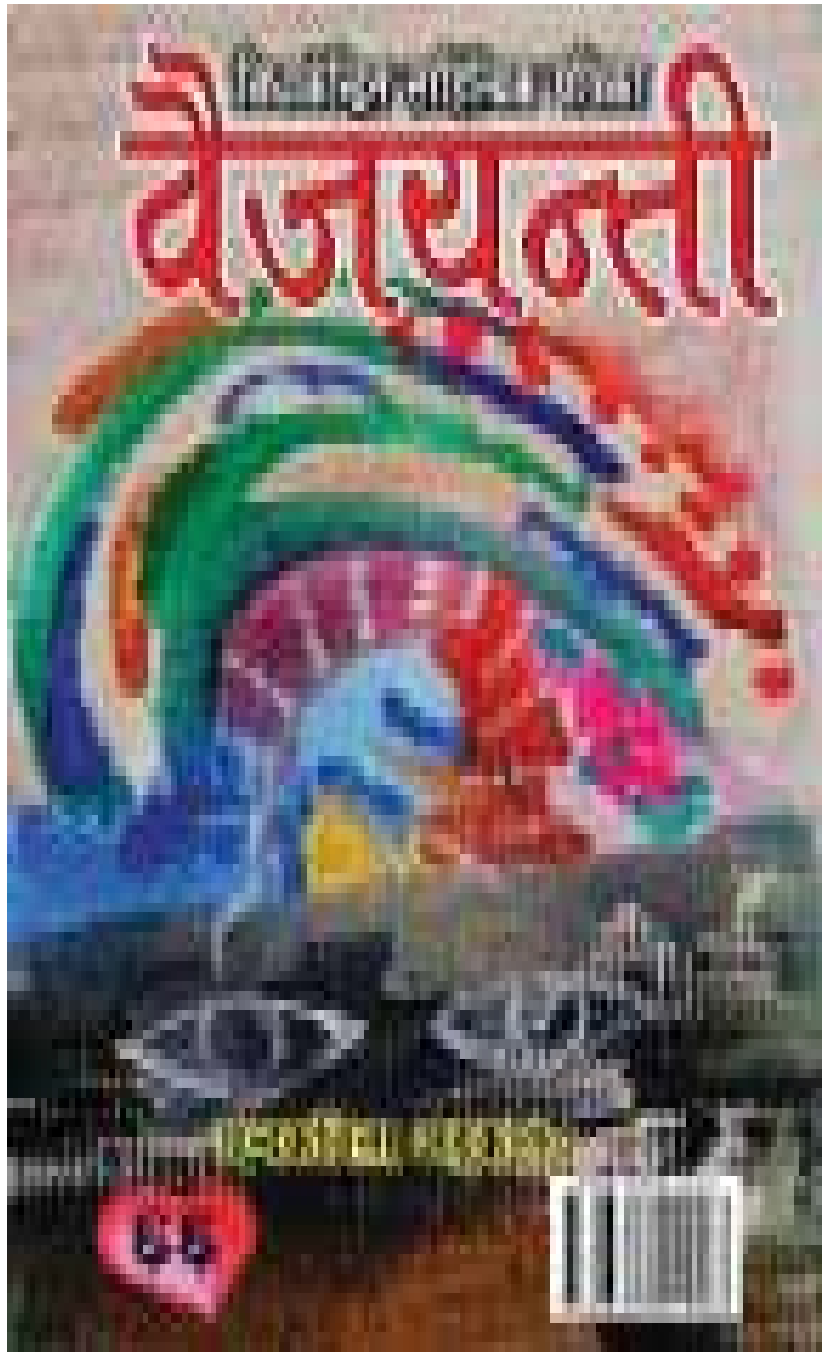
वैजयन्ती

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

j|hoGtL

jif{!@ cªs ^ k'Off{ªs ^^ ljwfs]Gb|t ;flxTos klqsf @)&^ kmfu'g–r}q

;:yfks
j;Gtsdf/ zDdf{g|kfnÚ

;/lfs
/fwfb]L zdf{

lgb|zs
ljgosdf/ zdf{g|kfn

k|wfg ;Dkfbs
&fs'/ zdf{e)*f/L

;Dkfbs
ofbj e^'\/fO{

;xof|uL
sdnf g|kfn
dx]zk|;fb l/hfn
efef zdf{
cfef zdf{
dft[sf cfrfo{
ljej g|kfn

k|sfzs
zAbfy{ksfzg
rfa]h, sf7df8f}

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

;'rgf M j|hoGtLdf k|sflzt /rgfsf];DkOf{lhDd]jf/ :jod\n]vs g}xg]5g\.

;Dkfbs Lo

- gkfnL ;flxTosf ;jfdf ;dlkt jhoGtL ljwf sGb|, ;flxlTos klqsfsf nlo egsf cu|n Pj cgh ;|6fx¿sf /rgfx¿ k|sfzg u// gkfnL efiff ;flxTosf e08f/ eg' /xsf 5 . of 5;67L cªs;Dd cfOk'bf o;n lgs dxÆjk0f cªsx¿ k|sfzg ul/;ssf klg 5 .
- sljtf -uhn, dQms, sfJo, v08sfJo, dxfsfJo cflb_, cfVofg -pkGof;, syf, n3'syf_, gf6s -Psfªs L, k0ffªs L cflb_ ;dfnfrgf clg lgaGw -k|aGw, ofqf, lgofqf, ;:d/0f, hLjgL cflb_ ljljw ljifosf obfsbf sxL ;dx ldn/ ;Demgf :j¿k lbj; jf pT;j dgf0g k|rng bz /ljbz ;alt/ rNb cf0/xsf 5 . o; ;Gbedf s'g Pp6f ljwfsf eGbf ;du|;flxTos lbj; lsg gdgfpg <
- of ;fgf dgsf cdt k|Zgn dt ¿k lnof / @)&) jzfv ^ ut ..;flxTo lbj;Úsf 3fif0ff eof zAbfy k|sfzgsf lgbzssf hfu?stfdf .
- nueu &) jif pd/ k'usf !% hgf ;flxTosf/ / sl/a $)) cGo ;flxTosf/ x¿sf cg'dfbgn To; lbg ..k|Tos jzfv ! ut ;flxTo lbj; dgfpgÚ lg0fo u¥of .
- o;sf nflu pQm lbgaf6 :yfkgf ePsf ..;flxTo ;j4g sGb|gkfn gfds ;:yfn lg/Gt/ of lbj; dgf0 g /xsf 5 . xfn of ;:yfn ljleGg lfqdf !) y/L ;flxTo;DaGwL k'/ :sf/sf klg :yfkgf ul/;ssf 5 .
- jifel/ bzaf6 lg:ssf ;flxlTos k':tsx¿sf clenvg /fVg dxÆjk0f sfo ub ..jif ;flxTo k':tsÚ klg @)&! af6 lgl:s/xsf 5 .
- o:tf pTsi6 sfodf ;a ;flxTofg'/fuL ;dfjz xfpmg / o;n lg/Gt/tf kfcf; –z'esfdgf .
- jhoGtLn o; cl3 5Gbsljtf cªssf ¿kdf cªs %, *, !&, @#, #), #^, $@, $*, %$ k|sflzt e0;ssf x'g / clxn of ^^ cªs klg oxfx¿sf xftdf cfPsf 5 .
- jhoGtLnf0 dfof u// cf^gf /rgf pknAw u/fpg'xg ;Dk0f ;|6fx¿df jhoGtL kl/jf/ xflbs cfef/ k|s6 ub5 . o;sf ;fy cfufdL lbgdf klg ;Dk0f nvs ;flxTosf/ Pj kf7sx¿af6 :gx, ;befj / ;xofu k|fKt x'g g 5 eGgdf xfdL ljZj:t 5f .

;÷slt-!, k'/{dlt-!, n3pkGof;-!, rf8÷kj{!, gf6s÷Psfªs L-@, ljb]zofqf-@, dQms-#, uhn-#, /fli6o-JolQmTj-#, n3'syf-$, :jb]zofqf-$, ;÷d/0f-%, uBsljtf-^, syf-^, lgaGw-& ;dLIff-&, 5Gbsljtf-!) cf]6f cªsx? lgsfln;s]sf]
;flxlTos klqsf **j|hoGtLsf]**
^& cf}cªs **/fli6o JolQmTj** *x'g]5 .*

- **zAbfy{k|sfzg**sf] **j|a ;f08**df **j|hoGtL**sf ;a}cªs **..8fpgnf]8**Ú ug{ ldNg]u/L /flvPsf 5g\.

o; casdf

qmd sljtf	slj	ki7
!: :jfut sljtf	j;Gtsdf/ zdf gkfn	%
@: xflbs ;emfj	czfssdf/ nfld5fg	&
#: ;i6f	pQdsi0f dhuof	*
$: u0fL jhoGtL	pldnf nfld5fg	*
%: tL ;b c:tfpbf	cfdk;fb sf0/fnf	(
^: Joy uof hLjg	si0fk;fb a:ofn	!)
&: :jflwsf/jfb	8f:si0f e08f/L ddlf	!!
*: kf0G5 tfnL ta	sjn sfsL	!@
(: hLjg dfsf	vuGb vfN;f3/	!#
!): kfgLsf kL8f	v8fgGb n06n	!$
!!: afsL	vfnf3/ ;flxnf	!%
!@: rf8 dgfcf	uaUf cfrfo	!^
!#: xfdf 6fkL	u0fz l3ld/ dflds	!&
!$: wfqmf 5 d/f sfwdfly	ufkfnk;fb e08f/L	!*
!%: gkfn e"ju xf;\	kf:ufkLsi0f zdf	!(
!^: rf8 dgfcf	uaUf cfrfo	@)
!&: d zGodf zGo eP/	ufljGbk;fb l3ld/ jbdl0f	@)
!*: ckl/ro	ufljGb/fh ljgfbL	@!
!(: ofqf ;hg kydf	8f:3gZofd Gofkfg kl/>dL	@@
@): ef8enf	rGbsfGt clwsf/L	@#
@!: sljtf s;/L aG5 <	rGbk;fb Gofkfg	@$
@@: ;li6 stf / slj dfly==	hgfbg clwsf/L	@%
@#: kfv/fdfly p8bf	7fs/ zdf e08f/L	@^
@$: cfdf /fdL ;bf l5g\	8Da/ l3ld/	@&
@%: c3fPg ;f9	l8NnLk;fb dnltxg	@*
@^: eg s ug ;S5 d <	l8NnL/fh cofn	@(
@&: a9Lua\uf ca t hfu Û	908L/fh cofn	#)
@*: cf^gf sljtf	ltnsk;fb n06n	#!
@(: ;vfgGb	ltn:dL kef;	@!
#): ;Qf s :jkgdfq xf <	tLy/fh clwsf/L	#@
#!: ksltf / hLjg	lqnfrg cfrfo	##
#@: Dfft eld	lqnfrg 9sfn	#$
##: 5Gb	bof/fd cofn	#%
#$: of wtL Pp6 u8	kf:8f:bufk;fb cofn	#^
#%: rf;f, unfsf kf;f Û	wg/fh lu/L	#&
#^: cfux	wdfgGb e§	#(
#&: ls;fgsf dd	wj yfkf	$)
#*: clg kf sljtf	g/b k/fz/	$!
#(: a4-jrgaf6	gf/fo0f 1jfnL	$@
$): ;Demgfn ;tfof	k/z/fd k/fz/	$#
$! ;dlt el/bpm g sljhL	kef e66/f0	$$

$@: jhoGtL	kXnfb kfvn	!%
$#: COf	afh/fd kf8n	%$
$$: cuhsf s/f	ag"nfld5fg	$%
$%: j;Gt :d/0fdf	eujtL cofn kf08	$^
$^: cfdf	efjsz/ a/fn	$&
$&: rf0gf xg	ejgxl/l;Ubn	$*
$*: ;a\sNk	8f:dw;bg nfld5fg	$(
$(: bz	dGh >i7	%)
%): of aft s hfGby	dxfbj clwsf/L	%!
%!: ljZjf;n nlkt lhGbufgL	dfwj ljofuL	%)
%@: sljTj cfvf	ldN;g/f0	%@
%#: cfb/0fLo sljjunf0 rgftL dsGb zdf rfln;		%#
%$: dsjfgk/L	dgf cofn	%$
%%: ojfklt	d3gfy aGw	%%
%^: j4j:yf	dgsf kfv/n cfrfo	%@
%&: cfdf	od/fh ltldN;gf	%^
%*: /ljeGbf slj >i7	8f:oj/fh l3ld/	%&
%(: efjgf	/dz e§/f0	%*
^): kl/0ffd	/dz zeR5	!*
^!: r/f eP	/lZd e66	%(
^@: t t nfUg k¥of	/fhGbsdf/ cfrfo	^)
^#: ;li6 stf	/fhGbsdf/ ahfrfo	^!
^$: k~r tGdfqf	kf:/fhGb ;jbL	^@
^%: d xflbg	8f:/fdk;fb 1jfnL	^@
^^: ;d4 hg xg\;a	/fdk;fb kGt	^$
^& hLjg	/fdz/0f Gofkfg	^%
^*: sljtf	/Ltf vltj8f	^^
^(: gkfn jGbgf	¿b 1jfnL	@*
&): cfdf g/fpm ltdL	jf;' sf^n	^&
&!: ujsf s/f	ljgosdf/ zdf gkfn	^*
&@: kSs ef/t emSb5	>Lxl/ kmofn	^(
&#: kTgL s6L cfp5	:kGbg ljgfb	&)
&$: zxLbklt >4fGhnL	xl/k;fb e08f/L	&!
&%: d cd/ 5	xl/eQm l;Ubn dxzl	&@
&^: 7§f gu/\ef/t	lx/f e§	&#
&&: xfnf zflGt ;dl4 s <	xfdgfy zdf	&$
&*: ljbf0 sljtf	j;Gtsdf/ zdf gkfn	&%

:yfoL :tDe

k5f/sf kftf M	
5Gb sljtfsf ;4flGts :j?k 8f: nvk;fb lg/fnf (&	
gkfnsf sxL k:ts k;nx? M	!)@
zAbfy ksfzgsf k:tsx? M	!)^

:jfut

j;Gts'df/ zdf .gkfn

cltly, :jfut Û :jfut Û :jfut Û
lzj–;'vflb ;d:t ;dlkt Û
gt–gtfGgt oL s/–kflyt,
lgot cf;glgDt 5 :jfut Û

xg' 5 zd\s/ sfoqmdflbs,
cy–zedts ;l:y/ aGg' 5 Û
g t 5 nDat sfo, 5 :jl:ts Û
;tt :jfut Û :jfut Û :jfut Û

cldt :jLst 5g\slt cfhsf
kultzLn c;Ld ljrf/sf
t/l0ftNo t/lËl0fjLlrt
stsTj xgg\slt, :jfut Û

YY

-of]sljtf zAbfy{ksfzgsf ;Ddfg tyf k'ts ljdf]rgsf]sfo{qmddf :jfutsf nflu jhoGtLsf ;+yfksHoh]n]vlbgePsf]xf]._

jhoGtL ; li6f ;Ddfgåf/f ;DdflgT JolQmTjx?

ca\s !: kf8f:slkn c1fft -;dLIff_	ca\s @: /fhZj/ bjsf6f -k'j:dlt_
ca\s #: ag"nfld5fg -/fli6«JolQmTj_	ca\s $: pldnf nfld5fg -gLltsyf_
ca\s %: 8f: znGbksfz gkfn -5Gbsljtf_	ca\s ^: eLid pktL -:jbzofqf_
ca\s &: oj/fh gof3/ -:jbzofqf_	ca\s *: 8f:/fdk;fb 1afnL -5Gbsljtf_
ca\s (: kf8f:ho/fh kGt -rf8kj_	ca\s !): sGxof gf;ggL -ljbzofqf_
ca\s !!: ejgxl/ l;Ubn -k0fosyf_	ca\s !@: kf8f:bufk;fb c¥ofn -;dLIff_
ca\s !#: kf: ufkLsi0f zdf -;dLIff_	ca\s !$: /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 @$: zzL yfkflkl08t.-;:slt_
ca\s @%: lszf/ kxf8L -n3syf_	ca\s @^: nlntf bfifL -Psfa\sL_
ca\s @&: uLtfsz/L -n3pkGof;_	ca\s @*: /fwZofd nsfnL -uBsljtf_
ca\s @(: rGbsfGt cfrfo -/fli6«JolQmTj_	ca\s #): bjL gkfn -5Gbsljtf_
ca\s #!: cd/sdf/ kwfg -/fli6«JolQmTj_	ca\s #@: lbJo lu/L -d'Qms_
ca\s ##: ;ifdf dfgGw/ -syf_	ca\s #$: 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 -d'Qms_
ca\s $!: kf8f 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 -n3syf_	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_

ca xfdf kfnf

5Gbsljtf, hLjgL, ;:d/0f, syf ca\s .

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

xflbs ;'´fj

czfs s'df/ nfld5fg

kmnfgf Tof o;f, csf l9:sfgf pm p;f egL
gkmnfsf, agf cfkm xfdL ;Gb/ ;bUOfL Û
cfkm"/fdf ag ;f/f aXdf08 jz eGb5g\
;bli6 ;adf /fVbf rfvf ;befj a9b5g\.

;asf lxtdf nfuÿ\;s;Dd ;a kn
lglj jfb e/f;f e hfuÿ\pTsi6 ;Dan Û
rfnf lflOfs xf eGg gla; bDe efUb5
x6bf bDe eg kSs ;li6 ;Gb/ nfUb5 .

5f6f hLjg of xfdf 6lËg5 l56 ha
dfq ;ofu aGg5g\xif-ljido oL ;a
dd a‰g ;s kSs knfO :jR5 ;Ddlt
a9f/L s6tf ;f/f x6\nfg\åif 3Offhlt .

dh:t ;a xg\eGg ;fr /fv lg/Gt/
s;/L dfgj af6 dfgjL efj d5 / <
zq ldq ;a cf^gf cfkmdf l;hg xbf
xflzof/ agL kfvf :jR5 ;Gb/ dG;'jf Û

qmfw, Oiof, cx la;L a9b yfn ;a ;w
;bfrf/ dgfxf/L snf aG5g\cjZo g
ksf/f 5 oxL ;fgf, kuf;\dfgj judf Û
;bf :jR5 agf xfdL ;li6, bli6 / sddf Û

tn;Lk/, bfª .

YY

;i6f

pQdsi0f dhuof

k?g\bMv, ;i6f ku/ lsgf/
sxf dfg a:y yg/ ljrf/
vnL nVb5g\oL gof qmflGt-uLt
Toxf xG5 gfnf eljio-kOfLt Û

clj>fGt n85g\ag/ lg;fkmL
g 6'65g\ljkHhfndf oL sbflk
u/L lgTo bf;TjnfO lgifw
86/ logL b'/ u5g\ljeb .

g yfS5g\st dfudf sdjL/
/ g nIo kNofp5g\oL a9/
5 jifDo k'/ lgofn/ xbf
logL RofTb5g\sfnsf eflGt-kbf .

a:of rtgf-zLifdf /fi6<Ps
5 PsTjdf hflt, efiff cgs
oxL Pstf tf8b vfHg lj?4
;bf cudf g /xG5g\ka4 .

log l;hgf rtgf-ljDa aG5g\
log sfdgf :jKg-cfnDa xG5g\
pHofnf 5/ / lgzf cGTo u5g\
logL d'sdf qmflGtsf rt e5g\ .
5Gb M ehËkoft 3f/fxL, bfª .

YY

uOfL jhGotL

pldnf nfld5fg

d kUg l9nf ef
l/;fof ls Sof / Û
sxf eNg ;Sy
d ltdf lkof/ Û

ltdL leqsf tL
;a ;bljrf/
ldn/ t dfG5
ag af/af/ .

ltdL lbJo pmhf
vhfgf ckf/
ltdL k/OffsL
cxf Û d'håf/ .

d rfxG5 ltd
3dL cf;kf;
lkO /fVg kfpm
;w o ld7f; .

cgsf ljwfsf
ljziffªs leq
8aNsL nufO
vn/ ;lrq .

l;sfpm dnfO
snf lzNk lzNkL
ltdLem agfpm
uOfL jhoGtL .

sf7df8f .

YY

tL ;ö c:tfpbf

cfdk;fb sf0/fnf

s nV5f sljtf eg/ ;ljtf ;flW5g\laxfgL kv
8f8f dfly emnSs emNsL axt kfl5g\pHofnf ge
Aoëmf0 3/sf hxfg k/sf hDdf u/f0 ha
Gofgf kfg ;bj tTk/ xg h6\nf egL jej .

dfG5sf 3/ sf7/L dxndf kfb ;bf emNdn
sfnf afbn kmfgdf t ;x;f aGg ;w pHHjn
xb ns u/f; cf ;gv/L kmNg u/sf jg
hDdf ug ;lsG5 hfu/ eP kofKt xfnf wg .

kfvf kjt sGb/f / kx/f kUg gdfgL 8/
emg ;Dd t/f0sf zx/df 3Dg agL tTk/
Kof/f /fk xbg lj:sg Toxf ;Sbg ;Sbg x
hf8fdf g8/fpg t/ st emSbg emSbg x .

;fgf afnsblv j4 hgsf ;jf u/L a;/L
o:tf tfut 5g 5g c¿sf rNbg rNg t/L
/ftL xG5 st sg dnsdf hfg 5 c:tfpb
cN5 hf hlt 5g\ku/ 3/df ;;f/ demfpb .

;ftf lnG5 ;sfpb hldgdf emg tiff/f ;a
kf0fLsf lxtdf ;dlkt xb cfof pbfof ca
;f/f bz ljbzsf dghn ub u/f cfb/
;jf efj u//f /Dg ;lsP pDbf /Xof ;fb/ .

u5g\sfd /dfpb hgx? ;b\efjn xbd
sn dGb ksfz ef w/l0fdf rNb 5 o:t qmd
rL;fdf hlt xf u//f ;enf d:sfg eg ;bf
kSs si6 xg5 of w/l0fdf tL ;ö c:tfpbf .

kmsf, skg, sf7df8f .

YY

Joy uof hLjg

si0fk;fb a:ofn

afRg kb5 c:ktfn slt 5g\ 5g\:jf:Yo ;:yfx?
sof 5g\pkrf/d /t /xL ;;f/ efUgx?
u5g\cfh cgs oTg s;/L nlDaG5 cfo egL
dfG5 afR5 lhhLljiff;u oxf Kof/f 5 of hLjgL .

cfdfafa / 0i6 ldq hlt 5g\;f/f udfP klg
afRg vfH5 dgion hlt;s ;ªsi6 efu klg
kf0GYof lsg kml/ dfgj hgL ldNbg sxL u/L
PskN6 5 Hoö x hlt ;Sof ;ªsNk k"/f u/L .

vfH5g\kf0f 5b arfpg egL tL jB cf 8fS6/
o:tf ;To en/ cfh s;/L dfG5 aGof kTy/
/fHof wL/hn oyfy gaemL Tof cfTdxTof lsg <
jif Tof0;sf cdNo If0fd Joy uof hLjg .

cf^gf 0Hht /fVg ;Dklt xbf s kf gkUbf lyof
cfdfafa / Ps dfq alxgL Tofu/ v s ldNof <
afaf /fd ;bj ;lqmo cem dftf pg /flwsf
of6 kq udfpbf cjlg g nfUbf 5 ;f/f lkmsf .

tL j1flgs h6b5g\x/38L sNof0fs vflt/
nfdf cfo lhof0 dflg; cem afrf;\ztfAbL k/
kfpm nVg a9fQ/L ljifosf So hGdsf xifsf
o:tf rflx sbflk nVg gk/f;\vfH5g\:jo dTo hf .

/ftfkn, sf7df8f .

YY

:jflwsf/jfb

8f= s|i0f e08f/L .d'd'lf'Ú

afN5g\dfG5 ul0ft ga'emL ;Eotf xGg bfifL
nV5g\dfG5 ljifo ga'emL :jfy's vfn cf9L
;femf aG5g\t/ xbodf xG5 b'ho sfnf
cf:yf kmf6\of oltljlw oxf e6\g ufxf pHofnf .

b|z 5f8L o'js-o'jtL aGg yfn ljbZfL
nfeL g|tf olt tn em/ lal;P /fi6«jL
xfdf Gofofno klg e'mSof 5g rfvf 0dfg
wtL /fdf t/ dg'hdf 5g lgi7f ljwfg .

cf^g k;fklt 5 dg of sd|sf 5g Vofn
kf6L gftflt/ lbn kUof 5g ;:sf/ ofb
a|rL vfnf, jg slt n6 lal;P /fi6«fb
a|r cf:yf 8n/ lng Tof nfU5 ;fx ljiffb .

bftf vfHb glx8 bn xf ef;df kU5 dfg
cf^g lzIffno cl3 a9 a9\5 x ;Lk, 1fg
nfvf xfdf o'js o'jtL s'lNn e xGg hfg
cf^g wtL;'u la5'l8P ;lSsUuf cfTd-zfg .

af6f 5|sL ga; ca Sj tf8\5' tL hfnemn
lgi7f af|sL hg-an h6 dfq aGg5 b|z
n|vf /fvL s/ / 5nsf b|zb|fxL wkf0
etL /f|sL p7 g hgtf cfTd;Qf huf0 .

sf7df8f .

YY

kfOG5 tfnL ta

s|jn sfsL

kfof hGd ;'sd ug 5 ldnL Kof/f w/fdf ca
g|kfnL Oltxf; aG5 ultnf kfOG5 tfnL ta
cfwL 5N5' kxf8n d ;lhn d|rL / sfnL egL
yfDb xg\klx/f db|z hgn afhL lhtfnf clg .

5fgf 5fpg'k5 cfk; ldnL vfP/ vfn ca
afemf v|t x/fe/f em'ln/x kfOG5 tfnL ta
vfPem cg'el't xf;\/x/sf e"ju xbf 56f
yfkf ;fu/ aG5 zLt a6'n l/Qf x'bgg\38f .

kfvf ;'Gb/ kfg eg 5 oxf a'§f ;'gfnf ca
pT;fxL k/b|zsf cltlysf kfOG5 tfnL ta
xf;L xft ldnfpbf xbosf ;f6/ dfof v'nL
xfdf zLif lxdfndf ;'u;'u gfr/ kL8f e'nL .

cfkm cfk;df ldn/ sldnf kmf5g\kxf8 ha
a;L ufd l56 d'xf/ abn kfOG5 tfnL ta
df/L e >dn psf:5' ul/aL g|kfn d/f 3/
df6f sfdn kf5' lbG5' pkdf ;;f/df ;'Gb/ .

x|hf hf k/ hf otflt/ gcf hf sf/gf ¿U0f hf
xfxfsf/ ;d'h pqg ;sf;\cf/fUosf sNk cf
d5g\/fxt xLg afGwjx? l/Qf r'nfsf tn
wfGg d'h ;dfg'kflts agL pBfu wGbf v'n .

gf/Lsf ck/fw xg g5g cf/Desf ;li6 xf
kmNg b|x /h:jnf k|sltsf hfnf x6f;\bli6sf
dfG5|sf gj r|t ;fr abnf Jofdfx kmfNb ca
Tofuf 5fpk8L k|yf d'n'sdf kfOG5 tfnL ta .

vfbaf/L-&, ;ªV'jf;ef .

YY

hLjg dfsf

vuGb| vfN;f3/|

dfsf vfN5 / dfsf
dfs| yG5 lg Û dfsf
kf0f-kf0f 5 dfsf
kf0f wfG5 lg Û dfsf .

of6f sfn ljnf0
csf| sfn knf0
sfn| kmN5 / kmNbf
sfn| kmN5 lg Û kmNbf .

ofqf sfn sdfgL
an| xf| lg hjfgL
cf^g| rqm rnf0
sfn| u5| sdf0 .

cf^gf sd 5 cf^g
cf^gf wd 5 cf^g
kf6f| rGg 5 cfkm
af6f| vGg 5 cfkm .

ofqL-hLj / ofqf
ofq| leq 5 ofqf
rf8| hfg 5 kUg
kUb| lkmg 5 kUg .

Hobf sfn ;sfn
s| xfnf lg Û 5 sfn
PNo| /fKg 5 efln
afr| efln 5 xfnL .

anf leq ;anf
an| leq canf
lrGg ra\v rnf0
rf8| xG5 enf0 .

dfsf h5 g cfkm
dfsf s'5 g cfkm
sfn| sfn ;df0
sbbg xf:5 x;f0 .

/fdf ofd ;d6L
dfsf 5fKg 5 5fkL
l;Ssf kf0f 5 kf0
vrf| 7fp 7df0 .

dfsf xfG5 / rfsf
rfs| 5fG5 lg dfsf
/fdf bfp nuf0
xfgf hLjgnf0 .

sf8f sfn ;df0
vNg| hLjg kf0
sxL ug g;Sg
Hob| dg g afRg .

8Anf gfp ls eGb|
aUbf 5fn l5rfNb|
km/L kml/ 3df0
tf/f hLjgnf0 .

sfdgkf !%, :joDe".

YY

kfgLsf| kL8f

v8fgGb n'06|n

vfNbgf s;/L au/ 3/df kUg5 kfgL eg
vfNb| b:t/ rflxg 3/ nu| csf| c;Ng| wg
vfrf| 6fg| eg/ vr ul/of| 6bg vfrf| t/
ef8| 5g eg/ 6fg| lsg xf| yk| lyP 6bfa\s/ .

yk| Kof; vk/ klvg ku| xKtf laTof| tklg
kfnf| cfp5 kv| kv| elgof| laGtL r9fP clg
efsf| k6 s;/ a:g k6'sf kg| eof| s| u/f|
hf8b xft ljgd| afNg s;/L < afNg| g;Sg| eof .

k;fdf o;/L las| lbglbg| oL sd rf/Lx?
kfgLdf klg bfd dfUg sl;P xfdL stf s| u?
6bfa\sL ;fkm ul/Gg xG5 wldnf| kmfxf/ g| /fVb5g\
xfdLn| 9nsf ;dt glt/| pN6| ltg| hfUb5g\.

o:tf st't vKg;Dd vlkof| /fof| c;fWo| dg
kfg| xf| lgld6bfGg nf g s;/L of| bzsf| bZdg
sfnf| sfd u//| db5 eg| Tof| gs ;fem uof|
dbf| bi6 dnfd hfg s;/L af6| cWof/f| eof .

dfG5n| ze sd| ug g;s| afr/ s| ;f/ ef|
ltvfdf hn lbGg eGb5 eg| Tof| afRg| asf/ xf|
csfsf| wg dfq tfS5 h;n| kflki7 Tof| xf| clt
To:tf aft ;g/ dVv gk/f| ug5 xfd| vlt .

lrGtf OHhtsf ;dt gxbf cfkmgf ;a ;Gtlt
bfu| dfq nufpg| an u¥of| v| dVsf| cfvtL
gfa\u| hfG5 lnP/ hfGg wg Tof| sfqf ;u| al/bf
hf8| ;DklQ eG5 Tof| cwdn| l/Q| xg| xf| labf .

YY cfvn9a\uf, rDkfbjL-# .

afsL

vfnf3/ ;flxnf

laxfg km:of, lbg xG5 afsL
;GWof latfof /hgL 5 afsL
vfO ;Sof r7g /xG5 afsL
lgbf k¥ofPkl5 p7g afsL .

efu/ hf cfh ;lsG5 Pn
gcfpg efln xbg sNo
l;WofOP cfh ;du 7fgL
km:ofpg efln /xG5 afsL .

dgiodf hLljt dflg; 5
5f/f lktfdf cgjfb xG5
5f/L 5 Pn kl5 vf; cfdf
xfnL kys\sfn kys\ynfdf .

dbf ptf :ju 5 sfdgfdf
:ju ku dflf 5 sfdgfdf
ofgL sg k5 ls efUg afsL
eg/ of6f 8/ xG5 afsL .

lkO /x Kof; c´ ylkG5
cgGt xf efs a9L /xG5
tiOff 5 hLjGt ;bj afsL
dg grfx klg dg afsL .

hf sfdgfaf6 /xG5 b/
lgM:;f/ ;D´L ejaf6 dQm
lgisfdtf dfq /x t afsL
/xGg sxL clg ;fRg afsL Û
Onfd .

YY

jhoGtL

kXnfb kfvln

emG8f prfn sljtfl;t jhoGtL Û
>L rGb-;ö ;dnªst lrXg 5g\tL
gfnf Wjhfl;t vn/ rnÿ\ktfsf
;fgGb ufog u?g\gjgLt efsf Û

dfnf agL u/ cnªst ljiOfnfO
dftL h8/ gj-xf/x? ;hfO
5g\cykÖf kb jfSox? ljzif
cYofpg l:ylt k/ k9 zAbsfif .

dGbf/, sGb, tn;L clg kfl/hft
;fy u/L sdnsf sdgLo xft
;fGbooQm ze kmh ;hfpgfn
zfef ldn5 sljtfl;t cfpgfn .

p2ZokÖf /rgfl;t zAb hfVg
pbUf/ 5g\slt ;/lIft efj kfVg
dfnf ag;l/ ldn klg zAbxf/
sf vKg ;S5 lagl;lQ eP kxf/ Û

emG8f p7f;\ljhosf ;lhof;\j;Gt
efiff agf;\ljgozLn / kfOfjGt
ub ;bf ;an jfªdosf ljsf;
;ªnf ;kmf uugdf el/of;\ksfz Û

jfOfL ljnIfOf eP klg nIfOffdf
xf;\Jo~hgfTds s/f clewf snfdf
rNb /xf;\;/n zflAbs zAb uGtL
;DkifOfLo ag xflbs jhoGtL Û

YY

rf8 xfdf dgfcf

uªuf cfrfo

cfof cfof ca z/bn xif afs/ cfof
5f/f dnf clg ;u/sf d3 sfnf x6fof
o:tf anf dw/nodf ;fDotf uLt ufcf
;GtfifL e x/t/xn rf8 xfdf dgfcf .

;bL udL g clws sg jfo jiff rnsf
a;L yDsf uug w/tL r§ /fdf vnsf
;/fkm/f lg?kd snf bZo xb /dfcf
;GtfifL e x/t/xn rf8 xfdf dgfcf .

af:gf 5f8b dudu cxf kmh /fdf kmnsf
af/L6f/L nxnx u/L cGg afnL ´nsf
af6f3f6f j/k/ ;kmf :ju h:t agfcf
;GtfifL e x/t/xn rf8 xfdf dgfcf .

kG5L hf8L ljlkg t?df kd aG5g\<
dfG5 hf8L kOfo/;sf efj kfV5g\nhfO
dfof pmhf al´sg c´ lgTo lgi7f hufcf
;GtfifL e x/t/xn rf8 xfdf dgfcf .

xfdf cf^g dg / wgsf cfxbf Vofn /fVb
gftfuftf ldlnsg ;a Pstf efj uf:b
cf^g cf:yf rng tl/sf uj ub arfcf
;GtfifL e x/t/xn rf8 xfdf dgfcf .

>Lgu/6fn, afUnª .

YY

xfd|f| 6f|kL

u0f|z l3ld/| .dfld|sÚ

6f|kL e| lz/df st| lzv/ g| cf0 a;|em| u/L
nfUof| dlGb/df a;L uh'/n| 5fgf| ;hfP;/L
d/| dfy eof| lxdfn ls s;f| h:t| dnf0 eof|
xfd|f| uf/jsf| k|tLs lz/df 6f|kL agL emlNsof| .

6f|kL ef| lz/df eg| xbosf| g|kfn cf|ltG5 /| Û
rDs|sf| cgxf/df ;|hgsf| ;:sf/ kf|ltG5 /| Û
k'vfaf6 l;s|/ oL ;a s'/f ;Tsd| ub| u/f|
k'vfs| pkxf/ of| jtgsf| p¢f/ ub| u/f| .

6f|kL pRr lxdfn aG5, b|lgof ;;f/ x|b| 5 of|
6f|kL e|mSg lbbg sft/ agL cfbz| xf, zfg xf|
6f|kL /ªu lj/ªusf ljljwtf af|s|/ afRg| snf
6f|kL xf| ;xefjsf| lk|osyf /Rg| gof zªvnf .

6f|kLaf6 em/|/ tKk kl;gf wtL| lehfof| eg|
cfTdfaf6 ;/|/ df|lnskgf 5ftL /;fof| eg|
k|mN5g\k|m'n cg|s hft y/sf of|6| lbg| jf;gf
o:tf| jfu ;hfpg| /x/df v'N5g\gof lt;gf .

6f|kLsf| dlxdf ckf/ o;sf| ;fdYo|sf s| s'/f
6f|kLs| txdf a;f| ca r9f| ;dlWbsf 6fs'/f
xfd|f| /fli6« efjgf ;hu e| lj:tf/ ub| u/f|
xfd|f| ;Gtltleq df|lnskgf, ;:sf/ eb| u/f| .

YY

wf|qmf| 5 d|/f| c´ sfwdfly

uf|kfnk|;fb e08f/L

efn| u'0fL vf|H5 ;b|j kfyL
xf| cf|vtL t'No ;'of|Uo d|yL
x'g\cGgn| k'0f ;b|j kfyL
wf|qmf| 5 d|/f| c´ sfwdfly .

a9f| eP hL0f| z/L/ wfG5'
ljBf snfsfzn lbJo 7fG5'
cWofTdjfbL lk|o 5fG5' ;fyL
wf|qmf| 5 d|/f| c´ sfwdfly .

cfgGbdf g| k/d|z b|V5'
cfzf u/L hLjg ef|Ug vf|H5'
/fd|f u'0fL /f|Hb5' lbJo ;fyL
wf|qmf| 5 d|/f| c´ sfwdfly .

;b\efjgfn| sljtf d n|V5'
;flxTo;;f/ ;'/Do ef|U5'
;T;fwgfn| clg k|U5' dfly
wf|qmf| 5 d|/f| c´ sfwdfly .

;fef|Uodf ;'Gb/tf ;hfpm
g|kfnjfbL sljtf agfpm
wf|sf| 5 d|/f| ca k|Ug dfly
wf|qmf| 5 d|/f| c´ sfwdfly .
xfn M ;o'Qm/fHo cd|l/sf .

YY

kl/0ffd

/d|z z'e|R5'

d o4 n8\g| lhlt/f|5 csf|
cfh| v6|sf| wlt/f|5 csf|
d|n| /r|sf sljtf snfdf
l;/fg xfnL ;'lt/f|5 csf| .

3f|8f d bf|8\bf| s'ddf 5 cs|
uf¿ d hf|Tbf| 5 xnL cnUu|
uf|8f d s'b\bf| ljhoL 5 cs|
5f|lkG5' cfkm| b|lgof prfNb| .

d/| snfdf /ª rf|5 csf|
d/| unfdf ;'/ km|5 csf|
d/| r'nfdf d hn|/ ef|sf|
d/| vnfdf lrn d|6\5 wf|sf| .

g8\uf d 3f|6\tf| 5 cefj d/|
vf|nf d aUbf| t/ Kof; d/|
d| ;'b| HofT:gf t/ /ft d/|
d| k|d 3|nf t/ 3ft d/| .

cfuf| d aNbf| t/ tfK5 csf|
xfjf d rNbf| t/ Ho'5 csf|
efsf d v'Nbf| ho ufg csf|
d/f| snfdf w'g e5| csf| .

ldr|/ kf6f| vlg/f|5 csf|
s'Nr|/ dfyf ple/f|5 csf|
d a4 cfkm| lsg nfU5 emsf|
n8"s;f/L gj o4 csf| .
6Lsfynl, nlntk/ .

YY

gkfn e"ju xf;\

kf= uflkLsi0f zdf

kvfsf clj/fd ;fx; tyf jL/Tjn cflht
of PsLst bz nfUb5 lgs gkfn zfeflGjt
6f9f of k/tGqblv axt gkfn zflGtlko
/fvsf 5 ;bf :jtGq ul/df of bzn /fli6« .

of xf :ju ;dfg bz h;df gfgf y/L e"tx
blvG5g\lxdznkjt tyf pi0fLo e'Sf tx
hf8f ofd t/f0 jf; 5 ;vL udL eP kjt
of kofj/0fLo ?k 5 hxf gkfnd lgZrt .

cUnf ?k lrgfpg lxdrnL dflgG5 hf ljZjdf
gkfnL w/tL 5 zflet oxL cToRrsf gfddf
of xf hGdynf kl;4 / dxfg\l;4fysf a4sf
;fy Jof; / Cio z'\u dlgsf jfNdLlssf xf ynf .

gfgf j|lf tyf jg:klt oxf 5g\blvbf kf0fbf
s0ffnL clg sflzsf / ljknf 5g\u08sL zLtbf
lzIff :jf:Yo / /fhdfu logsf blvG5 a9bf qmd
of gkfn ;d4 aG5 ta g aG5g\;vL oL hg .

of l;4fGt agf;\cufl8 cujf nfu"u?g\sfodf
xf;\gkfn kl;4 ljZje/df pBfudf zflGtdf
;f/f dfgj xg\;bf ;dltsf ;befjgf kmlnof;\
of6 lrGtg xf;\agfpg ;sf gkfn e"ju xf;\.

1fgZj/, sf7df8f .

YY

d zGodf zGo eP/

uflljGbk;fb l3ld/ .jbdl0fd

d zGodf zGo eP/ cfP / zGodf zGo ;/L ljnfP
;d:t ;;f/ 8n/ cfP tyflk of ljZj ;a udfP .

g afacfdf g lktfdxflb g ;li6stf g t kfnsflb
emnSs emNs / ;a x/fP oyfydf zGo xb ljnfP .

;kq kqL clg kfqkfqL cgs ;Gtfg / aGwju
;a xg zGodoL ch; x/fpg oL klg zGoleq .

ckf/ of zGo 5 lnG5 z:q l5gfpb rNb5 e ljlrq
sg oxf zif /xGg ef0 lbOG5 sfaf6 t pQ/f0 < .

5 zGo aXdf08 cgGt sfl6 ug/ sf ;Sb5 Ps rf6L
htftt zGo eP/ a:5 psN5 of zGo / zGo lgN5 .

c;To h:tf t/ k0f ;To cbZodf bZo ljjs bV5
5 zGo of ;To htftt 5 lqgqwf/L klg 5Ss k5 .

cgs nLnf To;n agfof / zGodf zGo xb ljnfof
To;u/L zGo lnP/ cfP / zGodf zGo xb lanfP .

YY

s| tkf0n| xfdf| o'6b'asf| ;f06 xg'ePsf 5 <

Shabdartha Music SM

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

ckl/ro

ufljGb/fh ljgfbL

sxfaf6 of bxleq k;/
dnfO .dÚ eGg dleq a;/
g bv g bVt 5 Tof ?k Pn
t sf xf;\tnfO lrGof5g dn .

bj xftn ub5g\lgTo sd
u/sf 5 dn egL eGb5;\t
bj gqn xb5g\;li6nfO
d xb 5 jf x5 eG5;\t cfO Û

;3f;\gfsn h ;gg\sfgn h
;3 jf ;g eGb5;\lgTo tn
lx8g\kfp oL b/ uGtJo e6g
d lx8b 5 jf lx8 5 eG5;\:jo t .

u/sf ;a sd hfGg t sf xf;\
:jo g .dÚ stf x 7fGg t sf xf;\
lbg lgTo cfbz oL cªunfO
t sf xf;\l56 nf g eGb dnfO Û

;bf OlGbodfly cf¿9 aG5;\
/ d/f egL ujsf ;fy eG5;\
x d bx, bxL-kjQmf t sf xf;\<
lrGof5g rtGo;Qf t sf xf;\<

YY

;'vfgGb

ltn:dL kef;

dgfkmf u/sf k;Lgf rxfO
ykf/ k;f xg s arfO <
r ; bJo w/ xg 5g zflGt
rnfP/ efUg gkfP czflGt .

Joyfsf nufgL xg s hdfO <
agdf crfSnL xg s dnfO <
dkfO a9sf avfg rnsf
xg hf cxtf ;asf dgdf .

bafP/ cfzf g/fv dgdf
nsfP/ rfxf g/fv tgdf
xg 5g kL8f sbflrt\s;df
vn gfR5 cfTdf v;Ln ;adf .

u/fnf u/fnf lg eGb g;frf
ghfgL gbvL gefuL gdfgf
g/fdf gug,"g5f8 ;';Îj
xg 5g dfG5 sbflrt\s'tÎj .

ldnfP/ kmfsL hjfgL rnfcf
ldnfP/ gfkf ;'afgL a;fcf
5/ pRr pT;fxsf ;fy ;jf
u/ ldN5 kSs ;'vfgGb djf .

af4, sf7df8f .

YY

ofqf ;hgkydf

8f= 3gZofd Gofkfg .kl/>dLÚ

cf:yf kmNg pkjg lgs vflhof lhGbuLdf
kf8L vNg qmd klg rNof efjgfsf gbLdf
xbf xb no ljnosf ljZjJofkL t/ªu
e/fvsf 5 ls cjlgsf Ps ;i6f d bªu .

ofqf xf of 5 d tnlt/ zn r9g 5 nlo
xGgg\kfgL c;kmn r/jltjfbL cjZo
kSs ;RrfO ;xh xb xGg yfxf 5 ;fyL
ofqf yfn t/ klg ljgfrfs/L kUg dfly .

d/f ofqf clj/n rnf;\lj£gafwf x6fO
pT;fxL esg lxl8/x":j:y 5g\kfOnf oL
of ofqfsf ;tt ultdf aGg yfn d cN5L
afwf ljisDes;lxtsf yflkPnfg\lg aN5L .

sn sfxL ylst tgn vfH5 cf/fd ug
sn sfxL rlst dg rfxG5 ;fGbo 5g
dn d/ lxdlzv/sf dfly rfxG5 6Sg
ofqfdf h cgej u/ Tof d rfxG5 nVg .

xf;\ of ofqf cljrlnt xf;\kUg uGtJo;Dd
cK7bf/f 5g\x/kn lgs, 5g\t s ef crDd <
dn kHg dg-duhn zAbsf zlQm vf;
nVg afsL cem klg 5 x jL/tfsf ;'jf; .

d/f ofqf ;hgkydf rN5 /flsGg sNo
cfwLa/L;u a¿ k/ le8 5 cflQGg sNo
afªufl6ªuf ky lzv/sf lx8 5 cfgGb dfgL
lx8bf lx8b cgj/t of 6ªuof;\lhGbufgL .

sfnLu08sL-%, :ofªhf .

YY

ef8e|nf|

rGb|sfGt clwsf/L

>d-:jLslt df /f8f sfnfkq| s8f wg
dfg; lbJo cfnfs w/tL k0o cfhg
clVtof/L ;wf dL7f| /fhuf/L l76f| lk7f|
xf/fxf/L bof kfq 3';vf/L s8f l;7f| .

c;nL kl;gf 3", bz pef| s;f u/L
hgzlQm ;a vf8L dfnkft a6L;/L
sDkgL dfn dfnf0 lgu/fgL a9fa9L
5Ks/ slnnf ;fgf tLtkftL h8La6L .

cgxf/ gof kfgf sf/faf/ lgsf;df
ho jr:j vnfdf bntGq ljsf;df
ofubfg sdfP/ ykSs /flvg| eP
uxgf :j0f lgdftf blfdf klxnf lyP .

klt:kwf nufgLdf /0fgLlt k/fho
cf/fk bzn| efUbf ljZjf; l;hgf lfo
:jbzL lfdtf afSnf| lj:yflkt c;6\6sf
vl6/f lald/f 5fnf sTnf 5fof la56\6sf .

clh/sf6 ufkf-#, sfkmn8f8f, uf/vf .

YY

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

sljtf s;/L aG5 <

rGb|k;fb Gof|kfg|

gdGgf sljtf nfU5 plQm-;lQm ldnfpbf
cnªsf/L /;fTdL ´g\Wjlg;fy l;nfpbf .
j:tj0fg xf| dVo ;4flGts ljrf/df
Wjlgn| dfq kUbg sfJo aGg lgvf/df .

clewo cle1fg klg xG5 lj/fws
sfJo pQddf 5g cletfk lg/fts .
Wjlg xf| efjgfj/L j:tsf ljk/Lt 5
cxfxf Û eGgdf s| 5 tsdf ts| kLt 5 .

ljgfj0fgsf ;lQm ;lsG5 s| l/´fpg <
snfn| dfq kUbg l;ªuf kmf6 lehfpg .
snf cbZo 5g\dfly sltv/ auL lbg|
lehfpg k/| kmf6 b/| cfkm ´/L lbg| .

jgsf j|lf aGbgg\gpdL la?jf sg|
la?jfaf6 ef| j|lf sdsf dfudf 5b| .
5/df j|lfn| aLh ta kf| la¿jf aGof
g5/L elGdf aLh cªs/fpGg ;li6 Tof| .

aLhdf ldNb5g\JofVof cªs/fpgdf Wjlg
/;flbdf ag| kmh kmnfnªsf/ 5g\clg .
:jfbdf sljtf ldi6 /;gf;fy cGg e|
e/L cfgGbn| k6 egG\ eP d 6Gg g| .

l;GwkfN rfs .

YY

;li6 stf / slj dfly Ps kZg

hgfbg clwsf/L

p:t xf c? ´ a; d klg nf To k6 leq t/
d/f bfif st lyof / d eP ;fdfGo eGbf k/
cfdfs clt z4 sfv d a; hGd d dfG5 lyP
;fgf 6S6s lx8by blntsf laNnf le/ PlSnP .

of6 kZg 5 of ;a blnt sf s bfif xfd 5 / <
dfG5sf ckdfgn ca st ;;f/ kml/G5 / <
dn jb k/fOf k:ts k9 gfl;G5 dl6G5 ls <
uftfd gk9g\lgifw 5 egL nv t el6G5 ls <

nvgg\sljn sg blntn k8bf st kfk 5
bvgg\lsg lal;P ls t st ;Gbx ;Gtfk 5
dn cfb/ efjn ´lslbbf sDhf/ 7fGg lsg
dn So kltjfb ulbg eg To ;To dfGg lsg <

d/ kf/vaf6 aG5 ultnf wf/f 6L Hofan Û
rN5g\Tof ws So ge ;xhn 5fOG5 Kog hn
d/ xft l5gf / xDd/ lk6L 7nf p7fOsg
aG5g\dlGb/ kHb5g\hg ;a kfpGg d bzg .

p:t 5g\cgxf/ dfgl;stf p:t e/f;fx?
p:t 5g\kl/jf/ :gx ddtf p:t tdfzfx?
p:t 5g\3/af/ jf:tljstf 5g\hGd p:t 8/
v s leGg eP/ hft 3l6of sf 5g\lbg pQ/ .

dfG5af6 ePg Gofo ca of aXdf ltdL g eg
ltd ;li6 ljwfgdf klg 5 xf of hftsf ebg
aXdf kli6 u?g\egg\blnt xf dn u/ leGg nf
d/f ;li6 ljwfgdf c5t 5f dfGg k¥of dfGb5f Û
l;gfdªun -(sf7df8f .

kfv/fdfly p8bf

7fs'/ zdf e08f/L

kfvnL-gedf p8f g Û ;x;f OR5f eof tlD;P
Kof/f ;Hhg ;fydf ljhosf cfef ldNof rlDsP
afafsf dg dfeNg tTk/ lyP cfgGbdf elbP
d/f rfx aemL vnf xbon cfef/ dfGb lyP .

p8bf ;fy ljsf;sf ult;u Kof/f lyof d~rg
/fdf hLjg sdn uxlsnf aGg g xg\sf/Of
jiff Yof kl/jf/sf gogdf cfZro dfGb lyP
of cfgGb ckf/ Yof kjg em 3Db / p8b lyP .

xfjfsf ult tLj Yof t/ oxf cfgGb a;fpYof
/:;Lsf e/ dfly dfly gedf vNnf 5 t;fpYof
;;f/L ;v ldNbYof slt st klfL;/L 7fGby
of xf :ju ;dfgsf kslt xf xf kfv/fÛ eGby .

p8bf 5g\ult s < egL hLjgdf hf vNbnL Yof uof
vNnf Tof /;-df-w/L-ljxusf cfsf/ aGb lyof
cfkm ;Gb/ kfv/f;u eP pTkmNntf al;of
Kof/f 5g\dgdfem lbJo /rgf x kfv/f ÛÛ rlDsof .

ofqf ;Gb/ ef ;a;u ldnL ;fsf/ ef hLjg
efsf ;Gb/ ef kefj-ultdf afwf ge rf/Of
;f/f ;li6 d bV5 lbJo ultdfg\cfZro 5g\;fwgf
h h 5g\;a 7fp bV5 /rgf vN5g\;a wf/Off .

dfgf kOf 5 of r/fr/ ;a p8b u/sf lyP
o:tf hLjgsf ljrf/-gedf kfOG5 ;fRb lyP
xy dfly p8L kbQ slt of ;fGbo Kob lyP
o:tf kf slt kfv/f Û ejgdf blvG5 v Û uDby .
wDaf/fxL, sf7df8f .

cfdf /fdL ;bf l5g\

8Da/ l3ld/|

sfnf sfnf uug tndf kHo xg\d3dfnf
;tf /ftf xl/of / ;uf /a\u kLtflb dfnf
xf;sf 5g\;kmn / w/f 5lsb lbJo cfef
zfef kf0 d';d';' u/L d:s/f0 /xsf .

xfdL cfdf ge / w/0fL ljZjsL ?k/fgL
afl55g\5ftLe/ ljljwtf wft'sf w/ vfgL
cf0g\SoNx < ou slt lng ;jbf gfhjfgL
vfhL ubf g t ldlnuof lbJo ufyf sxfgL .

rfvL g 5g\k/k¿ifsf xft nfug af7L
¿G5g\;f/f j/k/ ;a xf:bl5g\e rnfvL
w/ yf/ hlt lbg eP cGodf aft nfUof
nfg g Yof cwd l/kn l;:g nfu/ efUof .

cf;L cfof t/ klg logL ;Gb/L ;Gb/L l5g\
To:t cfof cem cem oxf kl0fdf rDsbL l5g\
sfnf dnf ljkb slxNo emlNsb emlNsPg
sfnf /fqL glhs gxbf zqtf klNsPg .

sf/Laf6L x/avt g a:bl5g\dfgtfdf
klxlG5g\x axt/xsf j:qn xG5 cfef
gfsdf 5g\rdrd u/L rlDsg k0ftfdf
dfydf 5g\l;b/ /xbf kftsf /lQmdfdf .

YY

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

c3fPg ;f9|

l8NnLk;fb d'nltx'g

c3fPg ;f9 r/sf r¥o 5
cem Tof pkbf«u/sf u¥o 5
cgsf gvfg s/f;Dd vfof
cem 3f; vfHb s/fP/ cfof .

cuf6 k5f6 lgNof cGg afnL
cem ug vfHb 5 xfnL dxfnL
cnf6f ds hf rkfP/ wfg
c;Gtfif ub cem vfH5 vfg .

ckËf lgn em ;a lgNg hfGg
c6/L k6Ss egsf gdfGg
crDd 5 5f8f xb;Dd rfdf
c;fWo lauf¥of st 5g /fdf .

c;Gti6 afgL 5 ;fx«;tfof
cxf Û ;jgf; u¥of lbSs nfUof
c;f/ gbLem aUof cf;' xfdf
cWof/f 5 a:tL agfof g/fdf .

cTofP/ xfd n6bf uf; af;
cuN6f prfnf lbg xg 3f;
cklff u/Yof 5 xfnf ;afgL
c3f/ ?jfof ;wf/g afgL .
dfn^a–)%, cfvn9^au f .

YY

g|kfn jGbgf

¿b| 1jfnL

hxf a4n 1fgsf Hofllt 55g\
hxf kd ;befjsf blk hN5g\
5 hf a4 cf hfgsL hGd 7fp
d Tof bz gkfn xf eGg kfpm .

hxf ljZjsf pRr dfyfx? 5g\
hxf ;Gb/L cK;/f ?ksL srgf 5g\
hxf 5g\:jod\jfl6sf tNo ufp
d Tof bz gkfn xf eGg kfpm .

hxf 5g\ltn:dL syf jL/tfsf
hxf eNen dh 5g\;Eotfsf
prf zn eGbf emg pRr gfp
d Tof bz gkfn xf eGg kfpm .

hxfsL w/f k0f 5g\;Dkbfdf
5 ;~hLjgL 6fs/fdf u/fdf
hxfsf a6Ln lgsf xG5 3fp
d Tof bz gkfn xf eGg kfpm .

st 5g of bz em bz csf
sxf :ju xfnf / gkfnh:tf
d Tof :ju csf sxf vfHg hfpm
eP :ju gkfn xf eGg kfpm .
e/xjf, ?kGbxL .

YY

eg s| ug| ;S5' d <

l8NnL/fh cof|n

pHofnf, rlDsnf tf/f eP eg|/ s| u?' <
xl/of jgsf af6 5g\eP/ d s| u?' <
5nf lxdfnn| cfef 5/f;\hlt d s| u?' <
Hoflt 5g eg| b|Vg| ljgfHoflt d s| u?' <

xf|nfg\;d|b|df df|tL df5f eP/ s| u?' <
xf|nfg\lxdfndf /Tg /fd|f eP/ s| u?' <
xf|nfg\hªundf yk| a6L eP/ s| u?' <
geP kf/vL xft Joy| xG5g\d s| u?' <

xf|nfg\k:tsdf 1fg eP/ kf| d s| u?' <
xf|nfg\xbodf Oz eP/ kf| d s| u?' <
xf|nf PZjo| ;Qfdf eP/ kf| d s| u?' <
dg l/Q| eP cf^gf| s| kfOG5 / s| u?' <

h| d|/f| ;fydf xG5 h| rnfpg ;S5' d
pkofu ;w| cfkm| h;sf| ug| ;S5' d
k|ofu gu/| d|n| ltgsf| eg s| u?' <
c? 3f8f r9| eGb| r9L w/L n8L d?' <

To| d|/f| wg xf| efu h;sf| ug| ;S5' d
To| d|/f| 1fg xf| uj| h;sf| ug| ;S5' d
ltgnfO a9fP/ cufl8 hfg ;S5' d,
c?sf lrh b|v|/ eg s| ug| ;S5' d <
dgfx/a:tL, sf7df8f-#@ .

YY

a9Luªuf ca t hfu Û

9'08L/fh cof|n

a9Luªuf au au ltdL 5fndf 5fn uGb|
kfvf a:tL ljs6 jgdf r|tgf k|d eb|
8fNdf elG5g\dg dg syf j|bgf 5g\b'v|sf
;flfL a:5Øf| slt lbg ltdL cf;'sf dfq efsf .

cfzf af|sL h'n' klg oxf 3Dbl5g\dft8Ldf
ltd| af6f| lz/ pk/df r'Dbl5g\z|n 5fgf
s|of| af6f ;'v / b'vsf k|dsf 5g\sxfgL
cfkm| g| 5f| s¿Of lbnsL zLn ;|kfn /fgL .

k|Daf r9'5g\lxdlul/ p'rf| dfOtL b|z ltdf|
vf|Hbf xf|nfg\e'ne'n snf pldg| d'h ltdf|
af|s|sL 5f| cd/ ;'ifdf si6 sf6b| ;';|nL
b|pm uªu| gjou ltdL 5fp uf7f| pv|nL .

;f/f k|fOfL gj/h lnO k|dsf| zlQm kmS5g\
cfdf a|gL tg / dgn| 5fp kL8f ;';|N5g\
;ªnf| rf|vf| lgn hnlwdf 3fp vf6f ;'sfpm
a9Luªuf ca t p7 x| r|tgf hUdufpm .

l;ªu| ;fkm| au/lt/sf| pAhgL dfx nfUbf|
bfofafof dw/ nosf| b|p8f uLt hfUbf|
nfnL b|pm o|js o|jtL kLltdf sLlt| ufpmg\
hUbNnfsf| hn / lglwdf :jOf| wf/f pbfpmg\.

o| df6f|df lzj tk a;| ;fwgfdf /dfP
:jfdL cfP lj/x lbndf r|tgf hUdufP
v| k'vfsf| /ut kl;gf k|d v| kmlnPsf| <
v'Nb| cfpm lsg lsg ltdL nfhn| v'lDrPsf| <

YY

cf^gf sljtf

ltnsk;fb n'06n

slj s/flt sfJoflg /; hfglt kl08t
eGb5g\/Rb5g\sfxL 5Gbfa4 cvl08t .

slt 5g\sljtf /fdf uBkB bj klg
/lrP sljtf w/ xfdL 5f sfJodf wgL .

sljs el'd xf xfdf bzsf oL sgf sgf
sljtfd lng /fu sljs 5 6gfdgf .

snf ;flxTo of efiff ;ªuLtdf wgL 5 hf
ljZjdf ljhoL aG5 dfly r9g pxL g xf <

;SsnL /lrof;\sfJo efjgf ;SsnL eP
;SsnL sfJosf bz pGgltdf pef eP .

wtL of sfJosf vfgL of wtL 5 ;dGgt
cf^gf dflnstf vfHg lsg sfJo /lrGg / <

ho xf;\;asf sfJo ;i6fsf ho xf;\cem
/rg\hLjgsf sfJo of bz hgsf ho .

skg, sf7df8f .

YY

k9gxf; Û

jhoGtLsf ;fydf

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

;Qf s :jKgdfq xf <

tLy/fh clwsf/L

kl/sf/ k/af6 efsf 8fsf lrofp5
lar/f Û 9f8 efrYof s7 Û sf eGg cfp5
df6f lsgfx?nfO ld7 ldNb5 Jo~hg
htf hfpmg\pgnfO ldN5 ;Ddfg cf;g Û

rt/f plkof efU5g\hdfsf sfndfq 5
wfg vfg d;f nS5g\Eofutf rf6 kfp5
yfqmfn sfvdf /fvL sfqmf cfkm rkfp5
xfnf tIfs hf 8:g sfd /Ifs kfp5 .

khftGq eg vfP, sdfP vnkfqn
nfstGq eg vfP, nfeL nRrf ;a ldn
g/eIfs gfRb 5g\gnLxf8 ahfpb
u0ftGq kmNof eGb ug-tGq kmnfpb .

kft, afqmf, 76f laS5g\eGgkb5 cfvtL
gq bult g xG5, efUg k5 ´g vtL
afNg ;Sg lk7f arL dfnfdfn xb uP
gafNgsf sxf laS5g\< rfdn e; ´ eP Û

t/sf b/ vfP/ la/fnf vf6df n8
kfvfdf jgdf/f 5g\Ph¿ af6df a9
ei6frf/L, b/frf/L u5g\glts efif0f
lsGg ;S5g\;anfO lnG5g\hDd ljeffOf Û

sfgg gg vfPsf s'v/f ´ xb uof
wf/f /;fpnf eGg rfxgf g n5fl/of
gftfjfb, skfjfb gfnf ;dfhjfb ef
lsNnf, lhNnf stf cNk < ;Qf s :jKgdfq xf <

;/:jtLgu/, sf7df8f-^ .

YY

k|s|lt / hLjg

lqnf|rg cfrfo|

xf:bf / 5 w/f / kf d;'d;"xf:g ePsf 5' d
gfRb 5g\jgdf do/' To;/L gfRg ePsf 5' d
vNb 5g\Ct' kmGkmgL clg ToxL vNg ePsf 5' d
afN5g\oL 5x/f / kf no lemsL afNg ePsf 5' d .

3Db 5g\lbg /ft To l7s egL ;Tb / hfUb uP
rf8 a95 dgf d To /x/n x's/ nf7 eP
8A5g\3fd / hg klZrd kuL To:t d 9Ng5' / Û
yªuf km'n em/ ;dfg d :jo emg5' uNg5' / Û

xfjf 3D5 w/f e/L :jtgsf xfjf g xf Zjf; of
9ªufem 5' b/f d, xf8 /xbf, 7f8f xg vf; of
cfTdf a:b5 kf0fdf / 3/sf 5fgf;/L jf; of
;f/f ;li6 ;dfg hLjg 5 of eGb 5 ljZjf; of .

df6fsf ;a l;hgf;/xsf dl:tis of nfUb5
kfgLem alulbG5 x /ut of, o pj/f nfUb5
h:tf /fk 5 ;ösf kmut xf To zlQm of kf0fdf
d/f dfy lxdfnsf lzv/ xf cUnf 5 ;D;femdf .

hNo vN5 laxfg vNb5' cxf d kftsf ofddf
jiff emb5 emDemdL d kl;gf emfb 5' x sfddf
OGbgL;l/ 5g\ljrf/ d e/L hNo cxf Û /lªug
hNo gSsn ug of k|s|ltsf hfg/ cfP lsg <

h:tf kfSb5 eft s|jn oxL, kfSb 5 e8Llt/
h:tf s'bb5 rq tLj xl/df aGb 5 lrGtf le/
h:tf aUb5 en 8fª8ª u/L aUb 5 anf klg
h:tf efUb5 ofd kmQ bu/L efUb 5 xfdf hgL .

hGd kft eP hjfg lbp;f /fqL a9bfO agL
lemNsf 1fg ljrf/sf xbo xf afRg d//' klg
OR5f pGgltsf cbZo alnof nf/f / tiOff lav
;f/f hLjg ;f/ xf k|s|ltsf afnL, w/f ;Ddv .

kmNbf km'n ;dfg hLjg snf, af:gf ;w eg 5
df/Lem >d ;Lkn dx ld7f, wtLe/L 5g 5
cf:yfsf gbL aG5 ;fu/ 7nf ljZjf;n tg 5
af6f lbJo ;dfpb k|s|ltdf ;befj o 5g 5 .

xf:g cfp5 Tof j;Gt dgdf jf;Gt 5fO /xf;\
jiffsf en afl9n lj/xsf kfsf aufO /xf;\
cfcf;\sflGt e//' hLjg e/L cf:yf hufO /xf;\
wtLsf clt kd kfpg ldnL dfG5 /dfO /cf;\.

skg, sf7df8f .

YY

Dfft|el'd

lqnf|rg 9sfn

lkt|el'd oxL xfdf dft|el'd eg klg
oxL xf el'dsf :ju htfaf6 ug klg .
g emSof zqsf ;fd g cem emSg hfGb5
wDSofO eo kfP/ gs|n nSg dfGb5 .

cfdf xfdL 5'6sL 5g\d|rL sfnL ptf klg
cleofg rNof xfdf g kfPdf h'tf klg .
sfnfkfgL ;a xfdf lnk n|s t s s'/f
c:jLsf/ sxf xG5 < xf xfdf lnlDkofw/f .

r'krfk a;|sfdf g7fGg 8/kfs 5g\
;ftf kTnf p8L 9N5;\ha xªsf/ ub5g\.
p7f nf z:qsf ;fy wtL cfsfz uhb
of dft|el'dsf cªu vf;f cªuf/ jifb .

YY

:ofªhf .

5Gb

bof/fd cofn

snf, unf dhfsf 5 no ;Gb/ 5Gbsf
;:j/ k7 ubf of Wofg cGoq aGb ef .

ld7f; o;df xG5 cfslift u/fp5
dGqdUw xbf >ftf kf7s g /dfp5 .

5Gbdf /rgf /Rg sl7g sfo xf t/
lgod o;sf xG5 afgL k5 lg/Gt/ .

/;f:jfb tyf 1fg cgkf; cn'st
>To, jTo tyf 5s, cGTofgkf; cl'st .

ods, Znif, jqmflQm zAbfn'sf/sf u0f
?ks, pkdf ;fy ;df;flQm cgsg .

clt;oflQm, bi6fGt cyfn'sf/ leqdf
olt, ult tyf plQm, Jo'Uo efj /;flbdf .

xf:o, z'uf/, jLeT;, cbet, zfGt, jL/ 5
s¿0ff, /fb xg\dL7f gj/; eofgs .

u0f 5g\cf7 o:tf hf x/s 5Gbdf xg
o, d, t, / c´ 5g\oL h, e, g, ; ;bf xg .

n3 / u¿ 5g\x:j, bL3 ug k/xbL .
logsf e/df 5Gb aG5g\cgs 5g\ljlw .

YY

# of wtL Pp6 u8

kf=8f= b'ufk;fb cofn

k/dfTdf sxf s xf ljZjfTdf s'g bzg
cfTdljZjf;sf jfb d leq 5 ljzif0f
w/fwfd 5 cfcf^gf cfTdljZjf; ;fwg
d xbf of sxf xfnf efjgfsf kafwg .

jbsf bjtf af0ansf klg bjtf
stf stf uP cfh bj/fh otf ptf
otf 0z ptf oLz' si0f qmf0i6sf hgL
otf 1fg 5 cfgGb ptf lj1fg kfjgL .

otf dflf ptf elo pRr nlo bjlt/
1fg lj1fg p:t 5g\k'j klZrdsf lz/
otf ofu ptf efu bVv si6 ;/fa/
glnP bli6 ;'sL0f l;'uf ljZj a/fa/ .

jb eG5 hutwfd aXdf08 o1 ?k 5
Pp6 u8 cfjf; agsf e"j?k 5
ljZjbjf ;'tfk ;a lxdkft xg w/f
cuDo slxNo xGg sxL klg j;Gw/f .

zAbfyjfb jf ;j cl:tTjjfb jb 5
To;sf dd nTof0 cfpg eb vb 5
eGbl5g\jbdftfn d/f kd ;dfg 5
wd sd xg eld sxf o1 lgifw 5 .

xfn Ⅱ cdl/sf .

YY

rf;f, unfsf kf;f Û

wg/fh lu/L

ldn /fdf xGYof cgh cghf zAb kysf
;a ofqL Kof/f hgs hggL kd /ysf
agL PSnf PSnf sndk/df gfos x/ Û
vgL af6f Oiof hngk/df ufos d/ .

unfsf kf;f ef lsg lsg ;v zAb clxn
dnfO rf;f of sx/ xg uf cfxt ldn
lyP ;f´f w/ ;/n dgsf afns lu/L
a5fnL ;f/fxf kbdk/df rfns lu/L .

a8fsf 5f6Ú of gu/ jgdf kl08t eof
lnof rf;f s s uhnkydf bl08t eof
c/ hfuL ofuL sdndl0fsf of/ wg / Û
c3f/L afafsf ejgxl/sf Kof/ wg / Û

ljgfbL lgdfxL ;dg l3ld/ kq ultnf
ag cfdfbLhL ltns l3ld/ ;q ultnf
d drL sfnLsf hgsk/sf /fhg ;vf
d ;tL e/Lsf ljdn dgsf ;fhg ;vf .

n8 dfG5 dfG5 ljut lbgdf pu dgsf
d/ w/ xfdf ljsn dg ef ;Hhg ;vf
ljofuL ofuL of k/ k/ a;L xb5 wg
ghfgL hfgL of ;/n sljtf sb5 wg .

ldn zdf /fdf ks6 lzjhL zflGt dgdf
ag w/ d/f lrtjg eof kLt wgdf
k/L ;Ltf d/L ;kt blxtf ;Hhg ag
axf/L nIdLsf hgs wg xf ufhn eg .

d ;f´f afaf / Û ojs ojtL Zofd ;asf
d /fhf ;fyL / Û /x/ ;asf /fd casf
d 5f/L sfG5Lsf dug clgtf ufos eP
d h7L 5f/Lsf ;kmn sljtf kfos eP .

d ufkL 6fkL / bds tn;L ldq 3/sf
d ;fyL ;f/fsf rds dgsf lrq k/sf
oxL af6f d/f sgs dgdf :jR5 ;/df
oxL kf6f d/f slj / hgdf ldqk/df Û

YY

gkfn-;flxTo ;dfh

'j;Gt-/fwf kBsfJo k/:sf/Uaf6 ;Ddflgt

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

.xdsdf/L-lbjfs/ ;dfh;jf ;Ddfg Uaf6 ;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 ;/If0f w/fx/, wfkf;L
*: @)&% b cf/kmfg xfd, afh/f

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

cfux

wdfgGb e§

lkmtf Nofpg lnlDkof lnk w/f xfdf bj xftdf
xfdL tLg s/f8 hfg 5 Toxf 9ªufd8f ;fydf
xf:b n8g 5 eLd;gh;/L lj:tf/jfbLl;t
l6i6f lhTg 5 sfs8f klg lht xlG5g\ddf zflet .

ufvfnL Oltxf; hLljt 5b xK5g\s;n eg
hfcf dfg vn/ bZdg ;a xf;/ dn eg
8g xfOg, dg g olb k/ Tof eldf g d/f
afrGhn ;hLj lkNn/ agL ;Ldf ;/lff u/f .

;fgf 5;\sdhf/ 5;\ul/a 5;\eGg g7fg;\ca
xfQL e t/ dfpt lkl7pdf bVy Toxf uf/j
;Rrf ldq eP :jefu ;a Tof l5§ dnfO aemf
efsf af3 agL hgfj/ aemL gkfn cfdf gvf .

;S5;\ldq ag/ lx8\t/ glx8\aGb dxfbZdg
o:t rfn /x cjZo vt/f bVb 5 Tof hLjg
kbf bMv ;3fpg ejgdf xfdf ;of ldq 5g\
cfTdaf6 kmnL kmnL a9 pef eGb enf ;fRb5g\.

n8g g olb xf eg xbon lgDtf k7f of 3/
cfkmg lgOfodf ddf tg sg sAhf gu/\x t/
t/f xst ljZjn alem;Sof aemb 5 x OZj/
aembf OZj/n cwfult xg blvGg w/ k/ .

9fsf/f, nsd-@, bfrnf .

YY

ls;fgsf dd

w'j yfkf

/Qm aUb km6sf 5 ktnf of ls;fgsf
kfgL 5g snfdfq bvL cfTdf ljgf;sf

s7bfªug l;/6fdf sxL 5g nufpg
efs Kof; o;n kf cem w/ unfpg .

5fs 6fg s/f dfq jf:tljs syf c?
ul/aLn lyrL ;Sbf p7g ca s;f u?

afnLgfnL v8/Ln htftt ;sfp5
lap ljhg cf^gfnfO 7fnn Tof nsfp5 .

bMv afSg 7nf ef/L sxflg/ la;fpg
xkL afN5g\;w srL df5g\dg laemfpg

OZj/sf ltdL ?k ls;fg dfq gfdsf
k;f 7hf c?nfO ltdL nfU5f lg sfdsf .

xf:g vNg lyof xfnf dg klg ltdLlt/
km;b 5g sfdn sfd lyof lhdLlt/ .

YY

s tkfOnfO yfxf 5 <

xfdL @)&% / @)&^ sf jif k:tsdf hl6;ssf 5f .
kTos jzfvblv rq;Dd lg:ssf k:tsx?sf xfdL
l6KkOfL;lxt kl/ro ksfzg ub5f .
To;sf nflu xfdLnfO k:ts pknAw u/fpgxf;\.

;flxTo ;+4g sGb

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

clg kf sljtf

g/|b| k/fz/

au|rfsf ;a| km'h kmNg| u5g\j;Gtdf
;To xf| t/ yf/|n| dfq lbG5g\;-jf;gf .
sljtf klg w/|n| nVg| u5g\xtf/df
yf/|sf sljtfaf6 dfq cfp5 jf;gf .

5fO 5fdL prfn/ tfn/ 5fGgkb5
5fg|sf| zAbn| 7Ls 7fpdf xfGgkb5 .
xfg|sf| 7fpdf r§ cyn| nfUgkb5
nfu|sf| cyn| 5|7f| OlGbo hfUgkb5 .

u'Of u¿Tjn| lbJo /Dotf kmNgkb5
km'n|sf| /Dotfleq eJotf v'Ngkb5 .
v'n|sf| eJotfleq gJotf 3Ngkb5
3'n|sf| gJotfleq sljtf 8Ngkb5 .

efjsf| km'haf/Ldf ;f/L /ªuLg cy|sf|
cfpmg\;fGbo|sL /fwf lnO wf/f lj rf/sf| .
clg kf| lbJo cfefn| sljtf hUdufp5|
kfl/hft eO ltdL sljtf dUdufp5| .

/t'jfdfO-$, df/ª .

YY

zAbfy| k|sfzgn|
@! y/L **zAbsfz** k|sfzg ul/;s|sf| 5 /
cem| c? k|sfzg ub| 5 .
s| tkfO klg sfzsf/ xgxG5 <
cf^gf| zAbsfz k|sfzg ug| OR5's xgxG5 <

a'4-jrgaf6

gf/foOf 1jfnL

x'sfdf £o"ykh:t| emu8f-ts/f/n|
x'bgg\bZdgL ;fDo emg\w'jfwf/ vf/n| .
cfuf| xg agL kfgL 5f8| Ov egfeg
;'lN6G5g\;lhn| j|/, of| xf| wd| ;gftg .

ef/L bu'Ofsf| dn| kmfx/L dgleq 5
9fSg vfHb5 sfiffo-sk8fn| ljlrq 5 Û
z/L/ la6'nf| xG5 ljgf ;To / ;od
cofUo xG5 Tof| dfG5| u?jf-j:q k|xg .

cf8Da/L ;8|sf 5f| eg| cf^g| s'sdn|
n§f kfn/ s| xG5, s| xG5 du-rdn| <
5g\b'al4 Û ltdLleq yk| kmfx/sf l3g
aflx/L ?k dfem/ w/| rDsfp5f| lsg <

Kof/f 5g\cyjf 5gg\h| s'/f dgdf 5 lg Û
w/| glhlsb| rfv g/fv slxNo| klg .
b'Sv nfU5 gbvdf dgkg| s'/f eP
To:t| dg gkgn| jbgf lbG5 blvP .

hDd| hnL /x|sf| 5 cfuf| bGsL lg/Gt/
s| cfgGb dgfP/ xf:b| 5f| s;/L t/ .
3¥of| lg:k§ sfnfn| rf/lt/ cwl/of|
ltdLn| lsg vfHbgf| pHofnf| Hofltsf| lbof| <

lk/fn/ c?nfO w/| b'Sv lbO lbO
hf| cf^gf| ;'v rfxG5 WofpGg To;s| lnO .
k/L ;;u-hfnfdf ljåif j|/efjsf|
plDsGg bZdgLaf6 To:tf| dfG5| v/fa xf| .

YY

;Demgfn ;tfof

k/z'/fd k/fz/

d/f cf^g xbotndf emGg emGsf/ Nofof
d/f cf^g ctn lbndf bzsf laDa cfof
9ªuf, df6f, jg, t?-ntf 9S9'sLleq 5fof
cf^g hGd:yn / 3/sf ;Demgfn ;tfof .

uf/Ldftf jgs';'dsf kft kL-kL ahfO
vNg ulyg\/gjg ;a afnr'N7f ;hfO
d/f wtL cd/ 5 egL uLt sNn ahfof
cf^g hGd:yn / 3/sf ;Demgfn ;tfof .

;fyL-;ªuL dg cldlnb ;Dembf xg\dnfO
5ftL r:Sof r;r; u/L af8nL g rnfO
b\v :jKgf lsg lsg o; bx Kof;L agfof
cf^g hGd:yn / 3/sf ;Demgfn ;tfof .

pkmL vnL snan u/L d:tn /lªuPsf
cf^g afnfkg 5 /l;nf vt-vfnL 8nsf
;fRr cf^gf ljut blgof ;Dembf r r/fof
cf^g hGd:yn / 3/sf ;Demgfn ;tfof .

vfnL v§f /gjg 8nL plkmbf rg xGYof
efs, gfªu w¿w¿ ?bf bMv cfkm gxGYof
nf nf s ef dg axlsof efs lgbf x/fof
cf^g hGd:yn / 3/sf ;Demgfn ;tfof .

YY

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

;'dlt el/bpm g sljhL Û

kef e6'6/fO

kv/f c3fsf knlst lyof, uljt cem
ltdL klfLh:t km'/km'/ p;df l5/lnb
p;nfO 5f8L, ylgg lkh/fdf 3l/3/L
kUof cfkm 6f9f, eg g eg s ef lg sljhL Û

ltdLn h uNtL ul/sg :jo bMlvt eof
gug"x o:tf ÛÛ elgsg labf esg uof
pxL u5f xfdL, hg gu/ eGYof 3l/3/L
lnO l;:gf-kfgL, cl3 a9 g Û s8's/ sljhL Û

ltdL eGYof pnL, gag vx/ ;fu/ xg"
kmnsf xfuf em k/lxt u/L lgTo gxg"
sxf aemYof xfdL < kltkn s7 Û rfn 5 pxL
hxf hfpm Û p:t s'l6n vx/s huhuL Û

lzsf/Lsf emD6f ;lxsg d/sL agr/L
ltdL ;emL ¿GYof, clg snd lnGYof dg e/L
r/LnfO vfO lbge/ c3fP/ lhpg
sxf ;SYof < nfUof ca dghs /Qm lkpg Û

bof xf kYjLsf clt rxlsnf kf/;dlOf
bof g xf sfnf ej-hnlwsf dVo t/OfL
bofsf of ufyf, lbglbg sxGYof, t/ oxL
sxf, s:sf xfnf, ;'lg/xg Tof km';b klg Û

d vfpm d nfpm ;'v-zon jf dfh d u?
d afr"d gfr," c? ;a d?g\banx?
egL bfxf w:g caem z7sf sfg ks8L
8afO uªufdf ;'dlt el/bpm g sljhL Û

sf7df8f .

YY

cuhsf cgelt

a'g" nfld5fg

;;f/L ;ljwf lz/fk/ u/L PZjo cfnflst
ub 5g\cgelttsf snz oL cfzf c´l;l~rt
5b 5g\/;l;Q ;f/ dw/f, hKb–;asf ho Û
of c:tfrnaf6 nfU5 blgof /aULg cfefdo .

´Nb 5g\cgdfn efj /;sf ;:sf/ ;~hLjgL
xfd tfutn t nfU5 klyjL l5g\l;hgfsL wgL
k9b oL stsTo efj/;sf ;Defjgf;fu/
pmhf dYg ;s ;dGglt t v s vf; 6f9f 5 /<

5g\x:tfGt/0ffy pT;s syf k:tfx?df a9L
xfdL hLljt 5f cgGt kydf d5f o; s u/L<
5g\clf00f ljrf/aLh /l;nf ;baLh oL dfgjL
kmNb 5g\hlxn htf klg cxf Û cf;Gg xfdf vaL .

la;L 3fd x/L atf; slx/f ub lfdf eh'hdf
uf8b 5f la¿jf, pdaUu el/pmg\– nfvf gof kmh'hdf Û
pT;uL gj dfubzg a´L afrG'\gof jzh Û
xfdf eGg oxL t xf ljhosf ;j:j o uf/j Û

kvf k9bg dgf0g lbj;df ub oxL sfdgf
kfcf;\dfgjjfb kUg ejsf ;f/f sgfs~hdf
kmnfpmg\gj rtgf ls/0fn pn/ cf^gf 5lj
kfpmg\pT;j ug ;li63/df lglZrGt e lhGbuL Û

tN;Lk/, bfa .

YY

j;Gt :d/0fdf

eujtL cofn .kf08'U

rfvf ;:sltsf w/fx/ agL hfUb u/sf slj
gfnf zlQm leh/ vf; ejdf blvG5 ;Rrf 5lj
lzlff Hoflt ag/ wKwk aNof cfnfs 5g egL
pT;fxL kysf ;ofUo xgn sxL /xgg\sdL .

Hofb ;Gb/ blvg ;sndf ;Gtfif dfgL lbg
leqblv vn/ ;hs agL ;flxTo a;fpg
gfnf ofu lnP/ kf/v u/L pBfg cfkm /Rof
afwf c8'rgdf 3n/ husf p4f/ ub /Xof .

tf/f rlDs/x em//h;/L hfHjNo ;;femdf
rDSof da'unbLkn uxgsf ;flxTo cfsfzdf
yfn ‰ofa'ug sflifsf ;xhn kfvL ;a hLjgL
;f/f tL /rgf s'Bf ldlxgn ufx l5rfNg klg .

kf/L ‰ofa cgs /flkg uP ;flxTosf aLh tL
lbG5g\:jfb ljleGg cfh ejdf rfv/ x/f slt
cf^g ;Gb/tf 5// /xg rDkf rdnL c?
w/ 5g\t/ jf;gf km/ssf nfU5g\cgf7f a¿ .

s:tf efjs jfl6sf s';dn 9fs/ a:g eof
efsf nfv j;Gtsf xbon sf//5b uof
pdsf slnnf x/s l;hgf vfh/ lx8'5g\dn
xlsGy ;lhn ldn/ pgsf cfzf e/f;f an .

xfn ' sf6Zj/, sf7df8f .

YY

cfdf

efjs|z/ a/fn

cfdf xg\w/tL k|sfz 3/sL df6f| pg| aLhsL
ljBf-Hof|lt pg| lgzf;dgsL bLIff pg| efjsL
cfdf kHo p;| lk|of ;snsL cfgGbsL ;fu/
s:tf| ;fDo gjLg hLjgsnf, cfdf cxf| ;Gb/ Û

cfdf zAb p;| kljq hgdf ;Gbf xg| uf/j
cfdf aLh pg| ;'jfl;t xg| ;Gtf|ifsf ;f/e
cfdf hLjg xg\r/fr/ ;a| ;Gtfgsl cflv/
s:tf| ;fDo gjLg hLjgsnf, cfdf cxf| ;Gb/ Û

cfdf ;fu/ xg\lxdfn r'lnP emg\cUng|5g\pg|
cfdf zLt agL 5/|/ s¿0ff emg\kUng|5g\pg|
cfdfs| dlxdf o'uf|o'u ;bf hKb| u/f| vflt/
s:tf| ;fDo gjLg hLjgsnf, cfdf cxf| ;Gb/ Û

afnL bLks cGwsf/ gedf cfdf algg\rfbgL
cfdf ;h|s xg\dxÎj o'usL sfnL pg| xg\clg
cfdf zlQm ltdL ljgfz u/ nf| b'efjgf bR5/
s:tf| ;fDo gjLg hLjgsnf, cfdf cxf| ;Gb/ Û

k9b| 1fg 5?g\e'n|/ emu8f xf;|/ afrg\egL
emlN5g\bMv ;a| k|xf/ ;xb| aGb| :jod\dflngL
cfdfs| ddtf lnP/, h8tf kmfn|/ p75f| ;a
s:tf| ;fDo gjLg hLjgsnf, cfdf cxf| ;Gb/ Û

cfdf g| k|ltdlt xg\;dosL a|nf u?g\;l'rt
cfdfd| k|ltljDa b|V5' o'u g| dfof pg| xg\ls t <
cfdfsf cgxf/sf ls/0fsf ;fDg| s8f kTy/
aG5g\r0f| lr/f-lr/f r/r/L ;fdYo|n| dTy/ .

YY

rf0gf xg|

e'jgxl/ l;Ub|n

xbodf hDof| cfh rf0gf
lsg ¿rfpg| 0lG8of xg
kl5 cdl/sf hdgL xg|
d clxn| eg| rf0gf xg| .

;8s kf|ltg| km'h /f|lkg|
9n lgsf;sf uGw 5f|lkg|
donsf n'8f leq 9flsg|
ehg ufpb| rf0gf xg| .

ca kl/Gg xf|;\dfu| vf8n
ls 6's'rf k;f|;\of km6f|;\9n
dg lyof| lxhf| sf|l/of xg|
a¿ d cfh xf| rf0gf xg| Û

cnv ufpbf bfg kf0g|
ls cgbfgsf :jfb vf0g|
>dljgf ld7f of|hgf xg|
d t l56f|l56f| rf0gf xg| .

d'n'sdf o'jf 5g vf|qmg|
ljut of|hgf 5g\ynf xg|
s/ r';L em;| gfs 3f|qmg|
d blawfljgf rf0gf xg| .

bzs rf/ kf| kf/ e|;Sof|
;'?ª vf|lnof| hL0f e|;Sof|
hn t|iff ehL uLt ufpg|
lsg le;f lng| rf0gf xg| .

b9 c7f6sf efjgfljgf
cnu xG5 s| t|n of lkgf
lgodsf| stf kfngf xg|
;/n dfu| xf| rf0gf xg| .

kl5 s'bf| ehf| rfs/L u/f|
k|e' a8f| egL cf/tL u/f|
w/x/f k'hf| wfkdf a;f|
d'n's vf|Hg of| rf0gf k;f| .
nlntk/ .

YY

s| tkf0|n| xfd|f| j|a;f06 x|g|ePsf| 5 <
web : http://nepalipublisher . com/

;ªsNk

8f=dw';"bg nfld5fg|

xfdf cf:yf / cfzf hn, :yn, gedf uf8'5 cfvf l5d|sL
JffOfLdf dfq dfof dg ljifdo 5g\xGg s|No| ljj|sL
gfgL kfgL hjfgL cd|tdo ;w| /f|Sg sf| ;S5 < eG5
c3f|tf| vf|:5 xfdf| clwklt d eP c3| ckG5' eG5 .

/fqLdf rfn rfNg| cltljlw rt'/f| bDesf| u5| v|tL
/f|kL af/L e/L tL lgd clg wt'/f| eG5 Tof| kmN5 df|tL
5f/f| 5sG5 ToNn| < ljdn dn eP :jR5 xfdf dxfg
DfnDrLaf6 kfgL ;nn gaxbf b'V5 emg\:jfledfg .

lub| 5g\xfd kmfnL c;xh ultdf afh rNnf lgofnL
xflnG5g\/| h/fd| hx/ x/38L tfSg vf|H5g\u'n|nL
x|b| Sof Û nf|e nfUbf| / clxt gx'g| ;"q :jfwLgtfsf|
cfof| x¥of| lauf¥of| s'l6n lgotn| ;Dembf aN5 cfuf| .

rf|tf/f| xGGf tf/f| eo/lxt ;a| uhb| af3 aG5f|
a|sDdf af?nf P Û dw'do /;df x/ x| rg| lbGgf|
p7'g| kg| eof| nf| p7g p7 h'7f| jL/sf jz xfdL
n8'g| kg| eof| nf| ca kl5 gx6f| jL/tfsf lgzfgL .

df6fsf lglDt dg| ljdn tg r9| uj|sf uLt ufO|
df6f| ;j:j xfdf| lk|o 5 clt oxL kfOf xf| xfdLnfO|
6f|kL pRrf| 5 xfdf|, 5 clt rxlsnf| tfSg kfOGg efO
xfdf| af6f| / df6f| d'6'el/ 5 ;bf ldRg kfOGg cfO .
bdfrf/, ;Nofg .

YY

b|z

dGh' >|i7

lxdfn /fdf| 5 kxf8 /fdf|
/fdf| t/fO| hg dfem xfdf|
vf|nf au|sf o; dlQsfdf
oL ;fDo zf|ef ;a el'dsfdf .

kfvf kv|/f jg kmf6 ;f/f
kfOfLx?sf cem 5g\;xf/f
x/fe/f hªunn| ;h|sf|
;fGbo| ;f/f o;d| s'b|sf| .

5g\zªvnf kj|tsf v'n|sf
tL tfn vf|nf ;adf em'n|sf
emgfx?sf| clt /Do lrq
5 b|z 7'hf| tg cftleq .

dgfn 8fkm| jgdfem /D5g\
lgl:kmqm xfQL du /fh u5g\
nfnLu'/f;| 9sdSs eL/
b|Vtf dg|n| e'lnlbG5 kL/ .

g|kfn eGb| ;a h'6'gk5|
k/L>dL e| cem p7'gk5|
of| b|zeGbf k/ s| 5 ;fRg
oxL :ju xfdf| ca s| 5 vf|Hg .

u/f u/fdf >d kf|Vg ;Sbf
afR5f| v'zLn| dg gfRg ;Sbf
of| kfOfeGbf lk|o b|z xfdf|
cfcf| agfcf| cem b|z /fdf| .
Og¿jf, ;'g;/L .

YY

ljZjf;n| n|lkt lhGbufgL

dfwj ljof|uL

ljZjf;n| n|lkt lhGbufgL
;b'efjn| r|lkt of| hjfgL
kfpGg sfxL klg 7fG5' d|n|
/fVbg xSsf lsg of| s;|n| .

s|No| s;|df gld7f| gaf|nL
j|rfotfdf ljif Tof| g3f|nL
rfnL /x|sf| 5' snf ljwfg
s|No| dnfO| cs8f| g7fg .

pT;fxn| kj|t gf£5' ;fyL
ljZjf;n| k'U5' csfz dfly
5g\efjgf ;Gb/, zfGt, pRr
aG5g\;a|sf ultdf ;dRr .

cfbz| kf/f dgsf| l;tf/f
cfjfh d|/f| ;tsf| O;f/f
;ªuLtsf| /fu- k|ef ddf 5
;Defjgfsf| ej- sfdgf 5 .

l;WbfGtn| pHHjn efn d|/f|
;:sf/n| /lªut rfn d|/f|
cfef; gf|nf x/sfn lbG5
cf;Gg pmhf kysf| ;ufN5 .
kf|v/f, sf:sL .

YY

# of aft s hfGby

dxfbj clwsf/L

yf/ zlQm xbf lgoGq0f uDof asfa aGb uP
sxL bfntn en/ blgof d 7fn eGb /x
lrKn 1fg lyof d ;fy klxn ;;f/sf d u¿
d/f wfs /jfkmn xbodf eGYof cxªsf/ x .

/fdf ?k xbf 3d08 dgdf Pgf km6f0 lbP
kfPsf clwsf/ ofUo gagL aafb kfb lyP
/fdf sfd u/L /x5 d egL pT;fxn /Dby
RffNgfdf hnsf abf el//x /fdf u/ 7fGby .

w/ :jfy lyof ujf/kgdf >LsiOf em ;f/ly
7fGy d vb xG5 bj;l/sf cf^g u/ cf/tL
1fgLsf pkbz ;Gg g;sL ;DaGw tf8b uP
cf^gfsf Jojxf/ bV5 clxn jf0fL xyf8f eP .

hf ;ªBif u/ lyof dhatL ;;f/ lhTg vaL
yf/ lgalnof ag5 lk/tL w/ xbf /GygL
dfG5 d5 h; ;a hg ¿g bvL lrtfdf zj
5f8g kb5 /Tg bfnt ;a s sfd of jej <

lrGtf ug u/ lxhf / kl5sf cfgGb efUb uof
vfqmf rfx lyP xhf/ ;kgf Pn tiff/f eof
w/ gfs/ /fVby / dgdf d xf 7nf 7fGby
cfssf v; xfn aGg d ;s"of aft s hfGby <
a9fgLns07 $, kfl;sf6 sf7df8f .
YY

sljTj cfvf

ldN;g /f0

oL cf;' ;f/f wsaf6 ´5g\
/ ;f; Joy dg leq d5g\
cyfx lrGtf ;a 5g\cbZo
/ lrlDnP tfklg bV5 bZo .

cbZo ltdf ddtf dnf0
/ :gx bpm h8df dnf0
sfg 5 kfgf clg ofbnf0
;fGbotfsf gj efjnf0 .

d ;fd cf0 clg b/' hflG5g\
dn egsf ;-s/f gdflG5g\
pm 5p d/f lflt xG5 a:bf
5 5p d/f lflt pm ga:bf .

lrGtf ddf lrGtg eG5 nV5f
ltdL eg of d6blv efU5Øf
rl/q ltdf s;/L d sf¿ <
dfof, ltdL clf/ leq nS5Øf .

d/f s/fÙ zAb / efjgfdf
;befjdf, cy / rfxgfdf
oL Znfs ;f/f dgblv ;Gg
5Øf g ltdL dfq ltdL huTdf Û

sljTj cfvf, sljtf ltdL xf
bi6fGt, uLtfGt lgtfGt g 5f
of kd xfdf cgs'htfdf
lg;fl;b d5 ls of hutdf Û

YY

j4j:yf

dgsf kfv/n .cfrfoÙ

jon ;/x cfkm' hfltP hfltb 5
kl/hg ;v kfpmg\wfl6P 3fl6b 5
;dojo latsf xf; sn ePg
cjoj ;a uNbf hfz sn uPg .

ljrlnt 5 ePsf rf6 nfUbf cbZo
ylst xg kusf efg ef leqleq
k/k/ ;a 6f9f 6fl8Psf laxfg
cgej eosf ef 5fl8Psf lrxfg .

d xg gxg of6 leGg blVtg ej
3/e/ lsg sxL 5g d/f kefj
an ;anx?sf xsddf ljnLg
clws/0f 5 cfkm cfh pGs cwLg .

ceo sjr 7fGy xg\lg ;Gtfg leq
kmut ed lyof hf 3ft eNb 5 lgTo
kbs hg ldNof of bL3 ;jf u/sf
kb blnt xbf ef nfU5 Hob hnsf .
hf/kf6L .
YY

cfb/0fLo sljjunf0 r'gftL

d's'Gb zdf rfln;

sljhgl;t ;femf u5 d/f egf0
olb dg gk/df lgN5 tfg/ Nof0
lbg lbg sljtfdf nlsPsf d;Ldf
lsg lsg dg d/f hfg 5f8bf v';Ldf <

kl/lwe/ lkmhf/L k/0ffsf d/Gb
;'/le xboxf/L ;;/f0 cdGb
jl/kl/ gpdf/L bfifbefj embfp
5 ls t xboxf/L Hoflt kmNg tnfp <

lbnlt/ glgofnL aflx/dfq bf8L
plrt no gxfnL efjgfdf gkf8L
ljifo klg gufnL j:tnf0 g5f0
sljsg s/tfnL s u/L ldN5 vf0 Û

kmut kb grf0 ;f/df xf/ vf0
cze u0f ld;f0 ;Tonf0 baf0
/;u0f gldnf0 ljDa gfnf gNof0
slj lsg h; kf0 rDg hfnf prf0 <

gjgj sngfsf uKt e08f/ 5f8L
cglrt ukm tfgL zAb asf/ hf8L
ljifo / ljifoLsf Pstf g gx/L
snd lsg /u8f zGo cfsfz x/L <

dgl;t dg hf/L cfTd;Ddfg /fvL
cem k/k/ hfg pRr p2Zo tfsL
r/0fr/0f xfnL kLltn k0f jf0fL
sljhg Û alghfpm l;l4sf /fhwfgL .

lbn /;do kf/L laDa gfnf ptf/L
lzj / ?lr/tfn efjnf0 l;uf/L
hn-yn-ge 8fNg sNkgfleq hfbf
sljsg ho afNg hfU5 d/f 0/fbf
a9fgLns07 $ snf;s~h .
YY

uLt, uhn,
Dolhs lel8of,
ljjfx, sfoqmd cflbsf nflu
xfdLnf0 ;Demgxf;\
The Elite Studio
9886159990/9860660925/9841466812

dsjfgk'/L

d'gf cofn

clt ;'Gb/ of dsjfgk'/L
s;/L xg uf eg :ju;/L
jg kmN5 oxf dwdf; 5/L
gk/fhgsf dsjfgk'/L .

db gfb ´/L ´/bf 5x/f
cgulGht 5g\nx/f kx/f
sl;nL xl/nL ´/gflb ´/L
gk/fhgsf dsjfgk'/L .

gjlgldt 0Gb ;/fj/n
hgefj v'zL sltsf j/n
lbn v'N5 ;w dw efje/L
gk/fhgsf dsjfgk'/L .

y¿jf kx/L 7s'/L xh'/L
;an ;'v bL ;defje/L
>d l;hgsf v'zsf nx/L
gk/fhgsf dsjfgk'/L .

slt 6f/ ´'nL ;'g´ 5 kmnL
5 st j;'wf r'r'/f cudL
5 ot 5 u8L cd/f gu/L
gk/fhgsf dsjfgk'/L d .
x6f8f, dsjfgk'/ .

C0f

afh'/fd kf8n

;asf pwf/f lnO C0fdf 5'
To;df xg 5fssf uf;df 5'
e/ ;femsf jf;df C0f sf6'5'
phnf x'bf efln To C0f ;f6'5' .

pwf/ lnP- ;f; cfvf / sfg
/ x'sL a9sf lx8sf laxfg
pwf/f a9 Jofh ;fjf ag/
To;n ;w hNb5g\kfp hf/ .

lx8fof otfaf6 cGt k¥ofof
gof cysf kf7 3f6L lknfof
agfP/ ef/L lyrfof crDd
d l3;L /xGy ;w ;fem;Dd .

hxf u5 h pm ToxL yK5 C0f
;w C0fs dfq ef hf/hfd
Efm/Ldf ;'sf0 lehsf kkft
/ ltb5' of sNksf C0f cfh .

pwf/f lbg hGdbftf ;asf
otf 3fd 5fof ptf d3 dfnf
dleq 5 / lzNksf sf/vfgf
cem Wofgsf ofUotf, rf/wfd .
hf/kf6L, sf7df8f .
YY

o'jfklt

d3gfy .aGw'Ú

laxfg ef ;a v'nf xb 5 of kl/ist
gof 5 nfstGq of ljwfg ef ;';:st
ldn/ bz :ju ´ agfpg s'/f /rf
gkfn :ju aG5 x ;a hgf oxL a;f .

ljbzsf s'/f ;'gL gbf8 x o'jf ltdL
kl/>dL ;a agL gefu x ptf ltdL
;zlQmdf ckf/ 5f ;kfg tD; zf;g
gof gof ljrf/n x6fpb s'zf;g .

lxdfn x/ pQ/L 3d/ ljZj cfpg
r'nL r9/ cy hf ;w ;w ;dfpg
kxf8sf ;a u/f x/f xg ;w w/f
t/fO cGg :jOf ´ 5 kLtn ;a u/f .

ltdL l;s/ ;Lk So nufp5f eg hxf
5 bJosf la6f la6f kmnfp5f hxf txf
cdn s 5 bzdf agf6n ;';lHht
gbL / tfn ;lªng htftt xg lkt .

ljsf;sf dgfx? pdf/ x :jbzd
eljiosf r'nLx? agfpb :jbzdf
:jbzdf >d u/ ;dRr bz aGb5
ljbzdf gnfu x oxL :jbz eGb5 .

pkfo ;fRg k5 x :jo ltdL ud/ g
v/fa TofUgk5 nf ljsf/ xf eg/ g
5 zlQm kÖf xftdf :jbz kmNgkb5
kkmNn kf/ dflqsf /d/ cy ;b5 .

xfn M wgu9L, !@ s'nfnL .

cfdf

od/fh ltldlN;gf

cfdf hGdlbg kljq uOfsL xg\;li6 /Rg ljlw
w/ hLj hut\w/ftn ;a hLjGt 5g\cfifwL
cfdf xg\hublDasf eujtL ;Gtfgsf cªs/
cfTdf leq hufO hLj /rgf ul5g\;bf ;Gb/ .

cfdf xg\;a hLjhGtx?sL tL sf/vfgf klg
kfOfLsL ;a kfOf kfljlws xg\;;f/sL hLjgL
cfdfsf ;a ?k cªu /udf ;~rf/ e hlGdg
nfvfnfv t/ªub 5 blgof cfdfljgf sf < xg .

cfdf ?k xg ;a e'jg of cwfªu cfdf l;t
kfOfLsf cjzifsf /utn cl:tTj /fVbf l;w
xfdL hGd k/Dk/f ut /xL a:5f s'nfrf/df
kfOfL dfq tyfg'?k /xg blvG5 ;;f/df .

cfdfn ;'v bMvdf c6n e cfkm"gvfO sg
;bL xf;\clg tKt ofd ;adf ;Gtfg ;D´Lsg
cfdfsf ddtf ckf/ uOfsf dftTj xfdf hgL
cfdfsf ckdfg ug gxg u5g\dxfg\augL .

cfdfsf COf ltg tf sl7g xf ;jf ;';f/ agL
l;ªuf kflyj of z/L/ pgs cwfªu xfdf hgL
To:tf cz t/ªusf hgd of kfOfLx?sf ;a
cfdfsf kmn efu hLljt eXof xfdL ;adf ca .

;f/f ;li6 /dfpb 5 /x/L dfof 5 cfdfl;t
hGdL wGo eP/ bZo blgof xg agfof l;w
of ;;f/ ;a lgxfl//xg o hGd hGdfpbf
cfdf wGo /xL /xg\e'jgsL xf wGo ;Gtfg tf .

afh'/f .

/ljeGbf slj >i7

8f= o'j/fh l3ld/

;/nf sljtf sljsf /rgf
;a ;fDo u/fpgsf ;kgf
;g ;ö lar sljsf tngf
xg ;S5 sxf ejsf ultdf <

eg ef:s/ kft pbf0sg
lbg tKt u/f0 lgbfpb5g\
sljsf sljtf glgbf0sg
lbg/ft a; tngf 5 sxf <

Ct uLid eP cem tKt xg
emg df3 eP t ljnKt xg
sljsf /rgf 5 ;w /xg
cem uGw lbg 5 ;uGw lbg .

sljsf sljtf 5 t zflGt lbg
clg ;ö ;w 5 tkf0lbg
slj zLt lbg /lj tfk lbg
eg nf tngf 5 ljrf/ xg <

slx ef:s/ afbnsf lardf
slx afbn ef:s/sf lk7df
sljtf sljdf slj xf sljtf
slj ;fDo xbg sbflk /lj .

uugfGt/df t a;5 /lj
klyjLtndf t a;5 slj
eg 7fp lar tngf 5 sxf <
cem ;ö/yL sljsf lardf .

eg ;ö pbf0 ksfz lbg
t/ ;Kt eP t ljnKt xg
sljsf sljtf 5 ;w /xg
g t ;Kt xg g ljnKt xg .

/ljsf dlxdf sljsf lardf
sljsf dlxdf sljtf /rgf
;a ufg u/Lsg nlIft 5g\
ta ufg ;gLsg nlIft 5g\.

n6fa, df/a .

YY

zAbfy k|sfzgsf j|a;f06df

j|hoGtLsf ;a| ca\s, xfdf ;a| ultljlw,
zAbsfzx?sf ;^6j|o/ / sfoqmdsf t:jL/, lkmlnd
tkf0sf nflu pknlAwk0f
xg ;S5g\Û

web : www . shabdarthaprakashan . com/
www . nepalipublisher . com

efjgf

/dz e§/f0

dbf em lar/f ljnfk ;xb Psf6t a:b 5 ls
ub|gf lsg xf p7/ hgn cfkmGt vfhLlgtL .
cfwf /ft p7/ bV5 ;kgf cfgGbn ;Gb/
5ftLdf clt j/efj vlgof j/L agL kYy/ .

pm g afN5 oyfydf ;a s/f /fv/ ;Rrf dg
;Ldf/lfs xf g7fg l/k of kf/L kef kfjg
cfef ;flat ug nf ejgdf cfXjfg ubg /
/lff ug 5 x Û slnGb ugn lg:kfk aGb ;a .

dofbf 5 eg xbg p;sf cfjfhdf ca\sz
cTofrf/ lj?4 p7b5 ;w /fv/ cf:yf /;
of4f xf t eg ;w lg8/ e cGofo kmfN5f ltdL
cf^gf bz eg/ ;Gb/ u0fL aGg ltdL ;odL .

cfvfdf ;kgf 5// hgsf gtf ltdL dfhdf
vf:b 5f hgsf ;/Do ;kgf PZjosf vfhdf
/fdf ;fr n cGTodf c;n e /fv/ ;befjgf
kmfNgkb5 tL sna\s glgsf Tofu/ befjgf .

/lff ug 5 of :jbz ;lsnf >4f lehf0sg
/fvf dfgj ;Eotf ;demn cfpmg\;gfnf lbg
afrf ;Gb/ efjn cjlgdf cfgGb efuLsg
ub wd / sd ;flÎjs e0 xfdL agf ;Hhg .

csfsf e/df ckfau gxg ckG5 0R5f oxL
lgi7fk"js aGgkb5 ugL kmfnL cl/aufn tL
lgM:jfyL dgn ae/ hgsf :jR5Gbsf rfxgf
ug k5 enf0 efjs e0 /fv/ ;befjgf .

xfn M ln:jfg, kfrun .

YY

r/f eP

/lZd e6'6

p8y kaV kmsL htf dg ttf :jR5Gb cfsfzdf
tf8y aGwg oL xhf/ txsf afr/ :jfwLgdf
gf/L gfde/L c´ klg oxf h~hL/ cf xTs8L
vfnL bf; agL d afr' s;/L cfwf uof lhGbuL .

d/f eGg' sg 5 cfh ts g xL/f g rfbL ;g
vfnL kmfu6sf 5 sfd ;a oL nfUbg sxL ug
s:t tGqx? a;| ;bgdf v s 5 Tof sfgg
lx;fn lbgd lzsf/ ;a oL dfG5 agsf lsg <

;fRr 9fu lyof sg n oudf gf/L t cGwf lyP
vfHof cfh ;a abNg oun ;sf/ s:tf eof
afnf j4 ojf ;a t ;xh xTof anfTsf/df
OG;fkm lsg xf xbg slxn gf/L t ;sf/df .

gfgf bi6 5n cgs y/sf if8bGq efUg lsg <
gf/Ldfly ;bf xg / gxg afrf / ;fËnf lsg <
p8b 8N5 r/f 3d/ gedf cfnG5 cfkm tn
rf/f vfH5 hxf txf klg 3dL dfGbg sxL 8/ .

dfG5 of slxn p8/ w/tL :jR5Gb xnf ca
gf/Lsf lbg v sxf / slxn :jtGq aGnf sa <
sfxL dfg s7 9's/ p;df xfG5g\unnL klg
dfG5 xf5 ;w d//| n r/f hGdG5 s:tf l56 .

rfnf of 5 dgiosf n lsg xf nfUbg ;fRr cxf Û
sn ldN5 s7 pbf/ dgn :jtGq afRg oxf
;fRr xf t r/f eP d l5gd p8y lg cfsfzdf
x/L bZo ;a / dUw d agL emy d ;;f/df .

xfn M Goofs, cdl/sf .

YY

t t nfUgk¥of

/fhGbs'df/ cfrfo

8fSof 3Dg egL ;vf t/ oxf /fdf tof/L ge
o:tf xTkt nf s;f lsg eof nTkt\xg ef ;a
gkfn klg ;fkm ;Gb/ sxf < dnf / w'hf xg
of6 ufr/df p8fg s;/L < ofqLx? cfpg .

s:tf of xr'jf ckem6 u¥of ;fRb g;frLsg
afnLd slt;Dd lge/ /xL cfpmg\ljbzL hg
nfvf Nofp5 eGb5f clg oxf /fVg sxf xf x/ Û
leqbfP klg la:g nf g;lsg eGb bu5g\e/ .

sDtLdf klg e/jf tdtof/ kf//| afNg"lyof
7Sbf/L klg nfhxLg xg uf efUg g6g eof
ef/taf6 ;8s xb slt hgf lbge/ egL cfp5G
l5ge/ of w/tL 3d/ clg tL ;fo pt wfp5g\.

dlGb/ :df/s ;Dkbf klg cem aGg gEofOsg
xNnf dfq lk6L algG5 ls egL ;fx a8f ;Hhg
o:tf tfn 5 x sxf ed0f of k"/f xg v Û sxf <
t t nfUgk¥of lg/fz gagL ;Dk0f ;i6f klg .

a6jn- !! sflnsfgu/ .

YY

s tkf0n xfdf jla;f06 xg'ePsf 5 <
web : http://nepalipublisher . com/

;li6stf

/fhGbs'df/ ahfrfo

cfdf afaf 5 gdg ;bf laGt xfdf xh"
dfof ubf t geg ;bf kLt h:t vh"
xfdf dfof dgd6 5g ze cfxf dh"
Bftfh:tf dw/ jgsf :j0fsf Tof uh" .

cfof kfvf /g jg 3dL bzg ef xh"
8f8f sf8f ;dtn ;a kf/ ub ;b"
cfdf afaf ;sn hg tL ;fydf ldNb5g\/ Û
d/f >Wbf ;dg 5 oxf ;fydf xG5 Kof/ .

cfdf afaf /x/ dgsf ;Gb/ kf0Pnf
d/f rfnf e/ 5 ltgsf dGb/ 5f0Pnf
tLyfEof; lsg /x/ Tof dh Bftf eP/ <
bf8fbf8 lsg sx/ Tof zh afsL /x/ <

3Dbf 3Db z/0f r/0f k0ftfsf ksf/
5fDbf5fDb r/0f j/0f lzi6tf Tof ;sf/
cfdf afaf cjlge/sf ;li6sf Tof dxfg
dfof hfUbf zdg ;a tL Joflwsf ef lgbfg

d/f dfof xbo e/sf kfps lbJo 6Lsf
cfdf afaf lhjge/sf 7fpsf zn l9Ssf
cfdf afaf ch/cd/ ;li6sf en s:tf <
wtL dftf uuge/df ;li6sf dn s:tf <

YY

k~r tGdfqf

kf: /fhGb ;'jbL

uGw ;jbgf elddf plAhof
k~retfTd ;l;hgf e"lyof
efu ;DefHotf eldaf6 lnof
eldd uGw tGdfqtf plAhof .

:jfb cf:jfbsf sLnfnsf wddf
;Td hLjf0fsf jfl/ ;4ddf
eld ;l;Stf l;hgf sddf
5g\/;1f o;| bxsf dddf .

?k ;jbgf Hoflt cfef; of
bZo ;~rtgf JofKt ;fGbo xf
gqdf 1fg cf/fwgf Aoleof
;li6 ;fGbo ;l;St e ;aNof .

:kz ;jbgf rddf 3l;bf
uGwjfxL 0ift\sfndf /flsbf
aG5 lbUefGt xfjf :jo emflSsbf
kf0f g cGtdf kU5 of clNembf .

Jofd tGdfq v aXd e ul~hof
s0f/GwflTytf gfb emg\emGsof
dGb ;Gbz wf/f :jo kmlnof
aXd ;Ggfb e 1fgdf plqof .

lfq lfq1sf lgTo ;ofudf
l;hgfsf snf vN5 cfnfsdf
emD5 ;li6 :jod\eJo ;~hfndf
zAbe08f/d 5g lbJofkdf .

rNb5g\eldsf sLnsf6f klg
3N5 aXdf08 of 1fg l;Gw"agL
aNb5g\1fgsf bLk tf/f agL vN5
cfsfzsf lbJo sfblDagL .
sf6Zj/, sf7df8f .

YY

zAbfy ksfzgsf
sfoqmdx?df
jflrt sljtf, dGtJo / uLt, uhn ;Ggk/
https://www.youtube.com/Shabdartha Music SM/

d xflbg

8f=/fdk;fb 1jfnL

/fPsf e/df dfq lhGbuL ;lkg eP
lsg uYof / dfG5n sfd < vfGYof a;L a;L
ugf;f clg ufnLn gfnf ;li6 xg eP
lsg uYof / dfG5n cfljisf/ 38f w;L <

agfP/ agsf xg\;a ;li6 dgfx/
ug ;Sgx?sf g lhGbuL aG5 ;Gb/
uf8b cN5bfOsf emf/ cGgafnL pdf5 d
c?sf etjf aGb dfUg afgL ;kf5 d .

rGbsf rfbgL emf5 ;ösf th emf5 d
d/f cf^gf w/fnfO cfkm ;Gb/ kf5 d
cfcf;\e"sDk jf af9L ¿Gr cf;' d emflbg
of ;Gb/ hgLnfO hgLxLg d kflbg .

d e"sDk :jo aG5 e"sDksf lj?4df
d cftªs :jo aG5 cftªssf lj?4df
d g aG5 oxf cfzf lg/fzfsf lj?4df
d g yK5 oxf zflGt czflGtsf lj?4df .

lhGbuL lhTgsf nflu cf^gf af6f :jo vgf Û
vtaf/L :jo /fkf, cGgafnL :jo agf Û
sf/vfgf :jo vfnf, pTkfbg :jo agf Û
:jo ufcf gof uLt, ljBf wg :jo agf Û

jL/n afRgsf lglDt csfsf kfp 5Gg /
xfbg dgn hNn p;sf xf/ xGg /
To;n d s;;fd dfUb xft k;flbg
cfpmg\h:tf;'s afwf n85 le85 d xflbg .

skg, sf7df8f .

YY

;d4 hg xg\;a

/fdk;fb kGt

/fi6«sf hudf xfdL /fi6«kgdfOf ug 5
/fi6«s lxt ;fr/ Tofu ;befj /fVg 5 .

s lyof s eof xfdL eGb ljut ;fRg 5
sfwdf bz /fv/ lgi7fefj cufNg 5 .

dftf xg\w/tL xfdL wtLs lglDt ;fRg 5
bz xfSg ojfnfO ;fydf lngkb5 .

t/f d/f xb xg /fi6«kgdfOf ug 5
;femf xf bz of xfdf bzs nflu dg 5 .

ljZj ;fdfHodf xfdL k/fwLg gesg
:jfledfg ;u /fvL ;fy lx8bf ;a hgf .

5ftLdf xft /fv/ ktL1f kml/ ug 5
ljZj;fd ;bf dfy prf /fv/ rNg 5 .

wd ;:slt cf^g 5g\efiff cf^g ljeffOf
cf^g kfzfsdf uj cf^g emG8f ;'/lfOf .

ljljlw ljwfgn kÜf agg\;Hhg dfgj
;d4 bzn kfcf;\;d4 hg xg\;a .

rfjlxn, sf7df8f .

YY

hLjg

/fdz/0f Gofkfg

df6fsf 36 tNo hLjg 5 of nfUbg sxL e/
;DemL of wj;To x dgh xf ;Tsd dfq u/
hfg ;fy ;'sd wd 5 oxf a‰bg dfG5 t/
l/Q cfpg hfgk5 ;an s nfg kfOG5 / < .

3f6Ldf 5 ljzfn sfn h;sf kf;f 5 rf/lt/
Joy u5 3d08 kmfg dgjf ;Sbg hf hlGh/
a:bf OZj/;Dd dfq /xg of xf snf dlGb/
5f8 kfOf kv? vG8x/ e klN6G5 of cflv/ .

;Rrf sd u/l/ kf/v 5/ ;lDemG5 of nfsn
>Wbf ;fy em's/ kmhx? g clkG5 xf zfsn
cf^g :jfy lnO u/La hgtf df/L n3f/L rn
s:n /fV5 kh/ lgTo dgdf ;b\efjn kdn <

TofuL xG5 ksfzoQm hudf hf aWbdf blvof
stfsf hg gfd sdkydf >Lsi0fsf nlvof
1fgLsf u0fsf kef hgs cf ;Ltfl;t kfOof
dfG5df lquOf ljellft eP Bftf sxf rflxof < .

sNn dfgjtf k9fp5 oxf v kf7zfnf vn <
eftf/Lsg ;Dkbf / ;'vdf dfG5 oxfsf en
afsL bR5/ z:q g ejgdf aGb l;sf/L 8n
dfg hf u¿bjdf eldt e sfnf ukmfdf xn .

sdn g/ bj bfgj agL kmlnG5 of nfsdf
sdn Oltxf; aGb5 ;kmf dlnG5 of nfsdf
sdn hg kU5 vf8n ljif plSnG5 znGbdf
cf^g ast al4n uugdf tl/G5 xf rGbdf .

rfugf/foOf, eQmk/ .

YY

sljtf

/Ltf vltj8f

s nVg sljtf ljwfut eP Toxf xg 5Gb s <
nvf jf ;'/ tfndf ult lbb efsf ld7f ufOg
u~hfufn u/fpb gal´g c:k:6 zAbfydf
a5Gb slatf /rf ls g/rf kfb ljwf Joydf .

nv"s sljtfx? lg/l;nf ofjt\ljgf5Gbsf
aHnf tfln ;gfpbf t/ oxf s cy a9ªusf
5g\w/ y/Lsf ljwf slt oxf ;flxTosf kmf6df
/fh/ cg's'h 5Gb ;lgof;\;flxTo cfsfzdf .

rfx bud 7fpdf lsg gxf;\kUbg hfxf /lj
To:tfdf klg kUg ;S5 ;xh tTsfn To:tf slj
vfHg k5 ;dfhsf l:ylt 5 s x/l/ rf/lt/
5g k5 ;rtgf sndn tf8b s8f hlGh/ .

Pgf xf klg eGb5g\cjlgsf ;flxTonfO ha
5nªu klg kf5 bkOf h;f ;flxTon ;Dej
5fof bkOf e b¿:t pleb cf^g cufl8 dxf
;Rrf ?k kToIf blvgk¥of ;fdflhsL kIfdf .

gfgf 5Gb ljwf syf / sljtf ufgf / tfgfx?
xfOsk'l5 uLt dQmsx? 5g\nVo s s c?
lg:sG5g\klg cflhnf rxlsnf zAbfydf ´Ndn
efsf efjx? lgsf; ultnf aUg u/L ;N;n .

YY

cfdf g/fpm ltdL

jf;' sf^n

cfPsf 5' d cfh hfu/ lnO x//' cfdf ;a
/fv sf 5' lnP/ cf6 k6'sL a//' cfdf ca
oL uf8f clg kfv'/L x/38L hf//' cfdf ltdL
nfO lbJo d kf5' b z bu'/L cfdf g/fpm ltdL .

xfjf xg\8/-rqmjft bl/nf cfcf;\kxf8 agL
sfnf hfn / ´n v n hlt xg\5Sb :jo n85' lg
hD;f xGg d xG5' chg lnO tf/f t e2 5' lg
afwf afws vb5' bi6 zs'gL cfdf g/fpm ltdL .

oL kfvf le/ xg\x/f ;a u/f af/L / 5g\v t tL
cfpmg\b z ljb zsf ;a hgf hf hf uP ;Gtlt
of cfXjfg 5 x 5/f g kl;gf o e'd xf;\pmj/
cf^g kf/vn p7f;\g lz/ of b':;fWo g s 5 / <

xf;\;f´f dg of ;a :jhgsf gtTjdf r tgf
cfcf;\nf c´ 3fd ´Ndn v'nf;\xf;\zflGt ;b\efjgf
Ajf;f, rLn clhªu/flb k/ xg\pGdQm xfdL agf
kmnf;\kmh / b z nflndo xf;\cfdf g/fpm ltdL .

/flhGgg\lg k/fO cf^g ca nf d/f / t/f egL
vflhG5g\kyei6 b z n6jf gªNofOg5g\ltgL
alrGgg\ca oL gbL / blxtf ;ªsNk ;sf/sf
NofP/ clg dfq /fS5' ult of cfdf g/fpm ltdL .

DofUb-@, tgx .

YY

uj sf s'/f

ljgos'df/ zdf gkfn

un/ vft vft 5g\snf / efj cfs'/f
hn/ vfu vfu ´g\ck'j 1fgsf s'/f
89/ /ft sfn ef ;dfg dfg uuof
p7/ hfu hfu x ca/ w/ euof .

ptf/ ;fy ;fy nf k;/ clUg /fkdf
;'t/ xGg xGg x ljsf;sf w/fkdf
h6/ zq dftdf lnP/ ;Îj uuof
p7/ hfu hfu x ca/ w/ euof .

lat/ ;fn ;fn nf o; uP v/fa ef
ptfk kft kftdf an/ /fv /fv ef
´'s/ xGg ;Eotf km's/ rDsg 5 of
p7/ hfu hfu x ca/ w/ euof .

p7/ hftkftn s'/f u/f ljsf;sf
;s/ wdeb of s'/f u/f lgsf;sf
/x :jb z 5f ;a ldnfk lbJo jf; xf
p7/ hfu hfu x a9/ ;fRg' vf; xf .

prfn /ft-kftdf d;fnbLksf s'/f
;'ufn rfn rfndf 5 qmflGt 5fnsf s'/f
n's/ xGg jL/ xf lgofn pRr 6fs'/f
p7/ hfu hfu x a´/ uj sf s'/f .

rfan, sf7df8f .

YY

kSs| ef/t emSb5

>Lxl/ kmofn

sfv| Kof/f| 5 cfdfsf| xfdf nflu eg| hlt
cfdfs| sfvdf v|Nb| xlsof| ;a ;Gtlt
log| g|kfn cfdfsf| /Iff ug| h6f| ;a
l5d|sL b|zsf| ;|vL tf8\gnfO| p7f| ca .

;'t|sf| af3 g|kfnL Aoëm|sf| ;'rgf lbpm
n6|sf| b|zsf| efu kmsfP/ ;a| lnpm
ufvfnL jL/sf ;fd' ;|vL ub5 Tof| lsg <
emSbg jL/ ufvfnL g|kfnL kmfh x| ;'g .

sfnfkfgL tyf ;':tf, lnlDkof / 6gSk/
lnk'n|s ;a| xfdf kmsfpg u/f| ;'/
l5d|sL ?ksf| Ajf;f| cfdfsf| cªu n'5b5
eg|, xfdL agf| Ps kSs| Tof| klg emSt5 .

bi6bfO Tof| l5d|sLsf| kg| xGg s'g| e/
To;| sf/Ofn| xfdL gdflgsg So| 8/
xfdf| eëfu 5f8bgf| ef/L o4 eP klg
eGb|, cf6 u/L n85f| jL/ of4f agL agL .

dftel'd / cfdf x'g\:jueGbf lgs| 7'nf
eGg|, dGq hkL nDsf| 5gf| xfdL s'g| n'nf
xfdL g|kfn cfdfsf lglDt kf0f r9fp5f|
:jfledfgL agL ;f/f xfdf| zfg a9fp5f| .

YY

kTgL s'6L cfp'5

:kGbg ljgf|b

7'h| cy| cgy| ef| zx/df Dffof o;| xf| egL
dfG5| aG5 c r|n o| d'6e/L pN6f| ;xf/f agL
gf/L b|j ;dfg x'g\lko egL nIdL ehL ufp5
dfq| efif0f u5| eG5 hggL kTgL s'6L cfp5 .

eG5g\afp eof| ls gfd e/sf| cfdf 5 x'sfpg|
5ftLdf canf lgbfp5 s7| NffUg| 5 3'sfpg|
Ps| wd| w/f lg Ps x'g em| 1fgL u'0fL gfp' 5
Gff/L x'g\ddtf eg|/ 3/df kTgL s'6L cfp5 .

h'jftf; / /lS;n| k¿ifsf| hfbg x| OHht
v'Nnf 7fp' st| eP jbgdf gf/L x'g| nlHht
eGYof| nfx'/af6 k'0f| 5 syf 5f8|/ c:tfp5
gfgf aft lnk|/ cffuge/L kTgL s'6L cfp5 .

afemf| v|t 5 ;fydf ca b'j|, v|tL u/| x'Gg / <
afvf| aªu/ cGgkft /l;nf ldNb| e/| x'Gg / <
gfRg| sDd/ efr'b| / le8df s|6L gof kfp5
uNtL x'Gg st| 5 aflx/ ;kmf kTgL s'6L cfp5 .

dL7f| vfg gkfpbf lg l/;n| dfnf| ls eGg| 8/
l;ªuf| Tof| kl/jf/ sfw e/ 5g\gf/Lljgf s| 5 /
d|nfkft pgL u/| klg ;w| ef8f gd:sfp5
;Ns|sL 5 eg|/ eG5 dg'jf kTgL s'6L cfp5 .

xfn M a|nfot .

YY

zxLbk|lt >4f~hnL

xl/k|;fb e08f/L

tf/f rGb| log| lyP lg gedf aUy| gbL snsn
o:t| z|n tnfp j|If em/gf o:t| lyP hªun
rDsGy| /lj Jofddf t/ oxf ;f/f cWof/f| lyof|
sfnf| zf;gsf| ;d:t hudf 5fof k/|sf| lyof| .

s|xL sd7 ;Gtlt / alnof of| b|zsf /Ifs
cf^gf| b|z arfpg| k0f u/L kf/| 7f8f| lz/
uh| xfs lbb| 86| ;d/df pT;fxsf| e|ndf
.d5| lsGt| d dg| lbGg hggL g|kfnÚ eGb| oxf .

.a|/Lnf0 eufpb| htgn| /Iff u/L b|zsf|
cfkmgf| :jÎj arf0 uf/j clg emG8f / of| b|zsfÚ
eGy| / .t/af/ ahL lz/ of| 6qmf k/| tfklg
xf;| / d t hfpnf hggL oL g|kfn afrg\ egL .

/ftf| /Qm 5rlNsof| z/L/df cN5Lkgf bfl8of|
o:tf| zfx; ;fddf bg|htf sfk| / yy/\eof|
ksL Aoy| l/;f0 ;To glrgL cGwfx? j|l/P
rf|vf| /fli6« efjnf0 ;xh| kmf;L r9f0 lbP .

cfn| 5g\kblrGx tL ;lxbsf 6f6f cem| /Qmsf
cfn| 5g\cem;Dd g| pgLx? n8bf ag|sf syf
To:tf jL/ ;kq hf| dn|sdf aflr/x|5g\d/L
jL/|sf| ult kfpg| ;lxbdf d|/f| 5 >4f~hnL .

YY

d cd/ 5'

xl/eQm l;Ub|n .dx|zÚ

5fl8G5 ha of| b|x d nfz xG5' ;To 5
lk|o kTgL ptf kq nUb5g\3f6 ;To 5 .
ljBtLo d Hjfnfdf ;To xf| hNg|kb|5
bfuaQL glbP/| xx/L aNg|kb|5 .

cGo So| lsl/of sd| gu/L v|zdf x|g|
dQm 5' k|t So| xGg a|Xdf08 c08 ;Demg| .
a|Xdf, lzj d d|df 5g\tÎj;f/ dem| d x|
dg|, dfg| 5 of| b|x d|/f| Xj|g d ;To x| .

vfn kmf6| ;/L hfG5 ?jf kmf6b|g ;To xf|
¿jfh:t| 5 of| cfTd kmf6b| ;lsGg ;To xf| .
.d5Ú of| e|ddf afRg| c1fgL lk08 vfG5 xf|
hn, tk0f oL lk08 dg|nf0 lbg| g xf| .

ch/fd/ xf| cfTdf olt dfq a|em| t ef|
af0 af0 awf0 of| /fd| 1fg eP t ef| .
:jwd| / :jstJo xf0 Û xf0 Ûk"/f u?|
cfTd k|sfzsf| k~h ;;f/e/df 5?| .

ch/fd/ of| cfTd z/L/ gfzjfg\5
eGg| efj ge|Ng| x| ;Tosf| sd| ug| 5 .
wd| Ps 5 0zTj Ps Ps d x| egL
ug| sfd ;w| cfkm| 5f| cd/ ltdL klg .

ufp| 7fp| ;a| p:t| tg p:t| ;a|lt/
ToxL|sf /Ltdf /Dg| cGTo|li6 5|g cflv/ .
uf8, kmfn, aufpm of eP cfuf| nufpg|
k5| k5| ;a| nfz b|Zoaf6 x6fpg| .

YY

7§f gu/

lx/f e§

a:5g\/Ifs k~rzLn h;sf l;4fGt ;jfk/
zflGtIfq kljq a4 w/tL gkfn d/f 3/
rftkmL 5n5fdsf /ªx? bVbf ´ ;ªu d tf
sNrL lbJo cbDo jL/ w/tL 7§f gu/\x otf .

ufvfkN6gn ;w cl3;/L t/f u¥of /IfOf
;lD´G5;\ls t lal;O;\ljutsf kvfx?sf /Of
´g\aGwTj / ljZjsf gh/n xbf ´ ;ªu d tf
5fofsf Oltxf; Vofn gu/L 7§f gu/\x otf .

ub 5;\5n cfh ;fwlt/sf d6/ /vLx?
;fRbg;\lsg ¿i6 5g\glhssf ;f/f l5dsLx?
ldNnfg\bz ;d:t ¿i6 hlt 5g\;fRbf ´ ;ªu d tf
;fwsf vs/L pxL d6 pxL 7§f gu/\x otf .

;fbf ;fs ;efx? l5gl5g blvG5 t/f eo
h:tf cfh 5 /fi6«3 alnof p:t 5 Gofofno
;Ksfleq 5 bfrnf s¿Ofdf ;Gbf ´ ;ªu d tf
tfTof /Qm an lz/f / wdgL 7§f gu/\x otf .

t/ sf/Ofn s/f8 hgsf ;xf/ xfnf;l/
pnsf /Ofdf y// w/tL sfk/ /fnf;l/
sfnf qm/ 5 s6gLlt glgsf a‰bf ´ ;ªu d tf
t;f bVb5 ljZjo4 glhs 7§f gu/\x otf .

k~rZj/-^, lahn, at8L .

YY

xfnf zflGt ;dl4 s <

xfdgfy zdf

sfxL zfifs 5g cfh hgtf ;fdGt vfHg sxf <
gtf lj1 agL ljsf; kydf nlDs/x5g\hxf
u85g\sf/ s/f8sf ha log /fhf;/L efhdf
Hofb ef ;ljwf geGg s;/L 5gg\ojf bzdf .

u5g\Joy cgs tL kmhnsf gfgfy/L vr g
ei6frf/ u/L p7 ha log gf3/ ;Ldf ;w
cTofrf/ a9Øf ljrf/ 5 sxf v Gofo v l;hgf <
;Rrf glts ;Rrl/q hg v < blvGg ;befjgf .

l/Qf 5g\3/ ufpsf dgx? vfqmf eof bz of
efsf k6 lnO ljbzlt/sf ofqf u/ e uof
vf8L bz ku ojfx? lbgf of ;f; wfGg k¥of
cf:yfoQm ;dl4 zflGt gxbf gkfn s:tf eof <

sfxL 5g\n6kf6df clg anfTsf/flbdf Jo:t 5g\
sfxL t:s/ 5g\cjw ?kdf Jofkf/ tL ub5g\
aR5g\xfo ¿jfpb slt oxf rnL / a6Lx?
k;f dfq sdfpgx? eP ;bwd TofuL a¿ .

cf^gf tL ;ljwf a9fpg ;w tNnLg 5g\ahs
;jfsf dlxdf en ha ltg arL ;s OHht
n8b 5g\c´ GofolglDt hgtf lrRofpb lblGbg
nf7L rfh u/L kzf;g oxf vfHb 5 ;ftf lng .

7hfn hlt h u/ klg xg sfgg'n 5Gg / Û
;fgfn t/ dfGgkb5 oxf sfgg'sf wd / Û
gf/L, afns-aflnsfx? oxf 5g\qf;df of IfOf
xfnf zflGt ;dl4 jf kult s of bz ;/IfOf <

YY dfyfu9L ! lrbLkfgL, kfNkf .

ljbfO

j;Gts'df/ zDdf .gkfnÚ

xh/ xf oltsf l5g wo nL
:jvz sd tlhsg wo nL
al;lbg uOflglDt stfy 5f
kl5 k/kl5 kml/ ksfb5f .

ca t s ;asf 3/ 3f;nf
glhs g klg s xg ;S5 / <
lbgeof oltsf ljlw xf;nf
lsg lg la;g g t ;lsG5 / <

ca t Tof ;a eGg xbg / Û
clnstf hnkfg 5b 5 / Û
Tolt ;skl5 rflx labf lng
xh/ xf cgalGwt 5f kgM .
YY

of]sljtf zAbfy{ksfzgsf ;Ddfg tyf k:ts ljdf]rgsf]sfo{qmddf labfOsf nflu jhoGtLsf cleefjsn]nlvlbgePsf]xf].

zAbfy ksfzgsf sfoqmdx?df

jflrt sljtf, dGtJo / uLt, uhn ;Ggk/

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

k5f/sf] kftf]

5Gb sljtfsf :j?k

kf= ufkLsiOf zdf

!= slj / sljtf

sljåf/f /rgf ul/Psf slt sljtf xf . sljtf /rgf ug JolQm slj xf . o;/L sljtf / slj cGofGofl>t 5g\. sg PsnfO lrGg csfsf d2t lngkg xG5 . sljsf hfgsf/Lljgf sljtf lrlgbg . sljnfO lrGg klg sfJosf hfgsf/L cfjZos xG5 . oL bj k/:k/ cfa4 5g\. oL bj Pscsfsf ;ft klg xg\. Pshgf ;flxTo dgLifLn egsf 5g\-æslj sljtf xf;\ sljtf slj xf;\ ta kf sljtf xG5 . zAb ykf/Lsg s xG5, efj eP kf xG5 .Æ o; egfOaf6 klg slj / sljtfaLr PsfTdstf kl/nlIft xG5 .

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

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

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

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

'jfSo /;fTds sfJod\ eGg ;4flGts dfGotfn klg o; s/fsf kli6 xG5 . zAb / cysf ;xefj sljtf xf eGg k/Dk/fdf dflysf plQmdf jfSonfO sljtfsf ?kdf lnOof . jfSo egsf ofUotf, cfsfª\lff / cf;lQ-oQm kbfRro jf kb;dÖ xf . o;/L jfSodf klg zAb / cysf

;xefj /xs xG5 .

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

lgoltstlgod/lxtf Xnfbsdo Ldg Gok/tGqfd\ .

gj/;¿lr/f lgldltdfbwtL ef/tL sjholt ..

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

sljtfsf :j?k / sljsf :jefjsf aLr lgs6 ;DaGw /xG5 . uDeL/ pbfQ ksltsf sljn pbfQ / dfgj kdsf sljtfsf sfJosf /rgf u5 eg lfb / ;ª\slrt ksltsf sljn ;fxL cgsh lfb jf lgDg :t/sf sljtf /rgf ub5 . lfb ksltsf sljaf6 klg sxL st /fdf / pbfQ vfnsf sljtf cfP eg To; avt l;hgfsf lfOfdf p;sf kslt kl/jtg ePsf / pbfQtf cfTd;ft\u/sf cj:yf /xG5 . jf:tjdf sljtfdf lglxt efjsf ;kmn cleJo~hgf ta dfq ;Dej xG5 ha sljdf tLj efjsf ;jbg–lfdtf sfod /xG5 . sljaf6 ;kmn sljtfsf ;li6 rflx sljdf lglxt kan cGtMk/Offsf cj:yfdf xG5 . o; cGtMk/OffnfO qmfGtbzL kltef klg elg5 . o; l:yltdf sljsf ;jbg zlQm JolQmut kl/;Ldfaf6 dQm eP/ ;fwf/OfLst xg kU5 . o;/L slj / sljtfaLr lgs6 ;DaGw /xsf kli6 xG5 .

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

@= sljtf;DaGwL dfGotf

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

sljtfsf af/df dhtM k'jLo ;flxTo–zf:qLx?n ljzif ksfz kf/sf 5g\. jlbs jfªuobIv g sljtfsf ?k bvf kg yfnsf xf . CUjbsf dGqx? sljtfdo 5g\/ tL jlbs 5Gbdf ;/lrt 5g\. nflss ;:st ;flxTosf cfudg;u zf:qLo 5Gbdf sljtfx? nlvg yfn . o; lfqsf kyd sjfotf cflbslj jfNdLls xg\/ pgn /rgf u/sf cflb dxfsfJo jfNdLls /fdfo0f xf . of s¿0f /;kwfg dxfsfJo klg xf . ;:st ;flxTodf 5Gbsljtfsf nvg oxLaf6 ;¿ ePsf xf . o;s ki7elhdf 5Gbsljtftkm cflbZnfs rflx slj jfNdLlsn /rgf u/ . Jofwfn sfds sf~rkIfLsf hf8LdWo efn rflxnfO xTof u/sf bv/ slj jfNdLls Jolyt xG5g\. pgn ks6 u/sf zfs cflbZnfssf ?kdf k:km6t xG5 . ToxL zfsnfO zf:qLo 5Gbdf ;jkyd JoQm ubf cflbsljtf bvfk/sf xf . jfNdLlsåf/f ;jkyd pRrfl/t cflbZnfs o; ksf/ 5 M

df lgiffb klti7f Tjdudl zfZjtLM ;dfM .

ot\ sf~rldy'gfbsdjwLM sfddflxtd\ ..

of cflbsljtf k9fOsf ;¿df g afn–aflnsfnfO s07:y ug nufpg krng /xsf xf . u¿sn lzIffkOffnLdf of k/Dk/f sfod 5 . 3/d klg sltko afacfdfn cf^gf 5f/f5f/LnfO of cflbsljtf 3fsfpg u/sf 5g\. oxLaf6 ;:stdf 5Gbsljtfsf kofu lj:tf/ ePsf xf . cflbsfJo /fdfo0f / dxfef/t zf:qLo 5Gbdf /lrP . ;:stsf d3bt, lzzkfn jw, gifwLo rl/t cflb nlntsfJo–dxfsfJox? zf:qLo 5Gbdf g /lrPsf 5g\.

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

sljtfsf af/df sxL k'jLo dfGotf /xsf 5g\. kf/:To bli6n sljtfnfO ljleGg sfOfaf6 ljZnifOf ug sfd ePsf 5 . cfrfo efdxblv huGgfy;Ddsf k'jLo ;flxTo dgLiflx?n sljtf jf sfJonfO kl/eflift ug sfd u/sf 5g\. cnª\sf/jfbL cfrfo efdxn sljtfnfO lrgfpg

;Gbedf zAb / cysf ;xefjnfO sljtf dfgsf 5g\. ;flxTot/ sltdf klg zAb / cysf pkl:ylt xg ePsfn ;flxTosf nflu ljzif ;xefj xgk5 eGg pgsf cfzo 5 . efdx cna\sf/jfbL cfrfo xgfn logsf dtdf ;fGbo ljwfos cna\sf/ cfjZos xG5 g . /Llt, jqmfflQm cflb klg zAbfyl;t ;fxrodf ckllft xG5g\. nflss Jojxf/nfO cltqmd0f u//rdTsf/k0f j0fg ug jqmflQmnfO efdxn ;a cna\sf/sf d'n dfgsf 5g\. logsf cg;f/ sljtfdf ;femf egfO xgxbg . jqmflQmk0f cyft\3dfp/f vfnsf egfO sljtfdf ckllft xG5 . efdx ;:st sfJozf:qdf cna\sf/ ;Dkbfosf kjts dflgG5g\. o;l:yltdf efdxn egsf zAbfysf ;xefj rflx cna\sf/ ljlzi6 zAbfy ;fxro xf .

/LltjfbL cfrfo jfdgn sljtfnfO kl/eflift ug qmddf u0f / cna\sf/n ;lxt zAb / cysf ;xefjnfO sljtf jf sfJo dfgsf 5g\. jfdgsf cg;f/ sfJo u0fx? sfJo zfefsf ljwfos wd xg\. u0fnfO cltzflot ?kn ksfzdf NofOg sfd cna\sf/n u/sf xg\. cna\sf/x? sfJo ;fGbonfO pbbLKt u/fpg sf/0f klg xg\. jfdgn sljtfsf cfTdf af/ ;jkyd rrf u/sf 5g\ **/Llt/fTdf sfJo:o** . jfdgsf cg;f/ sfJosf cfTdf /Llt xf . /Lltsf cy xG5 ljzif kb/rgf . oxf ljzif eg/ sfJou0fnfO lnOPsf 5 . sfJou0f ePsf kb/rgf /Llt xf eGg cy o;af6 xg cfp5 . jfdgn sfJo kl/efiffdf klg u0fsf pNnv u/sf 5g\. sfJou0f dVo ?kn tLg 5g\– dfwo, cfh / k;fb . o;/L jfdgsf dfGotfdf sljtf egsf sfJo u0foQm kb/rgf ePsf, cna\sf/n ;dGjt zAb / cysf ;xefj xf .

WjlgjfbL cfrfo cfgGbjwgn 'Wjlg sfJosf cfTdf xf **-Wjlg/fTdf sfJo:o_** eGb sljtfsf dVo klf Wjlg xf eGg pNnv u/sf 5g\. Wjlg egsf sfzLo cyeGbf leGg / sljtf k9/ cfpg rdTsf/k0f ktLodfg cy xf . sljtfdf /Llt / cna\sf/x? Wjlg cys pksf/s eP/ cfPsf xG5g\. cfgGbjwgn o;/L Jo~hgfzlQmaf6 cfpg Joa\o jf ¿lrs/ cfXnfbdo efjnfO sljtfsf klxrfgsf ?kdf k:t't u/sf 5g\. cfrfo dDd6n bfif/lxt u0foQm zAb / cysf ;xefjnfO sljtfsf ?kdf lnPsf 5g\. dDd6 sljtfsf nflu cna\sf/ eP klg xg geP klg xg eg/ jslNks l:ylt cfNofp5g\. /;jfbL cfrfo ljZjgfyn '**jfSo /;fTds sfJod** eg/ ;flxTos /;n oQm ePsf jfSo jf zAbfRro sljtf jf sfJo xf eGg rrf u/sf 5g\. oxf cfgGbjwg, dDd6 / ljZjgfy cfTdjfbL cfrfo xg\. logn sljtfsf afXo klf -/Llt, cna\sf/ cflb_nfO eGbf sljtfsf cfGtl/s jf cfTdf klf -/;,

Wjlg cflb_nfO sljtfsf nflu a9L ufXo dfgsf 5g\.

sljtfnfO lrgfpg qmddf ;dGjojfbL cfrfo kl08t/fh huGgfysf sfJo;DaGwL dfGotf pNnVo 5 / o;sf ljzif dxTTj klg 5 . huGgfyn sljtfdf /d0fLofystfsf klfdf ljzif hf8 lbPsf 5g\. **./d0fLofyk|ltkfbs\| zAb\| sfJod** eGg logsf dfGotf 5 . sljtfdf cyut /d0fLotf cfpgk¥of, Tof rfx /;ljwfgaf6 xf;\ rfx j:tjlrqbaf6 xf;\cyjf cna\sf/ ljwfgaf6 xf;\. huGgfyn o;/L sljtfaf6 cleJol~ht xg efj /d0fLotftkm hf8 lbPsf 5g\. o;af6 /; ljxLg, j:t' jf cna\sf/kwfg sljtfx? klg sljtf ?kdf cfpg eP . WjGofnfssf/ cfgGbjwgn sfJo jf sljtfsf nflu /;Wjlg, j:tWjlg cyjf cna\sf/Wjlgsf pNnv u/sf ki7eldf huGgfyn cy /d0fLotfsf rrf u/sf xg\. o;/L kf7s jf >ftf ;dlf ;Gb/ efljlDa ;Dk|lift ug lfdtf sljtfdf xgk5 eGg ;a\s't klg huGgfysf sfJodfGotfn lbPsf 5 . kfZrfTo ;flxTodf cfO=P=l/r8;\sf sljtfsf nflu cfjZo dflgg dNo l;4fGt / ;Dk|if0f l;4fGtsf glhs glhs ku\sf b|vG5 of cy /d0fLotf l;4fGt .

kfZrfTo ljåfgx?n klg sfJo jf sljtfsf af/df cf^gf efjgf JoQm u/sf 5g\. c/:th sljtfnfO efiffsf dfWodaf6 ksltsf cgs/0f egsf 5g\. cem :ki6 zAbdf c/:t'sf sljtf;DaGwL kl/efiff xf – æefiffsf dfWodaf6 cgel'tf / sNkgfåf/f hLjgsf kgM ;hg sfJo xf .Æ o;/L u/L 8fk8gn efjk0f tyf 5Gbfa4 efiffdf ksltsf cgs/0fnfO sljtf egsf 5g\. j8:jysf cg;f/ sljtf kan efjsf :jM:km't pR5ng xf . znLn sljtfnfO sNkgfsf cleJolQm dfgsf 5g\. nL xG6sf ljrf/df sNkgfTds cfjusf gfd g sljtf xf .

kfZrfTo ljåfg\sf oL cleJolQmx?af6 s|gisif cfp5 eg sljtf d'ntM cfTdfleJolQm xf . sljtfdf j:tt'TTjsf ck|lff efjtTTjnfO kwfgtf lbOPsf 5 . sljtfdf cgel'tsf kjfx clws tLj xg xgfn no jf 5Gbsf cfjZostf :jefjtM xg cfp5 . ;flxTosf cGo ljwf;u sljtfnfO cnUofpg Pp6f klf noljwfg klg xf .

#- sljtfdf 5Gb

sljtf /rgfsf d'ntM tLg pks/0f 5g\– efj, efiff / no . efj cfTd klf xf eg efiff / no rflx afXo klf xg\. efjljgf sljtf aGbg . cGo bO klf -efiff / no_ eP klg efj;fGbo jf cyrdTsf/ ePg eg Tof vfln j0fg dfq xG5 . dg:dlt, r/s, z>t cflb uGydf efiff / no

5g\. ltgn sflJos cfgGb lbg ;Sbgg\. sljtfsf kofhg :jfGtM ;v / k/dtli6 klg xf of pRrtd cfgGb xf . Tof cfgGb cfTdf;u ;DalGwt xG5 . To;n sljtfsf clewfzlQmn alemg jfRofyeGbf leGg nlf0ffzlQmn cgeªt xg nlofy / vf;u/L Jo~hgfzflQmn afw ug ;lsg Joª\ofy jf ktLodfg cy rflx sljtfaf6 lgM;t xg efj xf . To;n slj / kf7s bjnf0 ljzif cfXnflbt tNofp5 . ;:stsf cfgGbjwg, dDd6, ljZjgfy cflbn Wjlg, /; cflbnf0 sljtfsf dVo pks/0f egsf 5g\. oL efjklf cGtut g cfp5g\. To;n efj;fGbo sljtfsf pNnVo uGtJo xf .

efiff sljtfsf clgjfo tTTj xf, efjnf0 c8\bfpg cfwf/ xf . zAbåf/f cy cleJoQm ug sfd efiffn u/sf xG5 . efiffsf ;DaGw dªtM Jofs/0f;u /xsf xG5 . Jofs/0fsf cg;f/ efiffsf cª\u xg\– j0f, dfqf, ;ofhs zAb, ;1f -gfd_, lqmof, ljelQm, sf/s / jfSo . of Jofs/0f klfrflx efiffsf Jofs/0f klf xf . o;afxs efiffsf pRrf/0f klf / cleJo~hgf klf /xsf 5g\. pRrf/0f klf efif0fsnfdf koQm xG5 . zAb, jfSox? dvsf :j/oGqaf6 pRrfl/t xG5g\. of efiffsf Pp6f klf xf . o;afxs efiffsf csf klf xf cleJo~hgf . efiffsf oxL ?knf0 sfJoefiff eGg ul/G5 . of sfJoefiff cGo ;fdfGo efiffeGbf leGg xG5 . sfJoefiffdf eflifs lzNksf kofu xG5, ;nlnt sNkgf xG5, >ftf jf kf7snf0 dflxt tNofpg zlQm xG5 . o; sfJoefiffnf0 nflfl0fs jf cfnª\sfl/s efiff klg elgG5 . sfJoefiffdf Jofs/0fsf / zAbsfzsf c;fwf/0f kofu xG5 . sltko zAbx?n sfzsf cynf0 cltqmd0f ub ktLodfg cyafw u/fp5g\.

sljtfdf no cfjZos xG5 . nosf b0 eb 5g\– a4no / dQmno . a4no eg zf:qLo 5Gb xf . lkª\unn agfPsf 5Gbx? o; cGtut cfp5g\. dfqf u0fgf ul/g dflqs 5Gb / j0fdfqf u0fgf ul/g j0fdflqs 5Gbx? zf:qLo a4no xg\. dQmnosf kofu uB sljtfdf xG5 . of lgoda4 geP/ slj ljzifsf cfju;u cfaå xG5 .

sljtfdf 5Gb eg/ oxf a4nonf0 ln0Psf 5 . o;sf lgIZrt lgod 5g\. lkª\unfrfon ‘5GbM;t’df 5Gbsf lgodsf pNnv u/sf 5g\. jbsf 5 cª\u -lzIff, sNk, Jofs/0f, lg¿Qm, 5Gb / Hofltif_ dWo 5Gbnf0 klg jbs cª\udf /flvPsf 5 . zf:qLo 5Gbnf0 klg b0 ljefu ul/Psf 5 – jlbs 5Gb / nflss 5Gb . jlbs 5Gbx? CJjb, ;fdjb cflbdf koQm 5g\. o; u/L jbeGbf leGg nflss ;flxTodf kofu ul/g 5Gbx? nflss 5Gb xg\. ;:stdf zf:qLo nflss 5Gbsf cf/De ug

slj jfNdLls xg\. cflbslj jfNdLlsn nflss zf:qLo 5Gbdf ;jkyd jfNdLls /fdfo0fsf /rgf u/ . dxfef/t / cGo uGyx? klg o;/L g zf:qLo 5Gbdf /lrPsf 5g\. Znfsdf j0f / dfqfsf u0fgf u// 5Gbsf ;ofhg xG5 . sljtfdf nofTdstf / ;fGbo kbfg ug sfd 5Gbn ub5 . ;ª\uLtfTds dfwo kbf ug l:ylt klg 5Gbn g NofPsf xG5 . o;af6 sljtf ;gf ;gf nfU5 . sljtf >ltdw/ aGg kU5 . jbnf0 >lt klg elgG5 . >lt egsf ld7f;k0f >j0f ug xf . of >ltdfwo rflx 5Gbn kbf ub5 . lnlksf cfljisf/ xg k’jblv g cfPsf jb nofTdstfsf >ltk/Dk/faf6 k/Dkl/t xb afrsf xf / lnlk cfPkl5 lnlkaå ePsf xf .

;:st ;flxTosf sfJo–dxfsfJox?df zf:qLo 5Gbx? kofu ePsf 5g\. /fdfo0f, dxfef/t, /3jz, ls/ftfhgLo, lzzkfnjw, gjfw cflb dxfsfJox? zf:qLo 5Gbdf g /lrPsf 5g\. 5Gbnf0 kB klg elgG5 . o;/L kBsljtfx? 5Gb sljtf xg\/ logn kBsfJosf lgdf0f ub5g\. 5Gbnf0 Znfssf ?kdf klg Jojxf/ ul/Psf 5 . Ps Znfsdf rf/ kfp jf r/0f xG5g\. rf/ r/0f ldn/ Ps Znfs agsf xG5 / Tof Ps 5Gb klg xf . 5Gbsljtfx? zf:qLo 5Gbdf /lrPsf xG5g\. 5Gbnf0 ;:stdf jQ zAb klg Jojxf/ ul/G5 . jQdf rf/ cf6 r/0fdf clf/ jf j0fdfqfsf uGtL u// Znfssf lgwf/0f ul/G5 .

jQ jf 5Gbsljtf tLg ksf/sf xG5g\–

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

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

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

zf:qLo 5Gbdf w/ h;f ;djQsf 5g\. OGbjhf, pkGbjhf, :jfutf, dflngL, jz:y, btljnlDat, tf6s, j;Gtltnsf, dflngL, lzvl/0fL, dGbfqmfGtf, zfbªhljqmLl8t, kYjL cflb w/ 5Gbx? ;djQ ksltsf 5g\. cw;djQ 5Gbdf kliktfuf, pklrq / ljoflugL cflb 5g\eg ljifdjQ 5Gbdf pbªuftf 5Gb /xsf 5 .

gkfnL ;flxTodf 5Gbsljtfsfnvgkfylds sfnaf6 g cf/De ePsf xf . OGbL/;, ljBf/0o sz/L, j;Gt zdf cflb sljx?n 5Gbdf nvsf sljtfx? ‘k/fgf slj / sfJo’df ;ª\slnt 5g\. gkfnL ;flxTosf klxnf rlrt dxfsfJo ‘efgeQm /fdfo0f’ zf:qLo 5Gbdf /lrPsf 5 . dftL/fd e6\6 / zDek;fb 9ª\un cflbsf sljtf–sfJox? zf:qLo 5Gbdf /xsf 5g\. cfwlgs sfndf sljlz/fdl0f nvgfy kf8nsf Ctljrf/, ;Tosln ;jfb, t¿0f tk;L cflb sfJox? zf:qLo 5Gbdf /lrPsf sltx?

xg\ nIdLk ;fb bjsf6fsf ;nfrgf, zfsGtn cflb dxfsfJo / afnsi0f ;dsf sltko km6s/ sljtfx? 5Gbdf blvPsf 5g\. otf cfP/ gkfnL 5Gb sljtf-nvgdf a9L ;lqmotf blvPsf 5 . kef cfrfo, ejgxl/ l;Ubn, /dz vs'/n, kXnfb kfv/n, 7fs/ zdf e08f/L, /fdk;fb 1jfnL, bjL gkfn, ag"nfld5fg, snflglw bfxfn, tLy/fh clwsf/L, hLjg clwsf/L, l8NnL/fh cofn, ¿b 1jfnL, nvk;fb lg/fnf, afh/fd kf8n, znGbksfz gkfn, ufljGb l3ld/ jbdl0f cflb w/ gfdx? 5Gb sljtf-nvgdf ;lqmo blvPsf 5g\. sfsufi7Lh:tf cgsf ;:yfaf6 ul/g lqmofsnfkaf6 klg 5Gbsljtf /rgfdf kfT;fxg kfKt ePsf 5 .

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

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

$= lgisif

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

gkfnL ;flxTodf 5Gbsljtf /rgf ug cleofg cufl8 a9b 5 . uBsljtfdf nVgx? klg 5Gbsljtf nvgtkm cfslift ePsf 5g\. 5Gbsljtfsf klzlf0f ug ;:yfut ultljlwx? klg anfavt blvPs 5g\. sltko ;flxlTos klqsfx?n ljwfut ¿kdf 5Gbsljtf ljzlffªvs ksflzt u// 5Gbsljtf nVgnfO kfT;fxg lbPsf ;Gbe klg pNnvgLo 5 . o;af6 gjkjzL 5Gbsljx?sf al4 xb uPsf klg kl/nlIft xG5 .

5Gb sljtfsf nflu no clgjfo xb xf, o;df efiffsf szn

kofu / efj/d0fLotf klg ckIlft xG5g\. ;nlnt efiffsf dfWodaf6 cy alrqbsf ;fy ;jbgzLn efjsf ;dy ;DkIf0f sfo 5Gbsljtfn u/sf xG5 . ;ªvLtfTds nodf zAbx?sf cf8 lnP/ JoQm xg ;Gb/ efjljDan >ftf jf kf7snfO dGqdUw tNofPsf xG5 . dg / dl:tis bjnfO emªvs t tNofpg ;fdYo pTsi6 5Gb sljtfdf /xG5 .

sljtfdf /;fTds tÍj cltzo xg xgfn no jf5Gbsf cfjZostf :jefjn xG5 . /;fTds l:ylt egsf dgsf pR5ÿf; k0f cj:yf xf . dgfut pR5ÿf; rflx :j/sf cf/fx-cj/fxsf ;fy JoQm xG5 / nosf ¿k lnG5 . oxL no g zAbdf ;fy ;oQm eP/ 5Gbsf gfddf bvfk5g\. o; ksf/ 5Gb /;fTds cgel'tsf ;xh dfWod aGg kU5 . oxL dgfj1flgs tssf cwf/df sljtf / 5GbaLr lgTo ;DaGw ufl;Psf 5 . ;:s t sfJo zf:qx?n sljtf sfJosf nflu 5Gbsf cfjZostf cfNofPsf 5g\. dxfsfJodf gfgf 5Gbsf kofu xgk5 / ;ufGtdf 5Gb kl/jtg xgk5 eGg ;4flGts cjwf/0ffn klg 5Gbsf pkoflutf cfNofPsf :ki6 xG5 . To; sf/0fn klg sljtfdf kbnflnTo / efj;fGbosf ;fy 5Gbfut uotfdf ljzlif hf8 lbOPsf xf . 5Gbn sljtfnfO lr/~hLjL;dt agfp5 . o; kl/klodf 5Gbsljtf nvgtkm lbgfglbg cfsif0f a9b hfg v';Lsf s/f xf . jtdfg cj:yfdf km6s/ sljtfx? 5Gbdf /lrg u/sf kz:t pbfx?0f kfOG5g\ vf;u/L v08sfJo / dxfsfJosf lfqdf eg 5Gbsljtfsf ;ofhg a9L dfqdf xg u/sf 5 . gkfnL efiffdf ksflzt kaGw sfJox?dWo clws dfqfdf 5Gbdf /lrPsf sfJox? g blvPsf 5g\. gkfnL ;flxTodf 5Gbsljtfsf eljio pHHjn 5 .

Y

ca xfdj kfnf
5Gbsljtf, hLjgL, ;:d/0f, syf ca\s .

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

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

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#=	ef~hf aS P08 :6zg/L– 0nfd	–)@&–%@)(#%
$=	0nfan Phszgn 0G6kf0hh– latfdf8, efkf	–)@#–%$@@)@
%=	gkfn aS xfp;– latfdf8, efkf	–)@#–%$)(#&
^=	kJlt k:ts e08f/– latfdf8, efkf	–)@#–%$$^#*
&=	/flhnf aS;– latfdf8, efkf	–)@#–%$@@&&
*=	gzgn aS P08 :6zg/L– rGbJ9L, efkf	–)@#–$%%(&!
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!)=	>i7 aS P08 Goh ;G6/– bds, efkf	–)@#–%*$!@%
!!=	kSfz aS P08 :6zg/L– bds, efkf	–)@#–%*!**$
!@=	kltef k:ts k;n, wgs6f	–)@^–%@!#)$
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!$=	/dz aS l8kf– w/fg, ;g;/L	–)@%–%@%)##
!%=	Go dgsfdgf aS xfp;– w/fg, ;g;/L	–)@%–%#@^*!
!^=	tfknhª aS ;G6/– 06x/L, ;g;/L	–)@%–%*^*%^
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!*=	afnfhL k:ts e08f/– lj/f6gu/, df/ª	–)@!–%#)^#*
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@!=	klAns aS; P08 :6zg/L– lj/f6gu/, df/ª	–)@!–%@)!&&
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@%=	Go :jl:ts k:ts – lj/f6rfs, df/ª	–)@!–%$%@!$
@^=	;~ho k:ts e08f/– /fhlj/fh, ;Kt/L	–(*$@*%)@*)
@&=	Gofkfg aS l8l:6Ao6; –s6f/L, pbok/	–)#%–$@)*^$
@*=	dgfn k:ts e08f/– uf03f6, pbok/	–)#%–$@)!@%
@(=	Gofkfg k:ts k;n– uf03f6, pbok/	–)#%–%$%^!#
#)=	;Ltf gfjn– nfxfg, l;/fxf	–)##–%^))@&
#!=	rfw/L aS l8l:6Ao6;– nfxfg, l;/fxf	–)##–%^)$#$
#@=	zfx k:ts k;n– ldrof, l;/fxf	–)##–%%)%##
##=	dhb/ k:ts ejg– hgsk/, wglff	–)$!–%@!($#
#$=	jbxL k:ts ejg– hgsk/, wglff	–)$!–%@#(*@
#%=	>l/fd k:ts k;n– nfnaGbL, ;nfxL	–)$^–%)!%*(
#^=	;Gbfjt L k:ts k;n– rl/sf6	–(&$$)@(@!*
#&=	sfe|eujtL k:ts k;n– l;GwhL	–)$&–%@))%&
#*=	Go k/hgf :6zg/L– l;GwhL	–)$&–%@))@%
#(=	h= Pg= k:ts k;n– dGynL, /fd5fk	–)$*–%$))!)
$)=	ldlnhhL k:ts tyf :6Zg/L– dGynL, /fd5fk	–)$*–%$))*#
$!=	yfkf aS 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	–)%!–%@%(*%

$%=	leau';dfrf/ k:ts sGb| jl/u~h, k;f	–)%!–%@*(!*
$^=	hg/n aS 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/	–)%&–%@$)%%
%@=	>L ;rgf sGb| x6f8f, dsjfgk/	–)%&–%@!&#&
%#=	clkn; xfn;n tyf aS :6f/– 6f8L, lrtjg	–)%^–%^@*%$
%$=	kf8n k:ts dxn– 6f8L, lrtjg	–)%^–%^!)%#
%%=	klkf–hnL k:ts k;n– k;f, lrtjg	–)%^–%*@^@$
%^=	df:s k:ts e08f/– gf/fo0fu9, lrtjg	–)%^–%@$&@&
%&=	Go klkf~hnL k:ts k;n– gf/fo0fu9, lrtjg	–)%^–%@#$%@
%*=	clkn; 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 aS; P08 :6zg/L– e/tk/, lrtjg	–)%^–%#)(%$
^^=	;gufef aS; P08 :6zg/L– e/tk/, lrtjg	–)%^–%#!$&)
^&=	Jof; :6zg/L– bdfnL, tgx'	–)^%–%^)@&&
^*=	Go ljBfyL k:ts e08f/– bdfnL, tgx'	–)^%–%^)%^^
^(=	lqk/f k:ts k;n– wflbª	–)!)–%@)!()
&)=	;/:jtL k:ts e08f/– wflbª	–)!)–%@!)*#
&!=	gd:t k:ts k;n– a66f/ gjfsf6	–)!)–%^)%$&
&@=	klkf~hnL k:ts k;n– uf/vf	–)^$–$@!!!&
&#=	e/gf k:ts k;n– a;Lzx/	–)^^–%@)%!)
&$=	hobluf :6Zg/L– s:df, kjt	–)^&–$@)@(#
&%=	;/:jtL aS; P08 :6Zg;– s:df, kjt	–)^&–$@))%@
&^=	;ug :6zg/L :6f;– DofIbL–	–)^(–%@))#%
&&=	cfhg aS P08 :6zg;– kfv/f, sf:sL	–)^!–%$!#@!
&*=	kfv/f ;flxTo ;bg– kfv/f, sf:sL	–)^!–%#)%*#
&(=	s~rg k:ts k;n– kfv/f, sf:sL	–)^!–%@$$^^
*)=	;/:jtL k:ts k;n– kfv/f, sf:sL	–)^!–%$)%)!
*!=	dgsfdgf aS P08 :6zg;– kfv/f, sf:sL	–)^!–%#)$$!
*@=	nldL k:ts ;bg– kfv/f, sf:sL	–)^!–%$!!$#
*#=	ljBfyL k:ts k;n– kfv/f, sf:sL	–)^!–%@@)!@
*$=	ljBf dlGb/– kfv/f, sf:sL	–)^!–%#$^&*
*%=	aS df6– kfv/f, sf:sL	–)^!–%@&!**
*^=	ji6g kf7zfnf– kfv/f, sf:sL	–)^!–%##)&*
*&=	au/ P8efG; aS;– kfv/f, sf:sL	–)^!–%@!&&!
**=	sf/fgf aS P08 :6zg;– kfv/f, sf:sL	–)^!–%#*@$@
*(=	cfzLjfb k:ts k;n– kfv/f, sf:sL	–)^!–%$!!%(
()=	kqklqsf :6zg/L –nfnrGb|– afunª	–)^*–%@)!*$
(!=	dnklt aS ;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 -)&*-^@)@!@

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

!))= cfzLif k:'ts e08f/- a6jn, ?kGbxL -)&!-%$@*^&
!)!= l;6L a's P08 Goh ;G6/- a6jn, ?kGbxL -)&!-%$%@#^
!)@= k|LIff :6zg/L ;G6/- a6jn, ?kGbxL -)&!-%$!)@)
!)#= ke|ft a's P08 :6zg;- a6jn, ?kGbxL -)&!-%$$@@$
!)$= lbJoHoflt k:'ts k;n- a6jn, ?kGbxL -)&!-%$)%*@
!)%= a'4 Ph'szgn 0G6/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 -)*!-%@^&$%
!!(= ;u/dfyf a's;- gkfnu~h, afs (*$(^$$@)&

!@)= d~h'>L 0G6/k|0hh- sfxnk/ afs -)*!-%$)#@%

!@!= ;li6 k:'ts k;n- ;Vt -)*#-%@$#*(
!@@= cNkf :6zg/L :6f;- ;Vt -)*#-%@!!#&
!@#= Go ke|ft k:'ts k;n- ;Vt -)*#-%@))&%
!@$= kjt k:'ts k;n- ;Vt -)*#-%@!!^$
!@%= Hafnf :6zZg/L- ;Vt -)*#-%@))*!
!@^= xfd| 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 -)(!-%@!%)(
!#!= 0dh a's P08 :6zg;- wgu9L, snfnL -)(!-%@^%#(
!#@= guL 68 ;knfo;- wgu9L, snfnL -)(!-%@%#%)
!##= ;he a's P08 :6zg;- wgu9L, snfnL -)(!-%@#%^@
!#$= ;lfd 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 a's; P08 :6Zgz- 6Lsfk/ snfnL -)(!-%^)*!%
!$) k|Ls a's; P08 :6Zgz- 6Lsfk/ snfnL -)(!-%^)#!!

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

!$@= ;/:jtL k:'ts k;n- dxGbgu/ s~rgk/ -)((-%@#*!@
!$#= buf k:'ts e08f/- dxGbgu/ s~rgk/ -)((-%@!$^*
!$$= dxfsfnL ;dfrf/ sGb| dxGbgu/ s~rgk/ -(*$*&@!$*&

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

-pkTosf_

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

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

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

!%%= /Tg a's l8l:6Ao6;- afuahf/, sf7df8f -)!-$@@#)@^
!%^= lxdfnog a's ;G6/- afuahf/, sf7df8f -)!-$@$@)*%
!%&= kf7o ;fdfu|k;n- 3G6f3/ sf7df8f -)!-$@$#!%)

!%*= /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'a's; ;knfo;- ef6flx6L, sf7df8f -)!-$@^*(&!
!^#= l/8;kjf0G6- ef6flx6L, sf7df8f -(*$!##$)*^

!^$= cs;kmf8 0G6/gzgn- k|bzgLdfu, sf7dff8f -)!-$@$^)@!
!^%= df8g a's P08 :6zg/L- k|bzgLdfu, sf7dff8f -)!-$@@)*$@

!^^= cs;kmf8 :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 -)!-$$(%^##
!&@= a's jN8- gofafgZj/, sf7df8f -(*%!!&@)&

!&#= clezif a's P08 :6zg/L- dWoafgZj/, sf7df8f -)!-$$$^@*$
!&$= cGhfg a's; P08 :6zg;- ljzfngu/ sf7df8f -)!-$$#&%%)

!&%= l;Gw'a's; P08 :6zg;- rfalxn, sf7df8f -)!-$$^#)^(

!&^= O6bfjtL a's; P08 :6zg;- uf/L3f6, sf7df8f -)!-$!!$^@@

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

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

***

s| tkf0|n| zAbfy|sf ;flxlTos k:'tsx? k9g'ePsf| 5 <

k7gofJo xfd| sJL k':tsx?

ä zAbsfz ã

!: zAbfy{gkfnL zAb;fu/ -;L8L:;lxt b0{/ªdf_ -j;GtsNf/ zDdf{gkfn! !^%)÷-
@: ;ªlIfkt gkfnL zAb;fu/ -;L8L:;lxt_ -j;GtsNf/ zDdf{gkfn! !!))÷-
#: ;ªlIfkt gkfnL zAb;fu/ -:68J6_ - -j;GtsNf/ zDdf{gkfn! *%)÷-
$: ;fgf]gkfnL zAb;fu/ -j;GtsNf/ zDdf{gkfn! %))÷-
%: zAbfy{;ªux -gkfnL gkfnL_ -ljgosNf/ zdf{gkfn #&%÷-

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

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

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

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

!^: sfgGL tyf kzf;sLo zAb;fu/ -ljgosNf/ zdf{gkfn /
-8f: ljZjbLk clwsf/L $^)÷-
!&: zAbfy{;ªux -sfgGL tyf kzf;sLo_ -$^)÷-sfJlf kmf]f_
!*: gkfnL cªuhL gJf/L zAb;fu/ -ljgosNf/ zdf{gkfn /
-zfhJbnfn l;*_ &))÷-
!(: gkfnL cªuhL ;+st zAb;fu/ -j;GtsNf/ zDdf{gkfn! /
-ljgosNf/ zdf{gkfn *%)÷-
@): dfgj clwsf/ zAbsfz -dfwj /JdL /
-sJhfzsNf/ l;jfsf6L ^))÷-
@!: gkfnL ul0ft sfz -dx]j/k;fb pkflofo /
-ljgosNf/ zdf{gkfn !%))÷-

ä cWofTd Pj+bzfg ã

!: zAbfy{uLtf -j;GtsNf/ zDdf{gkfn_ !&%÷-
@: !#% pklgift-;ªux -dh';lxt_ -j;GtsNf/ zDdf{gkfn! !!))÷
#: cWofTd / hLjg -HofJt clwsf/L !&%÷-
$: uGtJoGt -ladJh !@%÷-
%: ç -ladJh @@%÷-
^: k~rfdt -7fs/ zdf{ !&%÷-
&: si0f sXgJpf -lbJokef vgfn #%)÷-
*: efujt Ps ljjJgf -ufJjGb lwld/]jJpdl0f! @))÷-

(: ;lQm;'wf -cg'jfb, 7fs/ zdf{ &%÷-
!): 1fg-lj1fg -ufJjGbk;fb bfxfn #%)÷-
!!: Jojxf/ -Jofjxfl/s bzfg _ -PljGbk;fb GofJkfg] $))÷-
!@: ofJotf ,, -PljGbk;fb GofJkfg] #&%÷-
!#: /fhgLlts tyf ;fdflhs kl/jtfg ,, -PljGbk;fb GofJkfg] #))÷-
!$: ljsf; / k0ffnL -PljGbk;fb GofJkfg] @%)÷-
!%: hLjg cgel't -;Ltf/fdk;fb bwfn @))÷-

ä ;dfnf]rgf ã

!: bJsfJ6f 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 GofJkfg]kl/>dL! !^)÷-
%: ;dLIff ;dfx/0f -8f: 3gZofd GofJkfg]kl/>dL! !&%÷-
^: gkfnL dlxnf ;flxTosf/ -nLnf n06h &))÷-
&: sfJo, lgaGw sJbsf bJsfJ6f -kf: /fhJb ;'jpL @%)÷-
*: gkfnL dlxnf nJvg M kjlQ / ofJubfg -/hgL 9sfn÷uLtf lqkf7L @&%÷-
(: ljj]rg 7fs/ zdf{ #))÷-
!): cleJo~hg 7fs/ zdf{ @%)÷-
!!: kl/bzfg 7fs/ zdf{ @))÷-
!@: zAbfy{;f]kfg- sljtf ;dfnf]rgf -;+7fs/ zdf{ljgosNf/ zdf{gkfn $))÷-

ä pkGof; ã

!: lrqnJvf -eujtLr/0f jdf{cg'jfb_ -ljgosNf/ zdf{gkfn ()÷-
@: dlQm;ªufd -xfj8kmf:6-cg'jfb_ -j;GtsNf/ zDdf{gkfn! !%%÷-
#: lg/k/fwsf]xTof -xfj8kmf:6-cg'jfb_ -j;GtsNf/ zDdf{gkfn! !))÷-
$: ablnbf]lIflth -uLtf sJz/L ()÷-
%: gkfnsf]klxnf]sfJtkj{ -P;kL cf;f (%÷-
^: a'4 -P;kL cf;f @!%÷-
&: dlQmo'4sf]aLpm -g/Jb k/fz/ *%÷-
*: tLtf];To -wd{fh kfJ8ofn *%÷-
(: kmªau p8Jsf]ofJg -8f: Clifsz]j/fh /JdL &)÷-
!): lj:dft -ufJkfn ;~hJh @))÷-
!!: /x:o -;Ltf e66/f0{+ !@%÷-
!@: rGfJtL -ksfzdl0f bfxfn @@%÷-
!#: oGq dfgj -OGb'kGt !!)÷-
!$: sNkgf ;+f/ -dlQmgfy zdf{ !%)÷-
!%: lj;ªut hLjg -?s'sfsL{ !$)÷-
!^: cglUgsf -8f: ljZjbLk clwsf/L @@%÷-
!&: ;'¿lr -zflGt zdf{ !%)÷-
!*: bJpdf0{sf]lsgf/df -kbLk gkfn !@%÷-
!(: Ps xhf/ jif{ -kbLk gkfn !^)÷-
@): **5 n3pkGof;** -uLtfsz]/L, ufJkfn ;~hJh, k0o/lZd vltj8f, kbLk gkfn, /fhJj/ bJsfJ6f, ljgosNf/ zdf{gkfn !$)÷-

@!: cdl/sfdf cfdf -ef/tL uf]td &))÷-
@@: xhf/ ;kgf -stf/ sf^n] !%)÷-
@#: df65]eP/ d/]sf]df65] -ljkh l;hfklt @%)÷-
@$: b l:kª ne -ljgf]bstf/ >]7 @%)÷-
@%: /ldnfgfgL -e'jgxl/ l;Ubjh !$)÷-
@^: ;'/f;Gb/L -e'jgxl/ l;Ubjh !^)÷-
@&: /fdbf0 -e'jgxl/ l;Ubjh #))÷-
@*: cfdf]{ -e'jgxl/ l;Ubjh @%)÷-
@(: gof af6f] -gf/fo0fsjhfz l;Ubjh @%)÷-

ä syf;ªUk ã

!: Pp6L csL{nfp/f -sGxbf gf;ggL !@%÷-
@: kfr syf -/fh]lj/ bljsf6f *)÷-
#: cgGt ofqf -;'/g pk]tL !))÷-
$: dTobt -hoGtL zdf{ !))÷
%: lhpbf]cfTdf -wd{fh kf8ofn !%)÷-
^: nljdªx? -nf]sljbaxfb'/ rGb @))÷-
&: wdf{w -k0o/lZd vltj8f !%)÷-
*: sd/8 efph" -si0f ahuf0{÷ !&%÷-
(: Joyfx?sf] syf -xl/ yfkf @))÷-
!): /ftf]8fo/L -;Ltf/fd gljkfn @@%÷-
!!: cfsfz dyg -8f: ljZjbLk clwsf/L @))÷-
!@: kl/ldt -xl/ yfkf @))÷-
!#: syfjfl6sf -^& gf/Lsf ^& syf_ -;'÷ljgostf/ zdf{gljkfn %%)÷-

ä lgaGw–kqaGw–lgofqf–;'÷d/0f ã

!: aXdro{ofg;'÷dsf]jlflgs pkfo -tLy{fh kf8]h !%)÷-
@: 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} -ufljkfn ;~hfh !%)÷-
^: wd'lzvfsf]nodf ;Nnfsf];';fhL -/dfz ljsn @%)÷-
&: Infinity -ejfz vgfn !&%÷-
*: ;df6sf];Ldfleq / aflx/ efgeQm -kf:/fhfjb ;'jfbL !^)÷-
(: dl]f]df6f]u -xl/ yfkf @@%÷-
!): ;do ;dosf s'/f -hubLz nfld5fg] @%)÷-
!!: nosf]vfhldf -/hgL 9sfn @))÷-
!@: ;To;'÷fk -dfljkg rfkfuf0{÷ @%)÷-
!#: %of0nL afvfsf]kf7f] -8f: lzj uf]td $))÷-
!$: ;f9]-xf:oJoªUo_ -;'jf1 jf0n] @%)÷-
!%: dfyfkRrL -ljgostf/ zdf{gljkfn !%)÷-
!^: kg/fjlQ -ljgostf/ zdf{gljkfn !&%÷-
!&: k/fjtfg -ljgostf/ zdf{gljkfn @))÷-

ä sljtf tyf sfJo ã

!: tLtfdL7fs/f- j;Gtstf/ zDdf{gljkfnL, cRot'/d0f clwsf/L, e'jgxl/ l;Ubjh, rGbk;fb Gofljkfg] ksfzdl0f bxfn, bljL gljkfn, 7fs/' zdf{/fdk;fb kGt, pdf ld;, nIdLstf/ sf7/fnf, ufljLsi0f zdf{ !!!÷-
@: gJtsf s/'f- j;Gtstf/ zDdf{gljkfnL, lzjufljkfn l/;fn, lji0f'keft, vuljb vfl;f3/] P;kL cf;fL, czfjsstf/ nfld5fg] dfwj l3ld/] afnsi0f e66/f0{ u0f/fh sf^n] ufljGbk;fb l3ld/] dsGbk;fb zdf{ !##÷-
#: gJtljrf/- j;Gtstf/ zDdf{gljkfnL, 7fs/' zdf{nIdLstf/ sf7/fnf, ufljLsi0f zdf{ vuljb vfl;f3/] ag"nfld5fg] 8f: cf7ljL/ l;*a:gL, g/ljb k/fz/ ;GbLk;fu/ gljkfn, 8f: 6Lsf/fd -ljZjljL/_ clwsf/L, ljgostf/ zdf{gljkfn !##÷-
$: j;Gtfg Gb -rDk$fJo_ -7fs/' zdf{ !))÷-
%: :jg -sljtf;ªux_ -/fh]lj/ bljsf6f !))÷-
^: cf7ªnh -sljtf;ªux_ -obGfy j;Gtk/'] ^)÷-
&: ahf6 gDa/ kfr -sljtf;ªux_ -ksfz rfkfuf0+ !%)÷-
*: lrGtg;usf]ofqf -sljtf;ªux_ -;Ltf e66/f0{ !@%÷-
(: c>wf/f -sljtf;ªux_ -r8fdl0f cfjnL !))÷-
!): zAbgfb -sljtf;ªux_ -7fs/' zdf{ !%!÷-
!!: clegjg -sfJo_ -7fs/' zdf{ !%)÷-
!@: k1frlf" -dxfsfJo_ -g/ljb k/fz/ !%)÷-
!#: khftGq}khftGq -JoªUo sljtf;ªux_ -h'4axfb'/ s];L: !))÷-
!$: ?jf0oft -pd/v@ofdsf]sfJo_ -cg'jfb_ -j;Gtstf/ zDdf{gljkfnL &%÷-
!%: ls/ftfhfgLo -ef/ljsf]dxfsfJo_ -cg'jfb_ -j;Gtstf/ zDdf{gljkfnL !%)÷-
!^: j;Gt -sfJo_ -/fh]lj/ bljsf6f &%÷-
!&: j;Gw/f -dxfsfJo_ -vuljb vfl;f3/] #@%÷-
!*: Ps c~hhL dg -uhn;ªux_ -sdnf l/;fn JofljtL !@%÷-
!(: tflEjs ;Hhg ;jkf/f /0fgLlt -sljtf;ªux_ -clgn uf]rg !&%÷-
@): cf]rGbdf -sljtf;ªux_ -dl0f/fh l;*- @)!÷-
@!: oftgf -uBdxfsfJo_ -OGb'kGt !%)÷-
@@: l;hgfgGb -sfJo_ -ag"nfld5fg] !@%÷-
@#: cg'dlt -sfJo_ -ag"nfld5fg] !))÷-
@$: d tEj -sfJo_ -ag"nfld5fg] !))÷-
@%: dfl;L ;lugL -sfJo_ -ag"nfld5fg] !%)÷-
@^: cfux -sfJo_ -ag"nfld5fg] !@%÷-
@&: ;Gb/Lsf];jf0{÷-;jf0{ -gf/fo0f gljkfn ^%÷-
@*: chn uhn -uhn;ªux_ -gf/fo0f gljkfn !))÷-
@(: dQms d~h/L -dQms;ªux_ -gf/fo0f gljkfn !))÷-
#): uhn d08L -uhn;ªux_ -gf/fo0f gljkfn !))÷-
#!: dQms ;l/tf -dQms;ªux_ -gf/fo0f gljkfn !))÷-
#@: e0rfnf]sf];jf0{ -gf/fo0f gljkfn !))÷-
##: kjf;Lsf]gf;f]-uhn;ªux_ -$) uhnsf/ !))÷-
#$: af6f]vfl;fb}af6f]lf -sljtf;ªux_ -xl/dfof e6]jfn !&%÷-
#%: ;/sf/kfl/sf]ufp -sljtf;ªux_ -si0f s66]h !%)÷-
#^: kl/lf]sif{-dxfsfJo_ -nIdLstf/ sf7/fnf @%)÷-
#&: :dltklk -sljtf;ªux_ -nIdLstf/ sf7/fnf !%)÷-

#*: tf;sGbdf dxfslj b]lsfbf -k'¿iffQd l;Ubjh !%)÷-
#(: cdtf~hnL -dQms;aux_ -ltn:dL kef; @))÷-
$): af6f]xl//xg]af6fx? -8f: lzj uf]td @%)÷-
$!: dlGb/ / dfcf] -/fdsdf/ kl08t @))÷-
$@: bfpefgdf pleP/ -lqe'jgrGb jfUn] @*)÷-
$#: nfjssbljv kf/nfjss;Dd -sljtf;aux_ -ljgosdf/ zdf{gjkfn %)÷-
$$: dTofafjw -sljtf;aux_ -ljgosdf/ zdf{gjkfn @%)÷-
$%: dfufpLk -sljtf;aux_ -ljgosdf/ zdf{gjkfn @%)÷-

ä efiff ã

!: Perfect English -/jk8\$;_ -ufpshk;fb zdf{ @*)÷-
@: Learn Nepali yourself, know Nepal yourself -ksfzdl0f bxfn #%)÷-
#: Professional English Grammar- -jfdb]kfbjh #%)÷-

ä gjkfnL afn–;flxTo ã

!: tLgtf/f -afnsyf_ -j;Gtsdf/ zDdf{gjkfnL #%÷-
@: pbf/tfsf]k/fsfi7f -afnsyf_ -j;Gtsdf/ zDdf{gjkfnL $)÷-
#: /df0nf]zlgjf/ -afnsyf_ -efef zdf{ $)÷-
$: tLg d'v{;fylx? -afnsyf_ -cfef zdf{ #%÷-
%: ;fgLsf]axfb'L -afnsyf_ -cfef zdf{ $)÷-
^: dfl]kof/f]v]]-afnpkGof;_ -ljZj/fh kf08] %)÷-
&: l;*/nfdv66]-afnsyf_ -ljZj/fh kf08] #%÷-
*: bzjsf]blIf0ff -afnpkGof;_ -ua'uf kfbjh $)÷-
(: sfun]lsg sf sf eG5 -afnsyf_ -ua'uf kfbjh #%÷-
!): uhfasf]kmh -afnsyf_ -ua'uf kfbjh ^)÷-
!!: afnuLt -afnuLt_ -h'4axfb'/ s];L ^)÷-
!@: lemlnldln tf/f -afnuLt_ -;'/lg pk]tL @%÷-
!#: k5'tf]-afnsyf_ -;'/lg pk]tL @%÷-
!$: cfsf;]k/L -afnsyf_ -;'/lg pk]tL #%÷-
!%: cfdf/5fl/f -afnsyf_ -pldlnf nfld5fg] #%÷-
!^: 5'55s]lg? -afnsyf_ -pldlnf nfld5fg] $)÷-
!&: bz dxfd'v{-afnsyf_ -lx/0osdf/L kf7s #%÷-
!*: /fdsyf -kf/fl0fssyf_ -lx/0osdf/L kf7s $)÷-
!(: l;Gsjsf];kmntf -afnpkGof;_ -zdLnf v8sf bfxfnL &)÷-
@): ;fg]aGof];Gtaxfb'/ -afnsyf_ -zdLnf v8sf bfxfnL &)÷-
@!: ;0/]/ebkm66]-afnsyf_ -zdLnf v8sf bfxfnL &)÷-
@@: pHofnf]af6f]lzIffsf]-afnsyf_ -zdLnf v8sf bfxfnL &)÷-
@#: ;fgL -afnpkGof;_ -zdLnf v8sf bfxfnL &)÷-
@$: k'tnLsf]lax]-afnsyf_ -dw';bgk;fb l3ld/] #%÷-
@%: l;p/f]-afnsyf_ -8f: ljZjbLk clwsf/L #%÷-
@^: tanfsf]jbgf -afnsyf_ -8f: ljZjbLk clwsf/L $)÷-
@&: wtL{usf]s'/f -afnsljtf_ -;k;Ggf e66/f0{ %)÷-
@*: kmhsf ;fyL xfdL -afnsyf_ -;Ltf e66/f0{+ &%÷-
@(: afb/sf]lrGtf -afnsyf_ -uf]jGb lwld/]jbdl0fL ^)÷-
#): :ofnsf]ldqtf -afnsyf_ -uf]jGb lwld/]jbdl0fL %)÷-
#!: b0{6fps];k{-afnsyf_ -uf]jGb l3ld/]jbdl0fL $)÷-
#@: b0{v66]la/fnf]-afnsyf_ -nlntf bfjfL $)÷-
##: d'v{l;*-afnsyf_ -/]zf l3ld/] $)÷-

#$: sjkL dxfk'¿if -kf]fl0fssyf_ -/~h'>L k/fhhL $)÷-
#%: gof ;fyL -afnsyf_ -;lfdf dfgGw/ $)÷-
#^: ;Gb/ / ;'/lsf]ljjfx -afnsyf_ -kf/;dl0f bfxfn $)÷-
#&: hfljvdk0f{kxf8L ofqf -cg'jfb-ofqf;*d/0f_ -cflzif kf08] ^)÷-
#*: ls;fg / eujfg -afnsyf_ -ljgosdf/ zdf{gjkfn #%÷-
#(: 3/ -gLltsyf_ -ljgosdf/ zdf{gjkfn $)÷-
$): afn ;fjft -afnuLt_ -0Gbsdf/ >lj7 *)÷-
$!: /fdfjafgL -afnuLt_ -/fdljqmd yfkf !)))÷-
$@: O{lof{n'v/fof]-afnsyf_ -Pnal rfl0na !)))÷-

ä caUjhL 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 !@%÷-

ä SofDk;:t/Lo ã

!: !! sf]cy{f:q -uf]s0f{dNn !&%÷-
@: !@ sf]cy{f:q -xl/bf;;fksfbf÷cfdlsf/ kfbjh !^)÷-
#: Elements of Economics (XII) -tf/fe';fn÷ozfjw/fk;f0{/fhg kmfh' #))÷-
$: Jofj;flos cy{f:q (B .B .S, BBA) -uf]s0f{dNn @))÷-
%: Business Economics (B .B .S, B .Com) -uf]s0f{dNn $))÷-
^: Business Statistics (B .B .S ., B .Com, B .B .A, BIM)
-dgfjh clwsf/L÷dxfk;fb >lj7÷kfjf/fh vgfn, z/brGb sf^n] %%)÷-
&: Fundamentals of Business Statistics (B .B .A ., B .C .I .S, B .C .A, B .I)
-8f: k?iffQd l;*÷dxfk;fb >lj7÷bLks/fh kfbjh #@%÷-
*: Differential Calculas (BA .B .Sc ., B .Ed) -8f: dfjx0db xdbjy/ /xdfg @))÷-
(: Integral Calculas (BA ., B .Sc ., B .Ed) -8f: dfjx0db xdbjy/ /xdfg @))÷-
!): kf/lDes ul0ft lzIf0f -cf0{P8:_ !!_ -8f: dfjx0db xdbjy/ /xdfg !&%÷-
!!: ul0ft lzIf0f -aLP8:_ -8f: dfjx0db xdbjy/ /xdfg !&%÷-
!@: dxfslj bjsfbf sjL cfofd -aLP:_ -k0ffk;fb clwsf/L !&%÷-
!#: gjkfnL gf6ssf]clloog -aLP:_ -k0ffk;fb clwsf/L (%÷-
!$: ;fwf/0f gjkfnL -aLP8:_
-8f: 3gZofd Gofkfg]wgklt sf0/fnf÷dlQmgfy 9sfn @#%÷-
!%: gjkfnL nfjs ;flxTo kjlQ / cGjf0f -Pd:P gjkfnL_ - slkn c1ft @))÷-

!^:	clgjfo{gkfnL -aLP_	- 8f: 3gZofd Gofkfg]wgklt sf0/fnf÷dlQmgfy 9sfn_	@#%÷-
!&:	;÷st ;flxTosf]?k/]vf -aLP:÷Pd:P_	-kf: ufkLsi0f zdf{	@&%÷-
!*:	efiff-lj1fg -aLP:÷Pd:P_	-8f: 3gZofd Gofkfg]wgklt sf0/fnf÷dlQmgfy 9sfn_	@&%÷-
!(:	kfof]us efiff-lj1fg -aLP8: 3rd_	-wgklt sf0/fnf	#!)÷-
@):	;flxTo zf:q tyf gkfnL ;dfnf]rgf -aLP8: 3rd_	-wgklt sf0/fnf	#@%÷-

ä :sh–af]8{ª:t/Lo ã

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

ä cGo ã

!:	;Lk l;sf}-;Lkdhs k:ts_	-uf]shk;fb zdf{	!))÷-
@:	kafw rGbf]bo ->Lsi0f ld>sf]gf6s_ -cg'jfb_	-j;Gtsdf/ zDdf{'gkfnÚ	^%÷-
#:	cf^gf]pkrf/ cfkm}-:jf:Yo_	-/fh]b >]7	$))÷-
$:	Social Change In Rural Nepal	-Ebindra Prasad Neupane	#))÷-
%:	nvs 6]nkmfg 8fo/L -;fydf k:ts k;nx?_		%)÷-
^:	;flxTo jif{k:ts @)&! -k:ts kl/ro-sf]f_	-;flxTo ;+4g s]b	$))÷-
&:	;flxTo jif{k:ts @)&@ -k:ts kl/ro-sf]f_	-;flxTo ;+4g s]b	^%)÷-
*:	;flxTo jif{k:ts @)&# -k:ts kl/ro-sf]f_	-;flxTo ;+4g s]b	^%)÷-
(:	axefifL pvfg-6Ssf ;ªux	-@# nvs	$@%÷-
!):	lzlfs ;f/ly -lgdflj lzlfs ;fkfg_	-ksfzdl0f bfxfn	^&%÷-

***

tkf0{n] xfdLnf0{-e]6g vf]Hg'ePsf] xf] ‡
/rgf, lj1fkg jf k:ts-klqsfsf]nflu
zAbfy{ k|sfzgsf] sfof{no-rfa]h, u0f]z:yfg
)!-$$(&#%!÷(*$!-$(^!)#
mail: nepal. vk@hotmail.com / nepal120@yahoo.com / shabdarthaprakashan@gmail. com
web: shabdarthaprakashan.com / nepalipublsher.com

nªlus lx;f / bJojxf/ M 5g xfdLnf0 :jLsf/

Orange the World: Hear me to

gkfn ;/sf/
;~rf/ tyf ;'rgf kljlw dGqfno
;'rgf tyf k;f/0f ljefu