

k] sfplG; n gkfnâf/f /fli6@:t/sf]-s\_ juðf jul\$†

# j ðoGtL

j if !% c^s ^ k0ff^s \*\$ lj-wfs|Gbt ; flxITos klqsf @)&( krfu'g-rj

; †yiks

j ; Gts'df/ zDdf{ lgkfnú

; #lfs

/fwfbj l zdf{

lgbkzs

lj gos'df/ zdf{ gkfn

k|wfg ; DkfbS

7fs/' zdf{ e08f/L

; DkfbS

ofbj e6&/f0{

; xofjul

sdnf gkfn

dxzkj; fb l/hfn

efef zdf{

cfef zdf{

df{sf cfrfo{

lje j gkfn

k|sfzs

**zAbfy{ k|sfzg**

rfañ, sf7df8ff

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; †gf M j ðoGtldf k\$flzt /rgfsf]; Dk0f{lhDd}f/ :jod\ñ]s g}xg\$g\

## ; DkfbS Lo



• gkfnl ; flxTosf ; lj fdf ; dlkt j'hoftl lj wf s'jgbt ; flxTos klqsfsf nlo egjsf gkfnl ; flxTodf lj wfut ; j 4g / kj 4g ug{xf} .

• cGtj fttf{ gf6s=Psfa\$sl, rf8=kj{ ; +s|t, lj b|zofqf / ; j b|zofqf, kj{d|t, /fli6@JolQmj ; ; +d/Of, lga6w, dQms, ult, uhn, uBslj tf, 5Gbslj tf, n3'syf, syf, n3'pk6of; ; ; dliff cflb cf7 ; oelbf w|} ; li6fsf cgjs lj wf pklj wfsf xhf/f/rgf k|sfzg ul/; s|sf ; j lj lbt 5 .

• j'hoftlsf 5Gb slj tf c^a\$df lj le6g 5Gbsf kpfu u/L n|vPsf slj txf? ; dlj i6 ul/Psf 5 . hlj gsf ; d; fdos lj ifo j : t'nf0{ nllft u/ n|vPsf slj txf?n|lj lw lj ifodf lj s|t / lj ; ^d|tnf0{p7fPsf 5 .

• j'hoftláf/f ; flxTosf lj lw lj wf dfknt ; li6fsf efj gftds : j ?knf0{ ; Dk|fOf ug{ lgTo gj lgt dfu{ klxNofpgj ; d2|Zon| lg/Gt/ ?kdf k|sflzt ul//x|sf 5ff . o; sf k|fols c^a\$ lj z|f ?kdf k|sflzt x'g| u/sf ; Gbel j |nf-avt lj áfg|udf rrf{kl/rrf{x'g| u/sf} xfdln ; Gg| u/sf 5ff ; Dk0f ; flxTos hut\$| oxl ; Tk|Ofn| xfdlnf0{ ; flxTo; j f ug{ pntf k|kt ePsf 5 .

• j'hoftlsf \*\$ cf c^a\$sf nflu k|kt slj txf?sf nflu ofjubg ug{x'g| ; li6fx?nf0{ w6oj fb 5 . ox|fx?sf k|d / ; befj n| g} xfdl cufl8 a9g ; Sg|5ff . xfdlnf0{ cufl8 a9g| an ldNg|5 .

• j'hoftln| o; cufl8 c^a\$ %, \*, !&, @#, #), #^, \$@, \$\*, %\$, ^^, &@, &\* / of| \*\$ ; dt| tx|cfbf 5Gb slj tfsf c^a\$x? lgsfln; s|sf 5 .

• cf^gf nlo cg'sh j'hoftln| ; Dal6wt lj wfsf hfgsf/L **j'hoftl lj wf s'jgbt ; flxTos klqsf / j'hoftl ; flxTos klqsf** gidsf| knj; a's leOfaf6 lb0/x|sf 5 .

• j'hoftlnf0{df of u// /rgf pknAw u/fpg'x'g| ; Dk0f ; li6fx?df j'hoftl kl/j f/ xflb\$ cfef/ k|s6 ub5 . o; sf ; fy} cfufdl lbgdf klq ; Dk0f n|vs, ; flxTosf/ Pj+kf7sx?af6 :gx, ; bæfj / ; xofu k|kt x'g|5 e6gdf xfdl lj Zj : t 5ff .

• **zAbfy{ k|sfzgsf j|a ; f06** <http://shabdarthaprakashan.com> j f <http://nepalipublisher.com> Sf ; fy} <http://www.khabarinepal.com> **sf| Hotlink df j'hoftlsf** ; a) c^a\$ **(B|pgn|B|** ug{ ldNg| u/L /flvPsf 5g\

cGtj fttf-!, xf0s'-!, ; +s|t-!, kj{d|t-!, n3'pk6of; -!, rf8=kj{-!, ult-!, gf6s=Psfa\$sl-@, lj b|zofqf-#, dQms-\$, uhn-\$, n3'syf-%, : j b|zofqf-\$, /fli6@-JolQmj -%, syf-&, ; +d/Of-&, uBslj tf-&, lga6w-\* ; dliff-\*, 5Gbslj tf-!# cfbf c^a\$x? lgsfln; s|sf ; flxTos klqsf **j'hoftlsf** \*% cf c^a\$ **n3'pk6of; -c^a\$** x'g|5 .

o; c<sup>a</sup>sdf

cmd= s]	s; sf]	k 7
!=gh/df e]n auf0{	06b s'df/ > i7	%
@= ; Gtfk	p0ds 0f dhupff	^
#= ; flxTo xGg 6f9f	p0d lj rf/	&
\$= kmth 5g\w6o w6o 0	pld nf nfld5fg]	*
%= cfd f lj bf e] uof}	cf dk ; fb sf 0/fnf	(
^= k 0fo k d	s'df/ b fxn s'; d	!)
&= hlj gsf  /; 5g	szj /fh cfd f l	*
*= sf o-dfw/l	vu b  v f N; f3/	!!
(= 5g ls nfh <	uE f cfrfo{ ; fks f6f	!@
!)= af6f	u f j Gbk ; fb  3 d/  .j  bd 0f	!#
!!= 0Zj /; u kZg	u f j Gb lj g f l	!@
!@= lhGbul	8f= 3gZofd Gofkfg] .kl/>d l	!\$
!#= ; femf e u f nsf u f 7fnf	rG b sf t clwsf/l	!%
!\$= ; Demgdf Ps g f o	rG b sf t cfrfo{	!^
!%= bu t	5lj 1j fnl	!\$
!^= ; /lesf  pkdf x b g	hub Zj / kf v/ n	!&
!&= ; j u( hfg  oxlf 5	7fs'/ zdf  e08f/l	!*
!*= x f  :j u( g kfn g)	8Nnl/fh cof n	!(
!(= of  e f6 a RbG5' d	ltns nfld5fg]	@)
@)= ofqf e t	tly/fh e\$	@!
@!= sf  x f nf To f <	lqn f rg cfrfo{	@@
@@= zsf  oz k ; f/ u5{ d	b08k f0f cfrfo{	@#
@#= slj / slj tf	wgk t sf 0/fnf	@#
@\$= r: df x/fo f stf 0	g/f b /fh kf B n	@\$
@%= a'af	8f= gf/fo0f lg/f nf	@%
@^= ; 'em-g-a'em	gf/fo0f g kfn	@^
@&= labf0ult	gf/fo0f g kfn	!&
@*= hg clwk t	gf/fo0fk ; fb Gofkfg]	@&
@(= cfd fsf  u'gf; f	gf/fo0f d/f ; gl	@*
#)= cu 0f	k sfzdl0f b fxn	@(
#!= u f j Gb h kb}	k l t cfq b 1j fnl	#)
#@= n vg l; t	a'g" nfld5fg]	#!
##= sf /f f goff of fhg f	eQmaxfb/ -j f; 'b j_ 7s'/L	#@
#\$= j ; Gt; u ckl n	e j gxl/  ;  b n	##

#%= nfrf/ b z gjkfn	dwk ; fb l3ld/	#\$
#^= rd fx¿	dw'; bg nfid5fg	##
#&= lz z/fudg	dxfbj  clwsf/l	#^
#*= h6dff ; j	ldqfn k4fgl	#)
#(= d f  b z	ldngs'df/ 9Ergf	#&
\$)= x  cfsfz tf alifb	d'gf lwtfn coffn	#*
\$ = 3/uf 7 af;	8f= d 3/fh 9sfn	#(
\$@= d f  b z	d 3/fh kf80fn	\$(
\$#= d tf b j sf6f	Hof = /Tglgw / dl .z'qirfo	\$!
\$\$_= la/fdl la/fdl	/dlz vs'/ n	\$@
\$%= slnnf  d'gf	/dlz e\$ /f0{.; xpol	\$@
\$^= ef/f lt?fs  u/l <	/lzd e6&	#\$
\$&= ; do lr6tg	¿b  1j fnl	\$\$
\$*= d f xgl	n dls'df/ sf 0/fnf	\$\$
\$(= ga; ltdl	8f= n vk ; fb lg/fnf	\$^
%)= Jofh; tlt	j ; Gts'df/ zDdf  gjkfn	\$&
% = ; 'sd{g} ; wd{x	lj gos'df/ zdf  gjkfn	\$(
%@= ltdl / d	z^a\$/ 9sfn	%)
%#= afnlbj ;	zldnf ltdlN; gf	%!
\$\$= d u5{ j Gbg	lzj lqkf7l	%@
%%= r tgf	z b k sfz gjkfn	%)
%^= 5 d f  b z ; Gb/	8f= Zofdk ; fb Gofkfg	%#
%&= `b6gq	; ¿ 1j fnl	%%
%*= cffvf	l; hgf vgf	%^
%(= l `s / kmfNg' kb5	; ltf e\$ /f0{	%%
^)= /f gN8f sf  ufpld	: kGbg lj gr b	%%&
^!= / f  ð dfrn dfrn	xl/ s\$ n	%%*
^@= hufp n z'4 efj gf	xl/k ; fb rfhuf0f	%%\$
^#= cfdfsf  cfzif\	xl/z/Of 9^a\dfg	%(
^\$= j fSkp f  / lfd	8f= xl/x/ zdf{coffn	^)

:yfol :tDe

k'5f/sf| kftf| M      5Gb lj wfg M ; fdf6o kl/ro 7fs/ zdf{e08f/L ^!  
 cfj /Of lraq M      ; Sj lg l3ld/, Soflnkm|gpf cd|/sf

**ca xfd|j kfnf|**  
 syf, n3'pk6of; cflb c^a\$ .

# gh/df e|n auf0{

0Gb|s'df/ >|i7

.afaf| e|y| ca t ; |sof| e|g' of| zAb 5g  
.cfd| e|y|ca t ; |sof| k9y' of| zAb 5g  
.gfg| x|y|j rg /l; n|f| To|f| lg Kof/f| x/fof|  
d|hfo{g} lg7/ |j |wn| n|f| ū o: t|f| u/fof| .

9Ss} df|g| ha d 3/df k9ydf Jo: t x|y|  
; fyl; <sup>a</sup>ul j |k|/ e0{ af|Ngdf d: t x|y|  
.gfg| cfof| d| ha d gx|bf ; |fwgl|n| gyfSg|  
v|hf| vfgf d e0gf|eg| hf|u/L e}gkfSg| .

vfgf vfo{ ha d clkm; }t km| hf|y| xtf/L  
3f; }sf6l t// kl; gf ef/L af|sl la; fo{  
afaf cfo{ yrs ga; L ; |fwg|x|yof| dnfo{  
.9lnf x|f|nf ca t s; /L kl5 n|f|g ū bub| .ū

d|} af6|f| k/k/ |b0{ |b|i6 x|yof| d'dfs|f|  
x|b| |r|g| slt k/ cx|f| ū km|sP/} d c|f|s|f|  
c|f|km'|ef|s| t/ klg cen| ; |fwgl| x|65-v|f|s|f|  
5g; \x|f|nf d klg clxn| ev{|} x|f| lg c|f|s|f| .

To: tf Kof/f j rgx? xf ū km|/ ; |g| gkf0{  
afRg|kg| ca t s; /L ; |De|f|b| 56k6f0{  
d|} n|f|u| cltzo b|N|L| a|g|e|f| Kof/ k|f|v|  
cf7} d|gf km/s ū b0{g} hf|g|e|f| x| ū g; |f|w| .

PSn) x|f|j f ; a hg xpmg\ofb km|Nbf /x|5g\  
x|Hhf/f|tl dgel/ s'/f v|Ng yf|Nbf /x|5g\  
v|Nbfv|Nbf|gh/ b0|df e|n rNbf /x|5  
d|f| af|sl |bg o; /L g| xfo ū |aTg| eP5 .  
**56b M d6bfqm6tf, Rofdf|; x, eQmk'/ .**

# ; Gtfk

## pQdsj0f dhupff

5g\j frfn b0{ v'nf gog tl cfkm'gafn} klg  
s\l dl: sn 5g lr6g d'vsfj kb{ gvfn} klg  
cf^gf pHHj n b6tklÍ t, dw/fj d': sfg 5f\bf klg  
cfef Toj cg\xf/sfj cl3 ; /L af\Nb} 5 efiff agl .

sfnj s\z v'nf p8l nxl/b} xfj fl; t} lhl: sb}  
p8bfj cfrn yfDg dl: sn ptf xb} of 1: sb}  
o: tfj nfl5 logl cj Zo s; sfj l5g\vouj kvfDd}  
s\l r-rntf tyflk dg Toj nflb} 5 plálg ^f .

dfgfj b'nē k'ik ^fjlvln/lxg\pBfgs} df ^df  
s\la/ ofptf ul//lxg\cfzf ln0{ ; ff ^df  
kv\sl olta/; Dd t/ v} cfPg sfxl lsg <  
yfDg} dl: sn ^f5 ; zo a9l sflb} u/sfj dg .

.g6fj sfl6; Sofj cxfl 0 ; donj, cfzf lg/fwf/ 5  
cfp6gg\ca lgZro} klg s'g} kvfD ajsf/ 5lt  
o: tfj ; fRg klug\tyflk dg Toj ^g\^g\eofj Jofs'n  
lr6tfuj: t eP/ cftdan g} a6b} uofj b'añ .

; GWofn} clj nDa g} kx/sfj kb{ lvr} ^f eofj  
rftkm\ca sflndf llfithsfj uf9f xb} u)uofj  
efjs} /ft s6pbf nngsf rITSf/ u-h}; l/  
xfxfsf/ xb} 5 Toj xpodf-.kfn'e/f s] u/L dJ  
**56b M zfb\hj qml8t, bf<sup>a</sup> .**

# ; flxTo xlg 6f9f

pQd lj rf/

hfj sfJo crglj if lbg/ft eN5  
zEif/ e5{nodf clj /fd vN5  
; DaGw aG5 p; sfj /<sup>a</sup>tNo uf9f  
; flxTo xlg slxNo} slj af6 6f9f .

hfj /fV5 bJz d'6'df dgdf ; hf0{  
aGj5 nfos pxl slj eGgnf0{  
xfjnf sxff/ s; /L 5lj af6 6f9f <  
; flxTo xlg slxNo} slj af6 6f9f .

hfj efj kl:sg ; bf dl/d65 cfknf  
k:s/ lbJo /rgf no e65 cfknf  
; fy}/x65 lsg xfj; Vlj af6 6f9f  
; flxTo xlg slxNo} slj af6 6f9f .

hfj afR5 ejif / e'iff geg/ efiff  
xfjnf sxff slj To; }gu/fj; \tdf; f  
a]sf/ xg\olb eP slj /Tg 5f8f  
; flxTo xlg slxNo} slj af6 6f9f .

cfv/fj gf g t agfj; \kl/k0f{ cff; '  
ufxfj 5 5'6g h; /L g<sup>a</sup>af6 df; ' .  
cLlnf agg\ u/df klg pRr 8f8f  
; flxTo xlg slxNo} slj af6 6f9f .

**56b M j ; Gtltnsf, 6fjvf-!), sf7df8f .**

### krh 5g\wō wō

pld(hf nfid5fgl

u'hfj l, sn]hl / glnf, ; 'gfhf  
d'uf, a]hgl, Zj]t, /ftf, kx]hf  
s'g} lsla/] , l5la/] Sof lj lrq  
; a)/Ēsf krh 5g\ li6leq .

; a}sf] enf0 u/l /fh tfhf  
lbb} 5g\v'nf zflgt ; f}bo{ ; f' f  
5 d': sfg dl7f] p; }df ; 'uōw  
cx f ū sd}df slt}sf] Sof k}aōw .

r/f, d'x'/l, e[E, d'f5] ; a} ol  
lgs} ejo 5g\krh}sf] ; fy kf0{  
hxf krh k}N5g\toxf b}li6 'N5g\  
s'g} b}li6df ; li6sf ; f/ vN5g\  
labf0{x?df st} : j futfy{  
; w}+nf]snf0{ agf0{ stfy{  
r9l nfzdf 0zdf e} ; dfg  
; w}+krh xff: 5g\ hf0{0dfg .

c}ufnl log} krh}sf] lbJo xff; f]  
; ūfnl goff k}/offk'-h gf; f]  
d ; Gb}z l' Sb} 5' ; Tkfq a}g]  
cx] Sof egf'ū krh 5g\wō wō .

**5Gb M e'h<sup>a</sup>ūklpft  
sf7df8f .**



### hlj gsf] /; 5g

s}zj /fh cfd}f}bl

3f/ czflgt 5 cfh  
āā cg]s 5 cfh  
dfg; a}b5 afh  
lgd}d ub}5 /fh .

x] dg ū a'4 s}xf 5 <  
lr}gtg z'4 s}xf 5 <  
g}i7s sd{ s}xf 5 <  
lgZ5n wd{ s}xf 5 <

cfzo 5g lg /fd]  
q}f}bg lgTo 5 xfd]  
cf; / 5f}b5 ; Qf  
k}foM x; b}5 eQf .

a} 5 cf; / 5f}kbf]  
ofd 5 lxbp v}f}bf]  
5fDb5' a}b 5 b}li6  
ef}lb5' zō 5 ; li6 .

ofj gsf] hn 5g  
lr}gtgsf] k}m 5g  
bz}gsf] oz 5g  
hlj gsf] /; 5g .

**5Gb M lrqkbf  
/Tggu/, lrtjg .**





## cfd labf e} uof}

cfjck; fb sfj/fnf

sfnf| sfn s/fn e}sg s7} cfof| rBfof| tg  
o: t} xfn tdf uof}k/ eof}; Deml /x}s} 5' d  
df of ug{ ; bj tTk/ x'g} 5f8/ 6f9f eof}  
5f8L cfh ; d: t ; Gtltx? cfd labf e} uof}.

P|h} of| 3/ cGwsf/ x'g uf| wtl{ cWof/f| eof|  
hfg|s|f| bMv ; fydf u0uof| afRg| ; a}s|f| /Xof|  
nfvf|nfv s7f|/ bb{ ; xbf ; Gtfk dfG| eof|  
5f|f| ; Uof eP/ a: b5' of cfd labf e} uof}.

bVbf 3fp nufpb} dnd To|f 3: Yof| l tdl cf|vtl  
gfgl ; G5 eg|/ ; fy /x|bf ; j| f u/Yof| clt  
; Deml a: g' k/L /x|5 dgdf eG|B|f| g v} s| eof| <  
; f|r}s|f| ; a sd{ ug{g; sl cfd labf e} uof}.

v} s| ef|lg' k/f| lg cfh o; /L cfd gef|s|f| l fof  
of|bf klh r9f0{ ub|5' d tf >4f-hnl ck|f  
l tdl|f| b|x uof| c; Xo dg ef| kl8f a9L g| ; Xof|  
5f|f| ; Uof 5' nf|g cfh d of cfd labf e} uof}.

k}; fn| ; ay|s ldNb5 eg| ldNb|g of| lhGbul  
cfd a|u/s|f| ag|/ 6x'/f| laT|g| eof| lhGbul  
sNn| a%b5 j |ogf x|pos|f| a%g| l tdl u}uof|  
5f8L bf|ht dfq s|j n ox|f cfd labf e} uof|.  
**56b M zfb|hlj qml8t, skg, kn|sf, sf7df8f} .**

## k|0fo-k|d

s'df/ bfxfn .s'; 'd0

sl7g kxf8  
;'; xh jL/  
; \vdo 7fgl  
b|t ku zl/ .

gj gj sfl6t  
k|yd kxf/  
lz/ lxd zjh  
hudu kf/ .

zx/ lgj f; L  
eo; lū a:5g\  
; \vdo ufpf  
ceo /x65g\  
.

uug l; tf/f  
cul0ft ; f/f  
lf0fe/ leq}  
k|b'if0f Jofd .

kj g lkm/ĒL  
; /// rN5  
Åbo hn|sfj  
lf0f k/ x65 .

k|0fo goff x|f|  
k|s|t k|bQ  
; \vdo hlj g  
c; n klj q .

lj lkg lj zfvf  
k|mxl/g yfNof|  
kj g ; 'u6wl  
; alt/ 5fof| .

lj /xlj gfsf|  
k|0fo ;'; fof|  
v|; do cfzf  
tgdo cfof| .

; 'g; 'g d|f  
d|b'do ldq  
k|0fo lj wfd  
ag 5lj o'Qm .

s'; 'd 5xf/L  
k|0fo lj lrq  
; alt/ bli6  
; \vdo lrq .

zzlj bgf, j fudtl0%, ; nfxl .

00

s| tkf0{f} zAbfy{sf zAbsf|zx? k9g'ePsf| 5 <

## sfJo-dfw'/L

vušb| vfn; f3/]

5 sfJo l; 4 ; |i6 g} : j alh dh pld|bf  
 pxl u'efj 5 ; |i6df k|th/ sfJo k|lj |bf|  
 axG5 sfJo ; |i6d} / ; |i6 all5 sfJoemf  
 axGg sfJo ; |i6emf t xGg sfJo-sfJoemf.

5 sflknf hxf Toxf slj Tj d-h/L e/  
 5 pld|bf / x|s|bf : j -; |i6 sfJo-dfw/L  
 cgGt 5gV; flbdf snflbd} cgGt 5g\  
 lj efj -efj -efj d} cyfx lj k|ndē 5g\  
 .

5 z|St ; ~rol snf slj Tj -alh-k|thd}  
 : j efj vN5 k|thd} / ; |i6 k|N5 k|Ng g}  
 5 efj z|St k|thd} / j fu vN5 b|i6d}  
 : j efj d} ; wf oxlf axG5, aRg ; |i6 g} .

cg|s Jo-hgf e/L, cg|s efj sf Wj lg  
 e// sfJo-dfw/L axG5 ; |i6sf| Wj lg  
 ; dl/, gl/, cllgsf, dxl / Jofdsf Wj lg  
 ulgG5 9<sup>a</sup> dfw/L, ulgG5 sfJodf Wj lg .

5 ; |i6 c|f/flb emf 5 kOf{sfJo ; |i6 g}  
 ckOf{ kOf{sf| snf-snf : j o+5 ; |i6 g}  
 slj Tj -kOfdf : j o+5 ; |i6-l; hgf-slj  
 5 hfβ c|f/flbs} .dlū eg5 x| snf-slj .

: j -5Gba4 sfJo e} axG5 ; |i6-5Gbd}  
 5 ; |i6, l; hgf hxf slj Tj all5 5Gbd}  
 snf eP/ ; |i6emf lj leGg sfJodf ax|  
 axG5 sfJo dfw/L, slj Tj pj /f eP .

**5G6 M k-rrfd/, sf7df8f} .**

**5g ls nfh <**

uĒf cfrfo{ ; fksfj6f

Vofn u/gg\g)ts tfsfj  
 sfd u/gg\al4dtfsfj  
 pm klg p: t} Toj klg To: t}  
 r)t s; }sfj 5g ls h: t}.

5fl6/x}5} 5g\; atkmf  
 a)t'ssf tl ts{ lj ts{  
 b}z ; kfg}xfj0g aft  
 dfq lvr}f}nf 5g\bg /ft .

/lfs x'g\of e lfs x'g\ol  
 dfgj ?kl bfgj x'g\ls<  
 dfu gklbf s'ln/x65g\  
 cf; g t}8b} plki/x65g\  
 .

ub5' e6b} b}z lj sf;  
 h'6g ; s}gg\v}f}hg lgsf;  
 ; + bdf tl vfg l5/}sf  
 5g\; a g}tf sfg lr/}sf .

a: g ; s}gg\; Eo ag/  
 b}z lauf/}lgTo n8/  
 k}Zg d of}6f ub5' cfh  
 nf}eg g}tf 5g ls nfh <  
**56b M kbf's'ns**  
**afun<sup>a</sup>, xfn M sf7df8ff .**



**0Zj /; lu k}Zg**

uf}j 6b lj gf}bl

ha 5 j }ng' kmh kmh}kl5  
 ha 5 lrlDng' g}g v'h}kl5  
 ha lbj fkl5 /flq 5 cfp'g'  
 ; \ 5 v}f}hg' / b}Mv 5 kfp'g' .

olb 3Dff 5 egj ddtf; lu  
 c; dtf 5 egj ; dtf; lu  
 5 olb /f}bg ; 6b/ xf; df  
 x'g' lg/fz 5 g} ha cf; df .

k}ultsf ; lu x65 cwf}ult  
 ha 5 ; Ēlt; fy lj ; Ēlt  
 no; lu} noeĒ x'g} eP  
 d; lu g}.dl c; Ē x'g} eP .

lj hosf ; ludf 5 k/fho  
 lfo 5 ; ~rosf ; lu lgZro  
 k}6 d}to' 5 h6d; lu} egj  
 ; hg xf} olb gi6 x'g} egj .

pbosf ; lu c: t 5 ; l: yt  
 z? ePk15 cft 5 lglZrt  
 5 olb ; li6 egj ; a : j kgj t\  
 lsg /Ro} eg 0Zj / ū of} hut\  
**56b M b'tlj n}Dat**  
**u}Bfsfj6, gj nk' / .**



## af6fj

ufj Gjck; fb l3ld/ j j bdl0f0

af6fj gfd lnP/ ofj hutdf ofqf lbgj zFzj tM  
 ufj/6fj xf cglbsfnlt/s} df65; ū}sfj : j tM  
 3fj/6fj d ePf lj sf; kydf uf8f /ylsfj /y  
 a6b} df6/ofgsfj kl5 ePf 9E} / sfnfj ky .

gfgf e}b lnP/ /h, a; sfj ofqf daf6} x'gj  
 ; f/f lj Zj s'bfpgj x'g uPf cfsfzktfingj  
 h} ubf{ ; x'g} st} g sx'g} cfzft dfgl dl'g  
 a6b} zft tk: j enj ; ltlbgj cfsfz 5ftfdlg .

sfxl : gfg u/fpgj cem st} zE}f/ enj a}x'n'l  
 kfb} ; ūb/tf 5/l klysd f knb} goff sffr'n'l  
 sfxl h} 5 cg6t; Dd /dgj af6fj gdf; lsg  
 a9bf ?ks?k cfwlgsf a6b} uPf ; fwg .

sfxl 6}sb5, v65, y'Sb5 s'g} sfxl 5 zfrfno  
 sfxl cfug j f 5 v}ns'bsfj d}bfg sfxl eo  
 sfxl kn'g p8fpgj clg st} gfnl agf0{ 9n  
 sfxl e}n aufpgj clg st} cfqmf6t 5fbg} dn .

sfxl kf0ksf awfg 5 tn} kfgl; ū} lj B't  
 algj, alg lbgj tyj 9nsfj ofqf oxlf 5g\tn  
 wtl{s} klxrfg e}sg /x'f df65; t} ufj  
 ub}a: 5' tyflk dflg; egj ub} 5 x} tf08j .

df65}s} dlxdf 5 ofj ; 8sdf df65}j gf s} 5 / <  
 df65}s} u0fufg ofj ; 8s x'f df65; t} bR5/  
 nfdj cfo' agfpgj kl'g pg} 5f6fj lbgj x'g\pg}  
 df65}s} dlxdf; t} abingj af6fj d cfhlj g} .  
**56b M zfb}h}j qml8t, hf/kf6l, sf7df8f} .**

### lh6bul

8f= 3gZofd Gofkfgj kl/>dl

lh6bul a'entf e6g' Joy{ 5  
cy{eq pN6} cgy{ 5  
h| a'entf eGofj x6g Toj ; xl  
vfh5' a%g uDel/ cy{ 5 .

/D5 lh6bul :j kgnfjsdf  
rN5 lh6bul xif{ zfsdf  
kN5 t|ktdf cf7df v'; L  
all5 j|ogf-c>' zfsdf .

lh6bul; fu} lh6bul e'nl  
r9g rfxbf sNkgf r'nl  
cfdleq cfg6b vNb5  
d-h/L dgf6ej kNnb5 .

xfj; nf st} ldN5 sfddf  
knj; nf st} ldN5 ofddf  
; fx; L agl r95 pRrtf  
lh6bul xf; <sup>a</sup>3iff{sf] d tf .

aflnof] pHofnf] lbof] st}  
ufl8of] w/fdf ldof] st}  
k|kt k'ikdfnf lyof] st}  
lh6bul; fu} /f0of] st} .

; flr le6g 5g\sd{le6g 5g\  
; +s|t, k|yf, wd{le6g 5g\  
5g\st} Joyf, 5g\st} v'; L  
Ps 5g ; j6 lh6bul .  
**56b M b|tf, ab3f6 .**

00

### b'u{t

5lj 1jfnl

u5{ dfgj n| w|b{  
pkst/ / p6gl  
eg/ kv6j a|hf  
3lsP5 eofj vlt .

lj Zj f; 3ft h6dfofj  
kn|nfpb} 5 a|y|t  
lx+ f cft<sup>a</sup>ssf] dh  
h6dfP/ s7} 0 c|t .

kl8fsf vft affs|/  
l<sup>a</sup>Rr-l<sup>a</sup>Rr u/L ; bf  
l/Tofof] ; Eotf-vft  
eou|; t e0g\w/f .

g/sf] a|4sf] lasf|  
gv'h]; Dd So} u/L  
/f0{ a: g'k6of] x|/  
cj gl ca ww/L .

; asf] 3/ x|] wtl{  
df65], kz' c? ls/f  
ef] ldn| ga: gfn]  
; Dkbf t lr/-lr/f .

**56b M cg'i6'k\  
l; 4fygu/, ?k6b|xl .**

00

## ; feif eüfjnsf ufj7fnf

rGbsfGt clwsf/L

le/fnf] vs{ ; Ah]sf], esf/L cf7 xftsf  
kfgl emdeml bSof], ufj7fnf d: t aftsf  
s08n sfgdf : j flsfl, ufnfdf rfp/L d'hf  
n's'gl e'tn] 6f]kl, hf8f]sf] c; nl eiff .

7f]6g] crf/ ; fb]sf], t/sf/L 6; f-t?  
emfg]sf] bnfdf 198f], : j flbnf] n]ssf] s?  
: oftfgl kfRosf] /v/, lxdfgl 5lNsb) t/f  
em/L afbn v]k/, r]Dsb) r]fbgl k/f .

Roj g cfif]sf] r]fb, dfg] snf obf-sbf  
tGg z]j / ; f]w/, tfSb5 hkn] ; bf  
bz g<sup>a</sup>lf lvofpb} 3Db} 5 hlj gl ; /f  
em/L afbn v]k/, of; f]sf] af]wgl h/f .

kfv} /df0nf] lrNnf], n]sfnl /Do kf6g  
lxpb z]tdf 8Dd, ufj7fn] lodo efj g  
5fluf] df]xs v]fnfsf], 9<sup>a</sup>lfdf 7f]s0{ bx  
Gofpnl Gofpsf] efsf, kf]vb5 dgsf] ax .

ef0-5f]f ; a)Ps} sd]df leGg 5f] ; a}  
.g]kfnl] y/df ; feif, cg]s hftdf ; a}  
/ftf] /ut ofb} xf], kgkR5] s; f] u/L <  
7'nf] ; fgf] g a]SNoifP, efu-a08f a/fa/L .

snf-sf]zn kif6/, x]bg hl0f] kf]ngl  
; <sup>a</sup>S-; <sup>a</sup>S]lotf ; feif, a]bg] JolQm sf]ngl  
sfd-wfd ; a) ; feif hfltsf] x]Gg Psn  
eiff-wd{ ; a) cfknyf], eüf]n x]Gg a]un .  
**5G6 M cg'i6'k.\sfkmmf8f]Bf, ufj/vf .**

# ; Demgdf Ps g|o

r6b|sf6t cfrfo{

; fo\$fn /df0n|j ; ? eof| cS||6«aHb} lyP  
w|} g} hg cfpb} ul//x| cfk|} Toxl|f g} lyPf  
t{g|/L-t?gl ; a} ldlnuP gfrbf hu} r|Dsof|  
tTsf|} s; /L crDd e0uf| ; b| pbfP h; |j .

tl afnf ultnl cTflj /d0fl bfv|jn To} hf| e0g\  
uf|/L tl /l; nl k|sfz el/nl xff: t} k; |sL ly0g\  
a0Lsf| hit Yof| k|sfz To; df bfAa/veP em|eof|  
d|/f| tf dg cft'|} x'g uof| e|6f| h; |j e} uof| .

x|b|a:g ; |s6g x} ca |56f| e|6g} d hfprf eof|  
hfg| tf ; |hnf| ; 'Do /l; nf| af6f| t k|:6} lyof|  
6f9af6 |rg| h: ff| ; t |tgl d': sfg 5bl{ e0g\  
d|/f xft b'j} a9| cl3lt/| tl tf ; dlk} e0g\  
gfrg} ; f|Wg 8/fp|y|d ; |hn} To: tl pHf|nl| ; t  
d': sfg} |tgsf| k|; 6g dgsf| b|v|/ ef| zLtn  
zAb} |g: sg s| lyof| / h?/L d': sfg af|Nb} /x|  
To: tf xft |b|bf n; Ss nl; |b} cfsfzdf k|l|bPf .

xft} Ps ; d|p|b} sd/df s: tf| gh|s} eof|  
gfrg} Yof| clt g} /d|/ ; |udf ; |É|tsf| tfn Yof|  
d': sfg} |tgsf| /Xof| cw/df ToNn| cgf|7f| eof|  
gfrt} ?k ; du| x|//xg| efl|o} v'h| em|eof| .

s: tf| x| sdnf| z/L/ |tgsf| gfgl x|b|f x| s8f  
cf|7} tl slt nfn d: t /l; nf kl0ffsf tl 38f |  
cf|v|f hWg kl| eof| /d/d} cfg6b j iff{ eof|  
; f; } To|f gh|s} x|bf dg eg| 8ABf|ToxL|f em|eof| .  
**56b M zfb|h|j qml8t, sf7df8f .**



**;/lesfj pkdf x**b**g**  
hublZj / kfjv/n

; +f/ kfnq u/lsg xfi:g ; Sg|  
5ftl r'; / lzz' 5g\slxNo} gyfSg|  
cfj f; j f; glbP g/ xlsb}g  
kof/L d'df ; /lesfj pkdf x**b**g .

pAhf0 c6g kīn bfg ; bj| ul5g\  
efjsfx? hlt a9g\  
udl{ t'; f/ cl; gf enn} 5**b**g  
5ftl 7'nfj ; /lesfj pkdf x**b**g .

bfgl pg} e'j gleq c? ePg  
ešDkn| lynlynf| tg v} ePg  
clnf lxdfn lz/ xg\hnsf d'xfg  
dftf ltdl ; /lesfj pkdf x**b**g .

afjs/ lgTo ; l/tf hn bfg ug|  
kfvf u/fel/ kīnl kīn 66g eg|  
v65g\  
a} lg8/ e} w/tl ?**b**g  
vK50fj ; bf ; /lesfj pkdf x**b**g .

bfgl ag/ ; asfj pksf/ ug|  
df of lbP/ lbnsfj ; a si6 xg|  
kfP/ :g|x /l; nfj g/ u5{ r}g  
lb65g\  
bf ; /lesfj pkdf x**b**g .

**56b M j ; Gtltnsf**  
**; Gtfjflgu/ .**

∅

**labf0ult**  
gf/fo0f gkfn

d Pp6f ult /r/ lb65'  
ltdl Toxf tfn yk/ ufpm  
daf6 uNtl x'g ; S5 w|}  
ltdl ; kf/ / cuff8 hfpm .

kf06g rf/f uBdf a; /  
e}665 dftl /xdf k; / .  
la; l{ dnf0{ p8 P r/f xfi  
of j l/s} lgldt j ; Gw/f xfi .

all5g\gbl ol lxdtnaf6  
k/Gt' cfhlj g ; fy x65g\  
la; / df6fhn kīNg vfi|  
tl kīh ; fRr} a/afb x65g\  
.

xfdl k|tl lffnodf v8f 5fj  
cf of eg| j fxg 5!\$g|5fj .  
df of lbbf cy{ cg|s nllnf  
cfvf lehfp/ labf x'g|5fj .

**56b M 06b|ahf=pkhft**  
**bf<sup>a</sup> .**

∅

# : j u{ hfg] oxlf 5

7fs'/ zdf{ e08f/l

vDaf x'g\ol b9 gj -o'j f eflnsf] b|z af]Sg]  
cfwL cfpmg\j ifd ultsf af/ a|/ af]Sg]  
ol k'hfd]f c; do lvof ; j \yf a:g'x'g  
Tof] pnhfd]f s'nt wld/f a'zdf nllg'x'g .

rN5g\w|/} gj -; dosf] dfu pN6f] agf0{  
o: tf] j]nf ; demardf x'g s|xL /vf0  
of] x]f j]nf e|dt dgdf sflndf leq k:g]  
wtl{eq} lj sl; t r/f efj gf-5q a'g] .

of] j]nf x]f ul; t dgn] leq s'7f ; d|6g]  
of] j]nf x]f s'nt tgdf hlj gl g} 3r|6g]  
of] j]nf x]f k|s|t; fudf k|ltsf] /f; b|Vg]  
of] j]nf x]f c; n hgsf] ; fy ; Gdfu{ e|6g] .

Roffk'5g\Sj} 3/-3/-3/L ; flr /fd|] x|bg  
rf; fl /fVg] :j-; \v-/; df 3Dd kf/L ?enfg  
s: tf]-s: tf] lj rng x|bf lhGbul a'5 ufx|]  
; : tf] rfnf ; f;-; f; x|bf lhGbul a'5 ; fxf] .

of] j]nfd]f k|0fo-; \vsf] ; f/ o} x]f eg|  
/lNn'5g\Sj} ; w-aw sxf|0 c8&l cf^g] lems|  
cQfln'5g\sltko oxlf cf; sf /f; af]sl  
af6f] vNg]t/ dg oxlf 5g e]f'x'5 /f]sl .

df'5] a'g] ; do ult x]f :j :y a'g] elj io  
csf{s]f e} lsg kl5 xg] dfu{ vN5g\c} Zo  
leql cfwf >d-d'v eP c'Gt hfg] sxf'5 <  
cfk'g] /fd|] ultlj lw eP :j u{ hfg] oxlf 5 .  
**56b M d6bfqm'6tf, wDaf/fxl, sf7df8f} .**

## xfj :j u{ gkfn o}

l8Nnl/fh coffn

efj rfxGg ; 'fEgf, wgbstf PZj o{ efj 5Ggf d  
 efj 0Gbf; g 0Gbs} kb ldnf; \rflxGg, rfxGgf d  
 kfpnf gGbg j fu lbJo cnsf nÍf d rfxGgf x} ð  
 Toj shfz / ; To nÍs ; asfj ; f6fj 5 gkfn o}.

nfvf}; Gb/ ck; /f ; /xsf gf/L oxl+hGdP  
 nfvf}+bjj ; dfg e} d'n'ss} PZj o{ lrGb} uP  
 /df gGbg-j futNo j gsf zlfef oxl+e}6P  
 s}sfj cf; / nÍe ug{ k/sfj gkfn d/fj eP <

rsfj 3fd xbg, xGg gld7fj cfwl x/Lsfj qmd  
 sfnfj afbnsfj k}sfk lxp}sfj rsfj lr; fj df; d,  
 o} :j feij stf ?rj, ?lr a9j, dfoffo; }df /xj  
 sxl v}Hbgf; t'í6 xG5' dgdf gkfn d/fj eP .

; Gtfjflkg, lbJo cfs}t, ; knf ; ÍNk u5g\st  
 cf^gfj sfd u/v vfg ; xh}; Gtfjif dfG5g\clt  
 5g\o} hE'ndf 8n/ t}p}df rgj oxff gGbgj  
 uf7fnf 3f; nf j gj} g 3'dl sf6l a6N5g\vtgl .

dl7f ult /r/ ufpg h; }yfN5g\5xf/Ldlg  
 ; fyl ef0 ldn/ bMv-; \vsf efsf ldnf0{ltgl  
 u'-hG5g\j g vjt nÍs kx/f cfsfz kftfn g}  
 ; Gbf ofj dg eG5 lj Zj larsfj xfj :j u{ gkfn o}.

**5G6 M zfb}h}j qml8t, sf7df8ff .**

# ofj ef6 a}Rb65' d

ltns nfid5fgj

d<sup>¶</sup>l <sup>ˆ</sup>§ p7fpjy; ; xh g}Yofj kfv'/ldf an  
bx}j cfb lyofj lyofj uhasfj <sup>ˆ</sup>'Sb}g <sup>ˆ</sup>'Sg| kn  
9<sup>a</sup>xf xfg l; kfn' yf/ hgdf lj Zj f; uYofj bn  
e6y| ltdfj elj io ofj d'n'sdf kmNgj 5 ld6Xfj kmn

<sup>ˆ</sup>08f af}Sg tof/ yf x/38l 808f ; lū}af}Sbyf  
cfb}z df6g tof/ yf/ bnsfj cfb}z d} 7f}Sbyf  
xfNbf ef6 ; wf/ s| 5 eg nfj lwSsf/ ; lD <sup>ˆ</sup>65' d  
uhfj 6fg( oxf a8f ; s; efj ofj ef6 a}Rb65' d

s}pf; j l/ 9n| d'5| w/tl /QmfDo Hj fnf aNofj  
x}dfj /Qm d'5|n ofj d'n'sdf lj Zj f; cf: yf 9Nofj  
s| gfkofj eg ; 3sfj /x/n| lwSsf/ ; lD <sup>ˆ</sup>65' d  
sfxl lsg tof/ 5g\olb egj ofj ef6 a}Rb65' d

g}tf x| ca a%gk5{ hgsfj s| efj gf x| egl  
b}Vof} c6o lj b}zsf zx/df ; d|4 s: tfj egl  
s}n| x65 lj sf; v} d'n'sdf uDeL/ ; f}Rb} 5' d  
uhfj 6fg( oxf a8f ; s; efj ofj ef6 a}Rb65' d  
**56b M zfb}hj qml8t, e/yxf .**

00

S| tkf0{n| x}dfj j}a; f06 xg}ePsfj 5 <  
web : [http://nepalipublisher . com/](http://nepalipublisher.com/)

## ofqg'eIt

tly/fh e\$

lg: s|s| d lyPf ag/ kysf| ofql lgofqdxff  
 PSn| yf t/ tl r/f / k'tnl ; fyl ag| dfu{sf  
 af|sl : j kg cg|s ufDo d l76| rfn| kb) Psn|  
 tb| gB ; of+tyflk dgsf| af6| lyof| a|un}.

5g<sup>h</sup>a\$|/ xhf/ hlj g; /L af6| psfn| c|t  
 afwf c8kgsf| lx; fa gx|g| cf| pi0ftf x| slt  
 afafsf d|b' ; lDefb| j rg cf| j ff; No 5ftlel/  
 ofqdf d /x|lg|t/ lx8|Psf|t af6|el/ .

n|lyof| gGbgj fuerf dwdol To| ul|dsf| h<sup>a</sup>un  
 uf0{ ult ; /Do sf|sn r/f uy| : j o+d<sup>a</sup>un  
 gfgf kNnj k'ik j |lfx?df a|n} snf kl:sg|  
 dfgf| n|sstf e'nl e|dOfdf uf|l|zj} lgl:sg| .

cfdfs| : d|t e|bg| lj utsf kfgf v'nl ; Gb/  
 x'g\of| hlj gsf w|ftn log| d|f s'gf-sGb/f  
 kftl 6kk l6kl ; dlk|t u|f b|j flbdf e|Qm|  
 dfG5|h| ; kgf ; sf5{ >dn| j f 1fgs| z|Qm|} .

b|v|df|g; sf xhf/ tl/sf d|bfg j f n|ssf  
 e|fuf leGg r|/q-c|j /Ofsf ; j|u k|e|usf  
 /fhf-/l ; /L lj e|b hgdf k|P ?j fP dg  
 of|f hlj g /fhdfu{h; /L dfg| a'em|Pf dg .

uf8l Ps r9f k'ul ; b/df sf|Gt|k/L cfpg|  
 ofqf of| t/ cffv%ofn x'g uf| ; + f/ b|v|fpg|  
 x| ; <sup>a</sup>\$if| ; dfg of| e'j gdf x| leGgtf hlj n|  
 ofqf hlj gsf| x'g| ; kmn x| cf^g| snf-; lkn| .

**5Gb M zfb(hlj qml8t, a|t8l .**

# sfj xfnf Toj <

lqnjrg cfrfo{

s] e]6GG\ax't ulx/f tfndf kf]8Pdf  
s] b]vGG\ul/lzv/sf /E'df bf]8Pdf  
e]6bf gftf d 5' clt v'zl l; h'gfsf u/fsfj  
sfj xfnf Toj s'zn /rgfsf/ d]/f] w/fsfj <

; S5g\h)No} lkpo gb-gbl k]d uE'f pdfg{  
; S5g\h)No} ls/of /lj sf ufpf kf'vf l; l'ufg{  
6ff: of] s: tfj ; xh lbndf lrq of] s'gb/fsfj  
sfj xfnf Toj s'zn /rgfsf/ d]/f] w/fsfj <

of] df6f]df dg / d'6' g} ; fg'kg]5 d]h]  
/f]kl d]qlok g ; 'v of] 'fg'kg]5 d]h]  
; D' L s] s] ax't ; l/nf] ult n]Vof] r/fsfj  
sfj xfnf Toj s'zn /rgfsf/ d]/f] w/fsfj <

cf0{ af6f] v'z;v'z ox'f lh'gbulsf] agf0{  
hfg] kSsf 5 kl5 t'egl d'qah: t} ; 'gf0{  
dfof /f]kof] x// s; n] : g]xdf cfs'/fsfj  
sfj xfnf Toj s'zn /rgfsf/ d]/f] w/fsfj <

x]f f kfgl; l; x/knf v]Ng h'fg] agf0{  
Jofwl cfwl yl/yl/ k/] 'Ng h'fg] agf0{  
v]Hof] xfnf eg g s; n] z]Qm of] kf'v'/fsfj  
sfj xfnf Toj s'zn /rgfsf/ d]/f] w/fsfj <

cf]x] sf] x]f uuglardf h'g ci} 3fd af]Sg]  
r'Xnf] afn]; \x/lbg egl c'Ggsf] sfd t]f]Sg]  
ug] eg] k]t'kn b/f] zfg Toj 6fs'/fsfj  
sfj xfnf Toj s'zn /rgfsf/ d]/f] w/fsfj <

**56b M d6bfqm6tf, skg, sf7df8f} .**

**zsfj oz k|; f/ u5{ d**  
**b08kfl0f cfrfo{**

j|b efif0f k'/f0f kf7g  
 g|tslo-j rgfd{tfzg  
 lgTo z4 dgn| l; luf5{ d  
 b|zsfj oz k|; f/ u5{ d .

; Tosfj gj n-Hofjt xftdf  
 gltsfj ky lnP/ ; fydf  
 /fi6šfj z'e k|ef lkfhf5{ d  
 b|zsfj oz k|; f/ u5{ d .

b|z dfg-ddtf lg/6t/  
 ; 6tltk|; j x6g c6t/  
 df6o dfu{dgn| lgvf5{ d  
 b|zsfj oz k|; f/ u5{ d .

dft tft u'? b|j sfj kb-  
 s-hdf ; a xgl5 ; Dkb  
 /fi6šfj ho ; b|j /fH5' d  
 b|zsfj oz k|; f/ u5{ d .

efge0m-slj cflbsfj oyf  
 : j fy{ n|z klg b|zsfj tyf  
 b|z lsÍ / ag/ kH5' d  
 b|zsfj oz k|; f/ u5{ d .

pRr kj ft u'xf / sfgg  
 k'ik d-h' s'n sfj sn-: j g  
 lgTo x65 z'e xif{ /D5' d  
 b|zsfj oz k|; f/ u5{ d .

**56b M /yfl4tf**



**slj / slj tf**  
**wgklt sfj0/fnf**

ha /Rt5g\slj ld7f /rgf  
 ta a65 cfjfw Toxl ; hg  
 ; a /L; /fu clt b' u/L  
 dgdf pd<sup>a</sup>u klg e5{ clt .

slj 5gV a65 slj tf eml/nfj  
 dwtNo efj ds/6b ld7fj  
 h; /L snf x|po x5{156}  
 /rgf ; b|j lbn rfj5{ ce}n .

cem klUnbf lxd; /L slj g|  
 ta efj g| 3lnt e| dweif  
 lzj ; To ; 6b/ /x65 hxff  
 k|tlaDa lj Da alg|b65 Toxf .

kmn kf0f e5{ tgd f h; /L  
 slj kf0f kh65 lbndf To; /L  
 h8 sf7 kfif0fx? hndf  
 ; doSt e} ; nn all5 Toxf .

lkp u6w 55{ h; /L s'; d  
 dlt 1fg 55{ To; /L ; hg  
 s?0ff bof / ddtf k|tef  
 lzz' afndf ; a pdf5{ ; bf .

slj tf ce}n ; ansf/s xg\  
 z'e dfu{ rNgt/ k|/s xg\  
 td bb{gfzs aggVrgf  
 d'6d} lj -/flht agg\slj tf .

**56b M k|dtf|f/f, gj nk/ .**



## r:df x/fof] stf

g/ŕb/fh kf]8]n

5fDbf e]6]bg sfkl k': ts d; lbfgl s'rl So] klg  
 x]bf{b]Vtg Jof]d 0Gbwg'i]l tf/fa'6] r]fbgl  
 v}pQ'E lxdfn, tfn, ; l/tf < 3/af/ ef] a]ktf  
 a]gl b]i6 5, c]gdli6 5 ; a) r:df x/fof] stf <

s'g\vr}+emf/ lj iffn' x]f / s'g x]f ; ~hlj gl r]Gbg  
 leql dd{pbf/L sf] ; ũ stf ; f]Wb) u/f}+qm]Gbg  
 k]1f hl0f{eP5, b]i6 wldn] afem] 5 ; j]Btf  
 5f]kof] %ofkk lgzf; /L ltlid/n] r:df x/fof] stf <

af]w] a14, lj j]s ?Uof x'g uf] l r]Gbg uf0{ uwf  
 cfkm]eq u]B]Nsb} ; l8uP :j kgf, lan]fgf, Joyf  
 emg\vulf; r8/ wldn eof] glxfl/sfsf] 56f  
 d]/f] b]i6 p3f/L as't lbg] r:df x/fof] stf <

ajUGaj]nl u/f; j fu j gdf kmq] / rf/) lbzf  
 j f; Gtl Ct'/fu d]ldu r]Nof] pb]b]fd 5b]g; f  
 k]1f aflwt, l; h]gf bldt ef] r]Nbg x]g] a'tf  
 cfk]g; j f; nv]b]5 /f]f; agl r:df x/fof] stf <

rrf{b]zlj b]zsf / 36gf x]g] gldNg] eP  
 kf]qk': ts b'/efif ; a tl a]sfdh: t} /x]  
 ub] 56kl6 ef] lalDa ed/f e6]sG5 Ptfptf  
 x]bf{b]Vtg, v]f]H5' e]6]bg lg x]f ũ r:df x/fof] stf <  
**56b ■ zfb]h]j qml]8t, afg]Zj /, sf7df8fj .**



## a'j f

8f= gf/fo0f lg/fjnf

n)Voff dft{syf lgs} ca eg| n|vff|k tfsf| syf  
 b)Voff dft{lk/}; wf| ca eg| b|vff|k tfsf| Joyf  
 dftf xg\hggl ; b|j ddtf aiff|pg| afbn  
 afaf xg\ a si6 tTk/ e0{af|Sg| u/f|cfb/ .

d|nfkft u/v| j f clkm; g} wfP/ yfs|/ j f  
 aRrfs}; \vlg|dt v6g' clt g} cf/fd la; V| j f  
 pw|sf sk8f le/v| tgdf /fd| lbgl ub|5g\  
 cfkm'si6 ; x|/ ; Gtltx? xff; g\ wf e6b5g\  
 afaf xg\husf u? klyd tl yfs|lg xff; V| tf  
 lb65g\tl j /sf lj zfn j 6 ^}5ffof / dfof ; bf  
 xHhf/f| tgsf / lj Q dgsf si6} xpmg\ tffklg  
 v|f|nb|gg\dgsf s'/f lsg logl hf6b|g sf|x| klg .

tft| ug{l; sfpg| u? pgl cf|nf ; dfpm egl  
 cf^gf| j zhsf| lb0{kl/ro}; j {j lb65g\vtgl  
 d|f|/Qm eg|/ uj {dgdf /fv| xff: 5g\pgl  
 afaftNo 5 sf| o; } ej' gdf tl xg\dg|sf wgl .

ef|sf ; Gtltsf cuf|8 slxn| ef|sfpb|gg\vtgl  
 Vj f0{ ; Gtlt ; fd' ef|s ; xbf /fufpb|gg\pgl  
 ?65g\tl a? leq 3Sw's u/l b|vfpb|gg\vtgl  
 afaftNo 5 sf| o; } ej' gdf tl xg\dg|sf wgl .  
**56b ■ zfb|h|j qml|8t, rt/f, ;'g; /l .**

## ; 'em-g-a'em

gf/fo0f g|kfn

o] s j osf] emf]sf] j f lyof] d; nf c?  
 j /b nt j f cfzfn] So} xg]5 ls t} a;  
 kmut ul/of] cf^g} kf/f pēf] slxn] pīvf]  
 ; 8s sl/of] la; l{ ; f/f, eof] clg kf] v'bf] .

k|fokysf] ofqfn] hf] eof] z'e hlj g  
 gh/glhs} sfxl cfof] a6of] k'tnl dg  
 dg t/ o; } xGyof] wfh] cx] slxn] oxff<  
 hg-wg-/gdf klgl o} x] a'em] hlxn] hxff .

o'un 3/sf] rSof] leQf agf lgd'vf] l56}  
 t/ klg g/sf] sf6l lsQf 5' of]hgdf s'g}  
 lgolt; f]usf] kf7]hf]l 5 vNg d vNb5'  
 e/; s o; } 666f-kl8f 5 emNg d emNb5' .

s/ /x/n] km]f]k; f] x'g] gx'g] eof]0  
 e/-ce/df kfPf d]; f] st} g5'g] 5 of]  
 cj ; / s'l 8: 5g\kfom g 0i6 g x'g\k'  
 l/; gu/ x] h] x] e6bf celi6 5 of] lvkf' .

lsg / s; /l sh] s: tf] ; jfn oxff clt  
 a'em g ; 'emsf u5g\df65] aafn oxff clt  
**56b xl/ofl, /fdlx6l, sf7df8f} .**

j hōgtlsf] nflu /rgfx? z'4 6f0k u/l  
 shabdarthaprakashan@gmail.com  
 df k7fpg ; Sg'xg]5 .

## hg clwkl

gf/fo0fk|; fb 6of|kfg|

s: tf| x| To| clwkt oxf b|z b|xl ag|s|  
 s: tf| x| To| tg / dg To| af; ub|a; |s|  
 wf| f af|N| hg ; d'xs| b|f|fnf0{ hgf0{  
 rs|gf/f ul/sg oxf /fu kf|V| hdf0{ .

bfgkfgl ln0sg ; wf| b|z cs| uxfg|  
 efiif cf^gf| gelsg To| /f|f dfq| p3fg|  
 To: tf kfk| clwkl oxf b08 ug| u/fpm  
 of| wtl|sf hgs-hggl df|xnf0{ a'emf0{ .

s| x| cf^gf| galem|sg To| b|f|fnf0{ a'emf0{  
 hfnl a6b| gu/ e/df /fh ug| ; df0{  
 To: tf xdf| clwkltx?nf0{ af6| s6fpm  
 /fi6k|xl elsg ; wf| b|zaf6) x6fpm .

s: tf| x| To| lgod klg To| e|bsf/l x6fpm  
 /fi6k|xl hg; d'xs| xft of|bf agfpm  
 ; ldfnf0{ ca t hg x| af/ af|N| nufpm  
 hfnl bDel g/kz' ; a) v|b ub|eufpm .

cf^gf| df6| 3/ elg ; wf| dfx ug| agfpm  
 b|zl k|; f clwkl oxf 5f|gaf6) arfpm  
 cfd| h: t| algsg oxf dfx ug| ; dfpm  
 /fi6k|xl olb 5 t eg| b|zaf6) x6fpm .

dfnl a6g| /x/ olb x|l; hgf To| v'nfpm  
 hfnl bDel dg 5 ls s'g| vf|Hgnf0{ nufpm  
 /fi6k|xl dg; u| ldn| b|z xfSg) nufpm  
 /fi6k|xl olb 5 t st| vf|h ub|eufpm .

**56b M d6bfqm6tf, a'9fglns07, sf7df8f .**

# cfdfsfj u'gf; fj

gf/fo0f d/fl; gl

j)h]sf 5g\dw/ ; kgf b]zsf] xfn b]vl  
k)h]sf 5g\hx/ lj kgf Gofosf] rfn b]vl  
ul05g\cfdf clnsit cem} cf; s]xl /x]em}f  
;l65g\cfdf w'w'z s7}0 a]; xf/f eP emf .

vfcf] n'5b} cj oj ; a) e6bl5g\efu nfcf]  
cfcf] d/} lz/, pb/df gfr d: tl /dfcf] 0  
lr6tf ln65g\ca lsg oxfa:g' d]h] k}of] / <  
cf:yf /fvl ; /; dgn] dfg sNn] u}of] / <

kf5f] 6'qm} cem klg cx] 0 b]x of] afB} efu  
cfdf x'g\ol elgsg ltdl kof/ df]b} gdfu  
d]h] dfof ca'em z7df kf]Vg s]No} x]b}g  
3ftl d/} skt ; a ol af]Sg s]No} x]b}g .

s] ef] o: tf] lglife/d} a65 ; Gtf} 3ftl  
eSsf] of] x]bo, p/df 5'65 ; fx} ghftl  
cf^g} 5f/f lsg z7 a6of}< nft xf6b} dnf0{  
cfdf e65f} z/d gln0{ sf]v d/} hnf0{ 0

cfdf a6b} gj d'n'sdf x/ 5f/f s; h]  
s: tf] kl8f dg / d'6'df x65 a%5f} ; a]h]  
kl8f ykg] 3g, j gr/f ^off} cfh} x6fcf]  
Nofcf] r]fB} z'e lbg ox] /ft sf]f] wkfcf] .

**56b M d6bfqm6tf, kf]v/f-!& .**

# cu|0fl

k|sfzdl0f bxfn

; dfg gxg] df65] u0fdf clg ; f/df  
leGgtf oxl x] alh bfpk]r lj rf/df  
Joj : yf o; n] vfh5 hf] x65 u0f-; f/df  
d'tflas oxff df65] a6b5g\gh : j fydf .

pTs|6 geP; Dd To; n] u0f-; fu/  
Joj : yf x6g pTs|6 g p75 hlj g: t/  
pbfx/0f 5g\bz lj Zj df xgk|b5  
u0f-; f/ ; wf/ pRrtf r6gk|b5 .

; wf/ s; /L ug[ e6g] of] k]rn] s'/f  
cu0fl ; an] ; flr'g\u/fpmg\sfdn] k'/f  
cu0fl g/ g} d'Vo ePdf x65 p6glt  
lhDd|bf/ tyf of]o xgk|b5 ; Glt .

cu0fl JolSt g]tf x'g\xgg\; df6o tl oxff  
lhDd|bf/ ge} g]tf ; 'wf6gg\; j R5 wf/df .  
¥of<sup>a</sup>-70f<sup>a</sup> eg] h: t} xgk5{ ; dfhdf  
cEof; -sfndf o: t] b] s] clgj fo'tf .  
**5G6 ■ cg'i6'k\ sf7df8fj .**

00

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

**uflj Gb hKb}**

**kłit cfqb 1jfnl**

stf xG5' s: tfj x'g] xj/ ajnf  
; shf ls d}elQm ug{ p ajnf  
h; fj h]; 's} xfi; \abf ug{ v'; \e}  
clxNo} d eHb} 5' uflj Gb hKb} .

u/f]h]; s]s]f] 5' aft} t d]n]  
; s]; Dd k/f u/f]sd{ d]n] .  
sbflrt\5'6}sf] eP sd{ ub}  
clxNo} d eHb} 5' uflj Gb hKb} .

st}eh ef] So}ls hfgl ghfgl  
b\vfP/ lrQ} /; fP ls gfgl .  
lfd] ug{ laGtl ltdl aft uDb}  
clxNo} d eHb} 5' uflj Gb hKb} .

h; fj h] u;[d} s'g} cy{ 5g  
lj gfeIQmsf] b]xsf] sfd 5g .  
a' ^j} /d]sl oxl aft ub]  
clxNo} d eHb} 5' uflj Gb hKb} .

ltdl /fd cfknf]ltdl s]iOf cfknf  
ltdl zDe' z+xf} / ; xf/ cfknf  
h; fj h] oxff gfd ; DkOf{ uGb}  
clxNo} d eHb} 5' uflj Gb hKb} .

**5Gb M e'hĒkpf**  
**xfn, sDaf]8of .**



**hGdf]T; j**

**ldqfn kłfgl**

dfG5] w/fdf lsg hlgdPsf]  
; + f/df s] lbg hlgdPsf]  
cy{ gv]fnl ulx/f] gaffnl  
dg'ionf0{ ; v 5g e]fn .

5'6/ cfPf hit 7fpāf6  
h<sup>a</sup>3f/ tb]slt 3f6-3f6  
C0fl agfP ltgn] dnf0{  
s]t 1 tfsf lj 2j f kmf0{ .

x's] a9]sf] 3/ufpf d/f]  
lgoff gkf0{ 5 c ^} c]w/f]  
ug{ 5 d]n] c ^ sfd affsl  
e]lgTo g]fn] ou'sf] x'nfsl .

b]v/ tl bMv d s] hgfprf<  
/ s] egl pT; j of] dgfprf 0  
lx8b} 5' affsl ax'dNo gf; fj  
/xg hGdf]T; j tkrf rf; fj .

d hlgdPsf] klg cfh xg  
s]bgNat] j if{ lx; fa 5g  
5f8/ nfvf] 3/df c]w/f]  
s] ug{ hGdf]T; j ldq d/f] .

xf] lblGbg]sf] gj hft dfG5]  
piff pbf0]sg e]6g hfG5]  
z'eTj 5g\; hgsf kgfdf  
s] kmfNg' af]nl z'esfdgdf 0  
**5Gb M pkhft, sf7df8f .**



## n|v|gll; t

a'g" nfld5fgl

b|v|f lghlj nflu50f; gh/el/ e/l dfgtfsf lgzfgl  
 n|v|f pT; fx /fv50f; ; xhl; t 5/l Tofusf lhGbufgl  
 cf^g} cl: tTj la; l{ dg'h Ū ag ltdl eGb50f; :j fledfgl  
 w|}sf lglDt ; fRr} lkp 5 lkp ; vl lbjo ltdf} sxfgl .

Nof0{ gfgf r'gftl klj lw slty/l hlGdb}5g\tyflk  
 ltdf pT; u}sf tl cd/ olusyf la; ØGgg\sbflk  
 h| h: tf oGq pnhf{lnlk nx/ 5'g] nIodf 5g'h'´f?  
 ltdf} ; fhGosf tl dnhnl; t 5g\k|/offn] ; 'rf? .

; |i6f, b|i6f, uj|ifl, lj j w hg xb} tĭj j|Of lgs}sf  
 sf]50f} hf]850f} 0oOf s|tdo 5lj df v|h j f ; fwgfsf  
 r0s] j fNdlls ltdf x|p0l; t lhP Jof; cf} sflnbf;  
 ltdf] ; T; Ę ug| hghlt hudf e; s] vf; vf; .

af]sl uDel/ ltdf ax'n u0f log} efj gfn] C0fl 5'  
 lrGtf nflu}g o: t] cg'kd u0fn] nflu5 pN6} wgl 5'  
 kfP ; + u{o:t}d klg cj lgdf e]fn s|x| x'g]5'  
 cf^g} ; + f/ /Rg] lj lht x'bosf 6fs'/f g} 5'g]5' .

ltdf] bfgl dbfgl dlt/ klg 3'df; \gTo cfgGb dfgl  
 gfrf; \gfgl lgsfNb} dg'h Åbosf ; f/ ; + f/ 5fgl  
 affsl rfixGg d|f pk/ ca s'g} bf]ntl bfg csf|  
 kfprf Ū cfhGd ltdf} r/Of 5'g oxl nlo x] lhGbulsf] .  
**5Gb M ; |w/f, bf<sup>a</sup> .**

## sf/fj goff oflhgf

eQmaxfb/ -j f; 'bj\_ 7s'/L

eof} 6f9f 6f9f lj sn dgdf sf// /vfi g .  
 d ltdfj dfosfj lgs6 /xbf 3f6f eofj s] eg ..  
 d ltdj dfofdf lg/t /xbf pN6} lbof} zf; gf .  
 xbf kl8f d/fj ; /; dgsfj db} uofj af; gf .!.

; x; fj kl8fn] ul; t d e0{ sf6b} 5' ofj hlj g .  
 lagf ltdfj dfof ca d s; /L affr' ltdl g] eg ..  
 ltdln] Joy{ 'g\cgn lbndf 'fj; ofj lbof} tf8gf ..  
 ; a) Tofuff cf8Da/ lj utsf ; f6fj ld7fj efj gf .@.

ltdl s: tl hfnl sl6n lbnsL dfof lbof} s}kmtL .  
 ltdlnf0{ eNg] e'j gtndf ldNnf s'g] cf]vtl 00  
 a9fj; \affsl ofqf ca ; fu; fu} af]s/ ; Defj gf .  
 ; bf cfcfj; \tdfj lg7/ dgdf d/fj ld7fj ; D 'gf .#.

bof ; f/f Toful dw/ ddtf cf] 'jn kfb} uofj .  
 e'nl dfof d/fj eg lsg ltdl ; Gwof; fu} cINkof} <<  
 enfj ltdfj ; fRb} c; n dgn] ug] 5' cf/fwgf .  
 vk'kl8f nfvfj t/ klg ; wf d/fj 5 ; b&fj gf .\$.

cxflj,h: tfj cfcfj; \e'j n e'd/L cl: tTj ; firfj ca .  
 ltdl xfdl cf^gf] /x/ dgdf kfn/ affrfj ca ..  
 u/L xftjdfn] ca cl3 a9fj Tofu/ b'efj gf .  
 v'; L ; f6b} xfdl dwdo ld7fj sf/fj goff oflhgf .%

**56b M 5fof lzj k'/L-# gj fsfj6, xfn sf7df8fj .**



## j ; Gt; ū cklŋ

e'j gxl/ l; Ūbjŋ

d/fj p: t} dg 5 el/nfj 5g sfof j ; Gt  
 6f9f x|bf{gog wldnf b|V5' 5fof j ; Gt  
 ; ' : tfPsf lzlz/ j gdf a| e5{ \j ; Gt  
 d}h}eGbŋ nlnŋ slj tf n|Mb5; \tfj ; Gt Ū

x|bf{x|b} lxdlzv/sfj sz sfnfj /xg  
 Bf/fnlŋf j /lkknsfj cft 5fof /xg  
 w; |kŋ; | j g d ; l/sf df3sf Psgf;  
 P|ŋ} ; fxl j g rd/ 5g\kŋNg yfNofj u'/ff; .

sfnfsfnl rx'/ j gdf kofpnl kŋNg nflbfj  
 o: tfj b|Vbf slj snd ofj xftd} emNg nflbfj  
 uxfj| kf/; \sg d'kŋmŋf j |ŋnf0{ j ; Gt  
 d/} P|bf : j /; ū ldnf sf|Dnlsfj j ; Gt .

/ftfj k| l{ |s/Of /lj n} n}sdŋ kf|g cfofj  
 e|}Dkfsfj d's'n d'h'/f kŋqŋb} kŋNg nflbfj  
 t|ŋ} d/fj lj j zkgfj s| pk|ff u'/sfj <  
 t'/fj ; fyl slj klg lyofj v} t dfof u'/sfj <

; S5; \d/fj klg j bgdf nflndf kf|tb} tf  
 hDd} 5fnf v'hd'h eP rfx'/l d|6b} tf  
 bfxfj/lŋf ; xh /d'nf wfj j gLsfj unf b|  
 rGb|f/fgl; /x ; \vbf ; kt/<sup>a</sup>\l snf b| Ū

d|ŋ} ufPf o'j s j odŋ sf|Dnl ; fy; fy  
 d/} afjnl ca lsg eofj Gofpnlsfj lj nfk <  
 efj j f; Gtl rd/ grnf lrQ g} bV5 rsl{  
 zfvf dsf{kts/ p8f efj gcf hf tfkŋsl{.

**56b M dGbfqmGtf, emD; v|ŋ, nlnŋk' / .**

# nfrf/ b|z g|kfn

dw'k|; fb l3ld/|

s: tf| nfrf/ 5 lgod g|b|z of| vf|hg'kg|  
; f: tl v|k|b| j /k/ ; a) afRg'kb| 5 df65|  
6So|f| lalof| lgod klg of| /fHo afB|f ; a|n|  
/f|of| cfVf w/w/ u/L Gofō dflubf s; |n| .

s'6|f df65| lsg ca'´ ef| rf6 nflubf 8/fP  
8fx| 0|of| ul/sg pgl r|t cf^g| udfP  
k|; f e|b| slts|t n'6l a|s w|} sdfP  
df65| 7|ub| k/k/ ; /L rf| cfkm'|/dfP .

af|N5g\`s: tf j rg logn| dVv kfb| 7u|sf  
nf6f 5g\`tl ul/a hgtf dV{ kfb| n'6|sf  
xg| z|nl tntn uof| gfs efRof| : j od\$|f|  
n85g\`cfkm| n'6g klubf ; |v´ g| cxd\$|f| .

v\$|f tf6f dlng dw/|f x65 g|tf 8/f0|  
kfPgg\v| ul/a hgtfn| v'z|s|f| sdf0|  
x6|f /fhf haha oxf| a9| yfn| n'6|f  
; 0f afB5g\`dgk|/ oxf s: tf| ldNb| h'6|/ .

aly| k|nf snsn u/L 5fu vf|nf /d|  
a|Rg' a|r| n|s|5|k ; a) z6o kf|/ ld|n|  
xf: of| b|z| |v|t|t|t u/L rf| g|tf a9|  
6'60|f xfd|f| /x/ ; kgf /fHo vf|qm| ag|/ .

x|b|f /fd|f| uug; l/ of| w6o xfd|f| lxdfn  
nfu| j |l gog o; df a|Rg vf|H5g\`xdfn  
rf|/L x65g\`clt lbg|bg| sf7 xfd|f| j g|df  
a: 5g\`g|tf a'´ ca'´ df gfR5 8f|sf To; |f .  
**56b M d6bfqm6tf, w'sf|6, uNdl .**

## rd/fx?

dw'; bg nfld5fgl

ha :jfy{lyof} ; a h'6g kllof} clg :jfy{ ck0f{ xlf lg 6'6d}

; a afb/e} c?sf] 3/ Wj :t agfpg v}n u/} k'6d}

dg h'6g / k'6g l; j fo 5 s] < ; asf dg tl lj ifs}b} agl

Joj xf/ ; w}+3g nfl5 cxf] ukm] cleofg / ofg s'b}.

clt ; '6b/ b}b5' e65 w/f clg lgeb e}sg p85 r/f

oxl 3D5 sfn aglsg afh ; w}+ t d5{r/f lj r/f

clt s~rg 5g\hndh ; a}/ t a:5' oxl /d0flo ynf]

t/ k'6f/ b}b5' leq ; bf c?sf] lxtdf / t x'6f enf}.

d t j fu ; hfp5' e6g' e6of} t/ cllg ln0{ 3/ emf: 5 kllof}

p; s}kl5 nllb5 of} blgoff lsg x] eg tl ; a dfu{eNof}

clt elj6 eP/ t cy{ n'6d} clg zfg / dfg ; d}t lnof}

d t 0Zj / g} xfe6of} clg pul agflsg zAb k}x/ u}of}.

; 'g; fg lyof] / d; fgdol 5 lgzfr/ cf0 k; ] 3/df

; \zfl6t ePg st} dgdf eoqf; a9] hg hlj gdf

lsg 1fg ePg x/ ; adf ; 'ge} lz/sf lsg j :q n'6d}

ca ldq agffg eglsg ; k{ a6of} ; lhn} clg 8:g' 8:of}.

ha leq cxkg a:5 ; w} ta lub5 x/ g To} ; lhn}

To; d} lj iflj 6b' v; }kl5 vfg' 5, afRg' 5 of}-j gdf hlXNo}

ca efj s'efj lrgff ; lhn} / x6fpf ; a} glgsf] dgsf]

lkse} hlXNo} ultzln agff clg :j 0f{ ag/ a; f} ej sf] .

**5Gb M b}ldnf, afgZj/, sf7df8f} .**

# IzIz/fudg

dxfbj clwsf/L

8fBfdf lxpIsf a9/ r'r'/f rfbL agl kñNb5g\  
 Hf8f]s] dlxgf lr; f] an; l} efnf agl 8Nb5g\  
 kvvf v]rx? x/]s 3/df kf]vG5 ; ]tf] lrgl  
 5fk}) /lj sf goff ls/of tl kñng5 sfbldagl .

nfdf /ftx? eP sd eg] nldag5 /]h} lbg  
 dgf df3 tyf 5 kñfulg b0{enb} 5 kQf lsg <  
 clnf kj {tdf lxdfno xbf dnf ag]sf 5lj  
 kf]llsfn xbf ; j Of{ kgn} emNsG5 kñf] /lj .

Hff8f] 365 egl x/]s hgsf] s: tf] v'; L xf] dg  
 emg\pñhf{/lj sf] 5 piOf a9j f ; f]uft xf] hlj g  
 8f]sfdf dn 5g\bbL / alxgl af/L u/fdf 5/L  
 ufP ult ld7f dx/ xf; nf 8fkñ] / dgf r/L .

kfvfn] dgsf ; a} lk/x? kf]vb} 5 zltfË e}  
 dfosf] Oltxf; sf] kl/syf n]vG5 Psf]td}  
 ; Nn]/L j gdf ; a} xpo g} ofb} s'ndf aul  
 ; f/f ; ]i6 rnfp]g] k'ifdf gf/L goff lhGbul .

xfj f rN5 lr; f] laxfg kvdf cf]5d]fg 5f8g] lsg  
 ; Gg] ult /dfpg] ehgdf kv] nfdf lbg  
 of] hDd} kl/k-r ; ]i6 /rgf >Ls]lOfsf] gf6s  
 af; L ufPflxdfnsf lxdgbl bf]efgsf kñfs6 .  
**56b ■ zfb]hlj qml8t, a9fglns07, sf7df8ff .**

# d/fj b/z

## ldngs'df/ 9'Ēfgf

lbP/ lgTo zlt ofj lxdfn xff:5 s~rg  
p; } kxf8n] goff u#ofj ls gf6Ø d~rg  
dwj; cĒgsfj u/fj s/f8 efs xbĒ  
lj leĒgtf / Pstf cgjs /Ē 5bĒ .

; hfpb}w/f oxff c; To kñh kñNb5g\  
cgfhsf u/fx? `s/ lgTo `Nb5g\  
au/ j]un] gbl ct{t kof; dĒĒ5g\  
; /Do /fi6Ēf ; a}ckj{kof/ eĒĒ5g\  
.

dg'io kf/vl ; bf ldn/ sd{ub5g\  
0dfgsfj sdf0n] ; bj kĒ eb5g\  
5 cĒ6 pRr j ldf kxf8 afSg ; Qm5g\  
tof/ dg{5g\ wf cv08 /fi6ĒQm 5g\  
.

cgjs wd{hft 5g\j leĒg /lt ; +s[t  
x/s j : t' bZodf cdNo ?k cfs[t  
b]vĒ5 ; j Ēf 56f x/fe/f j ; Ētsfj  
5 j l/tf / wl/tf, ; r]tgf cgĒtsfj .

3'd/ x]5{b/z hf, ot}d a:5' eĒ5 pm  
avfg ug{/fi6Ēfj xhf/ sfjo aĒ5 pm.  
c; <sup>a</sup>No j GohĒt' 5g\gbl ckf/ ; Dkbf  
5 k0f : j u{b]zdf, egj xĒg cĒoyf .  
**56b M k~rrfd/, djrlgu/-!), `fkf .**  
00

## x) cfsfz ũ tf alifb]

d'gf lwtfn coffn

x) cfsfz ũ tf alifb] e'j gdf sfnf] kvfnl sg  
 x) cfsfz ũ tf v]nb] 3g36f 'Nsf]; \pHofnf] lbg  
 5g\50fk50fkt otf ptf gsr/f dfg5] w/f wfddf  
 qf; }pf; 5 /ftdf lbj ; df /fsf] anl cftdf .

lu4gq lnP/ 3D5 lrn 'f]lx+ fn' dfg5] slt  
 x) cfsfz ũ tf /]sb] ca oxif ub] 5 dfg5] vlt  
 lgdfxl hg 5g\oxl e'j gdf /b5g\gdf]7l unf  
 5gg'a4 n's] l5k] llfthdf /f]qng sfxl snf .

o: tf lx+ }ssf hdfd /xbf kNSof] cWof/] kgf  
 x) cfsfz ũ tf /]sb] lld/sf gfy] 5'; L sfndf  
 gfnf] ; |i6 laxfgsf dp'ntf cfg6bsf ; fu/  
 ; |i6fsf ; hgf snf / ddtf cfnf]s 5g\ 6b/ .

x) cfsfz ũ tf knfnb] kj gsf sfnf] / d]nf] hlt  
 hf hf afbn b' hf cnvdf cfsfz 9fS5; \slt  
 ; + f/) wdnf] xbf td; sf a; ftt v\5g\hg  
 x) cfsfz ũ tf 5]sb] dlyssf ; <sup>a</sup>v]dsf d6yg .

l/O] x6g csf; sf lgw s; }vr\ ; f/f dlOf  
 x) cfsfz ũ tf kf]vb] sgssf 'N 'n\; tf/f dlOf  
 ; |i6fsf lkp ; |i6 /] w/lof of] zE'f/ cfnf]ssf  
 k]1fr l' lg v]nb] ; 'hgsf cfsfz k]1fgsf] .  
**56b M zfb]h]j qml8t, x]6f8f .**

### 3/ufj7 j f; 8f- dj3/fh 9sfn

d6/ cf^gfj 0ltxf; ; f/f  
zxlbsfj Toj 5 t afemef/f  
la; / ; f/f bn kmf8g vfhg  
l; 4f6t s: tfj < 5 s'/} ga%g].

kf065 s'rL{ pkefju ug  
gsfd ug[ clwsf/ vfj: g]  
ajnf s'ajnf dt dflg hfgj  
tfj/ v\$fi lz/ kfj ahfg].

Vfjg?sfj ha x65 bf0f  
xft}k; f/} k/sf s; f0{  
Nffjelx;n] cem wfs nfp  
Vffh/ dfjg] t d'l udfP .

cfkn6t cf^gfj kl/j f/j fb  
s] eflj stf ufjt ; dfhj fb <  
kofshdf eflj kb efua08f  
lj /flw ugjt/ 3D5 808f .

gltfx? xfl olb bjz x6g  
w/fkdf 5f} kb Toj /x66f  
hgltfx?sfj 3/af/ hf6g  
ofj rfnn] bjz s; } /x6g .

/f0ffx?sfj t l; sfj u/df  
p7/ v}b6g] hgftf t ; Sg]  
; 'rjtgfsf : j/ vNg kg]  
; wf/sf nf}gj sfd ug].

lj klQdf emg\cem dfu{ pN6fj  
nfu] t df65] lz/ r9g ; f6fj  
em/], cfj/fn] unkmQ h1Qm  
.lj gfz sfn] lj k/lt a14U .

x/fpb} ufj gj /fhgllt  
lj gfl dof]sfj ha a65 l: ylt  
/x65 ; Of kl/j f/ kfjkt  
agfpbfdf u0ft6q efl6t .

n'6/ vf65f] slt xfl wt/  
ctlt cf^gfj/ s] 5 x/  
yflqf] / d]hf] t lyof] t stf{  
P]h] kh/ft/ a65 ; 'tf} .

bfjwf/ gjtf ha a6g hfgj  
sNK/ g]nf lj ifj [lf /fkg]  
ld7f] / kof/fj km kmN5 e6b}  
km0ff a9fP gj ; k{ a6b} .

eP5 xjl L ; !snfx?sfj  
a9b} 5 kl8f lgdvfx?sfj  
st6o xfdflj gj alh /fkg  
eofj calnf kltqm6t ug].

: j bjzdf 5f} cyj f lj bjz  
oj fx?n] ca Tofu bf;  
kms/ cfcf] 0 gj ; lk; fy  
; Dxfn cf^gfj 3/ufj7 j f; .

### 56b M pkhflt

00

## d/f/ b/z

d]3/fh kf]8øfn

vN] 5g\]bJo /fd] lxd lzv/ oxf] rfb ˆf ˆINSP/  
 8fk] d]gfn g]R5g\; ū; ū hlxn] xff; ˆf 9INSP/  
 gful 8f]f oxf] 5g\cltzo /l; nf k]N5 nfnl u/f;  
 b]v]5g\]lk g]f]nf ˆndn lglzdf h]l]s/Lsf] tdf; .

cfˆg} kf]v] le/fn] j l/k/ 3/df ; ˆtnf 5g\k]n]sf  
 /ÈlrÈL / ; ]Q} hudu w/tl gf; kftl ˆn]sf  
 k]N5g\; f/f ag]hl vh/ 5 ; ūdf ˆg\k]n]sf u]x]nl  
 ; f/f kfS5g\z/Bf j glt/ k?gl l6ˆg h]l]5g\; x]nl .

a] ; L ; ]f] u/f 5g\wgx/ w/Of] k]ff6 xfd] dw];  
 d]rl sfnl ax]sf ko; ū t'ngf ug{ yf]Nof] k]b]z  
 p]b]f 5g\j fl6sdf dwdo /l; nf b]v]g]5g\k]n]sf  
 kfs]sf c]fk b]gf cltzo uln]of] ul]iddf ˆg\un]sf .

tf/L af/L kx]n} e'ge'g ej /f] ; fy df]L 8'n]sf  
 lvR5g\k]ff] s; ]n] lk]phg; ūdf b]v]g] 5g\v'n]sf  
 lnRr]lsf afu k]Nbf lz]z/ Ct'; ū} af]6 xff]f g'x]sf  
 uf0{e}; L 5 n]g] 3/-3/ ; asf b]v]g] 5g\bx]sf .

v]tlkftl 5 ub] s]l]fs hg ; w] si6 w/} ; x/  
 shf{ ln]5g\s; ]n] dxnlt/ p]r]f] Aofh lt5g\yk/  
 xfd] of] l]b]o /fd] c]lg 5 dl; g]f] wfg k]Ng] t/f0{  
 v]tldf Aofh rs]f] ; xg g; lsg] ; fx' ln]5g\e/f0{ .  
**5Gb M ; ]w/f, cfbz]6]fn, ; kt/L .**



### d tf bjj sf6f

#### Hof= /Tglgw /ldl .z'qmrfol

d tf bjj sf6f cllwf/fl lj /flw  
x/fPf d cfk) p Hofnf] gb]vl  
lyof] n lo dl/fl 5'g] rGbpdfd  
latfPf h'gl of] cllwf/fl s'gdf .

cllwf/fl lgzfn] lgs)kN6 <sup>a</sup>dfSof]  
s'gf-sGb/fdf ntf/ ^ ofSof]  
anf ee/f0{ d cfuf] x'gn]  
sb]j ju df/L d kfgl x'gn] .

d 7f6y] u/f] of] hut\$] enf0{  
lj /flwLx?n] ; tfP dnf0{  
st} wd] fblx?n] ; 8fP  
/ lj 1fgj fblx?n] n8fP .

lyPf qm]Gtsf/L ag]sf] lj z'4  
g sfu] ; , slDgi6wf/L kja'4  
g tf u6j fbl, g tf k]6j fbl  
lyPf z'4 efiff lj wfs]f] khf/L .

d tf %ofp/d} klg kfOf ey]f  
log} n]s'efsfel/ qfOf 5y]f  
st} 5Gb sb]y]f st} uB z]nl  
d kly]f; a]df oyfzL3] k]ml .

lga6wlo z]nl sy]leq /fVy]f  
pk6Gof; n]Vbf o; fl : j fb rfVy]f  
dx]sf]Jo x'g]j f s'g} v08sf]Jo  
d ; flxTo n]Vy]f agfP/ eJo .

; w]f: j fledfgl d ln6y]f]lj rf/  
sx]f eh]Sg ; Sy]f agl nDk; f/ <  
d b]Vy]f p Hofnf] ; w]f; h'gdf  
goff : j u{/Ry]f s'bl sNkgdf .

k9fPf cx]f/fq tl lzionf0{  
7'nf7fn' a6bf a'e]gg\dnf0{  
g x] s; }n] b]j} g]q k]fnl  
d PSn} sb]y]f b0{ kfp rfnl .

g kfPf k': sf/ ; Ddfg vfPf  
g ; fbf, g vbf, un]a6b n]Pf  
g la6tl r9fPf st} rfs/Ldf  
g wfPf s; }sf] lghl g]fs/Ldf .

g tf k9g ; Sy] s; }n] dnf0{  
g tf a%g ; Sy] ; a]n] dnf0{  
lrgf/L lbg]n] g lr65g\dnf0{  
g lr6g]x? tf 5b} 5g\dnf0{ .

st} wk afnl o; fl dl't{x]5g\  
b]j} xft hf]8l gd: sf/ u5g\  
st} af]Ngkbf{ r9fP/ af]N5g\  
ltg] leqleq} 89fP/ kf]N5g\  
d af]r]f uk]nfdf cllwf/fl lkP/  
d x]f; f]w/fdf p Hofnf] lbP/  
d e65' k]efdf s'g} Ps bful  
; w]f: bjj sf6f ag]sf] ceful .

**5Gb M e'h<sup>a</sup>uk]pft  
sf7df8fj .**

la/fdl la/fdl

/dʒ vs'/ɲ

oxff 5g sʃ dfq ; fyl la/fdl  
s'g} 5g\w'nfɲ] n8}sf la/fdl  
s'g} rflx+7'hf] x'gfn] la/fdl  
s'g}sf kɪnf] gqdf e} la/fdl .

s'g} 5g\; 'gfdl ag}sf la/fdl  
s'g} rflx+wfdl a; }sf la/fdl  
ld7f] vfgsf nflu s'xl la/fdl  
s'g} r} s dflg] x/fdl la/fdl .

eof] b}zsf] e}if l; È} la/fdl  
v: of] el/df wd{ 5È} la/fdl  
5 g}tf la/fdl nkmÈf] la/fdl  
gbl afn} f-6f/ 9Èf] la/fdl .

ag}sf] 5 of] b}z cfk} la/fdl  
d'df l5g\la/fdl / afa} la/fdl  
le; f /f]sbf a65 of}f la/fdl  
s'/f] 6f]sbf x65 csf] la/fdl .

r9}sf ; a} kɪh af; l la/fdl  
kvfNg] gbl u6w alg] la/fdl  
Toxl kɪh aRg] k; Ng] la/fdl  
r9] kɪ/ tl kɪh e}nf] la/fdl .  
**56b M e'h<sup>a</sup>ukpft, sf7df8f} .**

00

slnnf] d'gf

/dʒ e\$ /f0{ .; xɸoll

em/nf] el/nf] ; l/nf] tg of]  
clt bde u/l s; /l ; \v ef]  
>dsf] ; kgf hkf /6gf  
glau/ g nf] slnnf] 5 d'gf .

3/df gd'gf cleefj s xf]  
s;0ff, ddtf, ; dtf ; asf]  
gd'gf gagl aa'/f lbndf  
s; /l abnf] slnnf] 5 d'gf .

k/sf] 3/sf] 5 lj eɸ eg]  
/ lj eɸ l; s] c; dfg ag]  
wg b}ntsf] 5 lj eɸ oxff  
km/s} lsg xf] slnnf] 5 d'gf .

cgdfɲ 5 hlj g w6o egl  
aa'/f lbnsf] ddtf gugal  
ta s] dgsf] slj rf/dxff  
gkm; ff ca nf] slnnf] 5 d'gf .

3/ hf] ultnf] ; defj hxf]  
; a dfgj n] ; dsf] lbndf  
gj /<sup>a</sup> kɪnl clt ; f}o hxf]  
slnnf] lbnsf] slnnf] 5 d'gf .  
**56b M tf6s, wfb<sup>a</sup> .**

00

## ef/f It?F s] u/L <

/lzd e6%

cfdfs] ddtf en]/ slxn] sNn] sxf; S5 / <  
 wtl]df ; dtf eP ; a s'/f dfG5] oxff ;G5 / <  
 cdf x'g\hgg l j zfn w/Of ; j f]Qdf ; Gb/L  
 kfPFkof/ hxff cufw lbndf ef/f It?F s] u/L <

cfdfn] klg tf r'd/ w/tl of] hGd lbG5g\C/ 0  
 wtl]s] dlxdf j ofg s; /L s] ug{ ; Snf x/ <  
 lx+ f cfh htfttf d'n'sdf /f]p] ltdl ww/L  
 x/L /fVg s7} ; lsGg klg v} 0 ef/f It?F s] u/L <

af9L of] klx/f] 5 bMv ulx/f] x6g]5 s]n] sa <  
 vfnl W]f ; u/L /x]5 o; /L xfdl h'6f] x} ; a  
 cf^gf] b]z ; w} ; bf w/w/L xff; f'd v} s] u/L <  
 gf; l kl/ ; a} / b]z e/s]f, ef/f It?F s] u/L <

d]n] df]x/ j f ; 'sf lbg ; sl s] b]z aGnf / x} <  
 lbG5gYfi6«wgl ; s] hlt ; a} sff hfG5 sff hfG5 v} <  
 d/f] b]z agf] ; \eg/ hk of] ub] 5' cftdfel/  
 /fv] k]t s7} ; lrq d'6df ef/f It?F s] u/L <

o: tl of] w/tl c; <sup>a</sup>\o u0fsl lgl j fy]sl : j fldgl  
 cdf x'g\husl dx; d/sl vfgl tyf ofldgl  
 ; D`L ;G5' oxfa; / hixn] ; Gbg / of] x/L  
 kfPFafRg hxff/ afRg' 5 c` } ef/f It?F s] u/L <  
**56b M zfb]h]j qml8t .**

# ; do lrġtg

ġbl 1jfnl

cfPsfj ; a gfĒ} xfl, gfĒ} xfl kmlsġj klġ  
sdfpm hit ; DklQ hfbġ ; fy So} klġ  
g lrtf ; 'gsfj aġ5 g aġ5 ; 'gs} v6  
tġi0ffsfj dfs'/fl hġN5 v/fġl gxbfts .

; flWbġ sfnn} sfj 5 ul/a cyj f wġl  
rNbġ To; sfj ; fd' ; fl; { kmfj; { s'g} klġ  
kmlsfN5g\bxdf h} 5g\k'ofPkI5 3f6df  
n'sf0{ nfg'5' So} eġg vNtl xġbġ kf6df .

c: ktfn ag'g\mfvfj vl6pg\blf 8fS6/  
xfg(Tofj sfnsf ; fd' kbġ5 ; an} t/  
h; /L a9b5g\d5ġ\hlj kf0fl lġ/t/  
hlġdg' xlsġ' dg{ sfnaf6} 5 lġZrt .

df/ġ >d dfġ5}sfj kfpġg dġn} ; 'v  
u/L zġjif0f csf{sfj y'kfg{ wġ Joy{ 5  
df6fġdf ldN5 ofj bx sfđ nflbġ Toj wġ  
uPkI5 uofj rġjnf kġj/ kmlsġg hlj g .

; 'g rġbl lx/fdfjtl hj fx/ft kTy/  
s/fġfġ c/afj vafj aġj Aofnġ; xfl; \t/  
hfbġ ; fy nfu/ hfgj aġnf s'g} s'/f  
hn/ ; fy hfgj xfl kġfġ ISj ġ6n bfp/f .  
**5ġb ■ cġi6'k\ eġ/xj f .**

## dfjxgl

### nldls'df/ sfj0/fnf

ltdl lr6b5ðf} dfjxgl ū s} dnf0{  
; 6of} lbJo b}j l ū d sfxl k/f0{  
d wf0{lx8}sfj a8f} 56k6f0{  
; bf t8kPs} ltdl e6g}nf0{.

ltdl emsgj, cINkgj o} 5 afgl  
d n8b} / p7b} bubff{ sxfgl  
d cf/fwgf u5{ kHbf} 5' kfp  
ltdl tIsb} 5f} lemsl w/ efp .

lxdfnl ; knf lgem/Ldf g'xf0{  
lxdfgl cxf ū lbJo d': sfg 5f0{  
k; L n'St5ðf} kfn'j dfd, d'gdf  
v'nl xff: b5ðf} k'ik nfvf} 6'gdf .

ltdl afn lgbff}f xff, fj alg65ðf}  
v'nl ofj} gf lbJo d': sfg lb65ðf}  
ltdl g} kleftl 56f emNdnf0{  
; a} lj Zj rDsfp5ðf} d': s'/f0{ .

kul hōtf/fl; t} rDrdf0{  
dhf; fy lh: Sofp5ðf} 5D5df0{  
d pkh65' j jul e0{ lvRg lrq  
ltdl n'Sb5ðf} sfIndf d}3leq .

d lhNn65' c6of}ndf 56k6f0{  
ltdl sfIndfaf6 3D6f} v'nf0{  
g6ltNo gfr} d': sfg e5ðf}  
; a} lj Zj rDsfpb} n¶} kf5ðf} .

ltdl ofj} gf ; 6b/L dflgg} xf}  
; a} lj Zj -aXdf08 ; Ddfjxgl xf}  
5 ltdfj} dxhfb' lzNkl ckf/  
snf-?k-; f6bo}sl t1j ; f/ .

lj /f6\j Zj ; f6bo{ ; f/f ; d}6b}  
d cf/fwgf u5{ ltdfj} ems}j}  
ghfpm sxlfb' x} ; fd' cfpm  
a; L lrQ-; fdfHodf emNdnfpm .

; bf rDrdfpm ; bf 5D5dfpm  
goffl; hōgf lgTo ubx /dfpm  
v'nf cfugl lj Zj ; f/f /ufpm  
snf g} snfn} w/f hldufpm .

lj /f6\Hof}t aXdf08df d': s'/fpmg\  
snfsf} dxfl; 6wdf 5fn cfpmg\  
ltg} 5fn 5fn} goff/<sup>a</sup> 3f}nl  
r9l efj -gf}sf 3'df} v}Ng xf}nl .

snfsl ddf dfjxgl ?k wf/L  
agl : j fldgl lrQdf gfr Kof/L  
lvrl lj Zj -aXdf08sf lbJo ; f/  
snf g} snfn} w/f k0f{ kf/ .

**56b ¶ e'h<sup>a</sup>vkloft  
sf7df8f} .**

## ga; ltdl

8f= njvkj; fb lg/fjnf

ltdl ; S5fj ; fRr} ej ge/df klg ; lhn}  
 ltdl ; S5fj l; Sg} uxg lj lwn} 1fg ; lhn}  
 ltdl xj gkfnl k|s|t ; 'ifd lgTo tgdf  
 hxff kl5f} kSs} /; do xb} n|s|xtdf .

piffsfj Toj cfef ´ ndn ; wj t|h ; lxdf  
 lxdfnl z|f|sf ; 'dw/ snf lbJo /<sup>a</sup>df  
 ltdln} kfPsf knx<sub>2</sub> ; a} ; fy hlxn}  
 To; h} ; S5fj g} c; n dgn} sfd clxn} .

ltdl ; S5fj To: tfj klj lw h; n} lb65 ; v g}  
 htf rfxof} /fdf ej g kn pBfulxt g}  
 lb0{ lz1ff gfjnf} lj lw klj wsfj pRr txd  
 l; lufg|5f} xfd|} d'n's ltdl cfkn} ej gdf .

ltdln} rfx|df hndo w/f aN5 ; xh}  
 ul/alsfj 8Íf y/y/ e0{n'Sb5 c ´}  
 bu'g| u8g} j f uugtndf p8g sl; g}  
 ; a} ltdl} OR5fdo ca x'g} x65 ; lsg} .

oxff x65g\h-h} 3'; 5n; luj sfd lbgxf  
 7ul ldYof hfnf} cgj /t cfZj f; gx?  
 e'nfP} /fVg} gj -gj lj wfleq hlt 5g\  
 ltdl ; S5fj yf6sfj; t ; dod} /fVg ca ´g\  
 \

ltdl hfuj ufx|} lj ifo gx'g} lgZro 5 x}  
 ltdl nfu} cN5l hlt /xg\sd7 ; a}  
 ltdl xj gkfnl ; do /xb} sDd/ s;  
 cj Zo} a6g|df d'n's ca kg|5 ga; .  
**56b M lzvl/ofl, sf7df8f} .**

## Jofh: t't

j ; ġts'df/ zDdf{ g|kfn

kN|x| lyof| j|b ; d'Rr PSnf|  
lj Jof; gfn| rpj|b e|uf|  
dg'iosf| zflġt ; \vy{ af|  
Cuf|bdf cy{cyj{ ; fir}.

7f8f| / t|; f| lar hf|80ġ5  
wsf| / w; f| wg lrXg aġ5  
sfnf| / ; |tf| ; a sd{ 5fġġ-  
khl tNof0{ /ld|bġ5 dfġ5}.

ldn| g x|f To|f dgdf|h vf|  
; + f/s}g} ; \zflġt ef|  
h| r|fxof| ; f| ha klġ yfN5  
e|} gġSg| k|e' aġg yfN5 .

k|of|u hfġk|5 lj Q a95  
wgf9d|tfn| ha ehNg yfN5  
sxf|sxf|sf| hg ldq aġ5  
dg'io To| s|qd ; f|vo /f|H5 .

cz|if la; / p z|if aġ5  
tkl: j tf k|f wgj ġt ; ġt  
lyPg kN|x} ; 'g g} lrgfof|  
g sfut} Yof| hgn| agfof| .

; z|f|wg} ; fy ; hl ; hf0{  
cuf|8 Nofof| wgsf| esf/L  
u/g ToNn| s'g sfd nf} eg  
blġf/ j f g|f6 ls r|s g} ug .

rnf|pb} To|f lv0|b} ; lsġ5  
To| lj Qsf| r|t|s|nf ulġġ5  
ldn|/ df|bf dgef|h: t}  
ud|/ x|bf{ j gef|h: t}.

l5g} pHofnf| wldn} dhfsf|  
rdSrdSbf/ wg} 5 tfhf|  
cuf|8 u89f ha vft n|f|5  
df5f agl lrKng lj Q ; S5 .

; + f/ g} la; ġ lj Q vf|h  
cdNos} dNo ulġġ5 lj Q  
g c|f|bdf lj Q 5 dWo lj Q  
c; <sup>a</sup>Vo k|: k|Nnt dWo lj Q .

dRr|/ g} kl<sup>a</sup> agl p8|/  
cgġt e} cġt x'g| Toxl 5  
g c|f|bdf Sj} 5 5 zġo cġt  
g d|Rr|bf y|Rrg' k5{ k|f| .

tkl: j tf j f wgj ġt; Qf  
cdNodf j f /ltdNo j Qf  
elġġ5 khl c|t g} lj lrq 5  
lk|f|sf|nj f|nf /a/ ; dfġ 5 .

k|n'Awtf|sf| gd'gf 5 of| x|  
ctli6sf| emġ\3/af/ of| g|  
s| eġg' Toful / tkl ; d|f  
; \vl l|tdl 5f|ls c? dg'io <

g cf vtl a65 :j o+vtl xfl	sf  e65 /fd ; t dg{ kfP
g /lts} xfl don} eg  ef	lj Q} e/L hlj g /Dg kfP
crDd s: tf  g l; /fg vfln xfl	d'6XL kn sf0{ lsg dg{ aly{
a9b} x'g  n e cg t rfnsfl .	d'6XL a6f/L sg dg{ a ; .

g 5f8 x} ù Rofkk d'7L a9fpm	eP-e/) xfl; ; a x g x} wg
n1665 eh Ssg5 u17n\tNofpm	sy  ; a} xfl zj x g, xfl wg
0i off'n' x65g\t dhf rvfpm	dg} eP dfq ; 'dNo xfl wg
dg k/] tfklg dli6 kf/ .	dd} eP dfq cdNo xfl wg .

56b || pkhflf .

00

# s] tkf0f0{ yxf 5 <

xfdl @)&\* / @)&( sf|  
 j if| ; flxTo k':tsdf  
 hl6; s|sf 5f| .

k|f0|s j}zfvb|v r|q; Dd lg:s|sf  
 k':tsx?sf| xfdl l6kk0fl; lxt  
 kl/ro k|sfzg ub5f| .

To; sf| nflu  
 xfdlnf0{ k':ts pknAw u/fpg'xf|; \.

; flxTo ; j+4g s|b| ÷ zAbfy{ k|sfzg  
 rfa|n, sf7df8f| )!-\$\$(&#%!(÷(\*\$!!\$\$%!)÷(\*\$!\$(^!)#



; 'sd{ g} ; wd{ xf}

lj gos'df/ zdf{ gkfn

hw/ rfn rfndf a; / kft kftdf  
 a'eij/ afir wd{df 8'a/ nfu sd{df  
 s'/lt gf: 5 wd{h} s'efj gf: 5 sd{x} 0  
 prfn kv/f ltdl ag/ sd{zn e}.

p7/ hfu hfu x} ; 'sd{h} ; 'dfu{d}  
 ; 'sd{g} ; wd{xf} a'eij/ dfg /fv g}  
 ; wd{g} ; 'sd{xf} b'j} ; dfg efj x}  
 prfn kv/f ltdl n8/ sd{zn e}.

un/ vft /fz 5g\ckf/ 1fgsf s'/f  
 5n/ 3ft ulbP laeij/ 8:b5g\5'/f  
 ptfk tfkdf tkL ; 'oflō a65 kIy/  
 prfn kv/f ltdl 86/ sd{zn e}.

; 'sd{h} ; 'cftdf ; 'efj leq eg{ 5  
 ; wd{h} ; 'rQdf ; 'emj leq wg{ 5  
 ; 'afw, bfg, l; 4tf ; a} 5 sd{leq g}  
 prfn kv/f ltdl hd/ sd{zn e}.

lj j}s, rlf, bli6df ; 'al4 tfk eg{ 5  
 e/ / ; f/-lj 6b' Tofj ; 'sd{kitn kīNg' 5  
 cuDo, zfg, lbJotf ; a} 5 wd{leq g}  
 prfn kv/f ltdl h6/ sd{zn e}.

**56b M k-rrfd/, sf7df8f .**

**ltdl / d**  
z<sup>a</sup>s/ 9sfn

xfj h6dsfj Zj f; xbg cfz  
lj Zj f; lhTg] kpf /fv vf;  
5 ; To j f0fl ldxglt; f/  
ltdl ddf le6g xbg kof/ .

ol d]3-kfgl clg ; 6-Hof]t  
; dfg 5foff klg j [lf-df]tl  
lbP/ s]sf] 5 egf'cefj  
ltdl ddf 'g\sg e]befj .

sbflk s]xl ckdfg 5g  
c; Totf ; li6 lj wfg xg  
st\onf0{ clwsf/nf0{  
ltdl ddf x6g lj j fb ef0 .

xfj Ps p2Z0 / Ps df6fj  
k/Gt' xfd]f] 5 cg]s af6fj  
cfZro{0 xfdl lsg v]b v6g'  
ltdl ddf s] dte]b e6g' .

5 ; fwgfn] dgk0f{ xif{  
sf]665 cfkrf; \ bMw j if{  
xbg xfd]f] slxNo} lj ep  
ltdf] / d/]f] kl/j f/ Ps .

**56b M pkhft**  
**xfn M dx/fi6<sub>x</sub> ef/t** .  
00

**r]tgf**  
8f= z]n]b'k]sfz g]kfn

klm]/ kl]n af; df  
/dfpb}lgxf5{/]0  
cg]s /<sup>a</sup>\, hfts f  
lkof/ tlj| afB5 /]0

cd\$ To] j g:kl  
hut\; hfpbf] ; w}  
dg'io r]tgf udl  
nhfpbf] ; w}; w}.

k/f]ksf/ efj n]  
prf0 tfSg'kb5  
5 sdzln of] hut\  
; dlk :j u{emb5 .

j ; Gt xff: 5 r]tdf  
dg'io lrQ k]n]bf]  
gjlg efj gf x6l  
cx]f, 5 sd{d]n]bf] .

5 zlt, tfk lh6bul  
v'n]/ :j :y afRg' 5  
/r]/ ; li6 nf] goff  
hut'xf; f0{gfRg' 5

**56b M k]df]0f'sf**  
**afnfh', sf7df8ff** .  
00

## afnlbj ;

zld(uf ltdlN; gf

lgsfn w/ lt; gf, lgsfn w) { k9ydf  
 agf; \g zft IrQ of, 5 kl' cfh n lodf  
 lnP/ hfj; xf; nf, lgsfn a9y ; f0t  
 lj rf/ cSsnl s'/f, lnP/ lzi6 cfbt .

lnP/ 1fg Wofgdf, ; 'g/ IrQn] s'/f  
 ku/ z)ndf c ` } 5 w6o 6Sg 6fs'/f  
 k9/ 1fg `g\ a9f; \otfptf htf; 's}  
 lkP/ r]tsf] ; wf, lj sf; tk( nDsb) .

lbP/ Wofg kf7df, lj leGg ts{ ; fydf  
 ; 'sd{ ug{ k5{ x} x'g]5 : j f:Yo ufydf  
 d Ps : j : y aflnsf, k9/ a: 5' tflnsf  
 u/ v65' aflnsf, cj Zo kH5' dflnsf .

; r]t sd{ ; fwgf, kl/Gg x} lj j f bdf  
 pkf; gf / cr'gf, ul/G5 : j : y of bdf  
 k'sf/ u5{ k]dsf], x/]s ldq ; fydf  
 ; bfj xf/ IrQdf, ldnfk : j : y ufydf .

n'5fr'8l s; } u/L ul/Gg of]hgf egj  
 ldnfk ug{ v]j]hof], k; Gg `g\ a9L ag]t  
 g/fv b'i6 sfdgf, gkf/ x) bafj df  
 d'; 'Ss dl: sof} ; vL, k/]d n] k]efj df .

**56b M k~rrfd/, wflb<sup>a</sup>, xfn M sf7df8f} .**

## d u5{ j Gbg

Izj lqkf7L

d zflngl lj tfgdf ; bj| ult ufp15'  
 / dflngl e'hÉdf `d|/ klt nfp15'  
 kfej tl ld7f| cxf ū 5 j fl0fgl / bfjws  
 dhf lbgj5 0Gb/f 5 if6kbf / tf6s .  
 `dfpgj /yf4tf st} 5 knj/ o1Qmsf  
 ehÉ; Étf 5 uGugfpgj 5 lrlqsf  
 d nŋ k5{c0f{df 5 eJo x+ ufldgl  
 dlul ld7f; lbg5 x}k9f+k9f+l} oflūgl .  
 d e65' bldfŋf, lkpf sxf u0g\kldf0f'sf <  
 sxf 5 zfsj /L kxlif0fl / Toj ; dflgsf  
 xtf/ eflg ufpbf t knNnbf, ulltsf  
 k'sf/ u5{cf0Bf}cg's'nf / 5Gbsf .  
 cg|s e|pn] ; lh65 lzi6 5Gb dflqs  
 5 ; lQmsf| kj fxdf /dfpgj cgi'6k  
 v'nf'd ; jw/flt/} 8hf'ls ; Gb/L ; ū}<  
 l6k'czf|sd-h/L enf'ls dfntl ; ū}<  
 d j QmX ; jlj 0fl xlb} k|af|wtf ; 'gfp15'  
 d d-h'xfl; gl tyf lkpj bf `nfp15'  
 d gfrg ; S5' Jofn df dgf/df ahfp15'  
 d :j futf / pb\|tf lggfb df ; hfp15' .  
 ; wf 5/| 5Gbsf| ; wf d d6b ufpŋf  
 d j |QulGw, elb|sf, ; tl l; t}/dfpŋf  
 d j |Qgfddf sxlF sxlF d d-h'; f/e  
 d zs{l, / xfl/0fl st} agf|zvl08t .  
 hxff/xf'hxffk'uf'd 5Gb ; fydf lnprf  
 lgd|if dfq 5Gbsf| d lbJotf glal; pnf  
 xhf/ nfv 5Gbsf ; wf u;f d sltg  
 / u5{j frgflbn] sj lzsf| d j Gbg .  
**5Gb || k-rrfd/, kf|v/f .**

## 5 d/f] b]z ; Gb/

8f= Zofdk]; fb Gof]kfg]

rffl, skf; xfl of of] gj glt rNof05  
 xfls z<sup>a</sup>\$/n] xSsf tfGbv]/ wj f05  
 ; ]t} b]vG5 s]hfz b]z0 ; ]t} dgfx/  
 lzj sfl wfd of] Kof/f] 5 d/f] b]z ; Gb/ .

5fP Is geh: tf 5g\cToRr lul/z<sup>P</sup>\nf  
 w/fsfl ueb]v g]lg:sl klofflgem/f  
 j]bWjlg lgsflnG5g\ufp5g\; dsf :j/  
 /Do k]s]tn] oQm 5 d/f] b]z ; Gb/ .

; j Ofdo 6NsG5 laxfgl lxdz]n Tof]  
 ck/fXg xbf rffl ; Gwofdf tfd]em]cxf] 0  
 l; uf5{s; n] s]h]; bf b]vG5 ; Gb/  
 OGb]pfl /<sup>a</sup>\n] oQm 5 d/f] b]z ; Gb/ .

xl/of] /<sup>a</sup>\sf] ; f/l kl]7df k'ik-cfs]t  
 lj leGg /<sup>a</sup>\zfd] k]sflzt dxflBlt  
 ; ]t] 5 lz/df 3D6f] afnf j f gu ; Gb/  
 lbJo k]s]tn] oQm 5 d/f] b]z ; Gb/ .

lxdfnl e]ud]Gt/ kxf8l e]u ; Gb/  
 allb5g\; lnnf gfgf clj IR5Gg dgfx/  
 5<sup>a</sup>\$<sup>a</sup>] Wj lgsf ; fy gfrb5g\NbJo lgem/f  
 agfof] j f aGof] cfkn] 5 d/f] b]z ; Gb/ .  
**5Gb M cg'i6'k\ e'dxl, gj nk/f; l .**

### ˘ ʔtGq

; ʔ 1jfnl

lgixt : j fyh] bʔz ul: t 5  
; sn eld of] w/ q: t 5  
; hn gʔqdf dʔ3 c>'sfj  
c ˘ 5 al; ʔf] bb{cftsfj .

a' ˘ g a6w' xfl nʔstGq of]  
; bgdf kul elj6 tGq efj  
el8 5/l ; w} : j fy{leqsfj  
rkn rfnn] ˘ ʔ tGq efj .

eg g lj 1 xfl dfg 5f] lsg <  
cwd qf; n] ʔG5 of] dg  
hx/ qmʔGtsf] bʔjodf k/l  
dg'h lalupof] cfh s] u/l .

5 c ˘ j ʔbgf tl10f 3ftsfj  
3ʔ0ft sdʔsf lfb] dʔtsf  
lj ifh ; kʔsf 5g'soff hxxf  
ceo lh6bul xG5 s] Toxxf .

bdg bʔʔosf] gf; ug' 5  
crn zʔʔGtn] /fi6«eg{ 5  
Tj l/t nʔesf] 3ff; sf6g' 5  
ca t rf]/sf] el8 5f6g' 5 .

5G6 M 0IG6/f, e/xf f ʔk6bʔxl .  
ø

### hufpñ z'4 efj gf

xl/kʔ; fb rf]nfuf0ʔ

5/y : j ʔb elddf  
pdfgk5{l; hgf  
cj Zo khN5 lt; ʔf  
5/y dG6 af; gf .

snf ; lhG5 elddf  
hxxf 5l/G5 ; D ˘ gf  
sn<sup>a</sup>\$sf d'gf ; a}  
rB/ krfNgk5{x} .

htf 5 pʔ /f w/f  
pdf/f] zʔʔGtsf h/f  
a9] t kʔd efj gf  
ladfv j ʔf]w sfdgf .

kʔbkt blk zʔʔGtsf]  
g/fv ; ʔj r j ʔʔʔGtsf]  
; dʔ 5g lh6bul  
5 sfns} ; ; Ddtl .

csfyʔsf] cxkʔgf  
; a} /xʔ5 lbled  
clgi6 k0f{ ; fdgf  
e/y z'4 efj gf .

5G6 M kʔdʔʔofsf, agkʔf .  
ø

## cfvf

l; hgf vgn

htf x|of| cf<sup>^</sup>g| /gj g gbl ; fDo 5x/f  
 agö\xBg| af6f ; dy/ snftNo kx/f  
 bj} cfvf afRg| 5n/lxtsf sd{gu/  
 v'; L sNn| kfcf|; \ze gh/ ol b<sup>a</sup>gk/| .

; a) leGfleG} k|s|t ; 'idf vNb5 h; }  
 ggfrl cfv|fsf| gh/ klg s| n'S5 / p; }  
 grfpmg\cfvfn| 5d5d u/L hlj gr/L  
 To; }df vNg| xf|; \k|tkn goff ; f|rnX/L .

x|bf| x|fnf lrGtf x/kn v'; L lbJo geP  
 ; a) k|fofl cGwf x'g klG s'g| a| 5 / s| 0  
 a; }sL l5g\wtl{ n'6k'6' log} k|fofe/df  
 eP cfvf /fd|f ; xh 5 cem| klG 3/df .

/xl a|lnfal|n} dgd'6' u/L Ps yndf  
 sb|sf g; n|l5g\tdgd h'6fP/ kydf  
 g tf e|6g| afrf x|potn uf9f x'g uof|  
 au|sf 5g\Ps} ; do el|b} cff; ' lsg xf| .

a; }sf| To| dfoff uxg ulx/f| a%5 s; n| <  
 ag| ldNbfhNbf o'unj osf k|fof /; n|  
 a'eifcf| xfdln| kj gultdf ; fRg' 5 oxff  
 p|hofnfsf| v|fl eg g s; /L x65 / sxff<

log} cfvf n|fel x'g u0lbPsf lfof otf  
 38f k|65g\; f/f lj ulnt xg| hlj g ptf  
 ; df0{ nTofo{ cem k/ k'fofo{ aundf  
 gx|pmg\ol cfvf l/k' alg|bg| of| ; km/df .

**56b M lzvl/0fl, e|Xj f, a)ssnflgl .**

# I´ s/ krfNg'kb5

; ltf eš/f0{

hxff 5 Hoff|t|j Dasf| s'zfu| dNor|tgf  
hxff 5 zflGtdhsf| cg6o zflGtr|tgf  
hxff 5 :j R5 sd{sf| ; bf gj lg of|hgf  
pxlf ku/ zflGt e} 86g\ du| sdGf .

lxnf| eP dg'iodf lxnf| I´ s/ krfNboğ\  
wnf| eP dg'iodf wnf| I´ s/ krfNboğ\  
v/fasf s'g) s'/f ; xGg /| lxdfn of  
5 9f|usf syf eg| /xGg /| oxff cx|f 0

hk/ /fd gfd tl s'sd{sd{u5{hf  
eh/ s|0f gfd tl cwd{dfu{lnG5 hf  
pxff /xGg wd{g) cwd{dfu{a9b5  
ltg) s'sd{h) an) ; dft ; To kfb5 .

lnP/ ; To tYo g) ; 'sd{ug'kb5  
; 'sd{sf snf 5/| ; d:t lj Zj a6b5  
dg'io r|t, sd{h) p7g\  
agf| ; dg'io hlj gl ; 'sd{h) x/fe/f .

t; y{Gof, ; Totf, a'Y /f'kg'kb5  
s'sd{sd{u5{hf lj /f|w ug'kb5  
5n| ; fw a65 hf /xGg ; fw db5  
; dfh 5N5 bi'6n| I´ s/ krfNg'kb5 .  
**56b M k-rrfd/, /fdlx6L, sf7df8f) .**



## /fɣfN8f]s] ufpldf

:k6bg lj gflb

/fɣfN8f] 3/ v]tdf gx/df, bf8/ a:5g\ptf  
df65]h] cg'shtf lg o; /L, kfp c; fwo} otf  
d/f] ejo ; j f/ a6b5 goff ; fRnf db/f klg  
/fɣfN8f] klg dVv kb5 ls tf, gkfn af/] ; 'gl .

alj]n} zft 5 af4eld gu/L, e":j u{ x] cfiv/  
x] cl: t]j lj sf; n] ; a oxf, cxf ũ t cf^g} 3/  
kñN5g\kñh ; 'j f; n] 9sds} r]t6o xfulfel/  
/fɣfN8f] klg dVv kb5 ls tf, gkfn af/] ; 'gl .

v]fnfdf k'n xfn g dflg ; ; s] gkfn d} 5g\ofj  
e65g\6fj / x] oxl w/x/f, lg: t]h h: t} eofj  
gfn] nflb5 7fpf 7fpf /rgf, of6} au]rf slt  
/fɣfN8f] klg dVv kb5 ls tf, gkfn af/] ; 'gl .

x]fnf ln: j gaf6 b' t sxf, 306f ; j f Toj k/  
6fk'x] t/ of] lj sf; 5 cx] ; j fyl{ st} e]6g  
ofqf le6g hxfhs] 5 clxn], la: tf/ ; fRr} 5 lg  
/fɣfN8f] klg dVv kb5 ls tf, gkfn af/] ; 'gl .

d/f] b]z lrgf]b} 5' klxn], 6]sf db]/f o] f  
o: tf] b]z /x]5 e6g t ; sf] ; \; f]xb]sf ; fydf  
sf/f 1fg u/la 5g\t/ ; a} 5g\j [Q wf6g] wgl  
/fɣfN8f] klg dVv kb5 ls tf, gkfn af/] ; 'gl .

**56b M zfb]h]j qñl8t, eQmk', xfn M ln: jg, kfr'ün .**

# /If 0 df rn df rn

xl/ s\$jn

Af; / djr-df 3D6} xf0 u5{ 3/L-3/L  
d\vdf /hglu6wf kfg x65g\k/L-k/L  
gfk5f} s} / u/L 0{of{ tl cfvfv b06} t/L  
cfzlj fb 5 ; Qfsfj 8/fp6g s; }u/L .  
d ; S5' lj i0fenf ug(j 6bfnf0{ k/} 5n  
h} u?F/fHon} 55{ uEfsfj hlxNo} hn  
k5fg{ ; S5 sfj cfcfj; \5 d/fj eldsfj an  
dnf0{/f\$g s} ; S5 /If 0 df rn df rn .  
d hf65' b}z bf8xf vf65' e|d0fsfj ; 'sfj  
b}zsfj 9's'6l r': 5' ; Dem} ; Dem v/L h'sfj  
zlQm 5 k6df d/fj kR5g\gfnl, s'hf, 9n  
cnsqf klg vf65' /If 0 df rn df rn .  
cflR5pf alR5pmf vfpf gfy} em; tfaf?nfj  
s'/f ; fdf6o x'g\vfg d}n} affw tyf s'hfj  
knlsg'5' /ftdf sfj7f krFP/ xnfxn  
u5{ xfl6ndf d: tl /If 0 df rn df rn .  
; Snf sfj ; lhn} ; Qf dftnf0{x/fpg  
d ; S5' ; lhn} em\$sfj knl/ ; To u/fpg  
:oxf5{ 3' sfj y}nfj ; dft5' knl/ cflrn  
/ 5N5' df65}sf cfvfv /If 0 df rn df rn .  
huf cfP/ 5\$bg vfg} d'v v'nf eP  
; dftg ; S5 sfj ; k{oqtq b'nf eP 0  
krmfcfj; \hfj ; 's} cf0{ vfg} d} xf ; a} kmn  
xlnn6Gf sl; nfj s'; l{/If 0 df rn df rn .  
8'qm65' ; f9sfj afjnl u5{ w/ 9nldnl  
dnf0{d: tn} knl/ nfujsfj 5 goff sln  
sfj ; S5 5pdf l6Sg < d/fj 5 ultnfj bn  
h} e65 dgn} u5{ /If 0 df rn df rn .  
**56b M cg'i6'k\**      **lj /f6gu/** .  
00

# cfdfsfl cflzif\

xl/z/Of 9<sup>a</sup>lfgf

vfgl g) x'g\; sn s'; 'dsf k|ds} efj wf/f  
h6dfof} x| ; 'dw/ dgsf j zh} lbJowf/f  
v|fh}s} Yoff ; do ; don| h| e6of| To| agf0{  
cdfd g) xfl hudu w/tl h| 5 o: t} egf0 .

efiff xfd|] /xg-; xgdf To} r|t|gf 5 eg{  
s|b|} 5ff ol ; /n 5 ej df lgofqf 5 ug{  
ltd|} afnfkg 5 dg e/} ; fRg c|P lg x6Yof|  
cdfd-cdfd x/kn dgd} afRg k|P lg klYof| .

xf; f'cdfd x/kn d ; bf xftdf g) ; df0{  
afd| ; b|s-s-g-g sxb|} ; fydf 5ff /df0{  
P|f c|fyf cltzo ha ef| Ps afRg| pkfo  
cdfd g) x'g\; xh; l; hk|ef| gef|uf| ; hfo .

l5g|x} dftf cgkd ej sfl k|d|sl /flz xfd|]  
c|fd| l|6g| dg z'e lbn x'g\|b|w| a|5g\|g /fd|]  
1fgl a65g\; ahg clt cdfd /x|; Dd ; fy  
afRoff|d7f ; /; j rgn| cf| ; dfP/ xft .

afaf d|f lbg lbg cem cdfd egl hkgx65  
ef|s}Htvf{ ; a x/Of u/l gfgf ; wf vkgx65  
xf; fl c|xf pbo ha eof| ug{ ; 5f|enf0  
lb65f} cflzif\cl3 al9/xg"1fg eg|dnf0{ .  
**56b || l|rqn|vf, hf|kf6L, uf|s0f|zj / - %, sf7df8f| .**

## j fSkþfju / ldf

8f= xl/x/ zdf{ coffn

j flj f0fn] cfxT e} dg'io  
 lrGtf-gblaf lbg/ft 8A5  
 tl 5þb5g\dd{k; / lgTo  
 t; y{lj åfg\gu/fl; \kþfju .

j flj f0fn] cfxT xG5 lj åfg\  
 tyflk Toj zfgt /xfl; \bofj fg\  
 a: nf l/; fxfklt hfj k; Gg  
 l/; fpGjs} ln0lbG5 k0o .

ufnl ; 'g/ klg a:b5 rkrfk  
 vfP/ /flj klg tIs0lbG5 dfkm  
 eG5g\j lzi6 hg- l; To, bof, ldf /  
 ; f/No ol ; sn pQd 5gllæg/ .

; 'gl s; þaf6 s7fl/ eT; Gf  
 afNbg To: tfklt gdl j f s8f  
 hfj rfl6 vfP klg wp{l nG5  
 pN6} gtf rfl6 lbg} sl; G5 .

; fRbg xflcfj; \To; sfj clgi6  
 ubfl 5 cfkrlt hfj clgi6  
 To: tfj dxftdf-hgsfl ; ' a\l  
 kf0{ ; \l aG5 bj ; aS .

wp{ ldf, ; /ntf, s;0ff / ; To  
 : j flwofo ub5 ; wf / j zl 5 lgTo  
 Psfgt a:b5, c?sfj klg So} lnfbg  
 Toj JolQm zflgt-; \ kfp5 lgTo rg .  
 kfNkf, xfn sf7df8fj.

k'5f/sfj kftfj

# 5Gb lj wfg M ; fdfGo kl/ro

7fs/ zdf{ e08f/L

## != lj ifoklj|z

5Gb M kfbfj t' j|b: o -kf#z=\$!\_ 5Gbnf0{ j|bsfj r/Of elgPsfj 5 .  
 j|bdGqx?df ufoql cflb 5Gbsfj kpfju ePsfj 5 . lognf0{ j|bs 5Gb  
 elgG5 egj nffss 5Gb 0ltxf; , k/f0f, sfJoflbdf kpSt ePsfj 5 .  
 .5Gbl eg/ kf/f10fs ufyx? klg ; j q j|bnf0{ egjsfj kf0G5 . .5Gbfjdogl  
 ; f/f j|bdo 5 -efuj t : sGb -\*-#-#!\_ . j|bsfj tftko{ 1fg, 5Gb 1fg xf| .  
 5Gbsfj 1fg x'gk5{/ dfq j|bflb zf: qx?sfj cWoog ug{ ; lsg5 eGg|  
 ; Gbe'f elgPsfj 5- of x j f clj lbtffib5Gbfj|j t|j lgoftlg afXdoftg  
 dGqDf ofholt afWofkolt j f ; : yf0f+ j R5{t utf j f =kfklofg\ej lt  
 oftodfGo: o 5Gbf; ej lGt=lk<sup>a</sup>un=; Gj |Q c=!\_ cyff{ hfl Clif -u;\_  
 5Gb, bj tf tyf lj lgoftu cflbnf0{ ghfg/ g) afXdoft dGqn] o1-ofuflb  
 u/fp5 j f cWofkg u5{ Toft /; lj gfsfj sf7; dfg xG5, gsd'f hG5,  
 kfk'sfj efulbf/ aG5 t; y{ 5Gbsfj 1fg cj Zo x'gk5(= j|bs ; dob|v  
 g) a'xb' ufyx? 5Gbd'f n|vPsf 5g\ s07: y kfg| ufpG, cgjsfy{ af|w  
 u/fpg ; lhnfj xg| x'gn] o; sfj : yfg pkNnfj : t/df /flvPsfj 5 .

efiffsfj n|vs ef^gfj efj nf0{ b0{k|sf/af6 JoQm ub5 uB / kBdf .  
 uBsfj cleJolQmdf Jofs/Ofn] zf; g u5{ egj kBsfj zf; g lk<sup>a</sup>unzf: qn]  
 u5{ . uBdf, j Of{ dfqf, klj fx, ult, lj /fd cflbsfj aGwg x|bg t/ kBdf  
 j Of{ <sup>a</sup>Wof, dfqf, ult cflbsfj Joj : yf cfj Zostf xG5 . kB lgoldt  
 cfsf/df lgl'dt xG5 . o; kBnf0{ 5Gb klg elgG5 . 5Gbsfj tftko{  
 lgoGqOf Pj +cfXnfb bj} xG5 t; y{ 5Gbd'f /lrPsf /rgf cf^gfj lgoddf  
 affwPsf / cfXnfb'sf/L xG5g\ To; /L /rgf ul/Psf /rgfn] xpodf of'bf  
 em<sup>a</sup>s'f/ el/lbg] sfd u5g\ ; flxTosf lj Bfyt|nf0{ dxlif{ lk<sup>a</sup>unnsf] lj ifodf  
 klg hfgsf/L /fVg' cToftj Zos b|vG5 . z|iffj tf/ dxlif{ lk<sup>a</sup>unnn]  
 5Gbzf: qsfj lgdfDf ug'epsfj xf| . o; sf/Of g} o; zf: qsfj gfd lk<sup>a</sup>un  
 /Xof]. 5Gbzf: qsfj 1fglj gf kB /rgf q|6k0f{xG5, bffjfk0f{xG5, s0f's6'

xG5 . bñf/lxt /rgf g} >lt dw/, cfgbbfos, afwuDo / bZglo, dgglo  
 xG5 . slj j f n|vsn| h'g s'/fsf| j Ofg ug{ vñh/x|sf| 5, To| a%gsf|  
 nflu kBdo /rgfn| w|} ; xofju k'ofp5 t; y{ hlt klG ; +s|t j f<sup>a</sup>odf  
 u|yx? n|vPsf 5g\, 5Gbd) n|vPsf 5g\ . oxl sf/Of 5Gbzf: qsf|  
 k|rf/k|; f/ j )bssfnb|v g|ePsf| x| . 5Gbzf: qsf| cWoog ug| qmddf  
 j )bs / n|ss u/L b0{ efudf afB|/ dfq lj rf/ ug{ pkoQm xG5 . j Of| /  
 dfqsf| cfwf/df n|ss 5Gbnf0{ d'Vo ?kdf b0{ efudf lj efhg ul/G5 -  
 j flOfs / dflqs . h'g 5Gbd f j Of|sf cfwf/df lgod agr0Psf| 5, To; nfo{  
 j flOfs 5Gb / h; df dfqfnf0{ dfq cfwf/ lnP/ lgod agr0Psf| 5, To; nfo{  
 dflqs 5Gb elgG5 . ; <sup>a</sup>N|kdf eGgkbf| j flOfs 5Gbd f j Of|sf cfwf/df  
 uOfgf ul/G5 eg| dflqs dfqfx? sf| cfwf/df uOfgf ul/G5 . j flOfs 5Gbnf0{  
 j Q / dflqs 5Gbnf0{ hflf elgG5 .

**@= kfb j f r/Of**

...1 pMkfbZrtyff: zM.kfozMk|To|s 5Gbsf rf/ r/Of xG5g\o; } nfo{  
 rf/ kfb klG elgG5 . o: tf 5Gbx? nfo{; d5Gb elgG5 . lj ifd 5Gbd f rf/  
 kfpeGbf klG a9L kfp xg ; S5g\ . rf/ r/Of ePsf| 5Gb s'g) b0{  
 nfoGsf b|vG5g\eg| s'g) rf/ nfoGsf . 5Gbsf| cfsf/ k|sf/sf| cfwf/df  
 o; nfo{ lng ; lsG5 . pbfx/Ofsf| nflu cg'i6k\5Gbd f klG rf/ r/Of 5gM  
 cf7 c|f/sf| Ps r/Of ; f|x| c|f/sf| Ps nfoG . n|vbf b0{ r/Ofsf|  
 h: tf| u/L n|vg| ul/G5 . pbfx/Ofsf| nflu Pp6f cg'i6k 5Gb x|fM

**hxf| k|sfz e|6G5 Toxf| hlj g ldNb5**

**hxf| hlj g e|6G5 Toxf| k|sfz ldNb5 . -zAbgfb !))\_**

o; } cg?k k|To|s 5Gbnf0{ kfozM rf/ r/Ofsf| ?kdf dflgPsf| 5 .  
 k|To|s j flOfs j f dflqs 5Gbsf tlG tlG ep b|vG5g\; d, c4f d /  
 lj ifd . h'g 5Gbsf rf/} kb j f r/Ofdf j Of| / dfqf ; dfg l: yltdf /xG5g\  
 To; nfo{; d / klxn| / t|; |j kfb -cyft\j ifd r/Of\_ ; dfg j Of| j f dfqsf|  
 5 / ; d r/Of -bf|; |j / rfy|df Ps ; dfg 5g\eg| c4f d / k|To|s r/Ofsf  
 j Of| Pj+dfqfx? c; dfg 5g\eg| leGleG 5g\eg| lj ifd elgG5 .  
 j flOfs ; d 5Gbd f klG b0{ ep b|vG5g\ ; fwf/Of / b08s .

**#= dfqf**

s'g) klG j Of| j f c|f/sf| pRrf/Of ubf| nflu| ; dofj lwnf0{ dfqf  
 elgG5 . j Of|sf| pRrf/Of b0{ lsl; daf6 ul/G5 - x|: j / bl3{. x|: j j Of|sf|

pRrf/Of ; donf0{ Ps dfqfsfj ?kdf ln0G5 egj bl3fj Ofsfj pRrf/Ofdf hg ; do nflu5 To; nf0{b0{dfqfsfj ?kdf ln0{bl3{elgG5 . lk<sup>a</sup>unzf:q cg'; f/ xl:j nf0{.n3l/ bl3hf0{.u'z'elgPsfj 5 . o; ; <sup>a</sup>Nfkt tdfd kpfju ubf{x:j j f n3'nf0{.nl / bl3{j f u'z'nf0{.ul sfj kpfju ug[ rng 5 . n3'sfj kOfj /fd lrGx -I\_ h:t} kpfju ul/G5 egj u'z'sfj cleJolQm j f lrGx lj sf/ cyjf 6Pj /M -c<sup>a</sup>u<sup>h</sup>l j Ofsfj P; \s\_h:t} cfsf/\_ lb0G5 . c, Of p, C, :j / j f ol :j /x?sfj dfq nfufsfj Jo-hg j Of kpfju ePsfj 5 egj xl:j j f n3' elgG5 . cf, Of pm P, P, cf, cf, c<sub>7</sub> c<sub>#</sub> :j / j f dfq nfufsfj Jo-hg j Of kpfju ePsfj 5 egj bl3{j f u'z' elgG5 . xl:j bl3{sfj lgOfp ubf{ kBdf kpfju ubf{ lgDgf<sup>a</sup>\$t Joj :yfnf0{ Wofg lbg' cfj Zos xG5 M

!\_ ; eQmf/f/eGbf klxn}sfj j Of{bl3{xG5 . To; j Ofh}kl5sfj Jo-hg j Ofhf0{ tfgsfj xG5 - k-rfdlt, cAan, sliOf, ; Gb/ cflb . o: tf zAbsfj ; eQmf/f/ - -r, Aa, iOf, Gb eGbf klxn} j Of{k, c, s[ ; ' j Ofh} ` \a.\if.\ g\j Ofhf0{ tfgsfj 5 . ofj pRrf/Of ubf{ ; dofj lw a9L nfufsfj xG5 To; }n] k, c, s[ ; ' j Of 5GblgdfPfdf bl3{dflgG5 .

@\_ xnGteGbf klxn} j Of{bl3{dflgG5 - hut'o; zAbdf .ul bl3{xfl . #\_ cg': j f/oQm cIf/ bl3{dflgG5 -.; eQmf/f/lo; zAbsfj .; #bl3{xfl . s'g} j Ofsfj dflj rGbLj Gb' hfj8Psfj 5 egj Toj xl:j j f n3' dflgG5 - .a; f0l o; zAbsfj clGtd cIf/ .Ofdf rGbLj Gb' nfufsfj 5 tyflk ofj j Ofhf0{n3' dflgG5 .

\$\_ lj ; upQmj Of klg bl3{dflgG5- kftM kfozM c tM cflb zAbsfj tM zM tM j Of{bl3{dflgG5g\

%\_ j flOfs 5Gbsfj r/OffGtdf kpQm xl:j klg cfj Zostfg'; f/ xl:j 5 egj klg bl3{dflgG5} rng 5 t/ ; s; Dd n3' j f u'z' h:tfj 5 tbg'?k lng'g} z4tf xfl . slxn}sfxl f n3' cIf/ u'z'h:t} u'z'j u{n3'h:t} pRrf/Of xG5 o:tfj cj :yfdf h; /L pRrf/Of ePsfj 5 To; /L g; ; dofj lwsfj cfwf/df dfqfsfj uOfgf ul/G5 .

**\$= uOf**

.ci6f} ej GToq uOffl:qj Offl 5Gbzf:qdf tlG j Ofsf ; dXnf0{uOf elgG5 . j flOfs 5Gbd dVotof uOfsf cfwf/df uOfgf ul/G5 . cflb, dWo, 5Gbsfj n3' / u'z'sfj cfwf/df cf7 uOf 5g\ 5Gb d-h/Ldf o; sfj nlfOf o; /L atf0Psfj 5 M

**dīgqu'z:l:qn3Zr gsf/fj eflbu'z:M k'g/flbn3'oM  
ofj u'z:dWoutfj /ndWom ; fj-ĠtM u'z:slytflsĠt3': tM .**

cyfttMdu0fdf tlg u'z, gu0fdf tlg n3', eu0fdf cflb u'z, ou0fdf  
cflb n3', hu0fdf dWo u'z, /u0fdf dWo n3' ; u0fdf cĠto u'z, tu0fdf  
tlg n3' xĠ5g\

lgDglnlvt ; ħnf0{ Wofg lbg} xfl egj 5Ġbdf kpfju x'g} u0fnf0{  
:ki6?kdf a%g ; lhnfj k5{ . o; df bzj 6f j Ofnf0{ cfwf/ agfP/ ; a}  
u0fx?sfj lgdf0f ug{ ; lsĠ5 .

**.odftf/fhefg; nufll**

o; ; ħdf bz cIf/x? 5g\ u0fsf cf7 cIf/ cf7 u0fsf gfd /  
.n ul . .nĠh} n3' / .u.n} u'z:nf0{ hgfp5 . h: tM o,df,tf, ; ħsf klxf  
tlg cIf/ x'g\ qmld s ?kdf cfPsf 5g\ o n3', df / tf u'z b}vĠ5g\  
o sfj n3lrĠx -I\_ df / tf sfj u'zlrĠx -s\_ b}vĠ5 . o; n} o u0fnf0{  
a'ernp5 . o: t} .gl u0fdf o; ; ħsf alrdf cfPsf g, ; , n cflbn}  
n3'j Of{eĠg} a'ernp5g\ .glu0fdf tlgj 6} cIf/ x|:j xĠ5g\egj .dl u0fdf  
tlgj 6} j Of{ bl.3{ xĠ5g\ cf7j 6} u0fx?nf0{ lgDg tflnsfaf6 hfgsf/L  
lngj ; lsĠ5 M- ou0f -ISS\_ eu0f -SII\_ du0f -sss\_ gu0f -III\_ tu0f  
-SSI\_ ; u0f -IIS\_ /u0f -SIS\_ hu0f -ISI\_ n3' -I\_ u'z -S\_ .

**%= ult**

kB /rgf kj fxdf cToĠt cfj Zos 5 . 5Ġbzf: qdf kj fxnf0{ ult  
elĠ5 . kBdf ult cyjf wf/f 7ls eofj egj xĠo 5'g, cToĠt dw/,  
cfsiff\$ / pRr efj kĠfg ug{ kB lgdf0f xĠ5 . olb o; fj geP cyftt\  
To; sfj lj k/Lt efj klj rInt xĠ5 .

**^= olt**

5Ġbzf: qsfj lj wfgfg'; f/ kBsfl olt -lj /fd\_ klj plrt x'g' cfj Zos  
5 . cfkĠhf0{ hxif OR5f nflolj Toxf olt lbg' 7ls xĠbg, 5Ġbe<sup>a</sup> x'g  
hfĠ5 . 5Ġbnf0{ 7ls /Vgsf nflu lj /fdlrXgsf cfj Zostf xĠ5 . Pp6f  
r/Ofsfj zAb csfj r/Ofdf uP/ a:ofj egj kBsfl cfsiff0ftdf Gōgtf  
cfp5 . To: tfj kBnf0{ klg e<sup>a</sup>Ġbfjif ePsfj dflgĠ5 . kBdf olt e<sup>a</sup>Ġbfjif  
x'gxĠbg . To; ħ} r/Ofsfj cĠtodf lj /fdsfj cfj Zostf kbĠ5 .

**&= cĠTofg'kf;**

kBsfl lgoddf cfsiff0ftf Nofpg cĠTofg'kf; x'g' cfj Zos 5 .



; dfg :j/ ePsf Ps jf cgjs cLf/ r/Ofsfj cGTodf cP egj kBdf  
ld7f; e5g,\To; h] cGTofgkf; n] ; f;bo{ a9fp15 . gkfnl kB/rgfdf  
cGTofgkf; sf] klz: t kpfju ePsfj kf0G5 t/ zAbfy{ ; f;bo{nf0{ Vofn  
u// ; +s{tkBx?df cfj Zostfg'; f/ kpfju ul/G5 .

**\*= sxl j fl0fs, dflqs tyf %ofp/ 5Gbx? M**

!=cg'i6k\~cf7 cLf/ Psr/Of xG5 . lj ifdr/Ofsfj ; ftfj cLf/  
bl3{ ; dr/Ofsfj ; ftfj cLf/ x]:j xG5 . rf/) r/Ofsfj kfrfj cLf/ x]:j /  
5bpfj cLf/ bl3{xG5 .

@=lj Bgdfnf - duOf -sss\_ duOf -sss\_ u' -ss\_ \* cLf/ .

#=0Gbjahf - tuOf -SSI\_ tuOf -SSI\_ huOf -ISI\_ u' -s\_ !! cLf/ .

\$=pk;bjahf -huOf -ISI\_ tuOf -SSI\_ huOf -ISI\_ u' -s\_ !! cLf/ .

%=pkhflt - 0Gbjahf / pk;bjahf bj} 5Gbsf uOf ldn]sf xG5g\  
!! cLf/ .

^=/yfl4tf - /uOf -SIS\_ guOf -III\_ /uOf -SIS\_ u' -s\_ !! cLf/ .

&=:j futf - /uOf -ISI\_ guOf -III\_ euOf --ISS\_ u' -s\_ !! cLf/ .

\*=zflngl - duOf -sss\_ tuOf -SSI\_ tuOf -SSI\_ u' -s\_ !! cLf/ .

(=bfws - euOf -ISS\_ euOf -ISS\_ euOf -ISS\_ u' -s\_ !! cLf/ .

!)=zlzj bgf - guOf -III\_ ouOf -ISS\_ guOf -III\_ ouOf -ISS\_ !@  
cLf/ .

!!=jz:y - huOf -ISI\_ tuOf -SSI\_ huOf -ISI\_ /uOf -SIS\_ !@  
cLf/ .

!@=0Gbj zf - tuOf -SSI\_ tuOf -SSI\_ huOf -ISI\_ /uOf -SIS\_ !@  
cLf/ .

!#=b|tlj n|Dat - guOf -III\_ euOf -SII\_ euOf -SII\_ /uOf -SIS\_ !@  
cLf/ .

!\$= tfps - ; uOf -IIS\_ ; uOf -IIS\_ ; uOf -IIS\_ ; uOf -IIS\_ !@  
cLf/ .

!%= ; ||j OfL - /uOf -SIS\_ /uOf -SIS\_ /uOf -SIS\_ /uOf -SIS\_ !@  
cLf/ .

!^= e^h^akpft - ouOf -ISS\_ ouOf -ISS\_ ouOf -ISS\_ ouOf  
-ISS\_ !@ cLf/ .

!&=dGbf|sgl - guOf -III\_ guOf -III\_ /uOf -SIS\_ /uOf -SIS\_ !@  
cLf/ .

!\* = dfntl - guOf -III\_ huOf -ISI\_ huOf -ISI\_ /uOf -SIS\_ !@ Clf/ .

!(=dQdo' - duOf -sss\_ tuOf -SSI\_ ouOf -ISS\_ ; uOf -IIS\_ u' -s\_ !# Clf/ .

@)=j ; Gtltnsf - tuOf -SSI\_ euOf -III\_ huOf -ISI\_ huOf -ISI\_ u' -s\_ !\$ Clf/ .

@!=dfngl - guOf -III\_ guOf -III\_ duOf -sss\_ ouOf -ISS\_ ouOf -ISS\_ !% Clf/ .

@@=d-rrfd/ - huOf -ISI\_ /uOf -SIS\_ huOf -ISI\_ /uOf -SIS\_ huOf -ISI\_ u' -S\_ !^ Clf/ .

@#=lzvl/0fl - ouOf -ISS\_ duOf -sss\_ guOf -III\_ ; uOf -IIS\_ euOf -SII\_ n -I\_ u' -s\_ !& Clf/

@\$=kŷjl - huOf -ISI\_ duOf -sss\_ guOf -III\_ ; uOf -IIS\_ euOf -SII\_ n -I\_ u' -s\_ !& Clf/ .

@%=dGbfqfftf - duOf -sss\_ euOf -SII\_ guOf -III\_ tuOf -SSI\_ tuOf -SSI\_ u' -s\_ !& Clf/ .

@^=zfbhjqm18t - duOf -sss\_ ; uOf -IIS\_ huOf -ISI\_ ; uOf -IIS\_ tuOf -SSI\_ tuOf -SSI\_ u' -s\_ !( Clf/ .

@&=; ŷw/f - duOf -sss\_ /uOf -SIS\_ euOf -SII\_ guOf -III\_ ouOf -ISS\_ ouOf -ISS\_ ouOf -ISS\_ @! Clf/ .

@\* = dfndfl/0fl - kŷd, tŷtlo r/Of M ; uOf -IIS\_ huOf -ISI\_ u' -s\_ c4ŷ dj ŷ lätlo rty{ r/Of M ; uOf -IIS\_ euOf -SII\_ /uOf -SIS\_ .

@(=lj ofŷugl -kŷd:tŷtlo r/Of M ; uOf -IIS\_ ; uOf -IIS\_ huOf -ISI\_ u' -s\_ c4ŷ dj ŷ lätlo:rty{ r/Of M ; uOf -IIS\_ euOf -SII\_ /uOf -SIS\_ n -I\_ .

#)= kŷktfulf - kŷd:tŷtlo r/Of M guOf -III\_ guOf -III\_ /uOf -SIS\_ ouOf -ISS\_ cwŷ dj ŷ lätlo:rty{ r/Of M guOf -III\_ huOf -ISI\_ huOf -ISI\_ /uOf -SIS\_ u' -s\_ .

**dfŷs 56b M**

!=cfof{- kŷd:tŷtlo r/Of !@, lätlo !\*, rty{ r/Of !% dfqfsŷ xŷ5 .

@=rfkfo{-rf/} r/Ofdf !^ dfqf / cGtosf b0{ Clf/ bl3{xŷ5g\

; Gbeſ; fdul

! = ; <sup>a</sup>Nfkt gf/b k'/f0f k' ſefu- lātlokfb, cWof0 %& .

@ = 5Gbfxf/ - ufj Gb e6&/f0{

# = ldlf/ c<sup>a</sup>\$ \$ j if{ #! k0ff<sup>a</sup>\$ @)#, @)% ( ; fpg, 5Gb M Ps  
kl/ro- 7fs/ zdf{.

\$ = lk<sup>a</sup>ūn = ; ōj|Q c = ! .



ult, uhn, Dolhs lel8ofj  
lj j fx, sfōqmd cflbsfj nflu  
xfdlnf0{ ; Demg'xfj; \

Four Cube Entertainment  
9860660925/9841466812

zAbfy{ k|sfzgsf sfōqmdx?sf  
; a}lel8ofj otf 5g\

1 . <https://www.youtube.com/Shabdartha Music SM/>

2 . <https://www.youtube.com/Shabdartha Prakashan/>

zAbfy{ k|sfzgn|

@@ y/l zAbsfz k|sfzg ul/; s|sfj 5 /  
cem}c? k|sfzg ub}5 .

s| tkf0{k|g sfzsf/ x'g'xG5 <

cf^gfj zAbsfz k|sfzg ug{OR5's x'g'xG5 <

zAbfy{ k|sfzgsf] j]a; f06df  
 j]h0gtlsf ; a} c^a\$, xfd]f ; a} ult]j lw,  
 zAbsf]zx?sf] ; ^6j]p/ / sf0qmdsf t:jL/  
 lkmlnd tkf0{sf nflu pknIAwk0f{  
 x'g ; S5g\.

web : [www.shabdarthaprakashan.com/](http://www.shabdarthaprakashan.com/)  
[www.nepalipublisher.com](http://www.nepalipublisher.com/)

<http://www.nepalipublisher.com/jf>  
[http://www.khabarinepal.com Sf\]Hotlinkjf](http://www.khabarinepal.com/Sf]Hotlinkjf)  
<http://nepalipublisher.com/downloads-vajyantidayitwa>  
 ca xfd]f] j]a ; f06df j]h0gtl / b]f]oTj sf ; a} c^a\$  
 8fpgnf]8 ug{ ; Sg'x'g]5 x} .

tkf0{f] ; flxTo tyf z]l]fs cGtj f]t]f] syf,  
 slj tf, ult / lj Zn]l]f0f km]; a's  
 tyf o'6'adf xg]e0f] t <  
**Khabari Nepal**

j]h0gtlsf] nflu /rgfx? z'4 6f0k u/L  
[shabdarthaprakashan@gmail.com](mailto:shabdarthaprakashan@gmail.com)  
 df k7fpg ; Sg'x'g]5 .

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

j hoġtl ; iġf ; Ddfgâf/f ; Ddfġt JolQmġ x?

c <sup>a</sup> \$ != kf-8f-slkn c1fft -; dl1ff_	c <sup>a</sup> \$ @= /fhZj / bġ sf6f -kġf: dlt_
c <sup>a</sup> \$ #= ag" nġd5fgj -/ġi6ġ JolQmġ_	c <sup>a</sup> \$ \$= pldġf nġd5fgj -gġtsyf_
c <sup>a</sup> \$ %= 8f- zhġbkġsfz gġfn -5ġbslj tf_	c <sup>a</sup> \$ ^= elid pkġtl -: j bġzofqf_
c <sup>a</sup> \$ &= oġ /fh goġB/ -: j bġzofqf_	c <sup>a</sup> \$ *= 8f/fdkġ; fb 1j fnl -5ġbslj tf_
c <sup>a</sup> \$ (= kf-8f-ho/fh kġt -rf8kġ{	c <sup>a</sup> \$ !=) = sġxġf gġ; gġl -lj bġzofqf_
c <sup>a</sup> \$ !! = ej gxl / l; šbġn -kġf osyf_	c <sup>a</sup> \$ !@ = kf-8f-buġfġ; fb cġofn -; dl1ff_
c <sup>a</sup> \$ !# = kf- uġkġsġof zdġf -; dl1ff_	c <sup>a</sup> \$ !\$ = /fdZj / /fptġbġfġ; šuBġslj tf_
c <sup>a</sup> \$ !% = 8f- 3gZofd ġofkġg -; +d/Of_	c <sup>a</sup> \$ !^ = kġlk gġfn -; +d/Of_
c <sup>a</sup> \$ !& = kf- lzj uġkġn l /; fn -5ġbslj tf_	c <sup>a</sup> \$ !* = lj ho rġfn;   -lgaġw_
c <sup>a</sup> \$ ! (= kġsfzdġof bġxfn -lgaġw_	c <sup>a</sup> \$ @) = >lcġd >ġ7 /fġg -; +d/Of_
c <sup>a</sup> \$ @! = /fdkġ; fb kġt -: j bġzofqf_	c <sup>a</sup> \$ @@ = d-h'n -lj bġzofqf_
c <sup>a</sup> \$ @# = gġ/foOf lg/f; l -5ġbslj tf_	c <sup>a</sup> \$ @\$ = zġl yġkġkġ08tġ; +sġt_
c <sup>a</sup> \$ @% = lsZġ/ kxf8l -n3'syf_	c <sup>a</sup> \$ @^ = nġntf bġġil -Psf <sup>a</sup> sġ_
c <sup>a</sup> \$ @& = šlġfsz/l -n3pkġof; _	c <sup>a</sup> \$ @* = /fwZofd nġsfnl -uBġslj tf_
c <sup>a</sup> \$ @ (= rġbġsfġt cġrfġ -/ġi6ġJolQmġ_	c <sup>a</sup> \$ #) = bġl gġfn -5ġbslj tf_
c <sup>a</sup> \$ #! = cd/sġf/ kġwġg -/ġi6ġJolQmġ_	c <sup>a</sup> \$ #@ = šbġo lu/l -d'Qms_
c <sup>a</sup> \$ ## = ; 'iġdf dġgġw/ -syf_	c <sup>a</sup> \$ # \$ = ab /fgġ -uhn_
c <sup>a</sup> \$ #% = kġf/fhġbġ ; 'jġbl -; dl1ff_	c <sup>a</sup> \$ #^ = g/ġbġ k/fz/ -5ġbslj tf_
c <sup>a</sup> \$ #& = dġ'sf kġ8ġn -lgaġw_	c <sup>a</sup> \$ #* = sġġof ahuf0ġ-syf_
c <sup>a</sup> \$ # (= wġ/sġf/ >ġ7 -uBġslj tf_	c <sup>a</sup> \$ \$) = /fdstġl sġġj -d'Qms_
c <sup>a</sup> \$ \$! = kf-8f sġġofkġ; fb bġxfn -; dl1ff_	c <sup>a</sup> \$ \$@ = d'sġb zdġf rġfn;   -5ġbslj tf_
c <sup>a</sup> \$ \$# = /ġrs l3ġd/ -; +d/Of_	c <sup>a</sup> \$ \$\$ = 8f-lj Zj blġ clwsf/l -lgaġw_
c <sup>a</sup> \$ \$% = 3gZofd /hnsġġsġ/ -; +d/Of_	c <sup>a</sup> \$ \$^ = lvġdġġb kġv/ġn -uhn_
c <sup>a</sup> \$ \$& = d-h' sġf'hġl -n3'syf_	c <sup>a</sup> \$ \$* = lqġnġġg cġrfġ -5ġbslj tf_
c <sup>a</sup> \$ \$( = 0ġbġsġf/ >ġ7 ; l/t\ -syf_	c <sup>a</sup> \$ %) = 8f-nġvkġ; fb lg/fġf -; dġnġġġgġ_
c <sup>a</sup> \$ %! = ef: s/ e08f/l -lgaġw_	c <sup>a</sup> \$ %@ = j f; bġj clwsf/l -uBġslj tf_
c <sup>a</sup> \$ %# = j f; bġj kġ08ġ -uhn_	c <sup>a</sup> \$ %\$ = kġef e68/f0ġ -5ġbslj tf_
c <sup>a</sup> \$ %% = dġwġ kġv/ġn šġhof <sup>a</sup> ġ -n3'syf_	c <sup>a</sup> \$ %^ = zġtn lu/l -lgaġw_
c <sup>a</sup> \$ %& = cġġdf/fd v/ġn -lgaġw_	c <sup>a</sup> \$ %* = buġfs/Of lġf/l -uBġslj tf_
c <sup>a</sup> \$ %( = 8f- /dZ z'eR5' -uBġslj tf_	c <sup>a</sup> \$ ^) = lj gġb gġkġfn -: j bġzofqf_
c <sup>a</sup> \$ ^! = ; ä ; ġ -gġ6s_	c <sup>a</sup> \$ ^@ = lj i0ġkġ; fb zdġf k/fhġl -syf_
c <sup>a</sup> \$ ^# = 1fg pġf; -d'Qms_	c <sup>a</sup> \$ ^\$ = 8f-lj i0ġf sġ; l = -; dl1ff_
c <sup>a</sup> \$ ^% = nġd0f c0ġġn -n3'syf_	c <sup>a</sup> \$ ^^ = kġġnġb kġv/ġn -5ġbslj tf_
c <sup>a</sup> \$ ^& = xl/ kġ08ġ kġys -/ġi6ġJolQmġ_	c <sup>a</sup> \$ ^^* = afnsġġof e68/f0ġ -/ġi6ġJolQmġ_
c <sup>a</sup> \$ ^ (= hġs j ġnġ) -ult_	c <sup>a</sup> \$ &) = vuġbġ vġġn; f3/ -; +d/Of_
c <sup>a</sup> \$ &! = /f; f -syf_	c <sup>a</sup> \$ &@ = ġbġ 1j fnl -5ġbslj tf_

**; flxTo ; j 4g sfb, gkfn**

**!= 'j ; Gt-/w/ kBsflō k'/:sf/laf6 ; Ddfigt**

- Ⓣ)^\* l8Nnl/dOf zdf{ cHofh
- Ⓣ)^( k'; iffQd l; Ubn tyf uflj Gb/fh lj gfb
- Ⓣ)& ag"nfl5fgj
- Ⓣ)&! e'j gxl/ l; Ubn
- Ⓣ)&@ nld'sdf/ sfD/fnf
- Ⓣ)&# afh/fd kf8h tyf uOfz l3ld/l dfls
- Ⓣ)&\$ dfogfy zf:ql tyf g/b k/fz/
- Ⓣ)&% uflj Gb l3ld/l j bdlOf tyf glnds'df/ Gofkfgj
- Ⓣ)&& kf8f= /fdk; fb 1j fnl
- Ⓣ)&\* zn; bksfz gkfn

**Ⓣ= lks'df/l-lbj fs/ ; dfh; lj f ; Ddfglaf6 ; Ddfigt**

- Ⓣ)^\* kOfj fgGb cf>d, uXoZj /L, sf7df8ff
- Ⓣ)^( lr; fvfnf cf>d, kfjv/f
- Ⓣ)& efuj t\; Gof; cf>d, kz'klt, sf7df8ff
- Ⓣ)&! klj q ; dfh ; lj f gkfn, wfkf; L, sf7df8ff
- Ⓣ)&@ lqkmf /fl16 k': tsfno, emkf
- Ⓣ)&# ; +st lj Bf ; j l4gl ; ldt, w/fg
- Ⓣ)&\$ xfdj afn ; #l fOf w/fx/, wfkf; L, sf7df8ff
- Ⓣ)&% b cf/knfg xfd, afh/f
- Ⓣ)&& gkfnl lz lff kl/ifb\; f; v'6& sf7df8ff
- Ⓣ)&\* Hōj7 gful/s ; #l fOf tyf cWoog klti7fg, gj fsfb

**#= ' ; flxTo ; j 4g b16f ; Ddfglaf6 ; Ddfigt**

- Ⓣ)& kf8f= szj k; fb pknwof
- Ⓣ)&! kf= lzj ufkfn l/; fn
- Ⓣ)&@ kf= dfxg/fh zdf
- Ⓣ)&# kf= 7fs/ k/fh'nl
- Ⓣ)&\$ kf= bof/fd >j7
- Ⓣ)&% blw/fh ; j'bl
- Ⓣ)&& s; iOfxl/ a/fn
- Ⓣ)&\* 8f= 3gZoid Gofkfgj lkl/>dlū

**\$= lxl/x/ zf:ql ; flj qlbjl ; flxTo k'/:sf/l-Ⓣ) \$%**

- Ⓣ)& kf8f= jf; bj lqkf7l
- Ⓣ)&! kf= s; iOf uftd
- Ⓣ)&@ s; tf zdf
- Ⓣ)&# k'0o v/h
- Ⓣ)&\$ tf/fgfy zdf
- Ⓣ)&% epklyl
- Ⓣ)&& g/bb/fh zdf
- Ⓣ)&\* kf8f= r'8fdlOf a6w'

```

% = Uj Zj Hoflt ; lj f ; Ddfglaf6 ; Ddfigt
    @ &! >l ; To ; f0f-sjbl, kJ{sf7df8f
    @ &@ >l ; To pBig, nintk/
    @ &# zftbf; dfgw/
    @ &$ hutv; cfbz( ; +sft u; s'nd\
    @ &% gkin Pslst bli6lj xlg ; 3, nfnfa
    @ && /fjrs l3ld/
    @ &* hgdtdf; s klgsf
^ = lzf/bfbjl l; hgf k/:sf/laf6 ; Ddfigt
    @ &@ ultfsz/l
    @ &# eflu/yl >lj7
    @ &$ ejg 9awfg
    @ &% dfof 7s/l
    @ && /df zdf{
    @ &* kbdfj tl l; x
& = Vflwsf-kbd-buff sfJo slj tf k/:sf/laf6 ; Ddfigt
    @ &@ 8f-6lsf/fd clwsf/l
    @ &# kf8f=j}pfdfwj 9sfn
    @ &$ /dz vs/h
    @ &% 8f-lj i0f/fh cfqo
    @ && gf/fo0fk; fb pkfWof0
    @ &* tly/fh clwsf/l
* = Uhdasdf/l-6lsfj Nne ; flxTo ; Ddfglaf6 ; Ddfigt
    @ &# k/z kwfg
    @ &$ 8f-/fhfb}lj dn
    @ &% u0fz /l; s
    @ && pQdsiOf dhupff
    @ &* lj gfdlof blift
( = Uu'z /fdk; fb >lj7 ; flxTo ; Ddfglaf6 ; Ddfigt
    @ &$ /flx0fljnf; n06ln
    @ &% afnsfOf pkfWof0
    @ && l8Nnl/fh cofn
    @ &* kf8f=gf/fo0fk; fb vqfn
!) = Ugdhfi-kld ; flxTo ; Ddfglaf6 ; Ddfigt
    @ &$ gkin afn ; flxTo ; dfh
    @ &% kdfp kwfg
    @ && /-h>l k/fhnl
    @ &* thklsfz >lj7
!! = Uk'0o ltn:dl ; /x bzg ; flxTo ; Ddfglaf6 ; Ddfigt
    @ && lj Bgfjy pkfWof0
    @ &* kf8f=j l/fb}ld>
!@ = Uj6b cfg6b 6Nsl ; flxTo ; Ddfglaf6 ; Ddfigt
    @ && gf/foOf ltf/l
    @ &* >lcfd >lj7 Vfbgl
!# = Ucdfp{ kBfVofg k/:sf/laf6 ; Ddfigt
    @ && xfdgfy ; j}bl
    @ &* >lxl/ knbfm
    
```

## हस्ताक्षर कक्षाको लागि

हस्ताक्षर कक्षाको लागि; सहायक, लक्ष्मी /  
सहायक सहायक /

सहायक; सहायक > १७८  
प; सहायक कक्षा/सहायक लक्ष्मी/सहायक उभय .

सहायक सहायक; सहायक > १७८ सहायक /

हस्ताक्षर कक्षाको लागि; सहायक कक्षाको लागि; सहायक /

सहायक / सहायक सहायक सहायक सहायक सहायक  
; सहायक / सहायक .



नेपाल सरकार  
विज्ञापन बोर्ड



**j hōgtl tyf zAbfy{ k|sfzgsf k': ts kf0g| k; nx?**

!=	ef-hf a's P08 :6zgL- 0nfd	-)@&-%@) (#%
@=	l nfan Ph'szgn 066kf0h  - latfd ß, emkf	-)@#-%\$@@@)
#=	k ult k': ts e08f/- latfd ß, emkf	-)@#-%\$ \$^#*
\$=	k ult k': ts k; n- bds, emkf	-)@#-%* )#(!
%=	k tef k': ts k; n, wgs'f	-)@^-%@!#) \$
^=	äf/sf k': ts- w/fg, ; 'g; /l	-)@%--%@#&&#
&=	Go'dgsfdgf a's xfp; - w/fg, ; 'g; /l	-)@%--%#@^*!
*=	t kn  <sup>a</sup> a's ;  6/- 06x/L, ; 'g; /l	-)@%--%*^*% ^
(=	afnfh  k': ts e08f/- lj /f6gu/, df/ <sup>a</sup>	-)@!-%#) ^#*
!)=	dg fh k': ts e08f/- lj /f6gu/, df/ <sup>a</sup>	-)@!-%#) %%(
!!=	klAns aS; P08 :6zgL- lj /f6gu/, df/ <sup>a</sup>	-)@!-%@) !&&
!@=	dgfnl k': ts e08f/- lj /f6gu/, df/ <sup>a</sup>	-)@!-%@) !@^
!#=	e6&/f0 k': ts k; n- lj /f6gu/, df/ <sup>a</sup>	-)@!-%@\$@#\$
!\$=	lj gfos k': ts k; n- lj /f6gu/, df/ <sup>a</sup>	-)@!-%\$&) !^)
!%=	; -ho k': ts e08f/- /fh j /fh, ; kt/L	-) (*\$@%*) @*
!^=	>Lcfjd k': ts e08f/- /fh j /fh, ; kt/L	-) (*\$@%#) @*^
!&=	Go kfg a's  8l: 6A06; {-s6f/L, pbok/	-) #%--\$@) *^\$
!*=	dgfn k': ts e08f/- uf03f6, pbok/	-) #%--\$@) !@%
!(=	r fw/L a's  8l: 6A06; { nxf g, l; /fxf	-) ##-#-%^ ) \$##
@)=	dhb/ k': ts ejg- hgsk/, wgiff	-) \$!-%@) !(\$#
@!=	j  xl k': ts ejg- hgsk/, wgiff	-) \$!-%@#) (*@
@@=	>l/fd k': ts k; n- nfna6bl, ; nfxl	-) \$^-%) !%* (
@#=	sfe euj tl k': ts k; n- l; Gwnl	-) \$&-%@) )%&
@\$=	h =Pg=k': ts k; n- d6ynl, /fd 5fk	-) \$*-%\$) )!)
@%=	ldlnhnl k': ts tyf : 6Zg/L- d6ynl, /fd 5fk	-) \$*-%\$) )*#
@^=	y kf a's P08 ; knfo; { r ftf/f, l; Gwkn r fs	-) !!-^@) @&#
@&=	lemu'; dfrf/ k': ts s b  j l/u-h, k; f	-) %!-%@* (!*
@*=	u0fz k': ts e08f/- j l/u-h, k; f	-) %!-%@\$#^!
@(-=	Go"khf k': ts k; n- j l/u-h, k; f	-) %!-%@# \$%&
#)=	lj Bfyl k': ts e08f/- x 6 ßf, dsj fgk/	-) %&-%@\$! ^)
#!=	xfdf kqklqsf ;  6/- x 6 ßf, dsj fgk/	-) %&-%@! \$##
#@=	>l ; r'gf s b  x 6 ßf, dsj fgk/	-) %&-%@! &#&
##=	k'kf-hnl k': ts k; n- k; f  lrtjg	-) %^-%* @^@ \$
#\$=	df: s k': ts e08f/- gf/fo0fu9, lrtjg	-) %^-%@ \$&@&
##=	Go" k'kf-hnl k': ts k; n- gf/fo0fu9, lrtjg	-) %^-%@# \$%@
#^=	sfdgf k': ts k; n- gf/fo0fu9, lrtjg	-) %^-%#) @%)
#&=	gf/fo0l k': ts ; bg- gf/fo0fu9, lrtjg	-) %^-%@! @*^
#*=	; 'gufef aS; P08 :6zgL- e/tk/, lrtjg	-) %^-%# ! \$&
#(-=	; Dk0f lsta- gf/fo0fu9, lrtjg	-) (*%%) ^%!!#

\$)=	Go'lj Bfyl{k': ts e08f/- bdfnl, tgxf	- )^%-%^)%^^
\$!=	; /: j tl k': ts e08f/- wflb <sup>a</sup>	- )!)-%@!) *#
\$@=	gd: t k': ts k; n- a6&f/ gj fsf6	- )!)-%^)%\$&
\$#=	kikf-hnl k': ts k; n- ufl/vf	- )^\$-\$@!!!&
\$\$\$=	em/gf k': ts k; n- a ; lzx/	- )^^-%@)%!
\$%=	hobuf{: 6Zg/L- s': df, kj ft	- )^&-\$@)#
\$^=	; /: j tl aS; P08 : 6Zg; f- s': df, kj ft	- )^&-\$@)%@
\$&=	; ug : 6Zg/L : 6fj; f- Doflbl-	- )^(-%@)#%
\$*=	cfhg a's P08 : 6Zg; f- kfjv/f, sf: sl	- )^!-%\$!#@!
\$(=	s-rg k': ts k; n- kfjv/f, sf: sl	- )^!-%@\$\$^^
%)=	dgsfdgf a's P08 : 6Zg; f- kfjv/f, sf: sl	- )^!-%#)\$!\$!
%!=	a's df6f- kfjv/f, sf: sl	- )^!-%@&! * * *
%@=	j]6g(kf7zfnf- kfjv/f, sf: sl	- )^!-%##)&* *
%#=	au/ P8efi; aS; - kfjv/f, sf: sl	- )^!-%@!&&!
\$\$=	sf/fgf a's P08 : 6Zg; f- kfjv/f, sf: sl	- )^!-%#*\$@
%%=	; lngf a's P08 : 6Zg; f- kfjv/f, sf: sl	- (*\$^&^&^&#
%^=	kqklqsf : 6Zg/L- nfnr6b]- afun <sup>a</sup>	- )^*-%@)! * \$
%&=	; u/dfyf : 6Zg/L- afun <sup>a</sup>	- )^*-%@)@(@
%*=	hglj Zj f; k': ts k; n- afun <sup>a</sup>	- )^*-%@!%!&
%(=	>ji7 Goh Phj; l k': ts e08f/- tfjg; jg, kfNkf	- )&%- %@) )^&
^)=	; /n : 6Zg/L s]b]- e/yxj f, ?k6b]xl	- )&!-%@!&# \$
^!=	xfd] k': ts k; n- e/yxj f, ?k6b]xl	- )&!-%@^%@(@
^@=	cfzlif k': ts e08f/- a6j n, ?k6b]xl	- )&!-%\$@*^&
^#=	l; 6l a's P08 Goh ; j6/- a6j n, ?k6b]xl	- )&!-%\$%#^
^\$=	kleft a's P08 : 6Zg; f- a6j n, ?k6b]xl	- )&!-%\$@e\$
^%=	a4 Ph's]zgn 066/kf0h]h- a6j n, ?k6b]xl	- )&!-%\$%(&
^^=	gkfn a's P08 : 6Zg/L- a6j n, ?k6b]xl	- )&!-%\$%^)
^&=	lj zfn k': ts ; bg- a6j n, ?k6b]xl	- )&!-%\$^%(@
^*=	gj Hoflt k': ts tyf : 6Zg/L- ; l6wvs{ c3f]vfrl	- )&&-\$@) \$%&
^(=	; lgn : 6Zg/L- t'n; lk/, bf <sup>a</sup>	- ) * @-%@)! (!
&)=	ufyl k': ts e08f/- t'n; lk/, bf <sup>a</sup>	- ) * @-%@! \$! )!
&!=	l; : gj k': ts e08f/- t'n; lk/, bf <sup>a</sup>	- ) * @-%@#) ) ^
&@=	Go"buf{: 6j: g/l - t'n; lk/, bf <sup>a</sup>	- ) * @-%@((#
&#=	hgtf a's : 6n- 3f]fxl, bf <sup>a</sup>	- ) * @-%^ ) ^ (
&\$=	dfp6 Pe/]i6 a's- gkfnu-h, aifs]	- ) * !-%@* \$ ^
&%=	phHj n : 6Zg/L : 6fj; f- gkfnu-h, aifs]	- ) * !-%@! (^ \$
&^=	d-h>l 066/kf0h]h- sf]xnk/ aifs]	- ) * !-%\$) # @ %
&&=	cNkif : 6Zg/L : 6fj; f- ; V]t	- ) * #-%@! ! # &
&*=	Go"left k': ts k; n- ; V]t	- ) * #-%@) ) & %
&(=	kj ft k': ts k; n- ; V]t	- ) * #-%@! ! ^ \$
*)=	xfd] k': ts k; n- ; V]t	- ) * #-%@) \$ (
*!=	r]w/l a's l8kf- wgu9l, s]hfnl	- ) (!-%@! @ %)
*@=	kj g k': ts k; n- wgu9l, s]hfnl	- ) (!-%@ \$ ^)

*#=	0djh a's P08 : 6jzg; f wgu9L, s)hfnl	- )(!-%@^%#(
*\$=	gjl 6j; Knf0: {- wgu9L, s)hfnl	- )(!-%@%#%)
*%=	; 'ne a's P08 : 6jzg; f wgu9L, s)hfnl	- )(!-%@#%^(
*^=	; lfd a's P08 : 6jzg; f wgu9L, s)hfnl	- )(!-%@)&#%
*&=	hfzl k': ts e08f/- afuahf/ 88)hw/f	- )(^-\$@)!@^
**=	af: sf6f k': ts k; n- cQl/of, s)hfnl	- )(!-%)%%*#
* (=	blkHof)t k': ts k; n- cQl/of, s)hfnl	- )(!-%)%&@)
()=	k)tlS aS; P08 : 6jzgZ- 6lsfk/ s)hfnl	- )(!-%^)#!!
(!=	; /: j tl k': ts k; n- dx)bgu/ s-rgk/	- )((-%@#*!@
(@=	lj lkg k': ts k; n- dx)bgu/ s-rgk/	- )((-@)!\$*

**-pkTosf\_**

(#=	ldq k': ts P08 : 6jzg/L- eQmk/	- )!-^^!@@!%
(\$=	lj Bfyl(; fduj s)j- eQmk/	- )!-^^!\$#%^
(%=	kf6g a's ; k- kf6g9f)sf, nlnk'/	- )!-%%%@%^(
(^=	clwsf/L k': ts k; n- kf6g9f)sf, nlnk'/	- )!-%@&*%#
(&=	klj q aS; P08 : 6jzg/L- nugv)h, nlnk'/	- )!-%#)@&\$&
(* =	ogf aS; P08 : 6jzg/L- dfgej g, nlnk'/	- (*%!#)(%)
((=	Pstf a's l8l: 6k06; f yfkfynl, sf7df8f)	- )!-\$\$\$)\$*@
!)=)	/Tg a's l8l: 6k06; f afuahf/, sf7df8f)	- )!-\$@&)&&
!)!=	lxdfnog a's ; j6/- afuahf/, sf7df8f)	- )!-\$@&)*%
!)@=	/Tg k': ts e08f/- ef)6fix6l, sf7df8f)	- )!-%#*^(^#
!)#=	Pd-s) a's klAn; ; f- ef)6fix6l, sf7df8f)	- )!-\$@#*#^
!)\$=	g)zgn a's ; j6/- ef)6fix6l, sf7df8f)	- )!-\$@!@^^(
!)%=	ho a's l8kl- ef)6fix6l, sf7df8f)	- )!-\$@! *^#
!)^=	cg' aS; ; Knfo: f ef)6fix6l, sf7df8f)	- )!-\$@^*(&!)
!)&=	l/8; {Kj f066- ef)6fix6l, sf7df8f)	- (*\$!##\$)*^
!)*=	df8g a's P08 : 6jzg/L - kpz)ldfu( sf7dff8f)	- )!-\$@)*\$@
!) (=	cS; kn)8; 6f/- ngrf) sf7dff8f)	- )!-\$@#&* )
!!)=	g)an a's P08 : 6jzg/L - ngrf) sf7dff8f)	- )!-\$!\$%*^
!!!=	k)j l a's xfp; - /fdzfxky, sf7df8f)	- )!-\$#\$)*@#
!!@=	blks k': ts e08f/- k'tnl; 8s, sf7df8f)	- )!-\$@&\$*(%)
!!#=	cfhg k': ts e08f/- go)af)Zj /, sf7df8f)	- )!-\$\$(%^##
!!\$=	c)hfg aS; P08 : 6jzg; f lj z)ngu/ sf7df8f)	- )!-\$#&%%)
!!%=	l; 6w aS; P08 : 6jzg; f rfalxn, sf7df8f)	- )!-\$\$(^)#^(
!!^=	af) a's P08 : 6jzg; f af)4, sf7df8f)	- )!-\$(!^%)*
!!&=	lj Bf a's P08 : 6jzg; f af)4, sf7df8f)	- )!-\$(!^^*\$
!!*=	kl)ns a's l8kl- uf)ua', sf7df8f)	- )!-\$#%(&\$&
!!(=	al4 a's P08 : 6jzg/L- a; 6w/f, sf7df8f)	- (*%!)*)%(^&

\*\*\*

s) tkf0[n] zAbfy)sf ; flxltos k': tsx? k9g'ePsf] 5 <

**(k7gofljo xdf| sxl k! tsxj**

**ä zAbsfz a**

!= zAbfy( gkfnl zAbzfu/ -; l8l= lxt b0( / <sup>a</sup> df_ -j ; Gts'df/ zDdf( gkfnl	@)%)-:-
@= ; <sup>a</sup> Nfkt gkfnl zAbzfu/ -; l8l= lxt_ -j ; Gts'df/ zDdf( gkfnl	!!)))-:-
#= ; <sup>a</sup> Nfkt gkfnl zAbzfu/ -; 68f6_ -j ; Gts'df/ zDdf( gkfnl	*%)-:-
\$= ; fgf gkfnl zAbzfu/ -j ; Gts'df/ zDdf( gkfnl	&)))-:-
%= zAbfy( ; <sup>a</sup> ux -gkfnl gkfnl_ -lj gos'df/ zdf( gkfn	%)))-:-
^= gkfnl c <sup>a</sup> uhl gkfnl zAbzfu/ -; l8l= lxt_ -lj gos'df/ zdf( gkfn	!!)))-:-
&= gkfnl c <sup>a</sup> uhl gkfnl zAbzfu/ -; 68f6_ -lj gos'df/ zdf( gkfn	*)))-:-
*= gkfnl c <sup>a</sup> uhl zAbzfu/ -lj gos'df/ zdf( gkfn	#&%)-:-
(= zAbfy( ; <sup>a</sup> ux -gkfnl c <sup>a</sup> uhl_ -lj gos'df/ zdf( gkfn	!*))-:-
!)= c <sup>a</sup> uhl gkfnl zAbzfu/ -lj gos'df/ zdf( gkfn	#@%)-:-
!!= zAbfy( ; <sup>a</sup> ux -c <sup>a</sup> uhl gkfnl_ -lj gos'df/ zdf( gkfn	!*))-:-
!@= c <sup>a</sup> uhl c <sup>a</sup> uhl gkfnl zAbzfu/ -; l8l= lxt_ -lj gos'df/ zdf( gkfn	!!)))-:-
!#= c <sup>a</sup> uhl c <sup>a</sup> uhl gkfnl zAbzfu/ -; 68f6_ -; l8l= lxt_ -lj gos'df/ zdf( gkfn	&%))-:-
!\$= c <sup>a</sup> uhl c <sup>a</sup> uhl gkfnl zAbzfu/ -; sh_ -lj gos'df/ zdf( gkfn	%)))-:-
!%= c <sup>a</sup> uhl c <sup>a</sup> uhl gkfnl zAbzfu/ -0npl6/L -lj gos'df/ zdf( gkfn	#)))-:-
!^= sfggl tyf klzf; slo zAbzfu/ -lj gos'df/ zdf( gkfn /	\$^)-:-
!&= zAbfy( ; <sup>a</sup> ux -sfggl tyf klzf; slo_ -.\$^)-sfd( kmf; f_	
!*= gkfnl c <sup>a</sup> uhl gj f/l zAbzfu/ -lj gos'df/ zdf( gkfn /	&)))-:-
!(= gkfnl c <sup>a</sup> uhl ; +sft zAbzfu/ -znjbnfn l; x -j ; Gts'df/ zDdf( gkfnl /	*%)-:-
@)= dfgj clwsf/ zAbsfz -dfwj /ldl / -snfzs'df/ l; jfsf6l	^)))-:-
@!= gkfnl uloft sfz -dxZj/k; fb pktWof0 / -lj gos'df/ zdf( gkfn	!%)))-:-
@@= lrlsT; f zAbzfu/ -lj gos'df/ zdf( gkfn, klsfzdl0f bxfn, 8f=sdn n0; fn, 8f+j lkg gkfn	%)))-:-

**ä wdfbzg ä**

!= zAbfy( ultf -j ; Gts'df/ zDdf( gkfnl	!&%)-:-
@= !#% pklgift\; <sup>a</sup> ux -dh; lxt_ -j ; Gts'df/ zDdf( gkfnl	!!)))-:-
#= clwofd / hljg -hofft clwsf/l	!&%)-:-
\$= u6tJoft -ladh	!@%)-:-
%= C -ladh	@@%)-:-
^= a9fj ; fyl / sfd's lj Zj -ladh	\$)))-:-
&= k-rfdt -7fs/ zdf(	!&%)-:-
*= slj0f sXg0f -lbJoklef vqfn	#%)-:-
(= efuj t PS lj jrgf -ufj 6b lwd/ j pdl0fl	@)))-:-

!)= ; lOm; wf	-cg'= 7fs'/ zdf e08f/l	&%:-
!!= 1fg-lj 1fg	-ufj Gbk; fb bxfn	#%):-
!@= Joj xf/ -Jofj xfl/s bzg	-Pj Gbk; fb Gofkfg	\$):-
!#= oflotf	-Pj Gbk; fb Gofkfg	#&%:-
!\$= /fhgllts tyf ; fdlhs kl/j tg,	-Pj Gbk; fb Gofkfg	#):-
!%= lj sf; / kofn	-Pj Gbk; fb Gofkfg	@):-
!^= hlj g cg'elt	-; /tf/fdk; fb bufn	@):-
!&= glt zts -etxl/_	-cg'gf/foof 1j fnl	#):-
!*= bj 3f6widsfj dlxdf	-nld df: s	!@):-

ä 0ltxf; ; +stl ā

!= j lbs ; +stldf gf/l	-nld df: s	#%):-
@= d/f >4b kvfx?	-nld df: s	@):-
#= zxb ; /fhk= sf0/fnf / klfhtfqs cfbfng	-8f= hutk; fb k/fhnl	#&%:-
\$= klfhtfqs cfbfngdf szlk= >ljf: tj	-8f= hutk; fb k/fhnl	%#%:-
%= 0ltxf; bzg	-8f= hutk; fb k/fhnl	#%):-

ä gf6s ā

!= klfw rGbfo ->lsf0f ld>sf gf6s_ -cg'= -j ; Gts'df/ zDdf 'gkfnl		^%:-
@= ef; sf ; dul gf6s't -ef; sf !\$ gf6s_ -cg'= -j ; Gts'df/ zDdf 'gkfnl		*):-
#= /fhzv/sf ; dul gf6s't -/fhzv/sf # gf6s_ -cg'= -j ; Gts'df/ zDdf 'gkfnl		@):-
\$= >lxifsf ; dul gf6s't ->lxifsf # gf6s_ -cg'= -j ; Gts'df/ zDdf 'gkfnl		#%):-
!%= lj qndfj zl= dnfj sllg ldq -sfnbf; sf @ gf6s_ -j ; Gts'df/ zDdf 'gkfnl		#):-
^= j l/a'ugf e's6l / zxb wDafknj f -gf6s_ -P; kl cf; f		@):-

ä ; dnfjrgf ā

!= bj sf6f cfofd / kj lQ	-slkn c1ft	!@%:-
@= tf; l cfv/sf cfnfjrgf	-8f= /fdk; fb 1j fnl	!&%:-
#= pk6f; ; dnfjrgf	-8f= /fdk; fb 1j fnl	@&%:-
\$= ; flxTo-ig?kOf	-8f= 3gZofd Gofkfg .kl/>dlj	!^):-
%= ; dlff ; dxf/of	-8f= 3gZofd Gofkfg .kl/>dlj	!&%:-
^= gkfnl dlnf ; flxTosf/	-nlfn n06jn	&):-
&= gkfnl dlnf njvg M kj lQ / ofubfg	-/hgl 9sfn=ultf lqkf7l	@&%:-
*= lj jrg	-7fs'/ zdf	#):-
(= cleJo-hg	-7fs'/ zdf	@):-
!)= kl/bzg	-7fs'/ zdf	@):-
!!= kofn'jrgf	-7fs'/ zdf	%!:-
!@= cgs ljwf cgs bli6	-cldasf cofn	#):-
!#= ; flt6ts cfwf/ M kfofus lj Znifof	-hlj g hlj Gt	@*):-
!\$= sfJo, lgaW s'ib'sf bj sf6f	-kf= /fhfb ; j'bl	@):-
!%= ; d; fdl6s ; dnfjrgf	-kf= /fhfb ; j'bl	&%:-
!^= cfwgs gkfnl sydf cle3ft	-8f= zllt lu/l	*):-
!&= lj r/of l'hofn'sfj	-!\$ j l/i7 ; dnfjrs	\$):-
!*= s'tkl/qndf	-pQdsiOf dhupf	@):-
!(= ax/ / uhn	-8f= 3gZofd Gofkfg .kl/>dlj	@):-
@= zAbf; ; fkg- slj tf ; dnfjrgf -; * 7fs'/ zdf lj gos'df/ zdf gkfn		\$):-
@!= zAbf; ; fkg- lgaW ; dnfjrgf -; * 7fs'/ zdf lj gos'df/ zdf gkfn		\$):-
@@= s'xl syf s'xl slj tf	-j ; Gts'df/ zDdf 'gkfnl	@):-

ä pk6f; ā

!= lrgn'vf -euj tlr/of j df-cgj fb_	-lj gos'df/ zdf gkfn	():-
@= d1Qm; <sup>a</sup> nf d -xfj 8knf: 6-cgj fb_	-j ; Gts'df/ zDdf 'gkfnl	!%:-
#= lg/k/fwsfj xTof -xfj 8knf: 6-cgj fb_	-j ; Gts'df/ zDdf 'gkfnl	!):-

\$= abinbfj llfith	-ultf sz/l	() :-
%= gkfnslj klxnfj sftkj{	-P; kl cf; f	(% :-
^= a <sup>4</sup>	-P; kl cf; f	@!% :-
&= d10m <sup>4</sup> sfj alpm	-g/fbj k/fz/	*% :-
*= tltfj; To	-wd/fh kf8&fn	*% :-
(= khr <sup>a</sup> p8}sfj ofj g	-8f- Clifszj /fh /ldl	&) :-
!)= lj : dft	-ufkfn ; ~hjn	@) :-
!!= 7x: o	-; ltf e6&/f0f	!@% :-
!@= r'gftl	-klsfzdl0f bxfxn	@@% :-
!#= o6g dfgj	-06b' k6t	!!) :-
!\$= sNkgf ; + f/	-d10mgfy zdf{	!%) :-
!%= lj ; a <sup>u</sup> t hlj g	-?s' sfs{	!\$) :-
!^= cglugsf	-8f- lj zj blk clwsf/l	@@% :-
!&= ; 'lr	-zfl6t zdf{	!%) :-
!*= bpdf0sfj lsgf/df	-kblk gkfn	!@% :-
! (= Ps xhf/ j iff	-kblk gkfn	!^ ) :-
@)= 5 n3pk6of; -ultfsz/l, ufkfn ; ~hjn, k0o/lzd vltj 8f, kblk gkfn,	/fhzj / bj sf6f, lj gos'df/ zdf{ gkfn	!\$) :-
@!= cdj/sfdf cdf	-ef/tl uftd	&)) :-
@@= xhf/ ; kgf	-s'df/ sf'nj	!%) :-
@#= df65] eP/ d/sfj df65]	-lj kh l; hklit	@%) :-
@\$= b l: kja <sup>a</sup> ne	-lj gfb'sdf/ >ij7	@%) :-
@%= cfef;	-lj gfb'sdf/ >ij7	#)) :-
@^= /ldnfgql	-ej gxl/ l; Ubjn	!\$) :-
@&= ; /f; '6b/l	-ej gxl/ l; Ubjn	!^ ) :-
@*= /fdbf0	-ej gxl/ l; Ubjn	#)) :-
@(= cfdff{	-ej gxl/ l; Ubjn	@%) :-
#)= goff af6fj	-gf/fo0fsjnfz l; Ubjn	@%) :-
#!= ; a <sup>s</sup> iff	-gf/fo0fsjnfz l; Ubjn	#%) :-
#@= cg/fu	-gf/fo0fsjnfz l; Ubjn	#%) :-
##= 5fof	-e/t ; 'jbl	\$)) :-
#\$= /fk	-r6bd10f kf8jn	#@% :-
##%= r8fnf	-ufj 6b l3ld/ j jbd10f	\$)) :-
#^= kgd'ifsfj ej	-ufj 6b l3ld/ j jbd10f	\$)) :-
#&= pNnf;	-06b' k6t	#%) :-
#*= klsf/ftt/	-6lsfkj; fb vltj 8f	@%) :-
#(= Old Man In The Mirror	-Anthal Nepal	@@% :-
\$\$)= dw/ ldng	-/lj ls/of lghlj	%) :-
\$!= dp/	-; fu/ .dl0fj yfkf	%) :-

ä syf-n3'syf; a<sup>u</sup>x ā

!= Pp6l csl{ nfp/f	-s6xpf gf; ggl	!@% :-
@= kfir syf	-/fhzj / bj sf6f	* ) :-
#= cg6t ofqf	-; /g pkltl	!)) :-
\$= dffobt	-hōgtl zdf{	!)) :-
%= lhpbj cffdf	-wd/fh kf8&fn	!%) :-
^= njd <sup>a</sup> x?	-nfs6jaxfb/ r6b	@) :-
&= wdf6w	-k0o/lzd vltj 8f	!%) :-
*= sd/8 efph"	-s'j0f ahuf0f	!&% :-
(= Joyfx?sfj syf	-xl/ yfkf	@) :-
!)= /ftfj 8fo/l	-; ltf/fd gkfn	@@% :-

!!= cfsfz dlyg	-8f= lj Zj blk clwsf/l	@)) :-
!@= kl/ldt	-xl/ yfxf	@)) :-
!#= k/bjzsfj Joyf	-xl/ yfxf	@% :-
!\$= aQldtg cWof/l	-zftf >lj7	#)) :-
!%= blijfgsfj cff/l	-hgs j fln]	#% :-
!^= lgbfpg g; sjsf /ftx?	-ufkn cZs	@^ :-
!&= la 6z cfb/	-/fdxl/ kf8ofn	@% :-
!*= elj ioj fofl	-/fddlof kfjv/n	#%^ :-
!(= c5jtf	-6 <sup>a</sup> saxfb/ cfn]	#% :-
@)= 3fd	-zifdf dfg6w/	@% :-
@!= zxlbx?sfj lj /flw kq	-lj Zj gfy vgn	#)) :-
@@= cfg6b cf>d	-lqnflrg 9sfn	#)) :-
@#= cf3ft	-lqnflrg 9sfn	@&% :-
@\$= x/fPsfj 5f/fl	-lqnflrg 9sfn	@&% :-
@%= cfwlgs dfwjL	-/fddsdf/ kl08t lfql	#)) :-
@^= lgl dsf	-uflj Gbaxfb/ sfj /	@% :-
@^= ; ; f08 gfl6	-xl/ e6&/f0f	#% :-
@&= syfj fl6sf -^& gf/l sf ^& syf_	-; #lj gosdf/ zdf{ gkfn	%% :-

ä lga6w-kl6w-lgofqf-; †d/of-j pftt ä

!= aXdrof ofg; ødsfj j]flgs pkfo	-tly/fh kf8jn	!%) :-
@= hlj gsfj cfm%ofn	-gf/fo0fk; fb 9 <sup>a</sup> ufgf	*% :-
#= dw; l cfbfngsf @! lbg	-dw; bg kf08]	!)) :-
\$= j flgofsfj g/d08 lzsf/l	-dw; bg kf08]	* :-
%= kly/ kufNb}	-ufkn ; -hjn	!%) :-
^= wd zvfsfj nodf ; Nnfsfj ; ; jnl	-/dz lj sn	@% :-
&= Infinity	-ejz vgn	!&% :-
*= df6sfj ; ldfleq / aflx/ efg'e0m	-kf= /fh b  ; j bl	!^ :-
(= d/fl df6fj; lu	-xl/ yfxf	@% :-
!)= ; do ; dosf s'/f	-hublz nfld5fgj	@% :-
!!= nosfj vfhldf	-/hgl 9sfn	@)) :-
!@= ; To; nfk	-dfxg rfkuf0f	@% :-
!#= %ofnl afv]sfj kf7fj	-8f= lzj ufjtd	\$)) :-
!\$= ; f9] -xf: oJ0 <sup>a</sup> 0_	-; j fl j fln]	@)) :-
!%= 5pm g 6kkfj	-k sfzk ; fb pkfWof0	!%) :-
!^= ; bzg	-sdn l/hfn	\$)) :-
!&= cd/Tj sfj ; Dengf	-kf= lzj ufkn l/; fn	%)) :-
!*= gf6at6l	-; /; j tl lu/l	%)) :-
!(= >lh <sup>a</sup> zfxsfj hlj g ofqf	-; /; j tl lu/l	@% :-
@)= k/of ; fjt eb]sdf/l 3n]	-; /; j tl lu/l	#)) :-
@!= cftdsyg	-; /; j tl lu/l	%% :-
@@= d/fl hlj gof qf	-zflnulf d kf8jn	#)) :-
@#= kl/ro llj ; Gt'sdf/ zDdf{ gkfn	-ag" nfld5fgj	@) :-
@\$= : dlt / cge't	-pQds]0f dhufb	@)) :-
@%= b z / lj b z	-lj gfb gkfn	#&% :-
@^= clek/of -Motivation_	-czf]s e/	#)) :-
@&= a <sup>a</sup> n <sup>a</sup> a <sup>a</sup> n <sup>a</sup>	-k0o sfs	@% :-
@*= dHh]dHhf Sof dHhf	-dgsf ladh	\$%) :-
@(= zglzgm ofqdf	-lj oful a9f]fsl	\$)) :-
#)= ptk/of -lj Zj j]flgsx?sfj hlj gl_	-/fhjzdfg s; l	@% :-
#!= d/fl cftdsyf	-pQdk; fb l3id/	@) :-

#@= 8 a s'gf	-u j Gbaxfb/ s j /	@)) :-
##= 6 anukm	-u j Gbaxfb/ s j /	@% :-
#\$= : j ofqf ; 0 f ob v ; 0 f  t ; Dd	-n d  df: s	!) :-
##= k ft nsf d f 5 x?	-lag b  v8\$ f	%) :-
#^= 3fp	-lag b  v8\$ f	^%) :-
#&= d y f k R l	-l j g o s' d' f/ z d f  g k f n	!%) :-
#*= k g f j Q	-l j g o s' d' f/ z d f  g k f n	!&% :-
#(= k f j t g	-l j g o s' d' f/ z d f  g k f n	@)) :-
\$(= v f n	-l j g o s' d' f/ z d f  g k f n	@% :-

ä slj tf-sfjo-dxfsfjo ä

!= t t f d 7 f  s'/f- j ; G t s' d' f/ z D d f  g k f n l  c R o t' d o f  c l w s f /L		
e'j g x / l ; l b h , r G b k ; f b  G o f k f g , k s f z d o f  b x f n , b j l  g k f n ,		
7 f s / z d f /f d k ; f b  k G t , p d f  l d >, n d l s d f / s f D f n f , u k l s o f  z d f		!!! :-
@= g l t s f  s'/f- j ; G t s' d' f/ z D d f  g k f n l  z j u k f n  l /; f n , l j  i o f  k e f t ,		
v u j b l  v f N ; f 3 / l ; P ; k l u c f ; f l  c z f s s d f / n f d 5 f g , d f w j  l 3 d / ,		
a f n s o f  e 6 &/f o  u o f f h  s f n ; u f j  G b k ; f b  l 3 d /  d s G b k ; f b  z d f		!## :-
#= g l t j  r f - j ; G t s' d' f/ z D d f  g k f n l  u k l s o f  z d f  7 f s / z d f  n d l s d f /		
s f D f n f , v u j b l  v f N ; f 3 / l ; a g  n f d 5 f g , 8 f -c f d j  l / l ; x  a : g t , g /f b l  k /f z /		
; G b k ; f u / g k f n , 8 f -6 s f /f d  -l j z j z j /L  c l w s f /L , l j g o s' d' f/ z d f  g k f n		!## :-
\$= w f s f z  -u l t  u h n  s l j  t f _	-b u f  j g j f ; l	&% :-
%= d g s f  w g x? -u l t ; a <sup>u</sup> x_	-8 f -l j  i o f  s f ; l	@%) :-
^= o f t g  -u B x f s f j o _	-0 G b ' k G t	!%) :-
&= j ; G t f g G b  -r D k s' f j o _	-7 f s / z d f  e o 8 f /L	!) :-
*= z A b g f b  -s l j  t f ; a <sup>u</sup> x_	-7 f s / z d f  e o 8 f /L	!%) :-
( c l e g j g  -s f j o _	-7 f s / z d f  e o 8 f /L	!%) :-
!)= g l t k B  -s f j o _	-7 f s / z d f  e o 8 f /L	@%) :-
!!= c f d r G t g  -s f j o _	-7 f s / z d f  e o 8 f /L	@%) :-
!@= g l t  s l  s l j  t f f  -; l O m l x G b l	-7 f s / z d f  e o 8 f /L	!@% :-
!#= r r G t g ; l u s f l  o f q f  -s l j  t f ; a <sup>u</sup> x_	-; l t f  e 6 &/f o f	!@% :-
!\$= c > w f f  -s l j  t f ; a <sup>u</sup> x_	-r 8 f d o f  c f n l	!) :-
!%= c f d f  -s l j  t f ; a <sup>u</sup> x_	-r 8 f d o f  c f n l	!%) :-
!^= k l f r f f  -d x f s f j o _	-g /f b l  k /f z /	!%) :-
!&= k h f t G q  k h f t G q  -J o  <sup>a</sup>  b o  s l j  t f ; a <sup>u</sup> x_	-h 4 a x f b / s f ; l	!) :-
!*= j ; G t  -s f j o _	-/f h z j / b j  s f 6 f	&% :-
!(= : j g  -s l j  t f ; a <sup>u</sup> x_	-/f h z j / b j  s f 6 f	!) :-
@)= P s  c -h n l  d g  -u h n ; a <sup>u</sup> x_	-s d n f  l /; f n  .h o f t l	!@% :-
@!= t f l j  s  ; H h g  ; j k f f /o g l t  -s l j  t f ; a <sup>u</sup> x_	-c l g n  u f r g	!&% :-
@@= d G y g  -s l j  t f ; a <sup>u</sup> x_	-c l g n  u f r g	@)) :-
@#= c f  r G b d f  -s l j  t f ; a <sup>u</sup> x_	-d o f /f h  l ; x	@)l :-
@\$= d o f j  -u h n ; a <sup>u</sup> x_	-x / y f k f	@% :-
@%= l ; h g f g G b  -s f j o _	-a g " n f d 5 f g	!@% :-
@^= c g ; d f t  -s f j o _	-a g " n f d 5 f g	!) :-
@&= d t j  -s f j o _	-a g " n f d 5 f g	!) :-
@*= d /L  ; l u g l  -s f j o _	-a g " n f d 5 f g	!%) :-
@(= c f u x  -s f j o _	-a g " n f d 5 f g	!@% :-
@)= a h b  g D a / k f r  -s l j  t f ; a <sup>u</sup> x_	-k s f z  r f k u f o f	!%) :-
#!= c h n  u h n  -u h n ; a <sup>u</sup> x_	-g f /f o f  g k f n	!) :-
#@= d O ms  d -h l  -d O ms ; a <sup>u</sup> x_	-g f /f o f  g k f n	!) :-
##= u h n  d O 8 L  -u h n ; a <sup>u</sup> x_	-g f /f o f  g k f n	!) :-
#\$= d O ms  ; l /t f  -d O ms ; a <sup>u</sup> x_	-g f /f o f  g k f n	!) :-
##= e O f n f s f  ; j f o f  -; j f o f	-g f /f o f  g k f n	!) :-



#^=: Gb/lslf ; j f0f-; j f0f	-gf/fo0f gkfn	^%:-
#&=af6fj vfhb) af6fdf -slj tf; ^a\X_	-xl/drof e6jfn	!&%:-
#*= ; /sf/kf/slj upf -slj tf; ^a\X_	-sl0f s66fn	!%) :-
#(= kldfj sif -dxfsfjo	-nldsfdf/ sf0/fnf	@%) :-
\$)=: dltk'ik -slj tf; ^a\X_	-nldsfdf/ sf0/fnf	!%) :-
\$!= Epihaany	-Clfsz nfd5fgj	!%) :-
\$@= cdltf-hnl -d0ms; ^a\X_	-ltn:dl klef;	@) :-
\$#= d0msf-hnl -d0ms; ^a\X_	-ltn:dl klef;	@%) :-
\$=\$= ltnf-hnl -d0ms; ^a\X_	-ltn:dl klef;	@^) :-
\$%= dl6b/ / dcfj -slj tf; ^a\X_	-/fdfsdf/ kl08t	@) :-
\$^=: 10m; ^a\X_ -; 0m; ^a\X_	-/fdk; fb 1jfnl	!@%:-
\$&= bfeigdf pleP/ -slj tf; ^a\X_	-lge'j gr6b j fln]	@*) :-
\$*= c6tdgsf ; ; hnl -slj tf; ^a\X_	-/fh6b) k68fn	!%) :-
\$=(= sfzlsf p8fg -slj tf; ^a\X_	-8f- lj b/ rfn; ]	#%) :-
%)= lhn16gdf kmh -uhn; ^a\X_	-b'ufk; fb ljfn6f/	@@%:-
%!= af6fj xl//xgl af6fx? -slj tf; ^a\X_	-8f- lzj ufftd	@%) :-
%@= j ; Gw/f -dxfsfjo	-vuf6b) vfn; f3/	#@%:-
%#= ultu6w -lx6bl ult; ^a\X_	-ufkfn cZs	!%) :-
\$\$\$= lqj 6il -slj tf ult d0ms; ^a\X_	-hgs j fln]	#) :-
%%= cdfsfj lrgfj -sfjo	-hgs j fln]	\$) :-
%^= guno'Xj u' ; j ff -gjj f/l ult	-hgs j fln]	!@%:-
%&= epf slj zl -lx6bl ult	-hgs j fln]	!@%:-
%*= cr6f -zffssfjo	-euj tl cofn	!%) :-
%=(= 6; fPsfj uug -xf0s; ^a\X_	-cflj isf/ ef/tl	#) :-
^)= kj (tssf ltofnlx? -ltofnl; ^a\X_	-dxfbj clwsf/l	!%) :-
^!= tk; l cdf -sfjo	-dxfbj clwsf/l	@@%:-
^@= cgu'-hg -slj tf; ^a\X_	-pQdsf0f dhubf	@%) :-
^#= rfxgfsf rff6fx? -d0ms; ^a\X_	-; fg' slj b	!%) :-
^\$= 5Gbsf ; o yuf -slj tf; ^a\X_	-lqnfrg cfrfo	#%) :-
^%= kltj Da -slj tf d0ms; ^a\X_	-@e nfvssf ; ^a\$ng	@) :-
^^= cfejn -slj tf; ^a\X_	-ob'gfy j ; GtK/)	^) :-
^&= lh6bulsf ofqf -slj tf; ^a\X_	-/fhzdfg sf; l=	@%) :-
^*= tf; s6bdf dxfsfj bjj sf6f	-k; iff0d l; l6bn	!%) :-
^(= lzzkfn aw -cgj fb dxfsfjo-df3_	-k; iff0d l; l6bn	\$) :-
&)= ; Dkbf -slj tf; ^a\X_	-lzj k; fb hzl vltv8f	@@%:-
&!= kjf; lsfj gf; fj -uhn; ^a\X_	-\$) uhnsf/	!) :-
&@= ls/fthglo -ef/lj sfj dxfsfjo_ -cgj fb_	-j ; Gtsdf/ zDdf gkfnl	!%) :-
&#= ultdfnsf -ult; ^a\X_	-j ; Gtsdf/ zDdf gkfnl	!%) :-
&\$=?j f0oft -pd/v@fdfsfl sfjo_ -cgj fb_	-j ; Gtsdf/ zDdf gkfnl	&%:-
&%= dgsf wgx? -ult; ^a\X_	-8f- lj i0f sf; l	@%) :-
&^=: l; u; slj tf -slj tf; ^a\X_	-lj oful a9fyfsl	@@%:-
&&= u'dgfd lh6bul	-ulfj Gbaxfb/ sfj /	@^) :-
&* = ; do -slj tf; ^a\X_	-pafsf6t kfV/jn	@%) :-
&=(= hlj gkmh -xf0s; ^a\X_	-; ltf/fd gkfn	@%) :-
*)= Hofsf/f68sfj zx/ -slj tf; ^a\X_	-nld /zdl	@%) :-
*!= Ps yfg lh6bul -uhn; ^a\X_	-ldngsf/ 9^a\fgf	#^) :-
*@= cge'f'sfj 06b)6il -slj tf; ^a\X_	-kllt cfqo	#@%:-
*#= Wofg slj tf	-k'is/ nfxgl	@^) :-
*\$= nfvssbjv kf/nfvss; Dd -slj tf; ^a\X_	-lj gosdf/ zdf gkfn	#%) :-
*%= dl'oa'fw -slj tf; ^a\X_	-lj gosdf/ zdf gkfn	@%) :-
*^= dfubk -slj tf; ^a\X_	-lj gosdf/ zdf gkfn	@%) :-
*&= kdf-hnl -d0ms; ^a\X_	-lj gosdf/ zdf gkfn	@%) :-

ä effif ä

- 1 . Perfect English -/k8\$; \_ -uf\$hk/; fb zdf{ @\*)÷
- 2 . Learn Nepali yourself, know Nepal yourself -k\$fdzldf bxfn #%)÷
- 3 . Professional English Grammar- -jdbj k8\$ #%)÷

ä gkfnl afn-; flxto ä

l= tlgtf/f -afnsyf	-j ; Gts'df/ zDdf{ gkfnl	#%÷-
@= pbf/tfsfj k/fsfi7f -afnsyf	-j ; Gts'df/ zDdf{ gkfnl	\$)÷-
#= /df0nfj zigj f/ -afnsyf	-efef zdf{	\$)÷-
\$= tlg dV{ ; tylx? -afnsyf	-cfef zdf{	#%÷-
%= ; fqlsfj axfb/L -afnsyf	-cfef zdf{	\$)÷-
^= d/fj kof/fj vyl -afnpk6of;	-lj Zj /fh kf08	\$)÷-
&= l; x / nfdv'6\$] -afnsyf	-lj Zj /fh kf08	#%÷-
*= bz\$sfj blif0ff -afnpk6of;	-u <sup>a</sup> wf kf8n	\$)÷-
(= sfun] lsg sf sf e65 -afnsyf	-u <sup>a</sup> wf kf8n	#%÷--
!) = unfasfj kln -afnsyf	-u <sup>a</sup> wf kf8n	^ )÷--
!! = afnult -afnult	-h4axfb/ s; l	^ )÷-
!@ = lemfndln tf/f -afnult	-; /g pktl	@%÷-
!# = k5'tfj -afnsyf	-; /g pktl	@%÷-
!\$ = cfsfz] k/L -afnsyf	-; /g pktl	#%÷-
!% = cfd / 5f/f -afnsyf	-pldnf nfd5fg]	#%÷-
!^ = 5's5s] lg? -afnsyf	-pldnf nfd5fg]	\$)÷-
!& = bz dxfdv' -afnsyf	-lx/0os'df/L kf7s	#%÷-
!* = /fdsyf -kf/fi0ssyf	-lx/0os'df/L kf7s	\$)÷-
!(= l; Gs]sfj ; kintf -afnpk6of;	-zdlhf v8sf .bxfnl	&)÷-
@)= ; fg] afof] ; Gtaxfb/ -afnsyf	-zdlhf v8sf .bxfnl	&)÷-
@! = ; 0/ / eokm6\$] -afnsyf	-zdlhf v8sf .bxfnl	&)÷-
@@ = pfofnf] af6f] lzlfssf] -afnsyf	-zdlhf v8sf .bxfnl	&)÷-
@# = ; fgl -afnpk6of;	-zdlhf v8sf .bxfnl	&)÷-
@\$ = ; 6' xfd] ; fyl -afnsfj tf	-zdlhf v8sf .bxfnl	%%÷-
@% = blfssf] ktnl -afnsyf	-zdlhf v8sf .bxfnl	&)÷-
@^ = k'tnlsf] laxj -afnsyf	-dw; bgk]; fb l3ld/]	#%÷-
@& = l; p/fj -afnsyf	-8f= lj Zj blk clwst/L	#%÷-
@* = tanfsf] j bgf -afnsyf	-8f= lj Zj blk clwst/L	\$)÷-
@( = afb/sf] lr'tf -afnsyf	-ufj Gb lwld/ j j bdl0fU	!)÷-
#) = ; ofnsf] ldqtf -afnsyf	-ufj Gb lwld/ j j bdl0fU	!)÷-
#! = b0f 6fps] ; k/ -afnsyf	-ufj Gb l3ld/ j j bdl0fU	\$)÷-
#@ = b0f v'6\$] la/fnf] -afnsyf	-nintf .bfffU	\$)÷-
## = dV{ l; x -afnsyf	-/zf l3ld/]	\$)÷-
#\$ = sxl dxrk; if -kf/fi0ssyf	-/ -h>l k/fh'nL	\$)÷-
#% = afndxfef/t -kf/fi0ssyf	-/ -h>l k/fh'nL	!^ )÷-
#^ = ; Gb/ / ; /Lsf] lj j fx -afnsyf	-kf/ ; dlof bxfn	\$)÷-
#& = hf] vdkDf kxf8L ofqf -cgj fb-ofqf; +d/of	-cfzif kf08]	^ )÷-
#* = wtl; usf] s/f -afnsfj tf	-; k; Ggf e6\$ /f0f	% )÷-
#( = klnsf ; fyl xfdl -afnsyf	-; ltf e6\$ /f0f	&%÷-
\$) = l; fg / euj fg -afnsyf	-lj gosdf/ zdf{ gkfn	#%÷-
\$! = 3/ -gltf -afnsyf	-lj gosdf/ zdf{ gkfn	\$)÷-
\$@ = afn ; fult -afnult	-06bs'df/ >li7	*)÷-
\$# = /fd] argl -afnult	-/fdlj qmd ykfi	!) )÷-
\$\$ = 0f0fn' v/fof] -afnsyf	-Pnal rfidn <sup>a</sup>	!) )÷-
\$% = sy]syf -afnsyf	-uf'sn v8sf	&%÷-
\$^ = ; ; nl -afnult	-uf'sn v8sf	&%÷-

\$&= nfnfafnf -afnslj tf	-ufjsh v8\$sf	&%:-
\$*= cgff7f t/sf/l -afnsyf	-bj sl s; l=	&%:-
\$(-/°\$sf sxfq -afnsfjo	-0Gb' kGt	!)):-
%)= sldnfsf tftl -afnslj tf	-0Gb' kGt	!)):-
%!= goff ; fyl -afnsyf	-; 'ifdf dfgGw/	!)):-
%@= 3Dg hfp enfk -lrqsyf	-/lzd l/dfn	!)):-
%#= jftj /of -lrqsyf	-/lzd l/dfn	!)):-
\$\$= ddf3/ kfV/f -slj tf	-8f= lj iof s; l	@):-
%#= cfpm ; fyl cfpm -slj tf	-cfot( l3ld/)	!)):-
\$\$= lxpfnldf lxp -slj tf	-xl/ s66h	@%:-
%%= Pstjtj f; -afnsyf	-; /g pktl	@):-
%^= bjz x/fPsf df65 -afnsyf	-; /g pktl	@%:-
%&= gknsf zfg -afnsyf	-; /g pktl	@%:-
%*= /df0nfj bz -afnslj tf	-ufj Gbaxfb/ sj /	!%:-
%(= lkkl -afnpktof; _ xf8se/	-cg=ufj Gbaxfb/ Gofkfgj	%)):-

ä c<sup>a</sup>nl efiissf afn-; flxto ä

1. Regret (story)	-Suren Upreti	^):-
2. Angel (story)	-Suren Upreti	^):-
3. Bright Qmars (song)	-Suren Upreti	^):-
4. 15 Qmories (story)	-Jyoti Adhikari	&):-
5. Alan, The little Kangaroo (story)	-Jyoti Adhikari	&%:-
6. Country's Pride (story)	-Bhabha Sharma	&):-
7. Grand Mother (story)	-Muktinath Sharma	&):-
8. Fables in English	-Narayan Nepal	!@%:-
9. Everything Has an Origin (Mahavarata Series)	-Prakashmani Dahal	^):-
10. Growth Follows the Origin (Mahavarata Series)	-Prakashmani Dahal	^):-
11. Greed, Envy and Ignorance (Mahavarata Series)	-Prakashmani Dahal	^):-
12. Life After the Beginning (Mahavarata Series)	-Prakashmani Dahal	^):-
13. An Ego When Relapsed (Mahavarata Series)	-Prakashmani Dahal	^):-
14. Once When DeraieLd (Mahavarata Series)	-Prakashmani Dahal	^):-
15. The Ultimate Truth (Mahavarata Series)	-Prakashmani Dahal	^):-
16. Lagecy The Hunt (Novel)	-Shreevatshanka Dhakal	!@%:-
17. The Magic Spoon (story)	-Indu Pant	!%):-
18. Mzzako Katha (story)	-Gokul Khadka	!%):-

ä Sofdk; :t/lo ä

! = ! s  cyzf: q	-ufjsof dNn	!&%:-
@ = !@ s  cyzf: q	-xl/bf; ; fksf6f=cfjdsf/ kf8h	!^):-
# = Elements of Economics (XII) -tf/f e'; fn=ozfjw/f k; f0; /fhg krfh'		#):-
\$ = Jofj ; flos cyzf: q (B . B . S, BBA) -ufjsof dNn@):-		):-
% = Business Economics (B . B . S, B . Com) -ufjsof dNn		\$):-
^ = Business Statistics (B . B . S . , B . Com, B . B . A, BIM)		):-
-dgfjh clwsf/l=dxfk; fb > j7=kfjif/fh vgin, z/bk6b sf^n]		%):-
& = Fundamentals of Business Statistics (B . B . A . , B . C . I . S, B . C . A, B . I)		):-
-8f=k; iffQd l; x=dxfk; fb > j7=blks/fh kf8h		#@%:-
* = Differential Calculas (BA . B . Sc . , B . Ed) -8f= dfx0db x'db/ /xdfg		@):-
(= Integral Calculas (BA . , B . Sc . , B . Ed) -8f= dfx0db x'db/ /xdfg		@):-
!) = kf/ldes uloft lz lfof -cf0P8Ä !!	-8f= dfx0db x'db/ /xdfg	!&%:-
!! = uloft lz lfof -alP8Ä	-8f= dfx0db x'db/ /xdfg	!&%:-
!@ = dxfslj bj sf6f s x cfofd -alP=	-kOfk; fb clwsf/l	!&%:-
!# = gkfnl gf6ssf clwoog -alP=	-kOfk; fb clwsf/l	(%:-

!\$=; fwi/Of gkfnl -alP8\8f-3gZofd Gofkfgj-wgklt sfD/fnf:dlQmgf 9sfn	@#%:-
!%=gkfnl nŋs ; flxTo kj 0 / cGj jifOf -PdP gkfnl_ - slkn c1ft	@)):-
!^=clgj fo(gkfnl -alP_ -8f-3gZofd Gofkfgj-wgklt sfD/fnf:dlQmgf 9sfn_	@#%:-
!&=; +s t ; flxTos j ?k Vf -alP=PdP_ -kf=ufk s Of zdf{	@&%:-
!*=efiff-lj 1fg -alP=PdP_ -8f-3gZofd Gofkfgj-wgklt sfD/fnf:dlQmgf 9sfn_	@&%:-
!(-kfoŋus efiff-lj 1fg -alP8\3rd_ -wgklt sfD/fnf	#!):-
@)=; flxTo zf:q tyf gkfnl ; dfinŋj-rgf -alP8\3rd_ -wgklt sfD/fnf	#@%:-

ä :s'n-afj8<sup>e</sup>:t/lo ã

l= 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'snkj; fb zdf{	^):-
%= Best word Book-Eng-Nep	-uf'snkj; fb zdf{	!#%:-
^= English Practice Book -8	-afnsjOf 9sfn	l@%:-
k= English Practice Book -9	-afnsjOf 9sfn	!%):-
*= SLC English Practice Book	-afnsjOf 9sfn	!^):-
(= SLC math P Book - (Eng+Nep) -8f=dj-xDj  / xdfg=dj-dj tf/ cfnfd		!%):-
!)= New English Grammar-Nep-Eng (Junior)	-uf'snkj; fb zdf{	!#%:-
!!= New English Grammar-Nep-Eng (Higher)	-uf'snkj; fb zdf{	@^):-
!@= Recent English Grammar- Eng (Junior)	-uf'snkj; fb zdf{	!@%:-
!#= Recent English Grammar- Eng (Higher)	-uf'snkj; fb zdf{	@@%:-
!\$=; lrg j Ofdfnf	-6l, Pg= u; <sup>a</sup>	&%:-
!%=; DkOf j Ofdfnf	-cfef zdf{	%):-
!^= cfwŋs gkfnl lgaŋw	-j ; Gtsdf/ zDdf gkfnl	^):-
!&=; lhnŋj gkfnl lgaŋw	-uf'snkj; fb zdf{	&%:-
!*= /l; nŋj gkfnl lgaŋw	-uf'snkj; fb zdf{	!!):-

ä cŋo ã

l= cdt j fOf -p4/Of; <sup>a</sup> wk	-uf'sn v8sf	#@%:-
@=; lk l; sf -; lkdhs k':ts_	-uf'snkj; fb zdf{	!)):-
#= cf gŋj pkrf/ cfkŋj -:j f:Yo_	-/fh b  > 7	\$)):-
\$=Social Change In Rural Nepal	-Ebindra Prasad Neupane	#)):-
%= nŋvs 6jnkŋg 8fo/l -; fydf k':ts k; nx?		%):-
^= j iff; flxTo k':ts @)! -k':ts kl/ro-sŋif -; flxTo ; j 4g sŋb		\$)):-
&= j iff; flxTo k':ts @)&@ -k':ts kl/ro-sŋif -; flxTo ; j 4g sŋb		^%):-
*= j iff; flxTo k':ts @)&# -k':ts kl/ro-sŋif -; flxTo ; j 4g sŋb		^%):-
(= j iff; flxTo k':ts @)&\$ -k':ts kl/ro-sŋif -; flxTo ; j 4g sŋb		&)):-
!)= j iff; flxTo k':ts @)&% -k':ts kl/ro-sŋif -; flxTo ; j 4g sŋb		*%):-
!!= j iff; flxTo k':ts @)&^=)&& -k':ts kl/ro-sŋif -; flxTo ; j 4g sŋb		^)):-
!#= axefifl pvfg-6Ssf ; <sup>a</sup> wk	-@# nŋvs	\$@%:-
!\$= lzlf s ; f/ly -kŋj tyf lgdŋj lzlf s ; ŋkfg -kŋsfzdlOf bxfn		^&%:-
!%= xl/x/ zf:qlsf l; hŋj -xl/x/ zf:qlsf !& k':ts_ -xl/x/ zf:ql		!@)):-

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**t k f 0 { n } x f d l n f 0 { e j 6 g v f h g e P s f j x j <**  
 /rgf, lj 1fkg j f k':ts-klqsfsŋj nflu  
**zAbfy{ kŋsfzgsŋj sfofno-rfajh, uOfz:yfg**  
**)!-\$\$(&#%!)÷(\*\$!-\$(!)#**  
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