

# शिक्षक

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मूल्य रु ४०/-

भदौ २०६७

शिक्षकलाई प्रोफेसरको पत्र -१०

नयाँ राष्ट्रियगानः

अर्थ र सन्देश -३२

बाघ किन जोगाउने ? -४६



विशिष्ट श्रेणीमा एसएलसी उत्तीर्ण  
सत्यवती मावि, तनहुँका मनु र केविन पौडेल

## देशका उत्कृष्ट सरकारी स्कूल



**Real**<sup>TM</sup>  
Fruit Power  
Fruit juice

**FRUIT POWER अब  
MICKEY को साथ**



pTs[6  
;fdbflos  
:sh



cfj/of  
!\*-@(  
: ddb | k8h

@^^ sf] P; Pn; L k/Llffdf ; mlg k/Llffyl; ^wof, pQlOf{ kltzt / >flnfOf{ cfwf/ agfO{ k/Llff lgoGqOf sfonon] tof/ kf/3f] b3sf ; a) dflj x3sf] dlfosg ; 3sfaf6 xfdln] cuklQmf /x3f @) pTs[6 ;fdbflos lj Bfno 5gf6 u/3f 5f3. To:t] P; Pn; ldf ztkltzt glthf kkt ug] b3sf !\$\$ ;fdbflos lj Bfnosf] ; 3L klg oxFk3tt ul/Psf] 5 .

ultljw k[7 !\$-!^

- lj Bfno ; f:JolQmfO{lgb3zsf ■ /fhglitzf:q lj efudf .O108of r3/3
- olgogaf6 9sfnsf] labfO{ ■ c:yfol lzlf3 e3hlt/lzlf3 sf]goff

JoJ:yfkg

yk ; duf	
lj Bfno k3fj sfl/tf M cjwf/Off / ; 3s	th; lk; fb yklnof #)
/fli6oufg	#@
kf3] tlg s/f3sf] dgf3fj	#\$
zAb / ; 3ltn]/fi6oufg /fd] a3of]	cla/ u?^
/fli6oufgsf] ; Gb3M zflGt	; Tod3kg hf3l #^
/fli6o efj lgdf3sf] ; 3	k3lk 1jfnl #*
sllfdf e3bf c3oq pko3l	3f= e3fglz3/ ; j3l \$)
/fd] k9f0sf] ztM ; d:ofdQm lzlf3	uOf/th nf3gl \$\$
Classroom : 15 riddles to teach	%*

:t3e  
lj ifo-; Gbe{e, x3f0-a%3f0 #, ; %3f / k3tlqmf \$, lh1f; f / hjfkm \*, dgsf s/f !),  
knt 3 ^), d3h]k93f] :sh ^\$

lj ifof3t/  
gof3lj g  
^) j if3f t z? xG5

k[7 %)

af3 hf3uP  
xfdL hf3uG5f3

k[7 \$^-\$(  
8f= tly3xf3/ >37



# c; n gful/s bẓsf kfɔf

bẓ pɛf] nufpg] c; n gful/sx; n] xf]. eflnsf nflu c; n gful/s tof/ u/] ; dfh / bẓsf] klɩti7f a9ɔ ; S5 eGg] s/fnf0{ cfd lzlf sx; n] plrt dx[Ej lbg] xf] eg] to; sf] klɩtkm bVg nfd] ; do sgkbb̃ .

; dfhnf0{kl/rfng ugɔf lzlfssf] eldsf slt xg; S5 eGg] s/f ; aɛGbɔ /fd/l gkfnf /fhgllts bn, To; df klg jfdkɔyl bnx; n] a%ɔf 5g\ . tftsnlg gɔkf dfnɩh] @) \$& ; fnc13 kẓfut ; dẓdf ; aɛGbɔ 7hf] ; fy g} lzlf sx; sf] kpPs] lyof] . dcf] fbl ; z; q áǎsf j] hf w}] lzlf sx; áǎsf] df/df kgɔf] sf/of klg cf'gf] cf: yf cg; f/ s; ɔf nflu sfd ug{ jf ug{ tof/ gxg' g} lyof] . ; a} 7hf bnsf cf-c'g} lzlf s; E7gx; xg' klg o; ɔf] kɔfɔf xf] .

t/ lzlf sx; sf] r]gf bnut /fhglltdf dfq ; lldt xɔɔ . ufldof lfgdf ; fdfilhs hfuf/sf s/f ; aɛGbɔ w}] kmfpg ; Sg] lzlf sx; n] g} xf] . Toxfu} ; /sf/l ; yf / ; ~rf/sf ; fwgx; kmngc13 gofF ; hgf ljr/sf kɔv ; jfxs lzlf sx; g} lyP . dfG5] la/fdl xɔɔv c; w}] s/fdf ; flg} k/fdz{ ug] JolSt lzlf sx; g} xGy] . clxn] tof] eldsf w}] xb; Dd cGt ; /ɔf] 5 . t/ ; dfhsf ; r] JolStsf ; kdf lzlf sx; sf] klɩti7f eg] hxfɛf] txF5 . clxn] klg tof] klɩti7fnf0{ a9fP/ nɩfg] 7fpFk] : t 5 . To; f] ug{ ; Sg' lzlf s / ; dfh b] ɔf] lxtdf xG5 .

; /sf/, u}; /sf/l ; yf s; ɔf] klg cfɛf gk/ɔf] Pp6f lfg] xf] gful/s r]gf . clwsfz u}; /sf/l ; yfx; cfo; fl; a9fpg jf : jf: Yosf sfoǎm; Dd dfq ; lldt /xɔf 5g\ . lzlf nf0{ rflxgɔGbɔ a9l g} kẓfut hljg -sl/o/\_ / ; DkGgtfsf] ; fl; sf ; kdf xg} yflnPsf] 5 . t/ dl; x; n] sdfP/ , lg/fɩl /x} jf w}] k9} dfq bẓ pɛf] nflu b̃ . bẓ pɛf] nufpg] c; n gful/sx; n] xf] . eflnsf nflu c; n gful/s tof/ u/] ; dfh / bẓsf] klɩti7f a9ɔ ; S5 eGg] s/fnf0{ cfd lzlf sx; n] plrt dx[Ej lbg] xf] eg] to; sf] klɩtkm bVg nfd] ; do sgkbb̃ .

..c; n] Pp6f cdt' / JolStlKR5] km/s lsl; dn] a'g ; lsg] ljzɩof xf] . s; ɔf nflu s] /fd] s; ɩf0{ s] /fd] nfu5 . t/ ..c; n gful/sl eGg] cjwf/ Off cdt' eg] 5ɔ . o; nf0{ ; docg; f/ kl/eflft / kl/dfhɔ u/} lzlf sx; n] ..c; n gful/s tof/ ug{ /fli60 cleofgl cl3 a9fpg ; lsg] pj{ kl/l: ylt xdf; fd' lj Bdfg 5 .

..c; n gful/sl xg] ; aɛGbɔ klxn] zt{ xf] ..c; n JolStl xg' . csf] zAbdf eGg] xf] eg] c; n JolSt / c; n gful/s egɔf] Pp6} s/f xf] h; sf zt; o; kɔf/ 5gM

- c; n gful/sn] csf] JolSt tyf p; sf] ; DklQnf0{ ; Ddfg u5{ . c; n gful/sn] s; ɩf0{ cfqmdof ug{ jf p; sf] ; jfldTj df /xɔf] ; DklQdf lft kɔfpg] sfd ub̃ . sfGgsf] kngf ug{ / lrQ ga%ɔf s/fdf jwflgs afɔf] ckpgp] c; n gful/ssf] ; aɛGbɔ 7hf] u0f xf] .

- c; n gful/sn] ; fj hlg; ; fl; ; fwg / ; fdulx; nf0{ slxNo} klg lft kɔfpg .

- c; n gful/s ; xofɩl / ljr/zln xG5 . p; n] csfɩf0{ kl/ kfb̃ a? cfkm' sxl kl/ vk} csfɩf0{ ; lhnf] agfpg] sfllzz u5{ .

- c; n gful/sn] csfɩf ljr/ Wofg lbP/ ; G5 .

- c; n gful/sn] c; xfox; nf0{ ; xfof lbG5 .

- c; n gful/sn] jftfj /of / kɔfɩnf0{ ; Ddfg u5{ / ltgdf xflg gkluf] \eGg] s/fdf ; r] xG5 .

- c; n gful/s dẓgtl xG5 .

- c; n gful/s lzi6 , ; Eo / ldhfl; nf] xG5 .

- c; n gful/s ; b} sxl g sxl l; ls/xɔf] xG5 .

of] ; fl lgs} nfd] klg agfpg ; lsG5 / o; nf0{ w}] kmflsnf] kf/} JofVof ug{ kl; lsG5 . t/ ; flnf0{ nfd] agfP/ dfq kmfɔf 5ɔ . ; fl slt nfd] 5 eGgɔGbɔ dx[Ej k0f{ o; sf] kngf eof] ls ePg eGg] xG5 . ; Dej tM lzlf s dfq o; tf] JolSt xf] h; n] lghl tj/af6 dfq kɔf; uɔof] eg] kl; ɩf0{ c; n gful/s aGg kl/t ug{ S5 .

c; n gful/s agfpg] klqmf ; fx} hl6n kl; 5ɔ . c; n gful/ssf u0fx; dgg\ug{ o; sf] klxn] ; flkfg xf] . bf] fl] ; flkfg xf] c; n gful/ssf u0fx; cfkmh] kngf ug{ / tl u0fx; kngf ug{ cf'gf lj Bfyl{ / 5f/f5f}l-gfltgfltgfnf0{ kl; kl/t ug{ .

bẓ lgdɩsf cgɔs kl; 5gV To; df cgɔs kẓfsf JolStx; sf] eldsf xG5 . t/ bẓsf] hu agfpg] dh cleef/f rflxFlzlf / cleefj sd} xG5 . c; n gful/s bẓsf kfɔf xg\ .



# j rgsf] kfngf

b]kblnf0{ ; a]l kTglsf] ; kdf leofPkI5 kf08j -kFf ef0.n]lj j fxl5sf] h]j g Jotlt ug{ s]l lgod agfP . To; d]llo] Pp6f lgod lyof] b]kbln] k]to]s kf08j ; E Ps jif{ a:gkg] / pgl Pshgf -b]kbl / sg} kf08j ; E a; }f] j] h]df c; rf/ ef0 To; 7fp]f hfg' gxb] . sg} ef0n] of] lgod p]n^Sg u/]f p; n] Ps jif]f] tly]f]qdf hfgkg] .



b]kbl / kf08j sf] h]j g ; vk0f{ lalt/x]f] lyof] . Ps lbg Pshgf ls;fg cf^gf uf0{ r]f]P eGb} ch]sxf]Fuxf/ d]l]g cf0k]of] . ch]g rf] ; d]f]g %6k6 b]f]g n]l]of cf^gf] wglf-s]f] olwii7/sf] b/af/df /fv]f] / b]kbl; E al; /x]f olwii7/sxf] cfkn]'hfg gxb] lgod ; lD%P . t/; ls; fgsf] lj n]f]n] pgnf0{ rk nfu] a:g lbPg . pgl olwii7/sf] b/af/af6 wglf-s]f] l6k] rf] ; d]f]g b]f]8P .

kSsf ch]gnf0{ olwii7/sf s/]n] 5f]Pg . pgl t]sf]n] tly]f] lglDt lgl:sP .

rf]nf0{ b08f]wsf/lxsf / uf0{ ls; fgnf0{ a%PkI5 pgn] olwii7/nf0{ 36gfaf/] atfP . ; E] cfkn]'h] kl/jf/sf] lgod p]n^Sg u/]f]n] ; hfo ef]g tly]f]qdf hfg] s/]f klg ; g]fP .

; Gb]M lgod, sfgg, jrg / st]o plQs} dx]ej kOf{xG5g\ d]f]g; n]ol ; a]f] kfngf ugk5{/ st]o klg k]/f ugk5{ . ch]gn]uxf/ d]l]g cf]Psf] ls; fgnf0{ Gofu u/] rf]nf0{ bl08t u/] . To; f] ubf{ kl/jf/sf] lgod p]n^Sg ePsf] To; sf] k]olZrt ug{ cyf]f\ t]f]sPadf]hdsf] b08 ef]g tly]f]qdf lgl:sP . lgod, st]o / jrgk]tsf] o:t} kSsf Jojxf/n] ch]gnf0{ ..ch]gU agfof] .

olwii7/n] lgod p]n^Sg ePsf] eP klg To]f] c; n p2]osf lglDt ePsf]n] tly]f]qdf hfg' gkg] / cfkn]'h] l]df klg lbg ; Sg] atfP . t/ jrgsf



## cgej n]vgxf] \U

?=% xhf/ k]:sf/ lhTgxf] \U

## s]ffdf klxnf] lbg

Iz]fs Idqx; U  
 o; k6s xfdn] tkf0k;nf0{ cfkn]'h] lz]f of h]jgsf] kf/]Des lfof]tkm] kmsf]pg v]f]h]sf 5f] . ofb ug{ \ t tkf0f klxnf]N6 lz]fs lgoQm eP/ :sh kl]sf]To]f] lfof Uklxnf]k6s lz]fs eP/ :shdf kl]z ubf{tkf0]sf] dgdf s]s]s/]f v]l]b}lyP < k]c / c; lz]fsn]s; / l :j fut u/] < slt tof/l]sf ; fy hfg]ePsf] lyof] < lj Bf]yl]sf]k]t]lqmf / Jojxf/ s: t]f]lyof] < sl]f]sf]j]ftj / of s: t]f]lyof] < lj Bf]yl]nf0{s; / l cfkn]'t/ c]f]sl]f]t ug]eof] < s]k9f]pgeof] < klxnf]lbg]sf]s]l]faf6 ef]n]kN6 jf eljiosf n]lu s]k]f7 l; Sgeof] < tkf0]sf]cgej / n]j]f0 / f]s t xgk5] c;sf n]lu To]f]pkof]l klg xgk5{ . tkf0f cfkn]'h] cgej]sf] cfwf/df k]c, cleef]s, lj Bf]yl{/ klxnf]k6s slff kl]z ugk;nf0{ Jojxf]l/s ; Nnf]-; %f]f] klg lbg ; SgxG5 .

### शिक्षक dfl; s

drufm -dlR5G]df]f; hfj nfv]h, n]ntk/, kf]a-g+ !^, kn]f]M %%\$#@%e, %%\$\*!\$e  
 ^ofs; M %%\$!!(^, Od]h]M mail@teacher.org.np

tkf0]sf]cgej @% ebf}@)^& ; Dd lz]fs sf]sfof]odf cf0; Sgkg] .

# kl|tlqmf / ; %fj



## j Ofj Gof; df ql6

Ps nfveGb a9L lzlfssf] klqsf s ; kdf :yflkt lzlf s dfl; s ; DkOf{ lzlf s x; sf nflu pkofyl ePsf] / ; xofyl lzlf of ; fdul ; d; ag\$] d; f] 7Dof0 5 . lzlf lfqsf ; d:of / ; dfwfgsf pkfox; , slff lzlf of kefj sf/L agfpg] v/fs, b; -lj b; sf lzlf lfqsf va/ / k; s k; E tyf lzlf s s f; d:of ; d; s hPsf of lzlf s klqsf nfo{ wGofj fb lbG5' . k/ftg ; f; , ; sf / / kj [0 af\$ l oyf:yltdf /dfPsf lzlf s x; df gjlg pnhf{ yklibP/ lzlf of nfo{ kefj sf/L agfpg, gtg k4lt / klqmfdf lzlf s x; nfo{ ; kfGt/ t ug{ lzlf s dfl; s cu| / ePsf] b; lP klg klqsf n] j Ofj Gof; sf lfqdf eg] vf; } Wofg lbPsf] b; lP b; . kf7dqnd lj sf; s [b; ; fgf] 7dl, eOnk/ tyf kf7dqnd lj sf; s [b; l qe] g lj Zj lj Bfno, slt k/ n] l gwf{ of u/\$f] j Ofj Gof; sf] l gdnfo{ of]

klqsf n] a] f:tf dfq u/\$f] x] j f c: jlsf/ <a'g sl7g ePsf] 5 . vf; u/l cfuGts zAbf z' df / alrdf cfpG] 0sf/ / psf/ x] j xg] clg ; a; ; bGto -kftnf] xg] l gdnfo{ st} st} : jlsf/ ul/ Psf] eP klg clwsfz zAbdf c: jlsf/ ul/ Psf] 5 .

Jofs/ ofut ql6 t k; t: } 5g \ . @)^ & c; f/ c' df t . l jifo- ; Gbe] sf] zlif\$ g} cz4 5 . zlif\$ . g xk f / g xk f xgk g f . g xk f / g xk p 5 . 0R5fy\$] ax] rgdf xg] l qmf kbsf] ; ksf] 1fg gePs} sf/ ofn] o; f] ePsf] x] j f ehj z, a'g ; lsPg . kqklqsf n] hyf e] l n; } gkfnl Jofs/ of / j Ofj Gof; lj s; agfPsf] c: ydf tkf0F/ tkf0F ; jfbftfx; n] gkfnl Jofs/ of / j Ofj Gof; sf af/ of yk 1fgfhg u/l xfdl kf7snfo{ ; d; ; r; agf0lbPdf gkfnl n; ygdF Ps? ktf cfpof] ls eGg] nfu\$] 5 .

1fgk] fb cfrfo{ a9fglns07 :sh

## tly{ ; / ; u ck]ff

; fpg @)^ & sf] lzlf s df hn] fo' kl/ j t; sf] ; Gbe] 8f- tly xfb/ > l] 7sf] aotlsf] / f; g / hnk/ lsf] lj nfkE zlif\$ c; tu{ n] vPsf] n; n] hn] fo' kl/ j t; DaGw hfgsf/ l sd / otl / hnk/ lsf] syfnfo{ a9L ; d; \$] b; lV G5 . t; klg n; ?rs/ 5l Psgd] f] d; k9] ; lsG5 .

tly{ ; / lzlf s hdtar Pp6f u? dfq ge0{ c; n u? xg xG5 . pxf\$] lzlf fa6 xfdl nfd] ; doblv nfe] g] t ePsf 5f; . lzlf s klqsf df pxf\$] n; n] l g/ Gt/ tf kf0/ x] j \ hn] fo' kl/ j t; n] gkfnf]

t/fo{ kx8 tyf lxdfnd a: g] ; dbfox; n] j ifb; l l gdf of u/\$f] 1fg-k4lt nfo{ 7hf] r; g] l lbPsf]

5 . k/Dk/ fut 1fgsf] pkfb; t f, pkof] utf / sf of; ogdf k; Zg lrGx nfu\$] 5 . o; af6 ; fdfhs, wfd\$ / ; f: s [ts ultj lwx; klg w} } kefj t ePsf 5g \ . gkfnf] ; Gbe] x; f{ hn] fo' / jg: klt hutc; tu{ sf w} } 36gfx; thg] ds ; kdf ; flj s s] eGb ls Ps dlxg c] 3 ls Ps dlxg k] 5 36g yfn\$] b; lV G5 . ; fy] hn] fo' kl/ j t; sf 36gfx; : yfglo= l; qlo k\$ [tsf 5g \ o; sf] kefj klg : yfglo j f l; qlo b; lV G5 . gofF 1fg k4lt lj sf; ug{ w} } ; do nflu] lglZrt 5 . kl/ offdtM hn] fo' kl/ j t; n] NofPsf] cndNof0{ / ; d: oinfo{ pglx; n] nfd] ; do; Dd Joxr; k; 5 . of] c: ydf pglx; n] s] ug] s] gug] < slxn] ug] < sg ; dodf ug] < eGg] kZgx; n] 7hf] cGof] l; h; g u/\$f] 5 .

ljZj lj Bfnosf k] wksx; af6 clbfg u/ f0g] o; sf7df8f] lzlf SofDk; df PdP8= c^ a u] h, gkfnl, : jf: Yo, z] f; s of] hg tyf Joj: yfkg / kf7dqnd\_ alP8= Psj i] / tlgj i] - c^ a u] h, gkfnl, : jf: Yo, ulOf, hg; Vof, ; fdfhs, z] f; s k; z; g / ; kl/ j] of\_

+@ -lzlf, dfg] sl, Joj: yfkg / s] w; b/ lj 1fgsf slff ; -rfng e0/x\$] 5 . - tlyg; f, sf7df8f] k; g] M \$#! ! \* #

- ✓ PdP8= bf] [j] if\$] cEof; lzlf of sfoqnd c; [h !] ut; f; \$ ah; f6 .
- ✓ j; : f06 tyf g] f6; af; B; k; m; ; r; g k; f; g / chwgs klj lwaf6 clbfg .
- ✓ slff ; -rfng ; f; \$ b; l v \* tyf k; z; g l bgs] ! b; l v ; f; \$ \* ah] Dd
- ✓ 5fj] [Qsf] Joj: yf .

kixn]; fdbflos lzlf SofDk;



## sf7df8f] lzlf SofDk;

/fdzfxky, e\$6ld08k r f; , sf7df8f] - kbdf] o p; m; i; z; o; , e; n; k; g] M ! - \$ # ) \$ , ( \* % ! ) ! ! ^ \$ ^ , ( \* \$ ! # % ( ) , ( \* \$ ! e ^ % \$ \$ g] f; 6 ; af; 8 { g - M SofDk; ; lj i; z; ; r; g - ! ^ ! \* ) ! \$ # ) \$ - lj Bfyl { lj z] f; ; r; g - ! ^ ! \* ) & # ) \$ ! , pOm g + x; df - gkfnel/ s] n; n; k; g] af6 : Dks { ug; ; lsg] 5 .

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



**v: sɒf] lzlffzf: q**

lzlffzf: qsf] cllwoog-  
 cllwofkg; DaGwl  
 l/kfɒ{-c; f/, @)^&  
 oyfyk/s nllwof].  
 cflys; ɛ}z}fs b[[6n]  
 ; dɪ sdhfɪ  
 lj Bfylk; n]. lzlffɪ  
 k9g] u/ \$f] kf0G5 .  
 ufpFuɪpɛf ±@ vNg  
 yfnk15 dfglj st,  
 Joj : yfkg / lj 1fgsf  
 ofllo lzlfsx; sf]  
 cej sf sf/0f lzlff  
 ; fɒdf g}lj Bfylk; sf]

rɪk a9l xg] u/ \$f] 5 . To: tf  
 lj Bfno; df : gftsf0/ pQl0f{  
 lzlfsaf6 k9g gkfpj] cj: yf 5 .  
 lzlffzf: q vl: sgsf] k5f18 sf/f  
 ; ɹf1Gts lzlff0f klg csf] sf/0f  
 xg ; Sb5 . ; ɹf1Gts; ɛ} kɒfɪfɪds  
 slff a9fpg ; sɒf o; sf] : t/  
 a9gɪyof] ls 0

**/fdɪ] nllwof]**

lzl/s dfl; ssf] c; f/ -@)^&  
 cɪdf k\$flzt .k9g] wɪ} k9fpg  
 ; Sg] yfɪ} ; f6ble\$ 5 . To:  
 t} .ax; M lzlfs / nf7lɪh] o4sf]  
 pj{eld / flkfnl lzlfs eP/ klg  
 .nf7lɪ ; lxt slffdf hfg lg?ɪ; flxt  
 agfPsf] 5 . wflb<sup>a</sup>sf] hljgk/ll:yt  
 eɪgɹj / dflj / 1fgfɒo dflj  
 afkm, sf7df8fɹf] ; <sup>a</sup>Sifɒo  
 ofqfn] ddf sɹl pnhf{ ykof] ; fy}  
 lh1f; f klg . sf/0fl wflb<sup>a</sup>sf] /  
 sf7df8fɹf] cgej -/fhwfgl /  
 /fhwfgl glhs\_n] &% lhNnfsf cfd  
 :shx;nf0{ ; wfgɪpkfo lbG5 ls  
 lb6g < h: tɪ zɪs ltg{ / flkfnl  
 cleefj sx; ; lfd 5g\ls 5gg<  
 ; fl% / laxfgsf] 5fs 6fg(dlZsn  
 kgɪ / flkfnl cleefj sx; /fhwfglsf  
 cleefj sx; h: tɪ cf gf aRrfx; sf]  
 kɪlt lj j/0f lng cfpnfv< t < o;  
 ; Gbedf /fhwfgl glhs / lhNnfsf  
 ; b/dsdsf ; /sf/l :shx;sf]  
 l: ylt 7ls} 5 . t/ o; } ; qn] cɹ  
 eɪsf :shx;nf0{ 6} f lbG5 t <

lsgg] wɪ} s'fx; dflg; x; sf]  
 j} fl/s / cgej sf] nɪfhf/feGbf  
 aflx/ u0/x\$ f 5g\ . of] ; Gbedf  
 tly{ ; /af6 hnjo' kl/j tɒsf]  
 ljfoj : thf0{ o; sf nllft ; dɹdf%  
 s] s; l / sg ; kdf kɪtt  
 ugɪeg] cfzof nɪ cfP ; fx}  
 pkofɪɪl xgɪyof].

k\$z;l; \* clwsf/l  
 cllwof, hgdvl lzlff ; /ɹf/ ; dfh

/fɹg e08f/l ; ; dk0fl  
 sɹɪkfn-( ; flxɪo6fɪ, a}8l

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# k|t|lqmf / ; %ffj

of|lotf / nugsf  
 k|t|dl't{augfx, albófsf  
 s|of; /sf] JolQm|j n] dnf0{  
 klq pdÉ lbof]. ...; :d/0f0  
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 ...tlgkf; ] df:6/bl|v hd|s]f] sf]h  
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## lzlfssf kl8f

d lzlf/s dfl; ssf] lgoldt kf7s  
 xF. ha gofFc| xftdf cfp5l  
 ; a}; fdu| Wofgk} \$ k95'  
 k|t|lqmf; dodf k/fgf c|X; klq  
 k95'. To; /l k9g] qmddf s}l  
 lzlf/s ; fylX;sf] kl8f ; D%} dgdf  
 cg\$}kZg plAhg yfN5g\.

lzlf/s dfl; ssf]@)^ df3  
 c|s]f] k|h ^ df 5flkPsf] .ddfly  
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 n|llof]. %f]hfsf] tgf ; xkf7lx;n]  
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 & df 5flkPsf] |zlf/s /fd' a:g]sf]  
 kl8f s; n]; Gof] <|hlzsf, v|f^an]  
 bf]l|ldfly sf/afxl u}of] |s u/g} 0  
 @)^ c; f|h c|df 5flkPsf]  
 ; /Z k|f]h]n] p7fPsf kZgx;sf]  
 ; dyg ub}tl kZgsf] |rQa'bf]  
 hjfkmsf] k|t|l|ffdf 5' .

/j|Gb\$df/ bf;  
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## oyfy{ |rqof

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 a%f0ldf xfd]]; d]hsf] oyfy{ |rqof  
 ePsf] dx; ; eof]. c| @^ df  
 lj r/f wgf9an] /fd]f] af]l]5' eGbfeGb}  
 g/fd]f] a%f0 eof]. o:tf s/f  
 %Nsfpg] gkfnl pvfg w}5g\  
 h:t| .hfg] af]h ghfg] |h|psf] df]h|,  
 .af]h] af]hkf; f] v|P v|0kf; f] 5fP  
 5f0kf; f] c|fb . s}g}sf] u}gk} {  
 lj rf/ k}of0Pg eg] To; sf] kl/Offd  
 gsf/flDs lg;sg klq ; S5 eGg]  
 ; a\$] ; f% lzlf xf] .

## xf0s'

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 3/el/sf] sfd  
 ysf0 df/f}

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 cN5L u?sf] km  
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..; a} pQl0f|  
 u0f:t/sf] v}l  
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..cof|lo u?l  
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 xfd]f] etl{0

..fxt u?l  
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 kl8t r|h} 0

..yfol lzlf/s|l  
 lgbfp5 s'; l{0}  
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.kl8t u?l  
 b/aGblsf] e|h  
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..s/f]sf] v}l|l  
 |rRofp5 hf}Bn]  
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.bZsf] |zlf|l  
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lzlf/s dfl; ssf]@)^  
 ; fnsf c\$X; .af0l08^0  
 ul/Psf]; a}ux tof/ ePsf]  
 5 . OR5s kf7s tyf  
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zlw/ kf}h hgtf dflj, kfxl, /f^vfgl, afln^e

sdf0vfg] efBf]

lsg agfPsf] <

lzlff lgodfjnl @)( n]sg} lj Bfnodf :jls[ b/aGbl l/Qm ePdf lhlzsf]cgdlt lnP/ c:yfol lzlfs lgolQm ug{clwsf/ lj=Jo=; =nf0{lBPsf] 5 . To; lglDt Joj:yfkg ;ldltnc:yfol lzlfs 5gf} ;ldlt u7g ugk5{/ To; sf] l; knl/; adf]hd lgolQm ugk5{. of] 5gf} ;ldlt lgod (& adf]hd lj=Jo=; =sf] clWolfsf] ; e}hstjdf

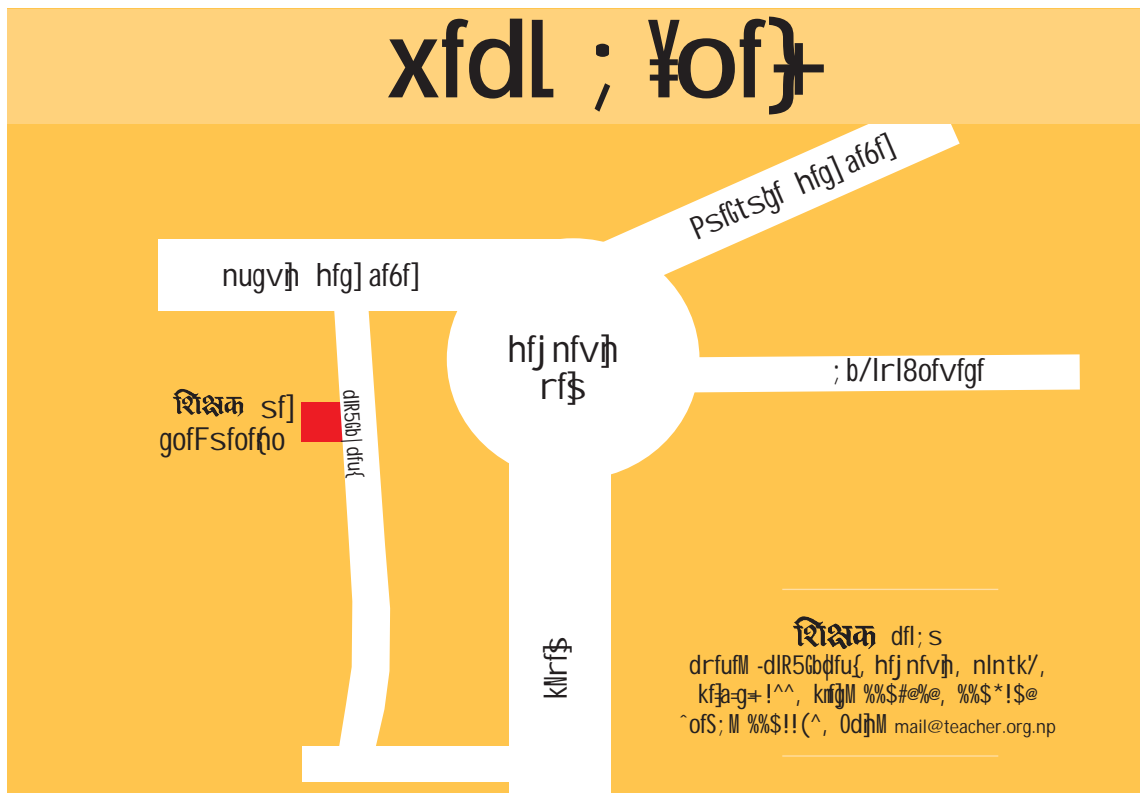
:yfglo al4hljl ; b:o / kç ; b:o ;lrj xG5 . To:t}/fxt sf}fdf lgolQm ug{rflxFlj=Jo=; = clWol, kç / ; f}JolQm ; b:o -k}l]sf] xsdf\_ / lgdflj / dflj /fxt sf}fdf rflxFclWol, kç / lj=lg= ; b:o /xg] Joj:yf 5 . o:tf] Joj:yfsf sf/Of b/aGblcf lgolQm xg]c:yfol lzlfs / /fxt sf}fdf lgolQm xg] lzlfsn] df}f] /fzl lj=Jo=; ; f}JolQm tyf lj=gnf0{ltgk/}sf 36gf htftt} 5g\ kb}kR5} km/s ; b:o ;ldltdf /flvlbP/, lj=Jo=; ; f}JolQm / lj lgnf0{sdf0vfg] efBf}f] Joj:yf lsg ul/lbPsf] x}h}f <

x}k}fb e\$/f0{ efg' lgdflj /tgk/, x}kt}f\$, l; Gwhl

b}x}f]ofP/ k':sf/ kf0G5 0 lzlfs dfl; sdf zAbvjh, ; 8f\$; ; fdf}o1fg / cGtflf/l h:tf af]4stfk0f{v}hdf ; xl ; dfwfg

k7fpg]/ k':sf/ lj h}tfsf] gfd; d} 5flkg] s/f kz;glo 5 . t/ uf}h}kyf}f}f lj h}t} 5gf} ubf{ cl3Nnf] dlxgf ; xl ; dfwfg k7fpg] kgM kl5Nnf] dlxgf ; xl ; dfwfg k7f0{5gf} ePdf s]xG5 <jf Psk6s k':s[ ePsf]JolQmf0{ bf] f] jf t] f] k6s uf}h}kyf}df ; dfj}z ul/G5 ls ul/}g <olb ul/}g eg]d Psk6s 5gf} ePsf] JolQm cfp}f cÍdf k5fl8 /xl d}f] n}yg sfo}f cj/f}w xg]blvG5 . nfnaxfb/ l8=L= ldng k:ts k;n, ;xf/}\*, ;V

-hj fkm ul/G5 . uf}h}kyf eg\$}f] Psk\$}/sf] lr}f g}xf]. s; h}f0{b}x}f]ofP/ lr}f kg{k}g ; S5 slx}l}o}gkg{k}g ; S5 . gub k':sf/sf]; Defjgf geP k}t:kwf}f ; xeful g}g}g] eGg] 8l; lhl}sf] cfzo xf] eg]to; df bMv dfq JoQm ug{; S5f}. -; ≠





## d]h] :yfol; /xsf] ; ljwf kfpfhf t <

d @)^#^ ; fnb]v kfyls / xfn df=z= t[lo >0lfd sfo{t c:yfol lzlf s xF. ; jfr cbfntn]c:yfolnf0{klg :yfol lzlf s; /x ; jf-; ljwf lbg] k/dfbz lbP klg o; sf]sfof]og ePsf]5g . d]h]knfug, @)^& df clgjfo{cjsfz kfpf5' . d]h] :yfol; /xsf] ; ljwf kfpfhf t <

buf]Q snf]l, gfu]h] pdf]j, a]8L

; jfr cbfntsf] k/dfbznf0{ /sf/n] sfof]og gug] ; jfn]x5g . t/, cbfntsf]k] nfs]k0f{kf7 lzlf d]gfnodf cf0; s]f]5g . k] nf k]t ePk15 To; sf] k]qmf cl3 a9f0g]5 .

hgfb] g]kn, ;x;lrj, lzlf d]gfn

## cfof]nf0{ k]z

; /sf/ / lzlf s olgogarsf] ; D%]f]f cg; f/ sfo{t lzlf sx;nf0{df]s;j?k ut knfugsf]lzlf of cgdltkqs] k/lifdf ; fd]h u/f0Psf]5 . j t]fg lzlf lgodf]nl cg; f/ cgdltkqs nflu lzlfzf:q k9]sf]j]f lzlf; DaGw. b; dlxg]t]lnd lnPs]xgk5{. sfo{t lzlf sx;nf0{cgdltkq lnPsf] tlg jif]eqdf lzlfzf:q cWoog u/] xgkg] atf0G5 . olb gu/]sf]v08df p; n]kPsf]cgdltkq s] x65 <cgdltkqs]k/lifk15 t]sfn]s; h]lzlfzf:qs] cWoog k/f u/]df :yfol cgdltkq lng kf0G5 ls kf0G5 < clg knfugdf ln0Psf] cgdltkq k/lifsf]glthf slxn] k]flzt x65 <

8L= s]L, pnf]f]L, df]a

tlg jif]eq lzlfzf:qs]clwoog ; s]df cyj]f t]f]sPsf] t]lnd k]f u/]sf]v08df cgdltkq] ; j t]l :yfol d]gotf kfp5 . ut knfugdf ln0Psf]cgdltkq k/lifsf]glthf ebf] dlxgf]eq}k]flzt ug]u/l cfof]ndf sfd e0/x]sf]5 .

j]87k]fb sf'n] pk;lrj, lzlf s; jf cfof]n

## olgogn] af]hf] \

c:yfol lzlf sn]@)%@ ; fnsf]k/lifdf cgQl0f{eP klg lzlf s ; jf cfof]nsf] @)^@ ; fnsf] cf]tl/s k/lifdf ; fd]h xg]cj ; / kP . pQm k/lifdf klg cgQl0f{xg]k] k] / pd]sf]xb gnflg]u/l csf]k/lifdf ; xeful x65g\ . lzlf s-; /sf/ ; D%]f]f]df @! ; fpg @)^! e6bf cl3 c:yfol lgoQm kfPsf lzlf snf0{dfq}pd]sf]xb gnflg] u/l :yfol k]t:kwf]f ; lDdInt xg]cj ; / lbg nfluPsf]5 . t/ ; f]cj lw of lgoQm c:yfol / @)%@ ; fnk15 lghl ; f]df sfo{t lzlf sx; eg] :yfol sf] cj ; /af6 al-rt x65g\ . lzlf s] xslxtsf nflu u7g ePsf elgPsf lzlf olgog, ; 3, ; E7g / d-r h:tf ; :yfx

/fhglts bnsf uf]l dfq}aGg]xf] ls cGofodf k/]sf lzlf s] af/]f af]n]lbg]klg xf] <

/fdk]fb clwsf/L, ls/f-rf]s sfsL8f8f df]j, wfb^a

; /sf/; E ; D%]f]f ug]qmdf Pp6f lglZrt ; do-; ldf t]f]gkg]cj :yf lyof] To; h]@! ; fpg @)^! nf0{cfwf/ agf0Psf]xf]. To; df 56g]lzlf snf0{elj iodf o:t}cj ; / lbgkg]k] olgogn]cf]fh p7fpg]5 . /fxt / lghl; f]sf lzlf snf0{klg :yfol ug]k]dfu olgogn]ub]cfPsf]5 . lzlf s olgogn]sg} /fhglts bnk]t cf:yf /V/b]g . of] lzlf s}xslxtsf nflu lqmf]zln 5 .

k0f]hf]z]l, pk]Wof, g]kn lzlf s olgog

## ljz]f slff lsg x6f0of] <

b0{j if]cl3b]v P; Pn; L kf; u/L b; dlxg]t]lnd lnPs lzlf snf0{Ps jif]f]cWoog ug]ljz]f slff lb]f}cfPsf]df o; jif]f]To]f]cj ; / lsg glbPsf]xf] <@)^^ c; f]hdf b; dlxg]t]lnd ; s]f lzlf snf0{ lsg ljz]f slffa6 al-rt ul/Psf]xf] <

n]ygy ; j]l, dfur]l k]f]j, ah]x/f, wgs6f

t]kf0f] pRrd]Wolds lzlf k]/f]b]h] .ljz]f slff] ; -rfng gug]lg0f6 ul/Psf] ; \*gf kqk]qsfdf b]v] of] lh1f; f /Vg6Psf]xg; S5 . lzlf d]gfnon] d]gl:t/lo lg0f6af6 nfu"u/]sf]sfo]md c]g sg]lgsfoaf6 /]lsg ; S6g . xfdln]k]/f]b]h]E ; xsfo{u/] pQm ljz]f slff

## of] s/f ldNnf <

:gftsfQ/ kf; u/] tNnf]txsf] :yfol jf c:yfol b/aGblf sfo{t lzlf sn]cf]gf] :shdf pRr d]Wolds txsf] slff ; -rfng e0{pQm txsf] /fxt b/aGbl cfPdf tNnf]txdf /fhgdf glb0sg pRr d]Wolds txsf]b/aGblf lgoQm xg ldN5 ls ldNb]g <

eQmaxb/ v8sf, cf]bz{pdf]j, l56tf^a, wgs6f

## xfdf] ; j]fsf] dNof]sg x]hf] <

xfdlx; lj ut b0{j if]b]v :shsf] cf]tl/s ; f]sf] tna]f pRrd]Wolds txd] cllofk]g u/fp6}cfPsf 5f] . ; /sf/n]pRr d]Wolds txsf]lzlf s]b/aGbl l; hg]f ug]{klqmf yfn]sf]klg w]e0; Sof]. t/, o; sf] sfof]og ePsf]5g . \$) j if]{pd]gf3]sf]cj :yfdf b/aGblsf]lj 1fkg eof]eg]xfdl h:tf lzlf sn] ; j]fsf] dNof]g:j?k b/aGblf lgoQm kfPsf]h]s kfPsf] < /f]xt a9f, lj qmd alln, s]df k] / blks 3tl{ hg:]f pdf]j, /f^a]L, /f]kf

pdf]j sf]b/aGbl Joj :yfkgsf]v]sf g]aGg af]E] 5 . To; sf] 6E]f nfu]k]15 dfq}lj 1fkg, b/vf:t / lgoQmsf]dfkb08af/]s]l e6g ; lsg5 .

lj b]/fh lu/L, pk;lrj, lzlf d]gfn

; ~rfng u/\$fn] o; nf0{ ; r? ug] lj ifodf 5nkm  
e0/x\$]5 .

lzj sdt/ ; fksf, pklgbz, zllfs hgziQm ljsf; sllb

### dnf0{ dsf{ k\$of

d #@ h] @)^! df kllz t[lo >0lndf lgolQm kf0{  
cWofkg/t 5' . @# c; f]h @)^ sf]uf]vfkq df k\$flzt  
cftl/s kltoflutffds a9]fsf] lj 1fkgadflhd kllz  
latlo >0lndf] nflu cfj]hg lb0{ lnltv k/Llffdf pQl0f{  
e0{ dflvs k/Llff ; d] lbPsf] lyPF. t/, k/Llffkm  
k\$flzt xbf dnf0{kfF zllfs ; q gku\$]sf/0f b]f0{  
of]otf qmd ; rlaf6 x6f0of]. d]f]gf\$/L cj lw kfF  
zllfs ; q gku\$]eP lsg cfj]hg btf{ul/of]<lnltv  
k/Llff lnP/ To; sf] k/Llffkm k\$flzt ubf{d]f] gfd  
lsg ; d]f]z ul/of] / cGtj fff{ln0; s]k15 lsg of]otf  
qmdaf6 x6f0of]<

dx]j / /fo, uf]lz1 / pdfij, lghu9, af/f

lj 1fkgd}@)^) r] d; f]tleq kfF zllfs ; q k]f  
u/\$f lzlfns] a9]fsf] nflu cfj]hg lbg; Sg] p]n]v  
ul/Psf]lyof]. cGtj fff{sf qmdaf cfof]udf gfd]nl ?h'  
u/fpbf tkf0f]; j]f cj lw gku\$]fn]of]otf qmdaf6 gfd  
x6\$]xg; S5 . a9]fsf]cfj]hg btf{ug]clwsf/ ; Dalgw  
lhzsfnf0{g}lb0Psf]5 . dfkb08 gku\$]cfj]hg btf{  
ug]u/fpg]; a\$]ql6 xf].

kdbk]fb v/h, pk;lrj, lzlf; j]f cfof]

### s] of] ; frf] xf] <

ca kllj, lgdfj / df]sf /fxt lzlfxs;nf0{ qmdzll  
!@, !! / !) dlxgfsf]dfq} tna lbg] u/l lhzsfdf  
kl/kq cfPsf] ; lg65 . s] of] ; To xf] <

; ~hosdf / lt]f/L, g]f dfj, k]bf, af/f

tkf0f]; lgePsf] s]f unt / lg/fw/ xf]. o:tf  
xllnfsf]kl5 gnllgx]hf .

s]0fk]fb 9Efgf, pk;lrj, lzlf ljefu

### xfdf ; d:of ; lgo] \

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5' . hDf ?=@ xhf/ tna kfp5' . lzlf;- /sf/ ; xdl  
cg; f/ lj Bfno sdf/lx;sf nflu a9] cfPsf]/sda/]  
lh1fzf /Vbf lj Bfno k]f; sn]pQm /sd sdf/l]sf]  
tna dfq}xf]g rs, 8:6/, /lh16/ h:tf Joj:yfkgnf0{  
klg cfPsf] xf] eG] hjfkm lb65g\ . jf:t]df d h:tf  
lkogsf]tna:eQf / ; ljwf s]sit xf]-x]fdn]lzlf; /x  
; l-rt labfsf] ; ljwf kfp5]hs kfp5]f]<

c]a/axfb/ /fpt, dx]/fgu-h lgdfj, zlgzr/] %kf

lzlf;- /sf/ ; xdl cg; f/, sdf/l Joj:yfkgf  
nflu cf]y\$ jif{ @)^ ^& df k]f]yds, lg]d]f]l]olds /  
d]f]olds :shsf nflu qmdzll (?=@)), (?=@)) /  
(?=#)) k7f0Psf]lyof]. of]/sd sdf/l Joj:yfkgf  
nflu dfq}xf]. d; n]b vr]fkt lj B]f]l; ^Vofsf cfw]/df

5\$]/sd :shdf k7fpg]ul/Psf]5 . lj Bfnosf sdf/l]sf]  
Joj:yf ; /sf/n]ug]ge0{ ; Dalgw :shaf6 xg] u/\$f]  
5 . To; h]To:tf sdf/l]sf]tna:eQf ; /sf/n]lgw]f]of  
u/\$f]5\$ . :shdf sdf/l]n]lzlfns]h:tf]cG6 ; ljwf  
kfp5]g\.

s]0fk]fb 9Efgf, pk;lrj, lzlf ljefu

### d]h] b0{ u\$ kfp]f <

d]h].all >0lndf] t]fnd ln0{ @)% ; fndf kllj dlxf  
sf]df lgolQm kfpF. @)%& ; fndf ; fw/0f sf]df kl/0ft  
e0{ @)^ b]v ; f]xl kbdf :yfol ePF. of]cj:yfdf d]h]  
b0{u\$ kllj lws eQf kfp5' ls kfp5]G<

lj]0f]df cfrfo{ b/f0{f6l pdfij, /fdk/, kllkf

lzlfnsf0{t]fndafktsf]5\$}kllj lws eQf lbg]Joj:yf  
xfn; Dd ul/Psf]5\$ .

s]0fk]fb 9Efgf, pk;lrj, lzlf ljefu

### Inogn] klg eQf kfp5]g <

d @)%& ; fnb]v lgdfj txsf]lnog kbdf sfo{t lzlf  
xF. d]h]bu6 / dxEl eQf kfp5' ls kfp5]G<

r]b] a9]fy\$]l, l; Ddf/ lgdfj, wllnf, b]rf]f

lnog lzlfns]klg c; ; /x dxEl eQf kfp5]g\ . bu6  
eQf] nflu eg]lzlf dg]fnod]k]f cy{dg]fnod] k]tfj  
k7f0Psf]5 . o; df sg]lg]0f ePsf]5\$ .

s]0fk]fb 9Efgf, pk;lrj, lzlf ljefu

### cltl/St ; ljwf kf065 <

d]h]@( k]fug @)#& df k]f]yds -t]sfng rty{>0l]sf]  
c:yfol lzlfssf z kdf ; j]f yfn\$]xF. ! ; fpg @)\$ )  
df ; f]xl >0l]sf] :yfol lgolQm kf0{c66 ; j]f ub}cfPsf]  
5' . !\$ c; f/ @)^ ^\* df d]f]pd] ^) jif{k]b5 . o;  
lx; fan]c]sfz kfp]f d]f] ; j]f cj lw 7dfSs)#) jif{  
klg]b]V65 . #) jif{ ; j]f cj lwdf d]h]cG6 lj z]f ; ljwf  
klg s]xl x65 ls <

j]f; b] zdf{ hgs]lof kllj, bdf\$]f, ; l]ofg

sDtdf @) jif{ :yfol ; j]f cj lw k]f ePsf lzlfns]  
kl; g kfp5]g\ . t/, To]f]b]f a9l cj lw ; j]f u/f]kt  
lzlfns]lj z]f ; ljwf kfp]f]Joj:yf 5\$ . lzlf lgod]nl,  
@)% (cg; f/, tkf0f]c]sfz kfp]k15 lg]g lnltv 9f]fdf  
kl; g kfp]xg5 .

:yfol gf\$/L j if{ \$ c]lv/L dlxgfsf]tna  
%) 0 xg cfpg]/sd

dw;bg clwsf/L, pk;lrj, lj Bfno lzlf Istfavgf

-gf] ll ; fpg c]sf]lh1f; f / hj]k]l :t]ledf d]h] ; l-rt /sd kfp5'-d]eG]  
zlf]df k]f, Sof]l:yt ; ln]f d]f]sf lzlf lzj /fd k]f]hsf]lh1f; f]f]  
hj]km lzlf dg]fnosf pk;lrj lj]0fk]fb clwsf/lat6 k]f]t ePsf]lyof].  
ehjz clwsf]ls]g]df 5\$g uPsf]To; nf0{ ; Rf0Psf]5 . - ; +



# Izlfnsnf0{ kq

lkp Izlfs ; fylx;

cfh d tkf0x; ; E Izlff; E hfll8Psf ykdlWo  
sxl d2fdf xfdln] agfpgkg; ; f;sf ; Da6wdf sxl  
uGyg ug{u0/xsf] 5' . cfzf 5, ; wF%)+tkf0x;af6  
cfj Zos ; %fj / ; Nnfx kft xg] g} 5 .  
kqsf] ; ?cft lj Zjkl; 4 tlg hgf g;fx;sf] ; ^\

llfkt kl/roaf6 ug{rfxG5M  
cafxd lnlgM ul/a kl/jf/df hlGdP -!\* ) (,  
xlsP t/ klg k9y kFP . jsfnt kzfdf /xrf pgn]  
u/xf] dxgt by] pgsf ; xsdlx; 5Ss ky].  
cf7 jif{cfbntdf sfd ul/; skl5 l; g6/df n8y]  
lgwf] u/]. klnfn] k6s xf/] t/ csf] k6s -!\*^)  
l/klAnsg kf6]sf] tkmf6 /fi6kltsf] pDdhj/f/ 3flift  
eP / cdll/sdf pgs} kof; af6 bf; kyfsf] pGdhg  
eof] / khftGqdf ; /sf/ eg]sf] .hgtsf] hgtfif/f  
/ hgtfsf lglDt xG5U eGg] dG6otf cl3 ; f/]. o; /l  
cdll/sfsf] eljiosf] nflu lnlg] cf'gf] j tdfg lbP .  
tklg Pp6f kfn] pgsf] xTof u'of].

dxftdf ufGwLM /hsf] kyd >Qldf ofqf ul//xsf]  
dxftdf ufGwnf0{ pgsf] 5fnfsf] /'asf] sf/0fn] g}  
/haf6 s7of^a\uf] hf8f6f afx/ lgsfnof]. of]  
36gf; E] ufGw /Eeb lj?4 h6] / clx;+ cfGbfhgnf0{  
cuf18 a9fP . Toxl clx;+ cfGbfhgn ef/tsf] dlQmbftf  
aGof]. cGttM dxftdf ufGwlsf] klg xTof g} eof].

gll; g d08hfM blifof clkhsfsf] /Eeb zf; gaf6  
hgtfnf0{ dlQm lbg] gll; g d08hfn] cf'g} bzfdf @^  
jif{agbl hlj g latfP . blifof clkhsfsf] ; jTgqtsf  
nflu of] g} gll; g d08hfsf] alnbfg lyof]. o:tf  
Toful g;f la/n} e]lG65g\.

ol dx/yx;af6 xfdln] lng] 1fg s] xfhf t <  
o; sf] pQ/ @@)) jif{cuf18 slj ; Gt ly? afne/n]  
lb0; SgePsf] 5M atkf0x; s;enf] ug;nf0{ lb0gkg]  
; aP6bf /fd] ; hfo, pglx;sf] enf] ul/lbg' xf] .

FFor those who do ill to you, the best  
punishment is to return good to them"

dflysf g;fx;sf] ; D%gf ubf{ gkfnfsf] efl]nsf]  
; j?ksf nflu cfh xfdln] slt Tofu / alnbfg ug{  
; s;sf 5f;+eGg] dgg\ug{ plrt xG5 . o; ; Gbedf

kf7ak':ts lj Bfyl\$ f nflu n]lvPsf xg\  
Izlfssf nflu xf0gg\ . tl kf7ak':ts  
dfq k9] Toxl s/f lj Bfylhf0{ k9fP  
gofF1fg kjflxt xB . o:tf] ubf{  
lj Bfyl\$ f] 1fg / Izlfssf] 1fgdf sg}  
cGt/ xB .

oxfFij Zj Zj/k] fb sf0/fnf, klnfn >ij / dxfg  
rf/ zxlbx; bz/y rG6, uEfnfn, wdE0m / zqm/fh  
zf:qlx;sf] klg ; D%gf ugkg] xG5 . km/s olQ xf]  
lnlg, d08hf / dxftdf ufGwlsf l; 4fGtx; lTgsf  
/fi6df cfh klg plQs] hljGt / lqmfzln 5g\eg]  
xdf]df tl alnbfglsf] gfd dfq lng] t/ pN6f] af6f]  
c]ndag ug] k/Dk/f a; \$f] 5 . b; lgdf /  
lj;sf; sf nflu ; lfd g;f] cxd\; jfn xf]. Pp6f  
; lfd g;f] dfq b;df sfokn6 ug{ ; S5 . cfzf  
u/f+ gkfnfsf] g;f] ug] xfd] ; kfg ; fsf/ kf'g\.

o; ; Gbedf0{ hf8] Izlfs ; fylx; ; E ug{ dg  
nfuf] s/f xfl cfufdl ! ) jif{eqdf gkfnf0{  
sg uGtJodf n]hfg] < xfdl of] b;sf To:tf  
eflOzfnldWodf kg] gful/s xf;h; n] olt Izlfft  
eP/ gkfnfsf] eljio sf] s0f/f/x;nf0{ blift ug]  
cj; / kfPsf 5f; . o; df xfdln] uj {ugk5{ . b;znf0{  
sxFK'ofpg] eGg] ; f;sf ; fy lj Bfyl{ blift ug]  
sfd ug{ ; lsof] eg] xfd] af6f] km/flsnf] xG5 / xfdl  
cf'gf] nlof klg ; Sg5f; . clxn] ; lj-wfg lgdffsf]  
sfd klg xB . ; lj-wfg lgdff; Dd klg ol s/f kl]  
eg] tkf0x; xfd] ; kfg ; fsf/ kfg{ d2t klG5 . To; h]  
cfufdl ! ) jif{df sd; \$d tn lb0Psf lfx;df dfq  
xfdln] cf'gf] ; f;nf0{ cuf18 a9fpg ; Sof;+eg] xfd]  
; Gtlktl xfdln] Gofu u/xf] 7xg] 5M

!= ; ahf0{ Izlff ; wfhf0{ Izlff

@= ; ahf0{ :jf:Yo ; ljw

#= uf]dlf / zx/lalrsf] vf8ndf sdl

\$= kf/bzL / e]l6frf/dQm zf; g

%= slif, pBfu / ; jf lfgalr ; fd-h:otf

^= pnhf / z4 vfg] kfgldf ; j {he kxF

&= lg/lf/tf pGdhg, /fhuf/dhs Izlff / ul/al  
lgj f/of

\*= blifofPl; ofnl /fi6x; ; E Jofkf/df kl't:kwL

(= lbUuh, j) fgs / nufglstf] cfudg:yn-gkfn  
!) = ; /lft / zfgt gkfn

bz jif{eq olt dfq] ug] eg] nlo tf]sl cuf18

a9g ; s] xfdl] ; Gtltsf] eljio cjZo pHHjn xg5 .  
 ol ; a s/fnf0{ cuf18 a9fpg rfxg] ; fwgsf 2kdf  
 lzlfnf0{ lng ; lsG5 .  
 !) jifk15sf] gkfnst] sNkgfsf nflu zfob clxn]  
 xfdln] kofu ul//xsf kf7dqnd / kf7dk:tsn] sfd  
 ubgg\xrhf, tkf0+xfdl; E ePsf] 1fg dfq] klg  
 kof(t gxfhf, lzlfssf nflu xfn ul/Psf] nufgl /  
 To; sf] Joj:yfkg] gklnfl clg zfob tkf0+xfdl  
 h:tf lgljfy{ lzlfssx2sf] xfnst] ofubfg dfq] klg  
 sfkl x5g xrhf . To; h] kf7dqndblv Joj:yfkg; Dd  
 / nufglblv ; yfut ljsf; ; Ddsf sfdsf lgs}  
 kl/jtg ug{h?/l 5 . To; df tkf0+xfdl h:tf  
 lzlfssx2sf] 7hf] eldsf /xG5 . xfdlnf0{ lb0Psf]  
 lhDd]f/l lgwfl/t kf7dqnd / kf7dk:tsdf cfwfl/t  
 /x] g} k/f ugkg] aNlotf 5 / ul//xsf 5f+klg .  
 ol lhDd]f/lx2 k/f ubf{ eflnnf0{ ; d] ; f]r]  
 tkf0+zn] tnsf s/fx2df klg Wofg kfofpg' ePsf]  
 5 e6g] d]f] l] Zj; 5, h:tf]]

!= k9fpgsf] klg nlo xG5, ljifocg; f/ nlo km/s  
 xG5 t/ h; n] hg ljifo k9fP klg ; dli6ut  
 2kdf Pp6f lj Bfylsf] Pp6f dfq nlo xG5 .  
 @= ahf/df kf0g] kf7dk:ts lj Bfylsf nflu n]vPsf  
 xg\ lzlfssf nflu xfogg\ . tl kf7dk:ts  
 dfq k9] Toxl s/f lj Bfylf0{ k9fP gofF  
 1fg kjflxt x5g . o:tf] ubf{ lj Bfylsf] 1fg /  
 lzlfssf] 1fgdf sg} c6t/ x5g .  
 #= lzlfssf] k2fut ljsf; sf w} kf6fx2 5g\  
 To; dWo] :j-cWooG Pp6f kdV kf6f] xfl] . cfmh]  
 k9fpg] ljifosf pknAw kf7dk:tsx2 x5g  
 ; Sg] 1fgsf nflu lzlfsn] ToF6bf dflyNnf]  
 :t/sf] ; Gbe{ ; fdulx2 vflh u5{ cWooG u5{ /  
 lj Bfylf0{ 1fgjfg agfp5 .  
 \$= clxnst] ; r'gklj lwsf] oludf lj /n] kl/jtg xg]  
 xfdl kf7dk:tsx2df tflsPsf 1fg / ; lksf  
 ; ldf ckof(t xG5g\ . lzlfssx2df ; r'gf; flf/tf  
 h2/l 5 h; sf dflWodaf6 pglx2 kf7d; fdulsf]  
 ; fl] klxNofpg, To; sf] pkofu ug{ / lj Bfylsf]  
 1fgsf] lj Zj e08f/s} x/fxf/ldf kfofpg ; lfd  
 xG5g\  
 %= lj ifoj :tsf] 1fg / lzlf0f klqmfst] lj lwj t\  
 ld>0faf6 dfq ; km lzlf0f ; Dej xG5 . sg}  
 lj ifodf lj Bfj fl/lw jf :gftsf/ ubf] ; a} JolQm  
 ; km lzlfssf aG ; Sbgg\ . lzlfssf] k2fut  
 ljsf; sf nflu lzlf0f lj lwsf] 1fg clt cfj Zos  
 5 .  
 ^= cfhsf lj Bfyl{ PSsf0; f} ztfaBlst xg\  
 pglx2nf0{ 3f3fPsf] jf gfb l6kf0lbPsf] e/df  
 dfq nlo kof(t ug{ ; lsG5 . .kfh] \$6 jsf]  
 .uk jsf] . n]af] 6/l jsf] . .kfh] 06] gU h:tf  
 lqmfstnfkdf ; l/s u/fpg' cfj Zos xG5 .

&= lj Bfylsf] ; r'gf ; #f/df kxF 5 . pglx2dWo]  
 sltsf] cf^g} 3/df sDko6/ / 0G6/gb ; lj wf  
 pknAw xG5 . ; f0a/ Sofkntf] ; jf ; j{ he  
 xgyfnst] 5 . o:tf] cj:yfdf lj Bfylf0{  
 g} zlfssf g] jbf0f eldsfdf /vl lzlfsn]  
 ; xhstf] dfq} sfd ug{ ; S5 . o; f] ubf{  
 lzlfssf] lzlf0f ; dodf art xg] u5{ / ; f]  
 ; do gjlgtd ljrf/ / lqmfstnfkdf nufpg  
 ; lsG5 . xfd] lj Bfnodf klg ca o:tf ; fdf6o  
 e0; s2f klj lw leofpg] kxn ug{ l9nf0 ug{  
 xG5 .  
 \*= clxn] jfo/n] 0G6/gb ; jfaf6 sd vr6]  
 .ob6al rnfpg ; lhnf] ePsf] 5 . Youtube.  
 com/edu / ted.com h:tf search engine  
 x2sf] kofuaf6 xfdl cf^gf] slfdf 1fgsf] ; fl]  
 g} leofpg ; S5f+.  
 (= Pp6f klta4 lzlfssf] 1fgsf] ; fl] dflgG5 . pm  
 cfmh] k9fpg] lj ifodf lj Zj el/ s] s:tf ultljw  
 e0/x5g\ s:tf gofF1fgsf] cfj isf/ ePsf]  
 5, s] s:tf cg; Wwf ul/Psf 5g\ e6g] af/df  
 lzlfssf ; w} r'gfvf/ xG5 / kfof gofF1fgnf0{  
 cf^gf] lzlf0fdf ; djz ub5 .  
 != lzlfsn] cf^gf] dNoflg cf^gf lj Bfylf0{  
 kfltdf cfwfl/t agfp5 . lj Bfylsf] zlfssf  
 hljgsf] ; kmntf g} lzlfssf] ; kmntf xfl]  
 ol ; a u6yg ug5f] dVo tftko{ xfdldf xgkg]  
 .lehglst af/df ; fgl] 5nkm rnfpg' dfq xfl]  
 tkf0+ ; a} cf-cf^gf] lqdf lj lzi6tf xfl; n u/3f  
 lj afg\ xgkG5 . tkf0+ klg cf^gf] Pp6f ; fl]  
 agfpg ; SgkG5 / ToF] ; fl] nf0{ cf^gf] .lehgl cyjf  
 dflqgb2g dfgl cf^gf] JolQmut / k2fut eljio  
 pHHjn agfpg ; SgkG5 .  
 o; ; Gbedf ef/tsf k] / fi6klt Pj +kVoft  
 k/df0f' j] flgs cAbh snfdn] n]vst] ; fl] ; Da6w  
 Pp6f sljtf oxfPbWt ub] snd agb ug] cgdlt  
 rfxG5M

The vision  
 I climbed and climbed  
 Where is the peak my lord?  
 I ploughed and ploughed  
 Where is the knowledge treasure my lord?  
 I sailed and sailed  
 Where is the Island of Peace my lord?  
 Almighty! bless my nation  
 With vision and sweat resulting into happiness

tkf0+ ]xt] l Idq,  
 dgk] fb j fln]  
 ; fpg @)^&



# /fhgllt 5f8f}

**cf** h rf; klf; kdf ; fdbflos of ; /sf/L l j Bfnodf  
 lzlfssf] u0f:t/ vl:s/xsf] 5 eGg] cf/fk  
 ul-h/xsf] 5 . ; fdbflos l j Bfnosf lzlfssf] tna-; l j wf  
 lghl l j Bfnosf] thgdf s8f} u0ff a9l x8f klg ltg}  
 l j Bfnosf] zlf]s u0f:t/ lsg Gog eGg] kZg p7g]  
 u/sf] 5 . ; fdbflos l j Bfnosf lzlf]sn] k8f] sf/L  
 lzlf0f s; /L ug] eGg] l j ifodf k6s-k6s tflnd lnPsf  
 x65g\ . hals lghl l j Bfnosf lzlf]sn] To:tf l j l j w  
 lsl; dsf t s] s/f Pp6f ; fdfgo lzlf0f tflnd ; d]  
 lnPsf x65g\ . t/ kl/0ff eg] lghl l j Bfnosf] pRrtd  
 / ; /sf/L l j Bfnosf] Psbd] sd cfp]g] u/sf] 5 . o:tf]  
 be]f]ok0f{ l:y]tsf] l; h8f s; /L eof] < o; df lzlf]j b\  
 tyf ; /sf/n] l r6tg-dgg ug] cf]j Zos 5 .

d]f] l j rf/df ; fdbflos l j Bfnosf] zlf]s :t/  
 v:sgsf k5fl8 lzlf]sx; sf]g] 7hf] xft 5 . lzlf]sx; n]  
 tflnddf l; s8f] lzlf0f l j lw / 1fgsf] k8f] lzlf0f sfof]  
 gugf]n] g] tl l j Bfnosf] zlf]s u0f:t/ vl:sPsf] xf] .  
 csf] clt g] dx]k0f{ sf/s lzlf]sx; n] ug] /fhgllt  
 xf] . kZfut xs]x]tsf lglDt eg] ; fdbflos l j Bfnosf  
 lzlf]sx; sg} g sg} /fhgllts bn lgs6sf] ; 3 jf

; E7gdf cfa4 5g\ . /fhgllts bnsf] e]t[ ; E7gsf]  
 ; b:0 ag] lzlf]sx; n] cf^gf] ; a8Gbf klxn] lhd]f] l  
 g] la; 8} uPk]5 zlf]s u0f:t/ pRr /xg s; /L ; Dej  
 xG]yof] <

kZfut xs-lxtsf] lglDt lzlf]sx; uf]ha4 xg'  
 h?/L 5 . To; lglDt sg} klg /fhgllts l j rf/wf/feGbf  
 dfl y p7] bZe/sf lzlf]sx; sf] Pp6f dfq ; E7g jf  
 ; 3 :y]k]g ul/gk5{ . lzlf]ssf] kZfut wd{/ dof]  
 eg] cf^gf] sfo]k]t 0df]gf/ / lgi7j fg a6g' xf] g  
 ls /fhgllts bnk]t . olb s; hf0{ /fhgllt g} kof/]  
 n]U5 eg] lzlf0f kZf 5f8] ; jR5 /fhgllt ug]t/ n]Ug'  
 /fd] x65 . lzlf]s t bZ lgd]f]sf] d]b08 xf] . o]l  
 lzlf]ssf] p]k]0ffn] /fi6«lgdf]f ug] JolQmsf] h6d x65 .  
 /fi6«eQmsf] pbo x65 .

lzlf]sx; l j leG /fhgllts bn lgs6sf] ; 3 jf  
 ; E7g, d-rnufotdf cf]4 ePsf] sf/0fn] lzlf]sx; ar  
 cg]j Zos l j j fb / 6s/fj b]vg] u/sf] 5 . o: sf]  
 H]n8t pbf]x/0fsf] ; kdf @)^^ ; fnsf] P; Pn; l k/l]f]sf  
 lglDt l j /f6gu/df ePsf] s8f] w]f af8k]f]8sf] 36gfn]0{  
 lng ; ls65 . Toxf]P]dfn] dfcf] fbl / sf^u] lgs6sf

# ; kmntfsf b0{ 6qnf

**d** k]f]y]ds txsf] lzlf]s xF . tyf]k d :gfts 5' .  
 xfd]sxf]k]f]y]ds txnf0{ pk]ff ug] ul/65 . t/  
 cf]k]r]f]l/s lzlf]ssf] d]b08 g} k]f]y]ds tx xf] .

ch8 d]f] l j Bfnodf slff ! sf] l j Bf]yl{ xf] . pm  
 cToGt l j kGg kl/jf/sf] 5 . p; sf] cf^an] Pshf]  
 l j Bfno k]f]z]s; Dd kfp]g ; s8f] 5g . vfnlv]sdf  
 l j Bfno cfp5 . pm k9f0df cToGt sdhf] ; d]  
 ePsf]n]p; nf0{; a]h]x]y] . d :j o-klg p; nf0{xsf]g]  
 / xlgt]f]w] u/fpg] uy] .

Pslbg dh] ch8nf0{ k]f] ; flxt ug] l j rf/ u/F .  
 p; nf0{ g]hs /v] eg] f]ach8 d klg ; fg]df ltdl  
 h:t} vfnlv]s] :sh hf]y]F/ klg t d cf]h lzlf]s  
 xg; s]F . ltdl klg /fd]k]9] d h:t} ; / ag; S5f] .  
 d]f] s/f ; g] pm d; Ss xf]of] . ; w]F8/fpg] df65]  
 l j :tf/} 8/fpg 5f8df] . p; n] c^u]h]sf A b]v E  
 ; Ddsf k]F clf/ dfq l rG]yof] . Pslbg dh] p; sf

cu]f]8 c^u]h] clf/ n]v]Psf ^Nof; sf8{/ flv]bPF/  
 Pp6f v]h]f]g] sf/ klg lbPF . To] sf/df "CAR" n]v]Psf]  
 lyof] . p; n] t?Gt} c A R sf tl]g] 6f ^Nof; sf8{nx/}  
 /v] eg]of] a; / CAR -sf/ E d 5Ss k/F . lzlf]ssf]  
 Pp6f ; fg] ; sf/]tds Joj xf/n] l j Bf]yl{sf] l; sf0 slt  
 ; xh xg; Sbf]x]5 U dh] k8f]w] u/sf] l j Bf]yl{sf] b]t lzlf0f  
 l j lwsf] of] Pp6f ; kmntf lyof] .

; :d/0fsf] csf] k]f]6] k] E cf^g] l j Bfnosf] . u0f:t/lo  
 lzlf]df ; lfd k]w]g]w]f]k]ssf] eldsf ldo]sf] h:t} x65 .  
 lzlf]s sf @%cf]c] ; Dd s8f] k]cx; sf] sZn sfo{  
 ; Dkfbgsf af/]f ; dfrf/x; 5flk0; s8f] 5g\ . To:t}  
 sZn k]csf] k^N]stdf kg]g] JolQm xg\ l%k] pdflj,  
 l; Gwk]Nrf]ssf k]c 1fg]b]k] fb k]f]h] . d]f] b]f]6df  
 k]c k]f]h] zlf]s l]q]sf To:tf w/f]x/ xg\h]f] ; Dej tM  
 bZs} Ps gdf] k]c xg; S5g\ . pgs} g] l j n] ubf] of]  
 l j Bfnosf] zlf]s, e]f]ts ; wf/df sf]ofkn6 ePsf] 5 .

lzlfS ; 3 ; E7gn] s[bfWolfsf] w} kb xTofPsf] ljjbn] lzlfS-lzlfSalr %8ks} ?k lnPsf] lyof] . lzlfdf ePsf] a9bf] /fhglltn] ubf{g} o:tf czfeglo sfo{ug{ ; d} lzlfSx; pBt ePsf xg\ . o:tf kl/l:yltdf lzlfssf] dofbf s ; /l pRr xg ; S5 < a? lzlfS cfmf] cf'gf] dfgdbg ubfg\ eGbf cTolQm gxfhf .

o:tf] cj:yf /x] Dd bZsf] zlfS pGgl xg} ; Sb; . afnaflnsfnf0{u0f:t/lo lzlf lbgSf lglDf lzlfSn] /fhgllt xF0g lzlfGllt k9gk5{ . clg /fi6m] klG Pp6f e/kbf] lzlf lgodfj nlsf] lgodf u/l ; /n / :ki6 efiffd lzlfSx; /fhgllts bn lgs6sf] ; 3 jf sb} lsl; dsf] ; E7gdf cfa4 xg kfpG] 5ggV ltgn] /fhgllt klG ug{kfpG] 5gg\ e6g] s/f nlvGkb5 . gg t bzn] lzlfdf u/\$f] nufgl ; wFafnjfdf kfgl xfn] /x g} e0/xG5 . xfn; Ddsf gkfnl kl/36gFx; lgoNbnf h}hdf /fhgllt kjZ u/\$f] 5 ToF] lFg 8fdf8fh ePsf] 5 . lzlfSx; u6-pku6 / kb6 ge0{Psh6 eP/ nfluk/df bZsf] zlfS u0f:t/ lgs} dfly p7g ; S5 . lzlfSx; ; dod} lj Bfno hfG] 7ls ; dodf slffsf]fdf kjZ u/l kof{t ; do lzlfOf lqofsnfk ug{yfnG] xf] eg] lgZro g} ; fj hlgS lj Bfnosf] u0f:t/ j l4 xg ; Sb5 / ; fdbfos lj Bfnosf lzlfSdf nfu\$F] . cN5}df:6/l sf] nf-5gf klG ; dkt xg5 .

dbg clwsf/l

s-rgh^Bf lgdfij , d]lgu/-!# , %ffk

; sf/flDs ; f]sf wgl ol kcfSf] ; an klf eg\$F] kf/bzL{ Joj xf/ / g} j bfol lfdtf xf] . .kTy/sf] hj fkm kmhn] lbg] : jef] sf kf8h lj Bfnodf cgkl:yt ePsf] lbg x5g . pgsf] zfnlg , eb] / ldng; f/ r1/qsf] kZ+f gu/l sfXl /xg ; Sb; . blgs !@ 306f lj Bfnodf latfpg] kcf kf8h \* lkl/o8; Dd k9fp5g\ . pgsf] kZf; lgs tyf eflts lgdf0f / Joj:yfkg, u0f:t/ tyf lj Bfnosf] aKQ/ lj sf; df tlnlg /xg] pgsf] blgsl hf] s; \$f nflu cgs/Oflo aGg ; S5 . lj Bfnosf] pRr l; sf0 pknAw:t/ ; DkGg eflts k]f/f/ , afndol Pj +j Bfyl\$fbt lzlfOf tyf pRr pQlOf{b/- pgs} lfdtfsf ; km kl/Ofd xg\ . o:tf sd\$F lzv/ JolQm] sf] ; ah] plrt ; Ddfg / rrf{ugkb5 eGg] nfu5 .

tf/fgy gkfn

l%k{pdfij , kmNkEs\$-\$, l ; Gwkfnrf\$

# ..d lzlfS xF lS c; sXl <U

# c; f/ @)%% df hgkpb kfij , Hofld/]\*, kmNkdf c;yof lzlfS lgoQm ePF. lgoQm lng'ufj} lzlfS ePk15 cleefj s+l Bfyl{E zlfS r]gfsf s'/sfgl ug] / zlfS ; yfklt pxfE;sf] ; sf/flDs eldsf a9fpg cleofg rnfpg] ofhgf agfPsf] lyPF. t/ cf'gf] ToF] ; kgf !@ jif\$F] cjlw; Dd cw'/f] / ck'/f] /x\$F] cfTddNof] g u/\$f] 5' . c%}d sNkG5U ..d s; /l c; n lzlfS aGg] U

kmNk lhnNsf ^% ufj ; dWo] eflns, ; fdlhs, cfly\$ / zlfS cflb ; a) bfi6n] Hofld/] lk518Psf] >0fndf kb5 . oxflZlft eg\$F lzlfSx; g} xg\ . rf/ jif{cuf18; Dd xfd lzlfSx;n] ; a\$F l'lkqx; n] lVbg' / kl9lbgkb'of] . ufpE6fh / ufj ; :t/sf %}u8f jlsn=Gofonon]h:t}u/l clxn] klG l5grkmgf] ugkb5 . ; xsf/l ; yf, ; fdbfos jg, ufj ; sf lj jw ofhgf sf pkeDmf ; lldtf lzlfS ga;l w} 5g .

ufj ; sf b0{j6f ; xsf/l ; yfdWo] hgp4f/ art tyf COf ; xsf/l ; yfd @)%^ ; fnb]v lg/Gt/ zkdF ; lrj +Joj:yfks=cWolF /xgkg]afWotf k'of] . ; fdbfos jgdf ; lrj /x\$F] !\$ jifEGbf a9l eof] .

ufj ; sf] ahb lj lgothgdf eldsf lgjfx ugkb5 . pk:jf:Yorf\$lsf] Joj:yfkg ; lldtf a:gkb5 . ufj ; sf a7sdf ; xeful xgkb5 . s; h] eg\$F] ; D%65- . dflg ; sf] cjtf/ Pp6f xF0g gf] 6f xG5 U nfu5U ToF] syg d} hlj gdf r1/tyf{xG5 . dh] kfoM ; a) lFgsf] lhDd] f/l ; dxln; s\$F] 5' . hg; dbfosf] a7s, /fhgllts bnsf ehf / ufj ; a7sdf dh] z4 lzlfssf] zkdF sfd ug{lbg / c6o lhDd] f/l kG5f0lbg k6sf] ofrgf u/\$f] 5' . zlgaf/nufot c6o ; fj hlgS labdf cf'gf] JolQm ut sfd u/\$f] sd} ofb 5 . zlgaf/sf] d\$F kv} a7ssf] lgDtf] ugkb5 . dlxfx; ; zQm xF0g\hg; dbfo To:t} xF0g\ / lzlfSn] ; f/f lhDd] f/l axg ug{gk/f] \egl cf'gf] lj rf/ /fVg] ub5' .

; dfh; jf ug{ dg nfu5, t/ dflysf lhDd] f/l / efluf0 d}f] rfxgfeGbf afWotf a9l xg\ To; h] j h] j h] dfd d cfmf0{kZg ub5' ..d lzlfS xFjf c; sg} U of] cf'g} ; jnsf] plrt hjfkm kmhf gk/7 g} xF0f c; n lzlfS aGg] rx / stfoaf6 d 6fl9Psf] h:t} nfu5 . tklg c; n lzlfS aGg] ; jndf d}f] dg c%}c3fPsf] 5g .

6\$axfb/ kNnl

hgkpb lgdfij Hofld/]#, kmNk

# Ij Bfno ; f{JolQmf0{lgb{zsf

**Ij Bfnosf** ; f{JolQmsf] e'ldsfnf0{ kfjfsf/L tNofpg lgb{zsf Nof0g] ePsf]5 . lzlf ljeufsf pklgbzs hljg zdf{ kf8hsf] ; ofhsTjdf ul7t ; ldltn]tof/ u/\$f]kljtjhgdf /x\$]...; f{JolQm Joj:yfkg lgb{zsf-@)^& sf] d:ofbdf lhzcscf] ; ofhsTjdf kfF ; b:olo ; f{JolQm lgoQm l; kmf/ ; ; ldlit u7g ug{ ; %j lb0Psf]5 . ; ldltdf lflzlg] t\$]sf] clwst, lhNnsf] ; fdbflos dfij sf kc, lhzsf] sfoqmd xg] clwst klitlgw ; b:o / lhzsf] sfoqmd xg] clwst ; b:o ; lrj /xgkg] ; %0Psf]5 .

clxn]Dd lzlf ljeufsf]kl/kqsf cfwf/df ; f{JolQmsf] Joj:yfkg xB} cfPsf]5 . pklgbzs kf8h e65g\ ; f{JolQmaf/] :ki6 Joj:yf gxhf :sh ; k/lj]f0f / c6o zlfzsf sfoqmdf blvPsf ljeleG ; d:ofx; of] lgb{zsf hf/L ePk15 Joj:yt xg5g\& ljeufsf cg;f/ clxn]!

xhf/ (! j6f ; f{ s0bx; 5g\ . zlfzsf of]otf, tflnd, cgej, k|tfjgfkq h:tf dfkb08sf cfwf/df !)) c[sf] dNoflg k4ltaf6 ; f{JolQm lgoQm ugkg] k|tfj d:ofbdf 5 . dfwolds txdf sDtdf kfF jif{:yf0f cj lw kl\$ lzlfsx; ; f{JolQmsf nflu of]o xg]eP klg dlxfnsf]xsdf o; nfo{ c9f0 jifdf ; lldt ul/Psf]5 . lgb{zsfdf xfn sfo{t ; f{JolQm; sfod}/xg] / lgb{zsf hf/L ePk15 xg] lgoQm gofF Joj:yf cg?k xg] pNny 5 . t/, lgb{zsfdf ; f{JolQmsf] kbj lwsf]kljwfg rlfxF :ki6 5g . tTsfnnf0{lJ Bfno lfg ; wf/ sfoqmdsf] cj lwe/ -; g\ @)!%\_ ; Dd ; f{JolQmsf] kbj lw tf\$g ; %j lb0Psf]5 .

lgb{zsfdf ; f{JolQmf0{ c6o lzlfzsf /x lxpB} tyf av{lafb lb0g] pNny 5 . xfn :sh labf xB} pglx;n] labf kfg] u/\$f 5gg\ .

To;f] t :shsf] ; k/lj]f0f, tflnd ; ~rfng, lzlfzsfnf0{ ; Nnfx lbg] h:tf tflsPsf]lhDd]f/klit pQ/bfol gePsf]eGb} ; f{JolQms} sfoz;hklit klg kZg p7b}cfPsf]5 . k|tfij t lgb{zsfdf ; f{JolQm; kzf; lgs ; kdf lhzc / sfo{t ; kdf lJ Bfno lg/lifs, ; f{ s0b] Joj:yfkg ; ldlit / ; dxsf :shklit pQ/bfol /xg] h:tf !\$ aB} lhDd]f/L tflsPsf]5 . To; klt lhDd]f/ gb]VP lhzc cfk;h] ; f{JolQmf0{ x6fpg] k|tfj lgb{zsfdf 5 .

lgb{zsfdf ; f{ s0b] Joj:yfkg ; ldltn] gofF Joj:yf k|tfj ul/Psf]5 . ; f{ s0b] /xg] :shsf] Joj:yfkg ; ldltsf]clwlf To; sf] ; ofhs xg5g\ . ; f{ s0b] :shsf] kc, ; DalGwt lfgsf] ljlg, ; f{ s0bleqsf b0{hgf kc / Ps hgf Joj:yfkg ; ldltsf clwlf ; b:o /xg]5g\ . cfwf/et tyf kfyls lzlf kl/ofhgf; @)\$( ; fmb]v ; f{ s0bx; ; ~rfng xB} cfPsf 5g\ .

## /fhglltzf:q ljeufdf .0l08of r0/Ú



**lqejg** lJ Zj lJ Bfnosf]/fhglltzf:q s0b] ljeufdf ef/tlo kf1 -0l08og r0/\_ /xg] Joj:yf ul/Psf]5 . b0klflo ; f:s[ts ; DaGw ; b0ls/of ug\$ nflu pQm .r0/Ú /flvPsf]ef/tlo btfj; n]hgfPsf]5 . & ; fpg @)^& df lqlj sf pkshklit kf8f= dfwj k|fb zdf{ / ef/tlo /fhb't /fsz ; bn] o; ; DaGwl ; xdltkqdf x:tf]f/ u/\$f 5g\ .

; xdlit cg;f/ ef/tlo kl/ibh]lqlj lj ; f k/fdz{ u/ ef/tlo kf1 lgoQm ug\$ . To; /L lgoQm xg] kf1sf] kbj lw cS6f; @)! b]v b0{ jif\$] xg5 . ef/tlo kf1n]lqlj lj, /fhglltzf:q ljeufsf] lzlf0f, cg; Gwfg tyf kf1s sfoqmdnf0{ ; xofu ug[atf0Psf]5 . kf1sf nflu tna=eQf, dl8sn ladfufotsf vr{ef/tlo btfj; n]Joxfg] / pgsf nflu ; lrjfnosf] Joj:yf lqlj n] ldnf0lbg] ; xdlit ePsf]5 .

lqljdf ef/tlo kf1sf]lgoQm]b0{klflo kf1s / ; f:s[ts ; DaGw ; b0 ug{ ; xofu klug] ck]ff ul/Psf]5 .



# olgogaf6 9sfnsf]labf0{



**gkfn** lzlf s olgogsf cWOLF s[Ofk}fb 9sfnn]cWOLF kbaf6 lbPsf] /flhgdf :jls[ ePsf]5 .#@ c;f/ @)^& df a; }f] olgogsf] s[bllo ;ldltsf] a7sn] pgsf] /flhgdf :jls[ u{/}xf]. 9sf n &-\* j }zfv @)^^ df ;DkGg olgogsf] /fli60 dxflwj }zgaf6 rf/j if] sfo\$fnf nflu cWOLF 5flgPsf lyP . 9sfnn] & r} @)^^ df pd} xb k7f e0{ lzlf s kbaf6 clgjfo{ cjsfz kfPsf sf/of cWOLF kb 5f8}f xg\ . olgogsf] ljwfgd kdlv kbflwsf/l xg ;fdbflos :shsf] b/aGblsf] lzlf s xgkg[ kljwfg 5 . olgogn]j/i7 pklWOLF lbnaxfb/ hf}zlnf0{ sfo{fxs cWOLF tf} }f] 5 . olgogdf gkfn lzlf s ; } / gkfn /fli60 lzlf s ;E7gsf kl}tlglw fnk}fnf] cWOLF xg] Joj:yf 5 . rfn' sfo\$fn ;E7gsf] knfn}f

k{/}fn] p; n] rog u{/}f] JolQm g} olgogsf] cWOLF xG5 . olgogsf] :yfol cWOLFdf s; nfo{k7fpg] eGg] 6Ef] ;E7gsf] !! / !@ ebf}f a:g] s[bllo ;ldltsf] a7sn] nufpg] hfgsf/l ;E7gsf cWOLF afa/fd clwsf/l] lbPsf 5g\ . @)^#^ ;fnblv gkfn /fli60 lzlf s ;E7gdf nfu}f 9sf n lzlf s olgogsf] g}Tj df cfpGcl3 pQm ;E7gsf] dWodf-rn pklWOLF / To; cl3 s[bllo ;b:o lyP . % knfug @)^( df l; Gwhlsf] sdnf dflj af6 lzlf of k}zfd k}z u{/}f 9sf n @)^\$& ;fnblv cjsfz kfpGcl3; Dd l; Gwhlsf] uf}dl pdflj sf k}f lyP . #\* j if] lzlf of hljgdf pgn] %08} #) j if] k}f sf] ;kdf latfP . olgogsf] lhDd] f/Laf6 lgj D ePKI5 9sfnn] lzlf s ;E eg] }zlzf of k}z df dofbt ePdf dfq

;dfh / /fi60f lzlf sx;sf] dof}f / zl/ dily p75 . To; }h] ;a}lzlf s / lzlf s sf k}z fut ;yfx;sf] Wofg cf^gf] k}z fut bfoTj lgj fx ug}f s[bt} xgk5{Æ

;E7g kl}zlfofsf] tof/Ldf

**clvn** gkfn lzlf s ;E7gn] cf^gf s[bllo ;b:o tyf lhNnf cWOLF; d} b}zel/sf @)^) hgf lzlf sx;nfo{ ;ftlbg] kl}zlfof slf rnfpg]ePsf]5 . ;E7gsf dx;lrj nfnaxfb/ al;lsf cg;f/ c;f]hsf] klxnf] ;ftf xg] pQm sfo}mddf ;E7gsf s[bllo kbflwsf/lx;n] kl}zlfof lbg5g\ . kl}zlfofsf] ljifoj:tsf af/d}f dx;lrj al;lsf]syg 5, }xfdf] ;E7gdf cfj 4 lzlf sx;sf] k}z fut, kl}1s / g}Tj lfdt lj sf; ug] nlon] of] kl}zlfof cfof}hgf ug{ nfluPsf] xf] . tflndn]xfdf] lzlf sx;nfo{lzlf of k}zklt c; j knfb/ agfp5 eGg] ljZjf; lnPsf 5f}Æ

## c:yfol lzlf s e}hft/

**c:yfol** lzlf s cfGbr}hg ;ldltn]% ebf}f c:yfol lzlf sx;sf ;d:of ;dfwfgsf pkfoaf/] 5nkm ug{ c:yfol lzlf sx;sf] /fli60 e}hft ug{ ePsf] 5 . ;ldltsf cWOLF lg/}bl sf/sf cg;f/ pQm e}hfd df}af6] ku}f lhNnfaf6 sdtdf tlg hgf c:yfol lzlf s sf7df8f]cfpg]5g\ . e}hfd !! sfIQs @)^^ df ;sf/ / lzlf s sf k}z fut ;yfalr ePsf] ;xdt tyf c:yfol lzlf s sf cG0 ;d:of af/d}f 5nkm xg] atfOPsf] 5 . c:yfol lzlf s sf ;d:ofs af/d}f gkfn lzlf s olgog, gkfn z}lfs uoftlGqs d-r / dw}z lzlf s ;dfhn] c:yfol lzlf s ;E Pp6f / ;/sf/ ;E csf]s/f u{/}f sf/of ;dfwg glg]SnPsf] cWOLF sf/sf] 7Dof0 5 . sf/ eG5g\

}zlfs sf ;y / ;/sf/alr ePsf] !! sfIQssf] ;xdt] c:yfol lzlf s sf ;d:of ;dfwg xG5 eGg] xfdlnf0{ ljZjf; 5g . xfdl ;a} c:yfol lzlf snfo{lnlvt, dfl}vs / k}f}ufds k/l}fd ;xeful u/fP/ ;km xg}hfo{ :yfol ul/gk5{ eGg] klfd 5f} . o:t} kl}k}w}f c; km ePdf xfd lzlf of k}zaf6 aflxl/g tof/ 5f} . t}lg ;/sf/ xfd] of] dfu ;Gg tof/ 5g}Æ c:yfol lzlf sx;n] @)^ ;fpgdf cf^gf ;d:ofaf/] dlxnf ;ef; bx;sf] Wofgsif}f u/fPsf lyP . ;ljwfg; ef cur}8 wgf{lbP/ ;/sf/nfo{bafa lbg pglx;n]dlxnf ;ef; b}nf0{cfux u{/}f lyP . dlxnf kl/of}hgf / b/aGblsf u/l sl/a \* xhf/ c:yfol dlxnf lzlf sx; /x}f] atfOPsf] 5 .



# lz/lfs sf] gofθoj : yfkg



; xsf/l  
; b:oxzsf]  
; fdlx  
tl:a/ -dfly\_ .  
cWOLF blks  
yfkf .

@^\$ df3blv lxdfn Pzflj; P; g  
af6 k\$flzt xB}cfPsf] lz/lfs  
dfl; s o; }c|blv 1fg-lj 1fg  
zllfs ; xsf/l ; yf Inld6B  
af6 k\$fgz xg yfn\$] 5 .  
lz/lfs nf0{ cfdlge\ / : j tGq  
k\$fgzsf ; kdf lj sf; ugI  
pZlon] lxdfn Pzflj; P; g n]  
klqsfsf] k\$fgz, Joj : yfkg,  
; -rfngnufot ; Dk0f{ : j fldTj /  
bfloTj ; xsf/l ; yfnf0{x: tfgt/Of  
u/\$] 5 . lxdfn Pzflj; P; g s}  
kxndf : yflkt 1fg-lj 1fg zllfs  
; xsf/l ; yf ; xsf/l l8lehg  
sf0fho, nlnkt/df btf{  
-^&@÷@)^ ^÷^& ePsf] 5 .  
lxdfn Pzflj; P; g sf] tkm6  
lgbzs a; Gt yfkf lz/lfs  
dfl; ssf] k\$fgz /lxcPsf]df  
gofθoj : yf cg; f/, 1fg-lj 1fg

zllfs ; xsf/l ; yf Inld6B  
sf cWOLF blks yfkf k\$fgz  
ag\$ 5g\ .  
o; cl3 ! ) jzfv @)^& df  
; DkGg ; xsf/l sf] kyd ; fwf/Of  
; efn] blks yfkfsf] cWOLFdf  
sf] / zdf{pkfWOLF, rlnqsOf  
hfzl ; lrj, afa/fd lj Zj sdf{  
sf]WOLF tyf /fhQb] bxfn,  
8f- gf] nlszT] /f0\ ; bzG  
l3ld/] slj tf yfkf / j Gbgf  
>]7 ; b:o /x\$] sfo{ldlt  
u7g u/\$] lyof]. kyd ; fwf/Of  
; efc13 ; xsf/l sf] ; yfks  
cWOLFdf sgsdlOf blifT lyP .  
of] ; xsf/l n] lz/lfs, lj Bfyl{  
/ ; dbfoalr lz/lf, lzlfOf /  
lz/lfssf af/df ; Dj fbsf] 9f\$  
vfh] lz/lfssf] zllfs, af]4s,  
kzfut / ; lkut lfdtf clej [4

ug{ lj leGg sfo\ ug] nlo  
lnPsf] 5 . ; xsf/l sf] kf/ldes  
z\ / kfl ?#% nfv /x\$] 5  
eg] ; yfks ; b:o ; aVof @^  
hgf 5g\ . elj iodf ; b:o ; aVof  
lj : tf/ u/l lz/lfs dfl; ssf]  
kj4Gdf ; xeful xg rfxg\ ; nf0{  
; dGg] nlo /flvPsf] 5 .  
gkfnf ; xsf/l ; yf  
k\$fgz /x] klqsfsf] Jofj ; flos  
k\$fgz yfnPsf] of] klxn] 36gf  
ePsf] l8lehg ; xsf/l sf0fho  
nlnkt/sf ; xsf/l clwst  
ablk] fb ltj f/ln] atfPsf  
5g\ . clxn] Dd lz/lfs dfl; ssf]  
@ ( cf k\$flzt e0; s\$  
5g\ . lz/lfs sf] k\$fgz ; f9]  
b0{ j ifcuf18 ; p b lr18g gj]  
sf] cfly\$ ; xofudf ? ePsf]  
lyof] .

# हाम्रा केही साहित्यिक प्रकाशन



लेखक : गोपाल पराजुली



लेखक : डा. तुलसी भट्टराई



लेखक : हरिभक्त कटुवान



अनुवादक : श्याम प्रधान



लेखक : लैनसिंह बाढदेल



लेखक : जीवनाय धमला



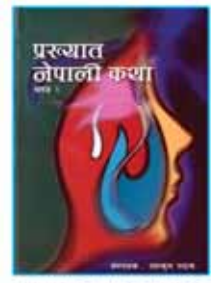
लेखक : प्रदीप नेपाल



लेखक : डा. गोविन्दराज भट्टराई



लेखक : गणेश रसिक



सम्पादक : ब्याम्बुल पाठक



**रत्न पुस्तक भण्डार**

बैङ्कमार्ग - ७१, बागवजार, काठमाडौं, नेपाल । फोन : ४२२३०२६, ४२४२०७७



रेडियो सगरमाथा १०२ थोप्लो ४ मेगाहर्ज  
नेपाली रेडियो, नेपाली आवाज

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

सधैं १५ मिनेट अगाडि

**हालचाल**

(सरल, शुद्ध र नेपाली भाषामा)

हरेक दिन

विहान: ८:४५ र ११:४५ दिउँसो: २:४५ र ४:४५, साँफ: ६:४५ र ८:४५

बीबीसी नेपाली सेवा

हरेक बेलुका ८:४५-९:१५ सम्म



रेडियो सगरमाथा  
Radio Sagarmatha

रेडियो सगरमाथा एफएम १०२ थोप्लो ४ मेगाहर्जमा

cfj /Of P; Pn; L glthf- @)^^^

kpfh cfof

# C Aan ; fdbk

k/Liffyl{ ; ^\of, pQLOf{ lj Bfyl{ / Itgn} k\kt u/\$f] >Qflsf] cfwf/df @)^^^  
sf] P; Pn; L k/Liffsf] glthfnf0{ lj Znif0f ubf{ b0{ rf/ jf ^ j 6f xf0g  
bhgf}; fdbflos :shx; cAan blvPsf 5g\ . o; u/L kj \$f] t\knh^ablv ; b/  
klZrdsf] bfrhf; Ddsf !\$\$ j 6f ; fdbflos lj Bfnox;n] P; Pn; L k/Liffdf  
ztk\|tzt lj Bfyl{ pQLOf{ u/fP/ lghl :sh %} /fd] glthf Nofpg ; S5g\ e6g]  
kQfioft u/\$f 5g\.

- c13Nnf] jif\$] P; Pn; L k/Liffdf ; fdbflos :shtk\ /fli@:t/d}; j f\ts[6 ePsf] sf7df8f} anda' dflj o; kfn klg Toxl ./ \$8\ bfrhf] ofpg ; km eof]. andasf %& k/Liffyl{Wo}!! hgf lj lzi6 >Qfldf pQLOf{ eP eg] af\$L ; a}kyd >Qfldf . kyd >Qfldf pQLOf{ \$^ dWo} \$e hgfsf] c\ &) k\|tzt e6f dflj 5 .
- @)^% sf] P; Pn; ldf ((= & k\|tzt glthf NofPsf] sf7df8f} ; t?of dflj sf] glthf o; jif{ztk\|tzt df plSnof]. o; sf @@ k/Liffyl{lj lzi6 >Qfldf kf; eP eg] (\$ hgf kyd >Qfldf . tldWo] dgflh vgn / zldf nfdn] qndzM \*^#\* / \*% k\|tzt c\ NofP .
- @)%& ; fnb\lv tgxFIhNnfsf] ; j f\ts[6 :shsf ; kdf bl/b} cfPsf] bdfh\lsf] ; Tojtl dfljn] o; jif{klg cf^gf] ; fvnf0{ vl:sg lbPg . k/Liffdf a; \$f o; sf !\$% lj Bfyl{Wo}!^ hgf lj lzi6; lxt ztk\|tzt pQLOf{eP . ; Tojtlsf slag kf8h -\*\*=@\_ / dg' kf8h -\*&=@\_ qndzM 5fq-5fqftk\ lhNnfs} ; j f\ts[6 eP .
- \*\$ k/Liffyl{ ; lDdInt uf\vf, c>f^sf] gj hfu[t r08l dflj af6 ( lj lzi6 / ^ hgf kyd >Qfl; lxt (&^! k\|tzt pQLOf{ eP . k/Liff lgo6qOf sfofhosf] :sh dNof\ g ; rsluf of] :sh .p\ts[6 cf7f\df k/\$f] 5 . gj hfu[tsf] hlt g} k/Liffyl{ /x\$] uf\vfs} dxnldl dflj sf Ps lj lzi6 / ^\* kyd >Qfl; lxt ; a} pQLOf{eP .
- sf7df8f} afkml:yt 1fgf\o dflj sf] glthf (&## k\|tzt /Xof. !%) k/Liffyl{Wo} @( hgf lj lzi6 / !!) hgf kyd >Qfldf pQLOf{eP . lj lzi6 >Qfltk\ 1fgf\osf] of] ; ^\of ; fdbflos :shdWos}; a66f a9l xf]. o; sf 5fq /] Gt cofn] ()=\*# / kzf\ e\$/f0h] ()=%) k\|tzt c\ NofPsf 5g\.
- @)^# ; fndf klxnf] .Aofr\ld} ztk\|tzt k/Liffyl{pQLOf{u/fPsf] c3f/vfL, ; l6wvs[:yt of jif{hgtd dflj nuftf/ rfyf] jif{klg ; f\l glthf k\kt ug{ ; km eof]. @)^^^ ; fnsf] k/Liffdf ; xeful \$% lj Bfyl{Wo} \$! hgf kyd / rf/ hgf latlo >Qfldf pQLOf{eP .

# bflos :sh



16/09/2017

## slag kf8h -\*\*!@Ü

; Toj tl dflj , tgxf ▲

**xfdf]** slff ! ) df dfq}rf/ j6f .: \$; gú lyP . t/ Pp6f sf7fdf \$) hgfsf] xf/fxf/ldf dfq}lj Bfyl{ x6y} . To; h] slffsf]f]sf] jftfj /of zfgt lyof] . lzlfsc; n] ; a}lj Bfyl{h} hfg}ghfg\$}f] s/fklt ; wf rf; f] /fVgXGYof] .

Pp6f .: \$; gúdf c^a\hl dflModdf k9f0 x6Yof] eg]af5l tlg j6fdf gkfnl dflModdf . dh] rflxFc^a\ uhl dflModdf k9F. of]cj; / klnfk6s xfd}; dxn] kfof] . :shd}c^a\hl .a]ú ePsn] clxn] slff !! df lj 1fg k9g ; fx} ; lhnf] ePsf] 5 . lzlfsc; n] lg/Gt/ ; kdf xdf] dNof]g ul//xgXGYof] . ; a} lj ifosf x/\$ Psf0\$}f] k9f0 ; lsgf; fy .olg6 6]6ú xGYof] . j if6f kfF j6f; Dd lj ifout k/liff ln0GYof] . ; a} cleefj snf0{afihfP/ lj Bfyl\$}f] glthf ; gfoGYof] .

.af]8^ :shúdf dfq}ultnf] k9f0 x65 e6g] 5g . xfd] ; /-ld; x; n] h: t} d; xgt ug]xf] eg] ; a} :sh olts} /fdf] xg ; S5g\ . ; Toj tl :sh / Toxf5f ; /-ld; x; klt dnf0{uj} 5 . ☺

## dg' kf8h -\*&^@Ü

▲ ; Toj tl dflj , tgxf

**dh]** slff ; ftb]v ; Toj tl :shdf k9F. d c^a\hl df cln sdhf] lyPF. .Xof08 /f0l6^ú klg /fdf] lyPg . t/ ; lzlfssf]lg/Gt/ kf] ; fxgn] dnf0{yk d; xgtl agfof] / /fdf] ub} uPF. cGtll P; Pn; ldf lhnfd} ; j f]s[6 glthf cfp5 . o; df d7f] cf~gf] d; xgt t lyof] g} t/ ; /-ld; x; sf] l; sf0 / xf} nlij gf olQsf] glthf cfp6GYof] xfhf .

; Toj tlf lzlfsc; lgs} d; xgt u/7 k9fpgx65 . x/\$ lj Bfyl{h} a%~ga%\$}f] s/f Vofn ugX65 . ga%\$}f s/f ; flg / l; Sg lg/Gt/ k70ff lbgXGYof] . l; sfpg] qmddf lzlfsc; n] %sf]dfg\$}f] slxNo} yxf ePg . cfj Zos kb{f} lzlfsc; n] slffsf]f aflx/ klg l; Sg] cj; / kf0GYof] . gkfnl k9fpg] ld; ?!Sdl0f kf8h}af6 d lj zif kefj t 5' . pxf5f] ; /n / dl7f] zhlaf6 dh] w}) k70ff kfPsf] 5' . kç 6]gfy k/fhhlsf] g]Tj bfol eldsfn] klg :shnf0{ :t/lo agfpg d2t u/\$}f] 5 . pxfF/x/\$ lbg slffsf]f cjnf\$g ug{EofpgXGYof] . jf: tj df /fdf] .l/hN6lsf] nflu ; /x; sf] d; xgt g} 7hf] s/f /x\$ . ☺

# cfj /0f P; Pn; L glthf- @)^^^

@)^^^ ; fnsf] P; Pn; L k/Llffdf pTs[6  
 glthf xfl; n ug{; kmn ; fdbfilos :shsf  
 sxl pbfx/0f dfq xg\ol . ...; fdbfilos  
 :shsf] k9f0 ultnf] x5g / ToxfIzlfsn]  
 klg dxgt ub5g\ eGg] xrjf 6lsf16kk0fl a9b)  
 u0/x\$]kl/k]odf dflf plnlvt :shsf]glthfn]  
 To:tf gsf/flds l6kk0flsf]v08g dfq}ub5,  
 cfd gkfnlsf]lgldt lzlfssf]d7b08 c%}klg  
 ; fj hgs :sh g}xf]eGg]klg %Nsfp5 . o; sf]  
 cy{/fd] ; fdbfilos :sh / ultnf tyf dxgtl  
 lzlfss} klg plQs}; aNofdf 5g\eg]nfl5 .  
 k/Llff lgoGq0f sfofho, ;fgf]7dlsf cg; f/;  
 @)^^^ ; fnsf]P; Pn; L k/Llffdf ; lDlnt \$,&)(  
 ; fdbfilos :shdWo] \$! lhNnfsf !\$\$ j6f  
 :shsf ztkltzt k/Llffyl{pQl0f{ePsf 5g\  
 -x7 tflnsf ; a6Gbf a9l sf7df8f\$@! j6f  
 :shn] ztkltzt lj Bfyl{pQl0f{u/Psf 5g\  
 o:t}l; Gwhlsf !\$, l; GwkfNrf\$sf !!, brhvfsvf  
 (, ; aW]f; efsf & / ; nfxlsf ^ j6f :shsf ; a)  
 k/Llffyl{pQl0f{ePsf 5g\  
 hDnf, brhvf cflb  
 bu6 lhNnfsf sxl :shn]klg ztkltzt glthf  
 kfl't u/\$f 5g\t/ %kf, lrtjg, dsjfgk/  
 h:tf ; ud lhNnfd To:tf]glthf Nofpg]Pp6f  
 :sh klg el65g\ . /fd] ; fdbfilos :shx\_n]  
 lghl :shsf lj Bfyl{x; ; d] cfsliif u/\$f]  
 el6Psf]5 .

o:t}l; Gwhlsf !\$, l; GwkfNrf\$sf !!, brhvfsvf  
 (, ; aW]f; efsf & / ; nfxlsf ^ j6f :shsf ; a)  
 k/Llffyl{pQl0f{ePsf 5g\  
 hDnf, brhvf cflb  
 bu6 lhNnfsf sxl :shn]klg ztkltzt glthf  
 kfl't u/\$f 5g\t/ %kf, lrtjg, dsjfgk/  
 h:tf ; ud lhNnfd To:tf]glthf Nofpg]Pp6f  
 :sh klg el65g\ . /fd] ; fdbfilos :shx\_n]  
 lghl :shsf lj Bfyl{x; ; d] cfsliif u/\$f]  
 el6Psf]5 .

; kmntfsf] r/f] lzlfssf] dxgt  
 P; Pn; ldf /fd]glthf NofPsf ; fdbfilos :shsf]  
 ; kmntfsf]k5f18 dhTl :shsf lzlfssf]dxgt  
 / nugzlnfn]sf u/\$f]blv65 . hg :shsf]  
 /fd]glthf cPsf]5, To:]shdf lzlfss}sf]  
 .l6dj sfl pTs[6 kf0Psf]5 .

:t/lo k7gk7gsf nflu 7h}k]f/f/ klg  
 clgj fo{x5g eGg] s/f]sf] pbfx/0f anda' dflj  
 xf] . of] :shsf b0]6f ejgsf ; fB/f sf7fdf  
 cf]t &% hgf lj Bfyl{sf]rP/ a; \$f el665g\  
 eflts ; kdf ToIt ; DkGg gep klg :shsf]  
 glthf s; /l pT; fxhgs xg; Sof]t <anda'sf  
 kc ; dg /fpt e65g\ aTo:tf]7hf] s/f sxl  
 5g . dVo s/f lzlfssf] ; fdLxs kpf; /  
 nugzlnfn g}xf] . o; df Joj:yfkg ; ldlit /  
 cleefj saf6 klg /fd} ; xofu kfPsf 5f]A

slffdf w}lj Bfyl{eP tfklg anda' dflj sf  
 lzlfss}cgt/lqmfTds / lj Bfyl{6bt lzlf0f  
 lj lw kofu ug] u/\$f] kf0G5 . x/\$ lj Bfyl{sf]  
 JolQmut sdhf]l / ; d:of klxrfg u/ Itgsf  
 lgldt ; wf/flds slff ; ~rfng ug{of] :shsf]

- ; kmntfsf ; q
- lzlfssf] .l6dj sfl / dxgt
  - lgldt ...6fkn] a7s
  - lj Bfyl{6bt lzlf0f
  - k6sf] szn g]Tj
  - ; ldf Joj:yfkg ; ldlit
  - cleefj s; G lg/Gt/ cGt/lqmf
  - lj Bfyl{sf] lg/Gt/ dNof]g
  - :shd}sf]r<sup>a</sup> slff ; ~rfng



@% ; fpgdf @)^& df q6fl; s k/Llffsf]  
 tof/ldf anda' dflj, sf7df8f\$ lzlfS .

:7/7h 60kfg]



# lzlfsf]d]xgt g}; kmntfsf]; f}

k}k; fb e' fn

kç, o]f jif{hgtd flj, c3f{f}rl

**xdf]**:sh kfylds tx dfq :jls[tk]t 5 . lgDgdflWolds / dflWolds tx cgd]tsf]cfwf/df rn}sf]5 . To; }]xdf]sxf kfylds txdf dfq}^ hgfsf]:jls[ b/aGbL 5 . dfl]Nnf] tx /fxt / lghl ; f]af6 rnf]Psf 5f}. dflWoldstka rf/hg /fxt lzlfs 5g\.

@)^# ; fndf klxnf]k6s xdf] l] Bfyl{P; Pn; ldf ; xeful eP . To; otf x/\$ jif{ztk]tzt glthf c]Psf]5 . klxnf] jif{#@ hgfd]W} tlg hg l]lzi6 / @( hgfyd >]fl]df pQlOf{u/fof}. @)^\$ df #% hgfd]W}b0{hgfy l]lzi6 / #! hgfyd >]fl]df c]P . @)^% df \$% hgfd] b0{l]lzi6 / \$! hgfyd >]fl]df kf; eP . o; kfln kl]g ztk]tzt l] Bfyl{ ; km t eP t/, Ps hgfsf] kl]g l]lzi6 >]fl]df c]Pg . xdf] nflu dfq x]f]g lh]zsf / cleefj snf0{kl]g of]glthf l]Zj ; glo nfu}sf]5} . lsgls 6]6 k/l]l]df cf7 hgfy l]lzi6 >]fl]df pQlOf{e]Psf l]P . t]kl]g xfd lg/fz 5}f}. c]p]f] jif{c% /fd]} glthf lgs]Ng5f}.

xdf] :shsf] ; a}Gb} ; an kl] eGg' g} lzlfsx; sf] .l6dj s[ xf] . cf'gf b]lo]j k]t ; a} lzlfsx; hj fkn]xl / lhD]f/ 5g\ . 7Ug]efj g' s; }f kl]g 5} . dh]k}z; lgs sfd kl]g x]k]g] e]Psn] c; lzl]fseGb} Ps 306l sd k9fp5' . lzlfs ; f]lx; d]W}S; }]kl]g ^ .lkl/08UeGb} sd k9fp5}g\ . cG}q av]labf @\* lbg xG5 . t/, xfd] Psxktf dfq]labf u5f}. aGb=x8}fndf :sh aGb xB} To; sf] ; \$f zlgaf/ k7gkf7g u/fpB}f}. sg}lzlfs cgkl:yt xB} c]sf] lzlfsn] k9fpB}f}.

o; jif{dfq}af]8} 5f8} (! hgfy l] Bfyl{xf]d]sxf]c]P . aflx/af6 c]Psf l] Bfyl{W}k]z k/l]l]df of]lo b]l]Psnf0{ dfq}egf{lng] u/\$f 5f}. :sh /fd]} agfpgdf Joj:yfkg ; ldt / cleefj s]sf]7hf]eldsf xG5 . xdf] c]W}f wd{fh clwsf/l]sf] :shkl]t 7hf] ; dk}f 5 . pxf]Fge]Psf] eP xdf] :sh of] :t/; Dd zfob} k]W}of] x]f}f} .

P; Pn; l]sf] tof/l:j?k l] Bfyl{f0{ tlg -ultnf, d]Wod / sdhf} . ; d]x]df l]efhg u/} k9fof] . To; f] ubf{l] Bfyl{sf] :t/ x}]} km/s-km/s 9En] l; s]pg ; lhnf]x]g]kç ; f]etafa' >]7sf] syg 5 . uf]v]s}n]ldlahf/sf] dxn]ld] fl]j n]kl]g oxl z]hl ckgf]Psf] lyof] . dxn]ld] t 6]6 k/l]l]fnuQ} l] Bfyl{x; nf0{ laxfg ^ b]l]v ah]sf ( ah]Dd :shd} /fv} k9f0Psf] lyof] . kç nfnk]fb >]7 e65g\} :shsf]glthf ztk]tzt k}ofpg] tlg jif{sf] k}f; o; kfln r]lx]F; km eof] } ztk]tzt glthfnf0{c]p]f] jif{df ; d] lg/Gt/tf lb} l]lzi6 >]fl]sf] pQlOf{ ; a}Vof

l] z]l]tf b]l]V65 . slff !} sf l] Bfyl{h} k]to} zlgaf/ Pp6f l] ifosf] k/l]l]f lbgk5{ . o:tf] k/l]l]df sdhf} b]l]Vpsf l] Bfyl{f0{ lzlfsn] c]tl/Qm ; do lbg5g\ . \*^=@% k]tzt c] NofP/ o; } jif{P; Pn; l kf; u/\$f 5f]g p]Hj n lu/l slff !} df klu; Sbf kl]g pgsf] .Xof08 /f0l6^alaf6 lzlfsx; lrlGtt l]P . t/, lzlfsn] lg/Gt/ xf}nf lbP/ pgsf]cl]f/ /fd] kf/}5f} . p]Hj n e65g\} ; /x; n]x]ksfpg] / ufn] ug]sfd ug}Pg . l; s]p]f slxNo}%sf] kl]g dfGgePg . pxf]F; s} ; xof]us} sf/of d]f] dfq} x]f]g :shs} glthf p]st6 c]of] } .

anda' d]l]s}k} {lzlfs dfqbf; dxhg @% jif{lv ; f] l] Bfnosf] Joj:yfkg ; ldt]sf c]W}f 5g\ . pgsf] egf0df k}sf] s]zn g]t]j / c; lzl]fssf] .l6dj s[ sf /of :sh ; km e]Psf] xf] . dxhg e65g\} xdf] :shsf lzlfsx; lgs} d]xgtl 5g\ . To; }] kç / c; lzl]fsn] ug] lgof0df xfd l]Zj; u5f} .

s]f7df8f} t?of d]l]sf lzl]fs l] iofk]fb kg? slff ( / !} df ulof]t k9fp5g\ . pgl k9fp]gdf slt; Dd hfE/ b]f]p5g\ eg] lqs]f]l]dt]sf] prf0 / b]l; DaGwl kf7 l; s]pg l] Bfyl{f0{ .lkm]8Ud} n]hfG5g\ . l] Bfyl{df xf}nf / c]f]dan ghuf0{k}ef]sf/l lzl]f0f x}eg eGg] a}sf kg? e65g\} lzl]fs c]k]h] hfGg Pp6f s/f xf] . t/, l] Bfyl{f0{ .hfGg] agfpg' r]lx]F d]Vo s/f xf] . To; sf nflu 7h} d]xgt / snf r]lx]G5 } .

t?of :shsf] ; kmntfsf]k5f]8 kl]g kg? h:tf d]xgtl lzl]fss} eldsf a9l b]l]V65 . ; xfos kç c]f]s]of >]7 lzl]fsx; nugzln e]Ps} sf/of a; l]g :shn] :t/lo glthf Nofpg ; s}sf] 7fG5g\ . t?ofdf clxn] nueu !\*) l] Bfyl{ k95g\ . :t/lo k7gkf7g e]Ps} sf/of oit 7hf] ; a}Vofdf l] Bfyl{c]f]l/Psf x}g\eg] cgd]fg ug{ ufx] kb} .

; n]f]l]sf] ; l]tk]l:yt dx]b/Tg hu/gfyn]ld] d]l]sf]glthf @)^! otf () k]tztteGb} 36}sf] 5} . ut ; fn (( k]tzt glthf NofPsf] pQm :shn]o; kfln c]f'gf ; a}!! ( hgfy l] Bfyl{pQlOf{ u/fof] . To; df kl]g !} hgfy l]lzi6 >]fl] / !}& hgfy kyd >]fl]sf 5g\ . pQm :shdf Ps b/aGbL / b0{/fxt u/l dflWolds txdf hDdf tlg hgfy dfq lzl]fs 5g\ . c^u}hl lzl]fs dl]gaxfb/ >]7 e65g\} ; a} lzl]fsx; alr ; d]j o u/} k9fpB}f} . cG}q udl{labf xB} kl]g xfd] k9fp]g 5f}B}f} . o; }] xdf] :sh ; km 5 } .

l] Bfyl{f0{k}ef]sf/l 9En]l; s]pg] ; jfndf uf]v]fsf s}xl :shsf] cEof; kl]g cgS/oflo b]l]V65 . c>f^asf]g] hfuf]t r08l d]l]j n]o; k6s

# cfj /Of P; Pn; L glthf- @)^^^

## s0ffhlsf pDbf Ū



P; Pn; L pQLOf  
lj Bfylsf  
; fy s0ffhl dflj  
hDnfsf kç sflçtsf  
; hjfn alrdf .

**hDnfsf**]cgfdgu/l:yt s0ffhl dflj n]#)^# ; fndf klxnffk6s  
cf'gf lj Bfylh0{P; Pn; L k/lifdf ; lDdnt u/fpbf ^@=)&  
kltzt lj Bfyl{ pQLOf{ eP . To; of of] :sh lg/Gt/  
kultkydf nDs/xçf] 5 . @)^\$ df &^-( / @)^% df  
( ) kltzt xB}of]jif{o; sf ztkltzt -^^ hgf\_ lj Bfyl{  
pQLOf{eP .

dflwolds txsf rf/ /fxt; lxt !\$ hgf lzlfssf]cys\  
kç; s}sf/of glthf a; lg psfl; Psf]kç sflçtsf ; hjfn  
atfp5g\ . pgsf cg; f/, lzlfsc; xDd]l :shdf cgkl:yt  
xBgg\ . uPsf] jif{ @\$) lbg :sh vhf]f] lyof] . :t/lo  
k7gkf7gs}sf/of s0ffhl dflj df lj Bfylçf] ; ^vof a9bf]5 .  
clxn] slff !) df &% hgf lj Bfyl{cWooog/t 5g\ .

hDnfs}afsb]sf] sflnsf dflj klg o; jif{ztkltzt  
-#) hgf\_pQLOf{u/fpg ; km ePsf]5 . dxtufFyt hgtf  
dfljaf6 klg (&=)% kltzt pQLOf{ePsf 5g\ . hgtfsf  
^\* k/lifylWoo]tlg hgf ljz]i6 >0fldf kf; xg ; km eP  
egj%) hgf kyd >0fldf .

a9fpgsf nflu dxfnldsf lzlfsc; clxNoblv  
h6y yfln; sçf 5g\ . @# ; fpgdf lzlf]s n]  
:shdf ; Dks{ ubf{ lzlfsc;alr oxl lj ifodf  
5nkm rNoblyof] .

uf]v]sf] cxfn]:yt ; /:j tl dflj klg  
lhNnfsf] csf] pTs6 :sh ulg65 . @)^\$ /  
@)^% sf] P; Pn; L k/lifdf qndzll #% / ^\$  
lj Bfyl{ ; lDdnt ePsf]f ; a} hgf kyd >0fldf  
pQLOf{ePsf lyp . @)^^ df &% lj Bfyl]k/lif  
lbPsf]f (&=# kltzt ; km eP . h; df rf/  
hgf ljz]i6 / ^ ( hgf kyd >0fldf pQLOf{  
eP . of] :shdf c^vhl dflwodd k7gkf7g xg]  
u/fçf] 5 . k9f0 :t/lo ePs}sf/of c6o :shaf6  
cfpg] lj Bfylh0{ k] ç k/lif lnP/ dfq} egf]  
lng] ul/Psf] 5 .

t?of dflj sf kg?n]o; cl3 b0]j6f :shdf  
k9f0; sçf xg\ . t/, t?of dflj sf] h:tf]

pT; fvhgs jftfj/Of pgn] klxnçf :shdf  
kfPgg\ . t?of dflj sf] Joj:yfkg / kç pbo  
>lj]sf]szn g]t]n]lzlf0sf nflu yk pTk]0ff  
hufPsf] pgsf] cgej 5 . kg? e65g\ æoxfF  
:j tM:kM{çkdf sfd ug] jftfj/Of 5 . To; ç]  
klg cf'gf] bflotj k'f ug]ç5{e6g]efj gf hfuç  
u/fp5 ç >lj] @)^\* ; fnblv lg/Gt/ kç /xB}  
cfPsf 5g\ .

:t/lo k7gkf7gsf nflu lzlfssf] ; dkçf /  
dçgt ; ç; ç} :shsf] Joj:yfkg kçf] sf/l xg'  
klg plQs}h?/l blv65 . P; Pn; ldf /fdfl]glthf  
NofPsf :shxçdWoo] lzlf]s n] cWooog u/fçf  
kçom ; a} :shsf] Joj:yfkg r't / kçf] sf/l  
lyof] . To:tf :shsf Joj:yfkg ; ldtxç ; :tf]  
/fhglltaf6 dQm/ af]çs g]t] kçt e]ç65g\  
o:tf :shdf kbflwsf/l / lzlfsc;alr lg/Gt/  
; xsfo{xg] u/fçf] kf065 . c3f]v]f]sf] of] j if]  
hgtf dflj sf Joj:yfkg ; ldt cWof wçfh  
clwsf/l &# jifçf eP . pgl @) jifç]v :shsf  
cWof 5g\ / lbgdf tlk k6s; Dd :sh klg  
Eofp5g\ . of] :shdf /fhgllts ultljwsf] sç]  
u-hfo; } 5ç . cWof clwsf/l e65g\ æPp6f  
gful/s ePsf gftfn]dçf] klg sç]bnklt cf:yf  
xfhç . To:t} cf:yf lzlfssf klg xfhçg\ . t/  
:shleq s; ç] klg /fhgllts s/f ug] rng  
xfdsxfF5ç ç

lj Bfylçf] k7gkf7gdf p; sf] kfl/jfl/s  
k[7eld / cleefj sff] eldsfn] klg plQs]  
kçf] kf/çf] x65 . P; Pn; ldf pT; fvhgs  
glthf cfPsf :shsf] çj:yfn0{ shpçf ToxfF  
cleefj sff] klg ; lqmo ; xeflutf xg] u/fçf]  
kf065 . h:tf] ls uf]v]sf] hghfuç dflj n]  
slff !) df k9ç] lj Bfylçf] cleefj snf0{x/ç  
dlxçf af]çfP/ lj Bfylçf] çj:yfaf/] . lalkmç ulg]  
u/fçf] 5 .

P; Pn; ldf /fdfl] kl/Ofd bçfPsf kçomh; f]  
lj Bfnoc; n]Pp6f z]çf]s ; qleq sdtdf tlk6s  
cleefj s eçf ug] / cleefj ss} pkl:yltdf  
k/lif glthf ; çfpg] u/fçf] kf0Psf] 5 . anda'  
dflj n] sç] lj Bfyl{ tlk lbgeçf a9l cgkl:yt  
ePdf cleefj snf0{af]çfP/ hfgsf/l lng] u/fçf]  
5 . pT; fvhgs glthf cfPsf hit klg ; fdbfls  
:shxç 5g\ ltgn] z]ç lnP/ :shd] lgoldt  
.sfl]rç slff ; -rçng ug] u/fçf] kf065 / To:tf]  
z]ç cleefj sn] /fhv; l ltg] u/fçf] 5g\ .

**kn] / klg lzlf]s g} dxçj k0f{**  
@)^^ sf] P; Pn; L k/lifdf ; lDdnt ; fdbfls  
:shsf # nfv \* xhf/ \$) ( k/lifylWoo] %&=\$%  
kltzt pQLOf{eP eg] lghl :shsf &^ xhf/  
&#& k/lifylçf (!=\$ \$ kltzt pQLOf{eP .



tflnsf-!	pTs[6 @) ;fdbflos :sh -P;Pn;L @)^^ sf]glthfdf cfwf/l_								
qm; +	:sh	k/liffyl{	ljzli6	kyd	latlo	tflo	pQlOf{	dNoflg	;rs
!=	anDa' dflj, anDa' sf7df8f}	%&	!!	\$^	)	)	!))Ü	#(=!)	
@=	t?of dflj, afnfh' sf7df8f}	!!(	@@	(\$	#	)	!))Ü	#(=%&	
#=	dxQb/Tg hu/gfynldl dflj, ;nfxl	!!(	!)	!)&	@	)	!))Ü	#*#(	
\$=	1fgfbo dflj, afkm, sf7df8f}	!%)	@(	!!)	&	)	(&##Ü	#*!=)	
%=	;Toj tl dflj, bdfnl, tgxF	!\$%	!^	!)^	@#	)	!))Ü	#&#(	
^=	cfwlgS /fli60 dflj, dsjfgk/	*&	%	&^	%	)	(*=%Ü	#&=#	
&=	dQzj / uofz /fdzIQm dflj, ;nfxl	^^	!	^@	%	)	!))Ü	#^=((	
*=	gjhfu[t r08l dflj, c>f^, uf]vf	*\$	(	^^	&	)	(&^!Ü	#^=( \$	
(=	>kfF sDf/ ;\$Q8/L :sh, ;nfxl	^^	)	^@	\$	)	!))Ü	#^=(#	
!)=	;:j tl dflj, cxfn] uf]vf	&%	\$	^(	)	)	(&##Ü	#^=&	
!!=	hfgslbf; hgtf dflj, xQk/, ;nfxl	!)*	)	!@	\$	)	(*=! \$Ü	#^=@*	
!@=	dxfnldl dflj, nldlahf/, uf]vf	*\$	!	^^	!%	)	!))Ü	#%=(&	
!#=	ltn^6f/ dflj, wfk;L, sf7df8f}	(!	*	^&	!\$	)	(&*)Ü	#%=(@	
!\$=	gjhfu/Of dflj, /fh3f6, ;nfxl	!!*	!	!))	!^	)	((=!Ü	#%=%^	
!%=	dEnfbo dflj, yfgsf, sf7df8f}	*#	!@	%)	!(	)	(&%(Ü	#%=%!	
!^=	hgtf dflj, l; d/f, euj tik/, ;nfxl	^#	)	\$(	!\$	)	!))Ü	#%=\$@	
!&=	gkfn /fli60 dflj, ;g; /l	&^	@	%%	!*	)	(*=%*Ü	#%=\$*&	
!*=	dflj l; d/f ejfgk/, /f;x6	@!@	)	!^@	\$&	)	(*=%*Ü	#%=\$*)	
!(=	dflj lj hok/ nldlgof, /f;x6	!%!	)	!@%	@@	)	(&##Ü	#%=\$&&	
@)=	kQf dflj, sfIQs] bQ/fnl, sfe]	!@\$	@	**	##	)	((=! (Ü	#%=\$&%	

ft M k/liff lgoQOf sfOf6o, ;fgl/dl

## o; /l ul/G5 :shsf] dNof^s g

lziff dGqfnon] P; Pn; L glthsf] lj Zn]fOf u/ ]  
 ; fdbflos lj Bfnox; sf]:t/ lgwf{Of ug{u/\$f]5 .  
 o; cGtu{ P; Pn; L k/liffdf ; lDdnt sh lj Bfyl{  
 ; ^Vofnf0{P; Pn; ldf lj Bfyl{; xeful u/fpg]:shsf]  
 ; ^Vofn]efu u/ ] k]t :sh cf} t lj Bfyl{; ^Vof  
 lgsflnG5 . hg /fli6o cf} t ; ^Vof xf] . cf} t  
 jf ; fQGbOf dflj lj Bfyl{; lDdnt ug]:shnf0{o;  
 dNof^s g k4lt cg; f/, glthf lj Zn]fOf ul/G5 .  
 klgsfsf cg; f/, @)^^ ; fnsf] P; Pn; ldf /fli6o  
 cf} t k/liffyl{; ^Vof %%&# 5 . o; cg?k k/liffdf

sDtldf %% lj Bfyl{; lDdnt u/fpg]:shx; dfq}of]  
 pQmdNof^s g k4lt df k/\$f 5g]. lziffdGqfnon]x/\$  
 jif{:shnf0{kbfugug]/fli6o lziff k/:sf/ 5gfQsf  
 nflu pQm ; rsnf0{klg cfwf/ dfG]u/\$f]5 .  
 dGqfnosf pk; lrj lj b//fh lu/L eg5g] dzlff  
 k/:sf/ 5gfQsf]krf; k]tzt cfwf/ oxl ; rS xf]  
 eg]afsl slff ( df egf{xg]lj Bfyl{; ^Vof / 6]6  
 k/liffsf] pQlOf{ k]tztzf cfwf/df ul/G5 .& :sh  
 dNof^s g k4lt df pTs[6 b]vPsf @) ; fdbflos  
 :shsf]glthf oxkf k; t't ul/Psf]xf].

:shsf]glthf lj Zn]fOf u/L ; rS lgsflg] ; Q

:sh dNoflg ; rS 0 \*)Sijlzi6 >Qfl±^)SkYd >Qfl±\$%Slätlo >Qfl±t]flo >Qfl-#)ScgQlOf{; ^Vof S%)  
 sh k/liffyl{; WofS\*)

# cfj /Of P; Pn; l glthf- @)^^^

o; n] lghl :shsf] thgdf ; fdbflos :shsf] glthf lgs} sdhf] /x\$] b]yfp5 . t/ x/\$ ; fdbflos :shsf ; ~rfns -lj Bfno Joj:yfkg ; ldlit\_ k\wfg\lwoiks cyjf lzlfsc; sDd/ s; ; nflu] x] eg] pQlOf{ kltzt a9fpg cyjf ; du] k7gkf7g ; wfg{c; Dej nflu] . clwsfz :shdf ; ~rfns, kç cyjf lzlfsc\lwo} sg} Pp6f dfq} ; wf/sf] klfd cu/ / xg] x] eg] af5l klfxc; p; nfo{ ; fy lbg tof/ cyjf p; sf] kl5 nflu ; j tM aflwo xg] b]lvG5 .

e0/x\$ :shsf] k7gkf7g ; wfg{ ; /sf/s} dv tfsGkg] klg b]lvG5 . clxn] pI; fxhgs kl/Ofdf xfi; n ul/x\$ ; fdbflos lj Bfnoc; n] cf'g} atfdf ; kmntf xft kf/\$ xg\ . sdhf] :shxc; n] ; kmntf kltxc; sf] kof; nfo{ cg; /Of u/] dfq} klg kof{t xG5 .

; fdbflos lj Bfnoc; sf] k7gkf7g / k/liff kl/Ofdf sdhf] xg\$ k5f18 7hf cfly\$-eflts ck7of/febf klg ; fg-dl; gf snx, tR5 j 0lQms ; jfy{ ; :tf] /fhgllt, lziff / r]gfsf] G6g : t/ tyf cof] totf h:tf sf/Ofxc; e]l665g\ . t/ pI; fx / ; sf/flds ; f]f0 /fv] cl3 a9g rfxg] x] eg] ; fg} kof; df klg To:tf lj Bfnoc; ; wfl/g ; S5g\ / ; wf/sf lglDt cfj Zos ; fwg; f] klg ; xh} h65, lsggeg] hg cleefjs k9gsf nflu eg] cf'gf 5f]f5f] lnfo{ :sh k7f0/x\$ xG5g\ . /df] k9f0l sf lglDt cf'gf] tkmf6 yk of] ubfg ug{ x/bd tik/ xG5g\ . o; lglDt pglxc; nfo{ rfxg] . lj Zjf; l dfq} x] . To:tf] lj Zjf; lj Bfno ; ~rfns, kç cyjf lzlfsc; n] lbnfpg ; Sgk5{ . cf'gf tkmf6 ug{k] kof; g} gu/l . xfd] cleefjs k9\$ 5g\ ul/a 5g\ k9f0sf] dxLj a"bg] g] ebf cfd cleefj sx; sf] ckdfg u/\$f] 7x5{ . a} 8l, tflkn] , nfxl / s0ff] lsf sof} ; fdbflos lj Bfnoc; n] klg jiff] P; Pn; ldf pTs[6 >0fl; lxt ztkltzt lj Bfyl{ pQlOf{ u/fpg ; SgSf] k5f18 cleefjs of] ubfg 5g eG s; h] ; Sb} .

tyflk ; fdbflos lj Bfnosf] :t/ dfly p7fpg cleefjs eGf lzlfsc tyf lj Bfno Joj:yfkg ; ldltsf] eldsf cIolws /xg] s/fnf0{ w} j 6f tYo / b[6fGtn] klg kli6 ul/ ; s\$ 5g\ . pbfx/Ofsf] lglDt, lzlfsc, kç / Joj:yfkgalrsf] snxsf sf/Of w/f; fol ePsf] nIntk/sf] r08l lj Bf>d, tl klfxc; alrsf] ; hxsf sf/Of km/ afl/g yfn\$] 5 . of] jif{ P; Pn; ldf a; \$f ; f] lj Bf>dsf gf} hg' g} pQlOf{ eP . csf] jif{ of] Gbf /df] glthf ck]ff ug{ yflnPsf] 5 .

P; Pn; lsf] glthf dfq ge0{ :shsf] ; du] :t/f] gltsf lglDt km/ klg lzlfscsf] ; dkOf g} dxLj kOf{ b]lvG5 . :shsf] ; aGbf 7hf] k] w/ / lzlfsc g} ePsf] pm ; j oef bflotj af] wsf] e]f gf hfuf] gx\$ ; Dd hlt kof; u/] klg ; lwg] ; Defj g] b]lvG5 . lzlfscnf0{ ptkl/t ug\$ nflu kçsf] ; lfd g] l] / Joj:yfkg csf] ckl/xfo{ kl x] . kç / lzlfsc} . l6dj s[af6 g} :shnf0{ culbzdf n] hfg ; lsG5 eG] b[6fGt :t/lo :shn] u/\$ kof; df klg b]lvG5 .

Joj:yfkg ; ldltdf To:tf JoIOnx; xg' h?/l b]lvG5 h; n] lzlfsc / cleefj snfo{ ; G} ; d} cl3 a9fpg ; sg\ . clxn] Joj:yfkg ; ldltsf] rogdf r/d /fhgllts rnv] xg] u/\$fn] klg sitko ; fdbflos :shsf] z] lsf jttf /Of vlnlnPsf] 5 . :shsf lqofsnfkd cleefj ssf] ; xeflutf a9fpg] yk} ; d:ofs] ; f% ; dfwg km] kfg x] . cleefj sx; hlt a9l hfuf] s xG5g\ pglxc; n] :sh / cf'gf afnaflnsf] k7gkf7gklT ToIt g} a9l rf; f] /V5g\ . cleefj sn] g} k] olf rf; f] /Vg yfn] k5 g t Joj:yfkg ; ldltsf] /fhglltn] k7gkf7g layfllg ; S5l g lzlfsc; n] gk9f0{ w/ kfp5g\ .

t?of dfij, afnfh', sf7df8f}



tflnsf-@   @)^^ sf] P; Pn; Ldf ztkltzt lj Bfyl{ pQL0f{ u/fpg} ; fdbflos :sh						
qm; #	:sh	k/Llffyl{	lj lzi6	kyd	latlo	tflo
!=	dfjl dfij, vfl\$na, tflknh <sup>a</sup>	&#	)	@@	\$(	@
@=	d}fvfihf dfij, t]a] tflknh <sup>a</sup>	^!	)	!@	\$(	)
#=	lqejg dfij, djfvfihf, tflknh <sup>a</sup>	\$)	)	\$	#\$	@
\$=	nldl dfij, djfvfihf, tflknh <sup>a</sup>	@\$	)	@	@)	@
%=	a4 dfij, km}f, kfFy/	@(	)	*	@	!
=	lagkfgl dfij, kjfdhj f, Onfd	%*	)	*	\$(	!
&=	Pef <sup>a</sup> dfij, Pef <sup>a</sup> , Onfd	@%	)	#	@@	)
*=	1fgf]o dfij, hf]ud0{ Onfd	\$\$	)	!	#\$	!
(=	k}f]w dfij, dfa', Onfd	!&	)	@	!#	@
!)=	z]/bf dfij, v/f <sup>a</sup> , ; v}f; ef	\$@	)	!\$	@^	@
!!=	cd?}f dfij, cf]le0F ; v}f; ef	^&	)	@&	#(	!
!@=	c?0ff]o dfij, ln <sup>a</sup> bfd, ; v}f; ef	@%	)	!^	(	)
!#=	lxdn <sup>a</sup> dfij, x\$ <sup>a</sup> gf, ; v}f; ef	%&	)	!)	\$@	%
!\$=	plDn <sup>a</sup> dfij, dhvs{ ; v}f; ef	@^	)	&	!&	@
!%=	;/j tl dfij, dfj flbg, ; v}f; ef	!\$	)	!	!!	@
!^=	x}f]bl dfij, dsfn', ; v}f; ef	!%	)	#	!@	)
!&=	;Db' dfij, ;Db', t}xyd	%(	)	!%	\$\$	)
!*=	k}ffdl dfij, 0j f, t}xyd	#&	)	\$	#)	#
!(=	/fd ; s] dfij, v}hk/, t}xyd	@^	)	!!	!%	)
@)=	6fBl dfij, /ldt}v}ihf, df]' <sup>a</sup>	#%	)	!^	!*	!
@!=	hgtf dfij, kf]v/lof, df]' <sup>a</sup>	%!	)	@*	@#	)
@@=	blf{ dfij, d}%f/] df]' <sup>a</sup>	!&	)	\$	!#	)
@#=	hAbL dfij, xf; kf] f, ; g; /l	#*	)	(	@(	)
@\$=	hga]l dfij, hga]l, ; f]hVda'	!\$	)	#	!!	)
@%=	rf]yfg dfij, s}' <sup>a</sup> , ; f]hVda'	%@	)	!)	\$@	)
@^=	dx}bl]of]t dfij, rf]lvs{ ; f]hVda'	#(	@	#&	)	)
@&=	hgk} dfij, 6flk6 <sup>a</sup> , ; f]hVda'	@%	)	#	@@	)
@*=	afn}j/ dfij, s}' <sup>a</sup> , ; f]hVda'	!^	)	&	(	)
@(=	;/j tl dfij, shfufpF v}f]f <sup>a</sup>	@#	)	!@	!!	)
#)=	uaf]o dfij, bj \$}f]h, v}f]f <sup>a</sup>	#*	@	@%	!!	)
#!=	dx}bl}pk dfij, tflDn5f, pbok/	\$&	)	&	#(	!
#@=	dx}bl  dfij, l; /j fgl, pbok/	@*	)	!	@%	@
##=	dx}bl  dfij, gfd}f/, pbok/	#&	)	!)	@&	)
#\$=	dfij k6gfe-Hof <sup>a</sup> , pbok/	@!	)	^	!%	)
#%=	dfij e}g]k-rfj 6l, pbok/	!&	)	#	!\$	)

# cfj /0f P; Pn; L glthf- @)^^^

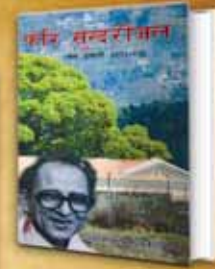
#^=	uhÉf9Éf dflj , kDkfsfð, bñhv	\$%	)	!)	#\$	!
#&=	xnZj / dflj , ; /l ltgy', bñhv	%%	)	!@	\$!	@
#*=	s6l8fBf dflj , dsðf/l, bñhv	%(	)	@!	#*	)
#(=	nldl dflj , ; 'sf7f\$/ , bñhv	#(	)	*	@(	@
\$)=	sflnsf dflj , ; 'sf7f\$/ , bñhv	#@	)	!)	@@	)
\$!=	sflngfu dflj , nfld8fBf, bñhv	\$^	)	!&	@(	)
\$@=	led dflj , eðk' ; ðª, bñhv	@)	)	!\$	^	)
\$#=	zf/bf dflj , ; ðª&Zj / , bñhv	@%	)	\$	@)	!
\$\$_=	l; 6sf dflj , ; ðvfgl, bñhv	!*	)	%	!@	!
\$%-	zf/bf ; :s[ dflj , aflaoÿvs{ /fd\$fk	!%	)	)	!%	)
\$^=	a4 ejfgl dflj , dfsbd, /fd\$fk	@^	)	!^	!)	)
\$&=	dflj /fsyd, /fd\$fk	#^	)	@#	!#	)
\$*=	ejfgl dflj , eld:yfg, l; Gwhl	(	)	%&	##	)
\$(-	gðsfnl dflj , cfK8fBf, l; Gwhl	\$%	)	(	#\$	@
%)=	dflj dfl/g xfoðf/, l; Gwhl	#&	)	!@	@%	)
%!=	dflj cdn] l; Gwhl	@%	)	!^	(	)
%@=	hgtf dflj , vlgofvs{ l; Gwhl	#!	)	!)	@!	)
%#=	>l dflj , uf7ahf/, l; Gwhl	\$&	)	#)	!&	)
\$\$=	dflj u8fðl vððl, l; Gwhl	@(	)	(	@)	)
%%=	a?0fb]l dflj , bnfðlv\$ð, l; Gwhl	@#	)	!*	%	)
%^=	sGbZj / dflj , a]f/aZl, l; Gwhl	%(	)	#^	@#	)
%&=	sdnf hgHoflft dflj , l; nfd] l; Gwhl	!&	)	!&	)	)
%*=	sdnf dflj , 55{] l; Gwhl	@)	)	#	!\$	#
%(-	afn dflj , zlné-Hofª, l; Gwhl	@(	)	!)	!&	@
^)=	uf7lz\$ / dflj , hodEun, l; Gwhl	@%	)	@)	%	)
^!=	b]l:yfg dflj , bDhf, l; Gwhl	@*	)	@!	&	)
^@=	/fhslo ; :s[ dflj , dl6xfgl, dxfo/l	!@	)	!	!!	)
^#=	/fli60 dflj , vo/df/f, dxfo/l	@&	)	@\$	#	)
^\$=	dQ7j / u0fz /fdzIQm dflj , ; nfxl	^*	!	^@	%	)
^%=	dxðb/Tg hu/gfy nldl dflj , ; nfxl	!!(	!)	!)&	@	)
^^=	hgtf dflj , l; d/f euj tlk/, ; nfxl	^#	)	\$(	!\$	)
^&=	>lKF sdf/ ; \$ð8/l :sh, ; nfxl	^^	)	^@	\$	)
^*=	hgtf dflj , allxlahf/, ; nfxl	#!	!	@(	!	)
^(=	hgtf dflj , klnk/f; l; nfxl	@&	)	@^	!	)
&)=	sðf/l dflj , tftfkfgl, l; GwkfNrf\$	@@	)	!^	!^	)
&!=	/fhZj /l dflj , ; ðkfy/l, l; GwkfNrf\$	%%	)	!(	#^	)
&@=	wdfðo dflj , 7hfðfwbª, l; GwkfNrf\$	#^	)	@@	!\$	)

&#=	sfllbfj]l dflj, yDkfv/, l; GwkfNrf\$	\$&	!	#(	&	)
&\$=	sflnsfb]l dflj, atf; ] l; GwkfNrf\$	##	)	@	!#	)
&%=	ledZj /l dflj, led6f/, l; GwkfNrf\$	@%	)	%	!(	!
&^=	djhDrI Eof <sup>a</sup> ; \$Q8/l :sh, xjhDa' l; GwkfNrf\$	!%	!	!\$	)	)
&&=	sfnlb]l dflj, kf <sup>a</sup> xf <sup>a</sup> , l; GwkfNrf\$	!(	)	^	!#	)
&*=	hgsNof0f dflj, 7hfvfIb <sup>a</sup> , l; GwkfNrf\$	!@	)	!@	)	)
&(=	; /:j tl dflj, 3Dyf <sup>a</sup> , l; GwkfNrf\$	!*	)	(	(	)
*)=	ledlj Bf>d dflj, afFvs{ l; GwkfNrf\$	!\$	)	)	!#	!
*!=	; gfnf rff]f ; fdbflos dflj, wflb <sup>a</sup>	!&	%	!!	!	)
*@=	; /:j tl dflj, uf7kfgl, sfelknf-rf\$	!)@	!	%!	\$(	!
*#=	l; hgZln hgtf dflj, sfelknf-rf\$	^^	)	#@	#\$	)
*\$=	; ]lb]l dflj, l/7X] sfelknf-rf\$	\$^	)	#)	!^	)
*%=	; /:j tl dflj, a8fnufpF sfelknf-rf\$	@@	)	!!	!!	)
*^=	:j:yfgl dflj, sfelknf-rf\$	#)	)	@*	@	)
*&=	sGof dflj, tknf5l, eQmk/	@\$	)	!)	!\$	)
**=	sflGt e}j dflj, 8f5l, sf7df8f}	\$#	)	@(	!\$	)
* (=	lxdfn0 dflj, gofF8s, sf7df8f}	!)	!	(	)	)
()=	t?0f dflj, afnfh', sf7df8f}	!!(	@@	(\$	#	)
(!=	; /:j tl lgs]g dflj, al]x6fjh, sf7df8f}	#^	#	@\$	(	)
(@=	anDa' dflj, anDa', sf7df8f}	%&	!!	\$^	)	)
(#=	lj i0fb]l lzlf ; bg dflj, sf7df8f}	#(	)	@\$	!%	)
(\$=	hgky dflj, snsl:yfg, sf7df8f}	@)	)	!*	@	)
(%=	hgp4f/ dflj, ; ltfkf0nf, sf7df8f}	@^	#	@#	)	)
(^=	s\$fnl dflj, k/fgf] g\$fk, sf7df8f}	%@	@	\$&	#	)
(&=	; Gtfvfg dflj, ; Gtfvfg, sf7df8f}	!*	)	!	!&	)
(* =	rgb]l dflj, yfgsf, sf7df8f}	!*	)	!@	^	)
((=	uf]vgfy dflj, sl]tk/, sf7df8f}	&	!	!	%	)
!)=	rI08sfb]l dflj, af8e-Hof <sup>a</sup> , sf7df8f}	!)	!	%	\$	)
!)!=	euj tl dflj, ; fF', sf7df8f}	\$%	!	#&	&	)
!)@=	afnl]sf; dflj, 0rU', sf7df8f}	!@	)	%	&	)
!)#=	kt6 <sup>a</sup> dflj, kt6 <sup>a</sup> , sf7df8f}	!%	)	^	(	)
!)\$=	cd/Hof]t dflj, :orf6f/, sf7df8f}	#@	#	@&	@	)
!)%=	o]f ; xeflutf dflj, sf7df8f}	@\$	!!	!#	)	)
!)^=	xNrf\$ dflj, 0rU', sf7df8f}	@&	)	!(	*	)
!)&=	afnp4f/ dflj, sf7df8f}	!\$	!	&	^	)
!)*=	hghfu[t dflj, sf7df8f}	!^	!	!#	@	)
!) (=	r08l lj Bf>d dflj, gsaxfn, nlntk/	(	)	!	&	!

# cfj /0f P; Pn; l glthf- @)^^^

!!)=	kϕlt lz1ff ;bg dflj, sk08fϩ, nlnrk/	@^	!	@)	%	!
!!!=	a4 dflj, 7ϩ, nlnrk/	#(	)	(	@(	!
!!@=	hgkϕ dflj, xl/gu/, /f;x6	!@\$	)	&	%@	@
!!#=	dflj l6slnof, /f;x6	!*	!	!&	)	)
!!\$=	hgtf dflj, 8dl/of k/f;x6, /f;x6	##	)	@&	*	)
!!%=	gkfn /fli6ϕ dflj, a]j f, af/f	\$&	)	\$)	&	)
!!^=	gkfn /fli6ϕ dflj, vhg, af/f	#*	)	#\$	\$	)
!!&=	dxfnldl dflj, nldlahf/, uf/vf	*\$	!	^^	!%	)
!!*=	k; ufpF7f6l dflj, ndh <sup>a</sup>	!\$	)	\$	!)	)
!!(=	; hgf alx/f :sh, sf:sl	!!	)	!)	!	)
!@)=	; Toj tl dflj, bdfϩ, tgxF	!\$%	!^	!)^	@#	)
!@ =	dxz ; s[ u?sh dflj, b]3f6, tgxF	&	!	^	)	)
!@@=	k/dfg6b ; s[ u?sh dflj, tgxF	!!	)	!!	)	)
!@#=	kϕt dflj, dϩf8l, kfnk	!^	)	*	*	)
!@\$=	o]fjif{hgtf dflj, c3f/vfL	\$%	)	\$!	\$	)
!@%=	g]lg cfBfl]us dflj, abjn, ?k6b]l	#@	)	@&	%	)
!@^=	slkna:t' dflj, slkna:t'	!#	)	!#	)	)
!@&=	l]oblk dflj, 5f] ], d':tf <sup>a</sup>	&	)	!	^	)
!@*=	hgzfl6t dflj, sfuaϩ, d':tf <sup>a</sup>	%	)	@	#	)
!@(=	cd/ dflj, kfvkfgl, Doflubl	!%	)	\$	!)	!
!#)=	; j]o dflj, e? <sup>a</sup> tftfkfgl, Doflubl	!^	)	@	!\$	)
!#!=	hgkϕ dflj, e:s6, afln <sup>a</sup>	#*	)	!%	@#	)
!#@=	cuϩ dflj, afln <sup>a</sup>	#\$	)	&	@&	)
!##=	u0fz dflj, afln <sup>a</sup>	#^	#	@&	^	)
!#\$=	dx]b]o dflj, efl\$; <sup>a</sup> , kj f	!(	)	&	!@	)
!#%=	hglj sf; dflj, kfvkfgl, kj f	%)	!	#(	!)	)
!#^=	jL/]b  dflj, ks]f, kj f	@(	)	!!	!*	)
!#&=	lxdfno dflj, b]k/, kj f	!*	)	^	!@	)
!#*=	tfl/hf ; s]8/l :sh, 8f]kf	&	)	&	)	)
!#(=	s0fffl dflj, cgfdgu/, hDnf	^^	)	\$^	@)	)
!\$)=	sflnsf dflj, afSbl, hDnf	#)	)	!#	!&	)
!\$ =	gkfn /fli6ϕ dflj, gpjT; f, afE]	##	)	@!	!@	)
!\$@=	kb]stf/l dflj, bbnk/, alb6f	##	)	!%	@)	)
!\$#=	hglxt dflj, v]f, bfrhf	#&	)	@&	!)	)
!\$\$=	zf/bf dflj, 9E8, a]8l	@)	)	^	!\$	)

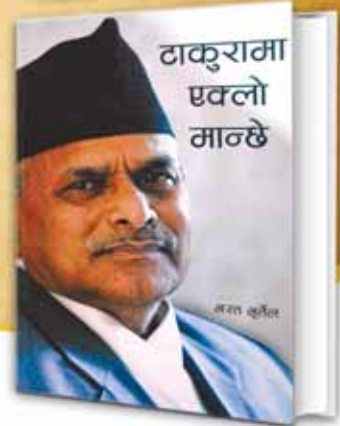
; f] m k/lff lgo6qof sfofho, ; fgl]dl



## जगद्धम्बा प्रकाशनका

सर्वाधिक रुचाइएका पुस्तकहरु

चर्चित व्यक्तित्व र विचार बुझ्नका लागि पढ्नै पर्ने



जगद्धम्बा प्रकाशन

पाटनढोका, ललितपुर  
फोन: ५५२१३९३  
Email: jp@mpp.org.np  
URL: madanpuraskar.org/jp

पुस्तक विक्री तथा वितरणका लागि सम्पर्क

साझा प्रकारान

पुल्चोक, ललितपुर  
फोन: ५५२१११८ / ५५४७६५२

हिमाल किताब

पाटनढोका नमिनपुर  
फोन: ५५४२५४४



तपाईं जहाँ हुनुहुन्छ त्यहीँ  
तपाईं जहाँ पुग्नुहुन्छ त्यहीँ  
अर्थात्

देशभरि

# उज्यालो 90 नेटवर्क

- Broadcast System
- Partner Radio Stations
- National Coverage

विहानवेखि रातीसम्म

६ बजे कायमकैरत ९, १२, ३, ६ र १०:०५ बजे नेपाल खबर ८ बजे नेपाल खण्ड

सीधा कुरा, प्रष्ट विचार



Communication Corner Pvt. Ltd.

Kupondole, Lalitpur, Tel: 5546277  
Fax: 977-1-5549357, E-mail: info@unn.com.np, URL : www.unn.com.np

तपाईं हुककले  
व्यवसाय गर्नुहोस्

देशभरिका ९० वटा एफएम  
स्टेशनहरुबाट एकसाथ प्रवर्द्धन गर्ने  
हाम्रो साधना छी ।

थप जानकारीका लागि  
विज्ञापन शाखा  
०१ ५५५१०१९ Ex.२०४  
०१ २११२२५४ सीधा

Ujyaalo 90 Network

Sanepa, Lalitpur, Tel: 5551716

# Ij rf/

th; lk; fb yklnof



# Ij Bfno kēj sfl/tf cj wf/Off / ; ĩs

Ij Bfnosf] j tēfg pknAw jf cj :yfnf0{To; s}lj ut; ĩ thgf  
u/ĳ jf csfĳ; dfg cj :yfsf] Ij Bfno; ĩ thgf u/ĳ jf sg}  
dfgs; ĩ thgf u/ĳ kēj sfl/tfsf] :t/ cfsng ug{; IsG5 .

• fdfGotof kēj sfl/tfnf0{ p2Zokĳktsf] dfqfIdS  
; I:yltsf] cydf a"q] ul/G5 . t; y{ kēj sfl/  
tfaf/] hfgsf/L lng sg} gllt, ofĳgf, sfoqmd jf  
k0ffnlsf] p2Zoaaf/] :ki6 hfgsf/L xg' tyf To; sf] dfkgsf  
; fwg÷; ĩs pknAw xg' h?/L xG5 . Ij Bfnosf] kēj sfl/  
tfnf0{ klg Ij Bfnosf] p2Zo jf Ij Bfnokĳtsf] ckĳff; ĩ  
kĳkt pknAw sf] thgf u/L dfkg jf nĳvfhf] v ug{  
; IsG5 .

kēj sfl/tf Ps ; fkĳĳfs cj wf/Off xf] . lg/kĳf ; kdf  
sg} Ij Bfnonf0{ kēj sfl jf ckēj sfl/lsf] >0fIdf  
j ul\$ /of ug{ klg pkoOm jf ts{ Ēt xg] bĳvGg . sg}  
Ij Bfnosf] j tēfg pknAw jf cj :yfnf0{To; s}lj ut; ĩ  
thgf u/ĳ jf csfĳ; dfg cj :yfsf] Ij Bfno; ĩ thgf  
u/ĳ jf sg} dfgs; ĩ thgf u/ĳ kēj sfl/tfsf] :t/  
cfsng ug{; IsG5 .

• kēj sfl/tfĳ zAb jf cj wf/Off; ĩ uOf:t/, blftf,  
pĳkĳbsĳ, lg/Gt/tf h:tf cj wf/Offx; sf] glhssf]; DaGw  
bĳg ; IsG5 . Ij Bfnokĳtsf] ckĳffsf cfwf/df Ij leGg  
; dĳn] Pp6} Ij Bfnonf0{ kēj sfl/tfsf] :sĳdf Ij leGg  
cĳ lbg; Sg] xBf o; cj wf/Offnf0{ JolQmut bĳ6sf] faf6  
:j tGg /fvG sl7g xg] bĳvG5 .

## kēj sfl/tfsf zt{

! = nlokĳkt

s:tf] Ij Bfnonf0{ kēj sfl/ dfGg] eGg] s/f dNofĳgdf  
kōfĳ ul/Psf] dfGssf ; fy}; dfhsf] ckĳffdf klg lgeĳ  
ub5 . ahf/n] 8ĳvofPsf] sg}; ;yut Ij Bfnon] egf\$  
avt s8f 5gf6 k/Llff ; ~rfng u/ĳ jf sdhfĳ  
Ij Bfylĳf0{ clGtd k/Llffdf ; dfj z gu/ĳ jf, lzlf0f  
klqmf0f0{ k0fĳ k/Llffdfvl agfP/ klg clGtd glthfnf0{  
kēj t ug{ kōf; ug{; S5 . Isgeg] cGtdf ; dfhnf0{  
Toxl glthf bĳvP/ p; n] cf'gf] ahf/ Ij :tf/sf]; Defj gf  
bĳ\$] xG5 .

To; f] t c; wĳ}; fdbflos Ij Bfnon] klg c<sup>a</sup>uĳh

dfĳoddf k9fpg] yk kf7dk! :ts kōfĳ ugĳ .6f0{ sf] kōfĳ  
ugĳ h:tf Ij ifox; ahf/af6}; s\$ sf xg\ . clGtd k/Llff  
vf; u/L P; Pn; lsf] glthfnf0{ nllft u/L .sfĳr<sup>a</sup> slffĳ  
rnfpG] egf6f 5gf6k0f{ Joj xf/ ugĳ sdhfĳ 7flgPsf  
Ij Bfylĳf0{ clGtd k/Llffdf ; fdĳh xgaf6 /f\$g] h:tf cEof;  
klg cfkmhf0{ kēj sfl / flj t ugĳ /Ofglĳleq kb5g\ .

nlokĳvG eGbfegb} klg sĳhf0{ kōfĳ nlo dfGg] eGg]  
s'/fn] klg Ij Bfnosf] kfyldstfnf0{ kēj kf/\$f] bĳvG5 .  
Pp6f ; fdbflos Ij Bfnosf kĳvGfĳfokfs; ĩ xfn] s'/fsfgl  
xBf cToGt dgglo s/f yxf kfof]. pgn] eg] xĳf  
lgldQ ztkĳtzt glthf klg 7hf] s/f xfoG . Isgeg]  
lj ut !#=:!\$ j if6f dĳf] Ij Bfnodf Pshgf Ij Bfylĳ] klg  
Pshf06\$ eP/ Ps j if{sg{ k/\$f] 5g . o; /L, Ij Bfyl\$  
xsdf dĳf] glthf ; bf ztkĳtzt /xĳ} cĳPsf] 5 .  
t/, Ps=b0{ Ij Bfyl{sg} Ps Ij ifodf c; km xg kĳbf,  
Ij Bfnosf] glthf ztkĳtzt eGg kfoPsf] 5g . dh] Toxl  
glthfnf0{ hf\$ lbPsf] eP sĳĳ Ij Bfylĳf0{ P; Pn; ldf  
; fdĳh xgaf6 /f\$g ; Syĳ. t/ dh] To; f] ubf{cf7=bz  
hgf Ij Bfylĳ] Ps j if{ udfpGkbYof]. dĳf] Ij rf/df, tl  
Ij Bfyl\$] Ps j if{udgeGbf glthf ztkĳtzt eGg gkfpG'  
g}a} . cĳv/, dĳf Ij Bfyl\$] Ps j if{v} t uPg lg 0  
dĳf lgldQ egf{ePsf sg} klg Ij Bfylĳ] :sh g5f6g'  
7hf] s'/f xĳ sg} klg slffdf sg} Ij Bfyl{kmh xg' 7hf]  
s'/f xĳ clGtd j if\$] glthf dfq} 7hf] s'/f xfoG Ā

pgsf] of] cgej / l; sf0n] s]; f] uĳof] eg] ; a}  
Ij Bfnosf nlo Pp6} gxg klg ; Sbf] x5 . nlo lgwfĳOf  
ugĳ qmdf cf-cf'gf dNon] 7hf] kēj kfgĳ /x5 . ; +  
yfsf] rl/qn] klg nlo lgwfĳOfdf 7hf] kēj kfgĳ /x5 .  
nlox; :ki6, dfkglo tyf ; jĳ] lsĳ eP dfq j:ttt  
; kdf dfkg ug{; Isg] /x5 .

## @ ; fĳ h6fpg] lfdtf

hg Ij Bfnon] cf'gf] j ftj /Ofaf6 kofĳt ; fĳ h6fpg ; lfd  
xG5, Tof] Ij Bfno ToIt g} dfqdf kēj sfl/ xG5 eGg]



csf{bll6sf0f klg dgglo 5 . vf; u/l .: :6d df8nlaf6  
 ; E7gnf0{lj Zn}f0f ubf{ k]o\$ ; E7gn}j ftfj /Ofaf6}j :t'  
 j f ; }fsf]lgldQ dfu k]t ug\$ ; fy} ; f}÷ ; fwg ; d} .  
 k]t ug{ ePsf]n} ; f} h6fpg] lfdtfnf0{k}k}j sfl/tfsf]  
 cfwf/ df]gPsf]xg; S5 . xg klg xfdln}k}j sfl/ df]g\$  
 sltko lj Bfnof? ; f} h6fpg ; km ePsf pbfx/Of xdf]  
 ; fd' yk} 5g\ . tl lj Bfnof; cleefj s ; dbfo, c6o  
 u; ; /sf/L ; ;yf ; /sf/L lgsfox;af6 ; xof]u kl/rfng  
 ug{ ; lfd blv65g\ . of] klg cf'gf ; /f\$ /jfnfx;sf]  
 lj Zj; ; lhTg] lj ifo; E ; Dal6wt /x\$ . hg lj Bfno o:  
 tf] lj Zj; ; lhTg ; km eof] To; n] Tolt g} a9L ; f}  
 h6fpg] clg hlt ; f} h6fof] c% /fd] ug] yk cfwf/  
 tof/ xg} . cyff\ k}j sfl/tf / ; f} h6fpg] s/ f Psf]f]f]  
 ge0{ b0{k} ; kdf uf; g] /x\$g\ .

**#= cftl/s klqnofdf r:ttf**

lzlfdf cl6td ptkbgsf] dfq} thgf u/} gklg] /x\$ .  
 ptkbfg e6f klg klqnof s:tf] /Xof]eG] s/fn] slxn\$fxlF  
 c% a9L dxlj /Vg] /x\$ . cftdlj Zj; ; l ; hgZlntf h:  
 tf u0fx; slxn\$fxlFxfdf] k/Llfsf k]t] x;df g; dl]g]  
 /x\$g\ . tl u0fx; t lj Bfnodf pglx;n] k]Psf cj ; /  
 / lj Bfnosf lzlf0f klqnof; E uf; g] /x\$g\ . To; }  
 k/Llfsf nflu 3f\$pg] e6f l ; hgZlntfnf0{k]f] ; fxg ug{  
 :sh /fd] eG] cleefj s klg yk} e]65g\ . lzlfzf:  
 qn] klg lj Bfyl\$] l ; hgZlntf / l ; sf0 pkn]Awf0{g}  
 hf6 lb65 . t/ ; sg lj Bfnodf s:tf] klqnof ckgf0G5  
 eG] s/ f cfd cleefj sn] a'g / dNof] g ug{ sl7g  
 xg] sf/Ofn] klqnofsf cfwf/df :sh 5gf6 ug] s/ f xdf]  
 h:tf] dh\$df Tolt ; xh blv6g .

**\$= ; E7gsf] l ; sf0 klqnof**

l56f]56f]kl/j t6 e0/xg] j ftfj /Ofdf cfmh]h] ug] u/} \$f]  
 xf] Toxl dfq] /fd] eg] a:bf klg kl5 kg] vt/f /x65 .  
 j ftfj /Ofsf kl/j t6 k]t rgfv] /xg] x/\$ cge]nf0{  
 l ; sf0df kl/j t6 ug] cf'gf cEof; nf0{x/bd kg/fj nf\$g  
 ug{ tof/ /xg] ; E7g dfq} bl3\$fn; Dd k}j sfl / xg  
 ; S5 eG] csf{ bll6sf0f klg plQs} dgglo 5 . o ;  
 bll6af6 xdf{ k}j sfl/ xgsf nflu lj Bfnon] cf'gf  
 cleefj s tyf ; dbfo; E lg/Gt/ cGt/lqnof ub} pglx;sf  
 ck]ffnf0{ ; Daf]vug ug\$ ; fy} afXo÷ j ftfj /Ofsf cj ; / ;  
 rbf] ; l ; k]t:kwf{ h:tf klfsf] lj Zn}f0f u/l cfmh]f0{  
 ; f;g?k k]tt ug{x/bd k6Tg ug] kg] blv65 .

**k}j sfl/tfsf ; r's**

! = l ; sf0sf] lgldQ k} { tof/L, 3/fo; L effif ; ; s[t  
 tyf ck]ff, lj Bfyl\$] j } Qms ; j f:Yonufotsf lj ifon]  
 kl5Nnf lbgf l ; sf0 ; Defj gfx;nf0{k}k}j t ug] u/} \$f]  
 5g\ . To; sf/Of, lj Bfyl\$] k]zeld tyf lj z]ftfnf0{la; }  
 cl6td glthf dfq xg] / To; df cfwf/t /x} thgf ug]  
 sfo{ lj j fbdQm /xg ; Sbg .

@ = lj Bfnosf] k}j sfl/tfsf] :t/ lgwf{0fdf kl/j f/ ;

; dbfo tyf lzlf k]ffnlsf] cj :yfsf] dxlj k0f{ eldsf  
 /x65 . kl/j f/sf] k]zeld ; dbfosf] ; f} tyf lzlf  
 k]ffnlsf] :t/ cflbn] o ; s/fnf0{k}k}j t u5g\ .

- kl/j fl/s j ftfj /Of, ck]ff / rf; f]h] lj Bfyl\$] f0{  
 pTk}0ff k}fg ub\$ / To; af6 lzlfssf ck]ff ; d} .  
 k}j t x65g\ .
- lzlfk]t lj z]f rf; f] /Vg] ; dbfodf lj Bfnon] ; f}  
 k}pg ; xh x65, To:t} To] rf; f]h] lj Bfnonf0{c%  
 a9L dx]gt ug{ bafa kl5 .
- kf7dqd, lzlf s Joj :yf, lj Bfnonf0{afXo ; xof]u  
 Joj :yfk, ; f} Joj :yf h:tf lj ifosf glt, of]hg  
 / sfo]m]h] lj Bfnoleqsf lqofsnfk w} } xb; Dd  
 k}j t x65g\ . vf; u/l o:tf] k]ffnlut Joj :yfdf  
 leGgtf /x\$ lj Bfnof; alr thgf ubf{ ol klfd  
 lj z]f Wofg kl'g' cfj Zos x65 .

#= k}j sfl/tf lgwf{0fdf g]t] sfl] lj zi6 eldsf /xg]  
 s/ f lj leGg cg; Gwfgx;n] :yfk]t u/\$f 5g\ . o ; c]tu{  
 k} lj ifout, slff-lzlf s, Joj :yfk ; ldt]nufotsf  
 klfx; dfq} x]0g slfleq lzlfssf] z]f]ofs g]t] /  
 lj Bfno sfo]f lj Bfyl\$] g]t] ; d} kb6g\ . To:t}  
 lzlfssf] k]ff] ttf, of]otf ; lfdt h:tf lj ifosf] dxlj af/  
 sg} lj j fb e]6Gg .

\$= lj Bfnosf] Joj :yfk]gdf ; j foQtnf0{st} w} } st}  
 sd dxlj lbPsf] kf0G5, t/ ; j foQt / pQ/b]lo]j nf0{  
 ; fy} n]hf] lgZro g} a9L xfl; of/ / lhDd] f/ agfPsf]  
 cg; Gwfgn] b]v]Psf 5g\ .

% = x/\$ txaf6 pRrd k]tkmsf] ck]ff ug] lzlf sdf  
 ; sf/flDs ; f} ; cgZf; t / ; /lft j ftfj /Of, p2]ok/s  
 kf7dqd, ; E7gdf k/:sf/ tyf k]f] ; fxgsf] Joj :yf h:tf  
 t]j n] lj Bfnosf] ; j :y j ftfj /Of tof/ u/l slfsf] f]sf  
 klqnofnf0{cyk}0f{ tNofpg] cfwf/ lgd]ff ub\$g\ .

^ = lj Bfnosf] k}j sfl/tf lgwf{s t]j x;df z]f]ofs  
 lqofsnfksf] lj zi6 :yfg 5 . c; t]j ; xof]u xg\  
 t/ of] t]j dhet x] . To; } pRrd l ; sf0 ; do,  
 lj lj wtfoQm lzlf0f /Ofgl, lg/Gt/ / szn ; kdf ; E17t  
 uksfo{ lj Bfyl{pkn]Awsf] lgoldt n]v]h]v] tyf k]zeld  
 h:tf klfx; k}j sfl/ lj Bfnosf] ; %f lj z]ftf agg  
 kl\$ 5g\ .

& = d]ly rrf{ul/Psf nufgl j f klqnof; DaGw. t]j x;sf  
 clt]l/Qm glthsf l]df klg s]l ; %f lj z]ftfx; cgej  
 ug{ ; l65 . vf; u/l ; } fuf]x]n] oxl glthf kl' x] } g}  
 lj Bfnok]tsf] cf'gf] 7f] wf/Of lgd]ff ub\$g\ . o ; c]tu{  
 pRr lj Bfyl{lgoldttf b/, l6sp b/ tyf pQ]0f{b/, pRr  
 z]f]fs pkn]Aw, ; df]lhs ; lk / blftf, cly\$ ; lfdt  
 h:tf ; r'sx; pko]u ug] u/} \$f] kf0G5 .

cG]odf, x/\$ lj Bfnon] cfm]f] k]t:kwf{ug] cf'gf  
 cEof; sf] lg/Gt/ ; dlff / kg/fj nf\$g u/l ; wf/sf  
 pkfox;sf] v]h] ug] afgl lj sf; u/} dfq} ; f]f] cydf  
 k}j sfl/tfd ; wf/ ug{ ; Dej xg] x\$ . of] t lgZrt  
 uG]Joegf klg lg/Gt/ ofq /x\$ .

-yklnof lzlf d6qnosf pk;lrj xg\ .

# /fli6øufg

; of}yuf kmnsf xfdL, Pp6}dfnf gkfnl  
; fj efð e0{km}npsf, d}l-dxfsfnl .  
k}tsf sf}6-sf}6, ; Dkbfsf] cfrn  
jl/x}sf /utn] :j tGq / c6n  
1fgeld, zflgteld t/f0{ kxf8, lxdfn  
cv08 of]kof/f] xdf] dft}eld gkfn .  
axh hflt, efiff, wd{ ; :s}t 5g\ ljzfn  
cu}fdl /fi6« xdf] ho ho gkfn .

/fli6øufgsf /rgfsf/ ▶  
k}lksdf/ /f0{-Jofsh df0nf\_  
tl:a// afa/fd ljZj sdf{



# kfg]tlg s/føsf]dgrfj

xfdlnf0{s; h}sg]jifodf \$^ zAb nVg cfux uYof] eg] slt ; do nufp5f}< hjfkm cfpq; S5- kfF jf bz ldgø, w]ðf cfwf 306f . /fli6oufgsf dflysf \$^ zAb nVg ; h5 Jofsh df0nfnf0{rflxF% lbg nfu5 . Jofsh e65g\ ænVg e6bf ; fRg / lrgtg ug{w} ; do nfu0f] /x5 . nVg] sf6g] km/ nVg] xg] clg ; Rofpg] of] qm !% lbg; Dd lg/Gt/ rNof] . ultsf]af/ðf lrgtg ug{ ; d] nfu5] lx; fa lx; fa ug]

xf] eg] ult tof/ kfg{ sl/a Ps dlxgf nflu0f]Æ Jofshsf] Toxl Ps dlxgfsf] l; h6fn] cfh xdf] /fli6oufg aGg] ; f6f0 kfPsf]5 . gkfn / gkfnlsf] klxrfg %dlsfpg ; km clg ; /n / ; ah] ufpg ; Sg] ePs} sf/of \$^ zAbsf] of] ultn] %08} tlg s/fø gkfnlsf] dgrfj nf0{ ; d6]sf] cgej xG5 . gofF /fli6oufgsf] zAb / ; Èltsf] k6fj sfl/tfs} sf/of lj=; \* !(\*@ blv kþngdf

/x5]f] ; flxTosf/ rgnkfl0f rfln; ðf/f /lrt ..>ldfg uDel/ gkfnl=U 5f6f] cj lwd} gkfnlx;sf] :d{tk6naf6 x/fpg yfn5]f] 5 . \$ ebf] @)^# df uf]vfkq df k5flzt ; Rgfsf] Joxf]f cg; f/ cG0 sl/a !@)) pT; fxl ; h5x; n] h:t} Jofsh df0nfn] klg klt0f] utfdf cf'gf] /rgf k7fP . cf'g} /rgf /fli6oufg a6nf e6g] rflxFpgnf0{ nfu5] lyPg . t/, pgsf] l; h6fnf0{ lg0f6sx; n] dfq} dg k/fpgg\ kfg]

# zAb / ; Èltn]/fi6oufg /fdf]aGof]

clA/ u?^a

; Èltsf/, /fli6oufg Pj +shklt, ; Èlt tyf gf6b-k]ti7fg

clxn5f] /fli6oult tkf0f0{s:tf] nflu5 < ..; of} kmhsf yEif xdl Pp6} dnf gkfnll of] ult jf ufg xf0g, .g3gn P6ydl xf] . c^u]hl zAb .P6ydl]sf] vf; gkfnl zAb kmhf k/5]f]5g . .P6ydl c; ult h:tf] x6g . of] 5f6f] xgk5{ cGt/f klg nfd] xgk5g . clxn5f] /fli6oult %08} Ps ldgøleq ufpg ; lsg] vnsf] 5 . xfdlnf0{of] ultsf nflu tlg j6f .6d6l lbg elgPsf] lyof] . xfdln] tlg j6} tof/ u/ ; /sf/nf0{ lbof}+. To; dW0] xfdlnf0{dg k/5]f] 5flgPg, ; /sf/nf0{dg k/5]f] 5flgof] . tyflk o; nf0{/fdf] dflgPsf] 5 . c; ult / /fli6oufgdf ; Èlt lb6f tkf0f0{s}xl km's cge]t eof] < /fli6oult a9fa9l, aRrfaRr l jf hg; s}pd] ; dXsf JolQm] ufpg ; Sg] xgk5{e6g] dfgotf 5, hg ; To xf] . ; a}ult ; ah] ufpg ; Sg] lsl; dsf x6g\ . /fli6oufgdf ; Èlt lb6f d of] s/fdf ; hu lyPF . ; ah] a'g] / ufpg ; Sg] agfpg] s/fdf d]f] Wofg uof] . ; Èlt ubx h6f sxl .6d6ldf lRQ a%g . To; qmddf dnf0{s] nflu0f] eg] ; lhnfhf0{ufxf] agfpg cK7df/f] x6g, cK7df/f] hf0{ ; lhnf] agfpg uxf] xG5 . To; k15 dh] klxf cf'gf] tl/sfn] of] ultnf0{ ; Èlt u5x uxf] eof] eg] k15 ; lhnf] kf5{ eg] sfd ynf] . o; f] ubf{ ; /n aGof] .

of] ufgnf0{ ; Èlta4 ug{ tkf0f0{ slt ; do nflu0f] < tflnd / l/x; h ubf{ sl/a tlg dlxgf nflu0f] . ; Èlt eg5f] .d8U sf] s/f klg xf] . .d8U 7ls 5 eg] e6fe6 sfd xG5, 7ls 5g eg] a9l ; do nflu5 . klxnfsf] /fli6oufg c^u]hl z]hsf] lyof] . t/, o; df gkfnlkg %dls0f] \eGg] s/fdf Wofg lb0Psf] 5 . clxn5f] /fi6« ufg cGt/f]60:t/sf] klg 5 / o; df gkfnlkg klg %dlsG5 . /fi6« ufgsf] ; Èlt lgdff u/k15 tkf0f] s:tf] kltlqmf jf 6lsf-16kk0fl kfpgeof] < sxl JolQm; n] /fdf] eg6g\ . t/, w] } h6fn] rflxFxfdf] sfdsf] tfl/km] u/ . dnf0{ ; a6Gf a9l sg s/fdf vzl nflu0f] eg] dh] u/5] ; Èltnf0{ ; /sf/n] ; jlsf/ uYof] . of] sfd 7hf] xf0g cyff\ .df:6/ lk; ckm cf6[ t xf0g / o; sf nflu 7hf] ; Èltsf/ g} rflxg] klg xf0g . t/, klg /fHon] u/5] ; jlsf/ -Psf] r]hf] d]6\_ dx] k0f{ nflu0f] /x5 . /fHodf ePsf] 7hf] kl/j t6sf] klqmfdf cfkm' ; xeful ePsf] cge]t ePsf] 5 . sltkon] /fli6oufgsf] ; Èlt hdg e6g] ugf; f] klg u/5f /x5g\ xf0g < xf] t/ ; a5f] lRQ a%fpg ; lsbg . ; ah] o; nf0{ dg

tlgs/fB gkfnln]g}cfd; ft\u/].  
 .gkfnl ult ;<sup>a</sup>ux @)(U sf  
 ; Dkfbg u/\$f tyf sl/a %) j6f hlt  
 kmb/ ult n/\$f #\* jifl6 Jofshsf]  
 /fli6oult n\vgcl3 ; fj hlgsl kl/ro  
 vf; }lyPg . /fli6oufgsf ; h\$sn]  
 kfpq] ; Ddfg / dfofsf] af/df t  
 pgl k7}cgle1 lyP . pgsf]l; hgf  
 /fli6oufgsf] ; kdf ; jlsf] ePkI5  
 Jofshsf] JolQm] lzv/df ku\$zf]  
 5 . ljut tlg jifdf kkt kltdqmf  
 / ; Ddfgn] pgnf0{ cfkm' c; flwo}  
 eflvoznf gful/s ePsf] cge'lt  
 u/Psf] 5 .

/fli6oufg n}y'fkt pgnf0{  
 ; /sf/n]k/ :sf/ :j'k ?% nfv lbPsf]  
 5 eg] ; dffhsf ljleGg lrfaf6 ^)  
 ebf a9l ; Ddfgkq kkt ePsf 5g\.

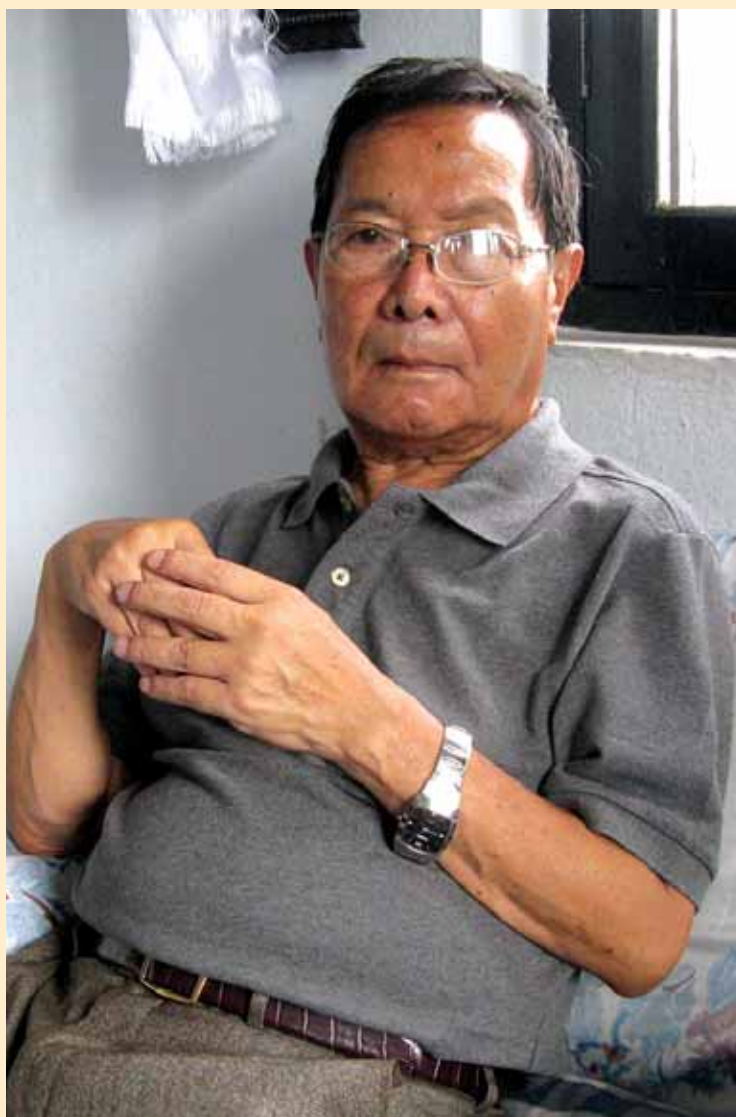
; of}; :yfn]bf] Nnf cfP/P/ clegGbg  
 u/\$f 5g\ . pgsf] kltefsf] ; Ddfg  
 ub}ahfotsf]ls/ff /f0{P; fl; P; gn]  
 ; gsf]snd pkxf/ lbPsf]5 . Jofsh  
 eG5g\ a/fli6oufgsf] ; h\$ ePkI5  
 gkfn / gkfnln]dklt bzPsf] ; Ddfg  
 / :g}sf]ef/l lgs}uxff] 5 . hlg]  
 ; fy\$ ePsf]cge'lt xG5 . ca gkfn  
 / gkfnln]dnf0{u/\$f]ckf/ dfofnf0{  
 hfufpg rfxG5' A

/fli6oufg lgdff ugdf ; kmntfsf]  
 cfwf/ s] aGof] t < Jofsh eG5g\  
 abzk, @)^@-^# sf] cfGbf]hgdf  
 cleJoQm hgtfsf] efj gf / gkfnf]  
 dffns klxrf; DaGwl d]f]a%fo of]  
 uf; ; hgf ug{dnf0{pnhf{/ k}off  
 lbg]dh t]j xg\ . /fli6oult 5gf6  
 ; ldltn] to u/\$f] dfkb08n] d]f]

lrGtg ; f]f0 / efj gfnf0{ cfsf/  
 lbg]sfd u'of] dfkb08nf0{ ; Dafwg  
 ug] u/l cf'gf] cge'lt / hgtfsf]  
 efj gfnf0{ ; d'bf /fli6oufg tof/  
 xg klOf] A

cf\yn9Efsf] yfSn] % sf :yfol  
 afl; Gf kbksdf/ /f0{-Jofsh df0nf  
 k}zn] jlsn xg\ . /fli6oultf]  
 /rgsf/ ePkI5 pgn]jsnt 5f8\$  
 5g\ . pgl cfkm'rflixFcfkmh0{o; /L  
 lrgfpg rfxG5g\ad lxhf]klg cf]t  
 gful/s lyPF cfh klg Toxl 5' .  
 km/s olt xf]ls /fli6oultf] ; h\$  
 ePkI5 hgtfaf6 ckf/ dfof /  
 ; Ddfg kfPsf] 5; To; s}e/df afRg  
 rfxG5' A

afa/fd ljZ]sdff



k/fpg} k5{ eGg] klg 5g . clxn] of] ultsf]  
 ; E'ltnf0{0h/fondf klg .P/ghd]6ul/Psf] 5 .  
 cdll/sfn] klg o; nf0{dg k/Psf] 5 . of] ult  
 h; /L klg ufpg ; lsg5 . ; dfdgo dffns}e/df  
 klg ufpg ; lsg5 . rf0gf cfh]Dksdf ah\$sl/a  
 @)) wgdWwo}xfdf]wg !} gDa/df cfPsf]lyof] .  
 gkfnf /fi6kdv lj bz hff ; DaGwt bzsf]dfq  
 xf0g, xdf] bzsf]klg /fli6 wg ah5 . To; df  
 ult uf0B . To; cfwf/df /fli6oufgsf] ; E'lt  
 g/fdf] 5 eGg] nffB .

tyflk o; sf] cEof; ug] qmddf sdl-sdhf]l  
 blvPsf 5g\ . lul/hfk] fbsf]lgwg xff pxl kf/fdf  
 /fli6 wg ahf0of] . hals zf\$sf] j'hd] 19nf]  
 u/l ahfpgkYof] . vzl xff jf zf\$sf] 38ldf  
 klg Pp6} tl/sfn] ahfpgk . ahfpg] tl/sf  
 cykOf{agfpg' cfj Zos 5 .

**/fli6oufgsf] af/df hg dfqdf rrf{ xgkYof]  
 Toit geP h:tf] nffB <**

x/\$ laxfg bzsl/sf :shx;df xhf/f}lj Bfylh]  
 of] ult uf0B . ; a}:shdf of] uf0G5, cEof;  
 ul/G5 . lj Bfyl;af6 g}of] ktf/ xG5, 3/-3/df  
 kU5, ufPufPff kU5 . kx/L ; gfn]klg Aof08 dfq]  
 ahfpg]xf] ufpg]t :shsf lj Bfyl; n]g}xf] . :sh  
 / lj Bfyl;af6}o; sf] dxLj / ; uGw kmhG5 .

**/fli6oufg /fd] xgdf ultsf/ ; E'ltf/ /  
 ufosdWwo} s; sf] dxLj kOf{ eldsf 5 <**

dVo eldsf ; E'ltf/sf] xf] . /fli6oufgsf] wg  
 dxLj kOf{ xG5 . hxfDd of] ultsf zAbsf] s/f  
 5, To] /fd] 5 . ult / ; E'ltf] ld>0faf6 of]  
 /fd] ag\$] xf] h:tf] nffB .

# /fli6@ufgsf] ; GbZM zflGt

; TodfXg hfZl  
; #s[t]j\ tyf ; ofhs  
/fli6oufg lgdff ; ldt, @)^#



/fli6@ufgsf] 5gf s; /L ugfof <  
/fli6@ufg lgdffsf] dVo cfwf/ @)^@:# sf]  
cfGbfhgdf JoQm hgfbz xf]. hgcfGbfhgdf]. Dof08f0  
/fhtGqsf]: yfgdf u0ftGq : yfkgf uglyof]. /fhtGq  
g}g/xk15 ...>ldfg uDel/ gkfnl=ln] sfd ug] s/f  
lyPg . /fhtGqsf] elQmufgsf] ; \$f hgtfsf] dg, efjg  
/ d6' 5g] tyf hgtfsf] lglDt wXk15; Dd sfdofjl  
xg] /fli6@ultsf] vffF] k/\$fn] xfdln] gofF/fli6@ultsf]  
vffhl cf/De uYof}.

/fli6@ult rogsf dh dfkb08 s] s] lyP <  
/fli6@ufg nVg ; Sg] wX} gfd rn\$F slj tyf /fi6<  
slj xz lyP . ultsf/xz klg yk} lyP . pglx; nfo{  
/fli6@ult nVg eg\$F] eP Ps] 5gdf nVg ; Sy]  
xfhg\ . t/, xfdln] To; f] u/}f}. /fli6@ult nVg]  
df\$F ; fgb]v 7hf; Dd ; a}f0{lb0of]. /fli6@ult nVg]  
cj ; /af6 al-rt ul/of] eGg] s; }f0{ nfluG gkfcf] \  
eg] To] af6f] /fhnPsf] xf]. To; k15 ; f/f gkfnlnfo{  
/fli6@ult nVg kltofl] utfdf efu lng cfX] fg uYof}.

To; df nAw-kl] ti7t, ; fgb-7hf slj ; a}k/].  
ult 5gf0 ubf{ xfdln] Wofg lbPsf] csf] klf xf]  
ultsf] lj ifoj : t' . wd{lg/k] ftf nfu" ePsf] bZdf  
kzkltgry, afXgy jf sb} c; wd\$F] u0fufg ufpgsf]  
cy{lyPg . wd} ; fdkh] los / ; a}sr]t wf/Off Nofpg  
; Sg] ePsf] To; df klg xfdl ; r} lyof}. lxdfnsf]  
u0fufg ufppf t/f0{/ kx18 cf] hdf kg] ePsf] n]  
; u/dyfsf] klg wX} avfg gu/f} hlt rflxg] xf] Tolt  
u/f} eGg] xfdl] ; f}f0 lyof].

gkfn] axhftlo, ax' f: s[ts, axwld\$ oyfy{  
af\$g ; Sg] /fli6@ult xgk5{ eGg] xfdl] dfGottf xf] .  
; a}hlt-hgh] ltsf] ; s[t]df /fli6@ Pstf blVg]  
9En] /fli6@ult lgdff ug] s/fdf xfdl] hfB lyof] .  
sDolgi6, nf\$Tgq, hg] fb jf o: tf c; hg; S} jfb  
c}pbf klg x6fpg, vf/h ug{ jf ; zfv]g ug{ g; Sg] /  
; a}f0{ dfGo xg] u/} /fli6@ult agfpg nfluof}. csf]  
s/f, /fli6@ult Hofb} nfd] xg] xGg eGg] ePsf] !))  
zAbdf o; nfo{ ; lldt tNofp] elgor]. efiif ; /n, ; / ;  
/ af] wudo xf] V ; a}f0{ 5g] / ; a}f] a" g] xf] \eGg]  
klfnfo{ klg dfkb08df ; dl] 6Psf] lyof].

To] k] t: kwff slt hgf slj-ultsf/xz ; xeful  
lyP <

!@(% hgfsf ult /fli6@ufg kltofl] utfdf k7f0Psf  
lyP . k] {klZrddf sXl 6fhl v6fP/ klg OR5'sx; nfo{  
ult nVg eGof}. of] kl] qofdf gfd rn\$F 7hf] v]  
slxNo} gfd g; lqPsf ; fdfGo JolQm; n] ; d} efu  
lnPsf lyP . /fi6@slj uf] knk] fb l/dnsf] . /ftf] /  
rGb] ; b] nfo{g} /fli6@ult agfpg' plrt xG5 eGg]  
cf] fh klg Tolt] hf p7\$F] lyof]. cf' g] ult 5gf0df  
kfg{ eg; g ug] nlj E ug] h: tf sfdx; klg eP . t/  
To; n] xfdl] j : tlg] 7tfnf0{ c; / kfg{ k] Pg .

To; cl3 rrfdf gcfPsf Jofsh dfOnsf] ult rflx  
s; /L 5gf0df kfof] <

kl|tofl|utdf ; xeful ; ašf]gfd x6fP/  
 ..sf]B<sup>au</sup> ul/Psf]lyof]. ultsf]dNof]g  
 ubf{dNof]gstffo{ultsf/sf]gfd yxf  
 x6gYof]. dNof]gsf qmddf x/\$ ult ; ldtstf  
 ; b:ox;sf]alrdf jfrg ug] 5nkm,  
 l6sf]6Kk0fl cflb ul/of]. To; k15 /fd] ultnf0{  
 .Pū ušdf, To; eGbf sd; nno{..all / sdhf]  
 ultx;nf0{.; ll ušdf jul\$ /of u/l dNof]g  
 klqmf cl3 a9f0of]. o; f]ubf{.Pū ušdf !))  
 j6f ult k/\$f lyP . To; af6 5fGb}hf6f %),  
 To; af6 @% clg @% af6 !) ult 5gf6df  
 k/]. !) j6f ultaf6 % / % j6faf6 # j6f  
 ult 5gf6sf qmddf l6s]. cl6td tlj6f  
 ultaf6 clxnšf]ult 5gf6 xgklof].

ult 5gf6 klqmf k/f ug{slt ; do / vr{  
 nflvf} <

5gf6 ; ldtnt]rf/ dlxgf sfd u#of].  
 ; ldtntf0{ ; /sf/n] 5š}ah6 lbPsf]lyPg .  
 xfdln]:j o;:]s eP/}of]sfd u/\$f xf]. nflvg]  
 vr{ ; :s[t d6qnon] ; f%}Joxf]šfn] ; ldtstf]  
 5š}ah6 lyPg .

gkfn / gkfnlsf lglDt clxnšf]  
 /fli6ultsf] dxLj / cf]rTo s]xf} <

xfdln]lgwf{of u/\$f w}]dfkb08 of]ultn]  
 k/f u/\$f] 5 . efiif ; /n / ; xh 5, hf] šh]  
 a`g ; Sg]vfnstf] 5 . ..cfFnll h:tf]gofF  
 zAbsf]k6f]u eP klg o; n]gkfn / gkfnlsf]  
 dfl]ns klxrfgnf0{cleJoQm u/\$f] 5 . hfthfltnf0{  
 Pststf] ; 6df afl]vg vfhšf] 5 . /fi6«ufgn]  
 hgcf6br]hgsf] e]j gfnf0{ ; 6}gofFgkfn, cu]fdlkg,  
 ; dfj žls/of, klxrfg h:tf s/fnf0{klg ; d6šf]  
 5 .

/fi6ufgsf] dh ; Gbž rflxfs]xf} <

o; sf] dh ; Gbž xf] zflgt . .xfl gkfnl jL/l  
 e6g]k/Dk/fut d6otaf6 of]ult dfl]y p7šf]  
 5 . gkfnlsf] klxrfg jL/ cy]f df/sf6 ug] eGbf  
 zfl6tk6ll rflxfsf] e6g] ; Gbž o; n]lbg vfhšf]  
 5 . ljutsf /fli6ufgx;df o; s/fstf]sdl lyof].  
 of].x6l xfo]g 86l n8g]gkfnlsf]afgl x65ll  
 h:tf] 5g . of]cfhsf] ; dfl / r]gf ; xfp6f] 5 .  
 o; n]s; 6f0{afwf-Jojwfg / lyrf]drf] u/\$f] 5g,  
 ; a6f0{o; n] 565 .

/fli6ult /fd] eP/ klg o; sf] k/f/k/f/ ge-  
 Pstf] h:tf] nflvg} <

o; sf] af/6f hlt .Pkl]P; gū -; sf/tds rrf{ /  
 k/f/ xgkYof]To]gePstf] ; fFf]xf]. t/, lj :tf}  
 dflg; n]o; sf] dxLj a`b}hf65g\ . of]ultsf]  
 kž#f gxg' jf rrf{sd xgdf Jofsh dfof  
 hgfhlt /fo{InDa' ePstfn]klg xf]. gfd rnšf  
 7hf7hf slj =ultsf/sf]el8df ; flxToklt ; fdf6o  
 ?lr /Vg]Pp6f oj]sstf]ult 5gf6 x6f s; }s; 6f0{



kl8f klg ePstf] xfhf . t]klg of]ultsf] k/f/ k15  
 cfkn}x65 . clxnšf] /fli6ult hg; š}; df/f]df  
 ufpg ; ls65 . of] ; bfax/ 5 . c; n] k/f/ =k/ f/  
 gu/] klg :shx; n] ufpg] ePstfn] o; sf] dxLj qmlds  
 žkdf a9b}hf65 . gkfnf t /fli6ult gufP klg  
 xfhf t/ cdll/sf hfg] gkfnlnf0{ ldtfl] /fli6ult  
 ufpe6bf .dnf0{ cfp6g, /fd] nflvg] e6g ldn6g,  
 ufpg' kl/xfl5 . To; sf/of /fli6ult ; a6] ufpgk5{  
 ; Ddfg ugk5{.

of]ufg 5gf6 ug] qmddf ult jf ultsf/sf af/6f  
 cfPstf] 6lsf]6Kk0flx? s]xl ; D%gx65 <

ultsf/ eflodf]g xg\ t/, s]xl dflg; x? ultsf/nf0{  
 JolQmut žkdf dg gk/fpg]el6P . ; flxTodf ; fdf6o  
 ?lr /Vg]Jofshstf]ult 5gf6 ePk15 dfq xfdln]  
 pgsf]gfd yxf kf6f. Jofshn] ; Dkfbg u/\$f]  
 gkfnl ult ; a`x @)% (df hl zfxsf]klg ult  
 ; dl6Pstf sf/of pgnf0{/fhf]fblsf]cf/flk nuf0Pstf]  
 lyof]. xfdln]To; nf0{jf:tf u/6f]ult x6f}.

/fli6ultsf]; EIt tkf0f6f0{slQsf]lrQ a%šf] 5 <

s]xl n] /fli6ultsf]zAb cg; f/ ; EIt hdg e6g]  
 ug; f]u/]. t/ dnf0{To:tf]nflvg . ultdf k]fb,  
 u6f / dfwb{rflx65 . d6656f0{pQllnt agfpg]  
 vfnstf] /fli6ult xgk6g . ; ašf]dg 5g]xgk5{  
 /fli6ult . clxnšf]ultdf To]u6f 5 .

# /fli6ou efj lgdfoufsf]; q



■ kplk 1jfnl

;f%f ;:s[t, ;f%f cfly\$ k0ffnl / ;j fkl/ ;kdf  
;f%f dgflj 1fgaf6 afFwPsf hg; dXsf] ; dli6af6  
/fi6« aG5 . Toj] ;f%fkG, Toj] PsTj sf] efj gf,  
Toj] ; dli6sf] efj nf0{ JoQm ug{ /fi6ou} sXl ;f%f  
kflsx; lgdfou u/\$f] xG5 . /fli6ou %08f /  
/fi6oufg To:t}kltlgw kflsx; xg\.

@)^@-^# @)^@-^# sf] hgcfbfnhgk15 ul7t ;/sf/df  
;:s[t dgqslf] xj; otn]; xeful e0/xBf dXf] sfwdf  
of0f dxLj k0f{bfloTj cf0nfl0f} oufGtsf/l kl/j t0sf]  
dd{/ hgtfsf] cfsf^Nf cg?k gofF/fi6oufgsf] 5gf0  
ug]. ; txaf6 x0f{of] Pp0f ult 5gf0 ug]; fdfG0  
klj lws sfd h:tf] dfq} bJVP klg vf; df o; n] gofF  
laxfglsf] cfudgnf0{ ; fljts cy0f kltlj ldat ugkg]  
lyof]. To; j] of] sfd r0f] k0f{lyof].

To; f] t, @)\$^ ; fnsf] kl/j t0k15 klg gofF  
/fi6oufgsf] rrf{gePsf] xf0g . oltj hf hg:t/af6}  
gofF/fi6oufg rflxG5 e0g] cfj fh p7\$] lyof].  
; flxTosf/ df0gfy kl>tn] t gofF/fi6oufgsf] d:of0f  
; d]; tffsnlg ; ljwfg ; %fj cforudf k]tt u/\$f  
lyP . t/ Tojtj hf cf0nfl0f/l zIQm; sf] sdhf]  
r]gf / /fhtGqsf] k0f] sf sf/0f gofF/fi6oufg  
lgdfoufsf] sfd pk]ffsf] l; sf/ aGg k0f]. la8Dagf,  
khftGq : yfkgf ePsf] 8PbzS; Dd gkfn /fi6oufgsf]  
gddf /fhfsf] : tltufgnf0{ bfXf] of0/xg aNno eof].

bf] fl] hgcfbfnhg ; dsnlg gkfnl /fhgltsf  
; Gbe0f sltko gofFefj, cjwf/0ff / cGt/j :t'  
; dflj i6 oufGtsf/l cf0nfl0f lyof]. o; sf] p2Z0  
vfnl lj 3l6t kltlgw; efnf0{ kg; yf]kt ug]; Qfaf6  
afx/ wsljnPsf bn of lTgsf g]fnf0{ ; Qfdf knsfpg'  
dfq] lyPg . ; 8sdf plqPsf nfvf]hg; dbfosf  
cf0fdf gofF; kGfx; lyP- lx; fids aG0sf] cGto  
u/l dh5df lbuf] zflGt sfod ug]; kGf, /fhtGq /  
hgtfalr]sf] ouf]k/fGf] aG0nf0{ ; bsf nflu ; dfwfg ubX  
s; j] v]g g; Sg] khftflGqs k0ffnl : yfkgfsf] ; kGf,  
/fhglts : j tGqtf; E}; fdfhs Gofosf] ; kGf, lj0Psf/l  
/fHo; Argfsf] cGto ubX n]sf] flGqs /fHo; Argf lgdfou  
ug]; kGf, ; fdfhs-cfly\$ ?kGt/Of; E}; d] gkfnf]sf]  
; kGf / ; aYfn] afXo lyr]drf]af6 dQm ; b0  
/fli6oufsf] ; kGf- cyff \gofFgkfnf]sf] ; kGf .

gofF/fi6oufgsf] ; Gbe{klg log} k] E; E; hf]8Psf]  
lyof].

## /fi6oufg 5gf0sf] klqnof

.Doflgfsf] fl; E; thgf ul/g] ul/Psf] kg; yf]kt  
kltlgw; efsf] h7 \$ sf] 3fl]0ffn] /fhfsf] : tltufgsf]  
; kdf /x\$] tTsfnlG /fi6oufg vf/ h u0f]. of]  
vf/ h; E; tTsfn} gofF/fi6oufg lgdfoufsf] ckl/xfo{ vfFf]  
k0f eof]. Toj] vfFf] k7f ug]; fdfGotoflm xfdl; E;  
tlGj 0f lj snk pknAw lyP- klnf]; E]ta4 e0; s\$  
/ n]sf] k0f klg /x\$ /fli6ou ultx; dWo0af6 5gf0 u/  
cNksfnlg ; dosf nflu /fi6oufg 3fl]0ff ug] / lj :tf/}  
gofF/fi6oufg lgdfou klqnof cf/De ug]. bf] fl] : yf]kt  
; flxTosf/x; sf : t/lo ulTdWo0af6 5fg] ; E]t sDkflh  
ug] lb0{To; nf0{/fi6oufgsf] ; kdf : yf]kt ug]. /l  
t] fl] o; klqnofdf cfd ; i6fx; nf0{ ; d]; xeful  
agrf] n]sf] flGqs lj lwaf6 ult 5gf0 ug]. klqnof  
cln l9nf] xg] eP klg xfdln] t] fl] lj lw ckgfpg] lg0f0  
u0f].

of] klqnof lj jfb/lxt xf] V pTsf6 zAbx;  
/fi6oufgsf] lgDt 5gf0 ul/ob\eg] kl; 4 ; :s[t] j b\  
; Todf]xg hfz]lsf] ; 0fhstj df ; ldlT u7g ul/Psf]  
lyof]. o; df df0gfy kl>t, buf]fn >]7, /fdz,  
> j of d'sf?^a, gGbs]0f hfz]l, j] h' zdf{ aB  
/fgf, cd/ lu/l, cfxlt h:tf : yf]kt ; flxTosf/ /  
; :s[t] sdlx; ; dflj i6 lyP . : yf]kt ; i6f : j omf0{  
5gf0 ; ldlTdf /Nbf pxf]k; af6 kfgp ; lsg] : t/lo  
ultx; of] klt:kw0f] ; ldlnt xg kfpGg\ eGg] l6k0fl  
klg gcfPsf] xf0g . t/ klt:kw0f] efu lng 0R5s  
; i6fx; 5gf0 ; ldlTaf6 labf eP/ To; klqnofdf  
; ldlnt xg kfgp] Joj : yf sfod} /flvPsf] lyof].

xfdln] gofF/fi6oufg s:tf] xgk5{ eGg] af/0f  
dfkb08 / cfwf/ tof/ u0f]. o; n] xfd] /fi6oufsf]  
uf]j ufyfsf] pb3f]0f ug] k5{ o; df xfd] ; dfhsf]  
lj lj wtf klt] ldat xgk5{ o; n] n]sf] flGqs dNonf0{  
pbaf]wg ug] k5{/ ; Gb/ elj iosf] cfz] j flbt o; n]  
hufpg ; Sgk5{ gofF/fi6oufgsf] lgDt to ul/Psf]  
dVo cfwf/x; log] lyP .



krf; zAbdf ga9f0 o:tf]efj af\$g]ult k7fP/  
o; klqmfdf ; xeful xg cfd ; i6fx;nf0{ul/Psf]  
cfXj fgsf] klftlqmf ; fRr;}g}pT; fxa4\$ lyof].  
xhf/eGbf a9L ; i6fx;n]cf^gf /rgf k7fP/ ; xeflutf  
hgfp . 5gf7 klqmfdf ..sf]8^u / ..l8sf]8^u sf]  
klj lw kofl ul/Psf]lyof] cyff\Vrgfsf]dNof]g  
ul//xhf dNof]gstf{ ; i6fsf]gfd x} k^flj t xg  
g; sf] \eGg]s/fsf]k]ofelt ul/Psf]lyof].

oxl nf\$tf]Gqs lj lwaf6 Jofsh df0nfsf]l; hgf  
.; of^yEf kthsf xfdl Pp6}dfnf gkfnl /fi6wfgsf]  
;kdf lj hol eof]. lj Voft ; E]ts/ cDa/ u?^an]  
o; df p]s[6 ; E]t lbg^eof]. cfh oxl ult xfdl  
/fi6wfgsf] ;kdf cfd; ft \ul//x\$ f 5f}.

### /fi6«/ /fli6øufg

/fi6«df6f\$]dfq}gfd xf0g, of]  
dgsf]klg gfd x]. lglZrt  
eēfuleq a:g]-/ c% slxn\$fxLF  
t eūfhaf6 klg al-rt\_ t/ Pp6}  
; f% ; s[ t ; f% cfly\$ k0ffnl /  
; j fkl/ ; kdf ; f% dgflj 1fgaf6  
afwPsf hg; dXsf] ; dli6af6 /fi6«  
aG5 . Toj ; f%kg / PsT]sf] tyf  
; dli6sf] efj nf0{JoQm ug{/fi6«]  
sxl ; f% k^t]sx; lgdf u/\$f]  
xG5 . /fi6ø %08f / /fi6wfg o:t}  
kl]tlglw k^t]sx; xg\.

/fi6wfg ; wf/fli6ø klxrfg  
/ /fi6ø uf]j sf]k^t]s xG5 .  
rfx]qmfGt of cfGbf]hgsf] ; kmntfkl5 qmfGtsf/l  
of lj b]lx;sf ultnf0{g}/fi6wfg agf0Psf]xf] \  
rfx]sg]lj Voft nf\$ufos of ; i6fsf]/rgfnf0{  
/fi6wfg agf0Psf]xf] \cfd hgtfn]o; nf0{cf^gf]  
efj gfsf]k^t]s, cf^gf]d6sf] :kGbg of cf^gf] ; kgfsf]  
kl]tladasi] ;kdf cfd; ft \u56\ . sg}cGt/fli6ø  
; df/f]x^df cf^gf]/fi6ø wj ahbf ; Da4 b]zsf  
kl]tlglwx;sf] dx^df kl]tlalDat xg]/fi6k]tsf]uj f]f0{  
lgof]lg]xf] eg]o; sf] dx]tj / ul/dfnf0{ ; lhn}cgdfg  
ug{ ; lsg5 .

xfdf]/fi6wfgsf zAb / ; E]tn]xfdf] ; dhfsf]  
lj lj wtf, xdf]/fi6sf]uf]j / xdf]elj ionf0{  
kl]tlalDat u/\$f 5g\ . t/lotf lg/k]f lj ifo xf0g .  
; #f/sf sg}klg /rgf of l; hgfdf ; wf/sf 7fpk;  
/lx/x\$ xG5g\ / lg/k]f cydf k0f{eGg]sxl klg  
xG5 . t/ dnf0{nU5- kl/j tGkl5sf]gkfnf]ablnf]  
dgflj 1fgnf0{/fi6wfgn]/fd] E kl]tlglw] u/\$f] 5 .

### /fli6ø efj wf/f lgdf0fsf] ; q

gkfnl ; dfh lj lj wtf, axhtf / ; f:s[ts ; lD>0fsf]  
; Gb/ ynf]xf]. olt ; fgf]dhsdf dfgj hfltsf ; a}  
dxwf/fx; - cfo{ dE]h, cli6s / blj 8x;sf]pkl:ylt

xg' lxGb, af / ls/ft wd\$]pbvdynf\$] ; kdf  
/xg' zfSo, lj b} / afudtl h:tf ; Eotfx; xfdlnf0{  
pQ/bfgdf k^t xg' clg ; oeGbf a9L hflit, gAaGbf  
a9L efiiffil / bhgf; ; f:s[ts dNox;sf] ; xcl:t]j  
k^t xg' xfdl ; a\$ lgldt uf]j sf]lj ifo xf]. of]  
lj lj wtf / axhtf xdf] ; Dkbf xf].

oBik, nfd] ; do; Dd dhsdf xjl ePsf] ; fdGtl  
zf; g k0ffnlsf sf/of xdf] ; dhfsf]of] lj lj wtf  
/fHosf]clw; Argdf kl]tlalDat xg ; sG . ; dfh  
OGb]ldo lyof] t/ /fHo Ps /^sf]eof]. ; dfh /E]g  
kthaf/l lyof] t/ /fHosf]a]s sf]7df Psw kthn]  
dfq}7fpFkfp . eūfh]sf]Psls/of eP klg efj gfsf]  
Psls/of Tox] :t/af6 xg ; sG . c% kl5Nnf] ; do t  
lg/a\$z zf; sx;n].Ps efiiff, Ps wd{ Ps e]f / Ps  
; s[tl yf]kg]w[6tf; d] u/]. ; f:s[ts Ps; kls/ofsf]  
of]rk^df k/] xdf] ; dhfsf  
sG}hflit, efiiff / ; s[tn]cf^gf]  
klxrfg / cl:t]j g}d]fpgkg]  
afllotf ; d] l; hgf eof].

; #f/sf sg}klg /rgf of  
l; hgfdf ; wf/sf 7fpk;  
/lx/x\$ xG5g\ / lg/k]f  
cydf k0f{eGg]sxl klg  
xG5 . t/ dnf0{nU5-  
kl/j tGkl5sf]gkfnf]  
ablnf] dgflj 1fgnf0{  
/fi6wfgn]/fd] E  
kl]tlglw] u/\$f] 5 .

of]rk^df k/] xdf] ; dhfsf  
sG}hflit, efiiff / ; s[tn]cf^gf]  
klxrfg / cl:t]j g}d]fpgkg]  
afllotf ; d] l; hgf eof].

To; h] ub]sf]klxrfgsf] v]hl  
kl5Nnf] ; dodf lgs}tlj |ag\$]  
5 . ; dhdf cetk]{hfu/of cPsf]  
5 . of] ; sf/f]ds 5 . t/ o; n]  
sxl hflvd klg l; hgf ug{yfn\$]  
5 . cf^gf] hftlo, eflifs, ; f:s[ts  
of eūfh]ns klxrfgsf]uf]j ufg  
ug]qmdf ; f% /fi6ø klxrfgnf0{  
sdhf] ug]k]Q klg k^f xg  
yfn\$] 5 . dflg; sf axklxrfg

xG5g\ / xfdl klg To:t}axklxrfgleq 5f}. t/  
cf^gf]Psn klxrfgdf cTolws hf\$ lbg]s/fn]; f%  
klxrfgnf0{sdhf] kfg{ ; S5 eGg]tYo c]hdf kg{  
yfn\$] 5 . hftlo lx; fan]xfdl afxg, lnda' of yf;  
xg ; S5f}. eflifs lx; fan]xfdl gkfnl, du/ of j^tj  
efiiff a]lg]xg ; S5f}. eūfh]sf]lx; fan]sf]xl dwzL,  
s0ffljf; l of kf]/hl xg ; S5f}. ; f:s[ts lx; fan]  
xfdlnf0{b; }Nxf]f/ of Ob^pn^kq lkp nUg ; S5 .  
ol klxrfg uDg yfn\$ 5g\of o; sf] ; dlrt ; Ddfg  
ePsf]5g eg]To; sf]klf df cfj fh p7fpg]of ; ^if{  
ug]x/\$sf]clwsf/sf]s/f xf]. t/ ; aGbf dly xdf]  
.gkfnl klxrfg 5, hf]xfdl ; a\$] ; f% klxrfg xf]  
eGg]tYo s; h] la; GxG . lsgg]oxl ; f% klxrfg  
g]xdf]cl:t]j / cu]ltsf]cfw/ xf].

/fi6wfg, /fi6ø %08f / cG /fi6ø k^t]sn]xfdf]  
oxl ; f% klxrfgnf0{kl]tlalDat u5g\ . cg\$tdf  
Pstf v]lg, lj lj wtdf ; f%kg v]lg / kthx;nf0{  
Pp6}dfndf pGg loglx;n]xfdlnf0{k]t u5g\ .  
sdhf] aG}uPsf]/fi6øtnf0{ ; bP ug{k^t]s]ds  
;kn]loglx;n]xfdlnf0{ ; xof]w k^ofp5g\.

To; h] ; a}klf af6 ol k^t]sx;sf]/lf / ; bkof]w  
ck]lft 5 .

# Izlf s tflnd

8f= ejfglz s/ ; j } l



# s l f f d f e G b f c G o q p k o f y

Izlf s tflnd af/ \$ f c g ; G w f g x ; s f ] ; d l l f f u b f { s } y f x f k f 0 o f ] e g ]  
Izlf s tflnd n ] l j B f y l \$ f l ; s f 0 u t J o j x f / j f I z l f s s f I z l f 0 f ; D a G w l  
J o j x f / d f c f w f / e t 1 f g a 9 f p g H o f b } s d o f u b f g u / \$ f 5 g \.

**I**zlf s tflnd d f w } } b f t f x ; n ] ; x o f i j  
k f o f P k l g o ; s f ] q m d a 4 J o j : y f k g u /  
I z l f s x ; s f ] l f d t f l j s f ; u g ] s f o { x f d f n f l u  
c % } r g f } l k o f { 5 . T o ; h } l z l f s t f l n d / o ; s f ]  
k e f j s f / t f s f ] l j i f o ; w f l j j f b f : k b a G g ] u / \$ f ]  
5 . t f l n d k b f g u l / P s f ] y n f a f 6 s f o y n f d f  
I z l f s n ] l ; s \$ f s / f k o f t : y f g f t / o f g u / \$ f  
s f / o f t f l n d k e f j s f / l ; f l j t x g g ; s \$ f ]  
x g ; S 5 . I z l f s t f l n d z ? u g e G b f k l x n ]  
t f l n d s f ] c j l w d f / t f l n d ; d f k g k l 5 u l / g ]  
l q m o f s n f k k l g l j j f b d Q m x g ; s \$ f 5 g g \.

Izlf s tflnd s f ] c k l l f t k l t k m e g \$ f ]  
l j B f y l \$ f ] x f l ; n u / \$ f ] l ; s f 0 p k n l A w /  
l j B f n o x ; s f ] ; f d f l h s 5 l j g } x f ] . t f l n d a f 6  
l ; s \$ f ] 1 f g ; l k / d g f ] Q n f 0 { l j B f n o s f ]

j f t f j / o f d f ; x h t f s f ; f y k f o f 0 P d f ; D a l G w t  
t f l n d n f 0 { ; k m d f l g G 5 . o B l k t f l n d s f g f d d f  
v l r 0 P s f ] ; d o , > d / z l Q m u f o t e f l t s t y f  
d f g j l o ; f l x ; s f ] s x f n l n f l u b f ] c k J o o n ] I z l f f d f  
u b \$ f ] 7 h f ] c j ; / s f ] l x ; ; f ; l j u b \$ . l j B f n o s f  
I z l f s x ; o ; s f c k j f b x f 0 g g \ . o f ] k l / j z n ]  
g k f n s f ] I z l f f l j s f ; d f I z l f s t f l n d s f o q m d s f ]  
o f u b f g a f / ] u d e l / k z g p 7 \$ f 5 g \.

l j B f y l \$ f ] l ; s f 0 p k n l A w , l j B f n o 5 f B a ] b / d f  
G o g t f , I z l f s x ; s f ] J o j j ; f l o s l f d t d f k x F  
t y f ; w f / h : t f k d v z l f s l j s f ; s f ; r s d f  
I z l f s t f l n d s f o q m d s f ] s o f u b f g 5 < t f l n d s f ]  
k e f j s f / t f j f : t j d f s ] 5 < s ] l j B f y l \$ f ]  
l ; s f 0 n f 0 { n l l f t u / l I z l f 0 f u l / P s f ] 5 < s ] o f ]  
k l q m o f n ] k e f j s f / l I z l f 0 f d f c g ; G w f g a f 6 k m h f

k / \$ f s / f x ; s f ] c g ; / o f u l / P s f ]  
5 < l j B f y l \$ f ] l ; s f 0 k l q m o f d f s ; / l  
; x e f u l x G 5 g \ < I z l f s x ; k z f k l t  
; d l k f / p i ; f l x t 5 g \ < . . : y f u t  
k l x r f g l / . l j B f n o ; s [ t l n f 0 {  
s ; / l : y f l k t u l / P s f ] j f h f u f 0 P s f ]  
5 < l j B f n o g t j n ] k e f j s f / l I z l f 0 f  
/ l ; s f 0 d f s ; / l k e f j k f / \$ f ] 5 <  
s ] I z l f s x ; l j B f y l \$ f ] l ; s f 0 /  
p k n l A w s f c f w f / d f l j B f y l \$ f ]  
d N o f i g u 5 g \ a f n a f l n s f s f ] p R r t d  
; j f l e l o f l j s f ; d f a f a c f d f x ; ; / f \$ f /  
/ v b 5 g \ < o : t f k z g x ; s f ] p Q / l b g  
; S g ] ; a t / p b f x / 0 f x ; s ] s ] 5 g \ <  
T o : t } I z l f s t f l n d k f 7 d q m d f s ]  
; w f / u l / g k 5 { < l j B d f g k f 7 d q m d n ]  
I z l f f k f p g ] a f n a f l n s f s f ; j f l e l o f  
l j s f ; s f ] c f j Z o s t f n f 0 { ; D a f j v g



u/ʃf]5 <lzlffsf]glit lzlfs tflndsf]lj Bdfg  
sfo{md; ʃ ldnbf]hNbf] 5 <  
ol / o:tf kʒgx;sf cfwf/df lzlfs tflnd  
af/ʃf kʒ]{cg;Gwfgx;sf] lj:t; ;dliff ubf{  
s}yxf kf0of] eg] lzlfs tflndn] lj Bfyl{sf  
l; sf0ut Joj xf/ jf lzlfssf lzlf0f; DaGwl  
Joj xf/df cfwf/eʃ 1fg a9fpg Hofb)sd ofubfg  
u/ʃf 5g\ . To:t}lzlfs tflnd; DaGwl l; 4fgt  
lgdʃfdf klg logsf]ofubfg wʒ}5g . tflndsf]  
cfwf/eʃ cʃoog xg g; Sg' / lzlfs tflndsf  
kʃv klfx; ;dfj ʒ ug{g; Sg' tl cʃoogsf  
sdl-sdhf]l xg\ . tl cʃoogx;dlwo}sgʒ] klg  
u0f:t/ ; dfgtf, kxF, sfoʒzntf, lzlfs lj sf;  
/ ; dli6ut lj Bfno lj sf; h:tf lzlff k4ltsf  
b[6af6 lzlfs tflndsf] k0f{lj j}gf u/ʃf]  
kf0Pg . cʃoogx;sf] ; dliff ubf{slffsf]7fsf]  
lj Zn]f0fd} ; a}kʒ]{cʃoogx; ; lldt ePsf]  
kf0of} .

### tflndsf c; /

tflndkʃkt lzlfns] u0f:t/ ; dfgtf, kxF,  
sfoʒzntf, lzlfs lj sf; / ; dli6ut lj Bfno  
lj sf; df s]s; /l ofubfg u/ʃf 5g\eg]s/fdf  
zl]fs hgziQm]lj sf; s[0sf]; xofʃdf xfdn]u/ʃf]  
kl5Nnf]cʃoogn]tnsf tʃox; phfu/ u/ʃf]5 .  
lzlfs tflndn]lzlfs-lj Bfyl{; DaGw ; wfg{  
d2t u/ʃf]5 . lj Bfyl{x; l; sf0df a9l ; lqno  
5g\ / pglx;nf0{a9l kl/of]hgf sfo{lbP/  
l; Sg d2t ul/Psf]5 . To:t}tflndsf sf/0f  
lj Bfyl{sf] l; Sg] / ; km xg] clekʒoffdf :ki6  
ʒkdf j [4 ePsf]5 . lzlfxs; n] cʃwofkgsf  
lj ljw lj lwx;sf]pkofʃ u/ʃf 5g\ dNof]gdf  
j :tk/stfsf]j [4n]/fdf pkn]aw xfl; n ePsf  
5g\ . egf{slff b[ʒf]ʃofpg] slff r9g] /  
alrʃdf lj Bfno 5fʒg] k] [Q ; wfl/Psf]5 .  
kʃylds slffx;df 5fqfx;sf] ; aʃof a9ʒf]  
5 ; lj wflj xg, k5f18 k/ʃf, blnt / lj k6g  
; dbfox;nf0{cf^gf afnafn]sf lj Bfno k7fpg  
kʃ; flxt ul/Psf]5 .

tflndkʃkt lzlfxs; lj Bfno Joj :yfkglit  
; xofʃul bl]vPsf 5g\ . clwsfz cj :yfx;df  
tflndkʃkt lzlfxs; lj Bfno / ; dbfosf]; DaGw  
; wf/sf dʃwod ePsf 5g\ . lzlfdf ; dfgtf  
; lglZrt ug{tflndn] ofubfg kʃofPsf]5 .  
clwsfz lj Bfno hfg] pdʒsf afnafn]sfx;  
lj Bfnodf egf{ePsf] kf0Psf]5 . lzlfxs;sf]  
Joj xf/ eʃefj /xt 5 . zf/l/s b08df Gogʃf  
bl]vPsf]5 eg]lj Bfnon] ; a}hft / ; dbfosf]  
lj Bfyl{x;nf0{ :j fut u/ʃf 5g\ . lj Bfyl{x;sf]  
hʃFaf6 l; sf0ut ; km]tsf] cʃdf j [4 ePsf]  
5 . pbfx/0fsf nflu c^a]h] / gʒkn]df kʃttf

pNn]vglo j [4 ePsf]5 . 5fq5fqsf] pQl0f{  
b/ j [4 ePsf]5 . alrʃdf lj Bfno 5fʒg] b/  
36ʒf]/ lzlfssf]sfddf Jo:t xg]; do a9ʒf]  
5 . lzlfxs;sf] ; xsdl]kg (collegiality) df  
; wf/ ePsf]5 . tflndkʃkt lzlfxs; n] l; S5g\  
/ gofFgofFs/fx; k/lif0f ub5g\ . cʃoog ug]  
afgldf ; wf/ ePsf]5 . tflndkʃkt lzlfxs;  
kf7ʒk:ts / kf7ʒqndsf]/fdf] pkofʃ u5g\  
afndʒl lzlf0fdf ; aʃlg x65g\ .

tflndkʃkt lzlfxs; n] lj Bfnosf] 5lj  
/ ; dbfo; ʃsf]; DaGwdf ofubfg kʃofPsf]  
el]Psf]5 . loglx; lj Bfno ; ~rfns ; lldt  
/ kʃwfgʃwofkskʃt ; xofʃul bl]vPsf 5g\ . uʒ-  
lzlf0f sfo{klg ux0f u5g\  
lj Bfnosf]/fdf]  
cleny /fv5g\ . tflndkʃkt kʃwfgʃwofksx;  
tflndkʃkt lzlfxs;sf]lfdtf / 0R5fsf]; bkoʃʃ  
/ hugʃ{ug{; dy{ePsf]bl]vPsf]5 . lzlfxs; n]  
lj Bfnosf] eʃʃts ; wf/ ; dbfo; ʃsf]  
; DaGw :yfkgl / lj Bfnosf] 5lj  
lgdʃfdf kʃv eldsf vʃʒf] / sʒl  
cj :yfd cleefj sx;sf cfsf^Nff  
cg?k lzlfssf]u0f:t/ ; wf/df ofubfg  
kʃof0/xʒf] kf0Psf]5 .

To:t}lzlfs tflndn]lzlfdsf  
yk 1fg / cʃfdljZj; a9fpgdf  
d2t u/ʃf]5 . tyflk lzlf0f /  
l; sf0df lzlfs tflndsf] pkofʃ  
kʃbzʒ xg c%}afʃl 5 . lzlfxs;  
lzlfssf] kxF a9fpg] klqno]df tlj  
ultn] nflu/xʒf 5g\ . egfʃf qm]ds  
j [4 ePsf] ; lhn] bʃvg ; lsg5 . t/  
lj Bfnodf lj Bfyl{egf{xg] qm]df  
ut kʃf jifʒf clen]ydf pNn]vglo  
j [4 ePsf]eg]bl]vPg . o; /l lzlfs  
tflndsf nflu ; aʃt/af6 kʃf; wʒ}  
t/ kʃfj eg]yʒ}bl]vPsf]5 .

cleefj s, lj Bfyl{ / :yfglo  
; dbfonf0{clekʒ/t tNof0{lj Bfno lzlfssf  
; a}klfdf ; dfgtf ; lglZrt ug{tflndkʃkt  
lzlfxs;af6 kʃf; ul/Psf]kf0G5 . lj Bfyl{x;sf]  
l; sf0df qm]ds ; wf/ ePsf]5 . oBlk, kʃffn]lut  
sʒntf ; wfg{lzlfns tflndsf]pNn]vglo ofubfg  
c%}ckofʃt 5 . lzlfns tflndn]lzlfns lgg0ftf,  
lj ʒQf / kʒfut lj sf; df pNn]vglo ofubfg lbPsf]  
5 . tflndkʃkt lzlfxs; n]lj Bfnox;sf]; lj k]lgs  
5lj ; sf/fl]ds tNofpg ofubfg lbPsf 5g\  
; x-kf7ʒ lqno]snfknu]ot lj Bfyl{/ lzlfxs;  
alrsf] cʃt/lqno] pNn]vglo tj/n] a9ʒf]5 .  
JolQmut ; /; knf0{/ :jf:Yodf ; wf/ ePsf]  
5 . lj Bfno Joj :yfkgl / ; dbfosf]; xeflutfdf  
tflndkʃkt lzlfxs;sf]; fdf6o kʃfj bl]vG5 .

lzlfns tflndn]  
lzlfns-lj Bfyl{  
; DaGw ; wfg{  
d2t u/ʃf]5 .  
lj Bfyl{x; l; sf0df  
a9l ; lqno 5g\  
pglx;nf0{a9l  
kl/of]hgf sfo{  
lbP/ l; Sg d2t  
ul/Psf]5 . To:  
t}tflndsf sf/0f  
lj Bfyl{sf] l; Sg] /  
; km xg] clekʒ  
offdf :ki6 ʒkdf  
j [4 ePsf]5 .

# IzlfS tflnd

tflndk{k t IzlfSx; n  
lj Bfnosf] ; dli6ut  
lj sf; sf dflwod  
xg\ . lzlfdf  
jfl~5t uOf:  
t/ / ?kft/Ofsf  
nflu tflndk{k t  
IzlfSx; n f0{ c%  
; an ; kdf k  
tt ul/gkgI / ; ft  
S{bdfk{k pglx; n f0{  
; xofu kbf g ugkgI  
cfj Zostf 5 .

kfOG5 .

## elj iosf] af6f]

IzlfS tflnd / tflndk{k t IzlfSx; n] sfd ugI  
lj Bfnosf cfj Zostfx; alr tflndh xgk5{ .  
csf] zAbdf tflndsf] kbfj sfl/tfsf nflu  
; ayfut cfj Zostf / JolQmut cfj Zostf

k/:k/ ldNg] xgk5{ . Pp6} z{ \nfcGtu{ dfBh/  
IzlfS tflnd Kofshh lj sf; u/ of] ldnfpg  
; lsG5 . lj leGg ksf/sf lj Bfnosf cfj Zostfsf]  
; Dafvug ug{ IzlfS-tflnd Kofshhsf] kbgldfOf  
ugk5{ . o; sf nflu lj Bfnosf] sf] julS/Of  
efuflhs tyf eflifs lfGsf lx; fan] xgk5{ /  
tbG; f/ k; tflj t dfBh/ IzlfS-tflnd Kofshhsf]  
kg; krgf ugk5M

- sfo{fGsf] cgejsf cfwf/df klIzlfSx; n]  
IzlfSx; n f0{; kflGts dfq xfoG, koflufds  
tflnd lbgk5{ . o; sf nflu df:6/ 6g/  
sfoGnd lgdfof ugk5{ . o; f] ugI xf] eg]  
tflndsf dfu{lgbzgx; kbgldfOf ugk5{ .
- x/\$ ; /f\$ / jfnfn] tflndk{k t / tflnd  
ck{k t Izlfssf Jojxf/alrsf] km/s hfGg  
rfxg] xgfn] lj Bfnosf] kl/ jzdf IzlfSn]  
u/\$f sfd / kblz{ Jojxf/sf] lj j/Of /Vg'  
pkoQm xgS . klqmf / kltkmsf] a9bf]  
; jfldTj sf nflu IzlfS, IzlfS olgog /  
lj Bfno ; -rfns ; ldlt, cleefjs, IzlfS  
; 3-; E7g; G; Nnfx u/ of] sfo{lj j/Of  
tof/ ug{ ; lsG5 / clenY /Vg] lhDdf  
IzlfSx; n f0{ g] lb0gk5{ .
- sXl ckjfb afx\$ IzlfS / ; a] Izlfssf

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;/f\$f/jnfx;n] lzlf\$ tfndsf] dxlf] sf] cgdff] u/\$f 5g\ . of] cgdff] gsf] cg;/of u/l x/\$ lj Bfnon] lzlf\$ tfnd df\$ahdf /Vg lTgn] pkoQm 7fg\$ l jifoj :t' / lj lw ;dfj z ug\$ nflu tfnd kbfosn] pkoQm kn/d tof/ ugk5{ . o; /l kkt ;fdul; ;ff s/b\$ txd ; a\ / lj Zn] of ub} lzlf\$ tfnd k7dandsf] cfj Zos ; xfvgsf nflu /li6 txdf ; a\ xt ugk5 . of] g] tfndsf] nflu lj :t[ cfj Zostsf] n\vfhyf xf] .

- xfdln] u/\$f] cWoogdf ; dl] Psf lzlf\$;sf] cgej sf] cj lw % blv @ jif{ Dd /x\$fn] tfndkkt lzlf\$sf] cgej jif{ / lzlf\$sf] uOf:t/df ; wf/ Nofpg lTgsf] of] ubfgalrsf] ; DaGw a'g Ps 5\$} cWoog ug{ cfj Zos 5 .
- lzlf\$ lj sf; df lj aQf rfxG5 / tfndkkt lzlf\$; o; tkmf kpf; /t blvG5g\ . lzlf\$;nf0{ o; df lg/Gt/ ; xof] kbf g ugk5 . tfnd lnPsf lzlf\$;nf0{ k/:sf/ / b08sf] klj wfg /Vgfn] /fd] sfo{ ; Dkfbgsf nflu ; xof] kl g ; S5 .
- tfndkkt lzlf\$; lj Bnosf] ; dli6ut lj sf; sf dfWod xg\ . lzlfdf jfl-5t

uOf:t/ / ?kGt/Ofsf nflu tfndkkt lzlf\$;nf0{c% ; an ; kdf ktt ul/gkg] / ; ff] s/bdfkmf pglx;nf0{ ; xof] kbf g ugk5 cfj Zostf 5 .

- tfndkkt lzlf\$;sf] sfo{ ; Dkfbgsf] cgludgnufot kgtfhu] tfndsf] lgs} cefj ePsf] tYo of] cWoogn] b\yof] . ctM tfnd kbfos ; yf / tfnddf k7fpg] lj Bfnos;af6 tfndeGbf cl3, tfndsf] ; dodf / tfndkl5 cfj Zos ; xof] ug] /Ofgllt ckgfpg' h?/l 5 .
- lj Bfno Joj :yfkG lj ifodf tfndkkt k\wfgWofks ; E sfo{ug] tfndkkt lzlf\$;n] lzlf of / u\ -lzlf of sfof /fd] sf] u/\$f] blvG5 . lj Bfno lj sf; tyf ; dbfo; E ; DaGw sfod ug] logsf kpf; xdf k] ; fxg ug{uOf:t/lo lzlf\$ lj lw klx;df lzlf\$ tfndsf] ; Defj t of] ubfg j [4 ugdf of] ubfg k\ofpg ; Sg] vfnsf] Joj xf/ ; dfj z u/l k\wfgWofks tfnd sfoandsf] ; xfv g / kl/dfhg ul/gk5{ .

of] ny 8f- ; j\ ; ofhs /x\$] 6fn] xfn] k'f u/\$f] . lzlf\$ tfndsf] kpf] sfl/tll; DaGw cWoogsf] lgrf] df cwl/t 5 .

## Textbooks for Class XI and XII (Science)

1. Foundations of Chemistry Vol. I Class 11 & 12
2. Foundations of Chemistry Vol. II Class 11 & 12
3. Foundations of Chemistry Vol. III Class 11 & 12
4. Foundations of Physics Class 11
5. Foundations of Physics Class 12
6. Elementary Chemical Calculations Class 11 & 12
7. Elementary Practical Chemistry Class 11 & 12
8. Elementary Qualitative Analysis Class 11 & 12
9. Elementary Practical Physics Class 11 & 12
10. Elementary Numerical Physics Class 11 & 12
11. A Text Book of Practical Zoology Part I & II Class 11 & 12
12. A Text Book of Practical Botany Part I & II Class 11 & 12
13. Computer Science Class 11
14. Computer Science Class 12



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# Ij rf/

u0f/fh nfxgl



# /fdf]k9f0sf]zt ; d:ofdQm IzIfs



:shdf y/ly/lzf IzIfs /fVg] clxn\$] k]j wfg x6f0{ Ps}vfn] IzIfs /fVg]  
Joj:yf geP;Dd ;dfg IzIff ;Dej 5g . Tolt dfq}xf0g, gk9f0 tnaeQf  
vfg]/ :shdf eGbf c; kzf-Joj;fodf Wofg lbg] IzIfsnf0{sf/afxl gu/}Dd  
:shsf] k7gkf7g ;wf/ ug{ ;ls5g .

**g]** fnsf] IzIff k0ffnl ; d:o} ; d:ofn] 3l/Psf] 5 .  
a}gkfnlsf 5f]f5f]ln] ; dfg ; kdf IzIff xfl ; n  
ug{gkfpq' 7hf]lrGtfsf]Ijifo xfl . k9g]cj ; /  
k]Psf]n]klg b0y/l IzIff xfl ; n ug{k]a]afWotf 5 .  
ul/asf 5f]f5f]ln]sfdrnfp IzIff lb0/x\$]f 5g\eg]  
wgl afnaRrfn]Ij 1fg=k]j lwoQm :t/lo IzIff xfl ; n  
ul//x\$]f 5g\ . clt lj kGgsf 5f]f5f]ln]k9g}gkfpq]  
; fdfgo vfg klG\$fn] ; flf/ dfq xg kfpq]clg wgl  
tyf ; DefGtsf 5f]f5f]ln]pRr:t/sf]IzIff lng kfpq]  
Joj:yf clxn\$]f]IzIff k0ffnlsf]pkh xfl . k0ffnlut  
ql6s}sf/of IzIffdf olt w}}alyt blvPsf]xfl .  
tyflk ol ; d:ofsf]s0blo efudf eg]IzIffsf kzfut  
; d:ofx; g}/x\$]f 5g\ .

IzIfs l; 4f0ttm ; dfg xgkg]xfl . t/ ; /sf/l  
lj Bfnodf !\$ lsl; dsf IzIffs /x\$]f]tYo ; fj h]lgs  
e0; s\$]f]5 . ol IzIffsn]ug]sfd ; dfg eP klG  
kfpq] ; jf ; ljwf clg kzfut ; /lffdf cfsfz-  
hldgsf]c0t/ 5 . lj Bfno lfg ; wf/ sfoqndsf]  
gfdaf lj Bfno ; Argfnf0{cfwf/e't, dflWolds /  
pRrdflWolds u/l tlg txdf ljefhg ul/Psf]5 .  
l; E]lj Bfno IzIff txnf0{siff !-!), siff !-!@  
klg agfpg ; lsg]k]j wfg /flvPsf]5 . k]k]fylds /  
afnlj sf; nfo{goF]lj Bfno ; Argfdf /flvPsf]5g .  
k]fylds, lgdgdflWolds, dflWolds / pRrdflWolds  
txsf nflu rf/y/lzf IzIffs Joj:yf ul/Psf]5 .  
b/agblsf IzIffs klG kyd, latlo / t0lo u/l tlg

>0lfd lj efhg ul/Psf 5g\ . c;vfn]IzIffsf xsdf  
o:t] >0fl nfu" ul/Psf] 5g .  
IzIffsf] >0flcg?k km/skm/s ; lj wf lb0g] ul/Psf]  
5 . k]o\$ txsf]kyd >0flsf]IzIffsn] ; a0Gbf a9l  
; ljwf kfp5 eg]latlo / t]fl] >0flsf]IzIffsn]qmdzml  
sd ; ljwf kfp5}hf65 . lghfdtl sd{f/ln]kfpq]  
:jf:Yo, IzIff, edof cflbsf]eQf ; ljwf :yfol IzIffsn]  
klG k]Psf 5g\ . kl/jf/ kflng / 5f]f5f]lnf0{k9fpg  
klG] tna cflbsf]Joj:yf gx0f IzIffsf]dgrfan  
lu/\$]f]cgelt x65 .  
c:yfol IzIffssf ; d:of c% 8/nflubf 5g\ .  
k-rfotsfndf /fhgllt u/\$]f]cf/fkdf IzIffsnf0{c%7f  
d2f nuf0GYof] . kln; l/kf0{/fdf]gePsf]eGbf}w}}  
IzIffsnf0{c:yfol g}/flvGYof] . IzIffsn]k-rfotlj?4  
cfGbf]hg u/\$]f sf/of @)\$^ ; fndf axbn cfof] .  
axbn cfPk]5 ; Qsf ghls /x\$]f IzIffsx; :jtm  
:yfol eP klG w}}IzIffsx; :yfol xgaf6 al-rt /x] .  
@)%@ ; fndf IzIffs ; jf cfof]vlnbf ofllo IzIffsnf0{  
eGbf /fhgllts cf:yfsf cfwf/df ghlsnf0{cf lbg]  
sfd ul/of] . pQm k/lffsf]glthf klG \* jifk]5 dfq  
lgsflnof] .  
IzIffs cfof]lgoldt ; kdf gvNg' vflnPsf]  
cfof]sf]glthf nfd] ; do; Dd glgsflng' ; #blo  
kf6lx;nf0{IzIffs b/agbl lbg' / ofllo tyf k/fgf  
IzIffsnf0{/fhgllts k]f0x ; fw} :yfol gug]s0f]-  
IzIffsx; #%-}\$) jif{Dd c:yfol eP/ a:g' k/\$]f]5 .



;/sf/n] c; s'/fdf eGb  
 lzlfssf] kzfut dofbf  
 a9fpg] s'/fdf a9L Wofg lbg'  
 h?/L 5 . kzfut dofbf  
 / ;/lfsf] k]ofelt xg] xf  
 eg] gkfnsf lzlfxs; n]  
 slxNo} cfGbrihg ug] 5gg\ .  
 cGoyf lzlf cfGbrihg ; w} e0/xG5 .

; jf cj lw klG] lQs} lGj [Qe/Of kfp5 eg] c:yfol  
 lzlf vfnlxt lg; sgk5{ .  
 gkfnsf] lzlfdf lj Zj a\$, Pl; ofnl lj sf; a\$,  
 8fG8f, hf0sf, ; e b lrN8g, klG8f, og]sf] h:tf  
 bft[ ; yfn] cfly\$ nufgl u/\$f 5g\ . t/ bftfx; n]  
 :yfol lzlfssf nflu nufgl gug] gllt lnPsf 5g\ .  
 bftfsf] ; jfy\$} sf/Of clxn] / fxt cgbfg lzlf,  
 kl; lPkm cfb gfd df lzlf /Vg ylnPsf] 5 . bftf  
 /fi6«jf ; dxn] nufgl /flslbaf] jf nufgl ulbGefof  
 eg] / fxt tyf kl; lPkm lzlfssf] kzf w/fkdf k5{ .  
 bftfsf] bfgdf /flvPsf lzlf snf0{ :yfol lzlf; /x  
 tna ; lj wf lbOPsf] 5g . kl; lPkm lzlf sn] t lj Bfyl{  
 ; aVofsf cfw/df dfq tna kfpG] u/\$f 5g\ .  
 .lj Bfyl{ 5g\ lzlf 5, lj Bfyl{ 5gg\ lzlf 5g] lsf]  
 gllt lnOPsf] 5 . o; n] lxhf eGb cfh lzlf snf0{  
 c; /lft tNofPsf] 5 .  
 bzl tyf lj bzl u}; /sf/l ; yf, ; #b\ lhlj ; ,  
 ulj ; cflbsf] cgbfgdf /flvPsf lzlfssf] elj io klG  
 ; /lft 5g . /fHon] lj Bfyl{ rfk cg' f/ :yfol  
 lzlfssf] Joj :yf gu/\$f sf/Of lj Bfnox; n] cf'g}  
 ; fl df lzlf /Vg] u/\$f 5g\ . lghl ; fl sf lzlf sn]  
 hit sfd u/] klG lj Bfno Joj :yfg ; ldltn] lbPsf]  
 /sdd} lrQ a% fpgk] aflWotf 5 .  
 lzlf dGqnon] lj Bfno txa6 k] klyds  
 lj Bfno / afn lj sf; nf0{ cnu u/\$f] 5 . Toxf  
 dlxgfsf] !\* ; o tna kfpG] lzlf /flvPsf] 5 .

dlxnf kl/of]hgf lzlf kG 5g\ . ; /sf/l lj Bfnosf]  
 Pp6} 5fgfdlg k9fpg] Pp6f lzlf sn] dfl; s !% xhf/  
 tna a'5 eg] ToxlEsf] csf] lzlf sn] dlxgfsf] b0{  
 xhf/; Dd a' b5 . o; /l /fHon] lzlf-lzlf salr 7hf]  
 lj eB u/\$f] 5 .  
 ol t eP ; /sf/l lj Bfnodf sfo{t lzlf sx; sf  
 ; d:of . gkfnsf] lzlf df lghl/Of / Jofkf/ls/Ofsf]  
 kefj c; fllo} a9b} uPsf] 5 . To; h] lghl :sh vflG]  
 qnd /flsPsf] 5g . lghl :shdf lzlf uOf:t/lo 5  
 elG5 . t/ tl :shdf k9g] lj Bfyl{; n] dxEf] zNs  
 lt5g\ . lghl lj Bfno ; -rfnsx; n] lzlf sx; nf0{ tna  
 lbgkg] ePsn] dxEf] zNs lng' k/\$f] ts{u/] klG  
 lghl lj Bfnosf lzlf sx; n] tflsPadfl] ndsf] t s/}  
 5f8f} laxfg ( ahb]lv ; f% % ah] Dd sfd ubf{ klG  
 pglx; nf0{ kpe/l vfg klG] u/] tna lb05g . .sfd  
 ubf{ bf; h; /l, vbf klG bf; h; /ll eG] Joj xf/  
 lghl :shdf blvG5 . sf7df8f sxl lghl :shn]  
 clxn] klG dfl; s b0{ xhf/df lzlf /fv\$] kf0G5 .  
 lghl :shsf lzlf salr s; n] slt tna kfp5 eG]  
 cfk; df hfgsf/l x5g . kzfut xsxtsf nflu ; E7g  
 lgdf ubf{ jf sg} bnsf] ; dyG u/df jf cfkndflysf]  
 zflOf, bdg / plk8gsf] lj /w u/df lghl :shsf  
 lzlf snf0{ Joj :yfkgn] kzfaf6 x6fpg] u/\$f 36gf klG  
 ; fj hlg e0/x\$ 5g\ .  
 gkfnsf gfd rn\$ t/ u} -gkfnln] vhf\$  
 lj Bfnox; df gkfnl lzlf sx; nf0{ x6f0{ ef/tlo jf  
 eBgl gful/snf0{ /Vg] u/\$f] kfOPsf] 5 . ef/t; G  
 ePsf] ; s{k/ld6l ; lGwdf gkfnf ef/tlo gful/sn]  
 lj gf /f\$ t\$ sfd ug{ kfpG] klj wfg 5 . o:tf  
 lj Bfnox; df gkfnl lzlf sx; sf] ; aVof 36b} uPsf] 5 .  
 o; sf] Pp6f pbfx/Of xf] nlnk'/sf] ; [6h]eo; { :sh .  
 db/; f, uDaf P; cfl; -; e cfj / ; f]h\_ afnu]d, hl] ;  
 h:tf lj Bfnox; df klG lzlf sx; sf yk} kzfut ; d:of  
 5g\ .  
 :sh / lzlf; G ; DalGwt dflysf ; d:ofsf] xn  
 gu/l lzlf df klj tG ug{ ; ls5g . lzlf kOfnlsf  
 tdfd ljs[tklt cflf lrIDnP/ uOf:t/lo lzlf sf]  
 nlo xfl; n u5{ eG' dV'fafx\$ sxl xflG . To; h]  
 :shdf y/ly/lsf lzlf /Vg] clxn\$] klj wfg x6f0{  
 Psvfn] lzlf /Vg] Joj :yf geP; Dd ; dfg lzlf  
 ; Dej 5g . Tolt dfq} xflG, gk9f0 tnaeOf vfg] /  
 :shdf eGb c; kzf Joj ; fodf Wofg lbg] lzlf snf0{  
 sf/afxl gu/] Dd :shsf] k7gk7g ; wf/ ug{ ; ls5g .  
 /df] lzlf snf0{ k' :s] / v/fanf0{ bl08t ug] k/Dk/f  
 :yflkt gubf{ Dd sfd ug] / gug] lzlf salr eB  
 56afpg ; ls5g . To; h] ; /sf/n] c; s'/fdf eGb  
 lzlfssf] kzfut dofbf a9fpg] s'/fdf a9L Wofg lbg'  
 h?/L 5 . kzfut dofbf / ; /lfsf] k]ofelt xg] xf  
 eg] gkfnsf lzlf sx; n] slxNo} cfGbrihg ug] 5gg\ .  
 cGoyf lzlf cfGbrihg ; w} e0/xG5 .  
 -nfxgl clvn gkfn lzlf ; E7gsf cWof xg\ .



# af3 hf]uP xfoL hf]uG5f}

Tof] lbg s:tf] xfhf ha kYjLdf htftt}dflg; /  
dflg; dfq hLlj t ;kdf b]vg] xfbng\U s] To:tf] ; #f/  
;Dej xfhf < cxFU To:tf] ; #f/sf] sNkgf g}ug{  
;lsbg, lsgeg] ;a}hlj-klhft gi6 e0; s\$] kYjLdf  
dfG5] dfq\$] cl:tIj /xg} ;Sbg .





**O** ; kVjltndf nueu tlg s/fß hlj-kñfllt xgk5{ eGg] } flgsx;sf; fdfGo dfgotf 5 . xfdl lxGbx;sf t ## s/fß b]lb] tf g)5g\ . kToš hlj kñflltnf0{Pp6f b]l of b]tf dfGg]xf] eg] klg #) s/fß jf; nft c%} aRb5 . j) flgsx; n] xfn; Dd ! \$ jf ! % nfv hlj-kñfllt dfq klxrfq ug{ ; sšf 5g\ . tldWo} dflg; klg Pp6f kñfllt xf] . To:t} dflg; n] vfg] ds} cyjf hEns] af3 klg Ps-Ps kñfllt xg\ . dflg; kñflltsf] -hg\_ ; aVof %08} & ca{kllg nfušf] 5 . lj ut ! ) jifdf dfq} Ps cañ] dflg; sf] ; aVof a90f] . t/ , oxl cj lwdf kf6šf3sf] ; aVof eg] #0) eGbf sddf %0f] . af3sf] ; aVof o; /l g) 360} hfg] xf] eg] kVjltnaf6 of] kñfllt af3 l5š] nfk xgš h; /l xhf/f] jg:klt / cGo kf0l o; cl3 g] nfk eP . o:tf] xgfsf] k0v sf/of hg; aVofs] j] [4 xf] . dflg; sf] cltqmd0faf6 hnr/ , :ynr/ , ger/ / ; a) r/fr/ tyf ltgsf jf; :yfg k0f] j t ePsf 5g\ .

Tof] lbg s:t] xñfñ ha kVjldf htftt} dflg; / dflg; dfq hlj t ; kdf b]lv] xñfñ \ s] To:tf] ; #/ ; Dej xñfñ <xñf] To:tf] ; #/sf] sllkgf g} ug{ ; lsBq , lsgeg] ; a) hlj-kñfllt gi6 e0; sšf] kVjldf dfG5} dfqšf] cl: tTj /xg; } S0q . To; } cf'g} cl:tTj /lffsf] nflu hlj s lj lj wtf hñfufpgkg] añf] wtf dflg; nfo{ 5 . xfd] cl:tTj c; ; E]sf] cl:tTj ; E ufF Psf] 5 . To; } kš] t ; Af0f eljiosf] nflu dh d2fsf] ; kdf p7g] u/šf] 5 . ; Af0fsf] d2f pi0f lřgsf jghEn tyf ltgsf jg:klt / jGohGlt/ a9l ; fl%Psf] 5 . To; df klg nfk] k0v kñfllt / ltgsf jf; :yfgn] ; Af0f sfođf klxnf] kfyldstf kfp5g\ . Af0f; E ; Da4 cGt/fi60 ; 3- ; yfx; n] nfk] k0v hlj / jg:kltsf] ; Af0fdf lj zñ hñB lbg] u5g\ . ; Af0fsf] sfođf hgr] g] , hgrf; f] / /fi60/fi6x; sf] lhd0] f] lñf] wtf lj ifonf0{ pRr cf] fhdf p7fpg jñf] hñdf sxl lj nlf0f jGohGt' jf jg:kltsf kñflltnf0{ afš] lxBgkg] xG5 . o; lgdT af3 ; fx} pkoQm kf0l xf] . af3sf] /fhslo : j?k , dgřf/l cfsif0f , bhé Pj + ; l6fkGg cj : yfn] ubf{ ; Af0fsdlx; o; nfo{ cf'gf] %08f %} afšg rfxG5g\ r] g] clej [4 Pj + rGbf p7fpgsf nflu .

l; sf/sf] ; Gbe{ xf] \ jf ; Af0fsf] ; /fšf/ , xfd] dfgl; stfdf af3n] añ] cy{ /fvb5 . hEaxfb/b]lv h4zdz} sf knf; Dd klg /fi60 kfxgfsf ; kdf lgdTof0Psf lal6 ; fdf] Hosf zIQmzfnl JoIQm] jx; nfo{ xfd] dfxt; ; n] xfoL r9fP/ af3 l; sf/ u/fp] . Toxf ; aGbf c; n aGbšsf] ; aGbf dxE] ufñl vr} af3 dfl/GVof] . h4zdz} sf] knfdf Ps} l; sf/df !0) j6f jo:s af3 Ps} fpef 9fnPsf lyP . To] l; sf/ dgř -hgsf nflu lyof] . To; sf] nueu &) jifk] 15 , ; g\ 0) \*-( df ePsf] af3 u0fgn] g] knel/df !0! j6f dfq jo:s af3 afE] /xšf] b]vof] . Ps} l; sf/df !0) af3 dfl/Psf] lrtjgsf] hEndf t %) b]lv ^) j6f af3 dfq el6P .

ev{ } rlrř xlnp8 cleg] f Inořf8f] 18 Soflkčřnf0{ xfd] dfxt; ; n] xfoL r9fP/ alb6fsf] jgdf af3sf] bzg

u/fP . pgsf knf] flñkñ hšk h]k; Gñ] cf'gf] ; aGbf bfdl Sofd] fn] ; aGbf gfdl tl:a/ lvRg EofP . ; Af0fsf] pknlo eP tfklg To; nfo{ Pp6f /fđf-rs dgř]-hgs} 36gf eGk5{ . o; cyđf xfd] af3x; l; sf/sf nflu xñfñ \ jf ; Af0fsf nflu jf:tf df tl dgř]-hgsf ; fwg klg xg\ .

l; sf/b]lv ; Af0f sfo{ Dd hlwa:g] :yfglo hg; dbfos cf'g} Joyf / syf 5g\ . Itgnf0{ s; n] ; Gg] / s; /l ; Dafwg ug] eGg] lj ifo klg af3; E} aIn%P/ cfp5 . kVřgdGq : j o+cWof /xšf] /fi60 af3 ; Af0f ; ldltdf ol s'/fn] k] z kfp5g\ jf kfp5g\ of] cf'g} 7fpE] 5 , t/ ; ldltn] af3sf] jf ; :yfg /xšf] jgsf] cltqmd0f / knEgl /fšg] lbzftkn] 7f] pknIaw xfi; n ug{ ; sšf] 5g\ . ; /sf/n] xfn] afE] /fi60 lgs-h 3f] f0f u/šf] 5- af3s} nflu eg] . sl/a ( xhf/ ju{ lsn] l6d/sf] of] lřgnf0{ jgk] Egl / cltqmd0fsf] rkšfaf6 arfpg ; lsof] eg] To; sf] :ofaf; l lgZro g} af3n] kfp5g\ .

af3 lsg arfpg] eGg] kZgdf 3f] f] af3sf] jf ; : yfgsf] lj lzi6tf , lj zñt / bhétnf0{ la; G ldnBq . af3 pi0f lřgsf] jgdf a:g] hgř / xf] . lj Zj dfglrqdf ; aGbf l56f] jgljgf; pi0f lřdf g} xE} cPsf] 5 .

hg jg hEndf af3 ; /lft xG5  
ToxfE] k] s[ts kfl/l:ylts k0ffnl :  
j tM b?:t xG5 . t; y{Pp6f af3sf]  
; Af0f ug] elgP tfklg ToxfCgšsf]  
; Af0f e0/xšf] xG5 .

hlj s lj lj wtf sf] b] l6df pi0f lřg lj zñ ; DkGg xG5 . xfd] t/f0{ / dwzsf pi0f jgsf] s/f ubf{ xfoL , ušf , uf; , efn' , s]0f; f/ , h/fof] dlu , aEñ , rřsf h:tf :tgw/l hGt' dfq xř0g ; f; , chlE/ , ufxl , s5] f , ; f/ , ; wg] , do/ , v/do/nufot ; of; kñflltsf hnr/ / r/fr?El tyf křf; kñflltsf 3fF h:t} l; ? , gs6 , v; v; , aflao] sZ clg ; of; kñflltsf lj leGg j [fx; ; fn , l; dn , l; ; f; ; lt; fn , lj ho; fn , x/f] a/f] cdf tyf axdno h18a6lx; ; k0Gwf , lkknf , vo/ , /f] x0l nufot bhé hEnl wfg kñfllt ; d; dñb el] 6G5 . o; ; l/ , l; d; f/sf] hlj s lj lj wtf klg plQs} dxE] k0f{ xG5 . af3 ; Af0fsf] gřddf pi0f Pj +pk-pi0f lo kfl/l:ylts k0ffnl -0sf] ; :6d\_s] ; Af0f xG5 . hg jg hEndf af3 ; /lft xG5 ToxfE] k] s[ts kfl/l:ylts k0ffnl : j tM b?: t xG5 . t; y{Pp6f af3sf] ; Af0f ug] elgP tfklg ToxfCgšsf] ; Af0f e0/xšf] xG5 . ; Af0fsf] :t/nfo{ pRr /fvGdf af3 arfp cřGbfñgn] ; jřk] / eldsf lgjř u/šf] xG5 . oxl sf/of , lj Zj el/df af3sf] jf; :yfg ePsf !# /fi60] cfpE] !0 jifdf cf-cf'gf] af3 ; aVof bñ] a/ ug] nlocg?k sfođf hřfx; th0f ubšg\ .

# gkfn-cwog



; Af0fsf] gfdff dfluvfg] efBf\$] ; kdf af3nf0{  
 kofu ug{ eg} hfoh xB. kl5Nnf] af3 u0fgf -; g\  
 @))\*)-@)) ( cg; f/ lrtjg /fli6 lgs'-hdf (!  
 j6f af3 /x\$] tVofl ; fj hlgS ePsf] lyof]. xfnf  
 cfP/ cGt/fli6 af3 lbj; sf] ; Gbe{ kf/} of] cInf0{  
 !@% df r9f0of]. xBf{ Ps} jifdf lgs'-hleq # \$ j6f  
 af3sf] ; aVof j [4 ePsf] efg xG5 . o; sf] krf/k] f/n]  
 pNnyglo pknlAw ePsf] eGg] efg kfg{; S5 . t/ jf:  
 tjdf of] pknlAw ge0{ uGgdf ePsf] ql6 dfq lyof].  
 klxnf lgs'-hsf] rf\$] df /x\$ af3 dfq} u0fgdf k/\$f  
 lyP eg] kl5Nnf] cf\$8df cf; kf; sf] lqsf af3nf0{klg  
 ; ddbf ; aVof 7hf] xg klOf]. t/ h] sf/0fn] eP klg  
 af3 jif\$] pknlodf gkfnf af3sf] ; aVof a9df] eGg  
 kfpf ; Af0fSDLx; uf] j flGj t xg' c: j feLj s xfoG .

af3 kf0g] /fi6x; sf nflu of] kfofl klti7fsf] ktlS  
 klg xf]. af3 kf0g] /fli6 lgs'-h Pj +; Aift lq;x;  
 koGg pBfuSf nflu gkfnf klg lj zlf ; kdf kl/lrt  
 5g\ . 6f0u/ 6k; ; 6Dkn 6f0u/ cflb gfdn] xfbn  
 Joj; folx; ko6snf0{nf] ofpg rSbGg\ . lrtjg /fli6  
 lgs'-h, alb6f /fli6 lgs'-h tyf zSnfkrf jGohGt'  
 cf/lfofd af3x; ; Aift 5g\ . t/, rf]l; sf/laf6 tl  
 kofM ; /lft eg] 5g . lj Zj ; dbfosf alr af3 ; Aift  
 hgfj/df ; hst' eP klg cju l; sf/ Pj +rf]llgsf; l  
 /f\$g ; lSpsf] 5g . cGt/fli6 ahf/df af3sf] 5fnf,  
 x88l / c; cE kToEn] klg pRr dNo kkt ub5 .  
 k/Dk/fut lrlgofcf]wkrf/ k4ltdf af3sf cE-kToEsf]  
 dxlj kof{ eldsf /x6} cfPsf] 5 .

xgt af3sf] xf8, 5fnf, df; ; af] f] cflbsf] j] flgs  
 k/lif0fn] ltgsf] cf]w uof : yfikt ug{ ; s\$] 5g .  
 tklg ofga4\$, zloa4\$ uof /x\$] lj Zj; df af3sf]  
 cE-kToEsf] vthl xG5 . t: s/l ul/G5 . t/ af3s; ; Af0f  
 ug{ ; lSpG / af3 nfk eof] eg] cf]wkrf/sf] k/Dk/f  
 klg ; jtm nfk xG5 . af3 ; Af0f / Joj: yfkgdf ; wf/  
 xg; s] elj iodf t: s/lSf] Jofkf/ jw Jofkf/df kl/Oft u/L  
 cfly\$ pknlAwf ; DefJotf klg klxNofpg ; lSg5 . rlg  
 / yf0Nof08 h: tf /fi6] o; lbzftkrl klg ; f] a9Psf]  
 blvG5 . xg klg cfh ; f/df hit af3 jghEndf hlj t  
 5g\plQs; ; aVofdf lrl8ofvfgdf 5g\ .

af3 lsg hf]wpg] eGg] kZgsf] Pp6f pQ/ xg; S5M  
 ælsgeg] To] xfdl% 5 A o: tf] hj fkm] To] kfofl oxvf  
 ePsf] To; nf0{arfpgk5{eGg] cj w/Offsf] lj sf; xG5 .  
 æ; u/dryf lsg r9g hf65f eGg] kZgdf kj f/fxl dhr]  
 lsf] hj fkm lyof] ælsgeg] To] ToxfFdrhb 5 A dhr] lsf]  
 of] jfSofz lj Zj df g] rlr /Xof]. o; n] dflg; x; nf0{  
 cl: tj] af]wtkr] 8] ofof]. ; u/dryfsf] ; j] Rrtfsf] cl:  
 tj] nf0{cfh dfgj ; dbfon] ; xif{/ ; xbok] \$ ; jlsf/  
 u/\$f] 5 . o; w/l af3sf] cl: tj] klg ; dfhdf : yfikt  
 ug{ ; lsof] eg] af3sf] ; Af0f cj Zo ; xh / : j feLj s  
 xg ; Sg5 .

koGg k4Gdf af3sf] dxlj kof{ eldsf /xG5 .  
 ef/tsf] kl; 4 sf] /fli6 lgs'-hn] af3nf0{g} koGg

k4Gsf] tf/f] agfPsf] 5 . xdf] lrtjg / alb6f /  
 fli6 lgs'-hsf] koGg k4Gdf klg af3sf] cfsif g}  
 dxlj kof{ 5 . lrtjg /fli6 lgs'-h : yfkgf xgcfuj blv  
 .6f0u/ 6k; ; l xfbn] o/fk, cd] /sf tyf ci6] nofsf  
 ko6sx; nf0{gkfn cfpG cfslif ug] ub] of]. cfhefln  
 koGg pBfuaf6 /fli6 lgs'-hnf0{ kkt cfbglsf] %}  
 kltzt lgs'-h j/l/kl/sf] ; fdlhs lj sf; sf nflu vr{ug}  
 yflnPsf] 5 . o; cydf af3, u\$fnufot cG jGohGt;  
 : yfglo hgtfsf lglDt sdf0 ug] kl/jf/sf ; b: o; /x xg  
 eGb km's kbG .

lrlgofFkrf] k/Dk/df kTo\$ !@ jifkl5 .af3 jifl  
 cfp5 . of] jif{-; g@!)\_ .af3 jifl k/\$} cfw/df  
 af3 ; Af0fsf] lj Zj cleofg z? ul/Psf] 5 . csf] !@  
 jifkl5 lj Zj df xnsf] af3 ; aVofnf0{bf]a/ agfpg] nlo  
 ln0Psf] 5 . of] !@ jif] cleofgsf] 3f]f0fn] eGb5, æ; g\  
 @)@@ ; Dddf af3 ls t bf]a/ ls zGo E

cleofg / 3f]f0fn] h] eg] klg] xg] rlfXToxl xf]  
 hf] af3sf] jf; : yfg; E ; f%df/L u/L a: g] hg; dbfon]  
 u5g\ u/fp5g\ . af3 ; Af0fsf sf0fhgfx; sf0fnosf  
 vf]af6 aflx/ lg: s] sf0f] gpg] Dd ; f] / ; fwg  
 hg; fwf/Of; Dd klubG . af3n] sf]k/\$f cgxf/ lnP/  
 alb6fsf] vftdf eb} yf; af3 ; Af0fdf nfu\$] nflu]  
 5g\ . ul/alsf] 3fp gkl/P; Dd af3 / dflg; alrsf] aG6  
 rnl g} /xg5 . /, To; df lj ho af3sf] xB . km: j?k  
 af3 nfk] dv lbzft/ nDsg aflw xG5 .

af3 eGgn] xfdln] kf6af3nf0{ ; D%gkb5 . o; sf]  
 kx] hlpdf snf kf6fx; w; f]w; f]k/\$f xG5g\ . snf  
 kf6fx; 9f8af6 kblt/, k6af6 9f8lt/ kfltePsf] blvG5 .  
 cgxf/df klg snf w; f]w; l; lj leGg afgSldf ; lhPsf



csf{!@ jif{15  
 ljZj df xfnsf} af3  
 ; ^wofnf0{bfAa/  
 agfpg] nlo lnOPsf]  
 5 . of]!@ jif{  
 cleofgsf] 3fj{offn]  
 eG5, æ; g\@)@@  
 ;Dddf af3 ls t  
 bfAa/ ls zG0 #

lrtj]fsf]bfrf]of]a9l bhé 5 . o:t}l6lu] klfiltleq  
 kg{ af3x; dW0} 008f0j; of / ; dfqdf kf0g] ; dfqfnl  
 af3, blf0fl IrigofFf]sf Pdf0G; ; af3, lxG6-IrigoF  
 lfgsf]sf]af3, rlg, pQ/sf/ of / ; df kf0g]cd/  
 af3 tyf gkfn, ef/t, e6fg, klZrd Dofgd/df kf0g]  
 aEfnl af3 cyff\kf6af3 ; d; u/ ; Dk0f{af3sf] ; ^\n  
 Vof %,@) b|v &#)) ; Ddsf]cfE8f ; fj hlgS ePsf]  
 5 . ; g\!(\$ ) b|v ; g\!(\*) leq afnlsf]af3, Sof:  
 k9l af3 / hfefsf]af3 ljZj af6 nfk eP . ca nfk  
 xg] knf] sxlFxf] kf6af3sf] gcfcf] \eg] j h9f al4  
 k9f0{ ; Af0f ugk/3f] 5 .

3gf-hEn, 3fF0f]g / dglo] kfgl eof] eg] af3sf]  
 ; Af0f xG5 . To:tf]j; :yfg kP af3x; jgaf6 afx/  
 cfP/ kNt' hgj/sf]rf]ll; sf/ ug]jf dfG5]df/L vfg]  
 sfd klg ub9g\ . af3 ; Af0f eGfn]af3sf]j; :yfgnf0{  
 vnan gu/L Itgnf0{ kfs]ts hljg latfpg] jftfj /Of  
 pknAw u/fpg' xf] . af3sf] jftfj /Ofleq c; cdNo  
 hlj s ; Dkbk klg lglxt xG5g\ . af3 ; Af0f ubf{Itgsf]  
 ; Af0f t e0xflN5 .

cGtodf, .dfG5]dfg]af3 lsg ; Af0f ugk9f] eGg]  
 cfd kZgsf]pQ/ aBf ut ; kdf o; /L k;t' ug] ; lsg5M  
 !\_ af3 Hofb}bhé e0; Sof] . nfk eof] eg] csf{  
 hGdg ; Sbg; . xfdln] ; Af0f lbPgf]eg]af3 nfk xG5 .  
 t; y{xfdf] 7hf]lhDd]f/L 5 .

@\_ jf; :yfg ljgf; n]af3 nfk xg ynf]xf] . af3  
 nfk xgsf] cy{Ps ljzi6 kfl/l:yts k0ffnl g} nfk  
 xg' xf] .

#\_ af3sf] pkl:yln] kof{koGgsf] :t/nf0{ dfly  
 p7fp5 . af3 ePsf lfgdf /x3f :yfglo hg; dbfosf]  
 hlj sf]kfhGdf af3sf] pkl:yln] dxLj k0f{ ; kdf  
 ; 3fp5 .

\$\_ ; Af0f; DaGwl r; gfnf0{ km/km/f0{ /Vg] %08f xf]  
 af3 U; Af0f sf]fnf0{cfly\$ ; f; h6f0{/fVg]gfos k0fl  
 klg af3 g}xf] .

xG5g\ . kTo\$ af3df o:tf w; f; leGleGg ksf/n]  
 kfl]tPsf xG5g\ . xdf]cf]f]sf]-cE7f\_ 5fk h:t}ol w; f; x;  
 af3 lrGgdf ; xfos aG5g\ . kf6af3nf0{ zfxl aEfnl  
 af3 -/f0n aEfn 6f0u/\_ klg elG5 . o; sf] j] flgs  
 gfd rfxkfy]f l6lu] xf] . aEfn]af3nf0{lsG l6lu]  
 elgor] eGg] e/kb]sf/Of e|6f; . km/; L effidf l56f]  
 / af0f h:tf]lgzfgf nufpg] j; thf0{.l6ul/; U elgPsf]  
 cfw/df of]zAb rog ePsf]xg; Sg]b|vG5 . t/ , 0/fssf]  
 l6lu] gbl; G kf6af3sf] ; DaGw sxlFh]8Psf] b|vG; .  
 hlpdf kf6af3] ; f6] yf]nf xg] lrtj]nf0{kfgy]f kf/8;  
 elG5 . xdf] ufpB/df lrtj]nf0{g}af3 eGg]rng klg  
 5 . t/ xfdln] af3 eGfn] kf6af3nf0{g} ; D%gkb5 .

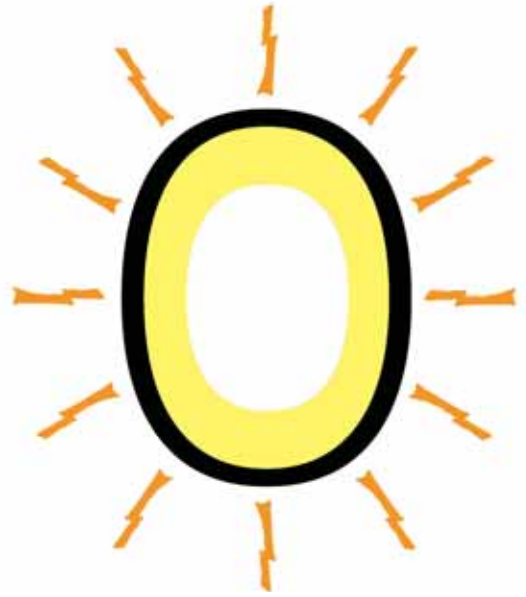
## मकालु यातायात बस सेवा

हेड अफिस कलकती काठमाडौं, फोन: ४२७७५५२/४२८१९७२

काठमाडौंबाट		वीरगञ्ज	विहान ८, १०:१५	काठमाडौंतर्फ	कलैया	विहान ८ बजे
काकडभिट्टा	विहान ५ बजे		११, ११:४५ बजे	काकडभिट्टा	विहान ५ बजे	विहान ११ बजे
भद्रपुर	विहान ५:१५ बजे	भरतपुर	बेलुकी ८:१५ बजे	भद्रपुर	विहान ४:५० बजे	विहान ८, ९, ११:३०
मधुमल्ल	विहान ५:१५ बजे		विहान ८:४५ बजे	मधुमल्ल	विहान ४:५० बजे	बेलुकी ८:३० बजे
घरान	विहान ५:५० बजे		दिउँसो १२:१५ बजे	घरान	विहान ४:२० बजे	विहान ५:३० बजे
शिवनगर	विहान ५:२०, ६:४५	शिवनगर	दिउँसो १२:१५ बजे	विराटनगर	विहान ४:३० बजे	विहान ५:४५ बजे
राजविराज	विहान ६ बजे	टौडी-पर्सा	दिउँसो १२:१५ बजे	इटहरी	विहान ५, ५:२०	विहान ६:३० बजे
सिरहा/माडर	विहान ६:४५ बजे	टौडी-खोलासिमल	दिउँसो १:४५ बजे	राजविराज	विहान ५:३० बजे	टौडी-खोलासिमल
मलंगवा	विहान १०:४५ बजे	टौडी-खोलासिमल	दिउँसो १:४५ बजे	सिरहा/माडर	विहान ५:१५ बजे	पर्सा-कपिया
जनकपुर	विहान ७:१५ बजे	पर्सा-कपिया	दिउँसो २:१० बजे	लहान	६:१५, ७	जगतपुर
कलैया	विहान १०:१५ बजे	पर्साधाम-मेघौली	दिउँसो २:३० बजे	मलंगवा	७:१५, ९ बजे	नारायणघाट
		गीतानगर-जगतपुर	दिउँसो ३ बजे		विहान ५:१५ बजे	विहान ६:१५, ६:४५

टिकट पाइने स्थान: कलकती: ४२७७५५२/४२८१९७२ सुन्धारा: ४२५३१४२ गौशाला: ४४८०७९३ लगनखेल: ५५३४३५९ घरान: ०२५-२०३७२ विराटनगर ०२१-३०७२७ 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 तीनीबस सेवा उपलब्ध



g of h l j g

) j if of t z ? xG5

a9]sfndf w}}dfhg; c:j:y / bMML xG5g\ . xfdL To;nf0{ :jfehlj s 7fG5f}+. t/ olb xfdL :j:y / ;vL hljgsf cfwf/et l;4fgt a'g rfxG5f}+/ To;nf0{ ckgfpg tof/ xG5f}+eg] s; } klg a9f] ePFeg} lvGg xgkbG . oxF^ ) jif{ cyff\cj sfzkl5sf] hljgnf0{ ;vL tlfopg] ! ) j6f pkfo ; IInt 5g\.



=.a9f] ePF slxNo}gegf}

dfhg; sf]pd} tlg ksf/sf]xG5 . klxnf]hgdlldtdf cfwf/t, bf] f] :j:f:Yo l:yldf / t] f] dgl:ylt, cyff\xfdL cfmhf0{slt a9f] 7fG5f}+eGg] s'/fdf . klxnf}df s; \$f]klg lgoGqof xG5 . t/, bf] f] cyff\ :j:f:Yo l:ylnf0{eg]plrt cxf/, zf/l/s Jofofd / k]Gg /xg] cEof; sf dfWodaf6 w}}xb; Dd lgoGqof ug{ ;lsG5 . :j:f:Yo /fd] /Vg] kof; / ;sf/fTds ;f}f0af6 t] f] vfn]pd}nf0{klg j zdf /Vg ;lsG5 .



=lghL :jfyf6 dfly p7f}

cfwf/et ;kdf xfdL ;a} :j:fyl{ 5f}+. xfdL h] u5ff+ To;af6 xfdL s}l g s}l cfz u5ff+ t/ dfhg; nf0{ ;ff] ;v eg] cfmhf0{c;n] s}l kfPsf 5g\eGg] efj gfa6 k}t xG5 . lzlf sx;nf0{of]s'/f a'g c%} ;lhnf] xG5 . cf^gf] sf/0fn] cufl8 a9f} l j Bfyl\$] ;kmtf b}bf n}lg]v';L To:t}xf]. of]pd}df cFPk15 c;sf] enf0 u/}fkt s}l kfg] ck]ff ug\$] ;f6] To;af6 cfd; Gtli6 / cflGbt xg]s'/fdf Wofg lbg' /fd] xG5 .

# # = k}fsf] dx[Ej 7hf] 5

hljgsf cfwf/et cfjZostf k/f ug{ k/\$f jhf  
cfjfw pkrf/ ug{tyf kl/jf/sf]; Ddfg tyf ; /lffsf  
nflu k}f ge0{ x5g . To; h] ePsf] ; DklQnf0{  
rflxPsf jhf rnfpg ; lsg]cj:yfdf /Vgxf] \ ge0{  
gxb] s'/fdf afx\$ 5f/f5f/l sf lglDt klq k}f vr{  
gugxf] \ lsg]eg]o; pd]; Dddf tkf0h]5f/f5f/l sf  
lglDt w]} ul/; SgePsf] 5 . ca t hljg; fyl; E  
cfdlo hljg latfpg]j hf xf]. olb tkf0Esf 5f/f5f/l  
u0fl 5g\ / tkf0Esf] /fd] x] rfx u5g\ eg] tkf0F  
; fRr} eflodfgl xbgxG5 . t/; klq To; nf0{ slxNo}  
cf'gf] clwsf/ g7fgxf] \

# \$ = /df0nf] / cfgGb

; -; fgf s'/fdf /dfpg hfg]cfgGbl dfG5]; Vl xG5 .  
tkf0h]0{h} ubf{ sxl /fd] sfd eof]eG] nflu5 To]  
sfd ugxf] \ . cfgGb lng] af6f ; ofF xG5g\ tly{  
jf cGt 3Dg hfg' cf'gf] l] Zjf; cg' f/sf] wldf\$  
cgl7fg ug{ /x/ nfu\$] nlu f nufpg' jf dg nfu\$]  
vfg\$ /f vfg' / vj fpg' o:tf sxl pkfo xg\ xffg]  
dfG5]; Vl xG5 . k/f lgb] ; Tgxf] \ ult÷; EIt  
; Ggxf] \ / xf:Jo<sup>a</sup>Wofds sfoqmd x]] eP klq  
xfgxf] \

# % = j tdfg dfq xfd] xf]

; do 3f\$ h:t}xf]. hlj jhf 3f\$fsf] nufd tkf0Esf]  
xftdf xG5, Toltj hf dfq 3f\$df tkf0Esf] lgoGqOf  
xG5 . tkf0Esf] lgoGqOfdf /x\$]; do j tdfg dfq xf]  
o; h]f0{; bko] ugxf] \ csf]pkdf lbpF] j ut eg\$]  
/2 ul/Psf] a\$ r\$ h:t}xf]. clg eljio rflxF  
td; s h:tf]xf]. xftdf /x\$] gub h:tf] t j tdfg  
dfq xf]. To; h] o; nf0{ /fd] 7fpEsf vr{ ugxf] \ .  
clxn\$] l f0nf0{ hlj Gt tNofpgxf] \

# ^ = kl/j tgn] dfq}:yfol s'/f xf]

xfdl] kl/j tgn]0{:j lsf/ ugk5{ of] gsf]g; lsg]  
s'/f xf]. ; #/nf0{olt /df0nf] / ; ljwhgs agfPsf]  
g}kl/j tgn]xf]. xfd] ; Gtfg a9\$gveg] xfdldf klq  
pd]sf] c; / k5{g}. kl/j tgn]0{:j lsf/ ug] JolQm  
; dfgotof bML x5g .

# & = jf:Yo g}; DklQ xf]

olb tkf0Fcf'gf hxfg-kl/jf/nf0{; fF]df of ugkG5  
eg] cf'gf] :jf:Yonf0{ kfyldstf lbgxf] \ . o; af6  
tkf0Fkl/jf/sf lglDt slxNo} af% aGgxb] 5g .  
j flif\$ z kdf :jf:Yo k/l fof u/f0{cfj Zostf cg; f/  
cfjfw ; j]g ugxf] \ . ; Dej eP :jf:Yo ladf klq  
u/fpgxf] \

# \* = g/fd] la; g / l fdf lbg l; sf}+

c; n] u/\$f] uNtldf cfknhf0{w}] lVgG gtNofpgxf] \  
Pp6f ufnfd ykk8 vbf csf]ufnf] yfkG ; lsb] t/  
cf'gf] :jf:Yo / v; lsf nflu ykk8 xfgghf0{ la; g  
/ l fdf lbg ; lsg5 . l fdf ug{g; Sg' eg\$] cf'g}  
/ Qmrfk a9fpg' dfq xf].

# ( = x/\$ s'/fsf] p2] o xG5

hljgnf0{; xh z kdf :j lsf/ ugxf] \ tkf0Fh] xbgxG5  
To; nf0{ :j lsf/ ugxf] \ clg c; x; h] 5g\ To; nf0{  
klq ; xh z kdf lngxf] \ x/\$ dfq; dfl]ns 5g\ V  
cf'gf] af6f]df ; xl 5g\

# !) = d[osf] 8/af6 dlQm

xfdl ; ah]f0{yxf 5- Ps lbg xfdl ; ah] of] wtlaf6  
labf xgk5{. t/ klq xfdl d[ob]v 8/f0/x\$ 5fF.  
xfdl 7fG5f+ xfd] 5f/f5f/l / hljg; fyl xfdllj gf afRg  
; Sg] 5gg\ t/ ; To s]xf] eg] pglx; dWo] sfxl klq  
tkf0F] dg] jnf 5gg\ tkf0Esf] cj ; fgn] pglx; nf0{  
sxl ; do lg/fz tNofpg ; S5, t/ pglx; dl/xflb]gg\  
dbgg\ ; don] ltgnf0{lg/fzaf6 dlQm lbG5 cGttM  
pglx; cf'gf] st]okydf cl3 a9\$g\

-c<sup>a</sup>nl blgs b lxb"sf] ! cui6 @!) sf] c' df 5flkPsf] P; = /fdrGg]sf] nf0km Sofg ljuj P6 l; S:6l, 06 0h cn 0g  
of] Xof08; vgfds n]ysf] efj f]g fb .

# शिक्षक dfl; s ufxs agsf nflu ; Dks{7}ufgf

!= kfFy/  
 ;/jtl k'its k;n  
 lknbd, )@\$\$-^())\*#  
 @= Onfd  
 Onfd k'its k;n  
 knfgM )@&-%)\$e#, (\*\$e^@&\$e#  
 #= %fKf  
 hljstf 066/kfDhth,  
 latffdf, (\*\$e^@&\$e^&&  
 \$= txyd  
 >ij e08f/, Dofan<sup>a</sup>  
 knfgM )e^-^\$)! (#, (\*\$!^\*&&)&  
 %= efhk/  
 lqj 0fl 5fkfvfgf, knfgM )@(-\$e)! (  
 ^= dfj<sup>a</sup>  
 - Jffol k\$sfzq  
 lj/f6gu/, )@!-%@\*!@), (\*\$)#)!\$#!  
 - s\$jh Goh P08 :6zg/L  
 lj/f6gu/, (\*\$e)@e%##, )@!-\$@e#\* &  
 &= ;fhVda  
 dl/gf aS; P08 :6zg/L  
 ;Nn7LM )#\*-%@)!\$ (, (&\$#))%\*)  
 \*= cfyng<sup>a</sup>bf  
 - >ij kqkqlsf ; 06/  
 eXj 6fhM )#&-%@)@!  
 - pbf; k'its k;n  
 rff\$ahf/M )#&-%@)@, (\*\$!)#)\$)#&  
 (= vffj  
 >ij aS; P08 Goh Phj;L  
 lbStjh, )#^-^@e)@, (\*\$e\*\$(\$e#)  
 !)= wglff  
 hgHofjl k'its k;n  
 hgsk/, )\$!-%@!\*\*\*\$  
 != bhjvf  
 - xf/tl :6zg/L P08 ; knfo; {  
 eldzj/, )\$(-\$e!#e&, (\*\$)\$^%\$^^  
 - lh/L :6zg/L  
 lh/L, )\$(-^())\$&\*, (&\$)\$)!!)!  
 !!= l; Gwhl  
 Go" k/hgf :6zg/L  
 l; Gwhl, @ g+ ahf/M )\$&-%@)@e%  
 != /fd\$fk  
 - h\$pg- k'its k;n  
 d6ynl, )\$\*-%)#), (&\$!)%))!!  
 - ldlnhl k'its tyf :6zg/L  
 d6ynl, )\$\*-%\$)))\*#  
 != /fx6  
 k'eft :6zg/L, rGblgufxk/ )%-%\$)%@  
 !\$=k; f;  
 df0:yfg aS; k, jL/UGh, )%!-%e#%\$)  
 != dsjfgk/

kqkqlsf ; 06/, xdfdf, )%&-%e!\$##  
 != sfe]  
 - k'ilt k'its k;n  
 agkf, )!!-^!@%&, (\*\$!)^%)^  
 - >ij 6\$; { kgfj!\  
 knfgM )!!-\$\$))%\$, (\*\$!\$&\$(\$!&  
 !=; GwkfNrf\$  
 - szj :6zg/L, rff/f  
 knfgM )!!-^@)@e^, (\*\$!(@\$\$#&  
 - z\$sdgdf :6zg/L  
 afxja; j )!!-^\*()! \*!  
 - k'ilt :6zg/L, anjkm )!-^(\$#!%  
 != s7df8f-  
 P=ah= :6zg/L  
 a9figns07, )!-\$#&&\$(\$  
 @)= wflb<sup>a</sup>  
 - lqk/f k'its k;n  
 wflbajj LM )!)-%@)! (  
 - Go" wflb<sup>a</sup> :6zg/L  
 lgns07, )!)-%@)^%  
 - lxdfn aS; P08 :6zg/L  
 wflb<sup>a</sup>, a7gl, )!)-%@)@e^  
 @!= gjfsf  
 pT; s hgf;n :6fj  
 lab/, )!)-%@)!\$! (  
 @= lrtjg  
 gf/fofl k'its ; bg  
 gf/fofu9, )%^-%e!@e\*, (\*\$)\$^#@  
 @#= gjnk/f;l  
 ldng k'its k;n  
 ;bjn, )&\*-%@)@!, (\*\$&)@e!)\*  
 @=\$; kGbxl  
 - ;/n :6zg/L s0j  
 eXj, )&!-%@!&#\$, (\*\$&)@e@e(  
 - ljzfn k'its k;n, abjn, )&!-%\$^%(  
 @%= ulndl  
 /jEf lj1fg ; jf  
 t03f;M )&(-%@)^^, (\*\$&)&e\*<sup>a</sup>  
 @^= kflnkf  
 >ij Goh Phj;L, tfg; 0M )&-%@)!\*  
 @&= tgxF  
 - u08sl k'its k;n  
 bdfhl, )^-%@)!e\*, (\*\$^)%\$\$%<sup>a</sup>  
 - cljb :6zg; {  
 8d ] )^-%\*))%\$, (\*\$^)^\*)!  
 @\*= ufjvf  
 /fjngf k'its e08f/  
 ljBino dfu{ )^-^\$e)! #, (\*\$^)%&#&  
 @=(ndh<sup>a</sup>  
 %w/gf k'its k;n  
 a]lx/, )^^-%@)!), (\*\$^)((\*#^

#)= sf:sl  
 ; km ldl8of xpf;  
 kfj/f, )^!-%#\*(!#, (\*\$^)%&&  
 #!= c3f(vfFl  
 pdz 5fkfvfgf, ;lgwvs( )&&-(\$e)!&  
 #e= bf<sup>a</sup>  
 - vgf;n k'its k;n, efnba, )\*e-%\*!)%\*  
 - hgtf aS :6n, 3fjxl  
 knfgM )\*e-%^@)@e^, (\*\$&\*#e!%\$  
 - gofHofjl ckm 0 k]  
 th; lk/, knfgM )\*e-%@)@e!  
 ##= /fjKf  
 Go" kldf0f :6zg/L P08 ; knfo; {  
 lnjfa, )\*^-^\$)\$), (&\$\*%!%!  
 #=\$= afE]  
 - lxdfn l8:6ko6/, gkfnuGh  
 knfgM )\*!-%@#\*\$\*, (\*\$\*)((#\$\*)  
 - Go" lqj 0fl k'its ; bg, wDafjhrf\$  
 knfgM )\*!-%@e%#/, (\*\$\*)@e@e((  
 - Go" cfbz{aS; P08 :6zg/L  
 jLkl-rf\$, gkfnu-h, )\*!-%@#\*!%  
 - lllth Goh sgf  
 sfkxk/, knfgM )\*!-%\$!^)\*  
 #%= albf  
 - Go" cofh k'its k;n, el/ufpF  
 knfgM )\*\$-^(@e\*!, (\*\$\*)#)\$)#  
 #^= bhjv  
 zdff :6zg/L  
 knfgM )\*(-\$e))&\$, (\*\$\*)^@e\*(^  
 #&= ; Vj  
 - ; wd k'its k;n  
 ; VjM )\*#-%@)!&, (\*\$\*)\$!&)^  
 - clnkf :6zg/L, a4ky, )\*#-%@!#&  
 - Go" laxfgl k'its k;n  
 15Gr, knfgM )\*#-%\$))#  
 #\*= hDnf  
 zfxl hg/n :6fj, vnEf ahf/  
 knfgM )\*&-%@)%)%, (\*\$\*#))(\*  
 #(- s\$fnl  
 - lgnd k'its k;n  
 cQl/of, )(!-%@)&#\*, (\*\$\*\$e)&#\*  
 \$)= c5fd  
 efj s :6zg/L  
 ; fknpu/M )&-^()!(\$, (&\$!!!@e&  
 \$!= s-rgk/  
 dxfsfnl ; dfrf/ s0j  
 dx0bgu/, )((-%@!^%#  
 \$e= bfrhf  
 rffjgl k'its k;n, ufshZj/  
 knfgM )(-^())#\*, (&\$!!!@e

ef/t-gkfn ; xofly



# gkfn sf]z] fs lj sf; df ef/tsf]; fy



:sh, snh / ljZj lBfno ; d]sf ef]ts ; Argf tyf 5faj [Q,  
k':tsfno, tflnd / z]fs eðofx; gkfn sf] z]fs lj sf; df ef/tlo  
; xoflysf kðv ?kx; xg\ . dhse/ km]nPsf o:tf kl/of]hgfx;n]  
gkfnnf0{ z]fs ; kdf ; bð / cfdlgeł xg d2t k'ofPsf 5g\ .

@))& ; fnsf]/fhgllts kl/j tðkl5 z?  
ePsf] gkfn sf] lj sf; / ; d[4tkm]sf] ofqfdf  
; fy lbg] klxnf] b]z ef/t lyof] . ev{}:j tGq  
ePsf] / pklgj z]j fbl zf; gaf6 dQm  
ePkZrft\c; lldt lj sf; f]d'v rgf]lx; sf]  
cfkm]klg ; fdgf ul//x]sf] ef/t gofF/fi6«  
lgdf]f ug] gkfn l hgtfsf] kðf; df d2t ug]  
v; l; fy cufi8 cfof] . o:tf] klxnf] ; xofly  
.ef/tlo cgbfg lgo]lyl -0108og P8 ldzg\_

dfkm] ; g\!(%\$ df z? eof] . h; nf0{  
k]lt / ; d[4sf nflu ef/t / gkfn sf]  
; dfg cfsf^Nf / ; f]sf nflu cgbfgsf] ; \$f  
; xoflysf] ef]j gdf gkfn; E ; xsfo{ug]  
ef/tsf] rfxgf:j?k ; g\!(^^ df .ef/tlo  
; xofly lgo]lyl gfdS/of ul/of] .  
ef/tlo hgtf / gkfn l hgtfsf] lxt  
cGt/; DalGwt 5 . gkfn / ef/tsf] zflGt /  
; d[4 ; du|blif-Pi; ofsf] lj sf; / k]lt sf

# ef/t-gkfn zlf s ; xofu

lgldt ; d; dxlj kof{5 .  
gkfn ef/t ; xofusf] dh dgq xf] hg  
s/f gkfnsf] lxtdf 5, Toxl ef/tsf] klq  
lxtdf 5 .

**Izlfdf ef/tsf]; fy**  
sg] klq /fi6sf] ljsf; / ; d[4 tyf ToxfE  
hgtsf] snof0sf nflu lzlf ckl/xfo{tj

## ef/tlo ; xofu kPsf sxl 7hf zlf s kl/ofhg ol zlf s lgsfox;df ; -rflnt 5g\

- lqe]g lj Zj lj Bfno -sf7df8f;-
- lqrGb| snh -sf7df8f;-
- dgdfxg dffl/on kfln6]Sgs -df7<sup>a</sup>\_
- gkfn-ef/t dgl lj Bfno -sf:sl\_
- Ol-hlgol/<sup>a</sup> cll oog ; yfg -sf7df8f;-

## ef/tlo ; xofu kPsf sxl ; fg kl/ofhg

- uf]lu-h Sofdk; -%kfl\_
- tfg; g axdvl Sofdk; -kflkf\_
- gj fsf; cfbz{axdvl Sofdk; -gj fsf;\_
- >l dxlb| pdfj -88]w/f\_
- glns07 Sofdk; -wfb<sup>a</sup>\_
- /fhZj/ lglw xf0{sh -wglf\_
- dbg e08f/L dffl/on snh -sf7df8f;-
- cfbz{dffwolds lj Bfno -dxfl/L\_
- bluf{hgtf dffwolds lj Bfno -; nfxl\_
- kfFy/ axdvl Sofdk; -kfFy/\_
- ;/j tl pdfj -/f;x6\_
- dsjfgk/ axdvl Sofdk; -dsjfgk/\_
- jl/lb| axdvl Sofdk; -lrtjg\_
- sf7df8f;lj Zj lj Bfno ; lel /dg  
cl86fl/od -sf7df8f;-
- dxnldl dfj -ufyf{
- lqe]g Sofdk; , ahf6f/L -gjn/f;L\_
- lqul hgtf Sofdk; -pbok/\_
- e]xjf axdvl Sofdk; -?kGbxl\_
- rGggfy pdfj -hDnf\_
- afn hgtf pdfj -bf<sup>a</sup>\_
- dxfs?off zifokM lj Bfno -dflyNnf]d':tf<sup>a</sup>\_
- sfln-rf; dffwolds lj Bfno -bfjvf\_
- zf/bf dffwolds lj Bfno -k; f{
- kzklt lzlf ; bg -afE]
- ; V; Sofdk; -; V;\_
- ;/j tl pdfj -s]hfnL\_
- 36fn dfj -s-rgk/\_

xf] . ; g\!(^) sf]bzsb]v g]lzlf ef/t-  
gkfn ; xofusf] s]blagb' /x6}cfPsf] 5 .  
jf:tjdf gkfn / ef/tsf] cglkrfl/s  
zlf s ; DaGw !(^) sf]bzsdz? ePsf]  
eg]xf0g . khftGqsf] :ykgf xgcl3 gkfnf  
; f% zlf s lj sf; ePs}lyPg eGb xG5 .  
To; jhf gkfnx; k9gsf lgldt ef/t hfGy].  
aj Bf x/fP szl hfgE eG] cfxg To; }  
rn\$]xf0g . rfx]k/Dk/fut ; s]sf] lzlf-  
blif xf] \ rfx] cfwlgs lzlf- gkfnx;n]  
ef/td}k9gkyof].

of]t hg:t/sf] kf/:kfl/stf lyof]. kl5  
ef/tn] ; /sf/L tj/df gkfnsf] zlf s lj sf; d  
lj lzib of]bfg lbg kl/De u'of]. ef/tlo  
; xofusf kof; x;n] hgtsf cfj Zostfx;nf0{  
b0{tl/sfn] ; Da]vg u/\$f 5g\ klxn] zlf s  
; yfx;nf0{k] f/f/ / klj lws ; xofu pknAw  
u/fP/ / bf] fl] 5fj [Q, tflnd / cfbgklbf  
sfoGdx;sf] dffwoda6 JolQmf0{lzlf /  
tflnd kbf u/] .





**lqeĵg ljZj ljBfnof0{ ef/tlo ; xofĵ**

- /; fogzf:q, jg:klit lj 1fg tyf kĴ0Lzf:q lj efuxĵdf cĴofwĴs kĴfĴf/; lxtsf] lj 1fg ejg
- lqeĵg ljZj ljBfno k:tsfno
- lj BfylĴsf nflu b0{5fqĵf; tyf sđf/f/xĵsf nflu cfjĴ; uĴ
- xsl, kĴban h:tf vĴhxĵsf] ; lj wsf] nflu cfwĴgs vĴhdĴfg
- kl; 4 cĴfs6\$6 xlaahf /xđfgāf/f gS; fĴg ul/Psf]ufĴwl ejg / uhfa jĴf6sf
- lqrĴb] snĴhđf lj 1fg ejg
- lqeĵg cfbz{ lj Bfno lj sf; df ; xofĵ
- lqlj /fhgltzf:q sĴbĴp lj efudf 0ĴĴ8og rĴp/sf]:yfkĴf

jg cĴwoog ; yfg -; g\!(%)\_ / bĴzdf pRr lzlfss] klxn] sĴbĴsf] ĵkđf /xĴsf] lqeĵg ljZj ljBfno -; g\!(%(\_ sf kĴlv lj efuxĵ ef/tlo zĴĴfs ; xofĵ sfoĴmđsf] cuk<sup>a</sup>stđf lyP . gĴknl lj Bfyl{ tyf lj 1xĵsf nflu ef/tđf 5fqĵ [Q kĴĴfg ul/gĴsf ; fy} tĴnd sfoĴmđxĵsf] kĴg cfofĴhgf ul/of]h; n] ubf{ pĴlxĵn] kĴĴt u/Ĵf 1fgsf] kĴĴkm gĴkndf Nof0{gĴknsf] lj sf; df cf'g}tl/sfā6 ofĴubfg kĴofpg ; xofĵ kĴof].

**dfgj ; #fwgsf]lj sf;**

?kĴ ; aĴ}pl7gV 3/wĴbf ; sĴ SofĴk; hfgsf nflu āāsf] ; f0sn rĴ9g\ . ?kĴbĴĴsf] eĴxĴf axđvl SofĴk; df klxn] jĴifđf cĴwoog/t ?kfnf0{SofĴk; kĴg ; f0sndf b0{306f nĴVof] . nđdf ofqfn]ylst ?kĴ slffsf]fđf kĴbf kĴgl kl//xĴsf] lyof]. lzlf s 5ftf cfĴĴ k9fpĴ]lyP . 5ftfā6 pgsf] 6psf]/ pgn]xftđf lnPsf]lstfasf]kĴgđf kĴgl tkk rlx/xĴsf] lyof]. ; fB/f] slffsf]fđf c6f0Ĵc6f0{a; Ĵf lj BfylĴĵ 5ftf jf knfl6s cfĴĴ}gĴf ; fl//xĴsf lyP . ?kfn] kĴg kĴgn]lelh; sĴf] cf'g] sfkl lgsfngV nĴg yĴng\

of] ; g\@)^ sf] s/f xĴ]. ef/tsf] ; xofĴđf lĴldĴ gofFejgn]ubf{?kĴ / pgsf ; xkĴ7lxĵn]kĴs[ts cfkĴxĵsf] ; fdg gul/sg]slffđf k9g ; Sg]cj:yf 1; hĴf ePsf] 5 . ?kĴ rĴB}SofĴk; df agĴf]dĴxn

5fqĵf; df a:g kĴpgĴ5g\ . pĴl h:t}gĴknel/ xhf/f]lj BfylĴĵ 5g\h; n] slff; Dđ cf0kĴg nđdf] ofqf to ugĴVofĴ / uđel/ Jojwfgxĵsf] kĴg ; fdgĴ ugĴVofĴ t/ ca tl lj BfylĴĵ ef/t-gĴkn cflyĴ ; xofĵ sfoĴmđcĴtuĴ lĴđfĴf ul/Psf kĴfĴf/ā6 nfeĴĴj t 5g\ .

sg}kĴg /fĴ6sf]lj sf; / ; dĴ4 tyf hĴtsf]sNof0sf nflu lzlf ckl/xof{xĴ} / ; g\!(^ ) sf]bzsbĴv g}lzlf ef/t-gĴkn ; xofĴsf] sĴbĴā6' /xĴ}cfPsf] 5 . ; xofĴsf kĴf; xĵn]hĴtsf cfjZostfxĵnf0{b0{ tl/sfn] ; Dāfwg u/Ĵf 5g\ klxn] zĴĴfs ; yfxĵnf0{kĴfĴf / kĴlj lws ; xofĴ pknAw u/P/ / bĴf] 5fqĵ [Q, tĴnd / cfĴfgkĴfg sfoĴmđxĵsf] dĴWodā6 JoĴQmfn0{lzlf / tĴnd kĴfg u/} .

bĴzdf pRr lzlfss] klxn] sĴbĴxĵdĴwo] Ps /xĴsf] lqeĵg ljZj ljBfnof] :yfkĴf ; g\!(% ( df ePsf] lyof].

To; sf] csf] jĴif{ef/tlo ; xofĴā6 lj 1fg zfvf, kĴfĴzfnf, k:tsfno, 5fqĵf; , sđf/f cfjĴ; uĴ, /Ĵzfnf / ufĴwl ejg kl/ ; /sf] lĴđfĴf ; DkĴg eof]. To; ; dđf ljZj ljBfnof wĴ}kĴWofksxĵ ef/tlo g}lyP . ; fy}pks/of / k:tsxĵ kĴg ef/taf6} Nof0Psf lyP . To; sf] nuQ} bĴzel/ cĴo snĴh, lj Bfno / tĴnd sĴbĴxĵsf] lĴđfĴf / dđĴ; Def/df ef/tlo ; nĴĴgf /Xof].

ef/tn]kĴfg u/Ĵf 5fqĵ [Q, lĴhl vrđf k9g]Joj:yf / tĴnd sfoĴmđxĵn]kĴg gĴknsf]dfgj ; #fwg lj sf; df / lzlfnf0{ hĴtf; dĴf Nofpg]sfoĴmđdf kĴlv elđsf vĴb}cfPsf 5g\ . o; sfoĴmđcĴtuĴ gĴknl lj BfylĴĵn]slff ! ) / !)±@ -gĴkndf\_ bĴv :gfts, :gftsfQ/ jf

**; To tYo**

- ✓ xfn 5fqĵ [Qsf] ; aVof bĴāa/ u/L nueu @!%) kĴof0Psf] 5 .
- ✓ ; fgf lj sf; kl/ofĴhgfxĵsf nflu hf/L cflyĴ ; xofĴdĴwo] xfn %) kĴtzeĴbf ā9L vr{ gĴkndf lzlfss] pĴyfgsf nflu e0/xĴsf] 5 .



# ef/t-gkfn zlf s ; xofu

## 5faq [Q ofhg

- gf6ð snf cllwoogsf nflu ef/tlo ; f:s[ts ; DaGw kl/ibðsf] 5faq [Q ofhg
- s[lfd :gfts txsf] cllwoogsf nflu 5faq [Q
- cg; Gwfgsf nflu ohl; l knhf] lk÷5faq [Q
- :gfts[Q/ txsf] cllwoogsf nflu l; Nj/ hAnl 5faq [Q ofhg
- lrlst; f, Ol-hlgol/a, lj 1fg tyf klj lw lj ifox;df :gfts txsf] cllwoogsf nflu ufl]8g hAnl 5faq [Q ofhg
- gkfnf !)+@ cllwoogsf nflu dxTdf uflwl 5faq [Q ofhg

## c6o kl/ofhg

- lrlst; f, lj 1fg, klj lw, Ol-hlgol/a, j fl0fHo / snf h:tf lj ifox;df :gfts tyf :gfts[Q/sf lj Bfylx;nf0{cf'g} nufglf cllwoogsf nflu ofhg; cllwoog ; yfgx;nf0{kflfkslo ; xofu
- ef/tlo cllwoog ; yfgx; ; kflfkslo cfbgkbf g b/ lzlf
- kqsf/tf cllwoogdf kdf0fq, l8knf sf] {
- ; /lf clwsf/lx;nf0{k lzlf sf] {
- gkfnf ; /sf/sf clws[x;sf nflu tflnd sfoqnd

lj Bfjl/lw -ef/t jf gkfnf\_ cllwoog ug[ c; / klt ub5g\ pglx;n] gf6ðsnfb]v Ol-hlgol/a; Ddsf lj lw lj ifox; nufot lj 1fg, lrlst; f, klj lw, s[lf, Jofk/, Joj:yfkg / dfglj sl lj ifox; k9g ; Sb5g\ ol sfoqndcGtu' xfl; n ul/Psf l8ul / kdf0fqx;n] ef/tdf klzlf / Jofj; flos lfgdf dfgotf klt ug[ePsf] xBf o:tf



5faq [Q tyf tflnd sfoqndx;sf] dxLj c% a9g uPsf] 5 . ;fg lj sf; kl/ofhg sfoqnd uflclOf hgtf; Dd lzlf k'ofpg] s/fdf s[lb' xB]cfPsf] 5 . o; n] buð lhNnf / t/f0{ lfgdf ; of]lj Bfno, k':tsno / 5faqjf; x;sf] dd'f; Def/ tyf lgdf[fd ; xofu k'ofp5 . k[of' jif{s/fBf]?k'ofFa/fa/sf] k':ts / :sh a; x; hgtf; Dd klU5g\ ol kl/ofhg; n] ubf{ lzlf, lj Bfyl' 5faq / ; lj wjl xlg k[el'd / ; dbfosf afaflnsf] ; jfnf lj Bfnodf pRr pkl:yltnf0{ ; Dej t'nofp;f ; fy} ; fdlhs r'gf a9fgdf klz d2t u/šf 5g\.

æj:tj df of] lj Bfno xdf] nflu ; ju{ xf, ; n[lsf] sðf:l:yt dx[ ] hgtf dflj sf Pshgf lj Bfyl'(e65g\ . ;fg lj sf; kl/ofhg sfoqndaf6 nefel'j t xg] w]}lj Bfnox; dwo] of] klz Ps xfl . buð xhl/ofl:yt ; /; j tl dflwolds lj Bfnosf lzlf;x;nf0{sllf ; -rfng ug[7hf] ; d:of lyof] . æ7fpBf] cejn] ubf{ Pp'of sllfd !%) blv !& hgf; Dd lj Bfyl{xg] ub'j h; n] lzlf0fsf] jftj/of k'of{ kdf laug] ub'of] . t/, clxn] Toj ; d:of ; d'wfg ePsf] 5 . ef/t ; /sf/n] pknAw u/fPsf] cfwlgs lj Bfno ejg / c6o k] f'f/ ; lj wfx;n] xdf] lfgdf ; sf/fds kl/j t'g cfPsf 5g\Æ b'zel/sf xhf/f]lj Bfyl' lzlf / cleefj sx;sf] efjgf cleJoQm ub' lj Bfnosf Ps lzlf e65g\.

; adf lzlf[sf] Hof]t k'ofp;sf nflu cfj Zos kg[ ; lj wfx; pknAw u/fpg ef/t-gkfn ; xofu lg/Gt/ hf/l 5, lsgeg] to; n] g} ; d' gkfnf] nflu hu a; flNg5 .

## zlf s tyf klj lws ; xofu

- s[lfd :gfts[Q/ cllwoogsf nflu 5faq [Qx;
- s[lf j ] flgsx;÷lj 1x;sf nflu ef/t-gkfn cfbgkbf g sfoqnd
- xB'f'fd j g cllwoog ; yfg / xfn;fn} ; -rfngdf NofOPsf] ; a'x'fno Pj + k':tsno tyf clen'yg s[ ]

snf pTyfgsf nflu ; xofu

- gf6ð snf cllwoogsf nflu 5faq [Qx;

dlxnfsf nflu lzlf tyf tflnd k] f'f/

- sf7df8[ ] uf7f6f/l:yt gkfn rvf{ k'f/s uflwl-th;l :df/s dxfu7lsf dlxnfx;sf nflu 5faqjf;

- hgsk/ gl; ƒ SofDk;
- >l s[Ofk] fb sf0/fnf ; jf u7l gl; ƒ SofDk; ; df]a
- ; ldf sf0/fnf d0fl/on gl; ƒ SofDk; ; fF; sf7df8f)
- cfbz{aflnsf dflwolds lj Bfno, lj /f6gu/
- hfgsl aflnsf dflj, s-rqk/
- d]lsf] kfFy/ axdvl SofDk; df 5fqjf;
- ?kGb]sf] e]xf axdvl SofDk; df :gftsf0/ ejg / 5fqjf;
- laejg lj Zj lj Bfno 5fqjf; lzlf tyf tflnd sf0mdx;
- gkfnl lj Bf]k;nf0{gkfnf !)}±@ tyf gkfn / ef/tdf :gfts, :gftsf0/ / lj Bf]fl/lw clwoogsf nflu lzlfssf k]olh; f] ; a} ; lfox;df ef/t ; /sf/af/f k]ofg ul/g@)) 5fqj Qx;af6 ax; a\ Vos 5fqx; nfe]ljt 5g\.
- l; /xfsf dlxfx;sf] lj sf; sf nflu rGb]f/foof ofbj d0fl/on 6kfn0{!)} j 6f l; nf0{dlzgx; pxf/ lb0Psf] 5 .
- sf7df8f]sf] gkfn ; hgf]ds snf u7lnf0{ x:tsnf klzlf0df kj]l0ftf l8knf0f tx ; ~rfngsf nflu ef/t ; /sf/af/f /zdl wfuf] af6g]-l; Ns l6]l:6a\_ dlzg / c6o kl]j lws ; xof] pknAw u/f0Psf] 5 .

**dgdf]g d0fl/on k]n6]Sgs,**  
 ef/t-gkfn cfly\$ ; xof] sf0mdcGtuƒ ef/t ; /sf/sf] ; xof]df :yflkt df]a<sup>a</sup>] xfQld8f uflj; df cj:l:yt dgdf]g d0fl/on k]n6]Sgs bz} ; k]xnf] k]n6]Sgs xf] hxfF On\$6k]G\$; On]S6sn / d\$]lgsn 0]Ghlgol/ a<sup>a</sup>df tljz if] l8knf0f sf]k;sf

cltl/Qm gkfnl pB]unf0{ ; xfpB] vfnf cfj Zos 5f]f] cj lwsf cfwf/et sf]k; ; ~rfng ul/G5 . o; k]n6]Sgssf] p2]o gkfnf] cfB]lus j [4 / lj sf; df of]ubfg k]ofpg ; Sg] gkfnf] ahf/sf] dfucg; f/ ; lfd hgziQmsf] cfj Zostnf0{k/f ug{ /x\$] 5 .

?=\$@ s/fB]sf] nfutdf :yflkt o; k]n6]Sgssf] pb\$]f6g gkfnf ; Ddfgglo k]wfgdGq dfwj sdf/ gkfn]@ g]f]a/ @)) ( df pb\$]f6g ugeof] .

**x]f]df k]n6]Sgs**

0l-hlgol/a<sup>a</sup>sf rf/j 6f l]qdf dWod:t/lo hgziQm tof/ ug] p2]on] x]f]df k]n6]Sgs lgd]f ug]k:tfj ef/t ; /sf/n] :jls[ u/\$] 5 . rfB} sfd z? xg]o; kl/of]hg]sf] nfut \$) s/fB} ?k]f/x\$] 5 .

**:sh, snh / k:tsfno ejg**

/fi6«lgdf0f / dh\$]sf] lj sf; sf] hu lzlf]d]xG5 eG] s/f dgg\u/ ef/t ; /sf/n] gkfnf z]l]fs lgsfox;df k]lgf/ ; k]of]zinf, sDko6/ cflbaf6 ; ; lHht e]l]ts k]f]f/ lgd]f ug]f Wofg u/\$] 5 . ef/t ; /sf/sf] :dn 8]enk]6 k]h\$6 k]f]d] n] lj ut s]l jif]f ^! lHnfnf !\* @ :shx?nf0{?=\$)) s/fB} eG]f a9]sf] ; xof] pknAw u/f0Psf] 5 . □

**; TotYo**

✓ %) l; 6sf] d]8sn snh / #%) z]ofsf] c:ktfnf] ; kdf ; g\((( df w/fgd] al-kl= sf0/fnf :jf:Yo lj lfg k]ti7fgsf] lgd]f eof] . ejg, lrls]f ; pks/of tyf ef/tlo k]Wofkslo ; xof]unufot pQm k]ti7fgsf] sh nfut g? = !-( @ ca\$] / x\$] 5 .



**klxn]s l]fs]fx; lgs; fB]f lyP / ; fg]j Bfno ejgdf ; a]j Bf]k; c6]pg uxf]yof] t/ ; clxn] ef/t ; /sf/n]gof] Bfno ejg agf0lbPk]5 uof: t/lo lzlf k]ofg ug]fdlnf0; xof] ku\$]5 .A**

**nfnk] fb >]7**  
 k]vfg]l]b]ks, dx]n] dl d]lj, uf]f]

# 15 riddles to teach

Dear teacher of English (and other shikshaks who are interested in any case):

In the last issue, we suggested to you how you could use jokes as an interesting medium to teach English in your class. Together with the jokes, if you remember, the editors of Shikshak had added individual commentaries to each joke. This time, we are doing the same with riddles, and we hope you like our effort.

A riddle is a problem or a puzzle that requires some level of ingenuity (sharpness of mind) to answer. A riddle can be in the form of a statement or questions, but here we have only included questions. Riddles need careful thinking to answer, because the obvious answer is always incorrect, or alternatively the answer is right there but there is a trick involved in answering it. Often, riddles use puns. We suggested that you try and answer the questions first without reading the accompanying commentary.

Enjoy, learn and teach!

- Editor

## 1

**Q: What are two things people never eat before breakfast?**

A: Lunch and supper.

Commentary: The play here is between the expectation that people will think of what food or drink item you would not eat before breakfast, and the answer of course refers to meals (which you also 'eat'). The point to be made in a Nepali context is that many rural households do not have concept of breakfast, given that the dal-bhat is eaten before going to work, as a lunch-cum-breakfast.

## 2

**Q: Why did the man throw a bucket of water out the window?**

A: He wanted to see the waterfall.

Commentary: The answer is funny because the answer refers to the term 'waterfall', which is a permanent feature on a river, but here the water is indeed falling out of the window.

## 3

**Q: Why did the man throw the butter out the window?**

A: He wanted to see the butterfly.

Commentary: This riddle is funny for the same reason as the earlier riddle, and additionally so because it uses the same kind of trick answer, and this time rather than the water 'falling', this is the butter 'flying'.

## 4

**Q: Why did the man throw his watch out of the window?**

A: He wanted to see time fly.

Commentary: We will soon get tired of people throwing items out of the window. Here's hoping we do not get another one after this.

## 5

**Q: Why did the man put the clock in the safe?**

A: He wanted to save time.

Commentary: The clock refers to passage of time, and the safe is for safe-keeping. The term 'save time' refers to something else entirely than the mechanical act of putting a clock in a safe!

## 6

**Q: What has two hands and a face, but no arms and legs?**

A: A clock.

Commentary: This will help teach your students what the various parts of a clock are called. Normally something with two hands as a face will have arms and legs, but a clock has hands (minute and hour hand) but not arms and legs. You may also want to make the differentiation between hands (haath) and arms (pakhura). Of course, this riddle does not work with those who only know digital clocks, rather than the analog variety which have hands.

**7****Q: What has a neck, but no head?****A: A bottle.**

Commentary: Like with the earlier riddle, this one helps you explain that the top of the bottle which into a thin tube is known as a 'neck'. You could add in addition that where the content pours out is termed 'mouth', and that the bottle will either have a cap or a cork.

**8****Q: Where is the ocean the deepest?****A: On the bottom.**

Commentary: The instant reaction of the person who hears the question is to seek the area of the globe where the ocean is the deepest, but this is a trick question because there is the obvious answer that at any given point in the ocean the deepest is obviously at the bottom. But if you expand the question so that it cannot be considered a riddle, you would ask, "Which is the deepest part of the world's oceans?" The answer would be the deep underwater valley known as the Mariana Trench, south of Japan and east of the Philippines. Go to:

[http://en.wikipedia.org/wiki/Mariana\\_Trench](http://en.wikipedia.org/wiki/Mariana_Trench)

**9****Q: How do you spell mousetrap?****A: C-A-T.**

Commentary: A trap is an inanimate object meant to catch and often kill mice. Of course a cat is not a mousetrap in the strict sense of the word, but a cat will catch and kill a mice. Hence, what the answer does is to 'cheat' by spelling the much easier c-a-t than the more complicated m-o-u-s-e-t-r-a-p!

**10**

(This one should be spoken.)

**Q: How many legs does an ant have?****A: Two, the same as an uncle.**

Commentary: The quick reaction is to try and remember how many legs the insect known as ant has (six, truth be told). However, this riddle relies on the fact that the pronunciation of 'ant' and 'aunt' are the same. The aunt being a female member of the human species, of course she would have two rather than three legs.

**11****Q: What can't be used until it's broken?****A: An egg.**

Commentary: This is a trick question because anything of utility, such as a pen, a bicycle or mirror, cannot be used if it is broken, i.e. phuteko or bigreko. However, there is no use of an egg if you cannot break it to make a fried egg or an omelette!

**12****Q: What do tigers have that no other animals have?****A: Baby tigers.**

Commentary: This is a play on the double meaning of the term 'have'. The general meaning is to be in possession of something, such as, "I have a pen." However, another meaning of 'have' is to give birth to, such as, "Our teacher is going to have a baby."

**13**

(This one should be spoken.)

**Q: What is black and white and read all over?****A: A newspaper**

Commentary: This is a very popular riddle and it is quite clever. A newspaper was traditionally printed in black ink on white paper, until the arrival of colour printing. Even today, most papers in the mafasal in Nepal are printed in black and white. Now to the riddle: how could something be black and white, and yet be 'red' all over. 'Red' and 'read' are pronounced exactly the same. Of course nothing can be the colour red all over, if it is also black and white. But a newspaper is generally read 'all over', except by people who read only some sections.

**14**

(This one should be spoken.)

**Q: Why is number six afraid ?****A: Because seven eight nine (seven ate nine).**

Commentary: If you take Six to be a human, he would be afraid if someone was going to eat him up. It so happens that that the numerical next to Six, i.e. Seven, ate up the numerical Nine. In which case Seven may now turn on Six. The riddle is based on the run of three numerical that come after 6, i.e. 7-8-9. The pronunciation of 'eight' and 'ate' are the same. And so, the riddle becomes a nice way to teach numbers, and the difference between the number 8 and the act of eating.

**15****In the alphabet...****Q: Which is the most self-centered letter of the alphabet?****A: 'I'.**

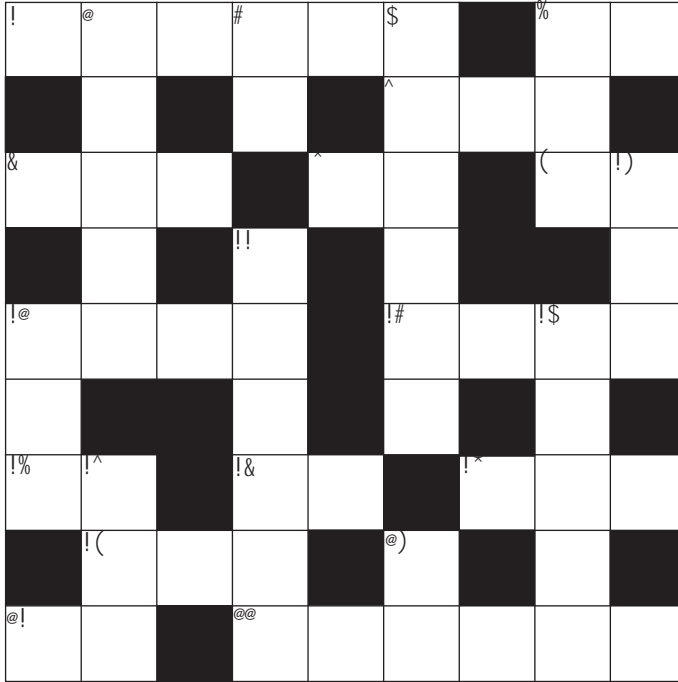
Commentary: Anyone who is self-centred tends to speak about himself rather than learn about others. Here, the play is between the letter 'I'. which also makes the pronoun 'I'. 📖

So long for now, teachers of English! See you next month!

*These riddles are taken from [iteslj.org/c/riddles.html](http://iteslj.org/c/riddles.html)*



ZAb vjh-@#



gfdM

7ufgfl

cfj h uhfafj u0f

uhfafj klnnf0{ klnx; sf /fgll efg} rng 5 . of] klnsf] ; f]bo{ aofg u/L ; fllo 5g . t/ xfdl ox" s/f ub5f}+ uhfafj] cfjfwlo u0fsf] dfq .

!\_ ufid Ct' / jiff{sf] df} ddf 6fpsf] e/L ; -; fgg v16/fx; cfpq ; S5gl . of] v16/faf6 kfgl / klk h: tf] lgl: s65 / ToF] ; S; k15 kfkf ag} bV5 . o: tf] ePdf uhfafj] kln kfgldf lkw} nk agfpg; \ clg ToF] nk 6fpsf] nuf0lbg; \ v16/f hf65 .

@\_ uhfafj] kln lbgx' r?dr?d rkfp/ vfg] ug{ ePdf bft / luhf : j: y e0/x65 / luhaf6 cln cln /ut lgl: s/xsf] 5 eg] ToF] klg /f] s65 .

#\_ zf/ll/s ?kn} sdhf} dlxn-k?ifx; nf0{ uhfafj] klnn} w} g} zIQm / : km't{ lb65 . tkf0nf0{ klg To: tf] ; d: of 5 eg] dgtf] kfgldf uhfafj] ; 's] sf] kln @)-% ldog6 hit lehfo/fvg; \ . kln ldrldrl kfgldf 5fg} lng; \ clg To; df dx



t} f}

!\_ sg}sg}ahf=slxn\$fxl:dl: snn}Psb0kN6 % df] e0sg xff] sbsf}8Nnf] h: tf] ^\_ sg} sfd-s/ fdf l; kfn: kfv t=blf &\_ u} xllh/l= cgkl: ylt \* sfrf] df; 'pg} cfufdf ttfpg] jf 3fddf ; Sfpq] ; 0/f] ( e0/xsf] jf blv0/xsf] sg} j: t' gxg] jf gblvg] l: ylt= a/afbl !@ dfq / dofb: dfq / sb=: dfgdgtf] !# lauleTsl sxl c j zlf dfq arsf] kfrlg ejg !% j tdfg olusf] gfd !& kzkllf sl/ kmb of a uf cflbsf] cfd !\* ; Deflj t lj kIQ=eo ! ( sf7sf] kmofssf] tnj f dfq ePsf] r\$ l h: tf] hQf @! 3fd c: tfPb] v 3fd g 'lNsp6h] hsf] ; do @@ hljg lgj f; ug] k4lt= njf0 vj f0, loj x/ -k/ bk/ f cflbsf] 9fr= sfrf

7f8f}

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**; 8f\$'-@#**

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gfdM

7lfqfM

**; 8f\$'-@! sf] ; dfwfg**

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a9l ufjh ug]knban vjh]fl  
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**; fdfGo1fg-@! sf] ; xl pQ/**

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gbln]df6f]sf6bf sf6bf  
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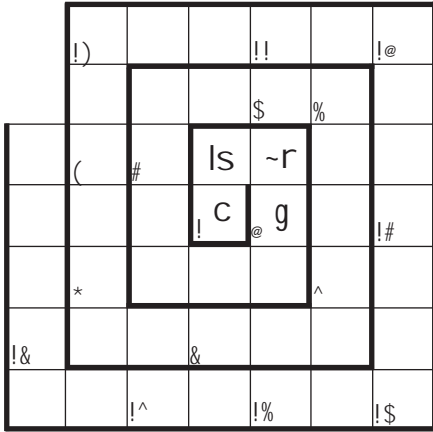
%= g]k]n]sf e]f]5fdf c]n#bfb klxn]  
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; fdfGo1fg sf] ; xl ; dfwfg  
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Ps:Ps lj]h]fnf0{?!,))  
k'/:sf/ lb0b}c]fPsf]df k]f7s tyf  
k'/:sf/ lj]h]fx;S}; %f]jcg; f/  
k]to]l]ut-@# -oxl c<sup>a</sup>sl\_ /  
To; kl5 lj]h]fx;nf0{k'/:sf/sf]  
?kdf gubsf]; \$f Ps jif]Dd  
lzl]s d]l; s lgl]zNs -xhfs  
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**cGtflf/L-@#**



gfdM

7lrfgflM

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#_ w}); do; Dd afRg;nfd] cfo' kPsf]-$ _
$_ sg}klg sfddf g8/fpg]gcf]Og]JolOm=afb/ -@_
%_ /lff ug}arf]p ug}lfs -$_
^_ l5GgleG ep/ ot]plt nfu$}f]laNlaf7 k/}f}7fp7x/ x/fPsf]-$ _
&_ klnb]v vfb}ef]b}cfPsf]s/f=vfg]/ ef]g]sfd -tna-eQf cflb_ -$_
*_ ; dfh jf ; Dalwt l}af6 lb0g]cfb/=-dfg=k}ti7f -#_
(_ dgdf p7g]; f}l}rf/l ts{-#_
!)_ sg}sfddf of]otf, Gofc-clfo jf plrt-cglrt Vofn gu/l c}k}gf
gf}f/sf]klf lng]kj]Q jf glt -$_
!!_ bzG ug}bVg}x}j]-#_
!@_ OR5fsf lj?4 s; }nf0{s}xl xg, ug}f u/fpg af]b tNofpg]lqmf-k}qmf-$ _
!#_ lrg]hfg$}kl/ro ePsf]-$ _
!$_ sk8fsf]n}f]y}h}eq ?jf=e}f cflb e/} tof/ kfl/Psf l; /fg xflng]
; fwg -#_
!%_ s}b}k6af6 xg]kl8f, ; f:tl, tf8gf -#_
!^_ sg}klg sfd jf kbsf lg]lt pkoOm gePsf]cof]o -$_
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z}b}v}h-@! sf] ; xl pQ/
t] fl !_ slj #_ kgfl ^_ nuft/ &_ ck/fwl *_ gjhft !@_ z/l/
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7f8fl @_ l}nfk #_ k/fwlG $ _ ltn %_ xtf; ( _ jrg !)_ tx !!_ ; jf
!@_ zlOm !#_ /h !^_ txvfg !&_ t/g !( _ tf8gf @!_ sf]
cGtflf/L-@! sf] ; xl pQ/
!_ cuf}f @_ 5fglag #_ gu/kflnsf $ _ sfoff]og %_ gjdf]nsf
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!!_ zt}f]of}k}b}z }!@_ zq}tf !#_ t}h} !$_ a6}f !%_ j}fxg
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**ax;**

**lzlfdf /fhglit u**

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- olb ; d:of xf] eg] lzlf / z}lfs ; :yfx;df /fhglit sx}Fsx}F s; /L 3; }f] 5 / To; nf0{s; /L cn}ofpg ; lsG5 <



cfk}gf] ljrf/ ljZn}of **शिक्षक** sf] 7lrfgdf k7fpg' x}h}f .  
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s}xl cs; Dd hf/l /xg}f .

**शिक्षक** dfl; s  
dlR5Gb}dfu{ hfj nfv}h  
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^}ofS; M %}\$!!(^



k/:sf/ lj h t f / ; xl ; d f w f g k 7 f p g x

zlvbñ-@!M ; xl ; d f w f g k 7 f p g ; x e f u l d l w j u f h k y f a f / f 5 f l g P s f  
k/:sf/ lj h t f ; b w / v g f n , c d n j / k f j , a x g l - ( , w l b a .

- ; xl ; d f w f g k 7 f p g c f o ; x e f u l
- g f / f o o f k / f b g k f n , h l u n k f j , a t f ; j \$ , l ; G w k n f - r f \$
- l s z f / c i r f o { k - r d f j , l b 0 m h - # , v f b f a
- k l l n s P s B d l d f j , 9 f k s - \$ , : o f a h f
- k s f z v 8 s f , j j 6 k j f 0 6 6 0 e f : s h , % n f / l - & , s - r g k /
- u k t a x f b / e 0 8 f / l , d x l b j k f j , d N s j f a - & , D o f l b l
- w d k j / f b l t j / l , / : j t l l g d f j , e f h k /
- k j g l 3 d / e / t k / - ! ) , l r t j g
- b j l d f o f k w f g , n l d g f / f o o f k f j , j f l : t d - \$ , e f h k /
- a n / f d 0 6 g l , l q k / f ; G b / l p d f j , v / l - \$ , w l b a

; 8 f s - @ ! M ; xl ; d f w f g k 7 f p g ; x e f u l d l w j u f h k y f a f / f 5 f l g P s f  
l j h t f w g a x f b / f o { ; f / k s 7 f s v f k f j , / f g l a f ; - # , e f h k / .

- ; xl ; d f w f g k 7 f p g c f o ; x e f u l
- / u n f n ; g j f / , u f l d f 8 f B f k f j , b f 0 h f / , / f d k / - \* , / f d \$ f k
- p k l b a f a ' 9 s i n , ; b f b o k f j , s s h 8 f B f , u f j v f
- s / g l ; x ; t f / ; b / k l z r d f - r n s o f l k ; , w g u 9 l , s h f n l
- s z j c f f f , ; b / k l z r d f - r n s o f l k ; , w g u 9 l , s h f n l
- 0 x j / l > j 7 , k f 6 g 9 f s f , n l n t k /
- s l k n a x f b / u x f , c f n d b j l - \* , : o f a h f
- b j r b j > j 7 , a s d u f a f u a h f / , s f 7 d f 8 f +
- ; G b z g b k f g j l ; g f d u n - ( , s f 7 d f 8 f )
- u f l j G b k / f b 9 E i g f , d x f s i n l g d f j , 7 h k ; h - l , s f e k n f - r f \$
- p 4 j k j / f b ; f k s f b f , d x l b j p d f j , 5 l t j g , d s j f g k /
- d l g f > j 7 , ; l b j l l g d f j , ; B 6 f / - # , y f s n j / f d \$ f k
- / d z b i x f n , H o " d f j , ; G t n j v f b f a
- l z j a x f b / v 8 s f , h g z l 0 m d f j , g f d h - \$ , u f j v f
- ; l b k i n l a ; k l n s p d f j , w / f g - l e , ; g ; l
- > l s j o f p k l o f o , ; s s t t y f ; f w / o f d f j , l / 8 l , u n d l
- / f d z / o f k 8 f ; g l , s n o f o l b j l d f j , l h n a - # , g j f s f b
- z f l e t s f s l { d x f b j k f j , % f i / , b i r h f
- 6 s / f h i n l a , u h / d v l - # , 0 n f d
- / f d s f e t r h w / l , g k f n 6 l n s d , e b s f n l , s f 7 d f 8 f +
- j f ; b j r i x f g , l ; 4 j j / k f j , c f k a f b j k i n f ; l - % , / f d \$ f k
- / f g / f h 0 6 g l , e j g j / l d f j , r o k / - l , w l b a
- e j f g l c i r f o { ; j f b o h g s d f j , l j g d f / j a f l n a
- r e b k j / f b ; j b l , k z k l t P s i 8 d g f ; l n a - \$ , 0 n f d
- a n / f d l z j f s f b l , / f h s h j j / l g d f j , b f h v f
- w j s d f / g k f n , l h n f e ; A f o f s f o f i o , : o f a h f
- k j j o f k w f g E , s d n l j g f o s , e 0 m k /
- ; j s l / h i n , l x 0 k j ( , : N o f g
- k d f s d f / b f ; , b l k l b j l g d f j , h f l u 8 f B f , l / : s ^ ^ , p b o k /
- k l j g f a 9 f , D o f l b l , x i n l k l P g = S o f l k ; , k f v / f
- k f 0 8 j s d f / k f 8 h , n y k m f ^ , ; V f
- l d n g z d f { g d y f c f j f ; l o d f j , s z d f , k j f
- x l / f d k f 8 h , k e f t l g d f j , l e h / j \$ , s f : s l
- b l k s / f h c i r f o { ; / : j t l d f j , ; x i / j \* , l ; d 3 f 6 , ; V f
- k / o f a x f b / l u / l , / : j t l k f j , c v f ( , k o 7 f g
- k s f z / f o { k - r s f o f k f j , z o f d ; l n f - % , e f h k /
- ; f u / t f d f a , d f j ; l u / j n b f e l - e , l ; G w h l
- g f / f o o f l j f n l , d g 8 f B f d f j , x l b g b f - # , u n d l
- k s f z v 8 s f , j j 6 k j f 0 6 6 0 e f : s h , % n f / l , s - r g k /
- ; G t ' z d f { r k f u f o f z i / b k / a f n l j s f ; s l b , k f a , k j f
- j l / l ; x a u f n , n 6 l g f y k f j , a / d 8 j b r f b j
- 9 0 8 l / f h a v h , d f j e u j l , / f d \$ f k
- u f s o f { a 9 d u / , r e b j b o k f j , e f j f a - ^ , / f l k f
- x d r b j c l w s i / l , e f / t l d f j , x i Q l v s { w g s b f
- u k t a x f b / e 0 8 f / l , d x l b j k f j , d n l k f / , d N s j f a - & , D o f l b l
- l g / d f o f > j 7 , ; f t s f o f s f n s b j l k f j , s b d j f - ! , l ; G w k n f - r f \$
- s f l e t a x f b / f o d f a , b u f g b l k f j , r n 7 f r g l , d x f j - \$ , / f d \$ f k
- ; / : j t l > j 7 , / d r j k f j , a s f b , u f j v f
- h g s k j / f b c i r f o { k e f t d f j , k f n a - d g f b l - # , k f n k f

- k y l / f h H o f l t , s f n s f c f b z { d f j , / f d l 8 f B f - % , h f h / s f b
- x l / g f / f o o f v l t j 8 f , z f / b f ; d f j , a f l a o f v s { # , / f d \$ f k
- n f s a x f b / u / f h f d u / , l f g f b o l g d f j , l ; y f l - \$ , l ; G w h l
- s f i n a f a ' y k f , b b / f n l d f j , r / j w g l f f
- n y v g y ; j b l , d f u f b j l k f j , a h x / f - # , w g s b f
- d l g t f u a h f , G o " j j 6 k j f 0 6 6 , a g l , D o f l b l
- ; / z c o f n , b f p b g b j l d f j , l t k n a - % , w l b a
- l s z f / c i r f o { k - r d f j , l b 0 m h - # , v f b f a
- d l g i f a f a ' k f v / h , k - r d f j , l b 0 m h - # , v f b f a
- / f d k j / f b z d f { k f 8 h , a f n h u l t k f j , D o f l b l
- n r n k j / f b G o f k f g j k f a u B - e , l ; G w k n r f \$
- s j o f a x f b / i n l a , s ? n j t g k f - % , w g s b f
- s f d z j / d 0 8 n , h g H o f l t p d f j , a s t f , a l b o f
- l j j \$ > j 7 , u f d l o f c f b z { a s o f l k ; , g k f n 6 f / , s f 7 d f 8 f +
- ; G t f s d f / d x t f , g / l ; x \* , ; g ; l
- b l k l b s d f / % f , e l d j j / l g d f j , / f d k / - & , / f d \$ f k
- u f l j G b k / f b l g / f h f , z i / b f ; d f j , a f l a o f v s { # , / f d \$ f k
- l j i o f a x f b / s f s l { c s n f a u f l g d f j , e f b j f 8 f - \$ , n d h a
- l 8 N n k j / f b c i r f o { a f 8 j f f d f j , l ; u f o f - ! , a f l n a
- r j a x f b / s f s l { k / f g j a f z j / , s f 7 d f 8 f +
- u f k l n f n k f 0 8 f , g f / f o o l k f j , ; s d f - & , : o f a h f

c 6 t f i l - @ ! M ; xl ; d f w f g k 7 f p g ; x e f u l d l w j u f h k y f a f / f 5 f l g P s f  
k/:sf/ lj h t f e j g f c l w s i / l , t n ; l k / - % , b f a .

- ; xl ; d f w f g k 7 f p g c f o ; x e f u l
- d w j k j / f b e \$ / f o { / f h - p d f j , e d / f k / f , d x f Q / l
- / f d z / o f k 8 f ; g l , s n o f o l b j l d f j , l h n a - # , g j f s f b
- / d z b i x f n , H o " d f j , ; G t n j v f b f a
- ; b w / v g f n , c d n j / k f j , a x g l - ( , w l b a
- z e b f ; j b l , z f e t d f j , k z k l t g u - ( , 0 n f d
- 5 s a x f b / k g , l b l o b k c f j f ; l o d f j , 5 f j } , d : t f a
- k j g l 3 d / e / t k / - ! ) , l r t j g
- a b l k j / f b l 3 d / j 6 s f k k / - \$ , l ; G w k n f - r f \$
- h d g b j l l ; l b h , a f n i x t l g d f j , k f j ; : o f a h f
- 0 6 b s d f / k f v / h , l ; x b j l k f j , x f f - \$ , / f o l ; E j v f b f a
- ; l g n e \$ / f o { s 6 - h j d f j , s 6 - h j - # , c f y n 9 E f
- s j o r k j / f b k f 8 h , o f l b j p d f j , 6 s r j d : t f a
- o j / f h b i x f n , n - p d f j , k f b k f , p b o k /
- a n / f d 0 6 g l , l q k / f ; G b / l p d f j , v / l - \$ , w l b a
- ; j l : t s l 3 d / j l f g f b o a f n a f 6 s f p d f j , ; f g k f , n l n t k /
- z f e t a x f b / y k f , a h a f / l - l , d f a
- k s f z v 8 s f , j j 6 k j f 0 6 6 0 e f : s h , % n f / l , s - r g k /
- 9 0 8 l / f h a v h , d f j e u j l , / f d \$ f k
- u f l j G b k / f b c i r f o { h g s l o f o f p d f j , k f n a , d s j f g k /
- u r k f n k j / f b G o f k f g j l x d f n o l g d f j , v f g l 5 f k - # , k f n k f
- x d r b j c l w s i / l , e f / t l d f j , x i Q l v s { w g s b f
- e l 0 m l 3 d / j l f g f b o a f n j f l 6 s f p d f j , ; f g k f
- z l z w / k f 8 h , h g t f d f j , k f x l , a f l n a
- c i n f s a x f b / v o l , s f n b j l k f j , x u f k l t - & , / f d \$ f k
- s h s z / / f o { n l d g f / f o o f k f j , j f l : t d - \$ , e f h k /
- n f d z v l t j 8 f , l b 0 m h - % , v f b f a
- l s z f / c i r f o { k - r d f j , l b 0 m h - # , v f b f a
- d l g i f a f a ' k f v / h , k - r d f j , l b 0 m h , v f b f a
- / f d r b j c l w s i / l , / f h c l w s i / l , h n s f o f k f j , a x g l - ^ , w l b a
- e l d k j / f b G o f k f g j d x f d f o f e j f g l p d f j , ? k b b x l
- s j o f a x f b / i n l a , s ? n j t g k f - % , a b s 8 f B f , w g s b f
- 0 x j / l > j 7 , k f 6 g 9 f s f , n l n t k /
- k m l u g f b i x f n , g j b l u f { k f j , w g u 9 l , s h f n l
- d g s d f / b i x f n , z i t n f d f j , v f l n j \* , v f b f a
- l g d f n f > j 7 , e f g d f a k f j , l j / f 6 g u - ! # , d f a
- ; l j t f s d f / l ; g j f / , u f l d f 8 f B f k f j , b i o h f / / f d k / - \* , / f d \$ f k
- j b g f l 3 d / j l x d f n o p d f j , v f b j / l , ; a v j f ; e f
- j b x l z / o f o b j , p d f j a : l a s l , j ; G t k / - # , d x f Q / l

; f d f 6 0 f g - @ ! M s g j k l g ; x e f u l a f 6 ; xl h j f k m k f t x g ; s g .

dh] k9\$] :sh

# klxnf k9y yflnof] :sh kl5 aGof]



zs/k; fb kf08] ;lrj, lzlf dGqfno

:sh sxfk9geof] <  
 hgtf dflj lj 3f{ :of^hndf k9F. 3/df 7hf]j 0f0fnf  
 s07:y u/kl5 d Ps} k6s slff \$ df egf{ ePsf]  
 lyPF. @)^ ;fndf P; Pn; l pQlOf{ u/\$f] xF.  
 sxl ; xk7lsf] gfd ; lD%gXG5 <  
 sXlsf] ; D%G5' . gf/foof kf08] clxn] :of^hndf]  
 ; flJolQm 5g\ eg] u0fzsdfl / >]7 cfo] s]f] lfd]  
 sfd ul5G\ . To:t} k0f{G} kf08] ufpf{/} lzlf 5g\  
 eg] d]} gfd u/\$f -z/ / kf08] ; fyl b0fb0{k6s :of^a\  
 hfaf6} ; f; b\ep .  
 :sh s:tf] lyof] <  
 xfdln] ; vdlg rff/fdf a; } k9y yfn\$] xF.  
 8\$; -a]r sxl lyPgg\ . 3/af6} rs6l lnP/ hfGyof].  
 z?df afFs] sndn] / kl5 vl/kf6ldf n]vGyof].  
 snd, 86k]sf] t rng g] lyPg . kl5 lzlf /  
 ufpf] ; ldn] :sh agfP . lzlf sx;sf] hflu/ :yfol  
 lyPg, t/ :shsf] k7gk7gklt pglx; c; fllo} kl]ta4  
 ep/ nflby].  
 :shaf6 dVo s/f s]l; sFeg] nflu <  
 c; n dflg; ag] / cf'gf] bznf0{ df of ug] s/f .  
 ol bj } s/f dh] lzlf sx;af6} ; s\$] xF. Toltj hf pxfk;  
 ufpf] cfz{ JolQm] xgXGyof]. To; h] d]f] dgdf clxn]  
 klg ol u?x; klt plQs} cf/ / ; Ddfg 5 . pxfk; s]  
 k]0ffsf] sf/Of clxn] dGqfnosf] ; lrj sf] lhd] f/l axg  
 ubf{ x] \ of cGog xbf d]f] dgdf xdzf . xfd] ufpf]  
 xfd] :sh / xfd] bznf] nflu sxl ugk5[ eg] efj gf  
 cf0/xG5 . /, Odqbf/lk] \$ ul//x\$] klg 5' .  
 dg kg] lzlf sf] lyP / lsg <  
 vu/fh kf08] ; /sf] :sh :yfgdf 7hf] oflufg  
 ePsf] pxfk{la; g} ; lsb; . c^u]h, elufhufotsf  
 lj ifox; /fd] ; t k9fpg] valsf sf/Of kfkf]sf ; /  
 dlQm/fh kf08] lj Bfylar nfk]k0 xgXGyof]. afahf  
 k]wfg / uEfk] fb e\$/f0{ ; /n] klg xfd] dgdf p:t]  
 ulx/f] 5fk 5f8gePsf] lyof].  
 tkf0E] cfhsf] JolQm] lgd] fdf Tof] :shsf]  
 eldsf slt xfhf <  
 Psbd} w} . xfdl rf/ bhf0 / rf/ lbbalxgl  
 lyof]. xfdl ; a} hgfnf0{ k9fpg] cj:yf af-cdfsf]

lyPg . laxfg Ps 8f\$] 3fF sf6] NofPk15 dfq :sh  
 hfg kfg] / :shaf6 km\$] kgM csf] ef/l 3fF  
 sf6} kYof]. To; h] d]f] lj rf/df d cfh hxfF5; h]  
 5' To; df ; aGbf a9l Toxl :shsf] xft 5 . olb  
 ufpf] Tof] :sh vhf] lyPg eg] d c; cfd dflg;  
 %F ufpB/lt/} v]lkftl jf ; fg]tg] Jofk/-Joj; fo  
 ul//x\$] xGyF. :shn] ddf cfdlj zj; ; huf0lbPsf]  
 g] d oxFDd cfp; ; s\$] xF.  
 cfkm' k9\$] :sh slQsf] hfgXG5 lg <  
 jhf jhdf u0/xG5' . lg/lf/ ufp] bhf0x;  
 h; n] cfkmh] safh u/\$f] rGbf lbg] k}f gep/ hluF  
 ; d] a] :shnf0{ k}f lbP, pglx;sf] :shkltsf]  
 ; dk0f / Tofusf] efj gfn] klg dnf0{ :sh klG pihf  
 lbg] u/\$f] 5 .  
 ; fdbflos :shsf] uOf:t/df s; /l ; wf/ Nofpg  
 ; lSpnf <  
 sg] klg :sh s:tf] xg] eg] s/f Joj:yfkg ; ldt  
 / lzlf sx;sf] kl]ta4tf / sfzndf e/ k5{ . ; /sf/n]  
 Psflt/ lglzns eg] t/ kof]t cly\$ ; fl]sf] Joj:yfkg  
 gug] clg csf] / fhglt sfo\$tfnf0{ Joj:yfkg  
 ; ldt]sf] clolf agfpg] kl/kf6l z? u/kl5 :shdf  
 cleefj ssf] kxF / rf; f]b] } 36g uof]. km: j; k :shx;  
 sdhf] xB] uP . :shdf cleefj ssf] ; /sf/ a9fpg  
 ; s] dfq Joj:yfkgdf ; wf/ Nofpg ; lsg5 . To; u/L  
 ; flJolQm / lj Bfno lg/lfssf] eldsfnf0{ klg kpf] sf/l  
 agfpg} k5{ . ol bj } s/f] plrt tfndh eof] eg] kSs]  
 klg :shsf] :t/f] glt xG5 .  
 lzlf snf0{ s] ; %j lbgXG5 <  
 lj Bfyl\$] nflu lzlf eujfg; /x x] . lzlf  
 ; dhfsf] nflu klj tGsf] ; jfxs x] . of] s/f lzlf sn]  
 cf'gf] dgdf xdzf /Vg] k5{ . sd{ g} ; aGbf 7hf]  
 x] eg] s/fnf0{ lz/f] u/} lzlf ; fylx; n] cf'gf]  
 . 806ll ul/lbgeof] eg] s]f] s]f] elj io klg /fd] xG5,  
 pxfk; nf0{ klg cfhlj g ; tli6 / cfG6 ldn5 . cf'gf]  
 sd{ Odqbf/lk] \$ gug] dflg; nf0{ hlj gdf kZrfOfk /  
 Unflg dfq xft nflu eg] s/fnf0{ xfdl ; a} /fi6} s  
 lzlf / sd{f/ln] cfd; ft\ ug{ ; Sof; eg] lzlf df  
 ; wf/ xg ; do nflby .



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