

# शिक्षक

मासिक

मूल्य रु 30/-

फागुन २०६५

नेपाल 'ल्याण्डलकड' हैन  
मूल्याङ्कनको 'रुब्रिक्स' विधि  
छात्रको मृत्युपछि पश्चाताप

प्रअ पर्णबहादुर डिंगी  
आदर्श माथि, जुफाल, टोल्या

स्कूल चम्काउन

सशक्त हेडमास्टर

# ixdfn Istfasf sxl ksfzgx;

## dh] by\$fi] gkfn

xs{u?^a

;g\@)&, k[7 xx+#)\*, ?= @&%:-

gkfnf sfg-sGb/f, kxf8-kj f, efj / / b[ k[ lxB7}k[lg]yf7}gkfnlx;df  
k5g\xs{u?^a . lxB7' t Pp6f kxf8l ufp6f h6d\$ f pgsf]afnosfnsf]lgolt  
g}lyof]. t/ lj b[ zdf k9] cfPk15 klg pgn]gkfn ofqfnf0{cf^gf]klxn]  
kfyldstf agfP . ;g\!(^# b]v !(&\* sf cj lwdf slxn); f27o / slxn]  
vf[ 3dSs8lsf lx; fan] p8], u8] / w]h; f] rflxFlxB7}ul/Psf ol  
ofqfx;af6 pgsf lrGtgw/fdf k/\$f 5fk pgsf n]yfo, lj Zn]f of / pgn]  
sf7\$ dh\$sf offhgx;df cleloSt ePsf kfOG5g\ o; k!tsdf ; d]bPsf  
cfnyx; ; fdfGo ofqf j QfGt dfq ge0{gkfnf]ef]ts eufh / ; fdf]hs  
; f:s[ts kl/j zaf/]Ps lj n]f of lj afg\$ f uxg l6kko]lx; xg\



...

## ljifo ljijw

xs{u?^a

;g\@)^, k[7 xiv+@&^, ?= #@%:-

xs{u?^a sf] gfdl; t PseGb f a9l lj z]f of hf]bPsf lyP . eufh]lj b\  
offhgsf/, ;dfhzf:ql, /fhgllt1, lrGts, kzf; s, n]ys, kbofql,  
kj f lj z]f 1, lrqsf/, k[6f]u]k[ w, v]h]f8l, d6ql cflb cg\$ lrgf/l  
lyof] xs{u?^a sf]. xs{u?^a sf /df0nf ofqf-syf, dldf\$ ; :d/of,  
3tnf]ubf ljrf/, tl]of lj Zn]f of tyf 7f] cjwf/Offx; ; a\$ lnt ljifo  
ljijw nf0{ ; xl cydf pxf]f kl]tlglw n]y-/rgfx;sf] ; hf]nf] eGg  
; lsg5 .



...

## gkfn M lxB"clw/fhosf] Oltxf;

I; NefFn]l

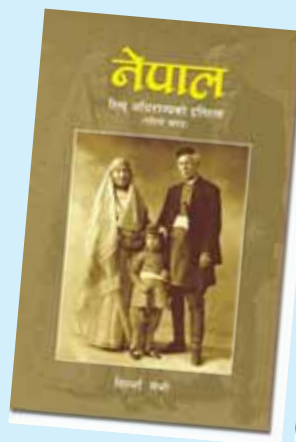
;g\@)% , k[7 xxxiv+@^), ?= \$))÷-

-klxn] v08\_

;g\@)&, k[7 vii+@&\*, ?= @&%:-

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I; NefFn]l k]l6 ; :s[t / Oltxf; sf  
Vofltk]t k]fG; ]l lj afg\ xg\ . pgl ; aeGb f  
klxn] ; g\!\* (\* df gkfn cfPsf lyP .  
pgsf] gkfn a; f0sf] cj lw b0{dlxgf dfq  
lyof] To] klg sf7df8f]pkTosdf ; lldt .  
a; f0 5f6f] cj lwsf] eP klg pgsf] cl]oog  
/ cg; Gwfg uxg lyof]. To; \$f]kl/Offd; j; k  
; g\!(%) df of] lj zb s[t tlg efudf  
k\$flzt eof]. Oltxf; eg\$] zf; sx; sf]



j z]fj nl / : tlt dfq xfo]g eGg] dfGotf /Vg]l; NefFn]lsf] o; s[tnf0{Ps zt]f]blcl3sf] gkfnf]  
; f:s[ts-/fhgllts cj:yfsf] lj atfkOf{ lj Zn]f of dflgG5 .



ahf/df ; j6 pknAw 5 .

किताब kf6g9f\$ f, nlntk/, k]f] g= %\$@%\$ \$÷@]#@

## P3f/f)ćÍ



cfj /Of  
tl:a/M ; bZg l3ld/]

lxdfn P; flj; P; gsf nflu  
j ; Gt ykfa/f  
; Dkflbt=k}sflyz

; Nnfxsf/ ; Dkfs  
s}f/ zdf{

; xfos ; Dkfs  
; bZg l3ld/]

ljzj ; jfbbftf  
afa/fd ljZjsdf{

sfofom

lzls dfl; s

kf6g9f}f, nlnrk/

kf}g= !^^, nlnrk/

krf}M%\$#@%-%%\*\$!\$@

krf}S; M%\$!!(^

Od}Mmail@teacher.org.np

j }Mwww.teacher.org.np

db}M

hubdaf kj

xfQljg, nlnrk/

lhnksf nk'bg-#(=)^%e)^^^



afa/fd ljZjsdf{

## x}df:6/ %}ng; Sg}f %6%6

c} s}l ug{g; Sbf ; fj}lgs :shx}df ljifut blftf, Joj:yfkslo  
/ k}f;lgs 1fg, dof}t cfr/Of, g}l}bfol lfdtf / .s}l u5} e}g]  
hf]-hf}/ ePsf JolQm}f0{x}df:6/÷x}ld; cyjf k}f}f}lbfkssf]  
}kdf :yflkt ug{; s}dfq}klg ltgsf]z}f}fs pkn}Awdf p}n}o ; wf/  
cfpg ; Sg] b}v}5 .

cfj /Of | @)-%#



## uNtlkI5 kZrfQfk

l/kf}i ! ^

x}f0-a%}0 #, k}tlqmf / ; %}j \$, l/k}f} afn ljsf; slffM z? t eof] k}f}f/  
5g \* , ultljw !!, ljrf/M tlg ljglt !@, IrG}M :shM ljz}1 xf}g, c; n JolQm  
lgdf}sf l}Dt !\$, slffsf}M }la\$; %\$, k} }M %}, lkr}dM afnaf}nsdfly o4 c; /  
^#, !% k}z}M k}fafx} s}l udfOPg ^\$

# kɔfɔgɔfɔfɔkɔs xɔsɔf]dfɔh / afɔ%

**o; k6s** Ijifo ; Gbe{ nɔg] jɔdf . 0Gɔf 5ɔdf : juɔf] aofɔl eɔ] pɔfɔsɔf] k6s-k6s ; 0%ɔf cf0/xɔf] 5 . o; kɔsɔsɔf dh kf7s g] lzɔfsl h; dɔlɔ] kɔfɔgɔfɔfɔkɔs -kɔ\_ xɔ\_ kɔg wɔ] xɔxɔ65 . kɔfɔgɔfɔfɔkɔsɔf] cy{ kl/efiif, dxɔf] h:tf s/f xɔfɔf kɔ7snf0{g}/fd/l yɔf 5 . lgi7fjfgV klɔa4 kɔxɔn]:shdf 7hf kl/jtɔ Nofɔg ; S5g\el] kɔg kɔ7snf0{yɔf 5 . t/ Pp6f s7f] tYon] eg] o; Ijifodf nɔg] cɔf lbPsf] 5 . xɔfɔf clwsɔz :shxɔsf] cj:yf xɔf{ wɔ} kɔfɔgɔfɔfɔkɔsxɔn] cf^gf] kbsf] bɔlɔj / ul/df a^g afɔl g] 5 el rɔfɔfɔlRsrɔfpg' kbɔ .

o; s/fn] sɔl kɔxɔsf] lrQ bɔfɔg ; S5 . t/ k9f0 5f8g] lj Bɔfɔkɔsf] ; ^wof, k9g] xɔsf] pQlɔf{ xg] b/ / pQlɔf{xg] xɔsf] zɔfɔs :t/ xɔf{lrQ a%ɔpg] 7fɔF wɔ} 5g . klu; /l cɔpgf; fy 5f7f5f] lnf0{.afɔfɔlɔf nɔfɔg] k]lQ a9ɔf] 5 . cyff\ xɔfɔf :shxɔkɔt lj Bɔfɔkɔ / cleefj sxɔsf] wɔ/of ; sf/fɔds 5g . To; ɔ] lrQ bɔfɔP/ xɔg, lr6tg u/] rɔfɔf; d:ofsf] ; dɔfɔg vɔfɔg ; lS65 eGɔdf wɔf] ; xɔt xg ; S5 .

:sh /fd] jf g/fd] xɔdf ; /sf/sf] glt ; dbfɔsf] elɔsf, eɔfɔs k]fɔf/, cleefj sxɔsf] ; fdɔfɔs r]ɔf cɔfɔ wɔ] s/fsf] elɔsf x65 . Toɔt e0ɔg kɔg Pp6f klɔa4 kɔsf] kɔtgaɔ6 :shsf] sfɔfɔNk ePsf pɔfɔ/of wɔ} 5g\.

s/fnf0{lgisif/t/ nɔfɔgsf nɔlu kɔxɔ; dɔf olkɔzɔg /vɔfɔf tkf0f] lsg kɔ xɔgɔPsf] xɔf < tkf0f] :shsf] g]ɔj lsg lngɔPsf] xɔf < kɔdf lgoQm ePsf lbg tkf0f v; l xɔgɔPsf] sf/of s] lyof < tkf0f] sɔf uj {nɔU5 / s] xɔf lnɔfɔg x65 < tkf0f] xɔf] cɔn] s] l; sɔf 5g\ / cɔn] l; Sg gɔg] s/f tkf0f] s] s] 5g\ < kɔ xɔsɔf] dfɔh s] xɔf / To; kbsf af% xɔ s] s] xɔ <

ol kɔzɔgsf] pQ/af6 g}:sh s:tf] 5 jf s:tf] x65 eɔ] hjfkm kɔg cɔfɔ . oib ; /sf/sf /fd] g/fd] sfɔsf] h; -ckh; To; sf] g]ɔj n] kɔfɔ eg] :shsf] g]ɔj n] kɔg h; -ckh; b] kɔfɔgk5{ . /li6e g]ɔj df h]h:tf rɔf/q, lgi7f, :jefj, klɔa4tf vɔfɔh65 tl s/f cɔfɔf kɔg xɔk5{ . of] s/f Pp6f kɔdf c% a9l nfu" x65 . pm :shsf] g]ɔf xɔf] p; nf0{w} lzɔfɔn] cg^/of u5g\ / ; of] lj Bɔfɔkɔf cɔbzɔf ; kdf xɔf] x65g\.

sɔ] kɔg dɔfɔ; sɔ] g]ɔj lng cl3 ; gɔf] dVɔ sf/of xɔf] rɔfɔf] lsf] ; fdɔf ug] hfɔ/ tyf cf^gf] Joj xɔf / lj rɔf/n] cɔnf0{ kɔfɔj t ug] rɔfɔg . g]ɔj sf] af%

afɔfɔkɔt dɔfɔ; n] kɔfɔg] dxɔf] kɔf{s/f xɔ\ zfg, dfg, / ; Gtli6 . kbn] eɔfɔs ; ljw / zfg lb65 . kɔ xɔf; fy sɔl e0f, :shel/sf] ; aeGɔf ultnf] s; l{ / km/flsnf] 6ɔh :jtm cɔfɔg\ . ; a] lzɔfɔ, sɔf/l / lj Bɔfɔkɔf] cɔf/ u5g\ . st} hfɔkɔf] cɔgɔt lnP/ hf65g\ . gofFdf65] cɔfɔf cɔkɔnf0{ ; ɔU5 . /df0n} x65 . t/ of] zfg kbɔ s/f xɔf] . kbdf gɔg] la0s} tl sɔl kɔg s/f afɔl / xɔg\ . dfg / ; Gtli6 eg] kbn] lbg ; Sɔg . To; sf] hfɔf8 g]ɔj df a:g] JoQm cɔkɔf] ugk5{ .

cɔkɔnf0{kl5; Dd cɔn] dɔf uɔg\el] rɔfɔg ; aɔf0{ x65 . slt{ kɔg o; ɔf0{ elg65 . Pp6f kɔsf] dfg p; sf] sɔfɔndf :sh s:tf] a65 eɔ] s/fdf e/ k5{ . p; sf] g]ɔj df lzɔfɔxɔ slQsf] nɔgɔln /x] lj Bɔfɔkɔ slQsf] ; km eP eɔ] s/fsf] dNofɔg kl5; Dd kɔg e0/x65 . /fd] kɔnf0{lj Bɔfɔkɔ] jɔfR5] kɔg ; Ddfɔk] ɔ ; l0%65g\ . ; Ddfɔ / cf^gf] sfɔkɔtsf] uj a6 dɔf65ɔf0{ ; Gtli6 kɔt x65 / pm ; vl x65 .

; a)s/f kɔfɔf kɔsf] ; kmɔtsf tlɔj 6f ; ɔ b] vPsf 5g\ . klɔnf] xɔf b] 6 . ; km kɔ 6f9f; Dd b] vɔ ; S5, b] vɔf] s/f afɔg ; S5, afɔf] s/f kɔfɔfɔ / u] ɔf] s/fdf cl865 . pm pɔfɔ/ofɔ x65 .

b] f] xɔf] p; sf] Joj :yɔkɔ sfɔn . ; km kɔn] . o; f] o; f] ePsf] eP o; f] ug] lyPɔf eg] ug{g; sɔf s/fsf] avɔg ubɔ . a? yɔf] dɔf eP kɔg sfɔ] u/] b] vɔfɔ . ; xofɔf gkɔPsf] ug{ ; lsgl eGɔg ; xofɔf hɔfɔf . ; km kɔn] cɔnf0{ lj Zj; u5{ sfɔ lhDdf lb65, kɔzɔf u5{ cf^gf] uNtl :jlsfɔ ; S5 / cɔnf0{ kɔg To; } ug] k] ɔf lb65 .

t] f] s/f xɔf] p; sf] rɔf/q . pm cf^gf] rɔf/qnf0{g} cf^gf] an dɔf65 / cf^gf] ansf] lfo xɔ lb65 . pm k] ɔf lj Bɔfɔkɔf] JoQmɔt ; kn] lr] df uj {u5{ . cf^gf] ; xlzɔfɔ / lj Bɔfɔkɔsf] klɔf / / rɔfɔfɔsfɔfɔf0{ ; Ddfɔ u5{ . ; s] cleefj sxɔnf0{ kɔg lr65 . ; Ddfɔ / cɔzɔf; gsɔf] kɔf cf^gf] Joj xɔf/af6 l; sfɔf . ; km, ; Ddfɔ / ; Gtli6 kɔ :shdf dɔf xɔf, ; dɔfɔf g] hf] / ; r] JoQmɔf ; kdf lrɔgPsf] x65 .

s; ɔf0{ nɔfɔg ; S5, oltsf lɔdf t ; /sf/ rnfɔg] JoQmɔf kɔg x65 . x65, kSs} x65 . oltsf lɔdf ePsf kɔsf lj Bɔfɔkɔ tof/ ePk15 ; /sf/ rnfɔg] kɔg ; fRr} g] lɔdfɔfɔg\ x65g\.





# k|t|qmf / ; %fj



## s/fjo: tfj5

lz|fs sf] bzf|c| @)^% df3\_ df ..3/kfos lz|fs slt 7ls slt a7|sl cgtu| plnlvt k|j|lgf/fo0f pdfj| uf|9Ef-& df kb5 . ; a} z|fs jif|f sd labf lng| lz|fsdf d klg|f.

lj Zj lj Bfnosf] k/liff / cGo lj z|f 3/fo; l sfd kb|f{ d|] nfd| labf klg lnPsf] 5' . xdf| :shdf u|/yf|] lz|fsx; n] a9| labf lng| ug|Psf] 5g| . a?0fstf/ b|sf] ; jfndf eg| af|Wotfs} sf/0fn] b0|t|g jif| nfd| labf lnP klg xfn lgoldt xg|G5 .

lj jfoj: tdf blttsf sf/0f afx/sf lz|fsx; lj Bfyl| / cleefj sx; a|f a9| dg k/f0gxG5 . hxf|Dd P; Pn; l k/liffkm %) / (% k|tzt|sf] s/f] 5, of] 6]6df ; |Ddnt lj Bfyl| ; a|Wotf cfw|/t 5 . k/s k/liffdf pQ|0f|f0{ ; dfj z| ul/Psf] 5g| . @)^% b|v slff !) df / @)^% b|v slff ( df sg| klg lj Bfyl| cg|Q|0f{ ePsf 5g|g\.

dw' cof|, lz|fs k|j|lgf/fo0f pdfj| uf|9Ef, sf7df8f

## 3/kfos 3fts

d^| / dlxgfsf] lz|fs k9|k15 ddf x/f0; s\$|] 0R5f / cfsf^a|Nf km| h|l|of] . ultnf lz|fs ultn] k9|0| / ..sl7g 5g| ul0ft| n] dleq yk cfzf / p|; fx kb| u/f0|bP . o:t} sf|xn c; kf7sx; df klg cfPsf] x|hf . To; sf/0f lz|fs d|f; ssf] pQ/fQ/ k|ltsf] sfdgf ub5' . z|fs pkn|Awsf b|6n] lz|fsnf0{ 3/kfos hflu/ g/fdf] x|] . u0ff|ds lz|fssf nflu kf7of|hg| tof/ ug|k5{ z|fs ; fdu|x; tof/ ug|k5{ kf7 ; x|p|f] z|fs lj lwsf] 5g|f ug|k5{ / lgb|zsf] klg c|Woo| ug|kb5 . of] sfd 3/kfosaf6 ; Dej x|f| . lz|fsn] ; /; km0df Wofg lb|f|, To; sf] c; / lj Bfyl|f k5{ .

3/kfos lz|fssf] Wofg 3-/ kl/j/df s|b|t xG5 . hlt

# afx/|sf lz|fssf] eql syf

..3/kfos lz|fsl -df3 @)^%\_ n] dg 5g|f] . lj Bfyl| cleefj s / lz|f; |f ; /f\$|/ /Vg] cGo JolQmsf gh/df lj Bfnodf ..3/kfos| jf ..3/ ckfos| lz|fs xg|sf km0bf jf a|km0bf a|n] x|hf|g\ t/ :jo+z|fsn] r|fxFzob} 3/kfossf] lj /f|v unf|f\ . hflu/kfos 3/ agfpg| x|; ot /Vg] lz|fssf] s/f 5f8f; t/ hf] lz|fs cf^gf] af|Wotfn] hflu/ v|f|g ; b/ u|p|f k|5, p; df xg|dfq|; s cG|t|a| pm : jom|f0{ hlt c; s; nf0{ yxf| x|hf <.cf^gf] u|p|f] lj Bfnodf slxNo} klg ghf|g| af|f ug| u|Ndsf uf|f| Gbk| fb 9sf n-; Gw|k|Nrf\$|sf lz|fs\_ o; sf] ckj fb xg; Sng\olb pgn|f0{ u|p|f] ..c^w/ c|dn|f| nfu\$|] x|f|g eg] . bz\$|] !% lbg| lab|df PSnl c|df e|f| u|Ndsf] u|p|f k|5' pgsf nflu cf|t|/s ko6g kSs} x|f|g x|hf . Pp6| |h|n|f|eq lz|f0f ug| >|dtl / pgl; |f ePsf] 5f|f e|f| klg nfd| labf g|kv|f' pgsf]

; f|v klg t kSs} x|f|g . dnf0{n|f|5, >|dtl; |xt pgsf] cf^gf] u|p|f v8|s|f|f] d|f|W|ds lj Bfnodf ; ?j eP/ hf|g] c|; / k|P pgn] kSs} c; j|sf/ ug| 5g|g\ .

; a} lz|fsx; lsg 3/kfos g/ /f|5g\ e|g] s/f] lj Zn|f0f klg ul/gk5{ . afx/|sf lz|fsn] hlt; 5} lbnr: kl nu|P/ lj Bfnosf] |xtdf sfd u/] t|f|g . leq|sf lz|fssf] gh/df To|f lgt|f|t . hflu/ ksfpgsf nflu u/\$|] b|v|G5 . s|f|f| b|f|f|n >|7sf] zAb ; f|k6l lnc|f; afx/|sf lz|fs hflu/sf nflu cfPsf xG5g\ t/ :yf|g|



lz|fsdf u|p|f] :shsf] d|f0f xG5 A of] zAb . afx/|sf lz|fsnf0{ slt la' b|f] x|f] < t/ cf|k| k|v|f|g| Wofks eP/ klg b|f|f|f|n|n] cf^g] lj Bfnosf lz|fs s|f/ ; To|f n / /w|z|ofd >|7nf0{ t s|x| ug| ; SgePsf] 5g| lg |p|xf|; n] :yf|g| eP} cfw|/df 56 k|fpg|Psf] t x|hf |lj Bfnosf] r|f|k| lj sf; sf nflu sg| lz|fsn] slt of|b|f|g u/\$|] 5 eg| d|Nof|g u/l b08 / k/: sf/sf] Joj: yf ug|k| k|v|f|g| Wofks : jom| g} o; / L . afx/| / . leq|sf] j|ul\$/0f ug| { yfn|k|5 b|f| ; /s} lj Bfnosf . afx/|sf ^ hg| lz|fsnf0{ cf^gf] u|p|f/sf] ; 0%g|n] slt ; t|f|f] x|f] <

cleefj s / lj Bfno Joj: yfkg ; |dt|df . afx/|sf e|gf . leq|sf lz|fssf] s/f a9| ; g|f0{ xg| : j|f|f|j s} x|] . leq|sf lz|fsx; :yf|g| /fh|g|ltnf0{ klg ; |hn} k|f|f|j t ug| ; S5g\ . Ps k|'Edf lz|fs d} 5f|kPsf] 5- :yf|g| lz|fsdf k9|fP jf gk9|fP klg cleefj s / 5f|5f|qfsf] bafa sd xg| t/ afx/|sf lz|fsn] gk9|fPdf cleefj s / 5f|5f|qfsf] bafa

tflnd lnP klg 3/kfos ePKl5  
 tflndnf0{JoJxf/df ptfg{sl7g  
 xG5 . To; sf/Of tflnddf g}  
 ; ldt xG5 . x] 3/kfos  
 lzlfnsnf0{nfe xG5 . tna eOf  
 ; a}art xG5 . 3/kl/jf/nf0{  
 rfx]hit ; do lbg ; lsG5 . s]f  
 / c; JoJ; fodf klg nflu  
 kfOG5 . t/ ; a}klfaf6 xflg  
 xG5, pglx; u0ffids lzlfaf6  
 j1-rt xgk5{. cleefjssf]  
 nufgl v] hfG5 . qndzll  
 ; dhdf c; n gful/ssf] cefj  
 xG5 . cGttM b; lj sf; sf nflu  
 hgZlSt pknAw xG5 .

ultf pk]l  
 r08lb]l k]lj, g]la; }\*, w]lb<sup>a</sup>

### /fxt dflvsf]cf3ft

/f]6sf cAn bhf]f hgZlOm  
 lgd]f ug] sf/vfgf lj Bfno xf].  
 pQm sf/vfgfsf sflnu9 eg]f  
 lzlfS xg\.

t/ clxn] g]k]nsf lj Bfnodf  
 rf/ lsl; dsf lzlfS 5g\ :yfol,  
 c:yfol, /fxt / lghl ; f]sf . of]  
 jul\$ /ofn] lzlfSdf ubaGbl,  
 lj rng / xlgtaf]w ; h]g u/\$f]  
 5 . rf/y/l lzlfSaf6 s; /l  
 k]fj sf/l z]lfs lqmfnsfk  
 ; Dej x]hf < c% nHhf:kb /  
 xFp7b] ljifo t of] 5 ls /fxt  
 s]f]sf lzlfssf] # k]tzt  
 tna s]f ul/Psf] 5 . olb  
 ; /sf/n] # k]tzt yk gug] xf]  
 eg] of] s]s]sf] s] c]f]rTo /Xof] <  
 o:tf b/abldf /xg] lzlfssf]  
 c]f]w pkr/ vr{ aldf vr{  
 labf c]l]sf] JoJ:yf v}< s] ol  
 lzlfS la/fdl gxg] / b36gdf  
 klg gkg] lgh] xg\< olb ; h]j  
 g} xg\eg] cfj Zos ; j]f; lj wf /  
 ; /lff gePsf] /fxt lzlfSn] slt  
 k9fpg] <

d]fg k]f]h  
 v]f]a ahf/

### :t/lo lzlf cfhsf]cfj Zostf

xfdf] b;sf of] :gfts tyf  
 :gftsOf/ pk]t klg c; ; / k]kt  
 gu/] ljblzg' k/\$f] 5 . o:tf]  
 lsg c;:yf cfof] < hjfkm :ki6  
 5- xdf] lzlf]n] p]k]f]g u/\$f]  
 hgZlSt las] . lj Bf]l] c]l]oog  
 u/\$f ljifo :t/lo ePg . :t/lo  
 lzlf eg]f] cf'gf] lj ifodf  
 lfdt]fg\ xg' xf]. t/ b]f]o  
 k]f]f]kq afs; el/ 5g\ / s]d]sf]  
 ; j]ndf vfnl 5g\ . cfh b;df  
 ; /sf/ dfq x]f]g ; Of; d]f  
 kl/j]t] e0; s]f] 5 . gofF  
 g]k]nsf nflu hg]f]l lzlf]sf] s/f  
 pl7/x]f] 5 . cfzf u/f]  
 ; lbo]v]sf] g]k]nsf] rfxg k/f  
 xg] / blf g]k]nl hgZlStn]  
 b;lj b;df ; lhn} / f]huf/ k]fpg]  
 lzlf k]kt ug{ k]fpg]g\.

/3g]g ofbj, lzlfS  
 >l k]lj, eaxf, wglf

%gkg] pglx;sf] cgej 5 . 3/  
 ckfos lzlfSn]k9fpg c]f]sf]g u/  
 jf nfd] ; do labdf a; ; ?j]f xg]  
 jf hflu/} 5f8gkg] ePsf]h] :yfglo  
 eGbf aflx/sf lzlfS z]lfs  
 lqmfnsfkdf a9l ; lqno xg] u/\$f]  
 kfOG5 . A dfg] :yfglo lzlfSn]  
 gk9fP klg xG5 t/ . aflx/lsf lzlfS;  
 k9fpg] lzlfS;kl . b]xgf] uf0] xg\  
 pglx;nf0{ hit ; lsG5 Tolt b]f]f  
 xG5 .

dx]f] /lsf clgnsdf/ %sf]  
 z]Abdf- ax]f]f]d] s]f]f, Jo]kf/, s]l  
 5g, /fhgllt klg ul/b] . t/ u]p]f]  
 lzlfS ; fylx; ; sh ; dod} la6f  
 n]fpg] b]OF/ /f]f]Fug] dnfdl jf  
 h]tl hfg]ug]G5 . A slt d]fd] 5  
 of] eg]f0 u v]l yG]Sof]pg] ; dodf  
 lj Bfnodf k9f]f] u/\$f] a]hf d]f  
 ulh]f]eg]j] A c]dfafa' /f]l >ldtl  
 / ; f]g n]f]afnf 3/df 5f]f] hflu/sf]  
 v]h]df bl]d uf]Fku]f]Pp6f df:6/  
 s; /l uf]p] / g; lD%/xg ; Sbf] xf] <  
 af'gf] v]df wfg la6f n]P ls  
 n]f]Pg] < b]f]Fug] g]k]f]f] k]f]g k/]  
 k/fn leh]g]k]f]x]ls A hals :yfglo



lzlfS; wfg k]f]k]l5 lj Bfno hfg  
 5f8] v]l]t/ b]f]f]f xG5g\ . Pp6f  
 3/ ckfos lzlfSn] c]k]nt d/\$f]  
 ; d]rf/ h7f] ; lsPKl5 / c]k]ntsf]  
 lax]ePsf]s'f p; s]j]aRrf h]Gd]k]l5  
 dfq y]f]f k]f]5 . c]k]ntsf] h]Gtl /  
 dnfdl hfg s; nf0{dg x]f]f x]hf <  
 c]f]f] / % ; /n] l; Gwk]Nrf]f]df  
 .3/j]n]l]af6 %gk/\$f]d]f]g] ; s tgfj  
 p]f]f]df] dfq ; d:of x]f]g] of] t c]f  
 .aflx/lsf lzlfssf] ; f]f ; d:of xf] .  
 ; /sf/sf] glt klg .aflx/lsf  
 lzlfssf nflu sd lj e]sf/l 5g .  
 ; a]S ; yf jf :yfglo lgs]on]c]f]f]h]f  
 ug]s]g} hgr]f]gd]hs t]nd, uf]l,  
 ; l]dg/ c]l]bdf :yfglo lzlfS g}  
 k]f]y]d]st]df k5g\ . hgu]f]g]sf] .u]f]s]l  
 xf] \j]f l]g]f]g]sf] hgr]f]f] cleof]gdf  
 v6f]f]f] xf] \Toxf]f] :yfglo lzlfS g}

v]f]hG5 . Tolt dfq ge0{ h]j]gsf]  
 dx]f] k]f]f] ; do kl; gf auf]Psf]  
 sd]f]df a; ; :yfglo, /f]l]6a jf  
 ; l]w]g; e]sf] l]g]f]g]d]f h]g]k]l]g]w  
 5f]G] h:tf] gful/s] ; 4 clwsf/  
 p]k]f]l ug{ ; d]f lzlfSn] k]f]f]g]g\ .  
 of t pglx; cf'gf] 3/-y/ g}geP  
 h:tf]u/] a:gk5{of t cg] x08/  
 v]f] /, cf'gf] ; l-rt labf vr{u/]  
 e]f] v; flg cf'gf] yft-ynf]k]m]g]k]5{ .  
 .aflx/lsf lzlfSn] o:tf s]b]f]  
 36g]q]dx; e]f]g]k]5{ h; n] ubf]  
 pglx;nf0{k6s-k6s cf'gf]uf]p]B/sf]  
 of]n] ; t]f]0/xG5 .

s]f] / zdf]h]n] klg ; lhn} ; txl  
 lj Zn]f]of ul/lbgeof]f] a]3/kfos  
 v]f]g] ; n] Jo]f] x]f] /s sf/Ofnf0{aln]f]  
 ag]f]p]gsf nflu .3/kfos k]f]f] cf'g]  
 uf]p]B/sf] ; j]f ug] rfxg klg k/f  
 xg]v]o]f] e]g]r]N]t]s]f]c]b]z]f]bl sf/Of  
 klg y]k]g]u/\$f]kfOG5 . A slt ; lhn]  
 5 lj Zn]f]of ug{ u z]fob s]f]f]h]n]  
 .aflx/lsf] lzlfssf] ; kdf slxNo}  
 cgej g} a6N]gePsf] 5g .

afnsdf/ hd/s]f]h, lzlfS  
 g]j]o d]f]j, h}l]b]n, sf]d]f]f]





# नेपाल इन्भेष्टमेन्ट बैंक को



सुनौला भविष्य र धेरै खुशीहरू  
तापाईले चाहे जस्तै, हामीले सोचेका छौं



 **नेपाल इन्भेष्टमेन्ट बैंक लि.**  
**NEPAL INVESTMENT BANK LTD.**  
Truly a Nepali Bank

## lzlfs ; fRrs}zlfS

lzlfs dfl; ssf] lgoldt kf7s ePsf]h] EofP; Dd  
k]to\$ cI g56f0{k9g] u5{. lzlfs klqsn]  
oyfy{fno{k]60f0ibP/ szn dfulz\$sf] eldsf  
v]h\$] 5 . df3 cI sf] .lghl ; f] lzlfsu l/kf]h  
k]tt ; fdu] cfd lghl ; f] lzlfsf] ; d:of x]f].  
of] ; d:of ; dfwg ug{ /fhoaf6} kof; u/] c; Dej  
5g . xfdl h:tf lghl ; f] lzlfsf] ; d:of  
; dfwgsf] ljifodf o:t} ; fdu]x; ; dfj z xB}  
hfm]g\, pQ/fQ/ k]ltsf] sfdgf l

/ljIs/of c]h]l  
; :j:tl pdf]j, k]lv]h]f, ; Nofg

## dNo 36fpg ; lSb]g <

kyd cI .c; 7lft pk]lft lzlfs k]z]l zlif\$  
lnP/ ahf/df cPsf]lzlfs dfl; ssf]lgoldt kf7s  
xFd . c; sf]kyk]z\$ u?; u?sf]kyk]z\$ lzlfs  
e6bf cltzo]st gx]hf . clt cfjZos k7glo  
; fdu]sf ; kdf ahf/df v]h]g]g]klqsf aG ; km  
lzlfs sf]lg/Gt/ tyf pRr ; km]tsf]zbsfdg .  
lzlfs df ; DaGwdf s]l ; wf/ Pj +yk :tDesf]  
v]Ff] dx; ; u/\$]f] 5' . slfsf]f :tDe ; aP]bf  
/fd] 5 . clGtd k]7sf] leq se/ lj 1fkgeGf  
sg}lj Bfno, lj Bfyl{f ; yfaf/f l; sfo jf lzlfafaf/  
gofFv]h, klj lw jf szn Joj:yfkg jf vf; ljifo  
lzlfof ; fdu]sf] hfgsf/L /fVbf c%} ; gdf ; uGw  
xg]lyof]. lzlff ; j]f, lzlfs ; j]f; ljwf, lj Bfyl{  
5faj]Q, t]nd; DaGwdf hfgsf/L :tDesf]v]Ff]5 .  
69fsf lghl lzlfs Pj+cGo ; /f]sf/jnfsf  
nflu o; sf]dNo plrt ePg . s]o; sf]dNo 36fpg  
; lSb]g <

ljg]h] xdfn, lzlfs  
lzj lgd]j, pdf\$\$, s]h]n

16k0f]m xdfnhl, tkf]f ; %jnf0{ cfudl cI x; df  
; s]Dd sf]f]og ug]k]f]g ug]f]F. t/, klqsf]dNo  
36fpg] tkf]f] cfux ; j]sf/ ug{ lof]xl/s lx; fadf  
; Dej bl]v]g . lj 1fkG x6fP/ lzlf] ; fdu] ykg klq  
sl7g 5 . tkf]f; f]g]h]f lsg <lsgg]?#) df lzlfs  
laqm xB 9]f]g ef8f, laqm]sf] sid; g / glas\$  
lkntf{ k]tsf] n]ut s6f] k\$zssf] xtdf k]tsk  
?=& hlt dq c]0k]5 . hals suh, 5k]0 / dlb  
; fdu]sf]klf/>lds lx; fa ubf{Ps k]t lzlfsf]n]ut  
?=%) e6bf d]ly k]5 . c]Db]g / vr\$]f] of]ljzfn  
c]t/ kg]c]sf] ; f] eg\$]lj 1fkG g]x]f]. t; y{ lzlfsf]  
:yf]o]j]sf]lg]dt yk lj 1fkG h6fpg' clg]fo{5 . suh,  
d; l, Hofn] c]bsf]efp c]xn\$} / tf/df rlnb]uof]eg]  
t lj 1fkgn]klq vr{wf]g g; Sg]e0{klqsf]dNo; df  
a9fpgkg]xg ; S5 . x]f] ahf/efp ; :t]eP/ klqsf]  
p]k]b]g n]ut g}36d]eg] r]fxFlzls sf]dNo klq  
36g ; S5] lsgg]lzlfs sf]k\$zfg . g g]k]f] g 36f]l  
sf]l; 4f]tdf c]w]l/t 5 .  
- ; #

# I/kf {afn ljsf; slff

ho/fd ufɔd



tia/x; ho/fd ufɔd

# z? t eof kj'fv/ 5g

afn ljsf; slff ;~rfng u/\$f :shsf ;fg  
slffdf ljBfyl{egf{cgkft a9\$} b\fp5 eg]  
o:t} slff ;~rfng gePsf :shdf eg] ljBfyl{  
egf{b/ 36b5 .

**sf** | 7df8f\$} yfgsfpl:yt ;/:j tl  
klljdf 5fq5fqf 36b}uPk15 pQm  
ljBfno ut jif\$lv agb ePsf] 5 . o;sf]  
sf/of xf- cleefj sn] afnaflnsfno{lgbl  
:shdf egf{ug}. lhlzsf sf7df8f\$} zlvf  
clws[ nldl e\$/f0\$} cg;f/, lgbl :shdf  
;fg slffsf]k7gk7g k\$jsf/l xg]ljzj;df  
cleefj sn] ;/:j tl klljdf 5f7f5f]l egf{  
ug{lxlRsrfPsf xg\ . t/, ;/:j tl kllj  
ghs\$} dEnfbo dfljsf ;fg slffdf eg]  
5fq5fqsf] rfk lgs}5 . ToxfFafn ljsf;  
slff -0;18L ;~rfng ul/Psf sf/of ;fg

afnaflnsf o; tkf{cfsliff ePsf xg\ .  
sf7df8f\$}sdnkfy/l klljdf tlg jif{otf  
yf}] ljBfyl{egf{x\$}cfPsf 5g\ . ;ft hgf  
lzlf b/agbl /x\$} o; :shdf of] jif{t  
\* @ hgf dfq 5fq5fqf dfq egf{eP . ToxfF  
@)^# df \* @ / @)^\$ df !@! hgf ljBfyl{  
egf{ePsf lyp . clwoogsf nflu 5fq5fqf  
gePsf sf/of kfF hgf lzlf sfofnodf  
s7fsfgld}Jo:t lyp . lzlf zrf /f0\$}  
egf0df htftt}vh\$}lgbl :shn]ljgznls  
egf{ug{yfnk15 sdnkfy/l klljdf ljBfyl{  
36b}uPsf 5g\ . ot, sf7df8f\$}cfnkfbl:yt  
afn ljsf; dfljn];fg slffdf ljBfyl{egf{  
cgkft 36k15 o; }jif\$lv afn ljsf; slff  
;~rfng ug]lgof u/\$} 5 .  
; /sf/L :sh; Da6w dflysf b[6fctn]afn  
ljsf; slff ;~rfng u/\$} :shsf ;fg slffdf  
ljBfyl{egf{cgkft a9\$} b\fp5 eg] o:t}  
slff ;~rfng gePsf :shdf eg]ljBfyl{egf{  
b/ 36b5 . yfgsf\$} ;/:j tl klljn] t  
k7gk7g g) agb u/] lzlf b/agbl;df  
ghssf ;fj hlg :shdf ldnfg u/\$} 5 .  
;fj hlg :shdf slff Psdf egf{xg ^ jif\$}  
pd]nfo{dkb08 dflgPsf]5 . z?d}Ps slffdf  
egf{ePsf]ljBfyl{0:shsf]jftfj/of; 3hldn  
eP/ k7gk7g cl3 a9fpg sl7g xg]ub5 .  
t/, Ps jif{afn ljsf; slffdf latPsf]  
ljBfyl{eg}k7gk7g, lzlf / ljBfyl{6sf]  
; Da6w Pj +jBfnosf]jftfj/of; Da6w cfwf/et  
1fg cfhg ug]ePsf]p; nfo{slff Psdf  
/lvf k\$jsf/l xg] lzlf ljefusf]kfl/Des



# ; Gt16 5'



klkf l/hfn, ; ~rfns  
l; 6L d06Zj/L, cgfdgu/

tkf0{f} cgejdf afnaflnsfnf0{ s;/L k9fpbf ltgn]  
; lhn}l; Sg ; S5g\<

xfdl d06Zj/L lzlf0f ljwsf cfwf/df b0k}lv kfF jif{pdZ  
; dxsf afnaflnsfnf0{ pglx; s} 1fglbbosf] kofuaf/f  
l; sfpg] u5f; . 5fP/, k9Z, cEof; u/Z, ; BZ clg rfvZ  
s0fs0ln] wZ} s/f l; Sg ; S5g\ . o; nf0{ vth lj lw klg  
elg65 .

Toit ; fgl] pdZ ; dxsf afnaflnsfnf] s;/L l; Sg ; S5g\ t <  
afnaflnsfnf] vllb} clg gfrb}l; S5g\ . k9f0sf] sf/0faf6  
pglx; n] sb} klg lsl; dsf] tgfj  
/ ; d:of %llgkb0 . of] ; a0Gbf

dxlj k0f{ knf0bf xf] . d06Zj/L  
lzlf0f lj lw zf/l/s ; kdf  
cz0m wgl, ul/a ; asf nflu  
nfebfos 5 .

; fgl afnaflnsfnf0{ o;/L  
l; sfpbf cleefjssf] klqlomf  
s:tf] cfp5 <

u; sfo{ gubf{ cf^gf 5fZf5fZlnf0{  
df:6/n] sv/f agfP/ ; hfo  
lbPsf] blyzf cleefj s xfdln]  
knsp/ k9fPsf] blybf 5Ss

k5G\ . ; fgl s0fs0l hfE/sf ; fy l; sf0 klqmofdf ; nllg  
xb] ePsfh] cleefjssf] af% 36\$] 5 . cgZfl; t tj/n]  
5fZf5fZln] l; s\$] blybf cleefj s v; l xg' ; jfejlj s xf] .  
xfdl] afnaflnsfnf0{ df0f u/Z l; sfPsf] blybf 5fZf5fZl  
xsf0; s\$] sltko cleefj sn] k0M ; Gtfg hGdfP/  
k9fpg] /x/ u/\$f] kfpSl 5' .

; fj hlgS :shsf afnlj sf; s0bdf ; fgl gfglx; nf0{  
o;/L l; sfpg ; ls0 <

kjfvf/ eP ; ls65 . tlncklkt lzlfS, Jojl:yt slfSfZf  
/ pkoQm zllfs jftf/0f :t/lo l; sf0sf kjfvf/ xg\ .  
sltko :shdf kjfvf/ ljgf klg d06Zj/L lj lwaf6  
k9f0G5 . To:tf] cEof; af6 cleefj s / afnaflnsf 7luPsf  
5g\ .

t/ of] ; j{fwf/0fsf nflu t dx0f] k5{lg <

d06Zj/L :sh k7gk7g s;xl dx0f] xG5 lsgeg] lj Bfylh]  
klkt ug] ; ljwf / lzlf klg :t/lo / kefj sf/l xG5 . vfg]  
; Tg] vlg] h:tf ; ljwf k0fg u/Z tlncklkt lzlfSx;af6  
k9f0g] ePsfh] of] s;xl dx0f] xg' ; jfejlj s xf] .

afn lj sf; zrvf kvv bljgf klfgrEn]atf0g\  
oxl cjwf/0ffsf cfwf/df afn lj sf; slff  
kl/De ul/Psf] bljgfn] plny ul/g\ . ; fgl  
slffdf c; kmn xg] / ; fgl :sh 5f8g] kj Q  
/f;g afn lj sf; slff kefj sf/l ePsf] pgsf]  
cgej 5 . afn lj sf; dlj cfnk0sf lzlfS  
wdf0b knfn lgdlj / dlj df lj Bfyl; ^vof  
/fd] eP klg ; fgl slff agb} ug] cj: yf pTkGg  
ePk15 cfpbf] zllfs ; qblv afn lj sf; slff  
; ~rfngsf] tof/l ul/Psf] atfp5g\ .

## cjwf/0ffsf] kf6f]

cf7 jif{Ddsf] pdZ ; dxsf afnaflnsfnf]  
; fdflhs, ; jufids, zf/l/s / dfg] ; s  
klfsf] lj sf; sf nflu ; ~rfng ul/g] slffnf0{  
afn lj sf; slff eG] ul/Psf] 5 . o:tf]  
slff ; /sf/n] bz el/sf @) xhf/ @# j6f  
:shdf afn lj sf; s0bdf ; ~rfng u/\$f]  
lzlf ljefun] hgPsf] 5 . sf7df8f dfq]  
@ ; o @! j6f o:tf s0b] ; ~rfnt 5g\  
cfufdl zllfs ; qblv ; ~rfng ug] yk #  
xhf/ %) s0bhf0{ ; jls[t lbPsf] lzlf  
ljefusf] ah0 tyf sfo0nd zrvsf clws[  
s[0f 9Efgn] hfgsf/l lbgeof] .

afnaflnsfnf] lj sf; sf nflu afn lj sf;  
slff kefj sf/l dflgP klg ; /sf/l :shdf  
o:tf] slff ; ~rfngsf nflu pkoQm hgZlQm  
/ kjfvf/ eg] c%} tof/ ePsf] 50 .  
rfalxn:yt ldq lgdljdf ut jif0lv afn  
lj sf; slff ; ~rfng ul/Psf] 5 . t/sf/l  
ahf/ glhs\$] clt Jo:t 7fpbf /x\$] pQm

xfdl] afn-  
aflnsfnf0{ df0f  
u/Z l; sfPsf] blybf  
5fZf5fZl  
xsf0; s\$] sltko  
cleefj sn] k0M  
; Gtfg hGdfP/  
k9fpg] /x/ u/\$f]  
; d; kfpSl 5' .

# I/kf{ afn ljsf; slff

lgdflj sf] e0{tnfsf] ;fgf] sf]fdf afn ljsf; slff rnf0Psf]5 . cGbfhl ^ af0 !@ sf]sf] afnsyf / sljtf tyf lj Bfno:t/lo kf7dk!tsn] el/Psf]5 . lhlszf sf7df8f\$zfvf clws[ ?bdlof e08f/l ;fj hlg\$ :shn]; ~rfng u/\$f afn ljsf; slffsf] hgziQm / kjfxf/ sdhf] /x\$] atfp5g\ . pgsf] syg 5, æafn ljsf; slff ; ~rfngsf nflu phofnf] tyf km/flsnf] sf] tyf tftf]cf\$dfg rfxG5, ltgnf0{vfg\$/fsf] ;d] Joj:yf ugk5{ t/ w]h;f] s]bdf o:tf] dfkbo8;d] k/f ePsf] 5g .

ldq lgdflj sf] afn ljsf; s]bdf o; jif{ egf{ePsf !@ hgf afnaflnsfnf0{; xoflul lzlf\$ /hgl ;fksf\$ n]vg, afl]g / cgzf;gsf s/f l;sfp5g\ . tdf<sup>a</sup>, du/, gjf/, ehj ; dbfo tl afnaflnsfx; z?df dftfiffdf dfq s/f uy]. t/ clxn]; a}hgf gkfnl efiiffdf afl]g / n]vg ; Sg]ePsf 5g\ . lhlszf sf7df8f\$; f] JoIQm /]fsf >]7 Pp6f slffdf !) hgf dfq egf{ ul/gkg] / slnnf] pd] ; dXsf o:tf afnaflnsfnf0{ lj Bfnodf vfg] / ; Tg] Joj:yf ul/gkg] hfb lbg5g\ . t/, pgs} lqsf]ldq lgdflj sf] afn ljsf; slffdf egf{ ePsf afnaflnsfnf] o:tf] ; ljwf kfPsf] blvPg .

afn ljsf; slffsf] ;<sup>a</sup>vof a9fpg] ; /sf/ gllt /x\$]5 . t/ ; /sf/n]o:tf]slffdf k9fpg] oflo / ; lkoQm hgziQm tof/ eg] ug{ ; s\$] 5g . To; f]t o:tf]slffdf clxn]k9f0/x\$] lzlf\$ ; d] kof]t kf/ >lds kfPsf 5g\ . ; /sf/n] afn ljsf; s]bdf k9fpg]; xoflul lzlf\$nf0{dfl; s hbd !\* ; o lbg] u/\$]5 . buddf dfl; s b0{ xhf/ kfp5g\ . lhlszf sf7df8f\$6 Psxkt]tflnd

lnPsl lzlf\$ ; fksf\$ elG5g\æxfdl]c; lzlf\$nf] eGb a9l v6] slnnf afnaflnsf k9fpgk5{. t/ tna / ; ljwf eg]c; flb}yf]l}lbP/ ; /sf/n] z]f]of u/\$]5 . Æ pgnf0{eg]nf0a]vgsf ; kdf ; d] sfd nufP/ :shn]yk @% ; o ?k\$flbPsf] 5 . ; /sf/n]; xoflul lzlf\$nf0{; cfly\$ jifflv lxdfnl lqdf @ xhf/ / cG lqdf !\* ; o ?k\$flbg] lq06 u/\$] lhnf lzlf\$ sfofno, sf7df8f\$ clws[ ?bdlof e08f/ln]hfgsf/l lbP .

## d06Zj /L; f\$sf] ; dfgtf

lghl :shn]; ~rfng ug]d06Zj /L slff / ; /sf/L :shdf ; ~rfng ul/Psf] afn ljsf; slffdf w] ; dfgtf elG5 t/ d06Zj /Lsf] thgdf afn ljsf; slff eg] k\$jsf/L aG ; s\$] 5g . d06Zj /Ldf v]h ljwaf6 afnaflnsfnf0{; sf0g] u/\$]5 . b0{ jifflv ^ jif{Ddsf afnaflnsfnf0{ v]haf6 l; sf0g]k4ltn]ltgsf]zf/l/s, dfgl; s, afl]s / ; j]f]ds ljsf; xg] lzlf\$ ljefus kf/Des afn ljsf; zfvf k\$V bljg kfvgfEn] atf0g\ .

cgfdgu/l:yt l; 6l d06Zj /Lsf ; ~rfns klkf l/hfn ; fg afnaflnsfnf0{ 1fg]bbx;sf] k\$]af/f k\$]ds Pj +; xefuldh\$ tl/sfaf6 l; sfp] To:tf]lzlf\$ k\$jsf/L xg]wf/Off /flv5g\ . pgl elG5g\æxfdl]afnaflnsfnf0{; sfPsf]b]bf cleef]sn]yk ; Gtfg h6dfpg /x/ u/\$] ; d] kf0Psf]5 . Æ 8ANo8ANo8ANo' 86 d06Zj /L 86 0/8o' gfdsf] j] ; f06df d06Zj /L jf afn ljsf; slffdf k9\$ 5f5f l]ifout clloog, ul0ftsf lqmfnsfk / ; fdilhs cGt/lqmfdf c;eGb pQd /x\$]pln]v ul/Psf]5 .

## शिक्षक

df] ; S

# u]xs aGgxf] \U

u]xs cjlw	ahf/ dNo -?=_	u]xs dNo -?=_
Ps jif{-!@S#}_	#^)=	#@)=
b0{jif{-@S#}_	&@)=	^!)=

- xfnnf0{ 0R5's kf7sx; xhfsaf6 k]t ug] u/l ; lw} lzlf\$ dfl; ssf] sfofnoaf6 cyjf kfos kg] kqklqs k; ndfk] u]xs aG ; Sgxg\$ .
- Ph]6 e0{ lzlf\$ dfl; s laqm ug{ 0R5's kqklqs k; nx;n] lgDg 7]f]df ; Dks{ ug]f]f . kf]j-g+!^^, lzlf\$ dfl; ssf]sfofno, kf6g9f\$, nlintk/ . ^ofS; M%%\$!!(^, km]M%%\$\*!\$@, %%\$#@% .

# dfu cllbog ug{sfokn

**Ijudf** lzlf; ;yfx; ; ePsf ; xdlit tyf ; D%sf]sf]sf]og / gkfn lzlf olgog cflbn]sxl dlxgcl3 klvfgcl kksdn bxfnnf0{a%Psf]!& ab]dfusf af/gf cllbog ug{Lzlf dGqnon]!# k; @)^% df ; x; lrj hgfog gkfn]sf ; efn]stjdf sfokn u7g u/\$f] 5 . lzlf dGqnosf klitglw, gkfn lzlf olgog, z]lfs u0ftflGqs d-r, lzlfzf:qsf lj Bfyl{klitglw; lxt !\* hgfsf]; f]sfokn]sxl lj ifonf0{6E]df k%ofPsf] 5 eg] s]ldf 5nkm z? u/\$f] 5 .

; [ ]sf cg; f/, lzlfnsf0{ lghfdtl; /x agfpg] ; jR5s cjsfz lng rfxg] :yfol lzlfnsf0{ tlg jif

Dofb jf kfF u\$ yk] jf Ps jifsf] Psdl7 tna pknAw u/fP/ jf Ps tx a9jf u/] eP klg cjsfz lbg] lg0f6 sfokn] u/\$f] 5 . To:t] ; /sf/sf] lfdtf ePdf ; ;yfut lj Bfonf0{qndzll /fli6es/Of ub]hfg] cy{ dGqnon] ah6 pknAw u/fPdf lj Bfno sdff/lnf0{b/agldf kb:yfkg ug] lzlf lGolQmsf] ; DkOf{ lhdof lzlf ; j] cfor]nf0{ lbg] y/ly/Lsf lzlfnsf0{Pp6}agfP/ lj leGg >0lfd ljefhg ug] lg0f6; d] e0; s]sf] a%Psf] 5 . c:yfol lzlf, cllwofkg cgdltkqsf] Joj:yfnufotsf lj ifodf eg]lg0f6df klg afel /x\$]sfoknsf Ps ; b:on]hgfsf/l lbP .

# ; 3lotfsf] tof/Ldf ; 3

!( / @) df3df s7df8f] a; \$f] gkfn lzlf; ; 3sf] s]bllo ; ldltsf] a]sn] @! blv @% krfugdf xg] 56f] dxfw] zgsf] tof/L sfokn]tlatf lbg lj leGg kfF j6f pk; ldlit u7g u/\$f] 5 .

a]sn] dxfw] zgsf nflu .uof:t/lo lzlf, pRr lzlf dof] / ; /lft gful/s ; j t6qtfsf nflu gkfn lzlf; ; 3u eg] dh gf/f klg to u/\$f] 5 . ljz] lzlf dxf; 3 -0cf0{ sf dxf; lrj k6 efgn] pb 3f6g ug] pQm dxfw] zgd fzel/af6 ; 3sf ^%) hgf lzlf-klitglw ; xeful xg] hfgsf/L dxf; lrj jL/bk\$sfz >]7n] lbPsf 5g\ . dhs ; 3lo u0ftGqdf k]z u/\$f sf/Of ; 3sf] ; E7gf]ds 9fFfnf0{ ; 3lo ; Argf cg?k agfpg]/ ; a]txsf]sld6ldf ; dfgkfts tyf ; dfj z] klitglw] ; lGzrt ug] u/L lj wfgdf ; zfwg ug]lg0f6 ePsf] ; 3sf cllwof d]xg lj fnln]atfP . pgn]eg] ; 3lotf nfu" ePk]5 ; 3leqsf s]bllo klitglw ; jtm ; 3lo klitglw xg] / ; 3lo k4lt nfu" ePsf] Ps dlxglegqdf dxfw] zg u/L ; 3lo sfo{ldit agfpg]Joj:yf lj wfgdf ykg nfluPsf] 5 . To:t]lj wfgdf khftGq / dfgj clwsf/ ljefu ykg] lg0f6 klg ul/Psf] 5 .

# b0{; E7g Ps eP

; Qwfl/ bn g\$kf dcf]fbl / Pstf s]bl]d; fnlgs6 clvn gkfn lzlf ; E7g / u0ftflGqs lzlf ; E7galr !( df3df Pstf ePsf] 5 . af\$]sf] sf]nk/df ePsf] Pstf clw] zgn] u0f/fh nfx]glsf] cllwftfdf !%% hgfsf]s]bllo ; ldlit u7g u/\$f] 5 . clw] zgkl5 a; \$f] ; E7gsf] s]bllo ; ldltsf] a]sn] th; l l3ld/hf0{ j/l7 pknWof tyf g/axfb/ bhfn, /Tgaxfb/ cfhl, nfnaxfb/ al=; l; ejfgl a:g] / efn]hgy ; fksf]nf0{ pknWofdf rog u/\$f] 5 . a]saf6 dxf; lrjdf e]f/fh elfn, ; lrjdf huGgy cfrfo{/ hljgy k/fhhl, sf]f]Wofdf al/axfb/ /f0{ rlgPsf

5g\ . To; u/L a]sn] !& ; b:olo s]bllo sfokn, %@ ; b:olo ; lrjfn, ( j6f ljefu / lfdlo ; efn]hgy tyf /fho ; ldlit ; d] u7g u/\$f] 5 . ; E7gsf dxf; lrj e]f/fh elfinn] lzlf nsf0{ ; , lzlf lGolQm klqmf / lghl ; s]hsf]/fli6es/Of; Da6w lj jfb ca l5\$} ; dfwg xg] bfal u/]. Pp6} lgsfn]lzlf lGolQm ug]kg] cftl/s klit:kwf\$ cfw/df c:yfol lzlfnsf0{ :yfol agfpgkg] lj Bfno sdff/lnf0{ b/agldf /vl Itgsf]; j]f; lj wf lj :tf/ ul/gkg] / lghl lj Bfonf0{ sDkg] P6 c6tu\$ ge0{Lzlf P6 c6tu\$ ; -rfng ug]Joj:yf ug]kg] c8fgdf cf'gf]; E7gsf]/x\$]pgn]atfP .

# lzlf egf\$] 6E] 56

**cllwfkg** cgdltkq / :yfol lzlf kbkl't; ; Da6w k/lifsf] c%6E] nflu ; s]sf] 56 . lzlf ; j] cfor]usf ; b:0 ; lrj czf\$sd/ cofn] lzlf dGqnon]sfokn u7g u/] ; du]lzlf glts}af/gf 5nkm u/\$f]sfoknsf]l; knl/; n]sf]gl ?k wf/Of gu/]Dd gofLzlf egf{/ cllwfkg cgdltkqsf] k/lif ; -rfng ug]{sl7gf0{ePsf]atfPsf 5g\ . !} dlxg]lzlf tlnD lnPsf jf lzlfzf:q k9\$] JolQmf0{

k/lifsf]dflwodaf6 cllwfkg cgdlt lbg]clxn\$]sf]sggl Joj:yfn]lj 1fg, uloft / c^u]h lj ifosf /fd] lzlf lGolQmsf nflu ; d:of ; hgf ePsf] ugf; f] cfor]u; Dd kl\$] 5 . lj 1fg / dfg]sl ; lfo c6tu\$ c^u]h / uloft k9\$] /fd] JolQmf0{Lzlf lGolQm ug] clxn\$] cllwfkg cgdltkqsf] Joj:yf afws ag\$] 5 . cofn]eg] ; sfokn]of] ; d:ofsf] klg lgsf; lb65 eGgd] xfdl cfz]fbl 5f] ; A clxn]Dd cfor]un] @ nfv &\$ xhf/nf0{cllwfkg cgdltkq k6fg ul/; s]sf] 5 .

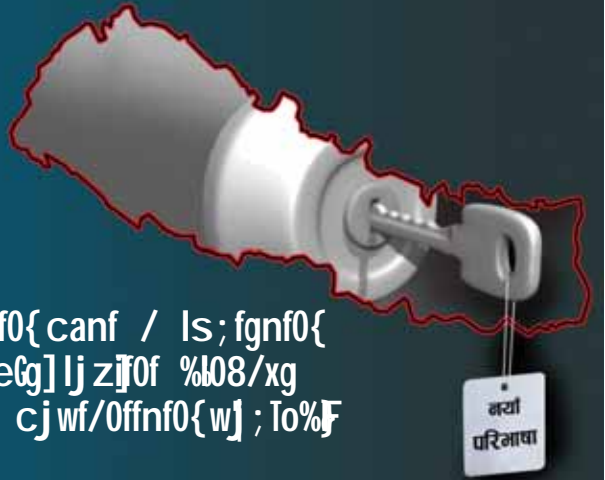
**ljrf/**

8f= tly{xfb/ >lj



/ljg ; folkl

# cfb/0flo lzlfsc;df tlg ljglt



/fHo g}kgM; Argf ul/g nlfbf gf/lmf0{canf / ls;fgnf0{  
u/lj eg%F.gkfnl sf cufl8 .; fgl eG] ljzif0f %l08/xg  
gkfcf] \ .; fgl ..7hf] eG] thgfids cjwf/Offnf0{w] ; To%F  
3f\$fpq aGb u/fF.

**%00** 08}%) j if{Dd lxdfnl clw/fHosf];kdf kl/lrt  
zfxsfnlq gkfnf0{ /fhglts-efl]hs ;kdf  
kgM/yfifg u/L .; a\$lo n\$ftfGqs u0ftGqfids /fHol  
;kfgt/Of ug[kof; e0/x\$] 5 . /fHo kgM; Argfsf] of]  
38ldf s;l k/fgf; f] / cjwf/Off jf a%0x;sf]kl/j tG  
jf kgMofVof xg' h?/L 5 . o:tf]kl/j tG jf kgMofVof  
ljBfnof;df c% ; zSt ;kn] kl/rfng ug{ jf-5glo  
xG5 . /fHosf]kgM; /rgf ubf{/fi6sf]cv08tfnf0{; jf]kl/  
;kdf :jlsfgkb5 . /fi6 cv08tf ; a}vfnsf kl/j tGsf]  
kyd zt{xgk5{.

xfdln] hfg] jf ghfg] cyjf rfn}gkfo{ cf'gf  
; an klfnf0{bahf]sf]kl/efiffleq hs8] cf'g}r]gfnf0{  
sl07t kif/x\$] b]6fGtx; xfdl kf7ak!tsx;df kof]t  
e]6G5g\ . To:tf ql6 / ed ; Rofp]j:tljstf phfu/  
ug] sfdff xfdl ca kl5 kgk5 .

gkfn ; /sf/, lzlf tyf v]hsb dGqfno, kf7aqnd  
ljsf; s]baf6 @)^\$ ; indf k\$flzt slff !) sf]  
; fdlhs clloog kf7ak!tssf]klxnf]kf7sf]klxnf]k^lSt  
o:tf] 5M

apQ/df rlg / blifof, k'j{tyf klZrddf ef/t; E  
l;dfgf hf]8Psf]gkfn Ps ;fg] ekl/j]7t bZ xf].  
w/ftnl :j;ksf cfwf/df gkfnf0{tlg dVo efl]hs  
k}zdf afBq; ;lsG5 . ol tlg]6f k}zx; Pscik;df  
Psbdf]leG 5g\ . ol k}zx; xgM -!\_ lxdfnl k}z,  
-@\_ kxf8l k}z, #\_ t/f0{ k}z .#


pko\$ t k^lStn]gkfn .; fgl 5 / xfdl .; fgl 5fF

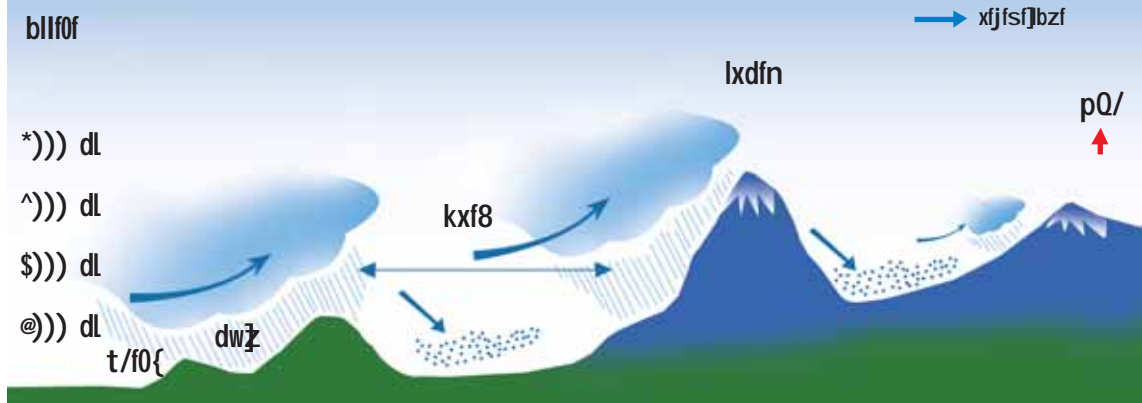
eG] wf/Off afn Pj +lszf] dl:tisdf alhf/fkOf ug]  
sfd u5{ . To; af6 sltkosf]dgdf xlgefjgf klq pAhg  
; S5 . t/ gkfn sg bzeGbf ; fgl 5 < ; fgl xGsf]  
cfwf/ s]xf] <gkneGbf ; fgl c; slt bZ 5g\ <ef/t  
/ rlgeGbf 7hf c; bZ klq 5g\ls < ol ; jfndf  
dxfslj nldk]fb b]sf] cfneGbf kfF bzsc]3 g}  
:ki6 lyp . of] .; fgl eG] cleJolStnf0{pgn]s]gkfn  
; fgl 5 eG] lgaGwdfk]Toltahf g} ; Rofpg] kxn  
u/\$f lyp . t/ belfojz, cfh klq xfdl xfdl slnnf  
ljBfylnf0{Toxl Pskllo / e]ds lrgtsf]ef/L af\$fo/x\$  
5fF. ca, /fHo g}kgM; Argf ul/g nlfbf gf/lmf0{canf  
/ ls;fgnf0{u/lj eg%F.gkfnl sf cufl8 .; fgl eG]  
ljzif0f %l08/xg gkfcf] \ .; fgl ..7hf] eG] thgfids  
cjwf/Offnf0{w] ; To %F 3f\$fpq aGb u/fF. of] d]f]  
klxnf] ljglt xf].

ljleG k!ts-kl:tsf, n]v/rgf / uf]7L-; l]dgf/sf  
sfoq;x;sf] z? jfSodf .gkfn Ps ekl/j]7t cyjf  
n08nS8 (Land-locked) bZ xfl egl p]n]v ug{; fdfGo  
e0; s\$] 5 . ljzif u/L lzlf gkfnlx;n] gkfnf]  
lrgf/l o;/l lbg] ub5g\ . ufpB/df of] rng 5q .  
l;dfgfsf gful/sx; klq l5d\$df ef/t jf rlg  
-ltAat\_ 5 eG5g\ t/ cfk]nf0{tfnfagb -n08nS8\_  
leq hsl8Psf] ; D%5g\ . ljBfno klk]5 g}l; sf0G5,  
.xfl Ps tfnfagb lkf8f h:tf]bZsf gful/s xflFeg] .

xf] gkfn ekl/j]7t 5 - rf]t/ csf] bZsf]  
hldg g}hldgaf/f 3]V]Psf]. t/ hldgn] 3]V]Psf st}

# jiff&f cfwf/df gkfnstl eufh

-  jiff{xg} lrg
-  ; Vvf pklofst
-  xjfsf]bzf



- \*))) dl
- ^))) dl
- \$))) dl
- @))) dl

xnrn ug{g; Sg]u/l 5]sPsf]-nS8\_ eGg]a" g ldnbg .  
 bz ekl/j 7t ePsf sf/of xfdl kvzf g] lknfpg  
 ; Stg]FeG]a%fo tsKof{5g . .ekl/j 7tlnf0{rf/jt/  
 c; bzsf] eefu; E hf]8Psf] eGg] ; fdfgo cydf dfq  
 al%gk5{. o; n] xfdl tnfagldf 5fFeG]efj a%fbg .  
 xfdl gblx; nf0{lxdfnn] 5\$bg, kxf8n] yGbg / r/h  
 /f\$bg . ItAatb]v alucfP/ sDf]Fgblx; ; xh; ; db|Dd  
 klu/x\$ 5g\ . ItAatsf] k^r' gkfnf c;Of ag  
 ; Ktsfzl; E ; db|Ddsf] ofqf u5{. c?of sxlFklg  
 .nS8u xbg . xhf/fSvof^s?^a, rv]f-rv]l / cG  
 kG5lx; gkfn xB; ; f0j]vofb]v >lnf; Ddsf] xjfo{  
 ofqf u5g\ . .n08nS8u]ltgsf]ofqfnf0{sxLF5\$bg .  
 s:t/l d; / lxdlrtjfb]v uBf / kf6af3x; klg  
 ekl/j 7t gkfnst]knf0bf p7fP/ b7b/fh; Dd klb5g\  
 a8{No; dn]/of / l8lnufot sDf]F/fuJofwx; e"  
 l; dfgf gf3] jf/kf/ ul//x\$}xG5g\ . t; y{ekl/j 7t  
 eg\$]f].n08nS8u xfoG eGg]cjwf/Ofsf]lj :tf/ cfhsf]  
 68sf/f] cfjZostf ePsf] 5 .

xfdf] ekl/j 7t kl/l:yltn] rlg / ef/tnf0{hf\$g]  
 sfd u/\$]f] 5 . tl b0{bzalr gkfn] .ln^s]hl (Link-  
 age) cyjf e"; DaGw /fVg] sfd u/\$]f] 5 . ; fdlb\$  
 ; ljwaf6 j1-rt eP/ klg b0{7hf ljsf; fl]dv /fi6sf  
 e\$8lsf] ; kdf o; sf] Jofkl/s / ; fdl/s dxLj sd  
 5g . To]xg g; s\$]f]dfq xf] . xfdl]Jofj xfl/s cgejn]  
 klg b;vfo; s\$]f]5u cjw Jofkl/l / t:s/x; of]e\$8lsf]  
 knf0bf p7fpg slxNo}rSbg\ . /StrGbg xf] vj of; fDaf,  
 af3sf]x8 xf] vj uBsf]vfu, lr?sf]png ; a)dNofjfg\  
 j :th]gkfnst] eefunf0{ ; }sf] ; kdf kofu u/\$}5g\  
 jw Jofkl/n] dfq gkfnst] of] dxLj nf0{oyfl]rt ; kdf  
 ehfpg ; s\$]f] 5g . vff]t Totflf/sf] lrgtgsf] dfq  
 xf] . To; h]afnafnsfx; sf slnnf dl:tisdf .n08nS8u]sf]  
 alp 5g{ agb u/f] of] d7f] bf] fl] ljglt xf] .

gkfnst] w/ftnlo : j; ksf] jofG ubf{ kofu ul/g]  
 .gkfnf0{ tlg euf]hns kbzdf afBg ; lsg5u eGg]  
 jfSofznf0{klg jtGg kl/k]odf kgM; Argf ug{cfjZos  
 5 . jf:tjdf gkfn eg\$]lxdfn, kxf8 / t/f0\$]f]; eSt

: j; k xf] . ol ljleG euf]hns : j; kx; sf] ; lDd>of jf  
 ; dfof]hgaf6 gkfnst] lgdfof ePsf] 5 . h:t} clS; hg  
 / xf08hgsf] ; dfof]hgdf kfglsf] lgdfof xG5 . kfglsf]  
 : j; k / : jefj cf'g} ljzlf ksf/sf] xG5 . To; n]  
 clS; hgsf] sfd lbBg . xfdl] kn\$; fh] To; sf] ; f; knj{  
 ldnbg . To:t}xf08hgsf] uof klg kfgln] af\$bg . t; y{  
 kfglsf] aofg ubf{ clS; hg / xf08hG ldn] ag\$]  
 kbfy{ xf] eGg]kg] xG5 . To; u/L gkfnf0{ klg .lxdfn,  
 kxf8 / t/f0{ldn] ag\$]f]/fho] eGg]ul/gkb5 . dfx/Lsf]  
 aofg ubf{6f]psf] 5ftl / kbl ol tlg v08 ldn] ag\$]  
 kfo] eG5f]f . ol tlg efu 5b0fpg ldnbg . 5b0fof]  
 eg] dfx/Lsf] cl:tj /xbg . o; u/L gkfnst] cl:tj  
 o; sf] euf]hns cv08tdf lglxt 5 eGg]s/f gehf].  
 of] d7f] t] fl] ljglt xf] .

**.gkfnf0{ tlg euf]hns kbzdf afBg  
 ; lsg5u eGg] jfSofznf0{klg jtGg  
 kl/k]odf kgM; Argf ug{cfjZos 5 .  
 gkfn eg\$]lxdfn, kxf8 / t/f0\$]f]; eQm  
 : j; k g} xf] .**

gkfnst] w/ftnlo : j; k jofG ubf{ efb / dwznf0{  
 la; Gxbg . gkfn efb, lxdfn, kxf8, dwz / t/f0n]  
 ag\$]bzf xf] . efb kbzsf]Pp6]lhNnf 8f]kfdf d7]l]v  
 dxsfnl; Ddsf ; DkOf{ gkfnl hg; ^vof c6fpg] eefu  
 5, olb ToxfFsf7df8f]hg3g]df a:tl a; flg ; Sof]  
 eg] . o; u/L dwz la; G' eg\$]f] gkfnst] ! ) kltzt  
 eefu la; G' xf] . dwzsf] lrgknn ! \$, ^ ) \$ julsnfl]d6/n]  
 t/f0\$]f] % ) kltzt lrgknnf0{ pl5G5 . t/f0\$]f] !\*  
 lhNnfsf] lrgknn nueu \*^, \*\$^ julsnfl]d6/ 5 .

cGtdf ; ^slo zf; g kofnl nfu" ePkI5 /fho jf  
 klGtx; alrsf]cGt; DaGw / cGt/lge{tfaf6 gofFnhf\$]  
 l; lh\$ eP/ ; ^slo cfdlge{tsf gofFllfthx; vNg  
 hfG5g\ eGg] ljZj; efl] kldf hufpg ; sf] eGg]  
 sfdgf ub\$ .

# :shM lj zif1 xf0g c; n JolQm lgdf0fsf lglDt

:shsf]p27o lj Bfyl6f0{  
ljzif1 xf0g c; n cyf{\  
ldng;f/ JolQm agfpg]  
xgk5{. :jtGq ;kn]ljrf/  
ug{/ lg0f6 ug{;Sg]  
;fdf6 lfdtf a9fpg]  
sfdnf0{:shn];jfkws dxLj  
lbgk5{.



uflks; // /jg ; fofd

**lz** | lffsf af/dlf aflg]cflwsf/s JolQm xFeg] d  
bfal ulbg]Fisgeg] d lziff a%\$f] JolStleg  
klbgF. zlf]s ;d:ofsf af/dlf yk} ljafg;x;n] ljlel  
;dodf k6 ;kdf cf'gf ljrf/ JoQm u/l klg ;s\$  
5g\ d]oxfF/vg]s/f d7f]JolQmut cgej / ljZjf;df  
dfq cfwil/t 5g\.

dfg;sf lglDt ;To yxf kfgp' jf ;Tosf] 1fg  
cfhg ug{ dfq} koflt xbg. cflh{ 1fgnf0{ dfl;g  
glbg lg/Gt/ gjls/Of ul//xgk5{. o;nf0{ d?elddf  
/x\$] l; Edd{sf] dlt{E thgf ug{;lsG5, hf] ;wF  
afn]fn]kl/g]vt/fdf xG5 . Tof]dlt{;wF/ rldS/xf] \  
e]sf nflu s; }g s; }To; sf] x7ljrf/ ugk5{. d  
;dfhsf] x7ljrf/ ug] dfG5dllo\$] Ps xF.

k/Dk/fut 1fgsf]e08f/nf0{Ps k'tfaf6 csf]k'tfdf  
x:tfGt/Of ug]; aebf dxLj kOf{ dflod :sh xf]. of]  
s/f clxn]cfP/ c; a9l ;xl / ;fble\$ ;flat ePsf]  
5 . cfly\$ lqmfnsfksf] gofFkl/jz / lj sf; n] ubf{  
sb} ahf k/Dk/f / lziffsf] dVo jfxxsf ;kdf /x\$]  
kl/jf/sf] eldsf cfh sdhf] ePsf] 5 . To; } dfgj  
;dfhsf] lg/Gt/tf / pGlt klxn;ebf w} a9l dfqdf  
:shdf lge{ xg yfn\$] 5 .

slxn\$fxlFdfg; n]:shnf0{cf'gf ;Gtlnf0{clwstd  
dfqdf 1fg x:tfGt/Of ug];fwg jf dflodsf ;kdf  
dfq lng]u5G\ . t/ of];f]f0 7ls xf0g . 1fg lghl]  
xG5 t/ :shn]hlj tx;sf]; jf ub5 . :shn]ojfx;df  
dfgjhltsf]; du]lxtsf nflu cfjZos uOf / lfdtf  
a9fpgk5{. t/ o;sf]cy{\ JolQmsf] klxrfg g}gi6 ug{  
eGg]sbflk xf0g . o;f]u/\$f v08df sldnf / df]lh:t}  
dfg; klg ;dfhsf] Pp6f cfhf/ dfq aG5 . JolQmut  
klxrfg / JolQmut p27o aW/sf dfg;n]el/Psf];dfh  
lj sf; sf] slQ klg ;Defj gf g/x\$]lgDgsf]bsf];dfh  
xG5 . o;sf]lj k/Lt, lziffsf] p27o dfg;nf0{:jtGq  
;kdf IrGtg / sfd ug{; lfd tNofpg]xgk5{h;n]  
;dfhsf]; jf ug]f0{cf'gf]hljgsf]7hf]rbgf]lsf ;kdf  
:jlsf/ u/f] \ . c^u]hl -ahfotsf] lziff kOfnl of]cfbz\$]  
lgs}ghs ku\$] 5 .

t/ glts lziff lbP/ o:tf]cfbz{klt ug{;lsbg .  
zAbx; cklbf cyk]g 5gV cyk]g g}/xG5g\ cfzkltsf]  
cf]7elQm] cwf]littkn{ dfq nhfG5 . eg\$] / ;g\$]  
cfw/df s; \$] JolQm] agbg . o;sf nflu dxgt /  
hfE/ g} rflxG5 .

lziff lbgf]; aebf dxLj kOf{p27o afnsnf0{sb}  
sfd ug{hfu?s agfpg'xf]. of]lgod x/\$ s'/fdf nfu"  
xG5- kfylds txsf afnaflnsf;x;nf0{klxnf]k6s nVg  
sf]; u/fpbf xf] \jf ljZj lj Bfnosf] clGtd k9f0U  
klPr8lsf] y]; ; nVg nufpbf x/\$ ;kmtsf] k5f18  
pTk]s / pTk]0ffsf] xft /x\$]xG5 . of] dfg; n] ug]  
hg; s}sfdsf] hu xf] / Tof] sfd ;lsbf of] c; ;b9  
/ ;an xE} hfG5 . :shsf] zlf]s dNof ;DaGwdf  
; aebf dxLj kOf{ s'/f xf].

d7f] ljrf/df :shn] 8/ b]yP/ jf bafa lbP/  
lj Bfyl6f0{ sfd ug{ nufpg' ; aebf v/fa s'/f xf].  
o;f] ubf{ lj Bfyl6f /x\$] c; n efjgf, Odqgf/L /  
cfdfljZj; gi6 xG5 . o;n]lj Bfyl6f0{c;n]h]eGof]  
Tof]ug]vfnf]dfG5]agfP5 . sDolg:6 bzx;df :shn]  
o;}ug]lg]lgod agf0Psf]xG5 . t/ khftflGqs zf;g  
Joj:yf ePsf dhssf :shdf o:tf]xbg . :shdf o:tf  
vfnf v/fal k:g glbg' ck]ffs[ ;lhnf] sfd xf].



lzlfnsf0{s7f} vfnf pkfo cjnDag ug clwsf/ glbPsf] v08df lj Bfylh] lzlfnsf0{cfb/ ug Pp6}dfq sf/of af6l /x65- lzlfssf]dfgjlo / af]4s lfdtf . lzlfns] s6nf cyjf c; lsl;dsf ;hfo bhf eGg] 8/n] lj Bfylh] lzlfnsf0{cfb/ u/h:tf] ugkb6 .

k7off cyf\cfsf^nf -o;nf0{cln g/d eiffdf df6otf klg eGg ;ls65\_ k/f ug{vff]g' dfgjlo :ejf xf] . dfgl; s kff; fxgljgf dfgj-dfgjalr ;xofu c;Dej x65 . cf'gf sfdnf0{c;n]/fdff] 7fg6\el] rfxgfn]g} ;dfhnf0{Pstfa4 u/\$f] x65 . o:tf] hl6n efjgdf /rgffds / ljWj #fTds b;}zI0m ;E;E}/x\$f x65g\ . c;af6 df6otf kfgp] rfxgf /fVg' /fdff] s/f xf] t/ d c;eGbf /fdff] alnof]cyjf al4dfg\wFegl c;n]:jlsf;g el];ffon]df65\$]dfgf] flgs wf/offnf0{pu]dkf0]fblt/ ws]5 . o:tf]cj:yf ;a4 JolQm tyf ;dfh b] \$f nflu 3fts xg ;S5 . To;h} :sh tyf lzlfns]lj Bfylh]nf0{ nuzln agfpgsf nflu p;sf lghl dxlfjfs^nf0{ To]xb;Dd a9f0lbg ;Sg]pkfo cjnDag ugkb6 .

8flaGsf] .afRgsf nflu ;^Sif / 5gf6;Da6wl l;4f6tlnf0{yk}dfg;n]klt:kwf\$]efjgf lj sf; u/fpg' 7ls xf]eGg]s'/fsf]kdf0sf ;kdf lnPsf 5g\ . s;ln] dflg;-dfg;alrdf Wj #fTds cfly\$ ;^Sif{xgk5{eGg] cf'gf] wf/off c;}flgs x6f6}klg To;nf0{j}flgs egl kdf0f0t ug{8flaGsf]l;4f6tsf]unt kofu u/\$f 5g\ . t/ of]kff/ klg unt xff] lsggeg];fdflhs ;kn] hljt kff0l ePsfn]dfq dflg;n]afRgsf nflu ;^Sif{ ug{zI0m kPsf]xf] . h;/L Pp6f sldnf]cfkm]afRgsf nflu cf'gf];dxsf c; sldnf;E sdeGbf sd dfq ;^Sif{ug{h?/L 5 To;u/l dflg;n]klg afRgsf nflu c; dflg;;E sdeGbf sd dfq klt:kwf{ug]kl/l:ylt lgdff ul/gk5{ . t;y{of}fx;nf0{hljgsf]p27osf af/df o:tf] ?I9j fbl clt'pkbz lbgx6 .

;km JolQm To] xf] h;n] cfkmh] c;nf0{lbPsf] s'/eGbf Hofb s'/f cf'gf ;fylx;af6 kff'ug{;S5 . tyflk dflg;sf]sb/ p;n]c;af6 s]slt kff'ug{ ;Sof]el]s'/faf6 ge0{p;n]c;nf0{s]slt lbof]el] s'/sf cfwf/df ul/65 . :shdf xf] \jf JolQmut hljgdf dflg;nf0{sfd ug]k7off sb}sfdf cfg6b / /df0nf] tyf To;af6 ;dfhnf0{xg} ;sf/fTds nfe;Da6wl k]ff]gaf6 kff'ug{ . ojfx;df o:tf]dfgf] flgs wf/off hfu' u/fpg' / dhat agfpg'g};shsf];aGbf dxlfj kff' sfd xf] . o:tf]dfgf] flgs cfwf/lznf v8f ePdf dfq dflg;n]cfbz{d\hljg afRg, 1fg a9fpg / ldxlg 9^un]sfd ug]snfsf/%cfkm klg sfd ug{;sf'eGg] cfg6bbfol rfxgf /fVg ;S5 .

JolStsf]pTkbfgzln dgf] flgs zI0mnf0{hfu' u/fpg] sfd an kofu ug{pS;fpg]jf JolQmsf]dxlfjfs^nf lap'fpg]sdeGbf sl7g x65 . t/ of]sfd Hofb dNojfg\ 5 . vjhklt afn;he ?lr kb' u/fpg' tyf cfkmh]df6otf kfgp5{eGg]afn;he rfxgf pTkl u/fpg' / ;dfhsf] dxlfj kff'lfqtkr{afnafnlsfx;nf0{8ff'ofpg' h?/L x65 .

;fy\$ sfd ug] / cfkmh]u/\$f];fy\$ sfdnf0{;dfhn] df6otf b6f]\eGg] rfxgf hufpg] p27o g}lzlfssf] cfwf/lznf xf] . o; b]6sff]faf6 sfd ug{;Sg]:shnf0{ k'tff'k'tfn];D%65g\ / :shn] nufPsf] sfd v';l;fy ;s] lj Bfylh]To;nf0{pkxf/sf ;kdf a%fp5g\ . dh] To:tf afnafnlsf e6\$]5'h;n]:sh 5\$ ePsf];doeGbf :sh v6\$];donf0{a9l dg k/fp5g\ .

To:tf /fdff] :shn] cf'gf lzlfxs; cf'gf] sfd df snfsf/h:t}lgk0f{xff]g\el] rfxgf /fv\$ x65g\ . :shdf o:tf]efjgf hufpgsf nflu s]ug{;ls65 <dfg; ;vl /xgsf nflu of] of] sfd ugk5{el]ff/df ;j]j]lsof{ pkfo gePh:t}:shnf0{o:tf]agfpgsf nflu klg ;j]j]lsof{ pkfo 5g\ . t/ :shnf0{o:tf]agfpgsf nflu lglZrt sfd ugk5{ . klxn] :shdf o:tf] lzlfxs; x65k5{ .

**d7f] lj rf/df :shn] 8/ b]yfP/ lj Bfylh]nf0{ sfd ug{ nufpg' ;aGbf v/fa s'/f xf] . o;f] ubf{ lj Bfylh] /x\$] c;n efjgf, Odqbf/L / cffdf]jzjf; gi6 xg;S5 . o;n] lj Bfylh]nf0{c;n] h] eGof] To] ug] vfnf] df65] agfP5 . sDolg:6 b7x;df :shn]o; }ug{k]lgod agf0Psf]x65 .**

bff] s] k9fpg] / s;/L k9fpg] el] s'/f lgwff'of ug{ lzlfxs;nf0{HofbfeGbf Hofb 56 lb0gk5{ . cfkmh] ug] sfd cfkm]lgwf'of ubf{hg cfg6b cfp5 Toxl sfd ug{ s;h}wDsl lbof]cyjf bafa lbof]eg]To] cfg6b d5{ .

:shdf lj Bfylh]nf0{el]iosf nflu ;f%}pkofful xg] ljzif 1fg kff]g ugk5{el] s'/fsf] d ljklfd 5' . hljgsf cfj Zostf c;ltd x65g\ . tl ;a}cfj Zostf k/f ug{:shn]ljzif k\$'/sf tfind lbg ;Dej x65 . o;afx\$, dflg;nf0{lghl] cff'f/sf ;kdf lng' cfklQhgs s'/f xf] . :shsf] p27o lj Bfylh]nf0{ljzif 1 xff]g c;n cyf\ldng;f/ JolQm agfpg]xgk5{ . of] s'/f kff]lws :shsf xsdf klg s;lb x65 . :jtGq ;kn] ljrf/ ug{ / lgo6 ug{;Sg];df6o lfdtf a9fpg] sfdnf0{:shn];jff]ws dxlfj lbgk5{ ljzif vfnf 1fg lbg]s'/fnf0{xff]g . sb}JolQm cf'gf]lj ifosf]cfwf/e't s'/sf af/df kff' hfgsf/ 5 / pm :jtGq ;kdf ;ff]g / sfd ug{;S5 eg] p;nf0{kff'lt ug{ / kl]jltf jftfj/0fdf cfkmh]nf0{tfind] ldnfpg To] df65]nf0{eGbf ;lhnf]x65 h;n];lj:tf/ 1fg lng] tfind kPsf]x65 . cGtod d Ps k6s km\ s]s'/fdf hf\$ lbg rfx65' eg] dh] JoQm u/\$f s'/f d7f JolQmut ljrf/ xg\ hg dh]lj Bfylh] / lzlf hljgsndf efu\$ JolQmut cgejdf cfwf/t 5g\ .

**k;tltMu? dgfnl**

-cd//sdf pRr lzlfss]tlg ;o jif{ku\$]cj;/df !{#^ df Gof\$ef lbPsf]efi0faf6 .



snϕ| ; h]fn



d]s lxtfg /f]hfnl

IjBfno / Hofg lng]; hfo

# uNtLkI5 kZrfQfk

@& | k; @)^% . ; do lbpFf] !@!!  
 ah]. :yfgM ; v] lqk/Zj] / dflj  
 9fϕ]vfnl . rfyf]306l ahkI5 ( slffsf]; \$; g  
 .Pu df k9f0/x\$] lzlf s hltaxfb/ /f]hfnl  
 aflxl/P . nuQ}s]l l]Bfylx; klg 3fd t]kg  
 eGb}aflx/ lgl:sP . Toxl df\$]df tldW}sf  
 lxtfg /f]hfnl, ; /ϕb]sfϕ/fnf / blks u?En]  
 lzlf s elfof lu/l]sf]; f0snsf]xfj]f kh]sfP .  
 glhs}/x\$] lzlf s 1fgnfn ofbj n]pQm bZo  
 b]y]kI5 tlg]hgnf0{ ; fdfgo s]sf/ u/] /,  
 .cf0Gbf o:tf]gug] zt}f slffsf]f]t/ k7fP .  
 tlg hgn]; f0snsf]xfj]f kh]sfPsf]va/  
 l]Bfnosf ; xfos kw]fgnWofks; d] /x\$]  
 lxtfgsf aaf hltaxfb/ /f]hfnl]sf] sfgdf  
 kl]of]. pgn] 5f]fnf0{ slffsf]fa6 rf]df  
 lgsfn] lk6g yfn]. Psl5gkI5 kw]fgnWofks  
 dx]b]k}fb zdf{ klg sfo\$]lfa6 aflx/  
 lgl:sP . hltaxfb/sf] xftsf] n6]l vf]j]

tlg]hgnf0{ nf0g nufP/ pgn] klg lk6].  
 t/; s; nf0{yxf- gl]fn]sf cfd :shdf  
 ; fdfgo dflgg]Toxl 36gfn]s; \$]f] Hofg g}  
 lng5 eg] . t/; e0lbof]To:t}. ; f]xl lbpFf]  
 !@#) ah]t/ l]Bfnoaf6 lx8\$]f !% jifl6  
 lxtfgsf] !! lbgkI5 e]l gblsf] /fgl3f6df  
 zj el]bof]. pgn] lkI6Ps} lbg c]f]dx]tof  
 u/\$]f cgd]fg kx/l]sf] 5 .  
 lqk/Zj] / dflj df lzlf s]af/f l]Bfyl{  
 sl6Psf] To]f klxnf] 36gf lyPg . tyflk  
 o; k6s eg] To; n] csNkglo b'36gf  
 lgd]tofof]. kw]fgnWofks zdf{eG5g\ap; nf0{  
 ; f] h]lgs ; kdf ; a\$]f] ; fd' lkI6Ps]h]bM]b\  
 36gf 36df] A ; wf]g]p2]on]; fdfgo lk6f0  
 dfq u/\$]f pgsf] b]al 5 .  
 lxtfgn]c]f]dx]tof ug\$]f]sf/Of af/]lzlf s  
 lktf hltaxfb/ eG5g\apm]yxf k]fpg]ePb]v  
 d]h]dfq xg, 3/df c; s; h] klg p; nf0{

lk6\$ f lyPgg\ . To:tf]df65h0{d}lj Bfnodf ; a\$ f] ; fd' lk6F. of] s/ fsf] Vofn gubf{ d} d] 5f] udfPF.Æ

lxtfgsf ; xkf7lx; pm uDel/ / Ovfn' :jef]sf] ePsf] / dfq; s cf3f]tsf sf/ of g} p; n] cf]dxTof u/\$f] atfp5g\ . pgsf ldNg] ; fyl c?of lu/L e65g\ æp ; %f] / nHhfn' dfq xg Ovfn' klg lyof] sxl kl8f k%of] eg] nfd] ; do; Dd 3f]n0/xGyof] .Æ cf^gf] u]tl ; a} yxf kfPsf] lr6tfn] p; nfo{ cf]dxTof ug{ kl/t u/\$f] c?ofsf] cgdfg 5 . æp ; fx] ldng; f/ lyof] clxn] Dd lj Bfnodf sb} u]tl klg u/\$f] lyPg, zfob cf^gf] u]tl ; a} yxf kfPsf] e6g] klg k%of] xfhfÆ c?of cgdfg u5g\ .

**sf/afxlsf] nflu bafa**

cf]dxTof ug{ afll0 kfg] lzlf sx; dfly sf/afxlsf] dfu ub] lj Bfyl; sf] cfX] fgdf ; v] pkTosfsf ; DkOf{ z]lfs ; yfx; b0{ lbg a6b eP . lxtfg k9g] lqk/7j/ dfij b0{xktf; Dd a6b /Xof] . t/, d]s lj Bfyl; k] / j / n] g} cf]bfn]gsf] lj klfd f lj 1kt lgsfn] k15 lzlf sx; dfly sf/afxlsf] klqmf z? xg gkfPsf] cf]bfn]gsf] /sf] egf0 5 . cf]bfn]gsf] g]Tj u/\$f] du/ lj Bfyl; ; 3sf lhNnf cWol f 8Da/ u/Dhf e65g\ æfdln] lj Bfyl{lk6g} lzlf s dfly sxl g sxl gl; xt xf] \e6g] rfx\$ f lyof] t/ o; df kl/ j f / af6}

**.c; n 5f]f] / cgzfl; t 5fq udfPF**

**hltaxfb/ /Dhfnl**

**; xfos k]vfgllwofks -lxtfgsf ajf\_**

**d7l** bf] ll >ldtltkmsf] PSnf] 5f]f] ; fx] dfof u/7 x5f]sf lyof] . kl/ j f / sf] sf65f] ; Gtf] ePsf] klg nf8kof/df xls]sf] lyof] . p; nfo{3/df g t d} slxNo} lk6\$ f] lyPF g t c? s; } . p; n] slxNo} s; \$f] lauf/ klg u/ . ; fyl; E; E klg ldn] a:Yof] . To; } p; sf w} ; fyl lyP .

To] lbg d} cgfxsdf 5f]fnf0{ lk6F. cf^g} 5f]f] g; w/ l c; nf0{ ; wfg{ ; lsg e6g] dfGotfn] d} ; dfdGo ; kdf 5f]fnf0{lk6\$ f] lyPF . To; dfly x\$ ; /n] klg ; r] u/ fpg6of] . t/ , Toxl lk6f0sf sf/ of 5f]fn] cf]dxTof g} unf{ e6g] d} t sllkgf ; d] u/\$f] ly0gF .

To; lbg ; f9] !@ ah] ; f0sn r9] lx8k15 3/d} t uof xfhf e6g] ; f] \$f] lyPF . ; %; Dd klg 3/df gc]Pkl5 d] dgdf lr; f] k:of] . pm clxn] Dd Ps/ft klg PSn] csf\$ f] 3/df a; \$f] lyPg . To; } xfdl t?Gt} v]hl sfo6f n]llof} . d} ; f] \$f] lyPF pm sxl+g sxl+e]6g\$ . cflv/ 5f]f] t e]l6of] t/ d] cj: ydf . d} To] lbg 7h} ck/fw u/ ; h; n] dnf0{ cfhlj g 3f0t} agf0/xg\$ . d} cgfxsdf c; n 5f]f] / cgzfl; t 5fq udfPF .



**.PSnf]dx; " ePsf]5U**

**c?of lu/L**

**lxtfgsf ldNg] ; fyl**

**lxtfg** d]f]dfq xg, w} ; fylsf] gh/df ldng; f/ s6f] lyof] . p; n] clxn] Dd s; } E %u8f u/\$f] b]v\$ f] 5g . af]lg klg w} af]lbgYof] . slfsf] rfd f %g\ rkrk b]vGyof] . slnsf d}dsf] : jf:Yo lzlf s slnsf zdf{ Snf; df dfq af]Yof] c; ; /x; sf] Snf; df t lz/ klg p7fp6Yof] . s]lx; E t af]lg} ; SbgYof] . ; fx] 3f] uDel/ / nHhfn' lyof] .

p; n] To; cl3 To:tf] u]tl slxNo} klg u/\$f] dnf0{



yxf 5g . p; df ; xfos k6sf] 5f]f] xFe6g] 3d08 klg lyPg . ; fyl; sf] nx}x6f nfu] u/\$f] u]tl df ; f] k5 g} gu/L ; a\$ f] ; fd' lk6f0 vfPkl5 p; nfo{kl/ k%of] xfhf . km/ pm Ovfn' lyof] . ; fgl]tgr] s/ fdf klg Ov /Wof] . To; dfly slxNo} lk6f0 gv]Psf] df65h] ; a\$ f] ; fd' cf^g} aaf; lxtn] lk6k15 nHhfa} xg' ; jef] j s} xf] .

:shaf6 lx8k15] 10s} p; nfo{ kmsf] g v]h]Psf] eP zfob o:tf] 36gf 36g] lyPg . To] ta} x\$ ; /n] xfdlx; nf0{ v]lg hfg klg lbg6Pg . ; xfos x\$ ; / -lxtfgsf] aaf] n] klg 3/ u0xN5, v]lgk6 e6geof] . t/ , lj Bfnodf ; a\$ f] ; fd' lk6f0vfPkl5sf] kl8fsf] ef/L af\$ pm

e]llt/ xflGof] . / , ToxlF cf^gf] Hofg udfor] . of] 36gfn] xfdlx; nf0{ PSnf] ePsf] dx; " u/Psf] 5 . kl/ j f / s; ; b:0 udfPsf] h:tf] kl8f 5- xfdlx; nf0{

# I/kf{ Hofg } Ing] ; hfo

## .b08dQmIj Bfno agfpg] k|qmofdf lyof

/3la/ Ijs

cWof, Ij Bfno Joj:yfkg ;ldlt

**xfd]** Ij Bfnodf o:tf] l:ylt cfp5 eG] 8/ xfdlnf0{w}kixNo}V lyof]. x\$; /n] Ij Bfyl{x;n]nf0{lk6gx65 eG] s/f ; a}f0{ yxf lyof]. To; }h] dh] ut d^k /df Joj:yfkg ;ldlt cWofdf rlgg]IQs}kixnf] a7sd}Ij Bfnodf ;%fj k|6sf /Vg]lgof6 u/fPsf] lyPF. k|o\$ a7sdf ;|Int ;%fj x; vfl]g] / 5nkm ug] ofhgdf Ij Bfno Joj:yfkg ;ldlt lyof]. o:tf]k|qmofn]IzlfS, cleefj s / Ij Bfyl{x;n]cf-cf'gf]u]tl ; Rofp5g\veG]xfd]cfzf lyof]. t/, Toxl k|qmofalr Ij Bfnodf clfDo 36gf 36df]. xfdln] x\$; /nf0{ dfl]vs ;kdf klg ; hfo sd u/fpgkVof] eg] Wofgsifof u/fPsf lyof]. s; }h] ;%fj lbP klg 5nkm ug] ; f]f0 lyof]. t/, Ij Bfnodf nfd] ; dob]v Ij zfn ; d:ofs] ;kdf /x\$] b08 lbg] kl/kf6s} sf/of Pp6f cj]v afnsn] Hofg udfof].



I;sfPsf] 5 . @% df3df ;f]x Ij Bfnodf a; \$] ; j|k|flo e}hfn] IzlfS, Ij Bfyl{ / cleefj s sf nflu ; eQm cfrf/; lxtf agf0{ sfof]og ug]lgof6 u/\$] 5 . Ij Bfnosf lg= kc xl/x/gfy of]vl eG5g.\ah]xg' e}v] ca xfdl ; ah] ; lwP/ cl3 a9g] k|t1f u/\$] 5f}A cfrf/; lxtf lqdf u/l s8f0\$ f ; fy sfof]og ug]u/fpg] / Ij Bfno ; wf/sf]7f] ofhgf agf0{ nfu" ug]lhDdf Ij Bfno Joj:yfkg ;ldltnf0{ lb0Psf] pgn] atP .

cf'g}sf/ofn]5f]fsf]Hofg udf] eGb} kZrftksf] kl8df hln/x\$] IzlfS afa' hltaxb/ ; f] 36gfaf6 c; IzlfSx;n] Izlff Ingkg] atp5g\ . x/\$ IzlfSn] cWoo-g-cWofkg u/fp] Ij Bfyl\$] :jefj / dgf]j 1fg a'g'sf ; fy} p; sf] k|f/j]f/s tyf ; fdf]hs cj:yfnf0{

klg Vofn ug]kg] pgsf] egf0 5 . eG5g\ apP6}k\$[tsf] ; hfonf0{s}x Ij Bfyl] ; fdf6o 7fG' / s}ln]cfdx]of g}ug]kg]cj:yf; Dd ; f]gd f p; sf]JolQmut, k|f/j]f/s / ; fdf]hs jftfj/ofn]dx]kOf{elbsf v}h\$]xG5, o; df ; ah] Ij rf/ k}ofpg cfjZos /x\$ A

36gfn] :yfglo cleefj snf0{ klg Ij Bfnok|t ; r] u/fPsf]5 . lqk/Zj / dflj sf cleefj s kbd bxfn eG5g\axfdlx; kixnf Ij Bfno agfpgk5{t eGyof}t/ Toxf]cWoo-g-cWofkg s; /l e0/x\$] 5 eG] ; f]bg]Vof} o; 36gfkl5 eg] xfdlnf0{Ij Bfnok|t lgs} ; r] agfPsf] 5 A

o; 36gfn] ; f]Ij Bfnof0{dfg xg} lhNnf Izlff sfof]onf0{ ; d] afnd}l Izl]of k4lt sfof]og ug] %s%sfPsf] 5 . lhNnf Izlff clwsf/l eQmaxf} 9sinsf cg' f/ sfof]on] lhNnfsf ; DkOf{Ij Bfnofx;n]nf0{afnd}l Joj xf/ ug] ln]vt lgb}z g lbg] tof/l u/\$] 5 . o; sf ; fy} Ij Bfnodf afnd}l jftfj/of lqdf]sf nflu t]nd tyf u]l]l klg ; -rfng ul/g] pgn] atP .

Ixtfgn]cfdx]of ug]of cG} ; xfos sf/of jf Joj xf/x; eP klg dVo sf/of eg] ; ; f] h]gs ;kdf lk6fo vfg] g}k}v sf/of /x\$]df ; a; xdt e]G5g\ . afn ; hfodQm Ij Bfnol lqdf]df lqofzln ; yf ; dfh hfuf/of s]b] - :ofs sf sfof]nd ; of]hs cfd]f/d e\$ /f0{ eG5g\ ao ; 36gfn] afnaflnsnf0{ lb0g] ; fdf6o ; hfon]klg slt 3fts kl/ofdf lqD]ofp5 eG] ; Gb}z lbPsf] 5 . o; df ca ; a; ; r] xg}5{A

c; xof]v ePk5 s; /l cl3 a9g] A d]s Ij Bfyl\$ afa' ; jo+36gdf bf]l ePsf]h]klg o:tf] l:ylt cfPsf] pgsf] 7Dof0 5 .

oBlk, 5fqs] cfdx]ofnf0{lnP/ cf'gf] r]l/qx]of ug]{vfl]hPsf]eGb}k}vfg]llofs zdf{ b]w JoQm u5g\ . cfk} % k}u; Dd labdf a; \$] / Ij Bfno Joj:yfkg ;ldlt] ; xh jftfj/of gagfP; Dd Ij Bfno gk]s} k; zdf\$]syg 5 . /fhgllts k}f]xsf sf/of cfk}nf0{ab}fd ug]{vfl]hof]eG]klg pgsf] cf/fk 5 .

IhNnf Izlff sfof]on] eg] kx/l / k|f]6df6 I/kf6af6 Izlfs}sf/of lxtfgsf] d]o' ePsf] k}df]of e0{ cfPdf bf]l]x; dflj sf/afxl xg]atfPsf]5 . lhNnf Izlff clwsf/l eQmaxf} 9sin eG5g\axzlfSx; dfl]ysf]cf/fk k}df]of g}x} ; Dd xfdln]g]ts bafadfg lbg ; S5f}Tof}Gbf a9l s}x ug] ; lsb} A

### I; sfof] kf7

Ixtfg cfdx]of k\$ /ofn]o; e}v sf Ij Bfno / IzlfSx;n]nf0{cf'gf]Joj xf/ ; wf]g{ultnf] 6 3R3RofPsf]5 . ; wf/sf]nflu dx]kOf{kf7

# bfloTj bfyf}xG5

U | t ; fn /fhlj /fhsf Ps lzlfnsf0{lj Bfylh}5/f kxf/ u/]. Toxtfsf Og?jf -; g; /L\_df klg lj Bfyl{z;n} lzlfns; G l/; 0al ; fng ; f^3flts cfqndOf u/]. Ij Bfyl{ / lzlfnsx;sf] c; xh ; DaGwsf sf/Of lzlfnsx;n}a0Hhtl eflg'k'f / k7gkf7g cj?4 ePsf 36gfx; bzel/af6} ; Ggdf cf0/xG5g\.

lzlfns Ij Bfyl{lr xg}lv6k6, v6k6n}lgDTofpg]lj ikm0 clg lj ikm0sf] kl/Ofdn] Nofpg] c; Gthg g/fdl s/f xg\ . lzlfnsx; ; od Pj +a%\$s8 xbfxb} / Ij Bfyl{z;n}f0{ lzlfns; G lr; f] ; DaGw /fVg xG5 eg] 1fg /xGf/xGf} klg 36gf eg] e0{g} /xG5g\.

lzlfss] unfn egf}of ctl{ ; xg g; s} Ij Bfyl{z; cfqnl; t xg}u5g\ . a\$]a%0 / ; lxi0ftf a/fa/l gxx; S5 . slxn}eg\$]s/fsf]cklofVof eP/ klg ; DaGwdf cfF cf0lbG5 . sb} klg lzlfns} Ij Bfyl{f0{ sb}6 / k}fuxl efjgfn}xg}xG5 . tyflk lzlfss]afhl krfgp g; sl Ij Bfyl{afhl; G}xft kmsfpg]u/\$f 36gfx; 36g] u/\$f 5g\ . sxl bzsc13; Dd Ij Bfyl{h} kmfng lzlfnsf0{sb}c/}eg]rrfhl /fd}ahf/ hdfpof}. Isgls toltahf Ij Bfyl{f0{b}yf0g} qf; / zf/l/s oftgfnf0{g}cgzf; gsf]dVo ; fwg dflgYor}.

olb dfgl; s ; j; ytf 5 eg] lzlfns} ; xl ; GbzoQm s8f zAbx; Ij Bfyl{fy JoQm ubf{ux}Of ug; S5 . To:t} ; jf:Yo lbdusf] lzlfns} slxn}fxl-Ij Bfyl{h} kmsfpg] afhl df sltsf]bd 5 of 7ls xf]eg] lj rf/ ug} k5{ . oxl ; d%bf/L / lj rf/ d6yg jf ux}0fo lfdtf gePsf sf/Of ; DaGw lj rInt xG5 .

SoDk; :t/df o; ksf/sf 36gf clt sd kf0G5g\ . Isgls Pp6} kllwoks / pxl Ij Bfyl{lr nfd] ; do c6t/lqmf e0/x\$]f xG5 . Ij Bfyl{z;df klg kl/kSjtf cf0; s\$]f xG5 . dflwolds Ij Brno txdf eg] lj leGg axfgdf lzlfns-Ij Bfyl{f} ; DaGwdf lj if ldl; G5 . /fd} p6glt u/L uPsfx; n}klg Ij Bfnodf k9fpg]u?x; ; Gsf] c; xhtsf]efj gf kl5; Dd klg kfl/x\$]f xG5g\ . vf; u/L lzlfnsx;n}0{k/lifdf ; l6 knflg^a, dfs{lb0f0, u{xsf0{ cjnf\$g, slff lqmfnsfk cflb sfddf .klfkftw ePsf] cf/fk Ij Bfyl{z;n} nufp5g\.

To; u/L lzlfns}cgfxsdf Ij Bfyl{f0{unfn ug} kZg ubf{1/; fpg} Ij Bfyl{f0{n}Es Ij e} ug} h:tf cj uOf cflwof/ Ij Bfyl{f0{lr 9dPsf]xg; S5g\ . koflTds Ij ifodf gDa/ sd lbPsf sf/Of /fd] :sf] Nofpg kmfng lzlfns}

ubf{kf0Pg eGg] ug; f ; Hhg Ij Bfyl{h} ; d} ul//x\$]f xG5g\ . log}axfgn}lzlfns; G ; DaGw 6f9/x\$]f}xg; S5 . zf/l/s dfq xg} dfgl; s oftgfn} ; d} Ij Bfyl{df ulx/f] rf0 / 0v l; hgf u/fpg ; S5 . c%} klg sltko lzlfnsx; o; ksf/sf cj} flgs af6fx; Ij Bfyl{; wfg] p2Zodf kofl ub5g\ . t/ o; n}s; DaGw dfq Nofp5 .

lzlfns Ij Bfyl{df c; xhtf cfpG] csf] sf/Of Pp6} slffdf w} Ij Bfyl{xg' klg xf} . ; fwf/Of tof \$) Ij Bfyl{ a/fa/ Ps lzlfns elG5 t/ o; sf] Jojxf/s bzo gu0o g}5 . ha w} Ij Bfyl{h}0{7hf} slffdf Joj:yt u/L k9fpgk5{toItahf lzlfns} slff lgoGq0fs}lgldt klg dl7f] ; DaGw /fVg ; Sb} . w} Ij Bfyl{df lzlf0fsf] JoVofgebf c; lj lw ckgfpg c; Dej kfoM xG5 . ta g ; km lzlf0f g t ; an ; DaGw .

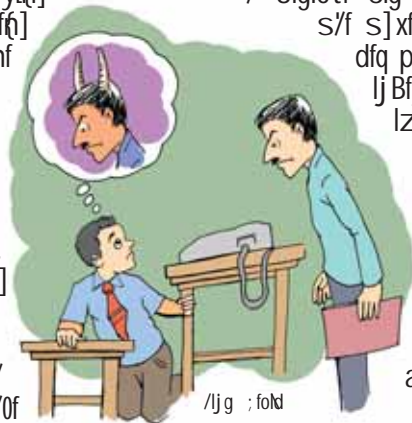
lzlfns Ij Bfyl{; DaGw ; wf/ ug{.cfknl'enf]hut enfl eg]dfGof; a\$]f dgdf /xg h?/L 5 . o:tf]dg ePdf ; b} ; sf/fds ; f} agb5 . ; sf/fds ; f}n}cflotof / 3lgi6tf clg Pstf a9fp5 . lzlfns}Vofn ug}kg] s/f s]xf]eg] Ij Bfyl{f}j:f:tljs untl klxNofP/ dfq p; nfo{cfj}Zos ; hfo lbgkg}xG5 . lgbfl Ij Bfyl{h} ; hfo kfof] eg] Tof Ij Bfyl{h} ; wf lzlfnsf0{cf}gf] b}b} .

slff lgoGq0fsf]lj ifonf0{; xh agfpg clgjfo{ slffdf lglZrt lgodx; agfpgk5{/ lzlfns ; jodh}krfng ubf Ij Bfyl{f0{nfu"ug}k5{ . lgodn} ; a}f0{ a/fa/L b}5 . To; f] ePK15 ; DaGw lau} . xQkQ ; fwf/Of Ij Bfyl{h} lzlfns; G klTzfw /fVb} t/ lzlfnsaf6} a9l eof]eg] af6L /fVb} .

Ij Bfyl{G c; n ; DaGw ; yflkt ug{ lzlfns}lj j\$eGbf tVo / lgoddf cl8g' k5{ . t/ c; xh ; DaGwsf] efulbf/ lzlfns dfq cjZo xg . p; n} hlt; s} ; sf/fds Jojxf/ u/klg Ij Bfyl{ 6}G5 eg] sxl nfu} . tyflk Ij Bfyl{f0{; sf/fds ; f}sf ; fy lxbfpg] eldsf lzlfns} /xG5 .

; DaGw c; n /fVg Ij Bfyl{klg plQs}lhDd}f/ 5g\ . DaGw laug]l:ylt lgdflj jf dflj txd}xf] . kl}sf Ij Bfyl{h}lzlfssf ; fd' t?Gt}klTzfb ug{g; s}klg pglx;df lzlfssf] Jojxf/n} dg} flgs c; / rflxkfl/\$} xG5 . ha pQ/-afNofj:yfdf klkl5 ojf hf} Ij Bfyl{f}cfl ddf el/G5 To; kl5 36gf lglDtG5g\ . To; h} Ij Bfyl{h} ; eldt xg t kfof]g}lzlfns}klg o; cj:yfsf / km's ; jfej ePsf Ij Bfyl{f0{lj zif pkfo ckgfP/ pkbz ug}kg}xG5 .

-nys lj /f6 ; f0G; SoDk; , lj /f6gu/df kllwofkg u5g\





# kψfgfWbfks

# s; /L kēfj sf/L agfpg] <

cfkth ablng rfxgjh0{dfq}kψfgfWbfks agfcf}. bfi]bfp]kψfgfWbfksnf0{cf^gf]klg  
bfij vfi]g nufcf}. ;d:of dfq ykfg]kψfgfWbfksnf0{rēf]l agfpg];lk l;sfcf}.  
rēf]l agfpg]h0{;3fpg]kllj lws, kzf; lgs / /fhgllts ;eēg agfcf}.

**S**g) a]hf ;/sf/l lj Bfno lhp] h]f] h]f] lyof]. clxn] st} wswsl 5 . st} lzlyntf . st} dbf]g . eof] s] < cleefj s e65g\ lzlfns] wd{5f8}. k9fpg] wd{. k9g] wd{. vfi]g] wd{. vfi]fpg] wd{. cyf{\wd{x/f lzlfns eP . lzlfns e65g\ kψfgfWbfksnf0] ult 5f8]. kψfgfWbfks e65g\ /fhgllts bnx]n] uf]hdfn u/]. cleefj s pbf; lg /x]. lj Bfyl[; f]drf0 (bulling) u/]. lj Bfyl{ e65g\ lzlfns] nfk/afxl u/]. o;/l xfd[] z]lfs ahf/ Pscsf]nf0{ bfi]of0/x\$. Pscsf]klt cfqnl]zt e0/x\$. s] cfqnl]zdf ;dfwfg 5 t < bfi]f/f]k0fdf ;dfwfg 5 t <

**kψfgfWbfkss] ufij]ln] s] e6of] <**  
lzlfns klqsfn]!) df3 @)^% df ufij]l u]of]. ufij]l]sf kψfgfWbfksx] r/ al4sf /x]. klxn] vfn]kψfgfWbfksnf0]cfkth ablnP kU5 eg]. o; cyēf pglx] Pgyr] lu88[]; sf cleg]f=cleg] (Agency/individual) eP . oxblsf ;#f/ abNg] dxlif{ eP . cfkn] ablnP/ c] abNg] dxlif{. o:tf kψfgfWbfksx]n]; kmntsf sxfgl ;gfP . u/]xg]/x\$ e6g]sxfgl . xfdl ug{; S5f]e6g]

sxfgl . cfkth gug]x]n] c]sf] vfi]f] v6b]lbg latfp] /x\$g\ e6g] sxfgl . bfi]f]y/l kψfgfWbfksnf0]lzlfns / cleefj s]sf] ;xof] vfi]h]. Itgsf /fhgllts dbf/lx]sf] .lgb]g] vfi]h]. kēnf0{; xof] u/ e6g]lgb]g . cf-cf^gf /fhgllts bnsf lzlfnsx] sdhf] gbl]vcf] e6g] lgb]g . eStk/ gu/kfinsfsf g]l]skf ;dyē lzlfnsx]n] u/] b]v]P . Toxl l; sf] bfi]f] y/l]sf kψfgfWbfksx]n] /fhgllts bna6 vfi]h]. t]f] y/l]sf kψfgfWbfksnf0] ;j]lflo cfrf/; lxtf vfi]h]. u0ff]ds a6g]cfrf/; lxtf . agfpg] cfrf/; lxtf . cfrf/; lxtf eE ug]f] ;j]bl08t xg] ;:sf/ vfi]h]. rfy] y/ln] kē a6g]u0f vfi]h]. cf^g]f u0f . ;xsdl]f u0f . o;/l pglx]n] kē a6g] / agfpg]klqnofdf cfdh kl/jtē vfi]h]. bfal ug]klqnofdf ;w/ . 5g]f ug]klqnofdf ;w/ . t/ rf/}y/l kψfgfWbfksnf0]sxl ;lk vfi]h]. ug]k]sfd kix]NoP . kēcdf xgkg]u0fx] lrg]P . /flon]ul/lbgkg]sfd atfP . kēsf ;d:of / rēf]l kix]NoP . /fi6 txdf sfd n]lg];%f] lbP . tnsf] t]f]nsdf tl ab]x] lb0Psf 5g\ . z? u/f]kēsf ;lk / sfdaf6 .

## kçn]vfhşf ; lk / ugkğİsfd

vfhşf ; lk	ugkğİ sfd
<p><b>; f] kl/rfngdf</b></p> <ul style="list-style-type: none"> <li>■ hgkl/rfng ; lk</li> <li>■ efl]ts ; lk</li> </ul> <p><b>âĖâ Joj:yfkgdf</b></p> <ul style="list-style-type: none"> <li>■ k/fdz{ ; lk</li> <li>■ âĖâ klxrfg / Joj:yfkg ; lk</li> <li>■ ; dem]f ug] ; lk</li> </ul> <p><b>:j]vbfogdf</b></p> <ul style="list-style-type: none"> <li>■ lj Bfyl{ lzlfs / cleefj snf0{ :j]vbfogdf agfpg] ; lk</li> <li>■ cfd]dNof<sup>a</sup>şg ; lk</li> </ul> <p><b>cg'Ėwfg / b:tfj]hls/Ofdf</b></p> <ul style="list-style-type: none"> <li>■ slff cg'Ėwfg ug]u/fpg] ; lk</li> <li>■ b:tfj]hls/Of -8sd]Ė] g_ ; lk</li> <li>■ tflnd uf]7ln] lbPsf] 1fg-; lknf0{ slffsf]7fdf ħkĖĖ/Of ug] ; lk</li> </ul> <p><b>; hş ; lkdf</b></p> <ul style="list-style-type: none"> <li>■ lj Bfyl{ lzlfs / sd{f/lnf0{ ; hş agfpg] ; lk</li> <li>■ l; hĖşf] ; -hfnls/Of ug] ; lk</li> <li>■ ; dĖj ofİds ; lk</li> <li>■ cĖt/lj Bfno / Psn lj Bfno tflnd lbg]İng] ; lk</li> <li>■ :j]h]d]f/ aĖg]agfpg] ; lk</li> </ul>	<p><b>; fdflhs ; xdl]t; DaĖwl</b></p> <ul style="list-style-type: none"> <li>■ :yfglo ; /f]şf/jfn; ũsf] 5nkmn / cĖt/lqmofsf] ; #yfutls/Of -0İĖ:6Ro'; gnf0H8\</li> <li>■ ; fd]xs İĖOfĖ İng] ; #sf/sf] yfngl ug]</li> </ul> <p><b>; fdbflös ; ]f; DaĖwl</b></p> <ul style="list-style-type: none"> <li>■ ; a}pd] ; dĖnf0{ lj Bfnon] lzllft / blllft kfg] ; ĖĖşf] İjşf; ug]</li> </ul> <p><b>İzlİfs, İj Bfyl{ / sd{f/lşf] İzlİffblİff; DaĖwl</b></p> <ul style="list-style-type: none"> <li>■ İzlİfsnf0{lj Bfnodf g}ĖİİĖtd s/faf/]cBfjİws ug]</li> </ul> <p><b>; fem]f/L; DaĖwl</b></p> <ul style="list-style-type: none"> <li>■ İzlİfs-kç ; fem]f/L ug]</li> <li>■ İzlİfs-lj Bfyl{ ; fem]f/L ug]</li> <li>■ İzlİfs-cleefj s ; fem]f/L ug]</li> <li>■ cleefj s-lj Bfyl{ ; fem]f/L ug]</li> <li>■ lj Bfyl{lj Bfno Joj:yfkg ; İdlİtsf ; b:o ; fem]f/L</li> <li>■ lj Bfyl{ lzlfs, kçşf] cĖo 0R5ş; ũsf] ; fem]f/L</li> <li>■ ; /sf/ / lj Bfnosf] ; fem]f/L</li> <li>■ :yfglo ; /sf/ / lj Bfnosf] ; fem]f/L</li> </ul>

tflnsfn]eĖ5 kçn]dflysf ; lk vfh]. sfd vfh]. ; /sf/n] lbg] tflnddf ol s/fx; kĖĖĖ\ . İo; Ė]klxnf] vfn]kç İkntnf eP . t]İĖ tl İqmofzln /x]. bf]İ]vfn]cfĖbfİnt eP . t]İ] y/l 6fl9P . rf]y]y/l efl]İ/P . oxl qmddf pglx; n]kçşf JoİStut uOfx; klxNofP . rf/}y/lşf kçn]vfhşf uOf tncĖ; f/ İyP .

## kçn]vfhşf uOfx?

JoİQmut uOf	; fdflhs uOf
<ul style="list-style-type: none"> <li>■ ; sf/flİds İrfİtg</li> <li>■ ; a}İ sfoĖt ; DaĖw /Vg ; Sg] vâl</li> <li>■ cfk]Ė] İfdt] / sdhf]İ eĖg ; Sg] İtut</li> <li>■ cfk]Ė] İfdt] b]v0/xg] /x/</li> </ul>	<ul style="list-style-type: none"> <li>■ ; a}y/lşf ; /f]şf/jfnfsf] rf; f]dĖyg u/] ; d]j]İİ sfoĖnd agfpg] İtut</li> <li>■ ; a}y/lşf İj Bfyl{şf] İtut İrgl ; -rfİnt ug]İfdt]İ</li> <li>■ İzlİf0f, k]zlİf0f / kçf; Ėdf kf/blzĖf İyf ; xelut]İ ; İĖİZrt ug]İcİĖ</li> </ul>

uOf vfhşfpg kçx; n]b0{af6fx; İbP . cfk]Ė] cf'Ėg] uOf vfh]g] af6f]. xĖİĖİgrfln; fsf]af6f]. b]af6fx; df pglx; n]; İy vfh]. ; fdflhs ; İy . ; /f]şf/jfnfx; şf] ; İy . ; İĖİbĖ] ; İy . ; Ėf0İbĖ] ; İy . o; İĖİİt /İİon] s]İ ul/bçf] \kİĖ eg]. tl eĖf0x; tnsf] tİnsf cg'f/ İyP .





## k\wfg\wfk\snf0{ /fHon] ul/lbgkgI sfdx;

Joj :yfkgrd	; /lffdf	:jfoQtfd
<ul style="list-style-type: none"> <li>■ lzlfS 5grf cfof\ kfj sf/l agfpg]</li> <li>■ /fxt lzlfS egf{ugIklqnof aGb ugI. To; sf]; \$f c:yfol lzlfS egf{ugI</li> <li>■ ljBfnodf sdf/l b/aGbI lbg]</li> <li>■ lzlfS lgoSt / Joj:yfkg ;ldltsf]:j;k s:tf]xg] egl /fli6o ;xdlT ;lgZrt ugI</li> <li>■ ;jbnlo ;#blo lgofo[n] lzlf; daGwl ;xdlT vfl]g]</li> <li>■ ;] s\bx;nf0{k':tsfno, Nofa / tflnds] axS\] agfpg].</li> </ul>	<ul style="list-style-type: none"> <li>■ ljBfnonf0{zflGt lf\ agfpg]</li> <li>■ k\wfg\wfk\snf0{g]lg 1fg / ;lkn]; zSt agf0/xg]</li> </ul>	<ul style="list-style-type: none"> <li>■ k\cnf0{cfkng] lfdtfsf] cfkn\ klxrfg ug{ ;xfos xg] ;fdul pknAw u/fpg]</li> <li>■ ;/sf/n] rfx\g; f/sf] Joj:yfkg aGof] ag\ eGg] s'/sf] vfl]l ugI sfdff ;3fpg]</li> <li>■ k\cnf0{yk clwsf/ lbg]</li> <li>■ ;ldf\tsf] lf\sf k\cnf0{ yk clwsf/ / yk ;]f; ljwf lbg]</li> <li>■ ljBfnonf0{:jfoQt] lbg]. o; sf nflu cfjZos dfgs -gd{ /fi6n] tfl]slbg]</li> <li>■ k\ / lzlf\snf0{ cg; Gwfgf\ds s'/fn] ;' lrt ul//xg].</li> </ul>

dflysf] tflnsfn] eGof] ;d:ofx; rgf]ldf ablnP . rf/) vfn] k\csf rgf]l ag]. o; cy\rf rgf]l ;jlsfg]g]U rflxof]. ;d:of b\yfp]g]U ab\lgk\of]. bfl]ofpg]g]U ab\lgk\of]. bfl] af]g klg tof/ xg];kfgt/s g]U vfl]gk\of]. cyf\g]Ux; 5g\. klxrfg ePg . rgf]l lng]; 5g\. 5dfgljrf/ ePg .

### Igrf\$

of] n\yaf6 d\] cf7j6f lgrf\$ lgsfn]. klxnf] xf- cfk\ ablng rfxg]hf0{dfq} k\wfg\wfk\ agfcf]. bfl] bfl]ofpg] k\wfg\wfk\snf0{cfkng] klg bfl] vfl]g nufcf]. t] fl] ;d:of dfq ykfg] k\wfg\wfk\snf0{rgf]l agfpg] ;lk l;sfcf]. rfyf] rgf]l agfpg]hf0{ ;3fpg] kfl] lws, k\z; lgs / /fhglts ;eG agfcf]. kfFf] k\cn] vfl]sf ;lkx; lzlfS; 5g\. cG0 ;/f\j/fnf; 5g\. Itglx;sf] vfl]l ugI cleofg rnfcf]. 5df] ;/sf/l sdfs]; fl]ebf klxn]:yfglo ;fl]df ;/sf/l ;fl] hf]g] pkqnd yfnf]. o; cy\rf k\csf v\sf hg:t/df hf]g]pkqnd u/f]. ;ftf] ./fHon] lbPgl eGg] k\cnf0{.d7f] ljBfnolo /fHod}d s]lbg ;S5U eGg] s'/ftkn] pGdv u/fcf]. cf7f] cfkng] u0fx; cfkn\ egf]. c;af6 eGg nufcf]. Itg] u0fx;sf cfwf/df u0ff\ds lzlf lbg] cleofg yfnf]. olt eP JoISt ablnG5 . ;yf / jftfj/of Toxl abnfjdf kl5 nflu5g\.

cfj / of I / kf {

afa / fd IjZj sdf {

# xdf:6/M

# %ng; Sgf %%

xdf:6/n] IjBfno Joj:yfkg ;ldlt, ;/sf/L lgsfo, /fhgllts bn / ;z:q ;dXaf6 cg\$ %% Joxf{ kb{ t/f0\$ ; fj hlgS :shsf] k7gkf7gdf gsf/fTds c;/ k/\$f] 5 .



sIffsf]febf 3fd  
kof/ff dxff/Lsf]  
lgdfij ;xf]jfsf  
kç ;Zk|fb  
7fs/ IjBfyl6f0{  
rf]df /fv]  
k9fpf].

**Lj** Bfno Joj:yfkg 5gf6 ;ldltsf]; efhhs kć xg]/ / ;ldlt u7gk15 pgl To; sf] ;b0-; lrj /xg] lzlf lgodfj nlsf] klfj wfgnf0{ ; fj klgS :shsf clwsfz xđf:6/n] .3fBflsf] ; a\ lbPsf] kf0G5 . pQm klfj wfgsf] cf8df Joj:yfkg ;ldlt n] rfxđf] aħf kć lgo1Qm ug] / x6fpg] u/đf b]6f6t oqtq e]6G5g\ . kl/0f dTl ; fj klgS :shdf kćsf] eldsf sdhf] dfq ge0{ :shsf] k7gk7g / ; du] z]lfs pkn1Awdf ; d] gsf/flds c; / kuđf] cfd ug]; f] kf0G5 . pdflj gu/f0g, wglffsf kć dxfl/ bf; b0{ dlxgfc13 kćaf6 x6f0P . bf; nf0{ :sh ; -rfng ug{ g; sđf] cf/fk nufP/ x6f0Psf] eg] x]0g . ut d^k /df Joj:yfkg ;ldlt kl/j tđ ePk15 .cl3Nnf] Joj:yfkg ;ldltsf] kć] eGb} pgnf0{x6fP/ plđf adfif0{ k]wfg]lbfks lgoQm ul/Psf] lyof] . Joj:yfkg ;ldltsf] lgo1f6

lj?4 bf; cbfntsf] 9fđf 9S9So1pg ku] . pgsf] d2f clxn] kg/fj 6g cbfnt hgsk/df 5 . lj Bfnodf bf; / adfif] kćsf] ; kdf 5đf5đf /lh:6/df xflh/ ub] cfPsf 5g\ .

Joj:yfkg ;ldlts} :jfyđf sf/0f dflj %6ofxl, wglffdf klg :yfol lzlfS /fd:jfy{dx; } / /fdhl ; fx xđfxb} c:yfol lzlfS dgl; km ; fxfnf0{^ dlxgfc13 lglDQ kć agf0Psf] 5 . dx; } o; cl3 @% jif{Dd kćsf] lhDd] f/ldf lyP eg] ; fx kl5Nnf b0{ jif{ kć lyP . egđf] df6g] xđf:6/ xđf cfm6t egf{ug{kf0g] lzlfS ; ?j-f-a9] f ug{ / :shsf] /sd; d] rnfpg kf0g] ePsf] Joj:yfkg ;ldltx; n] cf'gf] /fhf0sf] kć agfpg] xđf rnđf] g]kn lzlfS olgog wglffsf clWol f nfnafa' xfylsf] 7Dof0 5 .

**xltof/ / k}fsf] kofu**

otf cfP/ dwzdf :sh Joj:yfkg ;ldltsf] g]lj x]0fpg xftxltof/sf] kofu / k}fsf] vħf] d] cfd ; kdf xg yfnđf] 5 . wglffs} jf; b] dflj, axćjđf !\$ k'; @)^% df ePsf] Joj:yfkg ;ldltsf] eħdf gđf, Pdn]/ tdnfkn] cf-cf'gf ; dX v8f u/L nfv-nfv ?kđfFvr{ u/đf] :yfgo lzlfSx; atfp5g\ . tlg ; dXalr le86t e0{ :sh tfđknđ xg kfcf] \egl kć tkZj/sdf/ dlNnsn] lhNnf kX/L sf0fnoaf6 %) hgf kX/L l%sfPsf lyP . ToxfG] knl sf^k] ; dX ljhol ePsf] lyof] . kć dlNns e65g\ əoj:yfkg ;ldltsf] u7gsf aħf xfdlnf0{ Hofg} hñfpg sl7g k5{ u7g e0; s]k15 :sh hñfpg sl7g x65 . pQm :shdf klfj df b0{/ dflj df ul0ft ljifosf] :yfol b/aGb1 vfn1 5 . l/Qm b/aGb1df Joj:yfkg ;ldltsf kbflwsf/lsf cfm6tnf0{hflu/ Vj fpgsf nflu dlNnsdfly rsf] bafa 5 . rđfj sf k]of; ln] křf/, eħhet] tyf :jo;] sdf vr{u/đf] /sd rđfj lhtk15 :shsf] s]f]af6 p7fpg] kof; ug] u/đf] atf0Psf] 5 . lj Bfno Joj:yfkg ;ldltsf] bafadf pd] gf3đf] JolQmnf0{ lzlfS lgoQm ug{ gdf6f klfj b]l8ofsf kć /fdclzif kl08tnf0{ ;ldlt n] uPsf] bz]otf xflh/ ug{ d] j1-rt u/] tna /fđsf u/đf] lhlzsf wglffsf] /đ8đf6 b]v65 . Joj:yfkg ;ldlt / bnsf] bafa; ħ] lzlfSn] kćnf0{ g6g] lj Bfyl6f0{ kćsf lj?4 e8sfpg] k] Qn] kćsf] eldsf Pj +x]; ot :sh / ; dfhdf ; d] sdhf] xđf] uPsf] 5 .

wglff, k5]fl:yt lqdfj jf; b] klđsf] Joj:yfkg ;ldlt rog ug] eħdf xltof/wf/lx; pkl:yt ePk15 c% Dd Joj:yfkg ;ldlt u7g xg; sđf] 5đ . o:t} xftxltof/ / an kofu u/L u7g ul/Psf] s6of dflj, wglffsf] Joj:yfkg ;ldltsf]



ħa/x]l ala/ħd



կփչ /3ԳՈց ofbj, nfnafa'  
xfyl / xl/nfn ;xgl  
-afofԻ6 qmlZM .

jwtfsf af/df kg/fj Թց cbfnt hgsk/df d2f  
rin/xճf]5 . o:tf lj j fbsf]I5gfkrfj]ug{cbfnt  
k7fpg] u/ճf] atfpԵ} wglffsf lhlzc lj iofb]  
; fx e5g\ ækçn] Joj:yfkg ; ldlit /  
cleefj snf0{ ; d] lj Zjf; df lngk5{. o; ճf]  
cefj df dwzsf w}] :shdf lj j fb l; hgf ePsf]  
5 . sltko :shdf rfxFkçn] cleefj snf0{  
aj]:tf u/ճfn] klg l:ylt lalupsf] 5 Է

hnZj/af6 cf7 lsnff]d6/ pQ/df kg]lgdfij  
; xf]jfdf !& jif6]v kç /xճf ; 7z}k}fb 7fs/sf  
lgldt klg lj Bfno Joj:yfkg ; ldltsf]u7g; Da6w.  
Joj:yf .clezfkł a6g kúճf] 5 . pQm :shdf  
b0{ jifç]3 lj Bfno Joj:yfkg ; ldltsf] roq  
klqmfdf !& hgn]cWof kbd f pDd]j f/l lbP .  
nfd]lj j fbk15 c6ttM ; j {Ddltaf6 x:tf/f; ; d]  
ug; Sg]60fS6/ rfns rGbzj/ ofbj Joj:yfkg  
; ldltsf cWof rlgP . hals lzlf lgodfj nlsf]  
k]j wfgcg; f/ lj Bfno Joj:yfkg ; ldltsf]cWof  
xg dflj txsf]lgldt P; Pn; L, lgdfj sf]lgldt  
cf7 slff / k]j sf lgldt kF slff pQOf{ePsf]  
JolQm xgk5{. t/ cWof xg]o:tf]dfkb08 lj k/Lt  
ofbj sf] b0{ jif] sfoçfn ; lsPk15 Joj:yfkg  
; ldlit u7gdf k]j/ p:t}lj j fb k]f ul/Psf] 5 .  
Joj:yfkg ; ldlit gxԲ :shsf] sfddf sl7gfo  
p]k6g ePsf] kç 7fs/ atfp5g\.

; 7zn]kçsf]Ihd]j f/l lgj fç ubf{6}cPsf]  
csf] ; d:of xf- lghl :shdf k9ճf :yfgo  
lj Bfylçf0{ a9fçlns07 :shdf 5faj Qsf nflu  
l; kml/; ug]k]g]bafa . pgn]eg] æcf'gf]:shdf  
gk9ճf lj Bfylçf0{ l; kml/; ug] ldlNbg eGb  
klg hah{tl l; kml/; ug]k5{ Է

kç kb Joj:yfkg ; ldltsf] v]h]gf agճf  
sf/of xճf:6/ lgolQm klqmfnof0{ql6k0f{df]gPsf]  
5 . /fk]j bgfhl, dxQ/Lsf kç lj gfbg6g %  
kçsf]5ճ}kb l; hgf u/7 lgolQmsf]sfgg] Joj:yf  
ul/gkg]f hfԲ lb65g\ . pgl Joj:yfkg ; ldltn]  
kç 5f6g] clwsf/ vf/h geP; Dd of]o JolQm  
klt:kwfԻ6 kç a6g g; Sg] bfal u5g\.

**IglDQsf] babaf**

lzlf lgodfj nldf sfoddsfod / IglDQ kçsf]  
Joj:yf geP klg z]fs of]otf gkúճf lzlf snf0{  
Joj:yfkg ; ldltn]w}]lj Bfnodf sfd' jf IglDQ  
kç agfpg]u/ճf]elb65 . lhlzsf, wglffsf cg' f/  
lhNnsf @#) k]j, #\* lgdfij / %^ dflj dW0]  
clwsfzdf IglDQ kçaf6 rin/xճf]cgdfg wglffsf  
lhlzc lj iofb] ; fx u5g\ . lhlzsf sf] /ճ80f  
dflj sj f/fdk'/df k]j lzlf; ltf/fd ofbj nfo{  
IglDQ kç agf0Psf] 5 . To:t} dflj 7f9ldf  
lgdfij lzlf nintlsz]f ; fx, dflj 77fd9df  
lgdfij lzlf /-h' ofbj, dflj xyd08fdf  
lgdfij sf /fh]b]dxQ] dflj sh/fdr]df lgdfij sf  
lj z]v/ ofbj, a]flzj k/ dflj df lgdfij sf  
>lgf/foof ; fx, lgdfij ; v]fahf/df k]j lzlf  
gj nlsz]f ofbj, dflj erqk'/df lgdfij lzlf  
/fdrçb]l; x IglDQ kçsf ; kdf sfo{t 5g\.

g]kn lzlf olgog wglffn] IglDQ kçsf]  
rng a9ճf sf/of kç lgolQmsf] 5ճ}dfkb08  
to u/ճf] 5 . pQm dfkb08cg; f/, IglDQ jf  
sfd' kç agfԲ z]fs of]otf, lj z]f of]otf,  
h]7tf, tfind tyf cgejsf cfw/df ; aԳGb  
a9l c] Nofpg]hf0{ IglDQ jf sfd' kçsf]

# kçsf]clwsf/ / ; l j wf yk g k 5 {

efu| %

pkfllbf, gllfn lz lfs olgog

tkf0{ lz lfs x; sf] cujf klg xgk5 . dwzdf  
xßdf:6/n] s]s:tf ; d:of %gk/ßf] 5 <  
xßdf:6/n] efu]sf ; d:of cglu6tl 5g\ . dwzdf  
hg xßdf:6/ slffa6 6f9f ePsf 5g\cyff\h;n]  
k9fpg 5f8ßf 5g\ltgn] c; kçn] e6bf a9l  
; d:of ef]gk/ßf] 5 . kç eP/ klg h;n] slff  
ln0/xßf 5g\ pglx;n] w}] %d]hf ; xgk/ßf] 5g .  
kçn] l j Bfyl{ lz lfs, cleefjs / lhNnf lz lff  
sfof]noklt pQ/bfol xgk g] xf] t/ clwsfz  
:shsf kçn] /fhgllts bn / Joj:yfkg  
; ldtnf0{ l/%fpgk] afllotf 5 . c% dwzsf  
xßdf:6/ / lz lfsn] ; z:q ; d]klt klg pQ/bfol  
xgk5 ; z:q ; d]ksf] w]sl / bafa %gk5{ gq  
l6Sg sl7g 5 .

**kçsf] eldsfnf0{ s;n] sdhif] agfPsf] xf] <**  
Joj:yfkg ; ldtnf0{ lb0Psf] clwsf/ / Joj:yfkg  
; ldt u7gdf kçnf0{ k]f]g ul/Psf] eldsf cfd  
kçsf nflu clezfk agßf] 5 . Joj:yfkg  
; ldt]sf] u7g / To;sf] ; ~rfng, kçsf] lgolQm  
sfd, st{fo / clwsf/ tyf Joj:yfkg ; ldtnf0{  
k]f]g ul/Psf] lz lfs lgolQmsf] clwsf/n] kçnf0{  
rf]k]k{ %d]hfd kmg afllotf NofPsf] 5 . sfggl  
; kdf kçn] kfPsf] ; l j wf / clwsf/ klg kof]t  
5g . dwzsf clwsfz :shdf Joj:yfkg ; ldt  
u7g xßf] xf] \of lz lfs lgolQm ubf{ kçn]  
c; /llft dx; % ugk/ßf] 5 . Joj:yfkg ; ldt  
agfPsf] rbfj ug] clg eh]df xftxtotf/; lxt  
h]df xg] cEof; ; fdf]o ag yfnßf] 5 . o; sf]  
; lwf c; / xßdf:6/df k/ßf] 5 / :shsf]  
k7gk7gdf ; d] Joj:wfg klßf] 5 .

**kçnf0{ zIQmzfnl / clwsf/; DkG agfpg s]  
ugk5{ t <**  
kç kb l; hgf u/] vNnf kl]t:kwf] cfwf/df kç  
5g] ul/gk5{ . 5\$} sfgg NofP/ kçsf] ; l j wf,  
sfd, st{fo / clwsf/; Da6wl Joj:yf ul/gk5{ .  
Joj:yfkg ; ldt]sf] u7g; Da6wl d]hbf sfggl



Joj:yfdf ; wf/ xg' cfj Zos 5 . kçnf0{ clwsf/  
klßf] 5g . sfof]no kdlv agfpgsf nflu p; sf]  
kf/ > ds, eldsf / clwsf/ a9fpgk5{ clg dfq  
:shdf ; wf/ cfp5 / kçsf] eldsf ; zQm agb}  
hf65 . kç; Da6wl kçfj sf/ l sfggl Joj:yf u/df  
pglx; sf] ; fdf]hs x] ; ot a95 . g] l j sf; sf]  
cj ; / / ldtf b]f]pg] cj ; / klg pglx;n]  
kfp5g\ . lz lff lgodfj nldf xßf] gePsf] sfd' /  
lgldQ kçsf] rng kof]M x6fpgk5{ .

**tkf0{ cgejdf s:tf u0f ePsf kç ; km /  
s:tf rflx Fc; km ePsf 5g\ <**  
^ jif]v k9g] / k9fpg] sfd]f 5' . d]f]  
cgejdf k9fpg 5f8] ukm xf5g] clg zIQms]b]sf]  
j/k/ w]f]pg] sf] cj:yf l j Bfno / ; dbfodf klg  
ghs 5 . kç szn Joj:yfks, ; e]hs /  
; d]jostf] tyf p]k]s xf] . kç xgsf nflu  
uln]f] lz lfs t xgk5{ . z]lfs lqofsnfkdf  
sdhif] JolQm ; km kç xg; Sb} . g] l j bfol  
eldsf, ldng; f/, hf]l/nf] l j ifo l j 1, ; d]josf/ l  
ldtf ; km kç aggsf nflu ge0{ gxg] u0f xg\ .  
o:tf u0f gePsf JolQm ; km kç xg ; Sb}g\ .  
/fd] kç ePsf] :sh /fd] ePsf] 5 eg] sdhif]  
kç ePsf] :sh sdhif] xßf] uPsf] b]v65 . kçn]  
slxNo} klg slff vfnl xg lbgx5 . l j Bfnosf]  
z]lfs jftfj / of / l j Bfyl] eljioklt lrlgtt gxg]  
JolQm] t kç agfpg' g} x5g .

# cfj /of I/kf{

lhDd]f/l lbgk5{. t/, of] dfkb08 sfof]j og ul/Psf] 5g . olgogsf s[blp pkfWof efu[bl] %fsf]wf/Ofdf z]lfs of]otf gku\$sf lzlfnsf0{ kç agfpgdf Joj:yfkg ;ldlt, /fhgllts bn / ;z:q ;dksf] :jfy[ñ] sfd u/\$f] 5 .

; km / ; zOm xg] ; ð  
 ljBfno Joj:yfkg ;ldlt; fcsf] cGt/lj/fvdf km \$f clg cleefjs, lzlf / ljBfyl[ar ;dçjo sfod ug{g;s\$;f ;fj h[gs :shsf kçsf] eldsf sdhf] blvP klg Joj:yfkg ;ldlt; f /fd] ;dçjo u/l :shsf] k7gkf7g lgoldt ug[kçxç eg]:jo-joj:yfkg ;ldtaf6} k/:sf klg ePsf kf0G5g\ . o:t[af k5g\ @)#& ;fnblv l;Gwhl / wglffsf :shdf kçsf]lhDd]f/l lgjfx ub] cfPsf /fkllj eufx, wglffsf kç /3çGbg ofbj . x\$df:6/n] Joj:yfkg ;ldlt, lzlf / 5fq5fqfalr ;dçjo u/l ubf; f] lj jfb / %dihf ;dfwfg u/] sg}c; lhnf] gxb] pgsf] cgej 5 . kç ofbj eG5g\ æd cfhljg x\$df:6/ ePF dnf0{ rGbgk/df Psk6s / eufxdf b0k6s Joj:yfkg ;ldlt]n] k/:sf u[of] & wglffsf lhzç lj i0fb] ; fxsf]cgejdf kçxçn] uNtl x[ fdf dflg] slff vfnl xg gלב] / cfly\$ kf/blzff ckgfPdf %dihf eflg' kbç .

cgejlxçsf] ljrf/df x\$df:6/ ; zOm / ; km xg] e/kb] ; ð :sh / slfnf0{

lgoldt tNofpg ;Sg'g'xf]. k9fpg 5f8] :shsf] Joj:yfkslo / kçf; slo eldsfdf nxl;g]kçxç; a9l sdhf] ePsf] blvG5 . wglffsf] pdfij obç]faf6 ut jif\$]P;Pn;ldf ;fdh !\*) dWlo ^^ hgf kyd, () hgf bf]f] / af[ t]f] >[lfd pQlOf{eP . /fd]glthfs}sf/of ;f]:shn]lhizsf wglffaf6 ?=! nfv gub / kç nfnafa' xfyln] .ljzi6 lzlf; j] k/:sf/u k[kt u/] . kç xfy]s} of]ubfg / dçgtsf] kl/Ofd:j ;k pdfij obç]f lhnfsf] .sl >[lfsf] pdfij dWlo] k/\$f] 5 . of] wglffsf] Psdfq cfj;f; lo ; f] h[gs :sh klg xf] . x\$df:6/ :shsf] .Golsno/ kfj /u ePsf] p; sf]szn g]t] / ; of]hgljgf sg}klg :shn] z]lfs pknIaw xfl; n ug{g;Sg] kç xfy]sf] 7x/ 5 .

; f] h[gs :shsf kçxç 5fq5fqf, lzlf, cleefjs / lhzsfklt ; d] pQ/bfol xgk] dffotf k[ngdf 5 . t/, nfnafa' cfkn]lj Bfylklt dfq pQ/bfol xg] u/\$f] atpG5\ . pgsf] syg 5- æ5fq5fqsf]k9f0df Wofg lbP/ slffdf k9fpg g5f8k15 kçnf0{ ; s; h] xNnfpg ; Sbç &

wglffsf]blif0l e\$df kg]lgdflj vh/l, rgxf To; e\$sf] /fd] :shdWodf ulgG5 . !@%) 5fq5fqf /x\$] pOm :shdf !^ hgf lzlfnsf0{ g]t] lbPsf 5g\kç xl/nfn ;xgl]. pgsf] :shdf lzlfnsf] clg]fo{ ; kdf cf'gf 5f/f5f]l k9fpgkg] lgod nfu" ul/Psf] 5 . l9nf] cfp] lzlfnsf0{%) ?k[FDd hl/jgfsf]Joj:yf ul/Psf] 5 . cf'gf]:shnf0{lhNfs}gdgf lgdflj agfpg] rfxgf /fv] x\$df:6/sf] lhDd]f/l ;Dxnf]f]

atpG5\; xgl . pgsf]:shaf6 slff \* ; s] pdfij vh/ldf cWoo ug{ hfg] clwsfz 5fq5fqfn] ; ft jifçt /fd] glthf xfl; n u/\$f] kf0G5 . kç ; xgl]ufp[ ] jftj /ofdf lj Bfyl[ ]k9f0df sd Wofg lbg] u/\$f]ltgnf0{5fqfj; df /fv] :shsf] lgu/fglf k9fpg] of]hgf; d] agfPsf 5g\ . ljBfno Joj:yfkg ;ldtsf cWof e/tg/foof 7fs/sf zAbdf :shn] of] tyf hf[ /nf]kç clg kçklt lgi7fjfg\zlf kPsf]k[lt ub] cfPsf] 5 .

dx/Q/lsf] /fdgf/foof cof]of pdfijdf lzlf / cleefjssf] ; xdltaf6 @) \$! ; fndf Toxl :shaf6 P;Pn; l u/\$f dflj t[lo >[lfs lzlf horGbl] 7fs/nf0{ ljBfno Joj:yfkg ;ldlt]n] kç



kç horGbl] 7fs/ -afofF / kç tk]j/sdf/ dlNns .



श्री. रा. ना. अ. उ. सा. वि. पिपरा  
- तारिक वडा पत्र -

क्र.	उपलब्ध हुने सेवा	पूर्वकायु पत्र प्रक्रिया	सेवा शुल्क	कामकर्ता फर्म/वर्ग	उजुरी सन्तो काल	दोष/उत्तर
१	कक्षा १ देखि १२ कक्षा सम्मको अध्ययन	लेखक काल				
२	कक्षा १ देखि ५ सम्म	११	नि - शुल्क रु - २१०/-	लेखक काल	५० दिन	११२ १२ को कक्षा रु. ५०० दिन २ कक्षा रु. ५०० दिन ३ कक्षा रु. ५०० दिन ४ कक्षा रु. ५०० दिन ५ कक्षा रु. ५०० दिन
	कक्षा ६-१०	११	रु - २१०/-			
	कक्षा ११-१२	११	रु - २१०/-			
	विद्यार्थी	११	रु - २१०/-			
	कक्षा ११ र १२ सम्म	११	रु - २१०/-			
३	एक सत्र - वि. पुनः लेख	११	रु - २१०/-	लेखक काल	५० दिन	११२ १२ को कक्षा रु. ५०० दिन २ कक्षा रु. ५०० दिन ३ कक्षा रु. ५०० दिन ४ कक्षा रु. ५०० दिन ५ कक्षा रु. ५०० दिन
	दोस्रो सत्र - वि. पुनः लेख	११	रु - २१०/-			
	तेश्रो सत्र - वि. पुनः लेख	११	रु - २१०/-			
४	विद्यार्थीको त्रुटि सुधार	११	रु - २१०/-	लेखक काल	५० दिन	११२ १२ को कक्षा रु. ५०० दिन २ कक्षा रु. ५०० दिन ३ कक्षा रु. ५०० दिन ४ कक्षा रु. ५०० दिन ५ कक्षा रु. ५०० दिन
५	विद्यार्थीको त्रुटि सुधार	११	रु - २१०/-	लेखक काल	५० दिन	११२ १२ को कक्षा रु. ५०० दिन २ कक्षा रु. ५०० दिन ३ कक्षा रु. ५०० दिन ४ कक्षा रु. ५०० दिन ५ कक्षा रु. ५०० दिन

नोट - उपरोक्त शुल्क बाहेक अन्य कुनै प्रकारको शुल्क नदुकाउनु होला।

सूचना

- विद्यालय भित्र विद्यार्थीलाई अनिवार्य रूपले आफ्नो इस्तमार्द आनु पर्ने छ।
- विद्यालय कम्प्युटर क्षेत्र जोड्ने धुमपान गर्न सक्तैन।
- आभिभावकहरूलाई विद्यार्थीको अग्र काम फेरेको सगडमा प्र प्रस्ताव गर्ने समय धेरै नपरेको सक्तैन।
- विद्यालय समयमा विद्यार्थी तथा शिक्षकलाई अनिवार्य रूपमा प्रवेश गर्न सक्तैन।
- कुनै समस्या आए पछिमा उजुरी पठाउन नबिदित दिनु होला।

agfPsf] 5 . pQm :shsf #) lzlfslw] !)  
hgf t horCb]7fs/sf u?x; g]5g\ . alP; ;kl5  
PdP u/3f 7fs/ cf^g}u?x;sf] .x8U ePsf  
5g\ . xhfE/nf] / of]o 7fg] cf^g} rjfnf0{  
kçsf] lhDd]f/l :jlsf/ ug{ nufofF xfd]  
; xof]xaf6 pxhf] l jBfnof0{szn g]Tj kbfg  
ugçPsf] 5, cfknF k93f] :shdf kç ePsfh]  
sfd ug] hfE/ klg 5,Æ /fdgf/foof cof]of  
pdflj sf ; xfos kç /ltzsd/ 7fs/ e65g\ .  
/fdgf/foof cof]of pdflj lhNnfs} gdf  
:shdW]k5{. kfF la3f l fQkndf @)# ; fndf  
:yfgf ePsf] pQm :shdf #\* sf7] kSsl ejg  
lgd]ffwg 5 . dx/Q/ldf bz hf8 b0df lj 1fg  
ljifos] k7gk7g ; ~rfng ug] Psdq :shdf  
k5{ of] pdfij . kl5Nnf] ! ) j if\$] P; Pn; Lsf]  
glthf ^) kltztebf dily /x3f] 5 . bz  
hf8 b0df lj 1fg ljifodf ztkltzt, lzlf /  
Joj :yfgdf \*) kltzt 5f5f; ; km ePsf  
5g\ . lj 1fg lzlf g/z kf083f cg; f/ , x/3  
lb; ; ft 306l k9f0 x65 . kçn] blgs rf/  
306l lng] u5g\ . kç, lzlf / cleefj salr  
cfk; l ; xof] / ; dGjo e]665 . lj Bfnosf]  
/38çg; f/ , dlij txdf !^)) / pdfjdf @))  
u/L sh !\*) 5f5f; cWog/t 5g\ .  
; xdltaf6 kç ePsfh] horCb]c; kçn] h:tf]  
; d:of e]gk/3f] 5g\ . xzlfz dfq xbf :jGqtf  
a9l xGvof] kç ePk15 sfd / lhDd]f/Lsf] af]n]  
lyr3f] 5, u?x;sf] cfzlj f] 5, ; km x65,Æ  
pgn] lzlfz kltglw; 6sf] e8df eg].

eldut ; dXsf] 8/  
dwzsf :shdf kç ag / kç kbdf l6s/xgsf  
nflu clxn] cleefj s, /fhglts bn / lhlsf,  
Joj :yfg ; ldltn] eg3f] dfq] dfq gklg]  
atfp5g\ g]kn lzlfz olgog dx/Q/lsf clolf  
zebqf/foof % . pgsf] egf0df cr]h t/f0df  
lqmfzln ; z:q ; dx;sf] wDsl tyf bafa  
kç xgsf nflu alnof] xltf/ ; flat xg yfn3f]  
5 . dlij a]xl/hf]ndf cfkn] eg3f] dfq]  
JolQmf0{x3df:6/ agfpg k'; sf] clGtd ; ftf  
wg]lfsf lhzcfnf0{ eldut ; dXsf cfsz  
Tofuln] 6]kn] u/3f] lhx3f wg]lfsf] ; d]  
hfgs/ldf 5 . dwzsf :shdf kç, lzlfz /  
lhzcfnf0{ wDsl cfpq' ; df6o 36gf ag3f]  
lzlf clwsf/lx;sf] egf0 5 . s]l lzlf  
clwsf/l t ; z:q ; dx;sf] wDsl cfpq] eon]  
df3f0n ckm u/] ; Tg] u/3f] atfp5g\ .  
dfcf] fblsf :yfglo g]f tyf sfo\$tf3f] bafa  
klg plQs} bl65 . dlij wf]h]lsf lglDQ kç  
/fzgsdf/ ofbjnf0{ sfh lzlfzsf] xflh/  
u/fPsf] e6b} @\* k' ; df dfcf] fblsf :yfglo g]f

; flvfn d08n / pgsf ; dy\$]n] s6lk6 g]  
u/3f lyP .

alnof] agfpg] pkfo  
lzlf lgodfj nlsf] kl/R5b] !& df lj Bfnosf]  
kç; slo kd]vsf] ; kdf kç /xg] Joj :yf 5 .  
To; cg; f/ lj Bfno Joj :yfg ; ldltn] z]lfs of]otf  
k]3f :yfol lzlfslw]af6 cftl/s k/Llfd & )  
c' Nofpg] lzlfzsf] {kç lgo]msf nflu lhzcfnf0{  
l; km] / ; ug]k5{ . sg} klg :yfol lzlfzsf] & )  
c' Nofpg g; s3f] v08df lhNnfsf c6o :shsf  
& ) c' Nofpg] :yfol lzlfslw]af6 5fg] lhzcfn]  
kç lgo]m ug{ ; S5g\ . lzlf lgodfj nlsf] lgod  
(# sf] pklgod @ df kçsf pDd]j/n] z]lfs  
of]otfakt !), lzlf cgejakt !%, tfindakt  
!), sfo{Dkfbg dNof] gakt @, lj Bfno ; wf/  
sfo{ofhgafakt #) / g]Tj lfdtfakt ! ) c'  
u/L sh !)) k]ff] sf] cftl/s k/Llfd Gogtd  
& ) c' xfl; n ug]k5{ . dlij sf] kçn] ?%)),  
lgd]fn] ?#)) / k]fn] ?@)) kç eQf kfgp]  
sfgg] Joj :yf 5 .

t/ x3df:6/sf] lgo]m k]qmf, sfd, st{fo  
/ clwsf/ tyf ; lj wf; DaGwl o:tf Joj :yfnf0{  
:jo+kçx; n] ckoff] t e6b} kçsf] 53} kb l; hgf  
u/L nf3; ; f cf]of] sf] 9fFdf vlnf klt:kw]af6  
kç rog ul/gkg] ; %f] lbPsf 5g\ . pRr: t/lo  
/li6 lzlf cf]of] sf] klt:hg @)%% df klg  
kçsf] lgo]m vlnf klt:kw]af6 ul/gkg] / p; nfo{  
clwsf/ ; DkGg agf0gkg] ; %f] lb0Psf] 5 . o; nfo{  
sfo]f] og ug{ s] kçsf] eldsf ; zQm xg] kSsf  
5 .

/fdgf/foof  
cof]of pdfij ,  
dx/Q/ldf  
/flvPsf]  
gful/s  
a8fkq .

# xþdf:6/sf tlg ofþo tf



JoJ:yfkslo, pTk70ff / gTj- ol tlg)6f lfdtf ePsf] JoIQm g)/fd[] xþdf:6/ xG5 . ol tlgj6f uOf gePsf JoIQm xþdf:6/ agfpg' xG .

**s]** xl jifcl3 d7]ef0 g7]l, s]ofdf hflu/ vfgYof].  
 Ps lbg ; fuf/Of k; ndf lrof lkP/ al; /xþf]  
 a]hf Ps hgf :yfglo JoIQm 5þd}cP/ 6KnSs a; \$ .  
 wDd k/ a:geGbf sxl s/f u/f}g eg] To]dfg; ; E  
 kl/ro u/ s/f z? u/\$ . To]dfg; g7]laf6 lgSs}  
 6f9f sg}ufþf] ; /sf/L :shsf] xþdf:6/ /xþ . æs]  
 sfd lnP/ g7]l cfpgeof] t Æ ef0n] ; f]yþ .  
 æo:t}Pp6f sfd k/ cfsf] Æ p; n] hjfkm lbof].  
 æs] tkf0{5\$ldf xgXG5 Æ  
 æxfQg Æ  
 æ To; f] eP sfofnosf] sddf cfpgePsf] Æ  
 æto] klg xfg Æ  
 æto; f] eP lsg cfpgePsf] t Æ  
 æf]h :shdf l/hN6 xþ\$ . Toxl eP/ of cfsf] Æ  
 æ:shsf] l/hN6 oxfIng] xf] / Æ  
 æxfQg Æ  
 æclg lsg oxfCfpgePsf] t Æ  
 æf]h l/hN6 6fPKl5 /fd[]l/hN6 cPp eg]ufþ]  
 / ljBfyl{ dnf0{ %08dfpg klg ; S5g\ . To; þ] oxf]  
 nSg cPsf] Æ  
 pkoQm ; jþbn] s]ofdf :shsf] kþltklf xþdf:6/  
 slQsf] hjfknþ] xgkbf]xþ eg] s/f :ki6 kf5{ .  
 sn]df alP k9b} ubf{ :sheGbf afx/ /xþf t/  
 k9g OR5s ljBfyl{f0{ P; Pn; l lbg tof/ ug] u/L  
 xfdln] lfgþo P8N6 xfo{sh vfhþf lyof}. d To; sf]  
 xþdf:6/ lyPF. w} nfd] cgej xfl; n ug{gkP klg  
 xþdf:6/sf] eldsf af/] dþ] toltahf sxl cgej ug]  
 cj; / kPsf] lyPF.  
 d7] ljr/df kþfgWofks cfw/et} kdf :shsf]  
 g]f xf]. pkshklt ljZljBfnosf] g]f xf]. To; þ]  
 kþn] hlxn] klg cf^gf ; xof]ul lzfs, sd{f/L /  
 ljBfyl{f0{pTk/ t / gTj kþfg ug{; Sgk5{. To] E}  
 p; n]ljBfnosf]JoJ:yfkg ug{klg ; Sgk5{. JoJ:yfkslo

lfdtf gePsf JoIQm] xþdf:6/ kb lng} xGg, lnPdf  
 Toflulbgk5{. ; f/fzdf, JoJ:yfkslo, pTk70ff / gTj-  
 ol tlg)6f lfdtf ePsf] JoIQm g)/fd[] xþdf:6/ xG5 .  
 xþdf:6/; E sxl cGt/lglxt lfdtf / kltef klg  
 xgk5{ hf] c; ; E dfu] jf lsg] xfl; n ug{; ls6g .  
 gTj; E lehg 5 eg]a] }eof] 5g eg]klg to]c; af6  
 l; Sg=lng ; ls65 . oxfFDd ls lfg klg sxl xb; Dd  
 c;af6 lng ; ls65 . t/ sxl s/f o:tf xG5g\hf] kþ  
 ePsf] dfg; leq} cGt/lglxt xgk5{. h:tf] rl/q /  
 cfrf/of . xþdf:6/sf]rl/q / cfr/ofnf0{lzlfs, ljBfyl{  
 cleefjs ; aþ] glhsaf6 xW/xþf xG5g\ . To; þ]  
 xþdf:6/n]cfknf0{; a}kþf/sf]cfrf/-JoJ:xf/df pbfx/ofsf]  
 kdf kþ ug{ ; Sgk5{. pkshkltsf] 6fkl nufPk15  
 dnf0{klg To:t}; d:of cf0k/\$f]lyof]. hxfFkof]ToxlF  
 hfg gxg] h] kfof]Toxl nfpq gkfpq] h] kfof]Toxl  
 afllg gxg] hf] kfof]Toxl dfG5] E eþg klg gxg].  
 To; avt ol ; a s/fx;df Wofg kþofpg dnf0{ lgs}  
 sl7gf0{ k/\$f] d clxn] klg ; D%G5' . t/ lhDd]f/L  
 ; Dxfnk15 tbg?ksf] cfr/of / bfoTj kngf ugk5{  
 eg] s/faf6 d ; wþlgb]zt /xþ. xþdf:6/; E glts  
 an -df]n cyfl/6L xgk5{. sfd ubþ hfþ slxnþxlf  
 clkþ lgofo lngkg] cj:yf klg cfpq; S5 . To; sf  
 nflu xþdf:6/ ; b} tof/ eP/ a:gk5{. lsggeg]xþdf:6/n]  
 hlxn] klg :shsf] enfsf] klfd sfd ugk5{ .  
 d pkshklt þf d7] sfo\$ldf lgs} udl{ xGyof].  
 bþsf ljZi6 JoIQm pkshkltxsf cPþsf lbgafþþ  
 dþ]slxNo}Po/ sl08; g /flvg . dþ] ; ljwfer]ul JoJ:xf/  
 b]yPsf]eP zNs a9fpg] / sd{f/L s6f]lsf]lg0fo nfu"  
 ug] glts w/ftn d; E xg]lyPg .  
 To:t} xþdf:6/; E xgk5] csf] ljZlft xf] lgofo  
 lfdtf . sf^u ; efklt Pj +k} {kþfgdGql lul/hfk} fb  
 sf0/fnfsf hþ:h:tf sdl sdh]l eP klg d7] b]6df  
 pxfþf] ; aþGbf ; an klf t?Gt lgofo ug] lfdtf xf].



.xG5U jf .xGul t?Gt}eGg]lg0f6 lfdtf xBdf:6/; E klg xgk5{. o:tf] lfdtf c;af6 lSg jf lng ; lSb . of] JolOmj z]df cGt/lglxt lfdtf g}xf]. of] lfdtf gePsf dflg ; km xBdf:6/ aGg ufx] xG5 . To:t}j0loms ; DaGw -k; Gn fofkfb{ klg Pp6f xBdf:6/sf nflu Psbd}dxLj kOf{s/f xf]. sg}3/sf s0fs0l sxl lbg :sh cfpGg\eg] xBdf:6/n] ltgsf cleefj snf0{ e0] s] ; d:ofs sf/of s0fs0l :sh gcPsf /x5g\eg] ; flg ; Sgk5{. To:t}zlfsx;sf ; d:ofaf/]klg xBdf:6/ plOs}hfgsf/ xgk5{. .tkf06f] slffdf cin a9l xlnf lsg e0/x3f] xfhf 0 . .tkf06f0{s] ; d:of k0f] ; / 0 eg] xBdf:6/n]rf; f]JoOm ugk5{. lzlfsn]slffsf]fdf efl]u/x3f] ; d:of ; dfwgdf ; xoflul aGgk5{. To; k15 xBdf:6/; E xgk5g] dxLj kOf{s/f xf] s8f ldlxg] . s8f kl/>dsf]sg}lj sNk g}50 . k/f ; do ldlxg]sf ; fy sfd ugk5{. of] s/f cfmleq0f6 pTKGg xg] xf] o; nfo{ cGogaf6 ; /Ss Nofpg ; lSb .

titax: ?h2g



gkfnf] ; Gbedf s/f ubf{ xfd] ; d:of cfwf/et k5[ts]5g\ . :shdf kfgl g}x0 eg]kfglsf]u0f:t/sf] s] s/f <lahhl g} cfp0 eg] a0lsf] u0f:t/sf] s] cy<o:t} ; fj hlg :shx;df slff jf k9f0 g}sd xG5 eg] :t/lo lzlfss] s/f ug3f] s] cflrTo xG5 / < w7}j if{ cuf18 Ps hgf lj bzn] tof/ u/3f] cg; Gwfg klTj hgdg elgPsf]lyof] . gkfnf :shdf lj Bfyl; eGb lzlfss; g} slffdf a9l cgkl:yt xG5g\l sl/a kfF j if{klxn]lzlf d0qfnos]cu] /tdf P; Pn; ldf lj Bfyl; lsg a9l kmh xG5g\eg] ; Gbedf0{ ; d] lnP/ Pp6f clloog d; d] ; nlg eP/ ul/Psf] lyof] . xBdf:6/sf] ; Gbedf xfdln] @\* j6f :shx;sf] .s] :68ll u/3f lyof}. xfd] kflm] / / P; fl; P6 kflm] /x;n] :shdf b0{ xktf; Ddsf]cj n3g / cllofg u/] . xfdln]hg :shn] P; Pn; ldf /fd] u/3f] 5, To] k0fj sf/L / h; n] /fd] ug{ ; sg, To] ckefj sf/L :sh eg] 560f0f}. :sh k0fj sf/L xG5f w7}sf/0fx; blvP t/ tldllo] clt g} dxLj kOf{sf/s rlfxf0; / jf x0ld; g}7xl/P . clloog ug{klm8df hfgcl3 ; fylx;nfo{d0}eg3f]lyPF:shsf] glthfsf] 0ltxf; kN6fpgxfhf . olb sg}:shsf] glthf hg j if0f Psbd /fd] ePsf] blvof] To; sf] sf/0fsf] vfh] ugxf] \ . :shn]PsfPs w7}wg kft u0f]ls jf gofFlzlfss; ylkP ls jf xBdf:6/ km/of]ls jf o:t} s]eof]To; sf]ulx/f]clloog ugxf] eg3f]lyPF. clloogaf6 tldllo] w7}h; f] :shsf] Pp6} s/f blvof] To] :shsf] gT]df kl/j t0 ePsf]/x3 . gofFxBdf:6/sf]cfudgk15 :shsf] glthfdf ; wf/ cPsf] blvof] . cyf\Ps hgf xBdf:6/ :shsf] ; wf/sf] slt dxLj kOf{ dflod /x3 eg] s/f o; n] 5nE kf5{.

d0]dfl] cfwf/et s/fx;sf] ; d:ofs af/0f clnslt s/f s00fPF. oxfFkl/ Toxl s/f bxf]ofpg rfxG5' . klAns :shsf lzlfss; clwsfzn] tflnd lnPsf 5g\ . tna tyf ; ljwf lghl :shsf] eGb w7} 5 . ; /sf/L lfgsf] 7hf] nufgl klg 5 . t} klg klAns :shx;n]

cfhsf] ; Gbedf ; fj hlg lj Bfnosf klvfglbfkssf] eltsf s:t] xgk5{eg] lj ifodf s]0t /x/ lzlf s dfl; s / ..; fdlhs ; jhsf nflu ; xsfo0f/f ; eOm ; kdf !) df3 @^% df ondfos s0] kf6g9f3f, nlnk/df lzlf ; jfb gds d0y sfo0msf]cfofhg ul'of]. sfo0mdf lqejg lj Zj lj Bfnosf k}'{pkshklT Pj + lzlfj b\ s0f/eOm dfy0fn] abln0f] kl/j zdf klvfglbfks s:t] xgk5{eg]0f/0f dGto lbP . ; fl sfo0mdf lzlf d0fnosf pk;lrj th; l yklnofn] lj Bfno ; wf/ ofhgdf k]tfljt gltut ; wf/sf]v0sfaf/] hfgsf/L u/fP eg] lfg0o dflj, afkm, sf7df8f0f klvfglbfks wg-ho zdf{clwsf/Ln] cf'gf] cgejdf cfwl/t sfo0g k3 u/3f lyP . b3sf lj le0g eufaf6 cfdl0at klvfglbfks, lzlf, ; fl JolOm lhzc, Joj:yfkg ; ldltsf kbflwsf/Lx;n]To; }lj ifodf s]0t /x/ cf-cf'gf cgej / wf/0f0x; JoOm u/3f lyP . To; sf] dVo c3 oxfFk]tt ul/Psf] 5 M

lghl :shsf] hlt klg glthf Nofpg lsg ; ls/x3f 50g\<xfdln]sxl k1000 :shx;sf]klg clloog u0f0f. ToxfGofFlzlfss; cfpG/] 5f80]b/ lgs}pRr /x3f] kf0of]. t/ klAns :shdf ; fwf/0fTo To:tf]xg]ub0 . k1000 :shsf]k9f0 klg cAan 50, 7ls}7ls}dfq 5 . tklg P; Pn; lsf]glthfdf t lghl lj Bfnos; w7}cuf18 blvP . o; sf sf/0fx;sf] vfh] ubf{kOf nfluof] Pp6f cf]t :t/sf] klAns :shdf k9f0 jf slff xG5-x0 eg] 70f]g g} x0f]x05 . t/ k1000 :shdf lgoldt ; kdf k9f0 x0f]x05 . lghldf, x8tfn-agbsf sf/of k9f0 cj?4 eof]eg]To; sf] ; sf zlga/ jf c; labfs lbg k9f0 x0f]x05 . k1000 :shdf lbgxFh; f]u0sfo{lb00f] /x3 . ptf klAns :shdf u0sfo{eg3f]g}yxf /x05 . xfdln]:sh k9f klg dlZsnn]slxn3f]lFdfq u0sfo{ lb0Psf] ; D%65' . k1000 :shdf sdhf] lj Bfylsf nflu 50} . l/dlBonu slff; xg] ubf{x0g\ . sg lj Bfyl{s] lj ifodf sdhf] 5, To] lj ifodf yk ; dodf k9fP/ p; nfo{ klg c; lj Bfyl{/x hfG] agfpg] ul/0f]x3 .

# cfj/Of dGyg

t/ To] sfd klAns :shdf k6Ss}x8f]xg5 .  
 xfd] To] cllwogs] lgisif{ lyof- lzlfss] tflnd  
 eGb] klg lzlfss] Joj:yfkg dxlj k0f{/x5 :shsf]  
 :t/ psf:g]; Gbedf . :shnf0{; kfg]xf]eg]x8df:6/nf0{  
 lgSs} alnof] kfgk5{ eg] xfdln] cllwog kljt]lgdf  
 ;%fj lbPsf lyof}. x8df:6/sf]lgolQm kf/bzl{k]lqmfaf/f  
 xgk5{/ ToxfFbnlo /fhglltsf] uGw cfpq' x8g eg\$  
 lyof}. xfd]hf8 Joj:yfkslo / g]Tj lfdtfsf cfwf/df  
 g}x8df:6/sf]lgolQm xgk5{eGg]lyof}. xfdln]x8df:6/sf  
 lgolQm] l] Bfno Joj:yfkg ; ldt / cleefj ssi]dxlj k0f{  
 xft /xgk5{eg} ;%fPsf klg lyof}. xfdln]x8df:6/nf0{  
 lbOPsf]l] Bdfg clwsf/ ckU 5 dfq eg\$5g]l]tgnf0{  
 lzlfS 5fGg] /fd]l]zlfSnf0{k]f] ; fxg / v/fa lzlfSnf0{  
 b08 lbg] oxfFDd ls :shaf6 lgsfllg] Ddsf] clwsf/  
 lb0gk5{ eg\$5f}. x8df:6/sf] klxn] lgolQm rf/  
 jifsf nflu dfq xgk5{eGg] xfd] /fo lyof]. l] Bfno  
 Joj:yfkg ; ldt, lzlfS cleefj s ; 3, lhNnf lzlf  
 sfofno ; a} klfn] x8df:6/sf] jilif\$ dNof]g u/]  
 To; sf cfwf/df dfq sfo\$fn a9fpgk5{eGg] xfd] bll6s0f  
 lyof]. To; u/L kcnf0{ lb0f} cPsf] kC eQf Psbd]  
 sd 5, To; nf0{ cfsif\$ agfpgk5{ eGg] ; %fj klg  
 lbOPsf] lyof]. x8df:6/sf] Joj:yfkslo / g]Tj  
 lfdt; DaGwL xfn] tflnddly kglj f/ ug{ cfj Zos  
 5 eg] xfdln] cf'gf] cllwog kljt]lgdf nY\$  
 lyof}. dnf0{ nflu5, tl s/fx; clxn] klg plQs} ; fble\$  
 5g\.

## th;l yklnof pk;lrj lzlf dGqfno



d xfn lzlf dGqfnosf] gofF  
 sfofnd l] Bfno lfq ; wf/sf]  
 b:tfj] h lgdff]sf] sfo{ f ; DalGwt  
 5' . To; n] klfqfllwoksaf/ s]l  
 glltut ; wf/sf]k;tfj u/\$f]5 .  
 gofFglltdf !-.\* jf !-!@ k9f0  
 xg] l] Bfnodf klfqfllwoks eGg] 5\$} b/agb]sf] Joj:yf  
 ul/Psf]5 . kC 5gff]sf]; Gbedf p; sf] lzlf0f cgej nf0{  
 dxlj lbOPsf] 5 . w]h; f] bZdf lzlfS ePsf] dflg;  
 dfq klfqfllwoks xg; Sg] Joj:yf ul/Psf] kf0G5 eg]  
 s]l bZdf To:tf] /xg5 . xfdln] lzlf0f cgej ePsf]  
 dflg; cyff{ lzlfSnf0{g} klfqfllwoks lgoQm ug] Joj:yf  
 oyj] tV/vg nfu\$ 5fF. kC xgsf nflu lzlf0f cgej  
 t cfwf/et' of]otf x]g}. To:t} Joj:yfkslo / g]Tj  
 lfdt klg plQs} dxlj k0f{ of]otf x]. o; sf nflu  
 lgZrt c' lbg' h?/L 5 . tflnd / cgej nf0{ slt  
 c' lbg] eGg] s/fdf 5\$} ax; sf] vff]5 . gofFgodfj nl  
 agfpgcl3 ol s/fdf k]6 e0; Sgk5{. clxn\$] lgoddf  
 klg s]l klj wfg gePsf eg] xfd]gg\ . Joj:yfkslo  
 tflndsf] s/f lgoddf 5g . o; df lzlfS tflndsf]  
 dfq s/f 5 . klxn-klxn] Joj:yfkslo tflnd Toit

pknAw gePsf] klg Totflt/ Wofg guPsf] xg; S5 .  
 To:t} x8df:6/sf nflu dlxn / ; ldf'ltst ; dxsf  
 pDd]j f/nf0{k]fyldstf lbg]k;tfj ul/Psf] 5 . tbg;k  
 slff !-\* ; Dd k9f0 xg] cfwf/et' :shdf :gfts u/\$f]  
 JolQm dfq klfqfllwoks xg; Sg] Joj:yf ul/Psf] 5 .  
 To:t} dflwolds txd :gfts0/n] dfq kC xg; Sg] Joj:yf  
 ul/Psf] 5 . ; fy) To; df . klfm] gn sf] klg hfl]8g'  
 cfj Zos 5 . 5gff]sf] s/f slxn\$fxlF]lj]bf:kb klg  
 e0/x\$] / cgfj Zos ; kdf /fhgllt; f klg hfl]8g]  
 u/\$fn] To; af6 cnu /Vg :jtG 5gff ; ldt agk5{  
 hxfF]lj 1x; klg /xg\$g\ . x8df:6/sf] sfof]lw olt  
 jif{g} xgk5{eg} gff]SP klg lgZrt cjwsw nflu  
 lgoQm ug]k5{eGg] pNny 5 . hf] JolQm kC ag rfxG5,  
 pm kC ag] cfpk15 l] Bfnosf] ; wf/sf nflu s] s]  
 sfd ug] eg] e]jl sfdsf] sfof]hgf kZ u5{. p; n]  
 kCsf] kb kfp]j]f gkfp]eg] s/f sfof]hgf] cfwf/df  
 xg]k;tfj ul/Psf] 5 . Toxl sfof]hgf cg; k sfd xg  
 ; Sof]s ; s] eg] cfwf/df p; sf] sfo{ Dkfbg dNof]g  
 ul/g] gofF] Joj:yf ul/Psf] 5 . lzlf0fsf] :t/ tf\$g] /  
 lzlfssf] sfo{ Dkfbg ug] sddf kCsf] ljzif eldsf  
 xg' h?/L 5 . kcn] To] eldsf kfpG eg] p; n] cf'gf]  
 l6dsf lzlfSx; nf0{ cfnh] rfx] h:tf] kwltsf] lbzdf  
 nfg ; Sbg . ctM l] Bfno ; wf/sf] b:tfj] h] lzlfssf]  
 dNof]gd] kCsf] ljzif clwsf/ lbg k;tfj u/\$f] 5 .  
 kcn] lzlf0fsf] sfd klg u5{ t/ lzlf0f . js{ nf\$U  
 36fpgk5{ eGg] o; sf] dd{ 5 .

kC l] Bfno Joj:yfkg ; ldtkl't pQ/bfol xgkG]  
 s/fdf o; n] hf8 lbPsf]5 . lsgls k;tfj] t Joj:yfcg; f/  
 kCsf] 5gff l] Bfno Joj:yfkg ; ldt]n] u5{. cfnh]nf0{  
 lgoQm ug] lgsfoklt klfqfllwoks nf0{ pQ/bfol agf0g'  
 cfj Zos 5 . kC dNof]gsf b0{ cfwf/ to ul/Psf]  
 5 . klxn] lgolQm x8f p; n] kZ u/\$f] sfof]hgf /  
 bf] f] ; fdlhs nYfk/l]f0fsf] dflwofaf6 . ol b0{ dflwofaf6  
 kcnf0{ l] Bfnoklt /fd]l pQ/bfol agfpg ; lsg5 eGg]  
 l] Bfno ; wf/ sfof]ndsf] clek]o x].

## eld ; fksf

kC, cfbz{ ; h ojs dlj aEdtl, nlnk'

x8df:6/sf ; kdf d]f] sfd  
 .l6dj s[ x]. ; /f\$ /-j nfx; nf0{  
 kl/rfng ug; ; lsof] eg] dfq :sh  
 /fd] xG5 . sltko 7fp] To; /L  
 ; wf/ ePsf] klg 5 . cfhsf]  
 ; Gbedf ; aGbf v6sPsf] s/f  
 s] x] eg] x8 l6r/df z]lfs  
 g]Tj sf] sdl b]VPsf] 5 . w]h; f]  
 x8df:6/x; kZf; g rnfpg /  
 e]lts lgdff] dfq Wofg lb0/x\$] kfp5' . o; nf0{  
 xfdln] 5nkmsf] ljifo agfpgk5{. lzlf lgodfj nldf  
 kCsf] sfd, st]o / clwsf/df c; ; a} s/f pNny 5



t/ zlf s g]tj sf] af/df pNny g}ul/Psf] 5g .  
 lzlf lgodfj nldf x/\$ s/df lj Bfno Joj:yfkg  
 ;ldltsf] lgo6 rfx65 elgPsf] 5 . t/ l/Qm b/agbldf  
 Pp6f c:yof lzlfs lgoQm ug{lhNnf lzlf sfoffosf]  
 c^sz clxn}Dd oyfjt\5 . xfd} nintk/ lhNnfsf]  
 Pp6f lj Bfnodf tlghgf dflwolds lzlfssf]b/agbl vfnl  
 ePsf] tlg-rf/ dlxgf e0;Sof]. t/ lzlf sfoffon]  
 gofFc:yof lgoQm ug{clxn}Dd cgdlt lbPsf] 5g .  
 hals lgoddf To:tf] s/f sxl klg 5g . kfj/jfnfsf  
 dflg;nf0{Tof]:shdf l5/fpgkg]lhNnf lzlf sfoffosf]  
 :jfy\$ sf/of To:] ePsf] /x\$ . lj 1fkgdf kl:t:kwf{  
 u/} ltg}df65] 5flg65g\eg]To; sf] s;h] klg cfkIQ  
 hgfp6g . t/ l:ylt To:tf] 5g . csf]t/ x\$df:6/n]  
 ;a}clwsf/ cfkm'lnP/ a:g]/ cf'gf ; dy\$;sf] 3}fdf  
 dfq a;] sfd ug] k]IQ klg gePsf] xfg . ctM  
 clwsf/sf] ljs}bls/of / clwsf/sf] kofunf0{ lnP/  
 Jofks:t/df 5nknm xg' cfj Zos blv65 . alnof]  
 klta4flj g sb}klg ;:yf /df] ag6g . To:tf] klta4  
 x\$df:6/ eP dfq :sh /df] x65 .

**of]l}b}k; fb ofb]**

kç hg]ho]t pdflj, r6]gufoxk/, /f}x6

Pp6f x\$df:6/n] ; a} sfd ug{  
 ; Sb6 . kzf; g rnfpg ; S5 .  
 g]tj lbg ; S5 . lgbzg lbg  
 ; S5 . Joj:yfkg ug{ ; S5 . t/  
 p; sf] .PS; glnf0{ klg kflj t  
 ug] kl/l:ytx; x65g\ . xfdln]  
 To; nf0{klg a'gk5{ . klnx6gf  
 clxn] kç %g%g\sdhf] agb}  
 uPsf] s'/nf0{xfdln] oxfFla; g  
 ldN6g . !}jif] dcfj] fbl agân] kçsf] eldsfnf0{g/fd/l  
 kflj t u/\$] 5 . o; ; dodf kç cf'gf] eldsfnf0{  
 lgs} vDrofp g aNlo eof] . To; nf0{ s; h] klg 06sf/  
 ub6 . To:] cj:yfnf0{ s; /l lg/fs/of ug] xf] To; df  
 Wofg hfgk5{ .



x\$df:6/n]:j t6qtfk] \$ sfd ug{kPsf] 5g . p; dflj  
 xfal xg] lgsfo, ; yfx; slt xg\slt 0 lhNnf lzlf  
 sfoffoafx\$ /fhgllts bn, cleefjs, Joj:yfkg ; ldl t,  
 ; fdlhs kl/jz / lzlf s; ah] x\$df:6/sf] eldsfnf0{  
 kflj t ul//x\$] 5 . x\$df:6/df .uj lg' kfj /0 xgk5{ .  
 ca To; nf0{:yflkt gu/] Dd x\$df:6/ alnof] / kflj sf/l  
 x6g .

clxn\$] lzlfs lgoQm k0ffnl Psbd bflk0f{ 5 .  
 lgoQm ug] ; !ki6 Joj:yf lzlf P6, lgodfj nl st}klg  
 5g . k]wfg]wofksn] cf'gf] kl/l:ylt cg5h eof] eg]  
 cf'gf] df65] 3; fp6 . ; ~rfns ; ldl t zIQmzfnl 5 jf  
 /fhgllts ; dy6 kfl t 5 eg] p; n] Toxl anaf/f lzlf  
 lgoQm u/fp6 . To; nf0{ s; n] /f\$g] < cfh Joj xf/df  
 w}]xb; Dd oxl e0/x\$] 5 . lzlf s b/agbl vfnl eof]

eg]lhNnf lzlf sfoffo; G gofFc:yof lgoQmsf nflu  
 cgdlt lngk5{. ^ dlxgf; Dd lhlsfn] cgdlt glbPsfn]  
 sltko :shdf nfd] ; do; Dd k9f0 cj?4 e0/x\$] 5  
 . To; sf] lhDd] f/l s; n] lng] < cgdlt lb0xfNof] eg]  
 klg ^ dlxgfk15 km/ ; dy6 lngkg] 0 ; dy6 glnP  
 tna lgsf; f x6g . o:tf] cj:yfsf] cfto xgk5{/ :jR5  
 lgoQm k4lt a; fpg l9nf] ug{x6g .

**hu6gy Itjfl**

kç, l; 4fy{pdflj, j]l/u-h, k; f}



d h'g lj Bfnodf clxn]  
 k]wfg]wofks 5; ToxfFr/ xhf/  
 lj Bfyl{ 5g\ . d]f] :shdf sb}  
 ahf ( ) blv ztklzt lj Bfyl{  
 P; Pn; ldf kf; x6y] clxn] cfp/  
 To] ^) klztzdf %/\$] 5 .

ef]nsf lbgdf of] glthf c% v:sg] vt/f 5 . lsgeg]  
 lj Bfnodf k7gk7gsf] jftfj/of 5g . b0{ jif6] jif6]  
 tlg dlxgfe6f lj Bfno ; ~rfng xg; s\$] 5g . d  
 oxfF sf7df8f6f 5; xfd] lj Bfno agb 5 . ev{ xfd]  
 ; xfosn] km] u/} e6of] ; / xfd] :sh alln cfhb]v  
 vNof] . lj Bfno Ps ; Ktfxb]v agb lyof] . Ps hgf  
 ; ef; bhf0{ ; dft\$] lj /f]wdf :sh agb u/f0Psf] lyof] .  
 ; do / kl/jzn] x\$df:6/sf] eldsfnf0{kl/j t6 ubf] x\$ .  
 wg-hohl] x\$df:6/ lg8/ / lgw\$ s eP/ sfd ugk5{  
 e6geof] . klnf To:tf] jftfj/of lyof] . t/ clxn] 5g .  
 clxn] dnf0{ lj Bfno hfg 8/ nflu5 . lj Bfno Aof6n  
 /kml8 xf] h:tf] nflu5 . lj Bfno u0/x\$] 5' ls o4sf]  
 d]f6df u0/x\$] 5; 56dfpg dl:sn k5{ . tlg=r/f/  
 jif6]v o:tf] jftfj/of 5 . d]f] :shsf] l5d\$df /x\$]  
 csf] :shsl ld;nf0{ slffdf k9f0/x\$] ahdf uf]hl  
 xflgPsf] 5 . lj Bfnodf k:g kPsf] 5g, km] cfp6  
 ætkf0] ?=! nfv lbg6Pg eg] v]ot 5g A xfdln]  
 s:tf] 8/ / qf; sf] jftfj/0df sfd ugk/\$] 5, Tof]  
 elg; fl6 5g . /fhgllts l:ytsf] sf/of o:tf] cj:yfsf]  
 ; hgf ePsf] xf] . lj Bfnonf0{ha; Dd ; aklfaf6 zfl6t lfg  
 3f]off ul/6g, d sfd ul//x\$] t/f0\$] kl/k]odf  
 x\$df:6/x;nf0{lgw\$ s / lge6 eP/ sfd ug] jftfj/of  
 ag6g .

b06f s'/in] x\$df:6/ ; ae6f a9l kflj t 5 . klnf]  
 cf'g]; km/; sf] nflu / bf] fl] lzlfssf] lgoQmsf] nflu  
 Joj:yfkg ; ldltsf] bf; xg kl/\$] 5 . lj Bfnodf l/Qm  
 xg] b/agbldf lgoQmsf] nflu lj Bfnodf r/d ; ^zif{xg]  
 u/\$] 5 . h; sf] tkf0; sllkgf g} ug{ ; Sgk6g .  
 cf'gf] kl8fnf0{ d oxfFzAbdf klg /fd/l JoQm ug{  
 ; lSbgF. :shnf0{t k9h]y\$] df:6/ rfxof] h; n] slffdf  
 uP/ /fd] ; t k9fpg ; S5 . t/ ToxfFof]otf / ldf]tsf]  
 sb} dtna 5g . Joj:yfkg ; ldltdf ; Qf?9 kf6l\$]  
 sb} df65] 5 eg] p; sf] df65] lzlf s agfpg} k5{ .  
 agf0Pg eg] x\$df:6/sf] v]ot 5g . To; w/l csf]

# cfj/Of dGyg

; dXaf6 bafa cfp5, æolb xfdl]dfG5]nf0{Lzlfs agfpgePg eg] efl]hblv tkf0FxØdf:6/sf] s'; ldf a: g ; SgxGg A Psflt/ o:tf]cj:yf 5 eg]csf]t/ xØdf:6/sf]; /lffsf] sb]lof/l6l 5g . xØdf:6/nf0{shaf6}p7fP/ nlu/xzf 5g\ . l5d\$df kx/l 5, sxl jf:tf ubg . ctM df:6/sf] lgolQmsf nflu klg lhNnf:t/d}dfq eP klg cfof]u u7g ul/gk5{/ / To;af6 5gfØ ul/gk5{. cfof]un] klit:kwf\$cf cfwf/df lzlfs 5gfØ u5{/ vfnl ePsf] :shdf k7f0lbG5 . To; f]xg; Sof]eg]dfq of]o df:6/ 5flgG5 / xØdf:6/nf0{klg sfd ug{w}}cgSh xG5 .

lzlff dGafnosf klitlgln]lj Bfno lfg ; w/ sfoqndn] k]tfljt u/\$f] xØdf:6/sf] Joj:yf af/] atfpgæof]. To; qndf pxfh]xØdf:6/nf0{Joj:yfkg ; ldtklit pQ/bfol agfpg] s'/ flvPsf] pNny ug]æof]. olb ; fR}Tof] Joj:yf nfu"eof]eg]ca xØdf:6/x; lzlff clwsf/lstf] z/Ofdf hfg aflb xg]5g\ . Tof] lglZrt 5 . efl]nsf lbgdf %g\ a9l hl6ntf ylkG5 .

## nlnf vqfn

kç, 9S/kigl dflj, %kfk



c:yfol xf] \ of :yfol, lzlfs lgolQm; xl klqmofaf6 xg ; s; . d]h] ; g\$]f] 5; ef/tdf lzlfs klit:kwf\$af6 w}}df]g; nf0{5gfØ ul/G5 / .khldf /flvG5 . clg hxfFvfnl 5, ToxfHtgnf0{lGolQm ul/G5 . ca xfdl] bzd f klg oxl k4ltnf0{nfu"ug]xf] ls <To; f]jug; s]/fdl]xGyof]. lj Bfno Joj:yfkg ; ldtlnf0{ c:yfol lgolQmsf] clwsf/ g}dVo ; d:of aG]u/\$f] 5 . %kfsf lj Bfnox; n] h-h; n] /fxt sfØf kfPsf 5g\ tl ; adf tnfagbl 5 . lj 1fkgnufot lgolQm klqmofdf ug]kG] ; a} sfd ul/Psf] 5 . To; n] ubf{ xØdf:6/n] /fdl] f sfd ug{ kfPsf] 5g .

xØdf:6/sf]; xof]usf]nflu sdf/f]l]Joj:yf xgk5{. ; adf t]sf n g; lSP klg dflwolds txsf] lj Bfnodf o; sf] Joj:yf xgk5{. tna vj]fpg] bl]vsf kzf; lgs sfddf xØdf:6/nf0{a9l af% 5 . o; n] ubf{xØdf:6/sf] ; Dalwt lj ifosf] k7gkf7gdf afwf kfofPsf] 5 . ca xØdf:6/ sf]klit pQ/bfol xg] ; jfndf hfpf . olb Joj:yfkg ; ldtklit xØdf:6/ kOf{; kn] pQ/bfol xgkG] xf]eg]pm; w}Joj:yfkg ; ldt]s}j]l/kl/ 3Dgkg]xG5 . ; ldt eGb xØdf:6/ clnsit klg sdhf] eof]eg]pm ; ldt]sf] kl5 nfu\$] nflu} ug]K5{. To; n] :sh %g\ laufg{; S5 . .x]dln] eg\$]f] dflg; df:6/ lgolQm u/, xg] eg] t]f0{xØdf:6/af6 x6fp5] eG klg ; S5g\ . ctM xØdf:6/ Joj:yfkg ; ldtklit kOf{; kdf x]f]g, sxl xb; Dd rfxFlhd]j/ agfpgk5{. lj Bfno ; w/ of]hgf] :shsf] ; fd]l]hs n]yk/llf of ug]kG] s'/nf0{ dx] lbPsf] 5 . of] ; jfndf xØdf:6/ Joj:yfkg ; ldt / lzlfs cleefjs ; 3klit pQ/bfol xgk5{. To;t}

lj Bfnosf] cfly\$ sf/faf/sf] d]dn]df kç Joj:yfkg ; ldtklit hjfkn]xl xgk5{. ; a} s'/fdf xfdl Joj:yfkg ; ldtklit pQ/bfol e0lbPsf t/ Joj:yfkg ; ldt]sf] xfdlklit xg] bl]6sf]f ; sf/f]ds e0lbPg eg] s] ug] < Tof] sf/Ofn] :shdf k7gkf7gsf] jftfj/Of laluf] eg] s] ug] < of] ; jfndf uDel/t]sf ; fy ljrf/ ul/of] \.

## lj Bfw/ dlNs

kj{Lzlff / cy{; lrj



@)\* ; fndf gofFlzlff of]hgf nfu" xgcl3 wglblv ul/a; Dd ; a]h] Pp6} :shdf k9y]. ; a]h] klAns :shdf k9y]. ; a]h]/fdl] dfg\$] lyP . lsg cfh wgl]sf] nflu lghl / u/lasf] nflu ; fj]hgs :sh eof] t < dnf0{ nflu5, sxlFg sxlF kl]ta4t]df sdl ePsf sf/Of o:tf]cj:yf cfPsf] xf]. ; dbfon]lzlfs lgolQm ubf{/ Joj:yfkg ; ldt 5gfØ ubf\$] hg ; d:of cfh bl]vP eg] xØ; /x; n] eGgeof] Tof] ; d:of @)\* ; fn kj{lyPg . Toltv] klg ; /sf/n] Psdl6 cgbfg lbGyof]. klg] u/l lbPsf] lyPg, t/ sxl g sxl lbPsf] lyof]. /, klg lj Bfno /fdl] lyof]. hltv] ; /sf/; f k/f ; fwg ; f] / blf hgZlQm klg lyPg . t/ Toltv] lj Bfno /fdl] agfpgk5{eG] ef]gf / kl]ta4t r]lxF; aeGb a9l lyof]. lj Bfno / ; dbfosf] k]olf ; ;u{/ cGt/lqmf e0/xGyof]. lj Bfnoklit ; dbfosf]rf; f\$] sf/Ofn] ubf{ol ; a ePsf xG\.

gofFlzlff of]hgf nfu" xgcl3 / To; kl5 ; fj]hgs :shsf] 5ljdf km's 5 . dnf0{nflu5, /sf/n] x:t]fk u/\$f sf/Of o:tf] km's cfof]. ; /sf/n] lzlfsx; nf0{ cf]g]agf]uof] sdf/f]l]Joj xf/ ub]uof]. lzlfsx; nf0{ klg lghfdt]; /x kyd, bf]f] t]f] >fl]sf] agfof]. cl3 Ps hgf xØdf:6/n] ; d:ofsf ; kdf /Vgeof] ls :sh /fdl] x]x] klg dfl]Nnf] >fl]sf] lzlfs xg ; lSPg . pm a]h] ; a}lzlfs ; dfg lyP . >fl]sf] ljefhg ; /sf/n] g] u/\$f] xf]. ; /sf/n] lzlfs; f]sf] cGt/; DaGwnf0{ lgtfGt sdf/f]; f]sf]; DaGwdf ab]lg o; f]u]of]. o; n] lzlfsx; nf0{ sxl g sxl km]Obf t eof]. hflu/ ; lglZrt klg eof]. k]; gsf] ; ljwf eof]. ; Argfut a9]sf] klg Joj:yf eof]. To; sf]; f; f}lzlfsx; sf]; jfoQtdf c^sz nfluof]. sfd ug] ; j]tGqt /xg .

Toltv]sf]xØdf:6/ / ; dbfoalrsf]; DaGw / cfhsf xØdf:6/ / ; dbfoalrsf]; DaGwdf kSs}klg 7hf] km's xgk5{. ; /sf/; f a9l lge{ x} uPk15 lzlfsdf klg k/lge{tf a9b} hfg' c:j]ef]js lyPg . dfG5]nf0{ hit lhDd]f/l / clwsf/ lb] uof] p; n] Tolt g} w} k]lt u5{. cf]dlge{ xG5 . Tolt g}w}r]g]f]sf]; fdgf ug] S5 . k/lge{tf]Psk\$]f/sf]; /lf klg lbG5 . t/ k/lge{t]sf km]Obf eGb a]km]Obf w}5g\ . a}Gb 7hf] a]km]Obf xf] cfhsf] xfdl] lj Bfnosf] xlj ut . ; /sf/n] ot]sf j if]x; df

NofPsf] gllt tyf sfoqnd ; a\$ f nflu lzlf / xfnstf  
 lj Bfno lfg ; wf/n] of] k/lge{tfnf0{ sxlFg sxlFtF8g  
 vfh\$} 5 . ; dbfon] cf'gf] :sh cfkm] Joj :yfk u/f] \.  
 ; dhkltstf] stfo / p0/bfioj /xf] \eGg] rfx\$} 5 .  
 To; sf]cy{xf] ; a}clwsf/ / stfo ; dbfo :t/df %w/f] \.  
 ; /sf/n] Jofj xfl/s bll6sf0fsf cfwf/df Psdl6 cgbfg  
 lbg] / af\$l ; fwg ; ff]sf] kl/rfngb]v Joj :yfk; Ddsf  
 ; a} sfd ; dbfon] ug] eGgk5{.

; ljwfgdf hlt; s}lgMzNs lzlfstf] uof/06l u/] klg  
 cfufdl w}] jif{Dd ; /sf/sf] Toj af%o wfg] cf\$ft  
 xg; Sbg . Toj]l:yltdf :t/lo lzlf lbg lxhf\$}k4ltsf  
 ; an klf;nf0{ cfh xfdln] kg/fj Q ug] k5{. lxhf]  
 ; dbfon]clwsfz nufgl Joxf7\$}lyof]eg]cfh ; /sf/n]  
 Joxf7] af\$l xg]efu lsg Joxfg]g{xg} < cflv/ xgv]fg]  
 kl/jf/n] cGog Tolt w}]vr{u5{eg] lzlfdf lsg ug{  
 gxg} < g; Sg] cleefjssf 5f7f5f]lnf0{ t /fhos}k}fn]  
 lgMzNs lbg ; lxxflnG5 lg 0lxhf\$}of]kl/kf6lsf sf/Of  
 wgl / u/lasf 5f7f5f]l b]h]k9g kP, Toj] klg Pp6}  
 :shdf Ps}fy . olb lzlfstf]t/ psf:g]xf]eg]lxhf\$}  
 of] ; an / ; sf/flds s/fnf0{ cfh xfdln] kg/fj Q  
 ug\$} lj sNk 5g .

d7f]ljrf/df x\$df:6/nf0{sfd ug]j:tGqtf rfxG5 .  
 cfkmh]lg0f6 ug{; Sg]xgk5{/ sg]klg k\$ f/sf]aGwgaf6  
 dlQm rfxG5 . p; sf]lhDdfdf :sh ePk15 p; nf0{sfd  
 ug] k'f :j:tGqtf lb0gk5{. sxl kcx;sf] s/f ; Gbf  
 lzlf s lgoQndf x\$df:6/sf]clxn]hlt clwsf/ 5, Toj]  
 klg 5f\$g rfx\$}h:tf]nflOf]. vf; u/L :shleq /fhgllts  
 x:tlfk\$}sf/Of To:tf]ljrf/ cfPsf]h:tf]nflOf]. t/  
 To; n] bl3\$ndf :shnf0{ km0bf u5{ h:tf] nflbg .  
 lsgls cf'gf]l6dsf ; b:ox; 5fGg]clwsf/ x\$df:6/nf0{  
 g}xgk5{. :shsf] u0f:t/kltsf] hj fkm]xl x\$df:6/sf]  
 xf]eg] lzlfstf] lgoQm lg/lif0f / dNof]gdf cf'gf]  
 :yfg kPp eg]s; /l p; n]:shsf]Joj :yfk ug{; S5 <  
 xf] lj Bfnonf0{ bnlo /fhglltsf] lvrftfglaf6 arfpg  
 rfxFcfjZos 5 .

**lbnaxfb/ zifso**

; g pRr dflj, tfg; g kflkf

x\$df:6/ eg\$}sf] sf] xf] < kx/l  
 xf]. To; kl5 kzf; s xf].  
 lg/lifs xf]. Gofofwz xf]. gtf  
 xf]. lgbz s xf]. Joj :yfs xf].  
 w}hgf]k\$}sf]Joj :yfkgsf]  
 sfdnf0{ lj zif hf\$ lbg'eof].  
 gofFgofF x\$df:6/x;sf nflu



pglx;sf] Joj :yfk; lfdtf a9fpg] Psdlxg] tflnd  
 klg lb0G5 . t/ tflnd lng] dfq sfd ePsf] 5 .  
 To; sf]pkofu ePsf] 5g . x\$df:6/n] :shsf] s; /l  
 Joj :yfk u//x\$} 5 eGg] s/f ldxg ; kdf lhNnf  
 lzlf sf0foaf6 lgoldt cgludg tyf dNof]g cfjZos

bV5' . tflnd ln0; sk15sf] x\$df:6/df slt ; lfdtf  
 j[4 eof]eGg]s/f lhizsf]lgoldt ; kdf lg/lif0f /  
 cgludg u/] x\$}k5{. To; f]xg ; Sof]eg] x\$df:6/x;  
 klg cf'gf]lhDd]f/kl]t ; r] / ; hu xG5g\ . gq of]  
 tflnd vnl tflnds] nflu dfq}xg] cj :yf 5 .

klZrdsf] Pp6f kfylds lj Bfnodf lkogsf b0{hgf  
 5f7f k9bf /x\$g\ . 5f7fx; k9\$}gftfn] pm cleefj s  
 eof]. cleefj s ePk15 :jfe]j s ; kdf Joj :yfk; ldtstf]  
 cWolfd p7g kfof]. cWol klg eof]. Toj] :shsf]  
 x\$df:6/l; t p; sf]klxn]v g}v6k6 /x\$ . Toxl l/  
 km]p; n] lkog hflu/ ; lSpk15 cWol ag\$} /x\$ .  
 cWol agf; fy p; n]x\$df:6/nf0{cfbz lbP5, d cWol  
 xFtkf0]dnf0{gd:t]ug}k5{. x\$df:6/n]slit ; D%pbf  
 klg df6b}dfg\ . clg c; cleefj sn] klg p; nf0{  
 ; D%pg ; sg5g\ . cGtM x\$df:6/n] cf'gf]klti7sf  
 vlt/ /fhgdf lbP5g\ . sltko 7fpbf ; sf/flds ; f]n]  
 eGbf abnfsf]efjgn]klg Joj :yfk; ldtdf dfg; x;  
 cf0/x\$} 5g\ . sg} Joj :yfk; ; ldt]n] clt g} /fd]  
 tl/sfn] sfd u/\$} 5 eg] st}o:tf] s6' cgej klg  
 5 . o; n]s:tf]cleefj snf0{cWol agfpg]eGg]kl]rn]  
 ; jfn v8f ul/lbPsf]5 . x\$df:6/nf0{rflxg]hlt clwsf/  
 / sfd ug]jftfj/Of b]j\$} sdl 5 .

d7f]cgejdf Ps hgf x\$df:6/; E tlg j6f .8ll  
 xg' cfjZos bV5- .l8ef]g, 8]Bszg, l86/l dgzg . l  
 ol tlg s/f ePsf]x\$df:6/n]yf] ; ff] ; fwgsf]kl/rfng  
 u/] eP klg /fd] glthf lbG5 . lj Bfnonf0{ /fd]  
 agf5 .

**nldof zdf{**  
 kç; ; Tojtl pdfij, wflb<sup>a</sup>



wflb<sup>a</sup>df @\$ j6f :jlsf kfk  
 dflwds :sh 5g\ . Toxldw\$}  
 xdf] :shdf !# j6f b/AGbl 5,  
 xfdl @\* hgfn] sfd u5f. t/  
 lhNnfel/ \*) lj Bfno P; Pn; ldf  
 ; dfjz xG5g\ . %e dflj n] :jlsf  
 g}kPsf 5g\ . tl :shdf xfdl h:tf ; fwg; ff] ePsf  
 x\$df:6/ 5g\ . To; f]eP ToxfS:tf x\$df:6/ 5g\ <  
 ltgn] s] s; /l sfd u5g\ < ltgnf0{ s] s:tf] ck7df/f]  
 5 <to; af/]5nkm xg cfjZos 5 . t/ xgv]fg]:shn]  
 eGbf pglx;n] w}] /fd] ul//x\$} 5g\ . pglx;n] yf] ;  
 ff] ; fwgdf w}] /fd] sfd u/\$} 5g\ . upf]x;n] klg  
 Toj] :shnf0{ rfxFxfdf] :sh eGbf /x\$g\ .

.. a\$ f nflu lzlf sf0foaf6]x\$df:6/nf0{sxl s/fdf  
 cTofPsf] 5 . ; a)afnafnsnf0{; f] :shdf k'of0Psf]  
 5 . Itgnf0{s; /l /fd] lzlf lbg] <to; sf] sg} tof/l  
 5g . lgdfj tx s; /l /fd] agfpg] <to; sf] sg} rrf]  
 5g . lj Bfyl{; ^vofsf]cj :yf lk/fid8 h:tf] 5 . kfylds  
 txdf 3/3/af6 8]ofP/ NofPsf s0fs, pbf/ slff]gltf  
 sf/Of lj Bfyl{dfly r9\$} 5g\ . slff ^, & df plQs}

# cfj/of d6yg

el8 5 . Itglx;nf0{/fd] lzlf lbg rfxg] ;fwg;ft  
 h6fpg x8df:6/nf0{Psbdl7gf0{ 5 . c% ufphh]  
 rnfPsf] :shsf] ;fwg;ftsf] cefjdf s:tf] xljut 5 U  
 To;sf nflu t cleefj s-lj Bfyl{E k}f gp7f0sg w/}  
 5g . clg /Bofh]elglb65 . lzlf lglzNs 5 U To;kl5  
 x8df:6/n] s6f0 vfgk5{ . p;nf0{sfndf]f] bln65 .  
 ;/sf/n] @)%^ ;fnblv b/a6bl lbPsf] 5g . lj Bfyl{  
 ;^vof a9sf] a9a} 5 . a7r / 8}S lSg] k}f 5g .  
 lzlf /Vg] k}f 5g . clg 36f36df lzlf /Vg'  
 k/3f] 5 . To;sf] hjfkm klg xfdln] g] lbg' k/3f] 5 .  
 clxn] cfp/ ;dfj zlsf] gf/f rsf] ;kdf p7sf] 5 .  
 u/la ;ljwf gkfpj] ju{ dlxn, blnt klg rfxof]  
 ;fy;fy] klit:kwl{/ lfdtjfg\dfg; klg /Vg] s/f  
 Ps;fy s;/L ;Dej 5 <of] ;d:ofnf0{x8df:6/n] s;/L  
 xn ug[<o;af/] ;/sf/n] sb} :ki6 glt agf0; s3f]  
 5g . o:tf] l:yltdf :shdf tflrf t nfluxfl5 .

x8df:6/x;n] klg lj sl; t lj Zsf s/f l; Sg /  
 cf'gf] ;Gbedf nfu"ug{kfp x6vof] e67f65f} . t/ o; df  
 d7f] 6p] gh/ 5 . l5d3l :shn] s] /fd] u/3f] 5,  
 To;af6 xfdln] l5\$} l; Sg ; S5f} . hfkfg, o/fk /  
 cdv/sfsf s/f u5f} cfh xfdln] h] h:tf ; d:of %h/x3f  
 5f} lagn] cfhe6f 8p; o jif6l3 efu3f ; d:of xg\  
 cfh ToxfXfdln] efu] h:tf ; d:of 5g\ . ToxfC; g]  
 ; d:of 5g\ . ctll cfh xfd] ; d:ofsf] sb} klg ; d:ofw  
 ToxfFkfpj ; Sb} . a? t] l] j Zsf xfd h:t} ul/a  
 / lk5l8Psf] dh5sf] cgej xfd] nflu sfdnflg] xg; S5 .  
 xfd] . PU ufph] u/3f] /fd] k6Tg . all ufph] nflu pkoQm  
 xg; S5 . l5d3l :sh /fd] x6f6} To;af6 sxl klg  
 l; Sg ; s3f 5g} . o; dflndf xfdlx; r53f 5f} .

:shsf] slff, g]tj / Joj:yfkg slxNo} gxg] lhnf  
 lzlf sfon] xfd] sfo{Dkfbg dNof] gdf gDa/ xfnbf]  
 /x3f . To; u/l xfd] lzlfssf] dNof] g gDa/ klg xfdln]  
 xflg kfpkg5{ . xfd] :shdf slxNo} kfnf gxfng] lj Bfno  
 lg/lfsn] lzlfssf] sfo{Dkfbg dNof] gsf] gDa/ xflg  
 kfp6 < jif6f c9f0{ ; o lbg t xfdln] kf] lzlf; E}  
 a; 7 sfd ul//x3f 5f} . s; /L k9fp6g\ s:tf] k9fp6g\  
 eGg] s/f t xfdlnf0{ yxf 5 lg U d7f] gDa/ xflng] eg]  
 Ps hgf lj lgn] s/f p7fpgeof] . dh] ; flwF tkf06] d7f]  
 slff xg6Psf] 5 / tkf06] d7f] gDa/ xflngx65 <ls slff  
 xg6f] \ xg eg] d7f] gDa/ d cfkn} xflN5' eg] . dh]  
 s6s] g] tof] s/f u/3f] lyPF . lgodn] h] eg] klg dh]  
 d7f] :shsf lzlf sx; sf] sfo{Dkfbg dNof] g afktsf]  
 gDa/ lj lgnf0{xflng lbPsf] 5g, dh] cfkn} xfn] k7fpj]  
 u/3f] 5' .

## chj v/h

lzlf, >lr08l dlj, kf6g

lj Bfno kl/jf/sf] lhd] f/ uf08 xf] x8df:6/ . To; h]  
 x8df:6/ xg Tolt ; lhnf] 5g . t/ p; n] /fd] ; t  
 l; Sb} Joj xf/df ; kft/of ub] uof] eg] x8df:6/sf] eldsf

lgjfx ; Dej klg 5 .  
 x8df:6/sf] klxnf] kfyldstf  
 l6d lgdf0df xgk5{ . l6d  
 cyf{\ Olej 8l PirE; df]  
 6u} . PSn} x8df:6/n] dfq  
 ; a} u5{ egof] eg] ; Dej /  
 Joj xfl/s b} } 5g . kefj sf/L  
 xg rfxg] x] eg] x8df:6/n] l6d  
 js6f0{ dg k/fpgk5{ . p; n]  
 ; dgjosf/L eldsdf w} } ; do  
 latfpgk5{ . lzlf / lj Bfyl{sf]  
 lj rf/ / /fd] ug] k6Tgnf0{p; n] ; Ddfg ug{hfGk5{ .  
 p; n] cf'gf :6fkmf0{ ; xofu / x7rfx b} } ugk5{ . t/  
 oxfFklg p; n] klxnf] kfyldstf lj Bfyl{6f0{g} lbgk5{ .  
 To; kl5 dfq p; n] :6fknit/ Wofg lbgk5{ .



:shn] s; /L /fd] glthf xfl; n ug[<o; sf nflu  
 xfdln] lj Bfyl{6f0{ ; a6bf a9l kfyldstf lbgk5{ . xfd]  
 ufxs eg3f lj Bfyl{g} xg\ . xfdln] lagnf0{ ; w} vzl  
 /Vgk5{ . :shnf0{/fd] agfpg c; :sh; E klg /fd]  
 ; Da6w agfpgk5{ . of] s/f xfn; Dd Tolt 5nknndf  
 cfpPsf] 5g . x8df:6/ hlxn] klg ; dbfoklt pQ/bfol  
 xgk5{ . lSgeg] ; dbfosf] ; xofu / ; flGwotf a] /  
 x8df:6/n] :shnf0{/fd] ; t ; ~rfng ug; Sb} . lzlf,  
 :6fkmf0{ s; /L sfd nufpg] eGg] s/fdf /fd] snf  
 xgk5{ . To; kl5 dfq lj Bfno Joj:yfkg ; ldt; E sf]  
 ; Da6wsf] s/f cfp6 .

## /ldnf zfSo

k6, ozf] /f k6tflj t dlj, nlnk7



lzlf lgoQm Joj:yfkg ; ldtaf6  
 ug] elgPsf] 5 . t/ hg lj Bfnodf  
 lzlf l/Qm x65g ToxfFhNnf lzlf  
 sfon] a6} lzlf lgoQm eP/ cfpj]  
 u5g\ . To; h] f0{ sfon] og ul/65 .  
 Joj:yfkg ; ldt] n] sxl ug{ ; Sb} . lj Bfyl{egf{a9fpj]  
 / lzlf b/a6bl ga9fpj] sfon] ck77f] ePsf] 5 . klj df  
 lj Bfyl{363f] 5, b/a6bl a9l 5 t/ dlj df lj Bfyl{a9l  
 5g\ lzlf sd . lghl ; ft] sf lzlf /fv] rnfpgk]  
 aflotf t 565 . t/ To; sf nflu Gogtd ; ft] klg  
 5g .

ufpB/lt/sf k6tflj t dlj nf0{ ulj ; n] g} ; ft; fwg  
 h6f0l65 t/ gu/kflnsdf ; ~rflnt To:tf lj Bfnonf0{  
 gu/kflnsfn] sb} ; xofu ub} . lhnf lzlf sfon /  
 lhnf lj sf; ; ldttdf hit wP klg ; d:ofnf0{ ; lgb} .

## uofzsd/ >7

lboHoflt lgdfllj, lrtjg, Joj:yfkg ; ldt cWlf

/fhgllts x:tlfkn] lj Bfno Joj:yfkgdf Psbd] sl7gf0{  
 ePsf] 5 . ; fdbilos lj Bfnodf 57f5f] l k9f0/x3f

cleefj sx; ltgnf0{ 8fS6/  
0l-hlgo/ agf] \j f c; lj ifodf  
klg /fdf] u/f] \eGg] rfxgf  
/V5g\ . /, bfp/f a]f] ePklg  
5f7f5f7lnf0{uof:t/lo lzlf lbg  
rxfG5g\ . /, Toxl cg;ksf]  
lj Bfno Joj:yfkg ug{OR5s  
klg 5g\ . t/ /fhgllts  
x:tlf]sf sf/of Toj]klj q rfxgf  
k"yf xg; s]sf] 5g .



lj s]bls/ofsf] glt cg;f/ Joj:yfkg ; ldltnf0{ klfq  
ul/Psf]clwsf/ / st]o kfng ug{afwf k%of0Psf]cj:yf  
5 . ;fdbflos lj Bfnodf p]s]6 c] Nofpg] lj Bfylh0f0{  
lghl lj Bfnox;n] r7] n]hgf]u/\$f 5g\ . d7]lj Bfnoaf6  
ut jif{ dfq !^ hgf xfgxf/ lj Bfylh0f0{ bz slff;Dd  
lgm]ls k9f0lbG5fFeg] n]edf km fP/ nluof]. kl5 dh]  
^ hgfnf0{t kmfP/ klg NofPF.

@ jif]v d Joj:yfkg ; ldltdf /x] sfd ub\$' .  
kcx;nf0{ clwsf/;DkGg tNofpg' k5{ eGg] klfd d  
5' . x\$df:6/ / Joj:yfkg ; ldltdn] cl3 a9g  
; lsof] eg] lj Bfnof0{ /fdf] agfpg ; lsg5 . x\$df:6/  
eg\$] lj Bfnosf glt]gdff / offhgfsf/ klg xg\ .  
To; h] pglx;nf0{clwsf/ / ; ljwf;DkGg agfpgk5{eg]  
dh]lzlf clwsf/lx; ; h klg eGg]u/\$f]5' . x\$df:6/n]  
agfPsf] offhgdf Joj:yfkg ; ldltn] ; fy lbgk5{.

**x]nfn tdf<sup>a</sup>**

gf/foof:yfg dfflj, sfe]  
Joj:yfkg ; ldltd clblf



x\$df:6/nf0{k]l] ; fxg / ; Ddfgsf]  
s/f klg cfof]. Pp6f Joj:yfkg  
; ldltsf]clwofn]lj 1fg lzlfnsf0{  
; Ddfg u%of]eg]x\$df:6/ / uloff  
lzlf s /; fp5g\ . gu?Feg]lj 1fg  
k9fpg]lzlf kfg]ufxf]5 . To; sf/of ; Ddfg / k]l] ; fxg  
eGbf klg k4ltd} :ki6 xgk5{.

kç / Joj:yfkgalr ; w]F z]fs} jftj/of /Xof].  
o; nf0{ d]fpg s] ug] eGg]t/ ; f]gk5{. slxn\$fxlFt  
x\$df:6/ / Joj:yfkg ; ldltdlr ; fdfg lsg] s'fdf  
%u8f ePsf] klg pbfx/of 5g\ . x\$df:6/n] Joj:yfkg  
; ldltsf] 0hht hf]fpg] / ; ldltn] klg x\$df:6/nf0{  
lj Bfno ; ~rfngdf k/\$f ck7]f] ; dfwfg ug{ ; xof]u  
ug]k5{.

**zèrGbl ; j]h**

kç, rGbl]o pRr dflj, s]hfnl

d7]f uf\$fdf hg sf8f] la%\$f] lyof] c;sf]df klg Toxl  
sf8f la%\$f] /x\$ . o; nf0{k]l] sf]d0f/xg' cfj Zos  
bl]bgF. k] { klZrd / sf7df8f; al]t/sf ; d:of nueu

p:t} /x\$g\ . dsxfFcleefj s  
gc]fpg] Joj:yfkg ; ldltn]klg  
Tolt Wofg g]bg] ; d:of 5 .  
Joj:yfkg ; ldltd u7g ubf{eg]  
dfcf] fbl, sf<sup>a</sup>], Pdfn] ; a}  
t5f8d5f8 u5g\ . u7g  
e0; sk]5 :sh /fdf] agfpg]  
s'fdf Wofg lbGg\ . b0{ jif{  
e0; Sof]af]hPsf]af]hfo}5' t/  
cfpGg\ . s] ug] < k]l] sf] 5faj] 0 lj t/of ug{ eg]  
va/ u/\$f] t ; a}u66' cP . lj Bfnodf v; l sf6g] /]  
eg]k]5 ; a} cfpGg\gq cfpGg\ .



d7]lj Bfnodf a9f lzlf sx; sf]klg ; d:of 5 . 3/fo; l  
sfddf a9l n]l5g\ h; n] ubf{ slff vln xG5 . o; f]  
ug]Pg elgor]eg] . d7]f labf sf6g\ ; gl eG5g\ . ; aGbf  
w] ; tflnd lnPsf klg ltx]g\ . t/ slffdf k9fpg uof]  
s]l k9fpg\ . slffdf km]x] 5 To; df klg Wofg lbGg\ .  
slff kfFdf k9fpg hfG5g\ ; sn]k]6ldf slff kfF n]5g\  
/ lj Bfylh0f0{ nf} afa' xf] ; f/ eG5g\ . ; a} slff af]x/  
cP/ ukm u/ a:5g\ . lj Bfylh] kf7 u/ lnP/ cfpGg\  
To; df sg} k]t]qmf lbGg\ . dtna} /VbGg\ .

Pp6f lj Bfylh] g]kfnl kf7 a%fpg n]of] /ftf] d; ln]  
t?Gt} ; xl ulb]5g\ . To; ; Gbedf Psk6s Pp6f lj Bfylh]  
t cs]j ifosf] kf7 n]ubf klg ; xl u/\$f] kf0of]. o: tfnf0{  
sg} sf/afxl ug] cj:yf 5g . xfdln] eg\$]f 6hGg\ .  
xfdleGbf h7f 5g\ . To; h] x\$df:6/nf0{ lgs} uxf] 5 .  
ol / o:t} ; d:of xn ug{ 7f] / Joj]xfl/s glt  
agf0g' k%of]. clg sfof] og ug] jftj /of agfpgk%of].

**s]of vql**

kç, gf/l h]u/of k]lj, b]h]vf



;fdbflos lj Bfnosf] ; aGbf  
7hf] ; d:of eg\$]f k}f /x\$ .  
lzlf s-cleefj s ; 3, lj Bfno  
Joj:yfkg ; ldltd / dfcf] fbl  
klg k}sf] lx; falstfa 5nE  
kf] / lbPK]5 8/fpbf /x\$g\ .  
âcâsf a]h] Pshgf dfcf] fbl lq cP/ rGbf d]l]geof].  
dh] pxf]f0{ lj Bfnosf] ; a} vftf b]y]f0]bPF. lzlfnsf0{  
bz]F eQf ; d] lbg g; s\$]f b]y]k]5 . pxf]f] ; d:of /x\$]l  
eGgeof]. clg dh] pxf]f0{ tkf0E; sf] a]sdf dnf0{ klg  
af]h]fpg; 'g d lj Bfnof0{ cfly\$ ; xof]u d]l]5' eg]Fo; kl5  
dfcf] fblx; rGbf d]l]g cfpG 5f8].

lh]zsfaf6 ?=!! xhf/ kzf; lgs vr{ kf0G5, kç  
eQf b0{o 5 . km] / Toj] klg o; f] lh]nflit/ hf]f  
lrofl; of To; 3f6 v]fpgk5{. lh]zcn]klg k]lj sf lzlf s  
eg]k]5 cln Wofg lbgkGg . dflj sf lzlf s 5g\ eg]  
pglx; ; h eGg] / sfd klg l5\$} xG5 . t/ k]l] sf  
lzlfnsf0{eg] Tolt jf:tf ul/bG . clg dh] klg dflj ; /x  
aGg s] ug] knf{ eg] ; f]F . ; Gbz af]f] l6afEn 6]h,

# cfj/of d6yg

k'tsfno, jfn nufpg nufPF. k}f p7PF. lj Bfnosf] jftfj/of ; wf/F. clg t lhlzcn]klg cfpq; \ / a; fF. s] u/fF; / e6g yllgeof].

Jo: yfkg ; ldltnf0{; ofhg u/ l Bfnosf] ultljw ; wfg] eldsf x8df:6/sf] x]. csf] x8df:6/ kf/bzl{ ga6gm] klg p; sf ; xsdl{; leleq} hn3f x65\ . lhnf hf65, lhlzcnufotsf dflg; ; E e65 . k}f vf65 e6g] tl lzlfsc;df k/3f] x65 . To; nf0{ :ki6 kfg{ x8df:6/ kf/bzl{ a6gk5{ . olt k}f cPsf] 5, s] s] ug] x] ofhg agfomFe6gk5{ . slffdf klg sfo{ljefhg ugk5{ . slffdf lzlfscfpbf c6tflf/l v}h] a:g nufpg ; ls65 . /fd] xfd] lj Bfno e6g] efjgf lzlfsc, lj Bfyl{ cleefjs ; a6f kfg{ ; Sgk5{ .

## uffkn e08f/l lj Bfno lg/lifs

x8df:6/df lzlf0f snf, klzlf0f snf, kf/blz{f; ; xeflutfdhs ofhg -; a; ; /f3f/] fnfnf0{; xeful u/fpg] lj lw ckgfpg] lgdf] ug] val h?/l x65 . o:tf] sfo6mdf ; xeful; klg klj sf] a9l e0lbp /fd] x65 . /, sfo6md a9l klj s] b6t xgk5{ . lsgeg] lzlfsc] hu g}klj x]. ; f] kl/rfngsf tl/sf klg cfcf] \ . lg/lifsc] ; kdf d lrof] r66bf klg lg/lif0f u5{ . ; do kl/kfng x8df:6/n] ugk5{ . To; kl5 ; do Jo: yfkg] s/f] cfp5 . k6 /fd] x6f lj Bfno /fd] cjZo x65 . k6sf nflu eflts kjf6f/ / dfgjlo ; zfwgsf] ckof] ttf] ; d:of 5 . r6f] j t6fg kl/j z x]. ; f] kl/rfng / Jo: yfkg k6sf yk r6f] x6\ . szn lzlfsc k6f; s x65' e6g] cfsif6f klxnf] x]. csf] kl/j z h6o aflotfn] klg x8df:6/ a6gk5{ x65 . k6x; lj Bfyl{ pkn] aw :t/kl] pQ/bfol a6gk5{ . x8df:6/nf0{ ; lj wf cln yk] p; sf] l; knl/; df k/:s] ug] Jo: yf ug{ ; s] /fd] x65 . clwsc/ k] ofofhg ul/Pg eg] ef/l ckn] h0{ ux] x65 e6g] x8; /x; n] a' gkg] s/f x].



## s]ofk; fb 9sfn dx; lrj lzlfsc olgog

x8df:6/s} lj rf/ / bl6sf] ofsf cfwf/df lj Bfno cl3 a95 . lhlzcx; nf0{lg/lx agf0Psf] 5 . /fhgllts bnsf kl] tlgw /fv] a] s ugk5{ c] :yf l; h6f ul/65 . hg s/f lzlf P6 / lgodfj nldf 56 . ut jif] Pp6f lhnfd] !% j6f b/agbl uPsf] kfF bnn] b06b0{ hgfsf] b/n] ! ) j6f efua68f u/] / af6l lhlzcnf0{ 5f] B] bP . o; /l bnx; n] /fxt b/agbl cf'gf] vNtldf xfn] cf'gf d65] etl{u/ . of] cj] wfgs



sfo{ x]. o; n] lzlf p6f] x6g, p6f] dfq nflu5 . olgogn] rlfxF; a66bf dilyNnf] u8df /x3f / a9l k93f lzlfscnf0{ x8df:6/ 5g6 ubf{ ul] xotf lbgk5{ e6g] cjwf/0f agfPsf] 5 . x8df:6/n] kfpq] tnasf] !% kl] zt k6 eQsf] Jo: yf ugk5{ . clxn] t/f06f cTo6t c; xh cj: yf 5 . dfg] wds] cPsf 5g\ . y6g] g; ls6g] u/l r6bf dfu ePsf] 5 . o; /l qf; 6f; alr s] db} slffdf kj z ug] lzlfsc a6 k7gk7g /fd] x6 ; Sb6 . ; a} bnn] lj Bfnof0{ zfl6t] 3f] of] ug] lj ifodf dl6qkl/ib6f6 lg06f u/fpg] of] eg] xfdln] d6gno; E dfu ul//x3f 5fF. of] c; xh cj: yfsf] hlt; Sb] l56f] cTo xgk5{ . ; lfd x8df:6/ agfpgsf nflu Jo: yfkg tflnd, slff Jo: yfkg tflnd / x8df:6/af/ g} lj Bfnoleqsf c6o lzlfscnf0{ tflnd lbg] Jo: yf ul/gk5{ . cyj f ln8/ :shsf k6n] lkn8/ :shsf lzlfscnf0{ tflnd lbg] Jo: yf ug{ ; s] To] s/f slffdf l5/] gl5/3f] pgn] lg/lif0f ug{ ; S5g\ . sf7df8f6 lalks z af3] kn6df uPsf; n] lbPsf] tflnd slffsf] l6q l5/6 . To; h] x8; /nf0{g} sfol6df tflnd lbgk5{ . To; f] ubf{ slffdf To] nfu" eP gePsf] p6h] lg/lif0f ug{ ; S5g\ .

## ; Togf/fo0f dxhg ; f] JoIQm nlnk/

dnf0{ k6sf] sg} c6ej 56 . d nfd] ; do; Dd lzlfsc / xfn ; f] JoIQm xF. k6sf] eldsf /fd] agfpg d6] s] ugk5{ e6g] af/6f s] b6t x6 rfx65' . k6nf0{ lhlzsf wfpqg] sfo{36f6f /fd] x65 . ; f] JoIQm] cf'gf] l6qleqsf lj Bfnodf tflndufotsf sfd s; /l rln/x3f] 5 egl af/Daf/ Wofg lbgk5{ . ; f] JoIQm slffdf l5/] lg/lif0f u/3f] lzlfsc / :jo+k6x; klg dg k/fpgx6g . of] dfg; stf abNgk5{ . ; f] JoIQmf0{ slffdf l5g] /fd] jftfj/of c6% alg; s3f] 56 . /, ; f] s] b6f0{ tflnd s] b6f] ; kdf lj sf; ugk5{ . ; f] s] b6f k'tsfno xgk5{ . To] lzlfsc / lj Bfyl{ f nflu k'tsfno a6gk5{ . Toxfk76qnd nufot k7gk7gsf ; fdul xgk5{ . ; f] JoIQm] k6x; nf0{ lhlzsf wfpqg] ; d:of sd ul/lbPsf] v08df ofhg ug] ; do kfpq65 . tflnd dfq] klg s] x6 x6g dVo s/f kl] ta4tf x].



## r]h6b6df/ kl08t lhlzc, dsjfgk/

lzlf l6ods] (# -!\_ df lj Bfnodf sfo{t :yfol lzlfsc] b6f6 k] vfg] wofks l6oIQm ug] e6g] 5 . z] lfs of] totf, tflnd, sfo6f] hg / Jo: yfkg ; ldltsf] lg06f cflbnf0{ cfwf/ dfq] k6 l6oIQm ug] e6g] 5 . !\* jif] d] f] sfo6fndf d6] of] klj wfg cg'f/ b06f



lj Bfnodf dfq kčsf] lgoIQm  
u/šf] 5'. Pp6f dxq] pRr  
dfij, afš] / jL/u-hsf] lqh4  
dfij . ljjfbsf sf/of ol b0{  
lj Bfnodf kč lgoIQm ug{yof].  
o; afxš lgodfj nlsf] ddčg; f/  
c6t sxlFklg kč lgoIQm ug{  
cj; / kf0g .



ki/ lgodfj nldf a9ldf &)  
c1 Nofpg] lzlfnsf0{kč agfpg]  
Toj] geP csf] lj Bfnoaf6 Nofpg] eGg] 5 . To; /L csf]  
lj Bfnoaf6 Nofpš Toxfšf6 lzlfnsf : yfgf6t/of ug{kqg]  
x65 . hg clt g}sl7g 5 . lzlf d6qln] rfxgeof] eg]  
lzlf ; lrxnf0{csf] d6qfnodf nšf; Sgx65 t/ lzlfnsf0{  
Ps lj Bfnoaf6 csf] lj Bfnodf / Pp6f lhNnfaf6 csf]  
lhNnfdf nšf; Sgx6g . Joj: yfkg ; ldltn] l; knl/;  
u/šf b0{hgfdw} klxnfnf0{g} ug{k5{ . o; /L b0{hgfsf]  
gfd l; knl/; ug] Joj: yf g} 7ls 5g .  
lhlczn] /fd] lzlfnsf0{k/ : s] ug{; Sbg . pN6}g/ fdf]  
lzlfnsf0{; Af0f ug{kqg] a1lotf 5 . hg lzlfnsf sdrf]  
5, /fd/ k9fpg ; Sbg, To: tf / lj Bfnodf abdf; L ug] n0{  
klg ; /lff ul/ lbgkg] x65 . lj Bfnodf abdf; L u5{ Toxf]  
a: g ; Sbg clg lhlczsfdf z/ of lng cfp5 .  
clxn] lzlf unt lbzdf cuil8 a9h: tf] nlu5 .  
lzlfnsf6 g} kč lgoIQm ug] xf] . t/ lzlfnsf g} /fd]  
lgoIQm ug{ ; sšf 5g] f. lj leGg jxfgdf of] e0/xšf]  
5 . rfx] gofFlzlf nfu" ug] jxfgdf xf] \of @)#^  
; fnsf] cf6bfhg jf @)\$& ; fnsf] cf6bfhg, ; a; dodf  
lzlfnsx; ; jtm : yfol ul/ Psf 5g\ . t/ dflyNnf] lgsfodf  
a: gxšf unt ; jfyšf sf/of o: tf] ePsf] xf] . o; df  
lhlczx; vf; } bfi] 5g\ . lzlfnsf 5gf6 klqmof  
k-rfotsfndf w} ; xb; Dd ; xl lyof] . Tolt aihf : yfol  
ePsf lzlfnsf] clxn] klg uj { dx; ; u5g\ . ha xfdl  
khtf6qas oludf kjž ušof] To; k15 g} lzlfnsf 5gf6  
klqmof kf/bz{ xg ; sš . . of] jf To] 9En] unt  
df65hf0{15/fpg] sfd eP . xfdlnf0{ki6} lgbžg lyof]  
.tkf0F1/hN6 6fF] eflg; \l gjnk/f; lsf] lhlczn]  
gf/fo0f3f6 cfp/ l/hN6 6ffg nufpg] l; Gwkfnršsfh]  
bfhfn3f6 cfp/ l/hN6 6ffg eGg] jL/u-hsfh] klg  
gf/fo0f3f6 cfp/ l/hN6 6ffg nufp . @)%@ ; fndf  
vhf klit: kwf{ c6t/ ut z? ePsf] lzlfnsf 5gf6sf] sfd  
@)^@ df klgsf] sf/of klg oxl xf] . pbo/fh ; f]l lzlf  
; jf cfof] nsf] clwof eP/ dfq @)^@ sf] l/hN6 lgl: sof] .  
gg Toj] l/hN6 zfob @)& df klg lg: sg] lyPg .  
lzlfnsf 5gf6 k4lt sdhf] ePk15 /fd] lzlfnsf kfg  
; Sbg] f/df] lzlfnsf gePk15 /fd] kčsf] klg ; d: of t  
e0xflN5 . lhNnfdf lj Bfnosf] ; aNofebf : yfol lzlfnsf]  
; aNof sd e0; Sof] . : yfol / /fxt b/aGblsf] Joj: yf  
u/ v8n l; hgf ul/ Psf] 5 . kfoM lzlfnsf c: yfol 5g\  
clg s; /L /fd] kčsf] Joj: yf ug] < knl/ ePs} lzlfnsf  
klg Toxfšf] jftfj /ofn] ubf{ kč xg} rfx6g\ .

dh] hflu/sf] w} ; do dwždf latfPsf] 5' . lzlf  
d6qfnon] rf/ jif6l3 /fx6df afBšf] b/aGbl ljjfbsf  
sf/of clxn] klg /f] sPsf] 5 . ; kt/ldf @)^! ; fndf  
afBšf] b/aGblsf clxn] Dd klg lgoIQm xg; sšf] 5g .  
Joj: yfkg ; ldltdf a; k15 lzlfnsf lgoIQm ug{ kf0G5  
eg] ufi]l rnšf pbf/ of klg 5g\ .

clxn] d6qfno, ljefu / Joj: yfkg ; ldltsf] .066/36l  
ldnšf] 5 . lzlf d6qfnosf] ljefunf0{5f8f 5fšg] afgl  
/ Joj: yfkg ; ldltdf cfmh] eg] h: tf] ug{ rfxg] xbf] lhlczsf  
/ kbflwsf/ l tyf 0dfgb/ kčx; pNn' aGkg] cj: yf  
5 . lgoIQmsf nflu Ps hgfsf] dfq b/vf: t k5{ bf] f]  
cP/ n7L lnP/ a: 5 . bžel/ sf @% xhf/ lj Bfnodw}  
w} df o: t} e0/xš .

jf: tjd, .lhNnf lzlf clwsf/lnf0{ xftvšf afw]  
kčf; g rnf] elgPsf] cj: yf 5 . Pp6f xšdf: 6/n] /fd]  
sfd ubf6b] p; n] k6f0 vfof] eg] klg c6t ; fg; lsb .  
Pp6f lzlfnsf] Joj xfl/ s ; d: of x65g\ ; b/dšfd  
cf; kf; df b/aGbl klg vln 5 t/ pgnf0{ Toxf; ; ?] f  
ug{ ; Sbg] f. 6h6h' x] a: gkg] cj: yf 5 . Joj: yfkg  
; ldltsf] n8f0Fclxn] dwžaf6 kxf8lt/ klg ; l; sšf]  
5 . of] n8f0Fvln cf`gf] df65hf0{ lzlfnsf lgoIQm ug] sf]  
nflu ePsf] xf] . c%} klg d6qfno / ljefu lzlf ; jf  
cfof] unf0{ kčfj sf/ l agfpgsf] ; šf /fxt b/aGblsf] sšf  
lbP/ %u8f u/fpg] Jo: t 5 . .k/ rf0N8 kn68u lbg]  
/ Toxfkklg %u8f u/fpg] sfd e0/xšf] 5 . dsjfgk/ df  
dh] ?=! s/fš \$\* xhf/ .k/ rf0N8 kn68l sf nflu  
af8; sF. t/ ; Gt16 5g . Ps hg] lj Bfyl{ 9f6afkt  
?=(^)) cfp5 eg] %) 9f6 afkt ?=(\*) ) cfp5 .  
; du| t/ f0df @), #) ) lj Bfylšf] ; aNof 9f6šf] s/f  
p75, 5fglag ug{ hfpFeg] všf eflf lbg] wDsl cfp5 .  
.k/ rf0N8 kn68l egšf 5f] fhfyej] l k} f vr{ u/šf 5fF  
/fxt b/aGbl egšf 5fF %u8f u/fPsf 5fF .

kč egšf lj Bfylšf nflu Unfā xg\ . Toxl df65]  
glts e0lbPg, cgzfl; t e0lbPg eg] lj Bfyl{ s] l; Sg  
; S5g< klxn] d /fd] xg ; sFeg] d] f ..6fkn] ultnf  
x65g\ eGg] ; f; xgk5{ kčsf] . kč /fd] xg ; s] eg]  
pgn] c6o lzlfnsf0{.uf08l ug{; S5g\ . To; h] xšdf: 6/  
gltsjfg\ kčfj sf/ l 5g\ eg] lj Bfno /fd] x65 .

o; /L clxn] Joj: yfkg ; ldltsf] lzlfnsf 5gf6 /  
kč 5gf6 ql6k0f{ 5 . klxn] ol s/df ; wf/ xgkšof] .  
lj Bfnodf : yfol lzlfnsf dfq xgkšof] . lzlfnsf ; jf cfof] unf0{  
; an tNofof ^-^ dlxgdf lj 1fkg u/f . /fd]  
lzlfnsdwošf6 k/lff lnP/ kčsf] 5gf6 ug{kšof] . kč  
lj Bfyl{ klit g} pQ/bfol xg] xf] . Toj] glthfklit g} pQ/bfol  
xg] xf] . lghlšf lj Bfnodf klg /fd] sfd ePsf 5g\  
To; af6 /fhonf0{ kn0b} kušf] 5 . To; h] To; nf0{ ; fšf]  
bl6n] xgkšof] . Toxfkklg sdsdhf] 7l 5g\ To; df ; wf/  
ug{k5{ . /fd] ug] xšdf: 6/nf0{ k/ : sf/ sf] Joj: yf ug]  
j] lzs ed0df k7fpg] / l; sšf s/ f nfu" ug] cj; /  
lbgk5{ .

k|tltM ; bzg=wj



# S ; }f0{k}h ug{ d ; fx}8/fp5'

kç / lzlf s ; fylx; ð sdhf} lj Bfyl{f0{8fs} ætdl /fd} ug{ ; S5f} ltdl; f  
al4, k}tef, lfdtf / ckf/ pnhf{5 . k9f0df clnslt dfq Wbfg lbof}eg}lglZrt  
;kdf /fd} >ðfldf pQl0f{x65f}. n ð ul/x}, d ; xof} u5{Æ e6g}xf}ls <

**C** | lxn} ; fj hlg s lj Bfnosf]k7gkf7gnf0{  
InP/ ; d}ndf Joiks c; Gtli6 / ugf; f]  
5 . lj Bfnon] ck}lft :t/sf] k7gkf7g ug{  
g; SgSf k5fl8 lj le6g sf/0fx; 5g\ . To; d}Wb]  
; a66bf kdV sf/st}lj lzlf s / k}vfgfWofks  
g}xf} e6g] d}f] a%0 5 . t/ d oxf; d:ofsf  
rf<sup>a</sup> nufpg e6bf ; d:ofx; sf alrdf klg /fd}  
ug{ ; ls}f} /x\$ e6g] cf^gf} lghl cgej afB6  
v}h}b} 5' . o; nf0{ s; }h} klg cfdkz;# jf  
cxsf/sf ;kdf gln0{lbx6g ljgd}cg/v} u5{ .  
d #% jif} lzlf of cgejsf b0}6f k} Ènf0{  
dfq ox}Fsf}ðfpg rfx65; hf}c; k}vfgfWofks  
jf lzlf s clg lzlf s agg rfxg} gofFk0}sf  
; fylx; sf nflu pko}v}l x}hf e6g] nfu\$}f] 5 .  
lghl lj Bfnosf]z}lf s pkn}Aw /fd}b}lvgsf  
lj ljw sf/0fd}Wb} k} { k}ylds slfssf] Joj :yf  
kdV sf/0f xf} e6g] d}f] 7Dof0 5 . x6; /  
/} /Tg ah}rfo{Æsf} ; xof}udf @)#( ; fnd}  
k} { k}ylds slff z? ePsf] xf} . z?df @%  
hgf lj Bfyl{ InP/ ef8fsf] 3/df k9f0 rnfP  
klg clxn} cf^g} ejgdf \$)) lzzx; /df0{  
/df0{ v}hl-v}hl kl9/x\$} 5g\ . ToxfFk9fpg]  
lzlf sf s ; fylx; ; w}F e6g] u/\$}f] 5' ætkf0f  
ol gfglx;nf0{cf^g} 5f}f5f}l; /x df0f lbgxf} \  
/ cf^gf 5f}f5f}l; ; x}F-v}h} h:t} /dfP h:t}  
/df0lbgxf} \Æ sf}f}nf0{ s:t} agfP}f} gfglx;  
/dfp5g\ To:t} agfpgxf} \ . cf^gf] 3/sf] a} s  
sf}fsf k}lg{/ / ; fdfgsf] /v/vfa / ; hfj 6df  
ah}fah}df kl/j t6 NofP%Pps÷Ps dlxg f g; s]  
tlg÷tlg dlxgdf slfssf}f}df kl/j t6 ugxf} \ .  
v} hf}g] j:t; sfuh / pkn}Aw ; fdu}n]  
slfssf}f}nf0{ l%nl}dnl kfgxf} \Æ  
slfssf}f} l%nl}dnl ePk15 tlg jif\$}f] lzz'  
slfssf}f}leq l5/l15 cfd}nf0{la; g}eof} . Pp6f

; d:of eg] ox}Fklg cfof] æjif6l/ k9} klg  
d}f]gfgln} .sl} .v} klg lrg}Æ e6g] cleefj ssf]  
ugf; f] . o; sf]klg pkrf/ v}h}of} cleefj snf0{  
tfnd lb0of] of]k96} x}f}g v}lg] Snf; xf} e6g]  
a%0of] .  
ca lzz' slffn] NofPsf] rdTsf/af/] s}l  
rrf{u/f} . @)%! ; fndf d kç ePF . @)%@  
; fnsf]P; Pn; Lsf]glthf (% kl}tzt cfof]hals  
o; cl3 #^ kl}tzt dfq lyof} . ; /f\$}f}jfnfx; n]  
7fg] jfx ðwg-ho v} ul/; \} t/ Pp6f kçn]  
kfg} Ps jif\$}f] cj}wdf o:t} rdTsf/ Nofpg  
; Dej lyPg . To; f] eP o:t} rdTsf/ s; /l  
eof]t <@)#( df g; {ldf egf{ePsf lzzx; n]  
@)%@ ; fndf P; Pn; l lbP5gV #^ kl}tztaf6  
P; Pn; Lsf]glthfnf0{ (% kl}tzt k}of0lbP5gV  
To; kl5 t lzz' slffdf %g} hf}B lb0of] .  
kl/0f}d}tM P; Pn; Lsf]glthf cfh; Dd tn %/\$}f]  
56} .  
To; alrdf ; fgf; fgf gfglnf0{.t}F e6g kfg0g]  
zf/l/ssf] t s/} 5f8f}f} dfgl; s c; / kg]  
; hfo; d} lbg kfgpg] ; a}lzlf sfx; n]s}fs}l; ;  
a; } v}hf vfgkg] v}lgkg] / 5sl ePk15 lj Bfno  
cfp}f} gfgl h:t}lyof] Toxl ;kdf cleefj snf0{  
a%0P/ dfq 3/ hf}g kf0g]lgod nfu" ul/of} .  
cr}h slxn\$}xl}fzz' slffdf k}z u/} gd:t} ð  
e6bf ; fgf afnaf}nsfn]Ps}f}f} xft hf}B} clejfbg  
knsf}f}f} clg .t}k}f0;nf0{ ; Gr}5 ð eg] ; f}f;  
; a}6f}psf bfof}Æ/ dsf}P/ .; Gr}5 ; / ð eg]  
pQ/ lb}f} d ckf/ cf}g6bsf] cgej u5{ uj}  
cgej x65 . o; y{lzlf sdl; ; fdb}fos lj Bfnosf  
>46 x6; /x; ; d}f]ljgd}cg/v} 5- .t}k}f0f  
klg lzz' slff rnfpgxf} \ /fd} :sh agfpgxf} \  
; fgf; fgf gfglalr plegxf} \ / :kz{v cgej  
ugxf} \. ð

**lj Bfyl{ kñh xg' kç kñh xg' xf }**

.kñh cyjif .c; kmñ s; ðf0{ klg dg kbñ .  
hg; s}sfddf, p2Zodf jf ofhgdf xfdl sfxl  
klg c; kmñ xg rfxGgf. t/ Toxl s/f lj Bfylñf0{  
dg k/f] \eGg] xfdl rfxG5F] eg] Toj] ;/f; /  
unt xG5 . of] unt xf] eg] hfGbfhfGb} klg  
xfdlnUtl bñf] ofp5F] d7f] :shaf6 klxnf]  
k6s P; Pn; ldf (@ hgf k/Llffdf ; lDdlnt  
ePsf lyP . d7f] ljifodf ; a}7ls7ls}5g\h:tf]  
nflVof] . /lBoñh] k/Llffkmñ 3fñoff u/] nuQ}d  
x8; /sfðf kluF/ ; fV]F æsit hgf kf; eP Æ  
x8; /n]lg/fzfk} § hj fkm lbgëof] ætlg hgf Æ  
Toj] k/Llffkmñ} x8; / / dñf0{ cToGt bMvt  
tNofof] eg] c; kmñ ePsf lj Bfyl§f] dgñz  
%g\ s:tf] ePsf] lyof] xñhf ð

sl/a !) jifcuf8sf] s/f xf]. Tolt añf d  
x8; / e0; s§f] lyPF. slff % ; Ddsf slff-  
lzlf s; fylx; nfo{ egf æslff # ; Dd lgoldt  
k9g cPsf 5g\eg] ; añf0{ kf; u/f]x;} Æ æ#  
slffdf !@# hgfðllo} ! ( hgf kmñ ePsf 5g\  
ol sg} xñtdf kf; x8g\ kf; ug]GgÆ slff-  
lzlf s; ld; n] eGgeof]. dñ] ltgnf0{ kf; ug]Gg]  
lh2l u/f. of] s/f dñlolds txsf lzlf s; sðf  
kðof]. pxfk; ; Æl7t ; kdf dsxfCfpgëof] /  
eGgeof] ætkf0{# slffdf uloft, lj 1fg, c^uñh  
h:tf ljifodf kmñ ePsf; \$ slffdf nfgxG5,  
\$ slffdf klg log] ljifodf kmñ xG5g\ Pj Ætn]  
!) slff; Dd kfoP/ P; Pn; ldf ; lDdlnt u/fpgxG5  
clg P; Pn; ldf kmñ eP eg] xfdlnf0{ pQ/bfol  
agfpgxG5, of] t ePg lg Æ pxfk; sf] syg lg/fw/  
lyPg . t/ !(=) ( hgf lj Bfylñf0{ kmñ ug{d7f]  
dg dfg§} xfoG . cGttM kmñ ePsf lj Bfylñf0{  
; zt{slff \$ df nfg]e0of]. o; df klg ; j{Ddlnt  
lyPgl d7} lh2l a9l lyof]. To; k15 lj Bfyl{ /  
cleefj snf0{ zt{ /flvof} \$ slffsf] kyd v08  
k/Llffdf kmñ ePsf # slffdf} %g] eg] . o; alrdf  
xktfsf] Psk6s slffdf k; ; dñ] klg ætdlx; sf]  
k9f0; Æ d7f] 0Hht uif] Psf] 5 /fd/L k9g"x} Æ  
eGg] u/fkyd v08 k/Llffsf] glthf] eg] ; añf0{  
crDddf kfof]. ; zt{ \$ df psflnPsf !(  
hgf ; a}kf; eP, a? lj ifo-lzlf s; / slff-lzlf s; /f  
pQlOf{3fñftdWbñf6 @# hgf kmñ eP . of] 36gfk15  
dfq # slff; Dd ; añf0{ kf; u/fpg d7f] lh2l  
grflxg] eof]. cgQlOf{lj Bfylñ] slff bñf] ofp5F  
vf; kñlt ug{g; s§f] a? slff r9f] Æ lj Bfyl§f]  
xf] nf a9§f] /fd] ug{ ; s§f] d7f] cgej 5 .  
lj Bfylñf0{ kmñ ubf{lj Bfno 5f] x; sf] klztztdf  
klg j] Æ ePsf] kPsf] 5' .

; ft jifcuf8sf] s/f xf] slff ( sf] jflif§  
k/Llffsf] glthf k§fzgsf] clGtd r/ofdf lyof].  
Tolt g} añf ; xfos x8; /n] kFf hgf lj Bfyl§f]

gdfjnl bñfP/ eGgeof] æol lj Bfylñ] sg} xñtdf  
P; Pn; l kf; ug{ ; Stg; \ /f§gkfof] Æ dñ]  
ltgsf] kñtf^s tflnsf x7F uloft, lj 1fgdf  
; fx} sdhf] lyP . cG lzlfsx; sf] klg /fo  
lnPF. ; a§f] Pp6} dt lyof] ls t kmñ u/f]  
ls t :yfgGt/of kðf0fkq lbP/ cGt} k7f0lbPñF.  
dñ] oxfrflxFlh4l ug{ ; lsg, ltgnf0{ slff (   
pQlOf{ ePsf] kðf0fkq lbP/ k7f0lbPF. l5d§l  
:shdf slff ! ) df egf{ eP/ ltglx; n] k9].  
P; Pn; l kyd >ñldf pQlOf{u/ . of] 36gfk15  
kmñsf klkftl ; /x; cln dTy/ xgëof]. .kñh  
zAb :shd} b?T; flxt x8; uof].

Pp6f csf] 36gf klg kf7s ; fd' pññy  
ug{ plrt 7fG5' . kfF jifcuf8 slff \* df  
Pp6l 5fq b0{ jif{ Dd cgQlOf{ e0g\ . Pp6}  
slffdf b0k6s cgQlOf{ xg' xfd] nflu klg  
a0Hhtls} s/f lyof]. pgl ; a} ljifodf cgQlOf{  
ly0g\ . s] ug] < gfglnf0{8fs} ; D%0of]. pgsf]  
syg lyof] æ( df nluulgxf] \g ð d /fd/L  
k9S' Æ ; zt{( slffdf nluof]. ( df ; fdfG  
c^s NofP/ pgl pQlOf{e0g\ . t/ ltg} sðln]  
P; Pn; ldf ^% kñtzt c] Nof0g\ . o; af6

**; zt{ \$ df psflnPsf !( hgf ; a}kf; eP, a?  
lj ifo-lzlf s; / slff-lzlf s; /f pQlOf{3fñftdWbñf6  
@# hgf kmñ eP . of] 36gfk15 dfq # slff; Dd  
; añf0{ kf; u/fpg d7f] lh2l grflxg] eof].**

lj Bfyl{ kmñ u/], slff bñf] ofp5F/ kmñ0bf gxñf]  
/x§ eGg] oyfy{ c; :ki6 eof].

s; ðf0{ kmñ ug{d ; fx} 8/fp5' . cfb/0llo  
kç tyf lzlf s; fylx; ð ; a} 7fp5f] kl/jz  
Pp6} x8g . d7f] cgej x; ; a§f lglDtzklztz  
v/f gpqñhg\ t/ Psk6s kññu u/ xg] ls <  
sdhf] lj Bfylñf0{8fs} ætdl /fd] ug{ ; S5f]  
ltdl; Æ al4, kltef, lfdt / cck/ pñf{ 5 .  
k9f0df clnst dfq Wofg lbof] eg] lglZrt  
; kdf /fd] >ñldf pQlOf{ xG5f}. n ð ul/x], d  
; xofñu u5{ Æ eGg] xf] ls < pgsf cleefj snf0{  
8fs} 5f] f5f] lsf] dgñ an a9fpg cg/fV] ug] xf]  
ls < lzlf snf0{8fs} ; sf/flds xg / tl lj Bfylñf0{  
lj zif Wofg lbg cfux ug] xf] ls < tFlalu] \  
ell s; \ dñ; 0; \ gñ; 0; \ abdf; e0; \ a§Ddf  
e0; \ sixNo} kf; xg ; Stg; \ a0Hht ug] e0; \  
h:tf gsf/flds kbñ nlnf0{ slff / :shdf lgin]  
g} ul/x] fT ðcjZo kl/jtG cgej xg§ . olb  
sg} ; /n] o:tf] ubf{ klg kl/jtG kfpgePg eg]  
d oxl lzlf s; dñf lftkñt§f] jfrf ub§' .

-clwsf/l 1fgñho dñj, jfkmn,  
sf7df8f§f kç xg\



# /fdf] x\$df:6/M /fdf]:sh

**P** s bzsblv cWbkg ul//x\$ 5'. dh]lj Bfnosf] bl/nf] cfwf/ of]o kvfgfWbksnf0{ dfg\$ 5'. kvfgfWbksnf] ;f / ; dkQfd]lj Bfnosf]z]fs :t/ psl;g] / vl:sg]x\$ x\$ . lj Bfnodf ; a\$Gbf a9l al4 / lj j\$ ePsf]JolQmf0{ dh] x\$df:6/ df6g] u/\$ 5'. lj Bfyl{ sd{f/l / lzlfnsf0{pirt of]hg lb0{lgbzg, lgoGof / ; dg]o ug]axt\bdvu ePsf]6psf]g]x\$df:6/ xf] . ;fdfo ; f / ; dkQfaf6 ultnf] :sh agpg ; lsb . pRr ; f eg\$] /fhgllteGbf dfly p7\$] klls ; f xf] . pRr ; dkQ eg\$]JolQmut :jfyGbf dfly p7l ; dxut lxtdf ; dlk\$ xg' xf] . of]j]z]6a cf}t kcdf x\$ . xdf]dh\$df pRr ; f / ; dkQ ePsf x\$df:6/x\$ ctoG}sd 5g\ . xdf] cf}t x\$df:6/ ;fdfo ; f / ; dkQsf wgl 5g\ . clwsfz x\$df:6/x\$ lj Bfno ; wfgGbf /fhgllt ug{nfluk/\$ 5g\ . o:tf x\$df:6/x\$sf nflu cf'g} /fhgllts cf:yf g}rgf]l ag] v8f ePsf]5 . k\$zut bfoTj / ; dkQ gePsf sf/Of x\$df:6/sf nflu cf'g}k\$z rgf]l ag\$]5 . cf}t x\$df:6/x\$ pknAw ; f ; fwgnf0{ ; xl 9En] Joj:yfkg ug{ ; lfd 5\$g\ . ; f ; fwgsf] ; dlrt 9En] ; bkof] ug] ; hgf]ds ldtf gxb' x\$df:6/sf]clfdtf xf] . ax' ; a'os x\$df:6/x\$ cf'g]lj ifosf]pbfx/Olo lzlf / z]fs lrgts ag ; ls/x\$ 5\$g\ . l ; hgf]ds ; f / pnhfzn hfu'stf gePsf cf}t kcx\$ ; d:o} ; d:of / rgf]l g}rgf]lsf] bnbndf km \$f 5g\ . pglx\$ of]otfsf] cfwf/df xfoG, /fhgllts kxFsf e/df x\$df:6/ alg/x\$ 5g\ . ;fdgotof kcx\$ lj Bfyl{ / cleefj skllt pQ/bfoL / hjfknb]l xgk5]xf] . t/ ltgn]/fhgllts kf6kllt hjfknb]l eP/ bnsf sfo\$tf\$] eldsf lgjfx ul//x\$ 5g\ . of]kj]Q g}z]fs ; w/sf] tuf/f] alg/x\$]5 . o:tf kcaf6 lj Bfnosf] z]fs :t/ sg]xintdf ; w/ x\$ . To ; h]1fgsf]vfgl ; dg]osf] dbfgl ; xfo\$tsf] kfgl, kQ / ; dkQsf] bfgl / pRr dg]an ePsf]JolQmf0{ ; dkQ{lgof6 ug] clwsf/ ; lxt k\$ lgoQm u/\$]v08df z]fs uof:t/ dfly p7g]lg]Zrt 5 . o:tf]JolQm /fhgllt lg/k]f xgk5} . x\$df:6/ lj Bfyl{kllt pQ/bfoL / cleefj skllt hjfknb]l xgk5} . slfsf]jftfj/Ofnf0{pT ; j do agpg] lj Bfyl{f0{lj Bfno hfo]nf]pTnlopg] / lzlfnsf0{slfdf uP/ k9fp]k9fp]sf]jftfj/Of l ; hgf ug] pQ/bfoTj kcs}xf] . o ; sf ; fy}dNo-dfGottf ; lxtsf] :t/lo lzlf lbj]bfoTj klg x\$df:6/s}xf] . 5fq-5fqfx ; nf0{ ; sf/

clg cgzf ; g l ; sfp]stfo x\$df:6/s}sfwdf 5 . cleefj ssf ug ; f ; Gg] / ltgsf]Joj:yfkg ug]Pj + cleefj snf0{lrQa'bf]z]fs kllt b]fpg]hjfknb]kxf kcdf /x65 . p ; n]lj Bfno Joj:yfkg ; ldtkllt klg hjfknb]l xgk5} . /sf/sf gllt lgbzgnf0{lj Bfnodf nfu'ug] ; Gbedf lhNnf lzlf clwsf/kllt klg x\$df:6/ hjfknb]l xgk5} . y/l-y/l sf lj rf/ ePsf /fhgllts sfo\$tf\$ ; t ; b\$]k0f ; dg]o ug]lhDdf klg p ; s} sfwdf /x\$]5 . t/ ; x\$df:6/sf]pQ/bfoTj sf]slbdf 5fq5fqsf] eljio /x\$]x65 / /xgk5} . /fd] x\$df:6/ g} /fd] :shsf] lgdfxf] xf] . o:tf]JolQmf]jtdfg lgoQm klmf / clwsf/ lrQa'bf] 5g . o ; nf0{ ; do ; k]f kl/dfhg gu/L x\$ . x\$df:6/sf] lgoQm lj Bfno Joj:yfkg ; ldtst]l ; kll/ ; df lhNnf lzlf clwsf/ln]ug]Joj:yf 5 . lj Bfnodf ePsf plsf6 tlg lzlf sx ; d]waf6 lj Bfyl{ / lzlf x\$ ; af/f dtbf g u/L ; a\$Gbf a9l dt kllt ug]klltezfnl lzlfnsf0{ Joj:yfkg ; ldt]ncgd]g u/L lhNnf lzlf clwsf/ln] lgoQm ug]kl/kf6l a ; \$] v08df x/\$ :shn] of]o k\$ kfg] lglZrt 5 . o ; /l lgoQm x\$df:6/ k7gk7gdf blf, /fhgllt lg/k]f, lj Bfyl{ nf\$lkf / ; Gtnt ; dg]o u/L g]Tj ug{ ; Sg]klg xgk5} . kcnf0{sfdrf] /fhgllt ug] / w]labf lng]lzlfnsf0{ sf/afxl ug]clwsf/ klg lb0g' cfjZos 5 . kcn] hyfeyl ug]lzlfnsf0{ sf/afxl u/k]5 /fhgllts bnsf sfo\$tf{jf g]fn]To:tf]lzlfnsf0{sfw xfn] kcnf0{ck7df/f] kfg]kl/kf6l cfo xgk5} . x\$df:6/df ge0{gxb] uof xf] cf'g]lj ifosf] cfbz{lzlfof snf . /fd]lzlfnsf0{z]fs k\$z ; g ; -rfng ug{ ; lsb . x\$df:6/df lj Bfyl{sd{f/l / lzlfnsf ; sf/f]ds pnh{ k]fx ug{ ; Sg] val xgk5} . o ; n]lj Bfyl{f0{slf g5f]f]g5f]sd{f/lnf0{ labf ga ; f ga ; f / lzlfnsf0{1fg aff8/x]f eGg] efjgf l ; hgf ub\$ . x\$df:6/ g]ts / rl/qjfg klg xgk5} . xF ; nf]l ; nf]Joj xf/ ; cfsif\$ af]ljrg ; k]f ; U3/ klx/g / ; j :y hljg x\$df:6/sf]JolQm] rdsfpg] cf]h/ xg\ . o:tf uof / lj z]tf ePsf] x\$df:6/ g} cfbz{ x\$df:6/ xf] . o:tf k\$ ePsf :sh slxNo]lau\$g . t ; y}lj Bfno lzlfnsf]bl/nf] cfwf/ of]o x\$df:6/ g}xf] eGg] d]f] lgrf\$ 5 .

**nldl bixfn**  
ljelt k]f lgs]g, skg-#, sf7df8f



# ol buaf6 dQm

**Ij Bfnof0** {ultzln tlfopg :ki6 bli6sf0fsf cfwf/df ofhgf th0f / sf0f0jg ug{ ; /f3f/jfnfx; ; d0lk0f{ Joj xf/ / xft0f0fj ug{ ; Sg}0f0 JoSt g}k\wfgnf0fks xf]. Ij Bfnof0 zlf0f Joj :yfkq, cfly\$ uhf] 6fg] lfdtf, Ij Bfno; ; /f3f/ /fVg; alr ; xsfo{ ug{ k\wfgnf0fks ; lqno /xgk5{. k4df cfkm'rfixFgk9fpg] t/ c; lzlfxs;nf0{ bnfpg] ; sf/ /Xof] eg] lzlfxs;df c; 6tli6 a95 . k7gkf7gnf0{ Joj:l:yt / pbfx/0f0 agfpg k\wfgnf0fks] lhdj]f/lafw dx0j k0f{ xg] ub5 .

k\wfgnf0fks /fd] xg' eg3f] p; sf] u0f, lfdtf, of]0tf, nugzlnf /fd] xg' e6g]al%65 . k\wfgnf0fks hit Ij Bfnoklt nugzln x65g\p0 q}c6o lzlfxs;n] pgsf] cg; /0f u56\.

abn0f] ; fd]lfs kl/j z, /fhgltf cj :yf, dof0fsf] cej / cfk0h] c; ; 6af6 ; f]0g;ksf] ; xof] lng g; lsg] cj :yf k\wfgnf0fksf r0f]lx; xg\ . lzlf, k\wfgnf0fks, Joj:yfkq ; ldt, cleefjs jf zlf0f ; /f3f/jfnfx;sf] dh W00 :t/lo k7gkf7g xgk5{. Ij Bfyl; g} ; a3f s0blag6' xg\ . 5f95f9fsf]x]rfx / ; jf d]f] st0f xf] e6g] ; sf/ / efjgf k4df Ij sf;

xgkb5 . k\wfgnf0fks lzlfxs;sf] tnae0f h6fpgnf0{ lx0gkq] e]f]ts lgd0f]sf nflu 06f, 9<sup>a</sup>uf / l; d06sf] vf]hdf b0gkq]cj :yfsf]c6to ug{ ; s]zlf0f ultlj lwn] tlatf kfp0f]. k\wfgnf0fksdf cleefjsx;sf] dg0f]j a'g ; Sg]snf, pglx;nf0{Ij Bfnof0}x/3 lqmf0f0fkd xft0f0f] u/fpg ; Sg] ; lk, Ij Bfnoklt ; sf/f0ds ; f] clg ; lqmf0f] \$ nflu k70f lbg ; Sg] val xg' cfj zos bli65 .

; d:ofblv t]sP/, 8/fP/ eflg66bf ; d:ofx;nf0{ glhsaf6 s]hfP/ ; dfwg ug] tl/sfx;sf] vf]hl ug] x0df:6/sf] sfd xf]. k\wfgnf0fksdf ; /n / ; xh ; kdf k]t' xg] Ij zlf0f xgkb5, p; df lzlfssf /fd] u0fsf]sb/ ug] val xg' h?/l 5 . xfd] Ij Bfnodf tn pln0vt r0f]qsf x0df:6/sf] babaf t 50 <

- x] - xkxf kj Q
- 8 - 8/, qf; / w0slk0f{ Joj xf/
- df - dfj lo ; j0gf gePsf]
- : - d/0fz0m sdhf]
- 6 - 6/f] / %0f] Joj xf/
- / - /jfk0kq

olb x0df:6/df o:tf u0f 5g\eg] :shsf] bb0f dfq x0g, afnaf0f0f] eljio klg r0k6 x65 .

**bnaxbf/ u?^a**

*lzlf, b0f0g pRr dfj, k0k0f*

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# IjZjf; IhTg] lfdtf

**IjBfnosf]** k7gkf7gnf0{ :t/lo tNofpg cfjZos kg[0fgllt agfpg]clwsf/; DkGg kbflwsl/ xf]kç . kwfgrfWofks ; fdfotof cGo lzlfseGbf ofl]otf, lfdtf / cge]df cAan xgk5{. lzlfS, IjBfyl{ / cleefj sx;sf] cf:yf / IjZjf; IhTg ; Sg] nř\$ kç lzlfsdWofbf6 kwfgrfWofks rog ug{ ; s] lglZrt çkdf IjBfno /fd] xG5 .

IjBfno ; dñhsf IjIjw hfthft, wd{ ; :sft / ; :sf/sf] kl]lglw] xg] ; %f ynf] xf]. IjBfnodf thçf ul/g]x/\$ lqmfnsnkdf efiif, ; :sf/ / ; :sft[sf] ; j]gZlntfkl]t kç rgfv] xgkb5 . ; j]fuxl / ; dñhsf] cf:yf / IjZjf; sf] k]lssf] çkdf kç lgi7fjg\ lg8/, lgisn] Pj +lg:jfy{ xg cfjZos 5 . lzlfSx;nf0{cf'gf]kçfkl]t ; dlkç / hjfkn]l aGg clek]t ug{ kçsf] st]o xf]. slffsf]f]sf] lqmfnsnkfnf0{lrQfsif\$ / afnd]l agfpg gjlgtD Ijlnnf0{s]ff-lzlf0df k]ç u/fpgkb5 . kçn]klj lw Pj +; :sftnf0{kl/dflhç / kl/isç u/] IjBfylç] hljgzhl dly p7fpg pI; s xgk5{. IjBfno IjBfylç ; fy}lzlfssf] klg l; Sg] ynf] xf] To; n] IjBfnof0{ ; fwg; ft ; DkGg agfpg kçsf]dx]kçf]el]dsf xG5 .

clxn] IjBfylç] k]k]f]sf] pkn]Aw :t/ %@ kl]tZtsf] xf/fxf/ldf 5 . ; fdbflos IjBfnodf cleefjssf] ; n]lgtf Gog b]vG5 . /fhosf] nufgl dfq ckof]t ePsf]cj:ydf szn kçn]cleefj s Pj +; dbfosf] IjZjf; IhTg h?/l 5 . IjBfyl{ ^ 306f dfq;shdf a:g]/ af]l !\* 306f cleefj s; G latfpg]ePsf]h]3/df k9g]jftfj /of agfpg xçdf:6/n] cleefj s; G lg/Gt/ cGt/lqmf ug{ ; sçf IjBfnosf] pkn]Aw :t/ pRr xg] s/f lglj]fb 5 .

**afa\$fh] sfsl{**  
Ihlzc, nlnk/

# ; fdf]hs Irlst; s

**h:tf]** kç To:t} :sh . ; dli6df kç- v]hsf] /kñ, hxfhsf] sktfg, ; :yfsf] kçv / afn-Gofowlwz xf]. kç k] tç klg xf] h; n] cf'gf] ; :yfsf] elj io k]f]kOf u5{/ ; dbfonf0{of]hg] sfotç] og ug{kl]t ul//xG5 . kç ; fdf]hs Irlst; s xf]. p; n]5fg5f]sf] IjZjf Wofg kçofPsf] xG5 . xhf/fçf]f]x; n] kçsf] dNof]g ul//xçf xG5g\ / p; sf c; n sdç] cg; /of klg u5g\ . olb kçsf] xg] çfçf, a'g] Åbo / kl/l:ylt; G ; fdgf ug] dfg] s lfdtf sdhf] 5 eg]pm ; kn kç aGg ; Sbg . IjBfno kçsf] 5fofxf] . :shdf kçsf] JolQm]j kl]tlalDat xG5 . IjBfnosf]nlo zf/l/s çkdf tGb?:t, dfg] s çkdf ; hu, ; j]d]f]ds çkdf l:y/, ; f:s]ts çkdf ; dfof]ht / ; fdf]hs çkdf ; lfd JolQm tof/ ug] xgk5{. kçn] IjBfnof0{ ; fdbflos ; j]sf] s]b] agfpgk5{.

kçn]sg slff jf lqmfnsnkdf dx]kçf]kçf]s/f ePsf] 5, klxrfg ug]k5{. klxrfg ul/Psf]kl]nf0{; Dkçf]s]lff; df jf k/] IjBfnodf nfu" ug]k5{. lzlfS jf IjBfylç] sdhf]l x6fpg IjZjf kxn ug]k5{. IjBfyl{ / lzlfS ldn] IjBfnosf]nlo lgw]f]of ug]k5{. lzlfS IjBfylç ; sf/f]ds b]6sf]f] Ij sf; u/l pglx;sf]JolQm]j Ij sf; df d2t kçofpgk5{. lzlfS / IjBfylçnf0{v; l kfg]jftfj /of tof/ ug] s]ddf xçdf:6/sf] cxd\el]dsf xgk5{.

ef/tlo lzlfç cfof]un] kçnf0{Jofks zIQm lb0gk5{ / IjBfnodf ; j tGqt xgk5{ egç]f] 5 . xfdlSxfFeg] kçx;nf0{ a]f:tf ul/Psf] 5 .

kçsf nflu IjBfnosf] ; jf]kl/ lxt g} ; jf]Qd sfo{ xG5 . kçnf0{pQ/bf0 / :t/lo agfpg p; sf] lgoIQm klqmf kf/bzl{ agfpgk5{. kçnf0{kl]1s g]Tj ; Dxf]g] u/l Ps tx dlysf] lzlfSdf lgoIQm lb0gk5{. kç kbnf0{5\$}b/agbldf /fv] ; j]f ; Ijwf yk ug{h?/l 5 .

**afns]of çf]rfo{**

kwfgrfWofks, hgHof]t d]fj, asjf, albçf

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- Bachelor of Teaching (Early Childhood, Primary, Secondary)
- Bachelor of Education
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- Master of Teaching English



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**kç / sktfg p:t}**

**Ij Bfno** lj Bf;kl dlGb/ xf]. Pp6f dlGb/df khf/lstf] eldsf hlt dxLj kOf{xG5, lj Bfnodf kçsf] klG To:t} eldsf xG5 . kç :shsf] dxLj kOf{JolQm ePsf]p; df 1fg ; lk, lfdtf / cgëj xgkb5 . kç cgZfl; t / ; xofül eP :sh /fdfl] xg] xf]. tklg :sh Joj:yfkg / zllfs k7gkf7gnf0{ou ; xfp]tNofpg kçsf] eldsf dfq koflt xG5 . Joj:yfkg ; ldt, /fhgllts bn, cleefjs, lzlfs / lj Bfylçsf] ; dGjo / ; xsfo6 dfq /fdfl] :sh agfpg ; lsG5 . snfsf/n]/fdfl] clego, g[osf/n]/fdfl] glo / lgbçsn]/fdfl] lgbçg u/] dfq pDbf rnlrq lgdff xG5 .

z/L/df d6h]/Om -rf/ u/] hljg kbfg ub5 t/ /f6df eg] lj Bfno lzlfnn]/Om -rf/ ul//xçf] xG5 . kç szn Joj:yfks, kçf; s, ; E7gstfç ; -rf/stfç dNofgstfç / zllfs g]fsf] eldsdf /xçf] xG5 . kçnf0{ hxfhsf] sktfg; G thg ug{ ; lsG5 .

**cdç >I**

:6f/ OlEn; af]Bç :sh, 3f]fxl, bf<sup>a</sup>

**afbzfç gagfç**

**hxfç** lj Bfylçsf] pQOf{kl tzt /fdfl] 5 / lj Bfnosf x/ç klf Joj:l:yt ePsf] ; do; fklf .cku8U e0/xçf 5g\To:tf :shsf kçxç /fdfl] g] 5g\ . t/, hxfç lj Bfylç; <sup>a</sup>vof lbgf]lbg 3l6/xçf] 5, lzlfssf] :t/ vl:sç] uPsf] 5, k/lif kl/Ofdf Gog / lj Bfnodf cgj Zos lvrftgl e0/xçf] 5, To:tf :shsf kçxç clfd / gfd dfqsf xçdf:6/ ePsf 5g\ . ; fdlhs dofç / /fhgllt ug] çj; / çlb çsifç] n] ubf{ kç xg] xçafhl rN5 . sltko lzlfxsçdf klG kç ePkI5 çfknf0{7h}.afbzfçl 7fçg] kj] Q xfal ePsf] b]vG5 . ç% sf7df8fçpkTosdf t kçxçsf] gfdn] lj Bfno lrgg] u/çf] 5 . cleefjs, lj Bfylç lj Bfno Joj:yfkg ; ldt / lhZcklt pO/bfol /xç] ; kmTfk] ç sfo{ ; DkGg ug{ ; sçf hf] ç} klG ; km / c; n kç aGg ; S5 .

**lbgfy bEfn**

k-rs6of dlj, sf7df8fç

**kçGwslo kç pQd**

**kç** lj jçl, kl/jtçzn / k/fçsf/l xgk5{. p; n] kl/l:yltcg; f/ g]f, kçf; s, ; dfh; j] l / ; xofülsf] eldsf lgefpg ; Sgk5{. lj Bfno /Ed-r xf] lj Bfylç lzlfxsç To; sf kfç xg\ . kç gf6ssf] lgbçs xf]. gf6snf0{ ; km kfç /fdfl] lgbçssf] hlt eldsf xG5, lj Bfylçnf0{/fdfl] agfpg] ; jndf kçsf] tolt g} xft xG5 .

kçsf] afgUoxç]f, lrgç / of]otdf dfq kl/jtç Nofpg ; lsof] eg] k7gkf7gdf t]sf n ; wf/ çfp5 .

**uf]fn] kçM** uf]fn] uf0{?B] a:5, uf0{ ayfç 5f8] st} afnl vfg uof] eg] glhssf ; DkOf{uf0çnf0{ lk65, ufnl ub5 . uf0{ lsg afnl vfg uof] To; sf] sf/Of vff]bg . To; u/L uf]fn] kçn] lj Bfno 5fçdç, lzlfç / lj Bfylçsf] uf]fn] eP/ a:5 . o:tf kçdf of]hg, ; dGjo / lgo6qOf ug] lfdtsf] sdl xG5 . t/ o:tf kçn] Joj:yfkg ; ldt / lhNnf lzlf çlwsf/lstf] ; j]f ul//xçf xG5g\ . Pp6f lzlfsn] uNtl uçof] eg] ; f/f lzlfsnf0{uf]fn] uf0çnf0{ ufnl u/ç ufnl u5g\ . o:tf kç ePsf] :shdf lzlfç Pstf xG5 .

**kçf; slo kçM** kçf; slo kç zlStzfnl xG5g\ . loglxçnf0{lj Bfno; G dtna xG5 . lzlfçdfly kçf; g rnfpg kP kU5 . Joj:yfksnf0{çfç]ax; df /vçf xG5g\ / lhZsfnf0{ kçfç kf/çf xG5g\ . loglxçsf] lbgrof{lhZsfdf skn vP/, g]fsf]ç] afç] lat5 . loglxçsf] ; dx 7hf] 5 . loglxç lj Bfnodf dlZsn] b0çtlg 306f a:5g\ . kçf; slo kç lzlfssf] uNtl

eçdf sf/axl ug{ çl3 ; 5g\ . uNtlstf] sf/Of klG vff]bg\ . loglsf] sfo{fdtf .wDslw, rfkN;l / g]fnf0{ v;l kfç]xf]. kçf; slo kç ePsf] lj Bfnosf] pkn]aw lg/fzfhgs xG5 .

**kçGwslo kçM** ; fdbilos lj Bfnodf o:tf kçsf] ; <sup>a</sup>vof wç] 5ç . sçl lghl / ld; g/l lj Bfnodf o:tf kç e]lç5g\ . loglxç lj Bfnonf0{g} ; ayfç 7fç5g\ . s; ç] uNtl u/ç uNtlstf] sf/Of vff]5g\ / uNtlnf0{ x6fp5g\ . o:tf kçsf] lfdtsf] çwf/ 1fg, çlwoog / cgëj xf]. o:tf kç ePsf lj Bfnosf] pkn]aw Hofb] pRr xG5 . To; ç] xdf] lj Bfnonf0{ kçGwslo kçsf] vff] 5 .

k9fpg' gkg] hltv] çP klG, lx8] klG xg] xflsdlkg bçfpg kf0g] g]fsf] kl5nflg kf0g] 7hfa8f; G ; efd f a:g kf0g] lhZsfdf sknukm ug{ kf0g] s'f g} kçsf çsifç xg\ .

pQ/bfolj jxg, pRr sfo{fdtf g} ; kmTfsf] l; ç] xf]. jçvfg ç kdf kç Joj:yfkg ; ldt / lhZsfklt pO/bfolj xgk5{ eg] Joj:xl/s ç kdf cleefjs / lj Bfylççklt .

lj Bfnonf0{/fdfl] agfpg] xf] eg] kçnf0{ ç<sup>a</sup>sz nufpgk5{. ; ç]ç] :tf] 5fççxç . kç s:tf] kb xf] < c:yfol < :yfol < kçn] nfç] lnP/ lx8] dfq xf] ls k9fpg] klG < lgodjndf sçl pNny 5ç . kçsf] zllfs of]otf :gftsfQ/ xgk5{.

**avt sç]**

dx]b] çbz{ dlj, Od8fç, nlnkç/



# sd oflotfn] rNbg

**k**lwf g cllwofks /fd] c; n, ldng; f/, r]/qjfg\st.fo]gi7 tyf cllwogzln ePdf o; sf]; s/flds kefj lj Bfnodf kg{hf65 / .fd] kç /fd] lj Bfnol eG]cjwf/0ff ; fyš x65 . kç slgi7 oflotf]ePdf n3tfef; sf sf/0f c6o lzlfnsf0{ kl/rfng ug{ sl7gf0{ k5{. o; n] lj Bfnosf] k7gkf7g ?uof xg ; S5 . kç g} Pp6f ; d:of a65 . c6]l lzlfxs; sf] anh^tl, /fhgllts lvrftfgl, lj leGg ; dXsf]wDsl tyf bafa kçsf kçV rgf]l xg\.

lgodfjndf klwfllwofks xg kfg] kljwfgdf pRr oflotfn]sg}cy{g/vG] xff s]l sl7gf0{1; h6f ePsf] 5 . cfrk6ebf sd k9h]v]sf JolQmsf] ; Nnfx-; %fj / lgbz g pRr oflotf]k]t lzlfns]kfnf ug{; Dej x6g . klwfllwofks lgoQm ubf{ ckfg0g] l; km//; k4lteGbf lzlfns ; j]f cfof]un] lj 1fkg kšflzt u/l kç lgoQm u/0f lfdtf ePsf lzlfns]cj; /sf] pko]f ug{ kfg] lyP . ; fdbilos lj Bfno sg]Ps hgfsf]7š]f/l kyfaf6 rllg ; Sbg . klwfllwofkssf sfd, st.fo / clwsf/x6nf0{ v08ls/0f u/l a9]f ePsf lzlfxs;df lhDd]f/l ykg] Joj:yf ePdf tl lzlfxs;sf]dgr]an pRr xg]/ lzlf0f l; sf0 lqmfnsnfkd kmbfol xgš .

vZl/fh uf]d  
hgtf gbgf pdf]j, lj/f6gu/

# cflyš kf/blz{f klg rlfX65

**Jofj xfl/s** ; kdf xdf] lj Bfnox;df rf/ y/lsf kçx; e]665g\ . klxnf] .ul/vfg] kçl hf] E lj Bfno ; wf/sf nflu cf^g} of]hg] 5, To; nf0{sfof]j og ul/Psf] 5 / lj Bfnosf]z]f]fs pkn]lw pRr /xš]f]5 . bf] ] .elgvfg] kçl o:tf kçx; lj Bfnosf] ; wf/sf nflu cfj Zos of]hg / sfof]j ogebf ; dbfodf cf^gf] ; dyš vf]hl ug{ /dfp5g\ . t] ] .df]gvfg] kçl nfd] z]f]fs cge]nf0{ l; /fgldf /fv] dfgfy{ kçsf] lhDd]f/ldf 5g\ . rryf] y/lsf .elhvf]g] kçx; sg} g sg} /fhgllts bnsf] sfof]tš]f] ; kdf lj Bfnosf]z]f]fs g]t]j df klzšf 5g\ .

; dbfoaf6 kçsf] 5gr6 ug] ; š]f]ts kf6f] pkoQm b]MP klg Jofj xfl/s ; kdf o; klqmf]n] kçnf0{; dbfosf] .za/ :60fDkl agfpg vf]š]f]5 .lg]Zrt cj]w; Dd lj Bfno ; wf/ ug{g; Sg]kçnf0{lhDd]f/laf6 dQm ug]K5{. cfj]lws lhDd]f/l]j]cfk; l ; xof] j ]4 x65 eg] ; aš]f] lfdtf klxrfg ug{; ls65 . cf]t kçdf lj Bfnosf] ; d:of klxrfg u/l of]hg lgd]f / sfof]j og ug] lj Bfno ; /š]f]jfnfx; ; E ; dG]o sfod ug] clwsf/sf] kof]af6 cfp]g] kl/0fddf ; r] /xg] lzlfssf] lfdtnf0{ kof] ug{; Sg] / Itgnf0{ ; Af0f ug{; Sg] u0f / lfdtf xgkb5 . slff ; k/l] r0f u/7 .lk]Aofsl lbg] lfdtf ePsf] / cflyš kf/blz{f ckfg]p]g] k]Q ePsf] kç :shn] kPdf k7gkf7g ; l,65 .

Zofdk] fb nfd5fg]  
eldf]o pdf]j, uf]v

# v/fa eP bž g}d5{

**h; /l** g<sup>a</sup> / df; šf] ; Da6w x65 kç / lj Bfnosf] ; Da6w klg To:t} xgk5{. lj Bfno Joj:yfkg / k7gkf7g ; wf]g]klwfllwofkssf]dx]lj kOf{eldsf x65 . lj Bfno Joj:yfkg eGgn]lj Bfnodf ePsf lzlfns, lj Bfyl{/ cleefj sx; alr]sf] ; Da6wnf0{; dw/ /fvG] x] . lj Bfnosf] b]gs kžf; lgs sfof]nf0{ ; d] :jR5 Pj +oj]l:yt 9Eaf6 ; ~rfng ug{xf] . h; /l /fi6kçV eGgn] /fi6k]tnf0{/ ; /sf/kçV eGgn] klwf]gdGqlnf0{ a]65, To; /l g} lzlf eGgn] lj Bfnof0{/ lzlfkçVsf] ; kdf klwfllwofknsf0{ a'gkb5 . clwsf/ / st.fo Ps}; Ssf] b0{kf6f ePh:t} kç / lj Bfno klg pxl s'f x] . kçsf] gllt, lgbz gcg; f/ lj Bfyl{/ lzlfxs; rNgkg]x65 . lj Bfno eGgn] xfdl dl6b/ a'5ff . hxfF; - ; fgf afnaf]nsfx; cf^gf]el]ionf0{pH]j n agfpg cfp5g\ . ; dbfoleq /xš]f]lj Bfnof]cf^gf] ; dbfosf] g]t]j u/š]f]x65 . ; dx ; ~rfng ug{sf nflu of]o, blf / 0dfgbf/ sdf08/sf]cfj Zostf kb5 . To; ; /l :shnf0{ szn g]t]j lbg of]o kçsf] cfj Zostf k5{. lgZro g}kç c; n, 0dfgbf/ ; ; b]0f, g]š]jfg\ l; h6zln / st.fo]gi7 xgkb5 . egf0 g}5, Pp6f ; jf:Yosdl{v/fa eof]eg]Pp6f /f]l d5{t/ Pp6f lzlfns v/fa eof]eg] bž g}d5{.

/fdstf/ /fpt  
dx]b] df]a cfbz{axdvl SofDk; , lj/f6gu/

# dgf]lj 1fg a'gk5{

**klwfllwofks** eGgn]z]f]Abs cydf kçV lzlfns dfq a]P klg lhDd]f/l eg]dht]l z]f]fs tyf kžf; lgs Joj:yfkg; E ; Da6wt 5 . lj Bfno lj sf; sf lgd]t lj Bfyl{/ lzlfns tyf cleefj s; d]šf nflu klwfllwofks ; š]f]ts, klj]ws tyf Jofj xfl/s ; kn] lj z]f]sf] ; kdf /xš]f] xgk5{. lzlfnsdf ePsf] klj]ws 1fg Pj +cg; Gw]f]f]ds blftnf0{ lg/Gt/ k]f; fxg ug{pkošt d]l]of]g klqmf ckfg]p]g' cfj Zos 5 . lj Bfno lj sf; sf nflu kç /fd] xgk5{ of] s6; To x] . /fd] cy{ kof]t 1fg, blf, ldng; f/, g]t]j ; lk ePsf] lj ljw z]f]fs kl; E kl/lrt / kžf; lgs lfdtf ePsf]eG]x] . pQ/bf]o]j j xg g} ; aš]f] dx]lj kOf{k]f x] . kçn] z]f]fs ; kdf lj Bfylk]t, ; yfut ; kdf cleefj sk]t, kžf; lgs ; kdf lj Bfno Joj:yfkg ; ldt / lh]zsf]k]t pQ/bf]ol e0{lj Bfnosf]z]f]fs tyf e]f]ts lj sf; sf nflu kl]ta4 xgk5{. kç JolStut ; kn] lj Zj; glo, ; j]hgzln, pT; fxl, lj gozln / ; xof]ul xg cfj Zos 5 . lzlfns tyf cleefj sf] ?lr, rfxgf a'g ; Sg] u0f kçdf xgkb5 .

kšfzsd]f/ v/h  
rf]f/f axdvl SofDk; , l; Gw]k]l]r]š

**kʷ:sf/ / b08 h?/l**

**kčnf0** k0f{ clwsf/ lbgk5{ . /, /fd] eP kʷ:sf/ g/fd] eP b08sf] efulbf/ agfpgkb5 . kčn] j tđfg kl/l:yltdf cleefjs, Joj:yfkg ;ldlt, lhzc / /fhgllts g]Tj ; a}E ; dGjo u/ l Bfno ; -rfng ugk/šf] 5 . kčnf0{ lzlfns] l j Bfnosf] lxt lj k/lt sfđ u/] ; ?j f ug{ ; Sg] clwsf/ lbgkb5 . Psk6s kč ePKl5 hflu/ cjlwel/ x6g' gkg] Joj:yfn] xšdf:6/nf0{ lgs} cN5l agfPsf] 5 . kč kžf; lgs kb ePsf] ; ljwf yk] eP klg lhNnsf hg; S}

:shdf ; ?j fsf] Joj:yf ugk5{ . clwsf/ dfq yfkl/šf dfhg; tfgzfx aGg ; Sb5 clg clwsf/ glbP df05] k'a' aGg hf05 . To; sf/Of clwsf/; E} st;0; lxtsf] .afw]kql tof/ u/l kčnf0{ lj z]f ; xhstfšf] ; kdf pEofpg ; s] lj Bfnodf ; wf/sf] cfzf ug{ ; ls05 . lj Bfyl{ tyf lzlfssf ug; f ; g] To; sf] ; dfwfg ug] lzlf, lj Bfyl{/ cleefj salrsf] kf/:kl/s ; DaGw ; dw/ tNofpg] kf/blz{f ckgfpg] 8/, qf; / eoaf6 dOm jftfj/Of tof/ ug{kč ; wFk0tgzln /xgk5{ .  
**ljz/fh sf0/fnf**  
afn dlG6/, lj/f6gu/-!)

**bflotjafw g}dVo sʷf**

**lj Bfno** lzlfdf kwfgllwofksnf0{ldofšf] ; kdf ln0G5 . kwfgllwofks Ps szn lzlfssf cltl/Qm kžf; s; ; fwg; f]sf] kl/rfns, g]Tj stf{ ; dGj ostf{/ ; fdbilos lj sf; sfoštfšf] eldsdf kʷf ugk5{ . /fhgllts bnsf] cfzlj f0 k]kt lzlfss; nf0{ lgoldttf, st{ok/fo0f tyf lj Bfylk]lt pQ/bfol agfpg' ; fRr-} rGf] 5 . lj Bfnodf z]lfs jftfj/Of sfod ug{ lj Bfnosf] cflyš ; f] hšfpg / kl/rfng ug{ lj jwfoQm ; dfhd; fdlhs ; DaGw sfod ug{ lj Bfnosf lzlf, sd{f/l, cleefjs, lj Bfno Joj:yfkg ; ldlt, lzlf, cleefjs ; a3, lj Bfyl{ cfib h:tf; E ; dGjo sfod ug{ blgs lzlf0sf ; fy} kžf; lgs sfo{d} ; Dkfbg ug{kčsf k0v sdx; xg\ . yf] kč dfq lhDd] f/l / st{ofafwn] kč ePsf 5g\ . sxl ug] efjgf ; fdlhs klti7f, g]Tj k]kt ?lr, ; dbfo / /f0k]tsf] bflotjafw h:tf ; sf/fds ; f]f0 / efjgfn] kč xg] ; sd} 5g\ .

**clwsf/ / ; ljwf a9fpgk5{**

**lj Bfnosf]** k7gkf7g ; wf/ ug{k]wfgllwofkssf] g]Tj bfol eldsf /x05 . JolQmut, kžfut / ; fdlhs u0fx; c; n ePsf] JolQm kč xgk5{ . p; n] ; dfhd ; a}E ldn] lj Bfnosf] g]Tj ug{ ; Sgk5{ . 7hf] cf]f]sf] kb kč x] . ; dhsf lGldt sxl u/f] eGg] efjgfn] k]t eP/ Voflt sdfpg kč xg] ; s] ; a'Vof a9b} uPsf] 5 . clwsfz :shdf lj Bfno Joj:yfkg ; ldlt /fhgllts efua08fsf cfwf/df aGg] / To; h] kčsf nflu l; k]l/; ug] Joj:yf 5 . of]otf / sfošlftf ePsf JolQmeGb' cf'g] ; jfy{ cg'sh rNg] bnsf sfoštf; nf0{ kč lGldt ug{ ; jod\ /fhgllts bnsf g]Tj tyf sfoštf] bafa lbg] u/šf] kf0G5 . /fhgllts bnk]lt pQ/bfol gePsf] v08df kb g} l6sfpg ; ls05 eGg] cfd dfGotf agšf] 5 . kčsf] lGldt kl]mof kf/blz/ / lGldt 5g . /fhgllt ; Af0faf6 kwfgllwofks xg] l:ylt 5 . kčsf] cgej xfl; n ul/ ; sšfx; nf0{ ; f] JolQm / lj Bfno lGldt h:tf lhDd] f/l lbgk5{ . kčsf] clwsf/ / ; ljwfx; nf0{ lj:tf/ ugk5{ .

**džgyf a/fn**  
gf6]j/ dfj, lrTnf<sup>a</sup>, dsjfgk/

**k]axfb/ af/3/]**  
xfl; n<sup>a</sup> lGldtj, ur]fbl, k]llk/

**7f] gltt rlfxf]**

**/fd]** j fBj fbsn] lalupsf] afhfnf0{ klg /fd/l ahfpg ; S5 eg] %f szn kčn] lj Bfnof0{ lgb] zt nlotk] pGdv u/fpg ; S5 . nlotk] pGdv u/fpg' egšf] cfwf nlo k]kt ug{ x] . JolStj z]f] cfux / k]f] xsf sf/Of of]o JolSt kč aGg g; sšf b]f] t; k]f0Psf 5g\ . kč lGldt ug] lhDd] lj Bfnosf] dlyNnf] lgsfon] lngk5{ . lj leG rGf] sf] ; fdgf ul/ xšf kčx; sf] ; Af0fsf nflu klg 7f] gltsf] sf0] j ogsf] cfj Zostf 5 . kčsf clwsf/ / ; lj wkl]t j tđfg Joj:yfđ x] k] u/l kč kbnf0{ c% a9l ; Dd] lgt / do]t agfpg h?/l 5 .

**pk]fddf k/] of]ox;**

**lj Bfno** /fd] xGdf xšdf:6/sf] k0v eldsf x05 . szn kčn] lj Bfnosf] k7gkf7gdf ; wf/ ug{ ; Sb5 . kč kl]ti7t kb x] . tna ; ljwf lzlfssf] eGb' a9l xg] lj leG t]nd / ur]laf6 cgej k]kt xg] clg eljiodf g]f aGg] ; Defjgf ePsf] h]f] s} klg kč aGg t]d; g' ; jfe]js} x] . of]o, cgej l / g]Tj lfdtf ePsf] JolStsf] ; šf /fhgllts bnsf sfoštf{ kč xg] u/šf] 5g\ . kč lGldt clxnšf] Joj:yfn] cgej l; h; zln, lfdtfjg JolSt pk]fddf k/šf] kf0G5 . To; sf/Of kč lGldt Joj:yf kl/jtG u/l of]o JolSt cfp] af6] v]lgk5{ .

**dx] / d]l**  
cfbz{ dfj, 8f0lgofF df] <sup>a</sup>

**u?k] fb zdf{ kfš]**  
/fdk/^-^, bf<sup>a</sup>

## g; Sgjhfo{ uf]8g x]8; \$U

**axeldsf** lgjfx ug{; Sg]lzfs tof/ ug{kwfgllwofksn] lzlfz dfq xfo]g klzlfssf]klg eldsf lgjfx ugk]g] xG5 . kwfgllwofksn] cf'gf lzlfzx;nf0{ ahf-ahfdf tflnd lng]cj; / h'f0lbgk5{gq cfk]n] klg o:tf] cj; / tof/ ul/lbgk5{. lj Bfyl\$]f] eljioklt lrlgtt sltko kcx;n] o:tf tflnd tyf sfozfnf uf]7Lx; cfof]hgf ug] u5G\ . z]lfs of]otfsf e/df lzlf0f kzf ckgfPsfx;df snf0t/df lj t]0ff k]f xg; ;S5, lhDd]f/ kwfgllwofksn]cf'gf lzlfzx;df to:tf]lj t]0ff x6fpg sf]lzz ul//xgk5{.

;fdbflos lj Bfnosf sltko kwfgllwofksx; lj Bfnosf] k7gkf7g ; wfg]Gbf kb l6sfpg] WofpGdf nfu\$]f] kf0G5 . o:tf kwfgllwofksx; lj Bfyl / cleefj sklt lhDd]f/ xG]Gbf Joj:yfkg ; ldt / /fhgllts bnx;klt a9l cf:yfjfgb]vG5g\ . /fhgllts bnx;n] cf'gf sfo\$tf / c]kntnf0{ lzlf0f kzfdf

;nlg u/fp]6] cfPsf] oyfy{ s; \$f6 l5k\$]f] 5g . w}] ;fdbflos lj Bfnodf /fhgllts x:tlf]ksf sf/0f klg k7gkf7gdf ; wf/ xg; s\$]f] 5g . t/ lghl lj Bfnox; ol ; d:ofx;af6 k]oM dQm 5g\ . lj Bfno Joj:yfkg / lzlfz lgo]Qm h:tf cxd\dx]sf ljifodf lghl ;sh ;jtGq ePsf sf/0f tl :shsf lzlfz / kcx; k7gkf7g ; wfg] bQlrQ eP/ nfu\$]f] kf0G5 .

l;hg]zn tyf d]xgtl lzlfzsfnf0{x\$df:6/ agfpg Joj:yfkg ; ldt / cleefj sx;n]kxn ugk]5{. hflu/] dfgl; stf ePsf kwfgllwofksx;nf0{ klxn]f] r/0fdf st]oaf]w u/fpgk5{. /fhon]lj Bfno / lj Bfyl\$]f]lxtdf ; dlk\$ kwfgllwofksx;sf] ; xl dNof]g u/l k/:sf] ugk]5{. lglqmo kwfgllwofksx;nf0{ cG6 ; /sf/l hflu/] /x .uf]8g x]8; \$]lsf] ; lj wf lb0{labf lbgk5{.

dw' /f0{

;y]fks kwfgllwofks; ;ldgd] 0Eln; ;sh; lj /f6gu/

## tlg jifdf ; ?jf ugk]5{

**hljgsf** psfnl-cf]fnldf xDnfsf]l; d]sf]b]v hfkfgsf] 6]s]of\$]f lj Bfnosf]cj n]f\$g ug]df\$]f kf0of]. cf'g] lhNnfsf klg yk}lj Bfno 3ldof]. yk}lj Bfnosf]ef]ts tyf z]lfs lj sf;df ; xeful xg]df\$]f kf0of]. s]k cge] xfl; n ul/of]. o; b]f]fgdf s]lgisif]df kluof]eg] hxf]f k\$ /fd] 5g\Toxf\$]f] lj Bfnosf]cj:yf /fd]5 . hxf]f k\$ /fd] 5g]V hflu/]dfgl; stfsf 5g\Toxf\$]f]cj:yf gh]s 5 . nugzn kcn] c]knt]klg sfd u5{/ c;nf0{klg nufpg ; S5 .

k\$ lj Bfnosf]lbd]fu xfl. lbd]fun] hlt /fd] ; f]of]Tolt /fd]sfd ug{; lsg5 . lj Bfno g]ds hxf]sf] kf0n6 k\$ xfl. kf0n6 ultn]f]gk/] hxfh 7fp]f k]ofpg c;Dej xG5 . To; h] k\$ pRrlzlf xfl; n u/\$]f] axkl]tefzfnl / .8f0g]f]ds] xgkb\$ . ;dbfonf0{ a%\$]f] jf a'g r]xg] / ;dbfon] lj Zjf; u/\$]f] JolQm k\$ xgkb\$ . sdf]f/lnf0{v;l; fy sfd nufpg ; Sg] lj Bfylf0{ xf}nf lbg ; Sg] kzf; s geP/ plk]ssf]eldsf lgefpg ; Sg] eljioklt cfz]f]bl; ; sf/f]ds lrlgt ePsf]JolSt k\$ xg; S5 . lh]zc / /fhgllts g]fnf0{cf'gf]Ph]8fdf ; xdt u/fpg ; Sg] /fhgllt hfg\$]f]t/ s; \$]f]h]f gaf\$]f]tg hxf]eP klg dg lj Bfnodf g]s]b]t ug{; Sg]JolQm k\$ xgkb\$ .

o;/l k\$af6 sfd lng clxn\$]f] ; j]f;lj wfn] k]bb . tna nufot cG6 ; j]f;lj wf a9fpgk5{. tlg=tlg jifdf lj Bfno kl/jtG ugkb\$ . kcn] k7gkf7g, Joj:yfkg tyf ; du]lj Bfnosf]cg]udg

/ dNof]g ug] ; do kz:t kfp]gkb\$ . To;sf nflu /fhon]lzlfz ; a'vof yk]gk5{. ;dfh;]f ug{/ JolQm] lj sf; ug{k\$ c]fsif\$ kb xfl. lg:j]fy{ ; j]f ug]k\$ jf lzlfzx; d[okot klg lj Bfyl\$]f]x]b]odf af]f/xg] 5g\.

s]0fk]fb vlt]8f

Joj:yfkg cl]olf; ;Tojtl pd]fj; c]fbd6f/; wflb^a

**SCHOOL OPPORTUNITIES IN AUSTRALIA**

**Government, Private & Boarding Schools:** Australian High School Certificate (VCE, HSC etc.) are highly regarded and recognised worldwide for further study.

**For Students under 18 years:** Guardianship can be arranged by Australian school or with relatives in Australia Or parents / guardian can accompany and stay in Australia until student turns 18

**Eligibility:**

- SLC pass for high school (class 11 & 12)
- 9 pass for class 10, 11 & 12 etc.
- 6 pass for class 7, 8, 9 etc.





**FLYING ELEPHANT INT'L**  
Putalisadak, Kathmandu, Nepal  
Tel: 4227 277, 4233 692 e-mail: admin@fei.com.np

**kfr jifdf dNof<sup>a</sup>sg**

sg}klg lj Bfno /fdf] xg<sup>s</sup>f nflu JolQmeGbf lj lw /fdf] xgkb<sup>5</sup> . xfdf] ; dbfodf ./fdf] JolQm xfdf] eGbf xfdf] JolQm /fdf] eGg] tYon] k}oIf jf k/f]f ; kdf klyldstf kfPsf] 5 . kmntM sg} lzlfns] k<sup>c</sup> aGg / k<sup>c</sup>af6 lj :yflkt xg sg} ; f0t klv{xgkb<sup>5</sup> . dh<sup>t</sup>M k<sup>c</sup> lj Bfylx<sup>c</sup>kl<sup>t</sup> pQ/bfol xgk5{. s]ubf{afnafn<sup>s</sup>f lj Bfnodf /dfOnf] jftfj /Ofdf, v; l; fy l; Sb5g\k95g\<pglx<sup>c</sup>sf] ; ljwf s; /l a9fpg ; lsg5 <s]ubf{zlf<sup>s</sup> clwsf/sf] ; /lff tyf afnc<sup>l</sup>wsf/sf] ; Af0f xg ; Sb5 <eGg<sup>g</sup>f/df x<sup>g</sup>df:6/ lrgtgzln xg' h?/l 5 .

b<sup>l</sup>6sf]sf]cfwf/df ofhgf lgdff Pj -fdttsf]cfwf/df lhDd]f/l afBkn<sup>8</sup> ul/gkb<sup>5</sup> . lhDd]f/l / cfj Zostfsf] cfwf/df ; jf; ljwf lj t/Of ul/g' k4ltsf] lgdff xf] . k<sup>c</sup>sf]lgolQm vlnf lj 1fkgdfk<sup>t</sup> ul/gk5{. klyfgWofkssf] lhDd]f/l kP kF jifdf lj Bfnof0{ ; wf/ ug] ofhgf k<sup>c</sup>; G xgk5{. x/\$ kF jifdf k}tfj / sfdalr dNof<sup>a</sup>sg ug]kl/kf6l a; fpgk5{. o; n]k<sup>c</sup>nf0{wDsofpg] jf xjofpg] tyf cof]o JolQm kbdf al; /xg]jf of]on] cj; / gkfpj] cj:yfsf] cGto xG5 .

;fg<sup>g</sup>f0 sfl{ hgsNofOf pdflj, kfn<sup>a</sup>, dsjfgk/

**;f] kl/rfng lfdtf rflxG5**

lj Bfylx<sup>c</sup>n]pTs<sup>6</sup> glthf xfl; n ug{klyfgWofkssn]o; ; G ; DalGwt ; a}klfx<sup>c</sup>alr ; dGjostf<sup>s</sup>f] eldsf lgjfk ug{ cfj Zos 5 . pknAw ; f] ; fwgnf0{klyldstfsf cfwf/df afBkn<sup>8</sup> / kl/rfng ug{tyf ck<sup>u</sup> ; f]x<sup>c</sup> h6fpg ; dbfonf0{ pTk]t ug{; Sg]lfdtf klyfgWofkssdf xgkb<sup>5</sup> . lj Bfnof] ejg tyf slfsf]f, k'tsno tyf kof<sup>u</sup>zfnf / zlf<sup>s</sup> ; fdu<sup>l</sup>s] Joj:yfkgdf klyfgWofkssf] lj zlf lfdtf tyf cGj sf]cfj Zostf kb<sup>5</sup> . lzlf<sup>s</sup>x<sup>c</sup>sf]of]otf / lfdtfsf cfwf/df lhDd]f/laf] afBkn<sup>8</sup>, ; dGj o, lzlf0f l; sf0 lqofsnfksf]cGudg, lzlf0fsf cfwgs lj lw tyf ; fdu<sup>l</sup>x<sup>c</sup>sf] kof<sup>u</sup> ug] ; Gbe<sup>g</sup> x<sup>g</sup>df:6/sf] lj zlf Wofg klGkb<sup>5</sup> .

klyfgWofkssdf lgxt clwsf/n]cfid; Gtl6 k<sup>g</sup>fb ub<sup>5</sup> . zlf<sup>s</sup> glt lgdff tyf sfo<sup>g</sup>nd sfo<sup>g</sup>ogdf klyfgWofkssf] lj zlf eldsf /xG5 . lzlf<sup>s</sup>x<sup>c</sup>nf0{a9]f jf tln<sup>d</sup>sf nflu l; km<sup>l</sup>/; ug] / k';s<sup>t</sup> ug]clwsf/ klg klyfgWofkssdf /xg' k<sup>c</sup> kbsf]cfsif<sup>g</sup> cfwf/ xf] . lj Bfnof cfj Zostfx<sup>c</sup> ; dodf k'f ug{g; Sg', cleefj s<sup>s</sup>f]lrQ a<sup>g</sup>fpg g; Sg', lzlf<sup>s</sup>x<sup>c</sup>alr ; dGj o sfod ug{g; Sg' / lj Bfnodf /fhglts x:tlfk a9<sup>g</sup>' klyfgWofkssdg rbf<sup>l</sup> xg\.

nldk|fb bxfn lzlf<sup>s</sup>, 8f]df/l dfj, dxt/lgl%<sup>g</sup>f, %<sup>g</sup>kf

तपाईं जहाँ हुनुहुन्छ त्यही तपाईं जहाँ पुग्नुहुन्छ त्यही अर्थात देशभरि

**उज्यालो 90 नेटवर्क**

विमानदेखि रातीसम्म

६ बजे काठमाडौंले १, १२, २, ६, ९, १०, १५ बजे नेपाल काभर ८ बजे नेपाल टोपे

सीधा कुरा, प्रष्ट विचार

Communication Corner Pvt. Ltd. Kupondole, Lalitpur, Tel: 5546277 Fax: 977-1-5549357, E-mail: info@unn.com.np, URL : www.unn.com.np

Broadcast Office Sanepa, Lalitpur, Tel: 5551716

देशभरिका ७४ वटा एकएम स्टेसनहरूबाट एकसाथ श्रवण गर्न हामी सायमा छौं ।

यस जानकारीका लागि विज्ञापन शाखा ०१ ५५२१७११ Ex.२०४ ०१ २११२२१४ सीधा



# xØdf:6/ kØffnl

# leGg bZ leGg cEof;

añfot / cd\|sdf kvfg\Wofkssf]Jofj; flos gTj ljsf; ug{yk}; :yfx; 5g\.  
t/, sd cfo ePsf bZx;df o:tf ; :yf w}5g\ ljZjsf sd cfo ePsf bZx;n] kçsf]gTj ljsf; ug{glit lnPsf 5g\ cd\|sf / añfotdf kçsf]gTj clej[4 ug{ljzif sf]x;s}Joj:yf u/\$f] kfoG5 .

**k**l wfg\Wofks zAb ef/t / gkfnf a9l rNtldf 5 . cd\|sdf xfdn] aem]sf] kvfg\Wofksnf0{.lk; knl elg5 eg]añfotdf .x\$ l6r/0 . ToxF.x\$ l6r/0 ljBfnosf]sfof/L gTj x65 . cd\|sdf .x\$ l6r/0 / lk; kn bj}kb křngdf 5g\ cd\|sdf .x\$ l6r/0 lzlf s g} x65 . t/ p;n] citl/Qm sfof/ uXof u/afkt a9l tna kfp5 . lk; knsf] cgkl:yldf p; sf bflotj / sdf x\$ l6r/n] ub5 . lk; kn knsPkl5 x\$ l6r/n] p; sf] cgkl:yldf ePsf sdf / lgofoX; lk; knnf0{ hfgs/L u/fpgk5{. To; kl5 lk; kn cfn] ljBfnosf] lhDdj]f/L jxg ub5 .

añfotdf kvfg\Wofkssf tljg6f sfdx; kfyldstfdf kb5g\ kçsf] klxn] sdf xF-kltxktf !) b]v !\$ 306f lzlf0f . bf]ñ kzf; lgs sdf . o; cGtuF ljBfyl{egf{ kùlt dfg / clen\ls/0f, clyf Joj:yfkg kb5 . To; u/L :shnf0{cfj Zos kg; fdfg vl/b ug / n\yfk/lif0f u/fpg] dd; Def/ ug] sf]k/f ug; ; ñ Joj:yfkg ug] gofFkf7\qndsf]lj sf; / dNoflg ug] kf7\ak!tssf]Joj:yfkg ug / lzlf s lgo/Qm sdf klg lk; knn] ugk5{. o; afx\$ ljBfyl{tyf lzlfssf]cgzf; g, kñ; fxg,

tlnd cfbdf ; dT kç kJolf lhDdj]f/ /xgk5{. o:tf u0f kQf nufpg]kZgx;sf]Pp6f km/d g} tof/ kf/Psf] x65 . kç 5gf0 sld6ln] ol kZgx;df pDd]j]f/n] lbPsf] hjknsf cfwf/df dNoflg ub5 .

## 5fGg] tl/sf

añfotdf dfj ; :fwg ljzif; lxt cleef]s, lzlf s, olgogsf klTlgw / ljBfyl{ ; ldlnt 5gf0 ; ldt x65 . pQm ; ldltsf] ; xof]udf ljBfno lg/lfsn] kç kbsf] lj1fkq u5g\ . cGtjff{ lbgcl3 kçsf pDd]j]f/sf] of]ott f]sPsf] x65 . kçsf] pDd]j]f/ of]o JolQmsf] ; Pldf k/\$f]xgk5{. kçsf pDd]j]f/n]JolQmut ljz/0f / lzlf0f cgdltkq kZ u/\$f] xgk5{. ol dfkb08 k/f u/\$f pDd]j]f/sf]cfj]g kq; lxt ljBfno lg/lfsn]lzlf s dcf/L / cleef]s tyf ; dbfo; 5\$5\$}a7s ub5 . a7sdf kçsf pDd]j]f/sf]kdf0kqsf] ; dlff ul/G5 . To; kl5 kç 5gf0 ; ldt]n]lnlvt / df]vs k/liffdfkrf of]o 7xl/Psf JolQmf0{ lgoQmsf nflu rfg; n/; dlff ; km/; ugkg] Joj:yf 5 .

añfots}lg/Gt/ Jofj; flos ljsf; ; :yfsf] ; e]l/kf{ @})% sf cg; f/ :s6Nof08df ^ j6f klqmf ckgP/ kçsf] 5gf0 x65 . %) b]v ^) ldg0sf] cGtjff{df ; a} pDd]j]f/nf0{ kfpM Pp6}kZgx; ; flwG5 . Pp6f ljifodf cGtjff{ z? xgeGbf cfwf 306fcl3 añfP/ zlif\$ lbPkl5 !) ldg0sf] tof/L ug{nuf0G5 clg !) ldg0sf] kùlt x65 . o; kl5 pDd]j]f/nf0{ sg} Pp6f z]f s ; d:of lbP/ #) ldg0sf] tof/L ug{nuf0G5 . To; cfwf/df pDd]j]f/n]!) ldg0sf] kùlt ugkb5 . To; kl5 z? x65- lnlvt k/liff . pDd]j]f/sf alr klT:kwr{ds 5nknm ePkl5 clGtdf of]o pDd]j]f/ kçsf] ; kdf 5fGg5 .

- 5gf0sf cfwf/x;**
- of]ottf ; lk, cgej / JolQmut u0f
  - afnafnsf / lszf]sf] eljio pHhj n kfg] b]6sf0f
  - kçf]sf/L lzlf0f; DaGwl b]6sf0f
  - ; dXdf sdf ug] lfdtf
  - ljBfno Jol:yf agfpg] b]6sf0f
  - hjfknb]xtf ; lglZrt ug] pkfo
  - ; dbfonf0{; zQmagfpg]ljrf/ tyf b]6sf0f

To;f] t, cd\sf, aĥfotsf lj Bfnodf  
lfq\kR5}kč 5gfšf lj leG dfkb08 / klqmfX;  
x65g\ . t/ kč 5gfš ug\klqmfX; leG-leG  
eP klg kfFj6f cfwf/x; eg] ;dfg 5g\  
pDd\jfi/; Ē lj Bfyl{ lzlfS tyf sd{f/lnf0{gĭTj  
ug\ lfdtf, lj Bfno Joj :yfkgnf0{ r!t kfgĭ /  
āGā Joj :yfkgnf0{ r!t kfgĭ /  
ug\ Joj xf/; DaGwl b\i6sf0fsf] k/Llf0f u/X  
p\š{6nf0{5gfš ul/G5 . lj Bfno 5gfš ; ldltn  
l; kn\ /; u/šf]JolQmf0{; DalGwt lzlf c\wsf/ln  
lgo\Qm ug\ rng 5 .

otf, lj sl; t bzd f lzlfS olgogsf cnj f  
kčx;sf 5š; ; E7gx; 5g\ . l; Ēfk/, c:6\hofdf  
kĭj / dfj sf kčx;sf]P; fl; P; g 5g\ . Sofgf8f,  
cf0l/; , GolhNof08, hdĭldf t kč dxf; aš g]  
5 . cd\sfdf klg lj Bfno k\wfg\Wofksx;sf]  
5šf5š]P; fl; P; g 5g\ . aĥfotdf klg kčx;sf]  
/fl\6 P; fl; P; g 5 . cfo/Nof08df kč / ; xfos  
kčx;sf] P; fl; P; g 5 . :jl8ĭdf kčnufot

**k\wfg\Wofks zAb ef/t / g\fn df a9L rltldf  
5 . cd\sfdf xfdln]aenšf]k\wfg\Wofksnf0{.lkĭ; knŪ  
elG5 eg]aĥfotdf .xš l6r/Ū . Toxf.xš l6r/Ū  
lj Bfnosf] sfošf/L gĭf x65 . cd\sfdf .xš  
l6r/Ū / lkĭ; kn bj}kb kĭngdf 5g\.**

lj Bfno gĭTj sf]lj leG kbdf /xšfx;sf]:jl8;  
P; fl; o; g ckm :sh ln8; {5 . k\wfg\Wofksx;sf]  
cĭt/fl\6 dxf; aš klg 5 . o; afxš lj leG  
bzd f o:tf kč P; fl; P; gx; cl:tTj df 5g\.

**lg/Llf0fdf kč**

cg; Gwfgstf{kĭp6l nufotsfn] ; g\!( (# df  
yf0Nof08df u/šf]cg; Gwfgcg; f/ :sh ; k/lj ĩf0f  
lj Bfnosf] kĭv b\foTj df kgĭb5 . csf  
cg; Gwfgstf{ uflj Gbf / alu{n] ; g\!( (# n]  
u/šf] c\woogn] ax; aVos ef/tlo lzlfSx;n]  
kzĭfut ; xofĭ k\wfg\Wofks / lzlfSx;af6 lng]  
u/šf 5g\ . To:t} cg; Gwfgstf{ kmfxn] ; g\  
!(( ^ df u/šf] c\woogcg; f/ kfs:tfgsf]  
; k/lj ĩf0fsf /df klfX;df klg k\wfg\Wofkssf]  
eldsf dVo b\yf0Psf]5 . kĭfj sf/L ; k/lj ĩf0fsf  
nflu k\wfg\Wofkssf]szn gĭTj, dĭgtl lzlfS  
/ hfU?s ; dbfos} dxĭj kĭf{ eldsf x65 .

aĥfotsf]Sj flnkms]g P08 sl/shd cyfl\6ln]  
lj Bfnonf0{/fdĭ] agfpg rfxg]xšdf:6/n] lzlf  
glT, Joj :yfkSlo 1fg / Joj ; flos lj sf; ,  
lj Bfyl{/ cleefjssf ckĭf / gĭTj ug\ lfdtf  
a9fpg tyf ; a}klfx; Ē ; fēf/L ug{kĭta4 /  
tTk/ /xgkgĭf hfš lbPsf] 5 .

aĥfotl k\wfg\Wofks lsd :kf0ln<sup>a</sup> kčsf]  
hflu/ /f\š hflu/ xf]e65g\ . pgsf]cgej df  
Pp6f /fdĭ] kčsf nflu kĭoš lbg km's /  
rĭgf\k0f{x65 . t/ kčn]/fdĭ] lzlfS lgo\Qmf  
lj Zĭf Wofg lbgk5{ . /fdĭ] lzlfssf] l6d aG  
; Sof]eg]lj Bfnosf]:t/ :jtm ; mQ5 . To; sf/Of  
pgn]lzlfssf]lj 1fkg ugĭGbf cl3b\lv g}s:tf]  
lzlfS lgo\Qm ug\ eGg] s'/sf] lGsofĭ ugĭGĭ  
atfPsf 5g\ . cg; Gwfgstf{lXnsf cg; f/ kčdf  
c;eGbf km's sfd ug\ rfxg; , aĥf0{cfsliĭ  
/ kĭ] flxt ug\ lfdtf xgk5{ . kč gofF; fĭ /  
sfoĭfhgfsf ; fy lj Bfnosf] kĭltsf] lg/Gt/  
cgludg / dNof\g ug{kĭta4 xgkgĭf pgsf]  
hfš 5 . # \$ jif lzlf0f cgej / ! @ jif  
k\wfg\Wofkssf] lhDd]f/l jxg u/l cjsfzkĭt  
aĥfotl .xš l6r/Ū 8]e8 8; gsf]cgej df c; n  
kčsf]aĥlj rg / kĭ] fXgn]lj Bfyl{tyf lzlfSnf0{  
sfd ug{kĭt ug{ ; S5 / lj Bfnonf0{/fdĭ]  
agfpg ; S5 .

**kčsf] lfdtf a9fpg] cEof;**

oĭ]sfšf]lj Zj cgludg kĭtj ĩgsf cg; f/ /fdĭ]  
lj Bfno agfpg k\wfg\Wofkssf]szn gĭTj lfdtf  
rflx65 . aĥfot / cd\sfdf k\wfg\Wofkssf]  
Jofj ; flos gĭTj lj sf; ug\yk} ; yfx; 5g\  
t/ , sd cfo ePsf bzd f o:tf ; yf w}]  
5g\ . lj Zj sf sd cfo ePsf bzd f n]kčsf]  
gĭTj lj sf; ug\glT lnPsf 5g\ . cd\sf /  
aĥfotdf kčsf]gĭTj clej\4 ug{lj Zĭf sflx;S]  
Joj :yf u/šf] kf0G5 . Toxfš /fhox;df  
.ln8/l; k km8Ū sf] klg Joj :yf ul/Psf] 5 .  
To:tf sflx;n]kčsf lfdtf clej\4 ug{lj leG  
lqmfSnfX; u/šf x65g\ . cd\sf]l; sfuf]  
; fj klgS lzlf sfl] Pp6f To:tf]ln8/l; k sfl]  
xf] h; n] kčsf] Jofj ; flos lfdtf clej\4 ug{  
p\Nnyglo ofĭbfg u/šf] 5 .

kčnf0{ sfoĭhs cg; Gwfgstf{ agfP/  
pglx;sf]cg; Gwfg bltf / ; d:ofnf0{glhsaf6  
lgofnl szn kč agfpg lj leG bzd f kĭf;  
ePsf 5g\ . aĥfot / ;sf/sf]cĭt/fl\6 ; xofĭ  
lgofĭ -8lPkmf08L n] blf0f clkĭfsf]3fgdf  
o; sf] cEof; u/šf] 5 . o; afxš aĥfotdf  
.kčx;sf cgejx;Ū jš; f06df kšflzt  
x65g\ . o:tf cgejx; Pscsfĭf cfbfgkĭfg  
xĭ]ePsfĭ] o; af6 kčnf0{kĭfj znl tNofpg  
d2t klšf] 5 .

cg; Gwfgstf{ lušf cg; f/ kčsf] eldsf  
kzĭf; saf6 Joj :yfkS / clxn] gĭTj stf{Dd  
klšf] 5 . sd tna, a9L v6f0 / sdfs]  
tgĭj sf]sf/Ofn]kčsf]hflu/df sdĥf0{cfsliĭ  
u/šf] 5 . pQ/bfol xgkgĭ rsf] bafa /

cleefj sx;sf] a9M] kəfjsf sf/Of sltko  
 kcx;n]kb 5f8g]ub5g\ cdl/sfsf]>d tYofI  
 ljefusf cg;/f/ cfpB]bzsd f\*) xhf/ kcn]  
 cjsfz kfP/ jf :j:5fn]cyjf kzf 5f85g\  
 @))% df kšflzt alal;l cgnf0gsf]  
 ;dfrf/cg;/f/ ljBfnodf cgkl:yt xg]kcx;dMw  
 #\* kl|tzt kcx; tgjjsf sf/Of cgkl:yt x65g\.

**;Gbe{ Pl; ofsf]**

sfl/ofdf kcx; lj Bfno lg/lfsdf a9jf xg  
 ;S5g\ dn]; ofdf kfF jifsf] cgejkl5 kç  
 lzlf clwsf/l klg xg ;S5g\ kç lhNnf  
 lzlf sfofno, lzlf ljefu, dGqfnodf klg  
 clwsf, pk;lrj, ;lrj eP/ hfg ;S5g\  
 lknlkG; df klg kç lzlf kzf; gdf ;?jf eP/  
 hfg ;S5 . To:t} dn]; of / kfls:tfgd  
 klT=kTgnf0{ Pp6} :shdf kfYldstf lb0G5 .  
 dlxf kçnf0{ 3/kfos lb0G5 .  
 Pl; ofsf bzx;df dfq xfoG lj Zj Jofkl ;kdf  
 zlf sf of]otfsf] glt p:tp:t}b]M65 . t/ Pl; of  
 / ahfot, cdl/sf h:tf bzs f kç; DaGwl glt  
 tyf cEof; df km/s klg 5 . tl bzx;df  
 ;fj hlgS lj 1fkGdfknf kç lgoQm ugI Joj:yf  
 5 eg] gkfnufot Pl; ofsf bzx;df ;/sf/l  
 lzlf sx;af6} kçsf] l; knl/; ugI Joj:yf 5 .

lj sl;t bzd f kç 5gf6 ;dfj zl 5gf6  
 slD6ldfknf ugI rng 5 eg]lj sf; flDv bzx;df  
 s]n cGtjffnf0{ dVo lj lw dfG] xBdf:6/  
 agf0G5 . ljleGg bzn] kç 5gf6sf clwsf/  
 lj Bfno Joj:yfkg ;ldltnf0{lbP klg clwsfz  
 bzx;df ;/sf/l lgsfon] kç lgoIQm ugI  
 u/\$f] kf0G5 .

@)\$( ;fnkl5 gkfnf kçsf]kb g}lzlf s  
 hljgsf] ;aeGbf 7hf] kb aGof] . t/ Pl; ofsf]  
 sltko bzd f lzlfssf nflu yk}cj ;/x; 5g\  
 af^nf bZ, sfl/of / kfls:tfgn] tlgblv kfF  
 jif{Dd dfq Pp6f kçsf] sfocj lw tf\$ \$f  
 5g\ kçsf] ;?jf ugI cEof; klg Pl; ofnl  
 bzx;df 5 .

gkfn h:tf bzn] kç 5gf6sf] klqmf rlfX  
 klZrdf bzs f]h:tf]ckgfpGk5{ . cGo s/fx;  
 xfd}l5d\$af6 l;Sg ;lsG5 . af^nf bZ, sfl/of  
 / kfls:tfgn] h:tf] kçsf] lglZrt ;]fcj lw  
 tf\$g' pkoQm ljsNk xg ;S5 . Pp6f lj Bfnodf  
 tfl]sPsf] cj lw ;lsPk15 cGo lj Bfnodf ;?jf  
 cyjf cGo kzf; lgs ;]f cyjf lzlf0fd} klg  
 /xg] Joj:yf ug{ ;lsG5 . sfl/of, dn]; of /  
 lknlkG; sf] h:tf] Pp6f of]o kçnf0{ lzlf  
 kzf;gsf hg; s} k bdf sfd ugI cj ;/  
 lb0gk5{.

**tkf0nf0 {शिक्षक s:tf]nfU5 <**

olb /fd]pko]l  
 nfU5 eg] ckrh]  
 lrg]hfg\$ lzlf s,  
 cleefj s /  
 lj Bfynf0{ k9g  
 elgbgxf]f .  
 xfdlnf0{ s]l ; %fj  
 eP lzlfssf]  
 7]fgfdf va/  
 ul/lbgxf]f .

**शिक्षक** dfl; s  
 kf6g9f\$ f, nln tk/  
 kf]g= !^^, nln tk/  
 knf]M %%\$#@%@, %%\$\*!\$@  
 knofS; M %%\$!(^

**शिक्षक** tkf0nf]  
 ufpz-/ahf/sf  
 kqklqsf k; ndf  
 x/\$ dlxgfsf]  
 klxfn]; ftfleq  
 klu; S5 . t]lg  
 lzlf s kfg  
 sl7gf0{ePdf  
 tkf0nf]glhssf]  
 kqklqsf k; n  
 jf xfdlnf0{  
 eGxf]f .



# dNofÍ gsf]gofFdfWbd

# ?!a\$;



/]g : foD

cflwsl/s dNofÍ g lj lwaf6  
lj Bfyl[6] cfknh] kfPsf]  
1fgnf0{Aoj xf/df slQsf]  
ptfg{ ;S5g\jf ptfll/x\$  
5g\eg] s'/fsf] dNofÍ g  
ul/G5 . o; lj lw cg'f/  
dNofÍ g ug]gofF/ kfej sf/L  
;fwg xf] ?!a\$; -Rubrics\_ .

**lz** | lfsn]lgoldt ;kdf lj Bfyl\$]dNofÍ g  
ul//xgkg] xG5 . sg} klg lj ifodf  
lj Bfyl\$] tlg] 6f klfsf] dNofÍ g ul/G5- 1fg,  
afw / kofw . lj Bfyl\$] dNofÍ g ug] lj leG  
lj lwdWb] Ps xf] cflwsl/s dNofÍ g . o;  
lj lwaf6 lj Bfyl[6] cfknh] kfPsf] 1fgnf0{Joj xf/df  
slQsf] ptfg{ ;S5g\jf ptfll/x\$ 5g\  
eg] s'/fsf] dNofÍ g ul/G5 . of] lj lwcg'f/  
dNofÍ g ug]gofF/ kfej sf/L ;fwg xf] ?!a\$;  
-Rubrics\_ .

**cflwsl/s dNofÍ g s;/l**  
cflwsl/s dNofÍ g eg\$]lj Bfyl[6] sf]pRr txsf]  
pkn]awsf]nyfhf]v xf] . cyff\j Bfyl[6]slfss]f]df  
l; s\$] 1fg / ;lknf0{ blgs hljgdf kofw  
ug] blftsf] dNofÍ g xf] . pbfx/Ofsf nflu  
lj Bfyl[6] sf] lj Zn]fof / ;Zn]fof lfdt,  
l; hgf]dstf, ;xsfof{ds, nyg / df]vs  
cleJolQm DaGwl ;lk cflbsf] nyfhf]v g}  
cflwsl/s dNofÍ g xf] . sfuh, snd / k/l]fd  
cfwll/t k/Dk/fut dNofÍ g kofn]laf6 nyfhf]v  
ug{g; lsg]klfx\nf0{of]dNofÍ g lj lwn]; d\$5 .  
o; af6 k]k]h]of]-hgñ, ny, rf6{ lrg, lgaGw,

slj tf, snf]ds j: t' cflb, kl/of]hg, cg' Gwfg,  
ln]vt tyf df]vs k]tt nufotsf sfo\$; sf]  
nyfhf]v u/] lj Bfyl\$] cflwsl/s dNofÍ g  
ul/G5 . o; k\$]/sf] nyfhf]v/n] lzlf0f, l; sf0  
/ dNofÍ g tlg]klfnf0{Psls] ub\$ / l; sf0nf0{  
Jofj xfl/s / hljg]kof]ul agfpg d2t k'ofp5 .  
lzlf\$;n] klxnf]lv g}sg}g sg}; kdf  
:shdf cflwsl/s dNofÍ g ul//x\$ xG5g\  
pbfx/Ofsf nflu g]kfn] lj ifosf lzlf\$;n]lgaGw,  
syf, slj tf, ;jfb cflb n]g nufP/ lj Bfyl\$]  
blftsf]nyfhf]v ul//x\$ xG5g\eg]ulof]t lj ifosf  
lzlf\$;n]:shsf]v]hd]f]gsf]n]dafo, rf\$fo gfk]  
l]g]kmn lgsf]ng] sfd kl/of]hg sfo\$] ;kdf  
lbg ;S5g\ . lo; w/l ;fdflhs lzlf lj ifosf  
lzlf\$;n]lj Bfyl[6]nf0{sg} l]g]sf] ed]ofdf nu]  
c]n]f\$g u/fo{ l; s\$] s'/f kl]tj]g]sf ;kdf  
k]tt ug{nufpg ;S5g\ . ol sfo\$;sf]cfwll/df  
lj Bfyl[6]sf]l; sf0 pkn]aw sg :t/sf]5 eg]  
nyfhf]v ug{g}cflwsl/s dNofÍ g xf] .

**s] xf] ?!a\$;**  
?!a\$; (Rubric) zAb Nofl6g efi]ssf] ?!a\$  
(Rubrica) af6 cfPsf]xf]h; sf]zfl]Abs cy{



xG5 ./ftf] rsU . tXf]FztAblt/ k!tssf]sg} cZnf0{lj zif hf\$ lbgf nflu /ftf]/an]/EfoPsf] -xf0nf06 ul/Psf] zAbnf0{?la\$; eGg]ul/GYof]. clxn] cflwsf/s dNof<sup>a</sup>sgsf] Pp6f ;fwgsf] ?kdf lzlf lfQdf ?la\$; zAb Jofks z kdf k6f]u xg]u/3f]5 . ; xl dNof]gsf nflu tof/ ul/Psf]lgb]zsf g}?la\$; xf]h; df lj Bfylk;sf] sfo\$:]t/ lj:t]f z kdf pNny ul/Psf]xG5 . o; af6 lj Bfylk;sf]sfo\$:]t/ sg txsf]5 eGg] s/f olsG ug{ ;lsG5 . ?la\$; sf] k6f]uaf6 lj Bfylk;sf]l; sf0 pknIawnf0{Ps;ktfsf ;fy c]g ug{ ;lsG5 . ?la\$; sf]k6f]u u/l lj Bfylk; :jOm] klG cf'gf] sfo\$:] c]k] dNof]g ug{ ;S5g\ . To; h] ?la\$; nf0{ ;dX jf JoIQmut sfo{ dNof]gsf] pks/Ofsf] z kdf ln0G5 . of] >0fl dfg :s]hsf] kl/dflh; / ljsl; t z k xf]h; df dNof]gsf cfwf/ tyf c]gsf]lj:t/ / ;'s :ki6 z kdf pNny ul/Psf]xG5 .

lj Bfylk;zn] tof/ u/3f] kl/of]hg] sfo\$:] kl]t]Gg, edof kl]t]Gg, hg]sf ny cflbsf] dflWdaf6 :t/ lgwf{Of ul/G5 eg] ?la\$; sf] k6f]u u/l ljifoj:t]sf] 5g]f, kl]t]Ggsf] efiif, k;t]tsf]z]h, lgisif{c]fb klfx;sf] ;du|dNof]g ul/G5 . slff lzlf0fafx\$ cGo lfQx;df klG ?la\$; sf]k6f]u ug]ul/Psf]kfoG5 . TOEF IEITS k/l]lffdf lgaW n]ygsf] dNof]gsf nflu klG ;DalGwt lj 1x;zn]?la\$; k6f]u ug]u/3f] 5g\.

**?la\$; sf cE**

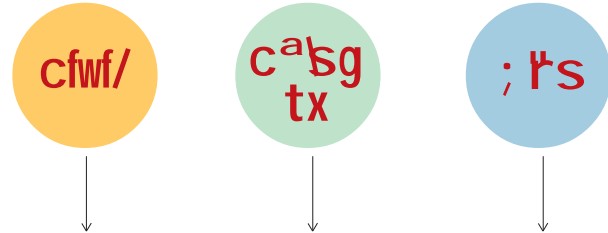
?la\$;sf dVo tlg cE xG5g\ .  
**cfwf/M** sg} klG sfo\$:] cfwf/ kl]tkm / kl]gnofnf0{ ;d] ;d]G]vfnf] :ki6 / ;fble\$ xg]kb\$ . ljifoj:t' ; do Joj:yfkg, k6fj, snf]dstf, ljlw, ;xellutf, cfsf/, k;t]ts/Of c]fb o; sf pbfX/Of xg ;S5g\ . ?la\$;df s] s]cfwf/x; ;dj]z ug]eGg]s/f sfo\$:]k]st]df lge\ ub\$ . pbfX/Ofsf nflu efiif ljifodf lgaWsf]dNof]gsf nflu tof/ ul/Psf]?la\$;df

eflifs z4tf / k;t]tsf]z]h Pp6f cfwf/ xg ;S5 eg] sg} ljifosf] kf]6/ lgdf]fsf nflu tof/ ul/Psf]?la\$;df cfsf/ jf ;f0h Pp6f cfwf/ xg ;Sb5 .

**c]gsf]tx jf lj:t/ M** sfo\$:]uOf:t/ cleJoQm ug]f nflu c]gsf]tx k6f]u ul/G5 . of]k]f0M hf] ;<sup>a</sup>Vofdf xG5 / o; nf0{dfkgsf]/]h klG elgG5 . sg}klG cfwf/df a9ldf sltb]v 36ldf slt;Dd cl lbg]eGg]s/f g}c]gsf]tx jf lj:t/ xf] . pbfX/Ofsf nflu wj}/fd] -\$\_ /fd] #\_ ;Gt]fhgs @\_ ;wf/ ug]kg] -!\_ jf clt pQd -\$\_ pQd #\_ d]Wod @\_ / lgDg -!\_ .  
**; 'sM** cfwf/sf] :t/ jf tx hg]pgsf nflu ;'ssf]k6f]u ul/G5 . pbfX/Ofsf nflu lgaWsf] dNof]gsf nflu agf0sf]?la\$;df eflifs z4tfnf0{ Pp6f cfwf/ agfP/ o;sf] c]gsf]tx clt pQddf -\$\_ pQddf #\_ d]Woddf @\_ / lgDgdf -!\_ lbg]to ul/of]eg]sg :t/sf nflu -\$\_ / sg :t/sf nflu -!\_ lbg]eGg]s/f :ki6 z kdf pNny ug{g} ;'ssf] tof/l ug{xf] . ;'s l;sf?n] ;d] a'g ;Sg]u/l :ki6, dfglo / j:tut xg]kb\$ . ?la\$;sf] k6f]u u/l sfo\$:] dfg ug] ;dodf cfwf/sf] ;DalGwt ;'sdf lrgX nuf0G5 . ?la\$;df kl/d]f]f]ds / u]f]f]ds klf ;d]G] ;'s ;Gt]nt z kdf k6f]u xg]kb\$ .

**?la\$; sf] lgdfOf / k6f]u**

c]k]g] sfo\$:] n]y]h]y]fsf nflu lj Bfylk;nf0{ g} ?la\$;sf] lgdfOf ug{ nufpg klG ;lsG5 . To;sf nflu, !\_ lj Bfylk] k'/f ug]kg] sfo\$:] 5g]f=lgwf{Of, @\_ cfwf/x; lgwf{Of, #\_ c<sup>a</sup>sgsf] tx lgwf{Of, \$\_ x/3 cfwf/sf nflu ;'ssf] lgwf{Of, %\_ olsG ul/Psf cfwf/, c<sup>a</sup>sgsf]tx / ;'ssf]t]f]n]s/Of, ^\_ t]f]sPsf]sfo{ ;Dkfbg tyf &\_ ?la\$;sf] k6f]uaf6 ;Dkfbg ul/Psf] sfo\$:]dNof<sup>a</sup>sg h:t]f r/Ofx; ckg]pg' kb\$ . ?la\$; lgdfOf ubf{ ;s]Dd hf] ;<sup>a</sup>Vofdf c]gsf]txx; /Vgkb\$ . cfwf/x;sf] ;<sup>a</sup>Vof



	cltpQd -\$_	d]Wbd @_	pQd #-_	lgDg -!_
; xellutf	; dXsf \$ hgf ; b:o ; a ; M]G ePsf]	; dXsf ; b:ox; d]Wb] @ hgdfdq ; M]G ePsf]	; dXsf ; b:ox; d]Wb] # hgdfdq ; M]G ePsf]	; dXsf ; b:ox; d]Wb] ! hgdfdq ; M]G ePsf]
; do Joj:yfkg	t]f]sPsf] ; dodf sfo{ k'/f u/3f]	t]f]sPsf] ; doeGbf @) lDg0 a9l nfu\$]f]	t]f]sPsf] ; doeGbf !) lDg0 a9l nfu\$]f]	t]f]sPsf] ; doeGbf #) lDg0 a9l nfu\$]f]

# slfssf]f cjwf/Off

## ?la\$; sf sxl gdgf

kf]6/ lgdf[fsf] dNof<sup>a</sup>sgsf nflu tof/ ul/Psf] ?la\$; sf] gdgf

qm; =	cfwf/	cltpQd -\$_	dVbd -@_	pQd -#_	lglg -!_
	cfwf/	<ul style="list-style-type: none"> <li>sDtldf P jg ; f0h</li> <li>; a}:yfg cfl]6\$]f]</li> <li>; dfgkflts cfsf/ ePsf]</li> </ul>	<ul style="list-style-type: none"> <li>sDtldf P jg ; f0h</li> <li>; a}:yfg cfl]6\$]f]</li> <li>; dfgkflts ePsf]</li> </ul>	<ul style="list-style-type: none"> <li>sDtldf P 6' ; f0h</li> <li>; a}:yfg gcf]6\$]f]</li> <li>; dfgkflts gePsf]</li> </ul>	<ul style="list-style-type: none"> <li>sDtldf P 6' ; f0heGbf sd</li> <li>; a}:yfg gcf]6\$]f]</li> <li>; dfgkflts gePsf]</li> </ul>
	/ <sup>a</sup>	<ul style="list-style-type: none"> <li>/<sup>a</sup>sf] 5gf0, lDd&gt;Of / lgvf/ /fd]] ; knf k]t]tl %Nsg]</li> </ul>	<ul style="list-style-type: none"> <li>/<sup>a</sup>sf] 5gf0 ldn\$]f]</li> <li>; lDd&gt;Of / lgvf/ /fd]] gePsf]</li> </ul>	<ul style="list-style-type: none"> <li>/<sup>a</sup>sf] k0f] u/\$]f] t/ 5gf0 gldn\$]f]</li> <li>; lDd&gt;Of gldn\$]f]</li> </ul>	<ul style="list-style-type: none"> <li>lraqdfq sf]7\$]f] t/ /<sup>a</sup>sf] k0f] gu/\$]f]</li> </ul>
	; GbZ	<ul style="list-style-type: none"> <li>kf]6/sf] dVo ; GbZ :ki6 ePsf]</li> <li>lraq;alr uf9f cGt/; DaGw /x\$]f]</li> </ul>	<ul style="list-style-type: none"> <li>lraq;an] ; GbZ JoOm u/\$]f]</li> <li>cGt/; DaGw uf9f g/x\$]f]</li> </ul>	<ul style="list-style-type: none"> <li>sg} sg} lraqdf dfq ; GbZ v]]g ; lsg]</li> <li>cGt/; DaGw g/x\$]f]</li> </ul>	<ul style="list-style-type: none"> <li>; GbZ lbg g; s\$]f]</li> <li>cGt/; DaGw g/x\$]f]</li> </ul>
	:ki6tf	<ul style="list-style-type: none"> <li>b]]g, lrgg ; lsg] cy{:ki6 xg] u/l sfl/Psf] / cfsif\$</li> </ul>	<ul style="list-style-type: none"> <li>b]]g / lrgg ; lsg] t/ axcy{ n]]g]</li> </ul>	<ul style="list-style-type: none"> <li>sxl dfqdf lrgg ; lsg] t/ cy{gvN]]g]</li> </ul>	<ul style="list-style-type: none"> <li>sg} kl]g lraq gal%g]</li> </ul>
	; xeflutf	<ul style="list-style-type: none"> <li>; dxsf ; a} ; b:ox;sf] ; dfg ; xeflutfdf tof/ ul/Psf]</li> </ul>	<ul style="list-style-type: none"> <li>; dxsf ; a} ; b:ox;sf] ; Nnfx cg;f/ sg}Ps hgfn] tof/ u/\$]f]</li> </ul>	<ul style="list-style-type: none"> <li>sg}Ps hgfn] c?sf] ; Nnfx gln0 tof/ u/\$]f]</li> </ul>	<ul style="list-style-type: none"> <li>cGo Jo]Qm]f0{ agfpg nuf0Psf]</li> </ul>

g]M z]]s hgziOm l]sf; s]b\$]f] cfo]hgdf z]]s t]nd s]b] sf:sldf ; -rflnt :j]h-j]f- l]ifosf] kl]z]]s kl]z]]f -@)^% sf ; xefulx; n] kf]6/sf] dNof<sup>a</sup>sgsf nflu tof/ u/\$]f] ?la\$; sf] gdgf .

w]}sd jf w]}a9l xg]xg] . cfwf/x; :ki6 xg]kb5 . ; Rsx; :ki6, dfkglo, cjnf\$glo / j:tut xg]kb5 . pbfx/Ofsf nflu l] Bfylx; n]f0{ kf]6/ lgdf[ sfo{lb0Psf]5 eg]pglx;n]; j]kyd sg s]/sf] kf]6/ lgdf[ ug]eG] s/f olsg ub5g\ . clg kf]6/sf] dNof]g sg sg s]/sf cfwf/df ug]-cfwf/\_ x/\$ cfwf/sf nflu sltb]] slt c] lbg]-dfg]f! b]]v \$\_ / s:tf]kf]6/nf0{-\$\_ lbg]/ s:tf]f]f0{-!\_ lbg]-; ; R\_s\_ eG]s]/sf] cfwf/df ?la\$; lgdf[ ub5g\ . clg dfq kf]6/ lgdf[ ub5g\ . kf]6/ lgdf[fsf] qm]df ; R\_snf0{ Wofg lb65g\ cyf\ ; /l lgdf[ u/df x/\$

cfwf/df -\$\_ c] k]kt ug{: lsg5 eG]s]/nf0{ dgg ub] kf]6/ lgdf[ ub5g\ . kf]6/ tof/ e0; s]k]5 ?la\$; sf] cfwf/df dNof]g ul/G5 . x/\$ cfwf/df k]kt u/\$]f] k]ktf] hfB] l] Bfylx; sf] sh k]ktf] lgsflnG5 . l] Bfylx; c]k]f] ?la\$; k0f] ubf{dNof]gsf] cfwf/ ga'g] ; R\_s ga'g] ; R\_sx; dfkglo, j:tut / cjnf\$glo g]xg] cfwf/x; r]fxg]Gbf a9l xg] tyf c] k]kt ug]t]/sf ga'g] h:tf ; d:ofx; c]pg ; Sb5g\ . l] Bfylx; sf] l; sf0 clej]4sf nflu ?la\$; k0f] ul/g] ePsf]n] o; sf] cjwf/Offsf af/df



**संज्ञा art वृत्त नक्षिक**

gfn 06e]d[6 a3n] kF dlxgcl3 afn-afnnsf; klt nllft u/.



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z? u/\$f]. संज्ञा art वृत्त सफेद cfzfltt ; kdf नक्षिक xB] uPsf] kFOPsf] 5 . of] ofhgfc]tu\$ a\$ vrtf vllbf a\$ cfk]n] z?df aRrf]sf] gfd] ; o ?k]Fzèf/De /sd hDdf ul/lbg] u/\$f] 5 . jflif\$ tlg kltzt Aofhcf]tu\$ xg] pQm ofhgfd !^ jif]Gbf sd pd] ; dXsf afnafn]sf dfq ; xeful xg kfp5g\ . o ; vrtfdkrf afnafn]sf] leh] 8]a6 sf8{ klen] sf8f ; fy}pkxf/; j; k hGdlbgsf] s\$; d] klt u5g\ . a\$sf cg; f/ of] ofhg] a\$sf g]knel/sf ; a}zfvdf nfu" ul/Psf] 5 .

**P; 8fnkd[6 a3n] sdff/L juhf0{ k]; g lbg**

P; 8fnkd[6 a3n] ; /sf/L, u; ; /sf/L tyf lghl sDkglf sfo{t lz]fsnufotsf sdff/Lx;sf nflu



P; cjsfz art vrtf z? u/\$f] 5 . pd] 5pGh] sfd ug] / czQm xB] k]; gsf] klg Joj: yf gxg] sdff/Lx;nf0{nllft u/] NofOPsf] pQm ofhgfc]tu\$ vrtf vllg rfxg; n] lglZrt cjlw; Dd cfk; l ; xdltdf dfl; s ; kdf OR5fOPsf] /sd hDdf ug] kg\$ .

a\$sf cg; f/; lglZrt cj]lwsf] ; dflkkl5 eg] a3n]kl5Nnf]bz jif{Dd k]xn]hDdf ug]u/\$f /sddf a\$sf] lgodcg; f/ ; fF, Aofh / cG; ; ljwfx; ; lxt x/\$ dlxgf k]; gsf] ; kdf eQngl lbg\$ ; h; af6 artstf{ cf]gr] 9llsB] pd]df klg cly\$ ; d: ofaf6 dQm xg ; Sg\$g\ . a3n] bz jif{ art u/L bz} jif{ k]; g lng] kGw] jif{ art u/L bz jif{ k]; g lng] / al; jif{ art u/L bz jif{ k]; g lng] u/L tlg] of /r]f0 k]tt u/\$f] 5 . o; sf cn]jf artstf{ vFf] kbF{ art u/\$f] /sdsf] () kltzt ; fk6l / ns/df ; xlnot klg yk ; ljwfsf] ; kdf kfpG ; Sg\$g\ .

**Hoflt afns]of art vrtf**

Hoflt l]sf; a3n] aRrfx;sf nflu Gogtd ?=! xhf/d.



ज्योति विकास बैंक लि.  
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vrtf vllg ; lsg] u/L . afn sl]of art ofhg] cuf]8 ; f/\$f] 5 . a\$sf cg; f/ ; f] ofhgfc]tu\$ jflif\$ ; ft kltzt Aofh kF05 . a\$sf] hg; 5} zfvaf6 a]s^a ; ljwf kfpG ; lsg] rfxg; f/sf] /sd l%\$g / /Vg ; lsg] ; fy}Pl6Pd 8]a6 sf8{ d]sf] ; ljwf kF0g] o ; ofhgfd afnafn]sf;sf nflu vq\$sf] ; fy} ; xlnot sf8f] ; d] Joj: yf ul/Psf] 5 . ; xlnot sf8]krf afnafn]sf; n] t]sPsf lj leGg lj Bfno, /36/06, u;6xfp; , k; nx;df l]stfa, nuf tyf cG; ; dfxg; lj z]f ; xlnotdf kfpG] a\$sf] bfa] 5 .



**रेडियो सगरमाथा १०२ थोप्लो ४ मेगाहर्ज**  
**नेपाली रेडियो, नेपाली आवाज**

लहैलहै र सस्तो लोकप्रियता भन्दा निकै टाढा सत्य, तटस्थ, निष्पक्ष  
र विरवसनीय समाचार  
सधै १५ मिनेट अगाडि

**हालचाल**  
(सरल, शुद्ध र नेपाली भाषामा)  
हरेक दिन

विहान: ८:४५ र ११:४५ दिउँसो: २:४५ र ४:४५, साँझ: ६:४५ र ८:४५

**बीबीसी नेपाली सेवा**  
हरेक बेलुका ८:४५-९:१५ सम्म

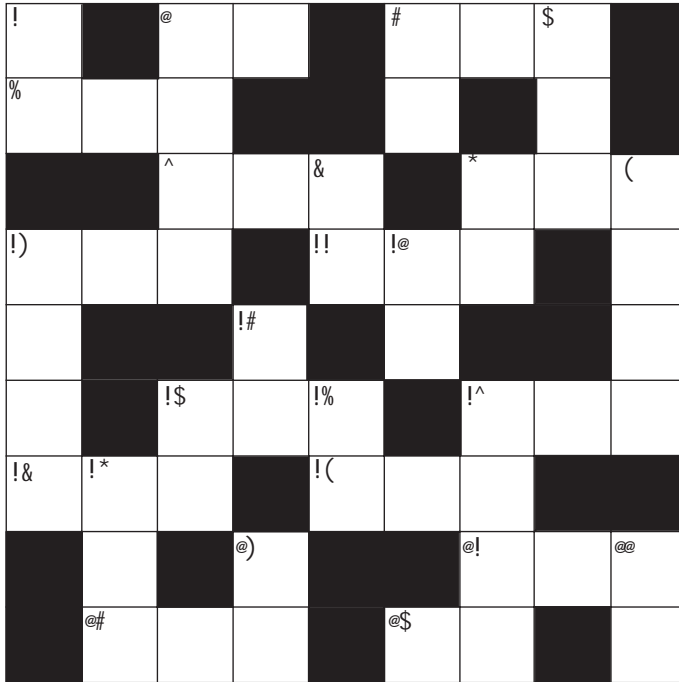
English BY Radio सुनौ आफ्नो अंग्रेजीमा सुधार गरौ ।  
हरेक शुक्रवार बेलुकी: ८:२० देखि ८:३५ सम्म



**रेडियो सगरमाथा एफएम १०२ थोप्लो ४ मेगाहर्जमा**



**zAb vñ-%**



gfdM \_\_\_\_\_  
 7ùrgfM \_\_\_\_\_

**t} f}**

- @\_ lzNksndf lgk0f
- #\_ 0f0f8fx
- %\_ ; aqñds
- ^\_ ljfx cflb zèso{ug{h/šf}
- oñu jf dxt{
- \*\_ Ps jf0fš 5šbsf]gfd
- !\_) cfkñgf]cl:t]j; d] vtd xg]u/l
- csf0f ldNg]sfd
- !!\_ ef/l afš] hljg lgjfx ug]lolSt
- !\$\_ /lf; =b]o
- !^\_ ; lgsx?nf0{; fdlxs ?kdf lb0g}
- ljleçg kšf/ Pj +slffsf]zf/l/s
- k]zlf0f
- !&\_ lgwf7x/=c7fš
- !( \_ xfd]z/l/leq alu/xg]/ftf]/a sf]
- t/n kbfy{
- @!\_ /df0nfšf nflu xg]vñ, tdf; f
- cflb
- @#\_ w]}an ePsf]alni7
- @\$\_ vo/, rç, ; kf/l / cño d; nf xfnl
- vf0g]Ps kšf/sf]kft

**cfoj 6**

**unf a:g'**

of] 3fšsf] /fdfo /ñu xf]. lr; f] kfgl lkpšf, tftf]j:t' vfP/ t/çt}lr; f] lkpšf, 7N7hf] :j/n]s/fpšf, ult ufpšf unf a:g ;S5 . unf a:bf ;j/ ;S5 / afñšf]s/f :ki6 çkdf aflx/ lg:sçg . z/l/df lj hftlo tç]sf] k]žn]ubf{k]g unf kç]ljt xg ;S5 . To:t}u/l cfolws lr; f] 7fpšf a:bf, 708l nñlf, cglrt vfgkfgn]ubf{/ çz klg sçl sf/0fn]ubf{of]lj sf/



pTkçg xg ;S5 . of]/ñuaf6 d]St kfp]g]sçl pkfoxç o; kšf/ 5g\M != Ps lunf; tftf]kfgldf 8ç rDrf dx /fv] 3fš sNnf ug]. @= tftf]kfgldf gg /fv] sNnf ug]. #= cfwf uñd lx<sup>a</sup> tftf]kfgldf /fv] sNnf ug]. \$= tftf]kfgldf n; gsf] /; /fv] sNnf ug]. %= tftf]kfgldf sfutlsf] /; / gg xfn] sNnf ug]. olb sg}ufos jf uflosnf0{ of] ; d:of k/šf] 5 eg]kofhsf] /; df dx cñslt ld; fP/ dgtftf] kfgl; 6 ;]g ugç5{. Ps xktfleqd} c]Zrohçs çkdf nfe ldN5 .

**7f8f]**

- !\_ sdf/f]uhfd
- @\_ lzjsf]jf; xg]7fpf
- #\_ hfçl ; ç0f; lx?n]kfnšf]nšhšf k/šf]skfn
- \$\_ kfr kf08j dñbšf Ps ef0
- &\_ cfsz
- \*\_ kç jf :gçsf]efj
- ( \_ af0f xñçg]dflg; =lg; fgafh
- !\_) k9g]/ k9fpg]7fpçkf7zfnf
- !@\_ leq sçl gePsf]vfnl
- !#\_ 1fg]bpdñb]Ps
- !\$\_ wñdç efj gfn]ul/auçjfx?nf0{ ççg, k}f, j:t'lj t/0f ug]sfd
- !%\_ bjtf, uçhg cflb; ù dflug]/ pglx? kççg ep/ lbg]kin jf dgf]yl; l4sf] c]zif
- !^\_ sfut, sk8f cflb slqbf lg:sçf 6qñ
- !\*\_ k':ts
- @)\_ aQl afNg]; fgf]efBš]blk
- @@\_ 7hf]kfs]ts kfç/l:=bx



**; 8f\$-=%**

			!		^	&		
^			*	(	\$			#
				#				@
		!		^				
*	&						%	^
				\$		@		
(				&				
!			(	*	@			&
		*						

sl7g0{:t/M dWbd

gfdM

7jrfgm



**; 8f\$-# sf] ; dfwfg**

\$	^	&	#	!	*	(	%	@
(	*	%	&	@	^	!	\$	#
#	!	@	(	%	\$	&	^	*
^	&	(	*	\$	!	#	@	%
%	\$	!	@	(	#	*	&	^
@	#	*	%	^	&	\$	!	(
*	%	#	!	&	@	^	(	\$
&	@	\$	^	*	(	%	#	!
!	(	^	\$	#	%	@	*	&

; 8f\$-# sf] ; xl ; dfwfg k7fpg]!( hgf ; xefulx;dWb]ufmkyfaf6 5flgPsf k7:sf/ ljhf u0fzk|fb l/dfn, uktj/ axdvl Sofdk; , sZdf, kjf .

**; fdfGo1fg-%**

**!**=psfnf]r9g To; }ufx] To; dfly ef/l af\$] t `g} ufx]. t/, ef/l af\$] clnf] ejg cyjf xj0hxhfa6 xfdkmNbf ef/l\$] t]h slQsf] ux]cgej x]hf < **@**=) hgf lolQmf0{afB} @) j6f /f6l 5g\ . k'ifn] tlj6f, dlxnfn]b0]6f / aRrn]cfwf /f6l vf65g\ . lx; fa ubf{ Pp6f k'ifn] tlj6f e6bf sd of a9l /f6l vfg kfpb6 . To:t}x/\$ dlxnfn]g 36l, g a9l - b0]6f /f6l kfp5g\ . To; W/L, aRrn]klg cfwfegbf sd of a9l /f6l vfg kfpb6g\ e6g]Vofn /Vgf] \ . ca e6g; \toxif k'if, dlxn / s6fs6lsf] ; aVof slt slt xgk5{< **#**=clxn]klg cl:t]df /x\$] ; #/sf] ; a66bf k/fgf] zx/sf]gfd s]xf] < **\$**=blifof Pl; ofnl lq6lo ; xofW ; E7gsf] ; lrfjno sg zx/df cj] :yt 5 < **%**=Xof/l kf6\ k:tssf n]vssf]gfd s]xf] <

h]fkm @) r} @)^% leq k7f0; Sgkg5 .

**; fdfGo1fg # sf] ; xl p0/**

k7g !M dT:o, s5jf / a/fx k7g @M k?if k7g #M !! hf6l k7g \$M lrofsf] /E cfpq ufx] x65 . lsgg]toxif kgl pldnP klg To; sf] t]kdfg sd x65 . k7g g+ %M ufx] x65 . lsgg] z/l/sf] ; Gthg lal65 .

; fdfGo1fg # sf] ; xl p0/ ; xefulx;af6 k]ft ePg .

# x/\$ dlxgfsf] klxnf] ; ftf tkf0\$] glhssf] klqsf k; ndf ; d] pknAw xG5 .

## शिक्षक dfi;s cflwsfl/s ljt/sx;

**l; Gwhl**  
Go" k/hgf :6zg/l  
l; Gwhl, @ g+ ahf/M )\$&-%)@%

**; nfxl**  
uOfz :6zg/l  
nfnaGbl M )\$^-%)!!#\*

**/f]x6**  
keft :6zg/l  
rGblgufxk/ M )%--%\$)%@

**k; f{**  
df0:yfg aSzK  
jL/uGh M )%!-%@#%\$)

**dsjfgk/**  
; dfrf/ s]b|  
:sh /fB, xdfBf M (\*\$%!)%&!)

**l; /xf**  
; ltf gfah Goh ;]6/  
nxfG-, )##-%^))@&

**bf]hvf**  
xf/tl :6zg/l P08 ; knfo; {  
eldzj/ M (&\$!)\$&!()

**gjnK/f;l**  
ldng k!ts k;n  
; gjn M )&\*-%&)@!!

**zKGBxl**  
; /n :6zg/l s]b|  
e]xjf M )&!-%@!&#%\$

**ljzfn k!ts ;bg**  
abjn, zKGBxl  
kn] M )&!-%\$^%%(

**/fjn k!ts k;n**  
ndxl, bf<sup>a</sup>  
kn] M )&\*-%\$))^\*

**hgft aS :6n**  
3f]fxl, bf<sup>a</sup>, kn] M )&\*-%^))@^

**afE]**  
lxdfn l8l:6A06/  
g]knufh M )\*!-%@#\*\$\*

**bf<sup>a</sup>**  
vgfn k!ts k;n  
efnaf<sup>a</sup> M )&\*-%!)!%\*

**alb6f**  
hgkph k!ts k;n  
uhl/of M )\*\$-\$@)@!!

**cof] k!ts k;n**  
el/ufpF alb6f  
kn] M )\*\$-^(@@\*!  
(\*\$\*)#%\$)#

**s-rgk/**  
dxfsfl ; dfrf/ s]b|  
dx]b]gu/ M )((-@!^%#

**lrtjg**  
gf/fofl k!ts ;bg  
gf/fofu9 M )%^-%@!^%#

**uf]vf**  
?al kl]6<sup>a</sup> k]  
ljBfno dfu{ M )^-\$@)!^#

**vf6f<sup>a</sup>**  
>]7 aS; P08 Goh Ph];L  
lbSt]h )#^-\$@)@#@, (\*\$@\*\$(@#@

**g]fsf6**  
pI; s h]n :6f]  
lab/ M )!)-%^)\$!(

**l; Gwkflrf\$**  
s]zj :6zg/l  
rf]f/f M )!!-^@)@^

**kfnkf**  
>]7 Goh Ph];L  
tf; g] M )&%-%@)!\*@

**wflbE**  
lqk/f k!ts k;n  
wflbE]j]l M )!)-%@)!(

lxdfn aS; P08 :6zg/l  
wflbE, a]gl M )!)-%@(!\$\*

**df]E**  
Jff0l k\$fgz  
lj/f6gu/ M )@!-%@\*!@  
; Dks{ JolQm M lza /]dl  
06x/f M (\*)#\*#^#)\$

**sfe]**  
kl]t k!ts k;n  
ag]k/ M )!!-^!@%&

; -ho :6f]  
wlnv]h M )!!-\$()\$^\$

>]7 k!ts  
kg]t M )!!-^!)%\$

**tgx'**  
u08sl k!ts k;n  
bdf]l M )^-%^)!@\*

**ndhE**  
en/gf k!ts k;n  
azl zx/ M )^^-%@)!@

**bf]hvf**  
lh/l :6zg/l  
lh/l M )\$(-^)\$&\*

**c3f]v]f]**  
pdz 5fk]v]fg  
; lGvvs{ M )&&-\$@)!&)

**; v]**  
; ud k!ts k;n,  
; v] M )#-%!)&,( (\*\$\*)@\*)#%

cflwsfl/s laq]t aGsf nfluM lz]fs dfl; s  
kf]6 aS; g] !^^, kf6g9f\$]f, nlnk/, kn] M )!)-%\$\*!\$@





# .b sf06 /g/Ü afnaflnsfdly o4-c; /

**C** / x;g Pscfk;df ldnlg] ;fyl xG5g\ . Pp6] cfdgdf vllb}xslg}u/\$f ol b0{afnssf];fdflhs klxrfg eg]kw/s xG5 . cld/ dflnssf] 5f7f xG5 eg] x;g cld/sf]gf\$ / cnlsf] 5f7f . To; h] cld/nf0{h:tf] n7g] k9g] cj; / x;gnf0{kft xG5 . cld/ ;a}s/fn] ;DkGg eP/ klg cf'gl cfdfsf] dfofaf6 j1-rt xG5 . cf'gf]hGd; f]cfdfsf]dTo' ePsf sf/0fn]cld/nf0{nU5- pm cknf]cfdfsf] xTof/f xf] .

cknuflg;tfgsf] /fhwgl sfah rEf p8fpg] v]hsf nflu kl; 4 zx/ . lxp6] labdf afnaflnsfn] of] v]hnf0{ 7hf] pT;js} ;kdf lng5g\ . Pslbg o:t} kltofluttsf nflu ;fylx;alr cld/ / x;g bj] pleG5g\ . of] v]hsf nflu x;g cld/eGbf dflx/ 5 . ;f]lsf] d2tn] cld/n] lhT5 t/ pm o;sf] >f x;gnf0{lbg rfxG5 . pN6} p;sf] dgdf 0{of{ hfU5 . av]hsf] oyfy{ afafnf0{ yfx eof] eg] d cfdgdf kg\$ / x;gnf0{afafs] lkf ePsf] xG5Gbf o;nf0{ 3/af6} lgsflnlg5E eGg] ;f] cld/sf] dgdf plAhG5 . km:j ;k cld/ x;gsf] lj?4df cg\$ nfg5gf nuPpg yfN5 . cGttM cnln] cf'gf] 5f7f x;g; lxt To] 3/ 5f8] lgl:slbG5 .

;g\!(&\* sf] sDolg:6 lj bfx; ; fljeot ; 3sf] ; 0o x:tlfk\$ afhf cknufg;tfgdf sDolg:6 lj/fv]lx;n]l6Sg ;Sg] cj:yf gePk15 3/ 5f8] cld/sf afa-5f7f klg cdl/sfsf] Soflnknlgf]tkn{ nflu5g\ . olt afhf afafs ;fyl /lxd vfgn] 3/sf]/vby ul/lbg]lhDdf lnPsf xG5g\ . cknufg;tfgdf zfgsf ;fy a; \$f ol afa-5f7f]sf]

Soflnknlgf] kulK15 ;fdfo dfg5x;n] %Fsfid u5g\ . cld/ ToxfBf] ;fdbfos sn]hdf k9g] eof] / p;sf afaf lof; :6zgdf sfid ug{ yfn] . otf x;g; /lxd vfgsf]cg/fv]df cld/s}3/ /vby ug{sf nflu afhf0G5 t/ tlnjfglx;n]p;sf nllg]:j:gl bj]hf0{lgd}tkf] \$ xTof u5g\ . loglx;sf] Pp6f 5f7f ;f]fanf0{ ;f] 36gf k15 sfahsf] Ps cgyfnodf kfof0G5 .

ptf, /lxd vfgn] kn]gd]krf kfs:tfk knsG u/\$f] cg/fv]nf0{:jlsf/ u/] cld/ cdl/sfaf6 knsG5 . /lxd

vfgaf6 p;n] hljge/ yfx gk]Psf] ;To yfx kfp5- x;g cZ sf]xl geP/ p;s}afafs]Pp6f 5f7f xf] . cyff\ cld/sf]cf'g}bf0 . afah]p;nf0{of]s/f slxNo}atfPg . cld/nf0{x;g / cfkm Ps} afafs ;Gtg ePsf] yfx ePk15 x;gsf] 5f7fkl't efjg]fids kq] hfU7 cfp5 / cg\$ afwf c8kg vllb} h1Qm-a14 nuP/ x;gsf] 5f7f ;f]fanf0{cgyfnoaf6 cf'gf]3/ lnP/ cfp5 . t/ beflfo, Tolt afhf;Dd /lxd vfg klg dl/ ;s\$] xG5 .

;f]fa eg] 3/df NofOP klg Tolt vllbg . cfd-afafs]dfdf-ddtfaf6 kOfEM j1-rt of]afns Psbd Psfx7f] e0; s\$]xG5 . p;sf]lqmfnsnk xlf{o4, cfqmdOf, xTof, lx;fn] Psbd lg/fz ePsf] cfefif kf0G5 . Pslbg p;n] cf'gf] sfsf cld/;dlf olt dld\$ efjgf /N5, hf] zfof lj/n} sDf]sDln] cgej u5g\ . pm eG5, cfd-af eg\$ s:t xG5g\<pglx;n]ug]dfdf s:t}xG5 <ltldn] cf'gf cfd-afnf0{ b]vof}< tl s:t} lyP <sg} afhf t dnf0{ d7f cfd-afnf0{ gby\$df v;l nflu5 . d o:tf] kn]f]l-a\$fd] b]v] cfd-af klg afhf xGy] xfhfgv]p; n] cgyfnodf ul/Psf] lgd} Joj xf/; dfgl; s / zf/li/s zrf]ofsf sf/of p;n] o:tf] r/d lg/fzf AoQm u5{ .

cGtdf cld/n];f]fanf0{/fd]rEf lslglbG5 / p8fpg l; sfp5 . p;sf] afa' Pj +cfkn]f] x;g; f]sf] afNofsn ;D%6} cld/ ;f]fasf] r]x/fdf xff] gfr\$] xG5 ; rfxG5 . lj r/f ;f]fa 0Psf]x7f]xTof-lx;f, cft]sf]qf; , cgyfnosf] cdfg] lo Joj xf/n]lg/fz e0; s\$]xG5 . p;sf] hljgsf] xff]f]v;l ; a}x/f0{ s\$] xG5 .

vflnb xfl; glaf/f lnlt .b sf06 /g/Ü / ;g\@)# df k\$flzt pkGof;sf] syj:tdf cfwl/t eP/ lgbZs dfs{krf]6/n] ;g\@)& df ;f]xl gfd] lknld agfPsf xg\ . ;g\!(&\* sf] sDolg:6 lj bfx; ; fljeot ; 3; f]sf] ; 0o x:tlfk / cGt/f]6@ ;dyG kft sDolg:6 lj/fv]l dhflx2g lj bfx]n] ;j{fwf/0fsf hljg; f] u/\$f cg\$]f v]hj8; f] a9\$] 5 b0{afnssf] syf . Ps}kl/j/leq b0{ljk/lt klxrfg af\$] x\$]f cld/ / x;gsf sydf cknufg;tfgsf] ;fdflhs-/fhgllts 0ltxf; sf] Pp6f kf6f] kl'tWj lgt ePsf] 5 . @ 306f \* ldogb nfd] of] lknldn] !! jif]nfd]dfcfc]fbl ;z:q aGäsf ;dodf sDg gk]fnlx;n] efl]f] qf;bl / cTofrf/sf] ulx/f] 3fpnf0{kGm Psk6s tfhf agfp5 . zIQm xft kfg]ljleGg afxgdf ..7hflx;af6 yflk/Psf]o4n] afnaflnsf s;/l kl8t / kfl8t xG5g\ eGg]s/fnf0{lknldn]dd{kzL; kdf k:s\$]f] 5 .

k]f ltdln;gf



# .k} fafx\$ s}L udf0PgU

k0f4xfb/ 8f6L, k}wfgfWofks  
cfbz{ dflj, hkrfn, 8f}k



: lzv

**tkf0} :sh sx{Fk9}eof} <**

d cfh k}wfgfWofks ePs} :shdf slff ! blv ! )  
; Dd k9}f] xF. t/ :shn] cgdlt kf0g; s}fn]  
P; Pn; L rflx F8f}kfs}; a}Gbf h}f] :sh lqk/f dflj  
sf0urp}f6 lbgk}of].

**:shdf tkf0{s:t} lj Bfyl{x}g}vof} <**

d}wod txs}lyPF. :shdf ; w}Fb} f] x}GyF. P; Pn; lb}lv  
alP8; Dd klg bf} f] >{f}ld} /lxof].

**tkf0{s; /l lzlfs x}e}of} <**

dnf0{ @} \$% ; fndf ; ~rfns ; ldltn] ; lw} lgo}Qm  
u/kl5 d lzlfs agF. @} \$\* ; fndf ; /sf/n] Ps  
jif{sfo}t lzlfsnf0{ :j tM :yfol ug}lg0f6 ubf{d  
klg :yfol xg k}uF.

**lzlfs k}z} g} lsg /f}g}e}of} <**

; fg}lv afnalfnsl; t 3hldn ug{/ pglx; } a; }  
sfd ug{ dg k/fp}f]. lzlfs xfd] ; dhdf w} } g}  
doff}t k}z} ePs} sf/Ofn] klg d of}t tflgPs} xF.

**tkf0} lzlfs eP/ s}k}fpg}e}of} < s}judfpg}e}of} <**

ufpF; d}fhaf6 k}z}# / dfg kfPs}f]5' . ; a}h] :shnf0{  
/fd] agfpg} sfd u}of} eg} tfl/km u5}g}. d}h]  
k9fPs} lj Bfyl} /fd] k}ult u{/}f] ; Gbf uj} h] 5ftl  
7hf}x65 . d}f] Ps hgf lj Bfyl{8fS6/ ePs} ; Gbf  
w} } v; l ePs} lyPF. cfk}h} k}f sdfpg ; lSpg .  
udfPs} s}f Toxl xf].

**lzlfs ePs}f}f k5tf] 5 <**

To; f] t 5} . v; l g}5' . 8f}k}f h:tf] blu} 7fp}f  
a; } ; s}f] hit lzlfss} lbofn] afNg] kljq sfdff  
; xeful xg kfPs}f}f uj{ klg 5 .

**; km lzlfs s; /l a}g ; lS65 <**

; aeGbf klxnf sfdk}t Od}f}f/ / kl/>dl x}gk5{ .  
clg ljifoj :tk}t b}Vvn, cfk}h} ePs}f] 1fg tyf  
; lk lj Bfyl}f x:tf}t/Of ug{ ; Sg]snf / val x}gk5{ .  
lj Bfyl}f0{ s}bl}agbdf /fv} cfk}h}f0{ kl/rflnt ug}  
xf] eg] ; km lzlfs xg ; lS65 .

**tkf0} cf}gf] ; an klf s}xf] <**

k}z}k}lt ak}bf/ 5' . cf}gf] b}f}oj k}f ug}dflg ;  
xFh:tf] nfu5 .

**c} lzlfxs; e}Gbf tkf0{s} cy}f le}g x}gk5 <**

d cln a9l g} ; do :shnf0{lb65' ls h:tf] nfu5 .  
:shsf] sfdn] sf7df8f}cfp}f-h}f}f, a:bf sl/a @%  
xhf/ hlt vr{x65 . To}f] vr{d}f] tnaaf6 x65 .  
o:tf] sfd c} ; fylx;n] sd} u5}g} .

**tkf0} :sh /fd] agfpg s} ; d:of 5 <**

; fdlhs hf}u/Ofsf] sdl 5 . ; 8s gku}f] blu}  
7fp}ePs}fn] klg kof}t cfly\$ ; f}sf] ce}j 5 .  
To:t} blf hgzi}msf] klg sdl 5 .

**lj Bfyl}f0{ s; /l plk}t ug{ ; lS65 <**

lzlfs ; /n / ldhfl; nf] x}gk5{ . lj Bfyl}f0{nf0{ufnl  
xf}g ; w}Fk}f] ; fxg / k}off lbgk5{ .

**sdhf} lj Bfyl}f0{ s; /l c} ; /x agfpg ; lS65 <**

lsg sdhf} eP eg} ulx/f] c}woog ug}k5{ .  
3/kl/jf/ ; dbfo, lzlfs, ; fylx; cyj} sg sf/Ofn]  
pglx; df k9} afwf k{/}f] 5 e}g] kOf nufP/ To}  
; d:of ; d}wfg ug}k5{ . clns}t d}x}gt ug}xf] eg]  
d klg c} ; /x hf}g] xg ; S5' e}g] cf}dlj Zjf ;  
pglx; df eg}k5{ .

**u}x}fo{ s}l}Of}f] lbgk5 <**

kf7cg; f/ lb65f}f. Ps lj Bfyl}f] lbgdf tljg6f hit  
lj ifodf u}x}fo{ kf}p .

**efjl of}h}gf s} 5 <**

@}%) ( ; fndf d k}wfgfWofks x}g}cl3 xfd] :shaf6  
P; Pn; ldf Ps hgf klg lj Bfyl{kf; ePs} lyPgg\  
clxn]%) k}tzt hit p}Q}of{x65g}. ca ztk}tzt  
lj Bfyl{ p}Q}of{xg} agfpg} of}h}gf 5 . ca :shs}  
lj :tfl/t ; kdf cfp}f] jif}lv p}Rr d}f}olds slff  
; ~rfng ug}tof/l e0/x}f]5 . To; nf0{/fd] lzlf  
lbg}df}n :sh agfpg ; lS65 ls eg} nflu}k{/}f]  
5' . d}f] ; kgf Toxl xf].

**c} lzlfsmf0{ s} ; G}z} lbgk5 <**

cfk}h} /fd] sfd u/ ; a}h] dfof u5}g} . ; Ddfg  
u5}g} . xfd lzlfsmf0{ cf}gf] sfd /fd] ; t ul/lb}f  
slnnf gfglx; sf]hljgdf 7hf]kl/j t}g c}p5 . To; h}  
xfd lzlfsmf0{ ! ) ah}Gbf cu}f8 g} :sh kl}gk5{  
/ \$ ah}Gbf kl5 dfq :shaf6 lg:sgk5{ . k}z}k}lt  
; dlk} eP/ nfu}g]xf]eg} :sh klg ; k}f5 . cfk}h}f0{  
klg ; G}tl}6 k}f}t x65 .



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