

k] sfpLG; n gkfnáf/f /fli6@:t/sf]-s_ juáf jul\$[

j hOGtL

j if{(c^s \$ kOf\$ \$^ lj wfsjbbt ; flxltos klqsf @)&# sflt\$-d^ly /

; Afs

j ; Gtsdf/ zDdf{.gkfnú

lgbz's

ljgostdf/ zdf{gkfn

k\pfg ; Dkfs

&fs/ zdf{e)*f/l

; Dkfs

ofbj e^v/f0{

; xofjll

sdnf gkfn

efef zdf{

cfef zdf{

dft\$ f cfrfo{

k\$fs

zAbfy{k\$fszg

rfajh, sf7df8ff

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; Rgf Mj hOGtldf k\$flzt /rgfsj; DkOf{lhDdjf/ :jod\y/s g}xg\$g\

; DkfbS lo

• slj tf lj wfsf]Pp6f pke]sf]z kdf /x\$]ult tyf uhnn]cf]gf] cl:t]j ufog z]hdf hl]j t /fv\$]f] 5 . jf:t]j df n]y / k\$]fzgeGbf ufogaf6]of]lj wf kl/lrt ePsf]kf0G5 eg]lj gfufog hlt /fd]ult jf uhn n]Vp klg To; sf]rrf{ kl/rrf{ePsf]kf0G . krf/; l / pbaf6 g]kfnf le]qPsf]uhn s:t]xgk5{< o; sf l; 4ft s]s]xg< of]lj ifodf yk} cj wf/of / ax; xg c]fPsf xf0gg\cfc]gf lj rf/ / dt k\$6 gePsf klg xf0gg\ . l; 4ftn]l; hgf hGdfpb} a? l; hgn]l; 4ft hGdfp5 eG] s/fdf j hoGtl 9Ss 5 .

• xdf] cleofg lj wfut cleofg eg] j hoGtl]lj leG lj wfsf] ; j4Gsf nflu ; flxTosf] ; a}vfn]lj wf pklj wfnf0{ ; dfj z ub}cfPsf] s/f ; j lj lbt 5 . o; }l; nl; nfd] lj leG lj afg\ ; }6fx; af6 n]Vpsf b}z lj b}zaf6 k]t uhn} o; cl3 c^a\$ # \$df ; dfj i6 ul/Psf]yof] / o; kN6 To; }f0{lg/Gt/tf lb0Psf]5 .

• j hoGtl]df lj afg\ ; }6faf/f n]Vpsf]k5f/sf]kftf]lg/Gt/ ; DalGwt lj wfsf]w]yf] cf/De / lj sf; qmdnf0{k}6 kfl/x\$}5 .

• j hoGtl]nf0{df of u/] cf^gf /rgf pknAw u/fpgxg] ; Dk0f} ; }6fx; df j hoGtl kl/jf/ xflb\$ cfef/ k\$6 ub5 . o; sf ; fy}cfufdl lbgdf klg ; Dk0f{n]y-; flxTosf/ Pj k7sx; af6 :g} ; b}fj / ; xof]u k]t xg]g}5 eGdf xfd] lj Zj :t 5f} .

*

; flxTos klqsf j hoGtl]sf]

; #s]t-! , Psf^sl-! , k} {d]t-! , n3pk6of; -! , n3syf-! , uhn-@ , rf8:kj{! , d0ms-@ , lj b}zofqf-@ , j b}zofqf-# , /fli6o-JolQm]j-# , uBslj tf-# , syf-\$, lga6w-\$, ; :d/of-% , ; dl]f-% , 56bslj tf-& cf}f c^a\$bx? lgsfln; s\$]f] ; flxTos klqsf j hoGtl]sf] \$& , \$* c]f c^a\$ n3syf / 56bslj tf

• zAbfy{k\$]zgsf]j } ; f08 nepalipublisher.com df j hoGtl]sf ; a}c^a\$.8fpgnf] ug{ldNg]u/L /flvPsf 5g\

o; c^a\$df

qmd	uhnsf/	kl]7	qmd	uhnsf/	kl]7
!=	cRo't l3ld/]	%	#^=	wj s'df/ yk}f	#^
@=	cyfx; fu/ tlydfg	^	#&=	g]bfnf cfrfo{	#&
#=	c; kmn uftd	&	#*	gf/fo0f gkfn	#*
\$=	0Gb]s'df/ >]i7	*	#(=	lgzf uftd	#%
%=	0Gb]s'df/ >]i7 ; /t}k	(\$(=	gltf sj; l	#(
^=	pkdf cfrfo{	!)	\$!=	k; nD; fn	\$)
&=	pld}nf kGt kf08p	!!	\$@=	k; iffQd kf8]n	\$!
*=	pld}nf nfd]5fg]	!!	\$#=	k0f{ d'gsdl{	\$@
(=	pd l; ; ldt	!@	\$=\$=	kl0f}f cfn]	#&
!)=	slkn c1ft	!#	\$%=	k]sfz a: gjt ukrf8l	*
!!=	sNkgf cfrfo{ cf]nl	!\$	\$^=	k]sfz e08f/l	\$#
!@=	s0f]lj -s=	!%	\$&=	k]sfzdl0f b]xfn	\$\$
!#=	s'df/ sf^n]	!\$	\$*=	k]Hj n e6}f/fo{	\$\$
!\$=	s]i0f kxf/l	!^	\$(-	k]ef a/fn	\$^
!%=	s]i0f k]wfg	!&	%)=	an/fd kf8]n	\$&
!^=	vu]b] v]n]; f3/]	!*	%!=	ag^nfd]5fg]	\$\$
!&=	lvd]fg]b k]v/n	!(%@=	dxfbj clwsf/l	\$*
!*=	u^a}f sdf]fo{ kf8]n	@)	%#=	ldng ; dl/	\$(
!(-	u]kfn ; -h]n	!^	\$\$=	d'sG]b zdf{ rfn;]	%)
@)=	u]fj Gb l3ld/] j }bd]0f	@!	%=-	dfxgd]0f k]v/n	%!
@!=	8f= 3gz0fd Gofkfg]	@@	%^=	od'gf k/fh^nl clwsf/l	%@
@@=	rG]s]fGt clwsf/l	@#	%&=	o] /fh ; j }bl	%#
@#=	5lj 1jfnl	@\$	%*=	/fh' sfzok	\$\$
@\$=	hgs h^a\$]f/	@%	%(-	/fhk; fb e'; fn	%%
@%=	hgfbg b]xfn	@^	^)=	fd's'df/ kl08t lfql	%!
@^=	hfgsl ltl]dN; gf	@&	^!=	/fd]j qmd yk}f	%^
@&=	h}al vql	@*	^@=	n]dl e6}k	%)
@*=	6^a\$ lj sNk	@(^#=	n]dl /dfn	%&
@(-	=l8Nnl/fd e08f/l	#)	^\$	nlnf/fh b]xfn	%*
#)=	ltn: dl k]ef;	@%	^%	n]vgfy sf^n]	%(
#!=	lqn]f]rg cfrfo{	#!	^^=	n]vk; fb lg/f]nf	^)
#@=	bl3{ lfql .blkl	#@	^&=	n]s]b]l a]hf/f	^!
##=	l}Jo lu/l	##	^*=	lj Bf 9sfn	^@
#\$=	b]uf{ j gj f; l}l	#\$	^(=	lj g]f]s'df/ >]i7	^#
##=	wg/fh lu/l	##	&)=	lj gos'df/ zdf{ g]kfn	^\$

&! = lj kkg dd{	^%	& (= zjv/ lj sNk	&!
&! = lj kn l; hfklt	^!	*) = zlfef kGy	&@
&# = lj j z ct{k t ofql	^^	* ! = ; ^alt cfofd	&#
&\$ = lj iOfbk ; ^a\$Nk	^&	* @ = ; ^altf cfrfo{	@)
&% = zDe' coffn	^*	* # = ; -hlj gl u'z^a	&\$
&^ = lzj clwsf/l	^(* \$ = ; /'g pk tl	&%
&& = lzj kOf	^*	* % = xl/ ykf	&^
&* = z'ifdf dfgw/	&)		

:yfol : tDe M -

k5f/sfj kftf M uhnsfj ; #rgfTds : j ?k &8f= n|vk|; fb lg/fnf &&
zAbf{ k|sfzgsf k: tsx? M *&

jhoGtl ; j6f ; Ddfgaf/f ; Ddfigt JolQmij x?

c^a\$!= k 8f-slkn c1fft -; dLIff_	c^a\$ @ = /fh7j / b] s f -kj {dft_
c^a\$ # = ag" nfid5fg] -/fli6@ JolQmij_	c^a\$ \$ = pldfnf nfid5fg] -gltisyf_
c^a\$ % = 8f= z pk\$fsz g fn -5Gbslj tf_	c^a\$ ^ = elid pk tl -; j b7zofqf_
c^a\$ & = oj /fh gofB/] -; j b7zofqf_	c^a\$ * = 8f=/fdk fb 1j fnl -5Gbslj tf_
c^a\$ (= k 8f-ho/fh kGt -rf8kj {	c^a\$!) = sGxof gf; ggl -lj b7zofqf_
c^a\$!! = ej gxl/ l; U jh -kOfosyf_	c^a\$!@ = k 8f-bufk fb cofn -; dLIff_
c^a\$!# = k 8f ufk s Of zdf{-; dLIff_	c^a\$!\$ = /fd7j / /fpt.dft f; U-uBslj tf_
c^a\$!% = 8f= 3gZofd Gofkfg]-; :d/Of_	c^a\$!^ = k pk g fn -; :d/Of_
c^a\$!& = k 8f lzj ufk fn l/; fn -5Gbslj tf_	c^a\$!* = lj ho rfn;] -lgaGw_
c^a\$!(= k\$fdzldof bxfn -lgaGw_	c^a\$ @) = >Lcf > 7 /fhg -; :d/Of_
c^a\$ @! = /fdk fb kGt -; j b7zofqf_	c^a\$ @@ = d-hh -lj b7zofqf_
c^a\$ @# = gf/foOf lg/f; l -5Gbslj tf_	c^a\$ @\$ = zZl ykf .kl08tU -; :s t_
c^a\$ @% = lszf kxf8l -n3syf_	c^a\$ @^ = nIntf bf tl -Psf^a\$l_
c^a\$ @& = ultfs7/L -n3pk6of; _	c^a\$ @* = /fw7ofd n\$fnl -uBslj tf_
c^a\$ @ (= rGbsf t cfrfo{-/fli6@JolQmij_	c^a\$ #) = b]l g fn -5Gbslj tf_
c^a\$ #! = cd/sdf/ k vfg -/fli6@JolQmij_	c^a\$ #@ = lbjo lu/L -dQms_
c^a\$ ## = ; lfd dfgw/ -syf_	c^a\$ # \$ = aB /fgf -uhn_
c^a\$ #% = k 8f/fh b ; j L -; dLIff_	c^a\$ #^ = g/ b k/fz/ -5Gbslj tf_
c^a\$ #& = d 7sf k 8 h -lgaGw_	c^a\$ #* = s Of ahuf0f-syf_
c^a\$ # (= wL/sdf/ > 7 -uBslj tf_	c^a\$ #) = /fdfs hl sf g]-dQms_
c^a\$ \$! = k 8f s Ofk fb bxfn -; dLIff_	c^a\$ \$@ = dS6b zdf{rfn;] -5Gbslj tf_

á cRo't l3ld/

zflGt 5bf5b|lsg qmflGt lap 5g{eof| <
g|tf sfd/|8 tkf0|n| gug{ sfd ug{eof|

d|rl bVof|, sfj; l bVof|, bVof| dxfsfnl
8f^8f^ 8^a8^a lj gfz ug{cl3 ; g{eof|

n8f0df hlt dfq xG5 eGgxGyof|
v} t hlt cfh tkf0f+tn emg{eof|

lx/fdf|tl kmNg| b7z phf8, pbf; aGof|
nfhkrfo{ l5d|sls|sf| e/ kg{eof|

w|} lbg eof| b7z ef|sef|s| a; |sf| 5
af|r| eGg| nfl|bf| x|fn| tkf0{ dg{eof|.

sf7df8fj.



ca xdfj| knfj
n3'syf, 5Gbslj tf,
syf, lgaGw / uBslj tf c^a\$ x? .

á cyfx; fu/ tlydfg

sdhf/ln] emg\sdhf/ agfof
cN5lx?n] ubf{ sfdrf/ agfof.

b|z 8'afpg] sfd g|tfx?s} xf
log]n] /fhgllt krfxf/ agfof.

xb eGbf clt ug{u/k|5 ltgn]
afWotfkj} s olt s7f/ agfof.

k|tl|ffsf] 38l j f: tj d} sl7g 5
kvfQdf cf0gg\Sof af/ agfof.

snf / ; ^\ltsf] ltdf] hfböL gdöf
bz{s bl3fQdf j fg; df/ agfof.
b'n]ufBf, tgxf. xfn M'b'a0{oP0{.



ca xfdj kfnj
n3'syf, 5Gbslj tf,
lgaGw / uBslj tf c^a\$X? .

á c; km ufjd

3/ sxf eGb} kl/j f/n] ; f|Wbf oyfy{n'sf0/x]5'
lhGbul.sf] ; Demftfdf cfkrf]n] cfkrf]nf0{r'sf0/x]5'.

>ldtLsf] x/sf] uGö' cf^gf] wfjtl w/f] knf6df]
; ffemsf] uf; 5g ; Qndf la:s'g ; 'sf0/x]5'.

xj f, x'/L, r6df^a / j iff{s} /x]5 of] lhGbul <
dl:snn] hf]8]sf] dg; lu cf^g} dg b'vf0/x]5'.

; ^\$Nk, ; Demftf, ; ^\$iff{/ l; hgf dfq} b]V5'
kl8fn] hN5 d'6' b]vfj 6L ; Gtfjif knsf0/x]5'.

la; f5' eG5' ; f/f c|tLsf b|Wb\sxfglx?
lgsf] ePsf] 3fPsf] vf6f cfkrf]n] pKsf0/x]5' .
7hfl8xl-^, :of^kf .



jhoGtl\$ nflu /rgfx? z'4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ; Sg'xg5 .

á 0ḡb|s'df/ >|j7

; a} z|0msf g} khf/lx? 5g\
ltg)PsgDa/ lzsf/lx? 5g\
u/l sfd /Dg} sxfkfp' / <
ukrjdfq xfsG} esf/lx? 5g\
r'/f d|xbln} b'j} xft /^aḡ
; w}krt; b}df s'df/lx? 5g\
lgdfj7/ ^ ofS5g\krtn} sfjknfdf
htf x/ sfBf / 3f/lx? 5g\
eof}j fl/ sfxl eof}kfl/ sfxl
alr}df c?sf ; j f/lx? 5g\
cf|vn9^aḡf .



á k|sfz a:gjt ukrf8l


gf/f lyof} clg x'n lyof}
lj /f|wsf} sfnf} t'n lyof} .
ha ldNof} p; nf0{ ; Of
v'; lsf} cyxf dh lyof} .
l; ^aḡf} b}z agfp'5' eG'Yof}
elTsPsf} s}b}f}k'n lyof} .
xfdln} 7'nf} lj Zj f; u'of}
p; sf} gf/f krh'n lyof} .
pm aḡof} p; nf0{ s} bfE
lhtfpg' xfd} eh lyof} .
cfnfkf}6, sf7df8f} .



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ca xfd} j} ; f08df j}hoḡtl / bflot}sf ; a}
c^aṣ 8fpgnf} ug{ ; SgxG5 x} 0

á 0ḡb|s'df/ >|j7 .; l/tḡ

e|dnf0{g} ; To 7fg/ d kxf8 plSn/x}†
/2lnf0{/fdfof dfg/ d kxf8 plSn/x}†.
cgGt ; kgfn} lbgd}/^aḡkv}6f lkrhfPKI5
l; ^aḡf}wtl}nf0{ 9kSs 9fs/ d kxf8 plSn/x}†.
h'n'; ; E}ldl; P/ klg' lyof} clnf} r'r'/f}
lj rf/sf yk} 8f/L af6/ d kxf8 plSn/x}†.
3fd 5}Sg} afbn RofTg' g}celi6 lyof}
Ps cEfnf} af; tf5/ d kxf8 plSn/x}†.
6f9fsf} kx}nf} 3fdn} ; 'g ag/ e}SofP5
e|d xfd}g ; Tonf0{ cEfn/ d kxf8 plSn/x}†.
t/x/f, ; 'g; /L .


zAbfy{ k|sfzgsf} j} ; f06df j}hoḡtlsf
; a} c^aṣ, n|vsx?sf} kl/ro,
xdfs ; a} ultlj lw,
zAbsf}zx?sf} ; kr}j}p/ /
sfoḡm}dsf t:jL/, lkr}nd tkf0{sf nflu
pkn}lAwk0f{ x'g ; S5g\ x} 0

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á pkdf cfrfo

cg'/ful gh/n] x]/s] ; D´gf c´} tfhf 5
cw/n] dfof nfPsf] ; D´gf c´} tfhf 5 .

h'g]nl /ftdf /fxsf] k]f/f] af]s] / x]l/}]
ltdllj gf cf] ; lsf] /ftl eg]sf] ; D´gf c´} tfhf 5 .

zx/kf/L dg j fl6sf df´ d': s'/fpb} k]dfbdf
h'gdh'gdft/ Ps csf]df x]/Psf] ; D´gf c´} tfhf 5 .

k/b]zg'sf] kl8falr bl/nf] 8f]/L lyof] dfofsf]
dfodf eN5' kv] a:5' eg]sf] ; D´gf c´} tfhf 5 .

kTofprf s ; /L < nfx'/s] ltnx/Ln] ltdf] unf d15P5
e'nf]s ; /L cfgGb nx/Ldf kf]8Psf] ; D´gf c´} tfhf 5 .

rfajh, sf7df8fj.



s] tkf0(h] xfd] j]a; f06 xg'ePsf] 5 <
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á pld'nf k'gt kf08b

lj kgf ´} nfiYof] hlj g ; kgf kf] /]5
ltdf] d'xf/ d]/f] lbndf, ykgf kf] /]5 .

ltdl stf d stf, e]63f6 5g xfd]
/ftf]bg ltdf] gfdsf] hkgf kf] /]5 .

xf; nf] d'xf/ ; Gb/ ?k b]y]/ftf]bg
Tof] t vfnl d]/f] dgs] sNkgf kf] /]5 .

sNkgfd} ; lhP/, cfp]g] 5foff ?k t
; D´gfdf elj io l; pg] ; kgf kf] /]5 .

1fgZ] / , sf7df8fj.



á pld'nf nfd5fg]

h: tf] rfXof] p: t] u5f]/fhf xf] ls /fgl <
l/QPgf] ltdl c´} yk] xf] ls vfgl <

z´ fp5f] cfk] k] / cfk] tfk lb65f]
s] eg] /rgf d]h] cfuf] xf] ls kfgl <

rN7f] af6l 6lsf ufhn d'Gb] cf]7L nfi5f]
bf]x] h'uf bV5' k] / afa' xf] ls gfgl <

j l/ wL/ oj'f zIQm o: tf b]Vbf cfh
cGof]h ef] .pdl(hf0{ nfe xf] ls xfgl <
rfajh, sf7df8fj.



á Pd l; ;ldt

slt alof] slt k'nd!g kfgl
cfd] To: t} all5] ddtfsl vfgl .

sf] ; fg] sf] 7hf] df] afB5] ; wf
t/ l/Qf] xlg xpsl /fgl .

nfd nllb] lxB5 3fd; l} sfd
3f/h: t} 3/ st}osl dfgl .

yfn]kR5] yk5] l; hgf]sf] uf;
gfd] x] gdtf cfbz}sl yfgl .

d'6' krl6fP/ d'6' /fkb} hfg]
kof/f] ; i6 ltdl of] cfv}fsl gfgl .

v}f6fa .



cfpgf; \ 0

jhoGtl]sf] ; fy ol ; flxltos klqsf klg k9f] M
/rgf, clelolQm, bflotj, zlb; ofhg, ; hlv,
gjklfkg, lxdfnl u/f, , zlf^a's/, skg-afgZj/ .
; flxltos k': ts-klqsf ; knfo; {

rfajh uofz: yfg, sf7df8f] gkfn
)!-\$\$(&#%!:(*\$!-!\$\$(^&

á slkn c1ft

gs'b0] 3f8fsf] To] avfg s] ug{<
gk90] 5f/f]sf] To] j ofg s] ug{<

/fi6k}tsf] vflt/ Psb0{sbd
grNg] uf}8fsf] To] ; Ddfg s] ug{<

; 'u6w / ; f}bo}h] tl b}j} /lxt
sfB}sfBfsf] To] pBfg s] ug{<

lau}p} uPk15 ubl leqleq}
afix/L af}qmf]sf] To] lgbfg s] ug{<

sxl}gem}nsbf p}hofnf lbg cen}
xf; lv'; lsf] To] ahfg s] ug{<

e/tk/, lrtjg .



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á sNkgf cfrfo{ cfnl

pgl; lu 5'6gk'fof] afjnl /f]sof]
cfv'faf6 cff; ' em'fof] afjnl /f]sof] .
slt w/}v'; l lyoff; ; lu; lu}x'bf
dgsf] df65] vfjnl t'fof] afjnl /f]sof] .
cf^gf] agf0 d'6'leq /fV5' e'gbfe6b}
p; }sf] dg a; f0f; }fof] afjnl /f]sof] .
d/f] w8\$g d/f] d'6' ltdl 5'6}kl5
d/f] lhpg] cf; } d'fof] afjnl /f]sof] .

bds em'kf .



á s'df/ sf^nj

eg lk6 hlj g s; /l rNb} 5
kmn ^fof] lrlrn}df ls k'nNb} 5 .
x'/l atf; cfp'5 ajnfa]n'fdf
lgEof] ls cfzfsf] lbof] c ^}aNb} 5 .
lj Zj f; lh6bulsf] ; tl; fn h: t}
7l8Ps} 5 ls d uPk'5 9Nb} 5 .
lj j ztfn] b' eP klg xfdl
x'po zlt'n} 5 ls eg hNb} 5 .

cfjvn9^a'xf .



á sof] lj s=

lh'tsf] Pp6f cy{x'65, xf/ s] x'65
xfg]h] dg a'em'fpg] cfwf/ s] x'65 .

t/j f/n] sf6g ; S5 t/ sndn] lhT5
klj q snddf cflv/ wf/ s] x'65 .

l; ofjnl laem'p'5 t/ hf'8'5 ; wf
6'q'm'fpg] t/j f/df kof/ s] x'65 .

axfgf t cg]s u5[e'6g dg gx'bf
dg eP lgi7'/lnf0{af/ s] x'65 .

pgl eP d x'65' d eP pgl x'65g\
Ps geP lh6bulsf] ; f/ s] x'65 .

ltNk'^a-&, /fd]5fk .



zAbfy{ k|sfzgn|

!(y/l zAbsfz k|sfzg ul/; s|sf] 5
/
ca c? !@ y/l k|sfzg ub} 5 .
s] tkf0{k|sg sfzsf/ x'gx'65 <
cf^gf] zAbsfz k|sfzg ug{ 0R5's x'gx'65 <

á s|0f kxf/l

cfvf lrDn|kl5 ltd| ; kgf b|vg yfN5
x/ /ft x/ lbg ltd| ; D´gf b|vg yfN5 .

cfhsn ltdlaf6 w|} 6f9f x'g vf|Hb} 5'
x/kn ltd|f| :kz{s|f} 36gf b|vg yfN5 .

hfGg t eg|s|}lyPF|j b|z, afWotf x|f d|/f|
k|f|; a'ssf leQdf ltd|} sfdgf b|vg yfN5 .

dnf0{ vfnl slj tf n|Vg'; 'g eGg| u5|}pm
klqsdf ltd|f| uhnsf /rgf b|vg yfN5 .

k|v/f y|f|s-@, kfnkf .



á ufkn ; -hn

dfx'/lsf| h: t} n|stGq l; Sg affsl 5
/fhglltdf dl.7|f| dx lenSg affsl 5

cfGbf|ng, qm|Gt, lj b|f|x t w|} u'off|
kl/j tGsf| ; f/ cen|l6Sg affsl 5

hgtfsf cfzdf lg/fzf a9g yfNof|
r'n|f|r|s|f| k|f|} /fhgllt leHg affsl 5

/fi6dgdfQdf sdl{ dfx'/l sdl ef|
hgtfsf gh/df g|tf laSg affsl 5 .

nlntk/ .



á s|0f k|wfg

dlGb/ eP lg dl:hb eP lg
k|hg| t Pp6} euj fg} x|f lg ù

d7} wfP klg luh{|5/} klg
khf t cflv/ Pp6} x|f lg ù

9^af yfk| klg dl't{ 9f|u| klg
cf: yf t cflv/ 0Zj /s} x|f lg ù

aln /b| klg e|bl r9| klg
0Zj /n| To|f v|f| ù slxn| lnof| lg <

lxGb' eP klg dl:nd eP klg
hft t Pp6} dfG5} g} x|f lg ù

0Zj / ; a|s|f Pp6} x|f eg|
dfG5} dfG5|alr lj eb| of| lsg lg <

0df8f|n, nlntk/ .



s| tkf0|n| xdf| ; flx|Tos k':tsx? k9|ePsf| 5 <

á vu|b| vf|N; f3/|

g6^a|ng| 5 hf| ofqf 6^a|Nb} 6^a|Nb}g To|
 h|Gdg| h|Gd ofqf xf| 6^a|Nb} 6^a|Nb}g To| .
 alp pd|5 hf| alh leq alhTj x|5 To|
 alhTj k|}ng ofqf 6^a|Nb} 6^a|Nb}g To| .
 d|o' xf| c|To hf| e|5g\ d|o'h| h|Gd /f|S5 /
 alhSf| pld|g| ofqf 6^a|Nb} 6^a|Nb}g To| .
 emg| dg| 5 hf| ofqf em5{So} d5{So} / kf|
 ; + / rqm hf| rN5 6^a|Nb} 6^a|Nb}g To| .
 j ; Gw/f laoffof|g alp x'g\ |i6 rfns
 af6| v'n} x|bf ofqf 6^a|Nb} 6^a|Nb}g To| .
 : j oDe;" sf7df8ff.



s| tkf0|nf0| yxf 5 <
 @)&! sf| j if| k':ts cf0; s|sf| 5 /
 xfdl @)&@ j if| k':tsdf h|6; s|sf 5ff .
 @)&@ j |zfvb|v r|q; Dd lg:s|sf k':tsx?sf| xfdl
 l6kk0f|; lxt kl/ro k|sfzg ub| 5ff .
 xfdlnf0| l6kk0f|sf nflu k':ts jf
 kl/rosf nflu hfgsf/l pknAw u/fpg'xf|; \.
 ; flxTo ; j4g s|b|
 zAbfy| k|sfzg
 rfah u0fz:yfg, sf7df8ff
 \$\$(&#%!=(*\$!\$(^!)#

á lvdfgGb kf|v/|n

s|t; Dd rnf|bf rN5 lhGbul
 lgsDdf g}ePk|5 9N5 lhGbul .
 lzv/ rDg| wfj fx? af|nf af|nf x|5g\
 a9|; sfnsf| k|x/; |u}uN5 lhGbul .
 wd{sd{ldYof e|5g\Psy/L df|5|
 kfs tfpn|sf| axfgd} k|N5 lhGbul .
 lj Zj f; sf| blgofdf rn|sf| 5 hut\
 Hj f/ef6f / cf|w|; |/ rN5 lhGbul .
 egf eg| s| egf vf| e|G} c; |hnf|
 d'6el/ Joyf af|sl hN5 lhGbul .

sf7df8ff.



lo ; fg|pd|b|v dg xg{nfu|
 log} ; Gb/Ln| h'h'd ug{nfu| .
 -df|L/fd e6&

á u^af sdrfo{ kf8h

á ; ^ultf cfrfo{

ca eg] clt eof]
x'g'; Dd vlt eof].

:j l0fd tl knx?
ltdln] u/|sf 5nx? .

b]z xfsG] dx/lysf
s'r{ tf]g] dlt eof].

; D`b} 5' cfh klg
; kgfsf dxnx? .

/fhgllt bfpk]rn]
g]k]ns} b'u{t eof].

n'sfdf/L v]Nb} 5g\
dgd] ; of/x/x? .

p7ff]g x] p7ff]hg]t]
x]/ a:of slt eof]<

aGb u/ ca ltdl
d'6' tf8g] knnx? .

xGg uNtl b]xl/g
klxnf h] hlt eof].

hGdfpg]5' PSn} ca
cJoQm ol uhnx? .

sf7df8ff.

rfah, sf7df8ff.



s]tkf0mf0fyxf 5 <

ljwfs]bb]t ; flxltos klqsf j]hoGtl]

; #s]t-!, Psf^sl-!, kf]{d]t-!, n3pk6of;-!, n3syf-!, uhn-@,
rf8:kj}!, lj b]zofqf-@, dQms-@ ; #d/Of-% ; j b]zofqf-#,
/fli6o-JolQmj-#, lga6w-\$, uBslj tf-#, syf-\$; dl]ff-%,
5Gbslj tf-& lgsfln; s]f]5 .

á u]lj Gb l3ld/] .j]bd]0f0

goff]hGbul]sf] ltdl ult ufpm
Joyf lai; P/}; w}d':s'/fpm.

hx]f]k]d j iff]pg] j]lf xG5g\
; s]; Dd v]h]/ cf^g] agfpm.

xhf/]ox]f]5g\5/]sf lj iff]b
lko]ff]ltg]af6 5fg]/ v]fpm.

w/fwddf 5g\cg]sf]f/; flb
ltg]af6 ; Gr]f]lgsfln]/ n]fpm.

ox]f]j]pg]df st}; fG]T]gf 5
; bf v]h ; f]xl To; }df /dfpm.

dgd]f lj t]l]off ; a]df lj t]l]off
ox]f]b]vg]5g\To; }n] x6fpm.

ltdl :j u{aGbf ; a}:j u{xG5g\
ox]f]gs]sf]ef]j gf g]gNofpm.

ltdldf au]sf] 5 ; Gt]f]f wf/f
To; }df dn]f0{ ; l}g]g]xfpm.

ltdl wG aGb}/x"af; /Lsf]
dn]f0{To; }df nuf0{grfpm.

; w]/f; sf]v]n x]f; \k]0f]df]sf]
To; }eq of]lhGbul 3fd Nofpm.

hf]/kf6L, sf7df8ff.



á 8f= 3gZofd Gofkfgj .kl/>dlú

lj Zj f; sfj gblndf af9L 3'; fpb} 5g\
clg ofj ePg eGb} xNnf rnfpb} 5g\
a9bfj 5 ef0 ef0 alrdf lj j fb rsfj
apjhsfj cj : yfdf `gVdfpb} 5g\
tfl/km lgs} kfj u5g\6f9f 5 hfj p; }sfj
cf^gfj cufl8 `Sgjhfo{ 8'afpb} 5g\
p; s} sb/ xb} 5, h; nj 0dfg aRofj
st{olgi7nf0{pN6}; tfpb} 5g\
; fgfx? egj 5g\
x'g\hfj 7'nf pgjh] 0Hht u'dfpb} 5g\
e/xj f.



gkfn-; flxTo ; dfh

j; Gt-/fwf kBsilo k':sf/laf6 ; Ddfigt

!=@)^* l8Nnl/dOf zdf{cHofh

@=@)^ (k?iffQd l; lbjh tyf urfj Gb/fh lj gfpj

#=@)& ag"nfd5fgj

\$=@)! ej gxl/ l; lbjh

%=@)&@ nldstf/ sf0/fnf

.xqstf/l-lbjfs/ ; dfh; jf ; Ddfglaf6 ; Ddfigt

!=@)^* kDfjfgGb cf>d, uXoLj/l

@=@)^ (lr; fvfhf cf>d, kfV/f

#=@)& efuj tl; Gof; cf>d, kzkl

\$=@)! kljq ; dfh ; jf gkfn, wfkf; l

%=@)&@ lqkmf /fli6o k':tsfno, emkf

á rGbjsft clwsf/l

/; -dlb/f xpo el/el/ ult-ufj Gb-/fd uf0of 5
j |hj f; L >Ls[iOf-ufjkgLsfj klj q kpd rflxof 5 .

cfv}el/ j yfulsfj lbnel/ dvdnl kmNofj Sof/ U
Hofg eP l3p lkplnf Zofdnf ufydf 5jd al9of 5 .

; Unfj dfof :j R5 kpd 9f6L s'/f syl lx8g' v/
b0{lbgSfj lhGbulf kmhsl snl djd bffhof 5 .

klOfdfsfj /ft; E}efj nx/Ldf n'sfdf/L vjh
j z hfbf ufy-:j fpgl /fwfLj xpd kf0of 5 .

kmh kmqnl wGg; 'sl embf rflxPg 5fofhfn
9f8 sfkL s/^ef6f 5ftleq od 5f0of 5 .

/; -dlb/f xpo el/el/ ult-ufj Gb-/fd uf0of 5
j |hj f; L >Ls[iOf-ufjkgLsfj klj q kpd rflxof 5 .

sfkmm8fbf, ufl/vf .



s] tkf0h] xdfj ; flxTos k':tsx? k9yePsfj 5 <

á 5lj 1jfnl

lemllldnl ; x/df sfnf /j5g\df65x?
/fdgfd hkj klg efnf /j5g\df65x? .

hlt ; 's) ; Eotfsfj blk afNg vfhj klg
l3ptjh ; lSPsf kfnf /j5g\df65x? .

cfTdlotf b\vfpg xNnfj xfo ug{ vfhjg
w/fjwd{b}vfj 6l efnf /j5g\df65x? .

6f0 ; '6 k)/P/ df6/ r9g] dxfo
lj rf/df RofltPsf 6fnf /j5g\df65x? .

dfjnfpg 5lj nf0{ :j fledfg afRg'k5{
:j fledfgsfj lSOf sf6g] ; fnf /j5g\df65x? .

wg/flz y'kfjnf0{.lahlú xg'k5{ c/]
To ;)n] t s)h] h0f, dfnf /j5g\df65x? .
l ; 4fy'gu/, ¿kGb]xl .



á hgs h^a\$fi/

hlt 6j\$5fj6]s ofj dgsfj cflug ltd] nflu xfj
ltdl h] ; 's) 7fg ofj ; f/f hlj g ltd] nflu xfj .

dnf0{ t ¿ 'fof} ¿ 'fof} lk|p cff ; 'Tofj ' /Ln]
v' ; L xfj ltdl ofj v' ; lsfj ; fj g ltd] nflu xfj .

; 'Dkb} 5' cfh} d/f ; ayf]s ; f/f ltdlnf0{
ofj dg ofj tg clg ofj w8\$g ltd] nflu xfj .

d wtl{ xbf s] efj ; hfp'5' lg h'g tf/fx?n]
x/ t pm Toj dflysfj lgnuug ltd] nflu xfj .

s)hfnl, xfn-dxf0/L .



á ltn:dl kfef;

dfof lb65' eGbfeGb} krlGS P/ uofj
; fy lb65' eGbfeGb} /lGS P/ uofj .

ga%g]nf0{ vkf]sfj laB eofj >Lv08
xft lb65' eGbfeGb} ; lGS P/ uofj .

af]sfsfj d\vdv s'leG8f] s] c6fp]ofj
dfy lb65' eGbfeGb} 'lGS P/ uofj .

kZrfQksfj cllg tft) xfnfpm P]h]
ufy lb65' eGbfeGb} alDSP/ uofj .

af]4, sf7df8f] .



á hgfbg bxfn

v}ú a'9fafsfl pkrf/ b}vlg p; n] lgsfl x'g] s'g} cfwf/ b}vlg p; n].

/f}5, kımfp5 clg df6f]d} s'x'fp5 aRg n}hfg] s'g} ahf/ b}vlg p; n].

s}nf0{ b}z clg sltnf0{ df6f] df6g' < of] b}zsf] : yfol cfsf/ b}vlg p; n].

v}ú s] ug{ b}z ; Dofpb} 5g\df65}x? /f}g] alp clg c; f/ b}vlg p; n] .

htf x}of] d's'08f]n] 9flsPsf] 5 st} ; Ssnl cg'xf/ b}vlg p; n].

z'Snfu08sl # tgxf.



; flxTo ; j-4g s}b}gkfn

;; flxTo ; j-4g b}6f ; Ddfglaf6 ; Ddfigt

@)& k}f-8f-s}z}k; fb pkfllbo .

@)&! k}f-lz}ufkfn l/; fn

@)&@ k}f-df}g/fh zdf{

.xl/x/ zf:ql ; fl}qlb}l ; flxTo k}':sf/l@)\$\$

@)&) k}f-8f-jf; b] lqkf7l

@)&! k}f-s}0f uf}d

@)&@ s}tf zdf{

.ljZjHofit ; j}f ; Ddfglaf6 ; Ddfigt

@)&! >l ; To ; f0{f}b} k}f{s}f7df8f}

@)&@ >l ; To pBfg, nlnTk'

.zf/bfb}l l; h}g}f k}':sf/laf6 ; Ddfigt

@)&@ ultfs}z/l

./flwsf-kbd-buf{s}lo slj tf k}':sf/laf6 ; Ddfigt

@)&@ ultfs}z/l

á hfgsl ltlDn; gf

klkn; lu pleg] To] b}v}b}g j / oxff nugs}lbg z}p}xf/ uof] s] /flV5g\w}ú 3/ oxff.

e'd/lD} kl/g}pgl kf}Ng] pgnf0{ 8/ 5g phfl8of] lh}bul To] 5g pgsfl 3/ oxff.

lk/tldf xfl/g}pgl b}j ltdf] lht eof] e0g}pgl 3/ g 3f6sl s; nf0{s; s}f] e/ oxff .

nfnf afnf j }j }f s: tf dxnd lbnfp5f} v}ú : j fxf eof] lf0fe/d} v: of] pgsfl 3/ oxff.

eGg'xG}of] xfdl. cdf b}w} kbf{x} euj fg\ú e}65g}pgl b'i6 tl euj fg}s} 8/ oxff.



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ca xfdl} j}a ; f08df j}hoGtl / bflot}sf ; a) c^a\$ 8fpgnf} ug{ ; Sg}x65 x} .

á hjal vql

laxfg p7nf cfvfel/ cff; ' xG5g\dl/f
kl8fx?sf] 5fn cf0{lsgf/nf0{ 5G5g\dl/f .

dnf0{dfq o: tf] xfls c?nf0{klg
dgel/ kl8kl8f vft\vt xG5g\dl/f .

otf uof] ptf uof] lbgel/ cNdlnof]
; ff^ kv klg cff; ' cfvfel/ xG5g\dl/f .

Eff]s 5]g kof; 5]g lgbf] 5]g /ftel/
l; /fgldf klg cff; ' ^l//sf xG5g\dl/f .

cfsf; lt/ x/] klg w/tlnf0{x/] klg
cfvf el/el/ cff; ' el/0/fsf xG5g\dl/f .



zAbfy{ k|sfzgn]
!(y/l zAbsfz k|sfzg ul/; s]sf] 5
/
ca c? !@ y/l k|sfzg ub} 5 .
s] tkf0{klg sfzsf/ x'g'x'G5 <
cf^gf] zAbsfz k|sfzg ug{ OR5's x'g'x'G5 <

á 6^a\$ l]sNk

Pp6f kmh e0df ^vof] csf]{8fnld} 5
t]; fl] rflx+cIn ^P/ dgsf] hfnld} 5 .

kmh]sf] klg dfG5]h: t} efllo xG5 ls x}U
efllo x'g] euj fg'sf] khfyfnld} 5 .

cefllosf] bf]E nflg] klg kmh x]bf] /]5
efllo bf]E nfllof kmh c ^}gfnld} 5 .

kmh]nf0{ arfpg], dfg]{ Pp6f xft xG5
hlj g n]vf ug]{ xft s]j n dfnld} 5 .

gln, klt, Zj]t cg]s kmh]sf /^a xG5g\
dg]eq km]Ng] /^a r]cf]7sf] nfnld} 5 .



s'/f ; Gbl5g\dg nufP/ ; f/f
axfpbl5g\xf; L ol lkol'fwf/f .
ddfly 7hf] k|d /fv/ x]5g\
h'e]rfP gog d'v z/d dflg km]5g\
- zDek]; fb 9^a\]h

á l8Nnl/fd e08f/L

kf|xf|/ cfpbf nlnkk 5¥of}g|kfndf
c3f|ift gfsfaGbl u¥of}g|kfndf .

ltdf| sl6n rfnf ca alem; s| ; an|
prf0df lyof} e0df em¥of}g|kfndf .

tfnrfal dfq}xf0g : 6|/ª} sf6g v|H|g|
kfl/af6 d'v afpb} r¥of}g|kfndf .

lj : tf/j fbl zhl ltdf| l5d|s; Dd kl0f|
To}celi6 ln|b} clxn| ; ¥of}g|kfndf .

j L/ uf|v|f|hl : j fledf|gl em|Sg| 5gf|xfdl
tftf| Gofgf| /f|Sg| ln: 6df k¥of}g|kfndf .

huqb|j L &, : of^hf .



s|tkf0{]x|fdlnf0{e0g v|H|gePsf|xf|}#
 /rgf, lj 1fkg jf k!ts-klqsfsf|nflu
zAbfy{ k\$zfzgsf| sf0f|ho-rfah, u0fz:yfg
)!-\$\$(&#!÷(*\$!-\$(^!)#
mail: nepal.vk@hotmail.com / nepal120@yahoo.com /
 shabdarthaprakashan@gmail.com
web: shabdarthaprakashan.com / nepalipublisher.com

á lqnf|rg cfrfo{

; do o: tf| cfcf|; \nq|sf ; a)hf0{p7fcf|; \
; do o: tf| cfcf|; \t; |sf ; a)hf0{xf; fcf|; \
u'gf; f| sxf|xG5 cfzfsf| kf|lhGbul xf|
; do o: tf| cfcf|; \g/fzf krfn|/ arfcf|; \
; lhnf|dfq}x|bg ; a}; a}sf| sfo{flnsf
; do o: tf| cfcf|; \j kb\cft^a\$; a)x6fcf|; \
eh6, em|n / sk6sf| slt ; xg| ; fpg|j iff|
; do o: tf| cfcf|; \0dfg ; a}sf| h|rfcf|; \
v|H|sf| xg ; v}; Mvsf| l; xf; g xfdln|
; do o: tf| cfcf|; \dfq ; Tosf| ; +f/ /rfcf|; \
skg !, sf7df8f|.



hx|f; Dd k¥ofP/ kmlsPsf lyof|ltdl
 Toxlf5' d hx|fb|v t|sPsf lyof|ltdl
 labfj fbl xbfv|/ pxl zAb af|H|d|n|
 xf| t pxl zAb ; 'gl em|sPsf lyof|ltdl .
 -dg' alhfsl

á bl3{ lfql .blkl

l; ; fh: t} km6}sfj 5' d t ' /f ' /f oxff
Tofj b}v/ 5g sfxl eGg] s7a/f oxff.

kmh agl kmqnl kmN5' eg]sfj y} afujel/
a'6} ; 'sf0 wld/f}n] vfofj ; a} h/f oxff.

ltdfj Gofgfj dfof kfP lhGbuln] ?k kmYofj
d}eId dfly klG agy}x/fe/f oxff.

xff; L v'; L ; a} affir} eGg] sfxl e}6b}gg\
c? bVbf cfkm'xf: g] b}V5' k/Dk/f oxff.

t/f] d/f] xg] y}g hft wd}n] 5'g] lyPg
wtl{ cfsfz cf^g} xGyof] ag] p8g] r/f oxff.
¿b}k/ ^ ¿kGb}xl, xfn Mo' P 0 .



otl ; Ddg\epSsfj xfn, ls pm hfgfj; \s d} hfg"
ls p: t}Sj }eP hfGnf, ls pm hfgfj; \s d} hfg".
otf a; §5 d}3 wf/f, ptf rd}kd\ah'nlsfj
d .OGb}l s] ePf}x}hf, ls pm hfgfj; \s d} hfg".
-nldlbQ kGt

á lbJo lu/l

s}xl rfxb}g lk}b dnf0{ ltdfj l; /fgl eP klU5
ltdfj d'xf/df 'Nsg] ; 'gf}nf] laxfgl eP klU5 .

; kgfsfj kxf8 af}sl lx}B}g d}n] 5fj8; s}ca
dnf0{ x}g] ltdfj cf}v}sfj Pshf/ gfgl eP klU5 .

cfkm}tsfj a: tl g}lj /fg x}b}uPkl5 ca
sfj 5 / cf^gf] < ltdl of] lbns] /fgl eP klU5 .

7hfj s'f s}xl 5}g d/f] eGg' of] ; + f/df
ltdl; lu} dg] afRg], oxl lhGbufgl eP klU5 .

; lD ' /xfj; \of] b}lgoffn] h'glh'gl; Ddnf0{
ltdfj / d/f] dfosfj cd/ sxfgl eP klU5 .
l6sfynl, nlntk' / .



sn}hf Ps rDagn] j ; Gtl j fu en}xf}nf
d'6'df r: sg] z}f}nf z/b}sf] tfn en}xf}nf .
ltdl lxdfnsfj b}j L h; }kl}n/ cf}pnl
g; fdf /Qmsf] v}f}nf piiffsfj zlt en}xf}nf .
-eldlgw ltj f/l

á buf{ .j gj f; lú

; tLsf] nfz af]sl lx8g] dxfbj] nf0{ ; nfd
kl8fn] cf]7 6f]sl lx8g] dxfbj] nf0{ ; nfd ú

ylnP/ leq leq}c ; Xo To] rf]6n]
c>wf/f /f]sl lx8g] dxfbj] nf0{ ; nfd ú

g; lsbf ; fy}hfg 5f]8l hfg] ; lu; lu}
lj j z 5ftl 7f]sl lx8g] dxfbj] nf0{ ; nfd ú

c^a uNb}em] klg lxdgbl enfklun0{
lj lfkttf 3f]sl lx8g] dxfbj] nf0{ ; nfd ú

hlGdP/ dg] kg] of] lj wfgs}lj ;4
dfg o'4 tf]sl lx8g] dxfbj] nf0{ ; nfd .
j lQ; k'tnl, sf7df8f.



pNkmt sf] k]ddf Sof j j fb ef] hdfgf
dhg' aGof] lbj fgf n]hf agl lbj fgl .
-pk]b]axfb'/ .lhu/ú

á wg/fh lu/l

eh klg kfk klg krfk lk/tldf
s]xl klg xGg clezfk lk/tldf .

x]pon] /f]h]kl5, /f]Hof] /f]Hof] xh/
o: tf] xG5 x]podf 5fk lk/tldf .

wd{ pd]/, /l]tl/j fh ; f/f df/l uf]nl
ul/G5 x}clt ; Gb/ kfk lk/tldf .

sxf] 5]gg\n]hf-dhg"clg d'gf-dbg ú
xG5 xG5 hx]f klg rfk lk/tldf ú

uGtJo xf] .k]dgu/ú x/]s lhGbulsf]
eP klg bn bn clg wfk lk/tldf ú

lrtjg .



á lgzf uftd .cf, ú

h'gsf] ce]j 5 3f]dsf] ce]j 5
ce]j 5 lr7l n]Vg] v]f]dsf] ce]j 5 .

ltnnf0{kxf8 agfP/ cl3 a9g]x?
ce]j 5 cbfntdf kl]bf b]f]dsf] ce]j 5 .

o'j fj u{l] b]z nfuj cf]DbfgLsf]l; nl; n]df
ce]j 5 g]k]fndf sf]dsf] ce]j 5 .

To]f] ; Ltfsf] ne k/]sf] lgs} eof]
ce]j 5 ; Ltfnf0{/f]dsf] ce]j 5 .

sfe].



á wlj s'df/ ykf

; \v b\v eg]s] t lh6bul.s] kf6] x65
b]vof] ; † f/df 9^a\fs] e/ df6] x65 .

x/]; vfg' x6g slxn] ; q' nfu] klg
h: tf]; 's] ; d: of.s] xfn x'g] af6] x65 .

lk/]k/n] Hofg vf65 e65g\hf6]x?
; fRb] ; fRb} s'g} kn 6]nfpg] nf6] x65 .

cf^gf] dg hnfP/ Joyf af]sl lx80] eg]
lr]P/ d'6el/ /uts] 6f6] x65 .

n'sfpg' x6g s'/f ofqf ubf{ hlj gs]
^'6] s'/f ; fr] a6b] ldqtdf krf6] x65 .
; fluf]s, l; Gw'kfNrf]s, xfn M ckmufg: yfg .



crfgs Ps} e6df s; /l tfls tl/ 5f8af]
agf0 lbn lgzfgf of] atfp s] gfkrf kfof].
z/dn] s]xl To; ahf gx]s] lyof] xf; n] d'v
lb0{d-h/ cf]vfn] atfp xfn s] kfof].
-d=j l=lj =zfx

á g6bnfn cfrfo}

psfnl tf5l kfg{ 5 ; Dd geg To; /L
d]bfg p75 eg]/ ltdl gvg To; /L .

Pp6} dl't{ agf0{sg rlst t'Nof0{
; fsf/ kf5{ ; kgf e6b} gsg To; /L .

Psfw s'/f x]/ ; f/f Pp6} 8af^a s]
dfg; leq gkl; sg gug To; /L .

ldn]/ cfpn eg]/ wDsl lbP/ x]bg
lgb6l dg kf]; / /Vg] gag To; /L .

tkZj /L-!, pbok/ .



á kl0fdf cfn]

ltdf] 58\$] gh/n] dnf0{ Hob} dfkof] n] g
gzfn' To] x]/f0n] dg} 3f0t] kfkof] n] g .

af]Ng yfNof] 0zf/fdf d': s'/fpb} s] s] egl
k]/ eg e6b} s]xl x]0g e6b} 6fkof] n] g .

a'emg ufx] 0zf/fsf s'/f u5f] s] x] s] x] <
ef]n e65' e6b} lsg efsf k/ ; fkof] n] g .

hfnl x] ls b]rf/] ltdf s'/fx? a%g ufx]
ltdlnf0{ dfof u5{ e6g d]/] dgn] gsfkof] n] g .
cfa'v]/gl, tgxf.



á gf/fo0f gkfn

cln /rfgfids cvaf/ vfHb} 5'
ofj b}zsf nflu ; ; dfrf/ vfHb} 5' .

; a} gjtf / dlGqs} t'Ssf lvK5g\oxff
; j { fwf/Of afNg] pbxf/ vfHb} 5' .

b}z /x] g xfdl /xG5f, s8L a%g} 5
; fRr} d d/f] /fli6@tfsf] ; f/ vfHb} 5' .

sf]xl st} t x'gk5{ d/f nflu klg
ofj lhGbul hf8g] xpol Kof/ vfHb} 5' .

d ld7f ; kgfdf lakgf b]Vg rfxG5'
To; }n] t /fd] of}f cfwf/ vfHb} 5' .

/fdlx6L, sf7df8ff .



jhoGtIsf] nflu /rgfx? z'4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ; Sgx'g5 .

á gltf s}; l=

dfofs] hGd ePsf] /]5 kQf] g} ePg
cfvdf sf]xl a; }sf] /]5 kQf] g} ePg .

s'6/ lxBYof, n'5/ lxBYof, xftdf 6f]s/
v]nd} dfof hGd]sf] /]5 kQf] g} ePg .

sfuhsf] 8^af agf]b} vNYof, kfgldf ; ^Y
axfj n] 8^af kN6fp5 eGg] kQf] g} ePg .

uf]w/nl alg b'AbYof] hlj g cff; 'df 8'a/
hlj gs]f] 8^af r'lxPsf] /]5 kQf] g} ePg .

dfofs] hGd ePsf] /]5 kQf] g} ePg
cfvdf sf]xl a; }sf] /]5 kQf] g} ePg .

7dj, sf7df8ff .



<http://www.nepalipublisher.com/>
ca xfd] j} ; f08df jhoGtl / bflo]sf ; a)
c^a\$ 8fpgnfB ug{ ; Sgx'G5 x} .

á k'z nD; fn

slt 7ls slt a7ls ePsf 5g\
sfxl 6f9f sfxl glhs ePsf 5g\
z]lfs oflotfsfj kpdfOf kq afjs/
o'j fx? vf8ldf >lds ePsf 5g\
lxhfj ; luj'o4 n8]sfx? cfh
sfxl bf; sfxl dflns ePsf 5g\
oxfb]znf0{kpf]uzfnf agfP/
sxl ah'sx? j]lflgs ePsf 5g\
afNbgg\sfxl, sxl klg afNbgg\
lsgls df65jx? ; flns ePsf 5g\
sf7df8fj.



s] tkf0(n] xfdl] j]a; f06 xg]ePsf] 5 <
web : <http://nepalipublisher.com/>

á k'z iffQd kf8]n ./: ;' j f0

5f]PSnf] a'´\ ; 3fpg cfPF
d ltd] ; fydf /dfpg cfPF.
d ltd]lkp xfgefu db]v
pxl rfv] dfdf nufpg cfPF.
ltdlnf0{d kSs}lbg]5' d ; fy
g; flr lkp; L km; fpg cfPF.
5f8l of] blgof vflhf] s'g} : j u{
lal; fsl lyof; D´fpg cfPF.
xdl b0{alrdf e]dsf] kb{ 5
Toxl epd cfh x6fpg cfPF.
cf^g}c]wof/f]df c]N´Psf]lyP
To]lbnsf]cfnf]sdf x/fpg cfPF.
lyP sxff; flw k'zÈffQdnf0{
h'g l6kl lz/df ; hfg cfPF.
/; j f.



á k0f d'gsdlf

b|z p7fpg] p; sf] wf]sf] lyof]
hfut| k|rhfpg] p; sf] wf]sf] lyof] .

cefj cfzdf lklN; Psf lgd'vf
pj / u/fpg] sl: ; Psf] kf]sf] lyof] .

; kgfsf cfsf^Nf ; a} t|XP klg
lx^a ; Bfpg] 6fn]sf] vf]sf] lyof] .

cGt/dgdf n's]sf] ; 'gsf] laxfg
cfk|nf0{l; lufg] OR5sf] km]sf] lyof] .

afnl ha lelqof] cfwl / x'/Lsf]
esf/L y'kfg] dlt]sf] ef]sf] lyof] .

x) .k0f] eg g pm sf] x] cflv/ <
hgtf 'Sofpg] alnsf] af]sf] lyof] .

ci6]nof .



s] tkf0f] xdf] ; flxltos k':tsx? k9yePsf] 5 <

á k]sfz e08f/l

Psf]xf/f] z^a\ ah] d/]sf] yxf] kfp]g]5f]
; Nanf0{dnfdl em/]sf] yxf] kfp]g]5f] .

zj fj f; L rN5 d]/ldf nDk; f/ nf; b]Vbf
sfqf]n] 5f]kl cal/ 5/]sf] yxf] kfp]g]5f] .

; 'g; fg xG5 j : tl nf; p7f0 uPkI5
Ps]5gdf vf]nl t/]sf] yxf] kfp]g]5f] .

k'ofp]5g\3f6df xtf/ xG5g\ a} hgf
nf; dfly bfp/f e/]sf] yxf] kfp]g]5f] .

; fyl oxl qmd ; a]sf] b]xf]f]/g]5 Ps lbg
v/fgl agf0{kms} u/]sf] yxf] kfp]g]5f] .

hf]xf^a, u'Ndl .



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á klsfzdl0f bxfn

dfuh: tf ; Gb/ cfvf of klg nf0lbP xGYofj
goff k/fgfj s'g} efvf xfdnf0{lg uf0lbP xGYofj .

ehsf /f ; + f/sfj rng bj tfo}v g}tf; Dd
ehs}eP klg dfofs} s; d vf0lbP xGYofj .

dfu}sfj 5g xl/fdfjtl g dfu}s} 5 kN; /; N; /
rGbdfh: tfj d'xf/ clns jlt{/ Nof0lbPxGYofj .

5xf/L 5g 5Ng lbg}sfj udl{x}f; y f /ftsfj zlt
bof u// u/ladfly j /klkn; l/ 5f0lbPxGYofj .

uNtl s; /l egf'dfG5}sfj hft /fdj. b}M}k15
sDtldf To: t}Pp6L 5f/L kf0lbPxGYofj .
sf8f3f/L, sf7df8fj .



ca xfdj knfj
n3'syf, 5Gbslj tf,
lgaGw / uBslj tf c^a\$ x? .

á kHj n e6x/f0{

uhn nj}V s} u5{ \tf< eG5g\
zAb zAb 5fgj/d5{ \tfeG5g\
Ps}5g kh; {tdf nj}va:bf klg
; wf}cfj/fn}t/ ^5{ \tfeG5g\
5fj/f5fj/Ln} afaf eGb} af}hfpbf
s; flj/L k6 e5{ \tfeG5g\
uhndfq} nj}V/ >ldtLsfj dgdf
v'; L slxn} 55{ \tfeG5g\
5fj8b} kHj n snd rnfpg
; flxTodf lsg d5{ \tfeG5g\
/fdj5fk .

ItDln} dnf0{ em}sf} daf6
goff rfxgn} r'sf} daf6 .

ItDl k0f{ 7fgl d eGb} 5' cfwf
ItDln} dnf0{ b'vfof} daf6 .

unf; Demgdf ehl efs Itvf{
ItDln} dnf0{ ; 'sf} daf6 .

8'a}leqleq}k; f}nfh dfgl
ItDln} dnf0{ n'sf} daf6 .
eofj : j Kg ufx}lgof; l d cfPf
ItDln} dnf0{ kn}sf} daf6 .
lj fsfj nIntk/ .



zAbfy{ klsfzgsf k':tsx? cgnf0g lsg' k/ U
<http://muncha.com/>

á kḡef a/fn

sfv| 5f|l ; j fpb} lsg lj b|z hfḡ5ḡff|lbb| <
 ckdfg / xḡ8/sf ; of| nft vfḡ5ḡff|lbb| .

dg nfu| sfd u| ; kḡm sxffe0ḡḡ / <
 To; } lsg ax|s|b} lj b|znf0{ 5fḡ5ḡff|lbb| <
 ; xof|usf| hfn kḡfnl ḡhlsg vf|H5ḡ\; a}
 cfkḡḡ} bf0-ef0h: tf| ; a}hf0{ 7fḡ5ḡff|lbb| .

; dfgtfsf| ult kḡḡ sxffufpg| hfḡḡk5{
 c? ; a}uP eḡb} x'6x'6lnf0{ kḡN5ḡff|lbb|

sfd ug{k/f0{ b|z lsg e|ftf|/ḡ5ḡff|lbb| <
 cfkḡḡ} b|zsf| >d-; lk lsg 6f9f kḡN5ḡff|lbb| <
 j g: ynl, sf7df8f.



; rḡf

ljleḡ k':ts dḡnf, kḡbzḡl / sf0ḡmdx?df
 jhoḡtl
 Jofks ?kdf lj t/of ul/g| / 5 dlxḡfeḡbf k'/fḡf|
 c^a\$ xfdl; ḡ afsl
 ḡ/xḡ| x'ḡfn| jhoḡtldf /rḡf kḡsflzt ePsf
 ; |i6fn| ; dod} cf^ḡf| k|t xfd| sf0ḡnodf cf0{
 lng'xf|nf .

á an/fd kḡḡh

hj fḡlsf| vx|/ vf|nf tl/of| xh'/ cfh
 kxf8 x|b} a|; lt/ `l/of| xh'/ cfh .

j fl/ ufpf d|f| lyof| kf|/ ufpf pḡsf|
 sDnf| af|sl pt} a; f0 ; l/of| xh'/ cfh .

cfvf h'bf0 hj fḡlsf| /fu cḡnfk|sf|
 xfd| ultdf dl7f| wḡ el/of| xh'/ cfh .

pḡn| /fhf eḡb} ly0ḡ\dn| kḡḡ xh'/ eḡḡ
 s; }sf| dḡsf| /fhf, kl/of| xh'/ cfh .

; \v bḡw ; a} af|ḡḡ| j frf s; d eP
 ; do; ḡ Nofkr| 5fk wl; of| xh'/ cfh .
 k'tnlahf/-*:of^hf .



s]tkf0{]xfdlnf0{eḡḡ vf|ḡḡePsf|xf]ḡ
 /rḡf, lj 1fkḡ jf k':ts-klḡsf|nf|lu
zAbfy{ kḡsfzḡsf| sf0ḡno-rfah, u0fz:yfg
)!-\$\$(&#!÷(*\$!-\$(^!)#

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

á dxfbj clwsf/l

cfufj lr; fj agfP eGbfj /xj5 kfgl
; h[d rf65' eGg] cGwfj lyofj hj fgl .

xfQl ;bf d'; fjn] d]n] b'vfP eGYofj
kb{ k5fl8 a:g] ; Gy] oxl sxfgl .

89b} 5 ; b{ tf/f of6f 5 h9 zlt n
; Gqf; df 8'a]sf cfzf ag] v/fgl .

cdfL{xhf/ cfP /Of d u5{eGb}
cdfd ag] s'df/L nfvfj xhf/ ; fgl .

j : tl p7/ eflbf v]nf gbl ; 's]5g\
xfdfj ; ^qmfGt ; Tbf kfgl a6of] l; /fgl .

glnf] csfz /f]f] g]kfn b]z x]b}
s^a\$fnst ; lufnf] cfof] goff laxfgl .



zAbfy{ k|sfzgn]
!(y/l zAbsfz k|sfzg ul/; s]sf] 5 .

á lng ; dl/

dfjgw/Of ubf{ub} zxlbsfj ; Demgdf
k]hdfnf 5fbf5b} zxlbsfj ; Demgdf .

e'; 'Ss} kf] lal; P5 ; 'gf]nf] Tof] ; kgf klg
zx/lt/ embfemb} zxlbsfj ; Demgdf .

Ps ldg]6 dfj wf/Of clnst klndfnfdf
; lldt e]bf embfemb} zxlbsfj ; Demgdf .

k]j; / csf] gf]nf] ; kgf b]Vg'kg] e]; s]5
hlj g ; fu/ tbf{b} zxlbsfj ; Demgdf .

: j b]zsf] 9's'6ldf nfd] xft k]nfP/
cf^g] vNtl ebfeb} zxlbsfj ; Demgdf .

; w]el/ afn]j f6f/s} s'; l{dfly a:of b]V5g\
ol cfvfn] dbf{db} zxlbsfj ; Demgdf .

s/fblv]nf, :of^hf .



s] tkf0]n] xdf] afn ; flxTo cf^gf gfglx?nf0{
k9fpg'ePsf] 5 <

á d'sGb zdf{ rfin;}

htfaf6 x\of} :j b|z} 5 /fd|f|
dnf0{ :j efiff / e|if} 5 /fd|f| .

l6kl 6Kk nfof}ls nfnlu'/ff;
3gf n'sglbf/ s|z} 5 /fd|f| .

ltdl kmh pm kmh k|fo}s kmh
; a} k|n'sf| ; lGj |z} 5 /fd|f| .

lxdfn} pHofnf| kxf8} ; 'rf;
dhfn} a; |sf| dw}; } 5 /fd|f| .

geGg' dnf0{ c? 7fpfhfg
ot}sf| ; d:of ls 7}; } 5 /fd|f| .

oxlaf6 pGdjif k}nf| lnPyf
oxl+cGto aGg| lGdjif} 5 /fd|f| .
dlG8vf6f/, a'9fglns07 .



á nldl e66

ltdln} ; 'gfof} sxfgl 5 /fd|f|
5 nfnl r9}sf| laxfgl 5 /fd|f| .

v'n}sf| sfof kn}sf| 5 dfof
5 cfvff abfdl hj fgl /fd|f| .

5 3D6f| lz/df n's}sf| 5 dfof
lbPsf| ltdln} lg; fgl 5 /fd|f| .

dgdf lyP nf} tg}sf| lbj fgl
/ ; fRr} n'sfof} k/fgl 5 /fd|f| .

syf lhGbul'sf| ; 'gfP/ ; f/f
lbof} xft ltdn} l; /fgl 5 /fd|f| .
xfn Mlbkfon .



á dfxgdl0f kf|v/|n

; a}sf| 5 cf^gf| n's}sf| sxfgl
; dfn| /fv| To|f| ltd|f| hj fgl .

; a} rf|kfox? a; |sf 5g\yf/f
lsg rfxof| / ol 7|sl dbfgl .

nufP/ cfuf| cf^g} dxndf
wgl aGgnf0{ a|Rb} 5} v/fgl .

dfknl lbprf s; /L eh ef| eg|
rnfof} k|xn} 5/L hfgfhfgl .

1fg|z| /, sf7df8ff.



á /fds'df/ kl08t lfql

; To ltdl; lu lk/tl of| uff; of| a| /L
ltd} nflu d|f| of|j g nf| ; f|rof| a| /L .

x|f| nflu5 laxfg d'xfg / kj g dl7f|
t/ ltd|f| d':sfgdf :j fb kf0of| a| /L .

; Qfh: t} hf8g| tf8g| tf8g| hf8g| xGg
dfof d'6leq k|dsf| sf9f laemf0of| a| /L .

of| /fdsf| kf0f / qf0f ltd} xftdf ; Lt|
; bf ltd} ofbdf j o la; f0of| a| /L .

l; dn6f/, sf7df8ff.



á od'gf k/fh'nL -clwsf/L od'

xft ; df0 ltdL; luj}k'n tg{dg nfiYofj
/fdf /fdf af:gf lbgj kñh 5g{dg nfiYofj .

bfa6fj / ufi/6fjdf n'sfdf/L vNbj vNbj
ltdj cl3 kl5 ub{aZl emg{dg nfiYofj.

bfp/f 3ff; / j g h^un ltdj; fydf hfbfv/L
yxf xbf klg dl7fj eh ug{dg nfiYofj .

8Dkñel/df sfl6Psfj 3ff; sfj ef/L la; fp/
hlj grqm rnfpgj dh kñfg{dg nfiYofj .

uf0afvfj r/fpg ebfj/sfj kñf6df hfbf
ltdfj cf7df ; lhPsfj nfnL rfg{dg nfiYofj .
sf7df8ff- #% .



; flxltos klqsf jhoGtlNj

*; :s/t-!, PsaSl-!, k'j{d/t-!, n3pk6of; -!, n3syf-!, uhn-@,
rf8-kj f!, dQms-@, lj bZofqf-@, :j bZofqf-#, /li6o-JolQmJ-#,
uBslj tf-#, syf-\$, lga6w-\$, ; :d/Of-%, ; dlIf-%,
56bslj tf-& cf6f c^ax? lgsfln; sZfj5 .*

á oj /fh ; jbl

56k6L efj efjs nfi6ofj vfgf rfxofj ; /sf/
hf8fj xbf nfh 5fkg gfgf rfxofj ; /sf/ .

sxfuP cwf/e't cfj Zostf xdfj
3fd kfgl cft 5fkgj 5fgf rfxofj ; /sf/ .

djrl /fkb sfnl; luj}kñNgj clg kñNgj u/fj; \
: j fledfgl Ps tfsfj bfgf rfxofj ; /sf/ .

wgl / u/la alrsfj vf8n c6To x'gj u/L
; dfj Zl hgtfsfj dfgf rfxofj ; /sf/ .

slt n85fj n8fp5fj slxnj; Dd hgtfnf0(
Pp6) dnf gkfnlsfj ufgf rfxofj ; /sf/ .
j fln^a, :of^hf .



jhoGtlSfj nflu /rgfx? z'4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ; Sgxg5 .

á /fh' sfZok

xhf/fjsf] kof; d]6g] ltdl t kfgl /}5f]
g; fn' a}zsl dflns ?ksl vfgl /}5f]

d]h] t s] dfu]yof] s]j n elv dfofs]f]
k}; fdf of]j g ; f6g] ltdl t bfgl /}5f]

; j] fdf tNnlg ; w] s] a%yof] rf]v]f] dfof
x/]s kof; ls]f] gogdf ltdl t /fgl /}5f]

d t ; fob u/la ePf5g{ ; lsg wg
wglx?sf] cf]v]sf] ltdl t gfgl /}5f]

of] lbnn] /f]h]yof] ltdl t/ u%of] 3ft w/}
; ahf0{ t{t kfg] ltdl t d: t hj fgl /}5f]
z]bof, c; d, ef/t .



s] tkf0[h] xfd]f pkGof; / syf; a]v]x?
k9g'ePsf] 5 <

á /fh'k; fb e'; fn

cfp]5f] ltdl eg] 9^af] un]fpg kl]g tof/
k|tLl]f]sf] 38l yf/] 6n]fpg kl]g tof/ .

cf]g]sf]gl u/l c8\$]f] yf]k]5f] eg] kl]g
6fs 6's ldnf0{ s'/f rn]fpg kl]g tof/ .

v':; eful P]sf]tdf d'6' ; f6g] rfx eP
kf]sf] kf/L vr{ ; an]f0{ 5n]fpg kl]g tof/ .

cf]l]ds s'/f cl3 ; f/l dl7]f] d':sfg 5f]8]5f] eg]
x]p]odf :j R5 df]of kn]fpg kl]g tof/ .

ltd]f] nflu lhGbuldf ; dk]P]f g}; dk]P]f ef]
cfuf] t]k]5' eg] tgs]f] hn]fpg kl]g tof/ .
z^a\$ /kf]v/L, kj]t .



s] tkf0[h] xfd]f ; d]fn]f]rgf / c]wof]dbz]g]sf k':tsx?
k9g'ePsf] 5 <

á /fdlj qmd yfkl

lr; fl; /bfl Totfsfl cfofl / ; lDemPF
dgn] sfdn dg vfofl / ; lDemPF.

hlj g-8^axfssfl ; ;]wGbfd}Jo: t d
9's/n]lj /x ult ufofl / ; lDemPF.
lz/z/df ktem/sfl a'9fl ?v d
k|s|tdf gj kfn'j f 5fofl / ; lDemPF.

: j tGq xfj fdf sfj f vflbf] r/L d
cg/fusfl hj fn] bfofl / ; lDemPF.
tftfl d; eldsfl sfsfs'n p6 d
5x/fsfl lr; fl kfgln] wfofl / ; lDemPF.

s|Ofut(sfl)lgtfGt PSnfl ofql d
b/efifdf sfgn] yxf kfofl / ; lDemPF.
lg/fzfsfl vf: 6fdfl Psf]xf/fl 6fnfpbf] d
cfugdf k/j fn] k|t nfofl / ; lDemPF.

dfgj |tdf, d'St e} affem] a;]sfl d
ltdfl ds/Gbn] dgsfl lxnfl ; fofl / ; lDemPF.
nfdl8fBf, vfl6fa .

á nldl l/dfn

cfh knl/ dfjtdf s/fP15' h: tf] nfllofl
sflk]sf 5g\cw/x? 8/fP15' h: tf] nfllofl .

knthx? d: t lyP h'gn] xly] dnf0{
; 'g; fg of] j : tlleq x/fP15' h: tf] nfllofl .

s: tf] eofl dg leq Pp6f cfwlx/L rNofl
s;]nf0{ cfh dg k/fP15' h: tf] nfllofl .

dl/fl nflu ; a)egbf Toxl d': sfg hftl lyofl
x: tflf/ p; nf0{ klq u/fP15' h: tf] nfllofl .

stf stf dg leq nx/ lyofl pNnf; sf]
t/ klq lsg cfl; 'em/fP15' h: tf] nfllofl .



s] tkf0fn] xdf] sfJo / slj tfsf k': tsx?
k9g'ePsf] 5 <

á nlnf/fh bxfn

; /fsl of r]nf a%g}; lSPg
lemDsofp5g`k/]nf a%g}; lSPg .

rf/]t/ xNnf s]s]f x] s]s]f x] <
/fts]f 5 a]nf a%g}; lSPg .

a; l a; l vf65 clg p; s} xftdf
s; /l ef] 7]nf a%g}; lSPg .

3f]8f hit b]V5' afw]s]f aflx/]
vfnl 5 tajnf a%g}; lSPg .

PSnl canfs]f rL/ x/Of xbf lg
r'krfk 5 of] d]nf a%g}; lSPg .

sd]pf, ; nffxl .



**s] tkf0[n] xfd] lga6w / kla6wsf k':tsx?
k99'ePsf] 5 <**

á n]vgfy sf^nj

e}; l AofP/ bW lbof] eg] d v'; l x65'
uf]z n] Psgf; } d]nf] lnof] eg] d v'; l x65' .

lxdfn kxf8 t/f0{ sf]xl 5g k/f0
; a]nf0{ dfofn] l; of] eg] d v'; l x65' .

j iff]v]sf] ; kgf ca ; fsf/ x]f; \
; Sg]n] c?sf] b]w lkof] eg] d v'; l x65' .

n]fs t6q Nofpg xhf/]n] alnbf]g u/]
; a} uf]8fdf zxlbs]f /ut lyof] eg] d v'; l x65' .

df65] c; n sfd]s]f nflu h6d]s]f x'gk5{
sfd ubf]ub] xft lvo]f eg] d v'; l x65' .

j fln^a, :of^kf .



s]tkf0[n]f0fyxf 5 <
ljwfs]b]t ; flxltos klqsf jho6tln]
; :s]t-!, Psf^a]l-!, k]f{d]t-!, n3pk6of; -!, n3syf-!, uhn-@,
rf8:kj{!, lj b]zofqf-@, dQms-@, ; :d/Of-%, :j b]zofqf-#,
/fli6o-lolQm]j-#, lga6w-\$, uBslj tf-#, syf-\$, ; dl]f-%,
56bslj tf-& lgsfln; s]f]f]5 .

á 8f= n|vk|; fb lg/f|nf

gzf x|g e|y|gzf x|t nfo|
gvf0{gzf g|k|}dft nfo|.

grfx| a:bf s'gdf st}d
g; Sg| s'/fs| pxl aft nfo|.

d efuf hdfg gx|l ; '6Ss
0; f/f v'nf 5g\egl hft nfo|.

st}:j kgdf `|p8fP5' r^a|f
axfgf agf0{lgS}nft nfo|.

a' `|lhGbuldf ltdl; fd' hf| 5g\
; a}n|vh: t}st}vft nfo|.

sf7df8f|.



; flxltos klqsf jhoGtlN]

*; :s|t-!, Psf^a|l-!, k|{d|t-!, n3pk6of; -!, n3syf-!, uhn-@,
rf8-kj f|!, d0ms-@, lj b|zofqf-@, :j b|zofqf-#, /l|60-Jol0m|j-#,
uBslj tf-#, syf-\$, lga0w-\$, ; :d/0f-%, ; dl|f-%,
56bslj tf-& c|f|f c^a\$X? lgs|ln; s|f|5 .*

á n|s|b| aGhf/f

s|xl s|xl j /j / dgk/|s| df65; |u
d r|; w|k/k/ dg k/|s| df65; |u .

o: t| n|l|5 s|h|s|xl|s: t| x|Yof| x|nf s|Gg
afRg k|P hlj ge/ dgk/|s| df65; |u .

dg k/fk/ ePkl5 ; a}af6f; |u}lx|B5g\
d/| dfq} a|n} t/ dgk/|s| df65; |u .

; |u}xf:g| ; |u}/Dg| afr|h|n g| ; |u}x'g|
d/| eflo s|ff 5 / < dgk/|s| df65; |u .

bds, `fkf .



á l|k'n l; hfkl

d|bt cf|v|el/ dfofs| clh{xf|; \g
d|h'/l lbbf klG 7f6|h| ulh{xf|; \g .

efl|os| kf|g d/| xh's|f| ; fd' /fv|
ef| l|s| n|v| klG d/|df k|h{xf|; \g .

v'n| y| cf|7 af|Ng v|df|; v'nf /x|
v'n|sf cf|7 :o|g| tl cf|7 blh{xf|; \g .

r'd|/ cf|v| pgsf ; 'gf|P|z| Pp6f
nhf0{cf|7 af|n| cs|f|lg dlh{xf|; \g .

xl/l; l4, n|ntk'/ .



á ljBf 9sfn

pk; u{k|oo xfoG dhzAb vfh/x]5'
cfk|df cfmleq cfm|nf0{ vfh/x]5'.

efg lyPg ckOf{fsf] ta cfof]ltdl
ckOf{f leq klg cfsf/ vfh/x]5'.

lBjotfsf] ^Nsf]lbg ha cfof]ltdl
lBjo-elQmleq klg efj vfh/x]5'.

cGwsf/ hlj gleq ls/Of agl cfof]ltdl
To; df klg oxf d t ; kt/^u vfh/x]5'.

; ^ultsf] c:q dfq}w'g agl cfof]ltdl
wgleq klg cfh d t ; /ud vfh/x]5'.

sf7df8fj.



s] tkf0{h]
xfdf :s'n, afj8^ / sn]hsf k':tsx?
k9yePsf] 5 <

á ljgf|s'df/ >|7

j]bgfsf] /fkdf lkN; Psf] ajnf
xb}lyof] blgofn] csf]Pp6f d]nf.

tdf; f kf] xb}lyof] t8kfP/ dnf0{
lj wftfn] ub}lyof] csf] 7hf] e]mf.

cgfof; }ablnof] lhGbulsf] ?k
; kgf e]h n]lof] ; a]lgotfsf] v]nf.

c: tfg ; lSpG .; Gwof]ge0{
Psf]tdf a:g klg eof] ca]nf.

6]qmPsf] ; kgfnf0{ ; d]6/ cfk|n
w]b]h] tfg yfn] lhGbulsf] 7]nf.

/fd]5fk g=kf=& .



j]hoGt]sf] nflu /rgfx? z'4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ; Sgxg5 .

á ljgos'df/ zdf{ gkfn

lhGbulf s: tf] s: tf] axf/ agl cfof}
dfof-lktl{ nufpbf kxf/ agl cfof}.
lhGbulf s: tf] s: tf] axf/ agl cfof}=====

xfj fbf/L s'/f] xf]0g dfof-k]d xfd]f]
xf]; L v'; L nhfplbf axf/ agl cfof}.
lhGbulf s: tf] s: tf] axf/ agl cfof}=====

laltuof] lbg /ft k]dkn /fd]f]
dfnfuf]; L ; hfpbf pbf/ agl cfof}.
lhGbulf s: tf] s: tf] axf/ agl cfof}=====

cf]wla]/L kmsl{ cfof] stf uof] 5fk]f] <
; dfhn] s/fpbf pbf; agl 5fof}.
lhGbulf s: tf] s: tf] axf/ agl cfof}=====

eNg] 5g 6'6g] 5g k]d-uff7f] rfd]f]
d'6' ; 'sf0{ lrrfopbf k'sf/ ; 'gl cfof} <
lhGbulf s: tf] s: tf] axf/ agl cfof}=====

.; Gwof] 8'Aof] .zfg] xf: of] a: g] /x]5 kfk]f]
d'6' k]6f0{ af]nfpbf u'xf/ ; 'gl cfof} <
lhGbulf s: tf] s: tf] axf/ agl cfof}=====
rfajh, sf7df8f].

á ljkg dd{

lav] bfo 6'n'6'n' x]5g\5f/f5f]/L
ldNg] eP lxBy] xf]nfg\efllo/]vf sf]/L .

ul/aldf j z laTof] ls; fgldf lbg
j Èf]laTof] o; /L g] xft d'v hf]/L .

avf{ nflbf 5fg]sf] / dfg]s} 5 lrGtf
ef]s} a: g tof/ 5g\afRg' 5g rf]/L .

RofltPsf] k]l/of / rf]nl l; nfpbf}
eSsf]glG5g\sh] sfxlf tl bfo sl aaf]/LÆ .

yfknf]dfly gfDn]8fd k'k'f]df xft
kl8f af]Sg s] ; SYof] / 3ff; af]Sg] 8f]/L .



jhoGtl sf] nflu /rgfx? z'4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ; Sg'xg5 .

á ljj; ctkt ofql

lxnfd} kmN5 sdnsfj kmh au/df kmNb}g
sdh} ^N5 wtl}df kf/v ; u/df ^Nb}g .

kl; gf /fj} df6f}df ; 'g rIDSG5 ; 'gf}nfj
cfv}df vN5 cfgGb xE{lg}bdf vNb}g .

cSs/}el/ 5 Toxf}dfly nlo kluGg x/}V
kfv}df kmN5 knf; x/} kx/df vNb}g .

a}; ldf al}5 To}f lgnfj vf}nfj kl}g' 5 ; fu/df
; f}0; fnf vN5 To; dfly t0g 8f}Bdf ^Nb}g .

/x/n} dfq kluGg nlo vf}nfj 5 ; fwgf
kf/vdf 3N5 ; kgf ; To s'/df 8Nb}g .



zAbfy{ k}sfzgsf k':tsx? cgnf0g lsg' k/} U
<http://muncha.com/>

á lj i0fblk ; ^a\$Nk

s}h} cft^a\$sf/L s}h} 5xf/L eP/
a:g} 5' lj ktdf cfp}g tof/L eP/ .

ef} n'sfpg' kb}g l}tdf} dg}sfj s'/f
s'/L /x}f l}tdf} ofq}sfj ; kmf/L eP/ .

; /sf/ km}/P e}f km}/g} 5'0g sbf}k
sAhf ub} 5' To}f lbnsfj ; Qfwf/L eP/ .

gx}f}nf ldng gb}lsfj lsgf/ e}f xfd}fj
/xg} 5' d To}f lbnsfj xf/fxf/L eP/ .

g; Den} xG5 lgEnf lg s'g} lbg x'/lnj
; ^a\$Nksfj blk x}f lgEb}g nfrf/L eP/ .

cf}vn9^a}f .



<http://www.nepalipublisher.com/>
ca xfd}f j}a ; f08df j}hoGtl / bflot}sf ; a}
c^a\$ 8fp}gnf}B ug{ ; SgxG5 x} .

á zDe' coffn

lgod gllt agfpf egl u'g]sf] xfdln]
ztfAbl eof] b]zsf] g]tf r'g]sf] xfdln] .

bfof/ afbf 9^a\df kñh kñh]sf] b]v/
agfpg 3/ wdl/f x] x}y'g]sf] xfdln] .

g/d sl/f eP/ s]ef] kj fn) kflbpf]
dlSsof] 3/ r'f8of] e/ a'g]sf] xfdln] .

9f]ulsf] z]if hf]ulsf] e]if eStsf] dfemdf
x]f /]5 x] x]fQsf] bff ; 'g]sf] xfdln] .

ldbl{%, j fln^a\l, :of^hf .



á lzj kPft

cfvf cfvfa6 v]b]d]h] ltdlnf0{
klv{ }5' bf]af6]df P]h] ltdlnf0{ .

6f9f x]bf lal; {50f}ls 8/fPsf] xG5'
; D ^ gdf ; t]p]5' h]h] ltdlnf0{ .

ltdlnf0{ k50fpg] cfvf w{/ }g} 5g\
c?af6 5'6fpg' s]h] ltdlnf0{ .

ltdl x]bf ltdl; fd' x/fPsf] xG5'
; D ^ G5' d cfkñeGbf k]h] ltdlnf0{ .

bds, ^ fkf .



á lzj clwsf/l .0nfd] h]7f]j

ou cg'; f/ ltdl cfof] d]ftl/fd
uhnsf goff efvf ufof] d]ftl/fd .

; flxTosf] pTygdf oxl df6]dfly
plAhPsf] l; wf]kl7f] vfof] d]ftl/fd .

ev{/dfq ; 'z efsf] hu ; flxTosf]
0]6dfly 0]6f ykg r'fXof] d]ftl/fd .

/df0f pNyf ug{ slj efg'hf0{
lj Zj e/ lrgfpg kfof] d]ftl/fd .

yf/} cfo' eP klg ou'ou; Dd
o'j f slj egl slt{5fof] d]ftl/fd .

affr'G]h]n Psfu] e} efiff ; j] f ub{
g]kfnlnf0{ 7hf] u'g nfof] d]ftl/fd .

lr; fkg]l-&, 0nfd .



á z'ifdf dfgGw/

3f|k/ d|/f| d'6' of| j f/kf/ u#of| lsg <
; t|p|b| emg\whf af/af/ u#of| lsg <

.So} 5}g b^Vb}g hit /|6| klg dgdf|l
cfk|n|; tu 9f|6}g l|j j ; nfrf/ u#of| lsg <

ltdlnf0{ dg k/g To|f cs{s'/f x|f|nf
lgdf|7}g ; kgf ltdln} xtf/ u#of| lsg <

x/|s k6s d|h} af6|f s'/|sl g} 5' ltd|f|
sb{s|/gf| eg|/ s'/f lg/fwf/ u#of| lsg <

gfd /fVb|df 0Zj /s|f 0Zj / sxf|xG5
kfngf t u/gf|e|uf| ; xf/ u#of| lsg <
nlntk'/, s'df/lkf6l .



cfpgf| \ 0

jhoGtl s|f ; fy ol ; flx|Tos klqsf klg k9f} M
/rgf, cle|olQm, b|f|oTj, z|b; of|ng, ; h|v,
gj k|fkg, lxdfnl u/f', , z|bf^a's', skg-afgZj/ .
; flx|Tos k': ts-klqsf ; knfo; {

rfah u0fz: yfg, sf7df8f| gkfn
)!-\$\$(&#%!:(*\$!-!\$\$(^&

á z|v/ l|j sNk

ltdl hfb} kfl/ d sb{s' 5' j fl/
gbl eof| xdf|f| ; DaGw lrgf/L .

h| 5 /dfpg' e|ftfl/G5f| lsg
el/b}g s|h} v'; lsf| esf/L .

s|fxl b'/af6 5 lbb} 0zf/f
lhGbul x|f cflv/ b'vs} r|ftf/L .

d lkP/} cfuf| Joj xf/ afR5'
aZ ; lxlbg5' cf; 's} 5xf/L .

hfg| eP hfpm 5 af6|f p|Hofn|f|
5}g af/ aGb kn|sg lkof/L .



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á zleř kly

zAbsf|zdf zAb 5g ltdf| nflu vfnl ePf
j iff|k|5 cfh ltdf| gh/df d sfnl ePf.

ltdl ; fd' af|Ngj zAb e|sf|p|bg sxl|st|
ltd| em|7f| kof/e|bf blgof|sf| tfnl ePf.

j frf s; d /lx|x| lj j ztfsf| kl|lwdf
s|x| lbgd| cf|0n|fpg| u'nfkmsf| nfnl ePf.

ce|dgn| sxf|e|5 kTy/nf0{k'h|sl 5'
ltd|lj gf lsg o: tf| effRrPsf| 8fnl ePf.

lj bf0df xff; lk|p e|b|ltdl 6f9f eof|
; dfhsf| nflu d g|wf|s|afh hfnl ePf.

lh|bulsf| s'g|lbg lj utsf|kof/ |bf
ltdl df|g ltd| ; fd' ; † f/sf| ufnl ePf.

dgleq lrx|fpg cf0/Xof| ofb To; }
Toxl ofbn| d|e|ld au|rf|sf| dfnl ePf.



á ; a^lt cfod

kfgl |d |d kl//Xof| |a^b| lyof| xfdl
j Èfb|t k|dn |l//Xof| |a^b| lyof| xfdl .

pgl nhf0g,\d': s'/f0gV cf|7 k|k|f|fof|
leHb|leHb| a|† ; l//Xof| |a^b| lyof| xfdl .

sbd-sbd ; fy lyof| s|x| ck|u |f|
dg dx; ; ul//Xof| |a^b| lyof| xfdl .

; do |l|sf| df; dl knsf| /a lyof|
; j kg cb|t 5l//Xof| |a^b| lyof| xfdl .

cfodsf| ; a^ltleq db|x|z|lsf| s| s'/f
k|dnf| c|fn|a^lg el//Xof| |a^b| lyof| xfdl .



ca xfd| kf|f|
n3'syf, 5|bslj tf,
lga|w / uB|sj tf c^a\$X? .

á ; -hlj gl u'z^a

s)h] 8:6/ ag]/ s)h] rs ag]/
afsf] hGb ul laTof] lz lfs ag]/ .

kl8fx? lal; P/ cdfsf] sfvdf
dnf0{lgbfpg dg 5 afns ag]/ .

ltdl affr]sf 5f] wg ; DklQn]
dnf0{afRg' 5 ; w} ; h{s ag]/ .

d)h] gu/]sf] xlb} x]g eNg] sf] ;
t/ ofbx? cfp]5g\afws ag]/ .

k}; fn] k]d lsGg] ed af]s/ cfh
pm d]/f] cufl8 cfof] u]fxs ag]/ .
ndh^a l; ^abl, xfn M bdf]nl .



jhoGtl sf] nflu /rgfx? z'4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ; Sgx'g5 .

á ; 'lg pk]tl

ešDkdf s/f]8 c/a ; xof]u b]zdf cfof] eG5g\
hg tfnf0{l bPfeGb} lqkfn sDan vfof] eG5g\
bfn rfdn /fVbf/fVb} u]p]dfdf g} ; 80f] c/]
kxir xlf ss{kftf dGqln] g} 5fof] eG5g\
kfgl ' /L lx]pb] lr; f] kfnn] slt 5]g ; S5
c]ft 5]g vfg 5]g k]l/ b} ; nfof] eG5g\
lr; f] n]lb} 5f]/L d/L vf]Sbfvf]Sb} afa' lat]
3/ g9Ng] ; fx'n] dfq} ; xof]u /sd kfof] eG5g\
st} ; /sf/ e]6 e] eg] xfd]f] Joyf ; 'gf0lbg'
5f]/f5f]/L n]n'u sf]db} csf] lxp]b cfof] eG5g\
c]ft 5]g vfg] 5]g dxdfdf/Ldf bj f0 5]g
lgdf]0f 'G8} Eof0of] eGb} ; /sf/ lj b]z wfof] eG5g\
c6j f, Sofg8f .

bfn rfdn /fVbf/fVb} u]p]dfdf g} ; 80f] c/]
kxir xlf ss{kftf dGqln] g} 5fof] eG5g\
kfgl ' /L lx]pb] lr; f] kfnn] slt 5]g ; S5
c]ft 5]g vfg 5]g k]l/ b} ; nfof] eG5g\
lr; f] n]lb} 5f]/L d/L vf]Sbfvf]Sb} afa' lat]
3/ g9Ng] ; fx'n] dfq} ; xof]u /sd kfof] eG5g\
st} ; /sf/ e]6 e] eg] xfd]f] Joyf ; 'gf0lbg'
5f]/f5f]/L n]n'u sf]db} csf] lxp]b cfof] eG5g\
c]ft 5]g vfg] 5]g dxdfdf/Ldf bj f0 5]g
lgdf]0f 'G8} Eof0of] eGb} ; /sf/ lj b]z wfof] eG5g\
c6j f, Sofg8f .

kfgl ' /L lx]pb] lr; f] kfnn] slt 5]g ; S5
c]ft 5]g vfg 5]g k]l/ b} ; nfof] eG5g\
lr; f] n]lb} 5f]/L d/L vf]Sbfvf]Sb} afa' lat]
3/ g9Ng] ; fx'n] dfq} ; xof]u /sd kfof] eG5g\
st} ; /sf/ e]6 e] eg] xfd]f] Joyf ; 'gf0lbg'
5f]/f5f]/L n]n'u sf]db} csf] lxp]b cfof] eG5g\
c]ft 5]g vfg] 5]g dxdfdf/Ldf bj f0 5]g
lgdf]0f 'G8} Eof0of] eGb} ; /sf/ lj b]z wfof] eG5g\
c6j f, Sofg8f .

lr; f] n]lb} 5f]/L d/L vf]Sbfvf]Sb} afa' lat]
3/ g9Ng] ; fx'n] dfq} ; xof]u /sd kfof] eG5g\
st} ; /sf/ e]6 e] eg] xfd]f] Joyf ; 'gf0lbg'
5f]/f5f]/L n]n'u sf]db} csf] lxp]b cfof] eG5g\
c]ft 5]g vfg] 5]g dxdfdf/Ldf bj f0 5]g
lgdf]0f 'G8} Eof0of] eGb} ; /sf/ lj b]z wfof] eG5g\
c6j f, Sofg8f .

st} ; /sf/ e]6 e] eg] xfd]f] Joyf ; 'gf0lbg'
5f]/f5f]/L n]n'u sf]db} csf] lxp]b cfof] eG5g\
c]ft 5]g vfg] 5]g dxdfdf/Ldf bj f0 5]g
lgdf]0f 'G8} Eof0of] eGb} ; /sf/ lj b]z wfof] eG5g\
c6j f, Sofg8f .

c]ft 5]g vfg] 5]g dxdfdf/Ldf bj f0 5]g
lgdf]0f 'G8} Eof0of] eGb} ; /sf/ lj b]z wfof] eG5g\
c6j f, Sofg8f .



ZAbfy{ k]sfzgsf k': tsx? cgnf0g lsGg' k/] U
<http://muncha.com/>

á xl/ ykfi

d]n] lx]B] af6]el/ sf]B}sf]Bf 5/] xG5
eof] la; { d]/f] dfof h] dg k5{u/} xG5 .
d affr]f]nf b'v; 'v ltd]f] ; wf]enf] xf] ; \
cf^gf] v'; L u/ lk]p Û 8]/f cGt} ; /] xG5 .

affsl hl] g latfpg ltdlnf0{ufx]f] knf}
; fyl vf]Hg ahf/lt/ ; dod} ' /] xG5 .
d]n]h: t}dfof lbg] hl] g; fyl agfpg
l56]f] u/l klqsdf l] 1fkg e/] xG5 .

d a; f]nf h; f]t; f] ofbx? ; Dxfn/
hl] g afRg ltdl st}lalGtq b/] xG5 .
s]s]f] cfz ug{ kn] / of] d'6'df 5'/f w; L
eof] ltvf{ d]b]g ca htf ldN5 r/] xG5 .

dfofn'nf0{; d]b]d t]/fpg] l] rf/ lyof]
/f]Hof} cfh vx/] To]f] e]uf] h]fpm t/] xG5 .
; 'vL hl] g latfpg] ltdlnf0{e/ x]f]nf
d]/f 6'6] ; a} cfzf ca lhp]b} d/] xG5 .

g t 5f]/f g t 5f]/L s]sf nflu dl/d]b]g'
; fRg' 5]g s; }nf0{ cfh 5fs 6/] xG5 .
uugr'Dal dxndf ; 'tl 56k6fpg' eGbf
eof] dnf0{ 'k8ld} dl7f] lgb]f k/] xG5 .

a'4gu/, sf7df8f], xfn M cd]/sf .

uhnsf] ; Argf]ds :j z k

8f= n]yk] fb lg/f]f

! = l] ifo k] z

; flx]osf cg\$ l] wfxz d]l]o]uhn klg Ps xf]. nof]ds k\$[tsf]of]
l] wf sl] tf / ultsf] ; hftlo u0faf6 cgk]oflt 5 . l] rf/ j] f ej]nf0{
nof]ds :j z k k]f]g ug]qmdf JoSt xg]l] wfxz s}u0fwd]f]f0{uhnn]; d]z
cf]d; ft'u/}\$f]5 . of]zAb :j odf c/al efi]ffsf]eP klg knf/; L ; flx]oaf6
o; sf]hGd / l] sf; ePsf]xf]. k]f/Dedf k]f j f k]fo cg/fus]l]l] l] ifo ag]
b]yf k/}\$f]o; k/Dk/fn]x]fn; Dd cf0k]lf Pp6f 566}; flx]os l] wft]knf]
klxrf]g agf0; s}\$f]5 . o; y}; flx]osf cG6 l] wfh: t}uhnsf]klg ; }flGts
:j z k tof/ e0; s}\$f]kf0G5 .

@ = uhnsf] kl/ro

uhn zAbdf **u, h, n** u/l tlg c]f/sf]k]f]f] ePsf]5 . elgG5, c/al
efi]ffsf] **u]g lh n]d]a**6 uhn zAb ag\$]xf]. o; df **un**]j f0lnf0{**hn**]gf/Lnf0{
/ **cnn**]; fynf0{aem]Psf]df]lgG5 . o; /L gf/L; E]sf]j f0l cyf]f\k]l]dsf; E]sf]
j ftf]f]k]sf ; Gbedf **uhn** zAbsf] k]f/Des Jo]k]Q kf0G5 . h]xf] \c/al
efi]ffaf6 c]Psf]o; cfuGts zAbn]k]f/Des cj :ydf k]l]dsf; E]j ftf]f]k eG]
cyf]f0{g}a9l dfqdf j xg u/}\$f]5 . ; fy}o; leq sf]dntf, Gofg]k]g j f
nofnkg]sf]dfq /xgkg]ck]ff ul/Psf]kf0G5 .

uhn zAb uhn]faf6 ag\$]f]eG]c]w]f/Off klg /x}\$f]5 . c/aldf
uhn]sf]cy[d]f]sf]aRrf eG]/x}\$fn]o; ; E] uf]F] b0{ls]; dsf]c]w]f/Off
l] sl; t ePsf]5 . klxnf]s'/f d]f]s}h: tf r-rn Pj d'v]g]f]f/L c]f]f] xg]; Gb/L; E]
sl]b]t /rgf g}uhn xg\eG]/x}\$f]5 . o; ls]; dsf] Jo]f]ofn]k]k/s
l] ifosf z kdf uhnnf0{lr]g]f]5 t/ d]f]sf aRrfnf0{dfq aem]pg]uhn]
zAbdf tl d]f]z]f]ss]c]ft]f]b klg uf]F] ; lsg]ePsf]uhn k]k/s dfq
ge0{kl8f ldl>t :j /x}z]sf]cleJolSt klg xf]eG]b]f]f]c]w]f/Off klg /x]B}
c]Psf]5 . cyf]f\h; /L Ps]f]t j gdf ; fg]b l] r/Of ug]d]f]z]f]sd]fly sb]
Jo]w]faf6 x]f]g]Psf]j f0fhG6 kl8f]ldl>t cleJolSt xG5 To: t}g}uhnsf]klg
l] ifo /xG5 elgPsf]5 .

uhn zAb; E] uf]F] gf/L; E]sf]; j]fb xf] \j f kl8f ldl>t cleJolSt
xf] Yhg; S]j] ifoxz klg /xg ; S5g\eg]s]/fnf0{k]f/Des cj w]f/Offx]n]; a\$]
u/}\$f] 5g\ xg t sltkon]uhnsf]; DaGw ; fdf]o gf/L; E] ul/g]; fdf]o s'/fs]gl

dfq geP/ kpf:kb; E ul/g] cftl/s s/fsfglsf z kdf cyjf ; f:fl/s
cfcgdbd /df0/xsf]dfgj nF0{crfsgs snultn]j f0f xfbf lgl:sPsf]kl8fidl>t
Joyfsf z kdf klq /xsf]atfPsf 5g\ ctMuhndf cftl/s cg/fu jf /It/fusf]
cglu-hg cyjf cftl/s kl8fsf] ugubfx6h:tf ba}k\$[tsf lj ifoj :t\$]
k|tlt xg ; S5 e6g]:ki6 x65 . To; h]uhnnf0{cftdfsfcfg6b / kl8fsf]bx
bj } E uff] xg]k]Q; d] kf065 . uhnaf/]ul/Psf To:tf sxl kdv kl/roffds
; GbeXz o; ksf/ 5gM

• c/al ; flxToaf6 lj sl; t ; ^aNflk k\$[tsf] c6o ; flxltos
lj wfe6bf km/s cfxnfbf/L Pjd\k0fos]bl upu0f ; Dk6g l; hgf
lj z]f uhn xf].
-06; f0Snf]kl8of la6f]gsf

• kmf/; l / pb{sf]odf k0st slj tf lj wfsf] Ps e0, h; sf]
dVo lj ifo k0df s]b0t x650 Toxl uhn xf]. - axt\lx6bl zAbsfz

• uhn eg\$]f] k]dsf; E ul/g] s/fsfgl, pb{ kmf/; l lsfasf]
Ps k\$]f/ lj z]f h; df kfFb]v P3f/ ; j x65g\ . ; a} ; j Psk\$]f/sf
/lbnm / sflkmofdf s]b0t /x65g\ / x/\$; j]sf] s]yo lj ifo km/s km/s
x65 .
- pb{lx6bl zAbsfz

• uhn pb{ ; flxTosf] ; j]lws n\$]k0, ; /; tyf k0 :yfolej
xg]Ps s]lo e0 xf]. of] /x:offds cge]t, cfxnfb ; j]j, dlb/fsf]
d:tl, wld\$ tyf ; f:s[ts lj b]k cflb efjgxfz ; -rf]/t xg] /
lj ifo cgzksf] efj ; -rf/ ug]ljzi6 s]fosf] :jz k xf]. ; fy}of]
dstf, dtnf, lh/x sflkmof / /lbnm:tf nosf hgs / lgofds
k]lj lws t]j df lga4 x65 .
-8f-gu]b]

• uhn sflkmof / /lbnmsf] Joj:l:yt of]hgdf lga4 ag] Ps
noof]hgdf ; hgf ePsf] cg\$; j]x]sf] dnf ag\$]f] t6t' xf]. o;
lsl; dsf] /rgfsf] klxnf] ; j] dtnf / cl6td ; j] dstfsf] lj wfgdf
cfa4 x65 .
-8f-g/z

• lj z]ftM k0sf lj ifodf z]f/ /; sf slj tf n]vg]Ps k\$]f/sf]
kmf/; l 56b jf To; } 56bdf n]vPsf] slj tf uhn xf].
-g]kfnl axt\zAbsfz

• z]f/ jf k0/; sf] slj tf, sg}56b\$4 ge0{cl6td t5 dfq
xg] z]f/s slj tf uhn xf].
-g]kfnl zAb; fu/

• uhn Pp6f k]ljws / zf:qlo s]l0ljwf xf]. o; sf] ; hgf
sflkmof ldn\$]f :jfoQ ; j]x]sf] ; dfof]hgaf6 x65 . of] efj ufl0elo
/ u0tf, s]0ntf cflbsf b]l6n]ult; E ; lgs6 b]vg] Pp6}ax/df
sDtdf rf/ ax/df /lrg] ; hgf uhn xf].
-3gZofd kl/>dl

• uhn dVotM efiissf dfl0daf/f ; E]tsf] ; xof]udf cleJoSt
xg] snflj z]f xf].
-s[0fxl/ a/fn

• lzNk; Argfsf cfwf/df sflkmof / /lbnmsf a6wgdf lga4
eP/ /xsf]Ps} nov08df ; hgf ePsf] / Pp6}ax/ lj wdf plgPsf]
lj le6g ; j]sf] dnf sf z kdf tof/ xg] dtnfaf6 cf/De eP/
dstfsf] txdf ku] Ps ul6ysf] z k k]t u/\$f] /rgf lj z]f uhn
xf].
-/fh]b] ; j] 0l

pko\$ t ls; dsf uhn; Da6wl lj le6g cy{ lr6tg, cjwf/0ff jf
sygxzaf6 lgZro klq uhnsf]z k / ; f/klfaf/]kz:t dfqdf 5nkm xg]
u/\$f]b]v65 . logdf uhnsf] ; f]t, sfljos jf ; flxltos klxrfg, z]h]lzNk
/ lj ifout cfwf/xzaf/]klq kof]t lsl; dn] ; f]t x6]cfPsf]alen65 . k]f0Mol
x/\$ cleJolStn]uhnsf]sg]g sg]lj z]f klfdly k\$]fz kf/\$]5g\ ctMuhn
eg\$]f] sxl pb{ax/xzsf]lg]Zrt ; Argf]ds 9fFdf /It/fu jf lj /xh6o
kl8fnufot hljg hut\$ hgf; s}lj ifonf0{; d0] tof/ kfl/Psf]lj z]ftM
sflkmofsf]k0f]u xg]n3' k\$[tsf] ; fE]lts r]t k]vfg /rgf xf]e6g ; ls65 .

#= uhnsf ; Argf]ds 36sxz

; flxTodf cfj Zos kg] ; Argf]ds 36sxz h:t}uhndf klq To:tf
cg\$ 36s jf pks/0fxz k0f]u x65g\ tl ; ah; f]cj oj xz noffds ; flxTo
cyjf slj tfs]h:tf]dhtMefj, no / efiiss]s]b]l0tfd cfa4 x65g\ ltgdf
klq vf; u/l efj sf]e6f a9l no / efiiff]h]s]b]l6n]uhnsf clgj fo{; Ars
36sxz lgwfl/t x65g\

s_ efj

efj eg\$]f]lj ifo j :t' xf]. hg; s}; flxTodf clgj fo{36ssf z kdf
efj jf lj ifoj :t' /x6]uhndf klq o; sf]clgj fo{f /x65 t/ uhnsf nflu
cfj Zos efj jf lj ifosf ; Gbedf To]t w]}clgj fo{lgod jf cgzf; gxz
56g\ xf] kl/Defd uhnsf]lj ifoj :tut ; Gbe{k0k/sf lyof]e6g]ul/65 t/
; E; E]lj /x, kl8f, Joyf / 56k6fx6h6o lj ifon]klq TolQs]k]fylds tf kfp0
cfPsf]b]v65 . uhn k0f]usf]k/Dk/f; E]jo; leq s]n k0 / lj /xsf]dfq ge0{
; dsfnlg lj s[t, lj ; E]t / j 0]Sts jf ; fj h]gs lj ifoj :th]klq k]fylds tf
kfp0}cfPsf 5g\

ca t hljg hut\$ ofj t]lj ifoj :t' klq uhnsf nflu pko]ll; 4
a6g]u/\$f 5g\ /fhgllt, bz0, k\$[t, k0, la5f0, xif]a:dftnufot hljgsf
; a}vfn]cgeltxzn]uhnnf0{cleJolStsf]dfl0d agfPs}5g\ ctMefj jf
lj ifosf b]l6n]uhndf sg]klq lj ifon]lgif]wt xgkg]cj :yf 56 . oltrf]X
s]s/f :ki6 xf]eg]uhnsf]k\$[t / :jz k lgs}xb; Dd ult, dSts Pj d\

n3slj tfs}glhs /x\$fn|lj ifoj :t\$}cfotgdf lgZro klg ; ^Nfkt tf jf ; qfndstfsf]ck]ff ul/65 g}. st}st}Rj f.; cgelt u/fpgf; fy uhnsf] lj ifo :j tM ; dftt xg' ck]lft 5 .

v_ no -ax/_

uhnsf nflu nosf] clgj fo{f x65 . nonf0{ax/ klg elg65 . uhnleqs f k]oM ; a}h; f]ax/x6 pb{; flxToaf6}lnOPsf xg\ To; h]ltgs} lj lw, Joj :yf jf lgod cgzf; gleq /x} uhnsf]ax/ lgwf{0f ul/65 . k]l6 ; flxTodf lkEns f 56b; q}x6emf pb{; flxTosf kl/eflft ax/x6 uhndf clgj fo{dflg65g\

k]l6f tl g c]f/sf]Ps uof cyf{?Sg eP klg uhnsf nflu tlgb}v kfF c]f/; Ddsf ?Sgx6sf]kpf] ul/65 . uof; l}sf x}j bl3{cflb dfqf jf uOfef/nf0{aHg elg65 / tl x/\$ aHg6 ouOf duOf tuOfh:t}kmpmng\ kmf0ng\ dkmf0ng\cflb lj leG gdfaf6 ?Sgsf 6 kdf lrlg65g\ . Itgs} cfj [Qaf6 km/s km/s gdsf ax/ jf 56bx6 tof/ x65g\ zfb}lj qml8t, d6bfqmf6tf, pkhft cflb tl cnu cnu gdsf 56bx6h:t}uhndf ldgsf/a, d'tsf/a, xhh cflb cg\$ ax/sf]kpf] ul/65 . Itglx6df Pp6f ; } cyf{ kBsf nflu x/\$?Sgsf]dVotof rf/k6ssf]cfj [Q cfj Zos x65 t/ Itglx6 ldl>t cj :ydf klg /xg ; \$5g\ k}lnt no jf ax/; Da6wl dhet Joj :yf o; k\$ / /x\$]5 M

ax/ ; l} tflnsf				
qm#; # ?Sg= uOf	c]f/ ; ^vof	aHg= uOfef/	ax/= 56b	
!	kmpmng\	#	ISS x \$ 0 !@	ldgsf/a
@=	kmf0ng\	#	SIS x \$ 0 !@	d'tbfl/s
#=	dkmf0ng\	\$	ISSS x \$ 0 !^	xhh
\$=	d'tkmf0ng\	\$	SSIS x \$ 0 !^	/hh
%=	kmf0nftg\	\$	SISS x \$ 0 !^	/dn
^=	d'tkmf0ng\	%	IISIS x \$ 0 @)	sfl dn
&=	dkmf0ntg\	%	ISIIS x \$ 0 @)	afikm/
*=	dkmpnft\	#	SSS x \$ 0 !@	

uhndf k}lnt gePsf].

pko\$t lsl; dsf] ax/ Joj :yfcg; f/ uhndf cf7f k\$[tsf] **dkmpnft** afx\$ c6o k\$[tsf]nout ; Argf /x6}cfPsf]5 . gkfnl ; flxTodf klg o:t}lsl; daf6 lj leG ax/df uhnx6 n]v6}cfPsf 5g\ h:t}.

-c_ ldgsf/a -ax/ P ldgsf/a_

of]ax/ jf 56b kmpmng\ISS_ sf]rf/ k6ssf]cfj [Qaf6 tof/ x65 .

o; df h}df afx6c]f/ x65g\ o; sf]k\$[t ehEk6ft 56b; E ldnb5 . h:t} rx]5fg'cf'gf]d 5fP/ a:5'

5 cfsfz cf'gf]/dfP/ a:5' . -d}sf kf]/h_

-cf_ d'tbfl/s -ax/ P d'tbfl/s_

o; ax/df klg afx6c]f/ x65g\ Itglx6 kmf0ng\ -SIS) s}rf/ k6ssf]cfj [Qaf6 tof/ x65g\ o; sf]k\$[t ; l}j ofl 56b; E ldnb5 . h:t} a:g' 6f9f x6}x6g xdf]s'/f

eG yfn]Itg}JolSt /fd]s'/f . -n} lg/f}f_

-0_ xhh -ax/ P xhh_

o; ax/df ; f}6c]f/ x65g\ k}o\$ rf/ c]f/sf aHgaf6 ag\$]f] dkmf0ng\ -ISSS_ ?Sgsf]rf/k6ssf]cfj [Q x65 . of]ax/ cgl6k\56bsf]w} ghs 5 . k}rlg uhnx6df o; lsl; dsf]nout Joj :yf clws dfqdf kf065 . h:t}

pm cf6faf6 cf}h} d6d}; b}of]; fob
bv\$] lRQsf]kl8f p; h}xb}of]; fob . -; gtsdf/_

-0{ /hh -ax/ P /hh_

o; ax/df kfF c]f/sf aHgaf6 ag\$]f]d'tkmf0ng\SSIS_ ?Sgsf]rf/ k6ssf]cfj [Qsf sf/Of ; f}6c]f/ /x\$ x65g\ h:t}

kv} lbg u6b}lyPFdgsf]s'/f dgd}/Xof]
dfof u?Fe6b}lyPFdgsf]s'/f dgd}/Xof]. -; gtsdf/_

-p_ /dn -ax/ P /dn_

o; ax/df klg kfF c]f/sf aHgaf6 ag\$]f]kmf0nftg\ -SISS_ ?Sgs} rf/ k6ssf]cfj [Qsf sf/Of ; f}6c]f/ /x\$ x65g\ h:t}

cfh of6f lR6XL cfof]sl6g s:sf]yxf 5g
k}sf]; 6b}z Nofof]sl6g s; sf]yxf 5g . -; gtsdf/_

-pm sfl dn -a/x P sfl dn_

o; ax/df kfF c]f/lo aHgaf6 ag\$]f]d'tkmf0ng\IISIS_ ?Sgsf]rf/ k6ssf]cfj [Qsf sf/Of al; c]f/x6 x65g\ h:t}

d6leq lRq lyof]sg}d'; sfp]eg sf]lyof]<
k}tlj Daleq lyof]pxl ; /dfpg]eg sf]lyof]<; gtsdf/_

-C_ afikm/ -ax/ P afikm/_

of]klg kfF c]f/lo aHgaf6 ag\$]f]dkmf0ntg\ -ISIIS_ ?Sgsf]rf/ k6ssf]cfj [Qsf sf/Of tof/ xg]al; c]f/sf]ax/ x]f]. h:t}

hx}f]tdl 5f]pxlF5 v'; l ltdl gx6f pbf; ; a}
; hlj lyof]ld7f]; kgf laxfg x6f lj gfz ; a}. -; gtsdf/_

-P_ ldl>t ax/

oxfFrrf{ul/Psf dfq ge0{uhn; E uff; P/ kZ:t dfqdf ldl>t ax/
x2 klg kofu xg]u/\$f 5g\ ltgsf cg\$: j2kx2 kf065g\ To: tf sxl ldl>t
ax/x2df ldgsf/asf]!! clf/lo eB, d'tbfl/ssf](clf/lo eB, xhhsf !!,
!\$ / !^ clf/lo cg\$ eBx2 -hxfRk-rrfd/ 5Gbsjh: tf]noof]hg klg /x65_
pNnyglo /x\$ 5g\ oxfF!\$ clf/lo ax/ eBsf]pbfx/0fnf0{x2}; Is65 M
hxfFhg Hofgdf 5Ns\$]kl; gf x65

xf]Toxl x65 xl/af/ dblgf x65 . -aB /fgf_

To:t}nf\$nodf h:t}\$±\$±% sf]!# clf/ \$±\$±^ sf]!\$ clf/
\$±\$±\$±\$ sf]!^ clf/ / %± %± %± % sf]@) clf/ cflb xg]lsl; dsf c6o
cg\$ eBx2 klg /x\$ kf065g\ rf/ rf/sf]!^ clf/lo nf\$nos}; dwdl{
uhnnf0{klg oxfF} ; Is65 M

9Ss lyPFkfl/ tg{cfkm}tsf]gfp lyof]

tbff{b}eEfnfdf 8afpg]bfp eof]. -/dZ zE}5'

uhnsf ; Gbedf sltko cj :ydf x2 / bl3Pj d'xn6t j f ch6t; Da6wL
lgodsf]cgzf; grflxFlolt s8f xB2 . h:t}

abnf lng]/x/ eP d6d}lslnf 7f\$]x65

cfFh]n]vPsf]kq ghnfpm b0{rf/ lbg . -pHlj n hl=; l=

o; /L ; s[df lj Bdfg cg\$ zf:qlo no Pj d'gkfnl nf\$no h:t}
uhnsf ; Gbedf klg cg\$ ax/x2 sf]kofu; Da6wL k/Dk/f /x6]cfPsf]5 . ol
hg; 5]sl; dsf nox2 sf]kofu ul/P klg ltgdf nout cgzf; gnf0{e/; s
sfod /Vgkg]kfj wfg /x\$]kf065 .

u_ efiffzhl

uhndf no / efj bj}klfnf0{kl6 tNofpg]lsl; daf6 efiffzhlslf]
JoJ :yfkq ul/G5 . Psflt/ nof]ds cglu-hgnf0{k6fj sf/l tNofpg]j f
; fEltts dfwb{k6fg ug]/ csff{/ efj j f l j ifoj :tsf]; xh ; Dk]f0fh6o
rdTsf/ l; h6f ug]k6fhgsf nflu efiffzhlut klfsf]dxQf b; f0Psf]x65 .
To; qmddf uhn l; 4f6t; E]kofu xg]sltko kb kbj nlx2 gkfnl ; flxTosf
; Gbedf JofVo6 xg cfp5g\ ltgdf ; J, ld; /f, sflkmof, /lbnm dtmf, dstf,
tvNn'; cflb k6v /x\$ 5g\

s_ ; Jsf] ; Argf

; J zAbn]uhnsf b0{x/km j f ld; /fsf]; dXnf0{aenfp5 . cyf}\b0{
ka\$tsf]Ps kB g}uhnsf]; J xf]. lrl6Ss k/\$f cg\$; Jx2 sf]; dXaf6}
uhnsf]lgdf x65 . oBlk sltko efiffd uhnafx\$ sf]osf kBX2 nf0{klg
; J g]elg65 . k]o\$; J cfk; df c; Da4, :j t6q / cfkm}f k0f{x65g\ ltglx2

lglZrt of]hgdf cfa4 x65g\ tl Pp6f uhnsf k]o\$; Jx2 Pp6}ax/
of]hg cyf}\nodf n]vPsf x65g\ ltgdf k]o\$; Jc6tu\$ sflkmof / st}/
lbnm]JoJ :yf xg]ub\$. uhndf k6St ; Jx2 sf]cf/Denf0{dtmf / cGtonf0{
dstf elg65 . ltglx2 sf] klg cf^g]lsl; dsf]lj lw / JoJ :yf 5 . Pp6f
uhndf ; fdf6otof % b]v !! ; J; Dd x65g\ lxhf6h % b]v & ; J; Dd
/lrPsf uhnx2 cTolws kf065g\ ; J; ^Vof kf0M lah7 /Vg]k6ng 5 .
Oltxf; df # b]v ! (; J; Ddsf uhnx2 kf0Psf]alen65 .

v_ ld; /fsf] dxQf

ld; /f eg\$]uhnsf ; Jx2 df kofu xg]x/km2 xg\ Pp6f ; Jdf b0{
x/km kofu xg]x6f bj }x/kmf0{ld; /f g}elg65 t/ ltgdf klxnf]x/kmf0{
ld; /f P pnf / bf] f]x/kmf0{ld; /f P ; fgl e6g]ul/G5 . klxnf]x/kmf
lj ifosf]kl/ro, pRrtf, p7fg, eldsf cyj f >f]fx2df sf]Xn l; h6f ug]
ck]ff /flvg]xgfn]o; nf0{ld; /fsf]pnf cyf}\pRrtfsf]; 4f lb0Psf]xf].
To; u/L bf] f]x/kmf klxnf]ld; /fn]pTk6g u/\$f]lh1f; fsf]; dfwfg cyf}\
klxnf]ld; /fsf]/x:of]6g ul/Psf]x65 . To; h]bf] f]ld; /fnf0{; fglslf]; 4f
lb0Psf]xf]. h:t}

; a\$]oxl Ps cfj fh kfPF ld; /f P pnf

uhndf ltdlnf0{gf/fh kfPF. - ld; /f P ; fgl -j fx 0 uhn_

u_ sflkmofsf] ; ofhg

sflkmof eg\$]; Jx2 df lj Bdfg cgkf]; ÷ cGtofgek]; ÷ pkf6tofgek];
j f ts xf]. :j / j f Jo-hgx2 sf]j 0f{ fDof cfwf/df cfj [Qsf sf/0f sflkmof
lgdf x65 o; y{sflkmoflagf uhnsf ; Jx2 a6b2g\ klxnf]; Jsf ba}ld; /f
cyf}\dstfd / af6L ; Jsf bf] f]bf] f]ld; /fdf sflkmofsf]kofu ul/G5 .
; fdf6otof b0}v rf/ j 0f{ Ddsf] sflkmofsf]kofu a9L dfqdf xg]u/\$f]
kf065 . pbfx/0fsf nflu uhnsf]sflkmofsf 2kdf cfp5, km}fp5, ufp5,
5fp5 cyj f cf0Pg, nf0Pg, kf0Pg, uf0Pg, vf0Pg h:tf kb2 sf]cfj [Q cyj f
/ft kof/] aft kof/] dft kof/] ; f]ft kof/] xft kof/]h:tf cg\$ kb
kbj nlx2 sf] cfj [Q k] \$ rdTsf/ l; h6f ul/G5 . sflkmofsf]; Argfdf
Wj lgut lj lj wtf klg /xg ; Sb5 . st}k0f]Wj lg; fDo st}cflzs Wj lg; fDo st}
Psf]l/L cGto Wj lg; fDo / st}ceE tyf ; eE Wj lg; fDo j f ldl>t Wj lg; fDof]
cj :yf klg /xg ; Sb5 . ctM sflkmofsf cg\$ cj :yfx2 x65g\ ; a); Jx2 df
Pp6}sflkmofsf]k6?lSt klg ul/62 . nfdf uhnx2 df sflkmof j f cgkf];
ldnfpg cj Zo klg uxf]xg ; S5 . k6fj f]kfb sflkmof kofu ul/Psf]tnsf
; Jx2 nf0{x2}; Is65 M

af]g]ufxk]xg]u/l htftt}cefj 5

wgl dfgl g]f]ho hfo{dfq}oxfF/afkm 5 .

cl:y/ of]; /sf/ hgtfsf]s]rf; f]5 /
cfk]hfo{gf} la6f]/sfkl df safkm 5 . -k6f a/fn_

3_ /lbkmsf] k6f]u

k]o6; ;]df sflkmsf k5f]8 bf]f]g]zAbx_ g})/lbkm xg\ Itglx_
sflkmsf]h: t]clgj fo{xg}k5{e6g]5g . hxf]hxf]sflkmsf]k6f]u x65 ToxfF
ToxfF/lbkmsf]k6f]u ug{; ls65 t/ ; a)sflkmsf ePsf 7fp6f /lbkm gxg klg
; S5g\To; h]uhnsf ;]x_ df st}/lbkm k6f]u x65 eg]st}x6g . hxf]f]lbkmsf]
k6f]u x65 Itgnf0{d/2kme]lg65} hxf]f]u Itgnf0{u}d/2kme]lg65 . /lbkmsf]
k6f]u]uhnsf]; fE]lts dfwb{/ k6f]j sfl/tf cem a9g]; lglZrt 5 . h: t]j

d k6f] gfnf sxftg{; S5'
lj if]of]kP/}sxftg{; S5' . -nldlbQ e6_

oxftg{/ dg{sflkmsf]k6f]u ePsf]o; nf0{d/2kme]lg65}
c6tu6 /Vg; ls65 t/
clnf]lxdfn x]f]k]nl vl; /x6
df6]eh] 5f]f]vf8l vl; /x6 .
af]f]v]af/l b6f]a96f]
hfp]m lj b6 hfp]m]f]f rln/x6 . -e] gxl/ l; lb]h_

3_ dtnf / dstf

uhndf b0{b0{ld; /f ePsf k]o]lahf] ; ^Vofsf cg6 ;]x_ x65g\
tld]l]k]xnf b0{ld; /fsf]566}k6[t x65, h; nf0{dtnf elg65 . dtnfd
Psf]t/ lj ifoj ; t6f b]i6n]; d:ofs]p7fg ul/65 eg]csf]t/ k]t]tsf b]i6n]
tl b]j]d; /fsf c6]odf sflkmsf]/ st}/lbkmsf]; d] k6f]u ul/65 . ha ls
uhneq c6o ; /6f b]j]d; /fdf sflkmsf]k6f]u ul/6g .

To: t]dstf eg6]uhnsf]cl6td ;] x]cyf]f]c]6tdsf b0{ld; /fx_
xg\ t/, ol b6]d; /fn0{]oltv] dstf elg65 ha Itgsf]cl6tddf uhnsf/sf]
pkgfd=gfd ;] ul/Psf]x65 . o; ; Gbedf df]l/fd e6sf]; hP/ 3/leq
zlif6sf]uhnnf0{x6}; ls65 M

; hfP/ 3/leq hf]ghfg]
o; }u}uPb]v vf]gvfg]. -dtnf_

d 6q]6fpg6' c_ hf]5 vflx; \

p; }k]l/ df]l ghf]L ghfg]. -dstf / tvNn'; _
ol ;]x_ df ; ?sf ld; /fx_ dtnsf_ kdf / c6]osf ld; /fx_ df
tvNn'; d] k6f]u ul/Psf]dstf /x6f]k6f]u .

5_ tvNn';

uhnsf]c6]odf /x6f];]nf0{dstf elg65} hxf]uhnsf/sf]pkgfd; d]
/flvPsf]x65 . j : t]t]Toxl cl6td ;]df /x6f]cyf]f]dstf k6st pkgfd
g]tvNn'; x]. h: t]j

s]t r]l]dnf]5 xF0sf] lxl; df ls/g]klg bf]Esf]

d]of .df]t]l gl/ hxf/ g x] c_ xf/ k]l]sg r]l]xof]. -df]l/fd e6_
o; k6f/ uhn Pp6f lglZrt ; Argdf tof/ xg]; flx]osf]; fE]lts
dfwb{k]wfg /rgf dflg65 . o; df nosf]Psf]l]t / lglZrt lgod, k]o6; ;]
x_ sf]lj lzi6 pkqmd, sflkmsf]clgj fo6f / dtnf, dstf, /lbkm / tvNn';
cflbsf]pko6t lj lgo]fhg /xg' cf] Zos 7flg65 .

\$= lgisif{

uhn ; d; fdlos g]k]nl ; flx]osf] n]f]k6 lj wf x]. of] lj wf c/al
; flx]oaf6 g]k]nldf lelqPsf] x] / o; n] g]k]nl ; flx]odf pQ/fQ/ k6f]j
hdfp]nu6]5 . uhnsf]k]l]Des k6f]u k6]k]dsfsf alr xg]k]fo cg/fusf]
; Gbe{ E uif; Psf]elgP klg o; df ; E; E]lj /xh6o kl8f, afbzfxsf]k6;f;
; dsfnlg k]l]Q cflb lj ifox_ ; d] uif; E]c]Psf 5g\ j t6fg ; Gbedf hg; s]
lj ifoj ; thf0{klg uhnsf d]l]odaf6 kl:sg ; ls65 . o; ls]; dsf]uhndf
lglZrt ax/x_ sf]k6f]u xg]ub6 . ; df]gotof b060{x/kmsf PsPs ;] tyf
lahf] ; ^Vofsf ; lldt ;]x_ sf]; dl6j t_ k g]uhnsf_ kdf lrlg65 .
o; leqs]nout cg6f; g, sflkmsf / /lbkmsf]; Gb/ ; 6]fhg tyf lj ifout
; 6]fdstf j f ; ^N]k]t]tf g]lj lzi6 klxrfg dflg65 .

; Gbe{ ; t]

pbf; l, 6lsf/fd, -e)%(_ , uhn l; 4f6t / g]k]nl uhnsf] 0ltxf; , sf7df8f]M c]l]l]St
k6f]zg .

kl/>dl 3gZofd (of]kfg]-e)^^_ , uhn ; f]bo{; dl]lf, sf7df8f]M ; Ed aS; kl]ns]g k]f]n=
a/fn, s]o]xl/, -e)^^_ , ult l; 4f6t / 0ltxf; , sf7df8f]M lj B]yl{k:ts e08f/ .

====, -e)^^_ , uhn l; 4f6t / k/Dk/f, n]ntk/ M ; fem k6f]zg .
/f]n, n]nhg, -; Dk]f-e)^^_ , k]t]glw g]k]nl uhnx_ , sf7df8f]M lj j 6 l; hg]zn k6f]zg .

zdf{ z/Rr]b]/ c6o, -; Dk]f-e)^^_ , df]l/fd e66 / ; +ul{slj, sf7df8f]M g]k]n /f]slo k]f]
k]t]i7fg .

; g]tsdf/, -e)^^_ , j]f l]uhn, sf7df8f]M sf]uf]7l .
; j 6l, /fh]b]l, uhnsf]l; 4f6t zf:qlo kl/rol, 7fs/ zdf{-k6; Dk]f_ j]ho6tl j if{6, c^a\$ \$,
koff6\$ #\$, @)&!, s]l]t6-d^a\ / .



nfu" kbfy{ ;] g M
uof] cdNo hlj g .

xdfj] rfxgf, nfu" kbfy{lxt
; dfhsf] l; hgf .

c; n ; fyln] nfu" cfjfw vfg
cfux ubg .



नेपाल सरकार
सूचना तथा सञ्चार प्रविधि मन्त्रालय
सूचना विभाग

k7goŋo xdfj sxl k: tsx;

ä zAbsfz ä

!= zAbfy{gkfnl zAb; fu/ -; l-8l= lxt b0{/^df -j; Gtsdf/ zldf{gkfnl	!%)÷-
@; ^lflkt gkfnl zAb; fu/ -; l-8l= lxt -j; Gtsdf/ zldf{gkfnl	!!))÷-
#=; ^lflkt gkfnl zAb; fu/ -; 68ŋ6 -j; Gtsdf/ zldf{gkfnl	*%)÷-
\$=; fglgkfnl zAb; fu/ -j; Gtsdf/ zldf{gkfnl	%)÷-
%= zAbfy{; ^lux -gkfnl gkfnl -ljgosdf/ zdf{gkfn	@%÷-

^= gkfnl c^ulhl gkfnl zAb; fu/ -; l-8l= lxt -ljgosdf/ zdf{gkfn	[!!))÷-
&= gkfnl c^ulhl gkfnl zAb; fu/ -; 68ŋ6 -ljgosdf/ zdf{gkfn	[*)÷-

*= gkfnl c^ulhl zAb; fu/ -ljgosdf/ zdf{gkfn	[#&%÷-
(= zAbfy{; ^lux -gkfnl c^ulhl -ljgosdf/ zdf{gkfn	[!*)÷-

!)= c^ulhl gkfnl zAb; fu/ -ljgosdf/ zdf{gkfn	[#@%÷-
!!= zAbfy{; ^lux -c^ulhl gkfnl -ljgosdf/ zdf{gkfn	[!*)÷-

!@= c^ulhl c^ulhl gkfnl zAb; fu/ -; l-8l= lxt -ljgosdf/ zdf{gkfn	[!!)÷-
!#= c^ulhl c^ulhl gkfnl zAb; fu/ -; 68ŋ6 -; l-8l= lxt -ljgosdf/ zdf{gkfn	[&%÷-

!\$= c^ulhl c^ulhl gkfnl zAb; fu/ -; sh -ljgosdf/ zdf{gkfn	[%)÷-
!%= c^ulhl c^ulhl gkfnl zAb; fu/ -0nŋŋ6/L -ljgosdf/ zdf{gkfn	[#)÷-

!^= sfggŋ tyf kzf; slo zAb; fu/ -ljgosdf/ zdf{gkfn /	[!&%÷-
-8f= ljzjblk clwsf/l	[\$^)÷-

!&= zAbfy{; ^lux -sfggŋ tyf kzf; slo -.\$^)-sfggŋ knf f	[&%)÷-
!*= gkfnl c^ulhl gjf/l zAb; fu/ -ljgosdf/ zdf{gkfn /	[&)]÷-
-zhlhbn l; x	[&)]÷-

!(= gkfnl c^ulhl ; #sŋt zAb; fu/ -j; Gtsdf/ zldf{gkfnl /	[*%)÷-
-ljgosdf/ zdf{gkfn	[*%)÷-

ä clWofD Pj -bzg ä

!= zAbfy{ultf -j; Gtsdf/ zldf{gkfnl	[!&%÷-
@!#% pklgŋft; ^lux -dh; lxt -j; Gtsdf/ zldf{gkfnl	[!!))÷-

#= clWofD / hljg -Hofŋt clwsf/l	[!&%÷-
\$= ulgtJoft -ladh	[!@%÷-

%= C -ladh	[@%÷-
^= k-rfdŋt -7fs/ zdf{	[!&%÷-

&= sfŋf sXgŋf -lBlokef vgrn	[#%)÷-
*= efujt Ps ljjjgf -ulŋj Gb lwd/ j.ŋdclŋŋ	[@)÷-

(=; lOm wf -cgjfb, 7fs/ zdf{	[&%÷-
!)= 1fg-lj 1fg -ulŋj Gbk; fb bxfn	[#%)÷-

!!= loj xŋ/ -Jofj xŋ/s bzg -Pŋj Gbk; fb Gofkŋg]	[\$(%)÷-
!@= ofŋotf -Pŋj Gbk; fb Gofkŋg]	[#&%÷-
!#= /fhgŋts tyf ; fdlhs kl/jtg -Pŋj Gbk; fb Gofkŋg]	[#)÷-
!\$= lj sf; / kŋŋfnl -Pŋj Gbk; fb Gofkŋg]	[@%)÷-

ä pkGof; ä

!= dlOm ^a ufd -xfj 8knf:6-cgjfb_	-j; Gtsdf/ zDdf{gkfnl	!%:-
@= lg/k/fwsf]x]of -xfj 8knf:6-cgjfb_	-j; Gtsdf/ zDdf{gkfnl	!)):-
#= äblnbf]llfth	-ultf sz/l	():-
\$= /ldnfggl	-ejgx/ l; llbjh	!\$):-
%= ; /f; Gb/l	-ejgx/ l; llbjh	!^):-
^= /fadb0	-ejgx/ l; llbjh	!#):-
&= gkfnf]k]xnf]sf]kj{	-P; kl cf: f	(%:-
*= a4	-P; kl cf: f	@!%:-
(= dlOm ⁴ sf]alpm	-g/]b] k/fz/	*%:-
!)= tltf] to	-waf]h kf8bfn	*%:-
! = km ² u p8\$]of]jg	-8f= ClifsZj /fh /ld	&):-
!@= lj: dft	-u]kfn ; -hjh	@)):-
!#= /x: o	-; ltf e6b/10f	!@%:-
!\$= rGf]l	-k]sfzdl0f b]xfn	@@%:-
!%= olq dfgj	-06b' k6t	!!):-
!^= slkGF ; #f/	-dlOmgy zdf{	!%):-
!&= lj; aut hljg	-?s' sfs]f	!\$):-
!*= cgllgsf	-8f= ljZj]blk clwsf/l	@@%:-
!(= ; Zlr	-zlf6t zdf{	!%):-
@)= lrqnVf -euj tlr/0f jdf{cgjfb_	-ljgosdf/ zdf{gkfn	():-
@ = b]pdl0\$]f]lsgf/df	-k]blk gkfn	!@%:-
@@= Ps xhf/ jif{	-k]blk gkfn	!^):-
@#= 5 n3pk6of; -ultfsZ/l, u]kfn ; -hjh, k0o/lzd vltj8f, k]blk gkfn,		!\$):-
/fhZj/ b]sf6f, ljgosdf/ zdf{gkfn		&)):-
@\$= cal/sfdf cfd	-ef/tl uf]d	!%:-
@%= xhf/ ; kqf	-sdf/ sf'n]	!%:-
@^= d65]eP/ d/\$]f]d65]	-ljkh l; h]klt	@%):-
@&= l: k ³ ne	-ljg]p]sdf/ >]7	@%):-
@*= cfd]f{	-ejgx/ l; llbjh	@%):-

ä syf; a^u ä

!= Pp6l csl{nfp/f	-slx8f gf: ggl	!@%:-
@= klr syf	-/fhZj/ b]sf6f	*):-
#= cg6t ofqf	-; /G pk]f]	!)):-
\$= dl0bt	-h6Gtl zdf{	!)):-
%= lhpbf]c]fdf	-waf]h kf8bfn	!%):-
^= n]d ^a x?	-n]s]l]b]x]fb/ r6b	@)):-
&= wdf6w	-k0o/lzd vltj8f	!%):-
*= sd/8 e]ph"	-s]of ahuf0f	!&%:-
(= Joyix?sf] syf	-xl/ ykf	@)):-
!)= syf]l6sf -^& gf/lsf ^& syf	-; #ljgosdf/ zdf{gkfn	!%):-

ä ; d]n]f]gf ä

!= b]sf6f c]ofd / kj]Q	-slkn c1ft	!@%:-
@= t]j]cf]m]sf]c]n]f]gf	-8f= /fdk; fb 1afnl	!&%:-
#= pk6of; ; d]n]f]gf	-8f= /fdk; fb 1afnl	@&%:-
\$= ; flx]o-]g?k0f	-8f= 3gzofd Gof]k]f]g.kl/>d]w!^)-	
%= ; dl]f ; d]x/0f	-8f= 3gzofd Gof]k]f]g.kl/>d]w!&%:-	
^= gkfnl dlxnf ; flx]osf/	-nl]nf n06jh	&)):-
&= s]lo, lga6w s]l]bsf b]sf6f	-k]f= /fh]b] ; j]p]	@%):-
*= gkfnl dlxnf n]yg llkj]Q / o]q]b]fg	-/hgl 9sin=ultf lqkf7l	@&%:-

ä efiif ä

!= Perfect English -/k8\$; _ -uf\$hkj; fb zdf{ @^):-
 @= Learn Nepali yourself, know Nepal yourself - k]sfzdl0f b]xfn #%):-
 #= Professional English Grammar—for stu./Teachers/Professional -j]fdb] k]8]h #%):-

ä gkfnl afn-; flx]o ä

!= tlgtf/f -afnsyf	-j; Gtsdf/ zDdf{gkfnl	#%:-
@= pbf/t]sf]k/]s]i7f -afnsyf	-j; Gtsdf/ zDdf{gkfnl	\$):-
#= /df0nf]zlgj]f -afnsyf	-efef zdf{	\$):-
\$= tlq dV{; fylx? -afnsyf	-cfef zdf{	#%:-
%= ; fg]sf]axfb/l -afnsyf	-cfef zdf{	\$):-
^= d]f]k]of/]j]v]j] -afnpk6of;	-ljZj /fh k]08]	%):-
&= l; * / n]dv66] -afnsyf	-ljZj /fh k]08]	#%:-
*= bz\$]f]bl]0ff -afnpk6of;	-u ^a uf k]8]h	\$):-
(= sfun]lsg sif sif e65 -afnsyf	-u ^a uf k]8]h	#%:-
!)= uhf]as]f]k]h -afnsyf	-u ^a uf k]8]h	^):-
!!= afnult -afnult	-h4axfb/ s]7 l	^):-
!@= lemln]dn tf/f -afnult	-; /G pk]f]	@%:-
!#= k5tf] -afnsyf	-; /G pk]f]	@%:-
!\$= c]sf; j]k/l -afnsyf	-; /G pk]f]	#%:-
!%= c]df / 5]f]f -afnsyf	-p]d]nf n]ld5fg]	#%:-
!^= 5s5s]lg? -afnsyf	-p]d]nf n]ld5fg]	\$):-
!&= bz dx]dV{ -afnsyf	-lx/0osdf/l k]7s	#%:-
!*= /d]syf -k]f]f]0f]ssyf	-lx/0osdf/l k]7s	\$):-
!(= l; Gs]f] ; km]tf -afnpk6of;	-zdl]nf v8sf .b]x]fnl	&):-
@)= ; fg]a6of] ; G]taxfb/ -afnsyf	-zdl]nf v8sf .b]x]fnl	&):-
@ = ; 0/] / eb]k]b6] -afnsyf	-zdl]nf v8sf .b]x]fnl	&):-
@@= p]h]nf]af6f]lzl]f]sf] -afnsyf	-zdl]nf v8sf .b]x]fnl	&):-
@#= ; fg] -afnpk6of;	-zdl]nf v8sf .b]x]fnl	&):-
@\$= k]n]sf]lax] -afnsyf	-dw' b]gk; fb 13ld/]	#%:-
@%= l; p/] -afnsyf	-8f= ljZj]blk clwsf/l	#%:-
@^= tan]sf]j]b]gf -afnsyf	-8f= ljZj]blk clwsf/l	\$):-
@&= wtl{ G]sf]s/f -afn]j]tf	-; k; Ggf e6b/10f{	%):-
@*= k]h]sf ; fyl x]dl -afnsyf	-; ltf e6b/10f	&%:-
@(= afb/s]l]r]tf -afnsyf	-u]f]j Gb l]wd/] j]p]dl]0f]	^):-
@)= :ofn]sf]ldqt -afnsyf	-u]f]j Gb l]wd/] j]p]dl]0f]	%):-
# = b0{6]ps] ; k{-afnsyf	-u]f]j Gb 13ld/] j]p]dl]0f]	\$):-
#@= b0{v66]la/fn] -afnsyf	-nl]ntf .b]f]l]	\$):-
##= dV{l; * -afnsyf	-/Zf 13ld/]	\$):-
#\$= s]k] dx]k]if -k]f]f]0f]ssyf	-/h>l k/]h]hl	\$):-
#%= goff ; fyl -afnsyf	-; l]df dfg6w/	\$):-
#^= ; Gb/ / ; /]s]l]j]f]x -afnsyf	-k]f; dl0f b]x]fn	\$):-
#&= f]h]v]k]0f{k]x]f]8] ofqf -cg]fb-ofqf; #d/0f	-cf]zif k]08]	^):-
#*= ls; fg / euj]fgl -afnsyf	-ljgosdf/ zdf{gkfn	#%:-
#(= 3/ -glltsyf	-ljgosdf/ zdf{gkfn	\$):-
\$(= afn ; f]f]t -afnult	-06b]sdf/ >]7	*):-
\$ = /fd]f]afgl -afnult	-/fd]j qmd Y]f]kf	!)):-

ä c^u^hl efiffsf afn-; flxto ä

Table with 3 columns: English description, Nepali name, and phonetic symbol. Includes entries like '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 !@%)-'

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Table with 3 columns: English description, Nepali name, and phonetic symbol. Includes entries like 'akdro{ofq; edsfjj}lgs pkfo -tly{fh kf8jh !%)-', 'hljgsf] cfm!%ofn -gf/foofk; fb 9^uLfgf %)-', '#= dw]l cfbibhgsf @! lbg -dw; bg kf08] !)-', '\$= jflg6f\$]g/d08 lzsfl -dw; bg kf08] *)-', '%= kly/ kuilb} -ufkfn ; -hjh !%)-', '^= dfyfkrRl -ljgosdf/ zdf{gkfn !%)-', '&= wdlzvfsl]nodf ; Nnfsf] ; jhl @%)-', '*= Infinity -ejZ vgn !&%)-', '(= ; dfo6sf] ; ldfleq / aflx/ efg6Qm -kf= /fhjbl ; jhl !^)-', '!)= d]f] d6f] lu -xl/ ykf @%)-', '!)= ; do ; dosf s/f -hublz nfid5fg] @%)-', '!@= kg/fjIQ -ljgosdf/ zdf{gkfn !&%)-'

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Table with 3 columns: English description, Nepali name, and phonetic symbol. Includes entries like 'tltfdl7f s/f- j; Gtsdf/ zldf{gkfn] cRot/dof clwsf/l, ejgx/ l; lbjh, r6bk; fb Gofkfg] kfszdlOf bxin, b]l gkfn, 7fs/ zdf{ /fak; fb k6t, pdf ld; | nldsd/ sf0/inf, uflsdof zdf{ !!!)-', '@= gltsf s/f- j; Gtsdf/ zldf{gkfn] lzjufkfn l/; fn, ljiof k6ft, vu|bl v|fl; f3/] P; kl .cf; fl czf\$sd/ nfid5fg] dhw l3ld/] afns]of e66/10{ uof/fh sf'n] ufl|6bk; fb l3ld/] ds6bk; fb zdf{ !##)-', '#= gltj r/- j; Gtsdf/ zldf{gkfn] 7fs/ zdf{ nldsd/ sf0/inf, uflsdof zdf{ vu|bl v|fl; f3/] ag"nfid5fg] 8f= cfoj]l/ l; * a: g]t, g/|bl k/fz/ ; 6bk; fu/ gkfn, 8f= 6lsf/d -ljZj]l_ clwsf/l, ljgosdf/ zdf{gkfn . !##)-', '\$= j; Gtfg6 -r0k\$fl_ -7fs/ zdf{ !)-', '%= jg -sljtf; ^uk -/fhZj/ b]sf6f !)-', '^= cfojh -sljtf; ^uk -obgyj j; GtK/ ^)-'

Table with 3 columns: English description, Nepali name, and phonetic symbol. Includes entries like '&= nifssbv kf/nifss; ld -sljtf; ^uk -ljgosdf/ zdf{gkfn %)-', '*= ah6 gla/ kif -sljtf; ^uk -k\$sz rfkuf0+ !%)-', '(= lrftg; usf ofqf -sljtf; ^uk -; ltf e66/10{ !@%)-', '!)= c>w/f -sljtf; ^uk -r8fdlof cfh !)-', '!)= zlbqfb -sljtf; ^uk -7fs/ zdf{ !%)-', '!@= clegjg -sflo -7fs/ zdf{ !%)-', '!#= k]frif -dxsflo -g/|bl k/fz/ !%)-', '!\$= khftq]khftq -Jo^lo sljtf; ^uk -h4axfb/ sZ l= !)-', '!%= ?jioft -pd/v^ofdsf]sflo -cgjfb -j; Gtsdf/ zldf{gkfn] &%)-', '!^= ls/ftfh6lo -ef/lj sf] dxsflo -cgjfb -j; Gtsdf/ zldf{gkfn] !%)-', '!&= j; Gt -sflo -/fhZj/ b]sf6f &%)-', '!*= j; Gw/f -dxsflo -vu|bl v|fl; f3/] #@%)-', '! (= Ps c-hhl dg -uhn; ^uk -sdnf l/; fn .Hof]tU !@%)-', '@)= tfljs ; Hhg ; jkf/ /ofgl -sljtf; ^uk -clgn ufjg !&%)-', '@! = cf] r6bf -sljtf; ^uk -dlOf/fh l; * @!)-', '@@= oftgf -uBdxsflo -066' k6t !%)-', '@# = l; h6fg6b -sflo -ag"nfid5fg] !@%)-', '@\$ = cg:dft -sflo -ag"nfid5fg] !)-', '@% = d t6j -sflo -ag"nfid5fg] !)-', '@^ = d]l ; lugl -sflo -ag"nfid5fg] !%)-', '@& = cfuk -sflo -ag"nfid5fg] !&%)-', '@(= ; 6b/lsf] ; j0f ; j0f -gf/foof gkfn ^%)-', '@# = chn uhn -uhn; ^uk -gf/foof gkfn !)-', '@! = d0ms d-h/l -d0ms; ^uk -gf/foof gkfn !)-', '@@ = kjf; lsf]gf; f] -uhn; ^uk -\$) uhnsf/ !)-', '@# = af6f] v|fl; b]af6f] -sljtf; ^uk -xl/dof e6jfn !&%)-', '@\$ = ; /sf/kl/sf]uopf -sljtf; ^uk -sf0f s\$jh !%)-', '@# = k]f]sif -dxsflo -nldsd/ sf0/inf @%)-', '@^ = d]tkk -sljtf; ^uk -nldsd/ sf0/inf !%)-', '@& = d]oahv -sljtf; ^uk -ljgosdf/ zdf{gkfn @%)-'

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Table with 3 columns: English description, Nepali name, and phonetic symbol. Includes entries like '! = !! sf]cyZf:q -uf\$Of{dNn !&%)-', '@ = !@ sf]cyZf:q -xl/bf; ; fks6f=cfo6sf/ kf8jh !^)-', '#= Elements of Economics (XII) -tf/f e; fn=ozf]v/f k; fo6/fhg k6h' #)-', '\$= Jofj ; flos cyZf:q (B.B.S, BBA.) -uf\$Of{dNn @)-', '%= Business Economics (B.B.S, B.Com.) -uf\$Of{dNn \$)-', '^= Business Statistics (B.B.S., B.Com, B.B.A, BIM) -dgf]h clwsf/l=dxkf; fb >]7=kf]f/fh vgn, z/br6b] sf'n] %)-', '&= Fundamentals of Business Statistics (B.B.A., B.C.I.S, B.C.A, B.I) -8f= kZ iffo]d l; *; dxkf; fb >]7=blks/fh kf8jh #@%)-', '*= Differential Calculas (BA.B.Sc., B.Ed.) -8f= d]x]db x6b/ /xdfg @)-', '(=Integral Calculas (BA., B.Sc., B.Ed.) -8f= d]x]db x6b/ /xdfg @)-', '!)= kf/Des ulOf lzlOf -cf0P8f !! -8f= d]x]db x6b/ /xdfg !&%)-', '! = ulOf lzlOf -alP8f -8f= d]x]db x6b/ /xdfg !&%)-', '!@= dx]sfj b]sf6f s]l cfof -alP= -kOfk; fb clwsf/l !&%)-', '!# = gkfn] gf6ssf] clboog -alP= -kOfk; fb clwsf/l (%)-'

!\$= ; fwi/Of gkfnl -alP8	-8f= 3gZofd bofkgjwgklt stf/inf=dIOnqfy 9sfn	@#%:-
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)!-\$\$(&#!÷(*\$!-\$^!)#
mail: nepal . vk@hotmail. com / nepal120@yahoo. com /
 shabdarthaprakashan@gmail. com
web: shabdarthaprakashan. com / nepalipublisher. com

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