k]; sfplG;n g]kfnåf/f /fli6«:t/sf]-s_ jud{f juL{s[t

j}hoGtL

jif{* cªs ^ k0ff{ªs-$@ ljwfs]Gbt ;flxlTos klqsf @)&@ kmfug-r}q

;/Hfs

j;Gtsdf/ zDdf{ g]kfnÚ

lgb]zs

ljgosdf/ zdf{g]kfn

k|wfg ;Dkfbs

&fs'/ zdf{e)*f/L

;Dkfbs

ofbj e^\/fO{

;xofjuL

sdnf g]kfn

efef zdf{

cfef zdf{

dft[sf cfrfo{

cgf]h (sfn

;ªuLtf cfrfo{

k|sfzs

zAbfy{ksfzg

rfaj]h, sf7df8f}

Shabdartha Prakashan
Chabahil Ganeshthan, Kathmandu, Nepal
977-01-4497351 / 9841-496103
email : shabdarthaprakashan@gmail.com
nepal.vk@hotmail.com / nepal120@yahoo.com
web: http://nepalipublisher.com / http://shabdarthaprakashan.com

;Dkfbs Lo

• lgod, ljlw, ljwfg ;+f/sf]x/]s lfqdf kfOG5 . o;}sf]cfwf/df ljZj rn}sf]5 . ;+f/df s[yg}o:tf]jj:t'5}g h;sf]cfkmgf]lgod gxf], \. lgodn]g};b{ rGb| xfjf, kfgL, df6f]cflb k~rtGj lgdf{0f ePsf 5g\. h;/L ;Dkof{;[i6 Pp6f cbZo lgoddf afFwPsf]5, To;}u/L ;flxTos ljwfsf klg cg's lgod 5g\. To:t} lgod xf]jjbos 5Gb . ;a}jlb nufot kf]rLg u{yx? 5Gbdf 5g\. jbdf kpFlu ul/Psf 5Gb dWosfnLg ;+s[t 5GbeGbf leGg 5g\. jbsf]kfo cgl6k\afx}ssf 5Gbx? cfhsn kpFludf 5}gg\. cfhsf 5GbeGbf leGg jbsf 5Gbx? kfo tLg r/0fdf kfOG5g\ eg]5Gbsf]lgoddf klg s[kL cGt/ b]vG5 . ufoqL, pli0fs\ cgl6k\a[ktL, ka\Qm, lqi6k\hult ;ft 5Gb qmdzM PseGbf b]; f]wf]r/0fsf 5g\. logLx? k]o}ssf cf7 eb 5g\ cfifL{ b}jL, cf;'/L, khfktTo, ofhlfL, ;fdgL, cfrL{ a[Xdl . o;/L -cf7 / ;ft_ 5kGg eb dVo 5Gbsf]xtg cfp5 . oLafx}s zSj/L, cli6, ssDe\ s[t, w[t, ks[t, kfufyf, cle;fl/0fL cflb 5Gb klg jbdf kfOG5g\/ ld>0f ul/Psf el/s, lqi6k\k/fgl6k\lqi6ka[ktL, ue{tL hutL, ljk/Lt, ;dljifdf ufoqL, kfbnldL ka\Qm, hutf hutL, huqL, rt'kbL, c:tf/ ka\Qm, zKtkbf, lj/f6\zSj/L, ssDetL zSj/L cflb 5Gb klg 5g\. dVo 5Gbx?nfO{bO{bO{ tLg–tLg, hfB] ld>0f ul/Psf 5Gbsf];a\vof jbdf ;of]kUb5 / jbsf cg';f/ 5Gb cgGt xG5g\.

• efiff ;flxTodf ljleGg ljwfsf]ljsf; xb}hfbf ltgsf lgod–ljlw–ljwfgx? aGb}uP . ;a}vfn]lgod, ljlw jf cg'zf;g 5Gb xf]. 5Gb gfdsf]lgod jf ljlw eg] ;flxTosf]sljtf ljwfdf kpQm xg yfNof]. jbsfnsf 5GbnfO{ka\unfrfo{n]kl/isf/ / cfwlgsLs/0f u/]. 5Gb bO{vfnsf kfOG5g\M dflqs / jfl0fs 5Gb . nfbss 5GbnfO{cfwf/ agfP/ nb]vPsf ljleGg ;|6fsf sljtfx? o;cas dfljli6 ug] kpbf; ePsf]5 . sljtfsf]ljifodf ljåfg\;|6fåf/f nb]vPsf]k5f/sf]kfttf]n]lg/Gt/ k|6 kfl//x}}5 .

• jhoGtLn]o; cl3 5Gbsljtf cas'ssf]¿kdf cas's %, *, !&, @#, #), #^ / of]$@ cas's kbsflzt ePsf 5g\.

• jhoGtLnfO{dfof u/] cfkmgf /rgf pknAw u/fpg'xg];Dkof{;|6fx?df jhoGtL kl/jf/ xflb{s cfef/ kbs6 ub}5 . o;sf ;fy}cfufdL lbgdf klg ;Dkof{ n]vs ;flxTosf/ Pj+kf7sx?af6 :gx, ;befj / ;xofu kfKt xg]g}5 eGgdf xfdL ljZj:t 5f}.

;+slt-!, Psfasl-!, kf{dlt-!, n3pkGof;-!, n3syf-!, uhn-!, rf8+kj{-!, ljbzofqf-@, dQms-@, ;+d/0f-#, :jbzofqf-#, /fli6o-JolQmTj-#, lgaGw-#, uBsljtf-#, syf-$, ;dlIff-%,

5Gbsljtf-& cf}bf casx? lgsfln;s}sf]

;flxTos klqsf jhoGtLsf]

$@ cf}casf ;:d/0f

• zAbfy{kbsfzgsf]jba ;f08df jhoGtLsf ;a}cas's .8fpgnfB ug{ ldNg]u/L /flvPsf 5g\.

o; casdf

sljtfqmd -	slj -	ki7	
! s u/L eg v Û	cg/fwf nD;fn		$%
@ kyeldt dflg;	OGb|s df/ >i7		%
# u/La	OGb|d0fL gkfn		^
$ clha/f	pldnf nfld5fg		!&
% df6G5	snflglw bfxfn		&
^ 8fnf;df gkfnL e6bf	si0fk;fb a:ofn		(
& ks[lt kf0fZj/L	vuGb| vfN;f3/		!)
* of ljZj g aGw xf	kf+ ufkLsi0f zdf		!!
(df6G5	uflj Gb l3ld/ .j bdl0f		!@
!) df6fsf ddtf	rGb|sfGt clwsf/L		!#
!! a]rlbp	rGb|k;fb Gofkfg		!%
!@ kfk s/fof	hubLZj/ kfv/n		!^
!# v8/L	huGgfy cfrfo		!&
!$ afnLdf ;g kmN5	hgfbg clwsf/L		!*
!% j;Gtsf cfudgdf	8f+hLjg clwsf/L		!(
!^ rflxG5 cfGbfng	kf 8f+6Lsf/fd clwsf/L		@!
!& efjgf /;	7fs/ zdf e08f/L		%
!* uf¿ Hffqf	l8NnLk;fb dfhltxg		@@
!(9fluG5 9a\u a¿	l8NnL/fh cofn		@$
@) v Û gof lbg oxf	ltt|kftL		@^
@! tfKg 5 afsL lbgsf kxf/	tLy/fh clwsf/L		@&
@@ agfpg t xf;\;w	lqnfrg cfrfo		@*
@# dgsf kZg	buf l/dfn .clwsf/L		#)
@$;Gtfg	bjsdf/L n06n .ba		%(
@% lzlfs	gGbnfn cfrfo		@)
@^ ltdL, k1fg / ktLIff	g/Gb| k/fz/		#)
@& ;fjwfg Û	gf/fo0f gkfn		@!
@* gkfnsf x a/	gf/fo0f 1jfnL		#!
@(d/f bz M d/f ;j:j	gf/fo0f lg/f;L		##
#) afs :jftGeo emfnf	k¿iffQd l;Ub|n		#$
#! lsGbf kf0g eP	ksfzdl0f bxfn		#%
#@ leGgtf	kef e66/f0 .cfrfo		#&
## ?v / df6G5	keftL ls/0f		#^
#$ nVg 0R5f	kXnfb kfv/n		%)
#% hfuf g gkfndf	klff nD;fn		%^
#^ gfl;P zfGt–cfs/f	8f+adaxfb/ lhtfnL		#*
#& d/f ufnfs	anbj zdf clwsf/L		#(

#* hLjg pT; j	afh/fd kf8n	$)
#(sljsf snfn	ag"nfld5fg	$!
$) lhGbuL h7 xf	ab /fgf	@#
$! of kf xf 7'hf ljsf; ca	efUozfnL clwsf/L	$@
$@ ljDadf ofuL	ejgxl/ l;Ubn	$#
$# dfemLsf hLjg	dw; Gofkfg	$(
$$ PlS; nG6 xfnL	dgfh e08f/L	#@
$% wgsf ;bkofu	8f= dfwj hfzL ndh'aU	$$
$^ hLjgsf sxL df8	d'sGb zdf rfln;	$^
$& dsjfgk/L	dgf cofn	^@
$* dlxdf 9'aUfsf	obgfy j;Gtk/	@(
$(;Gb/ lyof z'zj	ofbjk;fb zdf	$&
%) k;f Û	Hof= /Tglglw /UdL zqmfrfo	$*
%! wtL	/fdk;fb lg/fnf	#&
%@ ls;fg	/fdljqmd yfkf	%)
%# kfgL	/fdxl/ kf8Øfn	$(
%$ v s eof efsn	/dzrGb uftd	%@
%% cfdfsf cgel't	kf= /fhGb ;jbL	%#
%^ d lgbf lgbfpm	¿b 1jfnL	%$
%& ;do-rqm U	nIdLs'df/ sf0/fnf	%%
%* cfpb5 j;Gt jxf/	nIdLbQ e66	%&
%(wGo Û lgzf-slj	n'vk;fb lg/fnf	%*
^) kvf0	j;Gts'df/ zDdf gkfn	%(
^! kZgfQ/	jf;bj clwsf/L	##
^@ ltdLd d/f d	ljgos'df/ zdf gkfn	^)
^# cfkm x/fpbf	ljiOfbLk ;'aUsNk	$#
^$ sf sf a9 M sf sf n9 <	>Lxl/ kmofn	^!
^% dfg efj	;'aULtf cfrfo	^@
^^ d zAbsf cy lkP/ afRb5	;efifrGb e08f/L	^#
^& ;Dem/ cfp 3/	xl/k;fb kf08o	^$
^* gkfn lzj?k of	8f= xl/x/kbLk l3ld/	^%

:yfoL :tDe

k5f/sf kftf M 5Gb sljtfsf :j?k	✍kf= ufkLsiOf zdf	^&
gkfnsf sxL k:ts k;nx? M		&%
zAbfy ksfzgsf k:tsx? M		&(

;'rgf M jhoGtLdf kbsflzt /rgfsf];DkOf{lhDd]f/ :jod\n]vs g}xg]5g\.

ca xfd|f kfnf

;:d/0f, lgaGw, uhn, n3'syf - c'asx? .

kye|dt dflg;

OGb|s'df/ >i7

s 5 / xbf df;' / x8Ø8L
xf dn dnf kmfx/ u8Ø8L
/Qm / af;f /Qm / Zj't
;Dem g ;fyL ;Dem g s 5 <

gq 5 kfkL nfe esf/L
xb5 nDsL lj:dosf/L
?k dhf / wk dhf /
j|nOdf p8'5 dhf / Û

Tof ;'v vfHb b'v u/sf
nfv lanfgf 5p k/sf
cfh 5 h:tf efln t 5g
of edleq P; / rg .

To wg vfHb bz ljbz
ub5 df65 b'v cZfif
cfp5 b'v emg\;'v /fHbf
hLjg hfg hLjg vfHbf .

eGg t eGy al4 5 7'hf
ef t'ngf s of an ;fgf
df6b5 sNn cfh s'/f of
al4 an'sf ;fd 8/fof .

;~ro an'sf ub5 hNn
To kbefuL /fSt5 sNn <
wfs / wSs"nfv ;'/lff
/flf; aGb r9b5 slff .

elQm / k'hf zlQm ;dlk
tfn cgf7f nfe ldn5
:jTj en'sf bf; ag'sf
xG5 / kf0fL >i7 eg'sf <

sdnfs~h, cfvn9'aUf .
Y

efjgf-/;

7fs'/ zdf e08f/L

e"efjgfsf lgt ;fwgfsf
cfVofg ;fGbo 5 wf/0ffsf
hLjGt cf:yf j|t k0ftfdf
;li6G5 x afGwj dfGotfdf .

PsTjsf /f; ;dfh dfem
df'tL oxf 5g\/;-/f; /fh
PsTjdf cb'et b'Vg ;S5
plU3G5 cfvf ej v'Ng kU5 .

wGjGt/L aGg 5 /fu df;L
1fgL ;ef em dlxdf psf;L
rflxG5 o:tf oz-/f; cfh
kfOG5 oxf ej-aGw /fh .

cfgGbsf gGbg leq NofO
st'Jodf g ;w ;fy kfO
vflhG5 h:tf ;a lrQdf u
cf:yf huf0 pxL ?kdf e .

hdf;/L 5g\clg efuaG8f
u5g\/ /fH5g\/-t dfgb08
sfnf agf0 slnnf snf oL
kfOGg To:tf /l;nf rnf0 .

/fhf0 cf^gf ;a sfddf 5g\
efuf0 cf^gf ;a 7fddf 5g\
;fGbosf ?k cgs xG5g\
PsTjdf g ;ayfs v'N5g\.

wDaf/fxL, sf7df8f .
Y

u/La

OGb|dlOf g|kfn

dfG5 xG5 u/La hf 5 dgsf cf^g bl/bL ;bf
vfP/ klg hf 5 tKt gxg ;DkGg aGbf tyf
vfbf ;Dklt g oxf x/38L ;Gtli6 sNo ge
hf 5g\lhGbuLb|v ?i6 t ;a xG5g\bl/bL ;w .

5gg\bVv olt h6fpg ld7f lk7f xj;\Tof en
ug 5g kl/>d slx st 5g\bVv eG5g\cem
7'hf vr u// lx8b5 st dfG5 7'hf x"egL
cfTdf g /xbf u/La clg sf aGnf / sn wgL .

a:5g\hf emk8L ;hfOsg g cfgGbdf 5g\ltg
rf/f 65 oxf kl/>d u/ kfof eg lbgNbg
efsf a:g k/ ;bj /xg ;Gtli6n tKt hf
wGo tL hudf wgL ;dem xf aGbg k;f 7nf .

wtL xf 3/sf 6nSs ;lsnf cfsfz 5fgf /Xof
nfUof hf kl/jf/ vflt/ s7 cfkm kl;gf eof
6f9f ef ;'v lsGt ;'Vv dgn a9b 5 p;sf ult
hf ;Gti6 xg wgL g/xg o:t xj;\of dlt .

h:t ;Dklt g eP klg oxf dg bl/bL gxf;\
dfG5sf lardf kkmNn /xb cfTdf ;'vL e /xf;\
afrf;\Ps ;kq em j/k/ pmhf lbg ;fy xf;\
dfof g wg aGg ;lfd xj;\zflGt dgdf /xf;\.

skg, sf7df8f .

Y

http://www.nepalipublisher.com/

ca xfdf ja ;f08df j|hoGtL / bfloTjsf ;a cªs 8fpgnf8 ug ;SgxG5 x .

dfG5|

snflglw bfxfn

s rfx< rfxgf hGd l/Ql/Qf eP5 d
hn l/QL ;'ssf Tof n8h:t /x5 d
km6sf hnsf kmfsfh:t;Dd eP5 d
ljgf t/ªu kmnsf hnh:t /x5 d .

xl/of kft l/Q/ l;qmf t? ;dfg d
h/f Jofks kmn/ plePs /x5 d
ylst gfgLsf afgL lj>fd kf eP5 d
rfxgf l/lQO hDd plePs /x5 d .

pj/fkg lgv|sf dlQsfem eP5 d
lbg lrh ;a l;2L ?g kdL /x5 d
of t ;fGbo l/QsL kldsfsf 5 xfnt
lrtfdfly r9L afRg /fuLsf 5 cbfnt .

;'ssf afUdtLh:t kmfxf/L kf eP5 d
png afUdtL yUg a;' em lhpb 5 d
3fdn ky 5ssf xg OGb0fL em 5 d
3fdkfgL xbf e§ cfng tfs x ls d<

s8f r§fgn rKg afnjf kf eP5 d
af9 pkmL au cfkm rDsg tfs x ls d
zlQm lgvL em/sf Tof Hjf/sf kn x ls d
kml/ pkmL ;a l;Rg of6f tfs eP ls d<

wf/ hDd s'8fPsf t/jf/ eP5 d
lznf lrNnf st kfpm cfzdf kf /x5 d
lg:ssf vs/L xjfªu bfkh:t eP5 d
u¿ªuf ?kd kml/ kv|em kf /x5 d .

kl/jtgsf Kofnf kfP knf;sf kn
kvfnL rbjfh:t 6flug xf ls emNdn
So t xf /t l/Qfdf, l/Q aflr/x5 d
l/Qfsf gdL7f :jfb w/ kmfls/x5 d .

tklg d 5' sf dfx dleq 5 vrfvr
unfkmL /ªu l/Qdf aGnfem 5 cbfnt
dfxsf dw/f aQL lwKk lwKk an klg
glge~hn Hjfnfsf cfz cUnG5 hLjgL .

o;leq lhPsf 5' dbfsf ?kdf t/
;Vvf r§fgem dfly axG5g\gjlgem/
of ;Vvfkg ;fRrdf lhGbuL xf ls ;fR5' d
htf h 5 ToxL xf jf lhGbuL eGg vfH5' d <

lj/fwfef;sf ef; ls leq kfl8P5' d
/x:osf gof lemNsf ls d6\g bfl8P ls d
Ps Ps dleq 5g\of ljsNksf gof ky
rxf/L gjsf gfsf of eP5' d nTkt <

lrg"eg/ dnfO dleq vfhL lx8\5' d
aem"eg/ dnfO afwdfly pleG5' d
kmn"eg/ dnfO nx/fdf pleG5' d
b/f ag"egL cfkm kx/fdf klhG5' d .

lhGbuL xf t xf s xf < lrGg, a‰g ls kmng
of t r§fgsf rf8f 5ftLdf l;? jng
of XjfQ gbLsf eNsf pDneem 5Nsg st
of gLn uugem zfGt 6lNsPsf htftt «

cWof/f 5, pHofnf 5 of 5gg\ls sg st
km/flsnf 5 of ;fªuf < hDd 5g\ls htftt
p3sf xf ls vDrsf of bj Xjg lhGbuL
of hDd leqsf Ps sOfdf 3D5 lhGbuL <

lhGbuL xf;\t s < eGb t/ dv u/L vnf
dfofsf nfQn xfGb d t/ dv bvnf
gq s t sn, sfn, ;fn jf alhof agL
htf bf8, lx8, kN6 s eof / d/ klg <

;fxv§–kSgfhfn, sf7df8f .

Y

8fnf;df gkfnL e\6bf

s|i0fk|;fb a:ofn

3Db bz cdl/sf ha kUof 6S;f;sf /fHo of
gkfnL hg 5g\kz:t ;lgof 8fnf;sf 7fp of
;fRr /L5 eP 3d/ d vzL bvL a8f Pstf
a:5g\lgTo :jaGw em ;a ldnL /fv/ cfTdLotf .

cfPsf slt 5g\oxf l8 le k/L u5g\s8f hf >d
ljBfyL klg 9Ss 5g\kultdf kfP/ 1fgfhg
cf^g bz ;dfh em slt oxf 5g\d:t Jofkf/df
vfnL a:g xbg hf klg oxf 5g\Jo:t So sfddf .

a:5g\dflg; hf ;bf ;dosf /fv/ dNofªsg
khf eGg t sd xf hk ;w ckL ;a of dg
;fx Jo:t 5 lhGbuL t/ oxL ;Gtfifdf 5g\hg
cf^gf vr h6fpb >d u/ hfluG5 So cfhg .

;Ktfxf6t dgfp5g\;a hgf la;L s8f zf;g
gtfsf ;kgf ;lgGg slxNo sf/f jyf efif0f
dn aNn aem koTg lsg xf u5g\le;f kfpg
xQ u5 dgio hf klg cxf Û vfH5g\ot cfpg .

5gg\sfd :jbzdf slt a;f v /fhuf/L egL
df65sf slt ;Lk hfu/ uP uHof To; lhGbuL
a:y zflGt ;u ldn/ hgtf gkfn s:tf lyof
rNbf kmfx/ /fhgLlt clxn gkfn dnf eof .

kmfN5g\5fq :jbzdf ;do hf gf/f hn; lx8L
xG5g\aGb snh cf :sn ;w xGgg\k/LIff klg
cfP k9\g ljb|;of dnssf nfvf, s/f8f wg
s xfnf ca /fi6<o ult /x Û aGnf ls em\lgwg .

aH5g\zªv / 306 kft lbgx"Tof lxGb'sf dlGb/
;GWof wk / cf/tL, ehgn ulGhG5 rf/lt/
nfUof xg ls em ljbz e0 of 6s/ emlSsG5 ls
gkfnLx? kfpbf j/k/ gkfnd kf 5 ls Û

8fnf;, 6S;f;, cdl/sf .

Y

k|s|lt k|fOf|Zj/L

vu|Gb| vf|N;f3/|

Hob'f ;li6 5b 5 pm k|s|lt xf ;li6Tjs ;Îj pm
cf^gf ;li6 rnfpbf k|s|lt g pldG5 emfluG5 pm
af/L aLp bj /dL /x/d /fkG5, kflnG5 pm
dfl;Ggg\hlt aLh 5g\k|s|ltd hfufO /flvG5 pm .

afnL nfp5 aLhs k|s|lt pm af/L :jod\aG5 pm
cf^g cz pdf5 aLp lklk/f af/L :jod\vG5 pm
pm cfkm slt v6'5 kfN5 blgof ;;f/ g wfG5 pm
sfd|sfd 5 wddf k|s|lt pm sdL agL afR5 pm .

hfnf aGg l;kfn ;li6 ult pm hfnf t hfn 5 pm
hfnf s|jn efs, efu algof ;~hfn cfkm 5 pm
hfn RofTg bu5 pm k|s|lt g Roft/ kmfnf;\stf
vfg efs / sfd zlQm anjfg\plnG5 xf Û k|fs|t .

ofjHhLjg g pxL k|s|ltsf xg\cªu kToªu xg\
Ps xg\;¿ l;hgf k|s|lts xg\?kdf leGg xg\
dfG5 afR5 aRof oxf k|s|lt pm hLjflb afr aRof
cfkm ;fy 5 l;hgf k|s|ltdf pm l;hgfn aRof .

afnL, afu, ;hLj, aLh, hutL xg\km'n kmN5g\;w
km'nkm'n kmn/ km'nkmndf kmNg5 kmNbf ;w
kmNbf k|fs|t kmN5 kmNb5 pxL kfSg5 pm k|fs|t
kmNb, kmNb5, kmNg kmNb5 pxL yfStg pm k|fs|t .

uf7f k|fs|ts 5 zlQm alnof kfof k:of6f 5 pm
sfxL 5g kmsfpg k|s|lt g kmSt gkmKg5 pm
ef/L afS5 rl8Gg yU5 hu g df6f nvfsL 5 / Û
em6\em6\em6\hlt eml6\sof;\g hut tfg/ /fVb 5 / .

Psfsf/ k|sf/af6 xg / ;~hfn / Ps / Û
;f/f tÎj ldn / g cd/ / ;li6Tj kfSsd / Û
cUnf ;bUOf g klhG5 ej / zlQmTjs rft/L
Hob'f zlQm 5 kHodf k|s|lt g xf kfOf kfOfZj/L .

:joDe, sf7df8f .

Y

of| ljZj g| aGw xf|

k|f= uf|kLs|iOf zdf|

of ;;f/ k/fylglDt /lrof s :jfydf 8Ag 5
;jfefj ;w /xf;\xbodf of rtgf hfUg 5
afr|sf kl5;Dd 5g\slt hgf of bx Tofu klg
csfs pksf/df /t xg lgM:jfy xg\cuOfL .

kfgL a;g lglDt p7'5 gedf sfnf lgnf afbn
AoemG5g\nx/f / kft la¿jf kfP/ Gofgf hn
wtL l;l~rt aGbl5g\ta logL xlG5g\k;'tf klg
au|NtL kmn-km'n-cGg-hn oL lblG5g\rgfvf agL .

s kf nfg 5 cGtdf ;a oxf 5'6'5g\;a ;Dkbf
rfnf gZj/n cgZj/ u/f ;Tsd g ;jbf
;f/f dfgjsf enfO s;/L ;DefJo xfnf egL
cf^gf ;fr-ljrf/ slGbt u/f xf;\kOf of hLjgL .

nfuf;\hLjg sddf ze xg ;frfO To:t /xf;\
efug'\bi6 ljrf/ :jR5 dgdf ;b\efjgf kmlnof;\
oL sdlGbo xg\;dlkt ;w ;Tsfodf al4n
h p4f/ ;lsG5 Tof ;a u/f lgM:jfytf efjn .

xfdf oL hlt 5g\s;:slt ;a tTsfn ;f/f x6g'\
/fdf ;:sltsf kefj dgdf hfuf;\;vL elbpmg\
;f/f dfgj, s u// logsf sNofOf xfnf egL
cf^gf autn cxlgz h6f ;b\efjgfn klg .

;femf xg\;asf gxf;\.tU / .dU sf kfySo of dflGbP
aGYof :ju ;dfg of hut g cfTdLotf kmlnP
of kYjL hn th jfo ge oL xg\tÎj of kfr hf
of ;f/f j;wf s6Da;d xg\of ljZj g aGw xf .

1fgZj/, sf7df8f .

Y

dfG5

uflj Gb l3ld/ .jbdlOfÚ

dfG5 g ;/ xf tyf c ;/ xf of k0ftf cNktf
dfG5 ;Gt c ;Gt ;fwdotf dfG5 dxfbj tf
dfG5 g 5 dxz aXd xl/ g OGbflb /fhf klg
dfG5 g xg ;S5 Tof gxif em dfG5 cgf7f 5 lg .

dfG5 g u¿ eQm lzio ;a xf dfG5ljgf s 5 / <
dfG5s ckdfg u5 blgof sf6/ cf^g lz/
dfG5 xfG5 :jo :jsLo kbdf cfkm lemsL a~r/f
dfG5 g cledfg u5 lsg xf ;f/ agL y r/f .

dfG5 g kzkfz xf kultsf afwf lbg tÎj xf
dfG5 Wj ;ljWj ;sf kltlnkL 8fsf tyf rf/ xf
dfG5 tR5 s sdsf kljlw xf dfG5 dxf 3f/ xf
dfG5 ei6 ctLj xf hutdf dfG5 dxf nfe xf .

dfG5 g k6dV xG5 hudf dfG5 dxfg\/lfs
dfG5 g 3l6of s sd/t e xfnf dxfg\elfs
dfG5 g cgdfn xf hutdf ;:tf c ;fWo pxL
dfG5 dg ku z/L/ p ;sf sfd gnfUg ;xL .

dfG5s dgvn dflg ;ljif r rf dgsf eof
dfG5df klg ;lSsbg dgsf nLnf cgsf 5 of
dfG5sf cgdfn xf dg oxf of bx ;~rfns
dfG5df dg vfl ;Pkl5 eg xfnf / s dfgs < .

dfG5s dg xG5 sf/Of oxf hGd/ dg klg
dfG5s dg efltsL ljifo xf ; ;f/ xf hLjgL
dfG5s dg ljZj xf kslt xf aXdf08 ;Dk0f xf
dfG5s dg aflx/L ljifo xf leqL ;a tÎj xf .

hf/kf6L, sf7df8f .

Y

df6fsf ddtf

rGbsfGt clwsf/L

cfzfjfbL ;a dfG5, ;gfnf ;kgf gof
xnuf¿ gof xfnf, ljkgf klg emg\gof
ag ;flf/ ;fdfGo, aRrfsf rtgf gof
kfRo zf ;g yfqf ef, ou ablnof gof .

u0ftGq vnf /fdf, nfstGq a ;fpg
; ;bLo khftGq, ;ªSLotf lbnfpg
klxrfg ;a dfg, hgtf lsg avzL <
xbg bz ef8lenf, ;a /fhL ;a vzL .

hxf htf ku ;fyL, cflv/L gldnL w/
5g bfO st nfh, elQm xfdf slt 5 / <
vtnf slgo lk6\5g\ bMvdf l ;dn r/L
cfdf cfdf egL ;fgf, aRrfaRrL s7al/ Û

lrGtg-rtgf ;fr, x/fof lsg xf slg <
kL/kL/ lnO dfG5, cGt a/flnof t lg Û
sfddf lgTo nfUgfn, cd/ aG5 hLjg
'gof gkfn' lgdf0f, s ;/L xG5 nf eg <

gkfn d08nfsf/, l ;~hf ef slxn k/
slxn lgksf /fHo, vlDrof 5ndf j/
slxn lzjdf nLg, kfRof dfg ;/fj/
sfZok /fHo sfZdL/, sZok ;Dd ;fu/ .

hgs /fHo ;LtfhL, cofWof /fd g 5s
ufkfnf siOf uf7fnf, kmlnof dy/fts
kzklt dxf/fhf, ls/ftL lxdsf wg
aXds08 aXdfjt, bflj8 cfo zf ;g .

;Eotf cfo kmnfof, snfz-l ;Gw ef ;/
cflb-cgflb dfnfdf, gdlg ;Eotf 3/
slxn /fHo kfNkfnL, ;g dsGbsf j/
slxn zfxsf /fHo, lnR5lj dNn 3f3/ .

slxn jd l;~hfnL, ds/ftL w/fx/ Û
slxn /fHo tfD;fhL, td jfg\/fHo emfem/
gkfnL gj-cfsfz, vfrdfly km/flsnf
s/fªs?ªL afnL, avf nfUof ldhfl;nf .

hgfbz lnO tfhf, lgjfrg gof lgwf
ugk5 l56f sfd, hgtfn lbP l;wf
jf;gf dUdufP/, kmªhn 9Ss hªun
t¿ nxnxfP/ :jR5Gb du dªun .

sfnf afbnsf rfnf, xG5 /fdf k/ hn
rDssf lahnL kfnf, rflbzf xG5 emNdn
sfggL bfo/fleq, hgtf g/x tn
tnf;L g/x 5fn, /fi6df an vNan .

dL7f 5 eNofp/ efsf, afng-df¿gLts
3f6-gfgL/n-;nf, dfxn-tLh-k~rs
ehg sf7sf r8\sf, vh8L-dh/f :j/
;f/ªuL, bp;L-enf, dfbn eld pj/ .

lbg-/ft pxL 3D5, 3fd hg pxL 5 lg
lbJo-cfTdf pxL /D5, lbnbf/ sxf xlg
;i6fsf ;fwgf dL7f, kmnkl5 gl6Kg x Û
;fGbo kfgsf :Jffb, c? xGg g9f6g x Û

zoflt /fHo kfrLg, ;sGof Rofjg s'6L
Jof;sf ;fwgf kmfrf, sdf/ clZjgL a6L
;li6sf l/t o:t xf, sfnf dv gnfpg"Û
a4sf zflGtsf a:tL, hfn tfk hnfpg"Û

jg:ynL, Psn6f/, sf7df8f .

Y

jhoGtLsf nflu /rgfx? z4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ;Sgxg5 .

a|r|bpm

rGb|k;fb Gof|kfg|

a|r"gfd 0dfg hf hlt 5 oL a|r"0dfGbf/ d
a|r";Hhg-kfq efj's 5 hf aGb lx8"bhg
a|r"glts cfh lzlfs d? Û ;flxTo a|r"klg
a|r"hLjg lsGb5f dg eg a|r"ePsf hlt .

sf6"gfs / a|r dNo slt xf d/f 0dfGbf/sf
cfkmn 5 ls dfntfn ;lhn laqmL xg g 5 of
a|r"sfJosnf s'j/ ;a oL bi6fGt a|r"5 hf
oL l;4fGt / glt a|r"d :jod\a|r"ePsf 5 hf .

afsL aRg 5 s oxf ;a uP a|rL k/f0 3/
aRof kj't oL lxdfn r'r/f vfnf gbL ;Gb/
aRof glts-glt ;:slt snf cl:tTj aRof ;a
afsL s 5 / aRg b|z klg of a|r xg s 5 t<

aRof glts s 5 aRg ca P aRof ePsf hlt
aRof eflt ssf z/L/ klg of /fvL :jod\bdlt
a|r"lrGtg ts bzg 5 hf gfkmf lgsfnL a9L
;fRr gfdb ;fxhL ca agf /fdf nuf0 s;L .

kmf? jlf / r r/L lrl/lbpm lemSb snhf d6
a|r"bz ljb|zdf ca nu"s efp xfnf aem"
k;f ldNb5 >LdtL klg nu"5f/L axf/L clg
a|r"dlt / ofUo zflnsx? k;f sdfcf egL .

a|r;\;:slt dlt dlGb/ snf a|r;\dxfuGy tL
a|r;\;:stsf ljzfn kltef jbfªusf ;lQm tL
a|r;\a4 bl/b b|z t alg;\dfUg e0;\nlHht
kfnf;\xft sxf t dflylt/ P Û xf//0 csfl;t .

sn xft 5 v pef g t lbO;\tn ljjsL dg
csfs e/df a|r;\7u agL vf0;\cgsf wg
t/f sd 5 s keflj t ag"/fdf gdGf 5 sf<
aRg dfq tof/ 5;\cem oxf vfh/ aRb 5 hf .

l;GwkNrfs .

Y

kfk s/fof

hubLZj/ kfv/n

dfgj vfH5g\cflTds zflGt
3fiff0f u5g\bfgj qmflGt
a4 w/fdf af?b cfof
/Qm gbLn zflGt aufof .

Hofjt 5 leq wKk ansf
aflx/ vfH5g\5g ;nbf
1fgljgfsf wflds ofqf
lx8g ghfg xG5 ljhfqf .

bVb5 sNn cfTd hnsf
?k 5 /fdf 5g ansf
åGb prfNb aGbs 8qmbof
3f/ lgzfdf /flf; p^of .

lrk6 xfGbf /fbg cfof
sGr6 kmf6Øf afNg 8/fof
;js xg;\ei6 x/fdL
eGb5 kfkL /l5 la/fdL .

/6b5 3f6L qm/ 5/Ln
;Gbz lbGYof r't x/Ln
3ft u/5g\uftdnf0
ldNg ;sgg\cflTds ef0 .

nf; n8fP v't u/fdf
afa / cfdf zfs w/fdf
u5 lanfgf afns 5f/f
dl5t kTgL bli6 5 8/f .

qm/ /x5g\dfgj xgg\
bfgjh:tf aGw xbgg\
s xg nfUof a4 l/;fof
k0o ynfdf /Qm ld;fof .

zlQm ljwftf x lzj uf/L
x/ g ;f9 vN5 l;uf/L
vfn g cfvf Wj:t xg efU
ug 5 /lff a4 w/fsf .

/Qm aufP aG5 cz'4
vfHb5 zflGt uftd a4
pbud dfG5g\zflGt w/f xf
k0o ynfdf kfk s/fof .

kfpbLl9s, ndh^a .
Y

cfpgf;| Û

jhoGtLsf ;fy oL ;flxlTos klqsf klg k9f M

/rgf, cleJolQm, bfloTj, zAb;ofhg, ;nv, gjk1fkg, lxdfnL u/f;, zAbf^as/, skg-afgZj/ .

;flxlTos k:ts-klqsf ;Knfo;|

rfan u0fz:yfg, sf7df8f, gkfn
)!-$$(&#%!÷(*$!-!$$(^&

v8|/L

huGgfy cfrfo|

v'taf/L :ofxf/ ubf sf8f r'Eg kg
;fjwfgL r'Sof eg tftf /ut emg
xfte/L sfnf 7nf ktfnfdf ;fnf
vgLvf;L ug k¥of h;f xfnf xfnf .

kfgL df05 dgjfn dfbn 9bf^aUuf 7fsL
Eofutfsf ljx eof l;:g /f6L 6fsL
v8/Ln vfqmf k¥of wf/f, sjf, dh
a;\ ;g ;fptL u5g\dflg;sf xh .

l;hgfsf gof gkfn sNn stf nUof <
;lxbsf /utsf vfnf dfq aUof
Hjfnf p7bg p-csf hgr'tgfsf
ns, azL, t/f0df Pstfsf /fsf .

ls;fgn cf^gf ;fg cfkm psf:g 5
af9L aUg au'rfdf km'n pdfg 5
;lhgfsf l;sf l;Sg afgL a:g k¥of
sfzL, sfnL, s0ffnLdf kfgL aUg k¥of .

af8ufp, l;GwkfNrfs .

Y

clh^a/f

pld|nf nfld5fg|

gfd ;Gg 8/fp5f slt oxf sfK5f o; yy/L
kL8f r:r;r:; vKg g;sL ?G5f s7 ww/L
xf;f xg xtf; nfU5 lsg x Û of ;frg\P lgboL
a:bg;\lsg 5l66P/ jg jf PsfGtdf g u0 .

csfsf dg bV5, rf6 ulx/f lbG5;\cem /Db5;\
kL8f, bb / cf;sf /xe/L 8A5;\pxL hDb5;\
sfkf qm/ ljgfl;nf gh/ tL a:5;\3df0 lsg <
u5;\uf/j s atf<x;dvf dfG5 ?jf0 lsg <

e5;\lgi7/ 3ftsL cem dd 3D5;\;w kmGkmgL
sNo g gc3fpg clh^a/f lwSsf/ t/f hgL
;Sgn t ;s xgg\t/ d tf ;Sb g;Sg eP
lwSsf/ 5 d df, t df klg cem lwSsf/ lwSsf/ / Û

Y

afnLdf ;'g kmN5

hgfbg clwsf/L

afnLdf ;'g kmN5 w/ kl;gf wf/f aufPkl5
cfufdf dh' km6'5 nf hn s'jf ;f/f hufPkl5
9ªufsf clt rkdf lkknn cf^g agfP 3/
OR5f zlQm 7h'f /x ;kmntf ldNg5 x cflv/ .

xfd kf/v kfv'/f alnof p7\nfg\p7fPkl5
df6f :j0f xg5 /ftlbg To 8Nnf km6fPkl5
kNbdf klg lglSnP hnlar cfuf / alQ st
kfxf8L r'r'/f /xGg cw/f p:t ePsf ;a .

w/ ;fx;sf eP/ /0fdf 5ftL prfnkl5
lhTg o4 5 bV5 Tof lht ;w tL n8\g yfnkl5
w/ g alnof kmnfd uln uf /ftf agfPkl5
xfnf Tof ¿O ´ prfn 3g Tof tftf agfPkl5 .

xfQLlglDt ;w ;lsG5 a;df /flvG5 /fvkl5
sxL 5g sg c;Dej st uGtJo tfskl5
nf6fdf gb xfNg ;S5 hgn c6\nf c6fPkl5
cfzfdfq u/ / xGg kmnsf xfuf s6fPkl5 .

df6fsf algP 5 IfLOf ansf ufuf / 36f 38f
uu6f algP lznf clt 7nf r§fgsf hftsf
uu6f h;/L km6fp5 3;L ufuL / 3nf xb
u5f blgs ;fwgf olb eg xfnf / ldYof sg .

af6f aGb xbg nf an u/ vNnf vnfPkl5
sf8fsf lardf unfa h;/L ´Nnf ´nfPkl5
kmNbf xf t/ vtdf sdnsf s cy Tof xG5 / <
ldNg Tof ;xh eP >dljgf sNn st vfH5 / <
l;gfdªun, sf7df8f .

Y

j;Gtsf cfudgdf

8f= hLjg clwsf/L

sf6L zlz/ si6, hLjg hut\Aoem/ cfP;l/
pmhf g'tg kmlnbf 5 jgsf ;Dk0f kfvfel/
3Dg kb5 rqmdf ksltsf of ;li6s xf qmd
kmSof kml/ pxL j;Gt Ctsf pGdflbnf df;d .

df6fd lfdtf e¥of ksltn ;fGbo kmNg u/L
cfP k:6 xb dgf / s'sgf lg:s gof d~h/L
w/ 5g\gjsflknf / j;wf aGb 5 / ;Gb/L
kmlqmG5g\clg kik ;f/e;wf kmlnG5 wtLel/ .

5§ /ªs 5/ gof ;dgn pBfgdf 9lNsb
lg:sL 8N5 k/fu :jR5 gedf xfjf;u dl:sb
gfnf uLt ljlrq tfn nosf 3lGsG5 kfvfel/
xb EofOg;Sg dfxs 5 of ;fGbo cfvfel/ .

5§ dfbstf 5 /ªu /;df af:gf 5 pQfpnf
l5§ r9b5 /fu dGdy k;L rtGo e8\sfpbf
dfgf a; 5rlNsbf 5 el/b oL km'nsf /fudf
emN5g\x pkefu lglDt ed/f lgDTofpb afudf .

aGb tL ed/f lgs gsr/f :jR5Gbdf 8Nb5g\
nfh 5g otf ojf gsr/f Kof/L;u eNb5g\
dfgf oL ;a km'ndf dw e/L a:5 sg ;Gb/L
cs dfxstf 5 cf;j gof 3fn/ k:s;l/ .

af:gf;fy k/fuleq ed/f nfEofpg gf/;
d:tL ofjgsf axf/ /l;nf dTofpbf uf/;
afsL k:5 j;Gt /ªs/;sf pGdfb gfgfy/L
;f/f cªs cgªssf jz k/ v hflug s u/L .

kbf df;dsf kefj blxnf udL 5 xNsf st
xfjf rNb5 l;l;/, dg p8L hfb 5 cGt st
5f6f cfrn kftnf clt eP emg\sl:;g a;/L
s ;fGbo c6fpnf / ltgdf cfof ;gfdL;l/ .

cfP x ca cfksf ?vel/ af:gf lbg d~h/L
8fS5g\/ gjkfnjf kjgn xNnfpbf ;':t/L
wtLn lklk/f ld;/ xl/ofnf0 ls ;f/L gof
'sf xf' sf sns07 v'N5 ;l/nf ;ªvLt eb gof .

rf rf r~rn lrQ xG5 clt g plDnG5 plDnG5 em
dofbf 5 s7f/ gf£g s;/L clvnG5 clvnG5 em
5NSof ofjg cªs cªs el/b kflvG5 kflvG5 em
/fs"avL5 t/lªsb t/ntf hflvG5 hflvG5 em .

xg\;fGbo, t/ªs, ofjg ;a ;DklQ pTsifsf
Hofb r~rntf 5 leq ;adf pn/ hfG5g\stf
udL r9'5 j;Gt a; rlnb tfTb :jo plDng
cfwfd klg 5lNsb nxl/b hfbf ;a kflvg .

avg xf u0f kftnf t/nsf cfwf/ vfHb tn
/fH5g\;Gb/ ;Gb/L jo rgL of a;s xf kmn
hf ;S5g\l:y/ e j;Gt Ctdf cl:tTj hfufpg
xfnf ;Gb/ hLjgL t ltgs eGb 5 of hLjg .

Y

lzlfs

gGbnfn cfrfo

afn/ yfSg kf0Gg c1fg hlt d6'g 5
1fgsf ;f/ kN6f0 ;asf dg xg 5
;tsf sflknf kmqm gfdsf hu a:b5
ltg lauL ;8df g ;/fk cf;' nfvb5 .

psfnLlt/sf xf;\jf cf/fnLsf dxf/ xf;\
dfgjtf prfNgsf Psgf; ksf/ xf;\
;anf0 Ps 7fp ;d6'g kl/jf/ xf;\
zqefj bas xf;\dg vfg ljrf/ xf;\.

xf;sf cfvtL vf0 kf0nf cl3 rflnbf
cfgGb;u g lhT5 kzfsf oz /flvbf
Psn ;anf0 g bfofafof nufp5
p;sf ;fddf kbf axf;L em eufp5 .

>ldxfjL/ dflj, ljifxl/of, ;Kt/L .

Y

rflxG5 cfGbfng

kf 8f- 6Lsf/fd clwsf/L

hDbf efjx? lgu9td e cf:jfb s ldN5 /<
5'66 esg cflbsf/0fx? ;;f/ s aG5 /<
aGbf cfh ljiffQm ug 5 l56 of ljZjsf zfwg
t:dft\of dgsf kjlQx?df rflxG5 cfGbfng .

n8'5g\ts n6fl/b dghdf kfcf;\p s km;b
sf6fsf6 u// dflg; hut\;befjgf zGo 5
em66 6f:g 5 6fn6fnx?df of Pstf tf/0f
dL7f dfgjtf lgldQ clxn rflxG5 cfGbfng .

rLrL zAb lkmhfp5g\k/ s7 Û rf/fljgf tL r/L
emfl5g\cfz' ;x; xif gxbf :jfdL d/L ;Gb/L
k;f g lsg cfTd3fts agL kmlnG5 lj:kmf6g
blvLsf b0 5fs 6fg clxn rflxG5 cfGbfng .

jlnG5g\gjefjkik sljsf dfof gkf0 oxf
9N5 pTs6 tfk vKg g;sL Tof dfntL afudf
efvb 5g\hgtf s8f c;ljwf cGofosf sf/0f
:yfoL Gofo lbnfpg ljifodf clxn rflxG5 cfGbfng .

uDsG5g\;/sf/leq /xg dfG5 d 7'hf egL
7'hf k6 el/Gg slQ pgsf afGtf u?g\tklg
>4fsf gj/ªvu g wldlnbf s xGg lj:kmf6
kVofnL clwsf/kq lng g rflxG5 cfGbfng .

afgZj/, sf7df8f .

Y

;fjwfg Û

gf/fo0f g|kfn

t/f0sf 9ªvuf, jg clg hn tfS5 c;tL
rnf0 Xof xfdf jgs/ :jod\jfS5 c;tL Û
ePsf ;ft hf sltslt plxNob|v nuf
ar|sf 5g\hhf gog tns cfS5 c;tL Û

ld7f afnL p:t ds/;l/ rfnf klg u/L
l5d|sLnf0 pkm\sn ce/df ªØfS5 c;tL Û
cxf /f6La6L hg bd a´L afN5 clkt'
u/L sfnf xft sx/-endf hfS5 c;tL Û

uf¿ Hffqf

l8NnLk;fb d'hltx'g

ufO hfqf;'u csf uf¿ Hffqf rnfpg
lgwSs :jflbnf 3f; rg cfkm c3fpg
uf¿ :jtGqtf vfHg uf¿ sflGt gof u/f
zflGt eTsfpb cf^gf l/Qf nfbfx? e/f .

;f9 lg0fodf kU5g\af5f v';L dgfp5g\
pkm pGdfbn uf¿ ;femf dfG5 8/fp5g\
pRr cf;gsf dfx uf¿n klg ub5g\
crDdsf s'/f uf¿ cGg e08f/ rb5g\.

kmf kmf km'km'u/s 5g\xfGg vfH5g\;we/L
uf¿ cftªsn ;femf ¿jfpb 5 ww/L
8lqmb uf¿sf tft afnL tfs/ cfpg
oL xfGg vGr'jf ;f9 s;/L tx nfpg .

jiff;Dd log ;f9 xfgfxfg u/ clt
pkb dfltP uf¿ vfHg sf 5 / cfvtL
uf¿sf l;ªn 3fRbf kx/L;Dd dfl/P
afn, j4x? sNr pkm gfr d8fl/P .

rNnf 7Ug r/L dbf uf¿ zfs dgfp5g\
km6sf rf/sf 36f bVbf lrQ b'vfp5g\
5gg\aGwgdf uf¿ oL 5f8f lsg 5fl8P <
;'u ry s'g anf kml/ oL lsg efl8P <

l;uf/L vNb5g\uf¿ eTsfp5g\n8fp5g\
vfH5g\tL l;ªn wfRg dG6f dfly 78bfp5g\
rN7, dGb dxfbj uf¿n afS5 9f8df
bj cfgGbn 3D5g\dwzdf kxf8df .

uf¿n lgd'vf df:g bfp u5 lg/Gt/
hªunL l;xsf eGbf uf¿sf 5 oxf 8/
af6fdfem k;fl/G5g\cfnL sfGnf n8fp5g\
8lqmG5g\a6'jf b'v 7f8 vb/ cfp5g\.

Tff/, dfn, h'/,sfNr, dfGs, km's / hfjg
log xg\lgD5/f xfGGf uf¿ lrGg k¥of eg
ufO hfqf t s hfqf uf¿ hfqf eoªs/
zflGt df:g ltg uf¿ hfqf u5g\lg/Gt/ .

Y

lhGbuL h7 xf

a'b /fgf

lhGbuL h7 xf lhGbuL df3 xf
xG5 af´f st dflxgL afu xf .
vLn ;DaGwdf kg yfNof eg
lhGbuL laR5 xf lhGbuL gfu xf .
/ªu of6 xbf 9ªu of6 g e
lhGbuL sfOnL lhGbuL sfu xf .
sd h:tf uof xftdf xG5 To
lhGbuL xf duf lhGbuL vfu xf .
dfg s:tf oxf ;f/df ub5f
lhGbuL k08«xf lhGbuL bfu xf .

jhoGtL ;i6f ;Ddfgåf/f ;Ddflgt JolQmTjxà

cªs != kf=8f=slkn c1fft -;dLIff_	cªs @= /fh]j/ b]sf]f -k'j{d[t_
cªs #= ag"nfld5fg]-/fli6« JolQmTj_	cªs $= pldf{nf nfld5fg]-gLltsyf_
cªs %= 8f= zh]bk]sfz g]kfn -5Gbsljtf_	cªs ^= eLid pk]tL -:jb]zofqf_
cªs &= o'j/fh gofF/]-:jb]zofqf_	cªs *= 8f=/fdk];fb 1jfnL -5Gbsljtf_
cªs (= kf=8f=ho/fh kGt -rf8kj{	cªs !)= sGxof gf;ggL -ljb]zofqf_
cªs !!= e'jgxl/ l;Ubjn -kOfosyf_	cªs !@= kf=8f=bUfk];fb cofn -;dLIff_
cªs !#= kf= ufkLs[Of zdf{-;dLIff_	cªs !$= /fd]j/ /fpt dftbf;U -uBsljtf_
cªs !%= 8f= 3gZofd Gof]kfg]-;+d/Of_	cªs !^= kbLk g]kfn -;+d/Of_
cªs !&= kf= lzjuf]kfn l/;fn -5Gbsljtf_	cªs !*= ljho rfln;]-lgaGw_
cªs !(= k]sfzdlOf bfxfn -lgaGw_	cªs @)= >Lcfd >]7 /fbg -;+d/Of_
cªs @!= /fdk];fb kGt -:jb]zofqf_	cªs @@= d~hh -ljb]zofqf_
cªs @#= gf/foOf lg/f;L -5Gbsljtf_	cªs @$= zzL yfkf kl08tU -;+s[t_
cªs @%= lszf]/ kxf8L -n3'syf_	cªs @^= nlntf bf]fL -Psfªs L_
cªs @&= uLtfs]z/L -n3bkGof;_	cªs @*= /fw]ofd n]sfnL -uBsljtf_
cªs @(= rGb]sfGt cfrfo{-/fli6«JolQmTj_	cªs #)= b]L g]kfn -5Gbsljtf_
cªs #!= cd/s'df/ k]wfg -/fli6«JolQmTj_	cªs #@= lbJo lu/L -dQms_
cªs ##= ;lfdf dfgGw/ -syf_	cªs #$= aF /fgf -uhn_
cªs #%= kf=/fh]b] ;'jbL -;dLIff_	cªs #^= g/]b]k/fz/ -5Gbsljtf_

9fluG5 9ªv| a¿

l8NnL/fh cofn

/fvL cflbd sfnblv ;'vsf ;Gtfifsf rfxgf
9ªvuf, wft', h/fa6f ksltdf bv/ ;Defjgf
a9bf hfu/, ;Lkdf /x/df xs gof efjgf
dfG5sf dgdf p7 pl7/x sof gof sfdgf .

cfwL, en, x/L-atf;, klx/f, e'sDk efUof hlt
afwf, /fu, cefjdf, snxdf kb uof Tof Tolt
;f/f si6 ;x/ afRg ;lhnf cfwf/ vfHb slt
/fof, /fO/Xof, Joyf al9/Xof /fsg sNo ult .

k"/f Wofg ljjs slGbt u/L /lffy ;fRb uof
vtL, af;, ;dfh, vfglkgsf cfwf/ /Rb uof
x/L vn ;a aemL ksltsf hWb, pl5Gb uof
nfUof nfleg nfes ljifon ljåif a9b uof .

cfkm cfk;df ljeflht eof ;DklQdf :jfydf
hfgfhfg km:of ljjfb alnof a9b uof Joydf
uDaf, dl:hb, r r, dlGb/ eP bvfj6L wddf
cfkm cflv/ cfh;Dd cl8b cfPg- ;Tsddf .

rnL aRg ;dt pBt eof ;DklQ sDNofpg
csfsf xs dfg tTk/ eof s';L 7"hf kfpg
ufnL xfGg / dfg tTk/ eof cfbz ug xg
afWo kfb5 efUg, alrg tyf vft, duGt xg .

j¢f-kf9 egg afn-jlgtf 5f8g cGwf eof
cfdfafa' ugg efOalxgL Tofu/ a:bf eof
k;f, /fa /jfkm Pz rlnof efuL c;fWo eof
aRof gltstf s7f/ lbnsf 9ªv ag|sf 5 of .

sf7Ldf slt alrP, 3/3/ afS;L ag, 8fldP
af6fd xl/P, anfTst eP, Sj dfl/P, ^oflsP
cfdfafa' czQm, j¢ 3/df cf^g gc6g eP
cfkmGtL, kl/jf/, bz, hgtf sxL gvfHg eP .

cTofrf/ lkmhfpb lzv/df r9b uof dflg; Û
k;fs hudf aGof an u/L dGqL tyf ;f;b Û
cfkm /fh rnfpg dgdg p2Zo kfNb /Xof
cfhsf ul/df uof, uOf uof axfn o:tf eof Û

dfG5 cfh sxf /Xof / To;sf xGYof oxf cfb/
s ky klxn k/ klg pg p:t egL v e/ <
o:tf xG5 :jo dgl:ylt eg wfP/ wfOG5 / <
kfNb eTet cf;'sf en aUof kL8f agL aflx/ .

o:t sfo / ;Lkaf6 dgdf cfsfz dfnfpbf
dfG5s an, al¢af6 ldlrbf, af6f ;a 5lsbf
;fx lbSs ag/ dflg; ToxL 9ªvflt/ tflgof
dfG5 cflv/df Tot glhlsg cfwf/ aGb uof .

lu§L, r'g, l;dG6, km;, alnof kvfn aGb lyof
7"hf afw, snf, u9L, ;8ssf cfwf/ aGb lyof
dfG5sf ;v bmvdf glhsdf ;flfL agsf lyof
;fVv aGg uof, ´g glhlsof dfG5 c´ 6fl9of .

cfkm 3f/ lg/fz, kLl8t x'b efu/ ef/L Joyf
kfVb kfp k// k"hg u/L ;f/f ugf;f, Joyf
dfG5s cljjs, si6, s/sf sf// ufyf syf
9ªvuf 9flug, ;':t;':t ;¿ ef aGb uof bptf .

hf cfkm klxrfgdf ksltsf cfsf/ vfHg aGof
hf cfkm g/af6 3fon eO cfwf/ vfHg aGof
To:tfn lsg ubYof dg'hsf ;Tsf/ jf cfb/ <
9ªvufs cl3 ´S5, k5 e/df, 9fuL ;w ;fb/ .

cfkm kfk / tfksf pbosf dfG5 aGof sf/s
vfHof kLl8tn ot ksltd lg:jfy p¢f/s Û
;SYof cfb/kfq aGg s;/L kL8f lbg hf eof
9fUYof cfb/n sxf hg ;w uTofj/fwL /Xof .

nfQL xfGb5 k6df ul/asf rf/L, 7uL vfG5 hf
To:tfsf e/ kg, emSg dgn dfGg eof v / sf <
of6f :jR5, kljq efj dgdf hfuf;\g cfh z?
ToNnfO lsg dfGg, 9fUg / egf;\9fluG5 9ªvu a¿ .

v| Û gof lbg oxf

ltt|kftL

9fuL af dlvof ;w ;gsdf 6Ssf pvfgL klt
Uff7fnf el/of yk nx/df /fh/ gLrfdlt
jf:tf 5g hxfg ufp3/sf kfvf / >L;Dklt
efsf afb/ tL l;dfGt agsf dfgfy ljBfklt .

;f9 em 9;d:; xG5 wgdf PsfGt nfnLx?
bfjL zf;ssf oufGt ;kgf sfdfGw cfnLx?
xfjf åfk/sf ljsf/ slnsf lsgf / dfvfsg
Yffqf aftndf e/ / dlb/f 6f;L gof nkg < .

efG5f kf0kn ;zflet c/ Û Uof; ghf8b oxf <
kmfnfkmfn au kz:t lahnL vfnf gbLd hxf
xfjfdf ulnof ljiffQm ;kgf wGbf lghL dfdnf
rRrf3fl6 g5f8 of dnsdf kmGbf ldnf0 unf .

ngf uf hgtf ag blx/x of bzsf zf;s
3bfDk oL abgfd kfl08s ;/L ufxL ag df;s
vfdf 5g bxfljgf lg/nsf s c85 ufxf t;
5fgf hL0f ;bf em/L slxg uf jiff k/fgf h; .

gfsfaGb 5 si6;fWo clt ef afNbg sfg dg
cfnf 3fp cem 5 6G6g;/L e'sDk /ftflbg
P Û ;Qf lsg nDk;f/ 5 ;w < afnL la/fgf eof
eTssf 3/ of lqkfn e/df hf8f / jiff uof .

sNx cfp5 v Û piffls/0f of kmf6/ k'jL lbzf <
9Ss kfp5 s Û atf ;xhn of bz sfo lbzf <
sNx cfp5 v Û gof lbg oxf sfnf x6f;\afbn <
tfKg v Û emndNn 3fd slxn lgwf lgxTyf hg <

sf7df8f .

Y

ca xfdf kfnf

;:d/0f, lgaGw, uhn, n3syf - cªsx? .

tfKg 5 afsL lbgsf kxf/

tLy/fh clwsf/L

kmNb lyof sfdn nfstGq
lgNb p7bof ufdg emfstGq
pGdfbsf aGbssf /hf0
vKb lat bhg jif /f0 .

af9L, x/L, efs c;ªVo /fu
5g\Kof;, cTof; ot ljofu
Afg/ lrNnf ;/-sf/ r95g\
k;/ emkf lsg bb aem5g\<

5 hft efifflt/sf ljjfb
5 j0f, kf6flt/sf ljjfb
5 wdsf eb / lnªu eb
gkfn hNbf s;df 5 vb <

lnP/ ;Qf 8gU u5 /fh
5 sNkgfd ljlw /fhsfh
uNb uof dfgj 5g afn
c/0odf uhgsf 5 dfn Û

e'sDksf hh/ sDk 5f0
tfSof ot sfdn kf0fnf0
cfkmGt 5gg\g t af; g 5g\
afr hxf hf d6 slsb 5g\.

ojf x/fP 3/åf/af6
afnL lanfP ;a kmf6kmf6
kfkL ot bli6 lbb 5 afh
5 aGb gfsf clezfk cfh Û

aNb 5 cfuf cem bGbgf0
gtf a8f tflndsf sdf0 Û
x// a:g slt of v/fgL <
lgefpg xf; sxf 5 kfgL <

h/f pvnkl5 s 5 afsL <
afSnf sxf af6 / /Do emfsL <
s7f/ /fsf s6-s'/leq
e6g sxf pGgt znlrq <

uNb uPsf lsg :jfledfg <
9Nb uPsf lsg jL/ zfg <
sf b't cf0 3/ 5K5kfof <
of cft ufNg sg bft cfof <

z'hL r9f0sg ;Gtnf0
lbg awf0 slt rf/nf0 <
cGofodf dfg a;/ xGg
ljjsn bf?0f of ;xGg .

unL k/fgf gj-zlQm cfof
vfh/ ;Qf lz/ rSs/fof
hKnf la/fnf lsg dGqdfnf <
d;f gvf0 lsg afN5 kfnf <

csfnsf sfn k/ eufpm
5 w't sf hfn ;a r8fpm
8fSg 5 afsL Ct sf axf/
tfKg 5 afsL lbgsf kxf/ .

;/:jtLgu/, sf7df8f .

Y

agfpg t xf;\;w

lqnf rg cfrfo

ljzfn 5;\t efjdf cefjsf g nf ldt
b/f v/f t 5;\st ge Sg x s;l;t
g¿Sg x t cflQb gsbg x t dflQb
t r8g x prf0df csflzb /dfpb .

lxdfn xf;\t rDsg t/f0 xf;\t kmf6df
ls;fg xf;\t sl:;g ;d:t ;li6 kfNgdf
ukmf t xf;\t tfn xf;\gbL / 6fs/f t xf;\
t el/ xf;\t u08sL ;zQm kfv/f t xf;\.

t rDsg 5 hUduL w/f logL x;fpg
t kmng 5 dUduL ;jf;gf ;hfpg
t bf8g 5 a;/L cefj kmfNg-kmfNg hf
t pkmg 5 zfgn w/f ;a prfNg of .

s;L-s;L d7L t p7\l5dsn ;tfpnf
agL-agL b/f t sb\l;df st x/fpnf
agfpg 5 ofhgf n3fg of bl/btf
x6fpg czflGt of ;w t hflvd p7f .

;zQm elQm e alg;\lxhf t /fi6«sf lx/f
:jtGqtf lbg t xf;\t jL/ t ;/f-k/f
t uNg xGg xf/n ;d:t ofd xfb5
cWofl/g t xGg x ;zQm 3fd xfb5 .

t af6 xf;\kmn-kmn/ hf x/fe/f ;w
c7f6 xf;\t cfhsf oyfytf lbg t g
cgs bf;tf lyof l6k/ kmfNg t pl7;\
;zflGtsf lgldQdf t /fi6«kfbe hl6;\.

nufpg 5 sflGtsf ;/Do km'n dUdu
hufpg 5 qmflGtsf cbDo dh' hUdu
;hfpg 5 ;fwgf ldnfpg 5 efjgf
ldn/ xft-xft oL k¥ofpg 5 rfxgf .

t;y e km/fl;nf t sddf /dfpg
k9/ 1fgsf s/f t bz-uLt ufpg
snf 5/L-5/L otf ;hfpg ynf t xf;\
cgflbblv rDsg ;dRr z«vnf t xf;\.

n8/ ofd-ofddf t cfpb lyO;\otf
c;«Vo 3fp rf6 5g\d aem5 x htf-ttf
k/Gt cfh 5;\oxf t ;fjefd g cxf
t dfglrq nf agf lxdfnsf-t/f0sf .

5 ;Dkbf y/L y/L t xg x u/La tf
kofu xf;\Jojl:yt 5 rlDsnf eljio tf
d eG5 xf;\t ;f/yL / bz xf 7nf /y
agfpg t xf;\;w :jbz of ;dGgt .

skg, sf7df8f .

Y

dlxdf 9«vfsf

obgfy j;Gtk/

9«vf afNbg cfkmdf u0f kfVt ;we/
sbdf ;g gDa/L em aG5 aG5 pQd
kSsL tnf 5 9«vsf dfG5 a:g ¿rfp5
ef kSsf 3/ 9«vfs ;v zflGt lbnfp5 .

7f; kbfy xf 9«vf w/sf aG5 OZj/
csd Tofg dfG5sf ;flL 9«vf 5 cflv/
km'n :jfut ubf 9«vfs xG5 cfb/
7f; j:t 5 of Kof/f pkofu ;alt/ .

lg:jfy pkofuL ef 5g\9«vf /«u /«vdf
dfG5sf nfedf xf:g eof r66fg Tof ;bf
rtgfsf axfb/L vfhL u5g\3dL 3dL
crtsf eP s ef 9«vf xf u0fsf wgL .

kslt lko ef 9«vf ;asf uxgf an
gsfdsf st xGgg\;asf husf 3/
kfk zGo 5 of j:t ulx/f a‰g kb5
al4dfg\g eP kfkL 9«vfsf bfif s 5 /<

j;Gtk/, l;GwkfNrfs .

Y

dgsf kZg

b'uf l/dfn .clwsf/LÚ

6nkn ;'g cfvf b'Mv nfUof c;fWo
Dfg slt slt aem5g\kZg uy ;bf em
cj;/ ;/ kbf b'Mv dfGb gdfgL
dg;u dg hfUbf kZg ;fw 5' ;fgL .

x/kn dg ;fw xG5 s'df ;'cf:yf
dg;u dg ldNbf ldN5 s'df hjfkm
kl/lw 5 dg rf/tkm 5Sg lbjf/
dg;u slt ;fw"lbSs dfGb xhf/ .

kl/ej dg tfNbf 5g eGy t/fh'
ljjz 5' dg vfNbf x08/L g 5 ;fd'
kltwg ;a Tofu nfe /fVb g/fvL
ke' hlt hlt lbG5g\xft yfKb 5' xf;L .

cem dg;u ;fw hLjgLsf lgofqf
;xg 5 ;'v ofqf rk'rfk a;/
/lj ls/Of pxL xf rfb xf:g pxL xf
Dfg klg ;'v /fKg aLh 5g pxL xf .

snªsL, sf7df8f .

Y

ltdL k1fg / ktLIff

g/Gb k/fz/

5 k1fgsf efjgf-efj tLj
hgnL v'nsf 5 cfTdf kljq
ltdLdf 5 Csjbsf gJo afnL
ltdL kd-cfgGbsL lbJo emfnL .

gbL em ahsf 5tf5Nn gfb
5 ltdf unfdf cgf7f lggfb
ltdL km'haf/L ltdL km'hbfgL
ltdL kdn kdsL xf laxfgL .

ltdL ;TosL sflknf sfdnf xf
ltdL l;hgfsL s'df/L snf xf
ltdL :jR5 ;fGbosL Ps ;li6
ltdL xf ;'wf bZo, bi6f / bli6 .

;'bGtL ltdL jhoGtL axf/
ltdL zLtsL lbJo yfkf ckf/
zefªuL r/L sfOnL afn yf/
ktLIff u/L a:5 x of rsf/ .

emlsof- (df/ªu .

Y

gkfnsf x a/

gf/fo0f 1jfnL

of6f km'h km'ng x /x/sf Tof sfksf sflknf
of6f d'h v'ng x nx/sf sNn u/fof l9nf
xf ssSs s7fªub lzlz/df sfdL ;w yy/
v cfPg j;Gt ofd slxNo gkfnsf x a/ Û

;Sof 9f8 / dfydfly vlgP nf7f nuftf/sf
3fj3fp htftt 5 lhpdf d'ªuf k/ df/sf
v';fgL gg ;fydf r's bnL 666fpb aNsb
x/fgL ylkof vkL g;lsg gkfnsf x a/ Û

vfrf ;fem-laxfgsf lwklwk ;fdYo hNb lyof
cf^g bSvlhnf / afxansf ufx:Yo rNb lyof
cNemfleq /xL /xof kultsf ;N6f s'/f Tof k/
uf7f kmSg ;sg emg\hsl8of gkfnsf x a/ Û

pNof lxDdtsf lxdfn r'r'/f cfsfz 5fnf ls n
v ;fsf/ ePg lsGt' dgsf 5f8g xfnf ls n
jiffjif lat ;sg ultnf uGtJodf nDsg
bVb lbSs / b'bzf lbglbg gkfnsf x a/ Û

rsf efifOfleq ;Lldt /x :jfwLgtfsf s'/f
5kf/ ;lsPg qmflGt slxNo a; lg 9ªufd9f
;f9;ft / ;ªs6f zlg;u pNsf bzf vlK6b
laªuf 3Db5 efd/L ejl/b gkfnsf x a/ Û

lrKnf 3:g l;kfn' kmfOkmOsf gtf ;a bR5/
eGy bz agfp5f t/ ag bZrqmsf kR5/
dfG5sf ytgf lnPUg jgsf 7ofSs ag afb/
Xjf:; emg\kl5 emg\cwfult eof gkfnsf x a/ Û

aluGtL alnbfg tL ;lxbsf 5g\cGt/ªuL s'/f
wtLd gdgf eg/ lrlgof xfdf bxf Pstf
pny lg t/ªu cfTdann ;DkGgtfsf ;w
;frYof ;kgf e/ªu lar/f gkfnsf x a/ Û

kn sf b; jif åGåultdf em6\sfl/bdf lat
Pn sf b; jif dGbdltsf c8\sf lnbdf lat
sb jfSs eP lg/Lx hgtf db uP hfu/
snf xf ;'vzflGt ;l:y/ xg gkfnsf x a/ Û

tf/f xfGg 5 dfdnL 9s'/sf efnf ltvf/L oxf
nS5g\qm/ kxf/ dflds u/L a:g l;sf/L sxf
kmNbf sfdn km'h emf5 s;n k:tfn ;fem\ofpb
gfgL xf t/af/n 5 lrl/b gkfnsf x a/ Û

c:tfP lsg cfh ;fem gxb lemsf ;/f 3fdsf
n:tfP lsg cfh /ªu-Ct'sf l5sf w/fwfdsf
/fPsf 5 lxdfn x/ em/gfsf cf;'df ww/
emSofP/ lgdfl7P5 lg unf gkfnsf x a/ Û

¿kGbxL .

Y

PlS;nG6 xfnL

dgfh e08f/L

dfu/ ;'ösf nfnL kfltB'hf lgwf/df
of /ªu v';LofnLsf l;l4Gg lbg rf/df
;tf ;u/dfyfsf /ªu kft/ bftdf
of df6f /fv'nf ;flfL xfl;B'hf keftdf .

lgnf cfsfzsf 6qmf cufnfdf d Nofpnf
:gxsf u08sL sf;L yfkf yfkf ld;fpnf
NofO u/f;sf /ftf unaGbL e/Le/L
cfcf gkfnjf;L xf, blnlbG5 d a;/L .

;/fKnf kml/ df6fn aOdfgL ul/;\egL
vn /utsf xfnL a4sf cfugdlg
rf6L dTy/ kf/fnf wf/ oL t/af/sf
kmfnL /utlkRsf/L vnf xfnL lkof/sf .

bj3f6, tgx .

Y

d/f bz M d/f ;j:j

gf/fo0f lg/f;L

kfltG5 nfnL ha 6fs'/fdf
wkSs aNg5 w/f piffdf
lgofN5 ;;f/ lxdfnaf6
d nV5 gfnf Oltxf; cfh .

58\s/ 5fuf, 5x/f ´/sf
d x5 8fkm lul/df p8sf
kxf8sf gfs, lgwf/dfly
tL h'g 5l5g\dw/lZd /flt .

dgfn, rf/L lxpdfly vN5g\
dgf, h'/nL wg eg yfN5g\
gbL ;';Nbf jgs~hleq
ayfg gfR5g\dusf ljlrq .

;fgf 5 gkfn d ljZj bV5
;;f/sf ;f/ oxL d e65
vNb wnfdf d oxL n8y
dn oxL g sv/f lrgy .

kvf /dsf yndf d /D5
befUosf vf8n cfh k5
dw;sf ;Gb/ kmf6 6S5
u/fu/fdf kl;gf d kfV5 .

lqsf0f ´G8f g/x /xGg
of bz d/f geP d xGg
st ¿jfP olb bznfO
xg5 lrGtf hlxNo dnfO .

:jbz d/f d6leq /fV5
g;f g;fdf d t bz 5fD5
lxdfn d/f lz/ ´Sg lbGg
dw; xf sDd/ l5Gg lbGg .

d bz d/ lbg/ft dfU5
xhf/, nfvf ;kgf d ;fR5
dleq drL clg aU5 sfnL
d afR5 hDd Jojwfg kmfnL .

;s g sxL lbg bznfO
g ;S5 nfvf ug ltgnfO
of bznfO lhpHofg lbG5
xf:b lrtfdf d t r9g ;S5 .

sf7df8f .

Y

kZgfQ/

jf;'bj clwsf/L

¿b 5 df6f lsg < bi6tfn
/flsG5 af6f lsg < wi6tfn
ofqf sxf;Dd < ksfz x/
clNemG5 sdf < asaf; x/

;'/Do sf 5fn 5 < 1fguªuf
lj/lQm sfU a:b5 < eLvdªuf
k0ffªs sdf 5 < Odfgdf 5
sfjf r/ftNo Û ljdfgdf 5

;dl4sf dfu Û ljgLt dfu
ljgf;sf dfu Û 30fLt dfu
;'/Do efln Û kl;gf 5//
pl3G5 cfsfz < jyf d// Û

Y

afs :jftGœo emfnf

k'¿iffQd l;Ubn

sn sn v6k6 gof k5 Psfhxfg
of6 zof zog k/sf kfpn 5G5 Hofg
Ps sfv n6k6 xg efO cfk:t xfdL
cfwLh:t lsg lsg p7bf aGwdf of ;gfdL .

cfnf 3fp ksIt ljkbf3ftn l5GgleGg
kL8fdf 5g\cltzo s8f leq xfdf ljleGg
o anfdf ljljw av8f xGgYof lemSg ldq Û
pQl5G5f caem;l/ e dd/fP/ leq .

yfK5f sf8f kylt/ ltg kfOnf k5 efln
xfG5f 9ªvf 3/lt/ ltg kk/f 585 ufnL
emf:g cfuf ljaem 3/d xGg x al4dfgL
afnL cf^g blng 3/sf 3:t5f s v/fgL <

wf/f wf/f gh/ gu/L bzsf ;ljwfg
afln6k6G5f ljgl;lt p; kmfNg ck/ Hofg
pGdfbL 5f lfl0fs l/;n efOsf dfy tfsL
tf/f xfGg ukrk l5kL tR5 sfd g hftL .

gfs sf6bg don kl5g u5 kuNg k5
dfsfdf g ;hu /lxP al4dfgL 7x5
kdL ;Rrf c;n lbnsf xf eg lbG5 ;fy
j/Ln tf sl6n dgn kL7df xfG5 nft .

Tofu cf^gf lkohg eg aGwbfxL 7x5f
cf^gf vf;L 3/ / l;sjf zq e08f/ e5f
laGtL cfpm snif dgsf 5f8 kL8f atfpm
vf/f vGg sdlt bnsf ;fy 5f8L /dfpm .

wtL cf^g 9lgkmlg u/f kd ;befj Nofpm
df6f xfdf d6;l/ agf;\dfy 6Lsf nufpm
em08f cf^g dlg /xgd >o ;Gtli6 xfnf
pRrf dfyf c6n /xg afs :jftGœo emfnf .

wDaf/fxL, sf7df8f .

Y

lsGbf kf0g eP

ksfzdl0f bxfn

lsGbf kfpg ;Qm5f olb eg dfof lsgL Nofpg"
dfofsf clt g oxf 5 h¿/L af/f e/L Nofpg"
gftfsf cltl/Qm dflg; tyf :jtGq ;Ddfgsf
Nofpm of Oltxf;sf /utsf dfof ;a bzsf .

lsGbf kfpg ;Qm5f olb eg stJo Nofpm lsgL
c8\8fsf, :snsf cbfnt tyf ;:yfg bglGbgL
6f5g\sfd / vfHb5g\3; egL u5g\ugf;f hg
kfP;Dd t;y Nofpgk¥of stJo ;DemLsg .

vfrf dn / Pstf ;demsf p:t 5 rsf oxf
gtf, xflsd jf ;dfh-cujf 5g\Ps-Ps hxf
d/f aft 5 7Ls 5g c¿sf ;j1 d ;jyf
eGgsf pkrf/ emg\5 h¿/L Nofpm lsgL Pstf .

csf emg\h¿/L s/f ;g ltdL lg:jfytf gfdsf
gtfdf o;sf sdL clt xbf dnf ¿Sof sfdsf
uNnfdf-dndf gkf0g uP sfnf ahf/ uO
a9\t bfd k/ k/f;\hlt;Sof lg:jfytf Nofpg".

af‰5g\cfk;df ldnfpg egL hf xg\v6sf pg
9f65g\;To atfpg zky nL p7bgx? g vb
vfG5g\af8bg egL lngx? :jo yfk gaf8Lsg
To:tfsf klg cfvtL 5 h¿/L Nofpm g vfhLsg .

sf8fwf/L, sf7df8f .

Y

s| tkf0n| xfdf ;flxlTos k':tsx? k9bg'ePsf 5 <

zAbfy| ksfzgsf k':tsx? cgnf0g lsGg' k/| Û
http://muncha.com/

?v / dfG5

keftL ls/0f

kf0fLsf kf0f xf ?v dfG5 st£g bf; xf
;li6sf dh xf ?v dfG5 ctKt Kof; xf
Tofusf dlt xf ?v ´Sbg slxNo tn
aGb5 hfn dfG5n hfGbg ?v So 5n .

t;f/f, zLt yfKnfdf vk/ ?v afRb5
lz/df uidsf wk yfk/ ?v afRb5
hfGbg lsg dfG5n bMv vKg agL ?v
rfxG5 lsg kfN6fdf ;d6g dfq pm ;v .

hfGb5 lng dfG5n hfgg slxNo lbg
?vn af85 ;j:j dfG5 ;Qmg rflvg
kmnkm xb zfvf lbG5 ;Dk0f hLjg
cfkm l/Qf xb ?v dfG5sf e5 hLjg .

kzkIfLx? ;f/f ?vd e/ kb5g\
?vnf0 ;hfP/ ?vd 3/ ub5g\
5xf/L wkdf lbG5 ´/L jifftdf klg
xf:b5 ?v kmf8/ dfG5 of ljhoL agL .

3ft3ft 5 dfG5df ´6sf vn vNb5
u6km6 u/L cfkm gdL7f bMv ´Nb5
:jfy:jfy 5 dfG5df dfG5 st£g hLjg
s7 Û ;Qmg dfG5n rfx/ ?v ´ xg .

Y

zAbfy ksfzgn

!(y/L **zAbsfz** ksfzg ul/;ssf 5 /
ca c? !@ y/L ksfzg ub 5 .
s tkf0 klg sfzsf/ xgxG5 <
cf^gf] zAbsfz ksfzg ug 0R5s xgxG5 <

leGgtf

kef e66/f0 cfrfo

st /fi6«jL lx8sf e0df
st 5g\la/fdL r9sf a0df Û
gx/L st xl/of anufd
oxL leGgtf xf ls xfdL b0df <

d x"Ps HofdL, ltdL 7sbf/
ljgf sfdd ug;S5f kxf/ Û
d v6b 5 efs dgfkmf 5 ltdf
oxL leGgtf xf ls xfdL b0df <

otf Uof;, k6kn, cf gg, kfgL
a;L nfdd l;l4g ef hjfgL Û
w/Ldf a;L xb5f of lahfs
oxL leGgtf xf ls xfdL b0df <

a? a:5 efs, c8f;\:jfledfg
g x"lhGbuLdf s;sf unfd Û
ltdL tfs kbf t s s aGof / Û
oxL leGgtf xf ls xfdL b0df <

otf xf8 3f6L, k/LIff-tof/L
;dQL0f e a9gnf0 cufl8 Û
ltdL kmQ pkmL kUof 6fs/Ldf
oxL leGgtf xf ls xfdL b0df <

sf7df8f .

Y

wtL

/fdk;fb lg/fnf

sfxL hutdf gd?g\csfn
afrg\;a ;Gtlt bL3sfn
xf;g\/dfP/ ;hLj h:t
dfof ;adf 5 ;dfg p:t .

of ldqtfsf kl/jzleq
c66 ;DaGw /xf;\kljq
;befjgf hfultleq cfcf;\
;w ;adf ;v-zflGt 5fcf;\.

phf8 kf/ jgsf kv/f
l/Q eof pj/ sfv d/f
d/f s;df kltzfw 5g
of l;hgfsf qmd /flsbg .

;fGbo d/f tg h;s xf;\
Zf:qf:q xfgL Ift ljIft xf;\
wtL d cfkm 5 cem ;xG5
pbf/ p:t d oxf /xG5 .

c;Ton ;To nsfpbf 5
cwdn wd emsfpbf 5
d d"sbzL 5 cgGt sfn
h:t 36g\tL 36gf ljzfn .

;fGbosf lbJo - snf oxL 5g\
xb pHofnf lxd -zªvnf 5g\
gof-gof kNnj kik NofO
zªuf/ u5g\Ctn dnf0 .

;b1fgsf vft oxf 5b 5g\
cfP/ vfh ;a yfs ldN5g\
cfwf/ c8g slxNo xbg
of tLj d/f ult /flsbg .

;vjf;ef, rgk/ .

Y

gfl;P zflGt–cfs'/f

8f= adaxfb'/ lhtfnL

cTofrf/ psf;/ bzef8f a9 hlt
wtLsf wdzfnfdf wd5f8f a9 plt .
emg\ck/fw dfnfof emg\;bfrf/ dlnof
gtf ag a8f lsGt' emg\ei6frf/ kmlnof .

w/sf dt df;/ cf^g lxt lrtfp5g\
;fnf–;fnL / ;Gtfg eGbfeGb latfp5g\.
5hgf JolQmsf lglDt nfvfsf dt dfl;of
u0ftGqL eP gtf bzsf zflGt gfl;of .

hxf o:tf xg u5 Toxf wd x/fp5
klxrfg udfP/ dns wd/fp5 .
:jfy–nDk6 gtfsf bzdf xG5 bult
ufO–hfqf ;w xG5 bzsf xGg pGglt .

st /fli6«tf 5g, bzdf 5g Pstf
ufO df/L uwf kf:g gtf eP htfttf .
ljbzL wgn ubf gtf kfOGg s~rg
czflGt bzdf rNbf cfuf aNbf 5 bGbg .

3/ kfnL v/fgL g aRg gtf eP ;/f
l;ªuf bz km8fgLn gfl;P zflGt–cfs'/f .

Y

;flxTo ;j{4fg sljb gkfn

';flxTo ;j{4fg bi6f ;Ddfgaf6 ;Ddflgt JolQmTj

@)&) kf= 8f= sljzjk;fb pkflwofo .
@)&! kf= lzjufkfn l/;fn

xl/x/ zf:qL ;fljqLbjL ;flxTo k'/:sf/L–@)$%

@)&) kf= 8f= jf;bj lqkf7L .
@)&! kf= si0f ufljd .

JjZjHoflt ;jf ;Ddfg ;Ddflgt ;+yf

@)&! >L ;To ;fO{sljb, k'/{sf7df8f}+

d/f ufnfs Û

8f= anbj zdf clwsf/L .ufpnv

rf/ bfh / efph"ls/0fn agL skfn klg
tfg ldq /jlgn ;dgn v s egL s egL <
kSs Hjf0 u0fzaf6 ul/of h7fgnf0 6gf
a9f ?v lyP ¿vf lzlz/n vf;5 d/f dgf .

dn :ju oxL v;fNb5 eg ljZjf; nfug5
vfnL jlf ot a;fNb5 eg cfgGb cfPg5
sfbf, kmfk/, hf, ds ls uxsf vfn pdfnkl5
Ps 5fs kuf;\/ :j:ys/ xf;\vfBfGg vfPkl5 .

/fwfsi0f;u rn/ a;nf uf0 r/f0 ot
dn /flh;s ljgfd/0fsf ufnfs gkfns
d/ bz sj/sf gu/ xf sf hfG5 c:6kmof <
d/f uf/jkfqleq s;/L nfu5 afSnf lvof <

of6L zflGt pt ly0g\ls/0fsL csL ot o1sL
efG;';4 lnP/ zflGt u05g\nfnf / afnf enL
xf;tNo ;dfhdf w/w/L ¿lG5g\ls PsfGtdf <
efs 5g\ls st .zzfªs–>ldsfv < RofP/ efG;f sgf <.

RoftL afRgk¥of ljbze0df cf^g snhfx?
;~r 5g\lg t cfh;Dd d;u ltdf ar/fx?
s:tf xG5 / rf6 nfv5 d6df ;Gtfg 6f9f xbf <
cfkmn aem x .zzfªs–>ldsfv ;Dem/ cfkm ¿bf .

Y

zAbfy kmsfzgsf ja;f06df **jhoGt**Lsf

;a cªs, nvsx?sf kl/ro, xfdf ;a ultljlw, zAbsfzx?sf ;km6jo/ / sfoqmdsf t:jL/, lkmlnd tkf0sf nflu pknlAwk0f xg ;S5g x .

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

hLjg pT;j

afh'/fd kf8n

slnnf dgleq a;fO ;/
o; pT;jsf klg dfg u/
clg nfv ;xf/ eljio lbg
ltgs klxrfg / dfg u/ .

s;/L o; ;fOt hg uof <
s;/L gj cfug vNg uof <
ls st kmnaf6 j;Gt kmn <
ls st dg bfdgaf6 en <

;lsnf clt lgZ5n cªux?
gjl;hg /fug /ªu c?
e/ cfrn lxbo sfv sgf
jgsf lsn rDb5 /fh dgf .

o;/L ca e6 eof lktdf
clg zLtn uLt l6kL lxtdf
ha ;ö pbfp5 xf; ltdL
ugsz/ kmn ;jf; lnO .

gj pT;jn o; cfugdf
j/bfg ldn klteflt5gdf
gj l;hgdf gj/ªu 5¥of
clg Jof/ ;zfeg kmn em¥of .

o; pT;jsf j/bfg ltdL
/ cEofutsf dlxdfg ltdL
cl3 a9bg uP/ t/ªux?
l6k l;hgzLn pdªux? .

o; pT;jn ceml dfx yKof
glrg klg e6 / efj hDof
sg 7fp stflt/ hfg lx8
;a pT;jsf lko kfq ag .

geP s;/L /xg o;/L
dg efj 5/L axg s;/L <
;a pT;j ;fOts /rgf
/ª eg tof/ eof lakgf .

;a pT;j hLjgs no xg\
hg hLjg ;fr / :jLst xg\
hlt ldNb5 ;fOt kj agL
clg pT;js lakgf ;kgL .

Y

gkfn–;flxTo ;dfh

'j;Gt–/fwf kBsfJo k/':sf/laf6 ;Ddflgt JolQmTj

!= @)^* l8NnL/d0f zdf{cHofh .
@= @)^(k?iffPd l;Ubjh tyf uflljGb/fh ljgfpL .
#= @)&) ag"nfld5fg].
$= @)&! ejgxl/ l;Ubjh .

xljlsdf/L–lbjfs/ ;dfh;]f ;Ddfglaf6 ;Ddflgt ;¥yf

!= @)^* k0fjfgGb cf>d, uXo{j/L .
@= @)^(lr;fvfjnf cf>d, kfjv/f .
#= @)&) efujt ;Gof; cf>d, kzklt .
$= @)&! kljq ;dfh ;]f gkfn, wfkf;L .

sljsf snfn

a'g" nfld5fg

bVof lxdfn xl;nf dwdf; dL7f
e6bf u/f; /l;nf /;ne lehsf
vf¥of sx sx cxfÛ el/nf unfn
kf¥of snfdo hut\sljsf snfn .

;fdfGod klg sbL slj lrqsf/L
kf/L w/f ;/; ;Gb/ kmnaf/L
;Defjgf ;dosf 5g sNkgfn
sNkof e// /ldtf sljsf snfn .

gf;L ljsf/ ousf cl3 a9bgnfO
dfyf dyL xbosf dygL agfO
;Gbzsf /; lemsL ze efjgfn
l;~Rof cxfÛ ou56f sljsf snfn .

kfO ;wf/; gof ha xLgtf Tof
hfUof lkO ;xboL dw/f 56f of
kf/L dgfan b/f our tgfn
;¥of snf ksltdf sljsf snfn .

jfNdLls Jof; clg ef/lj sflnbf;
nldLk;fb / c? slj vf; vf;
nfU5g\dxfg\clt dxfg\hg efjgfn
;DkGg klht pxL sljsf snfn .

Ujfsf, nlntk/ .

Y

s]tkf0{nf0{yfxf 5 <

;¥slt–!, Psfªsl–!, kj{dlt–!, n3pkGof;–!, n3syf–!, uhn–!, rf8¥kj{–!, ljbzofqf–@, dQms–@, ;¥d/0f–#, :jbzofqf–#, /fli6o–JolQmTj–#, lgaGw–#, uBsljtf–#, syf–$, ;dlIff–%, 5Gbsljtf–& lgsfln;sfz]5 .

# of kf xf t 7'hf

efUozfnL clwsf/L

ef afaf clt ef ljsf; gu/f w/ eof x ca
p‰ofnf ha blvof ltl/ld/L cfvf eP x ;a
sxL bVg / ;Gg z'o a¿ nf kf/f g bz ;a
of kf xf t ljsf; ug blgof ;f/ lg 7'hf ca .

hf /fP klg xG5 rf/lt/ g x/f vzLn ca
7'hf tL Åbo ljbf/s oxf 36gf 36sf ;a
sfxL zfGt;u gkfpg oxf a:g s;n ;a
of kf xf t ljsf; ug blgof ;f/ lg 7'hf ca .

of6f dfgjdf lbP/ ca nf xgg\ls Gofo Toxf
sfxL JolQm k/fksf/lt/ g nfUnf eg/ oxf
/fP /fp hg a;/ /ldtf x/f g xfdL ;a
of kf xf t ljsf; ug blgof ;f/ lg 7'hf ca .

sfxL nfU5 ljsf; ug t eg yfnf g cfGbfng
eTsfcf hu g ePg p;sf eGb lgof kfng
;S5f h h;/L lgsfn av8f yfnf g ug ;a
of kf xf t ljsf; ug blgof ;f/ lg 7'hf ca .

Y

s| tkf0nf0 yfxf 5 <
@)&! sf| jif| k':ts cf0;s|sf 5 /
xfdL @)&@ jif| k':tsdf hl6;s|sf 5f| .
@)&@ j|zfvb|v r|q;Dd lg:s|sf k':tsx?sf| xfdL
l6Kk0fL;lxt kl/ro k|sfzg ub| 5f| .
xfdLnf0| l6Kk0fLsf nflu k':ts jf
kl/rosf nflu hfgsf/L pknAw u/fpg'xf;\.

;flxTo ;j4g sGb|
zAbfy k|sfzg
rfan u0fz:yfg, sf7df8f|
$$(&#%!÷(*$!$(^!)#

ljDadf ofuL

e'jgxl/ l;Ub|n

ofuL ;dflw/t nflss sdleq
;:sf/sf ljljw aGwg ddleq
tf8L ljrf/ ;dtf c;dfgtfsf
dfg"lbjfs/ ls bLks sflndfsf .

;:sf/sf /utdf 0ltxf; xG5
;fxL ;dfh ls g;flt/ of axG5
gf/L tyf k¿if xf0g Pp6 xf
cl:tTjdf ks6 ?k 5 bptsf .

of af4 zj lzv hg xbg eb
cfwf/df 5 h;sf >lt ;'St jb
p2Zo ;f/ ;l/tf 5 k/fksf/
5g\;kbfo t/ tTj 5 lglj sf/ .

hf lbJo cfifw a6L gj/Tg lrG5
hf ;flTjsL ag egL pkbz lbG5
Bf3f6 bfª / c5fd lxdfndf 5
hf ;fydf 5 t/ ljDa hxftxf 5 .

PSnf kzf;s ljrf/s l;4 ofuL
ofqf krf/s ;wf/s of ljofuL
;Tk/0ff dn'slglDt lbg dxGt
;GGo:y lsGt' pkbzs of cgGt .

af6f xhf/ t/ zfZjt dfu Ps
Hofltdol gj ;dfh lbg ljjs
ltdf ;dfg bz ;Gt cgGtaf6
cfnL km'sg\ljun jfB lxdfnaf6 .

Tof l;4sf lsg ljrf/ oxf p7g
To dfudf dn's cfh v6L h6g
gf/f kk~r blgofe/ sflndf 5
Tof ljDaleq ouafws nflndf 5 .

e'jgxl/ l;Ub|n

xTofpg rng sjn s an 5
Tof l;4sf d7 lj;hg sjn 5
of /fHo cfh ;'tjf 5 ;'tL /x5
lgbf 5 pu wg-dGq 3/L /x5 .

lgi7f ;dfkg / gltsxLg gf/f
cf:yf pkllft 5 gf6s dfq ;f/f
lrD6f lnP/ tn cfng cfn l;4
ltdf ;d:t kblrXg oxL 5 z4 .

Ujfsf, nlntk/ .

Y

cfkm| x/fp|bf

ljiOf'bLk ;ª\sNk

d cfkm"x/fP sxfgL x/fof
ar sf lyof Tof hjfgL x/fof
g of lhGbuLdf d e6g 5 sNo
/ e6/ Kof; d d6g 5 sNo .

g hfGbf ;an oxf To t u5g\
/ vfh/ /ª\uL ;a Kjfv e5g\
lyof km'n of6f lgzfgL x/fof
ar sf lyof Tof hjfgL x/fof .

´/L hfG5 PNo ;a Kjfv x/
;hfP/ Joy uof x/ Û v/
tgdf ePsf dbfgL x/fof
ar sf lyof Tof hjfgL x/fof .

8j 3fd /ft nufgL x/fof
;w cfpg g ljxfgL x/fof
x/fof ;a yfs rnfgL x/fof
ar sf lyof Tof hjfgL x/fof .

cfvn9ª\uf .

Y

wgsf] ;b'kof]u

8f= dfwj hf]zL .ndh'a]l

;sn Wfg ykfg] aG5 dfG5] la5§
cs't xg uPdf xG5 Tof] lj£g em§
cku xg ku'df kf5] rfk§ ef/L
kugku 5 gfnf] e] ;bf nfesf/L .

kn-kn ul/ kfN5g\wfs wSs"nufO
cs't wg a6Ng] /D5 aRrf knfO
a;p7 klg leGb] kmltdf 8Ag hfnf
g/dkg ge] Tof] afp7] xG5 rfnf .

txl// kl5nfO wfs wSs' nufO
;/nkg x6fO lgTo sfk6Ø 5fO
n;k;lt/ gf/L emDdg] w"t afgL
tds wg nufO rlDsg] >i7 7fgL .

an tkg wg]sf] /fu lemSb] lgkftL
eOsg e8jf em] xG5 efQmf ghftL
dg, wg lsg kmS5f] Joydf bi6 afgL
8/, e/ k/ ;f/L xf]; lrKn/ hfgL .

cgr/ 3/ /fvL wfs 5f8/ a:g]
lbg ca k/ u] uf] dfq ;Dem/ a:g]
dg dg xg ;Snf pmlng] dQ afgL
t/ ca aem /fd] /fv cfbz] afgL .

;xr/l;t rNbf ldN5 7'hf] e/f;f
Tfblk bmvb xfnf ufKotf eª\u kfbf
hg lsg wg vfH5g\dfg ;Ddfg 5f8L
t/ aem dg 7'hf] ljZjd] xf] cufl8 .

lsg lng 5 k/]sf] xf] wfs wSs"wg]sf]
lbg lbg lnO/fVg] nfe cfzf ;a]sf]
olb ca klg lrGtf a9\g u] dft nfuL
ljrng xg yfn] xG5 To] kfOf-3ftL .

ga; u/d dVvLr", afgL lnP/
ho ca xg hfnf b]z;jL ag/
cs't wg sdfO e5 hNn esf/L
kl5 kl5 eo ef]Ug xG5 7'hf] levf/L .

sx/ sx/ dfq] b]v ;;f/leq
c;n c;n gftf /fv tL Oz ;fy
hu klg e'n cf^gf] /fu, tfgf e'n/
t/ t/ ej ;f/f /fd dfq] hk/ .

Joo u/ wgsf] g] dfgjL ug ;jf
wg;lxt kuf] nf] bfg bftJo bL3f]
rng u/ sdfO nfe ;f/f n3f/L
ehg u/ hkL tL /fd;Ltf ksf/L .

u/ e/ xl/nfO leq cfTdf lgofn
tg wg ;xofuL dfq xg\aem\g yfn
ag t ;b'kofuL wfs 5f8L wg]sf]
nvklt ag bfgL e] ;w] of] dg]sf] .
-dflngL 5Gb_

Y

s] u/L eg] v] Û

cg'/fwf nD;fn

eGg tf eGb5g\So u/L eb5'
1fgsf] Hofllt of] ljZjdf 5b5'
emSg' kbf eg] dTo'tNo xg]
s] u/L vfHg' v] Û h'gnfO 5g] .

;fWb5f] So] s'/f a%g ufxf] eO
;':t/L ;':t/L ;fddf g] uO
eh'nfO oxL ;To xf] eGb5g\
hfGg vfHgx? dv'em] aGb5g\.

1fg eGg] s'/f :jKgem] euof]
s] u/L l;Sg' nf] xf;n uuof]
s] eof] s] eof] nf] s;f ug] v] <
1fgsf] blk of] s] u/L eg] v] .

Y

hLjgsf s|xL df8

d's'Gb zdf rfln;|

cgGt cfzfdo cfQ/Ldf
lrGtf, x/Ldf kl;gf, em/Ldf
kxf8a;Ll;t le8g dfq
of lhGbuL s|jn lx8g dfq .

hfg sxf efln laxfg hfuL
x// k'jfrn /Do /fuL
hfg5 /StfDo eP/ 3fd
tl/Gg ofqf / ;lsGg sfd .

cg|s 5fofdlg a:g dfq
c;ªVo wf/f hn Kog dfq
bug w/| t/ sNkgfdf
;dfhdf, lghg ulN5gfdf .

3d/ yfs|sg n:t hf xf
j;Gt cfOsg ;fW5 –sf xf <
d sf x < ;fxL a6jf k/fgf
c6f6 rSsf g6jf x dfgf .

afnf, a9f ¿UOf / dTozfoL
cg|s cfef; lbg dnfO
clgTo ;;f/, syf c;To
lg;u Û t/f sg ?k ;To <

eljio lgb|zg ;To vfnL
cfdf / afsf k/dfy afnL
df6f5 hgL sfr;/L gkmf8
of hf6g dfq klg Ps df8 .

z®of snhL, o;df ;gfnL
lxh k;|sL ;ifdf 5 gfnL
dL7f d;Lgf :j/ 5f8, 5f8
of ;Gg dfq klg Ps df8 .

aRrfx? hGdg cf7 v'Ng
sfvf–aOdfly lnP/ 8'Ng
rfrf / gfgf klg v|n cf8
of xg dfq klg Ps df8 .

dfwon l;l~rt r|t TofuL
vfnf / gfnf 3/v|t gf3L
:jLsfg jfwf, Jojwfg xf8
of ;fWg dfq klg Ps df8 .

gfkmf / gfS;fg ljrf/ ug
;:tf dxªuf Jojxf/ ug
cfpm / hfpm / 36fp hf8
of ;Gg dfq klg Ps df8 .

em|n/ w/| hlgsf lkkf;f
t// hf6f5 ha sdgfzf
dfofn'sf km|l/ otf lj5f8
of eGg dfq klg Ps df8 .

oL df8sf bZo ;dNg afsL
r'nL r9L uLt ;';Ng afsL
;;f/ xf afGwj, df6g afsL
s|xL g s|xL cem hf6g afsL .

a9fgLns07, sf7df8f .

Y

;'Gb/ lyof z|zj

ofbjk;fb zdf

xfdf z|zjsfn lgZ5n lyof, p'rf lyP efjgf
nLnf lbJo u¥of s;| u/L Toxf x|sg b'efjgf
xfdL kf9 ag/ cfh husf h~hfndf hlnof
em6f bDe / df|ntfn 5nsf Jofkf/df x|nof .

r9Yof afbnsf ;of txx? Tof sNkgfjudf
;ªuftL;u 3DbYof ;/; tL kfvf kv/fx?
tL 8f8f jg v|tsf dwl/df j|zfvsf Gofpn
tL kfvf clg n|s vsx?df km'Ng asL Kofpn .

v|tfnf jgv|tdf ;a ldnL jifftsf ofddf
ufO uLt xhf/ nfsnx/L 3Gsfpy a;/L
xfdL dUw agL dg dg cxf Û d:sfpYof ;':t/L
;;f/L Hj/sf ljiffQmkg of bVbgYof o:t/L .

afSg 3f; psflndf ojltsf dL7f ;';nLx?
gfRg le|mDem tfndf gldt tL sfnf k/nLx?
/fbLtNo u/L ;w| jge/L gfRy ;of ;Gb/L
jf;GtL ;ifdf;/L jgr/L p8y agL lsGg/L .

emy lgTo kxf8af6 em/gf dftL;/L rlDsnf
aGy afbn ;fem|df lzv/sf >Lkr em afl6snf
xf;L Zjt lxdfnsf lzv/n rDy hxf rGb|df
kms"cfh kkmNn e d s;/L Tof :jKg ;;f/df .

v|n|sf cem nfU5 ev/;/L lh:s/ ;fyL sof
xf;|sf klg nfU5 ev/;/L d:sfg 5f8L ;of
vfqmf wfs /jfkmsf nx8df d:sfg Tof dlnof
xfdf cfz–gzf ;'s| lbglbg xTsGb g j|nof .

rGbflu/L, sf7df8f .

Y

k;f Û

Hof= /Tglglw /UdL z'qmfrfo

k;f xf j/bfg-hLjg eg dYof / dfG5 sxf <
k;f hLjg xGgYof klg eg afRYof / dfG5 sxf <
k;f ;ªs6 b/ ub5 eg of bMv kYof lsg <
k;f vf; ljnf; xf ;'v eg ;ªBif rNYof lsg <

k;f kfOf arfpYof olb eg afRYof ;w dflg;
k;f qfOf lbbgYof cem eg dYof :jod\dflg;
k;f kf; xbgYof klg eg uYof / sf pGglt <
k;f dfq 7nf eP kultsf aGbgYof bult .

k;f g ;ayfs xf eg eg /fVtg oNn bof
dfof-kd s/f u/f hlt;'s kfOGg k;fljgf
k;fn 3/-af/ hf8b5 eg PSnf gaGYof oxf
k;fn kl/jf/ tf8b5 eg gftf /xGYof sxf <

k;f OHht, dfg xf eg eg dfgL ;a aGby
k;f vfg lbbgYof ta eg cN5L eO dby
k;f ;Gb/-zfGt hLjg eP kL8f ausf lsg <
k;fn pksf/ ub5 eg dfG5 7usf lsg <

k;f Gofo lbg lyof olb eg cGofo xGYof sxf <
k;f Gofo lbbgYof ta eg c8Bf /xGYof sxf <
k;fdf Jolerf/ cfp5 eg k;f a6Ny lsg <
k;f lrQ aemfpYof dg eg ljbfx afNYof lsg <

k;f 1fg, ljjs xfOg eg xGYof sxf l;hgf <
xf lj1fg egf t /fV5 lsg of ljWjzsf lt;gf <
of k;f lbgx"n8fp5 ;a s zlQm o:df 5 v <
o k;f ;adf ldnfp5 s/f s hfb o:df 5 v <

of k;f 3/sf km6fp5 s'g :jf:gL / nfUg klg
o k;f k/sf h6fp5 hg ;DaGw lau klg
cfdf-afa / bfh-efO, ;adf j/Tj bzfpg
h:t zq xpg\ldnfk ltgdf k;f eof Nofpg .

of k;f ;¿df agfO h;n nfu"u¥of hLjg
To k;f kl5 tf rnfO ;an uf¥xf eof hLjg
of k;f gxbf tgfj 3/df vfg eof 6fpsf
k;f ;fy 5bf ;/lIft ge hfg eof 6fpsf .

k;f xf s'g rLh xfOg egL uf¥xf 5 5§Øfpg
h:t oTg u/f;\:jefj o;sf ;Qmg v§Øfpg
1fgL xf;\ls uOfL ;alt/ enL k;fljif lnKt 5
k;f sfn agL ljlrq;un dfG5 oxf l6Kt5 .

k;f au/ 5flkbg sljtf, ;;f/df k:ts
k9bg, 1fg lng-lbg rng g xGYof sxf ;Dej <
k;f eflts ljZjdf lsg aGof cWofTds bzg <
k;f au/ ;fRg g sl7g ef cfbzsf hLjg .

sf7df8f .

Y

dfemLsf hLjg

dw'; Gof|kfg|

vfnfsf t6df lg/Gt/ s'bL vfHb 5 of hLjg
yfqf hfnl;t d tf s?Ofsf efUb 5 of hLjg
sNn bVb5 cft hN5 tgsf aNb 5 of hLjg
kfgL 3§;/L ;bf lkl;Obf 9Nb 5 of hLjg .

;jfdf c?sf ;bf kn agL tfb 5 of hLjg
5fkf ;Gb/ ef oxL t6l;t ;fb 5 of hLjg
hNo nfUb5 lhGbuL 5 cw/f sn xg xf k/f
yfqf Rofb/leq :of7 axbf nUnu 708L 5/f .

wtL lrGb5 lx8\5 /ft lbgdf df6f / 9ªufl;t
vfnf aUb5 zfGt zfGt ultdf rNb 5 8ªufl;t
dfG5 esg ;Totf alemlbg dfG5x? elbpmg\.
dfG5s Jojxf/ :jR5 dgn dfG5x? ulbpmg\.

sf7df8f .

Y

ls;fg

/fdljqmd yfkf

ls;fg cf^g dgsf 5 /fhf
/ cGgbftf ;asf 5 ;femf
5// cfnf kl;gf aufof
/ vt–af/L >dn ;hfof .

dxfg df6f, o;s khf/L
/ o¢ lhTbf cys gxf/L
ljsf; dfq dgsf h/fdf
emn/ afnL 5, u/f–u/fdf .

kljq cfTdf, gj afns hf
lbP/ vfgf, ;a kfns xf
cxf Û b¿:t slj sNkgfdf
/d/ afRbf gj l;hgfdf .

5 :jfjnDaL clg :jfledfgL
dxfg efG;, ;asf 5 bfgL
c;f/ /fKbf el/of esf/L
ls;fg, xfdL ;asf 5xf/L .

k// kfgL w/tL /;fof
5 lbJo df6f s;n x;fof
lkof/ df6f ddtf 5 vfgL
ls;fg bftf ;asf 5 bfgL .

u// vfg hg–lhGbufgL
/ sdofuL ;/d gdfgL
xtf/ dfq ;asf xtf/
u// sfd ;sn ckf/ .

kmNbf / kmNbf >dsf hjfgL
b¿:t xbf sljtf, sxfgL
ls;fg /fdf gj hf snfdf
nufp dfnf pgs unfdf .

vf6fª, ;u/dfyf .

Y

n|Vg| 0R5f

k|Xnfb kf|v|n

n|v";a| ;fys ;To n|v"
;f´f ;sf/fTds efj kf|v"
0R5f u/sf t/ /f|sP/
pT;fx db|5 b|vL eP/ .

;Gtfksf ;fu/ pInP/
Hofb| 5tf5Nn eP5 kfgL
;ªsi6 ´g\´g\ulx/f eP/
p8b|5 cGtdgdf v/fgL .

wfsfw8L b|zl;t u/´
b|vG5 cf:yf ;a lgl|vPsf
cl:tTj g ;ªs6df k/´
of b|zsf rfn 5 lalu|Psf .

;b|efjgf dfgjtf d//
b|efjgf kl8t ef ;dfh
kLoffsf kfjgtf x//
;;f/ ;f/f ljif;lQm cfh

n|v"Joyf dfq 5 xftnfuL
kmsL kmsL rNg 5 t8NkP/
of n|vgL aG5 st cefuL
ljiffQmtfaf6 ghfluP/ .

k/Gt ;jfRr 5 hf 0dfg
aGbg cf:yf dg a0dfg
:jbz l;ªu klg afS5 ef/
hf :jfledfgL 5 ;bfjxf/ .

/fdlx6L, sf7df8f .

Y

kfgL

/fdxl/ kf|8Øfn

kfgL hLjg xf ;d:t husf ;li6 arf0 lbg
kfgL lgdn xf ;d:t ejsf bli6 x;f0 lbg
afR5g\x/ s;f/L dflg; ;a kfgL gxbf oxf
sfsfsn 5 bz ufp blgof d3 ltdL al;bbf .

kfgL Tof geP cxf Û hut Tof ;li6 sxf rN5 / Û
xf;L vnL /dfpg ksIt Tof jnfpb ´5 / Û
kfgLs ann 6;f0 /xg nfu ¿g nf x/ Û
kfgLd /xg cxf Û hLjg xf d:sfpg nf c/ Û

;Vvf Vj ;a g dxfg lsg xf kfgL To; k5 / <
9fN5f hf8an ?vflb ;an kfgL To; ´5 / <
sfnf 6Dd cxf Û hd/ gedf ;li6 cWof/f lsg <
hfpm x ;an ldn/ dgn kf/f ;k/f lbg .

hfufP w/tL cdNo jgn kfgL k¥of ´´/
nfP x ;an ;rf¿ dgn kf/L xl/of jg
/fkL ;Gb/ kmhsf l´lnldnL kmNbf t/nLx?
afr/ blgof arfp ;an xfnf ;;nLx? .

kfgLs 5 dL7f ;:jfbkg Tof kfg cxf Û xx/
kfgL g glkP ;d:t ejdf afRnf sg kf g/ <
ufpm x ;an ksf/L ann kfgL g xf hLjg
nfpm x ;an ksf/L lbnn jIfflb xf hLjg .

xfn M anfot .

Y

http://www.nepalipublisher.com/

ca xfdf ja;f06df jhoGtL / bfloTjsf ;a cªs 8fpgnf8 ug ;SgxG5 x .

v| s| eof| efsn

/d|zrGb| uf|td

eGYof| /fSb5' /fi6&f6 nlsg| vfh|/ sfnf| wg
s'nGYof| an ;fy pRr :j/n| afl8G5 hUuf ;'g
b|vfof| ;kgf cg|s y/sf ub| 7'nf| vNan
km"tL v| t s8f a8f jrg v| < s:tf| eof| efsn <

pS;fof| hg qmflGt Nofp5' eGof| ;fem| o'jf xfldP
af|s| aGb's tL lszf/ o'jtL aGwTjdf g| le8|
Joy| g| alnbfg ef| /utsf| vfnf| aUof| sNsn
kfof| s| eg Û dNo Tof| /utsf| ldNYof| sxf sfkmn .

/fSYof| cªs'zdf k/|/ To;/L lzIff lbof| s| lbof| <
hf| y| ;/rgfx? d'n'sdf Wj:t| u/L 5f8\bof|
tL Pn| ljr/f o'jf / o'jtL vf8L uP emg\tn
lbG5f| sfd oxL u/f| gj o'jf k"/f eP efsn .

e|rfnf| clg s|" kfs|t bzf o| b|zdf alhg'
;f/fsf 3/ uf7 af; 6x/f eTs|/ Wj:t| x'g'
cfP bft| lgsfo /fxt lnO ltd| eof| bNan
efGhf of elthf psf:g ;'l/of| v| k"Of| ef| efsn <

af8\of| x| ;kgf lnP/ hkgf hUuf wgLsf| slt
;fdGtL hltsf lems| hldgsf rfSnf agfO clt
efUg| lgeon| n8fs' ;an| btf u/L hªun
:jL6\nNofG8 x'g5 b|z elgof| s:tf| eof| efsn <

ltdf| xft kGof| / 8f8' clxn| cfkm| vhfGrL ltdL
RofK6f| tfn' /x5 cf;/ ldn| efUg| / vfg| ltdL
pNkmfsf| wg ;lDemb| clt cem| w/| eof| rNdn
pN6| s7'3/ hfg eGg gk/f;\v| s| eof| efsn <

wDaf/fxL, sf7df8f| .

Y

cfdfsf| cg'elt

k|f= /fh|Gb| ;'j|bL

k|nf| ofd gAol'emb| hutdf dftTj of| Aol'emof|
k|nf| 3fd gAol'emb| Åbodf d|/f| bzf Aol'emof|
k|nf| åf/ gpl3|b| hutdf of| r|tgf pl3of|
d|/| l;hg ;fwgf lgnosf| hf| gJo ;Qf lyof| .

k|n| lgeo;fy hLjs0f e| kf7|3/df a:of|
To| uefzo el'dsf /;x? c1fgtfd| r':of|
d|/f tL jo al4 autx? d|nf| nufO r':of|
hf| hf| r':g' lyof| k/f>o agL afsL g/fvL r':of| .

d|/f hLjgsf /;fSt sl0fsf hf| e"Ofaf6| r':of|
cfkm"hGdgk"j| g| ljifosf ;:sf/ ;f/f r':of|
d|/f| :gx / lt;gf Åbosf| ;b\efj ;f/f r':of|
of| uefzosf ;a| /;x? cf:jfb dfGb| r':of|

cfdf x'g\w/0fL ls el'd klg x'g\cfdf egL s| a‰of|
sxL r':g' gr':g' e|b gu/L cfdf / wtL r':of|
oL d|/f lxd zªvnf rl;;Sof| 5ftL / nfD6f r':of|
cfdf hL0f h/f ljbL0f w/0fL ;Ldf g/fvL r':of| .

xf| cfkm| la¿jf ag| d udnfsf| dlQsf g| r':of|
6|sL To| udnf a:of| olb eg| kfgL / xfjf r':of|
cfdf gfh's efjdlt| udnf dfof g/fvL r':of|
km6\nf Tof| udnf s'g| lbg egL ;fRb| g;f|rL r':of| .

sf6Zj/, sf7df8f| .

Y

s| tkf0|n| xfd|f| j|a ;f08 x|g| ePsf| 5 <
web : http://nepalipublisher.com/

d lgbf lgbfpm

¿b 1jfnL

d x"?k dfq ltdL ;f/ d/f
d x"bZo dfq ltdL laDj d/f
d o:tf s'g bLkdfnf hnfpm
d aNbf lbofnf ;/L dg kfpm .

d ofqL / d/f la;fgL ltdL xf
d x"wk d/f 5xf/L ltdL xf
d Tof sfvnf0 l;/fgL agfpm
la;fP/ sfof ToxL dg kfpm .

d sf8f ltdL kmhsL sflknf xf
laxfgL piffsf ltdL nflndf xf
d hfuf xbf ?k Tof xg kfpm
lgofn/ cfvfx? dg kfpm .

ltdL d:s/fP ;a xG5 hftL
gafNbf ltdL rl:sb bV5 5ftL
d ;jbgf of sxf u la;fpm
5 0R5f d To sfvdf dg kfpm .

ltdL hg d/f ltdL 3fd d/f
ltdL tLy d/f ltdL wfd d/f
d Tof :ju csf sxf vfHg hfpm
d ;flGgWo ltdf a;L dg kfpm .

ltdL 9S9'sL xf / xf ;f; d/f
ltdL lt;gf xf / xf Kof; d/f
d cfTdLotfsf snhf km6fpm
n6fP/ cf^gf v';L dg kfpm .

d rfxGg w/ s/f lhGbuLdf
d dfUb 5 yf/ v';L ;fk6Ldf
d yf/ lnO xif w/ /dfpm
/ To xif pGdfbdf dg kfpm .

ltdL l;hgf xf ltdL k/0ff xf
khf/L d ltdf ltdL bjtf xf
8aL elQmdf cf;' dn aufpm
;w gfd ltdf hkL dg kfpm .

;8L hfG5 ckf eg kmhdfnf
;'sL hfG5 5sf eg c>wf/f
a¿ e6df lhGbuL of r9fpm
u/L cf/tL kLltsf dg kfpm .

p7fP/ kfgL bO c~hnLdf
lknf0 lbP cGTosf Tof 38Ldf
d Hjfnfdv'L lt;gfsf lgefpm
ljgf 56k6L zflGtn dg kfpm .

d ub 5 oL xft hf8/ laGtL
ltdLn lbg"nf;df bfuaQL
d cf^g lrtfdf ;'tL d:s/fpm
/ sNo ghfUg d lgbf lgbfpm .
e/xjf .

Y

;do–rqm Û

nldLs'df/ sf0/fnf

s nVb5f slj ;'sfJo syf sxfgL <
asf/ zAb rlnof ls lemhf avfgL
;ªVof xhf/g kUof c;/Nn gfgL
ef ef gnv a; nf a¿ ;Gr dfgL Û

efsf / zAb no uGy ykfl/bf 5g\
cf^g :jklf u6df u0f uf0bf 5g\
vfsf k/Gt' /; efj ld7f; zGo
bv/ kf7s xbf 5 a8f crDd Û

gf/f asDkm; s/f s6/f agf0
vfsf 5 leq t/ aflx/ /ª\unf0
8ª\sf lk6L uxlsnf 5 egL s/f0
ub k/:st alxist uGynf0 Û

;jf u¥of ls o;/L slj sfJo efiff
pTyfg jf ktg ef <lsg of tdf;f <
ef Jole;g ;do of lgbdf g sn
;t\sfJo lgdn kjfx lnP/ pn Û

s nlvb 5 ze bli6 ljrf/ 5g
h nlvof uxg efj nufj 5g
aGbf 5 vf;v'; sjn zAbhfn
rr ;dys s/fp5 –æjf M Û sdfn ÛÆ

v':Sof ;dfn ;'¿jfn ls sfJo – wftL Û
lrRofp5g\æsl/s/L ÛÆ k/af6 sf tL <
ef ulhP/ ca 8s lk6L gsn
cfpm lg/LlfOf u/f hu;fy cfn Û

xf;\sfJo gf6s syf pkGof; uGy
h g agf;\ls To;leq vnf;\j;Gt
pTsi6 efj no zAb ld7f; cfcf;\
;t\dfubzg ouLg ;'jf; 5fcf;\.

vfqmf ljrf/ k¿iffy egL g kfnf
buGw ef xbosf ;a bfif kmfnf
;:sf/ pj/ kl/ist e pbfcf;\
hf /fi6«kjZje/ lbJo ;'jf; 5fcf;\.

lgdfOf xf;\/; cnªst sfJo-s'~h
u~hfodfg no ;:slt Hofltk~h
:jR5Gb sNsn auf;\ls ;'wf cdNo
;DkOf ljZj lbn xf;\;'v:jutNo Û

sLltk/ .

Y

hfuf g gkfndf

kIff nD;fn

lgM:jfyL dgsf wgL ;lxbsf /fvL ;bf OHht
ck/ ;a 1fg/lZd o;df of bz nf xfSg 5
u5f u5 / ugk5 ;an nfuf g gkfndf
lgGbfdf slt k9g xf Û ca ;a hfuf g gkfndf .

ub 5g\;a bzdf kult nf ck/ kfOf klg
/fVb gfd / sfd ;fys ;bf cfZro zfg 5 lg
gtfhL klg sl:;pg\ca egL dfuf g gkfndf
lgGbfdf slt k9g xf Û ca ;a hfuf g gkfndf .

¿lG5g\oL w/tL r'xfpg k/L wf/f ;bf cf;'sf
jf:tf 5g st ?jfj6 ;'gL xf:b a; hf;';
;Ltf, a4 / siOfsf ;'ky g dfuf g gkfndf
lgGbfdf slt k9g xf Û ca ;a hfuf g gkfndf .

dgk5 ;a ;bf hg oxf hfg eP :judf
So ub gu/L ljsf; gxg /fvf g pTk/Off
ljBfsf kydf cdNo /y nf xfsf g gkfndf
lgGbfdf slt k9g xf Û ca ;a hfuf g gkfndf .

sf7df8f .

Y

j;Gt axf/

nIdLbQ e§ .;Tok|dLÚ

8fS5g\oL jg ns ;f/ r'r'/f hXL rdnL 5/L
aU5g\oL lz/ nlDsP/ lxdsf sNnfn gfgf y/L
;f/f zn lbP/ kmNb5 56f of Kofpnl sfdn
;f/f ?k p75 cfh ejsf a9b 5 d/f an .

cfO sflsn afN5 leq dgn ;f/f oxf uLtdf
;f/f :jlOfd nflndf hutdf kmnL piff sfndf
cfof dfgj r'tgf ldngsf kms/ cfP;/L
;f/f efj lnP/ /D5 hudf ;fy lnO dfw/L .

gfnf efj pdªudf ;a ;a la;/ b'vL lbg
;f/f ofb en/ of ljutsf xf:5g\ldn/ hg
oL 5fof ;'ifdf ;a /x/sf dn\leq kfnL ;s
;f/f slNkt efjgf dge/L tGdf lt 5fO ;s .

;fydf gj bDktL;'u lnO a:b 5 of s'~hdf
zfef nfv kmn/ cfTd /l;nf ;fyL v'zL efjdf
;f/f of dgsf pdªu dbdf ;fy p8fnf u/L
5fof em db d:t a; tgdf lx8b 5 /ZdL 5/L .

gfnf 5fn pdªusf 5 dgdf dfw'osf efjgf
sfof :jlOfd nfnLdf 5 kgsf of dfw/L ;fydf
nfnL em pkdf ;a jbgsf cfof piffsfndf
cfof of hudf j;Gt gedf ;f/f v'zL xfndf .

lbkfon .

Y

http://www.nepalipublisher.com/

ca xfdf ja;fO6df jhoGtL / bfloTjsf ;a
cªs 8fpgnf8 ug ;SgxG5 x .

wGo Û lgzf-slj

n|vk|;fb lg/f|nf

5gg\sfnfxn lglz jgdf kG5Lsf zAb 5gg\
efuL /fuL k0fo /; st leGg lj>fd 5gg\
jnf xbf 5lj ;do ;a Jofdleq 5 xif.
dfsf 5fkL slj dg lglzdf nVg yfN5g\;xif .

bV5g\dfgLjt ljlkg ;a zGo ;;f/ h:tf
ofuL sfxL od lgod ;u wf/0ff Wofg h:tf
bVbfbVb slj ;dg ;a efjgfsf ;dflw
of6f 5fof /;do sljtf aUg yfN5g\cgflb .

cfkm cf^gf slj dg ejsf Jofddf p8g yfN5g\
5fof cfkm dlng dv xb uKt zfef lgofN5g\
sfnf w;f ;3g 3g lgzf rlGbsf ;fd nS5g\
dfgf sfnf wjn /ªx? cfk;L kddf 5g\.

xbf Kof/f ksIt /ht ´ rlGbsfsf ksfz
3bf /fdf lxd s0f /;gf dvnf ´ ljsf;
5fpmg\gfnf ltld/ lar c´ Hoftsf /ªu /ªu
dfG5 g xg\lsg ;do st la|;OG5g\pdªu .

la:tf/ tL uug k6;u zqm of efd tf/f
oåf xbf wj kb gedf blvog\;Kt tf/f
ufi7L ´ tL ;sn ge lgzf dfgtf ;fWg yfng\
5f8nf sNn 6x6x /hgL rlGbsf xf:g yfng\.

zfef sn wjn /ª a9L si0f zfef 5 sn
of6f xbf rxs dxstf yKg yfN5g\bjn
PSnf ofqL;l/ slj ;kgf ´l:sPsf sgfdf
cfef xb dg ;dg ;wf´5 ´ efjgfdf .

tf/f xf:g d;d;' dvdf rGbdf 6lNsPsf
Kof/f kdL oun ejgdf kddf klUnPsf
lgGbf Kof/f sltko hgsf :jKg Kof/f 5 /flt
hfUb nVg slj sndx? sNkgf wGo hftL .

lrqnvf ufNkm6f/, sf7df8f .

Y

kvf0

j;Gts'df/ zDdf g|kfn

of6Ln olt kvf0 kvf0 slt s eg"<
d6 emg\olt rsf0 rsf0 slt s eg".
dbf sb ljrfbf em ;dGjoljgf eg"
d cfkm jf t kvL jf ;fd~h:oljgf eg".

pm To xf ls t emNssL, emNssL t 5 g eg"
;fafg ;lsg 5g, emNssL 5 lg s eg".
kmQ lg:s/ nRsG5 laRsG5 clg kml/ pm
dnf0 5Ng xf jf Tof kmTsG5 ls t s eg".

cfsfz /ªUdf sNo ljljwf klg eb5
kmsf0 rg/L km/ kªV8L emNn 5b5 .
ktnL kªVs h:t tlsG5 s;/L lrg"
kvL /x5 ofuL em ;dflw xf ls s eg".

pkmb d:sb cf0 pxL xf xg s eg"
ca pQ/ bnL ls <afnfpm ls s;fu? <
gcfcf;\kmTsg nf x Û sljt /5 s eg"
emSof0 o;n olQ ls emSsG5 cem eg".

rfan, sf7df8f .

Y

;Gtfg

bjs'df/L n'06n .ba'

:jbz 8Abf 5 j/fx 5g
cl:tTj 8Abf 5 lg blvbg
wtL lryf/L 3/ uf:g yfn
cfdf ¿jf0 ;a xf:g yfn .
afw/ kfnf 3/af/ n65g\
xf8L ttf0 lsg rt e65g\
ar/ wtL hn vtaf/L
cfdf ¿jf0 cjnf agf0 .
lxdfn cUnf 5 kljq ;li6
cUnf0 lrGg t/ v / bli6 <
ar/ ;':tf lsg dVv k5g\
cfdf ¿jf0 slt k6 e5g\.

ltdLd d/f d

ljgos'df/ zdf gkfn

;dfO dnfO lsg kf s'bfof <
lx8fO lx8fO lsg kf k5f¥of <
ltdLd lyof / ;a ;f; d/f
arfO dnfO lsg kf ntf¥of <

nnfO kmsfO ;'dfof lbnfof
¿jfO ¿jfO tn;Dd emf¥of
e'nfO e'nfO ;'wf g lknfof
em'nfO em'nfO v;fNg"v;fNof .

ltdL Kof/ eG5f ltdL ?k eG5f
ltdL zfg eG5f ltdL dfg eG5f
;';'N6f hutldf ltdL dfq pN6f
crDd ag/ ltdL g t cfof <

u/sf egsf ;ayfs ;Dem
;dfwfg leq ;ayfs hfg
ltdLn p7fof ltdLn yrf¥of
d cfh a'em xf Û ltdL hfr /5f .

ltdL km"h eG5f t sf8f d bV5'
ltdL ;f/ eG5f t l/Qf d e'6'5'
ltdL jfo' aGbf jtf; agf d
ltdL hg" aGbf agf rfbgL d .

;dfO ;dfO dnfO lx8fof
/dfO /dfO dnfO hufof
d dfG5 ;'tsf d dfG5 n's sf
p7fO hufO dg'io agfof .

ltdL zfg d/f ltdL dfg d/f
ltdL ;fr d/f ;a efj d/f
ltdLd ;dfO ltdLd ;dfpm
ltdLaf6 xf/L ltdLd /dfpm .

ltdL zlQm d/f ltdL 1fg d/f
ltdL ;ft d/f ltdL ;f/ d/f
ltdLd x/fO ltdLd a;f d
ltdLd n's/ ltdL g v'nf d .

ltdL jf/ d/f ltdL kf/ d/f
ltdL hLt d/f ltdL xf/ d/f
ltdL leq d/f ;ayfs xf:5
ltdL leq d/f dgfefj v'N5 .

ltdL 5f To;n ;ayfs xG5
;a ;fr v'Nbf ;a efj ldN5
ltdL Hofg d/f ltdL Kof/ d/f
ltdLd c6fO ltdLd ;dfpm .

d ltdf ;dLk a;L /Dg kfpm
d ltdf nnf6 p7L r'Dg kfpm
ltdLdf a;/ ltdLd em'd"d
ltdLdf 8'a/ ltdLd gx"d .

ltdL 5f To;n kgf v'N5 d/f
ltdL 5f / u5g\;'dfg t d/f
ltdLaf6 kfO ksfz 5/f d
ltdL;fy kfO ltdLd d/f d .

rfan, sf7df8f .

Y

sf sf a9 M sf sf n9 <

>Lxl/ km'ofn

b v sf d t eG5' x/ ;xh gkfnsf vflt/
lau sf lsg xf < ;alt/ oxf nfUb 5 ;fx lk/ Û
xfdf b z ;w uof tnlt/ 8'Ab uof pGglt
o:tf of lsg ef < d hflGbg s'g efUg k¥of b'ult .

csfsf dg-bb slQ gaemL afRg ldrfxf a9
:jf:gLsf jzdf k//' /xg hL hfOl6ªu a9
csfsf wg-bfnt lglnlbg ;fdGt w/ a9
sLt sfd u//' dfq /xg dfG5x? emg\a9 .

vf;fvf; u//' afRg ;'l/P w/ n'6/f a9
;femf dflg; efl;b tn em/ hfnL / em'nL a9
cf^gf :jfy lgldQ h klg u/ :jfyL 3dG8L a9
cf^gf sfd ag eof ;a s'/f ztfg aGb a9 .

/ftf/ft kdfOf-kq gsnL Jofkf/ ug a9
sLt sfuhn 7'hf kb lng tL sdrf/L a9
;f/f lfq /xg cfh c5'tf nfeL / kfkL a9
;frf sfd u//' dfq /xgnfO pklff a9 .

csfsL tgof ;dt gegL tL gq uf9g a9
;fx ei6 eP lgs hg oxf rf/L-rsf/L a9
csfsf kl;gf lkP/ lbgx"df6f ePsf a9
cfkm"hfltgsf lgldQ slt tf cf/fk ub a9 .

8fsf, rf/ a9, a9 s'l6ntf, sfnfahf/L a9
sK6L dflg;sf a9 huhuL, 7Ug 7ufxf a9
csfsf wg vfg pBt xg nRrf-km6fxf a9
qmfwL dflg; emg\a9 lbglbg, ljZjf;3ftL a9 .

vfg ;fdndf cvfB gld;L aRg g;Sg a9
vfg afWo eP/ ;j hg-tf /fuL-la/fdL a9
ei6frf/ u//' vfg ;'l/g dfG5x? emg\a9
;femf, ;Hhg, ;bUOfL hgx? 8ªuªu edf n9 .

gkfn6f/, afnfh' .

Y

dfg efj

;ªvLtf cfrfo

5 d/f ksf/f aem/ 0zf/f
;dfO dnfO lbP x ;xf/f
eg/ c;fWo u/sf ljnfgf
ltdLn dnfO s;f kf lrgfnf .

d dfof nufO t cfkm x/fP
d cfzf hufO lg/fzf hufP
ltdLn /dfO v';L hf lbPsf
/ dfof enfO 5' kL8f lkPsf .

ltdL g t cfO lg/fzf eufof
pdªv a9fO cdt lknfof
cldNbf hlt hf sefj x6fpm
5 dfof c;fWo d leq ;dfpm .

d dfof nufO ;a dd kfP
d ltdf ;hfP eg/ t cfP
hdft hufO k7fof dnfO
;';';f/ d/f phf8 u/fO .

5 ltdf t OR5f c;fWo ¿g g
5 ltdf ljrf/ p;sf xg g
o;f xf t cfh k/fof eP d
/ ltdf sefj eg/ uP d .

rfan, sf7df8f .

Y

dsjfgk'/L

d'gf cofn

j;wf kjgL dsjfgk/L
/htL jbgL emnnL crnf
/l;nL xl;nL sl;nL nltsf
gk/fhgsf dsjfgk/L .

/l;nf sl;nf kmnkm'h kmnL
xl/nL el/nL /l;nL algb
;gn wkwk\j;wf ;lhb
gk/fhgsf dsjfgk/L .

y¿jf kx/L 7s/L xh/L
;defj e/L ;an ;vbL
hgtf ddtf el/b nx/L
gk/fhgsf dsjfgk/L .

lxdzn / bfdg kfnª x
jgdf ;lhb 5 u/f; n x
5 piff l5l/b td Tof lrl/b
gk/fhgsf dsjfgk/L .

lbn vN5 o;| j;wf lsg lg
gdgf z/ Tof /d0fLo e0
z/bL /htL hndf rdsL
gk/fhgsf dsjfgk/L .

cudL r'r/f 5 st j;wf
el/nf 5ljnf 5 56f /d0fL
;gem /;6f/ kxnk/L
gk/fhgsf dsjfgk/L .

;'/tL lg/tL dxsL uug
dwdf; eof ca emNdn g
lbndf ;lhb lsg /fh u/L
gk/fhgsf dsjfgk/L .

x6f8f .

Y

cy| lkP/ afRb5'

;'efifrGb| e08f/L

kdfb of hLjgdf To;| 5 /<
alemG5 ;f/f ej zAbsf e/
5 zAb ;fGbo ljzfn ljZj em
KfluG5 zAbflyt zAb-laDjd .

5 zAb cfofd / ?k Jofks
ck0f g 5g\;a zAb-;fws
ck0ftfd klg k0ftf lbg
5 zAb yfkf t/ ;fu/ 5g Û

oyfydf zAb / cy dLt xg\
/ cf;-xf;f cgefj /Lt xg\
d r|tgf rfNb5' zAbs e/
5 zAbsf vn / dn ;Gb/ Û

:jbzsf elSt rlnG5 zAbdf
5 dfgjL zlQm wlnG5 ZfAbdf
d r|tgf rfKb5' zAb-;'q xf
d nvgL vfKb5' zAb-lrq xf Û

d zAbn g ljif-sNk efRb5'
d zAbsf ;f/e lgTo hfRb5'
d zAb aHbf wgleq ldNb5'
d zAbsf ;f/ ;nSs lgNb5' .

5 cy So ef:s/sf laxfgdf
5 cys cªvz x ljwfgdf Û
lauf/ ef dflg; zAb sINrP
cgy JofVof lsg ug tlD;P<

em/ st zAb 5 JofKt zfif0f
sx x/ Û zAb k/L s'efif0f
ltg st aGbsleq aGb 5g\
c;Xo e cfTd lj?k aGb5g\Û

d dfgjL :jfYf lg/Lx 7fGb5'
d zAb ;bª1fg :j?k dfGb5'
;dli6df dfgj eGg zAb xf
/ ;Eotf ;fdn g t zAb xf Û

pdfl/of zflAbs 1fg-d~h/L
cgy c1fg x6fpg u/L Û
oxL 5 d/f slj-efj zfZjtL
axG5 6f9f slj Ps sbXtL Û

Gfdf/ x zAb d k|d ub5'
d sfJodf zflAbs k|f0f eb5'
d zAbsf afu-aufg vGb5'
d zAb-cf/fws lgTo aGb5' .

d zAbsf ;f/ ;uGw ;fRb5'
d zAb-emªsf/ ;g/ gfRb5' .
d zAb xf;kl5 dfq xf:b5'
d zAbsf cy lkP/ afRb5' .

dWo afgZj/, sf7df8f .

Y

;Dem/ cfp 3/

xl/k|;fb kf08|o

af/Laf6 ;'s| s7 Û j/k/| kfgL gkf0sg
uf0j:t' s/fp5g\lbglbg 3f;| gvf0sg
af/Lvt sdfpg| hlt lyP 5f8b uP emg\k/
jz|sf wgn| lk/fN5 ls egL ;Dem/ cfpm 3/ .

gkfnL hgtf kl/>d u/| s| 5g gkfndf
kfxf8L jgz|nsf j/k/| xL/f ;a| kmf6df
6N|s|sf ;a tL dxf/ xl;nf kfg| ghfpm k/
cf^gf| ufp| dxfgsf l:ylt aemL ;Dem/ cfpm 3/ .

s|sf| dfx ljbzsf 3l/3/L bf;Tj aGg| klg
cfdf /f0/lxg\s7 Û ;s;n| ;Dem/ 5f/f| egL
cfP tL ca tf egL x/38L x//| af6flt/
cf^gf| ufp| lkof/ dfg ca tf ;Dem/ cfpm 3/ .

rftf/L kydf ;a;u ldnL v|Ng| u/|sf lyof|
;DemG5g\clxn| ltg| ;vLx? dfof u/|s| lyof|
k;fn| ;ayfs ldN5 clxn| ldNbg cfdf t/
5f| 6f9f ca kfl/Bf| ;a v';L ;Dem/ cfpm 3/ .

5f8/| t¿gL hxfg 3/sL kbz ufsf| ltdL
cfPgf| kml;of| ptflt/ st| kfP/ g| pjzL
cfpm x Û ca tf dxf/ xl;nf gkfns| ;Gb/
gf/Ldfx s6flfdf gkm; x| ;Dem/ cfpm 3/ .

/fdf ;Gb/ kmf6 5g\lxdrnL gkfns| uf/j
xfdf jL/ syf /r/ sltn| gfd| sdfP ta
Nofp5f| k/bzaf6 a6nL cf^g| k;Lgf t/
ltd| g| e/df /x| ;ahgf kms/ cfpm 3/ .

Y

gkfn lzj?k of|

8f= xl/x/k|blk l3ld/|

cfdf gkfnsf gfd >4fn ;Demgf u/L
kzklt lktfnf0 u/f dfg ;we/L
lz/ sflGtk/L, kfp u9 s|bf/ 9f8 xf|
c¿0ffrn sfZdL/ gkfn lzj ?k of .

gkfnL kfjtL uªuf znkqL axQ/
s/f8f| ;Njn| u5g\l5rfnL lzj d:ts
aXdkqL 08f kJL l;Gw klZrd lkªunf
gf/fo0fL ;ifD0ffdf ljl0f u08lssf lznf .

sx' s0ffnsL sfzL ufGwf/L / ;/:jtL
jfUdtL, /fktL, e/L, dxfsfnL, bif4tL
efuL/yL ;'ö kqL tyf kfrL ;/:jtL
lzj zn g;fgf8L :juªuf lzj kfjtL .

kfgL hLjg kf0fLsf gkfnLsf k/ ult
log leq c8sf 5 ;dl4 ;v ;Dklt
lzj snfzjf;Lsf sfzLsf b/jf/ Tof
lbP lxdfn /fhfn| kfjtLnf0 bf0hf .

hn hªun gkfn lzjsf :yn sfo xf|
gkfnL dfqn| cfh gaemg lsg zf:q of|
cfdf gkfnsf leqL >4fn ;Demgf u/|
;ft k:tf lnO ;fyL ej;fu/ tL t/ .

o:tf gkfnsf JofVof dxlif Jof;n u/|
dxfk/f0fdf To:t :sGbdf v08g u/|
gLlt lgdf0f ug|n gkfn cem aemgxf;\
Clif bli6ljgfsf Tof vfi6f sfuhsf gxf;\.

ufs0fZj/, cQ/vn .

Y

g]kfnsf] ;Hjwfgdf ;dfgkflts ;dfj]zL ;DaGwLJoj:yf

* g]kfnsf];Hjwfgn];a}sf]nflu ;Ddfgk"j{s afRg kfpg] xs, :jtGqtfsf]xs, ;dfgtfsf]xs, ;~rf/sf]xs, Gofo ;DaGwL xs, ck/fw kLl8tsf]xs, oftgf lj?4sf]xs, lgjf/s gh/aGb lj?4sf]xs, 5'jf5't tyf e]befj lj?4sf] xs, ;DklQsf]xs, wfld{s :jtGqtfsf]xs, ;"rgfsf]xs, uf]kgLotfsf]xs, zf]fOf lj?4sf]xs, :jR5 jftfj/Ofsf] xs, lzIff ;DaGwL xs, efiff tyf ;+s[tsf]xs, /f]huf/Lsf] xs, >dsf]xs, :jf:Yo ;DaGwL xs, vfB ;DaGwL xs, cfjf;sf]xs, dlxnfsf]xs, afnaflnsfsf]xs, blntsf] xs, Ho]7 gful/ssf]xs, ;fdflhs Gofosf]xs, ;fdflhs ;'/Iffsf]xs, pkef]Qmfsf]xs, b]z lgsfnf lj?4sf]xs, ;+jwflgs pkrf/sf]xsnfO{df]ns xssf]¿kdf :yflkt ul/Psf]5 . ;fy} ;+jwflgs lgsfosf]?kdf /fli6« ;dfj]zL cfof]usf]Joj:yf ul/Psf]5 .

* o;sf cltl/St, dlxnf, blnt, dw]zL, cflbjf;L hghflt, lk58f ju{ ;LdfGtLs[t ;dbfo, cNk;ªVos ;dbfo, ckfu+tf ePsf JolSt, yf? / dl:ndsf ;DaGwdf ;Hjwfgdf ljleGg xs clwsf/ /x]sf 5g\.

नेपाल सरकार
कानून, न्याय तथा संसदीय मामिला मन्त्रालय
सूचना तथा सञ्चार प्रविधि मन्त्रालय
सूचना विभाग

k5f/sf] kftf]

5Gb sljtfsf :j?k

k|f= uf|kLs|iOf zdf

!= slj / sljtf

sljåf/f /rgf ul/Psf slt sljtf xf . sljtf /rgf ug JolQm slj xf . o;/L sljtf / slj cGofGofl>t 5g\. s'g PsnfO lrGg csfsf d2t lngkg xG5 . sljsf hfgsf/Lljgf sljtf lrlgbg . sljnfO lrGg klg sfJosf hfgsf/L cfjZos xG5 . oL b'j k/:k/ cfa4 5g\. oL b'j Pscsfsf ;ft klg xg\. Pshgf ;flxTo dgLifLn eg|sf 5g\–æslj sljtf xf;\ sljtf slj xf;\ ta kf sljtf xG5 . zAb ykf/Lsg s xG5, efj eP kf xG5 .Æ o; egfOaf6 klg slj / sljtfaLr PsfTdstf kl/nlIft xG5 .

sljn /fufTds efiffdf cnªsf/ ;ofhg / /;ljwfg u/ / sljtfsf /rgf u/sf xG5 . sljsf nflu /; l;4Tj jf /;ljwfg sfzn ckIIft dflgPsf 5 . kl;4 plQm 5 –

holGt t ;'sltgf /;l;4fM sjLZj/fM .

gfl:t oiff ozM sfo h/fd/Ofh eod\..

o; egfOn sfJo efiffdf /;–cfKnfjg ug Ifdtf sljdf xgkg cfNofPsf 5 . sljtf jf sfJodf ljifo cg'sh /;sf ;ofhg xgk5 . /;ljwfgdf c;Ifd slj slj xfOg, ;fdfGo n|vs dfq xf . /;l;4 sljn /rgf u/sf sljtf sljtf aGg kU5 . n3 sljtfx? /;bzfdf kUg kof;/t xbfxb klg /;;fduL :j?k :yfoLefj;Dd ku/ sljtfsf ?k lnPsf xG5g\. sljtfsf lj:tf/;u /;fj:yfn klg lj:tlt cufn|sf xG5 . sljtfsf axt\?k dxfsfJox?df /;sf kl/kfs kÖf ?kn xg kfp5 .

'jfSo /;fTds sfJod\ eGg ;4flGts dfGotfn klg o; s'/fsf kli6 xG5 . zAb / cy|sf ;xefj sljtf xf eGg k/Dk/fdf dflysf plQmdf jfSonfO sljtfsf ?kdf lnOof . jfSo eg|sf ofUotf, cfsfªIff / cf;lQ–oQm kbfRro jf kb;dÖ xf . o;/L jfSodf klg zAb / cy|sf ;xefj /x|s xG5 .

slj /;l;4 xgk5 g, csftkm sljtf klg /;åf/f cfKnfljt xgk5 . sljtfdf ;flxTosf gj /;dWo s'g g s'g /; ckIIft xG5 . o;af/ k"jLo ;flxTozf:qL dDd6n :ki6 eg|sf 5g\–

lgolts|tlgod/lxtf Xnfb|sdoLdgGok/tGqfd\.

gj/;¿lr/f lgldltdfbwtL ef/tL sj|holt ..

sljtfdf lgoltsf lgod dfGo xbg . nfsJojxf/sf ;Ldfx? c;kmn xG5g\. c;Dej eGg s/f sxL /xbg . gof ljZjsf ;li6 xf sljtf . o; s/fnfO ahxf gkx'r /lj Toxf kx'r sljÆ eGg plQmn klg :ki6 kf/sf 5 . egf, 'lgoltsf lgod, ;li6stfsf ;dfh-Joj:yfaf6 sljtf cnu xG5 . o;u/L sljtf cfXnfbdo xG5, r/d cfgGb:j?k xG5 . :jfGtM ;v g sljtfsf d'het kflKt klg xf . dDd6n sfJo kofhgdf ;BM r/d tlKtsf pNnv u/sf 5g\. o;sf ;fy sljtfdf :jtGq cleJolQm xG5 . k/tGqtf sljtfsf nflu :jLsfo 5g . sljsf jfOfL xf sljtf . o;sf lgldlt jf agf6 ljlzi6 vfnsf xG5 . Tof xf gj/;¿lr/tf . ;flxTosf z'\uf/, jL/, s¿Of cflb gf /;x?åf/f / vf; u/L sg c'\uL /;åf/f sljtfnfO ¿lrs/ agfOPsf xG5 . o; ksf/sf /;l;l~rt sljtf sfnhoL xG5 .

sljtfsf :j?k / sljsf :jefjsf aLr lgs6 ;DaGw /xG5 . uDeL/ pbfQ ksltsf sljn pbfQ / dfgj kdsf sljtfsf sfJosf /rgf u5 eg lfb / ;'\slrt ksltsf sljn ;fxL cgs'n lfb jf lgDg :t/sf sljtf /rgf ub5 . lfb ksltsf sljaf6 klg sxL st /fdf / pbfQ vfnsf sljtf cfP eg To; avt l;hgfsf lfOfdf p;sf kslt kl/jtg ePsf / pbfQtf cfTd;ft\u/sf cj:yf /xG5 . jf:tjdf sljtfdf lglxt efjsf ;kmn cleJo~hgf ta dfq ;Dej xG5 ha sljdf tLj efjsf ;jbg-lfdtf sfod /xG5 . sljaf6 ;kmn sljtfsf ;li6 rflx sljdf lglxt kan cGtMk/0ffsf cj:yfdf xG5 . o; cGtMk/0ffnfO qmfGtbzL kltef klg elgG5 . o; l:yltdf sljsf ;jbg zlQm JolQmut kl/;Ldfaf6 dQm eP/ ;fwf/0fLst xg kU5 . o;/L slj / sljtfaLr lgs6 ;DaGw /xsf kli6 xG5 .

plNnlvt ljj/0fx?n slj / sljtf bjsf nflu ;flxlTos /;sf / pbfQ efjtLatfsf k'jfjZostf cfNofPsf 5g\. /;-;Gwfg kjL0ftf / efj-tLl0ftf sljdf xgk5 eg /;fj:yfsf / efj ;fGbosf cf:jfb sljtfn lbg ;Sgk5 clg dfq slj / sljtf bj sfnhoL xG5g\ ou ou;Dd aflr/xG5g\.

@= sljtf;DaGwL dfGotf

sljtfsf df6fdf6L tLg ?k /xsf 5g\- -s_ n3' sljtf, -v_ demfnf sljtf / -u_ axt\sljtf . km6s/ sljtfx? n3' sljtf xg\eg] v08sfJo demfnf sljtf xf . dxfsfJo rflx axt\sljtf xf . sljtfn n3' ?kaf6 k:yfg u// demfnf xb axt\?k;Ddsf ofqf u/sf xG5 .

sljtfsf af/df d'htM k'jLo ;flxTo-zf:qLx?n ljzif ksfz kf/sf 5g\. jlbs jf'\loblv g sljtfsf ?k bvf kg yfnsf xf . CUjbsf dGqx? sljtfdo 5g\/ tL jlbs 5Gbdf ;/lrt 5g\. nflss ;:st ;flxTosf cfudg;u zf:qLo 5Gbdf sljtfx? nlvg yfn . o; lfqsf

kyd sjfotf cflbslj jfNdLls xg\/ pgn /rgf u/sf cflb dxfsfJo jfNdLls /fdfo0fxf . of s¿0f /;kwfg dxfsfJo klg xf . ;:st ;flxTodf 5Gbsljtfsf nvg oxLaf6 ;¿ ePsf xf . o;s ki7el'tdf 5Gbsljtftkm cflbZnfs rflx slj jfNdLlsn /rgf u/ . Jofwfn sfds sf~rkIfLsf hf8LdWo efn rflxnfO xTof u/sf bv/ slj jfNdLls Jolyt xG5g\. pgn ks6 u/sf zfs cflbZnfssf ?kdf k:km6t xG5 . ToxL zfsnfO zf:qLo 5Gbdf ;jkyd JoQm ubf cflbsljtf bvfk/sf xf . jfNdLlsåf/f ;jkyd pRrfl/t cflbZnfs o; ksf/ 5 M

df lgiffb k|lti7f Tjdud\ zfZjtL\ ;df\ .

ot\ sf~rldy'gfb|sdjwL\ sfddf|lxtd\ ..

of cflbsljtf k9fOsf ;?df g jfn-afInsfnfO s07:y ug nufpg krng /xsf xf . u¿sn lzIffkOffnLdf of k/Dk/f sfod 5 . 3/d klg sltko afacfdfn cf^gf 5f/f5f/LnfO of cflbsljtf 3fsfpg u/sf 5g\. oxLaf6 ;:stdf 5Gbsljtfsf kofu lj:tf/ ePsf xf . cflbsfJo /fdfo0f / dxfef/t zf:qLo 5Gbdf /lrP . ;:stsf d3b't, lzzkfn jw, gifwLo rl/t cflb nlntsfJo-dxfsfJox? zf:qLo 5Gbdf g /lrPsf 5g\.

sljtf ljzif vfnsf eflifs lqmofsnfk xf . sljtfdf ljzif ksf/ sf efjsf kofu xG5 . nfsJojxf/df ;fdfGo efiffsf kofu xG5 eg sljtfdf sfJoefiffsf kofu xG5 . clf/ljGof;blv lnP/ ;dli6 ;'\syg;Dd efiffn zAb;fGbo, plQmjlrqb / noljwfg xb cy rdTsf/;Ddsf ofqf u/sf xG5 .

sljtfsf af/df sxL k'jLo dfGotf /xsf 5g\. kf/:To bli6n sljtfnfO ljleGg sf0faf6 ljZnifOf ug sfd ePsf 5 . cfrfo efdxblv huGgfy;Ddsf k'jLo ;flxTo dgLiflx?n sljtf jf sfJonfO kl/eflift ug sfd u/sf 5g\. cn'\sf/jfbL cfrfo efdxn sljtfnfO lrgfpg ;Gbedf zAb / cysf ;xefjnfO sljtf dfgsf 5g\. ;flxTot/ sltdf klg zAb / cysf pkl:ylt xg ePsfn ;flxTosf nflu ljzif ;xefj xgk5 eGg pgsf cfzo 5 . efdx cn'\sf/jfbL cfrfo xgfn logsf dtdf ;fGbo ljwfos cn'\sf/ cfjZos xG5 g . /Llt, jqmfflQm cflb klg zAbfyl;t ;fxrodf ckllft xG5g\. nflss Jojxf/nfO cltqmd0f u// rdTsf/k0f j0fg ug jqmflQmnfO efdxn ;a cn'\sf/sf d'h dfgsf 5g\. logsf cg;f/ sljtfdf ;fem egfO xgxbg . jqmflQmk0f cyft\3dfp/f vfnsf egfO sljtfdf ckllft xG5 . efdx ;:st sfJozf:qdf cn'\sf/ ;Dkbfosf kjts dflgG5g\. o; l:yltdf efdxn egsf zAbfysf ;xefj rflx cn'\sf/ ljlzi6 zAbfy ;fxro xf .

/Llt jfbL cfrfo jfdgn sljtfnfO kl/eflift ug qmddf u0f / cn'\sf/n ;lxt zAb / cysf ;xefjnfO sljtf jf sfJo dfgsf 5g\. jfdgsf cg;f/ sfJo u0fx? sfJo zfefsf ljwfos wd xg\. u0fnfO

cltzflot ?kn ksfzdf NofOg sfd cna\sf/n u/sf xg\. cna\sf/x? sfJo ;fGbonfO pbbLKt u/fpg sf/Of klg xg\. jfdgn sljtfsf cfTdf af/ ;jkyd rrf u/sf 5g\ **/Llt/fTdf sfJo:o** . jfdgsf cg;f/ sfJosf cfTdf /Llt xf . /Lltsf cy xG5 ljzif kb/rgf . oxf ljzif eg/ sfJou0fnfO lnOPsf 5 . sfJou0f ePsf kb/rgf /Llt xf eGg cy o;af6 xg cfp5 . jfdgn sfJo kl/efiffdf klg u0fsf pNnv u/sf 5g\. sfJou0f dVo ?kn tLg 5g\– dfwo, cfh / k;fb . o;/L jfdgsf dfGotfdf sljtf egsf sfJo u0foQm kb/rgf ePsf, cna\sf/n ;dlGjt zAb / cysf ;xefj xf .

Wjlgjfb\ cfrfo cfgGbjwgn 'Wjlg sfJosf cfTdf xf **-Wjlg/fTdf sfJo:o_** eGb sljtfsf dVo klf Wjlg xf eGg pNnv u/sf 5g\. Wjlg egsf sfzLo cyeGbf leGg / sljtf k9/ cfpg rdTsf/k0f ktLodfg cy xf . sljtfdf /Llt / cna\sf/x? Wjlg cys pksf/s eP/ cfPsf xG5g\. cfgGbjwgn o;/L Jo~hgfzlQmaf6 cfpg Joa\o jf ¿lrs/ cfXnfbdo efjnfO sljtfsf klxrfgsf ?kdf k:tt u/sf 5g\ cfrfo dDd6n bfif/lxt u0foQm zAb / cysf ;xefjnfO sljtfsf ?kdf lnPsf 5g\. dDd6 sljtfsf nflu cna\sf/ eP klg xg geP klg xg eg/ jslNks l:ylt cfNofp5g\. /;jfb\ cfrfo ljZjgfyn '**jfSo /;fTds sfJod** eg/ ;flxlTos /;n oQm ePsf jfSo jf zAbfRro sljtf jf sfJo xf eGg rrf u/sf 5g\. oxf cfgGbjwg, dDd6 / ljZjgfy cfTdjfb\ cfrfo xg\. logn sljtfsf afXo klf -/Llt, cna\sf/ cflb nfO eGbf sljtfsf cfGtl/s jf cfTdf klf -/;, Wjlg cflb nfO sljtfsf nflu a9L ufXo dfgsf 5g\.

sljtfnfO lrgfpg qmddf ;dGjojfb\ cfrfo kl08t/fh huGgfysf sfJo;DaGwL dfGotf pNnVo 5 / o;sf ljzif dxTTj klg 5 . huGgfyn sljtfdf /d0fLofystfsf klfdf ljzif hf8 lbPsf 5g\. **./d0fLofykltkfbsl zAbl sfJod** eGg logsf dfGotf 5 . sljtfdf cyut /d0fLotf cfpgk¥of, Tof rfx /;ljwfgaf6 xf;\ rfx j:tjlrqbaf6 xf;\cyjf cna\sf/ ljwfgaf6 xf;\. huGgfyn o;/L sljtfaf6 cleJol~ht xg efj /d0fLotftkm hf8 lbPsf 5g\. o;af6 /; ljxLg, j:t jf cna\sf/kwfg sljtfx? klg sljtf ?kdf cfpg eP . WjGofnfssf/ cfgGbjwgn sfJo jf sljtfsf nflu /;Wjlg, j:tWjlg cyjf cna\sf/Wjlgsf pNnv u/sf ki7eldf huGgfyn cy /d0fLotfsf rrf u/sf xg\. o;/L kf7s jf >ftf ;dlf ;Gb/ efjljDa ;Dkllift ug lfdtf sljtfdf xgk5 eGg ;a\st klg huGgfysf sfJodfGotfn lbPsf 5 . kfZrfTo ;flxTodf cfO=P=l/r8;\sf sljtfsf nflu cfjZo dflgg dNo l;4fGt / ;Dkif0f l;4fGtsf glhs glhs kusf blvG5 of cy /d0fLotf l;4fGt .

kfZrfTo ljåfgx?n klg sfJo jf sljtfsf af/df cf^gf efjgf

JoQm u/sf 5g\. c/:th sljtfnfO efiffsf dfWodaf6 ksltsf cgs/0f egsf 5g\. cem :ki6 zAbdf c/:t'sf sljtf;DaGwL kl/efiff xf –æefiffsf dfWodaf6 cgelt / sNkgfåf/f hLjgsf kgM ;hg sfJo xf .Æo; u/L 8fg8gn efjk0f tyf 5Gbfa4 efiffdf ksltsf cgs/0fnfO sljtf egsf 5g\. j8:jysf cg;f/ sljtf kan efjsf :jM:kmt pR5ng xf . znLn sljtfnfO sNkgfsf cleJolQm dfgsf 5g\. nL xG6sf ljrf/df sNkgfTds cfjusf gfd g sljtf xf .

kfZrfTo ljåfg\sf oL cleJolQmx?af6 s lgisif cfp5 eg sljtf dlntM cfTdfleJolQm xf . sljtfdf j:ttTTjsf ckIff efjtTTjnfO kwfgtf lbOPsf 5 . sljtfdf cgeltsf kjfx clws tLj xg xgfn no jf 5Gbsf cfjZostf :jefjtM xg cfp5 . ;flxTosf cGo ljwf;u sljtfnfO cnUofpg Pp6f klf noljwfg klg xf .

#- sljtfdf 5Gb

sljtf/rgfsf dlnt M tLg pks/0f 5g\– efj, efiff / no . efj cfTd klf xf eg efiff / no rflx afXo klf xg\. efjljgf sljtf aGbg . cGo bO klf -efiff / no_ eP klg efj;fGbo jf cyrdTsf/ ePg eg Tof vfln j0fg dfq xG5 . dg:dlt, r/s, z>t cflb uGydf efiff / no 5g\. ltgn sfJos cfgGb lbg ;Sbgg\. sljtfsf kofhg :jfGtM ;v / k/dtli6 klg xf of pRrtd cfgGb xf . Tof cfgGb cfTdf;u ;DalGwt xG5 . To;n sljtfsf clewfzlQmn aleMg jfRofyeGbf leGg nlf0ffzlQmn cgelt xg nlofy / vf;u/L Jo~hgfzflQmn afw ug ;lsg Joa\ofy jf ktLodfg cy rflx sljtfaf6 lgM;t xg efj xf . To;n slj / kf7s bjnfO ljzif cfXnflbt tNofp5 . ;:stsf cfgGbjwg, dDd6, ljZjgfy cflbn Wjlg, /; cflbnfO sljtfsf dVo pks/0f egsf 5g\. oL efjklf cGtut g cfp5g\. To;n efj;fGbo sljtfsf pNnVo uGtJo xf .

efiff sljtfsf clgjfo tTTj xf, efjnfO c8\bfpg cfwf/ xf . zAbåf/f cy cleJoQm ug sfd efiffn u/sf xG5 . efiffsf ;DaGw dlntM Jofs/0f;u /xsf xG5 . Jofs/0fsf cg;f/ efiffsf ca\u xg\– j0f, dfqf, ;ofhs zAb, ;1f -gfd_ lqmof, ljelQm, sf/s / jfSo . of Jofs/0f klfrflx efiffsf Jofs/0f klf xf . o;afxs efiffsf pRrf/0f klf / cleJo~hgf klf /xsf 5g\. pRrf/0f klf efif0fsnfdf koQm xG5 . zAb, jfSox? dvsf :j/oGqaf6 pRrfl/t xG5g\. of efiffsf Pp6f klf xf . o;afxs efiffsf csf klf xf cleJo~hgf . efiffsf oxL ?knfO sfJoefiff eGg ul/G5 . of sfJoefiff cGo ;fdfGo efiffeGbf leGg xG5 . sfJoefiffdf eflifs lzNksf kofu xG5, ;nlnt sNkgf xG5, >ftf jf kf7snfO dflxt tNofpg zlQm xG5 . o; sfJoefiffnfO nflflOfs jf cfna\sfl/s efiff klg elgG5 . sfJoefiffdf Jofs/0fsf / zAbsfzsf

c;fwf/0f kofu xG5 . sltko zAbx?n sfzsf cynfO cltqmd0f ub}
ktLodfg cyafw u/fp5g\.

sljtfdf no cfjZos xG5 . nosf bO eb 5g\– a4no / dQmno . a4no eg zf:qLo 5Gb xf . lkªunn agfPsf 5Gbx? o;
cGtut cfp5g\. dfqf u0fgf ul/g dflqs 5Gb / j0fdfqf u0fgf ul/g
j0fdflqs 5Gbx? zf:qLo a4no xg\. dQmnosf kofu uB sljtfdf
xG5 . of lgoda4 geP/ slj ljzifsf cfju;u cfaå xG5 .

sljtfdf 5Gb eg/ oxf a4nonfO lnOPsf 5 . o;sf lglZrt
lgod 5g\. lkªunfrfon ‘5GbM;q’df 5Gbsf lgodsf pNnv u/sf 5g\.
jbsf 5 cªu -lzIff, sNk, Jofs/0f, lg¿Qm, 5Gb / HofltIf dWo
5GbnfO klg jbs cªudf /flvPsf 5 . zf:qLo 5GbnfO klg bO¯ljefu
ul/Psf 5 – jlbs 5Gb / nflss 5Gb . jlbs 5Gbx? CDjb, ;fdjb
cflbdf koQm 5g\. o; u/L jbeGbf leGg nflss ;flxTodf kofu ul/g
5Gbx? nflss 5Gb xg\. ;:stdf zf:qLo nflss 5Gbsf cf/De ug{
slj jfNdLs xg\. cflbslj jfNdLsn nflss zf:qLo 5Gbdf ;jkyd
jfNdLs /fdfo0fsf /rgf u/ . dxfef/t / cGo uGyx? klg o;/L g
zf:qLo 5Gbdf /lrPsf 5g\. Znfsdf j0f / dfqfsf u0fgf u// 5Gbsf
;ofhg xG5 . sljtfdf nofTdstf / ;fGbo kbfg ug{ sfd 5Gbn ub5 .
;ªuLtfTds dfwo kbf ug{ l:ylt klg 5Gbn g NofPsf xG5 . o;af6
sljtf ;gf ;gf nfU5 . sljtf >ltdw/ aGg kU5 . jbnfO >lt klg
elgG5 . >lt egsf ld7f;k0f >j0f ug{ xf . of >ltdfwo rflx 5Gbn
kbf ub5 . lnlksf cfljisf/ xg k’jblv g cfPsf jb nofTdstfsf
>ltk/Dk/faf6 k/Dkl/t xb afrsf xf / lnlk cfPkl5 lnlkaå ePsf xf .

;:st ;flxTosf sfJo–dxfsfJox?df zf:qLo 5Gbx? kofu ePsf
5g\. /fdfo0f, dxfef/t, /3jz, ls/ftfhgLo, lzzkfnjw, gifw cflb
dxfsfJox? zf:qLo 5Gbdf g /lrPsf 5g\. 5GbnfO kB klg elgG5 .
o;/L kBsljtfx? 5Gb sljtf xg\/ logn kBsfJosf lgdf0f ub5g\.
5GbnfO Znfssf ?kdf klg Jojxf/ ul/Psf 5 . Ps Znfsdf rf/ kfp
jf r/0f xG5g\. rf/ r/0f ldn/ Ps Znfs agsf xG5 / Tof Ps 5Gb
klg xf . 5Gbsljtfx? zf:qLo 5Gbdf /lrPsf xG5g\. 5GbnfO ;:stdf
jQ zAb klg Jojxf/ ul/G5 . jQdf rf/ cf6 r/0fdf clf/ jf j0fdfqfsf
uGtL u// Znfssf lgwf/0f ul/G5 .

jQ jf 5Gbsljtf tLg ksf/sf xG5g\–

-s_ ;djQ M Znfssf rf/ r/0f ;dfg ePsf .

-v_ cw ;djQ M Znfssf kyd / ttLo r/0f tyf låtLo / rty
r/0f ;dfg ePsf .

-u_ ljifdjQ M Znfssf rf/ r/0f c;dfg ePsf .

zf:qLo 5Gbdf w/ h;f ;djQsf 5g\. OGbjhf, pkGbjhf, :jfutf,
dflngL, jz:y, btljnlDat, tf6s, j;GtltnsF, dflngL, lzvl/0fL,

dGbfqmfGtf, zfb’hljqmLl8t, kYjL cflb w/ 5Gbx? ;djQ ksltsf 5g\.
cw;djQ 5Gbdf kliktfuf, pklrq / ljoflugL cflb 5g\eg{ ljifdjQ
5Gbdf pbuftf 5Gb /xsf 5 .

gkfnL ;flxTodf 5Gbsljtfsf nvg kfylds sfnaf6 g cf/De
ePsf xf . OGbL/;, ljBf/0o sz/L, j;Gt zdf cflb sljx?n 5Gbdf
nvsf sljtfx? ‘k/fgf slj / sfJo’df ;ªusInt 5g\. gkfnL ;flxTosf
klxnf rlrt dxfsfJo ‘efgeQm /fdfo0f’ zf:qLo 5Gbdf /lrPsf 5 .
dftL/fd e66 / zDek;fb 9ªun cflbsf sljtf–sfJox? zf:qLo 5Gbdf
/xsf 5g\. cfwlgs sfndf sljlz/fdl0f nvgfy kf8nsf Ctljrf/,
;Tosln ;jfb, t¿0f tk;L cflb sfJox? zf:qLo 5Gbdf /lrPsf sltx?
xg\. nldLk;fb bjsf6fsf ;nfrgf, zfsGtn cflb dxfsfJo / afnsi0f
;dsf sltko km6s/ sljtfx? 5Gbdf blvPsf 5g\. otf cfP/ gkfnL
5Gb sljtf–nvgdf a9L ;lqmotf blvPsf 5 . kef cfrfo, ejgxl/
l;Ubn, /dz vs/n, kXnfb kfv/n, 7fs/ zdf e08f/L, /fdk;fb
1jfnL, bjL gkfn, ag"nfld5fg, snflglw bfxfn, tLy/fh clwsf/L,
hljg clwsf/L, l8NnL/fh cofn, ¿b 1jfnL, nvk;fb lg/fnf, afh/fd
kf8n, znGbksfz gkfn, ufljGb l3ld/ jbdl0f cflb w/ gfdx? 5Gb
sljtf–nvgdf ;lqmo blvPsf 5g\. sfsufi7Lh:tf cgsf ;:yfaf6
ul/g lqmofsnfkaf6 klg 5Gbsljtf /rgfdf kfT;fxg kfKt ePsf 5 .

5Gbsljtfdf zf:qLo 5Gbsf ;ofhg xG5 . u0f, dfqf, n3, u?
cflb lgofds cfwf/x?sf ;ofhg u// sljtfsf lgdf0f ul/G5 . n3, -. /
u¿ -~_ dfqfsf ;GgjlZ u// tLg–tLg clf/df u0fsf ?k tof/ xG5 .
u0fx? cf7cf6f 5g\– du0f -~~~_, gu0f -..._, eu0f -~.._ ou0f -.~~_,
hu0f -.~._, /u0f -~.~_, ;u0f -..~_ tyf tu0f -~~._.

o;u/L bL3dfqf, cg:jf/ ePsf x:j dfqf / lj;u ePsf x:j
dfqf tyf ;oQm Jo~hg k’jsf x:jdfqf klg u¿ -~_ xG5g\. kfpsf
cGtdf n3 klg ljsNkn u¿ -~_ xG5 . dfqfsf u0fgf ubf x:jsf Ps
dfqf / bL3sf bO dfqf xG5 . log{ u0fx?sf cfwf/df sljtfut 5Gbsf
lgwf/0f xG5 .

$= lgisif

kBnfO uBeGbf kys\?kdf lrgfpg cfwf/ kdv ?kdf nofTdstf
xf . non kB jf sljtfdf ld7f; Nofp5 . nodf ;ªuLtfTdstf xG5 /
jfrg–klqmofdf ;ªuLtsf t/ªu kbf xG5 . >ltdfwo sljtfsf klxrfg
klg xf . lkªunfrfosf 5Gbfut u0f / dfqf ;DaGwL zf:qLo lgod cg;/0f
u/kl5 non zf:qLo 5Gbsf ?k lnG5 . log{ zf:qLo 5Gbdf /lrPsf
sljtfx? 5Gbsljtf xg\. 5Gbsljtf g kB sljtfsf gfdaf6 ;dt
lrlgG5g\.

gkfnL ;flxTodf 5Gbsljtf /rgf ug{ cleofg cufl8 a9b 5 .

uBsljtfdf nVgx? klg 5Gbsljtf nvgtkm cfslift ePsf 5g\. 5Gbsljtfsf klzIf0f ug ;:yfut ultljlwx? klg anfavt blvPs 5g\. sltko ;flxTos klqsfx?n ljwfut ¿kdf 5Gbsljtf ljzifª\s ksflzt u// 5Gbsljtf nVgnf0 kfT;fxg lbPsf ;Gbe klg pNnvgLo 5 . o;af6 gjkjzL 5Gbsljx?sf a|4 xb uPsf klg kl/nlIft xG5 .

5Gb sljtfsf nflu no clgjfo xb xf, o;df efiffsf szn kofu / efj/d0fLotf klg ckIIft xG5g\. ;nlnt efiffsf dfWodaf6 cy a|rqbsf ;fy ;jbgzLn efjsf ;dy ;Dkif0f sfo 5Gbsljtfn u/sf xG5 . ;ª\uLtfTds nodf zAbx?sf cf8 lnP/ JoQm xg ;Gb/ efjljDan >ftf jf kf7snf0 dGqdUw tNofPsf xG5 . dg / dl:tis bjnf0 emª\s t tNofpg ;fdYo pTsi6 5Gb sljtfdf /xG5 .

sljtfdf /;fTds tTTj cltzo xg xgfn no jf 5Gbsf cfjZostf :jefjn xG5 . /;fTds l:ylt egsf dgsf pR5\jf; k0f cj:yf xf . dgfut pR5\jf; rflx :j/sf cf/fx-cj/fxsf ;fy JoQm xG5 / nosf ¿k lnG5 . oxL no g zAbdf ;fy ;oQm eP/ 5Gbsf gfddf b|vfk5g\. o; ksf/ 5Gb /;fTds cgeltsf ;xh dfWod aGg kU5 . oxL dgfj1flgs ts sf cwf/df sljtf / 5Gbaflr lgTo ;DaGw ufl;Psf 5 . ;:st sfJo zf:qx?n sljtf sfJosf nflu 5Gbsf cfjZostf cfNofPsf 5g\. dxfsfJodf gfgf 5Gbsf kofu xgk5 / ;ufGtdf 5Gb kl/jtg xgk5 eGg ;4flGts cjwf/0ffn klg 5Gbsf pkoflutf cfNofPsf :ki6 xG5 . To; sf/0fn klg sljtfdf kbnflnTo / efj;fGbosf ;fy 5Gbfut uotfdf ljzif hf8 lbOPsf xf . 5Gbn sljtfnf0 lr/~hLjL;dt agfp5 . o; kl/klodf 5Gbsljtf nvgtkm lbgfglbg cfsif0f a9\b hfg v;Lsf s/f xf . jtdfg cj:yfdf km6s/ sljtfx? 5Gbdf /lrg u/sf kz:t pbfx?0f kf0G5g\ vf;u/L v08sfJo / dxfsfJosf lfqdf eg 5Gbsljtfsf ;ofhg a9L dfqdf xg u/sf 5 . gkfnL efiffdf ksflzt kaGw sfJox?dWo clws dfqfdf 5Gbdf /lrPsf sfJox? g b|vPsf 5g\. gkfnL ;flxTodf 5Gbsljtfsf eljio pHHjn 5 .

Y

Shabdartha Prakashan
Chabahil Ganeshthan
Kathmandu, Nepal
email : shabdarthaprakashan@gmail.com
nepal.vk@hotmail.com
nepal120@yahoo.com
web: http://nepalipublisher.com
http://shabdarthaprakashan.com

jhoGtL tyf zAbfy{ksfzgsf k':ts kf0g]k;nx?

!=	txyd k':ts k;n- 0nfd	-)@&-%@!%)(
@=	0nfd k':ts k;n- 0nfd	-)@&-%@)$@#
#=	Unfan Ph'szgn O6kf0hh- latfdf8, e"fkf	-)@#-%$@@)@
$=	gkfn a's xfp;- latfdf8, e"fkf	-)@#-%$)(#&
%=	kqlt k':ts e08f/- latfdf8, e"fkf	-)@#-%$$^#*
^=	/flhnf a';- latfdf8, e"fkf	-)@#-%$@@&&
&=	gzgn a's P08 :6zg/L- rGbq9L, e"fkf	-)@#-$%%(&!
*=	kqlt k':ts k;n- bds, e"fkf	-)@#-%*)#(!
(=	>i7 a's P08 Goh ;G6/- bds, e"fkf	-)@#-%*$!@%
!)=	kbfz a's P08 :6zg/L- bds, e"fkf	-)@#-%*!**$
!!=	klref k':ts k;n, wgs6f	-)@^-%@!#)$
!@=	åf/sf k':ts- w/fg, ;g;/L	-)@%-%@#@&#
!#=	/dz a's l8kf- w/fg, ;g;/L	-)@%-%@%)##
!$=	dgsfdgf a's xfp;- w/fg, ;g;/L	-)@%-%#@^*!
!^=	tf\nhª a's ;G6/- O6x/L, ;g;/L	-)@%-%*^*%^
!&=	clDasf a's ;G6/- 06x/L, ;g;/L	-)@%-%*$%(@
!*=	afnfhL k':ts e08f/- lj/f6gu/, df/ª	-)@!-%#)^#*
!(=	Zofd k':ts e08f/- lj/f6gu/, df/ª	-)@!-%@^#$%
@)=	dgfh k':ts e08f/- lj/f6gu/, df/ª	-)@!-%#)%%(
@!=	klAns a$; P08 :6zg/L- lj/f6gu/, df/ª	-)@!-%@)!&&
@@=	dgfnL k':ts e08f/- lj/f6gu/, df/ª	-)@!-%@!(@^
@#=	e66/f0 k':ts k;n- lj/f6gu/, df/ª	-)@!-%@$@$#
@$=	ljgfos k':ts k;n- lj/f6gu/, df/ª	-)@!-$&)!^)
@%=	Go :jl:ts k':ts - lj/f6rfs, df/ª	-)@!-%$%@!$
@^=	;~ho k':ts e08f/- /fhlj/fh, ;kt/L	-(*$@*%)@*)
@&=	Gofkfg a's l8l:6Ao6;-s6f/L, pbox/	-)#%-$@)*^$
@*=	dgfn k':ts e08f/- uf03f6, pbox/	-)#%-$@)*^$
@(=	Gofkfg k':ts k;n- uf03f6, pbox/	-)#%-%$%^!#
#)=	;Ltf gfjn- nfxfg, l;/fxf	-)##-%^))@&
#!=	rfw/L a's l8l:6Ao6;- nfxfg, l;/fxf	-)##-%^)$#$
#@=	Pstf a's ;G6/- nfxfg, l;/fxf	-)##-%^!!@)
##=	zfx k':ts k;n- ldrof, l;/fxf	-)##-%%)%##
#$=	dhb/ k':ts ejg- hgsk/, wglff	-)$!-%@!($#
#%=	jbxL k':ts ejg- hgsk/, wglff	-)$!-%@#(*@
#^=	>L/fd k':ts k;n- nfnaGbL, ;nfxL	-)$^-%)!%*(
#&=	;Gbfjtl k':ts k;n- rl/sf6	-(&$$)@(@!*
#*=	sfe\eujtL k':ts k;n- l;Gwhl	-)$&-%@))%&
#(=	Go k/hgf :6zg/L- l;Gwhl	-)$&-%@))@%
$)=	h= Pg= k':ts k;n- dGynL, /fd5fk	-)$*-%$))!)
$!=	ldlnhhL k':ts tyf :6Zg/L- dGynL, /fd5fk	-)$*-%$))*#
$@=	yfkf a's P08 ;knfo;- rftf/f, l;GwkfNrfs	-)!!-^@)@&#
$#=	1fg uªuf k':ts k;n- agkf, sfe\	-)!!-^^#^&%
$$=	ljBfdlGb/- uf/, /ftx6	-)%%-%@)!(^

$%= l;4fy :6zg/L– jL/u~h,k;f –)%!–%@%(*%
$^= leIu';dfrf/k:ts sGb|jL/u~h,k;f –)%!–%@*(!*
$&= hg/n aL P08 :6zg;– jL/u~h,k;f –)%!–%@^#@#
$*= u0fz k:ts e08f/– jL/u~h,k;f –)%!–%@$#^!
$(= Go khf k:ts k;n– jL/u~h,k;f –)%!–%@#$%&
%)= ljBfyL k:ts e08f/– jL/u~h,k;f –)%!–%@^*(!

%!= ljBfyL k:ts e08f/–x6f8f,dsjfgk/ –)%&–%@$!^)
%@= Go ;dfrf/ sGb|x6f8f,dsjfgk/ –)%&–%@$)%%
%#= >L ;rgf sGb|x6f8f,dsjfgk/ –)%&–%@!&#&

%$= clk;xfn;n tyf aL :6f/–6f8L,lrtjg –)%^–%^@*%$
%%= kf8n k:ts dxn–6f8L,lrtjg –)%^–%^!)%#

%^= klkf-hnL k:ts k;n–k;f,lrtjg –)%^–%*@^@$

%&= df:s k:ts e08f/–gf/fo0fu9,lrtjg –)%^–%@$&@&
%*= Go klkf-hnL k:ts k;n–gf/fo0fu9,lrtjg –)%^–%@#$%@
%(= clk;xfn;n–gf/fo0fu9,lrtjg (*$%)&#^*$
^)= sfdgf k:ts k;n–gf/fo0fu9,lrtjg –)%^–%#)@%)
^!= gf/fo0fL k:ts ;bg–gf/fo0fu9,lrtjg –)%^–%@!@*)
^@= xfdf k:ts k;n–gf/fo0fu9,lrtjg –)%^–%@!**$
^#= lzj k:ts k;n–gf/fo0fu9,lrtjg –)%^–%@!^$)
^$= Go lrqjg :6zg/L–e/tkf,lrtjg –)%^–%@%###
^%= ljBfyL k:ts e08f/–e/tkf,lrtjg –)%^–%@)&&*
^^= 9sfn aL;P08 :6zg/L–e/tkf,lrtjg –)%^–%#)(%$
^&= ;gufef aL;P08 :6zg/L–e/tkf,lrtjg –)%^–%#!$&)

^*= Jof;:6zg/L–bdfnL,tgx' –)^%–%^)@&&
^(= ljBfyL k:ts e08f/–bdfnL,tgx' –)^%–%^)%^^

&)= lqk/f k:ts k;n–wflbª –)!)–%@)!()
&!= ;/:jtL k:ts e08f/–wflbª –)!)–%@!)*#

&@= gd:t k:ts k;n–a66f/,gjfsf6 –)!)–%^)%$&

&#= klkf-hnL k:ts k;n–uf/vf –)^$–$@!!!&

&$= eI/gf k:ts k;n–a;Lzx/ –)^^–%@)%!)

&%= hobUf :6Zg/L–s:df,kjt –)^&–$@)@(#
&^= ;/:jtL aL;P08 :6Zg;–s:df,kjt –)^&–$@))%@

&&= ;ug:6zg/L :6f;–DofIbL– –)^(–%@))#%

&*= cfhg aL P08 :6zg;–kfv/f,sf:sL –)^!–%$!#@!
&(= kfv/f ;flxTo ;bg–kfv/f,sf:sL –)^!–%#)%*#
*)= s~rg k:ts k;n–kfv/f,sf:sL –)^!–%@$$^^
*!= ;/:jtL k:ts k;n–kfv/f,sf:sL –)^!–%$)%)!
*@= dgsfdgf aL P08 :6zg;–kfv/f,sf:sL –)^!–%#)$$!
*#= nldL k:ts ;bg–kfv/f,sf:sL –)^!–%$!!$#
*$= ljBfyL k:ts k;n–kfv/f,sf:sL –)^!–%@@)!@
%= ljBf dlGb/–kfv/f,sf:sL –)^!–%#$^&
*^= aL df6–kfv/f,sf:sL –)^!–%@&!**
&= ji6g kf7zfnf–kfv/f,sf:sL –)^!–%##)&
**= au/P8efG;aL;–kfv/f,sf:sL –)^!–%@!&&!

(= kqklqsf :6zg/L-nfnrGb|–afunª –)^*–%@)!$
()= dnklt aL ;G6/–afunª –)^*–%@)%%@
(!= ;u/dfyf :6Zg/L–afunª –)^*–%@)@(@
(@= hgljZjf;k:ts k;n–afunª –)^*–%@!!%&

(#= >i7 Goh PhG;L k:ts e08f/–tfg;g,kfNkf –)&%–%@))^&
($= xfdf k:ts k;n–tfg;g,kfNkf –)&%–%@)!()

(%= gd:t k:ts e08f/–ufkLu~h,gjnk/f;L –)&*–^@)@!@

(^= nlDagL :68G6 sg/–e/xjf,?kGbxL –)&!–%@#%($
(&= ;/n :6zg/L sGb|e/xjf,?kGbxL –)&!–%@!&#$
(*= xfdf k:ts k;n–e/xjf,?kGbxL –)&!–%@^%@(

((= cfzLif k:ts e08f/–a6jn,?kGbxL –)&!–%$@*^&
!))= l;6L aL P08 Goh ;G6/–a6jn,?kGbxL –)&!–%$%@#^
!)!= kjLIff :6zg/L ;G6/–a6jn,?kGbxL –)&!–%$!)@)
!)@= kefta L P08 :6zg;–a6jn,?kGbxL –)&!–%$$@@$
!)#= lbJoHoflt k:ts k;n–a6jn,?kGbxL –)&!–%$)%*@
!)$= a4 Phszgn 0G6/kf0hh–a6jn,?kGbxL –)&!–%$%%(&
!)%= Go bp/fnL 0G6/kf0hh–a6jn,?kGbxL –)&!–%$%^!#
!)^= ljzfn k:ts ;bg–a6jn,?kGbxL –)&!–%$^%%(
!)&= Go ;/:jtL k:ts k';n–a6jn,?kGbxL –)&!–%$%%#)
!)*= al8dlnsf :6Zg/L–a6jn,?kGbxL –)&!–%$*!%@

!)(= ;lgn :6zg/L–th;Lkf,bfª –)*@–%@)!(!
!!)= uf/L k:ts e08f/–th;Lkf,bfª –)*@–%@!$!)

!!!= hgtfaL :6n–3f/fxL,bfª –)*@–%^)@^(

!!@= /fjn k:ts k;n–ndxL,bfª,bpvfL –)*@–%$))*)

!!#= dfpG6 Pe/i6 aL–gkfnu~h,afs –)*!–%@@*$^
!!$= pHHjn :6zg/L :6f;–gkfnu~h,afs –)*!–%@!(^$
!!%= df5fkR5 aL P08 :6zg/L–gkfnu~h,afs –)*!–%@^&$%
!!^= ;u/dfyf aL;–gkfnu~h,afs (*$(^$$@)&

!!&= d~h>L 0G6/kf0hh–sfxnkf,afs –)*!–%$)#@%

!!*= ;li6 k:ts k;n–;Vt –)*#–%@$#*(
!!(= cNkIf :6zg/L :6f;–;Vt –)*#–%@!!#&
!@)= Go kefta k:ts k;n–;Vt –)*#–%@))&%
!@!= kjt k:ts k;n–;Vt –)*#–%@!!^$
!@@= Hafnf :6zZg/L–;Vt –)*#–%@))*!
!@#= xfdf k:ts k;n–;Vt –)*#–%@)$()

!@$= rfw/L aL l8kf–wgu9L,snfnL –)(!–%@!@%)
!@%= rjf0 k:ts k;n–wgu9L,snfnL –)(!–%@#$))
!@^= rfnfgL k:ts e08f/–wgu9L,snfnL –)(!–%@$(%*
!@&= ;ud aL P08 :6zg;–wgu9L,snfnL –)(!–%@!%)(
!@*= 0dh aL P08 :6zg;–wgu9L,snfnL –)(!–%@^%#(
!@(= ljlkg aL P08 :6zg;–wgu9L,snfnL –)(!–%@!^!%
!#)= guL 68 ;Knfo;–wgu9L,snfnL –)(!–%@%#%)

!#!= hfzL k:ts e08f/–afuahf/,88nwf –)(^–$@)!@^
!#@= ;dhL–afuahf/,88nwf –)(^–$@)!$(

!##= af:sf6f k:ts k;n–cQl/of,snfnL –)(!–%%)%*#

!#$= Hoflt aL;P08 :6Zgz–6Lsfkf,snfnL –)(!–%^)*!%
!#%= kjLs aL;P08 :6Zgz–6Lsfkf,snfnL –)(!–%^)#!!

!#^= Go cofn k:ts k;n–el/ufp,jlbof –)*$–$)#))^

!#&= ;/:jtL k:ts k;n–dxGbgu/,s~rgkf –)((–%@#*!@
!#*= buf k:ts e08f/–dxGbgu/,s~rgkf –)((–%@!$^*
!#(= dxfsfnL ;dfrf/ sGb|k:ts e08f/–dxGbgu/,s~rgkf –
!$)= Go dxf¿b|k:ts e08f/–dxGbgu/,s~rgkf –)((–%@%#^&
!$!= ljlkg k:ts k;n–dxGbgu/,s~rgkf –)((–%@)!$*
!$@= vIt8 k:ts k;n–dxGbgu/,s~rgkf –)((–%@)%@&

-pkTosf_

!$#= ldq k'ts P08 :6zg/L- eQmk/ -)!-^^!@@!%
!$$= ljBfyL ;fdu| s6b}- eQmk/ -)!-^^!$#%^

!$%= kf6g a's ;k- kf6g9fsf, nIntk/ -)!-%%%@%^
!$^= clwsf/L k'ts k;n- kf6g9fsf, nIntk/ -)!-%%@&*@%
!$&= kljq a's; P08 :6zg/L- nugvn, nIntk/ -)!-%%#)@$&
!$*= o;f a's; P08 :6zg/L- dfgejg, nIntk/ -(*%!!#()%(

!$(= Pstf a's l8l:6Ao6;- yfkfynL, sf7df8f -)!-$$^)$*@

!%)= /Tg a's l8l:6Ao6;- afuahf/, sf7df8f -)!-$@@#)@^
!%!= lxdfnog a's ;6/- afuahf/, sf7df8f -)!-$@$@)*%
!%@= kf7o ;fdfu|k;n- 3G6f3/, sf7df8f -)!-$@$#!%)

!%#= /Tg k'ts e08f/- ef6flx6L, sf7df8f -)!-$@$*(^#
!%$= Pd= s= a's klAn;;- ef6flx6L, sf7df8f -)!-$@$(*#^
!%%= gzgn a's ;6/- ef6flx6L, sf7df8f -)!-$@@!@^(
!%^= ho a's l8kf- ef6flx6L, sf7df8f -)!-$@@!*^#
!%&= cg'a'S; ;knfo;- ef6flx6L, sf7df8f -)!-$@^*(&!
!%*= l/8;kjf066- ef6flx6L, sf7df8f -(*$!##$)*^

!%(= ljljw k'ts e08f/- cåtdfu, sf7df8f -)!-$@@)^&@
!^)= k'ts ;6/- cåtdfu, sf7df8f -)!-$@^^&*)
!^!= 1fgHoflt k'ts k;n- cåtdfu, sf7df8f -)!-$@$))^)
!^@= cS;kmf8 0G6/gzgn- kpzgLdfu, sf7dff8f -)!-$@$^)@!
!^#= s~rg a's P08 :6zg/L- kpzgLdfu, sf7dff8f -)!-$@@)*$@

!^$= cS;kmf8 :6f/- ngrf/ sf7dff8f -)!-$$@#&*)
!^%= gfan a's P08 :6zg/L- ngrf/ sf7dff8f -)!-$$!$%^*

!^&= k/jL kpsfzg- /fdzfxky, sf7df8f -)!-$@@(@##
!^*= k/jL a's xfp;- /fdzfxky, sf7df8f -)!-$$#)*@#
!^(= bLks k'ts e08f/- ktnL;8s, sf7df8f -)!-$$@$*(%
!&)= dfnª aS;- /fdzfxky, sf7df8f -)!-$@@(@^(

!&!= cfhg k'ts e08f/- gofafgZj/, sf7df8f -)!-$$(%^##
!&@= sf7df8f a's- zªvdh, sf7df8f -)!-$&*%@%%
!&#= a's jN8- gofafgZj/, sf7df8f -(*%!!@&@)&

!&$= clezif a's P08 :6zg/L- dWoafgZj/, sf7df8f -)!-$$$^@*$
!&%= nIDagL k'ts k;n- ufzfnf, sf7df8f -(*$@#@*((
!&^= c6hfg aS; P08 :6zg;- ljzfngu/, sf7df8f -)!-$$#&%%)

!&&= efef aS; P08 :6zg;- rfalxn, sf7df8f -)!-$$&$(#%
!&*= l;6w'aS; P08 :6zg;- rfalxn, sf7df8f -)!-$$^#)^(
!&(= P;=Pg= ;s68 Åof68 k'ts- ldqkfs, sf7df8f -)!-$$^$&!)
!*)= O6bfjtL aS; P08 :6zg;- uf/L3f6, sf7df8f -)!-$!!$^@@

!*!= af4 a's P08 :6zg;- af4, sf7df8f -)!-$(!^%%*
!*@= ljBf a's P08 :6zg;- af4, sf7df8f -)!-$(!^^*$

!*#= klJns a's l8kf- ufua', sf7df8f -)!-$#%$(&$
!*$= al4 a's P08 :6zg/L- a;6w/f, sf7df8f -(*%!)*%(^&

!*%= 6ªsZj/ 0G6/kpnhh- sfnLdf6L, sf7df8f -)!-$^&)#^@

***

k7gofpo xfd| sxL k'tsx?

ä zAbsfz ã

!: zAbfy{gkfnL zAb;fu/ -;L8L:;lxt b0{/ªdf_ -j;Gtstdf/ z0df{gkfn! !^%)÷-
@: ;ªlIfkt gkfnL zAb;fu/ -;L8L:;lxt_ -j;Gtstdf/ z0df{gkfn! !!))÷-
#: ;ªlIfkt gkfnL zAb;fu/ -:68J6_ - -j;Gtstdf/ z0df{gkfn! *%)÷-
$: ;fgfpgkfnL zAb;fu/ -j;Gtstdf/ z0df{gkfn! $))÷-
%: zAbfy{;ªux -gkfnL gkfnL_ -ljgostdf/ zdf{gkfn @@%÷-

^: gkfnL cªuhL gkfnL zAb;fu/ -;L8L:;lxt_ -ljgostdf/ zdf{gkfn !!))÷-
&: gkfnL cªuhL gkfnL zAb;fu/ -:68J6_ -ljgostdf/ zdf{gkfn *))÷-

*: gkfnL cªuhL zAb;fu/ -ljgostdf/ zdf{gkfn #&%÷-
(: zAbfy{;ªux -gkfnL cªuhL_ -ljgostdf/ zdf{gkfn !*)÷-

!): cªuhL gkfnL zAb;fu/ -ljgostdf/ zdf{gkfn #@%÷-
!!: zAbfy{;ªux -cªuhL gkfnL_- -ljgostdf/ zdf{gkfn !*)÷-

!@: cªuhL cªuhL gkfnL zAb;fu/ -;L8L:;lxt_
-ljgostdf/ zdf{gkfn !!))÷-
!#: cªuhL cªuhL gkfnL zAb;fu/ -:68J6_ -;L8L:;lxt_
-ljgostdf/ zdf{gkfn &%)÷-
!$: cªuhL cªuhL gkfnL zAb;fu/ -:sh_ -ljgostdf/ zdf{gkfn %))÷-
!%: cªuhL cªuhL gkfnL zAb;fu/ -0nJJ6/L_ -ljgostdf/ zdf{gkfn #))÷-

!^: sfgGL tyf kzf;sLo zAb;fu/ -ljgostdf/ zdf{gkfn /
-8f: ljZjbLk clwsf/L $^)÷-
!&: zAbfy{;ªux -sfgGL tyf kzf;sLo_ -$^)÷-sfdf kmf];f_
!*: gkfnL cªuhL gJf/L zAb;fu/ -ljgostdf/ zdf{gkfn /
-zpJbnfn l;*+ &))÷-
!(: gkfnL cªuhL ;+st zAb;fu/ -j;Gtstdf/ z0df{gkfn /
-ljgostdf/ zdf{gkfn *%)÷-

ä cWofTd Pj+bzfg ã

!: zAbfy{uLtf -j;Gtstdf/ z0df{gkfn! !&%÷-
@: !#% pklgift-;ªux -dh;lxt_ -j;Gtstdf/ z0df{gkfn! !!))÷
#: cWofTd / hLjg -Hofpt clwsf/L !&%÷-
$: uGtJoGt -ladph !@%÷-
%: ç -ladph @@%÷-
^: k~rfdt -7fs/ zdf{ !&%÷-
&: si0f sXgbpf -lbJokef vgfn #%)÷-
*: efujt Ps ljjpgf -uflpjGb lwld/]jpdl0f! @))÷-
(: ;lQm;wf -cgjfb, 7fs/ zdf{ &%÷-
!): 1fg-lj1fg -uflpjGbk;fb bfxfn #%)÷-
!!: Jojxf/ -Jofjxfl/s bzfg _ -Plpjgbk;fb Gofkfg] $))÷-
!@: ofJotf ,, -Plpjgbk;fb Gofkfg] #&%÷-
!#: /fhgLts tyf ;fdflhs kl/jtfg ,, -Plpjgbk;fb Gofkfg] #))÷-
!$: ljsf; / k0ffnL -Plpjgbk;fb Gofkfg] @%)÷-

ä pkGof; ã

!: dlQm;ªufd -xfj8kmf:6-cg'jfb_ -j;Gtstdf/ zDdf{.gkfnl !%%÷-
@: lg/k/fwsf]xTof -xfj8kmf:6-cg'jfb_ -j;Gtstdf/ zDdf{.gkfnl !))÷-
#: ablnbf]lIflth -uLtf sJz/L ()÷-
$: /ldnfgfgL -ej'gxl/ l;Ubjh !$)÷-
%: ;'/f;Gb/L -ej'gxl/ l;Ubjh !^)÷-
^: /fdbf0 -ej'gxl/ l;Ubjh !#)÷-
&: gkfnsf]klxnf]sfjtkj{ -P;kL cf;f (%÷-
*: a'4 -P;kL cf;f @!%÷-
(: dlQmo'4sf]aLpm -g/jb k/fz/ *%÷-
!): tLtf];To -wd{fh kf8ofn *%÷-
!!: kmªu p8sf]ofjg -8f: Clifsjzj/fh /jdL &)÷-
!@: lj:dft -ufkfn ;~hjh @))÷-
!#: /x:o -;Ltf e66/f0{ !@%÷-
!$: rGfjL -ksfzdl0f bfxfn @@%÷-
!%: oGq dfgj -OGb'kGt !!)÷-
!^: sNkgf ;+f/ -dlQmgfy zdf{ !%)÷-
!&: lj;ªut hLjg -?s'sfsL{ !$)÷-
!*: cgUgsf -8f: ljZjbLk clwsf/L @@%÷-
!(: ;?lr -zflGt zdf{ !%)÷-
@): lrqnvf -eujtLr/0f jdf{cg'jfb_ -ljgosdf/ zdf{gkfn ()÷-
@!: bjdf0sf]lsgf/df -kbLk gkfn !@%÷-
@@: Ps xhf/ jif{ -kbLk gkfn !^)÷-
@#: 5 n3pkGof; -uLtfsJz/L, ufkfn ;~hjh, k0o/lZd vltj8f, kbLk gkfn, /fhljj/ bjsfbf, ljgosdf/ zdf{gkfn !$)÷-
@$: cdj/sfdf cfdf -ef/tL ufld &))÷-
@%: xhf/ ;kgf -stdf/ sf^n] !%)÷-
@^: df65]eP/ d/sf]df65] -ljkh l;hfklt @%)÷-

ä syf;ªUk ã

!: Pp6L csL{nfp/f -sGxbf gf;ggL !@%÷-
@: kfr syf -/fhljj/ bjsfbf *)÷-
#: cgGt ofqf -;'/g pk]tL !))÷-
$: dTobt -hoGtL zdf{ !))÷
%: lhpbf]cfTdf -wd{fh kf8ofn !%)÷-
^: njdªx? -nfJsljbaxfb/' rGb @))÷-
&: wdf{w -k0o/lZd vltj8f !%)÷-
*: sd/8 efph" -si0f ahuf0f{+ !&%÷-
(: Joyfx?sf]syf -xl/ yfkf @))÷-
!): syfjfl6sf -^& gf/Lsf ^& syf_ -;+ljgosdf/ zdf{gkfn %%)÷-

ä ;dfnf]rgf ã

!: bjsfbf cfofd / kjlQ -slkn c1ft !@%÷-
@: tj;f]cfvfsf]cfnf]rgf -8f: /fdk;fb 1afnL !&%÷-
#: pkGof; ;dfnf]rgf -8f: /fdk;fb 1afnL @&%÷
$: ;flxTo-lg?k0f -8f: 3gZofd Gofkfg].kl/>dUu !^)÷-
%: ;dUlff ;dfx/0f -8f: 3gZofd Gofkfg].kl/>dUu !&%÷-
^: gkfnL dlxnf ;flxTosf/ -nLnf n06h &))÷-
&: sflo, lgaGw sJbsf bjsfbf -kf: /fhljb ;'jbL @%)÷-
*: gkfnL dlxnf njvg ||kjlQ / ofUbfg -/hgL 9sfn÷uLtf lqkf7L @&%÷-

ä efiff ã

!: Perfect English -/jk8s;_ -ufJshk;fb zdf{ @*)÷-
@: Learn Nepali yourself, know Nepal yourself - ksfzdl0f bxfn #%)÷-
#: Professional English Grammar–for students/Teachers/Professional -jfdb]kf8h #%)÷-

ä gkfnL afn–;flxTo ã

!: tLgtf/f -afnsyf_ -j;Gtstdf/ zDdf{.gkfnl #%÷-
@: pbf/tfsf]k/fsfi7f -afnsyf_ -j;Gtstdf/ zDdf{.gkfnl $)÷-
#: /df0nf]zlgjf/ -afnsyf_ -efef zdf{ $)÷-
$: tLg d'v{;fyLx? -afnsyf_ -cfef zdf{ #%÷-
%: ;fgLsf]axfb/'L -afnsyf_ -cfef zdf{ $)÷-
^: dfgf]Nof/f]vf]-afnpkGof;_ -ljZj/fh kf08] %)÷-
&: l;+/nfdv66]-afnsyf_ -ljZj/fh kf08] #%÷-
*: bz}sf]blIf0ff -afnpkGof;_ -uªuf kf8h $)÷-
(: sfun]lsg sf sf eG5 -afnsyf_ -uªuf kf8h #%÷—
!): uhfasf]kmfh -afnsyf_ -uªuf kf8h ^)÷—
!!: afnuLt -afnuLt_ -h'4axfb/' s];L ^)÷-
!@: lemlnldln tf/f -afnuLt_ -;'/g pk]tL @%÷-
!#: k5'tf]-afnsyf_ -;'/g pk]tL @%÷-
!$: cfsf;]k/L -afnsyf_ -;'/g pk]tL #%÷-
!%: cfdf / 5f]f-afnsyf_ -pld{nf nfld5fg] #%÷-
!^: 5s5s]lg? -afnsyf_ -pld{nf nfld5fg] $)÷-
!&: bz dxfd'v{-afnsyf_ -lx/0osdf/L kf7s #%÷-
!*: /fdsyf -kf}fl0fssyf_ -lx/0osdf/L kf7s $)÷-
!(: l;Gs}sf];kmntf -afnpkGof;_ -zdL{nf v8sf .bfxfnl &)÷-
@): ;fg]aGof];Gtaxfb/'-afnsyf_ -zdL{nf v8sf .bfxfnl &)÷-
@!: ;0/]/ebkm66]-afnsyf_ -zdL{nf v8sf .bfxfnl &)÷-
@@: pHofnf]af6f]lzIffsf]-afnsyf_ -zdL{nf v8sf .bfxfnl &)÷-
@#: ;fgL -afnpkGof;_ -zdL{nf v8sf .bfxfnl &)÷-
@$: k'tnLsf]lax]-afnsyf_ -dw';'bgk;fb l3ld/] #%÷-
@%: l;p/f]-afnsyf_ -8f: ljZjbLk clwsf/L #%÷-
@^: tanfsf]jbgf-afnsyf_ -8f: ljZjbLk clwsf/L $)÷-
@&: wtL{usf]s'/f-afnsljtf_ -;k;Ggf e66/f0{ %)÷-
@*: kmhnsf ;fyL xfdL -afnsyf_ -;Ltf e66/f0{ &%÷-
@(: afb/sf]lrGtf-afnsyf_ -ufljGb lwld/] jbdl0fl ^)÷-
#): :ofnsf]ldqtf-afnsyf_ -ufljGb lwld/] jbdl0fl %)÷-
#!: b0{6fps];k{-afnsyf_ -ufljGb l3ld/] jbdl0fl $)÷-
#@: b0{v66]la/fnf]-afnsyf_ -nlntf .bfjfL $)÷-
##: d'v{l;+-afnsyf_ -/jzf l3ld/] $)÷-
#$: sJL dxfk¿if -kf}fl0fssyf_ -/~h>L k/fhhL $)÷-
#%: gof ;fyL -afnsyf_ -;lfdf dfgGw/ $)÷-
#^: ;'Gb/ / ;'/sf]ljjfx-afnsyf_ -kf/;dl0f bfxfn $)÷-
#&: hfljvdk0f{kxf8L ofqf -cg'jfb-ofqf;+d/0f_ -cflzif kf08] ^)÷-
#*: ls;fg / eujfg -afnsyf_ -ljgosdf/ zdf{gkfn #%÷-
#(: 3/ -gLltsyf_ -ljgosdf/ zdf{gkfn $)÷-
$): afn ;fjft -afnuLt_ -OGbsdf/ >lj7 *)÷-

ä cª\uhL efiffsf afn–;flxTo ã

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

ä lgaGw–kqaGw–lgofqf–;+d/0f ã

!: aXdro{ofg;+dsf] jlflgs pkfo -tLy{fh kf8]h !%)÷-
@: hLjgsf] cfvL%ofn -gf/fo0fk;fb 9ªufgf *%÷-
#: dw]zL cGbf]hgsf @! lbg -dw';/bg kf08] !))÷-
$: jf]g{ofJsf] g/d08 lzsf/L -dw';/bg kf08] *)÷-
%: kTy/ kufNb} -ufpkfn ;~hfh !%)÷-
^: dfyfkRrL -ljgosdf/ zdf{gkfn !%)÷-
&: wd'lzvfsf] nodf ;Nnfsf];';fhL -/dfz ljsn @%)÷-
*: Infinity -ejfz vgfn !&%÷-
(: ;df6sf];LdfleQ / aflx/ efgeQm -kf: /fh]b ;'jfpL !^)÷-
!): dfgf] df6f]u -xl/ yfkf @@%÷-
!!: ;do ;dosf s'/f -hubLz nfld5fg] @%)÷-
!@: kg/fjlQ -ljgosdf/ zdf{gkfn ::::::÷-

ä sljtf tyf sfJo ã

!: **tLtfdL7f s'/f**- j;Gtsdf/ zDdf{gkfnL, cRo't/d0f clwsf/L, e'jgxl/ l;Ubfh, rGbk;fb Gofkfg] ksfzdl0f bxfn, bfpL gkfn, 7fs'/ zdf{/fdk;fb kGt, pdf ld;, nIdLsdf/ sfd/fnf, ufpkLsi0f zdf{. !!!÷-
@: **gUtsf s'/f**- j;Gtsdf/ zDdf{gkfnL, lzjufpkfn l/;fn, lji0f'keft, vufpb vfNg;f3/] P;kL cf;fL, czfJsdf/ nfld5fg] dfwj l3ld/] afnsi0f e66/fO{ u0f/fh sf^n] ufpjGbk;fb l3ld/] dS%bk;fb zdf{. !##÷-
#: **gUtljrf/**- j;Gtsdf/ zDdf{gkfnL, 7fs'/ zdf{nIdLsdf/ sfd/fnf, ufpkLsi0f zdf{ vufpb vfNg;f3/] a;"nfld5fg] 8f: cfdjL/ l;+a:gfpL, g/fpb k/fz/, ;GbLk;fu/ gkfn, 8f: 6Lsf/fd -ljZjfpj/L clwsf/L, ljgosdf/ zdf{gkfn . !##÷-
$: **j;Gtfg**Gb -rDkSfJo_ -7fs'/ zdf{ -/fh]j/ bfpsfpf !))÷-
%: **:jg** -sljtf;ªux_ -/fh]j/ bfpsfpf !))÷-
^: **cf]e]h** -sljtf;ªux_ -obgfy j;Gtk/] ^)÷-

&: **nfpssbfpv kf/nfpss;Dd** -sljtf;ªux_ -ljgosdf/ zdf{gkfn %)÷-
*: **ahfpb gDa/ kfr** -sljtf;ªux_ -ksfz rfkfuf0+ !%)÷-
(: **lrGtg;usf] ofqf** -sljtf;ªux_ -;Ltf e66/f0{ !@%÷-
!): **c>wf/f** -sljtf;ªux_ -r8fdl0f cfjhL !))÷-
!!: **zLbgfb** -sljtf;ªux_ -7fs'/ zdf{ !%!÷-
!@: **clegjg** -sfJo_ -7fs'/ zdf{ !%)÷-
!#: **k1fr lf**- -dxfsfJo_ -g/fpb k/fz/ !%)÷-
!$: **khftGq}khftGq** -Joªuo sljtf;ªux_ -h'4axfb'/ s;];L: !))÷-
!%: **?jf0oft** -pd/v@ofdsf] sfJo_ -cg'jfb_ -j;Gtsdf/ zDdf{gkfnL &%÷-
!^: **ls/ftfhGfLo** -ef/ljsf] dxfsfJo_ -cg'jfb_ -j;Gtsdf/ zDdf{gkfnL !%)÷-
!&: **j;Gt** -sfJo_ -/fh]j/ bfpsfpf &%÷-
!*: **j;Gw/f** -dxfsfJo_ -vufpb vfNg;f3/] #@%÷-
!(: **Ps c~hhL dg** -uhn;ªux_ -sdnf l/;fn .Hofpt'L !@%÷-
@): **tfGtjs ;Hhg ;jfxf/f /0fgLt** -sljtf;ªux_ -clgn uf}g !&%÷-
@!: **cf]rGbdf** -sljtf;ªux_ -dl0f/fh l;+ @)!÷-
@@: **oftgf** -uBdxfsfJo_ -OGb'kGt !%)÷-
@#: **l;hGfgGb** -sfJo_ -a;g"nfld5fg] !@%÷-
@$: **cg'dlt** -sfJo_ -a;g"nfld5fg] !))÷-
@%: **d tGej** -sfJo_ -a;g"nfld5fg] !))÷-
@^: **dfpL ;lugL** -sfJo_ -a;g"nfld5fg] !%)÷-
@&: **cfux** -sfJo_ -a;g"nfld5fg] !@%÷-
@(: **;Gb/Lsf];jf0{**-;jf0{ -gf/fo0f gkfn ^%÷-
#): **chn uhn** -uhn;ªux_ -gf/fo0f gkfn !))÷-
#!: **dQms d~h/L** -dQms;ªux_ -gf/fo0f gkfn !))÷-
#@: kjf;Lsf]gf;f] -uhn;ªux_ -$) uhnsf/ !))÷-
##: **af6f]vfNb}af6f]lf**- -sljtf;ªux_ -xl/dfof e'jfn !&%÷-
#$: **;/sf/kfl/sf]ufp** -sljtf;ªux_ -si0f s$fh !%)÷-
#%: **kfpf]sif{** -dxfsfJo_ -nIdLsdf/ sfd/fnf @%)÷-

ä SofDk;:t/Lo ã

!: !! sf]cy{f:q -ufpS0f{dNn !&%÷-
@: !@ sf]cy{f:q -xl/bf; ;fksfpf÷cfDdsf/ kfpBfh !^)÷-
#: Elements of Economics (XII) -tf/f e';fn÷ozfNw/f k;fO{/fhg kmfh' #))÷-
$: Jofj;flos cy{f:q (B.B.S, BBA.) -ufpS0f{dNn @))÷-
%: Business Economics (B.B.S, B.Com.) -ufpS0f{dNn $))÷-
^: Business Statistics (B.B.S., B.Com, B.B.A, BIM)
-dgfh clwsf/L÷dxfk;fb >]7÷kf]f/fh vgfn, z/brGb sf^n] %%)÷-
&: Fundamentals of Business Statistics (B.B.A., B.C.I.S, B.C.A, B.I)
-8f: k'¿iffQd l;+÷dxfk;fb >]7÷bLks/fh kfpBfh #@%÷-
*: Differential Calculas (BA.B.Sc., B.Ed.) -8f: dfgDdb xDbf'/ /xdfg @))÷-
(: Integral Calculas (BA., B.Sc., B.Ed .) -8f: dfgDdb xDbf'/ /xdfg @))÷-
!): kf/Des ul0ft lzIf0f -cfO{P8:_ !!_ -8f: dfgDdb xDbf'/ /xdfg !&%÷-
!!: ul0ft lzIf0f -aL:P8:_ -8f: dfgDdb xDbf'/ /xdfg !&%÷-
!@: dxfsljbfpsfpf sfkL cfofd -aL:P:_ -k0ffk;fb clwsf/L !&%÷-
!#: gkfnL gf6ssf] cWoog -aL:P:_ -k0ffk;fb clwsf/L (%÷-
!$: ;fwf/0f gkfnL -aL:P8:_
-8f: 3gZofd GofkfgfwgkIt sfd/fnf÷dlQmgfy 9sfn @#%÷-

!%: gkfnL nfs ;flxTo kjlQ / cGjfOf -Pd:P gkfnL_ - slkn c1ft @))÷-
!^: clgjfo{gkfnL -aLP_ -8f: 3gZofd Gofkfg]wgklt sf0/fnf÷dlQmgfy 9sfn_ @#%÷-
!&: ;÷st ;flxTosf]?k/]vf -aLP:÷Pd:P_ -kf: ufkLsi0f zdf{ @&%÷-
!* efiff-lj1fg -aLP:÷Pd:P_ -8f: 3gZofd Gofkfg]wgklt sf0/fnf÷dlQmgfy 9sfn_ @&%÷-

ä :sh–af]8{ª:t/Lo ã

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

ä cGo ã

!:	;Lk l;sf}+ ;Lkdhs k:ts_	-ufshk;fb zdf{	!))÷-
@:	njvs 6]nkmfg 8fo/L -;fydf k:ts k;nx?_		%)÷-
#:	kafw rGbfbo ->Lsi0f ld>sf]gf6s_ -cg'jfb_	-j;Gtsdf/ zDdf{'gkfnÚ	^%÷-
$:	cf^gf]pkrf/ cfkm}-:jf:Yo_	-/fhjb >j7	$))÷-
%:	Social Change In Rural Nepal	-Ebindra Prasad Neupane	#))÷-
^:	;ªuLt ;fu/ -;ªuLt_	-eut l;x+ jfUbf;	::::::::÷-
&:	;flxTo jif{k:ts @)&! -k:ts kl/ro-sfjf_	-1fg' clwsf/L	$))÷-

***

tkfO{n] xfdLnfO{ e]6g vf]Hg'ePsf] xf] ‡

/rgf, lj1fkg jf k:ts-klqsfsf]nflu

zAbfy{ k|sfzgsf] sf¥ofno-rfa]h, u0f]z:yfg

)!-$$(&#%!÷(*$!-$(^!)#

mail: nepal . vk@hotmail. com / nepal120@yahoo. com / shabdarthaprakashan@gmail. com

web: shabdarthaprakashan. com / nepalipublsher. com

zAbfy| k|sfzgsf k':tsx? cgnfOg lsGg' k/| Û

http://muncha . com/