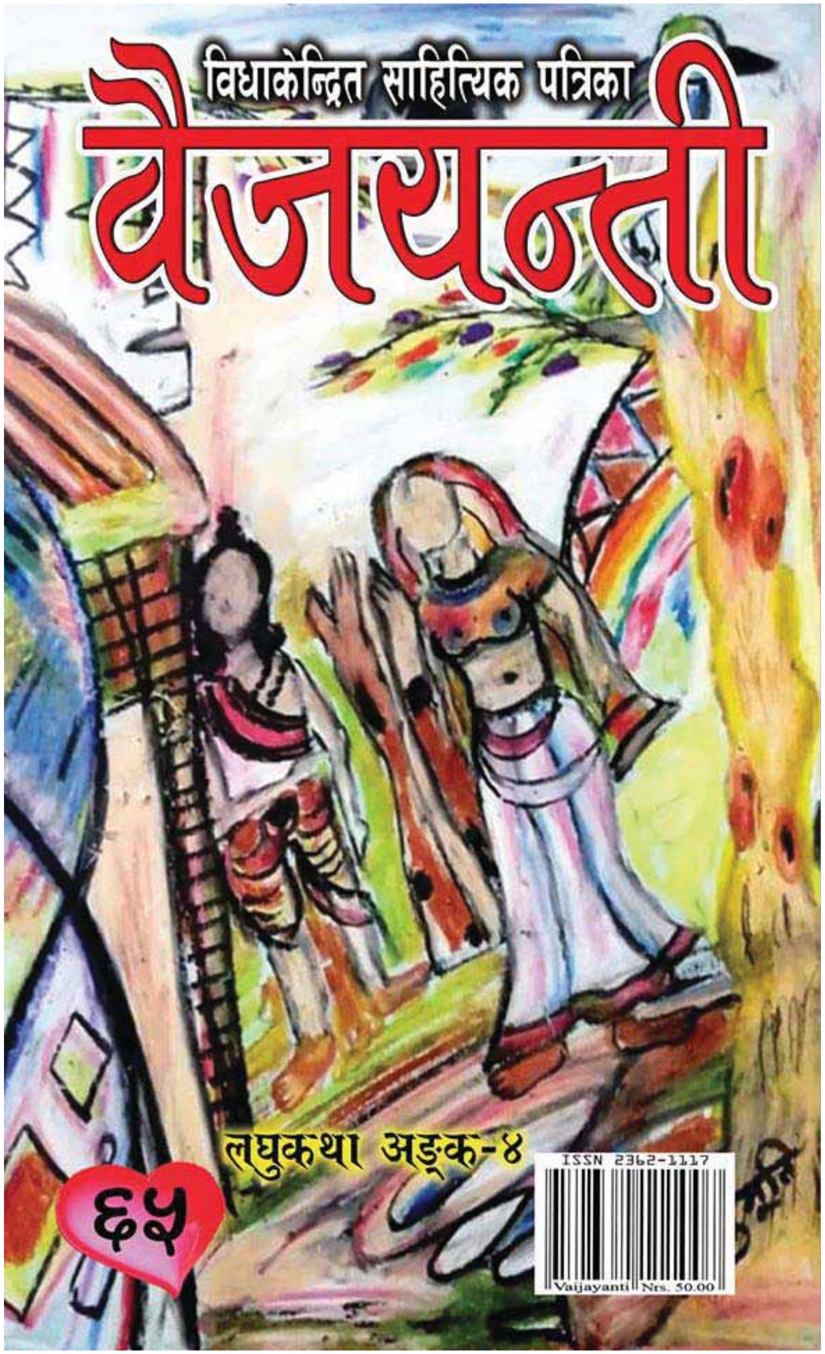
विधाकेन्द्रित साहित्यिक पत्रिका
वैजयन्ती
लघुकथा अङ्क-४
६५
ISSN 2362-1117
Vaijayanti Nrs. 50.00

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;'rgf M j}hoGtLdf k|sflzt /rgfsf] ;DkÜf{lhDd]jf/ :jod\ n]vs g}xg\$g\.

;DkfbsLo

- **j}hoGtLn]** gk|fnL efiff ;flxTosf]ljwfut ;dGgltsf nflu ljleGg ljwfdf snd rnfpg] ;|6f JolQmTj Pj+ gj l;hgfdf nfu]sf JolQmTjnfO{ lg/Gt/ cufl8 a9fpg] p2]Zo cg';¿k afx| jif{b]lv ;flxTo ;]jf ub{} cfPsf] 5 . o;sf] cf/De sfnb]lv g};|6fx¿n] j}hoGtLnfO{ ;fy, ;xof]u / ;Nnfx lbg]cPsf]df xfdL cfef/L 5f}F .
- **j}hoGtLn]** cg}s ljwf pkljwfsf ljleGg cª\s k|sfzg ub{} of] ^% cf}F cª\snfO{ n3'syf cª\s-$ sf ¿kdf k|t't u/]sf 5f}F . oxfF¿n] l;hgf k7fpg] qmddf cg}s k|ljws sdL sdhf]/L jf ljwf s]lGb|sf sf/0fn]s ;}sf]/ rgf ;+Ug xg g;s]sf]eP lfdf kfy{L 5f}F .
- **j}hoGtL** ljwf s]Gb|t ;flxTos klqsf ;fy}k|sfzg ;fy ;f06f ljwfut ;Gbe{df dfu ul/Psf ljwf / cg'zf;gnfO{ dgg u/L tbg';¿k l;hgf ;dod} pknAw u/fOlbgxg cg'/f]w ub{5f}F .
- **j}hoGtL** gk|fnL efiffdf k|sflzt xg]Ps dfq ljwfs]Gb|t ;flxTos klqsf xf]/ o; ;Gbe{df slj tf, lgaGw, syf, pkGof;, gf6s sf ljwf–pkljwf;d]t sf ^$ cª\s k|sfzgdf cfO;s]sf 5g\ . ;aeGbf a9L n]vg]ljwf slj tf eP klg j}hoGtLdf eg]lgaGw ljwfsf w]/}cª\s k|sflzt ePsf]s'/f oxfF¿nfO{ljlbt g}5 .
- **j}hoGtLnfO{** dfof u/] cf^gf /rgf pknAw u/fpgxg] ;DkÜf{ ;|6fx¿, lj1fkg bftfx¿ ;a}df j}hoGtL kl/jf/ xflb{s cfef/ k|s6 ub{5 . o;sf ;fy} cfufdL ;dodf klg ;DkÜf{n]vs ;flxTosf/ Pj+ kf7sx¿af6 :g]x, ;b\efj / ;xof]u k|f]t xg]5 eGg]df xfdL ljZj:t 5f}F .

;+slt-!, k'{dlt-!, n3pkGof;-!, rf8÷kj{!, gf6s÷Psfª\sL-@,
n3'syf-$, dQms-#, ljb]zofqf-@, uhn-#, /fli6o-JolQmTj-#,
:jb]zofqf-$, uBslj tf-^, syf-^, lgaGw-&, ;+:d/0f-%, ;dLIff-&,
5Gbslj tf-(cf}f cª\sx? lgsfln;s]sf]
;flxTos klqsf **j|hoGtLsf]**
^^ cf}cª\s **5Gbslj tf** *xg\5 .*

- **zAbfy{ k|sfzgsf] j}a ;f08** http://nepalipublisher.com df j}hoGtLsf ;a}cª\s 8fpgnf]8 ug{ldNg] u/L /flvPsf 5g\.

o; c^asdf

qmd	n3'syf	n3'syfsf/	ki7
!:	; jf	-cgelt uKtf	%
@:	ckx/0f	-clDasf cofn	^
#:	; /fu ; L	-chg yfkf	&
$:	kZg	-kltkZg-cfTdf/fd v/n	*
%:	Gofo	-cfnfs s'df/ ;ftkt	(
^:	lg0fo	-0Gbs df/ >i7	!)
&:	;do	-sdnf gkfn	!!
*:	cgdlt	-sNof0f kGt	!@
(:	n3'syf	-sfTofog	!#
!):	wd ; ^a's6	-si0f ahuf0	!$
!!:	Ajf0kmG8	-si0f afp ;	!%
!@:	bjsf v n	-lvdfgGb kfv/n	!^
!#:	kfgL	-u^a'uf clenfifL	^$
!$:	cl/^a'ufn	-u^a'uf cfrfo	!(
!%:	gdgf xfd :6	-u^a'uf sdf rfo kf8n	!&
!^:	k/:sf/ / ;Ddfg	-u0fz gkfnL	!*
!&:	dGqLhL 3 /fdf	-8f:3gZofd Gofkfg kl/>dL	!(
!*:	axftg	-hgs/fh clwsf/L	@)
!(:	rdTsf/	-hgbg bfxfn	@!
@):	cgQl/t kZg	-hg"5qL	@@
@!:	;do	-tf/f s:;L	@#
@@:	;^a'uLt dfx	-ltn:dL kef ;	@$
@#:	d/f km ;L	-lqnfrg 9sfn	@%
@$:	;hgfsf nx/x?	-lbks s0sn	@^
@%:	af ;	-lbJo lu/L	@*
@^:	vk8fsf 3/	-gf/fo0f ltjf/L	@(
@&:	zldnf	-gf/fo0f lg/fnf	#)
@*:	af6f sf6'g la/fnf	-gf/fo0f gkfn	#@
@(:	l/^a6fg	-k/z'/fd k/fz/	#$
#):	cfTdlge/tfsf vfhL	-ksfzk ;fb pkfWofo	#%
#!:	lrGtf	-ksfz a:gt ukmf8L	#^
#@:	dflns	-lagfb v8sf	#&
##:	/fhLgfdf	-efjsz/ a/fn	#*
#$:	sdf0	-dw/ e§/f0	#(

qmd	n3'syf	n3'syfsf/	ki7
#%:	egsf dfnf	-dxfbj clwsf/L	$)
#^:	cJoQm kL8f	-ldng ;dL/	$!
#&:	jblzs /fhuf/	-d3gfy aGwl	$@
#*:	glrgsf ;fyL	-/~h>L k/fhnL	$#
#(:	bof ld; / ;lgtf	-/dz uftd kfNkfnL	$$
$):	lqmof	-/dzh^a'u yfkf	$%
$!:	dxÎj	-/dz e§/f0	$^
$@:	nt eQf	-/dzdfxg clwsf/L	$&
$#:	7Ssfk§f / ljsf;	-/fhGb kxf8L	$*
$$:	0Hht	-/fds'df/ kl08t lfqL	$(
$%:	z^a'sf	-/fdk ;fb kGt	%*
$^:	;:sf/	-/fdxl/ kf8Øfn	%)
$&:	/Defsf k;n	-nIld0f cofn	%!
$*:	kfxgf	-nLnf/fh bfxfn	%@
$(:	/8 nan	-jf;bj u/fuf0	%#
%):	s;"	-ljhoWjh yfkf	%$
%!:	jftf	-ljgos'df/ zdf gkfn	%^
%@:	tn le;f	-ljgfb gkfn	%&
%#:	rf/sf u¿	-8f: ljZjbLk clwsf/L	%(
%$:	cefuL	-ljZjgfy vgfn	^)
%%:	nuguf7f	-zf/bf k/fhnL	^!
%^:	ufnL a0HhtL	-;~ho ldq	^@
%&:	;do rqm	-;ldgf vgfn kyfl	^#
%*:	sfd ug sfn"ds vfg efn	-;Ltf/fd gkfn	^%
%(:	a9f a/sf ?v	-;'/g pkltL	^^
^):	wld/f	-;'/z sf^n ljbf/s	^&
^!:	cf0/gsf 8fd	-xl/ s§n	^*
^@:	larflnof	-xl/ yfkf	^(

:yfoL :tDe

cfj/0f lrq M cgelt uKtf, pQ/kbz, ef/t
k5f/sf kftf M n3'syfsf kl/ro / ljsf;qmd c;kmn uftd &!
gkfnsf sxL k:ts k;nx? M *!
zAbfy ksfzgsf k:tsx? M *%

ca xfdf kfnf

5Gbslj tf, hLjgL, ;:d/0f, syf c^a's .

;]jf

cg'e'lt u'Ktf

d':sfgh:tf] gfd To:t} pm ;a]sf] cg'xf/df d':s'/fx6 5byL . zf/bf / gdgsf] PSnL 5f]/L hf] SofG;/;'u nl8/x]sL lyO{ . zf/bf / gdg b'j}nf0{ yfxf lyof] d':sfgsf] hLjg nfdf] lyPg .

sLdfy]/fkLsf] sf/0f p;sf] nfdf] afSnf] skfnsf /f]x? em/]b} u0/x]sf lyP . cfvfsf] tn ulx/f] sfnf] wAaf b]lvGy] t/ klg p;sf] cg'xf/sf] dgdf]xs d':sfgaf6 k6Ss} yfxf xG'g Yof] ls p;n] slt kL8f ef]lu/x]sL 5 .

cfdf===== of] ; ;f/ slt ;'Gb/ 5, d rfxG5' ls d uPkl5 tkfO{ / a'jfn] d]/f] OR5f k'/f ul/lbg'xf];\.Ú d':sfgn] cfvfdf yf/} cf;' lgsfn]/ zf/bfnf0{ egL .

cjZo 5f]/L Û ltdL h] rfxG5f} xfdL b'j}n] Tof] k'/f ug]{ g} 5f} .Ú zf/bfn] cfZjf;g lb} elgg\.

cfdf= d rfxG5' tkfO{ / a'jfn] d]/f] x/]s hGdlbgdf Pp6f] dfq eP klg ?v /f]Kg'xf]nf h;sf] sf/0f of] ; ;f/sf] ;'Gb/ ;w} /lx/xf];\ tkfO{x? ldn]/ SofG;/af6 kLl8t aRrfaRrLsf] x/;Dej ;]jf ul//xgf];\.Ú

of] ;'g]/ zf/bf / gdg b'j}n] o;nf0{ c'ufnfdf a]/] / cf;' em/f] .

nvLdk'/, ef/t .

-cg'= ljgos'df/ zdf] g]kfn_

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s] tkf0{nf0{ yfxf 5 <

xfdL @)&% / @)&^ sf] jif] k':tsdf h'l6;s]sf 5f} .
k]To]s j]zfvb]lv r]q;Dd lg:s]sf k':tsx?sf] xfdL
l6Kk0fL;lxt kl/ro k]sfzg ub]5f} .
To;sf] nflu xfdLnf0{ k':ts pknAw u/fpg'xf];\.

;flxTo ;+4g sGb]

rfan, sf7df8f **(&&–)!–$$(&#%!÷(*$!!$$%!)**

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ckx/0f

clDasf cof]n

Psflaxfg} s;n] 9f]sfdf 9s9sfof] yfxf 5]g . cd't lgbfaf6 em;ª]u eP/ Ao'lemof] . nf, snh hfg l9nf] eO{;s]5 eGg] 7fg]/ l56fl56f lgTosd ;sfof] . 8]« klg nufof] . ls tfax? emfnfdf ldnfP/ /fVof] . aflx/ cem} 7'hf] 9s9ssf] cfjfh cfof] . p;n] sf] /x]5 eg]/ 9f]sf vfn]/ s] x/]sf] lyof] cfvfel/ v';fgLsf wnf] k/]/ etetL kfn]sf] efg eof] . pm 8ªXªu n8\of] . b0hgf ckl/lrtn] p;nf0{ uf8Ldf r9fPsf];Dd ofb /Xof] . To;kl5 s]xL kQf] kfPg . ahf/sf kqklqsfel/ oxL ;dfrf/ dVo ag] . a]/f]huf/nf0{ /f]huf/ eQf lbg'k5{ eg]/ lg0f]o u/fpg ;kmn eO{ lgs] rrf] sdfPsf dGqLsf 5f]/fsf] xf]:6]naf6 c1ft ;dXåf/f ckx/0f . tL ckx/0fsf/Ln] l8uL kf; u/]/ klg a]/f]huf/ aGg k/]sf] l/;sf] emfsdf ckx/0f u/]sf] vnf;f, ckx/0f :yfgdf v;fPsf] sfuhsf 6'qmfdf ;f s'/f n]lvPsf] kdf0f el6of] eGb} ;dfrf/df n]lvPsf] lyof] M lkm/ftL dfu, kln; kzf;gdf va/ u/] 5f]/fnf0{ dfl/lbg] wDsL, 5f]/f 7'hf] ls kfr s/f8sf] /sd 7'hf], dGqLsf] k/LIff, a]/f]huf/L ;d:of cGTo, cflb .

5f]/fnf0{ kmsfpg p;n] k];f klg a'emfof] . ; ;bdf pN6f] olt w]/} k];f sxfaf6 Nofof] eg]/ rrf] rNof] . 5f]/fsf] lhGbuLsf af/]df eGbf lkm/ftL /sdsf af/]df ax; rls]Pkl5 dGqLsf cfvf /;fP . Pshgf o'jf g]tf p7]/ eg] – oxf cf/f]k k]Tof/f]kdf nfUg'afx]s ckx/0fsf/Lnf0{ kqmfp u/L sf/jfxLsf] bfo/fdf Nofpg} ;DaGwdf s;]sf] rf;} b]lvPg . cl:t ev]/ e]i6frf/sf] cf/f]kdf 5 jif] h]n hLjgaf6 dQm eP/ cfPsf] csf] ;f;bn] eGof] – Hofg ;s'zn 5 . ckx/0fsf/L ;dfTg] kln; k]zf;g 5b} 5g\t s] lrGtf < e]i6rf/L pDsg] ljifodf 5nkmn cl3 a9f];\. s;]nf0{ s]sf] wGbf v] s]nf0{ vfg]sf] wGbf eg]h:tf] eGb} o'jf g]tf emflSsof] .

* * *

;/fu;L

chg yfkf

bLIffGt ;df/fxsf nflu ;a ljBfyLx? tyf cleefjsx? 7'hf xndf hDdf xg qmd hf/L lyof . lrl6Ss kf// ;hf0Psf 7'hf xn . ljBfyLx? ljzif cfhsf lbgsf nflu nufpg sfnf nfdf ufpg / sfnf 6fkL nufP/ cfcf^gf kl/jf/;u al;/xsf lyP . ;asf cgxf/df v';L 55INsPsf ki6 blvGYof t/ zeIff, dftflktfsf ;fydf eP tfklg pgsf cfvfn c? s;nf0 vflh/xsf lyof .

casf sxL If0fd ;df/fxsf pb3f6g xg hfb 5 . ;a ljBfyLx? zfGt eP/ cfcf^gf kfnfsf ktLIff ul/lbg xfnf / o; jifsf pTsi6 ljBfyLnf0 dfggLo pksnkltsf xftaf6 ufN8 d8n / kdf0fkq kbfg ul/g5 .Û d~raf6 pb3fif0f xG5 . tfnLsf cfjfhn ulGhG5 xn . /fn qmdcg;f/ kfnkfnf :6hdf uP/ kdf0f kq lnb kmlsG5g\ljBfyLx? . zeIffsf cfvf cem xnsf d'h 9fsfdf g u0/xsf xG5 . o; jifsf pTsi6 ljBfyL zeIff ;jbLnf0 :6hdf cfP/ d8n ux0f ul/lbg xg cg/fw ul/G5 .Û eg/ PgfpG; xG5 . d8n yflk;skl5 sxL If0f kmf6f ;;g rN5 . pgsf dftf lktf cf^gf 5f/Ln d8n yfksf / ;an awf0 lb0/xsf xl//xsf xG5g\.

cfhsf o; ;vb If0fdf sxL eGg rfxgxG5 <Û pb3fifLsfn kZg ul5g\zeIffnf0 .

oxf;Ddsf ofqf kf/ ugdf ;DkOf >o d/L cfdfnf0 lbg rfxG5 . / of d/f d8n oxL :6hdf afnfP/ d/L cfdfnf0 lbg rfxG5 .Û eGb 0zf/f ul5g\. pgsL cfdf draf6 p7/ kf0nf ;fgeGbf cufl8 g :6hdf cs dlxnf uP/ zeIff;u plelG5g\.

l8Da / zq'mls6 lbP/ c?sf sfv ef8fdf lngeGbf gf dlxgf k6df /fv/ hGd lbg 7'hf 7fG5 d . hf x3/sbd d/f dfubzg alg/xsL lognf0 cfdf 7fG5 d . cf^gf z/L/sf dfxsf nflu csfsf k6 ef8fdf lng . aRrfsf /x/eGbf klg ;dfhsf nflu cfdf aGgnf0 cfdfsf ;1f lbg ;lSbg d .Û eGb cfkm'h nuf0/fvsf d8n nuf0lblG5g\cufl8 pg;u plePsL dlxnfnf0 tn a;/ xl//xsf zeIffsf dftflktf cWof/f dv kf// aflx/ lg:sG5g\.

wDaf/fxL, sf7df8f .

–Ö–

kZg-kltkZg

cfTdf/fd v/n

sdn – cfxf Û cdnhL, a;f g . e63f6 t 5b 5, sxL sfds/f klg lyof ls <

cdn – oxfaf6 ;emfj kfp5 ls eg/ = .

sdn – s ;emfj <

cdn – lax u? ls = <

sdn – ltdLnf0 tnan Tolt kusf blvbg .

cdn – yf/ dfq gkusf xf .

sdn – lax u/kl5 bfAa/ cfDbfgL cfjZos xG5 . To;dfly cfdf gagGhnsf dlxnf–hLjg ckOf /xG5 .Û

cdn – Tof t d/f klg rfxgf xf Û

sdn – ;do / kl/l:ylt ltdf jzdf /xGg . ;Ts/L vr, Gjf/fg\ kf:gL, xsf0, a9f0, k9f0 nufotsf vrsf nflu ltdLn cf^gf gltstfnf0 aGwsLdf /fVgkg xG5 .

cdn – To;/L gltstf g t = .

sdn – ltdLn kfpg sxL eQf / ;ljwfn ;dt clxn ufxf e/fsf bV5 . a¿ st cflzs hflu/ klg vfbf ltdf cflysl:ylt ;b9 xb hfnf . To;kl5 = .

cdn – clncln vt / 38/L klg 5g\Tof =

sdn – tTsfn rnfpg kfpg ltdf oyi6 kVofnL ;DklQ 5 t <

cdn – Tof t 5g Û

sdn – clg s;/L rnfp5f 3/Jojxf/ < ltdLn o;sf ljjskOf hjfkm dnf0 xg, cfkmnf0 lbgk5 / cf^gf hjfkmcg;f/ rNgk5 .

cdn – ;/ Û =

sdn – eg =

cdn – xh/ s;/L rNg ef5 = <

sdn – ha dn lax u/, 3", vfg yfn . ha d/f ;Gtfg eof, ei6frf/ ug yfn . ha csf ;Gtfg eof, sfnfahf/L ug yfn . d cfkmnf0, yfxf 5g, olt klg gu/ s;/L 3/kl/jf/ rnfpg Û

eQmk/ .

–Ö–

Gofo

cfnf|s s'df/ ;ftk't|

To; b|zdf ;/sf/s| Ps sd|rf/L Gofokflnsfsf| sfd sf/jfxL x|g| uYof| . p;sf| cbfntdf ljBfyL| ;ª\u7gsf| r'gfjsf| a|nfdf ePsf| lx;fdf ePsf| dTo'x?dfly d'2f rNb| lyof| . tLg kIf qmdzM lx;s ljBfyL|, sn|hsf| kf|Wofks / 5fqfjf;sf| ;~rfnsx?nf0| cf/f|kL agf0Psf| lyof| .

Tof| sd|rf/L n| Tof| dfldnfnf0| /fdf|;u cWoog u/|/ km|;nf ;'gfof| – h'g ljBfyLx?dfly xTofsf| cf/f|k nuf0Psf| 5 tL ljBfyLx? ljBfyL| ;ª\u7gsf| r'gfjdf ;n|Ug lyP clg ljBfyL| ;ª\u7gsf| r'gfj ;/sf/L cf|b|z d'tflj s x'b| lyof|, ctM oL ;a| ljBfyLx? ;/sf/L cf|b|zsf| kfng ul//x|sf lyP, To;|n| ;a| ljBfyLx?nf0| OHht;fy l/xf ul/G5 clg oL kf|Wofksx?==ha ls kTo|s ljBfyLx?nf0| dxfTdf ufGwLh:t| clx;fjfbL agfpg'kg| logLx?sf| bfloTj xf| clg logLx? pkl:yltdf of| xTofh:tf| h3Go ck/fw ePsf|n| oL ;a| kf|Wofksx?nf0| kmf;Lsf| ;hfo ;'gf0G5, clg ljBfyL|sf| cleefjsx?nf0| of| r|tfjgLsf ;fy 5fl8G5 ls logLx?n| eljiodf cf^gf afnaRrfx?sf| egf| ToxL| u?g\hxf tL ljBfyLx?nf0| ufGwLh:t| clx;fjfbL agf0of|;\.

5QL;u9, ef/t .

-cg'Psb|j clwsf/L_

–Ö–

s| tkf0|n| xfdf|| o'6'b'asf| ;f06 x|g|'ePsf| 5 <

Shabdartha Music SM

https://www.youtube.com/channel/C4mnRs7tRE0WC4CvOaWt7EA

lg0f|o

OGb|s'df/ >|i7

/fhgLlt sf af/|df klxn|b|lv g| clncln ;'g|sf| lyP . To;af/|df lgs| cWoog u/|kl5 clncln a'´| klg t/ /fhgLltsf gfddf hlt b|v|, To;af6 dnf0| 7ØfDd| lrQ a'´|g . oBlk dnf0| h;/L eP klg /fhgLltleq k;|/ ;dfh;|jf / /fi6«|jf ug| 7'hf| OR5f lyof| . d|/f| dgsf| s'/f s|xL ;fyLef0x?nf0| klg ;'gfP . pgLx?n| klg dnf0| cf^gf| p2|Zok|flKtsf nflu /fhgLlt g| ug| ;'´fj lbP . To;af6 d|n| d|/f| OR5f cg'dfl|bt ePsf| 7fg| .

/fhgLlt ug|sf nflu ca d|n| s'g| g s'g| kf6L|sf| ;b:otf lng' lyof| t/ kf6L|sf| gfd ;'g| klg ltgLx?sf| rl/qaf/| d cgle1 g| lyP . ca d|n| To;af/| cWoog ug| yfn| .

Odfgbf/ hgtf kf6L| hfn´|ndf /dfp|bf| /x|5 . lgwf| lgd'vf u/Labn| ;DklQ sdfp|bf| /x|5 . ;Todfu| df|rf|, 9f65ndf nf|bf| /x|5 . lgM:jfy| hg;|jf kf6L|, kbsf nflu dl/xQ| ubf| /x|5 . c´| s|xL c? kf6Lx? klg rxf/| . ltgLx? klg gftfjfbL, 3':ofxf, ukmf8L / sk6L g| kfP .

d|n| vf|h|sf| Pp6| dfq u'0f lyof|–|dfgjtfjfb| .

/fhgLltdf, ToxL Pp6f u'0f st| klg gkfPkl5 d|n| ;dfh;|jfsf| dfWod cs| ckgfpg| lg0f|o u/| .

sdnfs'~h, cf|vn9ª\f .

–Ö–

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ca xfdf| j|a ;f06df j|hoGtL / bfloTjsf ;a| cª|s 8fpgnf|8 ug| ;SgxG5 x| .

nt

sdnf g|kfn

dflg;sf] nt jf cfbt jf afgL eGg] s'/f klg clt cgf}7f] xbf] /x5 . k|ef / ;'bLkn] lbgrof ;lhn;'u bl/v;'vsf ;fy latfpb] cfPsf lyP . k|efsf] >Ldfg\sf] r'/f6 lkpg] afgL /x5 c? To:tf] g/fdf] nt s|xL /xg5 . Ps lbgsf] s'/f xf] k|efn] cf^gf] >Ldfg\;'bLknf0f P a9f slt w'/] r'/f6 lkPsf] :jf:Yonf0f xflg k¥ofp5 . r'/f6 w'/] glkpm a¿ r'/f6sf] k;fn] kmnkm'h jf c? kfli6s rLh vfg] u/ gÚ eGb] pgL efG5fsf]7flt/ nflug\. pm s] dfGYof] < p;n] pN6f] >LdtLnf0f g] xkf¥of] dn] h] vfP klg tnf0f lsg 6fpsf] bv]sf] < t/f] s] vfPsf] 5' / dn] < t' r'k nfu/ a; s|xL dtna /fVg'kb|g d/f] . a¿ cf^gf] sfd u/ g v'¿v'¿Ú egL ufnL unf]h u/L pm aflx/ uof] . k|ef cf^gf] sfdlt/ nflug\. pgLx?sf] bO{ 5f/f5f/L klg lyP . k|ef cf^gf aRrfx?nf0f v'jfpg nflug\. aRrfx?nf0f vfgflkg u/fP/ sf]7fdf /flvg\/ elgg\ afa' gfg' ltdLx? 1fgL eP/ k9/ a; x} Û d sfdlt/ nfU5', clg ;f]Rg yflng\ hlt eg] klg dfGg] xf]0g oL a9f cf ===== eGb] kmtkmtf0g\.

;'bLk a]n'sf 3/ cfPkl5 vfglkg u/L ;a] ;'t] . pgLx?sf] lbg laTb] lyof] . ;'of]uaz Ps lbg k|efsf >Ldfg\;'bLk w'/] g/fd|/L la/fdL k/] . >LdtLn] c:ktfn hf]r u/fpg k¥of]0g\. 8fS6/n] hf]rL PS;/] lel8of] PS;/] ;a] u/fP . cflv/ pgsf] kmfS;f]sf] Sof]G;/ eP5 eGg] yfx eof] . pgn] dnf0f g/fdf] /f]u e]65, ltdLn] eg]sf] gdfGbf d /f]uL eP eGb] k5'tfpb] Gofp/f] dg kf/] . cflv/ s] ug' < 8fS6/n] eg] d/f] ;Nnfx adf]lhd cf]ifwL ;]jg ug', w]dkfg gug', /S;L gvfg' .Ú

;'bLknf0f k5'tf] t eof] g] clg pgn] >LdtL k|ef;'u ;'dw'/ jrgdf eg] P a9L d w'/] 3d08L /x5' eg]sf] gdfGbf dnf0f o:tf] /f]un] e]6\of] . cflv/ ltdLn] d/] :jf:Yosf] nflu t eg]sf] lyof] lg Û ca d s|xNo] s'g] g/fdf] nt a;f]Nbg a‰of] < egL k/xh ;fy hLjg latfpg yfn] t/ /f]u nflu;s]kl5 s] xGYof] < ;dorqm g xf] < pgnf0f /f]un] RofKb] nUof] / p;n] Hofg u'dfpg'k¥of] .

rfjlxn, sf7df8f} .

–Ö–

cg'dlt

sNof0f kGt

uf]ljGb/fhsf] gfltgfltgf v]nfpg] ;fx] /x/ lyof] . pgn] 5f]/f k|d/fhsf] c7f/ jif{ kÚbfgkÚb] lax] ul/lbP t/ klg pgsf] rfaL; jif{;Dd klg hfohGd ePg . pgLx? 8fS6/ sxf} uP, wfdLemfqmL b]vfP, kh'f nufP, dlGb/df k/]jf p8fP, Ps v'66f 6]s]/ aQL afn], x/ pkfo u/] t/ klg s'g] k|ult ePg .

k|d/fh k'h|lt/ Jofkf/ ug] uP . a'xf/Lnf0f klg pt] k7f0of] . jif{ lbg laTof] t/ klg ;Gtfgsf] d'v b]Vg kf0Pg\. qmdz M 3/df v'l;ofnL x/fpg yfNof] . kl/jf/df dfgl;s tgfj a9\b] uof] . kTo]s bz]df lb0g] cfl;s klg uf]ljGb/fhnf0f Joy] nfUg yfNof] . 3/kl/jf/] pbf;Lg b]vP . a'xf/Lk|lt g] bli6 ablng yfNof] . la:tf/] la:tf/] 5f/fl;t klg sfg]v';L ug] yflnof] .

clt ePkl5 Ps lbg d'v ldnfpb] ;f;'h] elgg\ a'xf/L Û 5 jif{ sl/;lsof] ufpdf s'/f sf6\g yfln;s], ca ltdLn] 5f]/fnf0f gof] af6f] vf]nlbg'k5{ .Ú

a'xf/Ln] elgg\ ;Gtfg g] x]g] eP pbf/ eP/ ;f]Rg';\ 5f]/fnf0f klg cg'dlt lbg eGg';\clg /x/ dl6xfN5 lg .Ú

–Ö–

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

n3'syf

sfTofog

d clnclN k9\n\v\sf df´L Û cfh, of ljzfn–/d0fLo tfn kf/ ug sfxL ofqfx? cfPsf lyPgg\. ;dosf ;bkofu ug 8ªlfsf l8ndf a;/ k:ts k9\g 5§–dHhf nfUYof Û cfh d;u n3'syf;ªlux lyof . a‰g kof; ub lyP .

efO s lgofNb ‹ s;n ´S´ sfof .

;Dxflnb eg, k:ts lvofpb ÛÛ

cfxf Û slt ;Gb/ Û 8ªlf glvofpg cfh ‹

5f6f pQ/ lbP, lvofpg ÛÛ

n lx8 3'df Psl5g Û hlt nfU5 lng ÛÛ

x;\a:g Û n n n la:tf/ xh/ ÛÛ

8ªlf cl3 lvofpb uP . ofqLn ;fWgeof, s k9b ‹

n3'syf xh/ Û a‰g kof; ub 5 ÛÛ

nV5f klg ‹

a´ / ;s eg nV5 lg Û sfl;; t u/sf xf, ;s kf Û= sxf hfg ‹

sxL a/ 3'df, xGg ‹ pxfn ;fWgeof .

x;\Û xh/ s ugxG5 lg ‹ glhlsb ;fw .

n3'syf ;ªlux lgsfNb 5 . /d0fLo / zfGt jftfj/0fdf a;/ clGtd ?k lbpm ls eg/ xf efO ÛÛ

cfxf Û xh/;u ;Dks /fVg kfP t dn klg a‰g / nVg hfGy xnf x xh/ ‹ lh1f;f /fv .

dg 5 nVg klg ‹

5 lg xh/ Û ;gfd xGYof xfnf ;Gb/ nVg klg ;s eg t ÛÛ xfdLx? tfnsf dWolt/ kUb lyof .

kf8\g cfp5 ‹ ;fWgeof .

clnclN ÛÛ dn eg .

jf/kf/ u/sf 5f tfnsf ‹

dWo;Dd cfpg–hfg u/sf 5 .Û

v Û bpm t axfgf Û d lvofp5 8ªlf ÛÛ

ofqLn axfgf lngeof / dnfO PSsfl; tfnsf dWolaGbdf wsNgeof Û cfZroldl>t cfqmfzn ;Gg eP Û

pxf cf^g ;'df 8ªlf cl3 nfb, lrRofpb eGgeof, ca tfnsf hg lsgf/fdf kUg dg xG5 ku Û ToxL lng cfpg5 ÛÛ

tfnsf t/ªldf hf8 nufpb kf8\b uP Û lsgf/fdf kUbf l/; dl/;s sf lyof Û dg gj–:kmlt / gfnf ;frdf t/ªlut eO/xsf lyof Û d/f lgs6 cfP/ kfgL kl5lbb zfGt:j/n ;fWgeof, l/;fof ‹ dn ck´6 wsn/ v;fNbf s cgelt eof ‹

nfdf lgZjf; lnb eg, cj0fgLo ´8\sf nfUof ÛÛ

d:s/fpb eGgeof, az oxL xf n3'syf ÛÛ

;fWgeof, slt lbpm dn 8ªlf lvofP afkt ‹

xf:b eg, 1fg cfhg u/ Û az wGojfb ÛÛ

rfalxn, sf7df8f–&

–0–

wd;ª\s6

s[0f ahuf0{

cfkmhfO gfl:ts eGg dg k/fpbYof . wdsd, khfkf7 cflb sxL ubg lyof . k/Dk/fblv dflgcfPsf rf8nfO nfKkf vjfpb alxisf/ ug ubYof .af/Daf/ eGg ubYof wd egsf clkmd xf t/ clkmdsf :jfb s:tf xG5 pm eGg ;SbgYof . g t p;n clkmd g bvsf lyof .

;dfhdf /xsf sxL kL8tx? p;nfO cwdL / n6/f eGby . Hofg df/sf ;dt cf/fk nufpby t/ p;sf cufl8 tL s/f eGg s;sf lxDdt lyPg .

cwdL eP oqf pd/;Dd s;/L afRby ‹ kfkn pxLn dl/ ;Sy .Û wdsf cf8 lnP/ /l8ofdf afnsf ;lgof .

eujfg\s:;d dn sg ck/fw u/sf 5g . tL ;a d9u9Gt cf/fk xg\.Û eujfgnfO ;flfL /fv/ l6eLdf lrRofPsf blvof .

;f;b ePkl5 /l8of, l6eL / klqsfdf pk/fQm axf/fsf p;sf cGtjftf km6fkm6 cfpb lyof . eujfg\sf gfd lnP/ cGtjftf dfkmt ;kmf0 lbbf p;nfO lrGg hfGgx? wd;ªls6df k/ .

nG8g .

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AjfOkmG8

si0f afp;

kGw ;fxsL h:tL Ps gqxLg lszf/L af6fsf lsgf/fdf cf^gf cufl8 uD5f lkmhfP/ a;sL 5 / pm Psgf;n afln/xsL 5 – cGwL 5' . bof ugxf;\. dnf0 ;xofu ugxf;\.Û

xbfxb Ps b0sf l;Ssf dfq xf0g kfrblv ;o;Ddsf gf6x?sf ykf g nfÛ5 p;sf cufl8 . Toltsdf cl3 g blv 7Ls dflysf l9:sfdf a;/ w/L 3/L lszf/Ltkm xb rfSnf dfaf0n kmfg vnf0/xsf vf0nfÛbf ojs abSs tn ´5 / lszf/Lnf0 wfk dfb 6qmSs a:5 .

cfh /fd sdf0 ePh:tf 5, xf ls ÛÛ k;fsf /f;df xft k¥ofP/ lszf/L d:s/fp5 .

v To:tf vf; 5g . ;a l;Ssf / kfrsf gf6 xfn/ d/5g\ /G8f/G8Lx?n ÛÛ 7"hf 7"hf gf6nf0 xQkQ cf^gf bj xftn l6k/ cf^gf vNtLdf sfRb ojs afN5 .

x Û ljbzL efiffdf s s eGb yknlbof lyP t xf ÛÛ

Xof Û Tof ;fnfx? t Xofsf eGbf ´g sGh; ef5 Sof cfhsn .

dfb/ ====== 8fsfx? Û nf x/ t aL;sf eGbf 7"hf ´f/sf eP dl/hfpm ÛÛ

aft dfbfdfb afsL k;f klg ;fxf/L ;s/ anfsf lng cfp5' eGb ojs labf xG5 .

lszf/L oyfjt\kmnfSg yfN5 – cGwL 5' ======;xofu ugxf;\.Û

cln k/af6 Tof ;a blv/xsf dnf0 eg sg cyfx kL8fn lrNg yfN5 / glhlsP/ ;fW5' –Û cl3 k;f nfg dfG5 ltdf sf xf gfgL <Û

xf hf ef klg Û lsg rflxof <Û pm d;u hvl/G5 .

ltdf sdf0 csn nusf bv/ dfq ;fwsf . ltdf afhh:tf a9f dfG5 x, gl/;fpm g gfgL ÛÛ

ca eg pm PSsf;L nhfPh:tL xG5 / dvfsltdf dGbd:sfg Nofpb afN5– pm dnf0 kfNg dfG5, d/f AjfOkmG8 xf lg t afh Û

–0–

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bjsf vn

lvdfgGb kfv/n

ul/aLsf df/df k/sf v0 bf0sf b0 5f/f Ps 5f/L lyP . bf0sf 3/df ul/aLn af; u/sf lyof . csfsf ef/L gafsL 3/sf uhf/f rNbgYof . Hofnf dhb/L ug sfddf hg;s sfd ug klg pgL tof/ xGy . ef/L afSg, kl/cfPdf la/fdLnf0 8fsfdf afs/ c:ktfn nhfg / vtaf/Ldf hfTg sfd;dt bf0af6 xg uYof . o:t o:t dhb/L sfdn ogsg pgsf blgsL rNb cfPsf lyof . la:tf/ 5f/f5f/L klg xlsb cfPsf bVbf pgsf dgdf sxL k;Ggtf 5fpb lyof . pgsf h7f 5f/f ;fx ku/ ;q jifdf s kjz u/sf lyof c rfgs la/fdL k¥of . ;fgfltgf cfifwL dnfn 5g ;sg . 5/l5dssf ;xofu dfu/ c:ktfn egf u/ . 8fS6/L hfr ubf p;nf0 alg 6bd/ ePsf kQf nfÛof .

sxL dlxgf;Dd l5dsLsf d2tn cfifwL pkrf/sf vr rNof . cGTodf eujfgh p;nf0 arfpg ;sgg\. ;q jifsf slnnf pd/d p;n of w/tL 5f8gk¥of . o;u/L aLrsf 5f/Ln klg l5dsLsf 3/df uf7fnf a;/ afvf r/fpg hfbf ;q jifsf pd/d eL/af6 v;/ dTo eof . pgsf sfG5f 5f/fnf0 klg ;q jifsf pd/d av af9Lsf endf k// o;/L Hofg uDg kÛof . afacfdfnf0 rf6dfly rf6 ylkof . a9fa9L pd/n kfsf e0;ssf lyP . ca pgLx?sf ;xf/f sfxL lyPg . ca pgLx? Hofnf dhb/L u// vfg klg g;Sg ePsf lyP . 5/l5dssf d2tn afRgafxs ca pgLx?sf afsL pkfo c? lyPg .

–0–

zAbfy ksfzgn

@! y/L zAbsfz ksfzg ul/;ssf 5 / cem c? ksfzg ub 5 .
s tkf0 klg sfzsf/ xgxG5 <
cf^gf zAbsfz ksfzg ug OR5s xgxG5 <

gd'gf xfd :6

uª\uf sdfrfo .kf8nÚ

P Û ;fyL xf ltdLx?nf0 sNkk/sf gd'gf xfd:6sf af/df yfxf 5 <Ú ljgfbn ljqmd / ljdn;u ;fWof .

cx yfxf 5gÚ . b'j hgfn cgle1tf JoQm u/ .

dn klqsfdf lj1fkg x/sf Toxfsf kfslts ;fGbo, :yfgLo snf, ;:slt xgnfossf 5 / Û wflds, ;f:slts, Pltxfl;s ljifoj:t cWoog ugx?sf nflu gkfns pTsi6 :yfg xf / sNkk/ . cfkm"t 0ltxf;sf ljBfyL kl/of . cWoog klg xg xfd:6sf dhf klg lng kf0g . o:kfnL bz ltxf/ ljbfdf Totlt/ 3Dg hfpm ls Sof xf < ltdLx? s eG5f <Ú ljgfbn ;fyLx?nf0 ;fWof .

e0xfN5 lg . o;kfnL st hfg kfPsf 5g . /df0n xG5 hfpm .Ú ljqmd ;xdt eof .

tn 7Ls elg;\gd'gf xfd :6 egsf s:tf /x5 < gfd ;g/ dnf0 klg hfpm hfpm nfUof . o;kfnL xfd:6df a;L cuflgs vfgf vfP/ cfo a9fP/ cfpgk5 a‰ofÚ . ljdnn yKof .

ljgfb, ljqmd / ljdn dgel/ pT;fx pdª\u lnP/ xKtf lbg a:g u/L sNkk/lt/ nfu . pgLx? Toxf kUgf;fy af6dfgd'gf xfd:6 sNkk/df oxfnf0 :jfut 5 egL nlvPsf 7'hf ;f0gaf8 bv .

ljgfb dVv kb eGof– xfd :6 uhjs xfnf h:tf 5 . a¿ cfpg cln 9Lnf eof Kofs eP/ a:g 7fp gkf0g kf xf ls <Ú .

To t cfh af6f hfd xgkg Sof=b0 306f TolQms laTof .Ú ljqmdn eGof .

cf= ltdLx? klg TolQs lrGtf u5f klxnf a:g 3/df t kufÚ . ljdnn egkl5 pgLx? ;8s kl5 uNnLsf af6f xb cufl8 a9 . lx8b ubf Xjf:; Ps ksf/sf gdL7f uGw cfof . af6fsf bfofafof s's'/sf s/fdt -lb;f_ bv/ laqmdnf0 emG8 jfGtf ePg . 3/g/ kUg nfUbf t emg\ e':ofxf s's'/x?n pgLx?sf ;ft p8fof .

–Ö–

k'/:sf/ / ;Ddfg

u0fz gkfnL

lhNnfdf lqmofzLn ;flxTo ;:yfn cf^gf jflifs pT;j eJo ?kdf dgfpg lg0fo u¥of . ;fxL cg'?k ljljw sfoqmdx? klg ;~rfng ub / Xof . sfoqmd ;dfkgsf dVo tLg lhNnfdf lqmofzLn / aflx/sf ;a ;flxTos JolStTjx? ;efxndf ylkP .

ksflzt slt / cf^gf kl/ro ;:yfn dfu u/ cg'?k aemfPsf ljgfb ;'6a'6df pkl:yt eof . To;/L g o'jf ;flxTosf/ jf0=la= c;kmn klg n/Ss k/|/ xndf xflh/ eof . ;Ddflgt / k'/:st JolStTjx? qmdzM d~rdf afnf0of . kfoM ;a cssf ;fxf/fdf xft ;dft/ d~rdf ku . sfxL n¶Lsf ;fxf/fn aNn–aNn cf;g ux0f u/ .

xndf uf0u0 ;'lgof, .;Ddflgt / k'/:st xg t ;t kmNg / rf/f;L u/sf xgkg /x5Ú cfkm'hf0 o'jf ;flxTosf/ 7fGg ljgfb bMvL / jf0=lj= c;kmnsf sfgdf klg oL zAb ku . sfoqmdsf aLrdf ;:yfsf ;flxlTos ultljlwsf k:ts klg ljdfrg eof . hg k:tsdf lhNnfdf lqmofzLn ;flxTosf/x?sf ksflzt slt / kl/ro klg ;dl6Psf /x5 .

k'/:sf/ / ;Ddfgsf cfzdf r6Ss ;lhP/ cfPsf o'jf ;flxTosf/ ljgfb bMvL / jf0=la= c;kmn klg Ps–Psklt k:ts ;dft/ cWof/f d'v u/fpb xnaf6 aflxl/P .

–Ö–

k9gxf; Û

jhoGtLsf ;fydf

/rgf, cleJolQm, bfloTj, zAb;ofhg, ;nv, gjk1ffkg, lxdfnL u/f;, zAbfªs/ .

dGqLhL 3|/fdf

3gZofd Gof|kfg| .kl/>dL

Pshgf cfzf nf\bf| o'jfg|tf . pgL dGqL kbdf lgo'Qm ePsf| w/| ePsf| 5|g . pgsf| lgolQmsf| cf|krfl/s 3f|if0ff xgk'j| g| km|;a's sf| leQfdf awf0| / zesfdgfsf| cf0/f| nflu; s|sf| lyof| . ha ljljw ;'tgfsf| dfWodaf6 of| ;dfrf/ aflx/ cfof| gjlgo'Qm dGqLn| ;xg ug| g;Sg| u/L awf0| / zesfdgfsf| jiff| x'g yfNof|, pgL lgy|Ss leh| .

xf|, pgL lehg ePsf| o'jfg|tf . To;|n| t pgL dGqL kbdf axfn ePkl5 w/|n| pgsf| dGqfno cGtu|tsf| Ifqdf l56| g| lgs| ;wf/ / rdTsf/kOf| k|ult xg| cfzf u/|sf| lyP t/ dGqLhLn| o;af/| ;fRg| cj;/ g| kfPsf| 5|gg\. pgnf0| rfs/L ug|x?sf| hdft tof/ e0;s|sf| 5 . pgn| s;|sf| ugf;f| ;Gg| 5, s;|sf| bafj vKg| 5, s;|sf| cfbz dfGg| 5 . clxn| dGqLhLsf| dl:tisdf| ls s tJo ljd9sf| cj:yf klji6 ePsf| 5 . pgL;u :jtGq lrGtgsf| nflu ;do g| 5|g . jf:tjdf oltv|/ dGqLhL :jfyLx?sf| 3|/fdf 5g\.

–0–   jb3f6, gjnk/ .

cl/ª\ufn

uª\uf cfrfo|

au|rfdf Ps km'hsf| rLTsf/ ;|lgof| . km'hn| cf;'sf| l9sf;|u cf^gf| Joyf kflv/x|sL lyO . tTsfn| au|rfsf| ;DkOf| ntf, j|lf / km'hx?n| sfg 7f8f|, cfvf tlhnf kf/| . hh;n| km'hsf| eSsfgf| ;|g, tL :tAw eP .

au|rfdf aonL vNg| jfon| klg dfg a;|/ ;a| s'/f ;|lg/x|sf| lyof| . sf|txn hufpb| eGof| . km'hdfof|, cflv/ Tof| ej/fn| jiff| jifblv ltdLnf0| rDb| cf0/x|sf| /x5 . cfh PSsfl; lsg c;Gtli6 < km'hdfof afnL . cfh pm| ej/f xf0g cl/ª\ufn aGof| lg t .

–0–

a'xft|g

hgs/fh clwsf/L

.bp/fnL 8f8fsf| 3/df lelqPkl5 a'xft|g v'a eflu'of| . kfgLkw/f|, l9sLhftf|, uf0j:t', s'8fkfgL, 3f;bfp/f, dnfkftf, uf7wGbf, h7f ef8fs'8f, ufda|;L . ldld/n| wtLnf0| :kz| ubf| gubfblv ;femdf ‰ofpsL/Lsf| ‰ofp‰ofpn| lj>fd glnP;Dd sfddf hfltgkYof| . uf; l6Kg| km|;b xGy|g t/ clxn|sf| axf/Lx? t 8/ g e/sf . 6fkgl6kg|, csfsf| cfvfdf 5f/f| xfNg| . s:tf| hdgf cfof| afa| < d/f| xh'/afsL cfdfn| eGgxGYof| / Û

d/L xh'/cfdfn| rflx eGgxGYof– ;f; ; '/fsf| 8/n| k/ kxgL ufpdf efn| gaf:b| p7|gkYof| . p7blv ;fem;Dd xft vfnL xGy|g . cfuf| ;Nsfpg|, bnf| kfTg|, kfgL kw/f| ug|, esf/f| ;fg|, s'8fkfgL ug|, kd ug|, 3f;bfp/f sf6|g|, 3/wGbf ug|, afnaRrfsf| :ofxf/;';f/ ug| . slt xf| slt b|lv ug|kYof| . cfhsfnsf axf/Lx?nf0| rflx d:tL 5 .J

.ev/ev/ a;L em/sf| /x5g\d/f| ljjfx x'bf ufpa|;L t ug|k/|g t/ p; a|nf cfsfzsf tf/f 9Nsg gkfpb| p7/ sfd ug|kYof| . ;femkv nf6fsf;|/f| p7kl5 aNn km|;b xGYof| . cfhsfn kw/f| hfgkb|g, efG5f sf7fdf g| wf/f| 5 . af/fdf wfg xf0g rfdn 5 . 3/ lnKgkb|g, l;dG6|8 5 . nuf wgkb|g, dl;g 5 . ef8fs'8f sfnf xbgg\Uof; r'nf| 5 . uf0j:t' kfNgkb|g, 8/L 5 t|klg axf/Lx?sf| s r s r ;Ggk5, Ho"xh/ ugk5 . aflr/xgk5 s|s| bVgk5| hdgf plN6Pkl5 s;sf| s| nfU5 .J d/L cfdfn| eGgxGYof| .

d/L pgLn| rflx dnf0 ;gfpb| lyOg\Ps lbg–d o; 3/sf| bf; t xf0g lg nuf wg|, vfgf ksfpg|, h7fef8f df‰g| < Ps lbg xf0g b0| lbg xf0g . d o:tf| ug| ;lSbg| eGbsf| 5' . s;/L ss;nf0| s:tf| yfGsfdf /fVgk5| aem|, gq ==== .J d ;Gb| lyP pgsf s'/f– .efln axf/L cfpb| l5g\ eGg| yfxf 5 ls 5|g < Pp6f /fdf| 3/ / uf8L 5|g . ;a| nyflnª\u 5, o:tf| kf/fn| s;/L rN5 < wf/f, aQL klg l/df6n| rNg| a|nf cfP t/ of| 3/sf| rfnf o:tf| 5 . o:tf| alylt gof| axf/Ln| bvefuk|5 s| eG7fGnfg\< 0i6ldqn| s| ;fRnfg\< cfkm'hf0| t nfh| nfU5 o:tf xltxf/f bVbf| .J s|xL dlxgfkl5 gof| axf/L cf0g\pgn| s| eG7fg|sL xflng\. d dgdg| ;fRb| 5' .

–0–

rdTsf/

hgfbg bfxfn

Pp6f ufpdf unfkmsf af6df rdnL kmNof, dfG5n va crDd dfg . cfksf af6df :ofp kmNof, dfG5n kml/ lgSs crDd dfg . cfsf;af6 efu6hqf cl;gf ´/, ´g crDd eof .

o:t crDd crDdsf s/f xb uP . uf0n b0 6fpsf ePsf af5L Aofof, e;Ln Ps atdf tLgj6f kf8f kfof .

o:tf ultljlw bv/ ufpdf lgSs eL8 a9g yfNof .cWofTdjfbLx?n 0Zj/sf skf ;D´, efltsjfbLx?n kfslts rdTsf/ ;D´ . :yfgLo gtfx?n eg cs ofhgf agfpg yfn . ufp ca ;d4 ko6sLo :yn aGg5 . o;kl5 klg Pskl5 csf ub crDdsf zªVnf rlnb uP . oxL qmddf csf crDdsf 36gf 36Øf . Pp6f afvLn cgf7f kf7f Aofof . ;a dfG5 hDdf eP/ x/ . b¿:t dfG5 g 5, dfG5s ?k eGg lgwf eof .

o; anf g wdeL¿x? afn g efltsjfbLx? g . :yfgLo gtfx?sf ko6sLo :yn agfpg ofhgf klg tXof .

zSnfu08sL, tgx .

–Ö–

gkfn-;flxTo ;dfh

‘j;Gt-/fwf kBsfJo k/:sf/af6 ;Ddflgt

!: @)^* l8NnL/d0f zdf cHofn
@: @)^(k¿iffQd l;Ubn tyf ufljGb/fh ljgfbL
#: @)&) ag"nfld5fg
$: @)&! ejgxl/ l;Ubn
%: @)&@ nldLsdf/ sf0/fnf
^: @)&# afh/fd kf8n tyf u0fz l3ld/ dflds
&: @)&$ dfbgfy zf:qL tyf g/Gb k/fz/
*: @)&% ufljGb l3ld/ jbdl0f tyf gLndsdf/ Gofkfg

.xds'df/L–lbjfs/ ;dfh;jf ;Ddfglaf6 ;Ddflgt

!: @)^* k0fjfgGb cf>d, uXoZj/L
@: @)^(lr;fvfnf cf>d, kfv/f
#: @)&) efujt\;GGof; cf>d, kzklt
$: @)&! kljq ;dfh ;jf gkfn, wfkf;L
%: @)&@ lqkmnf /fli6« k:tsfno, emfkf
^: @)&# ;:st ljBf ;jl4gL ;ldlt, w/fg
&: @)&$ xfdf afn ;/lf0f w/fx/, wfkf;L
*: @)&% b cf/kmfg xfd, afh/f

cgQl/t kZg

h'g" 5qL

ld:6/ Sofg crn ;ksf ljif l´s/ hDdf kf/L To;sf axpkofl utfsf af/df cf^gf lghL kofuzfnfdf kofu ug bQlrQ 5g\. pgL ljleGg hftsf ljiffn hLjsf ljifnf0 ljeGg Ifqdf pkofu ug gof kljlw kQf nufpg / ljiffn Pjd\lx;s hLj / dflg;sf :jefjsf ;dfgtf tyf c;dfgtfsf gjLg tYox? vftNg lbg/ft hl6/x5g\.

pgL klxn ufpdf xbf wgL ajfsf sfG5f 5f/f / b0 bfhsf sfG5f ef0 ePsfn ;anpgnf0 sfG5f eGy . cWoogdf cfwL tLI0f ePsfn pgnf0 hLjlj1fgsf cWoogsf nflu cdl/sf k7f0of . ufpsf sfG5f cdl/sfaf6 ld:6/ Sofg / hLjlj1fg szn cg;Gwftf agl/ :jbz kmlsP / ljiffn hLjsf ljifsf axpkofl utf / lx;s hLjnf0 dflg;sf jzdf /fv/ ljleGg sfodf ltgsf s;/L pkofu ug ;lsG5 eGg kofudf tNnLg /xsf 5g\.

ldN6/ Sofgn ljleGg lx;s hLjnf0 cf^gf jzdf /fvsf / ltgLx?nf0 cf^gf 0R5fcg;f/ kofu u/sf bv/ ufpsf Pshgf jWb af pgnf0 eGgxG5, …afa Û Pp6f s/f dn t a‰g ;lsg lg ÛÚ pgL afnf0 ;fW5g\Ú eGgxf;\g s s/f xf ‹ af uDeL/ eP/ ld:6/Sofgn0 ;fWgxG5, …afa Û dflg;n o:tf lx;s hLjnf0 cf^g cwLgdf /fvh:t cfkm leqsf sfd, qmfw, nfe, dfx, 0iofh:tf s/fnf0 lsg cf^gf cwLgdf /fVg g;ssf xfnf ‹ ld:6/ Sofg cgQl/t aG5g\.

–Ö–

s tkf0n xfdf ja;f06 xgePsf 5 ‹
web : http://nepalipublisher . com/

;do

tf/f s|:;L

lax u// d cfPblv g efG;f sf7fsf bfofkl§ efudf 7'hf ;Gbs lyof . To; ;Gbsdf kmnfdsf rf/kf6 tfNrf dfl/Psf xGYof . To;leq s /flvPsf xfnf h:tf nfUYof . Ps lbg ;f;'cfdfn ;Gbs vfn/ tn, £o"/ d/d;nf aflx/ l´lslbb eGgeof–axf/L Û Ps xKtfnf0 kUg l´lsbsf 5 . kmf/f u// xfNg .Ú ;f;'cfdfn ;Gbsaf6 c8\sn/ rfyfdf vgf0lbPsf tn d a8f htg ;fy kmf/f u// t/sf/Ldf xfNy . ;lsPkl5 kml/ To; eGb ;f;'cfdfn tn£o"l´lslbgxGYof . wgif cfsf/sf cgf7f ;Gbssf ;frf ;f;'cfdfn ynLdf xfn/ sDd/df k6sfn a// /fVg xGYof . 3/sf kdv dfG5 ;f;'cfdfn rnfPsf 3/sf Joj:yfkgdf dn sg ugf;f ul/g .

;do laTb uof . d/f klg 5f/fsf lax eof, axf/L cf0g\3/df . dnf0 h:t u// gof axf/Lnf0 klg ;Gbsaf6 tn£o"l´lslbb Ps xKtf k/fpgeGgeof ;f;'cfdfn . axf/Ln ytgf sfnf kfl/g\.

eflnkN6 efG;fdf 7'hf b/fh cfof . ;f;'sf kfnfblv Tof ;Gbsdf /fVb cfPsf tn£o"d/d;nf ;a l´ s/ 5f/fn ;Gbs vfnL u¥of / ;Gbs tn l58Ldf nu/ kmflnlbof . Tof bZo xl//xgePsL ;f;'cfdfn eGgeof– axf/L Û ca xfdL;u ePsf ;grfbL hUufhldg ;a ;Gtfgsf gfddf gfd;f/L ul/;skl5 xfdL klg oxL ;Gbs h;/L ^oflsg5f . dn dgdg eg ;f;'cfdf Û of kZgsf hjfkm ;don lbg5 .Ú

kgftL sfe .

–Ö–

s tkf0{n zAbfysf ;flxlTos k:tsx? k9\gePsf 5 <

;ª\Ltsf dfx

ltn:dL kef;

;ª\Ltdf dg kg / ufpg km/s xg s/f sfdfIfn lgs ;do;Dd ;ª\Lt l;skl5 dfq a‰5 . p;sf vfhL lyof Zff:qLo ;ª\Lt / ;bfrf/L u¿ . ;ª\Lt l;Sg qmdd p;n Pp6f ufpsf s6f e65 . af6fdf xNsf afnrfn xGYof . Ps lbg ;ª\Ltaf6 jgefh hfg s/f eof . u¿n g ;anf0 hfg s/ u/kl5 pm klg hfg e0 . Tof jgefh p;sf nflu kltsh lyof . a9f si6n lbg latf0 p;n .

c? gflr/xsf . uf0/xsf lyP . Tof em08df ;b'sf Tof s6f klg cl;gkl;g eP/ gfr sf bV5, p;n gfRg afnfp5 t/ pm hfGg . p;nf0 Tof lbg s6fpg ufxf k5 . ;fem k/kl5 ufl8 kmlsg t/v/ u5 . af6fdf klg bfxf/L / cGtfIf/L vln/xsf xG5g\;a . pm dfg a:5 .

cfwf af6f cfPkl5 Tof ;b'sf s6fk6N6 Wofg hfG5 sfdfIfsf . pm k/ 9fsfsf 5pdf ;L6df xG5 . pm cln k/ ;L6df xG5 . afnfp5 p;n cfkm"ePlt/ pm hfG5 . uf8L kf0bg xfnf eG5 pm . xfd 3/ hfpm g t eG5 . p;n sfdfIfsf xft ;dft/ 9fUb eG5, oqf ;do eof sf7df8f cfPsf cfh;Dd s;n lg d/f 3/ hfpm egsf 5gg\. p;nf0 :s6/df /fv/ uf8L r9\g 7fp;Dd nlulbG5 .

Ps lbg sfdfIfn kmfg u5 . p;n 3/df 5 eG5 . lsg t cfdfnf0 k¥ofpg ufsf eg/ ;fW5 . p;n eG5 . xg afafsf kmfg cfof clg afafn cfdfnf0 lnP/ 3/ cfpb xgxGYof . yfgsf6 s6kl5 cfdf laTgeP5 . k;f gePsfn PDanG; afnfpg s/f klg ePg . olt;Dd ls aafn c08f / lrof v jfP/ sfvdf ;tfPsL cfdf sltv/ laTgeof kTtf kfpgePg 5 . yfxf kfPkl5 klg s;nf0 eGg ePg 5 uf8Laf6 lgsflnlbG5 eg/ olt ;Gbf p;sf cfvf jlifG5g\. kmfg sf65 . p;n C0f sf8/ ;ª\Lt l;ssf / cfdfsf pkrf/ u/sf s/fx? ;lDemG5 / eG5 s7 ljr/fsf ;ª\Ltklt slt dfx .

af4–^, sf7df8f .

–Ö–

d|/f| km;L|

lqnf|rg 9sfn

dgaxfb/ 3tL|n| km;Lsf| aLp NofP/ lbP . lgs| 7'Ìf| eP/ kmN5 xh'/af, klg eg|sf lyP . aLp /fk| . cf^gf| ;dodf pDo|f| klg . a9|b| uof| . x's|b| uof| . 7'Ìf| km|n k|fKt ug| cfzfdf To;sf| :ofxf/ ;Def/ ub| uP| . slxn| kmN5 eg|/ To;sf| d06fdf xb| uP| . s|xL ;dodf Pp6f km|n b|vf k¥of| . d/f| v';Lsf| ;Ldf /x|g .

Pp6f af|6df k|;:t d06fx? knfP| . k|To|sdf kmNg yfNof| km;L| . s|xLnf0| t xl/odf vf0of|, t/sf/L agfP/ . kfr cf|6f kfs|/ kx|nf kx|nf ePsf lyP| . dgaxfb/n| eg|h:t| 7'Ìf| 7'Ìf lyP| . s|xL lbgdf Pp6f afx|s ;a| s|xP/ uP| . afsL Pp6f klg s'xg| xf| ls eg|/ d lgs| lrlGtt eP| . Tof| km;Laf6 aLp lgsfn|/ ;f/f ls;fg hgtfsf 3/3/df To:t| km;L| kmnfpg| rfxgf u/|sf| lyP| . Tof| rfxgf k'/f u/fpgsf| lglDt km;L| gs|xof|;\ eg|/ cf|ifwL klg gu/|sf| xf0g . j|B sxf| uP/ lxdfn kf/Lsf| hl8a6L NofP/ 3;| . lgs| rlDsnf| eof| km;L| . ef/tLo df5f Jofkf/Lsf|df uP/ df5f s'xg glbg| /;fog NofP/ klg bn| . km;L| gs'x|gdf d 9'Ss eP| . o/fklt/ 3Dg hfbf kl/;af6 cQ/ lsg|/ NofPsf| lyP| . Tof| klg 5ls|lbP| . km;L| dudu a;fpg yfNof| .

;ft lbg| slif kbzgL eof| . km;L| Toxf klg /flvlbP| . ;a|sf| cfsif0fsf| sGb| aGof| d/f| km;L| . slt 7'Ìf| < slt ;Gb/ < slt af:gfbf/ < k|z;| kz;f kfof| . kbzgLdf ;a|nf0| lhTof| klg . d|n| To;nf0| 3/sf| sfzLdf l;sf| agfP/ emG8Ø|fP/ /fv| . rf/|lt/af6 xjf kf0/x|kl5 km;L| s'xb|g eGg|df d 9'Ss eP| .

lbgsf| tLg k6s xy|d|n| . p:t| 7'Ìf, p:t| lrNnf|, p:t| jf;gfbf/ . To;af6 k'/f ug| kz:t lyP d/f :j|Kgf . Ps lbg xjfsf| ult s|xL a9|sf| lyof| . dWofG xdf d|n| km;L| x/| . l;sfdf b|lvPg . cfugdf x/| . To;sf| afqmf| dfq b|lvof| . Tof| dfgj vKk/n| lªRr xf;| h:tf| b|lvof| . To;leq aLp 5|g t/sf/L vfg| ubL klg 5|g . lrNnf| ;Gb/tf klg 5|g . cQ/| jf;gf klg 5|g . 8ª8ªtL buGw dfq 7f|sof| 3|f0f|Gb|Lodf . cfugdf sfnf| n|bf| alu/x|sf| 5 . ca cfug s;/L ;kmf ug| < d lrGtfdf 5' .

;|hgfsf nx/x?

lbks s'0's|n

Pp6f /d0fLotfn| el/k'0f ufp| 5, To;df lelhPsf c6|;d6|;sf| ;fdgfdf ;d:of xn ug| c7f|6sf| k|/0ff hGdf0/xG5 k|s|lt . xl/dfof| al;/xG5| Tof| dfofdf hl6n cfef/L g| o;sf kfqsf| rxn ha hlGdG5 . g tL xl/dfof u/Lasf| 3/df ;do laTb| hfG5 . pgsf rl/q klg aGb| hfG5 . s| ug| ljlwsf| Jojwfg pgL rf/jif| x'bf cfdf / afa|sf| dTo| eof| / pgnf0| lbg| xf;nf t eof| t/ k|;f eg| lbg| sfxL b|lvb|gg\. hxf agsf| nx/f kft / j:t efp g| pgsf jl/k/L b|lvG5g\/ s/fp5g\. Tof| tfnfdf pgL c7f|6sf| k|ult ;fRb| lxl8/lxl5g\.

d/| nflu of| b|lv ;;f/ sxf| 5 ;'vsf afa| egL 3/ 5f8|/ zx/ kl:5g\. pgsf| xftdf dfq Ps xhf/ lyof| / df6/ r9/ ha a;kfs|lt/ cf0kl'|5g\/ ta xl/dfof| Tof| ufp'sf| /d0fLotf / oxfsf| ultljlw x'bf dfG5|sf| eL8;|u| s;|sf| s|xL klg dxÎj gb|lvg| dx;'; kbf| To;lbg Ps5fs eft vfbf ;o ?k|of / nhdf aNntNn e|6bf dxuf| b0| ?k|ofdf al;g\. To;lbgsf /ft lat| . k|;f ;ls|b| uof| / pgL dgsf /x/ ug| cfpbf| sxL| st| hflu/sf| vf|hlt/ lxl8g\. st| kf0Pg sfd . ;do Tolt dxuf| 5 h;df afs|sL l5g dxÎjsf| dbfg . otfptf Ps dlxgf;Dd st| km|6kfydf al;/lxg\/ df'b| k|;f uGb| ul/g\t/ oxfsf| kl/jzsf| l76fx? cfkmgf| cgxf/ xl//x|sf| b|v/ st| km;fpg| tyf a|rljvg ug| xg\ls eGg| pgnf0| bli6 cf;'sf| l9Ssf| kfVb| al;g\/ To;lbgsf| 38L dg| jf afRg' eof| .

dflg; eP/ x|/ 5f8|g x'b|g eGg| xl/dfofsf| cd/Tj cfTdf 5 . pgnf0| kl/>dsf| vfrf 5 . ta 8f¥ofpg| rfxgf Ps dlxgfsf| cGt/fn kl5 Pp6f kmofS6kdf sfd kf0g\. tna eg| rf/xhf/ dfq . s|6L t xf| clxn|sf| ;docg';f/ cgxf/ / ld7f; afnL xG5g\. To;df ;fx'n| rnfPsf| kmofS6k/ sd|rf/L sfd b0| jif;Dd latf0g\. sfd ;|u| c7f/ jifsf| e0g\/ pgdf k/|sf| ofjgn| 9fSb| uof| . Pslbgsf| s'/f xf| Tof| ;fx'sf| cfvf pgllt/ nls|of| t/ pgL ;Tojtl ly0g\. To; r/0f km;fpg| if8oGq ug|af6 aRg pgL To; kmofS6kaf6 eflug\.

pgnf0| vfHg c? sd|rf/L v6f0Psf| lyof| . k/|af6 tL ;fx'sf|

gfnfos sd{rf/L b|Vbf pgL l;w} k|x/Ldf uO{ lj:tf/ ul/g\. lt/:sf/sf ;doaf6 ar\/ pgL s;/L cf^gf] k|/0ffsf] ;|ft algg\/ gn em]ndf r]tgfsf] ;/rgf ljsf;;u] pgL df0tL gkfn kj|z u/L sfo/t e0{ sfd u/L sf7df8f} zx/af6 lbg} lng] s'/fx? ln0{ cf^g ufp kmlsg\. ;dfhdf 5q5fofnf0{ cufNb} cem klg kfl/nf] 3fdsf] bk0f Toxfsf s]g ;fdGtL zfifs sf] cgxf/df lzIff lb0{ dlxnf lxtsf nflu ul/g / k¿if aLr ul/g j|rfl/s cf:yf xfdL h6] :juf aG5 bz eGb] ;jf efjdf lxl8/lxg\.

cfsf/ rDg gu/L xGg sfd ag/ kf|vnf] s|t 5l/G5\

Pp6f cjnf gf/Lsf] hLjgdf Tof] efu / ?k/vf To;/L g tls/xG5 / lax] klg rNb/xG5 . s'/f sf6b] klg xG5g\pgL dfly . ha ;dfhsf] Tof] sfnfnf0{ s;/L kmofSg' k5] eGbf pgL ;dfhdf enfbdLx?sf] kl/qmdf r/0fdf ltvf/L kNNff ufpdf bnxL aGg klug\. ha cfkmgf hu a;fNg ;fx; ;fy ;xf/sf] ;frfn] dflg;nf0{ eg] h:tf] ;kgfem] ljkgL kfl/lbof] .

Tof] 0Zj/sf] s6Da /fdf] kf/L bl vkl5 ;'vdf dfl8g\. ;dfhdf s;/L a:g kg] Toxf cufl8 a9L ;/;Nnfx ul5g\ cf^gf bnfxf dfly . bnfxf eG5g\ hxf pGglt sf] af6f a;g] 7fp 5 Toxf xG5 tuf/f lhp . To:tf eg]sf] ;gL xl/dfof klg elG5g\enfbdL ;dfh;jLnf0{ enf kfb] ;d:of xn ug]{ eg]sf] cfkmhf0{ / c?nf0{ kg] ;ofu / ljofufGt aLr gª lvof0{ vfg] ef8f xf . dflns kdf0f kq g bVg / ;Ggsf] ;jfndf lzIff d ;an ;fdn em nfUgk5 elgg\ clg dfq lrg ;an Tof ufpsf ;ljsfsf plSt / xfdL klg pg] ;fy nflu Ps h6 agL el//xg] hg r]tgf clejlå kf0nf xl/dfofsf cfugL uf/j ld7f; dUgn k/bzdf eGbf :jbzsf dfofdf kf0g] k;f g cf^g xftsf dnf eGg :j0fsf dfu rg aGg / agfpg ofUo g zflGtsf kf0nf ;fy kfv'/L an g Ps ;fy ;df0 laxfgLsf kfn jf eljiosf nflu ;Grflnt hLjgL xf . Tof nx/ hg rfxgf cg;f/ xl//xg clenfiff xl/dfof pkxf/ xf . ;bf slxn dbg pgsf cleef/f .

sfuZj/L, dgfx/f ynL % .

–0–

s] tkf0{n] zAbfysf] ;flxlTos k':tsx? k9g'ePsf] 5 <

af;

lbJo lu/L

la:tf/la:tf/ ufp3/ klg zx/df kl/0ft xg yfNof] . dflg;x? k/fgf 3/ eTsfP/, vtaf/L / au]rfsf ?v la¿jf ;a] km8/ Toxf gof 3/ agfP/ a:g yfn] . k/fn, 5'jfnL, lemu6L / 6fonsf] 5fgfsf ;§f h:tfkftf jf 9nfgsf] 5fgf /fVg] rng cfof] . 3/sf] leQfdf l;dG6 Knfi6/ ug] yfnkl5 klxnsf] h:tf] r/fx?sf] lglDt 3/sf] leQfdf Kjfn /flvlbg] rng klg x6Øf] . r/fx?sf] jf;:yfg gePkl5 pgLx?n] /ft latfpg] 7fp kfPgg\. xbfxb ufp klg sªlqm6sf] hªundf kl/0ft eof] .

ufpsf] rftf/fdf Pp6f 7'nf kLknsf] 76f lyof] . sxL r/fx? ToxL 76f] ?vsf] 6f8'sfdf ldlnhnL a;sf lyP .

Ps ;fem eªu/f, k/jf, 9's/, ;f/f cflb r/fx? ToxL 76f ¿vsf dlGt/ RofRof r'r' ub] cnfkljnfk ul//xsf lyP . Pp6f sfu ;femdf cf^gf jf;:yfglt/ hfb lyof] .

ltdLx? lsg o;/L /fPsf <\ sfun] ;fWof] .

xfdf ;Gtfg klg /xgg\xfdf jf; klg ePg .\ ;an Ps;fy ¿Gr :j/df eg] .

lsg < ltdLx? ;a oxL ?vsf] 6f8'sfdf a:5f xg < of 6f8'sf 5b 5, s eof <\ sfun lh1f;f /fVof] .

ltdL klxn 6f8sfdf uP/ t x/ .\ eªu/fn eGof .

sfu p8/ 6f8'sfdf xg uof . Toxf chªusf ;k al;/xsf lyof .

l6sfynL %, nlntk/ .

–0–

j]hoGtLsf] nflu /rgfx? z'4 6f0k u/L
shabdarthaprakashan@gmail.com
df k7fpg ;Sgxg\5 .

vk8fsf| 3/

gf/foÖf ltjf/L

d/f| lbdfudf hlxn| o:t| kZgn| kLª dRrfÖ/x|sf| lyof– xfdf| sfsfn| enfßL, k9|n|v|sf| olt ;Gb/ HjfÖ s;/L kfpg|eof| <

vf;df sfsfsf| cfly|s cj:yfsf| :t/ lgDg dWod juLo lyof| . sfsfsf| dfq lsg xfdf| afsf bfh|efÖx? ;a| oxL :t/sf lyP . sf|xL x|g|vfg| jf ;DkGg lyPgg\.

sfsfsf| 3/ klg vk8fsf| lyof|, af;sf w|/| v§fx? / Ps cfw dfq ns8Lsf| vfaf| ePsf| .

s|6fn| t 3/ klg x|5g\lg, s|6L dfq sxf=< km|l/ sfsfsL 5f/L ofg| d|/L alxgL plt /fd|L klg sxf| lyÖg\ hf| x|gf;fy c;fWo dg k/fÖxflnof|;\.

oL :dlt eP cyf|t\ljut, cyf|t\;D´gf . o;/L of| ;Gbe| :dltdf bfl8g|sf| klg sf/Öf 5 . Tof| s| eg|, crfgs cfh d pxL sfsfsL 5f/L cyf|t\d/L alxgL /Ltfsf| 3/df kfÖnf xf|Ng ku|sf| lyP– k|yd k6s Û

d hflu/sf| qmddf sfhdf hgsk/ cfPsf| lyP . sfsfn| eGg|ePsf| lyof– Toxf| alxgL 5| lg Û gla;L e|6/ cfÖh ÛÛ

d Ps|l5g dfq s;|u/L ;do lgsfn|/ lg:s|'hf sfsf . sfdsf| w|/| af´ 5 ÛÛ olt eg|sf| lyP| d|n| sfsfnfÖ / pxL alxgL /Ltfsf| 3/df olta|nf d kfÖnf 6|ls/x|sf| lyP .

d/f| sNkgfdf ;Gb/ HjfÖsf| lrq ;hLj eÖ/x|sf| lyof| .

crfgs ´l:sP, Pshgfn| b|vfÖ/x|sf| lyof– pm ToxL 5, ljdnafa'sf| 3/ ÛÛ

/ HjfÖ cyf|t\ljdn afa'sf| vk8fsf| 3/ d/f| ;fdGg| v8f lyof| .

HjfÖ cyf|t\ljdnafal';t e|6 ePg . ef~hfef~hL :s|n uPsf| lyP, pgLx?l;t klg e|6 ePg . alxgL rf/Ldf| ufÖ 7f|ls/x|sL lyÖ– p;sf| cfvf v';Ln| rlDs/x|sf| lyP .

d 3/L 3/L k'j :dltdf km|ls/x|sf| lyP / 3/L 3/L alxgLsf| cg|xf/df rds dfq 5 ls, c? klg s|xL 5– lgofln/x|sf| lyP= Û

–Ö–

zld|nf

gf/foÖf lg/f|nf

zld|nf dWod kl/jf/df hlGdP/ x|lsPsL dlxnf x|g\. pgsf| ljjfx klg dWod kl/jf/df g| eof| . cfly|s ?kdf dfq geP/ z|Ifl0fs lx;fadf klg ;fdfGotof dWod l:ylt g| lyof| . ;;'/f kl;4 HofltifL lyP eg| ;f;'h| cfkrfl/s lzIff glnP tfklg k/fÖf /fdfoÖf dxfef/tlt/ ePsf syf k|;ª\u / 1fgsf s'/fx? w|/| hfg|sL lyÖg\.

zld|nfn| 6|:6 k/LIff laufl/g\7Ls To;|a|nf To:t| s|6fsf| k|:tfj cfof| afa|n| ljjfxsf| s'/f l5g| . kl/jf/df afa|sf| s'/f s;|n| sf6bg lyP . ljjfx kZrft\bfsfg u/| . pgn| h7L ;Gtfg 5f/L hGdfÖg\. 5f/L hGdbf 3/df ;a|n| nIdLsf| cfudg eof| eg|/ v';L dgfP . bÖ| jifkl5 csL 5f/L klg hlGdg\. pgLx?n| 5f/f| ;Gtfgsf| ckIff u/|sf| lyP . 5f/f| ghlGdPkl5 clnslt lg/f; klg eP . 5f/f| hGdof;\eGg| OR5f pgLx?sf| dgdf al;/Xof| . 5f/f| hGdfpgsf| vflt/ 5cf|6L 5f/Lx?sf| hGd eof| . cfwlgs ousf| k|jz eÖ;s|sfn| kfoM ;a| To;df /Dg yfln;s|sf| lyP . zld|nfsf| kl/jf/ klg TofeGbf leGg lyPg .

;ftf| ;Gtfg 5f/f| g| kfpg| c7f|6df klt kTgLsf| ;Nnfx eof| . 5/l5d|sLn| klg ToxL ;Nnfx lbP . pgLx?n| 8fS6/sf| ;Nnfx lnP . 8fS6/x?n| ;Nnfx lbP – ha;Dd 5f/f| uedf cfpbg ta;Dd uektg ul//xg| . o;|nfÖ cfwlgs ou dfg|sf| lyP pgLx?n| . 8fS6/nfÖ k;f rflxPsf| lyof| / pgLx?nfÖ 5f/f| . wGg 8fS6/ / l5d|sLx?n| of| ;Nnfx lbPg5g\ jf dfg|g5g\ls k|;I't u/fpg 7'hf| xl:k6n n|hfg| clg clg 8fS6/;u ;/;Nnfx u/L 5f/f| ;f6bg| .

zld|nfn| kfrf k6s uektg u/fÖg\t/ klg uedf 5f/f| cfPg . ca pgsf| z/L/ klg lgs| sdhf/ eÖ;s|sf| lyof| . 8fS6/x? x|/fg klg eÖ;s|sf| lyP . 56f| ue| r|s u/fpg pgLx? cs| kfÖe|6 xl:k6n uP lsgls pgLx?nfÖ k;fdf las|sf| Toxfsf| 8fS6/x?;u klg ljZjf; pl7;s|sf| lyof| . pxfsf| 8fS6/n| k/fdz lnbf yfxf kfp5g\ls of| 56f| uektg x|g5 hf| oL dlxnfsf| nflu vt/gfs ;flat x|g5 . To; kl5 pgn| eg|5g\of| uedf 5f/f| 5 . To; a|nf kl/jf/df v';L 5fof| t/ kl5 hGd 5f/Lsf| eof| . 8fS6/nfÖ ufnL klg u/| / ca csf| ;Gtfg ghGdfpg| lg0fo u/| . otf zld|nfsf| z/L/df la:tf/| cg|sf| /fux? b|vg yfn| .

egh:tf sxL ug ;lSbgg\. k/fdz lbg 8fS6/ / l5dsL clxn xl:k6n wfpgeGbf c? sg ;Nnfx lbbgg\. dlxgfsf xHhf/f vr eO/x5 . pgsf :jf:Yo sdhf/ xgfn k"/ kl/jf/ lrlGtt 5 .

clGtddf pgLx?sf 5f/f klg hlGdPg . nfvf ¿kof vr klg eof / 7"hf vrsf åf/ klg vNof . hlGdPsL 5f/L klg sdhf/ hlGdPsL 5g\. Pp6f OR5f k"/f ugsf nflu zldnfn lhpbf aln lbO/xsL l5g\. pgL g dg ;lS5g\g afRg g dg 5 ca .

–Ö–

r t/f, ;g;/L .

j]hoGtL ; i6f ;Ddfgåf/f ;Ddflgt JolQmTjx?

cª's !: kf-8f-slkn c1fft -;dLIff_	cª's @: /fhZj/ bjsf6f -k']:dlt_
cª's #: ag"nfld5fg -/fli6« JolQmTj_	cª's $: pldnf nfld5fg -gLltsyf_
cª's %: 8f= znGbksfz gkfn -5Gbsljtf_	cª's ^: eLid pktL -:jbzofqf_
cª's &: oj/fh gof3/ -:jbzofqf_	cª's *: 8f-/fdk;fb 1afnL -5Gbsljtf_
cª's (: kf-8f-ho/fh kGt -rf8kj_	cª's !): sGxof gf;ggL -ljbzofqf_
cª's !!: ejgxl/ l;Ubn -k0fosyf_	cª's !@: kf-8f-bufk;fb c¥ofn -;dLIff_
cª's !#: kf= ufkLsi0f zdf -;dLIff_	cª's !$: /fdZj/ /fpt dftbf; -uBsljtf_
cª's !%: 8f= 3gZofd Gofkfg -;:d/0f_	cª's !^: kbLk gkfn -;:d/0f_
cª's !&: kf= lzjufkfn l/;fn -5Gbsljtf_	cª's !*: ljho rfnL; -lgaGw_
cª's !(: ksfzdl0f bfxfn -lgaGw_	cª's @): >Lcfd >i7 /fbg -;:d/0f_
cª's @!: /fdk;fb kGt -:jbzofqf_	cª's @@: d~hn -ljbzofqf_
cª's @#: gf/fo0f lg/f;L -5Gbsljtf_	cª's @$: zzL yfkfkl08t -;:slt_
cª's @%: lszf/ kxf8L -n3'syf_	cª's @^: nlntf bfifL -Psfª'sL_
cª's @&: uLtfsz/L -n3pkGof;_	cª's @*: /fwZofd nsfnL -uBsljtf_
cª's @(: rGbsfGt cfrfo -/fli6«JolQmTj_	cª's #): bjL gkfn -5Gbsljtf_
cª's #!: cd/sdf/ kwfg -/fli6«JolQmTj_	cª's #@: lbJo lu/L -dQms_
cª's ##: ;ifdf dfgGw/ -syf_	cª's #$: a'b /fgf -uhn_
cª's #%: kf-/fhGb ;jbL -;dLIff_	cª's #^: g/Gb k/fz/ -5Gbsljtf_
cª's #&: dgsf kf8n -lgaGw_	cª's #*: si0f ahuf0 -syf_
cª's #(: wL/sdf/ >i7 -uBsljtf_	cª's $): /fdsfhL sfg -dQms_
cª's $!: kf-8f si0fk;fb bfxfn -;dLIff_	cª's $@: dsGb zdf rfln; -5Gbsljtf_
cª's $#: /frs l3ld/ -;:d/0f_	cª's $$: 8f= ljZjbLk clwsf/L -lgaGw_
cª's $%: 3gZofd /fhsl0fsf/ -;:d/0f_	cª's $^: lvdfgGb kfv/n -uhn_
cª's $&: d~h sfrnL -n3'syf_	cª's $*: lqnfrg cfrfo -5Gbsljtf_
cª's $(: OGbsdf/ >i7 ;l/t\-;:d/0f_	cª's %): 8f-nvk;fb lg/fnf -;dfnfrgf_
cª's %!: ef:s/ e08f/L -lgaGw_	cª's %@: jf;bj clwsf/L -uBsljtf_
cª's %#: jf;bj kf08 -uhn_	cª's %$: kef e66/f0 -5Gbsljtf_

---

af6f sf6g la/fnf

gf/fo0f gkfn

P kv kv Û 5kf/fn af6f sf6Øf ÛÚ tLy ug ef8fdf uf8L lnP/ hfb ubf 3/af6 sxL k/ kukl5 c rfgs ;fgf aaf afNg kUgePsf lyof . ;fgf aafsf cfjfhn ksfz ef0n uf8L lwdultdf NofP t/ /flsxfngg\.

ofqf to ug lyof clg ksfz cln hf sfxLsf s'/fdf t'/Gt cf0xfNbgy . 5/l5dsL kfr-;ft hgf ldn/ cfGtl/s ko6gdf lgl:sPsf ;jf/L cln la:tf/f xfSg yflnPsf rfxL kSs lyof . ctLt ofQmg eGg yfn hfpm–hfpm, 5kf/fn af6f sf6sf t /fdf kf eG5g\t sltko ;kmn JolQmx? ÛÚ

uf8L x0ls/Xof x0ls/Xof . uf8L sxL ld6/dfq cufl8 kukl5 kbd s/fP P afa, /fs /fs . of t gof s'/f eof Û Pp6f afb/n af6f sf6Øf Û xb vnkq 5 Û nf g lg Û ca s kf xg xf < dfYnf3/ df0nf af o;u/L elQm ug hfbf afb/n af6f 5s/ c/ lrKn/ n85g\ kl5 ToxL lgxn Hofg g l´l/k eP5 ÛÚ

kml/ ofQmg afn hfpm–hfpm, sxL km/s kbg . afb/ g dfG5, ´G8 p:t t xf lg Û xf0g / < kbd cÍn rfxL eujfg'sf gfd lngf;\a¿ cln ze lrtfP/ rkrfk a:gf;\Û cG6 / ;G6 afn/ klg t sfd 5g ÛÚ

uf8L uGtJotkm a9b /Xof . af6f cln kxfl8nf lyof / 3Dtnf klg . psfnf klg p;u/L a9b lyof .

Pp6f e~Hofª sf bf;f 3DtL s6g gkfpb Pp6f jgla/fnf af6fdf al;/xsf blvof . of t af3h:tf 5, cfjfh bpm, afa ÛÚ ;gdfof sfsL cf^g kf/fdf afNg kUgePYof .

la/fnf xf, xh/, jgla/fnf . hª'unsf 5p 5 kzkG5L slt y/L xG5g\;a x// s ;fWo xG5 / < kml/ of t ;tf 5, ;tf la/fnf /fd dflgG5 lg xg / ÛÚ ksfzsf o:tf s'/fn ;a t rk d rk eP ´ u/ Û

;fdf dfaf0n lgsfn/ ljl8of lvRg yfln;ssL ly0 . slt alnof la/fnf xlu, ksfz bfbf Û xbf klg lrNnf, s:tf ;Gb/ ÛÚ dfaf0n rnfpbf rnfpb p;sf xft oltv/ sfDg yfnsf lyP, n xg t, bfbf, k/ b06f la/fnf af6fdlg xfd kmfNb uP Û sfnf cuf/h:t kf lyP t tL . s:tf 8/

nflg] Û Ps l5g t /fSglk5 xfnf . c? sfxL s6kl5 xfdL hfpnf ÛÜ

.sxL km/s kblg, alg Û To;sf cfvf 6Ns sf bv/ ltdL 8/fPsL xf] . Tof Pp6fn t d;f klg Rofkksf lyof lg Û To;/L d;f rksf la/fnf blvg t sfd aGg ;ª's t kf xG5 t, o;f ;Gbe hf8/ JofVof ug afgL ugk5 Sof gfgL Û kml/, tL la/fnf bfofaf6 afof guPsf xg\Û afofaf6 bfof xb lgVv/ sfnf la/fnfn af6f sf6 rflx sltko dflg; af5g\. Tof klg alt's sf s'/f Û pgLx? cf^gf af6fdf .xfdL xfd af6fdf . a¿ xfdf o:tf l´gfdl;gf ;fr / Jojxf/ a‰g eP pgLx?n rfxL xfdf pkl:ylt cze dfGg lyP xfnfg\Û xfdL klg t pgLx?sf af6f sf6b cfPsf 5f lg ÛÜ ksfzsf s'/fn Psl5g ;Ggf6f 5fP´ al´GYof . h eP klg uf8L cf^g /kmtf/df slb/xsf lyof, slb/xsf lyof .

sl/a 5 306f hlt JotLt ePkl5 tLy glhs ku/ xfnf km6km§ 3/x? klg blvg yfn . wf/f klg cfof . sxL dfG5 l/Qf 3nf / Sofgx? lnP/ af6f sf6sf blvof . kbd cÍnnf0 s eGg g s;f eGg e;ssf lyof . TolQsdf Pp6L lrl6Ss k/sL ;Gb/L ojtL 3nfel/ kfgL afs/ cfpb u/sL el60g\.

cÍn xgnfos bª\ blvgxGYof Û 3nfdf kfgL To;dfly /fHhf ojtLn afssf 3nf Û .;f0t k/sf t /fd xf lg ÛÜ pxfn eGgeof Û ;ahgf 9Ss bv/ ksfz eGb lyP .tYo Pp6f JofVof cf^gf–cf^gf Û crDdsf dg xfdL dfG5sf ÛÜ

uGtJo to u// ;szn kmlsPsf uf8Lsf syf ;Ggnfos /xsf ofqLsf cfkmGt atfpy Û

;g;/L .

–Ö–

uLt, uhn,
Do'lhs lel8of,
ljjfx, sfoqmd cflbsf] nflu
xfdLnf0{ ;Demgxf];\
The Elite Studio
9886159990/9860660925/9841466812

l/ª6fg

k/z'/fd k/fz/

.afaf, kmfg cfof Û xh'/sf ;fyLsf kmfg cfof Û afaf kmfg cfof ÛÜ /dzn 6L 6anaf6 kmfg p7fpb eGof– .;Gg g sfG5fbf0, of l/ª6fg slt dhfsf 5 xlu . dnf0 t ;fx /fdf nfusf 5 . ;'g";g"nflg 5 x .Ü

lgsal/ l/ª6fg ahkl5 dfq kmfg p7fP/ .xnf eGb pm aflx/ /lnªdf lgl:sof . s;n kmfg u// p;nf0 Psl5g cndNofOlbof . dnf0 pm;u sxL k;f lnP/ lxl8xfNgkg lyof . ;do Psbd sd lyof . clkm;sf ;do . af6fdf hfd p:t xg .

pm aflx/af6 cfof / s';Ldf a:of . d pl7;ssf lyP cl3 g .

.a:g g sfG5fbf0 Û ssf xtf/ . cl3 dn xtf/ u// kmfg p7fP . tkf0n of l/ª6fg /fd/L ;Gg g ePsf 5g . Ps k6s ld;sn ug t . ;'g";g"nflg 5 Sof .Ü

.s;nf0 s wGbf 3/HjfOnf0 vfgs wGbfl eg em p;nf0 pxL s'/f 5 . cfkmhf0 eg cs r6f/f . dg gnfuL gnfuL ld;sn u/ / p;sf kmfg xftdf lnP .

.ltdL k;f lgsfn g ef0 dnf0 xtf/f 5 . d of ;Gb u5 .Ü p;nf0 leq k7fpg nfu . Toltanf g p;sf kmfg aHg yflnxfNof . leq hfG5 egsf t kml/ a7s sf7fdf cfof / .;Gg ef tÜ eGg kf yfNof .

p;sf s'/fdf ;xL yfk / eg– .cfxf slt /fdf Û dnf0 Dof;Gh/df k7f0bpm n . d cln xtf/fdf 5' . bfxf¥ofP/ ;G5' .Ü

p;n ug/ k;f lbof . dn p;sf xftdf ug . hDdf aL; xhf/ . d lx8 . af6fel/ dgdf s'/f vln/x . lar/f Û p;sf ljjfx ePsf gf jif e0;Sbf klg 5f/f5f/L eg ePsf lyPgg\.

–Ö–

s tkf0n zAbfysf ;flxlTos k:tsx? k9gePsf 5 <

cfTdlge/tfsf vfhL

ksfzk ;fb pkfWofo

kjLOf gkfnL kf7sf cgs zAbx?sf pRrf/Of ;xL 9un ug ;Sbg . o;n slxn kltlqmofnfO k/ltlsl/ofÚ t kbznfO Kf/bzÚ t ljBfyLnfO ljWofyLÚ cflb eGg ub5 . p;sf ;fyLx? klg p;nfO k/jLgÚ egL ;Dafwg ubf /x5g\.

zlgjf/sf lbg . labfsf lbg k/ klg ;l/tf-p;sL cfdf_ laxfgblv efG;fdf Jo:t l5g\. d lrof lkpb cvaf/sf ;dfrf/df gh/ bu/fO/xsf anf kjLOf cfP/ ;fWg yfN5- 88L, of cftdlg/e/tf s xf <Ú

:s'hx?df ;:stsf k7g–kf7g gxg xbf /fdf, 7'hf egfpbf :s'hx?df ;dt k9\g p Hf:tf cgs 5fq5fqfx?df klg o; lsl;dsf ql6x? e66fOG5g\. o;f xbf p;nfO ;Rofpb d eG5- 5f/f, of cftdlg/e/tf xfOg, cfTdlge/tf xf cyft\cf^gf v66fdf cfkm plEeg .Ú

d/f hafkm ;g/ kjLOf ;fWb5- p;f eP d cftdlg/e/ 5, xg t 88L .Ú

s;/L 5f/f . clxn t ltdL cf^gf v66fdf plEeg l:yltdf kusf 5gf .Ú

lsg 88L . xgf;\t s;sf ;xf/fljgf d pleO/fvsf 5 t .Ú

s'/fnfO 5f6\bfpg vfHb d xf;Lxf;L eG5- To;f xfOg 5f/f . p x/, ltdL dDdL efG;fdf PSn sfd ub l5g\. s;sf d2tljgf . o;nfO cfTdlge/tf elgG5 .Ú

s;/L 88L, laxfg xh/n t/sf/L lsg/ NofPsf xfOg < clxn cfP/ piff lbbLn ef8fs8f df‰gef . nuf wg ef clg dDdL s;/L cftdlg/e/ xgef <Ú

c rnsf 5f/f5f/Lx?l;t ax; ug ;lsGg eGb d eG5- n ltdLn cfTdlge/tfsf cy alemxfNof, ca hfp cf^gf xfd js ;s, d klg ca gxfpg–wg hfgk¥of . ltdL dDdLn efG;f tof/ ef eGg a/ 5g .Ú

olt egL kjLOfnfO k7fpb5 / vfnsf cvaf/sf kfgf aGb ub d cfTdlge/tfsf sg csf cy vfHg yfN5 .

dxf/fhu~h, sf7df8f .

–Ö–

lrGtf

ksfz a:gt .ukmf8LÚ

kjlzsf k/LIffsf glthf ksflzt ePsf va/ ;jq kmlnof . of va/ lkog /fdaxfb/sf sfgdf klg k¥of . Tof lbg lkPg /fdaxfb/ cf^gf sfofnod lyP . dfafOn kmfg / kmfgaf6 klg glthf af/ hfgsf/L kfpg ;lsg ePsfn sfofnosf ;a h;f sdrf/Lx? sfofnosf sfdsfhnfO Ps IfOf yftL /fVb cf^gf / cf^gf cfkmGtx?sf glthf af/ hfgsf/L kfKt ug tNnLg lyP .

PsIfOfkZrft\;an glthfsf af/df hfgsf/L kfKt u/ . /fdsf 5f/fn pTsi6 cª\ssf ;fy ljlzi6 >OfLdf pQLOf u/sf va/ IfOfe/d sfofnoel/ kmlnof t/ pgdf v';Lsf sg /fgsx? blvPgg\. pT;fxsf sg pHofnfx? 5l/Pgg\. lvObf lvObf ss Rrfdf Kjfn k// lkmQf rl8Psf rKknh:tf pgsf bl/btf / ;d:ofu:t hLjg efufOn dl/r rfpl/Psf h:tf pgsf cgxf/df of v';Ln sg klg /vfx? tlGsPgg\. a¿ of ljs/fn b/fj:yfdf 5f/fnfO nfUg p;sf k9fO vrsf hf/ hnd s;/L ug xfnf eg/ pgL lgs lrlGtt blvP .

sf7df8f, cfnfkf6 .

–Ö–

zAbfy ksfzgsf ja;f06df

j}hoGtLsf

;a cª\s, xfdf ;a ultljlw, zAbsfzx?sf

;^6jo/ / sfoqmdsf t:jL/, lkmlnd

tkfOsf nflu pknAwkOf

xg ;S5g\x Û

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

dflns

lagfb v8\sf

:yfgLo ls/fgf k;n avt axfb/n klg Pp6f pBfu vfNg lgwf u¥of . cfkmn agfof lalhg ; Knfg . ;a v r p7/ pBfun rfyf jifblv rfvf gfkmf lbg Knfg aGof . lhNnf ;b/d sfdsf Pp6f asn p;nfO ToxL ls/fgf k;n;dt ePsf p;sf 3/ lwtfdf /fv/ COf lbg eof . krf; klt;t nufgL cfkm ug ;tdf lalhg; Knfg :jLs t eof . aL; hgf sfdbf/n /fhuf/L kfpg eP .

COf kf; ug as sf dgh/, pBfu btf ul/lbg xflsd, / lhNnfsf c? sxL xflsdx?af6 l;kmfl/;df k/sf sfdbf/x?sf ;ªVof g aL; gf£of . tL ;a cblf lyP pBfusf nflu . To;n c? blf sfdbf/x? egf ugkbf p;sf sfdbf/x?sf cfsf/ a9/ bfAa/ eof .

jif laTof . nvf k/Llf0f eof . v r a9L, cfDbfgL sd ePsfn ;fr eGbf Hofbf blvof gfS;fgLsf /sd klxnf jif g . ePsf pTkfbg klg ahf/df ljbzL ;fdfgx?;u klt:kwf ug g;s/ ufbfddf g cnkq k¥of .

Ps lbg pm cln 9Lnf u/ cf^gf pBfu:yndf kUof . Toxfsf bZo c;frgLo lyof . sDkfp08df bOj6f d~rx? v8f ul/Psf lyP . bj d~rx? Ps csfsf cfdg ;fdg lyP . bjsf dfOsx? Ps csf d~rlt/ ;flemPsf lyP . Pp6f d~rlt/af6 ;/sf/nfO ufnL al;b lyof . csf dGrlt/af6 eg ;/sf/sf kz;f eO/xsf lyof . bj d~raf6 cfO/xsf bOj6f gf/f eg p:t lyof >ldsx?sf xs ;lglZrt u/ . kh'Lklt dflns dbfjfbÙ cl3bl3 ltgsf efif0fx? ;Gb tfnL k8\sfpb ul//xsf Pp6f l76fn p;sf dvlt/ xb eGof ;Qf klfsf olgog alnof /x5 . ca of pBfusf dflns ;lsg eof . slxNo k"f ug ;Snf / logsf dfux? . ;fRr stf uP5 dflns rflx< tkf0n lrGgePsf 5<Ù

5g lrgsf Ù pm TolQ eg/ Toxfaf6 kmQ lglSnof .

:yfgLox? eGy To; lbgblv Tof dflns kml/ Tof 6fndf slxNo blvPg / Û s/, as, ;DklQ z4Ls/0f ;a ToxL dflnsnfO vflh/xsf 5g / Û

–Ö–

/fhLgfdf

efjs|z/ a/fn

pm h u5 To;nfO ;dfhn k;f g 7fGbg . pm eg ;dfh kl/jtgsf nflu cfkm"k;f/t 7fG5 . afcfdf pm a/flnPsfdf lrlGtt 5g\ >LdtL cfqmflzt . o:tf gfdb / xl/n7Vsl;t s;/L hgL sf6bÙ < >LdtLsf cfqmfz . a9;sfnsf ;xf/f cfkm a;xf/f aGg kf xf ls < afcfdfsf lrGtf . afaf slxNo 3dfpg nhfgxGg ÛÙ 5f/Lsf ugf;f . cfkm"tfS5 d9f aGr/f tfS5 38f, hLjg ;frh:tf slxNo xbf /xg5Ù p;sf lgisif .

;vf/ p7/ p;n afNof rnfdf cfuf . klxn ttfof bO lunf; bŴ, ydfof 5f/L / afsf xftdf clg pdfNof bO sk kfgL, ld;fof bO sk g bŴ / agfof lrof . k¥ofof >LdtLsf cfR5bfgdf . Pp6f lunf; cfkmhfO 56bfPkl5 kUof afsf sf7fdf . Psflaxfg p;n ;asf cgxf/df av;L k9bf . lrof lkpb ubf p;n cfhsf sfotflnaf/ ;fRof . laxfg & ah ;flxTo ;dfhsf a7s, cf7 ah jfudtL ;kmfO cleofg, bz ah hfu/0f ojf Snasf ¥ofnL, Ps ah l/kf6; Snadf kqsf/ ;Ddng, tLg ah sf7 sljufi7L, kfr ah /fli6« kltef clegGbg, ;ft ah kJlj BfyL ;dfhsf e63f6 / ansf cf7 ah nufl6of ;fyL /dzsf ay8 kf6L pkm\Û kTos lbg o:t tflnsf afs/ emlNsG5 kJlt/sf cfsfzdf ;bÙ

dlgªjfsdf bf8b ubf /Gygfof p;sf dl:tis . l;gdfsf l/n 3dem p;sf cfvfdf kmgkmgL 3Dg yfn bZox? . 3Dbf3Db 6Ss cl8GYof >LdtLsf c;Gti6 cgxf/ . Ps;fy ;Nanfpg yfNy ;fdflhs ;DaGwsf ofjt\eldsfx? . p;n crfgs\;f/f ;fdflhs ;DaGwaf6 cnu xg lg0fo u¥of . dgdg tof/ kf/ /fhLgfdf kq 3G6f emfqmfof unfjL kfssf Pp6f sgfdf . sg aflemnf ef/L la;fPkl5 kmltnf agsf z/L afs/ 3/ kUbf >LdtL lyOgg\. eft klg kfssf lyPg efG;fdf . j4 afcfdf / gfafns 5f/L 6fnfP/ a;sf lyP . cfR5bfgsf lz/fgLdfly Psyfg sfuh kmkm/f0/xsf lyof . h;df nlvPsf lyof, cfhsf kleftL ls/0fblv nfu"xg u/L ltdLl;tsf ;DaGwaf6 /fhLgfdf lbPsL 5, skof vfHg si6 gug".Ù

–Ö–

sdf0

dw/ e§/f0

jL/axfb/n /fhuf/Lsf lglDt ljbz hfg lg0fo u¥of . C0f kfg u//
kf;kf6 ;Dd t agfof t/ nfUg vr h6fpg pm;u pkfo lyPg . C0f
;fk6L s;n kTofPgg\. ar hUuf lyPg . ePsf ;DklQsf gfddf Ps
6qmf 38/L / Pp6f ´kf 3/ lyof .

cGttM ToxL 3/ 38/L ar/ pm stf/ p8bf . kfr jif va dxgt
u¥of . kl;gf aufof . >LdtLnf0 k;f k7fof . 5f/f5f/Ln afl8ª :sh'df
k9fof . kfr jif kus lbg cfkmh hfufPsf k;f nufgL u// Joj;fo ug
dg;fon le;f /2 u// pm :jbz kmlsof .

Joj;fo sf sg Jofjxfl/s 1fg gePsf jL/axfb/ sxL ;do
/geNndf k¥of . s;n sxL ug ;´fj lbP s;n sxL . kfr jifdf
lgs kl/jtg e0;ssf lyof . >LdtL / cfkmGtn eg cgej gPsf
s/fdf xft xfNgeGbf 38/L lsGg ;´fP . 3/ hUufsf efp cfsfl;Psf
lyof . bnfn;u 3/L otf bu¥of, 3/L ptf sbbf t/ egh:tf e6g ;sg .
p;sf k;fn /fdf 38/L gcfpg bv/ bnfnn p;nf0 ToxL hUuf bvfof
hg p;n kfr jif cl3 laqmL u/sf lyof . cGttM cfkmn arsf 38/L
cf^gf ;a sdf0 vr u// xtf/ xtf/ cf^gf gfddf kf; u¥of .

albaf;–!$, dxfQ/L .

–Ö–

s tkf0n xfdf o'6b'asf ;f06 xg'ePsf 5 <
Shabdartha Music SM
https://www.youtube.com/channel/C4mnRs7tRE0WC4CvOaWt7EA

egsf dfnf

dxfbj clwsf/L

zqmaf/sf lbg d 5§Ldf xGy . d uPsf lbg 5f/f / 5f/Lsf
xfgyfk xGYof d;u ;Tgsf nflu . 5f/L tLg jifsL lyOg\t/ cToGt
rt/ lyOg\. 5f/f bO jifsf lyof . ;Tg jnfdf hlxn klg dnf0 syf
eGg ;\eg/ x/fg kfy To;n d af7f eP/ cfh t logn dnf0 eGgeGbf
klxnf logLx?nf0 g eGg nufpg k¥of eg/ ;fr . 'n eg afa / gfg"
s;n syf klxn eGg < afa sd afNYof tklg gfgh eGg elglbof .

gfgh x <

'x afaf Psfb zdf bOhgf bfhefO lyP . bfh bfgL lyof ef0 s~h;
lyof . bfhsf 3/ sg lbg kfxgf cfPgg\eg kL/ dfGbYof clg ef0sf
3/ eg kfxgf cfP eg kL/ dfGYof x clg Ps lbg lg ufpdf /fhfsf
l;kfxLx? cfP/ tL bO bfhef0sf 3/df afl8P/ a;5g\.

bfhn rflx kfxgf cfP eg/ v;L eP/ /df0 /df0 dL7f dl;gf
agfP/ vjfP5g\x clg ef0n eg oltsf l;kfxL cfP/ a;/ xfdf Ps
xKtfsf /;b vf0lbP ca s;/L k'f xG5 / eGb lkl/b l/;fpb h;ft;f
VjfP5 . eflnkN6 /fhfsf l;kfxL uP / /fhf;u ;a s/f u/kl5 /fhfn
bfhnf0 alS;; eg/ ;g, rfbL, c;kmL k7f0 lbP5g\clg ef0 rflx
la/fdL eP/ ;ft lbg vfg g v6g;u cf5bfg k/5 .

of syf ;lsof, ;Ggnf0 ;gsf dfnf, eGgnf0 egsf dfnf dfq
eGb lyOg\kfjtLn PO 9;L egsf dfnf xf t eg/ xKsf0g\. d k6 ldrL
ldrL xf:g yfn 5f/L rflx ;Ggnf0 ;gsf dfnf ePkl5 eGgnf0 egsf
dfnf ePg t < egkl5 pgL klg lvTsf 5f8/ xf:g yflng\. afa s/
gaemL xf:g yfNof . kfjtL / drflx xf:bf xf:bf cfGb a6fl/P cfvf /
gfsaf6 kfgL cfof . xfl:bg eg/ dg yfDg vfH5 Tof afn afnLn
egsf egsf dfnf ;D‰of ls PSn ststlt xf;f p7/ /flsb /flsPg .

–Ö–

cJoQm kL8f

ldng ;dL/

dnfO c rn g 3/df a:g dg nfU5 g t :sn hfg dg nfU5 of/ Û dg gnfuL gnfuL c? s;sf nflu :sn hfgkg afWotfdf k/h:t nfUg Pshgf ljBfyLn :sn hfb ubf cf^gf ;fyLnfO dgsf ax kfVb lyof . dnfO klg To:t nfU5 lg of/ Û ;fyLn klg cf^gf dgleqsf jbgfsf kfsf kmsfpb eGof . ltdLnfO 3/df a:g dg gnfusf lsg xf lg < p;n cf^gf ;fyLnfO ;fWof . v lsg lsg dnfO c rn 3/ 3/h:t nfUbg . e't aª'unfh:t nfU5 clg cfkmnfO hGdlbg afpcfdf klg t;fpg eth:t nfU5g\.

lsg < p;n kml/ ;fWof . clkm; uPsf afpsf 3/df cfpg sg 7ufg xbg . 3/d a:g cfdfnfO km;b eGg sltan xbg km;ass sf sf/Ofn clg dn 5'§Lsf lbgdf ;fyLx? ;ª'u st 3Dg hfg s'/fdfq u/ eg klg afpsf kf/f tfTg yflnxfN5 . o;f l6÷ eL÷, Nofk6k vfn/ sxL xg vfh eg cfdfsf 6fpsf bVg z'? u5 . hltanf klg k9\ls k9\eg/ lbSs kf5g\of/ Û To;n dnfO 3/df slxNo /dfOnf nfUbg . ;fyLn cf^gf dgleq ulD;P/ /xsf s'/fsf anL lj:tf/ nufof . ltdLnfO :sn hfg dg gnfusf lsg xf lg < ;fyLn p;nfO ;fWof . v lsg lsg dnfO c rn :sn :sn h:t nfUbg . hnh:t nfU5 clg cfkmnfO k9fpg lzIfsx? klg hn/h:t nfU5g\. lsg < ;fyLn kml/ ;fWof . :sndf hltanf klg sIffsf7fleq sflrP/ a:of . lzIfsx? h;n klg vfnL k9\ls k9\dfq eGg afxs c? sxL gof s'/f ;gfpg xfOg . cfkmX? vfnL lkl/o8 xf;\ls gxf;\hltan km;as k9\g WofpGgdf nflu/xg clg xfdLnfO rflx lstfa k9\ls k9\afxs c? sxL klg geGg . lsg k9\g, s;/L k9\g, ssf nflu k9\g eg/ xfdLnfO slxNo ;D´fpg, a´fpg u/sf 5g\t clxn ;Dd < p;n kltkZg u¥of . ;fyL;u sg hjfkm lyPg .

s/fbLvfnf, :ofªhf .

–Ö–

jblzs /fhuf/

d3gfy .aGwÚ

dxz ljBfnoLo cWoogs anf lrGtgzLn ljBfyL ePsfn uDeL/ eP/ kZg ;fWy . k;ª'u ldnfP/ pgn dn k9fPsf anf Psk6s of kZg ;fw –Ú;/, lxhfcfh jblzs /fhuf/ eGb w/ ojf lsg ljbl;G5g\<Ú

dn ;xh pQ/ lbP –Úk;f sdfpg / afa .Ú pgn eg –Ú s oxf sdfpg ;lsGg / ;/ <Ú pxf ;lhhn sldG5 / .Ú pgn eg –Úd klg sxL jif k9/ k;f sdfpg ljbz hfG5 To;f eP .Ú dn eg –Ú/fd/L a´/ dfq hfg"lg .Ú

dxzn afx sIff pQLOf u/sf ;ft jif eof . e63f6 ePs 5g . pgsf :jefjn dnfO ;D´fO /xsf lyof . Pp6f cWwogzLn ljBfyLsf ;D´gf dgdf vln/xsf lyof, ls dxz ljbz xflgP .

Ps lbg d k:tsfnodf k:ts kl9/xsf ;dodf dxzsf h:t cfjfh ;g . kmsl/ x/sf pg /x5g\. dn –ÚP dxz ltdL ljbz uP/ slxn cfof <Ú pgn clejfbg ub enfs ;f/L eof . pgn pQ/ lbP –Ú sf ljbz hfg ;/, tkfOn a´/ hfg"lg egsf s'/fn dn PdÑP:;L÷PhL ;sGhn a´ . a¿ Tof nufgLn oxL sxL u¿, k9sf 1fg :jbzd kfv" eGg nfUof . ;/sf/L cgbfg sxL kfOg klg /x5 .Ú P, To;f eP jblzs /fhuf/nfO Toflulbof xg t <Ú dn jf:tljstf a‰g rfx .

xf lg ;/, cf^g bzdf kl;gf aufpg, cf^g bznfO ;d4 agfpg kf ljrf/ u/ .Ú pgsf dgdf cfTduf/j :ki6 ?kdf ´lNsb lyof . ´fnfaf6 sxL vfHb lyP . dxzn sfuhft bvfpb eg –Ú oL ;/, dn t Pp6f ;fgf pBfu vfNg Ohfht kf lnP t . s6x/sf kl/sf/ agfpg ofhgf agfP . rfgf, wnf ;fy h; pTkfbg ug xf .Ú n n awfO, :jbzd sfd ug rfxsf /x5f . kultsf sfdgf .Ú xh/sf cfzLjfb ;ofun e6 eof . d cln Jo:t 5 ljbf kfpm x ;/, clejfbg ub dxz aflxl/P .

d dxzsf ofhgfklt st1 5 . pgLh:t ojf eP bzn sfrnL cjZo kmg lyof . d dxzsf jblzs /fhuf/sf ljtiOffsf ;/xgf u5 .

wgu9L–!@ snfnL .

–Ö–

glrg|sf| ;fyL

/~h'>L k/fh'nL

l;6L a;x? rNgfn| ofqx?nf0| cfjfudgdf s|xL ;'ljwf ePsf| dxz'; u/|/ d ldn|;Dd uGtJosf| nflu oxL ;fwg k|ofu u5'| . vfnL ePsf| a|nf /kmtf/n| rNg| s'g| 7fpdf s|fxL ´g| vfHof| 6kkmsn| ;dfp5 ldNb|g eGg| t/ s|g| klg 7fpdf s|fxL r9|g vfHof| eg| rflx /f|s|/ r9fpg| k|rng rflx h:tfsf| t:t| 5 .

nugv|naf6 a9flgns07 ;DdkUg| ;f´f a:n| ofqx?nf0| 7'hf /fxt ldn|sf| 5 xlu xh'/ < To; dfly klg Hoi7 gful/s sf| kl/rokq b|vfPkl5 ef8fdf klg 5'6 lbg| rngn| pxfx?nf0| w|/| /fxt ldn|sf| 5 x|g t xh'/ eGb| Pshgf g|tf lu/L h:tf b|vg| afNo|of cwa|;| d oxf a:g ;S5'< eGb| d ;u|sf| ;L6df s| a;|sf lyP k6/ k6/ afNg ;'¿ u/| . slxn| ;d;fdlos /fhgLltsf| s'/f uy| . slxn| kmfx/ Joj:yfkgsf| clg slxn| Knfl:6s lgifwsf| . pgL 7'hf| :j/n| dfG5x? a; r9'5g\ t/ ef8f ltg| ;s|;Dd 5N5fd u5g\. d;u| a; r9|sf ofqx? klg nfh| gdfgLsg yf/| ef8f lt/|/ ´5g\. sfxL t vnf;Lsf|cfvf 5n|/ v';Ss ´5g\. dn| b|v|sf 5'To:tf . ;a|lt/ o:tf 5n5dsf| kj|Qn| b|z s;/L aG5 . x|g t xh'/ eGb| pm dlt/ x|5 . d d';Ss xf:5' dfq . pgsf| 7'hf cfjfhn| a; leq ofqx?nf0| c;'ljwf ePsf| p;n| dtnj /fv|sf| lyPg . :s'n sn|hsf olgkmd nfPsf| ljBfyLx? sfxL t Nofk6kdf a; leq| klg sfd ub| lyP t/ p;nf0| To;sf| s|xL dtnj lyPg .

Ps hgf cf|n|g nfu|sf| dfG5|tkm| b|vfpb| Tof| dfG5| d|;u| nugv|naf6 r9|sf| d|n| ofb u/|sf| 5' t/ n|grf/df cflnP/ cfwf ef8f dfq lt/|/ uof| .Ü eGb| %ofn|af6 To;nf0| cfNofP/ b|vfof| . pgL cfkm"rflx ;fªlunfdf ´g| /x|5 . a; /flsPkl5 vnf;Lnf0| dtkm| b|vfpb| d/f| ef8f pxf d/f| ;fyLn| lbgxG5 x| eGb| n';Ss af;af6 ´¥of| . d 6fnfP/ a;| .

sf7df8f| .

–0–

---

bof ld; / ;'lgtf

/d|z uf|td .kfNkfnLÚ

bof ld; sIff sf|7fdf cfPkl5 ;a| ljBfyL p7|/ gd:t| u/| . ld;n| xflh/L sfkL lnP/ xflh/ ug| nfUg'eof| . Ps, b0, tLg ub| hfbf tLg eg|kl5 /fwf p7|/ .o; ld;,Ü elgg\.

./fwf Û ltdL t kfr lbgkl5 aNn cfof| lg . o;/L sIffdf cg|kl:yt ePkl5 t ltdf| k9f0df afwf k5| . s| eP/ gcfPsf| la/fdL eof| < ld;n| ;fWg'eof| .

.xf0g ld; d t la/fdL ePsf| xf0g . cfdf la/fdL eP/ cfpg gkfPsf| xf| .Ü

.s| xG5 ltdL cfdfnf0| <

.v| ld; Û s| ePsf| xf| s|, yfx| 5|g . a|nf a|nfdf Hj/f| cfpg|, Psbd kl;gf cfpg|, vfgf g?Rg| xG5 .Ü

.dnl/of t ePg Û /ut k/LIf0f u/|sf| xf| <

.dnl/of xf0g / Û ;|tf /Qmsfl;sf rflxg|eGbf sd xG5 / ÛÜ

.P x| Û, /fu cln c^7f/| nfu5 . of| jzut xf| ls s| xf, x|gk5| . clxn| tTsfnsf| nflu vfgkfgdf Wofg lbgk¥of| .Ü

.s:tf vfg|s'/f vfg| ld;\ÛÜ

.h:t– -!_ le6fldg P / ;L xg| vfg|s'/f w/| vfg| . -@_ efteGbf klg ufh/, uf|ne|8f, abfd, ;Gtnf, r's|Gb/, xl/of| ;fukft cflb k|z:t vfg| . -#_ h|tgsf| t|n, lk/f| vfgdg nfu| xl/of| v';fgL vfg| . -$_ laxfg dxl;t sfrf| n;'g vfg| ug| . o;n| z/L/df ePsf| /ful;t n8g| lfdtf a9fp5 . -%_ cl~h/sf| kmn jf ;'sfPsf| rfgf ;fe|laxfg b0| dlxgfhlt vfg| . -^_ l;:gfsf| ;fu, uhfsf| sf8f vfbf klg /ut a9fpg d2t u5| . of| s'/f uP/ cfdfnf0| eg| x| t .Ü

:::::::::

.xG5 ld;\.Ü /fwfn| elgg\. ld;n| xflh/L ug| nfUg'eof| .

xfn M l;8gL .

–0–

lqmof

/d|zhª\u yfkf

sldnfsf tftL h:tf df6/ uf8Lx?n 5kSs ;8s 9fs/ 6kkms hfd eof . df6/jf0ssf ‰ofKk als nufpb k5fl8 uhwDd a;sL wdkTgL;u ugf;f kfV5 >Ldfg\ a‰of, a9f w/ g kfkL /x5g\. cf^gf hLpgLsf ;Kk hUuf ef0sf gfpdf kf; ul/;s5g\.Ú >LdtL hLpdf s/G6 nfu em cflQG5, cfDd— xh/n s xl/:of kf; u¿Ghn <Ú n— . nfUg cem tft/ afN5, lxhf dfq yfx kfP— aafb ef Û ;dfhn h;'s egf;\ hlt kfk nfu klg nfuf;\dnf0— . a9f d/ kl5 d lqmof ulbg .Ú

:jf:gL l/;fP em u5, s elgaS:of o:tf Û l/; p7bf eGbdf—eGg gxg s'/f eGg . cufl8 a;sf kmRr 5f/fn ^of§ ;fW5, afaf—afaf—lqmof egsf s xf <Ú afacfdf jSs k5g\Psl5g . afan xkf5, rk nfu uwf, —aLrdf KjfSs afNgk5 . s6fs6L eP/ a9L s'/f u5;\ nft vfG5;\d/f .Ú 5f/fnf0 xsf/sfblv >LdtL l/;fp5, cfkm p:t xf0l;G5 . aRrfsf cufl8 o:tf s'/f s ul/aS:of < clxn xh/ rknflu:of;\c? kl5 ;Nnfx u/fnf .Ú ;8ssf hfd vsnf eof . p;n jf0s ;f3/f ljrefuaf6 3';fpb sbfof . df0sdf kmnfSb u8b cfof Pp6f csf df?tLEofg, cfb/0fLo wdfg/fuL dfxfgefjx?, dfgjdflf Pjd\lktp4f/ sNof0ffy ef/tsf kfjg gu/L jf/f0f;Laf6 kbfk0fugePsf k/d\kŉgLo >L!)* g/g/fo0f lzjaXd :jfdL ;lRrbfgGb clvnZj/sf ;t\;flGgWodf eflnsf ldltblv ;ft lbg;Dd kzkltsf jgsfnLdf lj/f6\cv08 lkttf/0f xfdo1 ;fy;fy :jfdLhL dxf/fhaf6 lbJojf0fL kjrg xgu0/xsf 5 . o; ljzfnf cgi7fgdf ;xefuL eP/ cf^gf lbjª\ut :jhgx?sf tf/0fdlQmsf lgldQ xflbs cfdGq0f ub5f .Ú

rfjlxn, sf7df8f .

–Ö–

dxÎj

/d|z e§/f0

dflyNnf ufpsf Ps hgf bf0sf s'/f xf . pxfsf cflys cj:yf sdhf/ lyof . /fhgLltdf nfUgxGYof . 3/eGbf w/ aflx/lt/ a;f0 xGYof . 3/df >LdtL b0 5f/fsf ;fy cfdf klg xgxGYof . Ps lbgsf s'/f xf pxfsf 3/df sxL kfpgf cfpgef . a9L cfdfnf0 cfkt k¥of . kfxgfnf0 kfgL lkpg lbg lunf;;Dd klg /xg5 . d/ 3/df cfP/ dfu/ sfd rnfpgePsf lyof . o; ul/aLn pxfsf /fhglts ofqfnf0 lgs 6jf k/ fPsf lyof . bMv efUg tL a9L cfdf ly0g\/ ;dys xfdL ufpn lyof . dn efusf tL a9L cfdfn efusf dh:tf ufpn lyof dn efusf tL a9L cfdfn efusf dh:tf ufpnn efusf bMv pxfn klg efUgePsf lyof .

xbfxb pxfsf /fhglts ofqf PsfPs ;u/dfyfsf rnL;Dd kUg ;kmn eof . cfh pxf kl/jf/l;t zx/sf dxndf xgxG5 . d ufpn / tL a9L cfdf ltg / To:t cljs;Lt ufpsf emk8Ldf 5f . alnof kfv'/L 5pGhn k/bzdf 5' . ufp 3/ l/Qf 5 . afacfdfsf nf; sfwdf afSg k/bzaf6 xtfl/b cfPsf ;fyL 3f6df PSnf 5 . c;xfo czSt k/k/fdf xft /fvL lwsfb 5g\cf^g afWotf / cj:yfklt dfg /x/ . Ps lbg dn gtfHoŉf0 e6 / eg alnof kfv'/L 5pGhn k/bzdf 5' . ufp 3/ l/Qf 5 . afacfdfsf nf; sfwdf afSg k/bzaf6 xtfl/b cfPsf ;fyL 3f6df PSnf 5 . c;xfo czSt k/k/fdf xft /fvL lwsfb 5g\tkf0nf0 dfg /x/ . gtfhLn eg u? egs 5, u5 egs 5' . ;d:ofdf t d kf 5' t . vf;df hgtfn cf^gf kltlgwsf dxÎj gaem/ f of ;d:of ePsf xf .

–Ö–

s tkf0n zAbfysf ;flxlTos k':tsx? k9gePsf 5 <

nt eQf

/dzdfxg clwsf/L

Pp6f kf0e6 kmddf Psgf;sf kbdf Ps k6s b; hgf dfu ul/Psf lyof . sdnsfGtn klg To; kbsf nflu b/vf:t lbof . p;sf lrgf¿ / clrgf¿x?n klg b/vf:t lbPsf lyP . tLdWo gf hgf ljleGg s'/fsf cDdnL lyP . sfxL r'/f6, sfxL vgL, sfxL kfg k/fu, sfxL u6vf, sfxL ufhf tyf /S;Lsf . p;sf eg o:tf sg s'/fdf nt lyPg .

klxnf dlxgf ;an a8f hf;, hfu/sf ;fy sfd u/ . tna a‰g anf eof, ;an tna aem . sdnsfGt 5Ss k¥of . ;an dfl;s ¿= !),)))÷– kfpbf p;n ¿= (,)))÷– dfq kfPsf lyof . ;dfg sfosf nflu c;dfg Hofnfn p;sf dg km\f6bf . p;n tTsfn nvf zfvfdf sf/0f aemof . nvf zfvfn p;nf0 :ki6 hjfkm lbof .tkf0sf sg klg s'/fdf cDdn gxgfn nt eQfjfkt lb0g ¿= !)))÷– tkf0nf0 glb0Psf xf .Û

of tYo yfxf kfPkl5 p;n cfkmnf0 ;fWof .dn klg sg s'nt cufNg kYof <Û

xfn M x6f8f .

–Ö–

zAbfy ksfzgsf ja;f06df

jhoGtLsf

;a cª's, xfdf ;a ultljlw, zAbsfzx?sf

;^6jo/ / sfoqmdsf t:jL/, lkmlnd

tkf0sf nflu pknlAwkÛf

xg ;S5g\x Û

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

7Ssfk§f / ljsf;

/fhGb kxf8L

zx/sf leqL ;8s / gfnL lgdf0fsf sfd wdfwd e/xsf lyof . HofdLx? cf–cf^gf sfddf Jo:t blvGy . cf^gf 3/ cufl8sf gfnL / af6fsf sfd u0f:t/Lo gePsf, nen gldnsf, l;dG6, afnjf / lu§Lsf dfqf gldnf0Psf tyf gfnLsf uf/fdf l6Ksf/ Knf:6/ gul/Psfn lgdf0fsf u0f:t/ cToGt sdhf/ ePsf eGb ;/fsf/jfnfx? ugf;f ul//xsf blvGy .

:yfgLo eujfgk;fbn eg– Joj:yf dfq kl/jtg eP/ s ug, xfdf gtf, ;/sf/L sdrf/L, 7Ssfk§f nufpg / lngsf ult–dlt pxL k/fg 5 . bzn ;dl4 xfl;n u5 eGg t efif0fdf dfq xf .Û gful/ssf cj:yf kl/jtg xg u/L sfd xg t /fd/fHo rflxG5 afa, of rfnfn t of bzsf zf;g–kzf;gdf hf cfP klg sxL xbg .Û eujfgk;fbsf afnLdf nfnL ldnfP ;dfh;jL e0 6fknsf ydgnfnn .

:yfgLo ;/fsf/jfnfsf s'/f ;lg/xsf lk6L 7sbf/ ;js/fdn afNof– s;/L u0f:t/Lo sfd ug ;lsG5 t, bz 7fpdf gh/fgf r9fP/ aNnaNn 7Ssf xft kfl/Psf 5 . gf s/f8sf 7Ssfnf0 ^ s/f8df lhDdf lnPkl5 s;/L /fdf sfd xG5 <Û bnsf gtfblv sdrf/L;Ddnf0 lrQ aemfpg k¥of, ha ;fem k5 ta kfhS6 ;f06 xg 0lGhlgo/ / cfe/;Lo/nf0 pgLx?n egh:tf vjfpgk5 .Û –pm eTetfpb lyof . oltsf tgfj axf/kl5 clnclnt xfdLn klg vfgk¥of lg, ls s;f <Û p;sf s'/f l;l4Psf /xg5 :yfgLolt/ kms/ kltkZg t;fof .

sfu s/fpb u5, lkgf ;Sb u5 egh:tf :yfgLon hlt cfjfh p7fP klg st ;gjf0 ePg . j8f ;b:on cWolfnf0 bvfP, j8f cWolfn gu/kflnsfsf do/nf0 bvfP, do/n ;f;bnf0 bvfP, ;f;bn ;DalGwt dGqfnosf sdrf/Lnf0 bvfP . of ljifodf lhNnf ;dGjo ;ldlt kdv / kdv lhNnf clwsf/L klg lg/Lx blvP . Psn csfnf0 bvfpbf bvfpb lgdf0fsf sfd ;DkGg e;ssf lyof . gjlgldt ;8s tyf gfnL :yfgLo kflnsfnf0 x:tfGt/0f ug lbg;Dd cfwfh;f efu elTsP/ tTsfn ddt;Def/ ug cj:yfdf kusf blvGYof . :yfgLox? sfgv;L ub y–o; ;ftfleq gu/kflnsfn ;fxL ;8s tyf gfnLsf ddt;ef/sf nflu 7Ssf nufpg ;'ªgf lgsfNb 5 /.Û

sZdf, kjt .

–Ö–

OHht

/fds'df/ kl08t lfqL

sfG5fnf0 cf^gf ufp'sf rf'sdf /x'sf 7'hf kLknsf af6 c;fWo lk'o nfUbYof . ;fgblv b'vsf Tof af6 hlxn x/ klg p:t blvGYof . ufp'sf dfG5x? To; ?vnf0 aXdf, ljiOf / dxZj/sf cjtf/ dfgL k'hf uby . pgL klg a'nfavt To; ?vsf bzg ug hfGy . ;fg xbf pgn cf^gf afnf0 ;fw'sf lyP– af Û of kLknsf ?v cToGt 7'hf 5 . o;nf0 ;a'n dfGb5g\. of eGbf lg 7'hf csf s 5 < ls 5g <

hjfkmdf afn eg'sf lyP– 5 lg lsg gxg . kLkneGbf 7'hf klxnf /fhf xGy . clxn kwfgdGqL xG5g\. of kLknnf0 o; ufp'sfn dfq dfGb5g\t/ kwfgdGqLnf0 bzel/sfn dfGb5g\. OHht ub5g\.

afsf pQ/ ;gkl5 sfG5fsf dgel/ kwfgdGqL s:tf xfnfg\ egL s'/f vnYof . Ps l5gd pgL kLknsf ?veGbf cUnf JolQmTj sf ?kdf kwfgdGqLnf0 sNkGy eg csf l5gd kLkneGbf zlQmzfnLsf ?kdf . dfG5x? uP/ kwfgdGqLnf0 k'hf u// gjB / e6L r9fPsf ;DemGy .

la:tf/ pgL x'sb uP . ufpdf hg;ªVof a9'b uof . dfG5x?n af6f3f6f agfP/ uf8L r9'g yfn . la:tf/ wjf / wnfn kLknnf0 3g yfNof t/ hlt g cltqmd0f eP klg kLknn cf^gf wd lgefpg 5f8'sf lyPg . zLtntf, cf/fUo, clS;hgh:tf s'/fx? lb0 g /xsf lyof .

Ps lbg ToxL af6f eP/ bzsf kwfgdGqL cfpg eP5g\ kwfgdGqL s:tf /x5g\t egL pT;s eP/ xg a; pgL . pgLh:t cf^g ufp'sf cf l5dsL ufp'sf dfG5x?sf klg eL8 nfu'sf lyof . lgs 9Lnf u/L kwfgdGqL eLcf0kL uf8Ldf ;af/ eP/ cfP . xg a;sfdWo cfwfh;fn sfnf em08f b'vfP . sxLn eg cfwf hLp emSg u/L gd:sf/ u/ . pgn eg ;a bZo rfv dfg/ xl//x . kwfgdGqL u0;skl5 sfnf em08f b'vfpgx?n ei6frf/L, rf/, 8fsf eg/ ufnL u/ . ltgsf ufnLnf0 cl3 gd:sf/ ugdWo sxLn ;dyg hgfP/ pgLx?klt s's/n kR5/ xNnfPem xst b'vfP . xbfxb k'/ eL8n lj/fwLsf ;dyg u/h:tf ktLt xGYof . Tof ;a b'v/ 5Ss kb pgn cfkm;u ugugfP– cl:t g xfdf afn eg'sf klxnfklxnf t kwfgdGqLsf OHht of kLknsf ?vsf eGbf bfAa/tAa/ 7'hf xGYof / Û clxn t o;sf h/f;Dd lg 5g /x5 . slt ;:tf kb l5 ÛU

–0–

;:sf/

/fdxl/ kf8Øfn

u/ cfj;Lo gkfnLx?sf cGt/fli6« lj1 ;Ddng ofgL Unfan gnh sGeG;g cS6fa/ !@ – !$ @)!* wdwfd;u ;fN6L xf6n qmfpg Knfhfdf tLg lbg;Dd ´ls´ sfp ?kdf ;';DkGg eof . dn klg :jfGhL olgel;l6sf kltlglwTj ub gkfnsf phf ;ªs6 / gjLs/0fLo phfaf6 xg lbuf ;dfwfg sf af/df cfkmgf rf/ jif lkPr8Lsf ljBfyL cgej af8'g cj;/ kfP . bzsf kwfgdGqLn ;db'3f6g ugePsf pQm ;Ddngdf bzsf kfoM ;a xf0 kfkmf0n dGqL ofhgljb\ kzfzs, lzIff ljbx?sf 7'hf pkl:ylt / k:tlt /Xof .

Pp6f sfoqmddf Pshgf jl/:7 dGqLn cfbz / ;:sf/sf nfdf JofVof u/ . xfdL PgcfPgsf l/ld6ØfG; dfq xf0g afl4s 1fg / cgej 6f«;km/ ug Aofu /xsf ;gf0/x . cfkm"ev/ cdl/sf uPsf / Pshgf ef0n skf;sf 6lS;s dfg/ kmflng laofaf6 s'v/f, df5f / dflg;n ;dt vfg ldNg kfl6goQm tn agfpg ;lsg skf;sf gof khflts pTkfbg ug ;lsg gof alpnf0 pTkfbgdf nfg cgdlt cdl/sfsf slif ljefun :jLslt lbPsf s'/f a8f ;Gb/ ?kdf k:tt u/ . jl/kl/ ;an s'tXntf ks6 u/ . tL dwfjL j1flgs sf gfd s xfnf < lsg tL dGqLn ltgsf gfd rflx lnPgg\eGg ufOuO rNof .

cGTodf yfxf eof tL j1flgs dGqLsf kf6Lsf dfG5 k/g5g\. pgL dfq j1flgs /x5g\.

:jfGhL olgel;6L a'nfot .

–0–

k9gxf; Û

jhoGtLsf ;fydf

/rgf, cleJolQm, bfloTj, zAb;ofhg, ;'nv, gjkl1ffkg, lxdfnL u/f;, zAbfª's/ .

/Defsf k;n

nId0f cofn

lrof kf0G5 ;fx'gL < – 9fsf p3fgf ;fy ;vf/df /Defn hugnf0 ;'gL .

lbgf/Desf klxnf ufxs xf hug . /Def klxnf ufxsnf0 slxNo pklff ulbg lsgls klxnf ufxs lbgel/sf Jofkf/sf 5's xf eGg p;nf0 nfU5 .

/Defn lrofsf sfnf ls6'hL a;fnL . cfufsf tftfn ls6'hL s6s6 ug yfNof .

lrof a r/ 3/ rNbg eGg /Defnf0 /fd yfxf 5 . o;n a n'sL cfwf/ft;Dd tLg kfg aR5 /Def . afRgsf nflu c? s s aR5 Tof ls p;n hfgf;\ls lsGgn .

a9L df0t u xf0g < – /Defsf kf0n hugnf0 kZg ^ofSof .

hug lrofsf kvf0df 9'a\ufem ykSs s'rLdf al;/Xof .

hf8fdf csL a9L Nofpg"lg ÛÚ – /Defsf kf0 g afNof kml/ .

xf t lg udL nfukl5 5f8 e0xfN5 lg ÛÚ – of kN6 /Def afnL .

/Defn klg Ps hf8fsf hgnL /ft 3/sf nfUg nv6/ csf nfUg leq\bfPsL yL t/ Tof nfUgnf0 p;n udL nfukl5 klg 5fl8g . Tof ToxL nfUg xf /Defsf .

lrof lk0;s/ af6f nfUof hug .

/Def lrRof0 – cf ef0, lrofsf k;f ÛÚ

;'s ynLdf k;f 3';f// /Defn hugnf0 ;Demf0 – cfpb ug"x ef0, gcflQg". of ;fx'gL / k;n efsfPsfx?s nflu xf .Ú

lrtjg .

–Ö–

s tkf0n zAbfysf ;flxlTos k':tsx? k9'gePsf 5 <

kfx'gf

nLnf/fh bfxfn

vl/bf/ n'/dfgnf0 sfofnosf sfdsf l;nl;nfdf lgs 6f9f;Dd hfgkg cj:yf l;hgf ePsf lyof . ;fgf hflu/sf tnj / 7'hf kl/jf/sf bfloTjaLr pm ;w c;Gtlnt e0/xsf cj:yfdf sfofnosf sfddf ofqf ug kfpbf pm lgs v';L ePsf lyof . Gog' cfosf sf/0f kfoMh;f p;sf dgsf ;fu/df sGh':of0sf Hjf/ef6f pl7/xGYof . cf^gfdf kfx'gf cfpbf lgs b'vL x'g pm cln k/sf gftf kg lbbLsfdf kfx'gf nfUg ofhgf agfpg yfNof . 6f9f ePsfn eQf w/ cfpg, lbbLsfdf a:bf v r gx'g, xf6n v r ;Kk hfufpg s'/f >LdtL;u u// pm k:yfg ug cl3Nnf /ft cfgGbn lgbfof .

cgxf/el/ v';Lsf /a\u bn/ pm lbbLsf 3/df emfnf la;fpg kusf lyof . lbbLsf rfnr'n g;'g/ p;n aflx/af6 afnfof . k/s eP klg ef0sf afnL ;Gg lalQs lbbLsf lzlyn z/L/df pmhfsf dGb kjgn :kz ug yfnsf lyof . lbbLn aflx/ lg:s/ ef0sf cgxf/ lgofnL / dlng :j/df eGg yfnL, t cfP/ 7Ls ul/;\ef0 . tnf0 e6\g /x/ k'f eof d/f . d of aLrdf lgs la/fdL eP . dnf0 Psk6s 8fS6/ sxf nlub afa Û d/f sf kf 5g\/ Û >Ldfgh 5f8/ u0 xfNgeof . 5f/f5f/L zx/lt/ 5g\.Ú

lbbLsf ynL l/Qf ePsfn p;n dg cldnf agfP/ lbbLnf0 8fS6/ sxf lnP/ uof . hrfof, cfifwL ln0lbof .

kms g anf lbbLn egL, afa, clncln efG;fsf ;fdfg klg nhfgkg lyof .Ú

p;n ¿g dfq g;s/ ;fdfg klg lslglbof . 3/df kukl5 lbbL rflx lrof ksfpg eg/ pd^a\usf ;fy efG;flt/ l5/L . n'/dfg eg aflx/ a;/ >LdtL;u u/sf s'/f ;Demb v rsf lx;fa hfl8/xsf lyof .

jfudtL !!, sdof, ;nfxL .

–Ö–

/8 nan

jf;'bj u'/fufO

gful/stf cg';f/ pgsf k"/f gfd wgaxfb'/ u¿ª . ufp3/df ;an lrghfgsf klxrfgsf gfd eg wg sfsf . pd/n ;f7L gf3sf wg sfsf PSsfl; la/fdL k/ . cfifwLsf gfddf clxn;Dd Pp6f l;6fdfn klg dvdf gk/sf sfsfnf0 of ladf/Ln lgs ;tfof . bVbf ;fdfGo Hj/f / ¿3fvfsL dfq xf t/ vfgfsf c¿lr / ysfgn pgnf0 lgs ufNof . 8fS6/sfdf /fu la;s kfg xf0g /fu sdfpg hfg xf eGg l;4fGt kfnsf sfsf afWo eP/ 8fS6/sfdf uP .

8fS6/sf sf7faf6 lg:ssf klg cfwf 306f hlt e0;Sof . pgL slxn stf nfU5g\slxn stf . slxn leq k:5g\slxn aflx/ . slxn dflylt/ x5g\slxn tnlt/ . slxn To; l7ª\u pleG5g\/ ss ;fr h:tf ul//xG5g\. ansfsf 3fdn 8f8f 6Sg nflu;Sof . kUgkg 7fp 6f9 5 tklg 8fS6/sdf clNem/x5g\. s xf s xf < pgL kml/ 8fS6/sf sf7fdf k; . gd:t u/ . lj/fdL hfRt u/sf 8fS6/n gd:t;'r s 6fpsf xNnfP . Psl5g kvg ;ª's t u/ . hfRt u/sf lj/fdL aflxl/of . 8fS6/n /fd dvn ;fw - .s eof wgaxfb'/hL < kml/ lsg <

wg sfsfn 6fpsf sGofpb kml/ ;fw- xg Û 8fS6/ ;fla, nfsn t ePg ePg, l;nKofsrflx o;f Ps b0 lbg la/fP/ clnslt lkpgxGg <

8fS6/n eg - .Tof klg xbg . tkf0nf0 slt ;Demfpg Û gxg s'/fdf lagl;lQ lsg hf8 ugxG5 < /S;L 5f8bgePg eg tkf0nf0 g cfifwLn 5G5, g /fun 5f85 . xbg .

wg sfsfn 8fS6/;u yk kltjfb u/gg\. aflxl/P . a/G8fdf kml/ Psl5g 6xlnP . kGwla; ldg6 hlt ;do uof . 8fS6/nf0 klg slt ;fWg Û st l/;fpg kf xg\ls < cf Û l/;fP l/;fpg\g, s km/s k5 / < Psrfl6 kml/ ;fW5' . dgdg o:tf c7f6 afs/ pgL kml/ k; / ;fw - .8fS6/ ;fla, c? geP klg clnslt /8 nan;Dd t lng xG5 ls <

wg sfsfsf o; kZgdf 8fS6/ l/;fpg jf emlsgsf ;f6f a¿ pN6 pg;u cfvf hwfP/ xfl;/x . xG5 xGg sxL egggls\sgls /8 nan 8fS6/ ;flasf klg lgoldt ?kdf ;jg ug afG8 lyof .

gjfsf6 .

–Ö–

s;'/

ljhoWjh yfkf

dfxg / ;dL/ Psbd ldNg ;fyL g xg\. h s'/f klg Ps csfnf0 gegL /xg ;Sbg lyP . s'/fsf ;Gbenf0 hf8/ s;sf af/df s'/f ubf klg s'/f sf6sf ;D´bg lyP . Ps lbg dfxgn ;dL/ s e6sf lyP eGg yfn ;dL/, ltdLnf0 yfxf 5 Û nfn t clVtof/sf kmGbfdf k//v'a bllv kfP5 lg Û v'a ;f´f egsf t sxf ;Ddsf km6fxf /x5 . ;dL/, s;n eGof ltdLnf0 o:tf grflxg s'/f . xg t xfdf bzsf kx/L kdvx? g sf/fuf/df 5g\. 7'hf egfbf ;a Ps ;o Ps ei6frf/L 5g\ tklg ltdLnf0 s;n eGof < s;/L yfxf kfof < dfxg elg/xgk5 / < cfvn bvsf lg . d ;w ToxL af6f lx8'5 . 7ØfSs clVtof/s 9fsfdf e65' . slxn t clVtof/n aofg lnbf lgSs t;fp5 xfnf lgSs lvl;Ss k/sf xG5 . /flsP/ ;fWbf nfhdbf dfGnf eg/ k/af6 gbv ´ u// kfl/k§Lsf km6kfyaf6 lx85', lar/f Û To;f xf eg ssf ljr/f lg, sfnf vfPkl5 sfn cfrL cfp5 eGg t pvfg g 5 lg Û dfxg lxhf cfh t lbgsf lbg g bV5, tfl/v klg l56f l56f lbg yfn 5 . 7'h s;'/df k/5 ls .

Ps lbg ;dL/ ToxL af6f lx8b lyof 7ØfSs p;n klg nfnnf0 clVtof/s 9fsfdf e6Øf / dfxgn egsf s'/f ´Nof:; ;D‰of t/ p;n s'/f gnsf0 ;xfgelt bvfP/ ;D´fpb eGof . nfn ltdL h:tf ;f´f dflg;nf0 klg s:tf bv lbP5 Û s;n km;fPsf xfnf Û vfPsf ljif dfq nfU5 eGy ltdLnf0 gvfPsf klg nfu5 . euf kL/ gu/ eujfg\ 5g\lg Û ;dL/sf s'/f ;g/ nfn 5Ss k¥of / eGof . xg s eof / < lsg o;f egsf Û dnf0 s ePsf 5 / < nfnsf s'/f ;g/ ;dL/sf dg lvGg eof / dgdg eGof . d klg dfxgn h:t gbv ´ u// kfl/af6 g uPsf eP xg lyof . asf/df eg p;nf0 5 s:tf nfUof xfnf To;n t 5Ng vfHof lg sxL gePsf h:tf . h t xfnf s'/f ul/xfn eg/ eGof . ;dL/, ltdL gl/;fpg eP eG5' . nfn, egg ssf l/;fpg / < ;dL/ ltdLnf0 clVtof/n lsg afnfP afnf0 u/sf < of t ei6frf/Lnf0 sf/jfxL ug 7fp eG5g\. ;dL/sf s'/f ;g/ nfnn 5Ss kb eGof s xfjf s'/f u/sf s eof ltdLnf0 Û v dnf0 clVtof/n afnfPsf < of ;g/ ;dL/ klg nfnn s'/f 9f6bg vfhsf dfg/ KjSs eGof, To;f eP ltdL ;w clVto/s clkm;sf 9fsf cufl8 lsg el6G5f t < nfnn klg ´ flSsb] elgxfNof, d/f 3/ g] clVtof/sf] clkm\ ;;'u] 5 . 3/af6 lg:sgf;fy clVtof/sf] u]6 k5, 3/ hfbf klg clVtof/s] u]6 k5] . hlt k6s lg:Sof] plt g] k6s clVtof/sf] u]6 k5] clg u]6af6 glx8]/ sxfaf6 lx8g] < oL o] xf] d/f 3/ . a¿ nf] lx8 3/df a;]/ Ps sk lrof vfpm\ . of] b]v]/ ;dL/ 5Ss k¥of] / dfxgn] s'/] ga´]/ afn]sf] a‰of] . pm\ sfun] sfg nUof] eGbf cf^gf] sfg g] g5fdLsg sfusf] kl5 nfu]sf] h:tf] ;D´]/ nfhn] e'tSs eof] .

–0–

;flxTo ;j4g sfJb, g]kfn

';flxTo ;j4g b]i6f ;Ddfg]af6 ;Ddflgt

@)&) k|f=8f=s]zjk|;fb pkfWofo .
@)&! k|f=lz]jufkfn l/;fn
@)&@ k|f=dfxg/fh zdf{
@)&# k|f=7fs'/ k/fhn]L
@)&$ k|f=bof/fd >]i7
@)&% blw/fh ;'j]bL

.xl/x/ zf:qL ;flj]qLb]j]L ;flxTo k'/:sf/–@)$%

@)&) k|f= 8f= jf;'b]j lqkf7L
@)&! k|f= s]i0f uf]td
@)&@ sGtf zdf{
@)&# k0o v/]n
@)&$ tf/fgfy zdf{
@)&% efpkGyL

.ljZjHof]lt ;']jf ;Ddfg]af6 ;Ddflgt

@)&! >L ;To ;f0{ sGb], k'J{ sf7df8f{
@)&@ >L ;To pBfg, nlntk'/
@)&# zfGtbf; dfgGw/
@)&$ hutV¿ cfbz{ ;:s]t u¿s'nd\
@)&% g]kfn Psls]t b]i6l]jxLg ;3, nf]nfª

.zf/bfb]jL l;h]gf k'/:sf/]af6 ;Ddflgt

@)&@ uLtfs]z/L
@)&# eflu/yL >]i7
@)&$ e'jg 9'ªufgf
@)&% dfof 7s'/L

./flwsf–kbd–b'uf{ sfJo sljtf k'/:sf/]af6 ;Ddflgt

@)&@ 8f= 6Lsf/fd cl]wsf/L
@)&# k|f=8f=j]0fLdfwj 9sfn
@)&$ /d]z vs'/]n
@)&% 8f=lj]i0f/fh cf]qo

.hDas'df/L–6LsfaNne ;flxTo ;Ddfg]af6 ;Ddflgt

@)&# k/z' k]wfg
@)&$ 8f= /fhGb| ljdn
@)&% u0f]z /l;s

.u'¿ /fdk|;fb >]i7 ;flxTo ;Ddfg]af6 ;Ddflgt

@)&$ /f]x0fL]jnf; n]06]n
@)&% afns]i0f pkfWofo

.lgd]nf–k|]d ;flxTo ;Ddfg]af6 ;Ddflgt

@)&$ g]kfn afn ;flxTo ;dfh
@)&% k]dfb k]wfg

jftf{

ljgos'df/ zdf{ g]kfn

– p;n] ;f]rL d s]g] v]n v]Nb] 5' .

– t/ d hfGb5' d dfq p;sf] uf]6L ePsf] x' .

– p;n] 7fgL d]n] p;nf0{ unt k|:tfj /fv] .

– t/ d hfGb5' cj;/ kfP/ klg d]n] s]g] bjfjdf kf/]sf] xf]0g .

– p;n] egL dnf0{ ltdf] dg / cfTdf dfq eP k'Ub5 .

– t/ d hfGb5' z/L/ljgf dg / cfTdfsf] cl:tTj 5]g / To;n] dfq hLjg rNb]g .

– p;n] ykL .s]g] cfzf 5]g ltdf], rflxGg s]xL ltdf] .Û

– t/ d hfGb5' dfG5] kfpbf /dfpg] / u'dfpbf u]gf;f] ug] hft xf], / cf^gf] :jfy / cfjZos tfdf s]g] afWotfsf] sf/0f b]vfpg] hft klg xf] .

– p;n] l/; kf]vL .dfof gu/ dnf0{, jf:tf gu/ dnf0{ .Û

– t/ d hfGb5' dfG5]sf] leqL xbo xd]zf dfofs] vf]hLdf t8lk/xG5 .

– p;n] dfgL p;n] dnf0{ 5f8]sf] xf] / k/k/ ePsf] xf] .

– t/ d hfGb5' k/:k/ k]dn] hd]sf] t'if k/dZj/n] klg x6fpg ;Sb]g .

– p;n] egL .s]g] :jfy] 5]g ddf, s]g] nfe 5]g ddf .Û

– t/ d hfGb5' dfG5] elgg] hLjdf :jfy / nfeafx]s c? s]xL klg 5]g .

– cGtdf p;n] egL .lxhf h] u¥of] v';Ln] u¥of], cfh Tof] bof / afWotf aGof] / ef]n ;fob eLv jf l/g aGg]5 .Û

– t/ d hfGb5' v';L, bof / eLv cflb klg ljgfk]d s]g] klg xf]ntdf hGdg ;Sb]g .

lgSof]n M – tg dg / wg, dg j rg / sd, z/L/ dg / cfTdf, efj, ;f]r / ljrf/, 30f, bof / dfof ;asf ;a z/L/sf oGqhlgt pTkfbg xg\ h]g k]dljgf ;Dej 5]g .

–0–

t|n le;f

lj gf|b g|kfn

pgLx?sf kl/jf/ dWodjuLo / ldlxg|tL xf| .

cf^gf| wgLkfgL rn|s| lyof| . bl\vlhnf| u/|/ klg ;Ddfgs| hLjg afr|sf lyP .

;Gtfgsf| gfddf Pp6f 5f/f| . k9fOdf /fd| lyof| .

ljBfno txsf| cWoog k"f u/kl5 5f/fn| pRr lzIffsf nflu ljb|z hfg| OR5f u¥of| . ;fxL cg|;f/ cfjZos tof/L u¥of| . /fdf| 5fqj|lQ klg kfof| clg pm cdl/sf p8|of| .

pm p8|sf| s'/f ufpel/ x'/L em| km|lnof| .

To;kl5 ufpel/L p;s| r rf xg yfNof| . p;sf 3/df ;w g dnf h:tf| xg yfNof| . oxf;Dd ls pgLx?n| cf^gf sfd ug| p5f/;d|t kfpg 5f8| . l5d|sL;u afn rfn| gubf 7'hf ePsf 7flgg|, pgLx?;u s'/fdf eNbf uf|7sf l8ufafR5f dfq xf0g cfkmX?;d|t ef|sef|s| kg| l:ylt cfof| . h;/Lt;/L pgLx? o;sf Joj:yfkg ul//x| .

sxL ;dokl5 la:tf/| o; vfnsf rfk 36|of| . 5f/f|sf k9f0 ;lsof| . cWoog ;lsgf;fy 5f/fn| pt| /fdf| sfd kfof| . sdf0 klg /fd| lyof| .

of| s'/f klg ufpdf v8|/Lsf cfuf em| km|lnof| .

o;kl5 t s| rflxof|, km|l/ dflg;x?sf eL8 nf|Ug yfNof| . p;sf k|z;f dfq xg yfNof| . ca t k/k/sf ufp|sf dfG5|x? klg cfpg yfn| . 5f/fsf pd|/ ;fWg|, lax|af/Lsf k|:tfj Nofpg|;d|t ug| yfn| .

pgLx? 5f/f hfGg| a‰g| e|;Sof 5, p;sf lj rf/ a‰gk¥of|, casf hdfgfdf xfdLn| cf6|/ dfq xg| s'/f| ePg| eGb| 6fl//xsf lyP . cfkmGt, Oi6ldqx? rflx pd|/ eO;s|sf eGb| 5f/fsf lax|sf nflu bafj lbg yfln;s|sf lyP .

k9|n|v|sf 5f/f|, nf lax| u/ eg|/ bafj lbg| s'/f klg ePg, pm hdfgfdf h:tf| lax| u/|/ axf/L ot| /flvb|nf / 3/sf sfddf ;'v xfnf eGg| cfzf klg /xg . o;|n| pgLx?n| 5f/fsf lax|k|lt plt;f/f| rf;f| /flv/xsf lyPgg\.

;alt/sf bafj a9|g yfn|kl5 Pslbg cToGt lgs6sf| cfkmGtnf0 pgLx?n| cf^gf log| s'/f ki6 atfP .

5f/fsf| lax| u/| klg axf/L pt| nluxfN5, xfdLnf0 ;3fpnL, r'nf rfsf, 3f; bfp/f unL, ot| a:nL ux:yL yfDnL eGg| cfzf ePg, cfkm'hf0 lax| ug|k5 eGg| nfu|kl5 elgxfNnf clg u/fnf, k9|n|v|sfnf0 xfdLn| s| elg/fVg| <

pgsf s'/f ;'g|/ tL cfkmGtn| eg| xg| c? sxL geP klg lax| ulbP s;d|sd| t|n le;fdf b|z bVg| af6f| t vNYof| lg xg| / <

;g|/ pgLx? cjfs\eP .

–0–

zªsf

/fdk|;fb kGt

;Gb| 5g\>Ldfg\ >Ldt|Lsf lk/nf|– Psl5g cl3 oxL 6|a'ndfly /fv|sf xl/of r'/f sxf uP < aflx/sf dfG5| sfxL cfPsf 5g . km|l/ s;n| ufoa kf¥of| r'/f < yfxf 5 dnf0 of| s;sf| sfd xf| eg/ . o;nf0 -;fgL 5f/Lnf0 ;ªs|t u//_ sxL dtna 5g c? sf| 5 / oxf < lsg bl\v lbg k/sf| xf| slGg Û -pgsf| ;ªs|t nfUg|tkm| lyof|_ . csfnf0 Ol/68 kf/|/ s| /df0nf| xg| xfnf Û|

>Ldfg\s|xL gafn|/ ls tfa kl9/x|sf| b|vkl5 pgsf :j/ cem 7'hf eof– dfG5| ultnf| t sxf xf| / < s;nf0 kf:g k/sf| 5 < 3/sf nu/ c?nf0 lbg kfP bªu Û 3/sf| af3 aflx/sf| Zofn .|

w/fkjfx afnL /flsPg .

dnf0 t zªs| kf| nfU5 Û rl/q t sxf /fdf| 5 / < hltv|/ klg aflx/ aflx/| . kSs| sfxL 5 kf:g| dfG5| aflx/lt/ . s| e/ < gq nfUg|dfG5|nf0 r'/f lsg rflxof| <|

Tolt g| jnf 5f/Ln| egL– oxL xf0g r'/f dDdL <|

To;kl5 eg| dDdL afn|sf ;'lgPg .

–0–

rf/sf u'¿

8f: ljZjbLk clwsf/L

pm x/s lbg laxfg l5dssf 3/df kmnsf km'n l6k/ dlGb/df nuL r9fpg uYof . p;sf km'n rfg lqmofsnfk ;w bVg csf l5dsLn km'n rfgxG5 egL e6sf anfdf wfk df// :ofaf;L lbg uYof . o; jfkt p;n Tof csf l5dsLnfO cfkmn rf/sf clnslt km'n lbg uYof / bjhgf dlGb/df ;u uP/ km'n r9fpg uy . ;f4 g;fwL c?sf 3/df kmnsf km'nsf xfufljuf dG6ØfO lgvf// km'n l6Kbf p;nfO clnslt klg ws nfUbg lyof . p;n crfSnL u/sf bv/ km'n dflnsn csfsf 3/df kmnsf km'nljgf cgdlt l6Kg klg rf/L g xf eGbf klg pm ;gsf g;Go u/L emg cfvf t// cem af6 dG6ØfO km'n l6Kg uYof .

sxL jÈkl5 ljleGg 7fpdf k;f uxgf rf/sf cf/fkdf cbfntaf6 5 jÈ sb 7lsO pm hn rnfg eof . sf/fuf/df p;n km'n rfgxG5 egL wfk dfg l5dsLnfO hn/sf ?kdf bVof . p;n lkm:; xf;/ gd:sf/ u¥of . hn xflsdn P ;Rrl/q, ltdL s;/L oxf sbL eP/ cfOkUofÚ egL lbSs dfg/ ;fWof . p;n cf^gf bj xftn hn/sf 3f6L ªØfSb eGof dnfO oxf;Dd NofOk¥ofpg t g xf;\. ca tnfO gdf/L 5f8Nbg . s eG5 of dn s;/L agfP ltdLnfO rf/ egL hn/n eGbf p;n eGof dn l5dssf 3/df km'n rfbf rfgxGg eGgsf ;f6f /fdf eg/ wfk glbPsf eP d k;f u/uxgf rfg rf/ aGg g lyOg . t xf;\ dnfO rfg l;sfpg u'¿, of ;hfo jf:tjdf tnfO xgkg xfÚ .

p;nfO 5Nb hn/ eGb lyof dn t cf^g dgdf kmnsf km'n rfgk5 egsf lyP . t t s'/ gaemL wGbfdf xlnP5 ;\.Ú

—Ö—

s tkfOn zAbfysf ;flxlTos k':tsx? k9g'ePsf 5 <

ceful

ljZjgfy vgfn

6f6gfdf 3f;sf d7f /flvlbof 3/dflnsn . k7bfªfx? v';Ln pkmb gfRb vfg yfn . Pp6L kf9 afvL / ;u pd/sf afs 3f; vfb bv ;vsf ukm ug yfn . w/a/kl5 Pp6f kf7fn lh1f;f /fVof P cfd c? s'/f t dn sxL klg alemg . efUozfnL, efUodfgL / efuefusf s'/fn dgdf vNbnL dlRrPsf 5 . xfdf efuefu / efUosf af/df aemfObpm g .Ú sxL a/ ;fRb k6df ePsf 3f; p3fpb s'/fsf r'/f vfNg yfnL . k7bfªufx? bQlrQ eP/ ;Gg yfn . ha ha cfdsf s'/f ;Gb uP . hLjg hut\sf ljifodf pgLx?sf s'txntf zfGt xb uof . hLjgkl5 dTo cjZoDefjL 5 . of s;sf lgoGqOfdf 5g . of z/L/ gfzjfg\5 . cfTdf k/dfTdfsf s'/f klg cfp5 . oL ;a s'/fx? uxOf ug kfqsf r'tgfdf e/ k5 .Ú s;/L <Ú 1fgn zfGt xb uPsf k7bfªufx?n lh1f;f /fv . ltdLx?n 3f; vfbf s ;fr/ vfG5f <Ú cfdn kltkZg u/L . Ps :j/df hjfkm cfof . efs zfGt kfg .Ú cfdsf gh/ rlDsnf eof kml/ kZg u/L afa gfgL xf ltdLx?nfO 3f; sg kofhgsf lgldQ lbOG5 .Ú Ps l5g vnfanf eof . s;sf pQ/ lrQa%bf ePg . ltdLx?sf lrQ a%g pQ/ efln n cfh cf/fd u/ . ;a rkrfk pufpg yfn .

;dodf vfgs'/f gkfPkl5 ;asf Ps;qLo dfubfjL /Xof . efs nfUof vfgs'/f bpm .Ú xtf/ xtf/ 3/dflnsn 6f6gfdf 3f; xflnlbof . ;an cfcf^gf efs zfGt kf/ clg cfdn egL ;g Û kf7fkf7L xf . lxhf xfdLnfO 3f; lbOg kofhgaf/ ltdLx? cGofndf /Xof . cfh d To;sf /x:o atfOlbG5 . cfh xfdLnfO dflnsn 3f; 9Lnf lbof t/ lbof lsgls Pslbgsf vfGsLn xfdf tfn 36a9 xG5 . p;sf cfDbfgL 365 . v/Lbstfn df;' x// dNo u5 .Ú kf7fkf7Lsf ;fQf uof clg ==== Û ;asf dfg kZg . cfdn eGb uOg\— Psaf/sf hgL xfdLnfO t Psk6s d/ kU5 t/ oL dflg;x?nfO hLjge/ ;w db db aflr/xgkg afWotf 5 . logLx? x/s r'gfjdf xfdL e8fafvfem dfndfnfOdf k5g\/ vl/b laqmL xG5g\. xfdLnfO em Rjf§ sf6/ dfl/xfNbgg\t/ logLx?sf efjgf dfly k6s k6s kxf/ eO/xG5 .Ú eoeLt kf7fkf7Lx?sf kZgjfrs gh/ a9Lcfdlt/ . of ;a efuefusf s'/f xf .Ú kf7fkf7Lx?sf r'tgfsf t;f gq vn5 Sof/ Û ;an Ps:j/df eg— ljr/f dflg;x? slt ceful x ==== cfd .

—Ö—

/Tggu/, lrtjg .

nuguf7f

zf/bf k/fh'nL

clkm;af6 3/ kmsslL ;flgsfn 8« g gkml/ klxn /f0; s's/df ehf a;fnL clg 8« kmsfn/ aNn xftv'6f wf0 . eft efG; sf ?dnf ;skl5 ;Ltf tl;pGhn 9Ns/ dfaf0n rnf0 . pm dgdg eGb lyO, Ps rfl6 ;// km;as rnfP/ aGb ul/xfN5, gq sxL nVg Eof0bg . efln t clkm;df h;/L eP klg kltjbg kz ug k5 .

;flgsfn km;as cg u/L . l;/fgd bLks bf0sf :6f6; lyof, pgL / d cfhs lbg ljjfx aGwgdf aflwPsf lyof . dn klg bfhefph'hf0 bfDkTo hLjgsf xflbs awf0 nv/ k7fP . ltdLnf0 klg bfDkTo hLjgsf zesfdgf ag'Û bfbfsf hjfkm cfof . lsg lg bfbf < kltkZg u/ dn . nf6L ltdf / d/f Ps lbg lax ePsf xg < km/s olt dfq xf, ltdf efuL lax d/f dfuL lax . bLks bf0sf hjfkmn d eml:sP / cfkmn cfkmnf0 lwSsf/ . ySs d/f ;'2L Û cf^gf lax ePsf dlxgf, ut, af/ klg e;Ss la;g < wGg bLks bf0n ;Demf0lbgeof . cfh km;as gvfnsf eP ljjfxsf lbg klg ;'0Q lrKn/ hfg /x5 . wGojfb bfbf Û kml/ st1tf JoQm u/ dn .

dn klg >Ldfg\;u sd hf8/ lv rsf uf8f bzs kmf6fx? km;asdf cknf8 ub :6f6; nv, ;do lrKn/ uPsf kQ gxg /x5 . rfaL; jif cufl8 cfhs lbg xfdL b0 u7aGwgdf aflwP/ bfDkTo hLjgsf uf8L sbfpb 5f . :6f6; cknf8 e0;Sbf g;Sb zesfdgf, zeR5f / awf0sf zAbuR5fx? clg l:6s/sf rSn6 / ssx?n km;as g el/Pnf h:tf kf eof . cf^gf zeR5s, zelrGts, 0i6ldq, cfkmGthgn bvfPsf ;bfzotfklt gtd:ts ge0 a:g ;lsg . To;n ;anf0 wGojfb nVb uP . km;asdf cfPsf sdG6sf kltpQ/df wGojfb dfq nVbf klg sl/a b0 306f lat5 . 38Lsf ;'0 tLj . ultdf bfl8/xsf lyof . dfaf0n ckm u/ / kltjbg nVg ;¿ u/ . 3/ 5psf 6k«;ld6/ 8bfDd k8'ssf cfjfh cfof . aQL ‰ofKk uof . 5fd5fd 5D5d u// 6rnf06 xft kf/ t/ rfh g /xg5 .

–Ö–

ufnL al0HhtL

;~ho ldq

kmfxf/ s'/f ug p;sf dGtJosf zfef xf . ufnL rflx jf0fLsf cnª'sf/ . km6km6 t/ 0dfgbf/ ePsfn p;n u/sf ufnL ;Ggn leqleq /L; u/ klg aflx/ rflx kltsf/ ug ;SbgYof . h;nf0 ufnL uYof, p;n p;nf0 km6fxf eg/ cfkmhf0 dfq ;fGTjgf lbGYof . ;an aemsf 5g\– pm s;nf0 ufnL u5 eg p;u kofKt cfwf/ 5 . kltsf/ ugsf cy xf pbfªWf xg .

cfh dnf0 ug;Dd ufnL u¥of . ckzAbn sfg kljq e0/xsf lyof . ufnL ugkg sf/0f ;fWg lxDdt s;n ug < dnf0 sg uNtL u/sf ;Demg 5g t/ klg ufnL ;lg/xbf aflx/ xf:gk/sf lyof . ;gsf g;g ugkl//xsf lyof .

dnf0 yfxf 5 – of kjlQ egsf uNtLsf cfTd:jLslt xf . d/f uNtL gxbf klg p;nf0 rkf nufpgtkm dn tbf?stf gbvfpbf dklt ;zlst xg :jfefljs xf . kltsf/ ug dnf0 d/ dgn cfh /fssf 5 .

Pshgfn ;fWof – lsg olt w/ ufnL u/sf xf < ufnL ugkg sf/ 0f;dt atfP xfdLn klg yfxf kfpYof ls <

p;n eGof – tkf0n g dnf0 ufnL ug l;sfPsf xf0g < cl3 xf6ndf dnf0 nl6Vg u/L lkpg lbPsf oxL ufnL ugs nflu xf0g t <

c? ;a 5Ss k5g\. d klg clnslt ljrlnt xG5 . o;aLr t;fn kZg yK5 – ufnL ug l;sfpgnf0 ufnL u/ g t .

ulbg ufnL To:tf 3lift dfG5nf0, p;sf 0HhteGbf d/f ufnLs 0Hht 7'hf 5 . p;nf0 ufnL ug egsf d/f ufnLs al0HhtL xf . p;n eGof .

a6jfx? unNn xf; . p;sf dv cWof/f / d/f pHofnf xG5 .

ldqgu/, u?8f–$, /ftx6 .

–Ö–

;do rqm

;ldgf vgfn .kjyfl

;ª\d/d/n 5fksf eO xb kfrtf/ xf6nh:tf 3/ . Ps lrD6L wnf st blvbgYof . a;, 6s cf^g wnf ;nf e . sqd unfksf kmˆx?n kTos sf7fsf sgf ;lhPsf lyP . aflx/af6 xbf l7Ss h:tf blvGYof . p;sf 3/leq k:bf eJo cfsif0fsf sGb e nfUYof . kTos leQfn k;f xf:g hfg e pkxf; ldnfP/ :jfut ul//xYof . g lv rftfgL, g /:;fs:;L, eemu8f klg lyPg . zflGt lyPg s;/L eGg t/ nfUYof cfo3f6sf bZon lbg zflGt, ;Ggf6f sDtL p/f7 nfUbf lyPg . p xbf clt zfnLg nfUYof ;Eo, zflGt / sfdn . sfd ljzifn p;sf 3/sf lgDtfdf lyP . d To; lbg ljBtLo :jLr lyr/ dufof p;n ksltsf kjznf0 lgifw u/ e nfUYof . cgf7f sqd jf;gfn el/Psf lyof . p;sf sf7f hxf d p;u a;sf lyP . cQ/n jf;gfbf/ agfpbf /x5 ;uGw xLg unfksf kmˆhnf0 a;Ghnsf cfgGb sfdn ;dod g;lsg ;'rgf lbPkl5 p;sf 3/sf a;f0 sxL a/nf0 nlDaP/ 5f8bf . sxL st s;sf klg eflts pkl:ylt blvg dn vfgf vfg cfux u¥of . p;n tof/ u¿Ghnsf ;do ce nlDag bv dn . c;xdltdf 6fpsf xNnfP t/ p;sf l9kLsf cl3Nnlt/ d/f sxL nfug . vfgf tTsfn 6andf nlu;ssf lyof . d cfZrodf k/ . p;;u a; vfgsf nflu s;n agfof vfgf < ;fWg dg nfluxfNof . 7l8Psf lyP oGqdfgj p;sf 3/df p;klt Ozf/f u¥of p;n d cRrddf k/ . kl/jf/ljxLg 3/df a:bf /x5 p . :jfb lyP ls lyPgg\vfgfdf t/ dfofn l; r/ ksfPsf kl/sf/ lyPg Tof .

ljl:dt eP d p;sf ;;f/ x// . k;f xf:g leQfdf k; afNbf /x5 . vfgfsf :jfbdf klg vfg dfq cfjZos tf ePg dflg;sf s ubf xf p < lh1f;fsf afbnn 3¥of dnf0 kZg ug k/g Ozf/f sfkL eP p;sf nflu . ;do ;dosf ljbz ed0f ;xh hjfk lyPg p;sf . k;fsf nflu ;do ;dosf ljbz ed0f ;xh hjfk lyP p;sf . k;f afN5 kTos zAbdf p afNbf .

kl/jf/ gePsf xf0gg\JolQmut :jtGqsf nflu ;an ;asf ;Ddfg u/sf /x5g\. ;~rf/ ;fwgdf sb ePsf dfof kdn JolQm afRg l;sfof kl/jf/ tf8/ . :jtGqtf g afWotf agkl5 p;sf afWotfdf e8\sf nfU5 / p;sf cfkrfl/stf;Dd klg l/lQG5 . JolQm afRbf kl/jf/ cfe n kb uof . lalN8ª\u aGbf 3/ efl;P/ uof . sf7df8f ;8s lj:tf/sf qmddf sltsf 3/ / hldg clwux0fdf k/ e aflx/L dfofsf rfxgfdf leqL dfof clwux0fdf k¥of . kkmNn lyPg p eGb lyof .cfkmˆhf0 cfkmleq a6Ng koTg ub 5. eg/ . stf x/fPsf 5 p;n cfkmnf0 clg stf vfh kfpnf d ;zª\st lyP . efltstf cflnzfg r r/fdf v8f eP/ klg g 3/sf g 3f6sf . g dfof lbg kfof, g dfof ug kfof .

.ctLt Aoˆebf k;nfx?n kfNg u5g\p;sf cleJolQm lyof t/ p a‰g g;lsg ;dbsf ulx/f0 lyof . ;don p;nf0 v';L agfof of bVvL d/f dg kZgn el/Psf lyof .

aQL;ktnL, sf7df8f .

–0–

kfgL

uª\f clenfifL

P /fd, Rofd, wg, si0f lxhf lbp;f xfdf sfhL ;fxasf 3/df Toqf 7ˆhf cfuf nfUbf lsg Ps ufuf kfgL klg NofP/ xfngf x < of s'/f xfdL ;an Vofn u/sf lyof . ;dfhdf a;kl5 5/l5dsnf0 ;xofu ug kbg t < ltdLx? lsg o:tf lgbo ePsf x < ltdLx?nf0 rflx o:tf sxNo kbg eGg ;frsf 5f ls Sof xf < xg lsg gafnsf < ltdLx?sf dvdf ahf k/sf 5 ls Sof xf Û ca logLx?sf gfddf kfr kfr ;o hl/jfgf nf0lbp x dlvof ;fxa . olt ;gkl5 To;dWo Ps a9f wg sfdLn b0 xft hf8b sfhL ;fxasf 3/df cfuf nfUbf kfgL xfNg t dg nfus lyof lg t/ s ug xfdLnf0 Tof 3/df kfgL vgfpg 8/ nfUof lsgeg xfdLn 5fPsf kfgL g rNbg . oxL kfgL 5fPsf cf/fkdf xfdLn slt dfgl;s, zf/ll/s / cflys b08 efUb cfPsf 5f . eg\sfhL ;fxasf olt 7ˆhf 3/df cfuf nfUbf s;/L xfdL kfgL vGofpg ;S5f t xh/ < eg\7ˆhf ;hfo efUg knf eg/ lg .

e/xjf .

–0–

sfd ug sfn"ds vfg efn'

;Ltf/fd gkfn

gf/f klg slt dL7f pGglt kults cfof af0 . ca eg xfdf gtfn sxL u5g\.Û

/ldt dVv k¥of .

gf/f t rgfj 3fif0ff kqdf klg sDtfsf /fdf yg t . To;n klg ef6 dfUg ;lhnf ef Yof .Û

p;n rgfjtfsfsf p5nsb ´nSs ;d‰of .

xg klg ;a rgfjx?df ´ gtfnf0 uHhan ;3fP lg dn . pxf / d xnuf¿ ´ sfwdf sfw ldnfP/ 3/ 3/df ef6 dfUg hfGyd\af0 t/ rgfj lhtblv d/f gtf ;asf gtf ePsfn dn PSn e6g ;lsg . hlxn klg pxfnf0 eL8n 3/sf 3o .Û eL8af6 –Ûxfdf sf/0fn rgfj lhTg ef . xfdLnf0 gla;gxfnf, cfZjf;g geNgxfnf==Û egsf ;g/ /ldt 5Ss k¥of–Û logLx? xfdf Ifqsf v6fn sfostf xb xf0gg\. sxfaf6 cfP rgfj lht;L oL < ==s ug xfnf, pxfnf0 rgfjdf h:tf glhsaf6 e6g kfP of dgdf s:tf ´ sf; xGYof lg af0 . == hxf;\l9n eP klg d/f gtf ;Qf;Lg eP ;L s rflxof / dnf0 < h;/L eP klg PSn e6/ v';L ;f6/ ubulbPsf dgn awf0 tyf zesfdgf lbgk¥of . eGb /ldt kms/ gtf lgjf; uof t/ hlxn klg el8n dlR5Gbgfysf ef6f hfqfsf eL8nf0 pl5gsf bv/ pm lg;fl;P/ kmlsof .

d/f gtfn afnsf s/f k¥ofpg\ ;zf;g lbg ;sg\ bz ljsf; xf;\a/fhuf/Ln sfd kfpmg\== kmlsbf p;n dgdg zesfdgfsf zAbx? vnfof . eflnkN6 eL8 ug cgxf/x?n wdfwd /fhgLts lgolQm kfPsf va/ ;g/ /ldtn cf^gf ltnrfdn pd/ / /fhgLts l8uL ´n´nL ;D‰of .

–Ö–

a9f a/sf ?v

;'/g pkltL

x/ kLkn Û ltdL / d of rftf/Ldf a;sf klg ouf ePh:tf nfU5 . tL kdk;fbsf xh'/afn afcfdfsf gfddf rftf/L agfPsf lyP . dflg;x? psfnL cf/fnL ubf yfskl5 a/kLknsf 5xf/Ldf a;/ ;':tfpg kfpg5g\ / cfzLjfb lbg5g\. ToxL cfzLjfbn afcfdf :ju hfg5g\eGg pgsf ljZjf; lyof . a/kLknnf0 rftf/Lsf b0 5pdf /fkL lbP . kfgL NofP / 9ª\ufdf6fsf kvfn nufP . hgjf/x?af6 hfufpg af;sf ef6fx?sf af/ nuf0lbP . dn / kfgL xfNb xfdLnf0 xsfP .

oxL rftf/Ldf lszf/ xb jo:s eof . pm anf clxnh:tf af6fx?n hldgnf0 lr/sf lyPgg\. hldg ysfpb dfG5 cf;fg / n8fpg df6/ klg lyPgg\. dflg;x? 6f9f 6f9fblv ef/L afs/ cfpghfg uy . ef/L la;fP/ xfd sfvdf lgbfpy . xfjf ;/// rNbf ltdL s:tf dhfn kftx? km// kf// xNnfpYof . kft aHbf dL7f wg cfpYof . ofqx? 6f9f;Dd ;lgg u/L ;';nf xfNy / uLt ufpy . xfdL bj xfufx? kmnfP/ 3fd / kfgLaf6 a6jfx?nf0 hfufpYof . kldn hf8Lx? cfP/ zLtndf a;/ dfof lk/tL ;f6'y . /dfpb a/ vfGy . r/fx? a/ / kLknsf bfgf vfGy . uf7fnfx? / :sn ljBfyLx? pGo'sf 8f7df a/sf bfgf pg/ ;Ln agfpy . xfufdf r9/ ;;nf / nsfdf/L vNy . pgLx? /dfPsf bv/ xfdL klg slt v';L xGYof x .

x/ kLkn Û xfdLn slxn klg cf^gf nflu ;frgf . c? kf0fLx?sf v';Ldf /dfpb xfdf hLjg laTof . d/f xfufx?df Ph? knfPsf lyP . ltdf h/fdf uf7fx? knfP/ la/fdL lyof . uPsf e'sDkn kN6fP/ ltdf cfwf h/f hldg dfly cfP, xfuf eflrP / crn eP/ ltdL 9Nof . dfG5x?n ltdf xfufx?df cf/f rnfP . ltdL kL8fn 5\6k6fpbf d lgzAb eP/ 6fnfP dfq . ltdf bbdf eSsflgP t/ d s g ug ;Sy / <

ltdL;u la5f8 ePkl5sf lhGbuL t lhGbuL g xf0g h:tf nfU5 . dnf0 yfxf 5 . Ps lbg xfdL lgikf0f xg5f . xfdLaf6 dflg;x?n /fdf /fdf kmlgr/x? / ;hfj6sf ;fdfgx? agfpnfg\/ tL ;fdfgx? bz ljbz kUnfgV tfl/km xfnf t/ xfdL t xbgf lg . Tof ;a dflg;x?n d/kl5 :ju uP h:t t xfnf lg . ltdL uPkl5 t dnf0 klg l8k;g eP5 Sof/ Û of lhGbuL To; To; ;lsP h:tf dfq nfU5 lko kLkn . d PSn 5' . a9f .

xfn Ò Sofg8f .

–Ö–

wld/f

;'/z sf^n .ljbf/s

.ef0, xftdf t cfh /ftf unfjsf kmh 5 lg, s xf < l5dsL ef0nf0 zª\sfsf efjn lh:sfP .

.of t bfh, d/L lko;Lsf pkxf/ xf . lhl:sP/ hjfkm lbof .

.cfh kmj c/L !$, Eoffn G6f0g 8 . bfhnf0 yfxf lyPg lg ls, Sof xf ÛÚ p;n dnf0 ;Demfpb :ki6 kf¥of .

.yfxf t lyof t/ cfh xf eGg s/f rflx la;sf lyP .

.Tof efUodfgLsf rflx sf xfnf < dn cnL a9L g rf;f lng vfh .

.tkf0n lrGgxG5 . o;f ;do kf;sf nflu dfq xf . eGb pm Toxfaf6 lxl8;ssf lyof . d eg ufpnsf / p;sf efphn p;dfly u/sf zª\sfdf sGbt lyP .

.oL afa lalu;ssf 5g\. sg rflx cf0df0;u nfusf 5g\slGg < slxn 3/sf dxuf 38L x/fp5g\. slxn s ≡ <

.o:tf dfG5 ufpsf wld/f xg\. o:tfn ufpnf0 g bulGwt agfp5g\.

.of cljjflxt d;ndfg s6f Pp6f gjf/sL >LdtL;u kNssf 5 / Û ljr/f >Ldfg\rflx ljbzdf bv ul//xsf 5 .

dn cfh aNn cgdfg u/ . Tof Jo6L kfn/df hlxNo ¿u/ a:Yof . va lhl:sGyf . Psk6s d;u klg efphsf gftfn kl/ro klg u/fPsf lyof . hfg anfdf eGb lyO–efln dnf0 lxdfn /:6/G6df 7Ls @ ah ;do lbgk5 lg .

–Ö–

s tkf0n zAbfysf ;flxlTos k:tsx? k9'ePsf 5 <

cf0/gsf 8fd

xl/ s§n

cbfntdf /dfn /fd lj¿¢ gfafns 5f/f;lxtsf xsdf xfnsf cz;lxt ;DaGw ljR5bsf d2fsf ax; rln/xsf lyof . /fdsf jlsnn kdljjfx u/sf oL hf8LdWo /df c;dembf/ / lx;s ePsn of ;d:of cfPsf xf eGg lhls/ u/ . pgn eg ./dfn k6s k6s /fd / 5f/f bjdfly bJojxf/ u/sL l5g\. aRrfn ;dodf vfg kfPsf 5g, lbgx :sn hfg kfPsf 5g . /fdsf efs lgbf x/0f u/sL 5g\. /dfsf 5§ a:g clwsf/ pgsf lghL xf . o;df 5f/fsf rfxgf ldl;Psf 5g . oxf cz lbgkg cfjfZostf 5g . cza08f g ugkg xf eg klg 5f/fsf cz afa;u /xgk5 / 5f/f afa;u a:g kfpgk5 . ca /dfsf jlsnsf kfnf cfof . pgL ljkIfL jlsndfly 7f8 vlgP . pgn eg >Ldfg\Û gf/L slxNo lx;s xg ;lSbg . oxf t /fdsf lx;fsf sf/0fn of ;d:of cfPsf xf . ;DaGw ljR5b rfxg gf/Lnf0 cbfntn ha/h:tL /fVg ldNbg . cfhsf cbfnt dlxnf dqL xg cfjZos 5 . cz;lxt /dfsf ;DaGw ljR5b xgk5 . afa / cfdfsf aRRffkltsf dfofdf cfsfz kftfnsf km/s xg ePsfn sfgg / Jojxf/ bj bli6n of aRrf cfdf;u a:g kfpgk5 .

GofofwLzn /dfsf jlsnsf ax;sf ts ;xL xg\h:tf u/L 6fpsf xNnfP . pgL km;nf nVg tof/ blvP clg kml/ dgdf s cfof slGg km;nf nVg cl3 o;f aRrflt/ kmlsP/ ;fw .ltdL sf;u a:g rfxG5f /fh < aRRffn cfdflt/ knSs xb eGof .a:g t dfd;u a:g dg 5 t/ afaf gefsf anf ≡ /fhsf cfvfaf6 5x/fem cf;sf wf/f v; . pgn ei6sf afxnf dfly;Dd ;f/ . Toxf pgsL cfdfn sxL lbg cl3 cf0/gn 8fdsf 3fp ki6 blvGYof .

lj/f6gu/ .

–Ö–

larf]lnof

xl/ yfkf

cfh klg bz ahb]lv pm otf / ptf ul//x]sf] 5 t/ sfd ePsf] 5]g .

æP afa Û d]/f] sfd slxn] xG5 elglbg' ;\g . slt s'/f] d a9f] .Ú p;n] ljgd]tf kf]Vof] .

æe0xfN5 lg, g xtfl/gf] ;\.Ú eGg] hjfkmn] pm km]l/ klg cfzfjfbL aGof] . lgs]a/ s¥of] t/ sfd ePg . kl5 cfpg]x? sfd tdfd u/]/ km]s/x]sf lyP . pm klg rfxGYof] ToxL t/ s'Gg s] ldln/x]sf] lyPg . tLg lbgb]lv e0xfN5 e0xfN5df clNem/x]sf] lyof] pm .

æP afa Û x'g] eP ul/lbgf] ;\geP xGg eGgf] ;\. d hfG5' . lsg a]sf/df s'/]/ a;f] .Ú p;n] eGof] .

ældnfP/ cfpg'xf] ;\g . e0xfN5 lg .Ú sfl/Gbfn] eGof] . s] ldnfpg' eg]sf] xf] p;sf] lbdfudf l5/]g .

s'bf]s'bf] p;nf0] ef]s nfUof] / nfUof] ltvf] klg . ;a] s'/f t ToxL k]6s] nflu xf] . k]6 vfnL /fVg] s'/] ePg . ef]sn] p;nf0] k;nlt/ tfGof] . k;ndf uP/ Ps lunf; kfgL lkof] . rf/j6f dfNKjf / Ps Nk]6 cfn'sf] t/sf/L lnP/ rkfpg yfNof] .

æ9f]u u/] sfsf . stfaf6 <Ú eGb] elthfn] 6fpsf] lgp/fof] .

æt' ot] 5;\< dfnkf]t ltg] cfPsf] cfh tLg lbg eof] . sfd ePsf] xf]0g . ef]s nfUof] clg dfNKjf 6f]Sb] 5' . P ;fxh'L csf] Ps 7fpdf Nofpg' ;\t <Ú

æd]n] e/v/ vfP kb]g . k'/fgf] /l;b / Ps xhf/ lbg' ;\t .Ú

p;n] aunLaf6 k'/fgf] /l;b;u] Ps xhf/ lem]s]/ lbof] . Ps]l5gdf elthfn] dfndf]t lt/]sf] /l;b NofP/ p;sf] xftdf ydfof] .

æclg k];f lkmtf] cfPg <Ú

ældnfP/ cfPsf] .Ú hjfkmdf elthfn] eGof] .

xfn M cd]l/sf .

–0–

!: cfuf]afNbf %ofnsf]e]G6n] g vhf /fvf}+.

@: hf8f]df}+ ddf ;'/lIft 7fp“olsg u/]+ dfq cfuf]afnf}+.

#: hf8f]df}+ ddf clt k|Hjngzln kbfy{x?-Uof“, k]6«f]n, l8h]n h:tf_ e08f/0f tyf laqmL ljt/0f sIf j/k/ cfuf] gafnf}+.

$: cfunfuLsf 36gf 36]df dlxnf, afnaflnsf, j[4j[4f, tyf czQmx?sf] ;'/Iffdf ljz]if Wofg lbcf}+.

%: cfunfuLsf 36gf s'g}klg a]hf 36g] ePsf]xbf kfgLsf ;|f]tx? rfn"cj:yfdf /fvf}+.

g]kfn ;/sf/
;~rf/ tyf ;"rgf k|ljlw dGqfno
;"rgf tyf k|;f/0f ljefu

k'5f/sf kftf

n3'syf kl/ro / ljsf;qmd

c;kmn uftd

!= ;Gbe

n3'syf ;flxTosf dVo sljtf, cfVofg, gf6s / lgaGw rf/ ljwfdWo cfVofgfTds ljwfdf kb5 . jtdfgdf nfslko n3'syfn /fdf kefj kf/sf kfOG5 . n3'syf 5f6f, ;ªNfKt 5l/tf agf6 / sl;nf xG5 . n3'syfsf ljifo tLj / /fr s xg ePsfn kl5Nnf jfSo pTsif xb kf7snf0 dQmsLo em6\sf lbG5 / cGtdf Pp6f tLj . kefj 5f8/ uPsf xG5 . n3'syfsf kefj ;¿df ;Td nfu klg h;sf ljrf/ uxg xG5 oxL g n3'syfsf dfgs ?k xf . n3'syfsf syfj:t 5f6f / /lvs 9frfdf cfa4 xG5 . o;n cgeltsf tLjtfnf0 cfTd;ft\ub clGtd jfSo ljrf/ jfSosf ?kdf cfP/ sg ;Gbenf0 ;dyg jf lj/fwfTds cleJolQm k:tt u/sf xG5 . of n3'syfsf ;fdYo xf . ;fxLsf/0f gkfnL n3'syfsf ;4flGts ljsf;qmdnf0 cfTd;ft u// k:tt cfnv tof/ kfl/Psf 5 .

!=! n3'syf kl/ro

gkfnL ;flxTosf h h:tf km/s-km/s kl/efiff kfOG5g\ To:t n3'syfsf klg ljleGg ljåfg\sf ljleGg wf/0ff kfOG5g\ n3'syfaf/ nId0f uftdn .n3' 5 hg syf eGg laufxaf6 ;df; e0 lgdf0f ePsf ;d:t zAb xf eGb o;n ;fgf eGg cy aemfpb 36gfnf0 dxÎj kbfg ub5 -uftd, @)&@ M !(_ egsf 5g\ cfVofg ;flxTosf Ps pkljwfsf ?kdf /xsf n3'syf zAbsf lgdf0f n3±syf ldn/ ePsf xf . n3'sf cy 5f6f / syfsf cy cfVofg ePsfn 5f6f cfVofg ePsf ;flxlTos /rgfnf0 n3'syf eGg ;lsG5 -cfemf, @)^% M @)_ . tT;d ;ftsf n3' / syf h:tf b0 kbsf dn e0 agsf n3'syfsf zflAbs cy 5f6f jf ;fgf eGg xf . ;fgf syf g n3'syf elgP klg jf:tljs ?kdf o;sf clekfo ljlzi6 ksltsf xG5 . gkfnL ;flxTodf cGo /rgf;/x ;zQm n3'syf cfsf/sf ?kdf ;fgf / ;Td eP klg o;af6 kfKt cf:jfbg ;Td xbg . n3'syf syfsf 5f6f, ;fgf jf czfTds ?k dfq ge0 of ;/rgfTds bli6n

kÖf pkljwf xf . n3'syfnf0 cª\hLdf ;6 :6f/L / lxGbL ;flxTodf sxfgL elgg n3'syf cfVofgfTds ljzjiftfdf cfwfl/t /xsfn gkfnLdf o;nf0 n3'syf elgG5 -cfemf, @)^% M @)_ . gkfnLdf n3'syfsf gfdn kl/lrt pkljwfnf0 cª\hL ;flxTodf ;6 :6f/L, df0qmf :6f/L, df0qmf lkmS;g h:tf gfdaf6 kl/lrt u/f0Psf kfOG5 . gkfnL, cª\hL / lxGbL zAbdf h;'s eg klg syf eGg g xf . o;sf sfzLo cy klg oxL g xf eGg zAbsf tfTkout cy clekfo klg of cyeGbf leGg 5g / blvbg -uftd, @)&@ M !(–@)_ . n3'syf k'jLo / kfZrfTo ;flxTosf ki7eldaf6 cfPsf dflgG5 . k'jLo jlbs tyf kf/fl0fs ;flxTodf krlnt 5f6f ;lQmdo cfVofg, kfZrfTo ;flxTosf 5f6f cfsf/sf gLltsyf / ;lQmsyf, jf0jnsf cfVofgfTds ;lQm, k'j / klZrdsf krlnt ;-;fgf nfssyfTds cfkblzs syf cflb n3'syfsf ki7fwf/ / aLh;ftsf ?kdf dflgG5g\ logsf cfwf/ elddf jtdfgsf n3'syf krlnt, ultzLn / ljsl;t ePsf 5 .

k'jLo ;:st ;flxTosf cflbd uGyblv g n3'syfsf cgs kofu ePsf 5g\ ;:stsf kfrLgtd uGy CUjbsf ;lQmblv cyjbsf dGq xb pklgifb\ afXd0f uGysf ;fy hfts syf, k~rtGq, lxtfkbz, atfn k~rljzlts, ;'s;Ktlt cflb uGy n3'syfsf aLh ;ft elgG5 -u/, @)&# M *)_ . ;dudf n3'syfsf JoTklQ n3' / syf b0 zAbsf ofuaf6 lgldt ;d:t zAbsf ?kdf lng ;lsG5 . n3'syfsf JoTklQ h, h;/L, hg ;Gbedf eP klg gkfnLdf n3', ;fgf jf 5f6f cfsf/sf Ps cfVofgfTds /rgfsf ?kdf n3'syfnf0 xg ;lsG5 .

!=@ n3'syfsf kl/efiff

n3'syfnf0 cfVofgsf pkGof;, syf / n3'syfh:tf tLg kebdWosf n3'td ?k dflgG5 . sg Ps lsl;dsf /rgfksf/n pkljwfut jf kljwfut :jfoQtfdf klg ljlzi6 lsl;dn ljsf; u/sf xG5 eGg s'/f n3'syfaf6 :ki6 xG5 . cfVofgfTds ljwfcGtut kg n3'syf syfsf 5f6f jf ;fgf eP klg of pkGof;sf 5f6f ?k syf egh:tf / syfsf 5f6f ?k n3'syf eg xf0g . n3'syf cfsf/ / ksf/sf lx;fan dfq xg pkGof; / syf ljwfeGbf leGg cl:tTj afssf cfVofgfTds ljwf xf . o:tf 5f6f :j?kdf ;/lrt n3'syfn 5f6f ;doleq kf7ssf dl:tisdf kjz u/L ;flxTosf :jfb kbfg u/L cfglGbt t'NofPsf kfOG5 . n3'syfsf rrf ;g\!(%) sf bzslt/ kfZrfTo ;flxTodf xg yfnsf blvP tfklg jf:tljs cjwf/0ffsf vfhL ;g\!(*) sf bzskl5 cª\hL ;flxTodf ePsf dflgG5 .

n3'syfnf0 lrgfpg qmddf ljleGg k'jLo / kfZrfTo ;flxTosf ljåfg\sf wf/Off JoQm ePsf kfOG5 . h;dWo k'JLo / kfZrfTo rf/-rf/ ljåfg\sf kl/efiffnf0 oxf pNnv ug ;lsG5 . P8u/ Png kf cfVofgsf n3td keb g n3syf xf eG5g\. o:t, /fgfN8 jfn; Ps ki7sf cfofddf lj:tfl/t, bO ;o krf; zAbleqsf 5f6f cfVofg g n3syf xf eg/ n3syfnf0 kl/eflift u/sf 5g\. csf ljåfg\Pr\O= kflG; ; Rfft'okOf tl/sfn ;dfkg ul/Psf 5f6f syf g n3syf xf / of clt 5f6f cfVofg xf eG5g\. cf/ xfuf8 Ps ldg6sf syfnf0 n3syf elgG5 eg/ n3syfsf kl/ro lbPsf 5g\.

gkfnL n3syfnf0 lrgfpg, o;sf >Ljl4df nfUg / kl/eflift ug ljleGg ljåfgdWo dfxg/fh zdf eG5g\- sDtLdf bO j6f oyfy jf slNkt :jtGq 36gf cyjf l:yltn sfnqmlds kltlgwTj ePsf n3td cfVofgnf0 n3syf elgG5 . o;u/L, kf8f bof/fd >i7 ;Dej- lf0fe/d ljrf/ jf efjsf kefjsf/L lj:kmf6g xg;Sg leqL cOf ;fdYo ePsf 5f6f syf g n3syf xf eG5g\. n3syfaf/ /fhGb ;'jbLsf wf/Off eg o:tf 5- cfkmdf :jtGq, lg/klf, kOf cl:tTjafws n3syf syfsf kljwf xf . kl5Nnf ;do n3syfnf0 ;d4 tNofpg lqmofzLn cWotf nld0fk;fb uftd n3syfsf af/df eG5g\- ;'qfTds, 5f6f5l/tf, ;fª\slts, tLjtf ePsf :joddf kOf ;3g / bO ;o krf; zAb;Ddsf cfofddf lj:tfl/t tyf cfVofgsf n3td keb jf ?knf0 n3syf elgG5 .

o;/L ljleGg kl/efiffn k:t't u/sf wf/Offnf0 xbf s;n ;/rgfTds klfnf0, s;n ljzkiftf jf clenlf0f, s;n cfofd tyf :j?knf0 cfwf/ dfgsf blvG5 . h h:tf eP tfklg cfodut lx;fan 5f6f jf ;ªNfKt cfofdsf, Psblv bO 36gfdf ;Lldt, ;fª\slts, kl/jznf0 eGbf 36gfnf0 kdvtf lbb kefjsf/L klfkOf ug ;Sg :jtGq pkljwf g n3syf xf eGg ;lsG5 .

## !# n3syfsf tÎj

;flxTosf sg klg ljwfsf Pp6f lglZrt ;/rgfTds :j?k xG5, ltg :j?ksf cfwf/df pQm ljwfsf dfkg ug ;lsG5 . cfVofg cGtutsf n3syfsf cf^g ;/rs tÎj /xsf 5g\. h;nf0 lgDgfg;f/ k:t't ul/G5 M

s: syfgs

syfgs n3syfsf dVo tÎj xf . kfqåf/f ul/g sfo / pQm sfo ubf 36g 36gfnf0 syfgs jf syfj:t elgG5 . of rl/q / 36gfsf ;Jojl:yt ljGof; xg syfgs sfosf/Of zªVnfdf cfa4 xG5 -cZs, @)^% M @! _ . rl/q, efj, ljrf/ h:tf klf ;dl6Psf syfgs cflb, dWo / cGTo u/L ljsl;t ePsf xG5 . cflb efudf kf/De, dWo efudf ;ª3if ljsf; / cGTo efudf lgisif tyf pk;xf/ kb5g\-uftd, @)&@ M #&_ . n3syf s ljifodf jf af/df

nlvb 5 < Tof g syfgs jf syfj:t xf . ljzªVlnt 36gfnf0 zªVnfa4 ;ofhg u/L cf/De, pTsif / lgisifsf /lvs 9frfdf syfj:tsf ult tLj cl3 a9fpg g n3syfsf dh p2Zo xf . n3syfsf syfj:t :yh jf ;'Td eP/ klg cfkmdf kOf xG5g\.

v: kfq jf rl/q

n3syfdf kTolf jf k/flf cfPsf ljleGg kfq n3syfsf kfq jf rl/q xg\. syfgssf ;DkOf 36gf kfqdf lglxt xG5g\. syfgsnf0 hLjGt kfg, dt?k kbfg ug, cf^gf sfoJofkf/ ;DkGg ug sfd kfqn u/sf xG5g\. n3syfdf kfqsf ;ªVof lgs sd /xG5 . j:tsf efQmf / ;dfVoftf cnu /x/ klg syfsf lgdf0f xG5 . ;dVoftf :jod\g j:tsf efQmf eP/ klg syfsf lgdf0f xg;S5 t/ syfdf h:tf ljkfqsf cj:yf n3syfdf /xg ;Sbg -;'jbL, @)&@ M (_ . kfq jf rl/q egsf syfdf ;xeflutf hgfpg cfpg JolQm xf . syfdf kofu xg kfqnf0 sfo, ksl t, :jefj, ju, lnªu, cfbzh:tf cfwf/df juLs/Of ul/G5 . syfsf ;du . klfnf0 ultzLn / kefjzfnL agfpg sfodf kfqsf eldsf dxÎjkOf xG5 .

u: kl/jz

kl/jz n3syfsf dxÎjkOf tÎj / syfsf dVo ki7eld xf . syfdf 36gf 36sf jf kfqn sfo ;Dkfbg u/sf :yfg, ;do / jftfj/Ofnf0 kl/jz elgG5 . kl/jzsf hLjGt k:tltn syfnf0 oyfy / ljZj;gLo agfpg ;xofu ub5 . n3syfdf kl/jzsf cj:yf ;ª\stsf ?kdf pkl:yt xG5 . n3syfdf bz, sfn / jftfj/Ofsf ;ª\st ul/Psf xG5 . cToGt ;'qfTds ?kdf cfVofg tGtnf0 ljGof; ugkg ePsfn n3syfdf slxn, sxf, s:tf cj:yfdf < cflb kZgsf :ki6 pQ/ kfpg ;lsbg . ;Gbe / zAbsf cy ;fdYosf cfwf/df kl/jzsf klxrfg ug ;lsG5 . n3syfdf kl/jzsf cj:yf ;ªNfKt / ;Lldt /xg u5 . dh syfnf0 pTsifdf k¥ofpg sfo kl/jzsf xf . of syfsf tngfdf n3syfdf tLjafws / dd ;jbs ?kdf cfPsf xG5 -;'jbL, @)&@ M (_ . ;dudf kl/jz egsf 36gf 36g :yfg, ;do / cj:yfnf0 aemfp5g\. kl/jzsf ;hLj, lrq0fn n3syf, k7gLo, /frs / pTsi6 aGg blvG5 . To;sf/0f n3syfdf kl/jz ;jbs / tLj ?kdf pkl:yt xg cfjZos 5 .

3: p2Zo

n3syfn bvfpg vfhsf ;f/j:t g p2Zo xf . p2Zonf0 syfsf/n syfsf dfWodaf6 kf7snf0 k:t't ug vfhsf ;Gbzsf ?kdf lng ;lsG5 . jtdfg ;Gbedf oyfy ?kdf ks6Ls/Of ug n3syfsf kdv p2Zo /xsf kfOG5 . ljzif ;dfh, /fi6«clg ljZj;u ;DalGwt ;d;fdlos, ;fdflhs,

/fhgLts, cflys, wflds, ;f:sts, ljst, lj;ª\lt / alyltklt tLI0f Joª\o kxf/ u/L ;Tosf pb\3f6g ug g n3'syfsf p2Zo xG5 .

ª: bli6ljGb'

syfgsdf kfqn efusf cj:yf jf 36gfsf JofVof ug syfsf/n /fhsf :yfg g bli6ljGb' xf . bli6ljGb' syfnf0 k:t't ug k4lt;u ;DalGwt xG5 . syfnf0 s;n JoQm ub 5 eGg s'/fnf0 o;n dxÎj lbG5 . syfsf/n d jf pm sg kfqnf0 pkl:yt u/fP/ syf JoQm ug nufp5 . bli6ljGb syfsf syg ug ljGb' jf sf0f xf . o;nf0 bli6sf0f bli6ljGb' cufl8 a9sf xG5 .

r: efiffzn

n3'syfnf0 k:t't ug dfWod efiff xf eg efiffnf0 JoQm ug tl/sf znL xf . efiffn cleJolQmnf0 ;Gb/ agfp5 eg znLn efiffnf0 . efiffznL n3'syf lgdf0fsf ;an kIf ePsfn kf7snf0 keflj t t'Nofpg eGg vflhPsf s'/f :ki6 xg u/L ;/n / ;xh efiffznLsf kofu ugk5 . yf/df w/ tyf eGg vfhsf s'/fnf0 ;Gbzdhs 9ª\af6 gf6sLo ?kdf JoQm ugsf nflu n3'syfdf xbo:kzL lsl;daf6 JoQm ug ;/; efiffsf kofu xG5 . n3'syfdf ;/n, ;f/ulet, slqdtfljxLg, ljDafTds / Joª\ofTds znLsf cfjZostf kb5 . ;/n, ;/;, ;xh, ;l6s / ;Dkio efiffdf lgldt xg n3'syfdf nvsn cf^gf v'aL jf nIo cg?ksf znL kofu ub cfPsf kf0G5 .

@ gkfnL n3'syfsf ljsf;qmd

dfgj hfltsf pb\ej / ljsf;sf 0ltxf; g syfsf ljsf;qmd ePsfn syf slyg k/Dk/fsf 0ltxf; nfdf 5 . stst n3'syfsf hGd jbsf ;jfb, ;lQm, ;'q, k~rtGq, lxtfkbz, af4 hftssf syf, hgsf syfaf6 ePsf xf elgb cfPsf 5 . h h;f eP klg o;sf ljsf; / nfslkotf cfhsf kl/jzs sf/0f ePsf xf . gkfnL ;flxTosf Ifqdf n3'syf nvgsf kf/De / ljsf;sf aLhljGb' k'jLo / kfZrfTo Ifqdf blvPsf syfTds ?kn kbfg u/sf 5g\. gkfnL n3'syfsf ;Gbedf vfh, cWoog / cg';Gwfg sfo cGo ljwfdf h hlt ePsf 5g\Tolt o;df xg ;ssf blvbg .

dfgj hLjg hlt c:tJo:t eP tfklg p;n km';b lgsfn/ cf^gf hLjg ofkg u5 . hg JolQmn h:tf hLjg afR5 p;n To:t ;:sf/nf0 cufN5 . oL ;a ;dosf dfu, cfjZostf / rfxgf xg\. o;n ;i6f ;fws ;flxTo / l;hgfsf ljsf;qmd, ;Ldf / ;fdYosf af/df r rf u// ;fwgfdf nfU5g\. o;qmddf gkfnL n3'syfsf ljsf;qmdsf ;Gbedf ufkfn cZsn klxnf r/0f -lj:;: !((@–@)!(_, bf;f r/0f -lj:;: @)@)–@)#(_ / t;f r/0f -lj:;: @)$)

blv xfn;Dd_ u/L juLs/0f u/sf 5g\-cZs, @)^% M %(–&)_ . o;u/L s'df/k;fb sf0/fnfn klxnf r/0f -lj:;:@)))–@)!(_, bf;f r/0f -lj:;:@)@)–@)#(_ / t;f r/0f -lj:;:@)$) blv xfn;Dd_ u/L tLg r/0fdf ljefhg u/sf 5g\-sf0/fnf, @)&@ M !#_ . kis//fh e66n ki7eld r/0f / kf/fl0fs sfnblv lj:;: @))^_ klxnf r/0f, -lj:; @))&–@)@(_ bf;f r/0f, -lj:;:@)#)–@)$%_, t;f r/0f -lj:;:@)$^–@)%@_ / rfyf r/0f -lj:;:@)%#–xfn;Dd_ u/L kfr r/0fdf ljefhg u/sf 5g\-e66, @)&@ M @^_ . nId0f cofnn ki7eld r/0f -;'¿blv @))^_, klxnf r/0f -lj:;: @))&–@)!(_, bf;f r/0f -lj:;: @)@)–@)$^_ / t;f r/0f -lj:;: @)$&–xfn;Dd_ u/L rf/ r/0fdf ljefhg u/sf kf0G5 . pgn t;f r/0fnf0 k'jfw r/0f -lj:;: @)$&–@)%@_ / pQ/fw r/0f -lj:;: @)%#–xfn;Dd_ u/L b0 r/0fdf ljefhg u/sf 5g\-cofn, @)&# M *&–**_ .

8f: nId0fk;fb uftd / 1fg' clwsf/Ln cfwf/eldsf r/0f -;'¿blv @))^ ;Dd_, klxnf r/0f -lj:;: @))&–@)!(_, bf;f r/0f -lj:;: @)@)–@)#(_, t;f r/0f -lj:;: @)$)–@)%@_, / rfyf r/0f -lj:;: @)%# blv xfn;Dd_ u/L kfr r/0fdf ljefhg u/sf 5g\-clwsf/L / cGo, @)^(M @%#_ . o;/L gkfnL n3'syfsf ljsf;qmdnf0 xbf Ps ksf/sf dt blvbg .

ljleGg cWotfsf juLs/0fnf0 xbf gkfnL n3'syfsf r/0f ljefhg ;'¿blv @))^ ;fn;Dd kyd r/0f, @))&–@)@(;fn;Dd bf;f r/0f, @)#)–@)$% ;fn;Dd t;f r/0f / @)$^ ;fnkl5 xfn;Dd rfyf r/0f u// xg ;lsG5 .

s: klxnf r/0f -;'¿blv @))^ ;fn_

gkfnL ;flxTosf ljsf;sf cWoog k/Dk/f xbf kfrLg, wflds Pjd\ kf/fl0fs ;flxTosf cWoognf0 xgkg xG5 . wflds, kf/fl0fs cfVofgsf cgjfb, k~rtGq, lxtfkbz;u ;DalGwt cgjfb, 0;ksf gLtsyf h:tf k/Dkl/t cfVofgs cgjfbn kefj kf/sf kf0G5 . kfylds tyf dfWolds sfnLg ;T;ª\sf j0fg ePsf syf, /fhf kk~rsf Pp6f ls:;f / dG;Lsf tLg cfxfgdf nfstÎjsf kofu kf0G5 -e66, @)&@ M @^_ . o; qmddf nId0f uftdn dG;Lsf tLg cfxfgdWo Ps cfxfgdf nfstÎj sxL sd ePsf, ;fdflhs tÎj;dt sd ePsfn lj:;: !(*)–!(*% df si0frGb cHofnaf6 nvPsf nflss Gofo dlgdfnfsf, vfg t kfrd7L a:g t gkfnU h:tf @& j6f n3'syfnf0 gkfnL n3'syfsf ki7eld dfGgk5 -uftd, @)^& M &_ eGg wf/0ff cl3 ;f/sf 5g\.

nId0f cofnn gkfnL efiff / ;flxTosf ;Gbedf h:P:P6gn u/sf ofubfg dxÎjk0f dfGg ;lsG5 eGb logn gkfnL efiffsf ;/rgf;u kf7sjunf0 kl/lr t u/fpg p2Zon kmf/;Lsf Ps bfef; dG;L;u syfzx? lnP/ cgjfb u/L tLg cfxfg cf^gf c ufd/ ckm b glKnh NofªNjh gfds Jofs/0f sltdf pbWt u/sf -cofn, @)&# M *(_ ;Gbe k:tt u/sf 5g\. ki7eld r/0fdf r rf ugkg csf nvs ufkfnl;x gkfnL xg\. pgL ef/tLo eldf a;faf; ug gkfnL ;flxTosf/ xg\. logsf sNkgf -!((@_ nf0 sljtf elgP klg o;df n3'syfTds tÎjsf pkl:ylt kf0G5 . lxhf cfhsf uBsljtf eGbf leGg, kUftof cfVofg tÎjsf pkl:ylt ePsfn o; sltnf0 klg gkfnL n3'syfsf cfwf/eld dfGg ;lsG5 . cgjfb / ltn:dL n3'syfTds :j?ksf /rgfnf0 5f8g xf eg nflss Gofo dl0fdfnfn o; cfwf/eldsf r/0fsf n3'syfsf kltlgwTj u/sf blvG5 -uftd, clwsf/L, @)^(M @%$_ . olt anfsf syfTds l;hgfdf cgjfb k/Dk/fsf kantf kf0G5 . gLlt / pkbz lbg, nfs syfTds tÎjsf pkl:ylt a9L kf0g, ;fdflhs tÎjx?sf pkofu sxL dfqfdf ul/g, sxL dflns /rgfsf klg pkl:ylt kf0g, ki7eld r/0fsf jlzi6b xg\. n3'syfdf efiffsf ;3g pkl:ylt eP klg o; r/0fdf To;sf cefj ePsf blvG5 -cofn, @)&# M ()_ . cflv/ h eP klg gkfnL ;flxTosf Ifqdf n3'syfsf kf/De, ljsf;sf aLh ljGb k'jLo / kfZrfTo Ifqdf blvPsf syfTds ?kn kbfg u/sf blvG5 .

v: bf;f r/0f -@))&–@)@(_

n3'syf nvgsf bf;f r/0fsf kdv ;hs kUfk;fb afXd0f -lj:;!(&(– @)$^_ xg\ afXd0fsf @))& ;fndf ksflzt lemNsf n3'syf;ªNxaf6 gkfnL n3'syfsf kyd r/0f ;¿ ePsf dflgG5 . ;dfhdf 36sf / 36g ;Sg ;fdflhs 36gfnf0 afXd0fn @@ j6f 5f6f syfsf ;ª\sng lemNsfleq ;d6sf 5g\. ngl;x jfªbnn hogf/fo0f lu/Lsf sl;ªNu/ -@))*_ sf n3'syf ;ªNxsf eldsfdf o; sltnf0 gkfnL n3'syfsf kyd ;ªNxLt sltsf ?kdf dfgsf 5g\. hogf/fo0f lu/LeGbf klxn kUfksfz afXd0fsf slt lemNsf ksflzt ePsf blvPsfn ofg cflwsfl/s ?kdf klxnf slt agsf 5 / oxL ljGb cyft\@))& blv gkfnL n3'syf nvgsf ;rt kof; ePsf dfGg ;lsG5 -cofn, @)&# M ()_ . gkfnL n3'syfsf o; r/0fsf cf/De kUfksfz afXd0fsf lemNsf -@))&_ gfds sltaf6 ePsf / o;kl5 hogf/fo0f lul/sf sl;ªNu/ -@))*_ kUfksfz afXd0fsf csf slt d nfUg x -@))*_, zlzsnf zdfsf p;sf ;¿jft -@)!(_, ljZjDe/ Kofs'/nsf OGb0fLsf uDahleq -@)!(_ h:tf slt ksflzt ePsf blvG5 . o;u/L xl/eQm s6jfnsf ;Dkfbgdf afGsLU klqsfsf ksfzg -@)@*_ ePsf blvG5 . o; klqsfdf ljleGg ;i6fsf n3'syfnf0 ;dfjz ul/Psf -e66, @)&@ M @&_ ;Gbenf0 pNnv u/sf 5g\. >Lcfd >i7n dwksdf n3'syf / o;sf ksfzg zLifssf nvdf gkfnL

efiffdf ksflzt ePsf cf/lDes n3'syfsf pNnv u/sf 5g\. @))^ ;fndf jgf/;af6 ksflzt pbo klqsfdf 5f6f syf gfdn kmnGb, g/Gbljqmd kGt, jgdflnsf tLg syf ksflzt ePsf 5g\. o:t kltef klqsf -@))&_ df kml0fGb/fh vtfnfsf /08L / r08LU /Tgdl0f gkfnsf ljjfx cflb n3'syf ksflzt ePsf 5g\->i7, @)%^ M %(–^#_ egL pNnv u/sf 5g\.

u: t;f r/0f -@)#)–@)$%_

gkfnL n3'syf nvgsf t;f r/0f @)#) ;fnblv @)$% ;fn;Ddsf ;dofjlwnf0 lng ;lsG5 . o; ;dodf gkfnLx? lg/s'z Ps tGqLo k~rfotL Joj:yfaf6 lgblzt xgk/sf lyof . ;i6fx?n vn/ cf^gf ljrf/ /lrGtgnf0 cleJoQm ug ;Sg cj:yf lyPg . o; ;donf0 kis//fh e66n ljsf;sfn dfgsf 5g\ o; ;dodf ksflzt sltdf /dz gkfnLsf kf6LsL afnfxLU -@)#@_, clgtf tnfw/sf kmn -@)#$_, wj dlwsdL / Zofd cfzfsf n3 -@)#%_, nj ufpnsf ufpnsf dl;gf syfx? -@)#&_, hubLz gkfnLsf sxL n3'syfx? -@)#(_, ljgos'df/ s;h'sf kz'tGq -@)#(_, /Tg sfhsf a9f jtdfg -@)$@_ cflb syfsf/n sltut ?kdf n3'syf ksfzg u/sf 5g\. o;afxs ljleGg ;i6fn rftf/f, kofu, bk0f, baf, gfuanL, gj/Tg, rf/ x:tfIf/ afx :j/ h:tf kqklqsfdf km6s/ ?kdf n3'syf ksfzg u/sf kf0G5 . oxL ;do n3'syf;DaGwL ljleGg ufi7L / sfokq;dt k:tt u// n3'syfsf ljsf; / lj:tf/df ;xofu k¥ofPsf 5 -e66, @)&@ M @*_ eGg s'/fsf cWoog u/sf kf0G5 .

3: rfyf r/0f -@)$^ ;fnkl5 xfn;Dd_

@)$^ ;fnblv xfn;Ddsf ;dofjlw gkfnL n3'syfsf pj/ sfn xf . s;n o; r/0fnf0 t;f / rfyf egL 5'6bfPsf 5g\. o; r/0fdf n3'syfsf 5'66 kjlQ :yfkgf xgeGbf klg t;f r/0fsf k'jfw ;dos kjlQsf ljsf; / lj:tf/ kl5Nnf ;dodf ePsf kf0Psfn 5'66 r/0f egL :yfkgf ugeGbf klg o; r/0fnf0 k'jf4 -lj:;=@)$^–@)%@_ / pQ/f4 -lj:;=@)%#–xfn;Dd_ u/L b0 pkr/0fdf ljefhg ug pkoQm blvG5 -cofn, @)&# M (#_ eGg wf/0ff k:tt u/sf kf0G5 . gkfnL ;flxTosf ljsf;df blvPsf n3'syfsf rfyf r/0fnf0 @)$^ blv otfsf ;dodf juLs/0f ul/Psf 5 .

k~rfotL Joj:yfn dflg;df pTkGg u/fPsf lg/fzf, cfqmfz / ljbfxsf :j/n @)$^ ;fndf lg/s'z k~rfotL zf;gsf cGTo / kh'ftGqsf :yfkgf ePsf lyof . o; ;dodf ;i6fn cf^gf ljrf/, wf/0ff / lrGtgnf0 ljgf /fstfs :jtGq 9ªNun k:tt ug dfsf kfKt u/sf 5g\. o; ;dofjlwnf0 kis//fh e66n lj:;=@)$^ blv @)%@ / lj:;=@)%# blv otf u/L b0 r/0fdf lj efhg ug ;lsg cfwf/ k:tt u/sf 5g\-e66, @)&@ M @*-@(_ . h eP tfklg @)$^ ;fnkl5 gkfnL n3'syf nvgsf ljsf;df tLjtf cfPsf blvG5 . h;sf kdv sf/0f /fhgLlts kl/jtg g xf . o; ;dodf bhgf slt, ljleGg lfqaf6 n3'syf ljziffª\s ksfzg, n3'syf ;dfh u7g, Psn n3'syf jfrg, n3'syfsfl/tfsf af/df lqejg ljZjljBfnodf zfw, lgoldt dfl;s n3'syf jfrg sfoqmd, n3'syf sfozfnf h:tf ultljlw xb cfP/ n3'syfn ljsf; / lj:tf/sf cj;/ kfKt u/sf 5 .

# lgisif

gkfnL n3'syf nvgsf ;Gbedf lxhf @))& ;fndf lemNsf n3'syf;ª\ux ksfzg u// kÛfk;fb afXd0fn cufl8 a9fPsf n3'syf nvg kl5Nnf ;do km:6fpb uPsf 5 . o; ljifodf dlxnf ;i6fn klg n3'syf slt ksfzg ug yfnsf 5g\. h;df zzLsnf zdf n3'syf ;ª\ux lgsfNg klxnf dlxnf xg\. pgn @)!(;fndf p;sf ;¿jfn gfds slt ahf/df NofPsL lyOg\. o:t n3'syf ljwfdf sGbt /x/ wgu9L lgjf;L kis//fh e§n ljBfjfl/lw u/sf 5g\. of dfq xf0g kl5Nnf ;do n3'syfsf ljsf; / la:tf/ ug xtn @)^% ebfdf n3'syf ;dfh gkfn gfds ;:yf btf ePsf 5 . o:t ;fdflhs ;~hfndf klg n3'syfsf ljsf;sf nflu ljleGg kh vflnPsf 5g\. Ps lbg bO n3'syf slt nfsfk0f u// sf7df8fsf vd/fh kfv/nn Oltxf; /rsf 5g\. pgn @)&# ;fndf k5bf/Lsf cf0;qmLd / pgsf 8Nnf n3'syfsf nfsfk0f u/sf lyP . o:t xfn;Dd cf7j6f n3'syf ;ª\ux lgsfNg n3'syfsf/sf ?kdf 8f /jLGb ;dL/ /xsf 5g\. o;/L n3'syfsf ljsf;df ljleGg kof; e0/xsf anf Psn n3'syf jfrg sfoqmd;dt ;DkGg e0;ssf 5g\. o;qmddf ndhªsf sNof0f kGt / kfv/fsf /fh lfqL ck'fn Psn n3'syf jfrg ;DkGg u/sf 5g\. 3/bz ;u k/bzdf klg n3'syfsf nflu ljleGg sfd xb cfPsf 5g\. dnl;ofdf /x/ klg n3'syf nvgdf a9L lqmofzLn ;i6f /fh lfqL ck'f xg\.

o;/L jtdfg kl/jznf0 xbf emG8 Ps ;okrf; sf ;ªVofdf n3'syfsf slt ksfzg e0;ssf kfpg ;lsG5 . n3'syf kltofluutf, lgoldt /rgfjfrg, n3'syf d~rg, n3'syf ljzif klqsf ksfzgnufotsf ljleGg sfd ePsf 5g\. o;sf ;fy ljZjljBfnodf klg n3'syfsf af/df zfw xg yfnsf kf0G5 . n3'syfdf klxnf k6s :gftsfQ/ zfw ug JolQm OZj/Lk;fb kfvn xg\. ;fxL zªVnfnf0 k5bfpb kfv/faf6 sNof0f kGtsf n3'syfsf / /fh lfqL ck'fsf n3'syf sltdfly klg zfw ePsf 5 .

cGtdf s eGg ;lsG5 eg, n3'syfsf cy 5f6f / syfsf cy cfVofg eGg xf . o; cfwf/df xbf n3'syf 5f6f cfVofg ePsf ;flxlTos /rgf xf . ;/rgfTds lx;fan h h:tf gfd lbO klg gkfnLdf o;nf0 n3' jf ;fgf cfsf/sf syf eg/ alemG5 . o;sf :j?k 5f6f eP klg of cfkmdf Pp6f kÛf /rgf xf . h;sf sf/0f jtdfgdf cToGt nfslko / clwsfzn cWoog ug ljwfsf ?kdf lng ;lsG5 . jtdfgsf kfljlws oudf dflg;df 7'hf-7'hf l;hgfTds 7nL k9g km;b 5g . kf7sn To:tf l;hgfnf0 ¿rfp5g\hg 5f6f ;dodf k7g ug ;lsof;\/ cfgGb;lxt dgf/~hg kbfg ug ;sf;\. jtdfgdf n3'syf kf7b / >Jo dfq geO gf6sLs/0f;dt ug yflnPsf kf0G5 . ;dudf s eGg ;lsG5 eg, gkfnL n3'syf cfh;Dd cf0kUbf ljleGg df8 / wf/f kf/ ub cf0/xsf dfq xf0g o;n cf^gf ljwfut dflns klxrfgnf0 ;dt :ki6 kf/sf 5 . cfhefln n3'syfsf l;hgfTds lj:tf/ tLj ultdf ePsf kf0G5 . o;sf ;/lf0f ug gug lhDdjf/L cfd n3'syf kdLsf sfwdf cfPsf 5 .

;Gbe ;'rL

cZs, ufkfn -@)^%_Ù n3'syf klqmof / kf7, nlntk/ M ;femf ksfzg .

u/, ;fu/ ;Dkf / cGo -@)^&_, kl0fdf -jif !!, cª\s #, kÛffª\s @%, n3'syf ljziffª\s_, sfxnk/ M kl0fdf ;flxTo klti7fg .

uftd, c;kmn -@)^(_Ù kf7ssf cfvfdf bO n3'syf ;ª\ux cfbz ;dfh kfv/f M cfbz ;dfh axdvL ksfzg -@)^(÷*÷@@ ki7, @_

uftd, nId0fk;fb -@)&@_Ù n3'syfsf /rgf ljwfg, sf7df8f M n3'syf ;dfh .

uftd, nId0fk;fb / 1fg clwsf/L -@)^(_, gkfnL syfsf Oltxf;, sf7df8f M gkfn k1f klti7fg .

e08f/L, 7fs'/ zdf ;Dkf / cGo -@)&#_, j}hoGtL ådfl;s -jif (, n3'syf cª\s #, kÛffª\s $&_, sf7df8f M zAbfy ksfzg .

l/hfn, gj/fh -;÷ @)&#_Ù gkfnL n3'syf M k/Dk/f / kjlQ, gjk1fkg qdfl;s -kÛffª\s &@, jzfv-c;f/_ af/f M ;Dkfbs :jod\.

>i7, >Lcfd -@)&@_Ù dwks dfl;s, -jif $*, cª\s $, kÛffª\s %%%, n3'syf ljziffª\s_ sf7df8f M uf/vfkq ;:yfg .

:ofª\nf .

–Ö–

j|hoGtL tyf zAbfy| k|sfzgsf k':ts kf0g| k;nx?

!=	txy|'d k':ts k;n- 0nfd	–)@&-%@!%)(
@=	0nfd k':ts k;n- 0nfd	–)@&-%@)$@#
#=	ef~hf a'S P08 :6zg/L- 0nfd	–)@&-%@)(#%
$=	Unfan Ph'zgn 0G6kf|0hh- latfdf8, emfkf	–)@#-%$@@)@
%=	gkfn a'S xfp;- latfdf8, emfkf	–)@#-%$)(#&
^=	k|ult k':ts e08f/- latfdf8, emfkf	–)@#-%$$^#*
&=	/flhnf a'S;- latfdf8, emfkf	–)@#-%$@@&&
*=	gzgn a'S P08 :6zg/L- rGbl|9L, emfkf	–)@#-$%%(&!
(=	k|ult k':ts k;n- bds, emfkf	–)@#-%*)#(!
!)=	>i7 a'S P08 Goh ;G6/- bds, emfkf	–)@#-%*$!@%
!!=	k|sfz a'S P08 :6zg/L- bds, emfkf	–)@#-%*!**$
!@=	k|tef k':ts k;n, wgs6f	–)@^-%@!#)$
!#=	??f/sf k':ts- w/fg, ;'g;/L	–)@%-%@#@&#
!$=	/dz a'S l8kf- w/fg, ;'g;/L	–)@%-%@%)##
!%=	Go dgsfdgf a'S xfp;- w/fg, ;'g;/L	–)@%-%#@^*!
!^=	tfKnhª a'S ;G6/- 06x/L, ;'g;/L	–)@%-%*^*%^
!&=	clDasf a'S ;G6/- 06x/L, ;'g;/L	–)@%-%*$%(@
!*=	afnfhL k':ts e08f/- lj/f6gu/, df/ª	–)@!-%#)^#*
!(=	Zofd k':ts e08f/- lj/f6gu/, df/ª	–)@!-%@^#$%
@)=	dgfh k':ts e08f/- lj/f6gu/, df/ª	–)@!-%#)%%(
@!=	klAns a'S; P08 :6zg/L- lj/f6gu/, df/ª	–)@!-%@)!&&
@@=	dgfnL k':ts e08f/- lj/f6gu/, df/ª	–)@!-%@!(@^
@#=	e66/f0 k':ts k;n- lj/f6gu/, df/ª	–)@!-%@$@$#
@$=	ljgfos k':ts k;n- lj/f6gu/, df/ª	–)@!-$&)!^)
@%=	Go :jl:ts k':ts -lj/f6rfs, df/ª	–)@!-%$%@!$
@^=	;~ho k':ts e08f/- /fhlj/fh, ;Kt/L	– (*$@*%)@*)
@&=	Gofkfg a'S l8l:6Jo6; -s6f/L, pbok'/	–)#%-$@)*^$
@*=	d'gfn k':ts e08f/- uf03f6, pbok'/	–)#%-$@)!@%
@(=	Gofkfg k':ts k;n- uf03f6, pbok'/	–)#%-%$%^!#
#)=	;Ltf gfjn- nfxfg, l;/fxf	–)##-%^))@&
#!=	rfw/L a'S l8l:6Jo6;- nfxfg, l;/fxf	–)##-%^)$#$
#@=	zfx k':ts k;n- ldrof, l;/fxf	–)##-%%)%##
##=	dhb'/ k':ts ejg- hgsk'/, wglff	–)$!-%@!($#
#$=	jbxL k':ts ejg- hgsk'/, wglff	–)$!-%@#(*@
#%=	>L/fd k':ts k;n- nfnaGbL, ;nfxL	–)$^-%)!%*(
#^=	;Gbf|jtL k':ts k;n- rl/sf6	– (&$$)@(@!*
#&=	sfe . eujtL k':ts k;n- l;GwhL	–)$&-%@))%&
#*=	Go k/h'gf :6zg/L- l;GwhL	–)$&-%@))@%
#(=	h= Pg= k':ts k;n- dGynL, /fd5fk	–)$*-%$))!)
$)=	ldlnhhL k':ts tyf :6Zg/L- dGynL, /fd5fk	–)$*-%$))*#
$!=	yfkf a'S P08 ;Knfo;- rftf/f, l;GwkfNrfs	–)!!-^@)@&#
$@=	1fg uªuf k':ts k;n- agkf, sfe |	–)!!-^^#^&%
$#=	ljBf dlGb/- uf/ /ftx6	–)%%-%@)!(^
$$=	l;4fy :6zg/L- jL/u~h, k;f	–)%!-%@%(*%

$%=	lemu';dfrf/ k':ts sGb|- jL/u~h, k;f	–)%!-%@*(!*
$^=	hg/n a'S P08 :6zg;- jL/u~h, k;f	–)%!-%@^#@#
$&=	u0fz k':ts e08f/- jL/u~h, k;f	–)%!-%@$#^!
$*=	Go khf k':ts k;n- jL/u~h, k;f	–)%!-%@#$%&
$(=	ljBfyL k':ts e08f/- jL/u~h, k;f	–)%!-%@^*(!
%)=	ljBfyL k':ts e08f/- x6f8f, dsjfgk'/	–)%&-%@$!^)
%!=	Go ;dfrf/ sGb|- x6f8f, dsjfgk'/	–)%&-%@$)%%
%@=	>L ;rgf sGb|- x6f8f, dsjfgk'/	–)%&-%@!&#&
%#=	clkm; xfn;n tyf a'S :6f/- 6f8L, lrtjg	–)%^-%^@*%$
%$=	kf8n k':ts dxn- 6f8L, lrtjg	–)%^-%^!)%#
%%=	klkf~hnL k':ts k;n- k;f, lrtjg	–)%^-%*@^@$
%^=	df:s k':ts e08f/- gf/fo0fu9, lrtjg	–)%^-%@$&@&
%&=	Go klkf~hnL k':ts k;n- gf/fo0fu9, lrtjg	–)%^-%@#$%@
%*=	clkm; xfn;n- gf/fo0fu9, lrtjg	(*$%)&#^*$
%(=	sfdgf k':ts k;n- gf/fo0fu9, lrtjg	–)%^-%#)@%)
^)=	gf/fo0fL k':ts ;bg- gf/fo0fu9, lrtjg	–)%^-%@!@*)
^!=	xfd| k':ts k;n- gf/fo0fu9, lrtjg	–)%^-%@!**$
^@=	lzj k':ts k;n- gf/fo0fu9, lrtjg	–)%^-%@!^$)
^#=	Go lrqjg :6zg/L- e/tk'/, lrtjg	–)%^-%@%###
^$=	ljBfyL k':ts e08f/- e/tk'/, lrtjg	–)%^-%@)&&*
^%=	9sfn a'S; P08 :6zg/L- e/tk'/, lrtjg	–)%^-%#)(%$
^^=	;'gufef a'S; P08 :6zg/L- e/tk'/, lrtjg	–)%^-%#!$&)
^&=	Jof; :6zg/L- bdfnL, tgx'	–)^%-%^)@&&
^*=	Go ljBfyL k':ts e08f/- bdfnL, tgx'	–)^%-%^)%^^
^(=	lqk/f k':ts k;n- wflbª	–)!)-%@)!()
&)=	;/:jtL k':ts e08f/- wflbª	–)!)-%@!)*#
&!=	gd:t k':ts k;n- a66f/ g'jfsf6	–)!)-%^)%$&
&@=	klkf~hnL k':ts k;n- uf/vf	–)^$-$@!!!&
&#=	em/gf k':ts k;n- a;Lzx/	–)^^-%@)%!)
&$=	hobUf :6Zg/L- s':df, kjt	–)^&-$@)@(#
&%=	;/:jtL a'S; P08 :6Zg;- s':df, kjt	–)^&-$@))%@
&^=	;u'g :6zg/L :6f;- DofUbL-	–)^(-%@))#%
&&=	cfhg a'S P08 :6zg;- kfv/f, sf:sL	–)^!-%$!#@!
&*=	kfv/f ;flxTo ;bg- kfv/f, sf:sL	–)^!-%#)%*#
&(=	s~rg k':ts k;n- kfv/f, sf:sL	–)^!-%@$$^^
*)=	;/:jtL k':ts k;n- kfv/f, sf:sL	–)^!-%$)%)!
*!=	dgsfdgf a'S P08 :6zg;- kfv/f, sf:sL	–)^!-%#)$$!
*@=	nIdL k':ts ;bg- kfv/f, sf:sL	–)^!-%$!!$#
*#=	ljBfyL k':ts k;n- kfv/f, sf:sL	–)^!-%@@)!@
*$=	ljBf dlGb/- kfv/f, sf:sL	–)^!-%#$^&*
*%=	a'S df6- kfv/f, sf:sL	–)^!-%@&!**
*^=	ji6g kf7zfnf- kfv/f, sf:sL	–)^!-%##)&*
*&=	au/ P8efG; a'S;- kfv/f, sf:sL	–)^!-%@!&&!
**=	sf/fgf a'S P08 :6zg;- kfv/f, sf:sL	–)^!-%#*@$@
*(=	cfzLjfb k':ts k;n- kfv/f, sf:sL	–)^!-%$!!%(
()=	kqklqsf :6zg/L -nfn rGb|- afunª	–)^*-%@)!*$
(!=	dnklt a'S ;G6/- afunª	–)^*-%@)%%@
(@=	;u/dfyf :6Zg/L - afunª	–)^*-%@)@(@
(#=	hgljZjf; k':ts k;n- afunª	–)^*-%@!!%&
($=	>i7 Goh PhG;L k':ts e08f/- tfg;g, kfNkf	–)&%- %@))^&
(%=	xfd| k':ts k;n- tfg;g, kfNkf	–)&%- %@)!()

(^=	gd:t k'ts e08f/–ufkLu~h, gjnk/f;L	–)&*–^@)@!@
(&=	nIDagL :68G6 sg/– e/xjf, ?kGbxL	–)&!–%@#%($
(*=	;/n :6zg/L sGb|+ e/xjf, ?kGbxL	–)&!–%@!&#$
((=	xfdf| k'ts k;n– e/xjf, ?kGbxL	–)&!–%@^%@(
!))=	cfzLif k'ts e08f/– a6jn, ?kGbxL	–)&!–%$@*^&
!)!=	l;6L a's P08 Goh ;G6/– a6jn, ?kGbxL	–)&!–%$%@#^
!)@=	k|tLIff :6zg/L ;G6/– a6jn, ?kGbxL	–)&!–%$!)@)
!)#=	k|eft a's P08 :6zg;– a6jn, ?kGbxL	–)&!–%$$@@$
!)$=	IbJoHoflt k'ts k;n– a6jn, ?kGbxL	–)&!–%$)%*@
!)%=	a'4 Ph'szgn OG6/k|0hh– a6jn, ?kGbxL	–)&!–%$%%(&
!)^=	gkfn a's P08 :6Zg/L– a6jn, ?kGbxL	–)&!–%$%^^)
!)&=	ljzfn k'ts ;bg– a6jn, ?kGbxL	–)&!–%$^%%(
!)*=	Go ;/:jtL k'ts k';n– a6jn, ?kGbxL	–)&!–%$%%#)
!)(=	al8dlnsf :6Zg/L– a6jn, ?kGbxL	–)&!–%$*!%@
!!)=	gjHoflt k'ts tyf :6zg/L– ;lGwvs, c3fvfrL	–)&&–$@)$%&
!!!=	;lgn :6zg/L– th;Lk/, bfª	–)*@–%@)!(!
!!@=	uf/L k'ts e08f/– th;Lk/, bfª	–)*@–%@!$!)
!!#=	l;:g k'ts e08f/– th;Lk/, bfª	–)*@–%@#))^
!!$=	hgtf a's :6n– 3f/fxL, bfª	–)*@–%^)@^(
!!%=	/fjn k'ts k;n– ndxL, bfª, bpv/L	–)*@–%$))*)
!!^=	dfpG6 Pe/i6 a's– gkfnu~h, afs	–)*!–%@@*$^
!!&=	pHHjn :6zg/L :6f;– gkfnu~h, afs	–)*!–%@!(^$
!!*=	df5fkR5 a's P08 :6zg/L– gkfnu~h, afs	–)*!–%@^&$%
!!(=	;u/dfyf aS;– gkfnu~h, afs	(*$(^$$@)&
!@)=	d~h>L OG6/k|0hh– sfxnk/ afs	–)*!–%$)#@%
!@!=	;li6 k'ts k;n– ;Vt	–)*#–%@$#*(
!@@=	cNkf :6zg/L :6f;– ;Vt	–)*#–%@!!#&
!@#=	Go k|eft k'ts k;n– ;Vt	–)*#–%@))&%
!@$=	kjt k'ts k;n– ;Vt	–)*#–%@!!^$
!@%=	Hafnf :6zZg/L– ;Vt	–)*#–%@))*!
!@^=	xfdf| k'ts k;n– ;Vt	–)*#–%@)$()
!@&=	rfw/L a's l8kf– wgu9L, snfnL	–)(!–%@!@%)
!@*=	r'jf0 k'ts k;n– wgu9L, snfnL	–)(!–%@#$))
!@(=	rfnfgL k'ts e08f/– wgu9L, snfnL	–)(!–%@$(%*
!#)=	;Ud a's P08 :6zg;– wgu9L, snfnL	–)(!–%@!%)(
!#!=	Odh a's P08 :6zg;– wgu9L, snfnL	–)(!–%@^%#(
!#@=	guL 68 ;Knfo; – wgu9L, snfnL	–)(!–%@%#%)
!##=	;he a's P08 :6zg;– wgu9L, snfnL	–)(!–%@#%^@
!#$=	;Ifd a's P08 :6zg;– wgu9L, snfnL	–)(!–%@)&#%
!#%=	hfzL k'ts e08f/– afuahf/ 88nw/f	–)(^–$@)!@^
!#^=	;dhL– afuahf/ 88nw/f	–)(^–$@)!$(
!#&=	af:sf6f k'ts k;n– cQl/of, snfnL	–)(!–%%)%*#
!#*=	bLkHoflt k'ts k;n– cQl/of, snfnL	–)(!–%%)&@)
!#(=	Hoflt aS; P08 :6Zgz– 6Lsfk/ snfnL	–)(!–%^)*!%
!$)	k|tLs aS; P08 :6Zgz– 6Lsfk/ snfnL	–)(!–%^)#!!
!$!=	Go cofn k'ts k;n– el/ufp, jlbof	–)*$–$)#))^
!$@=	;/:jtL k'ts k;n– dxGb|gu/ s~rgk/	–)((–%@#*!@
!$#=	bUf k'ts e08f/– dxGb|gu/ s~rgk/	–)((–%@!$^*
!$$=	dxfsfnL ;dfrf/ sGb|+ dxGb|gu/ s~rgk/	– (*$*&@!$*&

!$%=	Go dxf¿b|k'ts e08f/– dxGb|gu/ s~rgk/	–)((–%@%#^&
!$^=	ljlkg k'ts k;n– dxGb|gu/ s~rgk/	–)((–%@)!$*
!$&=	vKt8 k'ts k;n– dxGb|gu/ s~rgk/	–)((–%@)%@&

-pkTosf_

!$*=	ldq k'ts P08 :6zg/L– eQmk/	–)!–^^!@@!%
!$(=	ljBfyL ;fdul sGb|+ eQmk/	–)!–^^!$#%^
!%)=	kf6g a's ;k– kf6g9fsf, nlntk/	–)!–%%%%@%^
!%!=	clwsf/L k'ts k;n– kf6g9fsf, nlntk/	–)!–%%@&*@%
!%@=	kljq aS; P08 :6zg/L– nugvn, nlntk/	–)!–%%#)@$&
!%#=	ogf aS; P08 :6zg/L– dfgejg, nlntk/	– (*%!!#()%(
!%$=	Pstf a's l8l:6Jo6;– yfkfynL, sf7df8f	–)!–$$^)$*@
!%%=	/Tg a's l8l:6Jo6;– afuahf/, sf7df8f	–)!–$@@#)@^
!%^=	lxdfnog a's ;G6/– afuahf/, sf7df8f	–)!–$@$@)*%
!%&=	kf7o ;fdful k;n– 3G6f3/ sf7df8f	–)!–$@$#!%)
!%*=	/Tg k'ts e08f/– ef6flx6L, sf7df8f	–)!–$@$*(^#
!%(=	Pd= s= a's klAn; ;– ef6flx6L, sf7df8f	–)!–$@$(*#^
!^)=	gzgn a's ;G6/– ef6flx6L, sf7df8f	–)!–$@@!@^(
!^!=	ho a's l8kf– ef6flx6L, sf7df8f	–)!–$@@!*^#
!^@=	cg'aS; ;Knfo;– ef6flx6L, sf7df8f	–)!–$@^*(&!
!^#=	l/8; Kjf0G6– ef6flx6L, sf7df8f	– (*$!##$)*^
!^$=	df8g a's P08 :6zg/L – k|zgLdfu, sf7dff8f	–)!–$@@)*$@
!^%=	cS;kf8 :6f/– ngrf/ sf7dff8f	–)!–$$@#&*)
!^^=	gfan a's P08 :6zg/L – ngrf/ sf7dff8f	–)!–$$!$%^*
!^&=	k/jL k|sfzg– /fdzfxky, sf7df8f	–)!–$@@(@##
!^* ‡	k/jL a's xfp;– /fdzfxky, sf7df8f	–)!–$$#)*@#
!^(=	bLks k'ts e08f/– k'tnL;8s, sf7df8f	–)!–$$@$*(%
!&)=	cfhg k'ts e08f/– gofafgZj/, sf7df8f	–)!–$$(%^##
!&!=	clezif a's P08 :6zg/L – dWoafgZj/, sf7df8f	–)!–$$$^@*$
!&@=	cGhfg aS; P08 :6zg;– ljzfngu/ sf7df8f	–)!–$$#&%%)
!&#=	l;Gw'aS; P08 :6zg;– rfalxn, sf7df8f	–)!–$$^#)^(
!&$=	af4 a's P08 :6zg;– af4, sf7df8f	–)!–$(!^%%*
!&%=	ljBf a's P08 :6zg;– af4, sf7df8f	–)!–$(!^^*$
!&^=	klJns a's l8kf– ufua', sf7df8f	–)!–$#%$(&$
!&&=	al4 a's P08 :6zg/L– a;Gw/f, sf7df8f	– (*%!)*%(^&

***

zAbfy| k|sfzgsf

sfo|qmdx?df

jfl{rt sl|jtf, dGtJo / uLt, uhn ;Ggk/|

https://www . youtube . com/Shabdartha Music SM/

k7gofl]o xfd| s]L k':tsx?

ä zAbsf|z ã

!:	zAbfy{gkfnL zAb;fu/ -;L8L;lxt bO{/ªdf_	-j;Gtsdf/ zDdf{gkfnL	!^%)÷-
@:	;ªlIfKt gkfnL zAb;fu/ -;L8L;lxt_	-j;Gtsdf/ zDdf{gkfnL	!!))÷-
#:	;ªlIfKt gkfnL zAb;fu/ -:68]6_ -	-j;Gtsdf/ zDdf{gkfnL	*%)÷-
$:	;fgf] gkfnL zAb;fu/	-j;Gtsdf/ zDdf{gkfnL	%))÷-
%:	zAbfy{;ªux -gkfnL gkfnL_	-ljgosdf/ zdf{gkfn	$))÷-
^:	gkfnL cªu]hL gkfnL zAb;fu/ -;L8L;lxt_	-ljgosdf/ zdf{gkfn	!!))÷-
&:	gkfnL cªu]hL gkfnL zAb;fu/ -:68]6_	-ljgosdf/ zdf{gkfn	*))÷-
*:	gkfnL cªu]hL zAb;fu/	-ljgosdf/ zdf{gkfn	#&%÷-
(:	zAbfy{;ªux -gkfnL cªu]hL_	-ljgosdf/ zdf{gkfn	!*)÷-
!):	cªu]hL gkfnL zAb;fu/	-ljgosdf/ zdf{gkfn	#@%÷-
!!:	zAbfy{;ªux -cªu]hL gkfnL_-	-ljgosdf/ zdf{gkfn	!*)÷-
!@:	cªu]hL cªu]hL gkfnL zAb;fu/ -;L8L;lxt_	-ljgosdf/ zdf{gkfn	!!))÷-
!#:	cªu]hL cªu]hL gkfnL zAb;fu/ -:68]6_ -;L8L;lxt_	-ljgosdf/ zdf{gkfn	&%)÷-
!$:	cªu]hL cªu]hL gkfnL zAb;fu/ -:sh_	-ljgosdf/ zdf{gkfn	%))÷-
!%:	cªu]hL cªu]hL gkfnL zAb;fu/ -Ond]]6/L_	-ljgosdf/ zdf{gkfn	#%)÷-
!^:	sfgg'L tyf kzf;sLo zAb;fu/	-ljgosdf/ zdf{gkfn / -8f ljZjbLk clwsf/L	$^)÷-
!&:	zAbfy{;ªux -sfgg'L tyf kzf;sLo_ -$^)÷-sf]df kmf];f_		
!*:	gkfnL cªu]hL g]f/L zAb;fu/	-ljgosdf/ zdf{gkfn / -z}n]bnfn l;x	&))÷-
!(:	gkfnL cªu]hL ;+st zAb;fu/	-j;Gtsdf/ zDdf{gkfnL / -ljgosdf/ zdf{gkfn	*%)÷-
@):	dfgj clwsf/ zAbsf]z	-dfwj /]dL / -s}nfzsdf/ l;jfsf]6L	^))÷-
@!:	gkfnL ulOft sf]z	-dx]j/k;fb pkfWofo / -ljgosdf/ zdf{gkfn	!%))÷-

ä cWofTd Pj bzg ã

!:	zAbfy{uLtf	-j;Gtsdf/ zDdf{gkfn	!&%÷-
@:	!#% pklgift-;ªux -dh;lxt_	-j;Gtsdf/ zDdf{gkfnL	!!))÷
#:	cWofTd / hLjg	-Hof]t clwsf/L	!&%÷-
$:	uGtJoGt	-ladh	!@%÷-
%:	ç	-ladh	@@%÷-
^:	k~rfdt	-7fs'/ zdf{	!&%÷-
&:	si0f sXg}of	-lbJokef vgfn	#%)÷-
*:	efujt Ps ljj]rgf	-uf]jGb lwld/]j]pdl0f	@))÷-
(:	;lQm;Wf	-cg' 7fs'/ zdf{	&%÷-
!):	1fg-lj1fg	-uf]jGbk;fb bfxfn	#%)÷-
!!:	Jojxf/ -Jofjxfl/s bzg_	-PljGbk;fb Gofkfg]	$))÷-

!@:	of]otf	-PljGbk;fb Gofkfg]	#&%÷-
!#:	/fhgLlts tyf ;fdflhs kl/jtg,	-PljGbk;fb Gofkfg]	#))÷-
!$:	ljsf; / k0ffnL	-PljGbk;fb Gofkfg]	@%)÷-
!%:	hLjg cgelt	-;Ltf/fdk;fb bu+fn	@))÷-
!^:	gLlt zts -etxl/_	-cg'gf/fo0f 1jfnL	#))÷-
!&:	jj}bs ;+sltdf gf/L	-nIdL df:s]	#%)÷-

ä ;dfnf]rgf ã

!:	b]sf]6f cfofd / kjlQ	-slkn c1ft	!@%÷-
@:	t];f] cfvfsf] cfnf]rgf	-8f /fdk;fb 1jfnL	!&%÷-
#:	pkGof; ;dfnf]rgf	-8f /fdk;fb 1jfnL	@&%÷
$:	;flxTo-lg?k0f	-8f 3gZofd Gofkfg]kl/>dL	!^)÷-
%:	;dLIff ;dfx/0f	-8f 3gZofd Gofkfg]kl/>dL	!&%÷-
^:	gkfnL dlxnf ;flxTosf/	-nLnf n06]h	&))÷-
&:	gkfnL dlxnf n]vg M kjlQ / of]ubfg	-/hgL 9sfn÷uLtf lqkf7L	@&%÷-
*:	ljj]rg	7fs'/ zdf{	#))÷-
(:	cleJo~hg	7fs'/ zdf{	@%)÷-
!):	kl/bzg	7fs'/ zdf{	@))÷-
!!:	cg]s ljwf cg]s bli6	clDasf cof{n	#))÷-
!@:	;}4flGts cfwf/ M kfof]us ljZn]f0f	hLjg hLjGt	@*)÷-
!#:	sfJo, lgaGw s]bsf b]sf]6f	-kf /fh]b ;'j]pL	@%)÷-
!$:	;d;fdlos ;dfnf]rgf	-kf /fh]b ;'j]pL	&%)÷-
!%:	cfwlgs gkfnL syfdf cle3ft	-8f zflGt lu/L	*%)÷-
!^:	zAbfy{;f]kfg- sljtf ;dfnf]rgf -;+7fs'/ zdf{	ljgosdf/ zdf{gkfn	$))÷-

ä pkGof; ã

!:	lrqn]vf -eujtLr/0f jdf{cg'jfb_	-ljgosdf/ zdf{gkfn	()÷-
@:	dlQm;ªufd -xfj{8kmf:6-cg'jfb_	-j;Gtsdf/ zDdf{gkfnL	!%%÷-
#:	lg/k/fwsf] xTof -xfj{8kmf:6-cg'jfb_	-j;Gtsdf/ zDdf{gkfnL	!))÷-
$:	ablnbf] lIflth	-uLtf s]z/L	()÷-
%:	gkfnsf] klxnf] sf]tkj{	-P; kL cf;f	(%÷-
^:	a'4	-P; kL cf;f	@!%÷-
&:	dlQmo'4sf] aLpm	-g/]b k/fz/	*%÷-
*:	tLtf];To	-wd{fh kf}8ofn	*%÷-
(:	kmªu p8]sf] of}g	-8f Clifs]zj/fh /]dL	&)÷-
!):	lj:dft	-ufkfn ;~h]h	@))÷-
!!:	/x:o	-;Ltf e66/f0{+	!@%÷-
!@:	rgf}tL	-ksfzdl0f bfxfn	@@%÷-
!#:	oGq dfgj	-OGb' kGt	!!)÷-
!$:	sNkgf ;+f/	-dlQmgfy zdf{	!%)÷-
!%:	lj;ªut hLjg	-?s' sfsL{	!$)÷-
!^:	cglUgsf	-8f ljZjbLk clwsf/L	@@%÷-
!&:	;'¿lr	-zflGt zdf{	!%)÷-
!*:	b]pdf0f{sf] lsgf/df	-kbLk gkfn	!@%÷-
!(:	Ps xhf/ jif{	-kbLk gkfn	!^)÷-
@):	**5 n3pkGof;** -uLtfs]z/L, ufkfn ;~h]h, k0o/lZd vltj8f, kbLk gkfn, /fh]zj/ b]sf]6f, ljgosdf/ zdf{gkfn		!$)÷-
@!:	cd]/sfdf cfdf	-ef/tL uf}td	&))÷-

@@÷	xhf/ ;kgf	-sÙf/ sf^n]	!%)÷–
@#÷	dfG5] eP/ d/\sf] dfG5]	-ljkh l;hfklt	@%)÷–
@$÷	b l:k|ª ne	-ljgf]bsÙf/ >]7	@%)÷–
@%÷	cfef;	-ljgf]bsÙf/ >]7	#))÷–
@^÷	/ldnfgfgL	-e'jgxl/ l;Ub]n	!$)÷–
@&÷	;'f;Gb/L	-e'jgxl/ l;Ub]n	!^)÷–
@*÷	/fdbf0f	-e'jgxl/ l;Ub]n	#))÷–
@(÷	cfdf0f{	-e'jgxl/ l;Ub]n	@%)÷–
#)÷	gof af6f]	-gf/fo0fs]hfz l;Ub]n	@%)÷–
#!÷	;ª3if{	-gf/fo0fs]hfz l;Ub]n	#%)÷–
#@÷	/fk	-rGbdl0f kf}8]n	#@%÷–
##÷	r8fnf	-ufljGb l3ld/]ljbdl0f	$))÷–
#$÷	pNnf;	-OGb' kGt	#%)÷–
#%÷	Old Man In The Mirror	-Anthal Nepal	@@%÷–

ä syf-n3'syf;ªUx ã

!÷	Pp6L csL{nfp/f	-sGx}f gf;ggL	!@%÷–
@÷	kfr syf	-/fh]Lj/ b]sf]6f	*)÷–
#÷	cgGt ofqf	-;'/]g pk]tL	!))÷–
$÷	dTob't	-hoGtL zdf{	!))÷
%÷	lhpbf] cfTdf	-wd{fh kf}8ofn	!%)÷–
^÷	n]dªx?	-nf]s]Jbaxfb'/ rGb	@))÷–
&÷	wdf{w	-k0o/lZd vltj8f	!%)÷–
*÷	sd/]8 efph"	-si0f ahufO{+	!&%÷–
(÷	Joyfx?sf] syf	-xl/ yfkf	@))÷–
!)÷	/ftf]8fo/L	-;Ltf/fd gkfn	@@%÷–
!!÷	cfsfz dyg	-8f÷ ljZjbLk clwsf/L	@))÷–
!@÷	kl/ldt	-xl/ yfkf	@))÷–
!#÷	k/bzsf] Joyf	-xl/ yfkf	@@%÷–
!$÷	aQLdlg cWof/f]	-zfGtf >]7	#))÷–
!%÷	b]fgsf] cf7L	-hgs jfUn]	#@%÷–
!^÷	lgbfpg g;s]sf /ftx?	-ufkfn cZs	@^)÷–
!&÷	la l6z cf]b/	-/fdxl/ kf}8ofn	@%)÷–
!*÷	eljiojf0fL	-/fddl0f kf]v/]n	#%^÷–
!(÷	c5]tf	-6ªsaxfb'/ cfn]	#%^÷–
@)÷	3fd	-zlfdf dfgGw/	@@%÷–
@!÷	zxLbx?sf] lj/fJw kq	-ljZjgfy vgfn	#))÷–
@@÷	syfjfl6sf -^& gf/Lsf ^& syf_	-;÷+ljgosÙf/ zdf{gkfn	%%)÷–

ä lgaGw-k\|aGw-lgofqf-;:d/0f-j\|QfGt ã

!÷	a |Xdro{ofg;+dsf] j}Lflgs pkfo	-tLy{fh kf}8]n	!%)÷–
@÷	hLjgsf] cfvL%ofn	-gf/fo0fk|;fb 9ªufgf	*%÷–
#÷	dw];L cfGbf]hgsf @! lbg	-dw';bg kf08]	!))÷–
$÷	jf]g{f]sf] g/d08 lzsf/L	-dw';bg kf08]	*)÷–
%÷	kTy/ kufNb}	-ufkfn ;~h]n	!%)÷–
^÷	wÙlzvfsf] nodf ;Nnfsf] ;';]nL	-/dz ljsn	@%)÷–
&÷	Infinity	-ejz vgfn	!&%÷–
*÷	;df6sf] ;Ldfleq / aflx/ efgeQm	-kf÷ /fhJb ;'jbL	!^)÷–

(÷	d/f] df6f];u	-xl/ yfkf	@@%÷–
!)÷	;do ;dosf s'f	-hubLz nfld5fg]	@%)÷–
!!÷	nosf] vf]hLdf	-/hgL 9sfn	@))÷–
!@÷	;To;+fk	-df]xg rfkfufO{+	@%)÷–
!#÷	%ofDnL afv |fsf] kf7f]	-8f÷ lzj uf}td	$))÷–
!$÷	;f9]-xf:oJoªUo_	-;j{L jfUn]	@%)÷–
!%÷	5]p g 6Kkf]	-k|sfzk|;fb pkfWofo	!%)÷–
!^÷	;bz{g	-sdn l/hfn	$))÷–
!&÷	cd/Tjsf] ;Demgf	-kf÷ lzjuKkn l/;fn	%))÷–
!*÷	gf}6aGbL	-;/:jtL lu/L	%))÷–
!(÷	>Lhªu zfxsf] hLjg ofqf	-;/:jtL lu/L	@%)÷–
@)÷	k]/0ff ;|f]t eb|sÙf/L 3n]	-;/:jtL lu/L	#))÷–
@!÷	kftfnsf dfG5]x?	-lagf]b v8sf	%))÷–
@@÷	dfyfkRrL	-ljgosÙf/ zdf{gkfn	!%)÷–
@#÷	kg/fjlQ	-ljgosÙf/ zdf{gkfn	!&%÷–
@$÷	k/fjt{g	-ljgosÙf/ zdf{gkfn	@))÷–

ä sljtf-sfJo-dxfsfJo ã

!÷ **tLtfdL7f s'f**- j;Gtsdf/ zDdf{gkfn, cRo't/d0f clwsf/L, e'jgxl/ l;Ub]n, rGbk\|;fb Gofkfg] k\|sfzdl0f bxfn, b]L gkfn, 7fs'/ zdf{ /fdk\|;fb kGt, pdf ld> \|, nldLsdf/ sf]/fnf, ufkLsi0f zdf{ !!!÷–

@÷ **gLtsf s'f**- j;Gtsdf/ zDdf{gkfn, lzjufkfn l/;fn, lji0f' keft, vu]b vf]N;f3/] P;kLcf;fL, czf]ssdf/ nfld5fg] dfwj l3ld/] afnsi0f e66/fO{ u0f/fh sf^n] ufljGbk\|;fb l3ld/] dsGbk\|;fb zdf{ !##÷–

#÷ **gLtljrf/**- j;Gtsdf/ zDdf{gkfn, 7fs'/ zdf{ nldLsdf/ sf]/fnf, ufkLsi0f zdf{ vu]b vf]N;f3/] ag"nfld5fg] 8f÷cfdjL/ l;+ a:g]t, g/]b k/fz/ ;GbLk;fu/ gkfn, 8f÷ 6Lsf/fd -ljZj]j/L_ clwsf/L, ljgosÙf/ zdf{gkfn !##÷–

$÷	?jf0oft -pd/v®ofdsf] sfJo_ -cg'jfb_	-j;Gtsdf/ zDdf{gkfn	&%÷–
%÷	ls/ftfhg{Lo -ef/ljsf] dxfsfJo_ -cg'jfb_	-j;Gtsdf/ zDdf{gkfn	!%)÷–
^÷	oftgf -uBdxfsfJo_	-OGb' kGt	!%)÷–
&÷	j;GtfgGb -rDk'sfJo_	-7fs'/ zdf{	!))÷–
*÷	zAbgfb -sljtf;ªUx_	-7fs'/ zdf{	!%!÷–
(	clegjg -sfJo_	-7fs'/ zdf{	!%)÷–
!)÷	:jg -sljtf;ªUx_	-/fh]Lj/ b]sf]6f	!))÷–
!!÷	cf]emh -sljtf;ªUx_	-obgfy j;Gtk'/]	^)÷–
!@÷	ah]6 gDa/ kfr -sljtf;ªUx_	-k|sfz rfkfufO+	!%)÷–
!#÷	lrGtg;usf] ofqf -sljtf;ªUx_	-;Ltf e66/fO{	!@%÷–
!$÷	c>Wf/f -sljtf;ªUx_	-r8fdl0f cf]hL	!))÷–
!%÷	cfdf -sljtf;ªUx_	-r8fdl0f cf]hL	!%)÷–
!^÷	k|1frlf' -dxfsfJo_	-g/]b k/fz/	!%)÷–
!&÷	k|hftGq}k|hftGq -JoªUo sljtf;ªUx_	-h'4axfb'/ s];L	!))÷–
!*÷	j;Gt -sfJo_	-/fh]Lj/ b]sf]6f	&%÷–
!(÷	j;Gw/f -dxfsfJo_	-vu]b vf]N;f3/]	#@%÷–
@)÷	Ps c~hhL dg -uhn;ªUx_	-sdnf l/;fnUHof]tU	!@%÷–
@!÷	tflÎjs ;Hhg ;j{f/f /0fgLlt -sljtf;ªUx_	-clgn uf}rg	!&%÷–
@@÷	dGyg -sljtf;ªUx_	-clgn uf}rg	@))÷–

@#: cf] rGbdf -sljtf;ªux_	-dl0f/fh l;*+	@)!÷–
@$: dLof] -uhn;ªux_	-xl/ yfkf	@@%÷–
@%: l;hª{fgGb -sfJo_	-ag"nfld5fg]	!@%÷–
@^: cg':dlt -sfJo_	-ag"nfld5fg]	!))÷–
@&: d tÎj -sfJo_	-ag"nfld5fg]	!))÷–
@*: d]/L ;lugL -sfJo_	-ag"nfld5fg]	!%)÷–
@(: cfux -sfJo_	-ag"nfld5fg]	!@%÷–
#): ;Gb/Lsf] ;jf0f{–;jf0f{	-gf/fo0f g]kfn	^%÷–
#!: chn uhn -uhn;ªux_	-gf/fo0f g]kfn	!))÷–
#@: dQms d~h/L -dQms;ªux_	-gf/fo0f g]kfn	!))÷–
##: uhn d08L -uhn;ªux_	-gf/fo0f g]kfn	!))÷–
#$: dQms ;l/tf -dQms;ªux_	-gf/fo0f g]kfn	!))÷–
#%: e0rfnf}sf] ;jf0f{-;jf0f{	-gf/fo0f g]kfn	!))÷–
#^: kjf;Lsf] gf;f] -uhn;ªux_	-$) uhnsf/	!))÷–
#&: af6f] vf}b} af6fdf -sljtf;ªux_	-xl/dfof e}6jfn	!&%÷–
#*: ;/sf/kfl/sf] ufp -sljtf;ªux_	-si0f s66]n	!%)÷–
#(: kdf]sif{ -dxfsfJo_	-nIdLsdf/ sf]0f/fnf	@%)÷–
$): :dltklk -sljtf;ªux_	-nIdLsdf/ sf]0f/fnf	!%)÷–
$!: tf;sGbdf dxfslj b]jsf]6f	-k?ff]Qd l;Ub]n	!%)÷–
$@: cdtf~hnL -dQms;ªux_	-ltn:dL kef;	@))÷–
$#: dQmsf~hnL -dQms;ªux_	-ltn:dL kef;	@%)÷–
$$: af6f] xl//xg] af6fx?	-8f-lzj uf}td	@%)÷–
$%: dlGb/ / dfcf]	-/fdsdf/ kl08t	@))÷–
$^: ;lQm ;ªux	-/fdk;fb 1jfnL	!@%÷–
$&: bf]efgdf plePf/	-lqej]gr Gb jfUn]	@*)÷–
$*: cGtdf{gsf ;';]hnL	-/fh]Gb kf]8]n	!%)÷–
$(: sf]zLsf p8fg -sljtf;ªux_	-8f- ljb'/ rfln;]	#%)÷–
%): lhn]6gdf kmh -uhn;ªux_	-bUf{ ;fb Ujfn6f/]	@@%÷–
%!: uLtuGw -lxGbL ult;ªux_	-uf]kn cZs	!%)÷–
%@: lqj]0fL	-hgs jfUn]	#))÷–
%#: crgf -zf}ssfJo_	-eujtL cof{n	!%)÷–
%$: 6';fPsf] uug -xf0s_"	-cfljisf/ ef/tL	#))÷–
%% kj{ssf ltofnLx?	-dxfb] clwsf/L	!%)÷–
%^: nf}ssb]v kf/nf}ss;Dd -sljtf;ªux_	-ljgosdf/ zdf{g]kfn	%)÷–
%&: dTo'af]w -sljtf;ªux_	-ljgosdf/ zdf{g]kfn	@%)÷–
%*: dfu{bLk -sljtf;ªux_	-ljgosdf/ zdf{g]kfn	@%)÷–
%(: kdf~hnL -dQms;ªux_	-ljgosdf/ zdf{g]kfn	@%)÷–

ä gf6s ã

!: kafw rGbf]bo ->Lsi0f ld>sf] gf6s_ -cg':_	-j;Gtsdf/ zDdf{'g]kfnÚ	^%÷–
@: ef;sf ;du . gf6oslt -ef;sf !$ gf6s_ -cg':_	-j;Gtsdf/ zDdf{'g]kfnÚ	*))÷–
#: jL/ªugf es6L / zxLb wDafk]mJf -gf6s	-P;kL cf;f	@))÷–

ä efiff ã

!: Perfect English -/]k8$;_	-uf}shk;fb zdf{	@*)÷–
@:Learn Nepali yourself, know Nepal yourself	-ksfzdl0f bxfn	#%)÷–
#:Professional English Grammar-	-jfdb] kf8]n	#%)÷–

ä g]kfnL afn–;flxTo ã

!: tLgtf/f -afnsyf_	-j;Gtsdf/ zDdf{g]kfnÚ	#%÷–
@: pbf/tfsf] k/fsfi7f -afnsyf_	-j;Gtsdf/ zDdf{g]kfnÚ	$)÷–
#: /df0nf] zlgjf/ -afnsyf_	-efef zdf{	$)÷–
$: tLg dV{;fyLx? -afnsyf_	-cfef zdf{	#%÷–
%: ;fgLsf] axfb'/L -afnsyf_	-cfef zdf{	$)÷–
^: d]/f] Kof/f] v}/] -afnpkGof;_	-ljZj/fh kf08]	%)÷–
&: l;*+ / nfdv66] -afnsyf_	-ljZj/fh kf08]	#%÷–
*: bz}sf] blIf0ff -afnpkGof;_	-uªuf kf8]n	$)÷–
(: sfun]lsg sf sf eG5 -afnsyf_	-uªuf kf8]n	#%÷––
!): uhfasf] kmh -afnsyf_	-uªuf kf8]n	^)÷––
!!: afnuLt -afnuLt_	-h'4axfb'/ s]];L	^)÷–
!@: lemlnldln tf/f -afnuLt_	-;'/]g pk]tL	@%÷–
!#: k5'tf] -afnsyf_	-;'/]g pk]tL	@%÷–
!$: cfsfz]k/L -afnsyf_	-;'/]g pk]tL	#%÷–
!%: cfdf / 5f]/f -afnsyf_	-pld{nf nfld5fg]	#%÷–
!^: 5's5's] lg? -afnsyf_	-pld{nf nfld5fg]	$)÷–
!&: bz dxfdV{ -afnsyf_	-lx/0osdf/L kf7s	#%÷–
!*: /fdsyf -kf}/fl0fssyf_	-lx/0osdf/L kf7s	$)÷–
!(: l;Gs}sf] ;kmntf -afnpkGof;_	-zdL{nf v8sfbfxfnÚ	&)÷–
@): ;fg]aGof] ;Gtaxfb'/ -afnsyf_	-zdL{nf v8sfbfxfnÚ	&)÷–
@!: ;0/]/ ebkm66] -afnsyf_	-zdL{nf v8sfbfxfnÚ	&)÷–
@@: pHofnf] af6f] lzIffsf] -afnsyf_	-zdL{nf v8sfbfxfnÚ	&)÷–
@#: ;fgL -afnpkGof;_	-zdL{nf v8sfbfxfnÚ	&)÷–
@$: ;b'{xfdf] ;fyL -afnsljtf_	-zdL{nf v8sfbfxfnÚ	%%÷–
@%: bLIffsf] k'tnL -afnsyf_	-zdL{nf v8sfbfxfnÚ	&)÷–
@^: k'tnLsf] lax] -afnsyf_	-dw';b'gk;fb l3ld/]	#%÷–
@&: l;p/f] -afnsyf_	-8f- ljZjbLk clwsf/L	#%÷–
@*: tanfsf] jbgf -afnsyf_	-8f- ljZjbLk clwsf/L	$)÷–
@(: afb/sf] lrGtf -afnsyf_	-uf]ljGb lwld/] jbdl0fÚ	!%)÷–
#): :ofnsf] ldqtf -afnsyf_	-uf]ljGb lwld/] jbdl0fÚ	!%)÷–
#!: b0{6fps] ;k{ -afnsyf_	-uf]ljGb l3ld/] jbdl0fÚ	$)÷–
#@: b0{v66] la/fnf] -afnsyf_	-nlntf bf]fLÚ	$)÷–
##: dV{l;*+ -afnsyf_	-/]zf l3ld/]	$)÷–
#$: s]kL dxfk¿if -kf}/fl0fssyf_	-/~h>L k/fhhL	$)÷–
#%: gof ;fyL -afnsyf_	-;lfdf dfgGw/	$)÷–
#^: ;Gb/ / ;'/Lsf] ljjfx -afnsyf_	-kf/;dl0f bfxfn	$)÷–
#&: hf]vdkÛf{kxf8L ofqf -cg'jfb-ofqf;+d/0f_	-cflzif kf08]	^)÷–
#*: wtL{'usf] s'/f -afnsljtf_	-;k;Ggf e66/f0f{	%)÷–
#(: kmhsf ;fyL xfdL -afnsyf_	-;Ltf e66/f0f{	&%÷–
$): ls;fg / eujfg -afnsyf_	-ljgosdf/ zdf{g]kfn	#%÷–
$!: 3/ -gLltsyf_	-ljgosdf/ zdf{g]kfn	$)÷–
$@: afn ;f}uft -afnuLt_	-0Gbsdf/ >]7	*)÷–
$#: /fdf] afgL -afnuLt_	-/fdljqmd yfkf	!))÷–
$$: 0{of{n' v/fof] -afnsyf_	-Pnal rflDnª	!))÷–
$%: sy}syf -afnsyf_	-uf]sh v8sf	&%÷–

$^:	;';]hL -afnuLt_	-uf]sh v8sf	&%÷-
$&:	nfnfafnf -afnslj tf_	-uf]sh v8sf	&%÷-
$*:	cgf}7f] t/sf/L -afnsyf_	-b]jsL s];L	&%÷-
$(:	/ªusf] sxfgL -afnsfJo_	-OGb' kGt	!))÷-
%):	sldnfsf] tftL -afnslj tf_	-OGb' kGt	!))÷-
%!:	3Dg hfp emfkf -lrqsyf_	-/lZd l/dfn	!%)÷-
%@:	jftfj/0f -lrqsyf_	-/lZd l/dfn	!%)÷-

ä cªUhL efiffsf afn-;flxTo ã

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

ä SofDk;:t/Lo ã

!:	!! sf]cyzf:q	-uf]s0f{dNn	!&%÷-
@:	!@ sf]cyzf:q	-xl/bf; ;fksf]6f÷cf]dsf/ kf}8]n	!^)÷-
#:	Elements of Economics (XII)	-tf/f e';fn÷ozf]w/f k|;f0{/fhg kmfh'	#))÷-
$:	Jofj;flos cyzf:q (B . B . S, BBA)	-uf]s0f{dNn	@))÷-
%:	Business Economics (B . B . S, B . Com)	-uf]s0f{dNn	$))÷-
^:	Business Statistics (B . B . S . , B . Com, B . B . A, BIM)	-dgf]h clwsf/L÷dxfk|;fb >]7÷kf]f/fh vgfn, z/brGb| sf^n]	%%)÷-
&:	Fundamentals of Business Statistics (B . B . A . , B . C . I . S, B . C . A, B . I)	-8f= k¿iff]Qd l;x÷dxfk|;fb >]7÷bLks/fh kf}8]n	#@%÷-
*:	Differential Calculas (BA . B . Sc . , B . Ed)	-8f= dfxDdb xdb/ /xdfg	@))÷-
(:	Integral Calculas (BA . , B . Sc . , B . Ed)	-8f= dfxDdb xdb/ /xdfg	@))÷-
!):	k|f/lDes ul0ft lzIf0f -cf0{P8=, !!_	-8f= dfxDdb xdb/ /xdfg	!&%÷-
!!:	ul0ft lzIf0f -aL=P8=_	-8f= dfxDdb xdb/ /xdfg	!&%÷-
!@:	dxfslj b]jsf]6f s]xL cfofd -aL=P=_	-k0ff{k|;fb clwsf/L	!&%÷-
!#:	g]kfnL gf6ssf]cWoog -aL=P=_	-k0ff{k|;fb clwsf/L	(%÷-
!$:	;fwf/0f g]kfnL -aL=P8=_ 8f= 3gZofd Gofk]fg]wgklt sf]O/fnf÷dlQmgfy 9sfn		@#%÷-
!%:	g]kfnL nf]s ;flxTo k|jlQ / cGjlf0f -Pd=P g]kfnL_ - slkn c1ft		@))÷-
!^:	clgjfo{g]kfnL -aLP_ - 8f= 3gZofd Gofk]fg]wgklt sf]O/fnf÷dlQmgfy 9sfn_		@#%÷-
!&:	;+st ;flxTosf]?k/]vf -aLP÷Pd=P_	-kf= uf]kLsi0f zdf{	@&%÷-

!*:	efiff-lj1fg -aLP÷Pd=P_ -8f= 3gZofd Gofk]fg]wgklt sf]O/fnf÷dlQmgfy 9sfn_		@&%÷-
!(:	k|fof]lus efiff-lj1fg -aLP8= 3rd_	-wgklt sf]O/fnf	#!)÷-
@):	;flxTo zf:q tyf g]kfnL ;dfnf]rgf -aLP8= 3rd_	-wgklt sf]O/fnf	#@%÷-

ä :s'n-af]8ª:t/Lo ã

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

ä cGo ã

!:	;Lk l;sf}-;Lkdhs k':ts_	-uf]shk|;fb zdf{	!))÷-
@:	cf^gf] pkrf/ cfkm}-:jf:Yo_	-/fh]Gb| >]7	$))÷-
#:	Social Change In Rural Nepal	-Ebindra Prasad Neupane	#))÷-
$:	n]vs 6]nkmf]g 8fo/L -;fydf k':ts k;nx?_		%)÷-
%:	;flxTo jif{k':ts @)&! -k':ts kl/ro-sf]z_	-;flxTo ;+j4{g s]Gb|	$))÷-
^:	;flxTo jif{k':ts @)&@÷)&# -k':ts kl/ro-sf]z_	-;flxTo ;+j4{g s]Gb|	^%)÷-
&:	;flxTo jif{k':ts @)&$ -k':ts kl/ro-sf]z_	-;flxTo ;+j4{g s]Gb|	&))÷-
*:	axefifL pvfg-6Ssf ;ªux	-@# n]vs	$@%÷-
(:	lzIfs ;f/ly -kflj tyf lgdflj lzIfs ;f]kfg_	-k|sfzdl0f bfxfn	^&%÷-
!):	clek]/0ff -Motivation_	-czf]s e/	#))÷-

***

tkf0f{n] xfdLnf0{+e]6g vf]HgePsf] xf] ‡

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

zAbfy{ k|sfzgsf] sfof{no-rfah, u0f]z:yfg

)!-$$(&#%!÷(*$!-$(^!)#