k'ts–klqsf lsg]/ k9f}g] afgL a;fnf}+.

j}hoGtL

jif{% k"0ff{ª\s–@# lj–wfs]lGb| ;flxlTos klqsf @)^(kmfu\$–r}q

;Dkfbs
j ;Gtsdf/ zDdf{'g]kfn'

;Nnfxsf/

hoGtL zdf{
sdf/;fu/ zsg

lgb]{zs
ljgosdf/ zdf{g]kfn

k|wfg ;Dkfbs
7fs'/ zdf{

;Dkfbs
ofbj e§/fO{

;xofu|L
sdnf g]kfn
k|bLk af"sf]6f
efef zdf{
cfef zdf{
;dL/;fu/ g]kfn
;GbLk;fu/ g]kfn
dftl\sf cfrfo{
cgf]h 9sfn
hfg'sf vgfn
pT; j yklnof
sNkgf cfrfo{

k|sfzs

zAbfy{k|sfzg
rfa]n, sf7df8f}

kmf]g)!–\$\$(&#%!÷(*\$!–\$(^!)#

email: shabdarthaprakashan@gmail.com
web:www.shabdarthaprakashan.com
www.nepalipublisher.com

;DkfbsLo

- lgod, ljlw, ljwfg ;+f/sf]x/}s lfqdf kfOG5 . o;}sf] cfwf/df ljZj rn}sf]5 . ;+f/df sg}o:tf]j:t'5}g h;sf]cfkmgf]lgod gxf];\. lgodn]g};b{ rGb|xfjf, kfgL, df6f]cflb k~rtÒj lgdf{f ePsf 5g\. h;/L ;Dk0f{;[i6 Pp6f cbZo lgoddf aflwPsf]5, To;}u/L ;flxTosf klg cg}s lgod 5g\. To:t}lgod xf] j}bs 5Gb . ;a}jf} nufot kf[rLg u{yx¿ 5Gbdf 5g\. j}bdf kbfu ul/Psf 5Gb dWosfnLg ;+s[t 5GbeGbf leGg 5g\. j}sf]kfo cgl6kafx}ssf 5Gbx¿ cfhsn kbf}udf 5}gg\. cfhsf 5GbeGbf leGg j}sf 5Gbx¿ kfo tLg r/0fdf kfOG5g\eg] 5Gbsf]lgoddf klg s}L cGt/ b]vG5 . ufoqL, pli0fs\ cgl6k\ a[tL, kªlQm, lqi6k\ hult ;ft 5Gb qmdzM PseGbf b];f]w/}r/0fsf 5g\. logLx¿ k[o}ssf cf7 e}b 5g\ cfifL{b}L, cf;'/L, khfkTo, ofhlfL, ;fDgL, cfrL{afxdL . o;/L -cf7 / ;ft_ 5kGg e}b dVo 5Gbsf]xg cfp5 . oLafx}s zSj/L, cli6, sse\ s[t, w[t, ks[t, kufyf, cle;fl/0fL cflb 5Gb klg j}df kfOG5g\/ ld>0f ul/Psf el'/s, lqi6k\ k/fgl6k\ lq:6ka[tL, ue{L hutL, ljk/Lt, ;dljifdf ufoqL, kfbnIdL kªlQm, hutf hutL, huqL, rt':kbf, c:tf/ kªlQm, zKtkbf, lj/f6 zSj/L, ssDetL zSj/L cflb 5Gb klg 5g\. dVo 5Gbx¿nfO{bO{bO{ tLg–tLg, hf8]/ ld>0f ul/Psf 5Gbsf];ªVof j}df ;of}kÛb5 / j}sf cg';f/ 5Gb cgGt xG5g\.
- efiff ;flxTodf ljleGg ljwfsf]ljsf; xb}hfbf ltgsf lgod–ljlw–ljwfgx¿ aGb}uP . ;a}vfn]lgod, ljlw jf cgZf;g 5Gb xf]. 5Gb gfdsf]lgod jf ljlw eg] ;flxTosf]sljtf ljwfdf kbQm xg yfNof]. j}sfnsf ;+s[tefiffsf ckl/is[t 5GbnfO{ lkªunfrfo{n]kl/:sf/ / cfwlgsLs/0f u/]. 5Gb bO{vfnsf kfOG5g\M dflqs / jfl0f{s 5Gb . nf}ss 5GbnfO{cfwf/ agfP/ n]vPsf ljleGg ;|6fsf sljtfx¿ o; cªsdf ;dflji6 ug{kbf; ePsf]5 . sljtfsf]ljifodf ljåfg\;|6fåf/f n]vPsf] k5f/sf]kftf{n]lg/Gt/ k|6 kfl//x}s}5 .
- **j}hoGtL**n]o; cl3 5Gbsljtf cªssf]¿kdf cªs %, * , !& / of]@# cªsdf ;d]t !!@ sljsf qmdzM %&, ^), &^ / *@ 5Gb sljtfleq @&% 5Gb sljtfnfO{;dl6;s}sf]5 .
- **j}hoGtL**nfO{dfof u/] cfkmgf /rgf pknAw u/fpg'xg];DkOf{;|6fx¿df j}hoGtL kl/jf/ xflb{s cfef/ ks6 ub{5 . o;sf ;fy}cfufdL lbgdf klg ;DkOf{ n]vs ;flxTosf/ Pj+kf7sx¿af6 :g}x, ;b\efj / ;xofu kfKt xg]g}5 eGg]df xfdL ljZj:t 5f}.
- **zAbfy{k}sfzg**sf] **j}a ;f08**df **j}hoGtL**sf ;a}cªs **8fpgnf8**Ú ug{ ldNg]u/L /flvPsf 5g\. *

;flxlTos klqsf j|hoGtLsf]

;dLIff !–@–#, ;+d/0f !–@–#, k'j{dlt, :jb}zofqf !–@–#,
ljb}zofqf !–@, lgaGw !–@, rf8÷kj{ /fli6oJolQmTj,
gLltsyf, k0fosyf, uBsljtf, 5Gbsljtf !–@–#–$, kl5
ca kgM rf8÷kj cªs .

---

o; cªsdf

sljtfqmd -	slj -	ki7
!: xfdL p7f	✍cg/fwf nD;fn	^
@: hggL / hGdeld	✍czfss df/ nfld5fg	%
#: cfdf	✍pkdf cfrfo	^
$: lzIfs aG5 d	✍pldnf nfld5fg	&
%: lahnL	✍P; kL cf;f	*
^: snf kmn	✍snflglw bfxfn	(
&: 5fqufyf	✍si0fk;fb a:ofn	!!
*: c;n cgzf;g	✍vuGb vfN;f3/	!@
(: dTo–dlQm	✍u0f/fh sf^n zfl8No	!#
!): bz;jf	✍kf: ufkLsi0f zdf	!$
!!: /fi63ft Aoyf aGof	✍ufljGb l3ld/ jbdl0f	!%
!@: lxHhsf cfTdsYo	✍ufljGb/fh ljgfbL	!^
!#: sljtf	✍8f: 3gZofd Gofkfg kl/>dL	!&
!$: dg of sl8of	✍rGbk;fb Gofkfg	!(
!%: lrGtf 5 of bzsf	✍hublZj/ kfv/n	@)
!^: slj sbf/dfg	✍huGgfy cfrfo	@@
!&: d vfHb5 gkfn l;ªlf	✍8f: hLjg clwsf/L	@#
!*: agfcf bz ;Gb/	✍1fglgi7 1jfnL	@$
!(: Pstf PÛ stf uof	✍8f: 6Lsf/fd clwsf/L	@%
@): kslt–slt	✍7fs/ zdf	@^
@!: ltdL ljgfsf hLjg	✍l8NnLk;fb dnltxgÛ	@&
@@: d/f df6fsf ljDax?	✍tLy/fh clwsf/L	@*
@#: wtLd xg ;Sb5g\	✍lqnfrg cfrfo	#)
@$: enenf	✍bufk;fb cofn	#!
@%: u/Lasf lbgx?	✍bjsdf/L n06n	#@
@^: Hoi7 gful/s	✍wgklt sf0/fnf	@^
@&: ojfÛ ltdL ;li6sf ;Gb/ /rgf	✍g/Gb/fh kf8n	##
@*: cfdf aRg ;lsG5 /<	✍g/Gb k/fz/	#$
@(: ;fRr ojf xf eg Û	✍gf/fo0fbQ zf:qL	#%
#): cv08 bz	✍gf/fo0f lg/f;L	#^
#!: /dfP	✍gf/fo0f gkfn	#&
#@: bofaf6 g afR5 xfdf k/jf	✍gf/fo0f gkfn kfNkfÛ	#*
##: u¿	✍k¿iffQd l;Ubn	#(
#$: g t xf:g eof g vn/ ¿g	✍ksfzdl0f bxfn	#*
#%: gkfn Kof/f 5	✍keftLls/0f	$)
#^: rf/l;t hDsf e6	✍kef e§/f0	$!
#&: rf/ 6qmf	✍kXnfb kfv/n	$)
#*: zxLb;u	✍kIff n;fn	$@
#(: djfb lhGbfjfb Û	✍abLk;fb bfxfn	$#
$): Wj:t eof cfug	✍8f: adaxfb/ lhtfnLÛ	$$
$!: ljbf0	✍an/fd bfxfn	$%
$@: dfG5 aGg rf;f	✍afh/fd kf8n	$^
$#: v;f sfkL	✍ag"nfld5fg	$&
$$: kfq of6f x/fP5	✍ab /fgf	$*

$%: cWofTd ✍efujt cfrfo %)
$^: gkfn ;femf w/fx/= ✍efgeQm kfv/n %!
$&: ;fdgfy ✍ejgxl/ l;Ubn %#
$*: cfdf ✍dw; Gofkfg $%
$(: lt/f zxLbsf ef/f ✍8f= dfwj hfzL ndhªU %$
%): u¿l;t ✍ldqnfn k1fgL %$
%!: a;df pSnkl5 M sxL ljDa ✍dsGb zdf rfln; %%
%@: gkfnLsf :jfledfg ✍dlbgLgfy ;jbL %&
%#: 0R5f ✍ofbjk;fb zdf %*
%$: df6f lrgf ✍obgfy j;Gtk/U &$
%%: g/fdf ✍/Tglgw /UdL zqmfrfoU %(
%^: ljsf; w/ ug 5 ✍/df s0sn ^!
%&: of6Lsf bptf ✍/dz vs/n ^@
%*: ou wd ✍/dz uftd ^#
%(: zflGt / ;befj ✍/dz uftd kfNkfnLU ^$
^): sljtf hLjg ✍/dz zeR5 ^%
^!: gof gkfn ✍kf= /fhGb ;jbL ^^
^@: j;Gt / slj ✍/fhZj/ bjsf6f ^^
^#: a; xf af== ✍8f= /fdk;fb 1jfnL ^&
^$: gtfklt ✍/fdk;fb kGt &)
^%: kdsf cfofd ✍¿b 1jfnL &!
^^: udgfd :dlt ✍nldLsdf/ sf0/fnf &@
^&: ldngsf tL knx? ✍nldLbQ e§ ;TokdLU &%
^*: d/f lfq ✍j;Gtsdf/ zDdf gkfn &&
^(: k0f–kfst 7fGg oxf l;4 g xf ✍ljgosdf/ zdf gkfn &(
&): j;Gt Ct ✍zzL yfkf kl08tU &(
&!: vfHof ;DklQ, kfof ljklQ ✍kf= lzjufkfn l/;fn *)
&@: /fli6«tf ✍8f= znGbksfz gkfn *@
&#: jiff nfUof ✍>Lxl/ kmofn *#
&$: ;ªsL0ftf gf:g 5 ✍;Ltf e§/f0 *$
&%: gdL7f ✍;/g pktL *%
&^: cfTduf/j ✍xl/ kf08o klysU *^
&&: bz ljsf; ✍xl/k;fb kf08o *&
&*: gf/L zlQm ✍xl/x/ kbLk l3ld/ **
&(: d/f gkfn ✍lx/0onfn 1jfnL *(
*): dfntL ✍lx/fbQ e§ (!
*!: afr / arfcf ✍lx/fnfn s8n ef/åfhU (@
*@: aflr/xf;\hLjg ✍xfdgfy zdf (#

:yfoL :tDe

;DkfbsLo M

k5f/sf kftf M 5Gb l;4fGt / gkfnL sljtfdf 5Gb k/Dk/f ✍8f= 3gZofd Gofkfg ($
gkfnsf sxL k:ts k;nx? M !)%
zAbfy ksfzgsf k:tsx? M !!!
kn gkfn klAnlzª xfp;sf k:tsx? M !!^

;'rgf M j}hoGtLdf ksflzt /rgfsf] ;DkO{lhDd]f/ :jod\n]v s g}xg\ 5g\

---

hggL / hGdeld

–czf]ssdf/ nfld5fg]

bfHbf hGdw/f / hGdhggL ;DkO{;+f/sf
p:t}5g\lzzdf ;bf ;x[oL pTs[6 oL ;jf{f
sx]L e6\g ;lsGg j:t logsf jfT;Nosf tNosf]
s:t}bfg / wd{ sd{ tkn]kUb}g g}dNo of].!.

kfOG5g\;a j:t lsGg sl;P ldNnfg\;a};SsnL
kfOGgg\t/ oL bj}olb lsg]tL ldNb5g\gSsnL
;f]rf}z4 / gSsnL ca lbgg\s]s]c¿df kmn
cf–cfˆg}kg lbG5 hf]klg lbbf k|6}5 of]xg} / < .@.

cfdf hGd lbO{gof lzz h;}lblG5g\otf ;lDkO{
wtL{sfv lkmhL ckf/ ;vn]xsf{pl5g\lhGbuL
cfdf xg\bO6};dlk{ ;w};Gtfgsf vflt/
dfG5]df xgk5{of]ejgsf]tYofª\s rf/}t/ .#.

b}v]:ju{lkmsf, ;j0f{k/df >L/fdn]Tof]kn
kms{tL hggL / hGdw/0fL xg\>]7U eGb}3/
b}Yb}of]slnsfndf slt hgf dft[jnf0{lkmsf
km:b}5g\lbg/ft g}skydf ef]Ub}s8f bb{f .$.

cfˆgf oL hggL / hGdw/0fL la;{5 hf]dfgj
Tof]g}xf]g/aLrsf]kz xg]:jfyL{dxfbfgj
nfvf}oTg k|Tgn];a hgf kfNg]bj}oL ddf
af]Ug\of rkrfk g}al;/xUg\oL xg\bj}pQdf .%.

5Gb M zfbnljqmLl8t

* * *

j}hoGtLsf nflu syf, ;:d/0f, lgaGw,
hLjgL, Psfªs L z4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ;Sgxg5 .

cfdf

–pkdf cfrfo{

ub{gof jz+hsf ljsf;
eb{:jo+;Gb/ sf]–sfv
lbG5bf}gof hLjg eJo kf/L
cfdf ltdL pmj{ Ps gf/L .!.

hfxf]/ 6fxf] ;atkm{5g{
vf0{gvf0{e/ y]u ug{
1fgL ljj]sL u0fsL esf/L
cfdf ltdL lgZ5n Ps gf/L .@.

l;~r]/ cf^gf dlxdf cdNo
kf/]/ ;fgf]3/ :ju{No
;DkGg kf5bf{w/tL l;uf/L
cfdf ltdL ;f}Do–cuDo gf/L .#.

h:t};d:of klg 5g\ emsf{
;Gtfge\bf k/ 5g\ csf{
jfT;Nonf0{lbg of]lrgf/L
cfdf ltdL lgdn{ Ps gf/L .$.

vf]h, lgofn]klg el\sfdf
;ª3if{L clGtd ;fw cfdf
bIb}5 pTsif{u}lgxf/L
cfdf ltdL s]n Ps gf/L .%.

cfzLif ltdf]lng kf0/fv"
cfdf d ltd}xg kf0/fv"
rflxGg csf{wg So}dnf0{
cfdf eP kU5 ;a}dnf0{.^.

5Gb M OGb|ahf

xfdL p7f}

–cg/fwf nD;fn

b]zsf]efjgf ;fy{s}kfg{t
hf];nf cft oL xGg x}dfg{t
nfg hfuf};a}xftdf xft nL
clkm{m efjgf ;fydf ;fy bL .!.

nfh nfUb}5 ;fyLx¿ dfem t
OHht}uof]b]zsf]cfh t
cfpg}xGg x}uGw oL bf]xsf]
u5{o}sfdgf b]zdf zfGtsf].@.

s]egf}s]u/f}b]zsf]nflu d
eGg hfGof}eg]s]5 v}aGwg <
ef]nsf]nf]s of]xg{xfdL p7f}
b]zsf]rx/f km{xfdL p7f}.#.

5Gb M ;|UjOfL

clzi6 sd{u5{g\hf]lzi6 aGg ?rfpF5g\
gbL bllft kf/]/ dfG5]cfkm}+3gfpF5g\ .

cf^gf]cl:tTj cfkmF] ;bf k5{arfpg
anf];\jf ganf];\cfuf];ls\g ;df0g .

Hofb}z"f]5'hf]eG5g\leqb]lv 8/fpF5g\
tl{g]kz' emlD6G5g\kl5 ;b{s/fpF5g\ .

Hofb}alni6sf]3Rrf lgwf{f df/ kfb5 Û
?vn]la?jf–af6 ;kfn];fkm kfb5 Û

- gLltljrf/af6

lzIfs}aG5'd

–pld{nf nfld5fg]

lzio lgdf{fsf wd{sf]dh' e}
sf]knf lziodf 1fgsf]kmh' e}
nIo ;+f/sf]aLh ;b\aLh e}
lzIfs};[i6df 1fg 55{g\;wF .!.

dfu{/fdf]lbP cfhsf afns
aGg ;Snfg\e/]b]z ;~rfns
eGb5g\oTgn]k]0ff 5b{5g\
lzIfs}lziosf]l;hf{f ub{5g\.@.

pRr ;ª\sNksf hf];nf 5fF\df
hf]hxfFu}a9{g\sd{sf kmF\df
lj1–dd{Lsf r]tgf wf/df
lzIfs}vf]lb5g\åf/ ;+f/df .#.

nfU5 ;+f/df lzIfs}pRr xg\
l;hf{f, ;fwgf lf{qsf ;'q xg\
cfTdljZjf;n]o}s"f eG5'd
So}g;f]rL c¿ lzIfs}aG5'd .$.

rfGrg]xg\, 1fgL agL ;bf u?
ug{kfpmFgofFsfo{sf]g};?
nIosf]6fs"L 6{g o}eG5'd
cGt;Dd};wF lzIfs}aG5'd .%.

eGb5g\eGg tf lzIfs}aGgdf
lj£g 5g\si6 5g\em~em6}5g\oxfF
lsGt'oL rf]6d}kmh'emF aG5'd
h];s}si6 xf];\lzIfs}aG5'd .^.

sd{g}wd{xf];\1fgsf] ;Gb/
tLy{d]/f]agf];\1fgs}dlGb/
1fgs}bfgsf efjn]eG5'd
of]w/f wfddf lzIfs}aG5'd .&.

Tofudf bf]80{zf:qdf kf]80{
lbJo st{osf dfu{df bf]80{
gLltsf /Lltsf eJo uGtJon]
:jfjnDaL xg]z'4 dGtJon].*.

kmls{bf{3'dL nf]sdf cflv/
eGg ufx}eof]olQsf]hflu/
cfTd;ª\sNk nL uj{n]eG5'd
lzIfs}aG5'nf}Û lzIfs}aG5'd .(.

5Gb M ;|UjOfL

pkef]ufy{dfq}g}hDdf u5{g\g;Demg"Û
rf]/}uxgf /fV5 d";f]s]u5{/] ;gF<

-gLltljrf/af6

lahnL

P;=kL= cf;f

5 r rf{axt}ch]lahnLsf]htf klg
cfP/ hfG5 Tof]em§}eGg]lrGtf n k5{lg .
eujf kf]eof]aQL t;]{ efU5 Tof] ;w}
afN5g\eGb}8/fP/ cGwsf/ u¥of] ;w}..

sh]sh]t emSs]{ emnSs klg aNb5
v;L af8]{ So}a]{ ;6Ss Tof]t efUb5 .
kfxgf h;/L cfof]To;/L cfp5f}ltdL
a;]{ /ftdf af; laxfg efUb5f}ltdL ..

t;f/f]3fdsf]/fk cfpbf klg efUb5
3fdn]lbSs dfg]{ ;w}efU5f}ltdL klg.
7l:sPsL lkpf h:t}v;Ss ;Tg cfpg]
p7L laxfg u};Sg]sNo}eGg gkfOg]..

cfjZos xbf alQ gaNg]xf}ltdL ;w}
u/]{ xflh/}efUg]sd{f/L n xf}ltdL
laxfg vfGg nf}eGb}hf8 wf$g]h8bf;/L
7ufg gxbf To:t}cljZjf;L eof}ltdL ..

gfd Sofdk;sf]ub{3Dghfg]h;f]eof}
56"ljBfyL{sf]rfn ub{7Ug]ltdL eof}.
yf]hfO{wgL kf/L s]u¥of}ltdLn]cxf]
:jfyf{ g}aUof]zlQ thxLg 5 b]z of]..

cf; aUof5 w]}g}s]bYof}cGwsf/df
cWof/f]df eof]/fHo ePg ;v nf}oxf .
vfh Tof]jfbsf]5f8L /fi6«fb ;dfp t
emndNn ;a}xG5 u/]{ cf6 x]{ t ..

s:tf]ljjfb of]s:tf]5p6Kf]stf 5 Tof]
cfhsf]k'{Tof]efn klZrd kg{uf5 Tof].

5Gb M cgi6k

snf klh

–snflglw bfxfn

kmh:t}d kmNb}5 9sdSs w/fw/f
hGd]d kmhs};fy ;b'/ b'/ sGb/f .
d ?vf]g/–cfdfsf]ue{kGk]klg knf
aLhsf 56k6Lh:t}lyP tL bbf{sf ynf ..
d dfG5] dfG5]s};fy n8]n8g ;shlt
kmh ;ª3if{}pmdl xSof] ;ª3if{s}ult .
ljr/f bO{p:t}5f}d k/]g/sf 3/
k/]g kmhn]efg 3/sf :jfy{hh{ ..
w/f, ljzfnsf]jlf kmh kmf]{ lgl:sof]
;f3/f]hggL jlf dh]vDrg g}k¥of].
oxL vnf / vDRofO bO{sf]ult leGg ef]
d vDr];f3/f]:jfy{pm t w]}vnf eof]..
;f3/L 5hL sf9fn]jf;gf kmh kmhof]
d yØofU xftxTshL Tof]kmhfj6 jhof].
tklg ltdLh:t}d ljbf{xsf lnO{kn
;fw/Laf6 pk]{ cf9b}5 kOf{cfrn ..
lng 5g ltdLnfO{lbg g}5 ePhlt
grfx]}otf d]f lnPs}5g\/xhlt .
ltdL sf9f ;w}/fvL kmNof}kmkm{ kmkm{
d klg bb{5fk]{ kUb}5 bLgsf 3/ ..
x/Lx08/Ln]7ª5g\ltd]lz/ ;wel/
tklg jf;gf ltd]ltd}5g\cnsfk/L .
d ;fy x08/Lh:t}dfG5]sf nfdnfdn]
lryf5g\ tklg lbG5 pHofnf]sfdsfdn]..
cfZro{ltdLdf h:tf]bVL knf;sf kn
:jfª]:jefjsf xG5g\d To:t}u5{5Nkmn .
:jfy{pQhgf :jfª u5g\dgio oL lsg
d[osf]dv p:t}xf]kUgk5{;a}hg ..
P dfG5]U lsg sf9fem};w}3fR5f}bvfp5f}
csf{sf lbndf r:sf lbO{cfkm"/dfp5f}.
kmh, cfkm";xL si6 csf{s}lbn rDb5
r:r;L laDadf laDaL jf;gf ljZj 3Db5 ..

d, d/f]clg d/fsf 5f};ª\sL0f{;Ldf hg
;DkÚ0f{Psdf kÚ0f{k\hdf lbJo w8\sg .
sxf 5g\k\hn]d/f]d eg]sf st}kn
sxf 5g\ltdLn]Ps 7fg]sf kÚ0f{cfrn ..
hf]cfP klg So}el 5g\oL k\hsf;u
hf]uP klg So}el 5g\oL k\hsf;u .
cfP xif{st}5g eP la:dft So}klg
eP pGdfb So}5g\geP 5g So}klg ..
;Kt/ª\L rb\fsf]OGbgL cfnf]f{;\tn
cfwLtk\fg g}pkg\ub{vNan vNan .
dGbd:sfg p:t}5g\jf;gf d:td:t 5g\
k\hsf kq p:t}5g\k/fu/fu 6lNs eg\..
P dfG5]Û v}otf ltdf];dtfsf st}lbn
gkfP jbgf ltdf]cf;df e5{lklNkn .
kfP pGdfbn]xf:5f}ub{lvlNvn lvlNvn
lhGbuL bO6}Xjg eG5 of]k\h kNkn ..
d k\h, k\h g}kN5 dfG5]Û 3f]r ;shlt
r:r;L bSvsf sf9f, zf]nf bp ePhlt .
kjf{ gu/L kq k\he}k\k{fp5
k/fu /fudf /ª\L d ltd}lbn 5fp5 ..
kfpbf xf; lvTsfn]gkfP /fp a];/L
gkfP clg kfP lg d p:t}ugsz/L .
p k\N5 kx/fdfly d w/fsf u/fu/f
bj}p:t}eO{k\Nbf eD5g\s7f/ sGb/f ..
p e~efjftsf aft 3fnL ;jf; 5b5
;jf; jf;gf 5g[hDd}3fng kb5 .
k:s]sf hgn]bMv dh];xL;s];a
;a};ª\s6 kh/ d snf hlGdP ca ..
oftgfsf e/L ef/ d elbg st}klg
si6sf sfvdf ª\bfs d ª\bflsGg st}klg .
cxª\sf/ x/L xfs d xflsGg st}klg
d snf lbnsf]k\h 5fd e65f}htf klg ..
lhGbuLsf ;a}/Gsf pQfn tfndf 5/L
d snf k\he}kNb}Hob5 lhGbuLel/ .
xx{fP x/L xsL{ntfl/G5 w/fel/
p hfgf;fy k}G5 k]/ af:gf 5/L5/L ..

5Gb M cgi6k

5fqufyf

–s[0fk|;fb a:ofn

5fq xg\bz sf /Tg ef]nsf s0ff/ xg\
;ufnL 1fgsf]Hof]t bzleq lk\hfp5g\.
gj lgdf0fdf h6b}dfly /fi6«p7fp5g\
lxhf]sf]wf/0ff d/f lsg xf]8Ûdufp5g\..
1fg lj1fgsf ;"lstfad}/xg\;a
kfl6sf]3ff0ffkq dh dGq hkf}ca .
lyP lzIf0f ;+yf hf]lzIffsf]1fg dlGb/
/fhgLlt ynf]cfh bnsf]:jfy{vflt/ ..
rflxGg 1fg of ;Lk k|jlw lsg rflxof]<
/fhgLlt u/L kf/t g]tf aGg l;s]kUof].
sfkL k:tssf];§f krf{kDKn6 kfl6sf
af{s/ kfl6s}e08f gf/f nfpg kfl6sf ..
/]nª\;8ssf]efrL gof gkfn vf]g 5
k/fgf tL geTsf0{sxf of]bz aGb5 <
k]tfh, vs/L af{sL sIffd}le8g kb5
cgGt dfu /fv/ eL8df lx8g kb5 ..
gdgf Yof]sg}af ;DaGw u? lziosf]
lbOGYof]pkdf–plQ lktf kq ;dfgsf].
hGdhft agL zq cfh ;DaGw k/of]
cfbz{sf]lyof]ufyf cfh Tof]Oltxf; ef]..
;H wfg st}aGbf nvof];\5fqsf]lxt
rL6 rfg[k/Lffdf clwsf/ ;/llft .
ljBfno ;w}aGb sf];{g}cw/f]egL
k/Llff k/ ;fl/G5g\jiff{jif{lat]klg ..
k9g vfHg]cjZo}5g\sxf tL k9g kfp5g\
g]tf aGg]htf nfU5g\afWo e}kl5 nfUb5g\.
To;h]xh afw/ xG5g\5fq knfog
ljb];G5 lbg}lkR5]s/f8f+bzsf]wg ..
1fg k|jlwn]oQ lj1s}rfx ub5g\
lsGt lzIf0f ;+yfn]g]tf dfq pdfb5g\.
g /fHok|t bfloTj g ;/Hfssf]ug
g ;S5g\Jof;n]n/L 5fqufyf atfpg ..

5Gb M cgi6k

c;n cgzf;g

–vu]b| vf]N;f3/]

afafcfdf j/k/ ;a}bfhag}L / efO
gftf Hofb}glhs 5 lrgf}b]z cfkmGtnfO{
sf]6f9f sf]j/ 5 blgof Ps 7fgf};a}h]
lx8bf af]Nbf j/k/ agf}kl|tsf efjgfn].!.

dfGg}kg[{u?hg ;a}afacfdf a8f xg\
xfdf| afh] ;a clg aHo}dh' xg\emg\a8f xg\
cf1fsf/L xg / ;lhn}dfg ;Ddfg ldN5g\
lzIff bLIff k/lxt xg]vfnsf of]Uo xG5g\.@.

ljBfyL{xf}c;n u0fdf l;h}gf zlQm vf/f}
dL7f]afh]L ;al;t u/f}sfdn]emg\;kf/f}
/fdf[]ug[{x/avtsf ;f]r /fdf[]ePdf
kUg}kg[{hlt k/ xpmg\kUg ufxf[]xb}gg\.#.

k9\g]n]/g]c;n blgof ;fydf ;fy nfuf}
ug}{kg{[ljifo klxn]kf/ nfP/ 5f8f}
t];| bf];| ;an algb}dfly kUg]ulgG5g\
cN5L TofuL ;do ultdf lx8\g ;Sg]klhG5g\.$.

1fgL aGb}dgh kgdf dfg ;Dem]/ pRr
;]f 6]f xg ul/adf hLjdf g};dRr
;S5f}ef]sfkg alem ;a}ef]s jf bSv 6f/f}
;St}gf}So}gxg senf]k]dn]g}ksf/f}.%.

5Gb M dGbfqmfGtf

◆

s]L kfpgsf nflu s]L TofUg}t kb{5
;k{Tof]sfFhL km]/L gofF?k abNb5 .

-gLltlj rf/af6

---

d[o–dlQm

–u0f/fh sf^n] .zfl08NoÚ

;dfwfg xb}x}g d[on]d[on]klg
lsgls d[on]km]/ ;lglZrt 5 hGdg .!.

8/fO xG5 s];fx};f/f ;f+fl/s}eO{
ljZjf;3ft kf]xG5 cf^gfnfO{kL8f lbO{.@.

56k6L 3fOt]w]/ l:jsfg{lsg nf}aem
d[o g}dV{fkOf{d[onfO{xg];em .#.

;dfKt kfg{xf]o:tf]cf^gf]g}dgleq g}
d]6P dg nf}x]/ gof hGd xg}5 To}.$.

gof b[i6 t kfOG5 ;Gb/}5 jl/kl/
kf|Kt hLjg xf]:jfb cfgGb g}3/L3/L .%.

a‰b5f}hLjg}xfdf[]oyfy{sf]:j¿ktf
To:tf]hLjgsf]bVv d]6g}5 k5fl8 tf .^.

k~r Snj]z tyf /f]u, zf]s xg\bVv sf/0f
hGd d/0fsf]hfnf]^ofSg g}dQm wf/0f .&.

pk/f]Qm ;a}af6 lgs}6f9f eof]eg]
xg dQm ;w}o}xf]dlQmdf lsg cflQg].*.

5Gb M cgi6k

◆

ctL{al4 lttf xG5g\ga‰g]JolQmvflt/
aQLsf]u0fdf x]/ pHofn}aG5 cflv/

-gLltlj rf/af6

b]z ;]jf

–uf]kLs[0f zdf{

cfof}PSn}o; ejgdf sf]knf b]vPYof}
df6f]kfgL clgn ;an]k'h e}kmlqmPYof}
xs]sf xf}lbg lbg u/L z4 ;+sf/ kfof}
lzIff–bLIff ljljw txsf o}w/faf6 kfof} .!.

cfdf xg\oL ;sn hgsL cGg–kfgL log]sf]
vfPsf xf};v / ;ljwf ldNb5g\xf]log]sf]
cfdfsf]xf]dg hlt k/f]; bMv cfkm};xlG5g\
d/f]afnf]x/ ;do xf];\:j:y o}efj /flV5g\.@.

of]xf]/fdf]pkjg oxL kmNb5g\k'h gf}hf
/ªuL rªuL ljljw /ªsf k'h emN5g\;gf}hf
s:tf]s]s]s;ldt eof}of]5 x}dVo rf;f]
ug{kg{k/lxt lyof]s]eof]of]5 rf;f].#.

sf8f sf8f lar t o;/L kmNb5g\k'h sxL
kfcf];\/fdf]hldg dlnnf]kmqmbg]g\lg sxL
afwf kmf6f]hlt hlt klg k/f];\Tof];a}b'/ /fvL
xf:g]kmNg]s;d;l/ Tof]b]z;]jf u¥of]ls .$.

h]ef];f]ef];do ca tf Joy{v]/f gkmfnf}
xfdf]wtL{ljsl;t agf];\sfd o:t}cufnf}
h]h]u5f}kmut ;a oL b]z–pTyfgdf xf];\
h]h];f]R5f}x/ kn oxf b]zsf nflu g}xf];\.%.

5Gb M dGbfqmfGtf

* * *

3/af/ t vf]h}xf]dfgjL–gf6bbz{g
kfq]h]kfqsf]dNo ;Sgkb{5 ;Demg .
-gLltljrf/af6

/fi63ft Aoyf aGof]

–uf]jGb l3ld/].j]bdl0fÚ

xG5 hLjg aG5 df]xt TofU5 sl07t rfxgf
hf];gftg 1fg–uf}jn]ljdf]xt efjgf
r~rn]dg nfU5 klikt em}lgolGqt sfdgf
eG5 j]b ljj]s k0f{vn]zf:q o;}oxf .!.

hf];sf]dn dQm hLjg ;fw ;Gt :jefjn]
qmf]w–zf]lf0f /fu–bf]xg xG5 eGb5 k]dn]
df]x–df]rg nf]e–tf8g 1fgdf 5 ;bf oxf
cGwsf/ x6fpg]dg Hof]lt aN5 ;lrQdf .@.

dfT;o{dgsf];kmfr6 u5{bDe lgolGqt}
zqn]/lxt}5 dfgj xG5 :ju{crlDet}
vf]5 dfgj h]kl/>d u5{h]w/tLlt/}
klKt s]n u5{dfgj 5f]85 bfgj efj g}.#.

cfo{efljt xf]dgf]x/ ljZjdf cglulGt g}
cGoyf 5 snlÍt}dgjf cwf]ult kl6 g}
xG5 zf:q lt/:s[t}hg b]zsf ;a el6 e}
hfG5 dfgj, aG5 bfgj k0f{sd{ssd{e}.$.

x]/ nlf0f /fhgLlt eof]cg]s lj8Dagf
sf]gLlt aGof];a]t/ b]zsf clg nf~5gf
af]gdf lgk0f}aGof}clg /fi63ft Joyf aGof]
5f]8of];a zf:q uf}j sd{ug{oyfy{of].%.

5Gb M r r{L÷r~r/L

* * *

sfnsf]gu/]Vofn cfklQ kg{;Sb5
;6Ss /ftdf rf]{ ;fdfg rf]{;Sb5 .
-gLltljrf/af6

.lxHh]sf] cfTdsYo

–uf]jGb/fh ljgf]bL

;a}gLlt 5f8L 6f9f xb}5
d lxHh] lxhf]-cfh 5f8f xb}5 .!.

sg}eGb5g\ jtgLÚ xG5 o:tf]
k/fk"j{af6} rn]sf]5 h:tf]
sg}eGb5g\ ¿kÚ Tof]km}g{k5{
nufP/ r:df gof xg{k5{ .@.

sg} jOf{ d]f alxisf/df 5g\
sg}gfd dfq} kl/isf/Ùdf 5g\
sg}clNemPsf cg:jf/Ùdf 5g\
sg}kmflng]d8df, åf/df 5g\ .#.

st} zAb ofluLÚ, st}e}ljoflLÚ
sg}bl6df 7flgb}bL3{/flL
ePsf]oxf vª ldYof klrf/
lx8}sf]d af]s] gfgf ljsf/ .$.

st} tbejLÚ :ki6tfdf 5 zª\sf,
st} tT;dLÚ d}hn}sf]5 nª\sf
ahfP/ cfkm}g} cxª\sf/ 9fh
u/}sf]5 sNn]oxf eblufh < .%.

5Ú s}n]v;}sf]d JoTkGgtfÚdf
5Ú s}n]km;}sf] ljelQmÚ–k|ydf
s;}sf]gof 3f]f0ffÚdf 5Ú aGb
sxf vf]g hfpm d cfkm}g};uGw < .^.

d efiff st}efl;b} eflifsfÚdf
st}?4 e}s07df, gfl;sfdf
st};lGwÚdf, ;lGwljR5}bÚdf d
9n}sf] ;d:tflbÚsf]km}bdf d .&.

d a¿ksf]aly tLsf]5Ú cfh
dnfO{ dÚ bIj] g}nfU5 nfh
ePem}lagf gLltsf]/fhgLlt
5Ú x}lalusf]ge}:ki6 /Llt .*.

;a}1fgjfg\al4dfgh]h6]
cxd\efj sNr] cfkm}p7]
agfP dnfO{oxf lglj{fb
d ;DdfGo aGg]lyP ljZjdfem .(.

5Gb M ehªk|oft

❁

pGglt ta kf]dfgf}+gvfcf}+c?sf]>d
afF]dfq xg]cf^gf]lsg ug{t zf]f0f <
-gLltljrf/af6

sljtf

–8f= 3gZofd Gofk|fg] .kl/>dL

sljtf n]g]x]slj ldq Û
snd ;dfpm ;tt kljq
efj cgf]f]snf ljlrq
;lGgj]z xf];\sljtf leq .!.

cgej ;Gb/, efj–ljrf/
sljtfsf xgkb{5 ;f/
sljtfd}nSt5 cg/fu
sljtf g}eGb5 hg–hfu .@.

sf]dntfsf]x}B v/fs
sljtf g}xf]aem kl/kfs
kf7s kf]g]kf]f0f sljtf
x}o /dfpg]/~hg sljtf .#.

kfv08Lkg sljtf x}g
kffl08To 3;]x}o 5b}g
Af{4stf klg xf];\clt cNk
xflb{stf xf]dVo ljsNk .$.

slxn]sljtf aGb5 b[Zo
slxn]sljtf aG5 /x:o
sljtfdf bz{g klg xG5
sljtfn]dg–dl:tf]wG5 .%.

sljtf lrGtgsf]cleJolQm
sljtf jf:tj efjs zlSt
sljtfdf k|tef alulbG5
sljtfn]dg klg ablnG5 .^.

sljtfdf g}nSt5 gLlt
sljtf xf]k|sf[tkg /Llt
sljtf clf/–lapsf]v]tL
sljtf axg]sfnL–;]tL .&.

kmfNb5 sljtf sNdif dgsf]
ub{5 ;~ro ;Gb/ kgsf]
cGtdg{sf]5nkmn sljtf
efjs lbnsf]tntn sljtf .*.

slj lxb{osf];{j–lggfb
zAb cy{sf]k|v/ d/fb
sljtfdf ldNb5 cfgGb
sljtf xf]cgzf;g 5Gb .(.

k|sNkgf g"g xf];\sljsf]
k|jli6 xf];\clg eflifs 5ljsf]
;f}bo{oL efj 3gTj
k|~hntf xf];\sljtf tŒj .!).

km'h kmn}sf];Gb/ sljtf
¿k vn}sf];Gb/ sljtf
8f8f sf8f kj{ sljtf
;]tf]lxdlul/ pGgt sljtf .!!.

qmflGt aLh sljtfn]55{
zflGt vf]h sljtfn]u5{
sljtf efiff ejsf]sflGt
sljtfn]x6b5 dg e|flGt .!@.

e|m/e|m/ df}xs lge{/ sljtf
hfb"o 5lj ?lrs/ sljtf
wfg e|mn]sf] nxnx sljtf
h"g vn]sf] 6x6x sljtf .!#.

slxn]dgsf] xf]ax sljtf
slxn] ;vsf] ;ª\u{k sljtf
r/fx¿sf] lr/la/ sljtf
piffsfnsf] ld/ld/ sljtf .!$.

afbn sljtf, hËn sljtf
gbL ax]sf] snsn sljtf
sljtfh:tL ojtL sljtf
bd{t gflzgL ;dtL sljtf .!%.

k|]oojfbsf] dGyg sljtf
k|0fojfbsf] /~hg sljtf
k|ultjfbsf] lrGtg sljtf
k|s[tjfbsf] nf]rg sljtf .!^.

dh' k|m6]sf] enen sljtf
/u|Lru|L jgk|mn sljtf
k|tefl;t cleJolSt k|~hn
sljtf /f]rs, df}xs, sf]dn .!&.

/fufTds cleJo~hg sljtf
dGb ;jfl;t rGbg sljtf
dg:tfksf] d~hg sljtf
cgzf;g clegGbg sljtf .!*.

nf}ss j:t cnf}ss h:tf]
ef}ts j:t cef}ts h:tf]
dlb/fh:tf] ls ;wfh:tf]
nfUb5 sljtf s:tf] s:tf] .!(.

sljtf sf]jb /lZdk|ef;
sljtf zf]et jfs\cgk|;
sljtf dgsf] cleefif0f xf]
sljtf ulx/f] dtsf] k|0f xf] .@).

;Dk|f0f sljtfdf afR5
efjd~rdf sljtf gfR5
k|s[tkg k|t¿k0f sljtf
5Gbf]do dfqf u0f sljtf .@!.

lgodx¿sf] aGwg tf]8b}
cfk|mgf]kgsf] sf}zn hf]8b}
sljn] ha ha s}xL eG5
ToxL s/f g}sljtf aG5 .@@.

rfkf0f -kHem|l6sf_

> **hxf k|dsf| x'G5 ;fd|fHo Ps**
> **Toxf 5|g kbf|, 5 s:tf| pb|s**
> **Toxf af|N5 r|tGo Û :jftGq dfq**
> **Toxf zd| cf| dd| So| x'Gg ldq .**
> **–e/t/fh dGynLo**

dg of] sl8of]

–rGbk|;fb Gof}kfg]

ha j{4 eP 3/ ef]k/ Tof]
cl3sf lbg tL Oltxf; eof]
;xjf; lyP hlt hf] rl8of]
d eg"s;/L dg of] sl8of] .!.

ansf]unn] r r/f klg oL
tn e|mfb{yP cl3sf lbg tL
slt ;Dem|g P ansf]k|mO Tof]
geg"s;/L dg of] sl8of] .@.

p; kj{ 9fn sxf s;/L
g bxf{]5 st}5 nnf]un ls <
dgleq k;L sg xf]xl8of]
s;/L eg P dg of] sl8of] .#.

d ojf /xbf t r/fr/ cf]Û
g t ef]8/ So}dgs}e/ ef]
slt /ft lat];a g}?luof]
lsg xf]clxn]dg of] sl8of] .$.

lbgdf hltkN6 eP klg P Û
ann]d p7]lkþ;L;u P Û
s;/L d p7"clxn] ;ltof]
slt ;Dem| cxf]Û dg of] sl8of] .%.

hlt /f{u eP klg b'/ lyof]
t/ cfh ddf lsg 5]þ eof]
sg kfk xbf o;/L ulnof]
eg s]blgof Û dg of] sl8of] .^.

eo b'/ lyof] ;o cf6 5bf
hosf/ eof] lj hoL d xbf
t/ x|kt e}sg kf]nl8of]
geg"klg s]dg of] sl8of] .&.

5Gb M tf6s

> **s'g dlGb/df hfG5f| ofqL Û**
> **s'g dlGb/df hfg| xf| <**
> **s'g ;fdu|L kh"f ug| <**
> **;fy s;f|/L nfg| xf| <**
> **–dxfslj nIdLk|;fb b|jsf|6f**
>
> **rf|af|nf 5Gb**
>
> **of| c4|;d dflqs 5GbcGtu|t kb|5 . o;sf klxnf| / t|;|f r/0fdf ;f|x| dfqf x'G5g\ eg| bf|;|f| / rf|yf| r/0fdf rf|w dfqf x'G5g\. klxnf| / t|;|f| r/0fdf cf7–cf7 dfqfdf olt x'G5 eg| bf|;|f| / rf|yf| r/0fdf cf7 / 5 dfqfdf .**

lrGtf 5 of] bÞzsf]

–hubLZj/ kf}8]n

eGYof}aGb5 ;Hjwfg, gagL tL jif{l;Q}lat]
:jfyL{e}sg dfl/of]ha ;ef wf;sf lbgh]lht]
v}g]t[j h6]/ /fi6«xtsf]lrGtf lnbg}f}lsg
ToufL /fli6« :jfy{ lgi7/ aGof]g]tf xg}sf]dg .!.

yKb}Dofb uof};Sof}dnssf]gf}ca{sf];Dklt
df¥of}w]/ s7}Ù lg/Lx hgtf 5g\zf}sdf bDktL
afcfdf, lzz, bfhef0, ltgsf kTgL ?b}5g\oxf
v}sf];Gb5 j}bgf x[osf]tL cfh hfpmg\sxf < .@.

d}gf rf/ eof]lat]lbg p;}ljZjf; 36b}5 x}
cfzf dflg;sf ;a}dl/;s]cGofh a9b}5 x}
g]tf Ps eO{h6bf}olb eg]of]/fi6«aGnf t/
;Qf :jfy{lgldQ xG5 emu8f nfUb}5 lrGtf 8/ .#.

hGd}sf]lzzn]lgdf]7g k¥of]gfd}gkf0{hxf
hGdhf s;/L gof lzz egL lrGtf 5 csf][oxf
aGb}5g\u6leq leq glgsf kf6L{x¿ dfemdf
sf6fsf6 xg]kl/l:ylt d tf bÿb}5 of]/fi6«df .$.

Ph];Dd ahÎ kÛf{gxbf Hofb};d:of eof]
kfPsf]cgbfg;Dd ca emg\kms{ hfg]eof]
yfn}sf cw/f ljsf;lt/sf sf]x}5{af6fx¿
kf6L{n]ca ldNgk5{gldn]gf$;fg xfhf c¿ .%.

vfhfdf kn 5g} tg{g;sL aUb}5 dfG5]hxf
56bfP/ ahÎ cfpg l9nf]aGbf 8a]ofhgf
e|6frf/ a9]/ cfh hgtf vKg}g;Sg]eP
emg\vfBfGg ;a}a9]/ hgn]lsGg}g;Sg]eP .^.

gjkfnL hg /fhuf/ gxbf ef}s}a;}sf]5 /]Ù
cf^gf]/fi6«agfpg]ojsn]nf}/Qm aRof]c/]Ù
;fRr}zflGt layfhnbf ca oxf cfzf ;a}sf d/]
eG5f}uf}d a4sf]dns xf]a9b}5 lx+f x/]Ù .&.

8fsf rf]/ a9]/ of];dodf ysf{5g\kmf}gdf
dfU5g\nfh krfpb}3l/3/L rGbf ce} bÞzdf
kf6L{sf ha gfd lnG5 p;n]gfgfy/L e}fdf
sfjf{L lsg xGg cfh hgtf t;{5 of]s}df .*.

s}sf]xG5 rgfj, xGg slxNo}xfhf gxfhf egL
eGb}5g\o; bÞzsf hgx¿ afRnf d/}sf]klg
pN6f]sfd xb}5 of]dnsdf a‰g}g;Sg]eof]
o:tf];Gb/ bÞz cfh lsg xf]emNb}5 ;li6 of].(.

ldN5f}nf}ca x}eGof}t/ oxf lg:sg} sxL xn
kf6L{df emu8f xb}5 gld7f]rNb}5 x}vNan
kf6L{:jfy{ldnfpg];/ u/L rN5f};a}cflv/
gjkfnL hgtf ;w}bl/ oxf a:5f}emsf0{lz/ .!).

ldNg}k5{cem};a}bnx¿ of]bÞz xfSg]eP
5f8f}:jfy{lemgf prf]dg u/L gjkfn /fVg]eP
cfdfsf]dg ?G5 cfh gldn]5f]f ?g}5g\clg
lrGtfdf ;a 5f}o;}dnssf ;fdfGo dfG5]klg .!!.

5Gb M zfb{nljqmLl8t

❀

gjkfnL x' sl7g lul/df r9\gnf0	l;kfn'
j|/L g| xf|;\t/ klg d 5' bLgdfly bofn'
tftf| /ftf| /ut l/k'sf| Kof'g xb|d tof/
d|/f| o| g| lk|o 5 v's'/L x|/ e| xf|zof/ .
–l;l4r/0f >	i7

slj sbf/dfg

–huGgfy cfrfo{

sfnf h~hL/sf ;f]nf sNrg] j]udf sBf}
sljtf jlgtf jfnf au}+fdf ljnfl;of}.
ousf] r]tgf Hofo]lt sfofsNk kmnfpg]
lbof}n]vgn] cf:yf l;hf{fdf /;fpg] ..

wGo 5f}l;Gwsf 5f]/f jf0fL kfq lyof}u?
hlGdof]g\ousf ;|6f gf]nf uLt lbpmg\c¿ .
h]nsf sf]7/Laf6 sljtfsf] km6bf] dn
yf]kf yf]kf aGof}af9L eTsfof] kx/f kn ..

df6fsf] dlQmsf nflu sljtf df]]t clkof}
;:+s[t l;h{f ;]f gf]nf] efvf snf lbof}.
dfG5] g}dfG5]sf] zq lsg xf] 8fx ub{5
cflv/L dg{g}k5{Joyf{ em]n ub{5 ..

/fhgLlt eof] rTyf] zf}+fno ;xfpg]
;flxTon]lbof};]f l;h{fdf /dfpg].
df6fdf kl;gf kf]v] df]]tsf]af6 kmNb5
df6fn]ddtf kfP dfG5]sf]cft eb{5 ..

5Gb M cgi6k

* * *

ebf| eb| xhf/f| ljifo ;'v 38f b|x nDtGg kbf|
embf| ;DkDf| ;|vL t'h's kjgn| lg:sg| hf|8 ubf|
;bf| cfk:t 8b| k/ k/ wldnf| gfrsf| cGTo kbf|
lubf|df ;fy hfg| s'g s'g lrh x'g\;Dem tL sfd ubf| .
-slj lz/f|dl0f n|vgfy kf|8bfn

d vf]hb5' g]kfn l;ªuf] dleq

–8f= hLjg clwsf/L

k9]sf]5 w/}syf qmflGtsf/L
rn]s}5 jftf{cem}ef]lGtsf/L
;gL sfg kfSg]pg}zAbhfn
lg/Lx k]hfem}+gx/f}+s rfn .!.

st}efuaG8f;u}afl8bf]5
ljrf/}gldNbf em]g}efl8bf]5
cg]sf}lr/fdf 5 O{of{dleq
stfaf6 cfcf];\ddf :jR5 lrq .@.

d dRrfpg] qmflGtdf clUgsf08
d cNemfpg] ef]lGtdf emG8 emG8
ltg}n8b5g\le8b5g\;fy ;fy
p7]sf] d g]tf ToxL eL8af6 .#.

lxdfnL, kxf8L, dw];L / s]s]
cem}leq g]]f/ v8\L / d]r]
egL leq leq}km6L rlsf]f]5
ga‰bf srfnf em]g}e8\sbf]5 .$.

cgsf}gzfrf/juL{ rf]nf
h6f0{lgzfd}/rfP/ e]nf
d u5{k]ek]dn]kfp 9f]lg]
/ kf]ldN5 ;f]efUo P[jo{ef]lg].%.

gof r]tgfsf]km6fP/ dl'
oxL /lËrËL kmnfP/ km'
au}+f ;gf]nf] d gf]nf] agfpm
eg]}+;a}:jKg ef]s];hfpm .^.

g ;j]hgfn]g jf r]tgfn]
dnf0{hufof]g jf efjgfn]
g So}sfd /fdf] eP v}daf6
vn]g\cem}g] leqL ;kf6 .&.

d hftLo pTyfgsf pu|gf/f
kmnfs]/ rsf]pg] qmflGt–wf/f
d xTof / lx+f;u}p75 dfly
d ;Qfkhf/L ltg}/f]5 ;fyL .*.

lxhf]sf cg]sf}ln0{bfu leq
d /f]hb}5 :jfyL{/ 9f]L rl/q
bvf];\of t g]kfn d]rL / sfnL
cem};fy /fVb}5 uG8f / hfnL .(.

kvfn]/ bef{sf bfu ;f/f
hufpm ;a]f d ;b\efj uf9f
;hfpm d g]kfnsf]dfglrq
/–x"lgTo ;Rrf d g]kfnkq .!).

/xf];\of]w/f Ps l9Ssf cv08
/–x":jfledfgL ldnf];\o}kaGw
oxLsf]p7fP/ df6f]kljq
dÚ vf]hb}5 g]kfn l;Ëf]dÚleq .!!.

5Gb M eh@ukoft

* * *

agfcf}b]z ;Gb/

–1fglgi7 1jfnL

uk'm, wfs ;a}pu|efiff efif0fsf e/
5nn]ann] JofKt gkfnL lbnsf]3/
blag]blaPs}5 dfly sf]p7g ;S5 /
s;/L ca nf}dh]agfpm b]z ;Gb/ < .!.

laufg{alnof]aG5 gLlt lgodsf s/f
/fd /fd egL dfG5]d6df xfG5 /]5/f
afXo cf8Da/L aGb}8Dk'm" 7f\$5 ;w}e/
s;/L ca nf}dh]agfpm b]z ;Gb/ < .@.

cf:yf ljZjf;sf hDd}r r/f 6ljlP ca
;Dkbf ;Eotf 5g eLv dfUg]eP ;a
csf{sf]dv tfs]/ xfdf]lhGbuL aG5 /
s;/L ca nf}dh]agfpm b]z ;Gb/ < .#.

/dfP/ ;a}sfd ;;DkGg u/]klg
kl/l:ylt aGof]pN6f]5fufaf6 em/]klg
eflrP xft v§f g}dg kf]ca s]5 /
s;/L ca nf}dh]agfpm b]z ;Gb/ < .$.

5Gb M cgi6k

❁

sfnf| efUof| clnk/ kUof| emg\dxfsfn cfof|
d";f| b|v| klg k/ x6L emg\la/fnf| 8/fof|
xfQL cfof| n;n; u/L k'm:; l/Qf| tNofof|
s|No| s|xL lgod gx'g| s| k|hftGq cfof| <
–e/t/fh kGt

Pstf P Û stf uof]

8f= 6Lsf/fd clwsf/L

hg'sf ;fd tf /ftL tf/f tL emNemnfp5g\
h;/L k'mhaf/Ldf ej/f eGegfp5g\
sldnf tNo w'xfdf nfdf nfd nufpb}
ylkg]1fgzfnfdf Pstf P stf uof]< .!.

kfnLdf jr/f kfnL ylgP tNo ufy}nL
kfj/Ldf /dfPem}x'sf x'h xf; tL
jgdf em/gf h:t}cxf]Û ejg dfem of]
d:sfgk0f{dfG5]sf]Pstf P stf uof]< .@.

;dfg hgsf]xbf{jjfelff ;dfg 5
k/Gt blGsP h:t}hgdfg;–dfg;
kef an]/ cfTdfsf]aKd1fg kefjn]
lx;fn hGtdf hDg]Pstf P stf uof]< .#.

c¿sf]lhp df;]/ z]em}uhg]hlt
;a bfgj aGg]5g\zjbfx ePkl5
w/fdf ca /fdfsf]rl/q 6lqmg]eof]
s]ktf aktf aGb}Pstf P stf uof]< .$.

z4 efhg ubg Ph]ef]hg slT;t
plxn]p–lxn}xg lyof]dlxddl08t
wgsf nf{esf]sfnf]enf]xG5 sxf cxf]Û
k/jLsf]uxgf h:tf]Pstf P stf uof]< .%.

5Gb M cgi6k

❁

c?sf]senf]ug{bVL xG5 sg}lbg
g/fdlkgsf]kF]sf]lt5g\/ Û lgsf]dg
–gLltlj rf/af6

k\$[t–s[t

–7fs/ zdf{

k\$[t–s[t ;bf cd/ 5 hgdf
e|d0f /d0fsf]ljr/0f 5 dgdf
/l;s awx¿ ;/; algagL
;nlnt ul/df ;sn s[t /d0fL .!.

e|d/ slt oxf gj /; lngdf
eg–eg–egsf] ;dw/ /0fdf
olt, ult ljljwf j/k/ ;lhbf
tg–dg v; ef]k\$[t;u xbf .@.

;a;u el/of]s[t–/; tgdf
;an an ;a}hg–dg /d0fdf
Wjlg ;vb eof]tg ;dw/df
cd/ s[t oxf hn–yn–gedf .#.

dlbt dg eP tg ;v;u ef]
dg ljrngdf tg–wg–/ª uf]
dw/ jrgdf ;/; ;ud of]
ljifo /t ge}gj cgej ef].\$.

culnt ;d ef]dg–tg ;asf]
ckl/ldt eof]cul0ft ge of]
lsg 5 ;d/ of]j/ 5 ;udtf
ky–;/–;l/tf ;xr/ 5 ;wf .%.

5Gb M k|x0fsflnsf

* * *

Ho]7 gful/s

–wgklt sf]0/fnf

h]7 gful/s xg\ou ;|6f
;To Gofo lzjsf lk|o b|6f
1fg bz{g snf ;a 1ftf
A|Xdb] ;l/ xg\hustf{.!.

b]tf ;/x xg\;a h]7
kHo 5g\dg;/L ou >]7
;Eotf ;an aGb5 loGn]
Wfd{;±s[t w/f]x/ yfDg].@.

rGb|df ;/x zLtn dftf
;b{e}hgs xg\oustf{
xg\lg kHo u?a[4 c;Qm
dfGo 5g\;tt oL zewfd .#.

oL w/f]x/ ;dfKt xb}5g\
:g]x cfb/ ljxLg xb}5g\
Kfm6kfy clg 3f6x¿df
Dffu{cf>d ljxf/x¿df .\$.

Hffg afWo clxn]algb}5g\
dfg OHht ;a}rl8b}5g\
zGo zGo cgel't xb}5
5}g cfb/ lxhf];l/ cfh .%.

5Gb M :jfutf

* * *

pbf/ JolQmdf dfq ;a}sf] xG5 rfxgf
gkmNg]?v, afnLsf]Vofn ub[5 sf]oxfF
–gl|tlj rf/af6

ltdL lagfsf] hLjg

–l8NnLk|;fb .d'hltxgÚ

xf;]/ cfof}blgof x;fof}
efUof}n;Ss}blgof ?jfof}
cfkm}a;}sf]3/ eNg nfUof}
efUb}sxfsf]ky 8Ng nfUof}.!.

5f8bf}cWof/f] ;g;fg e}uf]
kv{ a:bf lbg/ft u}uf]
vf]Hg]stf xf]5s kg{yfn]
Tof]d}gaQL x//ft afn].@.

5fd]/ leQflt/ vf]Hg hfG5
nfUb}g kQf clg xf/ vfG5
d]/f l5d}sL klg gfd lnG5g\
kms{ cfP pkxf/ lbG5g\.#.

ltdf] ;a}h]u0fufg u5{g\
;Dem]/ d]/f klg cf; em5{g\
xf:y]d ltdf]dv xg{kfP
aGg]5 cGwf]d ltdL gcfP .\$.

3G6f}s/fof}clt lbSs nfof}
9Ns]lgbfP clg xg{cfof}
3b{u/}sf]lgbdf k/}sf]
xg{/ xf:g]lsg xf]u/}sf]< .%.

kfgL gkfO{dv ;S5 kSs
eGb}s/fof}slt kg{5Ss
vf]nf / gfnf glhs};;fO{
aUb}5 kfgL al;5f}gvfO{.^.

ltvf{gwfP hn wfpb}g
cfkm}kw]/f]3/ cfpb}g
;ft}gbLsf]hn ;Ktsf]zL
8Nb}5 a:tL eg sf]5 bf]fL < .&.

cfnf]/ kfnf]3/ ufp 8Ng]
k};f ;a}sf 3/sf]a6Ng]
kms{ cfpm d t eG5 km]/
xf:g]5 d]/f]3/sf]dem]/L .*.

af6f]lbg]h]glbP/ xf]ls <
rf;f]lng]h]glnP/ xf]ls <
of]lhGbuL g}cnkq e}uf]
cfvf gb]b}an a} u}uf].(.

;f}tf a6Ng]dg 5}g d]/f]
s]ug{vf]Hof}3/ ef]cw]/f]
Tof]tf/ 5fDb}3/leq cfpm
sfnf]cWof/f]3/sf]x6fpm .!).

* * *

5Gb M OGb|ah|f

gf/L k'¿ifsf| k||d hxf lgd|n z'4 5
Toxf ;'v / P|Zjo| :ju|t'No cgGt 5 .
–ef|Uok|;fb e08f/L

d]f] df6fsf ljDax¿

–tLy{fh clwsf/L

cUnf cUnf lul/j/ hxf Jof]ddf dfy r95g\
5fuf ;]tf em/em/ hxf a}+sf rfndf 5g\
sfvL RofK5g\x/kn hxf n]s nfnL u/f;
rNg]xfjf dno 5 hxf af]$5 dL7f] ;jf; .!.

OGb]0fLsf s;d–wgdf /ª\usf 5g\ldnfk
cfnL{cf]nL{lbgs/ hxf tfndf d]65 tfk
P]gf aGb}hn–nx/n]lrq lvR5g\ckf/
nfvf}tf/f u0fl;t ldnL nf]s vN5g\dxf/ .@.

gfRg]v]Ng]xl/0f kb 5g\sf]nL 5g\unfsf
8fkm] ;fy}dh/ tg 5g\/ª\u eg{ynfsf
lzNkL rf]vf ;[hg s/n]k|0f e5{g\snfdf
kfnf aN5g\emnemn hxf Wofg xG5g\lznfdf .#.

df}/LnfO{/;lt/ lvrL efj pNnf; 5fO{
kf5{g\aUb}gx/ / snf pj{f kmf6nfO{
5g\ofqLsf hng kydf af]6 5fof pbf/
ltvf{d]6g]glhs glhs}ldNb5g\dh Hjf/ .$.

;b}{;b}{d[]n nltsf af]6 xfN5g\cufnf]
snL{snL{9s/ lbnsf k]d r95g\psfnf]
dfof uf:g]t?0f–josf kftsf 5g\;;]nL
e]6b};f65g\dw/ ;kgf uLtdf s07 vf]nL .%.

;f/ª\uLsf ;/–nx/df nf]sn]yK5 nf]nL
d]nf d]nf /; /ª hxf dfbn}df 5 tfnL
efiff dL7f njh /l;nf dfg d:sfg af]nL
cf0{v]N5g\;// d/nL–af;/Ldf ;/]nL .^.

vf]nf af6f kmgkmg hxf lrq 5g\gfuj]nL
x]bf{5fof–5lj llflthdf nl6YOG5g\k/]nL
r95g\em5{g\k|tkn hxf kf0nf n]s j];L
xg\df6fsf c6n e/ oL :jKg 5{g\ljnf;L Û .&.

;ª\nf]wf/f snsn hxf vf]H5 gf}nf]hjfg
ck{;Rrf an ;ann]aN5 tf/f ;dfg
dfnL aGbf g/d s/n]b" 5{g\k/fu
s:t/Lem}larlnt ag]efudf 5g\cefu .*.

;Gufef tL ljs6 ynd}kmNb5g\af/ af/
cUnf]5ftL sx/ kyd};[i6sf]vf]N5 åf/
9fSb}hfcf];\hlt ltld/n]:jR5 cfsfznfO{
e5{g\Hof]:gf 6x6x agL hg PSn}pbfO{.(.

af]$nf Hjfnf slt ;don]pu|pTkft 5fO{<
af]$nf af9L slt ;don]5fn pNsf p7fO{<
kvL{x]bf{n?n? sgf k:b5g\oL /hf0
;Snf /f]$g}sg lzlz/n]kmqmg]kiknfO{< .!).

kmGsf]dfb}{uug tndf b]zsf b]z x]/f}
e]6f}gf}nf hn yn ;a}ljZjnfO{lgxf/f}
kms{[h:t}ljxu jgd}kmkm{fP/ v]Ng
kmsf}{xfdL dg / d6sf]d[Qsfnf0{ rDg .!!.

5Gb M dGbfqmfGtf

* * *

eM6f| gaf|Ng' lbg Ps v'n:t xG5
l5Kb|g ;To a¿ 0|Zj/ g| g'xG5
afª\uf|kgf;|u ljsf/x? a9f0|
e'6f| gaGg" u/ cfb/ cfkMnf0| .

5f|8|/ dfg ge'ms| g t uj| /fv|
;f|emf| / k|fs|t ag| alg|b|g kfv|
/fd|f ldhf;x?n| ;a lrQ /fv|
aGg"ljgd|, g t /L; sbflk /fv| .

–dxfslj nIdLk|;fb b|jsf|6f

wtL{d}xg ;Sb5g\=======

–lqnf]rg cfrfo{

x]5{g\ rDrd rlDsP/ gesf xf;]/ tf/fx¿
af:gf dUdu 5b{5g\s ;dn] d:sfg yKb}c¿
el5{g\l;h{g of] ;dRr hggL la;]{ kL8fx¿
wtL{d}xg ;Sb5g\k|s[tsf pTs[6 nLnfx¿ .!.

u5{g\Tofu s7f]/ of] hutsf ;Gdfu{df ;Hhg
u5{g\JolQm dxfg bfg ;lhn}Tof] Hofg xf];\jf wg
55{g\lbJo cgGo efj jgsf a]nL rd]nL t?
wtL{d}xg ;Sb5g\k|s[tsf pTs[6 nLnfx¿ .@.

tf]t]afns af]Nb5g\uhasf xf;f]w/fdf 5/L
vN5g\sf]dn kfnjf jgjg}xf;f]w/fdf e/L
OGb]gL klg vNb5]hut g}xf];\3fdkfgL a?
wtL{d}xg ;Sb5g\k|s[tsf pTs[6 nLnfx¿ .#.

xf:b}lrla{ ub{5]jgr/L kms{ wtL{g/
rGb|zLtn 5b{5g\tn ;w}kms{ wtL{t/
xf:b}b/ lrofp5g\lxdrnL eGb}d afGsL 5¿
wtL{d}xg ;Sb5g\k|s[tsf pTs[6 nLnfx¿ .$.

ofqL nlo lnP/ b/tssf xf;]{ g}lx8b5g\
df}Ln]dx lgTo 3f/e/sf xf;]{ g}af8b5g\
xf:b}v:b5 dflyaf6 em/gf eGb}w/fd}k¿
wtL{d}xg ;Sb5g\k|s[tsf pTs[6 nLnfx¿ .$.

5Gb M zfb|nljqmLl8t

* * *

vf]h ug{;s]ldN5 hLjg}eq hLjg
gk]hL /; s]emYof{[kmnleq}5 hf]kg .
-gLltlj rf/af6

en}enf

8f= buf{k|;fb cof{n

kunf d eg]sf]Tof]7fp cfh sxf uof]
hknf d eg]sf]Tof]hkdfnf r8L uof].!.

tLy{ug{uPsf]d tLy{]j n6L nu]
khf/Lsf k/]kfp pN6}cfh r6L 7u].@.

hxf 6]$of]pxL d/f]efl;G5 kf0nf]lsg <
h]vfP lg dnf0{g}k/]sf]af0nf]lsg < .#.

sxf afw, sxf ;fw alu /fVb5 lhGbuL
sxf eL/, sxf kfvf al9/fVb5 lhGbuL .$.

slt lyrf]drf]xG5 rln/fVb5 lhGbuL
hlt 7Ss/ vf0G5 plQ tGsG5 lhGbuL .%.

b}vb}g\oxf /fd| ufp 3/ ynfynf
cf^g}dg eP /fd|];a}t/ en}enf .^.

t;f/f]g krfPsf]lj¿jf c8\g ;S5 / <
;lhn}kmh jf;GtL s;/L kmNg ;S5 / < .&.

lzlz/sf]lr;f]vf0{cfof]ofd j;Gtsf]
;kmf ;]tf]5 of]¿k ;fw ;Gt j;Gtsf].*.

5Gb M cgi6k

* * *

d tf ;w| sd| u/|/ a:t5'
ljzfntf cGt/sf| a9fp|5'
j;'Gw/fdf gj 3fd Nofp|5'
k|;'gsf :jKgx? k'mnfp|5' .
-xl/x/ zf:qL

ul/asf lbgx¿

—b]jsdf/L n06]h

dxª\uLsf] ef/L clt u¿ª ef]vKg s;/L <
;bfdfemf}h}o}dlng dgn]afRg s;/L
glrGbf}df xf;f]t// kl;gf kf]vg uof]
d h:tf bMvLsf]3/ /x/ pN6}au/ ef].!.

lyP afRg]cfzf dw/ 5lj 5g{[t/ l9nf]
em/L a:of{sfnf]c66 l/tn]hLjg uof]
p8}sf] rª\ufem}uuge/df xlNng ku]
stf v:g]s]h]sg lgot aGnf d t 8a].@.

;n]bf]e}xf:bf d[dg hnf]k[0f ylnof]
hn]hNbf s]ef]lbnel/ s8f rf]6 el/of]
;of}kL8}kL8f clt ;s; ef];fu/;/L
st}kv{x6]hf ul/a hgsf]hLjg em/L .#.

5Gb M lzvl/0fL

⁂

ylGsP k'/f0fleq s'Gt af0f t'0fs
9fn9f|n l8l08e| lz/:q jd|–s~r's
cfTdzlQmn| an| k|r08 jL/ wKwk
zq' lu8'g wfl/nf v'8f rn| 5K5k .
–pdfgfy zf:qL .l;Gw'nLoÚ

n|v"tf n|Vg lbGgg\kl9sg al9of rLh kfpGg k9'g
af|n"tf af|Ng lbGgg\r'k e0 /x'bf Wofg ;St|g r9'g
x|?tf x|g| lbGgg\slt lbg d /x"g|qsf| 5f|k 3|/f|
hfpm tf hfg lbGgg\ca eg ltdL g| s| 5 st|Jo d|/f| .
–cfz'slj zDe'k|;fb 9'ª\ofn

---

ojf Û ltdL ;[i6sf] ;Gb/ /rgf

—g/]Gb|/fh kf}8]h

l;Ëf];[i6 c6fpg]k[s[tsf]gS;f :jo+xf}ltdL
gf}hf]b[i6 lkmhfpg]ltld/df xf}1fgrlf ltdL
lvRg]efUo / ;Dkbf w/tLsf]xf}x:t/]vf ltdL
vf]Hg]tYo lqsfnsf]ld/ld/]k[1L piff xf}ltdL .!.

ltdf[]hfu/df h6]k[ylj sf gf}hf dxfåLk oL
ltd}];fx;df kxf8 hnlw gf£b}uP jL/ tL
cfkm}vNb5 sf]knf ;[hgsf]ltdf[];;]hL e/L
ltd}j}± lnO{j;Gt el/g]oL z}h kfvfel/ .@.

ltdf[]cf; lnO{caf]w lgdvf lgwf{x¿ afRb5g\
ltd}qf; k/L czflGt emu8f hfnf]x¿ kmf6b5g\
ltdf[]lzNk 5b}snfhut of]6NsG5 afGsL agL
aU5g\:j]b sOff agL lxdgbL cfXjfg ltd};gL .#.

cfdf g};l/ 5f}bofb{ltdL x];f{bo{em};Gb/
tf/f xf}ltdL gq]laGb ;asf xf}a};sf lsGg/
ltd}Tofu / sd{sf]hudxf e"ju{aGnf 3/
lgdf{f ltdL xf}eljio lglwsf]wftf c? sf]5 / < .$.

of}6f pHHjn eJo zfGt 5ljsf];+f/ b]pm ltdL
df6f]df klg wSwsL / ultsf];+f/ b]pm ltdL
xfjfdf klg ¿k/Ë lkmlhg]cfsf/ b]pm ltdL
kvf{;Gtltdf ;jf; el/nf];:±sf/ b]pm ltdL .%.

5Gb M zfb'nljqmLl8t

⁂

cfTdf s]xf]sxfFa‰5 ;fdfGo hgn]s'f
caf]w s;/L a‰5 ljåfg\sf]ulx/f]s'f .
–gLltlj rf/af6

cfdf a]Rg ;lsG5 / <

–g/]Gb| k/fz/

af?nf] kfl]gsf lglDt cfkmg}5fgf]89fpg]
3/ dfl:t/sf] 9ª\uf] 3/}km{n8fpg]
a9L af7f] eP kSsf w/fg}r9]5 afb/
8ª\ufdf Kjfn kf/]/ sf]ljåfg\kfl/ t5{/ < .!.

6Kkfkl§ a;L kmb slxNo}sf6]g xG5 / <
emb]fn–9f]sf u/L aGb la/fnf]s6]g xG5 / <
3/s}husf]9ª\uf]lemSg]xGg axfb/
eTsf0{3/sf]5fgf]slt l6Sg ;lsG5 / < .@.

/fi6«sf]cl:dtf cfh hjfsf]vfndf uof]
kvf{sf]kl;gf, cfz 7Ýfh:tf]xb}uof]
ljb]zL s6 kf;f]df ;6Ss}km:g xG5 / <
eof]hf8f]egL sf]xL cfuf]d}k:g xG5 / < .#.

hggL hGdeldZr :jufb{lk u/Lo;LÚ
dGqn]b]z ul~hGYof]cfh :j/ uof]a;L
ud]:jfwLgtf b]z hf]ufpg ;lsG5 / <
k}f vfrf]k¥of]eGb}cfdf a]Rg ;lsG5 / < .$.

5Gb M cgi6k

❀

clt ;'Gb/ dfgj hLjg of] .
cem ;'Gb/ kfg' s;f] ul/ xf] ..
ul/ sfJo ;'wf /;kfg c/] .
u/ dfgj hLjg ;fy{s /] ..
–w/0fLw/ sf]0/fnf

;fRr}ojf xf]eg Û

–gf/fo0fbQ zf:qL

g]tf af‰g ku] lgs}vnanL of]b]zdf dlRrof]
yfs]zflGt s/] ;Hhgx¿, v}Tof]sxf y|Rrof]<
lg:sG5g\ls rnf] ;a}t/ oxf, cQf]lgsfnLsg
aGnf zf;g nf]stGq s;/L ;fRr}ojf xf]eg Û

tfgftfg eof]ljleGg bndf, ;DaGw tLtf]eof]
;Qf;Lg eP ctLj lkmtnf ;ª\sNk lub{uof]
g]tfsf]rnvhn] lbglbg} af6f]la/fof] emg
o:tf]df ca cf; ug{s;sf]< ;fRr}ojf xf]eg Û

a08fefu htftt}c;lhnf] afl8G5 sfof{no
oflofofl]o ls6fg xG5 s;/L < a9b}uof];±o
:jR5fk']§ 8Ng, lx8]g vt/f a9b}uof]b]zdf
sf]5g\v} e/ ug{nfos oxf ;fRr}ojf xf]eg Û

rSsfhfd / aGbn]t lgdvf kg{eP 3fgdf
s:n];G5 / afl]g v}Û ;alt/}7]L 3;]sfgdf Û
a4fj4 ;a}lsgf/ kluof] kfvf k/];Hhg,
ltd}dfq 5 cf;, s]ca u/f}< ;fRr}ojf xf]eg Û

5Gb M zfb{nljqmLl8t

❀

u'¿s}shdf aG5g\ofl]o ;Gtfg nfos
d'hs}hn Tof]xG5 kljq :jR5 bfos .

sfd eGb}hyfefaL h]klg ug{ldN5 / <
kfgL au/df kf]vL pAhfp slt xG5 / <
–gLltlj rf/af6

cv08 b]z

–gf/fo0f lg/f;L

d y$5 ef/ b]zsf]un]/ sfw kmflNbg
cv08 /fV5 b]z of]whf d kfg{dflGbg
d vK5 /fk 3fdsf]atf;b]v 8lbg
d n85 zflGt o4df lht]/ 5f85 xflbg .!.

ahf0 9f]n zflGtsf]czflGt 5b5f}lsg <
x/]s kf0nf ltdL ljrf/ kmb5f}lsg <
a/fNg vfH5 hf]oxf a/flng5 pm :jod\
prfNg vfH5 hf]oxf k5fl/g]5 pm :jod\.@.

sxf 5 b]zeQm v}d vfH5 cfh e6Nbg
n8]/ ef0ef0df enf]xg]d b]Nbg
:jb]z cz xg of]lr/] efu nfpg
km6]/ af;/L ?bf gyfn uLt ufpg .#.

cg]s hfthfltsf]d b]5 b]z Pp6}
g;f/ kfp zqsf] r9]/ sfwdf ;w}
cg]s :jfyf{df 8aL gyfn wd{o4 Tof]
kljq hGdelddf /xg zfg a4sf].$.

n5fr8L u¥of}eg]/xGg b]z leq of]
ag]/ /fx lk5{hf]xg5 xG5 Wj:t Tof]
ePg Pstf eg]xhf/ zq nfUb5g\
k5fl8af6 kL7df 5/f w;]/ efUb5g\.%.

d u5{kL/ b]zsf]/ b]5 :jKg b]zs}
d 7fG5 kf0f b]z xf]/ km5{;f; b]zs}
d /ªud~rdf ;w}skfq b]g ;lSbg
xhf/ Hofbtl u¥of};x]/ a:g ;lSbg .^.

k/f:t ug{zqsf cufl8 ;5{eflUbg
cufw kb b]zsf]5/]/ afR5 dlbg .
cv08 kfg{b]z of]d yfK5 cfh ubg
d kfg{lbGg lbGg ef]:jb]z of]ljv08g .&.

5Gb M k~rrfd/

❁

/dfP

–gf/fo0f g]kfn

kh]tft]/dfP clg sltslt Tof]vh lji6f /dfP
Pgf xb}/dfP clg kl/rosf]lnªu r]6f agfP
xf8flr08f unhL yl/yl/ a6nL dfhn]lrQ bfP
nf0{gfgf cgf7f dugdug e}kf7zfnf t wfP .!.

rfhf aGbf t?gf]t oun kydf kdsf bl6 nfP
/fh}s}f z/faL s;d cw/ cf}afxdf ;l6 kfP
ljBf ;frL sdfP / 3/ k0fon]zfh ebf{/dfP
1fgf1fg}/dfP clg clnkl5 Tof]1fg ubf{/dfP .@.

cf:y}cf:yf gxf/L kljlwnx/df kf0f kmNbf /dfP
afwf xg\hf]pkfo}s6duh u/L qf0f vNbf /dfP
ldNbf vfbf ;gfhf x/kn ;d/L :j:y lx8bf /dfP
/fi6}xf];\lgTo gfdL j/b ;a /xg\;f]r /fvL /dfP .#.

5Gb M ;Uw/f

❁

u2Lsf]nfe hfudf bfh' eGbg efOn]
uof]ljeLif0f}em§ /fdkl§ khf]en]Û
l5bGj]flx? l5b}vfH5g\ e65g\hxfF;s}
d";f ;k{bhf]vfH5g\ l5g{kU5g\htf;s}.

-gLltljrf/af6

kf/l/ cf^gf] ax l5Gg–leGg
hf] el6of] Tol;t kfVg xGg
xGgg\ ;a] dflg; kldkfq
sXof] sXof] cflv/ km:; dfq .

–/fdgfy vgfn

bofaf6 g}afR5 xfdf] k/]jf

—gf/fo0f g]kfn .kfNkf"

ojf xf}ltdL b]zsf zlQm s]Gb|
ltdL ef]n aUg]gbLsf dxfg
lxhf]sf] ;/lff u/L cfh yfd
ltdL a4 ;Ltf ltdL s[i0f /fd .!.

k/fgf s/f la;]{}hfgk5{
gofn]gof l;h]{}hfgk5{
xg]h]t kSs]lbb}hfgk5{
gof pRrtf clUnb}hfgk5{.@.

ldn]sd{xfd| k|ti7f rlnG5
p7]b]z cGofo afwf wlnG5
;a};lNemP b]zsf 3fp ;S5g\
;a}Aole]mP qmflGtsf e|lGt emS5g\.#.

km6]sfx¿sf]ltdL efUo n]v
km6]sf r/fsf s/f k|6 n]v
lt/:sf/ afRb}5 of]jt{dfg
ltdL bb{af8] cfb{z 5fg .$.

prfNof}hxf;Dd tL xf]rb}g\
ce}3fp yKg]s/f ;f]rb}g\
udfof}lxhf]nf]ssf h'tf/f
ce}ue{sf e[0f oL 3f]rb}5g\.%.

ykf/] z[ª\uf/ clUnGg Bf}tf
prfn] em08f pHoflnGg Bf}tf
bof b]tf xf]bof bL3{;]f
bofaf6 g}afR5 xfdf]k/]jf .^.

5Gb M eh«ª kof

⁂

g t xf:g eof] g vn] ?g

—k|sfzdl0f bfxfn

u0ftGq lgldQ kxf8 r9]
jg–k|Gt–k7f/–h3f/ t/]
slt af3–clhª\u/ ;fy n8]
kl;gf–vg–cf; ag] au].!.

t/ v}u0ftGq 5 cfh sxf <
n6tGq pxL d t b'5 hxf .
an–aGbss}ha /fh eof].
wg ;ª\sng};a sfh eof].@.

g t ef]s 6¥of]g t /f]u x¥of]
g lx;fa eof]g lg;fkm eof].
g t zflGt eof]g t e|lGt uof]
a? em]h / k]h a9] uof].#.

;kgf ;a r'/ eP/ uP
skgf dgsf nl5P/ uP
u0ftGq g b'g eof]g 5g
g t xf:g eof]g vn] ?g .$.

5Gb M tf6s

⁂

Shabdartha Prakashan
Chabahil Ganeshthan, Kathmandu, Nepal
977-01-4497351/9841-144510
email : shabdarthaprakashan@gmail.com
web: www.shabdarthaprakashan.com
nepalipublisher.com

u?

—k?iff]Qd l;Ubh

lglzlbg zf}rfnolt/ hfbf ...hgLu/ jfUdtL kb]5 eGg"
kzsf klt eg g/snnf0{sg >]flLdf kb]5 uGg"<
lemlnldln aflx/ /ª\uL lj/ª\uL dxn af; 5 ljdn t/ª\uL
;8s lsgf/f ha lg:sG5f}7ªb5 gfs}k|llft uGwL .!.

;xh ljnf;L gu/ lgjf;L cud kmlt{nf]wfs / afkm
9f]sf aflx/ ha lg:sG5f}5f]g}kb]5 cfˆg}gfs
a:q 5 tgdf ...dl8g rf0gf jbgdf ...ckmufgL kmfxf
jrg cf]df ...dns agfpm /fi6«elQm xf]k|an cyfxf .@.

cl3 cl3 b]g]s[tdf n]g]eGby]...;/k/;l/sf]gu/L
xfnt xlaut clxn]b]bf eGnf dndt af]g]uu/L
hn Tof]9n ef] yn slqm6 ef]eh eP5 ls eg d~h>L
gl/jn lb0of]aGb¿ xft ug lsg kYof][g/ d9dlt .#.

;oz lgzfgL k|s[t /fgL dudu sdnsf]af:gf axf];\
hg ;v wfdf gokfn gfdf rL/ ou ;f]e gfd /xf];\
sdlt x/fcf];\ ;dlt knfcf];\kzsf klt u/ u/ ca sNof0f
ejg, jrg, dg ;U3/ /fVg]r]tgf ;adf Bf}j/bfg .$.

5Gb M nLnfjtL

⁂

d z'istfdf /; eg| ;S5'
lj:jflbnfdf klg :jfb e5|
d d|3dfnf;t k|d u5|
d k~r/ª\uL;t /fu e5| .
-k'0fk|sfz g|kfn .ofqL'

g]kfn Kof/f]5

–k]eftL ls/0f

;+f/ of] ;Gb/ lrq h:tf]
pGdfb gf}nf]5 d leq s:tf]
kf]vG5 cfkm}/ª e}w/fdf
´b]lxdfnL hn e}u/fdf .!.

kf]t/ nfnL ha k'{xf:5
j}fUo of]uL klg k|t uf:5
vf]nf ;;]nL d][uLt af]N5
p8b}ejf´}dg kªV vf]N5 .@.

;]nf]/ Rofaª\d6df 5 d/f]
d]rL / sfnL 3/sf]kw/f]
s}nfzsf]l:gUw ;/Do 5fof
lglv}g s]No}lbnleq dfof .#.

lxdfn xf:b}p7 dfly0f eG5
kxf8n] kf/v kf/v0f eG5
dw]; l;ªuf]3/sf]5 yfd
g]kfn Kof/f]5 kljq wfd .$.

kG5L agL km/{p8"d cfh
Ao´fpb}ufp / of] ;dfh
´Sb}g´Sg]lz/ rGb|;b{
af]sL gyfSg]dgdf 5 wo{.%.

5Gb M 0Gbaf|hf / pkhflt

rf/ 6qmf

–kKnfb kf}v/]h

k]b

hxf k]dsf]kmN5 nfnLu/f;
Toxf lhGbuL vN5 5b}{k]sfz
hxf k]dsf]kmh kmqmL ;xfof]
Toxf lhGbuL k]dn]d:s/fof].

k]hftGq

h6]jL/ of]4f agL :jfledfgL
k]hftGq cfof] pbfof]laxfgL
hxf jL/tf;fy hfu] zxLb
Toxf Aol€mof]b]zsf]lhGbufgL .

eljio

k]hftGq /f]of] anTsf/ ef]uL
ge6]/ g]t[j ;2] lg/f]uL
;w}b]vbf sNkgftLt b[o
s7}Û b]zsf]b'/ efUof]eljio .

:jwd{

n6L cl:dtf b]zsf]lglg{d]f
cwdL{ ljwdL{ag]5g\ljz]f
e0{lalUauL emg\ljwd]{ljwd{
uof]x+ 6f9f, x/fof]:jwd{.

5Gb M ehªuk|oft

cf^gf]:jfy{g nL slQ pbf/ bfg ub{5g\
vf]B]g\jlf cfkm}+g}kfs/]}kmn emb{5g\.

-gLltljrf/af6

rf]/l;t hDsfe]6

–k]ef e§/f0{

wGbf rnfsf];a l;l4Pkl5
aQL lgEof] dflg; lglv]Pkl5
9kSs 9f]sf clg %ofn aGb ef]
;a}lx8] lgh{ zGo–zGo ef]Û

d kms{f ef]n oxf k]eftdf
cNemG5 ;f/f lbg bfneftdf Û
hf]xf]u/L /fV5 ;a}e8f/df
3:nf / sf] rf]/ ca] /ftdf Û

emkSs cfvf ylgP5 ev{
d :jKgsf]nf]s rxfg{tv{
ub{lyP %jf§, em;Ë AolemP
vf]n/ kfgL, d o;}?dlNnP Û

vf]n]st}kf0g kmGsb}uP
efG5flt/}n:sg afWo em}eP
aQL aNof]emNdn dWo/ftdf
d tl;P, :jb aUof]nnf6df Û

cxfx Û s]sf]xn of]crDdsf]<
oxf eof]s]< lsg bf8wk of]<
;a} ;t]sf] rsdGg /ftdf
:jf–:jf / ^jf–^jf lsg of]hdftdf Û

t;[d cf^g}3/ xg em}u/L
sf]xf}< oxf 3:g;Sof}s;f]u/L <
s]nlo ltdf]< lsg j]/of}oxL <
nSg}k/]7fp lyP hxL–txL Û

kbf{pHofnf]6s, g]df ha
8/fpb}efUg k/]5 vNan Û
k:tf}eof]o}3/leq g}lyof}
crfgs}cfh To;};dfltof}Û

vfof}lgs}cGg ldnL k/:k/
8Nof}3Dof}6Gg a9f0 kmf]x/
nSof}pHofnf]l/, /ftdf p7bf}
;6Ss vfof}/ ;6Ss g}r7bf}Û

aSb}lyP rf/x¿ dhfl;t
;flfL sg}5g, 8/}sxf 5 / <
d eG5, kTofp5 sf]eg]lt <
em§f]ag]Psn d}a[:klt Û

nfdf huf, l6Nn–l6lnSs g] 5g\
sfnf / v]f /ªsf ljlrq 5g\
;fªnf]Û s;]n]ss/f]n eGb5g\
k:tf}8sfg[ul/ cGg rfb{5g\.

k;]sgfdf 8/qf; 5g em}
3/}pg]sf]d t Sj}lg xg em}Û
p7fpb} rKkn hf8n]s6]
d/g kfhL Û clg lhNn e}p7]Û

5Gb M pkhflt

zxLb;u

k]ff nD;fn

ltdL ;k't b]zsf dxfg\lyof}dxfg\eof}
r6Ss xft 56\g uf]cxf]Û ltdL stf uof}
skfq dfq e6\b5f} ;w}oxf t b]zdf
c;fWo lvGgtf eof]s7}Û cdNo b]zdf .!.

cdNo /Qm Tof]oxf ahf/df lask]l5
k/]g cflQg}oxf ;wo}{n]l6sk]l5
ljsf; ug{b]zdf ltdL ;k't tlD;of}
;sg] e6\g Sj}cxf]Û cem}cufl8 nlDsof}.@.

;wfg{efj b]zdf ljleGg ;fdgf u/L
ljsf; So}ePg v}Û uof}a¿ ltdL d/L
ldn]/ rfx kÚf{tL u/f};k'tsf ;w}
kug] cf6 hf];nf]kbTg g}u/f}cem}.#.

u/f};b} sfdgf ;nlo g};dfpb}
lbP/ ;fy–;fy g};efjd}/dfpb}
u/]t rfx kÚf{Tof];a}xg]5 hf];n]
;a}s/f aem]/ nf}u/f}g sfd xf];n].$.

;a}lg/fz 5g\oxf tyflk cfz u5{d
;r]tf hufpg]pdª\u efj 55{d
;lsG5 ug{h];s}gxf}lg/fz ;f]rdf
cjZo hLt ;Tos}xg]5, ef]n nf]sdf .%.

5Gb M k~rrfd/

* * *

cf^gf] /fli6«tfsf]g} ;'lff ug{kb{5
kfgL g}geP df5f]s;/L afRg ;Sb5 <

-gLltlj rf/af6

d}fb lhGbfjfb Û

–ab]k];fb bfxfn

tL yf]qf jfb afnf}+clegj–oudf, dfq ...d}fbÛ kfnf}+
tL yf]qf jfb kmfnf}+clegj–oudf, dfq ...d}fbÛ yfnf}+
h]h:tf jfb k:s] ljut–duhn] b'b]6f ag]/
df;f}+ tL hLOf{wf/f, clegjoudf, 3f]/ dQf eP/ .!.

7'hf]xf]b]zeGbf, k]ytd sl;nf] jfbsf]dGq ;'q
7'hf]xf] jfbeGbf cltzo alnof] kf6L{sf]cGw–kq
7'hf]xf]kf6L{eGbf, u6–pku6sf] dVo xtf{/ stf{
7'hf]xf]u6eGbf, kl/hg snsf, efO ;fnf–k]z+f .@.

7'hf]xf]cy{;Qf, kb cem ultnf] nf}s emSg]k]tfk
;ft}k:tf ;kfg;[an olb gu/] xfdL xG5f}+;vfk
Kn]6f]ufGwL / dfn] clegjousf, lrGts}df:gk5{
/fd] 5f8]/ xfd], kl/hg–sn g} zlQmdf xf'gk5{.#.

efª\u]xg\gLltstf{hg–uOf ;dtf– jfb x/f]/ 6/f]
Ujfª\u]xg\Jof; ef]N6]o/ x/–x/ xg\ ;fw ;GGof;h:tf]
aG5f}+rfjf{s–r]nf, hlt lbg /xhf, df]hdHhf u/f}nf
gf/f xg\Jof]d–tf/f, bn–an 5nn] /fHo sAhf u/f}nf .$.

kä]nL klZrdl]nL, hlt–hlt ulx/f hlGdP nf}s jfb
oL xfd] nflu 9f}+L, clt ;o nngf, 5f]s]nf xg\ljzfb Û
wtL{sf jfb kmfnf}+clegjoudf, bi6 ...d}fbÛ afnf}
;ft}k:tf ;kfg;[cj;/ /l;nf] ?i6 ...d}fbÛ kfnf}+.%.

5Gb M ;|Uw/f

* * *

ljleGg lj1ffkg, l;gdf, 6]nlkmNd cflb lvRg jf ;Dkfbg ug{k/]df xfdLnfO{;Dem{gxf];\.

Sof6 lehg kf]8S;g kf: ln:
☎ M (*$!#$@#%^

Wj:t}eof] cfug

–8f= adaxfb/ yfkf …lhtfnL

cfof] a]hf ljljw lrtjf vfP/ 6Gg}xg]
df}sf cfof] e6k6 e8L £ofDkf] ;dfg}xg]
xfsfxfsL dns gn6L sf]aG5 7hf]wgL
ufO{hfqf ljsl;t xg]xSof{gof hLjgL .!.

ef}sfnfO{clnslt st}afl8Gg af{qf]hxf
8f}sfnfO{n6k6 u/L kfl/G5 vf{qf]Toxf
g]tfn]g}hlthlt ;Sof]l/Qf]agfP jg
kfb{/fdf]dns ddrf yk}ykf/]wg .@.

;f9]hfO{lbglbg prf bhf{lbnfO{lbg]
ufO{hfO{kltlbg s8f shf{le/fO{lbg]
;s[g]tf zx/ h;/L vNb}gof gf6s
/ftfkft]s;d h;/L :jfyL{ag]zf;s .#.

vf]t]yfkL lbgx eu8f cfkGtsf]klfdf
g]tfhLsf]dxn tu8f cfsfzsf]nlodf
gkfnLsf]tg–dg r;L df6f]agL eGeg
lvRrftfgL gu/ ca nf}Wj:t}eof]cfug .$.

5Gb M xfl/0fL

* * *

;fu/ dy/ dlb/f
bfgjnfO, ;wf t ;/nfO
xl/n af8/ lbP
ofUo lbg"ofUo hgnfO .
–;fdgfy l;UBfn

cfof 5Gb ljifd dflqs 5GbcGtut kb5 . o; sf klxnf / t;f r/0fdf afx– afx dfqf xG5g\eg bf;f r/0fdf c7f/ / rfyf r/0fdf kGw dfqfsf Joj:yf xG5 . cfof 5GbnfO ufyf klg eGb5g\. o; 5Gbsf kTos r/0fsf jfrgljlw leGg–leGg lsl;dsf xG5 . klxnf r/0f xf;sf kbrfnh:tf lj:tf/, bf;f r/0f l;xsf k/fqmdh:tf kmtL;lxt l56f–l56f, t;f r/0f xfQLsf nDsf0h:tf e6\sf df// / rfyf r/0f ;ksf lx8f0h:tf ;Nn aufP/ of 5Gb jfrg ugkb5 .

---

ljbfO{

–an/fd bfxfn

/f]P ?jfP slt jif{Dd
bv]bvfP dgleq;Dd
6qf lyof]hf]d6sf]56fO{
rfxL grfxL ul/of]ljbfO{.!.

bVg];w}of]lkp /fu d]/f]
bvfpg]Tof]lkp lkp /fu ltdf]
bvL /x}sf]d6 eg\bvfO{
ctLt ;DeL ul/of]ljbfO{.@.

ctLtsf tL :d/0fLo b[Zo
elNsG5 cfvfel/ 5g\/x:o
eljio ;De]/ lrgf]k7fO{
u/]egf}v}s;/L ljbfO{.#.

ljof]u dfq}klg uLt xg}
/ kflKt dfq}klg hLt xg}
;Ddfgsf ;fy ljof]unfO{
;efus}lglDt u/]ljbfO{ .$.

5Gb M pkhflt

* * *

cfdf

–dw; Gof}kfg]

cfdf ;f/f x[o ltdL xf}d]/f]
dfofn]aGb5 gj Gofgf]3]/f]
tL cfvfdf slt ;kgf p7bf]xf]
5ftLdf k]d k]an e}hfUbf]xf].!.

cf^gf ;Gtfg ;alt/}hfbf xg\
nfUbf]xf]pGgltlt/ g}nfUbf xg\
7hf]ltdf]/; ddtf a‰g}5f}
xfdL /fdf]kylt/ g}sbg\}5f}.@.

ltdf]dfof hnw/dfnf 5Gb
ltdf]5fof ;tt gxf];\x}aGb
cfdf d}n]hut l;uf/L cfP
Bf}cfzLjf{ ;kntf nL cfP .#.

kNg]Tof]sf]dn zokqL xbf{
ltd}xf;f]ennn cfP h:tf]
cfdf 7hf]cd[t 38f nf}s:tf]
w]/}w]/};vwg kfPh:tf].$.

5Gb M hnw/dfnf

* * *

cgflbsf x cflbd cr]tsf d r]t x
ce]bsf lje]bdf :jefjsf cefj x
cgGtsf cgGt e st st lanfp5
d zfGt ?k of ;a htftt, lrgfp5 .
–1fgj 9ª\ufgf

dfG5] aGg] rf;f]

–afh/fd kf}8]n

hDd}nfO{emSofP/}ef]To;}n] rgfvf]
cfkm}dfq}aGg]wf}sf]Tof]To;}n]agfof]
dfG5]h:tf]dfG5]aGg]v}5b}5g rf;f]
aN5L yfkL v]Nbf cfkm}kg{uf]hfn kf;f].!.

kmNg]/f]kg]v]Laf/L af]6 afnf lbb}g\
sf]bfnLsf]wf/}5}g\afp;] cfpb}g\
nfdf];Ë]ltNs]lemNs]uf¿ xGgg\xnf]df
wfg}xGgg\af]6}efrL ylk]Psf]vnf]df .@.

vKb}hfbf xb}{hfbf ef]nsf];fem kbf{
of}6f csf{wtL{kmf6L To}st}a:gknf{
;f/f}6n]9fSof]a:tL 5}g v}uf}ynLsf]
b]Vg}5f8]yDsfyDsL xf]st}rfr/Lsf].#.

cfkm}h:tf]xGgg\sf]xL æTo}egL a:g yfn]
sfnf]df];f]nfO{/fdf], ;Gb/L eGg nfu]
df]tL a]rL xL/f /f]6L Tof]:jod\a]rg]ef]
csf{nfO{x]bfx]b}¿k of]x]kg]xf].$.

dfR5f eGbf kfxfh:t}tfn kf¥of]cr]n
kfxfh:t}vf]hf vf]N5f g}x/fof]cr]n
xfdf]af]nL tftf]uf]nL k8\sg]xf]stf u}
5ftL 5}8\g]af6f]kmg}[of]laxfgL cufj}.%.

dfG5]aGg]rf;f]lrGtf 5}g o:t}eP/
dfG5] tNnf]sfGnfsGnL sg{nfUof]cr]n
/fdf]aGg]/fdf]eGg]km]/of]of]ljz]f
/fVg}5f8\of] rf;f]lrGtf b]z kf¥of]lgz]f .^.

5Gb M lrqf

v];f sfkL

–ag" nfld5fg]

lgofnL s]nfO{pk–cgkof]uL slt s/f
d leq}v]nfO{dlt–ljdltsf ts{vsnf
s;L nfO{nfO{;/–c;/sf clf/ 5g
daf6}rfxG5g\dgh ;lhn};flf/ xg .!.

d:of}fsf vfsf lng lbg ul/G5g\ha ;?
daf6}yflnG5g\slyt gjofqf v? v?
h?/L kgf{n]u?;/x d]/f]klg ;w}
d rNg}kg[ef]ljljw dltsf dflg; ;u}.@.

5 hf]h:tf]p:t}lsl;dl;t n]Vof]dgk/L
sbf\of], sf]{of], hf]8\of]dws6 ;hfof]tgel/
;dfO{;]fsf ;xdltx¿ bª\u d eP
d ;fbf a]fuL ca t l5gd}/lª\ug uP .#.

d sfrf]df6f]x";a lsl;dsf dl't{algg]
d af6f]–bf]af6f]ljljw j6jfsf ult lbg]
d d]/}ofqfsf cgkd syfsf]kl/ro
lbO{rNg]dL7f]ljno–nosf];Gb/ to .$.

lnO{d]/f];]f lbg s[Oftf d}t/ t/
;a};]fu]xL dsg lsg kf5{g\lg ce/ Û
hnfO{of RoftL dsg hg df:5g\ls 8/ 5
dnfO{;fkmLem}htgl;t a:g]/x/ 5 .%.

cxf]Û eGbfeGb}w/ w/ x/]Û Rofltg ku]
d ;fx}lgwf{e}tn ;8sdf ^oflsg ku]
ugL s];f s];f caem cwa];f dlt slt
d v];f sfkLsf]olt xg uof]hLjg ult .^.

5Gb M lzvl/OfL

kfq of§f x/fP5

–af'b /fgf

klZrdf~rndf ;fem Pp6f kfq b]vof]
;sgf; ePh:t}l;ªV§]b}xsf]lyof].!.

bflanf]xf]eg]xGYof]lyof]cU3f/ Vofp6]
dg dg}ud]dh]s;08f xf]ls /fp6].@.

geP xfo g}xfhf xg rkfª ;St5
h;sf lz/df ch]j0f{ftLt si6 5 .#.

g t hftLo /fHo}g}kfp5g\logn]s7}
uf; af; e/f];fsf]5g x}logsf]st}.$.

xg\o;}/fi6«sf lsGt gful/s lagf xs
vKg cGofosf]ah|k/}sf]xf]sxfts .%.

eSsfgf]e8\sof];fx};fddf p;sf]uO{
;fw} o:tf]bzf ltdf]Û eof}sDhf/ s]eO{< .^.

xf85fnf ag}sf 5f}kfPgf}vfg, nfpg <
sf]eof]Hofgsf]a}L < ;Q];frf]s/f eg .&.

;fw}sf]k|Zg Tof]d/f]3tnfUbf]eP5 ls
p;n]af]lg rfx'of]x/L dlt/ 6S6sL .*.

xnª\uf]Hofgdf ;Svf kftem}cf7 hf]lyof]
zAbfR rf/0fsf lglDt un:t ;:t xlNnof].(.

6qmf–6qmf s/f emy[;d]lg}cfkmt}lyof]
uf;}sf zAb 6qmfn]o:tf]lg:sif{kf]lbof].!).

c8\snL c8\snL lbG5 lbGg kUbf]u/Lsg
lhpb}5 cem}wGg wflgPs}5 hLjg .!!.

lgEg lbGg hnf];\eGb}th yfkf rxfp5
d/f]dfnL cj:yfdf dSv k5{/dfp5 .!@.

h7f] k/f h8f}Ln]sxfsf]t|Kt kfpg
bzf b\g ePs}5 5g sxL nsfpg .!#.

k|r08 gfdsf]3fdn]g}o:tf]bzf u¥of]
cwsNrf]eO{afRg]cz\efu ddf k¥of].!$.

cf/fk Tof]lyof]rsf{yfn];fRg / 3fK6P
kfq Tof]s]u/L xfhf zfGt of]slNkb}lyP .!%.

;fGTjgf lbg g}kg[eof]eGb}tof/ e}
af]lg yfNbf 5b}5g kfq vfh]htftt}.!^.

wtL{df klxnf vfh]km]/ vfh]cfsf;df
k/g kfq Tof]kmhf vfHg vfh]hxftxf .!&.

p;n]c:tdf hfg c;fWo}cy{sf]lyof]
cfkm}pm clNkof]obj'f c¿af6 nv]6of].!*.

la;{5 la;{g}lbGg lbdfu}/Gygfpg]
of]olf k[Zgsf]6ª\uf]sNn]xfhf nufpg].!(.

5Gb M cgi6k

⁂

tÎjsf]kg xf];Îj, tÎj ;Îj a/fa/
xfdf]cl:tTj JolQmTj JoQm cJoQm ;Dej .
-glltlj rf/af6

x| ef0 Û u5f| lsg cfh lh2L
lkmg" c;n\5|g / sfd\gl;4L
hfG5' d jgUf ltld kmsL| hfpm
o;\/fHosf| sfd\ltld g| rnfpm .
-cflbslj efg'eQm cfrfo|

cWofTd

—efujt cfrfo{

dfG5]kÛf{xbg} ef}ts eO{nfvf}ldnf];\pGglt
;Rrf zflGt / kÛf{hLjg ;bf ldNnf eO{;+dL
cfgGbL dg ldN5 vf]h u/bf cfkm}:jod\leqdf
lj1fgL clg 1fg h6b5 eg]kUg] ;bfgGbdf .!.

:jfdL–;bu?sf lkbf j rgn] ;Tk|Off kfOof]
lgb]sf dgsf cyfx dlbtf hfuL pHofnf]eof]
dfG5]sf]dg b]tf;l/ eP ;frf]dgio}eO{
cfgGbL ;v lnG5 zfGt /;df /Db}uP ;:t/L .@.

h]h]k|Kt u/] dflg; oxf /Db};w}a:t5
;f/f ;f/ t ldNg hfG5 dgdf ;Gtf]f e}vNb5
vf]Hb}pHHjn b[i6 ;[i6 hudf xfdL ;k|Lf ;/L
o:tf]cflTds tŒj vf]Hg ;lsg]cWofTd xf]lhGbuL .

5Gb M zfbnljqmLl8t

* * *

1fg g}l;H+bfdfq}dg dflemg ;St5
hnd}gwbf j:q ;lsnf]xg ;S5 / Û

7hf];fgf]sg}eb ub]g\1fg;fu/
s6L–dxndf p:t}tfk lbG5g\lbjfs/ .

1fg–/lZd pbfPdf bli6 g}+aG5 pHHjn
km}hfP a'4n]1fg ljZj kf/] emNdn .

7hfsf];fy kfPdf ;fgfn]dfg kfp5
lnP/ ;o{sf]/lZd zlz zf]ef a9fp5 .

-gLltlj rf/af6

g]kfn ;fem|f w/f]x/, g]kfnL ;a}a/f]a/

—efgeQm kf]v/]h

b]zsf ;f/;Qfsf]/fi6«¿k dvfs[t
axhfltTjdf Ps–hfltTjdo ;:+s[t
;xoflqTjsf]r]t JolQmsf lar sf]?lr
;dcl:tTjsf]af]w axhftLo ;Ëlt .!.

ljleGg j0f{cf}+hflt 5l§P/ uPkl5
cl:yk~h/sf]h:tf]xG5 x] /fi6«sf]l:ylt
cg}s /Ësf kik Ps uR5f ag];l/
h6\df xG5 x] xfdf][lr/:yfoL ;dGglt .@.

Ps};fy prfn] ;a}sf kb–kfv/f
agfof}hg cfkm}+]Ps–/fli6« jfl6sf
To;}df ;lhbf xfdL algG5f}+r/lgeo{
cv08 cf/tL ub{ufpbf To;s}ho .#.

cfkm\g}prf0df r9\g cfkm}kl5 ;/]kl5
cfkm\g};u/dfyfsf];;]hL g;g]kl5
xfdf[]cl:tTj d]6G5 k/:k/ /u]8O{
cfkmb]v :jo+cfkm}+tl5{P/ nv]6O{.$.

dfgjLo dxfdNo, ljZjaGwTj slNrg]
eft[j efj tf8]/ ljWj+L alg sln{g]
xfdLaf6 gxf];\sfd 5l§g]/ l5/f]ng]
lj t08fjfbsf]/fsf]prfn] la/f]ng].%.

xfdL ;fgfltgf :jfy{auf}+/fli6« :jfy{df
ldl;P/ au]h:t}l;Gw ;fu/–;f][tdf
j0f{fk]ftf oåf hflt;fk]ftf lng
k|tufdL agL pN6}xf] cfkm}el6eflug .^.

nf]stflGqstf eGg dfgjLo ;dfhsf]
xf] dxf Pstf–ofqf dxfdh–ldnfksf]
;S5g\a/fNg Tof]ofqf afp6f aÚdfgn]
hftLo åGåsf] ¿k gn]cf];\nf]stGqn].&.

;ah]ef]ug]/fi6«l;Ë}ef]ugkb5
;ah]cf]9g]5ftf l;Ë}cf]9gkb5
dxf/fli6«tfb]v dxfdfgjtfts
xfdLn]km]ng}k5{algb}ljZjJofks .*.

cNk:yfgLotfaf6 a[xt\/fli6«tf a/f}
a[xt\/fli6«tfaf6 cGt/fl6«tf a/f}
cGtu{Lotftkm{la:tf/}clg nlDsb}
ljZjaGw'Tj sf08sf JolQm agf}xfdL km/flsb}.(.

cgi6k 5Gb

* * *

zAbfy{ ksfzgsf] ja ;f08df jhoGtLsf

;a cªs, nv sxàsf kl/ro, xfdf ;a ultljlw,
zAbsfzxàsf ;km6jo/ / sfoqmdsf tl:a/, lkmlnd
tkfO{sf nflu pknAwk0f xg ;S5g x .

bi6JoM– != ;a}sf] ;lawfsf]nflu xfdf]ja ;f08df nvs–;flxTosf/sf]kl/ro /fv]sf 5f}+ tkfO{kl g xfdLnfO{kmf]6f]/ jfof]6f 6f0k u/L k7fpgxf];\ .

@= k'ts–k;n tyf xfdf ljt/sx¿sf] ;DkÔf{Jofj;flos kl/ro km]f6f];lxt /fVg]5f}+ OR5's k'ts–k;nx¿n]nepalipublisher.com leq Shop leq Bagmati leq shabdarthaprakashan sf]gdf xg{f]hf / xfdL;u ;Dks{ug{f]hf .

#= bz]e/sf] ;a}k'ts–ksfzsx¿sf]Sof6nu Ps}d~raf6 pknAw u/fpg]p2Io xfdf]xf]. nepalipublisher.com leq Other Book leq Bhabha Pustak sf]gdf xg{f]hf / xfdLnfO{k'tssf]kmf]6f] nvssf]gfd / dNo pknAw u/fpgxf]hf .

mail : shabdarthaprakashan@gmail.com
web : www.shabdarthaprakashan.com
&
www.nepalipublisher.com

;f]dgfy

—ejgxl/ l;Ub]n

xfdL ub{5f} ;Demgf ;f]dgfy
kftL 5b{5f} jGbgf ;f]dgfy
xfdL af8b}5f}efjgf ;f]dgfy
;DemL sfb{5f}l;hgf ;f]dgfy .!.

ltdf] kfnfdf sfGbL jb k9y]
sfzL hfg]sf]gfd pDbf slxGy]
;f/f lx8b}y]wd{dfg]/ af6f]
lgi7f cf:yfsf] ;'d 3f]sL ;af6f].@.

xfdf] kfnfdf DnR5sf wd{k95f}
/fhL/f6Lsf lglDt kftfn k:5f}
5gf}hfg]sf lal;{f}k~rsd{
xfdL eGb}5f}wd{cfˆgf]cwd{.#.

9fsf 6fkLsf]7fpdf 6fk cfof]
rfhf]rfaGbL 5g ;f/L x/fof]
efiff gkfnL eGb5f}z4 5g
xfdf]eGb5f}bz]df a4 5g .$.

gfnfkfgLdf xb5f} ;fw 5g
snfkfgLdf 3Db5f}afw 5g
hKb}dhDrL zis ef]/fhwfgL
/fhf efu]/]Û /fh u5g\x/fdL .%.

aQL aNbg\emg\6sL lsGg ufxf]
kfgL kfgLsf]bzdf ef]cWof/f]
df/L kmfnsf]kt]sf]e'tnf0{
wfdL a:t}5g\xf]enf]/]Û hufO{.^.

xfdf] cf:yfsf k/0ff ;f]dgfy
ug{kg]ef]k/g of]bMv;fy
df:b}hfg]xf]bz gkfnnfO{<
gf;f]vfg]xf]wd{kfhL ;8fO{< .&.

ltdf]efiff g}3f6df u}Sof]/]Û
k9g]a‰g]sf]:jfb a]jfb ef]/]Û
dbf{efiffsf]kf0f hfGg]ltdL xf}
;fxL kf6fsf sfn lhTg]ltdL xf}.*.

5Gb M jZjbjL

* * *

s tkf0n xfdf
pkGof; / syf ;ªUxx?
k9g ePsf 5<

lt/f} zlxbsf] ef/f

–8f= dfwj hf]zL .ndhª]

b]z 5 xfdf] :jR5 / /fdf]
o}lar xfdf] ;fv g/fdf]
/fu / lrGtf, åGb ;d[6b}
bf]8g 5f]8f}:jfy{a6Nb}.!.

hft / hft}/fHo agfO{
:jfy{e/]s}rfn rnfO{
xGg lg /fdf]oL ;a rfnf
5]g e/f];f To}klg hfnf .@.

x]Û axhft k|Gt agfcf}
Tof]klg yf/}dfq larf/f}
eⅿ}eⅿu8fsf]cGTo u/]/}
b]z ;wf/f}k|d e/]/}.#.

;fy{s kf/f}d]h a9fO{
ju{/ hft}:jfy{x6fO{
nf]s 5 cf^g}kⅿf6 g5f]8f}
e}sg g]kfnL ;a ;f]rf}.$.

;Deⅿg afrf tL ;lxb}sf]
:jKg / lrGtf b]z ljsf;
zflGt / >4f efj lgsfnf}
wo{ltltlff dfu{;dftf}.%.

b]z ljsf;}ug{5 ef/L
d]h ldnfk};fy{s kf/L
z]f 5 yk}sfo{ceⅿ}kf]
afls 5 ef/f ltg{;a}sf].^.

5Gb M rDksdfnf

u?l;t

–ldqnfn k1fgL

d aLh x kⅿ6b5 d:s/fO{
pd[5 df6f]lbgxf];\dnfO{.!.

h/fh/fdf hn l;~rgfn]
;;f/n]lgTo ;r]tgfn]
xs{ w/]}kⅿn lbG5 d}n]
xf]a:g ef]s}gk/f];\s;}n].@.

;+f/ xg][/ ;du|a‰g]
cwd{sf sf/s;Ë hWg]
ljj}ssf]r]t vnf];\knfO{
;1fg–cfvf lbgxf];\dnfO{.#.

;Stg nfeL hg ;To af]Ng
;Qⅿg of]sft/n]lg vf]Ng
lgnf{en]lge{n]rnf}d
ljZjf;n]wKk agL anf}d .$.

cefjdf efj /r]/ hfg]
ljklQdf r6\ ar]/ hfg]
of]olQⅿsf]dd{/ sd{kfpⅿ
u/]/ ;]f d :jo+/dfpⅿ .%.

5Gb M pkhflt

gxg]n]xg}sfsf]rLhd}l/; u5{/]
vfg xg / 8fx}n]v§fd}8:5 ;k{n]

-gLltljrf/af6

a}+df pSnk]l5 M s]L ljDa

–dsGb zdf{ rfln;]

of§f hf]z p7Øf], gofkg h6Øf], pR rflenfiff 56Øf]
cN5Lsf] ;kgf 66Øf], snsn] ;ª\uLt efiff kⅿ6Øf]
t[Offsf]nx/L vNof], x[osf]u§f kⅿNof]sf]dn
tGg]/L lbndf lvNof]z/bsf] ;f}bo{sf]s8\dn .

cfpⅿ v:; atfOlbG5 pgsf]d:sfgsf]cy{d
cwf}{dLlnt g]sf]elglbpⅿ dL7f]sg}zt{d
/fdf]uR5 5 xftdf sg Toxf efiff 5 pb\eflift <
dfG5]sf]dgsf]t/Ë s;/L aGb}5 pb\ufl/t <

PSnf]hLjgdf bO{lhp xg]s:tf]k/fgf]k|yf
n]Vb]x]slj Û cfhsf]ldngsf] ;Dk[f{of§f syf
dL7f]:jLs[t aGwsf], k|fosf], gftf / ;DaGwsf]
s:tf]l;hg{ 3D5 /]k|s[t g}rSsf;/L åGåsf].

rL;f] ;:t atf; nfUb5 o;}j}zfvsf] ;feⅿdf
kⅿs[5g\slt cf]7 s~h–jgdf Psf]Gtsf nfhdf
s]L :kz{;vfgel't /xg] ;LTsf/–;Ddf]xg
cfxf of}g Û df}gd}slt xg]dfwo{;Defif0f .

5f]8L efjstf xnlËg, ;w}+dL7f] ;;]hL lng
s]L zfg e/] rlDsg ;efzª\sf pv]hL lbg
af]Ng :ki6 pbf/tf / k6tf 5n{Ë b]vfpg
tGg]/Ll;t l;Sg afns lnO{a9fx¿ cfpg".

cfsfz}el/ 9flsg] /x/df df}hfpg]lhGbuL
s]L tGt l6k]/ aEg sl;g] ;+f/s}wSwsL
kⅿtL{hf]Jojxf/ eⅿNdn xg]To}cfTd;Ddfgdf
tGg]/L ca uGugfpg kUof]dfofnsf]sfgdf .

ch]ub5 sfd /ft lbg xf];\kv{g kv{g d
cfpg\lj£g xhf/ bL3{kydf km]s{g km]s{g d
cN5Lsf ddtf / dfx o;sf]yfxf sg}5g /]
Joy{kª\u ljrf/df ?dlng]JolQmTj g}xg /].

dfof kfpgk5{aGwhgn]cfsfz 9fSg]u/L
7'hf]af]em prfNgk5{ejsf]cfef/ ldNg]u/L
cfh}eb5 r]tgf ljhosf]dL7f]cgf]f]no
dhfO{lsg tfGb5Øf}lgolt x]Û PsfGtdf lge{ .

w]}a‰g 5 ;flRr hLjghut\ cfn:o of]/f]Hbg
h'jf, tf;, ljnf; cNdn xg]af6f]sg}vf]Hbg
sf]fsf ;kgf l5/N5, ljkgf hf8]/ bf8G5 d
cs{of}g tEjsf]hnlwdf cfhGd kf8G5 d .

5Gb M zfb{nljqmLl8t

* * *

> ;odf bz kf{r wgL ulgg'
> c?n| ltgsf sl/of algg'
> ljlwsf| olb o| 5 ljwfg eg|
> ca Tof| ljlwsf| klg cfo' k'Uof| .
> –dxfgGb ;fksf|6f

> sf|O| t O|Zj/ lrGxLsg d'lQm /f|H5g\
> Sj| o|; v'al;t u/Lsg d'lQm vf|H5g\
> d'lQm / e'lQm b'Onf|O| d t'R5 u5'|
> oL zf/bf–r/Ofsf| d t Wofg w5'| .
> –o'jsslj df|tL/fd e§

> b|zelQm t db|g r'Ty| b|z eP klg
> klt elQm t db|g kfkL klt eP klg
> –afns|iOf ;d

g]kfnLsf] :jfledfg

–d]bgLgfy ;j]bL

d]rL–sfnLts lxdrnL 6N6nL 6lNsbf]5
o}5fofdf o; dnssf]zfg em]g\rlDsbf]5
o}df6fdf >d l;k e/f}hflu]nf kfv/Ldf
e}g]kfnL ;a cl6/xf}cfh of6}w/Ldf .!.

km6\tf xfdL c? dnsn]ej]sf]gLlt lnG5g\
h6\tf xfdL;u ououfldqsf]efj lbG5g\
Ps}xfdf]dg d6 ldnf];\n]s, a];L, t/fO{
;fRr}+;ª\nf]Åbo 5 eg]5g sf]xL k/fO{.@.

Dff5fk5{ul/lzv/n]lbG5 ;Gb]z o:tf]
kmfnL hDd}snif gh6]/fi6«aGnf / s:tf]
rfnf}xfdf] kb ;u;u}kÚf{cfsfz 9fsf}+
xfdL gf/L–k?if ;d e}cfh ;+f/ xfsf}+.#.

cfof]j}Lflgs ou gof r]tgf ;fy gf}nf]
nDs]sf 5f}kulltkydf ;[i6 /f]Hb};gf}nf]
a9b}hfcf]ca ;a ldnL eG5 o}cGgkÚf{
af6f]/f]h]c;n ejdf xG5 ;DkÚf{kÚf{.$.

vf]h]df6f]lrlgsg oxL efjgf 5g\ljz4
vf]h]xfd}Åbotndf ldNb5g\z4 a4
xfdL cfkm}+>d / l;kn]sd{df v6g ;S5f}+
xf]g]kfnL /ut, l/ksf ;fddf 86g ;S5f}+.%.

xf]of];fgf]dns t/ 5f}:jR5 cfTdfledfgL
uf]vf{nL xf]ejge/s}jL/tfsf]lgzfgL
kvf{sf]To}c6n ul/df ;fy /fv]] dfg
hf]ufcf}+x};a bn ldnL /fi6«sf]:jfledfg .^.

5Gb M dGbfqmfGtf

OR5f

–ofbjkl;fb zdf{

l;tf/sf]d tf/ e}ld7f;tf/ ufp5
;dL/df ;uGw em}d kik;f/ Nofp5
;uGwoQm oL ntf ;/Dotf 5/L /xg̈\
oL eL/vf]rdf ;w};;]nuLt ufp5 .!.

lxdfn–efn rlDsof];\cgGt;Dd ;jf{f
snª\sxLg e}/xf];\gkfn of];bf–;bf
kljq oL gbLx¿ ;;fpb}auL /xg̈\
hufO{b]zk]d oL lxdfn xfl; g}/xg̈\.@.

k|eftdf 5/]/ lbJo/lZd tL lbjfs/
lbP/ /ftdf t zLt/lZd oL lgzfs/
k|sfzlglDt lbJo Hof]t hUdufp5g\;w}
:jb]zsf lgldQ Hof]t afn kq b]zsf .#.

cg]s /Ë?ksf lxdfnL kmh ;jf{f
kmn]/ jfudf oxL d;Ss xfl; g}/xg̈\
l;tf/sf, lutf/sf, gjLg tfn tf/sf
ld7f; wg̈ oL ldn]/ uLt ufl; g}/xg̈\.$.

kxfl8of c/0osf]xl/t e]sdf ;w}
u/f; 9SsdSs e}j;Gtsf]axf/ xf];\
kmn]/ v]tdf oxL ;j0f{/Ë wfgn]
t/f0 zZojGt xf];\lxdfn xfl; g}/xf];\.%.

5Gb M k~rrfd/

slt s/f gb]v}sf l:jsfgk{5{cflv/
xfjfsf]:kz{f xG5 b]vb}g 5 ;Gb/ .
-gLlt lj rf/af6

g/fdf] Û

–/Tglglw /]dL .zqmfrfo{

eLIffn]k6 eg;[ljgo/lxtsf] jfSo af]Ng]g/fdf]
vb]f]vGg]c¿sf]s6jrg u/L uXo vf]Ng]g/fdf]
Hofbf lgGbf / rrf{ >lds–ul/adf x]o kfNg]g/fdf]
Tof]eGbf xf]v/faL c;n u0f ;a}v]/ kmfNg]g/fdf].

csf{sf]bf]f b]g] cju0f ;asf dfq x]g{g/fdf]
ss{ug;{ gaf]Ng] ;do–;dodf :jfy{km]g{g/fdf]
x]g] nfb\g]unfdL lgoltjz tn}emfg{vf]g]g/fdf]
Tof]eGbf 3Lgnf Ubf]ljrlnt blgof kfg{vf]g]g/fdf].

6f9fsf rLh b]g]/ klg glhssf tR5 7fGg]g/fdf]
ef8fsf uLt n]g]snd–snliftf ;To 5f]g]g/fdf]
7ħfs}dfq ug{:tlt, ho cyjf rfs/L xf]g/fdf]
Tof]eGbf nfU5 sfnf]sk6–;dosf]rfn rNg]g/fdf].

cfk}afs;L / wfdL algsg blgof d:t 9f6g]g/fdf]
df}sf x]L cg}sf}ckl7t– hgdf hfn kmfNg]g/fdf]
;fdGg]l7Ss aGg]kl5lt/ p;s}kf0f lvRg]g/fdf]
Tof]eGbf bMv kbf{sk6 dg lnO{5Ng vf]g]g/fdf].

w]}n]g] gk9g]t/ cuxlsnf zAb /fVg]g/fdf]
yf]}ug{kmnfSg]kmut– hutsf]9f]n lk6g]g/fdf]
csf{sf]vfg kNsL >d klg gu/L Joy{a:g]g/fdf]
Tof]eGbf nfU5 d}nf]e/;s ultnf]dfg vf]g]g/fdf].

k};fdf kf0f /fvL ljljw ljifosf ef]u ef]g]g/fdf]
vfg]g}lhGbuL xf]elgsg p;d}dfq nfUg]g/fdf]
;j{jf{x cfk}ul/sg ;asf]Gofo ldRg]g/fdf]
Tof]eGbf gLrrflx k]lt/lxtsf]lrGtgf xf]g/fdf].

j[Zof xf];\j[Q p:sf]x/lbg 3/sf]ugk{bf{uhf/f
vfcf];\a]rL z/L/}hute/ st}So}gkf0{ ;xf/f
afsL 5f/f / 5f/L 3/–hldg ;a}a]rg afWo}xj ;\Tof]
Tof]eGbf al4 a]rg]g/– kz;l/sf]5g csf][g/fdf].

/fdf]s]xf]g/fdf]< elgsg ha tf k[Zg cfof]ddfly
s]eGg]cfh dh]< c;xh lylt ef]dfydf xft /fvL
vā};fr] ljrf/]kn–kn dgn]zAb lg:Sof]g/fdf]
s:tf]rTyf]g/fdf]a0g asas]7fGg xfhf g/fdf].

5Gb M ;Uw/f

* * *

s;h]So}u/]/fdf]sfd Tof]kHgkb5{ Û
b]tf aGb5g\dfG5]sfdh]a‰gkb5{ Û

s;}sf si6sf ofqf s;}sf xif{uf/}j
ux:yL zf;gf 7fG5g\;Gtsf ;fwgfky .

hlt af]w eof]TolQ ef]j pbl\efj kl\b5{
u¿sf ;fdbf cfVf ;:t ;:t t vNb5 .

-gLltlj rf/af6

tR5 c1fgsf]klt{lj1sf ;fd' cl:y/
lbPem}+xG5 Tof]kSs}l;Gwdf c£o{sf]hn

ti0ffsf]kl5 sbl\fn]dfG5]h]bl\v kfp5F
d¿df hn vf]hbfdf du Hofg}+udfp5F .

yf/}yf/}egL 5f8b}ykf/]/f; aGb5
sl;ª\u/ gkmfnlf demL/L g}ugfp5F Û

-gLltlj rf/af6

ljsf; w]/ ug{5

/df s0s]h

ssdaf{6 b/ e}cufl8 w]/ a9\g 5
hxf;s}htf;s}cefj dfq tf8\g 5
ldn]/ sfd 1fgsf];b} dh k\fg{5
;w}ag]/ ;To g}ljsf; w]/ ug{5 .!.

laxfg 3fd eNsb}kxf8 x]/ r9\g 5
ljj]s 1fg ;Lkd}86]/ dfly a9\g 5
ldn]/ sfw–sfw e}cufl8 cfh nfUg 5
k9L ugL e0{u0fL ljsf; w]/ ug{5 .@.

cg]s bSv si6n]lgsf; Hofl]t vf]lg 5
ljgf; x\g b]zdf ljsf; dfq /f]lg 5
ldnLhnL eljiodf ;wf/ x]/ ug{5
;b} Ps e}oxf ljsf; w]/ ug{5 .#.

cg]s nf]e dfxdf k/]/ zlQ uDb5
xb\g ug{nf]edf k;]/ 3ft b]zdf
;b} kl\hem}agL ;jf; x]/ 5g{5
;r]t e};w};w}ljsf; w]/ ug{5 .$.

5Gb M k~rrfd/

* * *

jL/sf] b|z jL/sf] e|if jL/s| ;;f/
cfsfz k|YjL, hn / t|h jL/s| e08f/ .
-rGb|k|;fb 9'ª\ufgf

;a|sf] uxgf ljBf, ljBf g| xf] dxfwg
ljBfs| xG5 ;Tsf/, ljBfs| u/ lrGtg .
-rqmkfl0f rfln;|

of§Lsf] b}ptf

–/dj}z vs/}h

elthf cfh dh]s]o:tf] ;Gg k¥of]s/f
;gb}]v oxf 5ftL 3f]Rg yfNof]ltvf]5/f .!.

3/af/ gof csf][hf]8g yfNof}c/]ltdL
klxn]b}Ÿ geGbf of]lsg kmf6bg} of]lhdL .@.

d 7fGby]ltdL w/]}1fgL 5f}al4dfg\klg
hfgL hfgL t kfzf]df kfb}5f}lsg hLjgL .#.

bO{9ufleq v§f xfnL sf]zL t¿ egL
yfnf]df 5l§bf 8uf s]xf]hf eg tf clg .$.

C0f 5}g egb}]v hdfgL e}bg]u/
3/df emu8f 5}g >Ldtl bO6L e/ .%.

To:tL nlR5gsL /fdl axf/L 3/df 5b}
csL{sf]nf}e s]u5f{ltdf]al4 sxf 5 v}< .^.

g otfsf ltdL xG5f}g ptfsf]xg]eof}
x/]lz j ltdL Joy{abgfd xg]eof}.&.

klxn]ug nfPy]eGg]rflx g;Demg"
clxn]sf]eg]aN5L xfny]of]gla;{g".*.

w/L r9g]s/f 5f8 ltdf]xfQL 3/}5 lg
bO{sf]n7jfeGbf of§Ls}b}ptf wgL .(.

5Gb M cgi6k

❀

Pp6}jz xf]eGb};af}f xGg ;bLf0f
aLp 8bfª t of§}xf]dhf];kl0df ug}

-gLltlj rf/af6

---

ou wd{

–/dj}z uf}td

hgdf oun]sfd cfkm}h:tf]nufp5
kfngf gu/b}]v jbgf lbg kUb5 .!.

NofPsf]oun]o:tf]nf}stGq dhf;u
Yof]zflGt hgtf dfem kmfNg yfn];/f;/ .@.

sxL 5g\bnsf g}tf gof sfd ?rfp5g\
;ª\sL0f{dgsf g}tf hfn aGg l;kfn 5g\.#.

ousf]wd{o:t}5 r}tgf 5 lg/y{s
k/Dk/f ;a}gf:g]ag}sf clt nfnr .$.

o:t}5g\ousf jif{afxldf;]hdfp5g\
b}zeQm agL lx8g]gfr ufg ?rfp5g\.%.

5Gb M cgi6k

❀

gfd 7'hf]xf/}xGg, sfd 7'hf];wf/
dfg}fy s'rf]a:5, :jo+km}5 sl;ª\u/

ul/G5 sd{h]h:tf]To:t}g}kmn ldNb5
sf}bf]/fk/ af/Ldf s;/L wfg kmNb5 < .

-gLltlj rf/af6

jStf 5g\ cvaf/df lbg lbg s:tf g 7fgL ;'Gof u5g\ vNan of / pm egL ;w s s g xfnf eGof s x'GYof ;'vrg rflx alnof af7fx?s g xf lgwfsf lbg cfh xg a? nf 8fsf l56f ef0 xf .

–k0fk;fb afXd0f

zfl/Gt / ;b\efj

–/dl]z uf}td .kfNkfnLÚ

k/]f zfl/Gtsf] p8\of] uGw af?bsf] p8\of]
bfjfgn eof] :jfy{bl]zsf] zfl/Gt g}88\of]
/fi6«kfbLx¿ eGbf :jfy{fbLx¿ a9]
a4sf] bl]zdf lx+;f, xTof, cftª\s oL a9] .!.

bl]zsf] lgl/Dtdf dg{zxLb tL stf uP
ltgsf] gfd 3f}s]/ dfl]h ug{c¿ eP
laxfgLkvsf] zfl/Gt ldld{]xf Û stf uof]<
s[0fsf] 7fpdf s+ pbfP ;l/ g}eof] .@.

s]eof]< bl]z /fi{uL ef]sbl[i6 s;sf] k¥of]<
zfl/Gtlfq oxL eGy]czfGt s;/L eof]<
cxª\sf/L eof}xfdL cxª\sf/ a9L eof]
cl:dtf bl]zsf] cf^gf] nl6P;l/ g}eof] .#.

gdfuf}bl]zsf] lgl/Dt uxf/ c? bl]zsf]
agfpm ef0sf] ;fy ldnl/ bl]z a];sf]
ef0 ef0 ldnL cf^g}ufpdf a:g kfpg]
efÜodfgL agf}cfkm}gagf}bv kfpg] .$.

gdf/f}ef0n]ef0 :jfy{lgl/Dt v8f w;L
To;}h]zfl/Gtsf] nflu u/f}hf8\ 38f w;L
aufpm >dsf] wf/f u/f}pGglt bl]zdf
g]t[j rlDsg]o}xf]sNof0f xG5 bl]zdf .%.

bef{gfx¿ Tofuf}:jfy{Tofuf}tyf c¿
Gofo cGofo ;b\efj ljrf/f}dgdf a?
sl/tL clg lx+;f g}bl]zsf zq xg\logL
aem]/ sfd ugf{n]:ju{aG5 oxL klg .^.

5Gb M cgi6k

---

sljtf hLjg

–/dl]z ze]R5

d;L e}sljtfleq}kfl]vG5 ls st}:jod\
nl]vb}sljtf h:t}dl]6G5 ls st}:jod\
ck/f]sljtf h:tf]e0lbG5 ls hLjgL
hLjgL sljtf h:tf]sljtfdo kf]hgL .!.

5Gbsf /fudf vNb}xl[j bL3{ag":jod\
efjsf tfndf 8Ab}dfl]tL xf/ pg":jod\
gyfs"d gxf¿ d, gf}hf]af6f]vg":jod\
sf]xf];\eGbf gxf/l] snd\jL/ eg":jod\.@.

5Gbsf ;fwgfleq algof];\5Gb hLjg
zAb ;f/lye}bf8\"gafr"aGb hLjg
laDa laDa a6Nb}df algof];\laDa hLjg
;DkÜf{sljtf h:t}lhpm ;DkÜf{hLjg .#.

;]tf]sfutdf z4 sljtf nl]vP;l/
cWof/f]/ftdf rGb|kljq bl]vP;l/
lgd{n hndf gLn cfsfz lvlrP;l/
sljtfdf c6fpm d slj t}/lrP;l/ .$.

efsfleq eh"cfkm}5Gb /fu cnfkdf
g/f]cf];\l;hgf d]/f]ugf;f]/ ljnfkdf
l;hgfn];vf wtL{ug{;s"d l;~rg
/;fnª\sf/ e}cfkm}afrL bb"sfJo hLjg .%.

5Gb M cgi6k

* * *

l;hgfleq /rgf /fdf gh/sf hxf/
0Zj/sf xf;f kfPsf kMn 5fP/ gdf/ .
–dxfslj nldLk;fb bjsf6f

j;Gt / slj

–/fh]Zj/ bj]sf]6f

w]}syf n]g lyof]:jo+sf]
n]vGg xf]nf dg z4 5}g
;lRrt\dg;h]slj tf /r]
cfk\" /dfP c¿ t[t xG5g\.!.

b}L s[f xf]slj tf ljwfg
lgef{df efj / cy{ldN5g\
leqL syf g}alx/ªu xG5
lga{w xf]p slj tf xg]5 .@.

efjfy{zAbfy{;a}c;To
cZk[Zo j¿Ko 5 To};a}xf]
h:tf]aeff]nf Toltd}/dfpnf
of]sfJo ;+f/ cgGtdf 5 .#.

;fÚbo{df Jofks lnKt xf]p
lgikfk lgisfd tk;\u/]
bftf :jo+lkmb]5 bfg ug{
lgå{/ ltd}3/ af; a:g .$.

cf/fwgf u5{j;Gtsf]d
dfUbg} s}L lbg;Dd lbG5
eg[dxfkfq agL /xnf
yfSnf gbfgL glng]d yfs\".%.

d]f]5 ;DaGw j;Gt;fy
eGb}5 ;+f/ pleq g}5
dh]eg]cfpm dleq a:g
of]åGåsf]cGTo sxf xg]5 < .^.

5Gb M OGb|ahf|

* * *

gof g]kfn

–k|= /fh]Gb| ;j]bL

gof b]z lgdf0f{sf]dh' dGq
lvRof}pRr ;LdfGtsf]nIo/]vf
p7]:jKg em}u|km cfkm}/r]sf
eGof}Ps e}Nofpg]nf]stGq .!.

ln0{/Qmsf]/ªu So};fk6Ldf
gcf0{kmNof]ofd nfnLu/f;
;w}sf]0nLsf]unfdf v/f;
a9bf]ljKnjL efjgf of]38Ldf .@.

s;f]8L a;fNbf rn}k8\slbG5
s7}b]zdf åGåsf a]u cfof]
;w}:ofn /f]P/ ;Gqf; 5fof]
unfdf st};f; g}c8\slbG5 .#.

;Tof]d[o lgw{s e}cfugLdf
;hfP/ bu{wtfsf];jf;
kUof]b\"/ lgb| ;d6]/ cf;
emNof]aNn/L d[os}5fx/Ldf .$.

lxdfnL xjf l;l;{L ;G;gfof]
lrtf blGsof]a4sf]b]zdfly
rNof]vh Jofofdsf]cfTd3ftL
;a}b]z bu{w 5b{ugfof].%.

ltdL åGå ;ª3ftsf]c:q bfA5f}
d tf 3fpdf cf}fwL lgTo e5{
gof l;hgfdf l;rf0{d u5{
ltdL d[osf]/fu dfq}cnfK5f}.^.

5Gb M ehªk|oft

* * *

---

a} xf] jf====<

–/fdk|;fb 1jfnL

dnf0{s]ePsf]xf]< lxhf}Dd lyP l7s
cfh PSsfl; nfUb}5 sTstL lsg xflb{s <
lsg xb}5 of]d]f]dg cfkm}t/ªlut <
/f]df~r ub\ubL eb{dgdf sf]5 lalDat < .!.

k\hn]55{em}nfUg];uGw d:s/fpb}
;fptL u5{em}nfUg]xfjfn]km:km;fpb}
em/gf xf:5 em}nfUg]dw/f]uLt ufpb}
ed/f gfR5 em}nfUg]ufnfdf ;D;Dofpb}.@.

ha PsfGtdf xG5 nfU5 Sj}5 ;dLkdf
eL8df ha x]nG5 nfU5 PSn}5 ljZjdf
;Tg cf]5bfgdf n8\5 clgb| gfRg yfNb5
hf]85 tGb|x¿nf0{Sj}cf0{efRg yfNb5 .#.

af]N5 em}xG5 tGb|df df}g em}xG5 af]ndf
laDem]em}xG5 lgb|df df}g em}xG5 af]ndf
s}L e}fN5 em}xG5 x}g em}xG5 tTlf0f
nf6f]em}xG5 dl:tis nfl6G5 plQs}dg .$.

vf]rdf xGxgfPsf]vf]nf em}xG5 Sj}lf0f
km]nPsf]tnfp em}aG5 km]/ d tTlf0f
lf0fd}/flugL aH5g\dh' km6b5 sNsn
lf0fd}afw elTsG5g\aG5 cfsn Jofsn .%.

lf0fd}zfGt e}xf:5 lf0fdf ?G5 cfltb}
5ftL vnftL em}aG5 ;f; km]5{lg;fl:;b}
lf0fd}aG5 lgnf{h lf0fd}aG5 lgdf{
lf0fd}plDnbf]kfgL lf0fd}hn zLtn .^.

tft}sf]Zjf;n]sf{kL ufnfdf rD5 e]m}u/L
sdnf]dgdf d]f]s;h]5G5 e]m}u/L
hf8fdf klg tfltG5 lsg of]lhp /lGsb}
l;Qdf lsg dlGsG5 dg dft] ;lGsb}.&.

;fyL lh:Sofp5g\xf:5g\d:sG5g\o;/L lsg <
zª\sfn gh]n]xf5g\cfkmGtx¿ oL lsg <
glhs}af6 Sj}hfG5g\yfxf kfpGg Tof]klg
Sj};f]5g\s]ePsf]5 < nfhn]df{g aG5 lg Û .*.

sh]cfvf lr;f aG5g\el/G5g\eO{6Nkn
sh] r~rn e}bG5 slxn]xG5 leDdn
kfgLn]klg cfuf]h]h:t}kf]5 sg}lf0f
em;ª\u eO g}/fV5 x/fp5 sxf sxf .(.

l;ª\u}wtL{prfn] u66 sb"e]m}xg]
aflx/}lgl:sof]Sof/]w8\s]sf]d6 e]m}xg]
kf]vo"kf]vo"nfUg]pDn]sf]bW e]m}u/L
kmfn xfn"ls e]m}nfUg]lxdfnL em/gf;l/ .!).

t[Ktsf]vf]hdf xG5 dg d]f]k|tlf0f
ct[Ktsf]38f Ko5 t[Ktvflt/ xbf{
s}sf]t[Kt d vf]Hb}5 yfxf xGg lg Tof]klg
tl;{5 ToIQs}sh]s;h]nv6];l/ .!!.

oL cfvf km8km8fP/ gfR5g\a}f];d}lsg <
d]f cW/ of]sfK5g\3/L 3/L To;}lsg <
dnf0{s]ePsf]xf]hfGg rfxG5 hflGbg
;f]W"eg"d sNnf0{xnsf kfg{of]dg .!@.

PSn}a:bf lg oL cfvf aGb5g\lsg r~rn
xtf/f]dfq e}/fV5 dgdf lsg xkf{ <
sNnf0{vf]Hb5g\cfvf < 3D5g\otfptf lsg <
d]f oL k]gsf];Snf hafkm s;n]lbg < .!#.

bW rf]g{la/fnf]e]m}cfvfdf k:5 jf;gf
sfnf]uf{dg e]m}p7\5 kmª\sfb{dbsf]km0ff
xfGg];f9]agL lx8\5 a/flnP/ of]dg
g;fx¿ a6fl/G5g\/gGg tflt0{tg .!$.

;t}sf /f}v8f xG5g\sf{kL cfof]ls e]m}u/L
cfvf tGs] Roflt G5g\;a}Eofof]ls e]m}u/L
To;}To;}lhp d]f]lhl/ª\u u5{;lGsb}
sb5g\cfj]usf 3f8f afª\ub}/ a6fl/b}.!%.

dQf xfQL le8]h:t}le8\5g\dg / d:tis
cg}ts agL of}sf csf{ag] g}ts
Pp6f eG5 ...;Dxfn Û csf{eGb5 ...;DxnÛ
afw afWb5 of}sfn]csf{kmf}5 kTy/ .!^.

x/fp5 d cfkm}df lsg xf]lf0fsf lf0f Û
xf:5 /]slxn]PSn}xf;]xfl;g hflGbg
of]s:tf]cgel't xf]cfkm}hf0{lg la;{
;kgf–;kgf h:tf]ljkgf–ljkgf;l/ .!&.

aem]aem]ls e]m}xG5 t/ al‰bg So}klg
gaemL gaemL dL7f]nfUb}5 sg dfw/L
v}slGg s]ePsf]xf]cfkm}cfkm}d bª\u 5
Pp6f lf0fdf dUg csf{lf0f e/ª\u 5 .!*.

:jo+f0{:jo+x/L d aGb}5 rdTs[t
pksf/ :jo+u5{:jo+aG5 pks[t
s]xf]of]< sfdgf xf]jf jf;gf xf]dbfd[t
a}+ xf]< k}d xf]Û jf of]xf]sg}of}gfd[t < .!(.

5Gb M cgi6k

❁

;'Gb/tfdf zLtntf zLtntfdf ;'Gb/tf
| 5|g eg| a|sf/ b'j| ;fu/ em| oL vf/ b'j| . |
-kLtfDa/ ef|nf .nD;fnÛ

g]tfk|t

–/fdk|;fb kGt

xb{5 /fi6«sf]gfd d bl|Vbg st}klg
vf]lhb}5 /fi6«sf] zfg d e[6lbg st}klg
kfgf kN6fpb}hfG5 Oltxf; lyof]c/]Û
kvf{sf] ann] /fi6«hf]uPsf] lyof] c/] .!.

vf]O Tof] /fi6«sf] zfg vf]O Tof] /fi6«sf] wg
/fi6«rDsfpg] lhDdf lnPsf ltdL g}eg
9f6bf}9f6b}uof}w/|}slt 9f65f}ce\}klg
eL/df b}|z /fv]/ k|6 e5f{ce\}klg .@.

hgsf] dgsf] 3fp bl\v{sf]5 lg a];/L
5/f w;|]/ 5ftL g}lr/{sf]5 lg rr{L
lfdf sxf ltdLnfO{hgtf lbg ;Q\5 <
Ps Ps u/L dNo hgtf lng ;Q\5 .#.

;xbf ;xb}cfh ;xg}g;s]kl5
/xbf /xb}cfh /xg}g;s]kl5
ulD;Psf]dg}d/|f]la:k\f6}ca xG5 ls Û
kL8f c;Xo aNe\/ k|0f g}cGTo xG5 ls Û .$.

kv{kv{ce\}kv{56\sf/f lbgxGg x}
/fHofk/fwsf]b08 lbg]xf]5f{8bgxGg x}
stf hfG5f}s;f]u5f{e|6 x]b}|z elfs Û
;a}lx;fa dfu/ ug{5f}b}|zsf]lxt .%.

5Gb M cgi6k

cfP/ s|No| Ct' l;l4b|g
nfP/ dfof d'6' l/lQb|g
:jLsf/ dfq| u/ Psaf/
;:;f/ ltd|f| clg af/af/ .
–dfwjk|;fb l3ld/|

k|]dsf] cfofd

–?b| 1jfnL

g lj1fkg xf] k|]d g xf]j:t ;hfpg]
g of]zÈf/ of ;fh g xf] jfB ahfpg]
k|]d xf]d5{gf ld7f] ;+jfB efjgf /;
5 :jt:k\"t{cfk\}lf s;};sf]5}g of]jz .!.

k|]d xf]eNen]dh kUnL cfk\}/;fpg]
dgsf]k\"hjf/Lsf]k\" xf]of]a;fpg]
k|dn]hf{85 ;DaGw k|dn]afW5 of]dg
k|]d hLjgsf]phf{k|dn]rN5 hLjg .@.

rfx]dlGb/df hfp rr{uDaf / dl:hb
dw/f k|]dsf wg ul~hb}5 ;a{t/
ufp5g\k|]dsf /fu ;fw;Gt dxGtn]
k|]d cfow ;jf{Rr eG5g\jl| k/f0fn].#.

h:tf]lrGtg dfG5]sf]To:t}cy{5 k|]dsf]
h:tf]5 r]tgf To:t}xG5 kf?k k|]dsf]
o4sf kf/vL b]|5g\snf ;fÚbo{o4df
a4sf cgofoLn]b]|5g\;fÚbo{a4df .$.

/fi6«]ssf lglDt agf{;\k|]d ;dk{0f
snf ;fwssf]lglDt snf xf{;\k|]d bk{0f
ljBfyL{juf{n]/fvg\k|]d sfkL lstfjdf
Gofofwlzx¿ /fvg\k|]d Gofo lg;fk\df .%.

df6f]df h;/L xG5 9Ësf]e|0f wf/0f
Tofu/ å]lf dfG5]sf]To:t}k|dn xf{;\dg
lkolf k|]dsf dL7f lknfp\ hggLx¿
bf|8p\g\b}|zel|Q\df lga{w n]vgLx¿ .^.

o:tf]xf{;\k|]d ;fÚbo{k\/f{;\hLjgsf]/ª
h:tf]>ldssf]xG5 ;DaGw kl;gf;u
xnf]/ k\?jf;fy u¿g\k|]d ls;fgn]
Tof]eGbf ulx/f]rf]vf]xG5 pGdQ\ k|]d s]< .&.

5Gb M cgi6k

udgfd :d[t

–nIdLsdf/ sf]0/fnf

uDgfd d]/f]:d[tsf t/ª\udf
cfP/ u~Hof]dgleq kqdf
t;y{ltdf]0ltxf; ;Deng
lvr] /fVb}5 d lrq uDkng .!.

ltdf]pHofnf]3/af/ zf;g
cxf]Û lyof];Gb/ zfGt cf;g
5f]/f dgfen}gdgf 5b}lyP
lzlff / bLlff g sg}sdL lyP .@.

7h}lyof]Tof]3/af/ ;Gb/
;f9]bO{sf]6 hxfg cGt/
xg\af]4 jf dl:nd jf ;gftgL
ldn] a:y];a g}v;L agL .#.

cg}s efiff ax–hft ;±s[t
/d] a:y];a g}ldnL ldnL
lxdfn cÛnf rlnP/ ;Gb/
d:sfg 5y{;a ljZj g}e/ .$.

j;Gt xf:Yof];a kik–kNnj
udSs uDs] agL dgf]x/
lxdfnsf cfugdf ;bf–;bf
d:sfpy]hg / 3fd tf/sf .%.

u/f;sf nfvg enfªdf ;a
knn] ;f/f 9sdSs j}ej
d:sfg ebf{uug}/dfpYof]
;uGwdf ;;{ jfo aÛbYof].^.

xhf/ 5fuf 5x/f x/fe/f
tL n}s j];L jg knf6 jf u/f
gbL / vf]hf lxdtfn z}h jf
db];sf knf6 udSs uDsbf .&.

;zflGtsf]zLtn jfo ;;{L
vn] aÛYof];a ljZj g}e/L
a9] d}qL ;a ljZj cfug
Ps}eP tNo lyof];dfud .*.

cgfh–e08f/ db]z eb{of]
lxdfn g};Dd ;//{kÛbYof]
lxdfnsf nfvg g}h8L–a6L
db];df gfRg lyP v;L–v;L .(.

;a};a};±s[t wd{eflifsf
cfTdLotf cfk;df ;lxi0ftf
lnP/ a:y]/ ;du|Pstf
;dfh jf /fHo lyof]lghTjdf .!).

sf];L / sfnL clg u08sLx¿
ufP/ ufgf ze cf/tLx¿
u~hfpb}n}s db];, kj{
;b} ey{;v–zflGt lglZrt .!!.

;a};a}dfux¿ hxfgsf
;g] lnGYof}ls ;xfgel'tdf
pbf/ aGYof};a dfusf k|t
k|;Gg xGy];a g}ltdLk|t .!@.

ljZjf; uy{hg–efjgfx¿
;dudf :jR5 lyof]ls cfj?
k/Gt sf]xL ck/fw puh]
u/]5 bfuf cgbf/ lrQn].!#.

;e+Gq 7h}f]algbf cb[Zodf
ePg kQf]ls ltdL pbf/df <
if8\oGqsf efh oxf /rf0of
xf, ;Gb/L ;fy ;/f grf0of .!$.

;d:t ltdf kl/jf/ /ftdf
enfs;f/Ll;t vfgkfgdf
h;}t nfUof]ta zAb r8\sof]
9\of{ª9\of{ª\w9\of{ª9\of{ª\u u/] k8\sof].!%.

nfu}5 uf]hL / ltdL n8\of}otf
5f]/f / 5f]/L u[x0fL otfptf
tL 3f0t]56\kl6b}s/fpbf
v]b\}uP5g\ta 5b\d bi6 tf .!^.

sf]xL l;9Ltkn{n8f0P 9n]
sf]xL au}rflt/ 9flnP d/]
knfn] kfgLlt/ Ps kqsf]
z/L/ Tof]bf]f ot}nuf0of].!&.

Tof]zflGtsf]/ft bO{ldg}6df
ef]pu|sfnf]lsg sfn–v08df
d]rL / sfnLts ;G;gL rNof]
:jb]z g}zf]s–lgdUg e}8Aof].!*.

;f]xL ;dfrf/ ;d:t ljZjdf
ef];G;gLkÛf{cg}s ¿kdf
p7] cfuf]hg hd{fpbf
cufl8 g]t[j sg}gcfpbf .!(.

vrSs aGb}hg–hf]; ;fDo ef]
jLeT; ltdf kl/jf/sf cxf]Û
tL nf; ;f/f o;/L p7f0of]
t];f]lyof]/ft nuL hnf0of].@).

nfP/ ‚s^o{[hgtf x6f0P
cfb]zdf ;}ox¿ v6f0P
j]fl/;]tNo ;a}p7f0P
nf;}t xf]knfNg lyof]/ knflnP .@!.

xf]nf; g}tfklg Ps /fi6«sf]
g]t[j, dhL 3/af/sf]cxf]Û
g ljZjsf dfGo hg}lensf0of]
g zf]ssf]k:ts /fVg nf0of].@@.

xf] hGdg]d5{ltdL d¥of}uof}
dfg{5 hf]Tof]klg d5{g}a‰of}
ldof]lyof]Tof]hg /fi6«Pstf
9Nof]/ ;f]xL 5/k:6 ef]stf .@#.

cfP/ ltdf xsbf/ x"egL
8qn]cxf]Û z08–dz08en}agL
jLeT; ltdf]36gf lyof]hg
;Den] pNof{hgtf–hgfb{g .@$.

cfqnf]z Hjfnf 5l/P/ a];/L
aNbf]89]hf];t pu|ef]x/L
;f9]x¿sf l;ª–kR5 eflrP
lg/Lx aGb}ljr/f sxf uP .@%.

k5fl8 s]ef]/ xb}5 ;Gb5f}<
cfP n6/f hg n6\g dfq nf
of6f ln0 xh :j/fi6«xfSb5
k/Gt ;Sbf ;a n65, efUb5 .@^.

csf{n6]f clg kn]/ cfp5
‚d xfS5 ;QfÛ clt wfs nfp5
cen}agL pu|pxL ;tfp5
n6] ;f/f hgtf ?jfp5 .@&.

kn| gkfn klAnl;ª xfp; klg tkf0|s| xf| x| Û

afw]/ kfnf]qmdzM o;}u/L
n6]/ vfG5g\ltgn]va}u/L
hftLo bª\uf axt}p/flnof]
:jb]z 6S¥ofpg ts{nflbof].@*.

sg}t/fO{6s/f u/fpg]
sg}t hftLo lj/f]w Nofpg]
hftLotfsf uOf/fHo kfb}5f}
eG5g\t sf}xL 5/k:6 kfb}5f}.@(.

hftLotfsf]emu8f u/fOP
:jb]znfO{6s/f u/fOP
of]/fi6«/f]hf hg bMv kfpnf
cl:tTjd}k\[g p7L ;tfpnf .#).

t;y{5f]8L lgh :jfy{xf]hg
:jb]z of]Ps l9sf agfpg
;d:t g]tf hgsf lbdfudf
;b\al4 cfcf];\kf] nf}g 7fpdf .#!.

pkhflt 5Gb

❀

ca kfnf]

rf8÷kj{-cª\s
syf-cª\s
Psfª\sL-cª\s
lgaGw-cª\s
uBsljtf-cª\s
5Gbsljtf-cª\s

df6f]lrgf}

—obgfy .j;Gtk/]

lxdfnL 56f of]an]sf]wkSs
6sL s}pHofnf]an]sf]emnNNf
5 zf]ef g b\of}g6/L lx8]5f}
/ dfof 66fof};6Ss}565f}.!.

g cfdf g afaf g kTgL eg]5f}
g 5f]/f g 5f]/L g ;Dem]eg]5f}
eGof]s]u¥of}s];w}sf]5 kL/
lj b]zL eof]/]u¥of}s]egf}/ Û .@.

aemgf}a;gf}w/f of]lrgf}
t gkfns}xf}aemgf}s/f oL
8sdL{l;sdL{;sdL{ag]5f}
lj b]z};kfbf{5 s]of]aemgf}.#.

oxfs}snfn]p7]sf syf 5g\
/ :ju{ot}xf]s;h]aemgf}
lxdfnL kxf8L / To:t}t/fO{
ck'j]{gzfsf]56f xf]aemgf}.$.

ojf xf]Û a;f}x}lj b];Lg xGg
5 /fdf]snfn]l;ufg{kgf of]
ojf xf} g5f8f}t gkfn eGg
g5f8f}gla;f}p;}dg{xGg .%.

5Gb M ehªukoft

❀

e'jg wKwk wKwk e] aNof]
kjg xKxk xKxk e] rNof]
dbg rSrs rSrs em] st]
p/ p/f¿x ef] /xdf v'n] .
-s'nrGb] sf]0/fnf

ldngsf tL knx¿

nIdLbQ e§ .;Tokf]lLÚ

cfgGbL lf0f xG5 /]ldngsf]kf]lLx¿df ;bf
emf5g\cfz ljof]usf ;dodf cfTdLo dfG5];bf
h:n]hfG5 ;a}lkof/ dgsf]of]kf0f cfglGbt
h:n]ef]5 ljof]usf knx¿ Tof]xG5 ddf{xt .!.

/f]sG5g\x/ /ft gLb ;vsf cfTdLo ;Demf]eg]
aU5g\eNen tKt cfz uxdf Tof]Kof/ ;Demf]eg]
5f]8g\/]s;/L ;bf kjgdf dfof nufO{sg
/f]$g]/f]g cfh of]5 hudf xG5g\sxfn}dg .@.

dfq}kf]l;;f;/L dg oxf l;hL{lbof]b}n]
dfq}kf]/;f;sf]tg oxf dfof lbof]b}n]
dfq}km';/L ;bf hutdf kf]s/ hfg]5 /]
dfG5]sf]dgdf xg]ljnosf]ljZjf; Sj}5g /].#.

PSn}of]d clgTosf]zx/df dfof ;ufnLsg
afr]sf]5 dtf oxf s;dsf]km'} ;dftLsg
of]dfof hg b}n]/lrlbof];fxL d dfU5 ca
hf]kL8f ljlwn]lbof]dg oxf ljZjf; u5f}ca .$.

xf;f]sf]kgdf ;bf dghsf]b]vG5 /fdf]dv
kfPdf ;adf ;/Do dgsf]b]vG5 hDd};v
cfef em5{dnfO rDag u/L gf}hf]piffsfndf
;f/f e"tn of];bf dh/ em}gf}¿ksf]xfndf .%.

of]5fof jgsf];-zf]et 56f b\bg /fdf]oxf
d/f]cfTd ;jf/ nKt ca ef]Gof;f]ag]sf]oxf
nq]sf km'n oL km'nL s;ddf nfUb}5 sfnf};/L
rf}tf/L agsf ;a}knx¿ Gof;f] ag]sf ;/L .^.

5ggf]cfh d eGg ;lSbg oxf cfTdf e/L 5f}ltdL
;fy}sf]kl/sNkgf u? eg]k]olf 5ggf}ltdL
d]/f]cGt/ cfTdsf]lj/xn]dfof ;bf xGg / <
k|0f}leq ns] a:g 5 eg]cfTdf lbbf xGg / < .&.

?G5g\33{ cfTdsf 3g36f gg}];bf lgem{
xf:5g\ j[f ntf j;Gt kndf k|dLx¿ ww{
Dffofsf]a;df hjfg jodf cfTdf x;f0{sg
3D5g\/]jgkmf6df rdgn]Tof];fy kf/Lsg .*.

lkm{5g\/]qmt, ofd, af/, dlxgf cfof]gof jifdf
lkm5g\efg zzL ;bf uugdf csf[lgzf sfndf
lkm5g\/]gj kfnjf t?la;]jf;lGt cfof]eg]
k|Lsf]dg of];bf ed/df Tof]/ft cfof]eg].(.

gf}hf]efj pdËdf ;a ;a}la;] bvL lbg
;f/f ofb en] of]ljutsf xf:5g\ldn]}hg
oL 5fof ;ifdf ;a}/x/ oL kG5fpg]e};s]
;f/f slNkt efjgf dge/L k0f{jdf u};s].!).

gf}hf]r~rn j};sL ;g k/L a:b}5 of]s~hdf
;f/f km'h kmn]5 cfh agdf gf}hf gof efjdf
zf[ef of]dgsf]pdË;u nL ;fy}a;]}/dL
sfofdf db d:t a} el/bf vf]hb}5 ;fy}sdL .!!.

d]/f ;fy oxf ;a}hgdsf ;f/f v;L dGbsf
emgf{sNsn uf0lbG5 jgdf aUb}vnf 5Gbdf
8fkm]r~rn tfnsf]kjgdf gfRb}5 /Ë}5/L
cfkmg}efj t/Ëdf gj ojf xf:g]5 efj}5/L .!@.

;fy}df gj bDktL;u ln0{a:b}5 of]s~hdf
zf[ef nfv kmn] cfTd /l;nf];fyL v;L efjdf
;f/f of]dgsf]pdË dbdf ;fy}p8f}hf u/L
5fofem}db d:t a}+ tgdf lx8b}5 zf[ef 5/L .!#.

5Gb M zfbnljqmll8t

d]/f] lf}g

–j;Gtsdf/ zDdf{.gk}fnL

oxf cuDo j:tsf]k|zg{L t xGgYof]
gof gof gof sg}crDd rLh ldNbYof]
;w}h;f]s;f]s;f]ls kfxgf l;xfb{of]
tyflk of]3/}sg}ljz]f rfn ub{of].!.

g hfGg tf stf stf, ;uf9em}5rlNsg]
ghflgbf s/f k/]k/}k/}l5gflng]
cufwem]k|uf9em};bf ;bf ljrfl/g]
tyflk jf sbflk sf]k|of{u r}la;f0g].@.

;w};ef eP;/L 5 åf/ vNg aGbn]
k|rf/ rf/ sf]fd}5 ldqsf lx;fan]
g So};zª\stf 5 g};czª\sdf g cfp5g\
ljzª\s dfglrqsf ;d:t kL/ efUb5g\.#.

;a}t cfp5g\oxf Joyf ;dfKt xG5 /]Û
;w}gof gof syf ljz]f dfq vN5 /]Û
t jf d sf]sg}oxf sVoft hGd lnGg /]Û
;kmf ;kmf gof s/f lnP/ hfg ldN5 /]Û .$.

;jfb jf ljjfbn]6df6d}5 of]3/
tyflk O{v /L;n]uOGg åf/aflx/
k/]ljTof; jfbdf k5] cf; xf:b5g\
;efjsf ;b:o oL sdL ;a}kvfNb5g\.%.

s;f]u/] efUon]oxf ;ldq cfp5g\
5 lrQdf Joyf eg]kvfNg lgTo wfp5g\
u¿g\g h]oxf ltg}k|efj 5f8b5g\k/
;d:tdf ldnfk g}ldnfksf]zefs/ .^.

cgGt tfnsf ;w};jfn p7b5g\oxf
c;ª\o rfnsf a8f hafkm p7b5g\oxf
sdL / w]sf]abf lnb}lnbg Sj}oxf
:jtGq 5g\;a};a}:jtGq 5g\;a}oxf .&.

/df0nf]5 of];ef ;w}/df0nf]xbf
km/}a xGg So}s;}g yf]/ w]sf]s/f
;a}ls Pp6}oxf hafkm k|6 ldNb5
36La9L cd]hsf]syf g hGd kfp5 .*.

;tfpg]grfpg]oxf ;b:o 5}g Sj}
aemfpg]e;fpg]sefj sl~h xGg So}
gjLg of k/flgof oxf kb:y xGg Sj}
nbfpg]:j -s_ ;f]rsf]ljrf/ k:g lbGg Sj}.(.

cg}s k[Zg nLsg}oxf 3d]/ cfp5g\
;lrq jf ljlrqsf ;zAb ki6 ub{5g\
lnP/ hlQ cfp5g\;a}lbP/ efUb5g\
le/] cGTosf ;a}u0ff u0ff ;kfb{5g\.!).

d 7fG5 leqb]v g};dflKt a‰g z]f 5
gbL t6:y of]lznf lvOG5 3f]6b}t 5
aug\ sbg\5 s]s/f ;d:t zlQm z]f 5
k/qdf g/f]sO{xj;\g lhGbuL ;v .!!.

5Gb M k~rrfd/

* * *

zAbfy| k|sfzgn|

;q y/L **zAbsf|z** k|sfzg ul/;s|sf| 5 .

s| tkf0| klg sf|zsf/ xgxG5 <

cf^gf]zAbsf|z k|sfzg ug| OR5's xgxG5 <

k0f{k|s[t 7fGg]

oxf l;4 g}xf]Û

—ljgosdf/ zdf{g]kfn

ug{of]h]ltdLn]gof ;f]r /fv]
cfh c}h]eg]/ sg}sfd yfn]
hLj–g}df ;a}sf]t ;b\efj vN5
bSv cf};Sv hDd}t ;dfg aG5 .!.

ug{kg[;a}rLh cNkq kf/]
nf]e–/fuflb a]y{dg}eq kfn]
al4 cf};Lk hDd}dg}af6 efU5
hLj–hLjft–dfG5];a}a]y{xG5 .@.

afRg rfx]v;Ln]t ;d\tfg xG5
xf:g hfg]dg}h]t ;d\efj vN5
3:g hfg]ubLd}t ;d\tEj ldN5
k0o–kfkflb hDd}t ;dfg aG5 .#.

aemg kg[oxf nf}cg}sf}+s/f 5g\
ug{kg[oxf nf}cg}sf}+s/f 5g\
w]/ w]/}s/fdf Ps}kf]aem]ef]
k0f{k|s[t! dfGg]oxf l;4 g}xf].$.

5Gb M z4dxfnldL

! :jfefljs .

* * *

j;Gt Ct

—zzL yfkf .kl08tÛ

j;GtL dgf of];a}df knfP
g;f emdemdf0{dnf0{;dfP
/ eG5g\j;GtL axf/}hjfgL
5 dfwo{tfhf pHofnf]laxfgL .!.

oxf nflndfsf]gof /fHo cfof]
hxf k]dn]:g]x jiff{u/fof]
oxL ofd xf]gfRg vf]g]z/faL
oxL 7fp xf]kmNg vf]g]unfaL .@.

vn}sf]5 j]0fL oxf Kofpnsf]
ljof]uL sxf uf]unf Gofpnsf]
oxf :jfutd\:jfutd\af]N5 Sj}hL
laxfg};w}kmN5 kmq]/ a]hL .#.

5Gb M ehªuk|oft

* * *

d lrq n|v"/u xG5 nf6f|
b|lvGg cfTdf /lug| 5 df6f|
ag|/ cfgGb cgGt Hjfnf
wKsL /x|sf| g t vN5 rfnf .

–dxfslj nIdLk|;fb b|jsf|6f

vf]hof] ;DklQ, kfof] ljklQ

–kf= lzjuf]kfn l/;fn

;DklQ vf}hbf t laklQ cfof]
7'hf]agfof]3/, vf]/ kfof].
cfgGb cf^g}dgleq vf]h
wgL xg]dfu{t nf}g/f]h .!.

dfG5]eP/}olt;Dd cfof}
ljrf/ ubf{slt s]sdfof}<
;DklQdf zfl\Gt sbflk 5}g
ljklQ cfof]eg xf]ls x}g < .@.

wgL eof}/]cem w]/ lrGtf
cWofTd ;DklQ eP clrGtf .
ef]uflb–/f]uflb t ;fydf 5
tgfp lrGtflUg t dfydf 5 .#.

x\$of] eg]aflx/ tf 5 cfuf]
uf7f]k/}sf]ljifoflb wfuf].
czflGt /fsf]slxn]glgEg]
lgEof]eg]kmL/ t¿Gt aNg].\$.

:jefj o:t}ejsf]/x}5
cf;lStn]zflGt ;a}x/}5 .
km/Ss kmsL{lzj–/fd kfp
8Ëf agfpm p; kf/ hfpm .%.

ef]uflbn]jf wgn] hg}h]
;+f/s}cfz a9fpgfn].
cg}s /f]uflb s7}Û sdfof}
of]uflb cfgGb ot}udfof}.^.

;+f/ tf gf6s kf]/x}5
vfqmf]/ wfqmf]eg leq s]5 <
;flfL agL x]/ /df0nf]5
km:of}eg]tf a/afb g}5 .&.

ubL t cfTdf, lzj jf lzjf xf]
vf]hf}:jo+leq t e]6g]ef].
dleq g}cd[tsf]38f 5
ef]uL ag]sfn ot}v8f 5 .*.

efUg}gkf0{p;n]nu}df
kms]{ cfpm cem cNdn}df .
hfpm / hfpm slt g}t ug{<
a]kdfTdsf]af]w eP t tg{.(.

ljj]s, j}/fUo t ;fwg}xf]
e]6G5 x};fWo t af]w g}xf].
a]kdfTdsf]af]w eof]eg]tf
hGdflbsf]rqm eof]lakQf .!).

d]wf cxf Û tLI0f / z4 xf];\tf
d 1fgn]dQm xg]ljh]tf
cv08 cfgGb xg]dnf0{
sNof0f d]/f] ;asf]enf0{.!!.

d dQm aGbf ;a dQm xG5g\
j}flbn]nlo oxL t eG5g\
5f8}g"/ hf8}g"oltdfq sfd
1fgL ag]sfd eof]tdfd .!@.

stf hfg cfsf]stf hfg nfUof}
;wf vfg kg{ljif}kf]t dfUof}
;v}ef]Ug cfsf]bv}df 8a}sf]
g/fdf]/ /fdf]en/}emn}sf].!#.

g ;+f/ ;frf]g em§f 5 cfTdf
x/]5flgxfNof}h8fTdf, cgfTdf
s7}Û bMv kfof}ls af6f]la/fof}
hxf kUgkg{lar}df x/fof}.!\$.

g tf zf:q dfGof}g tf O{j/}df
eof]k}d ldYof s/f gZj/}df
latfof}x/]Û lhGbuL ef]udf g}
;bf zflGt ldNg]h6]of]udf g}.!%.

ls tf elQm nfuf];\ls tf 1fg hfuf];\
ls tf b}x–u}xflb cWof; efuf];\
ls tf tLa|j}/fUo xf];\jf ddIff
cjZo}5 sNof0f kfp ;lzIff .!^.

5Gb M pkhflt

hdLgsf] a'e'lf' 5' ls;fg x' ls;fg x'
bl/b| 5' k/Gt' of| :jb|zsf| d zfg x' .
–o'4k|;fb ld>

gkfn–;flxTo ;dfhsf p2Zoxà

!: 'zAb;fu/ ;Ddfgù / 'j;Gt–/fwf kBsfJo k'/:sf/Ùsf];fy}xd]sdf/L–lbjfs/ ;dfh;]f ;Ddfgùsf]Joj:yf .
@: ljz'4 ;flxTo;]f .
#: gkfn–j}zhsf ;flxTosf/, ;dfh;]L, snfsf/ cflbsf]klxrfg u/L ltgsf hLjgL ksfzg ug{/ ltgsf]gfddf ;Ddfg, k'/:sf/sf]Joj:yf ug{.
\$: gkfnL efiff, ;+slt, ;flxTo, snf, lj1fg cflbsf cdNo cg';Gwfg–uGyx¿sf] ksfzg ug{.
%: b]zsf sgf–sgfdf /x]sf pkoQm ljifosf cu|h JolQmTjx¿nf0{;Ddfg ug{.

gkfn–j}zhsf n's]sf ljlzi6 JolQmTj -wfld{s, ;fdflhs, /fhgLlts, P]txfl;s, :jf:Yo, lj1fg lf]q_sf] gfnLa]hL, hLjgL jf hfgsf/L k7fO{o; pTs[6 sfo{df xft]dfnf] u/f}+

gkfn–;flxTo ;dfh

;Dks{ $$(&#%!÷(*\$!-!\$\$%!)
zAbfy{k}sfzg email:nepalvinaya@gmail.com

!: @)^*sf]'j;Gt–/fwf kBsfJo k'/:sf/Ùaf6 ;Ddflgt JolQmTj M l8Nn/d0f zdf{cHof{n .
@: @)^(sf] ',, ,,Ù af6 ;Ddflgt JolQmTj M k'?iffQd l;Ubh tyf uf]jGb/fh ljgf]bL .
#: @)^*sf]xd]sdf/L–lbjfs/ ;dfh;]f ;Ddfgùaf6 ;Ddflgt ;+yf M k0fjfgGb cf>d .
\$: @)^(sf]xd]sdf/L–lbjfs/ ;dfh;]f ;Ddfgùaf6 ;Ddflgt ;+yf M lr;fvf]hf cf>d .

/fli6«tf

–8f= z}n]Gbk|sfz g]kfn

u/f; kqkqdf vn]/ /fi6«;Gb/
lxdfns}ljzfntf rd]/ of] j;Gw/f
laxfg ;fem ;Gtn]dxf/df /df0nf]
;wf lknfpb}gof ljrf/ lbG5 :jflbnf].!.

dleq /fi6«dlQmsf]g;f 5 cË cËdf
dleq /fi6«dlQmsf]k|ef 5 /Ë /Ëdf
:jtGqtf 5 lrQdf 5 :jfledfg df}kgL
ljsf; lglDt nDsg]ljlzi6tf 5b}5 lg .@.

gbL ag]/ aU5 /]Û :jbz]sf]lkof/ of]
gjLg efjgf lvkL /d]5 /]Û lxof/ of]
5 sNkgf d p8\5 /]Û unfa em};jf; 5
5/]/ sLlt{/Ë g}ljgd|of]atf; 5 .#.

5 of]hgf gof gof vnfpg]k|eft of]
ck'j{;Eotf rdL j;Gt rDsbf]5 of]Û
z/b\lgofN5 oTgn]ljj]s zlQm pj{
:jbz]z ufg ufpb}k|kmNn aG5 lgem{ .$.

5Gb M k~rrfd/

* * *

slj sljtf xf|;
sljtf slj xf|;
sljtf ta kf| x'G5
zAb y'kf/Lsg s| x'G5 <
efj eP kf| sljtf x'G5 .
–kf/;dl0f k|wfg

---

jiff{ nfUof]

–>Lxl/ kmofn

jiff{nfUof]dg ljylnof]c> jiff{u/fof]
lemNSof]ldNSof]uug dg of]tl;of]emg\8/fof]
cfwL cfof]j/ / k/sf]j|f w]/}9nfof]
r8\s]kb{dgh–sl6of y/{kf/L n8fof].!.

kfgL kbf{emdemd u/L d|bgL g}unfof]
af9L cfof]u888 u/L u/{k}f]rnfof]
8f8fsf8f y/// eP efl;P vf}tkm{
s]kf]xf]hf < k|s[tkgsf]nfpg}5g ts{.@.

;f/f k|0fL eolet eP klG5sf af; eTs]
efUbf efUb}slt hg n8]3fp nfu]/ nTs]
lgwf{bAnf ljrlnt k/]kfpg}wd{fP
ef]sf–gfËf dgh kydf a];/L na{fP .#.

7'hf–7'hf 3/–dxnsf lglDt s}L xbg}
k|8f] eGg]d6/ gr9]pRr sf}L xbg}
of];+f/}wlgs hgsf nflu xf]l;lh{sf]
eGg]dfq}dg–duhdf tsg}f df5{kmGsf].$.

5Gb M dGbfqmfGtf

* * *

;|li6sf| d'h xf| ljZjsf| k'mn xf|
d'lQmsf| k'h xf| elQm uf|w'h xf|
pQ/fv08 of| ljZjdf k'Ho xf|
;j|bf~v08 of| sLlt|–dfw'o| xf| .
–gf/fo0fk|;fb pkfWofo .cof|nÛ

;ª\sL0f{f gf:g 5

–;Ltf e§/f0{

;S5f}vf]g eljiosf]pbodf s]efj gf}hf]oxf
;Sbg\f}cl3 ;g{;Eo 3/df ;ª\sL0f{f 5g\hxf
3b{[dlR5{ :jfy{of]sndn]y]nf / dfG5]egL
cfzª\sf dgdf e/L ;don]vf]hb}5 s]hLjgL .!.

5}g\g\;fy§ /fhgLlt 3/df lg:kf0f e}kdf
lgE5g\Hof]t oxf ;kd /hgL s]ef]lg pBfgdf
s];S5f}< eg nf}hxf /x/sf ;Ldf oxf tf]8P
s]dfU5f}< ca nf}hxf dghsf cfzf ;a}6lqmP .@.

eN5f}lbJo k|sfz cfh lsg nf};ª\s]sf]ef]df
5}g\dfg /x:o cfh ousf z}hL e/f};Lkdf
cfzf 9Nb5 :jfy{n]lsg cxf]Û bal4 ef]sLlt{df
e5f}nkg /ª\u 5g{dgsf cfef; gf}hf lbg .#.

of§}b[o oxf cg]s gag]rNb}g dfG5]egL
5f]b}afbn rGb|sf]3/dxf a:b}5 7'hf]agL
vf]5f}gf6s d~rdf cl3;/L h]h]/r]sf lyof}
/Rbdf ;a ofd ;Gb/ uP ;+f/df s]lbof}< .$.

:jfy{:jfy{e/L ;a}eg oxf ;b'f{t em}e}uP
lgEb}Hof]t cxf]Û c:j:y /;sf dfG5]oxf kmhP
vf]b}Hof]t oxf vnf x[osf kbf{;a}vf]g 5
vf]g]:j:y ;dfh xf]ca eg];ª\sL0f{f gf:g 5 .%.

5Gb M zfb{nljqmLl8t

* * *

cf-cf^g}zlQm k|0fLn]hGdb};fy Nofp5g\
cfsfzdf r/f p85g\wtLdf hg sbb5g\.

-gLltlj rf/af6

---

gdL7f]

–;/g pk|tL

tLtf afl-ljj]s b:;dosf kL/f–gdL7f s/f
bjL, ef]u u/] hLjge/L slNkG5 jf;lGtsf
s]o:tf]gxbf]kl/:ylt k¥of];fdGg]df bMv 5 Û
sNkL sfts a:g nf}eg ;vf eljio cGof]n 5 .!.

;f/f kfun dfq xG5, blgof :jKgLn ;+f/ ef]
;f/f gf6s d~rtNo ljkgf of]lhGbuL ´6 ef]Û
;f/f kf7 ljlrq ¿k /6gf j}rf/L sf]6No /]Û
8Dkm' dfq 76f0 uh{u/b}n6\g]/ lk6\g]c/]Û .@.

gf;]5bln ef]sf c;/n]xTof / ;+f/n]
B";}/ft / /flqsf sk6n]j}rfosf rfnn]
wtL{uf]n cdf]n nfn el/of];+f/sf]s08 ef]
dfG5]/lStd ef]/ al4 /luof]lgwf{d6 lklN;of].#.

5Gb M zfb{nljqmLl8t

* * *

tR5 c1fgsf]kmtL{lj1sf ;fd' cl:y/
lbPem}+xG5 Tof]kSs}l;Gwdf c£o§f]hn

ti0ffsf]kl5 sb\fn]dfG5]h]bMv kfp5F
d¿df hn vf]hbfdf du Hofg}+udfp5F .

yf]}yf]}egL 5f8b}ykf/]/f; aGb5
sl;ª\u/ gkmfn]df dem]L g}ugfp5F Û

1fguª\uf dxfHof]t o;}sf]u/ sb/
hut\ofkL ePs}h]0{sf]xG5 cfb/ .

Hofb}sf]v u/]cf^g}sfdnf0{laufb5{
s8f cfF eP kfgL pDnL cfuf]lgefp5F .

-gLltlj rf/af6

cfTduf}j

–xl/ kf08]o .klysÚ

xfdL kj{sf, dw];lt/sf 5f}sf7sf, n]ssf
gfgf /Ë / ¿ksf t/ ;a};Gtfg g]kfnsf
leQf kj{sf lxdfno w/L d}fgsf]cfug
kvf{n] ;o hGdkf}v u/L hDdf u/]sf]wg .!.

xfd| rf8 b;}ltxf/, Ob jf df3L, pef}nL, 57
uDaf, dl:hb, b]dlGb/, uk\mf, baf{, kf6L, d7
g]kfnL hglhGbuL 5 logdf hLjGt xfd[]kg
wf]{3fpx¿ ;of}z/b¹sf]lbG5g\gofhLjg .@.

of}6}6f]n–l5d]s xG5 e\md/f, nfv]st}df?gL
Bf}8f, rfr/, k\mfu, 3f6, /l;of, ;]nf] dw>fj0fL
ufyf kf}vsf syf / hgsf ljZjf; 5g\uLtdf
xfd[]lxb{o vN5 efj–nodf pn{ ;ËLtdf .#.

;Gt]dfbn 7f]$5 ;fe\mkvdf sfG5L p7L gfRb5]
k\mjf{n]s/ u5{gfRg nlhnL 8f]Ndf ptf efUb5]
;f/ËL, ;xgf0, 9f]n, d/nL, 8Dk\m', lagfof] lwd]
of}6};Ktssf ;/]ud agL efsf ld7f]l;h{g].$.

cfdfdf 5 ;xfpg]ltnx/L kf]t]/ l;Gb'df
afaf b]vgxG5 eb|lz/df 6f]kLhtf sf]6df
alG5g\lbJo k/L ;dfg alxgL rN7L ;hfPkl5
cfk\m}+;Gb/ ¿k vN5 lhpdf ldNbf]nufPkl5 .%.

cUnf ;Gb/ z}n, k\mf6 xl/of g]kfnsf uf}j
efiff ;±s[t, e]if, wd{;a of]g]kfnsf ;f}e
cfh}b]z x;fpg]k|f u/f};ÍNk of}sf u/f}
xfd| kf}v 1fg, ;Lk, kl;gf o}d[Qsfdf 5/f}.^.

5Gb M zfbnljqmLl8t

b]z ljsf;

–xl/k|;fb kf08]o

s]ef]b]z pbf; cfh slx/f] ;j{ nfu];/L
dfG5]eq ;sL /x]5 /l;nf]cfTdLotf dfw/L
af6f cfh ag]lj zfn dg oL eTsL /x]5g\t/
9ª\uf]e\m}5 s7f]/tf x[odf afsL oxf s]5 / < .!.

;Qfsf]dbn]lj j]s ud ef]cf:yf x/fof]lsg <
g]tfsf]e/ 5}g cfh lsg xf]nfu]lg j}hfpg
wtL{sf]ul/df a9fpg sg}nfuL k/}gg\lsg <
6flnG5g\/ s;f]u/L x[o oL df6f]gn]kLsg < .@.

g]tfsf]pkb]zn]3/3/}afGtf rn]sf]5 /]
;Gbf efif0f rf]s rf]sx¿df dfG5]9n]sf]5 /]
xfd[]uf}jkÛf{b]z clxn] ;Gqf;h:t}eof]
;f/f tL pkb]z lgik\mn eP ljZjf; db{uof].#.

dfG5]g}t s7f]/ aGb5 agf];\o}b]zsf vflt/
/f]cf];\g}t ;g]/ bb{;asf]o}b]zsf vflt/
;f/f lrGtgsf] k|f;x¿sf]xf];\sGb|df b]z of]
xfd| oL s?0ff, ;dk{f ldn]aGg]5 g]kfn of].$.

Dff6f]/fli6«tf lnP/ lbndf ;b\efj k\m}hfpg
Dff6f] ;fwg dfq x}g ae\m x}of] ;fWo xf]clGtd
Hff8f}cfh ;a}k/fq\md p7f}o}b]z lgdf{fdf
kf/f}rDrd gfd of]w/tLsf] ;DkÛf{a|df08df .%.

5Gb M zfbnljqmLl8t

sln\ª\u a\ª\uflb cg|s b|zdf
3'Dof| s'g| aGw' k'u| ljb|zdf
ljrf/ ubf| ;a o| lg/Gt/
:jb|zs| j|z ljz|if ;'Gb/ .
–z|if/fh zdf| /|UdL

gf/L zlQm

–xl/x/ kþLk l3ld/]

cfdf agL :gx kljfx ub{f}+
dfof ;a}sf dgleq eb{f}+
6"f dgf xf}w/tL, pdfb{f}+
uNhf/ of]hljs ljZj kfb{f}+.!.

xf}+cGgkÜf{c¿ sf]5 nf}eg
j;Gw/f xf}+slt rfxg]wg
buf{agL bhf{ sfo{ub{f}
nRrf nkmª\uf sljrf/ xb{f}.@.

xfdL sxf xf}+ktnL ahf/sf
;hfpg] j:t ;of}+xhf/sf
d:sfgdf vN5 gof laxfgL
laxfgL xf]l;hfg{sf]dxfgL .#.

ef]of egL zDe lgzDe wfp5g\
aQLlg/}u}ktnL ljnfp5g\
xf}rl08sf r08 / d08 dflngL
cfdf, /df, df hubDa kflngL .$.

cfsf; xf]kf}if aLh ;Gb/
gf/L w/f r}g aLhsf]3/
xfdL tLg}hLjgsf kh'f/L
xf]ljDa g};Gb/ kmhaf/L .%.

;tL ljgf of]zª\s/ dfq wh{L
lghL{ dfof h8 kQnL g6L
bj}ldnL ;Gb/ ljDa /Rb5g\
tfnL bj}xft ldn] aHb5g\.^.

5Gb M zfbnljqmLl8t

d]f] gkfn

–lx/0onfn 1jfnL

dxlif{hgsf]eld g]dlgaf6 kflnt
jL/ jL/fª\ugfaf6 of]gkfn cnª\s[t
hGdeld oxL g}xf]zflGtsf cu}"tsf]
oxL ks[t dftfsf]cdNo pkxf/ xf].!.

hxf cg}s efsfdf bfxf/L uLt hDb5
nf}suLtx¿ ;Gbf ;a}sf]dg /Db5
df?gL, ;f]7L, sf}f, /f0nf clg afng
lbg/ft rn}s}5 oxf ehgsLtg .@.

st}dfbn /GsG5 st}vh8L aH5 x}
rf8kj{dgf0G5g\hfqf rN5g\;w}+;w}+
Ps cfk;df kllt ;f6f;f6 ul/G5 /]Û
;df0{xftdf xft ;f3 vfN8f]tl/G5 /]Û .#.

cfo{ blj8, dª\ufn hfthflt y/Ly/L
b]vhg oxfh:tf]Ps tf hut}l/
pBfg ax/ª\uL of]hfthflt cg}sf]
Ps cfk;df kllt uf;] t/ Ps of].$.

uLt ;ª\uLtdf /Dg]oxL 5g\5x/fx¿
dxlif{Wofgdf a:g]oxL+5g\kx/fx¿
;b'{sf]klxnf]emNsf]b]vg] ;lhnf};t
kfxgf hg af]hf0{ug{xflb{ :jfut .%.

t/f0{dfq of]xg kxf8 dfq xg of]
;w}+lxdfn xf;{sf]o}gkfn ljzfn xf]
s;}n]g;sf];\kfg{/fi6«f0{ljvl08t
ouf}+ou /xf];\d]f]of]gkfn cvl08t .^.

g]kfn 6lq+of]eGg] sbflk g;g"d t
To:tf] ;Gg k/]k\o}wtL{df g/x"d t
g]kfn 6lqPnf ls gu¿ sNkgf klg
cl:tTj d]6Psf]Tof]gb]v";kgf klg .&.

;ª\uLtdo df6fdf k|tsf uLt ulGhog\
;flxTodo df6fdf sljtf aLh pldpg\
;uGwdo of]df6f];w}+pj{ e}/xf];\
k|tefx¿ hGdfO{;+Hf0f u/L /xf];\.*.

wg wfGoflbn]oQm of]7fp clt pj{
lzlff ;:s[t ;DkGg o:tf]df6f]sxf 5 / <
k"jL{ ;Eotf xfdf] o}df6fdf ;jfl;t
nfU5 of]d[Qsfe\Gbf st}5g kl/is[t .(.

a4sf]elt"df lgTo zflGt bLk anL /xf];\
;jfl;t eO{jfo dGb dGb rnL /xf];\
ag"\Hof]td{L wtL{x6f];\c1fgsf]td
;Gqf; g;sf];\3:g agf];\lge{ hLjg .!).

5Gb M cgi6k

❁

u¿ sDhf] s]xGYof] r]nf]/fh}ag] klg Û
36b}g dh-aQL tf nfvf}F;Nsf0P klg Û

ug{nf0{t rfk}5 gd?~h]n lgZro Û
k/}km";{ ldNg}5 kv]? ha p8b5 Û

ug{nf0{u/L b08 of]dfG5] 7Ls dfGb5
d gfª\nf]xFgkmGb}5' cem lk6bf bj]{t/ .

u¿lrGtgdf kfsf dfG5]sf] zAb laSb5
si0f jf Jof;sf]uLtf bi6fGt]eq kb{5 .

rlDsG5 z'?df hf] r]Frf}8}ylGsG5 x}pxL
tfdf ;f]em}csfl;G5 af}F afª\uG5 x}gx'L Û

-gLlt lj rf/af6

dfntL

—lx/fbQ e§

bAnfP lxdsf kxf8 lz/sf]cfef x/fP ;/L
8Abf]sflGt dgfnsf jbgsf]/f]of]ljnfg}f u/L
aN‰of]3fp ;Gof}< l9nf gu/ x}v}j]B < v}cf]vtL <
5ftL dlGt/ r:; r:; d6df 8fkm]bVof]dfntL .!.

8fkm]cfugdf j;Gt jgdf af]Nbo}g /]sf]sn
v}s]n]wldnf]aGof]z/bdf dGbflsgLsf]hn <
´sf]nfU5 ;Gof}ca/ lsg xf]< 7§f u/]sf]slt <
5ftL dlGt/ r:; r:; d6df Sj]nL bVof]dfntL .@.

lgGb{ 5g p/f7 nfU5 /hgL v}Kof; Tof]< ef}s Tof]<
rËf ´}dg zfGt 5g lsg xf]< cfkm}x/f0{/Xof]<
h:tf]rfts rfn Tof]uugdf p:t}5 d/f]ult
5ftL dlGt/ r:; r:; d6df Sj]nL bVof]dfntL .#.

Gof;f]dfG5 lxdfnsf]kjg Tof]8Nbo} kfvf jg
nlvf}v}s;/L lg/Lx sljtf s]5Gb v}s]u0f <
6f6f]/}5 lg 5fndf /utsf]zÍf u/]sf]slt <
5ftL dlGt/ r:; r:; d6df Sj]nL bVof]dfntL .$.

5Gb M zfb{nljqmLl8t

❁

g em/L, g x'/L, ge :jR5 v'nL
lzt tfk b'j| ;'v ;fy ldnL
ca gJo z/b\5lj 5fp'5 /|
;lugL Û ca Tof| lbg cfp'5 /| .

-e|/j cof{n

afr / arfcf}

–lx/fnfn s8]h .ef/åfhÚ

Joy{hft / kftsf]snxn]bL{}v/fgL gxf];\
xfdf]/fli6«tf cvl08t /xf];\ gkfn l;Ëf]/xf];\
afrf];\dfgjtf bof / s?0ff, >4f / ;blefjgf
gkfnL lar xf];\lbuf]dw/tf, d]/f]5 of]sfdgf .!.

ljZjfTdf ;l/sf]lxdfn w/0fL, df6f]5 hf]rGbg
sfof kj{ xf]dwL{ d6 xf] l;Ëf]t/f0{dg
;fem sfv ;w};a};hgsL, gkfn cfdf log}
xfdf]bL{ ;w}cvl08t /xf];\ Tof]dfu{vf]hf}sg}.@.

lf]gL, afxg oL u?ª\du/ cf} g]f/, zkf{ k/L
/f0{ lnDa, b/} sdfn, 7s/L, yf?, ysfnL, lu/L
tL uGwj{ bd} ;gf/, algof, sfdL, kfhf, rfw/L
dfemL, df/j8L, ldhf/, szjf, ef6f]/ af6f] cnL .#.

of}s}cfugdf vnf xfon] xf;] afrf};a}
gkfnL ;a xf}c;fWo ulx/f] kllTj uf;f}cem}
;fem cfTd agg\;d:t hgsL, gkfn cfdf log}
xfdf]/fi6«;w}cvl08t xg] Tof]tGq vf]hf}sg}.$.

d]/f]hLjg of];dkf]f u/]gkfns}vflt/
cfh}dg{k/]tof/ 5 ;v] dg{5 x}cflv/
bL{}?G5 eg];d:t hgtf, xf;] kf]s]eof]<
gkfn}g/x]d of]hutdf, afr] kf]s]eof]<.%.

P cfdf ;g of]ksf/ lbnsf] lrTsf/ leq}st}
oflsf dfq oxf ;kq alnof] hGdf0bfpm l56}
em08f uf8g ;sf];\kuL lzv/df, x]] gkfn of]
sf8]tf/ ;w}nufpg ;sf];\3]] gkfn of].^.

o:t}efj ln0{;d:t hgtf, hfuf xg]5g\h;}
of]gkfn w/f ;/lIft e0{ xf:nf d;Ss}t;}
gkfnL ca nf};;ª\ul7t e} kmfn] sfnf]lx8f}
dfsf xft 5b};zfl;t xb} cf^gf]/ csf{lrgf}.&.

5Gb M zfbnljqmLl8t

aflr/xf];\hLjg

–xf]dgfy zdf{

wtL{oL xl/o}agg\uugn]9fs] gLnf]/u+
xfpmg\lgdf{n zf/bL lxdrnL zf]ef lbb};Gb/
kfh};Gb/ rfbgL;u kmnL 9fsg\oxfsf jg
hfug\3fd;u}laxfg kvdf gkfnsf r]tg .!.

tf/f emNdn e}em/] w/tLdf efUo/]vf agL
gkfnL ;asf nnf6 lardf z[ªuf/ kf¿g\clg
d]rL sfnL lehfpb}gb gbL aUb}u?g\;Nan
kUnL lgTo lxdfnaf6 hnsf ;[t}km6g\sNsn .@.

3Gsg\dfbn j[fdf, alh/xg\nf}af;df af;/L
a;L{afbn oL x/f gj w/f kf¿g\;w};Gb/L
bpmg\lgTo oxf snfk[t snfsf/}gof hLjg
cJoQmf s[t xg\kL{:t w/tLdf nfu P Ú JolQmg .#.

nfvf};Gb/ oL snfs[t oxf r]Go eb{u¿g\
gkfnL xl;nf ojf–ojltn];ª\uLt dL7f e?g\
zfvf nlRs/xg\ems] t?df tL :jflbnf nL kmn
nfvf}nfv s0ff s0ff lar kmng nf}:j0f{fgf tn .$.

ufpmg\/fli6« oL r/L klg ;w}lgdf{fsf uLt g}
Nofcf}lgTo e/f}cgGt 9s6L gkfndf j}ej}
xfdf] oL ;kgf ag] ljkgfdf ;Nanf0{/xg\
o}wtL{lar cK;/f klg em/L kmGs] gfrL /xg\.%.

gª\uf] xft lvof0 cfh w/tL kf/L ;bf pj{
gkfnL o; ljZjdf clu a9g\s]slDt al4 5 / <
nfvf}pGgltsf rnL klg 7nf]lgdf{f xfdL u/f}
wtL{:juf{/L agf]; g hggLsf]ef/ ;f/f lt/f}.^.

wtL{lgTo /df0nL e0/xg\;fgGb xf];\hLjg
gkfnL ;asf do" dgsf gfrL /xg\gGbg
nfug\tLg s/f]sL lkp w/f gkfn d:sfpg
o}:juL{ cgGt j}ej e/L afrL /xf];\hLjg .&.

5Gb M zfbnljqmLl8t

k5f/sf kftf

5Gb l;4fGt / g|kfnL sljtfdf 5Gb k/Dk/f

✍8f= 3gZofd Gof|kfg| .kl/>dLÚ

! k|f:tflj s

5Gb zAbsf| lgs6td ;DaGw sljtf;u xG5 . o; nfO{ cª\u|hLdf ld6/ (metre) elgG5 . ld6/ lu|s d|6fg (metron) af6 ag|sf| xf| . 5Gb / sljtf Ps csfsf k'/ssf ?kdf /x|sf xG5g\. 5Gbf|a4 /rgfnfO{ kB klg elgG5 . cfrfo| ljZjgfysf| 5Gbf|a4 kbd\kBd\eGg| plQmaf6 klg pQm s'/fsf| kli6 xG5 . kfrLgsfndf 5Gbsf| k|ofu sljtfdf dfq xf|Og, jfª\dosf ljleGg lfqdf xGYof| . kfrLg ;:s t jfª\do dh'tM 5Gbk|wfg b|lvG5 . g s|jn sfJo, clkt' kfrLg k/f0f, Oltxf;, wd, bzg, sfz, Jofs/0f, Hofl|tif, cfo|j|b, gLltzf:q, /fhzf:q, cyzf:q, :dltu|Gy–nufotsf| sltx? kfoM 5Gbfa4 g| e|l6G5g\. ctM 5Gb sfJosf| Ps cË h?/ xf|, t/ ;a| 5Gbf|a4 sltx? sfJocGtut kb|gg\. cfwlgs sljtfdf zf:qLo 5Gbsf| k|ofu cToGt Go{g b|lvG5 tfklg sljtf eGgf;fy 5Gbsf| k|;Ë pl7xfN5 . To;f t zf:qLo 5Gbljgf g| klg sljtf n|Vg ;lsG5 . 5Gbljgfsf| sljtfnfO{ dQm5Gbdf /lrPsf| sljtf elgG5 . dQm5GbnfO{ uB5Gb klg elgG5 . ctM 5Gb / sljtfsf| aLrsf| gftf c66 lsl;dsf| 5 eGbf| km/s kb|g . sljtf cyft\sfJosf| lglDt 5Gb clgjfo| g xgkb5 eGg| s7f/ lgod 5|g . zAbfyf| ;lxtf| sfJod\uBd\kBd\r tåwf o; kªlQmn| sljtf uB of kB hg| znLdf klg nVg ;lsG5 eg|sf| 5, t/ klg sljtf eGgf;fy 5Gb zAbn| :jefjt|M k5\bf0f xfN5 .

@ 5Gb zAbsf| JoTklQ

5Gb dflns -;:s|t_ ;|ftcGtutsf| tT;d zAb xf| . o; zAbsf| pTklQ cToGt kfrLg dflgG5 . o; sf| ;jkyd pNn|v CUj|bdf ePsf| kf0G5 . CUj|bsf| k¿if;Qmsf| gjd dGqdf 5Gbsf| pTklQ lj/f6k¿if cyft\0Zj/af6 ePsf| xf| elgPsf| 5 . ;:s|t zAbsf|zx?df 5GbM zAbsf| k|ofu qmdzM b0k6s ePsf| kf0G5 . Pp6fn| 5Gb;\sf| cy| jxg u/|sf| 5 eg| csfn| 5Gbsf| . oL b|j|sf| cfwf/kb ;:s|tsf| 5b\wft xf| . oxL 5b\wftdf c;|g\k|Too ;ofhg eP/ 5Gb;\ zAbsf| JoTklQ xG5 eg| 3'\kTToosf| ;ofhgaf6 5GbM zAb aGb5 . kB/rgf;u ;DalGwt 5GbM eg| 5Gb;\sf| ;df;ut ?k xf| . cfwlgs cfoefiffx?df oxL 5GbMsf| lj;u nfk eP/ 5Gb zAb k|ofu xb| cfPsf| 5 . lg306df 5Gb\wftsf klg pNn|v 5 . sltko ljåfgx?n| '5Gb\ wftdf g| c;|g\k|Toosf| ofuaf6 5Gb;\zAbsf| JoTklQ ePsf| s'/fnfO{ a9L olQm;Ët dfg|sf| 5g\. cfK6| lzj/fdsf| **;:s|t lxGbL zAbsf|z**df klg 5Gb\wftaf6| 5Gb;\zAbsf| JoTklQ ePsf| pNn|v 5 .

# 5Gbsf| cy| / kl/efiff

5GbsfJosf ljleGg cy| / kl/efiffx? 5g\. logsf| cWoog tn ul/Psf| 5 .

#.! cy|

5Gbsf sfzLo cy| cg|s 5g\. 5b\wftsf| clewfyn| k|;Gg ug| jf v';L tNofpg| eGg| aemfp5 . o;afx|s clenfiff, lgoGq0f, jZotf, ?lr, clekfo, OR5f, :jR5frf/, aGwg, 9Ë, kB/rgfsf ;Gb{ cflb klg 5Gbsf g| cy| xg\. 5Gbn| jbnfO{ klg aemfp5 . zAbsf|zx?df 5Gbsf| kl/efiffTds cy| klg lbOPsf| xG5 . x/f, o:tf s|xL cyx?–

ult, olt / no ldn|sf|, jOf, dfqf cflbsf| uOfgfcg ;f/ kBfTds /rgf ul/g| s|g| lglZrt dfg jf ?kU To;/L u7g xg| ljljw lsl;dsf| ljlzi6 jfSo .

-g|kfnL axt\zAbsf|z–g=/f=k=k=_

ult, olt, no, jOf jf dfqfx?sf| lgot k|ofu xg| ufoqL cflb ljefhgcGtut kg| ;ft k|sf/sf| kB e|bsf| /rgfdWo| PsU ltg| ;Ktebsf| pkeb cg';f/sf| nobf/ sfJosf| s|g| Ps cË .–

-g|kfnL zAb;fu/–;Dkf= j;Gts df/ zDdf| g|kfn_

;flxTodf kB jf kB/rgf ug| lgod jf zf:q, h;sf| tLg eb 5g\–uOf 5Gb, clf/ 5Gb / dfqf 5Gb . -;:s|t g|kfnL axt\zAbsf|z–k= kmOfLGbk|;fb kf08|_

Pp6f ult / oltdf k9|g ;lsg| no, sljtf jf Znf|sx?df kf0g| zf:qLo no jf nf|sno . -k|ofufTds g|kfnL zAbsf|z– k=;,8f=x|dfË/fh clwsf/L_

jOf, dfqf cflbsf| uGtL ldnfP/ /r|sf| jfSox? .

-g|kfnL zAbe08f/– ;=, 8f=g/Gb| rfkfufO{ _

dfqf, jOf, olt cflbsf| lgodn| oQm jfSo jf kBfTds /rgf .

-axt\xGbL sfz–sflnsfk|;fb / cGo _

#.@ kl/efiff

5Gb eg|sf| kB/rgfdf cGtlglxt no xf| . kB/rgfsf| nflu lglbi6 zf:qljlxt ;Gb{nfO{ g| 5Gb elgG5 . 5Gbdf clf/x?sf ;ªVof / qmd tyf dfqflbsf| ljzif uOfgfTds jf kl/df0fTds Joj:yf xG5 . ctM hg /rgfdf clf/sf| lglZrt ;ªVof, qmd tyf uOf–dfqfsf| ljzif Joj:yf;lxtsf| uOfgf / ;ËLt;DaGwL no tyf ult–oltsf| ofhgf xG5 Tof g| 5Gb xf| . sfTofogn| CS;jfg| qmdlOfsfdf eg|sf| 5g\–oblf/M kl/df0fM tR5GbM . o; egfOn| klg 5Gbsf| Gog{td cfwf/ eg|sf| pRrfo| clf/sf| kl/df0f jf ;ªVof ldNg| xf| eGg| s'/fnfO{ aemfp5 . zf:qLo 5Gbx?df dfq geP/ kfoM ;ah;f nf|snox?df klg pRrfo| clf/–x?sf| lglZrt Ps?ktf xG5 . jf:tjdf ;li6sf| cf/Deblv g| k/Dkl/t ?kdf h|h:tf nox? k|ofu xb| cf0/xsf| 5g\tL 5Gb xg\. o; cfwf/df s| eGg ;lsG5 eg| 5Gb lgoda4 nosf| Jojl:yt / ljsl;t ?k xf| . ctM o;nfO{ sljtf/rgfsf| ;jfRr cgzf;g of aGwg eGg ;lsG5 . 5Gbsf| / ;ËLtsf| kfrLgsfnblv g| ceB ;DaGw /xb| cfPsf| 5 .

$ ljifolj j|rg

5Gb dh'tM Ps zf:q xf| . o;sf| kfrLg gfd xf|–5Gbfljlrlt . lzIff, sNk, Jofs/Of, lg¿Qm, 5Gb / Hofltif jbsf if8fË dflgG5g\. **5Gb kfbf t' jb:o** eg/ kfl0flgn 5GbnfO jbsf kfpsf ?kdf lnPsf 5g\. kfl0flgsf o; sygaf6 klg 5Gbsf ;DaGw jb;u hfl8Psf s'/fsf afw xG5 . logn jbnfO g 5Gb klg egsf 5g\. o; sf cltl/Qm 5Gb / ;ËLtsf aLr klg kfrLg sfnblv g k/:k/df lgs6 ;DaGw /xb cfPsf 5 . ;fdjb jlbs sfnLg ;ËLt ePsfn klg o; sf kli6 xG5 . j:t'tM jb 5Gbsf kyd kofuelŒd dflgG5 .

lkËnR5GbM;q / clUgk/f0fdf 5GbnfO jlbs / nflss u/L bO ljefudf juLs/Of ul/Psf 5 . jlbs ;flxTodf koQm 5GbnfO jlbs / nflss ;flxTodf koQm 5GbnfO nflss elgPsf 5 . o; lsl;dsf ljefhg zf:qLo 9Ën eGbf klg Jofjxfl/s 9Ën ul/Psf xf h:tf nfUb5 . jlbs ;flxTodf cgs 5Gbx?sf kofu ePsf kfOG5 . oL 5Gbx?df ufoqL, lqi6k\ hutL, kªlQm, cgi6k\ axtL / pliOfs u/L ;ftj6f 5Gb kdv dflgG5g\. oL ;ftj6f 5Gb ;:stdf ;Kt5Gbfl; gfdn klg lglbi6 5g\. oL qmdzM PseGbf bf;f w/ r/Ofsf 5g\. logLx? kTos sf cf7 eb 5g\cfifL, bjL, cf;'/L, khfkTo, ofhifL, ;fDgL, cfrL, afXdL . o;/L -cf7 / ;ft_ 5kGg eb dVo 5Gbsf xg cfp5 . oLafxs zSj/L, cli6, sse\slt, wlt, kslt, kfufyf, cle;fl/OfL cflb 5Gb klg jbdf kfOG5g\ o:t dVo 5Gbx?nfO bO–bO, tLg–tLg, hf8/ ld>0f ul/Psf 5Gbsf ;ªVof jbdf ;of kUb5g\. h:t ld>0f ul/Psf 5Gb el'/s, lqi6k\ k/fgi6k\ lq:6kaxtL, uetL hutL, ljk/Lt, ;dljifdf ufoqL, kfbnIdL kªlQm, hutf hutL, huqL, rt':kbf, c:tf/ kªlQm, zKtkbf, lj/f6 zSj/L, ssDetL zSj/L, cflb 5g\. jbsf Clif / bjtf h;/L cgGt dflgG5g\. 5Gb klg To;/L g cgGt dflgG5g\/ nflss 5Gbx?sf ;ªVof eg culOft 5 .

5Gbzf:qsf kOftf lkËn xg\. lognfO kfl0flgsf efO klg elgPsf 5 . logL lkËn dlg, lkËn Clif, lkËn gfu, lkËnfrfoh:tf gfdx?n lrlgG5g\. logaf6 kltkflbt 5GbM;q g lkËnR5GbM;q xf . 5Gbzf:qsf k/jtL cfrfox?n lkËndlgsf 5GbM;qnfO cfwf/ dfgsf 5g\. hobj, hosLlt, sbf/e§, uËfbf; cflb cfrfox? lkËnsf g cgofoL xg\. clUgk/f0fsf/n klg lkËns ;qsf cg;/Of u/sf 5g\. clUgk/f0fdf nlvPsf 5Gbf jIo dh zAbM lkËnfQmd\oyfqmdd\eGg kªlQmn o; s'/fsf kli6 u/sf 5 . lkËnR5GbM;qsf 6Lsfsf/ /fdfghfrfosf u¿ ofbjksfzn 5GbfTklQ;DaGwL cnflsstftkm OlËt ub Pp6f kBdf o:tf nvsf 5g\–

5Gbf1fgldbd\ejfb\eujtf ne u¿Offd\u¿–
t:dfbZRojg:ttf˜;'/u¿df08Jogfdf ttM .
df08Jofblk ;tj:tt Clifof:s:ttM lkËn–
t:obd\oz;f u'/fe'lj wtd\kfKof:dbfB qmdft\.

-cyÖ ;jkyd 5Gbsf 1fg eujfg\zjnfO eof . tTkZrft\zjaf6 ljiOfn, ljiOfaf6 OGbn, OGbaf6 ax:kltn, ax:kltaf6 df08Jon, df08Joaf6 ;tjn, ;tjaf6 of:sn / of:saf6 lkËnn 5Gbsf 1fg kfKt u/sf xg\._

lkËndlgeGbf klxn Goª\s', sf-qmf_, i6's, of:s, zfs6fog, sfl08Goflb

Clifx?n klg 5Gbzf:qx?sf /rgf u/sf lyP elgG5 . k/Gt' oL Clifx?åf/f /lrt 5Gbzf:q sl7g xgfsf sf/Of nfslkotfaf6 jl~rt eP . ctM ; ;f/sf pksf/ ug cfGtl/s OR5faf6 pTkl/t eP/ lkËnfrfon ;afWo 9Ën 5GbM;qsf /rgf u/sf xg\. 5Gbsf cWoog u// 5Gbzf:qsf /rgf ug cfrfox? w/ 5g\ tfklg lkËnfrfonfO g jlbs Pjd\nflss 5GbMzf:q kjtgsf >o kfKt 5, cyft\cfrfo lkËn g jlbs Pjd\nflss 5Gbzf:qsf kjts dflgG5g\. jlbs / nflss ;:stdf tyf gkfnLdf nlvPsf sxL 5Gbzf:q lgDgfg ;f/ 5g\–

jlbs 5Gbzf:qLo uGy–

–;fªVofog >ft;q -&÷@&_
–lgbfg;q
–Cs\kfltzfVo–iff8zk6n -sfTofoglj/lrt_,
–lkËnR5GbM;q -lkËndlglj/lrt _

nflss 5GbMzf:qLo uGy–

–lkËunR5GbM ;q –lkËundlg
–gf6\bzf:q –e/tdlg
–5GbMzf:q –efdx
–clUgk/f0f –5Gbfefu–Jof;
–5GbMzf:q –xnfow
–>'tafw –sflnbf;
–jQ/Tgfjnl –sflnbf;
–axT;lxtf –jf/fxldlx/
–5Gbfljlrlt –hgf>o
–5Gbfljlrlt –b08L
–5Gbf˜gzf;g –xdrGb
–5Gbf/Tgfs/ –zflGtkf
–;'jQltns –IfdGb
–jQ/Tgfs/ –sbf/ e§
–5Gbfd~h/L –uufbf;
–jf0fLef"0f –bfdfb/ ld>

gkfnL 5Gbzf:qLo uGy–

–jQfnÍf/ -;:st, dflns gkfnL cgjfb;lxt– lj:;:!(%%_, 5ljnfn 9Ën
–jQsNknltsf– hodËn ;l'/ kf8\bfn
–>'tafw -5Gb hfGg_ lj:;: !(^%, /jtL/d0f Gofkfg
–5Gbfxf/–ufljGbk;fb 9Ëfgf
–5Gb;f/ -@)@(_ /fdrGb 9Ëfgf
–5Gb / cnÍf/ – l8NnL/fd ltldN;gf / dfwj e08f/L
–5GbM;fu/;fkfg –klys slj nIdLk;fb cfrfo
–5Gb1fg –gqdl0f cfrfo
–5Gb ljgfb -@)%(_ –ufljGb/fh ljgfbL

–5Gb k/fu -@)^@_ –bjL gkfn

–5Gb sz/ -@)^#_ –dfwj ljofuL

–5Gb s~h -@)^#_ –rGbk ;fb Gofkfg

pkolNnlvt 5Gbljifos uGyx?sf cltl/Qm cGo sltko ;flxTo l;4fGt tyf ;dfnfrgfljifos sltx?df klg 5Gbsf af/df kys\kl/R5b jf v08df rrf ePsf kf0G5 . o:tf sltx?df si0fk ;fb k/fhnLsf **/fdf /rgf dL7f gkfnL**, xdfË/fh clwsf/Lsf **k'jLo ;dfnfrgf l;4fGt**, 8f= lxdfz yfkfsf **;flxTo kl/ro**, 8f= 6Ík ;fb Gofkfgsf **;flxTosf ?k/vf**, 8f= 3gZofd Gofkfg 'kl/>dLsf **uhn ;fGbo dLdf;f** cflb pNnVo 5g\.

nfls s ;flxTodf koQm zf:qLo 5Gbsf kyd kofQmf ;:stsf cflbslj jfNdLls dflgG5g\. o; ljifodf Pp6f o:tf ls jbGtL 5– Ps lbg dxlif jfNdLls td;f gbLdf :gfg u// cf^gf lziox?;lxt cf>dtkm kmls/xsf lyP . dfudf Pp6f Jofwfn dyglqmofdf dUg qmf~rbDktLdWo efnnf0 jf0fkxf/ u/L df//sf pgn bv . kfyL efn ;usf ljofusf sf/0f cToGt bMlvt eP/ rLTsf/do qmGbg ug yfnL . o:tf s¿0f bZoaf6 jfNdLls :jodVjXjn aGg ku / tTsfn pgsf dvaf6 crfgs zfsn 3gLe't s¿0f/;l;Qm of kB lgM;t xg kUof–

df lgiffb Û kltiTfTjdudM zfZjtLM ;dfM
oTqmf~rldygfbsdjwLM sfddflxtd\.

-cy–x r08fn Jofwf Û tn dyglqmofdf dUg qmf~rbDktLdWo Pp6fnf0 dfl/;\. To;n tnf0 sbflrt\kltiTf / ;v kfKt gxf;\._

pQm kB ;Ggf;fy tTIf0f Toxf aXdfhL ks6 eP / jfuflwi7fqL ;/:jtLsf cgsDkfn ubf 5Gbfa4 ?kdf of cleJolQm ePsf :jLsf/ ub dxlif jfNdLlsnf0 5Gbfa4 uGy /rgfsf nflu cfzLjrg lbP . aXdfhLsf cfzLjfb tyf cf^gf ljnIf0f kltefsf sf/0f dxlif jfNdLlsn wflds / ;f:slts dxÎjn oQm dxfg\ / sfnhoL cfif dxfsfJosf /rgf u/ . jfNdLls /fdfo0fdf tx j6f nfls s 5Gbsf kofu ePsf 5 . o;/Lg jbJof;k0fLt dxfef/tdf c7f/ / >Ldbefujtdf kRrL;j6f zf:qLo 5Gbx?sf kolQm 5 . logsf k/jtL sfJox?df qmdzM 5Gbsf kofudf jl4 ePsf kf0G5 . jlbs 5Gb jbx?df g koQm 5g\eg ;:st sfJo–k/Dk/fdf nfls s 5Gbx?sf kofu ePsf 5 / oxL nfls s 5Gbn kfst tyf lxGbL, gkfnLh:tf 5Gb Ps ksf/sf sfJoJoj:yf klg xf . 5Gb / sfJosf aLr k/Dk/fblv g cGofGofl>t ;DaGw 5 . 5Gbn sfJosf ;fGbo / zlQm jl4df dxÎjkÜf elds vnsf xG5 . o;y dh'tM sljtfdf uBsf ;fkIftfdf kB clws kefjzfnL blvG5 . uBdf sfJofTds ;ËLtsf Tolt ;dw/ ;ofu xg ;Stg hlt kBdf xg ;St5 . ljleGg efjsf bli6n klg 5Gbsf pkoflutf bl;G5 . 5Gbdf lgk0f slju0f sljtf cyft\sfJodf efj of /;cgs'hsf 5Gbsf rog ub5g\. 5flGbs ljlzi6 nosf sf/0f sfJofTds efjn cltl/Qm an kfKt ub5 . 5Gbsf kIfw/x? >i7 jf pQd sfJo 5Gbfa4 g xG5 eGg dfGotf /fVt5g\.

% 5Gbsf z'efz'e jOf

lkËnsf cg;f/ 5Gbdf sxL z'e / cz'e jOfx? xG5g\hg lgDgfg;f/

5g\

z'ej0f–s, v, u, 3, r, 5, h, t, b, km, g, o, z, ;, If .

cz'ej0f–ª, em, 6, 7, 8, 9, 0f, y, w, k, a, e, d, /, n, j, if, x, q, 1 . oL cz'e j0fx?dWo em, e, /, if / x ;jflws cz'e dflgG5g\. To;n lognf0 bUwfIf/ elgG5 . o:tf j0fx?af6 5Gbsf cf/De lglif4 5 .

^ 5Gbsf ebx?

cIf/ jf u0f tyf dfqfsf u0fgfTds Joj:yfsf cfwf/df 5Gbsf lgDglnlvt b0 eb 5g\

s_ jfl0fs 5Gb . v_ **dflqs 5Gb .**

^:! jfl0fs 5Gb

h'g 5Gbdf lglZrt u0fx?sf cfwf/df lglbi6 pRrfo cIf/sf Ps?ktf xG5 To;nf0 jfl0fs 5Gb elgG5 . jfl0fs 5Gbnf0 jQ klg elgG5 . -cIf/u0fgf oq tåQldlt sYot . uªufbf;–5Gbfd~h/L_ o; cGtut u0fsf cfwf/df aGg ;a 5Gbx? kb5g\.

^:@ dflqs 5Gb

h'g 5Gbdf lglZrt dfqfsf lglbi6 ljwfg xG5 To;nf0 dflqs 5Gb elgG5 . o;sf r/0fx?df jfl0fs 5Gbdf h:tf cIf/sf Ps?ktf xbg, t/ lglbi6 dfqfsf ef/ eg ldNgkb5 . dflqs 5Gbnf0 hflt klg elgG5 . -dfqfleu0fgf oq ;f hflt/lewLot . uªufbf;–5Gbfd~h/L_ o; cGtut dfqfsf cfwf/df aGg ;a 5Gbx? kb5g\. h:t– cfof, bfxf, kfbfsns, rfafnL, låkbL, /fnf, nLnfjtL, ;f/7f, bLks cflb .

u0f jf dfqfsf ;dfgtf / c;dfgtfsf cfwf/df jfl0fs tyf dflqs bj 5Gbsf lgDgfg;f/ tLgtLg eb xG5g\ s_ **;d** . v_ **c4;d** . u_ **ljifd** .

s_ ;d–o; jusf 5Gbdf /lrt kBsf ;a r/0fdf u0f jf dfqfsf ;dfgtf xG5 .

v_ c4;d–o; jusf 5Gbdf /lrt kBsf kyd / ttLo tyf låtLo / rty r/0fdf u0f jf dfqfsf ;dfgtf xG5 . ;a r/0f ;dfg u0f jf dfqfsf xbgg\.

u_ ljifd–o; jusf 5Gbdf /lrt kBsf rf/ r/0fdf u0f jf dfqfsf ;ªVof c;dfg xG5 .

cIf/ jf dfqfsf ;Ldfsf cfwf/df klg 5Gbsf juLs/0f ul/Psf 5 . o; cfwf/df 5Gb lgDgfg;f/ b0 ksf/sf xG5g\– s_ **;fwf/0f** . v_ **b08s** .

s_ ;fwf/0f– h'g jfl0fs 5Gbsf kTos r/0fdf clwstd 5AaL; cIf/ / dflqs 5Gbsf kTos r/0fdf clwstd aQL; dfqfsf ;Ldf xG5 Tof ;fwf/0f 5Gbjudf kb5 .

v_ b08s–h'g jfl0fs 5Gbsf kTos r/0fdf 5AaL;eGbf a9L cIf/ / dflqs 5Gbsf kTos r/0fdf aQL;eGbf a9L dfqfsf kofu ePsf 5 Tof b08s 5Gbjudf kb5 .

cf/vdf 5Gbsf ljleGg ksf/ jf eb–pkebx?nf0 lgDgfg;f/ klg bvfpg ;lsG5–

5Gb

jfl0fs dflqs

;d c4;d ljifd ;d c4;d ljifd

;fwf/0f b08s ;fwf/0f b08s

& r/0f

kB/rgfdf lglZrt clf/, u0f jf dfqfsf cfwf/df Znfssf kªQmx?nf0 Jojl:yt ul/Psf xG5 . log Jojl:yt kªQmx? g 5Gbsf r/0f xg\. r/0fnf0 kb of kfb klg elgG5 . ;:stdf clwst/ 5Gb rf/ r/0fsf xG5g\. b0, tLg / 5 r/0fsf Znfs--kªQmk~h_x? klg el6G5g\. cªlhLsf ;g6 t rfw-x/ kmsf xG5 .

r/0fdf clf/sf ;ªVofsf cfwf/df jfl0fs ;fwf/0f 5Gbsf lgDg eb 5g\-

Ps clf/sf Ps r/0f xg 5Gb	-pSyf,
b0 clf/sf Ps r/0f xg 5Gb	-cToSyf,
tLg clf/sf Ps r/0f xg 5Gb	-dWof,
rf/ clf/sf Ps r/0f xg 5Gb	-kltii7f,
kfr clf/sf Ps r/0f xg 5Gb	-;klti7f,
5 clf/sf Ps r/0f xg 5Gb	-ufoqL,
;ft clf/sf Ps r/0f xg 5Gb	-pli0fs,
cf7 clf/sf Ps r/0f xg 5Gb	-cgi6e\
gf clf/sf Ps r/0f xg 5Gb	-axtL,
bz clf/sf Ps r/0f xg 5Gb	-kªSt,
P3f/ clf/sf Ps r/0f xg 5Gb	-lqi6e\
afx clf/sf Ps r/0f xg 5Gb	-hutL,
tx clf/sf Ps r/0f xg 5Gb	-clthutL,
rfw clf/sf Ps r/0f xg 5Gb	-zSj/L,
kGw clf/sf Ps r/0f xg 5Gb	-cltzSj/L,
;fx clf/sf Ps r/0f xg 5Gb	-cli6,
;q clf/sf Ps r/0f xg 5Gb	-cToli6,
c7f/ clf/sf Ps r/0f xg 5Gb	-wlt,
pGgf0; clf/sf Ps r/0f xg 5Gb	-cltwlt,
aL; clf/sf Ps r/0f xg 5Gb	-slt,
PSsf0; clf/sf Ps r/0f xg 5Gb	-kslt,
af0; clf/sf Ps r/0f xg 5Gb	-cfslt,
t0; clf/sf Ps r/0f xg 5Gb	-ljslt,
rfaL; clf/sf Ps r/0f xg 5Gb	-;slt,

kRrL; clf/sf Ps r/0f xg 5Gb	-cltslt,
5AaL; clf/sf Ps r/0f xg 5Gb	-pTslt .

pSt kdv eb of ju cGtut cg s 5Gb kb5g\. h:t-

pSyfeb cGtutsf 5Gb ->L .

cToSyfeb cGtutsf 5Gbx?-sfd, dw, dxL, ;f? cflb .

dWofeb cGtutsf 5Gbx?-gf/L, lkof, zzL, kf~rfn, g/Gb, dGb/, sdn cflb .

kltii7feb cGtutsf 5Gbx?-sGof, 3f/L, guflgsf cflb .

;klti7feb cGtutsf 5Gbx?-;Ddfxf, xf/L, kªQm, ods cflb .

ufoqLeb cGtutsf 5Gbx?-ljBNnvf, ltnsf, ljdfxf, zlzjbgf, j;dtL, dGyfg, ;fd/fhL, dfntL, tgdWof, bdgs cflb .

pli0fseb cGtutsf 5Gbx? -dbnvf, ;dflgsf, ;jf;, zLif?ks, dwdtL, sdf/nlntf, s/xl~r cflb .

cgi6eeb cGtutsf 5Gbx?- cgi6e\ ljBGdfnf, kdfl0fsf, df0fjs, lrqkbf, x;?t, tªVf, ljtfg, ;dflgsf cflb .

axtLeb cGtutsf 5Gbx?-dxfnldL, ;f/lusf, kf0Qf, s;n, xndvL, ehuflzzetf, lgDa, tdf/, ?kfdfnL, dl0fdWo, ehu;utf cflb .

kªQmeb cGtutsf 5Gbx?-rDksdfnf, dgf/df, z4lj/f6, ;otf, ;f/jtL, ;ifdf, cdtuLt, k0fj, do"; f/0fL, dQf, pkl:ytf, btf, x;L, Tjl/tult cflb .

lqi6keb cGtutsf 5Gbx?-0Gbjhf, pkGbjhf, pkhflt, /yf4tf, :jfutf, zflngL, ed/ljn;lt, bfws, sgsd~h/L, cgsÍf, ;dvL, jftfld, elbsf, dflQmsdfnf, bdgs, Zolgsf, dfnf, df6gs, jQf, pkl:yt cflb .

hutLeb cGtutsf 5Gbx?-0Gbjzf, jz:y, btljnlDat, tf6s, ;lUj0fL, ehukoft, s;dljlrqf, clegjtfd/;f, kldtflf/f, k6, kdlbtjbgf, kefjnL, hnf4tult, dflQmsbfd, lkoDabf, nlntf, dlxtfHHjnf, jZjbjL, hnw/dfnf, dl0fdfnf, gjdflnsf, dGbflsgL, dfntL, k~rrfd/, ljBfw/, ;f/u, dfbs, t/ngog, rGbjTd, lzv/, kliktfuf cflb .

clthutLeb cGtutsf 5Gbx?-kxlif0fL, dQdo", glGbgL, lfdf, clt?lr/f, tf/s, sGb, ksfjnL, duGbdv, r08L, d~heflif0fL, rlGbsf, snx;, kaflwtf, kefjtL, s6hf, hun cflb .

zSj/Leb cGtutsf 5Gbx?-j;Gtltnsf, ck/flhtf, 0Gbjbgf, kx/0fslnsf, jf;GtL, cnfnf, gfGbLdvL, rqmkb, kdbf, d~hnf, keft, c;Dafwf, dbdfnf cflb .

cltzSj/Leb cGtutsf 5Gbx?-zlzsnf, dflngL, kebs, rGbnvf, ed/fjnL, ;f/uL, rfd/, lglzkfn, ljlkgltns, lrqf, nLnfvn, Pnf, dgsf cflb .

cli6eb cGtutsf 5Gbx?-k~rrfd/, jfl0flg, gLn, r~rnf, rlstf, dbgnlntf, kj/nlntf, u?8?tf, crnwlt, Cifeuhlnl;t, jLeT; cflb .

cToli6eb cGtutsf 5Gbx?-lzvl/0fL, dGbfqmfGtf, kYjL, jzkqkltf, xl/0fL, gs6s, xfl/0fL, ef/fqmfGtf, dfnfw/, sflsns cflb .

wlteb cGtutsf 5Gbx?–r~r/L, d~hL/f, lrqn vf, gGbg, gf/fr, zfb'hnlnt, s';ldtntfjlNntf, xl/0fLnKtfcflb .

cltwlteb cGtutsf 5Gbx?–zfb'hljqmLl8t, 5fof, d3lj:kmlhtf, ;/;f, kmNnbfd, zDe, rGbdfnf cflb .

slteb cGtutsf 5Gbx?–kdbfgg, ;jbgf, zfef, lrq cflb .

kslteb cGtutsf 5Gbx?–;Uw/f, g/Gb, l;4s cflb .

cfslteb cGtutsf 5Gbx?–dlb/f, ebs, x;L cflb .

ljslteb cGtutsf 5Gbx?–;Gb/L, cZjnlnt, dQfqmL8f cflb .

;slteb cGtutsf 5Gbx?–bldnf, tGjL, ls/L6 cflb .

pTslteb cGtutsf 5Gbx?–ehuljhlDet, ckjfxf cflb .

* ult / olt

5Gbfa4 /rgfdf no / ;fËLltstfnfO ;Jojl:yt / ;'/llft ug sfd ult / oltsf xf . kB/rgfsf jfrgsf qmddf cf/fx–cj/fx, kjfx / lj>fd jf c8fgn no pTkGg xG5 . o; sf eldsf ult / oltn lgjfx ub5g\.

*:! ult

5Gbfa4 /rgfdf sjn clf/ jf u0f / dfqfsf ;ªVof u0fgfdf dfq bli6 lbP/ x'bg, o; sf ulttkm klg Wofg lbgkb5 . ultsf clekfo xf–kjfx . 5Gbsf lgolGqt wf/fjflxstfnfO ult elgG5 . ultdf g 5Gbsf ;ËLtfTdstf, >ltdfwo / ;Gb/tf cGtlglxt xG5 .

*:@ olt

oltsf clekfo xf–ultdf cj/fw xg . lj>fd, lj/fd, ljR5b, lj/lt, c8fg, la;fgL ult/fw cflb oltsf cy xg\. 5Gbfa4 /rgfsf r/0fdf ljleGg :yfgdf lj>fd cyftlj/fdsf lgod xG5 . oxL lgodfg;f/ 5flGbs kjfxdf ;DaGwt 5Gbsf nI0fn lglbi6 u/sf :yfgx?df xg c8fgnfO olt elgG5 . ;f/tl lglbi6 jf lgZrt ultsf c8fg g olt xf . jQdf olt u¿ j0fdf dfq xG5 . hfltdf eg lglbi6 dfqfdf n3 j0fdf klg xg ;Qm5 . 5Gbzf:qsf ljåfgx?sf dfGotfcg;f/ olt kbfGtdf xbf hlt zfefbfos xG5, kbdWodf xbf Tolt zfefbfos xg ;Stg t/ kbdWodf k/sf olt olb :j/;Gwn oQm 5 eg bl>jtfsf sf/0f geP/ zfefbfos g xG5 . r/0fsf aLr efudf kg oltnfO dWo olt tyf r/0fsf cGtdf kg oltnfO ;dfks olt elgG5 .

(n3u¿ l;4fGt

:jfg:jf/Zr bL3Zr lj;uL r u¿ejt\.

j0fl ;ofuk'Zr tyf kbfGtuf~lk jf.. -5Gbfd~h/L kydl :tjs÷!!_

5Gbzf:qdf x:jnfO n3 / bL3nfO u¿ elgG5 . n3j0f Ps dfqfTds / u¿j0f lådfqfTds xG5 .

(:! n3j0f

c, O, p, C, c oL kfr :j/j0f / oL;u ;oSt cj:yfsf ;a Jo~hg j0f n3j0f / Ps dfqf dflgG5g\. n3nfO ;ª\lfkdf 'nl elgG5 . o; sf ;ª\s|ts lrXg -._ xf .

(:@ u¿j0f

cf, -cf_, O, pm, P, P, cf, cf, c, cl oL :j/j0f / oL;u ;oSt cj:yfsf ;a Jo~hg j0f u¿ / lådfqf dflgG5g\. u¿nfO ;ª\lfkdf 'ul elgG5 .

lj;uoQm :j/ of Jo~hg klg u¿ xG5g\. h:t–

bl v, kgl, lgl ;t, qmdzl kftl– oL zAbx?df bl, gl, lgl, zl / tl lj;uoQm xgfsf sf/0f u¿ dflgG5g\.

;oQm j0fk'J l:yt n3 :j/ tyf Jo~hg klg kl5Nnf j0fnfO tfg/ pRrf/0f xg cj:yfdf u¿ xG5g\. h:t–

lelff, aGbfa:t, l/St pNnf; oL zAbx?df le, a, a, l/ / p u¿ dflgG5g\.

kfb jf r/0fsf cGtdf l:yt n3 j0f klg cfjZostfcg;f/ u¿ dflgG5 .

u0f–kl/ro

dl:qu¿l:qn3Zr gsf/f, eflbu¿lkg/flbn3ol .

hf u¿dWoutf /ndWol ;f~Gtu¿l slytfGt n3:tl ..

-5Gbfd~h/L l kydl :tjs÷*_

jflOfs 5Gbxt u0f clgjfo xG5 . tLg–tLg j0fx?sf ;dXaf6 u0fx? aGb5g\. u0fx?sf hDdf ;ªVof cf7 dflgPsf 5 . oL lgDgfg;f/ 5g\–

ou0f–.~~, du0f–~~~, tu0f–~~., /u0f–~.~,

hu0f–.~., eu0f–~.., gu0f–..., ;u0f–..~

“odftf/fhefg;nuf“ gfds ;q'åf/f oL u0fx?sf ?k a‰g ;lhnf xG5 . hg u0f rflxof Toxl clf/ lnO To;sf k5fl8sf bO j6f clf/ hf8/ dfqfsf cfwf/df u0f;'qdf abNbf ceLi6 u0f aGb5 . h:t–

u0f	u0ffwf/	u0f;ª\s|t	pbfx/0f
ou0f–	odftf	-.~~_	ljdftf
du0f–	dftf/f	-~~~_	hfdftf
tu0f–	tf/fh	-~~._	cfsfz
/u0f–	/fhef	-~.~_	dfntL
hu0f–	hefg	-.~._	ljzfn
eu0f–	efg;	-~.._	dfgj
gu0f–	g;n	-..._	sdn
;u0f–	;nuf	-..~_	ljdnf
n3 –	n	-._	d
u¿–	uf	-~_	pm

!) gkfnL sljtfdf 5Gb k/Dk/f

gkfnL sljtfsf kfdflOfs Oltxf; kYjLgf/fo0f zfxsf ;doblv cf/De ePsf kfOG5 . ;jfgGb bf;åf/f /lrt kYjLgf/fo0f zfx;DaGwL sljtf g klxnf gkfnL sljtf xf eGg s/f cBkoGt dfGo 5 . oBlk of sljtf 5Gbdf /lrPsf 5g . o;kl5 gkfnL sljtfdf zf:qLo 5Gbsf kofu ePsf kfOG5 . OlGb/;, pbofgGb cofn, zlQmjNne cofn, ;Gb/fgGb af8f, ljBf/0o s z/L, obgfy kfv/n, j;Gt zdf, ejfgLbQ kf08, /3gfy kfv/n h:tf efgeQm cfrfoeGbf k'J sf sljx?n zf:qLo 5Gbdf km6s/ sljtf, sfJo / dxfsfJo ;dt /rgf u/sf kfOG5 . o;kl5 efgeQm cfrfo, kt~hnL uh/n, ejgk;fb 9un, jofs/0f gkfn, dflt/fd e§, ufkLgfy nfxgL, /fhLjnfrg hfzL, /dfsfGt a/fn, xfdgfy vltj8f, sbf/gfy vltj8f, efh/fh e§/f0, si0fljnf; uftd, zDek;fb 9un, si0fk;fb /UdL, /jtL/d0f Gofkfg, ;bflzj clwsf/L, xl/x/ cfbL, g/Gbgfy l/dfn, xl/ljqmd yfkf, lzv/gfy ;jbL, ¿bk;fb 9sfn, tf/fgfy gkfn, cgugfy kf8n, zflnufd uftd, ljZjgfy e§/f0, si0fk;fb pkfWofo, kbDk;fb pkfWofo, zDek;fb pkfWofo, /fdhL vltj8f, kbDk;fb 9ufgf, snrGb uftd, kd/fh zdf kf8n, jf;bj e§/f0, kxndfg l;x :jf/, dlQmgfy zdf, gLnxl/ zdf 9sfn, sfdngfy clwsf/L cflbn zf:qLo 5Gbsf kofu u/L gkfnL cgjfb sfJo k/Dk/fnf0 ;d4 tNofpg dxÎjk0f ofubfg u/sf kfOG5 .

gkfnL sljtfdf zf:qLo 5Gbsf kofu kfylds sfn / dfWolds sfndf dfq ePg, cfwlgs sfndf klg o;n plQs dxÎjsf ;fy lg/Gt/tf kfPsf 5 . nvgfy kf8n, afnsi0f ;d, nIdLk;fb bjsf6f, ;fdgfy l;Ubn, l;l4r/0f >i7, w/0fLw/ sf0/fnf, dxfgGb ;fksf6f, xl/x/ zf:qL, si0fk;fb l3ld/, pdfgfy zf:qL, e/t/fh kGt, e/t/fh dGynLo, bj1/fh Gofkfg, k0fksfz gkfn cflbn 5Gbsf dfWodaf6 gkfnL sfJosf ljsf; / lj:tfdf u/sf ofubfg clj:d/0fLo 5 . o; k/Dk/fnf0 dfwjk;fb l3ld/, j;Gtsdf/ zDdf gkfn, efgeQm kfv/n, lzjufkfn l/;fn, dfbgfy zf:qL, dfbgfy kl>t, jf;bj lqkf7L, /dz vs/n h:tf k/fgf k:tfsf / 8f= /fdk;fb 1jfnL, ¿b 1jfnL, ejgxl/ l;Ubn, ag" nfld5fg, ldqnfn k1fgL, /fdafa ;jbL, 8f= znGbksfz gkfn, g/Gb k/fz/, rGbk;fb Gofkfg, kef e§/f0, bjL gkfn, /fdljqmd yfkf, ufljGb ljgfbL, slj/fh kf8nh:tf gof k:tfsf sljx?n klg 5Gbsf k/Dk/fnf0 lg/Gt/tf lbb cfPsf 5g\. o;/L ljZjJofkL ?kfdf uBsljtfn keTj hdf0/xsf o; cfwlgs÷pQ/ cfwlgs oudf ;dt gkfnL sfJo k/Dk/fdf 5Gbsf cl:tTj hfufpg / o;sf ljsf; / lj:tf/df sxL k/fgf k:tfsf / sxL gof k:tfsf gkfnL sljx?n ;zQm ?kdf snd rnfP/ ofubfg k¥ofpg sfd u/sf kfOG5 . o; qmddf 5Gb arfp cleofg tyf 5Gbjfbl ;dfh gkfn h:tf ;:yfx?sf eldsf klg :d/0fLo 5 ;fy jhoGtLn klg of ;dt rf/ j6f 5Gb sljtf cª\s ksfzg u// 5Gbsf ;Dj4g / ;/lf0fdf pNnVo sfo u/sf 5 .

!! pk;xf/

lgisiftM 5Gb / sljtfsf ;DaGw k/Dkl/t ?kdf jlbs k/ftg sfnblv g cToGt 3lgi7 /xb cfPsf 5 . 5Gb jf no sljtfsf ckl/xfo tÎj xf eGg s/fdf b0dt 5g . of sfJosf ;fGbodhs cnÍf/ klg xf . sg g sg 5Gbljgf sljtfsf g sNkgf xg ;St5 g t /rgf g . sfJofTds cgelTtnf0 tLj / ;zQm agfpg 5Gbsf dxÎjk0f eldsf xG5 . 5Gbdf >ltdw/ ;fËLlts ljziftf cGtlglxt xG5 . o;y 5Gbsf kofu g sjn sljtfdf, clkt jfªdosf x/s lfqdf ePsf kfOG5 . 5Gbsf gbL jlbs sfnblv cBkoGt lg/Gt/ ljsl;t Pjd\lj:tfl/t ?kn kjflxt 5 . o;f eGbf cToIQm gxfnf ls 5Gbsf cl:tTj / dxÎj lxhf lyof, cfh klg 5 / ;li6koGt /lx g /xg 5 .

j]hoGtL tyf zAbfy{k\$fzgsf k\:ts kf0g]k;nx¿

!=	txjyd k\:ts k;n– 0nfd	–)@&–%@!%)(
@=	0nfd k\:ts k;n– 0nfd	–)@&–%@)\$@#
#=	Unfan Ph\szgn 0G6k\0hh– latfdf8, emkf	–)@#–%\$@@)@
\$=	gkfn a\s xfp;– latfdf8, emkf	–)@#–%\$)(#&
%=	kult k\:ts e08f/– latfdf8, emkf	–)@#–%\$\$^#*
^=	gzgn a\s P08 :6zg/L– rGbu9L, emkf	–)@#–\$%%(&!
&=	kult k\:ts k;n– bds, emkf	–)@#–%*)#(!
*=	>i7 a\s P08 Goh ;G6/– bds, emkf	–)@#–%*\$!@%
(=	k\$fz a\s P08 :6zg/L– bds, emkf	–)@#–%*!**\$
!)=	kltef k\:ts k;n, wgs6f	–)@^–%@!#)\$
!!=	åf/sf k\:ts– w/fg, ;g;/L	–)@%–%@#@&#
!@=	/dz a\s l8kf– w/fg, ;g;/L	–)@%–%@%)##
!#=	tfKnhª a\s ;G6/– 06x/L, ;g;/L	–)@%–%*^*%^
!\$=	a/fn Goh P08 a\s ;G6/– 06x/L, ;g;/L	–)@%–%*^&*(
!%=	dsfn'k\:ts k;n– 06x/L, ;g;/L	–)@%–%*!*)&
!^=	clDasf a\s ;G6/– 06x/L, ;g;/L	–)@%–%*\$%(@
!&=	Zofd k\:ts e08f/– lj/f6gu/, df/ª	–)@!–%@^#\$%
!*=	dgfh k\:ts e08f/– lj/f6gu/, df/ª	–)@!–%#)%%(
!(=	klAns aS; P08 :6zg/L– lj/f6gu/, df/ª	–)@!–%@)!&&
@)=	dgfnL k\:ts e08f/– lj/f6gu/, df/ª	–)@!–%@!(@^
@!=	e§/f0 k\:ts k;n– lj/f6gu/, df/ª	–)@!–%@\$@\$#
@@=	ljgfos k\:ts k;n– lj/f6gu/, df/ª	–)@!–\$&)!^)
@#=	jfnfhL k\:ts e08f/– lj/f6gu/, df/ª	–)@!–%#)^#*
@\$=	Go :jl:ts k\:ts – lj/f6rfs, df/ª	–)@!–%\$%@!\$
@%=	;~ho k\:ts e08f/– /fhlj/fh, ;Kt/L	– (*\$@*%)@*)
@^=	;hn a\s l8kf– /fhlj/fh, ;Kt/L	– (*\$@*@#))^
@&=	Gofkfg a\s l8l:6Ao6; –s6f/L, pbok/	–)#%–%\$%^!#
@*=	dgfn k\:ts e08f/– uf03f6, pbok/	–)#%–\$@)!@%
@(=	Gofkfg k\:ts k;n– uf03f6, pbok/	–)#%–%\$%^!#
#)=	rfw/L a\s l8l:6Ao6;– nfxfg, l;/fxf	–)##–%^)\$#\$
#!=	Pstf a\s ;G6/– nfxfg, l;/fxf	–)##–%^!!@)
#@=	;Ltf gfjn– nfxfg, l;/fxf	–)##–%^))@&
##=	zfx k\:ts k;n– ldrof, l;/fxf	–)##–%%)%##
#\$=	dhb/ k\:ts ejg– hgsk/, wglff	–)\$!–%@!(\$#
#%=	jbxL k\:ts ejg– hgsk/, wglff	–)\$!–%@#(*@
#^=	;Gbfjtl k\:ts k;n– rl/sf6	–)\$(–\$@@&^@

#&=	sfe|eujtL k"ts k;n– l;GwhL	–)$&–%@))%&
#*=	Go k/hgf :6zg/L– l;GwhL	–)$&–%@))@%
#(=	h= Pg= k"ts k;n– dGynL, /fd5fk	–)$*–%$))!)
$)=	ldlnhhL k"ts tyf :6Zg/L– dGynL, /fd5fk	–)$*–%$))*#
$!=	yfkf a's P08 ;Knfo;– rftf/f, l;GwkfNrfs	–)!!–^@)@&#
$@=	k|lt ux– agkf, sfe|	–)!!–^^!)(@
$#=	1fg uªuf k"ts k;n– agkf, sfe|	–)!!–^^#^&%
$$=	k\|lt k"ts e08f/– agkf, sfe\|	–)!!–^^$$%#
$%=	ljBf dlGb/– uf/, /ftx6	–)%%–%@)!(^
$^=	l;4fy :6zg/L– jL/u~h, k;f	–)%!–%@%(*%
$&=	lemu' ;dfrf/ k"ts sGb╂ jL/u~h, k;f	–)%!–%@*(!*
$*=	hg/n a's P08 :6zg;– jL/u~h, k;f	–)%!–%@^#@#
$(=	u0fz k"ts e08f/– jL/u~h, k;f	–)%!–%@$#^!
%)=	Go khf k"ts k;n– jL/u~h, k;f	–)%!–%@#$%&
%!=	ljBfyL k"ts e08f/– jL/u~h, k;f	–)%!–%@^*(!
%@=	kqklqsf ;G6/– x6f8f, dsjfgk/	–)%&–%@!$##
%#=	ljBfyL k"ts e08f/– x6f8f, dsjfgk/	–)%&–%@$!^)
%$=	>L ;dfrf/ sGb╂ x6f8f, dsjfgk/	–)%&–%@$)%%
%%=	>L ;rgf sGb╂ x6f8f, dsjfgk/	–)%&–%@!&#&
%^=	Go kjt k"ts k;n– 6f8L, lrtjg	–)%^–%^)#*^
%&=	Go gzgn a's P08 :6zg/L– 6f8L, lrtjg	–)%^–%^@%!(
%*=	kf8n k"ts dxn– 6f8L, lrtjg	–)%^–%^!)%#
%(=	clkm; xfn;n tyf a's :6f/– 6f8L, lrtjg	–)%^–%^@*%$
^)=	klkf~hnL k"ts k;n– k;f, lrtjg	–)%^–%*@^@$
^!=	df:s k"ts e08f/– gf/fo0fu9, lrtjg	–)%^–%@$&@&
^@=	klkf~hnL k"ts k;n– gf/fo0fu9, lrtjg	–)%^–%@#$%@
^#=	clkm; xfn;n– gf/fo0fu9, lrtjg	(*$%)&#^*$
^$=	gf/fo0fL k"ts ;bg– gf/fo0fu9, lrtjg	–)%^–%@!@*)
^%=	xfdf| k"ts k;n– gf/fo0fu9, lrtjg	–)%^–%@!**$
^^=	sfdgf k"ts k;n– gf/fo0fu9, lrtjg	–)%^–%#)@%)
^&=	lzj k"ts k;n– gf/fo0fu9, lrtjg	–)%^–%@!^$)
^*=	Go lrqjg :6zg/L– e/tk/, lrtjg	–)%^–%@%###
^(=	ljBfyL k"ts e08f/– e/tk/, lrtjg	–)%^–%@)&&*
&)=	9sfn aS; P08 :6zg/L– e/tk/, lrtjg	–)%^–%#)(%$
&!=	Jof; :6zg/L– bdfnL, tgx'	–)^%–%^)@&&
&@=	ljBfyL k"ts e08f/– bdfnL, tgx'	–)^%–%^)%^^
&#=	lqk/f k"ts k;n– wflbª	–)!)–%@)!()
&$=	gd:t k"ts k;n– a§f/, gjfsf6	–)!)–%^)%$&
&%=	klkf~hnL k"ts k;n– uf/vf	–)^$–$@!!!&
&^=	em/gf k"ts k;n– a;L;x/	–)^^–%@)%!)

&&=	hobUf :6Zg/L– s"df, kjt	–)^&–$@)@(#
&*=	;/:jtL aS; P08 :6Zg;– s"df, kjt	–)^&–$@))%@
&(=	;ug :6zg/L :6f;– DofUbL–	–)^(–%@))#%
*)=	cfhg a's P08 :6zg;– kfv/f, sf:sL	–)^!–%$!#@!
*!=	kfv/f ;flxTo ;bg– kfv/f, sf:sL	–)^!–%#)%*#
*@=	;/:jtL k"ts k;n– kfv/f, sf:sL	–)^!–%$)%)!
*#=	dgsfdgf a's P08 :6zg;– kfv/f, sf:sL	–)^!–%#)$$!
*$=	nIdL k"ts ;bg– kfv/f, sf:sL	–)^!–%$!!$#
*%=	ljBfyL k"ts k;n– kfv/f, sf:sL	–)^!–%@@)!@
*^=	s~rg k "ts k;n– kfv/f, sf:sL	–)^!–%@$$^^
*&=	ljBf dlGb/– kfv/f, sf:sL	–)^!–%#$^&*
**=	a's df6– kfv/f, sf:sL	–)^!–%@&!**
*(=	ji6g kf7zfnf– kfv/f, sf:sL	–)^!–%##)&*
()=	kqklqsf :6zg/L -nfnrGb┸– afunª	–)^*–%@)!*$
(!=	dnklt a's ;G6/– afunª	–)^*–%@)%%@
(@=	afUnª sflnsf k"ts k;n	–)^*–%@!@#!
(#=	;u/dfyf :6zg/L	–)^*–%@)@(%
($=	>i7 Goh PhG;L k"ts e08f/– tfg;g, kfNkf	–)&%– %@))^&
(%=	xfdf| k"ts k;n– tfg;g, kfNkf	–)&%– %@)!()
(^=	l;hgf :6zg/L ;G6/– :ofªhf	–)^#– $$)#%$
(&=	nIDagL :68G6 sg/– e/xjf, ¿kGbxL	–)&!–%@#%($
(*=	;j1 aS; P08 hg/n :6f/– e/xjf, ¿kGbxL	–)&!–%@#^^)
((=	;/n :6zg/L sGb╂ e/xjf, ¿kGbxL	–)&!–%@!&#$
!))=	xfdf| k"ts k;n– e/xjf, ¿kGbxL	–)&!–%@^%@(
!)!=	cfzLif k"ts e08f/– aGjn, ¿kGbxL	–)&!–%$@*^&
!)@=	lbJoHoflt k"ts k;n– aGjn, ¿kGbxL	–)&!–%$)%*@
!)#=	k|tLlff :6zg/L ;G6/– aGjn, ¿kGbxL	–)&!–%$!)@)
!)$=	k|eft a's P08 :6zg;– aGjn, ¿kGbxL	–)&!–%$$@@$
!)%=	a'4 Ph'szgn OG6/k|0hh– aGjn, ¿kGbxL	–)&!–%$%%(&
!)^=	Go bp/fnL OG6/k|0hh– aGjn, ¿kGbxL	–)&!–%$%^!#
!)&=	ljzfn k"ts ;bg– aGjn, ¿kGbxL	–)&!–%$^%%(
!)*=	Go ;/:jtL k"ts k";n– aGjn, ¿kGbxL	–)&!–%$%%#)
!)(=	l;6L a's P08 Goh ;G6/– aGjn, ¿kGbxL	–)&!–%$%@#^
!!!=	al8dlnsf :6Zg/L– aGjn, ¿kGbxL	–)&!–%$%@#^
!!@=	cflDg;G6 ODkS;– aGjn, ¿kGbxL	–)&!–%$*!%@
!!#=	gd:t k"ts e08f/–ufkLu~h, gjnk/f;L	–)&*–^@)@!@
!!$=	;lgn :6zg/L– th;Lk/, bfª	–)*@–%@)!(!
!!%=	uf/L k"ts e08f/– th;Lk/, bfª	–)*@–%@!$!)
!!^=	hgtf a's :6n– 3f/fxL, bfª	–)*@–%^)@^(
!!&=	/fjn k"ts k;n– ndxL, bfª, bpv/L	–)*@–%$))*)
!!*=	dfpG6 Pe/i6 a's– gkfnu~h, afs	–)*!–%@@*$^

!!(=	pHHjn :6zg/L :6f;– gkfnu~h, afs	–)*!–%@!(^$
!@)=	df5fkR5 a\s P08 :6zg/L– gkfnu~h, afs	–)*!–%@^&$%
!@!=	8fkm k\:ts k;n– gkfnu~h, afs	– (*%*)@@)((
!@@=	d~h>L OG6/kf0hh– sfxnk/, afs	–)*!–%$)#@%
!@#=	;li6 k\:ts k;n– ;Vt	–)*#–%@$#*(
!@$=	cNkmf :6zg/L :6f;– ;Vt	–)*#–%@!!#&
!@%=	Go keft k\:ts k;n– ;Vt	–)*#–%@))&%
!@^=	kjt k\:ts k;n– ;Vt	–)*#–%@!!^$
!@&=	Hjfnf :6zZg/L– ;Vt	–)*#–%@))*!
!@*=	xfdf k\:ts k;n– ;Vt	–)*#–%@)$()
!@(=	l;:g k\:ts k;n– ;Vt	–)*#–%@@!@@
!#)=	rfw/L a\s l8kf– wgu9L, snfnL	–)(!–%@!@%)
!#!=	r'jf0 k\:ts k;n– wgu9L, snfnL	–)(!–%@#$))
!#@=	rfnfgL k\:ts e08f/– wgu9L, snfnL	–)(!–%@$(%*
!##=	;Ud a\s P08 :6zg;– wgu9L, snfnL	–)(!–%@!%)(
!#$=	0dh a\s P08 :6zg;– wgu9L, snfnL	–)(!–%@^%#(
!#%=	ljlkg a\s P08 :6zg;– wgu9L, snfnL	–)(!–%@!^!%
!#^=	hfzL k\:ts e08f/– afuahf/, 88nw/f	–)(^–$@)!@^
!#&=	;dhL– afuahf/, 88nw/f	–)(^–$@)!$(
!#*=	af:sf6f k\:ts k;n– cQl/of, snfnL	–)(!–%%)%*#
!#(=	Hoflt aS; P08 :6Zgz– 6Lsfk/, snfnL	–)(!–%^)*!%
!$)=	Go cofn k\:ts k;n– el/ufp, jlbof	–)*$–$)#))^
!$!=	;/:jtL k\:ts k;n– dxGbgu/, s~rgk/	–)((–%@#*!@
!$@=	bUf k\:ts e08f/– dxGbgu/, s~rgk/	–)((–%@!$^*
!$#=	dxfsfnL ;dfrf/ sGb+ dxGbgu/, s~rgk/	–
!$$=	Go dxf?b k\:ts e08f/– dxGbgu/, s~rgk/	–)((–%@%#^&

pkTosf

!$%=	ldq k\:ts P08 :6zg/L– eQmk/	–)!–^^!@@!%
!$^=	ljBfyL ;fdul sGb+ eQmk/	–)!–^^!$#%^
!$&=	kf6g a\s ;k– kf6g9fsf, nlntk/	–)!–%%%%@%^
!$*=	clwsf/L k\:ts k;n– kf6g9fsf, nlntk/	–)!–%%@&*@%
!$(=	ltjfhf k\:ts k;n– ;ftbfjf6f, nlntk/	– (*%!)%$)*(
!%)=	kljq aS; P08 :6zg/L–nugvn, nlntk/	–)!–%%#)@$&
!%!=	kult k\:ts e08f/– sLltk/, sf7df8f	– (*$!$(#&&%
!%@=	Pstf a\s l8l:6Ao6;– yfkfynL, sf7df8f	–)!–$$^)$*@
!%#=	/Tg a\s l8l:6Ao6;– afuahf/, sf7df8f	–)!–$@@#)@^
!%$=	lxdfnog a\s ;G6/– afuahf/, sf7df8f	–)!–$@$@)*%
!%%=	xfdf k\:ts e08f/– afuahf/, sf7df8f	–)!–$@@%$@)
!%^=	P;=s= a\s P08 :6zg;– afuahf/, sf7df8f	–)!–$@$!!&#
!%&=	a\s KjfOG6 P08 :6zg/L– Go/f8, sf7df8f	–)!–$$@*$!^

!%*=	/Tg k\:ts e08f/– ef6flx6L, sf7df8f	–)!–$@$*(^#
!%(=	Pd= s= a\s klAn;;– ef6flx6L, sf7df8f	–)!–$@$(*#^
!^)=	gzgn a\s ;G6/– ef6flx6L, sf7df8f	–)!–$@@!@^(
!^!=	ho a\s l8kf– ef6flx6L, sf7df8f	–)!–$@@!*^#
!^@=	cg'aS; ;Knfo;– ef6flx6L, sf7df8f	–)!–$@^*(&!
!^#=	l/8; KjfOG6– ef6flx6L, sf7df8f	– (*$!##$)*^
!^$=	cS;kmf8 OG6/gzgn – kbzgLdfu, sf7dff8f	–)!–$@$^)@!
!^%=	k/jL ksfzg– /fdzfxky, sf7df8f	–)!–$@@(@##
!^^=	dfnª aS;– /fdzfxky, sf7df8f	–)!–$@@(@^(
!^&=	bLks k\:ts e08f/– k'tnL;8s, sf7df8f	–)!–$$@$*(%
!^*=	ljljw k\:ts e08f/– cåtdfu, sf7df8f	–)!–$@@)^&@
!^(=	1fgHoflt k\:ts k;n– cåtdfu, sf7df8f	–)!–$@$))^)
!&)=	k\:ts ;G6/– cåtdfu, sf7df8f	–)!–$@^^&*)
!&!=	k\:ts 3/– cåtdfu, sf7df8f	–)!–$@#(%!(
!&@=	cfhg k\:ts e08f/– gofafgZj/, sf7df8f	–)!–$$(%^##
!&#=	sf7df8f a\s– zªvdh, sf7df8f	–)!–$&*%@%%
!&$=	nlDagL k\:ts k;n– ufzfnf, sf7df8f	– (*$@#@*((
!&%=	kzklt a\s – k/fgf afgZj/, sf7df8f	–)!–$$($&#)
!&^=	znªuZj/ OG6/kf0hh– afgZj/, sf7df8f	–)!–$$^$)&!
!&&=	efef aS; P08 :6zg;– rfalxn, sf7df8f	–)!–$$&$(#%
!&*=	l;Gw'aS; P08 :6zg;– rfalxn, sf7df8f	–)!–$$^#)^(
!&(=	P;=Pg= ;sG8 ÅofG8 k\:ts – ldqkfs, sf7df8f	–)!–$$^$&!)
!*)=	OGbfjtL aS; P08 :6zg;– uf/L3f6, sf7df8f	–)!–$!!$^@@
!*!=	kfl/hft :6zg/L– af4, 6';fn, sf7df8f	–)!–$$^@^@$
!*@=	af4 a\s P08 :6zg;– af4, sf7df8f	–)!–$$&$%%(
!*#=	ljBf a\s P08 :6zg;– af4, sf7df8f	–)!–$$*@@@*
!*$=	klJns a\s l8kf– ufua', sf7df8f	–)!–$#%$(&$
!*%=	al4 a\s P08 :6zg/L– a;Gw/f, sf7df8f	– (*%!)*%(^&
!*^=	gfan aS; P08 :6zg;– ngrf/, sf7df8f	–)!–$$!$%^*
!*&=	6ªsZj/ OG6/kf0hh– sfnLdf6L, sf7df8f	–)!–$^&)#^@

***

'jhoGtL ;i6f ;Ddfgåf/f ;DdIgt JolQmTjxà

cª\s != slkn c1fft -;dLIff_
cª\s @= /fhZj/ bjsf6f -k'j{d[t_
cª\s #= ag"nfld5fg] -/fli6« JolQmTj_
cª\s $= pldnf nfld5fg] -gLltsyf_
cª\s %= 8f= zhbkfsfz gkfn -5Gbsljtf_
cª\s ^= eLid pkfL -:jbzofqf_
cª\s &= o'j/fh gofB/] -:jbzofqf_
cª\s *= 8f= /fdkl;fb 1jfnL -5Gbsljtf_
cª\s (= 8f=ho/fh kGt -rf8kj{
cª\s !)= sGxof gf;ggL -ljbzofqf_
cª\s !!= e'jgxl/ l;Ubh -k0fosyf_
cª\s !@= 8f= bUfkl;fb cofn -;dLIff_
cª\s !#= kf= ufkLs[0f zdf{-;dLIff_
cª\s !$= /fdZj/ /fpt dftf;U -uBsljtf_
cª\s !%= 8f= 3gZofd Gofkfg]-;±d/0f_
cª\s !^= kbLk gkfn -;±d/0f_
cª\s !&= lzjufkfn l/;fn -5Gbsljtf_

श्रमको सम्मान गर्न सिकौँ, राष्ट्रको उत्थान र विकासमा मद्दत पुऱ्याऔँ ।

नेपाल सरकार
सूचना तथा सञ्चार मन्त्रालय
सूचना विभाग

---

xfdf k:tsx?

zAbsf]z

!: zAbfy{g]kfnL zAb;fu/ -;L8L;lxt_ – j;Gtsdf/ zDdf{'g]kfnL !!))÷–
@: ;ªlIfKt g]kfnL zAb;fu/ -;L8L;lxt_ – j;Gtsdf/ zDdf{'g]kfnL &))÷–
#: ;fgf]g]kfnL zAb;fu/ – j;Gtsdf/ zDdf{'g]kfnL #&%÷–
$: zAbfy{;ªux -g]kfnL g]kfnL_ – ljgosdf/ zdf{g]kfn !^)÷–
%: g]kfnL cªu|]hL g]kfnL zAb;fu/ -;L8L;lxt_
– ljgosdf/ zdf{g]kfn *))÷–
^: g]kfnL cªu|]hL zAb;fu/ – ljgosdf/ zdf{g]kfn #&%÷–
&: zAbfy{;ªux -g]kfnL cªu|]hL_ – ljgosdf/ zdf{g]kfn !^)÷–
*: cªu|]hL g]kfnL zAb;fu/ – ljgosdf/ zdf{g]kfn #@%÷–
(: zAbfy{;ªux -cªu|]hL g]kfnL_ – ljgosdf/ zdf{g]kfn !^)÷–
!): sfg"gL tyf k|zf;sLo zAb;fu/
– ljgosdf/ zdf{g]kfn÷8f= ljZjbLk clwsf/L $^)÷–
!!: zAbfy{;ªux -sfg"gL tyf k|zf;sLo_ ,, ,, -$^)÷– sf]df k'mf];f_
!@: g]kfnL cªu|]hL g]kf/L zAb;fu/ – ljgosdf/ zdf{z}n]Gb|nfnl;x &))÷–
!#: g]kfnL cªu|]hL ;+:s[t zAb;fu/
–j;Gtsdf/ zDdf{'g]kfnL÷ljgosdf/ zdf{g]kfn *%)÷–
!$: cªu|]hL cªu|]hL g]kfnL zAb;fu/ -;L8L;lxt_
– ljgosdf/ zdf{g]kfn (%)÷–
!%: cªu|]hL cªu|]hL g]kfnL -:6"8]06_zAb;fu/ -;L8L;lxt_
– ljgosdf/ zdf{g]kfn &%)÷–
!^: cªu|]hL cªu|]hL g]kfnL zAb;fu/ -:dn_ – ljgosdf/ zdf{g]kfn %))÷–*
!&: zAbfy{cªu|]hL cªu|]hL g]kfnL zAb;fu/ – ljgosdf/ zdf{g]kfn #))÷–*

efiff

!: Perfect English -/]k8\$;_ – uf}shk|;fb zdf{ @*)÷–
@: Learn Nepali yourself, know Nepal yourself – k|sfzdl0f bxfn #%)÷–
#: Professional English Grammar – for students/Teachers/Professional jfdb]j kf}8]n #%)÷–*

lgaGw–k|aGw

!: a|Xdro{of]g;+ edsf]j}1flgs pkfo – tLy{fh kf}8]n !))÷–
@: hLjgsf]cfvL%ofn – gf/fo0fk|;fb 9ªufgf *%÷–
#: dw];L cfGbf]ngsf @! lbg – dw';'bg kf08] !))÷–
$: jf]lg{f}sf]g/d08 lzsf/L – dw';'bg kf08] *)÷–

cWofTd / bz{g

!: cWofTd / hLjg – Hof]lt clwsf/L !&%÷–
@: uGtJoGt – ladh] !@%÷–
#: k~rfdt – 7fs'/ zdf{ !&%÷–
$: zAbfy{uLtf – j ;Gtsdf/ zDdf{'g]kfn !&%÷–
%: si0f sGx}of– bLJokef vgfn #%)÷–
^: !#%pklgift–;ªux -dh ;lxt_ – j ;Gtsdf/ zDdf{'g]kfn !!))÷–*

syf ;ªux

!: Pp6L csL{nfp/f – sGx}of gf ;ggL !@%÷–
@: kfr syf – /fh]{j/ b]sf]6f *)÷–
#: cgGt–ofqf – ;'/]g pk]tL !))÷–
$: dTob't – hoGtL zdf{ !))÷–*
%: syfjfl6sf – ;+ljgosdf/ zdf{g]kfn -^& gf/Lsf ^& syf_ %%)÷–

;dfnf]rgf

!: b]sf]6f cfofd / kj|lQ – slkn c1ft !@%÷–
@: t];f] cfvfsf] cfnf]rgf – /fdk|;fb 1jfnL !&%÷–
#: ;flxTo–lg?k0f – 8f= 3gZofd Gof]kfg] kl/>dL !^)÷–
$: ljwf ljdz{– 8f= bUf{k|;fb cof{n @))÷–
%: s]xL ljwf s]xL ljj]rgf – 8f= bUf{k|;fb cof{n @))÷–
^: b]sf]6f M s]xL vf]h s]xL ljj]rgf – 8f= bUf{k|;fb cof{n @))÷–
&: sfJo, lgaGw s]bsf b]sf]6f– kf= /fh]b ;'j]bL

pkGof;

!: dlQm ;ªufd – -cg'jfb_ j ;Gtsdf/ zDdf{'g]kfn !%%÷–
@: lg/k/fwsf] xTof – -cg'jfb_ j ;Gtsdf/ zDdf{'g]kfn !))÷–
#: ablnbf] lIflth – uLtf s]z/L ()÷–
$: /ldnfgfgL – e'jgxl/ l;Ubh] !$)÷–
%: ;'/f ;Gb/L – e'jgxl/ l;Ubh] !^)÷–
^: g]kfnsf] klxnf] sf]tkj{– P; kL cf ;f (%÷–
&: a'4 – P; kL cf ;f @!%÷–*
*: dlQmo'4sf] aLp – g/]b k/fz/ *%÷–
(: tLtf];To – wd{fh kf}8ofn *%÷–
!): kmªu p8]sf] of}g – 8f= Clifs]z j/fh /]dL &)÷–
!!: lj:dft – uf]kfn ;~hh] @))÷–
!@: /x:o – ;Ltf e§/fO{ !@%÷–
!#: rgf}tL – ksfzdl0f bfxfn @@%÷–*
!$: oGq dfgj – OGb' kGt !!)÷–*
!%: sNkgf ;+f/ – dlQmgfy zdf{ !%)÷–*
!^: lj ;ªut hLjg – ?s' sfsL{ !$)÷–*
!&: cglUgsf – 8f= ljZjbLk clwsf/L @@%÷–*
!*: ;?lr – zflGt zdf{ !%)÷–*
!(: lrqn]vf – -cg'jfb_ ljgosdf/ zdf{g]kfn ()÷–
@): b]pdf0f{sf] lsgf/df – kbLk g]kfn !@%÷–

---

sljtf tyf sfJo

!: **tLtfdL7f s'/f** – j ;Gtsdf/ zDdf{'g]kfn, cRo't/d0f clwsf/L, e'jgxl/ l;Ubh], rGbk|;fb Gof]kfg] ksfzdl0f bxfn, b]L g]kfn, 7fs'/ zdf{ /fdk|;fb kGt, pdf ld>, nIdLsdf/ sf]/fnf, uf]kLsi0f zdf{. !!!÷–
@: **gLtsf s'/f** – j ;Gtsdf/ zDdf{'g]kfn, lzjuf]kfn l/;fn, lji0f' keft, vu]b vf]N ;f3/] P;=kL= 'cf;f, czf]ssdf/ nfld5fg] dfwj l3ld/] afnsi0f e§/fO{ u0f/fh sfkmn] uf]ljGbk|;fb l3ld/] d'sGbk|;fb zdf{. !##÷–
#: **gLtljrf/** – j ;Gtsdf/ zDdf{'g]kfn, 7fs'/ zdf{ nIdLsdf/ sf]/fnf, uf]kLsi0f zdf{ vu]b vf]N ;f3/] ag"nfld5fg] 8f= cf]dj|L/ l;+ a:g]t, g/]b k/fz/, ;GbLk ;fu/ g]kfn, 8f= 6Lsf/fd -ljZj]{j/L_ clwsf/L, ljgosdf/ zdf{g]kfn . !##÷–
$: **nf]ssb]v kf/nf]ss ;Dd** -sljtf ;ªux_ – ljgosdf/ zdf{g]kfn %)÷–
%: **j ;GtfgGb** -rDk'sfJo_ – 7fs'/ zdf{ !))÷–
^: **oftgf** -dxfsfJo_ – OGb' kGt !%)÷–
&: **:jg** -sljtf ;ªux_ – /fh]{j/ b]sf]6f !))÷–
*: **lrGtg ;usf]ofqf** -sljtf ;ªux_ – ;Ltf e§/fO{ !@%÷–
(: **c>'wf/f** -sljtf ;ªux_ – r8fdl0f cf]hL !))÷–
!): **k|hftGq** -sljtf ;ªux_ – h'4axfb'/ s];L !))÷–
!!: **cf]em]h** -sljtf ;ªux_ – obgfy j ;Gtk'/] ^)÷–
!@: **k|1frlf'** -dxfsfJo_ – g/]b k/fz/ !%)÷–*
!#: **?jf0oft** -pd/v®ofdsf] sfJo_ – -cg'jfb_ j ;Gtsdf/ zDdf{'g]kfn &%÷–*
!$: **ls/ftfh{Lo** -ef/ljsf] dxfsfJo_ – -cg'jfb_ j ;Gtsdf/ zDdf{'g]kfn !%)÷–*

cªuhL efiffsf afn–;flxTo

!: Regret (story) – Suren Upreti ^)÷–
@: Angel (story) – Suren Upreti ^)÷–
#: Bright Stars (song) – Suren Upreti ^)÷–
$: 15 Stories (story) – Jyoti Adhikari &)÷–
%: Alan, The little Kangaroo (story) – Jyoti Adhikari &%÷–*
^: Country's Pride (story) – Bhabha Sharma &)÷–
&: Grand Mother (story) – Muktinath Sharma &)÷–
: Everything Has an Origin (Mahavarata Series)–Prakashmani Dahal ^)÷–
(: Growth Follows the Origin (Mahavarata Series)–Prakashmani Dahal ^)÷–*
!): Greed, Envy and Ignorance...(Mahavarata Series)–Prakashmani Dahal ^)÷–*
!!: Life After the Beginning...... (Mahavarata Series)–Prakashmani Dahal ^)÷–*
!@: An Ego When Relapsed (Mahavarata Series)–Prakashmani Dahal ^)÷–*
!#: Once When Derailed (Mahavarata Series)–Prakashmani Dahal ^)÷–*
!$: The Ultimate Truth (Mahavarata Series)–Prakashmani Dahal ^)÷–*

g|kfnL afn–;flxTo

!:	d]f]Kof/f] v}]-afnpkGof;_ - ljZj/fh kf08]	%)÷–
@:	bz}sf] blIf0ff -afnpkGof;_ - uªuf kf}8]n	$)÷–*
#:	sfun]lsg sf sf eG5 -afnsyf_ - uªuf kf}8]n	#%÷–
$:	k5'tf] -afnsyf_ - ;'/]g pk]tL	@%÷–
%:	cfsf;]k/L -afnsyf_ - ;'/]g pk]tL	@%÷–
^:	lemlnldln tf/f -afnuLt_ - ;'/]g pk]tL	@%÷–
&:	afnuLt -afnuLt_ - h'4axfb'/ s]];L	^)÷–
*:	tLgtf/f -afnsyf_ - j ;Gtsdf/ zDdf{ g|kfnL	#%÷–
(:	pbf/tfsf] k/fsfi7f -afnsyf_ - j ;Gtsdf/ zDdf{ g|kfnL	$)÷–*
!):	/df0nf] zlgaf/ -afnsyf_ - efef zdf{	$)÷–*
!!:	tLg dV{;fyLx¿ -afnsyf_ - cfef zdf{	#%÷–
!@:	;fgLsf] axfb'/L -afnsyf_ - cfef zdf{	$)÷–*
!#:	ls;fg / eujfg -afnsyf_ –ljgosdf/ zdf{g|kfn	#%÷–
!$:	3/ -gLltsyf_ –ljgosdf/ zdf{g|kfn	$)÷–*
!%:	cfdf / 5f]/f -afnsyf_ - pld{nf nfld5fg]	#%÷–
!^:	5's5's]lg? -afnsyf_ - pld{nf nfld5fg]	$)÷–*
!&:	b; dxfdV{-afnsyf_ - lx/0osdf/L kf7s	#%÷–
!*:	/fdsyf -kf}fl0fssyf_ - lx/0osdf/L kf7s	$)÷–*
!(:	l;x / nfdv66]-afnsyf_ - ljZj/fh kf08]	#%÷–
@):	k'tnLsf] lax]-afnsyf_ - dw';bgk|;fb l3ld/]	#%÷–
@!:	l;p/f]-afnsyf_ - 8f= ljZjbLk clwsf/L	#%÷–
@@:	tanfsf] j]bgf -afnsyf_ - 8f= ljZjbLk clwsf/L	$)÷–*
@#:	wtL{usf] s'/f -afnsljtf_ - ;k|;Ggf e§/f0{	%)÷–
@$:	kfhsf ;fyL xfdL -afnsyf_ - ;Ltf e§/f0{	&%÷–
@%:	b0{v§]la/fnf]-afnsyf_ - nlntf bf]fL	$)÷–*
@^:	b0{6fps];k{-afnsyf_ - uf]jGb l3ld/] j]bdl0fL	$)÷–*
@&:	dV{l;x -afnsyf_ - /]zf l3ld/]	$)÷–*
@*:	s]L dxfk'?if -kf}fl0fssyf_ - /~h>L k/fhhL	$)÷–*
@(:	gof ;fyL -afnsyf_ - ;lfdf dfgGw/	$)÷–*
#):	hf]vdkÛf{kxf8L ofqf -cg'jfb afn–ofqf;+d/0f_ - cflzif kf08]	^)÷–*

gf6s

!:	**kafÆ rGbfbo** ->Lsi0f ld>sf] gf6s_ - -cg'jfb_ j ;Gtsdf/ zDdf{'g|kfnL	^%÷–*

cGo

!:	;Lk l;sf}+ ;Lkdhs k'ts_ - uf]shk|;fb zdf{	*)÷–
@:	n]vs 6]nkmf]g 8fo/L - ;fydf k'ts k;nx¿_	%)÷–*

:s'n–afl8ª:t/Lo

!:	All in One (Leminated) - efef zdf{	^)÷–
@:	All in One (Hard Cover) - efef zdf{	!#)÷–
#:	All in One (Full Leminated, Hard Cover) - efef zdf{	@@%÷–
$:	My Word Book-Eng-Nep - uf]shk|;fb zdf{	$)÷–
%:	Best word Book-Eng-Nep - uf]shk|;fb zdf{	!!)÷–
^:	English Practice Book -8 - afnsi0f 9sfn	!))÷–
&:	English Practice Book -9 - afnsi0f 9sfn	!@%÷–
*:	SLC English Practice Book - afnsi0f 9sfn	!$)÷–
(:	SLC math. P. Book - (Eng+Nep) - 8f= df]xdb'/ /xdfg÷df]df]/tf/ cfnfd	!%)÷–
!):	New English Grammar-Nep-Eng (Junior) - uf]shk|;fb zdf{	!!)÷–
!!:	New English Grammar-Nep-Eng (Higher) - uf]shk|;fb zdf{	@!)÷–
!@:	Recent English Grammar- Eng. (Junior) - uf]shk|;fb zdf{	!@%÷–
!#:	Recent English Grammar- Eng. (Higher) - uf]shk|;fb zdf{	@@%÷–
!$:	;lrq j0f{dfnf - 6L =Pg= u'?ª	$)÷–
!%:	;Dk0f{ j0f{dfnf - cfef zdf{	#%÷–
!^:	cfwlgs g|kfnL lgaGw - j ;Gtsdf/ zDdf{ g|kfnL	^)÷–
!&:	;lhnf] g|kfnL lgaGw - uf]shk|;fb zdf{	&%÷–
!*:	/l;nf] g|kfnL lgaGw - uf]shk|;fb zdf{	!!)÷–

SofDk;:t/Lo

!:	!! sf] cy{zf:q - uf]s0f{dNn	!&%÷–
@:	!@ sf] cy{zf:q - xl/bf; ;fksf]6f÷cf]dsf/ kf}8]n	!^)÷–
#:	Elements of Economics (XII) - tf/f e';fn÷ozf]w/f k|;f0{/fhg kmfh'	@^)÷–
$:	Jofj;flos cy{zf:q (B.B.S, BBA.) - uf]s0f{dNn	@))÷–
%:	Business Economics (B.B.S, B.Com.) - uf]s0f{dNn	$))÷–
^:	Statistics For Management (B.B.S., B.Com, B.B.A, BIM) - dgf]h clwsf/L÷dxfk|;fb >]7÷cf]dsf/ kf}8]n	$@%÷–
&:	Fundamentals of Business Statistics (B.B.A., B.C.I.S, B.C.A, B.I) - 8f= k'?iff]Qd l;x÷dxfk|;fb >]7÷bLks/fh kf}8]n	#@%÷–
*:	Differential Calculas (BA. B.Sc., B.Ed.) - 8f= df]xDdb xd|b'/ /xdfg	!%)÷–
(:	Integral Calculas (BA. B.Sc., B.Ed.) - 8f= df]xDdb xd|b'/ /xdfg	!%)÷–
!):	kf/lDes ul0ft lzIf0f -cf0{P8=, !!_ - 8f= df]xDdb xd|b'/ /xdfg	!&%÷–
!!:	ul0ft lzIf0f -aL=P8=_ - 8f= df]xDdb xd|b'/ /xdfg	!&%÷–
!@:	dxfslj b]jsf]6f sl]L cfofd -aL=P=_ - k0ff{|;fb clwsf/L	!&%÷–
!#:	g|kfnL gf6ssf] cWoog -aL=P=_ - k0ff{|;fb clwsf/L	(%÷–
!$:	;fwf/0f g|kfnL -aL=P8=_ - 8f= 3gZofd Gofk|kfg]wgklt sf]0/fnf÷dlQmgfy 9sfn	@#%÷–
!%:	g|kfnL nf]s ;flxTo kj|lQ / cGj]if0f -Pd=P g|kfnL_ - slkn c1ft	@))÷–
!^:	clgjfo{g|kfnL -aL=P_ - 8f= 3gZofd Gofk|kfg]wgklt sf]0/fnf÷dlQmgfy 9sfn_	@#%÷–
!&:	;+st ;flxTosf]¿k/]vf -aL=P÷Pd=P_ - kf= uf]kLsi0f zdf{	@&%÷–
!*	efiff–lj1fg -aL=P÷Pd=P_ - 8f= 3gZofd Gofk|kfg]wgklt sf]0/fnf÷dlQmgfy 9sfn_	@&%÷–*

***

---

*Ps;fy @)&) j}zfv ^ ut]/fdgjdLdf ljdf]rt $! k'tsdWo]Ps .

olkg xfd]k:ts xg\

GENERAL KNOWLEDGE SERIES
Mind Booster-0
Mind Booster-1
Mind Booster-2
Mind Booster-3
Mind Booster-4
Mind Booster-5
Mind Booster-6
Mind Booster-7

COMPUTER SERIES
computer-1
computer-2
computer-3
computer-4
computer-5

g]kfnL z[ªvnf
g]kfnL efiff / ;flxTo s
g]kfnL efiff / ;flxTo v
g]kfnL efiff / ;flxTo !
g]kfnL efiff / ;flxTo @
g]kfnL efiff / ;flxTo #
g]kfnL efiff / ;flxTo $
g]kfnL efiff / ;flxTo %
g]kfnL efiff / ;flxTo ^
g]kfnL efiff / ;flxTo &

g]kfnL Jofs/0f z[ªvnf
g]kfnL efiff / Jofs/0f !
g]kfnL efiff / Jofs/0f @
g]kfnL efiff / Jofs/0f #
g]kfnL efiff / Jofs/0f $
g]kfnL efiff / Jofs/0f %
g]kfnL efiff / Jofs/0f ^
g]kfnL efiff / Jofs/0f &

MORAL SCIENCE SERIES
Blossoming of Human Values-1
Blossoming of Human Values-2
Blossoming of Human Values-3
Blossoming of Human Values-4
Blossoming of Human Values-5
Blossoming of Human Values-6
Blossoming of Human Values-7

GRAMMAR SERIES
abc English Grammar-1
abc English Grammar-2
abc English Grammar-3
abc English Grammar-4
abc English Grammar-5

SOCIAL STUDIES SERIES
Our Social Book-0
Our Social Book-1
Our Social Book-2
Our Social Book-3
Our Social Book-4
Our Social Book-5
Our Social Book-6
Our Social Book-7

MATHMATICS SERIES
Competitive Mathematics- A
Competitive Mathematics- B
Competitive Mathematics- 1
Competitive Mathematics- 2
Competitive Mathematics- 3
Competitive Mathematics- 4
Competitive Mathematics- 5
Competitive Mathematics- 6
Competitive Mathematics- 7

CONVERSATION SERIES

Spoken English Coconversation- 0
Spoken English Coconversation- 1
Spoken English Coconversation- 2
Spoken English Coconversation- 3
Spoken English Coconversation- 4
Spoken English Coconversation- 5
Spoken English Coconversation- 6
Spoken English Coconversation- 7

PEARL NEPAL PUBLISHING HOUSE
KATHMANDU, NEPAL
01-6924927

tkf0f{] xfdLnf0{ e]6g vf]lhgePsf] xf] ‡
7rgf, lj1fkg jf k':ts–klqsfsf]nflu
zAbfy{ k|sfzgsf] sfof{no–rfa]h, u0f]z:yfg
)!–$$(&#%!÷(*$!–$(^!)#
mail: nepal.vk@hotmail.com / nepal120@yahoo.com / nepalvinaya@gmail.com
web: shabdarthaprakashan.com / nepalipublsher.com