

# शिक्षक

मूल्य रु 30/-

जेठ २०६६

How  
to  
Improve  
Vocabulary?

बुद्धको जन्मस्थलमा नेपाल

राहत शिक्षक:

कुन जिल्लामा कति ?

जनार्दन कार्यदलको प्रतिवेदन

# शिक्षक थरीथरीका

धम्मवती धम्माचारिया  
धर्मकृति विहार, नःघल, काठमाडौं ।

तर्फिबर: जीवनरत्न बजाघार्य

# afn ; #/sf sxl ksfzgx;

## agr/f

sf/sf t:s/x; ck/fwl xg\ hf] sf7 rf] ck/fw u5g\ . pglx; ;v sf65g\ / o;f] u/ h^an df:g] sfd ub5g\ . h^an df; of] eg] hljhGt' df; G5g\ . kfs[ts jftfj/Of vlnlnG5 . clg dfgj ;Eotfsf] hu xlnnG5 . To; h] hGd eof] agr/fsf] hf] Psnf] kx/lf/ aGof] h^ansf] . g]fnl efiiffd .sldS; U z]h]sf] klxnf] afnk:ts xf] .agr/fU .



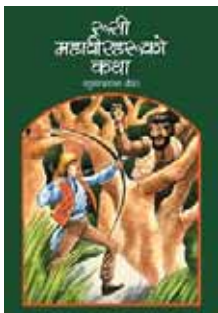
dNo ?= \$%:-

## dfzfsf]k/xf tIsf

;fgl s]L dfzfnf0{cf^gf] Gofgf] / g/d cf\$0fg dg k/g . w}] dfg; nF0{ cfkH; t ePsf] s/f dg kb] . cf^gf] rlh g/fd] nF05 . t/ g/fd] 7fg] cf^gf] rlhnf0{ldl]sf]df gePsf] s/f kf05 . cfkH; t ePsf] rlh kf] cf^gf] xf] . To; h] dfg; n] cf^gf] rlhsf] ug lrG ; Sgk5{. dfzfn] klG cflv/df cf^gf] cf\$0fgsf] ug yxf kf0{. p;sf] h:tf] Gofgf] / g/d cf\$0fg c;sf] sxfFxb' U



dNo ?= #) :-



dNo ?= #%:-

## ;L dxfjL/x;sf] syf

klrlg ;L /flhx; sle / g]euf]rl; t ;DalGwt ol nf\$ufyfx;df ;L dxfjL/x;sf] k/fqml Pj +jL/tfsf] avig kf0G5 . vFf/ 8f5"dfg] efl b]o / p8] zlQm ePsf] tlg6fps] clh^w/x;nf0{k/f:t u/L Itgsf] ctofrf/af6 ;L hgtfnf0{dlQm lbg] Onof d/f] ;, bf]Gof lgslltr / cflbf]f kf]f]erh:tf gfosx;sf] kf]v syf /df0nf / k]Ofbfol 5g\.



dNo ?= () :-

## glnf 8lnkmgx;sf] 6fk'

kzft dxf;fu/df cjl:yt 7hf] df5fh:tf] cfsf/sf] Pp6f 6fkdf sg}; do cflbjf;L 0lG8ogx; a:y} . ;g!\*#% df Toxf]f k/}af]; Gf hxfh r9] cGog a;f0F;bf{Pp6l Iszf]lrflx]F6fkdf cnkq 5fl8g u0{. To;/L 5fl8Psl To] s] c7f/ jif{Dd To; lgh] 6fkdf cg\$ bMv / si6 %b}PSn}a:g aflb e0{. .glnf 8lnkmgx;sf] 6fkU s/fgf gfdsl To; s]ln] lhp]f] /xgsf nflu u/\$]f] cbet ; ^Sif\$] dd{kzl{syf xf}.



dNo ?= ^%:-

## hxfhl I; Gafb

.hxfhl I; Gafbsf] syfU ljZjk]; 4 syf z]vnf .c/asf /ftx;U s}Pp6f s8l xf]. I; Gafbsf syfx;n] ljZj; flx]odf Pp6f 5\$} / ljzi6 :yfg cfl]6\$ 5g\ . ;ft-; ft k6ssf]; db] ofqfsf]l; nl; nfd] I; Gafbn] efl]gk/\$f cg]f / lj:dosf/L 36gfqmsf aofg k9bf s]jo:s / s]afns ;a] / f]f]r / sf]xnsf ;fy}cf]Gbsf] cgelt ub5g\.

afn ; #/

lxdfn P; f]; P; g

kf6g9f\$; nlnk/

krf] g= %\$@%\$ \$= @! )# @



# lzfs y/ly/lsf

lzfs lgoLm / Joj:yfkgdf Ps;ktf gePsf  
sf/of ; jhlgS :shdf ljleG y/lsf  
lzfsx; sfo{t 5gl. kb clg ; jf; ljwdf  
/x;f]ljePsf sf/of lzfsx;df k9fpg]hfu/  
/ cfd; Ddfg kP xg g; Sbf To; sf]  
gsf/fds c; / slfss]k7gk7gdf k/f]5 .



cfj /of | @@  
afa/ld ljzjsdf{

lzlfssf cfEfdf /fdf lj Bfyl{  
h]Pbf/ / d]gtl ./fdP



\$\$\$  
k'ef= lj Bfgfy sf]/fnf



## leq

ultljwM olgogsf] dfuM .cf}t cfof] rfz/ tna a9fpi ■ dGqlnf0{ lj /f]kq  
■ .olgogM ; f% rfz/ ■ g]flz; ef klg gof g]lj ■ cf7 xh/ :sh ; dbodf  
■ cWbfg cgdltkq @ / @ h]df hfr, ■ ; %j sfof]ogsf nlu bafa, ■ ; l6  
h]eo; {ljfb ; fbo k h &-!)

clenyM /fxt lzlfsm sxff slt <	!!
l/kf] l/IOb}zx/sf ; /sf/l :sh	ho/fd uf]d !#
l/kf] gjlg dfljsf]gjlg zhl	blks 1jfnl !^
l/kf] Pp6f a]n}:sh 0	dgf] >]7 !*
:ynutM dlb/f / afh/f	dfxg d]fnl @)
l/kf] gdxlg lzlfS M c]bf/f]f6 p]hofnf]5b}	k/z' >]7 @
cfj/of ljrf/M u? / lzlfS	njk; fb lqk7L @*
b:tf]hM lzlfssf ; d:of / lgsf; sf]af6f]	#!
cfj/of l6k0fM ; d]wfgM kof]t b/aGbl	ljz]gyf sdf]fo{ \$)
JolQnjM cfhljg cjsfz glng]c7f}	bl3{fh pk]b]f \$@
; dfrf/M af/fdf klg dfl/P lzlfS	u?k; fb uf]d \$#
0ltxf; M a4M Ps ; km lzlfS	8f= tlyx]fb/ >]7 %)
Class Room: How do I improve my Vocabulary?	Laxman Gnawali 58

## :tDe

ljifo-; Gbe{@ x]f0-a%#0 #, ; %j / k]tlqmf \$, k] h ^), hdsfe} ^\$

lxdfn P; f]j; P; gsf nlu j; Gt ykf]f/f ; Dk]bt:k]sf]zt

; Nnfxsf/ ; Dk]bsM s]f/ zdf{ ; xfos ; Dk]bsM ; bzg l3ld/] ljz] ; j]b]ftM afa/ld ljz]sdf{

sfof]oM lzlfS dfl; s, k6g9]f, nlnk', k]g= !^^, nlnk', km]M ; Dk]bslo- %\$#@, Jofk/:ufxs ; jf=lj1fkg- %\$\*!\$@  
k]bfS; M %\$#!(^, Od]h]nail@teacher.org.np, j]Mwww.teacher.org.np db]M hub]af k]j, x]Qljg, nlnk'

# ; kgf ufɔɔ] dfnl

**æd ctoGt** eflozfnl 5'lsgeg]dnf0{eɔɔ eg] deGb f w}] ofljo / ;Dk1 JolQm; d]f] 3/df cfp5g\ . slt t cf'gf 5f]f5f]L; d] lnP/ cfp5gV cfb/k]§ lrgfp5g\ . pglx;sf] ;Ddfgn] dnf0{ blj t agfp5 / ddf pnhf{ yk5 . jifɔf b0cf/k6s dfq eP klg o:tf eɔ3f6af6 cfknh]hljgdf ;fy§ sfd u/§f]cgelt' alnof]xG5 A of] egf0 Pshgf cjsfzkl't dnll; ofnl lzlf s ; d; 2lg lag x'; ɔsf] xf] . cf'gf] 3/df cfp5g dg ug] tlg hgf gkfnlx;nf0{ lng pgl uf8L lnP/ /fhwfgl S]jfnfn0k/sf] ; 7]afg /h :6z'g klzsf lyP . pgn] kfxgfy;nf0{ cf'gf] ;fg] auFf 3dfP, cfknh] pAhfPsf kmknh vjfp / Pp6f cjsfzkl't lzlfssf x]; otn] s;l dxLj k0f{ s/f ; ɔfp .

x'; ɔn] sn]hsf]k9f0 ; Sbf dnll; of ev{-ev\ : j tGq xɔlyof] . sn]hdf c^a\hl ; flxto k9sf tl o]sn] ; lhn] ; t lzlfssf] hflu/ kfp . æz'df d]h] cf'gf] kzf'nf0{ plt uDeI/tfk]§ lnPsf]ly0gF. d]f]lgolQmkn]dnf0{3/kfos hflu/ vfg] cj ; / lbPsf] lyof] a; \A

lj :tf/}hflu/k]tsf]pgsf]bl]6sf]f]df kl/jtG cfp5g yf]No] . æt/ sb] Pp6f gf6slo 36gfn] ddf kl/jtG NofPsf]xf0g . b; ev\ : j tGq ePsf]lyof] / hgtfdf s;l u/fel]Psbd]alnof]rfxgf lyof] . ; Dk0f{cleefj sx; cf'gf ; Gtfgnf0{cfknh]Gb ofljo agfpg rfxGy] . dnf0{ pglx; cfknh] ; Gtfgnf0{ofljo agf0lbg]JolQmsf ; kdf xy] / cfb/ uy] . dnf0{ nfluof] dflg; cf'gf ; Gtfg cfknh]Gb ofljo ePsf]b]vg kfpf ; Dej tM ; æGb f w}] ; Gt16 xG5 A

clg ; d; 2lg lag x'; ɔsf] sfdn] Pp6f nlo k]t uɔof- cf'gf b0cf/ hgf 5f]f5f]L ; b]ljo xɔf dflg; cfknh]0{eflozfnl 7f65g\dl; t t ; of]f0{; b]ljo agfpg] cj ; / k]t 5, To] klg sb]s/f udfP/ xf0g kfp/- hflu/ ; /1ff / ; Ddfg kfp/ . æd]f lj BfyL] deGb hf] xg]5 e] ]efjgf g]pgsf]cfbz{-agof] / To; h] pgnf0{Ps hgf ; km lzlf s agof] .

æof]efjgf cfpk15 d]f] sfd d]f] hflu/ dfq /xg] d]f] ; fy eof] . dnf0{k]o; lbg df65;sf ; kgfx;nf0{ ufɔɔd]h ul//x§f]cgej xgyf]Nof] . tl ; kgfx; JolQmsf dfq lyPgg\kl/jf/sf lyP . ; du]kdf To]dnll; ofnl ; dhhsf] ; f/f ; kgf lyof] . dnf0{cfknh] /fi6kgd]0fsf] ; æGb dxLj k0f{ sfd ul//x§f]cgej xg yf]Nof] A

xfdl ; /sf/L hldgdf /x§f]pgsf]s/]faif/af6 lg:sf] ubf{d]h]auFfs]b]6fGt lnP/ pgnf0{; f]FPp6f dfnlnf0{ cf'gf]auFfsf ; a)afɔla?jf knhg\knhg e] ]rfxgf xg' ; jfe]j s x] t/ ; a)la?jf knhg-knhg g auFfdf ; Dej

xG5 g t hljgdf g} . To:tf]eof]eg]t dfnlnf0{lbSs nflu5 x]hf lg uæto:tf]e0x]Nof]eg]blm nflu' : jfe]j s x] t/ , xfdln]cf'gf]sfd /df] 6 uɔof]Feg] xfdln]7ls lsl;dn]dnhn / sf65f6 ug{h]Gof]Feg]l; ltlidl sb] klg la?jf lalufg]X pgn]cf'dlj Zjf; k] § eg] . t/ To; ɔf pgn]yk] æ; n dfnl To]xf]h; n]la?jf ; fg] 5f] To; sf ; Dejgfy; klxrfg u5{/ lg/fzf xftnflu' cl3 afɔla?jfnf0{7ls 7fpf ; f5{A

dnf0{x'; ɔsf] :j :y- ; Gt16 hljg / &) sf]xf/xf/Ldf klu; Sbf klg alno)/x§f]pgsf]cf'dlj Zjf; nf0{pgsf] cfly§ cj :yfl; t thgf u/] xg]{dg nfluof] . ; fdf6o lx; fan]g]k]nsf]eGb ! \$ u0ff a9L k]tJolQm cfo /x§f] dh]sd] Pp6f cjsfzkl't lzlfssf] k]; g klg t To; ɔg; f/ xɔf] x] lg, ck7df/f]gdfl ; fl]wbPF. pgl dlxgfs] !! ; o l/Eɔ -sl/a @ xhf/ ?k0f kfpf /x§g\ . pgn] xfdlnf0{lng k]ofpg k0f] u/§f]uf8L klg pgsf]xf0g /x§, glhs)a:g]5f]Lsf]/x§, kfxgfnf0{ r9fpg afacfdfnf0{ lbPsl /lx15g\pgn] . x'; ɔ rfxF :sb/ r9N /x§g\ . cyf\pgsf]Toqf]c6n cf'dlj Zjf; klu; /L / ; Dk1tfs]sf/0f dfq pAh§f]klg xf0g /x§ . clg dnf0{nfluof] a? To] ; Dk1tf k] cf'dlj Zjf; / cf'd; Ddfgaf6 pAh§f] x] ls <

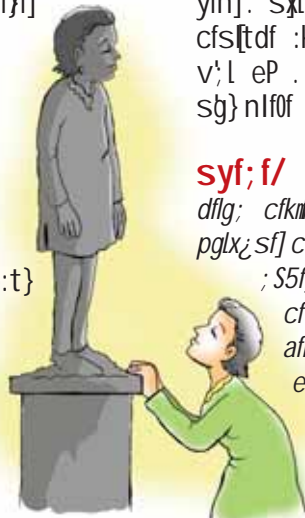
; d; 2lg lag x'; ɔ Ps hgf ; fdf6o lzlf s xg\ . pgsf]gfd / 7]f]gfsf 7fpf sb]g]k]fnl gfd / 7]f]g xfln]bof] eg] of] xfd] ufp]f]f] lzlfssf] syf k]t xG5 . xfdl]x]Fklg pglh:tf lzlf s gePsf xf0gg\ . dnf0{pgll; t s/f ubf{Pp6} s/f rfxFp]N]y]glo nfluof] pgn]cfknh]s]ub§' / lsg ub§' e] ]s/f cf'gf]lzlf s hljgsf] k]l/Des ; dob]v g] 5nE a%§f /x§g\ / To; h] pgnf0{; km t f / ; Gt16 lbPsf] /x§ .

hg; s}b; zsf gful/s xg\h:tf]s} ; dhhsf ; b:o xg\ Pp6f lzlfssf] ; æGb 7hf]klxrfg pgsf]k]z' / k]ta4tf x] . clxn]xfdl g]k]fnlx;nf0{cfknh]0{; vl 7f] g; s;sf] ; do 5 / xfd] ; æGb 7hf]rfxgf g]cfknh] ; Gtfg cfknh]Gb pQd hljg afRg ; s]e]l]xg klzsf] 5 . xfd] lzlf sx;nf0{ klg xfdln] cf'gf ; kgfsf kmhaf/lx; ; Dk]f 5f]ltgnf0{ufɔɔ] ltgsf ; Dejgfy;sf] klxrfg ug] / ltgnf0{ xfdleGb ; Gb/ agfpg] lhd] pxf]z]sf] x] . /fHon]lzlf snf0{s] s]lbgkg] x] / s] s]lbPsf]5 e] ]s/fn]cfknh]s]l gk]Psf cleefj sx;sf nflu 7hf] cy{/Vb] . ; #/s] hg; s} sgdf x] \ afnafnsf / ltgsf cleefjssf cf'fdf /x§f] ; kgf ufɔɔ]lzlf sn]k0f]t cfb/ / >4fsf kmhx; kfp]eg] lglZrt g}5 .

9f8 ;]ofpg] ; flns

Pshgf /fhf lyP . pgsf] hljgdf sg] s/|sf] bMw lyPg . t/ cf'gf] Psdfq 5f]f] sDn] -skf] ePsf]df eg] pgl cToGt lrlGtt lyP . /fhj Bx;n] /fhstf/sf] lk7dF; fdfGo xg g; Sg] 7x/ u/|k15 /fhfn] /fhstf/nf0{ lgsf] kfg{ ; Sg]hf0{ Psbd} 7hf] k/:sf/ lbg] 3f]ff u/]. dhse/sf gfdl 8fS6/, jBx; b/af/df ehf ep t/ s; }f] s]xl nfuG .

/fhf cToGt lg/fz eP / /fhstf/nf0{ lgsf] kfg] k}tj g} 5f8g] 6E]df ku]. t/ To; }ahf Pp6l a9l dlxf b/af/df cf0g\ / cfknh] /fhstf/sf] pkrf/ ug; ; Sg] s'f atf0g\ . t/ pgn] ; %fPsf] pkfo eg] Psbd cg]f] lyof]. pgn] /fhstf/ ; wFvllg] u/}f] b/af/sf] k6flEglsf] alrdf /fhstf/sf] ; flns :yfkf ug] k}tj ul/g\ . pgn] s]xl s'f eg] tf}]} elgg\ ; flns xhf{ b?:t /fhstf/ h:t} xgk5{ t/ To; df pgsf] lk7dFeg] ; 2] cyff\k'f pkrf/ ul; ; Sb' h:tf] xgkg] x] To:t} xgk5{ . /fhstf/n] To] ; flns k]o\$ lbg b]vgk5{ t/ pgl; t To; sf af/df s; } klg s'f ug] } . /fhfnf0{ pgsf] pkrf/df w] } ljZjf; gnfu] klg s]xl e0xfl5 ls eg] pgsf] k}tj



cg;f/sf s'f k'f ul/lbg] cfbz lbP . /fhstf/sf] ; Gb/ ; flns agf0of] / pgn] ; wF vllg] k6flEglsf alrdf :yfkf ul/of] . ck]ff ul/P cg;f/ g] /fhstf/sf c'f'f vllb]b} k'fM To] ; flnsdf ky]. s]xl ; dok15 pgn] To] ; flns c'km' h:t} ePsf] a'g yfn] . lj:tf/} pgsf] dgn] To; df ldxlg 9En] pfl/Psf] cf'gf] cfs{tnf0{ cf'd; ft\ug{ yfllOf] . To] ; flns ; lwf plePsf] lyof] / To; sf] lk7dF sDn] lyPg . ; flnssf af/df cfknhf0{ s; } s]xl geg\$ sf/of pgn] c'km'Fg] To; sf] cy{ nufpg yfn] / cfknh] To:t} xgk5{ e] a'g yfn] . s]xl jif{ leqdf ; ah] /fhstf/sf] cfs{tdf :ki6 ; w'f/ b]vg yfn] . /fhf cToGt v;l eP . s]xl jif{k15 t /fhstf/df sDn]k]gfsf] sg} nlf0f klg afSl lyPg .

syf; /

dflg; cfknhf0{ h:tf] 7f65 To:t} a65 . afnaflnsdf pglx; sf] cfknh]t'sf] w'f/off xfdln] h:tf] agf0lbg ; S5f] pglx; To:t} g} a65g\ . ; fgd]v c;n] cf'gfaf/df /fd] l6kk0fl u/}f] ; g} afnaflnsf p0/bfol, c; n, ldhfl; nf x65g\ eg] cf'gf] af/df /fd] s'f ; i' gk'Psf afnaflnsfsf] lj sf; klg To; } cg?k, g/fd} JolQmsf ; kdf xg] u5{ . -0l68og k]n]f] l6l-r-a :6fl/h glds lstaafa6 .

cfufdl cI

.g/fdf lzlfSÚ s; /L ; wfg] <

xidf ljBfnodf .fd] u/f] eG] ; tljrf/oQm u0fl lzlfSx? cToIws d'qdf 5g\ . cl3Nnf] dlxgf lzlfS dfl; sn] u/}f] ; Hfkt ; j]f] klg Pp6f ljBfnodf .g/fdf lzlfSÚ ; fdfCotM! hgf e6f a9l gePsf] b]v]Psf] 5 . t/ klg ; Gt] df] a:g eg] ; lsb; , lsgeg] lj]f] Pp6f yf] klg l; E] t'nf] la6Nofp5 .

To; } ; f] / n] y]

- Pp6f .w/fal jf .cof] lzlfssf sf/of ljBfnodf s}s:tf] c; / / ck]f] k5{ <
- ljBfnof] .g/fdf jf .cof] lzlfSaf6 dQm s; /L t'nofpg] <

dfl]y] k]z'g xfdln] cl3Nnf] -j}fv\_ c'sdf /v\$'f lyof} t/ t]f] sPsf] ldtdf kof]t ljrf/ :l6kk0fl k]f' gePsf sf/of k]Mbf] Pp6f 5f} c'km] c'gej :ljrf/ !@) z'ldf ga9f0 @ h] @ ^ leq cf0k]g] u/L lzlfS sf] 7] f'gdf k7fpg' x]f] . p]s[6 n] y] f0] (?^))) gub k/:sf/ k'fpg\$ .

# k|tlqnoƒ / ; %ffj

## zlfis ; d:of ; dfwfg :tDe /v]g]ls <

lzlfs dfl; s lzlfs /  
lj Bfylx;sf] dg lhfg ; km ePsf]  
5 . lzlfs sf] r} c| xq] dfzf  
kPF. 1fga4\$ Pj +ljifo: t'  
; d; fdlos nllor]. lj Bfylx;nf0{  
k9f0klit ptkl/t ug] !% abf  
k9g kfpbf v; l nllor]. ca  
o; df .zlfis ; d:of ; dfwfgl  
:tDe /v] k7ssf] lh1f; f  
; dfwfg ul/lbP ; gdf ; uGw  
xgllyof]. cfudl c|df ; /sf/n]  
u/\$f lzlf / lzlfs; DaGwl glt-  
lg0f6 klg ; d6g ; sf] \.

u0fzk|fb l/dfn, uktzj/ axdvl  
Sofk; , sZdf, kjf

## shtl lzlfnsf0{sf/afxl

lj Bfnodf lzlfns] hfB/S; l,  
r/f6, v6l, kfg:tf xflgsf/s  
kbfy{ ; jg u5g\ . of] lzlfssf  
lgldt czf6glo s/f xfl].  
; /sf/n] gzfn' kbfy{ ; jg u/l  
slfddf hfq] lzlfnsf0{ s8f b08  
ugk5{ . gkfnf kfo\$ :shdf  
hfB/S; l, r/f6la8l vfg] lzlfxs;  
e]665g\ . pglx;sf] o:tf] v/fa  
afgl] 5fq5fqfnf0{ gsf/flds  
c; / dfq} u/\$f] 5g ; shsf]  
k9f0d} afwf kfo0/x\$] 5 .  
lzlfs dfl; sn] vfhlag u/l  
; fdull k\$flzt u/f] \.

dgrh l3ld/] /jg-(, af9Ef, c3f6fFl

## ; a}ljifo ; d]kof] \

lzlfs dfl; s z?blv g]lgoldt ; kdf  
k9b} cf0/x\$] 5' . of] klqsf]n]  
xdlh:tf lzlfns afg]nlo / p2]o  
lnP/ clwoog ul//x\$] lj Bfylx;sf]  
nflu ; xof]ul eldsf lgj f' ul//x\$]  
5 . lzlfs dfl; sdf lzlfns, lj Bfylx;  
/ lzlf; DaGwl ; flxltos /rgf -ult,  
uhn, sljtf, dQms, xf0s" cflb\_  
; dfjz ubf{ ; gdf ; uGw xgllyof].  
o; lzlfs dfl; sdf c^u]h, uloft  
/ lj 1fgnf0{ dfq} a9l :yfg lb0Psf]  
h:tf] blvPsf] xbf ; a}ljifo ; d6g  
; s] /fdl] xgllyof].

k]af bfh]of]hg  
x6f3f Sofk; , dsjfgk/

## dfcf]fbldf cfPsf] zlfis ljrnq

knruq dlxgfsf] lzlfs klqsf  
k9F. nlyx; w}] p]s[6 5g\  
olb xfdlleg ; sf/flds ; f] 5  
eg] w}] sl7g sfox; klg ; lhn}  
; DkGg xg; S5g\ . t/ xfdl] b}zsf  
clwstd cleefjxs; df r]gfsf]  
sdl, clzlf, gsf/flds ; f],  
lj Bfnodf kç jf clw]ldfly dfq  
lge{ /xg] k/Dk/f, cf'gf] k}zfnf0{  
; f08 k}z agfpg] ul/G5 . hlt  
; fwg; f]x; 5g\olt dfq kofu  
u/] klg k]lt u/\$f pbfx/of  
5g\ . xfdl] lj Bfnodf klg  
cleefjs, lzlfs tyf lj Bfno  
Joj:yfkg ; ldltsf] ; lqmtfdf b0{  
jifdf cf7j6f gofFsf]f lgdff ug{  
df6/af6] Nofpg ; km ePsf 5fF.  
xhdl lzlfxs;dfly ; f]z]hf]

Jojxf/ lsg < lsg c6o  
sdf/f]x; ; /x ; ljwf 5g < lsg  
lj leGg k\$]sf lzlfs :yflkt  
u/] lzlfns-lzlfnsalrdf a6a  
u/f0G5 < knruqsf] c|df Ps hgf  
lj a6gh] cf7 k\$]sf lzlfs eg]  
nly nlygePsf] lyof]. xfdl]  
lj Bfnodf kF k\$]sf lzlfs;  
5g\ :yfol, c:yfol, lghl, /fxt  
/ Hofnbf/L . To; sf/of of] b}zdf  
slj, Olghgo/, kf0n6 agfpg]  
JolQm;sf] of] cj:yf < k]olh; f]  
g]fx; n] efi0f ubf{ d klg klxnf  
lzlfns lyPF d]h] xh/x;sf] ; d:of  
a%\$] 5' e65g\ v} ; d:of a%\$] <  
kç /fdk|fb zdf{-cof6\_  
zf/bf dfj, lbaP-%, ulldl

## n]ys gbf]fl/pmg]

knruqsf] lzlfs sf] cfj/ofdf  
8f]kfsf . lzlfslsf] tl:a/ blv  
kf0of]. t/ leql k7df k]tt  
sltko JolQm / lzlfssf  
lj rf/x; k/fq} -k6s-k6s lzlfs  
df cf0; s\$] kfOP . kefj zfnl  
lzlfns ; f]JolQm; b]f]fl/xg'  
:jfe]js} klg xfhf . t/ b}zsf  
kdv zx/x;egbf k/sf  
lj Bfnodf clwofkg ug]  
lzlfxs; klg of]o Pj +sd7  
xg; S5g\ / Itglx;nf0{ klg

rrf6f Nofpg ; s] /fdl] xgllyof]  
xfhf . s] lzlfs n] o:tf sfdx;  
ug{ ; Qm} <

0ab] >7, lbofn# , cfyn9Ef

## ljz\$fgGbsf] dgglo ljz\$

lzlfs sf] df3 c|df :jfdl  
ljz\$fgGbsf] .lr6tgl -1fg t  
dfq; leq} x65\_ k7glo /  
kefj sf/l nllor]. lzlf eg\$]  
dl:tisdf 1fgsf] e08f/of ug{



ge0{ rl/q lgdff; E ; DalGwt  
s/f xfl]. lzlf]n] cfd  
hg; dbfont0{ lhpqsf nflu sxl  
; lk jf pkfo lbg; s6g, rl/q  
lgdffd an kfofPg,  
lj Zj a6w]j sf] efjgf kbf u/fPg /  
; fx; lbPg eg] tof] lzlf, lzlf  
xf0g eG] ljz\$fgGbsf] lj rf/  
dggof]o 5 . t/ o:tf lj rf/sf]  
sb/ ug] knf Wofg lbg xfdl]  
/fli6 lzlf kofnlt tof/ 5g .

sdfn /the08f/L, u/fF lgdflj,  
hn]j/L, v6f^

## dfu ; Daf]g ug{yof]

% sfIQs @)^% df :sh-  
lzlfssf cf7j6f ; 3-; E7gsf  
tkmf6 gkfn lzlfns olgogsf  
clwof s}zj k|fb e\$ /fo{ / gkfn  
zlfns u0ftflGqs d-rsf clwof  
lg/Qb] sF/aon] k]vfgdGqlnf0{  
a%Psf] dfusf af/df clwoog ug{  
; x; lrj hgfbg gkfnf]  
; e]hs]jdf sfokn u7g ul/Psf]  
s/f knruq} lzlfns ultlj lwdf

kl9Psf] lyof]. r}df k9bf klg  
tl dfux;nf0{ k0f?k0f / Daf]wg  
ug] sfd gePsf] yxf eof].  
lzlf sx; n] /fv\$ f hoh  
dfux; klt /;sf/ lsg oltlj eg  
pbf; lg b]vPsf] xfhf <  
clgd] kf7s, l; l4r/0f dfu{ cf]yn9Ei

### ; kmtf ldnf] \ 0

lzlf kqsf] / tdf Pp6f bl/nf]  
b: tf] h lzlf dfl; ssf x/\$  
c] x; kl9/x\$] 5'. lzlf  
lzlf sx; sf nflu dfq geP/  
lzlf aGg rfxg] / lzlf klt  
rf; f] /vG] / a\$] / f% klgf  
xf]. casf lbgdf klg lzlf  
k9gaf6 j1-rt xg' gk/f] \ eGg]  
sfdg ug{ rfxG5'. o; sf  
ny/rgf p]s]6, ; d; fdlos /  
lzlf sx; sf nflu Hofb} pko]ul  
5g\ . t; y{; a]f0{ d lzlf  
lgoldt k9g cg/f] ub\$'.  
eljiodf klg ; f]Rrs} lzlf k}z  
cf]n] l]s6 a: tlx; df lzlf sf]  
Hof]t 5g{ rfxg] d h: tf  
o]fx; sf] 9s9sl aGg lzlf nf0{  
; kmtf ldnf] \.

tly{3tl0u/, /fxt lzlf  
afu]j / l lgd]fj, /f]kf  
cl]basf l/dfn, 8f]vsv{ k]f

### lzlf s] c: ktf] lsg gagfpg] <

lzlf dfl; s t] f] c] b]v] lgoldt  
k9b} cf0/x\$] 5'. /fi6} s  
sd{f/l]sf] ; j]f; ljwf / ; /l]sf]  
thgdf lzlf sf] ; j]f; ljwf / ; /l]f  
s: tf] 5 < sdfs] k\$] t s: tf] 5 <  
lzlf sn] thg u/ x] f] \ . ; j]f; ljwf  
tyf tnas] j] [4 x] f] ; a} lj efudf  
t?Gt} nfu" x65 t/ lzlf sf] xsdf  
Ps-b0] 6f cf] b]f] hg gu/ nfu" ePsf]  
0ltx; } 5g . lj Bfnox; nf0{; dbfodf  
sk6k0f{ 9Eaf6 wsh] /fhgllts  
cv8f agfpg] v]h] lzlf /  
lj Bfylf0{/fhgllts r]k] fdf kl/Psf]  
5 . ; l]gssf nflu ; l]gs c: ktf],  
kx/l]sf nflu kx/l c: ktf], lghfdtl  
sd{f/l]sf nflu lghfdtl c: ktf]  
alg; s\$] 5 . t/ lzlf sx; sf nflu  
lzlf c: ktf] sn] Joj: yf 5g . gof

## lzlf g}cjw sdfs cu]f 0

lzlf dfl; s @)^% r}df k\$flzt laGb' 1jfn]sf] .P; Pn; l k/l]sf]  
tl]f] ; Tol zlif\$ ny d]f] h]lgdf yk ; To ; flj t ePsf] 5 . P; Pn; l  
k/l]f ; ~rfng ug] qmddf >l hnkfb] l pdflj afxg] k]6laf6 s] b]v] l]f  
vl6gePsf lzlf lj]ofk] fb uf]d / pxf] f] ; xof]ul -; xfos s] b]v] l]f sf]  
; kdf d @)^% r} ! ) ut] >l cf]G6 pdflj hnj] l] l; Gwkl] r] f] t k]f  
k]yfg u]of]. cf]G6 pdflj sf k}c e]h/ fh k] f] b]f] n] & ut] g] e]h  
a]f] f] 0{ cleef] s Pj +j Bfno Joj: yfkg ; ldt; lxtsf] Pp6f k/l]f ; xof]ul  
; ldt agfpg ePsf] / x\$ . To; } lj Bfnodf lzlf /fh]sd/ 9Efgf  
-; xfos k}c nf0{ k/l]sf] j]tfj /of agfpg] l]hd]f lb0Psf] / x\$ .  
x]dln] To: tf] k] {tof/kl]t pRr ; Ddfg b]y] f] b] k/l]f nf0{ do]f] t agfpg  
/fh]sd/ 9Efgf nf0{; xfos ; k/l6] 8] 6sf] l]hd]f lb0f. dnf0{ ko] ] f] sf]  
lj Nnf lb0f].

t/ Tox] f] j] f: tl] stf eg] cs] / x\$ . To] ; Dk0f{ r] f] k] f] l] Bfylf0{  
lr6 r] f] pg ; l]hn] k] g] sf nflu nf0; ; k] agf0Psf] / x\$ . k] xnf]  
l]bgs] c^a] h] k/l]f do]f] t ; kdf eof]. t] f] l]bg ; f] d] l]hs lj]fos]  
k/l]f lyof]. d]h] kx/lr] f] slaf6 k] Zgkq lj Bfno; Dd n] ug] u/ \$] lyPF.  
b] f] l]bg lzlf ; 3-; E7g / /fh]gllts bns] ldl6^ a; k] 5 dnf0{  
k] Zgkq gn] h] fg l]gb] z]g lb0f]. d]h] To; l]bg k] Zgkq af] l]sgF. d  
s] b]v] l]f ; f] lj Bfno uPF. d lj Bfno k] z] ug] l] Qs} s] x] l] JolQm  
; -/f] k] of] ykf, nfnaxfb/ s] f] s] l] t] h] axfb/ ykf, k\$] z > ] 7, s] b]v] l]f,  
; xfos s] b]v] l]f ; lxt\_ sf] c] f] s] l] ds ldl6^ a; f0of] / Ps ; l]lo k] t] f]  
k] z] ul/of]. To] k] t] f] lyof] gf/fo]fk] fb ; j] l] eGg] JolQm nf0{ lj Bfno  
kl/ ; /af6 af] x/ gk7f0{ k/l]f ; ~rfng gug]. Tol a]h] To; } lj Bfnosf  
k}c cf0ku] / eGg yfn] x] h] f] /fh]sd/ ; / 0 To] df] G5] h] 0{ cl]xNo}  
af] x/ k7fpg; \ . To; n] x] d] aRr] sf] lr6, u] k] k] / v] f] 5 /] w] } sDkng  
cf]Ps] 5 . dnf0{ lj Bfylf0{ : 6fkm cleef] sn] s/ f] p/ df] g{ cf]6]. To; h]  
p] x] f] f] 0{ t^ af] x/ k7fpg; \ . geP k/l]f x] b]g] A of] ; g] d tlg5Ss  
k/ f].

d]h] To] h] d] f] ; fd' p] g] x; sf] rfxg] : j] l]sf/ ug] sah u/ f. c} t  
d ug{ klg s] k] f] ; Sy} / 0

dnf0{ nfu\$] lyof] ls lzlf Ps l]gel\$, : j] f] l] d] g] l, c] f] d] l] g] e,  
kyk] b] z\$, b] f] z] l] g, s] t] f] o] l] g] i, l] g] i] f] j] f] g, \ s] z] n / ; d] f] h] s] f] g] i] j] s] t] f]  
j] f ; x] h] s] t] f] x] G5g \ t/ To: tf] x] f] g / x\$ . lzlf : j] o] m] lj Bfylf0{ lr6  
r] f] f] pg] j] f] t] f] /of agf0] l]bg] clg /fh]gllts cf8df dgk/ l ug] h] g] b; fx;  
u/ \$] 5g \ o; n] x] d] f] lzlf df] . a9l d/ l eGg] x] f] g] s] n] k] l] n] s] o] f] eGg]  
p] v] f] g] n] f] 0{ r] l/ t] f] y{ ug{ v] f] h] / x\$] 5 .

gf/fo]fk] fb ; j] l] l, h] nkfb] l pdflj, afxg] k] 6l, l; Gwkl] r] f] t k] f]

lzlf sf] nflu k] ; g] sf] Joj: yf  
x6f0; s\$] b]v] ] f] 5 . lzlf  
lgolQms] cl]wsf/ lj Bfno Joj: yfkg  
; ldt] nf0{ lbP/ lzlf k}z] sf] p] k] x] f] ;  
ePsf] 5 . lzlf ; j] f] c] f] o] u] n] f] 0{  
d] s] b] z] \$ agf0Psf] 5 . lj Bfnonf0{  
; dbfodf x: t] f] Gt/ of ug] s] f] o{ t?Gt

/f\$] lzlf sf] b] l] o] t] ; /sf/ n]  
l] ngk5. lzlf ; j] f] c] f] o] u] n] f] 0{  
; j] w] f] l] g] s] l] g] s] o] agf0{ lzlf l] g] o] l] qm  
ug] s] f] o] f] 0{ : j] R5, l] g] i] k] l] f / k] f/ b] z] l]  
agf0gk5.

wl/ l] b] o] f] j, lzlf s  
g] z] f] k] l] j, l] k] k] 9l, af/

### ol l j ifo ykg' ; fGbleš

lzlfs dfl; s @)^% r} c l klg  
ljutsf c l x; h: t} k7glo / p t s i 6  
5 . lz l f f; 6 ; DalGwt ljleGg  
klqsf x; ljleGg ; dodf k s f z g x b }  
c f P klg x / f p b } h f g ] u / \$ f 5 g \.  
t / b z e / s f ; D k o f { l z l f s x ; n } o ; n f o {  
h l t ; s } J o : t t f e P klg l b g s f ] ! %  
l d g b } l g s f n ] c l l o o g u l / l b g e P d f  
o ; n f o { l g / G t / t f k k t u g { u f i x } x b g  
/ b z s f ] l z l f f n ] klg ; x l d f u { k q m g  
; S 5 e G g ] s / f o ; d f l j u t d f l g : s \$ f  
c l x ; n ] klg k b k f / \$ f 5 g \.

c G t o d f o ; k l q s f n ] l g d g  
l j i f o j : t h f o { ; d f j z u g { ; s } c %  
; g d f ; u G w x b j y o f i i

- w f / f j f l x s ; k d f l j z j k l ; 4  
J o l O m x ; s f p t s i 6 n y , / r g f  
t y f ; f l x T o .
- l z l f s ; j f s f n f l u c f j z o s  
k f 7 d q m d t y f k f 7 d ; f d u l l .
- l z l f f ; 6 ; D a l G w t l z l f s x ; s }  
n y / r g f .
- l z l f s s f ; d : o f / ; D a l G w t  
l g s f o s f ] h j f k m : t D e .

; G t i j k f y / j

l z l f f l j s f ; k l j , n v G t / - \* , d f j a

### 7 j f g f u n t e o f ]

l z l f s s f ] d f 3 c l s f ] . u l o f t ; l h n f ]  
k f g j k 5 [ n y b v b f v ; l n f l o f ] . o ; / l  
x f d l n ] k 7 f P s f n y x ; c f u f d l l b g d f  
k l g 5 f l k g ] c f z f u / \$ f j 5 ' . t / p Q m  
c l d f 7 f p b f ] g f d 6 f 3 g 8 A a f s f ] ; \$ f d f  
6 f x f g 8 A a f 5 f l k P s f ] l y o f ] . T o ; n f o {  
; R o f O l b g x j f i f .

c ? o f s d f / u o f z

l 8 l n l / f h d f j , 6 f 3 g 8 A a f , % k f

### u f x s s ; / l a G g ] <

l z l f s k l q s f s f ] d l g o l d t k f 7 s  
x F . h l x n ] k l g v f i h l v f i h l k 9 g ] u b 5 ' .  
l g o l d t u f x s a G g ] l j r f / k l g l y o f ] .  
t / o f ] l j s 6 7 f p b f ; l h n } k k t u g {  
d l : s n } k b 5 . u f d l o f O n f s d f P s d f q  
x h f s d f l l o d e P s f n ] o ; d f k r e k l q s f  
k f p g ; l s 6 5 l s ; l s 6 g <

s / g l ; \* ; t /

l j z f n k / u f j ; , P s f 6 t 6 f i h , a j 8 l  
l 6 k k o f i m ; l s 6 5 . t / k l g l g o l d t  
/ ; d o d } k l q s f k f p g g l h s s f ]

### klqsf cf0klug

l z l f s e P s f ] g t f n ] / l z l f s l g o l d t k 9 g s f n f l u P s j i f \$ f ] z l n s a % P /  
u f x s a g l . j z f v c l ; d o d } c f p n f e g j ! ^ l b g l a t f P F t / u f x s  
g a g \$ f ; f y l n ] k l q s f l s g j k 9 b f k l g c f k i h ] e g ] u f x s k l t k f o g F . ! \$  
j z f v ; D d k l q s f g c f P k l 5 x h f s d f u P / ; f i v f i h u / f . x h f s a f 6 h j f k m  
c f o f - s f 7 d f 8 f i 6 w l b a c f 0 k l u g b 0 { l b g , w l b a a f 6 ; g v f g l P s l b g  
c l g ; g v f g l a f 6 d b l P s l b g u / l h d d f r f / l b g n f l 5 . t / ! \$  
l b g ; D d k l g l / O f x t a : g k b f { d g d f b 0 b f z l f p l A h P . k l x n f ] z l f x f -  
l z l f s s f ] s f o f h o a f 6 @ u t ] k f i b u g ] e g ] k l g k f i 6 r f i x F w j k l 5 u g j j f  
g u g j . l z l f s n ] j i f e l / s f ] k } f c l u d c ; h l u / \$ f n ] u f x s n f o { a j f : t f  
u l / P s f ] x g ; S 5 . d l e q s f ] c s f ] z l f x f x h f s s f s d f / l s f ] n f k / a f x l .  
/ f h w f g l ; 6 h f i P s f ] w l b a s f u f x s s f ] o : t f ] x l j u t 5 e g ] b / b / f h s f  
l z l f s n ] s ; / l ; d o d } k l q s f k f p g ; S 5 g < T o ; j ] l z l f s k l q s f n ]  
u f x s n f o { ; d o d } k l q s f p k n A w u / f p g ] s / f d l j z i f ; t s f f c k g f p g '  
p l r t x 6 5 . g q d f ] d g s f ] z l f ; T o d f a b i n g ; S 5 .

l j i o f s d f / > j , l z l f s , ; s e t y f ; w f / o f d i j , d i j l - \$ , w l b a

l 6 k k o f i m k l q s f ; d o d f g c f 0 k l u b f l j l e G g z l f - p k z l f k b f x g h f o {  
x f d l n ] : j f e f l j s ; k d f l n P s f 5 f } . l z l f s s f ] s f o f h o a f 6 l a b f c f l b  
k b f { @ s f ] ; \$ f # j f \$ u t ] x h f s d f k 7 f 0 g ; S 5 . t / , T o f 6 b f 1 9 n f ]  
x b g . k l q s f g j k 7 f 0 P g l s e G g ] c f z l f s f ] l g j f / o f ; D a 4 x h f s a f 6  
k l g u g { ; l s 6 5 . h x f F D d x h f s s f ; d : o f 5 g \ T o ; d f x f d l n ] z f o b  
g } s x l u g { ; s f i f . T o ; \$ f / o f g } x f d l n ] ; s } D d c f g f ] g l h s s f ]  
k q k l q s f l a q i f f ; 6 u f x s a g l T o x l a f 6 k k t u g j J o j : y f l d n f p g ]  
; % j l b g ] u / \$ f 5 f } . > j h l n ] k l g o f ] j s l l k s f a f / d f ; f i g ; S g x g 5 .

- J o j : y f k s

k q k l q s f k ; n e P d f T o x l - u f x s a G g ' ; d b g ; s ] c % o / f d i j x G y o f ] l s 0  
/ f d f ] x 6 5 . - J o j : y f k s

s 0 f a x b / k g

l z l f s , a f u j j / l d f j , l n j f a , / f i k f

### / f i j k f n l s f e j g f ; d j 6 o f ] \

l z l f s s f ] j z f v c l d f / f d l j q n d  
y f k n ] n y \$ f ] . d l s g l z l f s a g l  
l 6 k k o f i d g k f o f ] . o : t f y k ] l z l f s x ; n ]  
c f g f ] : j f y { T o f u j ; d f h ; j f d f n f u \$ f  
5 g \ . p g l x ; s f ] s y f k l g ; d b g k 5 { .  
/ f i j k f s f x f d l l z l f s s f e j g f k l g

o ; k l q s f s f ] j z f v c l d f . a h b  
d x j k o f { l s h f e / u z l i f \$ d f k \$ f l z t  
c f n y d f k t l l f s f s l \$ f ] t l : a / k l j l w s  
s f / o f j z c l o y f x g u P s f i h ] ; R o f O P s f ]  
5 .

l j z j l j B f n o s f c g e j l k f l b k s x ? a f 6 c l l o f k g u / f 0 g ] o ; s f 7 d f 8 f - l z l f f  
S o f i k ; d f P d P 8 = / P s j i f ] a l P 8 - s f l j l e G g l j i f o x ? d f w d f w d e g f { l n 0 b 5 .

- c f j z o s t f c g ' f / l j z i f / ; f j s l f s f ] ; d f J o j : y f u l / P s f ] 5 .



### sf7df8f}lz l f f S o f d k ;

k f a - g = ( ) & # , / f d z f x k y , s f 7 d f 8 f - k b n f i o p - d f - j - s f ] e j g .

k n i j M ) ! - \$ @ ) \$ ) , ( \* % ) ! ! ^ \$ ^

O d j M k s c r a m @ y m a i l . c o m



olgogsf]dfu

.cf}t cfosf]rfà/ tna a9fpw



lzifs olgog

g]fn lzifs olgogsf] ( j}fv @)^ df sf7df8f] ;lsPsf] bf] ] /fi6@ dxflw] }gn] s]k] fb 9sfnsf] cWolftdf #% ;b:olo gofFso{ldlt rog u/}f] 5 . 9sfm o;cl3 olgogsf dxf;lrj lyP .

olgogsf]gofFso{ldltsf]j]i7 pklWolfd lbnaxfb/ hf}ZL, dlxnf

pklWolfd kff{hf}ZL / pklWolfx;df l8Nnl/fd kf]/h, blks kf}h, hoaxfb/ >]7 / efu]b] %f rlgPsf 5g\ . To:t} dxf;lrjdf rlgz/Of ofbj, pkdx;lrjx;df s]Of kf7s / %saxfb/ 8f]L tyf sf]Wolfd kbdk] fb kf08]lgj fl}rt ePsf 5g\ . olgogsf]s]q]b; ;b:odf 5flgPsfx;df

;fgf]0 sfl{ 6f s;L, ls/Of zdf{ hob]L zfxL, /yf %f, ljdnf kf]/h, wgsnf uxf du/, ejfgl zdf{ /yf /fo, blksnfn vltj 8f, dlOm uf}d, e/t ;fx, ;/}zk]fb 7fs/, nldOf zdf{ /:dthf ldofF bv df]g %f, lzjfn s8]h, /fh]b] ;fksf}f, odaxfb/ a:g], bdfb] / bxfn, lbg}zsd/ l;\*, xl/gfy ofbj, ;f]of /f0{ / b]sd/ ofbj 5g\ .

olgogsf] bf] ] dxflw] }gsgf] pb}f6g & j}zfvdf @)^ df /fi6klt 8f= /fdj/Of ofbjn] u/}f lyP . pb}f6gsf] cj ;/df ljZj lzifs dxf; }sf dxf;lrj k]P}dfg n0gn] g]k]nl lzlfxs;gn] kof]t ;ljwf gk]Psf] lrgtf JoOm u/}f lyP . pgn] ljZj lzifs dxf; } olgog; }sf] ;xsfo}f /lx/xg] k]ta4tf hg]Psf lyP . To:t}8]g; lzifs olgogsf cWolF P08; af]8f] lqm:6G;gn] 8}gdfs}f @) jif}tf lzlfns] cf^gf dfu tyf ;ljwif nflu aGb, x8}kn h:tf bafadhs sfo}nd ug{gk/}f]cgej ;gfPsf lyP . pgsf]syg lyof] }xfdf]b}zdf lzlfssf dfu ;jfb / jftf}f/f k/f ePsf] 5 . g]k]ndf klg o:tf]xf] \ eG] d rfxG5' A

clw] }gn] lzlfssf] k}zft clwsf/sf]nflu ljleG k}tj kfl/t u/}f] 5 . kfl/t k}tjdf hgfb} sfo}nsf] ;}j oyfzL3]sfo}j og ul/gkg] ;/sf] :shsf lzlfalsf] lje} / c;dfgtf cGto ul/gkg] ;/sf/n]lzlfdf nufgl a9fpgkg] lzifs lgo]Om Ps}f/ k}ffnlaf6 ug{ lzifs ;]f cfo]unf0{ ;j}wflgs agf0gkg]hufot 5g\ . olgogn] lzlfssf] tna dh}sf] k]tJo]Om cfosf]rf} / kfgkg]dfu klg u/}f] 5 .

clgtf lzjfsf]l

dGqLnf0{ lj /f]vkq

g]fn lzifs olgogn] !^ j}fv @)^ df lzlf dGqL /f]sd/ l ofbjnf0{ ljutsf ;D%f}f sfo}j og gu/}f] eGb} @]ab] lj /f]vkq a%}Psf] 5 . lj /f]vkqdf hgfb} sfo}nn] !\* knuug @)^ df a%}Psf] ;}j t?}t sfo}j og ug{dfu ul/Psf] 5 . cf^gf dfu k/f u/fpgsf nflu olgogn] !^ j}zfvb]v cf}b}f]g z? u/}f] 5 . o; }lr olgogsf] bf] ] dxflw] }gaf6 lgj fl}rt sfo{ldlt cj}wflgs ePsf] eGb}bfo/ l/6dfly ;j}r cbfntn] ( j}zfvdf sf/Of b]yp cfb} hf/L u/}f] 5 . ;j}rsf Gofofwz an/fd s;L= sf] Psn Ohnf;n] g]k]n lzifs olgog, lzlf dGqfno / lhlzsf sf7df8f]gfddf sf/Of b]yp cfb} hf/L u/}f] 5 . & j}zfvdf /f}x6sf] z]nfn pdl]sf n]y}kfn g/]b] r]w]/n] ;j}rdf l/6 btf{u/}f lyP . l/6df lzlf P}gsf] kljwfg cg;f/ olgogsf] ;Argf g/x}f] / olgogdf ljBfnosf sd}f/L, s/f/ lzifs / dcf]fbl lgs6 clvn g]k]n lzifs ;E7gnf0{ ;dfj } gul/Psf] bfal ul/Psf] 5 .



# olgogM ; f%b rf}f/L

| s[Ofk} fb 9sfn  
gjlgjfrt cWbif, g}fn lzifs olgog

olgogsf] ev{ } ; lsPsf] dxfljw}zgn] s] lgofo  
u}of] <

ljutdf olgogsf] ljwfgdf g}fn lzifs ; }  
g}fn /fli6@ lzifs ; E7g, g}fn lzifs d-r,  
lzifs kl/ifb / qnllGtsf/L lzifs ; E7g dfq  
olgogdf cfj4 xg] Joj:yf lyof]. t/, clxn]  
olgog aflx/ w}] lzifs ; :yf 5g\ . Itgnf0{  
olgogdf cfj4 ug}sf nflu k/fgf] ljwfg afws  
ePsf]h] ; }f]wg ul/of]. olgogsf] ; }f]wt ljwfgn]  
aflx/sf lzifs ; :yfnf0{ klg olgogdf cfpjg]  
jftfj/of tof/ u/\$f] 5 .

ca olgog aflx/sf lzifs ; :yf olgogdf  
cfj4 xG5g\t <

/fhgllts bnsf] ; ^Vof a9b} uPkI5  
lzlfssf ; E7gsf] ; ^Vof klg a9b}  
uPsf] 5 . bn}KR5] lzifs aff8g'  
/fd] xfo]g t/ o:t} e0/x\$}f] 5,  
/fhgllts bnsf cwf/df lzifs  
ljeilht ePsf 5g\ . z?df lzlfssf]  
Pp6} ; :yf lyof] olgog :yfkf ubf{  
rf/-kF j6f lzifs ; :yf lyP .  
kl5Nnf] ; dodf dfcf]fbl, kn}d,  
tdnff} ; a}h] lzifs ; :yf agfP .  
dfcf]fbln] t olgogsf] ; dfgf}t/  
; :yfsf ; kdf z}lfs uoftflGqs  
d-r agfof]. tyflk d-r aflx/  
klg lzifs ; :yf 5g\ . tl ; a}hf0{  
olgogsf] 5ftfleq Nofpgkq] vffF]  
5 . o; sf nflu z}lfs uoftflGqs  
d-r; } w}] k6s 5nknm klg ePsf] xf].  
olgognf0{ ; a} lzlfssf] ; f%b rf}f/L agfpgsf  
lgldt kb Tofu ug}5{eg] klg d tof/ 5' .  
lzlfalsrsf] k}zfut Pstf cfhsf] ckl/xfo{  
cfj Zostf xf]. o; nf0{ ; a}h] dgg\ ug}5{ .

lzlfssf] k}zfut clwsf/sf nflu olgognf0{  
ca s; /L cl3 a9fpgkG5 <

olgogn] cf}gf] klxnf] rf/j if] sfo}fndf  
; /sf/; } ljleGg ; D%}f}x; u/\$f] lyof] t/ tl  
; D%}f} c%} sfof}jog ul/Psf 5}g\ .

; /sf/; }sf ; D%}f} sfof}jog u/fpgsf nflu  
olgogn] ljutdf jftf{ / ; D%}f}sf] sfo}llt  
clVtof/ u}of]. xfdl ; Djfbaf6 ; d:of ; dfwfg  
xG5 eGg] cfz u/] a:of}t/ ; /sf/n] ; xdl  
sfof}jogdf hf} / b}fP . ljsl; t b}zdf lzlfnsn]  
k}zfut clwsf/sf lgldt ; ^Sif}Gbf klg jftf{  
u/\$f pbfx/ofx; 5g\ . To; }h] ljutdf xfdl jftf{  
clN%P/ a:of}t/ To; af6 kf/ nfu} . dxflw}zgn]  
lzlfssf dfu k/f u/fpgsf nflu kn} cfbf}h}g  
ug}f] ljsNk g/x\$}f] 7x/ u/\$f] 5 . To; }h] xfdln]  
; ^Sif}f] 3f}f}off ul/ ; s}f 5f} . ; /sf/n] jftf}f]  
gddf lzlfnsf0{ cndNofP/ /Vg] u/\$f}h] ca

rflx; ^Sif}f} dNodaf6 ljutsf  
; D%}f} tyf ; xdltnf0{ sfof}jog  
u/f05f8g] c7f} u/\$f] 5' .

Psfllt/ olgognf0{ kl/of}hgfsf] rfk  
5, csfllt/ cfbf}h}g ug}G] aflVotfU  
ol b}h}f0{s; /L ldnfpgkG5 <

; D%}f} ePsf kl/of}hg} hf/L  
/xG5g\ . olgogn] Psfllt/ lzlfssf]  
k}zfut ljsf; sf] klfd} g}tj  
lbgk/\$f] 5 eg] csfllt/ lzifs /  
lzlf lf}n] efl}u}f ; d:of ; dfwfgsf  
nflu klg kxn ug}k/\$f] 5 . ol b}j}  
sfd ; } ; } cl3 a9f0G5 .  
dxflw}z}gaf6 xfdln] ; D%}f} xf}G,  
; ^Sif}f] glt lnPsf 5f} Toxl  
af6}df cl3a9g] xf]. of] xfd] /x/  
xf}G aflVotf xf].

lzifs etl{ c%} vh}f] 5}g, lzifs egf{ vhfpg  
olgogn] ; /sf/nf0{ bafa lbG5 <

lzifs lgoQmsf] :ki6 glt 5}g . lzlf ; jf  
cfof}n}f0{ ; j}w}lgs agfP/ Psaf/ k}ffnlaf6 lzifs  
lgoQmsf] Joj:yf ul/gk5{ . lzifs lgoQm DaGwl  
/fli6@ glt agfP/ Pp6} k}ffnl / klqmfaf6 lzifs  
lgoQmsf] Joj:yf gu/L lzlfalsrsf] c; dfgtf cGto  
xGg . lzifs nf0; } sf] klqmf cf/De e0; s}f}h]  
o; kl5 lzifs ; jf cfof}n} gofFlzifs egf}f]  
klqmf cl3 a9fpgk5{ .

# g]flz; ef klg gofFg]U

..; b9, ; dfj zL, ; zOm / ultzln  
; E7g, u0f:t/lo lzlfss] nflu xfd]f  
cfXjfgl eGg] gf/fsf ; fy # j zfv  
@)^ df nlnk/df ; lPsf] gkfn  
/fli6@ lzlfS ; E7gsf] bzf-/fli6@  
dxflwj zgn] cfpf] rf/ jifsf nflu  
afa/fd clwsf/lSf] cWolftdf @&  
; b:olo s[bllo sfo{ldlt rog u/3f]  
5 . #! r] @)^% b]v rn\$] pOm  
dxflwj zgd] bzel/sf #(# hgf  
kltlgw ; xeful lyP .



g]lgjflrt c]Wol f afa/fd clwsf/l

dxflwj zga6 ; E7gsf] j l/i7  
pkfWolfd] %k6l; \* /fj n, dlnx  
pkfWolfd] ; ldfsd] / l f]l /  
pkfWolfx; df 1fjgz] /f0{ dw'  
ltdlN; gf, jfdb] 9Efgf, /fhz/Of  
Gofkfg] / rGb\$nf k6t 5flgPsf 5g\  
dxflwj zgn] ; E7gsf] dx; lrjdf  
afa/fd ykf, ; lrjdf 808lk] fb zdf  
/ sdnf thfw/, sf]fWol f jgff]fgG  
%f / ; xsf]fWolfd] sdnf ykfnf0{  
lgjflrt u/3f] 5 . To: t] u/l  
dxflwj zga6 5flgPsf s[bllo  
; b:ox; df eldaxfb/ a:g], ; 0k\$zfz  
; fksf, lzj sdf/ clwsf/l, lbjfsft

%f, r]gfy vltj 8f, lzj k] fb Gofkfg]  
s[0fk] fb l3ld/] 0Gbaxfb/ sF/,  
ljiofk] fb e08f/l, gf/fo0fk] fb kf8h,  
udfg/fh khfdl, ; Gb/sdf/ s]l,  
/dž uf]d, ltns sF/, uf]vaxfb/  
rGb, zsgtnf a:g], sNof0l 9Efgf,  
; zlnf k/fhhl, bof kf8h, hofnl  
/f0{ s?0ff /f0{ /fhZ] / l rfw/l, /zf  
df: s] zflgt kn / nldlsft rfln; ]

lgjflrt ePsf 5g\  
dxflwj zgn] lj Bfno ; dbfodf  
x:tfGt/Of ug] sfo{ aGb ul/gkg]  
c:yfol lzlfSx;nf0{ kllqmf k%ofP/  
:yfol ul/gkg] /fxt, cgbfg tyf  
dlxnf kl/ofhgfnf0{b/agbldf ?kfgt/Of  
ul/gkg]k]tfj cl3; f/3f] 5 . To:t]  
lghl tyf c6o ; f]sf lzlfSx;nf0{  
gkfn ; /sf/sf]:sh cg; f/sf]:j]f  
; ljwf pknAw u/fpgkg]k]tfj klg  
kfl/t ul/Psf] 5 . a6a tyf c6o  
sf/Ofaf6 dfl/Psf ; a] lzlfSnf0{  
zxlB 3f]0ff u/l plrt lftklt{kbf]  
ul/gkg] pdflj x;nf0{ lzlfS b/agb]sf]  
Jo] :yf u/l k]Wofks ; /xsf]  
; j]f; ljwf pknAw u/fpgkg] dfu  
ul/Psf] 5 . !) jif{:yfol ; j]f cj lw  
ku3f :yfol lzlfSnf0{ ; fd]xs  
kbf]lgt ul/gkg]k]tfj kfl/t ePsf]  
; E7gn] hg]Psf] 5 .  
To:t] dlnf lzlfSnf0{ !#% lbg  
; Ts]l labf tyf :tgkg u/fpg]; do  
pknAw u/fpgkg] / k?if lzlfSnf0{  
!% lbg ; Ts]l :ofxf/ labf lbgkg]  
dfu klg ; E7gn] u/3f] 5 .

## \* xhf/ :sh ; dbfodf

**lzlfss** kzfut ; 3; :yf / lzlfSx;sf] rsf]lj /fwf  
afahb ; /sf/n]; fj klgs lj Bfnos] Jo] :yfg ; dbfodf  
x:tfGt/Of ug] sfof0{ hf/ /fv3f] 5 . lzlf ljefus]  
lj Bfno Jo] :yfg zfvf] pklgb]s lgj /fh hfz]sf  
cg; f/, r] d; fGt @)^% ; Dddf bzel/sf %%)^ klj,  
!,&)\* lgdfj / \*\$^ dflj u/l sh \* xhf/ ^)  
lj Bfnos] Jo] :yfg ; dbfodf x:tfGt/Of e0; s3f] 5 .  
lj sf; lq]sf cfwf/df rfxFk]f{rnsf !,&@  
klj, %&^ lgdfj / @\*) dflj u/l @,^)\* lj Bfno  
; dbfodf x:tfGt/Of ePsf 5g\eg] dWodf-rnsf !,%\$@  
klj, !,\$ lgdfj / @\$^ dflj u/l hDdf @#)@  
j6f :sh ; dbfos] lhDd] f/l df ku3f 5g\  
To:t] klZrdf-rnsf !,!^\$ klj, #&^ lgdfj / @!\$ u/l  
hDdf !,&,\$ j6f :shs] lhDd] f/l ; dbfodf x:tfGt/Of  
ul/Psf] lzlf ljefus] cf]8fn] b]v]p5 .  
dWoklZrdf-rn lj sf; lq]sf \$^)\* klj, !#! lgdfj

/ %^ klj u/l sh ^\$& / ; b/klZrdsf %\*\* klj,  
!!! lgdfj / %) dflj u/l hDdf &\$ ( ; fj klgs  
:sh ; dbfos] lhDd] f/l df ku3f 5g\  
@)%( ; fpgb]v nfu" ePsf] ; fj klgs :shs]  
Jo] :yfgsf] lhDd] f/l ; dbfodf x:tfGt/Of sfofndnf0{  
lzlfSx;nf0{z?b]v g]lj /fw hg]p]cfPsf 5g\  
lzlfSnf] ; dbfodf lj Bfno uPdf cknk;sf] kzf c; /lft xg]  
/ Jo] :yfg ; ldlt] dftxtdf sfd ug]k] ePsf]h]  
o; sf] lj /fw u/3f] b]v]G5 . ; /sf/n] eg] lj Bfno  
Jo] :yfg lhDd] f/l ; dbfodf x:tfGt/Of ePdf lj Bfnoklt  
cleefj sss] lhDd] f/l / b]l0] a9g] tyf k7gk]7gdf  
; wf/ xg] b]fal ub] cfPsf] 5 .  
pklgb]s hfz]sf zAbdf ; fj klgs lj Bfnos]  
Jo] :yfg lhDd] f/l ; dbfodf x:tfGt/Of ug] sfdn]  
lj Bfnos] k]lt / 5fq5fqsf] k9f0k]lt cleefj sss]  
rf; f] a93f] 5 . tyflk, ljutsf ; /sf/n] lj Bfnos]  
Jo] :yfg ; dbfodf x:tfGt/Of ug] sfdnf0{ cleofgs}  
; kdf cl3 a9Psf] eP klg dcf] f]bsf] g]t] df ; /sf/  
ag]k]5 eg] of] sfd lzlyn ePsf] 5 .

# cWofkg cgdltkq @@ / @# h]df hfF

**IzlfS** ;j f cfofyn] cWofkg  
cgdltkqsf] b/vf:t cfxjfg  
u/k15 zlfS hgziQm ljsf;  
s[bbh]to; ;DaGwl tof/L slff  
z? u/\$f] 5 . @) b]v  
@)^@ ;Dd bzdxg]  
k]j]fsfnlg kfylds IzlfS  
tflnd k/f u/\$f @ lhNnfsf  
dlxf, blnt tyf hghflt  
;dbfosf @ xhf/ %) hgfsf  
nflu tof/L slff ;-rfng  
ul/Psf] xf].  
s[bsf k]j]lws clwsf  
afns[Of rkfuf0f]eg] zlfS  
;j f cfofyn] kf7dqnd cg?k  
k]j] Izlfssf] k/Llff /  
nf0; ;s] hfFdf ;xof]v k]fopg  
tof/L slff ;-rfng ul/Psf] xf]  
o; n] 5f]f] ;dod} tflndsf  
;xefuldf cfdljZjf; k]f xg]  
ljZjf; lnOPsf] 5 A @ j]zv  
@)^ b]v z? ePsf] ! ) lbg]  
tof/L slffdf k]j] IzlfS /  
cWofkg cgdlt kqsf] k/Llffsf  
ljleG klfsf af/Of tflnd lb0g]  
hg0Psf] 5 . tflnddf ljleG  
;dodf ag\$ Izlff cfofyn]sf  
kl]tj]g, Izlff P] tyf sfgl

Jo;:yf, ljifout lzlf0f ljw,  
slffsf]f Jo;:yfkG / dNofG  
ljw cflb l; sf0Psf] 5 . s[bb]  
c]tu{sf ( j6f tflnd s[bbh]@  
lhNnfd o:tf] slff ;-rfng ug]  
IzlfS nf0; ;s] k/Llff cl3 ;a}  
lhNnfd tflnd ;sg] rkfuf0f]  
hgP .  
tflnddf ;xeful ePsf;nf0{  
zlfS hgziQm ljsf; s[bbh]  
df; s tlG xhf/sf b/n]@ xhf/  
%) hgfsf nflu 5faj]Q pknAw  
u/fP/ k]j]fsfnlg k]j] IzlfS  
tflnd k]f]g u/\$f] lyof]. 5faj]Q  
afkt ?& s/f] % ) nfv nufl  
ul/Psf] s[bbh] hgPsf] 5 . ptf  
Izlff ;j f cfofyn] clGtd Dofb  
!# j]zv @)^ ;Dd t]f]  
cfxjfg u/\$f] cWofkg  
cgdltkqsf] b/vf:t Dofb yk\$]  
5 . lq]sf ljBfyl\$] lj/f]sf  
sf/Of cfofyn] csf] ;Fgf hf/L  
u/] pQm Dofb @! j]zv @)^  
;Dd t]sf]Psf] 5 . cfofyn]  
k\$flzt u/\$f] tflnsf cg;f/  
@ h]df lgdf] tyf @# h]sf]  
laxfg df]j / lbpF] k]j] txsf]  
nf0; ; k/Llff xg\$ .

# ; %j sfofG ogf nflu bafa

**clvn** g]fn lzlfS ;E7gn]  
hgfb] sfofnsf] ;%j ;f]klgs  
u/L sfofG og u/fpgsf nflu  
bafa l; hgf ug{ b]z]ofkl ;^Sif{  
rnfpg] lg0f6 u/\$f] 5 . ;E7gsf]  
! / @ j]zv @)^ df  
sf7df8f] ;DkG s[bb]  
;ldtsf] a]skl5 hf/L lj1ktdf  
sfofnsf] ;%j sfofG og ug{  
j]zv d; ft @)^ ;Dd kfF  
ljsf; lqdf bafadhs sfofnd  
ug] \* h]df sf7df8f] afkt\  
IzlfS ;ef ug]lg0f6 ul/Psf]  
hg0Psf] 5 .  
;f] ;E7gn] cf^gf ;b:o  
IzlfS;nf0{ ljBfnodf lgoldt  
;kdf pkl:yt xg, cfknh]  
k9fpg] ljifodf ;a} 5faj]Q  
pQm{ xg] u/L k7gk7g ug{  
ljBfno xftleq wdkfg, ;tlkfg,  
dBkfg gug{ tyf cleefjS,  
;xsdl{ ljBfyl{E lzi6 Jojxf/  
ug{klg cfux u/\$f] 5 . To:t}  
;f] IzlfS g/fv, sfh ;?jf  
gng, ;/sf/L ljBfnodf  
5f]f5f] k9fpg, ljBfnoaf6  
kf0g] ;ljw]sf] plrt ;bkof]v  
ug{/ cfknh] sfd ug]:shnf0{  
gd]f agfpg ;d] ;E7gsf  
;b:ofn0{ lgb]g lbPsf] 5 .  
/fi6kl, k]wfgdGq, dGq,  
;ef; b\ ;a} txsf hEl tyf  
lghfdt] sdf]f/L / ;/sf/L  
IzlfSnf0{ ;/sf/L :shdf  
5f]f5f] k9fpg bafa lbg]  
p2]on] ;E7gn] To; sf nflu  
cf]fh p7fpg] lg0f6 klG u/\$f]  
5 . ;E7gsf cWofl uof/fh  
nfx]gsf] cWofl a; \$f] pQm  
a]sn] ;E7g lj k/Ltsf] cfr/of  
u/\$f] egb] s[bb] ;b:o  
jL/b\$df/ t]df^n0{ lgnDag  
u/\$f] 5 eg] t]kn]sf  
;/b\$df/ k]n]nf0{ s[bb]  
;ldtdf dg]lt u/\$f] 5 .

# ; Q6 h]eo; {lj j fb ; fDo

**g]fn** ;yfut ljBfno lzlfS ;E7g -lg:6\_ / ;Q6 h]eo; { :shalr  
IzlfS x6f0Psf] ljifodf pTkG lj jfb ldnfpg ;k]ft e08f/Lsf]  
;af]st]df tlG ;b:olo sfon u7g ePsf] 5 . !( j]zv @)^  
df ul7t sfon]@% h] ;Ddf kl]tj]g tof/ ug] ;xdt ePsf]  
5 . of] ;xdt ePkl5 pQm :shsf] k7gk7g ;rf? ePsf] 5 . ;Q6  
h]eo; ;pQm :shdf so{t lzlfS; ljgfos lq] / ;w/  
vgfnnf0{ lgsfzG ug]lg0f6 u/k15 s]l lzlfS; cfGbf]gd  
plqPsf lyP . lj]fbsf sf/Of ;Q6 h]eo; { :sh b0{ dlxg]v agb  
lyof]eg] !& / !\* j]zvd]f pk]osfsf ;a} lghl ljBfno agb  
ul/Psf] lyP .

# /fxt lzlfsm sxfslt

b/aGbl gku] k7gkf7g kēfljt ePsf ;fj klgS ljBfnonf0{/sf/n] s]L  
 jifk]v ./fxt lzlfsl eg] c:yfol ?kdf Psdl7 cgbfg lbb}cfPsf] 5 . t/,  
 To] cgbfg lhMnfut ?kdf slt ljt/of ul/of] eG] tYofs xfn;Dd ;fj klgS  
 gx]f lhMnfd /fxtsf] ;Wof olsg gePsf] egl lj]fb xgyfn\$] 5 . ;] lj]fb  
 / cGof] tnf0{x6fpg d2t ug] Wb]n].lzlfsh] lzlf l]efuaf6 k]kt tYofs  
 oxfk}tt u/\$] 5M

lhlnf	kfjlds		lgDgdfWolds		dfWolds	
	c-j= )^\$÷^% ;Dds[];^Wof	c-j= )^%÷^^ df yk	c-j= )^\$÷^% ;Dds[];^Wof	c-j= )^%÷^^ df yk	c-j= )^\$÷^% ;Dds[];^Wof	c-j= )^%÷^^ df yk
tfln]a	159	<b>30</b>	53	<b>30</b>	35	<b>20</b>
kfFy/	163	<b>28</b>	113	<b>31</b>	59	<b>57</b>
Onfd	153	<b>22</b>	123	<b>40</b>	66	<b>31</b>
%akf	126	<b>4</b>	124	<b>65</b>	29	<b>47</b>
;vjf;ef	93	<b>25</b>	45	<b>42</b>	23	<b>38</b>
t]y]d	88	<b>4</b>	18	<b>20</b>	15	<b>24</b>
ef]hk/	134	<b>14</b>	42	<b>37</b>	31	<b>38</b>
wgs6f	113	<b>10</b>	66	<b>39</b>	43	<b>46</b>
;lj;/l	471	<b>32</b>	82	<b>29</b>	65	<b>32</b>
dl]a	555	<b>37</b>	113	<b>40</b>	68	<b>70</b>
;f]v]ba'	81	<b>27</b>	40	<b>32</b>	34	<b>23</b>
vf]f'a	261	<b>41</b>	87	<b>50</b>	65	<b>50</b>
pbok/	389	<b>29</b>	169	<b>63</b>	65	<b>60</b>
cf]yn9^bf	207	<b>29</b>	56	<b>30</b>	51	<b>40</b>
;kt/L	351	<b>63</b>	38	<b>101</b>	41	<b>45</b>
l;/xf	338	<b>39</b>	29	<b>39</b>	43	<b>30</b>
wglff	405	<b>43</b>	38	<b>28</b>	17	<b>51</b>
dx]d/L	334	<b>54</b>	40	<b>23</b>	11	<b>51</b>
;nf]l	328	<b>78</b>	55	<b>52</b>	32	<b>50</b>
l;Qwhl	577	<b>81</b>	99	<b>61</b>	59	<b>50</b>
/fd]f]k	253	<b>66</b>	105	<b>59</b>	46	<b>58</b>
bf]hvf	190	<b>33</b>	108	<b>28</b>	65	<b>44</b>
l;Qwkfnrf]	314	<b>100</b>	188	<b>64</b>	84	<b>70</b>
;/j]f	15	<b>5</b>	8	<b>11</b>	7	<b>12</b>
w]lb'a	421	<b>77</b>	117	<b>61</b>	53	<b>55</b>
gj]fs]d	252	<b>35</b>	88	<b>51</b>	44	<b>46</b>
s7df]8f]-	100	<b>11</b>	153	<b>44</b>	104	<b>63</b>
n]ntk/	104	<b>4</b>	32	<b>28</b>	29	<b>31</b>
eQnk/	33	<b>2</b>	35	<b>22</b>	13	<b>13</b>

sfejnfrfš	278	62	199	75	61	72
dsjfgk/	423	36	193	68	60	61
/fjx6	451	73	45	32	21	24
j/f	443	53	40	30	29	37
k;f{	324	28	26	71	27	34
lrtjg	164	17	89	36	30	36
gjn/f;l	391	61	154	59	72	75
?kdbł	356	19	153	53	73	76
slknj:t'	378	31	51	37	33	47
c3f{frl	170	45	98	35	45	38
kflkf	166	22	105	51	69	74
ulkl	211	70	102	60	72	60
:of <sup>a</sup> hf	108	8	78	50	38	68
tgxF	62	14	62	47	24	57
ufyf{	166	31	64	54	37	48
dge <sup>a</sup>	5	2	0	1	0	1
ndh <sup>a</sup>	58	11	47	33	34	44
sf:sl	68	10	70	48	45	50
kj f	103	7	63	22	27	40
j fln <sup>a</sup>	249	47	105	54	72	73
Doñl	121	4	44	26	18	29
d:tf <sup>a</sup>	5	7	1	0	1	0
du'	10	6	3	6	1	8
8flkf	9	3	8	7	7	5
xdnf	11	20	3	10	1	13
hñf	35	20	25	22	16	36
snlsfð	182	23	29	21	17	29
?sd	217	54	91	54	35	40
/fjlkf	138	14	39	26	19	32
ko7fg	213	34	68	34	29	19
bf <sup>a</sup>	376	52	77	44	20	32
;lofg	286	48	46	48	29	30
af[	416	25	50	43	18	29
albðf	445	28	90	62	17	59
;vī	331	69	104	45	36	60
hfh/sfð	223	67	55	48	23	30
bðy	348	48	150	45	69	51
sðfnl	692	101	197	130	85	100
8fl	297	36	49	67	23	64
c5fd	366	70	79	51	59	76
afh/f	135	17	11	33	13	26
a% <sup>a</sup>	356	45	99	66	57	60
bfr ðf	114	28	50	42	16	30
a}8l	325	53	65	71	37	68
88ñu/f	194	15	23	41	16	51
s-rgk/	324	20	137	52	75	65
kjfern	3682	434	1198	688	733	651
dñdf-rn	5409	858	1658	844	792	858
klZrdf-rn	2617	389	1197	630	660	780
dñklZrdf-rn	3240	511	838	515	337	473
;b/klZrdf-rn	2803	385	710	553	381	540
krxt/)hlñf	17751	2577	5601	3230	2903	3302

# I/IQF}zx/sf ;/sf/L :sh

;/sf/n] egf{f0{cleofgs};kdf rnf0/x\$}ahf 5fq5qfsf] cefj df  
zx/sf ;/sf/L :shx; eg] aGb xg yfn\$ 5g\.

**sf** 7df8f\$] rbb]ll:yt ;/:j tl kllj /  
dxnldl kllj b0{jif{13 aGb eP .  
Toxf sfo{t b0{lzlfsdWb] Pshgf lj i0fb]l  
dflj ; tEn / csf{ rbb]l dflj , rbb]ldf  
sfh ;?jf eP . k9b} u/\$f sxl lj Bfylx;  
klg lzls ;?jf ePs}:shdf uP . lj Bfno  
ejgdf tfnf nuf0Psf] 5 .  
sf7df8f\$}sdnkf]/L klljdf \*) hgf dfq  
lj Bfyl{5g\ . lgoldt slfddf cfpq};sf];<sup>a</sup>Wof  
lgs} sd 5 . lzls rlxFkfF hgf 5g\ .  
lj Bfyl{;<sup>a</sup>Wof a; lq 36b}uPkI5 lhlzsn]of]  
lj Bfno klg aGb ug{rxf\$]lyof] t/ , cleefj sff]  
lj /fwn] ubf{ aGb xg; s\$] 5g .  
nlntk/sf]ufvlvhsf]hksf kllj klg lj Bfyl{  
;<sup>a</sup>Wof gku\$}sf/0f aGb ul/Psf] 5 . ToxfF  
b0{lzlfsdWb] Pshgfnf0{ sfnb]l dflj

avh / csf{f0{dxFfn dflj ufvlvhd sfh  
;?jf ul/Psf] 5 . nlntk/s} dlggfy kllj /  
cfbz{ lgdflj df lj Bfyl{ ;<sup>a</sup>Wof cf/fnf] nllg  
yfnkI5 @)^) df b0]6f :shnf0{ufe] Pp6f  
agf0Psf] 5 . bj}lj Bfnosf] kl/ro dg{glbg  
gfd rlxF.dlggfy cbz{lgdflj /flvPsf] 5 .  
rxfufp\$]klknrf} kllj klg cfj Zos lj Bfyl{  
;<sup>a</sup>Wof gePkI5 aGb ePsf] 5 . ToxfF tlg  
hgf lzlsnf0{kbd k\$z dflj wkvvhd sfh  
;?jf ul/Psf] 5 . nlntk/s}ufvhl kllj klg  
aGb u/L ToxfF lzlsx;nf0{kfos kg]ghs\$]  
ne" dflj df sfh ;?jf ul/Psf] 5 . ( hgf  
lzls /x\$]nlntk/sf]uf] r08Zj/L lgdflj df  
lj Bfyl{;<sup>a</sup>Wof klg ( hgf dfq)ePkI5 aGb xg]  
cj:yfdf klu\$] 5 .  
kNkf, tfg; gsf] nx/klkn kllj df lj Bfyl{

tl:ax;ll ho/fd ufjd



sIf Psb]v  
kfF;Dds ; a)  
lj Bfyl{f0{  
Pp6}sf]fdf  
/fv] k9fpF}  
sdnkf]/L  
kllj sl Ps  
lzls .

# ; ohgfsf b0{ :sh

**%08}** tlg ldg{sf] b/l df /x\$ sf7df8f/Hof7fsf af]4s  
lj sf; kllj / afn pHHj n kllj @)%& ; fnb]v Pp6}ejgdf  
; ~rfint 5g\ . bj }kllj sf lj Bfyl{nf0{ Pp6} slfddf /fv/  
k9f0G5, ?l6g klg ; eQm g}5 . t/, bj \$f cf-cf^g}tVofI,  
xflh/ sfkl, lzlf s / ; f] s]b| ; d] km/s km/s 5g\  
af]4s lj sf; tkm(^ hgf lzlf s 5g\eg]afn pHHj ndf tlg  
hgf dfq}.



lj Bfno ; gkg]sf/Of klg cgf]f]  
5 . @)! ; fnb]v 5:of axfnf]  
ejgdf ; ~rfng xB}cfPsf]af]4s  
lj sf; kllj ejg dd\$ ug[kg]  
epkl5 st}; il/gkg]eof]. lhlzsn]  
; f] lj Bfno afn pHHj n kllj df  
; il/lbof]. k/ft]j ljefusf]/vbydf  
ejgsf]dd\$sf]sfd ; lsPkl5 kbM  
lj Bfnof0{ejg ef8fdf lbg ; Da4  
ul7of/x;n]0Gsf/ u/]. kl/OffdtM  
bj }lj Bfno !) jifb]v Pp6}3/df  
/xB} cfPsf 5g\af]4s lj sf;  
kllj sf kwfg]lofs /fHonldl hfzL  
cf^gf] ejg gx} z/Ofyl{ h; /L  
a:g' k/\$f] bV\$]f] kflV5g\.

lj Bfnosf nflu clxn\$]f] ejg  
klg pkoQm b]V5g . ; fgf]uNnlaf6  
leq l5/k15 cWof/f] tlgtn] 3/df lj Bfno 5 . nF; lB^asf  
; dodf lj Bfno labf ug\$]f]jsNk 5g . v]hd]fg, sDkfp08,  
; yfglo cfo; f]t, z]lfs ; fdull, k':tsfno, knlgf/h:tf lj Bfno  
; ~rfngsf cfofjZos k]f]v/x; pQm :shdf 5g\ . bj }  
lj Bfnosf] sfofno Pp6}sf7fdf 5 . b0f 6^h c3]f]ft  
; kdf afBkn]B ul/Psf] 5 . lj Bfyl{ egf\$]f] ; do ePsn]  
lzlf s; alr cf-cf^gf lj Bfnodf lj Bfyl{ egf{ ug] klt:kwf{  
rNg]u5{. t]kg bj }lj Bfnodf u/} lj Bfyl{sf] ; ^Vof !))  
sf]xf/fx/ldf dfq 5 . jfn pHj n kllj sf kwfg]lofs 0Zj/L  
ah]rfo{lj Bfyl{36b}uPsf]a]f]huf/ eQf vfPsf]h:tf]ePsf]  
5 .

; ^Vof 36g yfn]k15 pglx;nf0{cfsliff ug{%hfh  
/ sk8f k]f]g ug{ yfnPsf] af]Psf] 5 . t/  
klg Toxf]lj Bfyl{ ; ^Vof # \$ g]Eg ; s\$]f] 5g .  
3gf cfj b]l ePsf] sf7df8f / n]ntk'/sf  
; fdbflos lj Bfnox;df lj Bfyl{sf]rfk a9l xg}sf]  
; \$f 36b} hgf' cfkn]f la8dagf0f{ n]U5 .  
zx/sf df]j 5p5f]psf kllj x;df lj Bfyl{ ; ^Vof  
a9l dfqdf 36\$]f] kf0G5 . sf7df8f /  
n]ntk'/sf] tVof]n] oxf]lghl :sh / lTgdf  
lj Bfyl{ ; ^Vof a9b]f] b]V65 eg] ; /sf/ldf  
36b]f]. t/, bzel/sf] tVof]df eg]lj Bfno /

lj Bfyl{ b] \$]f] ; ^Vof a9\$]f] b]V65 .  
; /sf/L lj Bfnodf lj Bfyl{ ; ^Vof 36b}hfgsf]  
dVo sf/Of lghl lj Bfnok]tsf]cfsif{nf0{dfGg]  
ul/Psf] 5 . zx/L lfgdf ; /sf/L eGbf lghl  
lj Bfnosf] ; ^Vof a9b} hfg] klg of] s/f]sf]  
kli6 xG5 . sf7df8f]hNnfd] @)^% df lghl  
lj Bfnosf] ; ^Vof !))! /x\$]f]5 eg] ; /sf/Lsf]  
; ^Vof hDdf #)) dfq . n]ntk'/df lghl  
lj Bfnosf] ; ^Vof @\*@ 5 eg] ; /sf/L !\*\$  
dfq}/x\$]f]hNnfd] lzlf sfof]hon]hgfPsf] 5 .  
bj }hNnfd] lzlf sfof]nodf agb ePsf lj Bfnosf]  
cBf]lws ; ^Vof 5g . tyflk, tlg jif6tf  
sf7df8f] ^ j6f / n]ntk'/df !) j6f ; fdbflos  
lj Bfno agb ePsf]b]V65 . kl5Nnfd] lbgdf gofF  
; fdbflos lj Bfno v]l]g lq]l]g ; d] cfSsn%\$sn  
dfq}kg]u/\$]f]lzlf sfof]nosf sd{f/l atfp5g\  
lxhf]dfk08 lj k/Lt v]l]hPsf sf/Of klg  
lj Bfnox; agb xg] l:ylt k]f ePsf] b]V6Psf]  
5 . u]ldof lfgdf gofF]lj Bfno v]l]g] cgdlt  
lb}f b0{lsn]f]d6/ cyf}\cfwf 306fsf]b]l]eq  
lbg gkf0g]Jo]y: /x\$]f]lhlzsf] clwsf/Lsf]  
egf0 5 . t/, zx/L lfgdf eg] hg3g]nf0{  
cfwf/ d]l]gg] u/\$]f] / w} }lj Bfnosf] DoflkE  
gldn\$]f]hfgsf/L hNnfd] lzlf sfof]no sf7df8f\$  
lj Bfno kzf; g zfv]sf k]v b]sdf/ a/fnn]  
lbPsf 5g\.

7lx6lsf] zlfGt lzlf df]j glhs !) eGbf  
a9l ; /sf/L lj Bfno 5g\ . lfgk]6ldf h]k] df]j,  
GXof]vdf sGof dlG6/ df]j, gundf k]ft df]j,  
ksgf]h]hdf g]kfn o]s df]j, /Qmsnldf eQm  
lj Bf>d df]j, 9Nsf]df g]k]m /li6e lgd]j /  
afn lj sf; lgd]j ; ~rfint 5g\ . o; lfgdf  
s]l kllj klg ; ~rfint 5g\eg]lghl lj Bfnosf]  
; ^Vof klg p]n]v 5 . o; lfgsf ; f]JolQm  
tyf zlfGt lzlf df]j sf k} zI/k]fb kwfgsf  
cg;f/ lj utdf DoflkEsf cfwf/df lj Bfno  
; ~rfng cgdlt lbg] kl/kf6l gePsf]n] Ps}  
; yfgdf w} }lj Bfno v]h\$ 5g\ . /sf/n]@)^\*,  
@)^% / @)^# ; ndf lj Bfno DoflkEsf] sfd  
u/]klg k/fgf lj Bfno oyf:yfgd]; ~rfint 5g\  
d]h\$ zlfGt klq]nodf k]z u/]k15 sf7df8f\$  
lj :yflkt hlj g latf0/x\$]f; cf^g}yftyn]k]  
kmsg yfn]. o; af6 ; /sf/L lj Bfnodf lj Bfyl{  
36g yfn\$]f] lj Bfnosf s]l lzlf s / k}cf]f]  
egf0 5 .  
sf7df8f\$ yk} ; /sf/L lj Bfnox;df lxhf]  
3/h' sdbf/ afnaf]nsf;sf]afxNo xg]ub]of].  
otfsf lbgdf afn>dk]tsf] a9b]f] gsf/f]ds  
wf/Off / cG6 sf/Ofx;n]ubf{sfd u/} k9g]sf]  
nflu sf7df8f]af]x/af6 afnaf]nsf Nofpg]qnd  
36\$]f]5 . ; /sf/L :shdf lj Bfyl{ ; ^Vof 36gdf





of] klg Pp6f sf/Of ePsf] To:tf lj Bfnosf lzlfsc; atfp5g\.

; /sf/L lj Bfnosf w}] lzlfsc;n] cfmh} k9fpg]:shdf cf'gf 5f/f5f7L k9fpg\ lj Bfno lfq'sf afl; Gbn] ; /sf/Ldf e6bf lghl :shdf 5f/f5f7L k9fPsf] kf0G5 . ; /sf/L lj Bfnodf cfly\$; ylt sdhf] ePsf afnaflnsf] afxNo 5 . rgb]l dlj sf kwfgfWofks 3gZofd lu/L Joj:yfkg ; ldt sdhf] / lzlfsc;sf] nfk/afxsf sf/Of zx/sf ; /sf/L :shdf 5fq5fqf 36] aGb xg] cj:yfdf ku\$] 7fG5g\.

lhlsf nlnk/sf lj Bfno kzf; g zvfvsf kdV xl/x/ bxfn klg Joj:yfkg ; ldt / kwfgfWofksn] cf'gf] st{0 lgj fx' gu/\$f sf/Of o:tf] ; d:of blVpsf] atfp5g\ . pgl e65g\ aew}] lzlfsc; cf'gf] kzfkl't ; dlk' ePsf] kf0G5 . A lj Bfyl{; ^Vof a9fpg cfmh} clxn} Dd sg} kof; gu/\$f] atfp5} efg' dlj -b/af/ xf0{sh\_sl lzlfsc odhf >]7 e65g\ aet/ slffdf yf}] lj Bfyl{ bVbf k9fpg] hfE/ d/] cfp5 . A afn pHHj n kllj Joj:yfkg ; ldt sf cWof cd/ ahlfro{ :yfglo afl; Gbnf0{lj Bfnosf] af/dl vf; } IrGtf g/x\$] :jlsf5g\ . pgl e65g\ aelwzfz cleefj sx; lbgel/ sdfP dfq] vfg klg] cfly\$ x}; otsf ePsf] pglx;n] lj Bfnosf] lxt / u0f:t/lo lzlfsc af/dl ; flg Eofp5g\ . A

lghl lj Bfnodf dfq] /fdl] k9f0 xG5 eGg] cleefj ssf] dfq; stfdf kl/j tG ug{ ; a6bf dxGj kOf{ eldsf lzlfsc} xg] blV65 . t/ lzlfsc;n0{To; tkn(kl/t ug]/ 8f] ofpg]; eGq eg] st} blV6g .

**lj Bfyl{ (a9fpg) of]hg**

kf/IDes afn ljsf; slff -0{18L ; ~rfng ul/Psf ; /sf/L lj Bfnodf lj Bfyl{; ^Vof a9b} uPsf] kf0G5 . t/ 5fq5fqf 36] aGb ugkg] cj:yfdf ku\$] :shn] o:tf] lj sNknf0{sf0f] og ug] hfE/ bVfPsf 5g\.

bZs} klxnf] c^u]h lj Bfno -lj = # ! (!) \_ sf ; kdf :yflkt b/af/ xf0{sh -efg' dlj\_ /fglky/ln] lj Bfyl{ cfsliif ug{ lj Bfnodf nllg} ; Dkof{zlls ldgxf u/\$] 5 . ; xfos kwfgfWofks wg-ho ofbj lj Bfyl{sf] ; ^Vof ylkG] cfzdf o; k6sbllv lgnzlls 6f0{/ a]6 klg af8g] of]hgdf 5g\ . pgn] zx/sf] sllb\$] eflts k'f'v/f0Qm lj Bfno eP/ klg of]:shdf lj Bfyl{; ^Vof 36gdf cleefj sx; sf] ajf:tfnf0{dVo sf/Of dfq\$ 5g\ . sg} ajhf pQm :shdf 5fq5fqf egf{ ug{ sl7g kYof] t/ clxn} cj:yf gfh5 5 .

zx/sf ; /sf/L lj Bfnon] cf'gf] cl:tj hllfpg cleefj ss}; lqmtf dxGj kOf{ xg] blV65 . lghl

**tlgxhf/af6 @% hgfd %of]**

**g]ndf** cfkrf/s lzlfsc] ; ?cft ug{ klxnf] lj Bfno efg' dlj -b/af/ :sh\_ sf Ps; o hgf lj Bfyl{c6fpg] slffsf] fdf !) jZfvdf, slff ^ df !) hgfeGf a9L lj Bfyl{lyPgg\ . v]hdVg ; g; fg lyof] . gofZ]lfs ; qsf] ; ?cft ePsf] lj Bfyl{; ^Vof a9b} hfg] cgdGf o; lj Bfnosf xsdf nfu" xg] blV6g . lsgel] lj Bfyl{sf] kl't slff cf}t ; ^Vof @) ÷ @% dfq} klg jiflR5] 36b] 5 . oxfF@)^# ; fndf #&& hgf lj Bfyl{ /x\$] df @)^\$ df #!^ hgf dfq egf{ eP . @)^% ; fndf # \$ @ hgf lj Bfyl{ egf{ eP klg z]lfs ; qel/ k9g] lj Bfyl{sf] ; ^Vof eg] TofGbf lgs} yf}] lyof] . o; k6s jZfv !) ut] Dd, hDdf !& hgf dfq gofFlj Bfyl{ egf{ ePsf lyP .

pQm :shdf lj Bfyl{sf] ; ^Vof cf]fnf] nfu\$ sf/Of lj Bfnosf] eljio s] xg] xf] eGg] cj:yf l; hgf ePsf] 5 . lj = # ! (!) df hEaxfb/n] cf'gf ; Gtgnf0{ lzlf lbg vflh\$] of] lj Bfnosf] /fglky/lsf] 5] pdf cf'g] eJo eJg / v]hdVg sf lglDt kof{t hldg /x\$] 5 . ; f] :shdf @) # % ; fnbllv ; xfos kzf; ssf ; kdf sfo{t shf/ >]7 sf cg'f/ @) # ( ; fn; Dd tlg xhf/ lj Bfyl{h} clWog uy] . ToItahf rf/ ; \$; g rnfPbf klg lj Bfyl{vrfvr xg] u/\$] >]7 atfp5g\ . t/ cfh Toxl :shdf x/\$ slffdf cf}t @% hgfsf] xf/xf/ldf dfq lj Bfyl{ 5g\ .

lj Bfnox; df u0f:t/lo lzlf l60G5 / ; a}; /sf/L lj Bfnosf] k9f0 g/fd} xG5 eGg] dfq ; flg] xf] eg] ; /sf/L :sh ; wf/sf] 9f\$fv gvNlg] blV65 . lj ifout blftf ePsf kzfkl't ; dlk' lzlfsc / lj Bfnodf rfxg] eflts ; fdulsf] Joj:yf ePdf ; /sf/L :shsf] k9f0df ; wf/ cfp5 . cf'gf 5f/f5f7L k9g] lj Bfno / lzlfsc;sf] hfuf'stfaif] cleefj sn] rf; f] /Vg] xf] eg] lzlfscn] :t/lo k7gk'7g ug{ aflWb aGgk5{ . cleefj sdf ; /sf/L :shdf /fdl] k9f0 xG5 eGg] lj Zj; knfPk15 5fq5fqf :j tM a95gV :sh aGb ugkg] cj:yaf6 dlQm ldN5 .

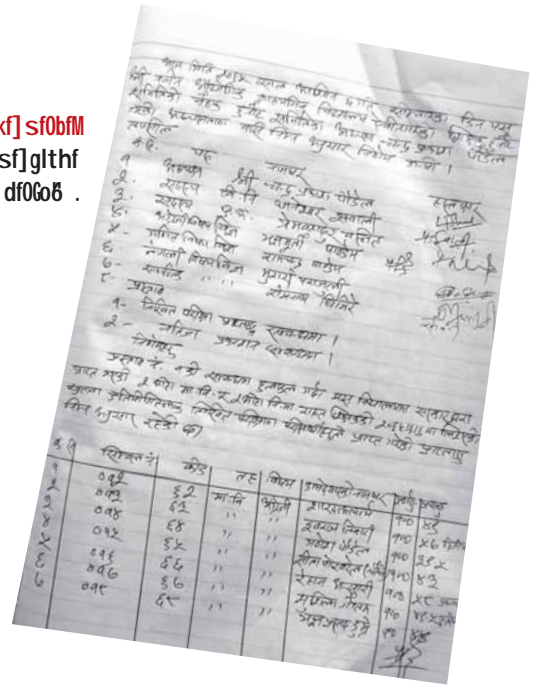
# I/kf{ lzfs 5gf

blks 1jfnl

o:tf]kf]sf0bfl  
 lnltv k/lifsf]glthf  
 kfzfg ubf{f]df0608 .

gj Lg dflj sf]  
 gj Lg zjhl

/fhgllts bfpk] / cfkntjfbaf6 dQm eP/  
 klg lzfs 5gf ug{;ls65 eG]b[6ft gjlg  
 dfljn] lbPsf] 5 .



**S** /f ut jif{f] c;fh dlxgfsf] xf].  
 abjni:yt gjlg cfbflus dflblds  
 lj Bfnon] uloft lzlfssf] .Eofs] gl  
 vfl]of]. uloft lj ifodf :gfts Pj +zlf]s ofhg  
 / Joj:yfkgdf :gftsQ/ u/\$l bofstf/L cofh  
 -e\$ \_ n] cfjhg lb0g\ . ha lnltv k/lifdf  
 ; xeful e0g\ pgnf0{ lj Zj lj Bfnosf] %fsl7g  
 k/lifdf ; xeful eP%fnl]of]. cGt/jftf{ lng  
 a; \$f kfqx; %g\ck]oflzt nfu]. snhshf  
 lj ifolj 1x; cGt/jftf{f a; \$f lyP . kofl]fids  
 k/liff t %g\lj Bfyl{x;n] kf] lnP .

%08} To:t} cgf]f] cj:yf k/lifs cyf\ \  
 lj ifolj 1x;nf0{ klg cf0nfu\$] lyof]. sg  
 k/liffyl\$] pQ/kl:tsf sg xf] eG] sg} ; l]  
 lyPg . lj Bfno Joj:yfkg] pQ/kl:tsfdf gfd  
 / l;Dafh gDa/sf] ; \$f sfB gDa/ /flvlpPsf]  
 lyof]. kZgkq agfpg] lhDdf kfPsf lj 1x;n]  
 klg k/lifsf] kGw] ldg0cl3 dfq lj Bfnosf]  
 ufl]o sf]fdf kZgkq agfP / , ;lw}k/liff:yndf  
 k%ofP .  
 o; u/l gkfnl , fdlhs / lj 1fg lj ifosf  
 lzfs 5gf ubf{ klg ; f] lj Bfnon] abjnsf

## .uj {5U

s:tf] lyof] 5gf k]qmf <  
 Psbd :jR5 . d]f] hfF klg /fd] ePsf]  
 lyof]. lnltv, cGt/jftf{/ kofl]fids tlg  
 r/of g}:jR5 lyP . s; hf0{eg; g gul/sg}  
 d]f] gfd klxnf] gDa/df lgl:s0f]. ; f]{  
 ePdfq gfd lgl:s65 eG] unt ; :sf/n]  
 sfu u/\$f] xfd]] ; dfhd] of] lj Bfnosf]  
 5gf k]qmf ; fRr}ck]oflzt / ulhasf]  
 n]l]of].  
 eg; g gu/l klt:kwf{f6 5flgaf s:tf]cgej eof] <  
 Psbd uj {n]l]of]. j:f:tj df ; f] {nuP/ gfd lgl:sPsf]  
 eP lh6bule/ cfdunflg xg]lyof]. :jR5 klt:kwf{f6  
 5flgPsf]cfd; Ddfg / cfdlj Zjf; a9\$]5 . s; }E  
 %sgkbq . lj Bfyl{x;nf0{ cfdlj Zjf; sf ; fy k9fpg  
 ; lsPsf] 5 . cfd; Gtl6 5 .  
 tkf0]jo; ebf cl3 sg]lj Bfnosf] 5gf klt:kwf{f  
 efu lngPsf] lyof] <



bofstf/L cofh,  
 lzfs

lyof]. dh]o; cl3 ?kGx]s}Ps lj Bfnodf  
 cfjhg lbPsl lyPF. k/lifdf ; xeful klg  
 ePF. t/ d]f] gfd j\$lnksdf dfq  
 lgl:s0f]. d]f] ; \$df lj Bfno Joj:yfkg  
 ; ldtsf cWlfsf 5f]fsf]gfd lgl:s0f].  
 kl5 yxf kfPF cWlfs} 5f]fn0{/ /Vg]  
 ofhg d]f]s lzfs 5gf k]qmf  
 cfkrf]l/stsf nflu dfq ul/Psf] /x\$ .  
 :jR5 5gf ePsf] eP toxFd]f] gfd  
 lgl:sGyof] eGdf d 9Ss lyPF .  
 lzfs ag rfxg]JolQm/ lj Bfnox;nf0{  
 s]l eG]x65 <  
 gftf]b, s[k]f]bn]g]lzlf lalupPsf]xf]. cf'gf sf]l  
 dflg; nf0{ hflu/ v]fpg] gddf lfdtjfg\JolQmf0{  
 lzfs gagpbf afnafnsf]el]io g}vt/fdf kg{  
 uPsf]5 . To; n]d t ?kGx]sf dfq xf0g, bze/sf  
 ; f]h]gs lj Bfnox;n] klg lfdtjfg\lzfs 5gf  
 ug{o:t}ljlw ckfpg cg/fw u5{. lzlf0f kZdf  
 cfpq rfxg;x;n] klg cfkm' ; lfd xgaf/] ; f]k]k5{.  
 eg;gsf]unt af6f]/fhdf cfk]f0{Unflg x65 .

# .knfOb } knfObfU

**lzlfS 5grf] o:tf] tl/sf s;n] l; sfof] <**

z]lfs :t/ pSf:g s;/l /fd] lzlfS 5grf ug[eGgdf a9l Wofg lbff of]pkfo lgl:sPsf]xf]. Ps hgf dfq unt JolQm lzlfS ag] cPpf ljBfno aaf] ePsf w]}pbfx/Of 5g\ . To; }/fd] lzlfSx; 5grf u/] /fd] ljBfyl; ptkfbg ug]sf nflu cfrf/stfeGbf dfly p7] :t/lo lzlfS 5fG] pkfo ckgPsf xf].

**bnlo /fhglt / cfrf]fba6 k/ /xg s;l ;Sgeof] <**

cf'gf dfG5]/Vg k;:t bafax; cPsf lYP . sltko ;/sf/l / bnlo bafa klg cPsf}xg\ . t/ xfdln]



**k; k]axfb/ a:g]**

Tof]s'/sf]j:tf u/}f}: :sh / ljBfyl]sf] eljio x]of].

**To;n]s]s] knfObf eof] <**

k9f0sf]uOf:t/ a9]f]5 . lzlfSx; ljBfyl / ljBfnoklt klta4 5g\ . z]lfs cgzf; g 5 . lzlfSx;dfly s; }f] k;fj jf bafa 5g . lzlfS 5fG ljBfyl;sf]klg of]ubfg /x]fn]tl lzlfSx; ; t ljBfyl; klg ;Gt6 5g\ . ljBfnosf] klti7f a9]f]5 .

**c; /fd] lzlfS tfG s]l ub; xgG5 ls <**

ljBfnosf]z]lfs :t/ pSf:g]dflod of]o

lzlfS g}xg\ . ljBfnof0{c; lzlfS cfjZos kb{ xfdln] kof] u/]f] ljlnf0{c% a9l k;fj]sf/l / kl/dfhG ub; n]hfg]f} t]fs 5grf]df c% :jR5tf c]pg ;sf] \ / ;aeGbf of]o lzlfS 5grf] xg ;Sg\ .



ljleG SofDk; df c]Wofkg/t ljifolj 1x;nf0{5grf] ;ldltdf /fv]f] lyof].

lzlfS 5grf]df ;/sf/l x:t]fk, /fhgltS bafa jf gftfu]f]sf] k;fj]sf k;:t pbfx/Of e]G5g\ . /fd] eGbf xfd] dfG5] 5grf] ug] unt k]Qn]lzlfSf]uOf:t/ g]vl:sPsf ug; fx; htftt]f6 c]pg] u/]f] 5g\ . t/ abjnsf] ahf/5]psf]of]ljBfno o:tf] s'/af6 rfy]dfq 5g, lzlfS 5grf] klqof klg cG ljBfnox;sf] eGbf lgtfGt leG 5 . ox]F]ljBfyl]f0{ ;d; ;xeful u/P/ lzlfS 5grf] ul/G5 . ljBfnosf k]vfg]Wofks k] a:g]sf cg; f/, ljBfnodf lzlfS cfjZos ePk5 lj 1kg vhf0G5 . lzlfS sfoffo, ljBfno Joj:yfkg ;ldlt, k]vfg]Wofks, ;DalGwt ljifosf lj 1 / ljBfyl /x]f] 5grf] ;ldlt agf0G5 . /, To; k]5 5grf]sf gofFgof]ljwx; ckgf0G5 .

lnlvtdf pQ]of{ ePsfx;nf0{ cGt/jftf]f ;dfj; ul/g]ljlw cGqh:t}ePklg cGt/jftf] lng]kfqx; eg]cGq eGbf kw/s /xg] u/]f] 5g\ . k; a:g] eG5g\ajifolj 1g0ff6sx; / ljBfyl] ;d; cGt/jftf] lnG5g\ . ljBfyl] g?rfPsf / lj1n]l; k]l/; gu/]fx; 5grf] xg ;Sbg\A

pQm ljBfnosf @! hgf lzlfSd]Wo] sl/a Ps bhG lzlfS oxl ljwaf6 5grf] ePsf 5g\ .

o:tf] ljlw ckgf] lfdt]fg\JolQm dfq lzlfSdf 5grf] xg] u/]f] k]vfg]Wofks a:g]sf] cg; 5 . eG5g\ae5grf] ljwdf s; }/ cgdfg gu/]f] ljifolj 1 / ljBfyl;sf]el]dsf xgn]s; }f] bafa, x:t]fk / cfux-k]vfg]k;fj]t ug; ;Sbg A

ljutsf cg; ;g]p]a:g] eG5g\ae'gf dfG5] 5grf] ug{ lzlfS sfoffonufot ;/sf/l lgsfox;af6 ;d; bafa c]p5g\ . ljutdf, t]Sfnlg zfx]sfnsf lzlfSdf /w]s]Of d]gnln] ul]dsf Ps JolQmnf0{c^u]h lzlfSdf 5grf] ug{ kn] u/] bafa lbPsf lYP . t/ xfd] 5grf] ljln] pgnf0{;lsf/ u/} A

:jR5 kl]t:k]w]f]ljlwaf6 5f]gPsf lzlfSx; o:tf]cEof; n]cfrk;nf0{ljBfno / ljBfyl;kl]t klta4 /xg g]ts an ldn]f]atp5g\ . v]Nnf kl]t:k]w]f] c^u]h lzlfSdf 5f]gPsf 0] /fh ltj]f/l eG5g\ae;j:y kl]t:k]w]f] 5f]gPsf]ddf a9l c]fdan 5 . ljBfno / ljBfyl]kl]t Od]Gbf/ /xg g]ts an ldn]f] 5 A pgsf] egr0df ;ajt/ gft]fb / s]f]f]bn]lzlfS 5grf] xG5g\ eG]unt ;:sf/nf0{of]ljBfnon]rg]f] lbPsf] 5 . Ps k6s gft]f]bs}sf/Of lzlfSdf 5grf] geP/ 7Ss/ v]Psl bofsdf/l cof] klg cgs/Oflo 5grf] ljln] cfrk]f0{Gof]o lbn]Psf] at]p5g\ .

;dbfoaf6 ;-r]lnt o; ljBfnosf]Joj:yfkg ;ldtsf sf]fxs c]Wof rG] k]fz k]f] bafa, l; k]l/; / x:t]fk h:tf s'/fx;sf]k]f] gu/l of]o lzlfS 5grf] ubf{ljBfnosf]kl]ti7f a9]f] cg; ;g]p5g\ . eG5g\ae]of]o lzlfS ePs}sf/Of z]lfs :t/ / ljBfnosf]kl]ti7f a]9/x]f] 5 A z]fob To;sf] kl/Ofdf lyof] P;Pn;lsf]k/l]fd ut jif{k]xnr]k]N6 ;xeful ;f]ljBfnosf sh @) ljBfyl{d]Wo] !^ hgf kyd / rf/ hgf bf]f] >]ldf u/l ztk]tzt g]thf xfl; n ug; ;k]n xg kl]of] .



# Pp6f aϕn}:sh Ū

; lfd kϕ, ; dlkξ lzlf s / nugzln 5fq5fqf eP  
; /sf/L :sh /fd}u/L ; lwg ; S5 eGg] b[ϕft agξf]  
5- df]asf] /flwsf dflj .

@)% ; fndf vhξf] df]asf] pnf]f/ll:yt  
/flwsf dflj sf] leQdf .nugzln lj Bfylξ  
; dlkξ lzlf s / ; Gbξ n]vPsf] 5 . of]  
; Gbξ ; Gbξ dfq}xf] of jf:tlj stf; G o; sf]  
; f0gf] 5 eGg] lh1f; f zft gxξ} kϕ lbnk  
/f0g]hj fkm lb0xfn] æof] ; Gbξleq xdf] :shsf]  
oyfy{ nξξf] 5 .  
%ξ xϕf{zx/sf] sg}/fd] lghl :sh h:tf]  
nflg] pQm lj Bfno ; Gbξdf elgP%F nugzln  
lj Bfylξ / ; dlkξ lzlf s sf/Of df]as} /fd]  
lj Bfnodf bl/g klξf] 5 . lj Bfnosf cleefj s  
k0fϕg lnDaξf] egf0df ; a} ; /sf/L lj Bfno  
/flwsf dflj h:tf] eP cleefj sn] lghl :shdf  
5f]f5f]L k9fpg] aNottaf6 dlQm kfpξ]. kϕ  
/f0{yK5g\ ægddfsf] ; /sf/L lj Bfno xf] of].  
sfd ; a} lghl ; /x xG5 .  
pQm lj Bfnon] kllj txb]v c^aϕhl dflWoddf  
k9fpg yfnξf] b0{ j if{ e0; sξf] 5 . c^aϕhl  
dflWod ckgfpg] of] df]asf] klxnf] ; /sf/L lj Bfno  
xf]. lh1zsf df]asf zfvf clwsξ /fh]b]  
a9fyξlsf cg; f/ o; sf] l; sf] ubξ j/k/sf  
c; :sh] klg c^aϕhl dflWoddf k9fpg yfnξf  
5g\ . /sf/L :shdf klpM gb]vg] o:tf] Joj:yfsf  
sf/Of /flwsf dflj n] lghl :shnf0{la; f0]bPsf]  
5 . c^aϕhl dflWoddf k9fpg lghl ; f] lzlf s sf]  
Joj:yf ul/Psf] kϕ /f0{atfp5g\ . pgsf cg; f/

kllj sf 5fq5fqfnf0{ k'ts, kfξfs / lbpFf]  
vfhfsf] lgMzNs Joj:yf ldnfPsf] 5 .  
/flwsf dflj sf] kl5Nnf] kϕltsf] dVo sf/Of  
kϕ lbnk /f0ξf] g]t]j nf0{ dfGg] ul/Psf] 5 .  
# c; f/ @)^# df pgl kϕ ePk15 lj Bfno  
; wf/sf] of]hgf] ult lnPsf] xf]. o; cl3 pQm  
lj Bfnodf #% j if{ Dd gu]b]hn bf; kϕ lyP .  
pgsf] nfd] sfoξndf :sh rNg t rln/Xof]  
t/ lj z]f pGgt eg] ePg . @% j if{ v /flwsf  
dflj df k9f0/xξf lzlf s o1 u/fuf0+/ sdn  
bxfnsf] egf0df /f0{kϕ ePk15 ; lfd g]t]j sf]  
vFf] dfq k/f ePsf] 5g, lj Bfnosf] z]f s  
j ftj /of g} ablnPsf] 5 .  
@)^# ; fndf k]f{rndf P; Pn; L k/Llfd  
pTs[6 glthf NofPsf sf/Of /flwsf dflj n]  
jL/b/lz18 kξt u/ξf] lyof]. To; kl5 lj Bfnosf]  
k9f0 qmdzM vl:sξ uPsf] lyof]. kl/OffdtM  
@)% b]v @)^@ ; fn; Dd P; Pn; L glthf !%  
/ !^ kl'tzt; Dd %of]. lbnk /f0{xξdf:6/  
ePk15, @)^# ; fndf P; Pn; L kl/Offd !^ af6  
pSn] \$# / @)^\$ df \$\$-% klξf] 5 . kϕ  
/f0{eG5g\æ:t/lo k9f0sf nflu xfd 5fq5fqsf]  
dfq x0g, lzlf s sf] klg k/Llf lng5f] . k/Llfsf]  
dof]df cfF cfpg] lqmfnsnfkd lzlf snf0{; nlg  
xg g]bPsf] ; xfos kϕ sdn bxfn atfp5g\  
c]pξ] kF j if{ eP; Pn; ldf ztkl'tzt 5fq5fqf



tt:a/x;ll dgfh >ij

pQlOf{ u/fpg] c7f6 /flwsf dfljn] u/3f] 5 .  
 o:tf] c7f6 k'f ug{ clwsfz lzlfz sfofho  
 ; do afx3 klg lj Bfnos] sfddf v6g] u/3f  
 5g\ . ; xfos kc bxfnsf] syg 5, æfdl  
 laxfg ^ ahllv ahsl cahf; Dd :shsf] sfddf  
 h65f) . :shnf0{/fd] agfpg] nlo xfl; n ug{  
 ; a66bf a9l xfdl g} sdzn xgk5{.Æ

/flwsf dflj sf] k9f0 ; lwPsf] tYonf0{ pQm  
 :shsf 5fq5fqfn] lhNnf txsf lj leGg kltoflutf  
 lht] xfl; n u/3f k':sf/n] klg k'6 kf/3f  
 5g\ . clt/Qm lqonfnsfk6tuæ 5fq5fqfn0{g[o  
 tyf ufog ; d] l; sfpg] ul/Psf] lzlfz cg'  
 /f0{ atfp5g\ . o; s} b9 xf] Ps jif6l3sf]  
 pnff]f/l dxfl; jdf ePsf]g[o kltoflutfd /flwsf  
 dfljn] kyd :yfg xfl; n ug{ . ptf af:s6an,  
 kb6an, elnan, 66an6lg; , r] , n8f] nufotsf  
 vhsf nflu lj Bfnon] e/kbf] eflts k'f6f/  
 tof/ u/3f] 5 . vhd]f]gsf]/fd] Joj :yfsf sf/Of  
 o; dflj sf 5fq5fqfn] lhNnf txsf kltoflutf  
 lht]g] u/3f] lzlfz; sf] egf0 5 . bz jif6l3  
 :ylut :sfp6 ut jif{ kgM z? ul/Psf] 5 .  
 ; fl; fwg ; DkGg tNofpg lj Bfnodf !^ j6f  
 sdKob/ /flvPsf] 5 .

**/dfonf] z]hfs jftfj/Of**

/flwsf dflj sf] eflts k'f6f/ klg cfsif\$ blv65 .

klj slfsf nflu 5\$}ejg / afnaf6sf agf0Psf]  
 5 . lj leGg yl/sf k'hn] 9flsPsf] afnaf6sdf  
 kl^, lrkn6l, rfsrhl h:tf cwf bh6 a9l  
 v]h ; fdul 5g\ . lj Bfnodf 5fq5fqfsf] nflu  
 5\$5\$} z]f]fno klg 5 . ptf ckfEsf nflu  
 csf]5\$} z]f]fno lgdf0f ul/Psf] 5 . #) kl'tzt  
 ; /sf/ / &) kl'tzt lj Bfnos] nufgdf  
 rf/sf] kSsl ejg lgoff0f ul/Psf] 5 .  
 pQm ejgdf cfp6f] jif6lv kn; 6' slff  
 ; -rfng ul/g] tof/l ul/Psf] 5 .

lj Bfnos] uxgf dflgg] cgzf; g  
 sfod /Vgdf klg /flwsf dflj cu] /  
 blv65 . sl/a !^ ; o 5fq5fq /x3f]  
 pQm dflj df ; a} 5fq5fq cgzf; gdf  
 a:g] clg slffdf lgoldt k9f0 xg] u/3f]  
 slff !) sf kjlof a:g] atfp5g\ .

dxEf] z]hfs It/] lghl lj Bfno hfg6bf /flwsf  
 dflj df k9g' pQd ePsf] csl{5fqf /-h' uf] dsf]  
 ts{ 5 . lj Bfno cfp6f 5fq5fqfn] ; f] ; 6{  
 glnf] kl6 jf k'psf ; fy}6f0{/ a]6 nufpgkg]  
 clgjfo{ Joj :yf ul/Psf] 5 . ptf lzlfzsn] slff  
 cjwe/ lzlf0fd] bQlrQ xgkg] lgod nfu" ul/Psf]  
 5 . æzlfzsn] cN5l ug{ kfp6f ; xfos kc  
 bxfn e65g\ . dflj txdf k9fpg] lzlfzsn] lgoldt  
 slff lnPk]5 lgdf] / klj sf] cfn6fn ug{  
 gkfp] bxfnsf] cgej 5 .



kc lbnlk /f0{

:ynut

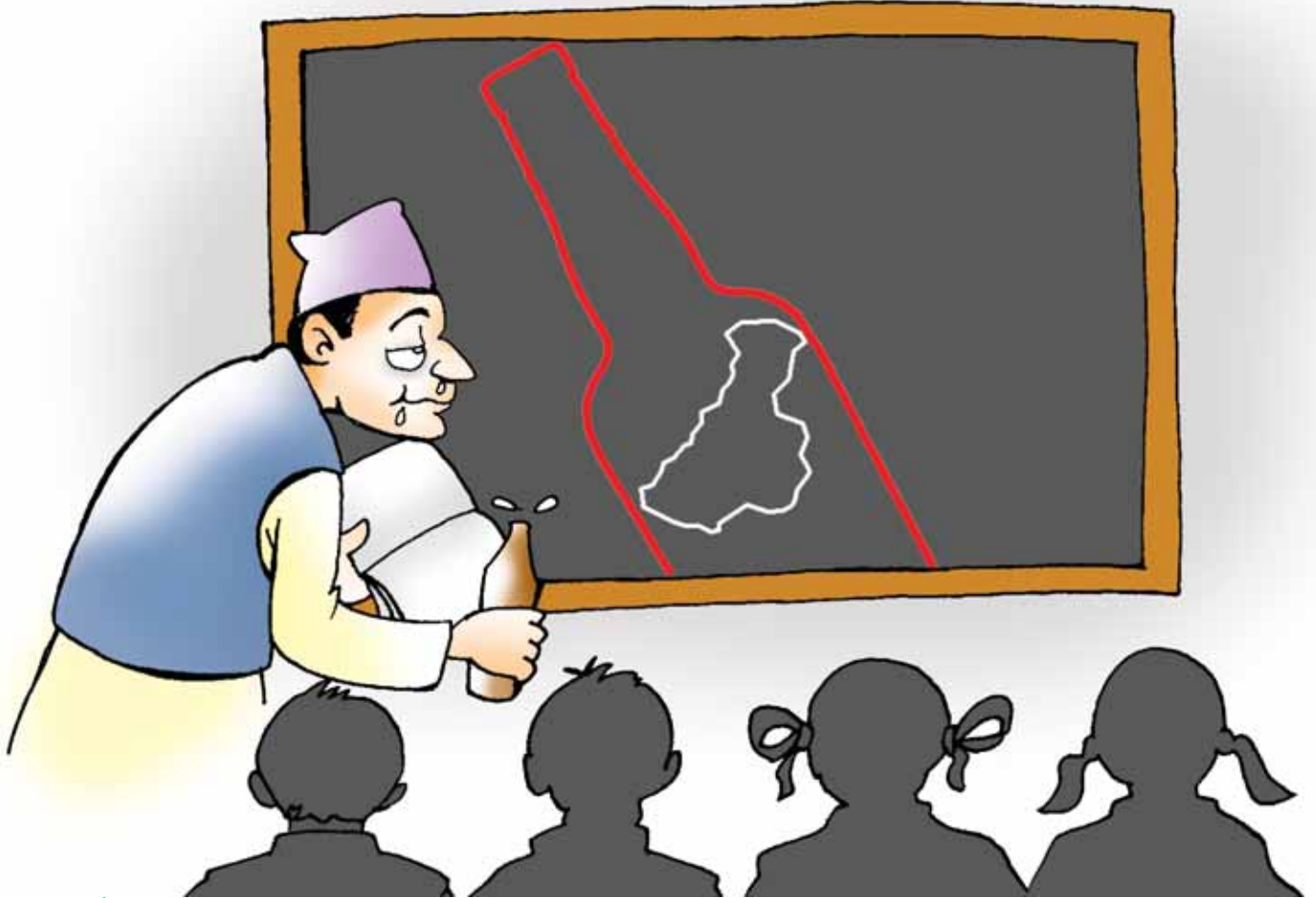
dfxg dğfnl, kf08; đ afh/fdf

# afh/fMdlb/f / df:6/

afh/fsf] :sh] lzlf, hgziQm / nufglsf lx;fan] pRr kfyldstfdf  
k/xf] eP klg pknlAwsf lx;fadf eg]w}]k5fl8 5 . nfl5, oxfBf]  
lzlf, ;fdlhs ;bfrf/, cyfGq / 3/fo;L cdgrog dlb/f;E}%bb5 .  
oxfFhf] %bbg p;n] nfh dfGkg[cj:yf blvG5 .

**d** | lxgf r} eP klg laxfg hf8f] lgs}  
lyof]. Pshgf cwaF]dfg; lrof; ndf  
k; ]. pgl af6b]v b0]6f xTs}hf 7f8f]  
kfb} cfPsf lyP . leq k; } ;fxglnf0{ wsl]b}  
pgl cfufsf] 5}pdf kl].  
æt}f] OHht 5g eGbdf d}f] klg OHht 5g  
eGg]7fgsf]5; \t}f] & ;fxgln]ufnl dfq ul/gg  
8BfNgf}df tlg-rf/ d8sl lxsfr/ tl dfg; nfo{  
afix/ wkf0g\.

æ8fS6/ ;fa, d}f] x88lsf] ult s] eof]  
xf}hf & xf}nsf]anf]laf6 d66f]leq xh} pgn]  
a}rdf a; } lrof vfb} u/xf l; lgo/ xll}y  
cl; :6}6nf0{ ;f]y]. æloglx;n] cf'g} cuf]8 h]  
u/]klg gby}]%Fugk5f, h8d}xfaf6 cflht ePsf  
xll}y cl; :6}6n] xfdl; E lj :tf/f] E ug; f] u/].  
;fxgln] ufnl yk}k15 tl JolQm ToxfBf6  
wd{fp} lxB].  
pgl glhs}sf]kfylds :shsf lzlfs /x5g\.



To;sf] tlg 306fdf pgn] @)) ld6/ 6f9fsf] kfylds :shdf ku] s0fs0lx;nf0{cfbz{cfr/Of, doif / ;lksf s/f l; sfpqYof]. t/ pgl To] lbg :sh g} hfg ; s0g\.

tl lzlfnsf0{ToxlF5f8} xfdl psfnf] nfllof].  
æ; /x; ; E Pp6f s/f ug[kg] lyof] afh/fdf @)%! ; fnb]v k9fpg] df65]nf0{ a9]f gu/] kl5 k9fpg yfn\$ f lzlfnsf0{ a9]f ul/Psf] 5Æ, af6f]f el6Psf Ps csf{cwaFh] ugf; f] ub} eg} æd c^a\uprkfgl :shsf] x0; / xFA

xfdl tlg lbgblv c^a\uprkfglsf] :shd] lyof]. :shsf] /lhi6/sf cg; f/, ol x0; / :shdf xflh/ lyP . t/ xfdl] b]vfe0 rflxFlolta]h; Dd ePsf] lyPg . xfdl pgs} :shlt/ hf] lyof]. Tolt eg] pglrflxFc]fnf] nfu].

!) ah] xfdl c^a\uprkfglsf] :shdf klbf %08} () kl]tzt lj Bfyl{ cf0klu; s0f lyP . lzlf s kls/ gkfnin] lj Bfyl6f0{ nfd nufP . zf//s Jofofd u/fP . b0]lg hgf lj Bfyl6f0{ nfdsf] cufl8 uP/ cf^gf s/f k]tt ug{nuFP . Pshgfn] ult ufP, csf] hgfn] cfkm' eljiodf s] x65' e6g] ljifodf efifof u/.

; jf ! ) ah] Dd :shdf kls/ dfq] lyP . pgn] eg] æ; wFo: t] xf]. c; ; /-ld; x; lj :tf/} cfpqk65 Æ kls/ lhnf lzlf sfofhoaf6 tna gkfpq] c:yol lzlf s /x0g\ . c; lzlf s h:t} tnasf] 7ufg ePsf] / :yfol ePsf] eP pgl To; u/L ah]df :sh cfp] jf cfp]y] e6g] kf6f] xfdln] sf0afPg}.

afh/f lhnfsf] :sh lzlfdf ; /sf/n] a; lg ?=@) s/f0e6f a9L vr{ul//x0f] 5 . Toxf0f sh lj Bfyl6lr efu nufpg] xf] eg] Pshgfsf] efudf jflif\$ ?^%) k5{. cleefj sn] Itg] k/Llf zNs / sxl :shdf v]f0g] vfhfsf] ; d] lx; fa ug] xf] eg] of] nufgl c% a9L x65 . t/ o; sf] pknIAw eg] Psbd} sd 5 .

afh/fsf] lzlf w}] jif6]v vlnlnPsf] 5 . n8f0FePsf ah]df oxf0f lzlf qflxdfd\lyP . sxl lzlf dfl/P klg . dfcj] fblnf0{ ; 3fPsf] eg] ; /sf/n] slQsf] tna /f\$sf ul/lbof]. dfcj] fblx; n] lzlfnsf0{ cckx/Of ug] snf0f] f] bn] upF 3dfpg] / pglx; af6 r6f p7fpg] sfd k; :t u/ . :sh agb u/] lj Bfylx; nf0{ cf^gf sf06mdf nu].

Tolta]h; ; To df=J= kf08; 0sf lzlf hgs zfxl dfcj] fblnf0{ e6g] uy] æf]h ldx; n] /fdf] ; lj-wfg agpnf . To] ; lj-wfg k90] / a'g] df65] rflxPnf . To; h] :sh agb gu/ . uf]fnf hfg] / adA0{hfg] df65]h] ; lj-wfg k9] ldx; n] /fdf] ; lj-wfg agp5f] e6g ; Sb0 Æ t/ dfcj] fbln] o:tf s/f slxNo; ; 00g\h; sf]

afh/fsf] :sh lzlfdf ; /sf/n] ul//x0f] a; lg ?=@) s/f0e6f a9L vr6f0{ Toxf0f sh lj Bfyl6lr efu nufpg] Pshgfsf] efudf jflif\$ ?^%) k5{. t/ o; sf] pknIAw eg] Psbd} sd 5 .

lgs} g/fdf] c; / k0f]. æPs k:tf t vQd} eof], zfxl e65g\.

b0{jif6tf dfcj] fblsf sf/Ofn] :shsf] k9f0 layf]hPsf] 50 . o; n] ubf{ afh/fdf lzlf sf lfgdf kghf0/Of g} cfp h:tf blv65 . tlg-tlgj6f Sof0k; ; fdbflos:t/df vh0f 5g\ . ; dbfodf lzlfklit r]gf a90f] s/f] of0e6f a9L k0f] s] rflx65 / <

; /sf/l / u}; /sf/l ; :yfn] klg lzlfdf nufgl a9fPsf 5g\ . lat0f b0{jif6f afh/fdf !^# j6f gofFsiff sf]f ylkP . t/ klg w}] :shdf k9f0 eg] x60 . c; sf sf/Ofn] xf0g lj Bfyl6f0{ k9fPafkt k9f0-h]h tna / k9fpg 5f8]k15 k]; g kfpq] lzlf sf sf/Ofn].

afh/fdf &! ) :yfol / !! ( hgf /xt lzlf s 5g\ . afh/fsf] lzlfdf hlt hgziQm nfu0f] 5 Tolt hgziQm c; s0} klg sfd df nfu0f] 50 . t/ hgziQm/ nufgl s lx; fan] pRr kfyldstfdf k/0f] lzlf lfg pknIAwsf lx; fadf eg] w}] k5f18 5 . oxfHlzlf hgs zfxln] eg] ah]B vfg0f] dfq a90f] 5, hfB gvfg0f] dfgxflg ePsf] 5 Æ

nflU5, afh/fsf] :sh] lzlf ; fdlhs ; bfrf/, cy0g / 3/fo; l cdgrog dlb/f; E} %0b0 . oxfHh] %0b0 p; n] nfh df0gk] c] :yf blv65 .

; /sf/n] afh/fdf hfB/S; l lgin] u/0f] w}] eof]. dfcj] fbln] t hfB vfg] df65] b]of] ls lk60] uy]. t] klg hfBkltsf] dfx k6Ss} 360f] blv60 . s0} klg v/fa rngnf0{ an / lx; fsf e/df lgo0q0f ug{ v]f]bf To; n] sxl ; do; Dd dfq sfd u5{ ha lx; fsf] c6to x65 ta lx; f ePsf ah]df hlt baf0Psf] lyof] Tolt g} dfq p6dQ eP/ cfp5 e6g] s/f afh/fdf dlb/f Jofk/sf] k0? yfng] klio u/0f] 5 . of]; fdlhs dxf/f] sf] lgbfg / pkrf/ ; j o-Hzlfs cfk]F/ lzlfssf ; E7gx; bflot] afw u/L cu| / x0f] sf] l:yltdf dfq ; Dej blv65 . olb pglx; hfuf gx0] xf] eg] of] sfd c; lgsfo jf klaf6 x0] ; Defj gf b]v kb0 . To] l:yltdf lzlf, lzlf0f k; z / ; du| ; dhfsf] eljio lg/Gt/ c6wsf/tkrf wsl]h0g} /xg0 .

cfj /0f

afa/fd ljZjsdf{

# IzlfS y/Ly/

Ighl ;ff IzlfS tyf ;xofyl sfoStf{;ldf  
vgfn, kplt Izlff ;bg dfljsf] afnljsf;  
s[bf k9fpf}.



tia/x2/afa/fd



# /Lsf

Izlfs IgoIom / Joj:yfkgdf Ps;ktf gePsf  
 sf/Of ;fj hlgS :shdf ljleGg y/Lsf Izlfsx;  
 sfo{t 5g\ . kb clg ;}f÷;ljwdf /x\$}f]lje]sf  
 sf/Of Izlfsx;df k9fpg]hfE/ / cfId;Ddfg kb  
 xg g;Sbf To;sf]gsf/flds c;/ slffsf]  
 k7gk7gdf k/\$}f] 5 .



**d** egf l; \* -PdP÷alP8\_ /  
 bdf] / l;njfn ljut 8P  
 bzsblv nlnTk'/sf]  
 sk08f]h:yt kUlt Izlff ;bg -df]j\_  
 df clWofkg/t\5g\ . z?df pglx;  
 bj]hgf c:yfol Izlffsf ;kdf ToxfF  
 k]z u/\$f lyP . bj]h]@)%@ ;fndf  
 ePsf] Izlfs ;}f cfOf]sf] k/lff  
 klG ;E; lbP . @)^) ;fndf  
 lglSnPsf];f]k/lffsf]kl/Ofddf klG  
 bj]hgf ;kmn eP . t/, df]vs  
 cGtjffef bdf] / ;kmn eP, dGgf  
 c;kmn . bdf] / Toxl ldtblv :yfol  
 Izlfs eP- k] ;g; d] kfSg] u/L .  
 bdf] / / dGgf clxn] klG Toxl  
 :shdf To; u/L k9f0/x\$}f 5g\h; /L  
 !@-!# jifcl3 k9fpg].  
 sfd / lhDd]f/Lsf lx; fan]dGgf  
 / bdf] /alr sg} e] 5g .  
 ljBfylx;sf lglDt klG pglx; bj]  
 .Izlfsu dfq xg\ . :yfoln] w}] /  
 /fd] k9fpg] clg c:yfoln] yf}] /  
 xnSf k9fpg]eGg] klG xGg . :yfol  
 w}]hfg] c:yfol sd hfg] :yfoln] :yfoln]  
 pd] 9Nb)hfg] c:yfol hjfg g]/lx/xg]  
 :yfol la/fdl jf b3Ggdf kg{ ;Sg]  
 c:yfoln]f0{ sxl gxg] clg :yfoln]  
 kl/jf/ kflngk] c:yfoln]kflNg gkg]  
 klG xGg . t/ leGgtf 7hf] 5 .  
 ;jin :yfol jf c:yfol Izlffsf]  
 dfq klG xGg . /fxt Izlfs, ljz]  
 Izlfs, lnog Izlfs, ;\$f Izlfs,  
 db/;sf Izlfs, u?shsf Izlfs,  
 dlxnf kl/Of]hg] Izlfs, lghl ;ff]  
 Izlfs, tflnd k]kt Izlfs, tflnd  
 ck]kt Izlfs, ;xof]ul Izlfs, u};  
 Izlfs ;d] ;j]f, ;ljwf, Izlff,  
 lgsfo, IgoIom cflb cfw/df Izlffsf  
 Pshg eGbf a9L k\$]/ e]lG5g\ .  
 t/ ;a} k\$]/sf Izlfsaf6 ck]ff

ul/g] s/f eg] Pp6} xG5M slffdf  
 uP/ ljBfylh]f0{ k9fpg' l; sfpG;  
 afl]4s pGgtdf 6]f k9fpg' .  
 kUlt Izlff ;bgsf bdf] / /  
 dGgf blgs rf/ 306l k9f05g\ . c;  
 sfd / lhDd]f/Ldf klG sg]leGgtf  
 5g . leGgtf 5 t, tna-;ljwf /  
 k]zft ;/lffdf . :yfol Izlfs ePsf]  
 bdf] / df] ;s ?=!#,\$%) tna,  
 ?=@)) aldf, ?=!#,\$% ;-rosff /  
 jflif\$ ?=!^)^ sf]u\$ afx\$ l/6fo8{  
 ePkl5 afr-'h]h k] ;g kfp5g\ .  
 c:yfol dGgn] rflxF df] ;s tna  
 ?=!#,\$%) d] lrQ a%fgk5{ .  
 Toitdfq ge0{ hit bzs k9fP klG  
 c:yfol ePsf sf/Of pgl hg; S;ahf  
 klG :shaf6 labf ul/g ;IS5g\ .  
 sy+#) jif{Dd k9fpg kf0g\eg]  
 klG l/6fo8{ x\$}f l/Of]kft 3/  
 knsGk5{ . To; kl5sf] hljg s; /L  
 wfG] pgnf0(yfxf xGg . dGgf e]G5g\  
 aZ}sf]lj8Dagf, Joj:yfkslo sdhf/L  
 / cf'g} b]ef]on] Pp6} txsf  
 Izlfsalrdf o:tf]e]efj, c;dfgtf  
 / lje] 5 A pgl ;}faf6 x6f0g]  
 eoaf6 clxn] klG ul; t 5g\ .  
 kUlt Izlff ;bgs;ulOft Izlfs  
 ;Togf/foOf dxhg nlnTk'/sf]cu]f  
 ;ff] JoIom ePkl5 l/Qm lnog kbdf  
 ljBfno Joj:yfkg ;ldltn] @)^#  
 ;fpgblv bof/fh cfrfof]f0{ ; ;\$f  
 Izlfsu lgoIom u/\$}f] 5 . e]h dxhg  
 knsPsf] lbg ; ;\$f Izlfsu cfrfof]  
 t]sfn :sh 5f]Gk5{ . cfknh:tf  
 Izlffsf] kl8f ;aGbf rsf] /x\$}f]  
 bfal ub]cfrfof{e]G5g\ .alnog kbdf  
 a:g]dh:tf ;\$f Izlffsf]h:tf]k]zft  
 c;/lff c; sg]klG k\$]/sf Izlfsn]  
 dx; ugk/\$}f] 5g . dh] :shdf  
 c; Izlfsn]h; /L g]sfd u/\$}f] 5'

# cfj /of

## tfnsf !

y/ly/lsf lzlf s MlgolQm ; jf / ; ljwfsf cfwf/df

:yfol tna, aldf, ; -rosfif, u\$ , klj; g

c:yfol tna dfq

/fxt tna dfq

kl; lPkm kl't ljBfyl{Psf0{nfutsf cfwf/df kfl/>lds

; f; lzlf s tna / ; ljwdf dfl; s ?%) yk eQf

ljzif ljBfno lzlf s ; /sf/l :shcg; f/sf] tna dfq

dlxfn kl/ofhgf lzlf s tna dfq

lgfl ; f; lzlf s ljBfnon] tf\$cg; f/sf] tna

; xofil sfo\$tf{-lzlf s\_ ?@))

u}; ; :yfif/i lgoQm ; :yn] tf\$cg; f/sf] tna

lnog lzlf s tna

; \$f lzlf s tna

sfh lzlf s :yfol lzlf s; /xsf]; jf ; ljwf

db;/ f ?@))

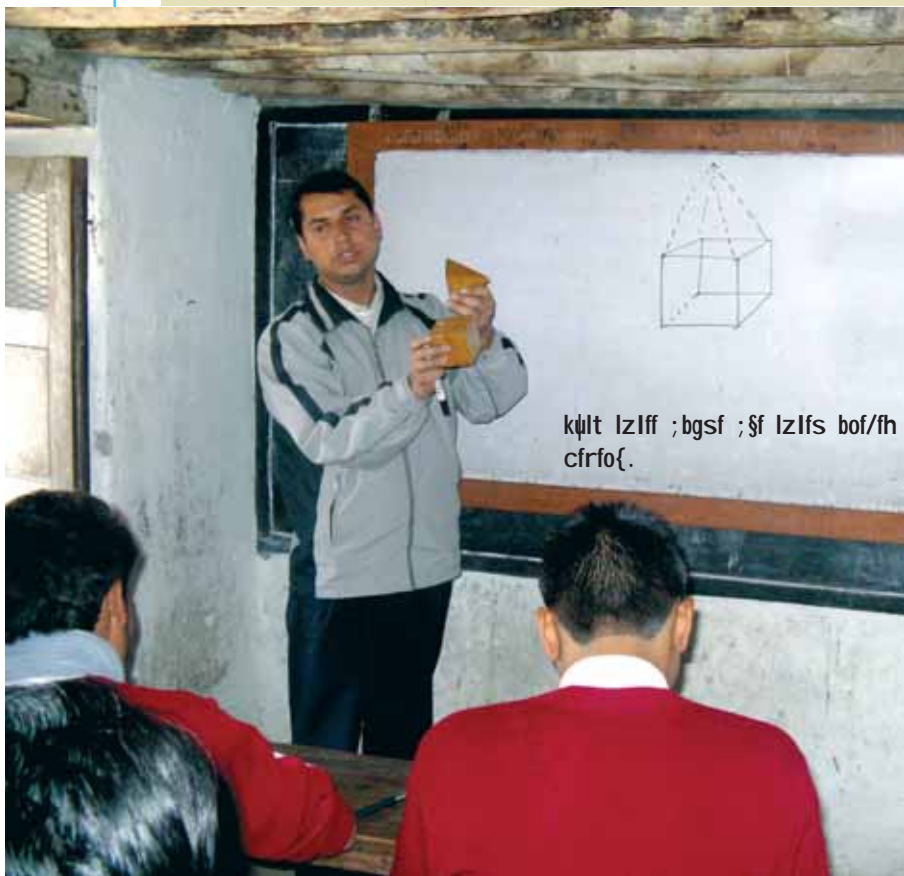
udaf ?@))

u?sh ?@))

:jo;}s lzlf s ljgf kfl/>lds

t/ cfd; tli6 eg] 5g .A ; \$f lzlf sn] hg lzlf s sf] lnog kbdf a; \$f]xf]toxl lzlf s sf] tna a/fa/sf] /sd dfq kfp5g\ . pglx; n] ; -rosfif, u\$ h:tf ; ljwf kfp5g\ . :yfol lzlf s clwoog, a; n]l h:tf nfd] labdf a; \$f / ; f; JoIQm eP/ cGoq uPdf ; /sf/l ljBfnodf .; \$f lzlf s /fVg] ul/Psf] 5 . ptf, klj txsf :yfol lzlf sn] zlf s of]otfsf cfwf/df lgdfj / dflj sf] z4 l/Qm b/aGblf lgoIQm kPdf To:tf lzlf s sf] :ygdg klg .; \$f lzlf s /fVg] ul/Psf] 5 . lzlf ljefusf] ljBfno Joj:yfkg zfvfsf clwsf of]ub] a/fnsf cg; f/ .; \$f lzlf s /fVg] rng ljutsf] thgdf qmzM sd x\$] uPsf] 5 . t/ .; \$f lzlf s sf] 5\$] b; Jofkl tYof] eg] lzlf ljefu; \$ klg pknAw 5g .

kl't lzlf ; bg dfj sk08fhd} csf{y/l lzlf s 5g]lgdf 1jfnl . ^ c; f/ @)^% b]v /fxt sf\$df lgoQm pgl b]6lj xlg xg\ . pgl klj txsf 5fq5qfnf0{ hg/n gn]h - ; fdfgo 1fg\_ lj 1fg / ; fdf]hs clwoog ljifo clwofkg u5g\ . pgsf] tna :sh ?=\* @\*) x] . To; af6 @# kl'tzt s\$ u/] /fxt lzlf s sf]df hddf ul/G5 . cf\$fb gb]vg] sf/of sfnf]k6ldf n]vg, u\$ sfo{ / k/lifsf] sfkl k/lifof ug{ 1jfnlnf0{ pOm :shsf klj lzlf s lvnk]fb l3ld/h] ; xofu k\$ofpg] u/\$f 5g\ . @)\$^ ; fndf :yfol ePsf l3ld/h]f0{ a9]fsf]cfz 5 eg] 1jfnlnf0{:yfol lzlf s xg] wf\$] 5 . /fxt / :yfol lzlf salrsf] b/l sf sf/of 1jfnl / l3ld/h] kfp] tna / c; ; xlnotdf klg 7hf] c\$ / 5 . l3ld/h] dfl; s tna ?=\* @\*) afx\$ s]l kfp5g . ; /sf/n] c; f] @)^% b]v nfu" xg] u/l a9]Psf] dfl; s ?=@ xhf/ c%pg pgsf] xftdf k/\$f] 5g . ptf l3ld/h] rflx f dfl; s tna ?=\* @\*) , ; -rosfif ?=\* @\*) ( aldf ?=@) , klj 0grfh{ eQf ?=@) / slf lzlf s eQf ?=@) clg jflif\$ u\$ kfp5g\ . ; /sf/n] b]6lj xlg, ckrEtf ePsf lzlf s, alx/f / ; :tdgl:yltsf 5fq5qfnf0{ k9]pgsf nflu !\* lhNndf klj, lgdfj / dfj u/l #^ j6f ljzif ljBfno :yfgf u/\$f]





kült lzlf ; bgsf b[6]jxlg-/fxt lzlfsg lgdhf 1jfnl

**tlfnsf @**

**;fdbflos ljBfnodf lzlfsg-ljBfyl{cgkft**

:sh tx	lzlfsg	ljBfyl{; ^Vof
kflj	!)*,\$%#	,\$,*%,%!& -!#)_
lgdfij	@%^^@	!,@^,#,!# -!#(_
dflj	!^,(&)	^)&(@ -!#%_
hdhf	!%!)&%	^!%\$^@@ -!#!_

**;ayfut ljBfno lzlfsg-ljBfyl{cgkft**

ljBfno tx	lzlfsg	ljBfyl{
kflj	#!@!	\$&*#@#!# -!M#^_
lgdfij	!!\$!^	!\$^^^@ -!M@*_
dflj	((%#)	&!%#&* -!M@_
sh	%\$(@	^(^\$%#& -!M@#_

5 . tl :shdf @^& hgf ljzif lzlfsg 5g\ . ljBfno Joj:yfkg / lzlfssf nflu ut jif{?# s/f\$ \$ \$ nfv vr{ePsf}lzlf ljefusf] ;dflxt lzlfssf pklgbzs c?ofsd/ ltjfl atfp5g\ . ptf, bzfel/sf # \$) ;fj klg ljBfnodf b[6]jxlg, alx/f, ;!tdgl:yfsg 5fg5fgfnf0{k9fpgsf nflu klj txd ;ff slff ;-rfng ul/Psf]5 h;df # \$) ljzif lzlfsg sfo{t 5g\ . o:tf slffdf k9fpgcl3 ljzif lzlfsgn0{\$% lbg]tlnd lb0g] ul/Psf] pklgbzs ltjfl/n] atfp . ;/sf/n] rfn" cfly\$ jif(f ! ) j6f :shdf ;ff slff ykg] nlo lnPsf] 5 .

kült lzlf ;bg dfljsf kc ;bk]fb l3ld/\$f 5f]f ;bz l3ld/] rfxghl ;ff lzlfssf ;kdf sfo{t /x\$] kf0G5 . pQm :shdf sfo{t c3f/vfFlsl ;ldf vgnf b0]6f kb 5g\ lghl ;ff lzlfsg / ;xoful sfo{tf{ . alp÷alp8 ;s\$] vgnn] lghl ;ff lzlfsg / ;xoful sfo{tf{el]dsf lgjfx u/afkt ?=^,)% kfl/>lds kfg]u/\$l 5g\ . bzfel/df ;-rfng e0/x\$] @\$ xhf/ &&# afnljsf ;s]bdf @\$ xhf/ &&# hgf ;xoful sfo{tf{ sfo{t 5g\ . afnljsf ;s]bdf nflu ;/sf/n]o ; jif{?-%( s/f\$ /sd ljlgofhg u/\$] 5 . of] /sd ;xoful sfo{tf{ kfl/>lds ;fdul / tflndf vr{ ug]5{ . ;xoful sfo{tf{w]bu]df

sfo{tsf nflu dfl;s ?=@ xhf/ / kxf8 tyf t/f0\$ nflu ?=!,\*) kfl/>lds lbg] ul/Psf] 5 . ljzid} kfl/Des afnljsf ; lzlf dx]df]dflgP klg gkfn eg] o ;sf nflu kof]t ah\$ ljlgofhg gul/Psf] lzlf clwsf/Lx; ;s} ug]f ;f] 5 . Go\$ kfl/>ldssf sf/of ;xoful sfo{tf{ sfd ug]h]f/ k]f xg g ;s\$]w/\$] egf0 5 . of, lghl ;ff lzlfssf] tna klg ;dfg 5g . cfly\$ ;ff bla]f] ePsf s\$] :shdf ltgn] of]otfcg ;f/sf] tna kPsf]eP klg clwsfz :shsf lghl ;ff lzlfsg;n] Go\$ kfl/>ldsd sfd ul//x\$] kf0G5 . tnal c ;dfgtf] lzlfsg;df k]z]ut c ;gtli6 / c ;/ff a9fPsf] 5 .

;fdbflos ljBfnodf sfo{t ljleG y/lsf lzlfssf] y/ly/lsf] cf58f lzlf ljefudf klg k]f k5{ . bzfel/sf ;fdbflos kljdf \*) xhf/ !&^, lgdfijdf !^ xhf/ @)\$ / dfljdf !@ xhf/ &!\* hgfsf] ;ls[ b/a]bl /x\$] 5 . lzlf ljefusf] cf58fcg ;f/ clxn] Dd b/a]bldf c:yof / :yof u/l kljdf &\* xhf/ (!, lgdfijdf !^ xhf/ @@ \$ / dfljdf !@ xhf/ &!\* hgf lzlfsg sfo{t 5g\ . s\$] jif{cl3 ;Dd klj txd /flvPsf ! xhf/ @^% hgf dlxfn kl/of]hg lzlfsgn0{ klg b/a]bldf ;k]f]t/of ul ;lsPsf] 5 . To ;f]t ut jif{Dd kljdf !\* xhf/

@@!, lgdfijdf \$ xhf/ \$)% / dfljdf @ xhf/ %#@ hgf /fxt lzlfsg lgoQm ul/Psf] cf58f 5 . o ; jif{kljdf \$ xhf/ , lgdfijdf \$ xhf/ / dfljdf \$ xhf/ u/l !@ xhf/ /fxt lzlfssf] sf]f lj]t/of ul/Psf] 5 . /fxt sf]fafx\$ ut jif{v ;/sf/n] kl ;lPkm lzlfssf nflu cgbfg lbg yfn\$] 5 . klj txd kl]t-ljBfyl{ Psf0 nfutsf cfw/df lzlfsg cgbfgakf ut jif{ ?=#% s/f\$ vr{ePsf]lyof]eg]o ; jif{^ xhf/ %) # hgf klj lzlfssf] tan a/fa/ ?=&) s/f\$ /sd ljlgofhg ul/Psf]5 . ;/sf/n]vNf ljBfno, db/ ;f, uDaf, u?sh h:tf wld\$ ljBfnodf klg lzlfssf] Joj:yf ug]f nflu j]liff cgbfg lbg yfn\$] 5 . o:tf :shdf ;/sf/l cgbfg / cf]g ;ffdf wld\$ lzlfsg /Vg]ul/Psf]5 . ;fdbflos :shsf lzlfsg;n0{tlnd lzlfsg ;ff Jo]Qm kc, kl]rio{lh]zsfdf sfh sd(f/lsf] ;kdf ;d] lhDd]f/l b0Psf]kf0G5 . To:t]ljBfnodf clt/lQm lqmfnsfk ;-rfng ug]f nflu ;Elt lzlfsg, v]hsb lzlfsg ;sfp6 lzlfsg, sDk06/ lzlfsg, kl6 lzlfsg cflb /Vg]u/\$] e]665 . s\$] :shdf rfxF tna gk]fpg] u/l :yfglo tyf lj]bzlnf0{ ;j0 ;s lzlfssf ;kdf /Vg]ul/Psf] 5 . tyflk hg]bg sfo]nn] ;/sf/nf0{a%Psf] kl]t]gdf lzlfsg lgodfjnlsg] dfkb08 k]f ug{

# cfj /0f

tflnsf #			
tflnsf cfwf/df ; /sf/l lzlfs			
ljBfno	k0f{	cfhzs	tflnd gkfPsf
kflj	&&#% -&!Ü_	!^&\$ -!%Ü_	!\$#&# -#!Ü_
lgdflj	!\$)%# -%#Ü_	\$**% -!(Ü_	^&)^ -@^Ü_
dflj	!#\$&\$ -^ (Ü_	!\$( -!#Ü_	!@& -&#Ü_
tflnsf cfwf/df lghl lzlfs			
tx	k0f{	cfhzs	tflnd gkfPsf
kflj	!*( &# -%\$Ü_	%#!@ -!%Ü_	!)*\$& -#!Ü_
lgdlj	%(*@ -%#Ü_	!)@% -(Ü_	\$\$!& -#(Ü_
dflj	%&*@ -%#Ü_	!@) ( -!#Ü_	@(!* -@ (Ü_
; fdbflos / ; :yfut :shdf blnt / hghflit lzlfs			
tx	blnt	hghflit	
kflj	\$^## -#@Ü_	#@(@^ -@@(Ü_	
lgdflj	(%# -@^Ü_	%)#% -!) (Ü_	
dflj	^@% -#@Ü_	!(#! -&#Ü_	
n]Ës cfwf/df ; fdbflos :shdf lzlfs			
dlxnf	k?if	hddf	
kflj	%(^* -#\$Ü_	&@\$\$ -^&Ü_	!)*,\$%#
lgdflj	\$#@ -!&Ü_	@!##) -*#Ü_	@%#%
dflj	!&^@ -!)Ü_	!%)* -()Ü_	!^(&)
hddf	\$@)% -@*Ü_	!)()@# -&#Ü_	!%)&%
n]Ës cfwf/df lghl :shdf lzlfs			
lghl	dlxnf	k?if	hddf
kflj	!(\$^& -%#Ü_	!%#\$ -%#Ü_	#!@!
lgdflj	\$*@ -%#Ü_	^%(^ -%#Ü_	!!\$!^
dflj	@/@ -@#Ü_	&\$#% -&#Ü_	((%#
hddf	@^*)& -%#Ü_	@(^*% -%#Ü_	%\$(@

;/sf/n]c%#%) xhf/e0f a9l lzlf  
 ykkgk[cfj Zostf bzf0Psf]5 . p0m  
 kl]j gsf]k]h gDa/ !) df elgPsf]  
 5, æ; /sf/l nufigsf]nueu \*% blv  
 () kl]zt lx::f lzlf sd{f/lsf]  
 tnae0fd}vr{xg]u/\$f sf/0f z]lf  
 u0f:t/ ;wf/tkn}v; }nufgl kjflxt  
 ug{ ;lsPsf] 5g Æ  
 gfdS/0f, ;]f, ;ljwf / k}z  
 ;d:0fsf sf/0f ljleGg y/lsf  
 lzlfSx; 5\$5\$}; E]7t xg yfn\$  
 5g\ . b/a6bldf /x\$ c:yfol lzlfS]

cfknk;sf]k}z fut lxtsf nflu c:yfol  
 lzlf cfbf]ng ;ldt u7g u/]  
 ljleGg r/0fsf cfbf]ng ug{yfn\$  
 5g\ . /fxt lzlfSx;n] ;fdbflos  
 ljBfno /fxt lzlf ;E7g, lghl  
 ;]sf lzlfS] ;fdbflos ljBfno  
 lghl ;]f lzlf ;a\$if;ldt u7g  
 u/\$f 5g\ . ol ;E7gx; dcf]fbl  
 lgs6 gkf]n z]lf u0ftflGqs d-rdf  
 cfa4 5g\ . b}zel/sf lghl :shsf  
 lzlf klg gkf]n ;yfut ljBfno  
 lzlf olgog u7g u/] lghl :shnf0{

/fli6@s/0f u/l cfknk;nf0{ ;/sf/l  
 tna :shcg;f/sf];]f ;ljwf pknAw  
 u/f0gkg]dfu ub}cfcbf]ngdf plqPsf]  
 k0G5 . 0tf, gkf]n lzlf ;3, gkf]n  
 /fli6@ lzlf ;E7g, gkf]n /fli6@  
 lzlf kl/ib\ gkf]n lzlf d-r /  
 gkf]n qn]Gtsf/l lzlf ;3df klg  
 c:yfol, lghl ;]f, /fxt, lghl,  
 kl; lPkm ;xor]ul sfo\$tf{cfa4 5g\.

**Pp6} agfpg] s ; /t**  
 lzlf ;]f cfof]u, ljBfno Joj :yfk  
 ;ldt, afn lj sf; s]b] ljleGg  
 u}; /sf/l ;yf cfbaf6 lgo]Qm  
 lnPsf lzlfSsf] hjfkn]lxtf klg  
 lgo]Qm ug{k]t a9l xg] u/\$f]n]  
 ljBfnosf] z]lf lqmfnsnfkd  
 gsf/flDs c; / k/\$f]5 . y/ly/lsf  
 lzlf /Vg]vshf]Joj:yfn]:shsf]  
 k7gkf7gdf afwf k}ofPsf sf/0f gkf]n  
 lzlf olgog / gkf]n z]lf  
 u0ftflGqs d-rn] ;a} y/lnf0{  
 of]otfcg;f/sf]sf / sfdcg;f/sf]  
 ;dfg ;]f, ;ljwf pknAw u/f0gkg]  
 dfu u/\$f 5g\ . d-r / olgogn]  
 % sflQs @)^% df k}wfgdGq  
 klksdn bxfn .k}08u nf0{a%Psf]  
 ;%j kqsf]aBf gDa/ \$ df elgPsf]  
 5, ælzlf ;]f cfof]unf0{ ;jw]lgs  
 lgsfosf] ;kdf lj sf; u/l  
 k}k}y]dsblv pdf]j tx;Ddsf ;a}  
 k\$ /sf lzlf / sd{f/lx;sf]  
 lgo]Qm Psaf/ k0fnlaf6 u/l u0f:t/lo  
 lzlfSf nflu of]o lzlf c}k]t{ugkg]  
 zf]j t tYonf0{ cfd;f\ ul/gkg]  
 xfd] ;%j 5 Æ nlntk/sf ;]f  
 JolQm ;Togf/fo0f dxhg ;ay/l  
 lzlfSnf0{ Pp6} agfpgk] / tna  
 ;ljwdf lj e] ug{gxg] ts{u5g\  
 pgl yk5g\æsf0{ ;Dkfbgsf cfwf/df  
 b08 / k/:sf/sf]Joj:yf ugk5{/t/  
 tnaef e0ej xg]5g Æ  
 lzlf olgogsf gj lgo]Qm cllof  
 s]0fk;fb 9sin lzlfSx;sf] kb /  
 ;ljwdf /x\$] c;dfgtf] vf8nn]  
 pglx;df sfd ug] hf] / p] ;fx  
 gePsf]atfp5g\ . pgn]eg] æz]lf  
 of]otf]sf cfwf/df klqmf k/f u/]  
 ;a}y/l lzlfSnf0{Pp6} agfpgk]df  
 olgog / d-rsf] ;f% wf/0f 5,  
 y/ly/l lzlfSnf0{klqmf k/f u/]  
 :yfol ul/gk5{eGg] xfd] hf\$ x] Æ

clvn gkfn lzifs ;E7gsf cllwof  
 u0f/fh nf;gln lziff dGqnosf  
 ;x;lrj hgrbg gkfnstf; ofhsTjdf  
 ul7t sfobndf y/ly/lst lzifsnf0{  
 Pp6} agfpg] af/df 5nknm ePsf]  
 t/ lgrf8df klq g; s\$] atfp .  
 pgn] eg] asfofnstf] 5nknndf !@  
 txsf] lzifs >0fl agfpg] k;tftj  
 cPsf]xf]t/ klqnof k/f u/7 :yfol  
 gu/l clxn\$} cj:yfdf >0fl dfq}  
 j ul\$ /of u/7 x6g A

tlfnstf b/vf0Psf] sh lzifs  
 ; aVofdf :yfol, c:yfol, /fxt,  
 kl; lPkm lghl ; ft, udaf, db;/f,  
 u?shnufot ; a} k\$ / l j Bfnodf  
 sfo{t lzifs ; dlpPsf 5g\ . tyflk  
 ljefusf] cf58fdf lzifssf] k\$ /,  
 zlfis oflotf, >0fl, ljifout lzifs  
 ; aVof, pd] ; dx h:tf dxlj kof{  
 s/f vNbg . To:t} ; fdlhs ; dxsf  
 cfwf/df klq ljefun] dlxf, blnt  
 / hghft afx\$ dwzL, cNk; aVos  
 cfb lzifssf] cf58f eg] lgsfn\$]f  
 kf05g . lziff ljefusf]pQm cf58fdf  
 P; Pn; l cgQl0f{lzifssf]; aVof klq  
 5g\ . ljefusf] zlfis ; r'gf tyf  
 cg; Gwfg zfvfsf clws\$ zL/axfb/  
 yikf o:tf] cf58f ; /sf/; E gePsf]  
 atfp5g\ . P; Pn; l cgQl0f{lzifssf];  
 :yfol ePsf sf/of ltsf] ; aVof  
 b/agbldf hfl8Psf] pgsf] ts{ 5 .  
 ykfsf] cgtf'gd f'zel/sf kljdf  
 %08} tlg kl'tzt P; Pn; l cgQl0f{  
 lzifs sfo{t 5g\ . pgn]yk] d]j :tf  
 rflxHhNnf lhnndf uP/ vflgk5{ A

ljefun] lzifs ; Da6wl lj :tf  
 ; r'gf ; lng ug\$ nflu ut jifflv  
 lzifs ; j fof yfn\$] 5 . zlfis  
 hgziQm lj sf; s[bl] 6sf] ; dgjodf  
 cl3 a9f0Psf] pQm ; j fof clxn]  
 lhlzsf / ; ft s[bl] x6} lj Bfno; Dd  
 ku\$] 5 . ; j fof kni/d w} h; f]  
 ; ft s[bl] e/7 lhnndf lziff  
 sfobndf a%Psf 5g\ eg] s[ln]  
 c%} kni/d el; s\$] 5g\ . pQm  
 ; j fof kni/ddf lzifssf] oflotf,  
 >0fl, pd] ; dx, lzifssf] k\$ / cfb  
 vlg] k'zgx; /flvPsf 5g\ . zfvf  
 clws\$ ykfsf cg; f/ cfp8f]  
 k'; Dddf ; j fof ; s/ To; sf] lgrf8  
 bftf; dl k'tt ug] ; /sf/l ofhg  
 /x\$] 5 .

# gdxlg lzifs

## cWof/faf6 pHofnf]5b{

**bf** b'/sf sf/of ; ft jif\$]  
 pd]df cf7fsf] Hoflt  
 udfPsf ; fu/ ; Aaf w/fgsf]  
 zxlx :dlt dlj sf lzifs xg\  
 pgl ! \$ h] @)%@ klj txd  
 ; fdlhs lziff k9fp5g\ . pgl  
 kl/j f/sf] ; xofudf lj Bfno  
 cfp8]hfg] u5g\ .

@)%! ; fnb]v w/fgs}  
 efg:dlt dljdf k9fpg yfn\$]  
 jL/axfb/ /f0{klg gdxlg 5g\ .

@)^# df :yfol ePsf /f0{; hgfids  
 tyf cleJolQm snf k9fp5g\ . pgl  
 klq hgdhft gdxlg xfo'gg\ . kfF  
 jif\$]pd]df nfu\$]/t6wf\$ sf/of  
 pgsf] Hoflt udf]xf] . k'; @)^%  
 blv w/fgs} lziff lgs;g pdfjdf  
 k9fpg yfn\$] nlnf/fd ; Aaf rflxP  
 alP8 pQl0f{klj lzifs xg\ . pgl  
 gkfnl ; fdlhs cWog / jftj/of  
 ljifo cWofkg u5g\ .

ljleG sf/ofn] cf7fsf] Hoflt  
 udfPsf ol tlg lzifs / c6o  
 lzifsalr k9fpg]tl/sdf :jfejl's  
 leGtf 5 . gdxlg lzifssf] slfdd  
 zlfis ; fdu]sf] kofu sd u5g\ .  
 JofVofg a9l . a]hnik ePsf]k'tssf]  
 ; xfofdf k9fpg]/ To:t]k'ts gx8f  
 lj Bfyl\$} ; xfofdf k9fpg] ul/Psf]  
 lzifs ; fu/ ; Aaf atfp5g\ .  
 jL/axfb/ /f0{slfddf lj Bfylf0{kf7  
 k9g nuf0{ to; s} cfwf/df JofVof  
 ug] u5g\ . gdxlg lzifssf] k'fom  
 snf]k'f6lsf] kofu klq ug] ub8g\  
 tyflk JofVofg lj lws} ; xfofdf klq  
 pglx; n] 5fq5fqfnf0{ ; Gt16 kf/\$]  
 blv65 . lzifs jL/axfb/ /f0{v]h\$]  
 ; xfofdf k9fpg] u/\$] sf/of  
 5fq5fqfn] pgnf0{dg k/fPsf]blv65 .  
 5fqf dlhgf du/ el65g\ a; /n] vjh  
 vjhP/ xfdlnf0{; sfgpg65, /df0nf]  
 nlf5 A :shsf ; xfos k'c czf\$  
 zfsosf cg; f/ jL/axfb/ cltl/Qm  
 lqofsnfkdf ; lqno x65g\ . slff  
 lgo6qof ug] eg] gdxlg lzifsn] k'fom  
 nf]f\$] ; xofu lng] u/\$] kf065 .



jL/axfb/ /f0{ nlnf/fd ; Aaf / ; fu/ ; Aaf

; fu/ ; Aaf e65g\ ad]f] ; hfo s8f  
 x65, t/ of] d]f] afWotf xf] A  
 zf/l/s sdh]l'sf sf/of 5fq5fqfn]  
 xk] xlnf ug] ePsf]h] ; hfo lbg'  
 k/\$]pglx; sf]syg 5 . s[ln]rflxP  
 g6g]nf0{knh u/f0l65' eg] t; f6g]  
 u/\$] ; d] cgej ; g'P .

gdxlg lzifsnf0{k9fpgsf lglDt  
 ltgn] k'kt u/\$] tflndn] dxlj kof{  
 ; xofu u/\$]5 . ; fu/ ; Aafn]k9fpg  
 yflngcl3, gkfn cGwf snof0f ; 3af/f  
 ; -rflnt a]h clf/; Da6wl ; ftlbg]  
 lgd] sf]f tflnd lnPsf lyP . pgn]  
 lziff ljefuaf6 ^ lbg]zlfis hgziQm  
 lgd]f cledvls/of tflnd / zlfis  
 hgziQm lj sf; s[bl] \$] ! ) dlxg]  
 lzifs tflnd klq lnPsf 5g\ . To:t}  
 jL/axfb/ /f0{klq a]hnik / ! )  
 dlxg] lzifs tflnd lnPsf 5g\ .

k'fom gdxlg lzifssf] ; EIt tyf  
 jfBjfbgdf cuf18 blvPsf 5g\  
 lzifs nlnf/fh ; Aaf lu6f/; Isaf8f  
 xfdl'god, tanf, gfn, 9fhs, 8d; 8  
 ahfp5g\ eg] jL/axfb/ xfdl'god,  
 afF/L ; f/El, lu6f/, 8d; 8df k'vt  
 5g\ .

cf7fn] afx/l ; #/ gb]y] klq  
 1fgsf] Hoflt 5g{ tNnlq gdxlg  
 lzifssf] ; d:of ; dfwfgdf Wofg  
 glb0Psf]ugf; f]pglx; sf]5 . lzifs  
 jL/axfb/ /f0{e65g\ acf7f gb]y]g;  
 klq lzifs 5g\eg] s/f ; /sf/nf0{  
 yxf 5 . t/ xfdl' nflu 5\$}zlfis  
 ; fdu] / tflndsf]Jo; yf 5g A  
 k/z' >17, 06x/L



# .u?Ú / lzlfS

u?sh lzlfdf .u?Ú zAbsf] 7hf] :yfg / eldsf lyof]. of]zAb c:yfol, :yfol, /fxt, dlxf h:tf lzlfS kbsf k\$f/df ljeflht klg lyPg . To;h] g}.u?Ú zAbsf];Ddfg, cfb/ / klti7f cToGt axt\ lyof]. of] zAb Tofu] xfdl c<sup>a</sup>u]hsf].l6r/Usf] pMyf u/L .lzlfSú zAb kófu ug{yfn\$F 5fF. clxn].lzlfSú zAbn]kfyldsb]lv ljZj ljBfno;Dd cWofkg ugI;nf0{hgfp5 .l6r/Ú zAbsf] cy{ u? /flv\$ s]km/s kYof]xfhf úpbfx/Ofsf nflu 0G8f];of / dn];ofdf ;DkOf{.l6r/Úhf0{ .u?Ú zAbn]g}k\$fl/G5 / Toxfu? zAbsf]kófu cToGt cfb/Oflo, klti7t / ;Ddfghgs ;kdf xG5 .

xfdf]z]fs kzf;gn].u?Úhf0{.lzlfSú zAbdf dfq abn]lv lzlfS kbnf0{ljleGg k\$f/df ljeflht u/] pk-kbx; lbg]sfd klg u/\$f]5 . pbfx/Ofsf nflu, cfh c:yfol, :yfol, /fxt, dlxf, :yfglo ;f] cflbsf !)-!@ k\$f/sf lzlfSx; sfo{t 5g\ .lzlfSsf lj]w k\$f/dWb} sb k\$f/ 7ls xf]/ /fd]lzlfS kbdf klG]dfkb08 s]xf] eGg]af6f] rlxFvhfpg ;lsPsf] 5g . o;n]ubf{lzlf kzf;gaf6 g}lzlfS kbsf]doflf a9fpgsf];\$ 36fPsf] t xfoG <o;af/] lzlf kzf;g, gkfn lzlfS olgog tyf cleefjs ; ;:yf cflb ;ah] rf;f] bYfpg' h?/L blvG5 .

lzlfSsf] dof]f 66fpg]csf]kf6f] lzlfSsf ljleGg k\$f/sf ; ;:É7gx; / Itgsf]/fhgllts pkof]v xf]. lzlfSsf]xslxt, kzfut enf0, uoffids lzlfSf]lj sf;df kll1s sfo{ug{Pp6} dh ;:yf gkfn lzlfS olgog h:tf] ePdf klbg / <s] lzlfSn] /fhgllts bnsf]

w]h;f] bzfdf lzlfSx;sf] Pp6} olgog xG5 / To] cToGt ;an /x\$]f] kf0G5 . olgogsf] kdv sfo{klo\$ lzlfSnf0{kll1s s;/L agfpg ;lsG5 / ;f] sfo{ug{/sf/;E s;/L ;xsfo{ug[eG] g} xGk5{.

rfS/Ldf nflu] / bnsf] %fhf af\$g] sfd ug{kg] sb} afWotf 5 / <;DkOf{lzlfS ldx; o;tkm{3fl/g] ahf cfPsf]5 . s0f]lj sl; t / lj sf; f]dv bzx;sf] cWbogg ubf{o; k\$f/sf /fhgllts cf:yf /Vg] lzlfS ; ;:É7g ePsf] kf0G5 .

w]h;f] bzfdf lzlfSx;sf] Pp6} olgog jf ;:yf /x\$]f] / To:tf] olgog cToGt ;an /x\$]f] kf0G5 . Ps l9Ssf xB ;É7gsf] zIQm ;j tM alnof] xG5 / ;/sf/ klg To:tf] olgog;E ;xsfo{ug{afWb xG5 . lzlfS olgogsf] kdv sfo{rlxFk]o\$ lzlfSnf0{kll1s s;/L agfpg ;lsG5 / ;f] sfo{ug{/sf/;E s;/L ;xsfo{ug[eG] g} xGk5{. o:tf] ;xsfo{ubf{kzfut xslxt s;/L ;Alft jf j]4 ug[eG] s/fn] ;j tM kdvtf kfp5 . o; lbzdf uDel/ ePdf lzlfSsf] dof]f / klti7f a9hf ls <

dflWbds txb]v dfly cWofkg ug] lzlfSx;n] cfknhf0{kllWofks eG ?rfPsf] blvG5 . kllWofkssf] c<sup>a</sup>u]hl zAb .kllk] /Ú xf]. kllk] / aGg w]j]jif{k9fP/dfq}klbg, uxg cWbogg;E;cg;GwgfTds nY, s[tx; 5kfpGk5{. To;sf] ;d] dNoflg u/L ;DalGwt ljZj ljBfno jf cfof]v sf lGZrt k/Liff / dfkb08 kf; u/k15 dfq sb}lzlfS .kllm] /Ú sxlnG5 . c;n kllWofksx; kfoM .d kmnfg] lj ifosf] lj Bfyl{x\$ eG] u5G\.

s]l dlxgfcuf]8 ljBfno:t/df nfu" ePsf] lzlfS cgdltkq vf/h xg] va/n] cfd ;-rf/dflWoddf 7fpF kfPsf] lyof]. cgdlt kllt lzlfS c;n ls cgdlt ljg g}cf:yfsf e/df etl{ul/g] lzlfS c;n eG] s/f]sf] dNoflg gful/s ;dfh / cleefjs juh] ug[kg] xf]. of] sb} Ps /fhgllts bnn] cf'gf] ;jfyklt\$ nflu nbfpG]s/f xfoG . ;:yf/w]h;f] dh\$df dflWbds tx;Ddú lzlfS cgdltkq clgjfo{ul/Psf] 5 . s]l bzx;n] pRrIzlfSf] uoffids lzlf lj sf; ug] x]h] pRrIzlfdf klg lzlfS cgdltkq nfu"ug{yfn\$F 5g\ . o;sf/Ofú lzlfS cgdltkq vf/h ug]Is o;sf pknIaw / sld-sdhf]lsf] dNoflg u/L ;wf/ ub]n]hf]g] eGg]f/ ;/sf/n] cleefjs / gful/s ;dfhsf]/fo lng' pkoQm blvG5 . lzlfS cgdlt kllt / ckllt JolQm]llo} sb ;km lzlfS agn / s;sf] ;fdlfs klti7f /fd]xfhf

cleefjs, ljBfyl{ / gful/s ; dhfn} thgf ugk5{.  
 lzlfssf k\$f/df ; fdbflos ljBfno / lghl ljBfnosf  
 lzlfssx; klg leGg blvG5 . pRrlzlf cWofkg  
 u/fpg]Ddsf lzlfsg hgl / ;/sf/l ;kdf sfo{t  
 5g\ . o:tf lzlfssdWb] ;/;ljwf sd eP/ klg lghl  
 ljBfno jf snhfsf lzlfssn] u/fPsf] cWofkg c; n  
 xg ku] xf] jf a9l dxgtl eP/ xf] obfsbf lghl  
 :t/df sfo{t lzlfssf] dfgklti7f j [4 ePsf] xf] ls  
 eGg]klg ; lG65 . lghleGbf ; dhdf ; fdbflos ljBfno  
 g}c; n xf] eGg] :yflkt ug{gkfn lzlfss olgog; fd'  
 7hf] rbf]l cPsf] 5 . o; sf nflu olgog Psl9Ssf  
 eP/ ljBfno:t/sf] ;/sf/l ljBfnosf] zlfss ultljw  
 clej [4 ug{/ l; sf0 pknAw a9fpg 7hf]kP]g ugkGg  
 blvG5 .

ljZjJofkl ;kdf cWog ug{xf]eg]lzlfss b0{k\$f/sf  
 dfq}k0G5g\c:yofl / :yofl . lglZrt k/liff kf; u/l  
 hljgnf0{lzlfof kzfdf clk{ u5{eGg]lzlfssf] vffF]  
 ; dhfn} dx; ; u/\$f] 5 . o:tf lzlfss kP ug{ljleGg  
 ljZjJbfnosf lzlfss ; [fon] lng] k]z k/liff, pOm  
 ; lfoaf6 klzlf0fn] pglx;df Nofpg] ; sf/fTds kl/jtG,  
 c:yofl lzlfss egf{ubf{ckg0g]5g\6 dfkb08 tyf c:yofl  
 lzlfssnf0{ tlnaf6 kfg{ ; Sg] ; sf/fTds kl/jtGn] 7hf]  
 eldsf vlvb5 . lzlfss k/klT{a7fhuf/Lsf] etl{cv8faf6  
 cnu /vG ; s]dfq lzlfssf] klti7f a9y5 . o; sfof  
 nflu ljBfno Joj:yfkg ; ldt, ljBfno:t/df lzlfss olgog  
 / cleefj sn] rbf]k0f ; kdf sfo{ugkGg] xG5 .

csf[kf6]egsf]lzlfssf tnadfgsf]ljljwtf xf] .  
 lzlfssnf0{doflt / ptkl/t ug{ ; a}lzlfssf] tnadfg  
 / ; ljwfx; a/fa/ xgk5{ . tnadfgsf] ljljwtfn]  
 lzlfssdf xlgtfafv xg] / ljBfyl{ tyf hg; dbfon] xg]  
 blv6sf]df km's k/l lzlfssf] dfgklti7df c; / k5{ .  
 o; sf nflu gkfn ; /sf/af6 xg] lzlfss kfl/>ldssf]  
 ljljwtf]sf] cjnf\$g e0{ ; dfgtf / lfg] x]l ; ljwf  
 lbg] Joj:yf xg' h?/l 5 . lzlfss kzf;gn] lzlfssf]  
 tna / ; ljwdf lG0f6 lnbf cGt/f60 dfotf ; dfgtf  
 tyf ljifd kl/l:yldf sfo{ugkGg] cj:yf ; d]nf0{  
 ljrf/ ul/g' pirt blvG5 . o; ; Gbedf lzlfss olgog  
 tyf cleefjs ; ; yfalr lzlfss dGqfnosf] ; xsfo{  
 xg' pkoQm xG5 .

lzlfss dGqfnon] lzlfss Pq, lG0d kl/dfhG ubf{  
 lzlfss; DaGwl kb jul\$/of, tna; ljwf cflbaf/] lG0f6  
 lngcuf]8 ; DaGwt ; /\$f/jfnfx; - lzlfss olgog,  
 cleefjs; DaGwl ; yfx; ; G ; xsfo{ug]kl/kf6l a; vlg'  
 h?/l blvG5 . lzlfssx; ; Gsf] lG0dt ; jfbn] klg  
 lzlfss; DaGwl lG0f6 lngdf ; xofv] k'fop5 . lzlfss; DaGwl  
 lG0f6 lnbf lG0f6n] lzlfssx; sf]dofbf ; fdf]lss klti7f,  
 dfg / pRr dfgan /vG ; sf/fTds kPj k5{ ls  
 kbG <ul/Psf] lG0f6n] lzlfss ; dbfodf ptk]off u/fp5  
 ls u/fp5 <cflbaf/] ljrf/ k'fopg' h?/l xG5 .

cfhfsf] ; -rf/ oluf lzlfssn] ; -rf/dWodnf0{ ; xl  
 pkofv] ug{ ; s]l; sf0 pknAw j [4 u/fpg ; xfofsl; 4

lglZrt k/liff kf; u/l hljgnf0{lzlfof  
 kzfdf clk{ u5{eGg]lzlfssf] vffF]  
 ; dhfn} dx; ; u/\$f] 5 . lzlfss k/klT{  
 a7fhuf/Lsf] etl{cv8faf6 cnu /vG  
 ; s]dfq lzlfssf] klti7f a9y5 .

xg5 . lzlfss dGqfnon / cGtu{sf lgsfon] lzlfssnf0{  
 s; /l :jo+ptkl/t ug{ ; lG65 To; tkm{ kxn ug] /  
 gkfn lzlfss olgogn] b]z-lj b]zdf ePsf lzlfssf cg; Gwfg  
 tyf kP; x;nf0{k]o\$ lzlfss; dlf k'fopg ; s]lzlfss  
 ptkfbgzln e0{lzlfof l; sf0 pknAwdf j [4 ug{ ; xfofsl; 4  
 xG5 . o; sf nflu k]o\$ ; f]s]bdfkne 0G6/g6 ; ljwf  
 pknAw u/f0{lzlffs :j om] ; j Wofog ug]kj [Qsf]lj sf;  
 ul/gk5{ . o:tf sfof] yfngl olgog / gkfn ; /sf/n]  
 ug{ ; s]uoffds lzlfss ; sf/fTds c; / kg5 . uoffds  
 lzlfss lj sf; ug{ ; sf0 pknAw j [4 xg; s] lzlfssf]  
 dofbf, dfg, klti7df j [4 xg5 / o; n] lzlfssnf0{  
 ; dhfsf] cuj'f zlfss g]df lj sf; ug{ ; xofv]l; 4  
 xg5 . o; sfof gkfn lzlfss olgogn] lj zlf kxn  
 ugkGg .

lqk7l lzlfss dGqfnosf k'f{ ; x; lrj xg\.

विद्या धनम् सर्व धनम् प्रधानम्

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# ; dfwfgM kofkt b/aGbl

lzlfalsr c; dfgtfsf]vf8n  
lgDfopg]; a)gllt vf/h u/L ; dfg  
sfd tyf kbsf nflu ; dfg tna  
tyf ; ljwf sfod ug{s]y/ly/Lsf  
lzlfssf]Joj:yf :j tM x65 .

**g]** kfnf]lzlf k0fnl Pj +Joj:yfkg olt l56f]/  
ljlrq; E kl/jt6 e0/x\$]5 ls Pp6f gllt  
tyf sfoqndsf]k6fj -0DKofS6\_ b]g gkfpE  
csf]gllt tyf sfoqnd z? e0xfl5 . kl/df0ftM sbj  
klg gllt tyf sfoqndsf]k0f{kltkm cgej ug}k0Psf]  
5g . b}zsf]oyfy{/ cfj Zostf6bf bft[: ;yfsf]0; f/df  
gllt tyf sfoqnd to xg' / lzlf lfqnfo{k0f]uzfnf  
agf0g' z]lfs cl:y/tfsf]dVo sf/0f xf]. Pp6f ; /sf/n]  
NofPsf]gllt tyf sfoqnd g; lsb}csf]n]gofFgllt tyf  
sfoqnd Nofpg]kfnngn]lzlf lfqnfo{ ; wFcGof]hdf  
/fv\$]5 . z]lfs gllt agfpg]sddf lzlf clwsf/lx;  
g}cgle1 tyf c:ki6 /xg]u/\$f 5g\ . c% lzlfssf]  
kof6 dflgg]lzlfssf]z z]lfs gllt tyf sfoqnd lqdf  
eldsf g}vfl]hPsf]5g . d6\le/ kxFjfnf lzlfllj b\  
tyf cNk1fgl lj z]lfn] s}l lj b}z] ; Nnfxsf/x;sf]  
; xof]udf th6f ug]lzlf glltn]b}zsf]cfj Zostf k/f  
ug{; Sbg .

kf8l kf]y/L g}gby\$fx; n]kf8l l; sfgpg]b!; fx; ug{  
s]n b36gf lqDfopg] xf]. kf8g hf6gh]klg kf]y/Lsf]  
ulx/0c; f/ kf8gk5{. g]kfnf]z]lfs lfqn]:o:t}lgolt  
er]u/x\$]5 . lzlf lfqn slxNo}gby\$]ga%\$]dflg;  
lzlfssf]g]tj df klq'o; \$]b]6f6t xf]. of]hg, gllt /  
sfoqnd sfof]og ; kin eP cf'gf] sf/0fn] xg] clg  
c; kin ePdf rflxFzlfs / tlnf]txsf sdf/Lsf]  
yfnf]dfl b]f] yfk]k]Qnf0{Lzlf lfqn]cof]o g]t]n]  
; yfut u/\$]5 . gllt tyf sfoqnd agfpg]txdf /x\$fn]  
cfknhf0{0df6bf/, stJolgi7 / ; lfd 7f6g] / tlnf]txsf  
lzlfnsf0{c; lfd 7f6g]; ;sf/ / Joj xf/sf]cGto gep; Dd  
lzlfdf kl/jt6 ; Dej bl]v6g .

; /sf/L lj Bfnosf lzlf ; ldt cj]lwsf]tfnf]sf]  
e/df clwfkqdf v6\$] 5g\ . t/ dfl]Nnf]lgsfosf s}l  
kbf]wsf/L rflxF08}dlxg]kR5]lj b}z e00df; xeful  
e0/x\$] 5g\ z]lfs Joj:yfkgf]lhDd]f/ldf /x\$] JolQmsf  
egf0 / u/0df dh bl]v6g . 3f]f]off u/\$] sfd cfknh]  
u/ b]yfg ; s]dfq lj Zj; glo e0G5 . oltahf .; a\$  
nflu lzlf / .u0f:t/lo lzlf sf]gf/f cl3 ; fl/Psf]  
5 . u0f:t/lo lzlfssf]nflu blf lzlfssf]s/f klg ul/Psf]  
5 . t/ .u0f:t/lo z]lfs gllt=sfoqndsf]nflu u0f:t/lo  
lgdf]fl tyf .; kin sfof]ogsf]nflu ; kin Joj:yfksil

eg]oyfyf]0{rflxFcS; / eM]ul/Psf]5 . z]lfs b}bl]6sf]  
sdl / lzlfsk]tsf]bl/bl dfgl; stfsf]sf/0fn]g]kfnf]  
z]lfs Joj:yfkg c:tJo:t ePsf]xf]. l; 4f6tsf]hlt s/f  
u/]klg gllt lqdf]fn]cfknhf0{klg lzlfssf]:yfgdf /fv]  
xg]k5{ l}tgn]lzlfssf]sfd, stJo / ; lj wfnfo{cfknf' E  
bl]v6g ; s]w}]}s/f a'g ; S5g\ .

bl]v6sf lj Bfnosf; df cfj Zos b/aGbl 5g, b/aGbl k/f  
ge0{k6fj sf/L lzlf0f tyf ck]lft l; sf0 pknAw xfl; n  
ug{; lsb} . .axS]ff lzlf0f]h:t]lj sNk t}jof0 ; a)s/f  
; Dej x65 eg]ts{ul/Psf]5 . ; /sf/L :shsf clwsfz  
lzlfssf]of]lotf, lfdt / tlnf cgejnf0{bl]6out ubf{  
.axS]ff lzlf0f ; Dej bl]v6g . To; h]k]kofkt lzlf b/aGblsf]  
lj sllk axS]ff lzlf0f xg; Sbg .

; /sf/n] /xft lzlf eg] lzlfssf] sfof lj t/0f  
ul/Psf] 5, ljgf kl:t:kwf{ efua08fsf cfwf/df lzlf  
ePsfx;af6 ; Gf]f]hgs ; Jf kfgp sl7g x65 lsgls k}z  
g}clq]Zrt ePK5 lq]Zr6t eP/ sfd ug{c]j:yf ; hf  
xg; Sbg . b/aGbl cej sf sf/0f lghl ; f]af6 klg lzlfssf]  
Joj:yf ul/Psf]5 . lj le6g gfdsf lzlfns]kfgpg]; lj wf  
kn'skn's 5 . o; /L Pp6}; ; ydf ; dfg sfo(u/)]klg  
; lj wdf kn's xg' Gofof]rt xfoG . ptk]0fn] dflg; sf]  
Joj xf/df kl/jt6 tyf ; w/ Nofp5 . ; /sf/n]x/\$] lj Bfnof0{  
cfj Zos b/aGbl pknAw u/0f{; a}afnafnsfnf0{:t/lo  
l; sf0 jftj/0fsf]c] ; / kfg ug]k65 . o; sf nflu ; /sf/sf]  
0R5fzlQmsf]dfq sdl bl]v65 ; f] ; fwgsf]xf0g . Pp6]  
lj Bfnodf lj le6g y/Lsf lzlfssf]Joj:yf xg' eg]c]j; Gt6  
Pj +c; /lft lzlfssf]hdf t]4 ug]dfq xf].

lzlfalsr c; dfgtfsf]vf8n lgDfopg]; a)gllt vf/h  
u/L ; dfg sfd tyf kbsf nflu ; dfg tna tyf ; ljwf  
sfod ug{s]y/ly/Lsf lzlfssf]Joj:yf :j tM x65 .  
lzlfxs;n]v6] sfd u/6g; f/sf]; lj wf kfgp ; s\$] 5g\ .  
lghl ; f]sf lzlfxs;sf]nflu t tfnf]sf]Joj:yf klg 5g .  
clwfkq rflxFug{ldNg]t/ tlnf gkfgpg]c]y:fn]ltgdf  
lg/fz ptk6g u/\$]5 . lzlf lqolQm tyf lzlf tlnf  
oyfydf lzlfssf]nflu ge0{lj Bfyl\$] ; /n, pkoQm Pj +  
t/lo l; sf0sf]nflu xf]. To; h]lzlfsk]tsf]k}f]xnf0{  
Toful ; a}j Bfnosf; df cfj Zos b/aGblsf]Joj:yf ug{cfhsf]  
clg]fo{cfj Zostf xf].

sdf{fo{z]lfs hgziQm lj sf; s}b\$] pklg}z s xg\ .



# Izlfssf ; d:of / lgsf; sf]af6f]

IjBfno Izlffdf p7\$ f IjleG ; d:of ; dmfgsf nflu ; %fj kZ ug{ ; /sf/n] !^ k' @)^% df Izlff dGqfnosf ; x;lrj hgfbg g]fnstf] ; e]hs]jdf ; /sf/L clwsf/L, Izlfs ; :yfsf k]t]glw / Izlffzf:q ; fofsf IjBfyl{ ; lDdInt @# ; b:olo sfohn u7g u/\$f] lyof]. pQm sfohn] !\* knfug @)^% df Izlffdcql /Qfbd/L ofbjnf0{ cf^gf] k]t]j]g a%Psf] lyof]. sfohnstf] k]t]j]gd f IjBfno:t/sf] Izlff ; DaGvdf b]lvPsf IjleG ; d:of / Ij ; E]tx;sf] IjZn]f0f; lxt ; dmfgsf pkfox; I; knl/; ul/Psf] 5 . oxfFlzlfssf] k]olf rf; f] uF;Psf k]t]j]gsf czx; h:tfstf] t:t} /flvPsf] 5 .

## v08 #

;fdbflos IjBfnodf Izlfs Joj:yfkg

```
#= :jlsf b/aGbl df Izlfs IgoIQm
;fdbflos IjBfnodf Izlfs IgoIQmsf] nflu pDd]j f/ 5grf
u/L I; k]l/ : ug{Ps :jtGq lgsfosf] ; kdf Izlff Pq
- z]j]g; xt_ @)^% af/f ul7t Izlfs ; jf cfof] /x$]5 .
bZe/sf ; fdbflos kfylds, IgdG d]f]lods / d]f]lods
txdf u/L xfn ; /sf/n] IgdG cg; f/ Izlfs b/aGbl :jlsf
u/$f] 5M
c_ kfylds tx- *) !&^
cf_ IgdGd]f]lods tx- !^,@)$
0_ d]f]lods tx- !@&!*
;fdbflos IjBfnox;sf :jlsf Izlfs b/aGbl df Izlfs
IgoIQmsf] nflu Ij=; @)^% k]5 Izlfs ; jf cfof]af6
v]nf Ij I]fkg xg; s$]f]5g . @)^% ; fnsf]k/L]fssf] glthf
@)^) df dfq k$]f]zt ePsf] lyof].
o; af6 jiff]lv IjBfnox;sf :jlsf Izlfs b/aGbl df
c:yof Izlfsx; IgoIQme0{sf d ub]cfPsf]o:tf c:yof
Izlfssf] ; aVof @)cf]xhf/ klu; s$]f]5 .
o; alrdf c:yof Izlfsx;sf] nfd]cj]lwsf] ; jfk]t
; j]hgzln e0{ ; /sf/n] @)^% ; fndf :yof ; kn] k]t{ xg
g; s$]f sh @$!( @ Izlfs b/aGbl d]w] ! @ ) (^ b/aGbl df
```

IjBfno Izlffsf I]qdf p7\$ f IjleG ; d:ofx;sf] ; dmfgsf nflu ; b]nj kZ ug{ ul7t sfohn]dfgglo Izlff dGq]Ho"; dlf kZ u/\$f]k]t]j]g

@)^%

Izlff dGqfno, sZ/dxn, sf7df8f}



z?z?df vf; }; d:of geP tfklg bl3{  
;]fkl5 pRr dflWlds txdf sfd ug{  
lzlfsc; vfnlxt 3/ knsG' kb{eljiodef  
7h}rgfjtl v8f xg ; Sb5 . ol  
lzlfsc;sf]s]s:tf]; jf ; ljwf xg]/ slt  
labf kfp]eG]c:ki6tfn]klg %g\ cGofh  
a9Psf] 5 .

u/]tfklg ; fdfotof kl:t:kwf{u/l lgoQm ug[u/\$f]kfoG .  
o; k\$ / sG]klg gdfaf6 lj Bfnodf lgoQm ePsf lzlfsc;  
g]kl5sf lbgx;df ljgf kl:t:kwf{lzlfs cgbfg jf :jlsf  
lzlfsc b/agbldf c:yfol lgoQm xg]kfrngn]ubf{lj Bfnox;df  
kl:t:kwf{u/f0{ofjotd pdDljf/ lgoQm ug[klqmf g]Jofj xfl/  
; d:of ; dfwgsf]gfdaf sfofj]ogdf cfp] ; ls/x\$]5g .

#^ pRr dflWlds txdf sfo{t lzlfsc Joj:yfkg  
lj Zj lj Bfnox;af6 k]l0ftf kdf0fkq tx qndzlm phase  
out ub]fnul dflWlds lj Bfnox;nf0{ckuB u/] lj Bfnod}  
slff !!-!@ sf]lzlff lbg]; /sf/sf]glltcGtuF ; fdbilos  
lj Bfnox;df o:tf]tx yk e0{; ~rfng e0/x\$]5 .

pRr dflWlds lj Bfnox;nf0{; /sf/sf]tkdfaf6 s0ffl  
c-rnsf]nflu rf/ / cGosf]nflu b0{lzlfs a/fa/sf]  
cgbfg lbg]gllt /x\$]5 . o; sf cll/Qm pRr dflWlds  
lzlf kl/ibn]dixnf klrf0{ePsf]lj Bfnodf yk Ps lzlfscf]  
cgbfg lbg]Joj:yf 5 . lj Bfnox;df xfn sfo{t lzlfsc;  
dWb]sltkon]; /sf/af/f lgwrf/t tna :sh g]kPsf]blV65  
eg]w}lj Bfnodf tNnf]txsf]b/agbldf sfo{t lzlfscnf0{  
sXl ; ljwf yk u/l lj Bfnon]lg0f6 u/\$f]:sh lbg]u/\$f]  
blV65 . lzlf Pgn]afwf gu/]tfklg pRr dflWlds lzlf  
lgodfjndf lzlf lgoQm DaGwl sXl kljwfgx; pNny  
ePsf]h]Jofj xfl/s ; kdf pRr dflWlds txdf k9fpg]  
lzlfsc;sf]nflu clWkfg cgdlit kq cljfo{ul/Psf]blV65 .  
o:tf lzlfsc; xfn kl/>lds, s/f/ jf clz; ; do lzlfscf]  
;kdf sfo{t blV65g\.

z?z?df To; tkf vf; }; d:of geP tfklg bl3{]fkl5  
pRr dflWlds txdf sfd ug{lzlfs; vfnlxt 3/ knsG'  
kb{eljiodef 7h}rgfjtl v8f xg ; Sb5 . ol lzlfsc;sf]s-  
s:tf]; jf ; ljwf xg]/ slt labf kfp]eG]c:ki6tfn]klg  
%g\cGofh a9Psf]5 . lj Bfno lfq; wf/ (School Sec-  
tor Reform) k4lt nfu"ug]qndf ; /sf/af6 !-\* sf]  
lzlfnf0{cfwf/et / (-!@ sf]lzlffnf0{dflWlds lzlfscf]  
;kdf cl3 a9fpg]; /sf/sf]gllt k\$zdf cPkl5 ; fdbilos  
df-j= df pRr dflWlds slff yk ug]sfo{cleofgs}; kdf  
cuil8 al9/x\$]5 . o; n]ubf{l]Bdf glltcGtuF b0{lzlffsf]  
cgbfg / dixnf klrf0{f]nflu yk Ps lzlfscf]cgbfg  
dflg]lj Bfnosf]rfk a9g]lgZrt 5 . o; k\$ / 7hf]; aVofdf  
; nlg x]uPsf pRr dflWlds txdf clWkfg ug]lzlfs;sf]  
af/df ; dodf g]Joj:yfkg xg ; sG] eg]eljiodef ; /sf/sf]  
nflu of]Pp6f 7h}rgfjtl aG ; Sg]; Defjg 5 .  
pRr dflWlds txsf]nflu dfq lzlfscf]5\$}cadre

/Vbf (-!) / !!-!@ sf]lzlffnf0{Psls[ u/l Psls[  
dflWlds lzlf ; ~rfng ug]elgP tfklg Jojxf/df eg]  
dflWlds lzlfscf]nflu al-P8= ofjotaf6 lgoQm ePsf  
lzlfscf]/ pRr dflWlds lzlfscf]nflu Pd-P8-af6 lgoQm  
ePsf lzlfscf]5\$ 5\$}cadre /lx/xg]c]y: yf x65 . o;  
af/df lghfdt / cG ljeG ; jtkf; d; fdos Joj:yf s]  
5 egl xdf{ol ; jfx;df lj Zj k\$[tsf klj lws kbX;sf  
nflu :gftsQ/ ofjotf ePsf pdDljf/ g]lmg]rng blV65 .

#& lj Bfno ; ~rfng / clWbog clWkfgsf]lgoldttf  
lzlf lgodfjnl]lj Bfnox; jifel/df sDtdf @@) lbg  
; ~rfng xgkg]Joj:yf u/\$f]/ kf7dand]sDtdf !\*) lbg  
lgoldt k9f0 ; ~rfng ugkg]sfoPff k]tt u/\$f]ePtfklg  
Jojxf/df To:tf]l:ylt ; lglZrt xg; s\$]blV65 . lj Bfyl{  
egf] k/liff tof/L, k/liffkm tof/L ; yfglo rf8kj{d}h  
cflb lj leG gfdaf lj Bfno vh]klg k9f0 ; ~rfng gxg]  
u/\$f]tVo clWbog cg; Gwfgx;n]byPsf 5g\ lj Bfno ; ~rfng  
ePsf lbgdf kl lzlfsc; sfhdf uPsf]labdf a; \$f]  
sf/0af6 slff ; ~rfng xg g; s\$]pbfx/0fx; klg k] :t  
blV65g\ . lj Bfyl; uon eP/ k9f0df c; / kg]u/\$f]tVo  
t %g\; a\$]lrfGtsf]lj ifo ag\$]5 .

#\* pRr lgDgdflWlds / pRr  
klyds lzlfsc; dfofhg ; DaGwdf  
lj utdf pRr klyds lzlfscf]; kdf vhf kltoflutaf6  
lgoQm ePsf lzlfsc / slff \$ / % sf]lzlff lgDgdflWlds  
txaf6 klyds txdf ; dfofhg xBf ; flj sdf lg-df-j= txdf  
vhf kltoflutaf6 lgoQm e0{pRr klyds txdf ; dfofhg  
ePsf lzlfsc; xfn klyds lzlfsc latlo >0fls]gdfaf6  
; j]df sfo{t 5g\ . To:t]lgDgd flWlds lzlfsc latlo >0lfd  
vhfkltoflutaf6 lgoQm ePsf / slff \* sf]dflWlds  
txsf]lzlffnf0{lgDgd flWlds lzlfsc; dfofhg ubf; flj sdf  
dflWlds lzlfscf]; kdf lgoQm e0{lg-df= lzlfscf]; dfofhg  
ePsf lzlfsc; xfn lg-df= latlo lzlfscf]; kdf sfo{t  
5g\ . o; / ; dfofhg ePsf lzlfsc;sf]dflyNnf]txd; dfofhg  
xg kfpnFegl dfu /x\$]5 .

#( lzlfsc kbdf lgoQm DaGwl lj Zj Joj:yf  
lj Bfno lzlfsc; j]df /f]uf/l ahf/df pkn]wdWb]ofjotd  
JolQm; cfsliF xg ; sGg\ . lzlf0f kZdf cG kZaf6  
5fl8Psf JolQm;sf]afxNo a9] uof]eG]h:tf cfnf]gf  
Pj +uf; fx; ; lgg]u/\$f 5g\ . lj Bdfg lzlfsc 5gfb kcltleq

ofjotd JolQmnf0{lzlff kZdf cfsliF ug{  
g; lsPsf]lrfGt t 5b5, lhNnf lzlf  
sfo{hox;df lzlfsc lgoQm DaGwl ph/lsf]  
vft g]nflg]u/\$f]5 . a9l ofjotf ePsf  
pdDljf/ pknAw xbfxb}sd ofjotf ePsf  
pdDljf/n] lgoQm kfp] u/\$f ugf; fx;  
klg ; lgg]ul/65g\ .

# cfj/0f b:tfjh

**lzlf lgodfjnlj lj Bfnox; jif/df sDtlldf @@) lbg ; -rfng xgkgJ Joj:yf u/\$f] / kf7bqmln] sDtlldf !\*) lbg lgoldt k9f0 ; -rfng ugkgJ sfoVfrf k:tt u/\$f] ePtfklg Jojxf/df To:tf] l:ylt ; lglZrt xg; s\$f] blVbq .**

dfq ; lldt /xl pQm p2Zo klt ug{; Dej blVbq . o; sf] ; dfwfg u/l ahf/df pknJwdllo]; f] txsf] lj lzi6 oflJotf /Vg] JolQmf0{lzlf0f kzfdf cfsliif ug{pkoQm xg] blV65 . ; fdbflos lj Bfnox; sf] lzlf0f Joj:yfkgdf blVpSf pInlvt ; d:ofx; sf] ; dfwfgsf] nflu sfoInn] lqDg cg; f/ l; knl/; u/\$f] 5M

## ;%b]

s\_ lzlf0f kzfno{doflJot / Joj:l:yt agfpg] tyf oflJotd JolQm 5gr0 xg] cj:yfsf] kfofel't ug{lzlf0f ; Jf cfofjnf0{nf\$; Jf cfofjnsf]h:t}9ffdf lj sl; t ul/gkgJ. lj zlf cgbfg -/fxt\_nufot sg}klg ksf/sf] lzlf0f{ :yfgo:t/df lgoQm ug{ pQm cfofjaf6 lgrw/t sfof] lwleq /xl oflJotd JolQm 5gr0 xg] Joj:yf ldnfpg]. o; ; DaGwdf ePsf sid sf/afxsf]; f] cfofjnf] ; do ; dodf ; k/lj Jf0f u/l lqiklftf / kf/blzff ; lglZrt xg] Joj:yf ldnfpg].

-v\_ ; fdbflos lj Bfnosf] z4/Omb/agbldf @)! ; fn ; fpg @! ut] Dddf lgoQme0{xfn; Dd sfo{t c:yfol lzlf0f / tNnf]txdf :yfol e0{dflyNnf]txdf c:yfol lgoQm kf0{ sfo{t lzlf0f sf] lnog kbdf ; fxl ldt @)! :\$-@! eGbf cl3blV lq/Gt/ ; kdf sfo{t c:yfol lzlf0f ; d;nf0{pd]sf] xb gnflg] u/l cfj Zos klqmf ckgf0{cf]tl/s klt:kwf{!@} (^ sf] ^) U cyff{&@%& sf]xf/fx/l kb ; ^Vof leq /xg] u/l Joj:yf ul/gkgJ eg] lj Bfylx; sf] /fo /x\$f] 5 .

t/ o; lj ifodf sfoInn] dtJotf xg g; sl dGafnosf klt lglw, lzlf0f sd{f/l / lj Bfylx; ; E 5sf 5\$}a}S a; l ePsf] lgisifdf lj Bfylx; ; E ePsf] a}ssf] lgoQmf o:tf] cf]tl/s klt:kwf{!@} (^ sf] ^) U cyff{&@%& sf]xf/fx/l kb ; ^Vof leq /xg] u/l Joj:yf ul/gkgJ eg] lj Bfylx; sf] /fo /x\$f] 5 .

-u\_ pk/fQm klt:kwf{af6 pQl0f{xg g; sl ; Jfaf6 cnu xgkgJ lzlf0f sf] nflu lzlf Pq -; zflwg; lxt\_ @)^\* sf] bkn ! ! r sf] pkbkn ! u adf]hd lqDg cg; f/sf] ; lj wf lbgkgJ.

-!\_ :yfol lzlf0f kfpfg] ; /xsf] pkbfg  
-@\_ gr\$/L cj lw e/ kfpfg] cff]lw pkrf/sf] /sdnf0{ @} jifsf] ; Jf cj lwnf0{ sh ; Jf cj lw dfgl bdf; fxln] xg cfpfg] /sd

-3\_ lzlf0f ; Jf cfofjaf6 lnvt k/liff pQl0f{ ePsf lzlf0f sf] cGtjff{[lng] lj 1 ; dx agf] bff ; dfj zL cfwf/df agf0gkgJ.

-a\_ o; cl3 lzlf0f kbdf :yfol lgoQmf] nflu lj 1fkg xff

cf]tl/s klt:kwf{u/l afEl /x\$f] !@} (^ b/agbldf lzlf0f Pqsf] bkn ! ! r sf] pkbkn ! sf] v08 ! s adf]hd c:yfol lzlf0f ; d;nf] ; xeful xg kfpfg] u/l pd]sf] xb gnflg] u/l vNnf klt0f] utsf] lj 1fkg ugJ.

-r\_ v08 -v\_ adf]hd cf]tl/s lj 1fkg v08 -a\_ adf]hd !@} (^ lzlf0f kbdf vhf lj 1fkg u/l afEl /xg cPsf] ; Dk0f{k bdf Pq lgodsf] lj Bdfg Joj:yf cg; f/ pd]sf] xb ; d; nflu] u/l lj 1fkg ul/gkgJ.

-5\_ lzlf0f ; Jf cfofjaf6 ln0Psf] @)! :^ @ sf] cf]tl/s klt:kwf{ds -c:yfol lzlf0f sf] lglDQ dfq\_ k/liffdf j \$lNks pDd]j f/sf] ; kdf pQl0f{ ePsf / xfn; Dd z4 l/Omb/agbldf sfo{t lzlf0f ; nf0{sf] gdf cfj Zos Joj:yf u/l :yfol lgoQm lbg] Joj:yf ldnfpg].

-h\_ lzlf0f sf] aldf ; DaGwdf lghfdt ; Jf Pq -; zflwg; lxt\_ @} \$ ( sf] bkn \$) -s\_ sf] pkbkn @, # sf] v08 -s\_ -v\_ -u\_ -3\_ / -a\_ df ePsf] Joj:yf adf]hd sf] ; Dk0f{ Joj:yf sfof] og ul/gkgJ cff]wkrf/ vr{; DaGwdf lghfdt ; Jf lgodf] nlsf] lgod (\$ sf] pklgod -^\_ sf] Joj:yf klg nfu" ul/gkgJ.

-%\_ :jlsf] lzlf0f b/agbldf lzlf0f lgoQm ug] klqmfno{ lzlf0f ; Jf cfofjaf6 5gr0 (qualify) gePsf lzlf0f nfd] ; do; Dd g/xg] u/l ; dod] lj 1fkg u/l k/liffkn ksf]zt ug] Joj:yf ul/gkgJ. ; fy] lj zlf -/fxt\_ lzlf0f cgbfgdf lzlf0f lgoQm ubf{-xfn; Dd lj t/0f e0; s\$f ; d;\_ lzlf0f ; Jf cfofjaf6 :jlsf] sfof] lw cg; f/ 5gr0 gePsfno{ lgoQm gugJ.

-\_ cablV lj Bfno lzlf0f sf] sg}klg b/agbldf jf sg}klg ; Jfaf6 lzlf0f lgoQm ubf{ ; fj hlg\$ kdf lqj Dg cfx]fg gu/l / klt:kwf{ds k/liff gu/f0{ egf] ug{ gkfpfg] Joj:yf ugJ.

-6\_ :jlsf] lzlf0f b/agbldf afx\$ lzlf0f cgbfg, klt-lj Bfyl nft cgbfg ; d;df lzlf0f lgoQmf] nflu pDd]j f/ 5gr0 ug{klo\$ lhNndf lzlf0f ; Jf cfofjnf] tlg hgf lj zlf 1 -lzlfz:qdf sDtlldf :gftsf0/ u/l sDtlldf !) jf ; fGbf a9l ; DaGwt lq]sf] cgej ePsf ; b:ox; lh=z-sf= sf] Ps hgf clwsf] sd{f/l ; lrj /x\$f] Ps ; ldt u7g u/l ; f] ; ldt] lhNndf cfj Zos ePsf] lzlf0f ; ^Vof eGbf # kltzt a9l pQm cfofjaf6 :jlsf] sfof] lwleq cfj Zos ; ^Vofdf pDd]j f/ 5gr0 u/l ; Pl ksf]zt ug]. o; sf] nflu ; ldt] n] df] vs, lnvt k/liff ; -rfng u/l pRrt c\$ Nofpg] cfj Zos ; ^Vofsf pDd]j f/nf0{ dlo / afEl # kltzt pDd]j f/nf0{ j \$lNks pDd]j f/sf] ; kdf /vl k/liffkn ksf]zt ugJ

**lj Bfnox;df lj Bfylx;nf0{ kfgl / ; Dej ePsf] 7pDf vhf vjfpq lj Bfnosf] ; /lff / ; /; knf0{ ug{ tyf c6o ljleG klfd ; xof] ug{ Ps hgf kl/r/ cTofj Zos x65 eG] lj ifodf sfoInn cfkng] 7f] /fo k:tt ug{ rfx65 .**

xfn kfylds lzlfz lätlo >[l]df sdf  
 ul//x\$ :yfol lzlfzsf{ ^ dlxgfsf] cj lw  
 lb0{lgjhg dfu u/] pglx; n] rfxdf lgdf=  
 t[lo / k[tfijt Ps[st txut Joj:yf  
 nfu"ePsf]cj:yfdf tx ^ sf]lzlfzsf  
 ;dfolhg ug[.

- u/l ; ldt[n]Joj:yf ldnfpg].
- 7\_ cablv sg}klg lj Bfnodf lzlfz cgbfgdf lzlfz  
 lgoQm ubf{; ldt[n]k\$flzt u/\$f]dVo pDd[h]f/nf0{  
 dfq lgoQm ug[kg]. k/liffkm k\$flzt ePsf]dVo  
 pDd[h]f/n]5f\$[f]:yfgdf j\$Inks pDd[h]f/ ofhg  
 cj lw; Ddsf]nflu lgoQm xg; Sg] / csf]lj 1fkgf]  
 k/liffkm k\$flzt geP; Dd sDtdf Ps jif{Dd vfnl  
 xg cfpog]lzlfz kbdf j\$Inks pDd[h]f/dlwa6 dfq  
 c:yfol lgoQm ul/gkg]Joj:yf ldnfpg].  
 ; ldt[n]k15Nnf]k/liffsf]k/liffkm k\$flzt ul/; s[k]5  
 klnf]k/liffsf]j\$Inks ; Pldf k/\$f pDd[h]f/x;sf]  
 gfd ; Plaf6 :j tM x6g]Joj:yf xgkg].
- 8\_ sg}klg cj:yfdf Ps zlfz ; qdf Goçtd @) lbg  
 lj Bfno ; ~rfng xgkg]/ lxp[h]j av]labraf6 a9ldf  
 !@ lbg; Dd labf s\$ u/l lj Bfno ; ~rfng ug{; Sg].  
 o; / labf s\$ u/l /fv\$[f]; donf0{ldnf0{3/labf lbg]  
 Joj:yf ug[. To:tf]lj Bfno ; ~rfng / labf ; l-rlt  
 ; DaGwdf ; DalGwt lh-z-sf= af6 k]{:jls[lt In0{  
 clenÿ /Vg]Joj:yf ldnfP/ dfq sfolf]og ul/gkg].
- 9\_ ; fdbflos lj Bfno nfdf]cj lw; Dd ; jf u/\$f lzlfzsf;nf0{  
 lghfdtl ; jfsf ; dfq txsf sdf/f/x;nf0{lb0Psf]  
 dfkb08sf]cfwf/df Time bond Promotion sf]Joj:yf  
 ul/gkg].
- 0f\_ lgj [Qe/Ofsf]lgldQ Goçtd ; jf cj lw ku\$[f, ^)  
 jif\$[f]cj lw klgsf]lgldQ sDtdf tlg jif{af\$[ / x\$[f  
 / %) jif{pd} ku\$[f :j R5s cjsfz lng rfxg]  
 lzlfzsf]lgldQ gkfn ; /sf/n]; Rgf k\$flzt u/l  
 lgbg ; ljwfx; lxt :j R5s cjsfz lbg]Joj:yf ul/gkg].  
 Ps jif{a/fa/sf]Psd17 tna /sd jf Ps tx a9]f  
 jf % u\$ ykdllw}sg}Ps ; ljwfsf]5gf\$[f]cj ; /  
 lbg]. ; fy}!& jif{:yfol ; jf cj lw kul clgfo{cjsfz  
 xg tlg jif{af\$[ /x\$[f lzlfzsf;nf0{ tlg jif{; jf  
 cj lw yk u/] :j R5s cjsfz lng rfxdf lzlfzsf;nf0{  
 :j R5s cjsfz lbg pkoQm xg].  
 nfdf]cj lw; Dd c:yfol ; jf u/] l9nf]:yfol lgoQm  
 ePsf sf/Ofn]lgj [Qe/Of kfpog] ; jf cj lw gkul ; f]  
 ; ljwraf6 j l-rt xg]!% jif{egbf a9l :yfol ; jf  
 cj lw ku\$[f lzlfzsf]nflu lghn]u/\$f]sh c:yfol  
 ; jf cj lwdf ga9g]u/l @) jif\$[f]gf\$[f]cj lw u0gf  
 ug[k]k[thgsf nflu a9ldf kfF jif{Dd ; jf cj lw yk  
 ul/gkg].
- t\_!= äcäs]qmdf sg}klg klaf6 dl/Psf jf a[k]Qf kl/Psf  
 lzlfzsf;dlw]sitkosf]kdf0fs/Ofsf]cejf df lghx; n]  
 ; jf u/l ; l-rt u/\$f]cf`gf]sdf/f/ ; ~ro sf]nufot

- ; jf lgj [Qk15 lgodfg; f/ kfpog]/sd lghsf kl/jf/n]  
 kfpog g; s\$[f]To:tf lzlfzsf;sf ; DaGwdf cfj Zos  
 hfFa% Pj +kdf0f ; lng ; d[ u/l dl/Psf, a[k]Qf  
 kl/Psf, cr[ cj:yfdf /x\$[f lzlfzsf tyf sdf/f/x;  
 ; d[sf]kdf0fs/Ofsf]nflu lhNnf:t/df lhNnf kzf; g  
 sfolfno, lhNnf kx/L sfolfno, lhNnf ; /sf/l jlsn  
 sfolfno, ; DalGwt lj Bfnosf]kç, ; DalGwt lq[sf]  
 lj Bfno lg/lifs / ; /\$f/jfnf lzlfzsf=sdf/f/; E  
 ; DalGwt kçfut ; yfsf] ; d[ kl]lglw] /xg] (  
 ; b:olo kdf0fs/Of ; ldt u7g u/l o ; ; ldt[n]a%  
 u/\$f]5fglgsf]lgisif{ lxtsf]l; km/; sf]cfwf/df  
 d[fs, a[k]Qf jf cr[ cj:yfsf lzlfzsf Pj +lj Bfno  
 sdf/f/lsf kl/jf/n]lgodfg; f/ kfpog]/sd / c6o  
 ; ljwf l%\$g kfpog]Joj:yf ug[.
- t\_@ lj=; \*@)%@ blv xfn; Dd äcäs]sf/Ofn] ; jf af6  
 x6f0Psf lzlfzsf tyf sdf/f/lsf]kç]xnl ug[; DaGwdf  
 5fglag ug{Ps ; ldt u7g ul/gkg]; fy}kç]xnl  
 ePsf lzlfzsf sdf/f/lsf]66\$[f]; jf cj lwsf]tna  
 eQf gkfpog]u/l lgj [Qe/Of=pkbfg k[thgsf]nflu  
 dfq h[gg]Joj:yf ul/gkg]. t/ lgbg cg; f/sf]cj:yfdf  
 eg]tna eQf ; d[ kfpog]Joj:yf ug[kg].
- c\_ cbfnt, lhNnf kzf; g / kx/L sfolfnoaf6 jf/Q6  
 hf/L ePsf]kdf0f ePsf .
- cf\_ lx/f; t jf h[ k/\$fx;sf]kdf0f ePsf .
- 0\_ a[k]Qf kl/Psf]kdf0f ePsf .
- 0[ cft]sf/L 3ff]off ul/Psf]kdf0f ePsf .
- p\_ lj:yfikt xg a[n]w kl/Psf]kdf0f .
- t\_# lj=; \*@)%@ k]{g}; jf af6 x6\$[f]lzlfzsf;sf]xsdf  
 t]sfnlq cj:yfdf u7g ePsf]j]lgw lg/fnf sfoknsf]  
 kl]j]gnf0{cfwf/ dfq kç]xnl ; DaGwl sf/afxl  
 cufl8 a9f0gkg].
- t\_-\$ kç]xnl ug[; DaGwdf lzlfzsf Pç lgoddf cfj Zos  
 Joj:yf ug{lzlfzsf dGqfnodf l; km/; ug[.
- y\_ clwofkg cgdltkqsf]k/liff tyf lzlfzsf;sf]  
 :yfol]nflu vhf tyf cftl/s klto]l]utfsf]  
 lj 1fkg t]sfn ul/gkg].
- b\_ lzlfzsf:q clwog gu/\$f jf c6o ljifo clwog  
 u/l :jls[ t]fnd ginPsf JoQm; n]vhf lj 1fkgdf  
 ; xeful xg gkfpog]Joj:yf ul/gkg].
- w\_ sg}klg lj Bfnosf]jxfnjfnf lzlfzsf sg}klg  
 lj Bfnosf]Joj:yfkg ; ldt]sf]clwof xg gxg]  
 Joj:yf ug[.
- g\_ ; fdbflos lj Bfnosf]k]wfg]lwfksf]kbdf kfF jif]  
 sfoç]lw t]\$g].
- k\_ lj Bfno ; wf/ kc]tsf]b:tf]hdf plny eP ad]hd  
 xfn ; jf df kç] ul/; s\$[f lzlfzsf;nf0{; dfolhg  
 ug]j]fx\$ cablv cf0P8= jf ; f]/xsf]of]otf

pRr dñblds txdf k9f0/x\$[f k[thgsf]ns  
 lzlfzsf;nf0{txut Joj:yfsf]tx \* df /  
 ; f]gxçh[ dñblds lzlfzsf t[lo >[l]sf]  
 ?!#\$\$% sf] :sçdf ; dfolhg ub[ nlg].

# cfj/0f b:tfjh

- k|k|t u/l :j|s| t|f|nd k|k|t e|b|f sd o|f|o|t|f|s| p|d|d|n|n|l|z|l|f|o|f k|z|f|d|f k|j|z ug{g|k|f|p|g|J|o|j:y|f ug|.
- km l|z|l|f|z|f|q l|j|i|f|o|d|f k|d|f|o|f|k|q t|x|j|f p|R|r d|f|w|o|l|d|s l|z|l|f| :g|f|t|s / :g|f|t|s|f|o| / t|x|s|f|; D|a|l|G|w|t l|z|l|f|o|f ; :y|f|n|l|n|P|s|f|k|l|l|f|s|f|6|f|6; l|q|n|6|d|f l|j|z|i|6 >|f|l| c|y|f|{\\*}) k|l|t|z|t e|b|f a|9|l c|l N|o|f|o|{p|Q|l|o|f| e|P|s|f p|d|d|n|n|f|n|o|{l|z|l|f|s| ; }|f| c|f|o|f|n| / o; a|f|6 k|l|o|f|o|l|n|t c|l|w|s| / c|G|t|u|f s|f|d u|g|; l|d|l|t|n|5|S|} k|l|l|f g|l|n|0|s|g o|f|l|o p|d|d|n|n|f| / d|f|g|l ; f|o|f|o|t|f|n| E|o|f|p|g| t|x|s|f|l|z|l|f|s| k|b|d|f ; l|w| :y|f|o|l l|g|o|Q|n|s|f| l|g|l|d|Q l ; k|n|l| / ; u|g|J|o|j:y|f l|d|n|f|p|g|.
- a\_ (-!@ sf]Psls|f d|f|w|o|l|d|s l|z|l|f| n|f|u" x|g|l|g|o|f|6 e|0; s|s|f| ; G|e|e|f d|f|w|o|l|d|s / p|R|r d|f|w|o|l|d|s l|z|l|f|s|s|f|n|f|l|u 5|s|f|5|s|}l|z|l|f|s| /x|g|J|o|j:y|f q|n|d|z|M c|G|t|o u/l d|f|w|o|l|d|s t|y|f p|R|r d|f|w|o|l|d|s l|z|l|f|s| g|f|d|s|f|P|p|6|f g|o|f|c|a|d|r|e z? u|g|. p|R|r d|f|w|o|l|d|s l|z|l|f|s| -!|-!@ x|z|s|f n|f|l|u G|o|G|t|d d|f|w|o|l|d|s l|z|l|f|s| ; /x|s|f| ; }|f| ; l|j|w|f p|k|n|J|w u|f|p|g|k|g|.
- e\_ x|f|n ; }|f|d|f k|j|z u|/ ; s|s|f p|R|r d|f|w|o|l|d|s t|x|d|f k|9|f|o|x|s|f k|o|f|s|f|n|s l|z|l|f|s|x|z|n|f|o|{t|x|u|t J|o|j:y|f|s|f| t|x \* d|f / ; f|g|x|h|h|h d|f|w|o|l|d|s l|z|l|f|s| t|f|l|o >|f|l|s|f|?|=|#|\$%) s|f| :s|h|d|f ; d|f|o|f|h|g u|b|z|n|l|g|.
- d\_ d|f|w|o|l|d|s / p|R|r d|f|w|o|l|d|s t|x|s|f|k|f|7|d|n|d|s|f|v|e|r|t|i|c|a|l s|e|q|u|e|n|c|e d|f /x|s|f|g|a|p n|f|o|{3|6|f|o|{P|p|6|} s|e|q|u|e|n|c|e l|e|q /x|g|u|l/ k|l|d|f|h|g t|y|f s|e|q|u|e|n|c|e u|l P|p|6|}l|z|l|f|s|n|} ; D|a|l|G|w|t l|j|i|f|o|d|f s|l|f|f ( b|l|v !@ ; D|d g|}k|9|f|p|g ; S|g|J|o|j:y|f u|g|.
- o\_ k|l|t|l|j|t s|f|o|f|f|f n|f|u" e|P|k|l|5 p|R|r d|f|w|o|l|d|s l|z|l|f|s|n|}k|l|g l|j|B|f|n|o l|z|l|f|s| ; }|f|l|e|q /x|s|f| ; a|} ; l|j|w|f k|f|p|g|e|P|s|f|h|}T|o; a|f|/]5|S|}p|l|n|y| u|l//x|g' g|k|g|.
- / \_ x|f|n :g|f|t|s t|x|s|f|G|o|G|t|d o|f|l|o|t|f|a|f|6 d|f|w|o|l|d|s l|z|l|f|s|d|f k|l| ; s|s|f s|f|o|t l|z|l|f|s|x|z|n|}x|s|d|f l|z|l|f|f d|G|q|n|o|n|}b|' l|z|l|f| / c|G|o l|j|l|e|G d|f|l|o|d|a|f|6 P|d|P|8|= k|9|y k|f|p|g|J|o|j:y|f l|d|n|f|p|g|. o|f|l|z|l|f|s|x|z|n|}c|f|g|f| o|f|l|o|t|f a|9|f|p|g|k|o|f|k|t ; d|o l|b|g|s|f|n|f|l|u ; }|f|d|f k|j|z u|/ ; s|s|f l|z|l|f|s|s|f|k|b|l|g|l|t|s|f|l|g|l|d|Q d|f|q c|f|u|d|l ; f|t j|i|f|{D|d|s|f n|f|l|u G|o|G|t|d z|l|f|s o|f|l|o|t|f :g|f|t|s / t|f|l|n|d d|f|q e|f|l a|9|}f|s|f|c|l|u|o|f|g| u|g| J|o|j:y|f l|d|n|f|p|g|.
- n\_ ; l|j|s|d|f v|h|f k|l|t|o|f|l|u|t|f|a|f|6 5|g|f|6 e|0{x|f|n k|l|y|l|d|s l|z|l|f|s| l|a|t|l|o >|f|l|d|f s|f|d u|l//x|s|f| :y|f|o|l l|z|l|f|s|n|f|o|{ ^ d|l|x|g|f|s|f|c|j|l|w l|b|0|{l|g|j|l|g d|f|u u|/} p|g|l|x|z|n|} r|f|x|d|f l|g|=d|= t|f|l|o / k|l|t|l|j|t P|s|l|s|f| t|x|u|t J|o|j:y|f n|f|u" e|P|s|f|c|j|y|d|f t|x ^ s|f|l|z|l|f|s|d|f ; d|f|o|f|h|g u|g|.
- j\_ ; l|j|s|d|f v|h|f k|l|t|o|f|l|u|t|f|a|f|6 5|g|f|6 e|0{x|f|n l|g|d|g d|f|w|o|l|d|s l|z|l|f|s| l|a|t|l|o >|f|l|s|f|l|z|l|f|s|s|f|}z|k|d|f s|f|o|t l|z|l|f|s|x|z|n|f|o|{k|l|g v|08 -n\_ a|d|f|h|n|d g|} l|g|j|l|g|s|f|c|j| ; / l|b|0|{p|g|l|x|z|n|}r|f|x|d|f d|f|=z|= t|f|l|o >|f|l|s|f|l|z|l|f|s|d|f ; d|f|o|f|h|g u|g|.
- z\_ v|08 -n\_ / v|08 -j\_ a|d|f|h|n|d ^ d|l|x|g|f|e|q l|g|j|l|g

- l|b|0|{ ; d|f|o|f|h|g x|g k|f|p|g|c|j| ; / l|b|f|f l|g|j|l|g g|l|b|g| l|z|l|f|s|n|}k|l|5 ; d|f|o|f|h|g d|f|u u|g|{g|k|f|p|g|J|o|j:y|f u|g|.
- if\_ k|f|=z|= l|a|t|l|o|n|f|o|{l|g|=d|f|=z|= t|f|l|o / l|g|= d|f|=z|= l|a|t|l|o|n|f|o|{d|f|=z|= t|f|l|o|d|f ; d|f|o|f|h|g u|l/ ; s|k|l|5 c|f|u|d|l r|f/ j|i|f|{D|d a|9|}f x|g|}k|b|x|z|s|f|c|g|k|f|l|t|s ; ^V|o|f u|o|f|g|f u|b|f|{d|f|l|y n|l|v|P|a|d|f|h|n|d ; d|f|o|f|h|g e|0|{3|6|s|f|} ; ^V|o|f g|3|6|f|o|{u|o|f|g|f u|l/g|k|g|.
- ; \_ l|j|B|f|n|o|x|z| z|l|f|s| ; q|d|f s|d|t|l|d|f @|} l|b|g v|l|g|k|g|l|z|l|f|f l|g|o|d|j|n|l|s|f|J|o|j:y|f|s|f|s|f|o|f|j|o|g|s|f|s|8|f|o|s|f ; f|y c|g|l|u|d|g u|g|. o ; s|f|o|f| ; /s|f|n|f|o|{l|z|l|f|s|x|z|s|f k|z|f|u|t ; :y|f|x|z|n|}k|l|g ; x|o|f|l|u u|g|.
- x\_ l|j|B|f|n|o|a|f|6 s|h|n|, l|a|b|f j|f c|G|o s|g|}k|l|g s|f|o|f|n|} c|g|k|l|y|t e|P|s|f l|z|l|f|s|x|z|n|}n|u|j|s /f|v|l T|o; /l c|g|k|l|y|t x|g|l|z|l|f|s|s|f|y|f|g|d|f s|f|d u|s|f| J|o|l|Q|n|n|f|o|{ k|l|/>l|d|s l|b|g|s|f|n|f|l|u l|j|B|f|n|o|}l|h|=z|=s|= ; f|y k|l|g|s|f| ; f|d|l|g ; S|g|J|o|j:y|f l|d|n|f|p|g|. l|j|g|f ; f|g|f u|o|n x|g|l|z|l|f|s|s|f| x|s|d|f l|g|h|s|f|t|n|a s|s|f u|l / ; s|f|d|f s|f|d u|g|l|z|l|f|s|n|f|o|{v|j|f|p|g ; S|g|.
- lf\_ l|z|l|f|z|f|q ; l|f|o|a|f|6 p|t|k|f|b|g x|g| l|j|B|f|y|l|{ c|f|j Z|o|s|t|f|s|f| c|f|w|/d|f d|f|q p|t|k|f|b|g u|g|k|o|f|f|n|l|j|s|f| ; u|g|.

; /s|f|n|}x|/s| l|h|n|f|d|f o ; k|o|f|h|g|s|f n|f|l|u k|l|t l|j|B|f|y|l|{n|f|u|t c|g|b|f|g j|f c|G|o p|k|o|Q|m a|h|f|a|f|6 s|x|l C|o|n|t|i|n|g|e|n|c|y a|h|f|s|f| J|o|j:y|f l|d|n|f|p|g|.

o ; d|f n|l|v|P|a|d|f|h|n|d ; s|f l|z|l|f|s|s|f|}z|k|d|f s|f|d u|g|s|f| n|f|l|u !% l|b|g|e|b|f a|9|l c|j|l|w e|P l|h|=z|=s|= a|f|6 j|s|l|l|k|s ; P|d|f /x|s|f p|d|d|n|n|f|n|o|{a|h|f|o|{s|f|d|d|f n|u|f|p|g|. ; f|e|G|b|f s|d c|j|l|w|s|f|n|f|l|u e|P|d|f l|j|B|f|n|o|n|}y|f|g|l|o l|f|q|d|f p|k|n|J|w J|o|l|Q|n|x|z|d|w|o|}p|R|r|t|d o|f|l|o|t|f|s|f p|d|d|n|n|f|/x|z|s|f| ; P|l a|g|f|o|{ J|o|j:y|f|k|g ; l|d|l|t|a|f|6 :j|l|s|f| u|l|P| / /V|g|/ l|t|g|p|d|d|n|n|f|/x|z|d|w|o|} p|k|o|Q|m ; D|%s|f| J|o|l|Q|n|f|o|{g|u|e|s|t l|z|l|f|s|s|f|}z|k|d|f s|f|d|d|f n|u|f|p|g|.

## v08 \$

### l|j|z|l|f| l|z|l|f| k|l|f|b|c|G|t|u|f l|j|B|f|n|o|d|f s|f|o|t l|z|l|f|s| s|d|f|l| J|o|j:y|f|k|g

b|z|s|f|l|v l|j|z|l|f| l|z|l|f| k|l|f|b|c|s|f| ; x|o|f|l|u|d|f ; ~r|f|n|g e|0|x|s|f| # j|6|f l|j|z|l|f| l|j|B|f|n|o| / t|l|g j|6|f l|j|z|l|f| J|o|j|y|f|l|o|s t|f|l|n|d s|l|b|x|z|d|f k|l|g p|l|n|v|o ; ^V|o|d|f l|z|l|f|s| s|d|f|l|x|z| s|f|o|t /x|s|f| 5|g|\ o|l l|j|B|f|n|o|x|z|d|f s|f|o|t l|z|l|f|s| t|y|f| s|d|f|l|x|z|n|f|o|{ g|k|f|n| ; /s|f|s|f|k|f|l|n|t :s|h| c|g|f|s|f|t|n|a e|Q|f / ; ~r|o|s|f|f|

**cab|v l|j|B|f|n|o l|z|l|f|s|f| s|g|}k|l|g b/a|G|b|d|f j|f s|g|}k|l|g ; f|l|a|f|6 l|z|l|f|s| l|g|o|l|Q|m u|b|f|{ ; f|j|h|l|g|s z|k|d|f l|g|j|l|g c|f|x|j|g g|u|l / k|l|t:k|w|f|d|s k|l|l|f|f g|u|/f|o|{e|g|f|{u|g|{g|k|f|p|g|} J|o|j:y|f u|g|.**

lbg]ul/Psf]blv65 .  
t/ o:tf lj Bfnodf sfo{t lzlfsc;n]xfn;Dd cllwfkq  
cgdltkq klt ug{; s\$ 5g\eg]pglx; bl3{]f kl5  
;]f lgj Q xbf ; d; sg]pkbfg, lgj Qe/Of / pkrf/ vr{  
h:tf ; lj wf kfpq] Joj:yf /x\$] 5g . o;n] ubf{ckfE  
lj Bfyl;nf0{nfd]c]lw;Dd ;]f u/] lgj Q xg] lzlf  
sd{f/l]vfnlxt 3/ knsgkg]cj:yf ; hgf e0{hfgsf/l  
/Vg]cfd ; dbfonf0; jhg]zln agfPsf]5 .

**;%fj**

o; ; Da6wdf sfo{nn]lgDg cg;f/ l; knl/; u/\$]5M  
-s\_ /sf/n]tl; f]xh/sf; aVofdf ; fdbilos lj Bfno ; -rfng  
ul/; s\$]f; Gbeqf lj zlf lzlf pknAw u/fpg]## j6f  
lj Bfnosf lzlfnf0{dfq 5\$}; ]f; lj wf lbg]u/L /flv/xg'  
Psf]tkr; dGofos blv]eg]csf]kr{ lzlf Joj:yfkgf]  
lx; fan]klg Joj xfl/s xbg .  
t; y{lj zlf lzlf ; -rfng ug]ol ## j6f lj Bfnodlwo  
dh ; kdf ; /sf/l cgbfgd ; -rfng e0/x\$]f lj Bfnof0  
; fdbilos lj zlf lj Bfnosf] ; kdf cl3 a9fpg] . To:t}  
kln]lv ; yfut lj Bfnosf] ; kdf ; /sf/sf] ; xof]u  
lnP/ k0f{ ; kdf lj zlf lzlf ; \$; gsf] ; kdf ; -rfng  
x]c]Psf]lj zlf lj Bfnosf]xsdf To:tf ; f; slff jf  
sfo{ndf0; yfut lj Bfnodf ; /sf/l ; xof]udf ; -rfnt  
Pg\$; lj zlf lzlf sfo{ndsf] ; kdf ln0{sfo{ndut  
(project grant) ; xof]u dfq ug].  
-v\_ To:tf lj zlf lzlf; Da6w Pg\$; sfo{nd ; yfut  
lj Bfnoaf6 ; fdbilos lj Bfnokr; fg; lsg]; Defj gf  
eP To; sf]vfh] ug].  
-u\_ ; fdbilos lj zlf lj Bfnodf sfo{t sd{f/lx;sf ; Da6wdf  
lj Bdfg ; ]f zt]nf0{lg/t/tf lb0{sfo{t sd{f/l lgj Q  
ePk15 xfn]b/ablsf]; \$f cGo ; fdbilos lj Bfnosf]  
nflu hg k4lt lgwf{Of x65 ; fl k4ltc]tu\$ sd{f/l  
Joj:yfkg u/L To; h]lgwf{Of u/ ; d]h]dsf]; ]f; lj wf  
lbg]Joj:yf ldnfpg].

**v08 %**

**Joj:yfkg**

**lzlf0f sfo{f ; nlg ; xof]ul sfo{tf]sf]Joj:yfkg**  
**% k]{klylds lj Bfno=afnl]sf; s]b| tyf j\$]llks**  
**z]f]s sfo{nd**  
v08 # / \$ df pNn] ePsf lzlfsc;sf cll/Om  
dhSel/ g]lj Bfnoleq jf ; dbfodf 5l/P/ /x\$]f k]{klylds  
slff jf afnl]sf; s]b|x;df sh @)# ; xof]ul sfo{tf]  
lzlfss}h:tf]lhDd]f/ldf ; nlg x]c]Psf 5g\ rfn' cf=j=  
@)^%÷)^ df o; df \$&% hgf ylk]sfo{nd blv]65 .  
To:t}dhSel/ g]5l/P/ /x\$]f j\$]llks lj Bfnox; klylds  
lzlf lj :tf/ sfo{nd (SOP) / cgb]rfl/s klylds lzlf  
sfo{nd (FSP) ; -rfng]nflu sh !%#@ ; xof]ul sfo{tf]  
lzlfss} ; kdf sfo{t 5g\ .  
k]{klylds slff jf afnl]sf; sfo{nd / j\$]llks  
z]f]s sfo{ndsf ; xof]ul sfo{tf]sf]lgolQm uflj ; =gkf,

**; yfut lj Bfnox;df ca cf0Gbf lzlf**  
**lgolQm ubf{lzlf; }f cf0f] jf lzlf**  
**sfpl6; naf6 clv]fkq cgdltkq lnPsf**  
**JolQm;alr clgjfo{ ; kdf klt:kwf{u/P/**  
**lgolQm ug]g]. lzlf sd{f/lx;nf0{**  
**clgjfo{ ; kdf lgolQm lb0gkg].**

:yfglo ; fdbfo jf lj Bfnon]u/\$]f]; knl/; sf]cfwf/df ul/g]  
gfddf o:tf sfo{tf] ; klt:kwf{ge0{lgolQm xg] u/\$]f]  
kf0G5 . loglx;n]kfpq]kfl/>lds lzlfsc;sf]b]f]f]w}]  
sd ePsf]sf/Ofn]klg o; tkk ; /sf/sf]vf; }Wofg hfg]  
u/\$]f]blv]65 . t/ o:tf ; xof]ul sfo{tf]sf]; aVof klg lgs}  
7hf]x]uPsf]h]pglx; ; E17t e0{eljiodf 7h}rgf]l v8f  
xg; Sg]; Defj gfnf0{gsfg; lsb] .  
**% wld\$ ; yfx;df sfo{t lzlfsc;sf ; Da6wdf**  
uPsf]s]l jif]lv ; /sf/n]cl3 /f/\$]f wld\$ ; yfx;af6  
k]fx e0/x\$]f]lzlfsc]dh k]fxls/Of sfo{ndc]tu\$ xfn;Dd  
cgdltk klt u/L ; -rfng e0/x\$]f wld\$ ; yfx;af/ ; -rfnt  
z]f]s sfo{ndx;df klg 7hf]; aVofdf lzlfsc; sfo{t /x\$]  
5g\ To:t}; /sf/sf]; xof]udf ; -rfng e0/x\$]f vhf lj Bfno  
/ u]xOfnufot k]fx;nf0{lzlff lbg]cgb]rfl/s lj Bfnox;df  
klg sltko JolQm; lzlfss} ; kdf sfo{t 5g\  
wld\$ ; yfx;af6 ; -rfnt z]f]s sfo{ndx; ; Da6wdf  
; yfx;]s]kxn / Joj:yfkgd ; -rfng e0/x\$]f]; /sf/n]  
s]l cgbfg pknAw u/P t]klg lzlf Joj:yfkg ; Da6wdf  
sg]sfo]lw cl3 a9fPsf]blv]65 . o:tf sfo{ndf ; /sf/sf]  
nufql a9b]uPk15 t]sf n s]l geP t]klg eljiodf o; leq  
sd ug{lzlfsc;n]cf]gf]; ]fzt\$];ki6tf af/]rgf]l  
v8f ug{; Sg]; Defj gfnf0{eg]gsfg]ldNbg .

**;%fj**

dfly blv]Psf ; d:of ; dfwfg ug{sfo{nn]lgDg ; %fj x;]  
l; knl/; u/\$]5M  
-s\_ k]{klylds lj Bfno jf afnl]sf; s]b| tyf j\$]llks  
klylds lzlfsc]xsdf xfn lhlzsf]g]; -rfng u/\$]f]  
x]ls h:tf]blv]Psf]h]o; nf0{ ; -rfng ug]; Da6wdf  
; yfn]vf; }Wofg lbPsf]blv]65 . To; h]t]sf n o:tf]  
sfo{nd ; Da6wdf lgsfo jf ; yfsf]k0f{lhDd]f/ldf  
hfg]u/L x:tf]t/Of ug]Joj:yf ldnfpg]. cablv ; /sf/n]  
lbg]cgbfg lhlzsf]Psd16 ; kdf pQm uflj ; =gkf,  
lj Bfno jf ; fdbilos ; yfnf0{pknAw u/f0{To:t}lgsfo  
jf ; yfn]t]f]Psf]sfo{306fdf g36g]u/L k]{klylds  
slff jf afnl]sf; s]b| tyf j\$]llks lzlf sfo{nd  
; -rfng ug]g] / ; /sf/af6 lgwf{Of u/\$]f]gd{heq  
/xl ; Da6wdf lgsfo jf ; yfn]kfl/>lds lbgkg]u/L  
cfj Zos sfg]l Pj =sfof]ogsf]Joj:yf ldnfpg].  
-v\_ wld\$ ; yfx;af6 ; -rfng ul/g]z]f]s sfo{ndx;nf0{  
dhk]fxls/Of ug]gfddf o; df /x\$]f]k/Dk/fut bfgzintf  
/ Tofusf]efj gfnf0{e]tsfpg]x] . o; sf]nflu u?sh,  
cf>d, u]af, laxf/ / db/; f h:tf hg ; yfn]z]f]s  
sfo{nd ; -rfng u/\$]f 5g\vtglx;sf] kf7dqnd, lj Bfyl{

# cfj/0f b:tfjh

dhse/ %)) ebf a9l lghl lJBfnox;  
 ;~rfng eP tfklg lzlf lJefudf eg]  
 To; sf]Psitx0{hlt n]dfq :jls[t l nPsf]  
 tYo p0m lJefuaf6 hfgsf/l xg cPsf]5 .

dNof<sup>a</sup>s<sub>g</sub> / k/lff dfq /fli6 sfoFfFdf Nof0{0; sf]  
 5\$}j Bfno Joj :yfkq ;ldlt u7g gu/l ;DalGwt ;yfsf]  
 ;~rfns ;ldlt=Joj:yfkq ;ldlt n]g}lzlff Pq lgodaf/f  
 u7g xg]Joj:yfkq ;ldlt sf]sfd, stfo / clwsf/; d<sub>t</sub>  
 kofu ug{kfpg]/ pglx;n]g}; /sf/af/f :jlsf sfoj lweq  
 lzlf s Joj :yfkq ug{kfpg]Joj :yf ldnfpg].

## v08 ^

;fdbflos lJBfnodf sdf/f/L Joj:yfkq

^= ;fdbflos lgdg dflblds tyf dflblds lJBfnodf  
 sfo{t sdf/f/L Joj:yfkq

;fdbflos lJBfnox<sub>2</sub>dflb] dflblds tyf lgdg dflblds  
 lJBfnox<sub>2</sub>df lj utdf lJBfyl<sub>2</sub>af6 zls lng]Joj :yf ePsf]  
 xbf ;f]zlsaf6 tna eQf Joj :yf u/l nlyf tyf kzf;gsf]  
 sfd ug]; xfos sdf/f/L -dlvof, vl/bf/, goa ;Aaf jf  
 nlyfknsf]gdfaf6 / kl/r/x<sub>2</sub> /fVg]ul/Psf]b]v65 . o; sf]  
 lgdQ xfn dflj sf nflu ?=^, ( ) / lgdflj sf]nflu ?!(, ( )  
 dfq ; /sf/l cgbfg lbg]cj :yf 5 . t/ xfn slff \* ; Dd  
 lgmZls e0; s\$]f/ dflblds lzlf klq  
 qndz lgmZls ub}nlug]gllt sfof] og  
 xbf sdf/f/lx<sub>2</sub>n]kf0/x\$]f] tna eQsf]  
 ; f] agb xg u0{To; sf] nflu tTsn  
 sxl ug{cfj Zos e0; s\$]f]5 .

ol kb<sub>x</sub> dflb] sxl df @)^\*~@)#@  
 df /fli6 lzlf k4ltsf]offhg nfu"xb]  
 qndf tTsnlg lhnf lzlf ;ldtaf6  
 kb l; hgf e0{To; }ahfsf]lhnf lzlf  
 ; jf cfofuaf6 lgoQm ePsf :yfol  
 sdf/f/L sfo{t 5g\eg] sxl ; s<sub>t</sub>  
 dflblds lJBfnosf]kdf :jls[t ePsf  
 lJBfnox<sub>2</sub>df tTsnlg lhlz; af6 :jls<sub>t</sub>  
 b/agbldf lJBfnofaf6 lgoQm ePsf ; xfos  
 sdf/f/L jf kl/r/x<sub>2</sub> sfo{t 5g\.

^=@ kfylds lJBfnosf sdf/f/L  
 Joj:yfkq ;DaQwdf

;fdbflos kfylds lJBfnox<sub>2</sub>dflb]sxl df  
 dfly v08 -s\_s]k\$[tdf lh=z;=af6  
 :jls[ lkog b/agbldf sfo{t JolQm<sub>2</sub>  
 5g\eg]w}6f kfylds lJBfnodf lj=;+  
 @)\$) sf]bzssf]z?/t/ :jls[t ul/Psf  
 kl/r/ kbdf lgoQm.JolQm<sub>2</sub> sfo{t 5g\.

lj=;+@)\$) sf]bzssf]cGtolt/ ;/sf/n] lJBfno  
 kl/r/sf]; \$f kzf; lgs cgbfg lbg]/ lJBfnof0{g}cfj Zos  
 Joj :yfkq ug{lbg]gllt cuff8 ; f/kl5 kfylds, lgdg dflblds  
 / dflblds lJBfnodf lb0g]?=!(, )), ?=#) / ?=!)  
 sf]cgbfgaf6 ; fmfvfnf df; s ?=\*) kfl/>lds vfg]u/l  
 lgoQm kl/r/x<sub>2</sub>sf]nflu cf=j=@)^\$=^% b]v ; /sf/n]kl  
 lJBfno kzf; lgs cgbfgdf ?=)( ) yk u/\$f]h]; fmfvfnf  
 df; s ?=!) kfpq]cj :yf 5 .

lJBfnox<sub>2</sub>df sd kl/>lds lb0Psf]cj :yfdf sdf/f/lx<sub>2</sub>nfo{  
 cfz s ; do sfd nufpg ; lsg] ; /sf/l ; f]sf]Jofj xfl/s  
 sfof]og xg; s\$]f] b]v65 . o:tf clwsfz lJBfnox<sub>2</sub>df  
 sfo{t kl/r/x<sub>2</sub> kdf; do g}sfo{t /x\$]f b]v65g\ . ; fy}  
 o:tf sdf/f/lx<sub>2</sub>sf]nflu ; jf lqj [Qkl5 kfpq]sg}; lJwfsf]  
 Joj :yf gx<sub>h</sub> nfdj; do; Dd sfd u/l 3/ hff vfnl xft  
 hfgk]cj :yf 5 .

o:tf]cj :yfdf ol sdf/f/lx<sub>2</sub>sf]gogtd tna+kfl/>lds  
 ; lJwfsf]kZg ; jfzt<sub>2</sub> tyf ; jf lqj Q xbf kfpq]; lJw  
 s]xg]eG]kZg bxf]kdf p7\$]f 5g\ . o; sf]plrt ; Dafwg  
 xg g; s<sub>t</sub> ; fdbflos lJBfno lzlfdf 7h}rgf] v8f xg; Sg]  
 cj :yf 5 .

## ; %fj

p]n]vlt ; d:ofx<sub>2</sub>sf]; d]wfgsf nflu sfo{nn]lgDfg; f/sf]  
 Joj :yf ug{cy{dGafno / gkfn ; /sf/; dl cf/f] ug{  
 l; kml/; u/\$]f]5 .

-s\_ lJBfnox<sub>2</sub>df lj Bfyl<sub>2</sub>nfo{kgf / ; Dej ePsf]7fp<sub>h</sub>  
 vhf vj]pg lJBfnosf]; /lff / ; /; kml{ug{tyf cG  
 lj leG klfd; xofu ug{Ps hgf kl/r/ cTofj Zos  
 x65 eG]lj ifodf sfo{ n cf'g]7f] /fo k]t t ug{

## sdf/f/L ; Argf tlnsf g+%

qm; = lJBfnout tx	lJBfyl{; ^Vof	k; tf]j t sdf/f/L ; ^Vof
!= kf]j= !-%	lxdfn- %), kxf8 - *), t/f0(- !)), zx/ -!%)	! hgf lkog jf ; f]; /x
@= lge <sub>t</sub> f]j= !-*	^)) hgf ; Dd ^)) hgf ebf dfly	! hgf dlvof / ! hgf lkog jf ; f]; /x ! hgf vl/bf/ jf dlvof / ! hgf lkog jf ; f]; /x
#= df]j= !-!)	^)) hgf ; Dd ^)) ebf dfly	! hgf vl/bf/ / ! hgf lkog jf ; f]; /x ! hgf gf= jf vl/bf/ / @ hgf lkog jf ; f]; /x
\$= pRr df]j= !-!@	^)) hgf ; Dd ^)) ebf dfly	! hgf gf= ' / ! hgf vl/bf/ @ hgf lkog jf ; f]; /x ! hgf gf= ! hgf vl/bf/ # hgf lkog jf ; f]; /x



lzlfzf:q cWbog gu/xf jf c6o ljifo  
 cWbog u/l :jlsf tflnd glnPsf  
 JolQm;n] vhf lj 1fkgdf ; xeful xg  
 gkfpj] loj:yf ul/gkg]. sg}klg  
 ljBfnos] jxfnjfnf lzlfs sg}klg  
 ljBfnos] loj:yfkg ; ldltsf] cWblf xg  
 xg] loj:yf ug].

rxf65 . To:t}7hf ljBfnox;df c6o sd{f/l ; d}  
 cfjZos kg[sf/ klg sfo{nsf]l; knll/ ; /xsf]5 .  
 l; 4f6ttM o; j:ttYonf0{;jlsf/ ubf{b}klg /fHosf]df  
 k/xf] a9b] cfly\$ ef/nf0{ljrf/ u/l o;/L sd{f/l  
 /Vg ljBfyl{; ^Vofn0{cfwf/ dfgl Joj:yf ug{sfo{nn}  
 lgbg cfwf/ l; knll/ ; u/xf]5 .

- v\_ sd{f/lx;sf] loj:yfsf] nflu b/a6bl :jlsf ubf{klxn]  
 j if{g} ; a; fdbilos ljBfnodf Joj:yf ug{/fHosf]df  
 7h}Jooef/ kg]ePsf]kF jifsf]cfj lws sfo{ndcGtuF  
 ljBfno sd{f/lx;sf] b/a6blsf] nflu cy{dGqnodf l; knll/  
 ubf{tflnsf g+ cg; f/sf]lj j/Of; lxt k7fpg] loj:yf  
 ul/gkg].
- u\_ ; fdbilos ljBfnodf sfo{t sd{f/lx; ; dfgtfsf]xs  
 ; d]af6 j l-rt ePsf]To:tf ; DkOf{sd{f/lx;sf] b/a6bl  
 pknAw u/f0{sf d nuPsf]ldltb]v ; jf cj lw uofgf  
 xg]u/l lghfdtl sd{f/l; /xsf]; jf-zt; ljwf pknAw  
 u/fpgkg].
- 3\_ @)%% ; ntotf xfn; Dd a6a, cfly\$ / pd]sf sf/Ofn]  
 ljefg axfgdf cj sfz ul/Psf ljBfno sd{f/lx;nf0{  
 kbj xfnl ul/gkg].
- a\_ @)^#&:=@! ut] lzlf d6qno / ljBfno sd{f/l  
 cfGbf]hg ; ldltalr ePsf]; xdltkl5 sfo{t cj:yfd}  
 d]o' ePsf ljBfno sd{f/lx;nf0{gf}l cj lwsf]  
 cfwf/df lghfdtl sd{f/lx;nf0{; /xsf] cfly\$ ; ljwf  
 pknAw u/fpgkg].

- r\_ a6asf] sf/Ofn] df/Psf / ckfE ePsf ljBfno  
 sd{f/lx;nf0{lfktk}l{bgkg].
- 5\_ ; fdbilos ljBfnodf zNs p7fpg a6b e0; s\$  
 cj:yfd o; ; j if]v ljBfno sd{f/lx;sf]; jf, zt{/  
 ; ljwf nfu" xgkg].

v08 &

; yfut ljBfno / Itgdf sfo{t lzlfs  
 sd{f/lx;sf] loj:yfkg

&= ; yfut ljBfno ; Da6wdf  
 gk]nsf]cGt/d ; ljwfg @)^# n] lzlfnf0{df]ns clwsf/sf]  
 ; kdf :jlsf/ ul/ ; s\$]/ sfgh agf0{df]olds lzlf; Dd  
 lglzNs ug]lgbz ul/ ; s\$] tyf ; /sf/n] @)^# ^ sf]  
 ah6dfkkt slff \* ; Ddsf] lzlf lglzNs ug] / slff !@  
 ; Dds} lzlf qndzM lglzNs ubf{hfg] 3f]f]ff ul/ ; s\$]  
 ; Gbedf dhSdf c%}klg ; fdbilos / lghl - ; yfut ljBfnos]  
 gfdcf b0{ls; dsf gful/s pklfbg e0/xg ; wsf]lrGtfsf]  
 ljifo xf]. clxn] dhSdf lghl ljBfnox;df ul/alsf]rk6df  
 k/xf, blnt, lk5l8Psf] lq Pj +hghltsf afnafnsfsf]  
 kxF g/xsf] ljBfnox; Jofkl/s af6f]k p6dv ePsf,  
 pglx;sf]lx; falstfa kf/bzl{xg g; s\$] cfib ubf; fx;  
 cf0/xsf]/ o; sf]lg/fs/Ofsf] nflu o:tf ljBfnox; /li6as/Of  
 ul/gkb\$ e6g] Ddsf dfux; cfpj yfn\$]cj:yf 5 .  
 xfn lghl ljBfnox;nf0{; yfut :j k lbg] k6f]hgsf  
 nflu ; fj]hgs z]fs u7l, lghl z]fs u7l jf sdkgcGtuF  
 ; ~rfng ul/gkg] loj:yf 5 . @)%\* df3 @% sf] lzlf Pq  
 ; ftf; z]lga6 of] loj:yf cl3 k9f0Psf]; Gbedf ; f]ldteGbf  
 cl3 lghl ljBfnos] ; kdf :jlsf ljBfnox;n]klg lb0Psf]  
 cj lwleq u7l jf sdkgcGtuF ; ~rfng ug] u/l lzlf  
 ljefua6 :jlsf ln0{; Sgkg] loj:yf ePsf] blv65 . t/  
 dhse/ %))) e6f a9l lghl ljBfnox; ; ~rfng eP  
 tfklg lzlf ljefudf eg]To; sf]Psltx0{hlt]n]dfq :jlsf  
 lnPsf] tYo pQm ljefua6 hfgsf/l xg cfPsf]5 .

## मकालु यातायात बस सेवा

हेड अफिस कलकती काठमाडौं, फोन: ४२७७५५२/४२८९९७२

काठमाडौंबाट		वीरगञ्ज	विहान ८, १०:१५	काठमाडौंलाई		कलैया	विहान ८ बजे
काकडभिट्टा	विहान ५ बजे		११, ११:४५ बजे	काकडभिट्टा	विहान ५ बजे	हेटौडा	विहान ११ बजे
भद्रपुर	विहान ५:१५ बजे	भरतपुर	बेलुकी ८:१५ बजे	भद्रपुर	विहान ४:५० बजे	वीरगञ्ज	विहान ८, ९, ११:३०
मधुमल्ल	विहान ५:१५ बजे		विहान ८:४५ बजे	मधुमल्ल	विहान ४:५० बजे	शिवनगर	बेलुकी ८:३० बजे
धरान	विहान ५:५० बजे		दिउँसो १२:१५ बजे	धरान	विहान ४:२० बजे	भरतपुर	विहान ५:३० बजे
विराटनगर	विहान ५:२०, ६:४५	शिवनगर	दिउँसो १२:१५ बजे	विराटनगर	विहान ४:३० बजे	पर्सा	विहान ५:४५ बजे
राजविराज	विहान ६ बजे	टौडी-पर्सा	दिउँसो १:४५ बजे	इटहरी	विहान ५, ५:२०	मेघौली	विहान ६:३० बजे
सिरहा/माडर	विहान ६:४५ बजे	टौडी-खोलासिमल	दिउँसो १:४५ बजे	राजविराज	विहान ६:३०, ७ बजे	टौडी-खोलासिमल	विहान ६:३० बजे
मलंगवा	विहान १०:४५ बजे	पर्सा-कपिया	दिउँसो २:१० बजे	सिरहा/माडर	विहान ५:२० बजे	पर्सा-कपिया	विहान ६:३० बजे
जनकपुर	विहान ७:१५ बजे	पर्साघाट-मेघौली	दिउँसो २:३० बजे	लहान	६:१५, ७	जगतपुर	विहान ७:१५ बजे
कलैया	विहान १०:१५ बजे	गीतानगर-जगतपुर	दिउँसो ३ बजे	मलंगवा	७:१५, ९ बजे	नारायणघाट	विहान ६:१५, ६:४५
					विहान ५:१५ बजे		७, ७:४०, ८, ८:१५

टिकट पाइने स्थान: कलकती: ४२७७५५२/४२८९९७२ सुन्धारा: ४२५३१४२ गौशाला: ४४८०७९३ लगनखेल: ५५३४३५९ धरान: ०२५-२०४२ विराटनगर ०२५-३०७२२ राजविराज: ०३१-२००९१ लहान: ०३३-६०३६६ सिरहा: ०३३-२०१३१, मलंगवा: ०४६-२००४२ वीरगञ्ज: ०५१-२१५२६, हेटौडा: ०४७-२०५३५ ।

यात्रुहरूको सुविधाका लागि गौशाला र सुन्धाराबाट निशुल्क मीनीबस सेवा उपलब्ध

# cfj/0f b:tfjh

pRr dflblds lzlf, :gfts / :gfts0/  
txsf] k/lffsf] 6k; lqmbdf ljzib >0fl  
cyf(\ \*) kltztebf a9l c\$ Nof0{pQl0f{  
ePsf pDdHj/nf0{lzlf; ;]f cfofn]/  
o;af6 k]ofofht clwsf/ cGtu\$ sfd ugI  
;ldltn]5\$}k/lff gln0sg offo pDdHj/  
dfgl ; f] offotfn]fofpg]txsf]lzlf kbdf  
;lw}:yfol lgolQnsf]lgldQ l;krfl/; ugI  
Joj:yf ldnfpg].

To:t]ljBfnox; sDkgldf ;~rfng ePsf]Jofkf/ls/Ofsf]  
;Defjgf a9df]eG]ugf;f]Pstkn]5 eg]csf]kfljBfno  
;~rfnsx; cf'gf]nufglsf];/lffsf];lgZrttfsf]vflhd  
/x\$5g\.

;%fj

o; ;]ttYonf0{ljrf/ u/l sfofn lgdg cg;f/ ;%fj kZ  
ugIlgisifdf kl\$5 .

-s\_ :yfut ljBfnox;sf];~rfngdf /flosf]nufgl z?  
u/l ol ljBfnox;sf]Joj:yfkg lg/Llf0f / cgludgf  
;/sf/l nufgl a9f]n]hfg].  
ljBfno:t/sf]lzlf lglzns ugI; jwflgs Joj:yf /  
;/sf/sfglt kl /xclPsf];Gbedf lzlf]ljef]s/Ofsf]  
cGto ug{;ayfn]ljBfno lzlf]bfoj /flon]ingkg].  
o; sf]t]sfnsf]lgldQ cfwf/e't ljBfnosf]sh lgldt

nufglsf]-lzlfssf]tna eQf\_ !) kltztaf6 z? u/l  
kF jif]eq %) kltzt / dflblds txdf kF kltztaf6  
z? u/l @% kltzt kfofpg].

- v\_ ca cf0Gbf sfgl Joj:yf u/l sg} klgl ljBfno  
sDkglcGtu\$ vflg gkfp]Joj:yf ldnfpg].
- u\_ xfn;bd sDkglcGtu\$ ;~rfint ljBfnox;nf0{lgZrt  
cjlw lb0{;f]flgs jf lghl u7lcGtu\$ ;~rfng ugI  
u/l ;fgk/Of' ug{sfgl Joj:yf ldnfpg].
- 3\_ v08 -u\_ adflhd sDkglcGtu\$}ljBfnoaf6  
u7lcGtu\$sf]ljBfnodf kl/Of'xg]ljBfnosf ;yfxs;n]  
ljBfnodf ul/Psf]cf'gf]nufglsf]cleny lqlo lzlf  
lgbz'gnoaf6 :jls[ xg]u7lsf]ljwfgdf 5\$}cg; Fl  
/vl btf]ug{kfp]g];d]sf]sfgl Joj:yf ldnfpg].  
lqlo lzlf lgbz'gnoaf6 nut kdf]of' ePsf]ljBfno  
;yfxs;sf]nufgl lghx;n]rfx]ljBfnosf]cly\$  
cj:yf v/fa c;/ gkg]u/l ;dosf]cGt/fndf l\$G  
;Sg];d]sf]sfgl Joj:yf ul/gkg].

&@ :yfut ljBfnox;df sfo{t lzlf sdf/lsf];j,  
zt{/ ;ljwf; DaGwl

;/sf/sf] lj=; @)#& kl5 lnPsf] ;yfut ljBfno  
:yfkf; DaGwl vshfkg, lj=; @)\$^ sf] kl/j tGkl5sf  
;/sf/x;sf]lghl lqklt]sf]pbf/ glltn]ubf{dhSel/ g]  
xhf/]sf];^Vofdf ;yfut ljBfnosf]gdfaf6 lghl ljBfnox;  
;~rfng e0/x\$5g\ ol ljBfnox;df nfvebf a9l ;^Vofdf  
lzlf tyf sdf/lx; sfo{t 5g\ ol ljBfnox;n]Ing]  
zns, lbgkg]5faj Q / lzlf sdf/lsf]Joj:yfkg lj ifodf  
klg k6s-k6s sfofn, sfofn]x; agl ;/sf/df klt]g;x;  
kZ e0; s\$5g\.

## शिक्षक

dfi; s

## ufxs aGgxf] \U

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

- xfnnf0{OR5s k7sx; xhfsaf6 klt ugI u/l ;lw}lzlf dfl;ssf]sfofn]oaf6 cyjf kfos kgI kqklqs k; ndfkn'ufxs ag; Sgxb\$ .
- Phq6 e0{lzlf dfl; s laqf ug{OR5s kqklqs k; nx;n]lgdg 7wfgdf ;Dks{ugxf]hf .  
kf]j-g+!^^, lzlf dfl;ssf]sfofn, kf6g9f\$; nlnk/ . ^ofS; M %\$#!(!, kn]M %\$\*!\$@, %\$#@% .

ol lj leGg kljtj gX; ; d;sf]cfw/ In0{Joj:yf ul/Psf] Pq- lGodsf] kljwfg cg; f/ zNs / lzlfS sdf/lx;sf] tna ; ljwf ; DaGwdf lGdg cg; f/ Joj:yf /x\$] b]vG5 .

-s\_ lj Bnon]ing] zNssf^ kltzt /sd lzlfS sdf/lSf] tnaeQf / cGo ; ljwfs]nflu 566f0{To; af6 pglx;nf0{ gkfn ; /sf/n]tf\$;sf]:s]hdf g36f0{tna eQf lbg} .

-v\_ v08 -s\_ adf]hdsf]Joj:yf ubf{sh z? cfbfglSf] ^) kltztDw0} \$@ kltztaf6 lzlfS sdf/lx;sf] tna eQsf]Joj:yf ug|/ afS! !\* kltztaf6 pglx;sf] ; ~rosf]f, aldf, u\$, pkbfgnufot cGo Joj:yf ug| .

-u\_ kflnt sfgg adf]hd lzlfS lGolQmsf]klqmf cjnDag u/l of]otd lzlfssf] 5gf6 u/] To:tf lzlfSnf0{ sfggaf/f lGwfl/t kljwfg cg; f/ lGolQnkq lbg} .

-3\_ lzlfSx;sf] j]Q]j sf; sf] nflu lj leGg lqmfSnfkx; ; ~rfng ug| .

t/ o:tf]Joj:yf xBx6} klg lzlfS sdf/l lGolQm ubf{ lGklf 5gf6 xg g; s\$] lzlfSx;nf0{lGolQnkq glb0{sfdcf nuf0Psf]/ Gog tna ; ljwdf sfd ug{af]llo xg' k/\$f] h:tf yk}ugf; fx; ; lgg]u/\$f 5g\ .

csf]k lzlfs sdf/lx; lj Bnon] lGwfl0f u/\$f] cfrf/; kxtleq g/x\$]sf/0fa6 cgzf; g sfod ug{sl7gf0{ ePsf]h:tf ugf; fx; klg ; dfgfGt/ ;kdf ; lgg]u/\$f]5 .

o:tf]cj:yfdf ol lj Bnosf]lzlfs sdf/lx;sf lGldQ Jojxfl/s / :jlsfo{pkfo cjnDag ug{; lSpG eg]nfvf}- lj Bfylx;nf0{; jf k7of0/x\$]lghl lj Bfnox;sf]Joj:yfkg lgs}rGf]lk0f{a6g} ; Defj gf b]vPsf]5 .

;fdbflos lj Bfnox;df zNs p7fpg aGb e0; s\$]f]cj:yfdf o; }jifb]v lj Bfno sdf/lx;sf] ; jf, zt{/ ; ljwf nfu" xgkg| .

; %j

o; lj ifodf sfobnn]lGdgfg; f/ l; knl/; u/\$f] 5M

-s\_ :yfut lj Bfnox;df ca cf0Gb lzlfS lGolQm ubf{ lzlfS ; jf cfob]v jf lzlfS sfplG; naf6 c]lwbkg cgdltkq lnPsf JolQmx;alr clgjfo{;kdf klt:kwf{ u/P/ lGolQmugkg|. cftl/s ;kdf kbflgltaf6 kbkt{ ubf{; d; lj Bfnoleqs; ; DefJo ; a;pdDf]f/n]cftl/s klt:kwfdf a:g kfpG]cj; / lb0gkg|. ; fy}sdff/l lGolQm ubf{; d; klt:kwf{u/P/ lGolQm ug|Joj:yf ug| .

-v\_ lzlfS sdf/lx;nf0{clgjfo{;kdf lGolQnkq lb0gkg|. xfn sfo{t lzlfSx;nf0{of]otfsf]cfw/df cftl/s sfob]lw agf0{ ; f] sf] cfw/df :yfol lGolQm lbg} . sfgg cg; f/ :yfol lGolQmsf]nflu l; knl/; geP; Dd c:yfol lGolQm ug{; lsg} .

-u\_ lj Bfnox;n]lzlfS sdf/lnf0{kflnt :s]h adf]hd tna tyf cGo ; ljwf lbgkg| .

-3\_ lGod sfggsf]kngf gug|lj Bfonf0{ s8f sf/afxl ug|kljwfg /vG} .

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

लहैलहै र सस्तो लोकप्रियता भन्दा निकै ठाढा सत्य, तटस्थ, निष्पक्ष  
 र विश्वसनीय समाचार  
 सधैं 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 गरौं ।  
 हरेक शुक्रवार बेलुकी: ८:२० देखि ८:३५ सम्म

**रेडियो सगरमाथा एफएम १०२ थोप्लो ४ मेगाहर्जमा**

# cfhLj g cj sfz gInng]c7fϕ

**h** Itajhf g; \$f ħkdf kl/ro lbg dlxfx; n] gfs vDrofpkgk]cj :yf lyof] Toxl ; dodf !( jifĭf Ps oj tleq g; {aġg]OR5f lyof]. pgsf aafs] rfxgf klg 5f]lnf0{g; {agfpg] lyof]. t/ aafs] rfxgf / cf^gf]OR5f lj k/lt pgl lzlf0f kġf cĕfĭng aĭNo e0g\ . sf/of Pp6}lyof] g; ħf0{; dfhn]xġ]gsf/fĭds blĭ6sf0f . #^ jifĭ3 aĭNotfn] cĕfĭnġf] lzlf0f kġf oltaĭhf pgsf] klxrfg aġg kuġf] 5 . OIGb/f h}l -%\_ cfh klg Toxl kġfdf /dfPsl 5g\ . OIGb/f dġdu sf]klxrfg; ĕ} cfhġf] gfd, bfd / ; Ddfgsf sf/of lj utdf aĭNotfn] cĕfĭnġf]eP klg clxn] pgl lzlf0f kġf 5fġ] slġkf; Dd ug{ ; lSbgg\ . hItajhf k?if lzlfS klg dl:sn]elĭ6y] ToItajhf pgl lzlf0f kġfdf xĭd0g\ . @)! ; fn h? !% ?kġb]lsf] aġjndf hĭGdPsl OIGb/f >ĭ7n] aġjn dflij af6 !^ jifĭf P; Pn; l pQl0f{ul/g\ . @)@ ( ; fndf Oġ6/ klg aġnaf6 pQl0f{u/ġl pgn] Toxl jifĭlv Oġb/fĭHonldl dflij df c^a\hĭ k9fpg z? ul/g\ . k9fpg yfnġf] ^ dlxgfd} pgl :yfol e0g\ .

; xsdl{ lzlfS hljgfy h}l; ĕ @)#@ ; fndf cġt/hftlo lj jfx u/ĭ15 pgn] hġdynf] 5f8yġof]. g]f/sf] kl/jf/df hĭGdPsl OIGb/fnf0{ hljgfyf] afxġ kl/jf/n] :jlsf/ gu/ĭ15 pglxġ 3/af/ 5fġ] sġfĭnĭ ku]. wgu9lsf]lqgu/ lqdfij df klt hljgfy; ĕ}OIGb/fn] k9fpg yĭng\ . k9fġf k9fġf}@\$ ; fndf pgn]alPsf] k9f0 klg k/f ul/g\ . b0{jifĭ15 pgsf] ; ?jġf k-rfĭo dflij df eof]. @)#% ; fndf ; /sf/n]OIGb/fnf0{al-P8=ug{ sf7df8f}k7fof]. c^a\hĭ lj ifodf Ps jif]alP8 k/f u/ĭ15 pgl k-rfĭod} kĭs0g\ . # jifĭ15 @)^@ ; fndf ; /sf/l lzlfssf] hĭlu/af6 cjsfz lnPklg OIGb/fn] lzlf0f sdġf6 lj >fd ln0gg\ . a? @)% ; fndf :yĭkt lghl aĭĭġe Uofn\$; l dflij sf] .kĭh6f0d/ k\wfg\Wofksĭ algg\ . pgs}kġf; df kĭlj af6 z? ul/Psf] Uofn\$; l clxn] pdĭlj alg; sġf] 5 / ; b?klZrds} /fdĭ] lj Bfnosf] ħkdf :yĭkt e0; sġf] 5 . pgn]k9fpg] sfoġf0{dfq lg/Gt/tf lb0gg\ cf^gf] k9f0nf0{klg cuĭf8 a9f0g\ . b0{jifĭ13 pgn] sdĭp lj Zlj Bfnoaf6 ; dfhzf:qdf :gftsf0/ ; sġl 5g\ . sġfĭnĭsf ; /sf/l lj Bfnoxġdf h7fġWb0ġf] dfĭgg] lqgu/ , k-rfĭo / lghltkĭf] h7f] lj Bfnodf clWofkg u/ġl OIGb/f cfkĭh] k9fPsf yk} lj Bfylġ; 8fS6/, OI-hlgo/, dġql , f;ġb\ clws[ e0; sġf] ; ġfpĭ5g\ . pgn]elgg\ ; Gtĭ6sf] cfwf/ g}dĭh]k9fPsf lj Bfylġ; /fdĭ] /fdĭ] 7fġf kĭg' xf]. hljgsf #& jif{ lzlf0f kġfdf latġf0f dnf0{uj} 5 . To; ĭ}afĭl hljg klg lzlf0f kġfdf latfpg] c7fĭ lnPsl 5' Ā sdhĭ] lj Bfylġf0{k9f0df s; /l cĀan agfpg]<w] lzlfssf nĭlu olfkġg xf]. pgsf]#& jif{nfdf]cġej n] eġ5- kĭ; fxx / xf]nf . ( slĭdf cgQl0f{ePsf] cfjġdf dfgġf nĭlu vs'/l lnP/ cfPsf]Ps lj Bfylġf0{ abn] P; Pn; l pQl0f{ug{; lfd agfPsf]cġej OIGb/f; ĕ} tfh}5 . aġnf0{sf6ġ cfPsf]Tof]lj Bfylġf0{; D%#0a%#0 dĭh]k9y dfq nuf0gFP; Pn; l pQl0f{u/fP/ 5f8F of] d7f]lzlf0f hljgsf]slxNo}gla; ġ}cġej xf] Ā /ĭi6@ lzlf k'/:sf/af6 @)%@ / @)^# df ; Ddfĭgt OIGb/f :yfglo:t/df klg ; Ddfĭgt e0; sġl 5g\ . k]oġ k?ifsf] ; kĭntdf dlxnġf] xft /xg] egf0 /xĭlg klt hljgfyf] ; xofu / xf]nĭn] lzlf0f kġfdf ; kĭntf ldnġf] pgl atfġf5g\ . aġ]fĭh:tf] >ldfg eP dlxfxġ lgs}cuĭf8 a9y ; S5g\ . z/l / :jf:Yon] ; fy lbP; Dd k9fġf / ; fdĭhs sfoġf klg ; lqno /x65' . hljg /x]Dd d cjsfz lnġfE pgl eġ5g\.



bl3{fh pklĭbfo



u?k} fb uf}d

xTof ul/Psf lzifs  
k}lk ltdlN; gf -bfofF  
/ xTofsf] lj /f}df  
lhk}fdf wgf{lb}b}-  
g}lfn lzifs olgog .

# af/fdf klg dfl/P lzifs

af/fsf] k}nf ufij ;l:yt g}f  
dflj sf lzifs k}lk ltdlN; gf  
-\$) \_ sf] !& j}zfv @)^^ df  
uf}hl xfgl xTof ul/Psf] 5 .  
:shaf6 3/ k}m}k} u/}sf  
ltdlN; g}fsf] 6}psf}df uf}hl  
xf}lgPk}5 pgsf] 36gf:ynd}  
d[0' ePsf] lyof]. tlghg}sf]  
gsfj wf/L ; d}xn] af/fsf] sn}f  
!) sf ltdlN; gf r9}sf] ; f0sn  
/f}l s}r6df uf}hl k}f/ u/}sf]  
lyof]. ltdlN; g}fsf & jif}sf  
5f}f / \$ jif}l 5f}l 5g\.  
clvn t/f0{ d}lQm d}f}f}sf lhNnf  
; e}h}S ; jf; n] 36gfdf c}k}nf]

; n}lgtf /x}sf] atfPsf 5g\  
k}d}v lhNnf clwsf/L tf/fgy  
uf}dn] ck/fw}sf] vf}hl sfo{  
e0/x}sf] atfP klg clxn] Dd sf}xl  
klg k}q}nf k/}sf 5}g\ . xTofk}5  
g}lfn lzifs olgogn] lhNnf  
k}z}f; g sfof}ho af/fdf ck/fw}nf0{  
k}q}nf u/L sf/j}xl ul/gkg]  
dfusf ; fy wgf{ lbPsf] lyof].  
pQm k}b}z}df ltdlN; g}fsf] zj  
/flvPsf] lyof]. lzifs xTofk}5  
sn}f ahf/ z}f}sh ag}sf] 5  
eg] :yfglo afi; Gbf c}q}nf}zt  
ag}sf 5g\  
olgog / :yfglo afi; Gbf}sf]

lj /f}wk}5 ltdlN; g}fsf  
5f}f}5f}l}sf] lgMz}Ns k7gkf7g,  
kTg}nf0{ /f}huf/L, xTof ul/Psf  
lzifsnf0{ z}lxb 3f}f}0ff,  
ck/fw}nf0{ sf/j}xl ug{ lhNnf  
k}z}f; g sfof}ho ; xdt ePsf]  
olgogsf clw}f b}b}b} lu/Ln]  
atfP . o; cl3 af/fsf] k}g}f}l  
sGof dflj sf k}v}gf}w}k}S  
lgd}hf yl; g}sf' / >lk' :shsf  
k}v}gf}w}k}Sdfly klg c1ft  
; d}xn] uf}hl k}f/ u/}sf] lyof].  
clxn] Dd af/fdf k}fF lzifssf]  
xTof ePsf] 5 .  
u?k} fb uf}d, af/f

## tkf0}f0{शिक्षक s:tf}nfU5 <

olb /fd}p}kof}l nfU5 eg]  
c}k}nf] lrg}h}fg}sf lzifs,  
cleefjs / ljB}f}l}f0{  
k9} elglbg}k}nf . xfd}nf0{  
s}l ; %f}j eP lzifssf]  
7}f}g}df va/ ul/lbg}k}nf .

शिक्षक dfl;s  
kf6g9f}sf, n}lntk/  
k}f}a-g=} !^^, n}lntk/  
k}nf}M %}\$#e}%, %}\$\*!\$@  
k}nf}S; M %}\$!!(^

शिक्षक tkf0}f] ufpFzx/-  
ahf/sf k}k}lqsf k; ndf x/}sf  
dlxg}sf] klxn] ; ftfleq  
klu; S5 . t}l}g lzifs k}pg  
sl7gf0{ ePdf tkf0}f] glhssf]  
k}k}lqsf k; n  
jf xfd}nf0{ e}g}k}nf .

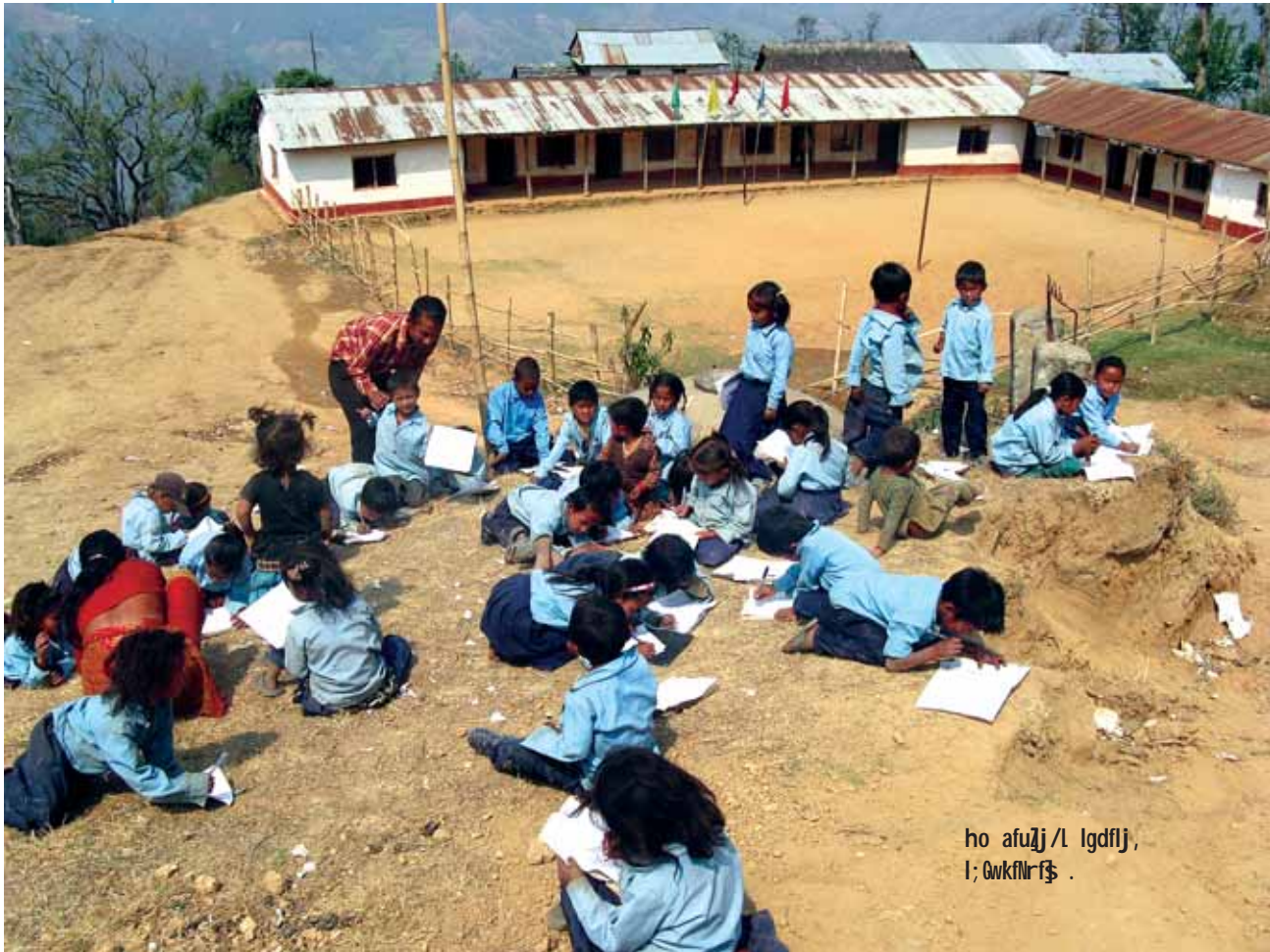
# clwbog lzlfssf cflvdf /fdj ljbfyl{

kf=8f=ljBfgfy sf0/fnf



# hxlqbf/ / dxtl /fdj

ogno] — clwz lzlfssx; dxtl, hft hxlqbf  
fil; t... fi; l3... xofql :jefj sf] / uxs... Tli... 0{dg  
k/tpBg\ . pglx; sf] x/f0nf0{ljbfyl{f] hft, /u, ... cflbn]  
vf; }kxfj kbfjxq5 0



ho afu]j /l lgdfj] ,  
l ; Gwknrf\$ .

**lz** | lfs klqsfnr} dlxgdf cf7 lhNnfd  
 ; j}f0f u}of]. lxdfnsf]l; GwklNrf\$ .  
 kxf8sf]88hww/f . sf7df8fFpkTosfsf]nlntk/  
 / sf7df8fF. leql dwzsf]bf<sup>a</sup> . t/f0\$}f%kf  
 / slknj:t'. # \$ j6f ljBfnosf (\* hgf  
 lzlfns]cWboogdf efu lnP . Itgdf %% hgf  
 ;/sf/l ljBfnosf lyP . rf/ hgf ;;/sf/sf]  
 lghl ljBfnol -;fdbflos Joj:yfkgdf uPsf]  
 ljBfno\_ sf . #& hgf lghlsf . b0{ hgf  
 db;/;sf . n}Es bl[6n]@\* hgf dlxf lzlf  
 lyP . pd]ut lx;fan] \$) hgf @)-#) jif\$  
 lyP . %! jif0flysf ^ hgf dfq . o;/L xhf{  
 ofj / cwaF] lzlfss}jrf] lyof]. hftut  
 bl[6n] xhf{clwsfz -^% hgf\_ afxglfql . @@  
 hgf hghft . rf/ hgf dwzL . afBl c; .

**lzlfns] s:tf ljBfyl{ dgk/fP <**  
 cWboogn]e65- lzlfxs; d}xgtl / hfEl/nf  
 ljBfyl{ dgk/fp5g\ . hftlo /fhglt1n] h:tf]  
 hft x7}g\ . hft x7}g\ . pd] x7}g\ . slff  
 x7}g\ . \*# hgf lzlfns] t dgkg] ljBfyl\$]  
 gfd}lpP . ; ft hgn]rflxFufhd6f]h pQ/ lbP .  
 s:tf ljBfyl{dgk/}t lzlfnsf0{<d}xgtl ljBfyl{.  
 hfEl/nf] ljBfyl{ . h}lbf/ ljBfyl{ . ; knf; U3/  
 ljBfyl{ . ; xofl] ljBfyl{ . u}xsf0{ug]ljBfyl{ .  
 slffdf kZgfQ/ ug]ljBfyl{ .  
 ca kZg /Xof- s]ljBfyl{To:tf 5fFt <s]  
 To:tf]a6g ; S5fFt <s]To:tf agf065fFt <s]  
 a6g]qmdf 5fFt <agf0g]qmdf 5fFt <kl/jz  
 kfPsf 5fFt <kfpg]fnf 5fFt <ol kZgx;n]  
 ljBfyl\$}pQ/ vff]5 . cleefjssf]pQ/ vff]5 .  
 kzf; ssf]pQ/ vff]5 . lzlfssf]pQ/ vff]5 .  
 /fhglt1sf]pQ/ vff]5 . ; a\$] ;fdlxs pQ/  
 klv vff]5 . clg xfdlnf0{g}kZg t}ofp5ll s]  
 xfdl]z]lfs af6]Totftkn]p6dv 5 t <

**dg k/fPsf;E s;/L 3hldn eP <**  
 dg k/\$f ljBfyl{E lzlfxs; g}ghlsE /x\$g\  
 cWboogn]To; }e65 . To; sf nflu lzlfns]; fyl  
 h:tf] Joj xf/ ubf{ /x\$g\ . o; cy0f ;; fgf]  
 ; fyl\ . pm E}76d]h u/] . p; s}cuf18 syf  
 eg]. sljtf eg]. s'/sfql u/] . cltl/Qm  
 lqmfnsnk u/] . u/fP . u}xsf0f ; xofl] u/] .  
 3/3/fo;l s'/f u/] . ljBfno hfE cfpE  
 Itglx; E}lx8] . pglx;nf0{g}kfl; flxt u/] .  
 cf'g}5f]f5f]l;/x df0f u/] . k9f0df ; xofl]  
 u/] . o;/L xhf{lzlfxs; dxdf n6kl6g]l%efh:t}  
 eP . d}xgtl ljBfyl{dx . lzlfxs; ToxlFn6kl6g]  
 l%ef . ca kZg /Xof- s]xfl ljBfyl{.dxl  
 a6b5fFt < agf065fFt < a6g]qmdf 5fFt <  
 agf065fFt <

lghl / ;/sf/l ljBfnosf lzlfxs;n]Pp6}  
 vfn]ljBfyl{vf]h] . dfh]ln] klv Toxl /f]h] .  
 ;;/sf/sf lghl lzlfsl n]klv Toxl af6]ckgP .  
 k?if / dlxf lzlfssf]ghlsq]tl/sdf eg]  
 Pp6f leGgtf bl]vof]. To] xf- dg k/\$f]  
 ljBfylhf0{v}hsbdf nufpg]. o; dfqdf k?if  
 cuf18 bl]vP . dlxf k5fl8 . lsg To;f]u/]t  
 lzlfxs;n]<!) hgf lzlfns]dfq}o; sf]hjfk  
 lbP . Itgdf klv clwsfz k?if]lyP . pglx;sf]  
 Pp6}egf0 lyof- lzlfssf]st{0 eg\$]ljBfyl\$]  
 lj sf; xf].

/fdl]ljBfyl{E lzlf 3hldn xg]lglZrt  
 sf/Of /x\$g\ . cWboogn]e65- 3hldn xhf ljBfyl{  
 kfl; flxt x65g\ . ; xofl] a65g\ . tx nff05g\  
 rf]kn]lj sf; df lqmfzln x65g\ . Pscsf\$]  
 dgf0fjgfcg;f/ rll5g\ . o;/L xhf{ lzlfssf]  
 p2]o :ki6 5 . ljBfyl{E 3hldn xg]p2]o .  
 oflddg]p2]o . o; dfqdf lzlfxs; ;j fyll  
 bl]vP . ljz]ljBfylhf0{dfq}ljz] ;]f ug]x;  
 ; xofl] ug]x; . ghlsq}x; . yf]ljBfylhf0{  
 a9l ; do vlr0}x; .

**cWboogn]e65- ljBfyl\$] dg kg[lzlf a6g]xf]  
 eg] k7gkf7gsf] z}l abnf}. efif0f 36fcf}.  
 pkbz 36fcf}. 5nkm klqmf ckgfcf}. ljBfyl{  
 / lzlfssf] b/l 36fcf}. ljBfylhf0{ cltl/Qm  
 sfddf nufpg]of]hgf agfcf}. kf7df syf hf\$}f}.  
 sljtdf kf7 k9fcf}. zf/l/s ; hfo glbcf}.  
 ;/n jfSodf k9fcf}.**

**3hldnn] s] u}of] <**  
 /fdl]ljBfyl{E lzlf 3hldn eP . kl/Ofdf s]  
 eof]t <cWboogn]e65- k9f0df hfuf?seP .  
 nugzln ag]. nlntk'/sf s}l ljBfyl{df eg]  
 vf; }; wf/ ePg . Psl5g a% . knf/ lal; P .  
 pgnf0{ghlsq' / 6fl9gsf]vf; }cy{/x} . of]  
 ckjfb dfq] lyof]. afBl lzlfxs;n] Ps; fy  
 elglbP . /fdl] ; wf/ eof] . s] /fdl] eof] <s]  
 ; wf/ eof] <ol kZgx;sf] vf; } pQ/ cfPg .  
 zfob lzlfxs;n]o;/L x/\$}lyPgF . xhfYofF .  
 ca xhfkg]x\$ e6g]r] kf0f. of]jlsf/flQm]  
 e65- lzlfxs; ulxl/E /x}5fF. plqbf /x\$F .  
 s'/sf]6E0f gklg}x; . c6t/; Da6w gvff]g}x;  
 o:tf]l:yltn]lzlfnsf0{ulxl/g cg/f]u u}of].  
 sf/Ofdf ulxl/g . c;/df ulxl/g . klqmfdf  
 ulxl/g . pkn]awdf ulxl/g . nufglf ulxl/g .  
 ; Gbedf ulxl/g .

# cWbog lzlfssf cfvfdf /fdf ljBfyl{

## s] Pgf x7of}<

pkbž (Preaching) df Pgf x7ofF. ;Gbe{ x7ofF. lzlf0fdf x7ofVofI. ToxfF klg pkbžl (preacher) g}aGofF. oxlg7 .3hldn ubf{ljBfyl6} slQsf]dg k/fP tU egl kZg u#ofF. &# hgn] eg7 .cTolws dg k/fP . !& hgn] ..7lsf] eg]. rf/ hgn]yxf 5g eg]. yk rf/ hgn] v6dfpg; sgg\ . v6dfpg g; Sg7;df lghlsf b0{lzlfS lyP . ;/sf/lSf b0{lzlfS . b06l dlxf lyP . b06f k?if . rf/ hgdf tlg hg sf7df8fF . csf{ slknj:tSf .

Pgf x7ofI lzlfSn]kjfSs}eg7 k9fpg] zhl dg k/fP . 5nkn u/fpg] klqmf dg k/fP . ldqjtVojxf/ ugIzhl dg k/fP . ;/n jfSo dg k/fP . cltI/Om lqmfSnfk ugIu/fpg]s/f dg k/fP . syf dg k/fP . sljtf dg k/fP .

**cWbogn] e65- clt{ lbg] lzlfSnf0{ ljBfyl6} dg k/fPgg\ . w7}kZg ; flw/xg] lzlfSnf0{ klg ljBfyl6} dg k/fPg5g\ . zf/ll/s b08 lbg] lzlfSnf0{ 70fSs} ?rfPg5g\ . efifOf lbg] lzlfSaf6 klg ljBfyl{ jfSs eP5g\ . bf^df lr6 rf6{ g]bg] / sf7df8f7f xlnf ug{ g]bg] lzlfSnf0{ klg ljBfyl6} dg gk/fPsf] b]vof] .**

zf/ll/s ; hfo gugIafgl dg k/fP . of] pQ/n] e65- ljBfyl6} dg kgI lzlfS a6g] xf] eg] k7gkf7gsf] zhl abnfF . efifOf 36fcfF . pkbž 36fcfF . 5nkn klqmf ckgfcfF . ljBfyl{ / lzlfssf]b/l 36fcfF . ljBfyl6f0{cltI/Om sfddf nufpg] of]hgf agfcfF . kf7df syf hf8fF . sljtdf kf7 k9fcfF . zf/ll/s ; hfo glbcfF . ;/n jfSodf k9fcfF .

ljBfyl6} cf^gf] s] s/f dg k/fp5g\ egl gvflg] lzlfS klg /x5fF . cWbogn]Toxl eGof] . o; cydf ajf:t] lzlfS . cnd:t lzlfS . To; df tlg hgf k?if /x5fF . b0{ hgf dlxf . slknj:tSf . nlnk/sf . sf7df8fF . To; df klg # hgf lghl ljBfnosf . b0{hgf ;/sf/lSf . of] hfgsf/ln] e65- ajf:t] lzlfSx7 . 9Ekl6ll /x5fF . ; jhgxlG . kZfn] ; jhgZln vflg] . afgl ; jhgxlG xg] . oxlg7 ljBfyl6} xfdlnf0{ lrg] . xfdln] pgnf0{ lrggfF . xfdl] gsf/flds lrg agfP . Toxlxfdl rSofF . o; n]kf7 k9fof- ljBfyl6} Pgfdf cf^gf] cgxf/ vflhfF .

**s:t]Jojxf/nf0{ljBfyl6}dg k/fPgg}<** cWbogn] e65- clt{ lbg] lzlfSnf0{ ljBfyl6} dg k/fPgg\ . o:tf clt]fn lzlfSx7 lghldf

/x5g\ . ;/sf/l /x5g\ . db;/fdf /x5g\ . ;/sf/sf lghl :shU df /x5g\ . k?if /x5g\ . dlxf klg /x5g\ . w7}kZg ; flw/xg] lzlfSnf0{ klg ljBfyl6} dg k/fPg5g\ . zf/ll/s b08 lbg] lzlfSnf0{70fSs} ?rfPg5g\ . efifOf lbg] lzlfSaf6 klg ljBfyl{ jfSs eP5g\ . bf^df lr6 rf6{ g]bg] / sf7df8f7f xlnf ug{ g]bg] lzlfSnf0{ klg ljBfyl6} dg gk/fPsf] b]vof] . o; af6 af^of] ls lzlfS cfnhfsgf/ 5fF . s]tl hfgsf/x7n] clt{x6fpg ; S5fF . s] w7} kZg u/7 lbSs agfpg] a14 abNg ; S5fF< s] zf/ll/s b08 g]bg] klT1f ug{ ; S5fF< s] efifOf lbg] afgl x6fpg ; S5fF< s] lr6 rf6} gkgI kZg agfpg ; S5fF< s] xlnfaf6} lj ifoj : t' lgsflg] 5nkn u/fpg] / kf7 ; E hf8f7] tfut hGdfpg ; S5fF< ol / o:tf kZgsf] pQ/ vflhfF . cfnhfE . ;fyl ; E . klj lw1 ; E . ljBfyl{ E .

slt lzlfSn] ljBfyl6} cfnhf0{ dg k/fp6gg\ e6g] a^ofF t < cWbogn] e65- (\* hgdllO] hDdf ! ( hgn] . Itgdf klg a9l k/ifn] . ;/sf/l :shsf] . afxglfqln] . o; af6 yxf x65- c%g] w7} lzlfSx7 aya/ 5fF . cfnhf0{ c7sf] cf7fdf x7ofF . cfnhf] kltofelt ub7fF . h; n] u#ofF tl #% hg lyofF . pglx;n] ljBfyl6} zf/ll/s efiff yxf kfP . slfssf]fsf] nlfOf klxNofP . ljBfyl{ pbf; lg ePsf] b7] . lsg To; f]u/] ljBfyl6} egl vflhag u/] . o:tf vflhsf lzlfSx7 ^) hg lyP . ajf:tf ug7 ; @% hg . af6l c7 lyP . sf/of vflg] lzlfSx7 df \$# hg k?if] lyP . clwsfz afxglfql g] lyP . ;/sf/l ljBfnos} lyP . lghl ljBfnosf klg sd lyPgg\ . t/ pQ/ vflg] zhl eg] . le8fgl sf] b]vof] . Jofj ; flos b]vPg . lzlfS-cg; Gwftsf] b]vPg . kln; / cf/flkt JolQmsf] b]vof] .

## dg gk/fpg] ljBfyl{E lzlfSn] s] u/}<

lzlfSx7n] rf/ sfo{u/} . klxf] dg gk/fpg] ljBfyl{E JolQm t7 kdf e6} . o:tfx7 yf7] lyP . bf] fl y/ln] ; dXd e6} . ol vfn] lzlfS klg w7} lyP . t] fl y/ln] slfddf e6} . of] sf]6sf lzlfSx7 w7} lyP . rfyf] y/ln] slfssf]faflx/ e6} . ; dXd e6}df afxg5dl w7} lyP . ;/sf/lSf a9l lyP . o; af6 yxf eof- lzlfSnf0{Ps ; dxn] dg k/fPg . kZg /Xof- dg gk/fpg] ; dx / c7 ; dxalrsf] c6t/lqmf s] /Xof] t < lzlfSn] s; /l ; Gthg u/] t < ol kZgsf pQ/ vflg] af6l 5 . t/ lzlfSx7n] elglbP xfdl] e6} 3f6n] xfdl ablnofF . Jojxf/df klj t6 u#ofF . o; f] e6g7 ; \*^ hg lyP . To; df ^# hg k?if . %\* hg afxg5dl .





/l/g : fold

;/sf/l :shsf \$& hgf, lghlsf # \$ hgf .  
 t/ sxl l96 lzlfsc; klg elbof. cfklnf0{  
 gablNg; . bf^sf sxl ;/sf/l :shsf .  
 sf7df8f sf sxl lghl :shsf . 88hw/fsf sxl  
 lzlfsnf0{ eg] tflndn] ;kft/of ul/lbof].  
 ;kft/t lzlfsc;n] Ps;fy eg} æfdln]  
 lj Bfyl\$]dg] 1fg a^of. lj Bfyl\$]bt lzlf0] lw  
 nfu" u^of. A o; qndf lzlfsc;n] cfcf'gf  
 u0fx; klxNofP . pglx;n] a%+ lj Bfylh] dg  
 k/fpg] lzlfsc agc cfdlj Zj; rfxg] /x\$.  
 cgejsf] cfbfgkbf] ul//xg' kbfx\$. . dx  
 5nkm h?/l /x\$. . fvvfh clgj fo{ /x\$.  
 afndgf] 1fg hfG}kbfx\$. . lj Bfyl\$]k7k]of  
 vfh]g}kg] /x\$. . gd|/ dxgtl agc}kbfx\$.  
 lzlfsc agc}kbfx{syf, slj tf h:tf ejffds s/f  
 hfG}kg] /x\$. . oxh] kZg /Xof- s] xfdl  
 lzlfsc; To;f] ug{ tof/ 5ft <

/x\$. . To;f] agdf afwf klg /x\$g\ . lzlfsc;n]  
 tl afwf 7DofP . tl lyP- ; don] ; fy lbPg .  
 lj Bfyl{ ; ^of w}] eof]. k] fvf/sf] sdl eof].  
 bf^sf lzlfsc] t elglbP- klj lwsf] kofu ePg .  
 Toxsf dlxf lzlfsc;n] 7fg] hflit / effit  
 legtf eof]. sdhf] lj Bfyl{eP . l; GwkNrf\$sf  
 lzlfsc] klg To; } eg]. nintk/sf lzlfsc]  
 kf7ok'ts ; do; fk]f ePg eg]. o; /l xhf{xfdl  
 lzlfsc] cfklnf0{ kZg t]of. s] km lbnf  
 lzlfscnf0{ dfq} lj Bfylh] dg k/fPsf 5g\t <  
 ;fg] slffsf] cfsf/ ePsf slffsf lj Bfylh] dfq}  
 lzlfscnf0{ dg k/fPsf xg\t < s] klj lwj fnf  
 lzlfscnf0{ dfq} ; jlsf/ sf xg\t < s] Psnefil  
 lj Bfylh] dfq} dg k/fPsf xg\t < s] Psnhfl  
 jf Psn hftsf lj Bfylh] dfq} Wofg lbPsf xg\t  
 t < s] d]vj l lj Bfylh] dfq} dg k/fPsf xg\t  
 t < lzlfsc;s} pQ/n] e65- xg . 5g . xg  
 ; Stg . xbg . of] : yltf xfdl lzlfsc] cfklnf0{  
 /lffds l: yltf /Vof. Is /fd] 5f FeG} bfal  
 u/]. Is cGt}bf] vfh] . o; l: yltf lzlfsc]

dg k/f0g] lzlfsc agc sh] afwf lbof] <  
 clwsfz lzlfscnf0{ dg k/f0g] JolQm agc] /x/

# cWbog lzlfssf cfvfdf /fdf ljBfyl{

ljBfyl{f0{ l;Sg nufpg] al4 g} hfggf}. ToxF lzlf0f / l;sf0sf l;4fgt a%gf}. g ljBfyl{ a%]. g lzlfsn] a'of}. xfdl lzlfsn] cf'gf] JolQmj 7DofPgf}. ljBfyl{f]JolQmj klg vfhgf}. of] vfhxlg l:yltm] lzlfsnf0{ 7k'fj fbl agof]. Pp6f 7k'fsf lzlf s . lzlfsn]ljBfyl{f0{bfipof}. ljBfyl{ lzlfsnf0{.

s] u'ofF t < cWbogn] eGof- xfdln] ugug ul//XofF. cfly\$ cej 5 eg]. lzlf s b/abbl 5g eg]. lghl ljBfnon]a9l af%o af\$P eg]. >JobZ o ; fduj rlfxf] eg]. . o; /l xhf{ xfdl kof; x; gu0o /x}. dfu w}}/x}. ugug w}} /x}. s'f w}}eP . sfd sd eP . To; h} xfdl lzlf sn] ; a\$]f .xf0{f0{ k'PgfF.

## ;f]lGts cfwf/ s] t <

xfdln] ljBfyl{f0{ cfk'nh:t} agfpg vfhofF. t/ ljBfyl{ pm h:t} aGg rxfof]. cfk'nh:tf]. o; cydf lzlf s / ljBfyl{f .cfk'nh;ll 6s/fP . To]6s/fjn]; xsfo{vfhof}. ; xcl:t]s]f]; 4fgt

vfhof]. hfFkn ;fq\$]f] zAbjfnldf .cl:t]J Joj:yfkgll . ToxFxdl rSofF. To; h} /l xfdl ljBfyl{]k'ljws lzlf s vfh]. xfdl ./fhgllts lzlf sll aGofF. cf8df a:g]. cf8 lbg]. cf8 vfhg]. /fhgllts bns]cf8 . ToxFv'f8n aGof]. of]v'f8nn]csf]l; 4fgt vfhof]. /fhgllts bnnf0{ kbMzlf0f ug]. ljlgldf ug]lzlf0f . kb'lgldf ug] lzlf0f . o; /l k'tt cWbogn] hfg lbg] ; D%fof]. leuf]; l ; D%fof]. lkofh]; D%fof]. lxGb'' kvf\$]f]gf/b ; D%fof]. a4dful{k'vf\$ f uf}da4 ; D%fof]. 0:nfdsf dfx'Ddb ; D%fof]. 0; f0sf o'z' g} ; D%fof]. l8j]f6 kb'lgldf xg . leuf]:slaf6 ljlgldf xg . gf/baf6 kZg . cfk'nhf0{ kZg . c;nf0{ kZg . a4af6 ; Gb'x hGdfpg . ToxFpQ/ vfhg / vfhfpg . dfx'Ddbaf6 k'of]lus aGg . o'z'af6 ; Gbed}lzlf lbg . ; Gbed}lzlf lng .

t] f] cfwf/ l; sfg]ls l;Sg nufpg] eGg] kZgn] lbof]. xfdl lzlf sx; l; sfg] kf6ldf bl/ofF. ljBfyl{f0{ l;Sg nufpg]al4 g} hfggfF. ToxFzlf0f / l;sf0sf l;4fgt a%gfF. cfk'nh] l; sfg] s; l;sf0 eof] egl gvfhg'x; . ljBfyl{ l; Sbf s; lzlf0f eP5 egl

**तपाईं जहाँ हुनुहुन्छ त्यहाँ तपाईं जहाँ पुग्नुहुन्छ त्यहाँ अर्थत**

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gvbdfpgk; . oxlFct/fn eof]. lzlf0f / l; sf0sf] cct/fn . g lj Bfylh] a%]. g lzlfns] a'ofF. rfyf] cfwf/- JolQm] n] lbof]. lzlfssf] JolQm] n]. lj Bfylsf] JolQm] n]. xfdl lzlfns] cf'gf] JolQm] 7DofPgfF. lj Bfylsf] JolQm] klg vfhgfF. of] vfhxlg l:yln] lzlfnsnf0{7Kkfs] fbl agof]. Pp6f 7Kkfsf lzlfns . csf] 7Kkfsf lj Bfyl{ . ol lsQsf6] 7Kkfx; ldnng\ . ldnf0Pgg\ . oxlg] ; 7f]lctsf af6] xft- lzlfns / lj Bfyl{ b] sf] JolQm] (personality cult) lrgfF. lrgf] cfF. tbg; f/ JolQm] ldnfpg] jf a'g] a%] fpg] pkqnd u/fF. kfFfFcfwf/- k]tofelt xft]. lzlfns] lj Bfylh] f0{ b] lbof] fF. lj Bfylh] lzlfnsnf0{ . t/ cfkm' lj Bfyl{ xbf s] vfh] ofF egl lzlfns] lal; ofF. k]tofelt u/ ofF. o; cydf cfwlgsf0/ (post modern) ; f] g] a] sf] g] fF. ls sfout (functionalist) a] of] f] s] cfnt] g] f] ds (critical) . alrsf] af6} vfh] ofF. o; h] xfdl dg k/f0ofF. dg k/f0PgfF. sltn] dg k/fP5g\t egl gxgk; . lsg dg k/fP egl g; flgk; . lsg dg k/fPgg\t egl g3flngk; . o; cydf . a] ya/ lzlfns; l .

; f/ s] <

o; c]lboogaf6 cg\$g\; f/ lvRg ; lsG5 . klxnf] ; f/ xft- lzlfns ; a} lj Bfylsf agdfF. s] x] sf a] ofF. / fdl] sf . cf] lk/f0] sf . d] x] g] t] sf . af] l] sf nflu xfdl k/rqm

eofF. ; DaGw} gePsfx; . bf] fl] lgrfB xft- xfdln] sd d] x] g] t] nf0{ cfk] t] ag] PgfF. p; sf] lfdt] vfh] ofF. tbg; ksf] Jojx/ s] xg ; S5 egl v6dfPgfF. o; cydf xfdl lzlfns ePgfF. pkb] z] s eofF. pkb] z] snf0{ lj Bfylh] ? r] fPgg\ . pglx; n] lzlfns vfh] n/x]. dfp sv/lh: tf lzlfns . 7hf zAbdf eGbf ; xhstf{ (scaffolder) . t] fl] ; f/ xft- dg gk/fpg] lj Bfylsf] blgofh] ; Nnfx / 8f] x] f] of0{ -uf018<sup>a</sup> P68 sfpg; ln<sup>a</sup> vfh] of]. xfdln] To] af6} lnPgfF. s] fpg] af6] lnofF. a9fpg] af6] lnofF. km/ klg lj Bfylh] xfdlnf0{ dg k/fPgg\ . rfyf] ; f/ xft- lzlf0f k] z] n] blgs k]tofelt vfh] of] x] f . slf] kR5\$] . lj ifolkR5\$] . lj Bfylsf] JolQm] lkR5\$] . lzlfslkR5\$] . o; /L vfh] g] k]tofelt'nf0{ xfdln] jf: t} u/ ofF. kfFfF; f/ xft- xfdl cyfx lfdt] sf e08f/ 5fF. To] sixNo} vfh] ofF. kvf\$] al4sf] klg k/v u/ ofF. jlo{ /f\$] 1fg vfh] g] al4sf] . ; f; /f\$] a] x] d vfh] g] lrgtgs] . vgf /f\$] z/ l' hofp] lrgtgs] . cge] h6o 1fg /f\$] lrgdo vfh] g] klqmf] sf]. lha] l] b] f] ofP/ cd] f] kfg ug] xyf] B] sf]. k6 3dfP/ ; j: y ag] t] s] sf]. t] h af\$] a] x] df08 lj r/ of ug] d] fu\$] . cfk] h] cfk] nf0{ k] z] g ; f] l] j] z] 16l ag] t] futs] ; l6faf6 b] of ag] 1fgfh6 ug] l; sf/ z] h] sf]. o; /L xfdl el/ sf] l] r08f] a] ofF. s] of] l] r08f] sf] l: ylt ablg ; S5f] t < ; a} lj Bfylsf .kof/ lzlfns] ag] ; S5f] t <



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# a4M

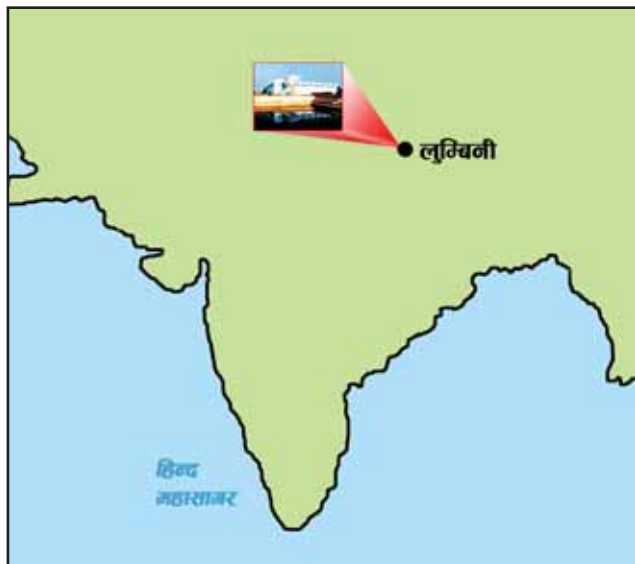
# Ps ; km lz lfs



l; 4fy{uf}d dfq nldagldf h6d}g\ g}fn :jo+klg nldagldf h6dof]e6g ; ls65 .  
s; }a4 g}fndf h6dPgg\ a? a4 h6dPsf]7fp}f g}fn h6dof]e65 eg]To; nf0{  
klg c6oyf 7f6g gld}nf .

**xf** df lj Bfnosf 5fq5fqfnf0{ a4 sxfF  
h6d}f xg\egl ; f}of}eg] k}oM ; a}h  
nldagl egl 7f}j}f unf6\ . t/ ltgnf0{  
a4 cyf{\l; 4fy{uf}d slxn] h6d}f /x}g\  
egl ; f}of}eg] z}ob ; a}g}c}N}d}n}P}n}f}g}\l}S}ge}g}  
lj = ; +@)^^ sf] j}z}fv kl}of}f @^ j}z}fv\_nf0{  
x}f}d}n] @}##}c}f}a4}ho}t}l}sf ; k}df t dg}of}f  
t/ ; To}a4}sf] h6d}l}bj ; eg] x}f}og . To}t a4  
k/nf} e}Psf] cyf{\p}gn] d}x}kl/l}g}j}f}f k}k}t  
u/}f] l}bg xf] . a4}sf] h6d To}f}e}b}f \*) j}if  
kl}xn] cyf{\c}f}he}b}f @^## j}if}l3 g} e}Psf]  
xf] . To; cy}f l; 4fy{uf}d 0}j}l ; g}e}b}f @^#  
j}if{kl}xn] h6d}f]l; 4 x65 . af} wdf] n}d}al}x  
0{fk}j{^@# nf0{g} a4}sf] h6d j}if{df}65}g\ .

; e}Qm /fi6}x}3}n] klg ; f}x}l s/fnf0{df}o}t}f l}b}f  
c}f}Psf]5 . x}f}d}n] klg x}f}d} l}j}B}f}y}k}z}nf0{a4}sf]  
h6d j}if{0}e}^@# xf] e}g} plrt x65 . t/  
o; df Oltxf; sf/x}z}sf] dt clns le}g 5 /  
To; nf0{lt:/sf/ ug{klg l}d}n}b}g .  
euj}fg>l/fdr}Gb/ >ls}f}f}o}#; 4fy{uf}d}a4  
s}g}k}f}f}l}o}rs rl/q j}f k}f}q x}f}og}\ . l; 4fy{uf}d  
x}f}d}t}k}f}o}f}h:t}df}g}j}h}gl k}f}Psf Ps Jo}l}Qm}l}yP .  
x}f}d}Oltxf; sf]sf}nv}08}df p}gl h6d]/ d/]klg .  
c}f}g}; f}w}g}f}n] a}f}l}w -1fg k}k}t u/} a4 sx}n}P .  
kl5kl5 euj}fg\klg sx}n}f}o}p} uP .  
a4}sf]\*) j}if}f}h}l}j}gs}f}ndf 36}f} 36}g}f}x}z}  
o}q}t}q k}9}g k}f}o}65}g\ . e}f/t j}if}f}h}l}g Oltxf; sf]  
c}f}w}f}d}f a4}sf] l}g}j}f}f} l}tly 0}e}k}=#} ge}0}sg  
To; sf] ^) j}if{kl5}sf] l}d}t, 0}e}k}=#} \$\*# xf] e}g]  
b}j}v}65 . Oltxf; sf/x}z}n] r}Gb| u}k}t}sf] /f}h}os}f}n  
/ l; s}Gb/sf] c}f}q}nd}o}rsf l}tlyx}z}nf0{ k}f}d}f}l}o}rs  
d}f}Gb}a4 kl/l}g}j}f}f} l}tly 0}e}k}=#} \$\*# 7x/ u/}f]f]  
k}f}o}65 . e}f/tsf k}v}o}f}t Oltxf; sf/ /f}x}h  
; f}S}o}f}o}gnf0{; d}y}g ub}f}x}f}d}l} a}f} l}j}a}f}g}e}j}g}n}f}n  
k}w}f}g}n]klg l; 4fy}f}h6d 0}e}k}=#} / kl/l}g}j}f}f]  
0}e}k}=#} \$\*# nf0{g}P}l}t}x}f]l; s df}o}t}f l}b}Psf 5g\  
x}f}d}n]a4}ho}t}l}n}uf}o}t c}G}o}q k}o}f}u ug]kl/l}g}j}f}f]  
l}tly k/Dk/fut df}q xf] P}l}t}x}f]l; s x}f}og e}g]  
Oltxf; l}j}b}x}z}sf] sy}g 5 . l}j}le}g l}j}Z}h}f}S}x}z}n]  
klg a4}sf}n 0}e}k}=#} \$\*# nf0{l}j}z}f} c}f}l}w}S}f}l/s  
z}k}df p}N}y} u/}f}f}k}f}o}65 . p}k}o}Qm}b}0{k}k}f}i/sf  
sf}nv}08}nf0{ th}g}f}l}d}S ; k}df l}r}q}f}l}g ub}f{of]  
s/f a9l :ki6 / ; x}h x65 . -x}j} k}e}#! a4}sf}ndf  
d}t}f}G}t/ /x}t}f}klg a4}sf]h6d:yn, a4}n]u}k}l}o}f}u  
u/}f}f}pd} -@ ( j}if, 1fg k}k}t u/}f}f}pd}j  
-#% j}if{ / To; kl5sf \$% j}if{wdf}k}b}z}df n}f}u}f}f]





# Oltxf;

!# kn6 \* 0Gr ufl8Psf] 5 . tNnf] ^ kn6 ( 0Gr v08df 15gfh]vfk\$ 8f 5g\eg]afsl k/} :tDe -@ \$ kn6 ! 0Gr\_lrkni/ kfin;bf/ 5 . :tDesf] kn6af6 ( lkn6 % 0Grdfly lznfnv el6G5 . :tDedf kfF x/knsf] clenv s16Psf] 5 . hldgdf pleP/ ; lhn}k9g ; lsg]prf0sf] l:ytdf ; f]clenv /x\$]5 . clenvdf n1vPsf] .oxfZfSodlg a4 h6d] e6g] s/f :ki6 5 . lrlgofFofql Xj; fun] czf\$ :tDesf] lz/df 3f8fsf] dlt{/x\$] p1nNv u/\$f 5g\ . t/ To] dlt{/eg]xfn ljBdfg 5g . sxl kfs[ts sf/Of, h:t}r6d<sup>a</sup> kgfh]vDaf rlsPsf]/ 3f8fsf]dlt{ gi6 ePsf]cgdfg ul/Psf]5 . hxf]vof]:tDenf0{ hg s1nu9ldf ufihfsf/ / ; tx lrNnf]agf0Psf] 5 To; sf]kz;# w]h]u/\$f 5g\ . ljzj1 :jode/Tg thw/sf]cgdfgdf o; sf]tth #& 6g hlt 5 . o:tf]:tDenf0{ldhfk/b1v nDagl;Dd nueu %))) dfig; n]ljzj uf8fdf u8fP/ NoPsf]xgk5{e6g] cgdfg ul/Psf] 5 .

nDaglsf]dVo klxrfgsf]kdf czf\$ :tDe @@ ; o jif6bf a9L ; dob1v Ps}7fp6f l:y/ 5 . l; 4fy{h6dgb6bf cuf18 dxf/fgl dfofb]ln] gxfPsf]kfy/l / glhs\$]tth/ gbl klg hxf6f] ToxLF5 . l; 4fy{h6d-:df/ssf]kdf dfofb]ln] ; fnsf]xf6f ; dlt{/x\$] / ; fydf afns l; 4fy{ ; d] /x\$]dlt{/nDaglsf]csf]ljzjtsf]kdf

/x\$]5 . of]dlt{0fj1 ; g\!(\* (\* df k0fCb] dvhl\$]p1vvggaf6 kkt ePsf]xf]. Toxl dlt{ :yfkf u/] sz/zdz]n] dfofb]l dlGb/ agf01bP ; g\!##-!(#( lt/ . To] dlGb/df kl5 klknsf]ljzfn ; v xls6f]. k/ftflT]s p1vvg\ug]qmdf Ps bzsc13 ; f]v 9flnof]. xfn nDagldf To]klknsf]cl:tj 5g . dlGb/ klg csf]ag\$]5 .

zfsodlg a4n]jzfv kl0f6fsf lbg ; fnsf] ; vsf]5xf/ldf h6d lnP . To; sf]\*) jifk15 b0f6f ; fnsf]j [fsf]alrdf kN6] szlgu/df kl/lgj6f kkt u/]. To; cl3 #% jif\$]pd]df af1uof -laxf/, ef/t\_ df Ps klknsf]af6d]g jzfv kl0f6fs}lbg af1w1fg kkt u/]. To; sf] nuQ)af1uofaf6 jf/f0f; lsf]; f/gfydf kyd wd- bzf klknsf]; vdlgaf6}z? u/]. t; y{gkfsf] nDagl / ef/tsf]af1uof, ; f/gfy tyf szlgu/ af7x;sf kdV tly6d ag kuf 5g\ .

## ;G6e{fdul

!= ejgnfn kwfg, zfsodlg a4sf]:df/s, ofj af; dx @\$\$\$cfFa4ho6tl, sf7df8fF. @= /fxh ; fs[ofog, bzg, lblbzg, lsfda dxn, Onxfjfb, ; g\!( ) sf] ; s/Of . #= lelf ; bzg, dxf:yj/M nDaglsf]sfvdf, lxdfnl af; klz1f0f ; yfg, nlnkY, ; g\!( (\*, a4 ; Dj t\%\$@, lj=+ !(( \* . c6o ; Dks{M 8f= nldOf zfSo, 8f= th; l/fd jB .

तपाइँ जहाँ भरपनि...  
नेपाल एफएम नेटवर्क

तपाइँको रेडियोसेटमा.....  
केचनादेखि कालापानीसम्म  
कञ्चनपुरदेखि कञ्चनजङ्घासम्म

र, इन्टरनेटमा.....  
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x/đ dlxgfsf] klxnf] ; ftf  
tkf0\$] glhssf] klqsf k; ndf ; d] pknAw xG5 .

# शिक्षक

df];s

u]xs aGgsf nflu ; Dks{ 7]f]fgf

## Onfd

Onfd k'ts k;n  
kn]m )e&-%@)\$@#, (\*\$e^e&\$e#

## %kf

>]7 aS; P08 Goh Ph];L  
bdsM )e#-%\*\$!e%, (\*\$e^e)&(&

## hl]sf 066/k]0h]h

latf]f]M )e#-%\$))!^, (\*\$e^e\$^e&

## df]a

Jffo] k]sfzg  
lj/f6gu/ M )e!-%e\*!e)

## lzj /]dl

06x/f M (\*)#\*#^#)\$

## s]h 18li6]o;g Ph];L

lj/f6gu/ M (\*%e)@e##

## ; a]j];ef

l]zv/ aS; P08 :6]zg/L  
v]f]af/L M )e(-%^^))&, (\*\$e)%!^\* \$

## v]f]a

>]7 aS; P08 Goh Ph];L  
lb]St]h )#^-\$e)@#e, (\*\$e\*\$e)@#e

## pbok/

cgk k'ts k;n  
s6f/L M (&\$#) \*!##

## l; /xf

;l]f g]f]h Goh ;]6/  
nx]f-g-!, )##-%^))e&

## l; Gwhl

Go" k/h]f :6]zg/L  
l; Gwhl, e g+ ah]f/M )\$&-%e))e%

## /fd]fk

h]P]g= k'ts k;n  
d6ynl M )\$\*-%\$))!), (&\$!)%))!!

## /fd]fk

ld]nhhl k'ts tyf :6]zg/L  
d6ynl M )\$\*-%\$))#

## bf]h]v

xf/]l :6]zg/L P08 ; knfo; {  
eld]j/ M (&\$!)\$&!()

## bf]h]v

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

## l; Gwk]l]r]f]s

s]z]j :6]zg/L  
r]f]i/f M )!!-^e)@e^

## ; nfd

u0f]z :6]zg/L, nfnagbl M )\$^-%)!!#\*

## sfe]

k]p]lt k'ts k;n, ag]k]f M )!!-^^!e%&

## >]7 6]h; {

kg]f]l M )!!-^^!)%\$

## ; -ho :6]f]

w]nv]h M )!!-\$( )\$^\$

## /f]x6

k]e]ft :6]zg/L, r]Gbl]guf]xk/ M )%-%\$)%e

## af/f

u]f]l]z]l/ k'ts k;n  
l]ghu9 M )%#-%\$)!e, (\*\$e)#\$(&!)

## k; f{

df]o; y]f a]szk  
j]l/u]h M )%!-%e#%\$)

## ds]j]fgk/

; d]r]f/ s]l]b]  
:sh /f]h, x]f]f]f M (\*\$%)%&!)

## l]rt]j

g]f/fo]f]l k'ts ;bg  
g]f/fo]fu9M )%^-%e!e^\*, (\*\$e)^#(e#

## g]j]f]s]f

pl; s h]g]n :6]f]  
lab/ M )!)-%e)\$!()

## w]l]b^a

l]qk/]f k'ts k;n  
w]l]b^a]j]l M )!)-%e)!()

## l]xd]fn aS; P08 :6]zg/L

w]l]b^a, a]f]g]l M )!)-%e(!\$\*

## g]j]nk/f; l

ld]ng k'ts k;n  
; g]j]n M )&\*-%e)@e!)

## tg]x]F

u]08sl k'ts k;n  
bd]f]h]l M )^-%e!)e\*

## nd]h^a

%]g]f k'ts k;n  
a]f]l]z]x/ M )^^-%e)!)

## u]f]v]f

/f]h]g]f k'ts e08f/  
l]j]b]no dfu{ M )^-\$e)!^#

## z]k]G]j]l

; /n :6]zg/L s]l]b]  
e]x]j]f M )&!-%e!&\$#

## l]j]z]fn k'ts k;n

a]b]j]n M )&!-%\$^%\$)

## k]f]l]k]f

>]7 Goh Ph];L  
t]f]g; g] M )&%-%e)!\*e

## c3f]v]f]l

pd]z] 5f]k]v]f]g  
; l]Gw]vs( M )&&-\$e)!&)

## bf^a

v]g]f]n k'ts k;n  
e]fn]h]f^a M )\*e-%e)!\*e

## /f]j]n

k'ts k;n  
nd]xl, bf^a kn]m M )\*e-%e\$))\*)

## hg]t]f aS :6n

3]f]f]xl, bf^a, kn]m M )\*e-%e)^e^

## af]f]

l]xd]fn 18]l]6]o]6/  
g]k]f]nu]h M )\*!-%e#\*\$\*

## alb6f

hg]k]o]p k'ts k;n  
u]h]l/of M )\*\$e-\$e)@e!)

## Go" co]f]h

k'ts k;n  
e]l/u]f]o]F alb6f  
kn]m M )\*\$e-^e)@e!\*, (\*\$e)#%\$e#

## ; v]i

; ud k'ts k;n,  
; v]i M )\*#-%e!&e, (\*\$e)^e#%

## b]h]y

z]d]f :6]zg/L  
b]h]y]M )\*^(-\$e)@e)\$, (\*\$e)^e\* (^

## s]h]f]nl

l]g]nd k'ts k;n  
c]Q]l/of M )(!-%e)@e#\*, (\*\$e)\$e)@e#\*

## s-rgk/

dx]f]s]f]nl ; d]r]f/ s]l]b]  
dx]l]b]gu/ M )((-e)!^%#

## c5fd

e]f]j]s :6]zg/L  
a]9]fau/ M )(&-^)!(\$, (&\$!!!e)@e&

## 88]h]v]f

tf/]k-h :6]zg/L  
)(^-\$e)!e, (&\$!)\$&\$e\$)

## b]f]r]f]f

r]f]h]g]l k'ts k;n  
u]f]h]z]j/ M )#-^e)@e#\*, (&\$!!!e)@e%

ljrf/

af/fs cfjfdf



# lzlf sdf lgeł 5 bżsf]eljio

cd\|sfsf] eljio g}lzlf sx;df lgeł 5 . cfh d gofFk!tfsf cd\|slx;nf0{  
 cuf18 a9] xdf[]bżsf]slffsf]fx;df ;]f ug{cfXjfg u5{. olb tkf0{of]/fi6sf]  
 hljgdf kw's Nofpg rfxgxĆ5, cf^gf] lfdtf / nufjsf] clwstd kof] ug{  
 rfxgxĆ5, kl5;Dd /lx/xg] lsl;dsf] cf^gf] ufyf;lxtsf] 5fk 5f8y rfxgxĆ5 eg]  
 lzlf0f kżfdf ;l/s xgx] \. cd\|sfnf0{tkf0{f] cfjZostf 5 .



**cf** | hsf]cdl/sfsf]; d[4 xfdl wg hDdf ug{sit ; lfd 5fFeGg]s/dfd xfoG, a? xfdl xfdl hgtfnf0{s;/l /fd] 6 lzlft agfp5fFeGg]s/dfd cfwf/t /x\$] 5 . lzlf ca s]n cj; / / ; kmntsf nflu ; xfos xg] cttl/Qm of]otfsf] s/f dfq xfoG, kfoM ; a] lsl; dsf cj; / kfgpsf nflu rfxg] cfwf/e't cfjZostf aGg klu\$] 5 . clxn\$] l]ZjJofkl cfly\$ dGblaf6 pTkGg ePsf] hflu/ s6f]lsf] df/df kgdf ; aGgbf w}] rf/jif] l8ull gePsf sdbf/x; 5g\ . tla| ultn] j [4 e0/x\$] cdll/sfsf w}]h; f]Jofj; flos sDkglx;n]:gfts tx; Ddsf] k9f0 vff]5g\ . cfufdl lbgx;df :gfts;x;sf] dfudf %g\j [4 xg5 .

hg /fi6] cf^gf gful/snf0{ ; aGgbf /fd] lzlff lb65 Tox /fi6\$] eljio pHHjn 5 eGg] s/dfd sg} zlf 5g . xfdl; 6 To:tf] cyf\ Pp6f ; DkGg /fi6<agfpg rfxg]; a}s/f 5g\ . ; aGgbf /fd] l]ZjJ Bfnox; xfdl; 6 5g\ ; aGgbf sxlnPsf l]afg; klg xfdl; 6 5g\ . xfdl; 6 gfhf-gfhf kofu ug] pI; stf / cf6 ePsf kwf]wofks, klta4 lzlf / kltef]fg\j Bfyl; klg 5g\ . xfdl; 6 o:tf cleefjs 5g\h; sf] hljgsf] kdV kf]ydstf g}cf^gf 5f]f5f]lsf] lzlff xf] . xfdl; 6 pIs]6tfsf] Oltxf; 5 / xfdl] gfglx;n] xfdln] r9\$] eGbf clnf lzv/ r9gk5{eGg]kan rfxgf / To; sf nflu rfxg] cfd]ljZj; klg 5 .

t/ olt xbfxB] klg, l]Zjd}cthglo ; ff cf^g} xftdf eP/ klg xfdln] xfdl] l]Bfyl\$] zlf]s pkn]wnf0{ agfpg ; sgf} :shx;nf0{ sdhf] xg lbof]-lzlf]s;x;sf] :t/ v:sg lbof] / c; bZ;x;nf0{ xfdlnf0{ pl5Gg] df\$] lbof] . of] s/f d sxl tVof]x;sf cfwf/df afln/x\$] 5' . cf7 slffsf] uOf]tdf xfdl l]Zjdf gj]f :yfgdf %of]F. l; Ef]k/sf dflwolds:t/sf kfo\$ rf/hgf dWb]tlghgf l]Bfyl]x]fdlnf0{pl5G5g\ . !#-!\$ jif] pd]sf cdll/sl lszf]lszf]lx; dWb]sf Psltxf0] dfq pglx;n] hlt /fd/l k9gkg] xf] Tolt k95g\ . clkn]sg-cdll/sl / Nofl6gf] :sh] l]Bfyl{/ uf]f l]Bfyl\$] zlf]s uOf:t/sf alrdf ulx/f]vf8n l]Bdfg 5 . cdll/sl lzlf]sf] :t/df bl]vPsf] thgf]ds xf] ; xfdl] cyf]Gqsf nflu cgSh 5g . of] xfdl] khftGqsf] lbu]k]gsf] klfd klg 5g, of] lubf] :t/ xfdl] s6fs6lx;sf nflu :jlsfo{5g / xfdl o;nf0{ lg/Gt/tf lb0/xg ; Sbg]F .

cfh sg} s/f hfl]vddf 5 eg] To] xf] cdll/slx;sf] ; f% ; kgf . d]f aaf / tkf0; dWb] w}]\$]f ajf / cfdfx;n] lzlf]sf] vfh]df w}] bWw ug]ePsf]5 . of] ; kgfn]g}w}]cdll/slx;nf0{

cttl/Qm sfd u/fPsf]5, ; -; fgf vl; ofnlx;nf0{ To]lg nufPsf] 5, sd vr{u/] hit ; ls65 arfpg nufPsf] 5 . of] ; kgf xf] cf^gf s6fs6lnf0{ uOf:t/lo lzlf lbg] rfxgf w}] df]g; x;df cfkln] IrQa"bf] lzlf gk]P klg 5f]f5f]lnf0{uOf:t/lo lzlf lbg] rfxgf 5 / pglx;n] cf^gf s6fs6lnf0{uOf:t/lo lzlf lbg] klg]k}f hfl]p]g]cfzdf g}w}]bWw u/\$] 5g\ .

bzsf]v jfl; aGgaf;l /fhg]lts l]jfbdf cln]Psf]5 h; n]pGgltnf0{klf3ft u/fPsf]5 / zlf]s xf]nf0{lg/Gt/tf lbPsf]5 . xfd] kf6]\$] klg sxln]/fd]k9fpg]lzlf]snf0{cttl/Qm kfl/>lds lbP/ k':s] ug]l]rf/sf]l] /w] u/\$] 5g\ . o; n]slffsf]df cGt/ Noip5 eGg]s/f xfdlnf0{yxf xbfxB]klg o; sf]dx]j kli6 ug] oyl6 kdf0fx; xbfxB]klg w}] hgf kl/]Des lzlf]df gofFnu]g]sf] l] /w] u5g\ . To; h] ox]F w}]k}f / w}]; wf/alrsf] / vr{/ oyl:]t]fb alrsf] k/f]g] l]jfb xfdl jfl; aGgdf kfp5f] . ox]Fk6]k]t uba6b / ; fgf dl; gf s/f]f]l]jfbdf cln]g] qnd Jofkt 5 . t/ olb xfdl Pssf0; ff zt]Abldf ; kmn xg]xf]eg]al; ffz]t]Ab]sf]k/f]g] n8f0f]f0{ldn]sfP/ cl3 a9g' h?/l 5 .

dnf0{nlU5, tkf0; klg Pscsf]f0{cf]f 78dfpg]; do ca ; ls0; Sof]eGg]s/dfd ; xdt xg]x65 xfhf . ca xfdlnf0{Ps ; qdf afl]g] / pQ/bfol agfpg]; do cfPsf]5 . xfdlnf0{gofF nufgl dfq xfoG gofF; wf/ rfxPsf]5 . of] xfdl] l]Bfyl; af6 c% w}]ck]ff ug]; do xf] . of] /fd] lzlf]sx;nf0{ k':s] ug{z? ug] / v/fanf0{dfkn] lbg a6b ug]; do xf] . of] ; /sf/; 6 x/\$:t/df kl/]ffdsf] dfu ug]; do xf] . of] ; DkOf]cdll/sl afnaf]nsfnf0{ l]Zj sf] sg} klg 7fp]f sdbf/; 6 kl]t:kwf]ug{ ; Sg] agfpg] ; do xf] . of] ; do ; a} cdll/sl afnaf]nsfnf0{ sl/o/ / kZ]fut hljg; Dd kZ]ofpg kl]t:kwf] lzlf lbg] ajh] xf] . xfdln] ca klxn]v]sf c; kmntfx;nf0{-jlsf/] cu]f8 a9gk5{ . cdll/sfsf] ; du] lzlf kOf]nl km] Psk6s l]Zj s}nflu n]n]l]b]af6gk5{ . jf:t]df ca xfdln]Tox] rfxgf k/f ug]c7f]sf ; fy cu]f8 a9g cfjZos 5 .

To; sf/Of d xfdl] ; a} /fhox;nf0{ of] rbf]kl]t uDe/ xg cfux u5- afnaf]nsfsf] lzlf / l; sf0sf] uOf:t/ j [4 ug{pRr:t/lo of]hg] l]sf; ug{x]f] \ . s6fs6lx;nf0{ ls68/uf8]bl]v g} ; kmntsf nflu tof/ kfg{ cfjZos 5 . xfdl] lzlf ; wf/ Ph]8fsf]klxn] :t]De oxl xf] . bf] f] xfdln] xfdl] :shx;df c% /fd] dfkb08 / dNof]gnf0{kOf]nl :yfkf u/] c% uOf:t/lo lzlf lbg] lfdtf xf] ; n ug{5 .

# Ijrf/

o; df xfdlnf0{w7}/fi6x;n]pl5g\$5f 5g\ . t/  
 o; sf]cy{pglx;sf s\$fs\$lx; xfdl e6bf af7f  
 5g\ e6g] xfdl, a? pglx; cf^gf s\$fs\$lx;  
 s;/ l lzllft agfpg]e6g]s/dfd a9l af7f x\$5g\  
 pglx; w7}sf d gnflg]s/f k9fpg yf7}; fl; fwg  
 / ; do vr{5g\ w7}sf d nflg]s/f k9fpg  
 w7}; do vr{5g\ . pglx; cf^gf s\$fs\$lnf0{  
 :sh cyjf snhsf nflu dfq gep/ Pp6f  
 .sl/o/ul sf]nflu tof/ kfb\$5g\t/ xfdl To; f]  
 ul//x\$5f 5g\$F. xfdl] slff \* sf] kf7dqndnf0{  
 lzllfdf /fdl]ug]c6o s;l b\$z; ; E thgf ubf{  
 xfdl pglx;e6bf b0{ jifk15 kl/; s\$5f 5fF. of]  
 cfly\$ d6bsf]Pp6f kl/Ofdf klq xf]. d cdll/sl  
 s\$fs\$ of] r6f]lsf] ; fdgf ug{ ; S6g\ e6g]  
 s/f :jlsf/ ug{tof/ 50gFls l pglx;n]/fdl]  
 ug{ ; S5g\ . pglx;n] ; Sgk5{/ c% pRr dfkb08  
 xfl; n ug{5{.

cdll/sfsf] eljio g} lzlfxs;df lge{ 5 .  
 cfh d gofFk;tfsf cdll/slx;nf0{cuil8 a9]  
 xfdl]b\$zsf]slffsf]7fx;df ; j]f ug{cf]x]fg u5{.  
 olb tkf0{of] /fi6sf] hljgdf km/s Nofpg  
 rfxgx65, olb tkf0{cf^gf] lfdtf / nufj]sf]  
 clwstd kofu ug{rfxgx65, olb tkf0{k15; Dd  
 /lx/xg]lsl; dsf]cf^gf]ufyf; lxtsf]5fk 5f\$5  
 rfxgx65 eg] lzlf0f k\$zdf ; l/s xgxf]\ .  
 cdll/sfnf0{ tkf0\$] cfjZostf 5 . xfdlnf0{  
 xfdl gu/x;df tkf0\$]cfjZostf 5 . xfdlnf0{  
 ;fgf zx/x;df tkf0\$]cfjZostf 5 . xfdlnf0{  
 ljz]f ; kdf xfdl leql zx/x;df tkf0\$]  
 cfjZostf 5 . xfdlnf0{ k'} cdll/sfel/s}  
 slffsf]7fx;df tkf0\$] cfjZostf 5 .

olb tkf0{x;n] cf^gf]k\$]sf d ug{e6f]eg]  
 xfdl xfdl]k\$]ug\$F. lzlfxs;nf0{o:tf]dxl]k0f  
 bflot] lgjfx ug\$ nflu tof/ kfg] / cf^gf]  
 k\$zdf /lx/xg kfl; flxt ug{xfdl sbd rflnb\$5fF.  
 xfdl lzlf0sf gofFt]tl/sfx; klxNofp\$5fF/  
 lzlfssf] hxfclwstd cfjZostf 5, tl  
 slffsf]7fdf Nofpg gofFsf0md l; h6f ub\$5fF.  
 ul0ft / lj1fgsf lzlfxs;sf]sdlnf0{c6to ug{  
 tl ljifo k9fpg] cdll/slnf0{clt/Qm kl/>lds  
 lbg]s/f]sf]klfd xfdl 5fF. of]nlof klgf  
 nflu ; j]s]6 lzlfxs;sf]5g7 u/] pglx;nf0{  
 k':s[ ug{5{e6g]s/f xfdln]a%\$5f 5fF.

cdll/sl lzllfdf ; wf/ ug{k]csf]klf eg\$]  
 ljBfnof;df gofF gofF s'/sf] lj sf; /  
 p]s]6tfnf0{clekl/t ug{g}xf]. cleefjs,  
 lzlf / ; fdbfls jf gful/s ; E7gx;n]:yfkf  
 u/\$f ljBfnof; : j t6g ; kdf gofFkl/j t6sf/L  
 g]nf kof]ux; u56\ . d]p]Pp6f /fl0sf]ljwfos  
 cyjf Pp6f cdll/sl l; g6/sf] ; kdf To:tf  
 ljBfnof;nf0{ ; dy6 ub]cf]Psf] 5' .

xfdln]cf^gf s\$fs\$ gofFofFs/f l; sfpg]  
 ljBfnof;df k9b\$5g]jf c6t st}egl lgu/fgl  
 /Vgk5{. xfdl] s\$fs\$lx; x/\$ jif{blf0f sl/ofs  
 s\$fs\$le6bf Ps dlxgf sd ; do :shdf  
 latfp5g\ . pglx;nf0{cfFztf]Ablsf]nflu tof/  
 kfg]sb]tl/sf xfdl . dnf0{yxf 5, jf:tjdf  
 nfd] labf / nfd] jllif\$ ; q bj} w7} dg  
 k/f0g]s/f xfdl\ . nfd]labf d7f 5f7Lx;nf0{  
 dg kb6, d7f]kl/jf/nf0{dg kb6 / ; Dejtm  
 tkf0\$ kl/jf/nf0{klg nfd]labf dg kb6 .  
 gofFztf]Ablsf r6f]lx;sf] ; fdgf ug{ klq  
 slffsf]7fdf c% w7}; do latfp6' cfjZos 5 .  
 olb of]s/f blf0f sl/ofnlx;n]ug{ ; S5g\eg]  
 xfdl klq ug{ ; S5fF.

ljBfnof; hlt; s} cfwlgs ag] klq /  
 lzlfxs; hlt; s}k6f]sf/L ePklg ha; Dd xfdl]  
 ljBfyl6] cf^gf] lzlfssf] bflot]af]w gu/]Dd  
 cdll/sfsf]cuil8 a9g]rfxgf k'f x6g\ . o; sf]  
 dtna ljBfnodf ; dodf klq] slffdf Wofg lbg]  
 rfxPsf]ahdf clt/Qm slffsf]Jo: yf ug{ ; Sg]  
 / JolQut ; d:ofdf gclN%g]kl/kf6sf]lj sf; df  
 Wofg lbgk5{. To; sf/Of d ljBfylx;nf0{e65M  
 ljBfno 5f\$5]cyjf k9f0 5f\$5]s/f ; r6f klq  
 g; r6g; \ . k9f0 5f\$5' cfk]nf0{5f8y' xf]. of]  
 tkf0{cf^gf] b\$znf0{5f8y' xf]. of]sb]ultnf]  
 pkfo xfdl, of]lfof ha xfdl]pRr dflwld  
 tx ; Sgcl3 ljBfno 5f\$5]ljBfyl6] ; a'vof ljut  
 #) jif0f t]a/ ePsf]5 / ha pRr dflwld  
 tx cuj} k9f0 5f8y{x;n] snh ; s\$fx;sf]  
 e6bf cfw hlt dfq sdfp5g\ .

cdll/sl lzllf /ofgltsf]csf] :tDe eg\$]  
 x/\$ cdll/slnf0{u0f:t/lo pRr lzllf lbg'xf]  
 rfx]Tof]snh xf] jf klj lws tflnd . Sofk;  
 egf]ep/ k9f0 k'f ug]/fi6x;sf] ; l'ldf cdll/sf  
 bf]fl: yfgaf6 P3f/f: yfgdf %\$]5 . of]be]k0f  
 s/f xf] . ; xl ; lNk / ; xl nufgl u/df xfdl  
 kl/ lzlfssf]of]v: s]fl]l:yltdf ; wf/ ug{dxl]k0f  
 eldsf lgjfx ug{ ; S5fF. To; sf/Of d]p]cl3Nnf]  
 xktf /fi6sf]gfddf ; Daf]w ubf{cdll/slx;nf0{

s\$fs\$lx;nf0{ls68/uf86b]v g} ; kmtfsf nflu  
 tof/ kfg{cfjZos 5 . xfdl] lzllf ; wf/  
 Ph]8fsf] klxnf] :tDe oxl xf]. bf]fl] xfdln] xfdl]  
 :shx;df c% /fdl] dfkb08 / dNbf]gnf0{ k0ffnl  
 :yfkf u/] c% u0f:t/lo lzllf lbg] lfdtf  
 xfl; n ug{ 5 . o; df xfdlnf0{w7}/fi6x;n]  
 pl5g\$5f 5g\ . pglx; cf^gf s\$fs\$lx; s;/ l  
 lzllft agfpg] e6g]s/dfd a9l af7f x\$5g\ .

cfXjfg u/\$f] 5' ætkf0{ Pp6f nlo lnP/ sd; \$d Ps jif{a9l cf'gf]pRrIzIffdf l6Sgxf] \ h; n] ubf{ xfdl @)@) ; Dddf ; aæGbf a9l :gfts u/\$f gful/sx;sf] bž xg ; sfF.

ol ; a}s/ssf] lgisif{Pp6}5- xfdlnf0{w} k}fsf] cfjZostf 5 . xfdlnf0{ w} ; wf/sf] vff] 5 . xf] xfdln] vr{ug] k]o\$ 8n/klit xfdln] cfknf0{pQ/bfol agfpg cfjZos 5 . d Pp6f csf] s/f klg ug{ rfxG5' . xfdln] cleefjssf ; kdf cfknf0{c% a9l pQ/bfol gagfP; Dd sg}klg ; /sf/L ofhgfn] s}l km's kfg] 5g . ; /sf/ hlt; S}c; n / kfej sf/L eP klg To; n] 3/sf] l6el aGb ul/lbg ; Sbğ cyjf lel8of] uđ /f}g ; Sbğ . lzlf sx; hlt; S} nugzln / kfej sf/L eP klg tkf0{sf s}fs}l 3/af6 ; dod} lx85g\ / /lit :shaf6 km's cf'gf] u}xso{u5g\æG} lglZrt ug{ ; Sbğ\ . ol s/f cleefj sn] dfq ug{ ; S5g\ ug}5{ . d of] s/f Pp6f afa' ePsf] gftfn] dfq xfoG, Pp6f 5f]f] ePsf] gftfn] klg eGb5' . d ; fg}æf, d / d}l cdf bžafix/ a:YofF. d}l cdf; t dnf0{/fd] cGt/fi6 l} Bfnodf k9ğ k9fpg klğ]k}f lyPg hx f; a}cdl/slx; k9ğ hf}y} . pxfh] d}f] k9f0nf0{yk 6}f k9fpg xhfsaf6 k9f0g] sf] {klg y}geof} . dnf0{ xktfsf] kfF lbg ; f9]rf/ ah] laxfg p7P/ d :sh hfgeGb kixn] s}l kf7x; k9ğ nufPsf] d c% ; D%G5' . ha d c}gfsfgl, axgafahl uy} / lgb] n}l of] e}y} pxf]j :tf/ ; ødt eP/ dnf0{ ; D%fg' xG}of} .

s}fs}l xGh; Dd tkf0{cf'gf cleefj sn] u/\$f Tofus]af/df Tolt ; f}g}Gg . d}l cdfn] sfd ug}Yof] dnf0{ s}n l} Bfno hf}kYof} . t/ pxf]x/\$ lbg laxfg] p7} d}f] lzIffdf s}l afwf gkuf] veg} cfjZos Joj :yf ldnfpgxG}of} . o; sf/of d}h] cj ; / klg kfPF. d}f cdf, xh/cdf / xh/afsf] Tofus} sf/of cfh d tkf0{; dl ; øQm /fho cdl/sfsf] /fi6kltsf] ; kdf pleg ; lfd ePsf] 5' . of] pxf} ; s}Tofun] ubf{ ; Dej ePsf] xf] . of] bžsf x/\$ afnsn] o:t}cj ; / kfcf] \æG} d rfxG5' hg dnf0{ d}l cdfn] lbg}eof} . hf] dnf0{ d}f u?x; n] lbg}eof} hf] dnf0{ d}f sn}hsf k}llofksx; n] lbg}eof} / hf] dnf0{ cdl/sin] lbor} .

d jf0{efğ affh}Soh h:tf afnaflnsf] Tof] cj ; / kfg\æG} d rfxG5' . jf0{efğ Soflnk}l}g}sf] lenh Ps}ð}l xf0{shsf Ps l} Bfyl{ xg\ . lenh Ps}ð}l Pp6f PSsf0; f} zt}l}bsf] l} Bfno xf] hx f}sf] fdf pRr cfwgs klj lwx; sf] kofu ul/G5 . .cfb/, pQ/bfotj / kl/offdu Toxf}f glt jfSo xg\ .

xfdln] cleefjssf ; kdf cfknf0{c% a9l pQ/bfol gagfP; Dd sg}klg ; /sf/L ofhgfn] s}l km's kfg] 5g . ; /sf/ hlt; S}c; n / kfej sf/L eP klg To; n] 3/sf] l6el aGb ul/lbg cyjf lel8of] uđ /f}g ; Sbğ . ol s/f cleefj sn] dfq ug{ ; S5g\ / ug}5{ .

s}l dlxgfc13, jf0{efğ / pgsf ; xkf7ln] pglx;sf] hljgdf j t}dfg cdl/sl cyf}Gq}kf/\$f] kfej sf] af/df Pp6f lel8of] agfPsf lyP . pglx; d}l} s}ln] cf'gf af-cdfsf] hflu/ vl: sPsf] l} ifodf s/f u/] pglx; sf] 3/ hkrnt xg]cj :yfdf ku\$}sf] s/f u/] 3/df e0/x\$} s/fn] ubf{ pglx; nf0{ l} Bfnodf Wofg lbP/ k9ğ ufx} ePsf] s/f u/} . ha jf0{efğ} sf] aff}g] knf] cfof] pgn] elgg\ æfdl ; a} o; cfly\$ ; l6af6 kfej t 5fF . xfdl ; a} snh k}ž ug} l} Bfyl{ xff} . xfdl ; a} Jofkf/L xff 8fS6/ , jlsn / ; a} 7hf dfG5] xff . xfdl ; ol ; a} ; Defjgf 5g\ . t/ h; /L s/f cl3 al9/x\$} 5g\ xfdl To; nf0{ ; fdgf ug{ ; lfd xg] 5g}fF .

Tolt w} ; Defjgf af\$}l s}laf6 To:tf] s/f ; Gg' ; fx} x}olj bf/s lyof} . pgl lrlGtt ly0g\ / pgl / pgsf ; fylx; n] Tof] lel8of} gfd lyof} . s}l ; lg/x\$} 5 } To; } cfh d jf0{efğ / pgsf lenh Ps}ð}lsf ; fylx; nf0{ s}l eG5- d ; Gb5' . xfdl ; Gb5fF . cdl/sf ; Gb5 . / xfdl Tolt ahf; Dd ysf0 df}g] 5g}fF hltahf tkf0{ cleefj sn] cf'gf] hflu/ ; /lft /Vg ; Sg}xg} / tkf0{ kl/jf/n] cf'gf] 3/ hf}fpg ; Sg' xg} / tkf0{ h] s}fdf Wofg lbgk} xf] To; df Wofg s}l}t ug{ ; Sg}xg}-tkf0{ cf'g} lzIff, ha; Dd tkf0{ cf'gf] Jofkf/L, 8fS6/ / jlsn ag}xGg, ha; Dd tkf0{ cf'gf] elj iosf] ; kgfnf0{ ; df}g' xGg .

c}Tofd, jf0{efğ} sf] ; kgf xfdl ; a} cdl/slsf] ; f% ; kgf xf] . of] xfdl /fi6sf] cfwf/et afrf xf] ls xfdl xfdl] hljg xfdln] rfxh:t} agfpg ; S5fF ; a} s/f ; a\$} nflu ; Dej 5g\ / cdl/sdf xfdl ; aæGbf /fd] lbg xfdl cufl8 5g\ . d of] l} Zjif; u5{ . olb d}h] d}f] efusf] sfd u/F/ tkf0{ n] klg cf'gf] efusf] bfloj lgj}x ug}eof] eg} xfdl of] ; l6af6 cdl/sinf0{ c% alnof] /fi6sf] ; kdf pEofpg ; dy{xg}fF / xfdl] cfwf/et ; kgfnf0{ klxn}Gbf lgs} ; /lft 9En] kl5 cfp} s}f}k}l} ; Dd ; fg{ ; Sg}fF .

-!) dfr{ @) ) ( df cdl/sl lx:kf}gs r}a/ ckm sd; f} /fi6klit cf}afdn] u/\$f] efif0af6 .  
efjfgj fbM ef: s/ sfkn}

## CLASS ROOM

Laxman Gnawali



# "Teacher, How do I improve my Vocabulary?"

### How many English words do you know?

"How many English words do you know?" I ask participants of a short-term English teacher training programme. There are smiles, squeezed foreheads, I-have-no-idea expressions. I ask a further question, "Do you know at least two thousand words?" Again there is no clear response. "I think I do," one of the participants says. Then, I announce a test to decide whether they know at least 2000 words. Everyone is excited, but not without some sense of uneasiness.

I have brought a list of "Most Frequently Used

First Two Thousand Words in English" which I found on the Internet with the help of Google search. These are words which are most frequently used in written English and the list was developed after an exhaustive survey with the help of computer software.

I announce that the participants will have to go through the list and underline words they do not know. Heads start rising after ten minutes and I go to those who have finished and try to find out what words they have underlined. When all have finished, I ask individuals to share which words they found new or difficult.

Actually, they did not have many. Only a few words such as *forbade*, *molten*, *cast*, *sawn* challenged them. I ask, "Do you know two thousand English words?" The response is an enthusiastic, "Yes!" The experience has boosted their morale, for it turns out they do know at least 2000 words. I promise to bring "Most Frequently Used First Three/Four/Five Thousand Words in English" when I come next. They are excited.

As an English teacher, we are often approached by students who say, "I am not good at words. How do I improve my vocabulary?" Definitely, they are in need of proper guidance. As teachers, we try to providing meanings, thinking that is what will help. We do this with good intentions. But, if we do not use proper 'scaffolding', our efforts go in vain. For that reason, I will try to share with you some steps to help students learn new vocabulary and use it.

There are three important elements in teaching vocabulary: raising awareness, presenting new vocabulary, and consolidating what the students have learnt once. Let me explain each.

#### a. Raising awareness

Learners need to be aware of possible ways of enhancing their vocabulary on their own. The questions we need to respond to are: How can I learn new vocabulary? What is my style of learning vocabulary? What resources are available for me? We can introduced students to the use of dictionaries, refer them to local libraries, introduce them to radio programmes, cassettes and CD's, or even try to connect them to students of the same level in some English-speaking country. Once they follow any of these, students will realise that they can improve their vocabulary on their own and start undertaking personal initiatives. This will ease our burden as teachers.

At the beginning, I sought to highlight the importance of helping teachers realize how much they already know. I also tried to highlight that we need to learn the most useful words, for which the Internet can be very useful. For the teachers and learners without such access, I would do something else.

#### b. Presenting new vocabulary

This is actually what we do most in the classrooms. If we can present the words in a proper way, students can learn them and add them to their repertoire. Usually, we focus on the meaning and leave out the aspects like their usage and etymology (the origin of a word's meaning). We may not know etymology of all words we are teaching, but if we present the etymology of those we know, it is easier for learners to remember.

## Dear readers:

It is very appropriate that *Shikshak* magazine is starting a series of articles in the English language. The series will be useful for teachers to improve their own English skills as well as in teaching the language better in the classroom. There is no doubt about the importance of English in the modern world, and so it is important to gain proficiency for both reasons: self-improvement and enhanced teaching skills.

Because of Nepal's particular history, we have less historical experience with English than the neighbouring countries in the Subcontinent. This is a handicap, because command of English is vital, especially for the teacher. While this proficiency is obviously important for the teacher of English, it is also important for those engaged in other subjects.

It is a reality that in the classroom we teach mostly in the Nepali language, and over time hopefully will do so in the other national languages. And yet, if we neglect the study of English ourselves, we will not be doing justice to our pupils. This is because, the 'corpus' of writings in the Nepali language and the other languages of Nepal is rather small. This corpus is also limited in its reach, and does not include writings on so many subject areas that are vital for us in modern times, for example, history, anthropology, sociology and political science. Thus, in order to access the larger world of ideas, and even to share them with our pupils in the language they understand, we must have a command of English.

For all these reasons, of personal growth as well as providing better instruction in the classroom, the teachers of Nepal are required to improve their English skills. For this reason, it is a happy evolution of *Shikshak* magazine that it has started presenting articles in English

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■ Kanak Mani Dixit  
Chair, Board of Directors, *Shikshak*

The word *boycott* means *to stay away from*. In the 18<sup>th</sup> century, there was an estate agent in Ireland, Charles C. Boycott, who was very unsociable and unfriendly. No one wanted to be with him, and as a result, he was never invited to social gatherings. That was how the term *boycott* entered English. To help students learn and remember, thus, it is important to have the kind of dictionary which also provides etymology.

In presenting the meaning of a term, we can use a variety of techniques that go beyond mere explanation. For example, we can draw pictures, use miming, provide synonyms and antonyms, make demonstrations, use models, or, where possible, bring to the classroom the item being described. We can

## CLASS ROOM

provide the context and let the students try and guess the meaning of a word. If nothing else works, as a last resort, the teacher can also translate into the local language. The teacher needs to choose wisely among these techniques.

### c. Consolidating

It is not always possible to remember all words we have learnt. We need to use them again and again, play with them and hear them in context. Only then will they go into the memory bank. Creating situations in which newly learnt terms are brought into use, we can help students become familiar with usage. In the classroom, we can get students to form sentences with the words, to find antonyms and synonyms, or to unscramble words.

Spelling contest are useful for learners to remember the 'shapes' of words. The other way is to use language games. One can choose from a variety of games: Bingo, Hangman, Tell-me-the-meaning, and so on. While using games to teach vocabulary, make sure that the exercise is not only fun but helps to move on with the syllabus and textbooks.

### Exercise: Teaching Vocabulary with a Bag

I would like to share with you an activity which I have been using with success in my English language classes. This activity serves all three purposes discussed above. This vocabulary activity can be used with students of different ages. At all levels, students tend to enjoy the learning of new words when it involves some suspense. Adults are usually surprised that they do not know the names of the objects they always use or see.

**Preparation:** Find a cloth bag. It should be as big as a school bag and made from normal cloth, not hardened. Collect at least 20 different objects. They can be anything that you can find around you: chalk, duster, stapler, box of staples, matchbox, ruler, keys, small bottle, paperweight, magnet, board marker, potato, onion, spoon, fork, paper clips, kettle lid, wooden block, can opener, spectacles, tin opener, hammer, ladle, and so on. You can choose items that you want to teach about, using material found in the classroom or around the schoolhouse and yard. Put all items in the bag and close it.

**Procedure:** Ask your students to identify the objects in the bag without opening it. They have to feel the items from outside. When they feel and decide what each item is, the students are required to name it aloud. In the higher classes, they can be asked to describe the item in a sentence. Whenever we do an activity, we need try to integrate different aspects so that the learning experience is rich. Here, if we can get students to use a particular 'structure' in nam-

ing the objects, they not only learn vocabulary but also consolidate the structures.

When the students feel the cloth bag, they should be asked to respond vocally in accordance to age and learning level, thus:

"It's thin and long, so it must be a ruler."

"It's heavy; it's round, so it must be a paperweight."

or

"It's thin and long, so it is a ruler."

"It's heavy; it's round, so it is a paperweight."

or

"I have found a ruler."

"I have found a paperweight."

If you are using this activity with lower classes, you can, of course, ask your pupils to simply to name the item they think they recognize, without describing it. The difficulty level of the structures of the sentences can be raised according to the class level.

Make sure that each student gets to identify only a limited number of items, so that everyone gets a turn. As they name the objects, list the names on the board. When most or all items have been named: display all items one by one and get the class to name them aloud and spell the words, one by one. If the students have named any item wrongly, make the correction on the board.

Depending upon the level of students, you can either ask them to make sentences using the words, to copy them in their exercise books, or to draw some of the items.

*Useful books for teaching and learning vocabulary:*

Carter R. & McCarty M. (1988) *Vocabulary and Language Teaching*.

Harlow: Longman.

Flower J. & Berman M. (1989) *Build Your Vocabulary*. Hove: Language Teaching Publications.

Gairns R. & Redman S. (1986) *Working With Words*. Cambridge: Cambridge University Press.

McCarthy M. (1996) *Vocabulary*. Oxford: Oxford University Press.


Morgan J. & Rivoluciri M. (1986) *Vocabulary*. Oxford: Oxford University Press.

Taylor L. (1992) *Vocabulary in Action*. Hemel Hempstead: Prentice Hall.

Wallace M. (1987) *Teaching Vocabulary* 3<sup>rd</sup> Edition. London: Heinemann.

Watcyn-Jones P. (1993) *Vocabulary Games and Activities for Teachers*. London: Penguin.

Willis D. (1990) *The Lexical Syllabus*. London: Collins.

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 s; h]f0{xhf nfu]sf]sf/0fn}cf]dv ; S/ kof; nfu]sf]5 eg]sfhnm]f/; / gl/jnkfgl a/fa/ ld; fP/ la/fdlnf0{clncln u/] lkpg nufpgk5{. xhf nfu]sf la/fdlsf] z/l/af6 kfgl w]j]g:sg]ePsfh]To:tf la/fdlsf]z/l/df kfgl / On\$6h]f06 gku x65 . o:tf]cj:yfdf

sfhnm]f /; / gl/jn kfgl lkpg lbff kfglsf]cejf kl't{x65 .  
 cgkf/df 8l08km] jf c; vl6/fx; cf0/x\$]f 5 eg] ufh/, lh/f]sf] ; fu / sfhnm]f/; ld; fP/ vl6/f cPsf]7fpff nuf0bof]eg]vl6/f]sf]bfu a:b5 . sfhnm] sf6] s]l ldg5 cgkf/df 6ff/ fVof]eg] o; n]5fnfnf0{; cb/ agfp5 .  
 cxf/f]z]f]1x;sf]egf0 cg; f/ laxfg ; a]vfnl k5df Ps sk sfhnm]f/; lkpg] / To; kl5 xllsf Jofofd ug]xf]eg]df;kz] g/d x65 .  
 ol/s Plz8 a9] hf]k; bVg yfn]f] 5 eg]sfhnm]lgoldt vfg]ug]k5 . o; n] /f] lgo6of u5{. sfhnm]vff aqm tf5x65 . lsgls kf]6stsf lx; fan]sfhnm]f]afqm d]lojfg 5 . o; df ljle6 le6fidg / vlgh kz:t x65 .

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 ^\_ sk6l=5nl=hfne]h ug]  
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 \*\_ ddh]f0{ 5g}xbonf0{ k]eflj t kfg]dd{kz]f  
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 !%\_ afx] /flzdwb] Pssf] gfd  
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 @)\_ lj; =cg; f/sf] ; ftf]-dlxgfsf] gfd  
 @@\_ ; u/dfyf c-rnsf] t/f0{ efudf kg]Ps lhNnf  
 @#\_ cfuf]afn] jf uf]h xfn] cfuf] tfg]ef8f]  
 @\$\_ tf]l kh] t]h lems]f]5f]qm  
 @%\_ ; Gt-dx6t a:g]7fp"

**7f8f]**

@\_ bb]vgsf] ddf kfg] . dxfef/t]sf] Ps bl6 kfg  
 #\_ xf8 gePsf]df; ;Xofshf]jf lkmlsf]df; '  
 \$\_ ; a}lsl; dsf cfbfgldf lgod adf]hd nuf0Psf]s/  
 %\_ cy{cg; f/sf]cyf]atfP adf]hdsf]dtna ePsf]  
 ( \_ cg\$ k]sf/sf]efl-efl]sf]y/l y/l]sf]jle6 lsl; dsf]  
 !)\_ 3/ cl3lnt/ tf5l, vSl{; km kf/l agf0Psf]rf]sf] ldn]sf] vhf hluf  
 !@\_ sb]sfd cf6sf ; fy ug] kpf;  
 !#\_ ; f]m]; lwf; ; lhnf]; ud  
 !&\_ ; fukft, kmk]h, b'wbl cfb ; fl]js efhg dfq ug]  
 !\*\_ cfg]sf]b]d]g=b]v]f/-laj wf  
 ! ( \_ w]udl{eof]eg]z/l/af6 of] vnv n lg:s65  
 @!\_ n]vg] ; fwg

lgodM zAbvj, cftff/l, ; 8f' / ; fd6o1fgsf] ; xl ; d]wfg k7fpgxg]k7sdwb]k]o]sf Ps=Ps lj]h]fn]?) ,)) k7:sf/ kfgxg5 . o; cssf k]g]sf]hj]km; d]wfg @) c; f/ @) ^ ; Ddd lz]fs sfof]odf cf0kl]gk5 .  
 hj]km k7fpg]7uqfM lz]fs dfl; s, k6g9]sf, k]g=^!^, nlnk/





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!= 'og]sf]sf]cfXjfgdf ; g\ !(\*@ blv x/\$ jif\$]Ps lbg cGt/fi6o g]o lbj ; (Dance Day) dgf0G5 . Tof]lbg sg xf] <

@= kVjldf /x\$; ; DkOf{df]g ; / ; DkOf{sldnfsf]jhg a/fa/ 5 elgG5 . df]g ; sf] ; ^Vof sl/a ; f9]^ ca{cgdfg ul/Psf]5 . ca eG; \ sldnfsf]cgdf]gt ; ^Vof slt x]hf <

#= Pp6f gkfnl zAb klxNofpg; \ h ; sf cl3Nnf b0{clf/af6 Pp6f /f]sf]gfd aG5, kl5Nnf b0{clf/n] Pp6f dl ; gnf0{hgfp5, cl3Nnf tlG clf/af6 gkfn]Pp6f gu/kfinsfsf]gfd aG5 / kl5Nnf tlG clf/af6 cfuf] /Vg] efb] al%G5 .

\$= gkfn] Pshgf klwgdGql lzlfnf0{Hofb}dx]j lbGy]. pgn]cfkm'kd ePsf]tlG dlxgd}bzel/ sl/a @)) j6f :sh v]h]. sf]xg\ tl klwgdGql <

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!= Pp6f klg :j/ jOf{gePsf c^u]hsf kfrj6f zAbM! Dry, @ Cry # Fly \$ Sky % Myth @=@\$ 306df df]g ; sf]g^ )>))& 0Gr / skfn )>!&!% 0Gr a95 .

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; fdfGo :t/sf]. P; Pn;l / cf0P t] f] / alp8 bf] f] > Qlfd pQlOf{ u/F. PdPdf rflxFelufh lj ifodf ; j ifsf] ; j f]s[6 -uf]8d\$Ini6\_ lj Bfyl{ aGg kuF.

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uf]vfa6 cf0P u/] uPfknsbf elufh / cyzf:q k9fpg dnf0{ k]tj cfof]. ; /f; / alp k9g] ; f] agfP/ 3/ uPsf]lyPFt/ ; of]uj z d Lz l fs aGgkuF. @)\$\* ; fndf Lz l ff cfof]u lbP/ :yof ePF.

**Lz l fs xbf]sf]cj:yf / k9fPsf]!& jif[15 s]s:tf] kl/jtG cgej ug[Psf] 5 <**

w]}g}km/s . Lz l fs s] /x\$, s; /L k9fpgkg] /x\$ eGg] s/f aNn cfP/ clncln yxf x\$\$. z?-z?df t lj Bfyl{nf0{ysfP/ cgzf; gdf /Vg'g}axfb/L 7flgYof]. clxn] cfP/ xbf] {Tolt ahf s; /L k9f0of] xfhf h:t]nlf5 . s\$fs\$ln]lauf/]j f hfggg\eg]gsf/ffds sdQ6 gu/L kgM kof; ug{ / /fd] ug{ jf hfg ; lS65 eGg] cfdljZjf; / clek]off lbgkg] /x\$. xfdL Lz l fsx; cS; / hfg] lj Bfyl{nf0{ 9f8; lb65f} ghfgghf0{.t.hf0{cfpEg] eg] %g\xtf]; fxl kf5f\$. of] Sg}klg Lz l fsn]ug{g}g]sfd xf]. h:t]S}kl/l:y]tdf klg pglx;nf0{xf]nf lbgkg] /x\$. ghfg]lj Bfyl{nf0{ cftl/Qm ; do lbP/ cfdljZjf; lbnfP/ / k\$;f u/] dfq hfg] agfpg ; lS65 eGg] s/f dh] Lz l fs ePsf] w]} jif[15 pglx;af6}l; sF.

**lj Bfyl{nf0{ slQsf] lk6gk65 <**  
klxnf klxnf cln lkl6Gyof]. lk6] /fd] xbf] eGg] yxf kfPk15 cfhsn w]}sd u/\$f] 5'.

**lsg lk6gk65 <**  
3/df lk6f0 vPsf]afnsn]u]x\$fo{gu/\$f]df jf s\$

la/fPdf æ; / ú dnf0{ lk6gk6f]Æ eg] z?d} 6fPsf] cufl8 ; fbf]x\$ . of]s/f p; n]3/af6]; s\$]f]xbf]x\$. To; h] 3/df lk6f0sf] jftfj/of gePdf dfq :shdf lk6f0sf] jftfj/of x6fpg ; lS65 .

**tkf0{cfkmhf0{ slQsf] ; km Lz l fs 7fGgk65 <**  
7ls}. gofK:tfnf0{ s\$] lbg ; s\$]df] ; Gt16 5' .  
**.Lz l fsú s] /x\$ <**

Pp6f c; n lj Bfyl{. Lz l fsn]; w}h; lS/xgk5{. To; afx\$, lj Bfyl{f]c; n ; fyl; ; xhstf{g}xf]Lz l fs .  
**slQsf] k9gk65 <**

cf]t Lz l fseGbf cln a9l t/ cfjZoseGbf w]}sd .



**xfn s] k9b} xgk65 <**  
e6fgl z/offyl{g]f 6\$gfy l/hfnsf]lgjff{g kl9/x\$]f 5' . dg 5g] lStfa /x\$ .

**Lz l fss] dof]f s; /L a9fpg ; lS65 <**  
ug]kg]sfd gu/] / ug]g}g]sfd u/] of] k\$]fsf] dof]f 36fPsf] xfdL Lz l fsx; n] g} xf]. jf:tjdf xfdL clwsfz Lz l fsx; s; h}f0{gd:sf/ u/\$f e/df of] k\$]df k]z uof}. uNtl oxlFeof]. lfdtf / of]otfsf cfw/df Lz l fss]lgo]Qm ug]kl/kf6l :yflkt ug}; lSP dfq of]k\$]fsf]dof]f kg:yflkt ug}; lS65 .

**tkf0{nf0{ v6lSPsf] s/f <**  
xfdL Lz l fsx; df l; Sg] kj [Qsf] cefj 5 . l5d\$] :shdf Ps u?a aRrfn].kfyldslhf0{kfyldsl pRrf/of ubf{Lz l fsn]lk6\$g\ . clg aRrfn]p7] ; f]w\$, æ; / ca dnf0{cfof]Æ ol / o:t}d]ld\$ 36gfx; blgsh; f] e0/x\$]f 5g\ . xfdln]lj Bfyl{f]x/\$ . /]k]f; laf6 l; Sgkg] xf]. l; Sgk5{ eGg] 1fg g}g]f] t a]n} s/f, 1fg ePsfn]klg l; lS/x\$]f 5g}f.

**Discount Coupon**

यो कूपनको साथमा Step 1 पूर्वप्राथमिक बालबिकास शिक्षक तानिममा १० प्रतिशत छुट पाउनुहोस ।

**अर्लि चाईल्डहुड एजुकेशन सेन्टर प्रा.लि.**

भनिमण्डल, जावनाखेल, नलितपुर पो व नं २१९४१ काठमाडौं फोन: २२४८४३९, २२४९०६३  
ईमेल: ecec@wlink.com.np, www.earlychildhoodnepal.org

शैविमन्दा असल  
उनीहरूलाई दिऔं

आजका बालबालिकाहरू द्रुतगतिमा परिवर्तित विश्वव्यापी संचारमाध्यमको माफ हुकिरहेका छन् । शिक्षण विधिहरू पनि सोही अनुरूप परिवर्तन गर्नु जरूरी छ । बालबालिकाहरूले खेल र अन्वेषणको माध्यमबाट सिक्दछन् ।



• बावत २०१९ बाबिको शुल्कमा १० प्रतिशतले बढि हुनेछ ।

धेरै पूर्वप्राथमिक विद्यालयहरूले किताबी ज्ञान र परीक्षामुखी प्रणालीलाई त्यागेर प्रयोगात्मक शिक्षण प्रणाली अपनाइसकेका छन् । तिनीहरूको नमुनालाई पछ्याउनुहोस ।

- **पूर्वप्राथमिक शिक्षकहरूका लागि** : पूर्व बालविकाससम्बन्धी एकमहिने तालिम  
मिति : २२ जून २००९ देखि शुल्क रु. १०,१७० प्रति व्यक्ति \*

- **प्राध्यापकहरूका लागि** : पाँचदिने तालिम जसले पूर्व बालविकास शिक्षाका सिद्धान्तहरू बुझ्न र त्यसलाई आफ्नो कक्षामा कसरी लागू गराउने भन्ने बारेमा जान्नुलाई सहयोग गर्दछ ।  
मिति : २५ मे, ८ जून, ६ जुलाई र २० जुलाई २००९ देखि शुल्क रु. ३,०५१ प्रति व्यक्ति \*

- **पूर्वबाल शिक्षासम्बन्धी विशेष तालिम लिन चाहनेहरूका लागि** : एकवर्षे स्नातक तहको शिक्षा इसिस, काठमाडौं विश्वविद्यालय र नर्वेजियन कलेजको त्रिपक्षीय सहभागितामा संचालित । यसअन्तर्गत काठमाडौं विश्वविद्यालयबाट थप चार महिनाको तालिम लिनुभएमा पूर्व बाल विकासमा स्नातक तह हासिल गर्न सकिनेछ ।  
मिति : फेब्रुअरी २०१०



अर्लि चाइल्डहुड एजुकेशन सेन्टर प्रा. लि.

भनिमण्डल, जावलाखेल, ललितपुर पो.ब.नं २१९४१ काठमाडौं फोन: ५५४८४३९, ५५४९०६३  
ईमेल: [ecec@wlink.com.np](mailto:ecec@wlink.com.np), [www.earlychildhoodnepal.org](http://www.earlychildhoodnepal.org)

# Ixdfn Istfasf sxl ksfzgx;

## dh] bly\$] gkfn

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

gkfnstf stf-sb/f, kxf8-kj f, efj / / b9 kb9n lx8j}kl9]yfj}gkfnlx;df k5g\xs{u?^a . lx8y' t Pp6f kxf8l ufpef h6df pgsf]afNofnsf]lgolt g}lyof]. t/ lj b9zdf k9] cfPkI5 klg pgn]gkfn ofqnf0{cf^gf]klxn] klyldstf agfP . ;g\!(^# blv !(&\* sf cj lwdf slxn);f2o / slxn] vfr 3dSs8lsf lx;fan] p8j, u8j / w7h;f] rflxFlx8j}ul/Psf ol ofqfz;af6 pgsf lr6tgwf/fdf k/3f 5fk pgsf nlyf0, lj Znif0f / pgn] sf73f dh5sf ofhgfx;df cleJoSt ePsf kf0G5g\ o; k:tsdf ;dl6Psf cfnlyx; ;fdGo ofqf j DfGt dfq ge0{gkfnstf]efjts eufjh / ;fdilhs ;f:s[ts kl/j 3af/]Ps lj nlf0f lj afg5f uxg l6Kk0flx; xg\



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## Ijifo IjIjw

xs{u?^a

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

xs{u?^asf] gfdl; t PseGbf a9l lj zif0f hfj8Psf lyP . eufjh]b\ ofhgfsf/ ;dfhzf:ql, /fhglt1, lrGts, k3f;s, nlyS, kbofql, kjf lj zif1, lrqsf/, knf9f]knw, vhf8l, d6ql cflb cg3 lrgf/L lyof] xs{u?^asf]. xs{u?^asf /df0nf ofqf-syf, dflid\$ ;:d/of, 3tnfubf ljrf/, tll0f lj Znif0f tyf 7f] cjwf/Offx; ;^sInt Ijifo IjIjw nf0{ ;xl cydf pxfsf kltlglw nly-/rgfx;sf] ;Efnf] eGg ;lsG5 .



...

## gkfn M lxGb"clw/fHosf] Oltxf;

I;NefFn9l

;g\@)% k[ xxxiv+@^), ?= \$)))-

-klxn] v08\_

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

-bf]j] v08\_

I;NefFn9l kJl6 ;:s[ / Oltxf; sf Vofltkf]t knf; ihl lj afg\Xg\ . pgl ; aegbf klxn] ;g\!\* (\* df gkfn cPsf lyP . pgsf]gkfn a; f0sf]cj lw b0{dlxgf dfq lyof] Toj]klg sf7df8fFpkTosfdf ;lldt . a; f0 5f8f]cj lwsf]eP klg pgsf]cWbog / cg; Gwfg uxg lyof]. To; \$f]kl/Offd:j;k ;g\!()% df of]ljzb s[tlg efudf k\$flzt eof]. Oltxf; eg\$]zf; sx;sf] jzfnl / :tlt dfq xfoG eGg]dfGotf /Vg]I; NefFn9lsf]o; s[tnf0{Ps ztFblcl3sf]gkfnstf] ;f:s[ts-/fhgltS cj:yfsf]lj atfk0f{lj Znif0f dflgG5 .



ahf/df ;j6 pknAw 5 .

कित्वाब kf6g9f3f, nIntk/, knfj g+ %\$@%\$:-@)#@