

k} sfplG; n gkfnåf/f /fli6@:t/sf]-s_ ju@f j u@f

j hoGtl

jif&c@koff@j@jmsfbt;fixlos klqsf@)!c;f/-;fpg

; Afis
j; Gtsdf/ zDdf{gkfnÚ

; Nnfxsf/

hoGtl zdf{
sdf/; fu/ zsb

lgbzs
ljgosdf/ zdf{gkfn

kyfg ; Dkbs
&fs/ zdf{e)*f/l

; Dkbs
ofbj e^x/f0{

; xoful
sdnf gkfn
kblk af:sfif
efef zdf{
cefef zdf{
; dl/; fu/ gkfn
; Gblk; fu/ gkfn
dftsf cfrfo{
cgih (sf
snkgf cfrfo{

k\$fzs

zAbfy{k\$fzg
rfajh, sf7df8ff}

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; Dkfbslo

.....

- dxfsfjo, v08sfjo, slj tf, ult, uhn, dQms cf1b sfjo lj wfs} zfvf k̄fvf xb\ sfjo lj wfs]a\kt\k dxfsfjo xf]eg]dQms o; }j wfs]; fgf]cyft\5f\]z k xf]. r6l\snf Ps cydf ; flxTosf]crf/ klg xf]/ r6l\snf csf]cydf dQms klg xf]. ; 16fn]dQms dfkn\ 5f\] 5l/tf]/ Jo^No zh\laf6 cf^gf]efj lj rf/ k\|t ug{; lsg]x\gfn]of]lj wf g\kfnl ; flxTo kf\bf df lbg k/lbg k\mnb\]c\j :yfdf b\yf k/\\$f]5 .

- efiff; flxTosf] ; jf ug{p2]on] xfd\] cleofg lj wfut cleofg eg] j̄hoGtl\]lj le\g lj wfsf]; j4gsf nflu ; flxTosf]; a]vfn]lj wfnf0{ ; dfj \ ub\{cfPsf] klg xf]. o; }l; nl; nfd\]lj le\g lj \fg\; 16fx\ af6 n\]vPsf b\z lj b\zaf6 kf\k t dQmsx\ o; c\]sdf ; dflj i6 ug\k\p\; ePsf] 5. k\o\\$ lj wfsf]lj ifodf ; flcts kl/rrosf \kdf lj \fg\; 16f\af/f n\]vPsf] k5f/sf]kftf\]lj g\gt/ ; DalGwt lj wfsf]w\]yf] cf/De / lj sf; qmdnf0{k\6 kf\//x\\$]5 .

- j̄hoGtl\]nf0{ dfof u/] cf^gf /rgf pkn\Aw u/fpgk\g] ; Dk\rf{ ; 16fx\ df j̄hoGtl kl/jf/ xflb\\$ cfef/ k\\$6 ub\\$. o; sf ; fy}cfufdl lbgdf klg ; Dk\rf{n\]s-; flxTosf/ Pj kf7sx\ af6 :g\k ; b\efj / ; xof\ kf\k t x\g]g]5 e\g\df xf\ll lj Zj :t 5f].

*

; flxTos klqsf j̄hoGtl\sf]

- dl\ff !-@#, ; \d/0f !-@#, :j b\zofqf !-@#, /fli6oJolQm\j !-@#, lj b\zofqf !-@, lga\w !-@, syf !-@, uBslj tf !-@, rf8\k\{ ; \s\lt, Psfa\sl, k\j\{d\lt, n3pk\of, , n3syf, 5\bslj tf !-@#-\$% / dQmsk\5 ca Syf c\]s .

- zAbfy\k\\$fzg\sf\j\; f08 nepalipublisher.com df j̄hoGtl\sf ; a\c\]s .8fpgnf\] ug\{ldNg]u/l /f\]vPsf 5g\

o; c\]sdf

qrid	dQmsf/	k\]7	qrid	dQmsf/	k\]7
!	\c\ghgf kf8\h	-%	#*	\8f= adaxfb/ lhtfnl	-\$)
@	\cfg\B >j\7	-^	#(\afbn l3ld/	-\$)
#	\cefef zd\{	-&	\$)	\lag' afaf l3ld/	-#)
\$	\pH\j n hl ; l	-*	\$!	\lag' e6\]f0{	-\$@
%	\pi\ff z\rg	-()	\$@	\euj tl a:git	-\$#
^	\Clif/fd vgfn	-!)	\$\#	\efef zd\{	-\$
&	\sdn kf8\h	-@*	\$\$	\ef/tl u\ftd	-\$%
*	\sdnf l/ ; fn .Ho\jt\U	-!!	\$\$%	\ej gx\l ; Ub\j\h	-\$^
(\Nkgf lu/l efj's	-!@	\$^	\dxfb\j clwsf/l	-\$&
!)	\Sdf/ ; fu/ z\g	-!#	\$&	\dx\j/l j Zj sd\{	-\$*
!!	\S\0f\k; fb a:ofn	-!\$	\$^*	\ldng ; dl/	-\$(
!@	\vu\]b\] vfn; f3/	-!%	\$()	\ds\]b zd\{ r\fln;	-%)
!#	\u\]f kf8\h	-!^	%)	\ofbj e6\]f0{	-%!
!\$	\u0f\z kf8\afn	-!&	%!	\fh\g l; nj fn	-%@
!%	\u\]f\k\]n 9\sf\] .5\gb\]	-!*	%@	\h\]b\] t\]l s\0f\]	-%#
!^	\u\]fk\]ns\df/ dg\fln	-!(%#	\fd\sh\l sf\g	-%\$
!&	\u\]fk\]ls\]f zd\{	-@)	%\$	\fdb\j kf08\]	-%%
!*	\u\]f\j w\g kf\h	-@!	%	\fdaxfb/ kxf8\l	-%&
!(\u\]f\j Gb l3ld/ ; j\]p\l\0f\]	-@@	%^	\fd\k; fb k\g\t	-%^
@)	\3\Z\ofd Gof\k\]g\] .kl/ >dl\U	-#@	%&	\fd\j/l k\g\t	-%&
@!	\5\j 1j fn\l	-@\$	%*	\j\]b\] 1j fn\l	-%*
@@	\5\ofb\Q Gof\k\]g\] .au/l	-@%	(\n\]l\]d zd\{	-%(
@#	\1\g\]b\] ubfn	-@^)	\ln\]tf b\]f\]f\]	-%)
@\$	\7\]s/ zd\{ e08f/l	-@&	!	\lj gos\df/ zd\{ g\k\]f\]	-%!
@%	\8\N\]l/fd ld/ >dh\j l'	-@*	@	\lj of\]l a9\]f\]	-%@
@^	\tly\]f\h clwsf/l	-@(#	\8f=lj Zj blk clwsf/l	-%#
@&	\lq\]n\]f\rg cfr\]f\]	-#)	\$	\lj i\]f\]a\] b\]j sf\]	-%\$
@*	\lb\]o lu/l	-#!	%	\z\]e\ cof\h	-%%
@(\blk; fu/ k\of; l	-#@	^^	\zzl y\k\]f .kl08t\U	-%^
#)	\kf8\= bu\k\] fb cof\h	-##	&	\zf/bf r\]nfuf\]	-%&
#!	\b\]uff\] g\j\] f\]	-#\$	*^	\z\]df\ dfg\w/	-%*
#@	\8f=wg\]l\ s\]f\/f\]	-#%	(\z\]v/ lj S\]n\k	-%(
##	\gf/fo\]f g\k\]	-#^)	\>l\]x\]l/ k\]b\]f\h	-%)
#\$	\g\]f\ s\]l	-#&	&!	\zofd l/d\fn	-%!
#%	\gl\]f\ s\]l	-#*	@	\z\] ; Tod	-%@
#^	\gl\]ns\]7 pk\]t\l	-\$(#	\z\] ; lg pk\]t\l	-%#
#&	\k\]sfz\]d\]f bf\]xn	-#(

:y\]ol :t\]e M ; Dkfbslo

:t\]e(M j̄hoGtl\sf lg\]t/t/tf

k\]f/s\] kf\]f M dQmsf/ /rgf lj w\g =\8f= 3\Z\ofd Gof\k\]g\] .kl/ >dl\U &*

g\k\]f\]sf s\]x\ k\]ts k\] nx? M *#

zAbfy\k\]sfz\]g\sf k\]tsx? M *&

; f\]gf M j̄hoGtl\sf k\]f\]z\]t /rg\]sf/ ; Dk\rf{h\]d\]f/ :jod\]n\]s g\]x\]g\]

afnaflnsfnf0{
 k9g k7fcf}
 pglx{sf] ; \b
 elj ionf0{ ; lglZrt u/f} .



नेपाल सरकार
 सूचना तथा सञ्चार मन्त्रालय
 सूचना विभाग

ा cGhgf kf18]n

6n6n 6INsg] cfsfzsl h^g
 r6& ltdl cfpm of] wtlnf0{ 5'g
 ysf0{dfb} ltdl] sfvdf lgbfpq kfpmF
 ' 6& ltdl cfpm of] dgnf0{lng .

Y

; dosf] knyf] ha/h: tl l3; fb]5'
 rxgfsf cfotgdf prf0 gfk]5'
 d/y/g bf8df u6tjo e]6g
 lhgbul]sf] lx; fadf SofNsh]6/ lyRb]5' .

Y

lsg v/H5f] d/yf] kl/r0 <
 lsg df]5f] d/yf] kl/r0 <
 xbo xnrn 5 ltdl] cfefedf
 lsg /H5f] d/yf] kl/r0 <

Y

5fnx?; u 8/fP/ 8'a]f kf/ xbg
 sf]; ugk?sf] slxNo} xf/ xbg
 atf; ; u atf; b}lg; 2]o cfsf; df
 st]ob]v yfSb}; '6Ss eflg' xbg

Y

lhgbulnf0{pt; fxn] /a]f/ flug ug{
 b]M/b]v 8/fP/ knfog gxg
 sl; 8a/ / 3]ofgx? kmfn]/
 kl; gfsf] dNonf0{cftd; fy ug{.

sf7df8f]



casf] kfnf] -

syf, uhn, ; dlff, 5Gbslj tf,
 lgaGw, ult, ; +d/0f, uBslj tf / cGtj ftf c^asx? .

á cfgib >||7

s: tf] xGyof] xf]nf ; + f/ df of geP
; ö{ klg xGy]g ls rGb] g/x]
Ps lsgf/n] csf] lsgf/ lehfPg eg]
vf]nf sxff vf]hf xGyof] û kfgl gau].

Y

lj b]z k;]sf] lbgd} df6f] e'n] 'f]nflof]
3/lt/ cfpg] ; a) af6f] e'n] 'f]nflof]
b]v]sf] lyof] 3fp cf]vtl nuf0lbPF
Tof] 3fp ; ~rf] xb]f vf6f] e'n] 'f]nflof].

Y

tf/fnf0{ afbn[n] 9fs]sf] b]Vof] xf]nf
hönf0{ ; ö[n] 8fs]sf] b]Vof] xf]nf
s] s] b]Vof] ; 'gfp]g P û lbndf a:g] df65]
lbnleq} ltd] tl:a /fv]sf] b]Vof] xf]nf .

Y

a]4 knfp]5 h; sf] p; n] a]4 ltvf]5
1fg] hGdfp]5 h; n] cf] gf] a]4 lgvf]5
b]V5 cufl8 g t k5fl8 3d08 r9kl5
3'f] 6]Sg]kg] ul/sg To; n] a]4 laufb]5 .



s] tkf0[n] xfd] j]a ; f08 xg]ePsf] 5 <

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á cfez zdf]

x] hlj g b]Mvsf] Pp6f e'd/L g} 7fgf]
x] hlj g si6 / kl8fsf] Pp6f ; db] g} dfgf]
t/ dg / dl: tis r^nf eP df65]sf]
hlj g ; v / cfg]bsf] pkxf/ klg xf] hfgf].

Y

b]Mdf {g] / ; vdf xf]g w]/} e]6G5g\oxff
d] 7h] / hfg] eG] klg w]/} e]6G5g\oxff
t/ km]sf] km]sf] xf]uh: tf] ehSg]
lj åfg] 1fg] yf]/} dfq e]6G5g\oxff .

Y

x'g] / x'gfdla[r lgolt nf0{ xN5g\csd]ox?
a]4 / lj j]salr klg an / wgnf0{ xN5g\cj ; / j fblx?
hlj gnf0{h; n] h; /l a'en] klg
>d / 1fgsf] km] v]/ hfb]g eG5g\al4dfglx? .

rfa]n, sf7df8ff



jhoGtl ; j6f ; Ddfgåf/f ; Ddlgt JolQm]j xä

c ^a s != slkn c1fft -; dlif]	c ^a s @= /fh]j/ b]sf]f -kj{d[t_
c ^a s #= a]nfl5fg]-/fli6@ JolQm]j_	c ^a s \$= pldkf nfl5fg]-gl]tsyf_
c ^a s %= 8f z]oksfz g]fn -5gbslj tf_	c ^a s ^= elid pk]l -:j b]zofqf_
c ^a s &= oj/fh gofB/] -:j b]zofqf_	c ^a s *= 8f/ fdk fb 1j fnl -5gbslj tf_
c ^a s (= 8f-ho/fh kgt -rf8kj {	c ^a s != sGx]f gf; ggl -lj b]zofqf_
c ^a s != ej gx]l/ l; ub] -k]frosyf_	c ^a s != 8f-bluf] fb cofh -; dlif]
c ^a s != k]f ufkls]of zd{ -; dlif]	c ^a s !=-/fd]j/ /fpt .dft]f; Ú-uBslj tf_
c ^a s !=%= 8f- 3gZofd Gof]fg]-; :d/0f_	c ^a s !=^= k]f lk g]fn -; :d/0f_
c ^a s !=&= lz]uf]fn l/ fn -5gbslj tf_	c ^a s !=*= lj ho rfln;]-lga]w_
c ^a s !=(k]fzd]of bfxfn -lga]w_	c ^a s @)= >lcf] > 7 / flg -; :d/0f_
c ^a s !=/ fdk fb kgt -:j b]zofqf_	c ^a s @@= d-hh -lj b]zofqf_
c ^a s @#= gf/fof lg/f; l -5gbslj tf_	

á pHHj n hl= ; l=

cfhefjn cf; ' emfg] dlt kfpg ufx] xG5
 l] gfsd{ pgglts] ult ufpg ufx] xG5
 slnous] tltf]; To ga%glnfo{ s] yfxf <
 s; hnfo{ cf^g]; Denl klt nfpg ufx] xG5 .
 Y

slxn]sfxlFcK7/] ; f3' tgk5{lhGbuldf
 psfnl r9/ kn/ cf/fnl emgk5{lhGbuldf
 d] xfwtl[s] dxfdfqj eGg|xGg s; h] lg
 hlt ; lsG5 b\ls} ; jjf ugk5{lhGbuldf .
 Y

sfvf / kfvf ug] cgf] afgl 5 tkf0[s]
 vf]k8lleq wt{ a14s] vfgl 5 tkf0[s]
 lx6n/ zhlaf6 w]/ dfly k'u/ xf] ls <
 cf]x] l] xhf]cfh s: tf] dgfdfgl 5 tkf0[s].
 Y

; a)ebf cfk] xf7hf] eGg]; lu xf]zof/
 sj n c?sf sdhf/L uGg]; lu xf]zof/
 ds08flw/L dfG5]x? cg]sf] 5g\ dfhdf
 s/fn] dfq ; w]; Hhg aGg]; lu xf]zof/ .

sf7df8f]



5fov 5 l5/la/] kftnl
 dfxgl; f] nl, zltnl
 ?v-xfluf 0zf5g\`na'n]
 dd/L afhfp5] j gynl .
 nldlk; fb bj s]bf -; dsfnlg g]fml d0msaf6_

á piff z/rg

/x/

w]/eof ; a]nf] / g]nf] cf]sfz x]g{gkfPs]f
 w]/eof pbfPs]f / c:tfPs]f ; o[x]g{gkfPs]f
 slxn] krf6hf / v]< 8Dd nf]sf] of] sf]nf] afbn
 w]/eof cf^g] 3/cflugaf6 h]tf/f x]g{gkfPs]f .
 Y

oyfy]

bzf nflbf cfk]t]n] klg ; fy 5f]8bf /x]5
 cf/fnl nflbf dfofn]n] klg xft 5f]8bf /x]5
 cf]x] l] eddf kf] affrP5 xh'/ of] pd] / Dd
 c]nof/fdf t 5f]ofn] klg ; fy 5f]8bf /x]5 .
 Y

cflv/

afbn hlt g] p8] klg lanfg] t k5{g] cflv/
 kf]gl hlt g] bs] klg yfldg] t k5{g] cflv/
 q8/fpm r's 3f]6h: tf] of] lg;k§ c]nof/f]; u
 /ft hlt l5kk] klg laxfg]lnfo{ 8f]g] t k5{g] cflv/ .
 Y

clenfiff

v'; l afBL kl8f dfq cfk]leq /fv'eG5'
 cf; ' n'sf0{ uxleq xf] f] dfq af8'eG5'
 Ps csf] lu dfof /; b]efj ; f6]/
 dfG5]sf] blgofdf sj n dfG5] e0{ affr'eG5'.
 Y

cg'eIt

slt cg'eItx? o: tf xG5g\h; nf0{ xl ej lbg ; lsGg
 slt v'; lx? o: tf xG5g\h; nf0{ zAbdf ptfg] ; lsGg
 lhGbul afRg] qmddf e]6g] ; fxfb]tf, cf]dlott / xflb]sf
 slt knx? o: tf xG5g\h; nf0{ slxNo} klg la; g ; lsGg .

sf7df8f]



á Clif/fd vgfñ

k̄th agl cfos̄ l̄tdl s̄f̄knf / kftdf x]/
hl̄dbj̄f 8fnl a:g] ed/fsf ; fydf x]/
slt 8;] v;] slt ē0df 8fnl nRsfP/
k̄qñkl̄5 6kk l̄kg] c?sf̄ To} xftdf x]/.

gkn]/Ps̄f̄ dḡd'6' s̄'g} a]hf kn]/of̄ eg]
n'sfp/ gh/df k̄ngk̄ml a]/of̄ eg]
kfNgj /j̄5 5ftl, d'6' / snjh̄f̄ ēetl
km/s af̄nl / km/s x]/f0n] x]/of̄ eg].

d t j̄hL 8fnlaf6 ́ /sf̄ kft ePf
r̄Gb̄dfnf0{5Sg] cfzlsf̄ /ft ePf
To} 7fpdf km̄s̄/ k̄knf̄/fpg ; lsgfd
gl/; fpg"hl̄j gel/ cs̄sf̄ ; fy ePf.

l̄tdl; u} glhs x'g a; f0f ; g{vfh̄f
el/, kx/f p5jh̄/ ; fu/ tg{vfh̄f
a: tlaf6} kf0nf df8l 6f9f x̄b} 5f} /j̄
d'6'el/ uff7f̄ kf/l eSsf1gl̄b} dg{vfh̄f.

el̄spsf̄ 3/sf̄ 5fgf 5fp̄5g\cfdf ca
u} df6f̄ sd̄f̄ lg nfp̄5g\cfdf ca
rf8j f8n] 9fls; s] dfly r̄a\lf p8\lf b\lf
kn̄gaf6 bf̄hef0 cf15g\cfdf ca .
rf̄/df/f, gj nk/f; l



á sdnf l̄; fn .Hōtl̄

cgf/sf̄ bfgf /l; nf̄ 5
dxf/ l̄tdl̄ x̄; nf̄ 5
slt slt :j fb kn]/of̄
dfof l̄tdl̄ sl; nf̄ 5 .
Y

kmNb̄g zfl̄Gtsf̄ k̄th cr̄h
ub̄g s; h̄ ēh cr̄h
; 'gfh̄f̄ Ps̄tf x/f0f̄ stf <
bVb} 5 k'fg} zh̄ cr̄h .
Y

gf/l̄ l̄tdl̄ p7ḡk5{
; Tsdf̄f h̄6ḡk5{
bf; l xf0gf̄ S; }sf̄ lg
; donf0{a%ḡk5{.
Y

Toxl a'sl k̄th g}dg k5{
vx/sf̄ d̄h g}dg k5{
dfG5]; u tl; Pkl̄5
ē8fsf̄ x̄h g}dg k5{.

sf7df8f̄



hx/; l̄ goḡsf̄ j f0fn] xfḡg'
ca s; l̄ d affr̄h10m s̄'g\em6& hf̄ḡ'
gu/ gu/ o; f̄ hfg Bf̄ kf0f d̄/l
ij /xl d hgnf0{ Sof ūtof̄ kn]/ x̄/l .
df̄tl̄/fd e66 -; dsfnlg ḡkfnl d̄Qmsaf6_

á sNkgf lu/l .efj'sl

nfu]sf] of nuf0Psf] bfu k'5]/ cfpb} 5'
 pgnf0{ kfpg ; a) d7d1gb/ kh]/ cfpb} 5'
 ; lglbg] eP eg] afNg] h] lg afNg ; S5g]\
 h1Q rfx{TolQ dfq} a' / cfpb} 5'.
 Y

slxn] kfgl zlt aG5 slxn] cf; 'sf] kf; f]
 a%g'kg] o: t) / x]5 kls]tsf] gf; f]
 dg df/y hlj g affr] hlj g dbf] d/f]
 ufx] eof] b]vfpgnf0{ agfj 6l xff; f].
 Y

h5 xf]; \of kmh cfv/ gfd eP kU5
 Ps d'6Xl kf0f arf0{/fVg] dfd eP kU5
 d/kU5 df6f xG5f] kls]tsf bf; xfdl
 kfV'l df sf clg lz/df 3fd eP kU5.
 Y

d/y] ofb cf0f] eg] Psfctdf /f0lbg"
 p7fP/ tl: a/ d/y] cf]nfx?n] 5f0lbg"
 lj 5f8sf] kl8fnf0{ lbnaf6 x6fpq
 aufP/ c>wf/f tl: a/ d/y] wf0lbg".
 Y

p; sf]lz/ 'Snf d/y] lxdfn kxf8 'Sbg
 p; sf]cf]7 ; 'Snf d/y] sf]zl / sfnl ; 'Sbg
 s; sf]cf6 cfdfsf] sfv 5fP/ xg] <
 /ut alhf t/ p; sf]lrxfg vGg] xft ; 'Sbg .

sf7df8ff



á s'df/ ; fu/ .zs'g]

g]tf
 lr0fkfg u/f; fydf
 lj >fd ub] s'; ldf
 p8fcf] ukm dHhfsf]
 kmf]; f] wfssf] kmtl]df .
 Y

g]t[j
 dnf0{ kl/ s] s'/fsf] 5 <
 k/f pdy] uf] hfGg g; lsg]5
 eflod} d/y] f] s] kf] 3': of xf] <
 ; flem]s laxfg lrGg g; lsg]5 .
 Y

lj s]t g]tf
 :j :y b]z lj sf; df aGr/f] eof] lsg <
 ; fdflhs r]tgdff j g-r/f] eof] lsg <
 cf^gf] afnln] lhalfdf lr/f kf0f] >ldfg]\
 lx+]s j Go Aj ff; f]sf] s6 /f]n lnof] lsg <
 Y

bn+bn=ef;
 ltdl gcfPsf] a]hf b]zdf zflGt lyof]
 clg t ; ltf, a'4h: tfsf] sd{lyof]
 cf0f} ; fy} xfxfsf/} xfxfsf/ Nofof}
 clg c; ' / s+]s+]sf] ; '/; f/ eof].

afnh', sf7df8ff



s] tkf0f] xfd] lgaGw / k|aGwsf k':tsx?
 k9g'ePsf] 5 <

a s̄l̄ofk; fb a:ofn

/fhgllt

/fhgllt cl:t ; q̄sf lyPf t/af/df x̄G5 /fhgllt
lxh̄j s; h̄j eGb}lyP b/af/df x̄G5 /fhgllt
cy{lj : tf/ xf] j f ; ās'rg, s] xf] alempg
eG5g\cfh cf^g] 3/af/df x̄G5 /fhgllt .
Y

r'gfj sf] gf/f

r'gfj df dtbftfx?nf0{cfs if0f ug] gf/f x̄G5
ef]b̄sf] lgldt hg; dx̄nf0{ ; Daflwg ug] gf/f x̄G5
gf/fnf0{j frfdf slxNo} klg qbfht] g xh'/ 0
Tof] t r'gfj df snf k̄bzg ug] kf/f x̄G5 .
Y

; dfj]; ls̄f] o'u

elG5 ; a]t/ blftf / klt:kwf]sf] ou xf]
of]lodWo] klg of]lod / j }zi6asf] ou xf]
To: tf] kl/efiff / cy{ ; wf]sxff]6S5 / <
ca t blftf / of]lodfnf0{kG5fpb} hfg] ; dfj]; ls̄f] ou xf].
Y

kf6l]sf] erflnf

xf] 1fg / lz]ffsf ; fdul el/G5 l] Bfy]sf] erflnfdf
dx]lsf] df/n] cfw} ; fdfg lelgG5 ul]x0flsf] erflnfdf
ol t k'/fgf S'/f xg\ don] sf]N6] k] ; Sof]
cfh t lfdtf / of]lodfnf0{k5fg] zl]Qm el/G5 kf6l]sf] erflnfdf .
Y

gf6s ; t blo ; 'g]f0sf]

Sl̄t k9g' k': tsdf n]v]b} u/]sf gf6sx?
w]/x]/of] d-r / kbfd] v]n]b} u/]sf gf6sx?
b]o kl/j tg cf]vn] klg t vf]hg] u5[
ca t xg{5, ; t blo ; 'g]f0df b]v]b} u/]sf gf6sx? .

rfajh, sf7df8f]



a vu]b] vf]N; f3/]

: j b]zd} l]dNg] sfd nfh n]f]5 sfd ubf]
ef]Bf dfemf] l] b]zdf nfh x̄Gg sfd ubf]
l] b]zl]sf sdl{aG5f] ; j b]zsf cN5x]?
s] 5g / < cf^g] b]zdf v]6P/ sfd ubf].
Y

s]xl 5g /]0 : j b]zdf efu] l] b]zl/]
l] b]zl]n] nv]b]df lkmbf] ; j b]zl/]
s] / x]5 cfkm]t / s] / x]5 glhs
kmsl{ cfpg]; t ; f]wf] ; f]rff]otfl/ .
Y

sfd ug] sdl{x? cf^g] b]zdf a;]
cf^g] kf6f] v]f] P/ l] sf; hkt} a;]
; lkP/ cf^g] kf6f] ; a} y]S k]f] aGof]
To; } b]zdf lkmbg] hf] tl l] b]zdf a;].
Y

: j fy] dfG5]dfq xf]0g ; j fy] ; a} kf0flx?
cf^g] b]g] ; f]ofpg] u5g]hlj hgtx?
/ ; nfel / ; eq dfq a:5 ; w]el/
k]tn k]tn] au]rdfdf eh]Ddg]5g]dfylx? .
Y

/ ; df]x nfle x̄G5 ; ldf kf/ x'g} x̄Gg
s] s] lkpg] glkpg] s] ga%g] Tof] x'g} x̄Gg
s] xf] /fd] g/fd] s] ku]ng g) ghfg]/
cf^g] b]z cf^gl cfdf eNg] 5f]f] x'g} x̄Gg .

: j o]e", sf7df8f]



s] tkf0f] xfd] pkGof; / syf; a]nx? k9g]ePsf] 5 <

á u^aNf kf8jn

cfhefjn dx^aNn] ; u/dfyf 5'g nfluof
sd0n] gEofpbf g'g klg ; 'g nfluof
aRrfsf] bft pldLbf lg kf6l{u5g\el6x?
ghflgbf] tl/sfn] ; +sf/d} 3'g nfluof].

Y

sf d ug[dflg; nf0{ 7hfl kb rflxbg
aQl afnl vHbf klg 0dfgbf/ kf0bg
leqeq} vflSofpg] of] b]zsf wld/fnf0{
gn3f/l oxflaf6 cGt st} hf0bg].

Y

; flxTo g} dylf] nflu glhssf] ; fyl eof]
l; hgfS} dfofdfx ; a]ebf dfly eof]
5g lrGtf lhGbuldf et g elj iosf]
1fgsf] efls d]fp[pg] r'nL dfgf kfyl eof].

Y

; jj fnf0{ d'h dGq agfp/ afRg kfpmf
affsl hlj g of] /fi6S} nflu egl ; fRg kfpmf
bfh'ef0 lbbalxgl Sfwdf Sfw ldnfp/
zflGt Nof0{ of] b]zdf do' e]fgRg kfpmf.

Y

kfN6fel/ v'; lx? ltl lglDt ln0{ cfPF
lkp ltl; Demgfn] lj b]zdf lv0{ cfPF
s; sf 8/df k]of] S1Gg afNg klg 5f8df] crjh
bGSo[cfuf] 5ftl[eq clnslt lk0{ cfPF.

sf7df8ff



s] tkf0f] xfd] afn ; flxTo cf^gf gfglx?nf0{
k9fpgePsf] 5 <

á u0fz kf8dfn

of] dgdf cfuf] hnfp/ uof]
lk/tlsf] : tDe 9nfP/ uof]
ca s; /l xff; fo] b]goffdf <
sf]dn d'6'df 5'/l rnfP/ uof].

Y

lsg o: tf] k]rf/ lk]hfP5f] ltdln]
st} '6f] kof/ lk]hfP5f] ltdln]
htf x/] klg rrf{ltd} lhp8fnf]
hj fg]sf] Jofkf/ lk]hfP5f] ltdln].

Y

k/f0sf] au]rfdf kmNof] eg]/
dnf0{ 5f8l cGt} 8Nof] eg]/
afNotfdf 5' dha'/ln] ubf{
g}g"X} U k/b]zln] eNof] eg]/ .

Y

kbf] ; dlkdf dylf] nhfp5df] lsg <
; w] ; w]o; /l g] ; tfp5df] lsg <
elgb]pm u5{l] Gt] s] 5 ltdf] dgdf <
x]p] 3f0t] dnf0{ agfp5df] lsg <

Onfd, xfn Mblifof sf]/of



gog clt /l; nf b]vt5' cfh kof/l
; w/ l; b] laGb' kmn b]vG5 ef/l
cw/ pk/ nfnlkgsf] 5g kri/l
dsg t ca z]sf nfu5 of] rfn x]/l .
kxndfgl; x :j fV - ; dsfnlg g]kfnL d0msaf6_

á ufkfn 9sfn .5GbJ

h; n] h] efljb5, ToxL JofVof u5{lhgbul
lbg/ft bfl8gls} ofqf xf] df5]sf] lhgbul
u6tjo vflHbf kl8f vfg] lgolt xf] eg]
af] fn' ?k z[anf/n] ; hfpbf ; Gb/tf xf] lhgbul .

Y

pd]sf] 9Nsfo; u] JofVof xG5 lhgbul
df5]-df5]sf] l] rf] cf^g]/fVof xG5 lhgbul
hj fgl df k; kl5 nfU5, afNosfn kf] dHhfsf]
a9]; sfnsf] e'd/l df nfU5 hj fgl kf] lhgbul .

Y

lhgbul Ps rfl6sf] g; flrf] s] xfn ef]
cfpl5 hfG5 6kk 6kk ; do g] sfn ef]
c^u-c^u d5gPs lbg s] 7hf s] ; fgfsf]
hGdkl5 dgk5{ ; + f/s} /t ef] .

sf7df8ff



9Ns]/ %ofn lar ef/ s6flf xfgl
fggl U ltdl al; lbbf dg ef] v/fgl
of] afgl 5f8 canf0{ltdl la/fgl
hfgl r{k} e0{lx8f d s; l sdfgl .

nlygfy kfBafn -; dsfnlg gkfnL d0msaf6

á ufkfnS'df/ dgfnL

c?nf0{a]r] sld; g kf0G5
cfkjhf0{a]r] emgW] sdf0G5
gfs} sf6]/ a'nfsl lsgkl5
dg cflv/ Tof] rflxf sxff nf0G5 <

Y

dfg] e~Hof^a b\y] ; : tf ; kof] ls <
h^u] lk/ x/fof] d\unfg emof] ls <
sfnfkfgl df5fdf ltdl e'n]5f]
: j fledfgl gkfnL hfndf kof] ls <

Y

c?n] rfx] ; o tfn
hgtn] rfx] Ps] tfn
; Qfs] v\ndf c\NemP
aGbg xh/ goff gkfn .

Y

; j] bgf l/IQof] ls df5]eq cr]h
d]o' klg ; xh b\y5 d'6' klg cr]h
sxl[st] b]v\bg cf:yf k\ng] d'gf
j ; gt g] l/IQof] ls k]s[tsf] cr]h <

Y

d'hf k/]sf ufnf cf^g] cfdfsf b\y" "b\z /fPs] Joyf l; hgfeq n\y"
; do k\ts]kl5 /fP/ xGg s]xl
w/ftn a'e\y cf^g] e'0df kf0nf 6]Sg".

sf7df8ff



s] tkf0[n] xfd] lga\w / k\agwsf k':tsx?
k9y'ePsf] 5 <

á uſkls|ſof zdſ

; Rrf lrGtgn] dfq ; wG5 b]zſſſ l: ylt
Joj xf/ eP '6ſ wldlnG5 kſ/l: ylt
dgdf clg afhldf ſfdſf Joj xf/dſ
of6} j : t' eP dfq ; wG5 b]zſſſ ult .

Y

t/f0ſſf6 r\ln0{ 5b} kj {t 6ſſ'/f
lxdſndf k'u/ /Dg] xfdſ] gkfnsſ] w/f
ſ] 5b] b]zſſ xfdſ] kmn cGg j g; klt
tfn ſ08 gbl vſſr cf^g} ; +ſt 5 k/f .

Y

dfG5] c; n dflgGg wgn] / /j fkmn]
cledfg x'g]nf0{ ſxſſuG5 ; dfhn]
c; ſn0{lbg] k0f{xG5 ; a} nbfabl
/; j [lf ehs]ſf 5g\; Ddfg xG5 bfgn] .

Y

oxſſ5 pj /f eld al5g\xdgbl oxſſ
bzg^auſſ lfvoPdſ ; 'g pAhG5 g} oxſſ
cf^g] b]z t 5f8/ hfgkb]g x] oj' f ū
pkoQm /fhuſ/l vſſh] kf0G5 x} oxſſ .

1fg]zj /, ſf7df8ſſ



pgn] x]/bbf dfq klg k]ſſf : kz{ kfPſſ] lyPf
pgn] af]nlbbf dfq klg v'; ln] kfun ePſſ] lyPf
dnf0{ pgn] cf^g} d'7ſſf dfvſſ agf0g\ t ſ] ef<
d]h] klg t pg]df 3ſſh] h] fg]ſſf ef^a vPſſ] lyPf.
ſſof afp; ; -; dsfnlg gkfnl dQmsaf6_

á uſſ 4g kbf

3ſſRof eGbf dfunſſf dfnf kfNg' x]b]g
l5d]ſſf l/; n] ; k{ kfNg' x]b]g
cfk] ; To eP klg ſlxn]ſfxſſ 'Sg]k5{
6fpſſf 7ſſSſſf eGbf df 3/} 9fNg' x]b]g .

Y

hf8ygeGbf ufxſſ] xG5 t]b]g ; DaGwſſf tf/
t/ klg b]l dgsſf a95 lsg af/Daf/
lNg' 5b] lbg' 5b] ſ]j n dfof af8] k]5
; D' ftfdf afRg ; ſ] xGg oxſſlhtxf/ .

Y

ltdſſ] nflu krt h x]nf d]f] nflu kft ef/
c]l]of/f] g} c]l]of/f] el/Pſſf /ft ef/
lhGbulsſf kl/efEf eGg} ufxſſ] eof] dnſſf0{
h; nf0{l]j zj f; u/Fd]h] p; ja6 3ft ef/ .

Y

alxſſndf 5' kftſſndf 5'
; kgfx?ſſf cfxſſndf 5'
5f8/ gftf t]b]g ; DaGw
z/0ffyl{l]zj /ſſf lqkfndf 5' .

j fl: 6g, cd]/ſſf



sNr] l xB xſſ, l xſſ, l of] 5ftl ltd] af6ſſ] xſſ
d]f] b]x ſ]x l x]b]g ſ]j n Ps y'k] df6ſſ] xſſ
ufnſſf kf6ſſf ſ]f nfdſſ] w; f] Tof] 3fp x]b]g
Tof] em/l ; 'ſſf ſ] Ps yf]k c]f, 'ſſf 6f6ſſ] xſſ .

Tg zd; y yfkf ; -; dsfnlg gkfnl dQmsaf6_

á uflj gb l3ld/] .j]bdlofú

af6fle/ 9flslx85' clh^au/ xf0g d
n; s n; s nl: s/x5' xf0l klg xf0g d
s; jsf 5of k5d0/xjsf Ps lk5nlu"
kfun xf1s s] xf t/ h8dxfxf ejg] xf0g d .
Y

kfN5 etetl d'6leq cfuf] anjsf lsg <
plePsf] 5 l7^au t/ nfu5 9njsf lsg <
xjf b'; t 5 To] dfG5] cem chDa/l h: tf]
cfkl eg] leqleq} nfu5 unjsf lsg <
Y

lxhf] lyof] d/f] b]z j ifftt h: tf]
cfh ePsf] 5 Toxl b]z /fth: tf]
cfzf / e/f; f ce] 5f8sf] 5g o; n]
; kgfdf b]v/xG5 vfnL k]efth: tf].
Y

; d'b]df vf]hlx8] Pp6f df]tL
c]lof/f]df vf]hlx8] Pp6f Hof]t
htfft} vf]hlx8g] aa'/f]sf] cfh
km]sf] 5 d]otkm]sf] nftL .

hf/kf6L sf7df8f



gu/L gx'g] sfid la; {bG5
gk'uL gx'g] 7fd la; {bG5
olt; Dd axf]z ePsf] 5 r]tg
sh]sfxf]cf^g]gfd la; {bG5 .
r]tg sfsk{-; dsfnlg gkfnl dQmsaf6_

á 3gZofd Gofkfg] .kl/>dú

kmfx/ allg gblh: tf] /fhglit 5 oxff
k/ftg ;9lj fb u; t /lt 5 oxff
kl/j tgsf] cfeft xG5 s; /l <
htf x]of pt} xfj l oyf] ylt 5 oxff.
Y

sfnfahf/ df]hPsf] cj :yf 5 cfhef]n
gfkrfvf]l km: 6Psf] cj :yf 5 cfhef]n
pTkbs x]fg 5g\ngufgl]sf] efp lbg
lar]nof df]hPsf] cj :yf 5 cfhef]n .
Y

k~rfdf]t eGb} k~rujo vfg5f]xfdl
lau]sf] / eT]s]sfnf0{ eJo 7fg5f]xfdl
xfdl; u uwf uf0{ 5'6dfpg] l] j]s geP/
l] s]tsf] fxsnf0{ Eo dfG5f]xfdl .
Y

a: tlx?df st} pNnf; sf] gfrufg 5
st} z]s 5; Gqf; 5, st} ;'g; fg 5
km]n/x]5g\cfh klg l] Edtsf nx/fx?
s; }nf0{ ; Ddfg 5, s; }nf0{ ckdfg 5 .
Y

uedf ; DklQsf] vfgl 5 xfdL; u
vf]hl gug] afgl 5 xfdL; u
a: tl c]lof/ 5g\vt aff'f 5g\
pkofu} gePsf] kfgl 5 xfdL; u .

e/yxj f



s] tkf0[n] xfdL ; dfnf]rgf / c]lofTdbzgsf k': tsx?
k9g]ePsf] 5 <

á 5lj 1jfnl

cfhefjn xfdfl afjnfv 6df xh/ s; n] eG5 / <
 uflvflj j l/ / axfb/ s; n] eG5 / <
 ; fbfafhld} eüfjh vDRof0Psfl 0ltxf; ; flfl 5
 kmu t lxplsfj r'hnlnf0{ xfdfl : j fledfgsfj uh/ s; n] eG5 / <

Y

dflg; dgleq sn'iftf kfln/xG5
 a9f/l/ 3/sf sf7f kmfx/ afix/ kmfln/xG5
 xb}g ; defj xb}g o; /l t l j Zj aGwTj oxff
 ha; Dd afjhldf dx / Sdfl S/fjl xfln/xG5 .

Y

kb, k; f / k|t i7fsf] nflu xb xb}5
 xlbfxlb} clhnfl dfG5]sf xlrf] sb xb}5
 xfdfl auJrfdf lj v08gsf] la;j f /fk g l; kfn' l5dls
 oxl dfjsfdf rfjsf xfGg ubub xb}5 .

Y

efjsfnf0{ cfxf/f b]
 blg-bMlMlnf0{ ; xf/f b]
 St} 9nkn gu/lsg x] ; /sf/
 cWof/flnf0{ ; tf/f b].

eyxj f



ltdlx? ; fW5f] dñ] lsg dfof nf0gf <
 dñ] lsg /fte/ tf/f ug/ ult uf0gf
 xftd'v hf8gnf0{ cgj /t bf]8/x]sf zflift d
 dñ] cfkml bfz{gs xg] slxNo} km; b kf0gf.
ofbj v/h -; dsfnlg gkfml d0msaf6_

á 5fofbQ Gofkfg] .au/l

dfyfl; t dl t nfof
 dfG5] dfG5] hft eof
 Sfd nuf0{ dfd vfl; g]
 dfG5]af6} dfG5]nf0{ 3ft eof].

Y

sldnfsf] hfl/ s] eof
 v16vfg] jj j]slsf] xf/ eof
 hft-wd{ 5f8l 5f8l
 dfG5] cfk] dfG5] vfg] 3'dfp/f] rfn eof].

Y

S'/fl] of] lhgbul eof
 cfj fh dfq 7hf] eof
 l; Gsf] St} effrPg
 eB1 dfq 7hf] eof].

Y

hgtf hfaf] eYofa eof
 eOf lng r9] eof
 ul/al / efjsd/L upfpt/} 5f8] xG5
 b'gf] cf^gf] ; fjemPkl5 ; x/lt/} a;] eof].



lbgsf] s'g} cy{ xb}g ha lxdfndf 3fd cfpbg
 hlj gsf] s'g} ; f/ xb}g ha dNo / dfg kfpb}g
 oxflsf lgdf0f klg ; a lg/y{ x'g]5g}\
 ha ; firf] slj n] d'6'df n]sf] ult ufplb}g .
s]ofk; fb k/fh'nL -; dsfnlg gkfml d0msaf6_

á 1fg]b] ubfn

ofqf

; 'v vflHg ; x/ k;] 5f8L ufpfa: tl
 ; a]E]laTof] hlj g s]sf] xg' d: tl <
 ; 'gsf] hnk nufPsf lkQn b]w]w/] a]z
 ddtfsL vfgL sxfkfp' cfdf h: tl <
 Y

gkf/ bf]wf/df

ltdL kf/ cf^g) w]df, j fl/ 5' d vfnL
 Tot} cfpnf]s c]t} nfuf] kf]of} dg-hfnL
 ltdL dgsf] s/f s] xf] eg dnf0{ k: 6
 Pp6} xftn] dfq} sxf] aHbf] xf]nf tfnL <
 Y

lj rf/ u/

s;); t]sf] ; DaGw Tof] {gnf0{ xf]g
 r]Gb]df x]/ /dfpg' Tof] 5'gnf0{ xf]g
 cff; 'n] lj /xsf] 6f6f] kvfNg ; S5f] t/
 e]n} aufP/ z/l/el/ ; f/f Tof] w]gnf0{ xf]g .

xfn M cd]/sf



v'gl 0ltxf; d]6Gg lsq <
 3fbl u2f/sf] /6Gg lsq <
 s: tf] clgsfn k/]sf] xf] dfG5]sf]
 dfG5]s} el8df dfG5] e]6Gg lsq <

ab /fgf -; dsfnlg gkfnL d0msaf6_

á 7fs'/ zdf] e08f/L

k|s[tn] ; hfPsF lbJotfsf rlh oxlf
 xg{ ; s] a]e]g ; s] k/d]u'0f t]j oxlf
 glhss}j : t'af6 k/ xG5g\dfG5]x?
 hlj g of]oy{aG5 : j fy]eq k:bf oxlf.
 Y

lhGbul 5 /df0nf] x]?fx]?f nflu] u5{
 lhGbul 5 3df0nf] tfkf'tfkf'nflu] u5{
 o; h] tf lhGbuldf afRg] u5g\dfG5]x?
 cfk]st g) e]hd]sf 5g\ehdf'e]hd'nflu] u5{.
 Y

dfG5] vf]Hb} lx8d]xf]l xdfnb]v t/f0{ Dd
 5fgL 5fgL e]nf u]off]as{t]n] EofP; Dd
 d]vfd]v ug{ yfn] e]6&Psf] n6g yfn]
 d 5' PSn} ltdl PSn} x]gff]s v}U xfdl; Dd .
 Y

dfG5] vf]Hbf lalloff]cfk]n dfG5] vf]Hbf kf0G5 / <
 c]t} bf8L cfk]nf0{ e]6g st} kf0G5 / <
 To; h] t dflg; b]v kz' klg 8/fp5g\
 6fpsf] cf^g} 6fkl cf^g} c]t st} kf0G5 / <
 Y

; +f/ g]lj lrq 5 /a]lr a]l kth x]/
 cfk]leq /; fPsf] lhGbulsf] d]h x]/
 slt yf]d: sfp5g] y]bgfsf] nx/ ln0{
 cfk]nf0{ x/fpg] lhGbul of] ; df0{ x]/ .

wDaf/fxL, sf7df8f]



á I8Nnl/fd ld> ' >dhlj l'

kvff{ eg] rfBf] gx'g]
 kñ/ ltdf] e/] gx'g]
 lhGbuldf ; fñm kñof]
 cf{ nfUg] 7fd} gx'g].
 Y
 /fP/ klg ltdf] ofbdf
 Cf{ ' ; lsPg ltdf] ofbdf
 3ft-k|t3ft uñof} / klg
 ; Demgf slxNo} l/IQPg ltdf] ofbdf .
 Y
 dgsf] rfxgf pt} lyof]
 gblj fl/ 6f9f e}bof]
 /Dgkg] kl/j]zdf
 ; a} phf8 e}bof].

sf7df8f]



á sdn kf8jh

dnf0{ sfnf] Tof] afbn dg k5{
 aa{f0{ 8Ng] Tof] kfun dg k5{
 zñuf/ ug] tl/sf w/] 5g\pgsf
 t/ dnf0{ cfvfsf] ufhn dg k5{.
 Y

b]zsfl] kx/bf/l x'g'k5{
 Sfwdf lhDdbf/l x'g'k5{
 ; Rrf b]zeQm hGdgnf0{
 ; Tosf] pDdbj f/l x'g'k5{.
 af0fu^ñf, slknj : t'



á tly/fh clwsf/l

vHg lg: s]sf] cf; axfb'/ stf uof uof
 p; }sf] k|5 nfulsf] wg axfb'/ klg a]vr{ eof]
 cfkñ t s: tf] ; f0tdf kluP5 /fhwfgl cfxf ñ
 hfbf hfb} 618v]nd} u0ftGq; ñ lrgefkr{ eof].
 Y

emf8l kmf8f 9'Ef af]sf]st blnPF st blnPF
 /ftlbgsf] wk]8ln] s'g} alnf ; fx} ylnPF
 af6f] aGof, df6/ cfot, upf]s6/ ; x/ k: of]
 el8ef8df l; 6 gkf0{ x]bf] x]b} cfkm] 5lnPF.
 Y

aff, sf] tfdf egl/ v]/b u/]s]ts]sf] u'bf] /x]5
 tfhf b]vfpq ; fphln] l] iff'n' kfqln] w]bf] /x]5
 s]dfq gSsnl x]bg / ox]sf] ahf/df ; fyl
 s]zsfl] cf]l klg knfli6ssf] ag]sf] x]bf] /x]5 .

5]sf] eGy] x]s]hnfn] cf]vf dfq 5]sp5
 b]v]eGy] ; f/f hut\cfj /0f kf] b]vP5
 e]bg klg ; lsPg d]bg klg ; lsPg
 hGdPsf] 5 lbgd} nnf6df n]vP5 .

Y
 affr/x]5' euj fg]V cem] affr/x]5'
 kñn k; fb r9fpq kftlsf 8f7x? effr/x]5'
 gfqln] rnfpg] u/]sf] ; fgf] s'q's]df
 v]bf] k; fx? ; flr/x]5'.

/fd3f6, kf]v/f



á lqnfjrg cfrfo
 xf; / s] ug{ p; sf] dgleq ax't} 7hf] hfnf] 5
 phofnf] ep/ s] ug{ cg'xf/ lgot Psbd} sfnf] 5
 df6fdf pleP/ cfklnf0{ dNofa} g gug{ p; sf] afgl
 lsqls p; sf] ldNg] ; fyl g} dgqlsf] cf^g} ; fnf] 5 .
 Y

g]tn] rfx] oxff lbg sf] /ft tsf] lbg xG5
 dg; 'g / eg; 'g ldn] 9'a]f 5fP oxff; 'g xG5
 Sxff 5 alnf / Joj : yf s; n] xl] xf] v} oxff
 k} f clg k} fs} tkm dfq 7hfx?sf] w'g xG5 .
 Y

cfh xfd] ofhgfs] klxnf] kfyls tf g} 7hf ; x/tkm] ofqf xf]
 of]otf / cg'ej lagfs] xfd] l; kmf] ; sRrf j] Bsf] dfqf xf]
 clglzrt ugtjotk] ws] nPsf xfd] ; ajsf] j tdfg
 slxNo} cufl8 a9g g; Sg] sj] n xff8ufplsf] hfqf xf].
 skg, sf7df8ff

**á lag' afaf l3ld/**

xh'/nf0{ tkf0eGbf nhf nfubf] /j5
 tkf0nf0{ xh'/eGbf dft nfubf] /j5
 dflg; s] dg t xf] s] s] xG5 s'gg
 ; flerfdfly klg oxff bfu nfubf] /j5 .
 Y

a9l vfP z/l/d} eft nfubf] /j5
 ; a] s/f ; x] klg kfk nfubf] /j5
 dflg; s] dgnf0{ s] s] xG5 s'gg
 ; DklQdf n'sl rfl efu nfubf] /j5 .

aNv', sf7df8ff

**á lbJo lu/l**

ltdl; lu gh/ hWkl5 3fon ePfd
 ltdl; D`gfn] ; tfPkI5 sfon ePfd
 g; fw, dñ] s; /l latf0/x]5' lbg-/ft
 d'6'df dfofs] sf]8f la 'kl5 a]fn ePfd .
 Y

nfl5 of lbg klg c]nof/f] s'j fh: tf]
 nfl5 of xf] f klg sfnf] w'j fh: tf]
 haha ltdl db]v 6f9f x'g vfh50f]
 nfl5 ltdl] dfof klg l; dnsf] e'j fh: tf].
 Y

ktheGbf sf]dn ltdl] Tof] dg /x]5
 hgeGbf zltm ltdl] Tof] tg /x]5
 dg / tg dfq g/d eP/ s] ug{
 PS} x]f0df d'6 lrg] ltdl] gog /x]5 .

sf7df8ff

**gkfn-; flxTo ; dfh**

'j ; Gt-/fwf kBsflo k'y:sf/la6 ; Ddftgt JolQnj M

!=@)^* l8Nnl/d0f zd{choff .
 @=@)^ (k?iffQd l; ubjh tyf uflj Gb/fh lj gfbL .
 #=@)& ab"nfld5fg].

x]sdf/l-lbjfs/ ; dfh; jf ; Ddfglaf6 ; Ddftgt ; yf M

!=@)^* kpfj fgGb cf>d, uXo]j /l .
 @=@)^ (lr; fvfhf cf>d, kf]/f .
 #=@)& efuj t\; Gof; cf>d, kzkl .

á blk; fu/ kof; l

af/Daf/ Itdf] d'xf/ ol CfVfdf CfP/ 7fSS/x]sf] 5
of] dgn] ef/Lsf ef/L Itdf ; Demgfix? af]s/x]sf] 5
of] ; x/df k]dsf] Jofs/Of ablnPsf] w/} e}; Sof] /] Ü
Kof; l Itdln] l; sfPsf] k/fg} Jofs/Of 3f]s/x]sf] 5 .

Y

Itdf] nflu kmh l6Kbf6Kb} au]rf gfaNg nfluof]
rfixgfsf] nx/f eg] Itd] 3/; Dd %ofaNg nfluof]
Itdl %ofn v]nL nhfP/ a: 50f] ; w]kfl/kls
Itdlnfo{ Psfxf/f] x]/} d]/f] 6fpsf] afaNg nfluof] .

Y

p8]/ hë; Dd k]sf] 5 dg, cwlrdf s; f] gcfpnf
hësf] dg klg t emy s]sf]x]f hldgdf s; f] gcfpnf
sxl+b'-b' n'sy 0zj / lgofnl dfq} /xG5 /] xfdlnf0{
Ps lbg p; sf] cg'xf/ klg xfd] b/algdf s; f] gcfpnf .

Y

h; sf] d'xf/ ol CfVfdf emg} r]dsnf] eP/ cfP5
p; sf] CfVfaf6 lsg d]/f] d'xf/ wldnf] eP/ lanfp5
d]/f] dgdxndf af; dfu]yof] h; n]oxffklxn]
ToxL dfG5] kl5 cs]sf] 9's9'sldf uP/ lgbfp5 .

kf6g, a]t8l



Sfk]n aRyl Pp6l afnf
k]6 u'nfal p; sf] ufnf
5fpf 5fpf dgdf nf]yof]
p; sf] Tof] sf]dn 5fnf .
I; l4r/of >j7 -; dsfnlg gjfnl d'Qmsaf6 .

á kf= 8f= b'ufk]; fb cofn

d sfJosf] b]z lj e]b Ps
d sfJosf] ; fgf] d lj z]f Ps
d d'Qm pGd'Qm d sfdfgsf]
d r]Ofdf k]Of{ d ej gfsf] .

Y

s]d 6ff; Gg k/f klyfdf
s]d uff; Gg syf Joyfdf
d aGg rfxGg lj zfn ufyf
lvofpg] xf]pg d'Qm ufyf .

Y

: j o+d x]f d'Qms d'Qm aG5'
: j ej : j R5Gb k]efj aG5'
k]; a]k] fk/ r]flx]bj
: j t]qtf of] c? kf0bj .

Y

d sf]if x]fefj k]efj 55{
5 zlQm ; f]bo{j] rf/ e5{
d x]frdTs]f/ d ej ; f/
k]efj lj B't\ultsf] ckf/ .

Y

d d]q x]fd]w d kfg{ ; S5'
d t]q p]hf{ /; ej a]l5'
d lbG5' cf]gb t/a]n r]t
g la; g] sf]o-k]ef ; d]t .

/fdlx6l, sf7df8ff



á b'uf{ j gj f; l

ltd} blgoff xf] cfwf d]/f]
d': sfg dw/f] xf] afwf d]/f]
eNb} e'hpfb} aff; 'l w'g
d lta} s[0f, xf] /fwf d]/f].

Y

kTo}s r]x/fdf cfs[t lta}
x/ ; Gb/tfdf k|s[t lta}
lta} emenNs] ol cffvel/
x/]s dfgtfdf :j ls[t lta].

Y

Efp ; a]sf] p: t}
3fp ; a]sf] p: t}
blg-bzf rmfpq]
/fx' ; a]sf] p: t].

Y

; 'skl5 /ut 6f6f a:bf /x]5g\
kl/P/ 3fp vf6f a:bf /x]5g\
5bf5b} klg lhaf] e'Q] agf0{
of] elddf ; a]nf6f a:bf /x]5g\

aQl; k'tnl, sf7df8ff



ltaefgbf 7hf] s'/f cf] /0f x'g ; Qmg
slj tfegbf 7hf] s'/f Jofs/0f x'g ; Qmg
vfg nfpg 7hf] ; d:of k|sf] of] b]zdf
/f; ge'gbf 7hf] efif0f x'g ; Qmg .

1fgj fs/ kf8h -; dsfnlg gkfnl d'omsaf6_

á 8f= wgklt sf0/fnf

k} f kfP cfdf, 5f/L, a]glnf0{ g} a]Rg yfn]
dlgb/, u]daf, r]t]o df; l cfj f; x? a]g yfn]
; a]eG5g\lslno'udf o: t} xG5 x]b]hfpm
c? xfQl r9] eGb} cfhsn w/l r9g yfn].

Y

sls; gs} lglDt ij z]if khf alxi]f/ xG5 oxff
el]6, a]pdfg bnfnx? cofodl]t{ aG5g\oxff
xl/ofnlsf] gf/f lb0{ hyfefj l j gh^a]n kmBq]
eidf; ' , s+ , wGw'sf/lx?S}/fh rN5 oxff.

Y

; j]xf/f g]tfHoh] a^a]nf / uf8l lsg] t s]la/fP <
lbgbxf8} /S; l lk0{ hgtf lk6t} lx8] t s]la/fP <
cfiv/ 7hf bnsf dxfg\ dfhj fbl g]tfHo"g k/]
sfnf]nf0{ ;]tf] / ;]tf]nf0{ sfnf] eg] t s]la/fP <

Y

; w]cGwf w]t/fi6x?S}: j fy/fh rNb} cf]b
b]ofwg / bMzf; gs} u08f/fh rNb} cf]b
b]f0f, elid, ij b]/n]; 'zf; g Nofpg vfhbf klg
cfiv/ zs'gls} cf8df cGwf/fh rNb} cf]b .

gj nk/f; l



k/f; \t/ tnaf/ v~h/ a/fa/
v; f; \ah] cfP/ lz/sf] a/fa/
5'6g\bf] t ef0 a; Hofg hfj ; \
/xfl; \ To 0dfg sfod a/fa/ .

zDek; fb 9'a]n -; dsfnlg gkfnl d'omsaf6_

á gf/foof gkfñ

k|dk|fiktsf] Ps efj
 S] eGg' / d]/f] dfof 7x/df tfn 5
 cf s]-s] 5 elGbgf cw/df rfn 5
 dnfo{ pNofpg] rkf/h] of] a'] xG5
 bfn uNb]g s; }sf] gh/df dfn 5 .
 Y

Jofkt aDdfgl lj z4
 ef] of] ahf/df efpsf] s'/f gu/
 cf; fdl zG5g\ fx'sf] s'/f gu/
 s/f ufof] s'/f g) bV5 egl
 oxff vff6f ga:g] 3fpsf] s'/f gu/ .
 Y

glt-lylt hfu/of lj zE
 hyefal gxfl; \zd{ugk5{
 effo agb} hfg5 sd{ugk5{
 kf/f ldnB} cfP v'bf] xG5 c']
 ; a]n] cf-cf^gf] wd{ugk5{.
 Y

zf:qlo Ps 5Gbdf
 ldnf]; \sj] ; 'afgl / kf] kmN5 dfG5]
 c'] xf]; \sxfgl / kf] eN5 dfG5]
 ; 'gff x] n o:t] 5 d]/f] 0/fbf
 ; w] xf]; \hafgl / kf] vN5 dfG5] .
 Y

/fdlx6l, sf7df8ff



s] tkf0[n] xfdff sfjo / slj tfsf k':tsx?
 k9g'ePsf] 5 <

á lgzf shl

ltdl d]/f] ?k k95f] d ltdl dg k95'
 ltdl of] g k95f] d ltdl h] g k95'
 yfxf 5 ltdl Tolt uDel/ 5gf] hlt d
 ltdl d]/f] cslt, d ltdl j tdfg k95'.
 Y

glhs c?nf0{ b]v]/ ltdl; u, 6f9f ePsf] xf'd
 lkmsfx?sf] dfemdf pleP/ dfq uf9f ePsf] xf'd
 s] yfxf s'g xftaf6 l6lkP/ s'g 9'aNfdf r95'
 Tof] clglZrttfaf6 h]ug sf8f ePsf] xf'd .
 Y

gf/ldfly lj eb] 5, afNbf nf]sfrf/ gu/] xG5
 cfbz{f s'/f u/l Joj xf/n] Jolerf/ gu/] xG5
 e0/x]5g\af/Daf/ cdfqj lo lx+ f gf/ldfly
 bof rflxGg a] ltgnf0{ cTofrf/ gu/] xG5 .
 Y

s; }sf sfwx?n] af]s]/ sxf af]sG5' d
 r]fg/ af]wx?n] 5s]/ sxf 5]sG5' d
 pleof]; \j Zj sf] s'g} klg tuf/f] af6f]df
 ge]6l d]/f] uGtjo To; } sxf /f]sG5' d <
 Y

d'bf] fb sfnf] lhGbf] fb /ftf] xG5
 j yefj lr; f] dqlefj tftf] xG5
 h; n] ; D; Dofp5 lhGbuLnf0{ ; k]d
 Tof] cd/u]y j f cdNo kftf] xG5 .

sf7df8ff



á gltf s̄l̄ l̄

slj tf hlt ; j̄bgzln, dfG5] xb̄ggV] eG5g\\
 xtf/df lh̄bulsf /^a slxn] k̄:6 xb̄ggV] eG5g\\
 cf/fx cj /fx cff ' / d': sfg s'r̄l xḡhlj gsf
 dfG5]eGbf sfo/ oxff sfxl xb̄ggV] eG5g\\

Y

kG5fpg rfxGg el̄tsPsf tl̄ cj z̄Ex?
 d̄b̄fpg rfxGg dl̄sPsf k̄tsf ufyfx?
 /fv̄sl 5' k̄jt̄ / cfeſE / cḡ/fu lj̄ utsf
 ; D̄' ḡ rfxG5' l̄/QPsf k̄tsf 0ltxf; x? .

Y

/x/, k̄knsf̄ kft ́} xḡxGg ; w̄k̄N6/xg]
 dg l; dnsf̄ eſf̄ ́} xḡxGg ; w̄pl8/xg]
 gf/l th; l ́} xḡk5{ ; aſf̄/df klg ; Ddfgt
 k̄d k̄ts/ ́} xn'sf̄ xḡxGg ; w̄atf̄; /xg].

Y

k̄/fgf̄ ofb v̄f̄n/ k̄9b̄} 5' d̄ vfdleqsf
 wldnf c̄lf/ sf̄/y k̄9b̄} 5' d̄ vfdleqsf
 dfof 5r̄Ns b̄lyof; ; fob vfd aGb lyPg
 cff̄ 'n] aufPsf zAbx? hf̄8l k̄9b̄} 5' vfdleqsf .

Y

h̄Gdg] hilt ; ah̄f0(nfU5 d̄l̄o'sf̄ P̄b
 d̄l̄o' p: t) t/ dfG5] lxGb', d̄l̄: nd, hg
 8/fP/ eflgleGbf h; n] a%of d̄l̄o'
 p; }sf̄ c̄lvfdf 5NsG5 cgf̄7f̄ r̄g .

7d̄n, sf̄7df8f̄



s] tkf0(n] xfd̄ 1fg-lj 1fgsf k̄:tsx?
 k̄9ḡePsf̄ 5 <

á k̄sfzdl̄of bxfn

cfj fh lbPfk6sk6s af6f̄ Totfaf6 xḡ eg/\\
 xfj fn] p8fP / f/L 7b̄fdf u'tfPsf̄ sl̄/Zdf xḡ eg/\\
 eG5ḡ k̄d c̄Gwf̄ xG5, c̄Gw] xG5 ; fob j xd klg
 uP lx6n/, :6flng / xfd̄ 0Gb̄ / ft nfo{ / ft xḡ eg/ \\

Y

9ndtl eP j fl̄dtl-lj i0fdtl el/Pkl5 uGbul
 sfnl-; lt̄l klg el/P /ut sl̄xḡ5ḡ VQmu08sl
 lr̄Gtf lyPg k̄j̄/b̄df gfd kl/j t̄g ePsf̄ xḡ\\
 lr̄Gtf t ta xG5 ha knfḡ Abo g} z̄tfgsf aGbsl \\

Y

b̄M̄sf 5f̄ l̄tdln] sxlf̄ ; okql-; 'gfv/lx? /fPsf̄ <
 cyjf 8f̄k̄m̄ d̄gfn / k̄lj fx?n] t/af/ v̄jrPsf̄ <
 ; fRr} b̄n̄f̄ gxflnf t xxV lxdfn hln/xlsf̄ b̄zo
 j f 9f̄hs, dfbn, Rofel̄a / lwdx?n] kf̄v'/f ; lsPsf̄ <

Y

rfaJn, sf̄7df8f̄



zAbfy{ k̄sfzgn]
!(y/l zAbsf̄z k̄sfzg ul/; s]sf̄
5.

s] tkf0(klg sf̄zsf/ xḡxG5 <
 cf̄gf̄] zAbsf̄z k̄sfzg ug{ 0R5's
 xḡxG5 <

á 8f= adaxfb' lhtfnl

sfxl eG5g\ xl/fsf] efp a9]sf] 5
 Sfxl eG5g\ h/fsf] efp a9]sf] 5
 ddrfsf] efp To:t} 5 sfxl eG5g\
 d eG5'; a)eGb rDrfsf] efp a9]sf] 5 .
 Y

S; }nf0{ g'g Kof/f] nflu5
 S; }nf0{ ; g Kof/f] nflu5
 km; l{Kof/f] nflu5 S; }nf0{
 dnf0{ t S'; l{ kf] Kof/f] nflu5 .
 Y

lbgsf lbgh: tf] ; 'gsf] ; dfrf/ ; Gbf
 lbgsf lbgh: tf] gltfsf] efif0f ; Gbf
 gkfndf : j 0fbu cfPh: tf] nflu5
 gkfndf lbgxuf0hfqf g} xf] uGbf .

sf7df8f]



á glns07 pkltl

Ps xftn] dfq tfnl aHb]g b] } cfj Zos xG5
 b] } xftsf] ldng plQs} cfj Zos xG5
 cfdfgl; fdgl pkl: yt e0{ x]/fx]/ ug]eGb
 n'sl-n'sl xgl afgl g} a9l /x: ok0f{ xG5 .
 Y

bMv, zfs, k18f, cefj / c; kmtnfn] pbf; lg dg xG5
 dgf/d kfs]ts bZodf df]xt xG5
 hlj gdf ysfgsf] dx; ' xbf
 ; 'ulGwt kthsf] au]fdf l] >fd g} cfglgbt xG5 .

I; Gwsl



á afbn l3ld/]

d/f x/s klt1f ; km ePk15
 ltdf k]o]s sl7gf0 ; /n ePk15
 ltl cfk]n Ps lbg d/l x'g cfp5dfl
 k]n/ ltdf] dg t/n ePk15 .
 Y

d s-s; sf] gh/df lug]5{<
 ls of t d'; flkm/ ag]/ lkmg]5{<
 ltlnf0{ dg k/fpsf] klg zNs nflu5 eg]
 eg, d]n] P]n]; Ddsf] slt k} f ltg]5{<
 Y

aofgsf nflu eg]/ cbfnt 8flsof]
 ; a'tsf nflu cgl]s kdf0f dfluo[
 d pgnf0{ dfof u5{ dfq s] eg]sf] lyPF-
 dnf0{ k]k]fsf] nflu y'gfd /flvof] .

sf7df8f]



Ps ldq x] Ps ldqsf]
 gftf ; Dem] n]M]
 ; Dem] f g; Dem] ltl,
 d]n] ldq} b]M].
 Y

blk, blks ;]tf] xG5
 cfMv lrDn] sfnf] xG5
 aQl sfnf] j f cfMv ;]tf]
 s]sf] k]efj n] o: tf] aG5 <
 j ; Gts'df/ zDdf gkfn -ldqsf] kqaf6.

á lag' e6&/f0{

dWo /ftsf] ; Ggf6fdf cfxt s'bf[;b]
 Sxffxf] Sxff bVg] 3fpsf] /fxt s'bf[;b]
 c? h: t}d klg j] lNg xG5' Ps lbg
 lgi7'/l Tof] dgsf] rfxt s'bf[;b].

Y

ceñ slt lkpl5f] j fx ; fyl xf]
 v} s; /l lhp5f] j fx ; fyl xf]
 6fb]5g\cfdfn] krf6]sf] wf]t l
 rf]nl slxn] l; p5f] j fx ; fyl xf].

Y

ltdlnf0{ bMv kbf{dfG5 Pp6f 5 ; Demg"
 ; xf/fsf] h]/tdf lbG5' Goftf 5 ; Demg"
 c/af]sf] blgoftdf : j fy{af]sg]x?alr
 lgMj fy]df dfof ug]d]/l Bftf 5 ; Demg".

Y

d]/l ufpf d]/l 3/ d]/l d'6'dfem lyof]
 3/ 5f8g'eGbf klxn]sf] ; ffem lyof]
 ; lu}a; ff]ghfpm eGb} ; g] d]/l cfdf
 cfugldf af6f] 5]sg] /ftf] kthnsf] ush lyof].

Y

gaf]n]}; tfpg] af]n] s] lau]yof] <
 cf^g} ; Demt dgsf] s]/f vf]n] s] lau]yof] <
 56kl6b} sf]N6] knbf{ kf]Ng] cft; ' w/] v: of]
 zlt n nflg] af]nl; lu 3fn] s] lau]yof] <

sf7df8f}



á euj tl a:g]t

elj io Tof] to xG5 j tdfgsf] cfwf/df
 dgsf] ; 'g]of dl: tissf] k/]sf] 5' bf]wf/df
 tg 6f9f eP klg 9's9'sldf rN5f] c' }
 ldngsf] cfz af]sl a;]sf] 5' lsgf/df .

Y

j ; Gtdf knfP lg lz]z/df 'g]k5{
 ; 'g]k5{ vx/df lx]dt u/l tg]k5{
 sh] 3fd sh] kfgl dflg; sf] lh]bufgl
 n'sfP/ kl/-Joyf cf]df d': sfg 5g]k5{.

Y

efj gfsf] ; fy kof/f] hlt 6f9f /x] klg
 u'hfkM ; w]d': s'/fp]5 5]pdf sf]bf eP klg
 dl7f] ltdf] ; D' gf g} afRg] cfwf/ eof] dnf0{
 zltntf 55{hg] wt]6f9f eP klg .

Y

h] h] vfh ; a} rlh wt]d} 5 y/l y/l
 h]d lb] cfdf csf] kf]bg s; u/l
 9's9'sldf a; fp/ k/]nldf ; hfp]5g]\
 5tf5Nn kf]v]lb] ddtf 5 e/l e/l .

Y

s; nf0{ ; 'gfpn] cf^g] kf]8f dgdf] uff]f] kf/]sf] 5'
 6f9f eP b]/l a9]f] cf^g} lu xf/]sf] 5'
 ; lu} xff g; ; lu} afRg s; nf0{ dg lyPg / <
 klu]n/xg] of] dgnf0{ 9'a]f; l/ kf/]sf] 5' .

aNv', sf7df8f] xfn M0h/fon



ा एफे ज्डि
 oxff vflSg]x? vfS5g\} 7hfl egl
 k]S[t]n] 5f8\}g wd{ cf^gf] s; } u/] klg
 afNosfnfdf k9]Sf] ./fd\] dl] Sf] klefj n]
 df65] 3d08 / xlgtf 5f8\} ; Qmg klg .
 Y

df65]n] df65] df65] xf] ls hgt' lrGg ; slg lsg <
 df65]n] k]S[t]sf] : j t\]j geTsfo{ afRg hfglg lsg <
 eTsfpg] / agfpq] v]ndf kn\} / df65]n]
 cf^gf] hgdhft : j ?k lrGg ; slg lsg <
 Y
 df65] lng' / lbg'hnf0{ qm] l] qm] df65] lsg <
 df65] lng' / lbg'hnf0{ : j fy\}: j fy\{ eG5] lsg <
 k]dsf] s/f a]n] xf] xh/ l]
 df]sf k/k]5 df65] cj ; / fbl aG5] lsg <
 l; gfd^an, sf7df8f]



zAbfy\ k]sfzgsf] ja ; f08

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df
jhoGtlsf

; a} c^as, n]vSxàs] kl/ro, xfd\} ; a}
 ultlj lw, zAbfzlxàs] ; k]6j b/ / sfogndsf
 tl:a/, lk]nd tkf0{sf nflu pkn]Awk\}f x'g
 ; S5gl x} .

ा एफ/त्ल उष्टि
k/b]z
 cfzfsf] j fo\k^a\l 3f8fdf r9\}
 pT; fxsf] cfsfzdfly p8\}
 5'6]S]Sf] dfof dgdf lwtf] ln0{
 cff; ' n'Sf0{ xff; lbG5' k/f0{ uxgf le/\} .
 Y

:j b]z
 ; flr\} : d]tsf tdfd /flrs sxfgl
 kTofpb} slxNo} gkrNg] guNg] h]j fgl
 kf/v / K'Efysf] ku/laf km]sp klg
 elg vfh]sf] d\]f] 3/ dWo/ftsf] laxfgl .
 Y

हल्जि
 k]7el'dxlg l]tfasf] klxn] kfgf
 lgoltn]; a\l t e/l g; S]Sf] cw/f] ufgf
 clnlvt ; Defj gfx?sf] lnltv ; a\l ng
 nflu5 lhgbul klxn] uff df g) ; lSpSf] vfgf .

af: 6g, cd]/sf



h]f] 5f/f nf]s; jf cfofusf] hfrdf k]n eP5
 SfG5f] 5f/f kdkn]6^aSf] cleofgdf h]h uP5
 rNx] afNg} k]of] a'9fa'9l kfNg} k]of]
 To; h] sfG5L 5f/lsf] kGhfj L 8f0e/; u d]n eP5 .
ekl z\rg -; dsfnlg gkf]nL d0msaf6_

á e'j gxI/ l; ll]n

xif{ g Ij :dft

; f bdf p; n] lhTof] pm xflof] xif{ g Ij :dft
g lsq]sf] lr6x]f cfklnf0{ kb]g xif{ g Ij :dft
dg v'; l 5g ; j]bgf x/fPs] 5 cr]h
ebf]sf] uwfn] 5f/]f kf0f] xif{ g Ij :dft .

Y

s'/f ufk]o 5

pbf; pbf; lyP /ft s'/f ufk]o 5
lg/f; lyP aglhlsf kft s'/f ufk]o 5
e]uf] p8fp6gf] eq] sfg b]pm; '6Ss e65'
/~hgfsf] dg df]8b} 5 ; fyl s'/f ufk]o 5 .

Y

; fnl]sf] cfzdf

uxgfdw] vr{ eo] xh'/ s]b]l kf0Pg
n'uf / z]a]f/df l/g} nflof] s]b]l kf0Pg
; fnl]sf cf; df legfh'sf] au/j f; e65g'xh'/
d]nDr]sf] kfg]sf]:j fb ce]yfxf kf0Pg .

; fgkf, nlntk/



xfdf] nflu x/]s pt; j uf0hfqf e0/x]5
cf]fwlsf] e6bf a9l l] ifsf] dfqf e0/x]5
8/ klg slt lng] < e/ klg s; sf] lng] <
ax'nfn] rnfPs] a; df xfdf] ofqf e0/x]5 .

8f= /fddfg t]ift -; dsfnlg g]kfnl d0msaf6-

á dxfb]j clwsf/l+

Tof] cf]v]sf] gfgl agl a; f'h: tf] nf]5
Tof] lbn]sf] 9f]sf v]f]l k; f'h: tf] nf]5
d]ok]5 df]f kf0f] :j u] k] klg
ltdlnf0f; D 'l tn v; f'h: tf] nf]5 .

Y

g]kfnf; w]rN5g]grflxbf xNnf xf]5
h]db]df af7f a65g]dfpe6bf rNnf xf]5
sxflaf6 r9]sf] y]e6g] s']la; {b65g]dflly-dfly k]bfv]/ c]lnf] 7f]5g]8Nnf xf]5
Y

uNtl x65 d/0fzln ; To cd/ xf]
of]f]nf0f; a]6g}; w]; d/ xf]
dxfgtf; /n x65 dfgj tf b]j
kxf8s] af]` wf6g] bx]f] S]d/ xf] .

Y

k]d ug] rfx] lg eflo ; adf vNb]g
klj qk]d sdnh: tf] lxnf]df krNb]g
of kr]h krNb]d dg]sf] xf]uf] effrg glbp]f
h] Ps k6s dgdf a:5 l] of]un] eNb]g .

Y

d; ls]Ps y]kfn] nf]vf]lj rf/ a]Nb]5
lj rf/af6 1fgsf] k]h] d]xfg v]f]Nb]5
h; n] cf] gf] b]vfp]5 v'al cd/ a6b]5
gx'g] v'al cd]t]df klg hx/ 3f]Nb]5 .

tgx] xfn M b'a0



á dxjfj l/ lj Zj sdf

g cfufn] ; j fo] g kfqln] ; j fo]
dnf0{ t d] } lhgbufln] ; j fo]
h; nf0{ k/jhnln] 9fs]/ fV]
kl5 Toxl cfvfsf] gfqln] ; j fo].

b]V5' ; a]sf] dfnfdfn eflsf] 5
cf^gf] t tfn g a]tnf eflsf] 5
s] 5 va/ < eg]/ dfq} ; fW5f] ltdl
s] ; 'gfpiflhgbul a]xfn eflsf] 5 .

gbl agfof] s; n] clg 8'a]f s; n] agfof] <
8'a]f h: t} t}/g] k]hnsf] y'a]f s; n] agfof] <
cr]h Pp6} k]zg bfxfl//xG5 s] xf] <
d t dfG5] g] kf] lyPf dnf0{ 9'a]f s; n] agfof] <

; w]cff; 'sf] x'h-b'a]f eP/
d afif]sf] 5'; r/f ls r'a]f eP/
csf]sf] lhgbul x]/y nf]eG5'
cf^gf] t laTg] ef] nk]a]f eP/ .

goff afgZj /, sf7df8f]



st} h] f8h] sf8l v]hfpb} x]/sf] 5'sh: tf]
st} ev/] j ; Gtn] 5fP/ uPsf] ?vh: tf]
o: tf] nflu/x]5 cfk]nf0{ cr]h of] hl] g
c]td kftf] klg Roftkl5sf] Pp6f 76f] r]sa'sh: tf]
x/e0m s6j fn -; dsfnlg gkfml d0msaf6_

á ldng ; dl/

cfk]h fGg] cfk]a%g] 7hf] 7fn' aGg'xG5
dh: tf] t of] ; + f/df Sfxl 5g eGg'xG5
slxNo} klg gal; g] afbnh: t} d]/f] ldq
Hofg kifn]/ d]/vbf] slxn]; Dd vGg'xG5 <

Dffly r9b} uflsf] dfG5] emg} tn emg'xflnf
kf5'tfpb} h]j gel/ d]/ofb ug'xflnf
d'9f] tfS5' eGbfv]/ 3Bf] tfS5 aGr/fh]
dnf0{ vGof vf8ndf km]/ cfk]kg'xflnf .

H]n] klg d]/vbf] vlg/x]5f}
; a} yfxf 5 s; nf0{ s] s] elg/x]5f}
s] dfq} u/gf] / ltdln] d]/f] ij ; 4df <
kfgldflysf] cf]efgf] alg/x]5f}.

Dfh] eG5' kl5nf0{ clxNo} xG5 elG5g\pgn]
Dffq} s'/f] s] s] u5{ d k]xNo} xG5 elG5g\pgn]
hlxn] hxf] hltv]/ d]; f] dfq} k]of] eg]
gf0gf: tl]sf] s'/5g hlxNo} xG5 elG5g\pgn].

cfk]ntsf] ejf wf/0f u/L bZdgn] 5'/f w;]sf] 6'n'6'n' x]/x]5f}
; Gb/ zGt, dgf/d of] b]z rqmloXdf kf]]sf] 6'n'6'n' x]/x]5f}
Gfkfnls} dv08f] nufP/ cr]h xfd} cf]vf cufl8 lbgxf
lj b]zl ; nx ejf cf^g} ufpla: tldf k;]sf] 6'n'6'n' x]/x]5f}.
s/fblv]nf, : of^nf



á d'sib zdf{ rfln;]

IzIfs kl/j/f/sf cfvfd -

sfkldf snd hfbfhfb{ ltdf] xft n'nf
kf6ldf v/l sfbf{fb{ ltdf] dfy whf]
3/sf] lx; falstfadf ; wfuflndfn 5
lsGt' gfglx?nf0{ltdf] ; fy 7hf].

Y

IzIfs cleefj ssf cfvfd -

d/f] ; Gtfg /flvlbPfx} tkf0{sf] ; fy
cl3kl5 j/k/ ld7f0{e}fdl7f aft
dl7f] d: sfg, gd: sf/, wgoj fb 1fg
u; nf0{ugk5{hlj ge/ z'ekleft .

Y

IzIfs cf^g} cfvfd -

6Nsfpb5' vfnl tfn'lbb} goff t/a
rjhfrjh s'/f a%5g\cfkm'To; } b^u
hf/lkf/l rsfrfw 5 k}; k}; f 5jhf] hf]
cfkmhfo{ ; wje/ ; Gtfg dfq} C^uC^u.

Y

IzIfs Ij Bfyl{sf cfvfd -

zAbzAb vfh/x]5' zAb; + f/ d/} ; fd'
Hoflt Hoflt rflx/x]5' Hofltwf/ d/} ; fd'
slt phofnf, slt ; Gb/ d/f] j tdfq
cy{cy{/f]h/x]5' cy{ ; fsf/ d/} ; fd'.
a9fglns07, sf7df8ff



s] tkf0{h] xfdf] ja ; f08 xgjePsf] 5 <

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á ofbj e6&/f0{

lbpf, } cGwsf/ xG5 ; x/df
aþdfg xsbf/ xG5 ; x/df
rfx] h]; 's} eg ltdl
lhgbul nfrf/ xG5 ; x/df .

Y

ltdf] kTos sfds/] 3ft nflg yfn]sf] 5
htftt zGtfsf] vft nflg yfn]sf] 5
lkpgjx? cfhefjn glkP e)Fug[u5g\\
dnf0{ eg] glkP lg dft nflg yfn]sf] 5 .

Y

cHof/f] afly] lxBjx? 5g\; x/df
: j fy] lqtf luBjx? 5g\; x/df
tklg PSnf] 5' g; Dem cfkthf0{
cHof/f]; t le8gjx? 5g\; x/df .

Y

hlt; 's} p8 cfsfzdf of wtl{df emg{k5{
b]z pTyfgsf lglDt ; s]hlt ug{k5{
cledfgsf] 6fs/fdf hlt dfly ku ltdl
a'em Ps lbg of wtl{df ; a} 5f8l dg{k5{.

Y

; flemgsf] ; ð{k]vPsf] lxdfn lk]o nfl5
zflctcl3 qflctsf] dzfn lk]o nfl5
w/] 5g\of] wtl{df lk]o nflg] s'/fx?
dnf0{ eg] d/] b]z gkfn lk]o nfl5 .



e/yxj f

á /fhg l; nj fn

dvdn j f vfBL, 6fnf|nf0{ 6fn} eGg]5'
af9lnf0{ af9l g} / 5fnnf0{ 5fn} eGg]5'
lsGg ; Sb|gf} d/f ljj|snf0{ s'g} dNOn]
kmtt; l xf]; \ xG5', sfnf|nf0{ sfn} eGg]5'.
Y

j rgsf] kSsf lyPf tf]8/ hfg t dg lyPg ; GWof
kmt hS} 5|psf baf, uf]8/ hfg t dg lyPg ; GWof
af|nf0f c; do, d/f kf / k0o x]/x]sf] s|0fn]
gq ltdf ; hn gq 5f]8/ hfg t dg lyPg ; GWof .
Y

Psdf Ps ldn], d/f ul0ftdf tlj hfl8 xG5
ToxFxG5 åGå / ; d]4, hxffhxff xf]8 xG5
; w]zf; g ul//xhf eG5g\ f/f ; Qflkkf; x?
t/ lj Zj 0ltxf; df ptf/r9fj / df]8 xG5 .
Y

afoff x'g]5 sd{ d/f; ; kmntf bfoff x'g]5
dgdf ltdf] l; xf; g, cf/fdf 5foff x'g]5
l/; fpm 71: spm ufnl u/ j f c? h] u/
; w]el/ ltdf] nflu of x|bodf dfof x'g]5 .
Y

; kf/lsf] ?vdf klg xfluf b]5' cfhef]n
; 8sdf ; f9] / afnldf / fluf b]5' cfhef]n
hGdf kloff xfdl plxNo} t/ s] ldn]g b'uf
df]5x?n] tflg/x]sf 6fluf b]5' cfhef]n .

sf7df8f



á /fhgb] tf/ls0f]

l; xb/af/ afhL /Vb} ofbf r]; rln/f]5
la/fnf] plkh]bf To; ljj]4 d'; fsf] s]; rln/f]5
ofbf] kR5/ n6sfpbf csf] huf d8sf]5
d'; fHa/fnf]sf] VofnVofnd} d/f b]z rln/f]5 .
Y

d6' lgrf] /lbGy] d /St} lkP/ afR5f] ls
w8sf] g ahf0lbGy] d tfn} l6k]/ gr5f] ls
rGb]sf] Hof] t l6ky] / lxp]sf] xff; f] a6Ny] /
r9f0lbGy] ltdldf lbn} vfh]/ xff; 5f] ls Ù
Y

eft'/fd / bfndt]sf] ; w]7fs7's k5{ d/f efG5fdf
ptf bWsf]df/l eG5]- k]d eGg] /f] 5g d/f sfG5fdf
j f; gf lgwSs pl8/x]5 htftt} lhalf ; Nanf0/x]5g]\
Eofn]6f0g dgfpq} 6df6/sf klg ne a;]5 EofG6fdf
Y

rsf]5 k]dsf] dNo d ltg{ ; lsbgf
u/] 3ft k]ddf d lug{ ; lsbgf
agl u'hfaeqsf] sfnf] em; lns/f
d6'sf sfkdf 5'l d leg{ ; lsbgf
Y

dfgj h^ndf dfgj tf x/f0/xjh: tf] 5
Gofosf] 3f]l lylrP/ s/f0/xjh: tf] 5
oGqdfgj eGbf ; l: tPsf] dfgj sf] p4f/sf nflu
sNs] cj tf/ klg hGd lng 8/f0/xjh: tf] 5
; v'jf; ef, xfn Mcd]/sf



á /fdfsfl sfg]

dISSP/ dfqj tf leqleq} 6'g yfnkl5
 nuf{ 89]nfl c?sf] v'; ldf cfufl tkg yfnkl5
 g aufpg ; S5 g rfvofpg g) u^alf hnn] klg
 kfksf] dh x/]s dfc5]sf] dgleq km6g yfnkl5 .
 Y

efif0f dfq u5{ 618v]n /f; g sxff b]vfp]d
 alx/f 5g\gltf, 306f3/sf] u'gf; fl sxff; 'gfp]d
 Ps afN6l hq} /fglkf]v/l]sf] kfgl b]vfp/
 sfsfsn sf7df8f]sf] ltv[s; /l d]6fp]d .
 Y

lhPsf] lhGbuldf sx/df c?n] a%g] eP t
 ; x]sf] 3fdkfgl of] ; x/df lx; fa xg] eP t
 ; 'l]ft xGyof] d]f] elj io klg P sf7df8f]
 w] } 6g; g; u] yf] } kg; g klg lbg] eP t .
 Y

d: sfgsf uhhsf 6'qif 5/k:6 5l/lbG5f}
 afbnlagfsf] lah'nL ltdl ; lhn} emf] /lbG5f}
 ; Ssnklt sxfS; nf0{ ; flr]sl 5f] S1Gg
 kmfbf]slk rflxf dfofs] ; anf0{ aff8lbG5f].
 Y

gs]sf] 8/ ; 'gfpb} lyof] pm
 : j u]sf] nfle b]vfpb} lyof] pm
 aRb} 0zj /sf] gfpf ; : tf]df
 : j fy]sf] b'sfgbf/l rnfpb} lyof] pm .



sf7df8f]

á /fdbbj kf08]

afS; ldGq

l8uf af5f 8^an^aN kfg] wg; f/ 5
 l5d]lsf hxfgnf0{ klg ynf kfl/5
 b]o hdftn] gfaN} kf/] u'xd't v'j fpbf
 So} klg ug{ ; lsg, afS; l dGq la; g dl/5 .
 Y

nf nft 0

yf] } bf0hf]sf] lgx]bf oftgfn] cf]ht ePkI5
 8/ qf; sf] sf] nfd]nf] lbnaf6 kvflnPkI5
 nf nft 0 nf nft 0 nf nft 000 kmfs] ; dfkt eof
 kmfd] 5flf]sf] l8naf6 uNofpd} v; flnPkI5 .
 Y

5fp uf7

50{ ePsln] 3/df a:g xGg lyof]
 upbf] wd[e; Pp6f af7f] lyof]
 5fp uf7sf] af6f] kmf] cfpbf
 p;]sf sk8fdf /utsf] 6f6f] lyof] .

sf7df8f]



hö nf]bf nf]bf : j o+cfsfz} Pp6f hö ag]5
 km kmNbf kmNbf : j o+la zj f g} Pp6f km ag]5
 cx] 0 of cfh d]n] ltdlnf0{ kfPsf] lbg of] cx] 0
 lsgf/x? klg ; a kllnP/ gbl gbl ag]5 .
 jf; ' zzl -; dsfnlg g]kfnl d'Qmsaf6_

á /fdk/; fb kgt

; 'gsf] dlGb/df bj] tf a:5g\h/ l 5g
 kltfda/wf/l euj fg\lrG5g\h/ l 5g
 kl/>dlSf] d'6Xldf bj] tf xG5g\of]rflxf ; To xf
 ; a} dfq; lzv/ rD5g\h/ l 5g .

Y

; f9] k:of] klnaf/ldf / ; flxf]of] klnhx?
 ; f9] a:of] df6/sf/df / p8fof] wnx?
 dlGb/ vNof] e6l r9af] d: s'/fof] k'hf/l
 x]/sf] x]o} eP dfG5]sf xhx? .

Y

kz'kltf] uh/ h1Qs} clUnof] ; \d/]f] ij rf/sf] prf0
 uh/dflysf] cfsfzh: t} k]nof] ; \d/]f] dgsf] ; f]rf
 cftdf k]q xf] ; \uGtjo ; 'ud xf] ; \j gd] d/]f] k'sf/
 g]fn /xf] ; \cv08, /lff u?g\kz'klt, oxL 5 d/]f] egf0 .

Y

bf8, h'g; 's} ultdf bf8, t/ gla; { k]g] 7fpf
 eh, h'g; 's} k]e'nf0{ eh, t/ gla; { cf^gf] gfpf
 nfd] 5 ofaf, w/] 5g\awf, ltdl 5f] PSnf] ofqf
 7]; nfuf] cfkmt ; Dem gla; { cf^gf] upf.
 Y

/fdsf] ejfdf /f] of klg lx]8/x]s} 5g\oxff
 s]0fsf] ejfdf s+ klg 31d/x]s} 5g\oxff
 s'g a]nf s] xG5 bj] tfn] klg ga%g] b]zdf
 g]tf t ot}lyP t/ l]h]tf 5g\w} s]gg sxff<
 rfa]n, sf7df8f]



á /fdZj/ l kgt

lgi7'/ln] la; { klg af6f] x]5g\cfvf cem
 k]lt k]n km; nfPsf tfh) 5g\kfvf cem
 ofb dfq} 5f]8uof] af6f] c]t} df]8uof]
 p; s} ult upfb} 5g\ufpla; lsf efsf ce]m .

Y

d'6leq ; Nanfpq] ; f; p; s} h: tf]
 dgleq 3l/3l/ cf; p; s} h: tf]
 yfxf 5 lg lgi7'/ln] la:of] ; f/f s'/f
 lsg xG5 ; w] w] cfefif p; s} h: tf] .

Y

c]nslt glb kfP ; kgldf 8fSy]p; nf0{
 ef6] tfNrf nufP/ d'6leq} /fVy]p; nf0{
 pmh: t} glb klg 6f9f6f9f xl} ufl5
 kfpg] eP b]ptf; u xfhf/l dfly]p; nf0{ .

aa/dxn, sf7df8f



á /fdaxfb/ kxf8l

cfsf; df Tof] r/f v} s] p8af
 sf6]sf] r^af] ij r/f p8af
 ; ldnsf] ej] fnf0{ xf0g P ef0 ü
 ; fw of] dgnf0{ sf] w/] p8af] .

k/f0x?nf0{ ; fx'hL eGbf ; Ddfg u/] e]f nfu5
 t/ cfktn] cfktnf0{ g} u/] e]f nfu5
 Tof] eGbf klg axfb/ e0{ij b]zdf dg]kb{
 d/]f] b]zsf] d]n} g} abgfd u/] e]f nfu5 .

xfQlufBf, sf7df8f



á {b| 1jfnl

u0ftGq klg oxff aGb'ssf] dlth: t} ePsf] 5
 dxfef/ tsf] o'4df sf] j sf] lhth: t} ePsf] 5
 ; w] b'aflw / hl6n of] hlj gsf] kl/efiff crjh
 cy{ sxl gnflg] l; g] dtsf] ulth: t} ePsf] 5 .

Y

d hlj Gttsf s'/f u5{ pm c] z] fsf s'/f u5{
 d ; edsf s'/f u5{ pm efj f] zsf s'/f u5{
 p; nf0{ cu] ufdl / dnf0{ k] tufdl eG5g\dfG5x?
 d b] zsf s'/f u5{ pm k] b] zsf s'/f u5{.

Y

sfnf] Jofkf/ eP klg b] Vgdf Jofkf/ nflu] bg
 rnfpg] sf] x's'd nfu] 5 rNgl] sf] clwsf/ nflu] bg
 : j t] qtf 5 n'6 ug] ; w] kb] g /ft kg{ klg
 af] 8] : s] n vfh] xl] bg] ; df ej] 6frf/ nflu] bg .

Y

cr] h dnf0{ cfj fbl / aafbl p: t} p: t} nfu] 5
 d2fsf l] k] l] fl j fbl / k] t] fbl p: t} p: t} nfu] 5
 3fb] l] rnfp] sf] xf] ls] sfnn] st] stofpsf] xf] >ldfg\
 cr] h dnf0{ gofofw] z / ck/fwl p: t} p: t} nfu] 5 .

Y

ls/f nfu] sf] 5 eg] cf] v/ km] kfs] sf] s] cy{<
 ldNb] g j / bfg eg] / ft] bg 0] j / efs] sf] s] cy{<
 k] g o] Q 5 of] b] d] f of] b] zsf ; b] / x? ; u
 9fSg] kg] hlt vNn] 5 eg] c? 9f] sf] s] cy{ <

e] x] f



á nldl zdfl

ei6frf/ Hofb} eof] tf] of] ; x/
 nfe] lnf0{ wg Sdfpg] eof] /x/
 c] Vtof/n] %ofk %ofk ; df] of]
 aGb sf] fd] lkP5 p; n] hx/ .

Y

kP cfk] t] b] c] lnf] C0f lnG5 pm
 C0f t lt] b] g pN6f b] l] b] G5 pm
 s'/f 7hf u/] 7] g] sf] u5{ p; n]
 h] uf t s] s'/f kP dfG5] lsG5 pm .

Y

h7f] k/] vfg] d/] f] afgl klg 5] g
 k] 9n] ml 7] h] ePf ; fgl klg 5] g
 l] df] 3/ le] ofP/ b] v l] b] G5] eg]
 c] ofrfrf/ x] l a: g] sf] gl klg 5] g .

Y

aRg l] x] 8] kf] ; fd] fg dfG5] h] lsG5
 af] x/ lg] s] l] x] 8] g] hf0{ dfG5] h] lrG5
 3/ le] a: g] t s] j] fsf] Eofu] t] x] G5
 To: tfn] ; df] h] df] s] of] ub] fg l] b] G5 .

Y

sf] ubf] s] hf0{ dsf] kfg] x] g
 ; fy] le] f0{ nf0{ prf] n] tn em] fg] x] g
 h] pk] nAw 5 To; df] ; v] x] g l] s
 csf] sf] efu 7] h] b] v] l] yf] nl ; fg] x] g .

e] x] f



á n̄ntf .bfliflū

of] ; dfh s] ; dfh
 of] /flf; x?sf] ; dfh
 ; fl̄nf0{ vfN8f] vGgk?sf]
 x]/ t Toxff hdft ū

Y

d[u xf d cf/fnf] em/sf]
 ; wF; wF cfemnd} k/sf]
 g; fw slt 5g'd'6'df Joyf
 slj n kl8f e}; y/sf].

Y

bVb} 5 cfh gkfnl, snjh] cf^gf] rBf0{
 b]p/fnl, kfvf, t/f0{ /fP emnf] 5 dnfo{
 j ; Gt xlgl cfvfd t] ffnlh] 9sf] 5
 km5 df6f] eGbf t emg}; 'Svf nfu] 5 .

Y

s; n] 5fDnf b]zs] d'6' dfG5] e]6Pg
 o'un] sfN6f] km5{ eGbf /ut d]6Pg
 rDsg5 ls Hoft egl vfhl ubf[
 b]lv nfu] 5 /fi6<xfSg] gltf b]lvPg .

a'4gu/, sf7df8f]



sf] cfpl5 d/f] ult vf:g
 PSnf] ; km/df d/f] dlt vf:g
 ; ldf g} 6lk; s]sf] 5' d]n]
 sf] cfpl5 d/f] lht vf:g .
elbzg /f]sf -; dsfnlg gkfnl d0msaf6_

á ljgos'df/ zdfl gkfñ

k]s[t nf0{ a'en/ gfRg hfg] a];
 lhgbulnf0{ lr]g/ xff g hfg] a];
 c? ug{ xg] gx'g] h]; 's} u/f]; 'dfG5]n]
 csf[sf] hlj gsf] ; Ddfg ug{ hfg] a]; .

Y

/f]u nfu/ j Bsf] hfndf gkg{ a]; / ū
 zq' nfu/ kln; sf] kmfbfdf qkm: g' a]; / ū
 c? ug{ xg] gx'g] h]; 's} u/f]; 'dfG5]n]
 ef]s nfluof] eGb]df h] kfof] To} gvfpS} a]; / ū

Y

hlj gdf afRg'sf] ; f/ lNg' a];
 la; fpg ; lsg] dfG5]sf] ef/ lNg' a];
 c? ug{ xg] gx'g] h]; 's} u/f]; 'dfG5]n]
 dgdf ; sf/ftds ; f]rsf] cy{ kfNg hfg] a]; .

Y

dg gk/sf] dfG5]; ū ; a]t gu/s} a];
 ; a]t ul/; s]kl5 p; nf0{ ufnl gu/s} a];
 c? ug{ xg] gx'g] h]; 's} u/f]; 'dfG5]n]
 ; a]n] cf^gf] hlj gdf ; a]nf0{ kld u/s} a]; .

Y

xff:g' / {g'df ; f/ 5g eG5g\ofulx?
 xff:g' / {g'd} ; f/ 5 eG5g\efulx?
 lNg' / lbg' kfpg' / u'dfpq' a/fa/ ePsf] ; + f/df
 kfPsf] s/f] ; /ntf; ū afBq k6Ss} hfGb]gg \9f]lx? .

rfajh, sf7df8f]



á Ij oful a'9fyfsl

v]tdflysf] klx/fleGbf cem dfly 3/ 5
 klx/f] hfnf eGg] 3/ v]tnf0{8/ 5
 avf{ nfluof] ls w/fwd{ lgb] nfluog
 v}lsg xf] lsg cfkithnf0{ Toxl klx/f]sf] e/ 5 .

Y

ltdln] b]v]h: tf] ef]ul xf]pg d
 z/l/sf] ; fdYoxlg /f]ul xf]pg d
 ltdl rfxG5f] rfs8L u/f] ; eGg]
 sd]df l]z j f; u5{ df]g] hfu] xf]pg d .

Y

df0s e]6g} x]g ufpq dg nfu5
 nfluult ahg} x]g gfrg dg nfu5
 w/fwd{ ltdlnf0{ b]vg} x]g lkof
 ltdl; u} S]Dd/ cToflws efrg dg nfu5 .

Y

k]d ubf{ s]bl 7f]gf} a]lwPsf] h]hl/df 5'
 oxl cj : yf kof/f] nfluof] ltdl dgsf] dlGb/df 5'
 S6d/f] /]5 k]d hlt a'em] a'em] sl7g
 clfn of gclfn e/f] ; f l]td} tsbl/df 5' .

Y

s; h] t; fbg ; Qmg cfhsn dha't xft 5g\
 xf] 6]df x] ug] cg]hx?sf] s]x] e/kbf{ ; fy 5g\
 lh]bu]n] w/] 3ft, c]t3ft efl]sf] 3fp 5
 To; }nf0{ e]Ng] u/l ; fydf kof; }gd]6g] dft 5g\
 xQlu]sf, sf7df8f]



á 8f= Ij Zj blk clwsf/l

zs'glx? hlxNo) 5g\gyfsl lg/Gt/ affr]sf
 s0fx? hflu/xG5g\bof]wgsf] rsn]bdf affr]sf
 w]t/fi6x? affr]s] 5g\sdg] v]l: sp klg
 Pp6f ch]g hfu] nufpg] lyof] ; don] 7]ufg affr]sf .

Y

h]d/ sf] affr]sf] 5 oxff; w]el/ <
 b]en] s; nf0{ agfPsf] 5 ch]d/l <
 g]tstf dl/ ; s]sf] rfx]f s/fp]5 emg\oxff
 dl/ ; s]sf] lhp]bfx? s] /fh x]g] ; w]el/ .

Y

s; n] u5{ /fssf] /vaf/l <
 s; n] lgdf]75 e]fssf] ; j f/l
 ; a] t lg: s] p] 80fa]sf d]hf
 rfxPs]f 5g oxff s; }nf0{ k]thaf/l .

Y

; To ; f]rf] afNg]sf] yT5g\hef] lrD6fn]
 9b]f 9B]eB]f fsfdf xG5 e]h d]hf
 0dfg wd{ eg]sf] Psfb]zsf] syfh: t}eof
 h; sf] zlQm p; sf] elQm of] b]zsf] rf]nf] .

d]tb]j l, sf7df8f



s] tkf0[n] xfd] : s]n, af]8a / sn]hsf k:tsx?
 k9g]ePs]f 5 <

á ij iofafa' bj sflf

g; fleq} ; lshfg] /ut aG5dfls
alNerg] Tof] 3fpsf] ltdl vt aG5dfls
lhGbulsf] sl7g ofqf ; u; u?feGbf
kfaNf eflfrPsf] ltdl /y aG5dfls .

Y

hlj g xg d[lo' /fHg] d'bfx?sf] nfd 5
; lxbsf] : j Kgdly s1NrPsf] 8fd 5
ue{eq} ; lg' afns aGbsf ol va/ ca
ghlGdg' of] d'n'sdf cfh rSsfhfd 5 .

Y

cfldotf aGwTj sf] ; fy vflg sxff hfpnf
sd{u/l efllo nNg] xft vflg sxff hfpnf
pN6} dfq vK5g\ a} cf^g} bg' ; f%ofp5g}\
dfG5)eGbf : j fy{c? hft vflg sxff hfpnf.

Y

nfU5 ltdfls 7f/ d'6', 3d08sf] ; +f/ xf]
kthsf] lbndf s1NrIxBg', ltdfls cx^sf/ xf]
snjhL g} /bhf e] fu5{Tof] xl/f0 klg
a%bg v}< ltdfls cfMf 5/f xf] ls t/af/ xf] .

Y

cgluGtl 5g\ofbx? ldN5 eg] hfV/ xg!"
56k6lnf0{a%g] eP PsI5g Zj f; /fsl/ xg!"
n5kk g} leHnf ltdfls cf^g} dgsf] k5dfls lg
gkTofP dyl; Dengf Tof] 5ftldf kfV/ xg!"

ultfgu/, lrtj g



á zDe' cofh

k]tnfsf] wnf] rf6l r'gfj lhT5g\gtfx?
Afujrfsf] kmh n'6l : j fy{lvR5g\gtfx?
ajnfavt r'gfj df yflqf efif0f k8sfP/
9sds kmjsf kmh k]tnfnf] lsR5g\gtfx? .

Y

alnof] 3/ agfpq hu alnof xfNg'k5{
dlSsPsf] vflaf] blng h/b]v knfNg'k5{
nflst6q eg/ ; fdGtssf] lap /fkg]nf0{
Ps-Ps klxrfq u/l lgd]ifd} 9fNg'k5{.

Y

eGg] uy]w/tlnf0{ sfwd afS5
Aj ft; fl; : ofn, ^ ofp/f]nf0{cj Zo 6fS5
hg hflul cfP klg sfg] lr/sf]
of] df6f]sf] c; n lj rf/ s'g dfxh] /fS5 <

Y

xf]; of/ l:fxx? ca k15 kmisGgg\o'j fx?
/utn] dft]sf tl bft; u tl; Ggg\o'j fx?
o'j f; u an dfq xf0g dl: tis 5
tl a^nf/f gkmisfnl /l0e/ ; lsGgg\o'j fx? .

Y

/ftlbgt >d ug]ls; fgx? Vfltdf 5g\
9Nof l; Gsf] gefRg] gtfx? h]6df 5g\
; dod]lj rf/ k%ofpm eflssf] l j ikmfb 7hf] xG5
lx; falstfa ug]ca ls; fgx? g]6df 5g\

j fln^a, : of^nf



á zzl yfkf .kl08tū

c/w/l /ftdf t8kg'kg[hlj gdf
h'għL /ftsfls/0f agl 5fpq ; lsg ltdldf
x/[sf] r/l e]56k6-56k6 ubf
hlj gsf] ef/ la; fpg ; lsg ltdldf .

Y

kthi agl/ hlj g ; jf; 5b{ kmlqmg'kg[lyof
vflnf auje] h[hlj g ; nn allg'kg[lyof
lhgbul[sf] axfj df sxff hlj g ; : tfP5 yfx} ePg
/ t hlj g s/aqib[sf] l9sf] e]st} hdlb of] .

Y

oyfy{ xf] dg'io hlj g 9'añf kHb} bjj tf vflh5
lgaħw cfsfzdf klg w/tlsf rf6x? vflh5
yfxf kfP/ klg aeri[kr] fpgik? sf] el8df
l; añañf ; fu/nf0{ Pp6} d'6Xldf c6fpq vflh5 .

Y

; a) xff, fl Ps} eP d': sfgsf] lht xGyof] xflnf
; a) kħndf af: gf eP : j u{ oxlf xGyof] xflnf
t/ klg dfqj lo rl/q g xf]
; fu/sf] 5fn e]dg t/añt e0/xG5 xflnf .

Y

kthnsf] y'añf dfq xlbf] /xg5 dfofdf
dl7f] tkt dfq klg xlbf] /xg5 dfofdf
sf9]sf9fsf] rqmlox tf8g g; s]sf] ; fy
clg tltsf] 6/f] : j fb klg kf0bf] /x5 dfofdf .

afnhh', sf7df8f]



á zf/bf rflnfuf0f

ltdl abħno{ t/ ltdl] bz p: t} 5
ef[sf] kjb b'Anf z/l/ e]E p: t} 5
ltdln] kl/j tgħsf] goff 0ltxf; /Rof]
; flrf0 km/Pg oxflsf] kl/j bz p: t} 5 .

Y

; S5f] eg] dfof u/ abnfdf rf6 xf0g
hxffdg nf05 Toxlf ; fg] dfof af6 xf0g
P ; fyl ġu xf/fn'5 clg xfgfyfk lsg u5f]
; Qfdf k] ofpg] dfof Sg] ef6 xf0g .

Y

Kof; d]6kl15 oxff vflnl la; f5g]\
: j fy{ k/f ePk15 afnl la; f5g]\
cfh cgdfh 5'eħb} v'; l af8għ?
lsg xflnf qf; bl efln la; f5g]\

Y

għkn cfdfsf] cfifv cfe[fg] agfpq
kmsk] cfpm bfħ' 3/ rf8af8 dgfpq
ltd] af6f x]/f05 eGħo f] r]tf/Ln]
ufxf] eof] kf6lkf] f 0gf/ vgfpg .

afnhh', sf7df8f]



k; f ltgħk] cfifwl klg gvfg]
l; Qđf kfP l] if klg vfg]
xfdl] ; dfħd of: tf dfG5] klg 5g]\
elđof e0f kf0G5 eg] g/sdf klg hfg].
eldegħw Itj f/L -; dsfnlg għkn l d0msaf6-

á z̄ifdf dfḡw/

/f/b} dgdg} a tfPg} dnf0{
 3's{ wD Sldf ; tfPg} dnf0{
 s] la/fPf/ cfh l̄ /fgf] bVof/
 ; + f/} c6fof} c6fPg} dnf0{.
 Y
 k̄msg' lyof] al raf6] Joy{ cfof} lsg <
 k lfd f af Ng' kbff d]/f] c̄sgfof} lsg <
 5g eGbf klg ; lhñ} kTofply] dñ]
 Tof] l/Qf] vNtl 6S6Sofpb} b]vfof} lsg <
 Y
 em/l k/f; \t/ 5ftf] Pp6} x'g'
 af; a]n] eP lg af6f] Pp6} x'g'
 5b]g kl8fn] Tof] dg gb'v]; Dd
 bVgnf0{ 3fpSf] vf6f] Pp6} x'g'.
 Y
 klv/x]5' /j , /ft 9n] xGyof]
 pbfpb} kj df, kf tMan] xGyof]
 ce] vñ]sf] 5g cfsfz lsg
 ba]sf t'ifsf vft hn] xGyof].
 Y
 en] xfdla rsf] b/]l 6f9f xf]; \
 ; DaGw dl7f] ld>l sf9f xf]; \
 e]63f6 kftlnP/ skx] xGg x/\
 ha ha e]65f] e]6 uf9f xf]; \
 nlntk'/



á z̄v/ ij sNk

gkTofpm cfdf Ú xfd] laxfg kñ/b} 5
 eGnfg\; a}of] b]zsf] ij wfg kñ/b} 5
 hlt lrNnf s'/f u?g\aff' f] v]tdf x/\
 lap k'/fg) 5g[u/l ls; fg kñ/b} 5 .
 Y
 ptf / otf p: t} p: t} nflu5 cr]h
 Sfnf / ; jt]f p: t} p: t} nflu5 cr]h
 hdfg} o: t} xf] of d]/f] cfmf lalu]of]
 uwf / g]tf p: t} p: t} nflu5 cr]h .
 Y
 tf/f ́ /] zlt rXof] /ft pl8; Sof]
 p7g'; \g kj {llith kleft Ao]́ ; Sof]
 e/]; Dd s] xG5 / s] xGg v} xh'/
 l; dfgfd] l5d]sln] xfdlnf0{ n]6; Sof].
 Y
 p; n] P kfun egl ; xl xf]
 d axhfp5' klg ; xl xf]
 '6 sNr]/ ; To cf]sNbf dñ]
 p; s] ed bV5 oxl ; xl xf].
 Y
 lhGbulsf] cy{ vNg] l]tfa e]bcf]; \
 x/ 38ldf ; kmn xg] lx; fa e]bcf]; \
 of] dfofsf] xf/ g lhtsf] v]h v]n/xlf
 o: tf] nflu5 lk/tlsf] r'gfj e]bcf]; \
 uNdl



á >lxl/ k̄loffn

ltdlnf0{b]g] lalQs} dg To; } To; } em: sibG5
 s] s] g kfPh: tf] cf^a To; } To; } dl: sibG5
 slxn] t cfk]nf0{ nf h nf]l cfp5 lgdfxl
 dfofsf] 5fn pn] stfstf d'6'df rl: sibG5 .

Y

b]z agfp] efif0f kmnfS5g\gltx?
 ; w]afRg] cfzfdf cl8Psf 5g\lj htfx?
 htftt}nyfln^a^etfe^a^ePsf] 5
 To; } To; } cndndf k/]sf 5g\hgtfx? .

Y

w/] ; dokl5 d ltdf] ; fd' b]vf k/]sf] 5'
 ltdlnf0{ fdg] b]v] Gof; f] d]b] kfPsf] 5'
 ltdl; usf] ; 'dw' ; Demgf ; d]b] eP klg
 la5f8sf] 3fpdf dNxd nufpg cfPsf] 5' .

Y

ultsf] efsfn] 8f]ofpn]s dfofsf] dfxgln] 9fsf'
 ; ']nl xfn] af]fpn]s 0; f/f u/] 8fsf'
 eGhof^df kv/] a:g] j rg lbPsf] 5' d]/l ph]hnf0{
 cf]vsf] k/]nl df n'sfpn]s xbosf] l; xf; gdf /fvf'.
 Y

ltdl ; f/] klj q 5d] vfl/Psf] ; 'gh: tf]
 ltdf] af]nl ; f/] dl7f] 5 0 aff; 'lsf] wgh: tf]
 ; f/] g] ; 'b/ 5 lk]o ltdf] cg'xf/ klg
 dnfo{cfgb lbg] klofdtsf] hgh: tf] .

afnhf', sf7df8f]



á Zofd l/dfn

d'vel/ y's]y's lgwf/el/ kl; gf
 ltdl afNbf s'd klg g/fal/L p7NbGof
 xfdlnf0{lgsf] xGg ltdf] c]nof/f] cg'xf/
 slxn]sfxlFs16n xff; f] s; f] s; f] km: sGof .

Y

ehgdf /fd 5f8g} ; lsGg
 k'; df3df 3fd 5f8g} ; lsGg
 csf] r'gfj t lhTgk5{h; /l
 kfPsf] vfd 5f8g} ; lsGg .

Y

lgsf] lhp8fn b]bf nflu5 pt} hGd]h: tf
 lgsf] tfn b]bf nflu5 pt} x'sh: tf
 st} sxl b]v]Gf cf^g] af]nl / xpefp
 lgsf] rfn b]bf cfoftlt j 0f{ a^s/ dsh: tf .

Y

s0ffhL /fhdfu{lkr t xf; Vf/f klg 3'dhnf
 tfdfs] L cfPb]v aQL lemlndnl clg afn]nf
 ltvf] s]d/lsf] 5 oxffx/ rv]j f-sfsft'j f
 d]nDrl t cfcf]; \u8u8f0{wlt dg]u/l kfgl vfp]hf .

sf7df8f]



xifsf] nfn; f 5g w/tldf ; Gfk geP xGyof]
 pT; j sf] cfzff 5g dgdf s'g} tfk geP xGyof]
 bj tf kh] k0o sdfpg' 5g dnfo{
 oI0 eP k]5 ls daf6 s'g} kfk geP xGyof].
 tly{ >]7 :- dsfnlg gkfml d0msaf6_

á ; Tod

/fte/ P7g u5{ltdfl ofbn]
 lbg d/f] a/r] g u5{ltdfl ofbn]
 l; : gfh] e[etetl kNbfv]/ d'6'
 Toxl kfgl ;]rg u5{ltdfl ofbn].
 Y
 uNtl Psrfbl xG5 af/af/ xf0g
 dfof xf] d]n] u/Sf] s'g} sf/faf/ xf0g
 Pp6} 5xf/ldf bMv ; v afBg rfxG5
 gfkif3f6f S] xG5 Tof] d/f] ; /fsf/ xf0g .
 Y
 pSng gkf0{ tfGg]x? slt 5g\slt oxff
 bfBg nuf0{ afGg]x? slt 5g\slt oxff
 c? lx8]sf] af6]df cfkif lx8g g; s/
 l8ndf a; l 9^a]f xfGg]x? slt 5g\slt oxff.
 nqklkn, :of^hf



; rgf

lj leGg k':ts d]nf,
 k]bzgl / sfogmdx?df

j̄hoGtl

lg/Gt/ Jofks ?kdf lj t/0f ul/g] x'gfn] ^
 dlxgfeGbf k'/fgf] c̄as xfdl; lu affsl
 g/xg] x'gfn] j̄hoGtldf /rgf k]sflzt
 ePsf ; li6fx?n] ; dod} cf^gf] k]t xfdl
 sfoffnodf cf0{ lnx'xf]nf .

á ; 'lg pkltl

sld; g klg 'lf 5 pkxf/df klg ; 'g k]of 5
 ug{ug{dfh gltf ls dGqln] g} u]of 5
 cfkif t /fuf e]bf] xktf p7fpq klg ; lsbg
 ca pkrf/s} nflu ep klg gltf of dGql x'g'k]of 5 .
 Y

ltdllj gf afRg ; lsbg eGb} /f0g\
 au]sf] cff; 'n] g} k5af/f wf0g\
 d/f] hflu/ uPsf] va/ dfq s] cfPYof
 pgl t bMfbfbM} cs]sl e0g\
 Y

Pp6fn] l; tfk'/ agfp5' eGb} efEof 7f]Sof
 rf]s rf]sdf kmfx/ ylk]bf l 'a]fn] ; x/ af]Sof
 cs] : j lh/Nof08 agfp5' eCYof t/ dfvf] df/g
 cNkdtm] d t : j lh/Nof08 gfd kmly]eGb} kl8f kf]Vof .
 Y

; do g} lalu]f] ls df5] lalu]Psf
 t:s/ clg ej6frf/lnf0{ dfnf r9f]Psf
 l]j]s, gli't ; a} zGo b]zs] elj io s]
 nfhn] 'Sg'kg] a]hf /Db} plq]Psf .
 Y

/fdaxfb'/sf] l8df] g ej An'a's r]s u/g eGb}
 afdk]; fbsf] a9]f /f]sof] t:s/nf0{ lrqgl eGb}
 s'g] t:s/ dGql; lu]x85g\sg] t:s/ g} dGql aG5g
 Zofdk]; fbsf] hflu/} uof] nf0; g r]s ubf] ; lrj lrqgl eGb}.
 c6jf, Sofg8f



a}s tyf lj Qlo ; +yf

tkf0{sfl

pGgltsfl ; fyl / lj Qlo ; xofju ug[ldq xg\

a}s[n] pBd Joj zfo ug{ shf{ lbg'sf ; fy}

o; sf nflu ; Nnfx ; dlt kbfq ub5 .

shf{ eQmfg ug{ ck7af/f] kbf{

a}s[n] tkf0hfo{ oyflrt d2t ; dlt ub5 .

a}s^a afgltsfl lj sf;

tkf0{sfl cfly{ pGglt /

cflgstsfsfl cfwf/ ; dlt xf] .

a}sdf vftf vfl

j rt ug[

/ cfj Zos k/ shf{ lbg] afgl a; fnff] .

a}s^a ; jf pkofju ug{f/] 3/3/df rrf{u/f]



gkfn /ii6<a}s kl/j f/

; Gbe{

j hoGtltsfl lg/Gt/tf

-lj s'z

gkfnL ; flxTosfl pTyfgdf lj wfut klqsfsfl vflrfl cg'ej u/l @)^% ; fn r]q /fdgj dlsfl kfj g lbgdf klnfl -@)^^ j zfv h]7sf] c^assfl cf/De ul/Psfl j hoGtltn] ! ; dlff, @ kj{ dlt, # /flf60 JolQmtj , \$ glitzyf, % 5Gbslj tf, ^ / & : j b]zofqf, * 5Gbslj tf, (rf8:kj{ !) lj b]zofqf, !! kpfosyf, !@ / !# ; dlff, !\$ uBslj tf, !% / !^ ; +d/0f, !& 5Gbslj tf, !* / !(lgaGw, @) ; +d/0f, @! : j b]zofqf, @@ lj b]zofqf, #@ 5Gbslj tf, @\$; +s[t, @% n3'syf, @^ Psfa\$sl, @& n3' pkGof; , @* uBslj tf, @(/flf60 JolQmtj , #) 5Gbslj tf c^assx? lgsfln; s]sf] 5 . c^ass ! b]v @# ; Ddsf j hoGtltsfl ofqf lj j /of c^ass ^, !@, !* / @\$ df k: t't e0; s]sf] 5 .

lj wfut j f lj ifo lj z]if xgfn] n]v-/rgfsfl t'ngfTds cWoog ug[kf7ssf nflu j hoGtltsfl lj wfut cleofg lgs} pkoful / nf]slk]o xb} cf0/x]sf] 5 . ; j6fx?df klg Ps} c^assdf Ps} lj wfsfl cgls ; j6fsf /rgfsf lj leGg : j fb rfVg kf0gl xgfn] pT; fx a9b}cfPsfl 5 . gkfn sf b]udsf s'gf s'gfa6 dfq geP/ lj b]zaf6 ; dlt /rgfsfl cf0/f] nflg yfn]sf] 5 . o; } qmddf c^ass @\$ sf] ?kdf ; +s[t c^ass cfof] .

; w] lgsfn]sf] c^assx?nf0{ lg/Gt/tf lbb] alralrdf j hoGtltn] xfn; Dd ; d]6g g; s]sf] lj Bfnf0{ ; d]6g] n]ocg'; f/ c^ass @% n3'syfsf] ?kdf lgl: sof. o; c^assdf b]z lj b]zaf6 *^ cf6f n3'syf k]kt eP . gkfnL ; flxTodf nk t k]om x]b} uPsfl gf6s lj wfsfl ; /f0fdf yf/] eP klg 0bf ykg] clekfon] c^ass @^ nf0(Psfa\$sl c^assf] ?kdf

j̄hoGtl #@ d0ms c^as

Nof0of] . pkGof; nf0{ klqsfdf ; d]6g ; Dej 5g, Pp6f dfq pkGof; /fv/ cy{ klg 5g . of] lj wfnf0{ goff k]pfl ugf] ; flrcg'; f/ c^as @& nf0{ n3pkGof; sf] ?kdf Nof0of] . *# slj tfx? ; d]6g/ c^as @* nf0{ uBslj tf@ sf] ?kdf Nof0of] eg] c^as @ (/fli6@ JolQmtj -hlj gl- @sf] ?kdf cf0f] . 5Gbslj tf c^as j̄hoGtl] Pp6f cleofgs} ?kdf cf/De u/sf] xf] . c^as %, *, !&, @# k15 c^as #) df !)@ 5Gbslj sf !)@ g] 5Gbslj tf ; d]6of] .

j̄hoGtl] klqsfnf0{ lg/Gt/ lgsfNg] dfq sfd gu/ lg: s]sf] klqsfnf0{ kf7s; Dd k]opg] pkfox? klg c] n]dag ub] cfPs] xf] . o; qmddf zAbfy{ k]sfzgn] s]xl cgfkrf] / s]f] sfogrid / lrdfg sfogridx? u/y klqsf af8n] cfPs] 5 . k': ts Joj ; fol dx; ^3 / k': ts k]sfzs laqntf ; ^3af/f ul/g] /fli6@ / c]t/fli6@ k': ts d]hdf klg j̄hoGtl lgzNs lj t/0f ug] cleofg rnf0Ps] 5 . @)^* d]a] / df gf/fo0u9df ePs] a]kt\k': ts d]hdf @\\$)) k]t, @)^ (d]a] / df k]v/fdf ePs] a]kt\k': ts d]hdf @*)) k]t, @)& k'; df lj tfdf8df ePs] a]kt\k': ts d]hdf @^)) k]t / o; u/l @)& Ho]7df e]s'6ld08k sf7df8fdf ePs] c]t/fli6@ k': ts kb]zglf #))) k]t / @)&! Ho]7df e]s'6ld08k sf7df8fdf ePs] c]t/fli6@ k': ts kb]zglf @*)) k]t j̄hoGtlx? aff8P . j ifel/ lj t/0f u/y affsl / x]sf j̄hoGtl] gku/y o; tf] d]hdf yk klqsf 5fk/ af8g] ul/Ps] xgf] xfdl; lu k'/fgf c^as x? affsl g/xg] xgf] ; |6fx?n] klqsf lg: s]kl 5 ; dod} xfdl] sfophodf ; Dks{/fvl cf^gf] /rgf lg: s]sf] k]t kfpq' ePs] 5 eg] :ki6 7ufgf / kmfg pknAw u/fpg] ; |6fnf0{ gkfnleq hxf] eP klg xfdl] xfdl] k': ts lj t/s dfkrft klqsf pknAw u/fpg] u/sf] 5f] .

o; }qmdhnf0{lg/Gt/tf lbb}@)& df3 !! ut] nlntk/ af/ Pzf] ; o; gs] xndf ; flxTosf/ ultf s]z/l]sf] ; efkltTj df s]f]fsf/ j ; Gts'df/ zDdf{ gkfn]sf] k]d'v c]ltYodf lj gos'df/ zdf{ gkfn]sf] dfyfkRrl -lgaGw; ^x_ ufkfn ; ~h]nsf] kTy/ kufNb} -lgaGw; ^x_ / clgn u]rgsf] tflj s ; Hhg ; j]x/f /0fgllt -slj tf; ^x_ sf] lj df]rg sfogrid u/sf] lyof] / pQm sfogridf ; efklt, k]d'v c]ltly nufot

j̄hoGtl #@ d0ms c^as

k]f= /fh]gb] ; j]bl, k]f= u]kls]0f zdf] 7fs' / zdf] 8f= /fdk]; fb 1j fnl cflbn] k': ts af] rrf] ug]Ps] lyof] pQm sfogriddf @)) ; |6fnf0{ klg J̄hoGtl]sf] -c^as @*_ @)) k]t lj t/0f ul/Ps] lyof] . zAbfy{ k]sfzg, gkfn ; flxTo ; dfh / ; flxTo ; j 4g s]gb] gkfn]af/f @)& ! j]zf v ! ut] /fdgj dl / ; flxTo lbj; sf] cj ; /df j̄hoGtl]sf ; flfs s]f]fsf/ j ; Gts'df/ zDdf{ gkfn]sf] ; efkltTj df, k] { k]wfgdGql n]sf]b]axfb] / r]gb, ; flxTosf/ /fh]zj / b]j sf]bf / k]blk gkfn]sf] c]ltYodf, nueu #%) ; |6fsf alr j ; Gt/fw kBs]Jo k': sf/ a'g" n]fld5fg]nf0{ x]ds'df/l-lbj fs/ ; dfh; j]f ; Ddfg efuj t ; Gof; cf>dnf0{ / j̄hoGtl ; |6f ; Ddfg qmdz]c c^as !* b]v @# ; Ddsf Ps >j]7 /rgfsf ; |6f lj ho r]fln;] k]sfzdl]of bxfn, >lcfld >j]7 /flbg, /fdk]; fb k]t, d-h'n / gf/fo0f lg/f; lnf0{ k]bfg ul/of] eg] ; flxTo ; j 4g b]16f ; Ddfg k]f 8f= s]zj k]; fb pkfWofonf0{ / xl/x/ z:ql ; flj qlbj]l ; flxTo k': sf/ 8f= j]f; b]j lqkf7lnf0{ k]bfg ul/of] . gkfn ; flxTo ; dfhsf dfx; lrj b]ufk]; fb gkfn]af/f ; ~r]fln t pQm sfogriddf ; efklt j ; Gts'df/ zDdf{ gkfn, ; flxTosf//flrs l3ld/], k]f= /fh]gb] ; j]blHo" 7fs' / zdf] ofbj e6a/f0{ gf/fo0f lg/f; l cflbn] cf^gf] d]tJ]o /Vg]eof] eg] zAbfy{ k]sfzg]sf lgb]z s]lj gos'df/ zdf{ gkfn]n] k]sfzg, k': sf/, j̄hoGtl / ; flxTo ; j 4g s]b]sf] kl/ro /Vg]eof] .

pQm sfogriddf gkfn] ; flxTosf] >j]4df dx]j k]0f el]sf lg] fx ul//x]sf] zAbfy{ k]sfzg]af6 lg: s]sf & k': ts n]sf]b]axfb] / r]gb] n]d^ax? -syf; ^x_ /fh]zj / b]j sf]bf]sf] j ; Gt -sf]Jo_, vu]gb] v]N; f3/l]sf] j ; Gw/f -dfxs]f]o_, k'0o/lZd v]ltj 8fsf] wdf]Gw -syf; ^x_ ej]z vgfns]sf] Infinity -; +d/0f, ag" n]fld5fg]sf] cg': d]t / l; h]fg]gb] -sf]Jo_ sf]Ps; fy lj df]rg ul/of] / pQm sfogriddf j̄hoGtl #) / #! b]j} c^as *)) k]t aff8P.

o; /l pQm b]0f sfogriddf dfly gfd pNn]v e0; s]sf n]vsx? gbf]x]of0{ ; Ddfglt JolQmtj x?, d-rdf /x]sf c]ltlyx?, cf0fhsx? a]x]s klg lg]g JolQmtj x?sf] pk]yt /xof] .

jhoGtl #@ d0ms c^as

lj hos'df/ zdf{ Hoft clwsf/l, zfgt zdf{ sdnf gkfn, ;'ebf gkfn, ho 5fa'sf, dbg a/f0nl, ; Gwof a/fn, ofhgf kroffn, lg/~hgf sfs{ lj i0feQm kroffn, dxzj / vgn, huqfy cfrfo{ ; ~ho dxhg, ejf gf k; f0{ cNkgf tnfw/, dfwj l3ld/l, gf/fo0f gkfn, xl/ kf8j, gl/f e6&/f0{ /~hgf 9sf, cg' nD; fn, pldhf nfd5fg], P; kl cf; f, gxf l; x, ; lrg ltdn; gf, /fh j fh] Ps/fh kf8j/h, pldhf kf8j/h, nldl e6&/f0{ ; ltf/fd Gofkfg], h'g"v8s, lj Bf e6/f0{ nlfbj l zdf{ vuqf k/fh'nL, /fh; l kf8j/h, h]d /fgf, d3' afu6l, clgtf cfrfo{ nldls'df/ sf0/fnf, lbkj l3ld/l, dgfh Gofkfg], cRo'tk]; fb kf8qfn .lrGtg] efflozfml cl3sf/l, lx/0os'df/l kf7s, hublZj / kf8j/h, / fdk]; fb lg/fhf, r8fdl0f cfjnl, hanaxfb'=v8s, zDe' kf8j/h, nlntf bfifl, df3j/fd clwsf/l, kld vql, /fdrgb] bxfn, rgb]sfctf cfrfo{ rgb]d0f k; f0{ slj tf zdf{ ; hu zfso, cdlt zdf{ lg/fhf, l8nml/fd ld>, uflj Gbk]; fb cfrfo{ s]0fk]; fb a:ofn, lj dn vgn, lsz fgl l3ld/l eld e'; fn, bj]bb]k/fh'nL, 5fotb0 Gofkfg], Clif/fd zdf{ u^tik]; fb clwsf/l, 8lkl e6&/f0{ p; iff kf8j/h, k]sfzdl0f bxfn, s'df/ ; fu/ zsg', 1fgdl0f gkfn, hoft zdf{ sNkgf cfrfo{ 8f= lj zj blk clwsf/l, sNkgf 9'a]h, e'g xl/ l; l]h, 8f= hlj g gkfn, dw' Gofkfg], kf=7fs'/ k/fh'nL, crgf zdf{ g/lz >j7, ; dl/ gkfn, g/gf/fo0f jT; , zltn lu/l, ufkfn k/fh'nL, /fdrgb] vltj 8f, dft]sf cfrfo{ s'; d bxfn, /3' l3ld/l, lqnf]rg cfrfo{ ; Gbk]; fu/ gkfn, llftlh kf8j/h, /fh bxfn, hlj gd10f bxfn, hlj gkf, pHHj n sk'/ >j7, k]f0s'df/ pkf]wofo, cgfh 9sf, aXdko kld:j; k; 'zln b]phf, >l/ vgn, 0gb]axfb'/ a:g] ab /fgf, 1fglgj 7j fnl, s]0fk]; fb ufltd, chg 9sf, l8nmlk]; fb dhltxg, t]hk]; fb k]bf, afa/fd u/fuf0{ ls/0f kf7s, k/z/fd k/fh'nL k/fz/, chos'df/ zdf{ gkfn, cg]teb] nfd5fg], hublZ nfd5fg], cfbk]sfz gkfn, /3'gy l3ld/l /Zd kf8j/h, j:td kf8j/h, j gbgf lwtfn, /fdk]; fb k]blk, pdf lg/fhf, oef lg/fhf, afa/fd lg/fhf, lj sf; kf8j/h, kf]t kf8j/h, /dnf k; f0{ /fwfbj l k; f0{ lj gf gkfn, cfbk]sfz lg/fhf, u0f/fh sf^n], tly/fh clwsf/l ; etlf

jhoGtl #@ d0ms c^as

e6&/f0{ ; l/tf kf8j/h, r]tg a'9fyfsl, clj gf; s8j/h, ozfbf kf08], afa/fd kf8j/h, sdnf e6X0{ lga]w cfrfo{ u^tik kf8j/h, /df lg/fhf, s]zn e6&/f0{ s]zj cfrfo{ zldhf lu/l, ; /nf pk]tl, Pg cf/ kf8j/h, k]tj7f kf8j/h, ; Gtjif nfd5fg], 8f= n]vk]; fb lg/fhf, cz]s 5ts'nL, /dfgfb, j's' sfs{ k]blk aff: sf]f, c]0f vql, xds'df/, s'zntf 0hfd, hlj g kxf8l, z]h]b]k]sfz gkfn, ; flj ql s]h, ultf gkfn, c]ghgf lqkf7L, /dz ufltd kfNkfnL, snflgl3 bxfn, kj g e6&, bj b0 s]p/fnf, ; lj gf bxfn, k]ff nD; fn, dl/f nD; fn, ; Gbk kl/of/, /Zdl kf08], Zofds]0f gkfn, ; /nf gkfn, ; ldf lg/fhf, k]st r]nfuf0{ k]/off r]nfuf0{ zdekk]; fb ; fksf]f, Hoft /f0{ 1fg' clwsf/l, efuj t 9sf, cfzld pkf]wofo, sdnf h]zl, 0]z /lk]; fb r]nkfuf0{ xl/x/k]blk l3ld/l, cfbk]fd kf8j/h, s]0f cfrfo{ ddtf zdf{ gkfn, /df bxfn, 0zfg lg/fhf, cldasf a'hf]sf]f, lj ej gkfn, ; 'zln cfrfo{ gj /fh Gofkfg], pkdf cfrfo{ /df zdf{ lj gf sf^n], sdnf cfrfo{ :df/sf e6&/f0{ :dlt 9'a]h, u'gfs/ Gofkfg], zzlgfy cfrfo{ ; flj ql cfrfo{ zlef vltj 8f, t'h; l/fd kf08], k]eftl ls/0f, tly/fh nfd5fg], tf/f r]ln;], zzl r]ln;], zflgt l/; fn, zf/bf k/fh'nL, zzl yfkf kl08t, >l/fd aff: sf]f, 1fg' kf08] gkfn, cfe] zdf{ efef zdf{ kfj t l nfd5fg], j lt]sf e'ifn, euj tl l; nj fn, ; flj ql s]h, gf/fo0f qj fnl, s'-hg ltdn; gf, zfl]el ltdn; gf, hoft zdf{ ; fwgf l3ld/l, 'afjw l3ld/l, df]tl/fd bxfn, ; 'k; Ggf e6&/f0{ ; ltf e6&/f0{ ; /zsd'f/ ltdn; gf, ; fu/ Gofkfg], zflgt ltdn; gf, lj e'/fgl /fpt, ; lgn dxhg, ; fu/ u]rg, ozfbf u]rg, Snf]nj b u]rg, k]hs'df/l u]rg, ho kf8j/h, g/]b]k/fz/, ; Gtjif s]df/ ltdn; gf, d'sgb ; ~h]h, /fdxl/ l3ld/l, k]ef a/fn, j; Gt z]rg, zf/bf s]; l, ck; /f bhfn, alagf ; ~h]h, ; bl]ff ; ~h]h, 0]z / ; ~h]h, k]j gf aff: sf]f, k]iff]qd l; l]h, r]tgfy gkfn, hgf]sf vgn, pldhf wtl] cal/ dxt, ; fu/ df:s], gj /fh ; ~h]h, pHHj n 9sf, ; ~hlj vgn, pQd zd; / /f0ff, lxdn hl; l, zq'g >j7, sh/ lzx, blks lj b]xl, s]bf/gf h]zl, cllgs'df/ s]; l, lsz /fh e6&/f0{ u0]z / ; ~h]h, em^s]gf/fo0f ; ~h]h, nld0f ; ~h]h, d10f/fh ; ~h]h, ; Gtjif ; ~h]h, /dz ; ~h]h,

elQm ; ~h]n, /ltf ; ~h]n, 8f= Ij Zj blk clwsf/L, /Tg Ij /xL l3ld/] cho b]zf, hltv u]rg, ; fg'k; fb pkfWofo, /fh' l3ld/], k]tfkh^a zfx, s]t]gk; fb l3ld/] /fdxl/ vql, xl/faxfb/, ; 'dg >j]7, dlGb/f ; fksfl]f, zsl]tnf zdff t]n; f u]td, ho/fd bfxfn, ; 'hg l3ld/], u]fj Gb Jo~hggsf, Izj /fh e6&/f0{ Ij i0f Ij ls/0f, rGb]axfb/ nfdf, j]bk; fb l3ld/] ; 'h 7s'/L, ; 'gb| u'/fuf0{ dfwj s]; L, dw's'df/ ; ~h]n, ; ldqf ; ~h]n, a14 tdf]b, b]j /fh Gof]kgf, d]Qmgfy zdff snflglw bfxfn, cglzf dxhg, bdf]b/ l3ld/] ci6dfg s]; L, ; fu/ Gof]kgf, Ij qmd g]kfnl kj g, s]gx]pf gf; ggl, u]fj Gb l3ld/] j]bd]f, k]df]b : g]xl, c]dk]sfz lg/f]nf, af]ws'df/L l3ld/] /lj G; zdff j]lzi7 clwsf/L, Izj /fh ; ~h]n, Izj ckl/lrt, ldng a-hf/f, ; Gt]if >l Gof]kgf, dw; bg vgfn, dfwj vltj 8f, d; fg pkf; s, ch/ cld/, j]l/axfb/ nf]kr, ph]zk; fb cd]fo .

o; /l lg/Gt/ zAbfy{k]sfzg / jhoGtl Ij wf s]Gb]t ; flx]tos klqsf g]kfnl ; flx]tosf] pTyfgdf nflu/x]s] 5 / nflu/xg]5 .



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१८५१०४०३३० / १८४१३०८८३४

के तपाइँले
पढ्नु भयो ?

k5f/sf] kftf]

d'Stssf] /rgf Ij wfg /
g]kfnl d'Sts k/Dk/f

8f= 3gZofd Gof]kgf] .kl/>d]U

Ij ifo kj z

d'Sts g]kfnl zAbsf]df ; df]xt df]ns ; f] c]tu{sf]t] ; d zAb xf]. ; s]sf]d]wft]df lStg\ t_k]oo of] eP/ dSt zAb ag]f]xf]eg] o; df sg]s_ k]oo hf]8PkI5 dfq d'Sts zAbsf]JotkIQ ePsf]xf]. oBik d'Stssf] sf]lo cyff\ clewf cyf]; j t]q \ksf] ; fgf]eGg]cy{Bf]g ub] . o; sf]kbut cy{cfk]f k]of{ ; j t]q jf lg/k]f eGg]xG5 . ; s]sf] sf]o k/Dk/fdf d'Sts zAbsf]k]of] k]rlg sfnb]v g}xb}cfPsf]kf0G5 . k]pw]xl s]f]onf0{ ; s]sf] Ij \afg]n] d'Sts sf]o eg]f 5g\ . cl]ugk/f0fdf d'Sts Znf] Pj \Zrd]sf/Ifd] ; tdf\elgPsf] 5 . o; f]eg] cl]ugk/f0fsf/n]d'Stsnf0{PsZnf]l rd]sf/k]of{cleJolStsf \kdf lnPsf 5g\ cfrfo{Ij Zj gfyn]cfk]f] ; flx]to bk]f g]f ds u]ydf 5Gbf]4 kbd\kBd\ t]j dSt]j d'Stsd\eg]f 5g\ . logsf] egf0 cg]f/ d'Sts To:tf]k\$[tsf]/rgf xf]h]g 5GbdSt xG5 . cyff\5Gbsf] a]wgaf6 dSt eP/ n]vPsf] /rgf g]cfrfo{Ij Zj gfysf] sygfg]f/ d'Sts xf]. ; s]sf] cfrfo{efdx, j]fdg, b08l, c]fg]b j]w] , clegj u]k, /fhz]y/ k]p[t]n] klg d'Sts zAbsf] cfcfk]g]9a]n] n]lf0f atfPsf 5g\ . j:t]t]M cl]ugk/f0fsf/b]v ; flx]tobk]fsf/ ; Ddsf ; s]sf] Ij \afg] cfrfo{u/]f]d'Sts / clxn]g]kfnl ; flx]todf ?9 \kdf k]pSt d'Stssf alrdf t]fbfTDo kf0b] . g]kfnl ; flx]todf k]pInt d'Sts dht]M 0:nflds -c/al-k]f/ ; L ; flx]tos hut]f6 cfudg ePsf]slj tfsf]Pp6f e] oaf n]td \k xf].

@ gkfNL dStssf] :j^ak

gkfNL ; flxTodf slj tsf] Pp6f n3tdebsf ^akdf :yflkt dSts ; :sdf kbfSt dStsebf leGg k\$[tsf]5 . ; :sf ljeGg lj äfgN dStsnf0{leGgleGg 9. n] kl/eflift u/\$f 5g\. ctM ; :s ; flxlo k/Dk/fdf dStssf]:ki6 cfkNf]lgIzrt :j^ak 5g . oBlk zAb ; :s eP tfklg dSts kbf/; lsf]?jf0f6 ; j fws kbfj t b]vG5 . of]rf/x/km st&sf]kIg ; lGgs6 b]vG5 . lxGbldf dStsnf0{rtIkbl eGg]u/\$f]kIg kf0G5 . cfhef]n eg] pb\$]f] kbfj n] ubf{ lxGblefifl klg dStsh:tf /rgfsf nflu ; fo/l zAbsf]kbf a9l ub5g\ j :ttM dStsn]lj lzi6 ; Argfids kys\lxrfgsf]cy\$]f ^akdf dfGott kfPsf]gkfNL ; flxTodf g]xf]. o; y{gkfNL ; flxTosf]sf]los kbfdf dSts zAbsf]cfkN]:j foQ :j^ak / cy{5 . o; sf]; Argf lj wfg klg cfkN]z]lsf]5 . dSts rf/ k^Ntdf /lrG5 . cyff\Pp6f dStssf]; Argfdf rf/ k^Nst xg}kb5 , sd jf a9l xg' xfbg eGg] dfGottfsf]lj sf; e0/x\$]f]5 . log]rf/ k^Nstleq slj sf]Pp6f cgelt ; du]f cleJol~ht xgkb5 . To; j]kIg lxGbldf o; nf0{rtIkbl elgPsf]xf]. c/al, kbf/; l / pb\$]f ?jf0f6 dfqfsf] Ps^aktf clgj fo{xG5, uof cyff\?Sg csf]sf] cgkfn ug]kb5 . gkfNldf n]vB}cfPsf]dStsn]eg]o:tf]k]lj lws s7f] lgodaf6 dSt kfPsf]5, t/ no lj wfgn]eg]dStsdf klg plQs}dx]ej /fVb5 . nolj wfgnf0{c-lsf/ u/] n]vPsf ; a}rtIkbl /rgf dStssf]sf]6df kg{; Sb]g\ ?jf0f h:t}dStsdf klg kyd / latlo kfp -k^Nst_ df cGtofgkf; sf]; Gthg clgj fo{xG5 eg]t]lo kfpdf cGtofgkf; sf]lgod elg xG5 cyff\!t]f]k^Ntdf cgkf; lgNgkb5, t/ rty{kfpdf eg]kyd / latlo kfPnf0{k5]fpg]vfnf]cGtofgkf; ckl/xfo{xG5 eGg]dfGott cfwlgs gkfNL dStsdf nfu'e0; s\$]f]5 . pbfx/Offy{ol dQmsx; b]6jo 5g\

k]o\$ kxhf]wfthf0{; gsf]uh/ eGg dg nfl5
j gdf gfRg]k]o\$ r/lnf0{dh/ rGg dg nfl5
rfs8l ubf{ub]o:tf]afgl kl/; Sof]ca t
uwfnf0{b]bf klg xh/ eGg dg nfl5 -ekL z]rg]

st}hj f8]sf]8L vjhfpb}x]f]5sh:tf]
st}ev{ j; Gtn]5f8] uPsf]phf8 ^av h:tf]
cr]h o:tf]nflu/x]f cfkNf0{of]lhGbul
clGtd kftf]kIg Roft]k5sf]76f]r]sa5h:tf]-xl/eQm s6]fn_ :j :yfgL pxi xf]oxf"vfln uftf kN/G5
kj [Q pxi xf]oxf"vfln gftf kN/G5
/dfpm's; /l kl/j t]sf]v'ln]d <
dfG5]pg}xb]oxf"vfln 5ftf kN/G5 -slkn c1ft_ kfv08L xf] ; Eotfsf]kf7 gk9fcf]
kN/ klg ; f]bbg] cf7 gl; sfcf]
/fi6^agIDt ; l/G5 pm dfg'eld; j xf]
cfkN]bG5 aln d]o3f6 gk9fcf] -Zofdk] fb Gof]kgf]

pko]nlvt rf/j 6}dStssf kyd, latlo / rty{kfp ts ldn]\$f 5g\cyff\ol k^Ntdf cGtofgkf; sf]kbfSt 5 eg]t]lo k^Ntdf cGtofgkf; e^N ePsf]:ki6 b]vG5 . j :ttMgkfNL ; flxTodf k]lnt / dfGo dStslo ; Argf lj wfg oxf xf]. of]lj wfg lgM; Gb] c/al, kbf/; l tyf pb]f6 cfudg ePsf]?jf0f]kbfj sf]k]t]lj Da xf] ; :s k/Dk/faf6 cfPsf]xf]g .

dStsdf klnf]/ bf]f]k^Nstn]sYo cyff\efj sf]p7fg u/\$f]xG5 eg]t]f]k^Nstn]sf]knk0f{9. n]efj nf0{p]sif]f k]ofPsf]xG5 clg rfyf]k^Nstn]cy]0f\ n]Pp6f cgel'tsf]; du|efj nf0{; dfIxt u/] 6' ofpg]sf dStsdf k]f/ k] . xbg . of]rf/ k^Nstleq cfkNf k0f{xG5 . o; y{Pp6f dStssf]efj rf/ k^Nstleq k0f{xg g; s] csf] dStsdf k]f ug{lDnbg] . ctM dStssf/n]Pp6f cgel'tsf]; du]fnf0{ Pp6}dStsdf 6' ofpg ; Sgkb5 . dSts slj tf / ult em]nlDag ; Sb] .

To; j]t dSts efj ; 3g, tlj |kbfj l, rf]6nf] ; xhafl]o / Jo- ok0f{xG5 . yf]f w]s/f elgPsf]xG5 dStsdf. lsgeg]o; df Pp6f sYo jf efj ; du]f cleJol~ht xG5 . o; y{dSts eg] n]vPsf jf 5flkPsf ; a}rgf dStssf]sf]6df kb]g\ cfhsf]; Gbe]f ?jf0{9frfdf n]vPsf

jhoGtl #@ d0ms c^as
/rgf dfq dSts c6tu{ kb5g\ dSts dSts h:t}xgkb5, n3'slj tf,
5f\$ -5f]slj tf_, xf0s' tf6sf, ;b slj tf, c0f slj tf cflb j:f:tj df
dSts x0gg\ dSts gkfNL ;flxTosf ;Gbe6f ?9 e0; s\$]zAb xf]. ctM
sf]lo kbut cyh]dfq gkfNL dStssf]; flxTos, ;Aflcts / ;Argfut
cyhfo{; jxg ug{; Sb]

pd/ v0fdhf ?j f0{/ xl/j z /fo j Rrgsf]dwzfnf j:f:tj df gkfNL
dStssf pT; xg\ ol bj }s[t cToGt rlr{ / nf\$lkf 5g\ v0fdhf
?j f0{ t w}efiffdf cglbt; d] ePsf 5g\ gkfNLdf lJ wfgtM ?j f0{
z]lsf dSts n]g]k/Dk/fsf]; b]kft w}k]15 cfP/ ePsf]xf]. lxGbl, pb{
h:tf l5d]l efffsf ;flxTodf dSts -?j f0{rtlkbL_lgs}nf\$lkf ePsf]n
gkfNL slj x]nf0{klg o; n]k]fj gkf/l /xg ;s] . ?j f0{z]lnf0{kfnf
u/] l; l4r/0f >]n]s]l kBx] n]sf] kf0G5 . pgf]o:tf] z]lsf]
Pp6f rtlkbL x]f}

sfkn a]y]l Pp6L afnf

k]6 uhfj l p; sf]ufnf

5f]pm'5f]pm'dgdf nf]Yof]

p; sf]of]sf]ln 5fnf -l; l4r/0f >]

#= gkfNL dSts k/Dk/f

gkfNL ;flxTo k/Dk/fdf lJ s]l]sf] @)!%÷!^ ;fnlt/ eldbzg
/f]fn]rtlkbL 9frfnf0{cj n]dag u/] dSts n]g yfn]f xg\ d0ms
zAbsf]k]f]u u/] /rgf k\$flzt ug]k]lxnf]JolQmeg]s]0fk]fb k/fhhl
xg\ gkfNL d0mssf]lJ sf; df 6\$axfb/ gjlg, eldlglw ltjf/l, elk
z]rg, xl/eSt s6jfn, s]0fk]fb k/fhhl, ofbj v/]h, jf; 'zzl, df]g
lxdfz'yfk cf]bsf]of]bfg pNn]o b]vG5 . ?j f0{j f rtlkbL 9frfsf /rgf
gkfNLdf dSts eg] clext ePk]15 of]la:tf/]cfkn}; Argfut lJ wfgdf
nf\$lkf xg yfnof]c]g lg/ct/ n]vg klg yfnof]. hg]b|h]g, lJ ho
alhdo, ;?eSt, 1fg]fs/ kf]h, piff z]rg, lJ Zj zfSo, thgfy
l3ld/] df]g b]fn k]tn]klg o; }qnddf dStsdf ;lqno eP/ snd
rnfPsf]b]vG5 . lJ qndsf]rfnl; sf]bzs; u)dStsn]gn]tlj tf kfPsf]

jhoGtl #@ d0ms c^as

b]6ut xG5 . /d] kf]h, 0gb\$df/ lJ s]nk, zflGtgf/fo0f >], xl/s]0f
sfkn] vu]b|lu/l sf]knf, ?b|1jfnL, lJ i0faxfb/ l; x, /fh]b|yfkf,
odsdf/ >], hut/fd /f0{gj f]bt, Zofdk]fb Gof]fg] dgf]h Gof]fg] c; k]n
uf]d nufotsf bh]f};]6fn]dSts n]v/x]f 5g\

gkfNL d0mssf]lJ sf; / o; sf]dfgs :j ?k lgwf]0f ug]lbzfdf
gkfN d0ms k]ti7fgsf]cf0f]hgfdf kf]y/fdf ldt @) df3 !^-!* df
;DkGg ePsf] d0ms ;DaGwl a]t\; Ddi]gaf6 hf/l ul/Psf] k]t ab]
3f]f0ffkq lgs} dx]ej k0f{ xg] b]vG5 . /fdsfhl sf]sf] ;ef]hs]j /
;?eQm 8f= 3gZofd Gof]fg]'kl/>dl', /fh]b|yfkf, piff z]rg, kl/j t]g
/ s]0f b]sf] ;d]sf]d0ms ;DaGwl kf]y/f 3f]f0ffkq tof/l pk; ldt]f/f
k]t ul/Psf]lyof] h; sf]abf csf]kftf]f lb0Psf]5 .

\$= Ig]sif{

;du]f eGgkbf{gkfNL ;flxTodf slj tfsf]Ps n3td e]sf {kdf
h]GdPsf] dSts cfh cToGt nf\$lkf e0/x]f b]6ut xG5 . o; sf
;]6fx] lbgf] lbg al9/x]f 5g\eg] o; sf s[tx]sf]k]fzgn]; d]
Jofkstf kf0/x]f]5 . j:t]M ?af0{z]lsf]rtlkbLsf]k]fj af6 cfwlgs
gkfNL dStssf]cf/De ePsf]xf] tfk]g ;a]k]f/sf 5f]f slj tfls
/rgfx]nf0{klg dSts eGg]u/]f] ;d] kf0G5 . ox]f; Dd ls ; ;fgf
cfsf/sf ub slj tfsf ;d] d0ms zlif]df 5flkPsf b]vG5\. o; }
qnddf xf0s' tf]sfh:tf hfkgl slj tfsf n3td e] tyf c]nkZnf]l
k]ts/ /rgf nufot /f]nf, r]sf cflb klg d0ms g]xg]eGg] klg 5g\
t/ j:f:tj df d0ms {k gkfNL ;flxTodf Pp6f rtlkbL ;Argfleq ;du]
s]o rdTs]f/k0f{9^a]n]cleJol~ht xg]slj tfsf]n3td {kdf lJ sl; t
e0; s]f]5 . o; sf]dfgs {k g]rtlkbL xf]eGg]s]/f]dfGof] kf0; s]f]
5 . ca gkfNL d0mssf]:j {knf0{laufg{vf]g]sf]s]cy{5} .

e]xj f.



gkfn d'Qms k|ti7fg, sf7df8f]sf/ f hf/L ul/Psf] kf]v/f 3flif0ffkq

gkfn d'Qms k|ti7fg, sf7df8f]sf cf0fhgf / d'Qms
d-r kf]v/fsf] ; xcfofhgfd ldt @)& df3 !^-* ; Dd
kf]v/fdf ; Dkg .d'Qmssf] / rgf] wfg] l] ifos axt\sf0zfnnf
uf]7ln] k: t't u/]sf] / rgf] wfg ; DaGwl sfokqdfly cgt/-
l] dz{ / sf0zfnnf; dlt u/l lgDglnlv t albf?df .d'Qmssf]
/ rgf] wfg] kf]v/f 3flif0ffk1 hf/L ul/G5 .

!_ j tdfgdf gkfnl ; flxTodf d'Qms cToft nfslk]p / rgf k]sf/ ePsf]n]
o; sf] ; d'gog / : t/l/s/0fsf nflu uel/ l] dz]sf ; fy sfok? ug].

@ d'Qmssf] l] ifo ; frgf / z]hldf ; dlt gj lg k]flux? b]v0/x]sf
; Gbe]df To: tf : t/lo d'Qmsnf0{ ; Ddfg ub]j tdfgdf nfslk]p / x]sf r]ikbl
cfoddf l] : tfl/t d'Qmsnf0{dfgs : j?k k]bfg ug].

gkfnl d'Qmsdf ; +stf ; flxTosf] r]ikbl Znflsl z]nl, c/al-krf/ ; ldf
k]rlnt ?af0{ / c]hl ; flxTodf k]rlnt Sj f6g] / uB slj tf]ts z]nlslf ; fy}
gkfnl nf]s nof]ds z]nl ; d]tsf] c]tld>0faf6 l] sl; t gkfnl d'Qmsdf
df]ns kgsf] v]hlsf nflu k]pf; ug].

\$ n3'td slj tfsf l] j w ?k xf0s', tf]sf, bf]xf, 5f]f slj tf cf]b
cf]k]g fdn] kl/ lrt ePsf]n] To: tf / rgf]nf0{d'Qms c]tuft g/FVg].

% qmdzMkl5Nnf klQmx?df pQ/fQ/ ejf f]sif[x'g/ c]tld klQm]l] rf/
sY0 j f ejf sf] k6f]f]k u/l /x: osf] pb]f6g ug]g] d'Qmssf] lghTj ePsf]n]
o; k]sf]sf d'Qms / rgfdf hf]8 lbg].

पोखरा द्वारा प्रति अंतरी उपलिखि

संयोजक -	रामकुमार कोटे -
सदस्य -	सरमन्त -
सदस्य -	डा. यशस्थान न्यौपाने 'परिवर्तन' -
सदस्य -	राजेन्द्र थापा -
सदस्य -	उमर रोसचन -
सदस्य -	परिवर्तन -
सदस्य -	कृष्ण देवकोटा -

मिति : २०६० मार्च १८, रामिकार पोखरा !

jhoGtl tyf zAbfy{k\$ fzgsf k:ts kf0g]k; nx]

! = txyd k:ts k; n- 0nfd
@ = 0nfd k:ts k; n- 0nfd
#= lhfan Phs]zgn 06k]0h]h- latfdf]p, enfk
\$= gkfn als xfp; - latfdf]p, enfk
% = k]lt k:ts e08f/- latfdf]p, enfk
^ = gjzgn als P08 :6zg]/- r]cb]p, enfk
& = k]lt k:ts k; n- bds, enfk
* = >j als P08 goh :6/- bds, enfk
(= k]sfz als P08 :6zg]/- bds, enfk
!) = k]ltf k:ts k; n, wgsbf
!! = af/sf k:ts- w/fg, ; g; /l
!@ = /d]z als l8kf] w/fg, ; g; /l
!#= tflnh]p als :6/- 06x/l, ; g; /l
!\$= clDasf als :6/- 06x/l, ; g; /l
!% = jfnfh]L k:ts e08f/- l] /f6gu/, df]v/a
!^ = zofd k:ts e08f/- l] /f6gu/, df]v/a
!& = dgfh k:ts e08f/- l] /f6gu/, df]v/a
!* = k]ans aS; P08 :6zg]/- l] /f6gu/, df]v/a
!= = dbfnL k:ts e08f/- l] /f6gu/, df]v/a
@= es/f0(k:ts k; n- l] /f6gu/, df]v/a
@! = l] gfos k:ts k; n- l] /f6gu/, df]v/a
@@ = go:j:ts k:ts - l] /f6r]s, df]v/a
#@ = ; -ho k:ts e08f/- /fh] /fh, ; kt/l
@\$= ; hn als l8kf] /fh] /fh, ; kt/l
@% = fo]kg]als l8l:6aob; {-s6f/l, pbok/
@^ = dbfn k:ts e08f/- uf0Bf6, pbok/
@& = fo]kg]k:ts k; n- uf0Bf6, pbok/
@* = ; ltf gff n- nfxg, l; /fx
@(= r]fw/l als l8l:6aob; {- nfxg, l; /fx
#= = Pstf als :6/- nfxg, l; /fx
#! = zfx k:ts k; n- ldr]pf, l; /fx
#@ = dhb/ k:ts ej g- hgsk/, wglff
= j]p]k:ts ej g- hgsk/, wglff
#\$= >l/fd k:ts k; n- nfna]bl, ; nf]l
% = ; bbf] tl k:ts k; n- rl/sf]p
#^ = sfe]euj tl k:ts k; n- l; gwhl
#& = go:k/hgf :6zg]/- l; gwhl
#* = h]Pg= k:ts k; n- d]ynl, /fd]fk
#(= ldlnhh]L k:ts tyf :6zg]/- d]ynl, /fd]fk
\$= yfkf als P08 ; knfo; {- r]tf/f, l; gwkf]nr]s
\$!= k]lt u]uf k:ts k; n- agkf, sfe]]
\$@= k]lt k:ts e08f/- agkf, sfe]]
\$\$= l] Bf d]gb/- u]f, /ftx6

j̄hoGtl #@ d0ms c^as

\$%=: l; 4fy(:6zg/l- j/l/u-h, k; f
 \$^=: leu'; drf/l k':ts sþþþ/j/l/u-h, k; f
 \$&=: hg/n as P08 :6zg; f j/l/u-h, k; f
 \$*=: uðþþ k':ts e08f/- j/l/u-h, k; f
 \$(:= Go'khf k':ts k; n- j/l/u-h, k; f
 %)= lj Bfyl(k':ts e08f/- j/l/u-h, k; f
 %!= kqklqsf ; þþ-/ xþþþf, dsj fgk/
 %@= lj Bfyl(k':ts e08f/- xþþþf, dsj fgk/
 %%#= Go'; drf/l sþþþ/xþþþf, dsj fgk/
 %\$= >l; 1rgf sþþþ/xþþþf, dsj fgk/
 %%= clkñ xññ; h tyf aþ :6f/- 6fBl, lrtj g
 %^= Go"kj/l k':ts k; n- 6fBl, lrtj g
 %%&= Go"qzgn as P08 :6zg/l/ 6fBl, lrtj g
 %*= kfþþ k':ts dxn- 6fBl, lrtj g
 % (= klkf-hnl k':ts k; n- k; f lrtj g
 ^)= df:s k':ts e08f/- gf/fo0fu9, lrtj g
 ^!= klkf-hnl k':ts k; n- gf/fo0fu9, lrtj g
 @= clkñ xññ; h- gf/fo0fu9, lrtj g
 ^#= sfdfg k':ts k; n- gf/fo0fu9, lrtj g
 ^\$= gf/fo0f k':ts : bg- gf/fo0fu9, lrtj g
 ^%#= xfdþþ k':ts k; n- gf/fo0fu9, lrtj g
 ^~= Izj k':ts k; n- gf/fo0fu9, lrtj g
 ^&= Go"lraqj g :6zg/l- e/tk/, lrtj g
 ^*= lj Bfyl(k':ts e08f/- e/tk/, lrtj g
 (^= 9sfm aS; P08 :6zg/l- e/tk/, lrtj g
 &= Jof; :6zg/l- bdfjh, tgxf
 &! = lj Bfyl(k':ts e08f/- bdfjh, tgxf
 &@= lkþþf k':ts k; n- wfþþ
 &#= gd:t k':ts k; n- aþf, gj fsþþ
 &\$\$= klkf-hnl k':ts k; n- wf/vf
 &%= em/gf k':ts k; n- aþ l; x/
 &^= hoblf:6zg/l- s:df, kjþ
 &&= ; /:j tl aS; P08 :6zg; f s:df, kjþ
 &*= ; uþ :6zg/l :6f; f Dofbl-
 & (= cfhng aS P08 :6zg; f kfþþ/f, sf:sl
 *)= kfþþ/f; flxþþ; bg- kfþþ/f, sf:sl
 *!= s-rg k':ts k; n- kfþþ/f, sf:sl
 *@= ; /:j tl k':ts k; n- kfþþ/f, sf:sl
 *#= dgsfdgf aS P08 :6zg; f kfþþ/f, sf:sl
 *\$= n/dl k':ts k; bg- kfþþ/f, sf:sl
 *%!= lj Bfyl(k':ts k; n- kfþþ/f, sf:sl
 *^= lj Bf dlþþ- kfþþ/f, sf:sl
 *&= aS dfþþ kfþþ/f, sf:sl
 **= jþg(kfþþzfnf- kfþþ/f, sf:sl
 *(= kqklqsf :6zg/l- nfnrþþþ- afun^b
 ()= dnkl k:ts ; þþ-/ afun^b
 (!= ; u/dfyf :6zg/l- afun^b
 (@= >j Go'h Phþ; l k':ts e08f/- tfg; g, kfNkf
 (#= xfdþþ k':ts k; n- tfg; g, kfNkf

j̄hoGtl #@ d0ms c^as

(\$= l; hþf :6zg/l ; þþ-/ :ofþþhf
 (%= gd:t k':ts e08f/- ufþþlu-h, gj nk/f; l
 (^= nþþþþþþ :68þþþþ sgf/- e/xþþf, ?kþþþþþ
 (&= ; j/l aS; P08 hg/n :6f/- e/xþþf, ?kþþþþþ
 (*= ; /n :6zg/l sþþþþþþ e/xþþf, ?kþþþþþ
 ((= xfdþþþþþþ k':ts k; n- e/xþþf, ?kþþþþþ
 !)= cfzþþþþþþ k':ts e08f/- abj n, ?kþþþþþ
 !!= l; 6l aS P08 Goh ; þþ-/ abj n, ?kþþþþþ
 !@= kþþþþþþ :6zg/l ; þþ-/ abj n, ?kþþþþþ
 !#= keft aS P08 :6zg; f abj n, ?kþþþþþ
 !\$= lþþþþþþ k':ts k; n- abj n, ?kþþþþþ
 !% = a4 Phþþþþþþ 066/kþþþþþþ- abj n, ?kþþþþþ
 !^= Go"bp/fm 066/kþþþþþþ- abj n, ?kþþþþþ
 !&= lj zfn k':ts ; bg- abj n, ?kþþþþþ
 !*= Go"; /:j tl k':ts k' n- abj n, ?kþþþþþ
 !(= al8dlnsf :6zg/l- abj n, ?kþþþþþ
 !!= ; lgn :6zg/l- th; lk/, bf^a
 !!!= uþþþþþþ k':ts e08f/- th; lk/, bf^a
 !!@= hgtf aS :6n- 3f/fxl, bf^a
 !!#= /fj n k':ts k; n- ndxl, bf^a, bpþþþþþ
 !!\$= dfþþþþþþ Pe/j6 aS- gkfnu-h, aþf^a
 !!% = phHj n :6zg/l :6f; f gkfnu-h, aþf^a
 !!^= df5fkR5 aS P08 :6zg/l- gkfnu-h, aþf^a
 !!&= ; u/dfyf aS; - gkfnu-h, aþf^a
 !!*= d-h>l 066/kþþþþþþ- sfþþnk/, aþf^a
 !!(= ; li6 k':ts k; n- ; Vþþþþþþ
 !@= CNkrí :6zg/l :6f; f ; Vþþþþþþ
 !@!= Go"keft k':ts k; n- ; Vþþþþþþ
 !@#= kjþþþþþþ k':ts k; n- ; Vþþþþþþ
 !@#= Hj fnf :6zg/l- ; Vþþþþþþ
 !@\$: xfdþþþþþþ k':ts k; n- ; Vþþþþþþ
 !@%= l; :gj k':ts k; n- ; Vþþþþþþ
 !@#= rfþþþþþþ lþþþþþþ k:ts k; n- wgu9L, shfnl
 !@&= rj foþþþþþþ k:ts k; n- wgu9L, shfnl
 !@*= rjhfgl k':ts e08f/- wgu9L, shfnl
 !@= ; ud aS P08 :6zg; f wgu9L, shfnl
 !#= oðh aS P08 :6zg; f wgu9L, shfnl
 !#!= lj ikg aS P08 :6zg; f wgu9L, shfnl
 !#@= glj 6þ ; knfo; {- wgu9L, shfnl
 !##= hfþþþþþþ k':ts e08f/- afuahf, 88þþþþþþ
 !#\$= ; dhþþþþþþ afuahf, 88þþþþþþ
 !#% = af: sfþþþþþþ k':ts k; n- cQl/of, shfnl
 !#^= Hoþþþþþþ aS; P08 :6zgþþþþþþ k', shfnl
 !#&= Go"cofh k':ts k; n- el/uþþþþþþ j lhþþþþþþ
 !#*= ; /:j tl k':ts k; n- dxþþþþþþu, s-rgk/
 !#(= blþþþþþþ k':ts e08f/- dxþþþþþþu, s-rgk/
 !\$= dxfsfnl ; drf/l sþþþþþþ dxþþþþþþu, s-rgk/
 !\$!= Go"dxþþþþþþ k':ts e08f/- dxþþþþþþu, s-rgk/
 !\$@= lj ikg k':ts k; n- dxþþþþþþu, s-rgk/
 !\$#= vþþþþþþ k':ts k; n- dxþþþþþþu, s-rgk/

-pkTosf_

!\$\$_= ldq k:ts P08 :6zg/- e0rk/
!\$%_= jj Bfyl; fdul sþþ e0rk/

 !\$^= kf6g aþ ; k- kf6g9fþf, nlntk/
!\$&= clwsf/l k:ts k; n- kf6g9fþf, nlntk/
!\$*= ltj fhþk:ts k; n- ; ftbfj f6f nlntk/
!\$(_= kJ q aS; P08 :6zg/- nugvþ, nlntk/
!%)= ogf aS; P08 :6zg/- dfgej g, nlntk/

 !%!= Pstf aS l8l:6Aob; þ yfkfnl, sf7df8f/

 !%@= /tg aþ l8l:6Aob; þ afuahf, sf7df8f/
!%#= P; =Sþ aS P08 :6zg; þ afuahf, sf7df8f/
!%\$= lxdfnog aþ ; þ6/- afuahf, sf7df8f/

 !%%= kf7b ; fdul k; n- 3G6f3, sf7df8f/

 !%^= /tg k:ts e08f/- efþflx6l, sf7df8f/
!%&= Pd- sþ aS kAn; ; efþflx6l, sf7df8f/
!%_= glzgn aþ ; þ6/- efþflx6l, sf7df8f/
!%(_= ho aS l8kf- efþflx6l, sf7df8f/
!^)= cg'aS; ; Knfo; þ efþflx6l, sf7df8f/
!^!= l8; (kj 066- efþflx6l, sf7df8f/

 !^@= jj jj w k:ts e08f/- cþtdu(sf7df8f/
!^#= k:ts ; þ6/- cþtdu(sf7df8f/
!^\$= k:ts 3/- cþtdu(sf7df8f/
!^%= 1fgHofjt k:ts k; n- cþtdu(sf7df8f/

 !^-= CS; kþ066/gzgn - kþzþldfu(sf7df8f/
!^&= kJ j kþfzg- /fdzfxky, sf7df8f/
!^+= dffn aS; - /fdzfxky, sf7df8f/
!^(_= kJ j l aS xfp; - /fdzfxky, sf7df8f/
!&= blks k:ts e08f/- ktnl; 8s, sf7df8f/

 !&= cfhg k:ts e08f/- gofagfj /, sf7df8f/
!&= sf7df8fals- zþvþ, sf7df8f/
!&= as j N8f gofagfj /, sf7df8f/
!&= nlDagl k:ts k; n- uþfnf, sf7df8f/

 !&= cþhfg aS; P08 :6zg; þ jj zfngu, sf7df8f/

 !&= eef aS; P08 :6zg; þ rfalxn, sf7df8f/
!&= l; Gw'aS; P08 :6zg; þ rfalxn, sf7df8f/
!&= P; =Pg; þþ8 Ácñ8 k:ts - ldqfs(sf7df8f/
!&(_= 0fbfj tl aS; P08 :6zg; þ uþl3f6, sf7df8f/

 !*_= kf1/hft :6zg/- aþ, bþ, fn, sf7df8f/
!*_= aþ aS P08 :6zg; þ aþ, sf7df8f/
!*_@= jj Bf aS P08 :6zg; þ aþ, sf7df8f/

 !*_#= kJns aS l8kf- uþua; sf7df8f/
!*_#= aþ aS P08 :6zg/- a; Gw'f, sf7df8f/
!*%=_ 6aþj / 06/kþhjh- sfnldf6l, sf7df8f/

xfdl k: tsxj

ä zAbsfz ä

!= zlbfy{gþfnl zAb; fu/ -; l8l: lxt_ -j; Gtstdf/ zdþf{.gþfnl/ [!#])÷-
@= ; aþlft gþfnl zAb; fu/ -; l8l: lxt_ -j; Gtstdf/ zdþf{.gþfnl/ [!!])÷-
#= ; aþlft gþfnl zAb; fu/ :-68þ6_ -j; Gtstdf/ zdþf{.gþfnl/ [*])÷-
\$= ; fgf gþfnl zAb; fu/ -j; Gtstdf/ zdþf{.gþfnl/ \$))÷-
%= zlbfy{; aþuþ -gþfnl gþfnl -j; Gostdf/ zdþf{gþfn [@@%])÷-

 ^= gþfnl cþuþl gþfnl zAb; fu/ -; l8l: lxt_ -j; Gostdf/ zdþf{gþfn [!!])÷-
&= gþfnl cþuþl gþfnl zAb; fu/ :-68þ6_ -j; Gostdf/ zdþf{gþfn [*)])÷-

 *= gþfnl cþuþl zAb; fu/ -j; Gostdf/ zdþf{gþfn [#&%])÷-
(= zlbfy{; aþuþ -gþfnl cþuþl -j; Gostdf/ zdþf{gþfn [!*])÷-
!= cþuþl gþfnl zAb; fu/ -j; Gostdf/ zdþf{gþfn [#@%])÷-
!!= zlbfy{; aþuþ -cþuþl gþfnl -j; Gostdf/ zdþf{gþfn [!*])÷-

 != cþuþl cþuþl gþfnl zAb; fu/ -; l8l: lxt_ -j; Gostdf/ zdþf{gþfn [!!])÷-
!= cþuþl cþuþl gþfnl zAb; fu/ :-68þ6_ -; l8l: lxt_ -j; Gostdf/ zdþf{gþfn [*])÷-
!\$= cþuþl cþuþl gþfnl zAb; fu/ :-sh_ -j; Gostdf/ zdþf{gþfn [%])÷-
!% = cþuþl cþuþl gþfnl zAb; fu/ -Onþþ6/L -j; Gostdf/ zdþf{gþfn (#))÷-

 !^= sfgþl tyf kþzf; slo zAb; fu/ -j; Gostdf/ zdþf{gþfn /
!= zlbfy{; aþuþ -sfgþl tyf kþzf; slo_ -\$) -sþf kþf f -8f= jj zþblk clwsf/l \$^))÷-
!^* = gþfnl cþuþl gþfþl zAb; fu/ -j; Gostdf/ zdþf{gþfn /
!(!= gþfnl cþuþl ; :sþt zAb; fu/ -zþþþþfnl; x &))÷-
-j; Gtstdf/ zdþf{.gþfnl/ -j; Gostdf/ zdþf{gþfn *%)÷-

ä effif ä

!= Perfect English -/k8\$/; -ufþhk; fb zdþf{ @*)÷-
@= Learn Nepali yourself, know Nepal yourself-kþfzdl0f bxfn #%)÷-
#= Professional English Grammar—for students/Teachers/Professional-j fdbj kþþh #%)÷-

ä IgaGw-kþGw ä

!= aþdro{ofg; edsfj } flgs pkfo -tly(fh kþþh !))÷-
@= hþj gsf] cþM%ofn -gf/fo0fk; fb 9þuþf *%÷-
#= dwþ l cþþþþgsf @! lbg -dwþ bg kf08] !())÷-
\$= j flgþfþfþg/d08 lzsf/l -dwþ bg kf08] *)÷-
% = kþy/ kuNþþ} -ufþfn ; ~hþ !%)÷-
^= dfyfkþrl -j; Gostdf/ zdþf{gþfn !%)÷-
&= wþlzvþsf] nodf ; Nnfsf] ; 'þl -dþþ ljsn @%)÷-
*= Infinity -ej þ vþfn !%)÷-

j̄hoGtl #@ d0ms c^as

ä cWoftd / bzj̄ ā

!= clbftd / hljg
@= uftjof t
#= k~rfdft
\$= zlbfy{ ultf
%=
^= !#% pklgift; ^a:uk -dh; lxt_

-Hoflt clwsf/l
-ladh
-7fs/ zdf{
-j ; Gtsdf/ zDdf{.gkfnū
-blOkpē vgn
-j ; Gtsdf/ zDdf{.gkfnū
!%)÷

!%:-
@%:-
!%:-
!%:-
!%:-
!%)÷

ä syf, ^a:uk ā

!= Pp6l csL{nfp/f
@= kfr syf
#= cgft ofqf
\$= d̄rob't
%=
^= lhpbfl cfldf
*=
^= nldax?
&= wdflw
*=
syfj fl6sf -^& gf/lsf ^& syf_

-slxof qf; gal
-/hlj/ b] sfp
-; ?p pkf
-holtl zdf{
-wdflfh kf8bfm
-nfslblaxbf/ rfb
-ko0/lz vltj 8f
-; +lj gosdf/ zdf{gkfn
!%)÷

!%:-
*)÷
!%)÷
!%)÷
!%)÷
!%)÷
!%)÷

ä ; dfnftgf ā

!= b] sfp cfod / kjjlo
@= t] f] cflvflsf] cfntf/gf
#= pkGof; ; dfnftgf
\$= ; flxTo-lg?kof
%=
^= ljj wf ljj dz{
*=
^= sxl ljj wf sxl ljj jgf
&= b] sfp M sxl vfh sxl ljj jgf
*=
gkfnl dlxnf; flxlosf/
(= sflo, lgaw sfp b] sfp

-slkn c1ft
-8f= /fdk; fb 1jfml
-8f= /fdk; fb 1jfml
-8f= 3gZofd Gofkgf].kl/>dWU!^)
-8f= blnk; fb cofn
-8f= blnk; fb cofn
-8f= blnk; fb cofn
-nlnf n06h
-kf= /fh0b] ; jbl
!%)÷

!%:-
!%:-
@%:-
!%)÷
!%)÷
!%)÷
!%)÷
!%)÷

ä pkGof; ä

!= dlQm a:ufd -cgj fb_
@= lg/k/fwsf] xtof -cgj fb_
#= ablnbf] llflth
\$= /ldnifgfl
%=
^= gkfnfsf] klxnf] sfkj {
&= a'4
*=
^= dlQm'4sf] alpm
(= tlft] To
!= khp' p8sf] of}g
!= ljj :dft
!= /x: o
!= rfgf] l
!= o:q dfgj
%=
^= SNkgf ; ;f/
!= ljj ; ;ut hljg
!= Cgllgsf
!= ; ?lr
!= (lrgn)vf -cgj fb
!= bpdfo:sf] lsqf/df
!= 5 n3pkGof; -ultfsz/l, ufkfn ; -hjh, ko0/lz vltj 8f,
kblk gkfn, /hlj/ b] sfp, lj gosdf/ zdf{gkfn

-j ; Gtsdf/ zDdf{.gkfnū
-j ; Gtsdf/ zDdf{.gkfnū
-ultf s:z/l
-ej gxl/ l; ubjh
-ej gxl/ l; ubjh
-P; kl cf; f
-P; kl cf; f
-g/jb/ k/fz/
-wdflfh kf8bfm
-8f= Clifszj/fh /jdl
-ufkfn ; ~hh
-; ltf e\$/f0{
-klsfdlbf bfxfn
-Ogb' kGt
-dlQmgy zdf{
-?s sfsl{
-8f= ljj blk clwsf/l
-zfgf zdf{
-lj gosdf/ zdf{gkfn
-kblk gkfn
!\$)÷

!%:-
!%)÷
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!%)÷
!%)÷
!%)÷

j̄hoGtl #@ d0ms c^as

ä slj tf tyf sfjo ā

!= tltfdl7f s/yf- j ; Gtsdf/ zDdf{.gkfnū cRo/t/d0f clwsf/l,
ej gxl/ l; ubjh, rGbk; fb Gofkgf] klsfdlbf bxfn, b] l gkfn,
7fs/ zdf{ dflk; fb kGt, pdf ld, nldlsdf/ s0/fnf, uflksdf/ zdf{
!!!:-
@= gltsf s/yf- j ; Gtsdf/ zDdf{.gkfnū lzj ufkfn l/; fn, lji of kGt,
vuljbl vfl; f3/] P; klc cf, fl czfbsdf/ nfld5fg] dfwj l3ld/]
afnsdf/ e\$/f0{ ufl/fh sfn] uflibk; fb l3ld/ dslbk; fb zdf{.
!#:-
#= glltj rf/- j ; Gtsdf/ zDdf{.gkfnū 7fs/ zdf{ nldlsdf/ s0/fnf,
uflksdf/ zdf{ vufl vfl; f3/] ag"nfld5fg] 8f= cfldj l/; x a:g],
g/jb/ k/fz/ ; blk; fu/ gkfn, 8f= 6lsf/fd -lj zj zj l/ clwsf/l,
lj gosdf/ zdf{gkfn .
!= nfssbly kf/nfss; ld -slj tf; ^a:uk -lj gosdf/ zdf{gkfn
%:-
%=
^= j; Gtfgb -rlksfjo -7fs/ zdf{
^= oftgf -dxfsfjo_ -0gb' kGt
&= :jg -slj tf; ^a:uk -/hlj/ b] sfp
*=
^= lrftg; usfj ofqf -slj tf; ^a:uk -; ltf e\$/f0{
(= C>Wf -slj tf; ^a:uk -r8fdlbf cfhl
!= khftcq -slj tf; ^a:uk -h4axfb/ s] l
!!= cfen -slj tf; ^a:uk -obgfy j; Gtck/!
!= zlbgb -slj tf; ^a:uk -7fs/ zdf{
!= k1frlrf -dxfsfjo_ -g/jb/ k/fz/
!= ?jfooft -pd/v0fdsf] sflo_ -cgj fb_ -j; Gtsdf/ zDdf{.gkfnū
!= ls/ftfhjlo -ef/lj sf] dxfsfjo_ -cgj fb_ -j; Gtsdf/ zDdf{.gkfnū
!^= tfljs ; Hhg ; jff/f /0glit -clgn uflg
!= j; Gt -sflo_ -/hlj/ b] sfp
!= j; Gw/f -dxfsfjo_ -vuljbl vfl; f3/] #@%:-
!= (l; hfgfb -sflo_ -ag"nfld5fg] !@%:-
!= cg:dt -sflo_ -ag"nfld5fg] !)):-

ä c^a:uhl efiffs afn;- flxTo ā

!= Regret (story) -Suren Upreti ^):-
@= Angel (story) -Suren Upreti ^):-
#= Bright Stars (song) -Suren Upreti ^):-
\$= 15 Stories (story) -Jyoti Adhikari 8):-
%=
^= Alan, The little Kangaroo (story) -Jyoti Adhikari 8%:-
!= Country's Pride (story) -Bhabha Sharma 8):-
&= Grand Mother (story) -Muktinath Sharma 8):-
!= Fables in English- Narayan Nepal !@%:-
*=
^= 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 ^):-

j̄hōgtl #@ d0ms c̄s

!@= An Ego When Relapsed.. (Mahavarata Series)-Prakashmani Dahal
!#= Once When Derailed (Mahavarata Series)-Prakashmani Dahal
!\$= The Ultimate Truth (Mahavarata Series)-Prakashmani Dahal

ā ḡkfnl afn-; flxTo ā

!= d]f]kof/f]v]-afnpkGof; -lj Zj/fh kf08] %)-
=@ bzsf]bllf0ff -afnpkGof; -u^uf kf8jh \$)-
#= sfun]sg sff sff e65 -afnsyf_- u^uf kf8jh #%-
\$= k5t]-afnsyf_- ; 'g pkfl @%-
%- cfsf;]k/l -afnsyf_- ; 'g pkfl @%-
^= lemldln tf/f -afnult_- ; 'g pkfl @%-
&= afnult -afnult_- h'4axfb/ s} l ^)-
*= tlgtf/f -afnsyf_- j; Gtsdf/ zddf{.gkfnl #%-
(= pbf/tfsf]k/fsfi7f -afnsyf_- j; Gtsdf/ zddf{.gkfnl \$)-
!=/df0nf]zlgaf/ -afnsyf_- efef zdf{ \$)-
!!= tlg d^v{; fylx? -afnsyf_- cfef zdf{ #%-
!@= fglsf]axfb'l -afnsyf_- cfef zdf{ \$)-
!#= ls; fg / eujfgl -afnsyf_- lj gosdf/ zdf{gkfn \$)-
!\$= 3/ -glltsyf_- lj gosdf/ zdf{gkfn \$)-
!% cfd / 5f]f -afnsyf_- pldhf nfld5fg] #%-
!^= 5s5s]lg? -afnsyf_- pldhf nfld5fg] \$)-
!&= bz dxfdV{-afnsyf_- lx/0osdf/l kf7s #%-
!*= /fdsyf -kf]f0fssyf_- lx/0osdf/l kf7s \$)-
!(= l; x / nfdv66]-afnsyf_- lj Zj/fh kf08] #%-
@)= ktnlsf]lax]-afnsyf_- dw'; bgk; fb l3ld/] #%-
@!= l; p/f]-afnsyf_- 8f= lj Zj blk clwsf/l #%-
@@= tanfsf]j bfg -afnsyf_- 8f= lj Zj blk clwsf/l \$)-
#@= wtl{ usf]s/f -afnslj tf_ ; kf Ggf e\$/f0{ %)-
@\$= klnsf ; fyl xfdl -afnsyf_- ltf e\$/f0{ &%)-
@%= b0{v\$]la/fnf]-afnsyf_- nlntf .bf]f]w \$)-
@^= b0{6fps]; k{-afnsyf_- uflj Gb l3ld/] .j bdl0f] \$)-
@&= d^v{l; x -afnsyf_- /zf l3ld/] \$)-
@*= sxl dxfk?if -kf]f0fssyf_- /-h>l k/fhhl \$)-
@= goff ; fyl -afnsyf_- lfdgfbw/ \$)-
#)= ; Gb/ / ; ylsf]lj fx -afnsyf_- kf/; dl0f bfxfn \$)-
#!= hflvdk0f{kxf8l ofqf -cgjfb afn-ofqf; jd/0f_ -cflzif kf08] ^)-

ā c̄o ā

!= ; lk l; sf]-lkdhk k'ts_ -ufshk; fb zdf{ !))-
=@ nys 6lnkrif 8fo/l ; fydf k'ts k; nx_ %)-
#= kpfy rbfpo ->ls]of ld>sf]gf6s_ -cgjfb_ -j ; Gtsdf/ zddf{gkfnl ^)-
\$= ; ault ; fu/ -eut l; x jflbf;

j̄hōgtl #@ d0ms c̄s

ä :sh-af]8f:t/lo ä

!= All in One (Laminated) -efef zdf{ ^)-
@= All in One (Hard Cover) -efef zdf{ #)-
#= All in One (Full Laminated, Hard Cover)-efef zdf{ @@%-
\$= My Word Book-Eng-Nep -ufshk; fb zdf{ \$)-
% Best word Book-Eng-Nep -ufshk; fb zdf{ !!)-
^ English Practice Book -8f-dflxdfl/ xdfg:dfdf/t/ cfndf !%-
& English Practice Book -afns]of 9sfn !%-
* SLC English Practice Book -afns]of 9sfn !%-
(= SLC math. P. Book - (Eng+Nep) -8f-dflxdfl/ xdfg:dfdf/t/ cfndf !%-
!= New English Grammar-Nep-Eng (Junior) -ufshk; fb zdf{ !#%-
!!= New English Grammar-Nep-Eng (Higher) -ufshk; fb zdf{ @%-
!@= Recent English Grammar- Eng. (Junior) -ufshk; fb zdf{ !@%-
!#= Recent English Grammar- Eng. (Higher) -ufshk; fb zdf{ @@%-
!\$= ; lrq j 0f]fnf -6l Pg=u?^a \$)-
!% = dk0f{j 0f]fnf -cfef zdf{ #%-
!^= cfwigs gkfnl lgaw -j; Gtsdf/ zddf{.gkfnl ^)-
!&= ; lhnf]gkfnl lgaw -ufshk; fb zdf{ &%)-
!*= /l; nf]gkfnl lgaw -ufshk; fb zdf{ !!)-

ä Sofdk; :t/lo ä

!= !! sf]cyzf:q -uf\$0f{dNn !%-
@= !@ sf]cyzf:q -xl/bf; ; fksbf=cf]sf/ kf8jh !^)-
#= Elements of Economics (XII) -tf/f e'; fn:ozfl/f kf; f0f/fhg kf8h' @%-
\$= Jofj ; flos cyzf:q (B.B.S, BBA.) -uf\$0f{dNn @))-
%-Business Economics (B.B.S, B.Com.) -uf\$0f{dNn \$))-
^= Business Statistics (B.B.S., B.Com, B.B.A, BIM)
-dflfh clwsf/l-dxfk; fb >j7-kf]f/fh vgn, z/bf]gb sf^n] %%)-
&= Fundamentals of Business Statistics (B.B.A., B.C.I.S, B.C.A, B.I)
-8f=k?iffPd l; x-dxfk; fb >j7-blks/fh kf8jh #%-
*= Differential Calculas (BA. B.Sc., B.Ed.) -8f=df]db xdf]/ xdfg !%-
(= Integral Calculas (BA. B.Sc., B.Ed.) -8f=df]db xdf]/ xdfg !%-
!= kf/ll0es ul0ft lzlf0f -cf0P8f !-_ -8f=df]db xdf]/ xdfg !&%)-
!!= ul0ft lzlf0f -alP8f -8f=df]db xdf]/ xdfg !&%)-
!@= dxfslj b]sf]f sxl cfod -alP= -k0f]; fb clwsf/l !%-
!#= gkfnl gf6ssf]clbog -alP= -k0f]; fb clwsf/l (%)-
!\$= ; fwf/0f gkfnl -alP8f -8f=3gZofd Go]fg]wgklt sf]/fnf:dlQngfy 9sfn @#%-
!= gkfnl nf]; flxTo kj]Q / cgj]f0f -PdP gkfnl_ -slkn c1ft @))-
!^= clqj fo{gkfnl -alP_ -8f=3gZofd Go]fg]wgklt sf]/fnf:dlQngfy 9sfn_ @#%-
!&= ; :st ; flxTosf] ?k/yf -alP=PdP_ -kf=ufkls]of zdf{ @&%)-
!* effif-lj 1fg -alP=PdP_ -8f=3gZofd Go]fg]wgklt sf]/fnf:dlQngfy 9sfn_ @&%)-



एम.बी.एस. को कक्षा सञ्चालन
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English
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