxtšfšf ()* lzlfssf] cgdltkq dfuš] lyof] . hflu/ 5f] žn] 3/fo; l sf/Of b]v] p] l] Bfno Joj: yfkg ; ldldf k] lzlf sfof] od /flhgdf k7fPsf lyP . lhlzsfz žfvf clws] ab] k7sn] eg] æcgdltkq gSsnl ePs] sf/Of pglxžn] /flhgdf lbPsf xg\ . k7s e65g\ æunt tl/sfn] lzlf0f kžfdf k] ž ug] hf0{ lg?; flxt ug] p2žon] hg cleofg rnfPsf lyof] ; To; df ; kin eof] .

clxn] lhlzsf] lzlfz xg rfxg] JolQmsf] cgdltkq ; Ssnl eP-gePsf] hfF] dfq] pglxžnf0{ k/Llffdf ; fdj] u/fpg] kl/kf6l z? u/šf] 5 . cgdltkq 5fglagdf dsjfgk/n] yfnšf] of] kof; cGo lhlzsf nflu klg pbfx/Of xg] 7flgPsf] 5 .

o; žlr lzlfz ;]f cfoflun] @! b]v @# knfug @)^^ df ; -r]ng u/šf] cWofkg cgdltkq -lzlf0f nf0; Q; _sf] k/Llffdf k; fšf k/Llff s[bf] Jofks lr16^a ePsf] 5 . pQm k/Llffdf lr6 rfg] tlg ; o k/Llffylšf] k/Llff /2 ul/Psf] lhlzsf k; f] hgfPsf] 5 .

nf0; Q; k/Llffdf k; fšf6 dfj, lgdlj / k]j sf lgldt & (^ hgf k/Llffylšf ; xeful lyP . k/Llffsf] klxnf] lbg lr6 rfg] nf0; Q; hfF cdof] bt agfPsf] ; r]gf cfPk15 k; fšf k] hc ofbj k] fb sf0/fnf cfkn] k/Llff s[bf] l] g/Llffdf uPsf lyP . pgsf] g] j] sf] 6f] ln] @@ / @# sf] k/Llffdf lr16^a ug] @*! hgf] sf] k/Llff /2 u/šf] 5 . k; fšf] g] kn /lj] dfj sf kč xl/x/ ofbj n] eg] ak] hc of] sfdn] cfP] P; Pn; l k/Llff klg dof] bt xG5 ls eGg] cfzf knfPsf] 5 .

sfo{t lzlfz nf0{Psk6ssf lgldt lzlf0f nf0; Q; sf] k/Llffdf ; xeful xg lbg] Joj: yfsf] unt knf0f lng] sfd k; fšf klg ePsf] 5 . lhlzsfz sdf f/L / ; f] JolQmsf] ldnd] t] df d] kb08 gkušf JolQmf0{ klg nf0; Q; k/Llffdf ; fdj] ul/Psf] 5 . k; fšf lhlzc z] / axfb/ uf] dn] nf0; Q; k/Llffdf d] kb08 gkušf JolQmf0{ ; dfj ž ul/Psf] ug; f] cfPsf] 5fglag ul/g] atfP . gSsnl lzlfz nf0; Q; sf lgldt cfj žg lbPsf] t/ df] /sd lnP/ To: tf JolQmf0{ k] žkq lj t/Of u/] nf0; Q; hfFdf ; xeful u/f0Psf] 5 .

; l/ tf b]xfn, dsjfgk/ elfof ofbj, al/ uM

gkfnL Iz lfsnf0{b l f agfpg lkmgNof08df .af} f]36fpn c leofg

lkmgNof08sf Ps c1ft JolQm] gkfnf Izlfsf] tflndf lglDt ; f] h6fpg Pp6f cgf7f] cleofg ; ? u/šf 5g\ . of] cleofgdf lkmgNof08sf gful/s dfq ; xeful xg kfp5g\ . To; lglDt pglx?n] sg} zhs Itg{ kb}l Itgn] cf}gf] z/l/nf0{grfxg}af] f]36fP kU5 . To; /l 36fPsf]z/l/sf]ktoš s]hl t]h]jkt\cf}gf] kl/ro ; f] h]gs ug{grfxg}tl cleofgstf]h]!% o7f] rQm ug5g\ ut hgj /ldf 3f]f]off ul/Psf]of]cleofg ; g\@!) leq ! s/f8 o7f]-?!= ca{ g; ls6f; Dd rfn" /xg5 .



lkmgNof08sf j}z Jofk/ tyf ljsf; d6ql 8f= kfj].

kdf]of t u/kl5 cleofgstf]h] k}f ltb}hf65g\ tlg dlxgfsf]c6t/df s; h]# s]hl t]h] 36fof]eg]p; n] gkfnf Izlfsf] lglDt \$% o7f] -sl/a ?= \$%) . r6f lbPsf]df]gg5 . of] ; Dk0f{ k]qmf]sf] ; 0f]hg ; jf:Yo tyf slNof0sf/l sfošf lglDt lkmgNof08sf] /fli60 ; :yf .6l Pr Pnlh] ug5 eg] p7šf] k}f nilft sfo6d; Dd k7ofpg] sfošf] /yby Toxf]f] ljbz d6qnon] ug5g\ . o; sf] z?jft lkmgNof08sf j}z ; xof]u; Da6wl d6qln] & kmj/l @!) df cf}gf] t]h] /š8{ u/fP/ u/šf 5g\ . -tl:a/ pgn] slt t]h] 36fp5g\ / To; af6 gkfnf Izlfsf] gdddf slt o7f] h65 e6g] s/f cfudl d] dlxgkl5 yxf xg5 .

t]h] 36fpg rfxg] lkmg; gful/sn] t]f]sPsf s}b}x?df u0{ cfknhf0{h]v]pgk5 . To:tf s}b}h] z?sf] / c6tosf] t]h]sf] le6gtf

> j]f]sd/ b]



xTof ul/Psf 0:df0n Idof6f] zj; lxt /fhj /fhdf k}z}g ub}dl:nd ; dbfo .

5 . b] }xft afw] pgsf] xTof ul/Psf] 5 . Idof6f] xTof s; n] lsg u7of] e6g] af/df c%} s}l vhšf] 5g . #* j]f]l6 IdofFlj ut 8p j]f]l6 aw]f /fk]j sf] Joj :yfkq ; ldltsf cWof /x6} cfPsf lyP . pgsf] xTofsf] lhDd] f/l s; h] lnPsf] 5g . lhkšf ; kt/ln] xTof/sf] vf]hl e0/xšf] hgfPsf] 5 . Idof6f] xTofsf] df]g clwsf/ ; -hfn ; kt/l / of] ; zIQms/Of ; 3 gkfn] lg6f ub}bf]lnf0{ km]p u/l sf/afxl ul/gkg] dfu u/šf 5g\ .

:sh cWof dfl/P

66b}h uf8y] sdbf/sf] vf]hldf @# knfug @)^ df 3/af6 lg:sšf ; kt/l]sf] nfxhf/f ulj ; l:yt aw]f /fk]j sf l] Bfno Joj :yfkq ; ldltsf cWof df] 0:df0n

ldof6f] uf]hl xgl xTof ul/Psf] 5 . Idof6f] zj ; kt/l]sf] lqsf]h ulj ; -# l:yt vf]h]df km]h k/šf] lyof] . 5ftldf uf]hl nfušf Idof6f] z/l/sf] l] le6g efudf wfl/nf] xTof/ k}x/ ul/Psf]

pgsf] xTofsf] l] /f]wdf dl:nd ; db]on] @\$ knfugdf /fhj /fhdf l] /f]w k}z}g u/šf 5g\ . Idof6f] zj ; lxt pQm k}z}g ul/Psf] lyof] . k}z}gsf qmddf s}la} zj ; lxt lhlnf kx/l sfof]no cuf]8 wgf ; d] lb0Psf] lyof] . > j]f]sd/ b] , /fhj /fh

P; Pn; Ldf Irl6^a /f\$g]tof/L

k/Liff lgoGqOf sfoffion} oxl !@ r}b]v z? xg] @)^^ sf] P; Pn; L k/Liffs] tof/L k'f ePsf] hgfPsf] 5 . krfugsf] clGtd; Dddf P; Pn; L pQ/kl:tsf / kZgkq clwsfz lhNnfd k7f0; lsPsf] lgoGqs lrqk] fb b]sf6fn] hfgsf/L lbP . pgsf cg; f/ cf; Gg P; Pn; lsf nflu bZel/df !%!* j6f k/Liff s]b] lgwf{Of ePsf 5g\eg} sl/a tlg nfv &% xhf/ k/Liffyl6] P; Pn; L lbg] cfsng ul/Psf] 5 . ut jif{ h:tf] kZgkqdf o; k6s ql6 gxf] \ eg} ; fjwfgl ckgfOPsf] bfal klg klgfsf]5 . akZgkq lgdf{df lgs} ; fjwfgl ckgfOPsf] 5, d cfm] ; ft=cf7 k6s k9sf] 5; To; h] k'f/k/f/ h:tf]g'xgkq]x'f, lgoGqs b]sf6fn] lzlfS ; E eg} .

lj ut jifkZdf P; Pn; L k/Liffdf

xg] Irl6^an] k/Liffs] dof6f aaf6 kf/}sf] 7x/ ub} klgfsf] @! krfug @)^^ df a; }sf] a7sn] o; k6ssf] k/Liffnfo{ a9l dof6t tNofpg lhNnf:yt k/Liff ; dgjo ; ldltnufot ; a}klfnfo{ cfux ug] lgOf6 u/}sf] 5 . lgoGqs b]sf6fn] eg] ak/Liffnfo{dof6t agfpg} s/fdf klgfsf] eGbf s]b]WOLF / lhNnf k/Liff ; dgjo ; ldltsf] 7hf] eldsf xG5 . lzlfS / s]b]WOLF Irl6^a /f\$g s]s; / af6l /fVx6, lzlfS hfus xg]lQs} allyt /f]sxfN5 To; h] d ; a} lzlfSx;nf0{ k/Liff dof6t tNofpg cfux u5{A pgn] lr6 r'f] pQlOf{xg]hgziQm]bZsf lglDt sg]ofubfg ug{g; Sg]ePsfn] lr6 r'f] / r'f]pog} s]osf] lj /f]wdf ; a}nflgkq] ; dt atP .

k/Liffdf xg] rf]L /f\$gs} lglDt



klgsfn] o; k6sb]v Pp6f lhNnfsf] k/Liffyl6] klgfsf] ; ls{tlj gf csf] lhNnaf6 k/Liff lbg gkfpog] Joj: yf u/}sf] 5 . Pp6f lhNnfsf] k/Liffyl6] csf]lhNnaf6 e/}sf krf/d /2 ul/Psf] klg klgfsn] hgfPsf] 5 . k/Liffs] ; /iff / dof6f dfly p7fpgsf lglDt klgfsn] @^ krfugdf s]b]lo ; /iff ; ldltsf] a7s u/}sf] 5 . lzlfDGq ; ofhs /x}sf] ; ldltdf ; a} ; /iff cEsf k6v, lzlf ; lrj, uX tyf /iff ; lrj tyf k/Liff lgoGqs /xg] Joj: yf 5 . pQm a7sn] k/Liffnfo{ r:t / dof6t tNofpgsf lglDt

blnt kç x6fpg dfcf] fbl bafa

Pslsf] g}kf dfcf] fbln] blnt dlQmsf] hit; }s} rsf{ s'f u/] klg wgs6fsf] 3f]n{/s{:yt u]dlOf ; fdlhs df]j df blnt kç lgoQmsf] lj /f]v u/} cf'gf] ; Ssnl rl/q b]yfPsf] 5 . (krfug @)^^ df lj Bfno Joj: yfkg ; ldltsf] a7sn] sdf/ lj Zj sdfnfo{ k'wfgWofks lgoQm u/}sf] lyof] . t/, dfcf] fbln] Joj: yfkg ; ldltnfo{ pQm lgOf6 ab/ gu/] kl/Ofdf g/fdf] xg] r'f]j gl lbPsf] 5 . kmtl Joj: yfkg ; ldltsf] lgOf6 sfoff] ogdf ; d:of ; hgf ePsf]

5 . blnt kç lgoQm ab/ u/fpg dfcf] fbln] !} krfugdf lhZsf wgs6fdf 1fkgkq; dt a%fPsf] 5 .

lj Bfno Joj: yfkg ; ldltn] lj Bfnosf] /sd lxfldgf u/}sf] Joj: yfkg ; ldltsf] lgOf6 gdfg}sf] df]j sf] kç xg] Gogtd z]lfs of]otf gku}sf] lj Bfnosf] z]lfs :t/ ; wf/ ug{g; s}sf] cflb sf/Of b]f]p6} o; cl3sf kç /fh]b]k] fb r'f]w/Lnf0{ k'wfgWofksaf6 x6fpg] lgOf6 u/}sf] lyof] . cfOP; L pQlOf{ r'f]w/L x6fOPkI5 sdf/ lj Zj sdf{



kç sdf/ lj Zj sdf{



k/Llff s[bb]sf] ; j;hgzln tf cg' f/ ; /lffsd[k/l/rfng ug[lg0f6 u/}sf] atf0Psf] 5 .

otf, pRr dflwolds lzlff kl/iffb[lzlfxs;sf] ljz}f k/lffdf ePsf] lrl6^a / cdoflot lqmfnsnfksf af/df 5fglag yfn}sf] 5 . ; a) s[bb]wlfxf;af6 k/lffdf ePsf] lqmfnsnfk; DaGwl k[tj]bg durP/ 5fglag yfnPsf] kl/iffb}sf k/liff lgoGqs b]lk|fb af/s[bb]n] atfPsf 5g\.

@ b]v @* df3;Dd ; -rfInt pQm k/liff s8f0 ul/Psf] eGb} lzlfns] k/liff alxisf/ u/}k15

kl/iffb[}bz el/sf @% k/liff s[bb]w[^ j6fsf] k/liff /2 u/}sf] lyof]. /2 ul/Psf s[bb]f 88]w/f, 8f6l, bfr}f, k; f; slknj: 't' / gjnk/f; l lhNnfsf k/liff s[bb] k/}sf 5g\ . af}df b]f] lbgbsf] k/liff rln/x}f alb6fsf k/liffyl[}pQ/kl:tsf RofT} k/liff alxisf/ u/}sf lyP eg]sfe}f b]f] lbgbs]vsf]k/liff :ylut ul/Psf] lyof]. tl k/liff s[bb]f k/liffyl[} k/liffdf s8f0 u/}lr6 r[bb]gbsPsf] eGb}k/liff alxisf/ u/} gf/fafhl u/}sf lyP .

k/liff :ylut ul/Psf s[bb]f k]M k/liff lng}gng}f/ kl/iffb[} sg] lg0f6 u/}sf] 5g . tyflk sf:sl, afln^a, kj}, sf7df8f, dsjfgk/, df}^, ;g; /l nufotsf lhNndf eg] k/liff dof}ot ePsf]hfgsf/l kl/iffb[} lbPsf] 5 . ; /sf/n]lzlfssf]of}otf cBfjlws ug[}2}on]P; Pn; l pQl0f{ u/L !) dlxg]lzlfstfnd lnPsf lzlfssf nflu Ps jif}sf] ljz}f kf7dqd k9P/ bz hf6 b0{a/fa/sf] of}otf agfpg of] sfo}nd nfu" ul/Psf] xf]. pQm z}hfs sfo}nd ; -rfng ug{ kl/iffb[} bz el/sf !\$\$ j6f pdflijnf0{ljz}f kf7dqd cWofkgsf] cgdlt lbPsf] lyof].

s lffsf]fdf kx/L

Ij Bfno xftfleq /flvPsf] kx/L rf}sl gx6f0Psf sf/of af/fsf] lj; gk/- (l:yt gkfn /fli60 kflj lzlfxs; dsf6f k/}sf 5g\ . ! c; fh @)^% df :yfglo a; / ldof}f0{ hgtflGqs t/f0{ dlQm df}f]df/fk15 ufp}sf]dfucg; f/ @) c; fh @)^% b]v pQm kflj sf b0{ j6f sf}fdf c:yfol kx/L rf}sl /flvPsf] xf]. kx/L rf}sl /flvPk15 :shsf] k7gk7gdf Jojwfg v8f ePsf] 5 .

æd} kx/L rf}sl g/fVg cfux u/}t, t/, csf] Joj:yf geP; Dd :shsf b0{ j6f sf}f kx/Lnf0{ lb0of}, pQm :shsf kc ds; b cg; f/ln] eg]. kx/L rf}sl /flvPk15 :shdf s'g a}f s; n] cfqnd of ug[xf] eGg] qf; bl a9}sf] dfq 5g . :shsf] lgoldt slff ; -rfngsf lglDt slffsf]sf] ; d} cej ePsf] 5 . Toxsf/of slff @ / # nf0{ Pp6}sf}fdf / slff # / \$ nf0{ csf] sf}fdf ; } /fv} k9fpg] ul/Psf] 5 . pQm kfljdf @#(hgf 5fq / !)% hgf 5fq u/L #\$\$ 5fq5fq 5g\.

l/t} lqkf7L=af/f

k} ePsf] ; ldtsf cWof lnnd ljZj sdf{ atfP5g\.

@)^% krfug !) ut}lv lghl ; f} lzlfssf ; kdf pQm :shdf k}z u/}sf ljZj sdf{ @)^% ^ b]v dflij sf] c^ahl lzlf 5g\ . Ij Bfno Joj:yfkg ; ldtsf] lg0f6 cg' f/ pgn] k}sf] lhDd] f/L ; Dxfng yfn] klg dfcf] fblsf] cf8df lgj t}fg k}wfg}Wofks rfw/ln] a/a% /y u/}sf 5g\ . Ij Bfno Joj:yfkg ; ldtn] ljZj sdf}f0{ k}wfg}Wofks dfGb} cfPsf] 5 eg] dfcf] fbln] rfw/lnf0{ k}wfg}Wofksdf sfod /fVg bafa lb0/x}sf] 5 . dfcf] fblsf ufp}sl d6l ; x-; g}b/L b] }b}sf/ >]n] k}qmf gk}f0f0{ ; ldtn] gof k}wfg}Wofks lgoLQm u/}fn] cfk}n;nf0{ pQm

lg0f6 df6o gxg] atfPsf 5g\ . pgn] Joj:yfkg ; ldtn] lg0f6 ab/ gu/] gof k}wfg}Wofks / Joj:yfkg ; ldtsf cWofn]g/fdf]kl/Ofd efl]g] r}fjgl lbPsf 5g\.

Joj:yfkg ; ldtsf cWof lnnd ljZj sdf}f] lzlf lgodfj nlsf] dfkb08 cg' f/ g} sdf/nf0{ k}wfg}Wofks lgoLQm u/}sf] ts{u/}sf 5g\ . pgn] eg] æ; ldtsf] cWof dfq} u}blnt e0lbPsf] eP s; }lj /fv} ug[lyPgg\ dfcf] fblx; blntnf0{gd:sf/ ug}kg] eof] eGb} lx8}sf 5g\ of] ; dfhsf nflu 7hf] r}g}l xf] .

k} lgoLQm; DaGwl lj j bdf lzlfssf k}z fut ; } ; yf b0{v}dfdf lj eflht ePsf 5g\ . Pdfn] lgs6 gkfn /fli60 lzlf ; E7g sdf/

ljZj sdf}f] klfd plePsf] 5 eg] dfcf] fbl lgs6 clvn gkfn lzlf ; E7g rfw/l sf] ; dy}df 5 . ; E7gsf cWof dbg clwsf/ln] eg] æpxf}f0{ blnt ePsf] lj /fv} hgf0Psf] xf}g, lgoLQm k}qmf}sf] lj /fv} ul/Psf] xf] . gkfn /fli60 lzlf ; E7gn] eg] ljZj sdf{ :shs}; lgo/ dfij lzlf ePsf] x}df:6/sf lglDt :shdf pgsf] lj sNk gePsf] hgfPsf] 5 . ; E7gsf cWof u}kfnk} fb eS/f0{ e65g\ . æ:shsf] of}o blntnf0{ df}f lb} To; af6 :sh / ; dfhd ; sf/fds ; Gb}z hfG5, blnt ; dbfon] cj ; / kfp} lj /fv} ug[/fd] xf}g .

u}kfn a/f0nl=sf7df8f/

I/kfɔ{ lɔzj cɔɔj

eul/y ofɔl

...:shnf0{w}k} f xf0g, /fdɔ lɔzɩfs bɔɔm ũ

lkngNof08 / hfkg h:tf dh5x;n] ; aɔɔbf /fdɔ
snɩx;af6 pQl0f{:gftsx;nf0{dfq lzɩf0f kɔɔdf
cfsɩff ub5g\ . pglx;nf0{/fdɔ] tɩnd, /fdɔ] tna
;ljwf / ;Ddfg klɔ lb0G5 . Dofɩsɔ;L P08 sDkgɩ
af/f ul/Psf] cWooɔn] klɔ slffsf]fdɔ k7gkf7gsf]
:t/ ;wfɔ{ ; aɔɔbf dxɩj k0f{sf/s lzɩfssf] u0f:t/
xg] 7x/ u/ɔf] 5 .



ef jɩ kwfgdGalsf] ɔkdf xɩ/Psf dVo lɔklɩ bn
sɩheɩe -6f]L kf6ɩsf gɩf 8ɩe8 Sofd/gn]
rɔɔjkl5 cf^gf] kf6ɩsf] ;/sf/ agɔf ; aɔɔbf /fdɔ]
cɩ kɩt ug]:gftsx;nf0{lzɩf0f kɔɔdf cfsɩff ug]
ljzɩf sfoɔnd Nofpg]atɩPsf 5g\ . ut hgj/L dxgdf
blɩf0k]L{n08gl:yt Pp6f lj Bfnodf cfoɩht sfoɔndf
Sofd/gn]egɔf lyP, æfdl lzɩf0fnf0{gofFkɩtɩ7t kɔɔf
agfpg rfxG5f}. Isgeg]ofɩo lzɩfs; ɩ k9ɔf lj Bfɩɩ]
sd; n lzɩfs; ɩ k9ɔf lj Bfɩɩɔɔbf tlg u0ff a9l kɩɩt
u5g\Æ

..clxn] k9fɩɩ -l6r gfp_ gfd lb0Psf] Sofd/gsf]
ofɩhgdf pRr cɩ NofPsf :gftsx;n] lzɩf0f kɔɔf
cɩfnɔf pglx;n]ljzɩj Bfnosf]lzɩff cfɩg ug{lnPsf]
C0f ;/sf/n]ɩtɩ/bɔɔnufotsf ljɩeG cfsɩfɩ kɩtɩxɔ
cl3 ; fl/Psf] 5 .

lal6z lj Bfɩɩɔɔn] ljzɩj Bfnosf] k9f0 k'f ubf{
cf}t @# xhf/ kfp08 -%08} ; f9 ; Qf0 ; nfv ?kɔfF
sf] C0fsf] ef/L afɔg] u/ɔf] ; jɩf0fx;n] bɩvPsf 5g\
lj Bfɩɩɔɔf] o:t] C0f lɔgɩf ul/bɔɔ] kɩtɩj lgs}cfsɩfɩ
dfɩG5 .

rɔɔjɩ Ph08f

gɩfnufotsf lj sf; zln dh5x;df lzɩff ; jf:Yo h:tf
lj ifoxɔ lj/n]dVo rɔɔjɩ d2f aG]ub5g\ . t/ laɔɔ
/ c6o lj sl; t bɔɔx;df eg]kɩɩ lzɩff / :jf:Yo ; jf
g}rɔɔjɩ d2f aG]u/ɔf 5g\ . ; g\!((& df kwfgdGql
lgjɩrt ePkɩ5 nɩ/ kf6ɩsf tɩsɩnlg gɩf 6fɩ Anɔ/n]
cf^gf] ;/sf/sf kɔv tlg j6f Ph08f .lzɩff, lzɩff,
lzɩff ePsf]atɩPsf lyP . tlg j6f cfd lgjɩfɩg lht}

!# jɩfɩv nuftf/ ; Qdf /xɔf] nɩ/ kf6ɩ] cf^gf]
sfoɔndf laɔɔsf] :sh lzɩfn] 7h}kn8sf] df/ɔf] bfal
ugɩu/ɔf] 5 .

nɩ/ ;/sf/sf pknɩAw u0fg ubɩj Bfno lzɩff; Da6w
xfnsf dGql P8 aN; eG5g\æ; g\!((& df lzɩf0f kɔɔf
Pp6f cklɩht kɔɔf lyof]. t/ clxn]:gftsx;sf nɩu
of] klxn] 5gɩ aG klɩsf] 5 Æ dGql aN; n] lzɩf0f
kɔɔfnf0{ɩrlst; f jf jsnthɩ0s}kɩtɩ7t kɔɔf agfpg
cf^gf] ;/sf/n]lzɩfsx;sf nɩu tɩnd / jɩQ-lj sf ; ; ɩ
.l6lr^a nf0; ɩ lnPsfn]dfq}k9fpg kfpɩ] Joj :yf ug{
nfuɔf] klɔ atɩPsf 5g\.

lal6z ; #b\ɩf; ckm sdG; df t] f] 7hf] bn
lna/n 8ɩfɩɩɩ6s kf6ɩ]klɔ lzɩffdf ; wf/sf]lj ifonf0{
cf^gf] rɔɔjɩ 3fɩf0ffkqdf pRr dxɩj lbPsf] 5 . cfpɩ]
rɔɔjɩ df sg}klɔ bnn]axdt gkɩPsf]ɩ:yltdf dxɩj k0f{
vɩf8lsf] ;kdf cuɩ8 cfpɩ] 7fɩgPsf] ; f] bnn]..cf^gf]
;/sf/ agɔf]cj:yfdf slɩdf lj Bfɩɩɔɔsf] ; ^Vof 36fpg
/ kɩɩ lj Bfɩɩɔɔf{lzɩfsn]5sf5sf}Wofɩ lbg ; sg\eg
; lɩZrt ug{lj Bfnox;nf0{yk c9f0{ca{kfp08 pknAw
u/fpgɩ 3fɩf0ff u/ɔf] 5 .

cɩt/fɩ60 cɔɔj

t/, slɩdf lj Bfɩɩɔɔsf] ; ^Vof 36fP/ jf lj Bfnox;nf0{
yk /sd pknAw u/fpɩ] k7gkf7gsf]:t/df ; wf/ cfpɩ]
g; Sg]tYo sltko bɔɔsf]cɔɔj / cWoox;n]bɩvPsf
5g\ . pbfx/0fsf nɩlul ; #f/d} ; aɔɔbf /fdɔ] lj Bfno
k0ffnɩx;nf0{ ; dɔ} ul/Psf] Pp6f cWooɔn] lj Bfɩɩɔɔf]
ɩfɩtɩ j[4df lzɩfssf] u0f:t/ ; aɔɔbf dxɩj k0f{ xg]
bɩvPsf] 5 . kɩtɩ7t k/fdzɩft[; yf Dofɩsɔ;L P08

/kʃ/ { lzifs sfʃdf clgoldttf

afa/fd ljZj sdf{



bftfn]; xofu /f\$]

lziff lfʃsf lgldt cfknh] lbPsf] ; xofu /sddf clgoldttf ePsf] sf/of bʃfP/ lziffdf nufgl ubʃcfPsf gkʃnsf kʃv bftfx; n] bʃf]lnf0{ sf/afxl xg] ; lgZrt geP; Dd ; a} lzifs ; xofu /f\$sf ug] lg0f6 u/ʃf 5g\.

lz iff lfʃsf lgldt cfknh] lbPsf] ; xofu /sddf clgoldttf ePsf] sf/of bʃfP/ lziffdf nufgl ubʃcfPsf gkʃnsf kʃv bftfx; n] bʃf]lnf0{ sf/afxl xg] ; lgZrt geP; Dd ; a} lzifs ; xofu /f\$sf ug] lg0f6 u/ʃf 5g\.

eʃfʃf/ tyf clgoldttf eG] zAb ; Gg]alQs}w}ʃf] Wofg eʃʃs kʃfʃf/ lgdfʃ tyf 7hf-7hf kl/offhgilt/ hfG5 . lziff lfʃu To; df klg lzifs lgolQm}k}fsf] nʃbʃ xG5 eG] s/f w}ʃf] cgdʃgdʃ kg] ubʃ . t/, o; k6s lzifs /fxt tyf kl; lPkm sfʃdf ePsf] clgoldttf / To; df ; #blo nyf ; ldltn]u/ʃf]5fglagn]

sʃl xnrn kʃf u/fPsf]5 . pQm kʃ/0fdf gfd dl5Psf sf/of tʃsfnlg lziffdGq /fdrGb} szjfxsf] kb g} udʃf]5 . dGq szjfxsf]sfoʃndf lzifs lgolQm ubf{ ePsf] eʃfʃf/nf0{ cfwf/ agfP/ lziffdf 7hf] wg/fzl vr{ ul//xʃf lj bʃzl bftfx; n] tʃsfnf lgldt cfknh] ; /sf/nf0{lb0f}cfPsf] ; xofu ; dʃ /f\$ʃf 5g\ . o; af6 ; /sf/dfly 7h}gʃts bafa k/ʃf]5 .

; /sf/n] clgoldttfsf d2fx;nf0{ 6Eʃdf kʃof0{ To; df dl5Psf clwsf/lnf0{sf/afxl ug]kʃfj sf/l sbd grfn] Dd bft[lgsfox; n] ; xofu ; r? gxb] hgʃPsf 5g\ . eʃfʃf/sf sf/of bftfx; n] ; xofu /f\$g]lg0f6 u/ʃf]

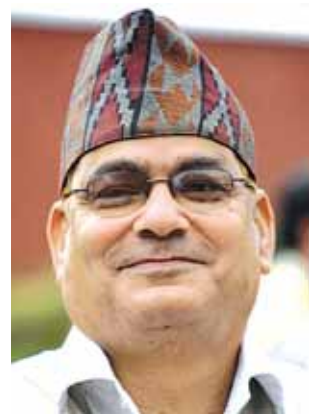
lzlf lfqsf lglDt ; Dej tM of{klxnf}xf]. o; af6
lj Bfno lfq ; wf/ sfoqnd h:tf{clxn}Dds}7hf
lzlf kl/ofhgf kfolftM kefj t ePsf] 5 .

bftfx;sf] bafakl5 lzlfddGql kl/j tG ug{
afW o ePsf] ; /sf/n] clVtof/ / n\yf ; ldltn]
p7fPsf d2fnf0{6Erfdf kfofpg ofhgf cfof\sf
; b:o 8f= tly{ vlgofEsf] ; ofhs}jdf ul7t
tlg ; b:olo sfoqnn] @^ krfug @)^^ df
; /sf/nf0{ kljt hg a%Psf] 5 . ; ofhs 8f=
vlgofEsf cg; f/ sfoqnn] /fxt / kl; lPkm
lzlf sfbf tyf lj Bfno lfq ; wf/ sfoqnddf
ePsf] clgoldttsf] lj j /Of / lgisif{ kljt hgdf
; dfj z ul/Psf] 5 .



is/Of kf08]

/fdrGb] szjfx



; jDgfy zSn

kljt hgdf ePsf s/fx; cfknhf0{ ; fj hlgS
ug[Dof08} gePsf] egb} 8f= vlgofEeG5g\
akljt hg ; /sf/n] ; fj hlgS ug[xf] xfd]
kljt hgsf cfwf/df ; /sf/n] cl3 a9fpg] sf/afxsf
cfw/d}cfudl lbgdf bftfx;n] lzlfdf s; /l nufgl u5g\
eG] s/f lglZrt xg] ePsf] ; /sf/n] ; fj hlgS unf{ .
Æ lzlfddGql kl/j tGnf0{ vf; } dxlj glb0/xsf bftfx;
vlgofEsfobn / n\yf ; ldltsf] lj :t kljt hg / To; pk/
; /sf/n] rfnG] sbdsf] ktlfdd /xsf 5g\.

x:tfif/} ePg

lzlf sfbf lj t/Ofdf ePsf] clgoldttsf} sf/Of !!
krfug @)^^ df cy{dGqno / ci6lnog P8, lkmNof08
btfj; ; o/fkkg olgog / 8lPkmcf08l alr x:tfif/ ug{
l7Ss kfl/Psf] zlfS ; xofu; DaGwl ; D%f;fkqdf x:tfif/
xg ; sD . of] E} bftfx;n] cG zlfS kl/ofhgdf lbP
cfPsf] ; xofu klg clglZrtsfnsf lglDt /f\$g] lGof0
u/\$f 5g\ . (j6f dVo bftf -kln^ 8fj/_ x;sf]. km}sn
kjf0G6lsf] ; kdf /xsf] 8lg; btfj; ; sf sfpG; n/ cfe
lkjh nf; Gsf cg; f/ bft[lgsfo / cy{dGqnoalr
o; cl3 ePsf] ; D%f;fdf sg} klg kl/ofhgdf eifrf/
jf clgoldttsf ePdf ; /sf/n] bftfnf0{ cfrf/s ; kdf
To; sf] hgsf/L lbgkg] klj wfg 5 . t/; hgs lzlf
; fdul sDh] kf7dk:ts 5kf0df u/\$f] eifrf/ / /fxt
tyf kl; lPkm lzlf sfbfdf lzlfddGql / lzlf clwsf/Ln]
u/\$f] abdf; lsf af/df lzlf tyf cy{dGqnon} bftfnf0{
clxn] Dd cfrf/s hgsf/L lbPsf] 5g . nf; G eg5g\
æfdln] kqklsfdfs cPsf ; dfrf/sf cfwf/df xfd]; xofu
b?kofu ePsf] yxf kof; ; /sf/n] ; D%f;fdf n\ysf s/f
kngf gug{cfk; l ; xofu / ; dGjo xf0g Æ ; /sf/n]
; fj hlgS lj Bfnodf lj t/Of ub} cPsf] /fxt tyf kl; lPkm
lzlf sfbfdf lj zj a; nufotsf bftfx;sf] kfolf nufgl
/xsf] 5 . /fxt / kl; lPkm lzlf sx;sf] dfl; s tna
bftfx;n] g} lbP} cPsf 5g\.

bftfx;n] ; xfof /f\$gcl3 ; /f\$ / jfnf; E 5nkm klg
u/\$f lyP . @ (df3 @)^^ df ; fj hlgS n\yf ; ldltsf
; eklt /fdsOf ofbj / ; ldltsf sxl ; b:o; E 8lg;
btfj; ; df /fxt lzlf sfbfdf ePsf] clgoldttsf/

5nkm ePsf] lyof] . To; u/L 8lg; /ftbt, olg; km / lj zj
a;sf kltlglwn] # krfug @)^^ df tTsnlg lzlfddGql
/fdrGb] szjfx / lzlf /fhodGql urlj Gb rfn/lnf0{ lzlf
dGqnod} eD /fxtsf lj t/Ofdf ePsf] clgoldttsf
af/df ; fWk5 u/\$f lyP . To; cj ; /df lzlfddGql
szjfxn] /fxtsf lj t/Ofdf clgoldttsf gePsf] lhl/
u/\$f lyP . t/ pgsf] hjkmaf6 ; Gt6 xg ; sDg\
ænyf ; ldltsf] 5fglag / lzlf dGqsf] hjkmsf cfwf/df
xfdln]; xfof /f\$g] lGof0 u/\$f xfa 8lg; /fhtfj; ; sf
sfpG; n/ nf; G] lzlf kltlglwnf0{ atfP .

cf'gf] lGof0 hgsf/L u/fpg !) krfug @)^^ df
cy{dGqno ku\$ bft[lgsfosf kbflwsf/lnf0{ cydGql
; /G] kf08h] lzlfdf ul/Psf] ; xfof /f\$g] lGof0pk/
kgj f/ ug{cfux u/\$f lyP . t/ cydGqsf] cfuxnf0{
klg bftfx;n] 6} g\ . To; kl5 dfq n\yf ; ldltaf/f
clgoldttsf] cleofu nuf0Psf lzlfddGql szjfxnf0{
kba6 x6fpg] lGof0df ; /sf/ ku\$] xf] . kwfgdGql
dfwj sdf/ gkfn] szjfxnf0{ /fhgdf lbP/ cfknhf0{
; xofu ug{df] vs cfux u/\$f lyP . t/; kwfgdGql /
szjfxsf] bn tdnfksf] cfux lj k/lt pgn] /fhgdf
lbPgg\ . To; kl5 ! @ krfug @)^^ df pgsf] :yfgdf
tdnfksf g] ; jDgfy zSnnf0{ lzlfddGql lgoQm
ul/of] .

t/, lzlf dGql kl/j tGaf6 bft[lgsfosf clwsf/Lx;
; Gt6 xg; s\$ 5gg\ . nf; G eg5g\ æ lzlfddGql kl/j tG
xfd] ; /f\$ / xf0g, lzlfdf xfdln] u/\$f nufgl b?kofu
xgPeG eg] xfd] egf0 xf] . xfdln] clgoldttsf gxg]
; lglZrttf vhf\$ xf; To; sf/Of clgoldttsf /f\$ 7f]
sbd ; /sf/n] grfn-hh ; xofunf0{ lG/Gt/tf lbg] lGof0
ug{ ; lSg Æ pgn] cfknh; vlgofEsfobnsf] kljt hg
/ To; dfly ; /sf/n] lng] lGof0sf] kvf0df /xsf] klg
; ki6 kf/].

lzlf lfqsf lglDt (j6f kln^ 8fj/ n] ^ s/fB
cdl/sl 8n/ -?-\$% ca; ; xofu ug[klta4tf hgPsf
lyP . pQm /sdsf] @% klztz lx; ; f rfxFlj Bfno lfq
; wf/ sfoqndsf lglDt vlrg] ; D%f; bft[lgsfo /

/kʃɔ/ lɪfz sʃɔdf ɔlgɔdtʃ

; /sf/alr o; cl3 g}e0; sʃf] 5 . t/, gkfnst] zlf]s
lj sf; sf lglɔt olt 7hfj/sd lbg tTk/ bftfx;nf0{lzlffdf
e0/xʃf] ɔlgɔdtʃ / e|ɔfrf/n]; zllt tlnofPsf] 5 .

d2f e|ɔfrf/

lzlfs /fxt sʃɔf lj t/Ofdf ePsf] ɔlgɔdtʃf/ n]yf
; ldltsf] 5fglag c%} hf/L 5 . ; ldltsf ; b:o tyf
; ef; b\sʃz] dɔfnst] ; ɔfnst] df ul7t pk; ldltn]
r} d; fGt; Dd lj :t[kljt] ɔg a%fg] hgf0Psf] 5 .
5fglagsf qmddf ; ldltn] lzlff dGqfn0 / ljefusf
kbf]wsf/Lnf0{ ; ldltd} pkl:yt u/FP/ k6sk6s 5nkm
ul/; sʃf] 5 . ; ldltn] cfmh} u/ʃf] k/IDes 5fglagsf
cfwf/df \$ knfug @)^^ df klqmf lj k/Lt lj t/Of ul/Psf]
/fxt tyf kl; lPkm sʃɔf /2 ug{lzlff dGqfnonf0{lgbʃz
lb0; sʃf] 5 . ; ldltsf] lG0fɔdf elgPsf] 5, əzliff
lj efusf] dfkb08 lj k/Lt lzlff dGqfn0 / lzlff lj efusf]
kq / cfbʃzsf] cfwf/df -lzlff ; ldltdf lG0fɔsf nflu
kʃz g}gu/L lhnf lzlff clwsf/Lx;n]/fxt / kl; lPkm
sʃɔf -sfgʃ lj k/Lt_ lj t/Of u/ʃf] kf0Psf] h} To; / l ; a}
lhnfndf lj t/Of ul/Psf /fxt, kl; lPkm / cG0 sʃɔf
lj t/Of; DaGwl lG0fɔ ab/ ug{lzlff dGqfnonf0{lgbʃz
lbg} . ; fy} To; / l sʃɔf lj t/Of ug{lzlff clwsf/Lnf0{
kʃnt sfgʃad] hd sf/afxl u/l ; ldltnf0{ ; fʃf]
hfgsf/L lbg] .

n]yf ; ldltn] tTsfnlG lzlff dGqL sʃzjxsf]

tʃs cfbʃzdf k; f;lhnfndf lj t/Lt /fxt tyf kl; lPkm
sʃɔf; DaGwl sfuhft g} ufoa kfl/Psf] hgf] pQm
lhnfndf lj t/Of ePsf ; a}sʃɔf / To; sf] lgsf; f klG
csf] Joj:yf geP; Ddsf nflu /fʃg] lgbʃz lbPsf] 5 .
; ldltsf] of] lgbʃzkl5 lzlff dGqfnon] tʃs cfbʃzsf
cfwf/df lG0fɔ ul/Psf lzlfs /fxt sʃɔf / kl; lPkm sʃɔf
/2 ug{lG0fɔ ul/; sʃf] 5 . lzlff dGqfnosf ; x; lrj
hgf] gkfn] lzlfs ; ɔ eg] əzliff lj efun] to u/ʃf]
dfkb08 / sfgʃ lj k/Lt JolQmsf] tʃs cfbʃzsf cfwf/df
lG0fɔ ul/Psf lzlfs sʃɔf SoflG; n ug{ ; a} lhlzsfnf0{
kqrf/ ul/Psf] 5, lG0f / dfkb08 klʃf lG0fɔ sfod
/xG5g\c; vf/lh xG5g\.

ptf, hgs lzlff ; fdull sʃɔdf zlf]s ; q @)^^
sf nflu slff !-!) ; Ddsf] kf7ak:ts 5kf0df e|ɔfrf/
ePsf] clVtof/ b?kof] cg; Gwfg cfo]usf] 7x/ u/ʃf]
5 . !^ d^/df @)^^ df clVtof/n] kf7ak:ts
5kf0df ɔlgɔdtʃ u/ʃf] eG} hgs lzlff ; fdull sʃɔf
lnld6ʃsf kʃGw ; -rfns jL/ʃɔʃdf/ bf; nufotnf0{
lj efulo sf/afxl ug{ l; knf] ; u/ʃf] lyof] . o; ʃ/L
kf7ak:ts 5kf0sf] lhd] kfPsf gkfn ; flxTo kʃz
sʃɔsf kʃf06/ dfxgʃdf/ pkf]lofo; ɔ hgs lzlff ; fdull
sʃɔf] cfmh} gʃ; fg ePsf] hDdf & (nfv % (xhf/
\$^ ?kʃfC; h ug{klG clVtof/n] kqrf/ u/ʃf] lyof] .
e|ɔfrf/sf] of] kʃ/Ofnf0{klG bftfx;n] cf] g]; xfof /fʃg]
lG0fɔsf] cfwf/ agfPsf 5g\.

CTF Offers

CTF Training Package:

- Montessori Teacher Training (3/6 Months)
- Primary Teacher Training (1/3/6 Months)
- Co-ordinator/In-charge Training (1 Week)
- Counselling Training (1/3 Months)
- Child Care Training (3/6 Months)
- Project, Management Skills (1 Month)
- Subject Wise Teacher Training (1 Month)

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E-mail: ctfnepal@gmail.com
Web: www.ctfnepal.com.np

"Education's purpose is to replace an empty mind with an open one."

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शिक्षक को आउँदो अंक रजत अंक १ वैशाख २०६७

नेपालको विद्यालय शिक्षाको स्तरोन्नतिका निम्ति शिक्षकको पेशागत सीप र मनोबल उकार्ने लक्ष्यले दुई वर्षअघिदेखि प्रकाशन गर्न थालिएको शिक्षक मासिकका २४ अ प्रकाशित भइसकेका छन् । शिक्षाको विकासका निम्ति शिक्षकको मनोबल उच्च तुल्याउनुपर्छ भन्ने मान्यता शिक्षक ले अङ्गीकार गरेको छ ।

शिक्षक को २५ अ लाई हामीले रजत अंकको रूपमा प्रकाशन गर्न लागेका छौ । यस अंकमा नियमित सामग्री बाहेक आफ्नै बारेमा समीक्षा गरिएका विशेष सामग्री समेटिने छन् । त्यसैले शिक्षक का बारेमा तपाईंका समीक्षात्मक टिप्पणी, आलोचना, सुझाव र प्रतिक्रिया तल उल्लिखित प्रश्नहरूका आधारमा २० चैत २०६६ सम्ममा शिक्षक को ठेगानामा पठाउनुहुन अनुरोध छ ।

- शिक्षक मासिक तपाईंलाई कस्तो लाग्छ ?
- शिक्षक लाई कसरी हेर्नुभएको छ ?
- तपाईंको पेशागत सीप विकासमा शिक्षकले तपाईंलाई कतिको सहयोग गरेको छ ?
- शिक्षक का सकारात्मक र नकारात्मक पक्ष के-के हुन् ?
- शिक्षक मा छापिएकामध्ये तपाईंलाई सबैभन्दा बढी मन परेको सामग्री कुन हो ?
- शिक्षक मा हटाउनुपर्ने र थप्नुपर्ने कुनै स्तम्भ छन् ? छन् भने ती कुन हुन् ?
- अन्य सुझाव केही भए...

शिक्षक मासिक

पाटनढोका, ललितपुर, पो.ब.नं. १६६, ललितपुर

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वेब: www.teacher.org.np

25th

cfj /0f

kpfh cfofd; bzf l3ld/]

pRr dfWolds lzI

kof(t ; /sf/L nufglsf] cefj sf afahb pRr dfWolds lzIff
gofFk!tfsf lj Bfyl{sf] nflu cfsif{fsf] s{b| agg ; kmn ePsf]
5 . tyflk /fd| / oflo :yfol lzIffssf] Joj:yf, ltgsf] kzfut
lj sf; , k/Liff k{ffnl, cgludg tyf dNofI gdf Jofkt ; d:of
rgf}l ag\$ f 5g\ . tl ; d:ofx;nf0{ ; Daf]vg ug| / uOf:t/df
; wf/sf ; fy;fy} Jofj ; flos agfpg] sfd rflxFcasf] dh Ph08f
agkgk| b|v65 .

sf7df8f-
lqk7j /1:yt
ljZj lgs1g
pdflj df
cWoog/t
lj Bfyl{.

p Q/L dsjfgk/sf]gfd6f/l:yt sflnsf dlj
oxl j zfvb|v bz hf8 b0{slff ; ~rfng
ug|tof/ldf 5 . slff !! / !@ ; ~rfngsf nflu
; DaGwg dfub} sflnsfn] pRr dfWolds lzIff
kl/iffbf cfj dg lbPsf]5 . :shsf kc /fdk] fb
atfif eG5g\ax08f; Dd k7fP/ 5f]f5f]L k9fpg
ufx|] eof] eGg] ugf; f] cleefj saf6 cfof].
To; h] yk b0{ j if{ lj Bfyl{nf0{ oxlFk9g] cj; /

ldnf] \eg7 pdflj slff rnfpg]lgOf6 ul/Psf]
xf] . :shs}kof(t cfo; ff geP klg uflj; sf]
; ff / cleefj sssf] ; xofu h6fP/ Joj:yfkg /
lzIffdf slff !! ; ~rfngsf]tof/L sflnsf dljn]
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kl/ibbsf ; x; lrj sf0/fnfsf cg; f/, ut
 j if{ !) ± @ txd / ; /sf/sf] kl|t lj Bfyl{ nfut
 ?^#% lyof/ clxn] 36] ?=@\$) sf]xf/fxf/ldf
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 ?=!#) , Joj : yfkgdf ?=#&%, lzlfdf ?=%)
 / dfglj sldf ?=\$!) cfj Zos kg] pgsf] egf0
 5 . ; /sf/sf] kof{t nufgl gx} ; fdbflos
 pdflj n] ; d] lj Bfyl{ [p7fpg] zNssf] ; d]
 7f] dfkb08 5g . h; n] pdfij txnf0{ . lghl
 lzlfll h: tf] agf0lbPsf] 5 . ; fy} lzlfssf gfd
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 kfgp] eg] gltut c: ki6tf klg sfod} 5 .

pRr dflwolds lzlf sfomd z? ePotf
 lj Zj a}sf] ; xof]udf klxn] / bf] fl] pRr lzlf
 kl/of]hgf nfu" ePsf 5g\ . lqej g lj Zj lj Bfnos]
 k}f0fkq tx vf/ h u/ l pdfij nf0{ ; b} ug]
 p2Zon] lj = ; + @) %) b]lv @) % * ; fn; Dd
 rn\$] klxn] kl/of]hgf nflu # s/ f} %)
 nv cd] / sl 8n/ - sl/ a ?=@ ca{ ^@ s/ f}
 vr{ ePsf] lyof] . t/ , To] / sd lqlj d} a9l vr{
 ePsf] kl/ibbsf clwsf/ lx; atfp 5g\ . ; x; lrj
 sf0/fnf eG5g\ xof] kl/of]hgfaf6 ?=!) s/ f}
 dfq] pdfij df cfof] . To; af6 !@ j6f :shsf
 ejg / kf7agmd tof/ eP A
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; DaGwgdf gS; f] gsf] vfFf]

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pdfiz kl/ibbs] lgodfj nldf pdfij / xg] lq}sf] hg ; aVof,
 efun]s : yltnf0{ x] l efn]s k} f} / , k' : tsno, of]otf ku\$
 lzlfssf] Joj : yf, kl5Nnf] tlg jif\$] P; P; n; l k/ lldf / flib
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 Joj : yf 5 . t/ , kl/ibbs] cfkn] tof/ u/ \$] zt{ lj k/ ltsf
 z]fs ; yfnf0{ klg ; DaGwg lb0/ x\$] 5 . o; nf0{ : jlsfb}
 ; DaGwg dxzfvfsf k} v buf] fb cof] eG5g\ ; DaGwg
 lb] s/ fdf xfdl kSs] klg nlrnf] ePsf xf} . o; nf0{ kl/ibbs]
 dfq} y] g ; Sg] cj : yf 5g . cf} g] lhNnfd stj6f : sh
 rfx65 eg] lgSof] lhNnf lzlf ; ldtaf6 klg xgk5{ A

lhNnf lzlf ; ldt]n] klg lgj dg k/ \$} ; ah; f] pdfij nf0{
 ; DaGwgsf nflu l; km] / ; ub} cfPsf] 5 . efun]s cj : ylt
 / lj Bfyl{ ; aVof cg; f/ lj Bfno gS; f] g g} gu/ l kl/ibbs]
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pdfiz kl/ibbs] lgodfj nldf t]sPsf zt{ k} ngf u/ l b0{
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 ; DaGwg lbPsf] 5g . pdfij x; n] eg] jif\$] : yfol ; DaGwg
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 of0Psf] 5 . o; cGtu} ; fdbflos pdfij nf0{
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 cf0Psf] 5 . ljefusf cg; f/ , xfn; Dd cfwf/ e't
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cfwf/ e't cgbfgsf nflu dfkb08 ku\$: sh
 cfkn] k} f} / lj sf; sf nflu vr{ ug] / sddf
 bf] a/ yk] hf} sf] cgbfg lb0Psf] 5 . tyflk
 o; df Pp6f :shn] ?=* nveGbf a9l / sd
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k/Llff Joj:yfkg; ;d:of

- ; dodf k/Llffkm kšflzt xg g; Sg'
- kZgkqsf]c^abl cg]fb gkfnldf b?:t gxg;
- kZgkq lgdfuf ubf{; Dk/Llffdf sxl ql6x; blvg'
- pQ/kl:tsfsf]; Dk/Llffdf sxl ql6x; blvg'
- k/Llff ; -rfngdf sblwof Pj +kof]fsáf/f lhDd]f/Lsf] afw gug{
- pRr dñWolds lzlf Pjdf k/Llffsf]dof]f ljkl/t uDel/ck/fw ug]sblwof, ljzlf koj]fs, koj]fs tyf lg/Llff Pj +pQ/kl:tsf k/Llffdf ug]k/Llffsf nflu uDel/ s; / 7fgl s8feGb s8f sf/afxsf nflu sfggl Joj:yfsf] cej /xg;
- k/Llffds k/Llffsf] oyfy{ c]nfšgsf nflu cgludgsf] oyf6 Joj:yf gxg;
- pdflz kl/ibšf] ; jf, ztšg; f/sf lzlfssf] Joj:yf gePsn]lzlfšx; nf0{lhDd]f/Lsf] afw u/tpg g; Sg'
- pQ/kl:tsf k/Llffdf xh]r]nf0Fug] k/Llff Pj +; k/Llffdf ug]JolQmf0{s8f sf/afxsf]kfjwfg gxg'.

-kl/ibšf pkllwof kš8f- pkllwof/ sf0/infsf] pRr dñWolds lzlfssf ; d:ofll ; dñwgsf pkf0x; ul' lzlfssf] sfokqaf6.

; a} ; fdbflos pdflj nf0{ ; dšg ; sšf] 5g .

casf] af6fll Joj ; flos lzlf

cGt/f]60:t/df ; fdfGof :sh :t/df ; fwf/Of / Joj ; flos u/l b0vfn] lzlfssf] cEof; /x6} cPsf]5 . :sh]lzlf kf/ ul/ ; Sbf lj Bfylx; df ul/vfg]cj Zos G0td Joj ; flos ; lk lbgf nflu dñWolds tx -sllf (-!@df Joj ; flos lzlf lbg] ul/G5 .t/, gkfnf :sh:t/df Joj ; flos lzlfssf]wf/ vf; }5g eGb klg x65 . clxn]pRr dñWolds txsf sxl ; lldt lj ifodf cw]ofj ; flos kf7dqnd k9f0G5g\ .sf7df8f+ kfy/f, lj/f6gu/nufotsf zx/L lfqdf xfn Joj:yfkg, 6ken P08 6l/hd, cfd; -rf/, ; xsf/L Joj:yfkg h:tf lj ifodf k7gkf7g e0/xšf] 5 .

t/, Joj ; flos wf/cgtu{ h] h:tf] k9f0 x65, To]klg cfj Zos eflts k]f/f/sf]cejf df lj Bfylx;n] rfxg] hlt .kllS6snl 1fg tyf ; lk xfl; n ug{ kfPsf 5g\ . pRr dñWolds txsf]lzlf ; ašGb sdhf] klf klg zfob oxl xfl . pdflz kl/ibšf] kf7dqnd zfvfsf kdV /fdrGb] kf08šf cg; f/, pdflj txdf kfll6l kñldf, ^nfl/sNr/ h:tf Joj ; flos lj ifosf] kf7dqnd agfpg] tof/L e0/xšf] 5 . kf08] e65g\axg t Joj ; flos tñnd ; l6l0el6ln]klg lb0/xšf]5 t/, xfd]kf7dqnd]Joj ; flos ; lk dfq}xg, zlf]s 1fg klg clej]4 ug] .

gkfnf klg lzlfnf0{ ; fwf/Of / Joj ; flos

; kdf ; dšgkg]dfu w}klxn]lv p7b} cPsf] xfl . c% gkfnf]lzlf]n] a]fhuf/ ptkfbg ug] sfdfq}u/šf]eg] rff]kñ{ ; kdf cñff]gf x6} cfpgsf]dh sf/Of Joj ; flos ; lkoQm lzlfssf] sdl eof]eG]g]xfl . :sh:t/df a9bf]Joj ; flos lzlfssf] dñnf0{ lj Bfno lfq ; wf/ sfoGnd] ; dšg vfhšf]blv65 . sfoGndf]dh b:tfj]hn] slff (blv g) ; fwf/Of / Joj ; flos lzlfssf] wf/ xg]:ki6 ls6fg u/šf]5 . Joj ; flos wf/sf] cy{xfl ; ^6 l:snl dfq xffg .x8{l:snl] lzlf lbg' eG] xfl h; sf nflu kž:t eflts k]f/f/ rflx65g\ . dlGqkl/ibš]@)^% c; f/df kfl/t u/šf] of] glltsf] ddšg?ksf] Joj ; flos lzlf rflxGkfnf ; Dej gePsf]lzlf]j b8f= sfls{atfp5g\ .

P; P; cf/klf]nlo cg?ksf]ahš Joj:yf xg] xfl]eg] ; g@)!% ; Ddsf nflu ; fwf/Of lzlf]tkf g]sl/a % xhf/ ldnog cdl/sl 8n/sf]vff] kb5 . t/, ; /sf/n]To] ; fl; hšpg g; sšfn] ahš %08} cfwf 36fP/ @^ ; o ldnogdf %f/of] . pgl e65g\ aolb Joj ; flos wf/nf0{ lj sl; t bžx; df %fcuf]8 agfpg] xfl] eg] t ca]f?kšFyk ahš rflx65, o; sf]Joj:yf ug{ ; /sf/n] ; Sbg . To; h] ; ^6 l:snl sfoGnd]nf0{ cl3 a9fpg]lgisifdf lzlf dGqno kušf]xfl . sflsšf cg; f/, ; ^6 l:snl sfoGnd rflxFlsllf (blv g)nfu" x65 . o; sf]lj ; t] vfsf tof/ ug]lhDd]f/l kllj lws lzlf tyf Joj ; flos tñnd kl/ibšf] sfdf u/} lj zlf]1tf xfl; n u/šf / xfn sf7df8f]lj Zj lj Bfnodf lzlfzf:g ; lfodf kllwofkg ul/xšf] 8f= 6šgfy zdf]nf0{ lhDd]f/l lb0Psf] 5 .

To; f] t gkfnf cfheGb s/la \$) jif{ cl3 klxn]kN6 Joj ; flos lzlfssf] glltnf0{ lgDgdñWolds txblv g]nfu"ul/Psf]lyof] . t/, To]gllt ; km xg ; šg . To]tahf gkfnl ; dfh Joj ; flos lzlfssf nflu tof/ lyPg . kllj lws tyf Joj ; flos lzlf lj zlf]1 8f= 6šgfy zdf] e65g\æ; ahš0{clg]fo{Joj ; flos lzlf ul/Psf]n] klg To]tv] To] c; km xg klOf] . lsgls ; ahš0{ Joj ; flos lzlf cfj Zos lyPg . sfgs ; ahš0{ Joj ; flos lzlf cfhsf] gkfnl ; dhhsf] ckl/xfo{ cfj Zostf alg; sšf] 5 . -x7 cfj/0f lj rf/, k#& ul/vfg] ; lk, ; j/f]huf/L / pBdzlntf nflu cledVls/Of ug{ klg Joj ; flos lzlfssf] cfj Zostf 5 . pgl e65g\æca klg Joj ; flos lzlf glbg]xfl]eg] t of] hdfnt]sfd ug{kfp5g / ; dhdf klg c% 7hf]czflGt dlRrg ; S5 .

; fydf sn]b] ; h]j fn, ; V

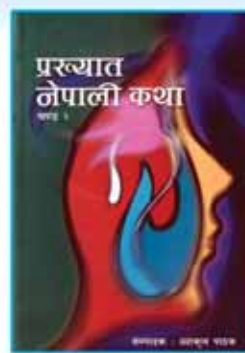
हाम्रा केही साहित्यिक प्रकाशन



लेखक : डायमनशमशेर राणा



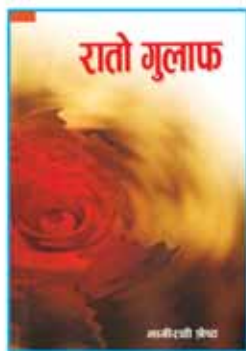
लेखक : लैनसिंह बाडदेल



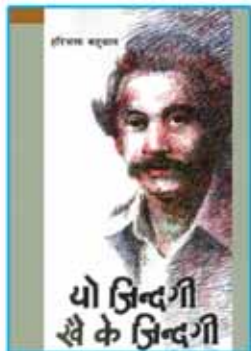
सम्पादक : व्याकुल पाठक



सम्पादक : विमल भौकाजी



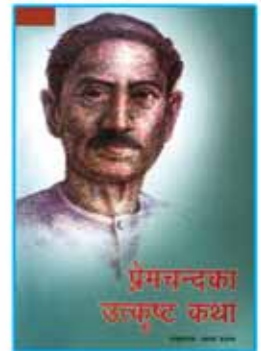
लेखक : भागीरथी श्रेष्ठ



लेखक : हरिभक्त कटुवाल



लेखक : हरिभक्त कटुवाल



अनुवादक : श्याम प्रधान



लेखक : प्रमोद प्रधान



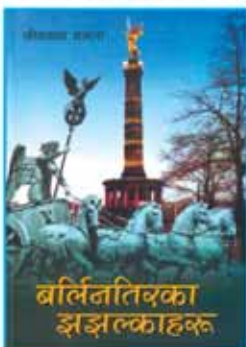
लेखक : लैनसिंह बाडदेल



लेखक : गोपाल पराजुली



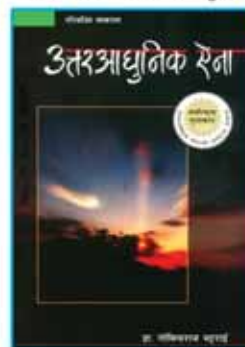
लेखक : डा. तुलसी भट्टराई



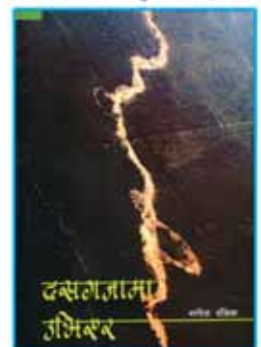
लेखक : जीवनाय धमला



लेखक : प्रदीप नेपाल



लेखक : डा. गोविन्दराज भट्टराई



लेखक : गणेश रसिक



रत्न पुस्तक भण्डार

वैङ्कमार्ग-७१ 'ग', बागबजार, काठमाडौं, नेपाल। फोन : ४२२३०२६, ४२४२०७७



Izlfssf] IgD5/f] xfnt

Ijgf tna gf}dlxgf;Dd Ijr/f .df:6/x;[h]s]u/L 3/Jojxf/ rnfP xfhfg\eGg] af/df dfl;s ;kdf tna eQf kfkT ugI;/sf/L clwsf/Lx;n]g)/f}a/fa/ klg Wofg lbPsf] b]vPg .

Sg}klg txsf]Izlfdf Ij Bfyl{f0{1fg=:lk k]fx ugI dVo ;jfxs eg\$}IzlfS xf]. Ij Bfyl\$]I; sf0 pknIAw w}}xb; Dd Izlfssf] of]otf, lfdtf, ;lk / nugzIntfd}lge\ ub5 . t/, of]otf, lfdtf / hfE/ xBfxB} klg pRr dflWolds txdf k9fpg] ax'; aVos Izlfssf] dgfan lbgfglbg v:sB}uPsf]k}lt xG5 . o; sf] Pp6}sf/Of xf] /fHon]Izlfssf]k}zfut ;/Iff / ;]f=: Ij wfsf]k}ofelt lbg g; Sg' .

clxn]b}ze/ @,%!) pdflj ;~rfngdf 5g\ . pdflj Izlfssf ;3=: E7gsf] tYofl cg; f/, kOf\$fnlg, cflzs / ;a}fn] u/L #) xhf/ lzlfSx; of]txdf clWofkg/t 5g\ . sd{f/lSf] ; aVof kfF xhf/sf]xf/fxf/Ldf 5 . !)±@ tx ;~rfngsf]lhDdf lnPsf]pRr dflWolds Izlf kl/ibh} Ij Bfno cfk}h} Ij Bfyl{f6 zNs ln0{ c:yfol ; DaGwg lbgf0{dfq}cf'gf] dVo sfd 7fG6}cfPsf]5 . pRr dflWolds Izlf P} @) \$^ tyf pRr dflWolds Izlf lgodfjnl @)\$ (df tlg j if{Dd k9fPsf pdfljnf0{ltgsf]lfdtf x}L :yfol ; DaGwg lbg; Sg] Joj:yf 5 . t/, 8P bzssf]cjlwdf kl/ibh}:yfol ; DaGwgsf]klqmf g}cufl8 a9fpg ; s} . ut jifk}v kl/ibh} of]klqmf yfn]klg ; /sf/n]Ij Bfno lfq ; wf/ sf0q}mdf slff (-!@ nf0{dflWolds txsf] ;kdf cl3 ; f/k}5 :yfol ; DaGwgsf]k}kf; %g}cGof]hdf k/}f]efg xG5 .

Izlfssf] :yfloTj sf] s/f p7fpBf kl/ibh} n] af/Daf/ Pp6}pQ/ b}f}f]ofpg] u/}f] 5, a}j Bfonf0{ :yfol ; DaGwg glb0{IzlfS tyf sd{f/lSf] :yfol b/aGbl I; hgf ug{ldNb} . c% kl/ibh}c}k}c:yfol k\$[tsf] ; :yf ePsf]n] b/aGblsf] Joj:yf ug{lhDd}f/L ; /sf/sf] xf] . A pdflj sf IzlfS / sd{f/l rflxF:yfol gxg] cj:yfsf] ; hgf xgdf kl/ibh} / ;sf/L eldsf

; a}Bf a9L lhDd}f/ b]vG5 . ;]f=: Ij wfsf] k}ofelt gx} pdflj sf IzlfS / sd{f/l k}fl8t 5g\ .

kOf\$fnlg IzlfS gePsf]n]of]txdf k9fpg] xfdl ; a}IzlfSx; kf66f0d sfo{t 5f}. zx/L lfq}df sfo{t lzlfSx;n] b]lgs tlg lkl/o8 k9fP} klg dlxgdf cf}t & xhf/ %) sf] xf/fxf/Ldf dfq kfl/>lds kf0G5 . xllD} l6r/sf] ku/L uy} x:of^akmof^a ub}lbgd} b0{ rf/j 6f pRrdfljdf k9fP} ; d} 3/ rnfpg xDd}x0d} kg{k}f xft k5{ . ; ud 7fpBf of]boglo l:ylt 5 eg]Ij Bfyl{E ; fdfGo zNs lnP/ b'b/fhdf !)±@ slff rnfpg] :shsf]xlj ut s] xfhf < ; xh}cgdfg ug{ ; lS65 . ; /sf/n] lbB}cfPsf] b0{hgf IzlfS a/fa/sf]cgbfg klg ; fj h}lgs wf/f h:t}5, 6df}ldf kfgl hd}f] ah}df dfq cfp] . cgbfg /sd slxn] jif\$] cG}odf / slxn] Ps j if{k}5 dfq lgsf; f xg] u/}f] 5 . oxl j if{klg ah} kf; ePsf]gf}dlxgfk}5 alln ; /sf/n] cgbfg /sd lgsf; f u/}f] 5 Toxl cgbfg klg ; ah}f0{efu nufP/ k}fb; /L afB} v}f} xfdlnf0{lnflg xG5 .

Ijgf tna gf}dlxgf;Dd Ijr/f .df:6/x;[h]s]u/L 3/Jojxf/ rnfP xfhfg\eGg]af/df dfl;s ;kdf tna eQf kfkT ugI;/sf/L clwsf/Lx;n]g)/f}a/fa/ klg Wofg lbPsf] b]vPg . hals ; a} /fi6} sx;n] o; jif{ !@ ; o dxEl eQf klg kfkT u/]. t/ ; /sf/n] pRr df}j= lzlfSx; ; a}lrh ; :t} e}b}5g\eGg] 7fGof] Sof/, dxEl eQf lbPg . c% crDd- ; a}/fi6} sx;n]kfkT ugI bz}vr{ t ; /sf/n] pdflj lzlfSx;nf0{ cfh; Dd slxNo}lbPsf]5} . ; /sf/n]pRrdflj lzlfSx;nf0{ ugI u/}f] o:tf] Joj xf/ ; fRr} v}hgs 5 .

pdflz kl/ibh} pdflj nf0{kl/kq g}k7fP/

lzlfnsnf0{dflj lätlo >0fl -pk-kflwofks ;/x_ sf] tna eQf lbg] lgbzcg lbPsf] 5 . lätlo >0flsf lzlfnsn] dfl; s ?-!& xhf/ !) tna kf0/x\$ 5g\ . ;dfGotof ;fdbflos pRrdfljn] lj Bfyl{af6 dfl; s ?-@) b]v ?-#) ; Dd zNs p7fp5g\ . kl/ibf\$]lgbzcg cg; f/ tna lbg]xf] eg] Pp6f lzlfnsnf0{nueu ^ (hgf lj Bfyl{ l/}\$] dfl; s zNs cfj Zos k5{ . ;ft hgf dfq} k0f\$fnlg lzlfns /fVgsf nflu pdflij df \$*# hgf lj Bfyl{ rflxG5g\ . ca cgdfg u/f] ufpB/sf sltj 6f ;fdbflos pdflij df olt lj Bfyl{ xfhfg\clwsfz pdflij n]cf'gf lzlfnsnf0{kflj lzlfns; /x klg tna eQf lbg; s\$ 5gg\ . tl pRr dflj x; s; /l rn\$ 5g\eg] kZg lgs} ck7]f] aGg ku\$] 5, h; sf] 7f] pQ/ vfl]g l9nf e0; s\$] 5 .

; jf=; lj wfsf] dfu ub} pRr dflj txd fso{t xfdl lzlfnsx; n] w} k6s cfGbfihg ufof} . x/\$ cfGbfihg ; Gb/ ; D%}fdf 6lEPsf 5g\ . ; d:of ; N%}pgsf nflu sfohn klg u7g ul/G5g\ . t/, lo; af6 kf/ nfu\$] 5g . uPsf] d^N /df klg pRr dfWolds lzlfns P; fl; P; g, gkfn -lx:6fg_n] cfGbfihg ufof} . ; /sf/n] lzlfssf dfu ; Daf]vgsf nflu lzlf /fHodGql uf]j Gb rfw/lsf] ; eflstj df sfohn agof] . w} \$] cfzlf 5- o; sfohn] klg k'/fg} tbyf] fl kj] Qsf] kg/fj] Q afx\$ c; s] g} unf{ / < tyflk lzlfnsx; sxl lvr8l kfSnf ls 0 eg] bhf] sl//x\$ 5g\ .

pRr dfWolds lzlf kl/ibf\ / lzlf ljefusf] 6s/fj sf sf/Ofn] klg pdflij lzlfnsx; ; jf=; lj wfsf] cj; /af6 al-rt ePsf 5g\ . ljefu slff (-!@ nf0{ dfWolds txd :yflkt u/l kl/ibf\$] clwsf/ s6f] u/l lj Bfno txsf] lzlfnf0{cf'gf] k]o]f lgoGq0fdf /fVg rfxG5 . ptf kl/ibf\lj Bdfg ; Argnf0{g} lg/Gt/tf lb0{ pRr dflj sf] g]t] cf'g} lgoGq0fdf /fVg rflx/x\$] 5 . bft{lgsfon] lbg] cgbfgsf] ; -rfng ug] bfpdf kl/ibf\sb] b]vG5 . ; /sf/n] ol b0{lgsfoalr plrt ; dgjo / tfndh ug{ ; s\$] 5g . txut ; Argfsf] 7f] cfsf/ gag'-h] lzlfns-sd{f/lsf] ; jf; lj wf ; lglZrt ug{ g; lsg] ck7]f] b]vP/ ; /sf/ b]o]j af6 lj dv xg vfl]b\$. /fHon] dfWolds tx; Ddsf] lzlfdf 7hf] nufgl u/\$] 5 . To:t} nufgl lj Z]j Bfno txd klg 5 . dfWolds txsf lzlfssf] tna=eQf /fHon] Joxfl//x\$] 5 . cfj Zos d; nGb vr{pknAw u/fPsf] 5 . t/, pRr dfWolds txd /fHosf] nufgl cToGt} Gog 5 . xfdl lzlfns] efl]gk/\$] ; d:ofsf] h8 of] txd kof{t nufgl gu/l pbf; lgtf b]vfp'g} xf] .

/fHon] cl3; f/\$] u0f:t/lo / ; j{he lzlfssf] cleofgnf0{dfgl; s ; kdf ljrlnt ePsf lg/fz lzlfns] ; sf/ agfpg ; Sbög\ . cf^g} /fhl/f\$] 6E]f] gePsf lzlfsaf6 /fHon] u0f:t/lo lzlfssf] ck]ff ug{ Joy{ 5 .

slxn]; Argfsf] av\$fl %s} t slxn]:yfol / c:yfol ; DaGwgsf] klqofut hl6ntf b]vP/ t slxn]; j-wfg lgdffk15 ; DkOf{ ; d:ofsf] ; dfwg xg] cfZ]f; g b]vP/ pRr dflj ol ; d:ofnf0{ kG5fpg vfl]g' /fHosf lglDt cToGt} k]o]kfb\$ xg\$. cf^g} b]o]j leg kg]of] ; d:ofnf0{lglZt{ ; kdf Joj:yfkg ug} k5{ . /fHon] cl3; f/\$] u0f:t/lo / ; j{he lzlfssf] cleofgnf0{dfgl; s ; kdf ljrlnt ePsf lg/fz lzlfns] ; sf/ agfpg ; Sbög\ . cf^g} /fhl/f\$] 6E]f] gePsf lzlfsaf6 /fHon] u0f:t/lo lzlfssf] ck]ff ug{ Joy{ 5 .

t; y{ lzlfssf] ; jf=; lj wfsf] ; lglZrttsf] nflu ; /sf/ cu] / xgk5{ . ; /sf/n] pRr dfWolds lzlfns P; fl; P; g -lx:6fg_ / gkfn ; fdbflos pRr dfWolds lzlfns olgog; E k6s-k6s u/\$; D%}f\$] sfof] og ug\$] lj slk 5g . ; D%}fcg; f/ lzlfssf]:yfol b/agbl ; hgf u/l pRr dfWolds lzlfns ; jf cfof]sf] u7g ug{l9nf0 ug\$. #) jif\$] hflznf] pd]df pdflij txd k9fpg yfn\$] lzlfns clxn]\$^ jif{ klu; s\$] 5 . \$) jif\$] xf/fx/ldf ; jf k]z u/\$] lzlf of hljge/ . cfz\$ lzlfns] ; lldt xgk]cj:yf 5 .

pRr dfWolds lzlfdf ; d:ofx; sf] 7hf] rfa 5 . gl]tutb]v efl]ts k]f]v/ , of]o / tf]ndk]t lzlfssf] cfefj , lzlfssf]:yfo]j sf] kZg, kf7dqnd / k/liff k0ffnl h:tf ; d:ofn] h]hPsf] 5, !)± lzlf . kl/OfdM ..u0f:t/lo / ; j{he lzlf ax; ^Vos gkfnlsf 5f]f5f]lsf nflu x/\$ltGdf uf0g] Pp6f dl7f] ehg dfq aGg ku\$] k]lt xG5 .

ol ; d:ofnf0{ qndz]M ; N%}pE} gnu] casf] sxl jifk15 bz hf\$ b0{tx Jofk/lx; sf nflu /fd] . lzlf ahf/0 / /fhgllts bnsf nflu sfo\$tf{p]tkfbg ug]gofFyn\$] ; kdf cj]tl/t xg\$. h; n] /fi6«/ ; dfhnf0{ ; dofGsh blf / ; r] gful/s tof/ ug] ; jndf /fho kof]M c; km xg\$. To; h] pRr dfWolds lzlfnf0{ u0f:t/lo / ; j{he agfpg ol ; d:ofx; sf] lg/fs/of vfl]g} k5{ .

-k]b] ; /:j tl pRr dflj 06x/l, d]f\$sf lzlfns xg\ .

cfj /0f ; jfb pRr dfWolds lzIff

..køv cfj ZostfM kj fvf/ / lzIfsú

P;Pn;L k/LIff pQLOf{ePkI5 ljBfyl&f
nflu ;æGbf cfsif& ljsllk a&g
ku&f]5- pdflj lzIff . oxl cgkftdf
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a9bf]5 . pRr dfj txsf]lzIffsf
;an klf, ;d:of / rbf]L, ;dfwfgsf
af6f / cfjZostfsf af/ðf 7f]
ax; c%}xg;s&f]5g . oxl ;Gbe&f
lzIff df];sn]!& knfug @)^^ df
lzIff d&afno, pRr dfWolds lzIff
kl/ifb\ pdflj ;~rfns, lzIffsnufot
;/f&f/jfnfx;alr ;jfb sf&md
cfof]hgf u&of]. oxfFpQm ;jfbdf JoQm
ljrf/sf]køv cz k]tt ul/Psf]5M

kf-8f= pkQb&df/ sfQ/fnf
pkfWolff, pRrdffWolds lzIff kl/ifb\

gkfnf ljleGg txsf lzIffdfWolffpdflj ;jff&vs
nf\$lkø /x&f]5 . o; sf]nf\$lkøtfsf]k5f18
w}]sf/0fx; 5g\ . pRr dfWolds txdf
pTkflbt hgZlQm ljbf&df klg vkt ePsf
5g\ . o; sf]kf7&md ;do; fk]f 5 . lqejg
ljZj ljBfnosf]thgdf o; sf]k/LIffkm l56f]
k&f]zt x&5 . b&sf]sgf&f/f;Dd pdflj x;
vh&f 5g\ . /fho ;^&lo 9fFftk&f p&dv
e0/x&f]cixn&f]cj:ydf pdfiz k4ltsf]
eldsf %g\^a9g]blvPsf]5 .

pRr dfWolds txsf];æGbf sdhf] klf
rflxfof]txdf ;/sf/sf]tk&f6 lzIffs g/flvg'
xf]. Pp6f klg :yfol lzIffs ge0sg}bz
hf&f b0{k4lt rin/x&f]5 . of]Psb&f blvb\
s/f xf]. Pp6f nf\$lkø z]lffs sf&mdnf0{
/fHon]...;f;gl 5f/flnf0{h:tf]Jojxf/ u/&f]
5 . pRrdffWolds txsf]z]lffs glt s:tf]



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/xg] eGg] ; jndf c%} klg cfof] 5 . pRr:t/lo lzlf cfof] , @)% sf] klt] j bgn] of] txsf] lzlf ; wfg\$ f lqdt b0] 6f dxlj k0f{ ; %fj lbPsf] 5M klxn] /;sf/n] lzlf sf nflu 5bdfPsf] sh /sdsf] rf/ kltzt pdfj] sf nflu 5bdfpgkg] . /, bf] l] lzlf Joj :yfkgsf nflu ; j tGq lzlf cfof] u7g ugkg] . t/ , ol bj} ; %fj !! jif{latf klg sfot] og ePsf 5gg\ .

pdfj] txsf] lzlf nfo{ u0f:t/lo / kxFof] agfpgsf nflu lzlf sf] Joj :yfk klxn] / clgj fo{ zt{xf} . clxn] slff !) ; Dd k9f0/x\$ f lzlf nfo{g} klzlf of lbPsf e/df pdfj] txd f k9fpg nuf0of] eg] To; n] b36gf lqdt ofpg\$. klt:kwf df hf] of] o 5, p; nfo{5gf f ugk5 / hf] of] o 5gg , p; nfo{ cjsfz lbgk5} .

pRr dflwds tx .lj Bfno lzlf nfo{ xf] ls xfoG eGg] ; jndf klxNo] v g] lj jfb /x\$ cPsf] 5 . ; /sf/n] xfn] nfu"u/\$f] .lj Bfno lq ; wf/ sfoqnd -P; P; cf/kl u df klg slff (-!@ nfo{dflwds tx n] vPsf] 5 . t/ , o; f] ug{7ls 5gg . o; nfo{ ; wf/ u/} dflwds tyf pRr dflwds tx g} eGgk5} .

; fdbflos / lghl :shsf alrdf Joft vf8n pdfj] txd f klg b] vPsf] 5 . lghl pdfj] x; df cfd hgtfsf] kxF 5gg . Pst/ lghl :shdf w] \$f] kxF gxg' clg csf] t/ ; fdbflos pdfj] df :t/lo lzlf gxg] cj :yfn] z] lfs u0f:t/df 7hf] cGt/ b] vPsf] 5 . cfh ; fdbflos pdfj] x; n] u0f:t/lo lzlf lbg ; s\$ f 5gg\ . o; sf] dVo sf/Of lzlf cfj g} xf] .

; d:of lghl pdfj] x; df klg 5 . lghl pdfj] sf] cgludgsf nflu ; /sf/l:t/d} cgludg ; Gq agfpgkg] cfj Zostf b] vPsf] 5 . pdfj] sf] j u\$ /of, lzlf sf ; j f-zt{ lj Bfyl{ egf{ b/ lgwf{Of cf] b sfo{ ug{ ; lsPsf] 5gg . To:t} pdfj] txsf] lzlf nfo{ ; lkdhs agfpgsf nflu k7dqndf yk ; wf/ cfj Zos 5 .

kl/ibb] pdfj] x; sf] k\$ f] sf/l cgludg u/} o; nfo{r:t÷b?:t agfPsf] 5 eg] d %7 ar] l] rfxGg . xdf] cgludg cfk] cf ckof] t 5 . cf] j 6f lhnndf dfq kl/ibb] sf zvf sfof] o 5g\ . cf] j 6f sfof] on] &% j 6} lhnnsf :shnf0{ s; /l cgludg ug{ ; S5g\<To; } xfdln] sb} g sb} ; lsl; daf6 (/ !) tyf !! / !@ nfo{ cGt/; DalGwt agfpg h?/l 5 .

kxF / u0f:t/lo lzlf bj} ; E} hfg

; Sbgg\ . ol bj} df sxLFg sxLFcGt/ b] v0g} xfn] 5 . To; } ca ; ^Vof] ds eGbf klg u0f:t/df sl] b0t xg' cfj Zos 5 . xfdln] Toxl ; f} agfPsf 5f} . x/\$ tlg jf rf/ df] j a/fa/ Pp6f pdfj] ; -rfng ug] xf] ls eGg] k\$; f] r/x\$ f 5f} .

pRr dflwds lzlf kl/ibb] ; -rfngsf] nflu 5\$; j tGq Pq 5 . cWof, pkfWof / ; b:o-; lrj tyf ; Dk0f{ lj Zj lj Bfnosf pkshkltx; kl/ibb] sf ; b:o 5g\ . clg csf] t/ kl/ibb] \; jfoQ 5gg / of] lj Bfno lzlf sf] Pp6f efu dfq} x] eGg] e] af] 8Psf] 5 . lj Bfno lq ; wf/ sfoqnd] klg o; af/df oyf] rt k] 6 kf/\$f] 5gg .

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pkfWof, cg] f: j lj o' -qnlGtsf/L

pRrd] j txsf] lzlf sf s] l ; sf/ f] ds s'fx; cfj Zos 5g\ t/ , o; nfo{ s; /l xg] eGg] s/ f dVo xf] . h:tf] lj Bfyl{ ; ^Vof] df xfdln] !) ±@ df /fd] k] 8sf] df/\$f 5f} . t/ , u0ff] ds kl/ j tG rfxF; ^Vof] ds j f h:tf]/df] 5gg . lghl pdfj] af6 s:tf lj Bfyl{ pTkbG e0/x\$ f 5gV ; fdbflostk] sf] u0f:t/ s:tf] 5 t <o; /l thgf] ds ; kdf xbfv] l rfxF xfdl pT; f xhgs xfoG, lg/fzfhgs cj :yf b] v5f} .

lq] n] hg clek] on] kdfokq tx vf/ h ug{ v] h] b\$, To] ; f} unt 5 . dl] 8sn, 0lGhlgol/a, jglj 1fgnufotsf kl] j lws lj ifotk\$ a9l cfbf] gl xg] ePsn] To:tf ; sfodf kdfokq tx vf/ h ul/Psf] 5gg . cG; ; wf/Of lj fofdf dfq} vf/ h ug{ v] h] b\$. oxlf] / xfdl] c; xdt 5 . pdf] z kl/ibb] t /fHo w] } u/} hDd] f/ 5 . cgbf] gs] ; kdf b0] hg] lzlf a/fa/sf] dfq cgbf] lbg' To; \$f] kdf of xf] .

; fdbflos / lghl pdfj] alr] sf] e] f] t s k] f] r/ / dg] } flgs ; f} f0df 7hf] vf8n 5 . o; df klg kl/ j tG Nofpg' h?/l 5 . o; f] ePg eg] ; f] flgs lzlf nfo{ lghl n] vf0lbg] 7hf] vt/ f 5 . slff !@ ; Ddnf0{ lj Bfno lzlf eGg] lalOs} of] lglzNs / clgj fo{ xgk5} . pdfj] txd f ; j { he kxF eof] eg] . kdfokq tx vf/ h gu/ l eg] xfdl ; ^Sif] hf] b} . cfudl z] lfs ; qb] v pdfj] txd kFhg] lzlf sf] b/aGblsf] Joj :yf ug] ; xdt xfdln] kl/ibb] u/\$f 5f} . o; sf] sfot] ogtk\$; /sf/n] Wofg lbgk5} .



pRr dflwds txd f ; /sf/sf] tk\$ f6 lzlf g/flvg' ; a\$ b] sdhf] kl f xf] . :yfol lzlf ge0sg} bz hf\$ b0{k4lt rln/xg' Psb d b] v] b] s/ f xf] .

kl-8f= sf] /fnf



pdf] z kl/ibb] t /fHo w] } u/} hDd] f/ 5 . cgbf] gs] ; kdf b0] hg] lzlf a/fa/ sf] dfq cgbf] lbg' To; \$f] kdf of xf] .

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lzlf ■ r} @) ^^

cfj /0f ; jfb pRr dfWolds lzlf



gj k7j /L ; Tofn
k1rfo{ dgfj/ pdflij, sf7df8f}

pRr dflij txsf]lzlf sxl xb; Dd ; sf/ftds g}5 . lsgls ufP8/df bzhf8 b0{s1ff ; ~rfng ePsf]f lzlf, cleefj s / lj Bfyl{f klg pT; fx b1vPsf] 5 . ; fdfGo dnb/n] klg cf'gf 5f7f5f7lnf0{ufp5} pRr dflij df k7fpg ; Sg]l:ylt 5 . To; h] o; df ; Gtl6 lng] 7fpF5 .

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; fdbflos lj Bfnosf nflu /fhgllts x:tlf 7hf]/fu agsf]5 . lj Bfnosf]; du] Joj:yfkg / lzlfss]u0f:t/ pfs:g of]/fu ; wf'afws alg/xsf]5 . o; nf0{lgd' u/l ; jT6g 9En]lzlf lgo1Qm ug]k/kf6l :yflkt geP; Dd ; wf/ cfpj]; Defj gf 5g .

8f= afa/fd kfj/ħ
jl/i7 pklWOLF, pRr dfWolds
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s1ff !! / !@ sf] lzlfnf0{xfdl s] ub5f}< o; nf0{ s; /L ; ~rfng ug] xf]< lzlf dGqno dftxtdf /fv] ; ~rfng ug]xf]jf kl/ibnf0{yk ; b8 agfpg]xf]< of] ; jfndf lj Bfno lf8 ; wf/ sfoqmdn] klg k:6 9En]afh]sf] b]lvb8 .

8f= kfj/ħ

uf]dlOf lf8sf lj Bfyl{h} ufp8} ; j{he 9En] pRr lzlf lng kfpgeGg]p2]on] gk'fndf pdflij lzlfss]cj wf/Off cfPsf]xf] . ; fydf ; fdbflos lj Bfnosf] ; b8]s/of ug] o; sf] nlo lyof] . t/, kl/Offd eg]ck]ff lj kl/t e0lbof] . pdflij x2 a9l zx/s]G6t ePsf 5g\ .

lgoldt s1ff ; ~rfng, ultnf]kf7dqnd, cgZfl;t z]lfs jftfj/Of, k/liff / k/liffkm klg ; dod}k\$flzt xg] h:tf sf/ofn] pdflij sf] cfsif8f a9sf]5 . t/, pRr dfWolds lzlf; DaGwL :ki6 glt g} ePg . s1ff !! / !@ sf]lzlfnf0{xfdl s] ub5f}< o; nf0{s; /L ; ~rfng ug]xf]< lzlf dGqno dftxtdf /fv] ; ~rfng ug]xf]jf kl/ibnf0{yk ; b8 agfpg]xf]< of] ; jfndf lj Bfno lf8 ; wf/ sfoqmdn] klg k:6 9En] afh]sf] b]lvb8 .

s1ff !@ ; Ddnf0{lj Bfno lzlf elg; s8]5

kf7dqnd / k/liff kf7dqnd s]xg]<lg/liffOf / cgludg lzlf lj efu jf kl/ibnf0{s; n] ug]<lzlfss]Joj:yf s; n]ug]<ol s'/fdf klg 7f] V :ki6tfsf] vfFf]5 .

; fdbflos lj Bfnosf; 8 cfls ; ft; 8] eflts / z]lfs k]f'w/ klg koft 58g\ . To; df ; xofu ug] ; /sf/sf] bflotj lyof] . t/, p; n]Wofg lbPg . lghl pdflij x2 df klg c:j:y klt:kwf{a9sf]5 . gk'nf sdfpg unt sfdx2 klg e0/xsf 5g\ To; nf0{lgogof ug]sfd xg; s8f]5g . lghl pdflij df k9sf lj Bfyl{x2 bu8 lf8df ku] ; jf lb65g\h:tf] dnf0{nflb8} . Itglx2nf0{; dfhkl't pQ/bfol agfpg sxl g sxl glt agfpg' cfjZos 5 . kl5Nnf] ; dodf cfsif8f a9fpgs}nflu kl/ibn] }±@ sf] cj wf/Off klg Nofof] . SofDk; x2n] klg ; DaGwg kfP . t/,)±@ clxn] lj s]t]sf] s8b] alg/xsf 5g\ . Pp6f 7fp8f vh]sf]:sh cs]7fp8f k'ofpg] gfd kl/j t8 ug]h:tf lj s]tx2 b1vPsf 5g\ .

kl/ibn] clxn]Dd sg} klg pdflij nf0{ :yfol ; DaGwg lbPsf]5g . tlg-tlg jif8f ; DaGwg gjls/of ul//xgk5{ . lj Bfno g} c:yfol ePsf sf/of cj:yfdf lzlfnf0{yfol ug] / Itgsf] ; jf-zt{lgwf8f ug] sl7gf0{ e0/xsf]5 . To; h] :yfol ; DaGwg lbj;k' oyzSo l56f]Wofg lb0gk5{ .

lbjfs/ b'bzL{
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pdflij df klxn]lj Bfyl{ yf]lyPU k/liffkm klg rfb}k\$flzt xGyof] . t/, clxn]lj Bfyl{sf] j[4qmd; 8] kl/ibn] cf'gf]hgziQm a9fpg ; s8f]5g . To; h] k/liffsf] :t/lotf ; lwb'fhgfsf]; sf 368} u0/xsf]dx; " e0/xsf]5 .



lghl pdflij sf]thgdf ; fdbflos pdflij sf] glthf /af]5g . ; fdbflos pdflij df eflts k]f'w/ klg 5 . t/ klg lj Bfyl{nf0{ tfg ; ls/xsf 58f} . fdbflos lj Bfno eGglalOs} tNnf]:t/sf]x65 eGg]ed 5 . To; h]lj Bfyl{ lghltk' nflu5g\ . To; h] ; /sf/n] ; fdbflos lj Bfnof0{alnof]agfpg]7f] glt / sfoqmd Nofpgk5{ .

; fdbflos lj Bfnosf w]ħ; f]lzlfscx2df

; s] Dd k9fpg} gk/f] \eGg] dgf] [Q 5 .
ToxfS8f0 ug[e]l0s}/fhgllts cf8df To; sf]
klt/fw ug] qnd z? xG5 . To] cj :yfdf
k9f0sf] :t/ psf:g] k0Tg ; fy\$ xg; Sbg,
; ls/x\$] 5g .

lj Bfno lfg ; wf/ sfoqnddf slff !-!@
nf0{ lj Bfno lzlfss] } kdf :yflkt ug{
vflhPsf]5 . o; df gltlgdfffx; g}cndndf
5g\h:tf]blV65 . kf7dqnd s:tf]aGg] eflts
k}f/f/ slt rflxg] lzlfss] Joj :yf s; /l
ug[eGg] s/fdf :ki6tf cfpq' cfj Zos 5 .

blks/fh ; j 0L

cWOLF, pdflij lzlfS P; f]; P; g

jf:tjdf pdflij txdz lzlfSx;sf] Joj:yf
g} of] txsf] lzlfss] cfhsf] kdV rgf]l
ag\$]5 . lzlf lj efun]!, (%\$ hgf lzlfS
a/fa/sf]cgbfg /sd :shnf0{k7fpg]u/\$f]
5 . t/ ca, b/aGblD}lzlfss] Joj :yf h?/l
5 . lzlfss] Joj :yf eof] eg] u0f:t/lo
lzlfdf To; n] 7hf] ; 3fp k'ofp5 .

sxl ; do klxn] d bfa'sf] Pp6f ufp5f]
:shdf kl\$]f] lyPF. To] :shsf] pRrdflj
txdf k9fpg] klrfo{ afx\$sf c6o lzlfS
:gfts dfq} p0l0f{ lyP . sltko 7fp8f
:gfts gu/\$f lzlfSn] klg pRr dflj
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cfj 0gdf :gftsrf/ txsf]lzlfss]kdff0kqsf]
kff6f\$kl /flvPsf]5, t/ :shdf eg]lzlfS
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Pp6f dx[Ej k0f{sf/0f of] klg xf] .

xfdln]of]txdf lzlfS ; jf cfofl u7gsf]
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cfofl u7g eof] eg] klt:kwf\$ cfwf/df
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nflu lgb]zsf tof/ ugk5{. To; df Go9td
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8lg, lzlfzfz:q ; lfo, lqlj

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Wofg lbgk5{. klxn] kxFU b]f]f] ; dfgtf /

t]f] u0f:t/ . of] tlGj 6}klfnf0{ ; d0g]u/L
bzhf8 b0\$]f]cjwf/0ff cfPsf]xf] . kxFsf]
; jfndf bzhf8 b0{sfoqnd hf8tf8sf ; fy
nfu\$]5 . P; Pn; l kf; ePsf () kltzt
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klf xf] . of] sfd lqlj n] ug{ ; SbgYof] .

t/ ; dtfsf] ; jfndf rflxfof] sfoqnd
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@)%& ; fn; Dd lqlj sf]kdff0kq tx vf/h
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u/\$f lzlfSx; 50g\ . lzlfSnf0{rs / 8:6/
afx\$ xfdln] sg} ; xofl lbg; s\$ 50f} .
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sfoqnd] lzlfss] of]otf, glthf, klzlf0f
/ cgludg k0ffnlfnf0{ ; an agfpgk5{.

oxl cj :yfdf P; P; cf/kl nfu" ug]xf]
eg]lzlfss] u0f:t/ clxn\$]f] eGbf klg tn
vi:sg5 . dGqfno; E ko{k}t dfqdf lzlfSx;
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P; P; cf/kl nfu"xGxG eGg]d}f]egf0 xfoG
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cfj /of ; jfb pRr dfWolds lzlf



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bfloJ /fhon] lngkg] ; jfndf :ki6 JofVof
ePg . To; n] ubf{ s}xl sl7gf0k; cfP .
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P; P; cf/klf dfWolds / pRr dfWolds
h] eg] klg To; df Tolt 7hf] ; d:of 5g .
cfiv/ bj}tx lj Bfno lzlf g}xf]. dfWolds
tx g}xf]. slff !! / !@ sf nflu dfq}
5\$} lzlf rflx65 eG}S/f ; a}t/af6
pl7/x\$}f 5 . ; d:of o; Øf 5 . slff !@
; Ddsf]lzlf lj Bfno txsf]xf]eg}(-!@ sf
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JoJ:yfkgf] ; a}Gbf dxlj kOf]lj sNk xf].
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lzlf %^-^ hgf ePkI5 pglx;n} (b}lv !@
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xdlN] ; lhn} E pdfj ; ~rfngsf] ; DaGwg
lbg] sfd u}of}. lj Bfnosf] gS; f]g ug]
/ ; f}xl cfwf/df ; DaGwg lbg] sfd ePg .
h; n] ubf{pdfj x; zx/s}b}t eP . cfpf
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lj utdf bzhf\$ b0{sfoqndf0{ ; /sf/sf]
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JoJ:yfkg ug]l P; P; cf/kl Nof0Psf] xf].
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5g\ . of] cj :yfnf0{ cGto u/} lj Bfno
lzlfssf] nflu 5\$} ; f}f P} cfjZos 5 .
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P; P; cf/klN] pRr dfWolds lzlf
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unt 5 . lzlf tflnd, k/liff ; ~rfng
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lzlf sfof]oaf6}xg]xf]. To; h}lh}zsfnf0{
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k; tltM kdf} cfod



रेडियो सगरमाथा १०२ थोप्लो ४ मेगाहर्ज

नेपाली रेडियो, नेपाली आवाज

लहैलहे र सस्तो लोकप्रियता भन्दा निकै टाढा सत्य, तटस्थ, निष्पक्ष
र विश्वसनीय समाचार

सधै १५ मिनेट अगाडि

हालचाल

(सरल, शुद्ध र नेपाली भाषामा)

हरेक दिन

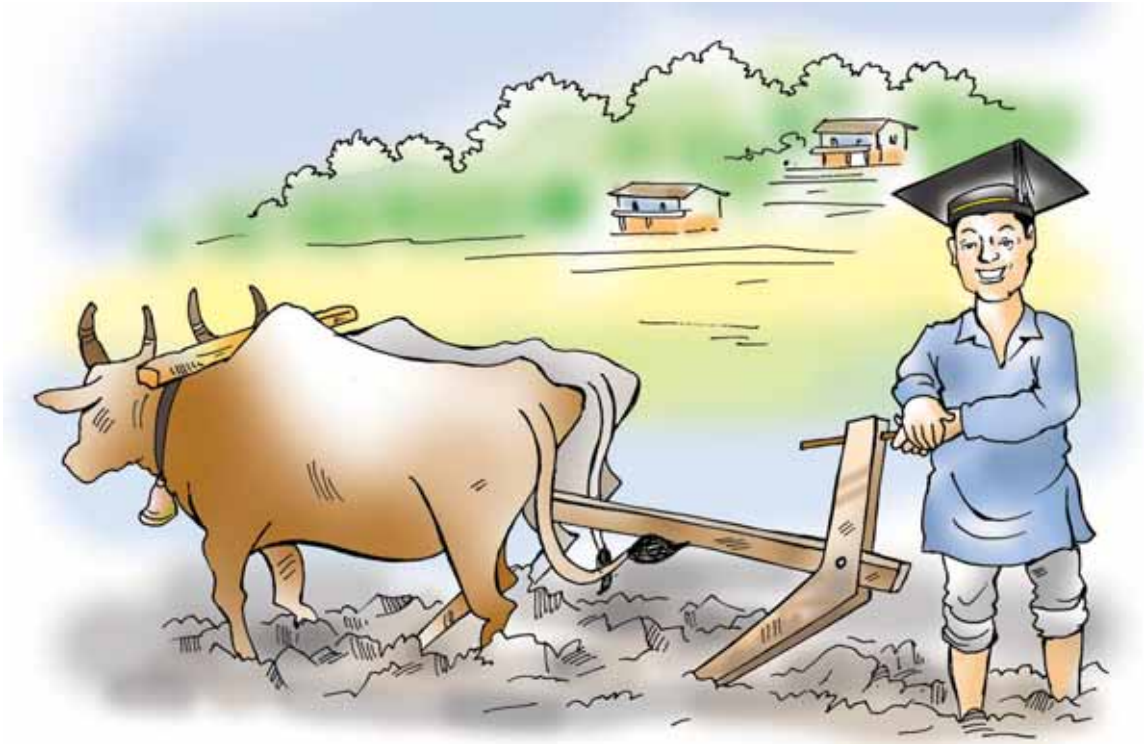
विहान: ८:४५ र ११:४५ विउँसो: २:४५ र ४:४५, साँझ: ६:४५ र ८:४५

बीबीसी नेपाली सेवा

हरेक बेलुका ८:४५-९:५५ सम्म



रेडियो सगरमाथा एफएम १०२ थोप्लो ४ मेगाहर्जमा



OTJ DZSTJ ; IKR } IJ SI; ugX goiF-K: TITOUX XIT / IDATU DJ TAJ PIUS } STA ugX ; SgJ agipg
 cfjZos 5 . To; sf nflu dflWolds tyf pRr dflWolds txsf Ij BfylDf k9f0; E} sfd ugJ
 / I; SgJ ; s[tsf] Ij sf; u/fpg' cfjZos 5 . lsgls of] g} To; IglDt pkoQm ; do xf].

; a} dflg; n] Ij Zj Ij Bfno txsf] lzIff lngk5{ eGg
 unt ; fJf0 xfdfl] ; dhdf Joft 5 . cyfX xfdfl] nuJ
 I; En 60fs I; i6d df 5, dN6l 60fs df xf0g .
 t/ oyfydf I; Sg] s/f hljgsf kTo\$ kn / kTo\$
 Iqdf plQs} xG5, Ij Zj Ij Bfnosf slffx; df dfq xf0g .
 hxfFhg tl/sfn] I; s] klg Toj] 1fg xf] ofJotf xf] .
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 e/df xfl; n u/\$f] I8ul rfxF.ofJotf xg] en} p; n]
 /fdfl] ; t Ps jfSo nVg ghgf] \t/ cf'g} cgejaf6 jf
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 .I; i6dlcGtuX kb5 .

②)* ; fnsf] lzIff glItN] Joj; flos lzIffnf0{
 clgj fo{ tNofP/ 7hf] uNlt u/\$f] lyof] . lsgls ; a}
 dflg; n] Joj; flos lzIff lng' cfjZos g} x5g . To; h]
 Joj; flos lzIffnf0{PIR5s agf0gk5{ JolQmsf] /fJf0df
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 cfjZostfg; f/sf c; sXl Ij ifox; klg ylkG ; S5g\ .

Jofj; flos lzIffcGtuX s] Ij ifo lng] eGg] af/df klg
 Ij BfylDf0{g} vhf 5f18lbgk5{ . a? pglx; nf0{..sl/o/
 uf08g] ; lsf] cfjZostf kb5 . Toj] ; Jf /fdfl] ; t lbgkb5
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kofkt kJ'fVf/ / tof/ljgf Joj; flos lzIff z?
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 Ij BfylDf0{ k]S6snsf cnj f xfnx; df 0G6g{ lksf]
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 5f] ; s 50f] eGg] g} vhf kZgsf] ; kdf /x\$] 5 . bf] fl]
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 v] uof] . ; fg} ; xl t/ oxl Iqdf sfd u/\$f 5g\veg]
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 a9fpgk5{ . xf0g, of] Iqdf sfd u/\$f 50g\veg] xfn
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; :yfnf0{ Izliff lfgdf xft xfnG s/ nfu\$] 5 . kmntM nfd] sfnv08; Dd b\$zf] Izliff k0ffnl Pskl5 csf] lj b\$z kl/ofhgfsf] rk0fdf k/\$] 5 .

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gkfnsf] Izliffk4ltdf ljut cfwf ztAbldf cfPsf] kl/jtg pNnyglo 5 . @))& ; fndf #!) j6f kfylds lj Bfno ePsf] dh\$df clxn] sl/a #) xhf/ lj Bfno 5g\ . b\$zf sltko sbgdf t ; /sf/sf] pkl:ylt blvg] ; :yf eg\$ g} kfylds lj Bfno dfq ePsf 5g\ . !% blv @\$ jif\$ *%U k?if / &#U dlxn] ; flf/ e0; s\$] 5g\ . :sh hfg]pd}sf (@U afnafnSf lj Bfnodf egf{ ePsf 5g\ . rfx] blnt xg\ rfx] d; ndfg jf aflnsf, clwsfz lj Bfnoleq} 5g\ aflx/ xfoG . lj kGg / pkllft ju\$ afnafnSf f0{ klg ; /sf/, u; /sf/l sfoGnd, lj b\$z ; :yf jf JoIQmaf6 k7gkf7gsf] nflu kfl; fxg / ; xlnot kfl ePsf] 5 .

dfly pNnlvt pknIAwx; ; lhnf] E xfi; n ePsf cjZo xfoGg\ . h}hlt sfd ePsf] 5, Toj] /fxglo klg 5 . t/ o; f] eGbfecb} klg gkfnsf] kfylds Izliffsf] :t/ ; :f/d}sdhf] 7flg5 eG} s/f xfdl ; a}f0{ yxf 5 . To; h] xfd] ; /sf/sf sd{f/l / bft[lgsfox; ; d; ; a}l]gdG kZgdf 3fl]ng' h?/l ePsf] 5 . gkfnsf] Izliff s; n] xfls/x\$] 5, o; sf] dtkb08 s; n] tf\$5 < lsg Izliff dGqfno ; wEi/ xtf/df / slx/f\$] sfu %fE/ sfd ul//x\$] xG5 < lsg Pp6f a}t\kl/ofhg} g; lSf} csf] xfd kflnG5 < Izliffsf] b/bzL{ofhg} xfdln] lsg agfpg g; s\$] < lsg Izliffsf] :t/ a9fpg] sfd ug\$] ; \$f Izliffdf bVvn xg] lj 1 / ; lfd hgziQm cg; Gwfg ug] / kl}t}g a%fpgd} ; lldt /x\$] < lsg ; /sf/n]

rnfPsf lj Bfnox; dWlo} Pp6fnf0{ klg xfdln] .gdgfl ; kdf kfgp g; s\$] < ol kZgsf] hj fkm To; ahf dfq cfpG ; S5 hgahf gful/s ; dfh, al4hljl, kqsf / /fhglt1x; Izliffnf0{ plrt dx}lj sf] :yfgdf /Vg cu} / xg5g\ .

I; Qof kfPsf] Izliff

ljut %) jifdf Izliffdf w} pknIAw eof] lj Bfno / Izlifsx; sf] ; aVof a9df] . t/ sg} klg Izliff ofhg / gltn] gkfnsf] Izliffk4ltsf] u0f:t/ p7fpg ; sg . h]hlt sfd eP, Izlifs tflnd / Izliff ; fdulsf] kl/rfngsf] u0f:t/df dfkg ubf{ tl ; a}c; kmkfoM eP .

otf cfP/ ; jfofkl / lgmZns Izliff sf] gf/fcGtu{ ; /sf/n] b\$zel/sf lj Bfnonf0{ yf} vr} / yby} ug] lgsOfh u/\$] 5 . lj Bfnox; df g kof{t slffsf] xG5g\ g zlf]s ; fdul . tflndkflk Izliffsf] cej 5 . sltko 7fpdf Pp6f Izliffsn} *) -!) lj Bfynf0{ %lG' k/\$] 5 . Izliff dGqfnonf0{ Izliffsf] tna / ; fg] d; nGb vr{ k%ofpgd} xDd] k5{ . vfgkfgl / zffno t kfyldstfd} kb}g\ . buq lhnfx; df zlf]s ; q z? ePsf] sxl dlxgkI5 dfq kf7a; fdul klg] u5g\ . of] ; a alyt / k} Edf cleef sx; n] rf; f] /Vg] 7fpGg] kfp5g\ lsggeg] :shsf] k}E0df pglx; sf] pkl:ylt ckllft / jfl-5t 5g .

cleef]s / ; dbfo ljj \$xlg cjZo xEg . klxn] klxn] ; dbfon] g} :sh vllg] / rnfpg] u/\$ xg\ . @)* ; fndf gofFlzIff ofhg} nfu" ePkI5 ; /sf/n] ; a}afnafnSf] k7gkf7gsf] / yby} ug] lhdDf lnPkI5 ; dbfox; kl5 x6] . gofFlzIff ofhgfsf] cfo' 5f} eP klg To; n] lft eg] ctoGt} 7hf] u}of] . To; n] lj Bfnosf] k7gkf7gdf ; dbfosf] ; lqmo ofubfg cGto ul/lbof] . To; kl5 t ; dbfodf cf^gf] .xsu sf] s/f dfq ug] k] Q



gofFlzIff ofhgfsf] cfo' 5f}f] eP klg
 To; n] cToGt} 7hf] lflt k}ofof]. To; n]
 lj Bfnosf] k7gkf7gdf ; dbfosf] ; lqmo
 of}ubfg cGto u/L ; dbfodf cf^gf].xsu
 sf] s/f dfq ug[k] [Q k}n xg yfNof].
 cf^gf].xsu / lxtsf] bfal ug[k] [Qsf w}]
 ; sf/flds kf6fx; klg 5g\ t/ xfdlsxfFeg]
 To; n] dflOf] dfq, lhDd]f/L Ing ; s} .

.lgMzNs / ; j}ofkl lzlff pknAw xG5 . cf^gf] b}zdf
 ; a}afnaflnsf]lgMzNs lzlf kfPsf]klZrdf dh'ssf
 bftfx; n] gkfnsf] ; /sf/nfO{ :shn] lgMzNs gu/] klg
 xG5 eGg] ; %f] lbg ; Sb}g\ . clxn\$]f/fhgllts jftfj/
 Ofdf gkfnsf /fhgllts cujfx; n] klg lzlf lgMzNs
 agfpg uxf] 5 eGg] cF6 ug{ ; Sb}g\ . oxf}j a'gkg]
 csf]s'f s] 5 eg] uOf: t/ eGg] s'f lg/Gt/ kl/jtG
 eO/x\$]xG5 . #)-\$) jif{cufl8 ; flf/ agfpgfO{dfq
 klg :t/lo lzlf eGg] ldNof] eg] clxn\$]f cfjZostf
 / cfs^Nf To; eGbf w}] a9L 5 . rf8}g}x/\$:shdf
 sDKoB/ geO{uOf:t/lo lzlf k}bfq ug{ufx]xg]lgZrt
 5 . s] ; /sf/n]of] a9N] cfs^NfnfO{ ; Daf}vg ul/fvg
 ; S5, cleefjssf] of}ubfg a}u/ <

k}n xg yfNof]. cf^gf].xsu / lxtsf] bfal ug[k] [Qsf
 w}] ; sf/flds kf6fx; klg 5g\ t/ xfdlsxfFeg]To; n]
 dflOf]dfq, lhDd]f/L Ing ; s} . kl/OfdTM ; /sf/sf]:yfol
 sdf]l ePsf]lzlfsn]sdf gu/] klg tna vfg]eof].
 ; dbfon]lgu/fgl /fvG 5f8k15 lzlfssf]sdfs]dNof]g
 ug]sf]k ePg / lzlf]n] klg cf^gf] lxt afx\$ c; ;
 s'f ; flg 5f8]. cleefj sx; lgMzNs lzlfnfO{cf^gf]
 xs bfal ug{yfN]. lgMzNssf] gfp}ff lzlf]sf] uOf:t/
 ; vfk ePsf] x\$sf cfd cleefj sx;nfO{xg ; s} .
 dh's la:tf/}lgMzNs lzlf]sf] lbzdf cl3 a9df] t/
 afnaflnsf] uOf:t/lo lzlf kfpg].xsu eg]x}f}x}udfP .

Pp6f /fd] ; eGg] o; /l agfpg ; lsg5M lzlf dGqnon]
 s}l /sd vr{ug] lzlfssf] tna; ; ljwf kf7}k':ts /
 c; k7gkf7gsf] ; fdull ; ldf}t]s[; dbfosf] nflu yk
 ; ljwf- / yk /sd rlfXP cleefj s; E ; Nfx u/] s}l
 /sd Ing]u/df cleefj sdf cf^gf] afnaRrfsf]k9fOk]t
 rf; f]hfu5 . o; af6 ; dbfodf h%}f'kg / bfgzln]tsf]
 k}ghfu/Of xg ; S5 . o; f]u/} g}klxn\$ k':fn]cf^gf]
 ; dbfonfO{ :t/lo lzlf ; lglZrt u/\$f lyp .

t/ xfd] ; /sf/l sdf]l/x; ; ahfO{v; l kfg]sdf
 cyf]f\ n\$]l/%Ofafx\$ c; s}l ug{ ; Sb}g\ . cf^gf]
 afnaflnsf]k9fOsf] ; fg]cz cleefj sx; cfk}n]lhDdf
 lng plrt xG5 eGg]s'f gkfnsf sdf]l/n]ga%\$f xfgg]
 t/ pglx; a%krfp5gV o; ljifodf rO}ss af]lbgg\ .
 lsgeg]gkfndf sdf ug]bft[; yfsf cujfx;sf]b}zdf

gkfnsf] lzlfdf bl}vg] xtf; f / c; xhkg x/\$
 bO}rf/ jif}f cGt/fl60 ; dbfon] eg}df]hd lzlfdf
 aflx/ rn\$ 9fFf le}ofpg] / l5\$}g]thf k}k't ug{vflg]
 lzlf dGqnosf] k] [Qsf] lbg x]. lzlfdf ljZjofkl
 ; kdf a9\$] uOf:t/ cf^gf] ; Argdf lj:tf/ / lg/Gt/
 ; kdf lelqg]9fFf ckgfpgsf] ; \$f lzlf dGqnon]lzlfdf
 ljZjof kl/ofhg; NofP/ x/\$ \$-% jif}f ; G; gl km}fpg]
 sdf ug] u/\$] 5 . To; } sf/of Gog}td uk'sfo{ ; d;
 gu/L gkfnsf] z}f]fs l}qdf 7N7hf k}h\$6x; xj]l xE}
 cPsf 5g\ .

Pscsf]f] kl/k's / ; E; E} sfof}j og ePsf eP
 klg cfwf/e't k}lyds lzlf kl/ofhg] -aklOkL /
 k}lyds lzlf lj sf; kl/ofhg] -klO}klkLdf ; dGj o
 lyPg . oxltsf g}z}f]fs hgziQm lj sf; ; s}b}sf]:yfkf
 eof]/ nfd]cjlwsf]lzlf]s tfnd ; -rfng ug{yfNof].
 To; n]lbg] tflndsf] uOf:t/ klg pDbf lyPg, lsgeg]Tof]
 tfnd lzlfOf klqofdf Wofg lbg]sf] ; \$f x/\$ kf7 s; /L
 l; sfpg] eGg]df s}b}t lyof]. yk]lzlf]sx;nfO{Ps}f]f}b
 tfnd lbg] ; Argfn] lzlf]snfO{ /fd] ; k/lj]fOf / G}f
 lbg ; s} / lzlf]sx; n]lzlfOf cEof; ug]df}sf kfPgg\ .
 klzlf]t lzlf]s cf^gf]:shdf km}sf s}l z}f]fs ; fdull
 klg gln0sg km}sf . pglx; n] cfk}n] tflnddf l; s}f
 s'f slffdf sfof}j og ug]v}sf agfPgg\ . km}tM lglZrt
 kf7df cfwf]l/t klzlfOf kPsf lzlf]sx; n] kf7}k':ts
 k}l/g]lalQs}cfk}nfO{clfd / c; xfo k}P .

IjZnifof Izlff glt

cf^gf afnafnsfsf] k9f0sf] ; fgf] cz
cleefj sx; cfk] lhDdf lng' plrt
xG5 eGg] s/f gkfnsf sd(f/ln] ga%
xf0gg\ t/ pglx; a%krfp5g\ / o;
ljifodf r0s af]bgg\.

; ff] s0b|
sfuhdf dfq /fd] b]vg] of]hgfsf] Pp6f pbfx/0fsf ; kdf
Izlff dGqnocGtu{sf ; ff]s0bhf0{lng ; lsG5 . cfwf/et
kfylds Izlff kl/of]hgf -!((!-@))\$ _ cGtu{ krXQ/}
lhNndf * b]v !@ j 6f ; ff] s0b| : yfkgf ul/P . To; sf]
dfGotf x/\$; ff] s0bhf0{Pp6f ; ff]JolQm]kl/rfng ugI/
; f] ; ff] s0b|Pp6f kfylds lj Bfnodf cfa4 xg]eGg]lyof].
To; /l g] ; ff]JolQm]lj Bfno ; -rfng / slffsf] ; k/lj]f0fsf]
nflu klg lj1 xgk5{eGg]o; sf] Pp6f cfwf/ lyof].
; ff]JolQm]f0{sgfsfkrfsf lj Bfnodf klg] / lzlfnsf0{6]f
lbg] lhDd] f/l t]f]sPsf] lyof]. zqmaf/-zqmaf/ lzlfxs;
; ff]s0b|df uP/ cfp6f] xktfsf] z]lfs sfoqnd to ug]kg]
lyof]. o; } kof]hgfsf] lglDf zqmaf/ :shx; cfwf lbgd}
aG6 ug]Joj :yf klg ul/of].

t/ ; ff]s0b|x;n] k]xnf] lbg]v g} sfd u/0g\.
To; sf] dh sf/0f s] lyof] eg] To; sf of]hgfsf/n]
gkfnsf] e]f]f]ns / z]lfs jf:tljstf a`b} ga%
sf7df8f]Pp6f sf7fdf a; ; /f/f of]hgf sf7\$]f lyP .
kydtM w]h; f] lj Bfno ; ff] s0b|6f w] ; 6f9f lyP .
To; h] zqmaf/ a]sssf] s'fdf vf; } ts lyPg . bf] ff]
; ff]JolQm]f0{cfknh] ug]kg] sfd k]Q] ug] ; lk l; sf0Ps}
lyPg . t] ff] cGtodf x/\$; ff]JolQm]s] sfo{lfqdf wfGg]
g; Sg] ; aVofdf lj Bfnox; lyP- 36ldf @) / a9ldf
) eGbf w] ;

b0]6f dWokxf8l lhNnsf Ps bhgeGbf a9L ; ff]
JolQm] E ul/Psf]cGt/Iqmfosf qmddf ; ff]JolQm;x;n]Pp6f
dfld\$ s/f JoQm ug]eof]. To] s] lyof] eg] pxfk;n]
lj Bfno ; k/lj]f0f ubf{ slffsf7fleq k; ; k7gk7gsf]
klg cjnf\$g ug]k5{eGg]s/f a%Ppsf]lyPg . pxfk;n]
cf^gf]sfd kwfgfWofkssf]sfof]oaf6 tYofl ; lng ug]
dfq 7fGgePsf]lyof]. o; /l ; ff] s0b|sf]k0fhg /fd] E
sfof]j og xg gkfp6] ; ls0; s\$]5 . t/ ; /sf/n]of]
; ff]f0nf0{c%k'}x6fpg ; s\$]50 . ca x/\$ lhNndf
Pp6f cujf ; ff] s0b|xg5g\ b]zel/ &% j 6f / pglx;sf]
sfd rfxFlhNndf ePsf dflWolds lj Bfnox;n]f0{6]f
kYofpg' xg5 . cujf ; ff] s0b| dflWolds lj Bfnodf
cj:l:yt xg] 5g\ . ol cujf ; ff] s0b|x;n] s:tf] sfd
ub5g\eg] xg]af5L .

; d:ofsf] csf]h/f] rfxFol axt\kl/of]hgfsf] 7f]
dNof]g ug] / kl]tj0g tof/ kfg]klfdf 5 . of] sfd
ug]gkfnsf gfd rnf\$ lzlf]j bx;n] ug]u/\$f 5g\.
t/ pglx; kl/of]hgfsf]l/kf0{nVgdf slt Hofb tNng
xG5g\eg]pglx;n]gkfnsf]z]lfshutdf byfk/\$f lj slt

jf ; sf/f]ds s'fdf Wofg lbg]kfp6g\ . To; h] w]h]f0{
pb\$ nflu ; S5- gkfndf o:tf lj Bfnox; klg 5g\hxfF
lj Bfyl6Gbf w] ; lzlf5 5g\ o:tf lzlf5 klg 5g\hf]
slffdf v\$}g6\$] cf^gf] tna lng5g\clg cf^gf] sfd
ug]{c;n]f0{..v]f]nfl lzlfssf ; kdf v6fp5g\ cf^gf]
tnasf] sxl kl]tzt p;n]f0{lt5g\ t/ a9]f / k]; g
cfknh]sDNofp5g\.

Izlff lj efusf] ^Nof; /kfp6f cfp]lj Bfno-lj Bfyl{
tYofl k]fM unt xG5 . lj Bfyl{; aVof a9fP/ ; /sf/sf]
.kl]t lj Bfyl{cgbfgl -kl; lPkm af6 k]f0bf lng cf58f
cz4 kfg] ul/G5 . k'f lhNnsf] hg; aVof @).))
/ Toxf5f] kfylds lj Bfnodf &.)} lj Bfyl{5g\eg]
n]lVpsf]xG5 . s]k]lg hg; aVofdf cfwf/t .kl/flD8l
n] o:tf b]v]fpgnf0{Toxf5f kfp6; cgf7f] sf/0fn] nfk
ePsf] xgk5{. lhNnf Izlff sfof]f0{of] s/f yxf
xG5 . t/ k}f sdfpg] df\$]f gudfpgsf] nflu ; ahgf
rkrfk xG5g\.

; Dej tM xdf] z]lfs cujfx;sf] ; a6bf 7hf]sdhf]l
gdgf tof/ ug]g; Sg' g]xf]. gdgf lj Bfno, gdgf
lzlf5 t]nd s0b| /fd] E sfd ug]lj Bfno ; -rfng
; ldt, tYofl ; lng / ; jofkls/of ug]dfkb08- h; n]
l; sf0nf0{ ; a]t/ km]fp5 . o; sf] sf/0f sxlFklg
lj Bfnosf]dfkb08 lgsOf] ug]pbfx/0f 50, s]n v]q]
lgb]zsfx; dfq 5g\.

; /sf/sf] lg/lx cj:yf / lg/Gt/ afXo ; xof]sf]
kl/kf6l sfod /x6f/x6]lj Bfno lfq ; wf/ sfoqnd
-P; P; cf/_sf]; ?cft ePsf]5 . of]Pp6f Hofb]dx]f]sf^Nl
; ftj il6 kl/of]hgf xf]. o; n]lj Bfno lzlf5f]k'}/sd
vr{ug]nlo /fv\$]5 . of]kl/of]hgfn] ; eQm /fi6 3sf]
; x; flbl ljsf; nlocGtu{ gkfnsf] z]lfs nlo k]k't
ug]{6]f kYofpg]cfsf^Nf /fv\$]5 . o; n]k']{kfylds
lzlf]b]v pRr dflWolds; Dd / cgf]krf]l/s, k]lj lws /
.ef]h]60/l lzlf ; d]; d0\$]5 .

P; P; cf/ kl/of]hgfsf] *) kl]tzt cly\$; /sf/n]
/ af5L @) kl]tzt /sd P8lal, oP; P8, 8lg; , 06"
8lPkrf08l, lkn]Nof08, gj] olg; km / jN8{Aofl h:tf
bft[; yfn] Jox]5g\ . of] sfoqnd] cfwf/et kfylds
lzlf kl/of]hgfcGtu{ ; ?cft ul/Psf]nfd]c]lwsf]lzlf5
t]ndnf0{lg/Gt/tf lbp]sf] 50 . ca lzlfxs;n] 5f6f]
c]lwsf] .dfu cg; f/sf] t]nd dfq kfp]g] 5g\ . of]
sfoqnd]lj Bfnosf]ef]ts ; Argf s:tf]xgk5{ Pp6f df
slt lj Bfyl{xgk5{ lzlf5-lj Bfyl{cgkft / k7d]qndnf0{
; 3fpg]z]lfs ; fdu]lj Bfyl\$]f]dNof]gsf]kl/kf6l / axslf
lzlf0f ug]s'fx;sf]dfkb08 agfPsf]5 . of]kl/of]hgfsf]
; xl sfof]j og ePsf]v08df b]zel/ :shdf y/ly/lf
k7d; fdu]x;n]7fpFkfp]g] / z]lfs ; fdu] tyf :yfglo
k7d]qndsf]klg lj sf; xg]ck]ff /Vg ; lsG5 .

csf] kl/of]hgfsf] c6to

lj Bfno lfq ; wf/ sfoqnd -P; Pncf/_ sf sxl ; an
k6fx; klg 5g\ . o; df lj s0b|s/0fn]f0{clt g} Wofg

lb0Psf]5 . o; n]ufpEfpFf0{z]lfs ;kn]; an agfpgsf nflu lzlf ljefu, lhNnf ljsf; ;ldt / ufpF]sf; ;ldt; Dd klx] sfd ug] of]hgaf agfPsf]5 . t/, klg of] kl/of]hgfn] s]Qsf] u0f:t/lo lzlf klbg ug{ ;Snf eGg] IrGtf eg] HoE] ToF5 . To; sf s]l sf/of 5g\ . ol xg\ lzlf tflnd, slffdf lj Bfylx; sf] 7hf]; ^Vof, lzlfssf]; dosf]clwstd pkof] / lg/Gt/ dNof]g Pj + pbf/ slff pQl0f{ug] of]hgdf b]VPsf ; d:ofx; .

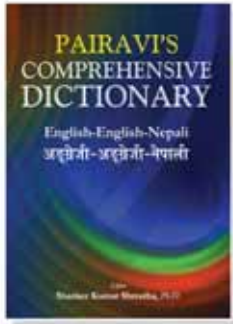
lzlf tflnd .dfu cg; f/ / ljs]Gbt xg' ; f]Gts ;kdf /df] s/f xf] . t/, .dfu cg; f/sf] tflnd lbg] sfd .xofsh 6]g^u eGbf w}]hl6n xG5 . ljs]bls/ofsf] gfdff klxn;Gbf uxf] tflnd lbg] sfd %g\yf}] cgej ePsf JolQm;df ; lDkE]sf] kl/Ofd : jtm cgdff ug{ ; lsg5 . clxn/x/\$ lhNnfdf *-!@ hgf ; f]JolQm 5g\ . ca x/\$ ufj ; df ; f]JolQm xg]xf] eg] %08}rf/ xhf/ ; f]JolQm rfxG5g\ .

bf] f] .lg/Gt/ dNof]gl eg]sf] ...1fgsf] lgdff] xg] slffdf dfq ug{ ; lsg] s/f xf] . o:tf] slffdf lj Bfyl] ljleG lqmfnsnikdf ; dfj z eP/ l; s/x\$ xG5g\ / pkoQm tflnd k]t lzlfns] lbPsf] ; %fj nf0{sf]og ul/Psf] xG5 . o:tf] slffdf lzlfns] lj Bfylx; s; / slffdf sfd ul//x\$ 5g\eg] 3d] xg] / pglx; sf] lg/Gt/ dNof]g ug] u5{ . clxn\$] ; ; uf/6f0 k9f0df lzlfns] lj Bfylx; s] ul//x\$ 5g\eg] s/f xg] km 6 kfpEg\ . / / ; a] lj Bfyl] Pp6] k7 / 6d] k9\$] / n]y\$] l:yltdf .lg/Gt/ dNof]gl ug] cj ; / yf}] dfq k]t xG5 . k7gk7gsf] klqmfnf0{afns]Gbt agfpg' cufl8 g} dNof]g klqmf af/] af]ng' Pp6f blm/nf]bf] s/f xf] .

t] f] Jofks xNnf e0; s\$]5 ls ca slff * ; Dd .pbf/ pQl0f{gl]t] ckgf0g]5 / sg]klg lj Bfyl]f0{s]lff bfx]ofpg nuf0g] 5g . ; a] lj Bfyl] cf'gf ; fylx; E} pQl0f{ePdf s; \$] cf]dlj Zj; df cf3ft klbg eGg] o; sf] Pp6f kf6f]; /fxglo 5 . t/ o; af6 /fd] ; t gk9fP klg hflu/ kfs/xg] lzlf / /fd] ; t gk9]klg pQl0f{ xG] hfg] lj Bfyl]sf] v/fa hfE] tof/ xg] 7hf] 8/ xG5 . To; f] eof] eg] of] gl]tsf] gsf/]f]ds c; / ; dfhn] w}] j if{ Dd Jox]k]g] xG5 . ykdf gk9]klg kf; xg] ePk]5 o; af6 rg]vf afnafnsf ; d] cN5l aG ; S5g\ . cleefj sx;nf0{cf'gf] aRrf k9]klg, gk9]klg kf; xG5g\ eGg] s/f yxf eof] eg] pglx; cf'gf afnafnsnf0{k9g s/ nufpg 5fE5g\ . P; P; cf/cg; f/ lzlf sx;nf] j if{ (!)) 306f k9fEgV csf]%) 306f k7gk7gaix\$]sf] lhDd]f/l jxg ubEg\ . slffsf]7df glatpg] yk %) 306fsf] clwsfz ; do lzlfns] kf7of]hgaf agfpgk5{/ lj Bfyl]sf] dNof]gsf] kf6f] sfd ug]k5{ eGg] s'/nf0{ hfE] glbP/ P; P; cf/n] u0f:t/ lzlf]t/ 8f]ofpg ; Sg] Pp6f dx]j k0f] cj ; /nf0{udfPsf] 5 .

; lqno l; sf0 xg] / lg/Gt/ dNof]g xg] slffdf #) hgf lj Bfyl]sf] ; ^Vof klg a9l xG5 . P; P; cf/n] Pp6f slffdf \$) lj Bfyl]xg]5g\ eG5, t/ pbf/ pQl0f{gl]t nfu" ePk]5 slff #- \$ kl]k]5 x/\$ slff Pp6f axslff lzlf0f

PAIRAVI'S DICTIONARY



PAIRAVI'S COMPREHENSIVE DICTIONARY

English-English-Nepali
अङ्ग्रेजी-अङ्ग्रेजी-नेपाली

कोशकार : डा. शङ्कर श्रेष्ठ
 प्रकाशक : पैरवी प्रकाशन
 प्तलीसडक, फोन : ४२२९२३३
 पृष्ठ : १२+१८४२
 मूल्य : रु. १४९५/-

यस कोशका विशेषताहरू

१. नेपालमा हालसम्मकै बढी पृष्ठ सङ्ख्या भएको बृहत् शब्दकोश
२. नेपालको पहिलो अङ्ग्रेजी-अङ्ग्रेजी-नेपाली बृहत् शब्दकोश
३. अङ्ग्रेजी शब्दका पर्याय शब्दहरू पनि वर्णानुक्रमअनुसार रहेको पहिलो शब्दकोश
४. शब्दहरू शब्दमेदहरूको क्रममा राखिएको
५. शब्दहरूको पर्याय तथा अर्थानुवाद आवश्यकताअनुसार शब्द वाक्यांश तथा वाक्यमा समेत समावेश गरिएको।

IjZnifof lzlff glIt

Jofks xllnf e0; s\$}f] 5 ls ca slff *
 ; Dd .pbf/ pQLof{glItU ckgf0g] 5 . ; a}
 lj Bfyl{pQLof{ePdf s; \$}f] cfldlj Zj f; df
 cf3ft klbbj eG] o; sf] Pp6f kf6f] ; /fxgl0
 5 . t/ o; af6 /fdll; t gk9fP klg hflu/
 kfls/xg] lzlfS / gk9] klg pQLof{x\$}hfg]
 lj Bfyl{\$}v/fa hf\$}f tof/ xg] 7hf] 8/ xG5 .

rflxg] ynf] eP/ lg:sG5 . of] ; d:of dflyNnf] slffdf
 c% hl6n xG5 . of]cj:yfdf ljleG:t/sf] lfdtf ePsf
 lj Bfyl{x; Pp6}slffdf ; dfj z xG5g\ . t/ P; P; cf/n]
 ax-slff lzlf0f tflnd !%) j6f lj Bfnof0{dfq lbg]
 eg\$}f] 5 . tl lj Bfno dhtM lxdnfl lqsf xg\$g\hx f
 x/\$ slffdf !) hgf eGbf sd lj Bfyl{xG5g\ . olb slff
 pQLof{\$}pbf/ glt ckgfpg]xf]eg]x/\$ lzlfnsf0{axslff
 lzlfss] tflnd cij Zos xG5 . cflv/ axslff lzlf0f
 eg\$}f]g]leGfleGg]z}f:s/t/sf lj Bfyl{x;nf0{Ps}slffdf
 /fv] k9fpg] xfl . lg/t/ dNoflg / pbf/ slff r9fpg]
 glt b06}clt /df] ofhgf xg\ . t/ o:tf ofhgf;x;sf]
 sf0f]jogsf lglDt lzlfSdf leG] tl/sfn] k9fpg ; Sg]
 lfdtf lj sf; ul/Psf] xgk5{ . o:tf] cj:yfdf lzlfss]
 sdfs]ef/ clxn\$}f]eGbf lgs}sd xgk5{xG5 .
 P; P; cf/sf] csf] 7hf] ; d:of ; ahf0{p:t} agfpg

vfl]g] kj] [Q xfl . P; P; cf/sf] efu b0\$}f] lgb]zsf] s]
 eG5 eg] sg}slffdf klg \$) eGbf a9l lj Bfyl{xgk5g\ .
 olb slffdf \$) eGbf a9l lj Bfyl{ePdf :sh Joj:yfkg
 ; ldltn].Ps lbg la/fP/ slff rnfpg] laxfg / lbpFf]
 k9fpg] 0Toflb eg\$}f] 5 . Ps lbg la/fP/ slff ; -rfng
 ug]eg\$}f]s]xf]<lj Bfyl{Ps lbg la/fP/ 3/ a:g]<laxfg
 / lbpFf] slff ; -rfng ug]eg\$}f]s]xf]<lzlfSx;n]
 bfxf]f] sfd ug]<lsg of]kl/ofhgf]w}]lj Bfyl{ePsf]
 cj:yfdf b0{tlg, kfF, b; cyjf hlt rflxof] Tolt
 cf\$}f; Dd slff agfpgk5{/ ; xlcg?k slffsf]7f, lzlf0f
 ; fdul / lzlfss] Joj:yf ugk5{eg} afhg <
 P; P; cf/sf]Pp6f 7hf]sah kl/ofhgf]sf]cGto; Dddf
 bze/df :t/lo / dfkb08 kl\$}f !(%)) j6f slffsf]7f
 Joj:yf ug\$. To:t}#)) j6f lj Bfnodf k':tsfno
 / kof]uzinf agfpg] nlo /flvPsf] 5 . sg :shn]
 ; ljwf kfg] / s; n] gkfg] eG] s; / l lgSof] ug]<
 /df] ug]lj Bfnof0{0gdf:j?k ol ; ljwf kbf] ug]ls
 /df] gu/\$}f] :shnf0{kl]; fxg :j?k ; ljwf kbf] ug]<
 o; / l kl/ofhgf]lj Bfnodf xgk5]z}f:fnosf]dfkb08
 klg t\$}f] 5 . / .x/\$ lj Bfnof] cf'g] vfgkfg]sf]
 aGbf:t ugk5] eg\$}f] 5 . t/ clxn\$}f]yltdf s]dfq
 eG ; lsg5 eg]@)!% ; fn; Dd klg gkfnf clwsfz
 lj Bfyl{x;n]Go\$ Joj:yf ePsf]lj Bfnod}k9g kfp5g\vs
 kfp5g\ u0f:t/lo lzlfss]s/f t cln 6f9]x]hf .
 P; P; cf/ h:tf]a{xtof]hgf]lzlfdf sfo{t ; a\$}f]

प्रकाशित भयो ! प्रकाशित भयो !! प्रकाशित भयो !!!

नेपाल सरकार शिक्षा मन्त्रालय पाठ्यक्रम विकास केन्द्र र जनक शिक्षा सामग्री केन्द्र लिमिटेड सानोठिमीबाट तयार पारिएको अंग्रेजीमा अनुवादित नयाँ संस्करणका कक्षा १ देखि कक्षा १० सम्मका सर्म्पर्ण विषयका पाठ्यपुस्तकहरू तथा नेपाल साहित्य प्रकाशन केन्द्र द्वारा प्रकाशित कक्षा १ देखि १० सम्मको सम्पूर्ण विषयको पाठ्यपुस्तकहरू २०६० शैक्षिक सत्रकालागि बजारमा आइसकेको कुरा सबै अभिभावक र विद्यार्थी वर्गमा अनुरोध गर्दछौं ।

नेपाल साहित्य प्रकाशन केन्द्र
 आनन्द मेरुव मार्ग घर नं ४८, ज्ञानेश्वर, काठमाडौं
 फोन: ८८३५८५६, ८८९९६५२, ८८९७७०८. फ्याक्स: ८७७-९-८८२०८८०
 इमेल: nspk@mail.com.np

Wofg cjZo s]b}t u5{. afXohut}f lzlfdf ePsf] ljsf; / gofFpkn]AwX; xfd] b}zsf] lzlf k}ffnldf 3hldn xg kfp5g\ . cg; Gwfg / lj Zn]f0fsf] kf6f]h] tYofl ; lngdf 6]f lbG5 / xfdl sx]F5f;+ sx]Fhfg] xf] eGg] s/f lrGtg ug{; xof]w kU5 . ; x; f]Abl ljsf; nlo k]f]ktsf] clGtd Itly -; g\@)!%_ ; f]P; P; cf/sf] klg cGto xG5 . To; ahf gkfn] klg c; b}zn] h:t} lzlf tyf c; l}qdf s:t] ljsf; eof] eg} cf^gf] dNof]g ug{ kfp5 .

t/ To; k15 s] <%-^ jif\$] tof/ldf ePsf] lzlf s tflnd, lzlf0f k]qmf / dNof]g klj lwsf] klg cGto xG5 <pkn]AwX; sf] lg/Gt/tfsf] ; lglZrttf s; n] u5{ <clg P; P; cf/sf] cj lwleg slfsf] f, k:'tsno / k}f]wzfnf gk]Psf :shx; n] cf^gf] e]ts:t/ ; wfg] d}sf kfp5g\ ls kfp5g\ <axslf lzlf0fsf] tflnd gk]Psf lzlf sx; n] ; f] tflnd k]k}t ug] csf] d}sf kfp5g\ ls kfp5g\ <

P; P; cf/sf] Pp6f dfgotf s] b]vG5 eg] ; /sf/n] g} lzlf sf] ; a} s/f h}fpgk5 . o; f] ubf{ ; dbfox; sf] xft af]wPsf] af]w} / xG5 / lj Bfnok]tsf] pglx; sf] pI; stf sl07t xG5 eGg] s/fnf0{ o; n] dx]lj lbPsf] 5g . :t/ j] [4sf nflu lj Bfno Joj :yfk; ; ldltnf0{ ; f] h}fpg] cleef/f t lb0Psf] 5 t/, kxF ePsf afx\$; a} lj=lo=; n] ; f] h}fpg ; Sb}g\ eGg] tYok]t cf}f lr]Dn0Psf] 5 . P; P; cf/sf] of]hg] cg; f/ ; ahf0{ ; a} s/f lbg] ; /sf/sf] lfdtf b]vG5 . kl/OffdtM ; ; /sf/n] g}

; a} lbG5U eGg] gf/fsf] cfj/0fdf km/ klg ul/a gkfn] afnaf]nsfx; u0f:t/lo lzlfaf6 j]l-rt xg] b]vG5 .

gkfn]sf] z]f]s 0ltxf; sf] lj 8dagf xf] of]hg] agfpgk; of]hg]sf] kl/Offd cfp-h}h; Dd cGog ; ?j] e0; s}f xG5g\ . To; \$f/0f of]hg]sf/x; n] ck7}df/f] af6] gln0sg nf\$]k}p dfq xg] ; lhnf] af6] / f]g] u/\$f 5g\ . gkfn]sf glt-lgdff, j} b]z]s lj z]f] / ljsf; ; ; ydf] sfd ug] ; a\$] lzlfklt hj k]b]x}tsf] clg fo{ vff] 5 . ljsf; ; ; ydf] sfd ug] lj b}z] / pglx; sf gkfn] ; ds]lfn] s] ; f]gk5{ eg] pglx; n] cf^gf] aRrfnf0{ gkfn]sf] ufpE] ; /sf/l lj Bfnodf k9fpgk/\$f] eP s] ub} <

P; P; cf/n] s}l jif{ Dd sfd ub} hf}f . t/, of] of]hg]n] lg/Gt/tf kfp5g{ ; /sf/n] o; sf] lhDd]f/l lngk5{/ j} b]z]s zelrGtsx; n] o; sf] ; xof]w ugk5{ . o; n] afns] b}t lzlf0fsf] kf6f]h]0{ a9fj f lbgk5{/ To; sf] nflu lg/Gt/ / u0f:t/lo lzlf s tflnd lbgk5{ . .pbf/ slff pQl0f] gltnf0{ vf/h ugk5{ lsgls o; n] lj Bfyl\$] lxt ub} . lj Bfylf0{ cf^gf] k7gk7gk]t 0dfgb/ xgaf6 j]l-rt ub} . o; sf] ; fy; fy; nf\$] / %0E] gf/f 5f8} ck7}df/f lg0f6 klg o; n] lngk5 . ; f] u}of] eg] dfq gkfn] afnaf]nsf] elj io ; lglZrt xg\$.

cGtodf] P; P; cf/ cfk}Egf cufl8sf w} kl/of]hg] eGbf km/s xgk5{ . olb P; P; cf/sf] sfof] ogdf klg uNtl eof] eg] o; n] gkfn]sf] bef]o afx\$ c; s}l lgDTofpE} .

देशभरि
उज्यालो 90 नेटवर्क

तपाईं जहाँ हनुमन्धर त्यही तपाईं जहाँ पुष्पानन्द त्यही जहाँ

देशभरिका ९० वटा एकएम स्टेसनहरूबाट एकसाथ प्रचर्द्धन गर्ने हामी सायना छौं ।

बिहानदेखि रातीसम्म
६ बजे कापाईरन ९, १२, ३, ६ र १०:४२ बजे नेपाल खबर ८ बजे नेपाल दर्शन

सिधा कुरा. प्रष्ट विचार

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१५ जनकारीका खासि विज्ञापन शाखा
०१ २२२१०१६ Ex.२०४
०१ २२१२२२४ बीषा



I; xSf]vf]df efn' Ū

d]f afWj afa' / cdf, a:5g]gsf Ps sgdf sf]; t kf]Fdg] tfk, ub]lkf/fat6 lj nfk

slj lz/fdlor n]vgfy kf8dfnsf] lkh/fsf]; uf gids slj tf k9] Irl8ofvfgdf kj z ug{ ; a6Gbf /fd] xG5 . Isgeg] ToxFkfnPsf hj hgt' / r/fr?Elx;klt cuw k0 / s?off cf'gf] x]podf ; Efn] Itgnf0{c]nf\$g ug{ ; s] dfq Irl8ofvfgsf] ed0f ; fy\$ xG5 . cafv kf0fnf0{0; /l Irl8ofvfgdf kNg]sf] dh cy{ logsf afWj afa' / cdf hf]jgsf]sg]sgdf a:5g] Itgsf] ; Af0df xdf] Wofg hcf] \eGg] s/fdf g]ed0fsf] ; fy\$tf c8\$] xG5 . To; f] gePdf of] kfk af\$gsf]sg]cy{5g .

Irl8of zAbn]r/fnf0{dfq hgfp]eP tklg af]lrfndf Irl8ofvfg egkl5 c; jGohGtx; klg ToxF kf0G5 eGg] a' b5f]. sxlF sxlF Irl8of3/nf0{chfoj 3/ klg eGg] rng xG5 . Isgeg] ToxF; fdf0tof c; 7p8f ; xh gxg] crDd crDdsf cgyf kf0lx; ; aUx ul/Psf

xG5g\ . hllj t kf0lsf ; aUxnf0{Irl8of3/ jf Irl8ofvfg eG5f]eg]df cj :yfsf kf0l jf Itgsf ljleGg cjoj h:tl l; a, 6psf] 5fnf jf k0f{sb g}klg ; /lft /fv] ; aUx ul/Psf] 5 eg] To; nf0{ kfs[ts ; aUxno eG5f]. sf7df8\$] :jode! :yt kfs[ts lj 1fg ; aUxno oxl k0fhgdf :yflkt 5 . clxn]r]fxFnIntk/sf] hf]nfvd]f cj! :yt ; b/ Irl8ofvfg]t/ g] nfuf].

cfhef]n hg :yfgnf0{xfdl hf]nfvd] eG5f] To] Pp6f ckelzt zAb xf]. To; sf] d]fns :j?k .hf Jxn] Vof] eGg]g] f/l gdfdf cfwl/t 5 . To; cg' f/ .hfl eGgn]eft, Jxnfl eGgn] 5g] / ..Vof] eGgn]rp/ cyf\ .eft 5g]rp/l eGg] xG5 . eft 5g] kj { /ft] dIR5G6gyf] eGf] b]vfp] lbg]sf] k] { Gwofd k5{ . ljleGg khf sd\$; fy etk]nf0{eft 5/] dG5fp]g

; b/ Irl8ofvfgsf] dhaf/ .



titax/2x] 8f= thant >]7

rng ToxFc%}klg oyfj t\5 eGg]s/f j l/i7
 ;s[t]j bVj + flx\osf/ k11 ; Todfjg hfz Laf6
 ; d1 kli6 ePsf] 5 . eFf] hfqf / lrl8ofvfgf
 hfj nfvjhsf] lj zif klxrfg xf] . /foff k\wfgdGq
 h4zdZ]sf]; f\ydf ; Dj t\! (* (- ; g\! (#_ df
 :yfkf ePsf] lrl8ofvfgf ; Dj t\!)!@÷!# blv
 ; fj hlgS k\zGsf lglDt vhf]f] lyof] . @))!
 ; fnkl5 lj leGg ; /sf/l lgsfox;df Joj :yfkf
 ; bf{b}%)%@ ; fnblv tIsfng >l % dx\|k\$[t
 ; Af0f sf]f0{#} j if\$]lglDt Joj :yfkf clwsf/
 ; lDkPsf] xf] . tbg?k j tdfgd /fli6@ k\$[t
 ; Af0f sf]f]sf] lhdD]f/ldf of] ; b/ lrl8ofvfgf
 ; -rfng xB}cfPsf] 5 .

@)^^ sf] kmfug !) ut]lrl8ofvfgf rxfG{
 egl ?-%) sf] l6s6 sf6] Pp6f ; fGf] 3Dg]
 kmfd] 9f3faf6 leq l5bf{lszf] hljgsfndf,
 sl/a %) j ifc13 Toxl 3Dg] 9f3faf6 k; \$f]
 ofb cfof] . Toltahf lrl8ofvfgf]sf] dh cfsifQf
 .xS= xS\ s/fpg]Pp6f afB/ / ..sfsft] fl gfd
 u/\$f] ; jf] ; lf lyof] . ; aeGbf 7hf] / alnof]
 vj]leq l; * klg lyP, Pp6f efn] / csf]kfyl .
 To; kl5sf sfnv08df klg wj]kN6 lrl8ofvfgf
 kl; of] xfhf . o; kN6 eg] lz lfs / lj Bfyl{
 ef0alxgl;sf nflu sxl n\yFeGg]OR5fn]ToxfF
 k; \$f] lyPF. ToxfFk:gf; fy} afofF/ j GohGt'
 ; Af0faf/] r]gfdhs ; r'gxf; k9g kf0of].
 tldWo] sfy'd] dfl/Psf uB]sf] ; Gbenf0{lnP/
 d]}n\y -lxdfn va/klqsf, !-!% kmfug, @)^#
 df 5flkPsf] /fi6slj dfwj l3ld/\$f b0{x/km
 slj tf klg /x\$g\ aofbf sfy bvl /j5 c;
 So}gbv]klg, u/ of]ue\$]f] /lf ug{g}g; s]
 klg. . o; af6 klg lrl8ofvfgdf uB] /Vg\$]f]
 ttko{ltgsf .afGwj, afa' / cfdfl sf]; Af0klt
 ; jhgzln xg dflg; x?nf0{k}off ldnf] \eGg]
 s/f :ki6 xG5 .

9f3faf6 leq k:gf; fy ; aeGbf klxn] xfdl
 7N7hf b0]6f 3l8ofn uf]xl b\vb5f}. ToxfPp6f
 ; fGf] kfglsf] vln8f] 5 . n\p knfP/ k'} kfgl
 xl/of]bljG5 . 7hf gbl gf/fo0l / /ktdf ; ^n]
 kfglsf]wf/; E}df5f l; sf/df lxBg]3l8ofn oxifF
 lgZrn nDk; f/ el6G5 . ytbG\$]f]6kkfQf kns
 knts\$]f] 38f?kl gfs ePsf] of] 3l8ofn uf]xl
 gkfnf]bhé / n\k\Qdv k\0l xf] . lj gf xnrn
 cf/fd u/l a:b of]hgj / sb}l; d66sf]dl{(%f
 nU5 . t/ cf'gf]l; sf/ -df5fx; cufl8 k/df
 ofeGbf l56f]c; k\0ln]wD6g; ; SbggeGg]o; n]
 k\0l of]t ug]u5{. o:t]bZ0 lrl8ofvfgdf ge0{
 gf/fo0l gblsf]wf/df dfq bVg ; lsG5 .

lrl8ofvfgf]sf] k\0s k\0l]sf] vj]df ltgsf
 af/]cfwf/et hfgsf/lx; n\VPsf kf6lx; 5g\
 ltgnf0{/fd/l k9] cfj Zos l6kfB cf^gf]skldf



kmknh vfo{lgto /df0{ jgdF lkmg]aa/fnf0{
 lj lwn]k\0f]k\0f/flq, sd{x/]U lzj U xG5 lj lrq

l; dE
 jgdF5].

; f/k15 dfq csf] vj]lt/ klyfg ug{al4dfg
 xG5 . ; D%gfs nflu lj leGg k\0l]sf kmf]f]lv r]
 Nofpg' c%}nfekb xG5 .

uf]xl-kfy/l; E}sf] Pp6f ; fGf] sf]ydf sxl
 kzkg5lsf dE cjoj klg z]hfs ; fdu]sf]
 ; kdf /flvPsf 5g\ . tldWo] gkfnf] /fli6@
 r/f .8f]k]sf]l; E} snj] / lj zif cfsif\$ 5 .
 To; u/l l; E}gl/jn hfq 7N7hf b0]j6f c08f
 klg ToxfF; hf0Psf 5g\ . tl c08f lj Zjsf]
 ; aeGbf 7hf]r/f .cli6k]sf xg\ . cli6k r/fsf]
 tfh !%) lsnf]ld; Dd klU5 . of] r/f p8g
 ; Sbg t/ j\un]bfBbf ^) lsnf]ld/ klt306fsf]
 /'t/ pl5Gg ; S5 . clk]sf 3Dg hfG]ko6sx;
 cli6k]sf c08fsf lj leGg lrq / a\$ sf sB]Psf
 pkxf/ lnP/ kms\$5g\.

Toxl sf]fleq dv afPsf]af3sf]6psf]klg
 5 / ; fydf nfd]l; ^ ePsf]cgf\$]vkk/ klg .
 cgf{e}t -/fE]f] xfd]f]sfzL6kk' j GohGt' cf/lfd
 kf0G5 . l; ^ ePsf ; #f/sf ; a}k\0l]dWo] xfd]
 cgf\$]f]l; ^ ; aeGbf 7hf]xG5 . ^ lkm6eGbf klg
 nfd]l; ^ ePsf] cgf{klg el6Psf] 5 . cgf{
 Hofb}alnof] xG5 . /U elG5 klg- ae}nf0{
 l; ^ ef/l xB} . E

lrl8ofvfgf]sf]b0{gDa/sf]vfgdf Ps afn
 lrQn / sxl s\0f; f/ xhdh u/l a; \$f]bljG5 .
 xl/of hfltdWo]lrQn ; aeGbf dfofn' nflu5g\
 ltgsf] kx]f] ; gfh] jf ; Gtn]lhpel/ 5l/Psf
 ; jf yf]nf / efn]lrQnsf]tlg xfeGdf kmf6\$
 l; ^n]c% cfsifQf yk5g\ . lrQn dwz t/f0\$
 k\0l ; a); Alft lfgdf / ; 'lft 3gf jghEndf
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lrl8ofvfgf]sf
 k\0s k\0l]sf]
 vj]df ltgsf
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 kf6lx; /fd/l
 k9] cfj Zos
 l6kfB cfk]gf]
 skldf ; f/k15
 dfq csf]
 vj]lt/ k; yfg
 ug{al4dfg
 xG5 .

gkfn-clbog lrl8ofvfgf rxfbf!

lk6 nfd f a6f/Psf l; ^a ePsf s[0f;f/ eg] gkfnf bhé k[0f]df kb5g\ . alb6fsf] v7fk/ ; Af0f l[0]df afx\$ cGoq of] hlj e[0]f . xl/0f hfltdf of] ; aeGbf ; Gb/ xG5 . z/L/sf] tNnf]efu / 3f6L ; [f]clg dflyNnf]efu uw6, lk7dF/ 9f8 k7)snf]Pj +rldsnf]xG5 . o; n] cf'gf]l; ^asf] rRrfh] 9f8 sGofpE} u/\$f] bZ0 /df0nf] xG5 . j ghEndf o; sf] auin a[1]8n] eflubf o; n]xfjfd f pkn] nufpg]5nf^a ; aeGbf cfsif\$ lqmfnsfk xf] . ckm f] 0 o:tf] bZ0 xfdl lrl8ofvfgdf bVg kfpEgf} .

xl/0f hfltdf ; aeGbf 7hf] khfltd dflgg] afxl] ; E\$]hf8l lrl8ofvfgsf]Pp6f sgdf lbSs dfg] a; \$f] bVb5f} . logsf] vf]df l; :gf3f/l knfPsf] 5 . z/L/ klg wh]/^adf knf] ePsf] 5 . t/, ltsf] lz/sf] zf3f afxl] ; E eg] crDd} E %f]Epsf kf0G5g\ . k[0]s l; ^asf] Pp6f xcfE rGb]sf/ ; kdf tnlt/ 3d3f] xG5 eg] dfly kms\$] l; ^a kfFj6f xcfEfd 5l\$Psf] b]V65 . s-rgk/ lhnNsf] zSnfkfE j GohGt' cf/lfd afxl] ; E\$]f 7N7hf ayfg bVg ; lS65g\ . t/, lrl8ofvfgsf] h:tf] a9f] / czQm k[0]f ToxfFx6g . lsgeg] To:tf hlt af3, lrtj]sf] l; sf/ alg; s\$]f xG5g\ . oxfHrl8ofvfgdf a9f] afxl] ; E\$]f ; fydf ; -; fgf sbsf /tj]f dU klg bVg ; lS65g\ . w}bz\$nf0{ol afxl] ; E\$]f aRrf xg\ls eGg]ed klg kb5 . loglx; avf] h:tf b]V65g\ t/ z/L/sf] lrlNnf]s}h]u}j f /^an]ubf{ lgs} /fd] b]V65g\ . /f]tsf] ; dodf ol /tj]fx; es\$]f] ; Gg ; lS65 . To; h]lognf0{.j fls^e l8o/0 elg65 . o:t} csf] ; fgf] sbsf] xl/0f khfltdf kg] hGt' nubf xf] . nubf]sf] gftf ldNg] k[0]f lrlQn xf] . t/, logsf] z/L/df lrlQnsf] h:tf]

yf]nf xEg . xfnf]lrl8ofvfgdf s:t/l dU / ; fDj / dU eg] bVg kf0Pg . lrl8ofvfgf lj :tf/ u/} eQnk/sf] ; b]Vg fgos jg l[0]df Joj :yf ePdf lgZro g}ltgn]klg :yf kfpnfg\l

j GohGtdf lgs} rt/, lnRr8 / l3gxf dflgg]xBf/ eg]xfdf]lrl8ofvfgdf lgs}x[6kl6 b]V65 . j ghEndf c;sf]l; sf/ n5fr8l u/} vfg]of] hGt' d\$]f ldndf 7N7hf k[0]lsf]l; sf/ ug{cfkm}cl3 ; b5 . xBf/n] xh ldn] xdnf u/dif af3, lrtj]f klg aRb6 eGg]ul/G5 . t/ h}f] 0 o; sf] ; aeGbf 7hf] lj z]f]tf eg\$]f] xf8 krfpg] lfdt xf] . af3, lrtj]n] df; ; 5fnf vfpkl5 lu4x;sf] efudf cfbf] e8l k5{ . To; kl5 ar\$]f] xf8vf8} af8l g/fvl vfg ; Sg] k[0]f xBf/ dfq}xf] .

lrl8ofvfgdf xl/0f / xBf/ x]k]5 af3sf] vf]lt/ nflu5f} . af3 xg}afbf]l r9geGbf klxn] snf cgxf/ / nfd nfd kR5/ ePsf n^aw/ afE/sf]v]h xg} /df0nf]xG5 . ef/tlt/ lognf0{ xgdg afE/ elg65 . 7hf]kmfd]vf]leq ; vsf xcfElaE / ToxfF6fEpsf 8f]ldf %08P/ /ldt b]Vpg]n^aw/ afE/ s[0]s[0]sf]lgldt lj z]f] /f]s xG5g\ . la:s6, s]f / kmknh dfu] vfp]sf] bVbf dfg ; ; E]sf] logsf] cfdlotfn] dg 5G5 . ol afE/ t/f0\$ hEndf clws e[0]G5g\ . o:t] vf]leq a; } pkn] / r6s+; s{sf] dHhf lbg] lrl8ofvfgsf]csf]afE/ khfltnf0{j gdfG5}eGg] ; 4f lb0Psf] 5 . o; nf0{ 008f]l; ofsf] ; dfg 6fkaf6 Nof0Psf] /x\$. o; sf] nflu lgs} /fd] / cfwlgs k\$]f/sf]vf] agf0Psf] 5 . jf:tj df lrl8ofvfgsf] ; aeGbf /fd] vf] oxl xf] . of] .l; dfE j gdfG5] k7) snf] eIn] 5 . xftv\$] eg] hlpnf0{ g; xfp]g] u/l nfd nfd 5g\ . lrl8of3/sf] ; aeGbf /df0nf] lfof oxl j gdfG5} E latfpg ; lS65 . t/ of] j gdfG5} eGbf klg a9l dfg5\$] cgxf/ ; E ldNg] afE/ rlfFc; fdl afE/ xE}x\$. %\$ xE}f]loglx; xdf] kzklt / ; jode\$ 98afE/ -l/ ; ; d^asL h:tf b]V65g\ . t/, ol cf; fdl afE/sf] sG8] 98sf] h:tf] /f]f] xEg . loglx; uf]Fa:tl glhs a:g ?rfpEgg\ . a? d\$]f ldndf ds3f]l/ e; Ss}kfb5g\ . of]klg gkfnf]bhé hGtdlwo\$]f]k[0]f xf] . lrl8ofvfgsf] !% gDa/ vf]leq lognf0{ bVg ; lS65 . Toxl vf] glhs gkfnf]clt bhé j [f klg v8f 5 . sl/a ^=& ld6/ clnf] ; f] j [fnf0{ kfB\$]fk{ elg65 . lrl8ofvfgdf To; sf] hfgs/l pknAw 5g . 98' afE/ klg xdf]lrl8ofvfgdf e[0]Pg . dfg5\$]f] zf/li/s jgf] 6 cyf'j zef0lut u0fx; ldNbf]hNbf] 7x#ofP/ cf]flw cg; Gwfgsf nflu 98sf] dfu a9df] 5 . lXGbb] xgdgfsf] ; j?k kfp]sf afE/nf0{ cg; Gwfgsf] aln agfpg] jf

hnu\$]f gfdS
lxkfl]f]df;

cfF' aufo{slnx} ?G5; 'slxn] dbf]llo d xG5'
slxn] kfun; l/ pk#5; sjn jgsf ; v ; 0%G5'





gagfpg] eGg] l j fb c%} sfod 5 . hxf] \ 98'
 xq5 eg] kzkl t jf :jode" hfg' g} a] xfhf .
 lrl8ofvfgdf rlxF98' /flvPsf] 5g .

af3nf0{ xq{ eYof^a r9} a/08fdlyaf6
 tnl t/ lgoFlb5f} . leq ukmfd / t3f] /x5 .
 vhf 5fl8Psf] eP klg 3fFkft / ;v la?jfsf]
 sdn] ubf{ af; :yfg phf8 blvG5 . af3sf]
 cxf/f, Jojxf/, cfjZos af; :yfg, ;f:s[ts
 dxLj tyf af3x; xfdl sg sg lgs'-hdf slt
 5g\ eGg] Joxf] / d; Toxf/flvPsf] ; Rgk6ldf
 k9g ; lsG5 . af3 Hofb) bhé kfl0l xf] . o; nf0{
 dfG53f] l; sf/n] nfkf] dv cj :yfdf kYofPsf]
 5 . o; sf] x88L, df; ; af] f] cflb cE-ktoEaf6
 ljleG cflw a6b5g\ eG] ed 5 . To; h] r] l
 l; sf/lx; o; sf] kl5k/3f 5g\ . csf] t/ jg
 cltqmdOf / jg ljgfn] af3sf] lglDt cfjZos
 af; :yfg klg vDr6} vDr6} yf] e0; Sof] . clxn]
 lgs'-h / ; Aft jg tyf lrl8ofvfgdf dfq
 af3 kFG5 .

xdf] upB/lt/ lrtjfnf0{ klg af3 eGg]
 rng 5 . z/l/el/ snf wsf{/ kf6f k/3fnf0{
 af3 cyjf kf6] af3 eGg] ul/Psf] 5 . t/
 z/l/df yflnf yflnf abf k/3f] of] hGt' oyfyOf
 lrtj f] . lrtj f kx8lt/ klg e] 6G5g\ . kf6]
 af3sf kf6] aSf / lrtjfsf yfln] aSf hGtlkR5]
 kw/s xG5g\ . dflg; sf cflsf] No] kr] 5fk h:t}
 logsf aSf lrg] hlj j] flgsx; cf'gf] hGtsf]
 cg; Gwfg ug] ub5g\ . lrtjfdllo] lxdfnl lqsf]
 lxdlrtj f / kx8l e3sf] Wj fF] lrtj f lgs} bhé
 dflgG5 . lrl8ofvfgdf lxdlrtj f /Vg ; lsPsf]
 5g t/ Wj fF] lrtjfnf0{ @^ gDa/sf] vf] leq
 e6g ; lsG5 . o; sf] hlpdf blvg] 7N7hf snf
 6f6fx; sf] aSf lgs} snfDs xG5 . /, c;
 lrtjfdf %o; sf 6f6f jf yflnf; Ps6f; sf]
 jf Ps} afGsls xG5g\ . o; ; l lrtj f / af3s}
 aflw] r/laf3 klg xf] . t/ gdfs} sf/Ofn] xf] jf
 af; :yfgsf] sf/Ofn] xf] o; kzhf0{ kG5L zfvdf
 /flvPsf] /x5 . lar/f] lbSs dfq] xfhf Pp6f
 ; 3f] ; vsvf] xfdf a; 3f] blvof] l

cfhefln lrl8ofvfgdf hnu8fn] ljzif
 cfsifOf yk3f] blvof] . Psfkl3 gfsdf vfu
 ePsf] xfdl] u8f 5 eg] csf] t/ clktsaf6
 Nof0Psf] hnu8f .

p7k 5 dgdf 3f] t/E; ; alt/ x]l x65' e/E
 kfl0f ghfg] sfn gcf0{ s] u?Fs; /l afFxf0 l

hnu8fnf0{ . lxxkfkf6fd; ul elgG5 . ulls
 zAbx?sf] ; dfofhgaf6 ag3f] of] zAbn] . gblsf]
 3f8fl eGg] cy{hgfp5 . j} flgs bl] 6n] rlxF
 o; sf] cfs] t g 3f8f; H ldN5 g t u8f; H . a?
 agh; H o; sf] hlp8fn w} ldN5 . o; sf] afSnf]
 5fnfd / f] eg] x6g . lrdfof] eg] / ut lknSs
 lg; s] hf h: t] / ftr] xG5 . otf xfdl] u8f] 5fnf
 eg] t/ af; vS/ln] klg gs6g] vfnf] afSnf] /
 s8f xG5 . u8f] 5fnfd klg / f] x6g / kl; gf
 klg lg; s6g . To; h] u8f / hnu8f bj h] cxfn
 a; ; hlpnf0{ zlt n Nofp5g\ . ol bj] kfl0l
 dfq] . agfpg ghfg] sdn] agfPsf] fofkfl
 h:t} e2f / a9Esf nflu5g\ . hnu8f] cfwf
 Eofutfsf] h:t} knd aflx/ lg; s3f] xG5 / gfs
 / sfg klg cfwf; ; txdf kfgldf tXG5g\ o; n]
 cf'gf] 7hf] dv Xj f^a afP/ b0{ j6f 7hf7hf
 bf/f b] vfp5 . To] bf/f ; w; ; f] xg] / kx] nP/
 ghfg] ePsf] dflg; sf nflu gSsnl bfE agfpg
 klg kof] ul/G5 . df; sf nflu ul/g] cTolws
 l; sf/sf sf/Of hnu8f klg bhé kfl0l sf] sfl6df
 kl/; s3f] 5 . tl: a/ lvRf To; n] cfwf af6 cf'
 axP/ bz\$nf0{ ef] lj Xj n agfp5 .

lrtjgaf6 Nof0Psf] Psl; E] u8f eg] Tolt

dsg lbnf0{ : f6 h]h, dflg; ug] sf3s v]h
 of] xf] s: tf] kfkrf/, blgbofn] l nfpm kf/

/tj f dU -afofF
 / a9f] afx] ; Ef
 cdf5f] f h: t}
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EMBASSY OF INDIA, KATHMANDU
UNDERGRADUATE PROFESSIONAL COURSES UNDER
SELF-FINANCING AND SCHOLARSHIP SCHEMES: 2010-11
NOTICE

Embassy of India, Kathmandu invites applications on prescribed data-sheet from Nepalese nationals desirous of seeking admission to undergraduate courses in Medicine (MBBS), Engineering (BE), Pharmacy (B.Pharm), Agriculture (B.Sc.Ag), Dairy Technology (B.Sc) and Veterinary Science & Animal Husbandry (B.V.Sc. & AH) for the academic year 2010-11. A qualifying examination to select candidates for these courses will be held in **Kathmandu and Birgunj** on **8th May, 2010** under the aegis of the Embassy. Nepalese Army medical candidates are also required to apply for this test through proper channel (i.e through NA Headquarters). Admit cards will be issued to eligible candidates three days before the examination by the Education Wing, Embassy of India, Kathmandu and Consulate General of India, Shreepur, Birgunj.

1. Eligibility Criteria.

A candidate must have secured a minimum of 60% marks in aggregate and 50% marks in English in 10+2 or equivalent examination (Class XI marks not to be included) in addition to the eligibility specified against each of the below mentioned courses:

- i) MBBS/B.Sc (Ag)/ BVSc & AH and B. Pharmacy: At least 60% or more in Physics(P), Chemistry(C) and Biology(B) in 10+2 or equivalent examination for MBBS, B.Sc.(Ag) and BVSc & AH. For B. Pharmacy the candidate should have studied Mathematics at 10+2 level (Class XI marks not to be included).
- ii) BE and B.Sc (Dairy Technology): At least 60% or more in Physics (P), Chemistry(C) and Mathematics (M) in 10+2 or equivalent examination (Class XI marks not to be included).
- iii) Candidates appearing in Plus 2 Examination during the year 2010 may also apply in anticipation of their results. Their selection will, however, depend on fulfilling the above criteria of eligibility. Results of the qualifying examination should be made available to the Embassy latest by **June 30, 2010** or one week after publication of Class XII results, whichever is earlier, failing which the candidature is likely to be cancelled.

2. Age Limit. As on **July 1, 2010**, applicants should be between **17 and 22** years of age for all undergraduate courses.

3. Selection Process.

- i) Selection will be based on a qualifying examination conducted by the Embassy.
- ii) 50 percent of the seats will be reserved for candidates from districts identified by Government of Nepal as educationally disadvantaged districts.
- iii) **The short-listed candidates will be informed individually through Indian Embassy website. They are advised to interact solely with the Education Wing, Embassy of India, Kathmandu and CGI, Birgunj for admission related matters. The candidates should indicate their address and contact telephone/mobile numbers/e-mail address**

clearly on the data-sheet. Any change in address / telephone/mobile numbers should also be intimated immediately through letter.

4. Candidates belonging to Dhanusha, Mahottari, Sarlahi, Rautahat, Bara, Parsa, Makwanpur and Chitwan may send their applications to Consulate General of India, Shreepur, Birgunj. However, candidates from above districts presently residing in Kathmandu may submit their applications to Education Wing, Embassy of India, Kathmandu. Similarly, students from districts other than the aforementioned ones presently residing in the above mentioned districts may submit their applications at Consulate General of India, Shreepur, Birgunj.
5. MBBS is a self-financing course and candidates should indicate their willingness for joining self-financing course in the data-sheet clearly. **Change from self-financing to scholarship is not possible. Candidates applying for self financing course will have to abide by the fee structure/regulation of the concerned university/college granting admission to them.**

6. Instructions for filling Data-Sheet.

- i) Data sheet may be downloaded from the Indian Embassy website www.indianembassy.org.np. The data sheet should be filled in legibly, preferably typed, and should be submitted in five copies to either Embassy of India, Kathmandu or Consulate General of India, Birgunj.
- ii) Candidates can opt for a maximum of any two courses only. Data Sheets with more than two options are liable to be rejected.
- iii) Candidates should affix attested photographs in the space provided in the data sheet and attach attested (College Principal/ Govt. Gazetted Officer) photocopies of citizenship certificate and mark sheet of Class XII only. Those not in possession of citizenship certificate should submit their parent's citizenship certificate. **Originals need not be attached at this stage.** Data-Sheet may be submitted personally or by post to the office of Attache (Education), Embassy of India, Kathmandu or to Consulate General of India, Shreepur, Birgunj along with the original counter foil (Bank Voucher) showing that the application fee of Rs.400/- has been deposited in **Account No.17725240000335** of Nepal SBI Bank, Kathmandu (Fee once deposited will not be refunded or adjusted). Outstation applicants may send Account Payee Demand Drafts in favour of Attache (Education), Embassy of India, PO Box – 292, Kapurdhara Marg, Kathmandu or Consulate General of India, Shreepur, Birgunj, not later than **March 17, 2010**. Forms will be accepted on all working days between 1000 hrs to 1200 hrs. Application fee once deposited will not be refunded or adjusted in any case to the candidate.

EMBASSY OF INDIA, KATHMANDU

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cWofTdjfbln]aXd; To dfg]. a4n]; fk]f ; To . rfjfs[n] k\$[t ; To . j}flgs klg ToxlF3d]. k]xnf] k':tfn] eGof] k\$[t ; To . rfn] ; {8flj g Toxl xg\ . bf] fl]k':tfn] eGof] ; fk]ftf ; To . cNj6{cf0G:6f0g Toxl xg\ . t] fl] k':tfn]ldint ; To b]vof](complementarity principle) . glnjrf] To:t}xg\ . To; f]eP ; To s]t <j}flgs s/f s]t <kfs[ts ; To j}flgs xf]t < ; fk]f ; To j}flgs xf]t <ldint ; To j}flgs xf]t <cfllDts ; To j}flgs xf]t <

j}flgsx2 ldint -k's_ ; Todf klu; s]. cfllDts ; To vfl]g]. j}flgs ; To hfB0]. Psnf0{ csf\$] k's 7fGg]. :jlsfg]. t/, xfdl lzlfs s]ub5f]x xfdl lzlfs?kl /fhgllt1x2 s]eG65f]x xfdl Psnf6]wdlj b\ x2 s]ub5f]x xfdl Psfxf]f lj 1fg lzlfs s]k9fp65f]x s]lj 1fgdf wd{vfl]g ; S5f]x< s] wdf lj 1fg vfl]g ; S5f]x< s] ax; Tox2 sf] ; lDng ug{ ; S5f]x< u/fpg ; S5f]x< o; sf] ; To olt xf] ca csf\$] ; To vfl]f]eG ; S5f]x< To]...tut agf0b]nl egl clwsf/l; E eG ; S5f]x<...tut agfp] egl cl3 a90 ; S5f]x< ; Sof]eg]Iz l ffnf0{ j}flgs agfp]xf]t <

a4n]clj/n ; To b]v]. gblsf]kfgl h:tf]. cf0/x\$. t/, Pp6]kfgl xf0g . leG]kfgl . Pp6]a%g]. ; do / ult ldn\$]f] ; To . g5]Psf] ; To . ; do 56dfp6] ult lal; G]. ult 56dfp6] ; do lal; 0g]. s]To; f]eP ; To w; {l liner} xf]t <c; Toaf6 p7g]. ; Todf 6lEg]. s] ; fk]f xf]t <csf] ; To g/fv] glrlgg] <b06f ; Todf 5fGg lbg]. ..of] d]f] ; To] eG l; s]pg]. ..of] ltdf] ; To] eG nufpg]. kVof]l zAbfnldf kfs[ts ; To . lkQk]wfg z/l/sf] lkQ-; To h:tf]. jfyk]wfg z/l/sf] jfy-; To h:tf]. sknk]wfg z/l/sf] skm-; To h:tf]. Pnf]ofyl 8S6/sf] Psn ; To h:tf]. Toxl z/l/ xf]. Toxl ef0/ ; . Toxl AofS6]vof . ; a\$] Pp6} ; To . s] r]lqno (cycle) ; To xf]t <o:tf kZgx2sf]s]pQ/ lbg] <s; n]pQ/ lbg] <s] xfdl lzlfs; E of] tfut 5 <hfE/ 5 <lj Zj; 5 </x/ 5 <; f]f]. lgl0f (determined truth) xf]t <j}flgs lgl0fx2 ablnf klg xfdl lsg gablnPsf <xfd] gablnf klg lsg gofF; Tox2 cfpSf t <To; f]eP ; Tox2 ; f6ble\$ (contextual) xg\ t <xg\ eg] xfdln] zfZj t ; To (absolute truth) lsg vfl]s]f]

t <lsg xfdln]; f6ble\$; Tos] dfq}s/f gu/\$] t < lsg ; f6ble\$; Toaf6 zfZj t ; Todf gnu\$] t <lsg zfZj t ; Toaf6 ; f6ble\$; To glgsfn\$] t <s] of] qmddf lj Bfyl6f0{l; s]P lzlf j}flgs agb0 / <

d[0' s; /l xG5 <kZg bfz]gs xf]. hlj lj 1fgj fnf eG5g\ vfgdf ; fl8od t]j a9df] eg] jzf0f' (gene) nf0{c; / kf5{. kl/0fddM df/s jzf0f' (killer genes) hGdG5g\ . Toxl s/fnf0{8flj kgog lj rf/n] eG5- j]4sf] xb 6lE65 . ; ldf kl05 . dfG5] d5{. 8]/18og ; f]n] eG5- hljg / d[0' b0{lj kl/t s/f xg\ . hGdf d[0' sdhf] xG5 . dbf{hljg sdhf] xG5 . n8f0df hljg xfbf{d[0' xG5 . d[0' xfbf{hljg xG5 . ; jh/ l; 4fGtn] eG5- sfl]sf k/fgf x6] d50\ . d/\$f sfl]sfx2sf] ; aVof a9kl5 hljg ; lG65 . af0hDofg h:tf j}flgs cs]s/f eG5g\ . pgsf] egf0df z/l/df gfzjfg\ cd/ sfl]sf xG5g\ . gfzjfg\ lG65g\ . cd/ cllkG5g\ . pgsf]l; 4fGt (theory of genetic deception) n] ggflz]g] sfl]sf] cl:t]j ; jlsf5{. vB j}flgs eG5g\ vfgm]leG j:t'l; hgf u5{. z/l/ gf:g]l; hgf . tgj]n] z/l/ sdhf] u/fp5 . bj]ldnf z/l/ gflzG5 . ydf]0g]ldS; jfnfn] eG5g\ hljg / d[0' r]lqno xf]. xj]fdf w]fFuP h:tf]. w]fF/ whf]g] afbn aG5 . Toxl kfgl aG5 . jfkm aG5 . km\ kfgl aG5 .

dfl]ysf]s/fnf0{pklgiblo zAbdf x]f]. e]j cflTds xf]. ; fDoj]bl zAbfnldf .c.j}flgs ul .dgu9Gt0 . t/ u9td\s/f]x]f]. kZgfl]lgib\ eG5- k]0f cfdaf6 aG5 . cfdaf k/dfd]sf] cZ xf]. ; [Nkn] cfdfnf0{hGdfp5 . hlj]df ; ksf] cfdaf . a]bf/0osf]lgibn] eG5- k]0f cfd]df ljnl xG5 . cfdaf k/dfd]df . gfd; E] aG5 . cx+/ cgel't gfd xf]. af]hl cllgdf ldN5 . cff] ; 0df . dg rG6df . sfg lbzdf . z/l/ k]j]ldf . cfdaf cfszdf . n0] ; dX cfl]wdf . sZ jg:kltdf . /ut / t]h kfgldf . oxifB0{lj 1fg 5g\ . kZgfl]lgibn] cflTds lj 1fg af\$of]. a]bf/0osf]lgibn] cflTds / efl]tssf] ; efl]l lj 1fg . ; efl]l lj 1fgaf6 xbf{s] cfsfz cj}flgs xf] / <cfdaf zAb kf] kl/ x]f]f . e]j a% s] xG5 <Toxl cfdfnf0{dfS; {eg] dfq} j}flgs xg] xf] / <dfS; h] a%\$] a%0 dfq} j}flgs xf] / <efl]t s j:t' s; /l pTkGg xG5 eGg] bfz]gs kZg ug{lj 1fg; Ddt lgod xf0g / <csf] zAbdf eG6f cflTds lj 1fg Ir6tg]sf] csf] kf6f] xf] eGg ldnB0 / <of] s/fdf ldNg] xf] eg]

; kmntfsf] ; q

st{olgi7f
/ ; dGj o

@)^# jzfvdf kc kofubQ pkfWofosf] ;?j
ePKl5 hDnfsf] s0fffl dlij df gofFKcfsf] vfh
eof]. To:t0f ; fxl lj Bfnosl lzlfS sflGtsf ; hJfn
cl3 ; l/g\kc xg . pgsf] cf6 by] sltkonf0{
cfZro{klg nll0f]. w]h] adlxnfn] dlij rnfpg
; lSngV A eGg] cfzlf JoQm u/]. t/, sflGtsfn]
lj Bfnosf] kzf; lgs lhDd] f/l lnPsf] tlj jifd}
s0fffl dlij lhNnfs} pTs]6 :sh aGg ku\$] 5 .
kl5Nnf] tlj jif\$] P; Pn; l k/lifdf pQm dlij nuftf/
lhNnf kyd /x6} cfPsf] 5 . sflGtsf elG5g\ xfdl
P; Pn; ldf dfq xfdg, cf7 slfssf] lhNnf: t/lo k/lifdf
klg kyd x6} cfPsf 5f] A

sflGtsfn] lzlf0f kzf cEfn\$] @) jif{eof].
kc eP/ xfl; n u/\$f] kpltnf0{ pgl cf'gf] kzfut
hljgsf] dxLj k0f{ pknAw 7flG5g\ . 8P bzs; Dd
lzlfS x6f gkPsf] ; Gtl6 rf/ jifdf s; /l kkt eof]
t < pgl elG5g\ ahjgdf rgt]l ; fdgf ug{ ; s0f
; kmntf / ; Gtl6 Ps} fy kkt x6f] x6f A

xg klg rf/ jifcl3 kc xg tld; f sflGtsf; fd'
yk} rgt]l lyP- kFf slf; Dd : jlsf lj Bfnonf0{ dlij
; -rfng ugkg] lj Bfnonf0{ ; fxl jif{P; Pn; ldf ; fdh
ugkg] ; dbfo / lhNnf lzlf sfonof] lj Zj; lnP/
cl3 a9gkg] cflb . t/, sflGtsf rgt]laf6 eflg]
dlxn xfdgg\ . ærgf] lnf0{ k/f: t ug{ kc ePKl5
dh] dhtM b0f ofhg agiPF klxn] ; æGbf klxn]
cfkm' st{olgi7 xg] / bf] h] ; dbfonf0{ ; fydf lnP/
cl3 a9g] A ljs6 lxdfn lhNnf hDnfd dlij txsl
Psdq dlxn kc sflGtsfsf nflu log} b0{pkfo :sh
rDspg] crS ; q ag].

ut c; f/-; fpgdf lj Bfnosf] sfd lnP/ sf7df8f
hf sflGtsfn] sfh jf labf ln0gg\ . pgn] cfkm'
sf7df8f] a:bf klg :shsf] k7gk7g glayf] hof] \eg]
cf'gf] tnadf ; \$f lzlfS /flvg\ . clxn] oxl lgoddf



lj Bfnosf c; lzlfS klg affwPsf 5g\ . ToxfFsof{t
!\$ hgf lzlfS cTofj Zos afx\$ Ps xktfeGbf a9l
labf a: b0g\ . a:g} k/ ; \$f lzlfS /flvgkg] lgod 5 .
sflGtsf elG5g\ ælzlf Pgd] lzlfSnf0{ lj leGg labf
Joj :yf eP klg xfdl To; nf0{ e/ ; s pkof] ub0f]
k} feGbf 7hf] lj BfY\$] elj io xf] eGg] efj gf xfd]
:shsf lzlfSx; df 5 A

s0fffl dlij df c; :shdf h:tf] lj leGg lgx0f
labf x6g . of] :sh jifdf cf} t b0{ ; o #) lbg
vN5, hg ; ud 7p0f lj Bfnodf klg ; Dej e0/x\$]
5g . æSofn] 8/df /ftf] nfu\$] afx\$ aGg-x8\n
jf :yfglo labfsf gfd] lj Bfno aGg x6g, pgl
elG5g\ .

sflGtsfn] cfkm / c6o lzlfSx; df NofPsf] oxl
; wf/sf] kl/0fd xgk5{ z?df pgsf] lfdtfdly
cfzlf ug] cleefj sx; clxn] lj Bfno ; wf/sf nflu
pgl; f xft] dnf] ub\$g\ . P; Pn; l k/lif ghls6] hf

lj Bfno Joj:yfkg ;ldltsf cWOLF cd/l; * a8\ yfkfsf]Jo:ttf a9g]u5{. ^) jif[cd/l; * ;fcsf] vfgf vfglj IQs}xftdf 6r{af\$} k/lifsf] tof/ldf /x\$}f lj Bfyl\$}f 3/3/df lrof]ug{lg:l:sG5g\ . pgl o; /l v6gdf kç sflGtsfsf]k}0ffn]sfd u/\$}f atfp5g\ . æPp6l dlxnfn]lx0dtsf ;fy :sh rnfpg ; lS5g\eg]xfdl lsg ; lqmo gxb} pgn] eg].

; dbfo; Efsf] kçfj sf/l ; dgjos}sf/of s0ffhl dflj eflts k}f}f/sf lx; fan]; DkGg ePsf] 5 . lhlzsf ;fy}c; ;/sf/l tyf u}; /sf/l bftfx; klg of]lj Bfnoklt cfsliif ePsf 5g\ . ækvf}h lgd}f]k}tfj lnP/ hfglj IQs}zflGt tyf k}lg}f} dGqfnon]@) nfv ?kç}Fbof} cWOLF a8y}fkn]eg] æo; ;jif{lhj; n] tlg nfv / :yfglo lj sf; dGqfnon]b0{nfv ;xof}u u/]Æ ut jif{ eQnk/sl ; ef; b\nlmf Gof0Rof0] ; d; ; f+b\lfq lj sf; sf]af6 Ps nfv ?kç}FpQm dflj nfo{k7fPsl ly0g\ .

To; u/l P; Pn; ldf pTs[6 xBf @)^\$ df lzlf dGqfnoaf6 ?=! nfv kfPsf]o; lj Bfnon]@)^% df kyd ePafkt ?=\$ nfv k}t xg]ck]ff lj Bfno kl/jf/n] /fv\$}f]5 . bftfx;sf] ; xof}uaf6 lj Bfnosf cf7 j6f ejg lgd}f} e0; s\$}f 5g\ . lj s6 lhNnfsf] eP klg sDk06/ , knlgf/ , 6]hkn}nufot cfwlgs ; fwgn] ubf{of]lj Bfno ; udsf] eGbf ; DkGg b]vg yfn\$}f]5 .

kç sflGtsf z}f]s ; wf/sf] nflu lzlf sx; n] /fhgllt ug{xB} eg]dfGott /fIV5g\ . k}wfg}Wofksn] t %g\ /fhglltsf] . /l ; d; pRrf/ Of ug{gxb] pgl atfp5g\ . pgnf0{lj utdf lzlf sx; sf] ; f}f ; ;yf lzlf s olgogn]lhNnf cWOLF xg k}tfj u/\$}f]lyof]. t/ , pgn]pQm k}tfj :jlsf/ ul/gg\ . pgl elG5g\æ/fhgllts cf:yf /fVg' ck/fw xfo}g, t/ lj Bfno kfE0df l5bf{x/\$} lzlf sn]/fhglltnf0{afix/}5f} cfpkg5{Æ

sflGtsf @)\$% ; fndf P; Pn; l kf; u/}huQ} lzlf of k}z}df nfu\$}l xg\ . pgl clxn]k}f}l ds tx lätlo >0}f]sf]b/aGblf l5g\ . t/ , pgsf]z}f]s of}otf eg]dflj txnf0{k9fpg kof{t 5 lsgeg] pgl clxn]PdP8 bf]f]jif\$}l 5f}f klg xg\ . @)% ; fndf lzlf cfof}n]k}l} lätlo >0}f]sf] nflu lnPsf]vhftk}sf]k/lifdf pQl0f{() k/lifyl}W0] pgl Ps dfq dlxnfn ly0g\ .

pgsf ; xkf7l / cleefj sx; sflGtsfnf0{b} 0R5fzIQm ePsl st{olgi7 / ; dgjo u/} cl3 a9g ; Sg] lfdtfl kç 7fG5g\ . lj Bfno Joj:yfkg ;ldltsf cWOLF a8y}f kç eG5g\æpxf}f lj Bfnosf lzlf s, lj Bfyl{/ cleefj s ; a}E ; dgjo u/} cl3 a9g ; Sg] u0f 5, hg u0f c; n kçdf xg}5{Æ ; xkf7l lzlf s hfuz} / pkf}Wof0 sg]klg ; d:ofnf0{

ærgf}lnf0{k/f:t ug{kç ePkI5 d}h] dh}M b06f of}hg} agfPF klxnfn] ; æGbf klxn] cfkml' st{olgi7 xg] / bf]f] ; dbfonf0{ ; fydf lnP/ cl3 a9g]Æ lj s6 lxdfnl lhNnf hDnfd dflj txsl Psdfq dlxnfn kç sflGtsfsf nflu log} b0{kpkfo :sh rDsfpg] cr\$; ç ag] .

5nkm / k/fdz\$}f dflWodaf6 ; N}fpg] sflGtsfsf] sfznn]cfk}k; nfo{k}0ff ldn\$}f atfp5g\ .

sflGtsfsf]lj rf/df ; km lzlf seGbf ; km kç xg a9l uxf]5 . lzlf sn]st{olgi7 eP/ z}f]s ; lknf0{sfof}og ug{x}f]eg]p; n] cf'gf] p2}o k7f ug{ ; S5 . t/ kçnf0{ToIQn]dfq k}lbg} . pgl elG5g\æk}z}f; s, cleefj s, ; dgjostf{/ lzlf ssf]el dsf Ps}fy lgj}f} ug{k5} To; dflj 3/sf]lhDd]f/l; d; ; DxfNkgk}dlxnfnf0{t of]g} uxf]5 Æ t/ , sflGtsf ol ; a; ; d:of; E hw} :sh rDsfpg]cleofgd f l5g\ . pgl elG5g\æ; a} ; u/dfyfsf]lzv/df k}lg rfxG5g\ t/ d d}f] :shaf6 b]vg]hDnfsf]sflGh/f}f lxdfnhlIQs}dflj p7g ; s] ; Gtl6 xg}5' Æ

sn}b|

अक्सफोर्ड उ.मा.वि.

नयाँबजार, काठमाडौं

दक्ष, अनुभवी तथा तालिमप्राप्त शिक्षक-शिक्षिकाबाट घरायसी, मनोरम तथा मित्रवत् वातावरणमा नर्सरीदेखि १० सम्म र कक्षा ११ र १२ मा व्यवस्थापन, मानविकी र शिष्टाचार संकायको पढाइ भइरहेको छ ।



हाम्रा विशेषताहरू

- ✓ मनोरम, पारिवारिक वातावरण
- ✓ जेहेन्द्र तथा दुर्गम क्षेत्रका विद्यार्थीलाई विशेष सहूलियत
- ✓ असल शैक्षिक वातावरण
- ✓ व्यक्तिगत क्षमता अनुसार विभिन्न क्लबहरू
- ✓ अतिरिक्त क्रियाकलाप र विद्यार्थीकन्द्रित शिक्षणविधिमा जोड

२०६६ सालको एस.एल.सी परीक्षामा सहभागी हुने सम्पूर्ण विद्यार्थीहरूलाई सफलताको शुभकामना ।

अक्सफोर्ड उ.मा.वि.
नयाँबजार, काठमाडौं
सम्पर्क: ४३६४४४६, ४३८६७१८



DEVELOPING Speaking Skill

Classroom activities that develop the learners' abilities to express their ideas through speech is an important part of a language course. When we consider Nepali students, we find they lack minimum speaking abilities even though they might score high marks in the national examinations.

Setting the scene

The primary function of language is communication, and speech is the most important manifestation of most languages. We refer to people who use a specific language as 'speakers' of that language. Speech is the primary productive language skill. Unfortunately it is challenging for anyone to master a foreign language – it is challenging for Nepalis to master the English language. Classroom activities that develop the learners' abilities to express their ideas through speech is an important part of a language course. When we consider Nepali students, we find they lack minimum speaking abilities even though they might score high marks in the national examinations which are writing heavy. Consequently, these students (especially students in Nepali medium schools) find it extremely difficult to find employment in the job market because of their incapability to communicate well in this foreign language. Effective speaking activities are a must in every English language classroom.

Problems with Speaking

Inhibition: Learners are often inhibited when trying to speak in a foreign language in the classroom. They are worried about making mistakes, fearful of criticism or being laughed at, or they are simply shy (Ur 2005: 121).

Silent culture: Learners are often treated as passive recipients so they think they need not speak. They cannot think of anything to say. They have no motive to express themselves. If a student responds to the teacher the other students relax for the moment, and they do not voluntarily initiate speaking. This problem is compounded by the tendency of some learners to dominate, while others speak very little or not at all.

TTT vs STT: Most classrooms are dominated by the teachers. In a large classroom, students have very little time to speak or no time at all. It is necessary to find a balance between teacher talking time (TTT) and students talking time (STT). If the students lack opportunity to practice, they will not be able to speak when it is required.

L1 interference: The learners of foreign languages have their own mother tongue (L1). The learners tend to use L1 because it is easier, and they find using the foreign language unnatural when speaking in groups or they think they can't express themselves fully in the foreign language. Similarly L1 interference is observed in pronunciation, selection of words, grammar and formality as well. Moreover, due to the use of the Grammar Translation Method by teachers, students are puzzled

by the complexity of translating rules into conversation.

Nature of speaking activities:

I regret to say that our classrooms do not focus on speaking activities, and even when these activities occur, they are not carried out satisfactorily. I want to ask some questions to the English teaching teachers: Can you think of any speaking activity you practice in the classroom? How much time is given to speaking in class? Do all students contribute to discussions or are discussions dominated by a minority of talkative students? Are the topics provided the students for discussion interesting? The teachers should consider these questions while designing activities.

Useful methodologies for developing speech

Presentation, practice and production (PPP): At the presentation stage, activities like warm-ups, contextualizing the topic, introducing the new language, modeling and drilling the new language are carried out. The practice stage allows for practice between the teacher and students, and students practice in pairs and groups. Finally students use the language on their own – at the production stage.

Communicative language teaching (CLT):

Functions: Language learning is not just a chunk of grammar. It involves language functions such as greeting, inviting, requesting, suggesting etc. The students need to develop communication competence: ability to speak appropriately in the given context – the person, the message and the situation.

Exposure, motivation and opportunities to use language: CLT has three major principles (Richards and Rodgers 1995:72): i. Activities that involve real communication and promote learning. ii. Activities in which language is used for carrying out meaningful tasks promote learning. iii. Language that is meaningful to the learner supports the learning process.

The teachers must remember PPP and CLT while designing speaking ac-

tivities and their implementation in the classroom.

Strategies for conducting speaking activities

Practice pair and group work: These techniques increase the amount of the learners' speech and lower the inhibition of those who are unwilling to speak in front of the whole class. Careful instruction and monitoring is needed to reduce occasional

Text A : Kumals

Kumals are the aboriginal people. Their main traditional occupation is pottery. Those who live at river banks earn their livelihood by fishing also. They are the traditional porters and palanquin carriers during marriages. Before the construction of motorable roads from Butwal to Tansen they used to carry the palanquin of Ranas and other aristocratic family. Nowadays they carry the chariots of gods during the festivals. They also work as porters in the town.

Though Kumals live in and occupy fertile lands they do not give much attraction to agriculture. They do not care to keep the animals properly. But they are very hard working people. Even today they make the earthen pots using the very old method. They make pitchers, 'Ghaito', frying pots, 'Handi' wine brewing pot called 'Handa'. They exchange their pots with corn in the village. They also sell them in the market.

It is very interesting to see how the earthen pots are made following the old ages method. Ghorbanda is the nearest Kumal village to Tansen. One can reach there by bus or car in less than half hour from Tansen. It is completely a Kumal village. One can see their real life style and their terracotta industry there. They do all their works with their hands. Recently some of the conscious and literate members of this tribe are changing themselves.

Kumals live in different parts of the district. They have their own language. Their customs and traditions are different from other communities. (Adapted from: Palpa As You Like It by Vinay Kumar Kasajoo)

Question Set One

- i. How do Kumals earn their living?
- ii. Why are they not interested in agriculture?
- iii. What earthen pots do they make?
- iv. Why is Ghorbanda a place of interest for us?

Question Set Two

- i. What is the traditional occupation of Botes?
- ii. What is their living status?
- iii. What festivals do they celebrate?
- iv. What is Arghau?

Handout 1

Directions: Walk around the room and find at least one person for each of the following statements and write their name in the blank. Also add two more details about your life and try to find a match.

Find someone who . . .

was born in the same month as you.

was born on the same day as you.

has the same number of brothers as you.

has the same favourite colour as you.

got up at the same time as you did this morning.

mistakes and mother tongue use.

Just challenging enough: If the task is too difficult that the students can't work through it, or if the task is too easy and doesn't draw the attention of the students, the task fails. Overly challenging and unchallenging tasks discourage students. The language needed for discussion should be appropriate, easily recalled and reproduced with minimum hesitation. If needed, teach or review vocabulary or structure patterns before the activity starts.

Selecting an appropriate topic: A good topic is one to which learners can relate using ideas from their own experience and knowledge. It should also represent genuine arguments on which participants are likely to debate.

Giving instruction: Be clear about what the learners are supposed to talk about. Tell them to make sure that everyone in the group contributes to the discussion, appoint a chairperson to each group who will regulate participation and assign different roles to each member as secretary, reporter etc.

Monitoring: Nominate a student as monitor or observer who reminds students not to use mother tongue and later he or she may present a report about his or her observation; but to keep students using the necessary language,

Handout 2 Things in common

Directions: Work with a partner that you do not know very well (The teacher divides students into pairs.). Talk to one another in order to find as many things as you can that you two have in common but not simply obvious or visible characteristics. When you finish, share with the whole class.

the teacher should pay as much attention to the students as possible.

Some effective speaking activities

The following activities are expected to involve the students more on speaking so that they will overcome the problems mentioned above and start speaking voluntarily whenever they need. These activities are adapted and modified from Teacher's Handbook (2009), EFLU-RELO Trainer Training Programme, Hyderabad and Penny Ur's Five Minute Activities, however, attempts have been made to make the procedures clear so that the teachers can replicate them in their classrooms. Comments are my own.

Find someone who . . .

Procedure:

- Bring up the topic. Ask: 'When you want to find out a person's foreign language ability, what question do you ask?' (Answer: What language do you speak?) etc.
- Distribute the Handout 1 and review the instruction. (You can confirm by asking a student to say what they are supposed to do then.)
- Students share their findings with the whole class.

Comment: The teacher needs to move around and check what sort of language is used. Check if the students are using their mother tongue. Make sure before the activity begins that the students have ideas in order to ask and answer information questions. The statements can vary: about hobbies, skills, actions, activities etc.

Things in common

Procedure: Distribute the Handout 2 and review the instruction.

Comment: The teacher needs to move around and make sure that every student is taking a turn and speaking in English.

The information gap

Procedure

- Divide the students into different pairs.
- Distribute Text A to one member of the pair and Text B to their partner.
- Give the directions: Work in pairs as Student A and Student B. Student A reads Text A and answers Set 1 ques-

tions following the text. Student B reads text B and answers Set 1 questions following the text. Next, turn to your partner and ask and answer Set 2 questions. Do not look at each other's text.

- iv. Make sure that the students are speaking in pairs and not just reading the answers.

Comment: Conduct a short simulation session after the activity. When you design the text, consider the level, interest and stimulus that the text arouses.

Preference line

Procedure

- i. Choose a topic. For example, "For homework, against homework".
- ii. Individual work: Ask students to think and note down (individually) a few arguments for homework and a few against homework. Tell them to find their position in a preference line: how much, for example percentage, for and how much against homework.
- iii. Divide the students into pairs and ask them to discuss and try to get their views closer to each others' regarding for and against homework. They should try to persuade each other to modify their position.
- iv. Divide the students into groups, made of different pairs. Ask them to nominate a Presenter. Then they will discuss the topic and finalize their position.
- v. Draw a preference line on the blackboard. Write 'For homework' on the left, and 'Against homework' on the right; then assign 0 to 100 marks from left to right.
- vi. Ask the presenters from each group to write their position and stand accordingly.
- vii. The presenters will present their arguments to justify their position turn by turn and presenters from the other groups and other students will ask questions for clarification. They should defend or modify their positions.

Comment: This activity leads students towards developing fluency. This activity is based on think-pair-share technique. Topics should stimulate discussion.

Handout 3

Direction: Discuss the following conflicting opinions in pairs or groups of four. Divide the opinions between partners/group members. Create an oral argument to support and defend your opinion.

Opinion One: Criminals are a shame to the society. Serious criminals such as murderers and rapists ought to be executed. Killing criminals will reduce crime by getting rid of evil men. It will also send a strong warning to others.

Opinion Two: Criminals are to a large extent made, not born. Killing them is not a solution. It is better to imprison criminals, or rehabilitate them and give them a second chance. Capital punishment has never stopped crimes. Furthermore, no one has the right to take another person's life, even if that person is a criminal.

Oral fluency activity

Procedure

- i. Divide the students into pairs or groups of four.
- ii. Distribute the Handout 3 and review the instruction.

Further practice

The above activities are a few examples we can practice in the classroom. There are many others, for example, drills, role play, pictory, picture describing, reaching to consensus, debates, half dialogues, guided or free conversations, but it is important to keep in mind the level of the learners while selecting the activities. Similarly, the activity that compels every student to speak and develops through a number of processes is quite effective. Techniques like pair work, group work, think-pair-share etc are useful to develop speaking skills in the learners. 📖

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- (Instructor, Educational Training Centre, Palpa Chairperson, NELTA, Palpa Branch)*

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- l8zg sfs{ u]zls/ Soflk; , lghu9, af/f
- ; fgafa' vgn, gkfn 6lnsd, gjnk/ ; nfk
- lg; fg ; fksf, 5ltjg-%, uf]v]hf, dsjfgk/
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- blkaxfb/ /f0{ sflnsf dflj, afsf]h, v}f}a
- ultaxfb/ e08f/L, dx]b] kflj, dnkf/, d]nsjfa-&, 0oflbl
- zfgtaxfb/ ykf, lfg}l}t kflj, jf/ul-!, dflj^a
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- ufj0bk/ fb 9Efg, dxfsin lgdfj 7hf; h-!, ksfn, sfej
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- /fdr0b) a9fy\$sl, ljBf krf/ lgdfj, cf0taf/) d0j-%, kfrjy/
- lj j\$ >17, uf0l0f cbz(axdvl So0k; , gkfn6f/, sf7df8f-
- sfzn0sd/ 0bj, pdfj vvgf, n1\$g, dx0l
- /f0s0f rfw/L, gkfn 6lnsd s0b0 sf0fo
- ; fgafa' vgn, gkfn 6lnsd, gjnk/, ; nfxl
- a6s0f s; kn, ktnl; 8s, sf7df8f-

; fdf01fg-!^M h0df ; xefuld0b) ; xl ; dfwg k7fpg ; km k'/:sf/ lj h1fM Ct' nEjl du/, /fg/fh0ld So0k; , k0z0ldfu(- sf7df8f-

मकालु यातायात बस सेवा

हेड अफिस कलंकी काठमाडौं, फोन: ४२७७५५२/४२८९७७२

| काठमाडौंबाट | | वीरगञ्ज | विहान ८, १०:१५ | काठमाडौंतर्फ | कलैया | विहान ८ बजे |
|-------------|------------------|-----------------|------------------|--------------|---------|---------------------|
| काकडमिडा | विहान ५ बजे | | ११, ११:४५ बजे | काकडमिडा | हेटौडा | विहान ११ बजे |
| भद्रपुर | विहान ५:१५ बजे | भरतपुर | बेलुकी ८:१५ बजे | भद्रपुर | वीरगञ्ज | विहान ८, ९, ११:३० |
| मधुमल्ल | विहान ५:१५ बजे | | विहान ८:४५ बजे | मधुमल्ल | | बेलुकी ८:३० बजे |
| धरान | विहान ५:५० बजे | | दिउँसो १२:१५ बजे | धरान | | विहान ५:३० बजे |
| विराटनगर | विहान ५:२०, ६:४५ | शिवनगर | दिउँसो १२:१५ बजे | विराटनगर | | विहान ५:३० बजे |
| राजविराज | विहान ६ बजे | टौडी-पर्सौ | दिउँसो १:४५ बजे | इटहरी | | पर्सौ |
| सिरहा/माडर | विहान ६:४५ बजे | टौडी-खोलासिमल | दिउँसो १:४५ बजे | राजविराज | | विहान ६:३० बजे |
| मलंगवा | विहान १०:४५ बजे | पर्सौ-कपिया | दिउँसो २:१० बजे | सिरहा/माडर | | विहान ६:३० बजे |
| जनकपुर | विहान ७:१५ बजे | पर्सौधाप-मेघौली | दिउँसो २:३० बजे | लहान | | विहान ७:१५ बजे |
| कलैया | विहान १०:१५ बजे | गीतानगर-जगतपुर | दिउँसो ३ बजे | मलंगवा | | विहान ७:१५, ८, ८:१५ |

टिकट पाइने स्थान: कलंकी: ४२७७५५२/४२८९७७२ सुन्धारा: ४२५३१४२ गौशाला: ४४८०७९३ लगनखेल: ५५३४३५९ धरान: ०२५-२०३७२ विराटनगर ०२१-३०६७७ राजविराज: ०३१-२००९१ लहान: ०३३-६०३६६ सिरहा: ०३३-२०१३१, मलंगवा: ०४६-२००४२ वीरगञ्ज: ०५१-२१५२६, हेटौडा: ०४७-२०५३५ ।

यात्रुहरूको सुविधाका लागि गौशाला र सुन्धाराबाट निशुल्क मीनीबस सेवा उपलब्ध

kçsf]dVo rgf]L /fhgllts bj fj

9Ssnfn >ij

kç, hDaf]tl dflj, l; e]f, ; v]f; ef

Izlf0df slt jif{lat}<

@)@(jzfv @ utDlv cljI5Gg zkdfl oxl ljBfnodf sfo{t 5' . kç ePsf] klg @& jif{ eof].

Izlfsc; cf'gf] kçfkt Odqbf/ xg 5f8] eGg] ug;f] 5 lg, tkf0Fs] eGgk65 <

xfl] gofFk'tfsf Izlfsc;df kçfut uof sd x6} uPsf] 5' . /fhgllts ; Af0sf sf/0f cN5L Izlfssf] bfbflu/L a9sf] 5' . Izlf0fnf0{kçf xF0g, hflu/ 7f6g] k]lQ klg ; d:ofsf zkdfl b]vPsf] 5' .

tkf0Fcfknf0{ rlixFs; /L dNof]g ugk65 <

d Izlf0f kçfkt klta4 5' . w]} Izlfsc;sf] kçfut ; dk0f sdhf] ePsf] ahf d cfknf To; af6 cnu 5' eGg] nfu5' .

c;n Izlfs s:tf] xgk5{t <

uof:t/lo Izlff lbg; Sg]Izlf s g}cfbz{jf c; n Izlfs xg\ . Izlfsn] k9fpg] dfq] xF0g, lj Bfylk; n] ; anls/0f klg ugk5{ . Izlfs To:tf] u? xçf] h; af6 lj Bfylk; n] k]0ff kfpq\ .

/sf/L :shsf] k9f0 ; wfg{s] ugknf{ <

Izlf s kçfkt klta4 xgk5{ . cleefj sn] Izlfdfl nufgl / cgludg a9fpgk5{ . Joj:yfkg ; ldltn] cleefj stj lng; Sgkb5 . To:t} /fhoaf6 cgludg dNof]g ug] k/Dk/fnf0{ Joj:yt ub} b08 / k':sf/sf] Joj:yf xgkb5 . lj Bfylk; n] nuzln / c'woogzln xgk5{ .

Ij Bfno ; dbfodf x:tfçt/0f ePkl5sf] cgej s:tf] /Xof] <

xfdl] :sh ; dbfodf uPkl5 ; /sf/af6 kof{t ; xofl] kkt e0/xçf] 5' . cleefj sx; n] klg pT; fxa4\$; xofl] ub} cPsf 5g\ . t/ dcf] fblaf6 eg] ; fçg; f/ ; xofl] kf0Psf] 5g . To:t} kçfut sf/0f b]vP/ Izlfssf ; z; yfn] klg ; xofl] u/\$f 5g\ .

Izlfsc;af6}; dbfodf x:tfçt/0fsf] Ij /f]v lsg e0/xçf] xçf] <

afXo zkdfl kçfut sf/0f b]vP klg leql



/fhwg sh^a

zkdfl cleefj s ; zQm xg] eon] sxl Izlfsc; n] o; sf] Ij /f]v ul/xçf 5g\ h:tf] nfu5' . gk9f0 hflu/ vfgk; lj Bfno ; dbfodf x:tfçt/0faf6 a9l ql; t b]vG5g\ . gg o; sf] Ij /f]v ugk; v; sf/0f 5g . Ij Bfylk; n] 58L / yk8 sIQsf] nufpgePsf] 5' < slxnçf] xL58L / yk8 b] } nufPsf] 5' . :shdf cgzf; g kng u/fpg sltko cj:yfdf To; f] ug{ h?/L xçf] xçf] . ; D%fpj] a%fpj] sf] lzz t ; w} g] ul/xçf] xçf] .

tkf0Fs:tf] Izlfs < .g/dU jf .s8fl <

Ij Bfylk; n] gh/df d s8f Izlfsdf k5{ . g/d e0of] eg] Ij Bfylk; n] kTofPgg\ . cgzf; g / dofç sfod /fvG s8f xgkb] xçf] .

Izlf s eP/ tkf0f] sxl udfpg' klg eof] ls <

Izlf s eP/ ; a} kPF. udfPsf] sxl 5g . Izlf0f kçfaf6 ; GtI6 5' .

Pp6f kçn] %gkg] ; d:ofç; s] s] 5g\ <

/fhgllts bafa, cfly\$ cej / Izlf0f l; sf0 ; fdu] Joj:yfkg kçsf dVo rgf]L xg\ . slxnçf] xL Izlf s tyf Ij Bfylk; n] alr xg] aG6 / e]ts k] f]v/sf] cej n] ; tfg] u5{ .

tkf0fçkç eP/ Ij Bfnon] xfl; n u/\$f ; kmntfx; s] s] 5g\ <

Igdfl] af6 dflj agfPF . cfly\$ cj:yfdf lgs} ; wf/ u/\$f] 5' . e]ts k] f]v/xç kof{t agçf 5g\ . lhNndf klxn] ; dbfoaf/f Joj:yfkg lhDdf lnPsf] gdgf Ij Bfnosf zkdfl :yflkt u/fPsf] 5' .

tkf0fçf] v'; l / bMvsf] Ifof <

w]} slnnf afnaflnsfnf0{ clf/ lrgfpg ; sF . of] d]f] slxNo} gla; g] v'; lsf] s'f xfl] . bMvsf] s'f ; dbfodf x:tfçt/0fkI5, Ij /f]vdf dcf] fbln] !# lbg; Dd Ij Bfnodf tfnf nufP .

k'ts sIQsf] k9gk65 <

k9S' . clxn] s0f{ zFosof] ; f' / v'f k9b5' . of] k'ts ; sf/fds lrgtg Ij sf; df ; xofl] xg] b]vçf] 5' .

/fhwg sh^a

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