

j if{ #^÷ k0ff{^s !#%÷ r] @)&\*— j}zfv @)&(

kž sfpł; n gkfnáf/f 's' juđf julšŁ /fli6æt/sf]klqsf

# bfloTj

åđfl, s

kłvīg ; Dkfb s

/fdkŁ fb kŁt

kłfŁ g+-\$-\$^\$&^  
uf]hŁkłfŁ (\*\$!%@^)!&

kłv ; Nnfxsf/

7fs/ zdf{e08f/L  
dŁ (\*\$!@\$%##!

; x-; Dkfb s

ofbj eš/f0Ł  
dŁ (\*%!@#())(

; Nnfxsf/ ; dŁ

sžj/fh kŁt  
sdn 1jfnl  
/fdkŁ fb cfrfoŁ

ljzŁ ; xof]ul

ne/fh hfzŁ

JoJ : yfks

nldl kŁt

kłfŁ \$-\$^\$&^



; xof]ul ? : % ) ÷ -

JoIQmut ljlzi6 ; b:otf zNs ? : % , )) ÷ - jf ; fŁGbf a9L .

; ÷yut ljlzi6 ; b:otf zNs ? ! , )) ÷ - jf ; fŁGbf a9L .

sfofŁo

3-@&÷&), rfjlxn-&, sf7df8fŁ

kłfŁ \$-\$^\$&^

E-mail: dayitwa44@gmail.com

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http://nepalipublisher.com/downlods-dayitwa

**www.dayitwa.org.np**



# jþjfofl

Clif-s0j 3f/ . b]tf- cllg ok . 5Gb- afxt  
kþfy axtl .

k[jf]oJx-kž0ff+Jzfþ]otlgfd\.

clUg+; Qm]ej{fle/Ldx]o+;LldbGo 0&t]..!..

xfdl CITjsxž cf^gf ;fwf/Of jfSon JolQidf  
bjTj ljsf; ug dxfgtfsf j0fg ub5f . To;  
dxfgtfsf j0fg Clifxžn /fd[]; t u/sf 5g .

hgf;f]clUg-þlw/];xf]lv-kljidGtf]jw[] t].  
; Tj-þf]cB ;dgg 0xf]jtf ejf jfh]';Gto ..@..

dflg;xžn anj4s cllgbjnf0 j/Of u/ .  
xfdl pgnf0 xljn klj4 u/fp5f . cGgbttf x  
cllgbj ð cfh ltdl kþ;Gg dgn xfd[]/lff u/ .

k[]jf bt-þ]ðldx]xf[]f/+jZj j[];d\.

dx:t];t[]j r/GrOr[]blj :kþlkt efgj||..#..

bjtfsf bt, xftfsf žk, ;j1 x cllgbj ð  
ltdlnf0 xfdl j/Of ub5f . ltdl dxfg / ;Tožk  
xf . ltdf Hjfnfaf6 klnbf kþsz cfsz;Dd  
klb5 .

b]f;:Tjf j?0ff[]dqf]co[]f ;þt-k[]gldGwt].

ljZj+;f]clg]holt Tjof wg-þ:t]þfz dfo{..\$.

x cllgbj ð ldq, j?0f / codf ol tlg bj tfxž  
ltdlnf0 k'fgf bjbtst žkdf kþlkt u/fp5g .  
hg ofhsn ltdf lglDt xlj ;dlkt ub5g,  
pglxž ltdf skfn ;a vfnsf wg kþt ub5g .

dGb[]xf[]f u[klt/Ug]þtf]jzfdl; .

Tj[]jZjf ;þtflg jþf w[]f oflg b]f cs[]jt ..%..

x cllgbj ð ltdl cfgGb lbg, kþfkfns, xftfžk,  
ux:jfdl / bjbt xf . cž bj tfxžn ;DkGg ug  
zšsdxž klgt ltdl[]sf/Ofn k/f xG5g .

Tj]0bUg];eu]olji7b ljZjdf xðt]xlj|| .

; Tj-þf]cB ;dgg ptk/-þllf b]f[]t; jlof{.^.^..

x lr/o[]f cllgbj ð ;a xlj ltdlnf0 g ckOf  
ul/Psf 5 . of ltdf pQd ;fello xf . xfd[]nflu  
ltdl kþ;Gg xfp|| / jtdfg tyf eljiosf nflu  
;dt zlQzfnl bj tfxžnf0 ohg u/ .

t-ð]dTyf gdl:jg pk :j/fhdf;t].

x[]fle/Ug-dgff||;ldGwt]tltjff[]clt l;w||..&..

ljgd[]:jefjsf pkf;sxž :jo kþ6 ePsf  
cllgbjsf pkf;gf ub5g . zqhf0 lhTg vfHg  
dflg;xž xjg;fdul / :tltåf/f cllg kþlkt  
ub5g .

cgjfb || ltnsk;fb n06n

C[]jþ-;kttf, klyd d08n, -;Qm - #^\_

ç eēf|| :j|| tT;jTj[]0o+euf[] bJ:o wldlx lwof[] of[] g|| krfþoft .

efjfy[] k[]f:jžk, blvgfzs, ;v:jžk, kþanth:jL, kfkgefzs, b]:jžk k/dftdfnf0{  
xfdl cGt/fTdfdf wf/Of ub5f tL k/dftdfn]xfdl[]al4nf0{;Gdfu[]f k[]t užg\.

## ; Dkfb slo

- .lj bŭ xg'lj åfg xg'xf0g, sg lj ifodf .lj bŭ hf sfxl klg xg; S5 t/ .lj åfgŭ xg ; Sbg . lj åfg xgsf nflu ; l6lk s6n klbg . p; n : jflŭoog ugkb5, cgelt cfhg ugkb5 / r/fr/ hutsf af/df ; ld1fg xfl; n ugkb5, clgdfq To; dflg; n lj åfgsf kbjl kfpq ; St5 .
- bfzlgS / sljalrsf cŕt/ klq o:t o:t xf . bfzlgS jf lrŕts jf lj rf/s xg'Pp6f s'f xf, slj xg' csf s'f . bfzlgSxŒ, a9L lj rf/n rN5g, pglxŒsf dl:tis a9L rN5 t/ slj ; flxTosf/xŒ a9L xbon rN5g . pglxŒsf cŕtxboaf6 efjgf / ; jbgf :kŭ0f xŒ5 / ; flxTo hŕdŕ5 . To; n xbo 5ŕ5 / kf7snf0 efjS agfp5 .
- cfrfo /hglzn egeŭ— clnslt kfunkg slj / bfzlgS b'jdf xŒ5 / xgk5 . b'j nx8L / t/aŭl xŒ5g . b'jdf efjStf nssf xŒ5 . pglxŒ kftnf kbfsf b0lt/ cyft Hofb glhs xŒ5g t/ e6 xbgg . slj / bfzlgSxŒ cfkŭ kfun ePsf yxf kfp5g t/ kfunxŒ cfkŭ kfun ePsf yxf kfpbgg . o:t sljTj / a4Tjdf klq w/ cŕt/ 5g . b'jsf ult p:tp:t xf . dfq k/s s xf eg sljTj kfgldf tfkqŭd a9h:t pgŕŕ; o l8uldf kl5 / ; nfP/ kgŭ kfgL xŒ5 t/ a4Tj ; dl8uldf kl/ jfkŭ aŕ5 / cgŕdf p85 .ŭ
- sljTj zlQŭleq lj åQf gxb; S5 t/ lj åQf leq sljTjzlQŭ lgxlt xŒ5, cyft sljTj xboklf ePsf n pŭ lj åQf glhs t xŒ5 t/ lj åQfsf ; dsf0fdf ; dflxt xg ; Qŭg . lj åQf xfl; n xg'ulx/f0 5g'xf . bfzlgS aŕg'prf0 kŕkt ug'xf . b0 JolQŭTj sf ult kŭ/s eP klq b'jsf p2Zo rflx nloeb ug'g xf .
- slj Toŕ aŕd xf, p; n aŕdfsŕ eŕbf kŭ/s ; ; f/ lgdf0f ug; S5 . p; n sNkgfsŕ p8fg e5 / vhf cfsfzdf zx/ lgdf0f u/f0lbg ; S5 . sljsf ; hgfsŕ cufl8 bfzlgS klq gtd:ts xŒ5g / p; åf/f l; lht /rgf k9/ cŕgŕb lnŕ5g . k/f lffk/f l f Œkdf bfzlgSnf0 rflxg ; fduŭ sljn ; hgf ul/lbPsf xŒ5 . To; n ; :st ; flxTodf sljsf j0fg o;/L ul/Psf 5— ckf/ sfJo ; ; f/ slj/s kŕfklt .
- sljsf dxTj 7nf 5 eŕg s'f ; :st ; flxTodf o;/L pNnv ul/Psf 5— g/Tj bhe nfs ljBf:tq ; bhefŭ, sljTj bhe tq zlQŭ:tq ; bhefŭ, cyft ; ; f/df dglo eP/ hŕd lng'7nf s'f, To; dflj ljBf cfhg ug' ceŭ 7nf s'f, slj xg't bhe s'f . To; df klq zlQŭzfnL slj xg'cToŕt bhe s'f .

- slj tf nVg ; lhnf 5 t/ /fdj slj tf nv/ nfslkptf xfl; n ug ufxj 5 . csljxzn slj tf nVbf c; n sljxç klg pkxf; sf kfq ePsf 5g . slj eçglalQs gfs vDRofpgkg l:ylt blvPsf 5 . uB jf kB h; 's xf; , xboklf kån eof eg / ; fçbokOf 9Eaf6 ; Tosf kç6ls/Of ul/of eg slj tf ; kın xç5 . cyft Wjlg / Jo~hgfn slj tf l; ufl/of eg slj tf sf çfh cç a95 .
  - ; flRrs slj Tof tx; Dd kluf xç5, p; n sç blv of / . 1ç blv ptf klg sxl 5 eg/ vfhl ub5 . slj sf sNkgf çgf7f xç5 . elgç5 lg – . hxf gkx'r /lj, txf kx'r sljç . slj sf sf sfJo nvlbg xf . sfJosf / ; uçOf ug / sfJo açg sf sfj tf sf dd1sf xf, cyft – slj s/flt sfJoflg / ; hfglçt kl08tfm . xg klg slj, sljh:t ePg eg / slj tf, slj tf h:t ePg eg slj / slj tf sf çfh 36g ; Defjg kån xç5 . To; n sljxç o; tkç ; hu xgkg h?/L 5 .
  - cçTodf, @)&\* ; fndf lbjçEt xg sxl ljlzi6 JolQçTjxçsf ; :d/Of ug' xfdl çfçgf stJo 7ç5f . ut jifsf kç/Ded cyft jzfv # ut ztfAbL 6Sg yfnsf ; çtfgAa jiflo Zofdbf; jiofjn of w/fwfd Tofu; u gkfnl ; flxTonufot ; dfhsf ljleçg lfqdf ljlzi6 ofubfg ug : jgfdwç JolQçTjxçn hljgaf6 lj>fd ln b hfgeof . sxl sf/fçgsf jxfgf agfP/ hfgeof, sxl ; do; ldf ; lsPsf ; rgf ; DkçfOf u// hfgeof, o; /L çidzm xfdlnf0 5f8/ hfçxçdf– 8f= ufkn l ; jfsf6L, nldOf /fhjzL, ljbç kf8n, kçWjh kçvfg, ççbçdfnl, hljgrçbçsf0/fnf, 8f= ; fknNo cdfçO, rtg sfsL, kç= /fhçbç ; jçbL, 8f= jflg/f lu/L, 8f= ufljçbaxfbç yfçf, pHHjn yfçf, 8f= dfltnfn k/fhhl, ; jçfnfn >i7, t/fv, pQd gkfnl, hal 6xç, kOf jB, ; ug zfx, >lxl/ çkfvtL, çfgçbbj eç, 8f= zif/fh çfrfo, ljho alhdo, 8f= tf/fçfy zdf, ljs kçNkfnl, ljiOfufkn l/ ; fn, eld bçfn, åfl/sf gkn, hgsnfn jB, sdnf /f0, slj/fh kfçv/n, dçxg sfhl, g/sççt clwsf/L, g/dçbçnfd, glns07 eç/f0, kç08 dNn / jif ; lsg tlg lbg afsl /xçf cyft rq @& ut labf xg 8f= çfdjl/L ; x a:çoft xgç5 . sltçzif xg plNnlvt dçfgçfjxççkçt efjkOf >4f-hnl çkOf ub5f .
- ; u; u l; hgzn hljg latf0/xsf ; DkOf bfççf0 tyf lbblalxgççkçt çof jif @)&( sf kfjg çj ; /df ; çjç:Yo Pjd lb3foçf xflbs dçundo zçsfçgf çkOf ub5f .



# bfloTj

-; flxltos a; s\_

| ; hgf                                                                               | kfgf g+ | ; l6f                |
|-------------------------------------------------------------------------------------|---------|----------------------|
| syf÷n3syf                                                                           |         |                      |
| tfst                                                                                | @@      | kf-8f- slkn nfld5fg] |
| b^u kfgllbg                                                                         | #@      | /fdsdf/ kl08t lfgl   |
| ; flxltosf]lj sf;                                                                   | %)      | nlmf/fh bxfn         |
| /fk                                                                                 | %!      | xfpza s/ af:tfhf     |
| ny÷lgaGw                                                                            |         |                      |
| cfvdf xfnbf klg glaefpg]                                                            |         |                      |
| dpefiL lgaGwsf/ /f]s l3ld/]                                                         | *       | ljho rfln;]          |
| szpfl Ldf ; flxTo                                                                   | @%      | kf- dfwj l3ld/]      |
| ; lhnf]sfd                                                                          | @*      | 5fofbQ Gofkfg] 'au/' |
| j]hfsf]dg                                                                           | #*      | /fdk; fb cfrfo{      |
| j], bzq / efuj t                                                                    | \$!     | j]k; fb kGy          |
| kP[t, kj]Q / kof] /Of                                                               | \$\$    | /fhzdfg s];l-        |
| ; d/Of÷ofqf; d/Of                                                                   |         |                      |
| lktf>lnf0{kq                                                                        | %&      | dx't{sdf/            |
| ; dLlff÷; dfnf]gf                                                                   |         |                      |
| 7f8fPfsfsf]nf;f;s[ts Oltxf;    Ps rrf{                                              | !^      | zLtn lu/L            |
| ee{fpb}5 lklnauf]                                                                   | \$&     | zldnf v8sf bxfn      |
| ; r] efjs n7l7g]vfnsf lgaGw                                                         | ^@      | c?Of vql 'gbl'       |
| lgoldt :tDe                                                                         |         |                      |
| /aUlg ; flxTo, /aUxlg ; flxTo                                                       | ^(      | gL/fhg dftuNo        |
| slj tf÷ult÷uhn÷dQms                                                                 |         |                      |
| xl/ vgn-&÷s[Of kvfg-!@÷ o] /fh dgnl-@)÷pldnf ;j]l- @!÷o] /fh zdf{uf}d-@#÷           |         |                      |
| lqe'jgrGb  jfun]@&÷Onfd] h]f]@ (÷z^s/ zfx-#)÷hgfbg clwsf/L 'w8'sg'-#!÷              |         |                      |
| szj /fh kGt -#^÷lj sn ToFUL -\$)÷lgn/dOf k/fhhl -\$#÷; /:jtl cfrfo{\$^÷Ogb'kGt-^\$. |         |                      |
| ;fydf- ;DkfbSLo, bfloTjaflv, s[tlijj /Of / j]jfofl .                                |         |                      |

bfloTj ådfl;ssf ljlzi6 ;b:oxç

|                        |                   |                       |                  |
|------------------------|-------------------|-----------------------|------------------|
| gl/fhg dfbuNo          | — (*\$!)#^&#\$    | /yl cd/ k&t           | — (*%!)##**#!    |
| gf/fo0fbj k&t          | — (*\$!)!&!%*     | /fhGb&k&t; fb k&t     | — (*%!)\$\$&\$^* |
| ggf gkfn 9sfm          | — (*\$!@%\$\$\$@* | kzklt ldq dflj        | — (*\$!@(^\$!@   |
| /fwZofd e\$/fo         | — \$@@#@\$        | ltnk&t; fb Gofkfg     | — (*\$!%!(*)     |
| dfxg rfkfuf0           | — (*\$!##%@\$&    | kjg cfnfs             | — (*%!)!\$)@\$   |
| jf;bj p&fllwfo 9sfm    | — \$\$&@%*#       | szj/fh zdf            | — )!-\$*@#@#!    |
| ?s'sfsl                | — %!()##\$        | /fdk&t; fb cfrfo      | — (*\$!#!(@(%    |
| ljholljh y&kf          | — (*\$!@\$%^(#    | ljiof&t; fb k&y       | — (*%!)!)\$&((   |
| cftdf/fd v/n           | — (*^%!)#)\$^)    | zxl&b zq&l dflj       | — (*\$!^@#)!)    |
| u0fz&t; fb e\$/fo      | — (*\$()@#&*^     | j&k&t; fb k&y         | — (*\$&)%&\$(^   |
| Oi&kfn dflj            | — (*%!)%\$@*@     | ljiof&t; fb k&t       | — (*%!)!##@\$    |
| ofu/fh kf8n            | — (*\$!\$)%&%@%   | z^s/ljq&d zfx         | — (^(#^@%&       |
| u^uf; fu/ k&t          | — (*\$)%@^)#      | cfd&t; fb sf0/fnf     | — (&\$!@!^@(!    |
| /fddl0f bjf8l          | — (*\$!##@%!)     | si0f k&f&g            | — (*\$!\$@\$\$^* |
| ljBf&t; fb l3ld/       | — (*\$!@)^^^!     | slj tf k/fhhl         | — (*\$!@^(!()    |
| szj &kfvtl             | — (*\$!%)#\$(     | ;6n/&; snh            | — (*%!)@(*^      |
| lalno6 axdvl Sof&k;    | — (*%!)@!\$@!\$   | eflu/yl >i7           | — )!-\$###!!(    |
| 8f= ab&l kfv&          | — (*%!)@((%)      | hnZj/l >i7            | — (*\$(\$^*^&    |
| ;lfdf zdf a8fn         | — (*\$! ^*%\$&    | ;l/tf cofn            | — (*%!)!*&!%     |
| dS&b Gofkfg            | — (*\$(&\$*^%&    | si0f ;jbl -ef/âfhldq_ | — (*%!)^#(!&     |
| O= lqjGb/fh k&t        | — (*%!)#*%*\$     | ;j:lt hfzl            | — (*\$(*(!^\$^   |
| 1fgxl/ kf8n            | — (*\$!%)\$\$!#   | dfxgaxfb/ sfo:y       | — (*%!)!%)#%     |
| nldlIjnf; sf0/fnf      | — (*\$!))!^@#     | gu&b/fh zdf           | — (*\$!^!@!!     |
| /dz uftd kf&nkfnl      | — (*^)#^\$*!      | u^uf lnun             | — (*\$\$&\$^@*   |
| ljiof&t; fb zdf k/fhhl | — (*\$!##&)*#     | lbJo lu/l             | — (*\$!\$!#!(#   |
| 8f= si0frGb zdf        | — (*%!)!@(**      | 5f0fbQ Gofk&          | — (*%!)!%&!(#    |
| lszf/hu sfsl           | — (*%!))(%&(%     | k&fz 3fon             | — (*\$!@(\$^\$   |
| 7fs/ldf cfrfo          | — (*\$!@\$^)*!    | z^s/ ef/tl            | — (*\$!)\$&)*&   |

bflotj ådfl;ssf ljzl6 ;b:ox&af6 xfn;Dd ?- @ nfv \*) xhf/ kfk̥t ePsn pQ̥ /sd  
bflotj klqsf sf ;j4g / lg/t/tfsf nflu .bflotj klqsf sfifl :yfk̥g ul/g5 . cfufdl lbgdf  
;b:o a6g rfxgx&af6 klq /sd kfk̥t u/l sfif j14 ub nlug5 - ;Dkfb̥s .

## bfloTj afN5 0

- ◆ bflOTjd f /rgf k7fPj; dlfk f \klt knG6df 6f0k u/L k7f0lbgxb,
- ◆ bflOTjd f klt /rgfx; ;'rgf gu/L cGog lbPdf To:tf nlyssfgd sfntf; 'rldf /flvg] Joxff cjut ugkb,
- ◆ bflOTjsf nflu kmf]gk7fPsf ;|6fx; n]Ps klt c6f] f0hsf] kmf] ; d] k7fpgxb,
- ◆ s[tkl/ro u/fpg rfxg] dxgfejx; n]kl/rofids nly / Ps klt lstfa jf b0{b0{klt s[t pknAw u/fpgxb,
- ◆ bflOTjnf0; k7fPj; jkP agfpgsf nflu ljlw ljwfx; sf nly /rgfx; k7f0; xofu ugkb,
- ◆ bflOTjd f cTolws dfgdf nfd / ax'; aVos ; dLIffx; cfp] u/f]n] xfdn] :yfg lbg ;ls/xsf 5gf; 0; tkn; ; dLIffsx; sf] wofgsif xg,
- ◆ nly /rgdf ksfzlt ljifo; :t'tyf tYofax; sf] ; DkOf pQ/bflOTj ; Dkfbs Pj ksfzsdg q/xl : jo-nlysd f/xg] Joxff; d] cjut ugkb cg/fw 5 .

## bflotj lsg lal;of<

■ xl/ vgn



bzsf lxtdf /fdf glit sfgg rfxof  
k0ffn. Nofpg afrf ub /fu cnflkof .  
; jfsf ; kgf af8L : jfydf ; a l; l4of <  
gf/f ; dl4sf s ef bflotj lsg lal; of <  
..!..

dtm rlgg gtf nfss xft pQd  
Ps 5fs ldn xfo ljj s k0f vQd .  
czflgt u0fsf zflgt e0d lkp l/IQof  
rf/nf0 lbof ; frf bflotj lsg lal; of <  
..@..

lgzidf zAbsf blk afNg afNg s7a/  
sl/of el/of al4 eflgt ylg lgzfr/ .  
ufof /fj0fsf ult ; kgfel/ sflSsof  
nvgL klq ef elQn bflotj lsg lal; of <  
..#..

1fg-c1fg ef ltdf a0of ; f/f, ; lf r/f  
u?sf dlxdf : jxf gf/f efif0fsf w/f .  
ljBfux eof snf bf; tf ha lnk; of  
u?akdf u?bj bflotj lsg lal; of <  
..\$. ..

t/fh't/sf k0bf ; dfq; u hfn 5  
snf sf6 ag rf6 7sbfl aafn 5 .  
0sf e0f ; a k0f k; f eg/ lrlInof  
Gof0 0Zj/sf jf0fl bflotj lsg lal; of <  
..%..

ljwtf lh0bul bftf dftflktf r/fr/  
k0 / s?0ff rfvf dxdf0 ; /fj/ .  
cfhnf0 e0of afe 0Zj/; u tIsf  
dndfly u0of en bflotj lsg lal; of <  
..^..

klf x0g ; dfrf/ cfrf/ klq vfb5f  
kq /fv/ lgi7fsf bnsf u0w afb5f .  
; tfnf0 e0of snf : jfydf slt nlVbof  
cEeE eof rfyf bflotj lsg lal; of <  
..&..

gkrf Gog lnbf ; jf Hofbf gkrf eoÍ/  
t/fh'ha 9NsG5g w0bf snf 5 aa/ .  
hf05f n6 u/L xfo lh0bul; u 3Isf  
rfyf cE eof eE bflotj lsg lal; of <  
..\*..

wd; u xg dd wdd 5 ; a e/  
; :slt ; Eotf l; E ef/ yfdg 5 0Zj/ .  
:jwdsf u/L Tofu : jfydf lsg clNeof <  
cdf cdf ; u aRof bflotj lsg lal; of <  
..(..

efiff xg hggL xfdl ; :sf/ logs jz  
lrgf/L o; d xfdl l; hgf knsf /; .  
ubf u2f/sf a0b efiff> lsg lrlbof <  
efiff jfa0sf ; jf bflotj lsg lal; of <  
..!)..

● ●

# cf7fdf xfnbf klg glaefpg] dþefifl lgaGwsf/ /f}s l3ld/]

■ ljho rfln;]



**C**gxf/df sflct / cf7df ;w dbd'sfg ;fgblv d/f dgdf 5flkPsf /frs l3ld/sf ;bfjxf/ t:jL/ oxL g xf 5l/tf, kntf / xfrf sbsf /frs bf0 gkfnl ;flxltos kqsf/tf / efiff;flxltos lfqdf eg cToct pRr :yfg /fvGx5. ldtetfifl /frs bf0nf0 cfvdf xfnbf klg glaefpg dþefifl lgaGwsf/-;flxltos kqsf/efbf a9L g7flgPnf.

/fd5fkaf6 /fhwfgL cfP/ ;Ddfgt hljg latfpg cf0/xsf ;';st ljåfg kl/jf/sf dnl k= ;fdgy l3ld/ / dfgsdf/L bjlsf Hoi7 ;kq /frs l3ld/n afl4s JolQmTj, ;flxltos ;:sf / ;';st hljgbzg cf^g 3/af6 kkt ugeof. cf^gf lktfhlnf0 e6g cfpqg nvgfy kf8ofn, ;fdgy l;lbN, dxfslj nldlk;fb bjsf6fh:tf dxfk?ifxçnf0 bVbf, pglxçsf s'f ;çbf ;flxToklt gzf nflb hfg' :jfejljs lyof. kl5 cfP/ e/j cofn, /dz ljsn, gj/fh rfln; nufotsf ;flxltos-afl4s ldqxçsf ;fy;aut ePkI5 t pxfdf gkfnl efiff-;flxltos ;jdf ;dlkt /xg rfxgf kþan aGb hfg' eig :jfejljs lyof. kintM oxL lfqs ;jdf pxfn cf^gf hljgdfq xf0g, ;DklQ;dt vrb hfg'ef. To; sfodf dfofn' ;fy lbg ;xoful aGgeof efph';l:dtf l3ld/ . clxn cfP/ t /frs bf0sf /rgf lj/f;t ;efNg pxfsf ;kqåo ;wL / kþLssf bl/nf sfw tðtof/ e0;ssf 5. o;nf0 klg gkfnl ;flxltos kqsf/tfsf ;vb ;ofu dfgk5.

geP klt / lktfs kbLrXg k5ofP/ sfwdf sfw ldnfpg kl/jf/ ;lhn sx el6G5 / <

/rgfsf dfWodaf6 .z<sup>a</sup>s/k;fb >i7/nf0 znGb];fsf/h:tf ;fys gfda6 lrgfpg /frs l3ld/ :jod 3ggfy zdfaf6 hl-Pg-l3ld/ xb /frs l3ld/df cf0klgePsf syf klg sd /frs 5g . of gfd kl/is/0sf >o ;fob efiffzf:ql dxfgçb ;fksf6fh:tf cuþnf0 hfç5 . xg t ljiofsf ;x;lgd egh:t pxfsf cç klg gfp 5g . st pxfsf sndn eif0f sZoklsf gfp wf/0f u#of, st .1fgdlt / ce st afbn zdf .

@)!% ;fndf sNkgdf klxnf /rgf kþflzt ugePsf /frs bf0sf nvgoqf xfnva/sf ;Dkfsnf0 lr7L xb gof s/G6 kþfzgaf6 kþflzt xg ;fktflxs / cG6 kþfzgxçsf ;Dkfsloxçdf lj:tf/t xb uP . /rgf t pxfsf cf^g ;çtg e0xfNof . To;n ltgsf ;Dkfslo dfq geP/ ;a kþf/sf uf8dn pxfaf6 xg' :jfejljs lyof. dfly pNnv u/sf gof gkfnkfi6, gof s/G6 cflbsf ;Dkfslo /frs bf0af6 nlvçy eGg rflx w/nf0 yxf gxb ;S5 . tl kþfzgd d klg ljqrçt, ljhoçt cflb gfpaf6 :tDe nvgd ;nlg gxbf xf t /frs bf0sf Tof uktnv af/ cg1 g xçy xfnf o;/L g cç slt kþfzgsf p4f/ eof xfnf /frs bf0af6, Tof pxfaf6 kl5kl5 ;lgg g 5 .

nvgf uktbfgdf a9L ljZjf; / ;do latfpgs sf/0f xfnf, l;hgfsf nflu pxfn w/

;do lbg kfpgePg . Toxl eP/ xf ls .;Deigdf  
 kllqPsf yufxç -@)%^ / \_cgxf/ / cgelt  
 -@)&\$ \_zlifs b0j6f ;:d/OffTds dflns  
 lgaGw;auk kpfzlt 5g . xg t ;auk kpfzg  
 ug xf eg oxf pNnv ul/Psf b0 ;auk afx/sf  
 o:t cç klg oqtq 5l/Psf w/ ;:d/OffTds  
 lgaGwxç gkf0g xf0g . ;DkfbgTk eg /rgsf  
 b0j6f e/j :dlt c^snf0 Pp6 ulysf çk  
 lb0Psf \_zfzjt Jo^lo lzNKL -@)&%  
 \_cg;Gwfgleqsf cg;Gwfg -@)%! \_ \_sljj/  
 dfwjkt;fb l3ld/ clegGbg ul^y -@)^)  
 \_cçtdGyg -@)^& \_ \_zfDaeQ ;jblm ;hgf  
 / ;Deigf -@)^(\_ h:tf pNnVo ul^yxç  
 gkfnl jf^dos w/fx/ agsf 5g . olafx k;  
 sfplç;n nufot ljleçg ;3;:yfsf :df/sf  
 tyf jflifs kltjbgxç pxfaf6 ;Dkfbg ePsf  
 5g . logsf cltl/Q ljleçg kqklqsdf  
 5l/P/ /xsf efiif ; flxTo / ;:slt;Da4 uxg  
 ;DkfbSlosf 7nlSf 7nl ul^y tof/ xg ;S5g .  
 cfzf u/f logsf klg lbg cfpnf

/frs bf0sf /rgflzNk / /rgf;fdYosf  
 lbllbzg u/fpg eg log b0 lgaGw;auk skl  
 5g . ol lgaGwdf kf0g ;rgf, Pltxfl;s tYo,  
 lgaGwsf rl/qdfly GofokOf plrt dNof^sg  
 kpfjsf/l lgaGw nvgs bi6çt xg . ol kplv  
 ljziftsf ;fy ;xh;Dklotf, gkfnl efiissf  
 dfgs çk, ;:d/Of nvgsf /frstf /frs  
 ;flxTosf kpfjzfnl zlQ xg . To;n lognf0  
 gkfnl jf^dos gdtf nvç xg eçg ;lsç5 .

\_;Deigdf kllqPsf yufxç leq  
 e/j cofnsf ljifodf dfq nlvPsf  
 b0j6f ;:d/OffTds lgaGw /xsf 5g . cç  
 /rgdf l;l4r/Of >i7, xl/eQ s6jfn,  
 /fxh ;fsTofog, Qzj/ a/fn, jf;bj n06n,  
 sfzlaxfb/ >i7, ejfgl lelf, oful g/xl/gfy,  
 df:6/ /Tgbf; kpfz, /rgf kpfzg-;Dkfbgsf

syfuesf ;fy /fli6o gfr3/df ljgfgDtf  
 ;f:slts sfoqd xg hfbf /frs l3ld/, /dz  
 ljsn / e/j cofnn eflgk/sf xdtaf/ /frs  
 ;Gbe pNnv ul/Psf 5g . gkfnsf ldq dflgg  
 dxfl08t /fxhsf af/df hgsnfn zdfkl5  
 ulx/f hfgsf/l pxfaf6 g kkt ePsf 5 eçg  
 ;lsç5 .

csf TolQs dxçjkOf slt \_cgxf/ /  
 cgeltxçlleq cl3Nn sltdfh:t gkfnl  
 efiif ; flxTo / snf;:slt lfqsf ljleçg  
 pgfçrnl; JolQ;:d/Of / Pp6f nvs :josf  
 esDk cgej;DaGwL dd:kzL /rgf /xsf 5g .  
 e/j cofn / /Tgbf; kpfz af/df nlvPsf  
 cnucnu ;:d/Of ol bj ul^ydf k/sf 5g .

ljåfg cfgçbbj e66af/sf bf;f ;:d/Of  
 cfnv k9bf dnf0 d/f ;^sngdf /xsf  
 Pp6f krf6fsf ;Deigf xç5 . @)!\* ;fnlt/  
 ufs0fsf haundf jgefh hfbf lvrSf ToF  
 Zofdzjt krf6df /dz ljsn, cfgçbbj e66,  
 e/j cofn, /frs l3ld/ 8f-gj/fh rfln;,  
 an/fd cofn / 6lsfstf/ zfx xgç5 . ol  
 >4o JolQTjxçdWo /frs bf0nf0 cfh klg  
 xfdl xfdl;u kfp/ cxfeflo ePsf 5f xfdl .

/frs bf0n oxf hhlt JolQTjnf0 cl3  
 ;fgbePsf 5, tldWo sXlsf ;:d/Of ;kf6 /  
 ;fdfç kl/rofTds j0fgdfq nfl5 . o;af6  
 cgtfg ug ;lsç5, tl /rgf pxfsf :jtm:klt  
 /rgf xf0gg, nVg k// dfq nlvPsf /rgf  
 xg . tl sXlafxS o; bf;f ul^ydf klg nvs  
 / ;:d/Of ul/Psf kfqlarsf cçt/au ;DaGw,  
 tl kfqs JolQTjleq nssf kf6fxç, tl;usf  
 /frs 36gtxç / tl kfqs ;lsnf / dnf bj  
 klfxçsf /frs hfgsf/Lsf e08f/ agsf 5g  
 ol bj ul^y . ce shklt sbf/dfg Jolytaf6  
 xg u/sf dxfg gf6ssf/ afnsiOf ;dkltsf  
 ckdfghgs Jojxf/af/ ;çbf stfstf gld7f

cgej xghf5 . o;/L g cs /rgfdf Ps hgf  
sg dxfl08tsf ljbz ofqsf avt ePsf  
sGtljhfu / pgsf dkf0Tj sf af/df k9g kfpbf  
csf vfnsf /df0nf cgej x5 . of 5f6f  
cfnvdf ;a :dlt rrf ug' ;Dej 5g . To;n  
oxl la;fp of rrf .

..hljgsf ljleGg dfWodaf6 w/yf/ hg  
1fg / ;lksf ;~ro ul/G5, ToxL g ;flxTo xf .  
ctll JolQ cyft dfgjhljgsf nflu g xf  
;flxTo . dntll ;:sf/ / dxQsf ul/df psf:g  
kl/t ug' ;flxTosf dn p2Zo / bflotj xf .  
-clf/leqsf ;l6fx\_ . ;duj ;flxTonf0 o;/L  
kl/eflft ugxb /frs l3ld/ cf^gf nvqdf  
klg ;:sf/ / dfgjlo dxQsf ul/df psf:g ;w  
bQlrQ blvgbPsf 5 . lhDdjf/ nvddf xg  
dfgj / ;dfhk|tsf bflotjafw pxfdf kofkt  
kf05 . To;n t pxfn dgk/fpg ;flxTosf/  
x5df bjsf6f, l/dfn, elk, kfl/hft, dbgdlof,  
w=r=ufftd, /dz ljsn, tfN; tfo, rva,  
dxZj tfbjL / gfufhgcfib lhDdjf/ tyf uDeL/  
;flxTosf/x5 g kb5g . nvs /frs l3ld/sf  
af/df oltdfq egf xfnf |

gkfnL ;flxTosf t ljZjsfif g xgx5,  
/frs bf0 . gkfnL ;flxTosf x/ 36gf,  
;flxTosf/sf rl/q, :jefj / k|IQ  
af/df hfgsf/L / ;rgf rlxof eg /frs bf0;u  
;flwgxf; , tkf0n lg/fz xgkbg .

/frs l3ld/n e/j cofnsf ;Nnfx,  
;eifj / k|Off tyf e/j-/dz ljsnsf ;xofudf  
h;/L /rgfnf0 :yflkt agfpgb0 gkfnL  
;flxTos kqsfl/tfsf :tDesf lznf0f; /  
lgdf0f ugeof, To;/L g c2nf0 o;tk nfig  
klg plQs pTk|t ugePsf 5 . To;n gkfnL  
;flxTos kqsfl/tfsf Oltxf;df zf/bf /  
5k/vf;u /rgfsf gfd cfpb5 .

:jod guGb/fh zdfn eGgePsf ;gsf  
5' ;flxTos kqsfl/tfdf pxsf u? klg /frs  
l3ld/ g xgx5 . xg klg cleJolQ klqsfsf  
h6d g pxfs a7s sf7f /pxfs k|Offaf6 eof .  
h;sf Toltjnfsf ;flfL / ;dys xgx5Yof e/j  
cofn / hublz l3ld/ |

/frs bf0sf :jefj g xf, kfPsf cj/df  
klg cfk cl3 g;g, c2nf0 g cl3 ;fg . ;w  
cj ;/ kfP/ klg pxf ;/sf/L lgoQiaf6 afx|xft  
k/ /xg ?rfpgb0f . k5fpgf k5fpgf sxl ;lk  
gnfu/ xfnf, Psk6s eg ;flxTos kqsfl/sf  
tkiaf6 lgoQ xg k|; sfpl6;nsf ;b:o kb  
:jlsfgeof . Tof klxnf / ;Dejtll cl6td  
/fhglts lgoQsf bz jif -b0 sfosfn\_  
latfpbf ;dt pxf c?nh:tf tnaeQf dfq  
krfP/ a:gePg, 7f; / kl/OffddvL sfd u//  
bvfpgeof .

pxfs kpf;af6 k|; sfpl6;ndf ;flxTos  
kqsfl/tf pk;ldlt u7g xg ;Sof . k|;  
sfpl6;nsf Oltxf;d klxnfkN6 pxfs  
;ofhsTjdf u7g ePsf Tof pk;ldltf  
k|;sfpl6;n afix/sf b0 hgf ;b:o pxfs  
l;kf|/;df lgoQ xgeof . pxfx5 xgx5Yof-  
guGb/fh zdf / cRot/d0f clwsf/L .

pxfs kpTg:j?k /fHoaf6 ;w pklift  
gkfnL ;flxTos kqsfl/tfn c6o 5fkfn h:t  
juls/0fsf cfwf/df lglZrt /sd ;xofu:j5k  
k|kt ug yfn . dgdfxg clwsf/L k|vfgdGql  
xgxbf /frs bf0sf xf:6 / ;flxTos/ dfbgfy  
k|>tsf x;df gkfn k|fk|ti7fgnf0 ?= %)  
nfv ?lkof pknAw eof . ToxL /sddWoaf6  
#% nfv ;flxTos/ pkrf/ sfifnf0 56of0of .  
afsl ;flxTos kqklqsfnf0 ;xofu:j5k  
a;lg sxl /sd pknAw u/fpg k/;fl/of .

k|; sfpl6;nn ToxL jnf /fhwfgL afix/  
klg ;flxTos kqsfl/tf ljifos ufi7Lx5

;~rfng ug yfNof . k|; sfplG;nsf jflifs  
k|tjbgdf ;flxltos kqsfl/tfaf/ Ps cWof  
;dfjz ug yflnof . ol sfodf klG gtTj /frs  
bf0s /Xof . o ;/L /rgf k|sfzg-;Dkfbgdf dfq  
ge0 o ; lfqs ;:yfut ljsf;df ;dt pNnVo  
ofubfg ugePsf 5 /frs bf0n . To;n t  
pxf ;w gkfnL ;flxltos klqsfsf klG lbg  
cfcf; eGg sfdfg ugXG5 .

...j/fi6 , :j ;flxTo / :j ;dfhk|t a0dfg  
gughf0 g ;fys arf0 7fGxg /frs l3ld/sf  
lkp vfgf klG l3z4 :jbzl vfg sf g xg .  
xfdf sxl ;flxTosf/xGsf h:tf :sr, lkHhf  
xf0g, pxfsf lkp vfgf ;fbf gkfnL vfgsf  
;fy kfk/sf khf/f, cg;f / vL/h:tf gkfnL  
;:slt eNsfpg vfgf xg

gkfnL efiif;flxTosf cys ;fws /frs  
l3ld/ lzlf dGqfno kqsfl/tf k':sf/ -@)\$%  
k|; sfplG;n ;flxltos kqsfl/tf k':sf/  
-@)%( / dxfslj bjsf6f k':sf/ -@)&%  
h:tf pNnVo k':sf/af6 ;Ddfgt xgePsf 5 .  
@)\$% ;fndf ;flxTosf/ lfqk|fk clwsf/L  
lzlfddqL xgePsf ;dodf w/n ;Ddfg kfPsf  
lyof . Toltjnf ;fluhf ;flxltos dfl;s  
klqsfsf k|vfg ;Dkfbz xgSf gftfn To  
k':sf/ dn ;dt pxf;u k|kt ug c j ;/ kfPsf  
lyP .

@)\$# ;fndf ejfgL ;flxltos kqsfl/tf  
k':sf/af6 ;Ddfgt /frs l3ld/ hg:t/df o:tf  
cgsf lghL ;:yfxGaf6 ;Ddfgt xgePsf  
5 . tldWo ;flxltos kqsfl/tf k':sf/  
-@)\$% , g=/f=k|k| ;flxltos kqsfl/tf  
k':sf/ -@)\$% , pQd-zflGt k':sf/ -@)%^  
jL/u-h ;flxltos kqsfl/tf ;Ddfg -@)%&  
nldL sfsl ;flxltos kqsfl/tf k':sf/  
-@)%\* , ;flxTo ;^ud dsjfgk' ;Ddfg  
-@)^) , ;bklZrd ;flxltos ;f:slts

dxft;j, clegGbg -@)^@ , ;gsfzL ;flxlt  
;hgf k':sf/ -@)^\$ , ;lxTo;GWof ;Ddfg  
-@)^\$ , ;^sif0f Jof; ztfAbL ;Ddfg,  
pHhg, ef/t -@)^\$ , lji0f-k|kf ;flxltos  
kqsfl/tf ;Ddfg -@)^% , aGw' kGt :dlt  
kqsfl/tf k':sf/ -@)^% , dxfslj ztfAbL  
;Ddfg -@)^^ , e/f gkfnL /Tg sb/kq  
-@)^^ , hgdt jL/i7 ;fws ;Ddfg -@)^^ ,  
Zofdk|b ;flxltos kqsfl/tf ;Ddfg -@)^&  
gkfn ;f:slts ;3 k':sf/ -@)^\* , shrGb|  
sf0/fnf :dlt k|ti7fg ;Ddfg -@)&! ,  
efgeQ cfrfo lãztfAbL ;df/fx :j0fkbz  
tyf k|l:tkq -@)&! , efg-ejfgL kqsfl/tf  
k':sf/ -@)& , gkfn ;flxltos kqsfl/ ;3  
;Ddfg -@)&# , k':sf/ / kbd>L k':sf/  
-@)&# , bfflotj j^do l3lzi6 ;|6f ;Ddfg  
-@)&\$ , ufkn kf8 c;ld k':sf/ -@)&\$ ,  
l3ld/ aGw' /fli6o k|ti7fg ;Ddfg -@)&\$ ,  
hublz :dlt k':sf/ -@)& , jL=KL= k':sf/  
-@)& nufot c;^Vo dfG , ;Ddfg /  
k':sf/xG pNnVo 5g .

cf^gf cleG ldqsf gfpdf :yflkt /dz  
ljsn ;flxTo k|ti7fg sf pxfn ;:yfkG  
sf -@)^# blv g cWolfsf bfflotj  
uK0f u/L gtTj k|pfg ub cfpgePsf /frs  
l3ld/ csf cleG ldq e/j cofnsf gfpdf  
:yflkt e/j k':sf/ u7L sf @)^% blv  
cWolfsf /xl szn gtTj k|pfg ub cfpgePsf  
5 . logsf cltl/Q klG pxf cgsf ;flxltos  
;3÷ ;:yfxGdf cfa4 /frs l3ld/n rlg,  
aunfbz, ef/t x^s^a nufot l3leG bzsf  
ep0f cgej k|kt ugePsf 5 .

@)&\* rt @@

ljho lgjf; , cf?af/L .



!  
sdLxç  
df/L e  
h6sf 5g lgdf0fdf  
cf-cf^gf lzNksfl/tf sfg  
Sofgef; df .

df6f vnfP/  
df6f pafP/  
Pss lrd6L  
rRrfn Rofk/  
ufynl e u8 agfpg tof/  
sdLxç  
h6sf 5g  
afw lgdf0fdf .

d  
sdLxçdf df/L bV5'  
d  
sdLxçdf  
ufynl bV5'  
d : jodn  
: joddf sd gbVbf  
d  
: jodn  
: joddf ufynl gbVbf  
df6f bVsf 5  
df6f lrlçtt 5  
df6f au/  
df6f klxlP/  
vf8ldf slxnbv  
p6sf kxf8 p7sf 5  
afn'jfsf /lu: tfgsf  
tftf jfkıdf .

sdLxç  
o; jnf  
;Gb/ ;Gb/ dxnxç  
;Gb/ ;Gb/ aurfxç  
ljzfn ljzfn /uzfnfxç  
zx/el/ aflSnPsf  
kılflsnf kılflsnf dxdfuxçsf lgdf0fdf  
Jo:t 5g  
: jod c:tJo:t eP/ klç  
ltglxç dxn l; ufg  
/uzfnf ; hfgp  
dxdfuxç lrdNofpg  
sddf 5g,  
ltgn upf afs/ xbodf  
ltgn kxf8 afs/ lz/df  
ltgn dfof afs/ dgdf  
kç;Lsf cf;'lehPsf 5g l;/fgldf  
t klç ltglxçsf ugf;f 5gg,  
sdLxç Jo:t 5g sddf  
eflonf0 bñf lbç5g  
t/ sd ub 5g /lu: tfgdf,  
gbl p:tl; t alu/x5  
otf kxf8df p:tl; t a; klç  
alu/x5,  
bz xfs/ cl3 a9gxç  
bz xf5f eg/ cfpçxç  
bzñf0 e: ju agfp5f eg/  
sf of af8gxç p:t 5g,  
sdLxçnf0 c; ^Vo c; ^Vo ; kgfxç af8/  
sfif l/Tofpçxç klç p:t p:t 5g  
ltgsf gfdff  
ltgsf kl; gdf leh5f 5  
; kgf hlt ; a ; a bzsf .

sdLx¿ sldnf e tftl nfu/  
dlnfg efl: ;bf  
/ldt agsf 5  
kxf8  
dfg dfg .

vf0 lsg xf <  
bzleq sldnfx¿  
nflbgg tftl  
sd ;/fk5g  
sd k6sf bV5g  
eflo 66sf bV5g  
sdLx¿ sg avt  
ljbfxsf tftl nfus xg  
r tgfsf d;fn p7s xg  
kl/j tgfsf /fsf afns xg  
lj/f; tsf kxf8 9fns xg  
sdLx¿sf sd-gbl aus xf .

clxn vnftl agsf  
Tof sd,  
gbl  
cw/f 5 cf;lh:tf cw/f,  
clxn  
cf/gsf sdLx¿  
vnftl rnfpbgg  
rl;f 5 cug'  
klx/f klx/f k;sf 5  
cugd f .  
ptf,  
;kgf af8gx¿  
;kgf af8g 5f8sf 5gg  
g nfhsf k5of/f 5  
ltgsf dx f/df,  
g kZrftfksf lnflg 5  
ltgsf lgw f/df .  
jl/jnsf lvr8L  
/, ltgsf ;kgfsf lvr8L  
p:t p:t nfl5 .

@=  
sdLx¿sf sds kinn p7sf 5g  
clnf eldsfo uugrdalsf ahfx¿  
ahfx¿af6 ha ha  
e0 xl/65 ; tx xl/65  
Toxf sdLsf sdsf cft  
Psl5g ; ;fpg kfpbg,  
Ps eNsf lgbf cf/fd ldNbg  
Ps l;ofn rftf/L ldNbg .

sdLsf sd Toxf  
a/-klkn vfH5  
t/ e6bg,  
sdLsf wd Toxf  
xh ug klusf xfhL ePsf 5,  
sdLsf dd Toxf ahfaf6 v ; sf tktk  
kl;gfsf zlt agsf 5,  
t/ klg sdlnf0 lnflg 5g  
lnflg xbg .  
sdLx¿sf sdsf nk gnfusf eP  
s;/L p7y ahfx¿ < cfszdf  
sdLx¿sf ;lkn gslbPsf eP  
s;/L ;lh6y  
uugrdalx¿ uugdf <  
h;n uug sbof  
pxl clxn  
sklgfsf afs;leq  
uug-ofqf xb  
ljdfg:yn e/sf 5  
ljdfg xf ls < sklg ofg  
d/f slj lbldt 5 /  
rkrfk  
o; jnf  
sdLx¿sf sdsf  
dnfd klv/x5  
ljdfg:yn 5jsf  
cfo3f6df

#=

g;De  
sdlxçsf 3/ 5g  
3/af; 5g  
3/af/ 5g,  
g;De  
sdlxçsf sg ufp 5g  
bz 5g  
p;nf0 hçdfpg cdf 5g  
p;nf0 kfNg df6f 5g,  
g;De  
p;sl hlJg;lugl  
hf e/v/ lJwjf ePsl 5  
sdlçsf sdl;t  
uedf xls/xsf eP  
h;n ghçdb  
ue-6x/fsf ceful  
57L klg bvsf 5g .  
g;De  
sdlxç  
dfq sdl xg yfguçtl  
uf6fuçtl  
j:tçdfq xg,  
h;nf0  
ahf/sf j:t'lJgldodf  
;f6k/  
lsgar  
dfnfdn dfq ug ;lsç5 .  
lkp slj  
of bv/  
ltdf sljtf klg nf; agsf 5  
oltv/  
p;sf cçToliçdf  
Ps ykf cf;çf d;lafx  
ltdln s kf aufpg ;S5f /  
slj ca ltdl g eg  
sdlxçsf sldnfsf tftl  
slxn;Dd xl//xg <  
/  
/dfpg <

\$=

/fSg;Sgxçn /fssf 5gg  
sdlxçsf tftl  
/fSg g;Sgxçn /fssf 5g  
ltgsf eflo  
cdfll;t  
df6fl;t ltgsf eflo hfl8Psf 5g  
g df6fn alg /fssf 5 kxf8  
g cdfn /fSg;ssl 5g  
ltgsf cf;'klngaf6 .  
otf,  
cdfnfn0 / df6fnfn0  
;kgf af8gxçn  
9f6g';Dd 9f6sf 5g  
sdlxçs sdnfn0 klg 9f6sf 5g .  
of 9f6gxçsf n:s/ klg /flsPsf 5g  
sdlxçsf alg sd klg /flsPsf 5g .  
Pp6fn eflonfn0 ;/fksf 5  
cfsfn bznfn0 ;/fksf 5  
d/f slj  
9f6gxçsf n:s/df ckl/t 5,  
p;sf xftuf8fdf rsh 7flsPsf 5g  
p;sf snddf ef6tfnrf sl;Psf 5  
sfuhdf Nofkfçss d;l kflvPsf 5  
leh/ unsf 5  
p;sf slj tf klg

%=

eflon 7u klg  
sdlxç sddf lJZjf; u5g,  
;tçsf ;/fk k/ klg  
sdlxç lJkgfdf lJZjf; u5g,  
vnftl kçSbfcçSb  
kçfç;f ;çsf eP klg  
cf/gsf lçNkdf lçqsfll/tf bv5g,  
cllnP/ ahvlnkçsf uh/n  
luHofP klg  
sdlxç çfçgf lçNkdf  
d:sçfp5g,  
;kgf af8gxçn hlt;ç

eİSofP/ ; kgf afl8/x klğ  
 sdLxç cf^gf sddf vfİ5g  
 cf^g efİoxç .  
 ofİ,  
 ; kgf af8gxçn  
 bz wld/fsf kxf8 agf0; Sbf klğ  
 bz xfSgxç slQ klğ bVtgg  
 wld/fsf İjfn,  
 hh/ ag/ cl:yk-h/ plePsf  
 cyzf:q afs/ plebf klğ  
 bzdf ; kgf af8gxç  
 sdLxçsf kl; gfn  
 slxNo ?eİgg  
 ?%g ; sgg,  
 pN6  
 sdLxçsf kl; gfn yusf  
 cyzf:qdf /df0/x5g  
 gfRb  
 xf:b  
 /  
 sbf0/x5g  
 Toxl İ5of İ5of agsf  
 cyzf:qsf ; t/çhdf  
 uf6L İ  
 sdİsf sd  
 İtg uf6Ldf  
 rkrfk rkrfk  
 slxn İ; kfxl agsf xç5,  
 slxn xfQİ agsf xç5  
 slxn 3f8f agsf xç5  
 t/  
 slxn açg ; İs/xf 5g  
 cf^g sdsf ; df6 İ  
 cfkİn nvsf sdsf  
 ; t/çh klğ  
 p; sf xbg,  
 uwfeİ wfalsf  
 dnf sk8fxçsf kxf8n  
 p; nf0 İylr/xf klğ  
 kQ xbg

cx İ p; nf0  
 sb ; 0sf;Dd klğ xbg,  
 p; n İtg s/n  
 oltv/ p; nf0  
 İglİn/x5  
 t/ klğ  
 İklİ6Ss kQf xbg  
 sb jnf  
 p; sf 3/vtdf  
 s; n İnnfd afİNg xf  
 Toİ klğ  
 cQfkQf xbg .  
  
 ^:  
 kİl/ klğ  
 ; on pbfpğ glal; P eİ  
 sdLxçsf sd pbfpğ İa; bf  
 w/tİsf sd cWof/f xç5  
 /,  
 İzNkdf İvof k5  
 İrqsfİ/tfdf uİ0f nfİ5,  
 0çb0İİ /^u x/fp5g .  
 sdLxç sdd İjZjf; u5g  
 bzn nv6 klğ  
 ; kgf af8gxçn  
 ; kgfn nfEofP klğ,  
 nv6gxçn  
 sdİsf sdsf pBfu vfn klğ  
 sdLxç  
 sdd İjZjf; u5g  
 sd İ sdİ İ wd .  
 ca, ; kgf af8gxçnf0  
 /,  
 İjkgf vf:gxçnf0  
 of sljİsf  
 Pp6f clçtd kçg afsİ 5 İ  
 s sdLxçsf sdsf  
 tftİ x//  
 İtdİ ; kgf k/f xç5 <  
*d-h/L İenh, 0df8fn, nİntkİ*

;dfnf]gf

7f8fefsfsf]nfs;f:s[ts 0ltxf; M Ps rrf{

■ zlt n lu/L



U 08sl kþj0f lfqdf /xsf b7f8f8fsf /yfg nfnaxfb/ ehn ;flxTo / ;:sltsf efsn eftfl//xsf 5g . gkfn ;/sf/sf lghfdtl ;jfdf kG;g ksfPsf pgn cuþlsf Ps / gkfnlsf gf ofgl lgotqf, xf0s' tf<sup>a</sup>sf, sljtf, n3syf, afnsljtf, l;hf clg @)&% ;fndf of ;dLlf slt 7f8fefsfsf nfs-;f:s[ts 0ltxf;0 kþfzlt u/sf 5g . gkfn ;/sf/sf ;x;lrjsf çkdf cflys pçglt s slt u/ Tofg JolQut s7f xf, t/ ;flxTo / nfs-;:slt egkl5 xbobl v g ;dlkt xg ?rfpg ehnn o; lfqdf eg kþlt u/sf bzlg pgs kþfzlt k'ts 5g . ;flxTof pgsf ofubfgsf s7f ug xf eg jtdfgdf rfubg/fo0f ;flxTo ;dfhsf gtTj ;Dxfn/ ;do ;dodf ;flxTos ultljwdf ;lqio /xsf kf0Psf 5 . ;flxTosf/ ehn krf;sf bzsbvlv ;flxTo nvlg / kþfzgdf k0fçkdf ;dlkt eP/ nfluk/sf kf0Psf 5 .

nfs-;:slt ;jjofks 5 / of a7gsf nflu cfk j/k/sf kl/jznf0 cgZLng ugk5 . nfs-;:slt ;<sup>a</sup>sng ugsf nflu o; lfqsf ;rl nfdf 5, h;leq c ;<sup>a</sup>Vo ljifoj:t' k5g . tl ljifoj:tdWo Pp6f ljifoj:t' xf nfsult . nfsult nfs-;:sltsf dxEjk0f ;ft dflgG5 .

7f8fefsfsf nfs-;f:s[ts 0ltxf;0 k'tsdf u08sl lfqsf kl/ro, ;ktu08sl lfqsf JoTkIQ, Pltxfl;s ki7eldsf klfsf dxTTjaf/ nfnaxfb/ ehnn 7f8fefsfsf

0ltxf; vftNg / ult ;<sup>a</sup>sng ;fy ljZnif0f ugePsf 5 . pxf ki7 !& df nVgxG5- .kys ;fwgf, ns-a;L, psfnl-cf/fnl, hljgsf t/nldf sl7g hljg znlsf df8df, cfqfçt efuf0sf afjhb /lQe/ ljrInt / lblejdt ge0 dfgjlo pbju ;fdflhs Pjd ;f:s[ts kl/jzdf snfsdxçn cçhfgd hçdfP/ x'sfP-a9fPsf ljZi6 ljwf xf 7f8fefs . o;n t'sfnlg ;dfhsf ;fdflhs, cflys, ;f:s[ts, /fhglts, efuflns, wflds, eflfs cj:yf kltljDat u5 .0 gkfnl nfsultdf klçj:fefljs çkdf 0ltxf;sf c ;<sup>a</sup>Vo 'ns kf0G5g- xf, of ;dLlf slt b7f8f8fdf kþrInt 7f8fefsfsf kl/zLng, JofVof-ljZnif0f ;lxtsf 0ltxf; xf .

of ;dLlf k'ts ehn :jo dsxf cfP/ pknAw u/fpgeof . k'ts k9kl5 cfZrorlst eP . slt dxgt u//, slt ;do nufP/, 7f8fefsfsf ult ;<sup>a</sup>sng ugeof . 7f8fefsfsf ultsf 0ltxf; vfHgeof, ult k9geof, pxf;usf 5f6f s7fsfgldf nflu5, c jZo ufpg' klçxG5 . cf^gf df6fsf ;uGw kþt ug' c jZo ;Vb xf . 7f8fefsfsf w/h;f ult ;dosf ef;df x/fpg ku . 7f8fefsfsf nfsult dgf/~hgsf j:t' xg;Sb5 t/ 7f8fefsfsf nfsultsf kçg g t Joj;fosf xf, g t dgf/~hgsf . kzj/ ;<sup>a</sup>snssf s7f t Jojxf/;u hfl8g hfG5, h:tf sg kþhS6sf dftxtdf /x/ tflsPsf ;do;ldfdf /x/ sfdf ug' . t/ ehnn cf^gf 7fpsf cf^gf dgdf

a;sf cf^g nfsefsf ;^sngdf dfq xf0g,  
To;sf 0ltxf; phfu/ugeof, k9bf /fdj nfluof .

of k'ts 7f8fefsfsf ;f:slts  
0ltxf;dfq geP/ b/7f8f8fsf hfgsf/L u/fpg  
; lfd k'ts klg xf . ehnn ^ cWofodf cf^gf  
;Dk0f s/f t%ofpgeof, o:tf nfluog . t/f0df  
hGd xSsf dh:tfi gfd ;gsf t/ kf0nf 6Sg  
g;ssf b/7f8f8fsf 7f8fefsfsf cfzo / eljio  
:ki6 2kdf yxf kFP o; k'tsssf dfWodn .

7f8fefsfsf nfsult ;^sngsf ;fy  
7f8fefsfsf pTklQ / ljsf;qid, ndh^sf  
e8lvdsf ul-hPsf 7f8fefsfx2, 7f8fefsfsf  
;l6fx2sf kfl/jfl/s gfnlanL, 7f8fefsfsf  
/rgfx2sf ljZnif0fh:tf ulx/f ljifo:j:t'  
el665g . 7f8fefsfsf ultdf yk cGjif0f,  
ljZnif0f ug rfxgsf nflu kofkt 7fp 5 . sg  
klg nfsultdf :yfglo klxrfg ^Nsg 0ltxf;  
tTj el665g . To f klg ;j;fwf/0fsf dVaf6  
lg:ssf . nfsultsf ljziftf egsf g slxn  
/lrof, s;n /Rof eGg ;DaWdf sg lglZrt  
;do/vf gel6g'g xf . o;af/ olt s/rflx  
lglZrttkjs eGg ;ls65,o;n xdfj ;:sltsf  
0ltxf; afln/xsf x65 . jf:tjdf 7f8fefsfsf  
nfsultdf To; essf hgtfsf alx;fj  
syfufyf nSsf 5g . xg klg xf, nfsultdf  
t nfshljgsf c;^Vo syf ;dfjz ePsf  
5g . nfsufyfsf ufos snfgfy clwsf/L,  
wd/fh yfkf, clnldof, sjnk/ ls;fg,  
ufsh hfzL, hgskj;fb xdfuf0, bjlkj;fb  
jgjf;L, gGbsi0f hfzLnufotsf kltefx2n  
nfsu'-hgdfk;t hg;fwf/0fsf syf-Joyf  
k:sgeof . hghljgsf syf cfsNg nfsult  
cfkidf 0ltxf; xg, h;df 0ltxf;sf cgdfn  
tEj k2:t 5g .

nfsultsf ;^sng / cWooog w/n u/sf  
5g . ;^sng / cWooog ug ;an 0ltxf;

vftNbgg, vftnsf kf0Psf klg 5g . o;  
d;fdf ehnn klZrd # g= u08sl k2z,  
ndh^ b/7f8f8fsf gkfnL nfs;flxTo vf;u/L  
7f8fefsfsf pTklQ, ljsf;, kl/efiff ;fy  
ljZnif0f cflbsf zAbIrq sfq ;kin ePsf 5g .

xg t cfh klg nfs;flxTon xdfj ;dfhdf  
plr t :yfg kfpq ;ssf 5g . nfs;flxTo  
pkllft c j:yfdf g blvb5 . nfs;flxTosf  
lfqdf nfs;flxTosf dxEj / pkfbott bzfpq  
o:tf uxlsnf slt lnP/ cfpgePsf ehnnf0  
:jfut ugk5 . nfssf bli6 xf nfsult  
vf; lf0df vf; ljifo 6kSs l6k/ bvfk/sf  
x65, o;sf /rlotf nfsnf0 sg lsl;dsf  
kl/df0faf/ dtna /xGg . Hoflditsf laGbdf  
nDaf0 rf8f0 /xGg . oltdfq xf0g, To f laGb'  
sNkgf afxs cGog xbf klg xGg . sfuhdf  
xgf;fy To f c-laGb' aGb5 . oxL c j:yf lf0f  
-;do\_sf xf . lf0df hf rSsf x65, To;sf  
st cl:tTj /xGg . oflg, lf0f xgf;fy ;ls65  
klg . o;sf/0f nfsult ;dosf ;fydf cFPsf  
xbf ;w gof /x65 gofh:tf nflu5 . ;dosf  
;fydf sXL zAb kl/jtg sfnafws xgu5 .

nfsultdf /xsf oxL lfdtf ePsfdfq  
nfd f ;do afr'sf kf065 . o;/L clnslt  
cfzo sXL zAb ;dosf ;fydf kl/jtg xb  
b/7f8f8fdf afr'sf nfsult xf 7f8fefs .  
o;sf ufosaf6 g klxnf k6s ;Ggnf0 of  
cbet, ljlrq, cgf7f cflb nflu5 . o;df  
zAbdf gofkg eGb f klg dVo s/f xf efsf .  
sg klg ;^snsn olb bfal u5 d/f ;^sng  
w/ cfwlgs 5, w/ cuufdl 5, w/ kpltzln  
5, w/ pGltzln 5, nfsultdf o:tf ljziftf  
ul-hPsf eg kf0bg . jf:tjdf eGg xf eg  
cbet nfsult gjlg xf0g, ;w gjlg /x65 .  
lsgeg 7f8fefsfsf oxL cbet gofkg o;sf  
kf0f xf, sfnhol agfpg .

nfsuln nfshljgsf ljw-Jojxf/  
cf;-xf;f, blv-;v, cfzf-lg/fzf, k/Dk/f,  
/lItl/jfh, eifelff, rnrng, ;:slt, dNo-  
dfottf, lj:dft-xifsf t/nldf efjgTds  
t/Ëxçnf0 phfu/ u5. hljg-hutdf  
dflg;sf efuf0, kl8f-si6, syf-Joyf, la5f8-  
ldngsf bfefgnf0 cftd;ft ub nfs;;slt  
/ nfs;Eotfnf0 nfsuln dVl/t u/sf  
x65. ehnsf ;asngdf k/sf 7f8fefsfsf  
nfsuldf dd:klZ cfzsljTjsf wf/f-kjfx  
5fnxçn ndh<sup>a</sup>sf b/f8f8f gkfnl nfsulfsf  
lfqdf pj/ / x/fe/f /xsf lrgf/l lbg ;kn 5.  
b/f8f8f kfsIts 56fn l;ufl/Psf kpsIts  
/aud-r dfq ge0sg nfsulfsf vfgl xf e6g  
;ls65.

lj;= !(!\$ ;fnlt/ wfnflul/ lfqa6  
7f8fefs 7s/lzf t;f efsf v;sfu e6g  
ultw/f cnfkb af4l; u?<sup>a</sup> sf:sl lhnNfsf  
x;k/ ufpdf a;f0 ;/sf /x5g. lognf0 ult  
cnfkg d08nlsf gf0ssf çkdf dflgb cfPsf  
5. u08sl c~rnsf ndh<sup>a</sup> / **u08sl k; j0f**  
lfqsf lhnNf nfs-;f:slts ;Dkbf, ko6slo,  
efuflns, Pltxfl;s / hljs ljJwtfsf  
bli6sf0fn wgwfo /xsf ;an :jlsf/s  
5g. t/ /fHon dxEj lbPsf h:tf nflbg.  
sltko nfs;lf sfnsf uldf lanfPsf 5g.  
bl3hljL Tof xbg, hf cf^gf nfludfq afrsf  
x65. o;y, gof efsfsf ult k/fge6bf ;jyf  
cnu, To;df klv vf;u/L hljg-;Tj sxl gjlg  
xgk5. sg klv gof ult cf^gf e/df dfq afRg  
;Sbg. 7f8fefsfsf uldf cgflb / ;gtg  
kf065. ta o;n ult lnof / oxl ult klxNofP/  
o;sf ljifo p7fP/ ehnn cg;GwfgTds slt  
tof/ kf/.

x/s laxfg gof xgu5, x/s ;li6 gof xg  
u5. gofkg To; lf0fdf lge/ /xsf sf/0fn

dfq eg xf0g. xf gof Tof xf, h;df ;Tosf  
cleJolQ /x65. o; ;dlf sltdf gof s/fsf  
vfhlzf kpf; ePsf 5, o;y o;sf dxTj 5,  
dNo 5 ;fy :yfolTj klv.

x/s lfqdf lj1fkg / ;dxn kpfj  
kfb cfPsf 5. nfnaxfb/ ehnh:tf cWoog  
cg;Gwfgdf Psfxfl/P nflu/xg ;lf6nf0 w/n  
glr6g'sg cgf7f xf0g. lj1fkg / u6sf sf/0f  
sxl ;do txNsf dRrfPsf slt, kl5 gfdlg;fg  
x/fPsf w/ 5. laSg s/f 7nf xf0g, l6Sg 7nf  
xf, tfl/sf laS5g / l6Sg t ulx0fl g xf, oyfy  
oxl xf- o; sltdf klv oxl s/f nfu x65.

7f8fefs krlnt zAb Jofks kpfudf 5.  
af4l; u?<sup>a</sup>n of gof efsf nfsuldf NofP.  
nfsulfsf lfqdf gof kpfu lyof, kpfunf0  
dftlnfn u?<sup>a</sup>, avtaxfb/ u?<sup>a</sup>, k~r ;Aaf u?<sup>a</sup>,  
bpaxfb/ b/f, dlq/fd b/f, cfknL 3ltgl cflbn  
cg;/0f dfq xf0g, 5fk/ cEof; klv u/sf  
xbf rNof. nfssf dgdf a:gu/L 7f8fefs  
rnkl5 rNof, rNof, rln/Xof. 7f8fefsfsf  
ufosxçdf sg Pstf lyPg. s/f oltdfq  
lyof, tl ;a k/Dedf o:tf lyP, uf3/df  
lutEsf çkdf cftdklti7f kft u/sf klv  
lyPg. of ;ofu xf af4l; u?<sup>a</sup>nf0 k5ofpbf  
nfssf dgdf la:tf/ la:tf/ slxNo gx/fpgu/L  
a:g ;s. clg t To;kl5sf k':tfn klv of  
7f8fefs 6kSs l6kof. elg65 lg rNg -rNtL\_  
sf gfd uf8L. klxnf k':tfl5 bf;f k':tfd t  
of efsfnf0 dfog ug kç:t eP. klxnf k':tfsf  
ufos cfo cfhg u// ahf/Ls/0ftk nfusf  
lyPg, bf;f k':tf klv nfugg. jtdfg k':tfn  
klv nfbfx/Lsf gfddf 7f8fefsfnf0 5/k:6  
gkf/sf xbf o;sf dflnstfd kpslt, ;:slt  
afrsf 5, cslqd a6g uPsf 5g.

nfsultkplnf0 yxf 5, sg jnf  
7f8fefsfnf0 bfx/L ultsf hggl dflgPsf

lyof . ctll ufos-ufloxfx / 7f8fefsfsf  
 kf/vl cç ufP/, gfr/, ;g/ / x// slxNo  
 yfSbgy . 7f8fefsfsf ld7f;k0f ePsf xbf  
 g of kldn ult b0 kyslnËl alr bfx/Lsf  
 çkdf lj:tf/ xg uof . xL/f-dftL, wg-bfntn  
 dfq bz wgl xbg, nfs-;:slt, k/Dk/f,  
 /lItl/jfhsf ;/If0fn ;dl4tkl bz cuç/  
 xb hfç5 . 7f8fefsfsf nfs;f:slts cnflss  
 w/fx/, cf^g Jofs/0f ePsf ljgozln lzi6  
 ljwf eP/ klj lnosf ;^3f/df klghfg'c jZo  
 blvb s/f xf . p7fg / a7fg ljçbdf ufpg  
 l;nl;nfd cçTofgkç; ldnfpg' 7f8fefsfsf  
 ljziftf xf . ult z?jft zAb kçfu u/L Jo^lo  
 ug' gltstf / lzi6tfsf lx;fan /fdç dflgbf  
 /xg5 . nfsufog / nfs;:sltdf cAan dflgg  
 ndh^a lhNnfsf u?^a, b/f / clwsfzh;f cçO  
 hghfltn 7f8fefsfsf ult ufpg ub5g . jg-  
 kfvf, rk3f6, xf6ahf/, rf8-kj, ;Togf/fo0fsf  
 khf, /fbl cflbdf bvf0g gTo, dfbnsf tfn-  
 ;/df 3çsg nfsbfx/L, %ofp/, 7fSsf, hxf/L,  
 ljBfnosf jflifsfTj;df kçzg ul/g gf6s,  
 kç;g, pvfg-6Ssf, ehg-r8sf, eifelfut  
 gTo, nfvgr cflb tTsfnlç ;dosf Psdfq  
 dg axnfpç dgf/-hgsf ;fwg lyof . :ki6 5,  
 /ft a:g u/L laxjf/Ldf kbn hçt hfg kçng,  
 dnf-kd, eft-efç;f ;s/ cfsn-^sn,  
 k^;bdf cfofhgf xg ljzif lsl;dsf ;f:slts  
 sfoqid, b/f8f8fl:yt l; b/ 9Ëdf xflgg tçg/L  
 kfv/fsf 7nf, uf0g 7f8fefsfsf, x//, ;g/ ctkt  
 dgn /ftf-/ft kbn lx8/ ufp-zx/, 7nf 9Ëf,  
 rk3f6, s/fk6f/, ktlnlahf/, glngbl cflb  
 7fpdf lzj/flq / kfu-klofd kçdf 7f8fefsfsf /  
 %ofp/ nfsbfx/Ldf u0sssf ahf/ / bnxl klf /  
 hçtl klfaL l;nfs / cçtflf/Ldf xg 3df;fg  
 kçtoflutf, bzdf lnËlk^a / /f6lk^a kl;/df  
 dfbnsf tfndf tftsf nfsbfx/Ldf /dfPsf

ehnn :d/0f ub of k^ts tof/ kf/sf xg / t  
 of /l;nf açg ;ssf 5 . klxn klxn /Tofnl /  
 tlhdf ;oQn kl/jf/sf 5f/L, axf/L, rnlxçn  
 eflgkg cdfglifs sx/ / ax kfVg dfllod g  
 7f8fefsfsf/x5 . c r n xf6-ahf/df 7f8fefsfsf  
 ufpg kçng gePsf ubf;f cg';çwftfsf  
 /xsf 5 . cfh ult-;Ëltn hg kçlt u/sf  
 5, kSs kjhsf bg xf . cfwlgstfsf gdddf  
 clxn kçlt eof, af4l; u?^a, dftlnfn u?^a  
 nufotsf kjhn hf8sf, kçof e/sf xbf g  
 cfh ult-;^ault olt Jofks xg ;ssf xf,  
 o; oyfynf0 c:jlsf/ ul/gxçg . af4l;x  
 u?^an NofPsf gofkg ePsf 7f8fefsfsf  
 kçlt n b/f8f8dfq xf0g, u08sl kçj0f  
 lfq g nfsultsf lfqdf ^n^f/sf/ açg  
 uof . of ;a pg af4l; u?^asf kç0ffn xf .  
 of d/f ljrf/ geP/ cuç ;Todfxg hfzL,  
 8f- hudfg u?^a, wd/fh ykf, x;k/ ;jbl  
 nufotsf efjgxf xf .

eçgkg çfjzostf g 5g, 7f8fefsfsf  
 nfsult xf . ehnsf kçtt slt cWoogkl5  
 s eçg ;lsç5 eg- ;flxTo, snf / ;:slt  
 /fi6sf w/fx/ xg . ltgsf ;Dawg u/ dfq  
 /fi6 ;d4 xç5 . xfdldf o; af/df rt cfPsf  
 5g eg/ ehn /fhon ugkg dxçjk0f bfloTj  
 cf^gf df6fsf dfofn ubf 7f8fefsfsf  
 kl/ro ;:sltkçldf^ hfgsf/L u/fpg dxfg  
 sfo ugeof . cf^gf efiff, ;:slt, ult-  
 ;^aultkçtsf dfx pgdf /xsf blvç5 . of  
 7f8fefsfsf k^ts k9bf pgdf cf^gf df6fkçt  
 kç /xsf yxf nfl5 . o;/L g pgsf nfsjftf  
 ljifos cçO sltxç c^uxlsnf açb hfçf;,  
 ;kintsf zçsfdf .

\*\*\*

## pñ alh xñ l j rf/sñ

■ oñ/fh dñfnl



;To, ;To g xñ5  
 hlt unfgp vñh klg  
 Toñ sbñlk uNbg  
 eñ6 cñlv/ eñ6f g xñ5  
 hltkN6 hk klg  
 Toñ sbñlk l6Sbg ð

sxñ sñt/ xñ5g  
 dToñf0 ;xif l: j sfgxñ <  
 sdñf/xñn g  
 af6g xñ kñf; Lsf 8f/Lxñ  
 sñg gñdbxñl; t  
 hl jgsñ lñff dñlbgg zñlbnxñ ð

bñgf / dñgdfñq hñk/xg  
 gñgf / 5ñgdfñq hñk/xg  
 lbgnf0 /ft  
 /ftñf0 lbñdfñq elg/xg  
 xñjñfñf0 jxg /fs5f  
 gbñsf ult 5S5f  
 ;onf0 xñsnñn 5s/  
 ; ;f/nf0 dññld c6fp5f eñb  
 cx<sup>a</sup>sf/n ulh/xg  
 tñ 7Nbf0xñnf0  
 xññn xToñpb  
 lsñf/f nufPsf afbn eñ  
 ;do a9f//  
 tñ abñgñdsñf gñd / sñk ñ kxñnf0  
 sxñ ldñsñof xñnf sl; Ë/ eñ <  
 tñ sltv/ un/ 9n xñnfñg ssñfsñf 8f7 eñ <

tñ afñg vñHgsñf afñl /fSy  
 tñ xg vñHgsñf cñvf 5ññy  
 tñ ;ñg vñHgsñf sñgsñf hñfnl kñ6fpy  
 tñ kñ7zñnf eñsfP/  
 sf/fuf/sf hu p7fpy  
 hf e6of p; sf cl:dtñ n6fpy  
 tñ t/af/ lñl//xg  
 b/af/ b/af/sf 7Nbf0xññ  
 hl jñjzif g gñl6g u/l  
 sxñ xñP xñnfñg <  
 ltgsñf cñkl:yltdf  
 cñf; 'aufpgxñ klg  
 v sñxl el6bgg ð  
 ltgnf0 afs/ lñl6xgñf0/xg  
 3ñ8fññ klg  
 kQ gñf0 stñ 9n xñnfñg <

hñds qññl6tdf kof af6b  
 7ñfsñf eñbf c; nsñf  
 jsñnt ul//xg  
 nñslxtdf gñns07n l jif lkP eñ  
 cabñf0 g ;xñ krñpg  
 oftgñxñnf0 sñxl gñgl  
 ah6sf l jZjñf; xñnf0 Aofñ6sf blñff lbñg  
 ;fñbfñhñf0  
 g sñg kTy/xñn unfgp ; s ð  
 g sñg qññ kñvñfxñn 9ñnfpg ; s ð

pñ bj klg xñf0g  
 pñ dxñbj klg xñf0g  
 pñ bñgj t xñ xñf0g

p|| xf eg  
dfgj dfq xf  
p|| /faf6 xf0g  
p|| aß klq xf0g  
p|| xf eg  
sjn aßdfq xf .

c=t= eGgxçn aëig  
p|| oltv/  
lz/dfly tf/f eP/ aln/xsf 5  
ktfnfdlgsf df6fn atfpnf  
p; sf h/f  
u/f u/f slt; Dd kılınPsf 5  
p|| eikf / eik8lxçdf 5  
p|| xnf, sşf / sfbfnfxçdf 5  
clf/xçsf cgçt pHofnf xf ; fçbfh'  
: jfwlgtf / : jtgqtfsf  
dl7f ult xf ; fçbfh'  
p|| dfç5 dfç5sf  
dg, d6' / dl: tisel/ 5 .

p|| alh xf, lj rf/xçsf  
p|| pld/xç5, lgçt/  
p|| kılın/xç5, lgçt/  
p|| kılın/xç5, lgçt/  
p|| kb|| alhxçdf ablng  
3ld/xç5 oxl rçidf

7nf w/x/fxç elTSP e||  
slxNo elTsg5g, ; fçbfh'  
3gf cçwsf/ eufpg  
tf/leq nşsf xç5  
Tof cbZo lahl  
Tof s sd 5 / zıQıdf <  
; fçbfh'To lahl xf  
cfsf/df sx elçç5 / lj rf/ <  
; fçbfh'To cgçt lj rf/ xf  
; fçbfh'To cd/ lj rf/ xf

w0af/fxl, sf7df8f .

gofFj ifç

■ pldçf ; jçl



ltdl cfp||  
blud ufpdf Hoflt ag/ cfp||  
clzlft / a: tıxçdf blç ag/ cfp||  
u/la / a; xf/fsf ; fyl ag/ cfp||  
ckfauxçsf ; lk / dfof ag/ cfp||  
xf, xfdln ; frsf gof jif  
ljutsf eçbf k/s eP/ cfp|| .

g/ ; xf/ Tofu/ cfp||  
ljbzdf çfç 5f/L rnl aRg  
bfgjxçsf nflu v8f ag/ cfp||  
blud kxf8sf sçb/fxçdf efhg ag/ cfp||  
xf, xfdln x/sf gof jif ljutsf  
eçbf k/s eP/ cfp|| .

ljbzdf pj/ zıst vlr/xsf oçfxçsf nflu  
r tçf ag/ cfp||  
gkfnl df6f lal ; P/ knfog ePsf  
bfhef0sf nflu lkphgsf çzljfb ag/ cfp||  
xf, xfdln ; frsf gof jif ljutsf  
jifxçeçbf  
k/s eP/ cfp|| .

: jf:Yo Ifqsf nflu kljq çfıdf ag/ cfp||  
lzıff uç0f ul//xsf ljBfylvxçsf nflu  
bzelst ag/ cfp|| .  
; Rrf bzeStsf nflu tfnl ag/ cfp||  
bzsf lxt grfxg gtfxçsf nflu  
ufnl ag/ cfp||  
xf, xfdln ; frsf gof jif ljutsf  
jifxçeçbf k/s eP/ cfp|| .

\*\*\*



d bVb 5; d/f l5dsl efsn lg6s ePsf  
5 . p; df sxl ug t8l g 5g .

p; n ; 8s gfk g yfNof . g<sup>a</sup>n k; ndf  
lv; lld; l laSb u/sf bVof . ufhl df k; f  
lyPg . xf0g, ufhl g lyPg .

æPp6f ld7f0 bp g lÆ p; n xft yfkof /  
l; lKsgf kfof .

bVsf xft d'; fb p csf g<sup>a</sup>nfg/ kl of .  
Pp6f rsn6 l6k/ dVdf xfnb sbof . g<sup>a</sup>nn  
g<sup>a</sup>nf 5f8g ; sg . To; n p; nf0 tfst / fxt  
lbof .

; 8s5p 7nfd /f6l kfSb lyof . bSfgsf  
cfvf 5nl /f6l l6k/ vfb sbof .

/f6l ; lsof . To; n tfst a9fof .

wf/fsf kfgl vfof . dV kvfNof .

; fe; ; 8sk6Lsf lg/Llf0df lgSNof . Toxf  
y/ly/Lsf nufkrf6f /flvPsf lyP . Jofkf/Lxç  
shlshl s/fpb lyP . dfndfnf0 rNb lyof .

p; n cf^gf kldhf nufof . Pp6f ; 6 l6k/  
6fk s:of .

; 8sel/ sfntxn dIRrof, æ; dft l ; dft lÆ  
t/ sg bSfg 6; sfd; ePg .

kG6, hQf, rKkn, sf6, 38L, 5ftf, r:df,  
l; qll cflb p; n o; /L g h6fof .

/ftdf k; n krfbf ; dfltof . p; n Pp6f  
l; qll kln; sf gf0Ssf vNtldf v'; ; l5/f0lbof  
/ d'; Ss xf:b eGof, æ; Ssnl xf . d gSsnl  
sfd ulbg .Æ

To; n bjnf0 tfst lbof . l jg l jg ud .

p; n w/k6s k; n / kln; , ; 8s /  
rfsLsf cgej a6Nof . l; qlln ubf hn eg  
hfg k/g .

zx/sf 7nf ; fx' clxn pxl ef.5 .

d a<sup>m</sup>b 5'. tfst t efsdf /x5 .

@)&\* ebf !&

B-nfsdf zflçt 5, cçtl/lfd zflçt 5, hndf zflçt 5, :yndf zflçt 5,  
cfifwldf zflçt 5, jg:kltdf zflçt 5, ; a bjtf zflçtdo 5g, ; jq zflçt g zflçt 5,  
; jq zflçt g zflçt 5, Toxl zflçt o; kfjg elddf klçt xf; .

; gftg j<sup>b</sup>s wd{  
- ohj<sup>l</sup> #^÷!&

s; n s; sf cGofog uçuç, s; af6 Ps csfnf0 blv lbg k<sup>j</sup>IQ Tofu/ ; an zflçtkj s  
hljg latfpig .

af<sup>l</sup>wd{

## d/f]kof/f]yuf{

### ■ o]/fh zdf{uf}d



d/f kof/f 5 yuf k|ltdo w/f-wfddf h@d d/f  
sfnlüĖf ;';Nb ;nnn axg lfqs ufp d/f .  
hfvfnf Tof ausf tn vnn u/L blvg ufp d/f  
xf:b vNb /dsf rh'/ ah'u/L xSg 7fp d/f ..

-!\_

yufsf Tof k'fgf pv' u8 / vbf kf0g ufp d/f  
sf;/ jf pvf8L ce|| slt y/sf hftsf xg 3g/f .  
vf65g / tl la/fdl klq ;u/ xg kYo dfg/ /fdj  
djf, s/f / cDaf kin s6x/ tl kf0g ufp d/f ..

-@\_

kVf cf0 a; sf yn klq klxnf eGb5g vf/af/L  
1fgl, dfgl / ljåfg u0f-u0f-ul/df oQ|| xg wozfnl .  
e|b cf^g lhdldf tnlt/ el/P uftdl clqufql  
xty cfbz, cf:yf, sl7g-lgods f jlbsl cl|gxfql ..

-#\_

7f8 r9bf psfnf vnv n kl;gf ;fy kYof kw/f  
o:t e|bf sxl Tof x8 / a8 u/L cfnbf e cWof/f .  
ef/L afs/ lx8bf slt ;s; lyof ufp-a;L u//  
Pn bV5f ;hlnl; t slt blgof 3Db5g e ;wf/ ..

-\$\_

p7g kYof cw/ xtgkt u/L 3fd eNsl g; Sb  
hfg kYof kw/flt/ lg hn38f egnf0 bub .  
wf/f cfof, ;kf of ca ;a 3/d lgTo afN6Lg e5g  
xfdj gfgl-axf/L khlst dgn bĖ cfgGbd f 5g ..

-%\_

aQL cfof pHofnf le||nldln lahhl aflnbf ufp ;f/f  
jNnf kNnf / 8f8f ;a e||nn eP blvb 5g pHofnf .  
af6f3f6f agsf hgky lkr e rNb5g jfxgflb  
u85g df6/ / af0s ce|| slt ultnf hlk cf/fdbfol ..

-^\_

xfdj of kf7zfnf >dl; t kl; gf ufl; g ; fu/L Tof  
 rfkf/L dfl; Psf a/-lkkn ; u hfl8g kfvl of .  
 pT; fxl efjgfn kpltky r9f; 5fq-5fqf k9f0  
 cfpn, hljct kf/f tgdgwn 1fgsf s'-hnf0 ..

-&\_

k/f cfwf ztfAbL ; tt ult ln0 kf9 aGb 5 cfh  
 oNn Pn dgfof ; ultdo agl : j0fs jifuf7 .  
 ; aVofsf bli6n of clnslt kl5 ef 5fq-5fqf a9fcf  
 lzlfss Hoflt afnl rxsd0 xb culfdl u/fcf ..

-\*\_

5b cfnfs af:gf ein / dn xb rtgf hflg kfjf;  
 klfssf sGb|aGb t/x t/xsf 1fg blk hnfcf; .  
 snf c1fgtfsf kntd 3gf afbn kf6g hfcf;  
 lzlf l; :tf/ ub snlift dgsf tR5 5f0f ld6fcf; ..

-(

rftkl bli6 /fvL ; /n sndn afn-dl: tsnf0  
 df0f ub l; sf0 cul0ft /rgfaf6 tfhf u/f0 .  
 k9b tL kf70 l; Bf axljifo snf-lzNksf 1fg kf0  
 yfunl afn-aRrf ; xhl; t /dg kf7zfnf awf0 ..

-!)\_

\*\*\*

*pkTosf aflx/ bflOTj pknAw xg] k'ts k;nxç*

|                                              |                  |
|----------------------------------------------|------------------|
| ! >]7 aš P68 Goh ; 6/- bds, emkf             | - )@#-%*\$!@%    |
| @ eš/f0{k'ts k;n - lj/f6gu/, df <sup>a</sup> | - )@!-%@\$@\$#   |
| # dgfn k'ts e08f/- uf08f6, pbok/             | - )#%-\$@)!@%    |
| \$ Go"k/hgf :6žg/L- l; GwhL                  | - )\$&-%@))@%    |
| % gf/fo0fl k'ts ; bg- gf/fo0fu9, lrtjg       | - )%^-%@!@*)     |
| ^ ; gufef aš; P08 :6žg/L- e/tk/, lrtjg       | - )%^-%#!\$&)    |
| & sGrg k'ts k;n- kf/ /f, sf:sl               | - )^!-%@\$\$\$^^ |
| * l; 6L aš P68 Goh ; 6/- a6jn, žkGbžL        | - )&!-%\$%#@#^   |
| ( Go"kpft k'ts k;n- ; v <sup>1</sup>         | - )*#-%@))&%     |
| !) l; lkg k'ts k;n- dxžbgu/, sGrgk/          | - )((-!@)!\$*    |

## szçf; Fdf ; flxTo

■ kf: dfwj l3ld/]



**xf** df ;dfhdf wlds lqofsnfksf  
dxEjsf avfg ug' cfjZos 5g .  
;an abEsf yxf kfPs s/f xf .  
hGdblv dTokoGtsf ;:sf/xçdf xdf  
hljgk4lt lglbt 5, ultzn 5, Jofjxfl/s  
5 . o; s/fsf dxEj slt 5 eG s/f ;d:t  
;:sf/df sz ePg eg k4lt g cj?4 xG5 .  
xhdln cgej u/s s/f xf .

szcf;Lsf lbg gkfnL ;flxTosf ul/dfdo  
lbg xf . o; lbg gkfnL ;flxTosf dxEjkOf  
ax'cfoflds JoIQITjsf gkfnf kbkOf xG5 .  
pxf xgXG5, dftL/fd eG . l; Ædfwolds sfnsf  
kltglwTj pxfaf6 ePsf lyof eGbf cTolQ  
gxnf pxfsf ofubfg ;flxTosf kfOZll ;a ljwf  
nufot kßfzgsf lfqdf klq pNnvglO 5 .  
kfOll pxf;u ;DalGwt nv-/rgf, slt cflbdf  
pxf efl;sf 6fn sf7df8fdf pNnv ePsf  
kfOG5 . of efl;sf 6fn sxf 5 < ToF 6fnf  
klq sg 3/ xf < eGgdf xfdL ;a cGofndf g  
lyof t/ o; qiddf Pp6f hfgsf/L dn kft u/ .

@)&\* ;fnsf szcf;Lsf lbg laxfgsf  
;do df8g sGof SofDk;sf ;:yfs cWof  
8f= /fdk;fb bxfnHon lgdGqOff ugeof .  
dftL/fd eGsf hGdhoGtLdf d klq pkl:yt  
ePdfq xfOg, d-raf6 jQJo lbg dfsf kft u/ .  
crfgs To; jnf @)#) ;fnsf ;Dergf eof .  
Tolt jnf d lqe'jg ljZljBfno sltk/df  
:gftsQ/ tx -gkfnL ljifo\_ sf cWoog ub  
lyP . ; xkf7L >L 6sk;fb l3ld/hLsf dfWodaf6

Ps hgf;u kl/lrt eP . pgl lyP- sz/axfb/  
>i7 . ;do-rq;u ldqtf eflub uof . Ps lbg  
pgn eg, n cfh d/f 3/df vfhf vfg . pgsf  
3/ 6l8vnsf 5pdf /xsf dxfsn dGbf/sf  
cuf8 lyof, hxf clxn j/ c:ktfnsf 6df  
;G6/ 5 . xf ToxL 6df ;G6/sf klZrddf  
sz/axfb/ >i7sf 3/ /x5 . ToF 7fpnf0 Tolt  
jnf -@)#)\_ ;Dd efl;sf 6fn eGbf /x5g .  
Pjd qdn d Toxf jnf jnfdf hfGy . Ps lbg  
sz/n eg, Pp6f k/fgf sfuh kinf kGof n  
x/ ToF sfuh /x5, pgsf afaafhn of 3/  
lsgsf ljJ/Of . To;df dftL/fd eGsf afah  
3/ sz/sf sklxh/afnf0 arsf s/f pNnv  
lyof . s/f cfof uof . d klq /fli6o lj sf;  
;jfdf ufplt/ uP . jif lbg TolQs laToF .  
o;sf w/ jifkl5 d lqrGblsnhdf kfwokg  
uy . k;Ejz Ps lbg uf/vfqsf tTsnlg  
;Dkfs /fdrGbluftd;u jftfnk eof . ToxL  
jnf dn dftL/fd eGsf k;E lgsfn . of s/f  
;gkl5 pxf w/ vZl xgeof . of jftf d/f h7f  
bfh'>L /frs l3ld/sf 3/df ePsf lyof . pxfn  
eGgeof- n'dnf0 t?Gt ToF 7fpdf kGofpg; d  
x5' . ldnof eg ToF Pltxfl;s ejgsf ;/lf0f  
ug ;/sf/nf0 cg/fw u5' . ;do ldnfP/ Ps  
lbg uftd / d ToF 7fp, cyft efl;sf 6fnf  
ktof . ;8saf6 xfdln lgs g hlOf e0;ssf  
ToF 3/ xGof . kl5 dn sz/nf0 of ;a jQGt  
JoQ u/ . dn yk o;df tkf0n ;xofu ugk5 .  
Oltxf;df tkf0sf ofubfg clÍt xG5 . xfdL

5lšg jnfd dn dnf0 bvfpgēPsf sfuh  
uf/vfkqsf ;Dkfbshon xg vfhgēPsf 5 .  
Tof lnP/ cfpg'clg e6 u/fnf .

o;k15 lgs lbg eof t/ sz/;u e6  
ePg . d cfk pgsf 3/ kl . pgn eg— sfuh  
x/fP5, kinf k/g, stf uof . stf kl5 kl5 klg  
;f4f ToxL hjfk kP dnf0 nfi of .ca ;/sf/n  
l; lQdf d/f lng nfi of eGg 8/ sz/nf0 eof .  
To;n ;a sfuh x/fof jf x/f0of . dn of  
ljj/of /fdrēb]uftdnf0 ;gP . d t klxn g  
lg/fz lyP, ;gk15 pxf eig w/ lg/fz xgeof .

jtdfgdf Tof 7fp ;a dxfaf4sf gfd df  
ēkfētl/t e0;Sof . Tof Pltxfl;s hl0f 3/sf  
7fpdf Jofkfl/s rf/kfr tn ejg 7l8Psf 5 .  
yxf kfPsf Pltxfl;s tYo klg cfein kēof,  
efl ;sf 6fn gfd klg dxfaf4df ljnlg eof t/  
xdf kl0 dftl/fd eš gkfnl ;flxTodf ;bf  
cd/ xgē5 / gkfnl w/tlsf ;ktnf0 ;Dk0f  
gkfnl hgtfn ;bf :d/0f ul//xg5g . kJos jif  
szcf;ldf pxfsf :d/0f xfdl ul//xg5f . o:tf  
k; Ēn xfdl ljrln t xbgf . ho dftl/fd ÷ ho  
gkfnl ;flxTo .

\*\*\*



gkfn ;/sf/

cy{dēqfno

**cfētl/s /fh:j ljefusf]; Ygf Ū**

cflys sofsnfkdf ;nlg sg JolQ jf lgsfon clgjfo ēkdf :yfol nvf gDj/ -PAN\_  
lnP/ dfq sf/fjf/ ugkg tyf To:tf JolQ jf lgsfon dNo clejl4 s/ nfig j:t'tyf  
;jjsf sf/fjf/ ug ePdf clgjfo ēkdf dNo clejl4 s/df ;dt btf xgkg kfjwfg  
cfos/ Pg -; zfwg ;lxt\_, 2058 tyf dNo clejl4 s/ Pg -; zfwg ;lxt\_, 2052 df /xsf  
5 . t;y, cflys sofsnfkdf ;nlg ;an :yfol nvf gDj/ ln0 / dNo clejl4 s/ nfig  
j:t'tyf ;jjsf sf/fjf/ ug JolQn dNo clejl4 s/df btf e0 aln alhs hf/L ug, vl/b  
laql sf/fjf/sf clen v /fv, cfēgf sf/fjf/sf cfk n s/ lgwf/0ff u/L dNo clejl4  
s/ ljj/of tyf cfo ljj/of Pj nfig s/ ;dodf g bflvnf ug' u/fpg' e0 s/ sfggf  
kl/kfngf ug u/fpg hfgsf/L u/f0ē5 . s/btff btf xbf obfsbf jf:tljs ēkdf sf/fjf/df  
;nlg JolQ / lgsfo btf ge0 sfdbf/ jf cGo c;Dalēwt JolQsf gfd df sf/fjf/ btf u/L  
jf:tljs ēkdf sf/fjf/ ug JolQn cGo ;fdfō cēhfg JolQsf gfd jf6 kf0bf ln0 s/sf  
bfloTj cGo JolQnf0 l;hgf ug kJlQ ;dt blvg u/sf xbf jf:tljs ēkdf sf/fjf/df  
;nlg JolQsf gfd df dfq kid jf sDkgL btf e0 cfēgf sf/fjf/sf ;lglZr ttf u/L btf ug  
u/fpgxg ;fy cfētl/s /fh:j sfonoxē tyf s/btff ;jf sfonoxēn s/btff btf ubf  
u0f: t/Lo btf -Quality Registration\_ df Wofg lb0 jf:tljs s/btffxē dfq Plsg u/L btf  
ug u/fpg Joj:yf ldnfpgxg cfd s/btff tyf ;Da4 sdrf/Lxēnf0 hfgsf/L u/f0ē5 .

;>L e0rDkf] j tdfg

■ lqejgrGb jfUn]



;>L e0rDkf,  
; tf j4 sf; sf syf s; nf0 ; gfp  
vfnf lsgf/sf no  
pd/ au/, au/, au/  
sf; 5 hlJg— kN5, kNbg  
hlJg krf6h:t ndtGg ; kgfdf  
e0rDkf; u df6fsf ult ; f65  
sf; sf syf af k: tf Sjl/of k; ndf  
; Gb'; df ylgPsf 5g, b/fh vNbgg .

Pp6f wnf6 tk;  
8Nn s; f8L, sf;  
3/sf 6f; Ldf ; bbf/sf t: jL/  
0ltxf; df adf / krfS Nof8 ufp5  
; 7hk7fdf 3fd pbfPg  
af k: tf 0ltxf; sf kfgf r kfp/  
8bq'd; f krf; L sf08nf0 lv; L u5  
asf0gfsf h/f vftN5, 2v 9fN5 .

xftdf ; dft/ , dft/ xft  
gfltgL ; do xS65g ahsf tf/Laf/Ldf

tf/Lsf kin  
slt sRRff 5g ahsf ; kgf  
la; Grf 5 j tdfg  
gfltgLnf0 n'sfpg'5 k6f/fdf  
cfug c; 7lft, cfk6t c; 7 5g .

l5lrd/fx2 cWof/fdf pHofnf vfH5g  
lahhl afs/ vfnf yfl/Psf 5g  
c/adf o'jfn bV5—afp agsf ; kgf  
; >Lx2 d?eldsf : j/df cfdfsf ult ufp5g  
; kf 5g 5ftL  
/; fpbg ; li6 0ltxf; sf kfgf .

Ps tfp slj tdfd  
/fi6sf ult sf//, gS; fdf bz vfh/  
la/fgf aGb5g cf^g af/Lsf cf7f, df6f  
/ut ; f6/ kl; gf; u  
c/al >ldfgn k7fp5g /ld6of6;  
cfvdf, c^ufnfdz bz el6bg  
ks6df gf6n vZL e5 .

\*\*\*

bflotj sf ; Dk0f{c^sx2 xg{rfxg}2n]lgDg j2; f06 vfhL  
nfe p7fpg ; Sgxg5 .

Website: [www.nepalipublisher.com](http://www.nepalipublisher.com)  
<http://nepalipublisher.com/downloads-dayitwa>  
[www.dayitwa.org.np](http://www.dayitwa.org.np)

## ;lhnf]sfd

■ 5fobQ Gofkfg] au/



**r** gftl plwg/ e-Hof<sup>a</sup> gfk] sfd hl6n  
xŕ5 . dfgjlo stJo kv6fdf afs/  
/dfpg cEof; pHofnf xŕ5 t/ ;lhnf  
xbg . xbo vftn/ cŕt:s/Of e66fpg ljlw  
lrg lz/ prflnPnf cfvf hŵfP/ ;jfb  
u/ kvfsf ;ŕtlt ePsf uf/j afRnf d  
gkfnL, d/f gkfn, gkfn d/f ;fg, gkfnL  
d/f klxrfg . d agfp5'gkfn . cfbz afn/  
kŕg eP l;<sup>a</sup>u ; ;f/ kflnlbŕy . zLtn 3nf  
eg d/f sfd dnf0 df6f lkp nŕl5 . kl;gf  
vfg d/f :jefj . uŕb 5' d xftdf kf/f slt  
5g < xb 5' d af/Ldf s-s kŕNb 5g . d/f  
vt slt wfg lbŕ5 . 3Db 5' d d/ /gjg . s  
5 jgdf < sg-sg h/La6L nxl/Psf 5g  
d/f jgel/ < d ltgsf ;<sup>a</sup>Vof hfŕg rfxŕ5'.  
d ;rt gful/s jrgdf xf0g, Jojxf/n <  
jg;Dkbfsf pkofudf kfŕlLsf hljg vN5 .  
vnn ;a vnf8Lsf ;dfg cl:tTj dfŕ5 .

dn hfgsf/L lng'5 d/f af/Lsf 8Nnf-  
8Nnfdf pTkbfg zIQ slt 5 < d/f slt  
;fylxŕ :j/fhuf/ ag < d hfŕg rfxŕ5'. d/f  
9Ss ;fyl / 7ofSs cfkŕŕt sltn sltnf0  
/fhuf/ lbP < hf cfkŕnf0 k?iffyl 7fg/  
uf/jafw u5g dn w/ s'f l;ssf 5'. hfŕg  
dfŕ5 d . cgŕt 5g dgel/ lh1f;f . d/f tlj  
OR5f 5, lz/ prfn/ d:s'fpg nlo e6g . dnf0  
yxf 5, /fdŕL d:s'fpg ;lhnf 5g . yxf 5,  
vs/Lsf wf/df 6s/ lx8g hflvdljgf cw/af6

v';L kflvbg . cŕnf0 agfpg ;vldf dfgj tf  
kŕqŕbg . ljpglgbfsf ;kgfdf bf8/ bp/fnl sf  
klusf 5 / cŕnf0 /fdŕ agfp5'eŕg t/ cfŕg  
Ejfa 6fNg gl;ssf dn p;nŕf0 c;n agfp5'  
/ v s:tf c;n < slt lhDdjf/ d cŕn  
cgZf;g kfngf ul/lbP cfkŕ c;n

d/f kl/jf/ ;ŕb/, d ;ŕb/ kl/jf/sf ;b:o  
cgŕt rfxgf d/f . d hfŕg ;ŕg w/ 1fgug  
a6hsf, l;Sg hfuf/ d/sf, l;sfpd anug  
dfŕ5 d . ;dfh dnf0 ;fdflhs lgod dfg eŕ5,  
s/ u5 . ;fdflhs dNo ;:slt k5ŕfpg cfbz  
u5 . d cfkŕ hfŕg;ŕg l;kfn'dfŕ5 dnf0 lsg  
;fdflhs lgod < kl6 ePg / ths kfn/  
tuf/fdf clNeŕ/xsf dfŕ5 d

d uhwDd a;/ wd wfŕg rfxŕ5', kŕn  
l6k/ aurf ;hfpd wfsf kfnsf 5'. d cfkŕ  
eŕ5'elg/xŕ5';ŕg ;ŕgk5 w/ ;ŕg, sd afn .  
glts ln:gf gefr t/ ;dfh dnf0 ;fw5-  
sqf 5 ltdŕ uf0uf7, slt 5g e;L, vf/df  
afvf < ufhdŕ slt 3/L s/f k;fpb 5g <  
slt 5g cfksf ŕv < slt aR5f ;ŕtnf <  
s:tf 5 :ofpsf ahf/ < s 5 efjl ofhgŕ <  
%ofkk kf kŕg ul/xfn5g ljbzln dn  
otfptf cfvf grf0lbŕ5'. s hjfkŕ lbg'  
labl;P/ Hofdl ug 3/sf hlufhldg afe  
p;n yxf kf0xfNof d/f cgxf/ p8/ gfsdv  
;Ssf .

xf, bf/L kfssf bfzlgnsn e; ;flr/x,  
ufpel/sf df65 / ltgsf sd < st ;Dergfn  
eNof:; e: sf0xfN5 ls | zx/sf ;/;knf0  
cleofg, 9nlgsf;; Jojl:yt ofhgf lg0fo ub  
5f8b | v sf0fjogsf s'rf < hf6g dg 5  
dnf0 | s;/L xf z? gu/sf ofqf u6tJodf  
k!g < s:tf cgf7f b0v66 d | lxdfn  
r9g ;kgf af8/ rf/sf;lt/ bfl8g ldrxf  
kljIQsf kxf/n cfk k5fl6Psf kQ gkfpq |  
jiffkl5 nfu/ hljgsf pihfzln ;do :jxf  
kf/sf ayf sn lgsf agfp5 < l7dfxf cu'f  
af6f eTsfpb lx85 . d Toxl eTssf af6df  
u6tJo vfH5'. k!5, klu65 e6g ljZjf; kfn/  
/df0/xsf 5'. kfSbg jL/ansf lvr8L . kfsf  
;rgf kfp/ klq ;dbpf nfusf cfuf v/n  
lgefpg l;l;k;sf cWof0 bxfxf0f0/xsf 5'.  
o;df axfb/L Gofgf tfk/ /dfPsf clego ug  
s:tf cSsnf cgf8L < lkh8fdf :j tGqtfsf  
ultf ufpg dgx'; df65 d |

..00 bVgePg < d t xTsnfdf kfgl yfk/  
lh6bul l;rf0 ul//xsf 5'. d uhasf df65,  
;xkf7L lrd6f/ v';L xg . ;xsdL lgdf7/  
0dfgbf/ sxlng . kl/jf/ lyr/ jL/tf bvfpq  
k/s :jefjsf dx;7 df65 d . xf lg | oxl xf,  
d/f lxhfcl:tblvsf ;lnf kl/ro . jl/kl/sf  
la?jf lyr/ cfk cllng bfpdf gTo u/sf  
bZo klf/0f ePsf 5 . o;df dVv d kfd/  
;fnlel/sf rfdn lbP/ lk7f yflk/x5'a6sfdf |  
c:t'.

\*\*\*

## kfF dQs

### ■ Onfd] h7f]-lzj clwsf/L\_



;Hhgn hlxn tlxn, ;fRgk5 ;fRr  
afwf kg;S5 clxn, ;fRgk5 ;fRr  
lg0fo / jftf kpl, olQ s'fnf0  
lng-uge6bf klxn ;fRgk5 ;fRr .

slt hf8gk5 slt, 56fpgk5  
clg slt ;j't kpf0f, h6fpgk5  
s;d sbd clt snd tlq s'fnf0  
kSsf lj rf/ u/L dfq p7fpgk5 .

krfxf/d 3fn klq ;g, ;g x65  
lkQn egl afn klq ;g ;g x65  
pQd j:t'hln klq x65 xh7 pQd  
afxljif kfn klq ;g ;g g x65 .

bnan nufP/ lyRg kf0bg  
alnofn lgwfnf0 lsRg kf0bg  
ltdf /IQ rflxbg d/f l;dfgdf  
Ps laQf hldg klq ldRg kf0bg .

va/bf/ l5dsl xf, rKgsf lg ;ldf x65  
;w si6 slt vKg'vKgsf ;ldf x65  
l;çkft lgsfn/ 5Ksfpg'knf efnL  
xf; u/ slt xK5f xKgsf lg ;ldf x65 .

\*\*\*

-/fhgllts sljtf\_

obqllgofxçnf0{;Gbž

■ z<sup>a</sup>s/ zfx



sDolgi6 /fHo /l; of  
klnfd kbf 3l/Psf  
p; bzsf /fi6klt Enfl8ld/ kl6g  
dufnfdflgof /fuult  
; flRrssf gfhLknfl; i6  
eoÍ/ Hofo66 uflnoy  
dflg; sf vlkof xTof ug vLkk;  
cgs 5g o; sf lgsfoxç  
vlkof Pof/ tyf ;çoxç  
;gs s r9of pgnf0  
knaç/L @\$ tfl/vdf pgn  
cs:dft ;fgf /fi6 obqgdf  
gEëf cltqld0f ug nufP  
elif0f xjf0 xdnf, ld; f0n, /s6 cflb  
kçf/ u/L  
eofgs tfkxçsf wjfbf/ ufnfaf/L jiff0  
eofjx 6ofÍxçsf ;fy  
; ;IHht ljzfn ;Goanâf/f  
/fhwgl lse tyf cGo zx/xçsf  
clnf clnf laN8<sup>a</sup>xçdf  
c:ktfnxç tyf :snxçdf  
eSL hfg obqgnf0 ;Gbž k7fP  
geisdf w/ eofgs ;xf/sf qf; rtfjgl bzfp .  
..!..

wGo dxfg xf | obqllgof ;gf tyf hgtf  
wGo dxfg xf | /fi6klt efnfl8d/ hnç:sl  
ltdl t kRr uf7fnf s6f 8le8

kl6gsf bf?0f hEë xdnflj?4  
g8/f0 ;fdgf uçof 7nf çf6 u//  
; asf ;a sfwdf sfw ldnfP/  
dçfljnf u/L /fVg sbd a9fP/  
hwf? e0 /fv e0/x'86/ .  
tdf;f xl//xsf 5g hut  
8le8 / uflnoysf d7e8 h:t  
gf ^nf0 hfgsf gkfP klç ;/lff  
cçTodf lht ltdf g xç5 .  
;Tosf ljho çjZo g xç5  
8le8n ljho xfl; n u/tNo .  
..@..

obqgsf gf/Lxç xf |  
çf^gf hçdeld 5f8/  
sxf sxf hfb5f efu/  
efu/ hfbdf ;d:of ;dfwfg xfnf / <  
sflk/ e0 afRgeçbf  
d/L hfg'lgfç xç0g / <  
lsg ;fr ;deu ubgf <  
çf^gf afnaRrfxç afs/  
çf^gf ss/ la/fnfxç lnP/  
çf^gf dfteld 5f8L hfbdf  
Toltljlw 7nf s g xç5 / <  
ltdlxçn çf^gf çf^gf kltnf0 pT; fx lbP/  
b!dglj?4 n8g le8g k7fpgkg  
çf^gf çf^gf bfhef0xçnf0 lxDdt lbnfP/  
zqlj?4 n8g le8g k7fpgkg

cf^gf cf^gf 5f/fx;nf0  
 bafsf dfnfx; klx/fP/  
 xf;nf lbb n8g le8g k7fpgkg  
 cf^gf dh'ssf uf/j cf :jtGqtfst lglDt  
 cf^gf /fi6sf dofbf cf :jfwlgtf lglDt  
 o4df hfg kl cf^gfxf;nf0 ;3fpgkg  
 To:t n8g bfhef0x; ;anf0  
 To:t n8g l;kfxlx; ;anf0  
 To:t n8g :jod;jsx; ;anf0  
 Itglx; klg t sfxlsf  
 kltx; xfnfg  
 bfhef0x; xfnfg  
 5f/fx; xfnfg  
 cfkGtx; xfnfg  
 Pp6 ;xf/f xfnfg  
 cfv'sf tf/f xfnfg .  
 Itglx; ufnfaf/Lsf lzsf/ xfnfg  
 Itglx; klg 3f0t xfnfg  
 ltdlx;n 3f0tx;sf ;jf u/L d4t ugkg  
 ;de u/L ;fr larf/L  
 ;a cf^gf xg  
 ;a kof/f xg  
 obqg dfttsf 5f/fx; xg  
 ..#..  
 @)&\*÷!@÷(÷\$ laxfg

ult

■ hgfbg clwsf/L w8sg



kis/ cfp k;fn ca dfof Tof ebg  
 ljbz a;L PSn Tof xf;L uhf/f rNbg .  
 :jbznf0 Tof ufnL ub ljbzL df6fdf  
 afn'jf rfnL p6 r/f0 s lbof ;f6fdf  
 dl/;s;L k;fn Toxf pkrf/ ubg  
 kis/ cfp k;fn ca dfof Tof ebg .  
 sfvdf aRrf 5f8/ uof sdfp5'eg/  
 uG>S;u vfb 5'oxf /x/ erf/  
 ulnof s'f kfgdf u/L hljg 6bg  
 kis/ cfp k;fn ca dfof Tof ebg .  
 ofjg uof pd/ uof dg of /fP/  
 ca lg kisL gcFP hljg hfg5 sx/  
 nfilb 5 sfv a;/ a? of cf;'eibg  
 kis/ cfp k;fn ca dfof Tof ebg .

\*\*\*

s] tkf0{yxf 5 <

@)&& sf] jif{k'ts cf0;s}f] 5 / xfdL @)&\* jif{k'tsdf hl6;s}f 5f}. @)&\*  
 j}fzbjv Pj r}d;f;t;Dd lg:s}f k'tsx;sf]xfdL l6{k0f;lxt kl/ro ksfzg ub;  
 5f}. xfdlnf0{l6{k0f.sf nflu k'ts jf kl/rosf nflu hfgsf/L pknAw u/fpgxf}.

;flxTo ;j4g s]b

zAbfy{ksfzg

rfa}h uOfz:yfg, sf7df8f}

\$\$(&#%!(÷(\*\$!\$(^!)#

b<sup>a</sup>u kfgI lbg

■ /fdstf/ kl08t Ifgl



■ bf ei cfh klg laxfg kfg gf ah  
6';fnsf Pp6f 8/faf6 lgl:sp .  
hf/kf6ldf /xsf clki;df dnf0 gf  
ahleq klu; Sgkg lyof . xtf/xtf/ lx8b ubf  
kln; rfsllg/sf ;8sdf 7N7nf vfn8fxç  
lu66ln kl/Psf bv/ b<sup>a</sup>u kl/of . ;w uf8ln  
lxnkfgl 5ofkg ToF 7fpdf hflug dnf0 ;ts  
xgkbYof . To; lbg vf; sxl ugk/g . ;8sdf  
uf8lxçsf hfd t ;w ei p:t lyof . Toxl  
sf/of kGwlldg6sf af6fdf uf8l r9geçbf lx8g  
lgsf dfçby . ;8sk6ldf dfç5xçsf cfpghfg  
e0/xYof . lx8bf cfvf ççt kl Ps csdf  
7flSsg klg kly . dnf0 /fdç; u yxf ePsf  
;hstsf ;fy lx8gnf0 afgl kl/;ssf lyof .  
k;nxç klg afSn vln;ssf lyP . kçç;L  
k;nxçn /fdç/fdç nufsf 8dl ;8sk6lsf sxl  
lx;f cfu6/ 78f0;ssf lyP . Pp6f 8ldf  
nuf0Psf stsf l8hf0g / /<sup>a</sup>u cfsifs nfu/  
Totf cfvf s uPsf lyof, Tolt g jnf Pp6f  
cwa;n çfçf stn eiç8eiç8 d/f 5ftldf  
nflgu/L 8of; xfg/ lx8of . ;xg uxfç xgu/L  
bvsn lRofP— ædbf/ stl çfvf kç6sf iæ

k5fl8 klSP/ xbf ToF dfç5 b; aL; kf0nf  
cufl8 nldS;ssf lyof . dn afçlt/ kf0nf  
a9fp . afç :tkcufl8 ltaltog wçdf æçd  
dfd kd xðæ eçg ;<sup>a</sup>ult ul-h/xsf lyof .  
b0rf/ hgf u/f / sxl ef/tloh:tf blvg  
ko6sxç :tkleq hfb lyP . To; :tkcufl8sf  
;8ssf ;Ddkg / ;/;kf0n dnf0 kl/ b<sup>a</sup>u  
kççof . Tolt g jnf ;8s5p /flSPsf b0 hgf

6S;Lrfnsn çfk;df afnsf :j/ d/f sfgdf  
kççof— æljbzaf6 xçtf lbgleq 7n dfç5 afç  
:tksf bzg ug cfpb 5g / Toxl eP/ /ftf/ft  
af6f kççf / / ;kç ul/Psf / of af6f lkr klg  
xç5 / oxl xçtfleq .æ

d ;/f;/ çl3 a9b ubf ;fr æof s:t bz  
xfnf, xfdl hgtfn blv kçP/ lx88h ugkb  
;/sf/ sfgdf tn xfn/ a:5 . ha ljbzaf6  
sfxl 7nf dfç5 çpg ef eg rflx /ftf/ft sf  
u5 . ljbzl çPkl5 dfç ljsf; xg eP xdf  
bzdf To:tf kfxgf xçtfstf Ps rfl6 çf0lbP xg  
lg iæ

klknaf6blv dfl:t/sf ;8s p:t lxnf /  
çK7of/f lyof . kççf c/a asaf6 çlnst  
dfly d/f ;fyl of<sup>a</sup>hdfsf 3/ hfg af6f lyof .  
Toxf klk15 ;w of<sup>a</sup>hdfs 3/lt/ d/f gh/  
kbYof . To; lbgdf klg kççof . ;8saf6 ;lhn  
blvg To; 3/df /deid lblvof . s /x5  
of<sup>a</sup>hdfsf 3/df < lsg dfç5 eiçDdPsf xnfç <  
eg/ dgdf lh1f;f knfof . b0 ldg6 x? g t,  
of<sup>a</sup>hdfnf0 ge6sfllg w/ eofl eçg ;fr/ Tot  
lxl8of . u6 aflx/af6 blvg To; 3/df e0/xsf  
bZo bv/ dnf0 3f/ çfZro nfof . ;fr, st  
çfkç ;kgldf t 5g < çfkç çfkçnf0 lrdf6,  
bvof . çx ToF t ;kgf xf0g /x5 . d/ ldNg  
;fyn ççç ;Vv dfdf;u kf lax ub l5g .  
Ps k6s u6dfly 6fluPsf thdf d/f gh/ kççof .  
Toxf c<sup>a</sup>u<sup>h</sup>l / ltaltog efiçdf zè lj jfxç  
nlvPsf lyof . dnf0 lgðtf glbPsf 7fpdf sxl  
eçg xg ls eçg ;frn lxl8xfNg dg lyof t/

of<sup>a</sup>hfdn nfufPsf Italtog k/Dk/fut sk8f  
 .aSv<sup>l</sup> nufot c<sup>o</sup> l; dnf / ; gsf uxgfn  
 pgnf0 cfw<sup>l</sup> ; b/L bvfPsf lyof . To; df d/f  
 cfvf 8h/ sxlI5g Toxl eh<sup>l</sup> . pgsf dfdf  
 bfhnf0 kl<sup>g</sup> cf<sup>g</sup> eifelfdf cfsifs bvfPsf  
 lyof . k<sup>o</sup>llh; f cfk<sup>o</sup>tx<sup>z</sup> Italtog 8; df  
 cfPsf lyP . Ps xftn cNsfxnsf lunf;  
 ; dfP/ Italtog ufgdf pglx<sup>z</sup> n gfrsf bZo  
 xg nfossf lyof .

of<sup>a</sup>hfdn cfk<sup>o</sup>ebf w/ jifn a9f, To; df  
 kl<sup>g</sup> cf<sup>g</sup> dfdf / hf8n dft/ lx8g df<sup>o</sup>5; u  
 lsg lax u/sl xfnl eg/ dgdf s/f vNg  
 yfn . cf <sup>ll</sup> h; s x<sup>l</sup>; eg/ klsg cf6sf  
 lyP, of<sup>a</sup>hfdsl cfd 6knSs d/f cl3Int/  
 cf0g . b0 xft hf8/ 6f; L l8n cfd <sup>ll</sup> eg .  
 xlift dbjdf pgn 6f; L l8n <sup>ll</sup> elgg . d klsg  
 nfusf bv/ pgn af6f 5Sb leq k:g cfu<sup>l</sup>  
 ul/g . dn clk<sup>l</sup>; hfg l9nf e0; ssf e<sup>o</sup>bf<sup>l</sup>  
 kl<sup>g</sup> lk<sup>ll</sup>6Ss dflggg . u6af6 leq k:g n<sup>l</sup>bf  
 pgn Sofd/f Dofgnf0 /fd<sup>l</sup>; u lel8of lvr x  
 ef<sup>o</sup> eg/ cx<sup>l</sup>0g . cfugldf of<sup>a</sup>hfdnf0 awf0  
 lbgf el8 lyof . To; n pgsL cfd 5dfn  
 dnf0 leq a7s sf7df nu/ a; fpb vfgf vfp  
 x 5f/<sup>ll</sup> elgg .

ægf0 cfd <sup>ll</sup> dn ev/ vfP/ cfPsl . ot  
 df<sup>o</sup>5sf el8 bv/ clk<sup>l</sup>; hfbfhb k; sl . dnf0  
 clk<sup>l</sup>; hfg l9nf e0; Sof . d hf<sup>o</sup>5' .Æ— eg .

æx<sup>o</sup>gf . x<sup>o</sup>gf . sxl gf sxl tf vfg kf5 .  
 gfg t ol hf8lsf dgsf rfxgf cw/ x<sup>o</sup>5 .Æ olt  
 e<sup>o</sup>b leq ef<sup>o</sup>5sf7faf6 7nf l; ; f lunf; el/  
 cgf/sf h'; / 9Ssl<sup>l</sup>df vf<sup>l</sup>; / sfh'ls; ld;  
 n/fP/ d/f cufl8 ; fgf 6ahdf /fv/ cfk<sup>l</sup>  
 csf 5pdf al; g . d/f dgel/ lh1f; fx<sup>z</sup>  
 plDn0/xsf lyP . clnslt kflv0xfNof— ælsg  
 cfd of<sup>a</sup>hfdsf lax olt xtf/df <Æ

æs ufg'5f/L xtf/ efof . lxhfdq 5f/Lsf  
 lehf n<sup>l</sup>lof . cfa kfl; g p8g ; f0t 5 . cflg  
 afl<sup>o</sup>otfd xftf/xftf/ ufgk<sup>o</sup>ofÆ— cfdn elgg .

æclg, p; sf lax c<sup>z</sup> g /fd<sup>l</sup> s6f; u  
 ul/lbg<sup>o</sup>Psf eP x<sup>o</sup>Yof lg . lsg o:tf lau<sup>l</sup>sf  
 df<sup>o</sup>5; u ulbPsf < xg t xh/s cf<sup>g</sup> ef0 xf .  
 dfk<sup>l</sup> ugxfnf . afnl xfn .Æ

ælax, ef0s nflu uf/sf xf . kfl5 lehf  
 lng ; lhnf x<sup>o</sup>5f lg <sup>ll</sup> lel8of / krf6f bvfPkI5  
 ; fRrLh:t x<sup>o</sup>5f eg/ .Æ

To; jn<sup>l</sup>df sg dlxnfn aflx/af6 Italtog  
 eif<sup>l</sup>df lRofP/ afnf0g . 5df cfjfh cfPlt/  
 xtlP/ u0g . dn lr; f h'; 3636 lgNg  
 c; k<sup>l</sup>n kpf; u/ . Tolt g jnf of<sup>a</sup>hfdsf  
 dfdf bfhlsf rl/q af/Daf/ lbdudf glr/Xof .  
 p<sup>l</sup> d/ clk<sup>l</sup>; df sfdsf l; nl; n<sup>l</sup>df slxnsfxl  
 cfpYof / of<sup>a</sup>hfdsfdf cfpbf pglx<sup>z</sup> n g  
 egf s/fx<sup>z</sup> dnf0 ofb lyof .

æbfhl ddfnf0 Psk6s p; s kksf  
 5f/fn unrf sf/vfgdfk<sup>l</sup> hdgl k<sup>o</sup>ofPsf  
 lyP . Toxf p; n<sup>l</sup>0 Pp6f gkfnl unrf  
 cfoftstfsdf hflu/ kl<sup>g</sup> ldnf0Psf lyof .  
 Toxf gkfn<sup>l</sup>dh:tf vhdvNnf hf8/S; L /  
 /68l gkfPkI5 l6Sg g; s/ tl<sup>g</sup> dlxgfd gkfn  
 kl<sup>l</sup>SPsf lyof . To; kl5 p; n w/ d<sup>l</sup>sf udfof .  
 of<sup>a</sup>hds a<sup>l</sup>fsf unrf sf/vfgsf Joj:yfks  
 ag/ cdl/sf hfg kpf; u<sup>o</sup>of . tlgrf/ k6s  
 cdl/sg PDa:; ldf c<sup>o</sup>tjftf lbg uof t/  
 c:jlst eof . To:tf df<sup>o</sup>5; u k<sup>l</sup>nh:tl d/L  
 ; fylsf ljjfx < lar/f <sup>ll</sup> p; n t afx|slff; Dd  
 cWoog u/sl 5 . cf<sup>g</sup>gf afa<sup>l</sup>sf sf/vfgsf  
 lx; fa, l<sup>l</sup>stfa ; a p; n x5 . sf<sup>l</sup> ug ; an<sup>l</sup>0  
 lrofgf:tf v'jfp/ ; Ddfghgs Jojx/ u5 .  
 o:tf s6lsf lax s:tf; u k<sup>o</sup>Æ

olt ; fRbf; fRb h'; ; lSP5 . b0rf/j6f  
 vf<sup>l</sup>; / sfh'clnslt dn d/f ; fgf efnf<sup>l</sup>eq  
 xfn . leQ38ldf ; f9 gf ahsf bvfof .  
 ca rflx l9nf xg ef e<sup>o</sup>b d aflx/ lgl:sp .  
 aflx/ df<sup>o</sup>5x<sup>z</sup> lao/ lkP/ /df0/xsf lyP .  
 lel8of Sofd/fn bZo lvr/xsf lyof . vbf  
 nuf0lbP/ kfxg<sup>z</sup> n awf0 lb0/xsf lyP . Toxl

jnfdf dn of<sup>a</sup>hfdnf0 e6/ eg— æof<sup>a</sup>hfd  
ltdlnf0 awf0 | oqf lax lsg ; 6Ss u/sf lg <  
; fylxçnf0 afnfpgkbg <Æ

c rfgs dnf0 bv/ eil: sb p<sup>1</sup> afnl— æxg  
afnfp5' t egstf xf t/ of laxdf xf0g s | d/f  
cdl/sf hfg lehfnfusf 5 . hfgçl3 ; anf0  
afnfp5' .Æ

ælehf nfusf s/f t yxf ef . clxn  
clk<sub>1</sub>; hfg l9nf ef . hfç5' n |Æ

d lgl: sb ubf of<sup>a</sup>hfdn xft xNnfpb  
afnl— æxç5 af0 | d; Gh/df s/f u/ n |Æ

...x; | eg/ 6fpsf xNnfpb d lgl: sP .  
clk<sub>1</sub>; gkluçhn lbfudf oxL s/f vln/x .  
kfgbzdf clk<sub>1</sub>; ku/ xflh/ u/ . drdf nfusf  
whf 6s6sfP/ a: g nfilbfnflb dflns gfa'  
cfP/ afn— lsg l9nf <|

æcfpbfcfb af6fdf ; fylsf lax ePsf  
blvof . Toxf zæsfdf lbbf l9nf ef .Æ

æP | cfh cdl/sf kf6lnf0 Kofls<sup>a</sup>ln: 6 /  
kfk<sup>1</sup>fdf k7fp<sup>1</sup> g | of z?ddf unrf ylkç; fSof,  
ptf ; knfo; nf0 kdç6 ufgkfçof .Æ

dn x; | elgg; Sb dflns clk<sub>1</sub>; af6  
aflx/ u0; ssf lyP . clk<sub>1</sub>; sf7df d PSn  
a: y . z?ddf cf7bz hgf çç sfdbf/ lyP .  
tlgdf kfr hgf ef/tlo, tlg hgf laltog /  
Pp6f gkfnl lyP . Totfaf6 Kofls<sup>a</sup>ln: 6 tof/  
eP/ cfPkl5 dn 6f0k u// kfk<sup>1</sup>fdf OçEjfo;  
tof/ kf/L ufxs; u k; f dufpy . b; ldg6leq  
unrf df: 6/ -ef/tlo\_ cfP/ dnf0 clejfbg  
ub Kofls<sup>a</sup> ln: 6 lbP/ uof . dn c<sup>a</sup>s /  
l8hfogxç 6f0k ug yfn . lbfudf ; fylsf  
ToxL cgdnljjfxsf s/f vln/xsf lyP,  
h; n ubf /fdf; u 6f0k ugnf0 Wofg lbg ; ssf  
ly0g . Tolt g jnf lgdf cgnf0gdf blv0 . p<sup>1</sup>,  
of<sup>a</sup>hfd / d P3f/ / afx| slff Pp6 snhdf  
k9sf . dn lgdfnf0 æxf0Æ eg . p; n kl

æxNnfÆ egl . dn of<sup>a</sup>hfdsf s/f leis/ eg—  
æcf0 | Tof of<sup>a</sup>hfdn lsg cfçg ddf; u, Tof  
klg dxh8ofxf; u lax u/sl xfnl <Æ

æn, yxf 5g tnf0 <Æ

æs s/f eg g clg kf yxf xç5 <Æ

æTof t gSsnl lax xf lg | p; sf ddfnf0  
nflg agfP/ cdl/sf k; fpg hStL .Æ

aNn d/f lbfundf zflçt kfof . cl3 5fdf  
cdfn klg kf6f / lel8of bvfp/ ef0nf0 lehfn  
lng ; lhnf xnf eçg u/sf s/fstf cy vNof .  
dn lgdfnf0 wçojfb / af0 Psk6s lb0 sfdlt/  
nfu . lbp; f sfd u?çhn cfk<sub>1</sub>n cdl/sg  
PDa: ; Ldf ççtjftf lbg uPsf s/f ofb cfof .  
Ps k6s d cfçg sDkglstf klçlgw ag/  
cdl/sf hfg dffsf cfPsf lyof . To; sf nflu  
dn cdl/sg PDa: ; Ldf ççtjftf lbg uP . d/f  
: gfts ; Ddsf lzlf / bz jif nfdv nvf; DaçwL  
sfdsf ççej lyof . ççtjftf lngn z?df  
; fdfç0 kl/ro ; fWof . dn nusf sfuhft  
Ps k6s v// p; n kN6fpb ubf as : 66dç6  
blvof . To; df bz nfv hDdf ul/Psf lyof .  
To; df kçg cfof .

æof bz nfv sxfaf6 cfof <Æ

ædnf0 clk<sub>1</sub>; n cdl/sf hfgsf nflu  
; fk6L lbPsf .Æ dn l; wf hjfk<sub>1</sub> lbP .

æ; /L . xdfç sfgg çgç; f/ tkf0nf0 lehfn  
lbg ldNbg .Æ

olQd 6<sup>a</sup>luPsf lyof d/f lehfn ççej .  
l; Qdf ; of 8n/ v/ uof, ççtjftstf nflu .  
l; ltlçt nf6f sf0bf n lehfn ldNbg Toxf .  
To; n of<sup>a</sup>hfdnf0 lehfn nfukl5 p; sf  
ddfnf0 tçg Tof ; lhnf af6f lyof . kl/  
s0/xçç gkfnlnf0eçbf laltognf0 lehfn  
lbç5g . Tolt u/kl5 t bfh ddfn lehfn kfp5  
h: tf nflof .



bfxl|syf

■ sżj/fh kGt



pd/n 5 bzs gf3 klq  
dgn t o'jf g eG5  
d/f sfd Jojxf/ clq  
blgsl bv/ xfnf,  
;dojlxč sfxl tfl/k u5g t  
sfxl 8fx / Oiofn t8lkG5g .

d lgod dfGg dfG5  
lgoddf rNg kpf; u5'  
;a/ p7/ kofkt kfgl lkp5'  
lgTo vNnf rp/ hfG5'  
ofu Jofofd u5÷u/fp5'  
ha d 3/df cfp5'  
lf0fe/ ;' tfp5'  
sxl a/kl5 gxfp5'  
khfcfhfdf nfi5'  
bw lkp5; xNsf gf: tf lnG5'  
klqsf k95; ;drrf/ ;G5'  
vfgfkl5  
sxl g sxl sNof0fsf/L sfddf /dfp5'  
lbge/ Jo:t xG5'  
Joydf ;do v/ krfNg dg kbg  
To;n klq xfnf  
cfk'nf0 d o'jf g ;lDeG5'.

blgs bfxl sf6L gxfgp dfG5  
r t P3f/ b0 xhf/ 5xQ/blv  
;/sf/n u/sf aGbfacbl  
d/f bfxl'nf0 klq nfi0f  
bfxl sf6g ;do arfP/ klq

ljutblv ylk0/xsf  
afsl nvf0 / k9f0df  
;Dk0f ;do vlr b hfbf  
bfxl gsf6sf klq  
b0 dlxgf e0; s5  
;do latsf kQ ePg5 .

Psibg laxfg ha d  
Pgf cufl8 kl5'  
cfk'nf0 bv/ 5Ss k5'  
z?df t ei:sG5'  
c rDd nfi5  
cgxf/ t ;tDd ePsf  
;tf bfxl huf nfd ePsf 5  
sfnf /a t st blvbg  
stf stf cfk'nf0 lrGg uxf  
s:tf cfZronfbbf |

bfxl skfn lh<sup>a</sup>lu<sup>u</sup> blvg  
Pgf cufl8 pleP/ bfxl skfn  
ldnfpg vfHbf klq glDNg  
n euf eg/ ldnfpg 5fl8lbP  
h:tf čkdf 5, To:t /xg lbP  
oxl c j:yf :dltdf /lx/xf; egl  
Dffaf0ndf Pp6f kf6f sb u/ .

z/L/sf cč c<sup>a</sup>u klq lgofNb uP  
cflvef / sfgsf /a klq nfd ePsf  
cgxf/ klq rfpl/Ph:tf  
stfstf sfnf wAafxč cfPh:tf

g;fxč df6fP k1:6fPh:tf  
 cfk1nf0 bVbf a/funflbf  
 oftpf tndfly ;alt/ lgofNbf  
 ;fIRrs a9ofnlN 5fPh:tf  
 s:tf lyP s:tf e0P5  
 pbu n1lof dnf0 .

lnlDkofw/f, lnkhs / snfkfgl  
 xTofpq kpf;/t dflb;fkIf bfxl  
 ;do ;f6bles gePsf  
 dfblsf k1LsfTds ufnlunfh cfpq  
 ;Rrf JolQ1Tj ;xfpbf gePsf eGb  
 tTsfn bfxl sf6g ;Nnfx lbP .

dg hjfg eP klq  
 z/L/sf čk bVbf sDtldf klq  
 pd/ PSSfl; bz jif ylkPh:tf  
 clt cgf7f / cfZronflbf  
 aGbfaGbL cjlwdf kl/jltt  
 d/f Tof gof čkdf l; lht  
 Tof bhe t:jL/nf0  
 Sofd/fdf sb u//  
 ha k1;asdf /flv1bP  
 clg t ljBtlo ultdf  
 nf0s, sdG6, zo/sf  
 af9L g cfpq yfNof  
 y/Ly/Lsf klTlqof cfpq yfn  
 sltkonf0 e1§ lrGg klq ufx1 eof / 1  
 h;n a1jfnf0 bvsf lyP  
 dnf0 b?:t a1jfsf čkdf kfp / 1  
 h;n a1jfnf0 bvsf lyPgq  
 ltglxčnf0 dfblsf e1Nsf cfof / 1  
 sltn z1čt zfnlg ;Gt ;Gof;L  
 :jfe1js kl/kSj tfsf čkdf lrlqt  
 sxln jtdfg kl/l:y1tdf

zelrčtsxčsf cfuknf0 :jLsfb  
 eflnkN6 bfxl skfn sf6/  
 PskN6 Pgf cufl8 pleP  
 /, jf:tljs čkdf kfp  
 pd/ klq bz jif sd ePh:tf n1lof  
 a9ofnlN Rofksf cgelt dl6of  
 dgdf knfPsf j4kgf x6/ uof  
 o1j1j:yfd k1sPh:tf eof  
 pxL čk, pxL z/L / pd/ klq  
 ;tf bfxl skfn xbf / gxbfdf  
 dgdf knfPsf kl/jltt lj rf/n  
 slt k1/skfbf /x5  
 dfG5sf xg bli6sf0fdf  
 slt k1/s kbf /x5  
 dgflj1fgdf slt k1/s Nofpbf/x5  
 sfd ug kl1lQ / ;frdf klq  
 slt k1fj kbf /x5  
 cgf7f pbfx/0f agsf 5 .  
 aGbfaGbLsf  
 d/f bfxl1syf .

\*\*\*

**tkf0f1ghL:t/af6 k1flzt xg1bflOTj1 nufot cG0 ;flx1os klqsfxč k91ePsf15 <  
 51 eg1k91 nfe1lGjt aGg ;SgxG15 .**

/rgf, cleJolQ1, efg' xdf k?iffy, jlgtf, hgdt, tGg/L, dgfefj, bfefg, clegj, zAbfa's/  
 clfo clf/, cGtafw, dxfd08n, gj-k1fkq, zAb;ofhg, sflzsl, 1fgu1sf s/f, sNktč,  
 jhoGtL, zAb1;Gw' lxdfnl u/f; , ;hv, cfnv, skg-afgZj/, ; ;fs, /h:yn, dfteld,  
 r tgf ;GbZ, zf/bf, gjdfw/L, zfnDln, pbo, ;Dk1f0f, ;ug, l; ;f/, lbofnf, oufčt/ cflb .

# j]hfsf]dg

■ /fdk;fb cfrfo{



**k**follh;f afnf0/xg ;fyl n clxn  
gafnf0lbP xŷYof, klxn-klxn  
cf0/xg cfkŋt clxn gcf0lbP  
xŷYof. ;qflŋt / kl0fdfsf lbg 6lsf6fnf /  
vfgkfgsf va/ cf0/xg dfjnl / ; ;/fnlsf  
lg0tf gcf0lbP xŷYof. eftvfg jnfdf ;s;Dd  
;a hgf Ps 7fpdf a;/ vfPsf eftdf cdtsf  
jiff xŷ5 eŷg s/f kjhn cysf ljifo ;s;Dd  
cgz/0f ul//xsf kl/jf/df xfn ksfpgn h;/L  
ksfP klg cf-cf^gf efu vfg xf eŷb s;nŋ0  
klg gkvL vfgkfP xŷYof. jNnf3/ / kNnf3/  
sfsfsfsl tyf ef0alxglxzn cf^gf cfugdf  
cfx/-bxf/ gu/lbP xŷYof. ahf/df gof-  
gof ;fdg cfPsf lj1fkg cfpgf;fy klxnf  
pkfQmf xg nfnflot xgu/sdf xfn h;s  
cfcf; cfkŋ;u ePsn sfdnfpk kŋP  
xŷYof. afacdfsf Gof;fnf0f eŷb df0tL  
cfP/ efph axf/Lsf s/f sf6g kNssf rnl  
gcf0lbP xŷYof, eŷ5 dg.

; ;f/df ;aeŷbf bŋultdf bf8g sg j:t'  
5 eg Tof dg g xf. pŋ ev/ ljZj aŋdf08sf  
eŋ0f ;Dkŷg u// klTjbg lbg tof/ xŷ5.  
o;sŋ ultnŋ0 PIS;n6/ lyRg ls aŷ eŷg  
;jnfdf al4n cf^gf eldsf lgefpgkg xŷ5.  
5f8sf 5f8 uŋof eg o; sf ofqf uŋtJoxlg klg  
xg;S5.

xft k/s, dV k/s, :jfb k/s eg/  
slxn stf-slxn stf bf8 5f8g nŋlg dg  
clxn z/L/nŋ0 uhwd /fv/ al;/xsf c j:yf  
5. lxhf;Dd lhaŋsf nflu vfg u/sf vfBŷg  
ca z/L/sf nflu dfq vfp eŷ5 dg. ;s;Dd  
gftfkftf 5/I5ds ;fylef0;u ulkŋgeŷbf  
z/L/nŋ0 Psŋt /fVg rfxŷ5 dg. tgnf0

lansh PSn /fVg rfxŷ5 dg. g ;fylef0,  
g gftfuff, g 0i6ldq, g aŷwafŷwj ol ;a  
cfvfn blvg ;w glhs e0/xgeŷbf cnu  
/xg ;s tf ls ;aŋd0fsf kŋbf cfkŋ;Dd  
gcf0klf; eŷg rfxŷ5 dg. ;/sf/L hflu/  
;/sf/L df6;/f0sndf cxf/bfx/ ubf af6fdf  
;/sf/L kfzfsf/L blvof eg tkf0sf ?6 ldN5  
eg d ;xofu ul/lbŷ5' eŷb df6;/f0sndf  
;s;Dd vfnl lx8g gk/f; eg/ sfxl g sfxl  
afs/ lx18/xg tg, cfh s;n af6fdf ln^6sf  
cfsf^lff gul/lbP xŷYof, eŷ5 dg.

c j;/ 5fk/ dgsf bf8fxnf0 qf;sf  
nufdn lvr/ cŷt/ dgdf slŷbŋ ug cfhsfn  
kŷltn dfgjnf0 lgbz u/sf xf ls eŷg efg  
kf xg yfnsf 5. kl/jf/n 3/df ;fdlx sfo  
ugk/sf 5 x egsf lbg afx/ ;fylef0;u ulkŋg  
bf8g dg clg gof :jfbnf nflu 56k6fpg  
lhaŋ / dkf0sf ef/L afs/ bf8 5f8g dgnf0  
sof c:q kpfudf Nofpbf klg lgoŷq0fdf /fVg  
g;ssf kl/jz cfh PsfPs eflts ptf/r9fj  
/ bf8df lgoŷq0f u/ eŷ5. cŷsf af/df ;ŷg  
nfnflot xg sfg / bVg nfnflot xg gog ca  
sfqdf ?jf sfr// cfvdf kŷl afw/a;f kf eŷ5.

efltstfaf6 jfSs xg yfnsf dgnf0  
6kSs l6k/ pŷt/dvtkŋ df8g jnf cfPsf  
dx; ;e0/xsf 5. cfkŋn cfkŋnf0 xg /  
cf^gf ljifodf /Dg clg cf^gf ljifodf dtdtŷt/  
ugtŋ df8g c j;/ xf xŋ of eŷg dg nflu/xsf 5.

dfgj n dfgjhljg ;fys kfgsf nflu  
cgsg kŷf;xŷ u/sf blvŷ5. ;lgŷ5.  
s;n s kQf nufP s;n s kQf nufP. o;/L  
kŷltdf ePsf cgsg j:tŷf pkoflutf af/df

dflg;-dflg; alr csgsg dtfct/xz blvPsf  
5g. kjosn kQf nufPsf cjoixz knt  
dfgjsNof0fsf nfludfq kpfu ePsf kf0bg.  
ha ls kpltdf cgfjZos j:t'sf agf6 ePs  
5g, knt To;sf kpfu s;/L < ssf nflu  
ePsf 5 eeg dfq xf. ulnof lrgl t clws  
eof eg tltf x65 eg cZsf s s/f ug'. kpfu  
clws jf sd / kpfu ;xl jf untn j:t'sf  
af/df dfgj sf dgl:ylt a65.

o/lgod pihfsf nflu kpfu xbf To;af6  
kft zIQsf pkofun dfghljg ;lhnf  
agfp5 eg Toxl o/lgod ufnf af?bdf kpfu  
eof eg dfghljg tx;gx; agfpb5. To;n  
kjos j:t'sf pkofusf cfwf/df p;sf uof  
/ bfi'sf JofVof ug ;lsg x65. ;donf0  
s;n a;df /fVg ;Sbg. ;docg';f/ rNg;Sg  
;fys / rNgg;Sg ljkln of kplts l;4ft  
xf. kplt;u dn gvfbf 8f0gf;/h:tf hljsf  
cl:yTj dl6of eg dfghj:tf hljn cf^gf  
ult tljZkdf 5f8g ;kn eP. olt ;kn eP  
ls ca kpltdfly g wjff afNg vfHg cj:yf  
cfpg yfNof. o:tf ePkI5 a/fa/Lsf kdhfdq  
hf6g kpltn dflg;nfo cf^gf ultljw dfly  
3ftng afWokfg kdhfsf ;hgf ePsfh:tf  
nfi5. of clxn rnsf lJZjJofkl dxfdf/L.  
dflg;sf kplts agf6 klgljrqsf 5, vfnl  
cZnf0 dfq bV5. cfkinf0 xg kfof eg  
bf;fsf;xfotf lngkg x65. cgxf/ klxrfg  
ug Pgfsf cfjZostf k5 t/ c6t/fTdfs  
klxrfg ug :j cWooog eP kl5.

dfgj-dfgj alrsf eflts b/L- lxhf  
ef0;fYL, aGwafGwj e63f6 ug / dhfsft ug  
nfd;do vrug u/sf lyof. cfh eflts  
b/L sfod ug sf/0fn ;f ;do vr ge0 art  
xg eof. xfnf kl/jznf0 xbf vr ug gk/sf  
;donf0 cfkileq/xsf j:t'sf vfhldf nufpg  
d;f ldnsf 5. csfsf dnfkftdf hfg gkg  
ePkI5 cf^g vtlkftLsf x/rxfdf ;do nufpg  
kf0of lg | xf0g / < cfk | cf^g af/df vfh

ug ;lsf lg | vfh g xf | d s x';sxfaf6 ssf  
nflu cfPsf x'< eGgdf klG ;lsf eg ;do  
cTo6t ;bkofu eof. sfod ul/Psf eflts  
b/Ln 7nf sfu u%of. kpltn lbg vfhsf  
lzlf ;xh lng ;lsf. w/fdf cfPsf klG  
;kn eof.

sf/fgf ef0;/sf laulaulaf6 aRgsf nflu  
xfn ;dfhn eeg u/sf ;dfhs b/L sfod/fVg  
s/fnf0 ;sf/fTds Zkdf xbf dggoflo g nfi5.  
;fr ljr/ o:tf egf0 cfPsf xf0g eGgdf d  
klusf 5'. o; jfSof dtna ae// cufl8  
a9f u6tJo ;xh 5. dflg;-dflg; dfqsf  
ge0 gftfutf, 0i6ldq, 5/l5ds cyft o;  
w/fdf cfPkI5 nfusf ;DaGwsf b/L a9fp eeg  
vfhsf xf. o;nfo ;lhn;u a%g vfHg xf eg  
ca efltsjfbf r/d pTsf eof. ;dfhs  
b/L sfod /fv/ cWofTdjfbdf nfu eeg vfhsf  
xf eeg aef0 xf d/f. cWofTdsf vfhl  
lg:sgnf0 z/L/nf0 aflx/L blgofdf efltl/xg'  
kbg. lglZrt :yfgdf /x/ cEof;t /xl :jsf  
klxrfgd cfkinf0 nufp eeg vfhsf xf.  
cfk | kl/jtg eP lJZj kl/jtg ;Dej 5 eeg  
cfWofTds dfudf ;dfhnf0 nufp eeg cfzo  
xf. xjff e/sf es6fnf0 eldsf ahfbf  
cyft cfk|af6 6f9f /fvbf c6o lbzftk hf65  
jf cfslift x65. To;u/L Pstk 6fl9Psf  
dgnf0 csftk glhSofpg ;ls65. dgnf0  
efltstfaf6 6f9f /fv/ :jsf b/L glhSofpg  
;lsf eg cfk | cf^gsf nflu sxl eof. ;u;u  
of ;f/f hutsf af/df sxl ;sf/fTds pihf kjfx  
u// ;dfh Zkft/Ofdf ;xhtf Nofpg ;lsf.  
;sf/fTds pihfn v8/L k/sf ;dfhnf0  
l;l~rt u/L pj/ agfpg ;lsf. cfkin sxl  
kf0 cZnf0 af8g ;Sg' of g ;fys dfgjLo  
hljg eof. w/fdf cfPsf ;fystf kft eof.

of sfo ;xhZkdf cfh dfgj n ug;Sg  
jftfj/Of lgdfof ePsf 5. o;nfo ;sf/fTdsZkdf  
lnP/ cufl8 a9f dfgjdfqsf sNof0f xg5.

*d8v9fsf, sf7df8f*

## dfgj tfsj]dlxdf

### ■ ljsn Toful



d/f 3/df cfunful xbf  
 ltdl Ps Ps  
 lgdife/d  
 jf?0foGq eP/ cfpq  
 jgsf8f e 3fRg eP/  
 kf6Lsf av8f gleils/xg  
 lsgls  
 bllvdf ; asf Pp6 kf6L xG5  
 Tof xf – dfgj tf  
 dfgj tfnf0 df//  
 slxNo d/Lr e grfpl/g .

d/f lbnleq rf6 nfilbf  
 ltdl Ps-Ps  
 lf0fe/d  
 cfvTL ag/ cfpq  
 l5b+l5bpf l5bfcjifl eP/  
 5g g ; Sg hfteftsf slrEn gul//xg'  
 lsgls  
 hft ; asf Pp6 xf– dfgj  
 eft ; asf Pp6 xf– rfdn .

ddfly ahkft kbf  
 ltdl Ps-Ps

kne/d  
 d/f 3/df ; fTjgf ag/ cfpq  
 ljif e la/fdl agfpq eP/  
 5b g5g 6f9f of uf9fsf 8<sup>a</sup>sf  
 glkl6/xg  
 lsgls  
 dfgj sf lgldt dfgjeGbf cf^gf zq'  
 cZ sfxL xg ; Sbg  
 dfgj sf lgldt dfgj  
 slxNo zq'xg ; Sbg .

Toxl eP/  
 ltdl Ps-Ps  
 dnf0 5f0/xg  
 d/f 5fofh: t  
 dnf0 bof ul//xg  
 ltdl Ps-Ps  
 b0 lbgdf Ps lbg  
 kjfl; P klg  
 d6sf dfofn e  
 dnf0 dfof ul//xg  
 /, ltdl Ps-Ps  
 d/f cfvfa6 cf; 'eibf  
 ?dfn agL cf; 'kl5/xg .

\*\*\*

- ; v zflGtsf dn kpl xf eg kplsf dn Tofu xf .
- k/jfnf0 ltdf d:tsdf /fv, ltdf u8 cfk aG5 .
- ; v / bllv clgTo 5g, efu kplfg u/kl5 cfk zflGt xG5g .

vkt8 afaf

# jᵇ, bzḡ / efujt

■ jᵇk;fb kḡy



■ "Id ḡkdf ;To, 1fg, ;li6, aḡdf08,  
hlj / hutsf ljifodf vḡhl ug  
, ljBf g bzg xf . bzgsf cf/De laḡb'  
jb eP tfklg pQ/jlBs sfndf pklgḡbsf  
/rgf ePkl5 bfzlgS lrḡtgSf ljsf; ePsf  
dflḡḡ5 . pklḡḡbxḡ jbs cleḡḡ c<sup>a</sup>uxḡ  
xḡ . pklḡḡbxḡdf hḡd dTo' / Ozj/sf ljifodf  
kḡgxḡ p7fpb aḡd / cfḡdfafxs of bzohut  
;a clḡTo 5 eḡḡ sḡf lgSofn ul/Psf 5 .  
kḡf0fnufot /fdfo0f / dxḡef/t cflb ulḡydf  
cḡs syf / bi6ḡḡ lbP/ pklḡḡbsf lrḡtgfn0  
ceḡ :ki6 kf/sf blvḡ5 . kf/fl0fs olukl5 g  
uftdsf ḡofo; q, s0ffbsf jzlifs; q, slknsf  
;ḡ<sup>a</sup>Vo; q, kt-hlnsf ofu; q, hldlgSf  
dlḡf; f; q / Jof; sf aḡd; q nVg qḡd zḡ  
eof . dntTḡjsf :jḡksf cḡwḡdf bzgnf0  
klg b0 ju cyft cWofTdjfbL / efltsjfbL  
egl ljefhg ul/of .

cWofTdjfbn hut ;li6sf nflu rtg tḡj  
g kyḡd cḡwḡ/ xf eg/ dfḡb5 eg efltsjfbn  
kbḡynf0 g klxnḡ cḡwḡ/ dfg/ rtg tḡjnf0  
To; sf ljzli6 u0f dfḡ5 . ol kyḡd leḡḡtḡsf  
zAb xḡ eg cḡ klg w/ zAbn ol b0 jḡbsf  
leḡḡtḡxḡnf0 bzfp5g, h:t kḡlg / cḡwlgS,  
cfl:ts / gfl:ts, cl:tḡj jfbL / dfgjtfjfbL,  
kf/:To / kfZrfTo cflb . o; u/L eḡff, wd,  
;flxTo, snf, ;:sf / ;:sltdf klg kf/:To  
/ kfZrfTo lrḡtgfn0 dntḡ b0 wḡdf ljefhg  
ul/Psf 5 .

ljziftḡ jᵇ dfḡḡxḡnf0 cfl:ts /  
jᵇ gdfḡḡxḡnf0 gfl:ts eḡb cfPsf kfḡḡ5 .

cḡsf zAbdf kjhḡd, kḡhḡd / k/nfs  
dfḡḡnf0 cfl:ts / gdfḡḡnf0 gfl:ts elḡPsf  
5 . jᵇnf0 jf:tljs kḡḡof dḡḡ nlvPsf  
bzḡxḡ ḡofo, jzlifs, ;ḡ<sup>a</sup>Vo, ofu, dlḡf; f  
-kjdlḡf; f\_ / jᵇḡḡt -pQ/dlḡf; f\_ ;dt 5j6f  
5g . jᵇnf0 kḡḡof gdfḡḡ bzḡxḡdf rfjfs  
hg / af4 kb5g . af4 bzgsf klg rf/ ebxḡ  
dfḡolds, ofufḡf/ , ;ḡḡḡḡts / jeflifs tyf  
rfjfs / hḡnf0 klg o; ;lsQdf /ḡḡḡf gfl:ts  
bzg klg 5j6f g dflḡḡ5g . o; /L xḡf kjlo  
bzḡdf gfl:ts eg/ rfjfsdfḡ dflḡḡ5 tfklḡ  
dgḡ:dlḡdf \_jᵇḡḡlvnf wddnd tyf gfl:tsf  
jᵇḡḡḡbsḡḡ eḡsf xḡḡn kjlo bzḡdf 5j6f  
dfḡ cfl:ts bzḡ dflḡPsf 5g . kjlo cfl:ts  
bzḡnf0 jlBs bzḡ / gfl:ts bzḡnf0 rfjfs  
bzḡ eḡḡ klg rng 5 tfklḡ gfl:ts bzḡnf0  
cjlBs eg/ ḡḡds/0f ubḡ pkoQḡ xḡ5 .

kjlo bzḡ dnḡkdf jᵇjḡ6 pḡklQ ePsf  
dflḡḡ5 . jᵇ cḡkḡifo Pj ;Dk0f wdsf dn  
xf . jᵇnf0 bzgsf kḡlv cḡwḡ/ ;ḡt dḡḡ klg  
bzḡ-ulḡysf ḡkdf eg u0ḡḡ ul/bg . jlBs  
jḡ<sup>a</sup>dodf cḡs bfzlgS lrḡtgxḡ elḡḡ5g .  
jḡ<sup>a</sup>do vḡ; u/L rf/ v08df ljeQḡ 5— ;lxtf,  
afḡd0f, cf/0os / pklḡḡḡb . ;lxtf eḡsf  
dḡḡ / :tltxḡsf ;<sup>a</sup>uḡ xf . tl rf/jḡḡ 5g  
— Cu, ohḡ ;fd / cyj . Cljbsf /rgfsfn  
kjlo cWofTdjfbL bfzlgSxḡn ;li6; u  
ePsf dfḡb5g eg kfZrfTo bfzlgSxḡn  
o; sf pḡklQ Ozfkj !,%) ) blv @,%) ) jif  
dfḡb5g . kfZrfToxḡsf of c8snafhl dfḡ  
xf . ;lxtḡxḡdf ḡḡbḡ clḡḡ, jḡ0f, ;fd, ;o

cflb bjtfxçsf ljifodf kBfTds :tlt tyf  
kfygfk/s çkdf dçqxç 5g . ;lxtf efunf0  
kjjlbs ;flxTo kBkVfvg / cç afXd0f,  
cf/0os / pklgifbxç pQ/jlbs ;lxT0df  
uBkVfvg dflgç5g . afXd0f ufydf o1sf ljlw  
/ kpfhg bvf0Psf 5 . cf/0osdf jfgkly  
hljgsf pkoful cWoflTds hljg k4ltnf0  
hf8 lb0Psf 5 . pklgifb cWofTdkVfvg ufyxç  
xg .

;lxtf, afXd0f, cf/0os / pklgifbxçnf0  
jbs c^usf çkdf dflgç5 . o;kl5 kfrf  
jbsf çkdf u0fgf ul/g kVf0f ufyxç nlvPsf  
xg . ol kVf0fxç dn çkdf !\* j6f 5g .  
o;u/L pkkVf0f klg c7f/j6 pNnv ul/Psf  
5g . ol ;a kVf0fxçdf \_ljBfjtf efujt  
k/Llffü egf xgfn Clifu0fn >ldbefujtsf  
ulx/f cWoog ubf k/dZj/sf ljzif u0fufg  
u/sf / >lsif0f eujfgsf afnnlnf;lxtsf  
rl/q j0fg ul/Psf ufy xgfn kVf0fxçdf  
;j>i7 ufy eg/ >ldbefujtnf0 g dfçb5g .  
>ldbefujt dxfkVf0fsf ljifodf dxlifixçn  
Pslt/ >ldbefujt / csflt/ !& j6f kVf0fxç  
/fv/ thgf ubf a/fa/ ePsf lyof eçg syg  
/ \_ljBfjtf efujt k/Llffü eçg of jf0flsf  
pb3fifn >ldbefujbultfeçbf klg of kVf0f  
pTsi6 ufyysf çkdf dflgb cfPsf 5 .

of kVf0f Jof;-gf/b ;jfb;u elQ, 1fg,  
j/flo / gf/b ;jfbaf6 kf/De e0 Jof;kq  
zSbj :jfdl / /fhf k/Llftsf kZgfQ/ jf  
;jfbf çkdf pNnv ePsf 5 . o; kVf0fdf  
Znfs ;^Vof !\*,))) / cWofo ##% 5g eg  
;Dkof kVf0f !@ :sçbdf ljeflht ePsf 5 .  
cç ;a kVf0fsf kfr nlf0f- ;u, klt;u,  
jz, dçjçt/, jzfgRl/t atf0Psf 5 tfklg  
efujt dxfkVf0fdf ;u, lj ;u, :yfg, kfif0f, plt,  
dçjçt/, OzfgSyf, lg/fw, dlQ, cf>o;dt u/L  
dxfkVf0fsf bz nlf0f xg atf0Psf 5 . oBlk  
cç0 kVf0fdf pNnv ePsf kfr nlf0fleg

efujtdf pNnlvt bz nlf0fsf j0fg ;dflxt  
ePsf klg ljåfgxçsf dt 5 .

;Tooludf nfdf ;do;Dd tk:of ubf hfç  
kln kçkt xç5, Tof kln qtfoudf Ps jif tk:of  
ubf kçkt xç5 eg åfk/oudf Toxl kln Ps  
dlxgf tk:of ubf kçkt xç5 . To;u/L slnoudf  
t Ps lbgs tk:ofaf6 kçkt xç5 eçg kf/fi0fs  
jrgcg;/ slnolu cç olueçbf >i7 dflfPsf  
5 . ;Tooludf WofgkVfvg / qtfoudf o1kVfvg  
dflgçYof . åfk/oudf bjkhf ug sdnf0 kVfvg  
dflgçYof eg slnoudf eujfgsf gfd sltg  
g kVfvg sd elgPsf 5 . ol ;a olusf wd /  
sd >ldbefujtd pNnv u/sf kf0ç5 . >ldb  
efujtnf0 jbzçkl sNkjlf klg elgç5 . jbaf6  
lgbi6 ul/Psf jf0flxçnf0 pbfx/0fsf çkdf  
lnP/ >ldbefujtçkl syf~dtmf0 1fg;/sf  
çkdf uç0f ul/Psf 5 . pR5^vn dfudf  
nfusf ;dfhnf0 gdçfkjs ;Deifpbf klg ;xl  
dfudf gcfpç ePdf >ldbefujt dxfkVf0fsf  
cWoogaf6 g ;xl dfudf lx8fpg ;lsç5 . jbn  
...;To jb, wd r/Æ eçg h:tf lgbz u5 eg  
kVf0fn ;frf afNbf / wd ubf s kf0bf xç5  
/ To;sf ljç/Lt sfd ubf s s ;d:of / bllv  
enNgk5 eçg sçf s;sf syf -hljgl\_ ;u  
hf8/ pbfx/0f;lx kçtt ub5 . o:tf glit,  
pkbz / ;çfjk/s ;çbzççn g ;dfhdf  
kl/jtg Nofpg ;S5 .

To;n dfgjlo u0fn oQ, ;çb/ ;dfh  
lgdf0fsf nflu xdf afnaflnsfxçsf  
dl:tisnf0 jb / bzgxçsf lzlf kçfg u//  
kçHjInt ugk5 / dfq jtdfg çj:yfdf  
klZrdf ;:sltdf bfl8/xsf ljz^vInt ;dfh  
kgM kjjt çj:yfdf kçsg 5 / xdf ;fdflhs  
;befjn oQ, ;:sf/, ;:slt / jL/tfn kl/k0f  
ePsf Oltxf ;;u zfg klg hflug 5 . cçoyf  
clxn ljsl ;t e0/xsf lbzfxlg / dfgj tfxlg  
;dfhdf slxNo klg ;v / zflçt 5f0g 5g .

*rçbflul/ g=kf=&, jf0f:ynl sf7df8f*

; a\$Nk

■ lgdñ/d0f k/fhhl



oyfysf  
w/ftndf pleP/  
;Tosf sdydf  
rnfodfg kf0nfx¿n  
6ssf bzsf u/fdf  
x6fP/ l; ;Ët klf  
/, e// ;Ëtsf ; íNk  
eikfðf  
yk|cf; x¿ 5g  
oyflz3|  
ltgnf0 k5g'5  
drl ?bf sfnl  
sfnl ?bf drln  
lxdfn eTsbf t/f0n  
/, t/f0 tftbf  
kxf8n lxp lr ;fP/  
jxgk5 gfujnldf  
rtgblk afn/  
pkTosf |  
ltdl ;ld  
cfvf lkfhfp ;jq  
ljs6df  
k6 efsf xg ;S5g  
cf<sup>a</sup> krf6sf xg ;S5g  
zlt rxsf  
xg ;S5g lz/x¿df  
;fn'efsfP  
afh/f bVgk5  
lnldkof krf6  
drlsf l; of

;fleigk5  
hxf htfa6  
h;/L x/ klq  
bz d6'xf  
o; sf 5p5fp  
htfa6 kNsg bzdgx¿  
lryfl/¿5g dg  
r:s¿5 d6'  
; íNksf v¿tl afs/  
hxf htfa6 p7 klq  
bz h/nlsf u8 xf  
xfl h/nlh:t eP/  
l;Nk; lHht agfpgk5 3/  
aRrfx¿sf /lffdf h/nlh:t  
tg, dg, jrg; dtn  
kxf8 a:g  
t/f0 cfn  
t/f0 tftg  
kxf8 pSn  
cfvfcl/  
rtgHoflt lj:kfl/t  
pkTosf ltdl |  
kfvfdf cfvf /fv/  
ljs6 u/fdf  
sNkj lf /fkg  
; íNk p7  
d/f bz  
ljZjs d6'xf  
/, /lx/xg5 ==|||

;fdfvzL, sf7df8f

## kʰ[t, kʰ[Q / kofʃ / 0f

■ /fhʒdfg sʃ;l:



**k** jldf cjl:yt 3fd, kfgl, df6f, fo' cfsfz h:tf k~rtɛjxɛsf ctofofof>t cɛt/;Daɔwaf6 ;lht hljfgsn kl/l:ylt g kʰlt xf. kʰlt zʃt clg ;ʔdo xɛ5 / of cʃgf lgoldt uldf rln/xf xɛ5. kʰltsf o; lgoldt klqofsf sf/0f g kyjL, hljcgnsnf uk aɛg klusf 5 / xfdl hljt kʰofsf ɛkdf /xg ;ssf 5f. t/ kʰltdf slxnsfxl ljrng cf0lbgfn / sltko cj:yfdf dfgjlo nfk/afxls sf/0fn ubf kʰltn cʃgf puɛk bvfpɡ klb5. h;sf kʰolf pbfx/0f af9L, klx/f, e-lfo, esDk, cltjli6, cgfjli6, cNkjli6 cflbnf0 lng ;lsɛ5.

kʰltn bvfpɡ o:tf puɛknf0 xfdl kʰslts kʰfk cyjf kʰslts ljb klɡ eɛg ub5f. o;sf kʰolf pbfx/0fsf ɛkdf eɛgkbf xdf cʃg dh's gkndf dg;ɟsf zʃjt;u Ps jifcl3 dfq l;ɔwknrfssf dnDrldf uPsf af9L klx/fn 7nf cgkftdf hgwgsf lft kʰofof eg dgfa h:tf thgfTds ɛkdf cToɛt sd jiff xɟ ljs6sf lhNnfd ;dt ut jif ckʰoflzt ɛkdf cfPsf af9L klx/fn tf08jnlndf dRrf0f.

To;f t xfdl dfghltsf eflts z// klɡ kyjL, hn, jfo' cllg / cfsfzh:tf k~rtɛjxɛaf6 g lgdf0f ePsf xɛ5. /, hljgsf cj;fgkl5 xdf eflts z// klɡ kyjLsf log

k~rtɛjxɛdf ljnlg xɟ klb5g. To;n ol k~rtɛjxɛ xdf ;fr, ;:sf//kʰlQ;u klɡ sɟ g sɟ ɛkdf ufl;Psf xɛ5g. dflg;n kʰslts ;Dkbnf0 cʃgf :jfy cgʃn kʰfu ug, ɛv-laʔjf hyfefjL sf6g / ;du|kofj/0flo ;Gthgkʰt xnrqof0 ug kʰlQn ubf ljzdf clxn ljleɛg kʰslts kʰfk;u;u jftfj/0flo c;Gthgsf ;d:of klɡ a9b u0/xf blvɛ5. clxn ljzdf dflg;sf cfvfn bVg g;lsɡ clt g ;ld hljfof sf/fɡ ef0/n hɟ lsl;daf6 dxdf/L knf0/xf 5, To;sf kʰlv sf/0f klɡ sɟ g sɟ ɛkdf dfgjlo nfk/afxl g /xf blvɛ5.

gkfn klɡ Pp6f kʰslts kʰfkaf6 kʰflj t dh's xf. dflg;n kʰslts ;Dkbfsf Vofn g/fvL hyfefjL jgljgz ul/lbgfn jftfj/0flo c;Gthg a9g u0 oxf af9L, klx/f, e-lfo cflb kʰslts kʰfksf ;d:of bvfkɡ u/sf 5g. vf;u/L jiftsf df;d zʔ xɟlalQs af9L, klx/f / e-lfo h:tf kʰslts kʰfksf ;d:ofn tf08jnlndf dRrfpg / o;af6 hgwgsf 7nf lft xɟ u/sf 5. jghaunsf sʃf ubf xdf dh'sdf sltko sfoxɛdf jg kbʃj/s kʰfu ug kl/kf6L ce klɡ Jofks ɛkdf rln/xf 5. ljzj @! cf ztʃjldf kʰjz ul/;Sbf klɡ xdf dh'sdf eɛ8 \*) kʰtzt pihf jghaundfkʰt kʰt xɟ sf7-bfp/faf6 cfklt e0/xf 5. o;/L tljɰltdf e0/xf jghaun kʰ8fgls

sf/Of jftfj/Oflo c;Gthg a9b u0/xf 5  
eg hg cgkftdf jgh<sup>a</sup>undfly cltq<sup>d</sup>Of  
e0/xf 5, ;fxL cgZk jftfj/Oflo k<sup>p</sup>ifOf klg  
al9/xf 5. af9L-klx/f, e-lfo, clgoldt  
jiff / zLtnx/h:tf k<sup>f</sup>slts k<sup>p</sup>fxZ dntM  
jgk<sup>8</sup>fgls kl/Ofd xg.

jftfj/Oflj b eG5g— sg klg dh<sup>s</sup>df  
jftfj/Oflo ;Gthg sfod /fVg bzs  
sn lfqk<sup>ind</sup>Wo sDtldf klg \$) kltzt  
jgh<sup>a</sup>unn 9fssf xgkb5. t/ gkndf  
xfn sl/a #) kltzt dfq jgh<sup>a</sup>un afsl  
/xf / To;df klg x<sup>f</sup>; cfpq q<sup>d</sup> /flsg  
;ssf 5g. To;dfly cJojl:yt Zkdf eflts  
;/rgfxZ lgd<sup>f</sup>Ofsf sf/Of ePsf jglfxZ klg  
qldsZkdf cltq<sup>d</sup>ldt aGb u0/xf 5g. h;n  
ubf jftfj/Oflo ljpgz tlj<sup>p</sup>ltdf e0/xf 5.  
o;/L a9bf jftfj/Oflo c;Gthgn Psflt/  
hnjfo'kl/jtgsf ;d:of l;hgf ul//xf 5  
eg csflt/ hnjfo'kl/jtgs sf/Of gkndf  
klg o;sf kltsn c;/ kgu0 bzs k<sup>p</sup>V  
cfo;ft dflgg slif pTkfbgdf ;dt x<sup>f</sup>;  
cf0/xf 5. h;sf kl/Ofd:jZk sxl bzs  
cl3;Dd vfBfG lgoft ug dh<sup>s</sup> clxn cfP/  
vfB cfoft ugkg c j:ydf klusf 5. gkfn  
clxn a;lg 7nf kl/df0df ds, ux', kl7f,  
rfdn cflb vfB;fdulxZ ef/t nufot ljleGg  
dh<sup>s</sup>xZaf6 cfoft ul//xf 5.

csftk<sup>l</sup> ljZjdf hg;<sup>a</sup>Vofsf tlj<sup>j</sup>l4sf  
sf/Of klg k<sup>f</sup>slts ;ft;fwgn ylg g;Sgu/L  
ltgsf zfifOf e0/xf 5. hg;<sup>a</sup>Vofsf tlj<sup>j</sup>  
jl4s sf/Of cJojl:yt / b<sup>p</sup>ultdf e0/xf  
zx/Ls/Of clg pBfuxZaf/f k<sup>f</sup>slts ;ftxZsf  
cGfwfwb k<sup>p</sup>fun ubf dfgj:jf:Yo, jg,  
afnlgnl / kfglsf ;ftdf ;dt qlds Zkdf

x<sup>f</sup>; cfpq yfnf 5. bzs dxfgu/kfnsf  
Zkdf /xf Pltxfl;s zx/ dflgg ;3lo  
/fhwfgl sf7df8f pkTosfdf;dt clxn ljleGg  
gblgnfaf6 hyfeyl afn<sup>j</sup>f lgsfNg / vfgkfgl  
cfkltsf nflu egl clgolGqt Zkdf eldut  
kfgl lgsfNg k<sup>j</sup>lQn ubf l;<sup>a</sup>uf pkTosf g  
efl:;g vtf/f /xf s<sup>f</sup>f eueljbxZ atf0/xf  
5g.

o;/L hg;<sup>a</sup>Vofsf tlj<sup>j</sup>l4b/ Pjd  
jgh<sup>a</sup>unf k<sup>8</sup>fgl / o;af6 pTkG hn k<sup>p</sup>ifOf,  
:yn k<sup>p</sup>ifOf, jfo'k<sup>p</sup>ifOf, Wjlg k<sup>p</sup>ifOf cflb hg  
ultdf a9b u0/fvxf 5, To;n ubf ljzifu/L  
gkfnh:tf t;f ljZjsf dh<sup>s</sup>xZ jftfj/Oflo  
ljgfzsf ;d:ofaf6 ;aebf a9L ul;t  
xgklusf 5g. To;n jftfj/Oflo ljgfzsf of  
;d:ofnf0 cZ hl6n xg glbg ljleGg cNk /  
bl3sfnlg pkfoxZsf c jnDag ugkg 68sf/f  
cfjZostf blvPsf 5. o;sf nflu ;jk<sup>y</sup>d  
t hg;<sup>a</sup>Vofsf jl4b/sf Joj:yfkg xgk<sup>o</sup>f,  
;fy;fy jgljgfzsf /fsyfd, a9bf wjfoQ<sup>n</sup>  
;jf/L;fwgxZsf lgoGqOf / ;fsf 7fpdf  
ljBt / Jof6Laf/f ;~rflnt ;jf/L;fwgxZsf  
k<sup>p</sup>fu, cfwlgs kljlwoQ<sup>n</sup> 6flkis Joj:yfkg  
k<sup>p</sup>ffnl, cfBflus k<sup>p</sup>ifOf lgoGqOf, lgoldt Pjd  
k<sup>p</sup>jsf/L Zkdf jfoSf uOf:t/ lg/Llfof Pjd  
jftfj/Of;DaGwL lzlf / hgrtgfsf ljsf;df  
hf8 lbgkg vfrf blvPsf 5.

To;f t jftfj/Oflo ljgfzsf of ;<sup>a</sup>s6do  
l:ylt lgdTofpg sfodf xfdl dfgjhflt g a9L  
lhDdjf/ /xf blvG5. To;n jftfj/Oflo  
ljgfznf0 cZ hl6n aGg glbg k<sup>p</sup>V bfloTj  
jf cleef/f klg xfdl dfgjhflts x<sup>f</sup>. jf:tadf  
xfdL ;a dfgjhfltsf k<sup>p</sup>V p2Zo egf cf'gf  
hljgnf0 ;vL agfpg'g x<sup>f</sup>, cfgGdo tNofpg'

g xf. :jR5 jftfj/0f ;u;u /fdf ;fr /  
 c;n kJlQaf6 g xfdl cf^gf hljgnf0 ;VL /  
 cfgGbdo tNofpg ;S5f. o;sf nflu kYjldf  
 lJBdfg kfsIts ;Dkbf / jgh^unsf ;/lf0f-  
 ;j4g ug' xfdl ;asf bflotj / stJo xf.  
 af6-la?jfn g xfdlnff0 kf0fjfo'kpfq ug xgfn  
 o;sf ;/lf0faf6 xfdl z/L/ :j:y /xgSf ;fy  
 xfdl ;fr / kJlQ klg /fdl aGg klb5 . ha xfdl  
 ;fr / kJlQ /fdl xG5 ta xfdl hljg klg v';L /  
 cfgGbdo aGg ;S5 . kofj/0f ;/lf0fs s'f ubf  
 th;l / klknh:tf af6 la?jfxznf0 0Zj/s  
 kPlsssf zkd kf hf ug k/Dk/fblv g xfdl kfrng  
 /lxcfPsf xf . :jf:Yo / kofj/0flo :jR5tfsf  
 bli6n ol af6lj?jfxz cToGt pkoful dflgG5g .

th;lSf kQf:jf:Yo / kofj/0flo bli6n cToGt  
 pkoful jg:ktl dflgG5 eg klknsh af6n t  
 xfdlnf0 rfal; 306f cIS;hg kpfq ub5 .  
 ha ls cGo af6 la?jfxzn laxfg cIS;hg /  
 /flt sfjg8f0cS;f08 5f8g ub5 . ca dfgj  
 hljgdf cIS;hgsh dxTj slt /xsf 5 eGg  
 s'f t sf/fgfaf6 ;^aqldt sltko JolQixzn  
 cIS;hg sdls sf/0f Hofg udfpgk/sf blvb  
 k;E xfdln axfl/;ssf 5f .

t;y xfdl ;gftg wdkltsf cf:yf, ltgsf  
 cg';0f / cfWoflTds hfuf0fn klg xfdlnf0  
 kofj/0f ;/lf0ftk clekl/t ub5 eGg s'f  
 xfdln aGgkb5 / abecg';f/ sd ugkb5 .

\*\*\*

## sxfEuf]xhdl]dfgj tf <

■ ;/:jtl cfrfo{

9Eë d9f cgl df/sf6sf klt:k4f e0/Xof oxf  
 wgl u/La hfteft 56of0 ebej rNof oxf  
 h;nf0 sf6 klg /ft /ut cfp5 v / ab:sf <  
 ;a Pstfdf aflwgk5 eGg lsg xf lal;Psf <

s'f t xfdl 7nf7nf u5f t/ sxf uof dfgj tf  
 dfG5sf :t/ x// Jojxf/ ul/g s:tf rNof k/Dk/f  
 d x'eGg 3d08n nlodf klg g;lsg eof  
 Psn csfsf vSf tfgl tfgl n8f0g rng rNof .

cf/fnf nfusf dunf0 vbe u/Lanf0 vbg rng rNof  
 s;sf sdhf/L cf^gf :jfy ;flwg xltf/ aGof  
 ;xl unt s xf < gx/L untfnf0 ;xl agfpg xf8 rNof  
 cznf0 xf;nf lbgSf ;f6f xRofpg rng rNof .

*lh-kl:- sf0/fnf snh, rfalxn .*



;dlIff

## ee{fpbf5 lkln<sup>a</sup>uf]

■ zldhf v8sf bxfn



**d**g-dl:tisdf p7sf cgsf efjgf /  
ljrf/x<sub>2</sub>nf0 cleJoQ ug Pp6f 7nf  
;fwgf, snf, ;lk / ;fdYo rflx<sub>5</sub>.  
zAb, lzNk, efff / efj ;u /fdj;u gvnI Pp6f  
;Gb/ slt l; hgfxb'c; Dej kfo g x<sub>5</sub>. To; df  
klg dlxfn efusf kl8f, jbgf, / cftgfbnf0  
cleJoQ ug snf, ;lk, ;fwgdfq xf0g, Pp6f  
7nf ;fx; klg rflx<sub>5</sub>. jiffjifblv rtgfsf  
laGb'zGo agfP/ afrsf cfwf cfsfz cfu6sf  
gf/Lx<sub>2</sub>sf ha rtgfsf lkln<sup>a</sup>uf aNgyfN5,  
ta k'ftgjfbL z:qf:qwf/Lx<sub>2</sub> cgsf cj/fw  
/ nf-5gfsf l;sgf lnP/ nv6g cf0k<sub>5</sub>g.  
t/ ha Pp6f snd Tof l;sgfsf k/jfx gu/L  
clj/n gble al5, ta .lkln<sup>a</sup>uf h:tf slt  
hGd<sub>5</sub>.

w/ cl3 o;/L g o:t syf afs/  
pkGof;sf/ kdbfjtl l;x ;dfgft/ cfsfz  
lnP/ cfpgeof. Tof jnf klg of snd rk  
nfu/ a:g ;sg. k7g cgeltsf efjx<sub>2</sub>  
;dfnfrgfdk<sub>5</sub> kflvPsf lyof. cfh kl/ Ps  
bzskl5 o;/L snd hd/fPsf 5. lkln<sup>a</sup>ufsf  
ee/fpbf /fkn dg-dl:tisnf0 gof pihf lbPsf  
5. k9bf lkln<sup>a</sup>ufsf zAb zAbn /f /f sf<sub>5</sub>.  
g;fg;f t/<sup>a</sup>lut x<sub>5</sub>.

.lkln<sup>a</sup>uf pkGof; cftd;Ddfgdf afRg  
dlxfx<sub>2</sub>sf nflu nlvPsf ;Gb/ slt xf.  
lkt;QfTds rtn rnsf xdfj ;dfhdf k/s  
rtgfsf tx hfut ePsf 5. jiffjifblv oxL  
;Qdf lyIrP/ lsIrP/ a;sf xfdl dlxfx<sub>2</sub>  
PSSf0;f ztAbldf cf0klbf klg pXL Joyfn  
x?Ss xgu/L ddfxt ePsf 5f. dfq tl/sf,

7fp, kl/jz / dfqf k/s 5g. ;frf0 p:t  
5, kl8f p:t 5, dfq efuf0sf ;oGqx<sub>2</sub>  
k/sk/s xb uPsf 5g. khLjfbn lgnsf  
of ;dodf labl;gkg afWotf w/ gkfnI.sf 5.  
glabl;g 3/ vfHg dl:sn 5. sof kl8fsf  
ef/L afs/ labl;Psf xdfj 5ftl ptf uP/ lg  
306f ahfpgkg afWotfn lkln<sup>a</sup>/xsf x<sub>5</sub>f.  
306f ahfpgb ahfpg xdfj efjgf, OR5f, rfxgf  
/ ;jbgfx<sub>2</sub>nf0 lghLj sg cgs06f/ 7fpdf  
yGsfpg afW<sub>0</sub> x<sub>5</sub>f. o;df klg l;dfg lb  
a<sub>5</sub>/sf bf;f bhfsf gful/sh:t xfdl dlxfx<sub>2</sub>  
cgsf kl8fdf 3flnP/ cs /;fogdf kl/jtg  
ePsf xfdl cfkin yxf kPsf xbgf. o;df  
klg jf;gfhGo lx;f / ofghGo lx;fsf lzsf/  
ePsf xfdl cfkin dx;';Dd ug ;ssf xbgf.

kjf;df dlxfx<sub>2</sub>n vkgkg o:t kl8fnf0  
;/n, ;xh / dl7f efffznldf k<sub>5</sub>ef a/fnn  
.lkln<sup>a</sup>uf dfk<sub>5</sub>t ;dfhnf0 bvfPsl 5g.  
ljbzdf a;/ cfPkI5 xdfj ;fdflhs ;:sf/df  
kinfgn slt wg;DklQ Nofof < s s lsGof <  
eGg ;frf0sf ;0/fnf0 eQ kfb pkGof;sf/n  
cf^gf hfkfg a;f0df cfkin ;flffTsf/  
u/e nfig o:tf ;Gb/ / cdNo cfVofg slt  
;dfhnf0 lbPsl 5g. of ;flxTofsfsf  
nflu 7nf pknIaw xf. 7nf uf/jsf s/f xf.  
o;df cfVofgdfq xg, hfkfg;DaGWL cgs  
tYox<sub>2</sub> klg 5g. hfkfgsf ;Eotf, ;:sf/ /  
rfrnrgsf ldlxg 9En JofVof ul/Psf 5.  
k9bf st cN5L gnfigu/L efffznL ;nn  
ausf 5. effflzNkdf ld7f; 5. ljbxfsf  
leNsfx<sub>2</sub> o;/L cfPsf 5g, tl cfqfzK0f ge0

zft tnpdf 9<sup>a</sup>ufn xfg/ cfPsf t/<sup>a</sup>ue 5g .  
st ljwj; gu/L zft<sup>2</sup>kn rnsf cfwlh:t  
5 . pkGof; k9<sup>h</sup>hn of klf lgs ;zQ nfi5 .  
o; pkGof; sl k<sup>h</sup>v kfq ;Ldf<sup>h</sup>tlh:tf kfq cfh  
klg ljbzdf cfd;Ddfg udfP/ k<sup>h</sup>os kn db  
afl/b u/sf xfnfg . t/ ;Ldf<sup>h</sup>tl rk nfu/ ;x/  
a;sl 5g . p;n cf<sup>h</sup>gf >Ldfgsf cgzf;gxlg  
sfosf lj/fw u/sl 5 .

z?df >Ldfgsf l8k886 le;fdf hfkfg  
klusL ;Ldf<sup>h</sup>tl b; 306f sfd u// >LdfgeGbf  
e<sup>h</sup>8 bfAa/ k;f sdfpg yfIn5g . z?df >Ldfg  
/ >LdtlaLr ;fxbk<sup>h</sup>of / cfdlo ;DaGw  
eP klg ha cf<sup>h</sup>gf sdf0df >Ldfgn dfq  
Psfxf/f lgoGqof ug yfnkl5 ;Ldf<sup>h</sup>tlSf dgdf  
c;Gtli6sfefjx<sup>2</sup> pd<sup>h</sup>yfnb5 . slt blv vk/  
sdfPsf ;DklQ 3/sf df<sup>h</sup>5nf0 dfq k7fpg t/  
cf<sup>h</sup>gf df0tsfnf0 rfx sxl lbg grfxg >Ldfg  
lgeosf Jojxf/af6 ;Ldf<sup>h</sup>tl ?i6 xg kl5g .  
cf<sup>h</sup>gf ;a efjgf, rfxgf / ljrf/x<sup>2</sup>df >Ldfgn  
Psnf6L zf;g ub hfbf ;Ldf<sup>h</sup>tdf c;Gtli6  
efjx<sup>2</sup>Sf Hjf/ef6fx<sup>2</sup> ;3g xb hf65g . t/  
klg ;Ldf<sup>h</sup>tl 7nf lj/fw ug ;ssl 5gg .  
cfd;Ddfg udfP/ eP klg afRg afw<sup>h</sup>o xl65g .  
ha lgeosf kl<sup>h</sup>dsfsf <sup>2</sup>kdf ld;fjfsf kljz  
x65, clg ;Ldf<sup>h</sup>tlSf hljgdf tgjfsf ;do  
z? x65 . ;Gtfg hGdfpg, >Ldfg;u a:g, ;VL  
kl/jf/ eP/ afRg ;Ldf<sup>h</sup>tlSf ;kgf, ;kgdf dfq  
;Lldt xgk<sup>h</sup>5 . kl<sup>h</sup>dsfs sf/of >Ldfgsf hflu/  
k<sup>h</sup>:s65 . o;df klg pgn >Ldfgnf0 dfkl  
g lbPsl xl65g t/ ha >Ldfg pxL kl<sup>h</sup>dsf;u  
/:6/66 vfNgk<sup>h</sup>5, ta ;Ldf<sup>h</sup>tl of s/f k6Ss  
;xlbagg . zfob sfxL klg cfd;Ddfg ePsl  
gf/Ln of s/f ;xGgg . olt eP/ klg lgeo ha  
;Ldf<sup>h</sup>tlnf0 pgsf cfd;Ddfgsf kjfx g gu/L  
af/Daf/ cf<sup>h</sup>gf lg0fo df<sup>h</sup>g / cf<sup>h</sup>gf cwlGdf  
a:gnf0 elg/x65, ta ;Ldf<sup>h</sup>tl of s/f ;xg  
;lsbagg . pgl a? lgeoljgf g afRg c7f6  
ul5g, pbfx/ofsf nflu Pp6f jfSo—

æd afn/ xg, Jojxf/n aful a65' . dgleg  
aln/xsf :jflfdgsf lkl<sup>a</sup>ufaf6 cl:tTjsf  
e<sup>a</sup>uf lgsfn5' / tfk5'ToxL tftf . d ;x/ al:bg  
lgeosf xkxf Jojxf/ . d lhpg ;S5' cf<sup>h</sup>g  
:jfjnDal kfvl<sup>h</sup>df . d lx8g ;S5' cf<sup>h</sup>g  
lg0fosf s';dkydf . -ki7@@^\_

lkt;Qfids xdf ;dfhdf Pp6f k?ifn  
dlxnfnf0 slt;Dd zifof ug;S5 eGg s/f  
oxf bvf0Psf 5 . k/bzdf dn h u/ lg x65,  
p;n s ug ;S5, eg/ Pp6L dlxnfnf0 canf /  
lg?kfo 7f<sup>h</sup>g k?ifu<sup>h</sup>ylnf0 ;Ldf<sup>h</sup>tlSf 7f; lg0fo  
/ cfbz hljgn gof rgftL lbPsf 5 . ;Ldf<sup>h</sup>tl  
gkfn kis/ cgsf ;83if u// cfkgf hljgnf0  
;fys kfg ;ld xl65g . e/f;f gkfn vfn/  
dlxnfsf p4f/df nfi5g . cf<sup>h</sup>gf kl/ro cfk<sup>h</sup>  
;uGwdo agfpl5g . pgn dfglj/fwsf uxlsnf  
kf0nf rfnsL 5g . st gcNeil st gaNeil  
pgn cf<sup>h</sup>gf hljgsf uf/6f ;kin agfPsl 5g .

slt lj8Dagk0f 5, gf/Lsf hljg .  
k/bzdf hflu/ gvfo 3/df Psn wDwDtl a:bf  
klg lg;fl;P/ dl/Pnfh:tf xg . hflu/ vfg  
u0 :jfjnDal a6bf klg cufnfd al/Psf  
nflgsf xft sb jnf 56nf yxf g gxg . slt  
si6k0f x65 hljg ha knkn cf<sup>h</sup>gf :jtGqtf  
nflgsf 0R5fdf aGws agfP/ afRgk5 of  
;dfh 5, hxf k?ifnf0 h ug, h;/L ug, h:tf  
ug klg 56 5, hg :jtGqtf ;dfhn p;nf0  
afg;sf <sup>2</sup>kdf lbPsf 5 . ;:sf/, Jojxf/  
cfr/of, cgzf;gh:tf s/f t ;a dlxnfsf  
sfwdf yfkl/lbPsf 5 . To;n t dlxnfx<sup>2</sup>  
;w cfk<sup>h</sup> ;ld xbf klg cfknf0 ljZjf; ug  
;ls/xsf 5gg . Itg ljifodf 6s/ dlxnfnf0  
cfdljZjf;L agfpg of pkGof; ;kin ePsf  
5 . ;Ldf<sup>h</sup>tlSf cfbzk0f hljgn dlxnfnf0  
k/offbol dfu bvfPsf 5 . rtgfsf cfjfh  
afNg ;kin ;Ldf<sup>h</sup>tlSf x/s kf0nfx<sup>2</sup> pT;fxk0f  
nfi5g . To;n t k<sup>h</sup>os kf7ssf xbodf ;Ldf<sup>h</sup>tl

hlj6t eP/ afRg ;kIn ePsl 5g . ;ldf6tLsf  
cfd;Ddfgnf0 sfl6 sfl6 ;nfd ug dgnf05  
kf7snf0 .

kJos rfl6nf / dL7f jfSo clg bfzlgS  
ljrf/sf efjn kf7s ?eIsf ?eI x65 . xdf  
rtgf, :jfldfg / cfd;Ddfgnf0 pkGof;sf/n  
s;/L 3r3RofPsl 5g eGg s/f kJos  
jfSojSodf k9g kf0G5 . 7fp7pdf /fli6otf  
bv/ kf7snf0 Rjf:;Rjf:; 3flr/xG5 .  
hfkfgh:tf ljsl;t bzsf eflts ljsf;sf  
jOfgn xfdln clxn;Dd lsg c;n gtf kfPg  
eg/ 3flTng aW0 agfp5 . 7fp7pdf /fli6otf  
hd/fPsf bv/ bzkltsf dfofn dg To;  
sfsfshn kfgl gkfP/ t8ke t8lk/xG5 .

cfVofg;u;u ljbzsf /xg;xg,  
JoJx/x6 ;a k9g kf0G5 o; sltdf .  
hfkfgdf aflng zAbx6 7fp7pdf h:tfst t:t  
kpfu ul/Psf 5 . h;n ubf nvGdf yk ld7f;  
el/Psf 5 . hfkfgdf k?ifsf tna klGdlxnfsf  
vftdf hfg klrngn Tof bzdf dlxnfx6nf0  
slt ;Ddfg ul/G5 eGg s/f oxf bvfoPsf 5 .  
olt xfbxb klG Toxfsf dlxnfx6 cfk k?ifat6  
kl8t ePsf dx;'; ul//xsf x65g . gkfndf  
dlxnfx6 k?ifdfly kOf lge/ /xgk/sfn slt  
zflift x65g eGg s/f oxf dlxnfdly xg lx;fn  
bvfo/xsf 5 .

oxf dlxnfdq xf0g, k?ifx6 klG zflift  
5g . khLjfbL ;:sf/n k?ifx6 s;/L zLQsf  
cuff8 lgdVf / nfrf/ a65g eGg s/f klG

bvf0Psf 5 . zLQ egsf k;f g /x5 . ToxL  
k;fsf nflu ;Zlnh:tf oJfx6 ofgzfif0df  
k/sf ofg ljsltsf syf klG oxf k9g kf0G5 .  
tQL;j6f pkzlfdsf ljeFlht of pkGof;df  
kpfV / uf0fu/L ;fx|hgf kfq cfPsf 5g / tL  
clwsfz dlxnfx6 kfq 5g . pkGof;df k?ifkqsf  
sd kpfu xgh kf7sx6df yk lh1f;f klG  
k6 x65, lsg nvsn dlxnfx6 kfqnf0 a9L  
kfYldstf lb0g < s pgl dlxnfx6 ePsn o;f  
ePsf xf <

clf/ lqio;G;af/f k6flzt tyf ki7 ;Vof  
#)\* / dNo ?= %%) .- ePsf klTt pkGof;sf  
kpfV kfq eg ;ldfGtl, lgeo / ld;jf xg-  
c6o ;zQ eldsdf cfpG kfqx6 xg ;h'lbbl,  
clhnf Dofd, dfl/tf, jftgfj, ;Zln cflb .  
syfsf kn6x6 / 36gxf6 ;a :jfeFljs /  
oyfyh:tf nfi5g . efiif ;nn ausf 5 of g  
of sltsf ;an klf xf .

k/ syfnf0 cfVofgsf olt 7nf 7nldf,  
dL7f efiifznldf nVgsf nflu 7nf ;lk,  
;fwgf, Wofg / cWoog rflxG5 . o;/L nv/  
klG ;kIn xg 7nf tk:of rflxG5, hg tk:of  
kf7ssf s;ldf lklInaufn ;kIn kf/sf cgej  
ug ;lsG5 . :jbz xf; jf ljbz ;alt/sf  
kf7sx6n k9gkg slt agsf 5 of slt .  
pkGof;sf/sf snd o;/L g clij/n 6kdf  
alu/xf; . lgVv/ / kl/kSj nvgn ceI prf0  
lncf; . gkfnl ;flxTodf dlxnfnvgsf kf6f  
ceI ;d4 agf; . w/ w/ zesfdgf nvsnf0 .

\*\*\*

gof jif{& ( sf]pknlodf ;DkOf{  
ufxsju6f xflb6 d^undo  
zesfdgf JoQ ub6fj.

  
gkfn 6In sd  
kl/jf/

# ; flxTosf]ljsf;

■ nlnf/fh bxfn



■ f lxtosf/;fylx;sf;autn lzjsf  
dgdf klg ;flxltos efs hflg  
yfnof. ;flxtosf/x;n OHht  
kfPsf bv/ p klg nfleg yfnsf lyof .

ca p klg slgsyl ;fgf cfodsf  
uhn, dQ;s, xf0s' nVg yfnof . p;sf /rgf  
lrlrnf ;ctnfh:tf a:jfbsf ePsf n p;nf0  
kf7sx;n ?lrkjs k9gg . ;flxtosf/x;sf  
xhdf p xf;sf alrdf asNnf e xGYof .  
p;sf ;fylx; :t/lo nvgsf sf/of lgs  
nfskpb lyP . p;n Psw xf0s' dQ;s;auk  
lgsfn klg p;sf gfd ;flxtosf/sf ;kdf  
:jlst xg ;sg .

lgs ;do p ;flxltos ahf/af6 x/fof .  
p;n ;Qfwf/L /fhglts bnsf ;b:otf lnof  
/ kf6Lsf ;:slt ljefusf dfrf ;DxfNof .  
cf^g gtTjdf b0rf/ ;flxltos ;:yf vfnof /  
;flxtosf ljjsf; ug ;/sf/af6 cgbfg lnof .

ca ;flxtosf lfqdf lzjsf klg r rf xg  
yfnof . p;s cWolftfdf 7N7nf ;flxltos  
sfoqidx; eP . p 7nf ;flxtosf/df ulgg

yfnof . xg t p;n lgs ;doblv sxl klg  
nVg ;ssf lyPg t/ klg p;sf Voflt a9g  
q;d /flsPg . p sfoqidx;df cltlysf ;kdf  
cfdlGqt xg yfnof . klqsdf p g 5flkGYof .  
/l8of, 6lnlehgd p;s :j/ 3GSGYof .

Ps lbg /fhwglLf cfoflht ljzj6  
;flxto ufi7Lsf kPv cltly lzj g lyof .  
;an p;sf ;flxltos ofubfgsf tfl/k u/ .  
p;sf z?jftsfnlg /rgfx;nf0 ;dlfsx;n  
cGt/fli6o :t/sf /rgf eg/ ;dlff u/ .  
sfoqdkl5 p;nf0 d~rd kl/ kqsf/x;n  
;fw, ætkf0n ;flxltos ;:yf vfn/ ;flxtosf  
s slt ljjsf; eof < lsg vfnG o:tf ;:yf <Æ

lzjn rf/l/ lgofn/ eGof, æc;n lsg  
vfn5g, dnf0 yxf 5g . dn vfn/ rflx ljjsf;  
ePs bV5' . ol d o; /L kPv cltly ePsf 5' .  
tkf0x;n d/f cGtjftf ln0/xgPsf 5 . of  
ljjsf; xf0g / <Æ

c ;nl ;flxtosf/x; eg bzs bl3f k5fl8  
kqsf/x;af6 6f9f / dfg lyP |

afudt! !!, sdff, ;nff

**“मानवसेवा नै मानवधर्म हो ।”**  
हामी विगत ३० वर्षदेखि विभिन्न स्वास्थ्यसेवामा समर्पित छौं ।  
CTEVT को सम्बन्धनमा २०७० सालदेखि नेपालमा एकमात्र RHESC Acupuncture College सञ्चालन  
**RHESC मा उपलब्ध स्वास्थ्यसेवाहरू :**

|                                       |                    |                        |               |                    |
|---------------------------------------|--------------------|------------------------|---------------|--------------------|
| १. आरामदायी चिकित्सा (जापानी प्रविधि) | २. अकुपचर          | ३. बालरोग              | ४. स्त्रीरोग  | ५. चर्म तथा योनरोग |
| ६. आँखा                               | ७. नाक, कान, घाँटी | ८. जनरल स्वास्थ्य सेवा | ९. प्रयोगशाला | १०. X-ray          |
| ११. ECG                               | १२. खोप            | १३. परिवार नियोजन सेवा | आदि ।         |                    |

**शल्यक्रिया सेवातर्फ :** १. आँखाको मोतिया बिन्दु २. कानको जाली टाल्ने आदि ।

**बालप्रसाद शाही**  
(अध्यक्ष) ९८४९२८५७२०

**ग्रामीण स्वास्थ्य शिक्षा तथा सेवा केन्द्र (RHESC)**  
गोकर्ण दक्षिणढोका, जोरपाटी-५, काठमाडौं । फोन : ४९९२६५७, पो.ब.नं. २४६०९

■ xfbz<sup>a</sup>s/ af:tfhf

e<sup>d</sup>:yfgsf rftf/fsf l;9ldf a;/ d  
bwsf;ltt/ xl//xsf lyP . rftf/dlg  
xfltaf/sf %ofd6f nx/ lyP . To;dlg  
tn sx f x f sx f bwsf;L ;nnn alu/xsf  
blvGYof . gblsf jfl/kl/ ; t u8lt/ / sxl  
dfly xl/of hEn lyof .

/lhgf 6s6s rKkn ahfb cf0 . p  
a/sf rftf/f 5pdf pleP/ kfl/lt/ x/L .  
wNk/ / ;Nndf 3fd 666nfk/ nfusf lyP .  
p xftdf lsfaf afs/ plePsl pleo e0 .  
;fob p;n d;u afNg vfhsL ly0 /  
cln 8/fPh;/L egl, s xb5f cho pwf  
klsP/ < p;n dnf0 ei:sfpg vfhl t/ p  
cfPsf dn klxn g yxf kf0 ;ssf lyP . d  
cln nHhfn'lyP . s6L bVglalQs d nfh  
eTsS xfy .

Ps lbg d l;xbjl:yfg glhsaf6  
ljBfno hfb lyP . /lhgf / p;sf ;fylx  
a/sf l;9ldf a;sf /x5g . pglx 15InnP/  
v s s s'f ul//xsf lyP . dnf0 bv/  
luNnf u/sf xfnfg eGg ;fr/ d a/klknsf  
bjlyfgnf0 3d/ ljBfnolt/ ei/ . d cln  
tn klg nfbf /lhgn x;/ afnf0, cho,  
lsg ltdL Totfaf6 uPsf < xfdL cufl8af6  
uPsf eP klg ltdlnf0 vfbg lyof t <  
s6Lx 2 xnn xf; .

s ;f/f 8/fsf xf of cho lax u/sf  
eP 5f/f5f/L hGdGy . nhfP/ tsLtsL lx85  
alhof cZeGbf cln h7L g xfnL 38fdlg  
klusf kls tfg/ bj sl afnl .

xg bj sl s ul/sl x < ;fxldg k/fPpsL  
s;f chonf0 . ;ldgdn l5lnb egl . s  
ug't df/L xf ;q jif sfl6; l5P5 . sfxL s6f  
cfvf nufpbgg . bj sl lvt'sf 5f8/ xf;L .

/lhgf dfg ly0 . p;n dnf0 sfefsf  
kibaf6 cf/fnf eibf;Dd xb ly0 . bj sl n  
dnf0 lh:sfPsfdf /lhgfsf cgxf/ cln  
cfein k/sf kxf8e ePsf lyof . p;n  
bj slnf0 lh:sfP/ egl, s xf lbbL, chonf0  
dg k/fPsl ls s xf < ltdleGbf t p ;fg  
pd/sf xfnf x . w/ cfvf gnufp .

xf0g s xf df/L < dn dg k/fpbf tnf0  
s kl/ k'of < ls So 5 < bj sl lh:sb  
l8nsf rkn6L 9Efaf6 cf^gf eifnf afs/  
cZnf0 lx8g 0 ;f/f u/L .

dg k/fP/ dfq xG5 / lbbL xfdleGbf  
tNn Snf;df 5 p . t/ p;sf cflafgl t  
/fdlnf5 xf lbbL /lhgf clnsit d's'f0 /  
eifnf afs/ ;fyl;u :sh nful .

l;xbjl:yfg rftf/f 7nf geP klg a/ /  
klknsf 7n 2v 5 . t/ crn t dlcB/ klg  
alg;Sof Sof/ . a8dfgsf a/klknsf 2v  
jl/kl/sf xfuf k/k/ klusf / af/Lsf cfwf  
u/f ;w ;kn 9fssf xG5 . Toxf a/sf kib  
h/h/fn 9fssf / kqkqsf Kjfn / vfkf  
5g . xfdL :sh hfbf jf k'bsf slxnsxl  
kibsf h/f 5pdf :yfkf u/sf yfg / nx/  
uf8sf lqzndf kin r8/ r8fpYof . k;f  
t xfdL;u sx f xg'/ r9fpg < af6fdf e6sf  
kin / r8sf kft r9fP/ b0 xft hf8g'g xfdL  
l;xbjl'sf cf:yf kG6 ug'xf .

de6bf /lhgf Ps Snf; l;lgo/ xf .  
 p;sf k9f0 l7s 5 . p ufpSL wgl afpSL  
 5f/L xf . cfk t u/La ls ;fgsf 5f/f kl/of .  
 csfs aglatf u// vfgk5 . p;sf t ;DklQ  
 s sd < vltkftl c;nf0 g clwofdf sdfpg  
 lbPsf 5 . pgsf Ps hgf bfh' t/f0lt/ stf  
 xf ;Aafsf hflu/ vf65g / Pp6f bfh'ufps  
 df:6/ . p afpSL PSnl 5f/L .

6i6 cfpq nfusf lyof . d gf slffdf  
 k9y . p bz slffdf k9yl . Ps lbg  
 l;xbjl:yfg e6bf clndfly af6f 5pdf /xsf  
 ansf v glhs pSng nfbf p zLtn lkP/  
 PSn al;/xsl /lx5 . ;fob efln p;sf  
 Dofysf k/Llff xbk5 . d Dofydf cAan /  
 slffsf kyd lJBfyl ePsf n bz slffsf  
 w/ lx;fa l;ls;ssf lyP . d/f k9f0k|tsf  
 cAantf p;nf0 k/ yxf lyof . :shdf xg  
 kJos k|toflutdf dn k':sf/ glhtsf lbg  
 slxNo xbg lyof . Toxl eP/ p dk|t kOf  
 hfgsf/L ly0 .

d Toxf klglalQs nfh ge0 d/f cfvdf  
 cfvf hwfP/ egl, cho, cfp g oxf a; .  
 PsI5gkl5 ;u;u hfpnf x6g <

d nhfP/ p;nf0 x/; p t gnfh0 dnf0  
 g 3// xl//xsl ly0 . s x/sl /lhgf vfpnf  
 u// < dn e:sfP .

s xg gxb ltdlnf0 < lvtSf 5f8/  
 xf:t egl . dg k// x/sf lg ltdlnf0 <

o:tf s'f gu/ x /lhgf < k9gl/ dg  
 nufp < dn lx8b eg . p;n d/f xft Rofk  
 ;dfP/ egl, dnf0 Pp6f lx;fa l;sf0bp g  
 cho . d/f efln k/Llff 5 . ltdlnf0 cfp5 .

p;n d/f xft ;dfpb s/66 nfue  
 eof . d/f xft cfh;Dd sg s6ln ;dfPsf  
 lyPg . Ps dgn t xft kTsfP/ lx8f ls  
 e6g nfof . t/ Ps dgn ;fr, dn cfk e6bf

l;lgo/nf0 l;sfpg klg t lfdtfsf k9zg  
 xf . Toxl eP/ xft tfg/ eg, e uf lg t l  
 l;sfpnf l;sfpnf .

p;nf0 dn lx;fa l;sf0lbP . snd  
 lbbf / skl kN6fbf w/k6s d/f xft p;n  
 5f0 . dn tlgcf6f lx;fa l;sf0lbPkI5  
 skl, snd efnfdf xfn/ efnfsf k5fI8kl8  
 l;p/sf 86kg dnf0 lbb egl, /fdj k9 x  
 cho Ps lbg 7n df65 a6gk5 . To;f  
 e6bfe6b cf^gf efnf le/L / d/f efnf e0af6  
 l6k/ dnf0 lbb lx8g ;ast u/L .

:sh hfg / cfpq qrd t rln g /xs  
 lyof . p;n 6i6 k/Llff lb0 / kf; klg e0 .  
 P;Pn;ldf eg p sDkf6df k/L .

kfifsf cl6td lbg lyof Tof . kJos  
 df3;aqfl6tsf lbg /ejfdf 7n ahf/ nfyof .  
 xfdl laxfg /ejf ahf/ e// ;fe k1sg ;lsg  
 lyof . df3;aqfl6tsf cl3Nnf lbg /lhgn  
 dnf0 egl, kNnf3/sf sfsf / k5f3/sL  
 efph klg df3;aqfl6t ahf/ hfg / . dnf0  
 klg hf e6gePsf 5 afafn . ltdl klg hfp  
 x cho < p;n dnf0 klg hfg cg/fw u/L .  
 dn p;sf cg/fw gdf6g s' ePg . To;dfly  
 /lhgf / d P;Pn;L k9fbf lv g glhs ePsf  
 lyof . ci6dLsf lbg l;l; 8f8fdf /f6lk<sup>a</sup>  
 vNg uPsf lbg t p;n d/f xft ;dfP/ egsL  
 ly0, cho, d/f dgdf ltdf dfof s;/L el/of  
 el/of < s u/L kflvg glbg xfnf < sxl g  
 sxl cf0l8of lgsfn of/

ltdlh:tl wglSL 5f/Ln dh:tf  
 sEfn;u dfof u// s6f0 vfgl; jfo s xfnf  
 / /lhgf < of dfofnf0 g ltdf kl/j/n df65 g  
 d/f . d/f dgdf klg ltdl s;/Ls;/L al; ;Sof  
 ;Sof . dn xfjfn xlnnPsf /lhgfsf skfn  
 5b egfs x' . t/ p;n t?6t k|tlqof hgf0,  
 ltdlhIQsf cAan s6f sf 5 of ufp / xfd  
 :shdf < ltdf Tof lfdtn cfk nfo hxf

klg kfNg ; S5 . ; fob xfdj hf8L aflwof eg  
wgl / u/Lasf c ; dfgtfalr lhGbul rnfpg  
; lS65 eGg nfu/ To ; f egsl xgk5 .

ofdfq xfdj e6 lyPg . xfdln k6sk6s  
e6/ ; u afRg / dg s ; d vfPsf lyof .

xfdl laxfg /e'j'f ahf/ uof . /e'j'fkf/  
w' ; glj/ 8f8fsf a/klkn rftf/fdf la ; fbpf  
p ; n dnf0 uDNofE cufnf xfn/ egl,  
cho d ca d, ltdljgf afRg g ; Sg eP .  
arfpq sg cf0l8of lgsfn g .

ltdl wgl afpsl 5f/L xf . d csfsf  
agl u// vfg tGb'fd s xfdj lax xfnf eGg  
ltdln ; frsl 5of < dn t Ps kltzt klg  
; frsf 50g .

p ; n dnf0 cufnfaf6 x6f0 / cfvf  
t// egl, xltxf/f oqf lfdtf eP/ klg lsg  
8/fPsf < dfof eGg s'fn wgl / u/La sxl  
eGbf /xg5 . u/La klg efln wgl xg ; S5 .  
ufpd t ajfcfdn sxf lax ug lbgx65  
/ < t/ efu/ st 6f9f hfgk5 / ; Gb/ ; ; f/  
a ; fpgk5 .

c ; f/sf lbg P ; Pn ; Lsf l/hN6 cfof .  
/lhgf sDkf6af6 kf ; e0 . d kyd >0fldf  
pQlOf eP . To f v' ; ln d/f cfdan a9sf  
lyof . d kyd >0fldf kf ; ePsf yxf kfP/  
/lhgsf afa'cdf / bfhf ; dt awf0 lbPsf  
lyP . d/f cfdafah t awf0 lbP/ slt v' ; L  
eP eP, d s ; /L JoQ u/f .

ebfsf lbg xgk5, /lhgn dnf0 ; 6Ss  
egl, d/f lax oxl d' ; /df ul/lbg / 6f/sf  
s6f xg cfPsf lyof . p w/fgd cfOP  
k9b 5 / 3/kl/jf/ vfcbfg . afa'sf PSnf  
5f/f . d' ; /d s'f l5g/ lax ul/lbg eGg  
s'f ePsf 5 . ca s ug xfnf < To ; alrdf  
sxl cf0l8of lgsfn x cho p ; n dnf0  
; xofu ug / ; fRg egsl ly0 .

p ; sf lax xg s'f ; GglalQs d/f cgxf/  
c ; f/df kfgl kg nfusf cfsze cWof/f  
eof . d sxl gafnl 6fnfP/ al ; /xsf bv/  
p ; n dnf0 bflxg xftn xNnfP/ egl, afn  
g cho, lsg sxl gafnsf < d/f leql dg  
slt bvsf bvs 5 . lsg rk nfusf <

laxsf s'fn d/f xf ; xjf ; p8of .  
kll/ dfof dfq u// s ug' < xfdj laxnf0  
; dfhn klg : jLsfGk'of lg p ; DkGg  
kl/jf/sl 5f/L . ufpdf afa'sf k' : t  
huf hldg lyof . 3/df cfjZos gfs/  
rfs/ ; dt lyP . d/f eg hufhldg geP/  
cssf agl u// 5fs 6fgkg . afa'csfsf  
xnl a ; sf lyP . dn sltk6s a ; laf6  
hgnl /tdf wfg / k/fn wgl'sf 3/ ; Dd  
k'of0lbP/ Toxl k ; faf6 : shsf lk ;  
lt/sf lyP . sltk6s sf7 wNk/af6  
bwsf ; l lsgf/ l ; n/L nbf sfwdf a ; sf  
vt ce dl6Psf lyPgg . ol ; a c j : yf  
; De/ dn p ; nfo eg, lax u/ g t /lhgf,  
afa'cdfn s6f vflhlpPsf 5g eg .  
dnf0 lsg ; fWgk'of / < ltdlx wgl'sf  
5pdf xfdl u/La e' ; gfnf0 .

lax u/ g t eGg jfSo d/f d'vaf6  
lg : sbf d/f d6df slt 7nf zn lae'sf  
lyof . s ; /L bvfpq ; Sy / kl8f < Toltv/  
d/f cfvfaf6 cf ; '5rlnSP/ gsssf 8f8L  
5paf6 sltv/ xf sltv/ e/5g .

s : tf s'f u/sf cho ltdln, wfsjfh  
; f/f ; dfh / kl/jf/ ; u ljbfx u// ; a v' ; L  
ltdlnf0 ; Dkg rfx65' t/ ltdl To : tf s'f  
u5f . euf euf dfof df/ . ltdln dfof df/  
klg of d6h ltdf dfof s ; /L dfg ; Snf  
/ < balxftn 5ftl 5fP/ d/f cgxf/lt/ xb  
; Ss ; Ss ug yfnl . p ; Ss ; Ss ubf d/f  
cfvfaf6 ausf cf ; 'blv5 / PsPs xftn  
d/f cfv'f'f cf ; 'kl5lbP/ egl, ltdl ; u klg

t d/f dfof / 5 lg ; t/ d/f dg bVfpg s/f  
rflx gu/ x cho .

of dgn t sxf 56fpg ; S5 / /lhgf <  
t/ ; dfh o:t 5 . d/f 7pdf ltdl eP Toxl t  
eGyof lg . dn /lhgfsf cfvfa6 e// afsl  
cl8Psf cf; 'kl5lbP/ uDNofE cufnf xfn .

ol ; a s/f 5fl8bp cho ; fx; u/ .  
ltdl t nlg df5 . df5n lrtfPk15 latfp5 .  
h xfnf d/f 0<sup>a</sup>uhd66 cuf18 g efuf .

/lhgfsf 0<sup>a</sup>uhd66 d<sup>a</sup>l; / tlg ut ug  
eGg 6E<sup>l</sup> lyof . t/ xfdl; u afRg / ; u dg  
afrf ub d<sup>a</sup>l; / Ps ut laxfg eflof . tlg  
lbgdf xfdl x6f8f cf0klof .

b0 dlxgfk15 d Pp6f lghl afl8<sup>a</sup> : shdf  
k9fpg yfn . afl8<sup>a</sup> : shn afRg tna sxf  
lb5 / < t/ h eP klg sfd ug k<sup>o</sup>f . sd  
tnan xfdlnf0 lhpq eg w/ sl7g lyof .

tlhsf ; do cf0df0x<sub>2</sub> /fd/fdf nuf  
nufP/ lx8y . ToF bVbf d/f dg s6Ss  
vfGyof . /lhgfnf0 gof ; f8L / rfnf lslglbg  
kfP ToF nfp/ slt /fdl blvGyl < xf d ; w  
Toxl ; fRy .

Ps lbg d afl8<sup>a</sup>af6 k9fP/ k<sup>l</sup>sf ylst  
lyP . /lhgf ; w d/f /fdl bvefn uyl . t/  
To; lbg cIn 9<sup>a</sup>ssl bv .

/lhgf cfh ltdlnf0 ; G<sup>r</sup>f ePg ls Sof  
xf < cgxf/ Tolt v<sup>l</sup>; l blvbg t < dn nuf  
k<sup>l</sup>sfNb ; fw .

p<sup>l</sup> kNnf sf7fa:g ; ljgfn slt gofgof  
; f8L / uxgf nufP/ dlGb/ u0 . dnf0 klq hfp  
eGyl . t/ cf<sup>g</sup>gf nuf geP/ u0g .

h h:tf nuf 5, Toxl nufP/ uPsl  
eP exfNYof t xfdl; u h 5 Toxl nufpg  
xf . k; f eP t ltdlnf0 /fdlnuf xflnlbGy .  
tnan sf7fef8f / xftdv hfg klbg . l6p; g

k9fPsf b0 5fs vfg ; lsPsf 5 . dn  
; DerfP .

d/f sxl ugf; f xf0g cho h 5 Todf  
; Gtl6 5' . ltdf dfof eP dnf0 k<sup>l</sup>5 . p<sup>l</sup>  
d<sup>a</sup>; Ss d:s/f0 / p7/ cufnf xfnl .

5 dlxgfk15 dn /lhgfnf0 eg, d/f  
:shsf uf8L rnfpq 8f0e/ ; fdb 5 lg  
p<sup>l</sup> ljbz hf5 / oxfsf sdf0n kl/jf/  
kfNg uxf ef . dnf0 klq ljbz hfp ; /,  
loglx<sub>2</sub>nf0 xfdln sdf0lbP/ xfdl levf/L  
eP/ s a:g' eGb lyof . d klq stf/lt/ hfp  
ls a9L < p; nf0 dn k<sup>l</sup>sfpg vfh .

p; n cIn nfd ; f; k// egl, d PSn  
s; /L a:g'oxf < ltdl lx8kl5 d PSn x<sup>l</sup>5' .  
h h:tf cfDbfgl x<sup>l</sup>5, To; n 3/af/ rnfpbf  
x<sup>l</sup>5 . p; n g5l8g efjgf JoQ<sup>l</sup> u/L .

oxf dlxgfe/ 3fl6bf aL; xhf/ sld5 .  
stf/df krf; xhf/ sldg /x5 . ToF klq  
cfe/6f0d afxs . ; fdbsf legfh' df5  
ljbz k7fpbf /x5 . p<sup>l</sup> dgkfj/df klq sfd  
u5 / c<sup>a</sup>uhl afNg hfG df5 5 eg ; f7L  
xhf/eGb a9L tna x<sup>l</sup>5 / To:tf ; fyl xf  
eg lnP/ cfpg'ltdl; u k7f0lbpnf egsf 5 .  
cfh ; fdbsf legfh'; u k<sup>l</sup>fg ePsf lyof .

k; f sld5 eg d s egf t < p<sup>l</sup>  
ljbz hfg ; xdl t lbb afnl, b0 jifd  
k<sup>l</sup>lsxfNgxfnf . ToF k; fn st 38/L lsg/  
3/ agfpgk5 .

d p; sf ; xdltaf6 xfl; b eg, 7Ls  
eGof /lhgf, sdfPsf k; fn 38/L lsg/ 3/  
agfpgk5 . To; kl5 t ltdf afadfdn klq  
xfdlnf0 s g: jLsfng t <

dn p; nf0 xftn tfGb eg, d gcfpGhn  
ltdl oxL a; . kNnf sf7fdf a:g ; ljgf lbbL  
klq ; xoful g l5g . cfktljkt kbF ; xofu

ul/xfIN5g . ltdl klg t p;u slt ldN5of  
ldN5of . d gcfpGhn;Dd t xf lg ;xofu .

tlg dlxgfkI5 d stf/ nfu . dnf0  
Pc/kf6 ;Dd k%ofpg cfpbf /lhgf w/ g /f0 .  
p;nf0 ;Derfpg dnf0 xDdxDd g k%of .  
p;n dnf0 kinsf dnf nuf0lbP/ labf0  
ub egl, d/f /fhf r f8 cfpgxnf x of  
b0 jif d s;/L lbg sf6 . of d6df ltdf  
df of olt kflvPsf 5 ls, ltdl gcf0 s uL  
;uflnPnf <

dn cufnf xfn/ p;sf cfvfa6  
ausf cf; 'kl5lbb ;DerfP, w/ g/fp lkp  
d r f8 kl5xfN5'. gkl5g uL uPsf xf / <  
cf'gf : jf:Yosf Vofn /fVg . dn dg ef/L  
kf// labf dfu . u6af6 leq I5// ;fdg /  
cWofudgdf rshffr ubf sltv/ ol ;a  
eP kQ kf0g . dfq /lhgfsf cfvtsf cf;'  
/ p;sf cgxf/ eNeNtL cf0/xf lyof .  
Kngdf e'sfPkI5 dfq tL ;a 36gf lal;P5'.  
)))

Toxf egcg;/f/ g sfd kfPsfnd sfd0  
/fdlyof . xdf lbg krfg ;Dks xGyof . k;f  
dn dlxgf dlxgdf k7f0/xf lyP .

Ps jifkl5 p krfgdf sd cfpq yfnL .  
of qld e'g a9b uof . b0 jifkl5 t jf0krf0  
;w aGb xg yfnof . Ps lbg krfg aNn  
p7fPsl xbf p;nf0 ;fw, crn stf hf5of  
/lhgf < lsg krfg p7fplbgf < jf0krf0 ;w  
aGb xG5 t <

aflx/ sfd k// uPsl lg u e's/ afnL .  
hnh:t slxP/ sf7df slt kfls/x . PSn  
;do sf6g slt uxf xG5 . ltdf kf o;f dg  
axnfpq sfd ug ;fyllx 5g .

dn To:tf sxl egsg xf0g /lhgf, 3Dg  
ghfpl klg sxf egsg 5' < krfg hlXNo ck  
xG5 . sn ug klg 5f8of egsg x' . gl/;fp,  
gl/;fp lkp dn ljbzaf6 kinsfP .

k;f hDdf kf// hluf lsgof t /lhgf <  
hlt l9nf u%of plt g hlufsf dNo a95 .  
dn p;nf0 k6sk6s elg/x .

p eGyl, vfHb 5'vfHb 5' . eGglalQs  
sxf kf0G5 < w/ s/s/ gu/ .

xf0g crn /lhgf lsg o:tl e0 . p;sf  
JoJxf/ lsg kl/jtg < klxn t lbg krfg uyl .  
d ;fRy, 3/, df0tLsf sf/0fn tgfjdf xfnL .  
kl/ afacfdn klg krfg u// tgfj lb0/xf  
xfnfg egl w/ jf:tf u/sf ly0g .

stf/sf kl8f t Toxf hfg ;anf0 yfx  
5 . ktfnL; l8u'sf tftf d?elddf e8f  
r/fpgk5 . tnadf t sg l;sfot 5g t/  
sfd rsf 3fdeGbf rsf 5 . egsg an  
kfgL;dt vfg kf0bg efts t s' 5f8f .  
xfjfn afn'jf p8fP/ cfvfe/ kfl/lbG5 .  
dfjf0n rfh ug;dt kfr lbg sgk5 . kfr  
lbgdf d?eldaf6 e8f uf7df nusf jnf  
dfq /fdfuL vfP/ ;Tg xf . gg cGo /ft pXL  
uf8ldf xf sf6g .

fRr d stf/df e8f r/fpg uPsf  
klg tlg jif eP5 . b0 jif eg/ uPsf  
csf e8f xg dfG5 gcf0 dflnsn kinsg  
lbPg . aNnaNn csf dfG5 cfPkI5 d  
kinsg kfP .

5 dlxgfbly /lhgfsf krfg ck lyof .  
jf0krf0 o;alrdf Psk6s klg vhsf yxf  
kf0g . ;of k6s dn krfg u/ t/ l:j r ck  
krfg sxf nfig' / < g6df krfg ubf ;w sln<sup>a</sup>  
dfq bvfpYof .

d/f dg arg eof . olQ lgi7L t ly0g  
/lhgf . ls s;n ckx/0f u%of < Tof klg  
xf0g . afacfdn cfP/ p;nf0 kinsfP/ nu /  
dfjf0n vf; . ckei6 k// u0 xfnf p ufp .  
ls la/fdl k// ;Dks ug ;lsg of t p;sf

dfj f0n g x/fPsf xg; S5 . log s/f vnfP/  
afsl lbg sf6sf lyP stf/df .

tlg jifkl5 cfh d bz lkib lyP .  
laxfgsf ; ft ah Pc/kf6 cflnPkI5  
; fe x6f8f ku . sf7fdf ku/ /lhgnf0  
dn Nof0lbPsf pkxf/ kfP/ p slt v'; L  
xfl, d ; fRb lyP . dn sf7df8faf6 lsg/  
Nof0lbPsf ; f8lrnf nufpbf slt ; b/  
blvPnU Tof ; b/tfdf d cufnf xfn/ slt  
a/; Dd lwt d?hn dfof kfvhf eGg d/f  
dgdf cPsf cPsf lyof .

d sf7fdf klbf t c; sfxl df65 kf  
ef8fdf a; sf /x5 .

oxf a:g alxgl stf ; l/5g lbbL <  
cwa; d<sup>a</sup>ufing dlxf xgk5 pgnf0 ; fw .  
of sf7f t vfnl g lyof / xfdl ; /sf .  
xfdlnf0 sxl yxf ePg afa pgn elgg .

d/f dgdf lr ; f k:of . xg of df65 dnf0  
sxl gegl lsg sf7f ; /sl xf < oxf ; /sl  
5'egsl eP t d Toxl hfyl lg .

3/a6lnf0 ; flwg dflyNnf tnf r9sf  
tnf nufPsf /x5 . Toxfaf6 e0df ei//  
cfugdf ku . kNnfkl8 ; ljgfsf sf7fdf klg  
tnf nufPsf lyof . ca s ug d ; fRg  
; ls/xsf ly0g . 3/sf k6ldf yrSs a; /  
?g nfusf lyP . TolQg v/ ; ljgf cf0klug .

gd:sf/ lbbL tlg jifkl5 e6df  
clejfbg u/ .

gd:sf/ gd:sf/ afa' . ljbzaf6 slxn  
cfpgef < pgl d glhs pleP/ ; flwg . ev/  
cf0klb 5' . /lhgf stf ; l/5g lbbL < dn  
pgnf0 ; fw .

tkf0nf0 yxf 5g < yxf kfpgef xfnf  
eGg lyof dnf0 Ps ; f; df elgg . c x yxf  
5g . pgsg cgxf/ x// dn pQ/ lbP .

pgn kl/ dv lgGofp/f kfb elgg, s  
sf7f ; /L eGg' / afa' xf08fsf uf8L rnfpg  
8f0e/; u ; Nssl /lx5 . p ; w of sf7fdf  
cfpYof . slQ lbg of sf7faf6 aflx/ lg:ssf  
klg xf0gg .

ltdl ; vsf nflu nflg vf8ldf e8f  
r/f0/xf 5g . ltdl rfx s u/sl /lhgf <  
eg/ dn w/k6s ; DerfPsl x' .

tkf0nf0 s vfrf < h; s u/f . p  
; w To; f eGyl . tlg dlxgf cl3 Tof gf7f; u  
lxl85 . ; fxjbl6 /lx5 Tof cf0df0 . x/; o:tf  
; feif nflgnf0 wfsf lbPsl .

p; sf s/f e0df geib d 5fufaf6  
v; h:tf eP . p; s nflu stf/df e8f  
r/fP . afacdf, ; dfh Tofu . tlg jif; Dd  
tftf 3fdfs /fk sf6 . t/ cfh ; a l; Qf kf/L .  
; u d5'eGyl df// u0 .

d/f 6fpsf egg 3Dof . ; f9 b0 jif; Dd  
e8f x// sdfPsf ; a k; f klg lrInd kf/L .  
/ d/f dvaf6 PSsf; lgl:sof, ySs kftsl  
nflg df65sf eflo / :qlsf rl/q eujfgn  
klg yxf kfpbg eGyl jf:tljs /x5 . To; kl5  
dn s u/; s; f u/ sxl yxf ePg . laxfg  
; ljgfsf nflgn lrofsf lunf; lbbf kf Toxl  
3/sf sf7fdf /x5' .

cfh ; flr/x5' d/f x/fe/f lh6bul  
/lhgn d?eld kf/L . v'; L vf; / u0 .  
stf/df e8f r/fPsf ; DklQ ; a l/TofP/ u0 .  
stf/sf d?eldd tftf 3fdfs /fk sf6geGbf  
of hljgsf d?eldd kl8fsf /fk sf6g uxf  
/x5 . x eujfg jblzs /fhuf/Ln l; hgf  
u/sf kfl/jfl/s la5f8sf 36gf slxn cGTo  
xfnf t of bzdf <

\*\*\*

# lktf>lnf0{kq

## ■ dx't{sdf/

kHo lktf>L,  
b08jtV

cfh @)%\* ;fn c;fh @% ut . of  
sfonf0 afun<sup>a</sup>df la5ofPsf 5; gfs/Lsf  
l;nl;nfdf . s ug' / lktfhl < ahfljgfsf  
pd/ sS/sf kR5/h:t ljgfsfdfs . of rRrfn  
rf/f l6kg rf/lr/ bfl8/xg' hljgsf oyfytf  
klg, k?iffysf kpTg klg . To;n bdbf/ 2kdf  
bfl8/xg5'.

pk 1 of kfkL k6sf nflu, k?iffysf nflu  
/ gfdleq ;fystfsf nflu bfl8/x5'. cxf 1  
bfl8gd klg 5\$ dHhf 5, aln dfh 5 . cf/fd  
lnP/ xfd aGg'5g a? lx8g'5 . slxNo gyfSg  
ol cleniff, ofqfsf nflu ;bj cft' of ;fr,  
;bf lq1ofzln of tg, dg / dl:tis .

d Ps d';flk/ . bz- k/bzsf nllss  
ofqfdf nfle0/xg d nfel ofql . xf, ofqf ;asf  
x65 . hljgko6t / dTokl5 klg . r/fx2 klg  
Ps 7fp 5f8/ csf 7fplt/ ;5g . ;f0al/ofsf  
r/fx2 klg :yfg kl/j tg ug gkfnsf ;g;/llt/  
cf0k15g . kzx2 klg lsnf pvn/, bfnf  
r8fp/ eflg kfP 3lRrn v';L x65g, cfddfkL  
kfP/ 56sf sble . jlfx2 klg csf 7fpdf  
;f/kl5 vA /dfpb k1:6fp5g . df65sf klg  
jf;:yfg k1l/Pkl5 k1lnk1fksf ;lbgx2  
cfp5g . efl0sf 9fsfx2 3/Ss pl315g .

dfllg;x2 klg ofqf egkl5 xlift a65g,  
k1Gg lRqn cflGbt x65g / z/L/df k<sup>a</sup>v  
xfn/ /dg ug sl;:0xfN5g .

/fxh ;f:sTofogn eg e1 ofqf Pp6f  
3dSs8 zf:q xf 1 xfdL 3dSs8 zf:q2kl  
/ysf /df0nf, alnof / /l;nf ;f/yl xf . xf, hf  
3D5, p;n g c2nf0 klg k1gk1g 3dfp5 . hf  
3D5, pXL x1fsf l;xf;gdf /fh ub5 . hf 3D5,  
p1 1fg2kl dfg;/fj/df dbd:t eP/ 8aNsL  
df5 / c2nf0 klg xft ;dft/ cl3 cl3 nfu/  
3dfp5 . p1 s;sf 0Gthf/df xf0g, /dl0fstfsf  
0Gthfdd /dfp5 . p1 s;sf 0gfdd xf0g, cf^g  
0dfgdf /dfp5 .

aaf 1 3D5'd klg, 8N5'd klg . nllss  
ofqfaf6 kf/nllss ofqfdf klg 3D5', 1fg  
ofuaf6 . of dTohfsaf6 cd/nfstk1  
3D5', cfWoflTdstfsf l;9L r9/ 3D5'. of  
szk/Laf6 sl/Zdfdo si0fk/Llt/ 3D5'. d ca  
ef/tsf blif0fl efudf cjl:yt k8ktldf /xsf  
;f0afafsf wfd 3D5'. gof wfddf gof lh1f;'  
ag/ ufd-ufd, 7fd-7fd ktfnfn 8fa kfb-kfb  
3D5'. rtGonf0 3df0 3df0 3g3Rrln 3D5'.

afun<sup>a</sup> ahf/af6 aluof d / xh/sl Hoi7  
shjw' bluf . gf= @ v %)( sf e0jfxgn  
a:; /L e8L k1hfp/ efsf xfnb 5, ahf8 ahf klg  
76fpb 5, af6fel/ . dg el/el/ c;ld cfg6bsf  
k1nx2 k1hsf 5g . of dg klg elQ1dfusf  
ofqfdf la5\$ prflnPsf 5, sfnlu08sl e1 .  
leq sfnf eP klg aflx/ ;tf xg'sf :jfa aln  
5, df65sf . leq aflx/ Psgf;sf ;Rrfo, ;knf0  
/ ;/ntf eP t ;;f/sf :j2k csf exfNYof  
lg 1 xfdL aflx/sf dfq cfWoflTds cgxf/ xf  
ls leq xfdL cs 5f 1 laNsh csf cgxf/ 5  
xfdlleq . clxn d ;u;u of ljgfzL bx klg

bfl8b 5, ljr/sf bzg klq bfl8/x5, bli6sf0f / ;fr klq bfl8/x5g . of ; ;f/nf0 g ;f%ofpg, of ; ;f/nf0 g 3dfpg / gjlg cfljjsf/n of ; ;f/nf0 e/dlb/ z<sup>a</sup>uf/ ug lbd fu klq kf bfl8/x5 .

of ofqf sjn ofqf jf hfqfdq xf0g lktfhl of ofqf t dfgj hljgnf0 c<sup>a</sup>xs/ / ddTjaf6 lgsfn/ ;od, ;bfrf/ / zflctsf z<sup>a</sup>v3fif l ;sfpg zb ;f0t klq xf . s<sup>s</sup>doQ / sn<sup>a</sup>lst blvsv blgofaf6 dlQ lbnfpg kfjg 38L klq xf . oltjnf d r9sf a ; efsf xfn/ lz/8L ;f0sf ;dw/ ehg uf0/x5 . af6f klq eGb 5— gfl:ts xgēGb t elQ<sup>i</sup>dfu g ;xl xf . e<sup>g</sup> 1fgdfusf ulx/f0 ešfpg't k0osdsf yfngl g xf . cxf af6f t deGb klq af7f /x5 afa . gfl:tseGb cfl:ts /fd, elQ<sup>i</sup>dfueGb 1fgdfu 7nf0 eg/ l ;sfpg of af6f w/ al4dfg / u0fjfg 5 . of af6f, of gbl, of jg, of kβlt / of jf0d08ndf klq cbZo zlQ ePsf cgkd cgelt e0/x5 dnf0 oltv/ . d ol k~rtTjx<sub>2</sub> -kYjL, jfo' cfsfz, hn / cllg\_ ;anf0 gdg u5', kβltkl't st1tf kβ6 ug' xdf >i7 sd xf . ;f/f sdlēox<sub>2</sub>nf0 bdg ug' :jdfins aGg'xf . ;f/f Olēox<sub>2</sub>sf dflns eP/ :j/fHo clwsf/L aGg'xf .

;a eQ<sup>i</sup>hg<sub>2</sub> elQ<sup>i</sup>efjdf efjljef/ 5g, kβlbt 5g . hljgdf sxl s/fx<sub>2</sub>n blvsv ef/L yfk5g t/ sxln eg vZlsf axf/ Nofp5g, jftfj/0fnf0 kl/dn tNofp5g . olQv/ dnf0 cgelt xG5, of ; ;f/ ;Gof;L, :jfdL, 1fgL, WofgL, bfgL, nvs, u? afXd0f, k/flyt, kfb/L / nfdg geP s:tf xGyof xfnf < kβ Gof, ;T;<sup>a</sup>u, ;jf, wd, cf:yf / lrcTg gePsf eP of ;dfhsf k/fzl s:tf xGyof xfnf <

h xf; aaf dn nflss uxdf sfxL ux/lfs /fvsf 5g . o:;f /xdlbn /fv/ tL gfafns aRrfx<sub>2</sub>nf0 oyflrt cxfo kxf0

ulbaS; cToGt cfef/L xg lyP . xg t 3/ egst klq eujfgs cf>d xf . agfpg ;s cf^g ux:y cf>d klq kljq cf>d aGb5 . agfpg g;s dlGb/ klq dlb/fnodf ablnG5 . :jkl/jtg ug;s jl/kl/sf jf0d08n klq ablnG5 . dflg; j:t' JolQ / jejsf aGwg jf cfsif0faf6 dQ<sup>i</sup> xg ;Sb5 .

xfdl sf:sl lhNnfsf sf8df cf0k15f . zltn kjg, xl/t jg-pkjg, lkr af6f, ;Gb/ slif krd / rnfodfg sf8sf kltkkftL ; lDerg nfos 5 . of ko6slo uf8f, kxh k ;fn uhSs k/sf 5 . dflg;x<sub>2</sub> ;a 5f0g;SgSf 5g, afnl g;SgSf 5g, bZox<sub>2</sub> klq x/L Eof0g;SgSf 5g . a9L s s'f ug' / < pN6f ljsf; klq t ljsf; g dfG5 Sof/ lj1fgn . t/ slxnsfxL pN6f s'fx<sub>2</sub> a9L bVbf bVbf pN6L xfnfh:tf kf xbf/x5 eGof

sf8sf gf:tfkfgln rfpl/Psf k6 kll/ rlsf . of hljgdf c<sub>2</sub>sf cfzdf cfhts g aflrPsf g efln afRg'g 5 . afRg'klq gk/f; kll/ c<sub>2</sub>sf cf8 e/f;fdf /xgēgsf t afRg' xf0g, l5S dg'xf, dTohf0 c; dod :jlsf/ ug' xf . xg t xh/nf0 of c1fgl afnsn ljāQf 5f6g' / oful dxfdfsf h:tf 9frfsrf bvfpg' vS/leGb sb nfig xg'xf0g / <

dnf0 slxnsfxL nfilb5— gkfn c;fwo ;Gb/ / jejzfnl bz xf . dh:tf efljfg of ; ;f/df sfxL 5g, lsgls eujfgn dn gkndf hlGdg c j ;/ kfp . d/f lbndf vZlsf gu/f aH5 . t/ ha of bzsf gtfx<sub>2</sub>nf0 lgoFN5' . d/f gqx<sub>2</sub> cf;sf kZfGt dxf;fu/ aGb5g . efp a;fxfn lynlynf kf// ylnPsf bfhef0x<sub>2</sub>sf bb bVbf bofefj hfuf cfp5 . cGofodf k/sf cftdfx<sub>2</sub>nf0 xbf clgolGqt aGg kl5' . slt alylt / slt c; jbgzln cgxf/x<sub>2</sub>nf0 klq khglo dfg/ khf ul/xgkg of s:tf efDnf cf0nfusf xfdlnf0 <

lktf>L l tgksf 3f;lsjfdf /x5 sNr/n  
lenh l;/f6l . gkfnst cflbslj efgbQ  
cfrfon e/h6d 3f;lt/ dg lb0 wg sdfot, d  
efgbQ wgl e0sg cfho:tflegl ;dosfdu,  
;DklQsf bfg, pkefu / ljpgzsf ;dofgSn  
z<sup>a</sup>v3fif oxl :yfgaf6 u/sf :dlt 55lNs65 .  
Toxl l;/f6df laxfglsf afXd0f efhg u#of .  
wblkg / dBkfgsf ljifodf klq rrf rNof .  
t/ sfd, qrfw, nfe, dfx / cx<sup>a</sup>sf/h:tf k-r  
ljdxz<sup>z</sup>kl bZdgx<sup>z</sup>nf0 kl/jtg u// hutlht  
aGg af/df g s;n k<sup>u</sup> p7fP, g kngf ug  
afn g afn . ;feflo g df6gk5, xf6njfnf ef0  
klg :jo g ;f0eQ /x5g .

cf<sup>g</sup>gf bli6, slt / :dltdf zbefjgfsf  
zlQ lJbdfg /Xof eg laWgx<sup>z</sup> klq 6f9f- 6f9f  
eflb5g . zqx<sup>z</sup> ljZjfl;nf ldqx<sup>z</sup> a6b5g .  
Tof lbg e/xjfd xfdln cf<sup>g</sup>gf ofqfsf ef/L  
la;fof . ca efln ;vf/ ef/tsf pQ/kpzs  
uf/vk<sup>l</sup>lt/ uf8f rfNg' 5 . ;/n ;:sf/âf/f  
hljg dfunf0 ;xh tNofpg'5 / x/s afnlnf0  
cdttNo agfpg'5 . eflnkN6 gkfn-ef/tsf  
;ldf:yn ;gfnl ktof . sg lbg ;kt/Lsf  
sgfnl klq kusf lyP . sxfsf hgsk<sup>l</sup>, sxfsf  
l;ufk<sup>l</sup> <

;gfnl ahf/ pQ/kpz /fHosf  
dx/fhu6hdf kb5 . o;sf /fhwfgl nvgp  
xf . nvgpsf gafa, nvgp n6, nvgp rfnf .  
gkfnl ;lgs elts6> oxl hdsf /x5 . lar/f  
gkfnlx<sup>z</sup> nfx/sf gfddf vl6g kf0lx<sup>z</sup> xg .  
dflg;sf kf0f wf6g kpTgx<sup>z</sup> cgs cgs 5g .  
kyx<sup>z</sup> cgs-cgs / k/Aw klq cgs-cgs 5g .

ef/tsf ;ldfjtl ahf/x<sup>z</sup>df gkfnlx<sup>z</sup>n  
c;fwo cklnt / ckdfigt xgkg cj:yf  
/x5 . sfs8lešf, hfuagl, /S;fn, ;gfnl,  
uf/Lk66f / jgaf;f ahf/x<sup>z</sup>df ef/tlo k<sup>l</sup>/lx<sup>z</sup>  
/ uf8ljfnfx<sup>z</sup>n gkfnlnf0 c;fwo xkbf /x5g .  
b<sup>j</sup> bzsf lhNnf dlh:66x<sup>z</sup>n ljrf/sf

cfbfgkpfu u/L ;d:ofsf ;dfwfg ug ;S5g t/  
;a elk z/rgsf sljtf .3Dg drdflysf c6wf  
df65l agsf 5g . dfosf ukfrf/Laf6 ul t 5g .  
rng / ;:sf/nf0 tdfk<sup>l</sup>wfgaf6 ;tfk<sup>l</sup>wfg u/fpg  
nflu k/sf 5gg . z6o sfoldtf ePsfx<sup>z</sup>  
g kfj/df klkl5 hgtfn /;dfw/L kfpbgg,  
/fxtsf kofsh kfpbgg . sjn si6sf sfznL  
dfq kfp5g . bfgjlo Jojxf/sf tfxkf kfp5g .

c t d/f nllss lktf l oxf klq hfaf  
l/S;jjfn gkfnlx<sup>z</sup>kl t /fif k6 ul//x5 .  
xktjst Jojxf/ bvfp/ 7lg vfhb 5 . xh/nf0  
ef/tlt/sf ofqaf/ vf; cgej gxbf olt;Dd  
hfx/ ug wi6tf u/sf x'.

ef/tdf ;fgf 7nfu/L c<sup>l</sup>ff0;j6f kf6tx<sup>z</sup>  
/xsf 5g . 5j6f kf6tx<sup>z</sup> /fhwfglaf6 zfl;t  
5g . cfu/f, Onfxafb, a/nL, uf/vk<sup>l</sup>, eif;L,  
sfkg<sup>l</sup>, nvgp, dlun;/fo, agf/; / uf08f o;  
kpzs gfdlufdl /Nj :6zgx<sup>z</sup> xg .

0ltxf; :jo a6bg, ls zfgn ls k?iffyn  
a6b5 < ofuanâf/f ;f;fl/s ljpgzsf bZox<sup>z</sup>  
klq bVg ;ls65 . kl/>dn g k?iffy / kf0f  
eb5 . o;u/L nvgp o; kf6tsf Pltxfl;s zx/  
dflg65 . eif;lsL /fglsf jL/ufyf csf ;fx;sf  
zf;q xf . cfu/fsf tfhdxn ef/tsf lz/tfh g  
xf . uf08fsf 8fsfx<sup>z</sup>sf 8/nflbf syf klq sd  
eofgs 5 / < nvgpsf cgs bzglo :ynx<sup>z</sup>df  
ljwfg ;efxn, ehehof, nvgp ljZjlJbfo,  
dlun ;df6x<sup>z</sup>sf Pltxfl;s b/af/, pglx<sup>z</sup>sf  
;fxl;s /fhzl zfg ;fst lgs >j0flo 5g .  
Toxfsf 8f0 k18; , ld7f0, kfg d;nf / la/ofgl  
: jflbnf kl/sf/x<sup>z</sup>df ulg65g . oxfsf dflg;x<sup>z</sup>  
klq /0; / vfbfgl kf/fsf /x5g .

uf/vk<sup>l</sup>df klq gkfnlx<sup>z</sup>sf cfphfp lgs  
5 . sl/a b0 nfv gkfnlx<sup>z</sup> /xsf oxf uf/vgfy  
dl6b/sf gdfaf6 uf/vk<sup>l</sup> gdfs/of ePsf ;6g  
kfpbf a8f xiljef/ e0of . xfdl ufvfnlx<sup>z</sup>nf0

uf/vfsf gfd ;Gb klg uf/jfGjt dx; ;  
xbf/x5 . ;ejtll ufvnfxzsf uf/jdo ufyf  
ljZjJofkl zkd rlr t ePsf n klg /fdf~rt  
xg'c: jfejljs xf0g .

uf/vk'sf ul/df; u ultfk; sf klg ufog  
ug k5 . cfh kJos gkfnlsf 3/-3/df, rf6f-  
sf7fdf ultf k; af/f kpfizt ultf, dxfef/t,  
?>L, r08L / cGofeo wflds ufy / k'tsxz  
kofkt dfqdf ; zlet eP/ /xsf 5g .

wflds bli6sf0faf6 pQ/kpz pTkft  
dlxdfzfnl /x5 . dxfg ;Gtxz, kljq  
ufyxz, ljzfn gblxz, rf/ wfd -a>lgfy,  
sbfgfy, xl/af/ / Clifsz\_ klg oxl 5g . wd  
egsf cfdfgzf; gdf /fvG k4lt xf . c; n  
s'fxz wf/Of ug dfllod klg xf . of /fhodf w/  
hg; aVof ePsf n ef/tsf kyd /fi6klt 8f-  
/fhG> k; fb, hjfx/nfn gxz, OlGb/f ufGwLh:tf  
7nf gtfxz n oxl kpzaf6 /fi6o gtTj ln0  
kpfj hdpPsf ;G kf0of . /fdsf hGdeld  
cofwof, bx/fbg, uufql, dy/f, ggltfn, d; /L  
/ l; dnf lgs cfsifs ko6slo :ynxz oxl  
/x5g . uftda4sf tk:of:yn ; fgyfsf lgs  
kl; l4 /x5 .

Pstfsf uf08fsf 8fsxz n gof t/E g  
kbf u/sf lyP . xfn; Dd klg of 7fpn dfG5sf  
d6df 9ofEj 7fS5 . eif; Lsl dxf/fgl n cuh; u  
u/sf o4 klg lgs rlr t 5 . /fgl nldlaf0n  
cf^gf wd 5f/fnf0 lk7odf afs/ o4 u/sf  
; Gb dfq klg lgs ; fx; kOf nfi5 . dWokpz  
kljz ugf; fy To; sf gfnlanl snfpg yfn d .  
of ljzfn kft kl5 ki6/ b0 ^ofs agsf /x5 .  
o; sf /fhwfgl /x5 efkn . lagf, Ujflno/  
OGbf/, O6; L, hjnk' / s6gl oxsf kVoft  
zx/xz /x5g .

s:tf crDd of kftn ef/tsf ; ftj6f  
kftxz nf0 ; lGgs6 ; fyl agfPsf /x5 . Oltxf;

/ ; :sltsf lfqdf of /fHo lgs ; hlj klt  
xG5 . oxf c7f/; o chlJ vfnf uDafxz  
5g eGg ; Gb 5' . of kft slj, ; aultsf/ /  
bfzlgx z hGdPsf kftsf z kdf kVoft  
ePsf /x5 . cfzf bzgsf kftf /hglz klg  
oxl hGdsf /x5g . efkn llof; b36gfsf  
qf; bl ceJ Jofkt eP klg sl/a rf/fgAa xhf/  
; 8s ; ~hfnn kft ; DkGg /xsf 5 .

ca 6Sg cf0ktof dxf/fi6 kft . nfdf /n  
ofqdf /nn klg lh: Sofpb 5— wdel?xz  
cf^gf cfdf / k/dfdfnf0 klxrfg ug ; sgf  
clg ; f0afafnf0 k/d OZj/ ; De/ oqf kfp si6  
u#of xf0g < s'f ; xl xf . elQdfudf cfdf /  
k/dfTdf d x'eGb5g— dflg; xz .

elQoludf eQxz blv k/kl5 dfq  
eujfgnf0 ; lDeG5g / eGg ub5g— .x eujfg  
dnf0 of blvsf blgofaf6 nhfp . o;  
kltt blgofdf ha eujfg lng cfpGxG5 ta  
/f0 s/f0 ug yfN5g . 8fS6/nf0 eG5g— 8f-  
; fxa dnf0 o:tf crS cfifwl lbgxf; , d  
l5§ tGb?:t aGg ; s . dnf0 of Hofgsf cfwl  
df0f 5 of s:tf dfgjlo bxf/f r/l/q dfG5sf <  
lanvaGbd k5'd .

5qklt lzjfhln dxf/fi6sf ultn  
ljf; u/sf /x5g . ; g !\*%# df aDa0blv  
yf0f; Dd /ndfu cf/De ePsf hfgsf/L ldnof .  
an; f kkl5 Ps xh sf/Laf6L lrl6Ss  
k/sf lxh8fxzsf bzg kf0of . laxfsf  
dxtdf pglxz el6P lbgel/ ; f0t h5 eGg  
hg>lt /x5 . s7 loglxz dflg; xzaf6 dfq  
xf0g, eujfg ; dtaf6 7luPsf 5g . pglxzdf  
zf/Ll/s sfdjf; gfsf sdl 5 . loglxznf0  
klg /nsf ofqf ubf klg l6s6 sf6g kg /x5 .  
bofefj knof . zfgn pglxz cufl8 a9 .

olQv/ dg zft tnfp agsf 5 . bx  
; flTjs agsf 5 . xbon kljqtfst ku/L uysf

5. ;ljwf / ;:tf 5 ef/tlo ofqfdf. t/ rf/,  
8fsf, 7uxčblv eg ef/tsf ofqfdf ;ts xg  
k5. ;fjwfgl ePg eg sš'n gktpg bllv  
eflgkbf /x5.

ca xfdl cfč,,kþzlt/ cf0kusf 5f.  
ofqfsf qiddf lz/k/, sfuhgu/, anfdkNnL,  
dgflrn, /fdu08, sfhlk6, l; sčb/fjfb, /rf/,  
u06fsfn, cgčtk/ / w/da/dnf0 xfdln kf/  
ug5. xb/fafb b/af/, Dolhod, lrxfg3/,  
lrl8ofvfgf / tfnxč hlt x/ klq gc3f0g  
vfnst 5g.

oxl kčtsf kšktl kYJLsf cflwoflTds  
:yn xf. cgčtk/af6 !%) ls=ld=stf b/ldf  
>l;To ;f0afafstf cf>d 5. ltčklst afnfhL  
klq lxčb'wdfjndalxčsf cstf 7nf tly:yn  
xf t/Toxfstf k08fxčn ebej ug, 7lg / wdsf  
gfddf n6 dRrfPsf ;lgč5. l; sčb/fjfb h:tf  
pRr kljlwoQ zx/sf gfdstf ;čgf;fy cfgčb  
nfllof.

xf t lg lktf>L sfnn ;fr, gd/L afr  
;;f/sf /df0nf bZoxč bVg kf0bf/x5.  
;f0afafnf0 kq nv/ lbg kčngsf klq  
oxf gof cgčlt ;ufNg kf0of. ;f0nf0 kq  
;ldkPkI5 df5f df;'Tofu ug ;asNk klq  
ul/of. ;čb/ Dolhod, lrqfjtl gbl, wofgjlf  
/ sNkjlf cflbstf c3fphL cjnfsf ul/of.

Pp6f dxfk?ifstf Psn kpf;n klq ;Vvf  
/ Toxfstf phf8 d?eld ;čb/, ;ljwfoQ /  
xl/tkof ačbf/x5. afafstf k/dwfd kZrft  
pxfn ;asng u/sf dšf, hjfx/ft / ;DklQsf  
ljfodf 7nf ljjfb pTkčg xbf eg d/f cf:yfsf  
w/fx/ 3/fzfol eof. pxfk|tsf ljZjf;  
g/fd|L 66of. eujfgsf cjtff elgPsf pgn  
:j=3fi0ff u/ klq eujfgnf0 eflnsf nflu  
oqf e/df/ ;DklQ ykfg jf:tjd h?/L 5 t <  
ljjjlbt / ax; oflo ljifo ačof.

ltdlnf0 /df sd ug cf1f s;n  
lbč5 < pxl k/dZj/ g o:tf cf1f lbgxč5.  
jxf ltdlnf0 ;bu0f / ;lāBf kflktsf cf1f  
lbgxč5. xf t lg ačf xfdlnf0 v6fpg, cfbz  
hf/L ug, sfd, stJodf nufj kbf ug / nufd  
nufpg pg k/dZj/ lzj xg. Toxfstf ;flTjs  
hljgznl ;flTjs ;T;au, zfcčtkp :jefj /  
zfcčt jfod08nn gof phf lbPsfdf uj ug  
k5.

kYJL, cfsfz, lbg, /flq, hn /  
cfifwln xfdlnf0 0lR5t kn lbč5g egl  
cyjjbn klq egstf 5. ;To, gltstf, lRčtg  
/ cftdf-k/dfdfstf klxrfgn g hljgnf0 kfjg  
agfpbf /x5. hljgdf ;v, zflčt, cfgčb,  
zlQ, 1fg, kþ / kljqtf ePg eg hljgsf  
cy afwu0o xbg. l;4fčtljgfsf /fhgllt,  
rlqljgfsf lzlf, dfjgtfljgfsf lj1fg /  
gltstfljgfsf Joj;fo sfd nflbgg. Pp6f  
ld7f tčjjfw eofTo; jnf.

kll/ wddf cfr/0fsf clws dxčj 5.  
cfr/0fljgfsf wddf q čf8Da/ xf. čf8Da/  
ljsd xf. 0Zj/ ;flffTstf xg / xfdl pglāff  
kl/rflnt očq dfq xf. hxf;; Tof ofqfn dnf0  
cWoog, lRčtg / ljrf/ ;fu/df dčyg ugdf Ps  
06f ykof. kl/kSjtf / kpfjzfnltstf sfznl  
ykof d/f hljgdf. hljgnf0 ofuoQ, 1fgoQ  
/ ;f/oQ agfpqdf 6sf lbof Tof ofqfn.  
elQdfuaf6 1fgdfutkstf cflTds /fhdfudf  
dnf0 pEofpgdf lbJohflT ačof Tof ofqf.

cčttll kf0nfxčnf0 kl/Ss kšsfpb,  
lhpnf0 tgSs tčsfpb / dfteldsf ld7f  
df0fn prflnb, xfl;b / klbs klsof kll/  
cfčg sdeld gkfn. afsl kll/ cstf kqdf  
nVg5'. Pnnf0 labf dflb5'.

xh/sf Hoi7 ;kq  
k66j tL, aunf/

s[t ;dLIff

; r} efjs n7l7g]vfnsf lgaGw

■ c?Of vql .gbU



■ f lxTosf/ ufkl dgfnLsf .3fp  
; cfkInf0 bV5U gfdS lgaGw;auk  
@)&\* ;fndf 57f sltsf ħkdf  
kßflzt ePsf 5 . o; sltleq cf^g syf  
ljzif xG5, cIf/ / d, cfGfIlnt dg / khftGq,  
PK;6f0g ;auLtn afssf hLjg, cfTd:yfkGf  
vfHg snf ;auLt nufot ljleGg  
zLifssf tL;j6f lgaGwxĸ /xsf 5g .  
o; lgaGw;aukdf cfTdk/s, j:tk/s /  
;:d/OffTds u/L tlgvfnsf lgaGw blvP  
klg j:tk/s / ;:d/OffTds lgaGwdf klg  
cfTdk/stfsf axhtf /xsf n ;duPf of  
lgaGw;auknf0 cfTdk/s lgaGwsf ;ufnf  
dfGk5 . Pp6 lgaGwdf klg st cfTdk/stf,  
st j:tk/stf / st b'jsf ;DdLng kf0g'o;  
;auklegsf lgaGwsf 566 klxrfg xf .

oyfyGdV cfBz ufklSf o; sltn  
afssf uf/jzfnL ljziftf xf . dflg; kbn,  
/jfkIn, wTof0 / 5n5fdn dxfg aGg ;Qig,  
7nf aGg ;Qig . cfGtl/s u0ful/df dl08t  
JolQInf0 ol sg rLh rflxGg . of ufklSf c7f6  
xf, lgaGwsf/ ufklSf . cf^g syfljzifaf6  
z? ePsf dgfnLsf ofqfQd labf0 zLifsdF  
6AluPsf 5 . hGd:ynk]tsf dfx, :jR5  
s~rgk]tsf sfvdf k]t xg afn;he  
;xh jftfj/Ofsf hLjgofqfk]tsf cfsif0fn  
lgaGwsf/ dgfnLn0 leqblv lehPsf 5 .

o; ;auklegsf cf^g syfljzif xG5  
zLifssf klxnf lgaGwdf ;kgf gxbf xf t

slnnf afns p2Zosf ofqfdf lzlyn xg lyP .  
dfgj ;Eotf / ljsf;sf ofqfnf0 tLj]f lbg  
klg ;lsbgYof . cNa6 cf0G:6f0gdf ul0ft  
ghfGg klg ;kgf lyof, lofnlnof / Pl8;gdf  
;kgf lyof . In Sjfg obf /fi6 lgdOfsf ;kgf  
lyof elgPsf 5 . cIf/ / d zLifssf lgaGwdf  
cIf/ gePsf eP cIf/nf0 g bfif nufpg sx  
kf0GYof / < To;n cIf/n pN6f xfdLn0 g  
rgftL / xfs lbPsf 5 / cf/fk nufPsf 5  
ltdLn0 atfpg ;Sg s'f cIf/ lsg glbPsf  
cleJo-hgfsf zLQInfn0 lsg glbPsf < egl  
dgfnLn ;fwsf 5g .

afl4stf / Psfxf/f k]tltn lgaGw  
kf7sxĸsf bli6df afleInf ljifo dflG5 . t/  
;fdlostf, k/s znL, /frs k]tl / ;;fgf  
snfTds jfSoxĸsf ;ofhgn lgaGw k7glo  
klg xG5 eGg s'fnf0 lgaGwsf/ dgfnLn ;flat  
ul/lbPsf 5g . cfGfIlnt dg / khftGq zLifssf  
lgaGwdf ;fdf0 gful/snf0 nfstGqsf gof  
kl/efiff rflxPsf 5, k]oflus cy rflxPsf  
5 . h;n kl/>d, kl;gf, ;'lff clg eljiosf  
k]ofelt ug ;sf; dgfnLn egSf 5g .

;xh / ;/n efiff, t/n / sNkgfzLn efj  
tyf ;ld JoAl0 rTgf ePsf gkfnL lgaGwsf  
;j6f dgfnL gkfnL lgaGw ;hgfsf ;djTL  
r/Ofsf ;kn ;fwssf ħkdf:yflkt aGb uPsf  
5g . 5f6f, deInf jf nfdF h:tf;S cfOfdsf  
eP klg 5f6f5l/tf jfSo / k]fxkOf eflfs  
ljGof;sf sf/Of ufkl dgfnLsf o; ;aukleg

0ltxf; c6o uBljwfs xf/xf/Ldf yflnP/  
bultdf ljsf; / lj:tf/ ePsf blv65.  
eiffdf /fd/L vNg;Sg vAl ePsf lgaGwsf/  
dgfnlsf o; ;a;xf;dfjz ePsf lgaGwdf  
uxlt ljifonf0 j0fgfTds, ljj/0fftDs /  
;jfbfTds znldf cleJolQ ul/Psf kf065.  
o; ;a;xleq /xsf ;ah;f lgaGwsf zLifs  
5f6f, 5l/tf, :ki6 ;fys / ;fd-h:odns 5g.

nvgsf lg/t/tfsf sf/0fn dgnlSf  
lgaWxçdf lj rf/sf uxgtf / lzNksf pTsi6tf  
PsfIt/ 5b5 eg TofeGbf 7nf s/f lgaWdf  
JoQ ljr/f/xç kltsf 0dfgbf/Lsf sf/0fn klj  
lgaWsf prf0 a9sf 5. ktt lgaWxçdf  
pgsf nflu zAb hfn / 69fd9f eflfs  
h-hfneGbf k/ pgsf cf^gf hljgznlSf  
cgxf/ klj xf. pgn nvSf lgaWxçdf  
eiffut pTsi6tf / ld7f; kç:t kf0G5  
lar/f lghfdtl l zlfssf lgaWdf elgPsf 5  
cflwgs /fHo Joj:yfsf sGbf ljpglasNk  
sd, ;dk0f / lqrofzLntfdf lghfdtl sdrf/L  
g /xG5. lghfdtl sdrf/Lsf cfljIsf/ g  
/fHo;~rfngdf k0f egSf nflu ePsf lyof.  
To; n lg/t/ /xg dfgj ;:yf /fHo /x;Dd /fHo  
k0ffnlfn0 :jrfInt lqrofzLntfdf kl/dfhg /  
kl/Isf/ ub clg cfk klj kl/Isf/ xb hfG5  
lghfdtl ;jf.

```

;flxltos ljwfsf 2kdf lgaGwnf0 sf05f
ljwf elgP klg gkfnL ;flxTodf lgaGwsf

```

lgaŵleq cfhefn /fhgltdf jfbf rrf  
p5flnPsf 5 dfS; jfb, ;dfhjfb, ;fDojfb,  
dfcfjfb, pbf/jfb, cgbf/jfb / cĵ w/ jfbf  
;<sup>a</sup>s'rgdf /fhgltd 6flS; Psf 5 elgPsf 5 .  
o; lgaŵ; <sup>a</sup>uĵsf labf0 zlifssf clġtd  
lgaŵdf labf0 7nf jf ;fgf xġ5g . nfd  
ofqsf labf0 klġ 7n xġ5, 5f6f lgofqsf  
;fgf . o; /L ln0g'klġ xġg labf0 7nf jf ;fgf  
xġg dgfnln nvf5 5g .

dgfnlsf kġtt lgaŵ; <sup>a</sup>uĵ gkfnl  
; flxTosf lgaŵ lawdf Pp6f dxĲjk0f  
; <sup>a</sup>uĵ dfġg ; lsġ5 . ; /n efiff, ; xh cġelt  
/ ; ġb/ snfTds kġtltf l; hgf ul/Psf pgsf  
lgaŵdf cfġg kġf/sf dflns cfsif0f kf0ġ5 .  
dgfnlsf lgaŵ cġsf lgaŵh:tf Ps 7fpdf  
ylkP/ / Pp6f lsnfd afwPsf ge0 ol slxn  
syfgsl; t lzNksf gbl pnsf 5g slxn  
ljDasf cġkd kġn kġqsf 5g . lgaŵnf0  
dQffġt ljwf elgPsf 5 . lsgeg o; df ; w  
cġTosf cefj xġ5 . ceġ alu/xh:tf xġ5 .  
kf7snf0 kl9/xh:tf . lgaŵ nvġ ; ġ6f sd  
5g . dl:tis / xbo bĵ tĲjnf0 :jtġġkn  
ljr/0f ug 7fp g lgaŵ xf . of lgaŵ; <sup>a</sup>uĵ  
; a kf7sxġn k9g k5 . dn of sltnf0  
bxfx0fP/ k9 . of slth:t cġo sltxġ klġ  
cfufdl lbgdf kġflzt eP/ k9g kfpg cklff  
/vf5f 5'.

*slt// 3fp cfkġnf0 bV5 -lgaŵ; <sup>a</sup>uĵ  
kġfzg// ; ġtfiġ dftf ; ~rf/ kġln=  
dNo// ?-5\$)).- ki7// !(@  
klxnf ; :s/0f// klxnf lj=:=@)&\**

dŷL ; ġgf

■ Oġb' kġt



P d/L ; ġgf Ĳ  
lsg ltdl afInbgf <  
Tof dġsf efjġf  
lsg ltdl vflNbgf <

slt lbg nuf0; s  
Tof dxĲ/df hlġg eg  
cfvdf rds ykl  
cfġg ljDa xg .

P d/L ; ġgf Ĳ  
lsg ltdl xlbġf <  
gogsf af0fn  
lsg lt/ 5f8lbġf <

P d/L ; ġgf Ĳ  
x/; vf0; s d  
/a<sup>u</sup>dfly /a<sup>u</sup> yk/  
of dg clk; s  
Aobġp5'ltlInf0 eg/ .

P d/L ; ġgf Ĳ  
ceġ lsg xfl:bgf <  
tl cf7xġdf  
lsg dftl 5lbġf <  
P d/L ; ġgf Ĳ  
*r08fn, sf7df8f*

hf; u ; ġtfġkl wg 5, pxl g wġl xf . h ; sf ti0ff w/ 5, pġ wġl eP/ klġ lgwġl xf .

- cfB z<sup>a</sup>s/rfof

hlġġsf ; f0snsf ; jf/Lh:t xf, h ; df ; ġthg sfod /fVg lg/ġt/ rln/xg' cfjZos 5 .

- cġa6{cf0g:6f0g