

k] sflG; n gkfnáf/f /fi6@:t/sf]-s\_ ju@f jul\$[

# j hoGtl

j if{^ k0ff@s-\* ljwslGbf ; flxlTos klqsf @)&) sflt\$-d^l; /

; Afs  
j ; Gtsdf/ zDdf{ gkfnÚ  
; Nnfxsf/  
hoGtl zdf{  
sdf/; fu/ zsg  
lgbz  
lj gosdf/ zdf{ gkfn  
k\fg ; Dkfs  
7fs/ zdf{  
; Dkfs  
ofbj e6&/f0{  
; xofl  
sdnf gkfn  
kplk af: srf  
efef zdf{  
cfef zdf{  
; dl/; fu/ gkfn  
; Gblk; fu/ gkfn  
dftsf cfrfo{  
cgfn 9sfn  
hfgsf vgfn  
sNkgf cfrfo{  
k\$fs  
zAbfy{k\$fszg  
rfaj, sf7df8f}

knfjM)!-\$\$(&#!:>(\*\$!-\$(^!)#

email: shabdarthprakashan@gmail .com  
web:www .shabdarthprakashan .com  
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# ; Dkfb s lo

- ; Dej tM slj tf lj Zj ; flxTod} ; a}eGbf a9L n]vglj wf xfl.
- dgsf]efj nfo{ ; a}stsf] ; kdf ptfg}hfo{slj tf eG} ; lsG5 .
- dfgj lo ; j}bgf cyff{lj leG} ; v, b}vsf cgej sf 36gfgqndnfo{sNkgfn} l ; fufghfo{klg slj tf eG} ; lsG5 .
- slj tf lj rf/ , cgej , 1fg , ; Gb}z , dgf}hg lbg-Ing / nx8 , j|Qsf nflu klg n]vglul/G5 .
- hxff kfof]Toxlfj fsonfo{6S}ofpbbf slj tf aGbg .
- uB slj tfdf klg / ; , z}hl , Wj lg , no / cn^as/ cflb xG5gl .
- elgG5 ; ^v}gdf sl ; Psf]efj ; Dk}f}ofdf ; lfd uB slj tfn] klg 5Gb slj tfn]h : t}c}fg}b lbg ; S5 .
- cf}gk/Dk/f / df]ns w/ftn ePsf]uB slj tfsf]cf/De gkfnl ; flxTodf lj = ; \* ! ( ( ) sflb ; sdf afns}of ; daf6 ePsf xg}egjdxfslj Nldk} fb bj sf}sf slj txf ; klg To ; }sfnv08df cfPsf 5gl . k : tssf] ; kdf egl o ; lj wfnfo{ ; j}kyd cufl8 Nofpglufkfnk} fb l/dfn xg\ . uBslj tfsf]nueu c ; L j ifsf] Of}txf ; df ; of}1ft c1ft slj x ; pbfP klg dxfslj Nldk} fb bj sf}sf , afns}of ; d , ufkfnk} fb l/dfn , elk z}rg , df}xg sf}f/fnf cflb la ; g}g ; lsg}gfd xg\ . ; flxTo p}fyg}sf nflu lj wfut cleofg egl nfu}sf]j }hoGtl}o ; }lj wfc}tu}t}sf] uBslj tfnfo{ ; cl3 c^as ! \$ df PskN6 cl3 ; f/sf]lyof/ o ; KN6 klg uBslj tf-@ c^as @\* cl3 ; f/sf]5 .
- j }hoGtl}nf0{dfof u/ cf}gf /rgf pknAw u/fpgxg} ; DkOf} ; i}6fx ; df j }hoGtl kl/jf/ xflb}sf cfef/ k\$6 ub5 . o ; sf ; fy}cfufdl lbgdf klg ; DkOf} n]vs ; flx}osf/Pj -kf7sx ; af6 : gk , ; befj / ; xofu k}t xg}g}5 eG}gdf xfdl lj Zj : t 5ff .
- zAbfy{k\$}fzgsf] j } ; f08 [www.nepalipublisher.com](http://www.nepalipublisher.com) df j }hoGtl}sf ; a}c^as 8fpgnf} ug{lDNg}u/L /flvPsf 5gl .

## ; flxTos klqsf j }hoGtl}sf]

; dlIf !-@# , ; :d/Of !-@# , k} {d}t , :j b}zofqf !-@# , lj b}zofqf !-@ , lgaGw !-@ , ; :s}t , rf8:kj { syf !-@ , n3syf , n3' pkGof ; , /fl}6o}l}o}m}j , 5Gbslj tf !-@#-\$ , uBslj tf !-@ , kl5 ca kgM /fl}6o}l}o}m}j cyff\ hljgl c^as .

# o ; c^asdf

qnd ÷ slj tf	slj	kl}7
! d cx^as/ xt	c\$z gkfn	%
@ olf kZg	clgn > 7	^
# uOftG lbj ;	cfG}b/fd kf8}h	&
\$ ugf ; f]	pld}nf nfld5fg]	!\$
% pkm=	P ; kl cfzf	@(
^ ho wld/f	sdnf l/ ; fn .Hof]tU	*
& slj tf n}vg]/x/df	ls/Of kf7s	(
* levf/L	s}ofk} fb bxfn .cfkntU	!)
( lj n u} \ gkfn}d hGd}sf eP	s}ofk} fb a:ofn	!!
!) Unfan lenh	s}of ahu}Of	!#
!! uh8L / Inv6}x ;	s}zj cfrfo{	!\$
!@ dfgj r}gfsf pkh	vu}b vfl} ; f3/]	!%
!# lhhlj iff	u^as kf8}h	!&
!\$ hljg	ultf zdf{	&
!% b}z k}d	u?k} fb Gofkfg] ; :zLnU	!^
!^ k : ts , xNnf / j}fn	ufkfn ; -hn	!*
!& rf} rf}sf xlnfx ;	8f= 3gZofd Gofkfg] .kl/>dLU	!(
!* cft^as	5lj 1jfnl	@)
! ( yf^as , a\$ / d	hgfbg bxfn	@!
@) slj tfsf]bZdg	hoGtl kf} / h	@@
@! d}f] ; jU ud}f]5	hoGtl zdf{	!@
@@ x}5g}d}f c}fvx ;	l8Nnl/fh cofn	@\$
@# kxf8 / k}d	bfd}b/ k8f ; gL .lszf]	@^
@\$ r} af8{	lbj fs/ ; j Kgl	@&
@% d / d}l	b}ks e08f/L	@%
@^ 8dlx ;	buf{ ; j gj f ; lU	@*
@& kof/f]n}ubf]cf08xf]	kf-8f= bufk} fb cofn	@(
@* 5f}l dnf0{dfkm u/	wgklt sf0/fnf	#)
@ ( ; Defj gfsf]lflth	g/}b k/fz/	#!
#) lj r/f]r8}sg	g/}b/fh kf8}h	#@
#! To}h} To}l}xdfn	gj /fh sfl{	##
#@ x/Of 5 ceo	gf/b uf}d	##
## dfg5/ cfd ; Ddfg	gltf s} ; l	@*
#\$ d}fyg	glndsdf/ zdf{	#\$
## s : tf]x}hf of] ; do klg	k0ok} fb cfrfo{.afl56fl	##%
^# k}b ; l	kOf{dg}sdL{	!*
#& gfd	k}sfzdlOf bxfn	#^
#* d}f kf0nfx ;	kef j /fn	!&
# ( c}fvdf Psw ; f] ; kgf	kdf} ; g}kl	#&
\$) clek}0ff	afns}of e\$ /fo{	#*
\$! cfd	afnsf lzj fsf}l	\$(
\$@ o : t}df lalt/x\$ ; do cndn	lad}h	\$\$!
\$# lfd u/ kl}tef	ag"nfld5fg]	\$\$

\$\$ Toxlaf6 ; +f/ b]V65	eflozfnl clwsf/L	\$^
\$% c lf/x; sf]j :tl	ef/tl uffd	\$&
\$^ d	ef:s/ e08f/L	\$*
\$& ; u; u}	elid pk}tl	%)
\$* slj tf n]Mtgf	e] gxl/ l; Ub]h	%!
\$( cfd f wfd	d-h' sffr'nl	%@
%) ; f9\$]f; fdfHodf eSn' d; x/	dlof/fh l; x	%#
%! zGo j wzfnfaf6	dw; Gofkfg]	\$(
%@ 3':ofxf eQing	dw; bg kf080	@#
%# cfz^a\$	ldng ; dl/	%%
\$\$ laqndf 50	/-h>l k/fhnl	%&
%% zflGt cfpm	/df s0sjh	&*
%^ hf u/of	/df kj; /	\$\$
%& nfnkhf{	/fhg l; nj fn	*#
* kxf8x; hln/x\$g\	/fwozofd n\$fnl	)*
%( d / ltdl	/fdk] fb kGt	%(
^) l; dl/s	/fdaxfb/ kxf8l	@)
^! gof]bgf]k]t1f	/fdxl/ kf80fn	^)
^@ cfsz lgNg ; S5 sf]<	/fdZj / /fot .dft0f; 0	^!
^# d v]h8l /fhgltsf]	?Sdfut sf'n]	^@
^\$ cff	n]ntf .bf]flU	^\$
^% zGott	lj qnd gkfnl .kj gU	^%
^^ d]f]ofqf, clj >fGt	lj ho rfn; ]	^&
^& hljgsf]cf'g]ult xG5	lj gosdf/ zdf{gkfn	^^
^* ; fvl	lj gfb .pbo	\$^
^( r08 d08sf]b]zdf	lj j z ct]tofql	^^
&) 6\$g]ls ; dfgp]<	8f= lj Z] blk clwsf/L	@!
&! dQm dxflj Bfno	zDek] fb coff	^(
&@ clGtd kZg	zldnf v8sf .bfxfnl	&!
&# df6f] / ; dfud	zzl ykf k108t	&@
&\$ df6f]df6f]g]xf]	zflGt l/; fn	&#
&% j /; ft	lzj uffd	&\$
&^ dfG5] / /f]f0	lzj e' fn	&)
&& nfd]v8]ln]hh{ sfGndf	zy/ lj sNk	&%
&* d]h]slj tf n]vg ; lsgf	z]ef l/hfn	&&
&( kd	; Gblk; fu/ gkfn	*!
*) :j]sf/ zesfdgf	; ltf e\$ /f0{	&*
*! r/f	; la; wf cfrfo{	&(
*@ sf]xl 9Ss gag]xG5	; /0 pk}tl	*)
*# ; kgfsf z'vni	lx/0onfn 1j fnl	*@

:yfol :t]e

k5f/sf] krtf] M uBslj tfsf] :j ?k

gkfnst s]k k: ts k; nx? M

zAbf] k]sfzgsf k: tsx? M

; rgr] jhoGtl d'k]s]z / rgr]sf; Dk0f]h]d]j / :j odn]vs g]g]g\

# d cx^a\$ / xf

csz gkfn

eG5g\; a oxff  
 .dlbf cx^a\$ / 5g .  
 t/ d eG5' .dlbf cx^a\$ / 5 .  
 d 3d08 ug{; S5'  
 d cx^a\$ / sf] syfn] vfnl kfgf eg{; S5'  
 o; f]u5{p; f]u5{eGg ; S5' .  
 cx^a\$ / s; 0f gxg]eP  
 ; a]eGg]uy]xf]hfg\  
 xfdln]o; f]u5f] xfdln]p; f]u5f] .  
 k]o\$ l; 4fGt]fbl  
 cfkn]l; 4fGtsf] cx^a\$ / e5{ .  
 ; 2fd, uf]ff / hf]a; x;  
 o]f, o]tl / a9fx;  
 s]n .dlbf x/f0/x\$ 5g\  
 k]o\$ c]ofrf/L, ei6krf/L / t:s/Lx;  
 .dl]s]kl/efiffdf Jo:t 5g\  
 k]o\$ lj Z] sf dfj]x;  
 wd{/ l; 4fGtsf khf/Lx;  
 cfl:ts, gfl:ts / e/f0;  
 g]f, cleg]f / gfosx;  
 .dl]sf k]5 n]flg]e0; s\$ 5g\  
 t/ dnf0{nflub} ls  
 .dl] cfkn] cfkn]f0{x]  
 dGbdGb d:sfg 5/} eGb}5  
 .dl] t s]n cx^a\$ / xf .

j flz:6^a, cd] / sf .



## ca xdf]kfnf]

### /fli60 JolQm] , 5Gbslj tf-c^a\$

j hoGtl lj wf s]Gb]t klqsf xgfn] hg; 's] lj wfsf] /rgf Ps  
 c^a\$ kl]g]k]k]t xgf; fy k]s]lzt xg]5 . sg] c^a\$ /rgf ck]usf  
 sf/of lj nDa xg; Sg] ; Defj gf xgfn] , tkf0] xfdlnf0{k7fpg]ePsf]  
 /rgf hf]gsf/L glb0{ cGt k]sfzgf]y{glbg]xf]n .

# olf k7g

clgn >|7

slxn0lv knl/of]ltdf]cflnzfg dxn <  
 / aflx/ d7f]nflu kx/fx; knl/of]<  
 slxn0lv d7f]pkl:y|tdfly  
 aGbh nufOP ltdf] ; efslfx; <  
 / ax; x; nfo{aGb ul/P <  
 ltdf] nflu, slxn0lv c; Eo ePf d <  
 slxn0lv ltdlnf0{  
 uGxfpg ; ? u#of]d7f]kl; gfsf]uGw <  
 slxn0lv d ujf/ ePf <  
 / ltdl dflns eof}<  
 slxn0lv vNof]ltdf]cfl7sf]Tof]dxgl xff f] <  
 ltdf]cflvdf slxn0lv r9of]Tof]sfnf]rZdf <  
 / d7f cflvfx; af6 ltdln]; w}-  
 ltdf]cf'gf]elj iosf]sfnf]glfq bVof]<  
 sltk6s ltdln]Tof]sfnf]glfq sf6g  
 e}Lkhf u#of]<  
 slxn0lv knl/of]ltdf]en08fsf]sgfsf]/E <  
 / ltdf]cGt/f]60 ; j x/f/ ult slxn0lv knl/P <  
 ltdf]cfln6tx; ldqx; zq' eP <  
 / zqx; ldq eP <  
 lj B'tlo t/<sup>a</sup>u ultn]ltdf] ; efslfx;df  
 slb/x5g\ef/tlo Rofgnsf bZox;  
 ev{.hll l; gdfn]k|f/of ul//x\$  
 cnfp2lgsf ltn:dl syfx;em}-  
 slxn0lv knl/b)u0/Xof]ltdf] ; k <  
 / ltdf]of]gfostj <  
 ltdf]cflnzfg dxnsf kvffx; aflx/  
 s8f ; /lff 3]fx; alr pleP/  
 k6s k6s  
 ltdlnf0{d ; flw/x\$]5' -  
 slxn]Dd ltdl Tof]sfnf]Pof]leg d:s'/f0/xg5f}<  
 / ltdf]slfx;af6 pl8/x\$ cQ/sf jf:gfx;n]  
 slxn]Dd of] ; x/nfo{kblift ul//xg5f}<

cfa' v}gl, uf}vf .

# u0ftGq lbj ;

cfG6b/fd kf8h

kf6[sf] sfo\$tf  
 calhf p70f]  
 sfuhsf]Pp6f 6qnfdf  
 .j u c|f/ bVof]  
 ju{<sup>a</sup>8ifsf s; x;  
 /8nann]sNnf ul/; s\$]xf]  
 of]zAbn]tklg lk5f 5f8g  
 dgdg)eGof]  
 Tof]sfuh knNof]  
 / lkRr ySof].  
 goff ofqsf]nflu  
 hftkftsf d/d; nf xfn]  
 /fhgllts kSjfg t6f/ u#of]  
 tfQttf]gf/fsf]nan nufof]  
 lj rf/; u}nuf knl/of]  
 lr|/Rof\$ kVof]  
 hljgzhl abNof]  
 df6/; f0sn :6f6{u#of]/ sBf].  
 u0ftGq lbj ; sf]sfoqnd  
 emsensfp lyof]  
 afhfu|hf-gf/fh'n;  
 / rsf{efifof lyP  
 d-rdf c; ; a}lyP  
 nf\$tgq lyPg=5Ss kVof]  
 enNoff; ; D%of]  
 bf8] sf7fdf uof]  
 nf\$tgq ; lt/x\$]lyof]  
 laxfg /flv|bPsf]lrof  
 lrl:; 0; s\$]/ whf]hd\$]lyof].  
 sf7df8f].

# hlj g

ultf zdf{

hlj g s:tf]crDdsf]  
 aem] klg aem] g; lsbf]  
 cfh Pp6f df8 5  
 efln knl/ ablnbf]  
 l:y/ slxNo}xg g; Sg]  
 ; w}rnfodfg  
 cxf u cbet crDdsf]  
 s:tf]s:tf]hlj g of].  
 lflofs v; ldf ; vl b|vg]  
 lflofs bMvdf bMl b|vg]  
 /ax;df 3Ng g; Sb}; lsg]  
 yxf gkfo{; lsg]  
 crDd 5, cbet hlj g of].  
 of]d7f]xf]  
 o; df s]n d7f]clwsf/  
 o; f]xof{cx<sup>a</sup>sf/}cx<sup>a</sup>sf/  
 cflv/ nhfg' s]g}5 / <  
 9<sup>a</sup>u|df6f\$]z/L/ g xf]  
 ;j R5, ; Gb/ hlj g lhpq'  
 oxl t hlj gsf]oyfy{xf].  
 kfPsf]hlj gnf0{; fy\$ agfcf}  
 efln xG5f]sxf sxf  
 3fhf]x/f]/ax;df  
 To; df cflnfo{; hfcf}  
 lf0f lf0fdf /dfcf}  
 cfgGb cfl]a; fcf}  
 oxl hlj gsf]oyfy{xf].  
 sf7df8f].

zAbfy{ k|sfzgn]  
 c7f/ y/l zAbsfz k|sfzg ul/; s]sf] 5 lg u

# ho 0 wld/f

sdnf l/; fn .hof]tU

piffsf]nfnll; t xhf/f]efg' kf]vPsf]  
 /dfpb}kfl/hftsf];j'f; 0Gb0fl ;lhPsf]  
 ;Gb/ d]f]3/  
 a4 nV5g\zflGt  
 hudufp5g\; ltf-e56l  
 lgnlul/ k^af xldS65g\  
 d:sfg kfV5g\lxdfn  
 dfofn' d]f]3/df .  
 ; dosf]cGt/fndf wld/fx; lelq65g\  
 clg lbg bxf8}esg{yfn5g\huaf6  
 ltgsf]p27o -  
 .; of]eP/ k:g]krfnl eP/ lg:sgl  
 vf] } leQfx; ylk65g\g; f g; fdf .  
 tl k/hljln]Pp6l rfyfn]wld/lmf0{  
 ckx/0f u/L Nofp5g\  
 Tof]dfkfsln]rxfq{yfn5] rfbf-sf7f  
 / ; a}kU5]w/Ldf .  
 s7}U 3/sf]bbzf  
 e/v/}6; fPsf ; gufef h/0]v dfl; G5g\  
 ; b]lf clg >lv08 l7ul/G5g\  
 la:tf/}th; lsf]d7df wld/]b]n a65  
 clg ef6f blng xb}  
 rkfp5g\cuf]vsf]r/}d]  
 d]f]3/ ca 3/ /xg  
 s]n lhpbf nfzx; ykfg]  
 d; fg3f6df eof]kl/0ft .  
 d]f]:gxl 3/=-b]-dlgsf]tkf0ldnf0{  
 gf/slo hlj g lbg]wld/fx; xf]U  
 ho 0 xf] \xh/x; sf]U



sf7df8fj.

aemfP alem g}xfNg]dg xdf]ckf/ 5 0  
 ; Gtf]l]sf]t lgbf]g}; vbfol cgGt 5 ..  
 -gllt lj rf/af6

# slj tf nVg] /x/df

ls/0f kf7s

Pp6f k7glo slj tf nVg] /x/df  
 sof]clgbf /ftx; lat]  
 v}s; /L nVf'slj tf <  
 dg / dl:tis 7p6df gePsf a]hf  
 kf]vPsf, 5l/Psf 8f]ax; dfq 5g\  
 v}s; /L ; dftfltgfnf0{<  
 Psflaxfg}cfd; Gtli6sf nflu lx18/x\$] xG5'  
 kzkltsf]9f\$leq k:bf cfd] ag\$] xG5'  
 3Dbf3Db}cfd] k/d]df ldn\$]xG5  
 Toxf]sf kTo\$ /rgdf cf^g}:j; k bV5'  
 st}t] fl]gq v]h\$] xG5:st}j fudtl; U}ax\$] xG5'  
 st}ehgd08nl; U}gfr\$] xG5:st}ax}d]gndf ; t\$] xG5'  
 / ha ; a}s/f ; hf0; S5  
 d knl/ d g}xG5'.  
 cdf, 5f]L, axf/L, kTgl 0  
 of]h6d hGdfGt/sf]agwgdf h]hbf h]hnb}  
 efln knl/ pHofnf]gxb}lx18; s\$] xG5'  
 eflnsf]uGtJo cfh}e6g kfp s:tf]xGYof]<  
 cfj t hln/xg kfp xGYof]lg 0  
 af/Daf/ d[o' efl]g gk/]s:tf]xGYof]<  
 d slj tf nVg hflGbgf  
 Pp6f k7glo slj tf nVg kfp a? xGYof]lg .



sf7df8fj.



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# levf/l

☞ s[0fk| fb bxfxn

enbf]nuf, l/IQPsf]dg  
 clg u6tJo lj xlg ofqdf 5  
 c; /Nn cl:tTj  
 a6Ng g; sl, ; :tf0/xG5  
 nfdj] ; :s}f; u}lhGbulsf] au/df  
 clj/n alu/xG5  
 yxf 5g, hljgsf]cy{  
 afRg g; s} d/\$f]5  
 dg{g; s} affr/\$f]5  
 hljg / d[osf]bzuhfleq  
 nl8/x\$ p; sf]lhhlj iff  
 lt/:s{ hljgaf6 k/:s{ 5  
 ; Sb0 s; \$f]cfknt agg  
 gftf ; DaGwsf wldnf /vfx;  
 bVg 5fl8; s\$]5 p; n]  
 lgwf/df nDk; f/ k/\$f=:; dfg6t/ /vfx;  
 uf/0f xg\p; sf hljg ofqsf  
 sI8Psf]dg af\$  
 dflg; x; sf]el8df  
 dflg; s}vfhldf 5  
 t/ beffo=:dflg; e0g c; km 5  
 cnkq k/\$f]5 p; sf]hljgofqf  
 glnf]cfszsf] asf]cf8l  
 wtl\$]sfvdf lhGbul la; fPsf]5 p; n]  
 6fnf-6hl vfbPsf]emfhfleq  
 kIof vfh/x\$ p; sf xftx;  
 vfnl kmsf=:p; sf]lhpg]cfzfsf]e0fxTof xG5  
 ef\$ vfbf vfbf c3fPsf]5  
 lg/; lhGbulsf]tj fhfleq x/fPsf]5  
 Ps xn s0fs0lx; sf]9<sup>a</sup>uf 5Nb}  
 cw0t e0{13l; /x\$]5  
 tfksf]/fkn]lal5kt e0{  
 lhpgsf]nflu 8/fPsf]5 .

sf7df8fj.

# Ij n u0\ gkfnf hGd\$ f eP

☞ s[0fk| fb a:ofn

Ij Zj sf wgf90td  
 ; GtfpGg c/a 8n/sf dflns  
 x]Ij n u0\ 0 ltdlnf0{  
 eflodfgl jf ceful sh]; DafWg u?f0  
 sfhDa; n]rWf}ztfAbldf kQf nufP/ klg  
 jiffc<sup>a</sup>u0h zf; gaf6 k/fwlg xgk/\$f]  
 ltdf]bz cdl/sf 0  
 Clifdgn]w}cl3blv tkf0ld agf0{a; \$f]  
 slxNo}k/fwlg xg'gk/\$f]xdfd]bz gkfn  
 s; /L thgf xg ; S5 <  
 Ij Zj kl; 4 ; ~6j0/ pBf]usf ; dff6\  
 x]Ij n u0\ 0 ltdlnf0{d eflodfgl xf0g  
 ca eg]ceful g}eGg yfn\$]5'  
 lsgeg] xfdl h:tf]lxdfnl sfvdf hGdg ltdln]kfPgf}  
 xfdl sxfh:tf]; w}kfhftGqsf]cEof; klg bVg kfPgf}  
 ltdf]bzdf t  
 :60fr' ckm lnj 6lh]; j tGqtsf]lvNnl p8fPsf]5  
 lgod sfgg / l; i6dleq bzfnf0{hs80fPsf]5 .  
 xfdl sxfh:tf]  
 sd trh / ld; fj 6 ug]; g Jofkf/L Toxf sxff kfpg' <  
 blift kfgl Ij t/Of ug]pBf] ltdln]sxff slxn]kfpg' <  
 Ij bzdf dNo 36]klg k0h]sf]dNo oxff ; w}a95  
 oxff 3fts hlj f0f ePsf]bw klg Ij gf /f\$yfd aRg kf0G5 .  
 ol ; a0f0{sf]fxl u/]cfGbfhg xG5, ; 8s tt0G5  
 o:tf]; j tGqtf ltdf]bzdf slxn]/ sxff kfpg' <  
 x]Ij n u0\ 0  
 ltdl oxff hGd\$]eP  
 ltdf] Ps; 9l xHhf/ sdbf/nf0{xfdlN]  
 bn}lkR5\$]; <sup>a</sup>u7gdf af8\$]bVg]lyof  
 pTkbfg gx0}af0; / tna a[4sf]dfu ug]xdfd]dh'sdf  
 bnsf]0zf/fdf cgluGtl dfu /fv]  
 ltdf] sdbf/ ; 8sdf ptfg]lyof}  
 dfu k'f gePsf]egl pBf]udf tnfaf6l ug]lyof}  
 ltdln]x0f{x0}pBf] w/fzfol u/fP/

tl sfdbf/nf0{sfll/of / c/a vf8llt/ k7fpg]lyoff  
clg /ld6dfG; lemfP/ b7zsf]cyfGq wfg]lyoff  
krf; f]Ps8df km]Psf]ltdf]pBf]u kl;/ / vfnl u/fP/  
xfdl ;'sDaf;L a:tl a; fpg]lyoff]f  
pBf]u]sf]sfoffno / ; efxndf  
kf6L{sf0\$tf\$]kl]zlf0f rnfpg]lyoff}.  
ceful xf]ltdl lj n uḡ\  
olt /df0nf]b7zo b7vg ltdl g]kfn]hGdgkYof]  
lgdf]fsf ; Argf / k]f]w/ e]sfP/ klg  
culḡfdl / goffg]kfn]sf]gf/f nfpq ot}hGdgkYof]  
clg /f]huf/ bftfnf0{lb0g]  
; fdGt / zf]f]ssf]pkflwaf6 aRg  
rfln; xhf/ ju{lk]m6df cj:l:yt 3/ kl;/ /d}  
ltdln]kftM eḡ0f yf]NgkYof].

rfj lxn, sf7df8f].



### d7f] .:j ṽ ud\$]f] 5

hoḡtl zdf{

lh6bul]sf]s8f em6\$df  
d7f].dṽ  
d?el]dsf]alrdf ku\$]f]5  
PsfGt 5, whf6]5,  
lh6bul]sf]Hj f/sf] t/E  
6f9f 6f9f ku\$]f]5  
hljgsf]ef6fdf  
hxf]txlfPSnf]kg 5  
lbSs 5, /f]g 5, dha/L 5  
cgfsif\$ uf7]f]5  
uf7]f]n]DaP/ ; b7df ku\$]f]5  
lh6bul]sf]em6\$df dg  
gf0ng 8f]ln]sl; Psf]5  
lh6bul lj j ; / c; xfo 5  
b]i6df cGt/ t/E a9b]f]5  
d7f] .:j ṽ ghflgbf] lu ud\$]f]5 .

sf7df8f].



## Unfan lenh

s[0f ahuf0f

pbf; ; Ggf6f, em8l a:5 leQfdf  
leQf, h; sf]xhf/f]sfg xG5g\  
; lg/xG5 ; fptl  
; fptl, h; n]agf0/xGYof]  
if8dGqsf/L of]hgf .  
sf7]sf]df]tf / ; fptl]sf]if8dGq  
af/Daf/ e<sup>a</sup>u ubYof]  
n<sup>a</sup>u/jfnf leQ38L .  
la:tf/}sf7]fdf  
lj:tf/jfbl l8lh6n ou]sf]kj z eof]  
clg lj:yflkt u7of]xNnfx;nf0{  
/ ; Ggf6fsf]zf; g rln/x\$ sf7]fel/ .  
sf7]sf x/\$ l8lh6n ; fdg  
h; sf lklns lklns aNg]cfv 5g\  
/ x]/xG5 l8lh6n ; #/  
To; sf]l; lnsq dl:tis  
h; n]e08f/0f ub\$ cgGt ; f'gf .  
l8lh6n ou, h; n]axdf08nf0{vn{k}vfP/  
Unfanlenh agfPsf]5 .  
Unfanlenh]sf]5fgfdly  
; f0j / :k], hxf]7l8Psf 5g\l8lh6n w/x/fx;  
tl w/x/fx; dlyaf6 tn xdf{  
b7zx;-ufph:tf-dxfb7zx;-; x/h:tf  
; flw; dfgf, gftfaGwg ; a}; a}el]sPsf  
l; df]j xlg cfsfzh:t} vNnf lk]hPsf ndtGg .  
sxl affsl /xḡ of]l8lh6noudf  
cfZro{gnflg] /x:olj xlg  
; a}; a}uf]kglotf rlx/x\$g\  
6lel, sDko6/ / dfa0n km]sf]l:qmgaf6 .  
Toxl Unfanlenh]df a; }  
kl9/x\$]f]5' l8lh6n slj tfx; .



nG8g, j ]h'ot

# uh8L / Inv6x

☞ sZj cfrfo{

5/f6]nTklTP/ cfufdfly  
 lKlN; g:=cfIQg'sf] dHhf  
 ; l; wfg lnnfdfs] dnfdfndf  
 Inv6x ; fd' uh8Lx ; l; /fhdfg 5g\  
 uh8Lx ; cfqfnds ; kdf 3D; f3D; L; l;  
 r'6g:=n6g:=kn6gdf wTofQf ub{  
 hfn; fhsf]gf6s d~rgdf /df0{  
 /f; nlnfdf Ps csfho{ysfp5g\  
 /fhglltsf] s7fnf] ; dft}  
 Pp6f uh8Ln]Psflt/ e6dfp5  
 vjfrldf lbgx ; latfpb}  
 csf{csfn] ; Gsxf kf/fdf lrRofp5g\  
 cTofl; nf]lbf:f.jkgdf ?dlnnb}  
 uh8Lx ; sf]lg/fwf/ /6f0sf]kl8fleq  
 k/hljlsf]cj:yfdf k\$6 eP/  
 Inv6x ; qmW sf]h(5g\8q65g=df5g\  
 Ps tdf; sf]8fx / kltz]wsf]8]fdf  
 ctlt OR5f rfxgdf 7:; ugfP/  
 dlSSP/ yflqPsf 5g\Inv6x .

xfn, cd]/sf .



## u'gf; f]

☞ pld(hf nfld5fg]

dnf0{a4 / ; ltfsl  
 cdf egl ; Ddfg k] \$  
 xg ; nf0{  
 lgnlh s; /l egf  
 d]f ueaf6  
 yk}cdf aRg]bnfnx ; klg  
 hgdfpg]u/\$f s/f <

th; lk/, bf^a .



# Dffgj r]gfsf] pkh

☞ vu0b| vfl]; f3/]

Dffgj tF; fFRrs}dfgj eP/ lx8\  
 kf0fldwo\$]kf]0fldf kfPsf]>]7tf cj dNog gu/  
 dfG5]/ c ; k]0flalrsf]leGgtf  
 cfkn}sl; df /fv} dNof^sg ug]  
 hfrsl cfkn}5; \  
 t]f]r]gf cb^t 5:=of]a]xf08df gc6fP  
 bf]f]a]xf08sf]k]bEff] t]r]gfn]ug5 .  
 R]tgfsf]k/fsfi7f 5g  
 vfnl xbgg\t]f nflu ljsf; dfux ;  
 lg/Gt/ rNb5g\  
 sd{k]wflsnf]5  
 Tof]Pp6}kl/Ofd xf]  
 R]tgfsf] ; dosf].  
 r]gf / ; donf0{kl/rfng u/] dh tE]sf]dh ; dft\  
 eufh t]f nflu sxl xf0g  
 cfMf cufl8sf]Pp6f tE]dfq xf]  
 t]f]r]gfsf]hfb' rGbdfsf]cfugdf n'sdf/L v]b}5  
 efgkl\$ klg bl]6 n]dsb}5  
 efgsf]euf]5}t]f]r]gf sg}lbg sg}; do  
 To; leq k]z gunf{eGg ; lsgg  
 cGj j]of / lgdffdf dfq kl/rfng xgk5{r]gf  
 l]of:qflbsf]lgdfOf R]gf xb}xf0g  
 g/:fxf/sf/L kzj [Q xf]dfgj tf xf0g .  
 xf] r]gfsf udl{klg cfufsf Hjfnf xg\  
 plDnbf eNsf xg\kfglsf  
 tl tftf klg xG5gV lr; f klg  
 t]f cfGtl/s ; f]f0 dWod xgk5{  
 hljgnf0{bl3\$fnlg ; f]f0df nufpbf  
 t]f r]gf st]lj ikm]6g kf]e0xfN5 ls <  
 dfgj tf lxfh]sIt ; fB'/df lx8b}ly0; \  
 ; vsf af]nf cf]b}h^ansf sGbdh vfb}cf\$df/df a:bf  
 dfq dfG5]ly0; \ r]gxlg .  
 t/ tleqsf]r]gf lj sl; t xb}uof]



/ cfh ; #f/ tʃf a; df 5  
; [l6sf]; [6f r]gf xf]  
Tof]s]n tf; u dfq 5 .  
r]gfaf6 kfkT lj 1fgnf0{kl/rfng ubf{  
Kfl/lw 5f6f]u/fpb}5; \; fgf]; 1d  
tʃf]r]gfn]:j Kg bVb5, g/; #f/sf]eg]  
Tof]Rf]gf xb}xf0g  
Tof]t  
vIDrg' xf] ; l8g' xf] Hf8 aGg' xf]  
zGodf krlsg' xf] Sm] n zGodf .

:j ode; sf7df8f].



### bz kq

u?k| fb Gofkfg] .; 'zln0

cf`gf]hGd ynf]la; Gg - ; Den65' d  
cfdsf]ddtf lbndf ; hfp5' - eNbgf d  
c;sf]ca bf; xGg, Kof/f]gkfn lkn5'd  
cf`g}wtldf kl/>d u/L bZsf]; jf u5'd  
of]bZsf]z k knj{ cfkn}cl3 ; g{5  
lj bZsf]bMv ; Den7 rrfB]; j bZ lknj{5  
au/df ; g g}knfpg ; s] aGg5 cf`g}3/  
cfd cfpb' kmsl{3/df ; GbZ 5bZu/  
gkfnst lxd 6fs'/f, 6NsZsf]bVb}5' d  
laxfgl kvst]; bffo Hofb}; Gb/ bVv]d  
d6leq ; j bZsf]5lj 6f; 7 lxBb}5' d  
cf`g}cfug lenlnldnl kf/L a; fbf ca  
Kof/f]gkfnst]:j z k knj}kms 7 cfp5' d .

gf/fo0fu9, lrtjg .



klflsf]gfs/L 5g, df6f3f6f clhEu/ .

sZf]khtl{ltcl u5f] bftf 5g\k/dZj/ ..

- gltsf]s/faf6

### Ihhlj iff

u<sup>a</sup>uf kfBh

dgleq cgluGtl /x/x; pdf/7  
laxfg em]sg]piffsf]ls/Of; u}  
lr/lj/ lr/lj/ r/lst]ultdf  
lhGbulst ; dw/ Wjlg 5/7  
ulGh/xG5 dʃf]Ihhlj iff 0  
snsn allg]cfwlvf]hfsf]kfglh:t}  
7flsP/ r6df; u  
3l6P/ afnj f; u  
cgluGtl x08/x; rkfpb}  
clj >fd ; dosf]rf6 lgNb}  
uGtJo klxNofpg vff]b5 dʃf]Ihhlj iff 0  
ol /utsf g; f-g; fx; df y/L-y/Lsf /<sup>a</sup>ux; lhGbulst]  
3flhP/, kflftP/  
Pp6f ; Gb/ lrg  
; hffpg Sofgef; df  
cft/ 5, dʃf]Ihhlj iff .

sf7df8f].



### dʃf kf0nfx;

kqf a/fn

lvGgtf / pbf; Lsf 3fpx; df dndklS nufpb}d eG5'  
d/L-d/L ; fwj fb vSf tfGg; nf0}  
nfvf]nfv j Gbgf dg xfgg; nf0}  
hljg; kl hxfhdf p8g' 5 sxff sxff efl]g' 5 slt slt  
cfs!; ds rfx; n]dnf0{kl8f xg, phf{lbPsf 5g\  
0[ofsf snf afbnx; n]dnf0{cl; gf xg, cd[ lknfPsf 5g\  
vl/g' 5 hljg ; <sup>a</sup>Sifdf-bl/g' 5 :j fyl; dfhdf  
dg 9<sup>a</sup>ufh:t}alnof]ePsf]5=tg r<sup>a</sup>ufh:t}kmtf]ePsf]5  
; xgzlntf / cfdlj Zj f; sf kf0nfx; 8f]ofpb}lx18/x\$ 5'  
cgj/t .

jg:ynl, sf7df8f].



# k':ts, xNnf / jfNn

ufkfn ; -hh

k':ts laSof] ; j f[ws laSof]0  
kl5Nnf ; :s/0fdf t  
; qnl-laql / ; Ddfgsf] ; gnf]6dfu k':tsd}5flkof].  
6dfusf]j hgn]lyr\$]ufyf  
kqklqsdf ; dlff afSn}5flkof]  
; j q ugufg uf0of]  
nys t ; dfhsf] ; lnaql xf]lg 0  
; l6fsf] ; Ddfg geP/  
efiff-; flxTo dYof]  
efiff-; flxTo d/k15  
bz pef]s; /L nfuf] \t <  
cfnkofh sd}laSof]t s]ef]<  
k':ts laSg' 1fg lSgG' xf]lg 0  
; flxTo k9g' ; :sf/ l; Sg' xf]lg 0  
k':ts lSgG uf; s6fpg'  
yf]a'sf0 nufpg'  
pRr cfbz{xf]lg 0  
k':ts laqmsf]kl/j z al9/x\$}ahf  
uf; df 9Ef nfu]en cgfof; csf{ah\$ ; dlifs aDs]  
k':ts laSof]ls ; flxTo < xNnf laSof]ls ; Nnf <  
; flxTo sd, k':ts azl 5flkPsf]ahf 0

uf0lvh, nlnk/ .



## kφ; L

ha ltdl xff5f]lkφ  
ltdln]slxNo}x\$]5f}<  
ltd]tl cf7x  
hxff d, dfq d  
d:s'/f0/x\$]xG5' .

ha ltdl 2G5f]lkφ  
ltdln]cf gf]cf;  
lgofn\$]5f}<  
hxff d]f]d6sf]/ut  
l6lNknf0/x\$]xG5 .  
eg t lkφ  
d sxxf 5' <



# rf\$ rf\$sf xNnf;

8f= 3gZofd Gofkfg].kl/>dl0

agfP/ cNof/fdf  
ofhgfsf gS; f / tflnsfx;  
xfdl pHoInfd d:t lgbfp5f]nf6f]sf] ]f] 1f  
efn]gnfu}kfyln]kf/\$f klnx; h:tf  
xfdf p27ox; af6 s; /L sf]lnG5gV  
kltkmsf rNnf; <  
ljgf kl; gfsf 7hf xfdl xTs]hdf byfpg vff]5f]  
sfdsf]ahf ; aV]s/f 1f]ns] a:5f]  
7Ughf0{val 7fG5f]  
kv] /f]tsf]df\$ /xdf 9af xfg5f]  
ckl/lrt j :thf0{5fd5d u5f]  
o:t}o:t}sfdrf] kj]Qn]s; /L wlnG5gV  
rgf]lsf]v]af/Lsf ; d:ofsf 8Nnf; <  
; kgfsf]dxndf a]ssf]lgbf ; t]  
cfszlt/ kns}xl66dfp 1f  
xfdl]vlr{x5f]dNojfg\; do  
clncln ePsf hf] , hfu/ ; fdYo{/ ; lk  
; db]kl/ klu/x\$g\p8]  
To; h]t, plt ahf elkn]eg] 1f  
oxfsf jg-kfvdf cfh klg  
/f0/x\$g\wkl / ; Nnf; .  
tn; Dd cf0kUbf xfdlsxf  
dflysf ofhgf / ah\$sf]  
gx/sf]kfgl shf]sh]df klg albb] lsg <  
alr-alrdf kjfn; 5g\; fob  
kjfn yGg]xftx; stf 5g\stf  
kjfn kfg; s}r'/knl 5 oxff  
l; hgf]s] lraq; k:g}kfbg]vcf]fleq  
sfgleq eg]7hd7h u/] k:5g\  
rf/f gkfP/ s/fPsf xff -sv/fsf ayfgsf]cfj fhh:t}  
lg/y\$ ; 8ssf gf/fx; /  
rf\$ rf\$sf xNnf; .

e}xjf .



# cft^a\$

5lj 1jfnl

dteb / clj Zjf; sf]  
 cfyf/f]a; ]  
 ; xdltsf]rNnf sf]Ng]kpf; hf/L 5 .  
 /fhwfglsf ; lj wf ; DkGg  
 wdx;df  
 pg}Sxl efn]sv/fx;  
 h]k]kg cfk]h]  
 ; xdltsf]rNnf sf]Ng]kpf; u5gV  
 pgsf oqtqsf ; dy\$X;  
 ; Deflj t rNnfX;  
 cf]g]klfdf knfg\gknfg\cf]nf u6b}5g\  
 lbqxFeFn]sv/fx;sf]/hf0F/ la:6f0h]  
 k/}wd knfx/sf]8^u/df kl/oft e0/x5 .  
 o:tf]nfl5 -  
 of]clj Zjf; -cft^asn]k/fk/ tl efn]fx\$sf  
 wdel/sf sv/f-sv/l  
 a]gdf aff/x5g\.



e}xjf .

## I; dl/s

/fdaxfb/ kxf8L

d klg 3fd kfgldf w})k6s ?em]sf]5'  
 uNnlsf ; f9X; ; u klg hw\$sf]5'  
 sfd lj z]fn]ltdf]3/df c]Pf  
 9f\$fa6 lrRofP/ af]h]Pf  
 t/ csh] ; jfut uof] ltdf]dsf{aem]sf]5' .  
 ; ]h]f0{ ; ]f]sf]nf]f0{sf]nf]eGg]afgl v/fa  
 h:tf]h]f0{to:t}bVg]cf]v]sf]gfgl v/fa  
 clxn]klg d p:t}5'  
 tl s6fs6lx; h:t}5'  
 o:tf]nfl5 /fhwfglsf]vfg]kfgl v/fa .

sf7df8fj .



# yf^a\$sf, a\$sf / d

hgfbg bxfxn

yf^a\$sf, cglu6tl /ax;sf]ld>of  
 cd^t{l] :dosf] ; ofu  
 sk8fdf kf] ] d c]nslt  
 snfnf0{phfu/ ub]5' ltdf] ; fd'  
 /^a\$sf a\$fd  
 kfs\$sf s]rf cgel^tnf0{  
 5tf5Nn sk8fsf lj xf/df  
 d kf]b}5'  
 v}/ftf]/^a ltxg; dg k/fpb}g\  
 lsg xf] <  
 /ftf cgel^tx; pglx; afB}g\  
 ; \$fdf ; ]f, kx]h / glnf  
 t/n dgx; dGb d:sfgsf ; fy  
 kf]b}lx85g\leQf-leQdf  
 cr]h v]lsg xf]/ftf]klt  
 dnf0{klg lj t]off xb}5  
 /^a / /ut bj df,  
 kl/j tgsf] ; u6w st}el6b}g  
 Dffgj tfsf]dxs st;}b]v}b}g  
 Vff6f a; \$f kx]h 3fpdf  
 d yf^a\$sf b]b}5'  
 a\$sf-a\$sf b]b}5'  
 slxn] ; hfg]l]tgnf0{goff sk8fdf  
 slxn]xf, fpg]l]tgnf0{cf]x;df .  
 yf^a\$sf Pp6f cgel^tsf]a\$sf  
 yf^a\$sf Pp6f ghssf]snf  
 cg\$fb}yf^a\$fa6  
 d Pp6f yf^a\$sf lgrf ub]5'  
 snfsf]cgel^tsf]  
 hljgsf]zfl6tsf]  
 clg lg; ^a\$sf d  
 5tf5Nn sk8fsf]lj xf/df  
 kf]b}5' .

bh]uf8f, t9xf .



# 6\$g] ls ; dfgp]

8f= lj Zj blk clwsf/L

; do lgs}ck7]f]xb}u0/x5  
 lh6bul]sf]dg b0{6qnf xg v]h]b\$  
 Pp6fn]eG5 - d 6\$5'  
 csf]h]eG5 - d ; dfp5'  
 of]6\$g' / ; dfgp]sf]alrdf  
 sg]cGt/ xb} h:tf]nfUyof]  
 cf]h dgn]em]Q v]bf eg]  
 d klg ; f/}cndlnPsf]5'  
 Pp6f elg/x5-6\$] s]knf0bf  
 ; dfgp' kf]k5{  
 csf]elg/x5-; dfp/ s]knf0bf  
 6\$g' kf]k5{  
 o; f]x5{  
 6\$g}Gbf ; dfgp]g;  
 j}ej zfnl ePsf /x5g\  
 6\$g} psfn]sf]prf0df ku]  
 cf]fn]em]f/x5g\  
 cf]fn]sf]k5f/df ku]  
 psfn]r9b} /x5g\  
 ; dfgp]g; eg]wfgsf]afnfdf  
 r/fn]aoh] v]h]h:tf]  
 kl^a df Bf} ; d]RrPh:tf]  
 5f8} gldNg; nf0{ ; dfp/}  
 7fp-7fp ku\$ /x5g\  
 of]5f6s/L hdfgdf  
 nfd]af6]lx8} v]h]g'  
 d]f]6\$g]dgsf]g}b]f /x5  
 ; dfgp]dg t u0; s5  
 afh]k/]f em]6}Gbf l56f]rfndf  
 ; onsf]dxndf a; ]  
 dnf0{elg/x5f] /x5  
 ca 6\$g]ls ; dfgp] <  
 ; do lgs}ck7]f]xb}u0/x5 .

d]l]l, sf7df8fj .



# slj tfsf] bZdg

ho6tf kfj/h

kf7slo jofg ; g] ; flr/x\$'  
 sf]xg; S5 slj tfsf]bZdg <  
 s[tx; sf]l; xf; gdf a; }  
 kf]km / zdf\$]8fo/L  
 k; ; fsf]:g]n]; d; Dofp]la; ]gurl{  
 n]\$lkotfsf] clnf] kxf8 r19/xbf  
 xtf/sf] ofqaf6  
 lg:sg]j flkmf ; jfnx;n]  
 lr; f]:of7 af\$] slb/xg]slj tfnf0{  
 rrf\$]zlto4df x/fpsf]xgk5{  
 ds\$] dnQfx; em]  
 bl]6sf]jfbfldf em08/xg]sxl gfd  
 slj tfsf]bZdg xgk5{.  
 yk}5g\slj tfsf bZdgx;  
 cf? km\$] ; fem NorDkf]6af6 v:g]hgfnf0{  
 ; Defjgfsf ef]s nksfx;n]  
 pkl:y]tsf]dWofXgdf t; f\$]xgk5{  
 3/ km]mPsf]df]g; n]  
 Roflt0/xg]k]xlg hdfgf  
 d6h]l; pb}ubf{  
 df]km nsf] emdn 3fdnf0{  
 Oiof\$]j fbnn]9fs\$]xgk5{  
 hGdg' nuQ}db]fs}5f] /fhdfu{bf8g]  
 l; hgf\$]lzz' cfbt  
 slj tfsf]bZdg xgk5{.  
 zl; ksf]Sofkm]6  
 d8df atfl; /xg]klknaf]; kgfx;  
 kef]sf]VofDkdf rfn]dfl//xg]; f]box;  
 l; pBl]sf]af] dlq  
 kmh / sf8f ufl]8/xg]kl/>dx;  
 cWoogsf]khf 3/ aflx/  
 uGygsf]nfd] ?bl k9x;  
 k}fn]hf] slj tf  
 ckdfgsf]lxnf]5dflkgx; .

; DaGwsf] ; Ddf]xgn]  
 a]Ns/xg]l]nnlk6 ; dodf lg/Gt/ vGofP/  
 Pp6}7\$ldf zAbsf]0Gb0fl  
 cf; osf]p:t}g]l lemg]lj 1 klq  
 sNkgfsf]klutf]bfpgn]  
 ; h em] sf]Jo cy{nNofpg]  
 slj sf]cf`g}/x/ klq  
 u6aGbl]sf]afSnf]h^unleq  
 c; sg]lzNk; ; kg]glbg]ol/ofsf]7x/ klq  
 rf/f]em]l6k]; c^unl l; d; f/sf lj Dax;  
 Wo0sf]km/s cf; gdf  
 Ps v\$]prfln/xg]asNnf klq  
 slj tfsf]bZdg xgk5{.  
 a4' :sh]em]lj Zn]f]ofsf]snd 6f\$] ; flr/x\$'  
 sf]xg; S5 slj tfsf]bZdg <

sf7df8f].



## 3:ofxf eQmng

dw'; bg kf08p

xftdf khf ; fdu] lnP/  
 lbgxf dlGb/ wfp5f}  
 cf0taf/b]v zlqaf/; Dd  
 dlGb/ / zlQm kl7 wfp5f}.  
 efsn u5f] khf]egdf kf5f}  
 ehg ufp5f} v]h8l ahfp5f}  
 /fdgfdl cf]5f} ?b]lf nufp5f}  
 xkt}lkr5]pkjf; a:5f}.  
 dfydf rGbg, lqk08 nfp5f}  
 3/df df]lg]duGt]cfpbf  
 Ps; 'sf]glb0{u0 nfp5f}  
 eujfg]sf gfd hkb}ltg]nf0{ufnl u5f].  
 dlGb/ hfbf l5d\$]l au]f l/Qf]kf5f}  
 dlGb/ ku]l nf0g ldr5f}  
 kfr ?k]of e0l r9f0{c/aklt aGg]; kgf b]5f}  
 3:ofxf eQmng l eg t ltdl s:tf ; kgf b]5f}<

dxfa\$fn, sf7df8f].



# x<sup>b</sup>5g\d7f cfmfx<sub>z</sub>

↻ l8Nnl/fh cofh

s<sup>b</sup>bzsbjlv vhfsv vhf eP/  
 cff; 'auf0/xg]d7f ol cfmfx<sub>z</sub>  
 x<sup>b</sup>{vff]5g\d7f5\$fcgxf/x<sub>z</sub>  
 hfGg, a%g ltgsf dgffj x<sub>z</sub>  
 Joj xf/ / lsfnsfx<sub>z</sub>  
 lsgls Toxf Pp6f lh1f; f 5  
 nfn; f, dx / lh1f; fsf]dl7f]; efhg 5  
 / t dh]tl cgxf/df  
 uf} u/7 x<sup>b</sup>u/\$f]5'  
 / /fdffkg vff]g]u/\$f]5'  
 sg}goff jf k/fgf]xf0g  
 /fd]df5]vff]g]u/\$f]5' .  
 vff]f0sf qmddf dh]  
 x/\$ /fd] cgxf/df /fd vff]h]  
 x/\$ af7fsf]cgxf/df s[0f vff]h]  
 x/\$ zfgt / uDel/ cgxf/df ac vff]h]  
 czfgt cgxf/df dfs; {/ nlgg vff]h]  
 t/ st}el6PggVfd, s[0f / acsf  
 dfs; { uf6wl / nlggsf ; Rrf cgxf/x<sub>z</sub>  
 ltgsf rl/q, sfzn / Joj xf/x<sub>z</sub> .  
 dfq el6P gf/b, zslg / wt/fi6sf  
 s#; /fj of / sDesOfsf  
 lx/0oslzk, eidf; / / lzzkfnf  
 lx6n/, d; flngl / Oblcdlgsf cgxf/x<sub>z</sub> .  
 a? Pp6l ; Ltfsf]  
 Pp6l ; fljqlsf]vff]hl ubf{  
 el6P ; ofbzKofvfx<sub>z</sub>  
 Pp6l zsgtnfsf]vff]hl ubf{  
 el6P xhf/f]xfl]nsfx<sub>z</sub>  
 Pp6l ejfglsf]bzg vff]bf  
 el6P nfvff]ktgxf<sub>z</sub> .  
 s'; l2ldf a:gx<sub>z</sub>sf] xhdf  
 st}goff lj qmdfbto el6Pg  
 goff /fd zfx el6Pg

/ dxLGb]dNn el6Pg  
 a? el6of]Pp6f ; ff  
 .s; ldf a:bdf sfxl jL/ lj qmdfbto agb<sup>b</sup>  
 sfxl /fhf hgs jf efh agb<sup>b</sup>  
 /fhf /fd jf /fd zfx agb<sup>b</sup>  
 hgtfaf6}5flgP klg sfxl ln<sup>a</sup>sg agb<sup>b</sup>  
 To:tf]ag t klxn]dg agk5{  
 dgl; t}df5\$]cfb / ; fx; agk5{  
 c7f<sup>b</sup> / lqmfzlnf a9k5{  
 leleqaf6 lfdtf / ; <sup>a</sup>SNk agk5{  
 tklg x<sup>b</sup>5g\d7f cfmfx<sub>z</sub>  
 vff]b}5g\d7f cfmfx<sub>z</sub>  
 st}el60xfN5g\Ns To:tf cgxf/x<sub>z</sub> .

sf7df8ff.



## d / d7l

↻ blks e08f/l

d / d7l pgl  
 hljgsf]uf7f<sup>b</sup>df kf0nf rfnb}5ff  
 xfdl la:tf/}clg ; Dxflnb}  
 goff af6f]sff]5ff  
 t/ ql; t 5' d  
 s]uGtJodf t kluff=st}; fy 56g]xf]ls <  
 hljg sff; ; xf]/ lj Zjf; klg  
 sxl 3fl/G5' / d lj Zj:t ag5' .  
 xfdl hljgdf x/\$ r6dfg  
 clg 3Dtlnf0{kf/ ug5ff  
 xfdl xjf f-x/L, 3fd-kfglnf0{enllg5ff  
 x/\$ el/-kfvf-kx/f  
 clg psfnl-cf7fnl l5rff]g5ff  
 t/, slxn\$fxlf sl8G5 d7f]dg  
 dg}t xf]cfp5g\cg\$ ts<sup>o</sup>f  
 ; fob; ; rfb; rfb}klug5 xff]-clGtd uGtJodf  
 sfxl l9nf} sfxl rfbf] .

sf7df8ff.



# kxf8 / kḡ

↻ bdfb/ k'8f; ḡl .lszfYU

ltdln]aem of ga'em  
d hIQsf]lgZ5n dfof ug{kḡl  
c; sfxl xg}; Omḡ of]; #f/df  
lxdneḡbf w]}dflysf]prf0 bVg rfxG5' d ltdf]  
s0ffleḡbf cem s-rg / nfd]  
knfj 6 xf] \eGg]rfxG5' d ltdf]  
ltdf]; fd' sxl klg lj s6 /xbḡ  
Tof]dḡ]aem]sf]5  
ltdf] kf0nf / kf]vdf htftt}d:sf0/xG5g\cf]fwl / cGg  
Tof]dḡ]bV]sf]5  
ltd]; uḡw ; B] ltdlnf0{g}xlgx;ḡ  
slQ 5g\slQ of]; #f/df  
ltdlnf0{g}eḡfu agfP/ ltd]abVj f0f ugx;ḡ  
slt 5g\slt o; wtlḡf  
; f/f kYjL PSn}af\$g' sfwdf egf] \s; ḡ]  
a? Tof]ef/ af\$g tof/ 5' d  
dYl kḡ; Lsf]gftfn]s; ḡ]6ḡf]cfMfn]ltdlnf0{x}sf]  
; xg ; lOmḡf d sbflk  
Ppḡf kḡ]sf]nflu kḡafx\$ c; s]g}xg ; S5 / 7hf]<  
kḡleq s]kf]xg ; Omḡ <  
j ; Gt / z/bst ; Gb/ kḡhx;sf /<sup>a</sup> / cfsf/df  
x/\$ kxf8 ḡllḡ]ltdf] ultdf dYf]:kz{gxf] \  
s; /L ; xg ; S5 / d  
lf0f lf0fdf dnf0{xbḡ ltdl rfxG5, s]n ltdl 0  
ltdl 6f]9Psf]aḡf  
; Dem c:tf0; s\$sf]xg\$ ltdf]kḡl  
; #f/sf cll0f/f / phofnf ; a)kḡ]x;ḡaf6  
dḡ]aem]sf]clḡtd ; To ; G5ḡf}  
ofqfdf ltdl xg' / d gxg' d xg' / ltdl gxg'  
ofqf g}xg ; Omḡ cablv  
ofqf gxg]xf]eg]s]cy{5 / ; #f/ xg]sf]  
dYl lkḡ 0 d ltdlnf0{oxlḡaf6  
Ppḡf ḡfḡf]ofqsf]nflu ul//x\$' cfdḡq0f .

rl/sfḡ, bḡhvf

# r] afḡ{

↻ lbj fs/ :j KglN

b0{; Ddv lbzf rln/xG5 rfn  
rf] ḡl kḡḡdf ljeflht 5ftl  
:j fldtj sf ; fX[kḡḡdf  
c; Gtli6 / dxLj sf<sup>a</sup>Nf ḡohg xG5  
hḡdfpb}ueḡf6 s; lḡ l; kfxl cl3 a95  
58\$]xflgG5 lj/fwL ; knof ug{  
sfsfsh ph6 ḡflk/xG5 d;eld  
kḡḡtlo :j ulḡtf hḡfpg]celiḡdf  
Sof; ln<sup>a</sup>df xfQl yflklḡG5 cf'g}5ftl  
3fḡf lxxlgxḡp5 Ps kḡ vP/ .  
akḡbf/L kḡfl0ft ug{5 dḡqln]  
sfnf-; ḡf /fhf tḡp nufp5g\hḡufdf  
/fhf pḡdfbdf khlst agb}  
d bV5' r] afḡ{sf]5ftldf rN5 lfḡof:q 0  
; G5'-af; bsf Un' dl; g 8]  
knkndf tḡḡsf]dḡḡ cl:y/ 5  
ablnbf]5 /fi6</ /fli6ḡtfsf]kl/efiff 0  
lf0fe/df ; G5'-lg/<sup>a</sup>s'ztfsf]; <sup>a</sup>ult  
bV5'-hg bḡḡ / cfḡḡḡt lrḡsf/ htftt}  
cgzf; gxlḡ /fhf akḡbf/ l; kfxl 0  
:j tM :knt {lj bḡx 0 -hgdf ; ḡolj bḡx 0  
r\$ xG5 /fhfnf0{  
crndf xG5 /fhf  
s7}0 c]jfs\xG5 / 3Bf 6\$5  
pxl aḡf  
pbo xG5- csf]tfgzfxsf].

ḡ

**jhoḡt]sf] nflu**  
uhn, dQms, syf, ; +d/Of, lgaḡw, hlj gl,  
Psf<sup>a</sup>sl, uBslj tf, 5ḡbslj tf cflb z'4 6f0k u/L  
shabdarthaprakashan@gmail.com  
df k7fpg ; Sgxḡḡ .

# 8dlx;

☞ buf{ .j gj f; lü

y/ly/lst 8dlx;  
 sg}; fgf, sg}7hf  
 sg}clnf, sg}xfj  
 sg}bAnf, sg}df6f  
 sg}sfnf, sg}; f= .  
 lj leGg lj ziftn}oQm  
 lj ljw kofhgsf lglDt  
 /flvPsf cyf\; hfOPsf  
 Pskl5 csl{n:s/}=  
 st}; fksf]k6z6  
 sfxlf 5ftlsf]vnhkg  
 lj 1fkg- j:qsf]of c<sup>a</sup>usf]<  
 Pp6f kZgrGx=  
 h]u/]klg 8dlx; aff]b6g\  
 htf kmsf klg lj /fv ub6g\  
 ; lx/xG5g\rkrfk, rkrfk  
 whf] wj ff / cglu6tl  
 nfeL gh/sf cltqmd0fx;=  
 xfl8<sup>a</sup> af8df lj 1fkt  
 cw6lg iff8zl  
 klqsdf k\$flzt  
 gllg kfoM ; Gb/L  
 j:qfnosf tl d<sup>s</sup> 8dlx;  
 clg cfm/ / cfmh:tf  
 yk}yk}lbnf0fx;=  
 ; fRb}5]lbnf0f  
 p:t}/x5 xfd]sd{  
 Pp6}/x5 xfd]wd{  
 nflu/x5 p; nf0{cfh  
 lbnf0fx; klg 8dl xg\  
 ; hlj, df;n 8dlx; .



sf7df8ff.

## dfG5] / cfTd; Ddfg

☞ gltf s; l

cfTd; Ddfg, ha rf0l6G5 dfG5\$  
 ls t pm n85 o4sf]l; kfxlh:tf]  
 ls p; sf]cGtd6 elfsG5  
 dxfe\$Dk kl5sf]a:tlh:tf]  
 cfmf xf]cfTd; Ddfg dflg; sf]  
 / of]5ftl xf]kbs yfkg]  
 uff; nl6bf a? bVb6 pm  
 af; klg c9f/ xf] a?  
 cfTd; Ddfg nl6P/ ; 8sh:tf]  
 rkrfk ; lg ; Sb6 dfG5]  
 klxrfg eg]klg, cl:tj eg]klg  
 ; jlj jf h]eg]klg  
 dflg; To; sf]vfhldf xG5  
 cfTd; Ddfg gxg' /  
 gfusf]dl0f gxg'  
 cyjf efnsf]l; p/ gxg'  
 dnf0{p:t}nfl5  
 clg, nfl5 dnf0{  
 k\$z g}xf]; 6\$]cfTd; Ddfg  
 / zlt g}kmsf]  
 tkf0mf0{lg <

sf7df8ff.



x]of]htf pt}/fd]lh6bulsf]/x:o 5.

klhndf jf; gf h:t}dfG5df ulx/fo 5 ..

- glltj rf/af6

# Kof/f] nfluBf] cf08fxf]

☞ kf=8f= bufk| fb cofh

zfgt ; fgGb w/fwfd  
 s]xfhf v]ltdf]gfd  
 lj sn]dgsf]lj >flGtsf]wfd  
 x]cfd cgkd w/fwfd  
 ub5' ltdlnf0{; tt k0ffd .  
 slt zfgt oxfx/x\$ kx/  
 ufpf 7fpf ; x/ xf]ls gu/  
 crn ultdfg\w/fx/  
 sg s]eb ; a}; /f] / .  
 crnf rknf r/fr/  
 5 t ; f]bo{; w]a/fa/  
 dy blk of]ynf ynf  
 ; Gb/ kljq clez]f]knf  
 cgkd gfk ; ksf]of]Ps snf  
 /Do ufg aff /Lsf]snf .  
 kl/t xl/t lul/ lzv/  
 rl/t r]gsf]w/fx/  
 dfg; tgsf]q8f wfd  
 kkt 5 gmf]phf{ofd  
 zfgt ; fgGb x]w/fwfd  
 s]xfhf v]ltdf]gfd .  
 ufpf ; x/ lbG5 bj \$f]sfd

b' bZsf]cf08fxf]gfd  
 nfluBf]df; / ?; sf]r:sf]  
 cf08fxf]leq /x5 7fpf d:sf]  
 af6f, kf6f, afnlgnl  
 lbJotfsf]of]axfnl .  
 pQ/ lbzfsf]cdl/sfsf]  
 d:sf]s:tf] ; Gb/tfsf]  
 ; Vb gdqfsf]cliedfg  
 h6Dof]d7f]gfh]cleofg  
 lal; Gg dh]of]d:sf]zfg  
 lgTo glotfsf] ; Gb/ tfg .  
 of]lzlffsf]s]blcg\$  
 vNg]a14 /lff lj j \$  
 dfg; cfk]zfl; t agj  
 stfo d7f]cf^g]eGj  
 lj Zj r]gsf]afnl kfSbf]  
 cf08fxf]of]/x5 Kof/f]nfluBf]  
 1fg lj 1fgsf]rf; f]/fvbf]  
 gj lh1f; fsf]pT; fx hfluBf]  
 /fdlx6L, sf7df8ff.



## pkm

☞ P; kl cf; f

slj tf nVg dgnf0{k\$F/f  
 dgn] ; fllof]  
 g]kn /f]sf]n]vff  
 jf bnlo x7sf s'/f n]vff<  
 rly/f nufpg\$ s'/f n]vff  
 gfa]lf]lj nf; sf]s'/f n]vff  
 jf cfpbf]rgf]sf]s'/f n]vff  
 dh]eg]- thf s'/f u/f]g  
 thf s'/f n]vffg ü

dg n]; fllof]-  
 bnsf ; f; ugfpg]s'/f  
 dx6Ln]/f]sf s'/f  
 ei6krf/, c; /lff  
 c; xdltsf s'/f  
 aGb}aGbsf syf  
 nf]eg\s]nVg]<  
 pkm]f]t sgr6}r6Sof]  
 e]v]slj t}n]Vbgf  
 zflGteGb c\$fs/}; lGbgf .  
 ; ltfk0nf, sf7df8ff.



# 5f7L 0 dfkm u/

wgklt sf0/fnf

d7L ; fgl 5f7L :sh hfg]alQs}kntsf5]  
d7f]sfvdf a:5]clg  
cfqmfz ldl>t efj df dnf0{; fl]5]  
afaf cfh aGb /]0  
s; n]lsg aGb u/\$f]xf]lg <  
cfh t k9a}kf0Pg  
d c]fs\XG5'  
p; nf0{lbg]pQ/ d; lu 5g  
s; n]lsg aGb u/\$f]xf]  
p; hf0{; fl] klg eGg ; lStgf  
pm d7f]pQ/sf]k]l]lffdf d]t/ gh/ nuf0/x\$}xG5]  
d s]egf p; nf0{a'em]pg]d; lu ; fdYo{5g  
yxf g]eP klg d s; /L eGg ; S5'  
d7L 5f7L 0 of]kmfgf]u/\$f]aGb xf]eg]  
ltdf]Tof]slnnf]dfg; k6ndf of]lj ux j dg:o / gsf/fldstfsf]  
lj if s; /L /fl]g ; S5' / <  
s'/fhgllt t s]sv/fb]v  
kfl/jfl/s snxdf ; d] l5gl5gdf aGb ul/g]of]dh'sdf  
8g / ugsf klfd klg aGb xg]u5{  
hgtfsf nflu aGb eG5g\  
zfob 8gx; klg ; f]m l; wf hgtf g}/5g\Sof/]  
; fRr}eGb of]aGbsf]sf/Of dhf0{yxf xGg  
a4 / ; u/dyfdfly wfj f af]bf  
d]l / sfnl]sf]ckx/Of ubf{clg  
k/f0n]/fhwfgldf vfgtnf; L ubf{d]  
a]va/ /xg]lhpbf dbfx; sf]a:tdf  
j]bs bzg em]sfpg]cfkmg]dh'ssf]em08fsf]dd{  
aem] klg o; sf]cl:t]j Wj:t ug{vfl]g; sf]/fh 5  
hftlotf / lftlotf]bsf]jlp /fk] /fl]6otf ; d]kt ug{vfl]g]  
; j]f g]gu/L d]f vfg nfhk  
ef0aGwx; ePsf]dh'sdf aGbsf]sf/Of s; /L cYof]m <  
5f7L 0 dnf0{dfkm u/, d a'em]pg c; dy{5'.

sfj f; f]l, gj nk/f; l

# ; Defj gfsf] lflth

g/6b| k/fz/

!= cGof]hsf]of]lg]8 cGwsf/, emg\3gf bl]vb}5  
7ls oxl -s'ahfdf=lj Zj bl]6  
wf/fi6«v; \$f]/ sDesOf{; t\$]5,  
bzg sf uf8fx; hxl]sf]Toxfl: y/ 5g\  
be]0o=ct]tdVl, oyfl:ylt / kZrufd] pNnx;  
kvof km6kf0/x\$] 5g\  
el]iodVl cfgGbsf k/]fx; :tAw 5g\  
5of 0 3g3f] n8\$]5  
; #f/e/s}-c /fhg]ts cGwsf/ 0  
@= of]-c /fhg]lt cyft \ANofs xfh  
cyft \s]0f-lj j /  
csNkglo -c\_lj rf/sf] 3g]j n]  
lx/0oue{cGwsf/do 5  
ca Pp6f ; k/g]ef dxflj :km6n]  
; fob l; hgf ug5  
goff cGtl/lf /fhg]ltsf]  
goff lflth clg aGg5  
Pp6f goff tf/f, Pp6f goff ; b{  
Pp6f goff k]j l, hxf l] sl; t xg5  
kvof; lxtsf]Pp6f goff dG5]  
cfsfz; lxtsf]Pp6f goff lj rf/ 0  
#= ax:klt jf zqmrfo{k6nf]jf Pl/:6f6n  
dfs\ jf lj :dfs; dxftdf ufGwl jf kntsf]  
cyj f uf]0; L jf 8fl/8f  
; a}; a}x/fPsf 5g\  
oxl k]lj xlg cGwsf/df  
hxf kglh:tf]aug, lj rf/  
jf r/fh:tf]p8g, ; kgf  
knh:tf]km6n] Abo 0  
\$= cfp]m 0 goff k\$fszsf]  
goff p]hofnf]vfl]l u/f] / nuf]m cfuf]  
of]-c /fhg]ts ANofs xfhdf 0

df]a .



# Ij r/f] r8\$g

g/gb/fh kfBh

k6sk6s ltdln]cfz hufof}  
 sff/ dgx; af6 qf; eufof}  
 t/ slxNo}  
 thfj ag] ufxlsf]xf85fnf kflg ; s6f}  
 dftfn ag] aEf/f l5/fllg ; s6f}  
 bz6 9Ef eP/ kk]f]; \$g ; s6f}  
 r:df v; ]t s]eof]<  
 clxn] Dd Pp6}cfMf]kl66  
 lgwf/df Pp6}6l6Nsf]p76  
 skfn e]Ing' t stf xf]stf  
 Pp6}afn; Dd em6  
 zf\$; ef xg' t stf xf]stf  
 ltdf]gfp6f Pp6}cfly\$ ; xfotf aff8Pg  
 Pp6}3f0t]pkrf/sf]nflu lj b7 uPg .  
 lxdr\$fg ag] hDgkg]lyof]  
 t/ ; w]gfh:tf]g/d eP/  
 Uffnfx; dfly lrlkfb}uof}  
 knt xf]ls kfn]f xf]ltdl <  
 dGbdG6 ; dl/sf]nodf  
 dhfod sfpstl nufP/  
 Aj ff; fx; nf0{v]hfp6}uof}  
 sfp; f]ag] lrrnfp6' lyof]  
 l; :gf]ag] kflg' lyof]  
 t/ pN6f]eof]em08afd ag] x/fdx; nf0{cf/fd lbb}uof}.  
 v}s]tfn k/] xf]<  
 ; w]em6shf]; Gtfgsf]rfn eof]  
 g cz kfP/ yftynf]a; fof}  
 g jz a9fP/ lktfkVf{xf; fof}  
 ; w]aj fl/; eof}  
 ; w]nfj l/; /xof}  
 tklg lsglsg e6g dg nfu5 -  
 r8\$g l cfh ltdl g]ag\$ f5f}  
 ; f/f gkfnl d6sf]w8sg l

; lkfkfy/] l; Gwkfnrf\$

# Tof] hg, Tof] lxdfn

gj/fh sfsf

:jR5 cfsfzsf]6x6x hg  
 w/tlnf0{5hf 5hf em u/}  
 tntn cfln{x6f}  
 tf/fx; lgbPsf]; g; fg /ftdf  
 lxp6f]vf:6f]cP] lxdfn  
 cfsfzd}kuf kuf em u/}  
 dfly-dfly pl7/x6f  
 hg / lxdfnsf]Tof]k6fosf]  
 ; flfl ePsf]5' d  
 z/b kl0f6fsf]/ftdf  
 dl0mgfy uPsf]5' d  
 Tof]; Gb/tf  
 Tof]zflgt / zltntf  
 lj s6 a:tdf lxdfn lgs6 5  
 Pp6f e-; ju{  
 9<sup>a</sup>ufnf0{bptf agfpg]  
 sfnl08slsf]:kz{  
 hf8-hf8n]dGg k9b}5 atf;  
 llflth glhs}5 cfsfz  
 Pp6f aln}eufnsf]ld7f;  
 cfh; Dd dh]; g\$ f]; ault  
 cfh; Dd dh]x]sf]lrg  
 eflhgsf]:jfb-k6sf]; jfb  
 skl klg Tof]hlt ; Gb/ 56  
 hgdf lxdfn 5 ls  
 lxdfndf hg 5  
 v}of]cfMfn]t  
 7Dofpg}dl:sn 5 .  
 xfn M cd]/sf .

6

# x/of 5 ceo

gf/b uf7d

v6k6 5 3/  
 ux's; d lz/e/ lk/  
 dh's ; a tx; gx; u/ .  
 cze s/of hlt e/  
 ; sn ze u/ k/k/ .  
 5nsk6 lgk0f n3h3' bn ag  
 lxdlv/ 0ht vg  
 ; a wg lems / ud /gjg  
 kult clg lj sl; t /6 / eg  
 hk va / u/ ehg j/k/  
 lntv u/ ta 5/ 3/3/ .  
 ; a dg hlt k/ w/d/  
 5 dh's ktgl/ t/  
 h8 dg olt t/n 5 / 0  
 uxg dlt /lxt hg cem lj kb yk  
 ou ou ul/a 3;  
 lbgfbg lj if j dg u/ .  
 ; s; hlt xh 3/e/  
 ; a kl/dn c; h  
 cxx 0 slit clgoldt bn  
 dh'se/ cgj/t vnan  
 olt lj kh hgan  
 t/ cnu cnu Abo ; sn  
 ta lj sl; t /lx5 5n  
 lbg lbg x/of 5 lg t ceo .  
 an6S; f/, uNdl

6

z Abfy{ k\$ fz gs f k! ts x? k96ePs f]5 †  
 kn{ g]kfn klAnlz<sup>a</sup> xfp; klg xfd]xf]x}.

# d/fyg

glnsd'sdf/ zdf{

d/fygsf] wj s  
 wj g dfu{df nufft/  
 c; ; f|x; kfvf nfpb}  
 lg/Gt/ al9/x5=clGtd laGblt/ .  
 wfj sssf ; xwfj sdf  
 cfkn{tsf]efj xbg  
 ; xofqf xf] eGbdf  
 ; u; u}hfpf eG]5g .  
 lrlkng]lrlknG5g\kln6g]kln6G5g\  
 ; DxNng]/ p7fpg]  
 wfj snf0{knt b 5g .  
 kl5 kg]kl5 k5g\  
 kl5 kfg]t nlo g xf]  
 lhTg]xfg]:j R5 n8f0df  
 vfh\$]t :ofaf; L g xf].  
 dfG5]wfj s / hlj g wj g dfu{xf]  
 w}}lrlknG5g\w}}kln6G5g\  
 c6n lj Zjf; / OR5f zlQmsf dflns  
 clGtd laGbd f cuj f xG5g\  
 kl5 kg] / y nfp5g\?b}s/fpb}k5f18 cfp5g\  
 lhTg]x; sf s/f sf65g\  
 cf^gf-cf^gf kl8f ; f65g\  
 ..j fyl{/5 d2t u/9=lsg dl; t kl5 k/9  
 lht]eg] dVv k^of5  
 cf^gf]u0fufg cfk] u^of5l .  
 .ca pl; t s\$]gftf  
 s\$]; fyl s\$]eftf  
 lhTg]x; alr d8/fpb}5  
 Toj]kfhl t a]n}/5l  
 xfg]x; sf]hdf t aG5=lhTg]x; sf]hdf t aG5  
 d/fygx; rNb}hfG5g\  
 lhTg]xfg]cfp5g\hfG5g\  
 kGbxL .

# s:tf] xfhf of] ; do klg

k0ok| fb cfrfo{ .af156fl

d kl08thlnf0{e;dg dlGblt/ uPf  
 t/ kl08thl t e\$ldf /S; L lkpB}/x5g\  
 dh]kl08thlnf0{; fWf kl08thl, tkf0h]klg /S; L lkpgePsf]<  
 kl08thln]eg] dh]lknfPsf]xf]g ef0, ; don]lknfPsf]xf].  
 d g]fhlfnf0{d;dg kf6L{sfofhlt/ uPf  
 t/ g]kfhl u08f / hgx; nfo{kf6L{; b:otf lbb}/x5g\  
 t/ g]fhlfnf0{; fWf g]fhl, u08f / hgx; nfo{; km]tf lbg'ePsf]<  
 g]fhl]eg] dh]lbnfPsf]xf]g ef0, ; don]lbnfPsf]xf].  
 d chGnf0{e;dg s?lfdlt/ uPf  
 t/ chG t wdfwd o4 xfb]/x5g\  
 dh]chGnf0{; fWf chG, ltdln]klg o4 xf/\$f]<  
 chG]eg] dh]xf/\$f]xf]g ef0, ; don]x/fPsf]xf].  
 d :jfdlhnf0{e;dg cf>dlit/ uPf  
 t/ :jfdlhl t anftsf/sf]cleof]udf km]p k/\$f /x5g\  
 dh]:jfdlhnf0{; fWf :jfdlhl, tkf0h]klg anftsf/ ug'ePsf]<  
 :jfdlhn]eg] dh]u/\$f]xf]g ef0, ; don]u/fPsf]xf].  
 d lj Bfylfnf0{e;dg lj Zj lj Bfnolt/ uPf  
 t/ lj Bfylx; k':tsfno hnfpb}/x5g\  
 dh]lj Bfylfnf0{; fWf ltdlx; n]klg k':tsfno hnfpPsf]<  
 lj Bfylx; n]eg] xfdln]hnfpPsf]xf]g ef0, ; don]hnfpPsf]xf].  
 d a4nf0{e;dg nldagllt/ uPf  
 t/ a4 t nldagld]P s]km]L{; e;dg kf]rnfpb}/x5g\  
 dh]a4nf0{; fWf a4, tkf0h]klg P=s\$km]L{; e;dg rnfpPsf]<  
 a4n]eg] dh]rnfpPsf]xf]g ef0, ; don]rnfpPsf]xf]l  
 d]t]b]L, sf7df8fb.

# s] tkf0h] cl]grqm k9g' eof] <



# gfd

☞ k\$fdl0f bxfn

dfG5]ePkI5 gfd klg xbf]/x\$  
cem 9<sup>a</sup>Ufd6f]/ hgj /sf]klg xbf]/x\$ .  
kh agfpg\$]gfd xg' t :jfe]j s}xf]  
kh elsfpg\$]klg gfd xbf]/x\$  
b0{c1f/ a9<sup>t</sup>)ePsf]abgfd xbf]/x\$ .  
; j {fwf/Of cfd dfG5\$]klg Hofbfrflxf  
b0{c1f/}yk\$]udgfd xbf]/x\$ .  
hg /fh]klg cf^g}v; L cf^gf]gfd  
gfd, ;'gfd, bgfd, abgfd jf udgfd 0  
lx6n/sf]klg gfd eof]rlr{sf]; U; U}  
h:tf]b0fwgsf]eof]olwli7/sf]; U; U}  
/fd; U /fj Of / ufGwl; U uf8; \$]h:t}  
oBlk yxf ePg, s; sf]eof]a4 / jL/0b\$]; U; U}<  
7hf]gfd sdfpg]b06}tl/sf xG5g\c/+-  
; fgfnf0{bvfp/, jI-rt kf/} clg ww{ ?jfp/  
jf bv / j -rgf x6fP/ clg dgkl6sf xf; fp/ .  
cluNnf]tl/sf g}; lhnf]xG5 Sof/]; fob  
ta t w}x}bf /x\$5g\?jfp/}7hf xg}x  
kfnf]kl//xG5 Itglx; U}htf kmSP klg  
d]nf]nuf nfp]klg eng'w} ; lsnf]nfp]  
glD7f]af]g]klg eng'w} dl7f]af]g]  
clwsf/ gePsf klg eng'w} ePsfx; U .  
cyj f o; /L eg]klg xfhf ; fob  
tg anftsf/L klg dg anftsf/L klg  
wg n6}x; klg /fi6«e6}x; klg .  
lj]lrq nfu5 of]7hfsf]kl/efiff klg  
; bf 8/; U / gfd; U hff]8Psf]bv} .  
d]f]kfr j if]gfltnf0{; fl]g; -  
s; sf]8/ nfu5 afa' thf0{; aeGbf a9L  
k†08, jf0l; Pn, cf0lhl /fgf jf cfafdfsf]<  
cx† dnf0{ t ; aeGbf a9L 8/ nfu5 cf^g}s lffsf k/z'/fdsf].  
rfah, sf7df8f].

# cfvdf Ps w; f[] ; kgf

☞ k0f[] :gxl

c; sxl sxl geP klg  
d]f]tGg/L cfvdf]cfvdf  
; kgfsf]Ps w; f[]0G60fl bff]8/xG5  
sg}Dof/fy'g wfj sff]kl't:kwf'h:t}.  
j if]j if{eof}of]sf7df8f]cgfd  
uNnl / rf\$X; df pleP/÷d]h]; wf; wf  
8}f ; fRbf ; fRb}8}f vff]bfvff]b}  
3f0t]af3h:t}ePsf]5'  
xf/\$]hj f8h:t}ePsf]5' .  
c; sxl sxl geP klg  
cfvdf Ps w; f[]; kgf af\$} affr/x\$]5' .  
cWof/f]; fB'/f]l5Blx; df  
ad]f]d a; y{klm\$]  
j}z; nf0{aGwsl /fv}÷; flr/x\$' o; kfln klg  
z/0ffyl{em}of]cgfd ; x/sf]  
ckl/lrt lbgx; U}cem  
slt j if{8}f vff]bf-8}f ; fRb}f laTg]xf]  
d]f]gfp]nfknk}f]j ofgdf  
yk}yk}b36gfsf]  
clnlvt syfx; n]V65  
c; sxl sxl geP klg  
cfvdf Ps w; f[]0G60fl÷; kgf cem]klg affsl 5 .  
Toxl cingf]; kgfx; sf]kl5kl5 bff]8/x\$'  
lnnfdl ; fdfg em ; 8s 5p c; /Nn /fv]  
k'/fg]cf/ef, yf]f]6f/ / tf/ l5g\$]Ej f0n  
sxl hgo4sfnlg krfx;  
l; ; f kl6\$]nfnl6g÷oq tq ; j 5/ki6 5g\  
sfsfhh:t}dlut]offdf  
of]sf7df8f]; x/df plePsf]5'  
cfvdf Ps w; f[]; kgf lnP/ o; kN6 klg  
ltdl eg]d]f]cfvdf]  
Ps w; f[]; kgfsf]d]h} tf\$5f}.

k'tnl; 8s, sf7df8f].

# clekʏoff

afns[0f e\$ /f0{

xf] klxn\$ f dflg; gfa\}lyP  
; Eotfsf] cefj n]  
cfwlg\$ dflg; gfa\ub\$g\  
; Eotfsf] kefj n].  
al4dfg\ xbolx; km/flsnf] d6' kf/ʏ  
c; Eo / gllgtfsf bxd f 8aʏ  
; Eotf / lzi6tfsf ; lkl vflgk5{  
lj j \$ / w6\$ f ; Dan af\$ʏ  
lxnf0f kllng] sdnsf] cge'lt ugk5{.  
xf] x/ \$ snv08df  
bofwg; rL/x/0fsf ; kgf af\$ʏ pkl:yt e0/xG5g\  
bfxlj in /fj 0fx; if8oGqk] \$  
; Ltix/0fsf nlfu lrof] ul//xG5g\  
k/Gt'; bofwg / /fj 0fx; sf]  
; b} bMvb cj ; fg ePsf] 0ltxf; 5 of] wtl6f .  
bofwg-/fj Of Ps kj] 0 xf]  
of] leq klg xG5, aflx/ klg .  
; Ltf / bflkbsf ; xgzlntf / ; bfrf/n]-  
/fj Of-bofwg kj] 0 ; w}k/fhlt ePsf 5g\  
To; h] ef] stf / ; h}gzlntfaf6 dfly p7ʏ  
af6f] g5f8l ou xG5k5{dfG5}0  
obf sbf cfp] cfwl / tknfgnf0{ktlsf/ u/L  
c; Eonf0{; Eo agfpg] ; a\$Nk ugk5{  
lsgls a6a g}t ; l[6sf] ; flt xf].  
xf] lhGbulsf 3dfp/f uNnlx; df  
hlj gsf] uf8l xG5g uxf] xG5,  
dfgj lo bahtfsf ck]oflzt bfgj l rfb kbfc  
; j tGqtf ckx/0fsf emsf kSs}k5g\  
k/Gt'; dfG5}b}l / bfgj l zIQmsf alrsf] Ps lj Gb' xf].  
clnst ===== n]pm b] xG5  
clg km/s clnst ===== n] bfgj .  
xpojfg; k/fhlt dfgl; stfaf6 knfog vfl] b6gg\  
hlj gx; ; fglltgf ; a\$ifaf6 ptl; b6gg\  
; fj wfg 0 hlj gaf6 sfo/x; dfq efl5g\

nloaf6 bafx; dfq lj dv xG5g\  
To; h] dfG5}ltdl ch6 zIQm lnP/  
cgl t pT; fx lnP/ 3Dtl / df8x; df  
df} dl slx/fhf0{lrb} hlj gsf] uf8l xG5k5{  
olusf] uf8l xG5k5{.  
; j tGqtf t Ps cge'lt xf]  
h] hleqsf] Pp6f a6bl klg  
lj zfn nlosf cufl8 cfkthf0{dQm ; Den65,  
nf\$ snof0fsf] ; fwgdf nlg of] ul cfkthf0{hlj gdQm ; Den65 .  
To; h] k/tGqtf sf] sfNklgs cge'lt hGdfP/-  
anjfg; lj holx; slxn] klg kl5 eflubgg\  
agwg / dIQm t dfgj lo dgsf pkh xG5g\  
dfG5}0  
laxgsf] gl/j tdf pbP/  
sfNklgs ; #f/sf] zGtfd  
PsfGtdf x/fpg] t; fl] lj blOf{dgnf0{  
cf'g}dgnf0{clgbtsf] lzsf/ gagfpm 0  
dfG5}0  
sfnhol ag, lj Zj lj hol ag  
p7 0 cfkthf0{p7fpm cfkthf0{ caem -; w} xG5g\  
dfG5} ; sdhf] ln] of] wtl\$] dfG5]  
w} } k6s k/fhlt ePsf] 5 .  
Ps k6ssf] xf/ clGtd km nf xG5g,  
To; h] dfG5} sf xG5g; xf]  
dfgj dgx;  
; b} of] wtl6f, ltdf] cgxf/df  
v; lsf /yf blyg rfxG5g\

e}xj f .



slj slj tf xf] ; \  
slj tf slj xf] ; \  
slj tf ta kf] xG5  
zAb ykf/lsg s] xG5 <  
efj eP kf] slj tf xG5 .  
-kf/; dlOf kwfg

# cdfd

aflnsf lzjfsfbl

cdfd 0 ltdl ue{wf/Of ubf{slt v';L eof}<  
v';lsf ;ldfx; a9fpb}  
khv khv gfRof}Xj fhL  
dh]kYjldf kj z ug{nflubf  
ltdf] dgdf slt kZg pAh]xfhfg<  
cfh tl ; a}kl/ / afwf lal; R/ ddf /df0sl 5df}  
ha d ltdlnf0{6Nn xY} xfg yfNy]  
ltdf] cfvdf lgdh cfgGbsf]efj bYy]  
; dosf]vjh g xfdG5sf]hlj g <  
d afd]; /} p7g vfh]bf  
w/d/ eP/ n8g nflubf  
sbh}; dft} dnf0{tft]l; sfPsf]  
cfh}t:tf] nflU5  
; Gtfgsf]; v / ; ljwfsf]nflu  
cdfdx; slt ; jhgZln xbf /x\$g\  
cfh ; fh} d vb cfZro{rlst 5'  
dYf]gfgf / vfgfsf]lrGtfn]  
lk/fh}sf ltdf] tl cgxf/  
cfh d k6s-k6s ; Denb]5'.  
d a9b}uPf ; do laTb}uof]  
; dosf]rqm s; n]abNg ; S5 / <  
cfh d vb cdfd ag]xfBdf plebf; d}  
ltdf] cgxf/df tlgkq rfp/L cfpbf; d}  
sfnf n6/Dd skfn khn} ; }e0; Sbf; d}  
ltdlnf0{dYf]lrGtf 5  
s]n dYf]lrGtf 0  
t/ ltdl ca dYf]lrGtf gug{cdfd 0  
lsgls d vb ltdf]/ ltdltNo bZsf]  
lrGtfdf 8la; s\$}5'  
h; sf nflu k/]hlj g g}klg  
alnbfg ug{d / dh:tf  
s/f8f;5f}L tof/ xg\$g\

rfah, sf7df8f}



# o:t0f lalt/x\$ ; do cndn

ladh

c;sf]efj lrQ by} clg k9}  
sf}f-sf}f nflU5 ; fRr}v'a u9}  
n^u8f]eP klG 6fs/ r9}  
s]g}xG5 / eDsf]dfG5]n8} <  
l; Sg]t xf]lg 0 shf0{kl/=kn} s:5' clg xG5' wl/  
sf]l; ; t xf]lg 0 lj ifodf ly/  
l6sfp5' cfMf clg entsfp5' lz/  
; fdgf cuf]8 eofgs el/÷; fx; cfbn]; a}efsf jL/  
cGtl/lf t tfs]p7fP el/  
c; Dej sf]5ftldf ; Dej sf] tl/  
1fg / efj gfsf ; f}bo{lrg  
afxv/L clf/sf ; k ljlrq  
; xof}L k}L ; jefj h]leq  
z4 ; ^nf]klgt / kljg  
dg / 1fg cfsfzh:t}hit klG c65 ldn} a:b}  
cf} / / bf} / lg:sb}k:b}  
7fp kfPsf]efj gfsf]; :t}  
zAb lrqsf]lj leGg bfp=:j ; k cg' f/ dNo / efp  
clf/ kl/jf/sf ; a}efp÷lgsf]n5 /; lkpb}vfp  
k}do lrq cfk}d:s'/fp5  
cfG6b lbg c^a\$ / alg lvnlnvfp5  
zf\$ lrGtfn]slxn]sfxl lknknfp5  
z^a\$ / eon]to; }lrnlrnf5  
bff] ls6b}zAbn]qmf} byfp5÷xf]s lbb}kn} / pT; fxn]cfp5  
d[osf]Jofkf/b]v 3off nYfp5  
nfnr df} lj ifodf cbet kfp5  
kTkltPsf]lg:s}k15 w0{/ zflGt  
clf/ lrqsf]dx/df blvG5 sflt  
; ldf 5Gb-no-cn^a\$ / gfgfeftl  
; To lzj ; Gb/ aXdsf tftl  
ljz\$ a14sf clf/ gfgf÷dVb}; Gb/ ldn}sf bfgf  
; / ldn}sf]; ^lt ufGf  
clf/ efludf 8Ag]afgl÷lknfp5]v' fp5]lj ifo 5fgl

cfsif\$ dflxgln]tfgl tfgl  
 lbPsf]sg}; hQ vfgl=bVbdf sg}cfcgfsfgl  
 ; fqm]/ rfdfl]rkfpb}hfgl  
 :j fbsf]s'g}dl7f]dfgl  
 /; lkpg]afqmf 5fgl=Rj f\$sf]sg}rfVg]afgl  
 ; bf vn:t k:ts gfgl  
 kf]6f el/lbg]Toful bfgl  
 :j R5s lj ifo >17 /fgl  
 cTofpg]dTofpg]lj ifo sfg]  
 xg t :j efj cg;f/ nfg]  
 sft/ klg ; ^\tn]cfl6nf]  
 pT; fxl k0Tgn]j fSo wfg]  
 log\$sf]; fyn]sf]kl Wofgl  
 cfzlj fl6n]sf]kl aXd1fgl  
 ; bf ; jHl 5g xflg=Kof; dl]6g]cdT kfgl  
 :j fy{eGg]s:tf]hft=cfw]al4 vftsf vft  
 :j efj To; sf]b0{hla]aft  
 k\$sz/lxt ; w\$sf]/ft  
 z]Hfs 3d08 lyr] xf]ls=dfG5]af]4s gb]y] xf]ls <  
 hf6nfg\egl 8/fP/ xf]ls=gSsnl kdf0fkqn]; lhP/ xf]ls <  
 dflnssf]akmf/ ag] xf]ls <  
 hfg\$sf]klg la; ] xf]ls=lj rf/ nfbg yfk/] xf]ls <  
 galeng]k7 3f\$] xf]ls <  
 ; flrf]s'/f n]fPsl af\$sl  
 ; Hhg-enfbdl b]f0{tf\$sl  
 ; /:j t]lsf]j/bfg kfPsfx  
 al4hljl tSdf nfPsfx  
 z]Hfs eGgd]f 5fPsfx  
 k/:sf/ ; Ddfg vfPsfx  
 kj rg ug{wfPsfx  
 ; :tf]gf/f afPsfx  
 val b]fpg cfPsfx  
 ; flxTos ag rfx\$fx  
 ; ^\lt gl; Sb}ufPsfx  
 s; h]af]bf lj ifo v6]sG5  
 tftf]g eTnf]To; }56]sG5  
 zAbsf]sdln]sf]kl c6]sG5  
 hfglkmsf/ b]fpg sf]kl r6]sG5

sf]kl eGbfegb}To; }k6]sG5=lj ifo 5f8L af6f]e6]sG5  
 oldWo]w]}cx^sf/sf l; sf/  
 k/f rf6g]afgl ent; nf]8sf/=cfkll dfq hfg]c; lwSsf/  
 dkf0Tj kbzg :j nf0{entSofP/  
 blift dltn]sf]kl ; 6]sG5=s; h]atfpbf efiiff /6]sG5  
 lj ifosf cNem sf]kl n6]sG5  
 gdIRrg]lk^a ; fRr}em6]sG5  
 cdNo ; do o; }v6]sG5  
 kqsf/ al4hljl dxTdf of]ul=kllWofks j]flgs kf1 ef]ul  
 /fhgllt1 1fgl dgsf hf]ul=kf]6nf loglx; :j od\sdhf] /f]ul  
 ; of]u-df\$fn]JolQm]j e0\$sf]  
 sf]Xn ltvf{clg s]d0\$sf]  
 dgsf efj gf ; tL n0\$sf; jHbdf vn]leq c6\$sf  
 ; a}u a]n}5nkm ePsf]lfdtfn]sdfP/ lbdudf /x\$sf]  
 Pp6fn]; g\$sf]csf]n]sx\$sf]  
 af]Hghf0{df\$fb}uPsf]  
 3D; f3D; L lj ifo jftdf=/fv\$sf]k]to\$fn]ePsf]; fydf  
 kb]y{cf'gf ; a}hftdf=6E]df ; lsg]lj ifo dftdf  
 lsg xf]; ah]af6f]5f8\$sf]  
 lj rf/ /fd]l:j]lsf/L uf8\$sf]k]6 bl]6nf0{xt hf8\$sf]  
 Pp6f /Vbf clg km8\$sf]o:t0f ; jHb t/L tf8\$sf]  
 lgrf8df s'/f cGt df8\$sf]w]h]cft eg]lz]ff cf8\$sf]  
 ; dfhsf cu]f :j od\ep 7hf  
 df6f]l; wfg]k5]j f uGw]dhf=leq Ps yf\$, csf]yf\$ vnf  
 Joj xf/df r8]flg]jftdf kmhf  
 To; h]; dfh lk5]8P/ tn=r]gxl; Qdf la5]8P/ kn  
 lbgxlgsf]; bf kl; gf vnv  
 km \$sf]df6f]h]slxn]kfp]h  
 Kof; d0fpb]lkpg]snsn  
 hfGg]; Gg]eh]lsf]lub]lsf dn  
 et- eljio- j t0fg ; bf 5n  
 xs vfl]g]k; sf]/utsf]en=lx; fa 56]dfof]al4n]z]lQmsf]an  
 sl7g bl]vof]To; h]; d:ofsf]xn  
 ; do cem]slt xf]e/] 9n  
 cfkllh]/fk\$sf]gkf0g]cfsfz]km  
 o:t0f lalt/x\$ ; do cndn .

af4, sf7df8ff.

# lfd u/ kltef

ag" nfld5fg]

p0d l; h6fs[tsf  
 cfsif\$ Aofhb/; lxt  
 ; dod}lt5{egl  
 ltdll; t ; fk6L lnPsf]l; h6zlnfnf0{  
 ltdf]lj zfn sfvblv 56fP/  
 cf^gf]bl/b|enk8ldf NofPblv g}  
 efj fids ef\$ d/Lsf]k/Llfn] 3l/Pf d  
 nugzlnfn]gxfoIbg kf0gf  
 lg/Gt/tf klx/f0Ibg kf0gf  
 xflb\$ tfsf]kfl]fnf]v/fsn] tl[t u/fpg}kf0gf p; nfo{  
 kl/0ffddf pm km6fpgsf]; \$f em]qnb}u0{  
 knlqngsf]; \$f sf]lqng p; sf]lbgrof{aGof]  
 ; fob; ltdlnf0{lbSbf/ nfnf d}f]s/f  
 xlofsfzsf]clatlo ofql agfpg]j rg lbPsl lyPF  
 cf6tl/s ef]l; Gwdf 8aNSofpg]s; d vfPsl lyPF dgdg}  
 Ps lbg xf0g kltef U Ps l5g xf0g, x/\$ lbg x/\$ l5g\  
 o; /L gxfoj /L ; lsnl agfP/ sf]laf6L  
 cf^g}aunf\$sf ; ulGwt kth af; gfbf/ rN7f]; hf0lbb}  
 ; j; y kf/L ltdl ; dlf kmsfpgk]; a}; a}s/f la; I  
 kfylds Jo:ttfsf gfddf  
 ; fdlhs ; xeflutfsf gfddf  
 ldqj t\; hgtsf gfddf  
 ef\$}d]clS; hglj xlg sf]7fdf  
 sof]Hbg; Dd yg] /fVg d}f]afWotf aGof]p; nfo{  
 pm lj /fdl k/L  
 c; t s]  
 cfh p; sf]pkrf/sf]vr{klg 5g dl; t  
 stf ; f0bo{; Hhf <  
 stf cn^asf/-cfelfof <  
 cfwf/e^t cfj Zostf lbg klg ; fdYo{5g d}f]cfh  
 t/÷; a}yf\$ gxbf gxb}t s]  
 p; nfo{x[6 k16 / slldo ; x; foh]; ulGwt kf/L  
 ltdllt/ kmsfpg]dx]j fsf^Nf cfzftlt 5 d}f]  
 To; h]kltef lfd u/ dnf0{  
 ltdf]gf; f]d; u ; /lft 5

knll/ z/Of b6m  
 knll/ cinslt Cof b6m e/f] fsf  
 knll/ sxl ; f]j f ylkbbm k}0ffsf]  
 k\$[tn]l; h6f ; ] fsf]j ftj /of ldnf0{; hf0lb05g\veg]  
 d d}f]p7fgeld la; g]5g  
 c; ^Wo nfnf0fstn]el/kof{l; h6f hGdfpg]/x/ 5 d}f]  
 skof kltef U d}f]/x/ alenb6m  
 x/fpg]lxhf]xg, nx/fpg]cfh xg  
 slxNo}gx/fpg]efln 5 ca d; u  
 skof eflnfnf0{e/f] f u/  
 lxhfnf0{lfd u/  
 csf]eh xg]5g daf6  
 lfd u/ kltef, lfd u/ .

th; lk/, bf^a .



# hfu/0f

/df kf; /

/f]tsf]ofqdf ha ; a}ofql ; T5g\  
 ta dgdf chla lj rf/ cfp5  
 o:tdf olb /h rfn p^a]s]xfhf <  
 o:tdf olb b}z rnfpg]; t]s]xfhf <  
 ca al4hljlnf0{p^a} gb6m  
 ca e]6frf/Lnf0{hflg gb6m  
 lj afg\; t]b}zsf]efllo 8f]fBfn x65  
 e]6frf/L hfu]b}zdf cgy{x65 .  
 a:g gb6m ; Gtnf0{lxdfnos]ukrfd  
 ltgnf0{3dfpm; dfhsf]kl/j}zdf  
 ltgsf]kj rg gxf] \dfq ; efd  
 ltgsf]h?/t 5 cfh b}zsf]lj sf; df  
 em8f gabn, kf6L{gabh,  
 gf/fx; gabn, klxrfg gabn  
 abNg 5 eg]cfklnf0{abn, cf^gf lj rf/ abn .  
 dg6Gbf klxn]hljgsf]cy{aem  
 anGeGbf klxn]r]gf hufpg  
 h?/L 5 Nofpg b}zdf gof kl/j t6  
 h?/L 5 hufpg d6df cf^gf]hfu/0f .

kfy/f . -cg= lj sz



# Toxla6 ; #f/ b|v65

eflozfnl clwsf/L

dfgj e65  
 Pp6f cu|h wg9o a6g dg 5  
 a6g ; S5f]ag  
 ltdf]OR5fsf]s'/f xf]  
 sxl 5gg\  
 t/ ; S5f]eg]ltdln]  
 Tof]e6bf klg Pp6f  
 lgel\$ ; flxTosf/ a6gk5{  
 lsgls To; df Pp6f a|n}dhf 5  
 csf]dfgj e65  
 dnf0{t Pp6f  
 7hf]/fhgllt1 a6g dg 5  
 a6g ; S5f]ag  
 Tof]klg ltdf]OR5fsf]s'/f xf]  
 sxl 5gg\  
 t/ ltdf]tfut 5 eg]  
 Tof]e6bf klg ltdln]Pp6f  
 ;jR5 ; flxTosf/ a6gk5{  
 lsgls To; df Pp6f  
 a|n}cnf]ss cfg6b 5  
 emg\csf]e65-  
 dnf0{cflj isf/s a6g dg 5  
 lsgls,  
 o; af6 7hf]gfd /Vg kf065  
 a6g ; S5f]ag  
 Tof]klg ltdf]OR5fsf]s'/f xf]  
 t/ ; S5f]eg]ltdln]  
 k|To\$ dfgj sf]x|6o 5g]  
 ; Rrf ; flxTosf/ a6g ; Sgk5{  
 lsgls Toxl cflv%ofnaf6  
 of]; #f/ b|v65 .

b'/8f8f, ndh<sup>a</sup> .



# ; fyl

lj gfb .pbo0

ltdl xff5f}v'; Lx6df  
 d klg xff5'  
 ltdl 65f}kl8fx6df  
 d klg t ?65'  
 lh6bulsf kx/fx6; u  
 ltdl klg 7f]s65f} d klg 7f]s65'  
 h; /L ltdl  
 u6tJo gklxNofpbf /f]s65f}  
 d klg t /f]s65' p; }u/L .  
 ; fyl 0  
 ltdln]  
 df65]xg'sf]kl/ro kfPsf xf]  
 / dh]klg kfPsf]xf  
 ltdlleq cge|tx6 5g\  
 ; jhgfx6 5g\  
 cfsf^Nfx6 5g\  
 hljgsf /^ax6 5g\  
 sxl pbf; lgtfx6 klg 5g\  
 c6-c6 ; a 5f8] eP klg  
 ltdlleq lhhlj iff 5 .  
 ; fyl 0  
 ltdl; u ePsf tl ; a rlx6  
 d; u klg t 5gVg .  
 xfdl alr  
 olt w7}; dfgtfx6 5g\eg]  
 x]; fyl 0  
 ltdl s; /L 7hf]hft <  
 d s; /L ; fgf]hft <  
 ejfglk/, ?k6b7l .



# clf/x6sf] j :tl

ef/tl ufjd

glnlul/af6 cflnPsf]  
 ; 66f] pnb3f]fd  
 Pp6f gjlg a:tl hlgd65,  
 kxf8x6 gfgl; u xft6fnf]ubf  
 gofj :t|sf]pb3f6g ult ufp5g\  
 7hf, ; fgf, alnof l'gf,  
 v66f]pl566Psf, xft sfl6Psf  
 lj ifdtfsf]; fw ldr  
 zAbx6n]a:tl a; fPsf 5g\  
 cfk]df lg/y6 clf/  
 kl/De la6b; u}  
 bf]f]clf/; u ; dflxt x65g\  
 clf/x6sf]ldntln]zAb hlgd65,  
 l8sf]8f]ln]zAbx6  
 x/kmsf]af6f]u/L ; u{Dd tflgPkI5  
 zAb a:t|sf]:yfkghf cy6f]  
 alhf/fk0f x65 .  
 efjgf, lj Da / kl|t|aDadf  
 clf/x6 ; ldfa4 xb6g\  
 d}xfeg] hlt g}kfv/f ; lSP{klg  
 clf/sf]of]a:tl a:g  
 zAb, jfSo, kl/R56 ; a6f]  
 ; dfof]hg rfx65 .  
 o; /L hlgdgl; h6f  
 cflvfsf]af6f]u/L df656f]  
 dgsf]e08f/leq lelq65 .  
 o:tf]gePsf]eP  
 df656}h:tf]  
 zAbsf]a:tl klg  
 cy6lg xg]lyof].



af]6g, cd]sf .



d

ef:s/ e08f/l

d  
 Ps l; [uf]syf  
 cfdfsf] sNkgfdf  
 k0 j ff; Nosf]efj gdfd  
 /fi6«Tofu\$] z/0ffyl{emf  
 cf^gf] cl:tTj sf] vfhdf  
 gkfnlsf] 5f/fklt s; \$f]; x0otfdf  
 :jodNbsf]l/Sttfd  
 ; [hg/lxt ag] k0ldf nl8/x5' .  
 d  
 PSn}st}s'gfdf  
 sNkt edsf]; #f/df  
 s; \$f]; Demgdf  
 6x/f] hlj gsf] Psf<sup>a</sup>sldf  
 sNkgfsf 5fnx; pln{xg] zGotfdf  
 cff; 'lj xlg cff/x; df  
 st}d[o; u PSn}u6yg ubf/ft-/ftdf  
 d7f]hlj g xg]gu/j f; lsf]dg kl9/x5' .  
 d  
 d7f]gfd aRb}cfbz{5fbg\$] e]hdf  
 d7}cl:tTj sf] uff]7ldf  
 st}a; sf]el8ef8df  
 s; \$f]; vb rf8j f8df  
 xf; nf]gfrufg / /ldtfdf  
 s; \$f] /df0nf] d]hdf  
 ufp3/sf] af]haf]h0df  
 ; x/-ahf/sf] 30ir-fdf  
 hlj g lhpg vff]of nv]60/x5' .  
 d  
 dgsf]bv] f]kfVb}st}kxf8sf s'gf-sGb/fdf  
 em/gfsf] 5<sup>a</sup>sl<sup>a</sup>Psf] kfgldf  
 gblsf] u8u8fx6df  
 cffvl-tknfgl j]udf

cfdfsf]; Demg u5{  
 r60f<sup>a</sup> k5{  
 d6'lr]l/G5  
 d7f]cMf To; }To; }el/G5  
 cfsfzsf sfnf afbnaf6  
 kfgl a; [em]cff; 'a; G5 .  
 To; h]d dgsf]Joyf n'sfP/ st}uhfkm d:s'/Psf]x5{  
 hlj gdf k/\$f]r60f<sup>a</sup> la; [ kfgldf /dfp5'  
 sxff /flsG5 / ?j f0  
 /f\$g]r]bf dfq ul//x5'  
 syf-Joyf kfVb}st}dgsf]ult uf0/x5'  
 s]n ugu'gf0/x5'  
 s]n ugu'gf0/x5' .

sf7df8ff}



zGo jwzfnfaf6

dw'; Gof]kfg]

Tof]; flem s'/]d]h] dnf0{  
 t/ pm cfof].dl cfPg  
 d7f].dl stf lanf0 uof]<  
 d7f].pnl n]dnf0{lryf]of]x]bdf  
 dnf0{vff]mf]agfof]dl:tisdf  
 d7f].pnl klnsP5 dnf0{?g  
 d7f]; knfnf0{sfnf]h]wg  
 d wf0g]; knf kf]/x5' .  
 lsg d7f]df6f]dnf0{k5{<  
 lsg af:gfx; dnf0{u6xrp5 <  
 lsg lxdfn xffbg d; u <  
 psfnf]d7f]cf]fnf]r8b}5  
 d7f]; dy/ lsg el/af6 n8b}5  
 d7f]lgZj f; dnf0{g}sffk5g\  
 pQ/x; pN6f]dnf0{g}; dfrf/ yffk5g\  
 d sffk]g]lk0g]; fwg kf]eP5' .

l; Gwkfnrf\$ .



# ; u; u}

elid pk}l

k'/fg] snfTds cflvefnaf6  
 a9l xh/cfdf / lszf]L gfltg] ; u; u}x}5g\  
 hljgsf] no  
 j ; Gtk/ b/af/ lfg j /k/  
 rkrfk .  
 xh/cfdfsf cflmfn] 5fD5g\  
 dlGb/sf uh/x;  
 6Bfnx;sf] klr]g snf  
 eQmx;n] dlGb/sf] 5p}df afn}sf] aQl  
 / km6}sf] 6f}kl / 0i6sf} nufPsf] ls; fgn]  
 ev{ }a}g NofPsf]  
 vk}el/sf] rD; /sf]; fu / sfpnl .  
 gfltg]sf cfmf eg]cl8Psf 5g\  
 dlGb/sf] clunf] k}ldf Psfk; df 6ff.; P/ a; }f  
 k}lk]dsfsf] xpefpdf  
 dflg; x; nfo{uwf agfP/  
 xtf/xtf/ bul//x}sf]; dodf  
 k; nx; df xlnn/x}f /Élg tof/l nufdf  
 / dlGb/s} 5p}df  
 csl{lszf]lsf] xftdf nflu}u/}f]  
 dx}Gblsf] /<sup>a</sup>df .

sf7df8ff.



jhoGtl ; i6 ; Ddfgáf/f ; Ddlgt JolQm] xà	
c^s != slkn c1ft -; dliff_	c^s @= /fh}j / b] sf}f -k} {dft_
c^s #= ag"nflD5fg] /fli6 JolQm]_	c^s \$= pldf nfld5fg] glltsyf_
c^s %= 8f= z}k}sfz g}kn -5Gbslj tf_	c^s ^= elid pk}l -; j b}zofq_
c^s &= o} /fh gofB/] -; j b}zofq_	c^s *= 8f= /fdk} fb 1j fnl -5Gbslj tf_
c^s (= 8f=ho/fh k}t -rf8kj }	c^s != s6}df gf; ggl -lj b}zofq_
c^s != e} gxl/ l; Ub} -k}fosyf_	c^s !@= 8f= bul}k} fb cofn -; dliff_
c^s !#= k}f= u}k}ls[Of zdf(-; dliff_	c^s !\$= /fd}j / /fpt .dft}f; U-uBslj tf_
c^s !%= 8f= 3gzofd Gof}fg]; ;d/Of_	c^s !^= k}lk g}kn -; ;d/Of_
c^s !&= lzj u}k}fn l/; fn -5Gbslj tf_	

# slj tf n}Mtgf

e} gxl/ l; Ub}

cflv/  
 uP klg, /x]klg  
 Toxf slj tf n}Mtgf  
 u?n]eg} kl/efiff nfu}Dd  
 /xbfgldf b}zsf] 5fk xG5  
 To; }kl/efiffsf slj tf n}y  
 lsgeg]  
 kfgl /x} Dd R5f}fNkf b}z xf]  
 km} ; G8f] b}z xf]  
 df5fx; /fhgllt u5g\  
 sfnlU08sl au}Dd  
 au/df zfnlu}d v}f]g]xf]  
 df5f / xfdl  
 k}lOm p: t}5f}  
 vfg klg xg]  
 PSj l}oddf ; hfgp klg ldNg]  
 To; }slj hl kfglsf] slj tf n}y  
 w/x/f 7l8P; Dd sf]7hf}< bffg ldN5  
 o; sf]slj tf n}y  
 8ff/af6 gem}]Dd  
 kft ; v agfp5  
 ; vnf0{b}z xg geg  
 ; v /fhfx; agfp5g\  
 /fhf klg dxfb}z xf eG5  
 kl/efiff unt nflu gb}m  
 slj hl ltdl slj tf n}y  
 eg} ef]u?hl slj tf n}Mtgf  
 slj tf b}z xGg eg]n}Mtgf  
 d; l arfpgk5{  
 pQ/ gcfP; Dd n}Mtgf

; fg}k, nlnk/ .



# cfdf wfd

☞ d-h' sfr'hl

Gofosf]nflu n8g] afflg]g8ul slQ  
 bMv si6df tfut lemsl leqB]v  
 cff; 'lgn] w]}rf]b  
 ; Gtfg; fd' d':s/fPsl ; flfft\dl't{  
 cfdfs] sfv  
 hxfla; {5g\;j u{ d] ; a}afnfn]  
 cfdfs]ufnl dfgg\; Nnfx  
 j f k':sf/ ; a}; Gtfgn]  
 ltgsf]xif\$]cff; ' / e]hsf]dfh  
 kufn\$] ; g e]h  
 ; jR5 / dl'nf]agfp5 of]5ftl  
 clg kfl]tG5 cfgGbs}; 'sdf/L hg To; }dfly  
 ; xg'sf]k/fsfi7f efl]\$]  
 ; ldfxlg udl\$]  
 clg clt hf8f\$]  
 s; n]rQmf ug{; S5 logl w/tlsf]l/g <  
 To]cyfx a]h]sf]  
 cd't{l/g cfdfs]  
 t/ ; S5 cjZo  
 ha hGdgn]hGdgp5 kl|tdl't{l; hGfsf]; kt  
 clg kfg u5{; l]6sf]lgod  
 lbn lbdfusf]nufglf  
 0dfgbf/l]To; df ; lfn] ; f/ zIQm  
 3fpsf kfk]dlg, ; DkOf{; ~rosf]To; df  
 lj/fdlf kl8f / lrGtdf afbnsf uhN6]skfnsf]alr klg  
 rGbd f e]h]tdl 5df]uDel/ d':sfgdf  
 d b]5' tNnlgtldlnf0{lr/:yfol ; ]fdf  
 d kfp5' ltdlnf0{; bf ; ]fs}; hlj koffe\udf  
 lsg wfp' dlGb/ wfd cg\$g OR5f kfn]  
 axnfc]g klkn rf]f/L cfdf wfd  
 zGo dgdf d':sfg lnP/  
 ; do 6f9f eOuP klg dgdf cv08 aQL afn] .

sf7df8f].

# ; f9\$] ; fdfHodf eSn' d'; x/

☞ dlOf/fh l; x

hlj gl; t hf]j  
 vt / af/l'sf kf6fx;  
 af9lsf]rk}fdf k/]  
 ; dol; t}lv0b}uP  
 dgsf xl/ofnlx;  
 lxn]do kf/] kfgln]  
 cf^g}cgxf/ nyflnE agfPsf]b]y]  
 eSn' d'; x/  
 0Gt' g lrGt' ePsf]5 .  
 hjfglsf]pnk]e]h]; t  
 ; g]h]f]; kgf hf8]  
 eSn'  
 kl; gfsf bfgf ; hfpb}  
 dflnssf]v]sf]cfnl ; Dofp5  
 sf]fnf]l; t kv/L ahf5{  
 cflwa]L ; :t]P e]h]  
 cflQPsf]; b]f0{ tfndf /fk]  
 cf^g}aa/fx; sf]v'; L  
 l; t]f / u^a\6fsf] /; df  
 d'; fsf]l; tgl; t  
 tl'tf edx; rkfpb}  
 bzG ug{x]tfl/b}klu; S5  
 kTy/e]h]s7f] x]bo ePsf]  
 dflnssf]; ]fdf .  
 dbf}b}klg afir\$]5  
 afRbfaiRb}klg d/\$]5  
 lg/y\$ hljgsf uf]7df]/ 3Dtl'df  
 phofnf\$]cf; ubf}b}  
 eSn' d'; x/  
 lhGbul'sf sf]fx; df /GylgP/  
 ; ?Eh:tf]enk]df afnaRrf Rofk]  
 /dfP/ z^a\]s/fsf]; j bdf  
 /ft gl5lkb}lbgf]k}l]l'fdf lgbfp5  
 cwsNrf]k}

k'; sf] hf8fdf nunu sfDb}  
Ps w/f] n^a u f] sf] e/df  
clnslt ; a\$ f] / cln w/}; Ddf]xt eP/  
cft^a\$ sf] 5fbf j|/kl/  
hj fgl v] hfb} h] g] s/lsf]  
To; s} ; k/^a udf nxl; b}  
; :t/l 5fd] k] dn ed/lx ;  
Ps] 5gdf ps'; ds'; /x/x ; 36Ss lgnb}  
gg vfPsf] sV/fe} 3KnSs lgbfp5 .  
uGtJoxlg k} nfx ;  
dx] [j fs^a n] fsf] u] f] / 3Dtlx ; df  
dWof/ftdf ndtGg ; t\$ f] ; 8s em  
laxfg} dflnssf] bzg ug{hfg' 5 t/f] fhf eP/  
ehf] ; flfl aSg' 5g 3f] dG6f] n] P/ p; n]  
ssz cfj fhsf] r] on] lslrP/  
; kgfx ; k] bfp' 5g  
dflnssf] n] Ql v] P/  
lsg] s ; a} ; p; n] c] m] v] ldrG' cl3 g}  
aRrf cge] t / ; j] g] fx ;  
keftl / fudf ldl; g' cl3 g}  
hg] s/ln] klG dflnssf] bzg ul/; Sgkg5  
lj rf/sf] vf8ndf  
l; hg] z] lntfsf] k] p] ue6bf k/  
eSn' d'; x/  
uf] ?sf] l] golt affr/x5,  
; f9\$ f] ; fdf] h] od f .

sf7df8ff.



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&  
www.nepalipublisher.com

z] bfy{ k] sfzgsf] j] a ; f08df  
j] hoGtl sf ; a} c^a\$ , n] v] sxasf] kl/ro,  
xfdf ; a} ult] j lw, z] Absf] z] xasf] ; k] b} j} p/ /  
sfoq] m] dsf tl: a/, lk] m] nd  
tkf0\$ f nflu pkn] l] AwkDf{ x'g] ; S5g] x} .

# cfz^a\$ f

ldng ; dl/

pm dl/; s\$ f] 5g  
p; nf0{3f0t] k] l/Psf] 5  
ufl8Psf] 5 Tof] lrxfg leq  
k?j f df6f\$ f] k] 7elddf p; nf0{hnfp] gkYof]  
lrtfd] r9f0{bfuaQl lbP/  
cfuf] sf] d: n] df c: t' klG gel] 6g] u/L  
v/fgl agfP/ auf0] b] gkYof] f] cfo\$ f6df  
pm hn\$ f] v/fgl; u}  
p; sf ofj t' c] j] z] l] fx ;  
pm v/fgl eP/ alu; s] k] l5  
ldld{] laxfg] s] p] i] f] s] n] l] g] keftl n] f] n] l] s/0fx ; u}  
k] m] s] f] x] d] l] d] n] f] d] l] x ; s] f]  
dx] f/df dG] b-d: s] f] g] s] f] u/ff; x ; k] m] q] m] ] lyP  
clg lgrf] l] g] ] lyof] s7f] p] d] f] l] g: s] f] l] k] n] f] x ;  
/ Hofgn] ; f; k] m] ] lyof] ; l] j: t] f] s] f]  
d6'sf] dfendf ufl8Psf] chEsf] l] snf  
z] Nolq] m] of u/L l] g] s] f] n] h: t}.  
oltv] pm c] g] t' s] t] ; u} Sg] ] lyof]  
ufnf d'; fb} u] w] g ; d] f] g]  
clg d] v] d] f / f] d] g] f] d] h] k] b}  
aunldf t] l] v] ] 5/ f] n] s] f] p] g]  
cf^g] f] s'; k dx] f/; u} hn] v/fgl e0{.  
xfdl] n] k] m] {k] f] p] v] of} z] f] l] G] t] s] f] ; f;  
clg b] v] g] k] f] p] v] of}; d] H] j] n] elj iosf}; Gb/ ; kgf  
k] l] / s] x] f] l] n] g] k] g] ] lyP  
l] j] k] g] l] d] f] q} x] f] 0] g ; k] g] l] d] f] k] l] g  
t; f] p] g] p; s] f] c] f] u] d] g] a] f] 6  
/ p; s] f] q] m] v] k] G] h] f] x ; u} .  
olt dfq} ul/lbPsf] eP  
ltdlx ; k] l] t] s] f] x] f] d] ] ed olt ; l] hn} 66g] t] lyP  
ltdlx ; k] l] t] s] f] x] f] d] ] cu] f] w] c] f: y] f  
k] l] / g] t] f] l] 8g] u/ l] 6] l] q] m] ] t] lyP  
clg x] f] d] ] l] j] z] j] f; s] f] a] n] l] r9g] k] g] ] t] lyP  
g] l] d] l] x ; n]  
oltv] p; s] f] ] l] r] x] f] g] d] f

pm; u}uf18Psf 5g\ p; sf lj rf/x  
 p; u}kl/Psf 5g\ p; sf cfbz  
 t/ xfdL dfl/Psf 5f  
 c3fllft d[ox; u}x]fdl]:j fledfgl klxrfg x/fP/  
 ; u/dfyf; u}x]fdl]7f8f]lz/ ehts/x\$]5,  
 xfdl]; fu/ ; ls/x\$; ; gfdL 5fn ; :tFP em  
 xfdl]ult /f]sPsf]5  
 ca klg kll/ xfdLn]  
 xfd]:j tGqtf]sf]nflu  
 s/fpg]sf]sg]cfl]rTo 5g  
 lsgls kll/ afl]g]5  
 lrxfgleg ufl8Psf]p; sf]3f0t]nfz  
 / xfd]agfpg]5-abnfd  
 xfdl ; a\$]Ps lrxfg  
 / ; tfgp\$ xfdLnf0{lsrsGglsf]cfj fhdf  
 8/nflub]ets] syf ag  
 xfdl]OR5f lj ?4, ltdlx;sf]afRg]WofpGgdf  
 xfdl dfl/Psf 5f  
 / p; sf]3f0t]nfz ufl8Psf]5 To]lrxfgleg  
 hxlf 5, k?jf df6\$]k]7eld  
 / xfdl]nfzdfly 6\$] lxf8/x\$]ltdlx;  
 lgsfNb}5f}hhz; =dgf0/x\$]lj horf]; j .  
 xfd]nfzdfly 6\$] p; nf0{uf8\$]lrxfg; Dd  
 ku\$]5f]ltdlx;  
 b0{yflkf cff; ; u}r9fPsf 5f} b0{yuf kth  
 p; \$]lrxfgdfly Ps yflkf cff; 'aufPsf 5g]  
 xfdl]d[o' zf\$df  
 pN6}lrxfgsf]clnk/ xfd]lrtf 78df0/x\$]  
 /flhgdf lbP/-; jhg]z]ntfsf]  
 clg dfqjlo ; jhg]sf]  
 zfob ltdlx;nf0{yxf] 5g] ls  
 efl]n kll/ lrxfgaf6 afl]P/  
 h; nf0{cfh ltdlx;n]uf8\$]f lyof}  
 3f0t]nfz agfP/  
 p; j]ltdlx;sf]lrtf tof/ ug\$ / bfuaQL lbg\$  
 cf^g}lrxfgdfly .

s/fbl, :of^hf .



# laqlndf 5g

~/~h>L k/fhnl

sfd 5g, To; h]dfd klg 5g  
 sfd / dfdsf]vfl]ldf em]fl/Psf]  
 ca t cgGt e} Sof]  
 gfd, bfd sfd / dfd xfdsf]p2]o lnP/  
 s8f kl/>d ub}k/Llffx; kf; u/\$]  
 kdfofkq / nA3f^skqx; hDdf u/\$]  
 To; nf0{cltl/Om lqofsnfkn]hf\$ u/\$]  
 cfh ; Demf, Joy{em nfu5  
 lsgls oxft t kdfofkqx; a\$fd ag\$]f 5g\  
 sfdsf ag\$]f 5g\t s]n x; wh' / kex;  
 o:tf]s'f aem]f]eP d kl/>d g]lsg uyl  
 v; fdb / rfkN; ln]dfg ku5 eg]aem]f]eP  
 To; \$]tflnd lnGyl/ cfkth:tf cgluGtl  
 oj fx; nf0{6Nsfpg]lyPf  
 t/ l d]o:tf s'f ahdf a%g ; lsgf  
 To; df d cfk]nf0{lwsf/ 5 l  
 dh]hfg; lsg 56' / r6' xgk5{eg]  
 w}k9]a14 / 1fg cfhg xG5  
 To; n]lj j \$ / lg0f6 z]Onsf]j]4 u5{  
 oxl ; fl tk:of u/]  
 s]n Psfutfsf]tk:of  
 k/Llffdf k0ff\$ NofP/ ptlOf{xg]  
 d ; km ePf p2]o k'f ug{  
 t/ dh]cfh s]kPf <  
 kfPf t s]n k5fkg  
 bff/Lx; k9g 5f8] uRrf vly]  
 ; xkf7lx; lstfa at] r'f] tfGy]  
 cfh af6f]6f]df Itg]bff/L ell6G5g\  
 lRnNf uf8L 30SofP/ bff]8Psf  
 ell6G5g\pglx; 7hf / eJo dxnleg  
 t/ cf'gf]t sd(g)vff]xf]ls < g jf/ g kf/  
 t/ klg Ps k\$]n]; Gtfl]g]5  
 lsgg]d]f]cxd\cfh klg las\$]f]5g  
 /xg]5g slxn]klg laqlndf .

afl, af/L, sf7df8f].



# kxf8x; hln/x5g\

☞ /fw7ofd n5fnl

c6n ljZjf; 90tfsf ;fy  
 lz/ 9f8f]kf/]  
 plePsf zfgt kxf8x;  
 olt a]hf  
 Hj fndvl ag]  
 zGo x]on]  
 wldnf cfs]tx;df  
 30ff, cfqmf]  
 / j]ogf kf]v/x5g\  
 xf] olt a]hf  
 v/fgl, cf; f/ 6f6f /utdf  
 cgj flbt e0{  
 kxf8x; hln/x5g\  
 ; b5f]Gofgf]cEufn]  
 ; dw/ xfj]fsf]dl7f]cgel'tdf  
 afbn'; u n'sfdf/L v]]g]  
 k5[tsf]cgkd ; Gb/tfn]  
 ; Gb/ bl]vg]kxf8x;  
 cfh wj]fsf]dZnf]  
 x/L / atf; n]  
 s';k ag5f 5g\  
 xf] olt a]hf  
 v/fgl, cf; f/ 6f6f / /utdf  
 cgj flbt e0{  
 kxf8x; hln/x5g\  
 u/f; / nfnkft]l; p/]  
 wfg, knfk/ / tf]Lsf]nx-nxdf  
 ; w]/dfpg]kxf8x;  
 lj s]t / lj ; ^\ltx; ; d5/  
 lgdh cfsfzdf  
 afhx; p8f0/x5g\  
 l3gnf]lbf]lj g]zdf  
 af; /Lsf]gld7f]wg  
 cnflk/x5g\  
 sf7df8f};

olt a]hf  
 hEn uGxfP/  
 ; -; fgf gfglx;  
 ; f; kn]g; sl lg; fl; P/  
 s; 0ff em]//x5f 5g\  
 r/fx; n]af; f0{; l//x5g\  
 xf] olt a]hf  
 v/fgl, cf; ' / 6f6f /utdf  
 cgj flbt e0{kxf8x; hln/x5g\  
 kxf8df em]g]fx; af6  
 /ut em]//x5f 5g\  
 kxf8sf ; Gb/tfx;  
 olt a]hf  
 lj ; k bl]vPsf 5g\  
 kxf8df zfgt xf0g  
 sf]h]fxn dlRrPsf]5  
 kxf8sf ; Gb/ ultx;  
 gf/f / cfqmf] ePsf 5g\  
 kxf8sf]Gofgf]kg / cftlotf  
 lr; f]Jo]xf/ / 30ff ePsf 5g\  
 v]x; affem]5g\  
 uf0{a:tx; ef5}5g\  
 r6df^ah:tf rsf{cf]j]fhx;df  
 gfglx; lgbfpg ; ls/x5f 50g\  
 s:tf lr; f dgx;sf]k]z eof]  
 ; jR5, lgdh / zfgt kxf8x;df 0  
 olt a]hf  
 kxf8x; cfqmf] df lrRof0/x5g\  
 xf] olt a]hf  
 v/fgl, cf; ' / 6f6f /utdf  
 cgj flbt e0{  
 kxf8x; hln/x5g\  
 sf7df8f};



# d / ltdl

☞ /fdk] fb k6t

d]h]d]}.dl nf0{lrGg ; lsgf  
 ltdf].dlhf0{s; /L lrGg ; shf 0  
 ltdf].ltdllx; w]k6s cfP d ; fd'  
 w]k k]lt;k lnP/ cfP d ; fd'  
 sg].ltdllx;n].dlhf0{n6] nu]  
 sg]ltdlx;n]d]f]n6] nu]  
 .dl nf0{n6]x;n]dnf0{n6]5f8]  
 t/ dnf0{n6]x;n].dlhf0{n6] ; s0g\  
 sg].ltdllx;n]dleq}af; a; ]  
 sg]ltdlx;n]d]f]af; }p7fP/ nu]  
 .dl leq af; a:g]x;n].dlhf0{sAhf u/}]a; ]  
 t/ dnf0{sAhf ug]x;n].dl dfly sAhf ug{; s0g\  
 .dl nf0{; D%of;}ltdlnf0{; j fut 5, dnf0{; D%of;}ltdldf v//fkrit 5  
 ; Demg]/ la; 05f]s'/f xf0g ldq 0  
 .dl / .ltdll alrsf]s'/f xf]  
 ltdln].dl ; D%of} d xflh/, .dl n]ltdlnf0{; D%of} ltdl xflh/ .  
 .dl leq ltdl a:g' / .ltdll leq d a:g' 0Zj /lo j /bfg 0  
 d]f nflu ltdl / ltdf] nflu d k0f]u xg'  
 dfj lo clezfk 0  
 d]h].dlhf0{lrGg ; sf]eg]dx]fg  
 ltdln]ltdf].dl lrGg ; Sof]eg]tEj 1fg,  
 t/ s; /L ; Dej xf]hf < .dl sf]pkf; gf .ltdllsf]cf/fwgf <  
 d]h]d]f].dlhf0{lrGg ; lsgf eg]  
 ltdln]ltdf].dlhf0{bVg ; lsgf eg]  
 rkrfk a:off]eg]  
 s; /L ; Dej xf]hf .dl vff]g]Tof]k/d nlo <  
 To; ]h]h6f]ldg 0  
 d]h]d]f].dl]sf]vff]hl u5'<ltdln]ltdf].dl sf]vff]hl u/  
 d .ltdll nf0{a%g]k0f; u5'  
 ltdln].dlhf0{lrGg]sf]; ; u/  
 clg k]l]ff u/ .dl / .ltdll alrsf]dw/ ldng 0

rfa]h, sf7df8f};



# goff lbgsf] kl]t 1f

↻ /fdxl/ kfʒ0fn

sf0nlsf]sx' sxh]ltd}gfd af]hfof]  
 Hj f/ef6fx; 3d} ablnP kl/j t6sf]em\$sf; U}  
 k\$[tdf j f; Gtl dfxs tf kf]vof]  
 /ftfDd] nfnlu'/f; x;  
 knlqmPsf ; gufefx;  
 dh]s:tf]; vfgel't u/f]  
 Pp6f goff lbgsf]kl]t 1f  
 Pp6f goff laxfglsf]k]tLlff  
 Pp6f goff ousf]k]hfeq U  
 goff lbgsf]kl]t 1f; U}  
 kYjL d}v\$fdlg 3ld/xg5  
 Ps kf0nf]glhs ; flgeo uffb}k0sf]  
 Ps kf0nf]clws ; dlktf b; f{pb}efj gfsf]  
 sXl e6g' / ug{5 ls <  
 xfd]goff lbgsf]kl]t 1fdf  
 xfd]goff laxfglsf]k]tLlffdf  
 xfd]goff ousf]k]hfeqgdf  
 3Dbf]b6lGbgL ; l6rqmsf]Pp6f lgod  
 ; #f/ ablng5 kl/j t6sf]; ^s]; U}  
 s; h]e6g ; Sbg  
 s; h]/f\$g ; Sbg  
 kl/j t6 ousf]kl/j t6 laxfglsf]  
 dfq kl]t 1f Ps lbgsf]; U}a:g]  
 ; U}vllg]/ ; U}xfg]  
 al4k0f{; Hhgtfn]la; f0 lb]pni c]tltsf  
 xfd] ehx;nf0{ xfd] snlft dhx;nf0{  
 ;'g t goff lk9ln]; flw/x5g\  
 xfdln]s:tf]cge't u#off<  
 goff lbgsf]k]tLlff  
 goff laxfglsf]kl]t 1f  
 goff ousf]k]hfeq .

ahfot .



# cfsfz lgNg ; S5 sf] <

u?- emfent- knb^af=xfd] b]l b]tf ↻ /fdZj / /fpt .dft6f; U  
 hx]hx]xf nfc5f]h]h]u5f]  
 ; fxl; fxl ltdl huw7l- r/  
 s]ug]x]nf]l56f]u/  
 cGofolnf0{lgdf]5g\es  
 geP xg{xxf6'  
 hfux cfp5g\; vfo'  
 P ~ nf5L- sfo/  
 x'tLxf/- vf0b]pm dgj f x]U  
 lhDbf 5f]ls d/\$f x] <  
 gog vfh]l laDem x]wl/  
 uff]sffnl=sfnf0 emfent  
 df6f]km]nf^a=vd} vf^aU]  
 cl:dtf cf/]lz/laGb' emf/]  
 lxdrhl pRr kftfn kf/]  
 /ftf 6fps]d6' 8:g]  
 P ~ x}g]kfnl dgj f x]U  
 s]ca xfdl v/fgl 3:g]  
 u?-emfent- knb^af=  
 xfd] xfdl xfd] 3fd  
 n6l vfP ; f/f %j fd  
 sVl=-afvl g^aU]emf/  
 affr\$sf eP b]v]p]m ; f/ U  
 p7] 9af^aU]76fcf]  
 cffdfnf0{156f]v6fcf]  
 hfux]U p7 dgj f x]  
 xfd]af6f]nf]5\$5 sf] <  
 xfdlnf0{kf/]vf^aU] el/  
 s]af\$g]; w]k/k/ <  
 emsfpg xGg ; l6sf]lz/  
 afn] cd/ p6gt wk  
 jL/ x]wl/ hufc]v^a  
 cnv jgdf lg/-hg  
 8d? lqzh dge-hg  
 cf^aV/] af^aV/] nfs/L  
 ;'s\$ 9f8 xg\kfv/L <  
 kx/f lgen] em]  
 kf]v b]v]p]m u/]  
 xf ~ xf ~ xf ~ xf] ~ xf] ~ xf] ~  
 u?-emfent- knb^af=  
 lr/k6 rfd] rdhd]  
 w/tl rfd] rdhd]  
 cfsfz p7f0 cf6]  
 pGdl0m xGg 9f6]  
 cd/ el0m uhjL/  
 ; fu/ ; ft gog gl/  
 t/E p7f0 5fnsf]  
 PZj o{hlj g lqsnfsf]  
 ge0 kfj g ef/ ef]  
 3fdfs]hgl hg ; tf/f  
 xfdl g}x]fd] x]f]; f/f  
 em]sf]km n v/d/]  
 cfPsf jgs/ x/b/]  
 5\$6f]df/L lj if sf9f  
 cfv6 nfc5f]sg 6f9f <  
 g]kfn Gofp/L k5tf]  
 k; f/f]sfGnf]Eofu'tf]  
 P U x}cf/g cd/ x]U  
 Aofem]pg cfof]dgdf sf] <  
 u?-emfent- knb^af=  
 uugrhl 3fd k]f]  
 hj fgl hufp]m w/tlsf]  
 vD/fa vD?^a vf^aU]df  
 pGdfb pUNof]dfGbfdf  
 ; dl/ a]l p]; j x]  
 km]s] x]f]cfkndf  
 of] xfd]xl/df]Lsf]  
 clE/; clUg c]tf/  
 e]sf]5ftl ; jZj /  
 c?Gwtl, jLzi7  
 9s9'sl xfd]hlj g ef]  
 cfsfz lgNg ; S5 sf] <  
 u?- emfent- knb^af=  
 sf7df8f].



# d vjh8L /fhglltsf]

☞?Sdfut sf^n]

ltdf]v]h cfh d xg{cfPsf]5'  
 ltdf]3D; f3D; L d]h]kof/lkm6af6 xll/x\$]5' .  
 ltdf]x/\$ kf0nf; u cfh d]f]klg dh'ssf]; fg hf]8Psf]5,  
 To; h]t d]h]ltdlnf0{lgofln/x\$]5'  
 d cfk]hf0{ltdlleq /fv} .  
 ltdln]an vf]bf d v'; L ePsf]5'  
 ltdlaf6 an vf]; bf d lvi; \$s k/\$]5'  
 clg ltdln]kf]6df tfs] an xfbf d h?Ss p7\$]5'  
 uf]h ug{ltdl rSbf d km/ lvi; \$s kb]a; \$]5' .  
 ltdf]v]h  
 lgoddf rn\$]5' .  
 Pp6f /l]k]n]; \$l k]h\$]e/df  
 p; n]; a]hf0{lgod k]ngf u/fPsf]5' .  
 Toxl l; \$ln]km lbPsf]5  
 Toxl l; \$ln]ckm f08 lbPsf]5  
 3/L Toxl l; \$ln]kx]hf]sf8{b]v]f0lbPsf]5  
 /ftf]sf8{lbP/  
 vjh8L aflx/ lgsfln]bg]v'al klg Toxl l; \$ldf 5  
 clg uf]h ePsf]/ v]h ; lPsf]hfgsf/l klg  
 pxl l; \$ln]lbPsf]5 .  
 ltdlx; ; a}3D; f3D; L u/\$}5f}  
 s]n ltdf]lgodx;sf]cwlgdf .  
 xhf/f]x]fdl oxlf eP/ klg  
 ltdlx;n]uf]h v]P/}5f8df} .  
 d hlt x]f; P klg, c; hlt prflnP klg  
 ltdln]v]Psf]uf]h; u; ; a]hf0{lvi; \$s agfof} .  
 t/ cx]f kl]tkfb ug{; lSPg  
 lsgls, uf]h /l]k]sf]cufl8 ePsf]lyof]  
 Pp6f sfggsf]cufl8 ePsf]lyof]  
 lgodsf]clwgdf ePsf]lyof] .  
 v]h ; lsof]  
 Ps xh ljklflx; prflnP

v'; L 5rNsfpb}d]bfgdf  
 ltdl lg/; db]df d]bfgdf a:of}  
 d c]fs eP]kof/lkm6d} .  
 ltdl; u}d xfdl clg xfdl]; u]f]b]z x/\$]b]v] klg  
 s]l ug{; lSPg  
 lsgls ltdl lgodn]x/\$]f lyof}  
 sfgg ePsf]d]bfgdf .  
 d klg t vjh8L  
 t/ d]f]v]h km/s xGYof]  
 ltdl bz\$ eP/ x/\$}5f}x]hf d v]h\$]  
 d]f]v]hdf  
 d ltdl e]d]bfgdf x/\$]dxf/ lnP/ a:g]ly0gf  
 bz\$lt/ km]v]h ; wfg]dfg j]frf ug]ly0gf  
 d ePsf]eP, t?Gt Toxf]gf/f]h]l xGYof]/l]k]j ?4  
 ltdlj?4 uf]h ug]bdgsf/L 3f]f]off xGy]  
 clg ; ? xGYof]kl]tudg lj?4sf]cf]b]f]hg .  
 lj b]z]l k]e]sf]0zf/fdf  
 lj kl]flnf0{uf]h lbPsf]lgSof]h lgsfl]v]d  
 hfaf]Ps}uf]h]sf]cGt/n]d k/fho ; j]l]sf]b]g]  
 clg /l]k]nf0{bafasf]e/df  
 uf]h 3f]f]offsf]uNtl ; wfg{af]wo kfy]  
 la; }xhf/ kof/lkm6sf bz\$ d]f]lk5f uy]  
 clg lar/f /l]k]af]wo xGYof]lg0f6 km]g}  
 .kl]t:kwl\$]f]hDdf Ps uf]h  
 b0k6s k]f]hdf 7f]sPsf]a/fa/ Ps uf]h  
 / b0{k]g]N6ldf uf]h kf]6df gl5/]klg Ps uf]h  
 hDdfhDdl tkf0x;sf]b0{uf]h, lj kl]flsf]Ps uf]h  
 lj h]f tkf0x;ll  
 xtf/df lg0f6 ; g]P/ uNtl u/\$]f]df /l]k]dfkm df]Uvof]  
 d lj hol db]df cal/hfqf uy]  
 km/s olt g}xf]  
 ltdl lgodleq /x] v]h v]5f}  
 d v]hdf cfk]l cg]shsf]lgod agfp5'  
 lsgls d of]o vjh8L, /fhglltsf] .

d]f]h]l, lrtjg .





# cff, '

## nlnf .bf]flU

laxfgl xG5 ; a]f0{oxff  
dnf0{; w] /ft  
kf0g slxNo}vfgfnf0{d]h]  
Ps uff; tftf]eft  
lg xh/ Ps uff; tftf]eft .  
l; /fgl ?H5 cff; h]; w]  
j]gf s}5 vft  
nv{f]pbf eflugf d]h]  
; xf/f dbf{xft  
lg xh/ ; xf/f dbf{xft .  
; sGh]h u/] ; w]g}d]h]  
psfnl-cf]fnl  
xftv\$] uNbf rfxgf d]h]  
zlt n rf]f/L  
lg xh/ zlt n rf]f/L .  
g cfp5 sfn lngnf0{slxNo}  
g cfp5 k/b]z  
of]g ; Sof]/x/ ; Sof]  
ub]f n\$af]l  
lg xh/ ub]f n\$af]l .  
kvl{g}/x]enk8l sb]  
a]nf0{df/]  
latfPF d]h]lhGbul ; f/f  
cff; 'enf/]  
lg xh/ cff; 'enf/]  
b]w / kl8f lK0{g}/x]  
xs]f] cfzdf  
eh]sg slxNo}db]f]; fd'  
dl7f]uff; df  
lg xh/ dl7f]uff; df .  
slQ laen] d'6df sf]Bf  
len]sg]sf]l v]hngf  
xs]f]df; f]r] a; ]  
; vnf0{/f]hngf lg

lg xh/ ; vnf0{/f]hngf .  
b]v]P sf]xln]wgsf]nf]e  
sf]xln]a] sf]nf]e  
df/L g}lbPF ; w]g}d]h]  
wg / a] sf]ef\$  
lg xh/ wg / a] sf]ef\$ .  
xs]f]gfd hk] a; ]  
cfw]L /ftdf  
rflxgf d]h]latfpg hlj g  
k/f0{; fydf  
lg xh/ k/f0{; fydf .  
dh]f]slQ Rof] uof]  
uPg ; Demgf  
hful g}/Xof]x]odf  
dl7f]l]; g]  
lg xh/ dl7f]l]; g] .  
; f/f hlj g k]l]ff u/]  
xs]f]cfzdf  
cf]f]xs]Ps lbg /ftl  
; f]fsf]; fydf  
lg xh/ ; f]fsf]; fydf .  
sfvdf p; sf]; Gb/L e0{  
d ePF kfvd f  
rfx]f]d]h]; 'sfpg cff; '  
; 'sg cf]vdf  
lg xh/ ; 'sg cf]vdf .  
a4gu/, sf7df8f].



km]x]f] xftdf nfu]xft]h]wgkb5  
cf^gf]c1fgsf]u7f]cf]km]h]km]gkb5 .  
- gltsf s'/af6

# zGottf

## lj qmd g]kfnl .kj gU

nflU5 crih  
d]f]lhGbul klg zGottf:h:t}  
d':sfg x/fP/ stf uof]  
s; n]n]lof]d]f]d':sfg <  
d lgbfPsf]a]h]  
of Aolem/x]f]a]h]  
kQ}ePg d zGoePsf].  
ha d zGo ePsf]yxf eof]  
ta w]k]k]f; u/]zGottf x6fpg  
v]l]; Psf]d':sfgnf0{kgh]d u/fpg  
/f]sf cgxf/df k]ftl ls/of 5g]  
t/ sl]o}; lsg zGottf:6 b]' xg .  
cf]l dx]zo  
d ylst rist eP/ xf]  
of of]sd]f]kmn xf]  
h]xf] \d]h]o}ef]u/x]f]5'  
uff]f]zGottf]sf]  
of]f]cd't{lhGbul  
arf0/x]f]5' cf^g}nflu,  
d s; }f]pkxf/ nfos 5g]  
d s; }f]; Demgf of]o 5g]  
lsg < d]h]s]la/f]f]lxhf]<  
cfh PSnf]agf0/x]f].  
d s; }f]0zf/df grn] x]h]  
dnf0{kN6f0/x]f]tft]afn]f]df  
kn]k]m]l 3df0/x]5g\3gl{h:t}dnf0{  
s]lkl; /x]5g\; Hngx;  
s]b]v] d]f]lhGbulnf0{<  
xf]s; }s; }f]gh/df kn]ban ePsf]5'  
:60s/sf]nflu v]h]f]f]  
s; }h]hft]agfpg rfxG5g\; }h]dbfgl  
d dfG5]lkr5}f]0zf/df s; /L rnf<  
d dfq of]f]uff]fw{

Jof; xf]d7f]k7}lhGbul  
cw]of; xf]d7f]cfwf lhGbul  
; du]df d zG0 5'  
/ zG0tf xf]d7f]lhGbul .  
cf]0 dxfzo  
dnf0{d xg lbg'  
d .dl eP/ afRg rfxG5'  
ltdl, ltdl eP/ afR  
olb ; a]h]kN6fpbf kN6fpb}  
a]hg k]6]e]Kof\$ k]6]af]eg]  
ltdl, ltdl /xb]f}  
d, d /xGg  
ltdf]; fg]uNtln]  
xfl s; \$f]xgkg\$ elj iodf .

ayfg, /fd\$fk .



### r08d08sf] b7zdf

ljz ct{tofql

of]r08d08sf]b7zdf  
df]/G5g\bj x;  
a]r/G5g\bj ofgl  
o4sf gfdcf  
a]L ; fl]gh]  
5f]f df/]j 4 afcfdcf df/]  
p]hofnf af]8g]tf/f emf/]  
w]nf0{cjnf agfP/÷6X/f agfP/  
wtl{afem]kfl/G5,  
of]r08d08÷pb08sf]b7zdf  
cf^gf st{sf lj; 4 p7\$ cfj fhnf0{  
Hob}v]N8fdf kl/G5  
clg p; \$f]tyfslyt zf\$df  
v; flnG5g\uf]Lsf]cf; '  
Gofo kf0Gg  
Gofo dfubf bl08t e0G5  
of]pb08sf]b7zdf .



### d7f] ofqf, clj >fgt

ljho rfln;]

ouf]lv lg/Gt/, clj >fgt=  
; fu/b]v lxdzh; Dd Pp6f af6f]vflh/x\$' d,  
lg]8 cGwsf/sf] rfb/ RofT], x/kn=x/lf0f  
; Tosf] lg]f]sf]/ dfgj d]Qmsf]0  
lg/Gt/ dxflgelqmd0f /f]of]x]fdln] 3/kl/j f/ Tofu]  
a4T] k]k]tsf] vflhdf, zflGt]kbsf] vflhdf  
lg/Gt/ ofqf/t /Xof]c; a]No a4x;  
xfl ; xofql sGysx; sf]lk70f r9] 0  
dxflgelqmd0f]sf]; xofql sGysx; sf]  
lk70df af]SP/ uGtJo e]0g  
af]w]1fgsf] dxfof]qdf  
b]8/x\$] 5f]xfl ; x; |a4x; b]8g}/x]5f]ef]h klg 0  
; To; Gwfgsf] dxfof]qdf oz]w/f-/fxhx; 565g\af6df  
el]65g\; hftf / w]w]pkfl; sfx; d]xe-hgsf] dxdfu]f 0  
; x gf]j t' ; xgf]eg]Qmsf]dGg huf]pb}  
td; ljgfzs 1fgsf]Hof]tk-h hnfP/ ofqf]df  
lx]8/xs] 5' d, cgj/t=lg/Gt/  
ouf]oub]lv goff goff uGtJosf]vflhdf 0  
cgj/t of]ofqf  
/fd, s]of / a4b]v  
0zfdl; x, df]xdb, sGknl; o; ; dDd  
c; klg w]w]ef]fl/6}5f]ofqf/t  
ouf]oub]lv ; To; Gwfgdf 0

cf?af/L, sf7df8f].



### gkfn-; flxTo ; dfh

!= @)^\*sf]j ; Gt-/fwf kBs]Jo k7: sf]laf6 ; Ddf]gt JolQm] M l8Nnl/d0f zdf]c]Hof]h .  
@=@)^(sf] ; , , , 0 af6 ; Ddf]gt JolQm] M k?iff]Dd l; lb]h tyf u]j Gb/fh lj g]pl .  
#= @)^\*sf].x]p]sd]f/L-lb]j fs/ ; dfh; j]f ; Ddf]glaf6 ; Ddf]gt ; +yf M k]Q]j fg]Gb cf>d, sf7df8f].  
\$=@)^(sf] ; , , , 0 af6 ; Ddf]gt ; +yf M l]r; fv]hf cf>d, kf]v/f .

# hlj gsf] cf^g} ult xG5

lj gos'df/ zdf{ gkfn

kIos lfof et  
 kIos lfof elj io  
 dfG5h]afRg]t  
 lfofe/ dfq g xf]<  
 cfvf IrDnbf et  
 cfvf p3fbf{elj io  
 blvg]bzo t s]n  
 lfofe/ dfq g xf]<  
 ctltsf kf7-; kgf  
 eflhsf cfzf-sNkgf  
 ; kgf / sNkgfalr  
 cg\$ pxkfk  
 cg\$ gf^as / gf6s  
 t5f8 d5f8  
 xf fpg] / ?j fpg]v h x  
 p7fpg] / k5fg]v h x  
 ; a}; a}kIos lfof et alg/x\$]f  
 ; To-:j kleg  
 sg lbg ltdl vb cfk] et aG5f}  
 s]ltdlnf0{yxf 5 <  
 j tdfgdf lfofe/ afRg ghfGg]  
 xIQxf/fn]  
 hlt efl]ts j :t' ykf/]  
 elj io ; /lft u/]klg  
 hlt ctltsf kf]f]ofs syf 3f\$]  
 bzG-l; 4fGtsf kf7 k9]klg  
 hlt sNkgf, ; kgf / lj kgfdf 8a]klg  
 cGttM ltdf] xtdf  
 xft nfl]of]zGo g)/xg]g xf]<  
 To; h] hlj g ltdf]of]hgfn]rNbg  
 To; h] hlj g xdf]of]hgfn]rNbg  
 hlj gsf]cf^g}ult xG5  
 cf^g}of]hg / klqmf xG5 .

rfa]h, sf7df8f].



# dQm dxflj Bfno

zDek| fb cofh

r/L  
 ltdlnf0{xI/of] ; vsf]kl tE/ uBdf  
 tftf kj fvn]5fk]  
 slt htgsf ; fy /fv\$]l lyPf  
 slt lxdkftsf blgslx ; lat]  
 slt x/L atf; sf cfwlx ; n]  
 d]f kj fvx ; 3f0t]ag]  
 slt clj /n j iff{/ cl; gf; fu}  
 d]f kj fvx ; lylnlynP  
 vuf; ; bux0fn]vnh cfsfz n16bf  
 dh d]f]uff nf0{sf6] ltdf]k]of e/]  
 d]f rf/fn]ltdl t p8g ; Sg]e05f}.  
 clt :j tGqtsf ; fy  
 lgn]h xlg 5 ltdf]p8f0  
 ltdlnf0{gfn 78dfpg] Jofwfsf] gfn]sf] cfj fhh:t}  
 eoI/ 5 ltdf]lrla]tf  
 cfhsn ltdl t piff]fnlg slx/Ld08n xf0g  
 lgsf]blgsf]ef0/; n]krf; fx ; aqndof u/fp5df]/]0  
 uEf lsgf/sf lgdh hn xf0g  
 38fsf]cd[n]3f6l ttfp5df]/]0  
 dh]k9fpg]n3' lj Bfnosf  
 n3' u?x ; af6 dSt ePk15  
 dxflj Bfnosf dxflj u?x ; dfem  
 ltdl t cfhsn vnh cfsfzsf]clgolGqt r/L ag\$]l 5f}  
 bd 5g ltdf]cfj fhdf=nt 5g ltdldf  
 zf; g 5g ltdf]/fhodf=cgzf; g 5g ltdldf  
 j 5g ltdf]p8f0df=:j fb 5g ltdf]rf/fdf  
 ; Eotf 5g ltdf]; :sf/df  
 ddf b'bl[6n]; aqndof u/\$]f]5  
 s]n j hgn]cf; 'lbG5g\r/L  
 c ; sg]af6f 5gg\  
 d s]n a9f] ; vsf]6Kkfdf  
 ; 's\$]f em/n]sf] \$]f 3fpx

j hgf lbG5g\ r/L - rf0sf, kl8fsf .  
ltdlnf0{/fgl r/L agfpg]d]f ; kgfx;  
ltdlnf0{sf0nl r/L agfpg]d]f ; kgfx;  
Toxl a9f] vsvf]6kkfdf zifkt cj :yfdf lgbf0/x\$]5  
gAolemj]lgb=gbVg]bZ0  
ck0f{0R5fx;  
:ofa'nf, j flna .



dfG5] / /f'af6

zlj e' fn

bVbf Pp6}xfhfg\  
; Gbf Pp6}nflunfg\  
t'klg km/s 5  
dfG5]xg' / /f'af6 xg'df .  
h:tf]dfG5]Tof]glnf]cfsfz x05  
clg cfsfzsf]glnf]kg; u}  
hljgsf]cljefhotf, cgGttf clg  
km]fj 6 hfG5 .  
/f'af6 l; km(cfsfzsf]glnf]kg bVb5  
clg /Enf0{t'fh} eGb5  
; fu/ / ; u/ Pp6}xf].  
/f'af6  
; fu/sf]ulx/f0  
clg ; u/sf]km]fj 6sf]e0 hfG5 .  
olQ km/s 5 dfG5]xg' / /f'af6 xg'df .  
h:tf]dfG5]knlqm/x\$]uhfkm x05  
clg eGb5  
Tof]uhfkmsf]Pp6f /Edf  
s; \$f]d':sfg x/fPsf]5 .  
/f'af6 l; km(uhfkmsf]/ftf]kg bVb5  
clg /Enf0{t'fh} eGb5 -  
/ftf]uhfkm / cfnf]/ut Pp6}xf].  
/f'af6 uhfkm / /utsf]e0 hfG5 .  
olQ km/s 5 dfG5]xg' / /f'af6 xg'df .  
nflub5- dfG5]cfhsn /f'af6 e}x\$ .



clGtd kZg

zldhf v8sf .bxfnl

slj tf  
ltdf]lj rf/sf]ellgfj zifdf d sltv] kl/; s\$] /x\$'  
d]h]t dfq k0sf]dxndf  
lj Zj f; x; kmn/x\$]lj Zj f; df cfk]nf0{  
ehf0/x\$] lyPf .  
ltdf] ; Demgsf]9s9slh]d]f]x0nf0{9s9sfpbf  
d Toxf]af]g]g; Sg]v; Lx; s0 ul//x\$] xGy]  
t/ ltdf]Tof]cglux Pp6f ; frf]em]  
cgltsf]tnf vllg x/bd s6ln rln/x\$]rfn  
aem] klg aem] gvlf]em]  
d sltv] x0osf]vhfgf vlln; s\$] xGy]  
ltdl tl vhfgsf n6]f x]eGg]d]f]efj's x0on]  
slxNo}aem] ; s0 .  
kxf8h:tf]dgn]km]h:tf]k0nf0{lyr]  
Tof]sfj]em]kq]kqleq xl/f klg xg; S5  
Vff]faf6 lsgf/Psf lj Zj f; sf r6}fgx;  
szn sflnu9laf6 ag\$]k0sf]dlt'  
ltdl cf'gf]cl:tj] af] To; sf]qmf klg xg ; S5f}  
; dosf]w/ftndf cg\$]f]j]l]r]q sfl]g klg ; S5  
; befj ; bfrf/ / ; xlj rf/  
k/Llffdf nVg 5'6\$ kZgsf]pQ/ em]  
hljg kZgkZgsf]v08x/df kl/0ft ePsf]  
oyfyhf0{ :j lsfb}  
ltdl d]f ol cgeltx; nf0{cget ug{; S5f}<  
of]d]f]hljgsf]clGtd kZg  
d; u}pleP/ d; u}x/fPsf]5 lsgls  
hljg cgelt'eGb k/ s\$] /x05 .

sf7df8ff.



kl'ti7f wgd f xGg cf8Da/ a9fp5 .  
bDel /fj0fsf]h:tf]cToirf/L tNofp5 ..  
- tltdl7f s'/faf6

# df6f] / ; dfud

z zzl yf kf kl08t

lsg nfb}5g\  
/a/ tGsf0sf]clGtd laGb'sf]cj:yf  
ef}b}u/\$f]of]lhGbuldf  
df6fsf s0fx  
tk:jl emlgZrGt / kljg  
cxdsf]kf/fh]l; l-rPsf]of]lhGbuldf  
8f]lnf0{; k{bVg]ed d}lyPf  
/ t nfuYof]; dosf eNsfxf  
df6f] tNnf]j ul6 klxrfgd 5foffs t ePsf]5  
hf]ev{ }kV]lsf]sG6g/df k/8 vhf \$f 5fof^asgx 16k]  
; dfkgsf]lvr8ldf kmx/sf]Sofgef;  
teGbf d ; Gb/L eGg]xf8df oj tl tf5f8d5f8df ?dlnPe  
kqkq]0ltxf; sf wf/ sf{?dlnb}5  
; k{h}sfirnl km]h:tf]hljgsf]of]cGt/fndf  
dgn]sfirnl km//xbf]/x5  
xf] sltk6s l3gfPf df6f]sf] 2k; lu  
dVleqsf]ys udl\$ f s]f ; 'sh:tf] ; 'sfPf  
z4 xg]eddf  
cfkileqsf]snflzt kmx/  
d]hf nuf ^ofs \$f]h:tf] ^ofs \$f]eddf afRg nufPf  
dleqsf]cxddf kmh\$]df]g; nf0{  
; a]hf0{cfkildf :jlsfg}  
df6f] ; dfud /x5 gf/lh:t}  
k\$[t :j 2kdf lj s[t agfpg]  
clg ; fpg]xl/ofnl em ; w}Psgf; ue{ tl alg/xg]  
8Ag]nfu\$]f]3fdh:tf]hljgsf]of]pQ/fw6f  
df6f]xf0g dnf0{  
cxd'g}kmx/ nflu yfn\$]f]5 dflg; sf]  
To; h]ca d df65\$]f]vfh cf8\$]f]df65]xf0g  
df6f]aGg rfxb}5'  
df6f]emlgirn c6n clg a4 aGg  
lhGbuln]kfPsf]hljg 2kl of]s/f/df .

afnfh', sf7df8f}



# df6f] df6f] g} xf]

z flGt l/; fn

clezkt t/n ; don]  
dfgf / kfyldf df6f]e/]  
a/fa/l efua68f u/k15  
d]l'sfnl plwf]allg /f\$  
pef]pef]psfn]klg  
cg\$ y/l sAhfsf alh  
dgsf kmhj f/Ldf oqtq 5/]klg  
; Eotfsf]emNs3fd; lu}  
cl:tJ /fk] afir \$f]xfdf]df6f]  
ljZj dfglr qx; dfem aff8g'sf]  
cldnf]Hj f/ ef6df blGs/xbf  
lzzsf0n xftx  
cafW afn dl:tisx  
; off]yEf kmhsf Pp6]dfnf gkfnl  
w]df plg0/xbf  
cl:tJ sf]em08f kmx/f0G5, kmx/f0/xG5,  
6fpsfx; df 6\$] tf08j gTo gfRb}  
lj hof]; j dgfpg]/x/ ; NanfP klg  
olusf]; jdgfnf0{Uj fDnfE cLufnf0f ; d0L  
w0\$]afw /flg l; sfp5 xfd]df6f]  
gfs / cfv÷/E / hftsf :shx; df gfl  
; b0fj / ; xefj sf]zfgt tnfpdf  
lj e0sf]lj if 3fh] kof; d0fpg  
k]to\$nf0{lj iffn' kfgl lkpg afW0 kf/]klg  
cd] kmhx; cf\$ln/xG5 xfd]df6f]  
df6f]df6f]g}xf]-df6f]xfdf]g}xf]  
g t]f]xf] g d]f]xf]  
df6f]dgsf]; ]fk]f]xf]  
df6f]lj e0sf]; 0 dfg\$}5g  
df6f]dg 6qmfpg]c:q hfg\$}5g .  
y]r]/ g]6h]/fk]klg÷rRr] / aN90f^aU]5/]klg  
sfnh]/ uf/h]hf]klg  
p; nf0{s}kl km/s kb0  
lsgeg]xfdf]df6f]lj e0 ub}ub0

df6f]df6f]g}xf].  
c;ld hlhlj iffsf]lkφ ; uGw af\$zf]  
df6f]ltdf]d}f]xfl ; a\$}f]xf]  
; [6sf]; Gb/ kmh kmhfp]klg df6f]xf]  
; [6sf]hlj gw/ la; fpg]klg df6f]xf]  
df6f]; j {j} xf].

cf?af/L, sf7df8f}.



### j /; ft

zjz ufjd

afbn; lu u8f u/}  
cfsfzno{5f\$}, 5\$}  
jg, kvf, vsf kft, baf] af6fx; xb}  
ha ha a/; ft  
:j f-:j f/ ^j f-^j f ub}  
d}f]cfugdf cf0kU5  
d klg  
bf8b}uP/ p; nf0{cfln^ug u5{  
p dnf0{? fpg tNnlG xG5  
d p; df nlG xG5'  
yfkfsf cfn]s}z vhfP/  
j /; ftn]  
ki6 / 5/k:6 kfl/lbG5  
Dj f0{vfPsf kglSf bfgfsf 8fd  
cgxf/el/, clg  
; D; Dopb}dfofnh]h:t}lehfo1bG5  
j /; ft ; j f^u j :qx;n]5\$g ; Stgg\  
j /; ftn]dnf0{5g]rfxgf  
lj :dft lanfp5g\j /; ftdf  
lj iffba u} hf65g\j /; ftdf  
a/j fb xG5g\kl/x; j /; ftdf  
j /; ftn]  
w/tldf klg t 5fp5 vl; ofnl  
goff kilt, goff hfU/, goff xl/ofnl

af]6g, cd]/sf .



### nfdf] v8]ln] hh} sfGnfd

zj/ lj sNk

aljuPsf] sfsfshh:t}  
hljg cfVofgsf]kmf6df -  
cfr, 'sf 19Ssf a6h}  
/ftf]k50f}Lsf]dhg\$}; Gb's agfP/  
cfVfsf 18n}8n lx8/xG5 ; do .  
uf8wj fdf cfPsf]s?jf p7fP/  
kfpsf]hn ; jg ub}xl/xG5' - afcfdfsf]; kgf  
; Gtfgsf]bfolj / kngst{sf]wdh}  
kfPsf]d}f]sd\$}pkxf/ 0  
; kgfsf]kltdt{.  
; femsf]dw/f]ofb; lu}aln/x\$}kfg;  
lwkk-lwkk ub{ st}; fV]em nfu5  
of]; DaGw t}f]; jLsfo{lyPg <  
kfOf 0 d ; firf]hj fkm lbpm 0  
dfg phofnfhf0{.  
etetl kmfb}pDn/xG5g\ - kltsf 3fpx;  
g pKsfP/ kfkf kmNg ldNg'  
g sf}kl dgsf]dNxd nufpg g}.  
kto\$ laxfg ; okql kmh rd} kft xb}  
zlt kl//xG5 - 3/sf]angl / 158L; Dd  
/ ; ah]eG5g\ - cxf 0 slt /df0nf]lspb .  
s]; fRrl cfr, 'klg lspb dgfpG em5g\  
cf'g}dgn]dgnf0{kZgsf]s73/fdf pEofPsf]5  
afbn km5{ emL k5{/ /dfpb}  
em15g\nxnx ls; fgsf ; kgfx;  
u}l v}sf wfgsf ainfx; df .  
j hgf kmf/} em\$}au}tl cfr, 'sf]emLn]  
s]kmhfpG ; S5 hljg <  
; w} w}cfugsf]18ndf cfP/ pleG5g\  
keftl 3fd / ufwnl hg  
t/ cxf slxNo}lgefPgg\  
Abosf]cej / NofPgg\tdf]va/ .  
; dbll 5fnsf 5p5pfd  
cf}f]bf}f} ubf xg\ebf / pbx; 0

ltdlnf0{; dosf]dflns agfP/  
 s]ltdf]kl; gfsf]dNo tḡḡ ; S5g\ēf / p6x <  
 s]ltdf]hlj gsf]cy{el6G5 Toxf <  
 lj j ztfsf]gdL7f]emḡḡdf k/L  
 ofb dḡfpg au/df xflgPsf kḡof  
 s]glgnf]kfgln]of]xfdf] ; f0gf]aufpnf <  
 k/f0sf] ; Ggf; df la5f8sf] cfj ḡn]  
 t:jL / / pkxf/sf lrgf; hnfP klg  
 of]ckf/ dfof, Gofgf]:kz{  
 Kof/sf]ulx/f]cge't / Abosf]kl|tlaDa  
 hnfpḡ ; Snf clḡgn] <  
 cfbz\$]rGbg nufP/  
 slt lbg /l6G5f]/fu lagfsf]; f/aNl <  
 s]ltdlnf0{d/f]l; pbf\$]l; Gb'n]5\$]xf] <  
 ls lbpflhjg tlnf-hnl cbZ0 j ḡḡdf kf]8P/  
 eg ḡ slt lbg xfg'd <  
 vs'/lsf]crḡgf]ēP/ .  
 knh lagfsf]afḡ ; Gb/ xG5 eg]  
 ltdl dudufpg' af; gf 5/]  
 d lgEg5' tḡ ; lsPsf]aftl ēP/  
 t/ kḡo\$ xfg fsf]em\$sf; ḡ}  
 d sb}xg5' clGtd ; f; ; Dd ltdf]hj fkm .  
 nḡfpg of]; f0gf]cd/kḡ eg]  
 ; dosf ; jḡfḡ clf/xḡn]ḡ

afudtl lsgf/ .



**xfdf af]8<sup>a</sup> :s'nsf l; l/hx?**

- 1- GENERAL KNOWLEDGE SERIES = Mind Booster 0 to 7
- 2- MORAL SCIENCE SERIES = Blossoming of Human Values 1 to7
- 3- SOCIAL STUDIES SERIES = Me & My Unisers 0 to 7
- 4- CONVERSATION SERIES = Spoken English 0 to 5
- 5- GRAMMAR SERIES = abc English Grammar 1 to 5
- 6- COMPUTER SERIES = The World of Computer 1 to 5
- 7- MATHEMATICS SERIES = Competitive Mathematics A,B, 1 to 7
- \*= **gkfnl zPvnf** = gkfnl efiif / ; flxḡo s,v, ! bḡv & ; Dd
- (= **Jofs/Of zPvnf** = gkfnl efiif / Jofs/Of ! bḡv & ; Dd

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**dḡ] slj tf nḡḡ ; lsgf**

zḡḡf l/hfn

knhx; sf]af/]slj tf nḡḡ]rḡḡf knfof]  
 PSsf; L 5ḡsf]auf lgoḡn]  
 Toxf ; of]knhx; bḡv]  
 knlsPsf]bḡv] knh\$]bḡv]  
 cfḡlnPsf]bḡv] v; \$]bḡv]  
 kfḡldstf s; nf0{lbpf 5fGg ; lsgf  
 w]kḡḡḡ hf/L /fv] knhnf0{slj tf agfpg ; lsgf  
 dḡ]slj tf nḡḡ ; lsgf .  
 Aff6f]lx8ḡsf lfofx; slj tdf sḡ ug{vḡḡ]/ ; ldenP  
 xl; hf yf]cgxf/x;  
 klḡt cyfx cfvḡ;  
 ; bḡf kḡf{sḡl zAbx;  
 c; aḡo qmḡ ufnlx;  
 cg\$ḡoyfj t\; aḡif;  
 nḡḡ xft a9fP sxfafḡ ; ? ug{lḡwf]ug{; lsgf  
 nf v sf]; ; uḡt/ lj ut slj tdf ; dfj z ug{; lsgf  
 dḡ]slj tf nḡḡ ; lsgf .  
 Rffx]; f/f k\$[tnf0{slj tf agfP  
 knf6ḡkn6ḡ j [f em\$]  
 xl/of kft clncln dḡnPsf]  
 afSnf j :tlxḡn]ls/of 5ḡnPsf]  
 klfxḡ ugḡḡo lj xlg p8\$]  
 gblxḡn]klxrfḡ udfPsf]  
 bḡv/ e0/xḡs]nḡfḡḡḡ ug{; lsgf  
 cyfx k\$[talr /xḡ klḡ efj l; ḡḡf ug{; lsgf  
 dḡ]slj tf nḡḡ ; lsgf .  
 clGtd lj snk dḡḡ/ /ḡḡḡḡ kuḡ Toxfsf]bZ0 xḡ]  
 dflg; xḡ c; aḡo lyP t/ eSt sd lyP  
 khf ; dḡuḡ cyfx lyof]t/ cf:yf / ; bḡf lj lng lyof]  
 zflGtdfem klḡ stf-stf snx lyof]  
 xḡḡxḡ/xḡcf; v:of]zAb knḡfpg ; lsgf  
 sndnf0{ult lbg ; lsgf  
 dḡ]slj tf nḡḡ ; lsgf .

xl/j g ; nfḡl .



:jlsf/ zesfdgf

☞; ltf eS/f0{

z/bSf]Ps c-hhl kth l6k}
   
efj x<sub>2</sub>sf]dfnf uff; }
   
ofqsf x/ ko/x<sub>2</sub>df
   
JolQm/ JolQm]sf nflu
   
kq cf:yf / >4f; U}
   
:jlsf/ zesfdgf U
   
z<sub>2</sub>vnf / ; ~hljgl
   
cl:tj / cl:dtf; U
   
k<sub>2</sub>l{llflthdf 3fd dflu/x<sub>2</sub>f]5
   
xftdf nSf0f af<sub>2</sub>Sf xftx<sub>2</sub> xf]U
   
r<sup>a</sup>ux<sub>2</sub> agb}8Ngsf nflu
   
:jlsf/ zesfdgf U
   
; okql, nflnu/f; / ; gufef
   
k<sub>2</sub>Ng]b<sub>2</sub>df
   
l; hgf; ; <sup>a</sup>sNk / ; tN rf/ /f<sub>2</sub>g
   
; l<sub>2</sub>6 ; l/tf; U}
   
r]gfsf]; <sup>a</sup>ult v<sub>2</sub>flg
   
:jlsf/ zesfdgf U
   
lgdf0f<sub>2</sub>f xTs]hx<sub>2</sub>
  
0G6fl ofqdf
   
3Dtl df<sub>2</sub> / llflthx<sub>2</sub>df
   
bf]8/xgsf] nflu
   
nfe, dfx / Oiof]lxt
   
; ;f/sf]; <sup>a</sup>sNk ug{
   
:jlsf/ zesfdgf U
   
3fd / hgh:tf ; kgfx<sub>2</sub>
  
; jf / ; Tsdsf]
   
vNnf dfux<sub>2</sub>df
   
hfu/, hf] / pd<sup>a</sup>un]
   
bf]8/xg\
   
dg / dl:tisaf6
   
cf]sf/sf] cfMf v<sub>2</sub>flg
   
lb0Psf]pkxf/ ; Dem
   
:jlsf/ zesfdgf U

/fdlx6L, sf7df8f}



zflGt cfpM

☞/df s0sh

zflGt d stf v<sub>2</sub>flh}
   
cMof/fdf v<sub>2</sub>flh}ls
   
pHofnfdf v<sub>2</sub>flh}
   
hlj gdf v<sub>2</sub>flh}jf d[odf <
   
bMvdf v<sub>2</sub>flh}jf ; vdf <
   
d ltdlnf0{sx<sub>2</sub>f v<sub>2</sub>flh}
   
v<sub>2</sub>flg h<sup>a</sup>un hfpM]jf ; x/ <
   
ls hfp:ju]j gs{<
   
dnf0{eg ltdl sx<sub>2</sub>f 5f}
   
ltdl g]fx<sub>2</sub>sf]af]hldf 5f}
   
jf ad / af?bsf]Hjfnfdf <
   
:j b<sub>2</sub>zdf 5f}jf lj b<sub>2</sub>zdf <
   
ltdl ePgf]eg]
   
a4eld o4eld xG5
   
j<sub>2</sub>bgf / kl8fsf]yk<sub>2</sub>h}
   
b<sub>2</sub>z g}efl; G5
   
dfG5]dfG5]xbg,
   
agb5 s]n kz'
   
b<sub>2</sub>z b<sub>2</sub>z xbg,
   
agb5 s]n gS; f
   
To; h]t v<sub>2</sub>fl]5' lg ltdlnf0{
   
ltdl cfp b<sub>2</sub>z /xG5
   
d[0' / hlj g b] }
   
cfG6bdf ablnG5
   
To; h]yftl /fv}
   
cfMfsf]l8n l8ndf klv{x<sub>2</sub>f'
   
leql dgsf]9s9sln]
   
ltdlnf0{v<sub>2</sub>flh/x<sub>2</sub>f'
   
zflGt ltdl cfpM
   
zflGt ltdl cfpM U

sf7df8f}



r'/f

☞; la; wf cfrfo{

dg k<sub>2</sub>of] nufof}
   
lj] fx=kf6Ldf=dhf / xf6ahf/df
   
; fem k<sub>2</sub>isof} en08fof}sf7sf]:6df08df
   
en08/x]Pstdf;
   
x<sub>2</sub>h]ltdf]zGo sf7f U
   
kl:sof}ldi7fGg eflhg
   
nufof}efu efu lj eflhg
   
x8Nof}7hf v8shf
   
d5df]lj leGf ks]fg
   
kvfNof}lr; f]kfgln]
   
lj<sub>2</sub>k efl]d7f]; f<sub>2</sub>bo{
   
ltdln]t k<sub>2</sub>e<sub>2</sub>of}
   
cfG6b kfof}t/ =
   
d<sub>2</sub>h]k<sub>2</sub>Pf]s]n cf^gf]lk<sub>2</sub>sf kg U
   
hjfgl lyof]pn<sub>2</sub>Sf]d7f]klg
   
cf^gkg lyof]goff gmf]
   
/x/ lyP ; f<sub>2</sub>zdf ; lh/xg]
   
cf^gf]rdsn]pHofnf]k<sub>2</sub>v<sub>2</sub>b}
   
x/ gf/Lsf]gf8Ldf ; lhP/ U
   
nufpg t nufof}
   
7f<sub>2</sub>Ssfof}kGo"/ k] / s's/; U
   
ld; fof}kfgLsf]k<sub>2</sub>xf]fdf
   
/E]j xlg ePf.
   
7f<sub>2</sub>Ssfof]n]r]Ssg kul]
   
s<sub>2</sub>off]d7f ef0
   
cf]dbfx u/L hldgdf lu/}
   
v0lnPf k<sub>2</sub>E p8]
   
x/fof]klxrfg cfh
   
ltdf]sf7fsf]Ps s'gdf
   
l7E r'/f :6df08df plgP/
   
ylGsPsf]5' .
   
lwSsf/ 5 d clg d7f]hljg
   
jf:tddf r'/fsf]hljg, s]hljg <

xfn M cd]/sf .





# sfxl 9Ss gag] xG5

☞ ; /g pkʃl

lhpq rfxg]dfG5x  
 hltv] h]klg xg ; S5  
 ladf/ eP/ c:ktfn hfbf  
 dfgj lotfsf] clgsfn k/ʃf ahf  
 ksodf/n] lj xf] sf] bj f0{  
 ; BfP/ n6e] lj xf] agfP/  
 c^axx; lemsg ; S5  
 xb}gePsf]golf /fu ykq ; S5  
 ; fRb}g; f] ʃf] ahf dl/g ; S5  
 sfxl 9Ss gag] xG5 .  
 hfn yfk] gbl lsgf/fdf a; ʃf]  
 a9f]dfenem] Jofk/sf] 8f]l ; dft] a:gk;  
 ufxs ag] , dlxiff; / cfpq ; S5  
 5/L, k]tfn / dl]zgug; kl  
 l; ^n]58g ; S5; k{ag] 8:g ; S5  
 ; Gb/ ; kgfdf k]f] hfg ; S5  
 sfxl 9Ss gag] xG5 .  
 dl7f ; kgf ; hfP/  
 3/jf/L aGws agfP/  
 ; fgf gfglx; / l; E]kl/j f/sf]  
 Ps clufnf] ; kgfnf0{ kf ʃf]k/]  
 dh'sdf sg}pkfo gh/kl5  
 z]sf]bw bxg]zfx; afʃ] lj bl]zPsfx;  
 cd]lsfdf s; h]s'/fg hnfP5  
 ckmb]fg:tfqdf ltdf]xtof xG5  
 sfxl 9Ss gag] xG5 .  
 kSsl ejgdf a:bdf  
 ; /lff3]fdf k:bdf  
 9Ss g7fg]xG5 .  
 s; ʃf]gsfadf  
 /666 e6fpg ; S5  
 s; ʃf]e]fdf  
 lqzhldf v; fpg ; S5  
 s; ʃf]cfb]zdf

60g6j / e] 9nfpq ; S5  
 sfxl 9Ss gag] xG5 . .  
 oxffkʃ[ t klq ; Gqf; do 5  
 6fgf8f] xfl/Sofg cfpq ; S5  
 dxfeSDkn] yulynf] kf/kl5  
 ; gfdln]aufpg ; S5 .  
 zf; {; j f0gkm, Prj fg Pqj fgn]  
 ; j qf; u/fpg ; S5  
 sfxl 9Ss gag] xG5 .  
 rgf]l k0f{ousf ; f/ly xfdl  
 knkn rgf]v] aGgk5{  
 a4sf ; Gtfq xff]xhdl  
 zflGtsf]k]ls aGgk5{  
 v; l ag]; vl xG5  
 ; fyʃ h]jg lhpqk5{  
 oxffh]xg ; S5 .  
 sfxl 9Ss gag] xG5 .

c6jf, Sofg8f .

9

## kʃ

☞ ; Gblk; fu/ gkfn

pm / ddf slt km/s 5  
 pm p; nf0{ul/g]kʃsf]s'/f u5{  
 d cfm]ug]kʃsf]s'/f u5{  
 pm k / ; f0boʃf]s'/f u5{  
 d ; w}lj rf/sf]s'/f u5{  
 pm kʃ dNojfg\5 eG5  
 d o; ʃf]t dNo 5g eG5'  
 slt km/s 5 p; sf] / d]f]  
 lj rf/sf]w/ftn  
 pm lu sxl 5  
 d; lu sxl 5g  
 p; sf]kʃ gfzj fg\5  
 d]f]kʃ cd/ 5 .

jg:ynl, sf7df8f].

9

# ; kgfsf zP\vnf

lx/0onfn 1jfnl

lg:tAw cfw]ldf klg÷dgsf]den]ldf  
 cfzfsf blk aln/xG5g\  
 oxf 5Ng]h] 5ln/xG5g\5lng] 5ln0/xG5g\  
 ; kgfsf zP\vnfx÷cgGt; Dd rln/xG5g\  
 ; kgf ; Defj gf xf]eGb}o; nf0{l:j sfq]klg 5g\  
 ; kgf dfq k]~rgf xf]eGb}o; nf0{lwsfsf]klg 5g\  
 ; kgfdf x/fpg]klg 5g\; kgfdf 8/fpg]klg 5g\  
 sdfP/ efb / gfb ; kgfdf /dfpg]klg 5g\  
 udfP/ ; j fj ; kgfdf, 6fpsf]; dfpg]klg 5g\  
 eTsfP/ ; kgf ; kl edsf kvf]x;  
 o4 5fBok5{eGg]klg 5g\  
 hf]uP/ ; kgfsf ; Gb/ ; Defj gfx÷nf0{  
 lj kgfdf d't{; k lbgk5{eGg]klg 5g\  
 ; kgf t knut\; kgf xf]  
 o; sf]sg}cy{5g eGg]klg 5g\  
 ; kgfnf0{ljkfegbf cem a9L ; To 7fGg]  
 / ; kgfdf lj Zjf; ug]klg 5g\  
 axd ; Tod\hulGdYoisf cgofol klg 5g\  
 hf]; kgfnf0{; To / lj kgfnf0{ldYof 7fGg]u5g\  
 lg/Gt/ ; kgf bVg a]llo xfdl  
 j tdfgdf klg ; kgf bVb}5f]-  
 ; kgfs}slj tf nVb}5f]-  
 a]llo eP/ ; kgf /fh]sf 5f]-  
 ; kgfnf0{; fs/ kfg{vfh]sf 5f]-  
 To; h]cfh xfdl  
 ; kgf e]lGt xf0g s]lGt xf]eGg]lj Zjf; df 5f]-  
 ; kgfn]; fRrs}kl/j tG Nofpg]cfzdf 5f]-  
 ; fRrs}o; kfln ; fsf/ kf/] ; kgfnf0{ljkfdf ptfg]5  
 ~ofs] ; lbor]vsv]k]xf]d]hf wtlhf0{plhNofpg' 5  
 ; kgf e]lGt xf0g  
 kl/j tGsf/L qm]Gtsf]; r's xf]eGg]:ki6 kfg{5  
 ; kgf clezfk xf0g j/bfg xf]  
 r6s]sf]v]h / hfnl k]b]xf]÷sf]hfnem]h xf0g  
 qm]Gtsf/L cleofg xf]  
 o; s'/fsf]cgelt ; ahf0{lbnfpg' 5

ef\$fnf0{vfgf, gfa\fnf0{gfgf / af; gkfPsfnf0{5fgf  
 ; kgfnf0{; fsf/ tNofpg' 5  
 ; kgfsf]Aof8 /fVg]of]df}ddf  
 d]f]; kgf slj tdf ; kfgt]/t ePsf]5  
 d]f]slj tf ; kgfdf ; kfgt]/t ePsf]5  
 To; h]crih dh]/ftdf dfq xf0g lbj:f.kg bVg]u/\$f]5'  
 ; j kgs}slj tf nVg]u/\$f]5'  
 oxl g]d]f]lgolt xf] oxl g]d]f]k]ult xf]  
 To; h]; Gb/ ; kgfnf0{; j fut 5  
 ; kgf bVfpg]/ slj tf nVfpg]hf0{; fwj fb 5 .

a6jn .



## nfknkf{

/fhg l; njfn

sg k]hn]df]uof]oxf]nfknkf{<  
 clg kn]of]udnfd, au]fdf / ha\undf htftt}  
 sg ; vn]v]f]of]pldg, xsG / cl]ng' k]j {  
 zf; sx; n]lbPsf nfknkf{<  
 sg gbln]df]uof]; dbhf0{j /of ug{cl3  
 k\$[t; E nfknkf{< / a]lof]w/tlel/ ; a]t/  
 tl cflbd a:tlx;  
 sg}klg t nfknkf]sf]hudfly a; \$f lyPgg\  
 uedf a:g' cl3 g sg}lzz'  
 g sg}hlj f]df s; h]klg dfu u/g  
 nfknkf{cdf; E, tklg  
 hljgsf ; Gb/td k]hx; k]h\$}5g\ ; 'sf0n, ; ulGwt  
 k]sf]ldld{d}ltdln]h; }df]uof]cfh  
 d]f]k] {hljgsf]/fhlgdf-kq  
 / o; hljgsf]Psn ef]v]sf nflu nfknkf{  
 d]f]lj Zjf; axf] ePsf]5  
 clg x]o csNkglo e\$Dkk]5sf]  
 e]vgf]z]f]df ablnPsf]5  
 dg{cl3 ltdlnf0{; fl]g dg nfu\$]5 - Pp6f kZg  
 ltdl dnf0{k]u5df<  
 jf d]f]k] {hljgsf]/fhlgdf-kqnf0{  
 cyjf k]lxt ef]v]lwsf/sf]nfknkf]hf0{<

sf7df8f].



k5f/sf]kftf]

# uBslj tfsf : j ?k

z kf=uf]kls]of zdf

gkfnl ; flxTosf lfqdf cfwlgs sfndf uBslj tfsf]yfnl ePsf]x].  
uBslj tfsf] ; j klyd cfn]vg afns]iOf ; daf6 ePsf]df]P klg sltut ?kdf  
uf]kfnk] ; fb l/dfnsf] cdfsf] ; kgr slj tf ; <sup>a</sup>ux ; u]gkfnl uBslj tfsf]cf/De  
ePsf] e]g] s'/fdf clwsfz lj afgX? ; xdt 5g\ afns]iOf ; d / n ldlk] ; fb  
bj sf]bsf uBslj tfx? lj = \* ! ( ( ) s) bzsd f b]v k/sf x'gfn] oxlfaf6  
gkfnl uBslj tfsf]yfnl dfgkgl xG5 .

@)!& ; fndf ?k/M' kqsf]sf]k]sfz] ; u]gkfnl slj tdf ; ? ePsf]  
k]p]uj fbl wf/fdf uBslj tfsf] j r : j /Xof]. d]xg sf]f/fnf, dbg /ld, sl]OfeQm  
>lj7, t'n ; l lbj ; , pk]b] >lj7 cflb w/] slj x?n] uBslj tf n]vgnf0{p]rf0df  
k]vofP . ptf bflh{n<sup>a</sup>df ; ? ePsf] cfofd]nl c]b]fng @)! n] klg uBslj tf  
n]vgnf0{ k] >o lbof] . o ; lfqdf OGb] /fo{ j yful sf]nf / OZj / aNnesf]  
of]ubfg pbfx/Oflo /Xof]. @)#^ sf] ; 8s slj tf qm]lgtkl5 c]Psf] ; d ; fdfos  
wf/fdf uBslj tfx? klg ; xhtftk] ; <sup>a</sup>u7t x'g yfn] . nolj wfgdf hf]b lbg  
yfnof] / ullnotk]a9l s]b]t x'g yfnof] . o ; l gkfnl ; flxTodf uBslj tfn]  
nfd] ofqf kf/ u/]sf] 5 / yk ; Dk]io, yk d'Noj fgV ; 'afw xb] uPsf] 5 .

uBslj tf d'Qmo -k]l e ; { df n]vPsf] e]lifs ; #rgf x]. uBslj tdf  
no j f 5Gbsf] cg'zf ; g / x]bg . slj tdf b0{k]sf/sf no k]p'Qm xG5g\ a4no  
/ d'Qmo . a4nodf kBslj tfx?sf] lgdf]f xG5 . d'Qmo eg]sf] slj sf]  
cfk]v' ; l no x] / o ; nfo{ JolQmo klg elgG5 . o ; df JolQm lkr5] no km/s  
km/s t xG5, Pp6] Joltmsf klg lj leGg uBslj tfx? lj leGg nodf xG5g\  
d'Qmosf] no]f]ds ; #rgf c]t]l/s xG5 . uBslj tf /rgf ug] ; km slj n]  
cf^gf slj tdf c]tnp]f]ds ; <sup>a</sup>u]tnf0{k] : tt u/]sf] xG5 . elk z]/rgsf  
slj tfx? o : t]lj lj w c]tnp]f]ds k]s]tsf 5g\

uBslj tfaf/] klg kl-f lj klfx? b]v k/sf 5g\ sltko JolQm?n]  
5Gbd] n]vg ghfgx? g]d'Qmodf slj tf n]v5g'eg] / cf/fk nu]Psf b]v65g\  
j f : tadf d'Qmo eg]sf] slj tfsf] aGwgd]Qm j f : j t]qt f x]. uBslj tfsf] klg  
cf^gf] : j ?k xG5 . d'Qmo dfq c]ufN]b]df /df] uBslj tf aGbg / j fSo  
6S'vofp]b]df dfq klg uws]j tf aGbg . ; <sup>a</sup>u7g sl ; Psf] 5 / zAbx? e]j  
; Dk]if0df ; lfd 5g'eg] uBslj tf klg TolQs} c]sf]fs xG5 . Phf k]p68 /

xa6{/l8sf c<sup>a</sup>u]hl slj tfx? o ; sf pbfx/Of x'g\ elk z]/rgsf uBslj tfx?  
klg pbfx/Oflo 5g\

k]Zrfto ; flxTodf uBslj tfsf] /fd]ahf/ 5 . klZrddf p]g]f0 ; f]ztfAbldf  
k]t]s]j fb / clt oyfyj fbsf] k]p]u x'g yfn]kl5 uBslj tf yk n]f]sk]p ag]sf]  
x] . k]f]f ; jnl slj rfn] ; { afbn]p/ , : 6k]ng dnfd] / kfn efn]/lsf k]t]s]j fbl  
uBslj tfx? o ; ; Gbedf pNn]v]glo 5g\ ol slj sf df]otf]cg' ; f/ lZnkut  
; r]t]tfaf6 d'Qm eP/ dgM : y]tsf] k]e]j k0f] t/n ; #rgf g] slj tf x] . o ;  
v]fnsf] c ; r]t cfo]hgf uBslj tdf xG5 . 5Gbj] w]g j f no ; e]h]ngsf]  
; r]t]t uBslj tdf /x]bg . c] r]tg ?kdf cf0/x]sf] e]j c8d]fpgsf nflu  
k]k]t e]lifs ?k no]f]ds ePsf]j f gePsf] e]g] rf ; f] /x]bg / uBslj tdf d'Qm  
nosf] : j tM]gd]f]f xG5 . cd]/sg slj j fN6 lXj 6 Dofg c<sup>a</sup>u]hl uBslj tfsf]  
k]j t]s d]f]gG5g\ logsf] uBslj tf ; <sup>a</sup>ux 'lnAh ckm uf ; ' c]Pkl5 uBslj tf  
n]v]gd]f t]j]tf c]Psf] x] . o ; af6 gkfnl slj tdf klg k]e]j k/]sf] 5 . vf ;  
u/l c<sup>a</sup>u]hl ; flxTodf b]vvn ePsf slj x?n] gkfnl uBslj tf n]vgnf0{cl3  
a9fPsf xg\

uBslj tfsf s]xl cf^g]lj z]l]tf 5g\ k]j fxdo e]f]f]sf k<sup>a</sup>Qm?nf0{  
zAbdf, kb]j nldf / j f]Sodf e]f]r/ j frg k]q]mofdf lj >fd No]fpgsf nflu 7fP  
7fPdf c8fg sfod ug] k]j ]Q uBslj tdf xG5 . o ; f]ug{ n]v]gd]f slxn] Pp6f  
zAbdf Ps k<sup>a</sup>Qm vr{ug] / slxn] j fSo : t/ ; Dd Pp6} k<sup>a</sup>Qm nDAofpg] k]j ]Q  
n]v]gd]f b]v65 . o ; l /x]sf zAbx? ; <sup>a</sup>u]tdo xG5g\ logn] no]f]ds lggfb  
k]p]f u5g\ w]g'ifaf6 5'6]sf af0f] : tf zAbn]Psf]t/ >]t rd]tsf/ k]p]f u5g'eg]  
c]sf]t/ t]j] e]j f]j Dasf] em<sup>a</sup>sf/ lbG5g\ o ; l : y]tdf zAb / kb]j nl xb]  
k<sup>a</sup>Qm-k<sup>a</sup>Qm] d'Qmosf]l ; hgf u/]sf] xG5 / slj tfsf] ullt]lj nfo{h]f]f]f]v]sf]  
k]t]t xG5 .

uBslj tfsf] cfod n3' / d'Wo xb] a]x't\?k ; Dd lkn]fl/Psf] xG5 .  
w]h ; f] slj x?n] n3' cfofdsf uBslj tfx? n]v]sf 5gV cfodut lj : tf/  
s]xl slj x?df dfq k]f]Psf] 5 . 5f]b]f uBslj tfx?df k]f]o]m c]vofgr0f]k]f]b]gg\  
df]xg sf]f]f]nf]sf n]s ; ; b]p]fgh : tf nfd] slj tdf e]g] dem]nf c]vofg /x]sf  
5g\ ol nfd] slj tfx? v08sf]owd]l{k]s]tsf 5g\ a]x't\cfofdsf uBslj tf  
dxfs]f]os} >]p]df lnOG5 / n ldlk] ; fb bj sf]bsf] 'k]dy ; ' o ; sf] pbfx/Of x] .

slj tdf e]f]f]sf] lj z]l]f k]p]u xG5 . n]f]s]oj x] /df ; fdf]o e]f]f]sf]  
k]p]u xG5 e]g] slj tdf lj z]l]f e]f]f] ck]l]ft /xG5 . slj tf e]g]sf] rd]tsf/k0f]  
/fuf]ds cleJolQm x] / uBslj tfsf] nflu klg of]klf c]j Zos xG5 . o ; qmddf  
uBslj tdf k]p'Qm kb]j nl, j fSou7g / k]t]s]f]ds k] : t]t klg ; fdf]oe]b]f lgs}  
km/s xG5g\ . o ; nfo{k]f] / e]lifs zAb]j nldf slj tfsf] zAbrog -k]f]l6s l8S ; g\_

elg65 . kfZrfTo ; flxTodf :k}; / , 8f08g, hf}; g, kf}k / ul cflb sljx?n] o:t} slj tfut lj zjif zAbrogdf hf}8 lbPsf 5g\ . /d0flo cy{ / tlj|td efj lj Da k}; t't ug} zAb j f kb}j nlnf0{sfJosf ?kdf lng}k} l}p lrGtgk}qmf klg o; ; Gbe}df pNn}vglo 5 . b08ln] kb}j nldf / hu}gfy]n} zAbdf hf}8 lbPsf 5g\ vf; u/L /ltj fbl c}rfo{]fdgn} efiffz}nlsf sf}ofaf6 slj tfsf] dNof^a\$g u/]sf] kf0G5 . zAbk}fw}goj fbl k}l}p c}rfo{sf] ; ^a\$}t klg o:t} cfn^a\$fl/s tyf /fuffds sfJoefiffsf]k}o}fudf lgb}zt 5 . b08lsf] 'bzsd'f/ rI/t' / af0fe\$sf] 'sfbDa/L' ; +s}t uBsfJox?df cfn^a\$fl/s kb}j nlsf] koff}t k}o}f]u ePsf] 5 .

kfZrfTo ; flxTodf j 8}j y{/ sfnl/h h: tf slj x?n]eg} zAb; Hhfsf] snffds cfj /Ofnf0{ToIQ dg k/fp}b}gg\ . j : kltt{cieJolQmsf qmddf zAbx?sf] ; r}t cfo}l}ngfn] efj ; Dk}f}ofdf afwf k}U5 e}g}loglx?sf] df}Gof 5 . j f: tj df uBslj tfs} nflu klg cfn^a\$fl/s ; fof; zAb}j }of; sf g}d}af6 cy}x}lg zAbz}^v}nf / efj xlg j }So/rgf e}l}bof] eg} To; n] slj tfsf] sYonf0{ } cf3ft k}ofp}5 . zAbh-hfndf efj ToIQs} x/fpg yfN5 . To; f] x'gfn] uBslj tfn}vgdf o; af/] klg rgf}vf] x'g}k}5{ .

uBslj tfsf] efiffk}o}fudf uls k/f}syf / k/f}ofsf k}t}ls /fv/ yf]/}f} w}/ e}g} l}rqf}ds z}nl klg st}x}lf}g}k}fnl uBslj t}df b}j}v}Psf] 5 . s}x}l uBslj t}x?df Jofs/Of: t/af6 g}d}Ng] e}l}fs lj r}ng k}q}mf; d}t kf0G5 . st}x}lf zAbaf6 clyg] l: ylt gePsf uBslj t}x? klg c}f}Psf 5g\ o: tf uBslj t}fnf0{ ; dli6 k}e}j af6 cYof}pg}k}g} x}G5 . d}t}af6 cd}t{ k}; t}t tyf r}t}gaf6 cr}tg n}j}vg}tk}u} uBslj t}fsf] n}j}vg}wd}t}f klg gb}j}v}Psf] x}f}dg . o; /L g}k}fnl uBslj t}fn] efiffk}o}f}usf] lj lj w}t}af6 lj z}fn k}o}f]u l}f}q c}u}fn]sf] k}t}t x}G5 .

g}k}fnl uBslj t}fn] k}ug}ku cf7 bzse}gf n}df] ofaf k}/ ul/ ; s}sf] 5 . efiff / efj b}j}k}l}af6 uBslj t}x? goff goff k}o}f}usf] ; fy cf0/x}sf 5g\ k}d k}o}f}ob}v ; d; fdlos lj s}t / lj ; ^a}lt; Dd lj ifo ag}f}Psf g}k}fnl uBslj t}fsf efiff klg p0/f}0/ ; /n / ; Dk}l}io ag}b}u}Psf 5g\ s}x}l uBslj t}df ull}no klg kf0Psf] 5 . g}k}fnl ; flxTodf ot}f kl5Nn}f} bzsd}f /lrPsf uBslj t}x? k}f}o}l} d}Q}modf 5gV ; ^a}l}tdo c}G}n}o}f}ds k}l}st}sf 5g\ tlj|td efj lj Daaf/f sfJo; f}bo{ k}; t't ug} uBslj t}f g} s}fnhol x}G5 / o; t}k}f klg uBslj t}f n}j}vg}x?n] w}ofg lbgk}5{ . l}g}is}i}df g}k}fnl uBslj t}fsf] elj io p}H}j n 5 / o; s}f] ; ^a}v}of}ds ; fy}u}off}ds lj : t}/; d}t x}b} /x}sf] 5 .

-j}ho6tl !\$ af6\_

jho6tl tyf zAbfy{k}f}zgsf k':ts kf0g}k; nx}

!=	t}k}y}d k':ts k; n- Onfd	- )@&-%@!%) (
@=	Onfd k':ts k; n- Onfd	- )@&-%@) \$e#
#=	l}nf}n P}h}z}gn 066k}0}nh- lat}f}f}8, e}n}kf	- )@#-%\$@e)@
\$=	g}k}fn a}s x}f; - lat}f}f}8, e}n}kf	- )@#-%\$) (#&
%=	k}p}lt k':ts e08f/- lat}f}f}8, e}n}kf	- )@#-%\$^#*
^=	g}z}gn a}s P08 :6}zg/L- r}b}p}9L, e}n}kf	- )@#-%\$%(&!)
&=	k}p}lt k':ts k; n- b}ds, e}n}kf	- )@#-%^*)#(!
*=	>}7 a}s P08 }oh ; }6/- b}ds, e}n}kf	- )@#-%^*\$!e}%
(=	k}f}z a}s P08 :6}zg/L- b}ds, e}n}kf	- )@#-%^!***\$
!)=	k}l}tef k':ts k; n, w}gs}b}f	- )@^-%e!#) \$
!!=	af/sf k':ts k; n- w}fg, ; g; /L	- )@%-}%#e&#
!@=	/d}z a}s l}8k}f- w}fg, ; g; /L	- )@%-}%e%)##
!#=	t}f}k}n}h^a a}s ; }6/- 06x/L ; g; /L	- )@%-}%^*^*%^^
!\$=	a/fn }oh P08 a}s ; }6/- 06x/L ; g; /L	- )@%-}%^*^&* (
!%=	c}l}d}asf a}s ; }6/- 06x/L ; g; /L	- )@%-}%^*\$%e)@
!^-	j}f}n}f}h}k':ts e08f/- lj /f6gu/, d}f}^a	- )@!-%#)^^#*
!&=	Zofd k':ts e08f/- lj /f6gu/, d}f}^a	- )@!-%e^#s\$%
!*=	d}g}f}h k':ts e08f/- lj /f6gu/, d}f}^a	- )@!-%#)%%(
!(=	k}l}Ans a}s; P08 :6}zg/L- lj /f6gu/, d}f}^a	- )@!-%e)!&&
@=	d}g}f}n k':ts e08f/- lj /f6gu/, d}f}^a	- )@!-%e!(@^
@! =	e}s/f0{k':ts k; n- lj /f6gu/, d}f}^a	- )@!-%e@s\$#
@@=	l}j}g}os k':ts k; n- lj /f6gu/, d}f}^a	- )@!-%\$&!^)
@#=	Go':j}l:ts k':ts - lj /f6rf}s, d}f}^a	- )@!-%\$%e!\$
@\$=	; -ho k':ts e08f/- /f}h}j /f}h, ; kt/L	- (*@e*%)e*)
@%=	; hn a}s l}8k}f- /f}h}j /f}h, ; kt/L	- (*@e*#@)^
@^=	Go}f}k}f}g}l}a}s l}8l:6A06; {-s6f/L, p}bok/	- )#%-\$e) **\$
@&=	d}g}f}n k':ts e08f/- u}f08f6, p}bok/	- )#%-\$e)!e}%
@*=	Go}f}k}f}g}k':ts k; n- u}f08f6, p}bok/	- )#%-\$e)!#
@(=	; l}tf g}f}j n- n}f}x}f, l; /f}xf	- )##-%^))e&
@# =	r}f}w/L a}s l}8l:6A06; {- n}f}x}f, l; /f}xf	- )##-%^)#\$#
@! =	P}stf a}s ; }6/- n}f}x}f, l; /f}xf	- )##-%^!e)@
@@=	z}f}x k':ts k; n- l}dr}p}f, l; /f}xf	- )##-%%)###
@#=	d}h}b/ k':ts e}j}g- h}gs}k/, w}g}l}f	- )\$!-%e!(\$#
#\$=	j}b}x}l k':ts e}j}g- h}gs}k/, w}g}l}f	- )\$!-%e#(*@
}%=	>L/fd k':ts k; n- n}f}na}b}l, ; n}f}k}l	-
^=	; G}b}j}t}l k':ts k; n- r}l/s}f}8	- (&\$%)@e!*
&=	s}f}e}l}e}uj t}l k':ts k; n- l; G}w}h}l	- )\$&-%e))%&
# =	Go}'k}/h}g}f :6}zg/L- l; G}w}h}l	- )\$&-%e))e%
#(=	h}f}Pg= k':ts k; n- d}6}yn}l, /f}d}5}f}k	- )\$*-%\$))!)
\$/) =	l}d}n}h}h}l k':ts tyf :6}zg/L- d}6}yn}l, /f}d}5}f}k	- )\$*-%\$)))*#
\$! =	y}f}k}f a}s P08 ; k}nf}o: {- r}f}t}f}f, l; G}w}k}f}n}r}f}s	- )!!--^e)@e&#
\$@ =	k}p}lt u}k- ag}k}f, s}f}e}l]	- )!!!--^!)@
\$#=	l}f}g u^a}f k':ts k; n- ag}k}f, s}f}e}l]	- )!!!--^#^&%
\$S=	k}p}lt k':ts e08f/- ag}k}f, s}f}e}l]	- )!!!--^\$%#
\$%=	l}j}B}f d}l}b/- u}f, /f}f}x6	- )%)-%e)!(^
\$^=	l; 4fy{:6}zg/L- j}l}u-h, k; f}	- )%)-%e%(*%

jhoḡtl @\* uBsljtf c<sup>a</sup>s

\$&=	leu' : dfrf/ k':ts sbb+ j/l/u-h, k; f	-) %!-%@*(!*
\$*=	hg/n aS P08 : 6zg; f j/l/u-h, k; f	-) %!-%@^#@@
\$(=	u0fz k':ts e08f/- j/l/u-h, k; f	-) %!-%@#\$^!
%)=	6o' khf k':ts k; n- j/l/u-h, k; f	-) %!-%@#\$%&
%!=	lj Bfyl(k':ts e08f/- j/l/u-h, k; f	-) %!-%@^*(!*
%@=	lj Bfyl(k':ts e08f/- xfbf, dsjfgk/	-) %&-%@\$(!^)
%#=	6o' : dfrf/ sbb+ xfbf, dsjfgk/	-) %&-%@%)%
%\$=	>l : r'gf sbb+ xfbf, dsjfgk/	-) %&-%@!&#&
%%=	kqklsf : j6/- xfbf, dsjfgk/	-) %&-%@!\$##
%^=	clkm xfh; j tyf aS : 6f/- 6fBl, lrtjg	-) %^-%@^*%\$
%&=	6o'gzgn aS P08 : 6zg/L- 6fBl, lrtjg	-) %^-%@^@%! (
%*=	kfbj k':ts dxn- 6fBl, lrtjg	-) %^-%@!)#
%(=	6o'kjft k':ts k; n- 6fBl, lrtjg	-) %^-%@)#^
^)=	klkf-hnl k':ts k; n- k; f; lrtjg	-) %^-%@^@\$
^!=	df:sk':ts e08f/- gf/fo0fu9, lrtjg	-) %^-%@\$\$&&
^@=	klkf-hnl k':ts k; n- gf/fo0fu9, lrtjg	-) %^-%@#\$\$@
^#=	clkm xfh; j- gf/fo0fu9, lrtjg	-) %^-%@&#^*%\$
^\$=	sfdgf k':ts k; n- gf/fo0fu9, lrtjg	-) %^-%@%)@
^%=	xfdf k':ts k; n- gf/fo0fu9, lrtjg	-) %^-%@!**\$
^^=	ljzj k':ts k; n- gf/fo0fu9, lrtjg	-) %^-%@!^\$
^&=	gf/fo0fu9 k':ts ; bg- gf/fo0fu9, lrtjg	-) %^-%@!@^*
^*=	6o'raqj : 6zg/L- e/tk/, lrtjg	-) %^-%@###
^(=	lj Bfyl(k':ts e08f/- e/tk/, lrtjg	-) %^-%@)&&*
&)=	9sfn aS; P08 : 6zg/L- e/tk/, lrtjg	-) %^-%@)(\$
&!=	Jof; : 6zg/L- bdfnl, tgxf	-) %^-%@)&&
&@=	lj Bfyl(k':ts e08f/- bdfnl, tgxf	-) %^-%@)^^^
&#=	lqk'f k':ts k; n- wfb <sup>a</sup>	-) !)-%@)! (
&\$=	gd:tl k':ts k; n- aSf/, g'f sfb	-) !)-%@)%\$&
&%=	klkf-hnl k':ts k; n- uffvf	-) %^-\$@!!!&
&^=	em'gf k':ts k; n- a; l; x/	-) ^^-%@%)!
&&=	hobuf: 6zg/L- s':df, kjft	-) %^-\$@)#
&*=	; /:j tl aS; P08 : 6zg; f s':df, kjft	-) %^-\$@)%@
&(=	; ug : 6zg/L : 6f; f Doftl-	-) %^(-%@)##
*)=	cfhg aS P08 : 6zg; f kfjv/f, sf:sl	-) %^!-%\$!#@!
*!=	kfjv/f ; flxTo ; bg- kfjv/f, sf:sl	-) %^!-%#)%*#
*@=	; /:j tl k':ts k; n- kfjv/f, sf:sl	-) %^!-%\$)%!
*#=	dgsfdgf aS P08 : 6zg; f kfjv/f, sf:sl	-) %^!-%#)\$!\$
*\$=	nld k':ts ; bg- kfjv/f, sf:sl	-) %^!-%\$!!\$#
*%=	lj Bfyl(k':ts k; n- kfjv/f, sf:sl	-) %^!-%@!)@
*^=	lj Bf dlb/- kfjv/f, sf:sl	-) %^!-%#\$^&*
*&=	aS df6f kfjv/f, sf:sl	-) %^!-%@&!!**
*#=	jJ6gk'f7zfn- kfjv/f, sf:sl	-) %^!-%##) &^*
*(=	s-rg k':ts k; n- kfjv/f, sf:sl	-) %^!-%@\$\$^^
()=	kqklsf : 6zg/L- nfnrbb+ afun <sup>a</sup>	-) %^-%@)!*\$
(!=	dnklt aS ; j6/- afun <sup>a</sup>	-) %^-%@)%@
(@=	>j7 6oh Phj; L k':ts e08f/- tfg; g, kfnkf	-) %&-%@)^&
(#=	xfdf k':ts k; n- tfg; g, kfnkf	-) %&-%@)! (
(\$=	l; h'gf : 6zg/L ; j6/- :of <sup>a</sup> hf	-) %^-\$)\$)%#\$
(%=	gd:tl k':ts e08f/- ufklu-h, gj nk/f; l	-) %^-%@)!@
(^=	nldagl : 68j6 sgf- e/xj f, z kbbxl	-) %!-%@#%(\$

jhoḡtl @\* uBsljtf c<sup>a</sup>s

(&=	; j(1 aS; P08 hg/n : 6f/- e/xj f, z kbbxl	-) %!-%@#^^
(*=	; /n : 6zg/L sbb+ e/xj f, z kbbxl	-) %!-%@!&#\$
((=	xfdf k':ts k; n- e/xj f, z kbbxl	-) %!-%@^@ (
!)=	cfzlf k':ts e08f/- abj n, z kbbxl	-) %!-%@^*^&
!)!=	l; 6l aS P08 6oh ; j6/- abj n, z kbbxl	-) %!-%\$%#^
!)@=	k'fllf : 6zg/L ; j6/- abj n, z kbbxl	-) %!-%\$!)@
!)#=	keft aS P08 : 6zg; f abj n, z kbbxl	-) %!-%\$@@\$
!)\$=	lboHofjt k':ts k; n- abj n, z kbbxl	-) %!-%\$)%*@
!)%=	a4 PhS'zgn 066/kf0h)- abj n, z kbbxl	-) %!-%\$%(&
!)^=	lj zfn k':ts ; bg- abj n, z kbbxl	-) %!-%\$^% (
!)&=	6o'; /:j tl k':ts k; n- abj n, z kbbxl	-) %!-%\$%#)
!)*=	al8dlnsf : 6zg/L- abj n, z kbbxl	-) %!-%\$*!@
!) (=	lj zj gkfnl k':ts ; bg- abj n, z kbbxl	-) %!-%\$*#!#
!!)=	6o'bp/fnl 066/kf0h)- abj n, z kbbxl	-) %!-%\$%^!&
!!!=	; lgn : 6zg/L- th; lk/, bf <sup>a</sup>	-) %^-%@)! (!
!!@=	uffl k':ts e08f/- th; lk/, bf <sup>a</sup>	-) %^-%@)! (\$
!!#=	hgtf aS : 6n- 3ffl, bf <sup>a</sup>	-) %^-%@)!@ (
!!\$=	/fj n k':ts k; n- ndxl, bf <sup>a</sup> , bpv/l	-) %^-%\$)!^*
!!%=	dfo66 Pe/6 aS- gkfnu-h, aSfj	-) %!-%@^*^\$
!!^=	PHj n : 6zg/L : 6f; f gkfnu-h, aSfj	-) %!-%@)! (^\$
!!&=	d5fkR5kaS P08 : 6zg/L- gkfnu-h, aSfj	-) %!-%@^&\$%
!!*=	8fk' k':ts k; n- gkfnu-h, aSfj	-) (%%*)@@) ( (
!! (=	d-h>l 066/kf0h)- sfjnk/, aSfj	-) %!-%\$)#@%
!@=	cNkf : 6zg/L : 6f; f ; Vft	-) %^-%@)!#&
!!=	6o'keft k':ts k; n- ; Vft	-) %^-%@)!&#)
!@@=	kjft k':ts k; n- ; Vft	-) %^-%@)!!\$
!@#=	Hj fnf : 6zg/L ; Vft	-) %^-%@)!^*
!@\$=	xfdf k':ts k; n- ; Vft	-) %^-%@)!\$ (
!@%=	l ; g'k':ts k; n- ; Vft	-) %^-%@)!@
!@^=	lj6 k':ts k; n- ; Vft	-) %^-%@)!\$^*
!@&=	r'fw/l aS l8kf- wgu9L, shfnl	-) (!-%@)!@%
!@*=	r'f0(k':ts k; n- wgu9L, shfnl	-) (!-%@)!\$)
!@ (=	r'fhgl k':ts e08f/- wgu9L, shfnl	-) (!-%@)!\$)%*
!#=	; ud aS P08 : 6zg; f wgu9L, shfnl	-) (!-%@)!% (
!#!=	0dh aS P08 : 6zg; f wgu9L, shfnl	-) (!-%@)!# (
!#@=	lj lk g aS P08 : 6zg; f wgu9L, shfnl	-) (!-%@)!^!%
!##=	hfzl k':ts e08f/- afuahf/, 88hw/f	-) (^-\$@)!@^
!#\$=	; dhL- afuahf/, 88hw/f	-) (^-\$@)!\$ (
!#%=	aSf sfb k':ts k; n- cQl/of, shfnl	-) (!-%@)!%*#
!#^=	Hofjt aS; P08 : 6zgzf- 6lsfk/, shfnl	-) (!-%@)!^!%
!#&=	6o'coff k':ts k; n- el/ufp j lbpf	-) %^-\$)\$)#)^
!#*=	; /:j tl k':ts k; n- dx'bbgu/, s-rgk/	-) ((-%@)!#!@
!#(=	bluf(k':ts e08f/- dx'bbgu/, s-rgk/	-) ((-%@)!\$%^
!#\$=	dx'f'fnl : dfrf/ sbb+ dx'bbgu/, s-rgk/	-) (%\$&!\$)%*#
!\$!=	6o'dxf'7b'k':ts e08f/- dx'bbgu/, s-rgk/	-) ((-%@)!#^&
!\$@=	ldq k':ts P08 : 6zg/L- e0tk/	-) !-^^!@!@%
!\$#=	lj Bfyl(); fduj sbb+ e0tk/	-) !-^^!\$#% ^
!\$\$=	kf6g aS ; k- kf6g9f'sf, nlnkt/	-) !-%%%#%@^
!\$%=	clwsl/l k':ts k; n- kf6g9f'sf, nlnkt/	-) !-%%@&^*%@
!\$^=	ltj fh'k':ts k; n- ; f'fbj f6f nlnkt/	-) (%!)\$)%\$)* (
!\$&=	klj q aS; P08 : 6zg/L-nugv'j, nlnkt/	-) !-%%#)%\$&

jhoḡtl @\* uBsljtf c'aš

!\$*=	kḡlt k:ts e08f/- slitkʻ, sf7df8f)	- (*\$!\$(#&&%)
!\$(=	Pstf aš l8l:6Aob; ʻ yfkfynl, sf7df8f)	-)!-\$\$^)*\$*
!%)=	/Tg aš l8l:6Aob; ʻ afuahf/, sf7df8f)	-)!-\$\$e#)@^
!%!=	lxdfnogaš ; ʻj6/- afuahf/, sf7df8f)	-)!-\$\$e\$e)*%*
!%e=	xfdfkʻ:ts e08f/- afuahf/, sf7df8f)	-)!-\$\$e%\$e@)
!%#=	P; :sʻ- aš P08 :6zg; ʻ afuahf/, sf7df8f)	-)!-\$\$e\$!!&#
!%\$=	/Tg kʻ:ts e08f/- eʻfʻlix6l, sf7df8f)	-)!-\$\$e\$*^(#
!%%=	Pd= sʻ- aš kʻlAn; ; ʻ eʻfʻlix6l, sf7df8f)	-)!-\$\$e\$(*#^
!%^=	gʻzgn aš ; ʻj6/- eʻfʻlix6l, sf7df8f)	-)!-\$\$e!e^(
!%&=	ho aš l8kʻf- eʻfʻlix6l, sf7df8f)	-)!-\$\$e!^*#
!%*=	cgʻaš ; ; knfo; ʻ eʻfʻlix6l, sf7df8f)	-)!-\$\$e^*(&!)
!%(=	l/8; (kʻj r066- eʻfʻlix6l, sf7df8f)	-)(*\$!##\$)*^
!^)=	lj lj w kʻ:ts e08f/- cāḡt dʻfuʻ sf7df8f)	-)!-\$\$e@)^&e
!^!=	ʻfgHoḡt kʻ:ts k; n- cāḡt dʻfuʻ sf7df8f)	-)!-\$\$e\$)^^(
!^e=	kʻ:ts ; ʻj6/- cāḡt dʻfuʻ sf7df8f)	-)!-\$\$e^^&*
!^#=	kʻ:ts 3/- cāḡt dʻfuʻ sf7df8f)	-)!-\$\$e#(%!(
!^\$=	cš; kʻjB066/gʻzgn - kʻjzḡl dʻfuʻ sf7df8f)	-)!-\$\$e\$^)!e!
!^%=	kʻj j l kʻšfzg- /fdzfxky, sf7df8f)	-)!-\$\$e@e##
!^&=	dʻfʻh^ aš ; - /fdzfxky, sf7df8f)	-)!-\$\$e@e^(
!^&=	kʻj j l aš xʻf; - /fdzfxky, sf7df8f)	-)!-\$\$e\$#)^e#
!^*=	blks kʻ:ts e08f/- kʻtnl; 8s, sf7df8f)	-)!-\$\$e\$e\$*%
!^=(	cfhg kʻ:ts e08f/- gofāfgʻj /, sf7df8f)	-)!-\$\$e(%^##
!&)=	sf7df8f)aš- z^vdh, sf7df8f)	-)!-\$\$e&^*%e%*
!&! =	nʻlDagʻl kʻ:ts k; n- uʻfzfnf, sf7df8f)	-)(*\$e#e\$*((
!&e=	zʻh^uʻj / 066/kʻj0hʻ- afgʻj /, sf7df8f)	-)!-\$\$e\$^\$)&!)
!&#=	efef aš; P08 :6zg; ʻ rʻfalxn, sf7df8f)	-)!-\$\$e\$&(#%*
!&\$=	l; ōw aš; P08 :6zg; ʻ rʻfalxn, sf7df8f)	-)!-\$\$e\$^)^^(
!&%=	P; -Pg- ; ʻsʻj8 Aofʻ8 kʻ:ts - ldqkʻsʻ sf7df8f)	-)!-\$\$e\$^&!)
!&^=	066ʻj tʻl aš; P08 :6zg; ʻ uʻfʻl3f6, sf7df8f)	-)!-\$\$e\$!\$^e@
!&&=	kʻfʻ/hʻf :6zgʻl- afʻ4, 6; fn, sf7df8f)	-)!-\$\$e^@e\$
!&* =	afʻ4 aš P08 :6zg; ʻ afʻ4, sf7df8f)	-)!-\$\$e\$&e%*(
!&(=	lj Bʻf aš P08 :6zg; ʻ afʻ4, sf7df8f)	-)!-\$\$e!(^^^\$
!&*)=	kʻlJns aš l8kʻf- uʻfʻua; sf7df8f)	-)!-\$\$e%\$(&\$
!&*!=	al4 aš P08 :6zgʻl- a; ōwʻf, sf7df8f)	->(*!\$!)*%(^&
!&e=	gʻfʻaʻh aš; P08 :6zg; ʻ nʻḡrʻf, sf7df8f)	-)!-\$\$e\$!\$e^*
!&#=	6^sʻzj / 066/kʻj0hʻ- sʻfnʻldʻ6l, sf7df8f)	-)!-\$\$e^&)^#^e

\*\*\*

**t k f 0 6 ] x f d l n f 0 { e 0 6 g v f l l g e P s f ] x f ] †**

/rgf, lj 1fkg j f kʻ:ts-klqsfsf]nflu

**zAbfy{ kʻšfzgsf] sfofʻho-rfaʻh, uofʻz:yfg**

**)!-\$\$(&#%!)÷(\*\$!-\$(!)#**

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jhoḡtl @\* uBsljtf c'aš

**xfdf kʻ:tsx?**

**zAbsfz**

!=	zAbfy{gʻkʻfnl zAb; fu/ -; l8l=; lxt_ -j; ʻGtʻsdʻf/ zDdf{gʻkʻfnl	!))÷-
@=	; aʻlʻfkt gʻkʻfnl zAb; fu/ -; l8l=; lxt_ -j; ʻGtʻsdʻf/ zDdf{gʻkʻfnl	&))÷-
#=	; fgʻj gʻkʻfnl zAb; fu/ -j; ʻGtʻsdʻf/ zDdf{gʻkʻfnl	\$))÷-
\$=	zAbfy{; lʻx -gʻkʻfnl gʻkʻfnl_ -lj gosdf/ zdf{gʻkʻfn	!*)÷-
%=	gʻkʻfnl c^aʻulʻhl gʻkʻfnl zAb; fu/ -; l8l=; lxt_ -	
	lj gosdf/ zdf{gʻkʻfn	*)÷-
^=	gʻkʻfnl c^aʻulʻhl gʻkʻfnl zAb; fu/ -:68ḡ6_	
	- lj gosdf/ zdf{gʻkʻfn	&%)÷-
&=	gʻkʻfnl c^aʻulʻhl zAb; fu/ -lj gosdf/ zdf{gʻkʻfn	#&%÷-
*=	zAbfy{; lʻx -gʻkʻfnl c^aʻulʻhl_ -lj gosdf/ zdf{gʻkʻfn	!*)÷-
(=	c^aʻulʻhl gʻkʻfnl zAb; fu/ -lj gosdf/ zdf{gʻkʻfn	#@%÷-
!=)	zAbfy{; lʻx -c^aʻulʻhl gʻkʻfnl_ -lj gosdf/ zdf{gʻkʻfn	!*)÷-
!!=	c^aʻulʻhl c^aʻulʻhl gʻkʻfnl zAb; fu/ -; l8l=; lxt_ -lj gosdf/ zdf{gʻkʻfn	(%)÷-
!e=	c^aʻulʻhl c^aʻulʻhl gʻkʻfnl -:68ḡ6_ -; l8l=; lxt_ -lj gosdf/ zdf{gʻkʻfn	&%)÷-
!#=	c^aʻulʻhl c^aʻulʻhl gʻkʻfnl zAb; fu/ -:sʻh_ -lj gosdf/ zdf{gʻkʻfn	%)÷-
!\$=	c^aʻulʻhl c^aʻulʻhl gʻkʻfnl zAb; fu/ -0ndḡ6/L_ -lj gosdf/ zdf{gʻkʻfn	#))÷*
!%=	sfgʻyl tyf kʻzʻf; slo zAb; fu/	
	-lj gosdf/ zdf{gʻkʻfn=8f=lj zj blk clwsf/L	\$^)÷-
!^=	zAbfy{; lʻx -sfgʻyl tyf kʻzʻf; slo_ , , , -\$^)÷- sʻfāf kʻnʻf] f_	
!&=	gʻkʻfnl c^aʻulʻhl gʻjʻf/l zAb; fu/ -lj gosdf/ zdf{zʻhʻlʻbʻhʻfnl; x	&))÷-
!* =	gʻkʻfnl c^aʻulʻhl ; sʻlʻt zAb; fu/	
	-j; ʻGtʻsdʻf/ zDdf{gʻkʻfnl-lj gosdf/ zdf{gʻkʻfn	*%)÷-

**efiff**

!=	Perfect English -/k8\$; _ uʻf\$hk; fb zdf{	@*)÷-
@=	Learn Nepali yourself, know Nepal yourself- kʻšfzdl0f bxfn	#%)÷-
#=	Professional English Grammar—for students/Teachers/Professional jʻfdbj kʻḡḡh	#%)÷-*

**IgaGw-kʻjGw-; †d/0f**

!=	aʻkdro{ofḡ; ədsʻf]j ʻfʻlgs pkfo- tlyʻfʻh kʻḡḡh	!))÷-
@=	hʻlj gsf] cʻfʻvʻlʻəʻfn- gʻfʻfoʻfk; fb 9^uʻfgf	*%)÷-
#=	dw] l cʻfʻbʻfʻhʻgsf @! lbg- dw; bg kʻf08]	!))÷-
\$=	jʻfʻlḡḡḡf]gʻd08 lzsfʻl- dw; bg kʻf08]	*)÷-
%=	kʻTʻy/ kuʻfʻnb} uʻfʻkʻfn ; -hʻḡh	
^=	dʻfyʻkʻRʻrL- lj gosdf/ zdf{gʻkʻfn	
&=	wʻdlzʻvʻfsf] nodf ; Nʻnʻfsf] ; ʻḡh- /dʻz lj sn	

**cllofid / bZg**

!=	cllofid / hljg- Hoflt clwsf/L	!&%:-
@=	uGtJoGt- ladhf	!@%:-
#=	k-rfdlt- 7fs/ zdf{	!&%:-
\$=	ZAbfy{ultf- j; Gtsdf/ zDdf{gkfnu	!&%:-
%=	sJof sGxof- bJokkf vgrn	#%:-
^=	!#% pklgft; uk -dh; lxt- j; Gtsdf/ zDdf{gkfnu	!!)):-*

**syf; fuj**

!=	Pp6l csl{nf/f- sGxof gf; ggl	!@%:-
@=	kfr syf- /fhZj / bJsf	*):-
#=	cgGt- ofqf- ; /g pkfL	!)):-
\$=	dJof- hoGtl zdf{	!)):-*
%=	lhpbJ cJdf- wd{fh kfBofn	!%):-
^=	syfjfl6sf- ; =ljgostf/ zdf{gkfn -^& gf/lst ^& syf	%%):-

**; dnfjrgf**

!=	bJsf ofof / kjlQ- slkn c1ft	!@%:-
@=	tJ] cfv{sf} cfnfjrgf- /fdk; fb 1jfnl	!&%:-
#=	; flxio- lgzk- 8f= 3gzofd Gofkfg].kl/>dll	!^):-
\$=	ljwf ljdZ{ 8f= bufk; fb cofn	@)):-
%=	sxl ljwf sxl ljJjrgf- 8f= bufk; fb cofn	@)):-
^=	bJsf M sxl vfh sxl ljJjrgf- 8f= bufk; fb cofn	@)):-
^=	gkfnl dlxf ; flxiosf/- nlnf n06h	&)):-
&=	sfo, lgaGw sJof bJsf kf= /fhJb; ; jJl	

**pkGof;**

!=	dIQm lJfd- -cgj fb_ j; Gtsdf/ zDdf{gkfnu	!%):-
@=	lg/k/fwsf] xiof- -cgj fb_ j; Gtsdf/ zDdf{gkfnu	!)):-
#=	ablnbf] lflth- ultf sZ/L	():-
\$=	/ldnfgql- ejgx/ l; Ubh	!\$):-
%=	; /f; Gb/L- ejgx/ l; Ubh	!^):-
^=	gkfn] klnf] sfJkj{ P; kl cf; f	(%):-
&=	a4- P; kl cf; f	@!%):-*
*=	dIQm4sf] alp# g/Jb] k/fz/	*%):-
(=	tltf] lo- wd{fh kfBofn	*%):-
!)=	klP u p8sf] of] g- 8f= ClifsZj /fh /Jdl	&):-
!!=	lj: dft- ufkfn ; -hjh	@)):-
!@=	/x:o- ; ltf eS/fo{	!@%):-
!#=	rgf] l- ksfzdl of bixfn	@@%):-*
!\$=	oG dfgj -O6b' kGt	!!):-*
!%=	sNkgf ; #f/- dIQmfy zdf{	!%):-*
!^=	lj; ut hljg- ?s' sfsf{	!\$):-*
!&=	cgllgsf- 8f= ljZj blk clwsf/L	@@%):-*
!*=	; ?lr- zflGt zdf{	!%):-*
!(=	lrqn] yf- -cgj fb_ ljgostf/ zdf{gkfn	():-
@=	bJdf0\$] lsgf/df- kplk gkfn	!@%):-
@!=	^ n3' pkGof; - ultf sZ/L, ufkfn ; -hjh, k0o/lZd vltj8f,	

kplk gkfn, /fhZj / bJsf, ljgostf/ zdf{gkfn

**sljtf tyf sfo**

!=	tltdl7f s/f- j; Gtsdf/ zDdf{gkfnu cRot/dof clwsf/L,	
	ejgx/ l; Ubh, rGbk; fb Gofkfg] ksfzdl of bxfn, bJl gkfn,	
	7fs/ zdf{/fdk; fb kGt, pdf ld>, nldsd/ sQ/fnf, ufk] sJof zdf{ .	!!!:-
@=	gltsf s/f- j; Gtsdf/ zDdf{gkfnu lzjufkn l/; fn, ljiof kft,	
	vuJb] vflj; f3/] P; kl= .cf; fl czf\$sd/ nfd5fg] dfwj l3ld/]	
	afns] of eS/fo{ uof/fh sfnh] ufk] Gbk; fb l3ld/] dSbk; fb zdf{.	!##:-
#=	gltljrf/- j; Gtsdf/ zDdf{gkfnu 7fs/ zdf{ nldsd/ sQ/fnf,	
	ufk] sJof zdf{ vuJb] vflj; f3/] ag" nfd5fg] 8f= cfdJl/ l; x a: gJ,	
	g/Jb] k/fz/ ; Gbk; fu/ gkfn, 8f= 6lsf/ld -ljZjZj/L clwsf/L,	
	ljgostf/ zdf{gkfn .	!##:-
\$=	nffsby kf/nffs; ld -slj tf; uk_ - ljgostf/ zdf{gkfn	%):-
%=	j; Gtfgb -rkk\$fo_ 7fs/ zdf{	!)):-
^=	oftgf -dxsflo_ O6b' kGt	!%):-
&=	:jg -slj tf; uk_ /fhZj / bJsf	!)):-
*=	lrGg; usf] ofqf -slj tf; uk_ ; ltf eS/fo{	!@%):-
(=	c>w/f -slj tf; uk_ r8fdl of cfhl	!)):-
!)=	khftG -slj tf; uk_ h4axfb/ s] l	!)):-
!!=	cfh -slj tf; uk_ obgy j; Gtk/ql	^):-
!@=	zlbgb -slj tf; uk_ 7fs/ zdf{	!%):-
!#=	k]rlf -dxsflo_ g/Jb] k/fz/	!%):-*
!\$=	?jfoft -pd/v^ofdsf] sfo_ -cgj fb_ j; Gtsdf/ zDdf{gkfnu	&%):-*
!%=	ls/ftfhlo -ef/lj sf] dxsflo_ -cgj fb_ j; Gtsdf/ zDdf{gkfnu	!%):-*

**c^aUjhl efiffsf afn-; flxio**

!=	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	^):-*
!%=	Fables in English–Narayan Nepal	

**gkfnl afn-; flxIo**

!=	dʒf]kof/f]vʒ]-afnpgkof; _- ljZj/fh kf08]	%)-
@=	bzʒf]bilfoff -afnpgkof; _- u <sup>a</sup> uf kfʒh	\$)-*
#=	sfun]lsg sff sff e65 -afnsyf_-u <sup>a</sup> uf kfʒh	#%)-
\$=	k5tf]-afnsyf_- ; ʒp pkʒl	@%)-
%=	cfsf; ]k/l -afnsyf_- ; ʒp pkʒl	@%)-
^=	lemldln tf/f -afnult_- ; ʒp pkʒl	@%)-
&=	afnult -afnult_- h <sup>4</sup> axfb/ sʒ l	^)-
*=	tlgtf/f -afnsyf_- j; ʒtsdf/ zɔdf{gkfnl	#%)-
(=	pbf/tfsf]k/fsf]7f -afnsyf_- j; ʒtsdf/ zɔdf{gkfnl	\$)-*
!)=	/df0nf]zlgaf/ -afnsyf_- efef zdf{	\$)-*
!!=	tlg dV{; fylx <sub>2</sub> -afnsyf_- cfef zdf{	#%)-
!@=	; fglsf]axfb/l -afnsyf_- cfef zdf{	\$)-*
!#=	ls; fg / eujfgl -afnsyf_- ljgostdf/ zdf{gkfn	#%)-
!\$=	3/ -gltsyf_- ljgostdf/ zdf{gkfn	\$)-*
!%=	cfdf / 5fʒf -afnsyf_- pldʒf nfd5fg]	#%)-
!^=	5s5s]lg? -afnsyf_- pldʒf nfd5fg]	\$)-*
!&=	b; dxfdV{-afnsyf_- lx/0ostdf/l kf7s	#%)-
!*=	/fdsyf -kfʒfiofssyf_- lx/0ostdf/l kf7s	\$)-*
!(=	l; * / nfdv66]-afnsyf_- ljZj/fh kf08]	#%)-
@=	k'tnlsf]lax]-afnsyf_- dw; bgk; fb l3ld/]	#%)-
@!=	l; p/f]-afnsyf_- 8f= ljZj blk clwsf/l	#%)-
@@=	tanfsf]j ʒgf -afnsyf_- 8f= ljZj blk clwsf/l	\$)-*
@#=	wtl{[usf]s'/f -afnsyf_- ; k; ʒgf eʒ/f0{	%)-
@\$=	k'tnsf ; fyl xfdl -afnsyf_- ; ltf eʒ/f0{	&%)-
@%=	b0{vʒ]la/fnf]-afnsyf_- nlnf .bfʒl'	\$)-*
@^=	b0{6fps]; k{-afnsyf_- uflj ʒb l3ld/].j ʒɔl0f	\$)-*
@&=	dV{1; * -afnsyf_- /ʒf l3ld/]	\$)-*
@*=	sʒl dxfk <sub>2</sub> if -kfʒfiofssyf_- /-h>l k/fhhl	\$)-*
@(=	goff ; fyl -afnsyf_- ; lfdf dfgw/	\$)-*
@#)=	; ʒb/ / ; /lsf]lj fx -afnsyf_- kf/; dl0f bxfn	\$)-*
@!)=	hʒ]vdkof{kxf8l ofqf -cgj fb afn-ofqf; ;d/0f_- cflzif kf08]	^)-*

**gf6s**

!= kʒny r6bʒo ->ls]of ld>sf]gf6s\_- -cgj fb\_ j; ʒtsdf/ zɔdf{gkfnl ^%)-\*

**c6o**

!= ; lk l; sf; ; lkdhs k':ts\_- ufʒhk; fb zdf{ \*))-

@= n]ys 6l]knʒ 8fo/l -; fydf k':ts k; nx<sub>2</sub>- %))-\*

**:sh-af]8<sup>a</sup>: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-Nepm- ufʒhk; fb zdf{	\$)-
%=	Best word Book-Eng-Nepm- ufʒhk; fb zdf{	!)-
^=	English Practice Book -8- afns]0f 9sfn	!)-
&=	English Practice Book -9- afns]0f 9sfn	!@)-
*=	SLC English Practice Book - afns]0f 9sfn	!\$)-
(=	SLC math. P. Book- (Eng+Nep)- 8f=dʒxɔbʒ/ /xdfg=dʒdfVtf/ cfnfd	!)-
!)=	New English Grammar-Nep-Eng (Junior)- ufʒhk; fb zdf{	!!)-
!!=	New English Grammar-Nep-Eng (Higher)- ufʒhk; fb zdf{	@!)-
!@=	Recent English Grammar-Eng . (Junior)- ufʒhk; fb zdf{	!@)-
!#=	Recent English Grammar-Eng . (Higher)- ufʒhk; fb zdf{	@@)-
!\$=	; lrq j0f0fnf- 6l Pq= u <sub>2</sub> <sup>a</sup>	\$)-
!%=	; Dk0f]j0f0fnf- cfef zdf{	#%)-
!^=	cfwlg s gkfnl lga6w- j; ʒtsdf/ zɔdf{gkfnl	^)-
!&=	; lhnf]gkfnl lga6w- ufʒhk; fb zdf{	&%)-
!*=	/l; nf]gkfnl lga6w- ufʒhk; fb zdf{	!!)-

**Sofdk; : t/lo**

!==	sf]cyʒf:q-ufʒ0f{dNn	!&%)-
@=!	@ sf]cyʒf:q-xl/bf; ; fksʒf=cfʒsf/ kfʒh	!^)-
#=	Elements of Economics (XII)-tf/f e'; fn=ozf]w/f k; f0f/fhg knh'	@^)-
\$=	Jofj ; flos cyʒf:q (B .B .S, BBA .) -ufʒ0f{dNn	@)-
%=	Business Economics (B .B .S, B .Com .)-ufʒ0f{dNn	\$)-
^=	Statistics For Management (B .B .S ., B .Com, B .B .A, BIM)	
	-dʒf] clwsf/l=dxfk; fb >ʒ7=cfʒsf/ kfʒh	\$@)-
&=	Fundamentals of Business Statistics (B .B .A ., B .C .I .S, B .C .A, B .I)	
	-8f=k <sub>2</sub> jff0d l; *dxfk; fb >ʒ7=blks/fh kfʒh	#@)-
*=	Differential Calculas (BA . B .Sc ., B .Ed .)-8f=dʒʒdb xɔbʒ/ /xdfg	!)-
(=	Integral Calculas (BA . B .Sc ., B .Ed .)- 8f=dʒʒdb xɔbʒ/ /xdfg	!)-
!)=	kf/0es ul0f lzlf0f -cf0P8 <sub>2</sub> !!_- 8f=dʒʒdb xɔbʒ/ /xdfg	!&%)-
!!=	ul0f lzlf0f -alP8 <sub>2</sub> - 8f=dʒʒdb xɔbʒ/ /xdfg	!&%)-
!@=	dxfs]j b]sʒf sʒl cf0f -alP=- k0f; fb clwsf/l	!&%)-
!#=	gkfnl gf6ssf]clwog -alP=- k0f; fb clwsf/l	(%)-
!\$=	fwi/0f gkfnl -alP8 <sub>2</sub> - 8f=3gZofd ʒʒfgʒwgklt sf0/fnf:dl0ngfy 9sfn	@#)-
!%=	gkfnl nfʒ ; flxIo k]lQ / cʒj ʒ0f -PdP gkfnl_- slkn c1ft	@)-
!^=	clgjfo{gkfnl -alP_- 8f=3gZofd ʒʒfgʒwgklt sf0/fnf:dl0ngfy 9sfn_	@#)-
!&=	; s]t ; flxIosf]z k/yf -alP=PdP_- kf=ufʒls]0f zdf{	@&%)-
!*=	efiff-lj 1fg -alP=PdP_- 8f=3gZofd ʒʒfgʒwgklt sf0/fnf:dl0ngfy 9sfn_	@&%)-*

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\* @)&) j ʒfv ^ ut]/fdgj dldf lj dfl]rt \$! k':tsd]b]Ps .



- ; एग खद]clwsf/ ० ; ज्; ग / ल् स्; स्]cfwf/ .
- ; एगस्]xs eg]स्; ] हल्स ल्स्fodf /x]स्]  
; ] हल्स dx(] स्; एग द्]ग] / क्पग]clwsf/ x].
- क]ो] ग]क]न] ग]ल/स्न]०; ] हल्स ल्स्fodf]  
; एग द्]ग] / क्पग]clwsf/ ५ .
- ; एगस्]xs द्]ग; स्]द]न्स clwsf/ x].
- न्]स्]त]ग्]स्]cfwf/ , ; एगस्]clwsf/ .
- ; एग ल्ग] / ल्ग]अ]ग] अ; न्]स्]
- स]ग]ल्ग ; ] हल्स ; /]स्], य]ख] क्पग]ह]ग]त्]स्]  
clwsf/ .



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सूचना विभाग