

jif{#^÷ k0ff's !\$)÷ df3-kmfub @)&(

kz sfpLG ; n gkfnâf/f 's' juđf julšŁ /fli6œ: t/ sf]klqsf

दायित्व

ådfł ; s

kwfg ; Dkfb s
/fdk ; fb kGt
kmfg g: \$-%*^\$&^
ufhlkmfg (*\$!%@^)!&

kdv ; Nnfxsf/
7fs' / zdf e08f/L
df: (*\$!@\$%##!

; x- ; Dkfb s
ofbj eš/f0
df: (*%!@#())(

; Nnfxsf/ ; dX
szj/fh kGt
sdnk ; fb 1jfnl
/fdk ; fb cfrfo

Jo j:yfks
nldl kGt
kmfg \$-%*^\$&^

ljzif ; xoful
ne/fh hfzl



; xofu ?:- %)÷-

JolQnut ljlzi6 ; b:otf zNs ?:- %,)))÷- jf ; feöbf a9L .
; :yfut ljlzi6 ; b:otf zNs ? !,)))÷- jf ; feöbf a9L .

~~sfafm~~

3-@&@÷&), rfjlxn-&, sf7df8f
kmfg \$-%*^\$&^

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http://nepalipublisher.com/downloads-dayitwa

www.dayitwa.org.np





~~Gff~~-s0j 3f/ . ~~bjtf~~= d; bNof . ~~50b~~= ufoql .

ॐ गुरुं नमस्कृत्य विद्याय नमः ।

ॐ नमो भगवते वासुदेवाय ॥३॥

xj:tltlko d;tlwof ō ltdlx? szsf cf;gdf
lj/fhdfg xfcf. lktfnj :gxkj's kqnf0
sfvdf lnPemj xfdlnf0 ltdlx? slxn
afSb5f <

ॐ नमो भगवते वासुदेवाय ।

ॐ श्री गणेशाय नमः ॥

x| d;twOf ū ltdLx? sxf 5f < sg p2Zon|
ltdLx? Bnf sdf ofqf ub5f < kYjldf lsg
3Dbgf < ltdLx?nf0 gbVbf ltdLx? sf uf0
lsg s/fpbgg<

ॐ वं॥ सुष्टिं पुष्टिं पृष्टिं वं॥ सुष्टिं ।

ॐ नमो भगवते वासुदेवाय ॥३॥

x| d₂tWof Ū ltdlx?sf gof ;/lfof ;fwg
 sxf 5g\< ltdlx?sf ;v PZjosf ;fwg
 sxf 5g\< ltdlx?sf ;feflkb sxf 5g\<
 ltdlx? cf^gf ;a| jej sf ;fy o; o1df
 cfcf .

ਬਹੁਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਇਹ ਸਮਝਣਾ ਹੈ ਕਿ ਕੀ ਕਾਰਨ ਹੈ।

स्वीति वीं अमृतं स्वति॥१॥

x|dftel'dsf ;|jfgug|cfsfzkq d;tx? xf Ū
ltdlx? d/0fzln kf0flh:t 5f, t/ ltdlx?sf
:tlt ugx?n| cd/tf kfk't ub5g\.

ॐ श्रीं पूर्णं सु वन्द्ये नमिह पूजनैः कथं वदस्य
 पद्मक ॥५॥

h; /l d u s f n f l u 3 f; c v f B d f l g b g, p; u /l
l t d f : t l t u g x ? l t d f n f l u c l k o g x f p i n g \.
l t d x ? s f : t l t u g x ? n o d n f s s f d f u d f
h f g g k / f; \.

ॐ नमो भगवते वासुदेवाय ॥

॥३॥ ॐ नमो भगवते वासुदेवाय ॥३॥

clt alnof kfkjlQ xfdlleq ga9g\, kfkjlQn
xpdf bbzf / ljgz guzg\, ltvf d6fpg
gkfP/ kfkjlQs ljgz xf;\.

सत्त्वं त्वेषां अष्टवर्गेषां प्रज्जिज्जिषां रुद्रिषां ।

दिहः 80 जिते जिते दिहः 11 & 11

sflctdfg\ alni7 žbbj sf kq ol džtł0fn|
dželddf klg j iff u/fp5g\ eGg s/f ;To
xf .

वाञ्छेयं विदुर्जिघृक्षन्ति वत्स्यं तु धर्मा सिद्धिम् ।

ॐ नमो भगवते वासुदेवाय ॥ ८ ॥

d2tW0fn jiffsf ;hg u/sf jnf lahnL
rDsG5 / u8W8fpb a;g kfgLn wtdf
;rg u5 . To; jnf lg:s'sf zAb af5nf0
bW r';fpg ngf u0 s/fPem ;lgG5 .

cgjfb || ltnsk;fb n06h

C_U1p-; ktf, kyd d08n, -; Q_m - #*

ç eẽ : j t;lj t;{0+ eu[b]:o wldx lwof of gll krifoft .

efjfyfll k/Of:jčk, blvgfzs, ;v:jčk, kánth:jl, kfkqfzs, b] :jčk k/dftdfnf0{
xhdl cGt/fTdfdf wf/Of ub5fF tL k/dftdfn] xfd] al4nf0{;GdfuGf kl/t učg\.

; Dkfb slo

- ;dfrf/dhs kqsf/tfn nfd k8sf df/ klg ;flxTos kqsf/tfsf l:ylt eg bzsfblv Ho'sf To' 5, cyft\ktfnl; 5ofnl; ;fnsf l:ylt h:tf lyof, clxn klg p:t 5 . o;f xgdf clnslt ;flxTos kqsf/x?sf klg sdhf/L xfnf 0 dhtll ;flxTos kqsf/tfnf0 xg ;/sf/L bli6sf0f a9L bfiL 5 eGg s/fnf0 gsfg ;lsbg .
- ljutdf ;flxTos kqsf/tf ul/; s|sf / ;flxTos klqsf sf dd alen; s|sf /3hl kGtn ;flxTos kqsf/x?nf0 Ps 7pdf /fv/ ax; u/fpg'nf0 ;flxTos klqsf huth| pkn|Awk0f dfgsf 5 . ut df3 dlxgfsf @& ut ondf of sGbd /3hl.s ;ofhgdf ePsf .; flxTos klqsf ll jtdfg c j:yf / r'gftll gfd s ufi7L o; sf pbfx/0f xf .
- elG5, kGr qmflGt skLxpf;af6 z? ePsf lyof, cyft\hg; s| s'/sf klg z?jft ;fg cfsf/af6 xG5 eGg xf . ufi7Ln u/sf lgisif cg;f/ o; e63f6n| dfl; s ?kdf lg/Gt/tf kf0/xg xf eg kl/0ffd /fdl lg:sg ;St5 . hg; s| ;d:of ;dfwfg ugsf nflu klg ax; s| cfjZostf kb5 / ;sf/ffds ax;n ;df:of ;dfwfgsf af6l lgwf/0f ub5 .
- ;flxTos klqsf jfg dg cfdll l;:6dn| rNb5 . ;flxTos kqsf/tf ug eg'sf Pp6f tk:jl aGg xf . lkogblv xflsd;Ddsf eldsf pm PSn|n lgjfx ub5 . k;fn dfq ;flxTos klqsf rNbg . o;df 3fl6P/ nflg / h;-ckh; ;x/ klqsfnf0 lg/Gt/tf lbg ;flxTos kqsf/tfsf wd xf . o;f eGgsf cy ;jfefjn| dfq ;flxTos kqsf/tf rNg;Qm5 eGg xf .
- ;flxTos kqsf/tfhuth| eflb| cfPsf t/ af/Daf/ kg/fj|Q ul//xbf klg ;d:of ;dfwfg xg g; s|sf ljifox? w/ 5gl. tldWo- sxl ;ljwfnf0 5f8/ ;dfrf/dhs klqsf / ;flxTos klqsfnf0 Ps 8fnfdf /fv/ xl/g, ;flxTosf ;fwsnf0 k/:st ug| s'/fdf ljeb ul/g, ådf; s-qdf; s ?kdf lg:sg ;flxTos klqsfnf0 xnf s ;ljwfaf6 jl~rt u/fpg, bz ljbzdf xg ljleGg ufi7L / ;df/fxx?df ;flxTos kqsf/x?nf0 c j;/ glbg, lj1fkg ;ljwdf klg km/s km/s b//6 tflsg cflb s/fx? ;flxTos kqsf/nf0 lalem/xg s/f xgl.

- pQm ufi7Ldf cGo gjlgtd kZgx? klg p7sf lyP- k; sflg;nsf ;b:osf ?kdf lgoQm xg ; flxTos kqsf/ gkfn ; flxTos kqsf/ ;3n l;knf/; u/s JolQm xgkg / ToJ JolQm k'j ; flxTos kqsf/ geP/ ; flxTos kqsf/tfnf0 lg/Gt/tf lb0/xsf JolQm g xgkg . ; flxTos klqsf sf ; ~rfng Joj ; fo xf0g, ; jjsf efjgfn dfq ul/G5 eGg afw /fHonf0 xgkg . ;3-; :yfx?af6 Jofj ; flos klqsfnf0 lbP ; /x lj1fkg pknAw u/fpgkg . cGo lfqdf 56bf0Psf ah6 s6ftl u// eP klg eff-; flxTo-snf / ; :s|tsf hugf ul/gkg . ef/tsf l;Issd /fHon ; flxTosf ; j4gsf nflu ljleGg klnsf?df k:tsfnosf :yfkf u/L sxl ; flxTos klqsf vl/b ug Joj :yf u/h:t|oxf klg To:t Joj :yf ul/gkg cflb s/fx? klg ; do; fbles g lyP .
- sxl ; flxTos kqsf/x? cfzfjbl klg blvPsf lyP- klqsf sf :t/fGgt u/L kf7s a9fpg ; lsof eg ; flxTos klqsfnf0 klg Joj ; flos agfpg ; lsG5 . klqsf lg|zNs af8b lx8b kj|Q /f|sgk5 . ; flxTos kqsf/x? alrdf klg klqsf lsg/ k9b afgl a; fNgk5 . len;ld; ; flxTos klqsf sf laqlsf /sdaf6 csf c l gsfNg klYof eg xfdln klg cf^gf lfdtfaf6 ToJ c j:yf ; hgf ug ; lsG5 . hxf ; flxTos klqsf kfofpgkg xf, :yfg klxrfg ug g ; s|sf sf/Of kf7sx? klqsf k9baf6 jl~rt 5g\otflt/ klg Wofg lbg xf eg klqsf laql xg;S5 . ljleGg ;3; :yfx?df lj1fkg cg/fw ug hfg xf / ; flxTos kqsf/tfsf dd aefpg ; Sg xf eg vfnl xft knsgkbg .
- sxl ; flxTos kqsf/x?n jtdfg c j:yf x/L ; flxTos klqsf lgsfNgkg klg ; emfj lbPsf lYP . jtdfg ou ; 'rgsf ou xf, 1fgsf ou xf0g . clxn|sf ; dfhnf0 1fg rfxPsf 5g, ; 'rgf dfq rfxPsf 5 . efjgf / ; jbgfn lgsfng ; flxTos klqsf n ; 'rgf lbbg . To; n o; vfn klqsf x?nf0 jul/s/Ofdf /flv/xg cfjZos klg 5g . o; tk klg ; /sf/sf Wofg hfgkfof / ; flxTos klqsf ; ~rfngsf cnlu glt agfpgkfof eGg cledt klg s ; sf lyof .
- xf, .jfb jfb hfot t l j afw egem s/ gxgeGbf sxl s/f cufl8 a9sf 5 / Pp6f k'j ; flxTos kqsf/ Pjd\;f;b /3hl kGth:tf JolQm n rf;f /fVgeg sf kSs klg ; flxTos klqsf sf cfufdl lbgx? pHofnf xg5g\ eGg xf . xfdl cfzfjbl agf .



bfloTj

-; flxltos a; s_

syf÷n3'syf

ljZjf; ð	@&	o'j/fh dgfnL
; ofusf e 6	#^	/fddlOf kf v/ n
3f%6 ou	#*	; fu/dlOf yfkf
6Lsf	\$^	nlnf/fh bxfn
vf6	\$*	nlnf bfjfl
cf^g syf	%&	nldL kf8 n

n|v÷lgaGw

c lfo ;Tdbli6	*	chg lj/IQm tflqo
j bs ; :s tdf gf/Lsf :yfg	@*	j bk; fb kGy
glt s lzlf cfhsf cfjZostf	%)	/fhzdfg s; ;L
d/f ; flxltos ofqf	%#	cfTd/fd v/ n

; :d/Of÷ofqf; :d/Of

c 7f/ lbgdf b n v	!^	g/ b/fh kf8 n
bj/Lsf ba / kofu/fhsf lkrf;	%(	/fdk; fb kGt

; dLff÷; dnf|r gf

ljifosf lj/f6\k; tlt .w/fs ifOf dxfsfJo	##	pkkf÷ 1fglgi7 1jfnL
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lgoldt :tDe

kfgldf t nsf yfkf	&!	gL/fhg dfbuNo
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sljtf÷ult÷uhn÷dQms

z|b| 1jfnL-&÷dx|z k; f0-!%÷|znf kGt- @^÷jf; bj pkfWofO 9sfn-@^÷u^lf lnun-@&÷
al:kl: zfxL- #!÷s|zj/fh kGt- #@÷hgfbg clwsf/L .w8'sgl-\$÷h:al: vql-\$÷
lgdn/dOf k/fh'nL -\$% ÷ dfxg l3ld/- \$&÷ kbd bxfn - \$(÷clelht clwsf/L-%@÷
;ðz/Of /|dL- ^\$.

;fydf- ;DkfbSLo, bfloTjafw, s|tljj/Of / j|bjfOfL .

bfloTj ådfi; s sf ljzi6 ; b:ox?

gl/fhg dfbuNo	- (*\$!#^*&\$#	ljiofk; fb k&y	- (%!!)\$&((
gf/fo0fbj k&t	- (*\$!)!&!*%	zxlb zqm dfij	- (*\$!^@#)!)
ggf gkin 9sfn	- (*\$!@%\$\$\$*	jbk; fb k&y	- (*\$&)%&\$^(^
dfxg rfkuf0	- (*\$!#%@\$!\$&	ljiofk; fb k&t	- (%!)\$#@\$(
¿s' sfs!	- (*)!)*\$^@!	z^s/ljqnd zfx	- (*^#^@%&
ljhoWjh ykf	- (*\$!@\$%^(#	cfdk; fb sf0/fnf	- (&\$!@!^@(!
cfdf/fd v/n	- (*^%!#\$)^)	si0f kwfg	- (*\$!\$@%#^
u0fzk; fb eS/f0	- (*\$()@#&*^	sljtf k/fhnl	- (*\$!@^(!()
Oi6kin dfij	- (%!)%\$@*@	;G6n/G; snh	- (%!)@*(^
ofu/fh kf8n	- (*\$!\$)&%@%	eflu/yl >i7	-)!-\$&#!!(
u^wf; fu/ k&t	- (*\$)%@^)#	hnZj/L >i7	- (*\$(\$**^^&
/fddlof bjf8l	- (*\$!#@@%)!	;l/tf cofn	- (%!!)*&!()
ljBfk; fb l3ld/	- (*\$!@^!^!	si0f ; jbl -ef/âfhldq	- (%!)^(!#&!&
szj ?kfvtl	- (*\$!%)#\$(	;/:jtl hfzl	- (*\$*(!^\$^
lalnoG6 axdvl Sofdk;	- (%!)@:\$@!\$	dfxgaxfb/ sfo:y	- (%!)!%#%
8f: abl kfv/n	- (%!)@((%	guGb/fh zdf	- (*\$!@!!@!!
; ifdf zdf a8fn	- (*\$(\$%))()	u^wf lnun	- (*\$\$\$&\$^@*
dsGb Gofkfg	- (*\$(&\$*^%&	lbJo lu/L	- (*\$!\$!#!(#
0- lqjGb/fh k&t	- (%!)#*%*\$	5fofbQ Gofkfg	- (%!!)%&!()
1fgxl/ kf8n	- (*\$!%)\$!\$!	kstz 3fon	- (*\$!@(\$^^\$
nldljnf; sf0/fnf	- (*\$!))!^@#	z^s/ ef/tl	- (*\$!)\$*\$*)&
/dz uftd kfNknll	- (*^)#^\$*!	8f: dsGb klys	- (*\$!%!%&!@!
ljiofk; fb zdf k/fhnl	- (*\$!#&&)*#	ljgfb gkin	- (*\$!@#!!!^
8f: si0frGb zdf	- (%!)@(**	>lcfdf >i7 /fbgl	- (*\$!(\$#(\$
lszf/hu sfs!	- (%!))(%%(%	bljsf ltlidN; gf	- (%!)&*((\$
7fs//dof cfrfo	- (*\$!@\$^)*!	kzkl axdvl Sofdk;	- (%!)@!&!&!&
/yl cd/ k&t	- (%!)#*%#!	/dzk; fb vgfn	- (*\$&^(&^&^
/fhGb k; fb k&t	- (%!)\$&\$*^	efgksfz hfzl	- (*\$()#\$*%\$
kzkl ldk dfij	- (*\$!@(^\$!@	e/t sdf/ >i7 ljzj	- (*^)#@()&(&
ltnk; fb Gofkfg	- (*\$!%!(*)	d-h lg/fnf	- (*@*%*%@!*
kjg cfnfs	- (%%)!\$)@\$	ho 5f^5f /f0	- (*!)#!\$@*&@
szj/fh zdf	-)!-\$*@#^!	lznf k&t	- (*\$!@*#&\$#
/fdk; fb cfrfo	- (*\$!#!@(%	eflozfnl k&t	- (%!!)(%(&

bfloTj ådfi; s sf ljzi6 ; b:ox?af6 xfn;Dd ¿: # nfv #) xhf/ kfkkt ePsfni pQm /sd bfloTj
klqsfsf ; j4g /lg/Gt/tfsf nflu bfloTj klqs sfifl :yfkfg ul/g5 . cfufdl lbgdf ; b:o aGg
rfxgx?af6 klq /sd kfkkt u/L sfif j14 ubj nlug5 - ;Dkfs .

bfloTj åfn5

- ◆ bfloTjdf /rgf k7fpbf Odñ dfknt\kllt kmG6df 6f0k u/L k7f0lbgxg,
- ◆ bfloTjdf klift /rgfx? ;rgf gu/L cGoq lbPdf To:tf n\vs sf gfd sfnf;rl df /flvg Joxf/f cjut ugxg,
- ◆ bfloTj sf nflu kmf6f gk7fp sf ;i6fx?n\ Ps klt c6f;f0hsf kmf6f;dt k7fpgxg,
- ◆ sltkl/ro u/fpg rfxg dxfgfjx?n\ kl/ro fds n\ / Ps klt lsfia jf b0-b0 klt slt pknAw u/fpgxg,
- ◆ bfloTjnf0 ;k7b Pj ;jlko agfpgsf nflu ljijw ljwfx?sf n\ /rgfx? k7f0 ;xofu ugxg,
- ◆ bfloTjdf cTolws dfqdf nfd / ax;^Vos ;dLlfx? cfpq u/sfn xfdln :yfg lbg ;ls/xsf 5gf . o;tkm ;dLlfsx?sf Wofgs if0f xg,
- ◆ n\ /rgdf ksfzlt ljifoj:t tyf tYof^sx?sf ;DkOf pQ/bfloTj ;Dkfs Pj ksfzsdg g/xl :jo n\vsdf /xg Joxf/f;dt cjut ugxg cg/fw 5 .

bflotj df5sf x65

■ 1jfn



h| h| 5 n|sdf kSs| To; sf x65 sf/Of
w/fsf hlj of j:t sg 5g c sf/Of
ljgfsf/Ofn| sxl xb| xbg l; hgf
lb65 bflotj ; i6fn kfOf j:t kbfd .
..!..

7hf xf; \cyjf ; fgf dxlj sf 5 hljg
sldnf eg of Xjn sg 5g cls~rg
hlj kbfd h| h| 5g\sg 5gg\g/ys
aefdf dfq of t1j a65 hljg ; fys .
..@..

sxf lyP d kn| / w/fdf hlGdP lsg <
ku/ sg 3Dtl df lj> flGt lng5 hljg
dfns bf; df5sf /x5 p; s dg
; li6 rnfpd dVo ksltsf 5 sfgg .
..#..

of cGtl/lf of wtL /x65 hlxn ts
h8 r|tg 5g\Ps csfsf kl/k's
9Efsf e/ df6f / df6fsf e/ kTy/
rn|sf x65 of ; li6 ; qa4 k/:k/ .
..\$..

s| xf hljgsf cy eg/ ha uDb5
df5 kTo ss 5sf58 lj rf/ kfp5
r|tgaf6 df5sf x65 nlo ; lgZrt
h:tf lrGtg To:t g x65 hljg lj:t t .
..%..

cy hljgsf /5 afRg dfgj vflt/
; jf dfgj sf eGbf c sf ; foHo s 5 / <
nfs sNof0sf o1Znf bx agfp d
afr"dfg; s| nflu df5s| sfd cfp d .
..^..

ag"d kof; df kfgl ag"efhg ef sdf
bvsf d ag"; fyl ag"cfvlt /fudf
ag"cfzf lg/fzdf ; wf d dTdf ag"
d cGwsf/sf blk hg of hGsl ag".
..&..

s; sf klg cfvfsf gag"d sl; E/
xf of aNan kfglsf HoGsf e/ s| 5 / <
n6fp d ; a d/f nfs sNof0f vflt/
hfg cflv/ l/Q xf d/l nhfg s| 5 / <
..*..

afr"dfgj sf lgDt ; dfh bz lgDt d
u? So sfd o:tf ls agf; \blks hljg
: jfydf aGwsl sNo aGxgbg hljgl
cf^gf vflt/ dfq t afR5 Toq ufynl klg .
..(..

p7f0 sfwdf bz dfly dfly p7fp d
d/f cl:tTj ; DkOf bz lgDt n6fp d
ag/ ; f/yl cfk xfs"of ousf /y
aem bflotj df5sf x65 ofqf ; ; aut .
..!)..

● ●



o lfo x l d b n i 6

■ c h g i j / Q t f f q



सूक्ष्म प्रचोदय्यात् ।

ਮਨੁ ਈ ਮਾਇ ਕੁਝ ਅਗਲ ਓੜਾਏਗਾ । ਲੀਓ ਕੁਝ !

dnf0 nfu5, zFzjt klxrfgdf g k/dtîj
vNb5 . k/f, ck/f / k/f; ;Tdnj aXdf08sf
gtTj u/sf 5 . ;Dk0f ;Tosf tYo snfpg
ou-ousf c lfo ;f/fQm g lnksf c lfo
ktlsdf >L ç tT; tsf c fB ;TdTjleifs
vfhnj c gsf kZgdf pQ/ ldNb5 . Toxl
pQ/ xf, zFzjt ;f/ .

cfTd xboleqsf, leqeçbf klg leq
ljçbsf/df ;Tdeçbf ;Td / cyfx :jR5k0f
aXdtj xf . p ;w dxfg\ 5 . cfTdf g
k/dTdf xf . log sf/Ofx?df sf/Of hfçgn
sfo / cgçoll jifo snfpg ;Sg ;Tdjd
ljsf/ gfdsf sg ljslt g xbg . Toxl
tîj g xf, ;To . ;To hlXNo :jksfz dol
clâtlo k/dtîj xf . cfTdf :jt zççTds
k/d Hoflt xf . Tof Hofld tftjs ceotf
aXdtîjn ;Dk0f OIGbox?nf0 :yhTjdol
z/L/nf0 vnf5 . Toxl vndf bx
OIGbox?sf dgfwd OR5fn efufwi7fgnf0
cçtt dTon cledfgl rNan :yhTj z/L/
dToj/Ofdf klb5 .

bne cWofTd bzgsf vfh ug g
cfhsf cfjZostf xf . cåt, åt, zj /
zfçleq g ; ;f/sf ;a ultljw, c6Psf
5g\ . ;Tdfb 9^aun lx/0oued hçd,
dTosf cjojx? xç5g\ . log ks ofeq
x fdl bjLzIQsf rrf u5f . bjLzIQ leq
g cfBzIQsf ckf/ ljziftx? xç5g\ .

sdflbsf hçd, dTo, etTdf 5f of /
ktTdfx?sf ljifo snfpb lktnfssf rrf
cflb / u?8 k/f0fflbx?df sxl afwuDo
tYo kf0ç5g\ . dhT lktnfssf ljIjw
klleq hçd, dTo, cNkdTo, lkzfr oflg,
etTdf, ktTdf cflb-cflbx?sf ljziftdf
Clfflb u0fx?sf dxfg\ vfha6 g lkt sf
p4f/ sdsf tsx? kf0ç5g\ . ci7 Clifs
glT ks ofx? ou-ousf Clfflb ClifZj/flb
;Ktiifx?af6 sf ofçjog xb çfP . Itg ljw
/ ljwfgnf0 cBfjlw ;gftgl 9En sd
stfx?n klti7fkg u/s 5g\ . of g x fdf
cfif ;Eotf xf . Clfflb ljw xf . c?k
/ ?ksf ks of xf . x fdf zFzjt ljw /
ljwfgdf rnsf c gsf zf:qf:q lgod xg\ .
Itg lgodleq r/fr/ aXdf08 c8sf 5 .
c6sf 5 . log c lfo ;lxtfx? ;Tdfb ;Td
ckfçifo ljwfg xf .

ਭਓ ਆਇਓ ਡਯ ਲਏਵੀਲਾ ਟੀਲਾ
ਏਲੀਲਾ ? ਫੁਝੋ ਡਯ ਈ ?

;j lgZro g aXd:j?k 5 . pXL
aXdaf6 kbf xç5g\ pAhç5g\ . Toxl l:yltnj
rj6f u5gV cçtt Toxl aXdd nlç xç5g\ .
of ejTfdol hfç/ zççt ;u pkf ;gf ub ;Td
aXdtjd a%g rj6f u/df pQd kmn ldNb5 .

;li6, l:ylt, no / knosf ljziftx?df
k/dTdfs ;xdltnj etTdfs ljIjw
klfsf ks ofsf afw u/fpg sfodf cfif
bzgsf 7hf dxlj 5 . x fdf nfs-nfsflb

ksofdf lzjnfs, js07nfs, axdnfs,
odnfs / : junfsleq klg cgsf ljziftx?
l5ksf 5g\ . h ; nfo sf6bpg bjnfslv
cgsfnfs-nfsflbx?sf rrfkl/rrfx?df
Clfu0fx?n\lzj, lji0f / aXdfs; ; xdtåf/
k'jh6d / 0xnlnfsf af/ k'j\g kl/rrf
ul/ ; s;sf xg\ . ol ljziftx?sf kdf0fs
ljwdf >lzlQm : j?kflbsf 7hf dxîj 5 . Itg
dxîjleq >lr0L, plQi7 r0L, /fb r0L,
3f/ r0L, c3f/ r0L, dxf r0L, l:yt
r0L, ;ktzt l r0L, ;x; r0L, gj r0L,
pu r0L, : j?k r0L, bz dxfljBf xb
>loqsf åbzflbj/0fdfs; ;f/fQm afxdl:ylt
a%g lgtfçt cfjZos kb5 . ;fxL cg;f/sf
oGqfQm ljwfx?, j\bfQmflb >L ; Qmd\ j\bfQmflb
/flq ; Qmd\ aXd dxt' ufoql, dWofXg ufoql,
/ ; fosfnlg ufoqlsf alhfí k4ltn j\bl
; Qmddf klqkb5 . To; leq ; li6sf : j?kn
gjlgtld jfa' dosf cgsfgs ksofx?df
k0ftf e|665g\ .

lgeo 0R5fzlQm g zfZjt eP, lgbi6
lj:tf/sf ; b6fja6 g g;lus cfwf/
kli665 . ToxL csf6b cftdfgeltsf hfut
xG5 . cf:yf sNo dbg . ToxL cf:yfbol
rl/qn ; Tdtjdf cfk'nf0 lgofNg ; jhol
kf5 . cftDtsj 0R5fg?k ; li6 ul/Psf
r/fr/ aXdf08sf h8rtg : yfj/flbsf
j0ftds k; E 0x klt;u nlnfsf ; faVLo
k>o g eb vftNgsf tftko xg\ . Itg
tftkosf afw u/fpg ; Tdfib bjTjn : yh
hljgnfo gTofEL agfPs 5 .

>L ç tT; t\ . ç Xofsfu cfl>t\ .
ç xgeGbf cufj : j?kdf >L xgxGYof .
t;y\ j\bdftf hggL ! jGb j\bl dft/d\
elgoj . Cu j\bl, ohj\bl, ;fdj\bl, cyjj\bl,
wgj\bl, ;Tdj\bl, kOfjgfbf~bod\ ; f/fQmflb,
;fí\flb, ;faVoflb ofulfdjxfDoxd\ xb

;f/fQm-;f/fQmsf cyfx leqsf yxfdf
dbf ;f/ cflbaf6 zSn ohj\, si0f
ohj\blb; dtsf oGqfQmd\ tGqfQmd\
dGqfQmd\ dbf khgsf dxîjflbn g kl7
khgdf ; jfTsi6 dfu klxNofPsf 5 . lh1f;f
/Vgx?sf nflu pkgifb'sf cfjZostf
cgsf ksofn ktn eP . ce\lh1f; x?sf
lgldt c7f/ k/f0fx? / pk-k/f0flbsf
ktn ub zfZjt sdsf08sf cfwf/nfo
eE gu?g\eg/ g k/flxtsf lgldt cfwf/
to eP . ctPj k/flxtn nfe / nfn;fdf
hs18b- æcllg ldn k/flxtd\ / æcllg ld8
k/flxtd'sf afw gu/L snl kefjn xfnf,-
uGtJosf dfu vng .

Aum infinite sound and its substance
self-intellect. This great being is just the
infinite endless pure consciousness.

That Brahman "Ultimate Reality" is the
self-luminous, truth, knowledge, infinite and
eternal.

cflb bj cyft\cflb oful eujfgVzjn
Clfflb u0fnfo cgsf cyfxleqsf yxf
lbg g qobjsf dhTjdf ; li6, l:ylt, no,
knoleqsf hljg bzg / lj\w bbleqsf
h6d h6dfib k'j ofhgn g ; Dk0f r/fr/sf
ljwfg to eP . dxfClfflb u0fx?sf k'
h6d / h6d h6dfçt/sf ljziftx? qobj
aXdf, lji0f / dxznfo 1ft eP/ cfifTjsf
ksof cjndag eof . ctPj bjClfflb
;ktlif;Dd ckf/ afw ePs'n k':dts
ksoflbn cGo h6ddf klg bjnfs,
js07nfs, lzjnfs, lktnfs xb ; Dk0f
nfsflb nfs / rfw edflb af/ 1ftJo
lyof . x/s ousf sinv08x?df kf0fl
hut'sf nflu 1fgsf afw xf; \eg/ >ljiofn
cjr\tg dgx?nf0 r\tg lbg g >ois/
dfçgeof . Tof g ; f;f/s ultjlwsf nflu
zfZjt dfu lyof .

c l f / t t \ ; e j t l x l j z j d \ . c l j g f z l a f 6
l j z j a x d f 0 8 k s 6 e P s f x f . k t o s s N k -
s N k d f C l f f l b u o f , o G b , b j j - b j f l b , l e G -
l e G f l b k s o f n c j t l / t k b f ? 9 c j t f / x ?
k f 0 f b j ; T d f l b ; T d s f l g b z g : j ? k s
k b : y f l k t x g \ . ; l i 6 d ? l : y l t s f a h T j k l g
; T d g x f . h f k f 0 f t j k ~ r t i j l e q q f 0 f f l b ,
r t T j d f q l l j w f , > l l j w f , > l l j B f b l v
c g s f d f t T j d o l h f u t k f b e f j x ? h l j
: j ? k d f c f P . h f d f x d o l e " d 0 8 n l e q
/ a f l x / c g s f l j l w / l j w f g x ? s N k e b
c g ; f / s N k - s N k d f s N k e b , k 0 f h G d n e "
e f / x / s 5 g \ .

d x f e f / t s f ; d o o 4 d b f g d f l j / Q m P s f
c j r i t k f y n f 0 c g s f g s k l f k l f f l b l e q s f
l j s / n l : y l t d f > l s z j n d f u k z l : t
k f g e o f . c y f x n f 0 y f x d f p t f b k / a x d : j ? k
> l s i 0 f n l j i f o - l j i f o f l b d f ; f / Q m l j w f n
a f x d l : y l t d f ; T d a f w n h f u t u / f p g e o f .
o f u l / f h s i 0 f s f l j z i f t f n p l Q i 7 o 4 f o l
s t l g z r o w e s f ; G b z n k Y j l t n d f p 4 d
H j f / e f 6 f s f d G y g d f : j o c h g e o e l t e P .
h x f s f t x n s f d x f g \ x : t l x ? k l g l h 1 f ; g l o
k t l l i f t e 0 / x y . T o : t f d b f g d f k f 0 f , c k f 0 f ,
o f u , z f s / o d / f h s f s f n k f ; d 8 f l / x Y o f .
d f 6 5 ! c s f / f t d s , ; s f / f t d s , g s f / f t d s
l j w f s f a f w u b x / f g l y P . h x f c k / f l h t
; T o s f , ; T o c k / f l h t s f , h G d , d T o / h G d
h G d f 6 t / s f l j z i f t f v f N b b j , b f g j , ; / ,
c ; / , / f s ; / h l j h l j f l b x ? g t d : t s l y P .

o 4 s f s ; f 6 l x ? d f h s l 8 P s f g T o E l
h l j g u f y f s f c f l r T o x l g c f d f k 0 f : t l t s f
a f w x g ; s g g \ . o ; n g c s f / 0 f x / s
o u x ? d f ; s f / 0 f s f d l x d f ; T d T j u l / d f r D g
g ; s / s o f s f n v 0 8 x ? n p ; - p ; c x i f /
y f k o f . a f w T j u l / d f s f l f t f n e g e t ,

j t d f g / e l j i o n f 0 l g o f n g ; s ; s n ; j f Q d
k s o f c j n D a g u / . T o x l k s o f g l o u - o u s f
l j 1 x ? d f . ; T d j b f l k 0 f j g f b f b o d n d f u
k z l : t u # o f . c G o y f s o f d g i o h f l t x ?
c s f / 0 f v f g s f n f l u a f R 5 g \ . e f u s n f l u
x f : 5 g \ / b f ; t f d d f 6 5 o 4 u 5 g \ / c s f / 0 f
o 4 d f d 5 g \ . h ; n h l j g / t 0 f s f a f w u g
; Q m g g \ .

h l j g j f o d f c f l > t 5 . j f o k / f u l t d f
l g j f w n h l j g e / 0 f u l / x 5 g \ . h l j g l e q
c g s f t G t s f b a n l G b o l l t G t d f p m h f e g
; T d s f 7 h f d x i j 5 . l t g d x i j d f a x Q /
x h f / g f 8 l x ? k Y j l d f t f s s f v d f r N a n f 0
k f 0 f d f / d / x G 5 g \ . T o f b j T j k f 0 f b j x g \ .
h f ; j q k f 0 f l d f > i 7 t d \ 5 g \ . k f 0 f b j g
h G d - h G d f 6 t / d f h G d s f h l j f w f / n f 0 J o j : y f
e l / x g x G 5 . k f 0 f b j s f c j / a f / f g j l b s
; g f t g r l n / x 5 . o l l j i f o s f l j w d f u x g
c W o o g c f j Z o s 5 . l g e o z l Q m , l g 0 f o
z l Q m , h l j h u t \ ; l i 6 l : y l t c f l b s f k ; E d f
x f d l x ? n c W o o g g u / , v f h g u / x f d l n f 0
b j l t i j f l b n l w S s f g 5 g \ .

x f d f c f i f k / D k / f ; T o d l g l x t 5 g \ .
; T o , ; T o s l g l d t x g \ . ; f / T j x ? c l f o e P /
o u f b l v c l e n v f l b x ? t k l : y f l k t / x . l t g
c f i f k / D k / f x ? g c l v n d h f w f / x g \ . a x d n
s d k l t / s d n n v f 6 k l t s f j f 0 l x ? n f 0
j r g s f ; f y s t f l b g s n f n c l r G T o
n l f 0 f d f d f t s f l f / s f G o f ; u b 5 . T o x l c y f x
u l / d f n f 0 l x d j t \ v 0 8 , p Q / f y , l x d R 5 f l b t
k j t d f n f , z a v n f l b c g s f d g d f x s C l i f s f
j f a d o g x f d f l g l w x g \ . l o g l g l w x ? d f
e e f / x g b j l b j t f x ? n f n l o t / x . T o x l
e l d x f , x f d f ; g f t g l c f i f h u t \ . x f d f
z l i 6 s f n l g / ; g f t g l j l b s s f n l g k j h x ?
s N o k l g l x G b l y P g g \ . l x G b e g g g \ / x f d l

lxdR5flbt kjtdfnfsf kfvf, kjt, a;l, 6fk, z/n lzv/ xb| ufd a;ldf /dfpg| gokfnl uf/ifuwl lxGb| xgg|. cfif hflit xg|. xfdf snf, sfzn, ;:sf/, ;:slt, ljw / ljwfg jlbs cfif/flzleqsf dhTj xf. oxsf cgsf hflit / hfthfltleqsf cgsf eftl-efltsf ;:slt g| j|b/flzsf ;f/fQm, oGqfQm, dGqfQm / tGqfQm| dvl/t cflbd tYo g| cfif uOfTj sf jfa|do xf.

“ 𐤀𐤂𐤁𐤏 𐤀𐤁𐤏𐤁 𐤀𐤁𐤏𐤁 ”
 ታላ ብሉይ: ጥሪ ልተ: ቅዱስ ታጌ: ለእኛ: ቅዱስ ሠላም ሆነልኝልኝ:
 “ The World is implicit on Aarsh ”

The soul is alone, constant, indestructible, pure, omniscient, asylum, unchangeable, self-seer, centre of all causes, omnipresent, absolute and undeluded.

cāt, āt, zj, zfQm, c?k, ?k / :j?kflbsf ;a| tsx?sf dfu kzl:ts| cfzg gokfn| xf. c;Dejleqsf ;Dej ;x;| ;:sf/flbsf k/Zr/Ofllb ljw, ljwfg klg oxlaf6 cEobo eP. jlbs ;fdo bzgdfusf zfZjt tfn, ts, jrg, 5Gb, lg?Qmflb cflbsf ljziiftfnf0 klg kOf tf lbg| sfo gfb k|sofaf6 oxl eP. dGq| l; l4 / ;dl4sf lglDt tGqfQmflb ljwn| ljlgofu ug| k4lt lxdcfnosf 5fb / jlbs wj|gn| cgsf /fufllbdf engfn| em-en^ast\dbf :j?ksf cnflss ksof g| gokfnl jfa|dosf ul/df xf.

cfh bz, sfh / kl:l:yltx? :jfysf ljWj;fTds zf;g ksofn| ubf of ou w/fzfol xb5. cfh sxl st| klg ljwsf zf;g ug| kl/kf6L 5g. t;y| ljZjd ljWj; lglDt/x5. ljWj; rfxgx?n| xfdf zfZjt ul/dfx?nf0 a%g| rfxGgg|. jf|4s

JolQmTjx? ;Qf;lgaf6 lt/: sf/df hsl8Psf 5g|. ;dfh hlXNo| klg kfrlg cflb tYosf uOfx?nf0 cjdNog ub| eflts rk6fdf lbg kltlbg bf; e0/x5. o:tf lj8Dagfn| ubf clātlo ljziiftx?sf kfl1s ky-kbz/s lt/ist 5g|. :jo ksfzk-h lguOf / uOfx?sf klfx? st| ;fll gkfP/ ;dfhsf bi6fTdfx?af6 v|bPs| 5g|. sxl st- st| ltg| lt/istx? cGtofdl xb| zfgt, z4 / ;Td Woon| zGo lgofNb| xfdf cflbd ul/dfnf0 ;fll /fvb| ;hgdf /df0/x5g|. of dtnasf blgofdf cfd 1fg, k/f 1fg, ck/f 1fg, lg/fTdf / :jksfzsf ljz4 hfut l:yltnf0 zfgtdoaf6 ;Td lgofNg e6g| uxf| eof. To;n| cfh ;li6 l:yltleqsf cWofTd ul/dfx? demfb| /x|.

𐤀𐤂𐤁𐤏 𐤀𐤁𐤏𐤁 𐤀𐤁𐤏𐤁 𐤀𐤁𐤏𐤁
 𐤀𐤂𐤁𐤏 𐤀𐤁𐤏𐤁 𐤀𐤁𐤏𐤁 𐤀𐤁𐤏𐤁

ctPj cfdl lgTo cljgzl, st| gblvPsf t/ ;jq 5fPsf, z4 cgf7f lfq1| cflb-cflbdf z/L/nf0 rnfodfg agfpg, pm ;Tdaf6 z/L/ cxd\fn| dl dfGg| of klg chl| 5. To;nf0 cgi7fg ug| clwi7fgdf /Vg|, clj sf/L h:tf l:yltdf :jo ksfz eg|, tOfb|v ljs/fn;Dd ;asf sf/Ofdf-sf/Of Jofkstfn| kli6 ug| pxl ;Td. c;Enf0 ;Ē-;Ēsf r|i6fdf kfofpg cfdTj kOf 5. pxl kOf ;Td xf.

sg klg ljifosf ;^asNkflb sofaf6 sd|Gbosf sf/Of vNb5. olb ;^asNkdf lgdntf 5g eg|, ;^asNksf :j?k blvGg. ;j| zIQndo eGg| g| lrGtg xf. lrGtgn| ;Inksf ljwdf wofg kug eg|, dgfjlQ vl08t xG5. snInf0 ;d6/ lrQ efj vNb5. cf;IQmdf r|tGon| cfdtkhg

a%bg . ljsf//lxt sg klg lsl;dsf
kof; khglo aG5 . cfhsf hut\ed/L g
ed/Ldf /GylgPsf 5 . dfG5sf lRQ h^aBf/df
efl;:Psf 5 . To;|n| pm, cftdlrGtg ug
;Qmg . zfgt lRQn, lRQnf0 dg;u :km/O
ug ;Sof eg, ;Dejtll ;fRr| g ; ;f/df
k/dkb\kflkt xG5 . t/ cfh dfG5, v/fkmftL
ugd /dfp5g\.

འཇིགས་པ་རྒྱུ་ལྟར་འཇིགས་པ་རྒྱུ་ལྟར་ །
མཐོང་བ་ལྟར་ ། འཇིགས་པ་རྒྱུ་ལྟར་ །

s08lngl kf0ffb ?kn ljsf/ /lxt
e0 km/df :jwdn| :j:km|t e0 z/L/sf
snflb-snfdf kf0ftj zIQm cflht xG5 .
s08nfsf/df kjQ e/xsf w8sgdf kf0f
eb, ;jzIQmsf kfbbefj xG5 . Toxl g
z/L/df kflkt k/fzIQm xf . ctll em-em^ast
emÍf/sf k/fzIQmn axQ/ xhf/ gf8lx?df
pmhf km5 . Toft tÎj xfdf jlbs cfiitjd
e|6G5g\.

That supreme power is called
kundalinee, moving, encircling, the main
power of creatures and giver of force to all
powers.

zAbflb zAbsf cynf0 ;flfft/sf/
ug ;sg eg, ljifon u8a8 lgDTofp5 .
ljifosf afw ug ;Sg g lgisifsf cfgGb
xf . cfgGbdg g dg k:km|/t xG5 . Itg
k:km|/t efjleq hGd l:ylt nosf ljifout
ks of ldNb5 . kf0f aXd xf . Toxl aXdTjd
s aXd, v aXd, k/f aXd, ck/f aXd, ;Td
aXd, tÎj aXd, zAb aXd, cIf/ aXd /
cIfoflb aXd u/L gjaXdaf6 kf0fn| cf>odf
wf/O of ub5 . hf, of / Toft eP/ hlt :j?kdf
5g\ tl ;asf kltglwTj cftdfn| ub5 . Ob
;jdod\dfTdf .

olb cftdfn| ;Td 9Edf, r/fr/
aXdf08sf :yh hljftjdf kf0f eb, :j?k
lbgdf, ;bflb-;bn| ljj/Ofllb Ctdf,
7fp, Ifq / b/w/flbsf e"efux?df /xsf
hljnf0, hljflb hljsf /fgsdf, Ctx?sf
5j6 Ct, Ifqut lx;fadf gePsf eP, ;j
r/fr/ hut\ldYof xGYof, eflts ks ofdf .
;Td / Ctn| 7hf eldsf vNb, ;li6
;Dat\|b|v slnouts sf ;Dat\|x?df,
;bdfg, rGbdg -;b dfgg, rGb dfgg
xb, lbg / /ttsf cIfz bzfgt/, pbofrn
c:tfrnd klg, ;TdTj cftdTjn| rnfodfg
?ksf dfofjl pkflw-pkflwdf, ldYof
cledfgsf, pj/ lfofsf kmh kmfPsf 5 .

k/f ;To hf, aXd ;To xf . 1fg :j?k
cgGtll Hoflt :j?k l:yltsf ;gftgdol
;gftg ctnglo 5 . Toxl xfdl ;asf nflu
:j?kdol 5 . of k/:k/ k/d cftdf ;TdTjn|
z4 5 . sg ljssthGo :yhTjdf eg z4Tj
xbg g . zFzt hljx?df eg cGtxlg
z4Tjn| r|tgbfol cgGtflb cgGtn| nflss,
cnflss, k/fnflss / ck/fnflss k/fTdf
r|t g r|tgfsf ;jqdol kltglwTjdf 5 .

;f;fl/s hutdf dTosf :j?k s|<
s:tf 5 hljg < hljgsf cGTo xbf dTo
bVof < Toft :j?k xf ls c?k < xfdl t
jtdfgsf lfofe^aw/d /Dof . :j?ksf :jo
cfkm| / bZofTds hut\! hut\ ;To 5 / <
dTo d5 < ha hljg ;w| cfkm|hf0 dfx, eo,
nfe, nfn;fn| efud pGdv /xG5 eg, Toft
efuln| dTo bVbg lsg < hljg lgalnof
e0 cGTol:yltdf ha dTo ;Gdv cfp5,
clg thsf ultdf uxOf nflu . xbodf
t/Ë-t/Ësf thxlg nfn;fn| cfzfsf
Tofbfx? a6f//xG5, hljg . t/ kf0fnf0

hljgdf kmfpgj g; sl dTo lgvG5 . v
t dTo < dTo d%of ls ;%of < hljgsf
rnfodfg rqn vf0 < :yh g hljg xf eg,
Tof lsg bulGwt < ; uGwftds kf0ftj sxf
uof < eflts hut'sf jsfnt stfx?nf0 d
eGg rfxG5, lj1fgn dTo'sf uGtJo lsg kQf
nufpgj ; sg < kQf gnufpgjs kl5 bugn
s'sf kQf kfpj .

r|tGo :j?k cftdf, cfWofTds,
cflwbljs, cflweflts ;dtsf ebx?sf
k/dftdf :j?k OZj / g xf . To; p; n; ;TdTj
cftdf ; a c j :yf / ebx?nf0 hfGg ePs n
; jJofkl / ; j1 5 . of cftdf hlj / hut'sf
kf0ldf /xl ; a kf0l'sf lgoGtf xgnj g ; Td
cGtofdl 5 . To r/fr/sf sf/Of 5 . Toxl
sf/Ofdf ; f/f kf0lx?sf pTkQsf sf/Of Pj
knosf cgsf sf/Of klg oxl cftdf 5 .
pxl g ; Td egf of cftdf . ; li6 l:ylt /
dTokoGtdf ; Tdflb sf/Of cftdf g xf .

— Δε αὐτοῦ Δε αὐτοῦ Δεῖται
ἡν: αὐτοῦ ἡν: αὐτοῦ ἡν: αὐτοῦ

This is the Lord of all. This is ommicent.
This is the controller within. This is source
of all the origin and the dissolution of beings.

cfhsf blgofdf dfG5 cfl:ts 5gg.
eflGt a6n'sf gl:tsx? cfl:tsdfly
if8bGq /Rb hf0 nflb5g\ . To:tfn
cflbafwsf lj:tt c:q, z:q / zf:qx?
a%g rfxGgg\ . bi6ftdfx? ljwsf ljwfgnf0
lnP/ zf;g ug rfxGgg\ . h;sf sf/Ofn
eng cfhsf ljZj qmfwflugsf gndf cf^gf
df; cfk rkf0/x5g\ . of cGtolxg ljs/fn
l:yltnf0 ClffibuOf / aXdf08sf afw ug /
u/fpgsf lglDt afXdl l:yltsf afXdl lnk,
;f/fQm lnk, jlbs ;f/ Pj cgsf afXdl

clfosf ckfzifo jlb zf:qsf ; Tdflb ljw
snfpgk5 .

;f/fQm 5fGbfJo ;fkIf g ; li6sf c ;ld
skf xf . ;f/fQm 5fGbfJo?df cgsf ljw /
ljwfgsf lnka4 lnkx? kf0G5g\ . hg sxl
bli0f ef/tsf d7x?df klg el6G5g\ . xfd
lxdjt\gokfnsf cgsf n\vf6x? sg klg
;dodf vfhl xg ; sgg\ . 1ftf eGgx?n
To:tf dfu kbQ ljifox? a%g rfxgg\ .
a? clnk;f .clnkTl cftdflb ;To wdsf
nfkGdv cifo lnkx?nf0 :j?k eb, sxl
bne lnk oGqx? dn sf/sf 5' .

cWofTdsf klfd sf/Of hfGgn c sf/Of
dfG5 dV aGbg . sf/Ofn g sf/Ofsf hGd
xG5 . lj sf/x? j rgblv xTof; Ddsf xG5g\ .
lj sf/ kfnGx? cWofTddf nflg ; Sbgg\ .
wddf xTof xb xGg . olb wdsf gfdGf lg/Lx
dgioblv kz' ; Ddsf hlj-hljfbx?sf lx;f
ul/G5 eg, Tof sbflk wd xg ; Qmg . Toxf
;To / tYo Wj:t xG5 / cljZj;lx?sf
emG8 dfq dfnf5, bnbnut gdx?sf
wd . To; sf/Of dxef/t sfnkZrft\dfgj
;dfh /OfenN eof . lhnL g uf7L;u bn-
bndf kl/Of eof . cfhsf ou; Dd cf0klbf
dfG5 leNnx?sf el8df leNn aGb, lhnN
k/sfn ; Tosf ;f ksfz xg ; sg .

ἡν: αὐτοῦ ἡν: αὐτοῦ ἡν: αὐτοῦ ἡν: αὐτοῦ
ἡν: αὐτοῦ ἡν: αὐτοῦ ἡν: αὐτοῦ ἡν: αὐτοῦ

ljifosf ljziftfn ;t;x; ;lxtf
;dtx?nf0 cāt, āt, zj / zfQm
ljifonf0 cWoogdf ;d6 kb5 . ;li6sf
uel:yltvlv k/dfy j :tnf0 a%g :yh bli6,
eflts bli6Gbf 6f9f sd kbfg e0 xbonf0
;Td bli6df nlg kb5 . lsgls nllss,

cnf|ss / k/fnf|ss ljifout lj r/Of ub
k/dfyn| kfdff|s ljifodf /xl wd|sf cl:tTj
hugf ug| kb5 . 1fg:j?knf0 al4âf/f s ;L
nufpg kb5 . r|tn| ; ÍNkdf kl|g kb5 .
tadfq lgZro g dfu :jt|| k:k|6t xG5 .
Toxl g| >lt, Gof, :dlt ljifoflb ljifo
aXd ;q-;q|fbsf dxÎj knlst kfb5 .
Toxl knlst k|sodf pkjb, cfojb,
wgjjb, ufGwj|b / :yfkToj|bsf ljifoflbx?
a%b| lzlfzf:q, sNkzf:q, lg?Q|zf:q,
5fGbf|ozf:q, Hof|t|j1fg / Jofs/Oflb dfu
cflb-cflbsf ljifo gsnf0 j|b|b bzgdf
kl|g dlZsn kb5 .

1fg tbi ñ e|Bq| e|f|t hut|
q|k|b|o|j|f| ñ 1fg s|f k|s|z| ||

;li6 r/fr/ aXdf08 Psfsf
:j?kfe1n| cfl>t 5 . xdf cg|sf ;li6
l:y|tsf :j?kx? bZofTds, cbZofTds
1fgdol ;'ifkt cGt/pTsifn| aXdf08df uOf-
uOfn| kl/j|li6t ;Tdd| rnfodfg e0/x5 .
xdl aXdf08s| hljg|b hljx? To;b|v
cnu 5gf . xdl h-h;sf k|n|;l4x?df
lg:sDkn| ; ÍNkt 5f, cg|sf glf|q tf/fuOf|b
ufr/f|b sf/Ofdf sf/Ofnf0 cfd;ft\
ub| aXdtj|sf ljwfgdf klnt e0/x5f-;li6
l:y|t cfrf/df kOfTj|| kOf .

The knower's intellect is that
knowledge. But that of the ignorant consists
of illusion. All affairs also are knowledge of
the knower.

ctPj b|z, sf|n / kl/l:y|tn| cfhsf
;;f/ ljWj;fTds agsf 5 . ga%gn|
;ff/ lj|sf//lxt ;fR5g\ a%gn| eflts
hut\lj|sf/-lj|sf/ eG5g\ kof; gugx?n|
c?x?nf0 g| b|f|f ykf5g\ ck/fwx?n|
;a| ljifodf cfk|| ;j>i7 sx|ng /
sx|npg e/;s dfG5nf0 c;k|n agfpgd
cf^gf| lht 7fG5g\ x/s t/xn| snÍ-
snÍ a9fpgd cf^gf| >o dfG5g\ sOf /Q||
klkf; k|j|Qsf zf;sx?n| /fhodf ed/L g|
ed/L lgDToipg wdgl|t, lj|w / b|znf0 g| 3ft
ul//x5g\ 1ftfx? eg| cfd| lrGtg, Woo
lrGtgn| sNof0fydf r|tGo e5g\ cfd|
khgdf /dfp5g\ 1fgLsf 1fgn| Jojxf/
k||5 . dg, al4 cx^sf/ eGbf ;Td 9^un|
k~retTfd| klxNofpb| eflts hut|f hljx?sf
;/lf v|ft/ al4 ksfzn| lrQfsfzdf r|tgf
eb| dfly p75g\.

wd /l|ft sNof0fd\0 wdf| /l|ft dfuOfd\0
; /l|ft|| zfZjtd\0 hlj /l|ftf| /l|ft|| 00

lj1|if lsd|wsd\0

Email: arjunbirakti@gmail.com

lbgrf| @)&(-%÷efb| # >Ls|of hâdfi6d|

s] tkf0f0{yxf 5 <

@)&& sf| jif{ k't:ts cf0;s|f| 5 / xfdl @)&* jif{ k't:sdf hl6;s|f 5f|. @)&*
j|zfvb|v Pj r|g|d;fGt;Dd lg:s|f k't:tsx?sf|xfdl l6k0f|;lxt kl/ro ksfzg ub|
5f|. xfdlnf0{l6k0f|sf nflu k't:ts jf kl/rosf nflu hfgsf/l pknAw u/fpgxf| .

;flxTo ;j4g s|b
rfah uOfz:yfg, sf7df8f}
\$\$(&#%!(÷(*\$!\$(^!)#

g0 sifaf

■ daz k, f0



t: s0wtf

yftldf /x\sf
lg:kx ;DaGwx?
hlt sl6n 5g\
qm/ 5g\
cGoflQmkOf 5g\
bljt ; ;ux?l; t .

kx/ kx/df pTkGg
eosf of eofqmfGt ;oGq
cfB?kf cftdkzl:th:tj
kd /;fogn, c sf xg ;Qmg .

cf;Gg c;Da4x?sf
:jhg lj/lrt
3df0nf sNkgfsf uNj sfjnldf
xDdzL cf0kUbf gkUbf
ceobfg oQm
lgeo klg
cfa tGsfpg cf0kU5 .

;Da4x?sf lj rngpGdv
ltn:dL lj/f; t 5s/ .

@: e0tnfsf sb

pnbj cg/fu ktfksf
cUnf Pp6f sbdf
6f9af6 5nE

th:jl ;Defjgf
sxl eGbg s;nf0
g t kjfx u5
kfrlg /a sf s07f .

pm hg hn jfoaf6
k:knl/of ePsf lyof
rnlLt/ clUng .

3fd / hgn afx/s
bvg s;n .

l;tf/fsf of ;flTj slnf0
cftd/lfftkm knsfpg
kl/df0ftds oftgf
/, c ;fGbles cfzfrx?l; t
hfuf al; /xgk#of
ca/ pQ/f4; Dd .

p;nf0 cfsif0f ugj zAb
lgxTyf 3fon lyof
;xofql 5fofl; t .
)))

h;nf0, slj tdf
lnlka4 ul/of ls ul/Pg
/xn clf/x?l; t
;fWg afsl 5 .



o7f/ b9df bnv

■ g7Gb/h k8n



df

G5nf0 hLjgdf nxgfkfgLn stf
 k*ofp5 stf, eGg gldNbf /x5.
 l;GwkfNrfsf l;kfkf v/df
 xs|a9/ sf7df08" k9/ OIG:66b6 ck
 dl8l;gdf kfWokg ub| u/sf dfG5; ;/sf/L
 ;jfdf kijz ug|alQs| bniv lhNnfsf
 eld;wf/ clwstdf lgo|St eof. @)#@
 ;fnsf c;/ # @ sf lgo|St. @(hgf
 lyof Tolta/ Ps| dGqfnodf gof lgo|St
 kfpj clwst. b0 dlxgf sfej eStk/
 / rf/vfnsf eld;wf/ sfofnox?df
 sfdl;sf0 tfnd lnPkI5 bzn| 5fKL xfnof.
 bzkl5 nuQ cfcf^gf sfofno uxfNg eGg
 tfnsL cfbz kfPkI5 xfdl klg bz dfGg
 3/3/ nUof.

d/f kb:yfkgf lgs| 6f9f / ckl/lrt
 bud 7fpdf xgn| z?df cfktdfq hfg
 ljr/df lyP t/ dfjnl xh/af uEfx/
 Gofkfgn dfGgePg. pxfsf lktf siOfxl/
 Gofkfg /fOfsfndf l8ff eP/ w/ lhNnfd
 sf ubfsf cgejn klg xflsdx? lhNnfd
 lgoQm xbf kl/jf/ ;fy nUkgj cgej
 ugePsf /x5. cfdn klg To;df ;xl
 dfg ef. bzsf 6lsf yfk/ nuQ cf^gf 3/
 l;kfkf v/af6 b0 lzz' c j:yfsf 5f/f / xfdl
 kltkTgl sf7df08" nUof. bzsf nuQkl5
 lhNnf uxfNg lgbzg lyof. lgoQm lbg dGqfn
 t/ kfi6^a / v6gk6g ljefun ug /x5.

bzlabfsf nuQ eld;wf/ ljefu
 l;xdxn uPsf. c? ;fyl sfxl aem^a,
 afh/f, bfrnf t sfxl hDnf k/5g\ d/f rfx

bniv . edOfcfbz lnP/ kzf;g xgl lgbzs
 zftg kGtsf sf7df k:bf pgn| t'Gt
 xKsf0 xfn, lsg a;|sf ol l/s6x? < c sf
 xKtf ;v|t hfg xjfhxfh klvPsf eGbf pgl
 cem k8sP.

acsf xKtf;Dd lsg klvg hxfh < otfa6
 a; /n r9/ gkfnuGh hfg, clg vh/faf6
 knigdf e/p8/ ;v|t .!) ldg6sf t p8fg 5 .E
 dlt/ nlo u// r8sL ahfpb eg. cGt cGt
 hfg c? ;fylx?nf0 klg To:t PsPs yfs
 eg. sdrf/Lnf0 xKsfP/ tx nufpgk5
 eGg ;dsfnlg xflsdl wf/Off aenof. ev/
 hful/df k;sf xfdl gjkjzlx?n pgsf
 vKsL cgzfl;t xb aem krfP/ ;Gof.
 ;jfn haiksf nk8f laxfl/Pg.

klxn| em8E u/ klg kl5 t xn'sf
 nfu pgl. t'Gt kzf;g zfvfsf clwst
 afnfP/ lghfdL lsfavfg btfsf knf/fd
 eg nufP. xfdl hfg af6df kg dftxt
 sfofnox?nf0 ;xofu ug eGg lr7L nVg
 / cfjf k7fpg nufP. nvfclwst afnfP/
 t'Gt rfxbf af6fv r k:sl lbg cxfp.
 xfdln klg nvfzfvdf uP/ plta/ kZsL
 a%of. c?n sltslt aem slGg, d/feg
 gZ @@ ;o xftnful eof. rf/ ;o tna
 af0; ;o af6fv r k:sl. P /fQ s dhf /5
 ;/sf/L hful/ eGg kzf < dg kknNn eof.
 cem aZSs pkngh:tf cf8xf kf 56bf
 ufhlcl/sf xl/of gf6sf thsn|.

t'Gt OGbrfs uP/ Ps hf/ l;/s8:gf,
 uG6f, emfnf / aRrf ulxOfLsf nflu cfjZos

nufkm6f tof/ ul/of . 8/fdf km'sP/ an's
uG6fdf ltg ;fdg s ;sf ; ul/of .

eflnkN6 laxfg l r ofvfhf vfP/ b0 aRrf
xtb ; Gwf/faf6 klZrd hfg ; fem oftfoft sf
a ; r19of . sf7df08'a ; kfsaf6 u8blv g
dgdf gfnf 7fp sf gfnf dfg ; , gof ; Defjgf
/ kl/bZox? dgel/ 5rlnsb lyP . yfgsf6
sf6kl5 xfdf nflu lgtft gfnf 7fp sf ofqf
z? eof . b0rf/ jifcu8 tof/ ePsf
kYjl/fhdfu lgs /fdf / km/fs /x5 . a ;
klg gof vfnf . of af6fj/k/sf gfog gof
bZofjnl , ptf cfm hfg 7fp / ug sdfaf/
p7/sf dgleqsf pQfn t/Ëx? jnfjnf
s'tsTofpb hfN6bfa vfb uby .

tntn z/bsfnlg ;anf lqzhlsf
glnf 5fn 5Kn^a5Kn^a cfahdf plkm
yrf/b lyP . gof sfd gof 7ddf hfbu/sfn
cfkmeq klg dgdf 5rlnsg 5fn eng
sdnsf uldf c3c3 bf8b lyP . ev/
; /sf/L ;jf kjz u/ bz hgtfsf s
sg ; jf u/fnf eg pT ; fx / cfsf^alfsf
nx8x? cem a9l aun bf8/xsf lyP .
dlngdf vfgf vfg cfbz lbof a ; n .
ysfnl xf6nsf vfgf cf^gf 3/dfh:t
; kmf / : jflbi6 lyof . d:of^ablsf emfE
knsf gof cgxf/n nfEofP/ km'sl km'sl xb
u8bf . clg 7fp7pdf lrofkg u/fpb rf/
ahlt/ kf v/f k'ofof glnf ; fema ; n .

a ; af6 eng gkfpb lng cfPsf krf ; -
krkGgsf nfg ysfnlafn uG6f / aRrf
afs/ glursf h:tkft 3/leq nu . 3/af6
cdfn eng a9l :gxfl ; St eP/ tTsn
cdfn6 lrp/fsf gf:tf tof/ ul/g\ . xdf
; fysf 5 dlxg ; fgf aRrfnf0 ln6f ksfP/
lb0g\ . l ; 6af6 tn emf// a:bf 8d8dtl
; lGpSf ; fljqlsf uf8f tft ggkfgldf
af6leq 8afpg nuf0g\ . geGb /ft g uf8f

t ; fd ; d al ; klg xfn . af ; sf lrqdfly
lnpg nufP/ af/sf ; fgf vfnDfleq
/fts a ; faf ; eof . al ; laofnf Ps l5g
3/kl/j/sf s/f klg u'of . 5f/f5f/L cfcfk
sfxl Jofkf/ sfxl xf6n Joj ; fo rnfP/
nfvkfvf nflu ; s5g\ . a9fa9lsf ux:y
hljg emfhemdnf s07f lg/fzf cflbaf6
; jyf dQ /x5 . s/f ubf bj bDktl k ; Gg
blvGy . ; lsnf cf8g cf5bpg dg
nfEofpgvfnf /x5g\ . fydf nusf u06f
vfNg k/g .

eflnkN6 laxfg gf:tsf nflu cgbLsf
rfd tof/ ul/5g\ ysfNgL cdfn .
ysfnlafn an's ; gfnl hfg a ; sf b06f
l6s6 NofP clg pgn ahf/ uP/ aRrfnf0
af6fdf vjfpkfp8/ bW klg NofP . Ps
k6s e6 ; Dks ePsf ckl/lrt ; b'sf
ofqdfly Tof kl/jf/n b'vfPsf ; befj /
jft ; NokOf Jojxf/n xfdl 5Ss k'of . 7hf
b0 hgfsf vfgsf k ; fdq lnP , /ft a ; sf
lnPgg\ . ; krf ; xtdf yd0lbg vfhbf
emG8 l/ ; fPsf a? kl5kl5 klg ofqf ubf
oxl a:gu/L cfpq , af6f gla/fpg eg . clg
emfn uG6f a ; df k'ofP/ nf8 u/ . a ; sf
sG8s6/nf0 /fdfl ; t x/lj rf/ ug eg . ; fgf
; fgf aRrf lnP/ 6f9f hfg nfu sfd ysfNgL
cdf a9l lrlGtth:tl ly0g\ . af6fdf s ; s ; f
kg xf xf ; ; u hfg eg/ xfdlnf0 ; emfj
klg lbb ly0g\ clg km/km/ klg cfpb ug
x eg/ >ldtl aRrfx?nf0 cufnf dfl/g\ .
5l8g jnf xfdl ; asf cfvf / ; fP . 3/af6
lx8g jnf t o:tf lgof ; f ePg , alraf6df
el6Psf ckl/lrt df5 ; u s ; f/f cfdlotf
a ; sf < 5Ss k/ d .

; gfnl hfg xdf a ; rNof . xfdl tl
kf9 bDktlsf :gxfl ; St gh/af6 6f9f eof
t/ dgdf ltgx? g emneinl cf0/x .
sxl a/d tfn egf km6 h^aunn 3l/Psf

z/bśfnlg kf v/f pkTosfsf cfef cfvfe/L
 5rInsg yfNof . of xbf /df0nf ptf xbf
 emg\df0nf . a; e~Hof^alt/ pef nfluubf
 dflydfly b\vg df5fk5<<cGgk0f, wfnflul/ /
 glNlul/sf cfef /ljleGg /Ësf 56f xbf dW
 aGb uof . ršfgl el/ kx/f vfr / 3DtLlfqdf
 lgldt km/fs /fhdfudf 7hf a;x? klg ;nn
 bfl8b u/sf bVbf xfdl 5Ss kb uof .
 ; ;fgf ;lsnf ufpa:tl / dlnnf v\taf/L
 xl/of yDsf 6fs/fn ;lhPsf :of^ahf
 lhNnsf dfemdfem bfl8Psf /x5 /fhdfu .
 cfwlvfnfsf lsgf/lsgf/ rNbfrNb jfln^a
 kluof . rfnśn emš a; /fs/ vfgf vfg
 va/ u/ . Toxf klg ev/ vnh:tf b0rf/
 ysfnlś xf6n /x5g\ Pp6f 5fg/ vfgf
 vf0of . duln^a, kf v/f, jfln^a ;alt/ xf6n
 rnfpg Ps vfnśf kl/jf/h:tf nfluof . p:t
 xl;nf cgxf/n :jfut ug, vfgsf p:t
 kl/sf, p:t ;/;kmf0 / p:t ;befjk0f
 Jojxf/ bVtf ysfnl egśf sg hfty/sf
 Joj;fol geP/ ;Eo ;:sf, gdtf, dl7f
 afnl / ;b\ojxf/sf hljċt klTglwkfq xg\
 h:tf nfluof . uċhlN xtf/ nufPcg;f/l9nf
 gu/L vfgf vf0f . rl;f xft cfefpg gkfpb
 a; klg rlnxfNof .

a; r9kl5 klg vfgsf kl/sf/ ld7f; /
 ;U3/ ;kmf0sf r rf ubj uof . af6f lgs 3DtL
 vfr / tndfly ul//xg /x5 . jfln^ab\vg
 lu2el/sf kx/f sf6b vfr / psfnfd u8b
 uNof^a gkubf;Ddsf /fhdfu %ofpnflubf
 /x5 . 3Db lkb dfly 8f8f lgl:spkl5 aNn
 nfd ;f; km/of . /fDbL knjfl/kf/sf 3DtL
 psnf / kfnkfsf cfoe~Hof^a clg at^asf
 cf/fnf em// a6jnl/ nfuśf lyof .
 a6jndf lrof rdgf u/fPkl5 ;/f;/L u8/
 ;gfnl kfof a;n .

To; lbg e/xjdf af; a:g ;/df
 lyof xfdl t/ a;df e6 ePsf klZrd hfg

;xofqlx?n ; ;fgf aRrf / dlxfn klg ;fy
 ePśn PSnbSn ofqf gug eg / xfdlnf0
 klg pglx?;u hfg cfux u/ . ol klg t
 s:tf vfn dfċ5 xg\< em: ; dgdf g/fdf
 cfzÍfn 3/f xfnof t/ la:tf/ a%bf yxf
 eof, /fhuf/Lsf nflu śfnl s~rgk/
 lbNnl / bx/fbċlt/ hfg ufvf, ndh^a /
 gjfsf6lt/sf afl;Gb /x5g\ . emnf uċ6f /
 aRrf klg ;fy lnPsf ;fem;lwf kxf8l dfċ5
 b\vf/ xfn, pglx?n xfdlnf0 PSnbSn
 glx8b egśf . s/f 7Lsh:tf nfu/ xfdl
 klg ltgśf kl5 nfluof .

a; 5f8kl5 xfdl bz hgf Ps3f8 tfuf
 r9/ cfgċbgu/lt/ nfluof . Ps l5gkl5 t
 wfn 5fk/ Psn cśfnf0 glrlgg eOP5 .
 dv ;s/ KofsKofStL . af6f p/f7nflubf lyof
 bxftsf . wnfDd c j:ydf ltvfn efsn
 ;tfPsf jnf aNntNn cfgċbgu/ /n:6zg
 kluof . rfksnsf kfgl k6el/ lkPkl5
 aNn ;f; knfof . aRrfx?nf0 xftxtdf
 la:s6sf kl/of / ldċf ydfP/ kmNof .

;fgf Kn6kmdf rf/ 306f nfd klTlffkl5
 P3f/ ahlt/ x0 x0 ub śsz Wjlgñ sf
 vf0f . bVt w;km; cgxf/sf kl5 kl5
 yqf l8Aaf ntbf u8sf xfdl klTlff/t /n
 aNn cf0ku5 . rnlrqafx klxfkn6
 kTol /n b\vf lyof xfdl bDktln .

;xofql ;f\sf ;fy nfu/ ;dod l6s6
 lnP . clg tfsśf l7s ;dod /nsf ofqf
 klg z? eof . 5s5s ub x0x0 s/fpb
 ug /nsf yqf l8Aafdf a; / cċwsf/ /tdf
 gfnf 7fpśf ofqf ub uof . %ofnaf6 aflx/
 xbf Olċhgsf ešlaf6 xfjdf 5l/Psf kTy/
 sf0nfsf wnf cfvdf k/ rfk6 . ef/tsf
 zx/xċdf af/Daf/ oqf ul//xśf xfd ;xofql
 ;fyLx?n klxfnsf /nofqdf cfkm'nl6Psf
 7luPsf / avrL, gfċemf/ agśf y/ly/Lsf
 syJoyf ;gfP .

æc|xn| kf OlGb/f ufGwLn| OdhG ; L nufP/
;jq zflGt 5, gq o:tf cfgGbl ofqf sxfl
xg<Æ ; a Ps dv nfu/ eGb lyP .

æ|6s6afa cfpkl5 l6s6 bvf0xfNg
k5, gq tçGt nu/ nflu| dfG5|htsf
g;R5bg ul/lbG5 /| Û clg dlnfx?nf0 r|
rf/kf6f d8/ Ps /ft yg/ k7f0lbG5 /| ÛÆ
eGb xf:b| lyP cwa|;x? . st l6s6 x/fof
ls eg/ xtf/ xtf/ vNtl 5fDbf/x5 . l6s6
eg| ;fyd /x5 . s:tf wsr sl xfl dgsf<
xg klg Tolta/ OlG8ofsf OlGb/f ufGwLkzf;gn|
ljgfl6s6 /nofqf ug| kçifhltnf0 hah:tl
g;R5bg ug| cleofg rnfPsdf lgs r rf
/ cfnfgrf ;xgk/sf lyof . pmeGb pm a9L
ah|s eP/ xfdl gfnf dflg;nf0 ;gfpb| lyP
tl ;xofqlx? .

7fp7fpdf :6k cfpbf 7h7hf cfk
lnRrl s6x/sf ?v / rfkfsnx? xb|
l6s6 bvpfb| uG6f / aRrfx?sf x/rfx ub|
uof . clgbf xbf emu8f unfg\egG| kl/ lyof
aRrfn| t/ /n rnb|v g| d:t;u lgbfP .
5f6L nf0gsf l9nf ofqf an/fdk/ gf3/
ldld/ pHofnf xbf uf08f klOf . /Nj| :6zgsf
j|b|v /nsf vfnl k6/Lx?df sf7sf 76f
5l/aL b|v/ 5Ss k/sf lyof t/ glur
kukl5 yxf eof, k6 ;kmf ug nx/ nfu/sf
g/gf/Lsf el8 /x5 . hlt gx/f| eGb klg
cfvf Tot| uP/ xfdl bDkQLsf nflu nfhdg|
c j:yf cf0nfOf . 7hf r| afan| sf6bf0
sf6bf0 Tot| bvpbg yfNof . oxfsf rng
o:t| 5 eg/ ToF c jfw lzznf0 ;Dempg
kof; u#of . /n /flsPkl5 nfd| ;f; km/sf
lyof . lgs 7hf :6zg /x5 uf08f . Toxfaf6
cfcf^gf /nnf0g 5fg/ sfxl ;fyl stf
sfxl ;fyl stf nfu| .

:6zgafix/ xf6nlt/ k/Lsrf/L tftf
lrof vP/ efhgsl al6 df#of . bneft

ln6f vf0/fv|sf aRrfnf0 xfhLk/ s/f
;Gtnfn| pkrf/ ub| otftptL 3Db latfof .
:6zgafix/ xbf 3dfh:tf ahf/ /xg5 .
htftt| kmfxf/kmfxf/, dfG5| dfG5|sf knDkn
el8ef8,xNnf / 5f8f uf0 / 3f8fsf lnblsf
buGw dfq| bVof . cfcf^g| wgd| sfxl
stf sfxl stf bfl8/x|sf y/ly/L cgxf/sf
dfG5| . Tolta/ 0 Pd kmfi6/sf cuhl pkGof;
kof;|h 6 OlG8ofsf kfq rl/q / 36gf ;lemb
lyP d .

ækxf8L afaf, s5 bfg tf s/f<Æ eGb
Pp6f df6f3f6f wDd/w; hfuhl:tf dfG5|
xfdl;u kl5 nfu/ sxl dfub| lyof . stfaf6
xf slGg tçGt kln; cfp/ xKsf0xfNof . ;fnf
7u sfd gxl s/tf eGb kln;n| xsf/kl5
plQa/ ToF dfG5| stfstf gflD;of . xfdlnf0
klg ToF klnz bf0n| cfj|f tfnn| otftptf
glx8b| :6zgsf lj>fds lfd| al; /fvG| clg
vçSs l6s6 sf6/ cf^gf /n cfpkl5
af6f nflu| ;emfj lbof . ta g OdhG;L .
xfdl;u a;|sf gkfnl kf9 dfG5| eGb lyP .
kln; bf0n| eg|cg;f/ g xfdl klg l6s6
lnP/ lj>fds lfd| wok]s /n klvg yfNof .

?kl8oflt/ hfg| xfd| /n Ps ahdfq
56bf . ax/f0r gfgkf/fxb| rNg| 5f6L
nf0gsf /n rf/ ahlt/ ?kl8of :6zgdf
/flsof . slxNo| guPsf 7fp, plqPkl5
cndNn k#of PsI5g . kxf8of bxftl ofql
;fj/L blvg| ToF el8df gkfnl ofqls kl5
nflu| l/S;f r9/ eG;f/ kf/ ul/of . gkfnl
eG;f/n| uG6f vfn/ emGem6 nufpg eg
afsl /fvG .

gkfnuGh ahf/sf kR5f/df kg|
xnfs cufl8sf rftf/fdf emfnf, uG6f la;fP/
6fdf6dl a:of . ca stf xfnf af;
a:g< /ftel/sf clgbf / lbgsf efsn|
ylst ulnt >ldtl cndNn ly0g\ /nsf

ysf0 efs / udlñ ;ftf lnPsf aRrfx?
 jñfPsf cgxf/df nfnf0/xsf lyP . d kl
 slxNo g efufsf /nsf ysf0 / udlñ
 cfn;tfn; lyP . glhs bfsfgdf uP/
 ;fwsf, 66kñ6sf gkfnl afNg Tof k;nñ
 gkfnuGhdf st kl af; a:g xf6n, nh
 ePsf s/f yxf gePsf atfof . ;/sf/L
 ui6 xfp; t xfnf eg/ vfHb uPsf ;xfos
 c~rnfWzsf cfbzdf rNg Pp6dfq ui6
 xfp; ePsf atfP c:ktfnsf kfn ef0ñ .
 lbj 3ls; s/sf lyof . sxf hfpñ, s;f u/f
 ubfub lzlf sfofnosf ;Aaf k'kl/lrt
 ;fyl OGbk;fb bxfnnf0 vfHb hfbf e6 t
 eP t/ nh vflhbg of pgsf 8/fdf af;
 lbj s'/ftkñ jf:t u/gg\ . crDd nlof .
 csf sg lrgfhsf dfg; Toxf ePsf kTtf
 lyPg . cndNn a:of rftf/Ldf lgsa/ .
 tfufjfnf0 ;fwsf wDafhl rfslt/ nh
 xf6n ldN5 eGof . l/S;f afnfP/ lx8g
 ;/ ub lyof, k/blv xft xNfnpb ufljGb
 rfkuf0 6kñSs cf0ku . k' kl/lrt ;fyl
 ePsn bptf ldnh:t nlof . pgl;u 5f6f
 enfs;f/L eof . af; a:g s/ gu/L pgn
 xfdlnf0 xQkQ cf^g 8/fdf nhfg k:tfj
 u/ . bptf ldnh:t dg 9Ss eof . Ps Ps
 kl/of la:s6 rkfP/ pg;u ukñ ub a:of
 sxl a/ .

lfqlo xnf sdf ;Aaf eP/ ufljGb
 rfkuf0 gkfnuGh uPsf yxf lyPg . pgl
 k' %g lb^nfjf;L d k' !g l;kf lgjf;L
 dxfljBfno k9bf kl xfdl cnu slfdf
 lyof, a:f0 kl cñlu 8/fdf lyof . laxfg
 an'sf kl plt xndn lyPg t/ olt a/sf
 ckToflzt e6df pgn bvfpf cfdlotf
 d/fnflu /xtsf sf;nl aGg klof . pgn
 vflhbp xf6n nh st a;f eGg cem
 d/f dg;fo lyof t/ pgn Totfsf s/ kg
 lbPgg\ . fydf aRrf bvkl5 sfqmf vflh

ug yfn . sfqmf ge6kl5 af/f lsg . kfp8/
 bW t/sf/Lx? lsg/ emfnel/ NofP . l/S;f
 vfH/ ;v|t /f8sf leqklS kg kSsl 3/sf
 8/fdf xfdlnf0 lnP/ uP . w/ ;dokl5 e6
 ePsf ;fyn slt;f/f kd u/ dnf0 <
 cndNn kl//xsf lyP . st ;fgltgf
 xf6n nh vflhbp/ a;fPsf eP emGm6
 ;fkñ xGYof t/ cftYo, ldqkd / ;fxrosf
 ;:sf/ kvfnl vfbfgLsf cljIR5G nx/f
 /x5 . dgdg ;fRt lyP d, gg PSñ a;s
 kñSsfkñ cljjlxt dfg;n cgisy/L
 emGm6 laxfgkg aRrf;xtsf kfxgf 8/fd
 nu/ kñNg emdnf lsg la;fP <

an'sl vfgklgsf ;dfg tof/ u/ .
 tsf/L snfpg ;fljqlñ kl ;3fPsl ly0g\ .
 8f/L nufP/ blngdf af/f emG8bfP/ aRrnf0
 xNfnpg sfsfsf Joj:yf ldnfP . kfp8/ bW
 tof/ u// aRrfx?nf0 vfg lbP . dSltnsf
 cej /5 / an'sl rnfdf kTy/sf0nf
 afn/ vfg agfP . Pp6 7hf sf7df aRrf
 kñNofpb nfdvS wk afn/ ukñdf sxl
 ;do latfof . 8f/Ljfn vl6ofdf /nofqsf
 clgbf;dt la;fP lgbf0P5 kf dHhñ .

eflnkN6 ;a/ xfdl bjef0 kngl6s6sf
 vflhdf vh/f Po/kf6lt/ nlof t/ To;
 jifsf cGfwGb jifaf9L / dflyaf6 cfp
 vx/sf uu/ k;/ Po/kf6sf /gjlfq k'
 tx;gx; eP5 . lxnf uu/ / df6f ;kñ ug
 sNnl / 8fh/n ev/ sf yfn/sf /x5g\ .
 dlxgf nlu ;Sg blvGYof k' tof/Lsf
 sf . xdf dxldx 8f0/S6/n s/ gaen
 xfdlnf0 nv6sf efg eof . tTsn gaGg
 Po/kf6sf rfrf 5f8/ To; jñfbv xfdl
 bj ef0 ;v|t hfg el/ofsf vflhdf nlof .
 vh/f, kñN6uf, wDdfhl, ;v|t/f8 hxfsl
 8Nbf kl el/of ldnng\ . ev/ bz uPsn
 kl To;f ePsf /x5 . lbp;f kl ufljGb
 xflh/dfq u// clkñ;af6 lgl:sP . clg bj

ef0n| uk| ub| el/of| vf| h| df ; do latfof .
 t/ st| el/of kf0Pg . ef| nkN6 To;| u| of .
 kl; kN6 kl| g To;| u| of t/ el/of ldn| gg\ .
 lgs| c| flht k// rfyf| lbg| bj| ef0 sl: ; P/
 nfu| sf lyof, wDaf| hL rf| sdf k'j| ; 'v| t| t/
 3/ ePsf tlg| j6f el/of aNnaNn ldn| .
 b06f aRrf| sf nflu Pp6f uG6f| sf nflu .
 bptf| ldn| h: t| nflu| of . Hofn| sf df| ndf| nf0df
 plt nfluPg . dWolbp; f| aRrf / uG6f af| sfP/
 af6f nflu| of . ufl| j| Gbn| 6fuf r9fP/ ahf/ kf/
 u/fP . vh/fahf/ sf kNnf5p k| ubf tfuf| sf
 af6f ; l| sP5 . pgl k| ml| sP . xfdl kl| g kbn|
 dfrkf; ug yf| nfu| of . pgl; u 5l| sbf kl| g st
 la/ fg h^| undf P| Sn| 56h: tf g/ df0nf /
 cTof; nflu/ Xof . cftfP/ s| u5f aa/ f,
 nfnf| afnf lnP/ p| snl cf/ fnl ub| ce|
 \$) sf; af6f kf/ ug 5 l| tdn| < Ef| b| lyof
 cf^| g dgn| .

dw| zsf ; dy/ af6f, j/ k/ sf kv/ L
 gfnf / v| tdf hd| sf kfg| df 6l| n| sPsf
 3f| dsf kTof| j| tgn| cfuf ; Nsf| p5h: t|
 eof . st| af6 x| fjf grn| s, f| st| jfbnsf
 lk| ml| sf gb| v| g efj/ kb| zsf dWofXgsf
 kbno| qf xfdnflu cTo| t| si6s/ aGof .
 c; fh| sf t; f| xKtf nflu| bf kl| g ce| udL
 g36sf bVtf snf| kfgl elgg| k/ fgf pkflw
 afs| l| hNnf ; xfpbf nflu/ x| sf lyof . tt/ L
 kl; gf emf// ^of ^of ub| af6f s6gl ub|
 uof . st| ; fg| ftgf| l; ofn e| 6P kl| g ykSs
 al; x| fNYof . rf| kfsn b| v| kR5 aRrfx?
 Tot 0; f/ f uby . lbge/ lx8/ aNntNn
 emDs| ; fendf l| r; fkg| l k| lof .

af9Lklx/ fn| af; p7fPkl5 k'j| ; 'v| tsf
 b7b/ fh| sf ufpa6 rl; fkg| l em/ sf gof
 afl; Gb| sf x| f6ndf af; k| of . el/of ef0x?
 xfdlnf0 Tox| 5f8/ laxfg vfp5f e| Gb| c| s|
 eS| lt/ nfu . Pstn| 3/ sf kfn| h: tf vf| Ndf
 Tof / ft| sf xfd| jf; ; yfg aGof . 3/ sf uf; f0

af| x/ stf stf lyP slGg, x| f6n rnfpg|
 pgsL hf0n| ; se/ aRrf / cfd| sf : ofx| /
 ; ; f/ u// / flvg\ . cf^| gf x| s; s| sf
 5f/ f5f/ Lsf vfgk| gdf kl| g lgs| vft/ bf/ L
 ul/ g\ .

lgs| jfrfn / lx5g\ Tof x| f6n| sL 3/ a6L
 ; fxgl . c?nf0 kefj kfg s/ f a8f0r8f0
 ug dhf df| Gb| / lx5g\ . ev/ kxf8lt/ af6
 cfPh: tl ; fljqlnf0 kefj kfg pgn| cg| sy/ L
 uk| lgsf| ng\ . s/ f rNb hf| bf Totft/ j| l/ kl/
 jg a6bfg / kfg| kfv/ L xbf lx8/ xg| wfdg,
 ufdg, s/ 6, laR5L vh7nufot l| jifn
 ; kl| aR5L| n| 8: g| ; Defjg| sf 8/ b| v| f0g\ .
 ; Ts/ L df| 5| sf t bWsf uGw kfpgl| aQs|
 wfdg ; k stfstaf6 aRrf5p cfP/
 n6kl6g| u5 eGg c| sf 8/ sf kl| f| kOf ul/ g\ .
 k'j| l; kfsf cf^| gf 3/ lt/ slxNo ; k laR5L
 gb| v| sf df| 5| ; Gb| ysd| fg eof . dfpsf
 bW vfg| aRrf ; fydf ePsn| cw; Ts/ L
 ; fljql t ; ft| uP em| glnf| sfnf e0g\ . an| sL
 emf8flk ; fa ug kl| g 6r afn/ lgl: sg elglyg\
 ; fxgl| n| . rkl kf0vfgf gePsf To; k| ml/ s|
 3/ df aRrfx? dfendf ; tfP/ 8/ f08/ f0 uhf/ f
 ul/ of . lb; flk; fan| hlt g| rf| k| kl| g af| x/
 lg: sg eg| bb| x| f0 . aRrfn| lk; fa k| ng vf| h|
 cf^| g uG6f| sf cf5bfg leh| f0lbg| / efln
 af6f| df wf0 ; sf0 u/ fnf| e| Gb| ly0g\ ; fljql .

xfdl lgbfpg nflu| bf nal/ P| sf afn| l| n|
 kmfxf/ ufn| sf zAbx? tyfgd e6b| fpb|
 cfPsf To; | 3/ sf uf; f0; u hf0sf lgs|
 7fs7s k| of . xbfxb| tt dd vfn|
 rsf emu8fn| xfxNnf| sf cj: yf cfof .
 kmfxf/ zAb kofu u// b| jn| nfhef8sf
 cf/ fk kTof/ fk nufpb| dv 5f8sf ; Gb|
 ; fRr| df/ kl6 rNgh: tf nflu| of / b| j|
 bDktLsf lgj: q lgnHh njhsf jf0fljifn|
 plQs| gtd: ts kl| g eof . rsf afn| l| g
 yfldPkl5 p7/ a: of . ; fljql t 8/ n| y/ x/ L

ly0g\ / cGt a:g hfp eGb ly0g\ t/ ToF
 c1ft 7fpsf cGdli6 /ftdf bb06f aRrf
 lnP/ stf r\ hfg / < Psl5g lglzAb 3f\ P/
 latfof . clna/kl5 g ;fd;d eP/ ;nfof
 ToF cfjfh, clg emu8fsf ;Sf ptfa6
 cs\ cjfh kf cfpq yfNof clg nuQkl5
 kfnkfnf :j/ tfg/ 3/sf ;Gg yflnof .
 pglx?sf blgs hljg g o:t\ xfnf eG7fg/
 5Ss\ kfof xfdl ũ t/ ptfsf ultijlwn lgbf
 layflnP/ axfn agfof .

eflnkN6 laxfg cfkñ\ lrofkg ub
 aRrfx?nf0 ln6f v\jfp/ af6f nfof . glhs
 ;v\ t hfg /fhdfu agfpb u/sf xflsdx?
 a:g lgjf; / sfofnosf ejg /x5 . afSnf
 hËn emf8n\ 9fs\sf udl 7fp, vfrvfr
 k/sf dhaf6f . gof /f8 agfpbf hyfeyl
 sf6s6 kfb eTsfpb u/sf r/ kxf8sf l8n
 yDsf / le/fnf sfñfx?dfly rf/xftvSf
 6Sb\ lx8g\ sf k~rdlsf kf0nfugf0 ũ
 eof . st\ uxl/f vfnf st\ pl8Nnf 8ln,
 st\ ch^asf ?vn\ 5s\sf af6f / le/fnf
 uf/6fx? kf/ ub\ aNn P3f/ ah\ aa0sf
 emfñË kn t// :yfglo ahf/df kluof .
 djfsf t/sf/ d ;/fsf bfnsf eG;f tof/
 ul/g\xf6njfnf ;fxglñ . lbp ; lemuf, e ;gf,
 nfdvSñ\ cfqmdOf ug\ ToF ;fgf 5fk\ xf6\ndf
 d ;/fsf snf bñdf t/j/ lemuf e ;gf t/
 k/sf blvP . aRrfx?sf nflu bWbxl vfhbf
 st\ kf0Pg . ;fxglñf0 cg/fw u// bfn
 gvfg k:tfj /fv\ uGb\sf dfu/ cfkñ\
 ksfof clg lbuld^a nflu bfnfub\ klg c? ljsNk
 gbv/ ToxL vfgf vfg s/ nfof . vfhl ubf
 st\ gkf0Pk15 aRrfx?nf0 klg cfkñ\ ;u
 /x\sf yf/ kfp8/bW / uGb\ssf ;k dHhñ
 lkofP/ af6f nfof .

kn\bl ahf/af6 hËnsf alr'alr /x5
 psfnf . ;fn, Sofdg, hfdg / ;fhsf k6/
 emf8leq k ;f/f k/sf nDa\fg\af6f hgzcö

Psfnf; / 8/nfubf ktl\ eof . dWolbgsf
 j\ñf eP/ xfnf, r/fr\Ë\ nfvs\ efgd^auf,
 5kf/fx? klg dfg lyP . dfly;Dd Ps\gf;
 afSnf hËnleq n's\sf 7f8f psfnf dg
 cflQg\ vfnf nfof . l;8l v8lsnf klg
 sd ePsf, av\ enn\ vfnf\sf ToF 9^abfg
 af6fdf ;:t ;:t kf0nf rfnb\ tdn6sf kfgl
 lkpb psfnf r8b\ uof .

psfnf\sf alrh:tfdf kukl5 8fsdf
 a;sf ;fgfrfx aRrfñ\ çb\ s/fpb el/ofsf
 skfn n5g / sfdf lryfg yfNof . pm
 /fPsf bvkl5 7hfrfx klg çg yfNof .
 s\l kn o; / ^tf/df laTb uP t/ s\l u/L
 gdfgkl5 ;fljqñ\ g kn\ / lk7bdf aflsg\ .
 7f8f psfnf / udl 7fpsf ;fn3f/ldf aRrf
 afs/ lx8g\ cdfrrfxnf0 wf wf e0/xYof .
 dn\ ;dfg vfhbf klg k6Ss\ dfgg .
 kxf8df xlsb\ u/sf pm / sf7df08"8/fdf
 a:g d/faLrdf Tolt lxdld lyPg, of ;b'
 kbzdf cf0kubf klg sfod xg ;sg .
 kmñ:j?k p;sl cdfñ\ g p;nfo afs/
 psfnf sf6gkg\ lj8Dagf cf0nfof . cln
 a/kl5 t tdn6sf kfgl ;a\ ;lsP5 . dv
 ;s/ RofkRofkl eof . /ut rlxPnf h:tf
 /ftf cgxf/ kf/sf aRrfx? kfgl ltvfñ
 kofskofsl k/sf lyP . Ps 7fpdf ;fgf
 rftf/f cf0ku/ a:of . ;a hgf ^of ^of
 k/sf lyof .

ætkf0x?nf0 ltvf nflu bG <E dn\ el/of
 ef0nf0 ;fw æxfdlnf0 t afgl k/sf 5
 ;fk\ . tn\ c3fh\ kfgl lkP/ lx8kl5 psfnf
 gsf6;Dd efs ltvf slxn\ 5bg .E xf:b
 eGb lyP .

æxfdlnf0 ltvf nfof st\ kfgl kf0bg <E
 dn\ ;fwbf w/ k/ vfñ ;f bvfp .
 xfdl Toxf klg ;Sbgf eGb\ tdn6 afs/
 tlj ef0 lxlxfñ . xfdlnf0 ToxL al ;/Vg,

hEnleq dfG5 hgjj/ bj|sf 8/ xG5,
 stj ghfg klq eg|sf lyP. xfdL nfvs|
 efgd^auf 5kf/fn| ;%ofs ;'z s ubf klq 7f8f
 sfq nufP/ a:of. eG8 cfwf 306fsf
 ktLlffkl5 tdn6 / cfcf^gf 6fkldf kfgL
 afs/ cfP5g\ efbufpn| 6fkldf gfnf
 nufpb| 6f|sf|sf ;/lff xg / o ;/L kfgL klq
 Nofpg ldNg| eGb xf ;f ub| lyP. tdn6sf
 kfgL aRrfx?n| g| l ;Wofpnfgh:tf u/ . km|/
 hfcf eGg klq cK7bf/f nfluof. yf/ a|sL
 kfgL bDktln| af8/ vfof. 6fkldf NofPsf
 kfgL pglx?n| ;s|. o ;f peflt/ xbf
 cfwLhlt 7f8f psnf| cem| a|sL g /x|5 .
 of 7fp 5f8kl5 df|:t/ kfgL gkfOPnf eGg
 z^asf nflu lyof. ;fwvfh ubf kSs|
 kfOGg eGg hjfk| cfp5 eGg ae|/ dfg
 a:of. ;fn3f/Ldf xj|f rn|sf lyPg t/ klq
 nfd| a ;fOn| kl ;gf cfefP/ rEf eOP5 .
 sfvdf a ;kl5 bwaRrf lgbfof klq . udlN
 /ut rlxPnf h:tf /ftf cgxf/ kf/sf lyP
 bj|n|. lgbfPsf aRrfnf0 8fsdf /fv/
 lx8bf Toxfaf6 klq . Psl5g lgbfPsf aRrf
 laplemPk|5 km|/ klq z|g, efl8g, skfn n5b|
 ug yfNof. Psl5g cln xNsf ag/ lx8sL
 >ldtlnf0 km|/ aRrfsf ef/L ylkof. of dn|
 ;dfpb| klq gdfGg, ptf el/of klq l/Q a:g
 clg cdfrrfxnf0 lbg blv lbP/ ug la7bf0
 u|of 5 dlxg To| sfG5fn|. tklg la:tf/
 lj:tf/ psnf| r9b| uof / 3fd kxlnbf
 x/ eGHof^a ku/ lj>fd ul/of. an|sL Pp6f
 xf6ndf af ; al ;of. t/f0sf udlN emG8
 xKtflbg kfs|sf dfG5 x/sf zLtn xj|fn|
 gof Hofg km|/Ph:tf cgej eof .

eflnkN6 laxfg x/af6 e/L pkTosftkm|
 cf/fnf nfluof. cluNnf lbg psnf| r9sf
 8f8fsf csf kf6f cf/fnf emb| tn vfrdf
 /x|sf vfnf lsgf/sf l5Gr' ahf/df kU|b rf/
 306f lat5 . lrlrG8f km| ;L l3/fnf nbfabl

kmNg|To|7fpdf cfP/ aNn dgkbf|kxf8L t sf/L
 rfVg kfof. el/of ;fylx?n| v|a x ;fP .
 k'jaf6 cfPsf sNnl ef0x?sf klq el8
 /x|5 . lgdf0ffwlg ;v|t sfxnk/ /fhdfudf
 sfid ug k'j l ;Gwkfn rfs /fd5fkaf6 cfPsf
 dnb/x? lgs| 6f7f / kvnf nfu . pglx?n|
 cf^g| ufp3/sf cEo:t njhdf u/sf s/f
 / ufPsf ult ;gkl5 xfdlnf0 lgs| cf8e/f ;
 eof . pglx?n| klq rfv dfg/ xdfd ljifodf
 ;fwvfh u/ . xdfd lx8f0 l9nf eP klq
 pglx?dWoj|sf Ps hgfn| ztkf0xnf0 ;u
 lnP/ hfpnf| eg . afxla ;lt/sf csf ef0n|
 cfd|sf sfvdf a ;sf ;fgf aRrfnf0 lgs|
 km|sf0km|Nof0 clego u// x ;fP . ld|ff lsg/
 klq lbP . ;fob To ;sf krf| ltg| lx ;fan|
 Psl5g pgl ;u xf ;v|n ug dfGof . slt a/
 sfwdf lnP/ bf8fpg| slta/ pkf|g yrf|g
 v|nf v|nfP/ dHhn| x ;fP tl ef0n| . udlN
 al ;g ;Sg /x|5 e/Lsf u8tl/ klq . st
 afSnf ;fn3f/L, n|s|sf uf8f uN58f, st
 s'n ;f / st au/ vx/ gfEb| hfgkg| . st
 km|Skm|S a:tlx? , /fdf v|taf/L / df6f3f6f
 vf0nflu| uf0a:t' kfn/ dh ;u 3/hd u/sf
 afl ;Gb| klq el6P . st emf8L km|f8b| st
 cfuf nufP/ 7n7hf ?v 7f8 89f|b| u/sf
 snf 76f blvP .

/fa3f6 ku/ emfnE| tbf d cln cufl8
 lyP . kl5 nfu|sf el/ofn| la ;fgldf 8f|sf
 la ;fpg v|fHbf 7hf afa pl56l6P/ e0df
 EjfSs| nl8xfNof . xQkQ csf l76fn| 5fk/
 ;dfTo|, gg OGre/ kl/df0fn| e/Lsf glnf
 bxd| 5DnE| xfdkmfNg a/ lyPg . olb To|
 b36gfexfn|sf eP b0a ;|To| caw c ;xfo
 lzznf0 Hofgsf afhl /fv/ s ;n| d2t
 p4f/ uYof| xfnf < To| csNkglo 36gfsf
 cfef ;n| klq lgs| ljl:dt agfof xfdlnf0 .
 s|xLhf|g knsf d|vsf r|f8Nnfaf6 tn
 e/Lgblsf glnf bxd| pl5lSPsf eP xfdln|

p;nf0 s;/L e6Yof xfnf < s/f sInkb
 l;/E eof cfa . dg y/y/ sfd/Xof .
 xftuf8f nunu sfd/ >ldt t emG8 axf;
 ePsl . To;kl5 pxl s/f dgdf v/n/ efj/
 kbzsf ;dy/ 6f/df lx8sf kQ kf0Pg\.
 emG8dfq ePsf b36gfn klq dg stf stf
 p8/ ljrInt alg/Xof . rflxbf grlxbf
 sInklgs ;Gtfksf Hj/ef6fx?n lbd fu
 luhfn/x . clnsldfq tnljtn k/sf eP
 s/ uYof xfnf xfd bDktl < dgdf vNbnl
 dlRrb /Xof . af6fdf s ; ;u sxl s/f ug
 klq dg nfug .

emDs ;fem kbf lrauf8 vfnf
 lgl:sP5f . s ;u/ To; lbg ;v/t gklug
 ePk15 vfnf lsgf/sf 38df uP/ st af;
 dflg d/f ;/ lyof t/ k/bzlsf nflu To
 cf;kf; sf ufpdf 3/uf7 st klq af; lbg
 jlht /x5 . /ftf/ft eP klq ;v/t kuf eGb
 ltg sNnl ef0x?n dfggg\pN6 oxl af;
 tof/ u5f egj . xfdl v/tsf cfnldf 6 ;Ss
 a ;sdfq lyof, clna/d ef0x?n glhssf
 jgaf6 vfjf, 8f8fef6f / ;pnf;dt sf6/
 NofP . af; sf rfof lems/ b/f b/f b06f
 5fkf lgdf0f u/ . Pp6f 5fkfdf km/sf
 nufP/ xfdlnflu af; tof/ kf/lbP . glur/sf
 sGoaf6 k/fn NofP/ e0dfly cf5bfP . u06f
 vfn/ cf5bfg tof/ ul/lbP . sx a:g s
 ug eGg nflu/xsf jnf tl ef0x?sf hfuf/
 kf/v / cSsnn lann gof jf;:yfg
 tof/ eof . bf0sf jnf cf^g vtdf
 agsf vnls6/lh:t To:ofpn 3/sf af;
 xfdlnf0 Tolta/ b/af/sf vfk g lyof . gof
 cgej ;ufNb cs ; ;f/df kusf lyof .

;xofql ef0x?n cf8fn sf l98f ucbs
 e6df; sf / ;u rfb vfb ufof dHhn .
 slxNo gla;g u/L lha fdf 6fl; ;P5 :jfb .
 aRrfx?sf nflu 36/f bf0;u cggo u//
 yf/ rfdn NofP ef0x?n . To;sf ln6f

hfpnf bj kl/sf/ agfP/ sfd rnf0of .
 efsfPsf, ylst aRrfx?n vzl eP/
 blvlhnf vfgf :jlsf/ u/ . af6fdf s s ;f
 k5 eg/ b0rf/ dgdf rfdn ln6sf lk7f
 cfn /fvkg /x5, Tof gubf aRrfx?nf0
 efsefs /fv/ cf^g lRQ aempg uxf
 kof . eflnkN6 laxfg xfdlnf0 labf u//
 sNnl ef0x? cfcf^gf lzlj/lt/ nfu .
 pgLx?sf sfd ug ;f06 Tot cf;kf;
 /x5 . af6f lx8b emkfvfnf t/kl5 xfd
 kl5 cfpb u/sf nf6lsf0nlsf uftd y/sf
 ojs el6P . sg c88df vl/bf/sf kbdf
 hflu/ /x5g\ . pgn nfd nfd uk lems/
 ;v/tsf gfnljnl lj:tf/ nufP . eld;wf/
 clwsf/Lsf lgoSt lnP/ cfPsf eGb
 xfdlklg klq lgs ;Ddfg ks6 u/ . alrd
 lrof k;n / xf6nx? gePsf n efsefs
 k/sf lyof tklg pgsf uk n efsltvfsf
 cgej xg lbPg .

P3f/ ahl/ ;v/t ahf/ glur kukl5
 uftd ef0 cf^g ufpl/ nfu . xfdl vfgf
 vfg 7fp vfHb /flwsf xf6n ku5f . xfdln
 vfgf vf0g;Sb ;v/t eld;wf/ sfofnosf
 lkog ;fw/fd vfHb cfP . To; lbg laxfg
 ;v/tsf eld;wf/ clwsf/L szj/fh
 /the08f/L knigaf6 sf7df08"pl8 ;s5g\.
 emNof; eof xfdl ltxf/ nflu;s5
 eG7fg/ . ;fob ljeufaf6 cfjf cf0;s/
 xfnf, xfdlnf0 ltxf/el/sf nflu a;faf; ug
 kfxgf sf7f / lrof:tf ;ft;dnf ;dt
 Joj:yf u// cf^g eG5nf0 5f8sf /x5g\
 szj ;/n . pgsf pbf/tf / cltlykott
 bv/ cleet eof . xf6nd a:5fegbf efG5
 ef0n dfggg\ xh/x?nf0 5f8 ;/n ufnl
 ugXG5 eGb lnQL s ;/ a ;. as vfH5 ;\
 sfgf cfvfe eGg pvfg ;Denb pgs kl5
 nfu/ eld;wf/ clwsf/Lsf kfxgf3/df hDg
 kluf . crDd 0dfgbf/ /5g\ef;ef0 klq .

xfdl cfk\ vfgf agfpnf, rf8jf8sf jnf
ePsf|n ltl 3/ hfp\ eGb klg dfggg\.
;fdn vfhf ;Ahl cfk\ lsGg vfHbf klg
lbPgg\ cfnkofh bfnrfdn tñoblv
;nk/Lsf nflu Æotn kl7f;2 5f8/ uP5g\
s|zj ;/n\ xfdl kublv g ahf/ ;g;fg
eof . af6f lx8g dfG5 klg blvg 5f8 .

;v|tsf a;f0 xfdl nflu Tolt k6bf/nf
lyPg a? gogf|nf 7fp bVg 8Ng c j ;/
aGof . efG;ef0 kvnf 6l7nf ojs /x5g\.
laxfgl vfgf vfPk15 blgsh;f slxn stf,
slxn stf 3dfpg nlu/xGy .

Ps lbg sfq|jxf/ 8nfpn nu\ .
afx| ztAbldf hDnl v; /fhfn lgdf0f
u/sf dWooulg cNsf :tkdf /xsf eujfg\
a4sf dlt / To; kl/ ;/df ;/ jtl / u0fzsf
k/fgf dlt bVtf dWooulg gkndf lxGb
af4 ;Dkbfoalrdf /xsf cfk;L ;dGjo
/ ;xelfsf gdgf nfluof . To; :tksf
lgdf0fk15 . gulr|sf anan tñn| kfs|ts
/x:o / l|nlf0ftsf afw u/fof . h:tf;|s
df;ddf klg kmf|sf kmf|sf ag/ kfgl plDn/xg
kfs|ts ;f|tsf To| tñ x|/xñflg /x5 .
y/ly/L unfa sdn 0Gb|sdn nfnkft
rdnl auD|nl cflb kñx?n ;eflft
tfnj/k/sf ax/Ël aurdf hlt 8n klg
gc3f0g /x5 . glur|sf cfdl Jof/sn
;/lf0f u/sf aurf jgefñ / ko6s tyf
ufdl0f g/gf/Lsf nflu klg :jR5 :Jf:Yos/
lj>fd:yn blvof . l9nf;Dd 8n/ km|sof .
efG;ef0 ef06lsfsf lbg b0306fsf nflu
6lsf nufpgdfq 3/ uP, Toxl klg xfd|nflu
eG;f tof/ u// .

6lsfsf efnkn6 an'sl aNn
bn|vaf6 3f8f lnP/ ;o; uugaxfb/ e08f/L
/ ;xfos 6saxfb/ rfn;| cf0ku\ . cfjdf
s/f ePcg;/ el/of klg pt|af6 NofP5g\.

cf^g clk\;sf ;xfosx? lng cfPk15
aNn cf^gf sfolfqdf kluPh:tf nfluof .

laxfgl vfgfsf d|;f ;s/ bn|vlt/
pef nfluof . oxf klg ;fgfrflx afan
el/of;u gdfg/ cfdn| g afSgkof .
;v|taf6 lx8blv g psfnpsfnf /x5
af6f . kxfl/nf nfb|sf psfnf kvvdf rsf
3fdfs/ /kftk ;xb /fgldQfsf ;Ltfk0nfsf
csf psfnfsf r8b uof . lbge/ lx8/
aNnaNn uf0afgdf ku/ afh|sf xf6ndf
af; a:of . ptf c5fd snlsf6 clg
dxfa n|sb|v sSl;Dd htftt p5bf0nf
blvg bn|v lhNnf n|sa;Lsf kfs|ts
;Dkb| clg l|ljwtf / ;fGbon el/k0f /x5 .
;b/dsfd gklb 6f9af6 bVtf klg Tot
3/hd a;fP/ a;f0 ;/fh:tf nflu| blvof .
an'sl uf0afgfsf afh|sf xf6ndf af; a:g
kluof . Toxf xfdlh:t kfxgf cfPsf 58^asf
rqmaxfb/ zfxln bn|vsf wldf; ;f:slts
/ kfs|ts l|ljwtf clg kmknñ afnlgfnl
kzJo|j;fosf /x/nflbf l|rq k:tt u/ . lgs
km/fl;nf /x5g\tl kwfg a9f . pgsgf bn|v
j0fgdf Ps/;n jzleñ eP5f xfdl .

csf lbg laxfg p7/ cf/fnf nfluof .
/ftfg^nf ;ft;Nnlsf cf/fnf embfemb lx8g
g;Sg e0g\>ldtl . lgs an ubf klg
8ËZj/sf xf6ndf vfgf vfP/ rkf;Dd
af; a:g kusf lyof . csf lbg laxfge/L
;f8sf psfnfn vf0xfNo| . lbgsf P3f/
ahdfq bn|v ;b/dsfd lelqPsf lyof .
lhNnfsf kltli7t JolQñ eStaxfb/ ykfsf
3/df eld;wf/ clwstsf lgjf; /x5 .
o;/L sf7df08af6 lx8sf c7f/ lbgdf cfkñ
lgolSt ePsf lhNnf eld;wf/ sfonno
kusf ;Demg emnemnl dgdf cf0/xG5
clxn klg .

(*\$/^\$&!*(

फिहृग

■ डनफ कत



zAbd 5 cxÍf/ zAbd 5 ljpgdtf
zAbd 5 gof ?k zAbd xG5 a4tf .

zAb-zAb ldn| aG5g\jfsO-jfsO lg/Gt/
ltg jfsO ldnfP/ uGy aG5g\;wfs/ .

uGy-uGy k9L dfG5 ; t1fgL aGg vfHb5
t/ xg xb xg k9/ dfq xG5 / <

cfTd1fg v'n| dfq 1fgL, dflg; aGb5
k9g, k9fpg dfG5 dIQnsf áf/ vfHb5 .

zAb-zAb l5 rfn/ agfcf kdsf hu
wtLsf laGbd xG5g\cf:yfsf : jOfdGb/ .

log lxdw/f d/L xlg5g\ol ousL snf
ynynf /dfP/ lsgf/df lat knf .

hn/ afRg s| afRg afrf zfnlgtf ;u
a? 6qmf agf; \bx g66f; \cfTduf/j .

cdf, cdf stf vfH"KOf bx hnl ; Sof
38L, knf ; of uGb cdfsf ; Demgf eof .

s7 d/L pg cdf Ū pg afaf stf uP
s:tf ldngsf lJDa yndf s ; /L uP <

h3f/ tb5g\gTo xG5 kd ; zLtn
5fnh:t lsgf/df 7fSsG5g\tl ce tn .

सखि

■ डनफ कत



■ डनफ कत

cfvf bpm ltdl bVg, dg bpm ltdl 5g
al4 bpm ltdl a%g, zIQm bpm ltdl xg .

cdg:s dxfofu ; i6f bi6f ; bflz j
jfdbj agl ofu kft ug ; s"lz j .

dleq b06f j:t n's/ a:b5g\;w
eujfg / ztfg logsf a;df d 5' .

otf vfH5 ptf vfH5 kfpGg Tof stlt/
ha cGtd\vl xG5' clg kf bV5 dlt/ .

af; xf of la; fgl xf nfdf hlJg dfuSf
Aoem/ efln hfb 5' p; kf/ stfstf .

d h' x' cg'sDkf x' ke'sf, hubLzj/
d/f eGg oxf Pn ke afx's sf 5' / <

hfgl ghfgl h h:tf u/ dn ldf u/
d/f sdx? ; f/f ltdldf u5' ckOf .

sdfn ltdl df6f d ltdl v6gdf d 5'
To:t aGg ; s"gy Ū h:tf ltdl agfp5f .

ke h eGb5g\u5 ke afx's 5g Sj
ke's ; li6 xf ; Kk, d/f eGg t 5g So .

5f8/ ca hfb 5' jf; gfdosf s/f
lnP/ ca hfb 5' ; lRrbfgbsf s/f .

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W gl xg cnu s/f, c;n xg cs
s/f. wgl / c;n bj xg ;^nf
hn;fu/ t/ a%g sltn<

sfzl rfW/L 7hf hdlgbf/ lyP. cf^gf
;DklQ ;a ;dfh;jfdf nufP/ pgn j/k/
dfq ge0 c~rne/ g oz cfhg u/sf
lyP. ;dfhdf s;;u 8/fpGgy / s;nfo
klg xKg eGg pgsf dgleqsf sgf;Dddf
lyPg. cfvdf c6fP klg glaemfpg. jf 0
o:tf kf dfG5 eGy ;an. lyP klg To:t.

o:tf c;n dfG5 kfP/÷b/v/ ;a bn
/fn rxfpy / cf^gdf cf0lbg cfux uy.
z?df t l:j sf/gg\ . cltdf Hofbtl ugXGg
pgn ;Dem . ;dfhjfbL bnsf ;b:o ag.
lhNnf ljsf ; ;ldtsf ;b:o rlgP.

lbg laTb uP. Ps lbg pgsf cf^g
bnsf ljZjfl;nf sfostfn uDaf
pbBf6gsf lgDtf lkmhof, kd'v cltlysf
cf;g cf5bfof. OGsf/sf ; jfn v8f xGg.

bzel/ aGa rin/xs lyof.
ljbfxl hg ;/sf/ 7fp 7fpdf lgdt lyP. To;
lhNndf st lyPggo:tf ;:yfx? .

c rfgs af6df uf8L /fiso. ;u
a;s lgDtf;dt Nofpg sfostfn cfng
cfux uof. gf0gf:tlstf kZg g p7g. of
s / lsg;Dd rfx eg. k5fl8af6 csfn
uwg tSof dfq xf0g 5bkk 5Ksf. pgl
tfQt olt;Dd afNg EofP=Zj=Zj=; <<<

ॐ

■ ॐ



cfdfsf rfvdfofn
cleifs ul/Psf of wtl
kljq u^wfhnn ;rg ul/Psf
oxsf pj/f eld
o; eldn hGdfPsf
nxnxpbf wgsf afnfx? .

o; ;/Do wtlN l;h;sf
;bfax/ hEnx?
;Gb/ kzkG5Lx?
cfdfsf kljq :gx / ddtfn
;hgf u/L ;/If0f kfPsf
oxsf afnaRrfx? .

ToxL Gofgf dfofn
kfift ul/Psf
;DkOf ;hgfsf dhx?
cfgGbn cftkft ePsf
j lf:yndf /dfPsf hljftdfx? .

ca o; wtdf
gof ;Eotf / kultsf clt vrf 5
o; nfo k'f u/L
cfdfsf ;kgf k'f ug
;DkOf ;hgfsf stJo xg\.

h;n cfdfsf dx/df
/l;nf d:sfg yklbg ;S5
oxL ul/dfdo zfgdf
xdl c jZo ulj t xg ;S5f .



s/faf6 j|~rt ub| cfPsf blvG5 : t/ dh
j|bnf0 cWoog ubf dflg; dflg; To:t| k|if
/ :qlhfltdf klg sg ksf/sf ebefj eP-
u/sf blvbg . a; ;asf ;dfg clwsf/
ePsf| ;fdflhs Joj:yf k|n /xsf blvG5 .
C|j|bdf t Crf ;~ro ug aXdfj|bg|x?sf
cl:tTj ;dfhdf uf/j sf ?kdf /xsf lyof .
ztkyafXd0fdf pN|v eP cg;/ ofuZj/
of1jNSo;u ogfx gfgt :of tg lsdX
sofd\cyft\hg sd ugfn d/f hLjg ;k|n
/ ;vL xG5, d emGf / c;k|n xgkbg
To:tf sd s 5 atfpgxf;\eg/ o; wLdf
cgGt kZg ug klg cfojt eldsf uf/jdol
cfo dlxfn g lyP . of kZg ;g/ :jo
of1jNsonf0 eGk/sf lyof . * d|n
of d e'd t|g v gfk s|v|t cyft|of
lgTo cftdf g ;v:j?k xf . bZodfg kk~r
clgTo 5 / h;nf0 Kof/f u5f cyjf h;n
Kof/f u5, To;n| c|zO ;jfp5 .

o;sf/0f jlbs sfndf sdf/lx?
jf;gfsf lzsf/ dfq eP/ a:y egg cfw/
st el6Gg. hgssf /fh;efblv lnP/
;d:t cfofjtdf ufulh:tl ljbfflnfo zf:qfy
jf kZgfQ/df zftt ug JolQm c? sfxl
gePsfni ofulj/ of1jNSo;u uP/ lh1f;f
zftt ug c j;/ kPsl ly0g\ o:tf lh1f;f
dqoln k6s k6s u// of1jNSon pQ/
lb0/xgk/sf lyof. ~~oq gfozt ghett zett~~
~~to djfll~~ cyft\hxf gf/lx? khG5g\Toxf
bj tfx? klg /dfp5g\eq of dg sf pbw/df

eu Clifn klg eGgePsf lyof . uful / dqol
 cfbf s/fn eGg ;lsG5 ls jlbs sfndf
 gf/Lx? cToGt lzlf / blift lyP . kZif jf
 cfhsf ljslzt ;dfhsf gf/Lx? eGbf w/
 ksf/n khglo lyP . clg gf/Lx?n g cdf
 aGg cj ;/ kfPkI5 afnssf hGd ;doblv
 lzlf sf n ;Dd cdf s sfvdf xsg cj ;/
 kfp5 . To ;n ddt=ddf uggfist cyft\
 cdfnf0 g ;aeGbf 7hf uZsf dxlj klg
 lbPsf kfG5 . o ;sf/Of eGg ;lsG5 ls
 sfnf0t/df sg JolQm jzifn :ql / zbfn0
 jlb k9g lgfw u/kl5 tTsfnlg ;dfhn
 Toxl s/fnf0 ;dyg u// cl3 a9b cfpSf
 blvof . o:tf ;f;/ unt s/f ;dfhd
 leofP/ :j:y ;dfhnf0 wldNofPsf blvG5 .
 oxl unt ;fdflhs Joj:yfsf sf/Of cfh
 cfP/ dlxfn clwsf/jfbn gfs knfpg
 cj ;/ kfPsf 5g\.

CUj bdf o:tf ljbfl gf/Lx? g
 Crfbzl / ; aUx ug ljlzi6 ljbfl lyP eGg
 cg sf kdf0f 5g\ . ctll ljebsf s/f kl5
 g cfpSf xgleGg uxf 5g . ~~sfndf~~
~~oq to ddfbz Clifsf~~ eg/ k'kl7sf
 efiodf j0fg u/sf 5g\ . ;fjt ;tfsf
 Crf ; aUx / efjx?nf0 xbf dfg ; cToGt
 efjs aGg kl5 . CUjbsf bz f d08nsf
 *% ;Qmsf \$& cf Crfnf0 :jcgeltaf6
 ksfzlt ug Clifsf aXdjflbgL ;bf ly0g\ .
 CUj b kyd d08nsf !@^ ;Qmsf & Crfsf
 ; aSng ug Clifsf aXdjflbgL /fdzf
 ly0g\ . CUj b ci6d d08nsf kyd ;Qmsf
 # \$ Crf ; aSng ug Clifsf aXdjflbgL
 zfZjtl xg\ . CUj b bz f d08n !@% ;Qmdf
 bjL ;Qmsf gfdn * dGq kl ;4 5g\ . o ;df
 sltko cfwgs j1flgs s/fx? klg 5g\ .
 ol dGqx? ;flft\ jf0f :j?kf aXdjflbgL
 jfs\gfd u/sl Clifsn ; aUx u/sl xg\ .
 CUj b ci6d d08n (! ;Qmsf ! blv lnP/

& Crf kl ;4 aXdjflbgL ckfnfsf efj
 xf . kfol hg ;fdfGox?df klg ckfnf, uful
 / dqol kl ;4 ljbflx? xg\ . To ;df klg
 ckfnf t dh CUj bdf klji6 5g\ . uful
 / dqol pkgifbdf 5g\ . o ; /ltn CUj b
 k~rd d08nsf lâtlo cgjsssf ^ Crf
 jlbjflbgL ljZjff/fn bvl xg\ . oxf
 of:ssf lgZQm cg ;f/ bVg\ eGg zAbnf0
 kofu u/sf xf . of:s egxG5 ~~Crnf~~
~~dGq u/Of t cjlZof ddfg xlg~~ . dGq
 bi6fx?df Clif / Clifsf bj 5g\ . To ;f xbf
 cWoog dggdf klg kl aQeb xg ;Sbg .
 o ;df of:sn bi6f zAb kofu u/sf xgfn
 Crfnf0 bveGbf cToQm xbg .

o ; /ltn ddtf, p ;lhf cflb ljbfl
 gf/L just jlb k9g pRr lzlf sf dxlj
 vf ;sf blvbg . ohj bdf ~~oydf jfr~~
~~snf0~~ dGqdf clwsf/ ;/lft ePsf
 alenG5 . oxf cjZo sltko JolQmx?n
 cfo ;dfhlx?sf s/f eg/ 6fNg rfxG5g\ .
 t/ jlb cfo ;dfhsf dfq xf0g, clkt
 ;asf xf . :jo sndl cfo ;dfhl xf0g .
 o ; ksf/ ~~qzdf glnf0~~ cflb jfSon
 clwsf/Lx?nf0 cglwsf/L agfpg sfd
 dfq u/sf 5 . CUj blo kdf0fx?af6
 gf/L ;dfhnf0 k0f jlbWoog ug clwsf/
 ePsf alenG5 . ; ;f/df :dltx? eGbf >lt
 kdf0fx? ; jdfG0 5g\ . ctll jlbs sfndf
 :ql lzlf ;b9 lyof eGg s/f l ;4 5 . sg
 kf/:kl/s Jojxf/df lj jfb xgsf sf/Of :ql
 / zbxf?nf0 lzlfbliffaf6 jl~rt u/sf lyP
 eGg alenG5 . ca ;dfg lzlfbliff . ;dfg
 cfslt ;dg dgll o ; dGqnf0 ;fys kfg
 jnf cfpSf 5 . :qlzbfnf0 dfq xf0g, clkt
 ;d:t dfgj hfltnf0 jlb k9g clwsf/
 5 . of s/f cfo ;dfhsf dfq ge0 ;d:t
 dfgjdfqdf kfofpg s/f xf . To ;sf/Of
 dlxfn / kZif bj ldn/ jbsf uxg cWoog

u// k'j'cfox?sf lzlf k0ffnlsf cg;/0f
u/L cfolj1fgsf krf/ k;/f/ / p6glttk
nfuf. oxl g Cujbsf .cllgdn kyd
d6qsfbpbf/ xf .

klxn dft;Qfids hut\lyof. olt w/
lzlft aXdljbf / ;fdflhs lfqdf k'zifju;u
ldn/ a/fa/ x;otdf sfd ug dlxfx?
hEnl cf0df0 lyPggV ;a;u ofg ;~rf/
uby eGg s'/f t lxhf cl:tsf ckl/kSj
al4 ePsf dflg;x?sf sNkgf dfq xf . xdf
;d:t cfo 0ltxf;nf0 xbf o:tf dft;Qfsf
pNn\ v sxl klg kf0bg . kl5 cfP/ vf;u/L
kfZrfTo dn'saf6 Joydf em6f sNkgf dfq
u/sf blv65 . of cjZo xf ls clnk15
cfP/ sxl cujf afXd0fn :qljudfly lgs
c^sz nufPsf blv65 . t/ k'f Cujbblv
lnP/ afXd0f, cf/0os, pkgifb'sfn;Dd
k0f?kn :qlk'zif bj'sf ljBf, Jojxf/, lj jfx,
;:sf/ cflbdf ;dfg clwsf/ ePsf kfp5f .
To;f xbf dft;Qfids syf k'j'lo cfo
;dfhdf kfZrfTox?sf 5fof k// cf^gf al4
/ ljrf/df lvof nfufsf dfq xf .

k'j'lo cfox?nub cfPsf gf/L;Ddfgsf
sxl pbfx/0fx? oxf k:tt ul/Psf 5 -

eujfg'sf rfal;f c j tf/ dflgg jbjof;
dxlfn l;E'f bjl efujt\k/f0f n\ v/ To;df
cflbzlQm dftsf u0fufg ubj pxfsf ljzib
rl/qsf j0fg ugePsf 5 .

lqsfnbzl Pj lr/~hljl dfs08o
dxlfn dfs08o k/f0fdf, buf sjr n\ v/
bufkhfsf Joj:yf / cflbzlQm huHhgglsf
;Ddfg ug k/Dk/f kf/De ugePsf lyof .
To;kl5 k'j'lo cfo ;dfhdf bufkhfsf
;:slt z'zePsf xf / cfh klg xfdln
gjbuf a8fbz jf rtbzd Ps jifblv
gf jif;Ddsf s6ofx?nf0 gjbufsf ?kdf

cf6q0f u// khfu/L dl7f dl7f vfgf k'nnk'h
/ j:qx? lbP/ ;Ddfg ubj cfPsf 5f .

-o;u/L sg ;:sf/ jf ;sltsf
sdx? z'z ubf h:t lj jfx j'ta6w tyf o1
ofufbx?df jf sxl st ;f0t u// hfgkbf
klg s6ofnf0 6lsf nufP/ ;f0t ug k'rng
lyof / cfh klg 5 .

jlbs ;gftg wdcg;/ x/s k'zifsf
gfdsf cufl8 kyd clf/ >L n\ v/ dfq
p;sf gfd nVg r'ng lyof h:t >Lu0fz,
>L/fd, >Lsi0f, >Lz^s/, >Leb cflb cflb .
>Lsf cy nldl xf cyft\gf/L?k xf .
;li6sl kydzlQm k'slt dftfn0 dfq/
o;/L x/s k'zifsf gfdsf cufl8 zlQm?kf
huHhggL dftfn0 ;Ddfg u// dfq k'zifsf
gfd nVg r'ng eujfgaf6 g z'z ePsf lyof
/ lxhf;Dd klg xfdln cf^gf gfdsf cufl8
>L nVb cfPsf lyof . t/ cfh kfZrfTo
;:sltsf kefjdf k// of gf/Lnf0 ;Ddfg u/L
>L nVg r'ng x6f0Psf 5 . of xdf nflu
ckfRo s'/f xf . cf^gf ;:slt hfufpgtkm
nflg xdf gltstf xf . kfZrfTo dn'ssf
dflg;n cf^gf wd / ;:sltsf krf/ k;/f/
cufl8 a9fpb ubf xfdln cf^gf wd ;:sf/
;:slt 5f8b hfg eg'sf cfk'hf0 / cf^gf
klxrfgnf0 la;g xf . o;/L xfdln cf^gf
lrgf/L d6fpg pBt xb uof egblv ljzjdf
k'lnPsf j/ gkfnlsf ;fg / klxrfg ;dfkt
eP/ hfg5 . ctll ;do 5b ;ts agf .

ufoql d6q, ofsgbg, z'Snf aXd
lj rf/=, cflb cgs k'sf/sf:tl / kygfx?
pNn\ v u// tl lqsfnbzl dxlfx?n bjl's
:tl / kfygf u/L cfk'x? ;j1 ePsf ;Gbz
kjfx u/sf 5g\.

klxn gf/Lsf klg j'ta6w u/L j'b k9g
rng ePsf n Cujbsfnlg ufuf, dqol,

sknf cfb ul/Psf tdfd lj bflx?sf gfd /
sfd dfl pNn|v e0; s'sf 5 .

o; ; DaGwdf pNn|v Pp6f Znfs|

gfd sknf gfd off dfl bflx?sf gfd /
sfd dfl pNn|v e0; s'sf 5 .

cyft\kfnlg ddedf dfl bflx?sf gfd /
sfd dfl pNn|v e0; s'sf 5 .
bflx?sf gfd / sfd dfl pNn|v e0; s'sf 5 .
bflx?sf gfd / sfd dfl pNn|v e0; s'sf 5 .
bflx?sf gfd / sfd dfl pNn|v e0; s'sf 5 .
bflx?sf gfd / sfd dfl pNn|v e0; s'sf 5 .

-eujfg\si0fn ultsf bzf cWofosf
#\$ cf Znfsdf eGgePsf 5 -

gfd sknf gfd off dfl bflx?sf gfd /
sfd dfl pNn|v e0; s'sf 5 .

cyft\ ; jelf dTo x"/ kl5 pTKlQ
xgx?sf ; li6 lgod klg d g x". To; u/L
:qlx?df /x'sf sllt, nld, jf0fl, :dlt,
al4, wlt, bof, s'0ff, ldf / ; xgzlntf klg
d g x'eGgePsf n cfo ; dfhdf gf/Lx?nf0
; Ddfg u// kHg rng rn'sf xf / xfdl
ultsf cgofolx?df gf/Lx?sf ljzif
; Ddfg / khf ug k/Dk/f klg /lxcPsf 5 .

dfl pNn|v ePsf ; a s/fx? k9bf
gf/Lx?klt k'lo cfo ; dfhn lgs 7hf >4f
/ ; Ddfg ub cPsf s/f :ki6 blvG5 . t/
cfhsf gf/Lx?n ol s/fx? aemj cj ; /
gkfP/ cyjf cWoog ug grfx/ jf gaem/
jf aem krP/ xf k'if ; dfhnf0 bfl lbb
sltko gf/Ln t kfZrfTo ; :sltsf cg ; /of
klg ug nfu'sf 5g\ . o; n xfd ; dfhdf
/x'sf ; fdlhs ; befj, >4f / ; Ddfgdf
wld/f nfu 5 . cyft\ ; fdlhs cl:y/tf /
czflct dnfpg nfu'sf 5 .

hljgsf
ult



■ a.k. zfx

r/f6nf0 cf^g cf7n RofK5
xftdf ; nf0sf sf6L lnG5
/, cfk\nf0 bfuaQL lbP ; /L
r/f6df cfuf emf:5,
h ; /L lrtfd /flvPsf z// hn5
wjfsf d:nf cfszlt/ p8/ hfG5
To ; u/L r/f6sf wjf klg
cfszlt/ hfG5
cflv/ r/f6 hNg / z// hNgdf
leGgtf s| ef / 0
o:t /x5 hljg,
o:t /x5 hljgsf ult .

; fR5, ; ; f/sf x/s dflg;x?n
bVb / eflb cPsf
zfZj t bZox? xg\ol
t/
dflg;x?df slxn klg
ol bZox?af6 r't hfug
olb hfubf xf t 0
nfe, aif, 30ff / s'sdsf
/fh lsg xGYof <
; asf enf xg ; sdt/
dflg;x?sf hljg
cu ; / xGYof .

zxl b j ; dfg is ckdfg

■ szj/fh kt



bz / hgtfsf
:jtGqtf / clwsf/sf nflu
kfOf cfxlt lbg JolQm g zxl b xg\
To ; n,
; GtfgAa ; fndf hxfhgof /f0ffzf ; g lj ?4
cfGbfng ubf
krnldf z's/fh zf:ql
/, l ; k mndf wdeQm dfydfnf0 emG8bf0of,
u^vfnfn / bz/y rGbnf0
zfefeuj tldf
ufnl xfgl clt qm/ tl/sfn dfl/of
u0ftGq cl3 ; Dd dn's jf ; Ln >4fk' s
dflgcfPsf zxl b log xg\.

sg lbg lyP,
ltg zxlbsf ; Demgdf labf lbOGYof
:dltlbj ; dgf0 ; Ddfg JoQm ul/GYof
; finsdf dfNofkOf u/L
>4f~hnl ckOf ul/GYof
lz/ em'sf0 zxlbsf OR5f, k'f ug
kOf ul/GYof .

t/ clxn eg,
kb / zlQmsf cf8df zxlbsf ; ^Vof
a9sf a9b 5
hftlo /fhglt / hftlo ljebn l ; lhPsf
zxl bx?sf ; ^Vof a9sf a9b 5 .
sfultn d/sf
kf6Lsf sfostf
%ofnaf6 ; 8sdf /ldtf xbf
ufnl nfu/ d/sf

cfuhgl / kfl/jfl/s emu8df dfl/Psf
; a zxl b
/fhosfifaf6 ltg'sf kl/jf/nf0
eQf ; ljwf .

ca t
zxl b bj ; df
; fjhlgs labf lsg rflxof <
hgxtOf lbg ; df kf labf t 0

o:tf kjlQn
bnnf0 r'gfjdf ef6 t ylkPnf
t/ zxl bkl t ul/g o:tf kmfxf/L /fhglt n
; Rrf zxl b / zxl bkl/ jf/nf0
slt kl8fafw xfnf 0
dfgdbg / ckdfg dx ; ' ; xfnf 0
/fi6sf ul/df / ; Ddfgdf klg
slt cfr kU5 xfnf 0
s ae'sf 5gVfhglt ugx?n
o:tf dd: kzl s/fx? <

blv nfu5,
hg clwsf/ / khftGqsf nflu
xf ; Lxf ; L cf^gf hl.jg alnbfg ug
tL dxfg\zxl bx?nf0 ; lDembf
/, cfXjfg ug dg nfu5,
zxlbsf ; xl dNofÍg ug
zxlbsf plrt ; Ddfg ug
alnbfglnf0 sb/ ug
/, zxl bdfly /fhglt gug .

ljifosf lj/f6\k:tt w/fsifof dxfsfo

■ pkf: 1fgi7 1jfm



! :- fife k:tt

■ ;ltf eS/f0 -lj:: @)&_
gkfnl ;flxTosf axljwdf ofubfg
lbPsl JoStTj xgl. pgsf w/fsifof -@)&_
dxsfJo eldsf;xt 5 ;o rfnl; ki7df
/lrt axtuGy xf . o;df wtlkltsf cfsifof
k:tt ul/Psf 5 . w/f cyftkYjl gf/lkfq /
cfsfz kZifkqsf ?kdf /xsf 5gl. dhTl
cfsfz / wtlalrsf cfsifof o;df /xsf
5 . o;df ktl; ;u / aQl; 5Gb /xsf 5gl.

@: w/fsifofsf fifejst

w/fsifof dxsfJodf ljifosf
lj/f6k:tt kf0G5 . ;u Psdf wtlsf v';L
vflhPsf 5, gkfnsf dlxd / dxljnf0
k:tt ul/Psf 5, of ;u d^vnfr/Ofsf
?kdf /xsf 5 . ;u b0df wtl / cfsfz bj
zlSt jf gf/L / kZif bj ldn/ cufl8 a9gkg
;Gbz 5 . ;u tlgdf kfsits ;fGbon ubf
cfsfz wtlklt cfslift ePsf rrf 5 .
;u rf/df ;fwgfsf dx/ ;li6s ;f/df /xg
tYo phfu/ ul/Psf 5 . ;u kfrdf dxgfos
cGgosf l:ylt / p;nj bz ljsf; sf lglDt
u/sf kOf k:tt ul/Psf 5 .

;fdflhs ljslt / lj;^ultsf kbfkf;
ub gfos cgGo / gflosf cl:dtfsf bzkd
/ dfgjxtsf rrf ;u 5df ul/Psf 5 . ;u
;ftdf ;fwgf/t gf/Lnf0 wtlgflosfsf ?kdf
j0fg ul/Psf 5 . ;u cf7df ; ;f/nf0 ;Gb/
agfpg cgGosf klt1f k:tt ul/Psf 5 .

;u gdf ;fdflhs ljslt cfNof0 To;sf
lg/fs/Ofsf kof; ul/Psf 5 . ;u b;df
af4s rltgfoSt sdn g ;fdfh kl/jtg xg
;Sg ljZjf; JoSt ul/Psf 5 .

/fhgltS ljslt / lj;^ult rrf ub
To;af6 dlStsf rfxgf ;u P3f/df ul/Psf
5 . ju/xt ;dtfdhs ;dfhsf rfxgf ;u
afxdf 5 . ;Tsd u/L a4Tj lgdfOf ugkg efj
;u txd /xsf 5 . ;donf0 aen/ kultsf
sfo ugkg ljrf/ ;u rfwd /xsf 5 . ;u
kGwdf ljslt kl/l:yltdf gof ousf rfxgf
ul/Psf 5 . ;u ;fxdf gof ou lgdfOfsf nflu
sdkydf nDsgkg ljrf/ JoSt ul/Psf
5 . ;u ;qdf qmfltsf jl/x?sf sdsf
kz;f ul/Psf 5 . ;u c7f/df rtgfsf
:j/ / hfultsf efj JoSt u/Psf 5 . ;u
pgGf0;df skjIQnf0 pbfaWf kl/Psf 5 .
;u al;df kult / ult?kl l;hgf;u gfos
cgGosf efjgTds ;DaGw blvPsf 5 .

dflg; zlStdf blvPsf ;/n efjsf
;dosNknf0 k:tt u/L ;fDojfb /
aXdjfbnf0 ;dfg bli6sf ?kdf lnOPsf
5 . ;u PSsf0; k'lo bfzlgS bli6n
dxljKOf 5 . ;u t0;df wtl, kd / l;hgfsf
lqsfoTds ;DaGwnf0 blvOPsf 5 . ;u
rfal;df sfJosf gfos cgGosf ljZj edOf
/ p;df hfut /fli6atf k:tt ul/Psf 5 .
;u kRRl;df dfgjLo rtgfsf ;jRrtfnf0
JoSt ul/Psf 5 .

;j b'zsl CtDe/fsf d'xd'ufg u/L ;u
5Aal; k:t't ul/Psf 5 . ;u ;Qf0; leq
ldng / b'znf0 l'jslt dSt agfpg ;j bdf
s'lgbt 5 . ;u c7Yf0;df ;Dfo kl/l:ylt
aeMl r'tgfb'k afn/ cufl8 a9gkg ;Gb'z
5 . ;u pgf'cl;df ;d:of / ;d'wfgsf l:ylt
k:t't ul/Psf 5 . ;u tl;df cgGo /
k0fDe/fsf d'woda6 sd, wd / ddkgdf
afn'jf au/sf :jR5 ;kmf s~rg kfglh:tf
aGkgj ejf JoSt ul/Psf 5 .

wtLsf ;fDo:j?k k:t't ub' wtL ;d'f
g' c'j ;/sf ?kdf ePsf nlo ;u PstL;df
/x'sf 5 . ;u aQl;df wtLsf aXdnfK0f
/ / ;fgeltk0f :j?k JoSt ul/Psf 5 . ;u
t'QL;df a4dtfn ;Tsd'sf lbPsf sfd
;Gbe, cfsfz / wtLsf ;fbldgl / cgGosf
k'dsf ;fystf / ldnglaGbsf r'rf ul/Psf
5 . ;u rftL;df gfos cgGo a4Tjdf k'j'z
u/kl5 1fg k'fkt u/sf / bz / hgftsf
nflu sfd ubf p;n' c'fknf0 la;s'f
l:yltsf r'rf ul/Psf 5 . ;u ktl; cl'Gtd
;usf ?kdf / o;df ;Eotfsf 1fgn' ubf
wtL clg cfsfzsf pRr ;a'Nk k'f e0
c'fgGbk'kt ePsf, d'fg;d' wtL / cfsfz?kl
lj'zintf /x'sf tYo k:t't ul/Psf 5 . o;/L
xbf lj'ifout lj/f6tf w/fsif0f dxfsfJosf
lj'ziftf g' ag'sf 5 .

w/fsif0f dxfsfJosf k'qn' lj/f6'
lj'ifonf0 af's'sf 5g\ gfos cgGo u/La
kl/jf/sf eP klg qm'fgt jL/x? ;u ldn/ sfd
u/sf 5g\ pgl k9n'v/ 1fgl ag'sf 5g\.
eujfg>Ls'i0f 3/fgfsf k'f' eP klg h'ndf
h'Gdsf ;a'3if u/eM cgGo klg ;a'3if u/L
c;n / ;an k'f' ag'sf bl'vG5 . gf/Lk'f'x?
;fbldgl, cl:dtf, ;l'tf, k0ffDe/f, CtDe/f
ol ;a' Pp6 eP klg lj'ljw lj'ifo af's'sf
5g\ cgGosf k'ldsf ?kdf c'fPsl gflosf
/ cgGosf /fi6<;d'fh, / lj'Zj s' af/df ;fRg

;Sg' lfdtf b'vfPsf 5g\ lj'Zj s'Nof0f lglDt
sfd u/sf 5g\.

dxfsfJodf z'flift k'f'x? ;an' r'tgf
/ af'4stf k'fkt u/L /fi6< dxfg\ sfo ug
;Sg' lfdtf b'vfPsf 5g\ k'slt'sf lj'r/0f
u/sf 5g\ cTofrf/ b'v/ To;s'f lj?4
sbd rfn'sf 5g\ ljleGg /fi6<<3d/
b'zlj'bz'sf km/skg x/sf 5g\ ukmf8L
g'tfx?klt Joa'loaf0f xfg'sf 5g\.

dxfsfJosf lj'ifonf0 lj/f6' ?k lb'g
;Gbedf k'slt'nf0 dfgjLs/0f ul/Psf 5 .
c'df, gf/L, k'ld'ssf ?kdf k'slt'nf0 k:t't
ul/Psf 5 . g'jbu'sf ?k cg's ePh:t
gf/Lsf lj'ljw ?k c'fPsf 5g\ k'slt'sf
dfgjLs/0f ul/Psf Ps Znfs pbf'x/0f x/f' ||

k'hndf h'geM xfl:y'g\h'g;fy ;bf enl
r'f'bd' r'fbglh:t /a'u ely'g'pgl vnl
afafsl sfvsl /fgl afn'sf tl dgfx/
au'rfa'lr sl k'h sNkntf ;f'j/ .

-;u 5 Znfs !#

dxfsfJodf /fi6k'dsf efjgf o;/L
JoSt ePsf 5 ||

t;y' leq d/ of Hof'tljDa r'nf'p5'

d d/f /fi6<sf em08f lj'Zjdf k'x/fp5' .

-;u ^, Znfs ^@

z'fl'Gt, ;To, Gof0 / >dsf ;Gbex?
dxfsfJodf o;/L k:t't ePsf 5g\ ||

a4j'f0l st' v'fN5g\;Tosf z'lstn' 5bf
k0ffDe/f agl 8N5g\sfJosl d'h ;Dkbf
tYoleq oxL xfl:5g\;Toleq ;bf kuL
;Toleq ;bf af'N5g\Gofosf lbJohl'jgl .

-;u ^, Znfs &!

Gofosf d'lt g' alG5g\Gofosd ;bf lem'sL
Gofosf j'lfsf x'fuf s'f8f;fy oxL /dL
tYo;f/ ag'sL 5g\;To;f/ pbf'pbf
nlo;f/ ag'sL 5g\>dsf Hof't k'lnbf .

-;u ^, Znfs &@

dxsfjodf zf:jt kdsf dxdnfo # gisf
o;/L uf0Psf 5 ॥

cgGo kddf k5g\cl:dtf ;fydf ha
Ps kf0f ag'sf 5g\;jf / sdvft/
Ps nlo lnPsf 5g\eb 5g st klg
Ps bVbf bv'sf 5g\;xf/f dgsf agl .
-;u ^, Znfs &^

dxsfjodf %ofp/ nodf n'sultsf
k;^u o;/L k:tt ePsf 5 ॥

ufpsf sf5f ufpsl sf5L ;dfh ;fydf
Gofosf 9f'sf nfu'sf bz /fv/ dfydf
eb5g\sl ol bzjf;L cf;n' tt/L
ufp5g\ult lkkn kft gr'sf s u/L <
-;u (, Znfs !\$

cGtodf 1fgfgb kfktsf k;^unfo
o;/L k:tt ul/Psf 5 ॥

Dfg a4 eof
Tfg a4 eof
Gfedf yndf
Hfa 1fg /Xof .

-;u #\$, Znfs !

gisf

o;/L xbf w/fsif0f dxsfjodf ljifout
ljijwtf kf0G5 . lj/f6\ljifo ePsf n' o; sf
dxfgtf l;4 ug ;lsG5, To;n' o; sf
ljifo dxsfjodf nflu pkoSt 5 . gj
/;, ljijw 5g\ cn^sf/, /lt cflb k'lo
sfJo u0fn' ;DkGg pSt dxsfJo gkfnL
dxsfJo k/Dk/fdf blvPsf axt\csf/sf
km/s znL / km/s k:tt lbg ;kmn pNnVo
dxsfjodf ?kdf /x'sf :ki6 xG5 . ljijw
ljifo xbfxb klg ;dfgtf, dfgjtf, a4Tj
axd1fg, ;jsNof0sf lgldTt dfgjlo hljg
;dk0f ugk5 eGg dxsfjodf dh ljifout
p2Zo /x'sf 5 . o;n' ubf dxsfjodf
ljifonfo lj/f6 ?kdf k:tt ePsf tYo kli6
ug ;lsG5 .

सहस्र सफल

EfS/f0, ;Ltf -@)&&, lzjufkn l/;fnsf
dxsfjodf jbf0t bzg, sf7df8f ॥ e8k/f0f k'sfzg .

eS/f0, ;Ltf -@)&(_ w/fsif0f, dxsfJo,
sf7df8f ॥ P/fj tl k'sfzg . aQL;ktnL, sf7df8f

lq:l: kbtsfof axd'vL Softk;
ljefulokd'v, kqsl/tf, ;:st lxobljefu

“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. अकुपंचर	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



ॐ

■



d'nsdf ns8fpg nfu|sf lyof .
;8sdf uf8L sd sb|sf blvGy .
egf ;/sf/L Eofgdfq blvGy .
;8sdf dfgj kf0nf sd blvPsf lyP .
dfgf dflg;x? eoelt lyP . dgfj1flgs
kefj k/sf lyof . Ps cfk;df ;xh / ufpdf
dflg; e63f6 afnrnf aGb ePsf lyof .
dflg;x? 8/sf sf/Of 3/af6 aflx/ lg:sg
8/fpy . sf/fgfsf qf; Tolt Jofks geP klg
;/sf/L ;'rgnf ql; t / Jofks kl/Psf lyof .

oxL jnf kxf8sf Ps bud :yfgaf6
dflg; t/f0 emb lyP . sRrf ;8s ePsfnf
Hofg hf|vddf lyof . ofql yf/ lyP . cf^gf
kt's ufpa6 t/f0 emb lyP . alraf6fdf kg
Pp6f /df0nf / dgf/d ufP lyof knl;^a .
Ps hdfgdf Ps hgf oxL ufpsf wfdL sf
of kmkf ug| l5tf/L JolQmn ufpdf /fdf kefj
kf/sf lyof . ufP dlG vfN;Ldf kw/f lyof .
Tof kw/fsf kfgl vfg k' ufpn'sf slns
uf8 blvg ubYof . sfxl yf/ JolQndf of
/fun kl8t lyPggl .

ufpsf rftf/fdf egf j/klknsf
la;fgLdf uf8L /flsof . b06L dlxnf, Ps
hgfsf sfvdf ;fgf gfgL lyof . uf8Ldf r9 .
uf8Ln ult Inof . ks|tn zfefodfg, kxf8L
z^aVnfnf0 Pskl5 uf8Ln 5f8b uof . tL
kxf8L z^aVnfxl/ofnl, yDsf, 8f8f, vfN;fsf
bZon cfvf /df0/x . uf8Lsf ultdf d6
sfDb klg /Xof . 8/n d6 sdfpb uf8Ldf
ofqf ul/of . vfN6fvN6Ldf uf8L 9nklbnf
;ftf uPh:tf xGYof . sfzL lsgf/df sg
;do lrQf agfP/ bfuaQL lbPsf cfdafafsf

;Demgf xGYof . uf8L sbfpbf p8sf ;8sssf
wnfn z/L/, km;f ePsf lyof . 6fpsfel/
wnwnf .

altgl eGHof^df sxl lf0f xfdL uf8Laf6
plqof . Toxl ;dodf tL kn l;^adf uf8Ldf
r9g Ps hgf 5f/L df5n dnf0 l67bfP/,
x/L lgs a/ .

Ps cfk;df xgdf kl:t:kwf uYof .
dneGb klxnf tL gfgLn, dv vflng^tkf0
z;b ;/ xf .Æ d csdlSP, KofRr afNg
;lsg . tL gfgLsf lz/ kR5f/ x/ . ltdlnf0
dn lrGg ;lsg t, ltdln dnf0 s ;/L lrGof
t, d/f gfd Inof .

ad pdf ehN, d sg lbg ljutsf sg
cds bnn u/sf ;Qf ;^Bifd hn k/sL
lyP . xfdL gf hgf lyof . xfdlnf0 kx/Ln
kqmp u// nu . xfdL gf hgf ufpsf Pp6f
cf>o :yndf bnsf glt krf/ ub lyof .
ufpsf df5nf0 cfGbfgndf nfgkb5 eg/
;Demfb lyof . To; jnf ufpdf Psfxf/f
s's/ es'sf lyP . xfdL a;sf 3/ kx/Ln
3/sf /x5g\ . xfdL kqmp k// eNs'sf
;lgs SofDk kYof0of . Toxf xfdlnf0 !!
lbg /flvof . e63f6 ug s;nf0 lbOPg .
aflx/of df5 gftfufnfnf0 e6g glibP klg
xfdlnf0 ;gnf b0 5fs vfg lbof, df/lk6
eg u/g . s/sf/ u// aofg Inof . bzfkN6,
Nofkr nufpg nufof .

tL gfgLnf0 /fs/ dn ;fw- To;kl5
s eof t < ltgn xf:t elgg^gf lbg;Dd
;lgsSofDkdf /fvkl5, sfgg lgods

cfwf/df xfdlnf0 dfg gldNg eP5 . lu/^tf/ u/s 7fpdf df#of eP, df/sf df#o xg /x5 . To;kl5 sfghsf kfngf ugkb /x5 . d/f aemf0df ;lgs SofDksf kdvn To lhNnfsf kzf; s / kx/Lsf xflsdnf0 afnfP/ xfdl gf hgfnf0 lhDdf nufP .

tl gfgl sf s/f ;g/ d crldt eP . s:tf s:tf nfluof . KofRr sxl aflag, ;gdfq . uf8Lsf rfns ahf/df 3Db lyP .

tl gfgl pdf ehnn d/f xft ;dfitg/ efjs eP/ cfvf /l;nf kf// elgg\ xfdl tlg lbg kx/L sfonodf a:of . kzf;gn 3fd kf6Lsf lrlgPsf JolQnnf0 afnfP/ lhDdf nufpg eP5, hn k7fpg kdf0f e6g5 . tkf0x? 3fd bnsf tlg hgf dfg;n kzf;gdf sfuh u// xfdlnf0 56bf0lbg eof . xfdl ;/sf/L lgoGq0faf6 aflxl/of kllSsf eof . Toxfaf6 kllSsf ePk5, d uP/ sxl

lbg 3/df a;/ sdfpg sf7df8f uP . Toxl Ps hgf tdf^a; u ljjfx u/ . Ps 5f/L kfPsl 5 . cdf e6g cfPsl, ;ofun tkf0nf0 e6, h;n s'g jnf xfdlnf0 ;/sf/sf lgoGq0faf6 arf0lbg eof . tkf0 wGjfbf kfq xf eg/ efj'stf ks6 u/L .

;fdfG?kdf dlxfdf blvg el?kgf p;df gblvP klq /fhgltsf b9tf eg pgl df lyPg . t/ k/fgf ;Dksf JolQnnf0 df0f / >4f ug afgl k/sl /lx5 . k/fgf 36gf ;Dem/ dnf0 lrgg / uOf u/sf ;Dem'sdf pglkl bnf nfluof . jf:tjdf ljutdf ljbfxl ;dXdf nfu'sf dfg;x? aem/ eGb klq efjgdf au/ cghgdf nfu'sf /x5g\ eGg d/f aemf0 /Xof . tl gfgl pdf ehnn /fhgltsf /l klq lng rfxgg\ ;fob 5f6f ofqsf sf/Of xfls 0



gkfn ;/sf/
cydGqfno

cfGtl/s /fh:j ljefusf];'rgf 0

cflys sofsnfkdf ;nlg sg JolQ jf lgsfon clgjfo zkdf :yfol nvf gDa/ -PAN_ lnP/ dfq sf/fjf/ ugkg tyf To:tf JolQ jf lgsfon dNo clejl4 s/ nfig j:t' tyf ;jfsf sf/fjf/ ug ePdf clgjfo zkdf dNo clejl4 s/df ;dt btf xgkg kjjwfg cfos/ Pg -; zfwg; lxt_ 2058 tyf dNo clejl4 s/ Pg -; zfwg ;lxt_ 2052 df /xsf 5 t;y, cflys sofsnfkdf ;nlg ;an :yfol nvf gDa/ ln0 / dNo clejl4 s/ nfig j:t' tyf ;jfsf sf/fjf/ ug JolQnn dNo clejl4 s/df btf e0 aln alhs hf/L ug, vl/b laql sf/fjf/sf clen v /fvG, cf^gf sf/fjf/sf cfkln s/ lgwf/Off 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/f0G5 . s/bttf btf xbf obfsbf jf:tljs ?kdf sf/fjf/df ;nlg JolQ / lgsfo btf ge0 sfdbf/ jf cGo c ;DalGwt JolQnsf gfddf sf/fjf/ btf u/L jf:tljs ?kdf sf/fjf/ ug JolQnn cGo ;fdfG cGhfg JolQnsf gfda6 krf0bf ln0 s/sf bflotj cGo JolQnf0 l;hgf ug kjjlQ ;dt blvg u/sf xbf jf:tljs ?kdf sf/fjf/df ;nlg JolQnsf gfddf dfq kld jf sDkgf btf e0 cf^gf sf/fjf/sf ;lglZr ttf u/L btf ug u/fpgxb ;fy cfGtl/s /fh:j sfonox? tyf s/bttf ;jf sfonox?n s/bttf btf ubf uOf: t/Lo btf -Quality Registration_ df Wofg lb0 jf:tljs s/bttfx\ dfq Plsg u/L btf ug u/fpg Joj:yf ldnfpgxb cfd s/bttf tyf ;Da4 sdrf/Lx\nf0 hfgsf/L u/f0G5 .



3fK6 gu

■ 3fu/df0f yfkt



- xbjn sfzNofnf0 Pp6f snd lsGg k7fPsf lyP. sfzNof cfpfg;fy pgn;fw- lsg olQ l9nf u#of 5f/L

5f/Ln lrlGtt dbfdf hjfk lb0g\ k;ndf /fh\ lbbl a;sl /l5g\ d/f s'/f ;Gb; lggg\8bf8L 0 3fK6f k// dfaf0n dfq rnf0/lxg\ dn lrdf6kl5 dfq snd lb0g\.

dGbfb/Ln xtf/ xtf/df 5f/Lnf0 sf/laf6L u// tof/ kf/g\ ;xbj / dGbfb/Lnf0 ;wsf r6f/f kg ub5 . lx8g jnfd ;xbj sf v6f/f af0s n lgx vfHof . w/ sfz ; u/ t/ :6f6 ePg .

sfzNofn af0s sf /fu kQf nuf0lb0g\ .OGwg lgoGqs l:j r ckmf /x5 . ;xbj lgs 6G;gdf lyP . 6b;g k9fP/ cfPsf km cfwfht gsnn p8f0lbP5 0

af0s :6f6 ePkI5 sfzNofnf0 lbSs nlf0f . pgl s6glts znldf elG5g\ d slQ l566 a9 xlu 8bf8L < kln kln d of 6bfldf a:bf 8bf8Lnf0 cufl8 xg slt ;lhnf xGYof, t/ clxn t xnd6sf Rofkn d/f 6fpsfdf 7bfE-7bfE nfu/=. .

pgsf efiffsf dlds efjn dDdL 8bf8Lnf0 efj's agf0lbof . 5f/Lnf0 alrdf /fvkl5 dGbfb/L af0sdf al;g\ . sfzNofn ofqel/ slxn ddsf ;f/Lt/ Wofg lblGyg\ slxn 8bf8Lsf af0s xsf0klt dtna /flvyg\ .

dDdLn ;fgTjgfsf sxl zAbx? JoQm ul/g\ ltdl lrgtf gu/ 5f/L, ca d klg l566

:s'6L lsG5' / ltdLn0 d :s'ndf k#ofp5' .

5f/Lsf cglafgn leGb ksf/sf cfgGbfgeIt kfkt xG5 . 5f/f klg hGdPsf t Toxl cflbd cf8f/af6 t xf, tyfk p;nf0 t cf^g :jfy Kof/f 5 . Psbd dtnal 5 .

sfzNofsf :s'nsf aflx/L kmf6s;fd ;xbjn af0s /fs\ . sfzNof af0-af0 sf xft xNnfb leqlt/ slbg\ . ;xbj sf af0s km/ cufl8 a9bf .

hfbfhfb af6fdf dGbfb/Lsl lklG;kn Dofdl sf uf8L;u e6 eof . dxZj/L Dofdn dGbfb/Lnf0 8flsg\ . dGbfb/L grfx/ uf8lleq al;g\ .

:s'nsf clkm;df kulk5 Dofdn elgg\ lsg emGen6 Joxf//xgxG5 Dofdl sfzNofnf0 xfd :s'ndf egf u/f g 0 cdf5f/Lnf0 cfpG / hfg ;lhnf xG5 .

slt ;Gg / slt hjfk lbg cf^g lklG;knf0 . tklg eGg aflwo e0g\ d/f 5f/f5f/L g kn uklblv Tof :s'ndf k9sf xg\ . cem 5f/f t Toxl snhdf kl9/x5 . 5f/L klg :sn kng dflGbg . pm x/s ;fn km:6 xG5' .

otf lklG;kn dGbfb/Lsf 6fpsf bvf0lb0g\ . ptf ;xbj sf lbd fu rf6g sfd tNnf sdrf/Ln u/ . sfd ubggaf 0 vfln dfaf0n rnf0/xsf 5g\ .

cGtt ;xbjn /ftf dv kfg k#of . pgn eg- xgf;blw/fdhl 0 >ldtLn0 kf0n

hfg afWo kfg| o:t| xs|tn| x| . sfonodf
t o:t| tfn 5 ð 3/df eng\3f\6f k|sf k|o
ug| x|nf ð ToxL d|sfdf >ldtlnf0 s ;|n=.

blw/fdhln| ;xbj ;/sf dfgxfgl xgu/L
hjfk| km|sfP- xh/ g| kgf ;\g t pQgf ð
d/f t 3f\6f kg| afgL 5 . 3f\6f g| k5 ð
cf|v/ of .3f\6| ou| g| x| Sof/ ð

lghfdtl 6& olgog| sf ;b:o?kl
;f9nf0 s ;n| 5g ;S5 < Hofg uof lghfdtl
zxlbx?sf . t/ blw/fdh:tf sdfrf/
sdrf/Lx?n| b?kofu ul//x|sf 5g\.

otf gs'n 3/df cf0klof| . ToxL j|nf
p ;s| dfaf0n ef0a|6 eof . p ;nf0 l/ ; k|Vg
d|sf ldlnx|Nof . ta s/|pg y|Nof- .of s| x|
bf0 < t/sf/L t ultnf 5g-5g, eft ;dt dnf0
g/|v|bP/ s| ug v|f|sf xh/x?n| <

ptfaf6 bf0n| xg, p ;s| lktfn| kmfg
u/sf lyP . gs'n ;xbjnf0 .bf0| ;Dafwg
ug| ubYof . gs'nsf bf0 elg6f|klnPsf
lktfn| ;DemP- dDdln| s's/df rfdn /
kfgL xfn/ l7Ss k|l/lbPsl l5g\ r'nf afn/
ksfP/ vfp . c|, t/sf/L dl7f ePg eg
c8f ksfP/ vfp xG5 lg t ð

.c|, oxL Pp6f sfd afsl 5 d/f| ð s:t|
lgk|sPsf 5f/f| x|nf ð afafnf0 vfp|nf e|
u// s/fof . s's/df 7ls k|l/lbPsf rfdn
ksfpg ghfg| ð

3/df c8f ;lsPsf /x5 . pglx?s|
3/ ;u hf|8Psf 3/df ls/fgf k ;n 5 . cx,
gs'nnf0 hfuf nfug . rfprfp ksfP/ efs
df#of .

ck/fXgdf ;xbjnf0 5f/Lsf :sna6
kmfg cfof . gs'n alxglnf0 lng guP/
;fylx? ;u ahf/ 8Ng uP5 . Ps 306fc|3
3/ hfg v|Hbf sDko6/df tf ;v|n/ ;do

a/afb k|l//x|sf sfonno kdvn| jrg
nufP/ 5f8 .

ansf sfzNof xfdjs| ub|5g\.
gs'n 3f0t| xfn|df 3/df cf0klof| . vfgf
ksf0/x|sf ;xbj|n| xsf/- .cfh klg af0s
n8fP/ cfPsf t < lsg ;fylsf af0s r9g
k/sf tnf0 < clg k ;f s| ul/ ;\g <

gs'nn| ;lhn| pQ/ lbof- .hQf lsg| .
;fylsf af0sdf k6f|n| xflnlbP . cf^gf t
gof lsgsf eP kf r9g| .

sxl a/k|5 gs'n l|tfa cuf|8 /fv/
dfaf0ndf Jo:t xg y|Nof . bf0n| bVnfg\
eg/ kbfn| 5Sof . sfzNofn| gkYoaf6
cg/fw ul/g\ .bfbf, b|bf ð otf cfpgf ;\t Ps
k6s . dnf0 Pp6f lx ;fa l ;sf0lbgf ;\g| .

bfbfn| gdl7f jrg nufof- .t cf^gf
Snf ;sL km:6 un| eP/ klg Tolt hfaf
Dofy cfpgb < d cf^gf kf7 k9"ls tnf0
l ;sf0lbg < km ;b 5g dnf0| .

bfbfsf tfn b|v/ pgsf l|rQ bVof .
pgn| la/fnfsf rfnn| cl3 a9/ bfbfsf
k:ts lnP/ n ;Ss km|s0g\ . sfzNofn| Tof
l|tfa 8bf8L ;fd /flv|b0g\ . ;xbj 5f/fsf
sfg ;dfg kluxfn- .tnf0 gnfos ð oxL
x| t|n| k9|sf <

5f/fn| laxfg rfprfp vfp/ k6
egkgfsf ;dt l/ ; vGofof- dn| kf ; u//
b|vfp ePg xh/x?nf0 < v|ln k9\k9\eg/
dfq xG5 < ultnf sn|h klg t xgk|of ð
laxfg klg efSs /fVgeof, clxn| klg
Hofgdly xdnf < df|bgf ;\a? dnf0 . d d//
s| xG5 / < kof/L 5f/L 5b5| lg| .

pk\ ð gs'nn| t hfq b|v|lbof
uf6V ð lar/L sfzNof ð bfbfsf pkbf b|v/
;s ;sfpg y|ling\ . >ldfgsf x|tdf tfg/

dGbfb/Ln| ls rlgdf Nof0g\ / ug f;f ul/g\ .tkf0 lsg hfGg| kN6/ 5f/fnf0 xftkft ugk/sf < h| ugk/ klg d| uy| lg ; / Ū

;xbj lgs| hfzdf cP- ul/xfNof lg va Ū andf tx nufpg ;s|sl eP cfh o:tf 3d08L eP/ lgl: sGyof ltdf 5f/f <

afaf, cdf otlt/ ax; ug nfu . ptf gs'n| alxglnf0 kf6k6kfb| bjrg afNof- .vfg hlgd|sl /5; Ū To; s| nflu t l9nf hGdPsf tnf0 . of 3/df tdfq a; \. uP d

gs'n a7s sf7faf6 lg: s/ lx8bf . sfzNof ħb| lsrgdf klug\ . Toxl avt dflayaf6 3/a6L af cP / xf: b| eGg nfu- .zĥ uXof xg t cfh klg gs'n| dxef/t < xfxxf=Ū afpnf0 bf0 eGgx? o: t| xG5g\ ;xbj afa Ū ha /fdfof / dxef/tsf kfqx? g oxL 5g\ eg lsg kl9/xgkXof lsfafsf 7nl < gfd t hfG/ /fv|sf xf af Ū l5d|slx?nf0 klg afnfpm ls dGbfb/L Dofd < xfxxf=.

sl/a Ps xKtf laTof . gs'n e|6Pg . snh klg uPsf /xg5 . t/ crfgs /fts| alrdf lzjfgLn| dGbfb/Lnf0 kmfgdf elgg\ .t/f 5f/f 3/df emu8f u// cfPh: tf nfluof . t/ t lrgtf g ln dGbfb/L . p; nf0 d ;Demfpmnf .

bfbf 3/df gxbf sfzNofnf0 Tof /ft klg lgbf k/g . ddLn| 5f/Lsf skfn ;'d; Dofpb ;flwg\ .bfbfsf ;fx| ofb cf0/x5 xf 5f/L < ltdL kL/ gu/ . efln laxfg cfpGxG5 ltdf=.

- .dDdL, dDdL Ū d Pp6f s/f ;fw5' . xh/ gl/ ;fpgf; \ x; \< dDdLsf clGtd jfSo k/f gxb 5f/Ln| ; jfn ul/g\ . dDdLsf d6df r ;Ss 3fRof . pgn| elgg\ .ki6; u ;fw 5f/L . ltdLn| h| ;fw klg d l/ ;fplbg . s; d l/ ;fplbg .

sfzNof kfgL lkpG| lgx' kf// pl7g\ / eGg nflug\ .cfh 8bf8Ln| bfndf gg cln a;L g| xfNgeP5 Sof/ .

dDdLn| ;xh pQ/ lb0g\ .ltdLnf0 dfq To:tf nfu|sf xfnf . cfh t eng\dl7f vfgf lyof . dnf0 t ltdf 8bf8Ln| ksfPsf j|nf df0tLsf efG5df vfPh: t| nfu5 gfg" .

yf/ kfgL lkp/ ;fkmdf a: b| sfzNofn| a8f dfls ; jfn ul/g\ .dnf0 xh/x?n| lsg l9nf hGdPgePsf dDdL < d t bfbfsf efu vf: g cfPsl / Ū d d/ eg| bfbdfq ;DklQsf dflns aGxG5 / xf dDdL <

x| euJfgŪ of s| ;Gb 5' d Ū dGbfb/Lsf ;ftfkTnf p8bf Ū pgl h?Ss p7/ u0 5f/Lsf kfpdf ;dft/ eGg nflug\ .xg 5f/L, xg, s; n| l; sfof ltdLnf0 < olQ ;fgl dfG5n| olQ 7hf s/f s; /L hfGof eg t <

dGbfb/Ln| sfzNofnf0 rkSs cufnfd al/g\ .pgsf cfvaf6 c; f/-; fpg jlifg yfn| . dDdLsf To: tf xfnt b'v/ sfzNofnf0 kl/ kg yfnof . ta gf6slo znldf c66xf; ub| eGg nflug\ .xfxfxf=Ū xxx=Ū nf Ū ddl t TolQs| ?g yfNgeof . dn| t cl: t l6eldf x/sL lknNdsf .skL kf u/sL t

Tolt elg; skl5 pgl rkrfk cf5bfGdf u0 ;ltg\ .csf sf7fdf ;xbj ev/h;f ;t'sf lyP . aNn cfvf nfunf-nfunfh:tf ePsf lyof . PSsf; ufnfd tftf cf; tKs|sf cfef; eof . kTglSf ħjfo b'v/ 5Ss k/ Ū

kTglN| vf; s/f atf0lb0g\ .To; kl5 t pgsf klg kmfS; f kmNg yfnxfNof Ū 5f/fsf xs'taf6 pgl ddfxt eP . cfwf /ft; Dd lgbfpg ;sgg\ .

eflnkN6 laxfg tlg hgf gs'nnf0 lng lzjfgLsf 3/df ku| . ;xbj n| af0snf0

u6af6 leq nuḡḡ\ pḡnf0 Ps k|sf/sf
n3tfef; n| ; tf0f .

lzjfgln| dḡbfb/Lnf0 c|dfn u//
cf|dloṭf kbzg ul/g\ . ;xb|jn| gd:sf/d
lrQ aemfP . sfzNofn| afn; netf kbzg
ub| lzjfgl cfḡ6lnf0 gd:sf/ ul/g\ / lk^a
ePlt/ slbg\ . xf6nsf nalh:tf a7sdf
a;fjb| lzjfgln| elgg\ . ;gsf| lkh8fdf
bf0x?nf0 xfb|s : jfut 5 .

xfxfx|= lkh8f xg , ;gsf dxn eg
g lzjfgl alxgl Ū lsg cf^gf dfg cfk|n|
36fp5bf <| ;xb|jn| xf:b| kltlq|mf lbP .

dḡbfb/Ln| klg l6Kk0fl ul/g\ dfḡ5nf0
hlQ eP klg lrQ a%bg /x5 lzjfgl .
tnf0 oxf s|sf sdl 5 / r/L hndf| eḡḡ
ultsf ^ofg aḡḡ vfH5| ; < xfdlnf0 kf uxf|
5 t . dSs|sf nufh:tf 5 xidf| lhḡbul .
otf 6fNof, ptf Rofltḡ5 . ptf 6fNof, k|n|/
csf|t/ Rofltḡ5 .

lzjfglsL ebgl a|skmf:6sf 6<af|s/
pkl:yt e0 . p;sf| gfd sNkgf xf .
kl5Nt/ gsn blvof . gsn / sNkgf
ldn/ a|skmf:6 lbP .

dḡbfb/Ln| ; flwg\ . lzjfgl Ū dnf0 Pp6f
s/f g9f6l atf t . gsn of kfnldfq cfPsf
xf|s c? lbg klg wfpg| uYof <|

lzjfgln| dl:sb hjfk| lb0g\ . h;/L
tnf0 lzjfgl; u e6ḡ sg| cf0taf/ sgkbg,
7ls p; u/L gsnnf0 klg sNkgf; u=.

;xb|jn| s/f sf6b Jo^aUofTds zinldf
eg- . lognf0 dfq cfpḡ /x5 6lg Ph Ū
ltdl, xfdl t TolQs| of pd/sf ep5f xg t <
ltdl klg afn g dḡbfb/L .

s/f xb|lyof . lk^adf/df0/x|sl sfzNof
bf8b| cf0klug\ . pḡn| bfbfsf xft ; dfpb|

elgg\ . lsg xh/ xfdlnf0 gegl cfḡ6lsf
3/df n's/ a:gePsf bfbf <|

cfḡ6ln| gsnnf0 alxgl; u dfk|l dfḡḡ
nuf0g\ . p;n| pgsf s/f dfḡof . cablv
alxgl|sf dg bVḡ| s/f gug| s; d klg vfof| .

sfzNof v';L e0g\ . pḡn| ddlsf sfḡdf
dv nu/ vf; v'; s/f ul/g\ . pḡn| bfbfsf
dfaf0ndf sNkgfsf kmf6fx? b|v|sl /lx5g\ .

a|skmf:6 vfb| ubf| ;xb|j sf dfaf0ndf
sn cf0f . pḡn| yxf| kfP, 6b;g k9ḡ|
s6fx? 3/df cf0; s|sf /x5g\ . ta pḡnf0
hfg xtf/ exfNof . t/ lzjfgln| dḡbfb/Lnf0
/f|sg\ . kl5 df6/df k%of0lbg| jrg lb0g\ .

gsn t sNkgf; u 3/leq st
x/f0; s|sf|lyof . pm t sNkgfnf0 unk|ḡ8
agfpḡ kfPsfdf dVv lyof| .

sfzNof klg 8bf8L; u| knls0g\ . lko ;fyl
lzjfgl oqf dxndf a;/ , ;'v efu u// klg
;ḡti6 gePsl b|v/ dḡbfb/Lnf0 cfZro n|lof Ū

lzjfglnf0 eflts ;'v rflxPsf lyPg .
pḡnf0 t :jtḡqtf rflxPsf lyof . ;aeḡbf
7hf s/f t pḡnf0 gfd rflxPsf lyof .
pgsf rfxḡ lyof, kfk|n| / aḡḡ . pḡn| sxl
;do snhx?df kfwofkg u/sl klg xg\ .

t/ Jofkl/s 3/tḡdf laxjf/L ePk|5
lzjfglsf pQ| rfxḡdf tiff/fkft n|lof .
klt htftf, kTḡl TotfTotf . of|otf eP/ s|
sfd n|lof < Toxl eP/ pḡl cfk|nf0 . ;gsf
lkh8fdf s|b ul/Psl r/L 7fḡbl5g\ .

lzjfgln| dḡbfb/Lsf xftdf Pp6f
lḡdḡq0ff-kq ydf0g\ . dḡbfb/Ln| ;// kl9g\
/ clud zesfdḡ JoQ| ul/g\ . lzjfgln|
dḡbfb/Lnf0 ;emfj lb0g\ . gsnnf0 ufnl
u// xg, df0fn| ; Demfpg elgg\ .

lzjfgln| cf^gf Psdfq ;Gtfgsf bi6ft
;gf0g\ pgsL 5f/Lnf0 oxf gklbf s| lyof / <
t/ p;nf0 lahgi;df 0G6i6 g| ePg . g t
cdfsf ;kgfnf0 ;fsf/ kfglt/ nful . ljbz
k9g u0 . t/ 8fS6/ klg e0g . 0lGhlgo/ klg
algg . Pp6f v//sf dfofhndf k/L / p; s|
xf6nsf Dofgh/ ag/ ;jfb ub5| .

;femkv ;xbjx? Ps| 7fpdf hDdf eP/
5nkn ub5g\ . gsnn| xtaf6 dfaf0n
5f8g ;s|sf 5g .

8bf8L eG5g\ .slQ dfaf0ndf 3fk6f
k/sf 5f/f . tnf0 Pp6f s/f yxf 5 < d/f
Pp6f 8fS6/ ;fyln| eg|sf, cToflws dfaf0n
rnfP/ dflg;x? cgs /fusf l; sf/ aGb
u0/x|sf 5g\ / 0 lgbf gnflg, ckr xg,
Uofli6sn ; tfgp, uwg bVg /fuLx?sf nfd
5 / lSnlgdsf 0

/fd| ef lg bf0 .0 gsnn| dfaf0n
g5f8L s'ts u^of- hlt w/ la/fdl eof, plt
w/ 8fS6/nf0 kmf0bf xG5 . xfdlnf0 dfq
3fk6sf bV5g\ . la/fdl hfRbf / k;lqm; g
nVbf 8fS6/x? klg t 3fk6G5g\lg bf0 <

yfndf vfhf 5 . t/ p;nf0 s| vf0/x5
eGg kQ 5g . sfzNofn ;6Ss yfn
x6f0lb0g\ / lrofsf lunf; /flvlb0g\ . kfof
: jfb vfhsf 0 yfndf xfn|sf xft lunf; leq
k:of / tftf lrofn| kfn/ lRofof .

tlg hgf dHhfn| xf; . gsnn| alxglsf
xst xf eg/ yxf kf0xfNof . pm lk6gnf0
pl7; s|sf lyof . 8bf8Ln| sddf ;dft/
yrf/lbP . gs'n a; /L s/fpg yfNof .

alxglnf0 bfbfsf dfof nlf0f / sb/
u0g\ . pgn| klnhaf6 a/kmsf 6qmf? a6n/
Pp6f sk8fdf kfsf kf/L kfn|sf 7fpdf
; slbg vflhg\ . gsnn| ufnl ub| alxglsf
xft kmfnlbof .

dDdLn| /fd| dvn| ; Demfpg nflug\ x/
5f/f 0 xfdln| ldlaf6 sxl kfpq cfzf u/sf
5gf . xfdl rfxG5f, ltdf eljio pHHjn
agf; \ . ljbz| tfs/ rflx sxl xGg x| .

5f/fn| pXL /l8d8 pQ/ lbof- xg dd0
d t o/fk g hfg| xf . d/ rf/ hgf ;fyLx?sf
eL; f nflu; Sof 0

5f/fsf s/f ;g/ ;xbj sf aagl tft/
cf0f / xsf/- .c, c 0 ljbzdf t l; Qdf
8n/ l6Kg kf0G5 xfnf lg 0 tnf0 ljbz| hfg
dg 5 eg| csf af6f klg t vnf 5 .
nfs ;jfb kf; u// k//fi6<dGqfnodf kl/; \
eg| t /fhbtfjfb; =0

.km| pXL s/f < km| / k/fg /6fg xh/sf <
5f/f PSsf; lRofP/ eGg nlf0f- dnf0 of
emf/ nfs ;jfsf s/ gugf; \egsf 5 t .
xh/n| s| kfpgeof eGgf; \t < sg| gtfsf
unfdl gu/L hflu/df l6Sg ; SgxG5 < kdf; g
kfpgePsf 5 < ; jfb dflbf kfpgeof <

.of s/frflx 7Ls| ul/; \5f/f 0 dDdLn|
dgsf pxfkfx kflvg\ . clxn| bzdf ePs
ToxL 5 . hgtfsf 5f/f5f/Lx? d// uP .
dfh ugrflx gtfsf ;Gtfgx? 0 hgtfsf
5f/f5f/Lnf0 ahjfb lzlf| sf gddf :sn
alxisf/ ug nuf0 sfwdf aGbs le/fP . t/
gtfsf ;Gtfg ljbzdf k9fP . cfh ;/sf/L
;ljwf vfgx? ltg 5g\.

8bf8Lsf a9L ef;g ;Gknf eg/
gs'n afx/ lgl:sof . 5f/fsf tln b|v/
;xbj lg/fz eP . pgl 6ansf sDko6/df
sfd ug d|rdf a; . t/ laxfsf lgdGqOff-
kqn| pgsf Wofg lVlrlbof .

pgn| pQm sf8 p7fP . k:ts-b/fhdf
klg sxl sf8x? lyP . ;a sf8x? lnP/
pgl efG5fdf uP . pgn| 5f/Lnf0 kNnf
sf7fdf uP/ xfdcf|s ug cfux u/ .

t/sf/L s'nfpb u/sL dGbfb/Ln elggA
ca t sGbLo /fhwfgLdf l6Sg g;lsPnfh:tf
5 >ldfghL Ū rf8 ;?jf ldnfpg;\. ca
cf^g /fhwfgLdf u0 sfd u/f xGg / <

>ldfg\ cfZro dfGb eG5gA ltdf
;fylx? 5g\ d/f ;fylx? 5g\ Itglx?nf0
h ug klg ku's 5 Ū kf:gblv lnP/ ay
8 kf6L;Dd, ataGwb|v lnP/ PGgle;/L
kf6L;Dd vr ug ;S5gŪ x/s dlxgf
nuf lsG5g\ kx'nf wft'sf uxgf k|/L k|/L
nufPs 5gŪ

>ldtL yk5gA ;aeGb fxf t
xhdlh:tf lgDg-dWod juLo kl/jf/nf0 5
;xbj ;/ Ū lgdGqOff cfPs 7fpdf hfg
k'of, gg ;fylef0sf ;dXdf sGh; Ū sf
pkgfdn kl/lrt eG5. uof eg ;wel/
cefj cefj;u ;fdgf ugk5. g t tn
em// a:g ;lsG5, g t ;lsG5 dfly g klG Ū

;xbjn k;Es s/f u/- lzjfglnf0
gkŪbf s 5, eg t d8d < t/ pkxf/ t
ultn nfg k'of lg xg < xf, o:t o:t s/fdf
xpdf vftf l/lQG5 Dofd Ū ;do / ;Ghfun
h/f0lbPs ;f0gf 5 lg Ū ltdL Kof/L ;fyl
clg Kof/L ;fylsf cfb/Oflo bfh' d. d/f
xftdf 5, ca/kl alxgl-;fylsf Xofkkl
Dof/h PlGge;/L kf6Lsf lgdGqOff-kq Ū

cGttl ;xbj / dGbfb/Ln ;/sf/sf
;aBLo zf;glsf ddnf0 cfd;ft\ ugkg
eof. sf7df8f 5f8g lgOfodf ku.

t/ gs'nn ANofs dln^ u'of Ū ;f0t
kf// 8/f3/af6 k:yfg ug j'nfdf lzjfglsf
df6/ cfP/ af6f 5Sof. gs'n / lzjfgl
df6/af6 cflnP.

lzjfgln elggA of tn /fdf lg0fo
ul/g;\;fyl Ū gs'nn ev/ xpdf sDkgldf
sfd l;Sb 5. t/f of xs'tn 5f/fsf

kultsf af6fdf sf8f la5bfPh:tf eof
dGbfb/L Ū

;xbjnf0 emgSs l/; p7bf /
hjfk lbP- xdf 5f/f, ltdf klg 5f/ ;/x
xf. o;nf0 ltdln nu/ /fv g t lzjfgl
alxgl. o/fk hfg /x/ 5 o;sf. ltdln g
k7f0bpm Ū

gs'n kl5 x6b eG5- d t hfGg
xh/x?;u Ū

dGbfb/Ln lzjfglnf0 lh:Sof0gA s
5 ljr/f lzjfgl < nu/ kfN5;\ t xdf
5f/fnf0 <

lzjfgln dvn hjfk lb0gg\ Jojxf/n
b\vf0lb0g\ gs'nnf0 cufnf xNb df6/df
a;f0g\ df6/ :6f6 ul/g\ gsnsf kf/f
b\vf/ ;xbjnf0 pb's n'lof.

dGbfb/Ln leq c? sfxL 5 ls eg/
lzzfaf6 xl/g\ kl5Nnf l;6df sNkgf a;sl
/5. p;n gd:sf/ u/L. ta dGbfb/Lsf
d6df r;Ss u'of. df6/ u8bf.

ta sfzNof eGg nflugA dDdL /fSg;\
g bfbnf0. l56f /fSg;\g. ddL, 8bf8L Ū
ddL=Ū

8bf8Ln ;DemP- ltdf bbf cfb|v
k/f0 eof 5f/L. pm ca ljbz hfG5. ca
xdl upf hfg. upsf 3/df xh/cfd,
xh/aafn gfltgl slxn cfp15gveg/ af6f
xl//xgePs 5 5f/L. hfp xfd Ū

lzjfglsf df6/ cfe'n kl/;s sf 5.
Pp6f 6bfS;L cfP/ /f1sG5. ;xbjx?
lak's; / em'nf? nf8 ug yfN5g\ tlg
hgf kl5Nnf l;6df a:5g\ 9fsf nufp5g\.
6bfS;L a;kf'sf af6ft/ x0lsG5.
x0ls/xG5.

ॐ

■ हगहग चहसह
वहग



dg st| st|, efl; bf eof
lbn km/flsnf, v|Drb| uof
ljfd xG5 nf kd ; Dengf
lg/; lhGbul, r|tgfljgf .

ha ; w| ; u|, xGg ; fy Tof
ta ; a| ; w|, kd 3ft ef
; 'v kmfpg, /ft sNkgf
lg/; lhGbul, r|tgfljgf .

; an aGg Yof, dfu vGg Yof
kltt sd nf, 5f8 eGg Yof
plrt xG5 s| < eflosf lrgf
lg/; lhGbul, r|tgfljgf .

c ; n sdn|, aG5 lhGbul
; an kddf, aU5 u08sL
; do Joydf, kmfng nf lsg
lg/; lhGbul, r|tgfljgf .

-5Gb-0Gb/f_

ult

■ हल वql



; lsG5 eg| of b|znf0 s|xL lbP/ hfcf eG5' .
g ; s| klq a ; Ghn dfof lbP/ hfcf eG5' ..

u// ufnL of dftelDnf0 s| kfp5f ltdln|
d// hfbf : judf klq s| nfG5f ltdln|
; lsG5 eg| Ps 6qm d6 lbP/ hfcf eG5' .
g ; s| klq a ; Ghn dfof lbP/ hfcf eG5' ..

lz/ xf lxdfn 5ftL xf kxf8 sfv xf t/f0
hxf a ; klq Ps| xf xfdL sf 5 / k/f0 U
g' f/f cf ; cfdnf0 v'zL lbP/ hfcf eG5'
g ; s| klq a ; Ghn dfof lbP/ hfcf eG5' ..

; lsG5 eg| of b|znf0 s|xL lbP/ hfcf eG5' .
g ; s| klq a ; Ghn dfof lbP/ hfcf eG5' ..

bflotJsf ; DkOf{c^sx; x|{rfxg}n|lgDg j|e; f06 vfhL
nfe p7fpg ; Sgxg5 .

Website: www.nepalipublisher.com

<http://nepalipublisher.com/downlods-dayitwa>

www.dayitwa.org.np

d d/f dz vff/x5

■ fgn/d0f k/fhnt



d/f afn
Kjfn k/sf
bf/f ;'zjfn ntf//
lgwf/af6 au/sf glgnf
kl;gf lkpb
d/f lzlfblffsf nflu
lbg/ft blv u/sf,
d/L cdfn
cfwf k6 vfP/
d/f xftv\$
alnof agfPsf
Toxl
Ps yfg gful/stf
Ps yfg /fxbfglsf
nflu xf <
olb xf eg
dn 6s|sf eld
ljZj dfglrqdf
sg bzsf gfdn
lrlg5
d sg bzsf
gful/s x' <

vf0 d/f
uf; , af; / skf;
;lgZrt ul/lbg ;/sf/ <
vf0 d/f ;lk cg;f/sf
/fhuf/L vf0 <
dn afnsblv ojff;Dd
vn|sf sb|sf 7fp
:ju agfpg

dfglrq 5g,
sxl 5g
5 t sijn
kf; kf6
clg
afasf Kjfn k/sf
bf/f ;'zjfn
cdfsf
ddtf kflvPsf gog
clg
bz
5ftldf w/f6L /fv/
sd:yn ljbzl eld
s| d / dh:tf
ojfx?sf of
k: tgl lgolt xf t <
kSs xf0g .

ojfnf0 ljbz k7fP/
xdf a9f afacfdffly
zf;g ug
k4ltnf0
;/sf/ elgbg
bz / hgtfsf
6fpsf dfly
l/Ofsf ef/L afSP/
cfkn";DkGg aGg
JolQmnf0 gtf elgbg
hgtfsf cfvdf
5f/f xfn/
af8r8L

; /sf/ rnfpq
k4ltnf0
khftGq
uOfTGq
nfs tGq
elgbg .

kn|s ojff xf kn|s
ca kn|/ Ps k6s
o4 ug 5
bzsf /Ify
of bzdf
jL/Gb dl/P, /fhf lyP
dbg df/P, nfsiko lyP
lgdnf df/Og\ gf/L hggL ly0g\
s ;|n Gof kfpG
; tln ;/fk|sf eg/
slt lbg rk a:5f
abn pvfgnf0 .

lznfGof; u/
gof gkfn|sf hu
:yflkt u/
;zf;g, zflGt / ;d|4
clg
pkxf/ bpm
;Gtltnf0 Pp6f ;Gb/ bz
gkfn ==000



6lsf

■ min/fh bxfn



lj gfb'sdf/ ;fgb|v ;dfhjfb|
/fhglts bndf cfa4 lyP .
pgsf bnn| af'ssf julo
lrGtgsf kefj pgdf klg ulx/f;u
k/sf lyof . ;dfhjfb| lsQsf gtfx? clt
hfl;nf;u ââf'ds efltsjfb k9fpy .
/flt/flt qmflGtsf s'/fx? 3fsfpy . To;n|
pgl hfzsf ;fy bnlo ultjlwdf nfu'sf
lyP . ufpnx?sf r|tgfsf :t/ a9fpg pgl
tNnlG /x| . pgn| 0dfgbf/Lsf asf cf9sf
lyP . pgsf lgi7fsf cf;g l:y/ lyof .
pgsf dx|df cfzsf phofnf rDs|sf
xGYof .

la:tf/ la:tf/ pgsf bnsf ;fylx?sf
lj rf/df ljrng cfpG yfNof . ;DklQ hf8g|
xf8afhl z? eof . ;DklQ hf8g| xf8n|
a0dfglsf af6f ;dfpg yfNof . pgl ;u'sf
;jxf/f ;fylx?n| gof gof l|nf;L 3/, uf8L
hf|8; s|sf lyP .

klxn| klxn| pglecbf qmflGtsf/L blvg|
;fylx?sf lbgf|bg cflys pGgl e0/x|
klg pgsf dg eg cljrlnt g lyof .

pgsf ;ds|fl gtfx?dwo| sfxL
kf6Lsf 7N7hf kbdf cf;lg eP eg sfxL

dGql eP . pglecbfkl5 kf6Ldf nfu'sf klG
pglecbf lgs| wgl e; s|sf lyP .

ca pgsf kf6Ldf klxn|h:tf eL8
xbg, lsgeg| hf'sfxL cf^gf gtf'sxf klG|
kfpbgg|. lgs| 7hf ;/lf 3/f kf/ u/kl5 dfq|
kluG5 Toxf . klxn|h:tf klzlf0f, e63f6 klG
xbg . l|nf;L uf8Ldf /x'sf cf^gf gtfnf0
6f9af6 clejfbg u// lrQ ae'fpgk5 .
o:tf vfnsf 36gfn| eg pgnf0 lr|Gtt
agfPsf lyof .

o:tdf ko6s em 6KnSs cf0ku'sf
bz'n| klG pgnf0 lk/Nof . c?n| nufPsf
gof nuf / ultjlw blv/ pgsf hxfg kl/jf/
pbf; eP . To;f t hgtg pglx?n| klG bz|
ptf/ .

pgsf dgdf /x'sf j|rf/s dfGotsf
af6f PSSf; vl08t eof . pgn| ;dfhjfb'sf
af6fnf0 cem| alnof;u 9nfg ugkg| blv|
ha lgwf/el/ /ftf c|ftf 6f; / l|nf;L uf8Ldf
;j/ cf^g gtfn| pgnf0 afnfP, ætdL klG
hfg| xf0g ljgfb < of kflnb|v xdf cWof
sd/8n| klG 6Lsf aS;g| / ÛE

afudt! !, sdo!, ;nfx|

bfloTj

sf7df8f pknAW xg] :yfg

kf] klkf cfrfo{

la: P;: aS;

hfd] dfsf, /Tgkfs{ sf7df8f} ;Dks{|| (*\$!@(!*&

ritf

■ dfg 3d7



s|of ku| cem sof kl|g kl|gk5
cfgb dfglsg b|bgl hNgk5
5gg\sg kl|g pkfo lnP/ rfnf
la5bpgf gu/L xG5 / pi0f zfnf .

-!_

xfdl kl|of / slt nf; ToxL hnfof
x/L wjf lflofs cftd Toxf unfof
km|s/ km|/ 3/af/lt/ /dfof
cfzf / nfe, ddtf clws| ;dfof .

-@_

dftf, lktf, Zjz/, afGwj, hfo-dftf
kf// /fv To; d| km|/of ljwftf 0
cfuf lnP/ dvd| ha /fVgk5
Tof ; lDembf dg s6Ss bv/ uN5 .

-#_

dfG5 ePkI5 lr tft/ emf| ; g| xg\
vf0 lzvf cgndf ; a 7f| ; g| xg\
vNbg r|t lsg nfe / dfg a95
aNem/ Tof ; 0g em| cem leq u95 .

-\$_

aNbf 89/ tg p7b5 wd| snfnf
d:nf ag/ ha aG5 Jofd hfnf
d:nf; u| ljlng nfe / jf; gfsf
0iof / aif, ddtf clg rfxgfsf .

-%_

h:t 3d08 wgsf, ansf ePlg
9Ng5 bx hlt g| ; ljwf /xllg
gftf, s6Da g ; vf g lkof g jf;
sfxl xbg g/xkl5 ; f; cfz .

-^_

; 0g 0 lgsf gxg| 3fp .

kv/ a:b5 lr tf lbg /ft uGb
Tof cfpG5 lbg Ps c jZo eGb
/fv/ sfve/ ub5 kd eG5
kf// /fv hndf tg tf axG5 .

-&_

lgDtf k7fp5 ; lgG / el6bg
kfnf ldnkl5 t lgZro dl6bg
of lgTo xf t/ 5 bx clgTo Ps
a%bg bx gxbf lfdtf, lj j|s .

-*_

a%bf ; sdt/ g dg kNsb| xf
/fv/ sfk dgdf lsg ; Nsb| xf
ug| lyof ; sns| ls ; w enf0
snfn| lj rf/, s6tf ; a g hnf0 .

-(_

of : jfysf gu/df eds| lgjf;
aG5 5 blft eng lbgx| ; dfh
h| xf; \lr tf t slxNo eddf gkg"
cf^gf / cGolt/ eb s|j gug".

-!)_

/fVg"d of wg xg| ha ; Tg cfp
t|n| lj jfb gu/L ; a g hnfP 0
t/f| ; jfo cx 5g sg ; xf/f
ub| lr tf ; sn dfgjdf 0; f/f .

-!!_

vNg5 r|t ls st| ; a bDe Toful
u5g\ls sd ca z4 lj j|s /fvL
wfsf / ei6kg 5f8g ; s/ bx
nfl5g\ls tf ; ky dfgjtf a9/ .

-!@_

-5Gb || j ; Gltnsf_

zflGtgu/, l; 4r/of dfu, afgZj/



vf6

■ nntf dntf



n 3syf jfrg sfoqddf ksfznufot w/n n3syf jfrg u/. jfrgkl5 glhs a;sf ;an ksfzsf nvgzn / jfrgznl lgs kz;f u/. ;asf jfrg l;4Pk15 ljåfg\ 7xl/Psf ;dnfrs hljgn n3syf?sf ;dLff ug yfn. ksfzsf syfdf pgn w/ g vf6 bvfP . sfoqnd l;4Pk15 /fdZj/Ln elgg\ æfdlnf0 t tkf0sf n3syf ;fx/ /fdf nfu/sf xf. kfq rog /fdf 5 . rl/q lrg0f /fdf 5 . kl/jz ; aNfkttf /frstf ;a 5 tkf0sf syfdf . olt xfbxb klg hljg ;/n w/ g/fdf;u ;dLff ugeof . tkf0sf n3syfdf xf0g, pxfsf dgdf g vf6 /x5 .Æ

ksfzn eg- æxg, uNtl bvf0lbgeg'sf .uf8sf wg bvf0lb; /x xf eG5g\ . d v';L 5 . of n3syf st 5flkg . ca n3syf

klg n\Vbg xfnf . pxf t w/ ljåfg\df65 . pxfsf dgdf k6Ss vf6 xg ;Sbg .Æ

/fdZj/Ln gd : j/df elgg\ æof n3syf PskN6 kn/ k95, dnf0 lbgxf; \.Æ

ksfz n3syf lbP/ 3/ cfp . sxl lbgkl5 /fdZj/LsfDof; h cfof .pgnDof; h k9 . gkfns kl;4 ;dnfrs sdf/n w/ hgfsf n3syfsf ;dLff ugePsf /x5 . hljgn vf6 bvfPs n3syf /fdZj/Ln sdf/nf0 ;dLff ug lbPsl /xl5g\ . Tof n3syfnf0 sdf/n pTsi6 n3syfleq k5 eg/ ;dLff ugePsf /x5 . ;dLff k9kl5 ksfzsf cfvfaf6 a/a/L v';Lsf cf; eæof . ksfzsf sfgd /fdZj/Lsf ZAbx? g cxf/bxf/ ul//x- syfdf xf0g, hljg ;/sf dgdf g vf6 /x5 .

a4gu/, sf7df8f .

pkTosf aflx/ bflotj pknAw xg] k'ts k;nxç

! >]7 aS PG8 Goh ;j6/- bds, emkf	-)@#-%*\$!@%
@ eS/fo{k'ts k;n - lj/f6gu/, df7 ^a	-)@!-%@\$@#\$
# dgfn k'ts e08f/- uf08f6, pbok'	-)#%-\$@)!@%
\$ Go"k/hgf :6zg/L- l;GwhL	-)\$&-%@))@%
% gf/fo0fl k'ts ;bg- gf/fo0fu9, lrtjg	-)%^-%@!@*)
^ ;gufef aS; P08 :6jg/L- e/tk/, lrtjg	-)%^-%#!\$&)
& sGrg k'ts k;n- kfj/f, sf:sl	-)^!-%@\$^
* l;6L aS PG8 Goh ;j6/- aδjn, ?kGbJL	-)&!-%\$%@#^
(Go"keft k'ts k;n- ;vI	-)*#-%@))&%
!) ljlkg k'ts k;n- dxlbggu/, sGrgk'	-)((-@)!\$*

pkxf;

■ kbd bxfn



dželđsf pñ6 ag/
cf^g h/fdf vGofpb kfgl
ltvf d6fpg t8kfPsfx?
Hffxf u/sf al4 udfP/
kñl/ knfpg gEofPsfx?
;wh;f a4 eP/ g
aflr/xg ž rfp5g\
lx:; k/sf x:; xbfxb klg
v:a lng v;fp5g\.

lsq xf bli6df lvof knfPsfx? Ű
lg:tlđf vlknof lemşfP/
cfn6fndf tñ dñn; nufPsfx?
;w; w k/dfgGbd f5g\
g ;dfp5g\g udfp5g\
al4xlq ;bblljxlq ePsfx?
lgldif 6fnfp5g\
/, Pşgf; ljgf; sf vñt/
lg;fl:; Pşf 5g\.

kfgl gkfPsf af8f0 h:t
alr cfsfzdf kfñ8Psfx?
Odfg, hdfg / :jñedfghlt /fv/ yftl
ljZjf; 3fşsf hñft kñdfpg u5g\
lublel/ pkxf/ eP/ klg

l;9lxbf lg/fxf/ lemşfpgx?
l67b0/xG5g\5ps k;nñ
wdfwd alr/x5 pñ afñg gEof0 ;dfg
t/ lanfpgx? 6l9P/ xl//xG5g\
vnvn ys lgn/xG5g\
dv ;şfP/ kñn/xG5g\
ydfP/ kk/fdf b06 xft
nfP/ 3f; dG6f lşg xf lşg
nñdf rf;f k; fl//xG5g\
ljñfk aufP/ cf^g clgi6df
cñfk ufP/ pkxf; ;fl6/xG5g\
nfP/ kñ;f cf7 o;/L g
lhGbul şfl6/xG5g\.

eTşfpg ;Sbg s;n klg s;şf eflo
lgvfq vfH5 şf g
cfkññ cfñşf ;fdñHo <
k5tñpñg\ a? şfxl cf^g ş7f/tñdf
PŞñ leqşf plñgtñdf
Pşfşl lge/tñdf
/, knut lbguGtñdf
lsqş cxdleq 8akl5
cfkññ cfkññf0 bvñ0/xG5g\.

dfbl g kf^; ;^vñf;ef,
xfññ nşfşynl, eQñk/.

hljgdf kltsñ kl/l:yltx? cf0/xG5g\ tl kltsñtf alr klg vzl xg;Sg ;fdYo
hg dñg;df xG5, Toñ dñg; slxNo bvñ xbg.

ñdşqñaf6



glt's lzlf cfh'sf cfjZostf

■ /fhzdfg s'f/



cfWofITds uŁ >L ;To ;f0afafn
cf^gf lbJo ;GbzdfeGgePsf 5-
Lzlf Jofkf/dvL xf0g, lzlf
hljgfkoful xgkb5. hljgfkoful cyft\
;To, wd, kd, zlfT / clx;f h:tf dfgjlo
dNof s/fx? ;dl6Psf glts lzlf n
dfq dfg;nfo ;xl dfudf 8f0fpg ;Qm5 .
pxf eGgxG5- dfgj hljgsf kf/Des
r/Of afNofn ePsf xbf o:tf lzlf
afNofnaf6 z? ugkb5 .

jf:tadf afnafnsfx?df ;fg pd/af6
c;n rl/qsf hu a;fNg g glts jf
cfWofITds lzlf'sf dVo p2Zo xf. oBlk
cfhsf sltko ljBfylx?n glts lzlf
uxOf u/L cf^gf pHHjn eljio lgdf0ftk
nflgecbf /fhglT, x8tfn, hn';, kbzg,
tf8kmf8, gzfn kbfsf ;jg clg cgjZos
/ cgTkfb s jfbj jfbdf g cf^gf a9L ;do
vrg u/sf kf0G5 . ljBfyl'sf dfq s' s/f <
sltko lzlf's ju;dt cf^gf lzlf0f kzfdf
eGbf klq /fhglTs ultljwdf g a9L ;nlg
/xg ub5g\ kl/Ofdtll lzlf's / ljBfylalr
clxn hg lsl;dsf cfTdlo ;DaGw cyjf
xflbstf /xgkgj xf, Tof blvbg . a?
pN6f ljBfyl'n cfktn cfb/ ;Tsf/ ugkgj
lzlf'skl g d'vfd'v nlg, cen To:t k/
dSs ahfg / lzlf'sn klq ljBfyl'kl kd,
:gx bzfp'gsf ;f6f kfP;Dd ljBfno xtfdf
esg bZo kl/bZo jnfavt blvg u/sf
5 . of cToGt blvb s/f xf .

To;sf/Of ha;Dd ljBfnosf
kf7bk:tsdf glts lzlf ;dfji6 ul/bg,

cyft\glt's lzlf'nfo cWoog / cWofkgsf
ljifo agf0bg, ta;Dd xfdl g Pp6f c;n
gful/ssf ckIf /fVg ;Qm5f g t c;n
;dfhsf g kl/sNkgf ug ;Qm5f . jf:tadf
cfh xdf dn'sdf Pp6f s'zn / Odfgbf/
gtf hGdg g;Sgsf Pp6f kd'v sf/Of klq
glt's lzlf's cefj xf eg/ dfG ;lsG5 .
ca hg JolQm'sf af0f8f6f g 9Ef xfg /
/ln^a eTsfpg 5 eg pm s ;/L efln uP/
Pp6f c;n gtf aG ;S5 < lgdsf jlf
/fk/ cfk s ;/L kmfpg ;lsG5 / <

lgLZrt ?kdf cfhsf oudf xfdlnfo
cfwgs lzlf'sf klq cfjZostf kb5 .
xfdlnfo eflts ;v ;ljwf kfkT ug /
;f;fl/s 1fg xfl;n ug cfwgs lzlf cJZo
klq rlfG5 . sg klq JolQm'nf0 cf^gf hljg
lgjfxsf nflu eflts ;ljwf / To;sf nflu
Joj ;flos 1fg klq hZ/L xG5 . ctll lzlf'sf
Ps kd'v Wojo Olchlgo/, 8fS6/, jlsn tyf
cGo Jofj ;flos kzfut hgziQm pTkfbg ug/
klq xf . t/ xfdln cfwgs lzlf'af6 xfl;n
u/sf 1fg dfgjxt / sNof0sf nflu klq
pkofu ug ;Sgkb5 . xfdln olb ljBfno
ljZjljBfnoaf6 7n7hf zllfs pkflw /
l8ulx? xfl;n ub hfg t/ To;af6 kfkT 1fg
;dfhsf lxt / sNof0sf nflu pkofu gug/
xf eg To:tf lzlf'sf pkfbotf g s' /Xof t <
To;n xfdln cfh hg lzlf xfl;n ul//x'sf
5f, Tof xdf JolQmut lxt / kmf0bsf nflu
dfq geP/ dfgjlo lxt / sNof0sf nflu klq
xgkb5 . tadf xfdl ;frf cydf lzlf
JolQm eg/ sxlng ;Qm5f . o;sf nflu

xfdln| cfwlgs lzlf ;u;u glts lzlf klg
ux0f ugkb5 .

cfWoflTds u; ;To ;f0afaf cufl8
eGgxG5- lzlf eg|sf ;f;fl/s hljg lgjfx
ug| ;fwgdfq xf0g, hljg lgjfxsf lgldQ
sg g sg sfd t clzlft JolQmx?n| klg
ul//x|s| xG5g\ . ltdln| klg olb clzlft
JolQmx?n|h:t| ;f;fl/s hljg lgjfxsf nflu
dfq cfkth| kfk|t u/sf| zlfs pkflw cyjf
l8u|sf| pkofu ug| xf| eg| ltdl / clzlft
JolQm|df cGt/ g| s| /Xof| t < km/s g| s|
/Xof| t < To;|n| ;To, wd, kd, zflGt / clx;f
h:tf dfgjlo dNox? lgxt lzlf klg ltdln|
ux0f ugkb5 . h;|n| ltdf| jf:tljs dfgjlo
:j?ksf| klxrfg lbG5 . ltdl hxf /x| klg
hg;|s| sfo u/| klg ltdln| cf^gf| hljgsf
dVo cfwf/ gltstfnf0 g| 7fgkb5 . lsgls
glstsf dflg;|sf| nflu wg;DklQ eGbf klg
7hf xG5 . wg;DklQ t hljgdf cfp5 clg
hfG5 t/ gltstf cfp5 / a95 .E

glststsf| ;Gbedf s/f ubf blvsvf
;fy eGgk5, clxn| xdf| clwsfz /fhglts
gtfx?sf| gltstfdf cfPsf| xf;|s| sf/0fn|
ubf bz lg/fzfhgs cj:Yfaf6 ulh/x|sf
5 . dn's ;~rfng ug| lhd|f lng ku|sf
xdf| /fhglts gtfx? glstsf / 0dfgbf/Ldf
eGbf effts ;v ;ljwf / ;DklQ ykfg|
c:j:y|k|t:kwdf nfusfn|g|bzdf ei6rf/|
cfh Ps lsl;daf6 lgsf gxg| /fusf ?kdf
dfnf0/x|sf 5, km|n/x|sf 5 . olb xdf|
/fhglts gtfx?nf0 afNosfnlg cj:yfaf6
dfgjlo PsTjsf| efj| af|sf| glts jf
cfWoflTds lzlf kbfg ug| ;lsPsf| eP zfob
cfh xdf| dn'sn| o:tf b/fj:yf| eflgkg|
lyPg ls 0 glts jf cfWoflTds lzlf sf
pkoflutfsnf0 xfdln| o;/L klg xgkg| xG5 .

glststsf| k;Eñf0 xfdl cf^gf| hljgsf
;bfrf/;u klg hf8/ xg| ;Qm5f, hg

;bfrf/leq c;n rl/q, ljr|f/sf| :jR5tf,
lg:jfy ;|jf| cf|b kb5g\ . ;bfrf/ Pp6f o:tf
dfu| xf|, h;|n| dflg;nf0 ;bj| ;Tsotkm
cl3 a9g| clekl/t ub5 . o; ;Gbenf0
lnP/ klg ;To ;f0afafn| eGgePsf 5-
gl|t cyjf ;bfrf/ eg|sf ltdln| cfkthf0
s/ann| cyjf hah:tl yfkgkg| j:t| xf0g,
of| t ltdl df /x|sf| :jfe|js cGt/lgxt u0f
xf| . ltdln| sljn o;nf0 hufpg ;Sgkb5,
clf00f /fvG ;Sgkb5 . o;sf| nflu pxfn|
xfdlnf0 Pp6f ;q| klg atfpgePsf 5 . To|
;q| xf- bj| kl|t, kfkell|t / ;3gl|t cyft|
k/df|dfk|t kd, kfkblv 8/ / ;fdflhs
pQ/bf|ot|jsf efjgf . ol tlg s/fnf0 ltdln|
dh|dGqs| ?kdf c|jndag ugkb5 . o;
dh|dGqnf0 ltdln| slxNo| klg la;gxbg
eg| pxfn| cf^gf| lbJo ;Gbzd|f eGgePsf
5 . pxfsf o; ;Gbznf0 xfdl ;an| To;df
klg ljzifu/L afnafnsf cyjf lszf/-
lszf/Lx?, Hff /fi6sf s0fwf/ dflgG5g\ /
Effln uP/ pglx? /fhg|tf klg aGg ;S5g\
snfsf/ klg aGg ;S5g\ 8fS6/-0lghgo/
cyjf kfwfoks klg aGg ;S5g\ . pglx?n|
dh|dGqs| ?kdf lngkb5 . pxf| cfu|8
eGgxG5- ;do clt dNojfg\ 5 . o;sf|
b;zkofu gu/ . ;dosf| k0f ;bkofu ub|
hljgdf sg j:t| lr/:yfol / ;To xf| eGg
s/fnf0 dgg u// ltdln| cf^gf| stjokydf
cufl8 a9gkb5 .

jf:tadf log| s/fx?nf0 xboEd
u// xfdln| cf^gf| stjok ydf lg/Gt/
cufl8 a9g| g| glts lzlf sf dVo p2Zo
xf| . To;|n| glts lzlf nf0 kf7ok:tsdf
;df|ji6 ugdfq klg 7hf s/f xf0g, dVo
s/f o;af6 l;|s|sf| s/fnf0 xfdln| ;dfhsf
lxt / sNof0sf| nflu s;/L pkofu u/sf 5f
cyjf ug| ;ls/x|sf 5f t < glts lzlf sf
dVo pkn|Aw / ;f/ o;df lgxt /xg| ub5 .

tabf, Psf p

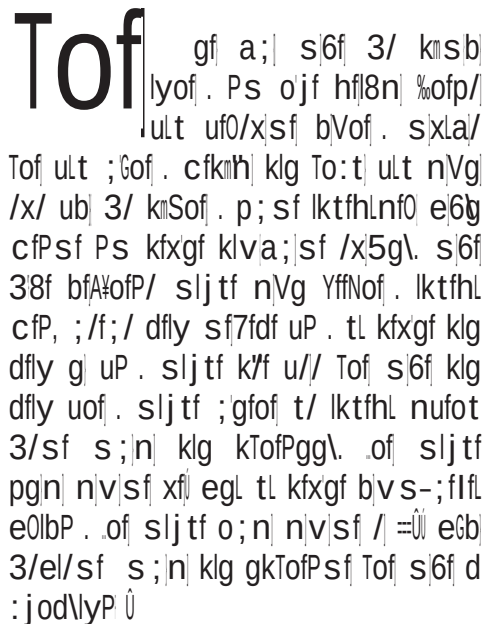
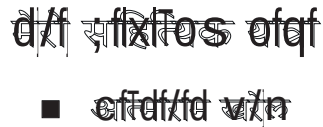
■ cefht cwsft



; gfnf eljiosf ; kgf ln0 lx8sf lyof p, Rff/ cfgf b0 k; fsf 3/
; fgf 7fgl lx8sf lyof p,
cdf-aif, Oi6-lfq / lbbL-alxgl
5f8l lx8sf lyof p,
ljbzdf gub jiff xfnf eGg lyof
p; sf cfz,
gof uf8l / 7hf 3/sf klg lyof
p; nf0 cfz,
pneGbf cuff8 uPsf n eGy,
Tolt uxf 5g xf k; f sdfpg ott,
; lhn 65g\ltdf uf; l,
b0-tlg dlxgf t /df0n s6bf,
lb0 g /xsf lyof afn pwf/f
lnPsf k; fn ; fy,
ha vNtl sdhf/ xb uof,
a9g yfNof p; sf dgdf qf; ,
p7bf p Pp6f sfd vfHg hdsf sf ; fy,
clfv/ kfgp t kfof Pp6f sfd,
uf/fx?n vPsf ef8f df%gkbf
emnem cfof p; nf0 3/sf ofb,
b0 xktf d/Ld/L ef8f df' kl5
kfof kl/>lds p; n xft,
kl/>lds sf s'ndf xgkgj zfox?
stft/ efu eg/ kfof p; nf0 ; fx km; fb,
8/fsf ef8f, vfgf / c? d' fnf v rkl5
ljZljBfnosf zNs ltg g; lsg /x5 egl
eof p l j :dft\

8/df vfgf agf, ef8f df' egl
lsrlsr dfq u5g\; fylx?,
dgsf Zfgt stf uof <
OZj/n vf0 t lbPsf ; fy <
lbSs e0 ; frdf 8Abf,
cfof p; nf0 km/ 3/sf ofb,
ajfn agf0lbPsf
rf/ cfgf b0 k; fsf 3/ cfof p; nf0 ofb,
k6df sb'sf d; fx?n ntfof
p; nf0 ca ef5ft/
e0df vfg t p a:of
kfgl bfn, km; f eft /
89sf t/sf/Lsf bZon
lbof dvdf gdl7f : jfb,
la5bfgdf klN6g uof,
; fylsf 3/f0 / uGxfpg dfhfn
ufof p; nf0 ; fx axfn,
lgbfbjln : jKg ; ; f/df nfgcl3
?dlNng yfn p; sf dgdf s/fx?,
cdfn ksfPsf dl7fdl7f ks jfgx?
3Dg yfn j/k/
; fg eP klg Tof rf/cfg 3/ /
To; sf 7hf sf7fx? 3Dg yfn j/k/
5f8/ cfPsf kof/f Oi6ldq, lbbLef0
klg 3Dg yfn jl/kl/
crgs p ' ; E' l:sof,
.P laxfg kf e0; s5,
sfd hfg l9nf eof 00

@)&(!:!)



s lff c7df cWoog/t xbf sf s/f xf .
bfh / d sxl dxgf Pp6 sf7fdf a:Yof,
k9Yof / ; TYof . ; Tg jnfd fbfh syf
; g g eGy . syf sNkgf ub | ; gfpq d/f
lgoldt sfoh:t lyof . ; fob pgnf0 syf
; Gbf ; Gb lgbfpq ; lhnf xbf xf . syf ; fRb
/ eGb hfGy . yxf lyPg- tL syf sIQsf
syfids xGy , pgnf0 lgbfn 5fkG yfNbf
afsl syf efin eGy . slxn elg/xsf
syf nDAofpg ; lSbg y . o ; f pgsf dvl t/
xyj . pgl t lgbf0 ; s'sf xGy .

sxl jifkl5sf s/f xfl . obfsbf
sljt f / ult klg n\vy . 3/sf ;b:onf0
'gfpbf ; sf/fTds kltlqnof kfp y . c sflt/
dnf0 k/Llfdf 7; nlf0f . ;fylx? sfxl

SofDk;lt/ nfluxfn|. sfxl ufplt/ u0xfn|. d t PSnf e0xfn|. log| kl/jzdf d/f;|frf0 ablnb| uof|. lhpj| z|nl kn|/b| uof|. /fdf/fdf k:t:s k9k9"nfYof|. sxl g sxl n|v|h|v" xGYof|. To;sf nflu pT;fx lgs| cfpYof|. hfU/ v'a| knfpYof|.

Pstfsf 3fd tfk|b| pkGof; n|v/xsf
lyP . 5pdf /flvPsf kf08|nlksf s|x| kfgf
xfjfn| rfsssf oqtq k#ofof| . dflya6
cfPsf lktfh|n| 5/La/L tL ki7dWo| s|x|
ki7 k9| . bfxf#ofP/ k/Llff lbP/ a;|sf d va
8/f0/xsf lyP . lktfh|n| s|x| eggg\ . c sf
k/Llffk|n kv/ a:bf eg| sfJotk| 9Ns|sf
lyP .

@)#) ;fn k;sf s/f x| . ef/t
;dfrf/df d/f Ps lgaGw ef/t xdf| l5d|sll
5flkof . nuQsf r|tdf Ps lgofqf d/f
lbNnL edOf| 5flkof . @)#! ;fn c;f/ @(
ut|sf s/f x| . Ps n|v efgeQm || JolQmTj
/ s|tTj ||/l8of gkfnaf6 k;f/Of eof
nuQsf c;fhtfsf uf/vfkqdf Ps lgaGw
.6fkll 5flkof . Toxltfsf ef/tlo bt|ff;
hfbfsf s/f x| ,f:s|ts ;xrf/L x|/ZrGb|
zSnfn| d/f kf08lnlk xg rfx| . lbP- s|
nVg|< lgaGw; a|ux / d;nfssf kfsf|
;fdflhs pkGof; .

o| kf08|nlk „Sof ln v| <| cf|/ „d; nf s|
kf sf|– cfk sf x| gf <|

$$x f_i h_L \hat{u}_i$$

pgn| s\l xf:b| eg- .o| kf|sf Sof x| <|
-dnf0 lxGb| afNg slQ klq cfpbgYof| /
eg| .c Aofu ck| :kf0;| .

;fwf0 / hjfk| olQdfq eof .
zSnfHoaf6 sl/a kGw| lbgkl5 kf|t r|saf6
pSt bj|k:ts 5kfP .5flkPsfbj|k:ts sf
;aklt btfj|; n|g lslglbP . k:ts laq|sf
/sdn| klxn| ;wf;fu/ -v08sfJo_ 5kfP .
kl5 k0fo hfn -; fdf|hs pkGof;_ 5kfP .
csfl|t/ uf/vfkq / /l8of gkfndf d/f
n|v-/rgf a/fa/ cf0/xGy| . x/s d|xgf
;/b/ tlgj6f n|v-/rgf k|sflzt tyf k|; fl/t
xGy| . w/af6 lrlgGy| . P|sbd pT; flxt xGy| .
va /dfpy| . o; /L cf^gf n|v slo ; kgfnf0
)#\$;fn df3; Dd xsfP .

3/ / SofDk; n| d/f hljgofqf ; qa4
ug r|flx/x|sf lyP . ddf knfpb| u0/x|sf
; flx|Tos d|fxn| To; nf0 eE ul/lbof| . of
lgwf-; wf dgn| kf|/jfl/s el/of alg/xg
rfxg . ce|jdf ; flxTo d|fnfp5 . blvdf
cf; knfp5 . ; vdf d: sf| km// cfp5 .
rf6vf6 n|lbf|sf dflg; efjzG6 xg kl5 .
Toxl zG6 kl/jzdf ; flxTo c^s/fpg| xG5 .
km|nt| ; flxTo hljgk/s xg|u5 . t/ ; don|
kN6f vf0f . @)#\$;fn rqdf hfkfg uPk|5
t ; flxTo l; hgf lbgx| 6fl9b| uof . To| n|vg
km|/ kg| ; df0gdf z^sf klq n|lbf| uof . t/
klq ; Gtfi|sf s/f- lhGbulnf0 n|vg 3Dt|n|
k5bfpb| /x5 . clg t n|lbf- d/f| ; flx|Tos
ofqf ce| afsl /x5 .

@)\$^ ;fn df : jbz km|sP . To; kl5sf
lbg Jofj ; flos wGbfaf6 uh|b| uP . lj; :
@)^% ;fn jzfv|sf s/f| x| . km|; bsf
; dodf n|v n|Vg| ; fr knfof . snd
; dfpb|f em; E eP- n|Vg 5f8|sf t tlq
bzs e0; s5 . n|vgafgl x/fP5 .

k7gafgl ud eP5 . sfxl wgl, sfxl u/La
s; /L eP < ljljw ; jf / sd lsg cfjZos
eP < clwsf/ / stJosf vfrf| lsg eP <|
nufot cfk|; t xg| ; fwgl df ; w| cgQl/t
xGy| . cfvf; fd| lg/fsf/ dfq b|Vy| . ; do
sddf cWoogzln, tszln / lrgtgzln
xb| uP . klxn|sf ; fwgl df s\l pQl/t klq
xb| uP . a%b| hfbf|sf ; dfhblv l|slift
xb| uP . l|sif0sf sf/Of / ; dfwfgsf
vfhl ub| uP . clg t ; dfhkl|t c|slift
dfq xg| dflxt klq xb| uP . sf/Of lyof-
; d:ofsf tftl kf/ n|lbf| hfbf|sf ; dfh t
qm|dz| ; Gb/ xb| uPsf b|v| . clg t x/bd
snd bf8f0/x| . ; d:ofsf h8 / ; dfwfgsf
pkfo vfHb/x| . ; fob o; /L g| cf^gf n|vg
ki7eld to ub|x| .

@)^& ;fn df kg| n|vg kf/De ubf|sf
s/f| x| . cf^gf 5flkPsf n|vx? k9g
uy| Pp6f kf7ssf ?kdf . sltko ql6x?
e66fpy| Pp6f ; dl|fs sf ?kdf . k9b| ubf
dgdg| eGy| . P x| 0 of jfSo t g/fv|sf eP
klq xGYof, = oxf t zAb 5gf6 g| ldn|g5,
= oxfg/ dflys| jfSo b|fxl/P5= cxf 0
oxf t ; Dkfb|sn| pkoQ| zAb /flv|bP5g|=
sl|t kof; ubf klq Tolt gldn|sf of jfSo
klq ldnf0|bP5g| 0 bfofl| / ; dl|fs /
; d|fnr|ssf clg afofl|/ kf7s / ; f|tsf
n:s/ ce| klq blv/xG5 . l|tsf pkl:ylt
/ kl|lq|nof g| n|vg dGq 7flg/xG5 . l|tg
dGqaf6 ; Gb/ / snf|ds ; hs xg kl/t
e0/xG5 .

@)&) ;fn sf s/f| x| . ; flxTo l; hgf
kg| kf/De u/ . lg; fl; bf blgs|af6 pGdlQ|sf
dx; ; u/ . Toltj|nf, s| ca o|jnl sfwdf
of sfw ldnfp|g ; lsPnf < sd; sd
pgLx? sf sd5p klq ; lsPnf < nufotsf
d|gf-kZgx? cfk|kl|t sf dgf-r|g|tl lyP .

k/fgsf 7fpdf gof gcfpg, ljsf;df
 cj/fw xg xf. kltklfl gxbfsf JolQndf
 dgfdgl a9fpg xf. To;dfly d Psbd gof
 x. k/fgf t pd/n dfq x' ũ clg t cf^g
 dgn ;Demp5- cgeltn g ;flxTosf/
 h6dfp5. k/Off / ;fwgfn g cl3 a9fp5 .
 cf^gf lr6tgn g cf^gf al4sf kofu ug
 nufp5 . Itgn cf^gf v66fdf pleg klg
 l; sfp5 .

k7g-n\vgfsf qmd a9b uof. k7ggzf
 olt nflu, lbg klg 5f6f nflu. n\vg gzf
 olt a9bf, /ft klg 5f6f nflu. sf/Of efjx?
 sf//x6y. o;leq /df0/x6y. clxn klg
 /df0/x5. oxl g hljg 7flg/x5. zAb /
 cgeltn dnf0 9f8; lb65g\ . tl Jojxf/df
 cfpbf hlj6t x65g\ . Psflt/ d/f cf^g
 vfn dfgl; s / zf/L/s ;a8if lyP .
 csflt/ slxn cf^g leql daf6 k7g-
 kft; flxt e0/x6y. slxn :jhga6 n\vg
 xf; nf k60/x6y. ;fRy- Itg ;a8if / k/Off
 g n\vg cfw/ xg5g\ . n\vg hg; s
 cj:yfsf k; a\ xg\ . cfknn efu/ n\vg
 tTsfnlg cj:yfsf k; a\ xg\ . Itg lr6tg
 / 1fg g d/f n\vg d; nf ePsf 5g\ . cf^g
 cgejn klg ;Sbf kl7t xg 1fg lbPsf
 5g\ . snd / sfut d/f Zjf; / kZjf;
 ePsf 5g\ . snd t cfVofg / uxcfVofg
 bjlt/ 8fl/Psf 5g\ . sfutrflx efj / znl
 kfVg dfWod ePsf 5g\ .

d/f ;flxTos ofqdf sNkgf, lr6tg /
 n\vg ;u; u gfl/P/ cfp . oxl g d/f n\vg
 kjlQ xb uP . o;df gj hljgznl lgdfOf
 xb uP . tl x/ n\vg-b\gsl ;Tod\ lzjd\
 / ;Gb/d\ xb uP . Itgn dnf0 hljgsf
 gof 3Dtldf 8f%ofP . clg t x/ /fh d/f
 cfut cfp yfNof- jtdfg eP/ . x/ kft

cfpg yfNof, gof pT;fx eP/ . d/f tg /
 dg l;hgfsf ;fu/df r'nDd 8Ag yfn .
 sfutel/ efjefjsf la:s'g lkmhg yfn .
 sfdf sfdsf r^undf klg lsfasf sl/f
 e0/x5' . ;d:o ;d:ofn 3l/bf klg ;flxTo
 dfxdf kll; /x5' lsgls ;flxTo s'?kg 5g,
 lj?lkg 5g . d9fe l:y/ / 9^ufe cds
 klg /xg 5g . ;f; 5p6hn d/f n\vgdf klg
 k0flj/fd nflu 5g .

of dgn 3/L3/L ;empYof- cf^gf
 r\tgfsf pkofu u/ ũ . lgZro klg d/f
 ljrfl, bli6 / lr6tg g d/f zAb-zAbdf
 /a\p/ cfp5g\ tyflk d/f ;fd' r'gftlx?
 ylkPsf yko 5g\ . Itgn dnf0 lqmfzln
 agfPsf agfo 5g\ . Itgsf kl5 nfusf nflu
 5' . ol ultljwdf /dfPsf /dfo 5' lsgls
 ;flxTo 1fgsf cfnfs xf. efjTds /
 snfTds aGg dfWod xf. d/f lgldt g; lu's
 cfjZostf g xf. ca t l;hg g d/f hljg
 sd xf. :j:y l;hg g d/f dh Woo xf .

cfkll; t ul/Psf ;a8Nkn ;flxToklt
 Psfu agfof. o;kltsf ;fwgfn 0R5f /
 cfsf^lffdf c6n /xg ;3fof. kmntll gof
 s/f l;Sg / hf6g pT;fx xnSs a9sf
 lyof. o;sf nflu hfz / hf6n 5kSs
 9fs\sf lyof. n\vgdf sxl gfnfkgsf
 wgn TolQs ufhsf lyof. of l;hg
 dfgl;stfn sg klg cK7/f / vf6nf0
 6kSs l6KYof. x/ k;Eñf0 zftk'js
 dgg uYof. sDko6/df 6f0k ubfub jf
 sfutdf n\bf6nVb lbg 9ln;SYof. slxn
 cfw/ft lalt;SYof. slxn lbg xf ls /ft,
 yfx xbgYof. kftllsf sfn xf ls ;GWof, kQ
 xbgYof. sxl u/fsf efjgfn 5f8bgYof.
 o;/L g of ofqfn n\vg-k7gdf 8f%ofof.
 hljg / hutnf0 a%g ;3fof. /, ae\sf

Pp6f s/f x/- ;flxTos ofqsf nflu c/f/
c/f/sf kn rfxbf /x5 . Toxl kndf aGg
zAbzAbdf efjgfsf dh kmbf /x5 . cf^g
tl/sfn cleJoQm ug kof;df g efjgf klg
snfids xbf /x5 . clg t efj / snfdf
dfx a:b hfbfsf blgsl Psbd /df0nf
nflbf /x5 . oxl dfxn hljgznl kml/Psf
5 . oxl g hljg nf/f agsf 5 .

@)&# ;fnlt/sf s/f x/. dleqsf
kf7sn ;fdflhs ljsltaf/ uDel/ xg
elg/xGYof . To;af/ nVg yNbf afl/L
dgn cfqmfz kflv/xGYof . To cfqmfzblv
of leql dg x/fg e0/xGYof . wo / ;xgsf
nflu cEo:t xg vflh/xGYof . cGttll
p;sf nVg dfg; qndzll zfgt xg yfNof .
oltjnf of zfgt kl/jzdf PsfPs ;Demg
kU5- s nVg < lgaGw;^ux ksfz
ePsf ;f9rf/ bzs e0;s5 . k6s/ /rgf
kml/ s nVg < / ca s nVg < ksfz
ePsf klg em8 Ps bzs eP5 tklg . ca
dn s nVg xf < nVgsf p2Zo s xgkg
xf < o;af/ dn cfkhnf0 xg, xidf ounf0
;fWgkg eP5 .

oltjnf k0fsnlg nVg blgslf
/df0/x5 . ca t ;flxTo geP d ban
xG5 . cf^gf ;fGbo x/fp5 . o;df g6f;bf

cfkndf lvo f nfu/sf kfp5 . lgZro klg
9nkn xg vflh/xsf d/f hljg ;flxTon
c8bf0/x5 . ddf ePsf dfgl;s blv klg
x6fpb u0/x5 . :jodV :jhgkl cfdlotf
a9f0/x5 . x//fh d/f dl:tis / xbodf
l;hgefj km/flsb u0/x5 . zAb zAbdf d/f
efj ljr/Of xg yfln/x5 . ts / lrGtgn
d/f nVg kl/t e0/x5 . kmtll d/f nVg
emg cfl6nf e0/x5 . o;df ylkbf k/Ofn
;dt cfdljZj; al9/x5 . o;/L g
x//fh d/f snd sfl-/fhdfudf slb/xG5 .
dleq pTkflbt ljr/ klg l;hgf-dfu;fd
xfl;/xG5g\ . Inka4 xb hfbfsf /rgf klg
kf7s;fd gflr/xG5g\ .

cfhsn clwsfz ;do cfkV;L l;hg
/fhdfudf bf18/xsf xG5 tklg jnfavtdf
blvg /f8 l8ef08/n em:Sofpg u5 .
cfd;oldt xb of dgn eG5- lbgkg
dfldndf af6f slxNo la/f0g . cfk";u h
5, To 5g slxNo elgg . cfk";u h
5g To 5 eG slxNo 9f6g . kfyldstf
lbgkgnf0 sch:of0 slxNo ul/g . cGo
s/fdf cInemPsf eP ;Defijt ;kmtfaf6
;fob rSyxfnf, clg t nlf5 gxgkg s/f
e0g5, a? ;flxTos ofq kf eP5 U

atma55ram@gmail.com

tkf0f]lghL:t/af6 ksfz xg]bflOTjU nufot cGo ;flxTos klqsfz k9ePsf]5 <
5g eg]k9] nfeffj t ag ;Sgkg5 .

/rgf, cleJoQ, efg, xdf kZiffy, jlgtf, hgdt, tGg/L, dgfj, bfefg, clegj, zAbfa%,
cifo c/f, cGtafw, dxfd08n, gj-kLfk, zAb;ofhg, sflzsl, 1fguysf s/f, sNktZ,
jhoGtl, zAb;Gw, lxdfnl u/f; , ;hv, cfnv, skg-afgZj/, ;;fs, /h:yn, dfteld,
rtgf ;GbZ, zf/bf, gjdfw/L, zfdln, pbo, ;DklfOf, ;ug, l; ;f, lbofnf, oluft/ cflb .



efôg syf

■ nêd kîen



d} n| eg, kl7fsf Kofs6 uf0nf0 lbgxfnf
x|, cfh PsfbzL . xG5 uf0sf ;j|f
ug| bf0 cfPkI5 lbG5| efG5| ahn|
egsl .

5 lsnf hgf/ ;:t| 5 lsnfsf !#)
çkof dfq . b06| uf8f lul8Psf 3;/| lx8g|
afh|nf0 7hf 7hf b06f lbP . c? dflgx?nf0
7n7hf Ps Ps cf6f k|of . ;anf0 k|of
el/k0f eof . d w/| v' ;L 5' lbg kfPsfdf .

klxf klxf aRrfx? ;fgf ;fgf xbf
klg d vL/ ksfP/ knfli6ssf emfnfdf
kfsf kfsf agfP/ nu/ af8y| . d/f
tlgj6f aRrfx? ;fgf xbf kfnf u//
slxn| s;nf0 slxn| s;nf0 dfdf3/df
5f8y|, clg b06f aRrfnf0 b06f xtdf
8f#ofP/ lx8y| . slxn|sfxL zlga/ b06f
aRrf 8f#ofP/ kzkltgysf bzg ug
hfGy| . xtdf knhknhsf 7h| kfsf /
kfr-kfr çkofsf vbf ;f6/ lnP/ hfGy| .
kzkltgysf bzg u/kl5 nnf 88nf0
b|vfP/ aRrfx?nf0 eGy- afa gfgL xf|
x|df| t afafn| bz xhf/ sdfP/ NofpgxG5 .
logLx?sf sdfpg| sfxL klg 5g . of ;a
knknh logLx?nf0 afl8lbd\ xfdLx?
sf7df uP/ eft vfdnf x| eGy|, clg d/f
gfgL afax?n| xG5 ddl eGy|, w/| v' ;L eP/ .

gf|gyfgsf 3/df xbf xf|, Ps lbg
laxfg lyof afx/ Pp6f hfvl cfP . dnf0
b|v/ Pp6f sDan lbgf; \g ;fx| hf8f eof
eg|, clg dn| tçGt| Pp6f sDan lbP . aGw

;/n| dn| sf7df8fblv afs/ NofPsf gb
eGb xgxYof . lbPkI5 dnf0 cfG6b v';L
nfluf . To;kl5 t tL hfvl| dnf0 lrg5g\
hxf b|v|lg gd: sf/ ;Gr| xgxG5 eGg yfn| .

Pstfsf lyof aGw ;/n| aRrfx?nf0 /
dnf0 dxf/fuGhsf df0tsf 3/df ef0x?|; t
5f8/ lknlnlkG;df klPr8L ug hfgePsf
lyof . d/f| sfdf khkf7 ug| / vfgf agfpg
lyof . c? ;a| sfdf sfdf ugn| uy| .
lrtjga6 £o" rfdn cdfn| kf7fpgxYof .
Psk6s k/fgf wfgsf rfdn /x5 . ;an|
dl7f ePg df7f ePg eGg yfn| eft vfg
j|nfd, clg dn| s| ug| xfnf 7hf af/fsf
Ps af/f /fdf rfdn 5 s;nf0 klg dl7f
ePg eg/ dgdf ;flr/xsL lyP . Pp6f vfnL
l; ;L k/fgf klqsf knfdfs| 6qm| eGb dwzL
cfP . d;u Ps af/f rfdn 5 nhfG5f k;f
lbg kbg eg| . xG5, nfG5 eg/ nu . 5
jifkl5 gf|gyfgsf x|df| 3/df dnf0 b|v|kl5
pgn| dnf0 lrg5g\ clg eg|, lbbL ;Gr|
xgxG5 . oxf sxf a:gePsf t Û dnf0
dxf/fhuGhdf Ps af/f rfdn lbgePsf lyof
lg ;DemgxG5 eg| . P Tof d/f| df0tL 3/ xf|,
of d/f| gof agfPsf 3/ eg| dn| . clg tL
dw';Ln| dnf0 hxf b|v|lg gd: sf/ lbbL ;Gr|
xgxG5, eGy| .

aGw ;/ ;a| af8/ ;Sg| e0;\ eg/
slxn| sfxL xf;f ug|xG5 . d/f| 5f/f eGg
u5g\ ddln| gkfndf blvl u/la, nnf,
88nf0 lbgxG5, dn| cd|/sdf kfp5' .
clxn| t 5f/fn| lkPr8L u// w/| /fdf hfvl/

vfg5g\ . d hlt klg v';L 5' . 5f/fn\ eg,
cfh dn\ cd\ /sdf 3/ lsgsf Ps jif k'f
eof . d/f 3/ d/dt ug sDklaf6 tlj6f
s'6f cfPsf lyP . dn\ klg ddsf l; sf u/ .
ltglx?nf0 6g klhf vfg lbP . dn\ klg
Toxl vfp . s'6fx? hltlg v';L eP/ sdf
u// uP .

Ps lbg lyof, xfdlx? nugv\ndf tlg
tnfdly Pp6f 7hf sf7fdf a:Yof . d/L
sf5L 5f/L dfwjL dfdf 3/df ly0g\ . 5f/f
;fu/ / h7L 5f/L dfw/L g;/L / shldf
k9y\ . :sn lx8g j\ndf e'of^df ;fu/n
al; ;k'ofsf gf6 e'sfP5g\ . Tof 3/sf tn
ls/fgf k;n lyof . Toxl uP/ rSn6 lsg/
vfPsf eP klg xgyf . ltglx? of k;f s; sf
xf eg/ ; fwb lx8sf /x5g\ . of bv/ d w/
v';L eP . d/L xh/cdfsf w/ c;n u0fx?
d/f 5f/f5f/Ldf klg cfPsfdf d w/ v';L 5' .
c'ssf k;f ;fdg e'sfP klg lng xgg eGg
tl g;/L shldf k9g tl ; fgf afagfglx?nf0
klg yxf /x5 .

tl; jifcl3b\ v d eft ksfpbf d7L
p7fpy . 5;ft lsnf rfdn ePkl5 kzkltf
nnf 88fnf0 nu/ af8y\ . clxn t oxf
gf/gyfgdf 3/ agfPkl5 oxl gf/gyfgsf
dlgb/df nnf 88f df\g ;anf0 lbg kf0G5 .

5f/f ;fu/ ;q jifd cd\ /sf uP
k9gnf0 . pgnf0 w/ dfdf ug kfOPg .
5f/lx? tl; aQL; jif;Dd xfdL ;u a; . hlt
klg w/ dfdf ug kf0of . slxn sfxL ;fem
l9nf 3/ cfP/ x/fg kfg . xfdl klg bf0eGbf
s\ sd, cf^gf ;/lff cfk\ ug ;S5f eGy\ .

d/f klthl j\nfj\ndf bj3f6 uP/
bj3f6jfl/ afuZj/L cf>dsf uf0x?nf0 kfr
lsjG6n rfdn, Ps lsjG6n gg af8gyYof .
d;u To;f ug k;f xbg . clg 3/ glhsdf
l5dsLsf b06f uf0nf0 j\nf j\ndf b0 lsnf

ux'sf kl7f nu/ lbG5' . t/sf/L sf6'sf af'sf
klg lbG5' . vfg s'/f a9L eP klg lbG5' .
gf/gyfgsf dlgb/df bzafxj6f uf0x?
kfn'sf 5g\ . Psfbzl h:tf kjx?df kfr
lsnf'sf ux'sf kl7f'sf kofs6 nu/ lbG5' .

j\nfj\ndf k;nfnf0 eg/ ;6Ss
kRrL; lsnf'sf si0efu rfdn kfr lsnf
bfn cf>ddf nu/ gfd n\vfP/ lbgf; \x, 3/
Nofpg xg, d Toxl k; ndf k;f lbg cfp5'
eG5' . k;n ef0n\ To; u5g\ . 5f/fn\ Tolt
w/ sdfp5g\ . cln cln t bfg ugk'of lg
eGg cfp5 dgdf . of hgl'df /fdf vfg nfp
cln cln af8g kfPsl 5' . c'sf hgl s:tf
xg xf eGg ;fR5 . /fdf sdf u/ oxl hgl'df
:ju js07 /x5 . g/fdf sdf u/ oxl hgl'df
gs /x5 . lhGbuldf s;nfn0 g/fdf afNg,
g/fdf lbg, g/fdf ug gk/f; \eG5 d .

b\vl u/Lanf0 lbPg eg kfk nfU5 .
d/f klg tlgf6f 5f/f5f/L 5g\ . loglx?sf
;w /fdf xf; \eg/ ;w euJfg\ u kfygf
u5' . af/Ldf sfpnL knkl5 7N7hf sfpnL
c?nf0 af85' . h\ klg c?nf0 /fdf
lbG5' . 3/df cfPsf kfxgxf?nf0 y/ly/L
ksfP/ v'jfp5' . zfsxf/Lnf0 zfsxf/L
vfgf, df; ' vfgfnf0 df; ' klg v'jfp5' . al;
jif eof d df; ' vflbg . efG; fdf d klxnf
zfsxf/L ksfP5' . clg aGw ;/n df5df; '
ksfpgxG5 . aGw ;/n df5f df; ' gksf0lbg
eP dn\ klg ksfpgkYof xfnf U pxfn\ hfuf
nfP/ ksfpg xgn\ dnf0 df5df; ' ksfpg
kbg .

dnf0 sxl rflxbg, laxfg an'sf
zfsxf/L vfgf nnf 88fnf0 b0rf/ d7L lbg
/ 3/df cfPsf kfxgfnf0 /fdf; u v'jfp
klU5 . of ;a aGw ;/n tlj6f; Dd hfuf/
vfP/ k'of0lbgPsf xf . ca t 5f/fn\ kl
sdfpg yfn'sf 5, d wGo ePsl 5' .



hij/af ba / kofu/fh sf krf;

■ /fck/fh krt



rf

al; lbg ofqsf cfh cf7f lbg,
cyft\k; !@ ut .

/x:osf uedf /x:sf
uf\otfsf kbf p3fg 5 cfh dn .

tl; hgf ofq af s/ sf7df8faf6 lx8sf
a; wnlvn klbf csf tl; ofqlsf a;
ylkPkI5 b0 a; sf ;xofqf rnsf lyof .
To; a; df ofqf ug ofqlsf ?kdf d/f 3/; u
;G6n/G; snhdf kdv ;~rfns szj
bufn klg /x5g\ . 5f/L sltnf0 ;fy lnP/
lx8sf tl bufn afx\ s To; a; df d/f bf; f
kl/Irt JolQm c? lyPg .

Tof a; cfh agf/;af6 kmsb lyof
/ To; a; df xdf 6fnlsf Ps hgf ofql
Psgfy kfiv/n klg kmsb lyP . pgl oftoft
Joj :yf sfonof clwst . hg; Dks e0/xg
sfonof ePsfni pgn nfdl labf gkfPsf
/ 0 >ldtl pldnfnf0 5f8/ kmsb ubf pgn
rftok0f zinl kofu u/- dn tkf0x?sl
rnl tkf0x?nf0 g ; Dk/ kmsb 5 .

jfSrfto dn o; sf/Of eGb 5, pgn
>ldtl lhDdf nufp5 eggg\ tkf0sl 5f/L
lhDdf nufp5 eg . slt km/s cy /fV5g\ol
b0 zAbn . xf, pgl /df0nf lyP, /l; s lyP /
xf:oljgfb l klg lyP . cyft\pgl ;xofqf ug
;xfpbf JolQm lyP . ca ul/g ofqdf pgsf
cefj v8ls/xg dx; ; u/ dn .

cfhblv a;dfins ylkPsf 5g\ .
sfdljzifn xfdleGb cl3 g agf/; cPsf
sdf/ clwsf/L xfdL; u ofqf ug5g\ . o; sf

cy ca klg xfdL tl; sf tl; xg5f . pgn
egsf 5g\ . ca tkf0x?nf0 af; sf si6
xg 5g . ef/toqf, d/f kfglkw/f .

pgsf egf0n sxl ;Gtfif hfufOf eof
xfdx? alr .

cfhsf ofqf jf/f0f;laf6 Onxfjfb sf
kofu/fh sl/a !@%-!#) lsnfd6/ ofqf
ugk5 eGb 5g\sdf/ clwsf/L .

a; n cf^gf ult ln0; s sf 5 / ahf/
l5rfNb cufl8 al9; s sf 5 . d/f dg bVb
5, tlg lbgblv Pp6 af6f cxf/bxf/ ul//xg
k/sdf . dbflug j/k/sf wdzfnf?df a:g
kfPsf eP slt ;ljwf xbf xf 0 slt ;dosf
art xbf xf 0 clxn klg xfdL To; 7fpdf
cf0kusf 5f / cufl8sf af6f klxNoipb 5f .

zx/ l5rfn/ af6f ;f%ofpg pkqddf
5 a; . ljleGg pBfg, jfl6sf, wdzfnf
/ dlGb/x? blvb 5g\af6f sf bfofaf .
o; qddf blvG5- /fhslo cfBflus
cf:yfg . crDd nfu5, cf:yfg zAb kofu
ul/Psdf . d cy nufpg kof; u5- ;ef
jf lgjf; :yfg .

a; sf %ofnaf6 lt/ 5f8Psf d/f
cfvdf sb xb 5g\ /fxlgof, hutk/,
ktfkk/ / ?kfk/x? .

af6f qmdzll a9b rf/ ngaf6 5 ng /
5 ngaf6 cf7 ng ePsf 5 . alr af6df
l8ef08/sf ?kdf kikkfwf? lvn\sf 5g\
cToGt ;Gb/ 5 af6f . ;jf/L ;fwg klg

3gf blvbogg\ o;| sf/Of klg a; lgjfw
slb/xsf 5 .

agf/;af6 ;lw blf0f-kIzrd xflgPsf
a; /fli6 /fhdfu 5f8/ b0 ngsf af6fdf
kjjz u5 . sf/Of al%bg . ;fdf0 ufdlOf
a:tl blvG5 bf0af0f . cufl8, cem cufl8
a9kl5 blvG5g\pgj efu/ly / efu/ly kf/
u/kl5 el6G5 ; ;fgf ahf/ . af8df d/f bli6
k5 . nlpvPsf blvG5- lJGwofrn, ldhfk/
lhNnf . ca d/f rit vN5, xfdl lJGwojfl;gl
hfb /x5f . Pp6f rfaf6fdf ku/ a; ;f06
nfl5, xfdl cflnG5f .

rfns bnsf ;b:on| uf8Lsf clnsIt
gf8L 5fdg / / ũ xfdln lJGwojfl;gl sf bzg
ugj / ũ

dn| sf7df8fdf a;/ sNkgf u/sf
lJGwojfl;gl cln km/s lyof- xfdl kf v/fsf
lJGwojfl;gl h:tf . cyft\7h| zx/, zx/
glhs| yDsf / yDsfdf dIgb/ . t/ km n vfof
d/f cgdfg .

xfdln lJGwojfl;gl pGd'v xb| 5f . af6f
klxn| slt 7hf lyof s'lg ũ clxn| km/flsnf
kf/b| 5 . bf0af0f kmh-k;fbsf k;nx?
nf0g blvb| 5g\ . ofq cfsif0f ugj ljlw klg
p:t| 5 . gl/jnsf /fhwfgl /x5 lJGwofrn .
b0 ?kof blv al; ?kof;Ddsf h6fjli6t
gl/jn lng cfux ub| 5g\ljqm|tfx? .

sl/a Ps lsnfld6/ lx8/ xfdl dIgb/df
ku5f . dIgb/ kl/ ; / klg lgdf0fsf qmddf blvG5 .
;efd08k, ofqux / ;fwgf sGbx?sf lgdf0f /
dIgb/ ;dt kglgdf0fsf qmddf /x5 . of ; a
;/rgfut ksIt xbf d/f dgdf nfl0f, kSs
klg b0 jifkl5 lJGwojfl;gl sf blbkodfg gof
cgxf/ bVg kf0g5 .

xfdln lJGwojfl;gl sf bzgfy dIgb/ kjjz
u5f . gfgl blv nfu|sf afgl egh:t vf;u/L

pQ/ef/tsf k08f, khf/Llx?sf dfgl;stf
Pp6| blvG5 . eGb5g\ . bzg s/t| xf,
k;f gxl /vt| xf < k;f 8fnf . ũ kfom ;a
dIgb/x?sf p:t| xfnt blv/ d klg clxn|
lh:Sofpgj d8df 5- lJstgf 8fngf rflxP ũ
xhf/ũ . bfgaS; sx| x| < ũ bfgaS; gxl x|
d/| xfy d 8fnf . ũ

P afaf ũ o:tf kljq dIgb/x?df o:tf
ljslt ũ eQmx?n| zfcfefjn| eujfgsf
bzg ug klg gkfpj <

h;n| h;|s| eg klg !)* zIQmkl7dwoSL
Ps, afxehfw/L sflzsl :j?kf
lJGwojfl;gl sf bzg u%of xfdln| . h;nf0
xfdln| zDe-lgzDe dIbgL rfd08fbjLsf
?kdf klg dfg5f / a8fbz|sf jnf khf u5f .

cfwf306f ;do lnP/ uPsf xfdln|
km|sb| Ps 306f latfP5f .

a; r9/ xfdl k'j|t\ cufl8 a95f
t/ af6fsf :j?k / jfxo cfsItdf leGgtf
blvb| . b0 ngsf af6f / ufdlOf a:tl xb|
a; cufl8 a95 / .bj/L ku/ af6f lsgf/f
nfl5 . xfdln| vfgf oxL vfg / ũ

rftf/fsf 3/fdf cfsfz 9fs/ plePsf
klknsf jlf 5 . ptfklS Pp6f dIgb/ 5,
csftkm Pp6f :sn 5 . cem k/lt/ lJBfyL
vNg| ufpG8 5 / vNnf rp/df Pp6f
xft|snwf/f klg 5 . xfdf rfnsbnsf
;b:ox?n| ToxL wf/f kofu u// efhgssf
Jo j:yf ug5g\ .

o; afx|s glhs sg 3/ klg 5ggV/
k;n klg 5gg\ . k;nsf gfddf klknsf
rftf/f;u hf8/ Pp6f ;fgf sf73/ agf0Psf
5 / ToxL a;/ Ps hgf j4 kfgsf al8f
agfpb| 5g\ . To;| jnf Pp6f lszf/ cfp5
/ l6lkmgaSdf /f6L / cfn'rgfsf t/sf/L
5f8/ hfG5 .

d xll/xsf 5, csf ufxs cfp5 /
tof/L dl7f kfg lnP/ hf5 . cen csf
cfp5 / hbf kfg dfu u5 . tl j4n l6lkn
vfg 5f8/ rgf / ;lthGo kbfx? a9L ePsf
kfg agfP/ lb5glt/ vfg s/fdf Wofg lbbgg\.

d km;bdf 5, dnf0 sxl hf5g rfxgf
xG5 . d pgsf glhs hf5 / sxl kZg u5 .
pgl a8f k;Gg dbfdf cf^gf hljgsxfgl
atfpg yfN5g\ . d kZgk15 kZg ykb hf5,
pgl emsf gdfgl d/f stXntf d6fbb hf5g\.

;Lcf0alsf l/6fo/ l;lgo/ OG:kS6/
wjnsdf/ ba*) jifsf eP . l8p6ldf ePsf
jinf pgn /;sf/sf ;femf u/, abdf;nf0
kfgldf uP klg 5f8gg\ . clxn pgsf
kltdlxgf &% xhf/ kG;g cfp5 . pgsf afa
klg cfdlsf nl^6gG6 sgn, ;efifrGb
afzsf ljZjf; kfg lyP . ;Gtfgdf b0 5f/f
5g\ . Pp6f P;kl, csf xjfo Olghlgo/ . t/
h7fn TolQ jf:tf ubg, sf5f c;Qm 5,
oltdfg lrGtf 5 pgnf0 .

hldg klg pgsf sd 5g, k;7Yl
la3f hldg cfjfblofuo 5 . t/ l;rf0 ;ljwf
gePsf n sd dfqdf eP klg d;/f, s/fp
/ rgf pTkfbg xG5 . jiffoddf uufsf gbl
k;/ hldg 8af0lbg ;Defjgf klg /xG5
jinfavt .

basf 3/ af6feGb kfl/kl5 5 . 3/df
>ldtl 5g\ . pgn agfP/ k7f0lbPsl Tof
/f6L / t/sf/L . 3/ t pgsf Onxfjfb /
agf/;df klg 5 . k9g ljBfynf0 lglzNs
a:g Joj:yf ul/lbPsf 5g\tl 3/x?df .

oxl bj/L ufpdf klg yk ;fdflhs
sfd u/sf 5g\pgn . ToxL glhs blvPsf
dfWolds ljBfno / afx;Dd k9f0 xg csf
ljBfno ejg klg pgn lgdfOf ul/lbPsf .
bj lzlfnosf ;~rfns ;ldlt cWOLF pg
5g\clxn klg .

wjnsdf/ ban OG:kS6/af6 cjsf;
lnPk15 >ldtl;xlT k/ ef/t edOf u/ .
gkfn ku / sf7df8f-kfv/f nufot gkfnsf
;a kbz edOf u/ . To;k15 ljut bz
jifblv o; klknaf6 dlG kfg k;n /fv/
a;sf 5g\.

pgl eGb5g\ .kzkltgfyaf6 cfpSf
tkf0x?sf bzg ug kfp, d wGowGo eP .

d t basf jrg ;gsf ;Go eP /
cjfs\cjfs\ple0/x\ . banf0 d sf;u
tngf u? < tngf ug dfg; d/f hljgdf
sfxL klg hf8g cfpG . dn t pgn afnsf
jf0L kg/fjIQ u/- .baHo'u tkf0 d/f cfbz
kfg . tkf0nf0 e6/ d kf wGo wGo eP, d/f
tlyofqf ;kmn eof .

ptf vfgf tof/ ePsf va/ cfof .
dn=xfdln ;u efhg ug banf0 cfux uof
t/ g pgn /f6L af8/ vfp eGb xfdln vfof,
g t xdf cfux pgn :jlsf/ u/ . xfdln
vfgf vfg yfnk15 dfq pgn ;infPsf /f6L
/ t/sf/L rkfbg yfn .

vfgf vf0 ;sk15 xfdL a;tk 8f/of .
To;jinf d basf kfg k;ndf uP / 6fpsdf
xft /fv/ cfzljfb lbg cfux u/- .dnf0
klg tkf0h:tf cfbz kfg aGg cfzljfb
lbgxf;\.

)))

bj/Laf6 kofu/fh klbf;Dd xfdL st
/flsPg / /flsg cfjZostf klg k/g .

xfdL ha uuf, odgf / ;/:jtlsf
;ud:yn dlG a/xfgdf tl;Psf Go odgflah
xb kfl/ uof, To;k15 d/f Pp6f stXntf
dl6of . oib xfdL ljGwofrntkm guPsf eP
xfdln /fli6 /fhdfu klg 5f8gkg lyPg /
b0 b0 k6s uuf tgkg klg lyPg .

a;:6kdf ku/ a; /flsof. 6fnlsf
cu|jfx? jf;:yfgsf vfhl df hfgeof,
afsl ;a a;leq a:of. dVo a;kfs t
s| xGYof Û wnwnf el/Psf To; kfsdf
lg:sgeGb a;leq a:g lgsf.

b0 ah| ku|sf xfdlx? Ps 306f a9L
a;leq ulD;P/ a:of. af;:yfg vfHg
uPsf a;dfns / xfdln| 6fnlg|tf dfgsf
vu|b|hf8L ;Dwlx? Ps 306fk15 km|s/
cfpgeof t/ ;Gtfifhgs va/ Nofpg
;SgePg. nfnu9sf laR5sn| Toxf kl
8;5. agf/;af6 lx8bf ca af;:yfgsf
;d:of xg| 5g eg/ kmfg;Dks| ul//xsf
sdf/ clwsf|ln| kl| jrg k|f ug ;sgg\.
xhdl a;:6k eGb clnsit k/ j|bnldl
oflGqs lgjf;ldf ku/ kl| xf6n dfns;u
w/a/ unkntL u|of. t/ ;dosf aafbdfq.

p;n| xfdlnf0 a;|sf ef8f clud eQmfgl
glbP;Dd ;frf lbPg. csf lbg laxfg
lx8gkbf cGoq kl| xfdln| sf7fef8f klxn|
lbg afn|sf g| eQmfg ug| uYof t/ o;n| t
sf7f bv|Pk15 aGb ul/lbof. ;frf lbPg.
k;fsf nflu dl/xQ| ug| o:t| g/lkrf;x?n|
tly:ynsf abgfd u5g\ xfdln| cGoq
kl| wdzfnfsf vfhl gu/sf xf0gf t/ ;a
hgfsf nflu Ps| 7fpdf Joj:yf xg| gb|vkl5
k;f eQmfg u// ;f9rf/ ahdfq xhdl sf7fdf
l5|of. l5/k15 st| lgl: sPg|.

)))

csf lbg laxfg| xhdl 6Dkfa|f
bf/fuh hgkb xb| uuf odgf / ;/:jtl|sf
;a|ud lqj|OfL k|of. 8u8ufn| el/Psf lqj|OfL
lsgf/af6 kNnf lsgf/ bVg dl: sn kYof.

tkOf ugsf nflu xhdl 8uf r9/ uuf /
odgf ldng ePsf dWoljGbd| hf|gkbf /x5.
Tox| g nkt c j:yfdf ;/:jtl|sf kl| ldng
xG5 eGg| hgwf/Of /x5, To;n| lqj|OfL

elgbf /x5. b0 gblsf kToIf ldng ePsf
7fpdf ;/:jtl|sf kl| cbZo ldng ePsf 5
eGg| ;Dem|/ lqj|OfL elgPsf o:tf tly:ynx?
yk| 5g\ To;|dWosf Ps kofu kl| /x5.

clxn| kl| xhdl kGw| / rfw hgfsf
6fnl b0 8^aufdf a;|/, nf0km| Hof|s|6 klx//
dWoljGbd| k|of. To:tf 7fpdf 8uf c8bfP/
k08fx? cf;g hdf0 a:bf /x5g\ Toxf
xhdl| k08fs| lgb|zgd| tkOf ug|kbf /x5.
k08fsf ;xofuljgf :jo tkOf u5 eGgx?sf
nflu kl| k|taGb /xg5. Toxf kl| To:t|
eof. s;n| lkt|sf gfd ;Dem|/ :jo tkOf
lbP, s;n| k08fsf d2t lnP.

k08fsf ljlw kofu ug|x?sf nflu b0
gl/jnsf ;o, Ps lunf; bWsf ;o gx|Psf
;o, clgjfo dflg|bf /x5. clg bl|f0f
sDtldf 89;o / afXdOf efhg sltnf0 u/fpg|
xf< To;| cg;f/sf /sd c;Ng| ubf /x5g\
k08fx? kfl/jfl/s ;vzf|Gtsf nflu kl|
sfdgf ul/bf /x5 Toxf. xhdl b0 ef0n| eg|
hf| tln sz xftdf lnof / lkt|sf gfd ;Dem|b
tfdfsf cfDvf/fn| hn tkOf ub| uof.

k08fsf 8uf;u hf|8P/ cl80/x|sf
xhdl r9|sf 8uf h;|L uPsf lyof, To;u/L
km|Sof. km|sb ubf slx/f kftflnb| lyof,
lsgf/el/ nf0g nfu/ plePsf kfnx?df
hl8t lahnlsf ksfz kl| cln tlhnf
ePsf cfef; xb| lyof, laxfg| kl| l5|k|b|
lyof, rf/f kf0g| cfzdf l;un -Ps ksf/sf
aunfh:tf ;fdl|s r/f sf ayfgn| xhdl
r9|sf 88fdfl|ysf cfsfz 3b| lyof. xhdl|
k|tJolQm Ps ;o tl; sf b/n| sjj6sf xftdf
k;f yDofof. p;n| uj| ;fy eGof- xhdl t
eujfg\ -fd_nf0 kl| tfg|sf jzh. clxn|
eujfg|t el6bgg\ tkf0x? h:tf dflg; ;Dd
el6G5g\ slxn| sfx| t /flf; sf km|nf kl|
kl/G5, pglx?n| kl|>d kl| vfolbG5g\.

kl8f cfsNof s|j6n| .

p; n| o; f| elg/xbf dn| klg j|bnldl
offGqs lgjf; sf g/lkrf; nf0 ; De|| .

j|f|/ c|Pkl5 afSnf s0/f| cen kftflnb
uof . k/k/sf bZo c? vNb| uof . c|ns|t
k/ uufdfly tgSs t|GSPsf /ndfu kl
b|vof . t/ g To; knsf jNnf 5p b|vof,
g kNnf 5p . hlt; s| cfvf lj: k|f|/t
u/ kl xfdln| gblsf kNnf 5p bVg
; sgf . ;lj: tf/ k|lnPsf To; au/dfly
t|GSPsf knsf jNnf 5p kl bVg ; sgf .

xfdl PsI5g lqj0fl au/df g
cndlnof . vfhl vfhl 3f6l lrof vfof .
sxl yfg dh/f / emfnf lsGof .

lqj0fl lsgf/ ; u| c|lnPsf kvfn bv/
d/f dgdf stXntf hflb| lyof t/ To| sftXn
dl6g w/a/ nfug . To| t ; df6\czfsn
agfpg yfn/ gfltsf knfdf ; DkGg ePsf
lsNnf / 0

t/ clxn| eg To; sf gfd . c|foj6 dlGb/
kftfnk/Láf/ . 0xl n|vPsf lyof k|jzáf/df .
xfdlleq Ps ksf/sf sftXn lyof , s: tf
xfnf gof gfdS/Of ePsf kftfnk/L <

xfdl lglZrt : yfgdf hQf / dfaf0n
5f8/ c|jnfsg ub| cu|8 a9bf . c|foj6
/ n|ntfbjl z|Qmkl7 xfd| gh/df k/ .
To; kl5 kftfnk/L k|jz- l; 9l l; 9l cfn/
; ?^alt/ . lahnl sf dw/ ksfzdf blvG5
kftfnfS . ofaf6 ptf / ptfaf6 ptf
k|Gsf dfb| ubf el6G5g\ k/f0fx? df pNn|v
ePsf jf; sL, z|fgfu, aln / kftfnj; L bj-
bfgjx? . o; afxs To; | kl/ ; /df ; fdZj/
ljGbdfwj, ef/áf / gfusGof nufotsf
bjl-b|jtfx? sf cl: t|j kl el6G5 .

d ; frd|g xG5, ef/tlox? gSsn
ug| sfddf slt k|j|0f 5g\ ; df6\czfsn|

s| kofhgsf nflu lgdf0f yfn| / pQ/jtL
zf; sx?n| s|g klq|ofdf k\ofP/ 6^a\ofP .
clxn|sf rt/ ef/tlox?n| To; nf0 kftfn
nfs agfP/ ko6sx?nf0 enen|ofdf kfb 5g\

k|sb| ubf afoklS leQdf 6f|; Psf
kfrtn| a8| xgdfg dlGb/ bVof / dg|n|
gd: sf/ u\of . au/df gkfnL kn6 ePsf yk
a; x? blvP clg r rfsf ljifo aGof a; .
cfpb| /x5g\ t a; oxL; Dd 0 a; nhfg
kf0bg eg/ xfdlnf0 lsg 6Dkf r9Psf
rfnsbnsf ; b: ox?n| <

o: tf efuf0x? xfdln| cGog kl efuf
lyof . To; n| ol dfgkZgx? dgleq /fv/
dg aemfYof . clxn| kl To; | u\of . Ps
gf; sf / vNnf vfgf vf0/xg kbf ; emfj
lbg u/sf lyof sxl lbg t/ ; gjf0 gePkl5
.; Gtfid\k/dd\ ; vd\ sf z/0df kusf lyof .

xfdl ptf hfbf gvnsf jftfj/Of clxn|
cflzs vn|sf lyof . sDednfsf ofqx?
el/g| k/k/ ; Ddsf dbfgdf lzlj/ / 6G6x?
nf0g| v8f ul/Psf lyP / 7hf7hf ?vx? sf
k|bdf ; d|t df|g; x? ; lt/xsf: al; /xsf
lyP . of s| sf/Of xfnf < d kZg ug rfxGy
t/ dn| To; kZgsf hjfk| xfn k|skl5
dfq : yfglonf0 ; fw/ kfP .

cf; Gg df3 dlxgfel/ tly/fh, kofudf
7hf dnf n|b| /x5, To; nf0 sNkjf; kl
elgb| /x5 . To; | kofhgsf nflu of tof/L
ePsf /x5 .

xfdl| vfgf vf0; Sbf afx| aHof .

)))

lxhf b0 ahkl5sf ; do ; bkofu ug
kfPsf eP cfh xfdl cof\of k: yfg ug
; SYof . t/ kofu/fhsf sxl d7dlGb/x? sf
bZg gu/Lsg lx8g s ; sf dgn| dfGof / <

xf, :yfglon atfP cg;f/ xfdl /fdjfu
/f8xb cufl8 a9bf. rfa6f alr sf af/aGw
jfl6sdf sTys gTo ul//xsf k~r sGofsf
dltx? blvP. csf rfsdf pl8/xsf xzdl
blvof. ce cufl8 a9kl5 el6of eJo âf/.
nlvPsf lyof- vf6 ;fnf;/ afnfhL wfd.

leq k:of, vNnf kl;/ 5. To;
kl;/ /df km/s km/s :yfgdf lgldt 5g\ uuf,
gdgf / ;/:jtlsf k0fsbsf cTofsifs
dltx?. bfof afof / cufl8 x5f, tlg lbzdf
;lhPsf blvG5g\ dlcb/x?. xfdl Pskl5
csf dlcb/df kjz ub cufl8 a95f.
;li6rqm blv0Psf euJfg\jiofsf eJo dlt
xdfs gh/df k5. gjux dlcb/ blvG5.
leqklS alr efudf ;b euJfg'sf blbJodfg
dlt / ufnfsf/ e0 a;sf cGo uxx?sf
dltx? cfsifs 9En ;hf0Psf blvG5g\.
gjuxnf0 olt dxîj lbP/ klti7fkg ul/Psf
dltx?sf o:tf eJotf dn o; cl3 bvsf
ly0g. 3Db hfbf vf6Zofdsf csf dlcb/
blvG5, hg dlcb/sf gfd ;jflws dxîj
lbP/ âf/d nlvPsf 5.

dxief/tsfnlg eld;g / /flf;kql
lx8Dafsf ueaf6 hGdsf dxfanl 36fTs r /
ltgsf kq kVoft wgwf/L aal/s -vf6Zofd_
nf0 olt dxîj lbP/ agf0Psf o:tf eJo
dlcb/ klg dn o; cl3 bVg kFPsf ly0g.

o; klg kofu/fhnf0 tly/fh elG5,
hg kTos afx jifdf nflu sDednfsf rf/
wfd -xl/âf/, pHhg, gfl; s / kofu dWo
Ps xf kofu. olt kljq tly:yndf cGo
bjlbjtsf klg pkl:ylt lyof xfnf ð t/
tttt\ :yfgx?df klG xfdlnf0 ;Dej ePg.

bjlbzg kl5 an'sfsf arsf clnslt
;do xfdln lsgdndf nufof. ahf/efp klg
Tolt dxuf nfug. ;fylx?n /fdjfu /f8s
k;nx? rfn/ cln a9L g ;fdg vl/b u/.

dxndfsgf

duft

■ 5z/0f /uf



7hf clnf dxn 5g\
zx/ 5, lrNnf ;8s 5g\
lemInldnl 5, htftt
e0df Ps ckfE emqf sk8df
s6f/f yfk/ a6jftkm xft knf0/x5.

pm afNbg, ;fob jfSoljxlG 5
slxn sfxL 6fpsf p7fP/
dxnsf %ofnl/ x5
a6jfsf cfjthfjt 30rf 5
t/ p; sf srf/f l/Q 5.

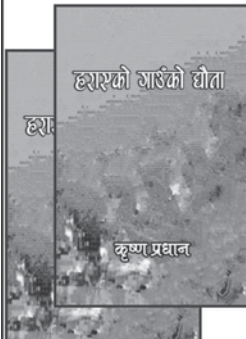
Pp6f a9f nf/f 6s/ la:tf/ lx8b 5
p; sf cufl8 s6f/f blvG5
slt k;fn p; sf k6 el/G5 <
/fd si0f 0z' dxDdb pm a%bg
pm k;f r9fpg bfg lbg ;Sbg.

/fHo 5, pm /fHoljxlG 5
Eff6/ ePg, kf6L gf/f a%bg
lhcf Pglhcf'sf avfg yxf 5g
/fHon yxf kFP/ bVbg
sNof0f cf>dn bV5 yxf kfpbg
;fob pm dfgjlxlg z/L/ xf.

lhcf Pglhcf'sf avfg yxf 5g
/fHon yxf kFP/ bVbg
sNof0f cf>dn bV5 yxf kfpbg
;fob pm dfgjlxlg z/L/ xf.

bfloTj jfaDo kl5Nnf kpfzgx

!&@= cfoflds cgeIt - ;:d/Of @)&* _ - /fdk; fb kGt	#))÷-
!&#= cbZo 3fp -n3syf; auk @)&* _ - sDf/ gkfn	@%)÷-
!&\$= d/f ;oQ kl/jf/ - ;:d/Of @)&* _ - ;a ;g	!%)÷-
!&%= zGotf -syf; auk @)&* _ - ;ljg kfV/n	@))÷-
!&^= bzfg -lgofqf; auk @)&* _ - /fdk; fb kGt	#%)÷-
!&&= ;dfgtfsf lr/fu afs/ -slj tf; auk @)&* _ - kzklt sdfrho	@))÷-
!&*= ozfbf -zfssfJo @)&* _ - szj/fh kGt	!%)÷-
!&(- cTltst kfGf - ;:d/Of @)&* _ - szj/fh kGt	#^))÷-
!*)= ;:d/Of dfnf - \$ - ;:d/Of @)&* _ - kpfz P /fh	@))÷-
!*!= drL d/f dxfsfnL d/f -lgofqfGof; @)&* _ - /fdk; fb kGt	#&%÷-
!*@= ;/nLst gkfnL /fdfof -cg; Gwfg @)&* _ - o1/fh 1jfnL	#%)÷-
!##= ofofj/ ;kgf -slj tf; auk @)&* _ - ;blkeb vgfn	#))÷-
!*\$= bli6sfOf -ljljw @)&(_ - ;= zftf Gofkg	@))÷-
!*%= cledt -ljljw @)&* _ - ;= snfw/ sf^n	\$))÷-
!*^= lgaGwfj nL -lgaGw; auk @)&(_ - /fdk; fb kGt	\$))÷-
!*&= ;ufnf - ;kt/aul @)&(_ - snfw/ sf^n	#%)÷-
!***= ;kintfsf ;q -lgaGw @)&(_ - 8f- gdIf kf08÷8f- kPdg kf08	\$%)÷-
!*(- cfhsf cfsfz - ;oQ slj tf; auk #, @)&(_ - cf/s÷hlj/fh÷kknfb÷/jLgbf8f- /fhGb	#&%÷-
!()- ld; fj6 -n3syf; auk @)&(_ - /fdk; fb kGt	!&%÷-
!(!= slt ;De slt la; - ;:d/Of @)&(_ - /fdk; fb cfrfo	@%)÷-
!(@= Pp6f 8fo/Lsf kfGf - ;:d/Of @)&(_ - /fhg k8f; gl	#))÷-
!(#= cf/De -lgaGw @)&(_ - blks e08f/L	!%)÷-
!(\$= P6nflG6sblv kpfGt dxf; fu/ ;Dd -lgofqf @)&(_ - z/b lg/fnf	\$%)÷-
!(%= nfs/L -slj tf-sfJo @)&(_ - ;a ;g	@%)÷-
!(^= /fhlgfdf -syf; auk @)&(_ - ;hfrgf hfzL	@))÷-
!(&= km/ hGdG5g hGdbgg -sfJo @)&(_ - Zofdaxfb/ efjs	#%)÷-
!(*= ;fgf/ af/nf -lgofqf; auk @)&(_ - /fdk; fb kGt	@@%)÷-
!((= cd/ ;lQ; wf - ;lQ @)&(_ - dSgb Gofkg	!%)÷-



सिद्धहस्त कवि तथा निबन्धकार कृष्ण प्रधानद्वारा रचित

तथा पूर्वाञ्चल साहित्य प्रतिष्ठानद्वारा प्रकाशित

‘हराएको गाउँको घौता’

कवितासङ्ग्रह सार्वजनिक भएको छ ।

bfojnf0{b}fo adfhdshf lsfax? kft ePsf 5g, sltbftnf0{w}ojfb					
sltsf gfd	ljwf	nvs sf gfd	kszs sf gfd	ki7 ,aVof	dNo ?:-
;fbo	-lgofqf_	kfiif rfkuf0	zAbotqf ksfzg	i\$)	@)) :-
cfg0b	-lgofqf_	kfiif rfkuf0	zAbotqf ksfzg	i\$!&*	#%) :-
k5f18 klls P/ xbf	-;:d/0f_	k0o l3id/	ljBt sdl ;fXto ;dfh	i*+i\$	#\$(- :-
/faf6	-syf_	g/bb/fh kf8n	;feif ksfzg	i^+i&^	@%) :-
;i6f g/fb/fh kf8n	-h,jgl_	;:uflj0b/fh ljgfb.	sflnsf PkPd, lrtjg	*+i#*	i%) :-
uf/jdo l;0wnl	-k/ro_	snr0b sf0/fnf	s:sf:dlit klti7fg	i(*)	@%) :-
df0rf	-syf_	j;0t k/fhn.	e8k/f0f ksfzg	i0+!^^	#*) :-
Sof0;/:;usf n8f0	-nv;^ux_	kf8f: d/nl /0ht	g0- 00efP/d06	i0)	@0%) :-
;dl1f;^ux	-;dl1f_	u^uf sdf rfo kf8n	;/le ;fXto klti7fg	i%0	i%) :-
h,jgl / dNof^ag ofudf0f	-nv;^ux_	nvgfy e08f/L	cN6/gl6e uk	i*+#!*	%) :-
Pnfs;^ux	-Pnfs_	80a/ kxf8l .Pnfsll	;fg lzj f kxf8l+%	#\$+!)^	@)) :-
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gf/fo0fdtg >i7 0ltjq	-h,jgl_	j;0t >i7	Pks gkfn	@%&	%) :-
sDes0fsf 8fo/L	-xf:0jo^lo	bjLk;fb rfkuf0	kfjL rfkuf0	i*\$	@%) :-
anfot sf ljgdf0f	-lgofqf_	zldnf v8sf bxfn	:j0fd ksfzg	(^	i%) :-
;dsfnlg n3syf lj jrgf	-;dfnfrgf_	ddtf dbn	/Tg;fu/ ksfzg	\$+! **	#*) :-
b h,jl n06 kn	-x0s_	lbjo lu/L, cg: kf?	lu/lj/ kNanszg	i^+i!\$	@0%) :-
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;dfnfrgfsf s;ldf ;dsfnlg n3syf	-;dfnfrgf_	;:ljwfg cfrfo	gkfn ;i6f ;dfh	@&@	%) :-
gkfn sf /fhgltdf c3fvrl	-0txf;_	hal bnfdl	ljiofaxfb/ l; x	#\$	\$((- :-
gkfnl hgcfbfngsf uf/jufyf	-0txf;_	zv/ lu/L	0ZjL lu/L	i^@	#)) :-
;dfh;jL lbnaxfb/ v8sf	-;:d/0f_	;0b/ v8sf	zf/bfbjl v8sf	i0+!0^	-
3/ 3/h:tf 5g	-sljtf_	df0fs/Tg ;fso	e8k/f0f ksfzg	i\$+!0@	@%) :-
e/t ldng	-eQ=sflo_	gf/fo0f d/fi; gl	/fdg0b cfrfo ;jfl7	@\$+(!^	i%) :-

bfloTj jf^ado klⁱti7fgsf cfhLjg ;b:ox?

ཕུ་ལོ་ གྲིང་ཡུ་

ཀློག་ གུ་

ཕུ་ལོ་ གྲིང་ཡུ་

ཀློག་ གུ་

! cRot k: kf8n .lr6tgj
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*: P;:kl cf:f
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!): sdnk;fb 1jfnl
!!: snfw/ sf`n
!@: sbf/k;fb ;jbl
!# szj/fh k6t
!\$ si0fk;fb a:ofn
!%: si0f alp;
!^: si0f e08f/L ddIf
!&: si0f 1jfnl
!*: vu6b vfN;f3/
!(: v8uaxfb/ rfkuf0
@: lvdg6b cfrfo
@! : u^w kf8n
@@: u0fz 1jfnl
@# ultf sz/L
@\$ u0f/fh sf`n
@%: ufsn clwsf/L
@^: ktfuKlsiof zdf
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\$@: 8f: tn;leS/fo
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^&: dxfbj k6y
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!%: ;s ykf
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!): xl/k;fb 6ofktgl
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We Bring You Home

• Loan Tenure upto 25 Years • Competitive Interest Rate



*Conditions apply

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 ☎ +977-1-4788500 📞 +977-1-4780588
 ✉ info@prabhubank.com 🌐 www.prabhubank.com
 Toll Free No.: 16600107777

कवि/ हर्दयगर्हदग्गर् नर्स्फर्

@)&(कर्ग @), स्फर्दफर् .

बर्लर् जर्दो कर्तर्ग, ग्कर्नस्
चर्गर्गर् त्य कर्गर्कस् प्जर्द\कर्ल ल्गर्/ध
कर्गर्कर्दव चर्तर्तर्द; ड्कर्गस् ; दर्/र्गस्
अर् स्जर् जर्दग्/ एर्जर्सर्/ रर्त कर्/
हर्दयगर् हर्दग्गर् स्जर्स्त्स् नर्स्फर्
उ/र् .

अर्दर्जर्र् चर्ग ल्/र् तर्गस्
हर्गर्गर् चर्ग/र् पर् नर्स्जर्
नर्स्फर् उर् कर् ल्गर्/ध कर्तर्- नर्स्नर्
नर्वर्गर् :र् तर् स्तर्? ; जर्; र्/र् कर्
अर्ग; स्ग / हर्दग्; दर् उर्/र् कर्ज 5र्8र्
; स्ग एर्गर् स्जर् एर्जर्न प्पर्द च; न
जर्गर् हर्गर्गर् चर्ग/र् स्तर् नर्/
गर्नर्; र्गर्दर् द्खर्जर् उर्गर् उ/र्
चर्जो जर्गर् उर्गर् .

पर्ग स्गर्गर् कर्दव जर्ग कर्- /र्द; र्
लर्नर् स्तर्गर्; /र्र्नर् स; र् स; र्

स्नर्गर्गर् ल्गर् एर् स्तर्गर् चर्ग
लर्/र् तर्ग, स्तर्/ जर्दग्/ एर्जर् /
स्जर् र्ग एर्/र् कर् चर्-चर्^र् लर्/
/र्गर्गर् ल्गर् . स्तर्गर् स्लर् नर्ग
स्जर्तर्? कर् उर् स्जर्?द- लर्नर्; र्
दर्नर्ग, >/र् कर्न, लर्र्दर् कर्न,
लर्जर्/र् हर्ल, प्दर् स्/र् / र्लर्वर्
द्वर् र्गर् .

कर्तर्गर् चर्ग /र्द; र् कर्गर्
; एर्लर्तर्; ड्कर्ग ; र् स्गर्गर् उर्/र्
कर्लर् >र्गर् उर्लर् चर्लर्ग कर्ग
उर्गर् ल्गर् एर् एर्दर्नर् वर्
कर्- र् र्ग; र् चर्न, स्जर् एर्गर्/
ल; र् / र्:जर्अर्/ गर्गर् नर्नर्
कर् र्गर् लर्गर्गर् ल्गर् . चर्दर्
कर्गर् स्तर् सर् चर्/र् / कर्
उर्दर् :र् तर् लर्र् स्गर्गर्; र्गर्
कर्गर् स्तर् कर् उर्गर् ल्गर् .



माछापुच्छे

कर्मशील

बचत खाता

प्रवासको कमाई अनि मेहनत
स्वदेश मै गरौं सुरक्षित बचत

वैधानिक रूपमा
वैदेशिक रोजगारीमा
रहनु भएका
नेपालीहरूका लागि
१०% प्रारम्भिक
सार्वजनिक
निष्काशन (IPO)
आरक्षित गरिएको ।



१०.१३३%
ब्याजदर

*सर्बतल्लो ब्याज दर हो

न्यूनतम मौज्जात
शुन्य

निःशुल्क
इन्टरनेट बैंकिङ्ग सुविधा

निःशुल्क
चेकबुक तथा
Account Statement
on Demand

निःशुल्क
DEMAT, C-ASBA Charge
ABBS &
Mero Share सुविधा



माछापुच्छे बैंक

सबल, उत्कृष्ट एवं विस्तारित



गुलशन अहमद

कगलद तनस यक

hljgsf no ;nint xgk5 . noleqsf sg Pp6f cjoj klg
sxl stljno eof eg ;Gb/ hljg c ;Gb/ xghfG5 . Tof jnf dg
g lj/fukOf xgyfN5 . rfx c ;Gtfifsf j/flo xf ;\ rfx Jofs'ntfsf .
rfx slx/fsf xf ;\ rfx sfnsGsf .

o ; 38ldf dgnf0 ;/df aflw/fVg ;nint nltsf xf ;flxTo / t
;flxTon hljgdf axf/ l ;sfp5 .

ljllft / lj/xl dgnf0 ;fgbozfnl agfpg vkk ; xG5g\ ;hs .
pglx? hljgnf0 hx/ xf0g, l ;hgfsf /x/ agf0lbG5g\ . hljgsf
jej / ljifdtf bjnf0 sfJonx/Ldf pg l ;kfn xG5g\pglx? .
l ;hgfsf dfWodaf6 :jodf cftdzft kbf ub kf7snf0 hljg-
;Gbz lbg ;Sg ;hsx?sf ;/ntfleq ;dw/ / ;fDo snf emNsg
xf . Itgsf l ;hgf cftd ;ft\epkl5 nfU5 ;hsx? l ;hgfd xf ;sf
xG5g\l ;hgfd gfr/sf xG5gV l ;hgfd afr/sf xG5g\ . / , l ;hgaf6
hljgsf nufd dgnf0 dhat agfPsf xG5g\ .

;hs t kglDf /xsf tnsf yfkfht :t xG5g\ . ;dfhd /x/
klg cnUu e . tl kys\nfU5g\ kys u5g\ . Itgsf kystfn
;dfh ablnG5 . Itgsf kystfn ;dfhsf cjoix?df gtg no
ldi ;G5 . nosf/L hljgx? knosfndf klg aflr/xG5g\ knosfndf
klg xfl ;xG5g\ . tl / To:tf no eP/ g ;flxTo ;hsx? cfgbdf
/df0/xG5g\ tyfk nfU5g\tl kglDf tnsf yfkf . kglDf tn cnUu
blvP klg Itgdf cf^g ; ;f/ xG5 . tl emgluxlsnf / blanf xG5g\ .

c?nf0 sxl lbgsf nflu klxn cftk' ;u Tof rlh xgk5 .
cftkndf geP c?nf0 lbg s ;lsG5 / < ;hsn l ;hsf v/fs g
;dfhn kf0/xg xf . To ;sf cfwf/df klg ;dfh agb hfg xf .

; ;tl xbf nfU5 , ;flxTon s ;L ;dfh kl/jtg u5 / < t/
l ;hgf g xf kl/jtgsf leql / ;fog, hf aflx/af6 sxf blvG5 / <
hljg / hutnf0 ;do ;fkIf agfpb nhfg ;3pg s8l xf , ;flxTo
l ;hgf . ;3g?kn xbfsf oyfy xf of, hf kmut cge't xG5 .

e-mail: nirajan.timalsina1@gmail.com

;fjhlgs ;jfnf0 kf/bzL agfcf

- ;fjhlgs lgsfosf sdfs/jfxlnf0 kf/bzL agfcf .
- ;jfufxln ;xh / ;fem ;jf lng ;Sg Joj :yf ldnfcf .
- cflwsfl/s ;jf kbfosaf6 ;jf lncf,
lj rflnofdfknt sfd gu/f .
- ;s ;Dd ;jfufxL cfknn ;jf kfk/t ug u/f .
- ;fjhlgs ;jfnf0 ;/n, ;xh / kf/bzL agfcf .



Ij1fkg af3{