

k] sfplG; n g]kfnáf/f /fi6@:t/sf]-s\_ ju@f jul\$[

# j hOGtL

j if{( c^a\$ % k0ff#s \$& lj wfs]bft ; flxltos klqsf @)&# k'; -df3

; Afs

j ; Gtsdf/ zDdf{.g]kfnÚ

lgbžs

lj gosdf/ zdf{g]kfn

k]wfg ; Dkfbs

&fs/ zdf{e)\*f/l

; Dkfbs

ofbj e^v/f0{

; xof]l

sdfn g]kfn

efef zdf{

cfef zdf{

dft]f cfrfo{

k]fzs

zAbfy{k]sfzg

rfa]h, sf7df8f]

## Shabdartha Prakashan

Chabahil Ganeshthan, Kathmandu, Nepal

977-01-4497351 / 9841-496103

email : shabdarthaparakashan@gmail .com

nepal .vk@hotmail .com / nepal120@yahoo .com

web: <http://nepalipublisher .com> / <http://shabdarthaparakashan .com>

; Rgf Mj hOGtldf k]flzt /rgfs]; Dk0f{lhDd]f/ :jod\y]s g}xg]g\

# ; DkfbS lo

★ syf cfkndf j Dftt xfl / lj j /Of klg, syf h: tft: t}; To egj xflDg . ; flxTodf ; TotfSfl kpfj xlfxb} klg ; flxTo kDf ; To egj xflDg . ; flxTodf /rgfsf/sfl dw/ sNkgf / j} fl/s lrgtgsfjeldsf ; j fkl/ xG5, To; h} syf c^a uhlslsl Auto-biography klg xflDg.

★ cfVofg lj wfcGtuft kgj syf pklj wf leq klg p2Zo, lj ifo, zhlsfl cfwf/df syfsflj uls/Of ul/b} cfpSfl5 egj lj ifout bli6n} klg syfsflj uls/Of ugj rng rNg yfln; s} sfl5, h: t} n} s-syf, glt-syf, bGtosyf, pkbz-syf, k7fl0fs-syf, hfts-syf, Pltxfl; s-syf, bzg-syf, ; fdfllhs-syf, hf; ; l-syf, /x:o-syf, ltn:dl-syf, ck/fw-syf, ofg-syf, Jo^lo-syf, kq-syf, kqfo-syf, n3syf cflb .

★ n3syf cyff(5f6f) s; ; f xfdfl; flxltos w/ftndf c^a uhlslsl Short Story egj xflDg lsggeg xfdln} egj u/sfl syf g} c^a uhlslsl Short Story xfl. Micro Short Story xfdfl bli6df n3syf xfl hg rff; l Jo-hg vfgfsfl .r6glw xfl cyff(5; flxTosfl .crf/l xfl . oxl ; flrcGtuft xfdln} syfsf/xx; ; u syfx; dflbfl . d}rlb} v dxfsfl; Ddaf6 dfq gep/ kZ: t} lj bZdf a: gJgkfnlxx; af6 ; dlt n3syfxx; cfp . slt syf: j ; ksf n3syf klg cfp . oxflsg slt v/fl5, Toft k7ssfls; ld}5 .

★ jhoGtl n} o; c13 n3syf lj wfcGtuft c^a\$ @% n3syf c^a\$ s} ; kdf lgsfln; s} sfl klg xfl/ ofjTo; s} lg/Gt/tf xfl.

★ jhoGtl nfo{df of u/} cf`gf /rgf pknAw u/fpgxg}; DkOf{; i6fxx; df jhoGtl kl/j f/ xflb\$ cfe/ k\$6 ub5 . o; sf ; fy} cfufd lbgdf klg ; DkOf{ n}vs-; flxTosf/ Pj k7sx?af6 :gk; ; bafj / ; xoflu kfl't xg}g}5 e6gdf xfdl lj Zj :t 5f}.

★

## ; flxltos klqsf jhoGtlslsl

; #s|t-!, PsaBl-!, kJ{dlt-!, n3pk6of; -!, n3syf-!, uhn-@, rF8:kj{!, dQms-@, lj bZofqf-@, ; j bZofqf-#, /fli6o-JolQmJ-#, uBslj tf-#, syf-\$, lga6w-\$, ; :d/Of-%, ; dlff-%, 56bslj tf-& cfbf c^a\$ x? lgsfln; s} sfl

## ; flxltos klqsf jhoGtlslsl \$\*, \$( cfb c^a\$ 56bslj tf / syf

★ zAbfy{k\$fgsfl} j a ; f08 nepalipublisher .com df jhoGtlslsl ; a} c^a\$ .8fpgn} u{ldng} u/l /flvPsf 5g\

# o; c^a\$ dfl

qmd	syfsf/	syf	klj7
!	/fli60 7hfj / DkfbS	cRot l3ld/	@*
@	dNodf km/s	c;Ofaxfb/ vql .gblw	!%
#	: j flfdg	c; km ufTd	%
\$	xflsdsfl lj rf/	O6blaxfb/ >lj7	^
%	clwsf/	O6bs'df/ >lj7 .; l/t\	&
^	tg ls dg	pkdf cfrfo	*
&	cfldlufgl	pldfr kGt kf08p	(
*	dfkml	pldfr nfd5fgj	!)
(	khf dfgj sfl	Pd l; ; ldt	!!
!)	sfi7 d08k	sffofog	\$#
!!	: j tGqtf	s'df/ sf^nj	!@
!@	ebj ; xdlT	s}Of ahufO	!#
!#	kl/Ofd	vufib} vflN; f3/	!\$
!\$	u8g} vfl/	u^af sdrfo{ kf8}n	!^
!%	lj 8Dagf	ultf zdf	!&
!^	qmGt alhf/flkOf	3gZofd /fgf .Ctu	!(
!&	kltof	rGbsflT clwsf/l	@)
!*	/; dnfn	5lj /dof l; nj fn	@@
!(	lj bf	hgfbg bxfn	!!
@)	ofqf g; flr}sl	8f-hlj g clwsf/l	@\$
@!	leOfsfl t: j l/	hjal vql	@!
@@	Joyf cgrf7f	ltn: dl kJef;	@%
@#	a} s	lbk}b} a: gJt	@&
@\$	v; l	lJo lu/l	@(
@%	s^o{pkml od/fh	b'ufj gj f; l	#)
@^	x6 ahf/	wl/s'df/ >lj7	#!
@&	: a} sfl kfnj cfp5	wlj s'df/ ykfk	#@
@*	dR58foOf U	gGbnfn cfrfo	#\$
@(	dglj r/Of	gf/foOf gkfn	&^
#)	cfufl	lgzf s; l	##
#!	Pstf	k/z'fd k/fz/	#^
#@	cfknt	kOf'd'g'sdl	##
##	e'of^a	k}sfz a: gJt .ukmf8ll	#&
#\$	: 'gsfl l; qml	k}sfzdlOf bxfn	##*
##	kfxgf	kJef j /fn	\$(
#^	laxfglsfl d': sfg	k}dflb cdfTo	\$!
#&	ceful cfd	dxfbj clwsf/l	\$@

#* pBfgdf /fwfsjOf	d-h' sffr'nl	\$\$
#( l56f	dxjz k ; f0{	\$^
\$) efsn	ldng ; dl/	\$&
\$! cl: tTj	oj /fh d9fnl	&&
\$@ lkPr8L	/fwf sfsl{	\$*
\$# cfwlgs 7u	/fdsdf/ kl08t ..lfqlW	\$(
\$\$ ; Ddfgsfj ; 'lff	/fdk ; fb k6t	%)
\$\$% c: j lsf t k/: sf/	/fdlj qmd yfkf	%@
\$^ Aofrn/ ckm gl; u s'nj w"/fdxl/ kf8jn		##
\$& pkxf/ 0	nld0f coffn	\$\$
\$* knj; g	nln tf bfjfl	%%
\$( df65}sfj : t/	nlnf/fh bxfn	%^
%) /ft	nfsj b  aghf/	^#
%! d ; u}sfj Toj klkn	lj sf; clwsf/L .kpflelf	%&
%@ df; 'sfj nfe	lj hollj h ykf	%(
## d6qlHo"/ gftbf/	lj Bfk ; fb l3ld/	%!
\$\$ ud vfb}	lj gosdf/ zdf gkfn	^)
%% Toj k d <	lj g bs'df/ >lj7	^!
%^ 3fd	lj kn l; h klt	^@
%& lj ofu	lj z ct kt ofql	^\$
%* dxfrf/	8f=lj Zj blk clwsf/L	^^
%( le86t	8f=lj i0f s ; L	^*
^) n6Xf gv fnPsfj 8 <sup>a</sup> xf	lj i0fblk ; <sup>a</sup> sNk	^(
^! eldt l; sf0	zDe' coffn	^&
^@ bli6sf df	z'ifdf dfg6w/	&)
^# pkrf/	; <sup>a</sup> xl t cfofd	&!
^\$ of4f	; <sup>a</sup> xl tf cfrfo{	&#
^% n ofj vfp	; 'zlnf b phf	%*
^^ Gof0	; 'lg pk tl	&@
^& ahfj	xl/ ykf	&\$
^^ nfe	xl/k ; fb kf08p	&%
^( 306l ahg	lx/0os'df/L kf7s	&&

:yfol :tde M -

k5f/sfj kftfj M n3'syfsfj ; 4f6ts kl/ro 8f= n|vk|; fb lg/fnf &(  
 gkfnl n3'syfn] to u/sfj ofaf nld0f coffn \*&  
 sxl k': ts k; nx? !)#  
 zAbfy{ k|sfzgsf k': tsx? M !)#

**ca xfd|j kfnf**  
 56bslj tf, lga6w, uBslj tf c<sup>a</sup>sx? .

# :j fledfg

c; kmn uf|td

uf|kfn / lj go :s'h| hlj gsf ; fyl lyP . uf|kfn ahf/ em|sfj b0{  
 bzs eofj egj lj gosfj Ps bzs . pglx?sfj e|63f6 gePsfj klq  
 nfdj| ; do eofj . uf|kfn ahf/ embf{l/g v|fh|/ NofPsfj bz xhf/dWoj kfir  
 xhf/sfj ; f0sndf l6/ln<sup>a</sup>46/ln<sup>a</sup>306l ahf|pb| lx|8/x|sfj 5 . p; nfo{  
 lz/ 7f8fj u/| afRg kfPsf|df uj { 5 . ahf/ em|/ oqf| cj lwdf lh6buldf  
 kl/j tg gcfPsf|df u'gf; f| lyPg . u'gf; f| lyof| t, lj go; u e|6 gePsf|df .

uf|kfn Ps lbg rftf/Ldf al; /x|sfj lyof| . 5|pdf enfbdl b|v|g|  
 b0{JolQm s'/fsf|g ul//x|sf lyP . pglx? uf|paf6 sR5f nufP/ cfPsfj  
 df65} nfn / bnfnstf k5f|8 nfu|/ 5f|6fj ; dod} s'/f8klt ag|sf|df  
 cfqmfz kf|v/x|sf dfq|lyPg| dfg / :j fledfg udfP/ hf8}sfj ; DklQn|  
 lj r/fsfj lh6bul l67 n|f|bfj eofj eg|/ ; j|b|gf kf|v/x|sf lyP . uf|kfnnf0{  
 v; v; n|f|bfj . tl JolQm; u lh1f; f dfq| /fv|sfj s| lyof|, p; sfj dg  
 cldnfj eofj . pglx? lj gos} s'/f ul//x|sf /x|5g\

uf|kfn tTsf n lj gonf0{ e|6y uof| . lxf|sfj cg6o ldqnf0{ cfh  
 b|v|f g/df0nfj n|f|bfj . lxf|sfj lj go cfh ahf/sfj lj g ag|sfj /x|5 .  
 ahf/df lj gsfj xNnf p; nfo{yxf gePsfj x|f0g, t/ Toj lj g cf^g} ; fyl  
 lj go e6g| yxf lyPg . c?sf s'/f ; 6bf hit g/df0nfj nfujsfj lyof|  
 e|6|k|5 emg\g/df0nfj n|f|bfj lsg|s lj gon| e6b| lyof|, uf|kfn ahf/df  
 em|k|5 ddf ePsf ; +sf/, x|fb|stf, cftdlotf, g|tstf / dfgj tfh: tf  
 u0f lnnfd laqnl eP t/ Toj hlj g Joy{ /x|5, cfh dnf0{ k5'tf| 5 .  
 pgnf0{ ; f6Tj gf lbb} uf|kfn] ; +f/df wg, dfg / ; Ddfgsfj cefj nfo{  
 7hf| cefj dflgb|g . cefj df klq 7hf| cefj 1fg / :j fledfgsfj cefj  
 x|f elg/x|bf lj go 6f|psfj xNnf0/x|sfj b|v|Gyof| .

7hf|8xl-^, :of<sup>a</sup>hf .



# xflsdsfj lj rf/

0Gbj's'df/ >|I7

goffxflsd cfpj egkI5 ; a):6fkm v'; L lyP . k/fgnf0{pglx?  
ofj b|zs} sn^a\$ 7f|y) . g7fgg\klg s; /L < vfln cf^g} :j fydf  
/df0/xg' cf^g}wkfyx?sf s/f ; lg/xg' d xflsd x'feg/ kntL{n8f0/xg'  
b0{ rf/ 2kpfdf klg /fn r'xf0/xg' cflb :j efj } lyofj, To; }n} xflsd  
labf0df aflx/aflx/ a|v'; lh: tf b|vP klg, leqleq egj ; a) v'; L lyP .

goffxflsd cfP/ s'; ldf a; . s|xL lbg; Dd 7Ls}/Xofj . Ps lbg  
pgn] :6fkm ldl6^a /fv/ :6fkmf0{lgblzg lbgj pkqmd u/} . pgl af|Nb}  
lyP, =abf :j lslt ug|gug|d/fj clwsf/ 5 . tflnddf s; nfo{k7fpgj  
s; nfo{k7fpgj lg0fb ug|d/fj clwsf/ 5 . landf 0R5fcg'; f/ /sd  
r9fpgj d/fj clwsf/ 5 . /ftfj d; Ln] ; xl ug|d/fj clwsf/ 5 . tkf0x?sfj  
sfdsfj dNof^a\$g ug|d/fj clwsf/ 5 =.lpgsfj slyt\gblzg n|Dab}  
uofj .

TolQs)df >|ftfx?dWo) Ps hgn] p7/ ; |w] .xh'/sfj st|o klg  
s|xL 5 ls d|

.e)ufj, o; lj ifodf e|nk; l{lj rf/ u/fnf .l|xflsdn}ldl6^a ; lsPsfj  
3fjif0ff u/} .

cf|vn9^a\$ .



## cfpg'xfj; \ 0

jho6tLsfj ; fy ol ; flxIos klqsf klg k9fj M  
/rgf, cleloloQm, bflotj, zlb; ofhg, ; h|v,  
gjklffkg, lxdfnl u'/f\*, , zlf^a's/ .

; flxIos k': ts-klqsf ; knfo; {

rfah u0fz: yfg, sf7df8fj gkfn  
)!-\$\$(&#%!=(\*\$!-!\$\$(^&

# clwsf/

0Gbj's'df/ >|I7 .; /l.t\

dlxnf?sfj xslxt / clwsf/sfj af/df lgd|nf|lj Ln] nfd} efif0f  
ul//xbf alr alrdf k/// tfln alh/x|sfj lyofj . cf^gfj efif0f 6^a|Nofpb}  
lgd|nf|lj Ln] elgg\-ouf|b|v xfd|j ; dfhdf dlxnf? k'z ifsfj cufl8  
bf; |j bhfsfj gful/s; /x hlj g latfpg aflWo 5g\ dlxnf?n] hlj gsf  
x/s df8x?df k'z ifsfj cufl8 xft yfkg lj j z 5g\t/ casf lbgx?df  
ol a|y|tx?sfj cGto x'gk5{ . k'z ifx?n] dlxnf?dfly ug| cGfofo /  
cTofrf/sfj cGto x'gk5{ . k'z ifx?sfj bf; Tj af6 dSt eP/ dlxnf?n]  
klg ; dfhdf 0Hht / :j fledfgsf ; fy afRg kfpkg5{ . To; sf nflu  
/fHon] dlxnf?nf0{lj z|if cf/lfof, ; x|not / ; lj wf k|bfg ug|k5{ . ofj  
s'/fsfj k|Tofel't /fHon] ca afgj b|zsfj ; lj wfgd} ug|k5{ wGoj fb .l  
efif0f ; lsPkI5 k/// alh/x|sfj tflnsfj alrdf unfknl /^a\$| lrs|g\  
l; Nssfj ; f/Ldf ; lhPsl lgd|nf|lj L ; Gtli6sfj d': sfg k|Vb} d~raf6  
cfP/ cf^gfj :yfgdf al; g\ sfogmdkI5 ssd|h 18g/sfj kf6L ; SofP/  
3/ klbf afx| ahg} nfulsfj lyofj To; }n} w|a/ 306L ahfPkI5 sfd ug|  
s|6fj lj xf/Ln] uD5fn] cfvf ldrb} 9f|sf vf|Ngj lalQs} lgd|nf|lj Ln]  
/S; Ln] na{/Psfj v\$fn] lj xf/Lnf0{Ps nft hdf0g\.; fnf, 9f|sf vf|Ng  
oqfj a/ nfp5; \kfhL .ll

zogs ldf klbf afnv 5f|f Rofk/ ; |t/x|sfj n|l|g|nf0{ b|v|kI5  
lgd|nf|lj Lsfj qmfw ykk8 ag/ ; |t/x|sfj n|l|g|sfj unfdf alh|ofj -P  
: j f7, t|nf0{ d|n} Jofg} eGof xg cfh csf| sfj7fdf ; Tg' egj/ < v'zSs  
hf ptf .ll

lg|f eufpg cfvf ldr/x|sfj lgd|nf|lj Lsfj n|l|g|nf0{ gzfn]  
na{/Psl lgd|nf|lj Lnf0{Rofk/ Pp6f d': 608]d'; 'd'; 'd': sfg 5b|pk|l ffsfj  
efj df x|//x|sfj lyofj .

t/x/f -; G; /L\_ .



# tg ls dg

pkdf cfrfoḡ

j ; ḡt CtX?df p0d Ph|nofsf|9sdSs kḡNḡ|df; d . a|udajḡl, lh/ḡod, l; ḡ|/of kḡ ; ḡ; ḡ|/dfP/ xff: ḡ| a|ḡf t/ v|< v|> t < tl kḡhX? cfrkḡ'kḡ d': s'/fPsf 5ḡḡ\ k|s|t /dfPsf| 5ḡ . pm cfsfz kḡ p3|sf| 5ḡ . k|sfz wDd k|/sf| 5 . afbnsf| u8u8fx6n| j ftfj /Of t; |sf| 5 . ; ftfj uP ḡ|ph|ḡsf| dx|/df ; ḡWofsfḡnḡ 5fof k|/sf| 5 . cfh Ps dlxḡf e0; Sof| . a|df; dsf| ḡ/ḡn| j ftfj /Of rḡ; f| ePsf| 5 . cfvdf afw nḡḡ ; s|sf| 5ḡ . PSnf|ḡ / zḡotfḡ|ḡnḡf ḡ|u|/sf| 5 . vfb| 5' t/ : j fb 5ḡ . af|b| 5' t/ a' ḡ|sl 5ḡ . ; ḡb| 5' t/ hj fkm 5ḡ . tg ls dg pm kḡ<sup>a</sup>ḡ=Ps tdf; sf| eP/ pl8/x|5 pm sxf=xf| sxf= s; nḡ| v|ḡ|sf| x| of| dḡn|< xḡḡḡ| ; a ; ḡ| 5ḡ\ t|kḡ pm s ; ḡnḡ| v|ḡ|/x|5 of| dḡn| . hḡ| d|/ḡ| cf ḡḡf, d|/ḡ| d'6, d|/ḡ| k|f0f, d|/ḡ| dd{/ Zj f ; . cs: dft'd bl/nḡ| cfj fhḡ| ḡ|: sḡ5' . s| s's'/n| ḡ| ḡ=xf0/x|sl . aḡlsḡof agfP/ /fVy; \ w|el/ pm cfrkḡ' ḡ|<

rfa|ḡ, sf7df8ff.



**zAbfy| k|sfzḡsf| j|ḡ; f06df j|hoḡtlsf**  
; a} c<sup>a</sup>s, n|vsx?sf| kl/ro,  
x|df ; a} ult|j lw,  
zAbsf|zx?sf| ; ḡ6j|b/ /  
sfoḡḡdsf t:jL/, lkḡnd tkf0|sf nflu  
pkḡlAwk0f| xḡ ; S5ḡ\ x} 0

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

# cfTdlḡfḡl

pldfḡf kḡt kf08ḡ

cfh pḡsf| k': tssf| nḡsfk0f ePsf| lyof| t/ pḡnḡ| cfkḡ|v ; fx| ḡ| ; /d... nflu/x|5 . ḡḡb|ḡ|ḡ|sf| c|ḡnf|df cfv|fx? afwPsf kḡ 5ḡḡ\ leq leq| cḡfj Zos 56k6ḡn| lk/f|n/x| ḡ|cfTdlḡfḡl e|/x|5 . cf ḡ| .dg... ; /dn| kḡḡ-kḡḡ e|/x|5, cf ḡ| cb'/bz|{ ḡḡof-snfkn| .

pḡsf| k'/f lbg cfh kḡf|t|/ x|ḡndf laTof|.. ḡ|tfḡsf| u8u8fx6 ; fy|zesfdḡf-awf0|sf zAb-k'kx?, cḡḡḡtl ; bḡfj k0f|: ḡ|xn >4fsf dḡ' j f0ḡx? / k': tssf| rrf|k|/rrf| ; dlff / k|z+f cflbdf, pT; fx pd<sup>a</sup>ḡ / v ; L; fy kḡf|t|/ x|ḡndf laTof|..

sfhsf| l; nḡ; nḡdf >ldfḡ\b|z-k/b|z hḡḡf pḡl kḡ >ldfḡsf| kR5/ nfu| b|z-lj b|zsf| eḡd0fḡf a|ḡfot, cd|/sf cflb b|zx?df ku|sl ly0ḡ\ . >ldfḡ\sfdḡf Jo: t ePsf| c|j ; /df cfrkḡ'PSn| kḡ; ḡsf| a|ḡf s| u?f s| u?f nfu|, k60f/ nfu|sf ; dodf sf|/sf dḡsf efj ḡf / j|ḡḡx?nḡ| ḡ|leḡḡ ; flx|Tos ; dfhx?sf| ; xofuāf/f k': tsfsf/df k|sfzḡ ḡḡ| c|j ; / kḡ k|ḡt eof| .

ḡ| b|zsf| 8n/ ; f6| kḡf|t|/ x|ḡndf ; ḡḡb|/ vḡḡsf| Joj : yf u|/ k': tssf| nḡsfk0f ul/of| . dxḡf| x|ḡndf sfoḡḡd u|/ kḡtt|{b|v|P/ dxḡ| lan eḡḡḡḡ kḡ ul/of| t/ !%) .- ḡ|koffsf| k': ts l; Qḡf afBḡ sḡh': of0f ul/of| .

.l5=pm s: tḡ| c|j j|sl Joj x|/ eof|=pm..o: t}o: t} k|Zḡ af/Daf/ cf0/x|5ḡ\ dg czḡt / 56k6ḡ eP/ cfrkḡ|v cfrkḡ|nḡ| ; /dn| 9kSs 9f|s/x|sf| dx; ' ; e|/x|5 pḡnḡ| . nḡ / ; /dn| cfrkḡ| kḡḡ-kḡḡ eP ḡ| nflu/x|5 .

1ḡZj /, sf7df8ff.



# dfkml

## pldfnf nfld5fgl

lzz' ; j[4 df= lj= sNof0fk/df a; lgl ; ofj lj Bfyl{x?n] P; #n= ; l=lb}cf0/x\sf 5g\ cf; kf; sf lj Bfnox?sf t'ngdf o; lj Bfnon] glthf /fd] Nofpg] ePsf]n] klg oxff k]to]s j if{ lj Bfyl{ a9g] ub5 . ut; fn cln sd k]tzt cfo] eg/ o; j if{ lj 1fg, uloft / c^a\hnl k9fpg] lzlf sx?nf0{lgisfzg u/L /fd] of]botf ePsf]lj ifout lzlf sx? lgoQm u/fP .

ef]nkN6b]v lj Bfnosf] rds g]km/s b]vg yfNof]. lj Bfyl{x? Ps zAb klg gkfnldf af]Ng] lalQs} h]/jfgdf kg{ nfu] . sltn] 58l v]P, sltn] skfn eT'Nof0dfu] . uloft lj ifosf lzlf s klg uloftsf ; q{x? e6d]pb}lxBY]. lj 1fg lzlf s klg klg s] sd / < pgn] t emg\ lj 1fg c? lj ifox? h: t] x] / eg/ citl/Qm slff g] rnfP . geGb} laxfg 5 ah]b]v ah]sl 5 ah]; Dd k]to]ut]fh: t} citl/Qm slffx? rn]. lj Bfyl{x?nf0{wdfwd k}of]. cf^gf afnaRrfx?sf] Jo: ttf b]v/ cleefj sx? klg b^a\ k/ .

o; kfn klg h]7 clGtdlt/ glthf k]sflzt x'g] eof] . of k]wfg]Wofks klg l3/f]hf hq] gfs kf/ glthfsf] kvf0df a; ]sf lyP . glthf x]bf{ w/} lj Bfyl{ cgQLOf{ ePsf] kf0of], uloft, lj 1fg / c^a\hnl] ; ah]; f]c; km ePsf /x]5g\ lzlf s lj Bfyl{; a}sf]ld]xg]t /fd]b]vGyof] t/ klg olt j if]sf] nfd] oltx; df glthf zGo ePsf] of] k]xnf] k6s lyof] . sxff g/ s] eof] < eg/ k]wfg]Wofksn] ; ; t] glthfdf cfv] b]f]P . ; a}ebf /fd] c^a\$ gkfnldf NofPsf] b]v/ gkfn]sf lzlf s af]nfP . pgnf0{wGoj fb lbP/ glthf af/]5nkim u/]. pgs}; Nnfxcg'; f/ c^a\hnl, uloft / lj 1fgsf lzlf sx?nf0{ klg Toxf af]nf0of] . lzlf sx?n] o: t] glthf c]pg' lj Bfyl{x?sf] nfkafl at]P t/ of] s'/f k]wfg]Wofksn] krfpg ; s]gg\ Itg] lzlf snf0{P; #n=; l=sf] k]Zgkq lbP/ pQ/ n]Vg nufP t/ Itgn]@% c^a\$dfq Nofpg ; s]. k]wfg]Wofksn] t';t Itgnf0{ :s'haf6 lgsfn] / k'/fg] lzlf sx?nf0{af]nfP/ ldf dfu] .

rfa]n, sf7df8ff.

# khf dfgj sfj

## Pd l; ; ldt

36gf w/} j if{ cl3sf] x] . Itglx? c]P, sf]xl k]af6 t sf]xl klZrdaf6, sf]xl pQ/af6 t sf]xl blf0af6 . cf-cf^gf xftdf Hofj n af]s/ c]P . s; h] 38/l vgl s; h] 9^a\ sb], s; h] lxn] d'5], s; h] sf7 hf] . geGb} Itglx?n] cfsfz 5'g] dlGb/ agfP .

dl't]j gfsf] dlGb/ x'G hals cf: yf]j gfsf] khf . ca s'/f cfof], dl't{: yfkgfsf] . s; sf] dl't{: yfkgf ug] dlGb/df <.b] tfsf] pm..bfgj sf]. pm..dfgj sf]. pm Itglx?n] v'a 5nkim u/, s'/f ldn]g sf]xl s; ]sf] . ta a]g0fbd} cfcf^gf cf: yfsf] dl't{sb}g yfn]. dl't{tof/ eof]. dlGb/ leq /fVg x]f8 rNof] tfg]tfg, xfgfxg, xft xftsf] dl't{^ofs/ 3df; fg u/]. x]b]x]b] dlGb/ 9Nof] / ; a}Toxf eTsf]b] leq k/P .

; fR}Itglx? d'v{lyP . d'vof0h] dft/ Itglx?n] cfkm; lu dfgj tf k/]. b]v/x]5' cfhef]n d To] k'/fg] elg]j z]f . n]l5, dfgj tfsf] b]x ePsf] Toxl 7fp] g] d/f] cf: yfsf] yfg x] / d clxn] c-h]nel/ kmh af]s/ To; sf] khfsf] lglDQ plePsf] 5' .

## ★ labf

### hgfbg b]xfn

a'4 wdf] nDalx?nf0{ a'4 hoGtdf labf eof], lqm; d; df lqm: rogx?nf0{labf eof] .

ljz /qldf lxGb'x?nf0{ clg 0bdf d'; ndfgx? nf0{ . o; /l hflit, wd{/ ; +s]tcg'; f/ ; ah] labf k]P .

lj Bfyl{ lzlf s, 8fS6/, 0lGhigo/, j]lsn, sd]rf/ln] klg lj leG labf k]P . olt]dfq x]f]g lab]sf :j ; kcg'; f/ b; ]t]x/], xp]b] - j E] tnal- a]tnal ; a]lsl; dsf ; ah] labf k]P .

s]xNo} / s]xldf klg labf gk]pg] j l/axfb'/ el/of, ; f/^a\h: t] k]6 lnP/ agbsf]lbg ; 8sd]; Itlbof] / ; f]rof] .dh: tf el/ofnf0{labf t 5g 5g, sfd ug{ r]lxf lsg glb]Psf x]f]ng\dl z'Snfu08sl, tgxf .

# :j tḡqtf

s'df/ sf<sup>^</sup>nj

j Ēff<sup>e</sup>0; s]5 h]ndf gf/slo hlj g latfPsf] klg, ; ldfn] cf<sup>^</sup>g] cttlnf0{ lgofn/ x/L . h]n kg]sf klg cgf]7f] 36gf / ; 0f]u lyof] p; sf nflu . Toxf cfPkI5 cgs yl/sf sf08df dI5Psf gdḡfx?; ū p; sf] e]63f6 / ; <sup>a</sup>ḡt eof] . pm cf<sup>^</sup>g] lhḡbulsf cgf]7f / sxfnlnflbf lf0fx? kl9/x]sl ly0{ dgsf] kfgfkfgfdf . ptf s]xl lbgb]v ; fylx? s]s] hft dfu /fv/ cfḡbf]ng ul//x]sf lyP eg] h]h/rflxf rsf] : j /n] s/f0/x]sf] lyof] ldx?nf0{ e/ 7ls kf5{ eg/ .

cfh : yfglo k]zf; g / s]blx?alr j ftf{ x'g]j fnf lyof] .  
; /sf/L klfn] eḡof] .xfdln] ldx?nf0{ l; bf, vgf t rffxbf] lb0/x]sf 5f] Toxfḡḡbf a9ḡf s] rfxof] ca ḡ  
; ldfn] uDe/ d'bfdf egl .xfdlnf0{ tkf0k?sf] vfgfbfgf xg dxlḡo k]s]tk]ḡ c]nsl : j R5 x]f f, snsn allg] Psd'7L kfgl / Ps xTs]n] 3fd rfxḡ5 .

cf]vn9<sup>a</sup>ḡf .



## सूचना

Ij leḡg k':ts d]nf, k]bzgl / sfḡḡmx?df  
j]hoḡtl  
Jofks ?kdf lj t/Of ul/g] / 5 dlxḡḡḡbf k'/fgf  
c<sup>a</sup>s xfdl; ū affsl  
g/xg] x'gfn] j]hoḡtdf /rgf k]sf]zt ePsf  
; |ḡfn] ; dod} cf<sup>^</sup>gf] k]t xfd] sfḡḡnodf cf0{  
lng'x]nf .

# eb| ; xdlt

s]i0f ahuf0ḡ

lxdfn, kxf8 / t/f0{ Dd k]n]Psf] eb|k/ gfdsf] ; fgf] /fho lyof] .  
eb| ; xdlt Toxf]sf] zf; g Joj : yfsf] dVo lj z]iftf lyof] . eb|k/ /fho]sf  
df]g; x? eb| ; xdltdf cEo: t lyP . Toxf]sf x/]s df]g; cfk]h'f0{ eb|  
7fḡby] .

-dlxnf / k'zif alrsf] eb| ; xdltdf gfhfoh ; Daḡw sfod xḡYof] .  
-u08f / g]tfsf alrsf] eb| ; xdltdf Ps csf]h'f0{ ; #If0f k]ḡfg  
xḡYof] .

-k]x/L / t: sf/sf alrsf] eb| ; xdltdf nḡḡḡ xḡYof] .  
-k/: k/ lj /f]w kḡḡ]sf alrsf] eb| ; xdltdf ; Of ; dls/Of xḡYof] .  
-/fhḡ]ts kḡḡ]sf g]tf / lj b]zl b't]f; sf] eb| ; xdltdf ; 'rgf /  
k; fsf] cfḡfg k]ḡfg xḡYof] .

lf0fs : j fy]sf] nflu ul/Psf eb| ; xdltdf k]fom k'/f xg ; SbgYof]  
clg Psn] csf]h'f0{ eb| ; xdltdf t]ḡ]sf] b]fif nufpby] . kqsf/x?  
To; nf0{ ; dfrf/ agfP/ cf<sup>^</sup>gf] k; f wḡby] .

t/ hgtf eg] To: tf ; dfrf/ y]xf k]P/ klg s]xl gaf]hl a:by] .  
eb|k'/j f; Lsf] To: t]f rfnf b]v/ c? /fho]sf df]g; x? rlst xḡy] .  
.o: t]f uDe/ lj ifodf tkf0k? lsg rk ḡ] Psk6s lj b]zl kqsf/n]  
eb|k'/j f; L Ps eb]nf0{ ; f]w] .

.x]dl hḡdhft eb| 5f]. To: tf s'/f p7fP/ xfdlnf0{ ceb] x'g' 5ḡ .l  
eb|k'/j f; Lsf] hj fkm lyof] .

ahnfot .



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

# kl/Offd

vufb| vfn; f3/

ePe/sfj ; DklQ ; s/ cdj/sf l5/sfj ufj 6g kmlsP/ cfpbf l/Q} xft 3/ cf0klbf. cf^gfj 3/sfj ; DklQ dfq s| ; lsofj e6g' ; f/f 3/ ; lSPkl5 /fi6«sxf affsl /x65 / /fi6«} ; DklQ ; lSPsfj t xflg 0 cfkm' j f cf^gfj /fi6«] nuffgl u/sfj ; DklQsfj kltkm /fi6«] g} kfpqkg[ xfl . lj 1fg lj ifodf : gfsft/ ; s/ cdj/sf k; }sfj ufj 6gn] Toxf cf^gfj k9f0 / kdf0fkqcg; f/sfj sfd sxf kfpq; dfaf0n k; ndf sfd kfofj . ufxs cfpbf dfaf0n prfNg' /Vgd} kl p; sf l8ul hftofj . pm hftofj p; sf hlj g; dt To; d} hft0b} ubf{ p; leqsf ofhg; dt hftP/ ; a} kl/P . o; sf ; y; fy} p; df yk g/fzo el/P/ cfofj .

To; n] ubf{ p; n] g cf^gfj k9f0 cl3 a9fpg ; Sofj g /fdj} cfhg u// kult ug{ ; Sofj . .hxf hfg5 ; \af/L ssnfsl 3f/l0 adf(uP sd; lu} OuP skfn ; lu} htf uP kl g c; Gtjif / x08/ dfq kfofj . cf^gfj bzd} 2kbf k; fsfj sfd0 yf/} eP kl g k9f0 / kdf0fkqs} t sxl g sxl dNof^s}g x6Yofj . Toxf t kdf0fkqs} s] kafx . k9n]v}sf hgziSt sfd} sHofpg kfP/ dVv 5g\w6o x'g\ellodfgl x'g\Toxfsf dflg; . o; df ufj 6gnf0(Hofb)c; Xo eP/ : j bzd} cfPsfj xfl . cfkm] cWoog u/sfj lj ifo afnl lj 1fgdf rf; fl /x/ g} xfnf w6o pm cdj/sf /xbf g} afnlj 1fgdf j} flgs kPffnlcg; f/sfj vjtl cj n]sg ug( EofPsfj /x}5 . x08/ vfPsfj dflg; leq ; NanfPsfj c; n ; flr /fdj} u/L c; n 7fpdf kl/rfng x'g ; Sofj egj kl/Offd Hofb} /fdj} lg: s65 . To; n] cdj/sfsfj vjtl kPffnlcg; f/ cf^g} 7fpdf vjtl ug( 6^a} u}ofj .

ca ufj 6gn] kmknh / t/sf/L vjtlsf nflu bl3sfnl g ; flr cufl8 ; fofj . gkfnf hdlgsfj vfn] 5g aff^fl /x}sfj cf^g} hdlg 3/fa6bl u/L vjtl ug(nflbf) . sfd cufl8 a9fPsfj b0(j if(gklb) To; }df cfbfglsf ; fltx? cem vNg yfn] gofgoff ; flrx? lgl: sg yfn] . 5

j if(leqd}p; sfj hlj g pn6kn6 eP/ cfofj . oltv/; Dd lj le6g kmknh / t/sf/L vjtlaf6 k}z: t gub cfbfgl e0; s}sfj x65 . ahf/sfj sdl 5g /fi6«} . k}z: t dfu al9; s}sfj 5 t/sf/L / kmknhsfj . /fi6«} pAhf0Psfj kmknh / t/sf/Laf6 g} /fi6« ahf/sfj dfu k/f ug( ; lsbf dfq b}zsfj ; DklQ afx/ uPg . k9n]v}sfj /fi6« hgzi0m k; fs} nflu csf}sfj b}zdf uP/ 3fddf hft0g' kl g k/g . slt /fdj} ; flr w/}n] /fi6«} sfd kfPsf 5g\ ufj 6gsf sfd u/f0af6 pbfx/Ofsf ?kdf b}zdf o; vfn] gof gof sfd ylk g yfn]sf 5g\ . l9n] u/L lj j fx a6wgdf affwPsfj ufj 6g cfkm' afa' kl g alg0; s}sfj 5 . afa'cdf; lxt p; sf kl/j f/ Hofb} ; \l 5 . /fi6«} ; DklQ / hgzi0m ; dt /fi6«} /xg ; Sg] dn] a; }sfj 5 . b}zdf kultsf gof gof lS/of pbfpj nlf0f o: t} o: t} xg\ lg 0 h; sf kl/Offd efn /fi6«; Dk6g xb} hfgj5 .

: j ode;" sf7df8fj .



## dNodf km/S

c20faxfb/ vql .gblU

3/glhs}sfj cfkm] t/sf/L lslg/xg} k; ndf k'u/ ; 's}sfj n; 'g 3/df ; lsg nfu}sfj xbf tl g ; o rfn; 2kbfdf Ps lsn] ; 's}sfj n; 'g lsgf .

3/df gg / lrgl kl g ; lsg nfu}sfj xbf lS/fgf k; ndf lS6g klj . lS/fgf k; nsfj ; fxhln] .n; 'g slt 2kbfdf lsg/ Nofpgeofj < egj . .n; 'g Ps lsn]sfj tl g ; o rfn; 2kbfdf lsg/ NofPsfj x} dn] egj . lS/fgf k; nsfj afx/ ; 's}sfj n; 'g / ; 's}sfj kofh aRg /fv}sfj b}v/ .oxf ; 's}sfj n; 'g lsn]sfj slt 5 d} dn] ; flw . .tlg ; o 2kbf dfql ; fxhln] egj . .t/sf/L k; ndf Ps lsn] ; 's}sfj n; 'g lS6b} dnf0( rfn; 2kbf xflg eofj lgl dn] egj .

cfkm] lsg}sf ; fdgx? 3/df k'ofP/ km/ t/sf/L k; ndf k'u/ ; fxgl; lu .lS/fgf k; ndf ; 's}sfj n; 'g tl g ; o ?kbf lsn]df lbPsfj /x}5 lgl egj . .bf0n] d/f} k; naf6 ; 's}sfj n; 'g lsg/ n]hfg'ePsfj b}v/ b}x}ofP/ lS6gx6g e67fg/ To; fl eg}sfj x'gk5fl ; fxgln] elgg\ ; fdfv; L dfu( sf7df8fj .



# u'8g] vf/

u^a\uf sdf(rfo{ kf8]n

; fu'/f] uNnldf ; djt l5/ / 7'h] a; e6bf l56f] u'8g] ePsf]n] df0qmf] a; nf0(dh] af0s kl5sf] 5l/ tf] ; j f/ l ; fwg 7fg]sf] lyPf. To; ]n] l566] 3/ klug] cfzn] Ps lbg cf/PgP; Laf6 skg rNg] df0qmf] leq k; ]. vfnl l; 6 b]v/ b^a\ k/l YofRr al; xfn]. ofq' af]s/ u'8d] df0qmf] / lj Zj Hof]t xn cufl8 k'u/ EofRr /f]sof]. s]xl ofqx? tE5f8 d5f8 ub] 9f]sf leq l5/]. pleg; Dd kfPsf]df pglx? v'; L g] lyP .

df0qmf] eg] plePsf ofqx?nf0{ lk^a v]nfpb} a; ]sfnf0{ prfNnb} yrfb]p6d'Qm; f]9]em]u8/ hog]kfn xn cufl8 /f]sof]. vnf; Ln]plePsf dflg; x?nf0{ af]nf0 leq xNof]. leq clnf] sb x'gx?sf] 9f8 b]f]apf]. df]6f]n] kftn]nf0{ kNof], l; 6df a; ]sfnf0{plegh] lyr]. cf0^of, cf]y]sf lrTsf/ ul-hP . tl lrTsf/n] 8f0e/ vnf; lnf0{ s'g] c; / u/g .

df0qmf] x0]s/ sdn kf]v/Ldf ; f08 n]f]of]. Toxf]k] / s]xl ofqx? ylkP . leq ps'; d's'; x'g'sf] ; fy} df]5]x?sf] kl; gf / d'vaf6 Xj f; ; lg; s]s]f] u6wn] d]/f] k]6 xB]nof]. d]/f] cufl8 a; ]s] Pp6l dlxnfn] leq] Xj fnfn af]tf ul/lb0{. bu6w d]fy bu6w ylkof].

n 0 n 0 /f]Sgk'kof] Ps l5g /f]Sgk'kof] sf]xl s/fof]. 8f0e/n] ; Gof g; 'g] u/l 6^a\fn k'ofPsf] dfq s] lyof] b'0{ hgf o'j fx? %ofkenKk df0qmf]sf] %ofn ; dft/ afb/em]em]08P . ef6e6]gl klbf ; 8s 5]p df]5] b]v/ 8f0e/n] df0qmf] /f]Sb} vnf; lnf0{ e6of] /fd/ L ldnfP/ /fv x} sf]5fl .

Tof] ; 'g] kl18t ofq'dWo] Ps hgn] h^a\Nb] eg]. x} g x] u'z hl 0 s] lj lw df]5] vfb]sf] < of] lt d]f] df0qmf] a; x] l s u'8g] vf/ d]

p; sf] kl5Nnf] j fSon] dnf0{ g/fd/ l rd6d]f]. /fuf, e} L, v; L af]sf, sV/fnf0{ Eofgel/ sf]r/ cf]; fg] u/]sf] b]zo em66 ; Deif / dgdg] eg] xfdl klg st}=  
sf7df8f].

# lj 8Dagf

ultf zdf]

sl/a la; -af0; j if{ klxn]sf] s'/f x]f . kj {tlo lj s6 upf] gaf6] v'n]sf] lyof]g s'g]lj sf; sf r/Ofx? pbfPsf lyP . k]hftGqs]f]pbokl5 eg] s]xl dflg; x? ; r]t xB]uP . af6] v6g]lj rf/ u/]. Toxf]sf clwsfz hgtfs]f] k]; f s]if lyof]. s]xl lz lffl]f]qdf klg lyP eg] s]xl /f]huf/Lsf] nflu lj b]z . c; f/s]f dlxgf, /f]k'f0]sf] cf0/L ; a} v]tl nufpg Jo: t b]v6]y] . /fddfg]sf] /f]k'f0] Ps laxfg]sf] af]sl lyof], up]sf dflg; x? Psflaxfg]lg: s] v]tlt/ . sB]n bf0 cfnl tof/ kfg(yfn], c? /f]k'/fx? /f]k'f0]sf] t/v/ ug(nfu]. laxfgb]v c]n c]n ub] k]6 bVg yfNof] sB]n bf0sf]. To] b'vf0 qmdz]l a96} uof], /f]sg] 5f6 lyPg, ; a]nf0{ lrGtf n]llg yfNof]. pgnf0{ af]s/ klxnf t 3/; Dd k'of0of], s]xl ; do wfdl, em]qnt / 3/'n' baf0df laTo]f t/ To; n] s]xl 5]p6Kk] nfulg . dflg; x?n] s]xl c8\$ n sf66 ; s]gg\ uf]p]n]x?sf] lrGtf a96 yfNof], 3/sf ; a} z g s/fpg yfn]. klxnf 6]/kR5/ gu/]sf uf]p]n] 7fn' egf]p]bx?n] klg ca kfnkf j f kf]v/it/ nfgk5{e6g yfn].

uf]p]df oftfoft k'u]sf] lyPg, 8f]sf]df af]s/ s]xl Jo]Qm]x? c:ktfnlt/ nfu]. la/fdln] af6]df w/] k6s af]tf u/]5g\ sl/a rf/ 306sf] af6] lxB]kl5 a; k]pg] 7f]p]df k'ofP5g\ a; kv6f kv6} pgl k]6 b]v/ 56k6fpg yfn]. s] ug] < s; f] ug] < e6g] eof]; a]nf0{. kfg] vfb]vfb} cf]QPs]f] dflg; lzlyn ePh:tf] n]f]of]. s]xl ; dokl5 uf8l cf]of / kfnkf ld; g c:ktfn k'ofP t/ 8fS6/x?n] x]b]f] pgs]f] d]f]o' e0; s]s]f] lyof]. pgnf0{ Pk]68; f0l6; ePsf] /x]5 . 3/'n' baf0{ ug]t/ gnful/ l56f]e6bf l56f] oxif NofPsf] eP la/fdl afRg] lyP . 8fS6/n] eg]sf] ; Gbf ; a} 5f]ufaf6 v; ] e]f] eP .

cf]k]n]tx? pgl ; Grf] eP/ kms]65g\egl af6] s]l//x]sf] lyP . lj 8Dagf pglx?sf] cufl8 ; f; gcfP/ nf; kf] cf0lbof]. nf; em]6g

cFp a9f afj'cdf, Toxfafxf; eP, kIN6P, pGgF0; j ifsf 5f/f udfg'kbff ; + f/) cWof/f] eof]. lbblalxglx? 8ffsf] 5f8/ ?g yfn]. ufphx? ; a) /fP . sB]n ; a)sf kof/f lyP, pgsf] d':sfg s; /l lal; g] xf eGg] ; a)hf0{ kfof]. s] ug[< h] u/] klg pgl kmsg] lyPg\ pgsf ; kgf /x/ clg ; <sup>a</sup>3iffsf dl7f knx? pgl; u] lanfP of] ; + f/af6 . pgsf] kl8f ; dfkt eof] t/ afj'cdfsf] / cfkntsf] kl8f eg] z'? ePsf] lyof] . cfh klg pgsf] sdL 3/sfn] dfq xfDg ufphx?n] dx; ; u]/sf 5g\ pgl :d/Ofdf HoB] 5g\ pgsf] d':sfg clg Joj xf/ clxn] klg p: t] cffvf cuf18 gflr/xG5 /] u] ufphx?df .

sf7df8ff .



**jhoGtl ; j6f ; Ddfgaf/f ; Ddfglt JolQm]j x?**

c <sup>a</sup> s != kf-8f-slkn c1fft -; dliff_	c <sup>a</sup> s @= /fh7j / b] sf0f -kj {dft_
c <sup>a</sup> s #= ag" nfid5fg]-/fli6@ JolQm]_	c <sup>a</sup> s \$= pldñf nfid5fg]-glltsyf_
c <sup>a</sup> s %= 8f= z]p0k\$zfz gkfn -5Gbslj tf_	c <sup>a</sup> s ^= elid pk]L -:j b7zofqf_
c <sup>a</sup> s &= oj /fh gofB/]-:j b7zofqf_	c <sup>a</sup> s *= 8f=/fdk] fb 1j fnl -5Gbslj tf_
c <sup>a</sup> s (= kf-8f-ho/fh kGt -rf8kj {	c <sup>a</sup> s != s6x0f gf; ggl -lj b7zofqf_
c <sup>a</sup> s != ejxgl/ l; Ubih -k0fosyf_	c <sup>a</sup> s != kf-8f-bufk] fb cofn -; dliff_
c <sup>a</sup> s != kf= ufklS[Of zdf{-; dliff_	c <sup>a</sup> s !\$= /fd7j / /fpt.dft0f; U-uBslj tf_
c <sup>a</sup> s != 8f= 3gZofd Gofkfg]-; :d/Of_	c <sup>a</sup> s != k0lk gkfn -; :d/Of_
c <sup>a</sup> s != kf= lzjufkfn l/; fn -5Gbslj tf_	c <sup>a</sup> s != lj ho rfn; ]-lgaGw_
c <sup>a</sup> s != k\$zdl0f bxfn -lgaGw_	c <sup>a</sup> s @)= >Lcf0 >7 /f0g -; :d/Of_
c <sup>a</sup> s @!= /fdk] fb kGt -:j b7zofqf_	c <sup>a</sup> s @= d-hh -lj b7zofqf_
c <sup>a</sup> s @#= gf/foOf lg/f; l -5Gbslj tf_	c <sup>a</sup> s @\$= zzl ykf .kl08t0 -; :s[t_
c <sup>a</sup> s @%= lszf] kxf8l -n3syf_	c <sup>a</sup> s @^= nlntf bf]l -Psf <sup>a</sup> sL_
c <sup>a</sup> s @&= ultfs7l -n3pk0f; _	c <sup>a</sup> s @*= /fw7ofd n\$fnl -uBslj tf_
c <sup>a</sup> s @(- rGbsfGt cfrfo{-/fli6@JolQm]_	c <sup>a</sup> s #)= b]L gkfn -5Gbslj tf_
c <sup>a</sup> s #!= cd/sdf/ k]vfg -/fli6@JolQm]_	c <sup>a</sup> s #@= lbJo lu/L -dQms_
c <sup>a</sup> s ##= ; ldf dfGw/ -syf_	c <sup>a</sup> s #s= aB /fgf -uhn_
c <sup>a</sup> s #%= kf-/fh0b] ; j 0L -; dliff_	c <sup>a</sup> s #^= g/0b]k/fz/ -5Gbslj tf_
c <sup>a</sup> s #&= dg]sf kf00h -lgaGw_	c <sup>a</sup> s #*= s[Of ahuf0f-syf_
c <sup>a</sup> s #(- wl/sdf/ >7 -uBslj tf_	c <sup>a</sup> s #s)= /fdfsfl sf0j]-dQms_
c <sup>a</sup> s #!= kf-8f s[Ofk] fb bxfn -; dliff_	c <sup>a</sup> s #@= dsGb zdf{rfln; ]-5Gbslj tf_

# qmflGt alhf/fkg

## 3gZofd /fgf ..Ct0

cWof/f] ; f^ afix/ s's'/ e's]sf] cfj fh afx]s s]xl ; lgb]Yof]. d eg] lgbfpg] t/v/df lyPf. s's' ^g hf8n] eSg yfNof]d klg cflQP/ afix/ lg: s] afix/ s]xl b0{ rf/ hgfsf] ; dxd cfPsf df]g; x?n] dnf0{ ; flw] 3/df sf] sf] 5f< d]n] eg] cdf alxgl / d dfq] 5f] eg]. ; fob cdf alxgl lgbf0; Sg' ePYof] Sof/] t]klg cdfn] afix/sf] uf0u0 u]/sf] ; 'gk]5 afix/ lg: sgeof]. cdf klg crDd k// x]//xg'eof] clg dnf0{ Toxf b]v/ cf^gf] ; fydf nflg] s'/f eof]. cGhfGdf qmflGt eGg] gfd g] cgle1 ePsf] dnf0{ hah{ tl nluof]. ptf cdfsf] ?g' l; j fo s]xl lyPg . kNnf] 3/ ; f0nf] klg ; fydf cfPsf] af6]df uPk]5 dfq] yxf kfPf. af6]df lxBb) ubf{Ps hgfn] efof] xfdl t ca qmflGtsf/L eof] bZdgnf0{ x/fpb) xfdl cuf18 a9gk5{. ca b7z b]goff rfnGk5{/fhftGqs] cGto ul/ xfdln] sAhdf Nofpgk5{Psxf/f] s'/f a8a8f]pb) uof].

To; f] t ; do klg ; fpg] ^/L en]lehb] lxB8/x]sf lyof]. /ut au/ g; fx?df 9's9'sl gfk/ 5ftldf k]h]fpg' lyof]. b'afh: t] b7zelQm xfdln]. lbg lat] dlxgf lat] j E{ klg s]xl lalt; s]sf lyof]. slt cft<sup>a</sup>s]j fbl xdnfd h; f]t; f] Hofg arf0of] slt ; /sf/L x: t lfkaf6 Hofg arf0of].

Ps lbg ; a/} ?s'dsf] vf/f eGg] 7fpdf bZdgnf0{ x]Bafhl ug] tof/L e/x]sf] lyof] xfd] t] t] t]lgrf/; o hgfsf] ; nlgtf /x]sf] lyof]. vfgf vfg] ; do x'g] nlfbf gkfnl ; }gssf] xj f0{ krfP/ ; '2 eof]. xfdln] klg tnb]v s]xl krfP/ xfof] t/ xfd] l; g ; km x'g ; s]g / xfd] tknfaf6 s]xl ; fylx?n] Hofg udfpg] xfnt ePsf] /x]5 . cln a/df x]nSk6/ k]ns]p] / xfdl p4f/ df h'60f] 9<sup>a</sup>ufsf] 5]pdf Ps hgf /Qm]do eP/ kIN6/x]sf] b]v]. xQkQ d Toxf kuj gh]s} klbf t c? s]xl geP/ Toxl up]sf] ; flxn] /x]5 . 3/df >ldtL 5f/f5f/L 5f8/ of] qmflGtsf] hah{ tl lahf/fkgdf x]dPsf] pmcfh b7z afSg] cleef/f Toxf]g] ; dfkt eof]. d eg] p; sf] va/ lnP/ sxf hfpmf sxf gh]p]df k/f



# kltof

## r6b|sf6t clwsf/L

d/f| j|ta6w u/s| j if{ . df3 dlxgfsf| Ps lbg . xfdl l; 2kft| v|Nbfv|Nb) goff h6t'sf| 06t|hfddf n|lof| .

Tof| sfnf| h6t'sf| y't'g' s|x| nfd| / 6kkl| ; gxlslf| d'venf| kmlsPsf| lyof| . To; sf| lhpdf kftnf| lsl; dn| sfnf, bxf /f| 7l8Psf lyP . nfd, 7f8f sfg ePsf| x|rf| eB| h6t'sf| cfvf eg| lrd; f lyP . slxn|sfxlf Tof| s|x| a| sfg yfk| /f|s6Yof| / k5f18 kms|/ x|g| p; nfo{ df|6f| l3rf|n| lbb|gYof| . 8f|nf| ubg ePsf| Tof| sfnf| h6t' df|6fP/ ; df|} lyof| . 8Nnf8Nnl xfb| n3f/k|5 Tof| h6t' 3fBf-3Ss-3Fub|u/u/f bf8g yf|No| . Tof| cxf|/fsf| vf|hdf cfPsf| /x|5 . v|nfanf kf|/ nuf|k|5 Tof| goff h6t' blnt8fBft/ ; 0fsof| . To; k|5 xfdl ; a) cf-cf^gf 3/l|/ n|lof| .

d 3/ klbf xh'/af cfugf| ofp|t| ub| x'g|x|bf| /x|5 . xtkf|pb| af/l|sf u/f cf|N|x|b| 3/ ku|/ leq k:g v|f|bf d t xh'/afsf| k|6b|df kl/xfn| . xh'/afn| dnf0{ Ps xftn| tf|g| s|/sf| ug{ kf| yf|Ng'eof| . d rf|/ kq|n| : tf| cSs g kSs eP/ 7l80/x| . .af|x|0fsf| aRrf eP/ a8 Rj fir|nf0{ 9^a|afn| xfb| lxB|bf| /x|5 . nf; o; nfo{ k|w|fdf nu|/ wf|fdf %ofSgk|tof| . l|

.lwtfn bf0 cl3 g| s'n|nd 7f|s|sf| lyof| . n|lof|, xh'/afnf0{ s| s| el6b; s|5 . Tof| h6t' t Rj fir| kf| /x|5 . Rj fir| 3/f|kfn|sf| eP kf| hf|g"dl xh'/afn| cfd; l; Pshf|/ hg| / s'z dfu|/ dnf0{ s6'; f k|6psf| k|w|fdf k|fofpg'eof| . d xh'/afn| eg| h; /L g| nuf sf8|/ g'xfpg nuf| . px|fn| xftsf| hg| / s'z 9^a|dfly /fv|/ g|ltn| g'xfPsf| lwt gnuf|/ x|fn| eB|nf0{ emf| wf|fdf Psl5g; Dd %ofSg'eof| . ctf|; Pf; k|5 t kl/uPk|5 h; ft; f| sf|t| hl/Pf . g'xf0; s|k|5 xh'/afn| s'zkgf| 5s|/ hg| k|f|f0|/L bf|f nuf0|bP/ 3/df ; l; lnP/ cfpg'eof| . oltn| dfq d|f| kltof ; dfkt ePsf| /x|g5 .

x| t lg tNnfaf/L cfd| rf/ wfd 3'd|/ 3/df lkm|k|5 tly|ef|h-o1 nufpgx|Gyof| . khf-kf7 u|/ z'4 klj q d6q u|/sf| hnn| g'xfPk|5 px|f rf|vgx|Gyof| . dnf0{ crDd n|fYof| .tly|j|t u|/k|5 t df|5| emg|klj q x'g|kg| x| d| o: tf| tly|p1 u|/ z'4-zf|6t u|/ df|5| rf|VofPsf| b|v|bf d|f| dgdf 0Zj /k|t Pp6f 8fxf pAhGyof| . dnf0{To; lbg To: t} eof| . xh'/afn| cfd; l; /ft| r6bg-c|ftf d|f|g'eof| / alxglnf0{ 6lsf nufpg nufpg'eof| . d|n| px|fn| eg|h; /L g| alxglnf0{ 6lsf nuf0|bP|. d p7g| n|lbf .kv kv sd{ ; lsof 5g . l| o; f| e6b| xh'/afn| Ps kr6gl d|f| xftdf ydfpb| e6g'eof| .nf alxglnf0{ of| lbP/ 9f|ub| .l| d|n| alxgl|sf| xftdf k|; f /fv|/ uf|8fdf 9f|uf . t'n; lsf| kfgl vfPk|5 dfq aNn kltof sd{ ; lSP5, 3/ leq k:g kfPf .

sfkm8fBf, uf|/vf .



# leQfsf| t:j|/

## h|al vql

lj j fx ePsf| b0{ j ifk|5 Pp6l 5f|/L hl6dgf; fy d|/sf| cf^gf| n|f|g|sf| k|f|6f| clhtfn| l; /fg d|fysf| leQdf ; hfP/ /fv|sl ly0{ . ha cf^gf| n|f|g|sf| ; Demgf a9|/ cf|p5 . pm Toxl l; /fg|sf| k|f|6f| x|/ w|/ a| cf|v|faf6 cf; ' emf|{ . yf|s|k|5 dg a'emf|pb| sf|7faf6 aflx/ lg: s6yl . sfddf hf6yl, cf|p|yl / k|f|/ Toxl k|f|6f| x|b| cf; ' k'5yl .

; Demgdf cf0/xg| / dg lk/f|nl /xg| ePsf|n| p; n| Tof| k|f|6f| Toxfaf6 lems|/ c|t| /fVg klg ; lsg . rfx|sf| a|nf xg| ; lhnf| x|; \eg|/ p; n| To; f| ug| ; s|sl ly0g .

Ps lbg clhtfn0{ k|f|/ 5f|/Ln| eNg| nuf|sf| a6asf| 3fp sf|6af|pb| cf|v|el/ cf; ' kf|/ ; f|w|, dfd' xfd|f| afaf ca slxNo| cfpgx|g < clhtfn| leQfsf| t:j|/nf0{ x|//xl . t:j|/n| klg pglx?nf0{ Ps 6sn| x|//x| h: tf| n|lof| . pglx? b|j|sf cf|v|faf6 cf; ' em|//x|sf lyP .



# /; dnfn

## 5lj /d0f l; nj fn

-/zdnfnstj PSnfj 5f/fj .  
 -5f/fsfj nflu s] dfq u/g p; n] .  
 -v]tl ls; fgl u/y eP klg zx/sfj /fd] : s'ndf k9fof] .  
 -afa'sfj 0Hht klg /fVofj 5f/fn] P; Pn= Ldf /fd] c^a\$ Nofof] .  
 5f/fn] ca z/xd f gk9g] eofj, lj b]zdf k9g]sfj nflu /fd] c j ; /  
 kfof] . 3/v]t ar]v eP klg /zdnfn] k; fsfj hfuf8{ ufof] . lj b]zdf 5f/f  
 5f/L xg]sf zfg] a]n] Tof] uf]p]df . /zdnfnstj klg gfs 7f8f] xg] g] eofj .  
 ; a]sf j /kl/ wfs wSs' lb6y] 3/af/L I/TofP/ eP klg .  
 5f/fn] lr7xl k7f0/x6Yof] . kf66f0d sfd klg kfP5, k9gnf0{  
 s]xl d2t eofj, s]xl k; f 3/ klg k7fpg yfNof] . /; dsf] t emg r'/Lk]l g  
 a]n] 0



crfgs Ps lbg uf8l b'36gdf 5f/fsfj d]o'sf] va/ cfof] s]xl  
 lbgkl5 aS; df 5f/fsfj nf; 0  
 /; dnfn bDklQ a]xf; eP, h] eP klg ; xg] kg] 0 s: tf] lj kb\  
 cf0kfof] . 8fsf] 5f]8] / 2g yfn] . ; Dem]pg] w] eP klg ca p; sf] 5f/f  
 lyPg .  
 >ldtl 5f/fsf] va/ ; g/ d5f{ k/]sl slxNo} Aofemg, PSnfj  
 /; dnfn; lu of] ; + f/df s]xl lyPg, sf]xl lyPg . wg, ; DklQ, 5f/f,  
 >ldtl lgtf]t PSnfj 0



PSnfj /; dnfn r]ftf/Ldf a; v] kmfSb} lyof- .P 0 gfgl x] lj b]z  
 ghfpm lj b]z ghfpm .0  
 b]xl, skfn a9]sf lyP, sk8fx? lgs} km]xf/ b]v6y] .  
 r]ftf/Ldf a; v] Ps]xf/f] s/f0/xg] /zdnfnf0{ b]Vg]x? e6y-  
 .P 0 of] af]n]xf x], kfun x] .0

t/ ; do o; /l g] r]n/x]sf lyof] . lj b] ; g] qmd cem tlj | ?kdf  
 a9b} lyof] .

/; dnfn aa/f0/x6Yof] .  
 .d af]n]xf x]g, d kfun x]g .0  
 ; To s'/f af]n/x]5' ; fir]f elg/x]5' .  
 .P 0 gfgl x] lj b]z ghfpm lj b]z ghfpm .0



; do laxfg ; fem x]b} laTb} 5, ; fem k5{ ; dosf] ult s; h] /f]Sg  
 ; On]g .  
 ; fem ; a} cf-cf^ g] af; ; yfglt/ kms{5g}\laxfg] d]nf k]t]df .  
 /; d r]ftf/Ld} aa/f]pb} 5, .P 0 gfgl x] lj b]z ghfpm lj b]z ghfpm .0  
 lat]sf knx? ; Dem]b} r]ftf/Ldf ; : tf0/x65 .  
 crfgs af]n] k]l65, .P 0 gfgl x] lj b]z ghfpm lj b]z ghfpm .0  
 .P 0 gfgl x] lj b]z ghfpm lj b]z ghfpm .0  
 .P 0 gfgl x] lj b]z ghfpm lj b]z ghfpm .0  
 t/ ; Tosf] ; fd' gk]Gh]n p; sf ; fd' sf]xl x]b]gg\  
 ★

### ; flxTo ; j-4g s]b]g]kfn

; flxTo ; j-4g b]6f ; Ddf]gl6f ; Ddf]gt

@)& k]f-8f-s]z]k; fb pk]llb]o .

@)&! k]f-lz]u]kfn l/; fn

@)&@ k]f-d]f]g/fh zdf{

.xl/x/ zf:ql ; fljqlb]l ; flxTo k]':sf/l@)\$%

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

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

@)&@ s]tf zdf{

.ljZjHof]t ; ]f ; Ddf]gl6f ; Ddf]gt

@)&! >l ; To ; f0]s]b] k]}'s]f7df8f]

@)&@ >l ; To pBfg, n]ntk]'

.zf/b]b]l l; h]gf k]':sf/l6f ; Ddf]gt

@)&@ ultfsz]l

.flwsf-kbd-buf{ s]lo slj tf k]':sf/l6f ; Ddf]gt

@)&@ 8f-6]sf/fd clwsf/l

# ofqf g; flr]sfj

8f= hlj g clwsf/L

Xj ln r]b/df /fv/ p; nf0(g; {x?n]j l/ c: ktn aflx/sf]k bdfudf Nof0lbP / gd: sf/ u/L kms[ . p; n] s]xl gafnl b0{xft hf8a].

pm a]xf; L cj : yfdf j l/ c: ktn k]of0Psf] lyof] s; }af6 . g]kfn k]x/Lsf] ; j] fdf ; fg] kf: 6df eP klg ; Ddfgk0f{ hflu/ v]Psf] lyof] p; n] .

>ldtl / 5f/f5f/Lnf0{ cfknhf0{ e6bf a9L df of uYof] pm . pd/n] rfnl; gsf6b} b'j} uf8f sfl6P/ a; xf/f a65' e6g] p; n] st} glrtPsf] s'/f . cflv/ eof] Toxl . dwd] xsf sf/Of p; sf b'j} uf8fdf v} s: tf] ; ^qmdOf ePsf] /x5 s'lg < 8fS6/n] b'j} uf8f cfwfcfwf sfl6lbP .

xf; vNbf pm]j snf^a^u alg; s]sf] lyof] . s]sf] hbgk15sf] kvf0df g p; n] >ldtl nf0{ b]Vg kfof] g 5f/f5f/Lnf0{ g} e6g] kfof] . ckf^a^u ePk15 ltgn] p; nf0{ ToflulbP5g\ p; n] kl5 yxf kfof] .

sIt : j fyl{ x65 xlu df65} < pm ; lln] / sdfpg ; dy{ xbf Itg} p; sf] j l/kl/ ehDdGy] t/ cfh = <

p; n] kl/j f/nf0{ kn] / Psk6s ; D%of] . Totflit/ ; xf/f b]Vg . Xj ln r]b/ lbg] ; +yfnf0{ dgdg} w6oj fb e6of] / j l/ c: ktnsf] leQdf c^a^st kxf8 af]s]sf xgd]ghf0{ gd: sf/ ufof] .

ca sxff hfg] < s; /L hlj g afRg] < p; n] Pp6f 3Bdfly / csf] 3Bfdlg sfl6Psf] u/L b'j} uf8fnf0{ kfn]kfn] 5fDof] clg b0{xftn] Xj ln r]b/nf0{ 3rf6b} u6tJoxlg ofqf ; 'z ufof- c; xfo hlj gs]f clg]Zrt / af]em] ofqf . ; b{c: t]pg] ajnf e0; s]sf] lyof] .

sItk/- @, d]qlgu/ .



<http://www.nepalipublisher.com/>

ca xfd] j]a ; f08df j]hoGtl / bflot]sf ; a) c^a^s 8fpgnf] ug] ; Sgx65 x) .

# Joyf cgf]7f]

ltn:dl k]ef;

s lff b0df k9g] pdfsf ; fylx? 5fq dfq lyP cyfft \5fqf lj Bfyl{ pm dfq 5] s lff sf]7fdf, To; ]n] pm PSnl / lg/Lx ePsl 5] . o; sf] knf0bf p7fpb} s]6fx? p; nf0{ cdfgj lo Joj xf/ u5g\efn]kg b]v]P/ . pm r'krfk ; x65] . slxn] skfn tf65g\t slxn] ; ?j fn slxn] sfkl a]v] u]fn] kf]6f^ d]gaf6 d]lylt/ xf65g\ lj Bfnos] ; doleq e6bf klg lj Bfno 5'Sl xg] cl6td 306L ahg' p; sf nflu c; Xo ckdfg / kl8f v]kg] ; dosf] ; ^s]t ^}nflYof] lsgg] lj Bfnos] ; dodf sDtl df ; /x? t x6y] p; sf u'gf; fx? ; 'g/ kl8snf0{ sf] f]xl gu/] klg t/ 5'Slsf] hgfp 306L ahkl5 ca pm PSn] x65] . Toltsf s]6fx? ; lu k]t]sf/ ugk5{ ; w] To]f klg lj gfs ; ' / lj gfck/fw gf/fslo oftfgf e]lg lj j z 5] pm ; w] . dfq z/L/df : qlr6x ePs} sf/Ofn] s7] lar/L pm .

pm ; /x?nf0{ lk; fk kn]g{ hf65' eg] / Dd ; fl]wg] lxDdt ulbgyl . p; nf0{ 3/ klj f / 5/15d]sdf l; sf0Psf lyP ls 5f/L df65]n] ; xgk5{ To; ]n] v^a ; xl p; n] . Ps lbg]sf] 36gf x]f p; nf0{ v^a lk; fkn] RofkOf] 3/af6 lx8b]v lj Bfno 5'Sl xg] ajnf; Dd klg yfld0/xl p; n] t/ p; sf] lk; fk y]hln] yfdg} ; s]g . lj Bfno 5'Sl xg] ajnfdf klg nf0g /fv/ 3/ k7fpg] rng lyof] Tolt ajnf, To; ]n] pm klg nf0gdf plePsl ly0{ laxfgb]v /f]s/ /fv]sf] lk; fk Pssf] ; vl:sof] / knfn x]Nof] e0]t/ vx/] 5fl] ^} 5n^a^h^a^h^a^ p; nf0{ zfl6t x]b} uof] t]klg p; n] la: tf/) 5f]8/fv]sl ly0{ . c?n] yxf kfP/ s] e6nfg\eg/ lk; fk kn]g{ hfg t ; fl]wg g; Sgh] ^g lk; fk} ; 'z fndf 5f]8g]kb]f s; /L d'v b]v]fpg] eg/ d/tNo x65 p; nf0{ Tolt ajnf . p; sf] klfdf sf]xl x]b]g p; nf0{ sfvl Rofkg] . xg t p; sf] bh' klg Toxl lj Bfnodf k9S, Toxl eP/} p; n] Toxf k9g]k/]sf] x]f . pm s'g dg] yltdf 3/ kl15] v} t/ p; sf] bh'h] p; nf0{ ; xf/f lbg ; Sbg . Tolt ajnf gb]v] ^} u5{ To: t} csf] Ps lbg]sf] 36gf x]f of] Toxl lj Bfno xft]sf] z'qm] f/sf] lbg lyof] . p; sf] bh' To]f kf=-lj =sf] k9f0 ; s/ df=-lj =df hf6Yof] of] c ^} 6f9f lyof] To]f

lj Bfnoaf6 p; n] cfh bfh'; l} hfgk'ofj eGj] ; flrL / 5'Sl ePKl5 klg  
lj Bfnos} klf<sup>a</sup>u0fdf al; /xl . p; sf] bfh' cfPg a; bz P3f/ hgf  
s}6fx?n] p; nf0{ 3/f xfn] lgs} ; dokl5 p; n] a' L ls d loglx?af6  
anfTs[t xg nflb} 5' . cfx] l pm ca s] ug[ < otftp x]/L, sfxl lyPg  
p; nf0{ ; fy lbg] Toxf; To; }n] euj fghf0{k'sf/L . Psl5g kl5 pmleqsfl  
sfnl hfuj 'f eof] h'; Ss p7/ ; a s}6fx?nf0{nft xfgl kmgggg 3'd/  
clg Ps ; f; df sfnf pSnl / dhaf6f]df ku/ dfq nfdj] ; f; km/ p; n].  
3/ ku/ ; a} 36gf cdfnf0{ ; 'gfPKl5 p; sf] lj Bfno kl/j tg eof].

p; df clnsit lxdt a9df]. of] qmd a9b} uof] ca p; n] al ; sl  
ls cfofo vkgx'eg . s}6fx?n] lh: Sofpbf vk/ al: bgf. ca pm klxn]  
; D' fp]5, To; kl5 ; /x?nf0{ eG5] pglx?n] g; 'g] kl5 ckrif 7ls  
nufp]5] s; }nf0{ eg/ s; }nf0{ s6/ . p; sf dgdf gfgfeftsf kZg  
cflp5g\k'; En] h] u/ klg lsg 5'6 xG5 < clg dlxnfnf0{ lsg xG <  
cflv/ lsg < cf^gf] cftdf ; Ddfg cfm' x'g'sf] gddf Innfd  
ul/bf] /x]5 oxfl . pm o: t] s'/f lrgtg ul//xG5] / slxn] sfxlf ckrifGbf  
7hf a8f elgPsfx?; l; ; fl]5]- pm uDel/ eP/ . d'df lsg xfdl  
cf0df0x?nf0{dfq o: t] blv < lsg xfdl ckrif] ckrifnf0{ ; hfo lbG5f<  
lsg xlg / tNnf] bhf]sf] 7fG5f< s] xfdl klg dfG5] xgff / < lsg xfdl  
lj j fx u/ >ldfgs] 3/ hfgk/]sf] < s] >ldt]sf] 3/df >ldfg\c]pg  
xG / < of] k/Dk/fb]v rlnclPsf] /lt x] al ; < cdf s8slG5g\  
5f]ldf knfPsf lj b]xl lj rf/x?sf] h/] pv]Ngnf0{ t/ 5f/L slQ klg  
6; d; fplbg . uDel/ eP/ lrgtg dgg ul//xG5] . lg/t/ bfz]gs 'f x/]s  
Jo x/]s] x/]s 36gfs] x/]s ; +sf/ / ; +s]ts] cOf cOfdf k; / .  
sf7df8f].



*; flxltos klqsfl jhoGtlN]*

*; #s]t-!, Psf<sup>a</sup>sl-!, k'f{d]t-!, n3pkiof; -!, n3syf-!, uhn-@,  
rf8=kj{!, dQms-@, lj b}zofqf-@, ; j b}zofqf-#, /fli6o-JolQm]j-#,  
uBSlj tf-#, syf-\$, lga6w-\$, ; #d/Of-%, ; dlff-%,  
5Gbslj tf-& c}f c<sup>a</sup>sx? lgsfln; s}f]5 .*

a]s

lbk}b] a: gjt

3/vr{ rnfpg] k; f ; lsof] Joj :yf ugxf]nf eGj] >ldt]h]sf]  
'emf] nf0{ lz/f]wfo{ ub} d clkm; af6 l; w} a}stkrf nfu] . a]s klbf  
clkm; Pn ; do ; lso; s]s]fn] ; GwofsfnlG ; j] f : j ?k Pp6f dfq  
sfpG6/ ; ~rfngdf lyof] . ; j] fufx]sf] ; <sup>a</sup>vof eg] pNn]Vo dfqdf lyof] .  
s'g] gDal/<sup>a</sup> 6]f]sg lb0Psf] 5g / nf0gh: t] klg 5g . kfn] sltv/  
c]pg] x] eg/ s; /l yxf k]pg] < d cndndf k/f / ; }sol/6l uf8{ l;  
; flw].

pQklS uP/ a: gxf]; \la: tf} kfn] cfp]5 . uf8]sf] p0/n] d emg]  
cndndf k/f / ; /; t] x]/- s] ; x? t nf0ga4 g] /flvPsf lyP t/  
a: gx? eg] 5/k:6 lyP .

sd; ]sd l; nl; nfa4 eP/ al; lbP t k5fl8 c]pg] k5fl8 g]  
ldn/ a: b} hf]y] / cf^gf] kfn]sf] olsg ug] ; Sy] . dnf0{ eg] stfs tf  
c; xh dx; ; eof] / uf8]nf0{ ; Dem]pg] k]of; u/] . d]n] cf^gf s'/f /fVg  
gkfpb}uf8{ t PsfPs h<sup>a</sup>Ng k] yfn] . eg]- oxflh] sfd xG5 lgod; <sup>a</sup>ut  
xG5 . lgod lj k/Lt sxl klg xG . pxfx? klg wp{ u/} al; /xgePsf]  
5 . cflv/ ; dos] dx]j t ; a]nf0{ plQs} xG5 lg l sxl ; do wp{ ug]  
; SgxG < df]f]Ps ; Rrf / Od]gbf/ sd]rf/l]sf] ?kdf k; tt eP tl uf8{ .

uf8]sf] cleJolQm] dnf0{ eg] cfm' stfst sfus] ayfgdf  
asNnf] ePh: t] dx; ; eof] / r'krk nfu/ a; } . l9nf] l9n} eP klg  
sfd ; 'rf; ?kd} rln/x]sf] lyof] . k'/fgf cgxf/ 36g] / goff ylk]  
qmd; l} Ps hgf ; kl/lrt xf: o snfsf/ klg b]mf k/] a]s leq . pgl  
; /f; / sfpG6/d] ku/ / eg] of] r]s ; f6g' lyof] . k]to]s cfuG't'snf0{ emf]  
snfsf/hlnf0{ klg pxl s'/f b]xf]fofP uf8]n]- kfn] kv]g]xf] ; \t/ uf8]sf]  
s'/f ; xh] df]g] klfd] b]vPgg'snfsf/ . hfaf] olt r]s ; f6g klg olt  
w/] kfn] s'g]k] eGb} emf]SsP / k]i6; l; galem] u/L s] s] km] km]fpb}

xflsdsf] sf]7fl/ nfu].

sxl a/k15 xflsd; fa sfp66/df cfp . xflsd; fa ; fd'g]df k/k15 uf8{ tgSs tl6sP h'g :j feflj s klqmfdf kYof]. dnf0{ nll0f- snfsf/ eg]sf r]tgfsf axfs xgV ; r]t gful/s klg . ; j] fufx]sf] c; xhtfnf0{dx; ; u/ xflsd; dl f sxl ; xh u/fpg] s'/f /fv] xflnfg\ ca xflsdn] sxl j] s]Nks Joj :yf u/} eP klg sfdnf0{ tlj]tf lbg]5g\

t/ s] ugi l ; tln] ; /fk]sf] b]z g k'of]. h; /L cfknh] ag]Psf] lgod sfg'gsf] s]j n cf^g} :j fy]sf lglDt wHhl p8fpg kl5 kb]gg'vof] b]zsf g]tfx? To; /L g} r]tgfsf ; jfxs dflgg] snfsf/ klg cf^g} :j fy]df dfq s]b]t b]vP eg] ; j] f k]fos ; +yfsf xflsd z]Qmsf khf/L . sd]rf/Lnf0{ lgb]zg lbg] z]hldf snfsf/hlsf] r]s ehf0]bP/ cf^g} sf]7ftk] nfu] xflsd . w06f]v kfn] s'/ a; ]sf ; j { fwf/Of ; j] fufxl s'/sf] s'0} eP .

sf7df8fj.



### /fli6 7hf] ; DkfbS

cRo't l3ld/

n]vsx?sf] ; fdf0 hd36 lyof]. cfhsf] hd36df pglx?n] p7fpg] lj ifo lyof- /fli6 ; flx]Tos dfi; s klqsfsf] dgk/Lt6q .

n]vs ! n] e6of- ; /sf/L klqsfsf] ; DkfbS xf e6g] v'a bDe 5 To; nf0{.

n]vs @ n] e6of- hflu/] g x]l To] ; dfh; j] L t x]f]g lg .

n]vs # n] e6of- hflu/] x]l g, ult5f8f 5 .

o; /L g} 5nkim e0/x]sf] ahf Ps hgfn] c; fh dlxgfsf] /fli6 ; flx]Tos dfi; s klqsf af]s/ Nofof].

klqsdf ; Dkfbssf cf; kf; ]sf u0f: t/xlg /rgf / ; fdu] lyP .

sf7df8fj.



## v'; L

lbJo lu/L

klxn] klxn] b; ] ltxf/sf] To] /demd, To] /f]gs clg ; fg b]v/ 5/15d]s dfq x]f]g 6f9f6f9f-sf dflg; x?; d]t s]Nk]y] clg e6y]-To] tNnf3/] c]f]df/fdsf] 3/sf] /df0nf] k] /df0nf] . To: t]f] k] b; ] ltxf/ l

5f/f-axf/L, 5f/L-h] f0f, lbb]l-axgl, e6hf-e6hl, g]lt-g]ltgf, bf'h'ef0sf hd36 / el8ef8 g} ; fg]t]tg] h'h'; h: t] nllYof] To] 3/df . t/ clxn] Toxl 3/ ; 'g; fg 5 . la/fgf] 5 . sx]f uof] x]nf To] /df0nf] l'of, To] v'; L / To] rxn-kxn .

b] j] hgf 5f/fx? cf-cf^g} hxfg kl/j f/ lnP/ lj b]z uP . 5f/Lx? klg h] f0s} kl5 nfu/ lj b]zP . bh' / lbb]x? s] l; sf] u/ sf]5l 5f/L klg k]tfn efl; 0. ca b0{ hgf a'9fa'9l dfq w'dwdtl a; ]sf 5g\ pd/ 9]Nss} uPk15 clxn] To] 3/ klg pglx?nf0{ 3f]B]h: t} ePsf] 5 . l; a]x] 3/ vfnl 5 . 3/ k]fom ; 'g; fg b]v'65 . 7hf] cf]ug 5 t/ To]x] v]Ng] /dfpg] sf]xl 5g .

; w]enf of] j if] klg b; ] g]hs} cfPk15 5f/f-axf/L o; kN6 t 3/ c]f]p5g]s e6g] cfzdf a'9fa'9l a; ]sf lyP . ha 5f/f]sf] k]f]g c]f] pglx? b^a k/].

.aaf, tkf0x? ; ~r} xgx'65 d]-; ft ; db]kf/af6 df]af0ndf ; lgPsf] 5f/f]sf] cf]j fh] c]f]df/fdsf] dg k]k]Nn ag]of].

.x]dlnf0{ t ; ~r} 5=t]dlx?nf0{lg d]-a'9fn] a'9]s]f] cgxf/]t/ x/ ] v'; L x]b} ; f]w] .

.ox]f x]dl ; a} ; ~r} 5f]= b0{ dlxgf e] t]0ffn] ox]l]sf] Ps hgf s'0/; l] lj x] u/L= x]dln] eg]sf] dflgg= clxn] pm v'; L g} 5]= p; sf] v'; ldf tuf/] a6g klg ; l]sPg=aaf gl/; fpg' x]nf= of] b; ] klg x]dln] ot} dg]fpg] ePsf 5f]= To]x] xh'/x? klg /df] ; l] b; ] dg]fpg' x]nf= vr] r]sf] lrg]t] lngk]b]g= d]n] lxhf] dfq sxl /sd k7f]Ps] 5= a]sd] uP/ lng'x]nf= l

.P l c]f]df/fdn] ol]t dfq eg] clg c]l]of/] cgxf/ kf/ a'9]tk] x/] . k]f]gnf0g lj R5]b eof].

l6sfynl, nln]tk/ .



# s^o{ pkrf od/fh

b'uf{ j gj f; l

; fgl 5f/l c0fInb}cfP/ 9dfDd 9fjsf nufp5]. dgdfof ; z^ast  
: j / df ; fW5} .s) efj 5f/l < lsg bf8}sl o; /L d  
lcdf, cfh krl/ skrl/ l 9fjsf alnof; lu nufP/ a; ffx}ll cft^ast  
: j / p; sfj .

.lsg / 5f/l d  
.n, cdf klg ll kfxl/sf s^oh] xh/afnf0(nujsf] clg cl: tgsfj  
s^oh] ef0nf0(nujsf] ll ~~=====~~ ; fRr, cfh s; sfj kfln xfnf x)  
cdfd d eoldl>t ; r] cfj fhdf ; fW5] Toj cafw aflnsf cdfsf  
sfvdf 3l; b}.

5f/l sf afn; 'ne, ql; t kZgx?n] ddfxt x65] dgdfof . lg;0/  
pm dgldg ; fRg yfN5} xfl t, kfx/ s^o{ nllbf pkrf/sf] cej df  
; ; /faf laTgej . cl: t ev(/sf] skrl' df sfvsf] 5f/l kvfnf nufsfj  
pkrf/ gkf0{ laToj . skrl's) alrdf klg PDah}; x? sb}sf p; n]  
b}v}sl xfl t/ p; sf j } ; ; /f / bWd'v] 5f/l sf ofubfg g} s] lyofj /  
PDah}; n] afjsfj; v} k6s k6s lsg skrl' nllb} lyofj, g t Toj b0{  
kfv/ln] hlj g wfGj lg/Lx, cgk9 dgdfofnf0(g) yxf xfl; \ PDah}; x?  
t s^o{ lrb} 3f0t] g]tf / sfoStfx? cfj; fgd} Jo: t b}v6y} .

cfh krl/ skrl' / ll 5f/l sf] dfofn' cgxf/ xlx} uDn^a cufnfj  
xfN5] pm . cafw 5f/l kZg u5} .cdf, s^o{ egjsf] od/fh xfl d

lj j z, cfxt dgdfof 5f/l nf0{ a}; ; /L cufnf]df s: 5], dfgf Toj  
s^p' egj odb'taf6 n'sfP/ / arfP/ /Vg rfx65], p; sf] cflv/L  
; DklQ tyf kl/j f/sf] Ps dfq lg; fglnf0{.



# xf6 ahf/

wl/s'df/ >lj7

kfwgdGql nufot dgql / blzsf pRr klzf; s Pj +bluh lbluhsf  
alrdf /fli60 ; d: of ; dfwg ; ldtsf] a7s al; /x]sf] lyofj . pSt  
a7sdf blzdf cf0k/}sf /fli60 ; d: ofx?sf lj ifodf 5nkmm u/L 7fj;  
; dfwg lgsfNg'kg] cfj Zostf lyofj . Tolt gu/ /fi60} uDel/ ; d: ofd  
km: g] lglZrt kfoM lyofj .

gkfnl lj zjftfcg'; f/sf] a7s s: tfj x65 < Toj elg/xgkg]  
cfj Zostf 5g . sfxl 5]psf ; lu sfjv'; l ul//x]sf lyP sfxl lgwSs  
xf; /x]sf lyP . xf: g] ; xefulsf] Wofg Tolt ajnf cfkrlt/ tflGyofj hit  
ajnf pg]sf] xf; f]sf sf/Of j Stfn] cf^gf] j StJo /fSgkYofj / c?  
ulkr0/x]sf? klg lh1f; fsf sf/Of xf: g] ; xefultkrf xly]. o: t} d]sf  
kf/L d]faf0n krlgsf y/L y/Lsf l/a6fg alh/x]sf lyP . ; ldtsf] a7ssf]  
; efklTj ul//x]sf kfwgdGqln] lbSs df6b} clGtdf eGg'k'ofj -  
.tkf0x; nf0{ /fli60 ; d: ofegbf dxlj k0f] lj ifodf Ps csf; lu ukm ug{  
5 eg] skof afx/ u0lbgxfj; v}

kfwgdGqln] olt egg s] EofPsf lyP, ; xefulx; Ps Ps u/L  
afx/ lgl: sg yfn] . pglx? a7s slfaf6 afx/ lgl: sb} .zfrfnol  
n]vPsf] sf]7fl/ k: b} lyP . zfrfnoaf6 kms}kl5 a7s slfsf] afx/  
v'nf 7fpdf a; / pleP/ k'gM k'j j t'wgbf ; ; u/ . eg'sf] cy{ sfxl  
d]faf0ndf enfs'; f/L ug{ yfn] sfxl ; dlksf ; lu s'/f ug{ yfn] cflb  
cflb .

a7s slfdf PSnf] k/}sf kfwgdGql ; xefulx?sf] k]tl'ldf lyP .  
ca ofj elg/xg k/f0g, Toxl ajnf klZrd gkfnf krl'nPsf] enf8f kvfnfn]  
dxdf/Lsf] ?k ln0/x]sf] lyofj . pt}t/ v'bfGg cej sf sf/Of ef]sef]s]  
d/}sf] va/ cf0/x]sf] lyofj . Ps hgf t .ef]s nllbf] . vfg kf0gf . vfg  
b}pm g s; }n] . ll eg'bfegb} vfg kfpjx; s} alrdf d'of] egj va/nf0{ /  
fli60 ; -rf/ d'Wodx?n] hf8 hf8n] kmnfs/x]sf lyP t/ = .



# ; a]sf] knfn] cfp5

w]j s'df/ ykfi

eld / dgs'df/l]sf] dWod j ulb kl/jf/ eP klg ; \v / v; l lyP  
 b}j} . x]b]x]b} pglx?af6 ; ft 5f/f5f/lx?sf] h6d ePsf] lyof] . d]nfkft  
 h]fbf lbPsf] v]hf klg cfwf k]b c]k]k?n] v]P/ cfwf ; G]tfgx?sf] nflu  
 3/df NofP/ v]j fp]y] . ; ftdWoj s]g]h] c]n]st gvfo{ lbbf j f c]n]st  
 /ft] d'v nufpbf klg c]f]v]el/ c]f; ' v; f]Nb} ddtfdol c]df]sf] s]fdn  
 dgn] Rofkl wfdl ' f]q]l nufpg lx]Blyg\dgs'df/ . c]k]k? b; 7fp]df  
 t]g/ n'uf nufp]y] t/ 5f/f5f/l]sf] nflu goff sk8fx? lslglb]y] . Hofnf  
 dhb/L u/ eP klg s] v]p]nf s] n]p]nf ag]Psf lyPgg\; G]tfgnf0{ .  
 pglx?nf0{ s]g} ; G]tfg w/ ePg, g t af] g] ePsf lyP . ; a]sf c]df-  
 afah: t} c]f^g] /utnf0{ s]xl gxf; \eg/ loglx? klg x/]s lbg / ; f'  
 cfwf k]b v]P/ c]k]k? w]} sfddf h]f]t]y] ; fy} elj ios] ; 'g]f]h] ; kgf  
 b]v/ a9]; sfndf afnaRrfx?n] s]xl ; \v b]nf]gV a9]; sfns] ; fxf/  
 f x]f]nf e]g] cfzdf v'; l x]b} klg lyP e]5g\of] pwf]hl dfof x]f] .

lbg lalt/x]sf] lyof] . eld / dgs'df/l]sf ; G]tfgx? klg a9] x's] .  
 r/l]sf] kv]b]f kn]Pkl5 sx]fd]p; u a: 5gV < To: t} Itglx?n] klg 3/hd  
 u/ ; a} c]f]c^g} af6] nfu] ; a]sf] 5\$5\$5\$ ; +f/ eof] . y]f]f] 3/ /  
 c]n]st v]t]af/L ?B/ eld / dgs'df/L a] ; /x]sf lyP . sfds] af] ,  
 pd/ x]b] / e]f]sf]pbf k]b]el/ v]fg gk]Psf] sf/Ofn] ubf{ / c]k]k]t 6f9f  
 x]b]sf] df]g] ; s t]gan] ubf{ g} x]f]nf dgs'df/L la/fdl kl/g\ . lg/Gt/  
 la/fdl e]y]x]b]f klg ; G]tfgx? sf]xl klg c]f]Pgg\ 5/15d]slx?sf] ; xof]un]  
 s]xl e]f] l / afv]f]x?n] 9's9'sl lno/ ar]sf 5g\ t/ c]f]f]w]l]sf] cfzdf  
 a; ]sl dgs'df/l]sf] nflu, :ofxf/ ug{ cf: k]t]fn k'/fpg klg ; G]tfg  
 ; G]tfgalr x]gyf]k eP t/ klg c]f]Pgg\ lar/L dgs'df/L lx]h]f] aRrfx?n]  
 gv]Psf]df j]l]y]g\eg] cf]h c]k]k]n] c]f]f]w]l] v]fg gk]Psf]df j]l]5g\ pgl  
 k]z]g ul5g\c]f]k] ; u . xfdln] s]g} ; G]tfgnf0{ sfvf / s]g]nf0{ k]vf u/g]f] .

c]f^g] sn]h]sf] 6'q]f /ut]sf] y]f]k]f k]b] / h]6d]sf ; a} a/fa/L eP . c]lxn]  
 la/fdl]sf] sf]xl c]f]Pgg\= lj r/f eld 6f]ps]f]df xft /f]v]b} e]g]b} lyP =kl/  
 gu/ 0 5f/f k]P axf/L wgl 5f/L k]P h]j f0fwgl . h]j fglb]v a9]; sf]n; Dd  
 b]w]b]v ; \v; Dd, ' u8f]b]v ldng; Dd ; f6g] e]g]sf] a9]fa9]l dfq /x]5 .  
 5f/f5f/L eg] / uj {ug{ a]sf/ /x]5 . d]f] c]n]c]n xft uf]f]f r]Nb} 5gV t  
 o: t]f] u5g\eg] xfd]f] tnd]fy x]g] lal0s} s] x]j ut x]f]nf t/ dg gb]v]f]p]m 0  
 5]ps]f] l; of] s]g]f]df kl5 . Itglx? klg ; w} o]j f / an]j fg\ x]b]gg\,  
 a9]; sf]n n]l5 / xfd]f] h: t} lbg c]f]p5 . ; a]sf] knfn] c]f]p5, afa'c]df  
 a]g] / a9]; sf]n kv]g] . xfdln]f0{ /fd]f] u/ Itglx?nf0{ klg Itglx?sf] 5f/  
 f5f/l]n] /fd]f] u5g\gu/ ub]gg\ o; j]f l]rQ a' f]pgk5{ l/ gu/ x} ' g\  
 a]y]fn] Rofkl5 . olt eg] / a9]f klg lkn]kn c]f; ' f/ 15d]slx?n] e]g]b}  
 lyP o: t} x]f] 5]ps]f] l; of] s]g]f kl5 .

; f]uf]r]f]s, l; Gw]k]f]n]r]f]s . x]f]n sf]Gw]f]x/ c]k]n]u]f]g: y]fgdf



## c]k]k]t

k]0f] d]g]sd]l{

k]Nn]f] sf]7df a: g' x]g] h]f]g]sl a]h]o]nf0{ sdn]fn] 3f]6laf6 ltnxl/  
 l]gs]fn] / elgg\ .a]h]o} of] ; fdf]g s]xl lbg tkf0]g]gf; f] /f]v]g'; \g x]=u  
 .n', s] e]g' e]f]sf] g]f]g]l]n] . nf0/f]vof ltnxl/ klg k]r]sf]N5g\  
 ; f]e]f]lo]j t]l]n] d]

.Io: t} k]x]of] a]h]o} . c]lxn]nf0{ /f]v]lbg'; \g l] l]t .u; f] l' l sdn]fn]  
 b; c]f]nf h]f]8b} e]f]j 's algg\ sdn]f g]f]g] g] t x]f] h]f]g]sl a]h]o]sf] P]s  
 dfq ; x]f/f, of] k/fof 7fp]df . ; ~r]f]df ; f]yl, la; ~r]f]df c]f]w]ld]h]f]  
 nufot u]Gw, k]m]f]x/, 3lg gdf]g]l ; j]f ug] h]6d]f]pg] c]df]h: t} b]j]n]  
 k7f]Psf] df]g] ; . sdn]f]sf] l] l]t s; /L g]f]0f e]g] ; lS5gV < xft y]f]k]g\  
 / k6'sf leq; Dd 3'; f]l/g\

.ca t ; f]l]g ; S5' g]f]g]l, lsg d]  
 sdn]fn] elgg\ .a]h]o]n] e]f]n] d]l ; f; 'nf0{ e]b]y' x]g] g} 5,  
 c]f]p]b} x]g]x]5 .u

x]f]n M c: 6]k]nof



# dR58fo0f 0

## g6bnfn cfrfo{

/fwf / /fh|z lbblef0 x'g\ pglx?sfj sfd k9g' ; fRg, 5nkmn ug{ / vf|hofqfdf lg: sg' xfl . k|zf, wd{/ sd{Toxl / TolQ g}xfl . ; ajt/ cg'sh j ftfj /Of xbfxb} klg : j t6q 5fl8Psf xnsf xn ; f9|x?af6 pglx? cflQPsf lyP .

Tofj hit eufofj plt cfpYofj . glhs} a:g vf|HYofj . cem z/L/d} ; fdfHo hdfpg vf|HYofj . efhg rlixofj eGYofj . cg'dlt lbgj s'/} cfpG . 8/ dfgldfgl rRrfj w:g vf|HYofj . z/L/ xNnfP/ lb6g, gcf0h e6bf klg ; 6b} ; 6b}Yofj . Hofg hfnf 8/fp|bg klj eGYofj . xft pHofpgf; fy d}sfdf r}sf xfg/ 5f85' e6b} ; 0sRrf klg 7f}sxflNYofj . d}sf IdNofj ls kmsl{ klg xflNYofj / cf^gfj 0/fbf k'f u/L 5f8Yofj .

lbSs xb} /fh|zn} e6of- cem gvfp/} dg} e0ofj a; vfP/ d;f e65 . bfp e6}df xg{ 5f8/ 5gk66 nflU5 . 5/} dg{ hflit e65 / c6j; d6j; xg} u/L l3R5 . rndnfp g; s}kl5 eflg klg ; Sb} . Tot} st} 9fl8P/ ; ' tfp5 . /Stbftfn} yxf kf0xflNofj eg} a; sg na6l a; fp5 . To; kl5 t nf; sfj cOfkOfj x6g . bftfsfj xft cf^g} /utn} ntklt65 .

/fwfsfj k|tlqmfds syg lyof- xfl, To; ; f9}sfj j f: tlj stf oxl xfl . ofj lsg h60ofj 0 / , lsg ; xh} d}l'o' j /Of u5{< km} / xnsf xn h6dfP/ k}stn} lsg Joj : yfkg ug{ ; Sb} < lsg zx/nf0{a9l ufh5 < lsg ufphf0{ kl/Tofu u5{< km}xf/ cflv/ km}xf/} xfl . km}xf/sfj ; f9} e}ts ?kdf ; fgj b}V5' . xfl; \p8fPsfj b}Vbf ; fRr} vt/gfs e65' . ho dR58fo0f 0

h: tfj; 's} kl/l: ylt cfp klg b'j} ; ts{ eP/} cf^gfj k|zdf cfa4 e0/xg} lgisiffd klU5g\

tkZj /L, pbok/ .

# cfufj

## lgzf sj; l

cdj/sfaf6 kms}kl5 laxfgl lx8f0df lg: sbf d Tofj lrof k; ndf u0/x6yf . dnf0{ 3/ hfg s'g} xtf/ xbgYofj lsggeg} d 3/df PSnfj lyPf . c? ajnf To; k; ndf plt el8ef8 geP klg laxfgl sn}h k9g} 5fq-5fqfx?sfj rxnkxn /xGYofj . lrofge: tdf cf^gfj d': sfg 3fln/ Jofkf/ ug} To; o'j t}sfj afgln} ubf{ u}fxsx? Toxf k6sk6s kly} .

s}xl lbg p; sfj k; n pl3Pg . Ps xktfkl5 pl3Psfj p; sfj k; n b}v/ d leq l5/f . pm ev/ lrofsfj kfgl a; fpb} /lx5} . d}h} ; flw} lsg k; n t nfd} a6b ugeofj lg < Hofge6f 7hfj k; n xg lg c^a\$ n . Ps xktf; Dd h/f}h} ; 'tofj . p; sfj z/L/ ; fRr} lzlyn / un}sfj b}vGYofj . lsg / gfglsfj kl/j f/ 5}gg\ p; sfj klx/g b}v/ w} lbgb}v ; flw} dg nfu}sfj s'/f ; flw} d}sf kfPF . .o; ; +f/df cf^gf e6g} sfxl 5gg\ c^a\$ n} . p; n} lrofsfj sk d/fj cl3Int/ /fvL . dnf0{ nfl0fj ; +f/df sfxl g sfxl cf^gfj df65} t e0xfN5 lg . ls o; n} dnf0{ em} klj af}n} . s} ofj oj tl ; 8s af}nsf ly0{ t < p; nf0{ klxn} st} e6}h: tfj, sxff sxfflrg}h: tfj nfl0fj . tkf0{klxn} s'g} 3/df sfd u/} a: gePsfj lyofj <

d/fj kZg ; g}kl5 p; sfj cg'xf/df qm}wsf /}vx? lvlrP . .xfl c^a\$ n, d ; ft j if}sl xbf sf7df8f}sfj s'g} 3/df sfd ug{/flvPsl lyPf . clxn}Toxl 3/sfj vf|hl ug{o; /L xfb}n yfk/ a; }sl 5' . l} sxffa: gePsfj lyofj, tkf0{nf0{ s'g} ; Demgf 5 < .Io; 3/sfj 5fgdflyaf6 glhs glhs eP/ xj f0}hxfh p8}sfj ; Demgf 5 . kSs} klg Tofj Po/kf6}sfj cf; kf; x'gk5{ . h'g lbg Tofj 3/ kOf nflU5 lg c^a\$ n, To; lbg d Tofj 3/nf0{ rf}/t/af6 cfufj nuf0lb65' . l} lsg / gfgl < leq}b}v v^a}v^a} x}b} d}h} ; flw} . To; 3/df dnf0{ olt oftgf lb0GYofj ls gf^a}v}eif/ kf/} l; ; gfj kfgl nuf0GYofj . ol xg{ \t dnf0{ dflnSgln} kl; / s's/n} kf}n}lbPsfj 8fd < Tofj 8fd b}v}kl5 dgdf w/} s'/fx? v}h} .

To; lbgb}v Tofj xfb}ndf hfg} 5fl8bPf . Ps ; flem 3/ krlst6f h'g bZ0 b}v} Tofj qf; b lyofj . d/fj 3/ cfufj} lgl/x}sfj lyofj . ; }gf, kln; / bdsnsf sd}rf/lx? kfglsfj km}f/ 56flk/x}sf lyP .

# Pstf

k/z'/fd .k/fz/l

ufpel/sf oj fx? hdv'fP/ p7)- .ca xfdl g) xfo; ufp'sf] : j ?k abNgj .l xftdf xft ldnfP/ Pp6f oj f Snj u7g u/ . ; a)sf 3/af6 Ps Ps hgf k|t|glw kgk5{ . e6b) @@ 3/w/l ePsf] eGhof^a] ufp'sf oj fn] @! ; b:olo oj fd08nl tof/ kf/ . s)6fx?sf] hfz / hf'u/ b)v/ a9f kfsfx? klg b^a u k/sf lyP . ah'sfsf] sfd yftl /fv/) eP klg ; a) oj fx? Pss[t eP . vx/sf] au/df ldl6^a rNof] . ; ah] xfdf x| ldnfP . tfnl ahfP .

ldl6^a sf] gf0s]n] tn dfeul sfsfsf] 3/af6 sf]xl gcfPsf] x'gfn] xhfgf: j ?k o; kfinsf] j gef]hdf v; l lbgkg|k|: tfj cl3 ; f'of] . ; ah] tfnl ahfP . c6taf6 bdf; fxl n] k; f; rfdn p7fP .

dfeul sfsfn] 5f] /lsf] kj f e6bfe6b) oj fx?n] v; l l3RofP . j zfv ! ut] j gef]hsf] sfoqmdf ; a) oj fx? e]nf eP . e]hdf df]h ug{ oj fx?n] ; fd/ ; klg nu]sf /x]5g\ j gef]h /fd/ l g) v'fP t/ k]msg] ajhdf 7h] emu8f eof] . Ps hgf'sf] xft sfl6of] c'sf]sf] v'6d]f] e]ffrof] s]t hgf 6f'psf] k]6fP/ cfP . c]xn] ufp'df efufefu rn]sf] 5 . ; fem-laxfg lx8g g) dl: sn k/sf] 5 . sf] stf eP sf] stf uP . Pstf eg]sf] t P stf < eP5 .



## gkfn-; flxTo ; dfh

**j ; 6t-/fwf kBsfo k':sf/laf6 ; ldfigt**

!=@)^\* l8Nnl/dof zdf{chofh  
@=@)^ ( k' ; iffQd l ; lbjh tyf uf]j Gb/fh lj gf]bl  
#=@)& ag"nfl d5fg]  
\$=@)&! e]gxl/ l ; lbjh  
%=@)& nld]sd/ sf]f/fnf

**x]stf/l-lb]fs/ ; dfh ; jf ; ldf]l6 ; ldfigt**

!=@)^\* k]f]fgib cf>d, uXo]j/l  
@=@)^ ( lr ; fv]hf cf>d, kf]v/f  
#=@)& efuj tl ; G6of ; cf>d, kzklt  
\$=@)&! kljq ; dfh ; jf g]kfn, w]kf ; l  
%=@)& lqknf /fl6o k':tsfno, emkf

# eʎof^a

k]sfz a:gjt .ukn]8ll

lgolt n]p; nf0{eʎof^a agfof] t]klg c]kmi'eʎof^a x'gk/]sf]df p; nf0{ s'g] b]M lyPg . ga6g' alg; s]k]5 b]M df6g' klg plrt 7fg]g p; n] . df65]x? p; jnf0{ 6]s/ dfly pSn6y] / cf^gf] sfd k]m] ub]y] . cf^gf] : j fy{ k'/f ub]y] / k]m] / Toxl eʎof^a af6} cf]n] / cf^gf] af6] n]ly] . s]b] df65]x?nf0{ pSng ; xfo]u ug] eʎof^a pglx?nf0{ cf]/fNg klg TolQs} ; xof]ul alg]b6Yof] . cf^gf] sfd g] dfly r9g rfxg]nf0{ r9fpg] / cf]ng rfxg]nf0{ cf]ng ; xfos alg]bg] ePsf]n] pm o; df ; 6t'i6 lyof] . sf]xl xtf/df j f l/ ; sf] ^]f]sd] hf]8hf]8n] k]tfnf ahf] pSn6y] / yfx} gk]fpg] u/l n' ; Ss cf]n]y] . sf]xl n' ; Ss la/fnf]sf] rfnn] pSn6y] / hf]8hf]8n] uf]8] ahf]b] cf]n]y] . o; df klg p; sf] s'g] lrQ b'vf0 lyPg lsg]s pm eʎof^a x] e]g] s'/f p; n] a' ^]sf] lyof] . cf^gf] wd{lg] fx ug] qmdf p; nf0{ slxn] klg s; } ; u l/ ; p7g .

; do laTb]uof] . eʎof^a sf v]8s]nf x? lv0b)uP . eʎof^a n] ; f]rof] , cf^gf] lv0b) uPsf] v]8s]nfdf c'sf] Ps kq sf7 ylk65 x]nf t/ ylkPg . eʎof^a df ls/f n]llg yfNof] . htftt] ls/fn] ag]Psf kj fn]j fn b]vP . k]m] / eʎof^a n] ; f]rof] , c]kmi'hf0{ vfg] ls/fsf lj ; 4 cf]Ewl bln65 x]nf t/ blnPg . eʎof^a dlSsof] . hf]glx? v's'n]f e0{ xNng yfNof] . eʎof^a n] ; f]rof] hf]glx? s; sf; ul/65g'x]nf, c'sf] goff sf7sf] ultnf] e/ lb065 x]nf t/ g hf]gl{ s; sf; eof] gt goff sf7n] ultnf] e/ g] lb0of] , a; pN6} eʎof^a nf0{ To; sf] 7fpf af6 l ^]s/ e]f]r's'r / lr/rf/ ul/ bfp/f agf0of] clg eʎof^a cu]g'df afNg] / vfgf ksfpg] sfd]df pko]u x'g yfNof] .

Ps lbg c]kmi' aNb} ubf{ p; n] c]kmi' af6 lgl: sPsf] p]hofn]sf] ; x]/fn] c]kmi' /x]sf] k'/fg] 7fpf x]b]f] hxf] df65]x?n] c'sf] goff eʎof^a h8fg ul/ ; s]sf /x]5g\clg pm elj iodf To] goff eʎof^a n] e]l]gk]g] lgolt / To; sf] kl8fsf] k] fef; n] ^]g'xx'yl aNg yfNof] .



# : 'gsfj l; qml

## k|sfzdl0f bxfn

./hgl gfgl, cejn sltGhjn afafnf0{ lk/fjn/xgj Pp6f l; qmlsfj nflu < a14 nufP/ cfk|n To: tf bzrfj; qmlsfj hfxfj lsg gug| d|

sfsf b'a0{ hfg'eGbf klxn| slxn|sfxf|Toj dfG5} 3/df cfPsfj / lrof-kfgl v'j fPsfj xj t/ pm sfj xj, sxfa: 5, s] u5{ sxl yxf lyPg . .tkf0f0{ s; n] eGofj l; qmlsfj s'/f d| emgSs emGsofj /hglsfj : j / . .gl/; fpg af, l/; fPk15 t ; f/f sfd laluxfN5 lg .l pm ca xf/fxf/Ld} cf0kulsfj lyofj . ykofj, ..v'; lsfj, bv'sfj s'/f dgdfdfq; sxfa: /xG5 / < st} g staf6 lgl: sxN5 lg .l

pm; flrdllg e). bfh'sfj lj j fxnf0{ ; 'g lsGg} s'/f rNbf p; n] klg l; qmlsfj /x/ ; 'gfPsfj / cfdn| 7f8fj ufnl ubf{ clnslt egfeg ePsfj s'/f efnkN6 /Tgfnf0{ ; 'gfPsfj j z, TolQ xj .

.nfpgj xj clnslt a14 / clnslt cf6 d|p; n] s'/f clu a9ofj, .wgh: tfj s'/fdf clnslt ldxgjt t k5{g} .l x/l p; n] p; sf cfvdf lj Zj ; glotf v|fh|: t} hxfv|fh|: t} kof{t uDel/tf lyofj . dg emSs kf?sfj 3f6ldf klbfj . kGw| lbg clu Pp6f lj j fxdf . p; n] x|g{ v|fh|bf kf? 7; Ss k/l| lx8}sfj tfhf eP/ cfofj .

.s-s\s] ugk5{ To; sfj nflu d| clnslt nsksofj afjnl . p; n] Ps ldg|ddf ghssf dfG5] u; s|k15 clns lj zif : j /df eGofj, .sxl ugk|bg, Toj /Tgf 5g ltdfj ; fyl, To; nf0{ e/ 5 ah|t/ pm Toj u0fz dlG6/ k5f18 Nofpgk5{ t/ ofj s'/f s; jnf0{ eGg'x|bg lg .l p; n] r|tfj glsfj : j /df ykofj . p; sfj cf<sup>a</sup> 9Ss knNofj . dgdf xhf/ s'/f cfP uP . .s] ugkG5 p; nf0{ d| cf^g} : j / sfd]sfd p; nf0{ cfk|n; u l/; p7dfj .

.s'/f ul/G5 . s'/f ldNofj egj Toxl cg'; f/ slxn|sfxf| sfd df hfgk5{ .l

.s: tfj sfd d|p; n] cfvdf uf8/ x/l .

.sfd, cf|p; n] ofpft x|/ ; fgj : j /df eGofj .slxn|sfxf| ah'sf 7N7'nf dfG5}sf 3/df hfgk5{! .@ 3G6f, j z . d'vel/ bfd kf0G5 . l'sRr xff: ofj pm .

.tkf0f| s] ; lDenP/ d; u o: tfj s'/f ug{eofj d|p; sfj : j / clnslt Rof7ofj t/ pm ; fob tof/} lyofj . elgx|Nofj, .gl/; fpg gfg', o: tfj sfd cr|n P3f/, af/sf yk|n| u5g\ /Tgfsfj cfly{s l: ylt Tolt /fdfj 5g . ; w|ugk|g| x|0g . s] u5fj ; d: of cfk|n t ; 'g .l

pglx?df sfd v|Hgj s'/f / s|lx? o; /L ah'sf stfstf hfgj s'/f ePs} xj slxn|sfxf| . /Tgn| PskN6 .; d: ofn| afWo kf/k15 s] u;g\j r/fl eg]sfj klg ; lDen0{ p; n] .

p; n] tf0ft} ykofj, .ltdl d|fj ; fylsfj elthl, d 9f6Nbg . s'g} s/ x|bg . pgsfj v'; l xj . d s'/f /v5' . ltdl o; u/L l/; fPh: tfj ug{ . s'/f ldn| ldN5 gldn| ldNbg .l

sfdsfj s'/f ug{eg/ ah'sf ^ ah| pglx? u0fzdlG6/ k5f18 kulj . Toxf|clns Psftt /x|5 . klgf; fy s'/f x|0g s; n] crfgs baf0j fnf ?dfnn| Ej fkk dv 5fk|/ h'; Ss prfn|sfj afx|s sxl yxf ePg .

efjnkN6sf cvaf/ b0{ lszf/l'sfj ckx/0fsfj va/n] /uPsfj lyofj / ; f0/g ahf|b} kx|Eofgx? s|b/x|sf lyP .

sf8fw/L, sf7df8fj .



**zAbfy{ k|sfzgn|**  
**!( y/l zAbsfz k|sfzg ul/; s|sfj 5**  
**/**  
**ca c? !@ y/l k|sfzg ub| 5 .**  
**s] tkf0f|klg sfzsf/ x'g'xG5 <**  
**cf^gf] zAbsfz k|sfzg ug{ OR5's x'g'xG5 <**

# kfx'gf

klef a/fn

lbgel/ clkm; sfl sfdn] nvt/fg eP/ 3/ kmstbf :j flbnfl  
r6gl; lxt aln'sfsfl vfgf tof/ b]vbf v'; ln] /dfpyf] d . laxfg p7bf  
klg sfl7fx? a9fl/j l/ lrl6Ss xGyof]. 6f9f sfl; f0gfln] g6b kg]sf7df8ff  
cfPsl ly0g\ Ps lx; fan] v'; L g] nfu]sfl lyof] . ; xofjul klg /lx5g\  
h: tfl nflYof] . clkm; sfl Ps dlxg] tflnd /] pgsfl . sf7df8ffdf a:g]  
cfkm't t c? klg 5g\ t/ oxif h: tfl ; lhnfl cge'j sxl nflu]g eph"  
elgyg\  
b0( rf/ lbg t sxl af]Nfgf. ck7/} k/ / a; ]sl x'g'h: tfl nflYof] .  
vfgf vfg a:Yof] eph"of] rfdn t cln dl7fl gxg] /x]5 . s] rfdn xfl  
of] <

-3Bfdf Nofk6k /fv/ x]b] lyPf eph"u To; /L 3Bfdf Nofk6k  
/fVgxGg lg, /]8o; gn] c; / u5{ xh/nf0{ yxf 5g <  
-emofkk-emofkk lk]h v]Nb} pgl elgyg,\ eph" ol ol rlh t  
lk]hdf /fVg xGg lg <

-of] Rofgn eGbf t csfl Rofgndf Psbd /fdfl] sfogmd cfp5 lg  
-lrof ; ]t]Efbf sfnfl lrof /fdfl] xfl lg o: t} o: t} .

Ps xktf e0; Sof] hfg] t gfd] ln]lbgg\ d/} 3/df a; /] dnf0{ g]  
l; sfpq kf] yflN5g\af . pgsfl Joj xf/n] kl/j f/n] klg c; xh dx; ;  
ug{ yfNof] . dfgl; s ?kdf cfGbf]nt ePf . Pp6f g Pp6f t lgOfp ug]  
kYof] . d sxf cfPsf] k6w] lbg]sf lbg pgsf xftdf sfuhsfl lrsbf]  
ydfpb} egf; olt w/} s'/f hfGg] gfglnf0{ of] s'/f rlfxf yxf 5 ls 5g  
k9g'; \t <

sfuhdf n]vPsf] lyof]  
Ps lbg]sf kfx'gf, dl7fl dl7fl v'j fpm gf  
b0( lbg]sf kfx'gf h; ft; fl v'j fpm gf  
tlg lbg]sf kfx'gf htf; 's} hfpm gf .

jg:ynl, sf7df8ff.

# laxfglsfl d': sfg

kdf]b cdf]to

laxfgln] lbg bzf]p5 eGg] sx]t 5 . cfhsfl lbg /fdfl] xflnf  
h: tfl 5 . laxfg laxfg] cfh c:ktfn k'usfl lyPf . lgoldt j flE[s  
:jf:Yo hflrsf nflu . /ut hflr klg n]v]bPsf] lyof] 8S6/n] . ; O  
nufP/ /ut lgsfNg] egkl5 dnf0{ hlxNo} g} 8/ nflu5 . xg t o: tfl d]n]  
; of]k6s ul/; s] hlj gdf, t]klg dg cln c; lhnfl dfG5 . cfh klg  
o: t} eof] . c' /ut lgsfNg] :jf:Yo kf]j lws cln km/s ly0g\cfh .  
k'foll o: tf kf]j lws ; fpy 0:6 Pf; og j f ; fpy Plzog xGyof] . o; kfln  
uf]l ly0( . cf]7 tn :6lnsf] ; fg] 8Nnf 5]8]sl . x]b] cln ./kml . xg t  
afix/L ?k cfj /Ofn] dfG5] yxf x]b] eGg] yxf gePsf] t sxfxf / < t/  
dg cln c; lhnfl dfGof] . laxfg] klg ltgl cln ylst b]v]ly0( . cgxf/df  
s'g] efj lyPg . zfob lbg]sf z?cft 7ls lyPg . lagf s'g] clej fbg  
/ d': sfg ltgn] sfd yflng\ ; O{ nfpbf Rj f: ; bV5 klg elgg\ d ; bf  
'}cs] 7fpdf xg{ yfn] . Rj f: ; r': ; sxl ePg . ; O{ lgsfnl ; s]kl5  
aNn rfn kfpf . j fx s: tfl /fdfl] sfd pm .s: tfl /fdfl] sfd pm ; /n pm  
; xh pm d]n] kO} kf0gf . tkf0]sf] sfdaf6 d v'; L ePf pm w/} w/} wGoj fb  
ppl d]n] eg] . ca eg] ltgsfl dx/ p]hofnfl eof] . v'; Lsf] d': sfg  
b]vof] . wGoj fb, tkf0]sf] lbg /fdfl] xfl; \ltgn] elgg\ d klg ; Gt]Esf]  
d': sfg ln0( kmstPf . d v'; L lyPf lsgls d/] Ps j rgn] s; }sf] dx/df  
v'; L 5fPsf] lyof] .



jhoGtlslfl nflu /rgfx? z'4 6f0k u/l  
shabdarthaprakashan@gmail.com  
df k7fpg ; Sgx'g]5 .

# ceful cfd

## dxfbj clwsf/l

cfsf; df sfnfj afbn jlbPsfj lyofj . lr; fj xj f sfj nx/n) kfglsf yfj afj/ cfPsfj cfef; xb) lyofj, psfnj sfj j g ; : fP/ j ftj /Of sfj nfxn aGb) lyofj, To; j) kfgl blsg' cl3 d 3/ klgl xtf/fj) nfdnfd kf0nf rfnb) lyPf. af6jdf ; jtf j : qdf nkj6P/ lx8)sl Zj jtfnf0( ebf . d k/bjz nflgl ajhdf pgsfj lj j fx ePsfj lyofj . wj) j Ek15 upf kmsbf pgnf0( Toj klx/gdf bVbf dg s18P/ cfofj clg ; fWf..alxgl Hj f0nf0( s) eofj / o: tfj klx/g nufPsl < crfgs dnf0( bV/ dV/ ; j inn) pgsfj ctlt sf60fP/ xjnf, pm eSsfjG/ j) dnf0( uDn^a clufnj xflngV lxSs lxSs ug{ yfing\ . dV/ dg ^g clInP/ cfofj Joyj ; fWf' h: tfj eofj . To: tfj ajhdf ; xf/f lbg' cf8lbg' g) ; ajeGb /dfj pkrf/ x'g) ePsfj) d) pgnf0( yfd] .

pgn) nNofs n'n's Hofg 5fj8lbpSl ly0g\l s) ug{ bf0 lj x) u/ uP kl5 kl6 b0k6s; Dd 51\$ cfpgePsfj lyofj . c; flwo df0f ug{ xGYofj dnf0( . d uej tl ePsfj yxf kfP/ abfd, sfh', ls; ld; , : ofp, c^aW/ afj/ cfpgePsfj lyofj, dV/ 5f/fj) nf0fj xfg yfn)sfj 5 ls 5g eg/ kbdf sfg nufP/ ; GgXGYofj . 51\$af6 kmsj xflh/df hfbf a; kN6j5 / pxf%ofnaf6 xfdknfbf ^g'a; n) lsr/==x'ppppp bf0l eGb) ^g'nyjSs) e0g\ dnf0( klG Toj ; 'g/ rSs/ nlf0f cfsfz 3'dj: tfj eofj . b//// ci; gf kfgl k/ k66666 ; fnsf kftx? ah] . lpxfj) t) lbgf) sfd ; lsPk15 dV/ 5f/fj)nf0( o; j) vf0( . o; nf0( oxlf a: g lbg eg/ ; f; h) dnf0( 3/af6 huN6fP/ afx/ lgsfnlbg\ ; ; /f / bj /x?) klG Psdtfj u/ lg: s/ hf egj . d) xh'/sfj 5f/fj) cz / j z dV/ sfjvdf x'sb) 5, dnf0( glgsfNg'; \oxlf a: g lbg'xfj; \eg/ slt lalGt u/f cxf s; j) ; 'ggV d df0t cfP/ a; f bf0 . df0tdf klG ef0 3/ lyPg, cfdfn) df0f ug{GYofj, ef0axf/Ln) j rg nufP/ ; lx; SgXgyg . To: t)df d ; Ts/L ePf . 5f/fj hlgdoj . afRg; xf/f ldnofj eg/ v'a /dfPf .

; a) bMv ehf . 5f/fj a90fj . afj8^ : shdf nu/ egf(ul/lbPf. uf/fj xf; nfj sfl6s6l aph: t) lyofj . : shaf6 cfP/ 9fj\$af6 .d) cf0( sd 0gl eGYofj d s) efofj eg/ cndNn kyf; axf/Ln) dnf0( l; sf0lb0g\clg d) .o; sd 0gl egkl5 leq k:Yofj . d p; sf 8k k)l/lbgj) . /df) rln/xj)sfj lyofj . Ps lbg crfgs : shaf6 lbpf; } cfofj . sfnfj d'v nufP/ d cfIQPf/ s) eofj egj)sfj kb bVofj efofj . xQ g kQ xNykfj; 6df nuj . Pp6f ; 0( nuf0lbP slj /fhj) . pm /fD/xj)sfj lyofj . km/ kmsfP/ 3/) NofPf . x)bf)xb) d) afa' afa' eGb) lyPf; d'vaf6 xl/ofj lnlbh: tfj lgsfnj/ tgSs tlGsofj bf0l eg/ yrSs a; / km/ j yfing\ Tolt ajnf; Dd dV/ dg)sfj tnpsfj afw klG km6; s)sfj lyofj, 5rlnsP/ ufnfd alu/Xofj clg Toj afnsnf0( sxf 3f6df nfgj egj ; aj) / kl/kls j gs) lV/f)sfj km)df vf8n vg/ p; sfj : shsfj 8k nuf0lbP/ ; a) lStfa ; fydf /flVlbP/ Pp6f xftdf snd, Pp6f xftdf sfkl ; dfP ^j u/l r)klbP/ km)hdfnf clj /n) ; hfP/ kl/lbP bf0 .



## sfi7-d08k

### sfTofog

sf7)sf7n) lgdf0f ePsfj lj zfn sfi7-d08k cfmh0( bu'6wt ePsfj dx; ; u5{ / j fudtdf uP/ : fgf u5{ . p; n) lal; Psfj lyPg ls s'g) ajnf hgtfaf6 lt/: s) / blEtX? cfmh0( : j R5-5lj / ofjo k)df0ft ug{ b) f-; ; j fndf ; ; lHht eP/ gf/fo0flx6ldf : fgf ug{ nDk; f/ k/sf lyP egj Toxl ; dodf sfxl egj /Qm: fgf ugdf tInng lyP . ; k) ^j ; don) sff'nL km/; s)sfj 5 . gf/fo0flx6l : j od\ 6's'rfX?df : fgf ub) cfmh0( klj q agfpb) lx18/xj)sfj 5 . c^aW/nf0( cfmh) u^aWfhn 5s) dxfbj agfP/ kHb)lx8)sfX? j /bfgsfj ; \$f >flkt 7fg/ kZrf0fksfj /fkdf : fgf ul//x)sf 5g\ lj r/f sfi7-d08k 0 pm wj) ; fRbg . ; Ltf ^j cfmh0( dx)klj q k)df0ft ug{ lj zfn vlnofj tof/ u5{/ Toxl cllg-s08df cfmh0( x)df) tDtof/ 5 . s7)0 sfi7-d08k: sf7df8f) ca ltdfj s) xj ut xjnf < rfa)j, sf7df8fj .



# pBfgdf /fwfsj0f

## d-h' sffr'nL

.Itoqf] zIQm xhu/df lyof] t b]f]kbls]f] ; f/l]s]f] tfflL knl: s/xg's]f] ; 6&f ; f/l]s]f] Pp6f dhf; Dd klg xINng g]bPs]f] eP s] laulg] lyof] / xh'/ < ck/fw 36g'e]gf wj/} cl3 ck/fw} x'g g]bg' s] pQd x]f]0g / k]e' < xh'/n] lsg To: t]f] ul/aS; g] k]e' < s] b]f]kbls]f] k/) nfh 5]f]kof] / < ; f/l t]f]gg' klg nfh x]f]0g / <] s]i0fnf0{ pBfgdf e]b]g} lalQSS} /fwfn] k]Zgs]f] y'k]f] ^offsg\ .lsg / k]e' < xh'/ t Toqf] dx]f]e]f/ t]s]f] g]fos x]f]0g / <]

.ltdln] s'/f] a]emg]f] l]k]p; L U l]tdln] l; g]d]f]d] b]v]s]l 5]g]f] < k]x]n] l]x/f]n] sy]f]s]f] /rg]f] u5{ cl]g j g]f] 6l len]g b]v]f]k5{ . dl]x]n]d]f]ly l]x+ f ug{ v]f]H5 cl]g k]5 l]x/f] c]f]P/ g]f]os]n]f]0{ ar]f]p5 .l]

.P U p; f] eP xh'/ / l; g]d]f]s]f] d]f]6]5]d]f] s] k]n/s eof] t < o]l]t a]f]N]g] w]i]6]t]f] u/f] d]n] l]sg]is h]t]f]t] n]f]s]t]6]q 5 .l]

.ltdln] / c?x?n] d]n]f]0{ a'em d s]g] euj fg\ x]f]0g .l]

c]f]l]Q]P/ -.cl]g s] x]f] t <]

.d]f]q dx]f]e]f/ t]s]f] d]v]o k]f]q .l]

.s] p; f] eP d klg xh'/s]f] g]f]6]s]s]f] Ps k]f]q x]f] <]

.cl]g c? s] t <]

.cl]g xh'/s]f] ; h]j h]j g / ; d]o]d]f] d]/f] s]g] c]l]w]s]f] / 5]g < d Pp6f g]f]6]s]s]f] 7]n]l]e]q d]f]q Ps k]f]q eP/ s]b]l ag]/ l]j n]f]; t]f]d]f] a: g r]f]x]6]g .l]

.; f]em k]l/; S]o]f] 3/s]l d]/l ?]l]S]d]o]f]l d]n]f]0{ k]v]f] al; /x]s]l x]f]n]g\ e]f]n] k]n]l/ oxl pBfgdf e]b]f]n]f] x] < b]l]v g]d]f]g x] l]k]p; L <==P a]N]n ; D]e]n]f] ; l/ x] U e]f]n] t k]n]l/ d]l/f]n]f]0{ e]b]g' 5 . p]g]s]f] ul]t ; '6]g' 5 . d]/f] l]d]q e]b] t]f]n]s]d]f] o: t] 5 . oxl 7]f]p]d]f] o; } ; d]o]d]f] k; { e]b]f]n]f] x] l]k]p /fw] <]

k; l]k]N6 oxl 7]f]p]d]f] s]d]/f]s]f] k]l]n]s]f] uh/f] s]k]f]n]d]f] n]u]f]P]s]l /fw]n] k]j]z ul/g\ s]i]0]f; l; /fw]n] c]g]/f]w ul/g\ .d xh'/; l; Pp6f r]l]h

d]f]U5' d]n]f]0{ a]l]S; 6]5 <]

d'; d'; ' x]f]f. b} /f]d]f-r]s]f] /l d]b]f]d]f] s]i]0]f]n] e]g] -.c]j Zo e]g g d]f]q l]k]p U]

.p; f] eP xh'/s]f] : q]l]s]f] 0]H]h]t ar]f]p]g] T]o]f] z]l]Q]m d]n]f]0{ a]S: o]f]; U]l .l]sg / l]td]l c]f]k]n] : q]l x]f]. l]td]l]n]f]0{ l]sg r]f]l]x]o]f] / To: t]f] z]l]Q]m <]

.I]o; }n] t r]f]l]x]o]f] l]g U]

.l]sg / <]

.d To; d]f] c]f] ^g]f] : q]l z]l]Q]m k]lg l]d; f]p]5' / c]e]m 7]h]f] z]l]Q]m]s]f] l]g]d]f]0]f] u5{ c]l]g s] u5{ xh'/n] g]h/ ul/aS; }n]f] U]

.x]6]5 .l]

/fw]n] s]i]0]f]a]f]6 k]f]k]t u]/s]f] z]l]Q]m / c]f] ^g]f] h]6]d]h]f]t z]l]Q]m ; l]d]d] > 0]f] ul/g]v] c]b]z]o a]6]b} g]k]f]n] e]f] / t ; l]d]f]s]f] r]f]w]j 6]f] g]f]s]f]x? d]f] c]f] ^g]f] z]l]Q]m k]n]n]f]0]g\ .h; n] u]b]f] { c]j } w h]l]8]a]6]l l]g]o]f]t ug] Ps ; d]x Pp6f g]f]s]d]f] 9]N]o]f] . To; k]5 n]f]u" k]b]f]y{ t: s/ ug] c]s]f] 6]f]n]l c]s]f] g]f]s]d]f] 9]N]o]f] . c]6]t]d]f] r]n]l]j 6]l, a]f]n]s / d]f]6]5]s]f] d]l]u]f]n]f] a]R]g] d]f]g]j t: s/s]f] Ps n: s/ c]s]f] g]f]s]d]f] 9]N]o]f] . ; a) d]l]R]5]t c]j : y]d]f] k]l/0]f]t eP . To; s]f] s]x]l 306]f]d] ; ~r]f/ d]f]w]o]d]n] h]t]f]t] J]o]f]k]s ?k]d]f] 3]f]j]f]o]f]f] u]f]o]f] .; Q/L j i]f]s]f] l]g/ ^a\$ z]t]f] a]N]n c]f]h 9]N]o]f] .l]

k]n]l/ s]i]0]f; l; /fw]n]f] oxl pBfgdf e]b] eof] .

.l]k]p; L U k]n]l/ T]o]f] d]n] l]td]l]n]f]0{ l]b]P]s]f] z]l]Q]m d]n]f]0{ g} l]k]m]t]f] u/ t U]l z]f] ^u]f] / l]j x]l]g c]j : y]f]s]f] /fw]n] c]f]l]Q]P/ e]l]g]g\ .k]e' U l]k]p]j / U t]l

t: s/x? x]f]d]f] ; 0]Q]m z]l]Q]m] d]l]R]5]t d]f]q e]P]s]f] x]g' k]n]l/ l]a]p]e]m]g ; S5]g]U]l .o: t]f] d]f]d]n]l s]/f]d]f] l]sg l]r]6]t]f] u]/s]l < x]f]d]l]n]f]0{ s]s]f] r]f; f] h]f]p]m k]l]x]n] c]f]k]h ; l]h]P/ c]f]p]m c]l]g l]x]B d; l; j ]b]f]j g]d]f, j o/ v]f]P/ g]r]f]f] .



jhoGtl]s]f] n]f]lu /rg]f]x? z]4 6]f]0]k u/l  
shabdarthaprakashan@gmail.com  
d]f] k]7]f]p]g ; S]g]x]g]5 .

# I56f

dx|z k|; f0f

/fj 0fnf0{ j w ul/; s|k15 /fd lj hofNnf; df lyP .  
 pgl ; Ltfhlnf0{ lnP/ st} hfb} lyP .  
 wfj ln} of| ; a} x|//x|sf| lyof| .  
 pm cf^gl a9|sl 5f|ln} s ; } ; t n ; k ; u/|sf| ; 0|sf| kfP/ s|xL  
 lbgblv .6f; g|df lyof| .  
 To; }n} pm /fd; Ltfnf0{ gb|v|em;u// s ; } ; t rsb} lyof| .  
 .d /fdh: tf| x|0g, csf|n} nu|sl : qlnf0{ km|sfP/ Nofpg| . v'Sf  
 ePk15 hQ|sf| s|sf| lrGtf 0  
 wfj lsl kTgl s ; } ; t ef0a/df aft ub| ly0{ .  
 kmQ aflx/ lg: sl .  
 pm cf^gf| kltnf0{ ; Dempb} ly0{ .  
 .fd; Ltf ot}t/, cfpb} x'g'x'G5 . Ps|5g s ; }nf0{ s|xL gef|bf  
 klg t xG|Yof| lg 00  
 wfj l emg pQ|ht eof| .  
 pm cem rsf| : j /df af|Ng yf|Nof| .  
 .tf klg /fdl; t} hf .0  
 wfj ln} o; f| elg; s|k15 wfj lkTglN} n|lg|nf0{ yf|dg ; lsg .  
 pm cl3 s ; } ; t ef0a/df aft ub|u/|sf| Toxl /f|df-rs JolQmnf0{  
 n|lft u// Toxfaf6 kmQ aflx/ lg: sl .



**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

# efsn

ldng ; dl/

otf M - dfG5|n} euj fg\fd' cf^gf| dg|sf^a'Nf k/f x|f; \eg| b0{  
 xft hf|8L sfdgf u'of| . cf^gf| dg|sf^a'Nf k/f ePsf| v08df cfk|n|  
 Pp6f uHhasf| af|sf NofP/ euj fghf0{ r9fpg| k|0f; d|t u'of| / euj fghf0{  
 kgM k|0ffd u// 3/ km|sb|f| .  
 ptf M - dfG5|n} To; /L euj fg\lu cf^gf| dg|sf^a'Nf k/f x|f; \eg|  
 efsn u/|sf| Pp6f af|sf|n} rfn kf0; s|sf| lyof| . pm klg s| sd lyof|  
 / < plQaj|n} euj fg\fd' z/Of kl/x|Nof| clg dfG5|n} euj fghf0{ hlxn|  
 klg s|j n cf^gf| : j fy{ k/f ug|sf nflu dfq ; |Demg| / cf^gf| JolQmut  
 : j fy{ k/f ug|sf nflu lbg|f|f kz'k'G5Lx?sf| aln lbg| axfgdf /ut dfq  
 euj fghf0{ r9fP/ affsl ; a} df; ' hlt x; ' b| cfPsf| / ; f|xL sf/Ofn| ub|f|  
 euj fg\|t g| cgf: yf k|ng yfn|sf| h: tf| s6'; To s'/f u/L af|sf|n|  
 cfk|n| slxn| klg sf|xL s ; }sf| s'enf| glrtfPsf| t/ cf^gf| Hofg|  
 hf|vddf kl/; s|k15 af|wo eP/ dfG5|sf lj ?4 o; /L euj fg\fd' cfP/  
 ug|f; f| ug|k|/sf| t|tf|; To cf|sNof| .  
 euj fgh| Wofgbl|6n} o; f| lj rf/ u/L x|f| . af|sf|sf| s'/f pgnf0{  
 ; f|x|cf|g ; xl n|l0f| . dfG5|sf| dg|sf^a'Nf k/f ul/lbPsf| v08df p; n|  
 cf^gf| gfddf lbg|f|f af|sf|sf| aln lbP/ clns|t /ut r9fP/ affsl ; a}  
 cfk|n| vfg| u/|sf|n| p; sf| dg|sf^a'Nf g| k/f gul/lbg| c7f|6 u| .  
 kmn: j ?k M - euj fg|s} OR5fg; f/ dfG5|sf| dg|sf^a'Nf k/f ePg .  
 To; k15 efsn k/f gu| klg x'g| ePsf|n| lbg|f|f af|sf|sf| Hofg klg uPg .  
 s/fbl v|f|nf, :of^nf .



**s| tkf0{n} xfd|f j|a; f06 xg|ePsf| 5 <**  
 web : http://nepalipublisher .com/

# IkPr&l

/fwf sfsll

.ddl tkf0{sf] krf]g cfPsf] 5 .ll gfgl eG5].  
 - .s; sf] <l  
 - ..vf0, goff gDa/ 5 .ll  
 .x]h]f=ll p; n] krf]gdf af]hl .  
 ptfaf6 cfj fh cfof] .tf/fhl x]f <l  
 - .xf] sf] af]Ng'ePsf] <l  
 - .d 5lj , lrlggf] < d]h] lkPr&l=u/f]lg ll  
 - .P x]f / ll awf0{ 5 .ll  
 - .P]h] /fv5' n=u'8gf06 .ll  
 j iff]k]xn] lkPr&l ug] s'/df 3G6f] 5nk]m xG'Yof] . cfdfn] s]Q  
 k6s ; Dem]pbf klg tf/f pm; lu 6f9f x'g ; s]sl ly0g . tf/fsf] Pp6]  
 k]bf; lyof] pm; k]m agf]; \ Ps lbg tf/fn] 5lj nf0{ lgs} 7fpdf v]hl,  
 t/ pm sxl] k]mf gk/k]5 3/ k]lsg n]llbf pm t ; 'gl]tf; lu Pp6] af]jndf  
 rfprf]sf] /; lk0/x]sf] lyof] .  
 csf] lbg, 5lj / ; 'gl]tf rnlrq3/sf] Pp6f s'gdf a; / r6k6]  
 v]fb} .d]g] kof]=ll kSr/ x]//x]sf /x]5g\  
 To; lbg]v tf/fn] p; sf agfj 6l s'/fsf] Vofn /fvG 5f]8lb0{ .  
 k]m: j ?k cfhsn pglx?sf] ; Da6w Psbd la/fgf] ePsf] lyof] .  
 tf/fn] cfdfn] lbPsf] s]bf; lu lj j fx u/L . 5lj n] klg ; 'gl]tfnf0{  
 lewof] t/ P]Ssf]; cfh cfPsf] krf]gn] pm cSs g aSs k/]sl ly0{ .  
 =crf]gs ll gl]hs} 6]andf k]N6/x]sf] Pp6f klqsfsf kfgdf  
 p; sf cfm]v k5g\hxf] ; 'gl]tf]sf] ; dj]bgf 5flkPsf] lyof] .



# cfw]gs 7u

/f]ds'df/ kl08t .l]f]q]ll

lhDj fn afsf k'/fgf lbg uP . k5f]8 z]fo yk/ nfv]f n'6g] lbg  
 nueu hfg nf]s]f]n] pgn] cfw]gs h'Stl lgsfn] . ; b]oj xf/ /  
 ; b]j rf/sf c:qx? ; dfhdf xfg] .  
 ; dfh g] t x]f . ; Tsd{ / ; Tk]bf; nf0{ s; n] ; fy gb]hf / <  
 ; flr]eGbf a9l pgn] ; fy k]P . ; a]h] pgnf0{ufp]sf] dfn]sf] ?kdf cfb/  
 ug{ yfn] . sxl] st} lj j fb e0x]n]df ; bfrf/L lg0f]sf] k]l]df pgl g]  
 ; j{ Ddt ?kdf Gofofwz r]gg yfn] . xbf]x]bf o: tf] k]gt sfo]sf] nflu  
 uf]p]h]x? p]gd} c]f]t x'g yfn] .  
 Ps lbg dxfe\$Dk uof] . sRrl 3/ / uf]7x? ; v]k eP . sltko  
 c; Gt]nt kSsl3/ klg 9n] . w/]h] hgwgsf] lftl Jox]f]g]k]of] . a]3/  
 eP]sfx?nf0{ 7hf7fn]n] /fxt lbP . lhDj fn af klg e]llodfgl 7xl/P . 3/  
 rf]v} /x]sf] lyof] . pgn] /fxt : j ?k k]fr-5 af/f rfdn af]B] . uf]p]sf]  
 k]d'v JolStaf6 olt 7h]f] ; xof]u eP]sf]df ; dfh pglk]t s]t1 eof] .  
 pgn] lbP]sf] b]gnf0{ kl]8tx?n] dl]b/sf] k]; fb; /x df]g/ htg; fy af/f  
 v]f]h] . af/]leqaf6 w/] j if]b]v ; 8]sf] rfdn lgl:sof] .  
 ; dfhn] vf; v'; s'/f sf6] klg v]n/ af]Ng] c]fb s; ]n] u/g .  
 h; /L Pp6f ul/j b]zn] lj Zj : t/sf] ; +yfnf0{ s]xl eGg ; Sbg] .  
 l; dn6f/, sf7df8f] .



s] tkf0{h] x]df] ; flx]Tos k':tsx? k9g'ePsf] 5 <

# ; Ddfgsfj ; 'lff

/fdkj; fb k6t

sfj7f gf^a\$gf gf^a\$gf b]v/ 5Ss k/fd . s] x'g uofj / vfnl vfnl b]vP sfj7fsf leQfx? <

; Demgf eofj ; Ddfg=k/: sf/:j ?k k/fkt ePsf tfd]kq, lkQnkq / sfuhkqsf k]dx? lgsfnP5g\ ; flxTosf/x?sf t:j l/ klg lemsP5g\Sofn]8/ / euj fg\$sf kfi6/x? klg ptf/P5gV kfj vNnf b]vP5 leQfj .

sfj7fsfj : j ?k klg ablnP5 . k': tsssfj vNnf b/fh klg cln k/ ; f/v/ ; ]tf] kbfn] 5f]kP5 . ; f]krf x6fP/ vf6 /flvP5 . e0df la5d0Psfj k'/fgf] 6f6 klg lgsfn/ goff krf/P5 .

dgdf cfz^a\$fn] 8/f hdfpg v]fb} ubf{ d]n] lh1f; f /fv} .sfj7f t ablnP5 xlu afa' 00

dixgf lbgcl3 lbj^a\$ut ePsf ldqsf k'qn] egj - .xgf; \g c^a\$sn, 5f/fn] srsr u/k]5 d]n] p; s] rfxgf cg; f/ ; k]6 ?d ul/lbPf. afx/ hfg v]fb} 5, uPk]5 lnkkft u/ aj fsf ; dfgx? p; ju/L dnfP/ /flv]bg] lj rf/df 5' .0



d k'gM uPf ldqkqsfj 3/df . pgn] cf^gf] 5f/fnf0{ k9g lj b]z k7f0; s]5gV sfj7fsfj : j ?kdf klg krf/abn u/5g\ ldqslfsfj ?kdf /x]sf]sfj7f gfltslf xb} carflxcltly slfd k/0ft eP5 . cTofw]gs l8hf0gsfj ; f]krf / un]rfn] sfj7f ; lhP5 . dx]uf] vfn] /^a]n] kf]tg kfP/ sfj7f wkSs an]5 .

d]/f] tltf] af]nl ldqkqsf nflu c?lrs/ nflu5 eG] h]fb]h]fb} klg dg rfg] lj rf/ u/} .aj fsfj ; Demgf lbnfpg] ; Ddfgkqx? leQf]df em]8f0lbPsf] eP t /fd] x'gYof] lg afa' 0 k': tsssfj b/fh klg sf /flvPsf] 5 s'lg b]Vbgf lg 00

ldqk'qn] egj- .xgf; \g c^a\$sn 0 5f/f5f/lx?n] sfj7f krf]x/ x'g5 egj/ em]8d]fpg] lbPgg\ leq Pp6f afS; dfd rf^a kf/v/ /flv]bPsf] 5' . ; 'l]ft} 5g\ Ddfgkqx? clg lj ifo gldNg] lstrfax? s; n] k9g' < y'kf/v/ /fv/ klg s] ug] < egj/ d]n] t dflg c]fpg]nf0{ lb0{ k7fPf . sd; ]sd 0R5f x'g]n] k9g t k]fpg] eP lg 0 x'f]0g t c^a\$sn 0

d dgdg] s'/f v]h]fb} k]ms} afS; f klg t s'g} lbg cfj Zos knf]lg 0



## dGqlHo" / gft]bf/

lj Bfk; fb l3ld/

dGqlHo\$sf cfk]t]af6 ePsf e]j6rf/ / clgoldttfsf va/n] uPsf] xktfb]v g} klqsdf : yfg kf0/x]sf lyP . cfhsf] klqsdf x/v/ dGqlkTgl P]Ssf] ; lrRof0g,\ ; 'g'x]f; \t cfh klg xh'/sf] abgfd x'g] u/L cfk]t]n] u/]sf] s/t't klqsdf 5flkPsf] /x]5 . cab]v ol cfk]t egf]p]b]nf0{ d lrGb} lr]lbg elglbg," pglx? ; lu k/} ; DaGw]j R5]b ul/lbg," ; DaGw g} gePk]5 abgfd klg t gxf]nf lg .0

kTgl]nf0{ x/v/ dGql 6f]nfP . kTgl]n] pgnf0{ emsem]Sof]p} ; f]wg,\ .xg lsg rk x'gx'g5 xh/ < d s] s'/f ub} 5' ; 'g'eP]s} 5g ls j f: tf gug]eP]sf] x]f 0

dGql]n] kTgl]t/ x]b] egj, .d]n] t ox]fnf0{ lrGg ; lsg lg, s] sfd lnP/ c]fpg'eP]sf] lyof] s'lg 00

of] ; 'g]k]5 kTgl c]f]Q]P]sf] cfj hndf af]ng,\ .xg s] e]l5 cfh xh'/nf0{ < dnf0{ t 8/ kf] n]llg yf]Nof] eGof .0

uDel/ x]b} dGql]n] egj, .d]/f] ; a]e]Gb} abgfd ; ; 'fn]l]k]r]sf gft]bf/af6 eP]sf] 5 .0



# c:jlst k':sf/

/fdlj qmd ykfk

.awf0{ 5-ofj ; fnsf=k':sf/ tkf0{sf] gfddf 3fjfoff ug{ kfpbf xfdlnf0{ ; ldfxlg v'; L nfujsf] 5 00

..cfef/kj} s w6oj fbl-cfzro{rlst dgl:yltdf p; n] b'efif o6qaf6} k]toQ/ lbof] .

.of] 5of; lj ifx pd/df=kij/ o: tf] lj s6 kxf8l ufpldf a:bf] ; Dksxlg dh: tf] aa/f]nf0{ 0 s; n] s; /L ; lDemP/ /fhwfglsf] o: tf] k':sf/ d]/f] efudf k'of] d

.ls of] ; kgf x]d]p; n]cf^gf]lt 3]df lrdf]6df] . lrdf]6df b'v]sf]n] ; kgf geP/ lj kg] ePsf] lgisifdf klobf] . cfdfleq}v p; sf] dx/df v'; lsf] ; 'gfv/L kmNof] .

.lj ut j ifx?df of] k':sf/af6 sf]-sf] k':st ePsf lyP d ; f]Wgf; fy ptfaf6 b'efifogdf hj fkm cfof]-k/f/sf] rDrfk; fbnf0{ / kfx]/sf] ef6s'df/nf0{ k]bfg ul/Psf] lyof] .l

cgfof; p; sf] dg cldnof] / d'xf/ wldnof] . v'; lsf] aln'g kof6d} km6df] . pm lj utdf klobf] / cf^gf] e'tk'j} {lj Bfyl{ rDrfk; fbnf0{ ; lDemof] . cfutdf kms} cf^gf] sf65f] 5f]/sf] 5f]/f] , gflt ef6s'df/nf0{ ; lDemof] .

cf^gf] :j fledfgdf ulx/f] rf6 nfujsf] p; nf0{ cge't eof] . cf^g} e'tk'j} {lj Bfyl{ -r]n] / gflt n] kf0; s]sf] k':sf/ u]xOf u/ u' ; / xh/afsf] dfgdbg ug] p; n] plrt 7fglg .

.of] clj rn w}nf0{e^a ub}o: tf] klj q lh6bulnf0{lsq cl6tddf sn^ast agprf 00

p; n] Toj k':sf/ u]xOf gug]lgOfp u'of] / sf]N6] kms} cfg6bn] lgbfof] .

v]6fa .

# Aofrn/ ckm gl; u s'nj w'

/fdxl/ kf8]n

ev{/} axf/L leaofPsf Itglx?n] cf^gl gj j'wsf] tfl/km ub] ; 'gfp - .xdf] axf/L Ps bd vfgbfgsl 5f]/L xg\ k'} cfo{ ; +sf/n] ; lhPsl pgnf0{ d]n] a; f]nufP/ cf^gf] Psn ; 'kqnf0{/f]h]sf] . pgsf ktfhlsf] s'/} gu/f]k]sf08 lj afg\ ef0 0lghlgo/ 5 . agl 7hf] kqsf/ sfgtk/s} ; a]ebf 7hl ; dfrf/ j lrsf . d]/L axf/L klg Aofrn/ ckm gl; u/]sl dgfs}%) xhf/ tna vflgyg]k]fnd} . 5f]/f axf/L b]j]sf] pd]/ klg Pp6} Sof ldn]sf] nj g} xfg]h: tf] . kka]6 hf]8l 3/df s]0{ l; sfgpkbg . af]Ng 0:6ldq Hj fOf efgf ; a]nf0{ oyf]rt ; Ddfg ug] hfg]sl ; j'0f ; Dk6g s'nlg axf/L=ll

axf/Lsf] avfgn] 6]n /l6sof] . Ps lbg nueu d]wo/ftdf kmfg cfof] d]/f] 3/df . d ; lt; s]sf] lyPf d]lyNn] tndf hf8]sf] ; do . l6lg6g l6lg6g kmfg alh/Xof] tn a]7s sf]7fdf . s; sf] kmfg x]nf of] s'; dodf < s'g} ch]6 sn klg t x'g klg t ; S5 . d bub] tn ^ /f . x]n] pm x]n] pp x]n] ppp d l'rRof0/x]5' t/ Toj kmfgsf] ptfsf] kfq af]Nbg . la: tf/ Toj kmfg pt]af6 sfl6of] . sn] af]s]/d 6]N0n]6 uPf .

sf] x] of] o: tf] /ft kmfg u/ p7fpg cfpbf kmfg sf6g] < d tlg 5s kb] d]ly hfg e/ra r9b} lyPf km] / kmfgsf] 366l aHof] . d]n] km] / x]n] egf . km] / klg gaf]n]sf] b]v/ Toj s8]n] ; d]n] >ldtlnf0{ km]n]l6P s; sf] kmfg x] of] e6b} . pgl; u Toj kfqn] dhfn] s'/f ul/g\ kf7sj [b 0 Toj kmfg cflv/ s; ]sf] geP/ Itg} 6]n /l6s0Psl Aofrn/ ckm gl; u s'nj w'sf] /x]5 .

e/tk/ !@, lrtjg .



s] tkf0]n] xdf] ; flx]os k':tsx? k9g'ePsf] 5 <

# pkxf/ 0

nldof cofn

clnsIt lzIf / alnof z/l/ lnP/ pmzx/ k:ofj . zx/leqsf /x/ k'f ug{sf nflu p; n] dglo} >d u'ofj . >dn] ; fy klg lbofj . o; n] pm wgf9d a'ofj . klxn] cfly{s lj kGgtfn] lv0Psfj kfl/j fl/s ; #rgf ; 'b9 eofj . oxl sf/Of dflg; x?n] p; nfo{ gj wgf9d egj . pt} lax] u'ofj, aRrfaRrl eP . cf^g} kVjL cf^g} krfsfj ufp'f a'9f afcdf pt} Gofj; P, pmzx/s} /x/df sInkb} lbgf lbg pGgtsfj lIfth tSg yfNofj .

Gofj; P'sf afcdf e'6g w/} j ifk15 o; kfln bz}af pm ; kl/j f/ ufpf k:ofj . 5f/5f/l ufpf 3'd/ /dfP . Gofj; P'sf afcdfsfj dg krt]n eofj . 5/15d]sL 0i6ldq klg /dfP . p; n] afcdfsfj krf6fj lvRofj - ; fu} a; / lvRofj, PSnfPSn} lvRofj, gfltgfltgf a'9fa'9lsf sfvdf /flvlp/ lvRofj . Pp6f c; ld /df0nfd} a'9fa'9lsfj Abo efj 's a'ofj .

Ps 15dn /df0nfl t eofj t/ afcdf rfxGy} - 5f/fn] Jofj xfl/s s'/f u/fj; \k6df/nflbfj a'9dfnldf ; w}o: t} kfl/j fl/s v'; L sfod /fVg ; Nnfx u/fj; \t/ o: tfj ePg xb} ePg .

bz}; lsofj clg a'9fa'9lsf v'; L klg ; lSP . 5f/fj ; kl/j f/ krt]sfj zx/ .

; ftflbgkl5 nfdj sRrl af6fj kf/ u/} df6/ cf0klobj cfugdf . a'9fa'9ln] cfZro{ krt]spg gkfpb} df6/af6 cfInP'sf kfsf dflg; n] ; 'gfp - .5f/faxf/l'sfj c; ld cg'sDkfaf6 ; lj wf; DkGg j [f>dsf] pkxf/ kfl't ugj tkf0x? eflodfjl hfBl x'g'x'G5 . n hfprf .U

lrtjg .



s] tkf0(n] xfd]j j]a; f06 xg'ePsfj 5 <

web : <http://nepalipublisher.com/>

# khr; g

nIntf .bfjfl...

ufp'af6 cfPsl ; fb/L sxl lbg 5f/fsfj 3/ s'h]z/df al; g\ . Ps ; fem pgl 5f/l'sfj 8/f nugv]ndf u0g\ . 5f/LHj fof gfltgfltg g} ; fb/Lnf0{ b]M/ v'; L eP . ; fb/L klg v'; L e0g\

ef]nkN6 ha pgsfj cfMf gfltn] nufPsfj k'6df k'ofj . Toj b]v]k15 ; fb/L'sfj cfMfdf 6Dd cff; 'el/ofj . d'6' krt]hfh: t} eofj . pgn] aNnaNn cfkrt]nf0{ ; DXflng\ . dWod j u'sL ; fb/L; fu ; fydf Ps 89 ; oeGbf a9l k; f klg lyPg . /ftl vfgf v'bf klg pgsfj 3f6laf6 aNnaNn eftsfj uf; 15'ofj . cdfdn] kl/ ul5g\eg/ 5f/ln] b]Mv n'sfPsl /x5] eg/ dgdg} u'gg\

To; sfj klg ef]nkN6 pgl 5f/fs} 3/df cf0g\ pgsfj Wofg egj gfl't kj]zn] nufPsfj k'6df lyofj . 3/ cfPkl5 Psl5g\pgl ws krt]sfP/ PSn} s]f7fdf /f0g\ 5f/fsfj 5f/f gfltn] pgl /fP'sfj b]M/ ; flWofj - .xh/ cdf lsg ; g'ePsfj d]

pgn] alu/x]sfj cff; 'nf0{ k'5b} elgg\ .afa' dgdf cf8fxf 5'6]sfj 5 . t]/fj krt]h} t ; fx} b]Mv kf05 lg U kj]zn] k'/} 3'8f RofltPsfj kf0G6 xfls kf0G6 xfl nufPsfj lyofj . t]/fj sk8f t To; nf0{ ldNYofj lg o; fl lbg ; lsg; \d]

ldngn] cf^gfj k'6 n]/fP/ b]v]fpb} e'ofj - .o: tfj k'6 nufPsfj lyofj d]

.cfRof xfl t o: t} kf0G6 nufPsfj lyofj .U

ldngn] xff: b} e'ofj - .ofj t khr; g xfl Sof khr; g UU

; fb/Ln] lkm; ; xff: b} elgg\ .y'Ss U o: tfj klg khr; g UU

a'4gu/, sf7df8fj .



# dfG5]sf] : t/

nlnf/fh bxfn

eSDk cl3 /fdaxfb/sf] x); ot ; DefGtsf] lyof] . pm ; fgltgf  
u/La dfG5]x?nf0( uGbgYof] . sf7df8]sf] dVo ; 8sdf /x]sf] p; sf]  
; ft tNn] 3/n] p; sf] /j fkm]sf] cfuf]df l3p yk/x]sf] lyof] . pm cfkm'  
lgs} 7hf] dfG5] ePsf] e]dsf] cf; gdf a; ]sf] lyof] . j Nnf]kNnf] 3/df  
laxf] f/L, d/Of kbff; d]t pm hfbgYof] . o: tf] ; flr/ lS Toxf] hfg p; sf]  
x); ot ldnbg . pm 6]ndf cfkm]f0( PSnf] wgl 7fg/ affr/x]sf] lyof] .

j zfv !@ ut] cs: dft \eSDk uof] . eSDksf] wSsf] p; sf]  
3/ unfd unfd 9Nof] . x]p]f] x]p]f] /fdaxfb/nf0( OHhtsf] ; f]k]ndf a; f0/x]sf]  
3/ df6]fd] ldnof] . pm lgd]fd] s/ f]8kltaf6 /f]8klta aGof] . k/f]k] b]v ; fgf]  
5fk]fd] al; /x]sf] Zofds]iOfsf] l6gsf] 5fk]fd] 5]pdf /fdaxfb/sf] kfn  
6]fuof] . /fdaxfb/sf] 7hf] 3/ e]TsPsf] elgj z]jfd] /x]sf] l; d]6 /  
06sf] yk]fd] kfn 6]f]g klg ldn]g . /fdaxfb/sf] 3/af6 k]f]kt xg]axfn]  
/fdaxfb/sf] OHhtsf] h]uf 718Psf lyP . ca tl klg nlqP .  
/fdaxfb/; lu kfn lSg]; Ddsf] x); ot /xg . ; /sf/n] lj t/Of u/]sf]  
kfn / /fxt /sdn] /fdaxfb/n] 3/Jo] x]f/sf] hff]f] 3'dfpg yfNof] .

ca /fdaxfb/ / Zofds]iOf ; fyl ePsf lyP . k6s k6s  
/fdaxfb/n] cfkm]f0( df]lg, v]t] eg]sf] Zofds]iOfn] lal; Psf lyPgg\  
j ]u]glnf0( u'gn] df]g{ eg]h: t} Zofds]iOfn] e/y]u ug]kg] c]j : yf cfPsf]  
lyof] . Ps lbg VofnVofndf Zofds]iOfn] eg] . eSDkn] kf] xfdlx?sf]  
: t/ ldnf0lbof] . l] /fdaxfb/ cf]7df df]gttsf] t]Nrf e]f]8dfP/ cf^gf]  
e]TsPsf] 3/ xg] yfNof] . p; sf] cf]7af6 Ps zAb klg af]x/ lgl: sPg .  
p; sf] cgxf/df kZrfOfksf] nx/ ; Nanf0( /x]sf] lyof] . /fdaxfb/sf]  
cf; 'sf] wf/fnf0( Zofds]iOfsf] cf]7sf] d': sfgn] lh: Sof0/x]sf] lyof] .

Zofds]iOf cf^gf] l6gsf] 5fk]fd] cf]g]bn] lgbfpg yfn]sf lyP  
eg] /fdaxfb/n] cl; d j]bgdf /ft s6fpg yfn]sf] lyof] . o: t]df  
/fdaxfb/sf] dg xNnfpg] u/L km]f/ eSDksf] csf] k/f]sDkg uof] .

sd]f, ; nfxl .

# d ; l]sf] Toj klkn

lj sf; clwsf/L .k]dflelF0

d h6d]sf] !! cf]lbgdf d]/f] G]j f/fg ul/of] . lxB' k/Dk/f cg'; f/  
ul/Psf] G]j f/fgdf d]/L cfdfn] d]/f] g]p]f lj sfz eg/ ; Daf]wg ug]eof] .  
d]/L cfdfn] eG]ePsf] Toj !! cf]lbgdf z'e lbgdf 3/ glhs} Toj a9f]  
klkn] klg wtl]sf] 5f]/f] klkn]nf0( h6d lBPsl /lx5g\clg d]/L cfdfn]  
ev/} 6'; f knfPsf] Toj klkn]nf0( cf^gf] 3/ glhs} /f]k]eP5 . d ; l]sf]  
Toj klkn cfh dh: t} hj fg ePsf] 5 . sl/a @@: @# j if]sf] xfdl b'j }  
; fgb]v]sf] 3lgi7 ldq klg x]f . p; sf] lax] e0; s]sf] 5 . s]xl j if]  
cu]f8 d]/L cfdfn] j /; lu lax] ul/lbg' ePsf] t/ d c ^ } a]Xdrf/LeGbf  
stfst sfpslt klg n]f]5 . gn]f]g' klg s; /L cfkm'; l]sf] ; xkf7Lx?sf]  
lax] e0; s]sf] cj : yf x]f of] .

d ; l]sf] Toj klkn clg d Ps} 7fp]df v]Nb} x's]b} cfh hj fg  
ePsf 5f]f . ; fgb]v xfdl Psbd ldn]g; f/ d]n] p; nf0( uf]8d]n u/]sf]  
; /; km]f0( ulbPsf] clg klg v]nfPsf] cfh} h: tf] n]f]5 . so]f lbg d  
p; s] 5xf/Ldf latfPsf] 5' . so]f/ft d PSnf] dxz'; ubf]p; s} sfvdf  
lgbfPsf] 5' . dgdf af]s]sf kl8fx?, b'v clg ; 'vsf cgel'tx? klg  
d]n] klkn; lu ; f6f; f6 u/]sf] 5' . dg]sf] j x d]n] Ps Ps ub] klkn]nf0(  
; 'g]f]p] pm r'krfk ; 'lg/xG]Yof], pm slxNo] af]n]g, pm c ^ } df]g 5 dfq  
d]/f] j]bgf ; 'lg/xG5 . ; fg]fd] t ^ g p; sf] x]fuf]j lufdf 5f]f]8'd clg  
n'sdf/L v]Nbf j]u; lu cf]pg]x/L j tf; b]v/ 8/f]p]b} Ps csf]sf] c]ufn]fd]  
a]/Psf] t: j/L cfh klg d]/f] df]g; k6ndf 3ld/x]5 t/ l]xhf] cfh dn]f0(  
cf]k]nb]v nfh n]f]g yfn]sf] 5 . d l; km]f cfd]sf] 5f]/f] t/ pm o; wtl]sf]  
5f]/f] . d]n] cfh; Dd d]/L cfd]nf0( s]xl lbg ; s]sf] 5]g t/ d]/f ldq  
klkn] ; j R5 xf]f lBPsf] 5, dl]g; nf0( af]Rg] cfw/ lBPsf] 5, cf: yf  
clg lj Z]f; lBPsf] 5 . d]/L cdf zlg]f/sf] lbg klkn clg klkn]sf]  
j /nf0( euj fg; D ^ / kHg]xG5 Tolt j]nf d : tAw a65' . cf]v/ Toj j l]f  
g af]n]g ; S5, glx8g ; S5 t/ p; sf] sd{ wd{ clg dl]xdfn] ubf]p; sf]  
klxrf]g cn]lu] ag]sf] 5 . cfh d]n] of] sf/Of l]tdn]f0( ; lD ^ g ku]f]td]

a9l ePsl cdf klknnf0{ s}xl b'i6 dflg; n] lgd{d xTof u/|sf] d/f ol ; dfhsf] cGwf] cfvfn] b]Vg kllof] dnf0{ dfkm u/ . d/f ldq klkn 0 d cfmh} o; wt{ clg d/L cdfdsf] nflu s}xl ug{g; s] klg d kOf u5{ ltdf] klknj z clg ; DkOf{ xl/tj f; Lsf] /lf ug{ kOf; ug{5' .

u}Bfsf]6, gj nk/f; L .



### n of] vfpn

; 'zlnf b]phf

..s'f gnfu{h}n dfq /x]5g\5f/f5f/L cf~gf] a; sf . To; kl5 t sxf kl5g\ s] u5g\kOf] x]bg . cem sfxl sfxl t pm h'glsf ; fx' g} xbf /x]5g\h{d}b]v lk/fpg] , slxNo} dgdf zfl{t glbg] . cf~gf 5f/f5f/L x'g\cg'xf/ b]Vof] dfof nflu5 . unt sfd u/|sf] b]Vkl5 t dfof gnflg' lg 0 t/ xg . of] afa'cdfdsf] dg klg slt sdhf/ / lfdzln xbf] /x]5 . h: t} uNtl klg einlbg] / cufnl xfn]g] .

; wf/ux'sf] k]tl lfnodf 5f/fnf0{3/ n}hfg klv{/x]sf efnf To: t} kl8fdf lkln; /x]sf ; fyl lzj ; lu dgsf] ax kf]Vb} lyP . .x] tkf0{n] Psbd ; xl s'f ug{eof] . xfdlnf0{ clxn}; Dd o: t] nfu"kbfy{ eGg] yxf klg lyPg . loglx?s} sf/Ofn] yxf eof] . slt; Dd vt/gfs /x]5 eGg] a]emof] . o: t] cdNo hlj g cfm]g; xfn] gi6 gu/ egl 5f/fnf0{ o; af/ w/} ; Denf0; s} . s'f u{Gh}n a'em]h: t] u5{ . s}xl lbg 1fgl klg agl 6fkN5, k]l/ h: tfsf] To: t} . d t cflht e0; s} . PSnf] 5f/f] slnnf] pd]/df g} bl3{/f]ulh: t] z/l/ klg hlOf{ e0; Sof] . 5f/f]sf] cj :yf b]v/ cdf rfx'f z]bf z]bf dg{nflu; slw lzj n] blMl dgn] eg] .

ca elj iodf o: t] x]bg eGg] 7h]f cfzf / lj Zj f; sf ; fy efn]n]v'; L v'; L 5f/fnf0{3/ nu]. p; sf]/df] x]/rfx u/] t/ b]Jo; gdf km; ]sf] 5f/f] g; f ug{gkfP/ xfn] PSn} a: g] , vfgf gvfg] , ; 'Sb} uPsf] , x/bd a]r]g, cf8xf, ; 'Tg g; Sg] , 56k6fpg] u/|sf] pgn] b]V] . p; sf] 56k6l / boglo cj :yf afa'n] x]g{ ; s]gg\ cflv/ g; fn' rlhd f klg sd vt/gfs rlh eg]sf] /S; L g} xfn] eGg] ; flr/ a'afn] Ps a]ftn /S; L nu/ 5f/fnf0{.n of] vfpn] egl ydfP .

afgZj / , sf7df8f .



### df; 'sf] nfe

lj hoWj h ykf

a8fbz]sf] ; do lyof] . lbgxf x'nsf x'n dflg; x? euj t]sf] dlGb/ bzg ug{bf]8/x]sf lyP . 6f8v]naf6 3/3/df v; L-af]sf lSg] / 8f]ofpg]sf] hfqfh: t} b]vGyof] . w/}h; f] e}Bf Rof<sup>a</sup>u]f t lx}B} gdfg/ kl; gf cfp]g] u/ / l3Rof0/x]sf] tdf; f g} b]vGyof] . eld; g] klg sfnlnf0{ r9fpgk5{ eg/ af]sf lSg] uof] . 5fgl 5fgl epf s; fs; u/ ultr] af]sf lSg] . af]sf eg]h: t} lgv/ sfn] / ; : t]df kPsf]n] k]; Gg lyof] .

ef]nkN6 laxf]g} khf; fdfg lnP/ af]sf khf ug{ blif0sfnltkm nfluof] . dlGb/ klbf bzg ug{sf] nf0g Hofb} nfd] lyof] . pm klg nf0gdf nfluof] . leq dlGb/df klbf lgs} ca/ e0; s]sf] lyof] . aNn aNn dlGb/df ku/ khf/Lnf0{ af]sf lhDdf nufof] . khf/Ln] klg af]sf k; fP/ /6g yfNof] . 6f]psf] 5'6df klg nfd] uwg sf6df] . eld; g]n] uwg gsf6, bz]df df; ' klbg] eGbeG} khf/Ln] gdf]g]sf]n] s}xl a/ /Gsf/Gsl g}k}of] . aNnaNn df]ntfn] ldnfP/ uwg]sf] k}; f lt/ / uwg ; d]tsf] af]sfnf0{ af]/df k]sf] k}of] . lbg w/} lalt; s]sf]n] efs nllg yfn; s]sf] lyof] . To; df klg khf/Ln] af]sf]sf] uwg sf6/ nkn8f yk]sf]n] pm lgs} 6}; gdf lyof] . xtf/ xtf/ u/ / 3/ cfof] / l9nf ePsf] j DfGt >ldtlnf0{ ; 'gfpg yfNof] . >ldtln] ex]Nof] c? s'f kl5 ; 'gfnf, klxn] k}; fb t nufpg lbgf; \ eg/ k}; fb dflbf kf] pm em; <sup>a</sup>u eof] . af]sf]sf] uwg]sf] df]n df]nf0{ ug] ; 'df euj fg'sf] bzg ug{ klg la; ]5 / k}; fb Nofpg klg la; ]5 .

afn]j f6f/ , sf7df8f .



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

# ud vfb}

lj gos'df/ zdf{ gkfn

.kjd t lg:j fy{x'gk5{0  
ltdl / d hxf'eP klg dg / cfd'f hfj8PkI5 kluxfNofj .  
ltdl / d hxf'eP klg e6 lsg x'gk'kofj / <  
cgxf/ g}lsg x'gk'kofj / d  
Psnj ; xh g}egl .  
j l/axfb/ ud vfb}lyofj .

□□

lbg latj /ft latj cu{v knfP .

□□

.hlj g ; ^\$6do 5 .  
knkn vfrfjh ; tfp5 .  
cfj Zos kb{ ; fdlhs, cfly{s, Jofj xfl/s / zf/lI/s ; fy gkfp  
.cfsf; sfj kmn cfmf t/l d/0 egl ^}lg:j fy{ kjd s} sfd < o: tfj s'/f  
vfrqmf / afqmf nfu5 dnf0{.

To; h} ; z/l/ ; fy lbP/ ; a} vfn} vfrfjsfj h; n} kl/kl't{u5{Toxl  
kjd xfl .0 cslh} egl .

j l/axfb/ c ^}ulx/fj ud vfg yfNofj .

□□

tl lbg latj - ol lbg klg latj  
j l/axfb/ ud vfpSfj vfo} 5 .  
/ ofj t'zf: q kN6fPsfj kN6fo} 5 .

rfajh, sf7df8fj .



# Tofj kjd <

lj gfb's'df/ >|7

enNof; \AofemPf. .cf0 ne o="0 pgsfj zAb sfgdf ul-hxfNofj .  
dg 56kl6ofj cgfof; } . lgbfpg vfrh, dl/uP ; lsgf . pgn} afn}sf,  
n}v}sf zAbx? l/n ag/ cfmf cl3 3Dofj, clg r: Sofj d'6' . .lh6bul  
xf/ g} t xfl lg, lht t lfl0fs /x}5,0 56kl6Psfj dg ; Dxfnf t/ lbdudf  
pgl lgs} 5f0g\

xg t cfrfl/s ?ddf pgl c?s} xg\ kftj, r'/f, l; Gb/ c?s}  
nufp5g\ j |t klg c?s}gfd hk/ al: 5g\ ha pgn} knj; a's kfrkf0ndf  
pgl / pgsfj >ldfg\0 a; |sfj kmf6fj cknf8 ub{ n}V5g\ - .df0 lx/fj  
P08 dl,0 oltv/ dg cgfof; } v} s} s} x'5 s} s} .

oxl knj; a'sdf xfl, pgnf0{ / dnf0{ e6fpgj . lrgfhg u/fpgj ; kgf  
a'gfpj . pgn} klj6 egjs} xg\ d/fj >ldfgV 5f/f5f/l 5g\eg/ t/ v}  
s} efl s} pgl / d lgs} ghlsorf . b0{ z/l/ Ps agfpgj afrf u'kofj .  
e66j 7fpf / ; do ldnf0f .

lgbf gnfulkI5 dfaf0n lgsfnf . knj; a's vfrnf . pgsfj kfrkf0n  
x/f . pgsf >ldfg\5f/f5f/l n} d: sfg lbP/ x/ /x0f dnf0{ . d cfrkf  
: j fy{ e6f . cfrkf|t l/ ; p70f . s} u/fj s} u/fj eofj . hfpf ls ghfpf  
bfrfl/ofj dg . bof hfl0f cfrkf|t . .t dxfg\unTl ub{ 5 ; \dgn} Psfxf/fj  
elg/x0f . s} d}n} uNtl g} u/f < ; frg afl0 agfof dnf0{ .

lgs} 3f/Pf . lbdun} cgjs ts6f u'kofj . ts6fs} alr dnf0{ d/fj  
dgn} elg/x0f - .pgnf0{ cgkfr08 u/ .0 cgkfr08 u/fj ls Ans, u'gf; fj  
unl{ knj/ kmf6f, e6df .

g cgkfr08 ug{g} ; sfj g Ans . a'z cf^g} knj; a's l8oflS6e6  
ug{ lg0f0 u/f . ; b/ klg u'kofj dgn} . Itg cfd'f sfj ; /fk lng'sfj ; f6f  
Ps cfd'f sfj lng plrt ; Dehf / pglb}v efuj 6f9f=6f9f= .

/fdj5fk .



### 3fd

#### lj k'n l; hfkl

lj jfxsfj 5 dlxgfk15 lbpf; fj df0tl cfPsl zstnfsfj  
 cgxf/df nfujsfj afbn b|v/ zstnfsfj cfd rlgbsfj dg la' fPsfj  
 lyofj . Hj f0f / Hj f0sfj 3/kl/jf/ /fdj lyP . lj jfx zstnfsfj dg a' ^j  
 ePsfj lyofj t/ zstnfsfj cgxf/df b|vPsfj efj e^a\ndfnj zstnf  
 3/df v'; L 5g e6g] s'/fsfj nv sf9g cgejn] kfsl rlgbsfnf0{  
 uxfj] k/g . rlgbsfnf0{ Ps dgn] t 5f/Lnf0{ ; fj' } ; f|w; f|w h: t]j  
 gnfujsfj klg xfdg, t/ 5f/Lsfj dgsfj uffj] p; }n] gkrfP; Dd sf60fP/  
 ; f|wL xfn]g klg pgnf0{pirt nfulg . cfd5f/L ; f' ; Dd otptfsf s'/fx?  
 u/ al; /x]. Hj f0sfj cflgafgl, ; f; 'sfj Joj xf/, ; ; /fsfj dfof clg bjj /  
 / g6bsfj cfb/ zstnfn] klbf] kfPsfj s'/f cfdfnf0{elgg\ t/ zstnfsfj  
 cgxf/df b|vPsfj c; Gtl6sfj s'/f eg] zstnfn] dgdf g] ulD; fP/  
 /fvg\ cfd5f] cuif8 v|ngg\ .3/lt/ ; a) s'/f 7ls 5 e65]; \t/ t/fj  
 cgxf/ eg] lg6ofp/fj g] b|vg', thf0{ s] s'/f lr0 a' ^]sfj 5g zstnf d  
 ; f' ; Dd klg 5f/Lsfj dgsfj u'gf; fj hfg gkrfP/ Jofs'n agsl rlgbsfnj  
 cflv/df cfk|n] dv kmf|/ ; f|wg\ .Io: t] t sxl 5g cfd, l zstnfn]  
 e6g t egl t/ 3f; |d6f] klg nuf0{ . sxl s'/fn] t/fj dg sf8Psfj t  
 cjZo 5, laxkl5 cfd hl0sfj c; n ; fyl 5f/Lsfj nflu sfxl xbg  
 zstnf, t/fj lk/dsf] dnf0{ geg] s; nf0{ uP/ e65]; < dgsfj s'/f  
 uffj] kf|/ /fv] sl: ; b) hf65, ; do latkl5 v|ng dl: sn k5(l rlgbsfnj  
 ; D' fpb] elgg\ . Joj xf/ cln uxfj] 5 cfd, l zstnfn] 3f; |d6f]  
 nufP/} egl . s: t] uxfj] eg]sfj, t/f ; f; ; ; /f / Hj f0f t l/ l' Ps} 5g\ bjj /  
 / g6bn] klg cfb/ ; Ddfg lbPs} 5g\ e65]; \kmf/ s] Joj xf/ uxfj] eof] t  
 thf0{ d. Iof] t x] t/ eg/ s] ug{ l Psl5g cf/fd ug] km; b xbg cfd .  
 dn] ksfPsfj h] klg dl7f] e65g\ ; ahf0{ pglx? s} kmf0; sf] vfgf  
 ksfP/ lbgk5{ d t cilht ef; sf. l. xf, s] eg]sl t]n] l 3/sl axf/l  
 ePk15 taf6 ; ah] Toj cfzf u/|s] x65 lg, g6bn] ; 3fp|bggV d  
 .; 3fpgx65, t/ Toj dfq x] / l kfxgxf?sf] tftl g] nll5, pglx?sfj

; j fz'> iff ubfubf{ d t cilht g] e; sfj zstnf 7l: s0{ . rlgbsfnj  
 dv v|ng] nfu]s ly0g\ zstnfsfj aaf sdngfy leq k; ]. cfd5f/  
 ln] d'vfdv u/ r'k nfu] . s] s'/f xb} 5 cfd5f/l df, l sdngfyn]  
 d': s'/f pb} ; f|w . s] xg' pxl 3/fo; l u6yg, l zstnfn] d': s'/f pg]  
 sf]zz ub] elgg\ . t/ t/fj cgxf/ t cln dng kf] b|v5' t, s] eof] . l  
 .o; nf0{ cln uxfj] eP5 3/df, rlgbsfn] cl3sfj ; a) s'/f nllg] nf0{  
 a]nj : t/ nuf0g\ rlgbsfj s'/f ; g/ sdngfyn] cgxf/ phofn]  
 nufP/ xff; ]. cfd j fNn kl/g\ 5f/L eg] afpsfj k'7 kfP/ ; 'S; 'sfpg  
 yfng\ . zstnf, t'eflodfgl /lx5; V t/l cfd s'zn /lx5] . cfh  
 t]n] h'g Joj xf/nf0{ af' 7f]g; \j f: t] df Toj af' xg . t/l cfdn]  
 l; sfPsfj ; +sf/n] ubf] t]n] 3/df ; a]sfj dg lht]sl 5]; \ csf] s'/f,  
 h'g 3/sf] ; +sf/ /fdj] x65, h'g 3/df ; ah] dfgdgtf] / dfof kfp5g\  
 To} 3/df t x] lg kfxgf w|] nllg] eg]sfj . tl kfxgfsf] dfof, cfb/ /  
 cfzlj fbn] l dx?sfj ; w|enf] x65 5f/L, o: t] s'/f df lk/ gu/ l sdngfyn]  
 ; D' fpb] eg] . afx/ h'g pbfp] yfn] klg zstnfsfj dgdf eg] 3fd  
 nflu; s]sfj lyof] .

nIntk/ .



### /ft

#### n]s|b] aghf/f

- /fte/l x|/ rNof] .
- p; sf] 3/sf] 5fgf] p80f] .
- p; n] afnaRrf; lxt l5d]slsf] z/0df /ft latfof] .
- laxfglkv pm 5fgf] v|fb] v|fb] glhs}sfj h^a\nt/ nllf] .
- t/ p; n] cf^gf] 3/sf] 5fgf] st] b|vg .
- a; p; n] of] rlfxf b|vof] ls Toxfsf kSsl lrxfgx? eg]  
 h: tfsf] t: t] lyP .
- To; kl5 kSsl lrxfg / cf^gf] 3/ alrsf] km/s b|fb] pm  
 6f]nf0/Xof] .

bds, ^fkf .



# Ij oflu

## Ij z ctkt ofql

cfzf U P cfzf U sxf u0/x]sl xfhL . 3/sf] sfdsfh To; } 5, uful]df kfgl klg 5g, cfkm'a9L So}ug{ ; lSbg of] nj : t/L sxf kf] u05] . 3/leqaf6 ; f; ' a9L kmtkmtf0/x]sl l5g . of] afv]f]sf] kf7f] sfvL Rofk/ cfzf ctltdf 8a]sl 5] . cfz'sf j ln6b] wf/f; U} . of] hlj gsf] bZ0 kl/bZodf s]ef]lg' kg[ /x]5 hlj gnf0{To; } l/Tofpg klg g; lsg] hlj gnf0{To; } l; 4ofpg klg g; lsg] kZrf0fksf] kl8fdf hNg'kg[ of] hlj g .

cfhe6bf al; j if{cull8 cfzf o; 3/df axf/l ag/ leqlPsl xf] To] nfpf nfpf vfpf vfpf pd/d}afah] k/f0sf] xft ydfp/ k7f0lbP . 5f]Lsf] hlj g o: t} x] eg/ dg a'emPsf] ly0g\pgn] . goff hlj g, goff kl/j f/ clg goff df65] cf^gf] df6g'kg[ . la: tf/} la: t/} 3'hldn ePsl g} x] . j f: tj df ; v b'vdf /dfpg of b'vl xg' g} df65] a6g' x] .

cfzf cf^gf] h6d3/df kfx'gf ag/ uPsl ly0{ b0'rf/ lbgf nflu . 3/af6 uPsl em8 kmsgsf nflu ; dfrf/ cfof] Ps lbg k'f klg lat]sf] lyPg crfgs s] eP5, pgsf] dgdf lr; f] k: of] < dgef/L eof], sftxn hfllof] . 8/, qf; , eo, cf^a\$ s clg s]s] hft dgleqaf6 pDn/ cfof] Ps}; f; df b0{306fsf] af6f] l5rf]h/ pgl 3/ klug\ 3/df w/} df65] x?sf] hd36 lyof] . ; f; ; ; /f ; a} 7ls} lyP . p; n] cgd'fg klg ug{ Eof0gg\ s'g} 36gf 36f] xgk5{ p; n] nv dfq sf6L ; a} dfgt'fdf d'v'd'v ul//x]sf lyP . s; n] s]xl af]hgg\ pm ; /f; / leq k; L, cf^gf] sf]7fdf k; L . To; sf] 7ls ; fd'g] p; sf cfv'f 7f]SsP clg pm PsfPs lj r]t e0{ d1R5{t eP/ e0df 9nl . hlj gsf] ; v b ; ' ; cft g} ge0{ cfto ePsf] kn To; } lbg]v pm Psf]x/l ePsl 5], cf^g} hlj g a%g g; s/ cafw df65]sf] ?kdf pm af]r]sl 5] . of] ; dfh bMvLnf0{knkn b'vfp5, cj /ofdf kNkNofp5 leql dgdf r]6 k'ofp5 ; fTj gf lbg'kg]df 3fp nufp5 clg zAbdf gf/Lnf0{wtl{ dftf, hgg]sf] zAbn] JofVof u5{ .

dfgj lo dNo / df6otfnf0{ k65fP/ bf; Tj sf] h-hl/n] affw/fVg rfx65 . ; dfh hit hit cfwlgstfdf nDs] klg plt plt cj dNog a9b} 5 df65]sf] . hlj gsf] clg k'z ifx?sf] k'z if]j df dbk'gdf lslrP/ ldlrP/ lylrP/ cj ; / gkf0{ e^a\dfdf lkln; Psf df5f]sf] hlj g latf0/x]sf 5g\ slt cfzfx? xdf] ; dfhdf .

slt ; kgf lyP pgsf To] kmqmpsf] j} zsf slt 0R5f, cfsf^Nf, pT; fx ; a} 5tf5Nn eP/ kf]vP . lrtfsf] cl]gn] sf/n]sf] w] f ag/ cfsfzd} lanfP . pgsf] hj fgldf cfv'f uf8g]x? bMv ; f6g] axfgdf cl:dtf l/Tofpg v]f]5g\ahfah'fdf . To; ahf pm cfkm'hf0{PSnf] ; Den65] . c?sf hf8L; U} lxB'bf pm sNkgdf t]/65] . hlj gdf kl/j t'g cfp] s'g} cfzf 5g To; n] cf^g} gfdk]t 3Dff u5] . ; dosf] b/L; U} ablnPsf] dg 3l/3l/ lj rInt e0/x65 . s; }sf] x]/, s; }sf] b]v/, rfx emg'emg\ a95, dfgf] lfl0fs cf]z clg cf] zostf slxn] s'g} j : t'sf] ?kdf slxn] s; }sf] hlj gsf x/kn x/l0fx?df .

of] udl0f ; dfh zx/sf] lgs6 /x/ klg c; Eo 5 . efs, /flu / clz lffsf] ; d: ofn] ul; t 5 . lj s]t / lj ; ^alt]sf] bnbn'df km; }sf] 5 j iff]v g of] ufpf km]/Psf] 5, g lj of]udf 56kl6Psf] cfzfsf] dg . p: t} 5fk'fx?, p: t} af6f]3f6f], p: t} km^a\ p8]sf] af6f] Pp6f s107t gf/L dg / ufpf. lj zt'fdf /x/ /x/df slt j if]lat] . pgsf] dgnf0{a%g] sf]xl ePg ; dfhsf] sb]i6, cf^gf] ; tLj 3/kl/j f/sf] afem hlj gsf] rf]3/ f clg dgsf Hj f/ef6x? pd/d} ylst dfgj z/l/ lnPsl cfzfsf] lj of]udf hNg' l; j fo s]xl /x]g .

kff]x/ ; fn ; ; /fn] klg wtl'af6 labf lnPk15 . ; f; ' / cfzfax]s sf]xl 5g To; 3/df . cf^gf] kltsf] lj of]usf] ; Gg6fdf ; f; ' hn]sl l5g\ l; E]f 3/ b0{ kf0fl, b'j } gf/L, b'j } b'vl 5g\ yxf 5g, hlj g slt afRg' 5 slt cem ; d: of; U hWg' 5 t/ klg Ps d7L ; f; /x; Dd Ps cfsf]sf kl/k's dfq lj of]udf cfkm'tsf] lj of]usf] cf^gf] df65]sf] lj of]udf hln/x]5g\



# dxfrf/

## 8f= Ij ZJ blk clwsf/L

pm kmbfkm6 I5d]ssf]ld7f0{k; nleq I5f0f] . k; ndf aRg /fv]sf] ld7f0{ wdfwd xftdf ln0{ s} kmsg nfu]sf] lyof] k; n]n] k}; f dflbof] . p; n] k}; f lb6g e6bf k; n]n] rfx65 e6of] . xNnf ; 'g/ c? df65] hDdf eP . ; a]n] eg] ; fdfg k}; f glb0sg nu]df t rff/ x65 . k; n]n] e6of] .kv\tf rff/nf0{ kx/L sxf k'ofp5' .u p; n] e6of] .d s; /L rff/ ePf / ltdl >ldtl s; /L rff/ e0g\dl

; a) 5Ss k/ . k; n]n] ; flwof] .d/L >ldtl s; /L rff/ < p; n] slxn] sxf s] rff/L < d'v ; dfn/ afjn .u

.clg d klg s; /L rff/ t < ltdl klg d'v ; dfn/ afjn .u

.ltdln] e/v/ k; nsf] ld7f0{ ln0{ k}; f glb0{ hfg nfu]sf] xff0g < k; f glb0{ ; fdfg p8fPkI5 rff/ e6g k/g dl

.ltdl >ldtlnf0{ rff/ df6g ltdl tof/ eP d klg rff/df ulgg tof/ 5u p; n] lgeptfk] s e6of] .

j /k/ hDdf ePsf df65]n] eg] .s] /x]5 vf; s'/f dl k; n]n] klg e6of] .s] x] t vf; s'/f n eg .u

ToIQs]df k; n]sl >ldtl klg k; ndf xfxNnf ePsf] e6g] ; 'g/ x: of<sup>a</sup>km: of<sup>a</sup> ub} cf0k'ul / egl .dnf0{ lsg rff/ bfE nufPsf] < d]n] ltdl] s] rff/]sf] 5 < xfdl] k; nsf] ld7f0{ cfkm+rff]g] clg pN6f] dnf0{ rff/ bfE nufpg] dl

p; n] e6of] .d]n] ltdl] k; nsf] ld7f0{ rff/]sf] 5g . d ltdl] k; nleq 5' d s; /L rff/ t/ ltdl t Ps rff/ xff0g bz rff/ xff] .u

k; ndf x] xNnf a9b] uPkI5 kx/L Ij 6af6 Ps hgf kx/L cf0klbof] .

.of] d/f] I5d]sln] d/f] k; nsf] ld7f0{ rff]of] kx/LHo" . o; nf0{ ; dftg'; \ o: t] df65]nf0{ dfkm ul/lbof] eg] ; dfh lauf6 .u

.lsg ld7f0{ rff/]sf] dl

.d]n] ld7f0{ rff/]sf] xff0g . rff]g{ nfu]sf] h: t] u/ ol bDktlnf0{ kf7 I; sfpq vff]sf] .u

.s] kf7 I; sfpq vff]sf] el8n] Ps}; fy e6of] .

.p; ]nf0{ ; flwof]; \of] x/]s lbg laxfg d/f] 3/sf] au]rfd] yxf g] glb0{ v'; Ss cf0{ s] rff/ n'; Ss hf65] dl

.sxfk'nh rff]g{ xh/ < p; s] 3/df /fdl] kmh kmn]sf] x65 khf ug{ laxfg l6kg hfg] u/]sf] 5' .u

el8n] e6of] .ef] hfpnf k; Ngl t dxfrf/ kf] /lx5 .u

d]t]lbj L, sf7df8f] .



# e]dt I; sf0

## zDe' cofn

s]hl sIffdf k9b]u/]sl 5f]/lnf0{lkmm 0g b ANofI ; zlif]ssf] ux]sfo{ k9fpb} lyPF . klxn]f] gDa/df lyof] cg{ dgl=k'nf/ =db/ . d]n] vfnl 7fpf db/ egl eg{I; s]PF . eflnkN6 ha 5f/L :s'naf6 km]s0g,\pSt 7fpdf - 066' \_ nuf0Psf] lyof] . 5f/L a8f] blvb db]df e6b} ly0g,\afaf, xh'/n] ubf{ d/f] xfdj s{ skldf /ft] nuf0of] .

s'g] lbg dlxfn clwsf/ / j t]dfg ; h] wfg gfdsf] cft]st]pof u]f] 7ldf gu/d] gfd sdfPsl dlxfnsdl{/ 5f]/lnf0{ k9fpg] af]8Esl Dof8d; u ; u]a: g] d]sf ldNof] . d]n] sfklsf] ; fg] b0{ 6S]f Rof]t/ n]M}cg{ dgl=k'nf/ =db/ / Ps - Ps 6S]f dlxfnsdl/ / Dof8dnf0{ lbPF . b] ]n] k'nf/ egl vfnl 7fpfel/lbgeof] . d dfg al; /x]. e]dt I; sf0sf] kb{ vNb} v'ng .

dlbl{-%, j fln<sup>a</sup>, :ofEhf .



# le86t

8f=lj i0f s; l=

.P 0 gefu, eflu; egj xfdl ufjnl rnfpg aW0 xG5fj - 8ffsfnf0{  
nv6b} cfPsf kln; x?n] egj. h; n] h] egj klg 8ffsf /f]sPsf] lyPg .  
pm]g/Gt/ cl3 a9b} lyofj. Toltv/}lj k/Lt lbzfaf6 Ps xn dflg; cFP .  
pm cflQofj t]klg tl dflg; nf0{ 5n/ eflg] k]of; p; n] u}ofj .

dflg; x?sf] ; ^\of w/} lyofj . xltof/; lxt cfPsf tl dfg5]nf0{  
5n/ eflg g; Sg] b]v]k]5 8ffsf kln; x? cfPlt/} knS}ofj .

8ffsf]kln; x?nf0{nf]e b]v]pb}eGofj - .ol xlg; \d]h] h] NofPsf]  
5; Toj] xfdl afBf]. tkf0{x?sf] klg lbg ; lk]g, d klg afRg kfg]j] .

8ffsf]s/ f ; a] dflg; n] ; 'g]sf lyP . of] s/ f ; 'g] la]Qs}  
kln; 0G: k]S6/n] xj f0 knfo/ u}ofj . p; sf] l/ ; y]ug; Sgeofj .

.hg]tsf] ; j] snf0{ lsg v]f]hg, 8s}tl u/]sf] wg afBf] eGg, s]  
; f]r]sf] 5 of] 8ffsf]n, 7f]s o; nf0{ ; dFP/ kftf kmsf{cf] - 0G; k]S6/  
cf^gf kln; x?nf0{ lgb]zg lbb} s/fofj .

kln; x? 8ffsf; lu le8g yfn] . 8ffsf]n] ; s]; Dd p]Dsg] k]of;  
u}ofj . k]f]r; ft hgf kln; nf0{urf] 8ffsf eflg] cf]b]k]5 : j ed^0G: k]S6/  
klg le8g yf]Nofj . 8ffsf ; d]pg cfPsf dflg; x? kln; / 8ffsf]sf]  
le86t x]//x]sf lyP . le86tdf PSnf] 8ffsf]n] Toqf kln; x?nf0{ x/a/  
v]nf0/x]sf] b]zo xlg{ nfossf] lyofj .

x]b]x]b] le86tsf] : j ?k ablnof] . 8ffsf p]Dsof] . 8ffsf cl3cl3  
kln; x? kl5kl5 bf]8g yfn] . bf]8bf]bf]8b} Pp6f kln; n] : j ff]j ff ub}  
; fyl; lu b]Mv JoQm u}ofj - .aafb eof] of/ 8ffsf t efluxf]Nofj lg 0 olt  
b]Mv u/ ; d]Psf] 8ffsf s; /L p]Dsof] 0 c? dflg; x?n] s] egj x]f]ng^00

csf]kln; n] cf^df wfk dfb]e}ofj - .lsg b]Mv dfg5; \ r^k nfu^0  
dflg; n] h] ; 's} egg\ ca t]/ b]Mvsf lbg uP . 0G: k]S6/ ; fa; lu s'/f  
ldln; Sof] /] Sof, cfwf cfwdf .0

lxn]bj]l &, /fd]5fk .

# n6Xf gv]fnPsf] 8^aXf

lj i0fbk ; ^a\$Nk

c]Woogsf nflu ef/t uPsf rf/ hgf g]kfnl s]of s]xl lbg]sf]  
labdf g]kfn a; \ c]Woogdf hfg] qmddf af6]df 7h]f hn]fzodf ; f^  
k/]sf]n] 8uf afw/ df^l 3/ u0{ s]sf]n] cfkm'cfkm' ; Nnxf u/L rf/}  
hgf]n] Ps Ps kx/ 8uf lvofP/ /ftel/df hn]fzo kf/ ug]u/L knf]n] nuf0{  
Ps kx/ rnf]pbf c? tlg ef0 ; 'Tg] / knf]df p7fpg] u/L 8ufdf r9]5g\  
eg] ad]f]hd tlg hgf ; 't] / Ps hgf 8uf rnfpg yf]Nofj . ; a]n] cf^gf]  
knf]df Ps Ps kx/sf] ; do 8uf lvofP/ ; Sbf laxfg l^ ; ld; p]Hofn]  
eof] . rf/} hgf p7] 8uf kf/ klbf] t/ b0{ hgf]n] xfdl kf/ ku]sf 5]gf] .  
lxh]f ; f^ df b]v]Psf ol 3/x? Itg] x'g\ Toj] dlG/ j]f/ g] lyofj . s]  
cgy{x'g uof] . /ftel/ 8uf rnfP klg lsg kf/L kluPg < affsl c? b0{  
hgf ; fyl]n] eg] x]g xfdl kf/ klu; Sof]. zx/df p: t} 3/x? dlG/ xG5g\  
^lSsg ; lsg5 / t dfg5]x? x/fp]5g\ a; ca cf^gf] af6] nfuf]. o: t}  
s'/f e0/xbf dlG/sf khf/L Toxl' g]x]pg cf0ku/ ; a} s'/f ; lg/x]sf  
/x]5g\ pgn] s]b]fx?nf0{d; lu l/ ; fp]b]gf] eg] d Pp6f s'/f ; f]W5' eg]k]5  
rf/} hgf Ps} : j /df xfdl l/ ; fp]b]gf] ; f]Wg'; \eg] . khf/Ln] ltdlx?n]  
k90f; hf]g] eof; olt nfd] ofqf ug{ ; Sg] eof; eg t 8uf rnfpg' cl3  
of] afw]sf] n6Xf v]f]n]sf lyof] lsg lyPg]f < /ftel/ lvofpg] sfd eof]  
nfd] n6Xdf afw]Psf] of] 8uf ptf uof] of] cf]of, o: t} dfq e0/Xof] t/  
u]t]Jodf ku]g . hit; 's} ; f]f]Gts k9/ l8u] lnP klg Jof] xfl/s ag]sf  
nflu leq n6Xf v]f]Ng]kb]5 . afa' x]f gq n6Xf gv]fn] rnfPsf] oxl  
8uf]sf] ofqfh: t]f e0G5 . s]b]fx? 5Ss k/L n6Xf gv]fn] 8uf rnfPsf]  
yxf] eof] cfkm'cfkm]df d'v]d'v u/L n]Hht eP .

cf]vn9^aXf .



# bli6sf0f

z'ifdf dfg6w/

; fem t/sf/L cf0l/g nlfbf dfq tjn ; lsPsfj ofb eofj p; nfo{ .  
 effBfj x/L, yfjk} lyPg . pm ghshsfj afhjsfj ls/fgf k; nlt/ bf8L .  
 gfsfa6blsfj sf/Ofn} ahf/df ; fdfgsfj cefj sfod} lyofj . cfkm'lgoldt  
 ulxsf ePsfjn} afhjn} cInn lj rf/ ul/xfnfng\egj cfz lyofj p; nfo{ .  
 k; ndf el8ef8 lyofj . .afh} tjn 5 d} afhjn} ; 'ggg\ .tjn 5 ls  
 5g afh} d} p; n} cIn 7hf} :j /df ; fjl .  
 afhjn} x/} t/ afnigg\ Toj d\$ bli6sfj efiif p; n} a%g ; lsg .  
 c?n} klg tjn ; fllb} lyP, pglx? ; a}nf0{ 5g egj hj fkm  
 kmsf0Psfj p; n} klg ; 'gisl ly0{ . kmsf}Is kvf} b}fdg eofj p; nfo{ .  
 PspS ub} ulxsf 36} . ; a}lx18; sk15 k; n a6b ug} tv/ ub}  
 afhjn} ; fjl .n eg s} rfixofj gfgl < el8n} ubf{ c13, ltdfj s'} ; lgpG .lj  
 ..tjn 5 ls eg/ d} p; n} ck7df/fj df6b} ; fjl .  
 .nf=goff t cfPs} 5g lg .lj  
 yf/} cfzf hllorf . pm kn'Ss afh}t/ x}b} xff; L, .k'/fg}eP klg x65  
 afh} . cInn} ksfpngf0{g} geP/ kfj .lj  
 afhjn} afx/lt/ gh/ bf8fpb} ; : t/L egj .k'/fgj ulxsnf0{ 5g s}  
 elgxfNg' < cIn k'/fgj tf/lstfj tjn 5 . leq xg} lrQ a6n} lbpnf .lj  
 pm afhj; l}k; nsfj :6f/leq k; L . ; fdfgx? oqtq lyP . s'gdf  
 6lgsfj a\$fleq snfj tf/lstfj tjn lyofj . p; n} ; Bl, af: gdf s'g} v/fal  
 lyPg . .x65 afhj, Ps ln6/ /flvbg; \lj  
 afhjn} tjn /flvlpSf knfli6ssfj emfnf em8dfpb} pm leqaf6  
 lg:sl . 7dfSs} Toxl ahf, k; n c13Int/ cf0k'ujsl c13 tjn ; fllg  
 dlxnfsfj cfmv p; df k'ofj . p; n} t}nsfj knfli6sdf ulx/fj cfmv uf8j/  
 ; 'ggj u/L tltfj aa/f0{ .c?nf0{ rfj ; fdfg 5g egj . PSn} t}glnf0{ k'P  
 k; nleq afnfo{ afnfo{ klg lbgj} . l5M a9fsfj rfn t aNn kfj alemofj .lj  
 s'df/lk6L, nlnk' / .

# pkrf/

; aNlt cfofd

d laxfgsfj lr; fj xffj vfg 3/afix/ rfsdf lgl: sPsfj lyPf d/fj  
 upfSfj rfsdf cfP/ rdrdfPsf lj b}zl b0j 6f sf/x? dnfo{Toxfb}v/}  
 Pssfj; /fjSP . sf/ hlt goff / dxuf} lyofj, To; leq a; }sf df65}x?  
 egj v}f0 lsg xj, /fjun} vf0; sh: tf b}v6y} . oBlk, pglx?n} nufPsf  
 ax'dNo klx/g egj lj b}zlt/af6 duf0Psfj x'gfn} c; flwo} rIDsnf,  
 cfsifS / ; krf; l3/ lyP . dnfo{ nllorf, d/fj updf hllufhdg lsg/  
 alnfalnfdf l/NofS; ug{ krfd{ xfp; agfpg cfPsf xfnfg\ol df65}x? .  
 .ef0, o; updf sf}fj, krfk/, uxf ds}h: tf vfBf6g sx}f kf065  
 xfnf < lsg' lyofj- dnfo{ b}v/ k}Zg ul/ofj .  
 .lsg / ; / < ; fdf6oefb} ; fdf6o / ; j { fwf/Of g}kfnlx?n} lbg/ft  
 vfgjs'/f tkf0x?h: tf lj lzi6 df65}nf0{ lsg rfixofj / < tkf0x?n}  
 nufpgePsfj zfgbf/ sk8f / olt dxuf} uf8L krfx/} xfnf lg km/ / 0- d}n}  
 Jo^0o u/f .  
 ./fustj pkrf/ /dfj; l} x65 /j, ol rthalhx? nuff/ ?kdf vf0/xg  
 xj egj . To; }n}, rfixP/ v}fHb} lx8}sfj xj .lj sf/leqaf6 hj fkm cf0fj .  
 .zx/sf Toqf dxuf, 7hf / gfd rn}sf c: ktfnx? 5f8j/ pkrf/  
 v}fHb} upft/ cfpggePsfj kfj /xj5 tkf0x? t 00 dnfo{lj Zj f; } nflu/x}sfj  
 lyPg .  
 .xfj, xj ef0 . hlt vr{ u/} klg tl 7hf c: ktfnx?n} lbPsfj  
 cfjfwln} slQ klg sfdf u/g, /fju t klnfegb} 'G' g'kfj a9b} uofj .lj  
 sf/leqsl Ps cwa; } dlxnfn} elgg\  
 dnfo{ nllorf, zx/ 5f8j/ /fustj pkrf/ v}fHb} upft/ kfj cfpg  
 yfn}5g\ca 7hfa8fx? t 0 ca t xdfj upfSfj klg goff gfd / klxrfg  
 /xg} eofj . upfn} klg ca 7hfa8fx?sfj pkrf/ olt ; : tfjd} ulbgj eofj .  
 cfkmhf0{ lg/Gt/ bMw lb0/x}sfj /fustj pkrf/ v}fHb} cfPsf  
 pglx?nf0{d}n} cf^gfj 3/lt/ lnP/ uPf lsgls pglx?nf0{ rfixg} pkrf/  
 d/fj 3/df k}z: tdfqdf pknAw lyofj .

lrtjg .

# Gofu

; 'lg pkltl

5f/f Gofosf af/df c?n] ; 'gfPsf s'/fn] afa'cdf lrl6tt eP . Toqf] vr{u/ k9fPsf] To; } v/ uP5 . j fl/kfl/ ; a)t/ p; s} rrf{xg yfNof] . s'6fs6lb}v a9fkfsf; Dd p; sf] s'/f uy] . s}xl snjh / :s'nsf s'6fs6l / o'j foj tl eg] p; sf] gfd lnP/ uj{uy] . a'90fnl nfujsfx? eg] p; nf0{ b}vbf gfs vDRofP/ csf]t/ nflu] . Tolt w/ k9/ klg s: tf] a14 gcPsf] x]nf eg/ lha] lgsfNy] . uf]psf] : s'n x'nf lrof k; n ; a)t/ p; }sf] s'/f xg yfNof] .

klxnf klxnf ufphx? p; nf0{ uf]psf] 0Hht / klti7f x] eg] .uj{ uy] . cf^gf 5f/f 5f/lx?nf0{p; sf] pbf/Of lb6y] . p; sf] h: tf] :j efj / k9f0 xg'lg 0 cflb eg/ cfcf^gf 5f/f 5f/lx?nf0{ ctl{uy] t/ cfh 7ls To; sf] lj k/Lt eof] . cfhsfn dfg5x? p; sf] ; ^ut gug{x} . To; n] eg]sf] s'/f klg g; 'g' . cfcf^gf 5f/f5f/Lnf0{6f9}/xg pbl{uy] .

Gofosf afcdfnf0{eg] p; sf af/df s}xl yxf lyPg . ufphx?n] lxhf; Dd ldx?sf] s: tf] 1fgl 5f/f e6y] . cfh ldx?sf] 5f/f klg laul5 e65g\ t/ s; /L laluf] e6g] rlfxs; }n] eg]sf lyPgg\ pglx?n] klg ; flw}sf lyPgg\ pm lj utdf h: tf] lyof] 70fSs}To: t}5 . afgl Joxf/f slQ klg ablnPsf] 5g t/ ufphx?sf] s'/f ; '6f; '6f afcdfnf0{ klg ; f}/kl/ kg{yfNof] . hf]t iifl x'/P . wfdlnf0{ knSg nufP . wfdln] kn}sf] c lftf l; /fgl dfg xflnlp t/ ufphx?n] s'/f sf6g 5f8gg\ afcdfnf0{ ^gkl/ k'of] . pglx?n] 8fS6/nf0{ ; flw] lgw] u/ t/ 8fS6/n] ; flw} s] eof] e6g] yxf ePg . To; }n] ufphx?; u ; Dks{u/} . To; kl5 aNn yxf eof] . uf]psf] : s'n; u] uf]j ; 5 . Toxf Pp6l tNnf] hft 3f]f0ff ul/Psl dlnf ; fg] gfgl Rofk/ ph/ ug{cf05g\ pgsf] bfal cg; f/ To] aRrf uf]psf 7hf a8f dfgPsf / 7fgPsf kl08tsf] x] e6g] /x]5 . To] s'/f ; lrj n] 7f8}06sf/ u/ lgj }bg lng dfgg5g\ Toqf] 7hf dfg5}nf0{ b]fj

nufpg] eg/ pN6} xk'sfP5g\ kl08t klg To] aRrf hlgdge6bf klxn] uf]psf 5f8/ zx/l/ ; '0sRrf 7f]s]5g\ of] s'/f Gofon] ; 'gk15 lgj }bg cfkn}n] n}v/ btf{ug{uP5 . ; lrj n] lgj }bg btf{ug{gdfgk15 :s'nsf lj Bfyl{ lz lfs ; a}nf0{ s'/f a' fP 5 . To; kl5 ; a} eP/ lgj }bg btf{ u/fP5g\ of] s'/f rf/]t/ kn}nof] . ; a}n] rfnkP . kl08tn] To: tf] s] uy] . To] s'6l g] p: tl x] e6b} a'9fkfsfx? To] GofP e6g] g] prfn]sf] x] eg/ lj /flw ug{yfn] .

c6j f, Sofg8f .



# of]4f

; ^ultf cfrfo{

.cln slt k; f sdfpnh, Pp6f ; fg] 3/ agfphf clg Pp6l leaofP/ 3/nf0{af/ nufP/ 3/af/ hdfpnh e6bfe6b} a'9f] xg] e0of] x} 00 j l/axfb/sf] s'/f ; 'g/ xs] x] Nbf/n] ykof] - .5f8b} j l/ l; kfxln] ; kgf gb}v}S}/fd] x65 . 3/df : j f: gl 5f/f5f/L 5f8/ o'4 ug{lx8g' kbfsf] kl8f tf a%bg; \s] 0 s'fr} 5; \clxn] . 0 .x/ l76f x] 0 o: t} x] o'4df lx8bf 3/ kl/j f/ ; Demg' x'g, gkfn cdf g} xfd] kl/j f/ x'g'e6g] ; flr . 0 cln kfsf] pd/sf tSd] hdbf/n] yk] .

crfgs uf]nl rn]sf] cfj fh cfpq yfNof] . t: s/x?sf] 7hf] lof^ g} ; ldfkl/ hfg v}fb} lyof] . b}x}f/ l}e86t xg yfNof] uf]nl af;bb}v ad; Dd kl8}Psf] cfj fh ; l'gof] . ef]nkN6 ; dfrf/ cfof] -; ldf ; 'l fdf t}gy kfr of]4fsf] d]f'o' . j l/ , xs] tSd] ; a} k/5g\ of] xs}sf] ; fg] 5f/fn] cfdnf0{ ; f4} lyof] - .cdf afaf slxn] cfpq' x65 d] xs}sl >ldtl dR5ft 0

o; /L /ut aufpg] zxlbsf] ; kgf slxn] ; fsf/ eP/ zfl6t 5f]pnf v}<

rfa]n, sf7df8f .



# ahfj

xl/ ykfj

b|zdf e|j6frf/n| Jofkstf kf0x|sfj lyofj . ghtf cfqm|zt ag|sf lyP . x'g klg e|j6frf/ emf^aNP/ b|z} 5f|k|sfj lyofj . /fhglltdf e|j6frf/, k|zf; gdf e|j6frf/, sl|idf e|j6frf/, lz|fdf e|j6frf/; :j f:Yodf e|j6frf/, vfg|kfgl, lj h'nL, l|of; , k|6fn ; a) l|fj e|j6frf/sfj bnbndf efi; Psfj lyofj . To; |n| hgtf cfqm|zt x'g' :j feflj s) lyofj . To; sfj r|ftkml{ lj /f|w e0/x|sfj lyofj . sltko 7fpk?df t e|j6frf/Lx?nf0{ /^a|xfk kS8/ k|x/Lnf0{ a'emfpgj sfd e0/x|sfj lyofj egj e|j6frf/Lx?nf0{ sfn|dfj; fj bnl h'Q|sfj dfnf nu|P/ ahf/ 3'dfPsf 36gxf? ; ~rf/ d|f|wodx?sf k|dv ; dfrf/ ag|sf lyP . uf|b|v zx/; Dd ; f/f e|j6frf/ sfj u|6bn| bu|6wt ag|sfj lyofj . e|j6frf/Lnf0{ sf/afxl ug{ uf|6uf|6df o'jz|st Psh'6 eP/ n|fuk/|sfj lyofj .

olts)df Ps hgf k|zf; s ultn|f| l|k|ms; a|fs/ g|t|fh|sfj 3/df k|u| . a|k|ms; sfj ; f|g|fj ; f0h b|v/ g|t|fh| leq|eq a|ds/ a; |sf lyP . pgnf0{ a|f|ng klg dg nfu|sfj lyPg . r't/f| k|zf; sn| pgsfj dg; fo a|em; s|sf lyP .

.xh/ clxn| kl/l: ylt Tolt cg'sh 5g . cln ; |nf|fj; \clg ; flasad|f|hd x'65 . |l Tolt e|6f klg g|t|fh| a|f|n|sf lyPg\ k|zf; sn| 7f|g| . g|t|fh| d|f| :ki6ls/0faf6 ; 6t'i6 eP . |l

Toxl d|f|sf 5f|k|/ pgn| k'g| egj . xh/ olt a|nf l: ylt ; f/; f/ cg'sh 5g . s|x| ; dosfj nflu /f|Sg'kn|f|: t|f 5 . e|j6frf/sfj lj ?4df pn|sfj hgnx/ cln dYy/ x|f; \clg clxn|sfj klg a|f|f| k|f|/x|N5' lg . |l

.x'65, d r'Nxf|df cfu|f|gafn|f|nf . tkf0|sf g|t|fh| e|f|sef|s|lx8hfg\ lg hgtf|sfj ; j|fdf . s'g a|nf vl:sg| x|f| yxf 5g . |l eg|/ g|t|fh|sl cwf|f|ngl s|ng\

.s'/f ; |g'eof| x|f|0g . d e|f|sef|s|hgtf|sfj ; j|f u/f|ca d|g|t|fh|n| k|zg u/| . k|zf; sn| pQ/ k|fPgg\ tnaeQ|sfj s'/f pgn| s; /l lgsf|ng\ xfn |l cd|/sf .

# nfle

xl/kj; fb kf08|o

cfsfz lgd|n b|vPsfj . sn|hsfj Pp6f sf|7fdf zl|gj f/sf lbg slj uf|j7l r|n/x|sfj . slj l|dq/fhsfj slj tf j frgsfj kfn|f . goff vfn|sfj gf/lj fbl slj tfsfj j frg . gf/Lnf0{ b|j tf ; dfg d|f|gk5{ . gf/lj gf s; |sfj klg 3/ Joj x|f/ gr|Ng| . k'z|f|n| x/; do gf/Lsfj ; dfg clwsf/sfj ; #lfof ug|f|k|nf| cfk|nhf0{ p|6dv kfg|k|g| . pgsfj slj tdf gf/Lsfj lgs| k|z+ f ul/Psfj . w|} a|/; Dd tfn|sfj u8u8fx6n| slj l|dq/fhnf0{ ; Ddfg . slj uf|j7l df pkl:yt ; a|sfj ; x|g'e|t a6|Ng ; k|n .

s|x| lbgk|5 Ps lbg slj b|f|f|fd / slj l|j|j|ssfj sf7df8f|sfj goff; 8s klkna|f6 lg/ e|6 . ; flx|Tos s'/fsf|gl . slj l|dq/fhsfj b|j|6 ef/L k|z+ f . cfhsfj h|df|g|df l|dq/fhh: t|f| gf/Lsfj ; Ddfg / k|z+ f u/| gyf|Sg| d|f|g; kf0g d|:sn . b|j} slj sfj ; Nnfx a|d|f|hd slj l|dq/fhnf0{ e|6g pgsfj 3/ n|f|h|k|f6|t/ k|; yfg . l|dq/fhnf0{ r|f|s|af6} a|f|n|f|6 . slj b0|n| cfk|nhf0{ a|f|nfPsfj ; 'g|/ v'; l k|s6 ub| d|fly sf|7fdf cfpg cfu|x . lgs|a|/sfj ; flx|Tos rrrf|kl/rrf|k|5 lrof rd|g|f|n| lnPsfj ; dodf l|dq/fhn| slj uf|j7l df eg|sfj slj tfsfj k'g| rrrf| / k|f|6|f|e|/sfj k|z+ f . l|tg| hgf slj c|f|c^g|f| slj tf qm|; |u a|fhg ul//x|sfj ; dodf gf/L /f|bgsfj pRrsf|6|sfj c|f|fhn| slj tf j frg lay|f|n|lnPsfj em|f|s . leq uP/ gf/L /f|bgsfj c|f|f|h d|6y/ ug|f| k|p|Tgd|f l|dq/fh nfu|sf . /f|bgsfj c|f|f|h em|g\em|g\uf|n|sf zAb; lxt pRr: j / . slj ao d'v|dv . b|j} slj c|f|f|h cf|P|t/ x|f|6|g|b| /f|bgsfj ; j/ cfPsfj sf|7fdf k|u|sf . k|t; r|f|n; j i|f| h|tsl Ps d|xn|f x|f|v'6|6|f a|f|wPsl c|f|: ydf . b0| slj sfj gh/ . g|f| cfu|6t'snf0{ b|v|g| laltSs| tl d|xn|f|n| } b|} cfk|nd|fly ePsfj c|6fo / of|tgaf|/ ; l|j: t|f/ j 0f|g . .of| slj x|f|0g slk . d|f|f| n|f|g|n|f0{ a|f|f|t|n|; Dd v|6g; Dd v|6|f| v|g|sfj . df|6/ b'36g|df pgsfj d|f|o' . d|f|f| ; DklQdf o; sf| lu2| cf|v|f u|f|8Psfj . d|f|f| sf|x| klg ; 6tfg gePsfj g|k|f|n| ; d|f|n|Psn d|xn|f Psn|a: b|f l|j le|g n|f|65g|f|n| l|j e|l|f|t ug|f| kl/kf6|sfj 8/ b|v|P/ k|msf|p|b| of| 3/df NofPsfj . Ps d|lxg|f klg

; do laTg gkfpb} a)sdf ePsfj /sd lgsfNg bafj . d)h] gdfgkl5  
o; /L oftgf lbg yfn]sfj . n)grf/df d]/f] Ps /f]kgl hlufdf ag]sfj 3/  
p; sfj gfddf ug{ ; a)sfj bafj . gdfgkl5 o; /L xftv'6&f afw/ oftgf  
lbb} cfPsfj . vfgf Ps5fs /f]6l / c]nslt t/sf/L dfq . of] 9f]ul  
ck/fwl . ; +f/df o: tf dflg; Hofb} sd x'gj .l

Psn dlxnfsfj egf0kl5 ldq/fh / kl/jf/ oftgf lbg tld; Psfj .  
slj bftf/fd / lj]s ; j]bln] x: tlfk u/ / dlxnfsfj xftv'6'6f  
k]tsf0lPsf . ..3/fo; L ddnfdf tkf0k?sfj bvn ug[ s'g] clwsf/ 5g  
e6b} slj ldq / pgsf kl/jf/af6 3/n' xltof/ lems/ a9]sfj . xltof/  
grnfpq va/bf/L ub} cfknk? l8P; kl / P; P; kl ePsfj kl/rokq  
b]vfpkl5 ldq/fh / p; sf kl/jf/sfj xfnt sfutl lgr/h: tf] ePsfj .  
c6tdf dlxnfnf0{ oftgf lbg] ldq/fh / p; sf kl/jf/ k]x/L vf/df .  
afnfh', sf7df8ff.



### dglj r/Of

#### gf/foOf gkfn

; 6tnlnf0{ k]l/ hfkfg hfg dg nfu]sfj 5 . p; n] b]v]sl 5]  
5]p3/] df0nf] hfkfg uPsfj . klxn] 6'6&ldf pm 3/ cfpbfavt klg  
; 6tnl xfj; Psl ly0{ . cfk]neq dgsfj k'nf]p ksfpb} /fj; Psl ly0{ .  
; fob df0nfn] dnf0{ lax] u5{ / n]h]65 pm; l]Pl; ofdf eP/ klg  
klj lwdf lj Zj : t/ /fVg] b]zsfj gful/s agfP/ 0 p; n] t ptfsfj  
gful/stf g] kfPsfj 5 /] 0  
; 6tnlsfj dg P]Ssf; L s]8Psfj lyof] ha p; n] ; f]r]sfj df65]n]  
cs]nf0{ ; f]Rof] . p; s] k/d ldq dflgfnl; l] lax] u/ / df0nf] k]tsf5 .  
dg ; DeifPs} ly0{ p; } e'0df g e]8fdf ePh: tf] ub] c~h'  
cfPk15 rfxgf alNemPsfj lyof] . c~h' Pp6f lj b]zl sDkglf gkfnl  
; +sf/ lj 1sf ?kdf kfr j ifnf0{ hfkfg hfg nfu]sl ly0{ .  
.t/=xg 0 d)h] oxl b]zdf s]xl ugk5{ . lj b]z uP klg 1fg /  
; lksf] bfo/f a9fP/ oxl b]zdf cf^gf] 9's9'sl r'dg' 5 .l olQ e6b}  
; 6tnl e'; Ss lgbfpq kl5] .

/fdlx6l, sf7df8ff.



## 306L ahg

### lx/0os'df/L kf7s

pm cfPg, cfpb} cfPg . l56} cfp]g] efvf /fv/, a9]; sfndf  
cfdfnf0{pt} nu/ : ofx; ; f/ u/L cfg6bsfj hlj g latfpg] ; kgf b]vfp/  
lj b]z k: of] t/ j frf la: 4of] Sof /] 0

k6s k6ssfj km]gdf cfdfnf0{ l56} cfp]g] cfZj f; g dfq lb65 .  
cfplbg e6g klg ; Sb]g t/ lbPsfj ; doleq pm lal; f5 dft]eld /  
cfdfnf0{.

slt b]l]v]n] cfh]sfj hf]oh]yf a6wsl /fv/ k7fpgk/]sfj 5f/fnf0{  
Psk6s d'v x]g{gkfo{laTg] ePf e6g] cfd]sfj ; kgf slt lbg; Dd rNnf  
/ < lj b]zdf g] lsg hf]g oxlf k9/ p6glt u/ e6bf klg g df]g/ x'z]Ss}  
eof] tof] ; ft ; d'b] kf/ hf]g . x]posf] 6'qmf]sfj ; kgf ; fsf/ kfg{ ; a] s'/f  
; 10kP/ k7fPf t/ cfk]h]l/Qf] ePf . g ; DklQ 5, g ; Gtf]g 5, vfnl cfp]g]  
Pp6f lengf] cfx6 dfq z]if 5

cfh k]l/ km]g cfof] . .cdfd ca d l56} cfp]5' x} g x8a8fpg; \  
x} .l km]g sf]60xf]Nof] . cfk]h] Ps zAb af]Ng] kf0Pg km]g xftd]  
n/v/f0/x]5 .

dlxgf laTof], j if] laTof], x]b]f]b] k6w] j ; Gt kf/ eP t/ pm cfPg .  
cdfd cl6td ; f; lnVb] l5g\ km]gsfj ; b ; fy /fv/ ; d; 'df0/x]sl  
l5g\ t/ 306L aHb} ahg . cxf]pm cfpb} cfPg .

j lQ; k'tnl, sf7df8ff .



### cl: tJ

#### o] /fh dgfnl

t] t yf]knf dfq xfj; \d z6o .l yf]knfn] ; 6g] u/L  
z6on] x]f]RofP/ e6of] .

.c; xfosf] b]j ; xf/f .l dgdg] u6b} yf]knf z6osf]  
k5f]8 uP/ r'krfk a: of] . z6on] cfk]h]nf0{ Ps6s; l]  
lgofln/Xof] .



xfdfj] uGtJo  
dfgj a]lavgsf]  
cGTo



नेपाल सरकार  
सूचना तथा सञ्चार मन्त्रालय  
सूचना विभाग

k5f/sf] kftf]!

### n3syfsf] ; f]lGts kl/ro

8f-n]vk| fb lg/f]hf

!= lj ifok] z

; flxIodf dVotof rf/cf]f lj wfx<sub>2</sub>sf] ; f]lGts c]lwoogn] kOf<sub>2</sub>f kfg yfn\$]5 . Itgdf slj tf, gf6s, cfVofg / lgaGwh: tf lj wfx<sub>2</sub> /x\$]f 5g\ slj tfsf <sub>2</sub>kdf kh6s/ slj tf, v08sfJo / dxfsfJosf]c]lwoog ul/G5 t/ Itgx<sub>2</sub> ; f]lGts bl[6n]cfk; df hit glhs 5g\olt g]tgdf ardf s]l cGt/x<sub>2</sub> /x\$]f 5g\ To: t}gf6s; E}Psf]Lsf]c]lwoog ul/P klG bj \$f ardf ; dfgtf / leGtfsf clenlf0fx<sub>2</sub> kf0G5g\ To; y/L cfVofgf]ds k\$[tsf pkGof; / syfx<sub>2</sub>sf]klG k]ys\k]ys\j wfut cl: t]j /x\$]f]5 . lgaGwrflx] kl5Nnf]r/Ofdf :yflkt ; flxIosf]sfG5f]h: tf]uBf]ds lj wf xf] . ; fdfGotof ol sg}klG lj wfleq j f pklj wsf <sub>2</sub>kdf n3syfsf]rrf{ul/Eg .

n3syf cfVofgf]ds k\$[tsf]xg]ePsf]n]o; sf] ; DaGw pkGof; / syf; E}w]}xb; Dd uff, Psf]5 . To; df klG syf zAbsf cuf]8 n3' zAbsf] k]f]u ePaf6 o; sf]lgs6td ; DaGw syf lj wf; E /x\$]f]; [ z xG5 . To; h]klG o; df syf lj wdf h: t}cg\$ ; Ars 36sx<sub>2</sub> /x\$]f xG5g\ t/ n3syf : j odf syf lj wsf]cGt/e]rflxfgePsf]n]o; nf0{syfs}k\$[th: tf]eP klG : j tGq cfVofgf]ds klj wsf <sub>2</sub>kdf lng]ul/G5 .

@= n3syfsf] kl/ro

n3syfsf] z]f]Abs cy{5f]f]j f ; fg] syf eGg] xf] . o; df tT; d ; f]tsf n3' / syf: tf b0{kbsf]d]h ePsf]5 . z]f]Abs cy\$]f bl[6n] ; fg] syf g}n3syf elgP klG j f: t]j s <sub>2</sub>kdf o; sf]clek]o s]l lj lzi6 k\$[tsf] /x\$]f]5 . syfsf bl3{/ , bl3{/ n3h: tf e]bx<sub>2</sub> xg]ub5g\ ox]Fn3syfsf] t]lko{tl syfut e]bsf <sub>2</sub>kdf ge0{: j tGq lj wfut klxrfg; E uff, Psf]5 . To; h]n3syfsf]c<sup>a</sup>u]hl <sub>2</sub>kft/Of ; 6{:6f]l ge0{ldgl ; 6{:6f]l j f df0qmf] :6f]l xg]ub5 . cyj f, c<sup>a</sup>u]h]ldf n3syfsf]clek]o; E uff] ; 6{: 6{:6f]l j f lnl6n ; 6{:6f]l c]fb gfdx<sub>2</sub> klG k]f]u xg]u/\$f 5g\

k]l6 ; #st ; flxTosf cflbd ul/yx2blv g)n3syfsf cg\$ koflx2 x6]cfPsf 5g\ ; #st[st]krlrgtd ul/ Clj }sf ; Stx2blv cyj }sf d6g x6]pklgib\afldof ul/yx2 ; Dddf ; d] syfids ; Argsf] : j2k l]sl ; t xg yfn\$]kf065 . To:t)hfts syf, k-rt6q, lxtfkbz, a]fn k-r]j zltst, ; S ; Klt cflb ul/yx2df klg syfids ; Argsf]lj sf ; ePsf] kf065 . o : tf syfah jf syfids : j2kx2nf0{ ; #st[df cb2t syf, nf\$syf / slNkt syfh : tf cg\$ e]bx2c]gtuf klg rrf{ul/Psf]kf065 . vf ; u/L j]bs ; flxTosf cfVofgdhs ; Stx2, gltk/s Pj d\cfkb]z k\$[tsf kf]f0fs cfVofgr0f\$ x2 jf k-rt6q, lxtfkb]z nufot cg\$ ul/yx2 n3syfs} ; Gbedf b]vf kb5g\ o ; /L k]l6df n3syfids k\$[tsf cg\$ ; f]x2 lj Bdfg /x]klg n3syfsf] ; Af]Gts kl/rrf{flxRk/De ePsf]kf065 .

n3syfsf] ; Af]Gts kl/rrf{kfZrffo hut2f6}ePsf]xf] . ; g\ (% sf]bzsb]v kfZrffo hut\$sf cg\$ lj 2fgx2af6)n3syf ; Da6wl cledtx2 k\$6 ePsf]df]g65 . To:t) ; ksf gltsyf / af0ansf cfVofg]fids ; Stx2nf0{ klg ToxfFn3syfs} ; kdf lj Zn]f0f ul/Psf]kf065 . k]l/Deblv j t]dfg ; Dd cf0k]bf n3syfsf]Pp6f lj wfut klxrfg ; Da6wl dfkb08 tof/ xg yfn\$] cj : yf 5 / o ; af/]lj le6g lj 2fgx2n]cfcf gf cledtx2 klg /Vb]cfPsf 5g\ To:tf s]l kl/rfo]ds lsl ; dsf pNn]v]glo sygx2 o ; k\$ / 5g\

- \* cfVofgsf]n3td k6b g)n3syf xf] . -P8u/ Pn]g kf]
- \* Ps k[7sf] cfoddf lj : tfl/t, b0{ ; o krf ; zAbleqsf] 5f6f] cfVofg g)n3syf xf] . -/f]n]8 j fn]
- \* rftb]k0f{t]l/sfn] ; dfkg ul/Psf]5f6f]syf g)n3syf xf] / of]clt 5f6f]cfVofg xf] . -Pr= 0\$ k]ff]6 ; ;

\* n3syf Ps : j tMk0f{/rgf xf] h ; df Ps tYo jf k6fj nf0{cu} / ug]JolSts]b]t 36gf jf 36gxf2sf]cfj Zos pTyfg, ktg / df\$sf ; fy} kfqx2sf]rl/qdfly k\$z kfg]lsl ; daf6 j of6 ul/Psf]xf] \ -uhfa /fo

- \* sDtdf b06f]f oyf]j f slNkt : j t6g 36gf cyj f l : yltn]snqmds kl]tlglw]j ePsf]n3td cfVofgnf0{n3syf elg65 . -df]g/fh zdf}
- \* If0fe/d]j rf/ jf efj sf]k6fj sf/L lj : krf]g xg ; Sg]leql c0f ; fdYo{ ePsf]5f6f]syf g)n3syf xf] . -bof/fd >]7
- \* of]cfk]df : j t6g xf/ / lg/k]f xf] k0f{/ cl : t]j af]ws xf] To ; h]of] -n3syf\_ Pp6f lj wf xf] syfsf]klj wf xf] . -/fh]b/ ; j ]l

\* ; 6f]ds, 5f6f]5l/tf] ; f]l]ts, lj Daf]ds, : j t6g, p0/f0/ kl5Nnf j fSodf tlj }f ePsf] : j odf k0f{ ; 3g / b0{ ; o krf ; zAb ; Ddsf]cfoddf

lj : tfl/t tyf cfVofgsf]n3td k6b j f 2 knf0{n3syf elg65 . -nld0fk/ fb u]td

pMnlvt k\$[tsf lj le6g lj 2fg\ dnf]t]ssf cleJolStx2af6 lgZro klg n3syf ; Da6wl Pp6f cj wf/0f tof/ x65 . logdf k]oM ; ah ; f]h] syf]dstf ; lxtsf]n3td ; Argsf k]fdf ; f] u/\$f 5g\ jf : tj df h ; /L cfVofg]fids lj wsf 2 kdf lrlgg]syfdf syft6t]sf]k6fj sf/L ; 6f]hg x65 To ; /L g ; 6f]dstsf ; fy b]t ultdf ; 6f]hg ul/6f n3syf tof/ x65 . ctM n3syfnf0{ ; aNkt Pj d\ 6f]ds 2 kdf k6fj sf/L 9En]k]t' t ul/Psf]5l/tf] k\$[tsf]cfVofg]fids klj wfc]gtuf kl/eflft ug{ ; lS65 .

#= n3syfsf t6j

; flxTos lj wfc]gtuf cg\$ pklj wfx2 /x\$ x65g\ tl k]o\$ lj wf j f pklj wleq cfk ; df s]l clenlf0fx2 ; dfg lsl ; dsf /xg ; S5g\ pbfx/0fsf nflu dxfs]o, v08sf]o / slj tfx2 cfk ; df sltko clenlf0fsf b]l6n] ; dfg x65g\tfklg uhn / ultnf0{slj tfsf ; fk]ftdf lgs}glhssf]lj wf df]g]ul/65 . To:t)cfVofg]fids lj wsf 2 kdf /x\$ p]k6of ; / syfx2 klg lj wfut clenlf0fsf b]l6n]s]l dfqdf cfk ; df ; dfg g}xg]ub5g\tfklg n3syfsf]lgs6td ; Da6w syf]j wf ; E}x\$]kf065 . h ; /L syf lj wsf nflu syfgs, rl/q, p2]o, kl/j z / efiffz]h cflb t6j x2 clgj fo{36sh : t]ag} /x\$ x65g\o ; /L g]tgsf]w]yf] k6f] n3syfdf klg /xg ; Sb5 . To ; h] n3syfsf ; Gbedf lqDglNvt ; Ars 36s jf lqdf]s t6j x2 af/]rrf{ug{ ; lS65 M

s\_ cfVofgr] -syfj : t' jf syfgs\_

cfVofgr]sf]clek]o syfgs, 36gf, lS ; f jf lj rf/ cflbsf] ; Gbe{ g}xf] . syf / pk6of ; df h : t)n3syfdf klg cfVofgr]nf0{k]o]t]t] df]g65 t/ n3syfsf nflu x/\$ t6j x2 leq n3tf clgj fo{ePh : t}cfVofgr]sf ; Gbedf klg n3tf xg'cfj Zos df]g65 . n3tfsf]clek]o 36gf]h6o cj : yfsf] tlj }d jf b]t/ lsl ; daf6 ; 6f]ds 9Esf]lj Gof ; xf] . k]o\$ n3syfleqsf] cfVofgt6t' jf 36gf lj Gof ; sf qmdf Pp6f lglZrt cgqmd /x65 t/ 36gdf tlj }f jf u]of]dstsf sf/0f To : tf]cgqmdn]km/s km/s : j t6g Psf0x2 lqdf] ug]cj : yf /x65 . hlt ; Sbf]p0/f0/ p]siff jf 2af]dstftk]sf] k]tlt xg]ePsf]n]klg cfVofg]fids tlj }f / n3tfsf]cj : yf b]vf kb5 . ; fdlhs, /fh]llts, cly\$, ; f:#[ts cflb hg ; s ; f]sf kl/36gxf2 eP

klg ltgdf cftl/s 2kdf cfVoftf / sygsf]; Da6w tyf cgbmd ldn3}x65 / ; fdfotof cflb, dWb / cGtosf]cgbmdaf6 qmdzll sfo{ofkf/ jf kllktsf] ljlgofhg xg]ub5 . cfVofgt6thf0{/lvs jf jQfsf/lo 9fFfdf ljGof; ug{ ; ls65 . To; qmddf kl/Defj :yf, klyfg, sfogj fb, ; jIfof, vngfosls/Of, ; a3if{lgik6fjls/Of, kllkt / pk; x/ cflbsf]cgbmd /x3f]xg ; S5 . Itgn] cftl/s 2kdf j :t; Gbe{ bttf, stxntf, uTofIdstf / ; IdVofgtkm6f] kl/kl6tfnf0{b; fPsf x65g\

o; /l n3syfleqsf]cfVofgr]n]Pp6 lglZrt sYonf0{; Ij ub5 . cyf{ \n3syfleq Pp6f lglZrt efj jf ljrf/sf]pklyt /x65 h; nf0{ ; f/j :t'jf dVo sYo klg elg65 . sg]j :t; Gbe{geP n3syfsf]cflrTo; dt; kli6 x6g . To; h]cfVofgr] jf syfj :tsf nflu ; f/j :t' cftl/s 2kd] ljGo:t xg]ub5 t/ sltko n3syfx2df cd't{fsf]dfqf / gf6slo lsl; dsf] kl/; dflktsf sf/Of ToxfCfVofgr]sf]Go6tf /xg ; S5 . h]xfl] \ha; Dd cftl/s ; Argf ; an x6g ta; Dd n3syfsf]cfVofgr]c6tu6 k6fj sf/tf /x6g .

**v\_ rl/q -; xeful\_**

n3syfdf klg syf / pk6of; x2df h:t}rl/q ljwfgsf]clgjfo6f /x65 t/ syf / pk6of; sf ck]ff ; s]Dd Go6td dfqdf rl/qx2sf] ljlgofhg xg' cyf{ \Go6 ; xeflutf xg' n3syfsf]j lzi6a g}xf] . yf]} kfqx2af6 clwstd 2kdf 36gf ; Gbe{f0{; d6g ; Sg' / btt/ lsl; daf6 ; Dk]fOf ug{ ; Sg' g}j:f:tjdf n3syfsf]klxrfg dflg65 . afXo 2kdf 36gfnf0{hlj6ttf / uTofIdstf k6fg ug{kfl6M ; a}vfnsf rl/qx2 o; df ck]lft x65g\g}. Itgdf gfos-gflosf, vngfos, bttf, k]fOfsdL{ ; xoflul jf lj /fvl, jfl-5t JolSt, ldyof gfos cflbsf]eldsf oyf; Gbe{df /xg ; Sb5 . o:tf rl/qx2 dfgjlo / dfgj j/ hg; S}eP klg ltgsf]Jojxf/ dfgjlo k6f]tsf]xg]ub5 . slxn3fxlRzkll, sl6ktE jf hlj jg:klc flbsf]k6f]ul/65 tflklg ltgnf0{dfgjls/Of u/l sfo{ofkf/ ; Dk6g ul/65 . To:t}sltko ; Gbe{df s]n dfgjlo cgeIt jf hljg bz6g ; E ; Dal6wt lj ifonf0{klg dfgjls/Ofsf ; fy k|tt ug{; ls65 .

**u\_ kl/j 2 -sfo{ll7sf\_**

n3syf b6tosyf jf nf3syf cflbdf h:t}sg}sfllkgs kl/j 2df ge0{oyfly6 w/ftndf cl8Psf]x65 . ; fdlhs syfx2df h:t}o; df klg

b2, sfn / jftfj/Ofsf] ; Ij ul/Psf]x65 t/ cTo6t ; 6fids 2kdf cfVofgt6thf0{ljGo:t ug{kgl]ePsf] ; ah; f]n3syfx2df slxn] sxfF/ s:tf]cj :yfdf cflb kZgx2sf]:ki6 pQ/ kfpq ; ls6g . st}; Ro jf ; fl]ts 2kdf cyjf st}; Gbe{ / zAbsf]cy{ fdYo6f cfwf/df kl/j 2sf]klxrfg ug{ ; ls65 . o; /l :yflgs, sflns / kfl/l:yIts kl/j 2 cflbnf0{oyf; Gbe{df pkoSt lsl; daf6 ; Ij ug{; s]To:tf n3syfn]lj 2j ; glo jftfj/Of l; h6f u/l ; du| ; Gb2nf0{; dt; k6fj sf/l tNofpg ; S5 .

**3\_ p27o -k6fhg\_**

lg?27o sg]klg ; flxTo l; h6f ul/6g . k]l6 / kfZrTo ; flxTo k/Dk/fdf ; flxTosf p27o; Da6w cgsf]Fcfjwf/Ofx2 :yflkt e0; s3f 5g\ . dhTll sljtf=sf]o jf ; flxTosf ; Gbe{df k]l6 sf]ozf:qlx2n]p27oaf/]Jofks ax; ul/; s3}5g\ . kfl6M wd{ cy{ sfd / df]f; E ufF] cyjf oz, cy{ Jofj xfl/s 1fg, sNofOf / ; xh pkb2 cflb ; Gbe{ E ufF] sf]o jf ; flxTosf] p27oaf/]kl/rrf{u/3f 5g\ To:t}g]ts lzlf, dgf]-hg, rl/q jf cfr/Of ; wf/ / gofFtYosf]hfgsf/l cflbnf0{klg ; flxTosf]p27o; E hf63f 5g\ o; /l k]l6 jf kfZrf]o hut6f ; flxTo ; dnf]r]sx2n]h]h:tf] ; flxTos ljwfut p27oaf/] ; Ij u/]klg n3syf; Da6w p27onf0{; dt; Itg} E ufF] x6g{ ; ls65 t/ j t6fg n3syfsf] dh lj ifo eg6} ; fdlhs, /fhgllts, k6f; lgs, cfly6 / rfl/lqs cflb ; dsfnlg klf; E ; Dal6wt ePsf]ltgdf kf0g]jf b]yfkglj s[t lj ; EItnf0{cfl]fopg'g}dVo p27o dfg ; ls65 .

**r\_ efiffzhl / b[6la6b'**

sYo lj ifonf0{k6fj sf/l 9Eaf6 afXo 2kdf ; Dk]fOf ug{dfllod eg6f] efiffzhl xf]. eflifs ; fdYoh]g; du|n3syfsf] ; Dk]fOfotnf0{k6fj kfb5 . eflifs ; fdYo6f 2kdf pkoSt jfSou7g, cy{ fdYokOf{zAbrog, clGj ltkOf{ ljGof; / eflifs ; #lsth6o lj lzi6tf cflbsf]eldsf /x65 . n3syfsf]eflifs lj lzi6tf e6g'klg sYo lj ifonf0{lj :t' tNofpg ; Sg]cy{ fdYo{ePsf]cyj f k6fj flGj lt sfod /Vg]lfdtf /xg'xf]. yf]6f w]}tyf e6g vfl]6f]s/fnf0{ ; Gb2dhs 9Eaf6 gf6slo 2kdf JoSt ug6f nflu ; s]Dd k|6 lsl; dsf] eflifs cleJolSt /xg'xf]o; y{uxg cy{; jxg ug{efiff6f klg e6g vfl]6f] s/fnf0{kj fSs t/ x6o:kzl{lsl; daf6 JoSt ug{efiff g}n3syfsf]eflifs k|tlt dflg65 . To:tf]efiff h; n]hljgsf cfzf lg/fzfb]v ; fdlhs tyf /fhgllts lj s[t lj ; EIt; Ddnf0{; Daf]vg ug{; sf] \cyj f l; of6f]6k]f]f

Rj f:; 3f]f] V k]olf j f ck]olf lsl; daf6 Jo-hgf ; fdYo6f0{k\$flzt ug{ ; sf] \

n3syf ; ^Nfkt k\$[tsf]xg]ePsf]o; df nfd]lj j /off]ds z]h]sf] cfj Zostf kb6 . ; fy}slj tfh:tf]s]l cge]t lj z]f dfq gePsf]efj s xflb\$tf]sf] klg cfj Zostf kb6 . cyjf, lj :t] sf]o l; h6fh:tf] nfd] cfn]fl/s rd]sf/k0f{z]h]sf] ; d] vf; }cfj Zostf kb6 . o; df t s] n sYo lj ifonf0{k6fj sf/l / ; 6]f]ds 9Eaf6 k]t t ug]kg]ePsf]n] ; /n Pj d\ ; f/ule] cleJolSt lbg ; Sg]cf8Da//lxt cyf] \s[qdt]lj xlg efiffz]h]sf] cfj Zotf kb6 . oBlk sltko cj :ydf lad] f]ds cleJolSt klg pkoSt xg ; Sb5, o; y{o; sf]efiffz]h] To:tf]x] \s kf7sn]cl]oog k]f/De ug{ fy st'xntf l; h6f ub]kf7snf0{c6odg:s gu/f0\$g j f Psf]f]ofP/ Psf]f]6 ; d]kt xgf; fy em; E kfg{; sf] \ To; sf nflu n3syfx; df dht]mkyd k?if j f t]lo k?if b]l6labbsf]klg k6f]u ug{; lS65 cyf] \; d]voff]af/ f d-xfdl cyjf pm=pgl-hg; s}gfd cflbsf]k6f]u u/] n3syfsf] s]b]lo sYo j f efj =lj rf/ cflbnf0{kf7s; dl f pk:yfkg ug{; lS65 .

**\$= n3syfsf] j ul\$ / of**

; flx]osf c6o lj wfh: t}n3syfnf0{klg lj le6g cfwf/x; df j ul\$ / of ug{; lS65 . ; fdf6otof lj ifoj :t; j fb / t]j ut lj lzi6tf cflbsf cfwf/df o; sf cg\$ pke]x; x65g\ ltgdf lj ifoj :tsf cfwf/df s]l n3syfx; kf]f]ofs, wld\$, ; f:s]ts / bfz]gs k\$[tsf x65g\eg]s]l dht]m; fdf]hs, /fhgllts, cly\$, ; d; fdlos / j ] flgs cflb cg\$ ls; dsf x65g\ To:t} j fbsf cfwf/df s]l cfbz]fbl dfq x65g\eg]s]l oyfy]fbl, k]l]tj fbl, cl:t]j j fbl-lj; E]tj fbl / gf/lj fbl cflb cg\$ lsl; dsf x65g\ . To; u/l t]j ut k]w]gt]sf cfwf/df s]l n3syfx; 36gfk]w]g dfq x65g\eg]s]l rl/qk]w]g / efj j f lj rf/k]w]g cflb xg]ub]5g\ . olafx\$ klg sltko n3syfx; kq]f]ds z]h]df cyjf st}b]l]gsl n]y]g cflbsf]z]h]df ; d] b]yf kg]ePsf]n]n3syfsf e]x; k}z:t dfqdf /x\$]f]lj Zj f; ul/65 . o; /l n3syfsf cg\$ e]x; sf]cj :yf / ; Defj gf b]yf k/]klg lognf0{olt g} ; ^voffd lglZrt ul/xfl]g]cj :yf 56 .

**%= n3syf / syf**

n3syf / syf: tf zAbx; nf0{sltko cj :ydf kof6j frl em]Fa%g] u/]sf]klg kf065 . sbflrt]b]j df /x\$]f]zAbut Psf]dstf / cfVofgf]ds

k]t]tsf sf/of klg To:tf]ePsf]xg ; Sb5 . oBlk bj \$f alr sltko clenlf0fx; ; dfg eP klg bj ]f0{Pp6}lj wfsf ; kdf ln066 . ba}k]m/s k]m/s :j t6g k\$[tsf c]k]m]f k0f{; h6f]x; xg\ j f: tj df n3syfsf]cfsf/ k\$]f/ ; fg] ; ^Nfkt j f n3'f]k0f{x65 eg]syfsf]cfsf/ k\$]f/ s]l a]t\ :yh j f lj :t]tk0f{k\$[tsf]x65 . To:t}n3syfdf syf]gs=ls: ; f-36gf j f syf] :tsf] cj :yf ; ]d / ; 6]f]ds lsl; dsf]x65 eg]syfdf syf] :tut :yhtf /x\$]f] x65 . To; u/l n3syfdf ; lldt lj ifoj :tsf]dfq j of6 x65 t/ syfdf r]lx]f s]l lj :t] j f c; lldt k\$[tsf]lj ifoj :tsf]lj Gof; ul/65 . j :t]m]n3syfdf j fSo j f zAbx; sf]k6f]unf0{; ^voff]ds ; kn] ; d] u0fgf ug]r]6f ul/Psf] kf065 cyf] \Psb]v r]ln; krf; ; Ddsf]cf; kf; sf j fSox; cyjf al; -klRr; b]v b0{c9f0{; o; Ddsf]cf; kf; sf zAbx; n3syfsf nflu pkoSt dflg65g\ t/ syfdf To; /l zAb j f j fSos}u0fgf ug]66f klg cg\$ zAb cyjf cg\$ j fSox; sf]k6f]u u/l h; af6 Pp6f lglZrt syf]ds 9fFfsf] ck]ff ul/Psf]x65 . 36g]x; sf] ; 6]h]gsf b]l6n]klg n3syfdf Pp6f dfq 36gf ; Gbe\$]f] ; ] /x65 eg]syfdf :ki6 ; kdf Pse66f a9l 36gf ; Gbe]x; sf] k6f]u ul/65 . ; /ntf, Jo^voff]dstf, b]t/ cleJolSt j f tlj ]fh:tf clenlf0fx; n3syfsf klxrfgh:t}dflgP klg syfdf r]lx]f]s]l Jofkstf / syf]t]j ut :ki6]tsf sf/of ; fdf6o ult ck]l]ft x65 . To; ]n3syfsf]ck]ff syfnf0{ Pp6f lglZrt lj wfut 9fFfdf p]n]v ul/65 . j f: tj df n3syfleq Psf]d]v]tf, ; f]l]tstf, p0/r0/ p]sif6]hstf / k6f]j sfl/tf nufotsf lj lzi6 klxrfg xg]ePsf]n]klg o; nf0{syfsf]e]66f le6g cfVofgsf]n3'td k6]bsf ; kdf lng]ul/65 .

**^= lgisif{**

n3syfsf] ; ]fl]ts c]l]oog klZrdaf6 ePsf]xf] . kfZr]to lj ]fg]x; n] g]o; sf clenlf0fx; af/]r]rf{k]f/De u/]sf xg\ oBlk n3syf zAbnf0{t] ; d ; f]sf]dflg65 t]klg o; sf]c^a]v]h] ; k6f] / 76]f]s}zfl]Abs ; kdf ul/66 . To; ]n3syf]h]df ; 6{; 6{; 6f]l nufotsf lj le6g gdx; af6 o; nf0{ Daf]vg ul/65 . xg t ; ]fl]ts kl/r]rf{kfZr]to l]q]af6 eP klg k]l6df ; d] o; sf] nfd] ; dob]v k6f]u k/Dk/f /x6]cfPsf]kf065 . Clj ] , cyj ] , pk]g]f]b] af]x0fnufotsf j ]bs tyf To; kl5sf hftssyf, glltsyf, h6]syf, nf\$syf / k-rt6q cflbdf n3syf k\$[tsf cg\$ k6f]u; kf065g\ . pk]Gof; / syfd]l]o; sf]lgs6td ; Da6w syf; E /x\$]fn]o; sf w]h; f]lj wf]ds 36sx; syf; E]ldNbfh]Nbf 5g\ t/ pk]Gof; sf]sg}cznf0{dfq syf e6g

g; lSp emf syfsf]cz dfq klq n3syf dfqg ; lsbq . syf / n3syfsf sxl  
c6tl/s clenlf0f / zhlj Gof; df ; dfgtfh:tf bljvP klq j :t^Mbj }km/s  
km/s lj wf xg\ syf lj wf hlt a9f]jf l5lkkPsf]dfqG5 n3syfrflxFlolt  
lj sl; t e0; s3f]5q tflkl o; df 36gf, r1/q, efj, kl/j z / efizhl  
cflbsf] k\vfqtf /x3} x65 . o; sf] lj z]ftf e6g' g}; ^Nfkttf, ; ldtf,  
Jo^lor]gf, kflsfdstf / ck]oflzttf cflb xg\cyf\^n3syfnf0{Ps  
lsl; dsf]; 3syf eg]klq x65, h; df ; ^Nfkttf, Jo^lor]gf, hlj Gttf /  
; jhgzlntfh:tf kdlv u0fx /xg] ub5g\ . o; sf] qmdnf0{ x3f{ dh^tm  
pmlj {fdl, cu\fdl / c6ttM cwlfudl k3[tsf]b]yf kb5 . of]ofhgflgd  
ePsf]o; df qmd, an / ultsf]lj z]f of]hg /x65 . ; flxTosf c6o lj wdf  
h:t}; dsfnlg ; Gbe/ lj s[tlj ; Eit cflbsf]lr/kmf/sf bl[6n]n3syfsf]  
lj lzi6 eldsf / nf3k0ptf a9b]uPsf]5 .

! = Gbe{ r1

cZs, uflkn, n3; Dkf= @)^%, n3syf klqmf / kf7, nlnkt/ M ; fem k3fzg .  
sf0/fnf, sdf/k| fb -@)&@, ; d; fdlos n3syfsf kdlv kj lQ, dwks{-\$\*-%%%, kE !@-1% .  
uf]d, nld0fk| fb -8f=, -@)&@, n3syfsf] /rgflj wfg, sf7df8f]n3syf ; dfh .  
ofql, s[0f zfx -@)&@, gkfnl n3syf Md-rg / k3fj, dwks{-\$\*-%%%, kE ##-#^ .  
/fhg, >lcfdl >]7 -@)&@, n3syfsf r3f]l, dwks{-\$\*-%%%, kE !@\* .  
zdf{df]g/fh -@)&@, ; dsfnlg n3syf axhj fbl kj lQtkm]pidv bl]v65, dwks{-\$\*-%%%, kE \$!-\$# .  
>]7, bof/fd -@)^(+n3syfsf]cfoflds ; f]7j, dwks{-\$\*, %%%, kE^-& .  
; j bl, /fh]b| -@)&@, n3syfsf]kl/ro Mlj sf; / j t6fg kl/k]fdf, dwks{-\$\*-%%%, kE \*-!! .



s] tkf0fnf0{ yxf 5 <  
)&! sf] j if k':ts cf0; s3sf] 5 /  
xhdl @)&@ j if k':tsdf h16; s3sf 5fj .  
)&@ j zfvb]v r3; Dd lg:s3sf k':tsx?sf] xhdl  
l6kk0fl; lxt kl/ro k3sfzg ub] 5fj .  
xhdlnf0{ l6kk0flsf nflu k':ts jf  
kl/rosf nflu hfgsf/l pknAw u/fpgxf]; \ .  
; flxTo ; j-4g s3b]  
zAbfy{ k3fzg  
rfah u0fz:yfg, sf7df8f]  
\$\$(&#%!=(\*\$!\$(^!)#

k5f/sf] kftf]@

gkfnl n3syfn] to u/3f] ofqf  
nldof cofh

! = lj ifok] z

cfVofgsf tlq klj wf 5g\ - pk6of; , syf / n3syf . ol tlq  
klj wfdllo]pk6of; / syf a9f / l5lkkPsf klj wf xg\ n3syf eg]kl5lNnf]  
; dosf]pkh ePsf]syf / pk6of; h:tf]lj sl; t e0; s3f]5q . o; sf]  
cfwf/el'd lqdf] gkfnl ; flxTosf]d\osfndf ePsf]xf]t/ o; sf]lj wfut  
yfnlg eg]cfwlgf sfnaf6)ePsf]xf]egl ls6fg ug{; lsg]cfwf/x3 5g\  
sg}klq ; flxTos lj wfsf]sfnlj efhg ubf{sg}tfl]sPsf]; 3fl6ts /  
algagfp cfwf/ x6q . clloog ubf{clloogstf]g}Pp6f tfls\$ kf6f]  
; dfp5gV Toxl tfls\$ kf6f3f cfwf/df sfnlj efhgsf hu v8f ub5g\  
o; df sg / s; n]u/3f]lj efhg df6o xg]e6g]s/f Toxl tfls\$ kf6f]lgwf{0f  
u5{. h; n]cf^gf]tsdf c3nf0{; xdt u/fp5g]yf 8f]ofp5gVoxl cfwf/  
df6o a65 . xf]n3syfsf]sfnlj efhg klq of]df6otaf6 c5tf] 5q .  
n3syfsf]lj sf; qmd lgwf{0fdf c6o lj wfsf]h:tf]w]}clloog lj Zn]f0f ePsf]  
5q . o; f]xgd'f o; sf]lj wfut Joflktdf /x3f]; ^srg g}xf]t/ o; tkm{sxl  
k0f; eg]yflnPsf]5 . lj 3fg\; dnf]r]sx3af6 ePu/3f sfnlgwf{0fdf  
Ps3ktf / ; j {Ddl't e]6b3} . le6g le6g cfwf/ ks8] lj efhg u/3f sf/of  
s; sf]lj efhg df6o xf]e6g]c6of]h eg]5 .

; flxTos lj wfsf]sfnlj efhg ubf{.to; /l sfnlj efhgsf]3k/vf sf]3f]  
cfl]rTo s]xf]dl e6g]k3g k0f x65 . Toj]k3gnf0{clloogstf]l]rOa%abf]  
cfwf/ lbgk5{. oxfEg]kfnl n3syfn]cfh; Dd to u/3f]ofqflgwf{0f ug]  
hdsf]ul/Psf]5 / o; hdsf]ckgf0Psf cfwf/=cfl]rTo :yfkgnf0{klg  
; df]lj i6 ul/Psf]5 . ; du]gkfnl n3syf ofqfnf0{clloog ; lj wfsf nflu  
lgDglnlvt r/ofdf lj efhg ug]f0{cfl]rTok0f{7flgPsf]5 -  
-s\_ k[7el'd r/of -v\_ klxnf]r/of  
-u\_ bf] fl]r/of -3\_ t] fl]r/of .

! = r/of lj efhgsf] cfwf/

-s\_ k[7el'd r/of M ; ?b]v lj =; +@)^ ; Dd . o; ; dodf 5f3f

syfx<sub>2</sub> n|vPsf, 5f6f syf / n3syfdf km/s kf0g] o; ; dosf 5f6f syfx<sub>2</sub> n3syf gePsf]t/ klg cfhsf n3syfsf cflb; f] egk[7eld r/0fdf /x\$ 5f6f syfx<sub>2</sub> ÷ syfzx<sub>2</sub> g]ePsf .

**-v\_ k|xn| r/Of** M lj =; ≠ @) & b|v @)! ( ; Dd . n3syf n|vgdf ; r] k6f; sf]yfnl ePsf] n3syf n|vgdf df]nstf lelqPsf] k] [Out Ps<sub>2</sub>ktf ePsf n3syf n|vPsf ÷ n3syfdf lj lj wtf gkf0g].

**-u\_ b|] r/Of** M lj =; ≠ @) @) b|v @) \$^ ; Dd . g|kfnl syfdf cfPsf] gj r]gf / To; sf] k6fj cflzs <sub>2</sub>kd} eP klg kmbs/ <sub>2</sub>kdf k\$flzt n3syfx<sub>2</sub>df b|vg yfn\$ sf/Of n3syfsf] b|] r/Ofsf] k|/Dej Gb' @) @) g]7flgPsf] @) \$) It/ n3syfdf To: tf]sb} r/Of lj efhg g]ugk|u/L sfd gePsf] k-rfotsfnsf] c6t kl5 eg] g|kfnl n3syf n|vgdf kl/j t6 cfPsf] k-rfotsfnsf] c6t j if @) \$^ nf0{b|] r/Ofsf] ; Ldfj Gb' dflgPsf] n3syf n|vg / k\$zgzdf u0ffids j [4 ePsf] n3syfsf/n] n3syf n|vgdf k] [Out lj lj wtf b|vfp g yfn\$ .

**-3\_ t] r/Of** M lj =; ≠ @) \$& b|v xfn; Dd . t] f] r/Ofnf0{b0{pkr/0fdf lj efhg ug|f0{pkoQm 7flgPsf].

**-s\_ k] f|v{ r/Of** M lj =; ≠ @) \$& b|v @) % @ ; Dd . lj ifoj : tsf]rogdf lj lj wtf kf0g] k\$zgzdf klg lj lj wtf e|bPsf] n3syfsf] u0ffids / kl/0ffids b|6n] b|] r/Ofefbf ; zQm t/ pQ/fw{r/Of hlt eg] p] { gePsf].

**-v\_ pQ/fw{ r/Of** M lj =; ≠ @) % # b|v xfn; Dd . lj =; ≠ @) % # df /fi66ofkl n3syf uf]7lsf] cfof]hg ePsf] n3syfsf] af/df vh] ; 3fl6ts jx; x<sub>2</sub> xg yfn\$, n3syf n|vg / k\$zgzdf k] f|v{ r/Ofefbf a9L sfd ePsf] n3syfsf] u0ffids / kl/d0ffids b|6n] cfo6t p] { ; do, lj ifoj : tdf lj lj wtf cfPsf] n|vgdf k6f] lelqPsf] ; 3fl6ts cfwf/ v8f ePsf] n3syf lj z|ff<sup>a</sup>ssf] k\$zgzdf : yflkt / c6o klqsf x<sub>2</sub> sf] klg rf; f] a9\$] n3syf d-rgsf] k6f] b|vPsf] lj =; ≠ @) % # kl5 n3syfdf 5\$} k] [Q : yfkgf e6bf klg k] f|v{ k] [Qsf] pQ/fQ/ lj sf; / lj : tf/ ePsf] o; nf0{5\$} r/Of gdfgl t] f] r/Ofs} pkr/Of egl 566f0Psf].

**e= r/Of lj efhg / cfwf/ lj : tf/**

**e!= k[7eld r/Of**

n3syf h: tf nflg] > j Of k/Dk/fdf k|Int ; Argfids <sub>2</sub>kn] 5f6f nf\$ tyf b6to syfx<sub>2</sub>, wfd\$ tyf kf]f0fs cfVofg c\$sf cgj fb, k-rt6g Pj d\ lxtf]k}zsf cgj fb, csj / / al/j nsf 5f6f lv:; fx<sub>2</sub>, lrlgofF; :s[t / k/ Dk/fdf e|6g] lv:; fx<sub>2</sub> cflb n3syfsf k|/Des lj Gb' p|vvg ug] qmdf e|6g] cfwf/ ; fdu| xg\ k] l6 ; flx|os /rgfx<sub>2</sub>df 5f6f 5f6f syfzx<sub>2</sub>

-n3syfx<sub>2</sub> n|vgsf]; bl3{k/Dk/f : yflkt 5 . n3syfsf] of] k|yfglj G6df k] l6 ; flx|o n|vg k/Dk/fsf] k6fj 56 e6g ; ls6g lsgls t|sfnlg ; dodf c|wog c|wofkg e6g] lj lQs} k] l6 bz6g ; flx|o, k/f0f cflbsf] c|wog e6g] alemn|yof] . ; f] ; dodf k] l6 ; flx|o, bz6g c|wog u/\$f / l; h6g lfdtf; d] ePsf lj afgx<sub>2</sub>df k] l6 ; flx|osf] k6fj kbf{ n3syfh: tf /rgfx<sub>2</sub> klg cglbt ePsf lyP . loglx<sub>2</sub> g|kfnl n3syf n|vgdf k6fj kfg] k6fj s t|ej x<sub>2</sub> eP klg dflysf ; Gbe<sub>2</sub> nf0{n3syfsf] k|yfglj Gb' g} egl ls6fg ug] olQm; ^ut b|v6g . ax\$flns b|6a6 x6f{g|kfnldf !\*) ) It/ b|v g] n3syfh: tf /rgfsf] n|vg ePsf] b|v65 e6g] ; dnf] s df] xg/fh zdf; ; **T; E\$] j 0f6 eofs] syxf / /fhk|f\$] Joxf] /fsf] Pp6f lv:; fnf0{ g|kfnldf xfn pknAw kyd b0{n3syf] ds /rgf : jLsf/ u56\zdf{ dwks{ @) % ^, k\$ @% . snsQfsf] k|f6{ lj lnod sn] hdf c/al, k|f/ ; L efiif c|wofkg ug] k|wofks h7P= P6gn] g|kfnl efiifsf] ; Argf; E k7s j u6f0{kl/lrt u/fpg] p2] on] k|f/ ; Lsf Ps b6f; ]d6; L; E syfzx<sub>2</sub> lnP/ cgj fb u/L tl g cfxfg cf°gf **c uld/ ckm b g|knh Nof<sup>a</sup>lj h** g6ds Jofs/Of s[t df p4] u/\$f lyP -> ]7, @) &), k\$ !!\_ . 5f6f 5f6f /df0nf sy<sup>a</sup>ulx<sub>2</sub> ePsf tl g cfxfgdf n3syfsf] s|l : j<sub>2</sub> k eml65 . ; ; fgf gAa] 6f lv:; fx<sub>2</sub> ; ^sInt uf] f| { **xf: o d-h/l** klg n3syfsf] k|/Des r/Ofsf] rrf{ubf{5f0g cfp6 t/ o; lx; fj n] x6f{ ; **T; E\$] j 0f6 eofs] syxf / /fhk|f\$] a]f] /fsf] Pp6f lv:; f** kyd n3syf] ds l; h6f xg\ . ol b0{/rgfdf nf\$no] ds t|ej sf] cflwSo e|65 . tl g cfxfgd|w0{cfxfgdf klg nf\$no] ds t|ej sf] k6fj a9L kf065 . Ps cfxfgdf nf\$ t|ej s|l sd eP klg ; fdf]hs t|ej ; d] e|66g -uf] d, clwsf/L, @) ^ (, k\$ @% \$ . dfl]ns / ; fdf]hs t|ej ePsf] n3syf] ds k': tsfsf/ s[t ag] ; f6f] lo eg] dflw] ds sfnlg ; flx|osf/ tyf efiif; j] l s[0frGb] cof] -! (#(-@)) @\_ af/f ln|vt **nf] ss G6fo d|0dfnfn** k|f t ub\$ . of] ! (\*) ÷ \*% It/ n|vPsf] / @) ! ^ ; fndf hub] af k\$zgzaf6 k\$flzt ePsf] kf065 . o; ; ^ulx<sub>2</sub>df @& j 6f n3syf ; ^ulx<sub>2</sub> 5g\ ahf g sa] hf alh gonf, afxgn] Rofp vfof] g : j fb kfof] 5f] l s6g' axf/L t; f6g' vfg' t k|F d7l a: g' t g|kfn nufotsf g|kfnl pvfgnf0{n3syfsf] zlif\$ x<sub>2</sub> agfP/ n|vPsf ; a} /rgfx<sub>2</sub>df Jo<sup>a</sup> vofy\$] k|antf 5 .**

k[7eld r/0fdf rrf{ugk|g] csf{n|v s xg\ - uf] kn l; x g|kfnl . logl ef/tlo e|ddf a; f6f; ug] g|kfnl ; flx|osf/ xg\ . logsf] **s|k|kf** -! (( @\_ nf0{slj tf elgPsf] 5 t/ uB z6ldf n|vPsf] cfVofgt|ej sf] e/k/ dhf lng ; lsg] / kfq, kl/j z, 36gf; ; jfb cflb syf] ds t|ej x<sub>2</sub> sf] pkl: ylt kf0g] of] s[t sf] n3syfsf ; Gbe6f rrf{ug] j f-5glo b|v65 .

gkfnl n3syfsf]k[7eId r/Of n3syf tEj x2 sf]pkofu u/l nlvPsf ; zQm n3syfx2 sf]kpfueld xfo0g . h; h; nfo{oxfRk[7eId r/Ofdf pEofOPsf 5g\Tgn]n3syf g]gfd lbP/ lj wfut k|tlt lbPsf klg lyPgg\ oxfrPnNv/ ul/Psf ; h\$ / Itgsf n3'l; h6fdf n3syfIds tEj sf]cfefif kf0g]xgfn] ol n3syfsf k|/Des l; h6f xg; Sg]7fgl 0ltxf; sf]s0g6f6f6 o; nfo{ lagfOPsf]dfq xf]. oltv]sf syfIds l; h6fdf cgj fb k/Dk/fsf]k]ntf e]665 . gllt / pkb2 lbg; n3syfIds tEj sf]pkl:ylt a9l kf0g'; fdfhs tEj x2 sf]pkofu sxl dfqdf ul/g; sxl dflns /rgfx2 sf]klg pkl:ylt kf0g; k[7eId r/Ofsf j]zi6d xg\ n3syfdf efiissf]; 3g pkl:ylt xgkg] eP klg o; r/Ofdf To; sf]cejf v8lsPsf]b]v65 .

**e-e klnf] r/Of**

n3syf n]ygsf]klnf]r/Of n3syf n]ygdv ; r] kpf; sf]yfngl ePsf]r/Of xf]. o; r/Ofsf kdv ; h\$ xg\ kOfk] fb afXdof -lj =; =! (&(- @)\$^ . n3syfsf/ afXdofsf] lj =; =@))& df k\$flzt ePsf] **lemIsf** n3syf ; aUxnfo{k[7eId r/Ofaf6 klnf]r/OfIt/ 8f]ofpg]kdv n3syf s[t dflg65 . ; dfhd 363f / 366 ; Sg]; fdfhs 36gxf2 nfo{n3syfsf/ afXdofn]@@ j6f 5f6f syfx2 sf]; a\$ng lemIsfleg ; d63f 5g\ 5ofnl; a; [cfogf]; flxTos hljgdf syf, n3syf, pk6of; / slj tf ljwfsf gf] s[tsf]l; h6f u/3f b9 JoIQm] afXdofsf **d nllg]xF**-lj =; =@))\*\_ gfd n3syf ; aUx klg k\$flzt 5 . lemIsf / d nllg]xFb0{; aUxdf afXdofn] cy6f]c6of]Qmdhs txd fku] k/Lsyfdf emkzkllsf ; fy]cd't; Qfx2 nfo{ ; d] kfqsf 2kdf lnP/ dhTm; fdfhs c6of, zifof Joj :yf / gf/Ldflysf] xSdlT6qklT lj b]k / Jo^no b] }u/3f 5g\>]7, dwks{ @ )%^, k\$ !#\_ . xsl :j efj sf dflgg]afXdofsf n3syfx2 nfo{; fdfhs 2kf6t/Ofsf qmddf ul/Psf] ; zQm l; h6fIds n]yg dflg65 .

klnf]r/Ofsf csf{; zQm n3syfsf/df hogf/foof lu/Lsf]gfd klg cuklQmdf cfp5 . k2fn]IrisT; s lu/Lsf]@))\* ; fndf **sl**; **aU**/ gfd n3syf ; aUx k\$flzt ePsf]5 . snsQaf6 k\$flzt ePsf]o; ; aUxdf k6s/ 2kdf k6ft, ef/tl, uf]f{ lxdf-rn cflb klqsfx2 df k\$flzt ePsf n3syfx2 g]; aUxt 5g\ lu/ln]o; ; aUxsf n3syfx2 df lj ifoj :t'sf] rog, syfsf]; e]hg, lzlk / sYosf]agf0 tyf k|t'tls/Ofdf eg]Tolt Wofg k'ofpg eg]; s3f 56g\/ldl, dwks{ @ )%^, k\$ %&\_ . lx6bl ldl>t efiissf] kpfu lu/Lsf n3syfx2 sf sdhf] klf xg\ n3syfsf/ lu/L dfgj dgnfo{ s] f] s] f] u/L s]hpg vlk; n3syfsf/ xg\ pgn]s07fu]t dfgl; stf, dfgl; s tgfp / k'ohlgt dgflj 1fgnf0{cfogf syfsf]lj ifoj :t' agfPsf]

kf065 ->]7, dwks{ @ )%^, k\$ !#\_ . o:t}zlzsnf zdf{klnf]r/Ofsl ; zQm dlxf n3syfsf/ xg\ zdfsf] **pgsf]**; **?jfn** gfd n3syfsf]t k\$flzt 5 . lj =; =@)! ( ; fndf k\$flzt cfw bh6 hlt n3syfx2 sf]; a\$ng o; s[tdf zdfn] dfgj Joj xf/ / hljghut'sf oyfy{fnfo{ ; Gb/ lsl; dn] ; hfPsl l5g\ . gkfnl n3syfsf]Plt xf]; s kl/j Qnf0{ s]hP/ xg] xf] eg] xfn; Ddsf]cg; Gwfgn]zlzsnf zdf{k[7eId r/Of / klnf]r/Of ; d]sl Psnl n3syfsf/ gf/L kltef dflg65g\ ol kltefx2 sf cltI/Qm k'ofLb/fh v]fnf / /Tgdlof gkfn]klg @))& ; fnt/ k\$flzt **kltef** klqsdf / **08l / r08l** -k'ofLb/fh v]fnf\_ tyf **lj jfx** -/Tgdlof gkfn\_ zlif6df n3syf k\$flzt u/3f]e]665 . o; r/Ofsf]; dofj lwdf kOfk] fb afXdof, hogf/foof lu/L / zlzsnf zdf6fx\$ c6o n3syfsf/x2 sf n3syf ; aUx k\$flzt ePsf]e]665 .

o; r/Ofdf Hofb]6og n3syfsf/x2 lqmfzln 5g\ k[7eId r/Ofsf thgdf of]r/Of n3syf n]yg / k\$zgsf b[6n]lgs]Joj l:yt 5 . n3syf n]ygsf]; r] kpf; sf]yfngl xg'g]o; r/Ofsf]kdv kllt xf]eg]k] Qut Ps2ktf o; r/Ofsf]; ldf xf]. lj ifout b[6n]o; r/Ofn]sxl lj lwf c6fn3f]5 . ; fdfhs, cly6, ; f:s[ts, wld6 cflb lf6sf ; d:ofnf0{ oltv]sf n3syfsf/x2 n]cfcogf n3syfx2 df klS8Psf 5g\ n3syfdf dgflj 1fg lj ifon]klg oltv] k] 2 kPsf]b]v65 . k]sTds zhl / lzllksf] kpfu ul/g; dfgj ]/ kfqsf]kpfu xg; gf/L ; d:ofx2 JoQm ul/g; 3/fo; l ; d:of phfu/ xg' cflb o; r/Ofsf n3syfsf k] Q xg\

**e-# bf] f] r/Of**

gkfnl n3syfsf]bf] f]r/Of n3syf n]yg / k\$zgdv uoffTds a[4 ePsf]r/Of xf]. o; r/Ofsf]Joflkt lj =; =@)@) b]v @)\$^ ; Dd /x3f]5 . o; r/Ofdf n3syf lj wklT ; dlk6 eP/ n3syf n]yg]2 sf]; aVofTds pkl:ylt pNn]o 5 . o; r/Ofdf lj Zj De/ kofs/h, hublz gkfnl, clgt thfw/, w] dlwsdl{ nj ufPn] Zofdufkn cfzf, lj gosdf/ s; h;" /d2 gkfnl, bh6fn l; \*, /Tg sf]h"n:tf n3syfsf/x2 gkfnl n3syfsf]>la[4df lqmfzln b]v65g\

lj Zj De/ kofs/h bf] f]r/Ofsf pNn]o n3syfsf/ xg\ pgsf] **06b]flsf] uDahleq** @)\_ gfd n3syf ; uX k\$flzt 5 . kofs/hsf n3syfx2 leq dgflj / a6asf]; zQm k|t'tls/Of kf065 . lj ; aUlkof{hlj gs]v]sf k|t't ug{n3syfsf/ kofs/hsf]j]zi6d xf]. ; g; /ldf hlGdPsf / lj Zj kl; 4 n3syfsf/ vlhn lha]gaf6 cfw k6flj t hublz gkfnl -!(()-@)#\*\_ sf] **hublz gkfnlsf sxl n3syfx2** zlif6sf] n3syf ; aUxdf g6lws

z]hllzNkn]el/Psf n3syfx; kmhf k5g\ lj =; #e)!^ df df]a^df hl6dPsl  
clgtf thfw/ lj z]ftM syf lj wdf snd rnfpg]gf/L kltef xg\ ltg syf  
; ^u\ksl ; i6f thfw/sf] **klm'** -e)#\$ \_ zlif\$sf]n3syf ; ^u\ k\$flzt 5 .  
w] dlwsdl{/ Zofd uf]kn cfzfn] ; eQm ; kdf **n3'** -e)#%\_ zlif\$df n3syf  
; ^u\ tof/ u/\$f 5g\ **ufp]f di; gf syfx;** -e)#&\_ sf ; i6f nj upf] ]  
-e)!^ \_ sf n3syfx; n] lfof lj z]f]sf]dfgl; s ; j]unf0{dx]j lbPsf 5g\  
n3syfsf/ upf]n3syfsf]; Argf klf kl't ; r] b]v65g\

o; }r/0fsf csf{; zQm n3syfsf/ xg\ - lj gosdf/ s; h". g]kfnl  
n3syfsf] t] f] r/0fdf a9l lqmfzln b]vg] s; h" o; }r/0faf6 n3syf  
lj wfsf] p6gogdf lqmfzln 5g\ . o; r/0fdf pgsf] **kz't6q** -e)#(  
zlif\$sf]n3syf ; ^u\ k\$flzt ePsf]5 . k]ltzln lj rf/sf klfw/ s; h'sf  
/rgdf ; fdlhs c; Gthgsf cj :yfk]t lj b]f] cf\$lnPsf] kf065 . /d]z  
g]kfnl, bh6fn l; \* / /Tg sf]h'sf qmdz**Mkf6sl af]hxl** -e)#@\_ **emleqsf]**  
**df65** -e)#&\_ / **a9f]j t6fg** -e)#(  
k\$flzt 5g\ /d]z g]kfnlsf n3syfdf  
; fdlhs lj ifoj :t' el665 eg] bh6fn l; \* g] f/L efiidf /fd] n3syf  
n]v5g\ . n3syfsf/ l; x]n] g]kfnldf n3syf n]v]f 5g\ g\ t/ emleqsf]  
df65df pgn] g] f/L efiidf lnlt cf'og}n3syfsf] cg] fb u/\$f xg\  
k0f]k] fb af]x0fsf] **Pstl; syf** -lj =; #e) \$@\_ zlif\$sf]; u\ klg bf] f] r/0fsf]  
pknlaw x]. o; ; ^u\ksf n3syfx; cfdk/s lr6tgsf]k] ntf ePsf uB  
slj tfh:tf 5g\

o; r/0fdf km6s/ ; kdf n3syf n]vg]n3syfsf/x;df cz]f dNn,  
hublz l3ld/] df]g/fh zdf{ xl/ clwsf/L, Olgb/f k] f0f-eful/yl >]7,  
gf/fof0f ltj f/L, kdf] k]wfg, dx]z k] f0f-gsh l; nj fn, lj ho alhdo, uf]j Gb  
lu/L k]0ff, lj ho rfn; ] efpk]yl, tly{>]7, xl/uf]j Gb n06]h, k] lj /xl, cd/  
zfx, k0f]fn r's] /d]z lj sn, k\$fz /]dl, w] rGb]uf]d, b] sdf/L ykf, k/z'  
k]wfg, w] ; fksf]f, lu/L/fh cfrfo{cf]dl0f zdf{ j gdfnl lg/fsf/ ; gt /]dl,  
lszf] g]kfn, uf]kn k/fhhl, slj tf/fd, lj ho ; fu/, /d]z uf]v]l, lj z] df]g  
>]7, kf]f0f kf08] b]h]t]lj qmd lj i6, ej fgl l3ld/] cf]b dx]j k0f{5g\ . ol  
; h\$ x; d]llo] sltko ; h\$ x; syf lj wfsf Vofltgdf ; h\$ xg\ loglx;  
km6s/ ; kd]eP klg n3syfkl't cfsli]f xg' g]kfnl n3syfsf] :yfk]gdf  
dx]j k0f{5 . cz]f dNn, hublz l3ld/] df]g/fh zdf{ xl/ clwsf/L, eflu/yl  
>]7, gf/fof0f ltj f/L, /d]z lj sn, uf]j Gb lu/L k]0ff, uf]kn k/fhhl, kf]f0f  
kf08] b]h]t]lj qmd lj i6, efpk]yl, b] sdf/L ykf, w] rGb]uf]d:dh:tf ; i6fx; n]  
o; r/0fdf kl/df0ff]ds ; kdf yf]n3syf n]v]klg u0ff]ds dNnosf lx; fan]  
pRr sf]j6sf n3syfsf]l; h6f u/\$f 5g\

o; r/0fdf g]kfnl n3syfsf]lj sf; df lj le6g kqk]qsfx; n]pNn]vglo  
eldsf j xg u/\$f 5g\ o; ; dodf af]sl, k]f]u, b]f] cf]v]l%ofn, knfF,  
kl'tef, h6sl/L, rf]f/L, c0f h:tf uf]jhsf, xj f0kq / kf]6sf8{k]qsfx;sf  
; fy; k]v]f, dwks{l; p8L, laxfg, ho6tl h:tf :yflkt k]qsfx; n]n3syfsf]  
k\$]zgd f a9l dx]j lbPsf] b]v65 . lj =; #e)@\* ; fndf **af]sl** -xl/eQm  
s6j fn ; Dkflbt\_ , @)## ; fndf **k]f]u** -lj /f6gu/af6 k\$flzt\_ , lj =; #e)#\$  
; fndf **gj/Tg** -g]kfnu-haf6 k\$flzt\_ , lj =; #e)#( ; fndf **b]f]** -; Dkf= /fh]b|  
zne, emkfaf6 k\$flzt\_ , lj =; #e)#( ; fndf **g]lnahl**, lj =; #e)#\$ ; fndf  
**bk]f** k]qsfx; n]n3syf lj z]f]f^a\$ k\$flzt u/\$f 5g\ uf]j Gb lu/L k]0ffsf]  
; Dk]bs]j df k\$flzt **n3syf** zlif\$sf] n3syfkw]fg k]qsf]n] n3syfsf]  
lj sf; df dx]j k0f{eldsf lg] f] u/\$f]5 . lj =; #e) \$#-)\$ \$ \$ df rf/ c^a\$  
k\$flzt ePsf]o; k]qsf]n]c; c^a\$sf]k\$]zgd f eg]lg/Gt/tf lbg ; s]g .  
kqk]qsfx; sf]o:tf sfo]f0{n3syfsf]lj wfut k]f/k] f/ / lj sf; sf nflu  
k]z;glo of]ubfg e6g ; ls65 .

klxnf]r/0fsf thgdf bf] f] r/0fdf n3syf n]vg / k\$]zgd f pNn]vo  
lj sf; ePsf]5 . o; ; dodf n3syfsf :t/lo :j ; k klg b]v]k/\$f 5g\  
lj s[t / lj ; ^u]tsf] kb]k]f; ub] ; fdlhs r]gdf kl/dfh6 Nofpg' /  
n3syfsf]lj ifoj :t' rog tyf n]vgdf k] [Out lj lj wtf b]vg' o; r/0fsf  
k]f]kt xg\

**e-\$ t] f] r/Of**

lj =; #e) \$& b]v xfn; Ddsf]; dofj lw g]kfnl n3syfsf]t] f] r/0fsf]  
cj lw x]. s; \$; h]o; r/0fnf0{t] f] / r]v]f]egl 56dfPsf 5g\ t/ o; r/0fdf  
n3syfsf]5\$}k] [Q :yfk]g xg6gf klg t] f] r/0fsf]k] f]v{; dos}k] [Qsf]  
lj sf; / lj :tf/ kl5Nnf]; dodf ePsf]kf0Psn]5\$}r/Of egl :yfk]g ug6gf  
klg o; r/0fnf0{k] f]v{/ pQ/fw{u/L b0{pkr/0fdf lj efhg ug{pkoQm b]v65  
/ ox]Fofl cg; k lj efhg u/L xl/Psf]5 .

**e-\$=! k] f]v{ r/Of**

lj =; #e) \$^ ; fndf -r] @^\_ g]k]fndf /fh]jts kl/j t6g cfof] .  
k-rfotl Joj :yfsf]c]Gto e0{k]h]t]f]q]s olusf]k]f/De eP kl5 g]kfnl ; dfhn]  
:j t6gtf cge't ug{y]Nof]. ; dfhdf cfPsf] :j t6gtfaf6 g]kfnl n]v]sx; klg  
c5'tf]/x]g\ km: j ; k g]kfnl n3syf n]vgdf ; mlg /x]f]cfPsf n3syfsf/x; n]  
klg g]kfnl ; fdlhs kl/kf6l cg; k cf'og]n]v]gnf0{gof]j ifo, gofF, d:of,  
; dfh lj sf; sf d2f cf]b tk]m{pEofP . o; h]o; r/0fsf]k]f/Del]j Gb' lj =; #e)  
e) \$& nf0{df6g ; ls65 . o; r/0fsf]Jof]kt lj =; #e) \$& b]v @) %e ; Dd  
/x]f]5 .

jho6tl \$& n3syf c^a\$ @

gkfnl n3syfsf] k] ffw{ r/0fdf cl3Nnf r/0fb]v g}lqmfzln /x6} cfPsf ; h\$ x2 sf] pkl:ylt / ; lqmotf kf0G5 . s}xl gofFn3syfsf/x2 klg o; r/0fdf n3syf lj wkl|t cfslif ePsf 5g\ lj gosdf/ s; h;" eful/yl >]7, /fhj, lszf] kxf8L, 0lGb/f k] f0f-wj dlwsdl{ uf]lj Gb lu/L k}0ff, uf]vaxfb/ l; x; cz]f dNn, gog/fh kf08] cdf]b] e\$ /f0{ dg' a]hfsl, /d}z tknfg, jf; 'j /fn, gf/foof ltj f/L, 0Gb\$df/ >]7 ; l/t, t]hk\$z >]7, df}xg aGhf8] clj gfz >]7, ; Lt f kf08] /Tg k]hfklit, lj i0f' /f0{ >lcfd >]7 /f]b, lj b' uf]d, /j lGb] ; dl/, jf; 'dflid\$, s[0fk] fb bxfn, s[0f zfx ofql, afnd\$Gb vgn, ; dg ; f}e, /fdaxfb/ aflgofFlf]ql cflb o; r/0fdf lqmfzln n3syf ; h\$ xg\ ol ; h\$ x2 d]llo]oltv] n3syf ; ^ux lnP/ b]yfkgl n3syfsf/x2 df cdf]b] e\$ /f0{ gf/foof ltj f/L, eful/yl >]7, afnd\$Gb vgn, ; dg ; f}e, w] dlwsdl{ /fdaxfb/ aflgofFlf]ql k]v 5g\ cdf]b] e\$ /f0{ x: tflf/ -@) \$& n3syf ; ^ux k\$flzt u/\$f 5g\ kfl/j fl/s ; d: ofnf0{ phfu/ ug{ aG\$sf]l; hgf u/L ; an n3syfx2 n]vg; n3syfdf k\$flzt k\$flz f]k]bs lzNksfl/ tf e]lg' cflb e\$ /f0{ n3syfut lj z]ff xg\ . n3syfsf/ gf/foof ltj f/Lsf] bz}vr{-@) \$& k]vlt fbl lrGtgwf/f klS8P/ n]vPsf n3syfx2 sf] ; Efnf]xf] . : j} sNkgf]ds p8fgdf p8yegbf oyfly\$ w/ftndf /Dg rfxg]n3syfsf/ ltj f/Lsf n3syfx2 df ; ldf]t]s] ; dbfosf cGtJov]sf]k]tlt a9L e]l665 . lj z]ff tM cfVofg lj wdf g} s]l]b] eful/yl >]7 k]l]s]f]ds k4]tsf]pkof] u/L n3syfsf] ; hgf ug] n3syfsf/ xg\ >]7 sf n3syfx2 df u/la / lgdvfx2 sf p]kl8g / Joyf dvl/t ePsf] e]l665 . sf]of]dstf >]7 sf] z]lut klxrfg xf]. pgsf] /E]lg kf] /L -@) %)\_ zlif\$df n3syf ; ^ux k\$flzt 5 . o:t} afnd\$Gb vgn]sf] afflotf -@) %)\_ , w] dlwsdl\$] a4 sxl+5g -@) %)!\_ , /fdaxfb/ aflgofFlf]qlsf] of] hlt s: sf] < -@) %)\_ ; dg ; f}esf] cfw]gs n3syfx2 -@) %)\_ o; r/ ofsf pln]vo n3syf ; ^ux xg\ o; r/0fdf s}xl kqk]qsf]x2 n]n3syf lj z]ff^a\$ k\$flzt u/] n3syfsf] lj sf; cleofgd dx]k]k] ; xeflutf hgfPsf 5g\ . h; df ; f}e -; Dkf= lszf] kxf8L / cz]f dNn, @) \$^> ) \$&\_ cleef] s -; Dkf= jf; 'dflid\$>@) %)\_ , ; g; /L -; Dkf= s[0fk] fb bxfn=>@) %)\_ nufotsf klqsf]x2 sf] pkl:ylt b]vG5 . lj =; +@) %)! ; fndf k\$flzt cleJolQm -; Dkf= gu]b/fh zdf{ sf] syf lj z]ff^a\$ df n3syfnf0{ klg ; dfj } ul/Psf] kf0G5 . o; ; dodf k\$flzt cllofo -; Dkf= lszf] kxf8L / cz]f dNn=>@) \$&\_ / ; f/fz -; Dkf= >lcfd >]7 /f]b=>@) %)!\_ eg]n3syfsf ; fdlxs ; ^sng xg\ ol b0{; fdlxs ; ^sngn]o; r/0fdf n]ys kf7s bj df n3syf lj wkl|t cfslif ug\$ nflu

jho6tl \$& n3syf c^a\$ @

u/\$f] of]ubfg ; /fxglo /x\$]5 . k] ffw{ r/0fsf n3syfsf/x2 n]l] ifoj : tsf] rog / n]vgdf lj lj wtf b]v]Psf 5g\ cl3Nnf]r/0fsf thgdf of]r/0f n3syfsf] u0ff]ds / kl/0ff]ds dNof lx; fj n]z]lQmzfnl 5 . hlj gclNof n3syfx2 n]vg; c]fofo, c]ofrf/, z]ff]of, bdg, p]kl8gsf cfj fh cleJolQm xg; k]l]s]f]ds z]h]s]f]pkof] xg; ; fdl]hs tyf /fhg]lts hfU/0fsf lj ifotk] ; h\$ x2 cfslif xg; ; ldf]t]s] j u]k]l]t a9L ; xfgelt /Vg; n3syfsf cfbz{: j } kx2 b]v]g; kqk]qsf]x2 n] pRr rf; f}f ; fy n3syf lj z]ff^a\$ x2 k\$flzt ug{ klqsf]x2 df k]bs/ n3syfx2 af]snf]x2 kdf 5flkg yfl]g; n3syfdf ; fdlxs ; ^sng x2 k\$flzt xg' cflb o; r/0fsf k]k]t xg\ e-\$-@ pQ/fw{ r/0f lj =; +@) \$^ tfs gkfnl /fhg]ltdf cfPsf] kl/j tGn] hgdfg; df pln]Psf]p] ; fx @) %> ) %)# ; Dd cf0k]b]f la: tf/]g/fzdf abing yfl]5 . ; /sf/ / o; sf sfda6 dflg; x2 c; Gt]6 aG5g\ hgdfg; df cfPsf]c; Gt]6n] n3syfsf/x2 klg 5f]0G5gV ; fdl]hs c; Gt]6 l; hgf x2 df klg JolQmG5 . lg/fz, cfq]z, lj b]k, qm]Gth: tf efj gfx2 n3syfx2 sf lj ifo aGg yfl]5g\ k] ffw{ r/0fsf lj ifoj : t' eGbf leGg lj ifoj : tsf]k]t]n]n3syfsf]lj sf; ofqdf klg gof]df] cfPsf]cfefif xG5 . o; } /L lj =; +@) %)# ; fndf kyd /fi6]ok] n3syf uf]l]sf ; fy)@) %\$ / @) %)\_ df /fi6]ok] n3syf k]tofl]utf ; ; DkGg ul/G5g\ . ol sfo}x2 af6 klg gkfnl n3syfsf] lj sf; ofqdf gof]cfofd ylkG5 . o; } oxl @) %)# nf0{ pQ/fw{ r/0fsf] k] /Delj Gb' egl : j]lsf/ ug{ cf]rTok0f{xg cfp5 . n3syfsf]pQ/fw{ r/0f gkfnl n3syfsf]j tG]fg r/0f xf]. s}xl k'fgf / w] } gofFn3syfsf/x2 sf]lqmfzln]tf b]v]Psf]o; r/0fdf pln]vo ; wofdf n3syf ; ^ux x2 k\$flzt ePsf 5g\ n3syfnf0{g} s]b]lo lj wf dfg] n]vg ; h\$ x2 sf] pkl:ylt klg afl]Snb}uPsf]5 . kqk]qsf]x2 n] ; d] n3syf k\$flzt p] ; f]xhgs ult]lj lw k]z]g ul//x\$ 5g\ . c]o lj wdf : yflkt e0; s}f : j gfdw]o ; flx]osf/x2 klg n3syf lj wlt/ cfslif aG}u0/x\$ 5g\ . n3syfsf] ; fdlxs ; ^sng / lj z]ff^a\$ sf] ; ^vof klg ylk]f]5 . ; d]n]f]s tyf l; 4Gt lgd]f]stf]x2 sf] klg n3syfsf] lj wfut : yfk]gdf ; lqmo ; xeflutf b]v]G5 . n3syf]k]v]g k] as klqsf : yfk]g xg; kqk]qsf]x2 n] ; d] k]bs/ } kdf n3syf k\$flzt rf; f]b]y]fpg' cflbn]n3syfsf]lj wfut lj : tf/sf]cfofd klg lbg blug/ ft r]y]gsf lx; fj n]k]n]f]5 . o; r/0fdf ePu/\$f ult]lj lwnf0{tn qm]z]M k]6 kfl/G5 - -s\_ ; ^ux k\$flzt M gkfnl n3syfsf]t] f]r/0f cGtu}sf]pQ/fw\$

; dodf ; a\uk k\$zfzgsf]ultdf tlj tf cfPsf]b]v65 . gofFk/fgf, :yflkt,
gj flbt ; a); h\$xc\_s]afsnf]pkl:yltn]n3syf ; a\uk k\$zfzgsf]u0ffds
/ kl/d0fftds bj}l:yltdf pNv0 lj sf; ePsf]5 . lj ifout lj lj wtf /
z]lut lj le6gtf ePsf n3syf ; a\uksf]k\$zfzga6 gkfnl n3syfsf]of]r/Of
; Dk6g 5 . o; r/Ofdf ; a\uk k\$zfzg u/fpg]n3syfsf/ / k\$flzt n3syf
; a\ukx\_cdf lj gosdf/ s; h\$fn ln:gf]-@)##\_ , yf]k yf]k]-@)##\_ , af3sf]
; Tsf/ -@)^!\_ / :ofnfn0{lnk/f kof/f]-@)^^\_ , bh6fn l; xsf] dg' /
d[ok] {-@)##\_ , jf; 'dfid\$sf]5]sf5]sl -@)##\_ , lsz]f] kxf8]sf]lsj]b6tl
-@)##\_ , /j]l6b] ; dl/sf t] ]]cf]f]-@)##\_ , kf]6df6d]-@)^#\_ , lj sl/Of
-@)^#\_ , 0z] /sf syfx\_c]-@)^#\_ , ch]b]i6]-@)^&\_ , c0f' / kxf8]-@)^(\_ /
PsnJo b]i6]-@)^&!\_ , anb] dhu0f]f] ; a\$nk -@)##\_ , lj i0f' /f0\$]f]k/k/
-@)##\_ , gu]b/fh zdf]f] Psf]tsf cfkntx\_c]-@)##\_ , 0]6b/f k] f0\$]f]
j ofg -@)##\_ , /fdlj qmd yf]k]sf] kfqx\_c]-@)##\_ , xl/uf]lj Gb n06]h]sf]
; do / jgd]f/f emf/ -@)##\_ ; b]i0f clwsf/l]sf] c]fd]f] tf/ -@)##\_ ,
lj Zj /fh clwsf/l]sf] ; [i6]-@)##\_ / clego -@)^)\_ , slkn nfid5fg\$]f]
c]oyf -@)##\_ / hndfgj -@)^!\_ , s[Of zfx ofq]sf] ; !d lzvfx\_c]-@)^#\_
/ cf0]f] s c:q -@)^\$ , gj /fh l/hfnsf]cb]z0 kl8f]-@)##\_ / df6]f]vf]b]
-@)^&\_ , gf/fo0f ltj]f/l]sf]dx]l, ef\$ / ; fj 6f]0; Of -@)^&)\_ , >lc]f] >]7
/f]g]sf cf]l%ofn -@)##\_ \*x:tlnlvt\_c]kdf 5flkPsf] / eddfu{-@)^&\_ ,
w] dlwsdl\$]f] b]i6 / 3/3f] hEn -@)##\_ , k0f; ; f]e >]7sf] lj Da
kl]lj Da -@)##\_ , sdf/ s]l b]l]sf]n3syfsf] ; f]fnf]-@)##\_ , kls//fh
e\$]sf sd0f]f]-@)##\_ (, dlQmbt -@)^@\_ / Ps yf]k] ; fu/sf]-@)^\$ , z]v/
sdf/ >]7sf] ; fu/k/ -@)##\_ (, uf]lj Gb e\$]f0\$]f] eflon] n06]f] lh6bul
-@)##\_ (, odgb] ptk]s]sf] ofqf/De -@)##\_ (, kf]f r]kfuf0\$]f] nk; lwf/f]
-@)##\_ / xf0s' syf -@)^!\_ , 80d/ /l; s ef/t]sf] e0Fslx/f]-@)^)\_ ,
lszg yf]k] cw]f/sf] c]wfx\_c]sf] b]zdf -@)^)\_ , j b]l kflnv]f]f] dgl:ylt
-@)^)\_ , 0]6b\$df/ lj slnk]sf] ; j]nlo 3/ -@)^)\_ , uf]vaxfb/ l; xsf
cf]nkofh kofhcnf'-@)^!\_ :of]syf / n3syf ; u]k xf]. o; df syf / n3syf
b0{v08 5b0f0{n3syf v08 c]tu} @^ j 6f n3syf ; dfj z ul/Psf]5 \_
/ gu/; efsf] kfr]f]hbg -@)^#\_ , lj ho ; fu/sf] ; fu/sf syfx\_c]-@)^)\_ ,
clua agkfn]sf z6ofqf -@)^)\_ / cl]td cfu]k]-@)^#\_ , s; d 1jfn]sf]
; lxbn] la; \$]f] upf]-@)^)\_ , lx/0o e]fhk/]f h^a\$]f]-@)^)\_ / /a\uk\_c]-
-@)^#\_ , cRo't l3ld/]f] lzv/ r]l9/x]f]f] df65]-@)^)\_ , >lafa' s]sl{
pbf; sf] ; do / afl56f -@)^)\_ , dfwj nfid5fg\$]f]k':sf/ -@)^!\_ , s]z]
k]w]g]sf] bu]bdf0\$]f] d[o' -@)^!\_ , uf]kfn 9sfnsf] c:tfPsf] ; b{-@)^#\_ ,

wg]f/fh /f0\$]f] /ftf] x:tf]f/ -@)^@\_ , /fh/fd d]gsdl\$]f] c]t]a]f] -@)^@\_ ,
xl/x/ kf]h]sf] sf]nf] p]hofnf] -@)^@\_ , lzj xl/ clwsf/l]sf] b]v]f] dg
-@)^@\_ , xl/k] fb e08f/l]sf] clj/n ofqf -@)^#-@)^\$ df k]m k\$zfzg\_ /
sf]nf ; k\$]f]vf]hl -@)^& df ; fem k\$zfzga6 @ kN6 k\$flzt ePsf] , s[Of
ahuf0\$]f] o]qj t\ -@)^\$ / /f]Dofk -@)^^\_ , Pn- la- l]q]l]sf] lqz^a\$]sf]
b]zdf -@)^\$ , n]ygyf sf^n]f] crf/ -@)^\$ , zld]f v8sf b]xfnsf]
; j-t\clkm; -@)^\$ \_ cf/- cf/- cf]huf0\$]f] lj 36gsf] tof/l]df -@)^#\_ ,
; /:j tl l/hfnsf] k] E, ed / kfqx\_c]-@)^#\_ , eld /fgf lh1f; \$]f] s^o{
nfu]f] lbg -@)^#\_ ; dg/fh t]d]f/sf] u7]d^un -@)^#\_ , b] ]b] cof]h
cf]f]sf] 3f0t]0z] / -@)^^\_ , l]b]nk z]fx]sf] hf]nf]-@)^^\_ , dlQng]f] l3ld/]f]
@!^@ -@)^^\_ ; lznf b]p]h]sf] b]f]fg -@)^^\_ , 6s/fd ; g]f/sf] k/]
-@)^&\_ , l; Gw' uf]d]sf] ss]f]sf] zlt -@)^^\_ ; fwgf k]t]l]f]sf] ; l]6]lw
; dosf kf0nfxc]-@)^^\_ ; ?e0]msf]lj?k]f] / b]z -@)^&!\_ , 6]sf/fd /]d]sf]
lj kof{-@)^&!\_ , sllof]f k]t]sf] ; do ; Gbe{-@)^(\_ / k] fb -@)^&!\_ , v]d/fh
k]f]f]h]sf] b]x]f] nf]f] -@)^&#\_ / k5df]l]sf] cf0; lqmd -@)^&#\_ , /fh' l]q]l
ck/]f]f] d]f] s]xl n3syfx\_c]-@)##\_ (, efllo / sd{-@)^&#\_ , sdn bl]l]f]sf]
n3syf efu ! -@)^&\_ / n3syf efu @ -@)^&\_ ; dg ; f]esf k/f0 lj rf/
-@)^#\_ / d[o' ; a\uk -@)^&!\_ , efis/sf]6]psf]sf]vf]hl -@)^&!\_ / /fd]df/
kl08t l]q]l]sf] b]z]sf]vf]hl -@)^&!\_ hl]g b]fg upf]h]f]f] / Dkflbt l]dof]
:tk n3syf ; a\uk -lj Zj g]kfnl dx; 3 dnl; of]af/f k\$flzt cf7 hgf
; [6fx\_c]sf] ; 0]m k0v 5g\ xfn] l; hgf cleofgsf]k]f]f]k\$zfzgsf\_c]kdf
w] dlwsdl\$]f]f] c]lbt Zofd cfz]sf n3syf k\$flzt ePsf] hfgs/l]df
cfPsf]5 . Zofd cfz]f g]kfn efi]f]sf vo]tgdf n3syfsf/ xg\

-v\_ ; fd]xs ; a\$ng M t] ]] r/Ofsf] pQ/fw{ ; dodf n3syfsf
; a\uk k\$zfzgsf]jofkstf ; E; E; fd]xs ; a\$ng k\$zfzgsf]sfddf klg
u0ffds j [4 ePsf]b]v65 . o; ; dodf >lc]f] >]7 /f]g]sf] ; Dkfbgdf
z6f/De -@)##\_ / ; -rog -@)##\_ k\$flzt ePsf 5g\ ol b0{ ; a\ukdf
qmdz]l]e)%\$ / @)##\_ df cf]f]h]t /fi6]kofl vhf n3syf kl]to]f]ultdf j frg
ul/Psf n3syfx\_c] ; u]xt 5g\ z6f/De %j 6f / ; -rog &) j 6f n3syfx\_c]sf]
; f]fnf]xf]. o:t}n3syfsf/ uf]vaxfb/ l; x ; Dkflbt k]x/f]y]k]Psf]au/
-@)##\_ klg o; ; dosf]dx]f]k0f{pkn]Aw xf]. o; df !)( j 6f n3syfx\_c]
; df]j i6 5g\ s[Of s]B]h]f]f] / Dkflbt ; j]hg :j/x\_c]-k\$]fzs MPDg]l;6 0]6/
g] gn=0)##\_ (, b /]b]sf0 kf6g zfv]af/f k\$flzt ; j-/Of -@)##\_ , lj gosdf/
s; h]af/f ; Dkflbt kl]t]lgw g]kfnl n3syfx\_c]-@)^#\_ , uf]kfn c]Zs]af/f
; Dkflbt n3syf kl]qmf / kf7 -k\$]fzs M ; fem k\$zfzg=-@)^#\_ c]fb o;

r/0fsf ; fdixs ; a\$ng xg\
n3syf klqmf / kf7df klqmf / kf7 u/L b0{v08 5g\ klqmf v08
; fflGts v08 xj[eg]kf7 v08 n3syf ; a\$ng v08 xj. ! bljv (\$ k|h; Dd
klqmf v08 5 eg] (% k|h bljv ! \$^ k|h; Dd kf7 v08 5 . klqmf v08df
n3syfsf] ; fdf6o kl/ro, n3syfsf] : j z k ; Argf / tTj x z sf] lg z k0f,
n3syf M k j h l / klZrdihl, gkfnl n3syfsf] l j sf; klqmf / gkfnl
n3syfsf] l : ylt / k\$[t zlif\$df kfF cllfo 5g\eg] kf7 v08df \$\$
n3syfsf/sf n3syfx z ; dfj z 5g\ k':tsdf ; Gbe\$fl pNny eg] k0f5g .
o:t} l j j \$ l ; hgZln k\$zfzgf/f k\$flzt klTlgw gkfnl n3syfdf lqj =
: gtsfQ/ txdf n3syfsf] cllbog ug] cg' Gwtf Ozj / lk| fb kfV/h\$sf] gkfnl
n3syf M Ps cllbog / ; Dkfs l j gostdf/ s; h\$fl n3syf M ulknbjv
emlofF ; Dd u/L nfd nfd b0{nV k':tssf] cf/Dedf lb0Psf]5 . klxf]
nV @^ k|h\$fl]5 eg] bf] fl nV !^ k|h\$fl]5 . : j b z l / l j b z l nV s x z : sf
n3syfx z o; df kf065g\ o; df : j b z l ! @ @ n3syfsf/sf ! ^ \* n3syfx z
/ l j b z l ! \* n3syfsf/x z sf @ & cglbt n3syf ; a\$u\xt 5g\ of]; a\$ng
k':ts eP klg o; sf cl3Nnf \$) k|h cg' Gwgdhs 5g\ ol b0{s[tx z n]
n3syfsf] nf\$kl0tf clej [4sf nflu ; fflGts cfwf/el'd v8f ug{v|h\$fl]
el'dsf Pljtxfl; s bl[i6n] dxLj k0f]5 .

-u\_ l j ziff^a\$ k\$zfz M n3syf l j ziff^a\$ k\$zfzgsf b[i6n] klg
pQ/fw{r/Of cAan 5 . n3syfsf/x z n3syf nVgdf hdZfpE}uPsf]/
o; sf] n\$kl0tf ; dT: pRr xE}uPk15 : yfikt / gj flbt kqklqsfx z n] klg
n3syf l j ziff^a\$ k\$flzt ug{rf; fl bVfPsf 5g\ o; qmddf k j g - @)%# /
@)% ( df\_ dwks{-@)%^ / @)& @ df\_ u-hg -@)%^, j b g f -@)%^,
bfloTj -@)%\$ df k\$flzt syf; a\$u\df n3syfnf0{klg ; dfj z ul/Psf]/
@)% ( df n3syf l j ziff^a\$ k\$flzt\_ dGyg -@)%\*\_ , clf/ -@)%^# , la; fgl
-@)%^# , ; hV -@)& ) , zf/bf -@)&! , j ho6tl -@)& ) c; f/-; fpg @%; f;
c^a\$ / @)&# ; trfln; f;c^a\$ @)&# k'; -df3\_ cflb klqsfx z n] n3syf
l j ziff^a\$ k\$flzt u/\$fl bVfPsf]5 .

ufjvfkq ; yfgaf/f l gldt z kdf k\$flzt xE}cfPsf] dwks{klqsfn]
n3syf l j ziff^a\$ k\$flzt ug{rf; fl bVfP/ n3syf l j wklT Gofu u/\$fl]5
eG ; lS65 . ; fflGts : ykfg ge0; s\$fl/ l j wfut cGofh sfod]/x\$fl]
cj : yfdf dwks{ l j ziff^a\$ k\$flzt u/fP/ n3syfsf] ; fflGts : j z k /
dfkb08 l gdfQdf ; xofu k'rofPsf]5 . o; klqsf]s] @)%^ df k\$flzt
c^a\$df -j if{# @ M c^a\$ \$, k0ff\$ #^ @, ebf@)%^ ! ) j 6f ; fflGts nV /
!\* ( j 6f dfl]ns n3syf ; dfj z ul/Psf 5g\eg]!! j 6f cglbt n3syfx z

; dfj z ePsf 5g\ o:t} @)& @ df k\$flzt c^a\$df -j if{ \$ \* M c^a\$ \$ M
k0ff\$ %%, ebf@)& @ ( j 6f ; fflGts nV, !! \* j 6f n3syfsf ; fy] j l i7
; dnf] s dfxg/fh zdf{ E\$fl] eDj ftf{k\$flzt ul/Psf]5 . o; /L dwks{h]
!^ j if\$fl] cGt/fndf @ j 6f l j ziff^a\$ k\$flzt u/L gkfnl n3syfsf] ; fflGts
: ykfgnf0{dha't agfPsf] Pljtxfl; s tYo gkfnl n3syfsf] l j sf; ofqdf
lal; g g; lsg]sfo{xfl. o:t} k j g / j ho6tlh: tf klqsfn] klg k6s k6s
n3syf l j ziff^a\$ k\$flzt u/fP/ n3syfsf] pGogdf bVfPsf] ; lqmo ; xelut
klg pNny ug{nfos 5 .

-3\_ kmb\$ / z kdf ; lqmo lqmfzIntf M n3syf l j wdf ; a\$u\
k\$zfzgsf clt/Qm kmb\$ / z kdf n3syf nVg] x z sf] ; a\$Vof klg 7hf]5 .
kqlqsfx z df kmb\$ / z kdf /fdfl n3syf k\$flzt u/fpg] ; lqmo n3-
syfsf/x z df /fz g ykf gl/j , l j knj 9sf, k/z' kVfg, /fhQb|k/fhhl,
ofbj v/h, xl/x/ vgfn, 0: dfl, aQh' zdf{d-h' sfFhl, l j ho alhdo, xfd/
>]7, z h Q b | ; fsf/, j gdfnl lg/fsf/, uflj Gb lu/L k'off, ; l/tf 9sf, l j dn
ef\$fh, P: kl sfQ/fnf, uf]kn cZs, u0fz /l; s, d\$Gb cfrfo{ uflj Gb
j t dfg, nldof cofh, wg/fh lu/L, Psb] clwsf/L, /fhg sfsL{ 3gZofd
9sf, /Tg khfkl, dlqamd zdf z j ; Gtk\$z pkfllfo, /d z lflth, Ozj /
kfV/h, l j z j : tl, xl/f cfsfz, /fd z j / zdf{ ; fg/fhf >]7, kdfh ZgXl, /Lz
e\$, k0o a/fn, d/f/L k| fb l; l b h, l j ho rfln; ] dft\$ kfV/h, g/Qb/fh
kf8h, ?b|1 j fnl, 3gZofd Gofkfg] l f q l flth, blks slt, v8v; g cfhl,
ufoql l j i6 , ; f d g f y ; j b l, k B u f z d, clj /n : yfikt, k? l/; fn, th;
lxl/
sfQ/fnf, c?0faxfb/ vql, saZ lndalvd, /Hhd fu{w] sdf/ bphf, l j Zj dfg
>]7, l j ho ceful, /fhQb|z ne, u0fz l3ld/] s z' l j /xl, 0 z f zfx, zf/bf
kf8h, l j kh l; hfkl cflb kQv 5g\ kmb\$ / z kdf n3syf nVg] n3syfsf/dllb]
sXln] g j lg k j [Q klg bVfPsf 5g\ ; g syf, x0s' syf, alp syfsf gddf
klg sXl n3syfsf/x z n3syf nVgdf ; lqmo /x\$fl 5g\

-a\_ cfo ultj lw M n3syf l j wsf] cfsifQfn] n3syfsf/ / kf7snf0{
5fPent; dnf] snf0{ ; dT : fflGts j x; df tflg/x\$ . dfxg/fh zdf{ bof/fd
>]7, nldofk| fb ufzdh: tf ; dnf] s x z o; sf] ; fflGts j x; df plqPsf
5g\ dfxg/fh zdf{/ bof/fd >]7sf kmb\$ / nVx z n3syfsf] ; fflGts
: ykfgdf dxLj k0f{ ag\$fl] 5 . nldofk| fb ufzdsf] n3syfsf]
/rgflj wfg n3syfsf] ; fflGts k':ts xfl. @)& @ df k\$flzt o; k':tssf]
k\$zns n3syf ; dfh xfl. n3syfsf] /rgflj wfgn] n3syfsf ; DaGwdf
l j : tf/df dl; gf] E atf0Psf] gkfnl eifdf nVfPsf] klxfn] ; Dk0f{ ; fflGts
k':tssf] >D k'kt u/\$fl]5 . ! & zlif\$ / To; cGtu f l j l e g p k z l i f \$ d f s l b t

eP/ of]k':ts n]vPsf]5 . n3syfsf n]vs tyf cg; Gwftsf nflu of]k':ts c6T6t pkof]l a6g ; Sg]b]v65 .

n3syfsf ; Da6wdf ; Da6wdf lj :tf/ lj :tf/ lj Zj lj Bfnolo txd f cg; Gwfg klg xg yfn\$5 5g\ o; qmddf lqej g lj Zj lj Bfnodf OZj /Lk} fb kf]v/}hn] :gftsfQ/ txsf] / kls//fh e\$ h:tf zfvstf}Pd=k m= txd f zfv]sfo{ ; Dk6g u//; s\$]kf065 . h; df OZj /Lk} fb kf]v/}hn] **gkfnl n3syfsf] k/Dk/f -@)^** \_ lj ifodf / kls//fh e\$ n] **pO/j tl{ gkfnl n3syfdf Jo^lo -@)&** \_ lj ifodf zfv]sfo{ ; Dk6g u/\$f 5g\ . zfvstf{ kbdk} fb 6ofkfg]h]@)^ ( df lqej g lj Zj lj Bfnoaf6} / **j l6b} ; dl/sf] n3syfsf] / tf zlif\$df zfv]sfo{ ; Dk6g u/\$f] e]665 . gkfnl n3syfdf our}gf zlif\$df cg; Gwftf kls//fh e\$ kl=Pr=8l= sf]cg; Gwfgsf r/Ofdf 5g\ . cg; Gwftf bof/fd >]7 xfn gkfnl n3syfsf] dl; gf] c]woogdf lqmfzln /x\$]f]hfgsf/L kf0Psf]5 . of]gkfnl n3syfsf nflu ; vb klf xf] .**

gkfnl n3syfsf] p6gog ug] p2Zon] **n3syf ; dhfsf]** :yfkf xg' -:yfkf - @)^% ebf}%, lhNnf kzf; g sfofno sf7df08f} btf{- @)^&\_ gkfnl n3syfsf] t] f] r/Of c6tu{sf] pO/fw{ sfnsf] dxglo sfo{ xf] . lj wfs]b}t j w]fgs ; :yfsf] :yfkf u/L n3syf lj wfnf0{gkfnl ; flxToleq klikt / klnlj t agfpg o; ; :yfn]u/\$f] of]ubfg ; /fxglo 5 . o; ; :yfn] n3syf lj wfsf]P]t xfl; s b: tfj h tof/ ug{ n3syfsf/ / n3syf ; ^uxx}sf] clen} v8f ug{ n3sydflysf] c:ki6tfsf] c6tosf nflu gkfnl kl/j zsf] kl/efiif / dfkb08 agfpg; n3syf ; Da6wl uf]7l / c6t lqmf}x} ug{ n3syfsf] k}f/k} f/ ug{ n3syf ; u}xsf]k\$zfz ug{ n3syfsf kl}tofl}utx} ; -rfng ug{ lj b}z] n3syfsf] gkfnldf cgj fb ug{h:tf p2Zox} agfPsf]5 . o; ; :yfn] **gkfnl n3syf** zlif\$sf] klsf k\$zfz ug] u/\$f] 5 . n3syf ; Ddfgsf] :yfkf u/L n3syfsf] lj wfut lj sf; df nllg}x}nf0{x/\$ j if{ ; Ddfg ug] k/Dk/fnf0{o; ; :yfn] lg/Gt/tf klg lb6}cfPsf]5 . xfn o; ; :yfsf] c]wof}t >lcfd >]7 / f}gn]ul//x\$ 5g\eg]o; ; :yfdf kls//fh e\$, uf]kn cZs, th; lx/ sf0/fnf nufotsf ; h\$ x}sf] ; d} pNn]vo lqmfzln tf /x\$]f] b]v65 .

n3syfdf s}l gofFk}f]u klg lelqPsf 5g\ . n3syfsf] efj ux}of k7gklqmfaf6 dfq ul/g]k/Dk/f t]l8Psf]5 . n3syf j frg kl}tofl}utx} ; Dk6g xg yfn\$5 5g\ o; af6 n3syfnf0{slj th:t}snfTds lsl; dn] j frg u/} klg a}gabn}pg ; ls65 e6g}k}k/Dk/f df]8Psf]5 . o:t} n3syfnf0{/Ed-rdf ptfg]k}f]u klg ePsf 5g\

o; ; dodf ; fdilhs ; -hfn dfk} n3syf lj wfnf0{lofks agfpg

ul/Psf]k}f; nf0{klg n3syfsf] ofqfj of} ubf{56fpg'x6g . n3syfsf/ gf/foOf ltj f/l}f/ ; -rfnt n3syf s}f]o; k} Edf cuk^a}df cfp5 . of]n3syfk}wfg km] a\$ klsf xf] . ; g@)!@ b]v ; -rfnt o; klsfdf l; sf?b]v :yflkt n3syfsf/x} ; d} cfsli{ 5g\ o; n]n3syfsf] ; fl6ts jx; sf nflu :yflkt ; h\$ x}sf n3syf j ftf{k\$zfz ug] sf]d u/\$f] 5 . xfn; Dd o; s}f\$ :yfs ltj f/laf6 n3syf s}b}t eP/ xfd/ >]7, df}g/fh zdf{ lbjo lu/L, lj go s; h" Pn=a= lf}l, slkn nfd5fg] / /fhj l; t ln0Psf n3syf j ftf{; df]j i6 5g\ ol n3syf j ftf{x}n]n3syfsf]lj wfut ; antfsf nflu of]ubfg lbPsf]5 . gj n]vs tyf :yflkt n]vsx}nf0{; d} n3syf kf]6 ug{ p}k}l/t u/L n3syfsf]lj sf; df of]klsfn] of]ubfg u/\$f] 5 . o:t}o; df gkfnl n3syf l}f}sf ultlj lwnf0{klg ; dfj z} ug] ul/Psf]5 . xfn o; klsf dfk} n]vg kl/De ug] sltkon]; ^ux} ; d} k\$flzt ul/ ; s\$ 5g\ n3syfsf n]vs, kf7s tyf cg; Gwftfx}nf0{; d} of]s}f]pkof]l b]v65 . o:t} ; dl/ n3syf cleofg -; -rfns M/j l6b} ; dl/\_ n3syf ; #f/ -; -rfns M/fhg l; njfn\_ n3syf 8anl -; -rfns M/hlj g b}fxn\_ ; bfj x/ n3syf -; -rfns M cldt gkfnl\_ h:tf km] a\$ klsfx}n]klg n3syf n]vg / k7gkl}t n]vs tyf kf7snf0{hfu?s kfg]sf]d; d} u/\$f 5g\

xfn n3syf olt n}f}k}f e0; s\$]5 ls x/\$ ; flxTos klsfx}df of]5flkPs}x65 . 5f6f] l56f/ k}fj sf/L lj wf ePsf]o; nf0{kf7sx}n]a9l g}rPsf klg 5g\ Pkm}d= /l8of}x}df klg of]x/\$ lbg st}g st}alh/x\$] x65 . ol sfo{x}n]n3syfsf]lj sf; ofqfnf0{lgs} ; j n / ; zOm agfP6} nu\$ 5g\ o:t}gkfn k}l k}ti7fgaf6 k\$flzt xg] ; dsfnlg ; flxTodf n3syf lj z}ff^a\$ / dh}^a k}f}68} gaf6 **dh}^a n3syf ; ^ux} k\$zfzgsf] c6td tof/ldf /x\$]f]hfgsf/L klg k}t xg cfp]5 .**

**#= lgisif**

c6o lj wfsf thgdf n3syfsf] ofqfsn 5f6f]5 . 5f6f] ; doleq klg o; lj wdf pNn]vo ultlj lw ; -rfng ul/Psf 5g\ n]vg, k7g, k\$zfz, k} f/Of, d-rg cflb ultlj lwsf]lj :tf/sf sf/Of klg o; sf]lj wfut k} f/df dbt ku\$] 5 . ; dnf]f}sx}sf] ; lqmf klg o; lj wfn]k}t ul//x\$]f] b]v65 . n3syf lj wfnf0{g} s}b}t lj wf dfg} n]vg}x}sf] a9b] ; ^vofn]klg o; sf]lj sf; df u0ffTds a[4 ePsf]5 e6g ; lsg]cfwf/ lb65 . o; sf ; fl6ts cfwf/x} klg v8f e0; s\$ 5g\t/ olt x6f}x6}klg gkfnl ; flxTodf of]lj wf l5lk0; s\$] eg]5g . lj wf l5lkgsf nflu cem}o; df w}sf]d xg af6l g}5 . cfz} u/f} cfufdl lbg]n]n3syf lj wfsf]lj sf; sf 8f}f}x} cem:ki6tfsf ; fy sf}5 .

kðV ; Gbe{ ; rL

cZs, urkfñ, @)%, gkfnl n3syfsf]pb&j / lj sf; ; dsfnlg ; flxTo -!@=\$^, kf%)-% ( .
===== ; Dkf=@)^%, n3syf k/qmf / kf7, nlnkt/ M ; feif k\$zfz .
s; h,"lj godsf/ ; Dkf=@)^%, k/lglw gkfnl n3syfç, sf7df08f]llj j \$ l ; hgzln k\$zfz .
===== @)&\_ ; Dk]f0f ; lk dVo s/f xfdwks{-\*\$÷%%%, kf!@& .
sf0/fnf, sdf/k/ fb @)&\_ ; d; fdlos n3syfsf kðV kj]Q, dwks{-\*\$÷%%%, kf!@-!% .

sf0/fnf, th; lxl/ @)&\_ gkfnl n3syf / n3syf ; dfh, dwks{-\*\$÷%%%, kf!#&-\$) .

uff;d, nld0fk/ fb @)^%, n3syfsf]:jçk ; /Argf / tlfj, dwks{-#@=#^@\_ , kf^!-^@ .
===== @)^&, n3syfsf]; #flçts :jçk / gkfnl n3syfsf]; Gbe{ ; dsfnlg ; flxTo,
-\$÷^@\_ , kf!)!-!# .

===== @)&\_ , n3syfsf]/rgf]wfg, sf7df08f]n3syf ; dfh .
===== @)&\_ , n3syf M:jçk / clen]f0f, dwks{-\*\$÷%%%, kf!^!-( .
===== / clwsf/L, 1fg'-@)^%, gkfnl syfsf]0]txf; ; sf7df08f]k]f-k]ti7fg .
yikf, /fdlj qmd @)^%, n3b]i6df n3syf, dwks{-#@=#^@\_ , kf!\$@-!\$# .
gl/j , /fçz yikf, @)^%, n3syfsf]; #flçts kif / rfnl; sf]bzssf n3syf, dwks{-#@=#^@\_ ,
kf!^\*%\*( .

===== @)&\_ , gkfnl cfwlgs n3syfsf cf/Des rf/ ; ^aùx, dwks{-\*\$÷%%%, kf!@-@\$.
k]70ff, ur]j Gb lu/L @)^%, n3syfsf]agf] / gkfnl n3syf, #@=#^@\_ , kf!&-&@ .
e\$, kls//fh @)&\_ , gkfnl n3syfsf]lj sf; qmd, dwks{-\*\$÷%%%, kf!@-#@ .
e\$/f0{ 36/fh @)^%, gkfnl n3syfsf]klxnf]df]ns çk n]ss lofo d]0f]dnf, dwks{
#@=#^@\_ , kf!\$!-\$@ .

ofql, s[0f zfx @)&\_ , gkfnl n3syf Md-rg / kèfj , dwks{-\*\$÷%%%, kf!##-#^ .
/fsç, /f]bofn @)^%, n3syf M]Ps n3'lj j f gf; ; dsfnlg ; flxTo -!@=\$^, kf!%-@! .
/l]dl, lzj @)^%, gkfnl n3syfsf]k]f]lj fbl ; ^aùx - sl; ^aù, dwks{-#@=#^@\_ , kf!%-%^ .
/f]hg, >lc]d] >]7 @)^%, n3syf / o; sf k\$zfz, #@=#^@\_ , kf!)(-!!) .
===== @)&\_ , n3syfsf]rgf]l, dwks{-\*\$÷%%%, kf!@\* .

lj j z, 1fg]b]@)^%, gkfnl n3syf-/fi6@ ; Dd]hg]lv k]to]l]ut; Dd, dwks{-#@=#^@\_ , kf
(-!)) .

>]7, bof/fd @)^%, gkfnl n3syfsf]P]l]txl; s k[7eld, dwks{-#@=#^@\_ , kf!#-!^ .
===== @)&\_ , n3syfsf]c]fo]lds ; f]7j , dwks{-\*\$÷%%%, kf!^&-& .
===== @)&\_ , gkfnl syf / syfsf/, sf7df08f]gkfn k]f-k]ti7fg .
zdf{dfçg/fh @)^%, syfsf]lj sf; k]qmf, sf7df08f] ; feif k\$zfz .
===== @)^%, gkfnl n3syf l; 4fçt / lj Zn]f0f; ; dsfnlg ; flxTo -!@=\$^, kf!-!\$ .
===== @)&\_ ; dsfnlg n3syf axhafl kj]Q]tk]pçdV b]v]ç5, dwks{-\*\$÷%%%, kf!\$!-\$# .
===== @)^%, n3syf Mn3td c]Vofg, dwks{-#@=#^@\_ , kf!@-@^ .
; j ]l, /fh]b] ; Dkf=@)^% !\_ ; gftsf]Q/ gkfnl syf, nlnkt/ M ; feif k\$zfz .
===== @)&\_ , n3syfsf]kl/ro M]lj sf; / j t]fçg kl/k/]df, dwks{-\*\$÷%%%, kf!\*-!! .

lrtjg .



jho6tl tyf zAbfy{k\$zfzgsf k'ts kf0g]k; nxç

!= tkçyd k'ts k; n- Onfd -)@&-%1%) (
@= Onfd k'ts k; n- Onfd -)@&-%@)\$@#
#= ef-hf aS P08 :6çz/L- Onfd -)@&-%@) (#%
\$= l]fan Ph'sçzn 06k]0h]- latf]f]B, enikf -)@#-%\$@)@
%= gkfn aS xfp; - latf]f]B, enikf -)@#-%\$) (#&
^= k]lt k'ts e08f/- latf]f]B, enikf -)@#-%\$^#\*
&= /f]hnf aS; - latf]f]B, enikf -)@#-%\$@&&
\*= gjçzn aS P08 :6çz/L- rG]ç9L, enikf -)@#-%\$) (&!
(= k]lt k'ts k; n- bds, enikf -)@#-%\*)#(!
!)= >]7 aS P08 ]oh ; ]6/- bds, enikf -)@#-%\*\$!@%
!!= k\$zfz aS P08 :6çz/L- bds, enikf -)@#-%\*!\*\$
!@= k]t]ef k'ts k; n, wgsçf -)@^-!@]#\$
!#= af/sf k'ts:- w/fç; ; g; /L -)@%-!@&#
!\$= /djz aS l8k]f- w/fç; ; g; /L -)@%-!@)##
!%= dgs]dfç aS xfp; - w/fç; ; g; /L -)@%-!@^!
!^= t]k]h^ aS ; ]6/- 06x/L ; g; /L -)@%-!^\*%^
!&= c]l]as aS ; ]6/- 06x/L ; g; /L -)@%-!^\*%(@
!\*= afm]h k'ts e08f/- lj /f6gu/, d]f]^a -)@l-!#)^#\*
!(= Zofd k'ts e08f/- lj /f6gu/, d]f]^a -)@l-!@^#\$%
!@= dg]h k'ts e08f/- lj /f6gu/, d]f]^a -)@l-!#)%(
!@l= kl]ns aS; P08 :6çz/L- lj /f6gu/, d]f]^a -)@l-!@)!&&
!@e= dg]h k'ts e08f/- lj /f6gu/, d]f]^a -)@l-!@)!@^
!@f= e6b/f0]k; ts k; n- lj /f6gu/, d]f]^a -)@l-!@e\$e\$#
!@\$= lj g]os k'ts k; n- lj /f6gu/, d]f]^a -)@l-!\$&)!^
!@% = 6^: j l: ts k'ts - lj /f6r]f, d]f]^a -)@l-!\$%e!\$
!@^ = ; -ho k'ts e08f/- /f]h] /fh ; Kt/L -(\*\$e\*)e\*
!@& = 6^k]fç]aS l8l: 6A06; {-s6f/L, pbok/ -)##-\$@)^\*\$
!@\* = dg]h k'ts e08f/- uf0çf6, pbok/ -)##-\$@)^\*\$
!@ (= 6^k]fç]k'ts k; n- uf0çf6, pbok/ -)##-%\$%^!#
!@# = ; Ltf g]j n- n]fçg, l; /fçf -)##-%^)!@&
!@! = r]f]v]L aS l8l: 6A06; { n]fçg, l; /fçf -)##-%^)!#\$
!@e = zfx k'ts k; n- ldr]f, l; /fçf -)##-%)##
!@# = dhb/ k'ts e]j- hgsk/, wçlff -)!\$!@!(\$#
!@\$ = j ]k] k'ts e]j- hgsk/, wçlff -)!\$!@e#(\*@
!@% = >l/fd k'ts k; n- n]naçbl ; n]fçl -)!\$^!)%\*(
!@^ = ; 6b]j tl k'ts k; n- r]l/s]f -)(\$\$\$)@e!\*
!@& = sf]e]uj tl k'ts k; n- l; 6whl -)!\$&-!@)##&
!@\* = 6^k]h]çf :6çz/L- l; 6whl -)!\$&-!@)##&
!@ (= h]- Pç= k'ts k; n- dçynl, /fdçfç -)!\$^-%\$)!)
!@) = ldn]h]l k'ts tyf :6çz/L- dçynl, /fdçfç -)!\$^-%\$))\*#
!@! = yikf aS P08 ; k]no; { r]f]t]f, l; 6wçl]n]r]f -)!!-^@)@&#
!@e = 1fg u^uf k'ts k; n- agkf, sf]e] -)!!-^^#^&%
!@# = lj Bf d]çb/- ur]f, /f]tx6 -)%%-!@)!(^
!@\$ = l; 4fy{:6çz/L- j]l]u-h, k; f -)!%-!@e)(\*%
!@% =

jho6tl \$& n3syf c^a\$ @

\$%=	leu': dfrf/ k':ts s b+ j u-h, k; f	-) %!-%@*(1*
\$^=	hg/n aS P08 :6zg; f j u-h, k; f	-) %!-%@#@@#
\$&=	u0fz k':ts e08f/- j u-h, k; f	-) %!-%@#^!^!
\$*=	Go khf k':ts k; n- j u-h, k; f	-) %!-%@#%&
\$(-	lj Bfyl(k':ts e08f/- j u-h, k; f	-) %!-%@^*(1
%)=	lj Bfyl(k':ts e08f/- xbf f, dsjfgk/	-) %&-%@\$!^)
%!=	Go': dfrf/ s b+ xbf f, dsjfgk/	-) %&-%@\$)%%
%@=	>l ; r'gf s b+ xbf f, dsjfgk/	-) %&-%@!&#&
%#=	clkm xfh; h tyf aS :6f/- 6fbl, lrtjg	-) %^-%@^*%\$
%\$=	kf fh k':ts dxn- 6fbl, 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	-) %^-%@##%\$%
%#=	clkm xfh; h- gf/fo0fu9, lrtjg	(*%\$)%&^*^*
%(-	sfdgf k':ts k; n- gf/fo0fu9, lrtjg	-) %^-%#@%)
^)=	gf/fo0f k':ts ; bg- gf/fo0fu9, lrtjg	-) %^-%@!e^*
^!=	xfdl k':ts k; n- gf/fo0fu9, lrtjg	-) %^-%@!***
^@=	lzj k':ts k; n- gf/fo0fu9, lrtjg	-) %^-%@!^\$)
^#=	Go'lrqjg :6zg/- e/tk/, lrtjg	-) %^-%@###
^\$=	lj Bfyl(k':ts e08f/- e/tk/, lrtjg	-) %^-%@)&&*
^%=	9sfn aS; P08 :6zg/- e/tk/, lrtjg	-) %^-%#@)%\$)
^^=	; gufef aS; P08 :6zg/- e/tk/, lrtjg	-) %^-%#@!\$&)
^&=	Jof; :6zg/- bdfhl, tgif	-) %^-%@)&&&
^*=	lj Bfyl(k':ts e08f/- bdfhl, tgif	-) %^-%@)%^^
^(=	lqk'f k':ts k; n- w lb^a	-) !!-%@)!()
&)=	; /:j tl k':ts e08f/- w lb^a	-) !!-%@)!*#
& =	gd:tl k':ts k; n- a66f/, g fsfb	-) !!-%@)%\$&
&@=	klkf-hnl k':ts k; n- uf vf	-) %^-\$@!!!&
&#=	emgf k':ts k; n- a ; lzxl	-) %^-%@)%!)
&\$=	hobuf :6zg/- s':df, kj t	-) %^-\$@)%#
&%=	; /:j tl aS; P08 :6zg; f s':df, kj t	-) %^-\$@)%@
&^=	; ug :6zg/ :6f; f Do0fbl-	-) %^(-%@)%#
&&=	cf hg aS P08 :6zg; f k v/f, sf:sl	-) %^!-%\$!#e!
&*=	k v/f; f xl0 ; bg- k v/f, sf:sl	-) %^!-%#)%*#
&(-	s-rg k':ts k; n- k v/f, sf:sl	-) %^!-%@%\$^^
*)=	; /:j tl k':ts k; n- k v/f, sf:sl	-) %^!-%\$)%!
* =	dgsfdgf aS P08 :6zg; f k v/f, sf:sl	-) %^!-%#)%\$!
*@=	n dl k':ts ; bg- k v/f, sf:sl	-) %^!-%\$!#!\$
*#=	lj Bfyl(k':ts k; n- k v/f, sf:sl	-) %^!-%@)!e
*\$=	lj Bf dl0b/- k v/f, sf:sl	-) %^!-%#%\$^*
*%=	aS df6f k v/f, sf:sl	-) %^!-%@&!***
*^=	j 6g(kf7zfn- k v/f, sf:sl	-) %^!-%##)%&*
*&=	au/ P8ef; aS; - k v/f, sf:sl	-) %^!-%@!&&!
*#=	s f fgr aS P08 :6zg; f k v/f, sf:sl	-) %^!-%#@%\$e
*(-	cfzlj fb k':ts k; n- k v/f, sf:sl	-) %^!-%\$!!)%
()=	kqklqsf :6zg/- nfnr b _ afun^a	-) %^*-%@)!*\$
(!=	dnklt aS ;  6/- afun^a	-) %^*-%@)%%e
(@=	; u/diyf :6zg/- afun^a	-) %^*-%@)%@
(#=	hglj Zj f; k':ts k; n- afun^a	-) %^*-%@!!)%&
(\$=	> 7  0h Ph ; l k':ts e08f/- tf g; g, k nkf	-) %&-%@)%^&
(%=	xfdl k':ts k; n- tf g; g, k nkf	-) %&-%@)!()

jho6tl \$& n3syf c^a\$ @

(^=	gd:tl k':ts e08f/- uf ku-h, g nk/f; l	-) %&^*^@)!e
(&=	n Bagl :686 sg /- e 'xj f, ?k b k	-) %&!-%@#%(\$
(*=	; /n :6zg/ s b+ e 'xj f, ?k b k	-) %&!-%@!&#\$
((=	xfdl k':ts k; n- e 'xj f, ?k b k	-) %&!-%@^%e(
!)=	cfzlj k':ts e08f/- abj n, ?k b k	-) %&!-%@^*^&
!)!=	l :6l aS P08  0h ;  6/- abj n, ?k b k	-) %&!-%\$%e#^
!)=	kt lf :6zg/ ;  6/- abj n, ?k b k	-) %&!-%\$!)e
!)#=-	keft aS P08 :6zg; f abj n, ?k b k	-) %&!-%\$%e@\$
!)\$=-	l JoHof t k':ts k; n- abj n, ?k b k	-) %&!-%\$)%*e
!)%=	a4 PhS zgn 066/k 0h j- abj n, ?k b k	-) %&!-%\$%e(&
!)^=-	Go'bp/fnl 066/k 0h j- abj n, ?k b k	-) %&!-%\$%e!#
!)&=	lj zfn k':ts ; bg- abj n, ?k b k	-) %&!-%\$%e^%e(
!)*=	Go'; /:j tl k':ts k; n- abj n, ?k b k	-) %&!-%\$%e#
!)(=	a 8dl ns  :6zg/- abj n, ?k b k	-) %&!-%\$%e!%e
!!)=	g Hof t k':ts tyf :6zg/- ;  6wvs( c3f v f	-) %&&-%e)%\$%&
!!!=	;  gn :6zg/- th; lk/, bf^a	-) %*e-%e)!()
!!@=	uf l k':ts e08f/- th; lk/, bf^a	-) %*e-%e!\$!
!!#=-	l :6g k':ts e08f/- th; lk/, bf^a	-) %*e-%e#)^
!!\$=	hg f aS :6n- 3 f xl, bf^a	-) %*e-%e)^e^
!!%=	/fj n k':ts k; n- ndxl, bf^a, b pv/l	-) %*e-%e\$)%*
!!^=	d p 6 Pe/ 6 aS- g kfnu-h, a fs	-) %*!-%e@%\$^
!!&=	p H j n :6zg/ :6f; f g kfnu-h, a fs	-) %*!-%e!^(\$
!!*=	d f5f R5 aS P08 :6zg/- g kfnu-h, a fs	-) %*!-%e^&\$%e
!!(-	; u/diyf aS; - g kfnu-h, a fs	-) %*(\$^\$%e)&
!e)=	d-h>l 066/k 0h j- s f nk/, a fs	-) %*!-%e\$)%#e
!e!=	;  i6 k':ts k; n- ; v t	-) %*#-%e\$%#^*
!e@=	c Nk  :6zg/ :6f; f ; v t	-) %*#-%e!#!&
!e#=	Go'keft k':ts k; n- ; v t	-) %*#-%e@)&#
!e\$=	k t k':ts k; n- ; v t	-) %*#-%e!#!^\$
!e%=	Hafn  :6zZg/- ; v t	-) %*#-%e@)%*!
!e^=	xfdl k':ts k; n- ; v t	-) %*#-%e@)%\$()
!e&=	r fw/l aS  8k f- wgu9l, s h nl	-) (1-%e!e%)
!e*=	r f0k':ts k; n- wgu9l, s h nl	-) (1-%e#%\$)
!e(-	r fh gl k':ts e08f/- wgu9l, s h nl	-) (1-%e@%\$)%*
!#)=	;  ud aS P08 :6zg; f wgu9l, s h nl	-) (1-%e!%)
!#!=	0d h aS P08 :6zg; f wgu9l, s h nl	-) (1-%e^%#)
!#@=	g ul 6B ;  k no; f- wgu9l, s h nl	-) (1-%e@%#)
!##=	; he aS P08 :6zg; f wgu9l, s h nl	-) (1-%e#%e^@
!#\$=	;  fd aS P08 :6zg; f wgu9l, s h nl	-) (1-%e@)&#%
!#%=	h fz  k':ts e08f/- afuahf/, 88 hw/f	-) (%^-\$e)!e^
!#^=	; d hl- afuahf/, 88 hw/f	-) (%^-\$e)!\$()
!#&=	af s f  k':ts k; n- c Q /of, s h nl	-) (1-%e)%*#
!#*=	blk Hof t k':ts k; n- c Q /of, s h nl	-) (1-%e)&e
!#(-	Hof t aS; P08 :6zg; f- 6 s f , s h nl	-) (1-%e^)%*!
!#\$=	k t s aS; P08 :6zg; f- 6 s f , s h nl	-) (1-%e^)!#
!\$!=	Go'cofh k':ts k; n- e /uf j  b f	-) %*\$-%e\$)%^
!\$@=	; /:j tl k':ts k; n- dx b gu/, s-rgk/	-) ((-%e#%*!e
!\$#=	bluf k':ts e08f/- dx b gu/, s-rgk/	-) ((-%e!\$)%*^
!\$&=	dx f nl; dfr f s b+ dx b gu/, s-rgk/	-) (%*\$^&e!\$)%*^
!\$*=	Go'dxf b k':ts e08f/- dx b gu/, s-rgk/	-) ((-%e#%#^&

!\$^=	lj lkq k:ts k; n- dxpbgw/, s-rqk/	-)((-%)!\$*
!\$&=	vkt8 k:ts k; n- dxpbgw/, s-rqk/	-)((-%)%&
-pkfosf_		
!\$*=	ldq k:ts P08 :6zg/L- e0nk/	-)!-^^!@e!%
!\$ (=	lj Bfyl{; fdu{ sfb+ e0nk/	-)!-^^!\$#%^
!%)=	kf6g aS ; k- kf6g9fj, nlnrk/	-)!-%%%%%^
!%!=	clwsf/l k:ts k; n- kf6g9fj, nlnrk/	-)!-%%&*%#
!%@=	klj q aS; P08 :6zg/L- nugv{h, nlnrk/	-)!-%%#)%\$&
!%#=	ogf aS; P08 :6zg/L- dfejg, nlnrk/	-(*%!#( )%(
!%\$=	Pstf aS l8l:6A06; f ykfynt, sf7df8f	-)!-\$\$^)\$*\$@
!%%=	/Tg aS l8l:6A06; f afuahf/, sf7df8f	-)!-!\$@#)^
!%^=	lxdfnog aS ; j6/- afuahf/, sf7df8f	-)!-!\$@e)%
!%&=	kf7b ; fdu{ k; n- 366f3/, sf7df8f	-)!-!\$@e\$!)%
!%*=	/Tg k:ts e08f/- efbfx6l, sf7df8f	-)!-!\$@e^)(#
!%(=	Pd- s{ aS klan; ; f efbfx6l, sf7df8f	-)!-!\$@e\$(*#^
!^)=	gjzgn aS ; j6/- efbfx6l, sf7df8f	-)!-!\$@e!e^
!^!=	ho aS l8kf- efbfx6l, sf7df8f	-)!-!\$@e!^*#
!^@=	cg aS; ; knfo; f efbfx6l, sf7df8f	-)!-!\$@e^*(
!^#=	l/8; (kj f06- efbfx6l, sf7df8f	-(*\$!##\$)^
!^\$=	lj lj w k:ts e08f/- cajt dfu{, sf7df8f	-)!-!\$@e^)&
!^%=	k:ts ; j6/- cajt dfu{, sf7df8f	-)!-!\$@e^&*)
!^^=	cS; knf{06/gjzgn - kbjzj dfu{, sf7df8f	-)!-!\$@e\$^)!e!
!^&=	s-rg aS P08 :6zg/L - kbjzj dfu{, sf7df8f	-)!-!\$@e)^\$@
!^*=	cS; knf{ :6f/- ngrf/ sf7df8f	-)!-!\$@e\$#&*)
!^(=	grfan aS P08 :6zg/L - ngrf/ sf7df8f	-)!-!\$@e\$!\$%^
!&)=	kj j l ksfzg- /fdzfxky, sf7df8f	-)!-!\$@e(@##
!&!=	kj j l aS xfp; - /fdzfxky, sf7df8f	-)!-!\$@e\$#)*#
!&@=	blks k:ts e08f/- ktntl; 8s, sf7df8f	-)!-!\$@e\$e\$*(%#
!&#=	dfh^ aS; - /fdzfxky, sf7df8f	-)!-!\$@e(e^
!&\$=	cfhg k:ts e08f/- gofagzj /, sf7df8f	-)!-!\$@e\$%^##
!&%=	sf7df8f aS- z^vdh, sf7df8f	-)!-!\$@e\$*%#%
!&^=	aS j N8f- gofagzj /, sf7df8f	-(*%!!e&e)&
!&&=	clezjf aS P08 :6zg/L - dwoafgzj /, sf7df8f	-)!-!\$@e\$^e\$*
!&*=	nldagl k:ts k; n- ufzfnf, sf7df8f	-(*\$@e#e*(
!&(=	cGhg aS; P08 :6zg; f lj zfnngu/, sf7df8f	-)!-!\$@e\$#&#%
!*)=	l; ow aS; P08 :6zg; f rfalxn, sf7df8f	-)!-!\$@e\$#)^
!*!=	P; Pg- ; j8 Aof8 k:ts - ldqkfs/, sf7df8f	-)!-!\$@e\$^\$&!)
!*@=	00bjj tl aS; P08 :6zg; f uf7l3f6, sf7df8f	-)!-!\$@e\$!\$^@e
!*#=	af4 aS P08 :6zg; f af4, sf7df8f	-)!-!\$@e\$!^%#*
!*\$=	lj Bf aS P08 :6zg; f af4, sf7df8f	-)!-!\$@e\$!^*^\$
!*%=	kljns aS l8kf- ufua; sf7df8f	-)!-!\$@e\$#%\$(&\$
!*^=	al4 aS P08 :6zg/L- a; owf/, sf7df8f	-(*%!)*)^&
!*&=	6^sZj / 06/kq h)- sfnldf6l, sf7df8f	-)!-!\$@e\$#)^@

\*\*\*

k7gofu o xfd{ sxl k: tsx?

ä zAbsfz ä

!=	zibfy{gkfnl zAb; fu/ -; l8l= lxt b0{/^adf_ -j; Gtsdf/ zldf{gkfnl	!^%)-
@=	^lirk gkfnl zAb; fu/ -; l8l= lxt_ -j; Gtsdf/ zldf{gkfnl	!!)-
#=	^lirk gkfnl zAb; fu/ -; 68j6_ - -j; Gtsdf/ zldf{gkfnl	*%)-
\$=	fgfj gkfnl zAb; fu/ -j; Gtsdf/ zldf{gkfnl	%)-
%=	zibfy{; ^uk -gkfnl gkfnl -ljgosdf/ zdf{gkfn	#&%)-
^=	gkfnl c^aUhl gkfnl zAb; fu/ -; l8l= lxt_ -ljgosdf/ zdf{gkfn	[!!)-
&=	gkfnl c^aUhl gkfnl zAb; fu/ -; 68j6_ -ljgosdf/ zdf{gkfn	[*))-
*=	gkfnl c^aUhl zAb; fu/ -ljgosdf/ zdf{gkfn	[#&%)-
(=	zibfy{; ^uk -gkfnl c^aUhl -ljgosdf/ zdf{gkfn	[!*))-
!=	c^aUhl gkfnl zAb; fu/ -ljgosdf/ zdf{gkfn	[#&%)-
!!=	zibfy{; ^uk -c^aUhl gkfnl -ljgosdf/ zdf{gkfn	[!*))-
!@=	c^aUhl c^aUhl gkfnl zAb; fu/ -; l8l= lxt_ -ljgosdf/ zdf{gkfn	[!)-
!#=	c^aUhl c^aUhl gkfnl zAb; fu/ -; 68j6_ -; l8l= lxt_ -ljgosdf/ zdf{gkfn	[!)-
!\$=	c^aUhl c^aUhl gkfnl zAb; fu/ -; sh -ljgosdf/ zdf{gkfn	[&%)-
!%=	c^aUhl c^aUhl gkfnl zAb; fu/ -0nqj6/L -ljgosdf/ zdf{gkfn	[#)-
!^=	sfggl tyf kzf; slo zAb; fu/ -ljgosdf/ zdf{gkfn /	[&%)-
!&=	zibfy{; ^uk -sfggl tyf kzf; slo_ -)\$)-sfggl knf f -ljgosdf/ zdf{gkfn /	[&%)-
!*=	gkfnl c^aUhl gjf/l zAb; fu/ -zhhbhn l; x -ljgosdf/ zdf{gkfn /	[&%)-
!(=	gkfnl c^aUhl ; #sft zAb; fu/ -j; Gtsdf/ zldf{gkfnl /	[*%)-
ä cWofd Pj -bzg ä		
!=	zibfy{ultf -j; Gtsdf/ zldf{gkfnl	!&%)-
@=	!#% pkgift; ^uk -dh; lxt_ -j; Gtsdf/ zldf{gkfnl	!!)-
#=	cWofd / hijg -hofft clwsf/l	!&%)-
\$=	u6tJ6t -ladh	!@%)-
%=	C -ladh	@e%)-
^=	k-rfdt -7fs/ zdf{	!&%)-
&=	sJof sXgøf -lblokef vgn	#%)-
*=	efujt Ps ljjjgf -ufjfb lwlid/. jhd10f	@)-
(=	; lOm wf -cgjfb, 7fs/ zdf{	&%)-
!=	1fg-lj 1fg -ufjfbk; fb bxfn	#%)-
!!=	lojxf/ -Jofjxf/s bzg_ -Pjfbk; fb Gofkfg]	!)-
!@=	otJotf,, -Pjfbk; fb Gofkfg]	#&%)-
!#=	ifhgllts tyf ; fdlhs kl/jtg,, -Pjfbk; fb Gofkfg]	[#)-
!\$=	lj sf; / kDfnt -Pjfbk; fb Gofkfg]	[e%)-

ä pk6of; ä

!= lrgnyf -euj tlr/0f jdf{cgjfb_	-ljgosdf/ zdf{gkfn	():-
@= d1Qm^aUfd -xj{8kni:6-cgjfb_	-j; Gtsdf/ zldf{gkfnll	!%:-
#= lg/k/fwsf]xiof -xj{8kni:6-cgjfb_	-j; Gtsdf/ zldf{gkfnll	!)):-
\$= äblnbf]lflth	-ultf sz/l	():-
%= gkfnst]klxnf]sf]kj{	-P; kl cf; f	(%:-
^= a4	-P; kl cf; f	@!%:-
&= d1Qm^4sf]alpm	-g/lb]k/fz/	*%:-
*= tlff]lo	-wdf]th kfbfn	*%:-
(= ktr^u p8zf]of]g	-8f= Clifszj/th /ld	&):-
!)= lj: dft	-ufkn ; -hjh	@)):-
!/= /x:o	-; ltf e6b/f0f	!@%:-
!@= rghfl	-kfszldof bxfn	@@%:-
!#= o6g dfqj	-06b' k6t	!!):-
!\$= slkgf ; #f/	-d1Qm^y zdf{	!%)-
!%= lj;^ut hljg	-?s' sfsf{	!\$)-
!^= cgllgsf	-8f= ljzjblk clwsf/l	@@%)-
!&= ;?lr	-zfl6t zdf{	!%)-
!*= b]df06f]lsgf/df	-kplk gkfn	!@%)-
!/= P's xhf/ jif{	-kplk gkfn	!^)-

@)= 5 n3pk6of; -ultfsz/l, ufkn ; -hjh, k0o/lzd vltj8f, kplk gkfn, /fhzj/ b]st6f, ljgosdf/ zdf{gkfn

@!= cd]sfd/ cdf	-ef/tl uf6d	!\$)-
@@= xhf/ ; kgf	-sdf/ sf'n]	&)):-
@#= d65]eP/ d/6f]d65]	-ljkh l; hklit	!%)-
@\$= l:k^3 ne	-ljgfb]sd/ >ll	@%)-
@%= /ldnfgl	-ejgx/ l; lbjh	!\$)-
@^= ;/f; 6b/l	-ejgx/ l; lbjh	!^)-
@&= /fdbf0	-ejgx/ l; lbjh	!#)-
@*= cfdff{	-ejgx/ l; lbjh	@%)-

ä syf; a^x ä

!= Pp6l csl{nf/p/	-slx6f gf; ggl	!@%)-
@= kfr syf	-/fhzj/ b]st6f	*):-
#= cg6t ofqf	-; %g pkfl	!)):-
\$= dlobt	-h6tll zdf{	!)):-
%= lhpb]cfd	-wdf]th kfbfn	!%)-
^= n]d^ax?	-nfs]lbbaxfb/ r6b	@)):-
&= wdf6w	-k0o/lzd vltj8f	!%)-
*= sd/8 eph"	-st6f ahuf0f	!&%)-
(= loyix?sf] syf	-xl/ ykf	@)):-
!)= syf]l6sf -^& gf/lst ^& syf	-; #ljgosdf/ zdf{gkfn	%%)-

ä ; dnf]rgf ä

!= b]st6f cfof / kj]Q	-slkn c1ft	!@%)-
@= t]j]c]msf]c]nf]rgf	-8f= /fdk; fb 1jfnl	!&%)-
#= pk6of; ; dnf]rgf	-8f= /fdk; fb 1jfnl	@&%)-
\$= ; flxto-ig?k0f	-8f= 3gZofd Gof]kfg].kl/>dll	!^)-
%= ; dlff ; dxf/0f	-8f= 3gZofd Gof]kfg].kl/>dll	!&%)-
^= gkfnl dlxnf ; flxtoSt/	-nlnt n06jh	&)):-
&= stlo, lga6w s]b]sf b]st6f	-kf= /fh]b] ; j]bl	@%)-
*= gkfnl dlxnf n]vg ll kj]Q / o]ubfg	-/hgl 9sin=ultf lqkf7l	@&%)-

ä effif ä

!= Perfect English -/k8\$; _	-ufshkj; fb zdf{	@^)-
@= Learn Nepali yourself, know Nepal yourself -kfszldof bxfn		#%)-
#= Professional English Grammar-for students/Teachers/Professional		#%)-
	-jfdbj kfbjh	#%)-

ä gkfnl afn-; flxto ä

!= tlgtf/f -afnsyf	-j; Gtsdf/ zldf{gkfnll	#%)-
@= pbf/tfsf]k/fst7f -afnsyf	-j; Gtsdf/ zldf{gkfnll	\$)-
#= /d0nf]zlgf/ -afnsyf	-efef zdf{	\$)-
\$= tlg dV{; tylx? -afnsyf	-cfef zdf{	#%)-
%= ; fqlsf]axfb/l -afnsyf	-cfef zdf{	\$)-
^= d]f]lof/f]v]j -afnpk6of;	-ljzj/th kf08]	%)-
&= l; * / nfdv6b] -afnsyf	-ljzj/th kf08]	#%)-
*= bz6f]blf0f -afnpk6of;	-u^uf kfbjh	\$)-
(= sfun]lsg sif sif e65 -afnsyf	-u^uf kfbjh	#%)-
!)= uhfasf]kth -afnsyf	-u^uf kfbjh	^)-
!/= afnult -afnult	-h4axfb/ s7 l	^)-
!@= leinldn tff -afnult	-; %g pkfl	@%)-
!#= k5tf] -afnsyf	-; %g pkfl	@%)-
!\$= cfsf; jk/l -afnsyf	-; %g pkfl	#%)-
!%= cfd / 5f7f -afnsyf	-pld6f nld5fg]	#%)-
!^= 5555]lg? -afnsyf	-pld6f nld5fg]	\$)-
!&= bz dxidV{-afnsyf	-lx/0ostd/l kf7s	#%)-
!*= /fdsyf -k]f]l0fssyf	-lx/0ostd/l kf7s	\$)-
!(= l; 6s6f; kmntf -afnpk6of; _	-zdl6f v8sf .bxfnll	&)-
@)= ; fg]a6of; Gtaxfb/ -afnsyf	-zdl6f v8sf .bxfnll	&)-
@! = ; 0/] / ebk6b] -afnsyf	-zdl6f v8sf .bxfnll	&)-
@@= phofnf]af6f]lzlffsf] -afnsyf	-zdl6f v8sf .bxfnll	&)-
@# = ; fgl -afnpk6of; _	-zdl6f v8sf .bxfnll	&)-
@\$= ktnlsf]lax] -afnsyf	-dw'; b6k; fb l3ld/]	#%)-
@% = l; p/] -afnsyf	-8f= ljzjblk clwsf/l	#%)-
@^ = tanfsf]j]bgf -afnsyf	-8f= ljzjblk clwsf/l	\$)-
@&= wtl{ 6sf]s/f -afnsljtf	-; k; G6f e6b/f0f	%)-
@* = kthsf ; tyl xdl -afnsyf	-; ltf e6b/f0f	&%)-
@( = afb/sf]lr6tf -afnsyf	-uf]j 6b lwld/] j]pd100l	^)-
@# = ofnsf]ldqtf -afnsyf	-uf]j 6b lwld/] j]pd100l	%)-
@! = b0{66ps]; k{-afnsyf	-uf]j 6b l3ld/] j]pd100l	\$)-
@@ = b0{v6b]la/inf] -afnsyf	-nlntf .b]ffll	\$)-
@# = dV{l; * -afnsyf	-/zf l3ld/]	\$)-
@\$ = sxl dxik; if -k]f]l0fssyf	-/h>l k/fhhl	\$)-
@% = goff ; fyl -afnsyf	-; ldf dfg6w/	\$)-
@^ = ; 6b/ / ; /lsl]lj]ix -afnsyf	-kf/; dl0f bxfn	\$)-
@& = hfl]vdk0f{kxf8l ofqf -cgjfb-ofqf; #d/0f	-clfiz kf08]	^)-
@* = ls; fg / eujgl -afnsyf	-ljgosdf/ zdf{gkfn	#%)-
@( = 3/ -glltsyf	-ljgosdf/ zdf{gkfn	\$)-
@# = afn ; f]rtf -afnult	-06b]sd/ >ll	*%)-
@! = /df]afgl -afnult	-/fdlj qmd ykf	!)):-

ä c^aUhl efiffsf afn-; flxto ä

Table with 3 columns: English description, Nepali text, and phonetic transcription. Includes entries like 'Regret (story)', 'Angel (story)', 'Bright Qmars (song)', etc.

ä lga6w-k66w-lgofqf-; #d/of ä

Table with 3 columns: English description, Nepali text, and phonetic transcription. Includes entries like 'akdro{ofq; edsfj} jngs pkiö', 'hljgsf] cflv!%öfn', etc.

ä sljtf tyf sflo ä

Table with 3 columns: English description, Nepali text, and phonetic transcription. Includes entries like 'ttfd7f s/f- j; Gtsdf/ zldf{.gkfnl cRot/dof clwsf/l', 'ejgx/ l; lbjh, r6bk; fb Gorkfg] ksfzaldof bxfn, b]l gkfn', etc.

Table with 3 columns: English description, Nepali text, and phonetic transcription. Includes entries like 'cf6nh -sljtf; aUk', '&= ah6 gla/ kif -sljtf; aUk', '\*= lr6tg; üsf] ofqf -sljtf; aUk', etc.

ä Sofdk; :t/lo ä

Table with 3 columns: English description, Nepali text, and phonetic transcription. Includes entries like '!! sf]cyžf:q -uf\$Of{dNn', '@= !@ sf]cyžf:q -xl/bf; ; fks6f=c66sf/ k66h', '#=Elements of Economics (XII) -tf/f e; fn-ozf]v/f k; f6f/fhg k6h', etc.

jhoGtl \$& n3syf c<sup>a</sup>s @

!#= gkfnl gfósssf]cllbog -alP=	-k0fki; fb clwsf/l	(%)-
!\$= ; fwt/0f gkfnl -alP8		
-8f= 3gzofd wofkgwkgkt s0/fnf-dl0ngfy 9sfn		@#%:-
!%= gkfnl nřš ; flxto kjf0 / cġj0f -PdP gkfnl - silkn c1ft		@)-
!^= cġjfo{gkfnl -alP - 8f= 3gzofd wofkgwkgkt s0/fnf-dl0ngfy 9sfn		@#%:-
!&= ; #sġt ; flxto[s]?k/yf -alP=PdP	-kġ= ufřksġ0f zdf{	@&%:-
!* efiif-lj 1fg -alP=PdP -8f= 3gzofd wofkgwkgkt s0/fnf-dl0ngfy 9sfn		@&%:-

ä :sh-af]8ġ:t/lo ä

!= 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	-ufřshkġ; fb zdf{	^):-
%= Best word Book-Eng-Nep	-ufřshkġ; fb zdf{	!#%:-
^= English Practice Book -8	-afnsġ0f 9sfn	!@%:-
&= English Practice Book -9	-afnsġ0f 9sfn	!%):-
*= SLC English Practice Book	-afnsġ0f 9sfn	!^):-
(= SLC math . P . Book - (Eng+Nep) -8f=dřxd0b/ /xdġ=dřdřVtf/ cfnfd		!%):-
!)= New English Grammar-Nep-Eng (Junior)	-ufřshkġ; fb zdf{	!#%:-
!!= New English Grammar-Nep-Eng (Higher)	-ufřshkġ; fb zdf{	@^):-
!@= Recent English Grammar- Eng . (Junior)	-ufřshkġ; fb zdf{	!@%:-
!#= Recent English Grammar- Eng . (Higher)	-ufřshkġ; fb zdf{	@@%:-
!\$= ; lřq j0f0fnf	-6l,Pg= uġ <sup>a</sup>	%):-
!%= ; 0k0f{j0f0fnf	-cfef zdf{	%):-
!^= chwġs gkfnl lga0w	-j; ġtsdř/ z0df{gkfnl	^):-
!&= ; lhnř]gkfnl lga0w	-ufřshkġ; fb zdf{	&%:-
!*= /; nř]gkfnl lga0w	-ufřshkġ; fb zdf{	!!):-

ä cġo ä

!= ; lk l; sř-; lkdhs k'ts	-ufřshkġ; fb zdf{	!)):-
@= křfř] rġbř0 ->lsġ0f ld>sf]gfós -cġjfb	-j; ġtsdř/ z0df{gkfnl	^%:-
#= cřgf]pkřf/ cřkmj-:jř:řo	-/řhřb] >jř	\$)):-
\$= Social Change In Rural Nepal	-Ebindra Prasad Neupane	#)):-
%= nřs 6řnkř] 8fo/l -; fydf k'ts k; nx?		%):-
^= ; flxto jif{k'ts @)! -k'ts kl/ro-sřř -; flxto ; jř4ġ sřb]		\$)):-

\*\*\*

**tkf0ġ] xfdlnf0ġ-eġb] vř]ġePsf] xř] ‡**  
 /rgf, lj 1řkg jř k'ts-klqsřsf]nflu  
**zAbfy{ křřzgsř] sf0fo-rřah, u0řz:yfg**  
**)!-\$\$(&#%!)÷(\*\$!-\$(!)#**  
 mail: nepal.vk@hotmail.com / nepal120@yahoo.com /  
 shabdarthaprakashan@gmail.com  
 web: shabdarthaprakashan.com / nepalipublisher.com

**zAbfy{ křřzgsř k'tsxs? cġnf0g lsġg' k/] 0**  
<http://muncha.com/>