

शिक्षक

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मूल्य रु ५०/-

असोज २०६७

शिक्षक र पहिरन- १८

समता स्कूलको सफलता रहस्य- २४

नपढाई जागिर खाने
शिक्षकको विगबिगी- २८

पहिलो कक्षाको सम्झना- ४२



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दश वर्षमा तेस्रो शिल्ड



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- Vivid, 1.5" (3.8cms) 65K color display
- Integrated FM radio with RDS
- Bright LED torch light
- Store upto 100 messages / 100 contacts
- Conference call support upto 5 participants



Original
Citizens
Pocket Calculator
Free

MOTOYUVA™ WX 260

- FM radio with RDS
- Integrated MP3 players
- Expandable memory upto 2GB (micro SD)
- Bluetooth® v2.0
- Large 1.8" (4.5cm) color display
- GPRS class 10, WAP 2.0
- Bright LED torch light



Original Citizens
Table Calculator
Free

MOTOYUVA™ WX 290

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- FM radio with RDS
- Integrated MP3 Player
- Expandable memory upto 2GB (micro SD)
- Bluetooth® v2.0
- GPRS class 10, WAP 2.0
- Large 1.8" (4.5cms) color display
- Bright LED torch light



Yasuda
Big
Emergency
Light
Free

MOTOYUVA™ WX 295

- Embedded digital camera
- FM radio with RDS
- Integrated MP3 player
- Expandable memory upto 2GB (micro SD)
- Bluetooth® v2.0
- GPRS class 10, WAP 2.0
- External display for screening calls



Yasuda
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Emergency
Light
Free

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tkf0h]k9\$]:sh / k9fpg]
lzlfsv;nf0{;D%gXG5 <



olb ;D%g rtxgXG5 eg]
lzlfsv sf]ufxs alglbGxf} &
xftd k%of0lbG5f}+pxfX; kSs}vZL xgxf]hf U U

tkf0sf]; kmntf / pknAwlsf]klxn]v6lsnf]eg\$]tkf0h]k9\$]:sh g}xf]. tkf0f hxf kluklg To]:sh clxn]klg Toxf 5 . xg; S5l tkf0nf0{; km hljgsf]af6f]b}vf0lbG]sltko lzlfsv; klg Toxf clwofkg/t xgXG5 . cfkmh]k9\$]:sh / cfkmh0{k9fpg]lzlfsv;nf0{.djh]lal; Psf]5g x]eG]bzfpG lzlfsv dfl; s lgoldt ?kdf k7f0lbG]Jo: yf ul/lbgeof]eg]tl lzlfssf]dg slt kkmNn x]hf U

o; lgldtU tkf0h]/zlfsv dfl; ssf]ufxs alglbP dfq}kU5l tkf0h]OR5fPsf]:sh jf lzlfssf]xftdf klqsf k%ofpg]lvf/06L xdf]eof]U



drufM -dIR5Gbdfu{, hfj nfvjh, kf]g=#(!, nlnTk/
krfGM %\$#@%, %\$*!\$, krfS; M %\$#! (^, OdjhM mail@teacher.org.np
(&!%*)\$* -xl/, (*\$!^!(((* -lz/lif

gk9f0{hflu/ vfg]
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; /sf/L :sh

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kZgM hflu/] xg) sfoff(no hfbgg\ . tna vfg5g) sfd ubgg\ . sf] xg\ <
pQ/M ; /sf/L :shsf sxl .7fn0 / .sfdrf]0 :yfol lzlf s .

ultljw k[7 !% !&

- /fhglltn]:sh aaf0 M lzlf d6ql ■ olgog cWolfdh hfzl ■ af/df km/ lzlf s dfl/P ■ lzlfssf]lj j/Of /fVg goff ; km0j0/ ■ xflh/hj fkm / zlf s ; fdu\ k0z0l ■ rf/ dlxgfsf] tna lgsf; f ■ lzlf s k':st

dh ; fdu\		
lzlfssf]klx/g / To; n]lbg]; GbZ	u? d0fnl	!*
y/ly/l sf klx/g	; /Z/fh Gofkfg]	@!
; dtf :sh ; kmntsf]; 0	s0f/ zdf{	@\$
!) j if0f t] f] /fli6o k':sf/	cfj /Of	#%
xfd] lzlf M kZg cfkM+ pQ/ cfkM+	sZj k; fb e\$/f0{	#^
gkfn sf]; u/dfyf M lj Zj sf]; Dkb	8f= tly0xfb/ >]7	#*
sfff !!-!@ sf] gkfnl kf7bk':ts M =vfpM eg] sff5f afa'sf] cgxf/ ; d:of w}]; dfwfg yf]}	z/RrGb] j: tl /dZxl/ zdf{9sfn	%# %^
Teaching Secrets Tips for New English Teachers	Renee Moore	%*

:tDe
lj ifo-; Gbe{\$, x]f0-a%ff0 % , ; %fj / k]tlqof ^, lh1f; f / hjfkm !), dgsf s/f !@, km0 0 ^), dh]k9\$]:sh ^\$

cg0jM slffdf klxnf] lbg

k[7 \$@-%@

- cgkf nfd5fg]
- blksk; fb e08f/l
- u0gfy Gofkfg]
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- k0o sfsl{
- lz]Zj/ nfn
- 0ngf cu0n/

km/ klg ..Ij Bfylhfo{; fɔvfo-

@^% df3sf] lz/ls dfl; ssf] oxl kfgfdf dh] nɔɔɔf] lyPF ælj Bfylhfo{ klg ; fɔvfo gɛ . Totjɔɔsf] ; Gbe{ lyofɔ 3/kfos jf 6f9fsf dwo] sxfɛf lzlfssx;af6 lj Bfylh] /fdɔ] lzlf kfp6g<pSt nɔvfo] cfux lyof] :yfglo lzlf / aflx/ of lzlfss] thgf lj Bfylh] s; /l u5g\ e6g] s/fnf0{ Wofgdf /fv} lg0f6 ug] kl/kf6l a; fcfɛf.

clxn] Dd To:tf] sɔ} kl/kf6l agɔf] 5g / ag] nɔf0f klg 5g . Pp6f nɔvdf cfPsf] lj rf/n] e0/fvɔf s/fdf kl/jt6 Nofpg ; S6g\ . t/ klg df65h] k95g / k9ɔf s/fn] ; fɔg] tl/sdf sɔ} g sɔ} le6gf Nofp6 e6g] lj Zjf; afɔ} xfd nɔv/x65fɛf.

lj le6g sf/0fn] ; dfhdf w} s/f km/0/xɔf x65g\ . ; dfhdf cfPsf sɔ} kl/jt6 gsf/fds eP klg w}h; f] ; sf/fds g} x65g\ . kl/jt6sf] dh jfxs khft6g xf] . ljgf khft6g ljrf/ ; ~rf/ , ah/ sɔ} klg km6f6g\ . xfd sɔf6sɔf x6h] ; Dd klg afnaflnsf] kɔvldstf kfp] s/f w} lyPgg\ . 7hf df65] h0f jf rkkn nufP/ lx8g] / sɔf6sɔf slnnf kɔfnf vnl e0f6sɔ} lx8g] bɔo ; fdf6o lyP . ; dfhdf clxn66f rsf] ul/al Joft lyof] / clxnɔf] thgdf afn>dsf] kɔfɔ w} a9l xg] uYof] .

dhndf k-rfotl Joj:yf 5ɛfsf] cj:yf bɔ} a%ɔf JoIQnx;nf0{ To; e6f c3 / kl5sf] ; dfhsf] thgf ug{ uxf] 5g . kl5Nnf] hgcf6f] hgl5 ; dh c% ; xeflutfdvl ePsf] 5 . ; dh xgkg] h:tf] lgZro g} xg; sɔf] 5g t/ w} ; sf/fds kl/jt6x; klg e0/xɔf 5g\ . afncwsw/ ca sɔ} u; /sf/l ; yfsf] gf/fdf dfq ; lldt 5g . afnaflnsf] :sh egf/ a9ɔf] 5 / 3/kl/jf/df ; d} pglx;sf ljrf/ u6tdf cfp] yfnɔf 5g\ . 3/df /fɔf]

afnaflnsfnf0{ pglx;sf ljrf/ JoSt ug{ cj;/ lbɛf b0]6f kɔlf km0bf x65g\ klxn] afnaflnsdf lhDd]f/lk}ɛ cf^gf ljrf/ /Vg] afgl a:5 / bf] f] pglx;sf tfhf / df]ns ljrf/x;af6 kl/jf/ / ; dfhn] km0bf lng ; S5 .

l6el, sDko6/, dfɔf0n km] h:tf sltko s/f ls6f klg afnaflnsf] /fo ln0g yfnɔf] 5 . :shx;df afnSnax; u7g ePsf 5g\ . sltko :shn] s; nf0{ 5faj IQ cfj Zos 5 e6g] s/fsf] lg0f6 lj Bfylsf] ; lqno ; xeflutfd ug{ yfnɔf 5g\ . o; f] u} ltgn] Psflt/ pkoSt kfqs] rog ; lglZrt tNofPsf 5g\ eg]

csf]t/ cgj Zos lj jfbsf] ; f} g} a6b u/ɔf 5g\ . kfl/jfl/s lg0f6x;df afnaflnsfnf0{ pkoSt 9En] ; xeful u/fpg ; lsg]7fpFw}5g\ . sɔ}s/f pglx; ; t ; fVg] / pglx;sf] /fo cg; f/ sfd ug] uYof] eg] pglx; cfdlj Zjf; l / lhDd]f/ a65g\ . cfkmh0{ sɔ} s/f ; fVwPsf] 5 eg] pglx; cfkm] klg lg0f6 klqmfdf ; fdh /xɔf] cgej u5g\ / sfdklɔ ckg] cgej u5g\ . s/ nufɛf klg pglx;n] gug] sfddf /x/ huɔpg ; Sof] eg] cfkm; ; cfkm u5g\ .

3/kl/jf/ / ; sh dfq xf0g, dh5 / ; #f/ g} s; /l rllgk5{ e6g] af/df afnaflnsf] /f} s ljrf/ x65g\ . sltko cj:ydf To:tf ljrf/ /rgf]ds / Jojxf]l/s klg x65g\ . afnaflnsfnf0{ pglx;sf ljrf/ JoSt ug{ cj;/ lbɛf b0]6f kɔlf km0bf x65g\ . klxn] afnaflnsdf lhDd]f/lk}ɛ cf^gf ljrf/ /Vg] afgl a:5 / bf] f] pglx;sf tfhf / df]ns ljrf/x;af6 kl/jf/ / ; dfhn] km0bf lng ; S5 . oxl s/fnf0{ Wofgdf /fv} lj le6g Zlf]s ; yfx;n] gdf ; #b\ gdf cbfnt of gdf /fi6x3 -dfɔn oPg . h:tf sfo6md ; ~rfng u5g\ h; df tl ; yfsf kɔv nufotsf ; a} eldsf lj Bfylx;n] lgj fɔ u5g\ .

lz/ls dfl; ssf] o; } cldf /xɔf] ; dtf lzlf ; bgsf] ; km]tf; Da6w nɔvdf cfPsf] Pp6f s/f o; ; t ; f6leɛ 5- ; dtf :shdf k9fpg] lzlfssf] rog lj Bfylh] u5g\ . :shdf lzlfssf] kb vnl ePaf lj le6g ; Dksɛf cfwf/df ; Deflj t lzlfssx;nf0{ :shdf cfd6q0f ul/65 . pglx;n] slfdf uP/ gdf siff ln65g\ . cGtodf :shn] lj Bfylh] dgk/fPsf lzlfsl; t s/f/ u5{/ dg gk/f0Psf lzlfssnf0{ w6ojfb; lxt labf u5{ . :shsf] cgej 5 , o; af6 lj Bfylh] lhDd]f/lkg ylk65 / pglx; cfkmh] 5fgɔf lzlfssf] slfdf lj Zf] xkn] /fdɔ] ug{ tTk/ x65g\ .

; aɔt/ of] s/f o; } xkdf nfu' x6g . ; dtf :shsf] cf^g] lj Zf]tn] ubf{ ToxfTof] h?/l / ; km] klqmf agɔf] xg; S5 . ; /sf/l :shx;df o:tf] kl/kf6l rN6g, rllgk5{ e6g] xfd] cfux klg xf0g . t/ cfkmh] k9fPsf lj Bfylh]nf0{ lrQ a%ɔf] 5 ls 5g, s] ubf{ c% /fdɔ] ; t k9fpg / c% /fdɔ] kl/0fd lgsVng ; ls65 e6g] s/fdf lgZro g} lj Bfylsf] /fo lng / pglx;sf] /fo cg; f/ ; fyɛ kxn ug{ ; ls65 .

k7gk7g dfq xf0g, lzlfssf ; du|glt / sfo6md lj Bfylh] xgk5{ . lzlfssf] lj Bfylh] agfpg] xf] eg] xfdn] pglx;nf0{ ; fVg yllgk5{ . /fdɔ] kɔf]hgsf nflu cfkne6f ; fgfl; t ; fV} sfd ugdf xfdl s; h0f klg cfklQ xgk6g .

laR5L / ; fw'

Pshgf ; fw' uEĒ gbldf :gfg ug{k;]. pgn] kfgldf Pp6f laR5L 8a\$] bŷ]. laR5L hnr/ x]f0g, To; ħ]Tof] k]of arfpgsf nflu kfglaf6 lgl:sg vf]h/x\$]f] lyof]. ; fwh] To; nfo{ kfglaf6 lgsfnlbg] lj rf/ u/] / ; dft]. ; dftgf; fy laR5ln] pgnfo{ 6f\$g vf]f]of]. t/ pgnfo{ 6f]sg] lyPg . pgn] xft %6\$fbf{ laR5L kfgld} v:of]. ; fwh] km] / laR5lnfo{ lgsfNg vf]h] laR5ln] km] / 6f\$g vf]f]of] / ; fwh] xft tfGbf To] km] / kfgldf v:of].

Pshgf o]s ; fw'sf] of] lqmf lqofn] x] / x\$]f] lyP . 6f\$g vf]f]bv]f]b} klg ; fwh] To; nfo{ lgsfNg] k]fTg ul//x\$]f] bŷ] tl o] sn] ; fŷ] æcfkmhf0{ ug ug{ vf]f]ghf0{ klg k6sk6s 6f\$g vf]f]g] o; tR5 hj nfo{ lsg lgsfNg vf]f]gx65 < dg{ lbgxf] \g 8a] Ē

; fwh] d; Ss xfF] hj fkm lbP, æof] lj r/fn] hfg\$]f] g} 6f\$g dfq xf]. k\$[tn] o; nfo{ olt dfq ; lk lbPsf] 5 . t/ d t dfq; , dħ] t c; w] } s/f hfg\$]f] 5' . dl; t al4, lj j\$, bof, s?off ; a} s/f o; l; t eGbf a9L 5 . dħ] klg oxl sl/fsf] aŷgl; t x\$ ug{ yfn]Feg]d df65] ePsf]



s] cy{ eof] / Ē o]s 5Ss k/]. of] 36gfn] pgsf] hj gdf g} kl/j tġ Nofof]. pgl cf^gf] clxt ug{ vf]f]gx; nfo{ ; d] æTo; sf] al4 Tolt g} / x\$ t d s] u/f] eg] lfd ug{ hfg] eP .

lzlffm cfkmhf0{ c; eGbf /df] / lj j\$zln 7f65f]Feg] xfdln] c;n] eGbf /df] / lj j\$zln sfd klg ugk5{.

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xfdl klg ztk|tzt

lz|fs dfl; s -@)^& sf] ebf] n]@)^ ; fnsf] P; Pn; ldf ztk|tzt lj Bfyl{pQLof{u/fpg ; kmn gk|fne/sf ; fdbflos lj Bfnofx;sf] gfd]nl k\$flzt u/;f]f xflb\$ wgojfb . t/ pQm; ; ldf slf % ; Ddsf] :jls[t / cGo slff; cgdltdf :yfgfsn -@)\$@_ b]v ; Dkof{ slff; c^a b]l dflwodaf6 cWofkg xg] xfdl] lj Bfno -> kb\$kfz dflwds lj Bfno, wfkfvj- ! nlnrk/_ sf] gfd gc6fPsf] b]bf cfZro{nfu\$] 5 . @)^@ ; fnb]v P; Pn; l k/lifdf ; lDdnt o; lj Bfnosf

ztk|tzt lj Bfyl{pQLof{x} cfPsf 5g\ .
 @)^^ ; fnsf] P; Pn; ldf *&=* k|tzt c| ; lxt tlg hgf lj Bfyl{lj lzi6 / cGo ; a}kyd >Qndf pQLof{e0{xfdl nlnrk/d} bf] f] :yfg cf]6; ; kmn ePsf] Joxf]f klg cjut u/fp5' . lz|fsn] ; b} ; TotYo hfgsf/l k\$flzt u/f] xeg] rfx65' .
 b]/Tg dxhg k]vfglwfks, kb\$kfz dfl wfkfvj- ! nlnrk/_ -l6k0flM hfgsf/lsf nflu dxhg]hlnf0{wgojfb . tkf0\$] :shn] @)^^ ; fnsf] P; Pn; l k/lifdf ztk|tzt glhf llofg ; kmn ePsf] yxf kfp\$ xfdlnf0{klg vzl nfu\$] 5 . o; lglDt tkf0{/ tkf0{dfkrf :sh kl/jf/nf0{xflb\$ awf0{ lb65} .
 lz|fs df k\$flzt pQm ; ; l k/lif lgo6qof sfof]on] pknAw u/fPsf] ztk|tzt glhf llofg] @!# j6f :shsf] lj j/Ofdf cfwf/t lyof] . xfdln] ; Dalwt lhzsdf ; Dks{u/ ?h' ubf{ @!# d]w} ^ (j6f ; yfut / !\$\$\$; fdbflos :sh /x\$] kf0of] . klgsfsf] ; ; lD} tkf0\$] :shsf] gfd gk/;f sf/Of xfdl] ; ; ldf klg 56; uPsf] xf] . klgsfsf] ; ; ldf s; /l 56; eG rfxFxfdl c; dy{5} . - ; +

kmh ePsn] s] ug] lg <
 P; Pn; lsf] kl/Ofd; ; cvaf/x; dfl .nf] x] xfdl] lj Bfyl{h] olt-olt gDa/ NofP] eG] kf/fn] lj Bfnosf lj 1fkgf] af9l cfof] . lz|fs n] klg .pTs[6 / .ztk|tzt pQLof{ ug]sf] ; ; l 5kof] .
 t/ ; bf%o; kfnf klg kf; xg g; s\$fx; 5fof] k/] . s] P; Pn; ldf kmh xg' hljgd} kmh xg' xf] < olb xfg eg] lz|fs n] lTgnf0{ ; Dafwg ug] ; fdul 5kf] \ eG] cfux ub5' . P; Pn; lsf] .km6 18lehgl] hljgs} . km6 18lehgl] Uof/06l ub5 . P; Pn; l kmh eP/ klg hljgd} kmh gePsf pbfx/Of kZ: t el665g\ . kf; ePsnf0{ ; ah] xf] nf / k]Off lb65g\ . To; n] pglx; nf0{ cl3 a9; ; xh kf5 . t/ , kmh eP/ rfpl/Psnf0{ s; n] ; D%fpg] s; n] a%fpg] < s] pglx; sf] elj io 5; < df65h] kl8f ; xg ; s; eg] rfpl/65 ; ; xg ; Sof] eg] af]65 . xh/f] ! \$-!% jif] lszf] , lszf]lx; rfpl/g' eg\$] bZsf] elj io rfpl/g' xf] . o; y{oxf; ; ; xflb\$ cfux 5 ls tl kmh eP/ rfpl/Psf / yf] gDa/df kf; eP/ rfpl/P; / x ePsf; nf0{ af]g] pkoQm ; fdulx; kl:sgxf] \ .
 dxj/ cfrfo{ cls8 aS;

; ah] k9f] lz|fs

lz|fs sf] kyd c| b]v xfn; Ddsf ; a}c| xfdl] lj Bfnodf ; /lft 5g\ xfdl nflu of] klqsf 1fg ; ; rgf, af]Astf / dgf]-hgsf] e/k/ ; f] xf] . d]f] gh/df lz|fs cfkm] Ps z]lfs sfomd xf] . o; df k\$flzt ; fdulx; ; a\$ nflu .ef\$nf0{efhg] ; flj t ePsf 5g\ . of] lz|fsx;sf] dfu]gbZs / z]lfs ; ; rgsf] cgkd ; f] ag\$] 5 . b'b/fhsf lz|fsx;sf nflu ultnf]v]fs klg . r] / tf; df /dfpg; sf] nflu ; dosf] ; bko]v ag\$] 5 . lz|fs

df ; dflj i6 ; 8f\$; zAbhfn tyf cGtlf/lx; eQ] lbdudf wf/ nufpg] ; fwg ag\$] 5g\ . lz|fs sf] of] ofqf cgGt; Dd hf/l /xf] 0
 lz|fs sf lglDt zesfdgfsf zAbx; dfq sbflk kof]t xg ; Sb; . o; y{klto\$ lj Bfno, kZfsdl{ lz|fs tyf kf7sx; n] lz|fs dfl; s klqsf lgoldt v/lb u/l af]As nfe xfl; n ug] kl/k6lsf] lj sf; ug{ ; s\$] v08df dfq lz|fs kl| ; Rrf Gofu u/;f] 7x5 .
 n]y/fh 9Ergf .w] 0 ; dfh lj sf; klj, atf; ; (. l ; Gwkflrf\$

d'/ld/l wgojfb 0

lz|fs klqsf] cfudgkZrf\ lz|fs ldqx;df w] kl/j t; cfPsf] 5 . xfdl lgoldt kf7s eP tfklg zAbv]h, cGtlf/l / ; 8f\$' h:tf kn] \$sf] ; bko]v kof]v gu/l cGo n]yx; dfq cWooog ub] cfPsfdf xfn cfP/ ol v]x;df rf; f] a9b} uPsf] 5 . t/ ; 8f\$; cGtlf/l / zAbv]h sb} Ps ebf{ c\$]f c; / kg]ePsn] ls t km/s-km/s kf9df ls h:tsf] t:t} ; f/l e/l k7fpg kP a] xg]yof] < cyjf tl kf9sf] k5f18 lj 1fkg /flvlp /fd] xGyof] .

k|t|qmf / ; %fj

kf= ofdl; tfsf] ; xl ; %fj

æg]fx; 0dfgbf/ ePgg\< To; f] eP,
lzlfdf ; wf/ u/ & eGg]
ny -lzfs ; fpg @)^&
sf nflu wGofb . jf:
tjd} kf= xflhd] ofdl; tfn]
Jofj xfl/s ; Nnfx lbPsf
5g\ . dnf0{ pgsf] 3f\$Gt]
lzlfssf] 7fp&f vfhhdhs
; f} lj lwsf] kpf]unf0{
hfkfgn] cdll/sf; E l; s\$sf]
eGg]lj rf/ lj zlf dg k}of].



lj bž hfg] rfxgfnf0{klg pgn]g/fdf]
dfg\$ 5gg\ . c\woogkZrft\yk}
JolQm; hfkfg kilsP . ef/tlox; sf
xsdf klg of] s/f ; To
xf] . sDKo'6/; DaGwl
cdll/sl sDkgl 0G6h\$sf
) k|tzt eGbf a9L
0lGhgo/ ef/tlo 5g\ . To:
t}8fS6/; cf]flw klj lw1 /
j} flgsx; klg yk}ef/tlo
5g\ . ol lfqdf pglx; sf]

pgn]hfkfg s; /l cfly\$; kdf
; d# /fi6« xg; Sof] eGg] s/f\$sf]
k|dflofs ts{ cl3 ; f/\$f 5g\
Toltj hf hfkfg ev{ } cdll/siaf6
k/flht ePsf] lyof]. tyflk p; n]
cdll/sl lzlf k|ffnlsf c; n s/fnf0{
cflD; ft\ u}of]. ef/t ahfotsf]
pklgj žaf6 ; jTg ePkI5 kl08t
hjfx/nfn gk; n] klg .cf]klgj lzsl
sfnsf ; a} s/f gi6 u/gg\ . To; f]
gu/\$} sf/of pgnf0{ef/tsf clGtd
lalbz zf; s klg elgor].

To; \$f/of xfdln] klg sxl jif6lv
P; Pn; l af\$df Nofpg; sf] gdfj nl
k\$flzt ug{grfx\$ x}af . xgklg
of] . 0lG8og cf08nll sf] k|t:kwf{eGbf
leGg lyPg . clwsfz cleefj s tyf
lj Bfylx; To; af6 pTKGg tgfj /
cgj Zos k|t:kwf\$] df/df k/\$f
lyP . ; hgzlnf Pp6} ?k jf
cfs]tsf] x} . /, o; sf nflu hfFdf
; ahf0{pl5Gg h?/l klg 5g .

pRr lzlfssf nflu hfkfglx; sf]

afSn} pkl:ylt /x\$] 5 . tyflk
cdll/sdf /x\$ ef/tlox; cf g} bž
kils{x\$ 5g\ .

xfdln] rfx} jf grfx} klg
cdll/sf cfp] gk|nl lj Bfylx; sf]
; ^Vof klg pNnyglo /x\$] 5 .
ci6h} hfgx; sf] ; ^Vof klg plQs}
5 . clxn] cdll/sl lj Zj lj Bfnodf
gk|nl lj Bfyl\$] ; ^Vof bzf} gDa/
leq kb5 . hg ef/t, rlg /
sf]/ofsf] eGbf Hofb} sd xf0g .
of] pNnyglo lj sf; xf] . lgZro
g} gk|n /sf/sf] Wofg of] af]4s
kFlnf0{bžsf] ; d[4sf] lgDf pkoFlu
ug|t/ hfgk5{ .

hfkfgsf] kg; Argf / elj ioklt
hfkfglx; sf] bžk|n] klg dxLj kof{
eldsf vhf\$] lj rf/ kf= ofdl; tfsf]
5 . t/ gk|nsf] ; Gbedf, /fi6k|nf0{
/fhgllts bnx; n] cf gf] lglxt
Ph08f nfb; 6ah6lg; an h:t}
pkoFlu / b?koFlu ug| u/\$f 5g\
oBlk cdll/sf h:tf] lj sl; t / ; DkGg
dhs klg oxl /f]af6 ul; t 5 .

kf]6 aS; g=#(!

lzlf\$ sf] gofFkf]6 aS;
g=#(!, nlnTk/ xf].
cab]v xfdlnf0{o; }f
kqrf/ ug{f]f .

o; sf] kdf0fsf] ; kdf cf] fdfsf] 0dfg
/ /fi6k|n dfly ul/Psf] zlfnf0{Ing
; lS65 .

kf= cfn\$ afxf]f, lkPr8L
6o" d\$; sf] lj Zj lj Bfno,
; eOm /fho cdll/sf



xfd] lj Bfno lzlf]n] k/Llffdf
Nofpg] k|tflnf0{cgj Zos dxLj
lb0/x\$] 5 eGg] k|Wofks ofdl; tfsf]
egf0; t d k/} ; xdt 5' . xfdln]
lj Bfylx; nf0{ slffdf sf]f tYox;
3f\$fpgeGbf klg s; /l ; fRg] /
lj Znlf0f ug|eGg] ; sfp] h?/l 5 .
kf= ofdl; tfn] eg] h:t} o:tf] kl/j tG
Nofpg sl7g / vlrhf] b} } 5g .
xfdln] lzlf\$; nf0{ cGt/lqmf] ds
lj lwaf6 lj Bfylx; nf0{ l; sfp]
tflnd lbP dfq kl5 . of] lj lwn]
lj Bfylx; nf0{ 5nkmndf ; xeful xg]
tyf kZgx; sf] hj fkm cfk]f vfh]
l; sfp5 .

s]f/eOm dfydf, ; fgk, nlnTk/

gofF
; a ux
tof/

lzlf\$ dfl; ssf]@)^ ; fnsf c\$; ;
af0l08^ul ul/Psf] ; ^ux tof/ ePsf] 5 .
OR5's kf7s tyf lj qm]fx; n] glhssf]
klqsf k; n cyjf lzlf\$ sf] sfoffnodf
; Dks{/fVgx]f]m sfoffnoM)!-%\$*!\$@
(&!%*)\$* -xl/_
(*\$!^!(((^ -lz/lif,

dNo ?# #%)÷

**Lzifs ; lhn} kf0of} **

e}j pdflj, a%fa'sf Lzifs vu}bgy lj of}ln}stfstfa6
Lzifs Nofpgeof}/ dnf0{klg k9g lbgeof}. Toj zlob
@! jf @cf}c} lyof}. To; df /xsf zAbvjh, cGtfl/L
bj}h} ldn} ; dfwg u}of} / ; 8f\$' d PSn}h} ; dfwg
u/F/ k7of} ; dfwgx} ; xl eP5gV xdfj} gfd klg
k\$flzt eof}. xfdl cToGt}vzl eof}.

Lzifs df k\$flzt Lzifs ; fylx}sf ; :d/Of, cgej
tyf lzifflj bx}sf lziff; DaGwl ny-/rgfx} k9bf dnf0{
klg cf}gf} nfdj} ; dosf} c}wofkg sfodf by} hfg\$ /
efu}sf lj ifoj} :thf0{cfwf/ agfP/ s}l n}yg}xf}nf hfux\$}
5 . t/ a%fa h:tf} bu}d lhn}ndf Lzifs ck}ko g}5 .
oxfFklg ; lhn}pknAw xg} Joj:yf ul/lbgèP d h:tf
cGo w} }Lzifs ; fylx} cfef/L xg}lyof}.

cGfodf, cGo klqsf h:tf} cNkfod} o; sf} cj ; fg
gxf} \ / eljiodf a9l /f}r, 1fga4\$ Pj +:t/lo agb}
hfcf} \eGg} zèsfdg lb65' .

r}j/fh ld>, sfinsf lgdfj, lblkn, a%fa

-l6k0fllm ld>hlù /lhi6k xhfsdfkmf klqsf kfgj}u/L
u}fxs ag; l x/\$ c} tkf0\$}xtdf kg5g\ lj z}f}tl bu}d
/ zx/-ahf/af6 6f9f /xgèPsf xhf/f}Lzifsx}n} oxl
df}wodaf6 lzifs k}t ul//xgèPsf}5 . /lhi6k-u}fxs ag
tkf0\$} ; fljs zllselbf ?-@) dfq a9l lt/}-j flif\$ h}df
?-))_ k}l5 . /lhi6k ul/Psf}klqsf ; fdf}otll x/fpg}Rofltg}
x6g} . olb To:tf} ePdf gf\$; fg ePsf}k}o\$ c}sf} ?-#)
sf b/n}xhfsn} lfltklt{; d} ax}f\$}. ; ±

x} b}zsf bz\$ 0

b} nf 5f}gj Hof}l}sf kmh l}dl l}df lj rf/ 5g\slt .
sfd ug}lbg /ft sd} e0{cf}gf} snfn} clt ..

af}l}bdf clt j}b}f lbg}lbg}l}df g; f xg hlt .
yfSb}f klg efj \$}clt ld7f} af}hl lkof/f} slt ..

/fd} af} agf0 kmh k}nsf cfzfdvl Lzifs .
dfnl %}dnhn u/} /xg}g}k}nl x} l}l}fs ..

l}df tl hnn}l; F} la}j}f hf}x}l} xg}hlt .
l}df xft / c}tsf} /; ; d} x}hf lkof/f} slt ..

l}df dfgj tf leh} hnsf tl laGb' df}l klg .
6N}5g}gj Hof}l}sf hutdf cfzf / dfof agl ..

l}df}Tofu t b}5 leq dgsf}Tof}cf}d l}df}ha .
l}df tl ddtf puf}N5 dgsf l}df lanf}f ; a ..

kfvf 5g\clg v} 5g}g}blx} al5g\l; Ff0 u/L .
cf}dfdf slt j} 5g\tl g}ldf k}8g}dnxf ; /L ..

l}df leq l}j \$ s}5 dl; gf}k}f}k}f}clt .
l}df z4 l}df bofn' kgsf u0f 5g}klj}q}slt ..

g}k}nlkgsf klj}q dgsf x}b}zsf bz\$.
k}h}sf k}l}hdf gof}l}sl; dn}k}nsf nufp hu ..

/fdb0 hf}zL

>l un}fy pRr dfj, n}d, %/sf8f, bfr}f

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; f] lzlfns]eQf kfp5 <

!= ljz]f lzlf kl/ifbaf6
; ~rfnt ; f] slfdd cWofkg
ug] ; f] lzlfns]eQf kfp5
ls kfp5 <
@= s]..; f] lzlf eQf lj Bfno
tx cg; f/ km/s k5{<olb km/s
k5{eg} dflWolds, lgdgdWolds /
klylds txsf] ; f] lzlf eQf slt xf] <

j] lz/Of ofbj
>l pdfj, a; la\$!, dxQ/L

ljz]f lzlf kl/ifbaf6 ; ~rfng xg]slfss; ; f] lzlfnsf0{
eQf lbg]JoJ:yf 5g .

c?ofsd/ Itjfl
pk-lgbZs, lzlf ljefu, eQk/

cfof] / lhlzsf] km's lgofo 0

d lzlf ; j] cfof]af6 @)^^ df lj Tfkg ul/Psf]lg-df=
latlo >f]sf]a9]sf]@% klztz cftl/s klto]utfds
lnvt k/lif tyf cft/jftf] ; d] ; km ePsf] 5' .
cfof]n]@% c; f/ @)^& df d]f]a9]sf] lgofo u/\$f]
5 . t/, lhlzsf, kfkfn] lbPsf] a9]f lgoQmkqdf ..!@
; fpg @)^& blv nfu" xg] u/L a9]f lgoQm lbOPsf]
pNny 5 . lhlzsf] cfof]sf] l; kmf/; ldt cg; f/ g]
lgoQm lbg ldn] lyPg / <of]cj:yfdf d]f]Ho]7tfqnd
/ u\$ uofg sg ldtblv xG5 <

w] k] fb k^b]l
a4lj sf; lgdfj, sf]8f8f, kmkf

cftl/s klto]utfds a9]f lgoQm ; DaGwdf lzlf
; j] cfof]n] lhlzsf] lzlf sf]of]odf l; kmf/; ug] /
To; \$f cfwf/df lhlzsfaf6 lzlfnsf0{a9]f lgoQm lbgkg]

tna %fg\ kf] 36bf] t 0

! h] @)\$* df klz t]lo >f]df :yol lgoQm e0{! c; fh @)^% df klz latlo >f]df a9]f ePsf] lzlfnsf0{
lj Bdfg lzlf lgodf]n]sf] lgod !}@ df plnlvt JoJ:yf jkl/t ! ; fpg @)^^ blv ; f] s -klz t]lon] kfg]
eGbf dfl; s ?-\$) (=^) sd tna lbOPsf] 5 . h:t]]

klz t]losf] tna		klz latlodf a9] fakf kfg] tna	
tna :s]h	?=(,()) ÷-	tna :s]h	?=!),% ^) ÷-
u\$ /sd	?=!,#&^ ÷-	u\$ /sd	?=#^) ÷-
hDdf tna	?=!,@&^ ÷-	hDdf tna	?=!),(@) ÷-
s=: sf] k]k	?=!,!@&^=^) ÷-	s=: sf] k]k	?=!),(@
hDdf tna ; lj wf	?=!,@,\$)#=^) ÷-	hDdf tna ; lj wf	?=!),((\$ ÷-

hDdf dfl; s cft/M ?-\$) (=^)

tna ; dfof]hgsf gfdff o; /L kfg] ; lj wf 36fpg ldn5 < ; fpg @)^^ blv c; f/ @)^& ; Dddf ?=, @&! =@) ; lj wf
36\$] 5 . ca pQm /sd kfG5 ls kfG5 <

/fdz/Of k8f; g]
sllof]n]l dflj, lhn^a, g]sf]b

lzlf lgodf]n]l, @)% (sf] lgod !) @ cg; f/, a9]f ePsf] lzlfns] ; f] s df vf0kf0{cfPsf] tndf dfl]n]f] >f]sf]
tnadg; E a/fa/ ePdf Ps tna j] [4 / ; f] Gbf a9] ePdf xfn kf0/x\$] tndf gku eP; Ddsf] tna j] [4 u/L
dfl]n]f] >f]sf] Ps tna j] [4 ; d] lb0g] JoJ:yf 5 . o; af6 a9]f ePsf] lzlfnsf0{lg]n] vf0kf0{cfPsf] tna
/sd 36b] .

olb tkf0] a9]f xg' cufl8 dfl; s ; kdf z? tna :s]h ?=(,()) / u\$ /sd ?=!,#&^ kfg]ePsf] eP a9] fkl5
tkf0] /sd To]f] Gbf sd xG5 . a9]f xg]cl3 tkf0] pQm :s]heGbf sd z? tna :s]h kfp] c]fpg]ePsf] eP
lgodad]hd g} u\$ ldn]f e0{ tna /sd kfg]xg] . o; af6 tkf0] tna 36\$] eG ldn] b]l] .

ljb//fh lu/L
pk; lrj, lj Bfno lzlf zfvf, lzlf d]qfn

JoJ: yf 5 . To; /l a9Jf lgoLQm lnPsf] kbdf xflh/ ePsf]ldltaf6 HoJ]7tqnd u0fg ul/g]/ uPsf]; DaGwdf lzlf lgodfjndf JoJ: yf eP cg' f/ Ps z]lfs ; q k'f u/šf] xgk5{.

jš07k|fb sf'nj
pk; lrj, lzlf; ;j f cfof]u, eQk'

c^au]hl lzlf; dfluPnf <

d % jžfv @)^! df d:tf^asf] r/f^a lgdflj sf nflu lg-df= t[lo >0lfs] lzlf; kbdf lgoQm ePF. To; kl5 sf]Os @)^# df lbJoblk dflj, 5f]]df ;?j f ePF/ !& jžfv @)^\$ df dflj t[lo-c^au]hl lzlf;sd f lgoQm k fPF. @)^@÷^# df cftl/s klt:kwfšf] lj 1fkgdf d:tf^asf nflu dflwolds tx-c^au]hl tkn(Ps hgf klg dfluPg . ca vNg] cftl/s klt:kwfšf] d]h] pQm kbdf cfj]g lbg kfpfif ls kfpfif <

w]afa' kfv/]h
lbJoblk dflj, 5f]]df, d:tf^a

; jkyd t lzlf; ;j f cfof]u lgodfjnl ; z]lvg ePk15 dfq} lj 1fkg sf] k]qmf cu]l8 a9xš . ; fy} lhlnfa6 kbkl'tšf nflu sg-sg lj ifosf lzlf;sf] dflu cfp6, Tox cg?k cfof]u] lj ifout lzlf;sf] lj 1fkg ugš . c^au]hl lj ifosf] dflu ePsf] v08df tkf0#] cfj]g lbg kfpgxgš .

jš07k|fb sf'nj
pk; lrj, lzlf; ;j f cfof]u, eQk'

ygf cjwsf] tna kfpfif <

d kfylds txsf] :yfol lzlf; xF. d @) ; fpg @)%% b]lv % ; fpg @)%* ; Dd st[fo Hofgsf] cleof]udf ygfdf k/šf] lyPF. ygf dQm ePk15 d lzlf;sd f k]j]fnl ePF. t/, d]h] ygfdf /xšf] cjwef/sf] tna kfpfif] 5g . pQm cjwsf] tna d]h] kfpfif' ls kfpfifgF<

; j hlt s]l
afnlzlf k]lj, u]lgšf, ?sd

tkf0#s; /l k]j]fnl xgeof]eGg]s'f k/6 ePg . st[fo Hofgsf] cleof]udf cbfntaf6 lgbf] 7x/ e0{ tkf0# ; k]f0{ kfpfif] eP lzlf lgodfjnl, @)% (sf] lgod ! \$! adf]hd ygfdf /xšf] cjwef/sf] tna=eQf kfpgx65 . cGoyf kf06g .

xl/k|fb ufžd
pklgbžs, lzlf ljefu

sg ljifo kfyldstfd k5{<

lzlf; egf{ k]qmfdf gofFglit Nof0Psf] eGg] ; gšf] 5' . h; cg' f/, lj ifout kfyldstf -c^au]hl, lj 1fg, uloft= cfwf/df lzlf; lgoQm ug] eGg] glit ; a}; shsf nflu ; xfpfif] x65 </fxt jf kl; lPkm b/aGblf lzlf; lgoQm

ubf{ sf/0fj z JoJ: yfkg ; ldltn] klxn] c^au]hl lj ifosf] lj 1fkg gu/l lj 1fg lj ifodf lj 1fkg ubf{ lhlzsfaf6 ; jls t x65 ls x6g <

; yžstf/ zdf<
l; 4fy{ lgdflj, dflj k/- !, alb6f

lzlf; lgoQm k]qmfdf t]sinnf0{ gofFglit Nof0Psf] 5g . lzlf lgodfjnl, @)% (sf] cg' f! !@ cg' f/, lgdflj / dflj txd f lgoQm ubf{ qmzll c^au]hl, lj 1fg, uloft, g]kfnl nufotsf lj ifosf] lzlf; lgoQm ug] k]j wfg 5 . o; df sg} JoJ xfl/s sl7gf0{ kb{ lhlzsf; E cludf ; Nnfx lng ; ls65 .

xl/k|fb ufžd
pklgbžs, lzlf ljefu

k]6 e0Pg

! ebf} @)^^ df uf]vfkq df kšflzt .lj Bino lzlf ; DaGwl ultlj lw -^&u df kč tyf lglDQ kč lgoQm ug] ; DaGwdf lhlnf lzlf sf] hofnf0{ lb0Psf] lgbžgd f lzlf ljefusf] #) ; fpg @)^^ sf] lgof0fg' f/ cg' f] ul/Psf] ; 'rgf cjut eof]. t/, ; f] JoJ: yf kfylds txsf nflu dfq xfl] jf lgdg dflwolds / dflwolds txd f klg nfu" x65 < lglDQ kčsf] JoJ: yf af/] lzlf Pq÷ lgodfjndf s] s:tf] JoJ: yf 5 <

/fdk|fb kf08g -g]kfnl
eujtl gdgf pdflj, ldlDqj, :of^anf

pQm JoJ: yf ; a} txsf nflu ul/Psf] xfl. lzlf lgodfjnl sf] lgod (# adf]hd kč lgoQm geP; Ddsf nflu JoJ: yfkg ; ldltsf] lgof0af6 clwstd tlg dlxgf; Ddsf] nflu HoJ]7tfsf cfwf/df :shs} lzlf; sx; d]w0#f6 Ps hgfint0{ lglDQ kčsf] lhDd] f/l lbg ; ls65 . o; sf] kl/kq xfl; n ul/; sšf 5f}.

xl/k|fb ufžd
pklgbžs, lzlf ljefu

pdflj sf] zNs slt xf] <

lzlf dGqfnon] k]l0ftf k]f0fka tx x6fPk15 pdflj n] k]lt dlxgf clwstd slt zNs lng kfpg] lgof0 u/šf] 5 < lgd]f ; j]l
bnufP !, e]h k/

pdflj sf] zNs t]l]s0; sšf] 5g . To; sf] nflu xfd ulšfo{ ubšf}.

hgf0g g]kfn, ; x; lrj, lzlf dGqfno

-b]6Joll o; :t]edf lh1f: f /vG] lzlf; tyf c6o kf7sx; n] cf'gf] lh1f: f 5l/tf] / :ki6; E k7fpgk]nf . ; fydf cf'gf] k'f kl/ro / :ki6 7]igf ; d] plny; ug]nf . c:ki6 / kl/ro gvšf lh1f; fs] hjfkm v]g xfd c; dy{xgšf}; o; c] df c6g; g; sšf lh1f; fx; n]0{ cfufdl c] df :d]6gš . - ; +



cfhsf]lzlff glt / kꞑfut ; /lff

zlft hEn, dxn sxlFklg kf05g . zlft t 1fgdf dfq kf065 . 1fg lbg] lzlfs / 1fg cfhg ug] lj Bfyl{ bj ꞑ} zlft sxfa6 kfp5g\ t < p0/ ; lhnf] 5, s] n lzlffa6 . xfd] gkfnf] xfnf] lzlffglt Psbd 1fgljxg h:tf] 5 . dxftdf ufgwln] eg\$ 5g\ æolb k9] klg hljgsf] cfbz{ pRr ePg eg] k9g Joy{ 5 A o; /l xfd] lzlff Joy\$] e0/x\$. xfd] lzlffglt k/ftg, cJofj xfl/s, cj] flgs / c;sf] gSsn u/h:tf] 5 . lzlffn] lj Bfylk;df zFzj t 1fg lbg ; sꞑ e6g /fi6«] lzlffdf u/\$] nufgl v] hf65 . cfh lzlffnf0{w}wg sdfpg / xflsd afgdf ; lldt kfg{ vflh65 . lzlffylf] cf^gf] hljg, ; dh, /fi6« / lj Zj sf] dNo a'g / cf^gf] lhDd] f/laW ug{ ; ls/x\$ 5g\ . To:tf] lsg e0/x\$] 5 e6g] lj Bfyl{df c; n 1fgsf] sdl 5 .

kflj lws / /fhuf/dvl lzlff cfhsf] cfj Zostf g}xf] . t/ 7hf kflj lws / kbjfnf kꞑf u/] dfq lj Zj n] zlft kfg ; Sbꞑ . To; ꞑ] lzlff glt kflj lws, j] flgs / /fhuf/dhs ; E] pRr 1fgdvl xg' Psbd cfj Zos 5 . pRr 1fgn] dfq; df Odqgbf/l, ; fj nDal, c;sf] ; xofW ug] afgl, ; dh / /fi6klt]sf] lhDd] f/l Pj+c; n efj gfsf] lj sf; u/fp5 . To:tf JolQm hxif uP klg, hxifa; ; klg ltgn] zlftnf0{an kꞑof5g\ . xfd] bꞑ clxn] czlft xgsf] dh sf/of hgtfd c; n 1fgsf] sdl g}xf] .

gkfnf lzlff kꞑf ug] lzlfsx;sf] kꞑf sdhf], pklift / cklnt 5 . lzlf0f kꞑf xlgefj gfsf] kof6 ag\$] 5 . xg kgl @)cf; @%cf; j if{ lzlf0f ul/ ; s\$ sf] Flgdvf lzlfsx; clxn] dd c:yfol g}/x\$ 5g\ .

To:tf lzlfsx; pxf; sf] kfg ag] hljg latf0/x\$ 5g\ . hals ltgn] k9fPsf lj Bfylk; lj bꞑdf gfd sdfPsf 5g\ eg] ; bꞑf klg g]Tj bfol eldsdf klu; s\$ 5g\ .

olb tl c:yfol lzlfsx; sdhf] g}lyP eg] Toltj ꞑ} pglx;nf0{ lzlf0f kꞑfafa6 labf ul/lbgkbyof] . To; f] ul/lbPsf] eP Pp6f g Pp6f kꞑf cf^n] cf^gf] hljg cuf18 a9fpg] cj; / kfpf] . To; ꞑ] jiffꞑd c:yfol /fv] pd] ulh] sk15 klg :yfol gugfn0{a0dfgl geg] c; s] e6g] < xfd] lj Bfnof;df !& y/lf lzlfsx; sfo{t 5g\ . ; dfq of]otf / ; dfq ; do sdf ug] lzlfsx; alr tnasf] c6t/ eg] cfsfz-hldgs} km's 5 . h; n] ubf{ Gof0, ; dfgt, g]tstf / zflf0f/lxt ; dhfsf] lzlff lbg] lzlfsx; g} cfknf sfo{t lj Bfnodf zflf0f, cGof0 / c; dfgt eflg lj jz 5g\ . ; /sf/sf] o:t} / jꞑsf sf/of tna yfk] lbgdf xfd] lzlfsx;nf0{ 7hf] xlgtafW xg] ub\$. lzlffsf] kyd nufgl lj Bfyl{ xf] eg] bf] fl] nufglsf] ; kdf lzlfsnf0{g} ln065 . olb ; /sf/n] lzlsdf nufgl ug{ sGh'of0Fu'of] eg] lzlffsf] ; Dk0f{ nufgl v] hf65, u0/x\$] klg 5 . sf/of :ki6} 5 yk} lzlfsx; cf^g} kꞑfkltsf] pbf; lgtfn] ubf{ pRr dgrꞑn / pT; fxsf ; fy lzlf0f lqmfnsnfkdf ; l/s xg ; ls/x\$ 5g\ . To; ꞑ] lj Bfnodf y/l-y/lf lzlfsx; sf] egf{t] sn agb ul/gk5{ . lzlfs ; } f cfofafa6 :yfol eP/ cPsf lzlfsx; sf] Joj :yfn] dfq of] kꞑf ; /lft, dof]ot / uf] j flg t xg; S5 / lzlf0f sfo{klg kmbof lx65 .

c/lj Gbsdf/ ofb
; lrj, dwꞑl lzlfs knf]d, gkfn

; fyl vfl]h lbg]hf0{ wG0j fb U

• j kyd lzlfs dfl; sklt cef/ k\$6 ub\$. lzi6, / lfo / st]olgi7 ; kdf nugzln eP/ lqmfzln xgkg] kꞑf ckgfPsf] cfPsf] JolQm xFd . lzlf0f kꞑf df nfu\$ xfd h:tf tdfd ; fylx;sf] 9s9sl /x\$ lzlfs e6g] s/f jꞑfv dlxgdf k\$flzt .x/fPsf] ; fyl lj ifodf lnltv ; fyl /dꞑxl/ zdf\$] lr]l k9] cgej u/F . ; fylsf] vfl]h u/\$df ; fylnf0{ / vfl]g ; 3fPsf] lzlfs nf0{d/lD/l wG0j fb lbG5' . lzlfs df 5flkPsf] kqsf] Joxf]f 7dfSs} ldn\$df n] lj Zj :t e0{ d]f] df]f0n g=lbP/ ; fyl-; fylalr e\$3f6 ; xh tNof0lbg] elthf xl/k] fb kfj/hnf0{klg w}w}wG0j fb lbG5' .

w} ; dokl5sf] ; -rf/sf] eꞑn] dfq xfd] lh1f; f / sf]xnn] k0f]f kfg ; sꞑ . To; ꞑ] c]ltsf] ; DaGwnf0{ # j if6]3sf] h:t} 3lgi7 / kfl/jfl/s ; kdf ; d] sfod /lVg] p2]osf ; fy /dꞑ bDktl kf]f/ cfP . pglx;sf] kf]f/ a; f0F5f] eP klg nfd] c6t/fndf cgf]f] tl/sfaf6 ePsf] k]gdhgn] xfdlalrsf] ; DaGw ; bl3{/xg] s/fdf lj Zj :t ePsf 5f; .

; ahf0{ wG0j fb U
e]f/fh zdf{
; [6d]l/h pdfij, gofufp kf]f/

k}f xg, k':ts lbpnF

X/š dflg; cf`gf]:t/ psf:g rfxG5 . c% egfH-
pm cflyš ;kdf ;DkGg xg rfxG5 . xG5 klg .
t/ cflyš :t/ psfn]nflubdf p; sf]...t/ü dfly p7šf]
dfGg ;lsGg . :t/ dfly p7šf]t Toltv} dflgG5 ha
p; sf]; fdfhs, zlf]s, kfl]s, /fhgllts, cflyš cflb
; du]klf ; an ePsf]xG5 . ; ašGbf a9l t dflg; sf]
r]gf / ; :sf/sf]:t/ psfl; gk5{.

xfdl] 7hf rf8 bz}ttxf/ glhs cPsf 5g\ . t/
rf8kj {s; /l dgfpg} <slt vr{ug] <ol rf8kj }šf]
; :sf/ut dNo-dfGof s] xf] <š]f0{ hf]ufpg} š]f0{
Toflg} <o; tkn(xfdl lzlfxsx; n]Pp6f k]ltzln b]6srf]
agfpg' h?/l 5 . xfdl lzlfxsx; ; dfhd' cu]f,
kyk}zš dflgG5f}. To; }] xfdln] rf8kj {dgfP} s]
7ls, s] a7]ls egl 5šdfpg yf]} eP klg j }flgs
lj Zn]of ug{ h?/l 5 .

d]h]lj ut bz jif]lv lax}a6h, kf:gl, eflh, a7aGw
cflbdf k':ts pkxf/ lbg]u/šf]5' . z?df w]}dflg; n]
dnf0{lv; lsf] kfq agfP t/ d]h] To; f]
ug{ 5fl8gF. clxn] ltg} dflg; x; ..7ls}
u/šf]/xš] eGg]; Dddf klšf 5g\ . To; }
cg?k o; kflnsf] bz}ttxf/ cln leGg
tl/sfn] dgfpg] lg0f6 u/šf]5' .

xfdl ; a} lzlfxsx; n] k':ts pkxf/
lbp/ gofSfošf] yfngl lsg gug] <
To; }]; d:t lzlfS ldx; df cfux 5M
o; kflnsf]bz}ttxf/af6} bllf0f k}xf x]f0g
k':ts lbg yfnf}.

s:tf k':ts pkxf/ lbg] <

JolQmsf]pd], lzlf, ?lr, lfdtsf cfw/df
k':ts pkxf/ lbff xfdl] pkxf/x; 7ls 7fpff k5g\ .
; fgf š}fsš]lx; n]f0{ afnlrqs' k':ts -syf, hljgl
cflb_ slff % eGbf dflysfnf0{afnsyf, afn-pkGof; ,
afn-slj tf, rlr} JolQmsf hljgl h:tf k':tsx; lbg'
pkoQm xG5 . slff cf7eGbf dflynf0{cln a9l ; flxlTos
k':tsx; lbff /fd] xG5 . ; fdfG01fgsf k':ts slff
% eGbf dflysf ; a]f0{pkof]l xG5g\ .

lgs} 7hf -pd]n], k9}n]šfx; n]f0{ pkxf/ lbff
/fd] /fd] syf; a}x, pkGof; , lgaGw; a}x, ; dnf]r]gf,
cfl]dsyf; ; d/0f, l; 4ft, bz}šf k':ts lbg ; lsG5 .
k9g dfq ; Sg] kfsfnf0{6lsf nufpg5 eg] wldš
k':tsx; lbff pkoQm xG5 . etk}, wfdl-%f]k]lt
lj Zj; a9fpg] k':ts lbgxG5 .

k':ts pkxf/ lsg <

k}f dfl; G5 . ; fgf š}fsš]n]cgfj Zos s/f lsg vr{

u5g\ . k':ts lbof]eg]nfd] ; do /lx/xG5 . pglx; df
k9g]; :sf/ a:5 . To; af6 t xfdl lzlfxsx; n]f0{knf0b}
xG5 0 ltxf/df lbblaxglx; n]f0{klg ..sg k':ts k9šf]
5g] jf ..sg k9g dg 5l ; f]v} k':ts lbff s] kn/s
k5{/ 0 lbblaxglx; n] klg /fd] dflgG5 x]f} .

k':ts pkxf/sf knf0bf

kšflzt Pp6f k':tsn] w]} JolQm jf ; :yf; E ; /fšf/
/fvšf]xG5 . To; af6 w]}h] /fhuf/l jf cz-cz nefz
k]k]t ul//xšf xG5g\ . xfdl k9h]šf lzlfxsx; sf] yf]}
/sd cfl/sdlx; sf] xfd] kb]f{xfdlnf0{s] 3f6f xG5
/ 0 Pp6f n]ys afR5 . xfdl] yf]} }k}fn] kltefjfg\
dflg; x; p]f] n]l]5g\ eg] xfdln] sGh:of0F ug] 7fpF
g}/xG5 .

csf]s/f] xfdl] k]l]h; f]kšfz; ; :yfx; lgj f]dvl
5g\ . xfdln]k':ts pkxf/ lbg yfnf]eg]tl Joj ; fodvl
a65g\ . pB]l a65g\ . o; af6 /fhonf0{klg knf0bf
xG5 . kltefsf] sb/ xG5 . kltefsf]
sb/ xg; Sof]eg]p; af6 c% /fd] /fd]
k':tsx; xfdln] k9g kfp5f}. xfdlnf0{
1fgbg ug]šf]dg]an a9df]eg]pglx;
n]ygsfoaf6 ljrint xG5g\ .

s:tf k':ts 5gf6 ug] <

pkxf/ lbgf n]l] k':ts 5gf6 ubf{
s07f, lg/f; f, knfog, cZln, kZrudg
kš[tsf 5fGxG5 . ; /n jfSou7g,
af]vu0, k]ltpGdv k':tsx; dfq
5fGk5{. c% n]ys, kšfzs; ; Dkfs
x]} k':ts vl/b ug{ ; s] /fd] xG5 .

dVo s'f k':tssf] lj ifoj; tsf] pkof]utf x]} k':ts
vl/b ug{ ; lsof] eg] pkxf/ kfpgh] To; n]f0{ /fd]; t
k95 . htg u5{.

cg]odf, of] efl]ts huteGbf cfgGbsf] hut st}
5 eg] To] k':tssf] ; #/ xf]. k':ts k9b]sf] cfgG
cGofaf6 cge't xg}; Sbg . k':ts k9g] nt a; k]15
hf]š]xl k':ts gk9l a:g}; Sbg . To; }] bz}ttxf/df
df; ; sk8f, k]nk]h cflbdf ul/g] vr}6f yf]} /sd
paf]/ k':ts lsgf] 6lsf yf]kg cfpgh]f0{k}fsf] ; šf
k':ts lbg yfnf}. o; af6 xfdl lzlfxsx; sf]; fdfhs
k]ti7fd] sdl cfpG a? a9] hfG5 . xfdl] ?9l,
; :sf/x; 36b}hfG5g\ . sfn]t/df o; sf] >š xfdlnf0{
k]k]t xG5 .

slff cf7eGbf
dflynf0{cln a9l
; flxlTos k':tsx;
lbff /fd] xG5 .
; fdfG01fgsf
k':ts slff % eGbf
dflysf ; a]f0{
pkof]l xG5g\ .

dfwj ; okql
/fd]šfk

हफ}lbg\$ f हहफ gpv}hf}u

l Bfnodf k9fpg yfNbf d}f] hEfsf] /y] ; d} a; \$f]lyPg . lzlfs xg cfh h:tf]nf0; Q; klg rffx}yof]. Inlvt / cGtj}ff}kf; ePk15 df:6/ e0of]. tflnd clgjfo{lyPg . cfkm}Joj:yfkg}sf]lj Bfyl{0 k9fpg]lj lw=+tf}tl/sf / kf7of}hg} sg r/fsf]gfd xf] s}l yxf lyPg . ; fylx; E s; /L k9fpg] eg} ; fNbf eGg]uy} a}stfa xg}v?v? k9fpg] E lj Bfnodf s; n] s:tf]k9fof] s]k9fob eGgdf sg]lg/Lf0f=cgludg g lj Bfno Joj:yfkg ; ldt g t lzlff sfoffoaf6 g}xg] ub}yof]. To;f] ePk15 k9fpg ; lhn}eof]. s}l gofF s{/f]l; sf}f eGg]s{/f] t d}f nflu Psfb}zsf]syf h:t} lyof]. k9fpgsf nflu k9}k5{eGg]1fg ; d} lyPg . k15 lzlff lj ifosf]lj Bfyl{ePk15 lzlfs xg}sf] cy{clncln a}g ynf. cfh k9fob}cfPsf]klg !& jif{lalt; s} . lzlffdf cg\$}k}k} eP klg tflj s kl/j t} bl}yPg h:tf]nfU5 . xfd] ; fdbflos lj Bfnosf] P; Pn; lsf] gthf cfh klg dfly p7g ; s}f] 5g . lzlffdf ; /sf/L ah} afn]fdf kfgl ; flj t x} . o; df xfd lzlfsx; g}w}b}f} 5f}. xfd lzlfsx; ; fdfhs ; 3-; ; yfsf kbflwsf/L xgkg} kf6}sf] sfo}tf{ aGkg} cf}gf k}z}fut ; 3-; ; E}g xfdln]g}wfGkg} xfdl cfkm} s}fs xgkg} Jofk/L xgkg} ; Nfxsf/ xgkg} ; dGj ostf{ aGkg} hhd}fgl klg ug}kg} dnfdl / h}tl hf}g}kg} ePk15 lj Bfnodf s; n] k9fob}cf] \ / lj Bfyl{x; of}o

/ ; km ag} \U xfdl ; a}lzlfsx; n]of] s/f ca rfxF dgg\ug} k5{. xfdl cfkm} ; j}kyd lzlfs xF eGg] s{/f}f0{geh}f}.
 lj Bfnosf] lgw}f{/t ; do lj Bfnos} nflu xf] eGg] s{/fnf0{xfdln]eh}f}sf/0f cfh xfd] ; sh lzlff sdhf} ePsf] xf]. o; df b}f} c6o klf klg xfhfg}t/ k}of b}f}sf] efulbf/ xfdl x}f}.
 lbg}f] ^ 306sf] ; do klg lj Bfno / lj Bfyl{x; sf nflu lbg ; lsb} eg] xfdln] v}Psf] tnan] xfdlnf0{ kvfnf nflu / xfdl lzlyn xg}f} . ; dfhn] xfdlnf0{ lbPsf] lhDd]f/L xfdln] lngx}b} eGg] d}f] dfotf x}0g t/ lj Bfno ; doeGf af}l ; donf0{ ; fdfhs ; j}df nufpg' /fd] x}5 . d cfkm} lj Bfnosf] ; donf0{ ldr} ; fdfhs sfo{/ ; 3-; ; yfnf0{ ; do lbGf}sgls klxn] s{/f] d lzlfs xF. k9fpg' d}f] dVo sfd xf]. dh] k9fob} tna lnPsf] 5' . tna cg;f/sf] sfd dh] ug} k5{. To] d}f] g}ts=+dfg] ; s}t}o / wd{ klg xf]. h:fsf] hf}vf0G5 p; sf] h}f pv}lg] sfd sd; \$d xfd lzlfsn] ug} . lj Bfno d}f] 3/ xf] lzlfs xfdl kl/jf/ x}f}lj Bfyl{xfd] ; G}fg xg}eGg] ; sf/ xfdlar x}sg ; s}f lj Bfnodf g}x}fdln]w} ; do lbg ; Sg}f} / xfdln] / fh}f] / v}f}f} lj Bfno agfpg ; S5f}.
 bnaxfb/ u?^
 b}f}fg pdf]j , b}f}fg k}Nk



रेडियो सगरमाथा १०२ थोप्लो ४ मेगाहर्ज

नेपाली रेडियो, नेपाली आवाज

लहैलहै र सस्तो लोकप्रियता भन्दा निकै ठाढा 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, साँझ: ६:४५ र ८:४५

बीबीसी नेपाली सेवा

हरेक बेलुका ८:४५-९:१५ सम्म



रेडियो सगरमाथा एफएम १०२ थोप्लो ४ मेगाहर्जमा

/fhgltntn]:sh aafk Mizlff dGql

kvwfgdGql dfwj sdf/ gkfn] :sh hfg]pd/sf ^# kltzt afnafnsf c%} lj Bfno afx/ /x\$ / Itgnf0{ :shleq Nofpg' /sf/sf nflu rbf]l ePsf]atfPsf 5g\ . Izlff dGqfnon] @# ebf} @)^& df cfof]hgf u/\$f] /fli60 Izlff lbj; tyf cgt/fli60 ; flf/tyf lbj; sfoqnddf pgn] eg] aZlff lj sf; sf]klyfgla6b' xf] ; a\$ nflu Pp6} Izlff nfu" gu/] Dd ; dfhsf]lj sf; ; xl 9Eñ]xg; Sbg . To; h] Izlffnf0{ hlygkfof]ul agfpg ; a\$] Wofg hfg' cfj Zos 5 A pQm sfoqnddf Izlff dGql ; j] bgyf zSnn] ; fj higs :shsf] pGgltsf lglDt :shsf] ; k/lj]fof / cgludg cleefj sn] ug]kg] wf/Off /fv] . pgsf] egf0 lyof] aJ Bfno Joj :yfk ; ldt /fd] ePsf :shn] pGgl u/\$f 5g\ . hfuf's cleefj s eP Izlfsn]g'ul k9fpg yfN5g\A /fhgltts :jfyh] ; /sf/l :shnf0{ aafk k'fof] e6b} Izlff dGql zSnn] lj Bfnonf0{/fhglttaf6 dOm tNofpg bnx;nf0{ ; xdlit ug{ cfux u/} . sfoqnddf Izlff dGqfnosf ; lrj blk]b]lj qnd yfkn] ; fj higs :shdf Izlfs Joj :yfk ; /sf/sf lglDt 7hf] rbf]l ePsf] egf0 /fv] . pgn] eg] a; /sf/l :shdf /x\$! \$= % y/l Izlfsnf0{ s; /l Pp6} agfpg] eGg] rbf]l 5, Izlfs Joj :yfk k'fj sf/l ge0{Izlffdf ; wf/ ; Dej 5g A ykfsf cg; f/ Izlff Pq tyf lgodfjnl / pRr Izlff Pq ; zfygsf] clctd r/Ofdf /x\$ 5g\ .



15/07/2018

kvwfgdGql; f; fdlxs tl:a/ lvrfp]k/:sE :shsf Izlfs

; f]cj ; /df ut jif\$]P; Pn; ldf pTs[6 glthf NofPsf ; fdbflos tyf ; yfut :shx;nf0{ k/:sE ul/Psf] lyof] . bze/sf ; fdbflos :shx;dWo] pTs[6 7xl/Psf] sf7df8f\$] t?Of dfljn]t]f]k6s ?= @ nfv gub; lxt /fli60 Izlff k/:sf/ k'f]t u/\$f] 5 . lqlo:t/df pTs[6 k'f' ; fdbflos :shn] lqlo k/:sf/ k'f' . lqlo k/:sf/ k'fpgdf k'f'f-rndf df]a\$] ; /jtl dflj, dWodf-rndf sf7df8f\$] anda' dflj, kIZrdf-rndf tgx\$] ; Toj tl pdflj, dWokIZrdf-rndf hDnfsf]soffl dflj / ; b'kIZrdf bfr]fsf]uofz ljgfos pdflj 5g\ tl :shnf0{ ?= ! nfv gub; lxt dflWolds lj Bfno /fli60 lzN8, Wj hf tyf k'f'ofkq k'f'g ul/Psf] lyof] . To:t ; yfut -lghl_tkm{ sf7df8f\$] Pncf/cf0{ :shn] ?= nfv gub; lxt /fli60 Izlff k/:sf/ lht\$]5 . df]a\$] ; u/dfy

af]8E :sh; ; nfx[lsf] h]l 0EIn; af]8E :sh; sf:slsf] u08sl xfo/ ; \$08/L :sh; af\$] uf]yf{ogf06\$ klAns :sh / shfnlsf] :6lk^ :6f] 0EIn; af]8E :shn] klg lqlo Izlff k/:sf/ k'fPsf 5g\ . ; fxl lbg zltN lgyf; df cfof]ht lj zif ; df/f]df /fi6klt 8f= /dj/Of ofbjn] ljleGg lj ifodf pRr Izlff xfl; n ug] JolQmx;nf0{ gkfn lj Bfelf0f, 5fqf kbs tyf k'f'ofkq k'f'g u/\$f lyP . To; h]l @ ebf} @)^& df lhNnf Izlff sfof]no sf7df8f\$] cfof]hgf u/\$f] ; Ddfg tyf k/:sf/ lj t/Of sfoqnddf pk-/fi6klt k/dfg6b %fn] /fli60 Izlff k/:sf/ @)^ k'fpg]k'c; Izlfs tyf Izlff;]nf0{ ; Ddfg tyf k/:sf/ k'f'g u/} . ; fxl cj; /df pgn]lhizsf sf7df8f\$] lj t/Of ug] lhNnf:t/lo Izlff k/:sf/ klg lj t/Of u/\$f lyP .

olgog cWolfdh hfzL

gkfn /fli60 Izlfs ; E7gsf] !)- !! ebf]f ; DkGg s]b]lo ; ldt]sf] a7]sn] Izlfs olgogsf] l/Qm cWolfsf nflu lbnaxfb/ hfzLsf]

gfd l; knl/; u/\$f] 5 . o; cl3 ; E7gs} sf]fdf cWolfd ag\$] s[Ofk} fb 9sfnn]# @ c; f/df /fhgdf lbPk15 olgogsf]cWolfd kb l/Qm 5 . olgogsf] g]t]j ug] rfn' sfo\$fn ; E7gs}efudf k/\$fn]p; n] hfzLnf0{ l; knl/; u/\$f] xf] . hfzL olgogsf j/l/7 pknWolfd xg\ .

; E7gsf cWolfd afa/fd clwsf/l sf cg; f/ j/l/7 pknWolfsf] x]; otdf hfzLn]g]sfof]fxs cWolfsf] lhDd] f/l ; d] ; Dxfn; s\$fn] pgnf0{ g] l; knl/; ul/Psf] xf] . ; E7gsf] l; knl/; nf0{ olgog s]b]lo ; ldt]n] cgd]f]g u/kl5 hfzL gof cWolfd ag] 5g\ .

af/fdf km/ lz lfs dfl/P

af/fdf km/ csf{Ps lz lfs dfl/Psf 5g\ . snðfl:yt bluf{ pdflij sf c^aulhl lz lfs ; jf; kf08hf0{ @! ebf}@)^& df sg}cfk/flws ; dxn} ufihlxgl df/{f} xf] . :shaf6 3/ km5g} qmddf ss/esf / vkk/tftf ufp5f]alrdf kf08hf0{ufihl xflgPsf] lyof] . 5ftldf ufihl nfu3f sf/Of pgsf] 36gf:ynd}d[0' ePsf]lyof] . kf08} bluf{ pdflij df slff !! / !@ nf0{ c^aulhl k9fpf} .

kf083f kTgl / b0{ hgf 5f7f 5g\ . ufp5f k}sf]nðbðdf lj j fbsf sf/Of lz lfs kf083f] xTof ePsf] xg; Sg] cg'dfg kx/Ln] u/{f} 5 . af/fsf kx/L gfoa pk/lifs -8lp; kL /fh0b] rfw/lsf cg; f/, lz lfs kf08h] bz jif6l3 af/fs} wd6u/sf /fdgf/fo0f ofbjnf0{hluf a6wsl /fv} ?-%) xhf/ Cof lbPsf lyP . kf08h]pQm /sdsf]Aofh; lxt ?=!) nvf bfal u/] klg ofbjn] ?# nvf a%afpg] u/L :yfglo:t/df ; xdlit ePsf]lyof] . /sd a%afPkI5

/fdgf/fo0fsf 5f7f kðrGbh] hluf afahf0{ glb0{ cf'gf] gfdff lkmtf{ lbgkg]dfu u/{f} lyP . t/, lz lfs kf08h] afa's} gfdff lkmtf{ lbg] atfPkI5 kðrGbh] pgnf0{wDSoPsf lyP . 36gfkl5 /fdgf/fo0fsf afa- 5f7f g}kmf/ 5g\ . kx/Lsf cg; f/, kðrGb] b0{j if6l3 kx/L xjNbf/af6 /fihgdf lbP/ a; 3f lyP .

o; ðlr, kx/Ln] xTofdf ; mlug ePsf]cfz'ldf @& ebfðf b0{hgfnf0{ kqmp u/L cg; Gwfg yflnPsf]hgfpSf] 5 . wd6u/-! sf hluf kf; jfg / /fdrGb] dxtfhf0{ kqmp ul/Psf] hfgsf/L 8lp; kl rfw/Ln]lbPsf 5g\ . kf083}elthf ; fgdily ; d] c'ft ; dXaf6 xTof kof; ePsf] lyof] . af/fsf]gs6]fdf ; fgdily ufihl kx/ eP klg pgl ufihl nfluaf6 ar3f lyP .

ptf, kf08hf0{ zxl5 3f]foff, bfihldily sf/afxl / lz lfsf] ; /lfsf] dfu ub}lz lfs olgog, af/fn]lhNnf kzf; g sfoffodf 1fkgkq a%afPsf]

5 . xTofsf] lj /fwdf @@ ebfðf af/fsf ; Dk0f{ z}lfs ; :yf ; d] agb ul/Psf]lyof] . kf083f]xTof; 6] lj:t] zflGt ; D%af]f otf af/fdf ; z;q ; dXaf6 dfl/g] lz lfsf] ; aVof rf/ ku3f]5 . o; cl3 ; z;q ; dXaf6 g7f dflj, k]6fsf kblk ltdln; gf, g7f kflj, lqj 0flsl dg'sf ; fx / g7f kflj, sdnk'/sf lz lfs t]hg/fo0f l; x dfl/Psf lyP .

To:t} ; z;q ; dXsf] ufihl kx/af6 snðfl:yt kGgb]l dflj sl kc lgd'nf yl; g3' / g7f dflj, >lk/sf lz lfs laxf/L kl08t 3f0t] ePsf lyP . lz lfs olgog, af/fsf clwof b]0b] lu/Ln] t/f03f ; z;q ; dXsf] cfqmdof / wDslsf sf/Of lhNnfsf c6o lz lfsx; ql; t ag3f] atfP . t/f03f lz lfsx; vf; u/L ; z;q ; dXsf] rGb fctlaf6 q:t 5g\ . To:tf ; dxn] dfu]hlt rGb glbP Hofg lng] wDsl lbg] u/{f} 5g\ .

eif0f ofbj, jL/u-h

lz lfsf]lj j /Of /fvG gofF; ^6j 0/

lhlsf dsjfgk/n] 5§} ; ^6j 0/ agfP/ lhNnfsf ; Dk0f{ lz lfsf] z}lfs tyf j 0lQms lj j /Of sDko6/df /fvG z? u/{f} 5 . ..l6r/ Dofghd]6 0Gkmd]g l; :6d -6lPdcl0P; _ gfdS ; ^6j 0/ k0ffnldfkkt b/agbl tyf /fxtsf3fsf sl/a @ xhf/ * ; o lz lfsf]lj j /Of sDko6/df /fv; lsPsf] hfgsf/L lhlc lj i0fk] fb clwsf/Ln] lbPsf 5g\ . lhlc clwsf/Lsf cg; f/, pQm ; ^6j 0/sf sf/Of dfu ePsf] Ps ; ftfleg}tna lgsf; f ug; ; lsg] ePsf] 5 . o; cl3 dfukm/d cPsf] Ps dlxgfkI5 dfq tna lgsf; f xg; SYof] .

; ^6j 0/df lz lfsf]gfd, 7ufgf, z}lfs of]otf, tx, tflnd, hlt, ; jf k] 3 ldit h:tf lj j /Of /fvPsf



sDko6/df lz lfsf lj j /Of /fvb}lhlsf, dsjfgk'/sf sdcf/L

5g\ . o; cl3 sfoffon] 5§f5§} ; shsf]km0n agfP/ lz lfsf]lj j /Of /fvG] u/{f} lyof] . lz lfsf] gofF lgoIQm ; ?j f / a9]fsf]lj j /Of klg ; ^6j 0/df ..0G6W ug] ul/Psf] 5 .

; ^6j 0/df l5§} lz lfsf] hGdlldt ; d]t ylkG] hfgsf/L lhlsf, dsjfgk'/sf pk; lrj abl kf7sn] lbPsf 5g\ .

; l/tf bxfn=x3f0f

xflh/Lhj fkm/ z]lfs ; fduł kłzł

głfn lzlfz olgog, %kfn]/fli60 lbj ; sf] cj ; /df lhNnf:t/lo cGt/lj Bfno xflh/Lhj fkm kłtoflutf cfofhgf u%of]. b]l dflj, latf@f\$df ; ~rflnt pQm kłtoflutfdf ; ftj6} lgjffg lřaf6 5flgPsf :shx¿sf] ; xeflutf lyof].

lzlfz olgog, %kfsf cWof gf/foof uf]dsf cg;f/, lřlo:t/sf] kłtoflutfaf6 kyd ePsf ; ftj6f :shnf0{ lhNnf:t/lo kłtoflutfdf ; fdjh u/f0Psf]lyof]. ; f]kłtoflutfdf ; /:j tl afnsłlof0f dflj, wf0hgn] klxnf] :yfg xfl; n u%of]. kłlt pdflj, h/fřfgl / buf{pdflj, u/fdgl qmdZM bf] ř] / t] ř] :yfgdf /x] eg] lxdfnl pdflj, k]jlgu/n] ; fGj gf k':sf/ křt u/ř] lyof].

o; řlr, %kfsf]bds ; řt s]b]b] @\$-@% ebfřf ; řt s]b]t/lo z]lfs ; fduł kłzł cfofhgf u%of]. ; řtJolQm s]of e08f/Lsf cg;f/, bds ; řt s]b] cGtuřsf @) j6f :shsf lzlfz / lj Bfylř] :yfglo :t/df agfPsf ; fdułx¿ kłzłdf /flvPsf] lyof].



řtř cłwsf/l

%kfsf]bds ; řt s]b]b] @\$-@% ebfřf cfofhgf ul/Psf] z]lfs ; fduł kłzł .

z]lfs u0f:t/ a9fpg / lzlfzsnf0{ z]lfs ; fdułsf] dxłj af/] hfgsf/l lbgsf nflu kłzł cfofhgf ul/Psf] ; řtJolQm e08f/Lsf] syg 5 . kłzłdf ; řd08n; DaGwl lřq, zAbkQL, xnf]hjf, l9sl nufotsf ; fduł /flvPsf]lyof]. sl/a b0{xhf/ lj Bfylř]kłzł cj nřsg u/ř] lyP . lxdfno pRr dflj bdssf křfo{ lj b/ vltj8fn] klxnf]6s cfofhgf ul/Psf] ; f]kłzłaf6 lzlfz¿ yk

př: flxt ePsf] hfgsf/l lbP . o; řlr ; ?Efl:yt l; řb] l lgdflj n]xfn]z]lfs ; fduł sfořnf ; DkGg u/ř] 5 . lj Bfnon] hgpP cg;f/ xktf lbg; Dd ; ~řfng ePsf] sfořnfdf cleefj s, lzlfz / Joj :yfgk ; ldltsf kbflwsf/l n]3/ř' ; fdułx¿ tof/ u/ř] lyP . kłzłdf afF, k6]f, sřl nufotsf ; fduł /flvPsf] lyof].

řtř cłwsf/L, %křf

řf/ dlxgfsf] tna lgsf; f

gofFahđ gcfP klg b/aGbl / /fxtsfřdf sfo{t lzlfz¿n] bzřl3 g} tna křpg] lglZřt ePsf] 5 . lzlf lřefu, ahđ tyf sfořnd zfvfsf pklgřz s blks zdfřf cg;f/, lzlfz¿n] ; fpg, ebf] c; řh / bzřkřsl ; d] řf/ dlxgfsf] tna bzřl3 g} křpg] 5g\ . To; sf nflu lzlf lřefun] ebfřf] bf] ř] ; ftf ; a} lhNnf lzlf sfořnf0{ tna lgsf; fsf] cłvtof/l křfPsf] 5 .

gofFahđ gcfPsf] cj :ydf cl3Nnf] cfly\$ jifřf vr{ePsf] /sdsf] Psłtxf0{ Dd vr{ug{ křpg] křj wfř cg;f/ lzlfssf]

řf/ dlxgfsf] tna lgsf; f ePsf] xf]. c; řhleg klg ahđ gcfP rřlxFTo; kł5sf] tna ; ř6df kgř .

ljefusf cg;f/, xfn b/aGbl cGtuř křylds txd f*), l^, lgdfljdf !^@)\$ / dflj txd f!@&!* u/l sh !), (,) (* hgf lzlfz sfo{t 5g\ . pglx¿sf] řf/ dlxgfsf] tnař lglDt sl/a ?-\$ ca{ *@ s/fř rřlxg] ljefusf] cgdfg 5 . To; ř/l \$*, &(! /fxt lzlfssf] řf/ dlxgfsf] tnař nflu ?=! ca{ *} s/fř cfj Zos kg] cgdfg lzlf lřefun] u/ř] 5

lzlfz k':sř

.lzlf lřdf pNnřo sfđ u/ř] egl lzlf dGqnon] /zlfz dfl; snf0{ k':sř ug] 3řřřf u/ř] 5 . /fli60 lzlf lbj ; tyf cGt/fl60 ; řf/řf lbj ; sf] cj ; / kř/] dGqnon] ebf]@# ut] k':sř /zlfz tyf z]lfs ; řfx¿sf] gfd ; řhłgs u/ř] lyof].



Izlf s klx/g

u? dɔfnl



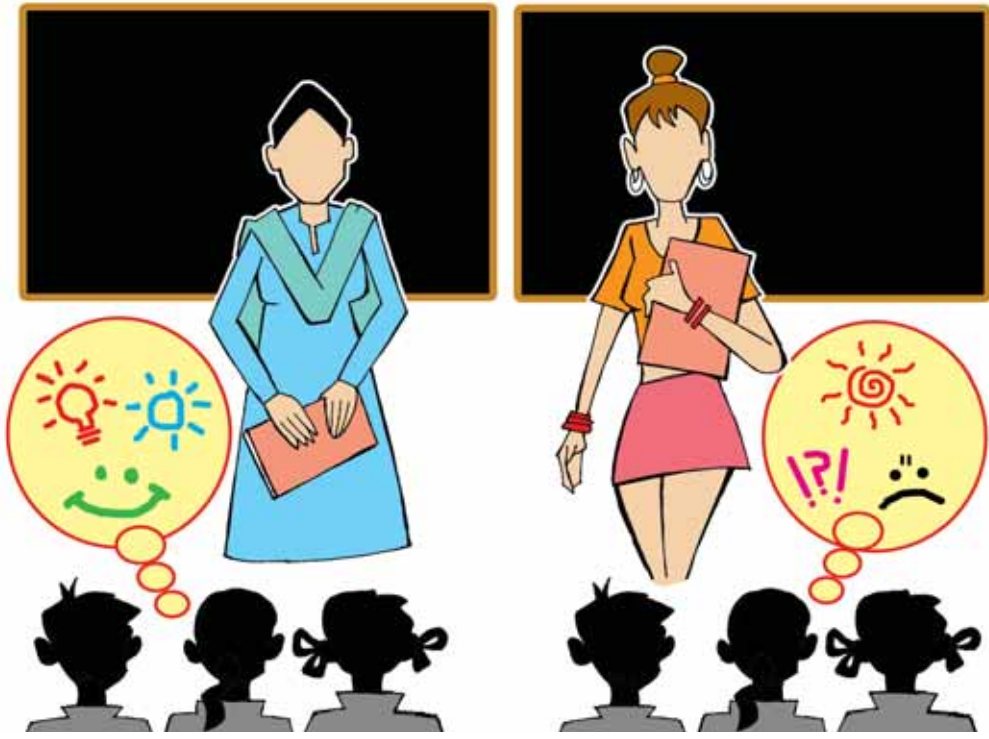
Izlfssf]klx/g / To; n]lbg] ; Gbž

Ij Bfyl{x;n} sɔ Izlfs; ʃ s:tʃ Joj xf/ ug[eG] s'/fsf] lgSoffh zlf]s ; qsf] klxnf] b0{xktfleq} Izlfssf afgLoxf]f, sfd / klx/gsf cfwf/df ul/; S5g\ . Pp6f Izlfsn] cf^gf] klx/g, Joj xf/ / af]hLrfnlaf6} cf^gf af/ʃf atfpg] u5{.

..vfgf vfg' cf^gf nflu,
nlf nufpg' csf\$ f nflu 0

of]gkfnl pvfg jf:tjd}; l6s / Jofj xfl/s 5 .
xg klg] xfdln] vfgf c;sf] OR5f cg; f/ vfof] /
klx/g rflxFcf^gf] OR5fcg; f/ dfq nufpg
yflNof]eg] kl/Ofd s] xfhf <hj fkm :ki6}5- h]
kfof] Toxl vfp/ :jf:Yo lauf/f]f . clg h:tʃ
dgnflJof] To:t} klx/pfif / ; dfhdf cgfj Zos
rrf{/ luNnfsf] kfq agf]f 0
vfgf JolQmut 5gf6sf] lj ifo xf] eg] klx/g

; fdlhs ?lr / dfGotfsf] j:t' . JolQmsf] klx/gn]
p; sf] JolQm] t k\$6 u5{g} ; ʃ} hflt, wd{
lnE; ; fdlhs / cfly\$ x]; ot, kžf, Joj ; fo /
k/Dk/f ; d] %Nsfp5 . klx/gn]; fdlhs ; Gbž
klg lb65 . o; n]df]g; sf] JolQmut jf ; f:s[ts
klxrfg :yflkt ug] sfod /Vg] jf ; fdlhs
dfGotfnf0{nTofpg] :jefj nf0{k\$6 u5{.
; do / Joj ; fo cg; f/ cnu-cnu klx/gsf]
Joj :yf ul/Psf] xG5 . .olgknd] jf .8ž sf] 0
To; s} cleJolQm xf] . klx/g; DaGwl lgod kfom
cinlvt xG5gV ; dfhlkR5] km's km's klg .



sltko Joj ; fosf dflg ; x₂nf0{pglx₂sf]klx/gsf
cfwf/df lrgg ; lsg5 . ; g, kx/L, 8fS6/, g ; {
kf0n6, j lsn o:t}Joj ; foleq k5g\ . loglx₂sf]
klx/gn]lj Zj Jofkl dfgotf kf0 ; s\$] 5 .

lzlfof klg Ps kzf xf] / lzlfps Ps kzf]f/
Jofj ; flos JolQm . p ; sf]cnu klxrfgsf nflu
lj lzi6 jf lglZrt klx/gsf]cfj Zostf 5 ls
5g <klx/gn]lzlfof / lzlf0f Joj ; fodf s]s:tf]
c ; / kf5{ < gkfnf o ; ; DaGwl ax ; +5nkm
rnfp'g ; f6ble\$ g}xg\$ lsgcg]cfh ; Dd ePsf]
kf05g .

xfdl x/\$ lbg yk} dflg ; x₂nf0{ bV5fF
pglx₂sf af/df sxl g sxl cgdg u5f/ cf^gf]
wf/Off agfp5f} . o:tf] wf/Off agfpg pglx₂n]
nufPsf]klx/gn] ; a6Gbf a9l sfd u/\$f]xG5 .
xfdL c₂x₂sf af/df pglx₂n]nufPsf]kfzfsf
cfwf/df cledt tof/ u5f]eg]c₂n]klg xfdn]
nufPsf]kfzfsf}cfwf/df xfdl af/df cf^gf]dt
agfp5g\ . o ; /L, aflx/L klx/gsf e/df ul/g]
sltko cgdg unt / cgkoQm klg xg ; S5g\
t/ klg dflg ; x₂ s ; h]nufPsf]nufs}cfwf/df
pm E kl]lqmf hgf0/x\$ xG5g\ .

s ; \$]njf0sf cfwf/df dfq dNof]g ul/g'
cfbz{s/f cj Zo xfoG, t/ klg oyfydf o:tf]
e0/x\$}xG5 . dflg ; x₂n]c₂sf]njf0-vj f0 /
afgl-Joxf]fsf af/df x/bd lrof}rf ; f]/flv/x\$}
xG5g\ . xfdl JolQmf0{klxnf]k6s ha bV5fF
p ; sf] ; fdlhs dof6f, cfbfgl tyf Joj ; fosf
af/df ckm]cgdgg ug]u5f} . ToxfXfdl]cgdgg
; xl gxg klg ; S5, t/ xfdln]h]bVof]o:t}
wf/Off agfp5fF .

cd]v/sl lzlfj]b\ao Xof/L j f] / f]hd/L
j f]n]cf^gf]k:ts b km6 8h ckm :sh df
ultnf]lzlfps aggsf nflu lzlfssf]klx/g klg
pkoQm xgkg]cfwf/ / sf/Ofx₂ cl3 ; f/\$f 5g\ .

klx/gsf] dx[E]sf af/df Xof/L / f]hd]L
cf^gf]k:tsdf nV\$ 5g\æcGtj fff[Ing]JolQm]
cGtj fff[lg]JolQmsf af/df k]/lDes wf/Off @)
; \$08df agfp5g]eg]laqm]fx₂ cf^gf ulxsnf0{
k6fj kfg ; ft ; \$08 kof]t xG5 eGg]7fG5g\ .
pglx₂ cufl8 nV5g\ælzlfps slfsf]7fdf kjz
ubf{lj Bfylx₂sf]klxnf]x]f0 lzlfssf]cgxf/ /
p ; n]nufPsf]klx/gdf k5{ .

; r] lzlfxx₂ /df] b]v]gd]f lj Zj f ;
ubg]k pglx₂ kzf]f/ -k]k]n]gn_ b]v]gd]f ?r
/V5g\ . .k]k]n]gn] agbf lj Bfyl\$]f] cgj Zos
6lsf6kko1af6 aRg ; lsg5 . ultnf lzlfxx₂
pkoQm klx/g klx/G5gV cgS/Oflo .k]k]n]gn]
lzlfps agb5g\ . lj Bfnosf] sfd lj Bfylx₂nf0{
lstfal s/f k9fpg' dfq ge0{plrt / cglrt
s/fx₂sf af/df km's 56dfpg l ; sfp'g klg xf] .

oj fx₂n] ; dfhdf sg s/f ug]pkoQm=cgkoQm
xG5 eGg]yxf kfg cf^gf cuh / dfGohgsf
klx/g, afgJoj xf/ / af]hlar'gnf0{ cfwf/
agfp5g\ .

lj Bfylx₂n]sg lzlfps ; E s:tf]Joj xf/ ug]
eGg] s'/fsf] lgsOf]h z]lfs ; qsf] klxnf] b0{
xktfleg]lzlfssf afgJoxf]f, sfd / klx/gsf
cfwf/df ul/ ; S5g\ . lzlfps]cf^gf]klx/g Joj xf/
/ af]hlar'nfaf6}cf^gf af/df atfpg]u5{ . olb
sg]lzlfps lj Bfyl{k:geGbf klxNo}slfdd k:5,
slfdd ug]k]sfd / c6o cfj Zos ; fdu] klxn]
g} tof/ kf5{ / lj Bfyl{k:bf xfl-xfl : j fut
u5{eg]p ; n]k7gk7gsf nflu /fd]jftfj/Of
tof/ kfl/ ; s\$]xG5 . slfdd lj Bfylx₂n]xNnf
ubf{klg lzlfps rk nfu] a:5 / xNnf zfgt
kfg] kof ; ubg] eg] Toxfk7gk7gsf nflu
; xl jftfj/Of agb} . slfdd lzlfps]ug]o:t}
Joj xf/n]lj Bfyl\$]f]cfr/Of tyf pkn]awdf c ; /
kf5{ . cyf\lzlfssf k]o\$ sfd / Joj xf/n]
p ; sf]JolQm] %Nsfp5 .

lzlfssf] klx/gn] lj Bfylx₂sf] cgzf ; g,
clej [Q tyf k7gk7gdf c ; / kfb5 eGg] s/f
cg ; Gwfgn] b]v]Psf] 5 . To ; cg ; f/ lzlfssf]
klx/gaf6 lj Bfyl]df rf/ lsl ; dsf]k6fj k5 !
; Ddfg, @= lj Zj f ; of]o, # ; jsl]t=-dfGof, \$=
clwsf/ . Pp6f ; r] lzlfps]cf^gf ol rf/
u0fsf] kof]u lj Bfyl{ cleefj s, kzf ; s tyf
; fylx₂ / ; dfhdf u5{ . o:tf u0foQm lzlfps]
lj Bfylx₂nf0{ ; sf0 lqmf'snfkdf ; lqmo tNofpg
; Sg] ; Dej gf a9l xG5 .

pkoQm klx/gn]sg}JolQmsf]JolQm]j df vf ; }
yk of]ubfg gk'ofpnf t/ cgkoQm klx/gn]p ; sf]
JolQm]nf0{cj Zo g} xflg k'ofp5 . lj Bfylx₂n]
lzlfpsnf0{dgk/fpg'cyj dg gk/fpgdf k]olftM
klx/gsf] ; DaGw xG5 . t/ p ; n]lzlfpsnf0{ug]
cfb/- ; Ddfgdf eg]klx/gn]cj Zo}km's kfb5 .
lj Bfnodf /df]l ; sf0 lqmf'snfk ; Dej tNofpg
lzlfpsx₂ ; Ddfgdf xg}k5{ .

lzlfps] s:tf] kfzfs nufp5 To ; sf]
hfgsf/L lj Bfylx₂n] ; wF/fv\$ xG5g\ . Tolt
dfq xfoG lzlfps / cf^gf ; fylx₂n]nufPsf
klx/g pkoQm=cgkoQm s]5g\æeg]af/df klg
cfn]gfTds b]6sf]f /Vb5g\ . afnaf]nsfn]
x/\$ lbg cf^gf cdfafa' lglZrt k\$F/sf]
kfzfsdf sfd uPsf]lgofn]f xg ; S5g\ . Tox
cfwf/df pglx₂n] lj Bfnodf lzlfps]nufPsf]
klx/gsf]cj n]\$g ug ; S5g\ . pglx₂n]nufPsf]
klx/gsf cfwf/df lzlfpsx₂n] ; Ddfg / lj Zj f ;
k]k]t ug ; S5g\ .

sltko lzlfps]lj Bfyl\$]f]lj Zj f ; lhTg ; s\$F
xG5g\ . lzlfps]lj Bfyl\$]f]lj Zj f ; xfl ; n ug{

Izlf s klx/g



; sđ eg] ; km Izlf0f ; Dej xđđ . lj Bfyl{sf] lj Zj f; xfl; n ug{c; km Izlfsxđ lg/f; / xtf; ; d] xđ5g\ . o:tf] kl/l:yltsf k5fl8l pglxđn] nufpg] u/đf] klx/gsf] klđ eldsf /xđf]xđ; S5 . To; đ]Izlfnsn]x/đ laxfg klx/g 5gđ ubf{To; n]slfđf / ; dñdf s:tf] ; Gbđ hđđ eđđ] s/đf] xđđ /vđk5{ .

Izlfssf] bfl0j lj Bfylđnf0{ l; Sg kl/t ug{x] . l; sf0sf] ; ?cft lj Bfylđsf] cfb/ / lj Zj f; lht] dfq ; Dej xđđ . of]cfb/ , lj Zj f; / ; Ddfg Izlfnsn]cf'gf]afXo JolQm]af6]křpg z? ugk5{ . hđ Izlf s ; wFr6Ss ldnđf]nuf nufP/ lj Bfno cřpg]u5{ To; lđlđt dgdđ}eP klđ lj Bfylđ]p; sf]kđđ ul//xđf xđ5g\ sđ] lbg nuf gldnđf]křpđf Izlfnsn0{ ; D%đ0lđđ5g\ . pglxđn]To; f]ugđf] sf/of pSt Izlf s cf'gf] njf0df lj z]f Wofg /v5 eđđ] yxf křp/ g] x] . olb Izlf s ; wFrđol:l:yt eP/ lj Bfno cřpđ eg]lj Bfylđ]sđ}kl'tlqmf JoQm ubđđđ . olb Izlf s :jod\cf'gf] af/đf jf:tf ubđđ eg] cđn]p; sf af/đf Wofg lbg' h?/l 5đ eđđ] lj Bfylđđnf0{nfl5 .

olb lj Bfylđđ sđ}Izlfssf af/đf rf; f] /v5g\eg] pglxđ To]Izlfnsn0{ cfb/ , ; Ddfg / lj Zj f; ; uđđ eđđ] al%đđ . To:tf Izlfsaf6 l; Sg lj Bfylđ ; wFtof/ xđ5g\ . Pp6f .křkř gnl Izlfnsn]lj Bfylđf0{ tIsfn cfj Zos kg] s/f cyj f lsfal 1fg dfq l; sf0/xđf]xđđ . pm t lj Bfylđf0{eljosf nflu rfxg] cfj Zos 1fg ; lk / ; kmntsf tl/sfxđsf af/đf hfgsf/l u/f0/xđf]xđđ .

csf] s/f, olb Izlf s lj Bfylđđn] pkoQm eřfssf] křđđ u?g\ pkoQm 9fFdf nđ nđđ

/ pkoQm Jojx/ / rfnrng kđđđ u?g\ eđđ] rfxđđ eg] p; nf0{ pkoQm křđđsf] cfj Zostfaf/] klđ hfgsf/l xđk5{ . Izlfnsn] lj Bfylđf0{pglxđsf] e]l kđđđ=Joj ; fosf nflu cfj Zos 1fg, ; lk, clej [Q tyf klx/gsf af/đf klđ tof/ křđđ5{ . clxn] x/đ kđđ tyf Joj ; foxđ lj Zj Jofkls/of xđđđ . clxnđf] kl't:křf[ds lj Zj df lj Bfylđđsf] afXo tyf cfđt/s b] } JolQm] sf] plQs} dxđđ /xđf] 5 . Izlfsxđn] lj Bfylđđsf] afXo JolQm] sf] lj sf; sf nflu slQsf]Wofg lbPsf 5g\ eđđ]s/f klđ dxđđ kđđxđđ . ol sđ}k:tsaf6 l; lsg]s/f xđđđđ . ol t Izlfssf]nj f0-vj f0, lxđf0-8hđ0, kđđđ xđ] zđđ / pglxđsf] cfđđlj Zj f; af6 l; lsg]xđđ .

Izlfnsn]nufPsf klx/gaf6 lj Bfylđ{/ ; dñdf yk} ; Gbđ k]fx e0/xđf xđ5g\ . Izlfnsn] l; nfPsf] ; kř / ; jR5 nuf nufPsf] 5 eg] pm cfđđlj Zj f; l 5 eđđ] hđđđ . ; kř nuf nufpđ eg] pm cf'gf] :j f:Yokl't ; r] 5 eđđ] klđ al%đđ . c% sđ}Izlf s ; wF0:ql -cf0/g_ ul/Psf nuf dfq}nufpđ eg] t pm cf'gf]afXo JolQm]kl't cTođđ ; hu 5 eđđ] hđđđ .

To; f]eP Izlfssf nflu s:tf]klx/g pkoQm xđđ t < ; a} 7fpF tyf kl/jđđ o; sf] pQ/ Ps} lsl; dsf] gcfpg ; S5 . lsgls klx/gn] hftlo, /li60, n]Es, wldđ, eřf]ns, ; fđlhs klxřg ; d] afđđđxđđ . ol t xđđđklđ sđđ cfd ; xđłtsf s/fxđ klđ b]vPsf 5g\ . w]đf] ; xđłt, lj Bfno cřkřf/s ; yf ePsf]xđđ Toxf cřkřf/s klx/g nufpgk5{ eđđ] b]vđđ .

cdl/sl Izlffj bđo Xof/l jř / /fđ/l jřsf]k:ts b km6 8đ ckm :sh đf cřwł/ t .



nlntk/, 7al:yt kllrfsl
pdfjjsf Izlfs lzj/fd
cfrfo{.



▲ /fhrf]l 7fsf]l hfuqb|eut
dfWolds lj Bfno, /fhlj/fhsf
Izlfs Zofd; Gg/ %f .



◀ jL/u-hl:yt gkfn
/lj]dfWolds
lj Bfnosl Izlfs k]ff
ofbj .



nlntk/l:yt cfbz{ s6of
dfjjsf Izlfs cfgGb
9Efgf .

kz f Pp6}eP klg xfdj
Izlfsc;sf] klx/g 7fpR5]
km/s 5 . klx/gdf Ps?ktf
gxhf kfzfsf sf/of k]kt xg]
kz fut xh;ot / k]ti7af6
Izlfsc; g}jl~rt 5g\.

y/Ly/Lsf klx/g

■ ; /z/fh Gofkfg]

Ij Bfno hrf Izlfsn]nufpgk]
lgIzrt kfzfs jf .8k]l
tffsPsf] 5g . kl/OffdtM gkfnf
7fpR5]Izlfssf]klx/g km/s xg]
u/\$f]5 . 3/df sfd ubf(ub\$]xf]\
jf cf'gf]; dbfo cg; f/sf]klx/gdf
lj Bfno klg' ; /sf/l Izlfssf nflu
; fdfGo dflg65 . t/ o; n] ubf{

xfdj Izlfsc;sf]; fdlxs klxrfg t
a6g kPsf] 5g g} sltko cj:ydf
pglx;n]lj Bfyl{/ cleefj saf6 ; d]
pk]ffsf]l; sf/ a6g' k/\$f]5 .
lj Bfylh]klxnf]k6s slffsf]fd
k]z; h} Izlfsk]tsf] wf/off
agf0; s\$ x65g\ . klx/gn]JolQm]
%Nsfp5 . Izlfssf]; lsnf] ldn\$]/

; xfpf]klx/g lj Bfyl\$ nflu gdgf,
k]0ff / pglx;nf0{ yk cg'zfl; t
agfpg d2t u5{ . sf7df8f;yt >l
anda' dflj sf k]rfo{ ; dg /fpt
e65g\ak9fpg cAan eP klg p; sf]
njf0 ck]ff u/]h:tf]gxhf lj Bfylh]
sltko Izlfs alxisf/ u/\$f 36gf
klg xfd; fd' 5g\A /, sltko Izlfs

Izlfssf] kfzfs



zDe/fd
1fgs'-hlgdfj,
>lwlsf,
hbnfsf
kç thf/fd
Goffkfg].



snøf, af/fl:yt lq-h4 dflj sf Izlfsxç .

snøf, af/fl:yt kGfb]l
dfWolds lj Bfnosl Izlfs
lgn d lg/fñf .

tl:a/xçM ls/of kf08] ;'z/th Goffkfg] elfof ofbj, >jof bj, 6lsf eš/fo{ tkmg Goffkfg] blks 1jfnl

ultnf] xBfxB] klg lj Bfyl(h) ; Ddfg
gu/šf b[6fGt e]665g\ . o; af6
Izlfssf] cfd; Ddfgdf rfç t
kl5 g] lj Bfyl{ dç /fd] Izlffaf6
al-rt xg] /fptsf] cgej 5 .

Izlfssf] Jo]omj / klx/gklt
pplxçaf6 kfolh; f] kfzfsf
af/df vksl vfg] lj Bfyl{f] rf; f]
slt x65 eGg] nlnk/sf] Ps
lj Bfnosf lj Bfyl{f] wf/0ffaf6

vN5 . cfz{sGof lgs}g slff !)
-P_ sf 5fQfxç Pp6}:j/df e65g\
æzlfssf]klg 8ç xgk5{ hyfej l
sk8fdf cfpgePg, xfdlnf0{ dfq
bafa lbgePg, klxn] cfkmñ] nufP/
bvfpg' kçof] Æ tldWošl Ps ckoff
sfls{e665g\æzlfnsn]To; f]ul/lbBf
xdl yk cgzfl; t xGyof}Æ

Izlfssf] klx/g / To; klt
lj Bfyl(h) bvfpg] o:tf] rf; f] /
; dfhd fkg] kçfj; Æ va kl/lrt
5g\ sf7df8fç] >l anda' dflj sf
ul0ft Izlfs lj sf; dxhç . ; f]
lj Bfnon] & jifçl3 Izlfssf nflu
kfzfs -8ç_sf] Joj: yf u/k15
dxhç]To; ðf0{cg; /of ubçcfPsf
5g\ . o; n] cfkmñufot lj Bfnosf
; Dk0f{Izlfssf]cfdlj Zj f; a9çsf
; fy} lj Bfyl{ / cleefj sn] klg
o; nf0{ ; sf/flDs sbdsf çkdf
lnPsf] dxhçsf] 7x/ 5 .

P; Pn; ldf pTšç githf NofPsf]
jif{ slff !) sf Izlfsnf0{ anda'
dflj n] g] Pshf] kfzfs lbBf] cfPsf]

5 . klrfo{ ; dg /fpt Izlfsn]
kfzfs nufpBf cleefj sxçaf6 klg
; sf/flDs kltlqmf kfPsf]atfp5g\
Izlfssf] klg 8ç e0lbBf ; /sf/L
lj Bfno klg aff8ç; /x g]/xš eGg]
; Gbç kjix ePsf] /fptsf] cgej
5 .

Izlfssf] kfzfsf] ; DaGwdf
; /sf/L: t/af6 eg] sç} rf; f]
/fvšf] kf05ç . Izlff lgodfj nl
)@& sf] lgod !)& sf] pklgod
-7_ df ælj Bfnodf cfpBf Izlfsn]
; lsnf] nuf nufP/ ; km; U3/ e0{
cfpgkbç . lj Bfnodf cfpBf k?if
Izlfnsn] gkfnl 6fkl nufP/ cfpg'
jf-5glo 5 . Izlfs cfkm' ; km' /
; fbf nufxç nufP/ lj Bfyl(h)0{klg
; fbf klx/gkls kfl; flxt ugkbçÆ
eGg] Joj: yf eP klg Izlff lgodfj nl
)\$(sf] lgod (! sf] pklgod
-a_ df eg] ; fbf /xg; xg / pRr
lj rf/nf0{ ckgfpgk5ç dfq plnç
ul/Psf] 5 .

Izlff lgodfj nl] Izlfs
kfzfs; DaGwl Joj: yf gu/] klg
sltko lj Bfnoxç] cf-cf'g]
lsl; dn] 8çsf] Joj: yf u/ nfu"



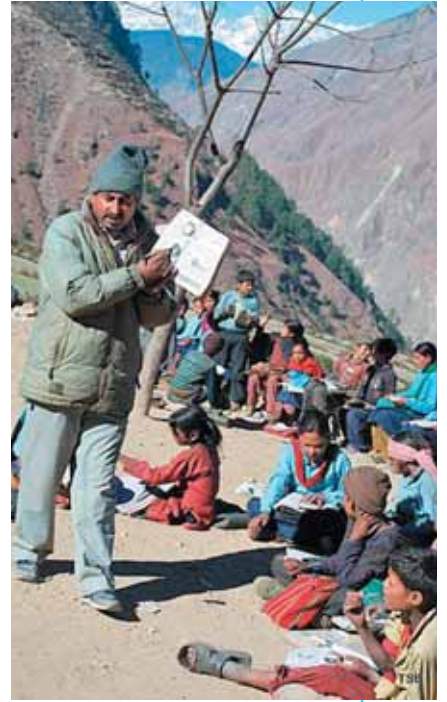
?kGç]sl Izlfs
8Da/stdf/L kg



◀ k?if lzlfssf nflu olgkndM sf7df8f;f] anda' df]j sf lzlf s ljsf; dxhg .



▶ vlnf rf]df k9fpb} dušf lzlf s .
◀ ;Nn}L, ;fhVdaSl lzlf s zřefnldl /fo{



ug] u/\$f 5g\ . w}h; f] lj Bfnon] k?if lzlfssf nflu ; kmf ; 6{k}6, 5fnfsf] hQf / dlxf lzlf sx;sf nflu Pp6}/^a / l8hf0gsf] ; f8l jf stf; ; ?jfnfsf] cgfkrfl/s Joj :yf ug] u/\$f 5g\ . dlxf lzlf sx; n] ; fdfgotofM ; f8l jf stf; ; ?jfn Pp6}/^asf] nufpg] u/\$f] kf0G5 eg] k?if lzlf sx; n] eg] 8k}klT Tolt jf :tf u/\$f] kf0G5 . kl/OffdtM k?if lzlfssf] kfzřsd f Ps?ktf el6G5 . slitko k?if lzlf sn] lxxk k}6, l8Eř] hQf ; d} nufpg] u/\$f] el6G5 . nlnk{/sf] cfbz{ sGof lgs}řgsf c^au}hl lzlf s cřG6 9Eřgf eG5g\ . ak?if lzlf sn] lj Bfnosf] lgod pln^a 3g u/\$f] eGbf klg c6o lj Bfnox;df k9fpkg] afllotfsf sf/Of klg xř] h :tf] nřU5 . t/ , lzlfssf] kfzřs xgkg]df pgsf] klg hfB 5 . eG5g\ . acfkM] nufPkI5 dfq lj Bfylřf0{eGg ; lhnf] xG5 . klxfn] gdf lzlf s g} agbf /df] xG5 .
lg]Zrt kfzřs gxřf lzlf sdf s; n] s :tf] / sg af08sf] nufpg] eGg] xř klg rNq] u/\$f] 5 . of] cj :yf cřpg g]bg klg cfbz{ sGofsl

křfo{ 0lG6/f hfzl lzlf sx;sf] lg]Zrt kfzřs xgkg] 7flG5g\ . křfo{ hfzl elG5g\ . elZlř h :tf] ; j}bgzn lj ifonf0{ křflj t ug] s/df ; /sf/n] lg]Zrt dfkb08 agřpg l9nf0 ug] xG5 .
nlnk{/ , 7al :yt kmNrf]sl pdf]j sl lzlf s kNk ; f tdf]sf/ klg lzlf sx; n] 8k} nufpgk] / To ; n] lj Bfylř;df ; sf/ftds křj křg] atřp5g\ . pgl elG5g\ . elj Bfylř] gh/df klg /df] b]lV65 / xfdln] klg 8k} nufpgk5{ eGg] xG5 . tdf]sf/sf cg; f/ klxfn] lzlf sn] b}řfPkI5 lj Bfylřf0{ eGg kf0G5 . pgsf] klg hfB dlxf lzlf sn] ; f8l g} nufpgk5{ eGg] lyof] . ; řx lj Bfnosf cyřf : q / gkřnl lj ifosf lzlf s zj /fd cřfo{ klg 8k} xgk5{ eGg]df ; xdt 5g\ . cřfo{ř cg; f/ 8k} eof] eg] lj Bfno klg lřlg] / ; dfhn] klg ; Ddf]gt 9Eñ] xř . lzlf s ; wř /řhoaf6 pk]lřt /xř} cřPsn] /řhon]o ; tkMřf ; řb}řfřnf eGg]df pgnf0{ Tolt lj Zjř ; 5g . pgl eG5g\ . ap ; Pn ; lřf] glthfafxř /řhonf0{ lj Bfno lzlfssf] cj :yf /

:t/sf] jf :tf gePsf] ařf o ; tkMř] s] Wofg křofřnf / ř
lzlfssf] lg]Zrt kfzřs gxřf hyfeřl sk8f nufPsf lzlf snf0{ lj Bfylř] ; Ddfg b}řfpg uřxř] xg] cfbz{ sGof lgs}řgsf slř !} sf clwsř 5qf atřp5g\ . 5qf slj tř kfBř elG5g\ . elZlřssf] 8k} xřf lj Bfno afx/ klg pxfř; klt a}n] ; Ddfg xG5 . ř lj Bfylř] of]řf ; řhřf0{ ; dod} ; Daf]vg ug] ; lřP lzlf snf0{ lj Bfnodf cgřf ; g sfod ug] t xDd] k5{g} pglx;sf] ; fdf]hs / z}řfs klři7df klg rř klg ; S5 .
lzlfssf] kfzřs s :tf] xgk5{ eGg] ; jndf :jo+zlřs / lj Bfylř] a}nřal]n] wř/Of /xř] kf0G5 . cfbz{ sGof lgs}řgsf lzlf s cřG6 9Eřgf k?if lzlfssf nflu ; j {he, řf8}dřf] gřg] klx/g pkoM xg] atřp5g\ . To ; ř/L křfo{ 0lG6/f hfzl k?ifsf nflu ; 6{/ k}6 tyf dlxfsf nflu ; f8l jf stf; ; ?jfn xgkg] atřp5g\ . Jo}Omut ; kdf eg] křfo{ hfzl ; f8lnf0{ hfB lblG5g\ . pgl elG5g\ . ř ; f8ln] dlxfnx;sf] klxřfř lbG5 eg] stf; ; ?jfn ; lhnf]ř nflu .

/kʃ/

sʃ/ zdf{

; kmntfsf]; dtf ; ǫ

of] :shsf] ; kmntfsf] klxnf] .; ǫú kʃoff / ptkʃoff g}xf] e]] b]v65 . bf] f] xf] ; b]f]o lzlfsc; . /fhwfgldf ePsf sf/of oxF/fdf] >ǫfldf :gftsfǫ/ u/ʃf lzlfsc; ; d] ; dtfnf0{ ; xh}pknAw xg] u5ǫ\.



Sxl jifǫ13; Dd gkfnsf
zx/-ahf/sf cleef]sx;
cf'gf 5f/f5f]lsf nflu :sh 5fGbf
P; Pn; Lsf] l/hN6df .afǫ{ 6kl ugI
:shlt/ cfwf nufpǫ} . afǫdf
kg{ 7hf] klti7fsf] lj ifo xGYof] /
; j]s[6 !) leq kg{Psbd}yf}}/
gfdl :shx;alr c3f]ift klt:kwf{
xGYof] . sxl jifǫ13 Tof] kl/kf6l
aGb ul/of] . clxn] sg :sh s:tf]
5 e]] 7Dofpg P; Pn; Lsf] ; du
k/Liffkm xǫ{yflnPsf]5 . ztkltzt
pǫl0f{ / w}ǫGbf w}} lj lzi6 >ǫfl
-l8l:6^azg_ sg} :shsf] ; kmntfsf]
kl/rfos dfq ge0{lj 1fkgsf]dflwod
klg aǫg klʃf]5 . t/ dhsel/sf

sl/a :ft xhf/df /sf/L÷; fdbflos
lj Bfnox;df ! ; o \$\$ j6fn] dfq
ztkltzt pǫl0f{u/fpg]h; kfPsf
5g\ . Itgaf6 lj lzi6 >ǫfldf pǫl0f{
xǫ}ǫ klg thgfTds ǫkdf sd}
5g\ .
P; Pn; Lsf] pǫl0f{ kltzt /
dflyNnf >ǫflsf]k/Liffkm ca lj:tf/
lzlfsc;sf] :t/ / kǫfj sf/tfsf]
dfkb08 klg dflgg yfnʃf] 5 . of]
.kmfd] 9fʃilaf6 w}}lj Bfylvf0{/fdf]
>ǫfldf kf/ nufpg ; Sg] lzlfsc;sf]
klti7f / dfu :j tM a9ʃf] 5 .
lz/ fs sf] ebf] cǫdf ztkltzt
pǫl0f{ u/fpg] /sf/L÷; fdbflos
lj Bfnox;sf af/ǫf rrf{ul/Psf]

lyof] . o; k6s xfdl Pp6f o:tf]
:shsf] s/f ubʃf hf] g .af]8ǫú
h:tf]5, g t ; /sf/L lj Bfno h:tf] .
lj kl juʃf lj Bfylv] el/Psf] b]vbf
of] ; /sf/L h:tf] nflu5 . kf7ǫqmd,
k9f0, cgzf; g, 5\$lx;sf] ; ^avof
h:tf s/fx; xǫf{ rlixFsg} ultnf]
lg hl :sh h:tf] klg 5 .
of] ; dtf :sh xf] . clxn]
dhse/ kmn6} u/ʃf] .; dtf lzlf
; bglsf] sf7df8f hf]kf6ll:yt
dhh/f] . .; :yfut lj Bfnolfs ǫkdf
btf{ ePsf] eP tfklg .; dtf lzlf
; bgǫ c; ; :yfut :sh h:tf] dxǫf]
5ǫ, g t o; n] u/ladvl / nfʃlkǫ
xǫsf nflu lgMzNs k9fpgk5{e]]

d9fux g} /fvšf] 5 . ; dtf :shn] lj Bfyl{af6 dfl; s ?=!) dfq zNs lnG5 . gf} jif{13 lgwf{of ul/Psf] of] zNs To; j}hf}lv a9šf] klg 5g . o; sf ; yfks ; ~rfns pQd ; ~h}hsf cg; f/ Toj]zNs klg ; a}h] lTg{ ; Sb}g\ . :shsf] cku vr{ rGbf=cgbfq cflbaf6 a}f]l/G5 .

o:tf]:shn]P; Pn; lsf]l/hN6af6 gfdl :shx;nf0{ klg lrt\vj f0lbg yfnšf]5 . hf}kfl6l:yt ; dtf :sh P; Pn; ldf ; xeful ePsf] t] f] k6s xf] . k/f/ ; fn o; sf gf}hgf lj Bfyl{ lj lzi6 >0lfd / afšl b0{hgf kyd >0lfd pQlOf{ ePsf lyp . ut jif{ o; sf ; a} lj Bfyl{ lj lzi6 >0lfd pQlOf{ eP . o; jif{ k/liff lbg} @* hgfdf @^ hgf lj lzi6 >0lfd pQlOf{ eP . afšl b0{hgn]klg & (klitzt g3fP . Toj]eGbf klg rfvnflbf]s/f, of] :t/lo k/liffkm xfl; n ugšf nflu (-!) slffsf Ps hgf klg sdhf} lj Bfyl{nf0{ .56gl ul/Psf] 5g . pQd eG5g\ xfdfl] p2}o g} sdhf}nf0{ d2t ug]xf] sdhf}nf0{ kfin} alnofsf] /fdfl] l/hN6 lgsflg] sfd xfdfl] cfbz{ / l; 4f6tl; t g} dh vřb}g .

o:tf] l/hN6 ug] :sh rlixF s:tf]5 t <s; /l k9fp5g\oxfšf lzlfnsn] <sf}xn xg' :jfe]j s xf] . s}l k6ssf]cj nřšgd} ; dtf :shdf o:tf lj z}tf kf0f} .

- lj Bfnosf]hluf jf kSsl e}g 5g . jifšf] ?=\$ nřv %) xhf/ ef8f lt/šf] ^ /f}gl hlufdf /xšf] of] :shsf e}g c:yfol kš[tšf 5g\ . afšf 6f6ldf lnpg nufP/ e}gšf leQf agr0Psf 5g\eg] 5gf]h:tkftšf]5 . slffsf]f ; f/} kwflsnf 5g}g\ . p}Hofnřšf]klg plt j}flgs Joj:yf ePsf]kf0f} .

cyfš\ ; dtf :shn] /fdfl] k/liff kl/Offdsf nflu kmflsnf] :sh xftf / /fdfl] e}g geP klg xšf]xšf e] b}Psf]5 .

- ; dtf, hf}kfl6ldf Pshgf klg :yfol lzlfns 5g}g\ . :yfol dfq xř0g, c:yfol lzlfns ; d} 5g}g\ . oxiF k9fP cg; f/ kfl/>lds lb0G5 / Toj] klg ; dffgotof cGoqsf] eGbf sd .

oxfF...6fkm ; dšf] t s/} k/hfcf] \ lzlfnsx;nf0{ a:gšf nflu s'; l}šf] klg Joj:yf 5g . lzlfnsx; a}hf ePk15 ; nšs cfp5g\ rs 8:6/ afš} slffdf hfG5g\ / slff ; lsPk15 aflxl/G5g\ .

oxfšf šg}klg lzlfnsn]labfsf]k}f, bzFeQf jf cGo šg}klg kšf/sf ; ljwf křp5g}g\ .

s/f/df cřP/ k9fpg] / ; fdfGo dfq kfl/>lds křpg]lzlfnsn]cf'gf c; c} ; / / křydstf 5f8} ; dtf nf0{nfdf] ; do; Dd ; j}f lbg ; Sb}g\ . To; h} oxiFšf ; aeGbf k'/fgf lzlfns g} r/ jif{ dfq k'/fgf 5g\ . sl/a @% ; o hgf lj Bfyl{ k9g} of] :shdf lj Bfno ; doel/ a:g]lzlfns b0{hgf dfq 5g\ . t/ lTgn]klg P; Pn; l lbg] lj Bfyl{x;nf0{ eg] k9fp5g}g\ .

oxfF...6fkm ; dšf] t s/}k/hfcf] \ lzlfnsx;nf0{ a:gšf nflu s'; l}šf] klg Joj:yf 5g . lzlfnsx; j}hf ePk15 ; nšs cfp5g\ rs-8:6/ afš} slffdf hfG5g\ slff ; lsPk15 aflxl/G5g\ . oxiF; fdlxs ldl6^a vfnl ePsf] slffsf]f df ; ~rfng ul/G5 . cyfš\ ; dtf :shn] lj Bfyl{x;nf0{ /fdfl] E k9fP/ /fdfl] kl/Offd křpg] xf]eg]lzlfnsnf0{ :yfol hflu/, eQf, labf; lxt kof]t ; ljwf lbgk5} e] dfGotfnf0{ klg Joj:xf/df :jlsf/ u/šf] kf0f}g .

- oxiF cge}j l / tflndk}kt křf; s 5g}g\ . :shsf 0Grfh{alalP klxnf] jif{df c}woog/t @) jifšf o}j s 5g\ . ; zn clwsf/l gfds tl gj o}j s g] lzlfnsx;sf] ; e}f}hg nufotsf z}f}fs křf; g; DaGwl sfd xšg}g\ .

cyfš\ ; dtf :shn] lj Bfno Joj:yfkg ; ldl / křwf}gflwfksšf] šzn g}j]šf] vřfř}nf0{ klg vf; } dxl}j lbPsf] kf0f}g .

; dtf :shsf] /fdfl] k/liff kl/Offdsf] ; q s] /xšf t eg} vř}g] qmddf ol tYox; e}l6Psf xg\ . lj Bfno ; ~rfngsf nflu ol rfvnflbf hfgsf/l xg\ . t/ dh křg eg] cgQl/t g} /xG5- oltsf cefj x;sf alrdf /xšf] :shnf0{ /fdfl] kl/Offd Nofpg d2t ug] s/f rflxfs] xf] t <

kl/OffddvL

; dtfn] /fdfl] z}f}fs pknIaw xfl; n ugšf] sf/of c;nf0{ yxf geP klg lzlfnsx;nf0{ c}z o yxf xgk5} . lj lzi6 >0lfd jftfj/of lj 1fgdf :gftsfQ/ u/šf lj lkg l3ld/] oxiF dflYNnf slffx;nf0{ jftfj/of lziff g} k9fp5g\ . pgl eG5g\ xof] :shn] l/hN6 vř}5 / Pp6f .k}k}n}zgnlšf gftfn] d /fdfl] l/hN6 lbg rfxG5' . lj k} kl/jf/sf lj Bfyl{x; k9g} o:tf] :shdf s}l lbg ; Šbf dnf0{ a}l}n ; Gtl6 klg xG5 . E pRr lziffsf nflu lj b}z hfg] křTgd} /xšf l3ld/] yk5g\ xhlxn] Dd k9fp5' o; /l g} k9fp5' . E

hlj lj 1fgdf :gftsfQ/ u/šf /fhg sfs] klg l3ld/š} s'/fdf ; xl yk5g\ . tlg jif}l}v ; dtfdf k9f0/xšf sfs] ; dtfsf lj Bfylšf] cgzř; gnf0{ klg plQs} >0 lbG5g\ x}j Bfyl{ d}xgt u/} k95g\ lbPsf] sfd k'f u5g\ clg lzlfnsn] t /fd/l gk9f0{w/} křp5g} . E

; dtf :shn] l/hN6 vř}5 e] s'/fn] klg xfdfl] dh rf; f] jf křgšf] cflz s dfq hjfkm lbG5 . l/hN6 t s; n] vř}b}g / <oxl křgšf] pQ/ vř}bf c; e}l6Psf lzlfnsd}wo} Pshgf xg\ ltf 608g . xsltko :shdf 7h} e0; ššf lj Bfyl{x;nf0{ klg kmřP/ k9fpgk5} . oxiFšf lj Bfyl{ lzlfssf nflu jf afacdfsf nflu kl9lbPh:tf] ub}g}g\ . olt cgzř; t / .0G6}h}h}6l lj Bfyl{ d}h} cGoq e}š} 5g} . E

; sf/flDs jftfj /of

; dfhzf:ql 608g o; sf] sf/of ku}l}g] sf]zz ul5g\ xoxfšf clwsfz lj Bfyl{lj k} kl/jf/sf 5g\ . ; Dej tM pglx;sf] 3/sf] b}Mvn] pglx;nf0{olt

I/kfɔ{

ldhfl; nf] xg l; sfPsf] xf] ls A t/ lj k] tfn] dflg; nf0{ Tolt w} k] ɔff lbG5 eg] gkfnf c; lj s6 7fpBf, c; lj k] lj Bfyl{f To] s/f lsg cfpG t < of] kZgnf0{ ; dfhzf:ql 608g ..dxLj k0f{kZgU 7fIG5g\h; sf] hj fkm eg] pgl; t klg 5g .

/ltf 608g h:t} cyzf:qdf :gftsfQ/ u/šf /fds[Of 8Efh klg ; dtf :shsf] jftfj /of g}; sf/fTds kfp5g\ . pgnf0{ oxFk9fpBf xg] cfd; Gtl6 c6oq k]kt x5g . s] ToxL ; sf/fTds jftfj /of of] ; kmTfsf] ; q xf] t <

;; sf/fTds jftfj /of w} s/ fsf] ; of] uaf6 k]kt xg] k]tkm xf] . uBaGbL, /fhgllts dt-dtft/ / zlQmsf] lvrftfgl h:tf s/fn] z]lfs jftfj /of vNaNofpg z? ug] xf] . xdf] ; fj hlgS lj Bfnox;df of]otf gkušf lzlfSx;sf] lgoLQm sfd gu/ klg ydf]l xg] / hflu/ kfs/fVg] h:tf lj s]tx; /fhgllts x:tlfks} sf/of k]k xg] xg\ . t/ ; dtfdf ; DalGwt lj ifodf pRr lzlf xfl; n u/šf lzlfSn]dfq k9fp5g\ . :shdf lzlfS lj Bfyl{x;sf] sb]olgog 5g . :sh ckm]klg sb]..5ftf ; E7gl df cfa4 5g .

; dtf :shsf] csf] lj z]ftf 5, oxflj Bfyl{f0{dgk/šf lzlfSn]dfq k9fpG kfp5g\ . lgoLQm kfpGcl3 lzlfSn] gdf slf k9fpGk5{ / lj Bfyl{f0{pgn]k9fpSf]lrQ a%k]l5 dfq pgsf] lgoLQm xG5 . ; dtfaf6 o; } jif{ P; Pn; l u/šf ; gln nfd eG5g\ a]lj Bfyl{h] g} /fh]šf] lzlfS kfpk]5 xdf]l] xf] nf o; } a9xflN5 lg E o; af6 lj Bfyl{x;df lzlfSk]t ; sf/fTds efj cfpG] / pglx; pQm lzlfSn] k9fpG] lj ifodf c; lhDd]f/ xg] cgej ; sh 0Grfh{ ; zln clwsf/lSf]klg 5 .

:shsf ; yfks k]rfo{ / ; ~rfns pQd ; ~h] af/Daf/ eGg] u5g\ a]hf]k]f6 l]sf lj k] jušf afnafnfnf0{v/fa ; Et / sfdaf6 hf]lpgsf nflu of] :shsf] :yfkgf ePsf] xf] A To:tf] hf]lvdk0f{ kl/l:yltdf /xšf afnafnfnf lzlfSx; 5Ss kg] u/L cgzfl; t s; /l eP

lzlfS lj kG l3ld/]

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.k]k]zgn]sf gftfn] d /fd]

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kl/jf/sf lj Bfyl{x; k9g]

o:tf] :shdf s]l lbg ; Sbf

dnf0{ a]n] ; Gtl6 xG5 A

t < pQd eG5g\ aS; hf0{ klg ltdf] eljio p Hofn]5 eg] lj Zj; lbnof] eg] p; nf0{ cfkn] eg] af6df lxBfpg ; lS65 . /fd] :jf:Yosf] Uof/l6l ln0lbg] ; fwsf k5f18 t dflg; x; cf]gr] vfgkfg / cfrf/- Joj xf/ kl/j tG u/] nfušf 5g\eg] afnafnfnf0{kl/j tG ug{slt uxf] s/f eof] / A

:shsf af/df af]lg] ; aeGbf cflwsf/s JolQm lj Bfyl{x; / xdf] dh kZgsf] hj fkm pglx;af6 cfpG ; S5 eg] s]l lj Bfyl{x; ; t klg ; dtf sf] ; kmTfsf af/df kZg /flvor] . pglx;sf] pQ/df b]k]Psf] ; f%af zAb klg ; shsf] jftfj /of g} /Xof] .

o; } jif{ P; Pn; lcl3 sdn l; a]tfG cf]gr] :shsf] Psbd sd dfq 5Sl lbg] / ; se/ w} c]tl/Qm slf u/fpg] k]rnf0{h; lbG5g\ . l; a]tgnf0{ :shdf k9Gh] hlxn] klg a; /x; k9fpG g} cfpSf xg] e] cge]t eof] aoxfFhflu/] ; f]f0 5g] pgl yk5g\ .

lzlfS /ltf 608gn] ; l] u/] %f s] lj Bfyl{x;sf] k]l/jf]l/s lj k] tfsf] klg of] ; kmTfdf sg] eldsf /xšf] 5 < ev} } P; Pn; l pQlOf{ u/šf ; lj g cfrfo{ eG5g\ aPQd ; /n] xfdlnf0{ wF; D]afpgeof] ltdlx;sf af-cfd]l; t k}f 5g . cfkm]k9] ultnf ePgf] eg] ; #f/df l6lsvfg ; Sbg] A ; wF; Gb-; Gb lj Bfyl{x; To] s/f cfd; ft\ug{ yfn] hgj hf lj Bfyl{x; k9gnf0{ tof/ eP To; j hf pglx;nf0{k9fpG . pglx;n]g} 5fgšfl

; b]llo -kfoM :gftsfQ/ u/šf lzlfSx; tof/ lyP, 5Sl gegl kfoM ; w;vNg] :sh lyof] / lyof] . pQd ; /sf] cgj /t k] ɔff U

; dtf ; q

o; /l x]f] of] :shsf] ; kmTfsf] klxn] ; qU k] ɔff / p]k] ɔff g} xf] e] b]lvG5 . To] pQd ; ~h]sf] JolQm lj z]ftf klg xf] . b]f] xf] ; b]llo lzlfSx; . ; dtf hf]k]f6l /fhwfgldf ePsf sf/of oxF/fdf] >0]ldf :gftsfQ/ u/šf lzlfSx; pknAw 5g\ . cG6 sfd u/] / c] ; /x;sf] ; b]k] u/šf lzlfSx;n] oxF; J]fdVl / kl/OfddVl eP/ k9f0/xšf 5g\ . ykdf lj Bfyl{x;nf0{ g} lzlfS 5f] lbPsf] lj Bfyl{x;df ckg] / lhDd]f/lafw b] } ykPsf] 5 .

clxn]!\$ 7fpBf ; ~rfInt ; dtf :shdf !* xhf/ lj Bfyl{x; c]lwoog/t 5g\ / yk (7fpBf :shsf] tof/l xB5 . o; n] pRr dfj klg ; ~rfng ug{ yfn]šf] 5 .

; dtf :shn] cleef]s dfGšf snfsf/ tyf ; fdlhs sfošf cleoGtf hf]l dbgs[Of >]7 / xl/j z cfrfo{kl/df0f -; a]wof a9b} hf]f kl/Ofd -uof:t/ vl:sg glbg' g} ; dtf :shsf ; fd' /xšf] ; aeGbf 7hf]rb]f]l dfG5g\ dbgs[Of yk5g\ a; b]llo lzlfSx;sf] 6ld agfP/ sfd u]of] eg] dfq of] :t/ sfod xg; S5 A To; df ykb}xl/j z cfrfo{ eG5g\ aof] Pp6f JolQmaf6 z? ePsf] cleofgnf0{alnof] / Jofks agfpg o; sf] ; #yfut lj sf; ug]k]b5 . clg dfq ; a]t/sf] kl/Ofd /fd]l] cfpG ; S5 A xl/j z To; eGbf klg dxLj k0f{l6k0f] u5g\ a]vf; df xfdln] xdf] lj Bfyl{h] o]tplt l8:6^a\g NorP eg] w} k]k]sg' klg x5g . e]l]n ; of] lj Bfyl{h] hf]f lb]f o:tf]g/xg ; S5, s]l km]h klg xg ; S5g\ . To; sf nflu klg tof/ /xgk5{ A

pQd ; ~h] eg] ; dtf :sh ; a]t/ Pp6} efj g]faf6 ; ~rfInt ePsf] cGt klg o; /l g} pDbf kl/Ofd cfpGdf lj Zj :t 5g\ .

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हामी साथमा छौं ।

विहानदेखि रातीसम्म

● ६ बजे कायाकौशल ● ९, १२, ३, ६ र १०:४५ बजे नेपाल खबर ● ८ बजे नेपाल दर्पण

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थप जानकारीका लागि
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०१ २११२२३४ सीधा



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k9fpgsf]lgldt cf^gf]j f/]nf0{ k7fp5g\ . o:tf rfn"/ rnfv lzlfsn]kç / Joj:yfkg ; ldltnf0{ kçjdf kf/\$f xG5g\ . ltgn]j f/] jf v]fnf /fv\$ lzlfsnf0{cToGt Goğ kfl/>lds lbPsf xG5g\ . lzlff lgodfjnl]df :sh Joj:yfkg ; ldltnf0{lb0Psf]lzlfs lgo]msf]clwsf/ / kçnf0{lb0Psf] lzlfsnf0{sf nufpg]/ p; n] sfd u/}gu/\$f]cgludg ug] clwsf/sf]b?kofu u/l ; fj hlgS :shdf sfd gu/l tna vfg]kj]Q

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 ePsf 5g\eg] ; wf/ u5{ t/, dh]
 u/\$f /fd] sfdnf0{ cf]h] kfg]
 ; a]t/af6 nf-5gf nufpg] sfd
 e0/x\$]5 . dw]zl ePsf] .8f]dg]l

I/kfɔ{



dEñefj kllj,
:ofpn] l; Gwknrf\$sf
kç dñgk] fb 9Eñ



bz/y dflj, aʒ8lsf
uloft lzlfs rt/ rGb



hlj ; dflj, s-rgk/sf
kç vñnfn l3ld/]



l; /f8 lgdflj, 88ñw/fsl
lzlfs lrqf kg?

zdfñf0{x6f0Psf] 5 . s-rgk/sf
ljlg kbd/fh eš / ; fñJolQm
ejfglk] fb kGtn] u/\$f] 5fglag
kl]tj ðgdf l3ld/ñ] Pp6}; dodf
:sh / Sofðk; df xflh/ u/\$f]
pNny 5 .

88ñw/fsf] l; /f8 lgdflj sl
lzlfs lrqf kg? rñdf; s tna
a'g / xflh/ ug{:sh hñG5g\.
dfgj clwsf/ Pnf0G ; b/kIzrdsl
lfglo ; ðñhs kg?ñ] . Pghlçf
lzlfsfl pkflw kPsl 5g\ . kg?
* jifñ]v wgu9ldf dfgj clwsf/
kl/ofñgf rnf0/x\$sl 5g\.

s-rgk/sf] eldb0 gu/kflnsf-
^ l:yt loj ðñ kllj sf lzlfs dl/f
ef6 sf7df8ñf al:5g\ . ef6sf]

:yfgdf /flvPsf s[0faxfb/ rGbñ]
lbgel/ rs / 8:6/ 3fðdf dfl; s
?=#%) kfp5g\eg] afñl tna
sf7df8ñf; a;] :yfol hflu/ ; /lft
ul/x\$sl ef6sf] vftdf hñG5 .

@)^ rñdf sf7df8ñf6 dxðbgu/
ku\$sl ef6n] To; ðñf jifñ/sf]
xflh/ u/\$f] :sh ; fñsf] bfal 5 .

l; Gwknrf\$sf] a/fDrll:yt
eðj] l kllj sl :yfol lzlfs
clDasf gkfn] pQm :shdf
gk9fPsf] kF jif{ePsf] 5 . pgl
dfcj fbl sfo\$tf{ag] @)^@
c; f/df eldut ePblv :sh kms\$sl
5g\ . pgsf] ; \$df :shn] @)^#
; fpgblv Ps jif\$ñ nflu /] tl
l3ld/ñf0{lzlfs /fv\$ñ] lyof] .

t/, uPsf] h7b]v clDasfn] ç'g]
bñ/fgl buf{k/fhñnf0{j f/]
/fv\$sl 5g\ . o; cl3 pgn] ; ðbf
; jñl / afñvgfy kfññnf0{/fv\$sl
ly0g\ . dfcj] fblgs6 clvn gkfn
lzlfs ; E7g, l; Gwknrf\$sl
clwof clDasf çññ :shdf xfo]g,
; b/dsfdsf /fhglts sfoqmdf
elbñG5g\.

lññf lzlff ; ldtsl ; b:o
; dñ /x\$sl clDasfn] bufñf0{slt
/sd lbñG5g\ :j o+bufñf0{klg
yxf 5g\ . æflxPsf] jññ lbñG5'
eGgePsf] 5, slt lbñG5
yxf 5g\, bufñ] elgg\ . xflh/
/lhi6/df ç;ñ] g] clDasfsf]
xflh/l hgfo]bg] u/\$f 5g\eg]

WofpGg af]8^ª / Jofkf/It/

l; Gwknrf\$sf sxl ; /sf/l :shsf
lzlfsn] af]8^ª :sh vññsf 5g\
eg] sxlñ] Jofkf/ rnfPsf 5g\
:ofpn] @, efbufpFyt sfñsfb] l
kllj sf kç xðdfg >]7n] lññfs}
; fñrf\$df ; g/f0h 0Eln; af]8^ª
:sh rnfPsf 5g\ . slff Psb]v
tlg; Dd k9f0xg] sfñsfb] ldf
>]7; lxt b0ñgf lzlfs 5g\ . lghl
:shdf nfu] sfñsfb] ldf k9fpg
5f8kl5 ; fñJolQm 8Da/ >]7n] ut
j if{pgnf0{ki6ls/of ; fñ\$ñ lyP .
t/, pgn] To; sf] hj fkm lbPgg\.

pgn] xktf÷kGw] lbgdf :sh ku]
guPsf lbgdf; dñ xflh/ ug] u/\$f]
:yfglosf] syg 5 . kçñ] gk9f0{tna
vf0/x\$ñ] b]v] klg :sh Joj :yfk
; ldltñ] sxl u/\$f] 5g\ .

l; Gwknrf\$sf] kllj sf :yfol
lzlfs /fdrGb] a:g] sl/a ; ft
jifñ]v :shdf xflh/ 5g\ . áGásf]
sf/of b]v/P/ @)^) ; fndf Ps jif]
a]nal labdf a; \$f a:g] labf
; lsPk15 klg k9fpg uPgg\ . pgnf0{
lññfsn] @)^# ; fndf 3/kfos kg]
u/l ; fñrf\$sf] eld; g] dflj df ; ?j f

ul/lbof] . t/, pgl ToxfFklg
guPk15 pgsf] b/aGbl ; ftsGof
kllj, uññrñf ; fl/of] . lññfsn]
uPsf] @ ebfñf pgsf] kbflwsf/
t] ðfyf^ª kllj, uðafdf sfod
u/\$f] 5 . :sh hfgsf] ; \$f pgl
rñf/f/sf] 6f8vñdf ls/fgf k; n
rnfP/ a; \$f 5g\ . ; fdbños jg
pkefññ dxf; 3, l; Gwknrf\$sf
clwof /x\$ñ a:g] g\$kf Pdfñ\$ñ
sfo\$tf{ xg\ . lññfsn] buñ
7fPñf k7fPsn] çkñ ToxfFxlh/
xg guPsf] a:g] sf] egf0 5 . ☐

..dflnsU xg]avf{t xG5g\

blkQblj qnd ykfb, ;lrj, lzlf dGqfno



cf^gf] jf/] nf0{slffdf k7fP/ cfm^flxP
cWooq, /fhgllt, jD]zs /fhuf/,
sG; n6Q; L, 7\$sk\$F, hluF bfnl
h:tf sfd ugI :yfol lzlfscx;sf sf/Of
; fj hlgS :shsf] k9f0 aafk ePsf]
ugf; f] htftt; ; lgG5 . o; nf0{ dGqfnon]
s; /L x] \$f] 5 <

of] ; /f; / u]sfggI / cg]ts sfd xf].
jf/] jf v]fnf lzlfS /Vg] nfhdbf] ljifo
xf]. o; df xfdl klg nllht 5f]. o; af6 lzlf
lfq]d]g/fd]f] ; Gb]z uPsf] 5 . o:tf] k] Q lgoGof ug{
dGqfno cu] / e0; s\$]f] 5 . xfn) ; DkGg lhlzcsf]
uf]7ldf klg xfdln] v]fnf /Vg] lzlfSnf0{ sf/afxl
ug{ ; a] lhlzcx;nf0{ lgb]zg lbPsf 5f].
v]fnf lzlfS /Vg] dflns cyff\]f:tljs
lzlfSnf0{ s:tf] sf/afxl xfhf <

ltgnf0{sf/afxlSf nflu sb]gofHgofo ul//Vgkb] .
v]fnf /Vg] t?Gt sfddf kmsGk5{. :sh kmsG]
xf] eg] ltgn] /fhgdf lbgk5{ cGoyf :j tM avf{t
xG5g\.
:shdf of] v]fnf k] Q a9ydf s; nf0{ lhdD]f/
7fG] <

; a]Gbf a9l lhdD]f/ t v]fnf /Vg] lzlfS :jo+
xf]. p; sf] cg]ts lqmfSnfknf0{ k]f] ; fxg / ; Af0f
ug] c; klf klg b]f] 5g\ . :shsf kq, Joj:yfkg
; ldtsf kbflwsf/L / ; f]JolQm]v]fnf lzlfS /fv\$]
yxf xB xB] klg sf/afxlSf] kxn ub]g\veg] pglx;
v]fnfsf dltof/ xg\ . olb lhnf lzlf sfonon] klg

v]fnf /Vg] lzlfS / Itgsf ; AfSnf0{ ; Af0f u/\$f
5g\veg] pglx; klg sf/afxlD k5G\ . lzlfssf olgog
nufot lzlfssf k]zfut ; yfx; o:tf] ljs] [tklt a9l
; hu xgkg] xf] t/ ePsf] kf0B] .
gk9f0{ hflu/ vfg] ; /sf/L lzlfSnf0{ lzlf
clwsf/lb]v dGq; Ddn] ; Af0f ug] u/\$f] ; lgG5
lg 0

jf:tjdf lzlf lf] clxn] r/d /fhgllts/Ofsf]
l; sf/ ePsf] 5 . h; n]ubf{k9fP]gk9fpg] lzlfSnf0{
sf/afxl ug{ v]f] klg /fhgllts baka cpg] u/\$f]
5 . of] xfd] bef] o xf]. To; h] /fhgllts x:tlfk
g/fls0sg lzlfdf ; wf/ cpg] ; Def] gf 5g .
; fj hlgS :shx; slxn] Dddf o:tf lzlfSaf6
dOm xfhfg\ <

lglZrt ; do; ldf t\$g uxf] knf. t/, dnf0{
ljZj; 5, l5\$]g] of] k] Q /flsg\$. lsg]s clxn]
; -rf/dflwdsf] ; xof]sf sf/Of cfd dfg; df w]r] r]gf
hfu\$] 5 . ; dbfo g]; hu xg yfn] k] 5 :shdf v]fnf
k] Q l6Sg ; Sb] .

cfR/Of; DaGwl lgod pNn^Sg ug]
/ v6f0Psf] tlnddf efu gling]
lzlfSnf0{ kfF jif{Dd tna j]4
jf b0{] jif{Dd a9]f /f\$sf ug{
; lsg5 . t/, kq, Joj:yfkg ; ldlt
/ lzlf clwsf/lSf] csd@otf
cyjf ldn] t]f\$ sf/Of pQm
klj wgnf0{ lgsDdf tNof0Psf] 5 .
lzlfssf k]zfut ; yfsf kqV
kbflwsf/L ; d]n] cf^gf] 7fpBf
c;nf0{ jf/] /fv] 7fn' aGg]
; s]tnf0{ dnhn u/\$f 5g\ .
tnaf6 kq, Joj:yfkg ; ldlt,
ljlg=; f]JolQm clg dflayaf6 lzlfS

; yf, /fhgllts bn / lzlf
clwsf/lx;sf] ; Af0fsf sf/Of
..7fn0 / ..sfdrf]0 lzlfscx;sf]
dgr]an lug\$] ; \$f c; a9] uPsf]
kf0G5 . o:tf] ljs] [tn] slffsf] /fsf]
k7gkf7g dfq Wj :t kf/\$f] 5g,
:shdf lg/Gt/ vl6/xg] d]xgtl
lzlfscx;sf] dgr]an ; d] sdhf]
tNof0Psf] 5 . cfm^ /xsf] lzlfS]
jf/] /fv] jf xflh/ u/] tna
vf0/x\$] b]bf afB] lzlfSdf
pT; fxsf ; fy k9fpg] hfE/
; jfe] ljs ; kd] sd xG5 . jf/]
/fv] gk9f0{ tna efua08f ug]

clg xflh/ u/] dfq tna a'g]
b] y/L lzlfS / Itgsf ; AfSnf0{
sf/afxl gubf{Dd To:tf lzlfssf
sf/Of aafk ePsf :shsf]
cgxf/ kn]g ; Dej bl]vB] .
To:t] gk9f0{ ; /sf/L sf]af6 tna
vf0/x\$] cg]ts lzlfscx;nf0{ tx
gnufP] ; Dd lzlfssf] b/aGbl klug]
cyjf ; a] lzlfSnf0{ :yfol ul/gk5{
eG]sf] klg sb] c]f] To bl]vB] .
lsgg] o:tf] abdf; l kfoll :yfol /
b/aGblDf /x\$] c: yfol lzlfscx;nf0]
g] ug] u/\$f 5g\ .
aRr' ljZ] sdf{ s~rgk/

t?0f dflj sf lzlfssf] d}gt / nugzLntfsf] kl/0ffd

!) j ifdf t} f] k6s /fli60 k':sf/

sf 7df8f]afnfhlyt t?0f dflj af6 @)^ ;fnsf] P;Pn;ldf ; xeful !! (hgf 5fq5fqf]llo) @ hgf lj lzi6, (\$ hgf kyd / tlg hgf bf] f] >0f]df pQl0f{ eP . oxl glthfsf sf/0f t?0f :sh of] jifdf] /fli60 lzlf k':sf/ lhTg ; km eof].

cGt/fli60 ; flf/lf lbj ; tyf /fli60 lzlf lbj ; sf] cj ; /df lzlf dGafnon] @# ebf} @)^ & df cfof]hgf u/}f] k':sf/ lj t/0f ; df/f}df k}wfgdGql dfwj sdf/ g}kfn] t?0f dflj nf0{?@ nfv gub, .dflwolds lj Bfno /fli60 lzN8l, Wj hf tyf kdf0fkq kbfg u/]. cf}gf] :shsf] ; kmntfsf] sf/0f atfp6] ; xfos k6 cf]ds]0f >]7 eG5g\ æxfdf] :shn] xfl ; n u/}f] ; kmntdf sg] Ps hgfsf] ge0{ lj Bfnosf x/}f] lzlfssf] d}gt / kl ; gf k/}f] 5 Å



is/0f k]08]

t?0f dflj sf lzlfalrsf]..l6d jsf / ; fdlxs efjgf k':sf/ lj t/0f ; df/f}df klg cgej ug{ ; lsgYof]. k':sf/ ux0f ug{ ; xfos k6 >]7 / ; xsdl{Lzlf tyf 5fq5fqfsf] ; d} ; df/f} :yn ku}f lyP . t?0f dfljn] o ; cl3 @)^# / @)^%* ; fndf klg of] k':sf/ k}k' ul/ ; s}f] 5 .

sltko ; fj k]gs :shsf lzlfxs; n] jf/] /Vg] / cfkm' gk9f0{ hflu/ vfg] ljs[t df]f0/x}f j}f t?0f dflj sf lzlfxs; sf] d}gt tfl/kmof]o 5 . t?0f dfljn] @)\$\$; fnb]v c^a}hl dflwodd k7gk7g u/fp6]cfPsf] 5 . lj Bfnosf] efl]ts tyf z]l]fs k}f}f/ /fd]f ePsf sf/0f 5fq5fqfsf] rfk klg c; ; /sf/l lj Bfnosf] thgdf o ; df a9l 5 . ul0ft lzlf sdnk' fb kGt eG5g\ ælj Bfnosf] efl]ts k}f}f/ / slffsf]f]f] lfdt cf} ; f/ 5fq5fqfsf] rfk ylug ; Sg' xG5, w}f]f0{egf{ugf g ; s} kmf]pg' k/}f] 5 Å o ; df clxn] ! () \$ hgf c}woog/t 5g\.

! krfug @)^* df gj k}fz kf0d/l :shsf] gfddf ; yfkgf ePsf] clxn}f] t?0f dflj df # (j ifcl3 ;]f k]/De u/}f cf]ds]0f >]7 tlg dlxgfb]v lglDQ k6sf]lhDd]f/l ; Dxfln/x}f 5g\ . euf]h / c^a}hldf laP8 u/}f >]7 dflj lätlo >0f]sf lzlf xs\ . pgl euf]h / ; fdf]hs lj ifo c}wofkg u5g\ . :sh / 5fq5fqfsf] pGgltdf of]ubfg u/}f sf/0f @)^% ! ; fndf pgnf0{ /fli60 / @)^ \$ ^ df lhNnf:t/lo lzlf k':sf/ k}k' ePsf] lyof].

j }f]f]f]f] ; xf/fdf lj Bfno hfg}cfpg] >]7nf0{t?0fsf 5fq5fq tyf lzlfxs; .0dfgb/ / d}gtL lzlfslsf] ; f lbG5g\ . pgl eG5g\ æ\$) jif{Lzlf0fdf latfp6] aflx/l ; #/ cg}f]nflU5, d}f]wd{/ sd{g}Lzlf0f ePsf] 5 Å pgsf cg' f/ , t?0f dflj sf lzlfxs; alrsf] ; fdlxs efjgf, cgzfl ; t / k9f0k]t hfus 5fq5fq / ; lqmo cleefjssf sf/0f P;Pn;l glthdf pQm :shn] ; a} ; fdbflos lj Bfnonf0{kl5kf/}f] xfl].

afa/fd

Ij rf/

sžjk; fb eš/f0{



xfdf]lzlff

kžg cfkml-pQ/ cfkml

Iz /fs dfl; ssf] ebf] c[df lj leGg IhNnfsf ;fdbilos lj Bfnoxžn] @)^^ ; fnsf] P; Pn; L k/Llffdf ztkltzt lj Bfyl{ pQlOf{ u/fPsf] lj j /of k9g kf0of]. sltko buđ IhNnfsf ; fdbilos lj Bfnoxžn] yk} cej, bafa / tgjalr klg olt /fd] glthf Nofpg ; sšf /xšg\ . dg kkn n eof] uj { nfluof]. lzlfs, lj Bfyl{/ cleefj sxžsf kljt >4fsf] af9L plnđf].

kn] nuQ} Pp6f : d[lj z]fn] dgdf ulx/f] wSsf lbof]. sžkl3 sfdlj z]fn] sž} IhNnfd klušf] lyPF IhNnfsf Pshgf ; kl/lrt g]f; E eš eof]. pgl IhNnfsf : yfikt clwj Qnf klg xg\ . oj / vf0nfluof 5g\ . s/fsgls} qmddf yxf eof] pgl lqejg lj Zj lj Bfno cGtušf] PdP ; dhzf: qsf] k/Llff lb0/xšg\ . k9f0 klg IhNnfd] xg] / k/Llff sž} klg IhNnfd]. ; Gt]f klg nfluof]. xdf] cf] t:t/sf o:tf IhNnfd klg lj Zj lj Bfno txsf] k9f0 xg yfnš ũ k/Llff lbg klg cGt wfpq' gkg] ũ

t/, uj{/ ; Gt]fn] lbg]; vnfo{k/f cgej klg ug{ gkfp] pg] ldn] atfP, ak/Llff xžsf cufl8 8] sdf k':tsxž lyP / ANofsaf] šf sž kžgsf] pQ/ slt klhdf 5 eG] s/f n] vPsf] lyof]. Istfa kN6of] n] vof]. pQ/ sx fF5 eg] v] g] %6%6 klg lyPg A bžsf] kđv lj Zj lj Bfnosf] dfl] n] v] txsf] k/Llff] olt syf ; gPkl5 pgn] eg] aštfa kN6fP/ k/Llff lb0/xšf dgdf rlfXf nflu/Xof] of] bžsf] lzlffdf ; wf/ ; Dej 5g A

xg, sf7df8f] 6 69f lsg hf gk] vof] / ũ lqejg lj Zj lj Bfnosf] sž} lbo lj efudf lj Bfyl{xžn] j] h] j] h] df t] š} k] uš eg] cfuf] nuřpg] u/š} 5g\ c] yf] cfof] eg] . clg : j o+d] kžsf] d] g] n] df] ; dob] v g] j] u/šf] lzlfs ; dbfon] pglxž ; lđlnt Pp6f k/Llff s8f eof] eg] alxsf/ u/š} xg\ .

sž} ; do lqejg lj Zj lj Bfnosf] gfd ef/tdf 7hf] ; Ddfgsf ; fy lng] ul/Gyof]. PdPsf] tof/Lsf] qmddf 5f sfdlj z]fn] d k6gf klušf] lyPF. .sf]f{ckm : 68l]n] l; km/; u/šf t/ sf7df8f] ahf/df gkF0Psf k':tssf] ; řl ; E] nušf] lyPF. w] kđv k':ts laq] fxžsx f klg k':ts gkFkl5 k6gdf Ps k':ts k; n] Pshgf ; Hhgnf0{ b] vP/ pgl; E ; řlg eg]. tl ; Hhg k6gf lj Zj lj Bfnosf k] vofks /xšg\ . pgn] lj idok] š d] f] k':tssf] ; řl x] k] 15 ; řv] aštdl lqejg lj Zj lj Bfnosf] lj Bfyl{x] f] A d] h] ašf] eg] hj fkm lbPkl5 pgn] eg] aštdl lxGb: tfge/l ol Istfa gvřh, csf] !) j ifk] 15 eGg

; lSbgF. lqejg lj Zj lj Bfnosf] kf7đqmd xfdlsxf] f] eGf sDtdf !) j if{ cfw] gs 5 . lbNnlsf sž kšfzgxž cd] /sl kšfzxsž ; E o:tf sž k':ts 5fkg ; D% f] ub] g] eG] ; g] f] 5' . t/ slxn] pknAw xG5 yxf 5g . xdf] kf7đqmd ol lj ifoxžn] k] ž k] fPs} 5g g\ .

sž j ifk] 3; Dd lqejg lj Zj lj Bfnosf] 0l-hlgol/ a / dl] ; gsf] k9f0 blif0fP; ofd} p] s] [6d] wdf uofg xGyof]. lq] sf] PdalaP; / kNřš 0lGhlgol/ a SofDk; sf] k] ž k/Llff] lj Zj ; glotf / uof: t/ cfkml Pp6f dfgs lyof]. .g] k] ndf cž h] klg xg; Snf t/ lq] sf ol b0{ SofDk; df : j o+ / hfn] rfx] klg sž xšg, xg; Sž} ul eG] ul/Gyof]. ol ; yf] / fi6sf] : j fledf / u] j sf k] ts lyP .

k/Llffdf řf] { l; sfpq' / ; 3fpghf0{ ol ; a] h] cf^gf] st] o ; lD% Psf / k' iffyšf] ž kdf lnPsf xG5g\ . t/ ltgn] oyfydf ; #f/df sxLF glaSg] kđf0fkq xtdf ydfP/ Pp6f s0f] v/ sf] / kšf/ řt/ df / fi6š} eljionf0{ lg/ řt/ c] wof/ ř] km] ws] n/ xšf 5g\ . / fi6« / : j o+ lj Bfyl{ kljt c] l] do ck/ fw ul/ / xšf 5g\ .

nřsf] fGqs u0ftGq cfPkl5 lq] sf] pkshklit Pdfnš] sf] df uof]. Ir] st; fzf: q c] wog ; yf] sf] 8lg dcf] f] b] sf] sf] df k] vof]. lj Bfyl{xž} ; E n] v] f] ? k] f] lnP/ af/ Daf/, j ifk] R5] k] ž k/Llff] kžgk allrg] u/šf] l/ k] f] { af] x/ cfof]. ; -rf/ d] wodxž ; f] va/ n] el/ P . l6lr^a c: k] t] nsf lj Bfyl{/ lz] fsxž cf] Gb] h] gdf plqP . c: k] t] nsf] ; j] f 7kk eof]. lz] ff dGq] non] 5fglag ; ldt u7g u] vof]. 5fglag ; ldt] n] k] ž k/Llff c] goldt] t] u/šf] 7x/ u] vof]. sf/ af] x] sf] l; km/; u] vof] t/ b] f] k] b] l] wsf/ l] xž d] f] y sž} sf/ af] x] ePg . lsg] pglxž / fhgl] ts bnsf sf] df cfPsf lyP . / fhgdf klg u/ g\ .

sžkl3 ; -rf/ d] woddf va/ cfof] lq] lz] l] f0 c: k] t] nsf k] vofks 8f- dxž vs/ ř] sf] s/ / c] j] w yk ePg, hals pgsf] ; j] f SofDk; nfo{ c] tof] Zos lyof]. t/, lqejg lj Zj lj Bfno / Ir] st; fzf: q c] wog ; yf] gn] 8f- vs/ ř] sf] ; j] f cf] Zos dfg] lsg] 8f- vs/ ř] klg To] 5fglag ; ldt] sf ; b: o lyP h] 5fglag ; ldt] n]

PdalalP; sf] k] z k/lifdf clgoldttf ePsf] 7x/ u/šf] lyof].

Pshgf ldq Pp6f cToGt hl6n zNolqmf] nflu k/fdz{Ing gofNnl:yt clvn ef/t cfolj 1fg ; yfg .PD; ldf hfgePsf]lyof]. ToxfEsf Ps j/l/7 zNolrist; sn] eg] 5g\æ8f= dxž vs/ih h:tf blf / cgejl pxlF5g\ ldxč lsg vr{u/} olt 6f9f cfp5f] # ef/tsf] kfv :j.f:Yo kliti7fgsf lj lzi6 lrlst; ssf]bl6df To]x]; otsf vs/ih gkfnf lqj kžf; sxčdf% c:jlsf 5g\ xgt, uEfnf xfo/fv sldf eujfgs]Voflt sdfPsf 8f= eujfg sf/fnf klg o; cI3sf :j.f:Yo dGqlaf6 x6f0Ps}xg\.

gkfnf] lj Bfno txsf] lzifdf @)^ ; fndf lziff dGqnon]Pp6f clfDo ck/fw uof]. To]qnd c%hf/l 5 . s/f o; /l cl3 a9f- dGqnon]@)% ; fnb]vsf] lzifs b/aGbl lj t/Of u/šf] /xč5 . dGqnon]; a]f0{vzl kfg] Pp6f cdNo cj; / cfp5f] cgej u/š . o; kl5 b/aGbl lj t/Ofsf] gddf Pp6f n6 z? eof]. ; f;b\ dGql; a) bnsf ; f9-7hf g]f-sfo{tf}clvn / g]j ; 3sf dfg; xč klg ufhurf]ldf b/aGbl lnP/ 3Dg nlu]. sf]l cf'gf sfo{tf} gftfuf]nf0{ k':st ug{ / sf]l b/aGbl laqm u/} ufh eg{yfn]. of]k^stsf/ toltv} gkfn lzifs ; 3sf]clwof lyof]. sfgy cg; f/ ul7t / lziff dGqnos} dftxtsf] lhnf lziff ; ldt / lhnf lziff sfofionf0{ 5p nufP/ /fhgllts cwf/df / e]6 :jfy{/lffsf nflu o; /l lzifs b/aGbl lj t/Of ul/gxč eg] lj /fv uof] Jo]Qmut / ; yfut b] cfwf/df . t/ bžsf]l; E]f]/fhgllt / kžf; g nfu]k5 lzifs ; 3sf]s]nfluYof]l

@)^ ; fndf k] /De ePsf] of] k/Dk/f cfh /xt lzifs b/aGbl lj t/Ofsf]gddf dčfdč]l Tox čkdf rfn' 5 . e]6frrf/sf nDk6 r]l/q pbfE]e0/xšf 5g\ . /sf/ / /fhglltdf /xšf dfg; df g]ts r} gePk15 xg]oxl g}xf]. bždf lzifsxč cf'gf of]otf / lfdtsf]e/df ge0{dfc]fbl, s^u], Pdfn] dwžjfbn / Itgsf e]t[; yfsf ; f9/7hf g]fsf]xšdl thlahdf lgoQm xg yfnšf 5g\ . o; /l lgoQm xg] lzifsaf6 lzifssf] wd{ lgjfk xčf] \ls /fhgllts sfo{tf} < kžg; E} pQ/ 5 . of] k4ltdf s; /l lj Bfnon] /fd] lzifs kfp] < s; /l of]otd lzifsxčaf6 k9g kfp] lj Bfylč]sf] clwsf/sf] ; Afof xg] <

@)^% ; fnsf] P; Pn; l k/lifdf d]f Ps kl/lrt lj Bfyl{w}c] Nofo{lj lzi6 >Qlnd pQlOf{eP5g\ . Pp6f blč upEsf] ; fwf/Of dNolds lj Bfnodf k9g]lj Bfylšf] pkn]aw d]f nflu lj idosf/l g]lyof].

of]k^stsf/nf0{/fd] E yixf 5- xdf]h:tf]kl/jždf h; n]afRgsf nflu a9l lfdtf cfhg ug]k6 p; nf0{To; f] ug{glbg p; nf0{df of u/šf] ; xofu u/šf] b]fpg]xč /fhgllt jf ; dfh; j]df nfušfxč / ; j o p; sf cleefj sxč ; d] lj Bfylf0{r]fpg dl/dč] nfušf x65g\ . k/lifdf r]f]l; sfpg' / ; 3fpgf0{ol ; a]f]cf'gf]stfo ; lD%Psf / kžiffyšf]čkdf lnPsf x65g\ . t/ Itgn]oyfyčf ; f/df sxlFglaSg] kčf0fkq xftdf ydfP/ Pp6f s0f(wf/sf] /

kšf/fGt/df /fi6š)elj ionf0{lg/Gt/ cWof/f]kn(wslh/xšf 5g\ . /fi6«/ :j o+lj Bfylk]lt clfDo ck/fw ul/xšf 5g\ . b08lj wfg gePk15 xg]oxl xf].

clfbto cfrfo{gdsf tl kltezfml lj Bfylh] s; /l lj lzi6 >Qlndf] cl kfp dgdf pT; stf t 5E]yof]. ; fdfGtof xdf]lj Bfno kQffndf /fd] lj Bfyl{xg' egšf] k/lifsf] ; dodf cfkn] Pp6f 7hf] oftg / tf8gfsf] l; sf/ xg' xf]. p; sf] pQ/ ; fg{cč k/liffyč p; sf] cufl8 AjfFf] %DdPsf x65g\ . l5gdf Pp6fn]p; sf] sfkl vf]5, kn] / csf]h]. ; f]w} klg w?Ss kf56\ . ; fg{ glbP / ; f]w} gatfP k/liff s]b] aflx/ s6f0vf]qf; ; d] p; n]afššf]x65 . sitko cj:yfdf t :j o+g/lifs g}klg ; fylxčnf0{ ; xofu ug] lgbžg lb65g\ . cčnf0{ atf]f] / ; fg{lbflb} p; n] cč nVg Eof]f]kfp] . k/liff xnaf6 lg:sf p; n] }? lg:sgkg] cj:yf x65, hfšf s/f klg nVg gkfp/ .

Pp6f /fd] lj Bfylf0{ ; d] lj lzi6 >Qlndf pQlOf{ xg ; Dej gxg] o:tf] kl/jžnf0{ a%šf] of] k^stsf/n] cflbtonf0{ ; f]w]. hjfkm pgsf lktfn] lbP . pgsf lktf klg lzifs xg\ 5f]fsf] k9f0k]t cToGt ; r] / lhDd]f/ . cflbto sf lktf cg; f/ pgl :j o+k/lifdf lg/lifs lyP . pgn] lg/lifof; DaGw cč sfd t ug{ lyPg g}. lsgls lg/lifof t Joj:yfsf] x65 . Joj:yfsf] klfd x65 . cJoj:yf / c/fhstsf] t lg/lifof ug] kbč . pgn] 5f]fsf] dfq lg/lifof u/]. 5f]fnf0{nVgdf afwf klg lbPgg\ . p; nf0{dgdf cfp5f] s/f nVg kfp ePsf]lyof]. afa' glhs}a; } p; nf0{; Defj t dfgl; s oftgaf6 hf]wP . sfkl vf]l; g lbPgg\ . cčn] ; f]w} p; nf0{w?Ss kfg{klg lbPgg\.

bžsf ; fwf/Of lj Bfnoxčdf xhf/f}xhf/ cflbto cfrfoč] 5g\ t/ k/liff s]b] cflbto cfrfošf afasf] h:tf]kxF Itgsf afaxč]sf] xč . clg xhf/f}cflbtoč k/lifdf /fd] ug{ kfp]gg\ . lgd]f]G5g\ lg; fl; G5g\ st}glaSg] s; h] gktofp] kčf0fkq afš] uNnl-uNnl / ; 8sdf b]G5g\ 3D5g\ . r]f] ldn] c/asf] tftf]f ; lsg kl5g\]f ck/fwsf] ed/ldf hflsG5g\.

l5dš] ef/t cfkn]f0{ ; g@)@) ; Dd 1fgsf] lřqdf lj Zj sf]Ps gDa/sf]/fi6«agfpg] ; lNk /fv] cl3 a9/xšf] 5 . ox]FdD ls sg]sg]lj Zn]sxč t ; g@)@) ; Dddf ef/t r]geGbf 7hf] cy{Gq aG] ; Defj g] klg b]b5g\ . t/, ef/t 1fgsf] lřqdf clxn] klg r]geGbf cu]l 5 . pm; E] lj Zj :t/sf] lziff kQffnl 5 . c^u]hl effidf bltf /Vg] s/f]f]oj fxč pm; E] 5g\ . Itgxč; E] pQd:t/sf] kl]j lws / j } f]gs hfgsf/l 5 . ; f]gklj lw; E] ; DalGwt ; čjč/ lgd]f ef/t cd]l/skl5sf] b]f]f] /fi6«xf]. 1fg / lzifsf] lřqdf lj Zj sf] g]t] Ing; Sg] lfdtsf sf/Of ; g@)@) ; Dddf ef/t cy{Gqn] r]gnf0{ pl5Gg ; Sg] cgd]f ul/Psf] xf].

clGtd t/ ; ačGbf dx]k]k0f{ ; jfn, gkfn] slxn] To; tk] ; f]g yf]Ng] eGg] xf].

-eš/f0{gkfn lzifs olgogsf k]f]cWof xg\.

gkfn-clbog

8f- tlyaxfb/ >I7



gkfn sf]; u/dfyf lj zj sf]; Dkbf

nldof pktl

k f]l ; a}hlj ffdfx; sf]; f% 3/ xf]. xfdl ; a}oxLF
 afRgk5{ oxLFg} dgk5{ kVjL 5fB} c6oq hfg]
 7fpF5g . tklg xfdl kVjLsf]; x-pkofu jf ; f%bf/
 ldf ljzjf; ubgf}. cf-cf^g}; ldf t\$5f}/ ; ldfa4
 /fi6x; df afRg rfxG5f}. ; ldfleq}afRg rfxG5f}ljzj; sf
 ljnlfof ; Dkbf; nf0{klg . To; }k\$[tsf dxZrohg
 l; hgf; klg /fli6 ; Dkbf; kdf bfal ul/G5g\
 uf08 Soflgofg (Grand Canyon) ; eQm /fHo cdll/sfsf]
 /fli6 lgs-h agof]eg]; u/dfyf /fli6 lgs-h gkfn sf].
 ci6}nofsf]u} al/o /lkm(Great Barrier Reef), rlgf]
 blifof rfof qfi6 (South China Krast), ef/tsf]gGfb]l
 kjf tyf klk pktosf cfb ; a}/fli6 lgs-hsf kdf
 :yflkt 5g\
 ol ; Dkbf; dfgj-sf ge0{ k\$[xg\
 kfs[ts lj :dox; xg\
 dfgj ; Eotfsf] pTisf{ E} o:tf ljnlfof kfs[ts
 ; Dkbf; slt ; /lft / ; Alft /xg] xg\eg] lrGf
 ; g\! (& df :6sxf}df ; DkGg ; eQm /fi6x3sf] dfgj
 tyf jftj/of lj ifos ; Ddihgd} klxf]k6s ; zOm zkn]
 k\$6 eof]. ; fxl cj ; /df dfgj ; Eotfsf ljzj w/fx/sf
 zkd} rlr{ dfgjlo s[tx; h:t} ef/tsf] tfhdxn,
 rlgf]ljzfn kvf, ld>sf lk/fld8, k?sf] dfrlkRr'
 cdll/sfsf] :6df' ckm lnj 6l{cfib=0Toflbsf] elj io klg
 ; /lft /Vgkg]rrf]ljzj dxLj kfof]. km:j?k ; g\
 !(& sf]!^ gf}a/df ; DkGg og]sf]; eQm /fi6x3sf]
 lzlf, lj 1fg / ; s[tf lj ifos ; E7g_ sf]; fwf/of; efn]
 ljzj ; Dkbf; sf] klxrfg / ; fls[ug] lgwf] ufof].

nldof pktl



ljbzdf /xbf sltko gkfnlnf0{
 .ltdl Pe/}6 kfof} <l eGg] kZg
 ; flwG5 . by\$} 5g eGgkbf{
 nfhdbf] klg xG5 . To; } sltko
 gkfnlx; gkfn df cfpfg; fy
 nSnft/ nfluxfl5g\
 o:tf yk}
 sf/ofn] ubf{ xfdl gkfnlnf0{
 ; u/dfyf klGkg] g]ts bafa
 l; hgf xg] u/\$f] 5 . lzlf
 juhf0{ To] bafa c% rsf] k5{.



lxdfnl yf/ .

To; sf]sxl jiflq; g\ (& df sf7df8f)pkTosf lj Zj ; Dkbfdf ; rls[eof]. To; df tlg zx/sf b/af/ lfq; ; jodegy, afzgy, kzkltgy / rfEgf/foof ; f:s[ts w/fx/sf] ; kdf ; dflij i6 eP . ; g\! (& d) ; u/dfyf /fli6 lgs'-hnf0{kfs[ts lj Zj ; Dkbfdf] ; kdf dfGotf lb0of]. To; sf]nuQ; g\ (*\$ df lrtjg /fli6 lgs'-h csf[kfs[ts w/fx/sf] ; kdf lj Zj ; Dkbfdf ; rls[eof]. o; w/L ; g\ ((& df cP/ a4sf]hgD:yn nldagl klg lj Zj ; f:s[ts ; Dkbfleq ; rls[eof]. o; ksf/ gkfnf ol lj lzi6 ; Dkbf; lj Zj sf] gh/df 68sf/f] xg kl]. o; af6 ko6g lj sf; df 7hf]6]f ldn]5 . ; fy; /Af0sf] cgludgf cGt/fli6 rf; fh] klg lj Zj dxlj kpg yfn]5 . /fli6 bfoTj ; E cGt/fli6 rf; f]uff; g kl]5 lj Zj ; Dkbf lfqdf .

lj Zj -; Dkbf klxrfgsf cfwf/

kfs[ts ; Dkbf; lj Zj ; rleq kg]nflu ; dfGotf rf/j6f cfwf/ to ePsf 5g\ . tldWo]sb]Pp6f cfwf/sf e/df klg lj Zj ; Dkbfdf] dfGotf kkt ug{ ; lsG5 . To; lgldt To]; Dkbf lj Zj Jofkl dNo / dfGotf]cfwf/df lj nlf0sf]xf]eGg]kdfloft xg' h?/l xG5 . og]sf]h] to u/}f rf/ cfwf/ xgn

!= kfs[ts klqmsf ; j]f]s[6 pbfx/Ofx; lj Bdfg /xsf] lfq jf kfs[ts ; f]bo]clatio /doflo kdfloft ePsf] :yfg .

@= kV]lsf]Oltxf; OIEt ug]; j]f]s[6 pbfx/Ofx; ePsf] 7fpF hxfk]ol hljgsf lj leGg clen' tyf e:]?ksf] lj sf; df blvg]ef]eS klqmx;sf] ; ArgfTds pbfx/Ofx; kfOG5g\ .

#= hn, :yn, ; dGbl]sgf/ jf ; fdGbs kOfnl Pj -hlj s klqmsf pTs[6 gdf ePsf] tyf kf]ol / jg:kt ; dbfosf lj nlf0f pbfx/Ofx; ePsf] 7fpF .

\$= j]flgs jf ; Af0sf]bl]6n]pRrtd lj Zj Jofkl dxlj

af]sf] ynf] jf ; f6kGg hlj khfltsf] pkl:ylt nufot hlj s lj lwtf ; Af0sf] lgldt pRr dxlj /Vg]kfs[ts lfq .

pkoQm cfwf/x; kli6 u/ og]sf]h] ; u/dfyf /fli6 lgs'-hnf0{ ; g\! (& df lj Zj -; Dkbfdf ; rls[u]of]. To; sf nflu gkfn]k]tt u/}f dh cfwf/kqdf elgPsf]lyofll

k6ndf gf6slo tj/n]cbet kpfj kfg]kj f, ToxfE f lxdgbl / ulx/f pkTosfx;sf ; fydf lj Zj sf] ; j]Rr lzv/sf]kpf]j n]ubf{ ; #/el/s]clatio lfq]sf] ; kdf lj Bdfg /x]f] lxdlr]tj f / xfa]-/B kf68f nufot cg]f]bhé k]0f]sf] pkl:ylt /x]f] /l ; fy} zkf{ hfltsf]lj Zj ; :s[t klg lj Bdfg /x]f]xgfn]lj Zj ; Dkbfdf k]tj ul/Psf]5 E

P]txfl; s kif

lj Zj sf] ; j]Rr lzv/ eg] 7ldgeGbf klxn]v g}; yfglo hglhaf]to; lzv/nf0{ %f]h^af egl cPsf]lyof]. ; g\ !*% cyff\cfheGbf !*% jif{k]xn] /fwf]off l; Sbf/ gdfs aEfnf Ps ; j]f]of lj 1n] o; lzv/sf] prf0 ; db] ; txaf6 @(.))@ lkn6 5 eGg]kdfloft u/}f lyP . To]tj]hf; Dd el]hdf ; u/dfyf !% gda/sf] lzv/ eg] lrlgVof]. To; sf] !# jifk]l5 ; g\ !*% df of] lzv/nf0{ dfp66 Pe/}6 eGg]gdfs/of ul/of]. hh{Pe/}6 ahfotsf Ps kVoft k] ; eP/ hg/n lyP . %f]h^af lj Zj el]hdf pgs}gfddf dfp66 Pe/}6 aGof]. To; sf] w}] kl5 cP/ Oltxf; lz/f]l]of afa/fd cfrfo] ; u/dfyf eGg]gfd h/f]l]bP / gkfnl hglhaf] / gkfnl jf^adodf oxl gfd kVoft eof]. o; sf] cflwsf/s prf0 kQf nufPsf] ((jifk]l5 ; g\ ! (%# df dfq df]g; of] lzv/df klg ; km eP . t]h^a zkf{ / P8d08 lxn]lsf] To; slt]f]gnf0{ dfp66 Pe/}6dfly df]g sf] lj ho eGg] bDe :yflkt eof].



s:t7L dŭ

gkʃnd}a; ʃ Psk6s ; u/
 dfyf gkʃg' cw/f] hljgsf]
 Bfʃs kf] x] ls eŋg]
 nflu; S5ll Isgeg] To] cf^g]
 bʒdf 5 / To] ljZj ; Dkbf
 klg x]. ; u/dfyf x/\$
 cltlysf nflu cf^g] sltŋg
 sfod ug[ynf] klg x]. hf]
 hlxn] uP klg, p; n] cf^gf]
 kf0tfnfn] ; jfRr e'lddf 6\$ʃ
 cf^gf] gofSlltŋg ; lhn]
 sfod ug{ ; lsfll5 .



n'dŋr pŋt]

; g\!(%\$ df of] ; jfRr lzv/sf] prf0 @(.))@
 lkr6sf] ; f6f]@()* lkr6 -*,*\$* ld6/_ x]eŋg]j } flgs
 dfGotf :yflkt eof]. xfn}c]P/ rlg ; /sf/n]o; sf]prf0
 ,\$-\$# ld6/ xŋkg] gofFlhs/ k]tj] u/\$] 5 .
 elgG5ll ; u/dfyfsf]yflkr6f6 lxpFgsfln]bof]eg]To; dlŋ
 elŋg] kTy/n] of] gofFprf0 sfod ub\$. lxdlvz/sf
 yflkr6f6 lxpFsf] kqnf0{ s6fP/ prf0 :yfkf ug[x]f]
 eg] ; DkOf{lzv/sf]prf0 kb/fj nŋ\$g ug[kg]xG5 . ; a}
 lzv/sf]prf0df km'abn xG5 . t/ ljgf lxpFsf]lxdfn
 kl/sNkgf ug[lbg c%} cf0; s\$]f] 5ŋ . To; ʃ] rlg]sf]
 To] lhis/nf0{yftl g} /fv' pkoQm xG5 .

; Dkbfsf ljleŋg klf

; u/dfyf eŋg' ljZj sf] ; jfRr lzv/ dfq xŋŋ . To]
 k]j]lsf] ; jfRr e'j?k klg x]. ljZj sf] ; jfRr ko]f /of
 / kf]l:yltslo kŋffn]sf] oyfy{ klg x]. ; u/dfyfnf0{
 ; D%bf ox]fŋ cŋ ljzi6 pRr lxdlvz/xŋ ljZj
 u/ ʃ] Nxf] ;]-*)! ld=, rŋ -*,!%# ld=, uofrE -
 &,(@ ld=, gk;]-&,*&(ld=, kdf7l -&,!\$% ld= tyf
 cdfbfAnfE -^,*% ld= / tfd; \${-^^)* ld= nf0{
 klg la; ŋxŋ . To:t}cfh; Dd klg gfd xflNg afŋl
 bhŋf}cgfd rr/fxŋ ToxfDfŋb 5g\ . Itglxŋ klg
 5fofŋf lanfpgxŋ . k]j]lsf] ablnf] 0ltxf; / Itgsf
 36gfqmdxŋ ox]fŋ 9Eŋ, kTy/ / lxdgblxŋdf vŋŋ
 ; lsG5 . gk;]/ Nxf] ;]lxdfn]sf kTy/xŋdf kq]r\$fgsf
 t[]xŋ 68sf/] bllvG5g\ . To; af6 sŋ} ʃf ljZj sf]
 ; jfRr e'efu ; dG6\$]f]lkWdf lyof] eŋg]eue\$]f] 0ltxf;
 sŋŋfpg ; lsG5 . o; df cgŋt k]s[ts klqmfxf]dWo]
 afbn, jiff{ lxdgbl, lxdtn, lxdklx/f] nufot gblgnf,
 pkTosf clg aŋklf6g cflbsf af/ŋf c%} vŋhl ug[kg]
 ljifo, c%} kOf nufpg afŋl s'/fxŋ rŋf]lsf] ŋkdf
 /x\$]f 5g\ . sltko s'/fxŋ c%} nkt 5g\ . uugrDal
 kl/jZj ; ŋ cfd; ft'ub}hlj-lj sf; sf]qmdnf0{cl3 a9fŋb}

n]hŋg]kzkG5l, sl/fk6df^uŋ, jg, jg:klt / dfjg flkofl
 hl8a6l, afnlgnl / kzkfngsf klj lw klg xfd] cyf
 ; Dkbfsf ŋkdf ljBdfg 5g\ .

/fli6 lgs'-h agk15 ; u/dfyf lŋŋdf jGohGt' /
 kzkG5lsf] ; a'vofdf pNn]vglo j[4 ePsf]5 . cfnaf/ldf
 grRb}u/\$]gf]El 8fRb]f]hfŋl jf k/sf]el/af6 6fŋfP/
 lrof0/x\$]f]y]f/sf]aufn jf glhsaf6 pkr' efu\$]f]s:t'l
 dŭ cyj] 3f]nsf hfŋl ox]fTolt bhŋ nfluŋg\ . To:t}
 lxdk/]f, lxdsv/f jf n\$fnl sfusf ayfg of] kfvaf6
 pm kfvf p8] uPsf] /df0nf] bZŋ ; fwi/Of nfu] klg
 cGoq jf lgs'-h afx/ lj/n]bllvG5 . pRr lŋŋdf kfŋg]
 lxdrtj]f / tn sŋf]t/ kfŋg] xfa] bllvgnf0{ eg] ljZj
 ŋkn]vŋhl g}ug[kg]xG5 . ; u/dfyf lgs'-hsf]clen]df
 @)* kŋfltsf kG5l, ## kŋfltsf :tgw/f l jGohGt'; #)
 kŋfltsf k'tnl tyf Ps kŋfltsf]df5f -c; nf_ nufot
 cg\$]f]hl8a6l / jg:kltxŋ btf(ePsf]kfŋG5 . ljleŋg
 aŋklf6g, el/kfvf, lxdvf/ k/\$]f kTy/l efudf 3dlkm/
 ug{ ; s] jg:klt ; Dkbfsf] /fd] e08f/ elŋG5 . ox]fŋf
 sXl ljZj la?jfdWo] s6sl, kfFcf] lxdfnl clkm -
 kkkL, kffif0fŋ -kfvgeŋ h6fd; L ; uGwjfn tyf ljleŋg
 kŋfltsf lkŋhf / hŋ; ofgf pNn]vglo 5g\ . lgs'-hsf]
 !,\$* ju{lsnf]ld6/ lŋsf] ; DkOf(efu #))) ld6/eŋf
 pRr lŋŋdf kg[xgfn]ox]Fu/fF kŋfltleq kg]lrdfn
 / ; gkftlsf la?jfsf] afxNo elŋG5 . jg ljZj]sf
 bll6df wkl, tfn; kq, 9df^u] Nnf / eŋkqŋ ; fdfGo
 ŋkdf elŋG5g\ . ol jg:klt]sf kŋfltxŋ klg prf0sf]
 sltŋg hfŋg] qmdf ; u/dfyfnf0{ g} xŋfah]sf] lŋŋ
 agfpg\ . ox]F#)* ld6/sf]prf0df klg hlj kb]y{
 cf^gf] jf; yfg e\$]pg ; km ePsf] 5 . Pp6f ; fd
 hljfo' .lhoŋf/df6f]km; cG; Sof]; 0e/ŋ6f0ll n] To]
 sltŋg /fv\$]f] 5 .

pRr lxdfnl k\$[t / k\$[tkŋQ ; Dkbfsf df%df
 gk]nl ; s[tsf]Ps ljZj klxrfgsf]ŋkdf zŋf{ ; s[tn]



af6]kv6kg[cj:yf cfpq ynf5 . lj Zj ; Dkbf lfgdf ko6g Joj:yfkg] /fd] af6] lng ; s9 eg] jftfj /of ; Gthg ufhdn xg ; S5 . obj:sf]lj Zj ; Dkbf cgludg kljtj hgn]of] ; Dkbfnf0{vt/fsf] ; rldf /Vg] r'fj gl lbg klg yfn; s5] 5 .

; u/dfy cf/fxof 6fhlsf ; b:ox;sf] ; aVofsf]cfwf/df ; /sf/n]@% xhf/b]v %) xhf/ cd]sl 8n/ ; nfdl p7fpg] u/5] 5 . @)^& ; fnsf] j ; Gt Ctdf dfq ; /sf/n]@@ s/f8 ?k8fF ; nfdl b:t/ p7fPsf] lyof] . To; sf cilt/Qm lgs'-h kjzaf6 klg kljtJolQm -u/-gkfnl zNs Ps xhf/ ?k8fFp7b5 . o; af6 klg nueu kljt-j if{ b0{s/f8 cfdbfql x65 . o:tf] cfdbfqlsf] krf; kljtzt dWoj tl{ lfg -@&% ju{ lsnf]d6/_ sf :yfglo ; dbfo -hg; aVof %, *^ (df hfg] u/5] 5 . ; nfdlsf] cfdbfql eg] k7} ; /sf/L /fh:j df bflvnf x65 .

slt8fg /Vg rfxg]sf nflu ; u/dfyf nf3k8p ugTJo xf] . xfn; Dd #,!@* cf/fxln] ; u/dfyf cf/fxof ul/ ; s] . Ps gkfnl hf8ln] To; sf] lzv/df lax] Dd ug{ Eofp eg] ; dfj zl dlxfn 6fh] csf] slt8fg yk ; km eof] . cf'gf] slt8fg cfkmf tf8b) cfk8f zkf(@)cf+k6s lzv/df klu; s] . 5]fa lgdf pgnf0{ k58fp85g\ . dlgaXB/ z]rg &^ jif{!! dlxgf / ^ lbgf] pd]df lzv/df klu} ; aegb h7f] cf/fxl agg ; km eP . lugh as ckm jN8{/58df !@ hgf gkfnln] ; u/dfyf r9Nsf] slt8fg bt{u/fPsf 5g\ .

cGtodf,

; #/df hf6gkg] s'f w]} x65g\ . yxf kfpkg] j:t' c% clws x65g\t/ kljkg] 7fpFeg] kfolm ; lidt g} x65g\ . o; }k]jldf a; } xfdln] s8f-bz'sf] gfd dfq klg ; g5f x65g] . xfdl lj bz h8f klg gkfn sg bz xf] / sxfF5 eg] 1fg gePsf s8f-JolQm e]665g\ . t/ dfp06 Pe/16 ePsf] bz egof-eg] To] lj Zj sf] ; jRr lzv/ egg] ; a8] a'5g\ . clg gkfn lrlg65 .

lj bzdf /x8f sltko gkfnlnf0{.ltdl Pe/16 kl8f8d eg] k7g ; flw65 . b]y5} 58 eggbf{ nfhdbf] klg x65 . lj bzdf k98 a; 5f lj Bfyl{jf sdf0vfg] kjf; l gkfnlx8 gkfnf cfpqf; fy nSnsf]l6s6 sf6} g8r]/ t'j f] Ddsf]ofqf u/ lkm'5f w]}pbfx/of 5g\ . To; af6 pglx8 cf'gf] lz/ 7f8f] ePsf] cge't ub5g\ . ol ; a} sf/0n]ubf{xfdl gkfnlnf0{; u/dfyf kljkg]gl'ts bafa l; h8f xg] u/5] 5 . lzlfs ju8f0{To] bafa c% rsf] k5{t/ ; u/dfyf]ofqf cfher]n Hofb}vlr8f]xgyfn5] 5 . tklg gkfnf g)a; } Psk6s ; u/dfyf gklg' cw/f] hljgsf] Bf]s kf] xf] ls egg] nflu' c:j fe]j s x65] lsgeg] To] cf'g} bzdf 5 / To] lj Zj ; Dkbf klg xf] .

lj Zj ; Dkbf ; rldf k/5f (!! ; Dkbf lfgdWo] ; u/dfyf /fli68 lgs'-h x/5 clytsf nflu cf'g} slt8fg sfod ug] ynf] klg xf] . hf] hlxn] uP klg, p; n] cf'gf] kf0tfnf] ; jRr elddf 65} cf'gf] gofF slt8fg ; lhn} sfod ug{ ; lxfN5 .

lj Zj ; Dkbfdf :yfg kfPsf] 5 . l^u^kf af7 k/Dk/fdf cfwl/t of] ; s[tsf]k]k8g lj leGg rf8kj df x8} bVg / ; Gg kf0G5 . tldWo] gof] if5] nf] f/ clg bDhl ; a} ufp8fp8f dgr0G5 eg] a88fsf d508f] nuf0{ lj z]r ufhfahfd f g8rg] wld5 g]o .dfgl l/D88 To'af] / yfd5f uDafx8df k8z8 x65 .

; u/dfyf lfgn] vDaj]gsf] 8kdf lj z]r klxrfg /Vb5 . ox]8f] ; aegb 7hf] wld5 cf:yf af5g] kj 8 vDanf xf] . ox]8f] wld5 cf:yfsf :k8g8x8 5/k:6 8kdf km/km/fPsf t'8of, kTy/-kTy/df slbPsf . c' dlof k8]x8f xft-xftdf kngkngf0 /xg]dfgl, af6f-af6fdf e]6g] R5f]8 ufp8fp8f uDafx8df k8z:t e]665g\ . w]5] gh/df kg]uDafoWo]t'j f] #, *^& ld6/_ uDaf / Toxf8f cj tf/L nfdf a'jfa t]h^a hf^a]sf]cflTvon]clj:d/0flo lfof k8f8 ug] u/5] 5 . c8o kl; 4 uDafx8dWo]#)) j if{k/fgf] g8r'5] uDaf, #%) j if{k/fgf] yfd5] uDaf, #)) j if{k/fgf] s]f5 uDaf, !@) j if{k/fgf] v6b5] 5f8s^a uDaf / kf^j f]5] uDaf o; lfg]sf] ; f:s[ts w/fx/ xg\ . ko6sx8sf] rxnkn xg] 7fp8f lj z]r u/ nSnf xj f0{d8fg / g8r'5] cf; kf; gofFgofuDaaf agg] qmd klg rfn' g} 5 .

ko6g lj sf;

gkfnf] ko6g pBf]usf] ; u/dfyf klg vDa' lfgdf g} rlng kl5] 5 egb cTolQm gx]hf . ; g\!(^# tfsf j if8f @)-@% hgf dfq ko6sx8n] kf0nf 65g] u/5] 7fp8f cfher]n @)-@% xhf/ ko6sx8sf]30Ff]nflub5 . ; fB7f]af6] / k88}khx8 tg{ofqlx8 w]8} kv8' klg kg]x65 . x88n / c8o af; a:g].nhl sf] ; aVof lbg k/ lbg a985 . /fli68 lgs'-h / To; sf]dWoj tl{lfgdf \$%) egb a9l x88n-nhx8 alg; s5f 5g\ . To:t}kfn 6f8] a:g]SofDkdf klg clt 30Ff]xg]36g8x8 ; fdfGo e0; s] . ; u/dfyf] r'f] k8b klg 30Ff]sf] sf/of

cIj : d/OfLo lbg Ū

IzIfs Idqx; ,

xfdln] dhtM tlj 6f p27o /fv} .sIffdf klxnf] lbg]sf] cgej nVg cg/fV u/}sf lyofF. klxnf] d]l]lv dxfsnl; Ddsf IzIfsx; -hf] hlj gdf Pscsf{E slxlo} eP ePsf 5gg\ sf alr cf^gf] IzIfof hljgsf] kl/Desf /f]s cgej IzIfs sf] dflwodaf6 ; f6f; f6 xg kfcf] \. bf] f] Pp6f IzIffsf] IzIfof hljgsf] klxnf] lbg]sf] cgej c;

IzIfsx;nf0{-vf; u/L gofF/ lgs6 eljiodf IzIfs aGg nfu}sf;nf0{ pkof]l xg; sf] \. t] f] x/} IzIffsf] kl/Desfnsf] IzIfof / w} } jif] 15sf] IzIfofalsf] km/s cgej aflx/ cfpG ; sf] \. To; af6 IzIfof hljgnf0{c% ; fy} / cfcGbbfol t]lofpg d2t k}ofp5 eGg] xfd] a%fo xf] .

5f}f] cjlwdf h}hlt IzIfs Idqx; n] xfdlnf0{cf^gf] ; d/Of n]l k7fpg}eof] To; af6 xfdl pI; flxt ePsf 5f}. xfdln] cgdGf u/] cg?k g}lj lj wtfoQm ; fduI

..P gofFldr Ū ef]n klg cfpG'n Ū



d sIff ^ df k9bf, xfd] 3/df kf9 sIff ; -rfInt lyof]. To; df d]l lbbln] d]l xh/cdf / pxfFh:t} kf9x;nf0{ k9fpgxGYof]. dnf0{ :shaf6 3/ km]sPKI5 sltj hf :shsf] xfd]s ; s] ToxfFhg' h:tf] xGYof]. sIffdf @) hgf hlt xg]xGYof]. d ToxfFuP/ xh/cdfx;n] k9}n]y}sf] x]y} / ; fV}sf] s/f l; sf0lbg]F. pxfF; æ; fgl ld; x]l/lbgxf] \t d]n]n]y}sf] s:tf] eof] eg] ; f]l]g]xGYof]. cf0kbf{ cuf]8 uP/ gwsf0sg 7hf] ; j/n]k9fp]F klg . d]l xh/cdf xF] eGg]xGYof] æd]l gfltg]sf] k9fpg] z]hl ; fx] /fd] 5 . ef]n-kl; {of] ld; aG5] .Æ geGb} lbbsf] lax] ePsf] j}hf b0{tlg lbg d PSn]h]sIff lnPF. sg}lbg ck7bf/f]dx; ; ePg . zfob c]Wofkgk]tsf] dfx] dnf0{ To; ; j}hf]lv hf]lof].

@)% (; fndf P; Pn; l kf; ePnuQ) :sh k9f] sn]h k9g] ; f] agfPF. Tox] hf 3/ glhs}sf] lghl kf]y]ds :shdf IzIfs cf] Zostsf] lj 1fkg vNg gkf0{ b/vf:t xfn]F. 5gf} k/lIffdf cfk] ; km klg ePF. ef]nkN6}lv cfpG elgor]. d pI; flxt eP/ !) aHgcuf] ; sh kl]F. :sh klG' cuf]8; Dd dgdf cg} ts}fx;

cfPsf 5g\ . ljl eGg lzlfssf cgej
 k9bf yxf xG5, klxnf] lbg sf] slffdf
 klfom lzlf sx; n] lj Bfyl{f0{ l; sfp g] eGbf
 pglx; af6 cfknh] w} } l; SgeP5 . lzlf0f
 kzf sf] ; ?cftd} lj Bfyl{-cfknh eGbf ; fgf_l; t
 klg l; Sg ; lsG5, l; s} slxNo} gkubf} x\$,
 x/\$ gofFkndf l; Sg' kbff} x\$ eGg] dxLj k0f{
 1fg klt u/\$f] klg blvG5 . of] rfrgrj]
 1fg=cgej x0g . ; xl cydf lzlf s afgsf
 nflu Toj] 1fg=cgej w} } dxLj k0f{ xG5 .
 ; fy} Pp6f lzlf sn] lj Bfyl{f0{ l; sfp gkG]
 dVo 1fg} oxl xf] tfls pm x/avt lh1f; '
 agf] \ / gofFgofFs/ f l; Sg cu| / xf] \ .

lzlf0f hlj gdf xf] \ of xdf] b] lbgdf,
 klxnf] lbg h; /L bff] / b] , To; u/L c;
 lbg klg bff] / b] \ . h; /L x/\$ lbg gofF
 xf] To; u/L x/\$ slff klg gofFxG5 .

of] tYonf0{ dgg\ u/ } x/\$ gofFlbg /
 gofFs lffnf0{ dxLj lbff g} lzlf0f ; fy\$
 xG5 . o; n] lzlf0f sfo{ ; wFkfej sf/ l /
 pknlAwk0f{ tNofp5 .

Ps cgejl cd\ / sl lzlf s Onjg
 cu0n/ sf] ; ;d/Ofnf0{ klg oxfF: yfg
 lb0Psf] 5- h; n] klxnf] lbg sf] slff
 s; /L ; ~rfng ubf{ kfej sf/ l xg; S5
 eGg] Jofj xfl/ s . l6k; U lbG5 . ; km lzlf s
 xg slffdf s; /L k|tt xgk5{ / s} s]
 ugk5{ eGg] dl; gf pkfox; klg ; %f0Psf n]
 Onjg sf] ; ;d/Of k/fgf lzlf sx; nf0{ ; d]
 pkoftl xg] xdf] lj zj f; 5 .

: ygfefj sf sf/Of xdfLnf0{ klt ; a}
 5flkgof] o ; ;d/Ofnf0{ o; c l df ; d;
 ; lsPsf] 5g . ltgn] cfufdl c l x; df : yfg
 kfp g] 5g\ . ; #

v]h/xGy] . klxnf] lbg sf] slff s: tf]
 xg] xf] < lj Bfyl{ / klk; knsf] lrQa' g]
 u/ l k9fpg ; Sg] xf] ls x0g <
 . . tkf0f] k9fPsf] ePgl elglbP eg]
 3/df s] eGb} kmsg] xfhf < cflbToflb
 kZgx; leq} d8fl/0/x\$ sf lyP .

kWfgfWofks tyf cG0 lzlf s
 ; fylx; af6 : j fut / lgs} ; xfbk0f
 Joj xf/ kfpF. pxfk; Psbd} ; xofl
 blvgeof] . dh] : shdf s] s: tf]
 stfo lgj f; ugkG] xf] eg} k|6
 u/fpg eof] . d : shdf Tojtj hf c;
 lzlf sx; eGbf lgs} ; fgl klg lyPF. d
 cflQg] xHs eGg] s/df pxfk; ; hu
 ePsf] dnf0{ dx; ; ePsf] lyof] .
 dnf0{ stfstf c; lhnf] g] nflu/x\$ sf]
 lyof] tklg cfknl gw\$ s ePsf] blyfpg
 3/l3/l slfzz uyf .

: sh ev\ ev\ vh\$ sf] lyof] .
 zlf s ; fdulx; eP klg slffsf] f sf]
 cej lyof] . lzlf sx; klg kofk t
 lyPgg\ . : sh Joj : yfkgdf stfstf
 s} s] gldn] h: tf] dx; ; xGyof] .
 Ps hgf lzlf sn] dh] lngkg] slffdf
 nu} d} f] kl/ro u/f0lbg eof] . dh]
 lbge/ ToxlFdfg k9fpgkb} of] . Toxf

g; /L / Pns] hl bj } slffsf lj Bfyl{f0{
 Ps} fpef / flvPsf] lyof] . tl ; fgf-
 ; fgf gfglx; gofFdfG5] bly} 6} fF
 k/ } x\ / x\$ sf lyP . sfxl ap l xfd df]
 gofFdr xf] ; / A eGb} ; flly} t sfxl
 cf^gf] cleefj sn] 5f\$} uPsf n] ; Ss
 ; Ss ub} ? b} lyP . n lca tkf0f]
 slff oxl xfl eGb} tl lzlf s cf^gf]
 slff t/ nfu] .

kf9 slffdf k9g] xh/ cfdx;
 kf] a' g] xgxGyof] / dnf0{ slffsf]
 Joj : yfkg ug{ uxf] x\$ Gyof] . oxfF
 t cfxf] l sfxl ukndf d: t, sfxl
 vllgdf Jo: t, sfxl ? b} sfxl s/ fp b} .
 ; a} cf-cf^g} tfndf eblyh ta/n]
 a; \$f 5g\ . o: tdf s; /L k9fpg]
 eg} lr6r6 kl; gf 56g yflNof] .
 b0{ hgf aRrf sf] ofb dnf0{ cfhko{ t
 cfp5 . g] f/ kl/ jf/ sf tl aRrfx;
 g; /Ldf ev\ egf{ ePsf / x\$ G\ .
 pglx; g] f/ l dfq aflg] / a' g]
 / x\$ G\ . gkfnl aflg] c; ; fylx; sf]
 efiff ga' bf pglx; ; u vllg] / /Qg]
 l: ylt klg lyPg . tl aafh] j n
 xlfA -afh] ToxfCfpg ePsf] 5 eGb}
 afh\$ xfEnlulbg cggo ub} lrRof0{

lrRof0{ / f0/x\$ sf lyP . s; /L ; DxfNlg]
 lognf0{ < s] u/ fF s; f] u/ fF eP/ dnf0{
 t efpGg xfhf h: t} eof] .

sfxl aRrf rfxFap km/ PKkn
 k9fpg' g ldrA klg eGbllyP . t/
 Toj] eblyh cj : ydf sxlf6 k9fpg
 z? ug] l0; f] ; f] flxnf t slffsf]
 jftj / of g} 7ls kfgk5 . To: tf]
 j hfd ; a\$ f] Wofg klxnf cfknlk]
 cfsliif ugk5{ eGg] nfu] ult ; gfp g]
 lj rf/ u/ f . ; fgf] j hfd vllb} ufpg]
 u/\$ f] . Pp6f ; fyl hEndf / f0{/ f0{
 a; \$, p7g ; fyl p7g cf^gf] cfF'
 k5gl eGg] afhsf] ult s07} lyof] .
 ; ahf0{ Ps} fpef kms0knlNof0{ hDdf
 kf/ F. #) hgfdlwo] tlg hgf rfxF
 . gvllg] d tl eGb} rk nfu] a; .]
 c; nf0{ xft ; dfpg nuP/ uf] h] 3} f
 agfPF. clg ult ufpb} ; ahf0{ gSsn
 ug{ nuP/ vhfPF. ; fylx; / dfPsf]
 bly} gvllg] eGb} a; \$f aRrfx;
 klg To; kl5 aldr d klg vllgA
 eGb} cfP . slxn] pglx; nf0{ ult
 ufpg nuP/ cfknl gflr l bPF slxn]
 cfknl ult ufpb} pglx; nf0{ grfPF.
 To; kl5 t ; a} s0f s0lx; cfknl/

s l f d f k l x n f] l b g

g}%Ddg yfn]. k9g]jftfj/Of cln aGg yfn]k15 g; {l / Pns]hlsf aRrfx;nf0{ 5\$5\$5\$ /fv} k9fpg yfn]. g]kfnl ga'g]aRrfnf0{g}f/L efiffd}l; sfp] kof; u/F. pglx; klg Wofg lbP%F u/L k9fPsf]; Gg yfn]. c]x]f]l]aRrfx; t lgs}dfofn' kf] xBf /x\$g\eg] nfluof]. To:tf] eb]f]h jftfj/Ofnf0{; Dxfn} k9fpg ; s]feg] ; Gf]f]s] ; f; k]b} slffaf6 af]x/ lg:s]F. slnnf s]f]s]l]x; n] af]x/ lg:sg] a]hdf æP gofFldr e]f]h klg c]pg' n] eg\$]f] s'/fn] ddf x]f]nf y]kof].

kl]k; kn ; / j]h]f-j]hdf 'ofnaf6 lrofpgePsf]b]y]s] lyPF. pxfFcp]Bf cln n]h nfluof]. d aRrfx; ; a; } aRr}h:tf]e0{ pglx;nf0{k9f0/x\$] xGy]F. af]x/ c]p]Bf kl]k; kn ; /s]f] k]t]lqmf s] xg] x]f] eg] s]f]xn lyof]. d]h] k9fPsf] eP]g kf] elglbg] xg]Ns eg]klg stf-stf 8/ nflu\$]f] lyof]. t/ pxf]h] t k]z;f kf]ug]e0f]l aRrfx;nf0{df0nf]/ dg]f]-hg]f]ds t]sfn]k9fpg]d]f]z]h]af6 ; a]h]g]f] k]e]f]j t xgeof]. d ; fx}v'; l ePF.

k9fpg] eg] l]lQs} ; lw} slffdf uP/ k7 z? ug]e]g]dfq d]h]h]f]g]s] lyPF. To:tf]eb]f]h] k]l:l]y]lts]f]c]fsng e0lbPsf]eP Tox] lsl; ds]f]tof/L; fy hfg ; lsg]yof] / c]lQgk]j]ftfj/Of xB]y]of]. To]l]b]gs]f]slffaf6 of]s'f] 1fg eof] l]s lzlfsn] aRrfx;nf0{k7 3]f]f]pg dfq hfg] g]xg] /x\$. l]le]g t]l/s]af6 k9f0k]t pglx;nf0{ p]t]k]l]t ug} ; Sgk]g] /x\$.

To; k15 klg d s]f]F /f]f]l-rt l]f]of]x; ; a ; f]l]f]ts]f/ ePF t]k]lg To] l]b]gs]f] ; D%g]f] d]f]f]dfg; k6ndf lgs} t]h]f eP/ a; \$]f] 5 . d]f]f] lzl]f]of h]j]gs]f] To]f] k]x]n]f] v]b]s]n]f] eP]s]f]n] klg x]f]h]f] dnf0{x/\$]k]N6 slffdf k:bf Tox] l]f]of]s]f] ; D%g]f] c]p]B . oBlk c]lxn] d]h]g; {l / Pns]hlsf aRrfx;nf0{x]f]0g ; /s]f]l : s]hsf (-!) slffsf lsz]f] lsz]f]l]nf0{k9fpgk]g]l]h]d]f]f]l k]P]sl 5' .

cgkf n]f]d]5fg] afu]x]0f] d]f]Wolds l]B]f]no afu]z]j] /l, eQnk/

I; sfp]g]e]G]bf I; Sg kf] kfPFU

c]f]y\$ cef]s]f sf/Of a]P; ; l egf{x]g ; lsg]F. h]flu/ v]f]lg 3D]f-3D]f sl/a t]g d]x]g]k]15 @)^^ d^k / % ut]u?sh d]f]j]df lzl]fs a]G]c]j ; / k]PF. Tox]f]d]h] slff !) df l]j]1fg / ul]of]t k9fpgk]g]l]yof]. !* j]f]d]f l]x]B/x\$]f] ddf To; c]l3 s]f]x]l; a] ukm ug] / x]f]v]h] ug]af]gl l]y]g . ; f]d]f]h]s]l]of]s]f] cef]j]n] x]f]h]f, s]f]l]x;]s]f] cuf]l8 af]l]bf t kl; g]f]g]c]p]f]of]. t]k]lg d l]j]B]f]nod]f] k9fpg uPF. Tox]f] h]f]g]e]G]bf cuf]l8 s; h]f]0{l]rg]s]f] l]y]0g]F. To]f]d]f]f]n]flu l]a]N]sh} gof]F]f]p]f]y]of].
d :sh ku]F. b0]h]g]f

lzl]fsn]dnf0{l]r]G]g]e]P]s]f] /x\$. pxf]F;]n]c]j lzl]fsx; ; a] k]l/ro u/f]0]l]bg]e]of]. To; k]15 dnf0{ slffdf uP/ k9fpg elgof]. s]g}lzl]fs l]d]q]n]slffdf nu} k]l/ro u/f]0]l]bg]5g\h:tf]n]flu]yof] t/ To; f]e]P]g . c]lg d]h]k]c]nf0{ slffdf k]l/ro u/f]0]l]bg c]f]u} u/F. t/ k]c]n]a]t]k]f]0{k]l/ro; Dd ug]g] ; Sg]e]P s]ug]G]5 <s; /l k9fpgk]G]5 a] egl p]l]6} %k]f]g]e]of]. d P]s]l]5g t c]S]s g a]S]s ePF. To; k]15 d]b' b]x]f] ag]PF/ P]S]n} slffdf h]f]g to]f/ ePF.
dg c]l]d]n]f]k]b]x]rs / 8:6/ af]s] slff !) df k]j]z u/F. ; a} l]j]B]f]y]l{ c]f]k]n]e]G]bf 7h]f b]l]v]g]p]Q]m

k9g ; l]h]n]f] k9fpg u]f]x]f]

d ; g]f] x]B]f]s]f] p2]z]o g} lzl]fs a]G] l]yof]. dnf0{g]k]fn] l]j]ifo w} dgk]g] eP]s]f]n] To; a]f : g]f]t]s]f]Q/ ; D]ds]f] c]f]k]r]f]l/s c]W]oog klg u/F. af]N]of]j : y]b]l]v]s]f] n]l]o ; s]f]f] k]f]g]c]j ; / 0g?j]f-# s]f] h]gs : d]f]t d]f]Wolds l]j]B]f]n]l]b]of]. d]h] * , (nf0{g]k]fn] k9fpgk]yof].
k9fpg]s]f] n]flu k]x]n]f] l]b]g eg} :sh k]l]bf k]W]of]g]f]W]of]ks / c]6 lzl]fsx;]s]f] c]f]k]r]f]l/s : j]f]ut]k]15 dnf0{ul]of]t l]j]ifo k9fpg] lzl]fsn] k]7]f : s]h]s]f] k]l/q]m]d]f u/f]P/ d]h] k9fpg]k]x]n]f]slff; Dd 5]f]l]8]l]bg]e]of]. To]f] (slff l]yof].
slffdf ; a]l]j]B]f]y]l] ; k]f] ; j]f] ; 6 / s]f]n]f] k]of]6 n]u]f]P]s]f] l]y]P . ; a]h] dnf0{gd:s]f/ u/] c]f]g]f] t]k]n]e]f]6 c]f]b/e]f]j k]s]6 u/]. k]f] k9f0; s]k]15 l]j]B]f]y]l]x; k]z]g ; f]lg yfn]. d klg P]s-P]s u/] k]z]gs]f]h]j]f]k]m l]b]F]uPF.

t/ s]x]l k]z]gs]f] d]h] ; x]l p]Q/ l]b]g ; lsg]F. c]f]k]n]f] h]f]g] 5' e]G] e]f]j]g]f] af]s] slffdf uP]s]f]d c]g]t]t]m n]l]h]t ePF. h]als d]h] ; f]l]w]s]f]k]z]gs]f]h]j]f]k]m l]j]B]f]y]l]x;]n] a]8]f] ; h]s eP/ d]e]G]bf klg /f]d]l] l]b]P]s]f] l]y]P .
k]x]n]f]l]b]gs]f]lzl]f]of] c]g]e]j]n]dnf0{ w} } s]f] l ; s]f]of]. d ; a] : g]f]t]s]f]Q/ t]x]s]f] k]d]f]of]k]q eP t]f]k]lg d]h] ; f]g] k]z]gs]f] klg p]Q/ l]b]g ; lsg]F. l]j]B]f]y]l]x; k]z]gs]f] cuf]l8 d]f]f] To]q]f] j]f]f]s]f] k9f0 s]f]d n]f]u]h . c]f]k]r]f]l/s l]8]u]l e]G]bf c]g]e]j / c]W]oog 7h]f]x]f] e]G]s]f] k]x]n]f]l]b]g]n]l] ; s]f]of]. ; f]y} c]f]k]n]e]G]bf ; f]g]f]af6 klg w} } s]f] l ; S]g] d]f]s]f] k]f]0]B]f]x]\$ e]G] s]f]f] h]l]j]g]d]f] k]x]n]f]k]N6 y]f]x] k]PF. k9g ; l]h]n]f] x]G]5, t/ c]j]nf0{k9fpg l]gs} u]f]x]f] k]b]f]x]\$ 0

u]f]g]y]f] G]of]k]f]g] h]gs : d]f]t d]f]j] = 0g?j]f

slffdf kj]z ubf{; a}f6 .u8
 dlgl[lsf]ck]ff u{/sf]lyPF. t/
 lj Bfyl{af]hg\ . d]h]g}.u8 dlgl[
 zAbn]; Dafwg u/F. ; a}lj Bfyl{
 hf]n]xf]. . o; }klg aflg 8/fpg]
 ; d:of ePsf]dfg; To; dfl; ; ah]
 xF; lbff dnf0{; fx}ufx] eof].
 c; s;l aflgebf klxn]; a}
 slffnf0{rf]/t/ x]F. lj Bfyl{;sf]
 6psf]uGg ynf. slffdf % hgf
 s;l / !# hgf s;f lyP . d]f]
 dg ef/l e0/x]f]lyof]. t]klg
 d]h]kl/rof]ds sfognd cu]f8
 a9PF. d]h]cf^gf]gfd eGg z?
 u{/s}j]hdf 8/n]alr]cf^gf]
 7]fgr lal; PF/ c8]sPF. lj Bfyl{;
 k]l/ unln xF]. cu]f8kl\$
 s;lx; a; \$f /x]g\ . pglx;s}
 cgxf/df d]f]cf^f uof]. Itglx;
 %g]xfy yfn]. To; n]ddf %g]
 af] a9of]. t/ d /f]sg]
 cj:ydf ly0gF. dnf0{x/xfntdf
 slff lng'lyof].

lj Bfyl{; xF]sf xfo}u/kl5
 d]f]zlf cs;kn(uof]. ol
 lsg xF/x]f 5g\<st}sk8f
 nu]ff ldn]f]5g] ls <st}
 cgxf/df sfnf]bfu cyjf kn]f]
 nfu]f]kf]5 ls <st}skfn
 gldn]f]kf]xf]ls <cl3Nnf]lbg
 3/ 5f]v P]f klg x]f{kfPsf]
 ly0gF. o:tf s/f dgdf v]h]pff
 v]h]pff]d^a]s/s]s8f lr; f]f
 klg dnf0{kl;gf cfof]. c%
 nfu5, slffdf s;lx; ge0]bPsf]
 eP dnf0{o:tf]x]f]yof]xf]f .
 -kl5 yxf eof] tl s;lx;df
 w]h;f]lj]flxt /x]g\ . lj Bfyl{
 xF]sf]xfo}b]kl5 d %g\
 ; zlf t ePF. st}d]f]kf0G6sf]
 r]v]h t 5g] <s; }f0{yxf
 gxg]u/l sfG5l cf]n]kf0G6sf]
 r]v] 5f5d kf/F. ; f]l]oz r]v]
 t 7]s}/x]f] u
 To; kl5 ; a}f0{rk nllg
 cfux u/F. nfd]Z]f; k]h}

ul0ft; DaGwl ; fdfgo kf7sf]
 JofVof z? u/F. To; kl5 s;l
 lj Bfyl{dnf0{; xof] ug]jrg
 lbP . k9fpg]cj; / kfP k]l/
 e]g]/ d]xgt u/] k9fpg]jrf
 ub{s]lffaf6 aflx]/PF.
 To] slffaf6 d]h]
 d]f]hljgsf nflu w]}dx]k0f{
 s/f l; Sg kfPF. klxn] cfkn] E
 lj ifoj:t]sf]1fg eP/ dfq klb],
 aflg]afg]sf]lj sf; klg ePs}
 xgk5{. %g\fd]l]zlf]sdf bl/g
 t of]u0f ckl/xfo{g}/x]f .
 bf]f]hg; s}sf]d ug{klg
 cftdljZ]f; rffG5 . h]ul/G5,
 cftdljZ]f; sf ; fy ug{k]f]x]f .
 /, t]f]l]zlf]of x]f]vof c;
 h]sfddf xft xfn]klg ; km
 xgnf0{fd]f]k]{tof/l cfjZos
 kf]f]x]f .
 blksk]fb e08f/l
 iff]zfb]l pdf]j, dEn; g, c5fd

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नेपाल एफएम नेटवर्क

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s l f d f k l x n f] l b g

.km6 ODK] g Oh
nf:6 ODK] gU

:gfts txsf] cllloog k'f u/] d sf7df8f66 ufpF
k'isPF. cfk'ih] g} cllloog u/}sf] hgtf dflj, la3fz
:of^h'ndf lgdf]j:t/df /xl dflj tx; Dd g'kfnl
lj ifosf] clllokg ug] lzlfs cfj Zos ePsf] ; 'g
k'fPF. tTsfnlg k'c gf/fo0fk] fb kf080nf0{ e0
lh'zsf :of^h'ndf u0{e}%) ; fn df3lt/ lgoLQm kq
ln0{hgtf dflj sf nflu lzlfs e0{c'fPF.

d x0; /; E} slff !) df kj z u/F. pxfh] slffdf
d'f]kl/ro; E}; ^N'kdf d'f]kl'tef / lfdtfsf]af/0f
klg k'fz kl/lbgeof]. dnf0{n'U5, o; n} slffnf0{
cln ; xh k'f'of]. lj Bfyl'f] p'hofnf] cgxf/n] pglx
dklt ; sf/fds 5g\eg] 7fgF/ slff z? u/F.
kf7 lyof] e'j cof'af/f ln'vt hoef]h lga0wsf]
Jofs/Of cEof; . ToxfHb0Psf p'vfg 6Ssfsf]kl/ro,
efiffdf o; sf]dxlj atp'f] slff cu'f8 a9fPF. kf7df
k'ofu ePsf p'vfg 6Ssfsf]cy{atf0lbg]/ cy{dfq
atf0lbg ga'af To; nf0{jsodf k'ofu u/l a'f'p'f]
lyPF. cEof; ; lsPk15 lj Bfyl'f] kf7eGbf aflx/sf
p'vfg 6Ssfx'z] cy{; flg yfn]/ d ltgsf] hj fkm
lb'f] uPF.

cgfof; } Pshgf lj Bfyl'f] k'z'g u'f'of] ... / 0
rf] k/] r'f'f'l / fw' k/] zh'w sf] cy{s] xf] < d'f]
dfg; k6nn] rSs/ v'f'of]. d'f] w'f'f] ; f'f' a'f'f' ; D'f'f'
t/ sxlFst'af6 d'f] dl:tisn] o; sf] cy{ k'fPg .
pQ/ lbg g; s'0f slffaf6 aflx/gkg] cj:yf klg
c'f'p'f ls h:tf] eof]. hlp cl; gkl; g eof]. slffdf
s'xl'f'of ; G'g'f 5f'of]. s'xl gnfukl5 x'o; sf] pQ/

Pshgf lj Bfyl'f] k'z'g u'f'of]
... / 0 rf] k/] r'f'f'l / fw' k/] zh'w
sf] cy{s] xf] < d'f] dfg; k6nn]
rSs/ v'f'of]. d'f] w'f'f] ; f'f' a'f'f'
; D'f'f't/ sxlFst'af6 d'f] dl:tisn]
o; sf] cy{ k'fPg . pQ/ lbg g; s'0f
slffaf6 aflx/gkg] cj:yf af6 aRg
ef]h pQ/ lb'65' eg] 6f/F.

ef]h lb'65' egF. ; 0f] jf ; f'f' l'ol Toxlj hf 306l
n'f'of]. slffaf6 aflx/l'f, dnf0{Pp6f aGblu'af6 aflx/
lg:s] h:tf] :j R56btfsf] cge't eof].

ef]h k'N6 ; f] k'z'gsf] hj fkm lj Bfyl'f] 0{ l'ro a'g]
u/l lbPF. To; kl5 lj Bfyl'f] dklt gsf/fds ePgg\
d'f] klxnf] slffsf] cge'j n] ; s'f'psf] kf7 x'f] hf] s'f'k
lzlfs klg k0f{tof/l'sf ; fy slffsf] fdf kj z ug'k5{.
lj Bfyl'f] ; E klg lzlfs; E gePsf] 1fg x'65 eGg]
:j lsfg'k5{.

d'f] xfn; Ddsf] lz'f'of k'z'fsf] cge'j n] eG5M klxnf]
k6s slff lng] ; fy l'x; n] lj ifoj :t'sf] tof/l; E} c'f'k'f'Gbf
lj 1 lzlfsx; nf0{; f'f] lj Bfyl'f] ; s'f'of] t/; k'f] {1fg
y'xf k'fP/ p'f; fx / v'; l'sf ; fy cfj Zos ; Dk'f' ; f'dull
c'f'k'f' E} lnP/ slffsf] fdf kj z ug'k5{. k'c=k'f'f'of' ; n]
gofH'z'lsnf0{slffdf kl/ro u/f'p'f ; s] Dd lz'f'ssf]
kl'tef / cltl/Qm 1fg=; lkaf/] ; d'f] 5f'f'f] kl/ro
lbgk5{. elg'65, .km6 ODK] g Oh nf:6 ODK] gU . d'f]
oxl cge'j n] slffsf] fdf kj z ug'k5{ lj ifoj :t'; f'dull,
lqmf'snfk / d'Nof] gaf/] Psk6s l'rg'tg ug{k'lg afl'w
k'f] / x'f' .

/fdk] fb kf080 -g'k'fnl
euj tl g'g'f pdf]j, lddl{9fj, :of^h'

kf7 k9f0gF kf7 k9F

@)\$\$; fn r'f] @ ut]
r'Gbl'of] t k=df=lj = 13l/E,
; Gw'f/f, tgx'f] slff * df
klxnf] k6s d lzlfs ag]
kj z u/F. k'f] t'f] j dflj
ePsf] lj Bfyl'f] ; ^N'of
k'f'ofpgsf] nflu klg x'f'f,
Toxf'w'] pd] 15lk'Psf lj Bfyl'
klg bl'Gy]. s; ; s; f'f] t
d'f] f'Gbf klg a9l pd] eP
h:tf] n'f'U'of]. k'fn] dnf0{

kl/ro u/f'p'g slffdf n'f'f'geof].
..n l'tdlx'z] sf] gofF; / c'f'p'gePsf]
5 . cg'z'f; t e0{k9'gU eg]
px'f'af'xl/g'f'of]. gof'f'z'ls
klxnf] lbg slffdf k:b'f lj Bfyl'f]
:j f'f'f] s ; kd} a9l lh'1f; 'x'65g\
t/ d'f] Toxf'f'io:tf] kf0gF. c'f'k; df
vf; v'; rln/Xof]/ dlt/ eGbf
slffsf] w'ofg c'Gog} uPsf] dx; ;
eof].

du/ h'f'f'sf lj Bfyl'f] afx'No

ePsf] pglx'z] sf] efi'f a'g
dnf0{sl'7gf0{e0/x'f'f] lyof].
st} loglx'z] n] leqleq} dnf0{g} t
lh:sf0/x'f'f 5'gg\eg] klg n'f'of].
gof'f' slffdf ; j'k'yd kl/ro
ug'k5]; fdf'go tl/sf t dnf0{y'xf
lyof] t/ lj Bfyl'f] ; sf] cj:yf x'f'f'
Tof] To't k'f'f] sf/l x'f'f' h:tf]
n'f'uf]. To; } hf d'f] c'f'k'f' lj Bfyl'
x'f'f] Pp6f s'f' ofb c'f'of]. x'f'd
slffdf cln cl'gol'qat x'f'f u?x'
x'f'dlnf0{syf ; b'f'pg y'f'ng'G'Yof].
d'f] klg ox'f'f'oxl tl/sf c'kg'f'pg]
lj rf/ u/F. ..n l'tdlx'z] sf] klxnf]

efif0f dfq lbPF

dlwo ; fpgsf] jhf lyof]. :sh klbf lbgf] sl/a Ps ah\$] xbf] x]. tTsnlg kç ; fydf xgXGyof]. pRr dfij pb\$6gsf] lbg ePsf] lzlfS ; fylx; Wj hfktfsfn] lJ Bfno l; ufgdf Jo:t lyP . sf7df8f6 cPsf].gofFlzlfsl eg] sfdsf ardf g}; a); fylx; d; E kl/ro ug{cf0kUgeof]. nu0}cfkrfl/s sfoqnd klg z? eof]. ufp\$}Ps hUufbtf kv ctly xgXGyof]. pxfn] kb{p3f/} pdflj sf] af\$} vfhk15 pdflj pb\$6g eof].

sfoqnddf .gofFlzlfsl eg] pkl:yt lJ Bfyl{ / cleefj s ; adf dkl t pT; stf blvGyof]. To; h} xhf, ctlysf ; kdf cf; g uxof u/fP/ sxl aflhbg cfux ul/Psf] lyof]. t/ dh] aflj rflxgF. af\$} j Qmfx; n] cf'gf] egf0 /fvk15 sfoqnd ; ls65 xhf eG] dh] ; f] \$f] lyPF. t/ crfgs pb\$6fsn] dnf0{ slff !! sf] slff z? u/} pdflj sf] pb\$6gnf0{; fy\$ agf0lbg ; fj klgs ; kdf g} cfux u/].

nf} laTof; k'fof] U dh] t ; f] \$} ly0gF To; /l crfgs slff lngknf{eg} . ev{ lJ Bfyl{ hljg k'f ul/Psf] 5, lzlf0fsf] sb} cgej 5g . dfg; s ; kdf klg tof/ xg] cj; / ldnq . t/ of] s'f s; } E /fVg] cj:yf klg lyPg, lsgeg] To] gofF7fpFt lyof] g} To; dfly ; fj klgs ; kd} slff ; ~rfng ug] s'f 3fjoff klg e0; s\$] lyof]. d s; u/l pDsg] 7fpFaf\$} lyPg . cgtM sfoqnd ; s} c; x; 3/ kmsf drflxfrs-8:6/ af\$} slfflt/ nfuF. slffdf !^=!& hgf lJ Bfyl{ lyP . dnf0{ slffdf l5/; sk15 klg cfkm' lzlfS xFeg] lJ zj; g} ePg . crfgs d oxl s/fn] g'fjfg kf] kl\$} U lJ Bfyl{ rNdnfPkl5 d %NofF, ePF.

d lzlfzf:qsf] ge0{ ; dfhzf:qsf] lJ Bfyl{ lyPF

To; h} lzlfssf] ; kdf slxNo} klg slffdf k; \$f] ly0gF. lJ Bfyl{ hljgdf slxn} \$xlFefif0f eg] u/\$f] lyPF. To; lbg Toxl efif0fn] dnf0{ ; fy lbof].

cfkrfl/s ; jfut / kl/rok15 dh] efif0f z? u/F. d] f] efif0fsf] dh cfzo lyof]. d oxfF3/ agfpg cPsf] xF z] lfs 3/ . To] 3/ lgdff ug{ tkf0; n} ; xofu ugk5{ . hljg l; sf0 x]. slxn] d tkf0; af6 l; S5; slxn] d tkf0; nf0{ l; sfp5' U o:t} egf0; Psf] f] /fVb} df0qnf] ^6 sDkgsf] gf/f .ls hfzsf ; fy sfd u/, xfg eg] 3/ hfpM, dfwj l3ld/\$f] .9Efsf] sfk km' klg pd45 klkn] / >ldbefuj t ultfsf]. sfd u/ kmnsf] clwsi/ ltdldf 5g h:tf plQm; hf\$} uPF. d] f] efif0fn] lJ Bfyl{ lgs} k'f] j t eP5g\ . k9gsf nflu zx/l t/ hfg tof/ ePsf sltko lJ Bfyl{ kl5 ToxlFegf{xg tof/ eP5g\.

; shdf /fhwglaf6 k\$flzt xg]; ah; f] kqklqsfx; k'fofpg] Joj ; yf ldnfPF. kTos zqmaf/ lJ Bfyl{ f0{ kf7dk:ts eGb afx/sf lJ ifodf 5nkm u/fpg yfnF. slj tf, syf, uBnyg h; n] h]; S5 To] nVg nufPF.

t/ rfx] h:tf] jftf] /of gePkl5 d To] :shaf6 ^ dlxgd} labf xg kuF. t/ dh] To] slffdf klxn] lbg efif0f ubf{ 1fg / r] gfsf] alp /fl kl z] lfs 3/ lgdff ug] hg r] g'f k'fPF cfh klg d To; df plQs} kl'ta4 5' . ; Eo ; dh / c; n gful/s ePsf] 3/ lgdff lzlfSn] dfq} ug}; S5g\ eG] s'fd d lJ zj: t 5' . o; sf nflu xfd lzlfS; df sfdkltsf] nufj / kl'ta4t h?/l x65 . lzlfS; sf ; d:of w] ; 5g\ t/ l'gnf0{ lrb} lJ Bfyl{ r] gfsf] alp /flg] st'odf k5f18 kg] sfd xfdlaf6 xgx} .

lJ z/Of lJ fnl dx|b| axdVl Sofdk; , afln^a

slff d syfaf6 z? u5{x65 U egl lJ Bfyl{ E kZg u/F. ; ah] .x65U egl ; xdt hgfp . To; kl5 eXj cofnsf] .rGbhfsf] ofqfl gdsf] syf ; g'fPkl5 lJ Bfyl{ sxl zfgt eP . To; kl5 kl/rosf] qnd rNof]. ; aGb cGtodf cf'gf] kl/ro lbPF.

ca cfof] lJ ifo lzlf0f ug] knf]. cfhsf] kf7 /x\$- lJ 1fg lJ ifosf] .jfg:klts khgg\ . eof] ca U lzlf0fsf] klxn] lbg, g'f lJ Bfyl{ kf7 klg g'f] U slffdf s] k9fpgk5{eg} g t dh] x\$; /; E

; f] \$f] lyPFg t pxfn] g} sxl eGgePsf] lyof]. d] f] cf'gf] lJ ifo lyof] g'f] / ; fdlhs . k9fpgk5] ef] lJ 1fg U

d lJ 1fgdf z6o g} t ly0gF t/ To; lbgf nflu ; lhnf] p'kro /fhF. gofFk7 z? ug\$] ; \$f cl3Nnf kf7x; sf] kg/fj n'f\$g ug] t/ nfuF. lJ Bfyl{ nf0{ cl3Nnf kf7sf kZgx; ; flb} uPF. ; f] \$f kZg snf'f'ldf n'v} klg uPF. rf/ j6f kZg ; flw; sk15 ; xl pQ/ gcPsf kZgsf] pQ/ slff ; ftaf6 kyd eP/ c'fpg] lJ Bfyl{ f0{

lbg nufPF. clg k'f slffnf0{ To] pQ/ ; xl xf] <egl ; f] \$f. sxl n] xf] /; egl pQ/ lbP . olQsd' csf] 306l nfluof]. d slffaf6 aflx/PF.

lzlf0f hljgsf] To] klxn] slff d slxNo} klg eNg ; lSbgF lsgeg] lzlfS xgsf nflu rflxg] ; aGb dxl'j kof{ kf7 dh] Toxl slffdf l; sF. / kf7 lyof] .k'f tof/l u/} dfq slffdf hfgk5{ U

/fdk| fb b] sf\$ f Idqtf pdflj, cf\$V} g-l, t'gxF

kn] / lz l fs xg kf p n f U

lgbhlo k-rfotl Joj:yf 9n] ev{axbnlo
 Joj:yf kg:yf[kgf ePsf]lyof]. d}k9\$sf]
 ; b/dsfdsf] :shn] vlnf klt:kwf6f6
 kl]j txd f b0{ hgf lz l fs l golQm ug{
 lj 1fg uYof]. d]h] a8f] pT; fxs f ; fy
 cfj lbg u/ f. krf; hgf klt:kwf6]k/liff
 lbof}. kF-5 hgf klt:kwf{ al-P= kf;
 u/\$f lyP eg] d ev{ P; Pn; l u/ }
 Sofdk; k9g z? u/\$f]lyPF. t]klg, pRr
 dgfan / cfdlj Zj f; sf ; fy k/liffdf
 ; fdh] lyPF. geGb}c; klt:kwf6f0{pl5g]
 d]h] Ps gDa/df gfd lgsfnF. d]vdsf
 kl g klxn]gDa/d}pQl0f{ePk15 lszf]
 josf] pTsfifdf d gfglx;nf0{ k9fpg]
 df:6/ agF.

lxhf] Dd d Toxl :shsf]lj Bfyl{cfh
 Toxl :shdf df:6/ xg kl\$sf] lyPF.
 d]f; fd' b06f eldsf lyPF. u?x;sf] nflu d Psflt/
 r]hf] / csf]t/ ; xsdl{ lz l fs kl g xg kl\$sf] lyPF.
 ol b06fsf] alrdf ; fd-h:o sfod ug{ dnf0{ stfstf
 cK7df/f] ePsf] lyof].

d]h] lj s6 ufPsf lj Bfnodf Ps g Ps lbg lz l fs
 aGg] s/f ; f] klg ; b/dsfdsf] kltli7t / k'/fgf]
 lj Bfnodf olt l56]lz l fs a65' xfhf eGg] ; f] \$f] ly0gF.
 kn] / uf0\$6 h:tf] 7fpdf ; f] kn] {gePsf ; j {fwf/0fn]
 hflu/ vfg] s/f lrtfpg' kl g x6g eGg] wf/Off Joft
 lyof]. d kl g To; af6 dQm ly0gF. t/ lz l fs ; ldtstf]
 lgikl dNof]g k0fnstf]sf/Of d o; 7fpdf lz l fs xg
 kl\$sf] lyPF.

:sh k] z ubf{ lj Bfyl;nf0{ k9fpg g; sFf eGg]
 8/ t dnf0{/lOe/ lyPg . lsgls ; /b/df d /fd]
 vfnsf] lj Bfyl{ ePsn] dflj tx; Dds} c^a\hl-ul0ftsf
 ; d:of /fd]; t xn ug{; SyF. t]klg dgdf lj Bfyl;nf0{
 lrQa"bf] u/l kf7 k]t't ug{ g; sFf ls < sf]fdf
 plePk15 c; GtInt of xlgtafvn] ufnf ls, k]tlt
 laug] kf] x] ls eGg] zlf / qf; rfxFlhj t lyof].
 To; h] klg d]h] /fd] tof/l u/\$f] lyPF. lz l f0sf] klxn]
 lbg dnf0{s lff-% df c^a\hl / Toq]lgsf sl fdf g]kfnl
 k9fpg nuf0of].

d]h] klxn] sl fdf kf7l; t ; DalGwt ; q-syf /
 r6lsnf ; gP/ lz l f0 sfo{cuf18 a9fPsf] lyPF. c; eGb
 k]vs\zhd f k9fPsf] h:tf] nfu\$ lj Bfyl;nf0{ l; Sgsf]
 nflu ; a}k] / t ag]. sl f sf] fdf cgf]f] ; Ggf6 5f0f].
 d c; pT; flxt eP/ k9fpg yfnF. lj ifoj :tsf] uxgtf
 / hl6ntdf lj Bfyl;nf0{ ; lhnf] ; t k] z u/fpgsf

; km lz l fs
 aGg] klxn] zt{
 lj ifoj :tsf] uxg
 1fg / lz l f0f
 snfdf kj l0ftf
 x]f]. kf7dqnd,
 kf7dk:ts afx\$ssf]
 1fg-lj 1fgsf]
 ; fu/nf0{ kl g
 lz l fsn] plQs}
 lkPsf] xgk5{.

nflu kf7l; t ; DalGwt ls; ; f-sxfgl ; q-syf,
 af]wsyf, nf\$syf, /f]s ; Gbe{ r6lsnf,
 ult, slj tf cflbsf 6qmf ; gfp6} cuf18
 a9fpg] s/f]sf] 1fg d lj Bfyl{ x6} d]f u?
 /drGb] a:g]af6 kfPsf] lyPF. a:g] ; /n]
 g]kfnl k9fpg yfnk15 ; do lat\$]f] yxf
 xGgYof].

pT; fxs f ; fy k9f0/x\$]f] lyPF. aflx/
 leQsf] cf8df 5lnP/ d]h] k9fPsf] bZonf0{
 'ofnsf] ; fg]sfkaf6 s; h] lrof0/x\$]f] b]vF.
 r:dfsf] 5p b]v]g] lQs} tl df65] kc j l/Qb]
 a:g] xg\ eGg] yxf kfpg a] nfu0 . d
 Ps]f]6 vofsvqs unF. dgdf ; l]f]sf]
 efj pln0f]. t/ kl g sFf/ dgnf0{ ; fx; l
 dgn] lgbz uYof] agx8a8f0 k9f . t]f]
 clUgk/liff x65 . x]z / w0{gudf0{k9f AE
 dgn] dgnf0{ ; f6Tjgf lbP kl g klxn]sf] h:tf]

lgliknm eP/ k9fpg ; lsgF.

dnf0{ efl]nkN6 gofF.?l6gl lb0of]. To; cg' f/
 d]h] kl]j sf s]xl slff afx\$ ^ b]v * ; Ddsf lj ifox;
 k9fpgkg]eof]. bf] fl]lbgaf6 lz l f0f sfo{c; ; xhtft/
 cuf18 a9df].

klxn] lbgf] lz l f0sf0h] dnf0{ dleqsf] ; an /
 ba'n kl f Ps]f]6 lrgf0lbof]. ; an klfd d]h] ; f] \$Gbf
 a9l g] /fd]; t k9fpg ; Sg]x\$' eGg] s/f 1fg eof].
 ba'n kl f rfxFcfkneGb dflysf] JoIQm fd' d ; l]f]zln
 aGbf]x\$'. dleg eosf efjgf kl g TolQs}anzfnl /x\$g]
 eGg]a%h. To; h]cfh kl g d cf^gf] 1fg / lfdt a9fpg,
 cfkne' E /x\$]f] ; an klfnf0{c; dhat kfg{clg ba'n
 klfnf0{b?T; flxt ug{lg; l]f] , alxdyl / cfdlj Zj f; l
 aGg s7f] ; fwgf / >d ul//x\$]f] 5'.

d]f] al; j if] lz l f0f cge] n]l; sPsf] kf7 x] ; km
 lz l fs aGg] klxn] zt{lj ifoj :tsf] uxg 1fg / lz l f0f
 snfdf kj l0ftf x]f]. kf7dqnd, kf7dk:ts afx\$ssf] 1fg-
 lj 1fgsf] ; fu/nf0{kl g lz l fsn] plQs}lkPsf] xgk5{.
 cfh d cf^gf] lz l f0f hljgsf] ; j l0f0 sfndf 5'. cf^gf]
 pHHj n eljiosf] lglDt 1fg sdfpg cPsf lz l f]yl\$]
 alrdf lat] d]f @) jif{. lz l f0f hljgsf] of] ; Gb/
 ofqfnf0{d]h] hljgsf] ; fy\$ / pTkbzln sf d 7fg\$]
 5' . c;n] lz l f0f k]zfnf0{x0 bl]6n]x] \$]f] avtdf dnf0{
 eg] csf] hgl 5 eg] To; df kl g .df:6/0 g}eP/ hl6gd]
 /x/ 5 .

k0o sfs] k]rf0{
 hgHof]t pdf]j rxf8] pbok/

klxnf] s lffaf6} w} l; sF

lj; # @) #) k; \$ ut]; nfxl
 lhNnfsf] > l k-rfot cfbz{
 lgDgdflwolds lj Bfno wgu9fsf]
 lzlf s e0{ sfd z? u/l
 ; fdbflos dflwolds lj Bfnol
 ; ltfk/sf] klyfgflwofksaf6
 ; jf lgj Q e0; sF. t/ klg
 lj Bfno-slffdf uPsf] klxnf]
 lbgfsf]; D%gf ubf{ dg /fðfl-rt
 xG5 .



slffdf hfgsf nflu sg}
 tof/l ug{kfPsf] ly0Gf.
 lj ifoj :t' t sl7g lyPg t/
 lgoQmsf qmddf vlgk/\$sf]
 /fhglts k' f0xsf] k' En] kðf
 u/\$f] lSttfsf ; fy} lzlf s
 eP/ slffdf s; /l k'it' xg]
 eGg] s/fx; dgdf vln/xsf
 lyP . To; n] dnf0{ sxl sdhf]
 klg agfPsf] lyof]. t/ d]f
 u? tyf tTsnlg lzlf s pkðb]
 bOn] dnf0{ slff ^ df nu]
 lj Bfyl{ fd' nfd] efi0f lbgEOF].
 To; n] d]f] cfdan a9fof].
 aqr, 8]s Joj l:yt lyP
 / slffsf]f ; knf lyof]. kl5
 yfx eof] lj Bfyl{h]; wFcfknf
 sf]f ; knf ug] u/\$f /x5g\.
 of] s/f klg d]f] lzlf of kzf sf]
 hljgsnsf nflu k]offbos
 ; flj t eof]. lzlf of kzf af6
 lgj Q xg] j]hf; Dd klg
 lj Bfnonf0{ s; /l ; knf; U3/
 /fvG] / s; /l ; hfgp] eGg]
 s/fnf0{ Joj xf/df Nofpg
 To; af6 dnf0{ w}]; lhnf] ePsf]
 lyof].
 d]f] klxnf] slffsf]; ?cft
 k/Dk/fut 9fFsf] kl/roaf6}
 ePsf] lyof]. lj Bfyl{ cfsli f
 ug] s/f slt dxlf k0f{/x5
 eGg] t kl5 tfind / cgej n]
 g]l; sfof].
 kms] xðf{ klxnf] lbgfsf]

s lffaf6 dh] eflhkn6 jf eljiosf
 nflu lgDg s/fx; l; s\$] lyPff
 != lzlf s /fd] ; knf / ldn\$]
 nuf nuP/ slffdf hfgk5{.
 @= cgxf/ xF, nf] agfpgk5{.
 #= k9fpg] kf7sf] k' {
 tof/l; lxt slffdf hfgk5{.
 \$= lj Bfyl{nf0{ cfknt'/ cfsli f
 ug] lj leGg pkfox; cjndag
 ugk5{.
 %= cWofkg ubf{ lj Bfyl{Bb]
 lzlf of lj lw ckgfpgk5{.
 ^= k7 k9f0; skl5 a%] ga%
 s/fx; sf] lgoldt dNof] g ugk5{.
 &= ; sf/ftds ; f] /fvGk5{.
 sl/a tlg bzs nfd]
 ; xelutfk15 dh] lzlf of kzf af6
 cjsfz ln0; s\$] 5' . d]f] nfd]
 lzlf of cgej n]l; sPsf sxl
 Joj xfl/s s/fx; cfhsf lzlf s
 ; fylx; nf0{ sxl xb; Dd pkofil
 xg; Sng\ls eGg] cfzf; lxt
 aB]ut ; kdf pNny ug]; fGble\$
 7fG65M
 != cleefj s / kcaf6
 ; sf/ftds ; xofl] lng hfgk5 .
 @= lzlf sx; alr ; wFkf/ :kl/s
 ; sf/ftds lj rf/sf] cfbfgkðf
 ugk5 .
 #= lj Bfyl{df gofFgofFs/f
 l; Sg] afglsf] lj sf; u/fpgk5{.
 pglx; df ; sf/ftds ; f]sf] lj sf;
 u/fpg lj z]f Wofg lbgk5 .

\$= k9fpg] kf7sf] k' {
 tof/l sf ; fy} lj Bfyl{nf0{ cfknt'/
 cfsli f ug] lj leGg lqmfnsfk
 ugk5 .
 %= kf70j :thf0{ ; 3fpg] yk
 lj ifoj :t' / lqmfnsfk cflb
 cfj Zos kb5g\.
 ^= kçsf] xsdf lj Bfnodf
 lgoldt pkl:ylt, cfly\$
 sf/faf/sf] kf/blzffsf ; fy}
 lzlf s, lj Bfyl{ Pj d\cleefj sdf
 ; dfg Joj xf/ ckl/xfo{ 5 .
 &= lzlf s sf]; DaGwdf lj Bfyl{
 / cleefj s; f]sf]; dfg Joj xf/sf
 ; fy} kç Pj d\lzlf s, sdf/falr
 kf/:kl/s ; xofl] ftds lj rf/sf]
 cfbfg-kðf e0/xgk5{.
 * = lzlf s, sdf/l /
 Joj :yfg ; ldtalr /fd] /
 ; xofl] ftds ; DaGw xgk5 .
 To; lgldt kçsf]; sf/ftds
 eldsf /xgk5 .
 (= lj Bfno lj sf; sf] nflu
 Joj :yfg ; ldt, cleefj s kç
 Pj d\lzlf sx; alr lg/Gt/ ; jfb
 / cGt/lqmf xgk5 .
 olt xg; Sof] eg] xfd]
 ; fj hlg s :shx; sf] :t/df sxl
 j if0] pNny glo ; wf/ cfp5
 eGgdf dnf0{ k/f lj Zj f; 5 .
 lzj] / nfn
 ; jf lgj Q lzlf s
 ; xf]j f; ; nfxl

s lffdf klxnf] lbg



■ Onđf cu0n/

/fdf] tof/L g }
dVo s'/f

kęj sf/L lzlf0sf] ..uf]odGqł xf] gofF
z]łfs ; q z? xđf dfq xf0g, x/š 306L
z? xđcl3 slffsf]f / lzlf0sf nflu
cfjZos tof/L ul/ ; Sgk5{ tyf lzłfs :jod\
klg tof/ eP/ a:gk5{.

d] cfheGbf kGw] j ifcl3 Soflnkrl]g6fs] cfšNof08
lj Bfnoaf6 lzlf0f kžf z? u/šl xF. dđ] slff @
sf] slff-lzlfssf žkdf clWofkg z? u/F. slff axęfil
lyof]. lj Bfnosf] klxnf] lbg d lgs} g} v; L lyPF.
; fy; fy} dnf0{8/ klg nflu/xšf] lyof]. ađsf; Dddf d
Hofb} yfłs; sšl lyPF. slffdf hfgeGbf klxnf lgs} w}}
tof/L ugkG] / xš eGg] dđ] To; } lbg yxf kPF. t/ klg
To; lbg vf; } 7hf]; d:of eg] k/đ . lj Bfnosf z? sf
lbgxžn] To; kl5sf j ifcl3 df dnf0{ lgs} ; xof]u křofPsf
/ xšg eGg] rfxFkl5 dfq dx; ; u/F.

dđ] clxn] To; avt tof/ u/šf ?l6gxždf lgs}
; wf/ u/šl 5' . lzlf0f-l; sf0nf0{ kęj sf/L agfpg
Toltj hf dđ] cf'gf lqmf0snfxžnf0{ tnsf] 9fFdf
; dđšl lyPF

s_ lj Bfyl{/ cleefjs ; dbfosf] lgdřf .

v_ slffsf]f Joj:yfkg, ?l6g tyf slff ; -rfng
klqmf .

u_ lzlf0f-l; sf0 .

ol s/fxžsf af/đf lj :t] žkdf hfgecl3 !% jif
lzlf0f cęej]n] l; sfPsf sšl s/f pNny ug{ rfxG5' .
slffdf hfgeGbf cl3 lzłfsn] tof/L ug}k5{ . k] řof/L
u/đf lzłfssf] &% klřzt sfođ% slffsf]f df k:gcl3
g} ; ls0; sšf] xG5 . slff k] žcl3 lj Bfno kl/ ; /,
lj Bfnosf cG0 lzłfs tyf sdf/lxž; Ę kl/lrt xgk5{ .
lzłfsn] slffsf]f agfřsf] cfwf/df lj Bfylšf] a; f0;
; řgkf6l / klg{/sf] /vf0nf0{ z?d} Wofg lbgk5{ .
cyf{ 'cfkm'; a} lj Bfylxžsf] glhs klG ; Sg]u/ slffsf]f
ldnfpgk5{ .

kęj sf/L lzlf0sf] ..uf]odGqł xf] gofF z]łfs ; q
z? xđf dfq xf0g, x/š 306L z? xđcl3 slffsf]f /
lzlf0sf nflu cfjZos tof/L ul/ ; Sgk5{ tyf lzłfs
:jod\klg tof/ eP/ a:gk5{ . afšl sfd Tolt sl7g
5đg\.

; dbfosf] lgdřf

lzłfssf] klxnf] sfd lj Bfyl{ tyf cleefj ssf] sf]xn zřt
u/fpg' xf]. lj Bfnosf] klxnf] lbg clwsřz afnafłsfxž
c; lhnf] dfłg/xšf xG5g\ . c; lhnf] gnf0{ pglxž kw/s-
km/s tl/sfn] Jo0m u5G\ . ; fgř sšfsđl /řP/ Jo0m u5G
eg] cž sltkon] o; nf0{ afłx/ kš6 xg gıb0{ bafP/
/fvšf xG5g\ . x/š sšfsđl df cfkmhf0{ k9řpg] lzłfs /
p; sf] :j efj af/] sf]xn xG5 . cleefj sxždf klg cf'gf]
aRřsf] lzłfs s:tf] knf{ eGg] af/đf pT; štf /xšf]
xG5 . lzłfs ; wřxF nf] gd| / bofn' xg] k5{ . o; n]
cleefj s; Ęsf] ; DaGwnf0{ ; d] cfldo / hljGt agřp5 .

cleefj sxždf cf'gf afnaRřsf] k9ř0af/] hfGg] rfxgf
cTolws xG5 . lzłfsn] To: tf] efj gfsf] ; Ddfg ugk5{ .
slffdf cleefj sxžnf0{ sxřFa; řpg] Ps k6sdř slt
hgf; Dd a:g lbg] tyf slt c]lw; Dd a:g lbg] eGg] s/fdf
lzłfs klxNo} :ki6 e0; sšf] xgk5{ . lj Bfylxž /fd/L
al; ; sšl5 pglxž; Ęsf] cGt/lqmf / ; DaGw lj :tf/sf] qmf
z? ugk5{ . To; sf nflu sšl tl/sfxž o:tf xg ; S5gM

! = lzłfsn] x/š lj Bfylšf] gfd yxf křpgk5{ /
afřřpř ; xl pRřf/Of u/} afřřpgk5{ . x/š lj Bfylřf0{
Pscsf]f gfd yxf křpg ; lhnf] kfl/lbgsf nflu
pglxžnf0{ gfd; lxtsf] kl/rokq %08đřpg nufpgk5{ .



3hldn jftfj /of agfpgk5{. To: lglDt ljleGg vhxz vhfpg' Pp6f pkfo xG5 .

@= lj Bfyl{xzsf] kmf6f] lvr} csf] lbg pglxzs] gfd; lxt leQidf 6fF; lbgk5{. cf^gf] kmf6f] / gfd slffsf]fdf 6fF; Psf] kfp6f pglxznf0{ cfkm' slff; E ; DalGwt ePsf] / cf^gf] OHht ul/Psf] nllg yfN5 .

#= lzlfns]cf^gf] cf^gf]kl/jf/, ?lr tyf cfkm' lsg lzlfns ePFeg] af/df lj Bfyl{nf0{ atfpgk5{. o; f] ubf{ lj Bfyl{] lzlfss] af/df hfgg kfp6g\ ; DaGw lj :tf/ ug{; xh xG5 . lj Bfyl{nf0{ pglxzs] ?lr tyf lj Bfnodf pglxzn] ; Sg rfxz] s/f tyf kl/jf/sf af/df kfnkfn] eGg nufpgk5{. pglxznf0{ cf^gf] kl/jf/sf] tl: a/ jf o: t} lj z]f rlh k6z6 ug{ klg nufpg ; lsG5 .

\$= x/ \$ afnafnsf; E sg} g sg} ; lk, ?lr jf lfdt xG5 . pglxzs] o: tf ?lr, lfdt tyf ; lxxzs] klxrfg ugk5{/ To: nf0{ slffdf /fdm; t k6z6 ug] Joj: yf ldnfpgk5{.

%= ; Dks{ 7ufgf-gDa/; lxt klxn] lbg g} lzlfns] cf^gf] tkmf6 cleefj sxznf0{ lr7l k7fpgk5{ tfls cfj Zos k/ \$f avt pglxzn] ; Dks{ ug{ ; sg\ . lgs6 elj iodf xg] cleefj sxz; E sf] e63f6sf] hfgsf/ l klg ; fxl lr7laf6 u/fpg ; lsG5 .

^= klxn] xktfleq] lj Bfyl{sf cfdafa' jf cleefj s; E e6] aRrfsf] af/df ; flgk5{. h: t} tkf0sf] aRrfsf] ?lr s] 5 < 3/df pm s] s] ug{ dgk/fp5 < p; sf] s] s/ f tkf0nf0{ Psbd] dg k5{ < tkf0sf] rf; f\$ s/ fxz s] s] xg\ < cflb . tkf0nf0{ x/ \$ cleefj snf0{ s] s/ f ; -rf/ ugk5{eg} tkf0nf0{ pglxzs] aRrfsf] x] rfx ugk5{.

aRrnf0{c% /fdm; t lrGg rfxgk5 / pl; t ; E} sfd ug] ofhgf 5 .

&= cleefj sxz; E a; } lrofvt] lj Bfyl{sf af/df s/ fsfgl ubf{ Pscsf{ E kl/ lrt xg / ; DaGw ; wfsg] lgs} d2t kl5 .

lj Bfno, lj Bfyl{ / cleefj salr ; ; DaGw : yfikt ug{ ol abfxz dfq kofit x6g, t/ o; /L ; ?cft rfxf ug{ ; lsG5 .

..?l6gl lgdff

slff z? ePsf] klxn] xktf lj Bfyl{xznf0{ lj Bfnosf] ..?l6gl tyf klqmfxxzsf af/df l; sfpgkb5 . slff ; hf? zkd; ; -rfng ug{ nflu of] sfo{ h? /L xG5 . slffsf] ?l6gdf sltv] z]fno hfg] sltv] kfgl lpg hfg] slxn] kl; ; n ltvfg] uxsf0{ s; nf0{ / sxifA% fpg] %f]h sxif/ Vg] l6lkg sxif/ Vg] vhf sltv] vfg] h: tf s/ fxz kb5g\ . ; a} lgod lj Bfyl{] Psk6s ofb ug{ ; Sb6g\ t; yf tl kfyldstfsf cwf/df kfnkfn] atfpgk5{. sltko lgodx pglxzn] la; g klg ; S5g\ . t; yf pglx cEo: t gep; dd o: tf ?l6gxzs] af/df cEof; u/f0/xgk5{.

lj Bfyl{sf] Wofg lzlfstkr{ cfsliif ug] lglZrt lj lwxz xG5g\ . To: tf lj lwsf] k6f] slffsf] klxn] lbgblv g} ug{ yfNgk5{. s; h] tfnl k8sfP/ ; s; h] xft p7fP/ t s; h] 5f6f ultxz -/f0d_ ufP/ klg Wofgsif0f ug] u5g\ .

slffdf kfg ug] lgodx lzlfns tyf lj Bfyl{ bj h] ; eQm zkd; tof/ kfgk5{. t/ To: tf lgod lj Bfyl{xznf0{ clwstd l; sf0 xfl; n ug{ ; xof] klG]

s l f d f k l x n f] l b g

vfnsf xgk5{. lgod tof/ ubf{sg}dxljl k0f{aBf 5b9
uP To; nf0{; dfjz ugk5{of kb9 egl slffdf}5nkm
u/fpgk5{. lgod tof/ e0; s;k15 ; ah} bVg] 7fpBf
lj Bfyl{ tyf lzlfssf] x: tflf/; lxt 6fFgk5{. o; f] ubf{
lgodklt lj Bfyl{sf] ckg]j sf] efjgf lj sf; xG5 . ; fy}
lgodx;sf] kfngf gePdf s] ug] eGg] s'/f klg klxNo}
to ugk5{.

lj Bfyl{h} cfkm' E s] s:tf rfxgf tyf ck]ff /fvz
5g\ eGg] s'/sf] hfgsf/L lzlfns] lngk5{. pglx; n]
ck]ff u/xf s'/fx;nf0{Wofgd /fv} lzlfns]lj Bfyl{ E
; fxl cg; f/ Jojxf/ ugk5{.

/fdl] ug]nf0{s}s; /l k/:st ug] eGg] s'/sf] lgofo
klg lzlfns-lj Bfyl{b} a; } ugk5{. o; f] ubf{lj Bfyl{c;
a9l lhd]f/ xG5gV cf'gf]; xelutdf k/:sf/sf]lgod
ag\$fn]/fdl] ug]{clekVt xG5g\ . olb ; ah}lgodx;sf]
kfngf u/df pglx;n]w]}s'/fx; l; Sg ; S5g\ eGg] s'/f
a%pgk5{. lj Bfyl{h} ; dod}l; s'df pglx;nf0{vllgsf
nflu a9l ; do lbg] tyf pglx;sf] ?lr cg; f/sf yk
lqmfnsnfk ug]dfsf ; d] k'pfg ug{ ; lsG5 .

l; sf0 lqmfnsnfk

klxnf] lbgblv g}k9g] nVg] lrg sfq] tyf lx; fa ug]
h:tf lqmfnsnfkx; u/fpgk5{. o; n] lj Bfno l; Sg;
l; sfp] 7fpFxf] eGg] s'/sf] ; Gb; dfq lbB; l; Sg]
; dbfosf] klg lgdff xG5 . csf] s'/f 3/ kmsk15
pglx;n]cfh lj Bfnodf s]s]l; s'fEg] s'/sf] hfgsf/L
cleefj sx;nf0{klg lbg kfpBg\.

sxl slff lqmfnsnfkM

! = sg} klg slffsf nflu lj Bfyl{x;sf] u]km jf
hGdlbgsf] rf6{ul0ft l; sfp] /fdl] dflod xg; S5 .

@ = afn; flxTox; jfrg u/ pglx; ; E cfdlo ; DaGw
a9fpg ; lsG5 . s'fslx;nf0{Pp6f n3syf jf slj tf
eGg nufpg ; lsG5 .

= /fdl]hs lzlf tyf lj 1fgsf kf7x;nf0{/f]s 9En]
k]tt ug{ ; s]:o:tf lj ifodf pglx; ; wFg]lh1f; / p] ; s'
xG5g\ . pglx;sf] lbdudf l; Sg]hfGg] ef\$ huf0lbgk5{


tfls pglx; x/avt gofFgofFs'/f l; Sg tTk/ x]fbg\
\$ = slff z? ePsf] b0{ xktf; Dd sg} klg k/liff
gling' /fdl] xG5 . t/ pglx;sf] k9f0k]tsf] clej [0 s]
5 / s:tf-s:tf lsfax; dg k/fp5g\ eGg] s'/sf]
hfgsf/L lng eg] eNgx; . o; f] ubf{pglx; ; E ; DaGw
lj :tf/ xgkU5 . ; fy} pglx;nf0{n}k9sf nflu tof/
; d] agfpg ; lsG5 .

% = jifel/df pglx; s]s]l; Sg rfxG5g\ egl ; fl]gk5{
/ To; nf0{7hf] kfgrdf nV} slffsf]df 6fFgk5{.

z?sf] lbgblv g}ol tlj 6} p2]o- ; DaGw ; Argf
/ l; sf0- nf0{ ; E ; E} tyf ; Gtlnt ; kdf cl3 a9fpg
; lsof] eg] dfq ; km lzlfns ag ; lsG5 . of] ; a}
s'/f ofhgdf e/ kb5 . o:tf ofhgfx; tof/ kfbf{Hofb}
dxljl fsf^Nl / hl6n eg] agfpgk5 . To:tf ; fdfGo
ofhgfx; agfpgk5{hg s'fslx;n] ; jtg kdf ug]
; s'g\ . o:tf ofhg agfpg cG lzlfns;af6 /fo ; %f]
lng klg eNgx; . hit; s]/fdl] ofhg agfP klg To; df
; wf/ ugk5] 7fpFkz:t /xG5 . of] s'/fdf lzlfns hlxn]
klg vhf /xgk5{.

slffdf xffF]sf klg ul//xgk5{. sg}lfof o:tf]xG5
h; n]of] k;znf0{cdNo agfpg . To:tf lfof x/sg lbg
cfpBg\ t/ xfdl cf'g] dVof] udfo/fvz xG5f].

d d]f] lzlf0f hljgsf]klxnf]lbgf]slff slxNo]eNg
; lsbGf. To]lbg d]lj Bfyl{nf0{of] ; fl]l lyPFatldx;
To]jifel/ s]s] s'/f l; Sg rfxG5f] b0{slffsf]Ps
lj Bfyl{ hf] ev} dfq cfkm'nf0{dgkg] vfg\$'/sf] gfd
eGbl]of] n]d]f] k;Zgsf]pQ/df eGof] ad lsg hGd]/
d]f]hljgsf]p2]o s]x] eGg]l; Sg rfxG5' .

d]h] p; nf0{ ; Gtl6 xg] pQ/ lbg ; s'fEg] dnf0{
clxn]klg nflu . t/ d 9Ssn]s]rflxFeGg ; S5' eg]
d]h] p; sf] lh1f; kgf / ; f]d]ug pkl:ylt rflxFnfdf]
; do; Dd aFf0/Vg ; s'f. 

-k]ylds, lgdg]olds / dfl]olds tlj 6}txsf]lzlf0f cgej
xf; n u/;l cu0n/ Sofnkl]gof, cdV/sfsl :sh ; wf/ k]zlfns
xg\ . k]tt cfny www.edutopia.org af6 ln0Psf]x]

k]tltM u? d]gnl

मकालु यातायात बस सेवा

हेड अफिस कलंकी काठमाडौं, फोन: ४२७७५५२/४२८९७७२

काठमाडौंबाट		वीरगञ्ज	विहान ८, १०:१५ ११, ११:४५ बजे	कलैया हेटौडा वीरगञ्ज	विहान ८ बजे विहान ११ बजे
काकडभिट्टा	विहान ५ बजे		बेलुकी ८:१५ बजे	शिवनगर	बेलुकी ८:३० बजे
भद्रपुर	विहान ५:१५ बजे	भरतपुर	विहान ८:४५ बजे	भरतपुर	विहान ५:३० बजे
मधुमल्ल	विहान ५:१५ बजे		दिउँसो १२:१५ बजे	पर्सा	विहान ५:४५ बजे
घरान	विहान ५:५० बजे	शिवनगर	दिउँसो १२:१५ बजे	मेचीली	विहान ६:३० बजे
विराटनगर	विहान ५:२०, ६:४५	टौडी-पर्सा	दिउँसो १:४५ बजे	टौडी-खोलासिमल	विहान ६:३० बजे
राजविराज	विहान ६ बजे	टौडी-खोलासिमल	दिउँसो १:४५ बजे	जगतपुर	विहान ६:३० बजे
सिरहा/माडर	विहान ६:४५ बजे	पर्सा-कपिया	दिउँसो २:१० बजे	नारायणघाट	विहान ७:१५ बजे
मलंगवा	विहान १०:४५ बजे	पर्साघाट-मेचीली	दिउँसो २:३० बजे		विहान ६:१५, ६:४५ ७, ७:४०, ८, ८:१५
जानकपुर	विहान ७:१५ बजे	नीतानगर-जगतपुर	दिउँसो ३ बजे		८:४५, दिउँसो ३ बजे
कलैया	विहान १०:१५ बजे				

टिकट पाइने स्थान: कलंकी: ४२७७५५२/४२८९७७२ सुन्धारा: ४२५३१४२ गौशाला: ४४८०७९३ लगनखेल: ५५३४३५९ घराना: ०२५-२०३७२ विराटनगर ०२१-३७७७७ राजविराज: ०३३-२००९१ लहान: ०३३-६०३६६ सिरहा: ०३३-२०१३१, मलंगवा: ०४६-२००४२ वीरगञ्ज: ०५१-२१५२६, हेटौडा: ०४७-२०५३५ ।

आन्तरिक सुविधाका लागि गौशाला र सुन्धाराबाट मिशुल्क मीनीबस सेवा उपलब्ध



...; a\$]gkfnlU

=vfpnFeg]sfG5f afa\$]cgxf/

pRr dfWolds lziff kl/ifbn slff !! sf]clgjfo{ gkfnl ljifosf] cflwsf/s kf7ak:tssf ;kdf xfn;fn}k|tt u/\$f]; a\$]gkfnl n]of]k!ts k9fpgkg] u?x;af6 rf}k|k{s6 k|tlqnof kfPsf]5 . egf;klxnf] ufFd}9Ef nfu\$]5 . kl/ifb\cgtu\$ gkfnl ljifo ;ldtsf !! hgf ljafg;x;n]ldlxt;fy tof/ kf/\$f]klxnf] kf7ak:tssf] xflb\$:jfutsf] ;\$f gkfnlsf u?x;af6} .c/fhs z}hldf jfSou7g, jOfk]Gof; ul/Psf] .Jofs/Of lauf/\$f] .kl/j t\$sf gfddf c/fhstf dfq l;hgf ul/Psf] / o;nfo{k9fPdf gkfnl efihsf] .lj sf; xfo]g ljgz dfq xg] ;fj hgs k|tlqnof lgdTofpg' jf:tj d} udel/ tyf lrGtfhgs ljifo xf] .

pgGf0; kf7df ljeflht ...; a\$]gkfnlUsf pgGf0; j6} /rgf pQm !! hgfsf geP/ c; g}nys-; flxTosf/sf xg\ . !! ljafgn]rflxkF7kR5]; aNkt nys kl/rosf ;fy}Jofs/Of, af] tyf cleJolQm E ;DalGwt lgod, cgR5b Pj d\cEof; x; nVg] ; ofhg-; Dkfbg / kl/dfhg ug]sfd u/\$f 5g\ . ol tdfd klfx;dWo}k!ts k9fpgkg] u?x;sf]k|tlqnof eg] Jofs/Of, To; df klj jOfk]Gof; / kbof]U-lj of]U; E ;DalGwt s/fdf dfq slGbt blv/Psf]5 . ol To:tf s/f xg\h; nfo{c;jfejl s / slyt lgodx;sf] g]yl nufP/ hah}tl Psfl/ [3Rofpg] cleofg %08} ;f9]tlg bzsbljv .f]Hosf]; DkOf{zIQml ;lxt ; -rfng e0/x\$]5 . t/ g tl .lgodU gkfnl efihsf ;r} kof]ustfx;df% ; j]l]sfo{xg; s\$ 5g\g t gkfnlsf u?x;alr g}lg]j]fb . To; \$]af]56f o; k!tsdf klj k/\$f]5 / o; hfo{hljg-d/Ofsf] kZg 7fg] u?x;alr z? ePsf]lqnof-k|tlqnof]gkfnl efihsf]dd{eg\$}lxHh] / l8sf]hfbg-56ofpg' dfq xf]eg] .cfd a%foUnfo{c% alnof]agpg] :ki6 5 .

jOfk]Gof; ; DalGwt n'tf\$Gof0 / kbof]U-lj of]U]sf] lsrnf]u?x;nfo{g} .daf/sU xf] \U r; ; Pp6f s/f s]

dfq pksfpmFeg]of]k!tsn]gkfnl ; flxTosf w/x/fx;sf] gfd ; d] .z4U kfg]pb\$nf]bf]b'; fx; u/\$f]5 . cf'gf] gfd s; /l nVg] eGg] ; DalGwt JolQmsf] /fhf0sf] ljifo xf] / To; df x:tlfk ug]clwsf/ blgofE c; s; hfo{ slxNo}klg xGg . ol t s/f hfgg lj B]jfl/lw ul//fVgkbq; g t .kf8f] g}xgk5{ . t/ o; df nldk|fb b]s\$6f 6qmf0P/ .nldl k|fb] agf0Psf 5g\ lj Zj Zj/k|fb sf]0/fnf ljeflht u/ .lj Zj Zj/ k|fb] kf/Psf 5g\ u?k|fb d\$fnl 56of0P/ .u? k|fb] tNof0Psf 5g\ . clg x]porGb|; * kVfg v108t eP/ . x]po rGb|; xU df kl/Of ul/Psf 5g\ . .ljafgn]x;sf bl]6df ol ; i6fx;n] lhGbule/ cf'gf]gfd z4 nVg ghfg] clfDo uNtl u/\$f / To; nfo{d/Ofk/fGt g}eP klj g; Rof0lBp gkfnl ; flxTosf]lahf\$ xg]7xl/Psh]o; f]ul/Psf]xf]hf . tyflk, lbj E t cfdfx;klt ; xfgel't /fvb}itgsf].dxfeh]hfo{lfdf u/ Itgsf JolQmj frs gfdnf0{oyj t\5fl8lBPsf] eP pxfk;sf] pbf/tfn] lGbf xfo]g k;f g}kfp]lyof] .



kf7ak:ts egk]5 ; jkyd kf7aj:tsf]s/f cfp5 . of] k!tsdf Ps-b0hfo{5f\$} k|tlit7t nys-; flxTosf/sf /rgf ; dfj z ul/Psf 5g\ . Itgsf]:t/ / lfdt lglj]fb 5 . ; flxTosf/ cf'gf]blgofE] /fhf xg] ePsf]hg; s} dgl:ylt, sf] / ; Gbehfo{cf]fn] h:tf]s}z}hldf ; hgf ug{pm ; j tGg xG5 . To; nfo{s; h}rgf]l lbg ; Sbg ; kf7ak:tsdf xg]k]rflxF; df]i6 /rgf slQsf]pkoQm jf ; f6ble\$ 5g\eg]xf] . o; d]df, s; f]8]sf] eft kfs} gkfs\$] hfFh:tf] u/l, z?sf b0{kf7s}rrf{u/f} .

klxnf]kf7 dfwj l3ld/\$]slj tf 5 h; sf kf]lDes x/km 5g\ .gkfnl xfdl /x]f sxfFgkfn]g/x] prf0 xfdl] rlnG5 sxfFlxdfn]g/x] ll slj tf ; fRr}dfld\$ 5 . t/ kf7ak:tssf]klxnf]kf7sf ;kdf ; dfj z ug{of]slQsf]

Handwritten signatures and text in Hindi/Devanagari script, including names like 'महाकवि' and 'श्री ३२१८५१'.

k':ts ; dlff slff !!-!@ sf]gkfnl

pkoQm jf ; fble\$ 5 < pRr dflWolds
txsf]gkfnl clWog gsf/flds efj ePsf]
slj tfa6 >lu0fz u/f0lbg' slt plrt
xf] < To; dflj, gkfnsl] cl:tTj dl]g}
nfulh:tf] efg kfgI slj tfn] lj Bfylh0{
s:tf] dgl:ylt / dgf] flgs c; /tkm{
8f]ofpnf <; sf/flds efjsf]slj tf st}
ge0} o; f] ul/Psf] xf] ls gkfn g/xg]
kl/l:ylt rfb} cfp6\$ eGg] ; GbZ lbg'
h?/L ePsf] 7fg] ; lj rfi/-; lgo]ht
kd} of] slj tf /flvPsf] xf] < sNkgf
ugf] .\j Bfnosf]kfygf o:tf x/km;af6
z? xg yfnof]eg]s; f]xihfM s= k9f]nf
xfl s; /L lj Bfno g}g/x] e0Ffnf]u0{
k]fh]k/L ejg efi; P . cyjf, v= dfgj
hflf /x]nf sxf; ;f/)g/x] k9g' / n]vgsf]s]cy{: fyl
of] Hofg g}g/x] .



kl/dfhg ug] kl/ibv\lqmfzln /x\$] /
o; k':tsn]klxnfr]f]6 .Pp6f sf]6]knj]
sfdl u/\$] bfal u/\$] 5g\ . s] t,
ou ; xfp6] kf7dqnd / ; do ; xfp6]
kl/jt0sf gdf log} xg\< clg s:tf]
sf]6k]f0 xf] of] <



effiff l; Sg]l; sfpg]l; nl; nfd f a]v
/ cleJolQm cToGt dx]Ej k0f{s/f xg\
t/ l; sfpg]u? cfkm/geNn 5, ; fdfGo
Jofs/0fsf] klg x\$sf /Vg ; Sb0, pN6f]
a'5 / cfkm;7ls; E s'/f cleJoQm ug\
; Sb0 eg] lj Bfylh] s] l; Snf < a]v /
cEof; sf lglDt lj ab00fn] : j o+tof/
kf/\$f cgR50x;af6 s]l pbfx/0fM

bf] f] kf7sf kd f u?k] fb d0fnlsf] .l5d\$ll syf
5 h; n] t]sfnlg ; fdlhs oyfyh0{ Psbd} hljGt /
dd{kzL{ tj/df k]tt ub\$. t/ cfhe]nsf] kl/l:ylt
a]n} 5 . ; dhhsf] oyfy{ eg} s] ug{ To; nfo{ k]tt
ubf{ .kmfgr] hfltsf] ckdff eof] x]kof] z]f]s-; fdgL
dfgl; stf u6xfof] /rgfdly kltaGw nufnll eg]
df/d^ulj fbl cfbf]hg rnfpg]// /fHon]To; sf ; fd' 3Bf
6\$g] ; s[tsf] lj sf; e0; s\$] 5 . o:tf] j]hf .dfYnfl
hfltsf] kfgn0{.wdr0Gbl eg] cfb/fyl{lqmfkb nuf0Psf]
clg .tNnfl hfltsf kfx;sf]gddf Psf/ hf\$] .c]b/xlgul
lqmfkb k0f] ul/Psf] of] syfnf0{ slt ; fble\$ dffG
; lPnf < c% .cfzfd? ; fxl]sf] d'vaf6 a]h0Psf] .8j }
l8gnf0{ ; x/ hf0l8lG7; \s <== cl:6 rfb/fdf %68h]
df/70f] 7f kfpnf; l/ .wglht]e0]sf] d'vaf6 egf0Psf]
.df]df5{ls sfghf, tf]sf0n]cf0; l h:tf ; jfbnf0{cfh
slt ; k]Ro 7xYofpg ; lPnf < slffsf]7fx;df / To;
afix/sf] ; dfh-; dbfodf lognf0{ s; /L ux0f ul/Pnf <
/fHon] : jlsf/\$]glL, dfGotf / Tox/ /fHosf]Pp6f cEn]
lgw]0f u/\$]kf70j : tdf tbf]do xgk5{ls kb0 <

Pp6f csf]s'/u /fhglltaf6 z? ePsf]efuaG8fsf]
uE6] ; s[tn] dh'snf0{g} kx; gzfnf agfp6] nu\$]f]
5 . To; 3af6 cfqnfGt ePsf]bl]vG5 of] kf70k':ts klg .
nflU5, lj Zj Zj/k] fb sf0/fnf, /dZ lj sn, ejfgl lelf
/ dfwj l3ld/h:tf dW0; flx0sf/nf0{ klg kf6lGt
efuaG8fsf]bl]6n]xl/Psf] 5 o; df, / To; \$]f]cg0ndf
.; a0Gbf 7hf]kf6l dcf]f]f]sf]efu kYofpg kf6l\$]f]08f
af\$]sf Pshgfsf] slj tf kf70; fdul]sf kd f yfkl/Psf]
5 . 30ffsf]dgflj 1fg / gf/fj fbl cfuxn]el/Psf] .sf65,
eSl / bZl zlif\$sf] pQm slj tfsf] ; flx]os :t/ t
.sgf]llnf0{ .3/L-3/L 7fn'sf cfvfn] 8fldPslu eg]
eSlj nll sf65; E thgf ul/Psf]3af6} 5nE xG5 .

k':ts-k]tf]f pRr dflWolds lzlf kl/ibv\$f pkfWof
kf8f pk]b] sf0/fnfn] cf'gr] .; Dal]ldf .ou ; xfp6]
kf70dqnd tof/ ug] / rfn' kf70dqndf .; do ; xfp6]

- ! = .gkfn ; /sf/n] cfZro{lst kd f sfd ug{ ; s]
kfF-b; jif]eqdf g}sgf]hlsf]gofFcgxf/ b]6uf]/
xg]kSsf 5 .l -k]7 ^
- .cfZro{lst kd f sfd ug{ ; s]sf]cfzo s]xf] <
; /sf/n]cfkm;.lhnll kg]u/l sfd ug]kg] <
- @ = .0R5f cg; f/sf] vfglkg, ; /sf/l jrg cg; f/sf]
kl]ta4tf ePdf sgf]hlsf hgtfn]k0e/ vfg afix/
hfgkb0 .l -k]7 ^
- .jrg cg; f/sf]kl]ta4tf ePdf sf]cy{s]xf] <jrg
cg; f/ sfd-sfof]og xgkg] ls sf0f]ogzGo
kl]ta4tf dfq eP klg] <clg, .jrgul / .kl]ta4t]lsf]
cfzodf ox]fslt km's 5 <
- .0R5f cg; f/sf] vfglkgul ePdf .k0e/ vfg afix/
hfgkb0] eg\$]s]xf] <s:tf]cy{lg:sG5 o; af6 <
lrGt e/k0 vfg k]Pgg'eGg]xf]ls .0R5f cg; f/sf]
vfglkgul k]Pgg'eGg]xf] <.0R5f cg; f/sf] vfglkgul
ug{k]Pdf t sgf]hlsf dfq x]0g sf7df8f;kl] /
Gobf\$]f hgtf klg .k0e/ vfgul afix/ lg:s00g\
Sof/, x]0g <
- # = .7hf]jf ; fgr]gr\$; fgl jf xflgnf0{cfk;l ; xof]u /
; D%]f]sf cfw/df cfly\$ kd f lfltkl't{k0f]g ul/g]
Joj:yfnf0{g}ladf elgG5 . -k]7 *&
- xflgnf0{lfltkl't{k0f]g ul/g]ls xflgsf nflu, xflgsf
lgldt jf xflg afkt <xflg -lghlj_ nf0{lfltkl't'
lbG5' eGg' t d]snf0{ ; xiotf / zxlbnf0{/fxt
lbG5' eGg:t}ePg <
- .cfk;l ; D%]f]sf cfw/df lfltkl't{lbg] s/f t
7ls 5, t/ .cfk;l ; xof]ulsf]s/f sxfaf6 cfof] <
xflg-gr\$; fgl df k/\$]kl]8tn]ladf sDkglnf0{plv6]
; xof]u ug]kg] <
- \$ = .pbfx/0fsf nflu sf:sl lhNnsf km]f tyf a]vgf;
tfnx;nf0{lng ; lsg5 h; n]kfy/f]sf]dgf]dtfnf0{
kl;l4sf]lzv/df kYof0lBPsf] 5 .l -k]7 \$^
- .kYof0lBPsf] 5ul xgkg]ls .kYof0lBPsf 5g0 <
- % = .%kfsf /fhj zL ; dhhsf] wd{/ b]lb] tf ; DaGw

wf/off cf'g}kf/fsf]kf0G5 . pglx; kfs[ts cnf]ss
cbZo zIQmsf zkd f wdf l j Zj f; u5g\l -k[7
@!#_

- .pglx; l eg\$[sf] <./fhj zl ; dfhl cyf\^Psj rgsf
nflu axj rgsf] ; j gfd kofu ug{ kf0G5 <
- .kfs[ts cnf]ss zIQmsf zkd f wdf l j Zj f; u5g\l
eg\$[s] <o; af6 t .kfs[ts cnf]ss zIQmf0{
g} wd{ 7f65g\l egg} cy{ nfu5 . s/f] To; f] x] ls
.kfs[ts cnf]ss zIQmflysf] l j Zj f; hnf0{g} l tgn]
wd{ eg\$[f] 7fg\$[f] x] <

^= k[7 ^% sf] Pp6f cgR5\df .cf^gf] af\vk g /
; :tkgkl t l rGtf ug\ l j z4 ufp] aw] /fhj zln]
ghs\$[f] ufp] cfunful ep/ tlg 3/ hn\$[f]
b\vgf; fy pgnf0{.xfl]; of/ gx] cfunfuln]/l; ofnl,
clksfnl / cdl/sfnlnf0{ klg 5f] egg} l fg
ePsf] atf0Psf] 5 . sg cj: yfsf] dflg; df, s: tf]
36gfaf6, sg vfnf] l fg] ePsf] sNkgf x]
of] <

&= k[7 !^(df cf7 jfSodf afns] of ; dsf] kl/ro
lb0Psf] 5 . To; sf] klxn] j fSo .dxfg gf6ssf/sf
zkd f kl; 4 5g\l df 6lEPsf] 5 eg] rfy] j fSo
.dxfg gf6ssf/sf zkd f l j Voft 5g\l df . s: tf]
n\ro x] of] <-c% bf] l j fSof clGtd zAb klg
.kl; 4 5g\l g} / x\$[f 5g\l

*= .ltdf] gf; f] kl lhGbul sf7df8\$[f] 9\ofg 5ftldf
lv0Psf] uPsf] af k] t t ul/Psf] 5, k[7 & (df . of]
cnf/sf] cfwf/et l god; Dd klg cQf] gePsf]
cleJolQm x] . egkvof] .lhGbul?kl gf; f] elgPsf]
5 .gf; f] kl lhGbul . 7ls pN6f] . .Gofowlz?kl
hgtfn] b] zsf] elj io l gwf] of ug5g\l j f . r/f] kl
siuh p8\] dg] cfof] eg] h: tf] .

(= cI; DaGwl .ar] t %g\k} l adNof] b] l vG5 . h: t}
k[7 \$% sf ol b0{ j fSoM .of] .g] kn_ ef/teGbf
cfs[tdf @@ uoff / hg; ^Vofdf %) uoff ; fgr] 5 .
To; l/ l rgeGbf cfsf/df &% uoff / hg; ^Vofdf
&) uoff ; fgr] 5 l

o; f] kulx] t, .ef/teGbf @@ uoff ; fgr] af6 s]
cy{lg: sG5 <ef/tsf] l f] km ## nfv ju{ls=d= 5 .
To; sf] @@ uoff xG5 & s/f] @^ nfv ju{ls=d=
ef/teGbf @@ uoff ; fgr] xgnf0{p; sf] l f] km ## nfv
ju{ls=d= df & s/f] @^ nfv ju{ls=d= 36fpgkg]
xG5 . of] s; /l ; Dej 5 <

; fdf6o1fgn] g} Eofpg] s/f] s] x] eg] sg] klg j : t'
Ps uoff cyf\ hlt 5 Tolt cyf\ \ztkltzt dfq 36g
; S5 . To; Gbf a9l cyf\ \ztkltzt eGbf Hofbf 36g
; Sbg . a9gsf] rlxfsj] ; ldf xGg, To] hlt uoff klg
a9g ; S5 . To; h] ef/tnf0{ .g] fineGbf @@ uoff 7h]
t egg ; lsG5, g] knnf0{ .ef/teGbf @@ uoff ; fgr] egg
; lsGg . ldnbg . af5l j fSofz; sf] ; Gbedf klg s/f]
oxl x] . -logdf /x\$[f tVof] ut ql6x; rlxftk0Fcfkm-
kQf nufpgx] \l

; fh; Hhfsf] b] l 6n] x] f{ .; a\$[f] g] knlnf0{n} / k] df
5flkg] k-rfotsfnlg .dx] b] dnf] ckm] ddf dlt klt?k
eGbf kw/s kb; . k/fgr] 6f0k: 6n] sDk0b/nf0{ 6f0ksf
lgldt dfq kofu u/h: tf] ckm] dnf0{dhtM ; knf ctf/sf
lgldt dfq pkofu ul/Psf] 5 . :s] , xf0nf06\, :k] l
cflbaf/f k[7 p] Hofnf] kfg{ ; lsg] ; Defj gmf0{ a] f: tf
ul/Psf] 5 . clwsfz ; fdul k6df/nf] ul/ v] f] /
/flvPsf 5g\clGtdlt/sf sl/a \$) k[7df t ctf/ ; d];
; fgr kf/] . zAbx; d] 5] fP/ nf0g tflgPsf .6] h\ -h: t}
k] ((cfsif; nfu] s/] ePg . k7sf] z?df /flvPsf
.a; lsf : :q] d] Ps?ktf 5g, sxlFhofb] xnsf 5 t
sxlFcl/ k9g] uxf] kg] u9f . cfj /of k[7df .l8hf0g]
5 t/ cfsif 5g . /, zfof o: tf] gfy] . n] f] p6-l8hf0g]
ug] f] lsg j f: tf ug{ eg7fg] p; sf] l tgsf] gfd; Dd klg
st} p] n] ul/Psf] 5g, w6jfb lbg' t k/} hfcf] \.

k7dk: ts eg\$[f] l Bfyl] l gldt : j odf Pp6f dfgs,
Pp6f cbz{x] . of] ql6xlg, cfsif / clek] s xgk5:
u] tl-sdhf] lsf] uhN6f] t sbfk agg] xGg . t/ : a\$[f]
g] knln To: tf] 5g . o; n] l Bfyl / l zfs bj h] f0{geNn
kf5{ . vhf b] l 6 / /rgf] dstfdf eGbf ; lldt k] d] eqsf]
l7u] of0df hf] lbG5 . o; n] clwsfz l j Bfyl] g] knln
efiff-Jofs/Ofkl t cfsif] sf] l j sif] k] u] of] eg]
crDd gdfg] xG5 . : j od' x: o] a] nosf] l j ifo agof] eg]
cGoyf g7fg] xG5 .

t/ klg, oqf l j afg; sf] oqf] l dxg] nf0{To] ef; df
ef; g lbgxGg . To; sf l gldt ; aGbf /fd] pkfo xG5-
laq] e0; s\$[f ; d]; DkOf klt l kmf] l nP/ kl/dflh
; s/of tof/ ePkI5 dfq k7dk: tssf zkd f nfu"ug{ .
To; f] ug{ ; lsGg eg] .kl/dfhgkq] 5kP/ ; a] l j Bfyl h] f0{
lgMzls l j t/of ug] Joj: yf l dnfpg' plrt xG5 . Tolt
klg ; lsGg eg] sDtdf To: tf] kl/dfhgkq ; a] g] knln
l zfsnf0{oyzI3|pknAw u/fP/ ; f] l cg; f/ l j Bfyl
kltx; df ; z] w=kl/dfhg ug{ t nufpg] knf. gq .; a\$[f]
g] knln s; \$[f] klg >4f-cf: yfsf] j : t' xGg ; S5 . : a\$[f]
sfd s; \$[f] sfd xGg] egg] c^a] h] pvfg ; D%fp] l

cGtodM k: tssf af/df olt s/f ul; s] kI5 cf^gf]
cN5df0Fklg d lsg n] s] f] s_ of] k: ts d] cfB] k] Gt
k9] ; dlif u/\$[f] x] f] . alralrdf kN6f] h] h] h]
b] vof] To; \$[f] dfq l6k0n u/\$[f] xF . ; a] l5r] l g y] n] v
n] x] f] kI: tsf tof/ x] h] egg] 8/ n] vof] . v_ To; /l
x] f] el6Psf eflifs sdh] l / clfdtsf hg pbf] of
k] t t u/\$[f] 5' l tgd] d] f] . zGo l dxg] l k/\$[f] 5 . ox] f
t d] h] r/ j if] l3 k\$] lzt d] f] k: ts . xdf] eflif] d
; d] j z ul/Psf, ; dsfnlg g] knln eflif] d oqtq af/Daf/
b] l v] s] dl-sdhf] lsf %08} ; ft ; o pbf] of] d] l] !)-!@
j 6df elgPsf s/f dfq} b] x] ofPsf] xF. olt sdh] l t
To] k: ts /fd/ l k9\$[f] kn; 6' j f: gfts txsf] l j Bfyl]
klg ; xh} klx] ofpg ; S5 . of] b] x] f] cN5df0F l gldt
d k7sj u{ E l j gdt] f] \$ l fdf ofrgf ub5' .

k':ts ; dlff slff !!-!@ sf]gkfnl

/dʒxl/ zdf{9sfn



; d:of wX } ; dfwfg yfX }

PRr dflwolds lzlf kl/ibh] cf^gf lj Bfnoxzsf nflu cflwsf/s kf7ak:ts lgwf{of ug{g;ls/x\$}f] ug;f] lzlf-cleefj s tyf lj Bfylx;af6 cf0/x\$}f] / ahf/df lj leq Joj ; flos nysx;sf :t/xlg k':tsx; n] k]z kf0/x\$}f] cj:yfdf kl/ibh] gkfnlsf] cflwsf/s kf7ak:ts lgwf{of u/x Joj:yt ugI kof; u/\$f] 5l hg ; /fxgl 5 . kl/ibh]o; sf]lhDdf ; %f k\$zgnf0{ lbPsf]/x\$. slff !) ; Ddsf k':tsx; ; doof pknAw gu/fP/ ug;f] v]k/x\$}f] ; %fnf0{lb0Psf]of]yk lhDd]f/l slQsf] kofj sf/l xG5 Toj kl5 blvPnf .

k':tssf] cfj /of 7ls}5 . leqs] sfuh eg] ; fdfGo / sRrf 5 . k':ts slxn]lv nfu"ug[eGg] ; I} st} kf0Gg . kf7aqnd kdV /drGb] kf08\$}f] @)^&=-@-# sf]dGtJodf elgPsf]e= Joj:yfkg, dfglj sl / lzlf sf lj Bfyl\$ nflu slff !! df / lj 1fg lj ifosf lj Bfyl\$ nflu slff !@ df of] lj ifo k9fpg] Joj:yf e0cfPsf] 5 A o; n]o; } ; qblv nfu"ug[eGg] sg] ; I} ubg . slff !! / slff !@ df Ps;fy nfu"ug[ls slff !@ df oxl lsf a csf]jif{nfu"ug[eGg] ; I} klg ubg hals slff !@ sf]k9f0 z? e0; s\$}f] 5 / k/fg]lsta k9f0Gg .

k':tsdf k\$zsl0 k9M .Ps lrxgl pkGof; sf]5\$} ; s/of k\$flzt ePsf]eGg]5 . o; dh k':tssf]dNo ?-@) / .Ps lrxgl\$}f] ?-!) u/l hDdf ?-#^) sf]kf7ak:ts k9gkg] blvG5 . o;cl3 ahf/df pknAw k':tsx; ?-!) blv ?-@) leq} kf0Gy] . dxEf lj Bfnox;df k9g] lj Bfylx;sf lglDt clxn\$}f] dNo gu0o nfu]klg dfl; s zNs ?-@) klg Itg{g; s] k9f0 5fBq]lj Bfyl\$ nflu o; n] .k}f geP gk9l eGg v]h\$}f] blvG5 .

k':tssf clGtd rf/ k[7df kf7aqnd eg] h]5flkPsf]5 To; nf0{ sg} cy{df kf7aqnd eGg ldNbq] lsgg]kf7aqndsf Gogtd t]j x;sf] ToxfFcQf]Qf] 5g . kf7aqndf k'} lj ifosf] kOf{, jflif\$ kf7def/, kl}t306l ; do, p2Z0, lzlf0f lj lw

/ dNoflg klqmf ; d} xgkg]f s]n kf7aj:tsf] ; Yl lbP/ kf7aqnd nlg' kf7aqndsf] cy{ cE / dxl]j; t kl/lrt gxb' x] . To; df lj wfut c' lj efhg 5g, jflif\$ k/lifsf nflu kZgof]hg 5g .

k':tsdf ; a}ljwfnf0{Ps-Ps kf7sf ; kdf ln0Psf] 5 . pkGof; 5\$}k9gkg]eP klg cEof; sf nflu kf7 eg] 56df0Psf]5 . cfEof; s kof]usf nflu /fd}eP klg kf7aj:t]jgfsf]kf7 c:jfe]j s 5 . .Ps lrxglnf0{ ; a}Nkls/of ul/Psf] 5 . hg pkoQm 5g / nyslo clwsf/dfly cltqnd0f klg x] . gf6s / Psfll oyfjt\ 5g\ . slj tdf eklsf] .d}f]bz' afx\$; a}gofF5g\ t/ kf7j6f slj tdf Pp6f klg 56Bq]4 slj tf gxb' 7h} sdhf]l x] . sydf .; kfxll sf] ; \$f .zq' /flvPsf] 5 eg] lgaGwdf .cf0df0{ ; fyll afx\$ c; kml/0{Pp6f ylkPsf] 5 . Pp6f kf7 .nyll eGg] lj wGt/ u/x] klg /flvPsf] 5 . o; /L s[t ; dlffsf] nflu :ki6tM b0}6f kf7x; ylkPsf 5g\ .

Jofs/Ofnf0{!; 4Gtaf6 ; DaGwar5b ul/Psf] 5 hg k6Ss}pkoQm 5g . !)^@ slffdf ; d} efiitt] sf] ; 4flGts 1fg glbg]x]eg]slxn]lbg]<of]k':ts cg;f/ t lj Bfylx; zAb, jfso, gfd, ; jGfd cflbsf]klg ; fdfGo kl/efiff lbg]cj:yfdf /xGg\ . o; af6 gkfnl efiifnf0{ p7fpg v]hPsf]x]ls 8afpg v]hPsf]eGg] z'f kof xG5 .

w0ff,
Odfgbf/tf, hfu/Ofkg
h:tf cJofs/lofs kof]un]
efiffnf0{w?w? ?jfo/x\$}f]
ahfdf jOf]j Gof; sf nflu
kf7aqndn]g] .zAbsfz' sf]
kof]u ug{nufpg] eg\$}f]
5 . ?-!%) sf] lsf a lsg
g; Sg] lj Bfyl{f0{klxn]
g} ?-#^) sf] kf7ak:ts
tf]s; s]k]5 zAbsfzafkt
?-(%) sf] ef/ klg
yklbPsf] 5 .

Jofs/Ofeq klg j Of]j Gof; clxn\$}f] 8/nfub]r]g]l x] . w0ff, Odfgbf/tf, hfu/Ofkg h:tf cJofs/lofs kof]un] efiffnf0{w?w? ?jfo/x\$}f] j t'fg ; Gbedf j Of]j Gof; sf nflu kf7aqndn] g] .zAbsfz' sf] kof]u ug{nufpg] eg\$}f] 5 . ?-!%) sf] lsf a lsg g; Sg] lj Bfyl{f0{klxn]g} ?-#^) sf] kf7ak:ts tf]s; s]k]5 zAbsfzafkt ?-(%) sf] ef/ ykgh] s] ; I} ubg eGg] elg/xgkg] lj ifo x'0g . kml/ cflwsf/s .zAbsfz' kfgp klg ; lsbq / s; nf0{cflwsf/s dfg] eGg] sg] cfwf/ klg 5g . o; cj:yfdf of]/fd} v]haf8 x] eGg] dnf0{nfu\$}f] 5 . kf7aqndf kl/jt' j Of]j Gof; sf]

kofu ePsf]5 . t/, of]kl/jtqsf]; 4flGts cfwf/ s] < s; n] uof] of] kl/jtq < ug] JolQm ; dx jf ; yfsf] cflwsf/stf s]5 < s] lGof6x; ; j]j]stf xg<xg\eg] tl slff !! df dfq nfu"xg]ls cGoo klg <cGoo klg nfu"xg]eP To; sf]kl/kq vf0<gxg]eP slff !); Dd .knhu slff !! df .knhu / :gftsd f knl/ .knhu nVg nuf0of] eg] gkfnl efiiff] : j?k s:tf] xfhf < zAbsf] tb&]s/of e0; s]sf] ; Gbedf .knhu .bWU .ggU .dl7fU .a9fU .; lkl sf] ; \$df .knhu .bWU .ggU .ld7fU .a9fU .; kU nVfpgnf0{Psl5g /fd]dfgrf t/ efiiff ; /ntfdVl xG5 eG]l; 4f6tljkl/t gkfnl pRrfo{Jo; ydf gePsf j of{...U .ofu sf]ef/L af\$fo/xg]sf] cflrTo rfxFs] t < uEf, Zlf, z^v, ; ^3, r-rn, d-hh, kl08t, b08 h:tf hl6n j of]Gof; nfo{ ; /n ug] kn{v}Wofg uPsf] < ; sf] Jofs/Ofn] ; d] j \$lNks Jo; yf u/\$f] k-rd j of]sf] kofunfo{xfdn] clgj fo{ tNoP/ .dnhu, dGhh, d-hhu h:tf kn/s kofux;sf] q6h6o cj ; / lsg lbg] <o:tf kZgx;sf] p0/ vff]g] kof; lsfadf ePsf] 5g .

Pp6f zAb Pp6} l8sf]lG n]lv] b] gfu/l lnksf] lj zif]t xf] . l8sf]5lsg' eg]sf] zAb 5lsg' xf] . zAb 5lsg' eg]sf] pRrf/Ofdf olt -lj>id_ xg' xf] . h:t} ...vfgxG5U / ...vfg' xG5U sf] pRrf/Of / cyof ; d] :ki6 cGt/ 5 . ; eQm lqmfnf0{ kblj ofu u/} .aaf r'/f6 vfg' xG5 U eGbf To; af6 lg:sg] Wj GofTds cy\$sf] sg ult xfhf < ; df; n] ; j tGq cy6Qm w} zAbx;nf0{ldnfP/ Pp6} cy{ lbg]l; Ef] zAb tof/ kfb5 . t/ .dbf / dbgl af6 aGg] .dbf dbgl nf0{ .dbf dbgl ubf ; df; klqmf]sf] pkb0tf sxf/xG5 < ; d:t zAbx; ; ^Nf]ks/Ofsf nflu pko]ul dflGy] . .bn, eft / 85U nf0{ ; df; u/L .bnft85U u/} Psk6s tlGj 6f zAbx;nf0{cy{gvNalng]u/L Pp6} zAbdf ; dl6Gyof] t/ ca To]l:ylt /xg . of] ; /ntsf] vff]l xf]ls hl6ntftk]sf] kl]tudg xf] a'g ; ls6g . k7dk:tssf!)(cf]k7sf].cfl ab]sf]Pp6f pkaBf

o:tf]5- æ; fy\$ k\$[tsf lätj zAbnf0{kb lj ofu u/L nVg] . h:t} ze sfdgf, lxp6] 5\$U, vfg] kfgl ; dfh zf:q, eJo ?k cflb A ca d lj äfg\n]ysx; ; E s]; 5' eg] .ze sfdgfl df sg zAbsf]läj ePsf]5 <...vfg] kfgl s; /L läj xf] < lxp6] / 5\$U s; /L Pp6} k\$[tsf eP < eJo ?k s]o; lgoddf k5{ <

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Teaching Secrets

Tips for New English Teachers

Brand new English teachers have much to learn as they boldly walk into a classroom for the first time. Fortunately, others have gone before us all, and we should learn from them. Looking back over my 20 years in the classroom, there have been four truly enduring lessons that have helped me to be a successful teacher, and I urge not only English teachers, but anyone entering our profession to consider them as they navigate their maiden voyage.

1. Join or create a supportive professional network.

Thanks to years of persistent hard work, professional learning communities and other types of teacher networks are more numerous and accepted than they were even a decade ago. I have been part of several such learning communities, and each of them has provided me tremendous information and encouragement. Not everything that calls itself a “learning community” is a truly supportive or collaborative environment for bringing out the very best in teachers, so some searching may be necessary. Nevertheless, it is worth the time to seek out a group within which a new (or veteran) teacher can ask important questions about daily classroom practice and get thoughtful, helpful feedback.

Hopefully, such a network will exist in your

Empowering language arts instruction is a dynamic practice. It is shaped by informed and collaborative analysis of the particular cultural experiences, strengths, and learning goals of a specific group of students within a particular community.

school building or district, but that may not be the case. Fortunately, there are other options, including social media networks, which are increasingly becoming the professional development venue of choice for proactive teachers. Teacher networks and learning communities are powerful incubators of both teaching quality and genuine educational innovation. (They are also extremely helpful for accomplishing points #2 and #3 below). Some that have been especially helpful to me include: English Companion Ning (www.englishcompanion.ning.com) and Classroom 2.0 (www.classroom20.com).

2. Develop a deep working cultural knowledge of your students and their communities.

I have done extensive classroom research on culturally engaged instruction. That research has led me to this belief: Empowering language arts instruction is a dynamic practice. It is shaped by informed and collaborative analysis of the particular cultural experiences, strengths, and learning goals of a specific group of students within a particular community. I refer to this type of teaching practice as Culturally Engaged Instruction (CEI).

One method I used to accomplish Culturally Engaged Instruction is the Personal English Plan (PEP). The PEP is an individualized learning plan that I have developed with each student in my high school English classes. Starting with a series of diagnostics that I designed, the students and I develop their learning goals for the year. The student him- or herself is responsible for monitoring progress on the PEP. However, I also ask each student to select one significant adult to act as a mentor for the school year. (This could be the parent, but not necessarily). A few helpful tips should you want to try a similar method:

- This type of planning can be overwhelming at first, especially if you are teaching on a six or seven-period day. The first school year, I only developed plans with one class, until I worked out the logistics.
- Having students working in reading/writing workshops facilitates having the individual planning conferences.
- Be open-minded in developing the goals. Don't limit the student (or yourself) to adopting just the goals from the list of state objectives, but help them set realistic timelines. For my classes at the community college, I use a modified form of this same process.

3. Explore technology and other teaching tools, even the initially unlikely ones.

Find out as early as possible what the tech possibilities and limitations are at your new school. Then determine how those options might help you and your students. Don't be discouraged if you have to push your administrators, or your colleagues, or even your students at first to work with some forms of technology. It is a myth that all young people are into technology and know how to use it better than their teachers—just as it is a myth that most teachers are anti-new technology and don't want to use it. Beware of teaching myths in general; many a novice teacher has been shipwrecked by relying on inaccurate information about students and new co-workers.

This is another area in which networking can be immensely helpful. There are hundreds of teachers who are using technology in myriad forms under all types of conditions, and documenting their work. Some of my bookmarks include: Ted Nellen's *Cyber English* (www.tnellen.com/cybereng); Bill Ferriter's *Digitally Speaking* (www.digitallyspeaking.pbworks.com); and Jennifer Barnett's Web Wardrobe (www.jenniferbarnett.wikispaces.com/My+Web+Wardrobe). These teacher-created resources address a range of grade levels (readers, feel free to add others in the Comments) and can help you apply tech knowledge to your own work, making you more effective and efficient in the classroom.

4. Resolve to have and fiercely protect designated family and rest time for yourself.

Don't let either a teaching contract or a sense of moral obligation turn you into a white-collar sharecropper. (Cultural reference: a sharecropper is a tenant farmer who works someone else's land, hoping each year for enough surplus from the harvest to cover expenses owed to the land-

It is a myth that all young people are into technology and know how to use it better than their teachers—just as it is a myth that most teachers are anti-new technology and don't want to use it.

lord and provide for his/her own family, which never happens).

Contrary to yet another myth about teaching (often fanned by the media), most new teachers, regardless of their route into the profession, enter enthusiastic, committed, and determined to make a difference for their students. They tend to overreach, take on too many extra duties, and seriously underestimate the amount of physical and emotional energy real teaching requires.

English/language arts teachers often grossly underestimate the amount of time outside school they will need to spend on preparation, evaluation, and feedback to students. New teachers too often push through the school year at a breakneck pace, neglecting their health and their families. Those of us who are parents have to remember that our own children will only grow up once: with or without us. This awareness of the need to protect family time is especially important for those teachers who are also single parents.

To be truly effective over the long haul for students, accomplished teachers learn to balance their lives. I have taught over 2000 children, but I also had to raise 11 in my own house, including two who were special needs students at school. One of my personal mentors, a wise 40-year English teaching veteran gave me this memorable advice my first year in a high school position:

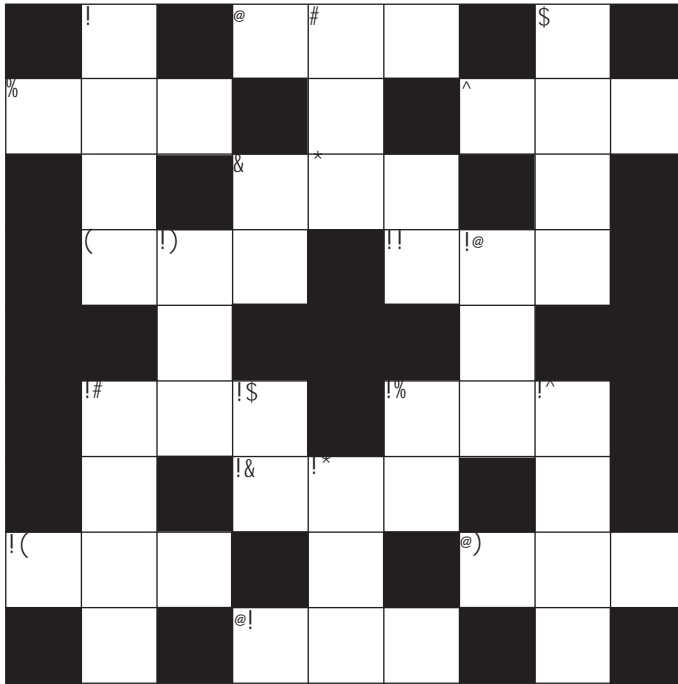
"Renee, you will need to give up one of your breaks (part of Christmas or Spring) to read and grade research papers because they take so much longer. Decide ahead of time, which one, but never give up both. One belongs to you and your family."

Teach long and prosper. 

Detroit native Renee Moore teaches in the rural Mississippi Delta of the United States. An award-winning teacher, she serves on the boards of the Carnegie Foundation for the Advancement of Teaching and the National Board for Professional Teaching Standards. She blogs at TeachMoore (teacherleaders.typepad.com/teachmoore). This article appeared in the 1 September 2010 issue of *TEACHER MAGAZINE* [edweek.org] and is printed here courtesy the magazine.



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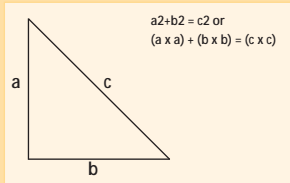
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 - sʰf0axfb/ lnɔaː sɔnɪ sʰ?n] tʰkʰf-%, aɔbʰsʰ] 8fBf, wgsɔf
 - rɔkʲf0f uʰtɔd, afnsʰoʰf pɔfʲlʲ, sʰfʰaf; ; Noʱg
 - nʰsgʲy clwsʰl, >l; bg kʲlʲ, bʰf8fBf, ndh^a
 - dʰ7ˆ8nʰnsʰfɔl, lɡdʲlʲ ah/xʰsʰ, jʲl/ɔbɡu-/\$, lrtʲg
 - xɔʰrɔɔl clwsʰl, eʰtʰl pɔfʲlʲ, xʰQlvsʰ] wgsɔf
 - bʲlɔdof kwʲg, nɪɔɔlʲ/foʰf kʲlʲ, jʲl.td-/\$, eʰhʰkʷ/
 - 0zʲl >ɪ7, kʲ6g ; 0Om Soʱkʷ; , kʲ6g9ʰsf, nɪntkʷ/
 - lɡdʲf >ɪ7, eʰɔbʰ7ˆ^a kʲlʲ, jʲl/6ɡu-/!#, dʰ7ˆ^a
 - eʲfʲg clwsʰl, tʰ; lkʷ-%, bʰ^a
 - /dʰrɔɔl clwsʰl / ; /fʰ clwsʰl, hnsɔf kʲlʲ, aʒɔl-^, kʲnʰrfʰsʰ, wfb^a
 - abkʲ fb l3ld/] 6ʰsʰfʰkʷ-/\$, l; ɔkʲnʰrfʰsʰ
 - dbg clwsʰl, s-rgʰ3f lɡdʲlʲ, dʰgʰ!-!#, ; fn3f/l, %fʰkʷ
 - nʰzʲ vɪtʲ8f, lbStʰ 046f; sh, lbStʰ, vʰfʰ^a
 - lblo/fʰ ; jɔl, k-rsɔf kʲlʲ, cʰfʰjʰ!, eʰhʰkʷ/
 - eʰQm l3ld/] bʰfʰm lʲfʰnɔ aʰn jʰlɔsʰf dʲlʲ, nɪntkʷ/
 - uʰlʲɔkʲ fb 9Eʲfʲg, aɡkʲ ɡkʰ-/\$, ɡofa: tl, sʰeʲl
 - xɔʰ/fʰ cɔfʰ, ɡnʰ^a dʲlʲ, ɡnʰ^a-x, wfb^a
 - hɔɡʲfbʲ l; lbhʰ, aʰnɪxʰ lɡdʲlʲ, kʲlʲ ; oʰ^ahʰf
 - sɔnɪbʲl sɪslʲ yʲg kʲfʰ/l pɔfʲlʲ, hoʱd/ɔʰf, pɔbɔkʷ/
 - /dʰsʰfɔt rʰwʲl, ɡkʲn ɔʰnsɔ, eʰbʰsnl, sʰf7dʰf8f-
 - kʰtʰ/fʰ sBʰ, r08lʲl lɡdʲlʲ, xɪbʰɔʰf- /, uʰdʲ
 - ɡʲ/foʰf kʲ fb ɡkʲn, hʰn kʲlʲ, atf; jʰs ; flsgʲ] l; ɔkʲnʰrfʰsʰ
 - lʲ kʲg /ɔd, uʰfʰa-#, sʰf7dʰf8f-
 - dʰwʲkʲ fb eʰsʰ/foʰ /fʰpɔfʲj; eʰdʰkʷ, dxʰQ/l
 - bʲ/fʰ >ɪ7, pɔo kʲlʲ, tʲgʰwʲ/ cʰfʰn9Eʲf

; 8fʰsʰ-**em** | xl ; dʰwfg k7fpg | xefudlwb| uñhkyfá/f
 5f1gPsf kʷ: sʰ / lʲ hʲɪ ml xʰsʰxʰb/ ykʲfdu, lttʰfʲ] dʲlʲ, kʲnʰsfʰ-^a, aʰln^a

; xl ; dʰwfg k7fpg] c6o ; xeful
 - /dʰsʰfɔt rʰwʲl, ɡkʲn ɔʰnsɔ, eʰbʰsnl, sʰf7dʰf8f-
 - kʰf08ʲ sɔf/ kʲfʰh, nʲvʰkʰ fʰ; ; Vʰɪ
 - cɪlɔsʰ >ɪ7, ; fʰsʰfɔt sʰnsʰf bʲl kʲlʲ, sɔdaf; -, nʲk;] l; ɔkʲnʰrfʰsʰ
 - lʲ jʰs >ɪ7, uʰdʰfɔt cʰɔz{axʰvʰ Soʱkʷ; , ɡkʲn6f/, sʰf7dʰf8f-
 - eʰtkʲ fb 9sʰn, hɔɡʲɔl lɡdʲlʲ, dʰwʲf, 8dʲjʰ, pɔbɔkʷ/
 - dbg clwsʰl, s-rgʰ3f lɡdʲlʲ, dʰgʰ!-!#, %fʰkʷ
 - dɡ/fʰf /fʰkʲnʰoʰ, nug, sʰf7dʰf8f-
 - kʲjʲg; x uʰ2ˆ^a, dʰ6ʰsʰfʰ lɡdʲlʲ, 5ltʲg-\$, dsʲjʲgkʷ/
 - l8nʰnkʲ fb cʰrfoʰ aʰfʰfʰfʰ dʲlʲ, l; uʰiʲf-!, aʰun^a
 - shaxʰb/ aʰf, kʲfʰ/ʰsʰfʰ-^, Vʰɪ
 - sʰfʰtaxfb/ /foʰdʰm, bʰfʰɔl kʲlʲ, rʰn7kʲfɔl, dʰwʲf-\$, /dʰfʰk
 - zʰeʰaxfb/ cʰnʲduʰ, ɡɪnsʰ67jʲ/ dʲlʲ, sʰhʰfʰ-^a, /dʰfʰk
 - dʰ7ˆ8nʰnsʰfɔl, lɡdʲlʲ ah/xʰsʰ, jʲl/ɔbɡu-/\$, lrtʲg
 - slknaxfb/ uʰfʰ, cʰnɔbʲl-*, oʰ^ahʰf
 - sʰfʰzʰnsʰf/ oʰbʲ, dʰwʲl lzʰfʰsʰ kʲfʰd ɡkʲn, lʰnʰn | lɔt, dxʰQ/l
 - /dʰzʰ zɔfʰ /fʰshʰzʲjʲ / lɡdʲlʲ, bʰfʰvʰf
 - aʰaʰ/d cɔfʰ, ; /:jʰ tl dʲlʲ, hoʱd/ɔʰ!, kʲnʰkʷ
 - bʲjʲgʲ/foʰf rʰwʲl, xʰɔfoʰ-\$, pɔbɔkʷ/
 - 0? >ɪ7, Pɡ; lPd- snʰ, wʲl l3f6, nɪntkʷ/
 - bʲjʲrɔɔl >ɪ7, /ʲg kʰ:ts e08f/, aʰuʰhʰf/, sʰf7dʰf8f-
 - xɔʰrɔɔl clwsʰl, eʰtʰl pɔfʲlʲ, xʰQlvsʰ] wgsɔf
 - ɡjʰ/fʰ cʰfʰfʰ, l/7sʰfʰl kʲlʲ, /sʰf-rfʰsʰ#, wfb^a
 - nʲvʲgʲ ; jɔl, dʰdʰfʰ] kʲlʲ, aʰxʰfʰf-#, wgsɔf
 - hɔɡʲkʲ fb cʰrfoʰ kɔft dʲlʲ, kɪn^a, dʰɔʰl-#, kʲnʰkʷ
 - kʲjʲq aʰf, Doʱlɔl, xʰnʰl kʲPɡ; l; kʲfʰvʰ/
 - 6ʰsʰaxfb/ rʰfʲg, bʰzʰsʰ;] dʰfɔfɔsʰ jʲg pkeʰdʰf ; lɔt, aʰfɔf-!, eʰhʰkʷ/
 - 6sʰ/fʰ oʰʰxʰE -lnɔaː, jʰ/e-Hoʰ^a lɡdʲlʲ, uʰnʰdʰvʰ-!, Onʰd
 - kʰaxfb/ xɔfʰ, lʲzʲjʰ Hoʱfʰf dʲlʲ, kʲvʰkʲgʰ-\$, l; lɔn] kʲjʰ
 - lɡdʲf >ɪ7, ; fʰsʰfɔt sʰnsʰfʰl kʲlʲ, sɔdaf; -, nʲk;] l; ɔkʲnʰrfʰsʰ
 - lʰwʲ/fʰ /fʰkʲnʰoʰ, nug, bʰnsʰfɔl, sʰf7dʰf8f-
 - lbkʰ lnɔaː, wʲfʰg-! / ; hɔɡʲ dʰuʰ; ; ɡ; /l
 - uʰlʲɔkʲ fb 9Eʲfʲg, aɡkʲ ɡkʰ-/\$, ɡofa: tl
 - ; jʰs lʰnʰn, lʰwʲkʲ] C ; Noʱg
 - uktaxfb/ e08f/l, dxɔɔl kʲlʲ, dnɪkʷ/, dʲnsʲjʰ-^a, Doʱlɔl
 - ɡqaxfb/ sʰ; l; hgsʰoʰf pɔfʲlʲ, lrtʲ, ndh^a
 - lzʲaxfb/ v8sf, hɔɡʲzʰ0m dʲlʲ, ɡdʰ^a-\$, uʰfʰvʰf
 - sʰf0axfb/ lnɔaː sɔnɪ sʰ?n] tʰkʰf-%, wgsɔf
 - uʰʰzʰ ykʲf, l; dʰf snʰ, aʰf
 - lnnkʲ fb zɔfʰkʲfʰh, eʰd dʲlʲ, /fʰbʰ^a, Doʱlɔl
 - ?baxfb/ >ɪ7, kʲnʰsʰfɔf kʲlʲ, sɔdaf; -^a, eʰjʰ;] l; ɔkʲnʰrfʰsʰ
 - kʲsɪz v8sf, j16 kʲf066 046f; sh, %ñi/l-&, s-rɡkʷ/

- /ʲgʲ/fʰ 06ɡl, eʲgʲzʲ/l dʲlʲ, rɔɡkʷ-/!, wfb^a
 - lʲf0faxfb/ sʰsʰl cʰsnʰ aʰfʰ lɡdʲlʲ, eʰbʰcʰfʰ-/\$, ndh^a
 - jʲl/l; x aʰn, n6ɡy kʲlʲ, aʰd8] bʰrʰf
 - tʰ; lkʲ fb kʲfʰh, ; /:jʰ tl dʲlʲ, ; xʰfʰjʰ; l; d3f6, ; Vʰɪ
 - nʰnaxfb/ l8; l; ldng kʰ:ts k; n, aʰfʰfʰf, ; xʰfʰjʰ; ; Vʰɪ
 - lʲlkʲg /ɔd, uʰfʰa-#, sʰf7dʰf8f-
 - bʰksʰ/fʰ cʰrfoʰ ; /:jʰ tl dʲlʲ, l; d3f6, ; xʰfʰjʰ; ; Vʰɪ
 - huɔgy kʲfʰbʰn, ; /:jʰ tl dʲlʲ, l; d3f6, ; xʰfʰjʰ; ; Vʰɪ
 - 5qaxfb/ lʲi6, l; xɔɔl lɡdʲlʲ, aʰfʰ-^a, eʰhʰkʷ/
 - eʲfʲg clwsʰl, tʰ; lkʷ-%, bʰ^a
 - p4jʲkʲ fb ; fksʰfʰ, dxɔɔl pɔfʲlʲ, 5ltʲg, dsʲjʲgkʷ/
 - rɔbʰkʰsz aʰuʰfʰ 5ltʲg-%, dsʲjʲgkʷ/
 - wʲsɔf/ bʲjʲEʲf, lʰnʰn eː; aʰfʰ sʰoʰfʰo, ; oʰ^ahʰf
 - rɔbʰkʲ fb ; jɔl, kʰkʰt Pʰsʰfɔl, ɡɔ; fln^a-\$, Onʰd
 - anʰ/d lzʲjsʰfɔl, /fʰshʰzʲjʲ / lɡdʲlʲ, bʰfʰvʰf
 - cʰrʰkʰsz >ɪ7, /fʰrʰ] kʲlʲ, aʰsʰf, uʰfʰvʰf
 - lʲdʰnʰ >ɪ7, /fʰrʰ] kʲlʲ, aʰsʰf, uʰfʰvʰf
 - rɔbʲ kʷsɪz jɪt ɔɡʲzʰn cɔfʰ sʰfʰfʰ, wʲfʰkʲgʰ-\$, 8fʰ; ; Vʰɪ
 - wʲ k6yl, kɔcʰjʰf-!, ?kɔbʰl
 - /fʰnʰ] cɔfʰ, cʰla/nʲl zɪx uʰf dʲlʲ, sʰxʰ lzʲkʷ/-^, tɔɡʰf
 - /fdk/ fb zɔfʰkʲfʰh, aʰnʰhʰfʰt kʲlʲ, Doʱlɔl
 - kʲjʰtʲ ykʲ duʰ, eʰfʰ dʲlʲ, /ʲgʲfʰ, Doʱlɔl
 - uʰlʲɔkʲ fb lɡʰ/fʰ, zʰf/bʰ ; sʰt dʲlʲ, aʰfʰoʰvsʰ#, /dʰfʰk
 - xʰ/ɡʲ/foʰf vʲtʲ8f, zʰf/bʰ ; sʰt dʲlʲ, aʰfʰoʰvsʰ#, /dʰfʰk
 - zsʰ/l; x ; fʰp, dʰxsʰnʲl hɔ; jʰ pɔfʲlʲ, xʰnbʰvn, s-rɡkʷ/
 - rʰ/fʰ lɔ>, eʲɔɡʲy-^a, %fʰf, aʰwʰ^a
 - ; lɔtʲ vʲtʲ8f, aʰwʰfʰ, %fʰkʷ
 - nʰsgʲy clwsʰl, >l; bg kʲlʲ, bʰf8fBf, ndh^a
 - %k8 nʰd5fʲg ; /:jʰ tl dʲlʲ, lkʲt-%, /dʰfʰk

cʰtʰfʰfʰ-**em** | xl ; dʰwfg k7fpg | xefudlwb| uñhkyfá/f
 5f1gPsf kʷ: sʰ / lʲ hʲɪ ml %k8 nʰd5fʲg ; /:jʰ tl dʲlʲ, lkʲt-%, /dʰfʰk .

; xl ; dʰwfg k7fpg] c6o ; xeful
 - jɔxʰzʰ/ɔf oʰbʲ, pɔfʲlʲ a; laʰl, a; ɔtkʷ-#, dxʰQ/l
 - kʰtʰ/fʰ sBʰ, r08lʲl lɡdʲlʲ, xɪbʰɔʰf- /, ɡ/d, uʰnd
 - 0zʲl >ɪ7, kʲ6g ; 0Om Soʱkʷ; , kʲ6g9ʰsf, nɪntkʷ/
 - zɪzw/ kʲfʰh, hɔɡʲf dʲlʲ, kʲxl, /ʰ^avʲgʰ^a, aʰln^a
 - ldng >ɪ7, nɪdʲ dʲlʲ, sʰxʰhʰ, vʰfʰ^a
 - zsʰ/l; x ; fʰp, dʰxsʰnʲl hɔ; jʰ pɔfʲlʲ, xʰnbʰvn, s-rɡkʷ/
 - uʰlʲɔkʲ fb lɡʰ/fʰ, zʰf/bʰ ; sʰt dʲlʲ, aʰfʰoʰvsʰ#, /dʰfʰk
 - ; ɔw/ vɡn, cɔnɪʒ / kʲlʲ, aʒɔl- /, wfb^a
 - rɔbʰkʲ fb ; jɔl, kʰkʰt Pʰsʰfɔl, ɡɔ; fln^a-\$, Onʰd
 - /dʰzʰ/ zɔfʰ9sʰn, hʰoʰf pɔfʲlʲ, rɔbʰɔʰfʰkʷ, /fʰx6
 - kʲjʰtʲ ykʲ duʰ, eʰfʰ dʲlʲ, /ʲgʲfʰ, Doʱlɔl
 - 6skʲ fb ɡkʲn, kʰnʰkʰsʰfɔ dʲlʲ, l; ɔkʲnʰrfʰsʰ
 - aʰaxʰ/ cʰqɔ, ɡɔ8fBf dʲlʲ, uʰnd
 - /fdk/ fb clwsʰl, /sʰf-rfʰsʰ sʰsʰfBf dʲlʲ, aʒɔl-!, wfb^a
 - /dʰsʰfɔt rʰwʲl, ɡkʲn ɔʰnsɔ, eʰbʰsnl, sʰf7dʰf8f-
 - /fdk/ fb zɔfʰkʲfʰh, aʰnʰhʰfʰt kʲlʲ, aʰjʰ Doʱlɔl
 - ; lɔtʲ vʲtʲ8f, aʰwʰfʰ, %fʰkʷ
 - xʰ/ɡʲ/foʰf vʲtʲ8f, zʰf/bʰ ; dʰfʰ; aʰfʰoʰvsʰ#, /dʰfʰk
 - sʰf0axfb/ lnɔaː sɔnɪ sʰ?n] tʰkʰf-%, wgsɔf
 - kʲg l3ld/] eʰtkʲ(-!), lrtʲg
 - anʰ/d lzʲjsʰfɔl, /fʰshʰzʲjʲ / lɡdʲlʲ, bʰfʰvʰf
 - uʰlʲɔkʲ fb cʰrfoʰ hgsʰoʰf pɔfʲlʲ, kɪn^a, dsʲjʲgkʷ/
 - eʲfʲg clwsʰl, tʰ; lkʷ-%, bʰ^a
 - rɔkʲf0f uʰtɔd, afnsʰoʰf pɔfʲlʲ, sʰfʰaf/f; ; Noʱg
 - lɡdʲf >ɪ7, eʰɔbʰ7ˆ^a kʲlʲ, jʲl/6ɡu-/!#, dʰ7ˆ^a
 - nʰnkʲ fb zɔfʰkʲfʰh, eʰd dʲlʲ, /fʰbʰ^a, Doʱlɔl
 - rʰ/fʰ lɔ>, eʲjʲgʲy-^a, %fʰf, aʰwʰ^a
 - nʰf; vʲtʲ8f, lb0m 0ˆ^an; aʰf; sh, lb0m aʰf/, vʰfʰ^a
 - /dʰrɔɔl clwsʰl/; /fʰ clwsʰl, hnsɔf kʲlʲ, aʒɔl-^, kʲnʰrfʰsʰ, wfb^a
 - abkʲ fb l3ld/] 6ʰsʰfʰkʷ-/\$, l; ɔkʲnʰrfʰsʰ
 - ɡʲ/foʰf kʲ fb ɡkʲn, hʰn kʲlʲ, atf; jʰs ; flsgʲ] l; ɔkʲnʰrfʰsʰ
 - uktaxfb/ e08f/l, dxɔɔl kʲlʲ, dnɪkʷ/, dʲnsʲjʰ-^a, Doʱlɔl
 - hɔɡʲ sʰQ/fʰn, nʰsʰkʰ pɔfʲlʲ, rʰd] dʰfʰ^a
 - bʲjʲgʲ/foʰf rʰwʲl, xʰɔfoʰ-\$, pɔbɔkʷ/
 - dʰ7ˆ8nʰnsʰfɔl, lɡdʲlʲ ah/xʰsʰ, jʲl/ɔbɡu-/\$, lrtʲg
 - /fʰ /fʰkʲnʰoʰ, dʰnʰf5f 6ʰh, sʰf7dʰf8f-
 - uʰlʲɔkʲ fb 9Eʲfʲg, aɡkʲ ɡkʰ-/\$, ɡofa: tl, sʰeʲl
 - ɡqaxfb/ sʰ; l; hgsʰoʰf pɔfʲlʲ, lrtʲ, ndh^a
 - dɡ/fʰf /fʰkʲnʰoʰ, nug, sʰf7dʰf8f-
 - kʰnʰuʲgʲ bʰxʰn, ɡjʰbʰfʰ] kʲlʲ, wɔkʰfʰ-!^a, sʰhʰn
 - xɔʰrɔɔl clwsʰl, eʰtʰl pɔfʲlʲ, xʰQlvsʰ] wgsɔf
 - nʰsgʲy clwsʰl, >l ; bg kʲlʲ, bʰf8fBf, ndh^a
 - nʰsgʲy clwsʰl, >l; bg kʲlʲ, bʰf8fBf, ndh^a
 - xɔʰ/fʰ cɔfʰ, ɡnʰ^a dʲlʲ, ɡnʰ^a-x, wfb^a

; fdf01fɡ-**em** sʲg] kʲg ; xefuʰaf6 ; xl hʲkʲm kʲkʰt xʲg ; sʲg .

d] k9\$] :sh

wd{; /nf0{ ; ID%/xG5'

e/t a:g]
 ko6g Joj ; fol



kh] cord

sg :sh k9geof] <

d] v]f^a]sf] lr; fkg] kl]j af6 k9f0 yfn\$] xF. @)@) ; fnlt/ d pQm :shdf egf{eP/ slff rf/; Dd k9F. kl5 Toxl :sh dfWolds aGof]. e]h]k/, df]a / w/fgsf] af]8^ :sh x6} slff g]df kl/ lr; fkg]ld} km]sPF/ Toxl6f6}P; Pn; L u/F.

Toltj]hf :shsf] cj:yf s:tf] lyof] <

e]f]ts k]f]f/ s]l lyPg . xfdl rf]df a; } k9Yof}. lz]fs, upf] / lj Bfyl{ ldn} b]p; L=eh]f]6 cfly6 ; f] h6P/ lj:tf/ :shsf] ejg agf0of].

tkf0f0{k9f0df sIQsf] ?lr n]Uyof] <

3/af6 :sh kl]g %08}Ps 306f n]Uyof]. z]fob To;]] ubf{ x] Is ; fg]df dnf0{k9gdf plt; f/] ?lr xGy6 . tk]g ; fylx; ; E :sh c]p6f=h]6f /df0nf] r]lxFxGyof].

lz]fsx; s:tf lyP <

lz]fssf] :jef] c]n s8f v]nsf] xGyof]. vf; u/l g]k]nl lj]fo a9L 3f\$gkYof]. To; f] gu/] c]n s8f ; hfo kf0Gyof]. h]x] \ ; /x;df d]xgt / b]l0] af]w]sf] e]jgf r]lxFyof]. dfWolds t]xdf c^a]h]l, ul0ft, e]u]f] / lj 1fg k9fpg] lz]fs ef/tsf xGy]. pglx;nf0{:sh hfg-cfpg 3f\$fsf] k]g Joj:yf ul/Psf] xGyof].

cfk]nf0{ dg k/\$] sg] lz]fssf] ; D%gf 5 <

lr; fkg] :shsf] k6 xGyof] wd{>]7 . pxfFw}] d]xgtl / nugzln xGyof]. pxf] xfdlnf0{k9f0kl]t lbPsf] k]0f]nf0{ d]h] c]lxn] k]g plOs} ; ID%/x\$] 5' . slff rf/sf slt hgf ; fylsf] gfd ; D%gxG5 <

w}] hgfsf] ; D%g ; lSbgF. uf]k]n s]lnf0{ r]lxF ; D%65' . t/, pgl; E k]g e6 gePsf] w}] e0; Sof]. lr; fkg] :sh ge0lbPsf] eP tkf0\$] hljgdf s]l km's kYof] <

w}] km's kYof] x]f]f . d oxfFDd cf0k]g]sf] c]w]f/ t Toxl :sh g} x]. Toltj]hf upf]f lr; fkg] :sh gv]h\$] eP d]h] s; /l clf/ lrgg k]p]f] / <

:shaf6 tkf0f] l; s\$] s/f= <

cgzf; g / g]tstfsf] 1fg d]h] lr; fkg] :shaf6} l; s]f. c]k]eGf 7h]nf0{cfb/ ug]5{eGg] Toxl :shsf ; /x;af6 l; s\$] xF. e]jiodf 7h]f dfG5} aGgsf nflu k9g]5{eGg] s/f Toltj]h] hfg\$] xF.

upf]f] :shdf sIQsf] hfg]G5 <

sf7df8f] ljZ]lj Bfnodf k9f; Dd lgoldt ; kdf :shdf h]fyF. t/, @)#*÷)#(; fn otr]r]lxFuPsf] 56 . hfg] OR5f r]lxF5 .

lr; fkg] :shnf0{ sg} ; xof] k]g ug]ePsf] 5 <

lr; fkg]sf t]sfng k6 xsaxb/ /f0{ d]f ; fyl k]g xGyof]. sf7df8f] pxf]f e6 x6f d]h] :shnf0{ ; xof] ug] OR5f b]v]PF. t/, b]e]l0 l]d h]d]l uPsf j]hf k6 /f0{ dfc]f] b]laf6 d]l/Psf] 36gf ; g]F. To] 36gfn] dnf0{lg/fz agf0f] / ug{v]f]h\$] ; xof] d]h] cu]l8 a9fpg ; lsgF. xfn ; dtf lz]lf lgs]gnf0{ d]l; s ?#) xh/ ; xof] lb6} c]Psf] 5' . t/, c]k]m} k9\$] :shnf0{ ; xof] ug{g; Sbf dg lvGg ePsf] 5 .

:sh ; fdbflos jf lghl sg xg' /fd] <

d]f] ljrf/df xfd] nflu ; fdbflos :shx; g} dx]k] k0f{xGk5{. lsg]s g]k]nsf ax; ^aVos hg; ^aVofsf] c]w]f/ eg\$] ; fdbflos :sh g} xg'.

; fdbflos :shnf0{ s; /l /fd] k]g{ ; lS]Pnf <

; lhn]f] 5 . klxn]s/f lz]fs /fhg]ltdf n]UgePg . lz]fsx; bnlo /fhg]ltdf n]Ugn]g} :shsf] k7gk]7g k]f]jt ePsf] 5 . bnx;n] k]g :shdf /fhg]lts x:t]f]k /f\$gk5{. clg x/\$; /sf/l lz]fsn] c]f]g 5f]f5f]lnf0{ ; fdbflos :shd}k9fpgk]clg]fo{Joj:yf ug]5{. To; f] x6f :shsf] t/f]g]tsf nflu lz]fs :j0+g} cu] / xG5g\ . ; d]hsf cu]fx;n] k]g To; } ug]5{. ; fy} ; fdbflos :shsf] e]f]ts lj sf; sf nflu ; /sf/n] k]g nuf]l a9fpgk] b]v]5' d . lz]fssf] l]dtf lj sf; sf nflu k]g kof]t Wofg lb]gk5{.

शिक्षक

dfi; s ufixs aggsf nflu ; Dks{ 7ufjg

!= kfFy/
; /j:tl k'its k;n
lknbd,)e\$-^())*#
@= Onfd
Onfd k'its k;n
knfM)&-%)\$e#, (*\$e^e&\$e#
#= %fKf
hljjsf 066/kf0hjh,
latf0f, (*\$e^e\$^e&
\$= txyd
> j7 e08f/, Dofan^a
knfM)e^-^\$)! (#, (*\$!^*^e&)&
%= efhk/
lqj 0l 5fkfvfgf, knfM)@(-\$e)! (
^= dfj^a
- Jff0l k\$zfz
lj /f6gu/,)e!-%e*!@), (*\$#)\$!\$#!
- s\$th Goh P08 :6zg/L
lj /f6gu/, (*\$e)ee%##,)e!-\$e#*#&
&= ; fhvDa'
dl/gf aS; P08 :6zg/L
; NnJlM)#*-%e)!\$ (, (&\$#))%*)
*= cfjy9^abf
- > j7 kqklqsf ; 06/
eXj 6fhM)#&-%)e!e
- pbf; k'its k;n
rf\$ahf/M)#&-%)e!@, (*\$!)#)\$#&
(= vifj^a
> j7 aS; P08 Goh PhJ; l
lbStjh,)#^-^\$e)@e#, (*\$e*\$e)@e#
!)= wglf
hgHofj k'its k;n
hgsk/,)\$!-%e!***\$
!^= bhjvf
- xf/tl :6zg/L P08 ; knfo; {
eldZj/,)\$(-\$e!#e&, (*\$)\$^e\$^
- lh/L :6zg/L
lh/L,)\$(-^())\$e*, (&\$)\$)!^!
!!= l; Gwhl
Go" k/hgf :6zg/L
l; Gwhl, @ g+ ahf/M)\$&-%)e)@e#
!e= /fd\$fk
- hPp= k'its k;n
dGynl,)\$*-%\$)#!, (&\$!)%))!!
- ldlnhhl k'its tyf :6zg/L
dGynl,)\$*-%\$))*#
!#= /fjx6
k\$ft :6zg/L, rGblgufxk/)%-%\$)%e
!\$= k; f{
df0:yfg aS; k, jl/uGh,)%!-%e#)\$%
!%= dsjfgk/

kqklqsf : 06/, xdf0f,)%&-%)e!\$##
!&= sfej
- kplt k'its k;n
agkf,)!!-^!e%&, (*\$!)^e)^
- > j7 6B; { kgfj\ \
knfM)!!-\$)\$)%\$, (*\$!\$&\$e%)
!*=: Gwknrf\$
- sZj :6zg/L, rfj/f
knfM)!!-^e)ee#, (*\$!e)\$e#&
- z\$sdgf :6zg/L
afxja; j)!!-\$*)*!
- kplt :6zg/L, anlkn)!-^(!\$#!%
!(= sf7df8f-
P-al-hl= :6zg/L
a9figns07,)!-\$#&&\$e%
e)= wflb^a
- lqk/f k'its k;n
wflb^aj]M)!)-%e)! (
- Go" wflb^a :6zg/L
lgns07,)!)-%e)^^%
- lxdfn aS; P08 :6zg/L
wflb^a, aXgl,)!)-%e)@e#
e!= gjfsf0
pI; s hJn :6fj
lab/,)!)-%e)!\$!
ee= lrtjg
gf/fo0l k'its ; bg
gf/fo0fu9,)%^-%e!e*), (*\$)\$^e)@e#
e# = gjnk/f; l
ldng k'its k;n
; gjn,)&*-%e)@e!, (*\$&)@e!)*
e\$= kGbxl
- ; /n :6zg/L s0j
eXjxf,)&!-%e!&\$, (*\$&)@e)@e(
- ljzfn k'its k;n, abjn,)&!-%\$^e)@e(
e%= uNdl
/j E f lj 1fg ; jf
tD3f; M)&(-%e)^^^, (*\$&)@e*^e^
e^= knfkf
> j7 Goh PhJ; l, tfg; gM)&-%)e)!*e
e&= tgxF
- u08sl k'its k;n
bdfhl,)^e-%e)!e*, (*\$^e)\$e\$e%
- cljb :6zg; {
8d])^e-%e)%)%, (*\$^e)^*)!
e* = ufjvf
/fhgf k'its e08f/
lj Bfno dfu })^e-\$e)!^#, (*\$^e)@e#&e#
e(= ndh^a
%gf k'its k;n
ajlzx/,)^^-%e)!e!, (*\$^e)@e#^

#)= sf:sl
; knm ldl8of xfp;
kfy/f,)^!-%e#*(!#, (*\$^e)@e%&e
#!= c3fjvffl
pdZ 5fkfvfgf, ; Gwvs{)&&-)\$e)!&
#e= bf^a
- vgf n k'its k;n, efnaf^a,)*e-%e)!*
- hgtf aS :6n, 3fjxl
knfM)*e-%e)@e(, (*\$&*#e!%\$
- gofHofj ckm 0 k]
th; lk/, knfM)*e-%e)@e!
##= /fhkf
Go" kldf0f :6zg/L P08 ; knfo; {
lnjfa,)*^-\$e)\$), (&\$*%e!%!
#e= afEj
- lxdfn l8l:6ko6/, gkfnuGh
knfM)*!-%e#*\$e, (*\$*)@e)@e#
- Go" lqj 0l k'its ; bg, wDaffhrf\$
knfM)*!-%e)@e#^, (*\$*)@e)@e((
- Go" cfbz{ aS; P08 :6zg/L
jl-kl-rf\$, gkfnu-h,)*!-%e#*!%
- llfth Goh sgf
sfjnk/, knfM)*!-%e)!^)*
#%= alb0f
- Go" cofh k'its k;n, el/ufpF
knfM)*\$-^e)@e*!, (*\$*)#e)\$#
#^= bhjy
zdf{ :6zg/L
knfM)*(-\$e)@e\$, (*\$*)^e*^e^
#&= ; vEj
- ; ud k'its k;n
; vEjM)*#-%e)!e)@e(, (*\$*)\$!&)^
- cNknf :6zg/L, a4ky,)*#-%e)!#&
- Go" laxfgl k'its k;n
l5Gr, knfM)*#-%e)@e#
#* = hDnf
zfxl hg/n :6fj, vnEf ahf/
knfM)*e-%e)@e)%, (*\$*#)@e)@e(
#(= s0fnl
- lgnd k'its k;n
cQl/of,)(!-%e)@e#*, (*\$*#e)@e#*
\$)= c5fd
efj s :6zg/L
; fknau/M)&-^()!(\$, (&\$!!!e)@e(
\$! = s-rGk/
dxfsnl ; dfrf/ s0j
dx0b0u/,)@e!^e#
\$e= bfrfj
rfjhgl k'its k;n, ufshZj/
knfM)#^-^()##, (&\$!!!e)@e



सज्जा छ सुकै

Nepal's First DTH

बिना तार सिधै तपाईंको TV मा