

# शिक्षक

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मूल्य रु. ५०/-

कात्तिक २०६८

## जीवन र सिकाइ

साँचो विकास:  
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; fy) d]h k7fP/ klg cf'gf] ugf; f]l6kfgp ; Sgk[. . h; sf nflu df]f0nsf]d]h aS; df u0{comp 6f0k u/L Pp6f vfnl  
7fpF5f8L cf'gf]gfd, 7]f]gf / ; Dks{gDa/ n]yl 5006 df SMS k7fpgkf] \. (comp<space>5006)

# ; vsf nflu l; sf0

ufɔ} Nofpɛ nflu, ; vsf] vfɩlnf0{x6f0lbg] xf] eg] 1fgsf] vfɩl klg 6lE65 . ; vsf]; kgf gxb] xf] eg] bMv ug{ lsg < dgleqsf]; hgzln cxsf] tli6 gxb] xf] eg] vfɩg' lsg, hfɩ' lsg < To; ɩ] d hɩ] u5{ ; a}; vsf nflu u5{. bMv klg ; vsf nflu u5{. eiQm kɔ, ; hgf, o4, bMv- d hɩ] u5{ ; a}; vsf nflu u5{.

o; f]; fR5; dɩ] s]; s; s]k9; / s] hfgsf] 5' < hlt ; fR5' Tolt g} nflu5, dɩ] s] klg hfgsf] 5ɔ . s] k/ liffx; kf; ul/of] s] cGtj fffdf c; nfo{ pl5lgof] s] ; fdf6o sfdx; kf/ nuf0of] t/ hljg / hutsf ckf/ /x:ox; bVbf nflu5, dɩ] s] klg hfgsf] 5ɔ . hfg} ; fllw klg 5ɔ / slxnɔfxl+t nflu5, xfdl hlt s/f hfɩ rfxG5f} Tolt t hfɩ cfjZos klg 5ɔ .

km/ nflu5, hfɩ' t k5{g}. lsgeg]l; Sg] / hfɩ] cgGt efɔ g} dfG5] kgsf]; aeGb' alnof] kɔf0f xf]. lh1fzfn] g} dfG5] ɩf0{ c; kfoleGb' km/s kf/ɔf] xf] / Toxl cGt/nf0{ wflg/xg dfq eP klg l; Sg] kɔfG 5f8ɔ' x6ɔ .

xf] hgij / n] lglZrt ; lk l; s] kU5 . ltnf0{ rfxg] clwsfz ; lk t ltsf : jefj df g} xG5g\l; ls/xg' klg kbɔ . dnf0{ ; aeGb' / f] s nflu] kɔf0f dfɩ cToGt ; lk ; Dkl / cgZfl; t xG5 . p; n] 3f/ nufpg] snfsf] l] sf; u/ɔf] nfvf} jif{ eof} . p; n] knh lrɩ, knhsf af/ɩf ; fylx; nf0{ atfpg, cfjZostf cg; f/ /fg' agfpg / 3f/ kufpg hfgsf] 5 . c; w} kfoleG' oltsf uof / ; lk kfoleG' t/ rt/ elgPsf] dfɩln] klg nfvf} jif{ fllw hfgsf] olQ xf]. yk s/f hfɩ] g t p; df rfxg' 5, g t lfdtf g}. pm Tolt d} kɔf{5 ; Gtl6 5 . t/ l; Sg] rfxg' ; lPsf lbg dflg ; lsg5, cyff\p; sf] dfG5] kg ; lsg5 .

To; ɩ] d w} ɔGb' w} s/f l; Sg rfxG5' . clg hlt l; Sg rfxG5' ; w} w} kZgx; dɩf; fd' t] ; G5g\ clg slj / dfwj l3ld/h] eg] % . /x:o vfɩ} /x:o afɩll xG5 . ; fdf6oebf ; fdf6o kZgn] klg pQ/ kfoleG' . cNndlnG5' / GylG5' / klg d l; ls/xG5' . sltko s/f hfɩ] xg, hflu/ vfg jf nVg] l] ifoj ; t' hɔfpg klg l; lsof] xfhf, t/ d TolQs} klg hljgsf] k7zfnfd' k19/xG5' ; l; ls/xG5' ; hfɩ] kɔfG ul/xG5' ; lsgeg] d lh1fzsf e/df dfq c; eGb' km/s xg; s} sf] kfole xf.

dɩ] hljgsf] k7zfnfd' l; s} sf] csf] s/f xf- hljgsf] ; aeGb' 7hf] bɔf g} cfgGb / ; vsf] vfɩldf e0/x} sf] 5 . lh1fzfn h:t} ; vsf] k, dNo / kl/efiff cf-cf'gf] xG5 t/ h; /l ; s} xf] \h:t} s} xf] \ ; vsf] vfɩl ug{ 5f8sf lbg d ; lsg5' . s; ɩ] ; vnfo{ kfk egf] \ed egf] \ldYof egf] \ t/ d ; vsf] ; fwg 5f8lbgFs ; ɩ/ l 5f8lbgF. /fi6slj n]

eg] % . of] 5fofF5lj So} xfoG eɩ ; Sb5' d} klg ; v / bMv ; l-rt u5{ oTgn] tklg ll

dnf0{ yxf 5, ; v klg 1fg h:t} xf] vfɩ} / kfP/ ; fllw gxb] s/f . of] vfɩhsg kf/ gnflg] / kfPsf] slxNo} lrQ ga' g] vfɩl xf]. of] o:tf] 5 eɩ] s/f ; aɩf0{ yxf 5, t/ ; vsf] vfɩl slxNo} klg sfɩ klg 5f8ɔɔ . slj n] eg] % . b} ɩ/ x] of] dɩ lt ; Gf x} 5fofFp15l] 5n j-rgf xfl eG] dnf0{ yxf 5, ; aɩf0{ yxf 5 . t/ d ; v ; fwgaf6 lj dv xg rfxl . hlt bMv u5{ Tof] ; a} sg} g sg] lsl; dsf] ; vsf nflu g} u5{. dɩf] : jTj Toxl xfl hljgsf] k?iffy{ klg Toxl xf].

d hfɩ rfxG5' ; t/ h] hfɩ ; lSbgFTo; sf] klg cfgGb lngaf6 rlsbgF. hljg / hutsf / x; ldl; G5g\ 5lsg5g\ b} ɩfofFk5G' / gofFgofF; kfs[tx; k} 6 xG5g\ . d To; sf] 5ɔ- eɩ kfoleG' kɩɔs gɩf] 7fɔf kUbf nflu5, o:tf] cgkd ; fbo{ dɩ] slxNo} b} ɩ} ly0gF. bE k5{ . lszf] j; yfbllv k5f18 vfg gkPsf] Sofdgf] lD7f; -jfb- ; lGw- n] / lsg dɩf] lhaɩf cl8Psf] 5, dgn] s; /l o:tf s'fsf] ; hlj clenV / fV5, dnf0{ k6Ss} yxf 5ɔ . dnf0{ Tof] 1fg geP klg xG5 . 1fg / cfgGbsf] aGadf cfgGbn] pl5g} b} ɩ} 5' eɩ ɩ} 5' t/ klg sd nfɩkɔ 1fgn] g} ; #/nf0{ x} ɩ} b} ɩ} 5' .

ufɔ} Nofpɛ nflu, ; vsf] vfɩlnf0{x6f0lbg] xf] eg] 1fgsf] vfɩl klg 6lE65 . ; vsf]; kgf gxb] xf] eg] bMv ug{ lsg < dgleqsf]; hgzln cxsf] tli6 gxb] xf] eg] vfɩg' lsg, hfɩ' lsg < To; ɩ] d hɩ] u5{ ; a}; vsf nflu u5{. bMv klg ; vsf nflu u5{. eiQm kɔ, ; hgf, o4, bMv- d hɩ] u5{ ; a}; vsf nflu u5{.

dɩ] hljgsf] k7zfnfd' l; s} sf] olQ xf- d ; v afx; c; s] klg vfɩh/x} sf] 50gF. lbp klg dxfslj b] sfɔfn] eg] % cf' g} ; vsf nflu- avfll5g\ ; a} ; v egl ; v Tof] sxff5 cfm' ld6f0{ c; nf0{ lbg" hxfF5 .

s] k / Rg ; s] klg / fi6slj l3ld/h] eg] % cf' g} ; vsf nflu- adf] ; Rrf ; v 5 lbgxFSO} gofF; h} dfd cfm' ɩf0{ klg ; hgsf] ; fydf la; Gdf .



uwf pDSof]Ù

Ps lbg Pshgf ls; fgsf]a9f]uwf s; ð]df6f]l%sx] To; }  
 5f8}f]ulx/f]0gf/ h:tf]vN8fðf v; \$ . ls; fg / p; nf0{  
 ; 3fpg e]hf ePsf ufpFih] sðf]hlQm / an nufP t/  
 uwnf0{vN8fðf6 aflx/ Nofpg ; sðg\ 306f}f] kðTg  
 Joy{uPk15 ls; fg / ufpFh}x; uwnf0{; 2]xfntdf aflx/  
 lgsfng g; lsg]lgisifðf kl]. cGttM To]a9f]uwnf0{Toxl  
 vN8fðf k/kf/ ul/lbg]; Nnfx eof]. ; a]h]; fj]h-s]ðf]nln]  
 df6f] / rk/l uwdfly vGofpg yfn].

crfgs df6f]/ rk/l]sf]j iiff{; xg' kbf{Psl5g t uwf  
 cQlnof]. lgs}rsf]j;df s/fof]klg . t/ ToxfP; sf]  
 kl8f ; Gg]sf]kf]lyof]/ ðs}l a}k15 s/fpg 5f8} a9f]  
 uwf hlp 6S6Sofpg / pkig yNof]. o; f]ubf{p; sf]  
 9f8 / z/l/sf]df6f]/ rk/l tn %b}uof] clg To; dfly  
 6} pm %g%g\ dfly dfly xB}uof]. ufpFh}x; uwnf0{  
 kg]wgdf df6f]rk/l cf0}ofpB}lyp, olQs}ðf vN8f}f]  
 l8nd}cf0; s}f]uwf ah}s plk]P/ aflx/ lgl:sf]/  
 a]fB} bf]Bof]. vN8f}f6 uwnf0{aflx/ lgsfng c; km  
 ufpFh}x; uwnf0{Toxl vN8f}df kg{klg c; km ePsf}df  
 cf}g}kk}f]; d; DofpB}lyp .



kf7M hljgdf cg\$ lsl; dsf afwf-c8kg / ck7ðf/fx; cf0{  
 g}/x05g\ ; d:ofs]h-hfnaf6 dlQm kfg JolQm]cfknhf0{x/bd  
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 ; s6af6 klg kf/ kfg ; S5f.

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**lzlfssf] :j:f:Yo**

lzlf/s sf]cfj/Ofdf lzlfssf] :j:f:Yo  
 ; DaGwl -.:j:y lzlf/s, :j:y slffl  
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 dxlfj kOf{xbfxf} klg ; /sf/bjlv :jo+  
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 sbj}snk]qgs klQm xfoq . tkf0fo; nfo{  
 s; /L JofVof ug]G5 <z]f/s cfsfz  
 rDsfpg]cfz ul/Psf]JoiQmsf]hljgdf  
 lg/fz / /f]uf hlj fofx;sf]rnv]h  
 a9b}uof]eg]lgdtg]kl/Ofdtkm'uf]  
 ug]{19nf]gxf] \l

piff g]kn, l; Gwknr\$

; fGble\$ ; %ffj  
 .. /sf/L :shsf]lj sNk v]llg]xj, ; wf/  
 ug] -lzlf/s, ebf}@)^(\_ eG]ltns  
 uf]dsf]; %fj Psbd]; fGble\$ nlfOf].  
 lghfdl kx/L / ; g]tkm'h:t}u/L  
 km/flsnf]bfo/fdf lzlf/s ; ?j ul/gk5{  
 eG]ts{klg ; xl 5 . c:yfol dfq}

ulOf'tlo v]hsf] csf]gdj  
 slffdf kjz ug]ljIQs}lzlf/sn]  
 ; lw}ljifoj :tleq kjz ug]Gbf  
 s]k /f]f-rs kZg ; f]v]f lj Bfylk;  
 k9f0kl't cfsliif / ; lqmo klg xG5g\  
 ulOf'tdf klg To:tf /f]f-rs kZg jf  
 v]hx; wj}5g\ uOf'zk]fb l/din  
 -lzlf/s, c; f/ @)^(\_ uktaxfb/  
 e08f/L -lzlf/s, ; fpg @)^(\_ nufotsf  
 ljleg n]v; k9k15 ddf klg ulOf'tlo  
 v]h k|t' ug] /x/ knof].  
 ; jkyd lj Bfylf0{sg}Pp6f gDa/  
 ; fjt n]vg nufpg]-Tof]gDa/ !, @, #  
 jf hlt klg ; Wofn]ag\$]xg; S5 .  
 ; fjt sf]gDa/nf0{tlgn]uofg ug] /  
 cfPsf]uofgkmdf b0{hfBj}. pQm  
 of]ukmnf0{k]M tlgn]uofg u/L cfPsf]  
 uofgkmdf k]M b0{hfBj} / cfPsf]  
 of]ukmdf km/ z'z'df ; fjt sf]gDa/  
 hfBj} / cGtodf clGtdf cfPsf]gDa/  
 eG nufpg]. Tof]lj Bfylh]; fjt sf]  
 gDa/ yxf kfgsf nflu clGtdf  
 cfPsf]gDa/sf]Ps :yfgsf]; Wof  
 (ones place digit) x6fpg] / af]l  
 /x\$]gDa/ g}pQm lj Bfylh]; fjt sf]  
 gDa/ xg\$ . pbfx/Ofsf]nflu-  
 /fdh] % ; f]of]eg]To; nf0{# n]  
 uofg ubf{ %S#0!% xG5 . !% df @

xfoq lzlfssf ; a}ax;ksf]klg cGTo  
 ul/gk5{. pbf/ slff]g]tsf]grddf  
 ..sl eGbf a]l ..vl grlg\$ lj Bfylf0{  
 ePe/sf]kf; ug]unt glt klg lzlf  
 lfqaf6 x6f0gk5{.

/dz lj Zj sdf<  
 >l af]f/a klj, wlf-(, wlf<sup>a</sup>

**ojf lzlf/s h?/l**  
 ..u/]lzlf/sn]g}; S5g\ lj ifos dGyg  
 cGtu' rGb]g]kn]af/f lnlt ..ojf  
 lewofpg 19nf]ef]l eG]n]y -lzlf/s,  
 ebf}@)^(\_ k9bf Hofb}vzl nlfOf].  
 n]y cToGt ; fdlos 5 . gofFhfz,  
 hfě/ ; hg]zntf / lfdt' af\$]f  
 cfhsf ojf lk9l g]f]sf]bf]f]sf]km/  
 g; dfPsf]sf/Of %f]f af\$] lj blzg  
 af]lwo 5g\ . Psfb0{ojf lj Bfnodf eP  
 klg pglx; lghl ; fjt / kl; lPkmGbf  
 dfl]p7g ; s\$]f 5g\ ; fR-}  
 eG]kb]f w]h; f] ; /sf/L lj Bfnox;  
 ltg}cNksd' ojf lzlf/sx;af6 dfq}



hf\$Bf !%±@Ö!& xG5 . kgM !& nf0{  
 # n] u0fg ubf{ !&S#0%! xG5 .  
 %! df kgM @ hf\$Bf %!±@Ö%#  
 / %# df z'zdf ; f;f;f] gDa/ %  
 hf\$Bf %#±@Ö%\* xG5 . %\* df Ps  
 :yfgsf] ; Wof \* x6fpBf afBf /Xof]  
 % . Toxl % g}/fdn] ; f;f;f] gDa/  
 xf].

csf] pbfx/of-  
 ; ltn] Pp6f gDa/ ; flrg\#^% .  
 pQm gDa/nf0{# n] u0fg ubf{  
 #^%S#0!) (% xG5 . ! ) (% df @  
 hf\$Bf ! ) (%±@Ö!) (& xG5 . kgM  
 ! ) (& nf0{# n] u0fg ubf{ ! )  
 (&S#0#@(! xG5 / kgM #@(! df  
 @ hf\$Bf ofukm #@(!±@Ö#@(#  
 xG5 / z'zdf ; ltn] ; f;f;f] gDa/  
 #^% hf\$Bf #@(#±#^%#0#^%\* xG5 .  
 #^%\* af6 Ps :yfgsf] ; Wof (ones  
 place digit) x6fpBf afBf /Xof]  
 #^% . oxl #^% g} ; ltn] z'zdf  
 ; f;f;f] gDa/ xG5 .

of] vjh ; D%g / l ; sfpgsf nflu  
 Pp6f ; q ofb ugk5{ . ; q xf] [(x  
 x3)+2]}+2+x, hxfF\_x= z'zdf ; flrg]  
 gDa/ xG5 .

/fhgk} fb ; jB  
 >l lzlf ; GbZ lj Bfno, a}haf/L-\$, df7<sup>a</sup>

ePsf] 5Ü t/ tna u\$ km/s-km/s 5 .  
 @)^# ; fndf a9]f ePsf Pshgf  
 lzlf\$ @)^ ( jzfvb]v ^ u\$Ü csf]  
 lzlf\$ @)^# ; fndf a9]f ePsf\$  
 u\$ / @)^\* ; fndf :j tM a9]f ePsf  
 lzlfssf] ( u\$ 5 . o:tf]c ; dfgtfn]  
 xfdldfly cGof0 ePsf] 5 .

kBk\$df/ >j7  
 g}f-pdfj, /y, kmfj<sup>a</sup>, ; Nofg

o; y{ lz/ls dfl; sn] kfh\$6  
 js{ PS; g knfg, s} :68l cflbsf  
 !:! c7f gdgf -5f\$S/ldf\_ k\$flzt  
 ul/lbPdf xfdl bZ}el/sf lzlf\$zsf]  
 7h} sNof0f xg]lyof] / ; fy} xfdl] yk}  
 1fg / ; lksf] lj sf; e0{lj Bfylk;sf]  
 l; sf0 pknAwdf ; d; 6]f klgllyof].

8Da/axfb/ 3n]  
 xBfbl dfj, ; 9]f, dsfn<sup>^</sup>, ; w}f;ef

**gdgf k\$flzt xf] \ Ü**

sxl jif{cufl8b]v lzlf\$zsf  
 lglDt 6kl8l tflnd rin/x\$] 5 .  
 o; n] lj Bfylk;sf] l; sf0 pknAw /  
 sfo{fdtfsf] dfgk ugdf lgs}6]f  
 kYofPsf] 5 . ; f] tflnds] cGtof  
 klzlf\$sn] ; xeful lzlf\$zsf; nf0{ kfh\$6  
 js{ PS; g knfg, s} :68l h:tf sfd  
 u/l JolQmut krfon tof/ ug] lgbZg  
 lbg] u5G\.

t/, tflnds} qmddf eg] gdgf tof/  
 u/l k]tt ul/b\$ . vfnl v\$sf dfq}  
 lb0G5 . kflM ; xeful lzlf\$zsf klg  
 cfkm' l; Sg] / klj6 eP/ hfg] dgl:ylt  
 af\$] cfpq] ub\$G\ . l56fl56f] ; Sg]  
 clg cf-cf'gf] uGtJolt/ nflu] h:tf  
 sdhf] l klzlf\$ / klzlf\$yl{ b]df  
 b]vG5 . kl/OfdtM tflndn] jf l-5t  
 kl]tkm lbb\$ .

**cndndf kl/of]**

lzlfssf] kZfzssf] lGof0 ug] lgsfon]  
 sf7df8f}pkTosf / zx/l lfgnf0{  
 dfq gkfn ; D%g xfhf, 0G6/g0dfknt  
 lhNnf lhNndf kZfzssf] gdgf k7fof].  
 kZfz\$ lsG hfBf :yfglo k; n] g}  
 cGof]df kl//x\$] 5g\ k]6df /flvPsf  
 wsf{sg} glhs 5g\t sg}6f9f .  
 To; W/L ; f8l / stf0f /flvg] 9fsfsf]  
 lsgf/f sf/vfgfn] g/vl cfkm} /flvg]  
 eG5g\ . Anfph / ; nsf] lglZrt  
 ls6fg klg 5G . h; n] ubf{ kZfz\$df  
 Ps;ktf b]v\$ . To; j] lhNnf lzlf  
 sf0fho jf lz/ls dfl; s cflb  
 klqsfdf gdgf k\$flzt ul/lbP Ps;ktf  
 cfp'of] ls <

rGbl e08f/l  
 gkfn /fli6 lgdfj, jL/Qb\$u/-%, ; v;  
 sms k]tlqmf\$ nflu ltr<space>5006

l6ls/x\$] 5g\ . To; j] slffsf]fd} ; fRr}  
 z'kfgt/of vfl]g] xf] eg] ttsfn lzlf\$  
 ; jf cf0fln] lj 1fkg u/l gofFhfz,  
 hfBf/ ; lk / lfdt' af\$]f @%-#)  
 jif\$ f'jx;nf0{ :shdf leofpg'  
 cfjZos 5 .

nldof vqfn  
 dfj Ir; fkgf, xl/x/k/u9L-\*, l; Gwhl

**o:tf] cGof0 lsg <**

of] klj lätlo >flsf ; a} lzlf\$zsf]  
 bv} f] xf]. xfdl] ugf; f] @)^\* ; fndf  
 klj tfllo >flaf6 klj lätlo >flf  
 :j tM a9]f ePsf lzlf\$zsf] eGf  
 To; cl3 g}klj tflloaf6 lätlo >flf  
 a9]f ePsf lzlf\$zsf] tna u\$ lsg  
 c; dfg eG] xf].

o; g}f pdfj /y, kmfj<sup>a</sup>,  
 ; Nofgdf sfo't tlg hgf klj :yfol  
 lzlf\$zsf] klj tfllo >flsf] z'  
 lgolQm @) \$&-) #÷@ ( ut] Ps} lbg  
 xf]. xfn ; a\$] lätlo >flf a9]f





# zf/ll/s b08; hfon] afnaflnsfd f kfg{kəfj

## ■ /fdrGb| kf8j

**l**x hfcfh gkfnl ; dhdf af/Daf/ lx#f kəzə e0/xšf] 5 . xhf/f;dflg; o; sf] lzsf/ e0/xšf 5g\ o:tf] lx#sf] ; s[t xfdlsxfFsxf6 cfof] <of] kZgsf] lj j r g ubf{xltof/ o4sf] h/f] 3/kl/jf/, lj Bfno / ; dhdf xg] zf/ll/s b08; hfosf] pkh xf] eGg] tYo cg' Gwfgaf6 kli6 ePsf] 5 . cyf{lx#f, xTof / n8f0šf lj iffn' h/fn] kl/jf/, l5dš / lj Bfnoaf6 / ; r' šf 5g\ dhfPsf 5g\ / ; dhdf czllGt, ełofrf/, zffof / ełefj sf lj iffn' km kmfPsf 5g\ 3/kl/jf/legsf] ełefj / %u8fn] tyf lj Bfnosf] b08sf] kl/kf6ln] lx#sf] afgl kf5{. afnaflnsfn] o:t} s/f l; Sb} hf65g\ dfšf kfp6 cfknh] klg an blyfp5g\ clg To:t} lx#foQm hlj gzhl ckgfp5g\.

z/l/nf0{kl8f xg] u/l lb0g] ; a} ; hfox; zf/ll/s b08; hfo xg\ ufnl, cj xhgf, x:tlfk, s6lk6blv xltof/n] xfg] tyf urhl xfg] Ddsf zf/ll/s b08x; gkfnl ; dhdf Jofkt 5g\ dVdf ySg] sv/f agfpg] afx/ lgsfng] 3fddf pEofpg] skfn n5g] lrdf6g] cfufn] kflg] l; :gkfgl nufpg] nYln] s6g] xftj] s6g] sf g tf6g] n5f/k5f/ ug] y6g] lb; f vj fpg] h:tf ; hfox; afnaflnsfn] 3/ tyf lj Bfnodf efgk5{.

xfdl gkfnldWo] s; n] o:tf] ; hfo gb]šf] xfhf <dnf0{ nll5 šg] g šg] ; kdf xfdl ; ah] o:tf ; hfo eflšf 5f; cdf, aaf, bh; lbb, sfsfsl, ; fyl, l5dš, lzlf, ; dh; jL, hgkl|lglw, sd{f/l, a6] f cflb ; ah] ; d:ofsf] ; dhwf ana6 g] ug{ vfl5g\ klxn] xft] p7fp5g\ lj Bfnodf k9g] lj Bfyl6] cf'gf] slfdd xg] o:tf b08 uGg yfn] eg] slt xfhfg\Ps lbgdf <s] xfdl cfknh] klg s; hf0{zf/ll/s kl8f xg] b08 lbPsf 5g] t <xfdf] klg o:t} afgl a; šf] 5 .

### b08; hfo / o; sf] kəfj

Psy/l JolQm; e65g\ æcgzfl; t agfpg, afgl ; wfg{ / c; n gful/s agfpg e o:tf] ul/65 . csf] y/l e65g\ æcf'gf] cfj] lgoGqOf ug{g; s}, o:t} afgl a; } of ckm' sdhf] eP/ e o:tf] ul/65 . klxn] y/l sf JolQm; df 3d08 5 . kmll{ 5 . a8Kkg 5 . To; df pglx; sf] afgl k/šf] 5 . pglx; n] csf] lj slk bVg ; šf 5g\ bf] fl/ln] ; d:of

ašf 5g\ . cgfj Zos b08; hfon] afnaflnsfsf] zf/ll/s, dgf] flgs / dgf] fdlhs :j f:Yodf g/fdf] kəfj kfb5 . zf/ll/s b08 eflš] sf/0fn] pglx; sf] kl8f, lbbf/l, lg/fzf, cfdlnflg / l; a9b} hf65 . cfdlj Zjf; / cfdlgoGqOf uDb} hf65 . lx#foQm afgl a95 . /rgfids xg] nVg{k9g] afgl x6b} hf65 / elj iodf o:tf afnaflnsf lj sf JolQmsf ; kdf kl/0ft xg ; S5g\ kfoM anflsf/L, bJo{ gl, ck/fwl JolQm; sf] hlj gsf] clloog ubf{ pglx; sf] afnosfn o:t} kl/j zdf xšf] kf065 .

### b08; hfoaf6} df65] tx nufpg ; ls65 eGg] s/f sxf6 l; lsof] t <

of] s/f l; sfg] xfdl] klxn] kf7zfnf xfdl] 3/kl/jf/ g] xf]. xfdl] kl/jf/sf ; b:ox; sf] cfk; l lx#fhGo Joj xf/sf] blyf; sln] xfdldf o; sf] ulx/f] 5fk k/šf] xf]. bf] fl] kf7zfnf lj Bfno xf]. xfdl] u?x; n] xfdlnf0{ ur' sf] Joj xf/ u/šfn] 3/df efl/ xšf] lx#fhGo Joj xf/ %g\ ulx/f] -ulltl u/kl5 s6f0 vfgk5{ aGg kllof]. ToIt dfq xfoG, o; n] t km/s dt / lj rf/ ePsf JolQm cfknh' sbhf] ; dxx; E ansf] kəzə ubj xšg] jftfj /of lbof].

t] fl] xfdl] kf7zfnf xf] /lltl/jfh / lx#fhGo rng . xfdln] kl/jf/ / ; dhdf /xšf cf'gf k/Dk/f, wd{ :s[t sf dfj] j/ flv rng; klg l; Sof; o4, df/sf6, aln r9fpg] . kfkll nf0{g16 ug] h:tf rngn] xfdlnf0{ lx#š afg] k] of lbb} uof].

rlyf] kf7zfnf xf] ; ~rf/dflod, h; n] lx#sf va/ ; gfp5 / 5fk5 . lel8of] rnlrqx; n] sf6df/, n8f0F xlofnf0{ a9l blyfp5g\ clg xfdldf afgl k5{ km06 gePsf] rnlrq s] xg] o:tf w} ; kf7zfnfx; 5g\ h; n] xfdl] dgdl: tsnf0{ lx#sf] af6df 8f' ofPsf 5g\ .

zf/ll/s b08-; hfonf0{lg?T; flxt kfg{lgDg pkfo cj ndag ug{ ; ls65M cfknh' lrgf- st} o:tf] afgl xfdl] Joj xf/df blyf kl//xšf] 5 eg] Psrf]6 cf'f lrdn] ; fl' s:tf] cj :ydf of] blyf k5{ < lsg blyf kl//xšf] 5 < cf'gf] Joj xf/sf] lgoGqOf u/ fl' xfdl xfdl] z/l/nf0{



zf/lI/s b08; hfo ; Da6wL Idys÷eđ

qm; ÷	ldys -eđ	jf:tljstf
!=	afnaflnsfnf0{xsfpg zf/lI/s b08; hfo pkoflul tl/sf xfl. of] ljgf afnaflnsf cgzf; gxlg x65g\.	afnaflnsf klI8t / cfTdlUnflg ug{eP eg}%g\I/; fxf x65g\ of] afgl a9b}hff pglx; lx;f x65g\.
@=	zf/lI/s b08; hfonf0{cl6td pkfosf ;kdf koflul ugk5{.	; fgf-; fgf uNtldf klg zf/lI/s b08; hfo klxnf]r/Ofdf g}koflul ul/Psf 5g\ . Jofj xfl/s ; d:of ; dfwfg ug{kl/jf/ / lzlfnsnf0{clx;fids tflnd cfj Zos 5 .
#=	zf/lI/s b08-; hfon]5f8f xgaf6 arfp5 .	afnaflnsf]hlt a9l zf/lI/s b08 Joxf5g\Tolt g}pglx; 5f8f, b]ofxf/ ug] lx;f ug]vfnsf x65g\.
\$=	cleefj s; E afnaflnsfnf0{zf/lI/s b08 lbg}clwsf/ 5 .	afnaflnsfnf0{klg zf/lI/s b08-; hfo h:tf lx;faf6 ; Afof kfpj clwsf/ 5 . lx;f ug]clwsf/ s; hfo{5g} .
%=	zf/lI/s b08-; hfon]ubf{sf]7hf] /x\$ e6g]afnaflnsf]yxf kfp5g\.	cfTdlgo6q0fsf]pbfx/Of k;t t ug{xg}c; n lzlf of xfl. zf/lI/s b08 pkoflul u/l lzlf of ug{x;nf0{afWo kf/] l; sfpg' xfl.
^=	d To; /l g}xsf;dnf0{sxl km/s k/đ . dnf0{b08 glbPsf]eP lau(y)- xfhf .	zf/lI/s b08-; hfosf]lx;frqmnf0{oxl k:tf] tf\$gk5{. xfdl afnaflnsfdf ; g{lbgx6g} .
&=	b08sf]Joj xf/ gb]yf0{p; n]sfo{ ubg, eg\$}df6g .	zf/lI/s b08-; hfo dfu ug]afgl afnaflnsfdf a; \$ eg]a'gk5{xfdl] /fdl]Joj xf/n]la:tf/}of]x6} h65 .
*=	afnaflnsfnf0{vt/faf6 arfpj zf/lI/s b08 lbgk5{.	vt/f; Da6wL lzlf lbP/ dfq pglx;nf0{; Afof ug{; ls65 . bafP/ /Vbf jf aGb]h nufpff pglx;df h6g vfl]g]pT; stf a95 / %g\ a9l vt/f xg ; S5 .
(=	afnaflnsfnf0{cgzfl; t agfpj ul/g]s6lk6n]sg}xflg ubg .	s6lk6 gu/l xsfPsf afnaflnsf]hlt /fdl] E cf'gf]Joj xf/sf]lgo6q0f ug{; S5g\ . Tolt c;n]; Sb6g\ . s6lk6 u/] xsfPsf;x;n]uNtl x65 e6g]8/n]sg}sfdf ug]cf6}ub6g\ c; s; \$f]e/ k/] a:b5g\.
!)=	zf/lI/s b08-; hfo gu/l s6fs6lnf0{xsfpg / lzlfblfl lbg ; lsb6g .	k/Dk/fb]v a; \$f]afgl ePsf]n]cleefj s / lzlf]n]o:tf] ; fl]g]ub5g\ . pglx;nf0{o; af6 kg]bl3\$flg k6j yxf x6g . pglx;nf0{j\$llns Joxf/ ug]tl/sf l; sfpgk5{.

cf'gf]jzdf /Vg]cEof; ug{; S5f}. h; sf lglDt lg/Gt/ k6f; cfj Zos x65 . Wofg ug] ; sf/fids ;kn] ; fl]g] / cf'gf]sdhf]lnf0{sd ub}hfg]lbzdf cu| / xg ; S5f}.  
 c;sf s/f ; gff c;sf s/f ; Gg]afgl a; flg ; S5f}.  
 eujfg\k\$[tn]xflnf0{b0]6f sfg / Pp6f dfq dv lbPsf=lbPsl 5g\ . o; sf]cy{xfl]hlt afln65 To; sf]bfla/ ; Ggk5{. w}]afll]g]afgl a; \$fx;n]dv a6b ug] / sfg 7hf agfpj]cEof; u/f}.

5nkm rnfcl' cf'gf]kl/jf/ / cfkm' ; nlg Jox; fodf zf/lI/s b08; hfo / o; sf]k6j]sf ljifodf 5nkm rnfpg kj]rg, 5nkm, uf]7l tyf tflnddf o; ljifonf0{; yfg lbcf}. ljBfnodf o:tf ljifosf af/đf 5nkm ub}blgs ;kdf k9f0 / l; sf]0sf]dfllod agfcf}.

clx;f cfbf]hgdf ; xeful agff' cf'gf]; dbfo tyf

/fi6df rln/x\$fx lx;fj /f]wL cleofg, zflGt :yfkgsf k6f; x; tyf zflGt kflKtsf lglDt xg]clx;fj fbl cfbf]hgdf ; xeful agf}. xfdl h:tf w}]JolQm;n]ca cfOGbf s; hfo{ zf/lI/s b08; hfo gug] ; fdlx kl]ta4tf u/\$f 5g\ / cf'gf]Joxf/ ; wfb}5g\ . o; cleofgdf afnaflnsf ; d] nuf\$ 5g\.

s]xfln]klg xfdl]o; afglnf0{kn] / xfdl ; Gtldf of]bfgjlo k]Q xfdlaf6 ; g{glb]j]frf ug{; S5f}- xfdl ; ah]oxl kl]t1f u/f] xfdl ca cfOGbf sg]JolQm]fly sg] k\$[sf]zf/lI/s b08-; hfo ug]5g} . oib o; f]ug{; Sb6f} eg]st]xfl zflGtsf]axfgdf lx;fsf]rfxgdf nuf\$ t 5g} < s]xflddf a; \$f]lx;fh6o afgln]zflGtsf]rfxgf k/f ug{b]hf < Psk6s udel/ eP/ ; f}f}. ☺

kj}{k]vfgllwoks



# /fHon]x]of] eGb}f af6f]gla/fpmFû

## ■ Izj/fh sf0/fnf

**d** Ps ; fdbflos lj Bfnodf k9fpg] lzlf s . @ & j ifsf] lzlf of cgejdf k7f4sf ! ) j if{ Dd kzfkljt kof{ ; Gtrfj geP klg lzlf of sfodf nfu\$fdf uj {g} nlfYof] . clxn] lzlf sssf ; a} ; lj wfx ; b7a/ ePsf 5g\ kzf a9L ; 7lft ePsf] 5 . ca t slffdf c6f0c6f0{lj Bfyl\$}rfk klg Joxf]kbb . t/ z'zsf ! ) j if{ eGb k15sf ! & j ifdf cfmh0{cfkmh} u/\$f] lzlf ofkljt ; Gtrfj nlf 5f8\$} 5 .

Tolta]hf lghl lj Bfnosf] kefj vf ; } gePsfih] wgl-u/la ; a\$} 5f/f5f]l Ps} 7fpdf k9x] . lzlf of kzfdf nlf 5 eg\$} ; a} s/fdf kf/Et xg' xf] eGg] ; fdlhs a%0 kfOGYof] . ; fdlhs z'kdf cf'gf] dfq cf'g} sf/Ofn] 365 ls eg] lzlf sn] ; w} ; hutf ckgfPsf] cj:yf lyof] . lzlf s / lj Bfyl}lr cfk ; l lj Zj f ; sf] ; DaGw lyof] . 3/df JoOm ug{g ; s\$} s/f lzlf s ; E lj Bfnodf JoOm ubf} .

xf] lj utnf0{ /fd] b}y} dfq ca cufl8 a9x ; lsb . lj utsf /fd] s/f l6sf0/fVg g ; Sg' ; /f\$} / jfnf ; a\$} sdhf]l eP klg lzlf sssf] efudf a9L kljtzt kg{ cfp5 . hfg\$} / a%\$} s/fnf0{ ha ; Dd Jojxf/df ptf] / b} ta ; Dd g t a%0 eof] g t l ; sf0 . cfmh] kofu u/\$f z]lfs ; fdulaf6 wf/Of : ki6 kf5{eGg] cfmh0{e/ nlfbb . cfh l ; Sg cfp\$}

s}fs}lsf] cj:yf b}yf k9fpg] hfE/ ; d} ; hfP/ hfG5 . slffdf cfw lj Bfyl{ef\$} cfp5g\ skf]ofn] ; tfoPsf lj Bfylhf0{ ; Grf] eg\$} dxlgdf %-& lbg dfq el6G5 . lj Bfyl\$} o:tf] cj:yfaf6 hfE/ d5{ . lj Bfno kzf ; g ; E ; fdlhs Gof ePsf] kf05g . kcx ; nf0{k0f{hj fkb}l gagfP/ xf] of lfdtf ePsf] gkfP/ xf] ; fdbflos lj Bfnodf klg lghl afl8}df %} Bfnosf] cfly\$ ; fdlhs s/fx ; c} lzlf sssf gh/af6 6f9f /fVg] jftfj/of kfOG5 . lj Bfnoklt cleefj sdf pQ/bfotj geP/ clwsf/ ePsf] a%0 ljsl ; t xg' h:tf ; d:ofn] lzlf lnglbg] sfo{Gog sf]6sf] ag\$} 5 .

## ; wf/sf s}l pkfo

ofhgfl lzlf of kzfdf k}z ug{ vfl]gsf] sf/of s] xf] < kcf tyf ; xfos kcf agf0f lj Bfno ; wf/ ug] sfo}mdx ; s] s] 5g\ tof/ kf/\$f sfo}mdx To ; lj Bfnodf nfu" xg ; S5gVs ; Sbg<lj Bfno cleefj s ; lj Bfyl ; /sf/l lgsfo, u} ; /sf/l lgsfox ; a} E sf] ; d}j osf] klf slt k}n 5 < u0f:t/lo k9f0sf ofhgf, lj Bfno eflts ljsf ; sf ofhgfl ; fdlhs ultlj lwsf ofhgf, cfly\$ kf/blz}fsf ofhgf h:tf s/f lhDd]f/l lbgcufj} 5g}sf lj ifox ; agf0g ; Sgkb\$ . lglZrt ; dosf

# cleefj sx ; Ucfkm'klg nufgl u/f}

## ■ nldof l3ld/]

**lj** Bfnodf cfh j flif\$ k/lffsf] glthf k\$zfg / lj t/of x6\$ . rp/df ; df/fxsf] nflu ; fgf] :6h tof/ 5 . Toxf] Bfyl{/ cleefj sssf] nflu 5\$5\$} a}r nx/} /lvPsf 5g\ sfo}md z' xG5 . lj Bfyl\$} nflu 5\$}ofPsf a}rsf nx/ cfw dfq el/65g\ t/ cleefj sssf] nflu 5\$}ofPsf a}r nueu ; a}l/Qf 5g\ .



lj Bfno ; do ; lsg %08] !% ldg} afE l 5 . lj Bfnosf] u} glhssf] ; fgf] rf}df cleefj s el/e/fp xG5g\ 306l aH5 . k}to\$ lj Bfylhf0{ xftxtdf ; dft} cleefj sx ; 3/lt/ nlf5g\ .

dflysf b0{ b}zodwo] klxn] d} } lj Bfnosf] xf] hf ; dbfoaf6 ; ~rflnt 5 . oxffhxn] klg cleefj sssf] pkl:yt cToGt} sd xG5 . xfd] lj Bfnon] z]lfs ; q @)^\* df u/\$f] Ps ; j [f0n] j ifel/df #-&\$ hgf cleefj s dfq

lj Bfnodf pkl:yt xg] u/\$f] b}y}of] . egf{/ glthf k\$zgsf] a}hfsf] s/f cnu 5 .

b}f] b}zo sb} lghl :t/af6 ; ~rflnt lj Bfnosf] xf] . Toxf] k}to\$ lbg cleefj sx ; lj Bfyl\$} z]lfs l:ylt .ck8}l ug{ lj Bfnodf kl5g\ . d}f] ugf ; f] afl8} ; ~rfsx ; E k6Ss} xf0g, a? w6oj fb 5l pxfk}n] Tof] lsl ; dsf] dxf}h tof/ ug{ ; Sgeof] xfdl ; fdbflos jfnfn] ; s}f} .

xfdf] lj Bfnon] t lzlf sn] j ifel/df cf} t kfF k6s Pshgf lj Bfyl\$} 3/ e}of -xf} lelh6 ug} kg] lgod agfPsf] 5 . t/ tlg k6s t cleefj s g} elbgxG . lj Bfnosf] j flif\$ Sofn08/ cg ; f/ j ifdf rf/ k6s lzlf s-cleefj s cGt/lqmf xG5 h ; df dlZsnn] @)-@% hgf cleefj s pkl:yt xG5g\ .

d}f] ef]uf0n] eG5 xfd] lj Bfno h:t} yk} ; fdbflos lj Bfnox ; 5g\ hxfF j ifel/df cleefj sssf] ; lqmtf nueu z6o 5 . cfb/Oflo cleefj sx ; U Psk6s ; f}f}t, Ps j if{



nflu tof/ kf/šf]oflhgn]cGtodf slt ; kmntf kfof]<c; kmn ePsf lřsf]lgSofh / sf/Ofx; kQf nuf0gkb5 . oflhgfsf] ; kmntf / c; kmntsf]lhDd]f/l lng]ugk5b5 .

nugzLntf / cgzf; gM pRrsf]l6sf] lzLff kbfg ug[ lJ Bfyl6Gb f lzLfs a9l cgzfl; t / nugzLn aGgkb5 . cleefj sx;sf]cgzf; gs]klg sd eLdsf /x5. lJ Bfyl{e\$ 306fdf ^ 306f dfq lJ Bfnodf /xg]ePsn]ltgn]:shdf ^ 306fdf l; sšf s/fx; !\* 306fdf 3/df dl]6g ; Sb5g\.

**lhDd]f/lM** lzLfsn]cf gf]lj ifodf lng]lg0řdf afnafnsfsf] ; xeflutf hit a9l xg ; Sof]pglx;nf0{plt g}a9l lhDd]f/ agfp5 . lJ Bfylřf0{k9f0, cltl/Qm sfošnfk, slff Joj:yf h:tf pglx;sf]lfdfn]; Sg]lřđf lhDd]f/l lbg kl5kg{x5. lJ ifoklt[s]lhDd]f/l, lJ Bfno cleefj skltsf]hj kxbl x5; dx g]fsf]; kdf sfd ug]kcnf0{cfj Zos ; xofu křofpg]lhDd]f/l ; ašf] /xG5 . kcn] klg lJ Bfnosf, lzLffsf, cleefj ssf, ;fdllhs, cflyš, /fhglltS ; d:of cfpbř ; fdlxS 5nkndf nřfg lxrsřfpgx5. kć lgiklf, kf/bzl{ lJ Zj; glo, e/kbf] ; dx g]ř aG ; Sgkb5 .

lzlf0nf0{dh kžf agfP/ cufI8 lx8g]lg0řf g}ul; s;kl5 kžf s; /l /fd] agfpg ; lG5 < s; /l dořbt xG5 < lJ Bfylx; d% nřšk5 s; /l aGg]</fd] klřaf6 pbfX/Olo / cgS/Olo s; /l aGg] < eGg] lJ ifodf x/š lzLfsn] ; řkg' g} kb5 . xf] lzLff lj sf; / ; wf/sf]lhDd]f/l p/ a; šf lzLff dGqno, lzLff lj efu, lřz=lg= lhNnf lzLff sfofno / ToxfSf lhDd]f/ JolQm]x; břř hit lzLffsf] efudf kf/] cfkx; sdhf]l / lhDd]f/řaf6 pDsg]s; /tdf nfušf]kf0G5 . t/ klG ; dfhn]cfz u/šf] lJ Bfyl]e/ u/šf dořbt kžfnf0{/řho klřn]; fdllhs GofO lbg g; sš]s/fnf0{cřwf/ agfP/ lzLfsn] cGofosf]af6]; dřg' %g} /fd] dflgb. ☺  
>L ařndb/ lJ Bfno, lJ /ř6gu-!), dřª

klg /fd] Ğ vfg gklg]vžaf/lnf0{xfdln]slt ; do lbG5f] / Ps hgř lJ Bfylšf] elj io; Ğ hř]BPsf] lJ Bfnodf xfdln] slt ; do lbG5f]<

lzlf0f l; sf0 lqmfnsnknf0{dhaf agfpgdf cleefj ssf] ; lqmotfsf]klg plQs}oflufbg xG5 . ; Dk0f{cleefj s ; flf/ geP klG 3/df sf]xl g sf]xl ; b:o t kSs}; flf/ xG5 h; n] ušsfo{/ cllooG sfodf lJ Bfyl{ef0alxlgx;nf0{ 3řpg ; S5g\, cřlv/ lJ Bfylřf0{ ;sf/ lbg] t 3/ g}xf]lg 0 /řHon] t Pshgř lJ Bfylšf] nflu xhf/f]křFvr{ul//xš} 5 . clnslt k}f / ; do xfdl cf'gf]tkřaf6 klG nufgl u/f]; To; n]w]}a9l klřkm lbG5 . lJ Bfylřf0{Pshř} h0f jf Pp6f ufřkm klř lšGg bz}g}sg] / bř; l=eřf] vřlg gk/ř] \. ; Dk0f{kžřdf h:t} thgřřds ; kdf xfdl lzLfs klG sf]xl c; n jf v/fa 5řřřřřř / t/ cleefj ssf] ; lqmotf]n] v/fa lzLfsnf0{klG c; n aGg ařwo křg5 . kl/řdfdtM ; a} gřgřx;sf] elj io přHj n xgš / bžsf] lzLff lřđf ; wf/ xgš . bžsf] /fhgllt Psk6s laluf] eg] -e) -e% jif{ dfq ; d:of eř]gkb5 t/ bžsf] zř]fs l:yit laluf] eg] l; Ěf]k'tfs}elj io aaf6 xG5 . ☺

a4 dřlj, cvř] uNdl

# /fd] lzLff- ; ?cft

## cfkmřf6 u/f]řs <

■ lJ hodsřf/ lyª -eř]

**lz** lff dřns xs xf] ; wřfgs Joj:yf 5 . lzLff ; řhgzn 5 ; ařf0{yřxř 5 . ; an lzLff rřlxG5 ; ařf0{rřřf klG 5 . lzLff křfnldf ; wf/ xbk5{ ; ařf0{ řřf; řklg 5 . cřlv/ ; ařf0{řřlxPsf]5M /fd] lzLff 0 t/ sg gřVodf ; ř8/xšř 5gVdf] lzLff / lzLff lbg] klřtefx; < dfq] hljgdř ; aeGbř ; řhgzn rlh /xš lzLff / ; jf:Yo . ; aeGbř Jofkf/Ls/Of klG Toxl lřđf e0/xšř] 5 xfd] bžřdf- k}f sdfpg . 0Hht sdfpg . k}fsf] 0Hht sdfpg . xhbřřsf] 0Hht sdfpg . lzLffsf] ; /et dNo 36řpg . cřkrřl/s dNo a9řpg . lzLffdf c; dřgtf a9řpg . lzLffnf0{J ul6 agfpg . lzLffnf0{lgħls/Of u/fpg . /řHonf0{kř agfpg . xfd] lzLffnf] dfq; nř0{cf'gf] vřřdf pleg ; Sg] agfPg . cf'gf] ; lkdf ařř] agfPg . jfanDjl agfPg . Odfgřf/ agfPg . lhDd]f/ agfPg . k/Llřdf lJ Bfyl]řfř] . lzLfsn] rřř]řP/ . cleefj sn] lzLfsnf0{ rřřřpg] cřbz lBp/ . k/Llř 6ř06 ePdf, gl; sfPsřđf lzLfsn] sđf0 vřg] ; Gbž lBp/ . ; a;kř h; /l eP klG kf; rřlxG5 eGg] dgřřžaf6 ul; t eP/ .

lzLff laluf] uOf:t/ cřřřřř nřloř] . ; /sf/ u]řhDd]f/ eP/ . glt lkmtf] eP/ . lzLfsn] gk9řP/ . lJ Bfyl]ř] gk9ř] . lzLfsn] rřř]l; sfP/ . cleefj s cg0/břol eP/ . gřul/s ; dfh cN5l eP/ . :sh, snřhn] lJ bžřřf] gřd rřř] t/ lJ bžřln] lJ Zjř ; gu/ř] . lJ bžřřf] lk5nlu' agř] . zř]fs sfodf břřnf0{lrQ ařřpg dfq agfP/ . k}f křřpg dfq sfofřg u/ř] . lřdfřřf] klřtefnf0{lzlff lřđf lemřpg g; s; křřřg lj sf] eP/ . dfqj clwsf/ a9l eP/ . ; ař] zlQm clwsf/ / st{osf] b?kofu u/ř] . lghlřř xřl eof cřwřgřřřf] gřddf . xfdlnf0{/fd] lzLff rřlxPsf] 5 . ; a;lřđf ; lřd dfqj ; řř rřlxPsf] 5 . ; wf/ s; n] ug] < slx] ug] < s; /l ug] < sđř ug] < lsg ug] < w]} ukm ul/xg' kb5 . p0/ ; lřnř] 5 . bžř/sf kwřgřřřřřs, klřřf0{ Sofdk; kđv tyf lzLfsx; ; ařř ca rřřf křřřřřř5 . lhDd]f/l dx; ; xbk5{ . ; wf/ dř] yřřřřř5 . ; wf/ ; řř] lbg / ; doaf6 ug] 5 . sfo{/ Joj xř/nř0{ Rofřřřřř5 . lzLff l; sf0 klřřřřřřř ; wf/ ug] dgř] Qdf ; wf/ ug] . hřlu/nř0{pknlaw; Ğ cfj 4 u/fpg] . břř dfqj ; fwg plkfř ug] . cgzřl; t lJ Bfyl{přkfř ug] . bžřnf0{ ; dř agřřřřřřř ; řřř] . ; dř] žřs/Ofnf0{6] f lbg] . ; žř; gsř] axřnl / ; yřřfut u/fpg] . ; aeGbř dVo sř/ bžřnf0{c; n gřul/s pknAw u/fpg] . c; nřf0{břřř gřpřřřř /fd]řf6 l; sfř ; g/fd]řf6 l; sfř ; yřřngř cfkxř6 u/f]řs < ; ařf0{rřřf eof . ☺

křřřf0{ pđřlj , xř0řf/ , l; Gwħl

; a}dřsř sřřřf] sms klřlqmfnsf nflu ltr<space>5006

# sIff ^-\* sf] gofFkf7dqnd

/fli6@ kf7dqnd ljsf; tyf dNofsg kl/ibbn] sIff ^-\* sf lglDt gofF kf7dqnd :jlsf u/\$f]5 . kl/ibbn] ebfof a; \$f] a7sn] .cfwf/e't lzIff kf7dqnd -sIff ^-\*, @)^( :jlsf u/\$f] xf].

@)^& df tof/ ul/Psf]kf7dqndnf0{ sf7df8f;pkTosf / c6o !% lhNnfsf ;o j6f ljBfnodf k/lifokl5 clGtd ;k lbOPsf]xf]. gofFkf7dqnd zllfs jif{ @)& b]v nfu" xg] hfgsf/l kf7dqnd ljsf; s]b]h] lbPsf] 5 . ;fwf/Of lzIff; E]; :st, u?sh, uf]kf tyf laxf/ / db/; f lzIffsf]kf7dqnd klG kl/dfhg ul/Psf] 5 .

gofFkf7dqnddf ljBdfg &)) k0ff{nf0{a9P/ \*)} agfOPsf] 5 . o; qmddf sxl gofFljifo ylkPsf 5g\ eg] sxl ljifosf] ; Argdf kl/abn ul/Psf] 5 . hg; Wof tyf jftfj /Ofsf] hg; Wofnf0{ ; fdfhsdf ufe] ; fdfhs cWoog tyf hg; Wof lzIff / jftfj /Ofnf0{lj 1fg; E hfB} .lj 1fg tyf jftfj /Of agfOPsf] 5 .

%) k0ff{sf]k] ;ofj ; flos lzIffsf] 7fpE} !)) k0ff{sf] .kzf, Joj; fo / kljlw lzIff ; dfj z ul/Psf] 5 . gofFkf7dqndn]g]ts lzIffnf0{clg]fo{ u/Psf] 5 . o; cl3 g]ts / ; :st

kf7dqnd 9fFf -;fwf/Of lzIff_M sIff ^-*		
ljifo	; fktflxs kf7def/	k0ff{
g]kfnl	%	!))
cu]hl	%	!))
ul0ft	%	!))
; fdfhs cWoog / hg; Wof lzIff	%	!))
lj 1fg tyf jftfj /Of	%	!))
:jf:Yo tyf zf/l/s lzIff	#	%)
g]ts lzIff	@	%)
kzf, Joj; fo / kljlw lzIff	%	!))
dftE]fiff jf :yfglo ljifo	%	!))
jf ; :st jf c6o ljifo	%	!))
sh	\$)	*)

lzIffdWo] Pp6f /f]lg k]pg] Joj :yf lyof]. sxl jifcl3 vf/hld k/\$f]clg]fo{ ; :stnf0{c% klG vf/hld}5f]8Psf]5 . gofFkf7dqnddf !)) k0ff{sf] ; yfglo ljifo /lvPsf] 5 . o; c]tuE ljBfnon] :yfglo kl/j zsf ljifo] :t' dftE]fiff ; :st jf c6o ljifosf] k7gk]7g ug ; Sg5g\.

kf7dqndn] ljBfyl\$]f] l; sf0:t/ ;wf/sf lglDt lGof]dfseGbf lGdf]ff]ds

dNofsg k4ltnf0{hfB lbPsf] 5 . ^) kl]tzt cfjlws / \$) kl]tzt lg/Gt/ dNofsgaf6 sIff ^ / & sf ljBfyl\$]f] l; sf0 pkn]Aw dfkg ug]kg5 . lg/Gt/ dNofsgsf lglDt kof]ff]ds sf0{ljBfyl\$]f] sIff ; xeflutf, l; h]ff]ds sf0{/ l; sf0 Joj xf/df cfPsf] kl/j t]gnf0{ cfwf/ dfGkg] dfkb08 kf7dqndn] to u/\$f] 5 . lg/Gt/ dNofsgsf qmddf ljBfyl\$]f] pkn]Awnf0{s, v / u >]lfd j ul\$ /Of

## tlg SofDk; df PdP8 lj 1fg

lqe]g lj Zj ljBfnon] o; } j if]v tlg j6f cf]us SofDk; df lj 1fg ljifodf PdP8 sf0qnd ; ~rfng ug] ePsf] 5 . txfxrn] :yt dx]b/Tg SofDk; df e]tszsf:q tyf uf]f{ lzIff SofDk; / ; fgl]7dl SofDk; df hljzsf:qdf PdP8 sf0qnd ; ~rfng ug{ nfluPsf] xf].

lzIffzf:q ; sfo, ljBf kl/ibbn] pQm sf0qndsf] 9fFf lqlj sf] k]1s kl/ibbn] k]z u/\$f] 5 . lzIffzf:qsf

8lg kl=8f= k\$zfzdfg >]7n] eg] sIff !! / !@ sf lglDt lzIffzf:q k9\$}lzIffs tof/ ug] p2]on] of] sf0qnd ; ~rfng ug{ nfluPsf] xf] .E pQm sf0qnd ; d]i6/ k0ffnldf ; ~rfng xg] hfgsf/l pgn] lbP . k]z k/lifsf cfwf/df Pp6f SofDk; df \$) hgf ljBfyl{dfq} 5g]f xg]5g\ . >]7sf cg; f/ , k]1s kl/ibbn] :jlsf xgf; fy cfj]hg v]llng] 5 .

o; sf lglDt lj 1fgd} alP8 jf alP; L=alP8 JolQm] cfj]hg lbg ; Sg]atfOPsf] 5 . PdP8 sf0qndsf k/lifx; lzIffzf:q ; sfon]g} ; ~rfng ug]5 . PdP8sf c6o sf0qndsf] k/lif Joj:yfkg k/lif lgoGqof sf0f]oaf6 xB}cfPsf] 5 . xfn lqlj, lj 1fg lzIff s]b]h] lj efudf dfq}PdP8tk] / ; fogzf:qsf] k7gk]7g xB}cfPsf] 5 .



# Ij efusf] \$ & aB] lgbzq

**IzIff** Ij efun] tfl]sPsf] ; dod] efl]ts k]f]v/ lgd]rf gug]Ij Bfnosf] cgbfg /sd lkmf]ug{lhNnf IzIff sfof]nox;nf0{lgbzq lbPsf] 5 . Ij Bfno ejg, slffsf]f, z]f]fnosf] lgd]rf / dd]f gug]Ij Bfnosf] ; P] ; f] h]gs u/L Itgnf0{sf/afxl ug{ Ij efun] lgbzq lbPsf] 5 . To:tf Ij Bfnonf0{yk cgbfg / sfo]qnd glbg ; d] Ij efun] eg\$]f] 5 .

Ij efun] e\$ ebf] e)^ ( df I]qlo IzIff lgbzqgnox;dfkmt ; a]lh]zsfdf \$ & aB] kq k7Psf] 5 . kqdf lhNnfsf ; a]Ij Bfnodf Ps]lbg 5faj [Q Ij t/Ofsf] Joj :yf ug{ ; d] lh]zsf]x;nf0{lgbzq lb0Psf] 5 . Ij efusf pklgbzqs uof]zk]fb kf]jhn] eg] a5faj [Q /sddf clgoldttf ePsf] ug]f; f] a9\$]f] sf/Of ; a]Ij Bfnodf Ps] lbg 5faj [Q Ij t/Ofsf] ldt tf\$g / To: sf] k]f]k]f/ ug{ lgbzq lb0Psf] x]f] . o; af6 Ij t/Of klqmf a9l kf/bzL{x]f]f eGg] xdf] ck]ff 5 A

o:t] 5faj [Q, kl; LPkm, kf7ak:tssf lglDt k7f0g] cgbfg /sdsf] kf/blz]f / ; bkof]u eP=gePsf] af/] lhNnf / ; f] s]b]t/af6 k]f]j sf/L cgludg a9fpg ; d] Ij efun] lgbzq lbPsf] 5 . Ij Bfyl{ g] geP/ agb xg] cj:yfdf kl]sf Ij Bfnosf] ; 3g lg/LIff u/L To:tf Ij Bfno agb ug{f csf] Ij Bfnodf u]Eg ; d] lgbzq lb0Psf] 5 .

k]csf]kb l/St /x]f Ij Bfnodf :yfol j/l/i7td IzIffsf]g]lglD k]csf] lhDd]f/L tf\$g nufpg Ij efun] lh]zsf]x;nf0{lgbzq lbPsf] 5 . ; fy] of]otf kl]sf / :yfol IzIffsf] k]c lgoQm ug{ ; d] Ij efun] eg\$]f] 5 .

ahf/df p]kflbt tof/L vfh / ..h]k]h8l Ij Bfno xftdf laq]l=Ij t/Ofdf k0f] ; kdf lgif]v ug{Ij efun]kl] / lgbzq lbPsf] 5 . :yqlo:t/df p]kflbt / 3/df tof/ ul/Psf vfg\$]f]nf0{Ij Bfno vfh]sf] ; kdf k0f]v ug\$]f lglDt k]f] ; fxg ug{ ; d] lh]zsf]nf0{ Ij efusf] lgbzq 5 .

ug]kg\$ . slff \* sf]k/LIff k]f]t]v]kdf lhNnf:t/d] ; ~rfng xg\$ . t/, To: sf] pQlOf{ eg]ca \$) xg\$ .

o; a]lr, z]l]fs jif{ e}&) b]lv k7gk]f7g xg]u/L kf7dqnd Ij sf; s]b]h] slff ^ sf lglDt gofFk]f7ak':ts tof/ u/]sf] 5 . s]b]sf pklgbzqs uof]zk]fb e\$]f]f] cg; f/, slff & / \* sf gof k]f7ak':ts qndz]l e}&! / e}& b]lv nfu" xg\$g\.

## (-!) df .gg-q]86l Ij ifo

; fdbflos tyf lghl Ij Bfnon] cfpB]f] z]l]fs ; qb]v slff ( / ! ) df Pp6f .gg-q]86l P]R5s Ij ifo k7gk]f7g ug{ k]fpg]ePsf 5g\ kl/]b]sf]lglDf cg; f/, Ij Bfnon] P]R5s Ij ifo ; d]xaf6 To:tf] Ij ifo /f]g ; Sg5g\ . t/, To:tf] Ij ifo Ij Bfyl{sf] k]k]tfs k]tztdf uof]g xg] 5g . s]b]sf pklgbzqs e\$]f]f] eg] a]Ij Bfyl{h] .gg-q]86l Ij ifo pQlOf{ u/]df To: sf] k]k]tfsnf0{ nAw]skqdf /flvg\$ t/ sh k]tztdf To: sf] uof]g ul/b] . k/LIffdf cgQlOf{ ePdf cgQlOf{ csnf0{ nAw]skqdf r9f0b] A

..slff (-!@ sf] kf7dqnd ; Argf, e)^ (U n] slff (-!) sf lglDt P]R5s ; d]xdf ; df] z ul/Psf ... ^6-l:snl wf/sf Ij ifod]wo]af6 .gg-q]86l Ij ifo /f]gkg] atf0Psf] 5 . P]R5s ; d]xdf Ij leGg Ij bzL efiif, g]k]nsf /fi6«efiif, slff, x:tsnf, u]k]l I]fgnufotsf Ij ifox; /flvPsf 5g\ . \*) k0ff{sf lgoldt /

P]R5s Ij ifosf]k7gk]f7gdf afwf gkg] u/L .gg-q]86l Ij ifosf] k7gk]f7g ug]kg]dfkb08 agrf0Psf]5 . pklgbzqs e\$]f]f] cg; f/ Ij Bfyl{f0{ lgoldt Ij ifosf c]tl/St yk I]fg=:lk a9fpg] p2]on] .gg-q]86l Ij ifosf] Joj :yf ul/Psf] x]f] .

## Ij z]f IzIffsf] klg kf7dqnd

kf7dqnd Ij sf; s]b]h]af]4s ck]Etf ePsf afnaf]nsfsf lglDt klxn]f]k6s tof/ kf/]sf] pQm kf7dqnd k/LIffsf lglDt kf7dqnd Ij sf; tyf dNofsg kl/]b]n] ; x]dt lbPsf] 5 .

b]ze/sf \$^ j6f Ij Bfnodf Ij z]f IzIffsf]k7gk]f7g xB]cfPsf] 5 . tl ; a]Ij Bfnodf o; } jif{ kf7dqndsf] k/LIff y]l]ng] h]gsf/L s]b]h] lbPsf] 5 . o; sf] kf7dqnd ; Argfnf0{ tlg txd] af]8Psf]5 . klxn]f] bf]f] / t]f] tx qndz]l %, # / @ jif]f]xg]k]t]f] gd]f kf7dqnddf /flvPsf]5 . klxn]f] txn]afnaf]nsfnf0{Ij Bfno IzIffsf ; fw/Of slffdf ; d]fxt xgsf lglDt tof/ k]f] p2]o /fv\$]f] 5 . bf]f] t]xaf6 b]gs h]jgsf lqmf]snf]kdf c]f]dlge{ ag]fpg] / t]f] t]xaf6 Joj ; flos ; lk; DaGwl t]f]ndf lglDt of]o tNofpg]p2]o kf7dqnd]lnPsf] 5 . xfn k]f]s kf7dqnd / ..r]b] lni6l sf c]w/df To:tf afnaf]nsfsf] l; sf0 pkn]aw dfkg ul/b] cf0Psf] 5 .

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; dfrf/

# cf0l8onnf0{ / / on pkflw

./ / on :sh ckm gkfn-@)!@l sf] pkflw nintk/sf] cf0l8on df@h pdflj n] lht\$sf] 5 . 8fa/ gkfn kflnaf/f !) c; f]h @)^ ( df cfoflht kltoflutfsf] ; dfkg ; df/fkdf cf0l8onnf0{ pQm cj f8{ lb0Psf] xf] . kl't:kwf@f w/fgsf] o/\$f /l; 8l6; on pdflj klxnf] /g/-ck / eQnk/sf] ; lgs cfj f; lo dxflj Bfno bf] fl] /g/-ck 3flift eof].

8fa/ gkfn] klxnf] r/0fdf kjf{rn, dWodf-rn / klZrdf-rn lqsf lj Bfnoalr lqlo:t/df kl't:kwf{ u/Psf] lyof]. To; af6 kfFj 6f lj Bfno /fli6@:t/sf] kl't:kwf@f 5flgPsf lyP . !\* ; fpgb]v !) c; f]h @)^ ( ; Dd ./ / on :sh ckm gkfn-@)!@l kl't:kwf{ ; ~rfng ul/Psf] lyof].

kl't:kwf@f gto, vjhsb, lqsnf,



jStTj snf h:tf ljwfx; ; dl6Psf lyP . ; dfkg sfoqnddf 8fa/ gkfnf ahf/ Joj:yfkg kvv ceo uf]vfln]

lj Bfyl\$] kl'tef phfu/ ug\$ lglDt ; fl kl't:kwf@] ; xof]v kfofPsf] lj rf/ JoQm u/\$f lyP .

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# गर्जन ; /sf/ स[if lj sf; dGqfno Jofj ; flos s[if tyf Jofkf/ cfof]hgf



Jofj ; flos s[if tyf Jofkf/ cfof]hgfsf]dVo p2]o gkfnst @% j 6f lhlnf -wglff, ; nfxl, dxfQ/L, /f]x6, af/f, k;f{ lrtjg, wflb<sup>a</sup>, sf7df8f} nlnkt/, sfe]nf-rf\$, gjnk/f;L, tgxF ndh<sup>a</sup>, sf:sL, :of<sup>a</sup>hf, kflkf, ?kGb]l, slknj:t', bf<sup>a</sup>, ;v]i, afE] albQf, s]fnl / s-rgk/\_ lglb]6 s[if pkhx]sf]dNo >]nfd fcfj 4 ; fgf s[is, s[if Joj ; fol tyf pBdlsf]k]t:kwf]ds lfdtdf ; wf/ ug{/x\$] 5 . of]cfof]hgf @)^% ; fpgaf6 ; ~rflnt 5 . of]p2]o k]kt ug{cfof]hgaf6 ; Dkfbg ul/g]sfo]i lgDg s]/df s]Gb]t /x\$] 5gM

!= s[is ; dx / ; xsf/L ; yfx]nf0{nfek] ahf/dvl p]kfbgdf ; xeful xg ; xof]i ug]. ; fy} cfjZos klj lw, ; r'gf, ; j]f / ; fj h]gs k]f]v]/sf]Joj :ydfk] ahf/df kxF / s[if Joj ; fo cfj 4 tdf ; wf/ Nofpg].

@= dNo >]nfsf] b[6n] p]kfb, Jofkf/L, kz]v]gstf{/ cG ; /f\$]jfnfx]nf0{ ; d] ; d]l pB]i]df cfwl/t ; f%]f]/tfsf] lj sf; ug].

#= s[if / vfB Jofkf/df lj Bdfg afwf Jojwfg 36fpg]Pj +s[is / s[if Joj ; folx]sf]blftf clej [4 ub]cf]t]/s Pj +c]t/f[6 ahf/sf]u0f:t/ cg?ksf]:jR5 / :j:y vfBj :tx]sf] p]kfbg ug{ ; xof]i ug].

; DksM

; Nnf3f/L, dxf/fhu-h, sf7df8f}

kn]gM (&&-)!-\$)!&&^%, ^ofS; M (&&-)!-\$#&#&#^

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k}{kfylds tx-b0\$fi lj Bfyl{sifsf] b]gs  
lqnofsnfk cgtu; ; dfrf / ; s}df k9b)  
-dfly\_0 k9b)u/\$f Ps lj Bfyl\$fi ; fydf  
lzifs j ; Gw/f >]7 -bfofFtn .

# ; f\$]ts efiffsf]k9f0 zAbe08f/ sd xBf ufxf]

## ■ dlgf zdf{

**/f** hfwglsf]gS; fnl afndlgb/ xftfdf  
cjl:yt alx/f pRr dfWolds  
lj Bfnosf gkfnl lj ifosf lzifs Clif  
b]sf}sf slff !) nf0{/zfv zlif\$sf]  
slj tf k9fpg]tof/L ub\$g\ pgl slffdf  
slj tfsf] nofTds j frg ug[t/ gnfuf  
snfkf6ldf s}l lrx; sfg{ yfN5g\0  
a; Gtsf]lj zifrf / ; f}bo\$fi j 0fg ug]pQm  
slj tfsf]efj / ddhf0{pgn]leQkf6ldf  
sfl/Psf lrg / xtsf]; s}sf]dflwodaf6  
lj Bfylhf0{a%fpg' 5 .

lj ut !\$ jif0lv ; f\$]ts efiffdf  
k9f0b}cfPsf b]sf}sf cg;f/ nfd  
tyf ; eQm jfSo a%fpg lgs}sl7g x65 .

slj tf k9f0b} w}zAbsf]af/df hfgsf/L  
lbgkg]eP klg pkoQm ; s}sf]cefj df  
7hf] ; d:of ePsf]pgl atfp5g\ ; fdf6o  
lj Bfylhf] .km/sl eg\$fi atfPK15 .leGgl  
eg] cfm+a'5g\ t/ alx/f lj Bfylhf0{  
slffdf .km/sl eg] zAb k9fPsf] t/  
k/Lffdf .leGgl zAb cfof]eg]pglx; Toj  
kZg ga%} hfF}5f8} cfPsf]b]sf}sf]  
cgej 5 . .eNgll / .la; Glsf]cy{Pp6}  
eP klg slffdf b0dW0}Pssf]dfq ; s}  
hfg\$fi lj Bfyl{k/Lffdf bf}w/df kb5g\.

To:t} s}l zAbsf] ; s} Pp6}eP  
klg cy{eg]km/s x65 . h:t}.5f8y0 /  
.fhlgrdfl lbg' . ; f\$]ts efiffdf ol bj}

s/f cleJoQm ug{Pp6}; s} koflv ugkg]  
x65 . t/ o:t} s/fdf lj Bfyl{bf}w/df  
k5g\ . w}zAbsf] 7dfSs} cy{a%fpg]  
k0f{ ; s} gePsfn] g} ; f\$]ts efiffsf  
lzifsx; Ps Ps u/L lxHhdf ; s} u/L  
a%fpg\ pbfx/ofsf nflu .36df]pj {tfl  
eg] zAbsf] ; s} gePsfn] .df6f\$fi]  
pTkfbg u0f xfi; xgl=.pTkfbg sd xgl  
eg] ; s} lrgdf n}y} atfp5g\.

sfg g; Gg] lj Bfylhf0{ gkfnl efiff  
k9f0b} cfPsf lzifsx;sf cg;f/  
kof6j frl zAb ; DaGwl cjwf/ofsf]cefj  
/ ; s}x;sf] Gogtfsf sf/of gkfnlsf]  
k7gf7gdf ; d:of kg]u/\$fi]5 . pvfg



6Ssf / sljtf k9fpf o:tf hl6ntf  
 ljzlf zcdf cpg]pglxzsf]cgej 5 .  
 pvgf 6Ssfzsf]zflAbs cy{/ nlflofs  
 cy\$f alrdf cfsz hldgsf]km/s xg]  
 ePsf]sl7gf0 kb] xg]u/\$f]xf]. o:tf  
 zAbfjnl a%fpg lzlf]sn] kf6ldf ;/n  
 zcdf nVgsf]lj snk xbf]. c% k/Llffdf  
 To:tf zAbfjnlx; kPQm eP/ kZgkq  
 cP eg]alx/f lj Bfylhf0{bfefif\$}; xof]  
 lngkg]x65 .

yf]of sd, xf/ jf k/fho, 30ff]  
 jf el8ef8, ;xhstf{ of dWo:ystf{  
 cflb Pp6}cy{nflg]zAbx;sf]kof{t  
 1fg gePsf]Pp6f zAbsf]7fpdf csf]  
 zAb kg]lalQs}lj Bfyl{cndndf kg]  
 u/\$f 5g\ slffsf]fdf .yf]zAb k9\$  
 lj Bfylh]k/Llffdf ..sdll eGg]zAb cfof]  
 eg]kZg ga%w] kZg 5f8] cpg]; d:of  
 blvPsf]atfp] lzlf] Clif b]sfbf  
 eG5g\ aTo:t}pglx; ..el8ef8ll zAbsf]  
 ; \$] hf6b5g\ t/ kZgkqdf ..30ff]  
 cfof] eg] a"b]gg\A

; \$] Pp6}t/ km/s cy{nflg]sog\  
 zAbfjnlx; xg] ePsf] slffs}a%fdf  
 klg km/s kg]u5{. pbfX/Ofsf nflu  
 .bafa lbgll / ..eg;g ug]sf]; \$] Pp6}  
 xG5, t/ cy{km/s nflu5 . 5f8g /  
 /fhlgdf lbg]sf]cy{leGg 5, t/ ol b]hf0{  
 ; \$]df Pp6}tl/sfn]cleJoQm ul/G5 .

ljfolkR5\$; d:ofsf k\$[t km/s  
 blvG5g\ dlxgf lbg cufl8;Dd slff &  
 df csuloft k9fpf]u/\$f lgjtdfg kcf  
 gf/fo0feQm >ll7n]-hf]ufog lfd] /fog  
 gfdn]rlr{ 5g\ klxnf ;/; tL{/nsf]  
 af/d]f atfp / lx;fa u/] b]vfp]z;  
 u/]. lx;fa a%fpg pgn]x/\$] lj Bfylhf0{



# k/Llff k4lt leGg xgk5{

Clif b]sfbf, lzlf]s

!\$ jifblv alx/f lj Bfylhf0{gkfnl ljifo k9fpf]  
 cfPsf]5' . ol lj Bfylhf0{k9fpf]JofVofg tyf kjrg  
 lj lwsf]sg]kcfj xbf]. no xfn] sljtf ; gfp] /  
 cf'gf]dg vfh] k9fpg gkfp]o; sf]dVo ; d:of  
 xf]. k9fpgkg]; a)s/f xfdl klxn]; f]kf6ldf nV5f-  
 clg pglx;sf] cff] kg]u/] ; \$] ub\$]f. ; Gg]  
 lj Bfylhf0{ slffsf]fsf] cufl8-k5f8 hftt}uP/  
 k9fpg ldn5 . t/ alx/f lj Bfylhf0{k9fpf] To:tf]  
 xbf]; ah]bVg]u/] lglZrt 7fpdf pleg]k5{. hl6n  
 klj lws zAb a%fpg lgs}sl7g xG5 eg] blgs  
 kof]udf gcfpg]zAb lj Bfylh]l5\$]a; G]; d:of xG5 .



lgs]ldlxg] u/] k9fpf] klg slxn\$fxl+o; cg;f/sf]pknlAw gx] lgs]  
 blv nflu5 . hg ; d:ofsf alrdf alx/f lj Bfylh]kl9/x\$ 5g\To; bl]6n]cG6  
 lj Bfyl{/x k/Llff lbg nufpg]clxn\$]k/Llff k4lt 7ls 5g . kof6]frl zAb  
 ga'gfn]klxn]klxn]k/Llffdf kZg]5f8] cpg]; d:of lyof]. clxn]k/Llffdf  
 bfefif]lzlf] /Vg lbg]Joj:yf 5 . cfkm]k9fPsf lj Bfyl\$]cfkm]bfefif]a:gkbf]  
 xfdlnf0{ToIQ /fd]nflu5 . efiif gePsfnf0{efiif ePsf; E thgf u/l dNof]g  
 ug]Gbf pglx; ; xfpf]k/Llff k0fnl eP pglx;klt GofxGyof]h:tf]nflu5 .  
 pglx;sf]k/Llff kof]udf, ; jfb tyf jfb]jfb h:tf]xg' cfj Zos 5 .

cnu-cnu 9Eaf6 ; Daf]vg ug' k/\$]  
 lyof] . pgl eG5g\ ax/\$] lj Bfylhf0{  
 o;/l g}cEof; u/fpgsf]lj snk 5g .  
 lognf0{ul0ftlo efiffx; ; \$]df a%fpg  
 %g\sl7g xG5 A

Pp6f slffdf ; fdfGom ! ) blv !@  
 hgf dfq alx/f lj Bfyl{/Vg]cGt/f]66  
 k]r]ng 5 . t/ xfdlxfPp6f slffdf  
 #% eGbf klg a9l lj Bfyl{/Vg]ul/Psf]

5 . alx/f lj Bfylhf0{xftsf] xfpfep /  
 sfnf]kf6lsf] zAb Ps}fy b]vfp/ dfq  
 s/f a%fpg ; lsg5 . w}]lj Bfyl{xbf]  
 k5f8 a:gh]lzlf] / ; \$] /fd/l blvg  
 kfp6gg\ /fd/l gb]v]k5 a%fdf ; d:of  
 cfpg' jfel]js xG5 .

zlf]s ; q @)%\$=% af6 kj]zsfdf  
 ; dfj z xg yfn\$]f] o; lj Bfnoaf6  
 clxn]Dd !^! hgf]P; Pn; l pQOf{/u/\$f  
 5g\ k5Nnf b0]jifdf qndzll @ / @!  
 hgf lj Bfyl{kyd >0]fdf pQOf{xg ; km  
 ePsf lyP . /fli66 alx/f ; 3sf cg;f/  
 gk]ndf s/la ! nfv (@ xhf/ alx/f  
 dfq ; 5g\h; dWo]xnf b]ze/ !% xhf/n]  
 dfq :sh] lzlfdf kx] kfp]sf 5g\  
 e]xj]f, sf7df8f;w] kfy/fdf slff !@ ; Dd  
 k9f0 xg]Ps-Ps j6f :sh 5g\eg]b]zsf  
 cG6 efux;df !^ j6f lj zlf] lj Bfno  
 / ^\$ j6f ; f] slffx; ; ~rflnt 5g\.

pkfo gePsf]xf0g  
 ; fg] slffsf lj Bfylhf0{ ; \$] cg;f/sf]  
 kf7a; fdul]sf]Joj:yf xgkb5 eGg]s/fdf  
 s; \$]klg lj dlt e]66 . t/ To]s;/l  
 ug]eGg]kZg rflx+p]Os}kl]rnf]5 .  
 goffGofZab l; sfpg lrg / ; \$]sf]

# kGw|xhf/ zAb k%ofpE} 5f}

/f3j j/ hfz

alx/f clwsf/sdl{Pj #gjt dfg ; ef; bl

gkfnf alx/fsf ; lj wf; DkGg 5\$} lj Zj lj Bfno xg' kb5, hxfFalx/fx; ; ah} ; xh} cTofwlgS ; lj wfsf kofu u/} pRr lzlf xfl; n ug{ kfpng\ . clxn] pRr lzlf clwoogsf] nflu gkfnaf6 cdll/sfd tlg / ef/tdf ; ft hgf lj Bfyl{uPsf 5g\ . aflx/ k9g hfg g; Sg; alrd} k9f0 5f8g afllo 5g\ . clxn] klq ufPb/df sfg g; Ggh} k9g ; S5 / eGg] zsf oyfj t\5l To; nfo{x6fpg' h?/l 5 . lxhfEgf lgs} kl/j tG cPsf]5 t/ klT:kwf{ds aGb}uPsf]clxn\$fi cj:yfdf xfdl ; s;x2nf0{c% kefj sf/l tl/sfn] lj sf; ug{ cfj Zos 5 . yfj} lj Bfnodf w} } lj Bfyl{ k9fpgkgI ; d:of xn ug{ kTo5 lhlnfdf alx/f lj Bfno vllg' cfj Zos 5 .



zAbsf] ; Wof a9fP/ ; fs]lts efiiffnf0{wgl agfpg ca xfdln] lj zif knn / kofTg ug{kfb5 . clxn] dfofdfoL ^ xhf/ ; fs]lts zAb 5g\ . of] e08f/nf0{ a9fP/ !% xhf/ k%ofpg]nlosf ; fy xfdl lqmfzln 5f} . To:t}lhNndf alx/fnf0{ sDko6/ / 0G6/gd l; sfgp]kl5Nnf] ; 'g' tyf 1fgaf6 cBfjlws u/fpg klq plQs}cfj Zos 5 . of] klj lw xfdl alx/fsf nflu a/bfg g} ; flj t xg; S5 . lsgls cgnf0g Rofl6^dfknt gofFgofFzAb, gofFgofFj ifo / ; Gbe\$fi] hfgsf/l ldn5 eg]0G6/gdofknt bZ / blgofEfi]cyfx hfgsf/l xfl; n ug{kf0G5 . To; n] xfdlnf0{cftDj Zj f; l tNofpg dx[Ej kof{ofubfg ub5 . /sf/ / lj Zj lj Bfno bj}h} pRr lzlfdf klq alx/fsf] k7gkf7gdf Wofg lbg' cfj Zos 5, h; n] blf lzlfssf]pTkfbgdf ofubfg k%ofpg ; sf] \ .

# gofFhlj g kfPF

; f' > i7, lj Bfyl{

d xfn !@ slffdf k95' . ^ jifE13 P; Pn; l lbbf; Dd d /fd}E sfg ; Gy} . PSSfi; dnf0{6f0kmi08n}olt w} } Rofk\$ ls To; n] slxNo} sfg g; Gg] agf0lbof] . d; E sf ; fyx; k9g hff dnf0{ ; fx} kl/ nfluYof] t/ klq ^ jif{3/df a; } latfPF. dh} %kfsf] ; u/dyf ; \$08/l lj Bfnoaf6 @)^ ) ; fndf kyd >0lndf P; Pn; l pQlOf{u/\$l xF. !! df k9b{k9b}la/fdl ePk15 k9f0 5f8} 3/d}a; } sfg g; Ggh}klq k9g ; Sb5g\eg] yxf lyPg . Ps hgf lbblsf] ; xofudf d oxfF k9g cPF. !! df egf{xgEgf klxnf dh} sf7df8f}alx/f ; 3af6 kfF dxlgfsf] ; fs]lts efiiffsf] tflnd klq lnPFh; n] ubf{dnf0{ ; lhnf] ePsf]5 . slt o:tf zAb 5g\h; sf e/kbf ; s} g} 5g\ . sxl gu/l 3/df a:geGbf k9g kfp' w} } /fd] xfl t/ ; -r/-; s} sf] cej df cGo; E klT:kwf{ug{sl7g 5 .

hgdhft alx/f / /fu tyf cGo sf/0faf6 lj leg ; dodf alx/f xg] lj Bfyl{nf0{ ; fs]lts efiiffsf]k9f0n]gofFhlj g lP h:tf]nlu5 . kof{t zAbE08f/ gxhf ; fyl / lj Bfno alrdf cf'gf] ; #f/ bVg' xfdl] aflWotf xfl . slffsf]7fdf l7Ss ; Wofdf dfq lj Bfyl{ /fv} k9fpg] tyf ; fs]lts efiiffsf] lj sf; ug{ ; s] xfdl] ; d:of ; dfwig xGyof] h; n] xfdlnf0{ef]h ; kmn dflg ; ag] cfwf/ lbGyof] ls 0

Ps; fy kofu Pp6f kefj sf/l pkfo l; 4 ePsf] 5 . pbfx/0fsf] nflu ; fgf gfglx;nf0{knhf0{lrqfP} jf:tlj s kth jf kthsf] lraq / ; s]nf0{ ; E; E} kofu ug{ ; lsof] eg] pglx;n] ; xh} a'b5g\ cGoyf o; } eGg ; lsbg .

3/ , lj Bfno ; dbfo, af6fBf6f] c:ktfn h:tf blgs hlj gl; t hflBPsf lj ifoj:t' / ; Gbe\$fi] af/df lraq l el8of] / ; s} ; E; E} kofu ug{ kFP ; xh xg] cgej lzlf sx;sf] 5 . lj Bfnodf kth, dlGb/, 3/sf]af/df k95gV ; s} klq u5g\ t/ 3/df uP/ Toxl dlGb/ / kthsf] af/df pglx; cNlnG5g\ . cyf{cfkth} ; s} ug{kth oxl xfl eGg] yxf kfp5g\ . h; n] l; sf0 klqmfnf0{ lbuf] / kefj sf/l xg cj /fv} k%of0/x\$fi xG5 . To; h} ; fgf] slffdf ; s} / lraqsf] kofu ; E; E} xg; s] lj Bfnodf k9\$fi] s/f af6df lx8df tyf 3/df /xhf klq To; sf] af/df hfgsf/l lng ; S5g\ .

# PSls[ knn / lg/Gt/ kofGsf]vff]

@)\$^ ; fnblv ; fs]lts efiiffsf] zAb lgdfuf ub} cfPsf] gkfnl ; fs]lts efiiff /lii60 lj sf; ; ldltn] lgdfuf u/\$f ^ xhf/ zAb /lii60 alx/f dxf; 3n] nfu" ul; s\$fi] 5 . o; n] cj Zo klq xfn Joxfl/xgk/\$fi] sl7gf0 36fpg sxl d2t klq] ; Da4 JolQm;sf] ck]ff 5 . t/ of] kof{t eg] blvb} . vf; u/l >j of lfdtf gePsf JolQm;nf0{ bZosf] dflWdaf6 dfq cjwf/0ff a%fpg / l; sfgp ; lsg] ePsf] lj sl; t bZx;df %}lel8of\$fi] kofu clwsflws xgkg] blvG5 .

; fs]lts efiiffsf] lj sf; / lj :tf/sf nflu alx/f ; 3 / ; fs]lts efiiff lj sf; ; ldltsf kofTgnf0{ tlj ff hit lbg ; lsof] zAb e08f/sf] lj :tf/ Tolt g] l56f] xg] blvG5 . t/ alx/f lj Bfyl{x;sf] lzlfssf] lj sf; / lj :tf/ ck]lft kdf xg g; Sg]sf] dVo sf/0f 0R5fzlQm / kof{t nufglsf] cej g} xfl . gkfnf o; lqdf h}hit pknAw xfl; n ePsf] 5, To; sf] kdV lx; ; f/l u; /sf/l lqsf] /x\$fi] kf0G5 . e; /sf/ o; lqsf] lj sf; klT klta4 xg] / kof{t nufgl ug] xfl eg] alx/f JolQm;sf] lzlfdf sxl jifd} sfokn6 xG5 E sf7df8f} alx/f ; 3sf cWof blkssdf/ zfSo eG5g\au; /sf/l lq; t ; /sf/n] ldn} lg/Gt/ sfd ug{ cfj Zos 5 E

sms klTlqmf sf nflu ltr<space>5006





## अनुहारको सुरक्षा

नेपालकै सबभन्दा आधुनिक प्रेसमा सीधै कोटिङ गर्ने अद्वितीय सुविधा उपयोग गर्नुहोस् र आफ्ना छापिएका सामग्रीका आवरणको सुरक्षा गर्नुहोस् । किताब र पत्रिकाका बाहिरी पानाहरू, जानकारी पुस्तिका वा पोस्टरहरू सबै नखुइलिईकन सधैं चम्किला र उज्याला रहन्छन् । तपाईंको अनुहारलाई जस्तै छापिएका सामग्रीका आवरणलाई पनि सुरक्षा चाहिन्छ ।



जगदम्बाको एकदमै नयाँ पाँच रङ+कोटर मेसिन भएको मित्सुबिसी डायमन्ड ३००० का साथ विश्वस्तरीय छपाइ



जगदम्बा प्रेस

hljg / l; sf0





# hlj gsf] l; sf0

3/, l5d\$, ;dfh, bž-blgof k\$[t, lj Bfno, ljZj lj Bfno cflb ;a}l; Sg] 7fpkē xg\ . lj Bfno-  
ljZj lj Bfnodf s]l; sf0G5 / slt l; l;S65 eG]cfsng ug{; aēGbf ; lhnf]xG5U l;Sgeg]ToxfFk7dQnd  
/ kf7d k'ts ; d] tfl]sPsf xG5g\ . c% hfFsf]nAwf l kq kN6fP/ xll/of]eg] t ToxFsIt l; l;sof  
eG]s/f cæd}klg bVg kf0G5 .

dflg; n]; aēGbf nfd] ; do; Dd l; l;S/xg]/ w} }s/f l; Sg]:sh eg\$]rflx+p; sf]cf^g}hlj g xf].  
cyff\ Pp6f dflg; n] cf^gf] hlj g; kl :sh÷ljZj lj Bfnodf hlt s/f l; S5, cGog ToIt l; Sg ; Sbg,  
kfpG . efl]ts :sh÷ljZj lj Bfnosf]l; sf0sf qnddf a]hfahdf hfF klg lbgkg[ePsf]ToxfFl; s\$  
s/f dflg; n]x\$sfdf /V5g\ t/ xQkQ s; h]g; fVg] cfkma]geg]Dd rfn klg gkfpG]/ hfF klg  
lbg' gkg[eP/ xg; S5U hlj g; kl :shdf l; s\$ s/f eg] kfoM dflg; sf] cGt:s/Ofdf cJoQm-cd{  
zkd}/xg]u5g\ .

o; k6s xfdln] cfwf bhG hlt dxfgēfj x; ; fd' kZg /Vof} ætkf0e] :sh÷sn]hdf s] ljifo slt  
k9geof] eG] t tkf0\$] sfd / ..sl/c/U af6 klg cgdfg ug{ ; l;S65U t/, tkf0e] cf^gf] l; E]f  
hlj g÷lhGbul; kl :shdf rflx+s]k9geof] slt l; Sgeof]< of] ; dfhnf0{sfd nflg] tkf0\$] hlj gsf]  
l; sf0÷lgisif{s]xf] <Æ

xfdf]kZgdf w}h] 3f]l/g; ; fl]g]j rg lbgēPsf]5 . of]cædf rflx+.hlj gsf]l; sf0 ( ; DaGwdf xfdln]  
kl:sg rfx\$ ; fdullsf]kl/IDes afGsl k}tt u/\$f 5f}.

hlj g; kl :shdf tkf0e] klg lgs}l; SgePsf]xf]hf . ; dfhnf0{sfd nflg] cf^gf l; sf0x; /f]s  
9æaf6 n]y} k7fpgxf]hf, lzl/s df qndzM k\$flzt xē}hfg\$g\ .

-; DkfbS

# Pp6f æ g] fG; AJoIQmTj ; TodfXg hfZL

■ sgsdlOf blift

( ) ; fnsf]dxfe\$Dksf]ahf elTsPsf]kf6g b/af/ lfQsf]  
ljZj lj / dxfb]sf]dlGb/ -ef0b]m sf]kblgdf ug{  
&) jifk15 Pp6f :yfglo ; dx÷h6\$]5 . To; :j o÷]l ; dxsf  
; Afs xg\% jifG13 ljZj lj /k}fb sf0/fnsf] ; /sf/af/f  
k/ftlj ljefus]lgbz s -kdV\_ df lgoQm ul/Psf ; s[tlj b\  
; TodfXg hfZL . pgl ef0b]m ; ldltsf ; Afs / cllolf bj}  
xg\ kflrg k}t/ snfsf 1ftf hfZL dlGb/sf 6Bfnsf]sfi7snf,  
sf7df8f}pkTosfsf] af} / lxGb" wd\$]f cGt/; DaGw, gj/f

; Eotfsf]kflrgtf / ulx/f0, kf6g b/af/ lfQsf ; dbfox;sf]  
pTKlO, soffl e\$]sf]nf\$ ; s[tl, Pl]txfl; s JoIQmTj c/lgsf\$  
cGj jf0fstf{tyf yk}yk} ; Rgf / 1fgsf ; fl; xg\  
ef0b]m kblgdf ; ldltsf]a}sd ; TodfXghl w}af]lbgg\  
k/\$]ahf ; %j / ; Rgf dfq}lbg5g\ . pgl cf^gf] (@ jif\$]  
pd]nf0{s/Of b]vP/ /lQe/ klg ljZj ; xlnot / cfb/sf]  
ck]ff /Vb}g\ ldl6<sup>a</sup> ; l;SPk15 tlg tnf dflayaf6 7f8f]eYof<sup>a</sup>  
; xfoTljg}cfkma]pqG5g\ cg\$ rf\$7, v6lsnf, l; 9L / ; 8s

**hljg / l; sf0**

k3l kf/ ub{ kf6g b/af/sf] dVo rf3df klub5g\ . ldxz;n] . /ft kl/; s3f] 5, asdaxm 6fjdf /x3f] pgsf] 3/; Dd ; fy lb65f] e6bf ækb6, oxl+t xflgÆ e6b}nf3; 18^asf] cWof/rdf ; Todf]ghl cfm]af6f] nflu5g\ . 3/, hxfPpgsl cwf[Egl /fwfb]l PSn}klv{x3l xl65g\ .

; Todf]g hfzln] pltahf]Ps dfq lj Bfno / SoDk; - b/af/ xf0{sh / lqrGb] sn]jdf k9] / klxnf] hflu/ @# jif3f] pd]df ; g\! (\$# df kfP . Toltahf b3df /foffzf; g lyof] . pgsf]zrl / ljz]f %3fj cg; Gwfg / kfdflofs vfjdf lyof] . Toxl cg; k pgl Psftk] cfwlgs j] flgs olunf0{



ts{ tYo, dfgjlotf tyf nf3tfl6qs cf:yf af33f JolQmf0{./g] f6; \Dofgl -kghf/Ofsf ; qwf/ JolQmj\_ e6g] ul/65 . axcfolds, l; h6zLntf af33f JolQmf0{.kf]ndofyul klg elg65 . xfd] cfwlgs ousf yf} . kf]ndofyul cyj f ./g] f6; \JolQmj ldlwof Ps pHHj n pbfx/Of xg\; Todf]g hfzL .

rflxg] :.6l6:6S; 0 / .8f6f]sf] ; sng-lj Zn]f0f clg csf] km] cf'g]g] f/ ; dbfosf] ; f:s[ts ; Dkbfsf] clenyls/Of, ; Af0f, ; j:46, ; 6; 6]a{x}t'g]kfn /Hosf] ; f:s[ts lj lj wtsf] klxrfg / kff/df bQlrQ eP/ nfu] .

; Todf]ghlsf] JolQmj nf0{ ; xl cy6f . axcfoldsul df6g' k5{ t/ c; sg} ; 7f e6bf pgnf0{Ps ; km / ; lfd . lzlfsl sf] pklw zfob ; a66bf pkoQm x65 . cfm]kfdflofs / ./u/; 0 cg; Gwfg ug] tyf cfm]h} ; sng u/3f] 1fgnf0{ c; dlf k4of0lbj-sg} klg lzlfssf] pRrtd ; dkQf xfl / hljge/ oxl ub{ cPsf 5g\; Todf]g hfzln] .

cfm]h}a6h3f] 1fg c; df afB6] ; Todf]ghlsf] rfxgf lj =; # @)! df gk]naf6 Golph0f8 hfg]klxnf]gk]nlsf]ofqf lj j /Of -k:ts\_ df k36 ePsf] kf065 . cg; Gwfg]ds ; s[ts nlygsf nflu tlg-tlg k6s dbg k'/:sf/ lht3f hfzlsf s[tx; n] of] 5lj nf0{ c% phfu/ ul/lb65g\ . pgsf] vfj, nlyg / 1fg kzf/Ofsf] ofqf dft6fiff -g] fl6f] / gk]nl efiif-bj df cuf]8 a93f] 5 eg] pgsf] cg; Gwfg . klZrdfl zfwz]hla6 k]t 5 . 0ltxf; sf] cg; Gwfg ldyof / lsdab6tl ge0{kdf0df cfwl/t xgkb5 e6g] pgsf] /fo 5, hals ; dfh / ; s[tsf] pklQdf rflx+ldyof / lsdab6t]sf] klg dxlj x65 e6g] s'/df pgl kl6 5g\ .

#) j3zfv !(&& ; fndf kf6g b/af/sf] 7ls pQ/-k] 6f /x3f] asdaxm df ePsf] xfl ; Todf]g hfzlsf] h6d . lj =; # @))@-@)^ ; Dd pgn] /foffsnlg . 008l:6Rn ; e]clkm l df sfd u/] . tTkZrft\@)!^ ; Dd .l8kf6d]6 ckm:6l6:6s; 0 sf] ; kl/6]8]6 /x] . tYosf] vfj / 8f6fsf] ; sngdf pgn] Toltahf g} kf/ut xfl; n u/3f xg\ . .x]df] nf3 ; s[tl n] dbg k'/:sf/ kfPsf] cwf/df pgl k'/ft] tyf ; s[tl ljefusf kyd lgb3s agfOP @)!^ df . @)!& ; fn k' ! ut] sfu] sf] ; /sf/ avf{t ePk]5 pgsf] ; /sf/ hflu/sf] klg c6to eof] .

@#) ; fnsf] j]l/kl/ , /fhslo k]f kl]ti7fgsf] ; b:o ; lrj /x6f ; Todf]ghln] dh'ssf lj ljw ; s[tsf] cg; Gwfg / k3fzgd f cu]fsf] eldsf lgj f; u/] . pgsf] ; 6]h]st] df k]f kl]ti7fgn] klZrd gk]nlsf] l; Ghf pkTosfsf] cg; Gwfg u'of] h; df dfgj zf:ql ; dfh zf:ql / e]f]h zf:ql ; lDdnt lyP . s0fffl lfgsf] pQm kxn cfwlgs ousf] gk]nl cWoozLntf tyf cGj f]0fsf] lglDt cfh; Dds} pbfx/Of ag3f] 5 .

**kf6gsf kf]ndofy**

o/f]ksf] 0ltxf; df !\$ cf]v !& cf]ztfAb]sf] cjlwnf0{ ./g] f6; 0 -kghf/Of sf] ou elg65, hltahf 1fg cfhg, lj 1fgsf] dxlj, ts3f] cfj Zostf, dfgjlo ; j]hgzLntf tyf JolQmut af]4s cu]dgsf] cfsf]fn] ; dfh kl't lyof] . gofF gofFj] flgs cf]j isf/, snfs[tsf] pTyfg, dfgj clwsf/ tyf nf3tfl6qs kl/kf6fsf] ; ?cft ./g] f6; 0 sf dVo b6 dfg65g\ Toltahf, ldsnf]gh]f] Inof]f]bf leGr, Uofnlnof]h:tf dxfg] P]ltxf; s JolQmj n] o/f]knf0{ dfq ge0{k'} e]f]h nf0{ cuf]8 a9fpg lj 1fg, bz6 / snfsf] alnof] hu a; f0lBP .

oxl 0ltxf; sf] cf8df ts{ tYo, dfgjlotf tyf nf3tfl6qs cf:yf af33f JolQmf0{./g] f6; \Dofgl -kghf/Ofsf ; qwf/ JolQmj\_ e6g] ul/65 . axcfolds, l; h6zLntf af33f JolQmf0{ . kf]ndofyul klg elg65 . xfd] cfwlgs ousf yf} . kf]ndofyul



cyjf . /g] f6; \JolQm] UdWo}f Ps  
pHj n pbfx/Of xg\; Todf}xg hfzl .  
Oltxf; , clenV, nf\$; :s[t, elrhzf:q,  
lgofqf, gld:d16S; \dbf-1fg, dlt\$nf,  
lz1ff, x/\$\$ Ifqdf ; Todf}xghlsf] ulx/]  
nufj]l ks8 / ofubfg 5 .

lj bzI afx\$ sof}gkfnl lj 1x;  
; d]n] gkfnaf/\$f zfv uqy cuhldf  
nVg ?rfP . t/, cuhl ; ff ; fdulsf]  
kpfu ub}; Todf}xghl gkfnl kf7stkm  
g}nllft /x]. o; }sf/Of gkfnf oqf]  
prf0 /x\$]of]JolQm] sf]; dbkf/df vf; }  
rrf{x\$g . t/ o; n]; Todf}xghlnf0{c; /  
kfbg, lsgls gkfnnf0{ cfwlg olutk,  
8f]ofpg gkfnl gful/s / gkfnl ; dhfs}; ff rfx+cfwlg  
xgk5{eGgdf pgl ; w}j Zj :t /x].

; Todf}xghlsf cg; Gwfg]ds s[t]dWo}kb5g\ gkfnf]nf\$  
; :s[t, k/ftlj Ps /frs syf, gkfnl dlt\$nf]lj sf; qnd,  
gkfnl wft' dlt\$nf]lj sf; qnd, gkfnl rf8 kj{ g]f/x; sf]  
dxlkhf . k1f klti7fgs]; b:o ; lrj /x\$] pgn] b0{dxlj k0f  
k\$zgsf]; ofhg u/} gkfnf]uqy; fl / rfv effif ; d\$]f]  
kofj]rl zAbsfz .

dbf]sf]cg; Gwfgdf ; Todf}xghlnf0{klnh]v g}?lr lyof]/  
k/ftlj]s 1fg, Oltxf; / ; :s[t]c]lloogkZrft' gkfnl /li6  
dbf ; g\!(^ df lgsfn]. dly plnlvt l; Ghf pKtosf]  
cg; Gwfgsf] pkh lyof] soff]lsf] nf\$ ; :s[t -; g\!(&! ,  
h; n] klg dbg k/:sf/ klt u}of].

bz afix/sf sidsf]; kdf b06f s[t 5g\; Todf}xghlsf .  
; g\!(%# df t]h-a grf] / GolhNof08sf P8d08 lxnfln]  
; u/dyfsf] kyd cf/fx0fsf] slt}dfg sfod ub}bf{ ptf  
; Todf}xghl GolhNof08df vsf xflg] klnf] gkfnl agb}lyP .  
Toltajh cGwsf/ ouaf6 aflx/b}u/\$f gkfnln]bllf0f urfh4\$]  
klg tlnf] efudf /x\$] GolhNof08sf] rrf{ub}lj Zj lrgfpg]  
kof; u/]. ; dhzf:qlo sf]af6 pgn] csf]; Eotfsf] j ofg  
u/ / elrh ofqdf .6f0d hf]u sf]dxlj sf]rrf]v cflbjf; l  
dfcf]l ; :s[t]sf] aofg .

; g\!(%#-!(^ sf]; do pgn]a0h^df latfP / gkfnf  
Pl]txf]; s kfq c/lgsf]h0{ gkfnldf% lrgfpg] dVo c]lo}f  
ag].

### gkfn08nb]v gkfn /fi6«Dd

cgluGtl ; :yfsf ; :yfs tyf ; Afs /x\$] ; Todf}xg hfzlsf]  
cf]gf]6f]b]v kf6g zx/ x\$] k/}gkfn08n pklosf clg  
/fi6}ofkl ; lqmtf cfsng ug{ ; fwf/Of b]6n] Eofp} . cf'g}  
6f]h ghls /x\$]>l zflGt lj Bf>d pgn]; g\!(%# df yfngl  
u/\$f xg}hgajh kf6g zx/df b06feg6f a9l lj Bfno lyPgg\  
; g\!(^\$ df gkfn cf6{\sfpl6; nsf]; :yfs ; b:o /x\$]  
hfzl /li6 gr3/ -; f:s[ts ; :yfg. sf]; yfgdf klg plQs}  
; lqno lyP . o; u/L eQnk/ b/af/ k[E0df /x\$] g}zgn cf6{  
Uofn/L tyf nlnk/sf].k/ftlj]s j fullsf]; ?cftdf klg pgl  
nfu\$] lyP .

; Todf}xghl af\$ ; flxTo / ; :s[t]sf] cg; Gwfgsf] nflu  
u7g ul/Psf]af]vl kl/ffb\$ ; :yfs ; b:o xg\eg]w}j ifb]v



GolhNof08sf] j ln^6g zx/df klnf] gkfnl

pgl gkfn effif Ps\$]lsf shklt /x\$] cfPsf 5g\ . lj leGg  
; Ddfgsf]; Gbedf tlg k6s dbg k/:sf/ -; g\!(%# , !(^)  
 / !(&!\_ klt ug] pgl Ps dfq ; }6f xg\  
 /ud-rsf]nflu ckl/xfo{/x\$] j f8f]u -klx/g\_ df pgsf]  
lj z]f ?lr /Xof/ k1f klti7fgdf /x\$] pgn] o; sf] nflu  
.lh6; l zfv] egl ; ?cft u/]. k1f klti7fgd}x\$] /ud-rnf0{  
; Todf}xghln] lj z]f hf\$ lbP, hals pgsf].af3 e}j] gf6s  
k-rfotsfnsf] cGto geP; Dd d-rg xg ; s} . pQm gf6s  
; g\!)^ df cfP/ u?shdf d-rg eof]. sltk/nf0{dh  
ynf] agf0Psf] pQm gf6sdf Pp6f hwnl af3nf0{gu/jf; ln]

Oltxf; sf]cg; Gwfg ldyof / lsDabGtl ge0{  
kdf0fdf cfwfl/t xgkb5 eg] pgsf] /fo  
5, hals ; dh / ; :s[t]sf] plklQdf rfx+  
ldyof / lsDabGtl]sf] klg dxlj x65 eg]  
s/fdf pgl kl6 5g\  
.





kTgl /fwfb]Lsf ;fy hfzL

tx nufp5g\ . nfd] ; do rNb}cfPsf] klf-klti7fgsf] j flif\$ uf0hfqf sfo{m]sf] ;?cftdf pgs}xft lyof] . ; ut / k/fgf snfsf/nf0{ cufl8 Nofpg] / k/fgf] zx/sf 8anldf km/ gfrnf0{lg/Gt/tf lbb} ; s[t Hof] /fv]sfddf pgl nfu\$ 5g\ cfh}Dd . ^) j if{Dd cf]hdf k/\$f] kf6gsf] silt\$ gfrnf0{ s}L ; s[t h%f?x;n] cfp] j if{kg] t ub5g\h ; sf] nflu ; Todf]ghlsf] ; xeflutf clgj fo{ 5 .



o; n]ysf] nflu ; Todf]ghlsf] hfzLnfo{e} hff pgl cf^gf] aflx/L 9f\$fdly tf7ofdf /x\$ sf]7dl{ ; krf ub}lyP . leq bnfgdf cf^gf] ; jfe]l]s ; yfgdf ; shdf a;L pgn] kZgsf hjfkm lbP . pgnf0{e} cfp]n:s/ slxNo}56g, / laxfg] klg asdaxM leqs]To]x/fe/f kfEOfdf dhf nflu:tf]lyof]. kf6g r]a/ ckm sd; \$f kbflwsf/Lx; j flif\$ clw] zgsf] nflu lgDtr] lbg cfp, s[Of dlG/ cufl8sf] 8anldf km/ .sf]Os gfr] k]M ; ~rfng ug] ; dx ; %f] / 5nkmsf] nflu cfPsf] lyof] . nf\$ ; s[t ; Af0df sf]d ug] csf] ; dx kfn] s/] a; \$f] lyof] .

l; hg]zn ; f] / df]j lo ; j]hg]zIntfsf wgl ; Todf]ghlsf] hfzL afl]stf tyf lgi7fsf]v8]l ePsf]cfhsf]38ldf dh\$df Ps p]hofnf]glqsf ?kdf /x\$ 5g\ ; ef, ; l]dg/, pb3f6g ; df/f]df dVo cltly v]l]g]qmdf ; a\$]dVaf6 ch .; Todf]ghlsf] hfzL sf]gd cfp5 . ; a}lj ifosf] ; sf/f]ds klfnf0{Wofglbg] cf^gf ; ds]lfnf0{lu/fpg]v]hdf gn]v]l] Sni6 efiff afl]g]ghfG] .

“ ; a}lj ifosf] ; sf/f]ds klfnf0{Wofglbg] cf^gf ; ds]lfnf0{lu/fpg]v]hdf gn]v]l] Sni6 efiff afl]g]ghfG] / x/ lj ifonf0{ ; /n zAbdf a%pg] lfdtf ePsf ; Todf]ghlsf] hfzL lsg cfh ; a\$] nflu ckl/xfo{eP- a^g ufx] 5g} .

/ x/ lj ifonf0{ ; /n zAbdf a%pg] lfdtf ePsf ; Todf]ghlsf] hfzL lsg cfh ; a\$] nflu ckl/xfo{eP- a^g ufx] 5g} .

s}L lbg cl3dfq /fi6klt /fdj /of ofbj af/f Hofk" ; dfhsf] ejg pb3f6g xBf ; Todf]ghlsf] pkl:ylt ; jfe]l]s lyof] Toxf] pgsf] efif0fn] ; a]f0{dW agfof] . To; sf] nuQ}lj /f6gu/df k]f-f-rn lj Zj lj Bfnosf] bl]ffGt ; df/f]df k]v]gdG]l afa/fd e\$ /fo{fd' pgn] bl]ffGt efif0f lbP, hx]Fpgn] ; fdf]hs / cly\$ tyf lz]ff l]qdf dh\$sf] lj]w ; s[t]nf0{c]ff]ngkg] wf/Off /fv] .

lg/Gt/sf]/fhgl]ts / ; fdf]hs pyknysf df% ; s[t]lj b\ ; Todf]ghlsf] hfzL cfh g]kfn] gful/sn]cf8 lng]alnof v]Dafsf] z]kdf /x\$ 5g\ /fhgl]ts cl:y/tfn]tx; gx; ePsf]/fi6k]ofkl dl:tisnf0{pgsf] pkl:ylt, afl]s v]fs / ; l]q]m]fn] dnd nuf0lb0/x\$] 5 .

sms k]t]lq]m]sf nflu ltr<space>5006



t:ljx;M 8na/sf0r > 7

# ..IzIff lbg[h] ; :s [t a" gk¥ofŭ

- ; Todf]g hfzL

@# c; fh, @)^ ( sf] laxfg cGtjff{Ing asdaxM  
kUbf ; Todf]g hfzL 3/sf] 9f\$fdlysf sf7sf dl't{  
; /; knf0 ub]yP . s]la]sf] enfs'; f/lk15 xfd]j  
jftf{z' eof}.

tkf0\$]IzIff; Da6wl k]oif cge]af/]atf0lbgk65 Is <  
plta]hf kf6gdf Ps÷b0]6f dfq :sh lyP, kf6g9f\$fsf]  
kf6g xf0{sh / csf]kNrf\$lg/ŭ hg kl5 dbg:df/s eof].  
To; h]@)& ; fndf dh]cf'g}6fh g]hs >l zifGt lj Bf>dsf]  
:yfkqfdf sfd u/\$f] lyPF. d cfm' b/af/ :shdf k9]-clg  
lqrGb| sn]hdf . xfdl lx8}] cf]x]f]-bf]x]f] uYof]-ToxfFd .  
kf6gaf6 k9y hfg] xfdl rf/-kfF hgf dfq lyof]-Sjflv'sf]  
/he08f/l, s]z/nfn cflb . d sn]h k9bf deGb' \*-!) jif{

sf65f sdndlof blift / pgsf bfz/L lj i0fk|fb lwtfn b/af/  
:sh hfB]u/\$f e]66y].  
clxn]k7gkf7gsf]dfGotf htftt}5 . pmahf To:tf]lyPg .  
:t/sf]s/f ubf{Tof]ahf knfb/ dfz'n df]fg h:tf lzIff]bn  
pRrsf]6sf]cfbz{le00Psf lyP ; 06 h]eo; df .  
IzIff k0ffnl s:tf]lyof]<  
plta]hf :shdf xfdl lx:6k ; :s], DofyDofl6S; -cNha]f,  
hf]w]k]l, u]d/ k9Yof]: k9f0 eg]PsbD}3f\$Gt]xGYof]. clxn]  
Snf; df a%afpg sf]zz ul/G5 . t/, 3f\$Gt]lj Bf k0fEM  
gsf/fTds xf0gl d\$bt, /3]z h:tf sf]Jo 3f\$bf lbdfu t  
ltv]aG5 g}. d ; D%65'; go/fh kGtn]dbg k/:sf/ Inbf  
kn0 s; } lbPsf]efif0fŭ wf/fk]fx hfgsf]sf/0f oxl xf]. t/  
alrdf s; h]l6Kk0fl u/; a}lauG]ŭ  
plxn] 3f\$bf plQm]dnf0{cfh klg dfu]zG u5G\.



# hljg / l; sf0:jftf{



sAnf0{ vfFj fbzfxsf] b/af/df c/lgsf]hf0{ a8sfhlsf]h:tf]bhf{lb0Psf]kf0G5 . pgnf0{ Pp6f dlt{ ddf ug{ lbbf /fdf] u/kl5 jfbzfxsf lk0kfq ag]/ kl5 uP/ a0lh^df 7hf] .; ]f] r]ol lgdf0f u/].

h:tM A point has position but it has no magnitude. To]d]f] nflu cfh}Dd klg aXd1fg /x\$]f] 5, sg}hl6n s/f a'g of a%fpg vf]bf . To:t} To err is human, to forgive divine: eh ug{dfgj]j x] lfd lbg' b]Tj . olt eGbfeGb}klg xdf] .hg/n gn]h sdhf] lyof]. hI0s}j]bft k9\$]f] cfrfo{eP klg JolQm]j l]sf; ug{cj; / ; ahf0{pknAw lyPg . To; ]h] klg ; :s[ kf7zfnfsf lj Bfylh] hot' ; :s[d\cleofg yfn] hf]u]kml / lx:6k klg k9f0gk5{eg} . To; nf0{/fhgllts cfrfn] klg x]l/of] To]a]n}s/f x]f].

**dlxn] lzlfss]cj:yf s]lyof]<**

Psbd sdhf]u s0ln]lsg k9gk5{eGg}; fdf]hs ; f] lyof] zx/jf; ldf% . s; ]h] 5f]lnf0{k9fof] egkl5 ; G; gl km]Gyof]. Psrf]b kf]kzdz]sl 5f]l b/af/ :shdf cPsl ly0g\dfq kf0e0sf]hff lbg . To]klg 7hf]s/f ePsf]lyof]. l; :g]lsf 1fgk]fbn]5f]lnf0{k9fPsf]klg rrf{eof]. %g\cu/afaf hf]zl / an/fd hf]zl oj f bDktln]agf/; df ; G;k9]eGg]va/n]t x]Xlnf g}dRrfof].

**tkf0\$]Jofj; flos hljg tYo ; sng / z]vdhs lqofnsfkdf s; /L s]b0t xg klor]<**

d]f] s[t ..xfdf] nf\$ ; :s[t0 n] dbg k'/:sf/ kPkl5 @)!% df ; /sf/n]gofV8f u/\$]k/ft[e] / ; :s[t c88fsf] lhDd]f/L dnf0{lbof]. clg d]h]k/ft[e] ljwf k9]r/ a%+ls k0f0f ljgf sfd rNbg . x/\$ s/f .800 xgkb5 clg dfq cflwsf/s xG5 . To; kl5 d]h] .8sd06]g] sf] cy{ a%+ / g]kfnl db]sf] sfdof x] .\c/lgsf]af/]cg; Gwfgdf x] .\d]h] kf]d]0fstf vf]h].

**c/lgsf]cg; Gwfgdf s]k0f0f kfpG' ef]<**

g]kfnleqsf] ; f] ; fdu]df xfd c/lgsf]gfdf]g; fg kfp0f] . 06flnog 0ltf; lj b\nlrcfg] k]tt]n] o:t] k':ts n]y] .ldl8en lx:6k ckm g]kfnl, hf] k/} kf]d]0fs clen]df cfwf/t lyof]. of] s[t]n]g]kfnf c6o 0ltf; sf/nf0{af6] b]yof]. pgn]c/lgsf]af/]df n]y]. rlgf]oj fg ; fdf]Hosf] nfd]j z]j nlsf]gDa/ @))# sf]Rofk6/df sAnf0{vfFj fbzfxsf] b/af/df c/lgsf]hf0{ a8sfhlsf] h:tf]bhf{lb0Psf] kf0G5 . pgnf0{ Pp6f dlt{ ddf ug{ lbbf /fdf] u/kl5 jfbzfxsf lk0kfq ag]/ kl5 uP/ a0lh^df 7hf] .; ]f] r]ol lgdf0f u/] af] lj x/ tof/ kf/]. !#cf}ztf]b]lsf]rlgdf c/lgsf]u/\$f ult]ljw ; a} .800 5g\ kf]d]0fs 5g\.

**cfknh]b]y\$]f, k9\$]f s/fx; c; ; fd' Nofpg]rfxgf klxn]lv g}/x\$]f]kf0of]tkf0@ . @)! ; fnsf]GolhNof08 ofqf j Of0 To; }sf/of n]ygePsf]x]<**



.008l:6Rn ; e]clkm 0 sf rf/-kff hgfdWo] d ; a0Gbf h7f]lyPF. tk]g kl5 egf{ePsf]h} .sfG5f ef00 eGy]. ; @Qm /fi6x3af6 6kg^nf0{GolhNof08 k7fpg]lgDtf]cPkl5 sf]l hfg rfxgV ..sfG5f ef00 g}hfgk5{eg]. Tolta]h] g]kfnaf6 ; db]kf/, To]klg s; ]h]g; g\$]f]cgs66f/ GolhNof08df hfg] w]\$]f]pT; stf /x05 . dnf0{rflx+; a s/f l; sf}r hfg}eGg] ef]gf lyof].

e]l]hsf] csf]k]S P66f]6\$fsf] glhs /x\$]f] GolhNof08df d]h] hlt s/f Tolta]h] b]y}klZrdl ; Eotf, x]j fkg]l, dfcf]l ; Eotf, ; /sf/l k4lt, cf'g]df]hs 0ltf; , ; a}g]kfnl kf7snf0{ lrgfpgk5{eg} kms] d]h]k':ts n]y]. ToxfDd]h] :6fl6l:6S; \ kf0l; ^ tyf tYof]ssf] cfwf/df rNg] zf; g Joj :yfaf/] a'g] d]sf kPF. .kf0; 0G8\$; 0 / dx]lsf]dfkg cg; f/sf] tna / ; ljwf lgwf]0f xg] /x\$ . /, l5d\$ ci6]n]ofdf t c% lj sl; t k0ffnl /x\$ . g]kfnf t clxn]Dd klg xr]fsf]e/df rln/x\$ .

**g]kfnl dlt\$nf; DaGwl lStfa rflx+lsg k\$]zfg gug' ePsf]<**

w]j]jif{eof]To]n]y\$]f] t/ o; }y]Gsof]. xdf]k]t/, sf7, df6f] / wft' dlt\$nf]0ltf; n]y\$]f]xFk/f . /km]0; 0; lxt . t:j]l/x; stf stf 5l/P, n]y\$]f] rflx+c%}d; G 5 . /fhslo



cg}tj fefm ; Todf}g hfzll; t sgsdlof blilft .

k}f-kl}ti7fgdf ; b:o; lrj /x}f cf^g} s}t 5f}kg} s}/f ePg .  
 cfhef}n Ps ldn} 5k}fpg} sf}lzz ub}fg\ .  
 clg lxn} df5f / afd df5fsf} cg; }wfgdf s; /L nflu' e}f<

k/zgf/foof rfw/L ; s}t dgql lyp . kwfgdgql alkl  
 sf}f/nfsf} lgb}zgd} adao}f Pp6f a}t\ . g}kfn bz}g} kl}bz}g}  
 tof/L ug{dnf0{pgn} cx}fP . 5fpgl Dolhod, j/L k'tsfno  
 cflbaf6 dh} xfd}f} P}t}xf}l; s snf, ; s}t %Ns}fpg} ux}l}snf  
 ; fdu}l tof/ kf}f. k'} Pp6f 8}f}f xj}f0{hx}fh rf6} u/}  
 xfdln} adao{kul ; km} kl}bz}g u}of. @)!^ ; fnsf} s}/f  
 x}f}of} . hg-gf6} kl/ib}sf ; fylx}n} xfd} d}f}ns gfr klg  
 b}f}fpg' e}f} .

adao}f} zx/ o; f} 3Db} ubf{ ; hfj 6l df5fx}sf} Toxf}t  
 pBf}u g}/x}f, / 7hf 7hf Psj}l}oddf cg} lsl; dsf df5f  
 b}f} Psbd} rfv nfl}of} . kn}gd} n}hf}g l}l}nx}n}of} clg dh}  
 rf/ j 6f ; fgf}Psj}l}od lsg}f}Pp6f ch} Dd d}f}k9} sf}f}df  
 /fv}f}5' . d}f}lkt}fh}n}eg}l}o:tf}grf}lx}g} s}/f af}f} c}f}Psf}  
 eg} x}k}sfpg}e}of} . df5f klg lsg} Nof}PF-t/ ox}f}f} hf8}f}f  
 :ofx}f/ kl}g}5, k's' k's' d/} .

To}t}ah}d}sfu} ; /sf/ klg uof} d}f}f} hflu/ klg uof} .  
 clg ; do xftdf x}f} dh} df5f kfngs}f} ; f}ynf0{z}f}vdf abn}f

g}k}fnel/ o:t} ; s}t}tsf} jhg 5, st} /fdfo}f}sf}n %Ns}G5, st} /fhj z}l}sf} zfg  
 5, st}yf}z}sf} st}z}k}f}f}f} . htftt}l}j l}jw /  
 uxg ; s}t}tsf} dh} s} x}f} xfd}f} xfdl gful/sn} a'g  
 ; Sgk5{ . c% lz}lff lbg}h} t ; s}t}tsf} ulx}/f0 / l}j l}j wtf leq}b}v a'gk}f}of} .

/ xfd}f} :yf}glo afd, lxn} / O}n h:t}f k}h}f}l}tsf} cg; }wfgdf  
 nfu}f. t/ k}f}fzg eg}l}ug{kf0gF .

!& c; f}h, @)^ ( df k}f}f}rn l}j l}j Bfnosf}bl}l}ff}t ; df/f}f}f}  
 k}j rgdf lz}lff k4l}tsf} r}g}f}ldf ; s}t}tnf0{clu}d :yf}gdf  
 /Vg' e}Psf}k}f0of} . lsg <

j t}f}g lz}lff k4l}tn} ch}l}j s}f}sf} s}fd t b}hf, v}nl l}hpg}  
 x}f}eg} t c; k}f}f}l klg l}h0/x}f}5g\ t/ dfg} sf}c}f}l}dnf0{  
 e/Ofk}f}f}of ug{ ; s}t}t ge0{x}f}g, / of} s}/f xfd}f} pRr lz}lffdf  
 v6}ts0/x}f} . s; h}g}k}fn ; fgf}eg} e}G5g\ t/ xfd}f}ax; s}t}t  
 c}To}t ; Dk}G 5 . ; s}t}tnf0{l}j sf; / lz}lffaf6 cnu s; /L  
 x}q}l}dn}5 xfd}f} h:t}f} b}z}df <

of}6f}h 5}d}f s}of dl}Gb/ x}q}f \ Ps /ft l; l4g/l; \* /fh}fnf0{  
 s}of euj}fg c}f} / ; k}g}df eg}5g\ }s}l}t l}d}f} k}h}f}f}f}df df}g  
 /fV5f} Pp6f dl}Gb/ agf0b}b}m t l} To}f} t ; s}t}tsf} s}/f x}f}l}g,  
 t/ o; sf} cy}f}G; f} sq}f} gl}h}ss}f} ; Da}w /Xof} p}l}t}ah}f}b}l}v  
 g} 9}uf v}f}gl}df d}f}lg; n} s}fd k}f}p, n}f}x}sd}l}f}f} Pp6f k}7}6f}h  
 nfluk}f}of} d}l}t{ag}f}pg} sf}x}l l}gl: s}P, uh}/df n}k} nuf}pg} sf}x}l .  
 clg dl}Gb/ cu}f}l8 sf}l}Qs gfr d-r}g x}g y}f}Nof} d}f}lg; x}z  
 h}d}f e}P, zx/sf} rxn}kxn a9}d}f} . cf}h of} ko}G}g pBf}u}sf  
 l}gl}d}t alnof} cf}w}f/ a}G kl}of} .

g}k}fnel/ o:t} ; s}t}tsf} jhg 5, st} /fdfo}f}sf}n %Ns}G5,  
 st} /fhj z}l}sf} zfg 5, st}yf}z}sf} st}z}k}f}f}f} . htftt}  
 l}j l}jw / uxg ; s}t}tsf} dh} s} x}f} xfd}f} xfdl gful/sn} a'g  
 ; Sgk5{ . c% lz}lff lbg}h} t ; s}t}tsf} ulx}/f0 / l}j l}j wtf  
 leq}b}v a'gk}f}of} .

tkf0}Psk6s .d}l}t{:yf}g}f}t/O}f} df klg nflu' e}f} atf0lbg' }g }l

w}f}z}l3sf} s}/f x}f} dh}k}/ft}e}j / ; s}t}t l}j e}fu 5f}l8; s}f}f}  
 ly}PF. nfl}h}Dk}f6sf} v}hf r}f}df Pp6f l}j i}o' d}l}t{PSn}ple}Psf}  
 lyof} g}k}f}ndf clen}y; l}xtsf} ; a}e}G}f k}/f}g}f}d}l}t{ . dfgb} n}l}c}f}-  
 z}t}f}Ab}l}df ck}f}f} u}/f} . z}fob ( ) ; fnsf}d}x}f}e}S}Dk}df dl}Gb/ k'}  
 W}j :t eof} t/ l}j i}o' euj}fg h}x}f}f}f} tx}l}+ly}P . @)@) ; f}nl}t/  
 d}l}t{r}f}l z}z' e0; s}f}f} lyof} / o:t}f} P}l}t}xf}l; s / pRr}sf}l}6sf}  
 d}l}t{r}f}l x}g} l}gl}Zrt lyof} . t}f}sn} s}x}l ug}k}g} eof} / dh}  
 k}/ft}e}j sf l}gb}z}snf0{ e}f}f} /ft/ft} To}f} d}l}t{Toxf}f}f6 x6}f}P/  
 ; /l}l}t 7f}p}f}f} k}f}of}pg nuf}PF. .nf}d}l}t{r}f}l eof} eg} x}l}nfv}Nnf  
 eof} xfdl rk a:of}f} c}l}n ; f}do e}Pk}l5 To}f}d}l}t{5f}pgl /f}l}i}e  
 ; u}k}f}nodf k}f}of}f}f} . cf}h klg To}f}d}l}t{5f}pgl}d}5 . xfdln}To}f}  
 k}l}r}lg d}l}t}f}f0{ar}f}pg sf}g}g} t}f}f}f}f} lyof} .

sms k}l}l}q}m}f}sf} nflu l}tr<space>5006



# IhGbul Ps dxfg k':sf/

hljgsf] kf7zfnfdf a%\$f] ctoGt dx[Ej kOf{ s/f xf] æcf]df d':sfg, xftdf sd{ x]odf s?off / dgdf ljrf/sf] ulx/f0 lnP/, hljgdf c;n 36gf kSs} 3l6t xg\$g\egl kv] a:g] wø{eof] eg] vZl xgaf6 s; }]/f\$g ; Sbg] .E of] a%f0n] IhGbulsf] ofqnf0{ ; lhnf] agfPsf] 5 .



p; n]cget u5{ cfknh] a%\$f] eGbf t ; To w}]lj /f6 /x\$, w}]6f9f /x\$ . ; b' lflthsf] lbJo k\$zfzGhn] %}+ dfg; nf0{lbzfaflv u/f0/xG5 ; Ton]. ult kbfg ul//xG5 . olt a'g] JolQm cf^gf] cf:yfsf] sbl xbg] . d[osf] dVdf ku'-hjh; Dd klg pm ; Totkm\$] ofqdf nflu/xG5 . hljg Pp6f dxfg ofqf xf] hxffx/\$ lfof l; Sgnf0{ sxl g sxl gofFel6G5 .

@cfkrf]/s l; sf0 klg h; /l 5 . t/ xfdln] a'gkg] s/f s] eg] o; sf] bfo/f ; fx ; fB/f] xG5 . axcfoldS dfgj hljgnf0{ a'g axdfu\$] cfj Zostf k5{. tldwo]; lhnf] ; qa4 / Jojl:yt dfu{xf] cfkrf]/s l; sf0 . xfdln] koflv ugkg] yk} af6fx; dwo\$] Pp6f af6f] dfq xf] Toj] . IhGbulsf] lj/f6 kf7zfnfsf] thgdf sg} klg

lj Zj lj Bfno Hofb} ; fB/f xG5g\ ; fgf xG5g\

# xfdl] ; Gbedf ; fdfGotof al; jifk15 dfq JolQmsf] j] Qlj sf; z; xG5 / krf; jif{klbf gklbf pm ; kmntsf] prf0df kl5 . al; blv krf; jif\$] hljgofqf psfnf] xf] . krf; jif{ kl5 JolQm lj :tf/} cf]fnf] nflu yfN5 . al; blv krf; alrsf tl; jifdf s; \$f] kfej lfg hg ultdf a95, %) jifk15 Toxl ultdf kfej lfg 36g yfN5 . lgofo lfdtf xf] ; xG5 / \*) jif{ku15 t JolQm km] / @) jif{pd} eGbf cl3s} h:tf] lg/Lx, cfkm] lgofo ug{g; Sg] c; klt lge/ /xgk] l:yltdf kl5 .

krf; jif{klg ca sxl jif{dfq afel /x\$ d %s\$] lyPIF zfoB .a9] sfndfl kj z; xg nfu\$] qf; n] . t/ csf] sf0faf6 xbf{ hljgsf] psfnldf cfknh] u/\$f ulntlnf0{ ; wfg] afn\$] aQlnf0{ c% p Hofnf] kfg] u/\$f /fdl] sfndf0{ c% lj :tf/ ug] / cfknh] /fk\$] /fdl] la?j fnf0{ xsfpg] df\$ klg t xf] hljgsf] cf]fnl . d lzv/df ku} ca cf]fnf] %b\$; t/ of] d]f] kgh{d h:t} klg t xf] . w}] s/fx; klxneGbf al4 kfoP/ ug{ ; sfif .

! dh] hljgsf] kf7zfnfaf6 w}] l; s\$] 5' . o:tf] nflu5, hljgaf6 l; Sg] qnd hf/L /flvPg eg] Ps lsl; dn] dfg; sf] d[oa' xG5 . zf/l/s ; kdf 7ls7fs tG?:t eP/ dfq} klbbg, dfgl; s ; kdf 7ls eP/ dfq klg klbbg . dfG5hf0{h} s/fn] ; fkr\$] dfG5] agfp5 To; nf0{sfod / hlj t /Vgsf nflu hljgaf6} l; Sgk5{ l; sl g} /xgk5{. clg hljgaf6 l; Sgkg] ; aegbf dx[Ej kOf{ s/f hljgs} af/df xf] .

w}] s/fn] dfg; nf0{ l; sf0af6 lj dv ul/lbG5g\ . /fd] 7flgPsf slt s/f klg ultxlgtsf] sf/s xg ; S5g\ pbfx/0rsf ; kdf cf:yfnf0{ x]f} . cf:yfnf0{ xfdl klj q dfG5f} . cf:yfsf af/df s/f ubf{ xfd lgs} ; r] xG5f} . t/ ulx/P/ xg] xf] eg] cf:yfsf] ; d] o:tf] gsf/fTds klf xG5 . ha sxl cf^g} cf:yfsf] agbl xG5, p; n] hljgaf6 l; Sg 5f85 . pm klg ultxlG xG5 . JolQmsf] ; dkof cf:yf klt xg, ; Toklt xgk5{. cf:yf eg\$] t ; Tosf] lrg dfq xf] JolQm cfknh] s] \$] . p; n] Pp6f lglZrt ; dodf a%\$f] ; Tosf] 5fofFdfq xf] Toj] cg\$g\ ; ldfn] 3l/Psf] . hf] JolQm ; Toklt ; dlk\$ xG5 pm t lg/Gt/ ; Tosf] vf] hdf, ; Tosf] lbzdf dx8l g} /xG5 . x/\$ kf0ndf



dfG5\$}hljg ofqsf x/\$ kf0nfd b0{6f af6f b\vf k5g\ Pp6f cGwsf/tkn\$} / csf{pHofnf}kn\$}. Pp6f laGbdP Pp6f af6f/f\h; s]klg csf{kf0nfd kn\ / b0{af6f 5l\$G5g\ kn\ / klg 5fG ; lG5 stf nflg} eg\ . gsf/fTds af6f\df nfu\$}eP klg Tof]cGto xf0g, lsgls cWof/f]af6f\df lx8bfx8b)pHofnf]af6f nflg]df\$} xG5 . of] 7hf] :j tGqtf xf] dfG5h] kfPsf].

t/ ld; g < s] xg ; Snf t %) kl5 d\}f] hljgsf] ld; g < of] kZg ; E] hf]BP/ cfof] csf] ; f] \$flns kZg- hljg s] xf] <

æhljg s] xf\ eGg] kZg ; Dej tM x/\$ oudf ; j f\ws ; flwg] kZgx; d\Wo\$} xf] . o: sf] pQ/ eg] hlxn] klg plQs] sl7g 5 . of] sl7g t/ ; f] \$flns dxLj sf] kZgn] dnf0{ klg c; nfo{ h: t} w\} ; t fPsf] 5 .

dfG5\$} k\h] f] tnf0{ cfhsf] oudf cfpG nfvf] j if{ nfu\$} f] 5 . cfh d\h] kfPsf] hljg- dfGj hljg- ; fRr-} cbæt 5 . hlj t xg' g] klg cfkn\ rdTsf/ xf] . To; d\ly dfG5\$} hljgn] t slt ug{ ; S5 slt . dfGj t/ c; kfofln] s] s] cgelt u5G\ xfdlnf0{ yxf 5G . t/ dfG5\$} cf\fn] x\h] t Pp6f ktnl, jf ; k{ jf sS/ jf c; sg} klg kf0l. sf] eGbf a9l ; j tGqtf xfdln] kfPsf 5f. k\$[tn] s; hfo{ Psbd} w\} lbPsf] 5 eg] dflg; dfqnfo{ lbPsf] 5 . To; h] hljg cdNo 5, ; fx} dxLj kOf 5 . Pp6f dxfg k/: sf/ h: t} f] 5 .

olt cdNo hljg xfdl; E] 5 eg] Tof] ux\h] klg xgk5{ . To; n] s\l af\$} xgk5{ . t/ d kn\ / klg pxl kZgd af/Daf/ knsl{ / x\ } jif{ kl5 s] ug] t <

56k6ls} alrdf %) jif{ klg kl; c%} klg cf^g] ld; gsf] cOf] kOf] yxf geP h: t] l: ylt lyof]. Ps lbg PSn} lx\8/ x\$} ah] df dleg s\l afh\$} h: t] n\lof] s; \$} cfj h ; gh: t] n\lof- ætFca Pp6f l; E] ld; gsf af/\df ; fRg 5f\B\]. ca Pp6f lrh dfq u5{ eGg] g; f\ . ; u/dfyf r9\ / \$8{ t f\B\ klg s\l xg] fnf 5G . ca hlt hljg af\ 5, lg/Gt/ ; Totkn\$} ofqdf cl3 a9 . 7ls 7ls 7fp\ kf0nf /fv . unt 7fp\ xf0g . A

To; kl5 dnf0{ Psbd} 7hf] / fxt ldn] h: t] eof] . nfd] ; dob] vsf] hljg / .ld; glaf/\$} 56k6laf6 dIQm ldNof] . ; Totkn\$} ofqdf cl3 a9G / hljgsf] a\ t\ kf7zfnf] 5fq e0/xg d2t k\of] . hljgsf] kf7zfnf] dnf0{ l; sfPsf] of] cdNo kf7 xf] .

\$ tl; jif\$} pd] df æs\l u/f\ eGg] pnhf{ cln a9l g} xG5 . Tolta\h w\} c; n ; fylx; sf] ; E t eof] . u?sf] ; kdf ; fylx; kn\ h k/ . / pglx; E sf] ; T; u slffsf] h: t] eof] . Pshgf ; fyl -6lsf e\$ / f0{ n] s; hfo{ p4\ ub\ eg- æ; DkOf{ hutdf cfkn\} cgzfl; t ug{ ; Sg] t Pshgf dfq x\h] / x\$ . / l Tof] eg\$} cfkn\} xf] . A

of] sygn] dnf0{ w\} j 6f tgj af6 dQm ul/lbof] . æknfgf g] fn] o; f] u\of efl xGyof] p; f] u\of efl xGyof\ eG5f} . v\h] 8ln] knban xfg/x\$} xG5, æp; nfo{ kf; lbPsf] efl xGyof] lg\ eG5f} ufnl u5f\ t/ s] cy{xG5 o; sf] < c; n] ul/ x\$} sfdsf af/\df xfdl lg0f6 t ug{ ; Sbg\} . xfdln] cfkn\} ug]

sfdsf] af/\df, cf^g} 5gf\sf] af/\df dfq lg0f6 ug{ ; Sg] xf] . cfkn\hfo{ dfq cgzfl; gdf /Vg ; Sg] xf] .

d s; } E l/ ; f0/x\$} xG5' p; n] 7ls u/\ eg\ . t/ p; nfo{ 56G d\} / l; n] . l/ ; fp\ 9s9sl cf^gf] a9\$} f] 5, /Qm\ cf^gf] a9\$} f] 5, pd\ cf^gf] 36\$} f] 5, t/ ; DalGwt JolQmfo{ s\l ePsf] 5G . csf\$} af/\df lrlGtt eP/ ; c; ; E l/ ; fP/ ; c; sf] af/\df w\} ; f\ } , c; sf s'f sf6\ cfkn\hfo{ blM agfpgsf] sg} cy{/ xG5 l

% tyflk d a4 e0; s\$} xf0g . l/ ; fpg] / c; sf] sd\k\ t cfkn\} zt xg] d\} afgl xl6; Sof] eGg] klg xf0g . Tof] k] Q c%} af\ 5 . c%} klg c; sf] s6' cfnf\ gf u5{ d\} d\va6 c%} klg s7f\ zAbx; lg: sG5g\ t/ cfkn\hfo{ ; æd / cgzfl; t /Vg d2t ug] s\l snf lj : t/ } l; Sb\ hljgaf6 . / Tof] dxLj kOf{ snf xf} c; sf dg gkg\ ultj lwnfo{ x\h] P\gf sf ; kdf xG\ . of] clt dxLj kOf{ l; sf0 xf] d\} hljgsf] .

s\l cfoGt n\l dflg; e\lg ; S5 sg} ahf . sg} ahf Pp6f qm\ e\lPnf . sg} ahf jf; gsf] bf; l l3gn\lbf] sfds JolQm b\vf knf{ . o: t f dflg ; E l3g nflg ; S5, l; p7G ; S5, ltgsf sf/of cf^gf] dg Jofsh xg ; S5 . tlaf6 hflug] sfd cf^gf] xf] . t/ l/ ; fP/ t sfd 5G . a? Itgnf0{ P\gf 7fg\ x\h] Tof] P\gf h] bl\G5, To; nfo{ cfkn\ eq nS\$} n\l, qm\ , jf; gsf] . Dofllgkn\ 08 Od\hlsf ; kdf xG\ ; Sgkg\ / x\$ . c; Gb/ t Tof] csf] dflg ; bl\Psf] 5 . t/ p; sf] d\l\odn] cf^gf sdh\ l b\lg ; s] Itgnf0{ lhTg] pkfo ul/Pnf . o; f] ubi{ dgsf] zflGt dfq xG\, cf\dlj sf; nfo{ klg 6\} f kU5 .

^ hljgsf] kf7zfnfd a%\$} csf] cToGt dxLj kOf{ s'f xf- æcf] df d': sf, xftdf sd{ x\odf s?0ff / dgdf lj rf/sf] ulx/f0 lnP/, hljgdf c; n 36gf kSs} 3l6t xG\ g\ egl kv\ a: g] w\ (eof] eg] vzl xgaf6 s; h] / f\$g ; Sbg\ A of] a%foN] lhGbulsf] ofqnf0{ ; lhnf] agfPsf] 5 . sg} sg} ahf dleg nfd] ; do klv\ w\ (gx\h, x\odf s?0ffefj klg gx\h, d s7f\ klg ag\ t/ Tof] x\znf0{ dfq uDg glbbf klg hljg ; xh / ; Gb/ x\h] / x\$ .

& dfG5\$} hljg ofqsf x/\$ kf0nfd b0{6f af6f b\vf k5g\ Pp6f cGwsf/tkn\$} / csf{pHofnf}kn\$} . wld\$ efi\df Pp6f gs\$} af6f] csf] : ju\$} . Pp6f d[oGdv, csf] hljg\ dv . Pp6f k\ltzln, csf] cwf\ dv .

x/\$ kf0nfd ol b0{W} xfdlnf0{ sg} Pp6f af6f] 5fGg] : j tGqtf 5, b0{W} Pp6f af6f] 5fGg ; S5f} . otf hfg] ls ptf hfg] < ltdl oxl af6f] lx8gk5{ eg\ s; h] eg\$} f] 5G . t/ ToxfP\hofnf] af6f] 5 / cWof/f] af6f] klg .

# hljg / l; sf0

c% dx[ej kOf{s] 5 eg] Pp6f la6bdf Pp6f af6f /f]h; s] klg csf[kf0nfd kml/ b0{af6f 5l6G5g\kml/ klg 5f6g ; lS65 stf nflu] eg] . gsf/flds af6f nfu\$} eP klg To] cGto xf0g, lsgls cTof/f] af6f lxBf lxBb} pHofnf] af6f nflu] df\$xf xG5 . of] 7hf] :j t6qt f] df65h] kPsf] .

\* w]h] dflg; c; n xg bMl xgk5{e6g] 7f65g\ t/ dnf0{ To:tf] nflu} . hljg vZl xgsf nflu x] . To; f] x] eg] hljgnf0{ lsg ..0Gh] fol gug] < lsg vZl gxg] < d e65; hljgsf] e/k/ dhf lngk5{. eft vf0/xgePsf] 5 eg] rkp/ ; jfb lnP/ vfgxf] \ ; ut ; lg/xgePsf] 5 eg] /d] ; Ggxf] \ sb] ahf /S; l g] lkpg dg nflu 5 eg] To] wf\$g] xf0g, To; sf] yf]k] yf]k]sf] :jfb lnP/ lkpgxf] \ .

t]klg dflg; x; bMl x65g\k afRg ghfg] dfq] x] t < dh] w] ; To:tf] dflg; b]y\$] 5' hf] c; f]lo} wgf9b 5g\ t/ ltgn] lh6bulsf] :jfb kPsf 5gg\ . k6Ss} hljgsf] cf6b lng hfg\$ 5gg\ lsgg] ltgn] a' bgg\ lh6bulsf] csf] cy{x] c; ; E af8y' . sg] dl7f] lrh tkf0h] agfpgPsf] 5, To] PSn} vfg / ; fyl; E a; ; vfgdf 7hf] c6t / 5 . PSn} a; ; ; ut ; Gg / ; fyl; E a; ; ; Ggdf 7hf] leGtf 5 . To; h] lh6bulsf] dhf lng csf] dflod x] ; s] dd c; ; E af8y' . eff]ts s/f dfq xg, vZl, cgej, 1fg h:tf s/f klg c; ; E af8y ; lS65 .

( df65] :j efj h] :j fyl{x65 . hf] df65] ad :j fyl{ 5gg] jf ad]f] :j fyf] of] sfd ug{ nfu\$] xf0g e65 To; ; E

xf]zof/ xgk5{. lsgg] p; n] 7f8} 9f6/x\$] 5 . To; /l 9f6y ; Sg] dflg; 3fts x65 . d]f dgkg] n]ys :s6 k\$ e65g\ df65\$] :j fy\$] 3]f hit km/flsnf] x65 Tolt g} pm xls65 . :j fy{x65 . .0uf] afp68kulsf] leQf hit kftnf] x65 / 3]f hit km/flsnf] x65 p Hofnf\$] ofqdf Tolt g} cl3 a965 . .dl hit hit kftlnb} km/flsnf] x6} hf65, To] .dl]sf] b/l c; ; E 36b} hf65, To] .dl]df w] ; dl665g\ l5d\$] b; / ; dhf g} JolQmsf] km/flsnf] ...j fy]k] ; dl665 . :j fy{xg} xf0g, :j fy{ ; slOf{xgePgl dflg; lg:jfy{xg ; Sb} / xg vflg] lg/y6 kbf; ug{xkg x6} . cf'gf] :j fyf0{c;sf] :j fy{ E hf8} axt\ agfpg k'of] . o; n] xdf] l] sf; / ; Totkm] ofqdf lg/Gt/ nflu kl/t u5{. cf'gf] :j fyf0{hit km/flsnf] k'of] Tolt g} lh6bulaf6 l; Sg klg ; lS65 .

!) df65\$] lh6bul o:tf] dhf x] h; sf] 9f\$af6 z}fg jf eujfg hf] klg k; ; vllg ; S5 . sltv] s; sf nflu 9f\$ vllg] e6g] kml/ df65\$] xftdf 5 . eujfg e6f z}fg cfsif6 / anzfnl x65 . To; h] w] ; df65h] z}fgsf nflu vllg] df\$ lb65g\ . z}fg 5bde]l x65 . z}fgn] ; df0/x\$] x65, p; n] 7fpF5f8b} . Toxl eP/ dflg; sf] hljgdf /fu, ahf, 3ff, cfqfz, jf; gf cflbn] ; lhn} :yfg lng5g\ t/ xfz dfq sfod /Vg ; s] z}fgnf0{sdhf] agfpg ; lS65 .

kl; tltM afa/fd ljzj sdf{

sms kltlqmsf nflu ltr<space>5006

## शिक्षकसf lj t/s ÷ laqm]fnf0{h?/L ; Pgf 0

l= /z]fs dfl; s Pj +o; sf] dft[ :yf 1fg-lj 1fg z]h]fs ; xsf/l ln= n] b;ze/sf kqkqs f tyf k'ts laqm]fx; ; E ; xsfo{ug] lg0f6 u/\$] 5 . o:tf] ; xsfo\$] cfw/ cfk; l cyf\ b] k]lfsf] nfe / ; Gtl6 xg\$ . ; xsfo\$] kl/De Ps-csf\$] Joj; fo k] 4gdf ; 3fP/ ug{ ; lsg\$ . pbfx/Ofsf nflu ; xsfo{ug{OR5s laqm]fx;n] /z]fs dfl; s / o; sf c6o k\$zgx;sf] laqm-lj t/Ofnf0{lj z]f dx]ej / kl]ydstf lbg] laqm of]hgfx; agf0{nfu" ug{k]tf] ug] laqm /sdsf]c; hl / eQmglnf0{ ; xh / zl3tf kbf]g ug] cflb sfo; ug{ ; S5g\ To:t] /z]fs / 1fg-lj 1fg z]h]fs ; xsf/l ; yfn] ; xsfo{ug{tK/ kqkqs f jf k'ts laqm]fsf] Joj; fo -k; n\_ sf] k] 4gdf lj z]f k'f-k]f/ ul/lbP/0 dVo laqm]f jf lj t/ssf] x] ; ot / ; xlnot kbf]g u/] ; 3fpg ; S5 . of] cjwf/Off cg?k ; xsfo{ug{OR5s laqm]f jf k; nx;n] tnsf] 7ufgdf ; Dks{/Vgxf]hf .

e= laqm]fx;nf0{k] ; flxt ug] p2]on] /z]fs dfl; sn] pTs6 laqm]f .cjf8 kbf]g ug] lg0f6 u/\$] 5 . /z]fs dfl; ssf] n]k]k'otf / lj :tf/df b;ze/sf

; DkOf{laqm]fx;sf] of]ubf]g /x\$] tYonf0{cftd; ft\ ub}lgDg dfkb08cg; f/ sfd ug] laqm]fx;nf0{ pTs6 laqm]f cjf8{kbf]g ul/g} hfgsf/l u/fp65fll -s\_ /z]fs nf0{lj z]f dx]ej lb0{laqm] k] 4gdf ; xof]u k'ofpg] .

-v\_ laqm]sf] dfqf -klt\_ lg/Gt/ a9fp6} nu\$ .

-u\_ /sd ; lng ug{hfg] /z]fs sf sd{f/lnf0{ rNtl lan; Dds}/sd eQmgl ug] .

-3\_ laqm]sf] ; DkOf{/sd cfm] /z]fs dfl; ssf] a\$ vftdf hDdf ul/lbg] .

-a\_ ; fg] ef]f]ns lfgleq /x] klg laqm] b/ pRr tyf uf]xs agf0{uf]xs zNs /z]fs sfof]nodf clud eQmgl ug] .

-r\_ lg/Gt/ klqsf pknAw eP-gePsf] af/] rf; f] JoQm ub}lj t/Of klqmsdf ; 3fpg] .

-5\_ Jofk/sf] :j fe]lj s l; 4ft cg; f/sf] Joj xf/ ug] axgfahf gug] .

dfly pNnlvt dfkb08 cg?k pTs6 7xl/Psf lj t/s jf laqm]fx;sf] gfd /z]fs sf cfudf c\$ x;df k\$flzt ul/g\$ .



**जडलस /f/huf/df hfg  
rfxgh]lbfq lbgkg]s/f**

- != c;sf]n xhxd / pS; fx6df nflu jडलस /f/huf/df hfgxbg . : jbzleq klg /f/huf/lst]cj; / x65g\.
- @= jडलस /f/huf/df hfg'kb{sf]sdfdf hfg]xf] < ; lk l; s] dfq hfgk5{.
- #= tkf0{f] jडलस /f/huf/df k7fpg]df65]7u bnf n klq xg ; S5 t?6t}e/ gkg{\. hfg]a%g] u 5nkm / ; Nnfx ug{\. tkf0{sf] ufpdf lzlfS, uflj; ; lrj, ; dfllhs kl/rfnsn]; xofu ug{: Sb5g\.
- \$= jडलस /f/huf/df hfgcl3 aldf u/fpgk5{ cled\ls/Of /f/huf/ ljeuaf6 >d :jls]t lngkb5 .
- %= h; nf0{k}f a%ffP klg ekf0{jf /!; b lngk5{.
- ^= : jbz] ljdfg:yna6 dfq hfgk5{gq 7uldf kg]f lx;df kg{: lsg5 .
- &= kf; kf6{ el; f, aldf, >d-:jls]t kq, s/f/kqs]f]kf6]f]kl kl/jf/df 5f6gk5{ .

**जडलस /f/huf/df hfg rfxg]  
dlxnf]lbfq lbgkg]dVo s/fx;**

- != nxhxd, glrg]sf]dfq; sf]s/fdf nflu jडलस /f/huf/df hfgxbg .
- @= 3/]' sdfs nflu vf8l dh'sdf hfg]dlxnfs]pd] #) jif{k/f ePsf]xgk5{.pd] a9fP/, unt sfuh agfP/ / lelh6 el; fdf hfgxbg\ .
- #= 3/]' sdfs hfg]h]e! lbg]3/]' sdbf/ ; lk lj sf; tflnd clg]fo{; kdf lngk5{.
- \$= lj bz] ljdfg:yn jf ef/ts]f]af6]af6 hfgxbg, jडलस /f/huf/ ljeuaf6 >d:jls]t lnP/ / : jbz] ljdfg:yna6 dfq hfgkb5 .
- .s; h]dlxnfnf0{nnf0]knsf0{jf w]sl by]f0{j डलस /f/huf/df nfg]kpf; u/]f glhssf]k]k/lnf0{t?6t va/ ug]f] u jडलस /f/huf/s]qddf 7uldf k/]jडलस /f/huf/ ljeudf ph/l ug]f] \. yk hfgsf/lst nflu tns]f]7]f]gdf ; Dks]{ug{ cyjf kf]g u/L ; flg ; lsg]5 .



g]kfn ; /sf/  
>d tyf /f/huf/ d6qfno  
jडलस /f/huf/ k]4g af6]

jडलस /f/huf/ ljeu  
tlgs] sf7df8f]-  
kf]g g+)!-\$\$^!@(%-\$\$^!@((  
k]ofS; g+)!-\$\$!@&#,

jडलस /f/huf/ k]4g af6]f] ; lrjfn  
cgfdgu/, sf7df8f]-  
kf]g g+)!-\$\$!@&!;!-\$\$!@&!)-\$!)@^)&  
Website: www.fepb.gov.np  
cf]k]f; l >f]s]l]b] 6]h] lk]n g# !^^)-!%)%))% -lg]l]N]s\_

of]g]kfn ; /sf/s]cflwsf]s ; \*gf x]f].



**निर्वाचन आयोग, नेपाल  
ELECTION COMMISSION, NEPAL**

**kn]f] lxtsf] dtbftf gdfj nldf cfkn]f] gfd btf{u/fpg  
; DkOf{g]kfnl gful/sx;df lgjffg cfof]u xflb\$ cfxy]fg ub5**

- != lgjffg cfof]un]kn]f] lxtsf]dtbftf gdfjnl ; sng ul//x]f]5 .
- @= !^ jif{k/f ePsf / gful/stsf]k]df0fk] k]kt u/]f ; a)g]kfn]sf]lj]j/Of ; sng u/L gfd btf{ul/65 .
- #= of]lj]j/Ofaf6 lgjffg cfof]un]!\* jif{ku]sf gful/ssf]dtbftf gdfjnl tof/ u5{eg]!^ jif{dflysf ; a) gful/ssf]g]kfn ; /sf/n]/fli6o kl/rokq agfpg]5 .
- \$= o; }dtbftf gdfjnl}cfw/df cfufl lgjffgdf ef6 xflNg kf065 .
- %= gu/kfn]sf / ufp]lj sf; ; ldt c6tu]sf btf{yndf gfd btf{u/fpg 56 ePsf gful/sx;sf]nflu sfof]no ; dodf lhNnfs]lhNnf lgjffg sfof]nodf ; w6/l gfd btf{u/fpg]Jo] :yf ul/Psf]5 .
- ^= Jofkf/, Jo] ; fo, clboog jf c6o sdfs]l; nl; nfd cfkn]f] :yfol 7]f]gfebf c6oq a; f]f; ul//x]f] gful/stf k]kt u/]f g]kfnlx;n] xfn cfkn] /x]f]lhNnfs]lhNnf lgjffg sfof]nodf gfd btf{ug{: Sg]Jo] :yf klg ul/Psf]5 .

o; lj]j/Ofn]lgjffgdf ef6 xflNg] / /fli6o kl/rokq k]kt ug]  
tkf0{sf]clwsf/nf0{; /l]ft / ; A]ft u5{.

z4 gdfjnl- :jR5 lgjffg  
:jR5 lgjffg - hgpQ/bfol k]t]glw]j



# hLj gM cfgGb lng]cj ; /

hljg cbèt cj ; / /x\$ . cfgGb lng]cbèt cj ; / . hljgsf] dh cy{/x\$, cfglGbt xg' . ; v t dflg; sf] k]s[ts :jefj kf] /x\$ ù bMv rfx+xfdl] a] fPsf /x\$}. ; fdlhsls/0fsf] k]qmfdf a] f0Psf bMvx;nf0{5f8g ; s] dflg; ; j tM ; vl xg]x\$ .

**k**^j{t/f0\$}; fwf/0f kl/jf/df cfheGb ^\* jif{13 hlgdPsf] xF. d]f]afNofsn klg ptf/r9fj d]laTof]. d]f]aaf @))& b]v !% ; fn; Dd ljleGg k]wfgdGqlsf] lghl ; lrj xgePsf] lyof]. lghl ; lrj xBf vfg]a:gd]v xfd] / j fkm g}csf{xGyof] eg]c; ajhf xfdl ; 8sd}cf0kUyof} olt; Dd ls xfd]kl/jf/ b0{tlg lbg; Dd ef\$}a:g afll0 ePsf]lyof]. ef\$]k]n}slinn} pd]df eP klg hljgsf w} oyfyx; ; t ; flffsf/ u/fpBf] /x\$ . / , efjl hljgnf0{lgblzt ug{cx+eldsf v]bf]x\$ . dflg; df ; tt\s?0ff efj kb] ubf]x\$ . To; h} x]hf, cfly\$ u/lal Joxfl] /x\$ dflg; x;klt cfh klg d]f]dgdf 5\$}cfb/efj kb] xG5 . d]f] ; dlkdf sf]l o:tf dflg; cf0ku]eg] ; s\$]f] ; xof]v ug]u/\$f] 5' .

cf/fx-cj /fx lhgbulsf] ; aegbf 7hf]kf7zfnf /x\$ . dflg; n] ; aegbf w}oxlaf6 l; Sbf]x\$ . afNofndf %o}fsndf klg d]f]hljgdf ptf/r9fj x; cP . tldlwo]b0]6f d]f]lgt lzj] xkdf pNny]glo 5g\ . k]xnf] Ps ; do o:tf] cf0f] hltahf dnf0{cfTdx]of ug]lj rf/n] k]n xkdf dgdf 8]f hdf0f]. d]f]OR5f lj kl/tsf] 0lGhlgol/a'sf]k9f0, cfd ojfx;dgdf kflnPsf] dx]f]sf]ff cflb sf/0fx;n] ubf{d hljgnf0{cGto ug]lgisifft/ klu/x\$]f]lyPF. To:t}f cf]z]f] /hglzl; t d]f] e} eof]. pxf] tsf]e} g]d]f]lgt rfd]sf]s l; 4 eof]. pxf]f0{d]h]x]ob]v g}u? :jlsf/ u/} pxf]d]f]dgsf ; a} bMvx; x/0f ul/lbgeof]. d]h] pxf]f6 hljgsf] cy{ ul/df, dlxd a'g kPFhljgsf]cfgGb lng]snf l; s} hljgdf u?sf] cy{/ ul/df d]h] k]xnf]k6s Tolt ajhf a%u? t ; ayf\$ xBf]x\$, olb u? ; fF]cy{f u? xg; Sof]eg].

tlg ; Gtfgsf]lktf ePsf]d]h]>ldtll; t ; DaGwlar5b ug]kg] cj ; ydf kl} of]d]f]lgt csf]cj /fx lyof]. o; af6 d]h] ; DaGw 6b]sf]kl8f s] /x\$ eGg]af]v u/} Psn}; vl xg' w}u]x]f]s/f /x\$ eGg]s/f Jofj x]f/s xkdf k]xnf]k6s al%of]. :ql-k?if bj} Pscsf] slt kl/k's /x\$g\eGg] s/f af]v eof]. ; fy; fy} Psnf]hljgsf] :j tGqtsf] :jfb klg rfVg kf0of].

d]f]ef]v0n]eG5, hljg cbèt cj ; / /x\$ . cfgGb lng] cbèt cj ; / . hljgsf] dh cy{/x\$, cfglGbt xg' . ; bkof]v ug{ ; s]o; n]xfdlnf0{x/bd cfglGbt / ; Gt16 agf0lbbf]x\$ . b?kof]v u/] bMv / kl8f dfq kf0Bf]x\$ . kZrf0fk, kl8f, qm]v, dfx, cxsf/n]xfdlnf0{bMv dfq agfpBf]x\$ . dgdf ol s'/fx; ; u} ug{eg\$] hljgsf] b?kof]v u/\$f] 7xl/g] /x\$ . ; v t dflg; sf] k]s[ts :jefj kf] /x\$ ù bMv rfx+xfdl] a] fPsf /x\$}. ; fdlhsls/0fsf] k]qmfdf a] f0Psf bMvx;nf0{5f8g ; s] dflg; ; j tM ; vl xg]x\$ . 9E k]vofpg ; s] ; vl xg w} ; do n]ubf] /x\$5 .

xfdl clwsfz g]k]nl cf]gf] z/l/nf0{a]f:tf ubf]x\$} d klg To; sf]ckjfb ly0Gf. t/ hljgnf0{ef]v}h]ff yxf eof] hljgsf] k]xnf]j]f:tlj stf t z/l/ kf] /x\$ . To; h} z/l/nf0{ ; j k]yd cfglGbt tNofpgk5{. :j y z/l/ :j y dgsf]cfwf/ x]. c:j y z/l/df dg :j y xg ; Sbf]x\$5 . z/l/nf0{:j y agfpg ; xl vfgkfg rfxG5 . kl/>d rfxG5 . b]gs cfwf306f of]v u]of] eg] z/l/ :j y xG5 . z/l/sf] :j y:tfn] dgnf0{ :j y agfpg z' ub5 . t/ dgdf cfp]g]lj rf/x;n] dgnf0{ :j y agfpgaf6 /f\$5g\ Wofg o:tf]Pp6f cbèt tl/sf /x\$, h; n]dgaf6 lj rf/sf] 5\$] ul/lbG5 .

bzsf]v of]v / Wofg ubf{/ gof]k]sf dflg; x;nf0{ l; sf]p l; s\$]s/f s]x]eg]gof]k]:tsf dflg; x;nf0{ ; vl agfpg of]v / Wofgnf0{:sh txb]v g}l; sfpg yfngkg]/x\$ . pd] 15kkPk15 eGg] ; fg]v g}of]v / Wofg l; sfpg ; xh / k]f]s/l xg] /x\$ . To; lgt] cfhsf :sh] lz]fsx;sf nflu of]v / Wofg lz]j/ cf]z0s 5 . jif]f ; ft lbg dfq lz]fsx;n] o:tf]lz]j/df ; xeful xg k]P eg]pglx; cfkm} klg ; vl cge] ub5g\ gof]k]:tsf dflg; x;nf0{ klg o; dfu} 8]vofpg ; S5g\

h; /l z/l/sf] :j y:tsf]lgt] le6ldgsf]cf]j Zostf kb5, To:t}u/l dgsf] :j y:tsf nflu plrt v/fssf] cf]j Zostf kb5 . To:tf]plrt v/f]s x] /fd]lj rf/ . /fd]k':tsn]/fd]

lj rf/ lbG5 / /fdj]efj gf kb ub\$ . dgnf0{; sf/ffds / tfr  
 tNof0lbG5 . To; h] xfdln] dgnf0{; :y /Vg c; n lsfax;  
 vfhl vfhl k9gkgi /x\$ . k9g kfOpG eg] ; bNj rf/ oQm  
 kj rgx; ; Ggkgi /x\$ . ; bNj rf/ ; lgPg eg] dgdf slj rf/  
 k; g ; S5, h; n] dgnf0{layf]h]lbG5, bMvl agf0lbG5 .

sf7df8f;dlGb/sf] zx/ xf]eg] lj Zj d}lrlgG5 . rf/wfd  
 tly{ hfg] s/f xfdj] ; s[t g}xf] . tly{ / dlGb/sf] lgdff  
 t dgsf] zl4sf] nflu kf] ePsf] /x\$ . xfdj] k] hxn] a8f]  
 al4dQfk] \$ o; sf] ; hgf u/\$f /x\$g\ . ; w}; Tsfof dg  
 hfcf] \eg] d'tk kl/dffil; t cfzljf dflubf/x\$, h; n]  
 xfdj] dgnf0{; bdfudf lx8g kl/t ub\$ .

k9f0 / kzfnd] d OlgHlgo/ xF. dh]nfdj] ; do OlgHlgo/a  
 lqdf sG; N6j; l sfd u/ k}f sdfPF. t/ d bzGzf; q;  
 ; dhzf; q; dgflj 1fgsf] lqdf /dfpg] dfg; /x\$ . lktfhsf]  
 OR5fsf] vlt/ d OlgHlgo/a k9g ef/tsf] k6gf ku\$] lyPF.  
 t/ hfF kf; ug{eGbf a9l ?lr dh]of] lj ifosf] k9f0df nufpg  
 ; Sb} ; lsgF. lj Zj lj Bfnodf xg] bzGzf; q / ; dhzf; qsf  
 ax; df efu lng rfx+d w} p]; s xGy}. k!tsfnodf  
 /fte/ a; } tl lj ifox; kl9/xGy}. tklg dnf0{sb} sl7gf0sf]  
 cgej xGyVof]. ?lrsf lsf a k9f ; do lat\$] kQ} xGyVof].  
 d]f] dh ?lrsf] lq cWoffd /x\$] yxf kfPkI5 d la:tf/}  
 cfkmhf0{ o; df s]Gb} ub} uPF/ gkndf cfzf] sDogsf]  
 :yfgf u/l o; \$] lj sf; / lj :tf/df cfkmhf0{; dlk} u/}.  
 d]f] cgej sf] lgrf\$ x] x/\$ dfg; n] cfkmhf0{ cfid] v ?lr  
 nfu\$] lqdf nfluGkgi /x\$- k9f0 x] \of sfd . cf'gf] ?lrsf]  
 sfd ubf{ hljgdf lgvf/ ; Gtiff / cfgGb tlg} yf\$ Ps; fy  
 cfp\$ x\$ . hljg lat\$] kQ} xGy} x\$ . ; dhnf0{ klg sxl  
 lbg ; lsg} x\$ . c?lrsf] lqdf ; do xflg' eg\$] ; dosf]  
 b?kof]u dfq /x\$ .

h; /L z/L/sf] :j :ytfsf] lglDt  
 le6fldgsf] cfj Zostf kb\$, To:t} u/L  
 dgsf] :j :ytfsf nflu plrt v/fssf]  
 cfj Zostf kb\$ . To:tf] plrt v/fs xf]  
 /fdj] lj rf/ . /fdj] k':tsn] /fdj] lj rf/  
 lbG5 / /fdj] efj gf kb ub\$ .

cfzf]f] lzio eP klg oxFD w} jif] v u?sf] eldsf  
 lgjfk ul//x\$] 5' . d s:tf] u? ePFeGg] s/f t d]f  
 r]fx;n] atpg ; Sng\ . t/ kixn] cfzf]f] r]hf] eP/ /  
 kl5 u?sf] eldsf lgjfk ubf{ dh] l; s\$] dxlj kOf{ s/f xf]  
 lzlfssf] 1fgeGbf p; sf] JolQm] jaf6 r]hf jf lj Bfyl{x;n] w}  
 l; Sbf/x\$g\ . JolQm] sf] 5fk ; aeGbf zlQmzfnl xbf/x\$ .  
 To; h] :sh, snh, lj Zj lj Bfno jf ; dhhsf hg; s} lqdf  
 klg c;nf0{ l; sfg] eldsf af\$]f] dfg; sf] JolQm] w}  
 dxlj kOf{ /x\$ . p; sf] rl/q, cfr/Of, njf0vjf0, /xg; xg,  
 /ltl/jfhl oxFDd ls p7f0-; 't0sf] klg cy{xbf} x\$ . To; h]  
 hf] dfg; n] lzlfssf] eldsf af\$5 -cfdafa' xg] jf :shs  
 lzlf s xg\ . pm .fih-df\$nl xg] ePsf] p; n] cfkmhf0{; w}  
 Tox] ; kdf k]t ugkgi /x\$ . ; w} cfkmhf0{; gjlg / lj Zj ; glo  
 t/lfn] k]t ugkgi /x\$ . lj Bfyl{eljiodf s:tf x65g\ stf  
 hf65g\ s] x65g\ eGg] w} ; x; Dd lzlf s of u?sf] xftdf kf]  
 lge{ xbf} x\$ .

k: tltM ; bzG 13ld/]


sms k]t]qmfsf nflu ltr<space>5006

**बजारमा !**

**पूर्व सचिव खेमराज नेपालको  
तीन दशक लामो सरकारी सेवाका  
रोचक अनुभवको दस्तावेज !**

बिक्री-वितरणको निम्ति  
सम्पर्क राख्ने ठेगाना:  
शिक्षक मासिक, जावलाखेल, ललितपुर  
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पृष्ठ संख्या: ४५०  
मूल्य रु.४००/-



खेमराज नेपाल





# ..; ;f/ Ps gf6ðzfnf, hljg Ps kf7ðzfnf Û

• ;f/ Ps gf6ðzfnf xfl eGg]lj lnod z\$; lko/sf  
 ... egf0n]!^cf)ztfAb]lv ; ;f/ lk6b)cfPsf]5 .  
 otf, ; ;f/ Ps kf7ðzfnf klg xfl eGg] tYo xfdl ; a)  
 ; w)ef]b)5f) ; a)k]0fl hGdb]lv d[o^Dd oxl ; ;f/ ; kl  
 kf7zfnfsf] kf7 k9b)hljg latfp5g\ . k9f0sf qmddf  
 ltgn]cg\$ s'f l; S5g\ la; (5g\ la; (5g\ l; S5g\

cfdfs] sfyaf6 hGdgf; fy dflg; n] ; a)Gbf klxn]  
 l; Sg] eg\$]f] ?g xfl . hf] ?g hfb) To; n] xffg hfb)  
 afRg klg hfb) . kV]lsf k-rt]jsf] :kzdf xfdl lsg  
 ?G5f)k /f]sf] aRrf by] c; lsg xif5g\ c; /f]sfdf  
 cfkm] xffg] / c; xff\$df cfkm] ?g] of]dfg] lo kj [0 g]  
 ag] dflg; sf] hljgofqf rNg yfN5 . hGdf dfl afw]  
 hGdG5 dflg; . pm hljge/ ; f]f] / dfl afw] sfd  
 Jo:t /xG5 . oxl ; ;f/df sv/f]sf] rNnf eg] dfl vfh]  
 hGdG5 / hGdgf; fy koRofu/] ; ;f/ rxfg(vf]5 . v\$fn]  
 e0{vf] rRrf]b]gf l6kg yfN5 . hljge/ hldg vf] ]  
 cf^gf] b]gf cfkm] vfh] cfdlge{tfd afR5g\sv/f  
 k]h]tsf kG5x; - 8f]m] d]fn, lRNd] / Rofv/f .

dfl afw] xg, kv]f vfh] hGdG5g\ktnl . g cfdfs]  
 dfof g afa]f]kof/ Û hGdG5]kv]f lk]f]P/ cf^gf] ; ;f/  
 rxf5g\ktnl hftsf sl6ktE . slt cfdlge{ Û slt  
 kZGg 5g\ktnl . kfgldf hGd lng]r]kfufBfn]kf8g l; Sg]  
 k5{. Itgsf] ; f; km] k]f\$; f] klg x5g . To; h] df5fn]  
 %}kfgl g} ; f; km] r]kfufBf ha xS] Eofutf ag yfN5  
 clg hldgdf p]k]g x]f g} ; f; km] k5{. k\$[taf6 To]snf  
 klg p; n]l; S5 . afn]leq n]sf]Psf]c08faf6 hGdG5g\ufxl .  
 hGdGf; fy bf8] kfgllt/ eflU5 . hldgdf p; sf zq'w]5g\  
 kfgl g} ; /lft 7fpFxf] p; sf nflu . kfglleq]cf^gf] cxf/f  
 klg kfp5 uf]ln] . hldgdf 6q]S hGdG5g\xl/0fsf kf7fkf7l .  
 hGdGf]s]xl ; dokl5 g}lx8g / bug{yfN5g\ . zqaf6 aRg  
 l56f]bug{afx\$ c; l; Sg]s/f s]l 5g Itgsf nflu . bubf  
 bub]hGbul latfp5g\xl/0fx; . Pp6f hljg afRg ; of]d[osf]  
 ; fdgf ub5g\p]lg; .

; a)k]0lnf0{afRg l; sfp5 ; ;f/n] . t/ ; ;f/nf0{g}dfl  
 afw]g kj [0 dfG5hf0{c; n] eGbf dfG5h]g]l; sfp]k5{. dfl  
 afw] hGdG]dfG5]dfl vfh] db5g\ . gf6ssf/ afns]of ; d  
 clt k]flj t eP To; zFz]t ; Toaf6l -d7l afw] oxfFcfof]  
 d7l vfh] hfg'5, g 5g\d5Gbsf s]xl g s]xl d5G5 .  
 -d5G5 0lG6/f t/ w]}dflg; To; nf0{dx; ; g}ub]g]f ug{



rxf5g\ ; f]f] / dfl s:g'g}hljg nlo df6b5g\ . cf:yf  
 cg;/ s]xl x]s]hf vfh] ; nfd ub5g\ s]xl c-hhl yfk]  
 cfb]ch{ub5g\ s]xl dfl s; } ; nfd 7f5g\ h; n]h]u/  
 klg clGtd ; To dfl vfh]}hfgk5{eGg]s/f dflg; k]0ln]  
 eNgx5g . dflg; af6 dflg; n]l; Sg]kg]zFz]t ; To .

dflg; ljj\$zln / duhbf/ k]0fl xfl . To; f]x]f p; sf]  
 ; f] / bl]6 klg ljj\$ko{fxgk5{lj e]ko{fxg . cfh ; 3lotf /  
 hftlotfsf] ; Bf/df xfdl Hofb]cndlnPsf 5f) xfdl ; flxTosf/  
 ; l6fx; kZg u5g\ .dfG5] ; a)Pp6}/utsf, l]rf/ lsg a]nf  
 a]nf ; as]Pp6}0Zj/ xfl t/ dlt{lsg a]nf a]nf} # a]nf}  
 ; f] a]nf}xG5 . PSn} ; f] PSn} . Pp6}xfl eGg] ef]n] ; f] ]  
 km] / Pp6} . l]1fg / Jojxf/n] ; flj t e0; s\$] 5l sg]b0{  
 JoIQm jf k]0fl Pp6}xg ; Sb) . /, kf] xfdl] cf]f]sf] 5fk  
 c; n]l]st]ug{ ; Sb) . To]dfg] ; a)a]nf]x] . c:ktfnf]  
 z]0dfdf g8lleq /ut s]f]f]c;sf]/utaf6 cf^gf]Hofg aRg  
 hfG5 . s; sf]/ut, sg hftsf]/ut, sg lnEsf]/ut eGg]

cl:t]j sf] ; 3ifdf ; kmntsf] dh s8l ; x-cl:t]j xf] eGg] pbfX/Of dfx/L, sldnf nufot d'f / ; f^hfn] ; d] kdfloft ul/x\$ 5g\ . cfk; df gldNg] / ; x-cl:t]j g:jlsfg]af3 / l; x;sf]o; ; #/af6}nfk xg] qmd a9bf] 5 . k\$[taf6 of]k7 l; s;f/ cf^gf] :jfy]z ; x-cl:t]j sf] aWwg t\$df]eg]To; sf] kl/Ofd k\$[tn]g] xfdldfly yf]5{ .

lj eB xB; Toxf. /uts}cfw/et j] flgs ; Argfsf cfw/df /ut lbG5 . o; /L dfG5] ; a}Pp6}/utsf /x\$] :ki6 xG5 . j tdfg gkfnstf] ablnbf] :j?knf0{ lgoNof}eg] cGt/hftlo ljjxfaf6 hGd\$] k:t'f g] xfd] lgs6 elj iosf] ; kdf k\$6 xB} uPsf] 5 . To; h] hftlo klxrfgsf] kbfnf; cfhsf] of k:t'fsf]j:f.tlj stf aG ynf\$] 5 . To]k7 l; Sg lsg gkfnl g]f c\$gfp5g\

; #/ kl/j tGzln 5 . k]jldf k]oflsf] cl:t]j sfod xg ynf\$] rf/ ca{j if\$] Oltxf; lt/ lgoNof}eg] k]oflsf] cj tf/ km]b}km]b}d]o; sd{/ afG/ xB} xfdl dfG5] aGg ku\$ xf; . kl/j tGnf0{cfld; ft\ug{g; Sg]k]oflx; 8f0gf] / (dinosaur) %o} cj z]df kl/of t xg] qmd hf/L 5 . lj sf; jbl l; 4fGtsf kOf]f 8flaGsf cg; f/ cl:t]j sf] ; 3ifdf k\$[t; E ldnG ; Sg]cyf\ jftfj/Of; E tbf]Do /Vg ; Sg]k]ofl / jg:kl t dfq afRg ; lfd xG5g\ cl:t]j sf] ; 3ifdf ; kmntsf] dh s8l ; x-cl:t]j xf] eGg] pbfX/Of dfx/L, sldnfufot d'f / ; f^hfn] ; d] kdfloft ul/x\$ 5g\ . cfk; df gldNg] / ; x-cl:t]j g:jlsfg]af3 / l; x;sf]o; ; #/af6}nfk xg] qmd a9bf] 5 . k\$[taf6 of]k7 l; s;f/ cf^gf] :jfy]z ; x-cl:t]j sf] aWwg t\$df]eg]To; sf] kl/Ofd k\$[tn]g] xfdldfly yf]5{ . ; x-cl:t]j sf] k7 l; Sgsf nflu kf7zfnf; xfd]j l/kl/ 5g\ ; #/ clgTo 5, kl/j tGzln 5, bMv clg ; 3if{ k]o\$ k]oflsf] lgo t xf] / To; df cg]df -kfnstf] cg]fdg\ n] hljgnf0{ 8f]ofp5 . cfknh]eg]h:t]xB; . To; sf/Of zflGt / clx;#sf]af6] /fh eGg] lzlf l; 4fy{uf}d a4n] kbfg u/] krf/ u/] t/ u a4 hGd\$}b}zdf cfh czflGt, bMv / si6 a9bf] 5 lsg eg] xfd] ; x-cl:t]j kltsf] cf:yf 36bf] 5 .

of]k]j l, of] ; #/, o; sf]k\$[t / o; sf]jftfj/Ofaf6 xfdl w}]s/f l; S5f; . To; h] afRg ; km 5f}xfdl . hGdg] lj lQs} x/\$ k]ofln] afRgsf nflu kydtM cxf/f, vfgkg / Zjf; kZj f; sf] hf]xf] ug] sf0bf l; S5g\ . To; kl5 khgg\$ l] leGg lj lw / pkfox; l; Sb5g\ ; GtfG x\$fpG]hljg kngsf pkfodf Jo:t /xG5g\ zg]zG] ; #/af6 labf xg] ; donf0{ s5g\ . o; qmdf xfd] ; aeGbf dx] kOf{ / lgs6sf] kf7zfnf cf^g] kl/j f/ xf] . lhpg l; sfpBg\cfdn] afRg l; sfpBg\aafn] .

cf^gf] l; sf0 / e]uf0nf0{lj Zn]fOf ubf{ dh] Ps 5f]fsf] ; kdf cfdaf6 e/k/ df of kfPF/ kfp5}klg 5' . aaf laTgePsf] \$) jif{e0; Sof]t/ aafsf rf/ j fofl d]f]hljgbzG ag] c%} klG dnf0{hljgofqdf 8f]of0/x\$}5g\ u? gfgssf]pbfX/Of lbb} aaf ; w}eGgXyof] ab}ar] h:t] ; fg] nlrnf] / slxNo} gcf]nfpg] xl/of]hljg afRgk5{ . clnf clnf j [fsf kft t %/7 hf65g\ ; ut /df]s]u/ . >lv08 / sk/sf] ; ut u/ , ef^ / wt/fsf]xg . ; xgzln ag >lv08sf]j [f %}h; n]k]b} sf6g] a-r/f]f0{klg ; jf; lbP/ k7fp5 E pxfEegXyof]

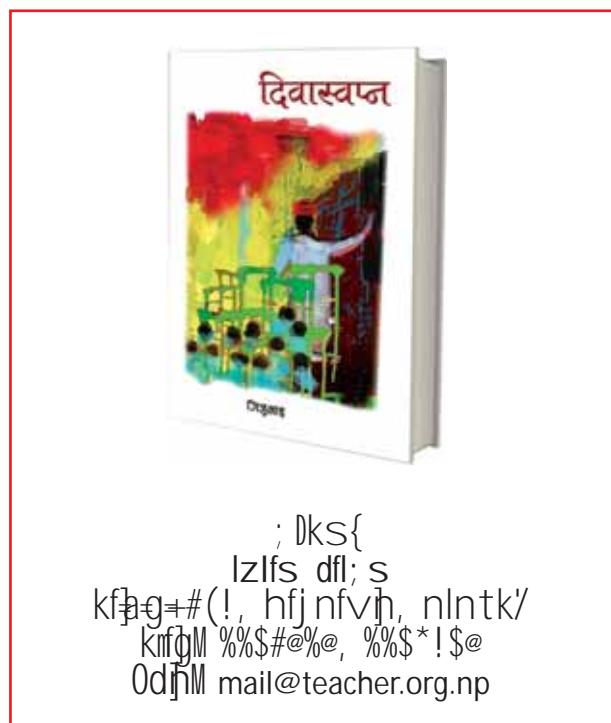
agfd df sn\$ gnufpm . gdfnf0{sfnn] klG lGNg ; Sb; E kl/jf/df 5f]fsf nflu aaf hljgbzGsf]k]ts (role model) xG5 . dh] aafsf]gnl w}]vPFt/ xSsf vfg eg]hfggF .

dh] %u8f ug{ af^g / ljrf/ ug{lbl alxgl;af6 l; s} clg dSsdSsl / s'tfs:tl bhhef0af6 . ; eOm kl/jf/df o:t} rfnf xG5 . bhhef0; E snfGt/df cgj Zos kl:t:kf{/ j dg:o lj sf; xg] xfd] kl/j fl/s :jefj g]aGg yfNof] . lblalxgl; E eg] df of / kof/ %g\%g\k]f9 xB] 5 . To:t} ddf ag] eGhf / eGhlsf :g}x; clt g:]jflbnf]xG5 . c% eGhf eGbf eGhX; lj z]f dfon' xB /x\$g\veGg]cgEj xG5 .

cf^g}5f]f5f]l / :qlsf af/df jf ; DkOf{kl/jf/s}af/df ; Rg yfNof Pp6f 5f]f dfG5\$]lhGbulnf0{hljGt /Vg gf/L ; b:osf]eldsf cx+cgej xG5 . aafn]eGbf cfdn] sfG5f aafn]eGbf sfG5l cfdn] bhhef0n]eGbf eph" / lbl alxgl] eGhfX;n] eGbf eGhX;n] 5f]fn] eGbf axf/L / 5f]ln] d]f] hljgnf0{ ; xh agfpB 5g\

ol d]f hljgsf kl/j fl/s k7 dfq xg\ kf7bzfnf;kl of] ; #/df t ; a}k]ofl / k\$[taf6 yk}yk}k7 l; Sgk5{ ; km hljg lhpgsf nflu .

sms k]t]lqmf sf nflu ltr<space>5006



; Dks{  
lzlf s dfl; s  
kf]g=#(!, hfjnfvin, nlnk/  
krfGM %\$#@% , %\$\*!.\$@  
Od]M mail@teacher.org.np



# o] f, j 4 / l; sf0

o] f IrQsf] cy{xf] l; Sg] cglt lfdt f .  
a9f] IrQsf] cy{xf] l; Sg] lfdtfsf] c6t .  
hf] JolQm 1fgsf] af%af6 dQm /xG5,  
Toxl JolQmf g}o] f IrQn] af; ub5 .

O] f xg] sf] cy{xf] IrQsf] Ps hljGt cj:yf . a9f] xg] sf] cy{xf] IrQsf] d]f cj:yf . o] f dfgl; s cj:yf xf] zf/l/s xf0g . To] o] s o] s xf0g, h; leq lj b]f] / qn] Gtsf] efj gf 5g . To:tf] lj b]f] cl]df hf] %Sg hf6b5, a? 6b5 hf6b5, ab]g hf6b5, To] g}xf] o] f . kl/j tG] kl]tsf] tlj | cfsf]ff / To; df c]k]h]f0{ xf]0g] efj g]sf] csf] g]d xf] o] f . hf] lhGbul]sf] gof]F]bzdf, gof]Fcfofdn] n]h]g rfxG5, hf] hljgnf0{ kl/j tG] ug{ rfxG5, Toxl xf] o] f]sf] n]f0f . hf] unt s/]sf] ; fdGg] %S5, hf] kl/j tG] sf] cfsf]ff af]Sb5, To] o] f xg ; Sb5 . To; h] xfdln] b]zdf dfgl; s of]g kb]f ug] r]j]f ug]k/]sf] 5 . xfdln] To:tf o] f kb]f ug]k/]sf] 5 hf]l; t gjlg ; l6 ug]pdw, lg/Gt/ gjlg s/f l; ls/xg] nfn; f / kl/j tG] kl]tsf] p]s6 cleniff cgj/t /lx/xf] \

;jfdl /fdtly{klxn]k6s ef/t eGbf aflx/ ofqdf u0/xsf] lyP . pgsf] hxfndf Ps hd5 j 4 klg ofqf ul//xsf] lyP, h; sf] pd] ( ) hlt lyof]. tl j 4]sf] skfn ; j]do lyof] / pgsf]cf]f]sf]ulx/f0 ( bzssf]:d[tn]el/Psf lyP . t/ pgl hxfhsf] 8]df a; j] lrgofFefiff l; ls/xsf] lyP .

lrgofFefiff l; Sg' ; fwf/of s/f xf0g . lsgg]of] efiffsf] sb]j]of]dnf 5g . of] lrg-efiff xf] . o; sf] ; fwf/of 1fgsf lgidQ s]dtldf klg kfF xhf/ lrsqf] 1fg rfxG5 . Ps nfv lrsqf] 1fg ePsf]dflg; dfq o; e]ffsf]kl08t sxing ; S5 . To; h]of]efiffdf bSvn xg bzb]lv kGw]jif{n]ub5 . ( ) jifsf] hl0f{z/l/ eP klg tl j 4]n] laxfgb]lv ; f%o; Dd lrgofFefiff l; ls/xsf] b]y] / fdtly{af] 5g eP . e/]j ef]h g}k/dwfd hfnfg]h:tf b]lv] tl j 4]nf0{ lrgofFh:tf] hl6n efiff l; s] s]kn]0bf x]hf <kn]l/, efiff l; ls; s]k]5 To; sf]pkof]lv ug{klg ; do rfxG5 eG] s/f /fdtly{sf] dgdf v]h/xsf] lyof].

tlg lbg e0; Sof] tl j 4 cf]f p]7P/ c6t st]klg x]b]g\ l]sta k9]sf]k9b]5g\ /fdtly{nf0{w}56k6l ePk]5 pgn] a9f]5]p uP/ Ps}; f; df eg] t]lg lbgb]lv d tkf0]nf0{ lrgofFefiff k9]sf]k9b]5]b]lv/xsf]5' . of]pd]d]l To]klg lrgofFefiff tkf0]h]sg l; ls/xg]ePsf]5 <of]l; s] s]ug]G5 . tl a9fn] eg] aha; Dd d l; ls/xsf] xG5; dnf0{d[osf]

Vofn g}cfp]5g . ha l; Sg] s/f ; d]k]t x]hf, To; kl5 rfx+ d[osf] s/f l]bdfudf c]fn] ls l]clxn] Dd t d]h] aRrfn] %o; l; Sgd]lhGbul nuf0/xsf]5' . To; h]d c]k]h]f0{aRrf g}7fG5; ha l; ls; S5; To; kl5 g}d[osf] s/f ; f]f]f]f .

j 4]n]cuf]8 yk] a]sf]n t x/avt xfd]l] ; fdGg]df plePsf] xG5 . d hGd]f d[os] hlt glhs lyof] c]h klg plQ g]glhs 5 . olb sfnb]lv 8/fPsf] eP t Toxl lbgb]lv d]f]l; Sg] kl]f aG5 xG]vof]. d]f] c]h; Ddsf] cge]n] eG5, d]h] d[oh]f0{ ( ) jif{Dd l]ht; s]f. ( ) jif{Dd s]n c]pg ; s]g eg] ef]h g} s]n c]p5 eG]s]5 / <clg s]n d]f]j]zdf klg 5g . hg s/f d]f]j]zdf 5g, To; df lrgt u/] lsg ; do v] kn]lg' < d]f]j]zdf t hljg 5, o; h]f0{; b]kof]lv ul//xsf]5' .

a]tdf]pd] s]t eof]f] a9f]of]k]zgn]/fdtly{x8a8P . pgl s]n #) jifsf] lyP . a9fn] eg] a]tdf] dgdf kn]Psf] eo b]y] d 9Ssn] eG] ; S5; l]tdf] b]z a9f] eP5 . ha #) jifsf]n]Ssf hjfg dfg; l; sf0 / ; f]gaf6 s]kn]0bf xG5 / eG] y]f]b5, d[osf]af]df ; f]b5, ta pm hjfg /xg] eG]df sg]l]j wf /x]5g .

tl hd5 a9fn] eg] h:t] ef/t ; f]Rr] a9f] ePsf] 5 . xfd]l] b]z]nf0{t o] f dg, o] f hfz / hf]f/ rfxPsf] 5 . t/ b]ef]oj z xfd]l; t o:tf] t]f]tl/sf 5, h; n]pd]n] hjfg dfg; nf0{klg a9f] agf]0]bG5 . xfdlnf0{a9f] xg] tl/sf yxf 5, o] f xg]xf0g . xfdlnf0{o; hljg / of]nf]sf]af]df sg] lrgt / rf; f] 5g l]rf; f] 5 t csf] h]l / k/n]sf]l]x]d] ; Gb/ s/f v]f]g] / To; af6 c]f]Gbt xg nfn]lot x]b]f] a? s?k s/f v]f]g]df ; do v] kn]5f]f. of] a9f] IrQsf] kl/Offd xf]. a9f] IrQn] lhGbul]sf] b]lv dfq b]y]b5, c]f]of/f kl]sf] dfq v]f]h ub5 / d[osf]af]df dfq ; f]b5 . a9f] IrQn] lhGbul]df hxf]Fhx]Fcf]wof/f] 5, To; nf0{dfq .Dof]lv]k]nf0] ub5 .

xf]d]l] ; Gt dx]f]dx; xhf/f]j] i]f]lv oxl s/]sf]l]zlf lb0/xsf] 5g\ a]lhGbul l]f]e]w/ xf] o; sf]d]f]of]df kb]gk/ . d[ok]5sf] k/n]sf]df dfq wofg b]b]m . xhf/f]j] i]f]lv]sf]oxl unt l]rf/af6 lgb]z]t ePsf sf/of xfd]l] ; dfh a9f] xg uPsf] xf]. /j]lGbg]fy 6]f]f] hljgsf c]fv/l l]f]df lyP . pgnf0{e]b]g



cfPsf pgsf Ps j 4 ldnq]eg] æ/jGblh]jgsf]of]clGtd 38ldf  
ltdl 0Zj /; E ksf/ u/- eujfg lca dnf0{bf] f6s dglo  
hglaf gk7fpm. o; bMl / blGwt hljgrqaf6 dIQm bPm A  
j 4 ;fylsf]s/f ;g] /jlGbgfy cZrof]st eP . pgn]  
eg] æltdn]of]s]egsf] <d o:tf]klygf lsg u?Fl d]f]dg  
t eGb}5- x]kē' l'olb ltdl dnf0{of]o bV5f]eg]k6s k6s  
o; kYjldf k7f0bPm. x] ;fyl, st}d kYjldf hGdg]of]otf  
gePsf]ckfq l; 4 ePsf]t 5g] eg] k]8/f0/x\$]5' A

dflg; sf]z/l/ hl0f{/ j 4 xg; S5 t/ leqsf]cftd /  
dg ;w}ojf g}/xg; S5 eGg]s'/sf Ps cb&t b[6f6t xg  
/jlGbgfy . pgl slxNo}a9f]ePgg\ pd]n]\* ) jifsf]j 4 xbf  
klg pgl plQs}hjfg lyP . hljgnf0{xg]bl6sf0f / ;f]sf  
sf/of pgl hjfg 7xl/P .

olb xfdl. ojf xg]xf]eg] ; jkYd xfdln]hljgdflj Wofg  
lbgk5{ d[0' dflj xf0g . hljgnf0{pl;js}kdf :jlsf/  
ugk5{ . hljgsf x/\$ knnf0{pl;js}kdf dgfpg]k0Tg  
ugk5{ . hljgsf ; a}kxn' / cf0dnf0{ ;xhtf;fy :jlsf/  
ugk5{ . To; kl5 a9b]h]sf]clGtd lfof;Dd klg dflg; hjfg  
g}/xG5 . bf]f]s'/f, hf]dflg; hljgd] ;G/ s/f bVb5 /  
s?k nfu\$]s'/fn0{d0fpg k0Tg ub5, hjfg pxl xf]. tdf;f  
x] a:g]dflg; hjfg xf0g, hf]g/fd]s'/sf]lj?4df n85  
pm dfq}ojf xf]. lglqno dflg; hjfg xf0g; ;lqno dflg;  
dfq ojf xf]. sg}cyk0f{sfd jf k0Tgdf ;nlg xg' hjfglsf]  
k]ls xf]. hjfglsf]Pp6f zt{x]x] ga; , sxl g sxl  
cyk0f{sfo{ul/x" .

hljfglsf]cy{x] ; hgf . cljgj s'/sf] ; l6 . cljgj  
hljgsf] ; l6 . cljgj ; dhfsf] ; l6 .

hg dflg; df ; f0b0k]lt k0 5, hljg cflxflbt agfpg >d  
ug{cu} / xG5, c;nl ojf pxl xf]. f0b0k]ltsf]k0sf]cy{  
xf] ; f0bo{ ; hgf u/, lh6bulnf0{ ; G/ agfpm. dflglnpfltdl  
knh rfxG5f]eg] k]h]sf] ; l6 ug]k0Tg u/ . c} dflg; sf]  
hljg d'sfgn]el/Psf]bVg rfxG5f]eg]To:t}sfu / . ltdl  
h]rfxG5f]lh6bulnf0{To:t}agfpm. o]fn]hlxn]klg hljgsf  
s?ktfn0{ ; G/tfdf abNgsf nflu ; ttm k0Tg ub5 .

a4n]egsf lyP, dglo h] ; f0b5, cGttM Toxl aG5 .  
To:t}xdl hsf nflu n8b}hfG5f}cGttM xdl Toxl aG5f} .  
; G/tfsf nflu n8b}eg] ; G/ xg5f} . >ljtfsf nflu n8  
>lj xg5f} . ; Tosf]nflu n8b}uP ; To xg5f} . o:tf ; 3if  
k0Tg / ; hgfaf6 dflg; sf]cftdf lgvf/ cfp5}hfG5 . /,  
ha dflg; cfm]eq l5k\$]hljgsf]k7f cgej ub5, pxl lbg  
pm k7f cy6f hlj t xG5 .

jf:tjdf IrQ cfm]f ; w}hjfg /xG5 . z/l/nf0{a9f]xgkg]  
afWotf 5 t/ r]gnf0{To:tf]sg}afWotf 5g] . .df0G8U hlxn]

a4n]egsf lyP, dglo h]  
; f0b5, cGttM Toxl aG5 . To:t}  
xdl hsf nflu n8b}hfG5f}  
cGttM xdl Toxl aG5f}.



klg ojf g}/xG5 . t/ xfdln] ; fdf]hs / JolQmut hljg hg  
9un]Jotlt ul//x\$]5f}To; n]xfdf]IrQnf0{a9f]agf0/x\$]  
5 . IrQ a9f]xg]klxn]sf/st]j xf] eo . hg IrQdf hit  
w}eo klj i6 xG5, To]IrQ plt g}w} . kof/fnf0H8U xG5, plt  
g}w}a9f]xG5 . cfh; Ddsf] ; a}dfg] ; Eotf / ; :s[t eosf]  
hudf v8f ePsf 5g\ . xfd]JolQmut, kfl/jl/s, ; fdf]hs  
; a}vnsf ; DaGwx} k0df eGbf a9l eo / qf; df cfwf/t  
5g\ kl/jf/ t a6of]t/ klt-kTg, afp-cdf, 5f]f5f]lalrsf]  
; DaGwdf eosf]lx:; f ; aEbf w}5 . xfdl ; a}Ps csf]t  
eoelt 5f} ; csf]t dfq xf0g, xfdl cfm]f ; t klg 8/f0/x\$]  
5f} . ljleG ; Dk0fo, ; w7g 8/s}sf/of ; yflkt ePsf xg\ .  
/Ho klg eos}sf/of ; h]t ePsf]xf]. To; h] cfh xfd]f/f6  
dfq xf0g, ; Dk0f{l]Zj g}eosf]blrqaf6 cfqmfGt 5 .

; a}wdh] xhf/f}j if6]v dglonf0{0Zj/l; t 8/fpg dfq  
l; sf0/x\$]5g\ . jf:tjdf eoelt dflg; slxNo}wfld\$  
xg; Sb0 . hf]eodQm 5 pm dfq wfld\$ xg; Sb5 . oyfydf  
h; n]0Zj/l; t eoelt xg l; sfof]kYjldf cwd\$]alh p; h]  
/f]k\$]xf]. cfh kYjldf h]e0/x\$]5, xhf/f}j if6]v /f]kPsf]  
Toxl lj]fsf]kl/ofdf xf]. cfh xfdln]cg; /of ul//x\$]f] ; :s[t]n]  
jf:tjdf eonf0{g}kfl/t / lj :tfl/t ul//x\$]5 . x/\$ gofF  
k:tfsf]dgdf eo / qf; eg]sfd oxl ; :s[t]n]ul//x\$]5 .  
uef]vfgsf]lbgblv g}aRrfdf cjfl-5t tl/sfn]8/ / qf; sf]  
alh/f]k0f ug]sfd xfd]f ; :s[t]n]olub]v ub}cPsf]5 .

oxl eosf sf/of IrQ slxNo}ojf xg ; Sb0 . lsgls ojf  
IrQ ta dfq xg ; e} 5, ha dflg; eo/lxt xG5 . ha  
IrQ eo/lxt xG5, To; kl5 dfq dflg; n]vt/f / hf]vd dflg  
; S5 . hf]hf]vd dflg ; S5, pm dfq ojf 7xl/G5 .

xfdlleqsf]ojf IrQ arf0/fv]g]xf]eg]xdl ceo xgk/\$]  
5 . ceosf]tffko{x] eo lj ; lh\$ xg' . ; jfn p75, ceo  
s; /l xg] < ; /lf vfl]g' ceo xg]af6f]xf0g . ceo xg]Ps  
dfq af6f]xf]clglZrttf :jlsf/ ug]. hg lbg dglon]hljgsf  
clglZrttfnf0{ ; xh; fy k0f?k0f :jlsf/ ug}; S5, To; kl5 dfq  
pm ceo aG hfG5 . k\$]tsf zFzj t lgodx}nf0{ ; xhtfsf  
; fy cfd; ft u/\$f lbg dglo ceo aG5 .

ojf IrQsf]cy{x] l; Sg]cg6t lfdtf . a9f]IrQsf]cy{  
xf] l; Sg]lfdtfsf]c6t . dh]hflg; s]eg] h; nf0{cgelt  
xG5, p; sf]l; Sg]lfdtfsf]c6t xg nfluof]eg] a%}xG5 . hf]  
JolQm lfgsf]af6 dQm /xG5, Toxl JolQmf g}ojf IrQn]  
af; ub5 . hit a9l ojf IrQ xG5, plt g}a9l pm k/fgf]  
lfgaf6 dQm xG5 . p; n]cfkm]h]hfg\$]xG5, To]cgelt ug]  
lalQs}pm To; af6 afx/ cfp5 . /, cufl8 a95 . d hflGbgF  
eGg]Ps ; ttm efj (A constant awareness of not known)  
p; sf]dgdf x/bd /lx/xG5 . p; n]hit g}a9l lsg ghfgf] .  
hfg\$]s'/fnf0{lsgf/f nuf0lG5 / ghfg]efjnf0{ ; w}pIQs}  
hljGt /vB5 . o:tf]efj af\$]dflg; x/\$ lbg dfq xf0g,  
x/\$ kn l; Sg]lfdtf /vB5 . p; sf]lgldt To:tf]sg]lfof  
cfp5} - of]s/f dh]klxn]v g}hfg\$]5; dnf0{ca l; Sg'  
5g] . hg dflg; n]o:tf]7fG5, pm j 4 xf].

-ef/tlo bfz]gs cZf] ; gV(#-1((). sf]k]rgdf cfwf/t k:ts  
.ofs c]f of]gl af6 ; fef/

efjfg]fbM ; bz0 l3ld/]

sms k]l]qmf]sf nflu ltr<space>5006

# Izlfsm d

- tly{fh clwsf/l

/:ffp{b}k7 k9fpg] d  
; b{efj n] xft ; dfpg] d  
xfF] vllg] slt ; fy kfPF  
lat] s{of} sfn g rfn kfPF.

dleg s] wd{/ hft e{b  
g 5g\sg} lnE / /E e{b  
pbf/sf] xbd sd{d}f]  
e{uf}h, efiif g 5 ju{3}f].

vhf unf hljg ult ufPF  
g xf/ dfg}g t Sj}x/fPF  
cfbf g e{bf kl g bfg kof/f]  
e{b}g d}f] lbndf c{wof/f].

u/l u/l cif/ zAb v}l  
d}h]; hfPFslt lbJo Hofl]t  
xFn}v}glsf] ansf] khf/l  
ofqf sxfF/f}5' / cfz df/l <

df% st} ; k st}5' dfln  
; Tsd{d}f] s/ 5g vfnl  
d : jkgd} b}b5' kf7zfnf  
ptf pg}5g\tg nfnafnf .

; a}v]dsf/l hlt a}f /fvf] \  
:f-hfn hfnf] hlt h] lknhfcf]f\  
:fb}f}gn] nf} huf0{lgTo  
d lx}5' of}ky h]5 :fTo .

; /:j tlg/, sf7df8f}



## Izlf s]gofF j flif} ; a}x tof/

OR5s JolQm jf ; :yfn] /zlf/s  
sf] sfoffnodf ; Dks{ug}f]h .

knf}M %}\$#@%@, %}\$\*!.\$@



## ; fF Izlfs

- cdj fbQ hf}zL, b}l6lj xlg Izlfs

; fF Izlfs Izlfsf hutdf, Izlf0f u/l a:b5g\  
; fgf afns afnsf sg ox fF lj Bf lbg] ub}5g\  
x:tf z4 agfpg] lsl; dn] n}v}fpg] ub}5g\  
jfrg z4 agfpg] lsl; dn] 3f}fpg] ub}5g\  
.

u5g\sfo{ ; bf klj q dgn] ; b}f}g ug] u/l .  
k}f alk hnf0{of] hutsf] pwf/ ug] u/l ..  
/df] :jf:Yo agfpg] lsl; dsf] al4 lbg] ub}5g\  
; f/f ; Glt b}zsf hlt ; a}Izlf tNof0{lbg} .

lj Bf 1fg lj j}n] dh}sd f aQl hnf0{lbg].  
; f/f hf}hlt 5g\lg/lf/x} ; flf/ tNof0{lbg}..  
; fF Izlfs Izlfsf dg}hsf] cf}f p3f/l lbg].  
hlt wd{/ lnE e{b gu/f}e}g] l; sf0 lbg] .

dl; gf klj, kk/ynf, bfr}f

# Ij Bfno

-luhèf0\$]lbfj:kkg k9k15sf]cge!t\_

- w]k|fb 9sfn

dnf0{k9k9\dfq}geGgxf] \af  
dnf0{vhf ; ;#f/ k9g lbgxf] \

ha d %f]hf af\$] :sh hfG5'  
uðdf gkllbblv  
d]f v\$  
nunul sfkg yfN5g\  
clg :shdf ; /-ld; x;nf0{  
eðg]lal0s}  
d]f]d6sf]w8sg  
%g%g\ag9 yfN5  
ca eGg; \t af  
d slffdf kjz u/]  
s; /l k9g ; S5' <

tkf0{x/\$ lbg gofFs'/f  
l; s] cfpq' eGgXG5  
/fdf] E k9] ; a]f0{

lht] cfpq' eGgXG5  
lxhf] k9fPsf] k7 a%\$}5g dh]  
eGg; \t af  
d cfh s; /l gofFs'/f l; Sg ; S5' <  
slffdf ga%\$]k7 ; fl]g}x8g  
6fpsfðf nf]f] ahG5  
p7] afflg}kf0k9  
ufnfd r8sg xfgG5  
eGg; \t af  
dh]s; /l ; a]f0{lhTg ; S5' <

af dnf0{ t To] Ij Bfno  
Ij Bfno h:t}nflubg  
To] t kl8fno xgk5{  
kl8f lb0/xg] .

Ij Bfno t o:tf] xgk5{  
hxfFx/\$ dfG5] :gxl xg\l  
eo / qf; df xff0g  
dfof / ddtfsf] jftfj /0fdf k9f0 xf] \  
; fy\$ hljg lhpq] snf l; sf0of] \  
kf]vl agk5{eGg] k7 3f\$0of] \  
u?x; kñh agg\  
h; sf j1/kl/ Ij Bfyl{

df]l ag] eGegf0{/xg\  
u?x; 1fgugsf ; jf; 5l//xg\  
Ij Bfyl{dlg eP/  
; jf; lnB}uGugf0{/xg\  
af a? d ca  
tkf0\$}sfD ; 3fp5'  
tkf0{ef/l af\$gxf] \  
d tkf0\$]sk8f af\$]  
kl5kl5 lx85'  
tkf0{af/ afgxf] \  
d rfðf klG lbG5'  
tkf0{sf7 sf6gxf] \  
d rf06f a6N5'  
af dnf0{k9k9\dfq}geGg; \  
tkf0{E}tkf0\$]lhGbul  
k9g lbgxf] \.

tf/]uf?n]xfgf] \a? dnf0{  
d uf7fnf] hfG5'  
jg huñsf ao/ clg  
a]f]l vfG5'  
af dnf0{k9k9\dfq}geGgxf] \  
dnf0{vhf ; ;#f/ k9g lbgxf] \  
kñhñ-%, uf]vf

## To:tf u?df 5 k0ffid d]f]

- s[0f kf8ðfn

Ij 1fg cf]1fg cg\$ hfGg] hfg] g}0Zj /nf0{dfGg]  
gf:g]clj Bf dgdf hd\$]f] To:tf u?df 5 k0ffid d]f]..

IgMj fy\$ sfD tdfd ug] a]f]zdf x]z Ij zif eg]  
g]fZo kñfNg] dgdf /x\$]f] To:tf u?df 5 k0ffid d]f]..

pbf; df cfz pdu 5g] dbf{/ldf klG kf0f eg]  
u?j]n]hf]5 pE]p7\$]f] To:tf u?df 5 k0ffid d]f]..

; dfGonf0{clt dfq ug] cdfGonf0{klG dfq ug]  
hf] ; f]df ; lldt 5g 3]f] To:tf u?df 5 k0ffid d]f]..

; flxTo ; ut snf lg hfGg] gfrl / uf0{dg dUw kfg]  
x6fp5g\hf] bMvsf] cW]f] To:tf u?df 5 k0ffid d]f]..

Ij klf jf klf st}gnflg] hf] ; To xf] dfq Toxl+; dfTg]  
j f0fl 5 dfgf]-slj tf ; /lsf] To:tf u?df 5 k0ffid d]f]..



aRrfx;sf] dgleg k:g] cfd]f l5rf]hf]g; -gf8l s:g]  
; Gbz hf]xg\hutðl/sf] To:tf u?df 5 k0ffid d]f]..

dfofn' e}; lk l; sf0xfNg] aRrfx;sf] kl]tef lgvfq]  
5 zIQmsf] dh ckl/ ltdf] eGg]u?df 5 k0ffid d]f]..

sfBfx;sf alr kñh ; fg] buGwnf0{lg ; uGw kfg]  
h; sf cl3 5g sxl+lg kñf] To:tf u?df 5 k0ffid d]f]..

hf] >ðsf] kfjg dGq lbG5g\hf] k0sf] ; fwg tGq lbG5g\  
hf] blk xg\5g sxl+cW]f] To:tf u?df 5 k0ffid d]f]..

gf88ð pdflj, aGblk', tgxF



# kz' ; ] fdf ; dlkf ojs

**h** lP eəg/L tflnd gkfpƏ; Dd pgnf0{s; /l cfdlgeX xg] eəg] lrgt f lyof]. pglleq sxl ug] cfb / ; lk lyPg . kl/jf/df klg af% ePh:tf]nflVof]. t/ clxn]pgsf] cj:yf kl/j tə ePsf] 5 . aca d sxl ug{; S5' eəg] cfdlj Zjf; a9sf] 5 . kl/jf/ / ; dfhsf] xg] b]6sf]rdf kl/j tə ePsf] 5, 6lsfk/, sħfnlsf @ \$ jiflđ xl/fnfn rfw/L atfp5g\.

cfknh] sxl u/ ] cfdlgeX xg] lj Zjf; xl/fnfnf To; } knfPsf] xf0g . l/r cfp6 6' Plzof -/fđ\_ sf] ; xof]udf PS; gP8 gkfn] lbPsf] 5faj [Qaf6 6lsfk/sf] cf0{ lPrdf !% dxlgl h]lP, eəg/L tflnd kfp/ pgl pT; flxt ePsf xg\ . xfn} pgn] lj hogu/df . rfw/L Puf]eəg/L ISnlgs l vfh]sf 5g\ o; af6 pgnf0{/fhuf/ / cfocfh]gsf] d]sf ldn]sf] 5 .

pgsf] kl/jf/df cf7 hgf 5g\ ; /sf/n] lbPsf] @ s6X hlufn] kl/jf/sf] uhf/f rnfpg ; Dej lyPg . tflndkl5 ; j /fhuf/sf] af6fđf nfulkl5 xl/fnfn] kl/jf/sf] b]gsl klg ; xh ePsf] 5 . ədħ] sđfpg yfnkl5 abfnf0{ 3/ rnfpg ; lhnf] ePsf] 5, xl/fnfn yK5g\ . xl/fnfn] ldlxg] af6 pgs l xh/cdf, cdf, aaf, kTgl; lxt kl/jf/sf ; a}; b:o vzl 5g\.

**df]L/fd rfw/L, jif{ \$ } -aaf.**  
d 3/ agfpg] 8sdl{ sfd u5{. lj leeg 7fpƏf u/L !& jif{sdəf a; } . ufpƏf ; w} sfd kf0əg . kl/jf/ 7hf] 5 . kflNg sl7g e0/x]sf] lyof]. 5f]fn] eəg/L 5faj [Qdf k9] of] ISnlgs vfh]of]. clxn] 3/df ; xof]udf ug] yfn]sf] 5 . o; n] kl/jf/sf] af% sxl sd ePsf] 5 . kn] /, Pp6] 5f]f] xf]. kf]f] ; Dd sxl sfd kfPsf] lyPg . cfknh] b]w kfp klg 5f]fn] b]w gkfcf] \eg] ; f]y} . clxn] 5f]fn] cf^g} sfd ug{ yfn]sf] 5 . ufpƏf] f0{ klg kn0bf ePsf] 5 . 3/sf ^ j6f afv]sf] pkrf/ ug{ af]x/ hfg' k/]sf] 5g . d vzl 5' . d]f] kl/jf/df o; n] vzl NofPsf] 5 .

**bl3k] lu/L, jif{ \$ ! -ufx\_**  
Ps jif{ 13 bħyaf6 a; f0F; / ] cfPsf]ħ] dħ] of] 7fpFw} } lrgg af5L 5 . 3/df rf/ j6f afv] C0f u/ ] ev{ } hf]f} . Pp6f la/fdl ePkI5 sx f nfg] s; nfo{ afħfpg] eg] lrgt lyPF. Pshg l5d]ln] glhs]sf] sđəf a: tldf eəg/L ISnlgs 5 eg] hfgs/L lbPkI5 hFfpg kf0of]. eəg/L hfRg] dflg; ufpƏf xƏf sx f hFfpg] eg] ef]fl/g' k/đ, 6lsfk/; Dd hfg' k/đ, k}f / ; do art eof]. of] ISnlgsn] xfdlnf0{ lgs; ; lhnf] ePsf] 5 .



xl/fnfn] ISnlgsaf6 l5d]lx; klg nfe]ljt ePsf 5g\ lsgls a: tldf c; eəg/L 5g\ ufpƏ] eəg/L ISnlgs vñkl5 ufpƏ] ; 6lsfk/ hfgkg] af]lotaf6 dQm ePsf 5g\ o; n] pglx; sf] k}f dfq art ePsf] 5g , ; do klg hf]luPsf] 5 . əafv] , eƏf la/fdl xƏf 6lsfk/; Dd hfgkYof]. ufpƏ] of] ; ]f kfPkI5 ; do / k}f art ePsf] 5, l5d]l rS' rfw/L e65g\.

xl/fnfn] ISnlgsdf s/la #) xhf/ ?kəfFa/fa/sf] kz' cf]fwl 5 . PS; gP8 gkfn] lbPsf] 5faj [Qaf6 !) xhf/ arfP/ clg @) xhf/ ?kəfFC0f lnP/ pgn] ISnlgs vfh]sf xg\ lgs] ldlxg]n] z; u/]sf] k}f xgfn] xl/fnfnf o; kltsf] d]f klg a9l g} 5 .

pgsf] a: tldf a9l kflng] kzx; df qmdz] afv] , au/ / eƏf 5g\ afv]nf0{ a9l dfqdf kvfnf nfu5 . o; ; Da6w cf]fwl w} ] laSg] u/]sf] pgsf] cgəj 5 . afv] kl5 au/sf] cf]fwl a9l laS5 .

lbgdf %-^ j6f kz' ; Da6w ; d:of cfp5g\ . tl sfd pgl kf]om laxg] ; S5g\ . pgl e65g\ əcfkn' gof ePsf]ħ] a: tldf dflg; sf] lj Zjf; lħTg / cf^g] ahf/ agfpg 3/df hf]f k}f lnPsf] 5g . ufpƏ] nflu ; ]f u/]sf] 5' . d]lgfsf] s/la !@-! \$ xhf/sf] Jofkf/ x65 . o; af6 s/la tlg xhf/ hlt aR5 A s; ħ] cfj Zos k/ ] afħfPƏf xl/fnfn t^t} klux] 5g\ pgl e65g\ ədħ] ; ]f u/]sf sf/of d]f] ufpƏf kzh] pkrf/ kfPsf 5g\ A

xl/fnfn] ufpF] lj hogu/ , ; /sf/n] sđəf x; nfo{ dQm 3f]f] u/ ] kl5 @) ^ ) ; fndf : yfkgf ul/Psf] xf]. of] a: tldf \$ & 3/w/L 5g\ To; df s/la & % kl]tzt] kzkfng u5g\ dħb/ / kzkfngaf6 pglx; sf] uhf/f rnf]sf] 5 .

xl/fnfn] l; sf0 6luPsf] 5g . pgl 5faj [Q kfPd yk h]lP k9g] lj rf/df 5g\ . xfn pgl 6lsfk/ dln6kn Sofdk; df : gfts klxn] jif]f c]woog/t 5g\.

cf^g] kf]l/j fl/s hljgdf cfPsf] kl/j təaf/] pgl e65g\ əP; gP8 gkfn] 5faj [Q glbPsf] eP cfh d o:tf] xg] ly0gF. clxn] Dd Hofnf dħb/ u/ ] a: gkg] lyof] A xl/fnfn] cf^g] . sl/o/l dfq ; w/ u/]sf 5g\, kl/jf/ / ; dfhnf0{ klg ; ]f / 6]f k]of0/x]sf 5g\ . o; af6 pgl vzl xg] g} eP, c; nfo{ klg vzl agfPsf 5g\ . ; lk / hf] / xƏf hljgdf kl/j tə Nofpg ; lsg5 eəg] s/sf] Pp6f b]6f]t xg\ xl/fnfn rfw/L .

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As a pioneer and leader in Nepal's ICT industry, Worldlink has proudly served the nation for **17 years**. Thanks to your trust and support, the services that we started from two computers in a small room have now been expanded to **1897 villages and 56 municipalities in 58 districts**.

Our success has inspired countless and instilled hope during turbulent times. We started with a dream to connect every Nepali with high quality and affordable telecommunication services, and today, we reaffirm this commitment to our nation.

**We thank you for your continued trust and support !**



P3f/ slffdf k9f0g] /fhglltzf:qsf] kf7dk':tsdf /flvPsf]Pp6f sf6gn]^ dxlgfcl3 ef/tsf]; #bdf 7hf] cfkIQ / xfnfnf lqDTofof]. sf6gn] /fli60 gfosx;sf] ckdfg u/\$f] / gofFk':tfsf] lbdudf unt ljr/ e/\$f] eGb}; f/fsf ; f/f ljklfl tyf ; Qf-; xofuL bnx;n]To; >fnfsf ; DkOf{kf7dk':ts tIsfn ..jR5ll kfg{dfu u/]. c% sltkon]t k':ts g] /2 ugkg] / n]ys, ltgsf ; xofuL / ; Nnfxsf/x;nf0{ bl08t ugkg]; d] dfu /fv]. tl k':tsx; ; /sf/s} ofhg, cgbfg / ; xofuL cGtu# tof/ kfl/Psf / ^ jifc13, ; g\@)^ b]v nutf/ k9f0 x#}cfPsf lyP . tklg ; /sf/ ltgsf]klt/lffdf plePg, cflQb} %Sof]. yk /df0nf] s] eg] pQm sf6g %08} ; f9] ^ bzs cl3, ; g\!(\$ d)k\$flzt e0; s\$] lyof] / To; n]h; nf0{ckdfgt u/\$f] eg} ; #bdf Toqf] xfnfnf dRrf0of] Itglx; :jom]To; sf6gdfly slxll0} s;}cfkIQ k\$6 u/\$f] lyPgg\.

sf6g dfq xf0g xhfs l6s6, knf0f]k]m lj 1fkg cflb ; d] Jofks ; kdf /flvPsf, ljfoj :thf0{a'g-a%pg cTo6t kefj sf/L :jlsf/Psf clg lj Bfylhf0{; dfh / /fhglltklt hfuzs ; lqno gful/s agfpg ; 3fp k'ofpg] eg] axkz;t lyP tl kf7dk':ts . ; #bdf ePsf]xufdfkl5 o; af/]ef/tlo lzlff hutdf Jofks ax; rln/x\$]5 . hjfx/nfn g} ; ljZj lj Bfno, gof lbnlnsf] ; [6/ km' kfl]nl6sn :68lh sf k]Wofkssf] of] cfn]y Toxl ax; sf] Pp6f s8l xf] h; n] ; #blo xufdf / To; sf k5f18 /x\$] /fhgllts dg; fosf] lr/krf/ u/\$]5 .

# /fhgllt / lzlffzf:q

■ k] j h] /og /f]8&;

**/f**li60 lzlff cg; Gwfg Pj +klzlfof kl/ib\~Pg; l0cf/6L, gof]Nln] tof/ kf/\$f /fhglltzf:qsf kf7dk':tsdf ; dflj i6 sf6g ; Da6wL ljj fbn] a]n} ; kfs/ uxOf ul/ ; s\$] 5 . afaf ; fx# cda\$S/nf0{ckdfgt ul/of]eGg]cf/fk, cGtM /fli60 gfosx;nf0{ckdfg ug]qmd a9bf]5 eGg]lzsfolit/ dfl]8of] / ca dh'ssf /fhglltx;sf] kl'ti7df cf3ft kfg] dflndf kl/oft xg ku\$]5 . sf6g ljj fbsf] tyfslt .nloldf cfPsf] of] kl/j tG lgbf]~lgZ5n kltt x# . o; sf ; fy}b'zsf b0kgf >]7td /fhglltzf:qlj bV kl/ib'f sltko clwsf/ldfly lxnf]5dfkg]qmd hf/l 5 .

lj aQf / lzlffzf:qsf] ; Da6w 3lgi7 5 . olb /fhglltx;nf0{ s;}kf7dk':tsdf s]s] s/f /Vgk5{/ s]s] /Vgx# eGg] 1fg cfk]nf0{5 eGg] nfu5 eg] ol kf7dk':tsdflysf] xdnfn]

To:tf] ednf0{5tf5Nn kfl/lbPsf]5 . /fhglltx; hg zlQm cfk]nf0{cglws# tj/d} lbg nflu/x\$] 5g\To; sf] ; DkOf{ lj :tf/sf]sNkgf dfqn]klg d6' sdrp5 . c% 8/nfuf]s/f t s] eg] ; du/ /fhgllts j ux; d]Wof6 s;}Pp6fn] klg o; df ; fjwfgl ckfpg r'fj gl lbPsf]5g . xfdl ; a]h] a%\$}5f; sf6g ljj fb j :tM blntx;lj 24 d~rg ul/Psf]Pp6f gf6s dfq xf] . pBfl / ah/ tl ; dfj zl gltx;sf dflndf, h; sf lqDt cda\$S/ hljgel/ ; 3if{t /x] Ps 0Gr; Dd klg nlrnf] xg grflx/x\$] cj :ydf d'vdf bxl hdfP/ al; /x\$] ; #bsf b} ; bgdf Pp6f sf6gdfly cda\$S/s}g'ddf p7\$] of] ajfn bMv dfq xf0g n]hfhgs klg 5 . lseg] To; sf6gsf] jf:t]s dxlj ; jw]lgs g]tstfnf0{ /v]hst ug{ xf] . -x' dfllysf] sf6g



z\$ / lknnsf] sf6g kofu ul/Psf] slff !! sf] To] kf7dk:ts klxnf]kN6 ; g\@) ) ^ df 5flkPsf] x] . To] lsf]a dh] Tol]tj h] k9sf] lyPF. / , lszf] dl:tissf lglDt, ef/tlo /fhglltsf hl6ntf / l]ljwtxf;nf0{lg]Zrt s]blb c]w/0ffx;sf ; fy cToGt}; hgf]ds tj/n]k]tt ul/Psf]b]y] b; k/]f]lyPF. To; e]bf cl3 ; j o+k]/ifb\]f c6o ; yfx;af/f o; pd] ; dxsf ljBfyl]sf lglDt k]flzt kf7dk:tsx;df ef/tlo /fli60 hljg / nf]stGqnf0{cfs/ lbg]cDa}s/ h:tf ljeltx;sf] of t rr]ul/Psf] xG]yof] cyj]f Itgnf0{Pp6f sgdf 7]hPsf]xG]yof]. o; kf7dk:tsdf s]f; o:tf ljeltx; e]l665g\h; nf0{cfh; Dd pk]ff ul/Psf] lyof] / pglx; cfk; df jftf]fk ul/x]h:tf k]tt xG5g\ ; xdt, c; xdt / l]jfbx;nf0; df :yfg kfPsf 5g\ o; sf kf7x; /fhglltnf0{ ; fl]o-z]Gt, k]s]ts j :tsf ; kdf k]tt ug]sf] ; f6]To; nf0{ l]j]r]g]ds bl]6n]x]l/gkg]j :tsf ; kdf ; fdG] /fvb5g\ klxnf] kf7d}cDa}s/ cyj]f pglh:tf]bl]vg]sg]JolQm tlj 6f lraqd b]y] k5{h; d]w]Ps of]l]j]fbf:kb sf6g kl]g x]. of] kf7 j :t]M cDa}s/sf]To]l]j]s / b]blz]f]s}jStJol x] h; sf cfw/df pgl ; l]wfg; e]df ; l]wfgsf w/f / k]jwfgx;nf0{cl3 a9fpg]ub]y]. pknAw c6o kf7dk:tsdf cDa}s/sf] ; j]b]f]ds pkl:y]t o]t 3glet ; kdf st}b]y]g kf06g . clwsfz c6o k:tsx;df pgnf0{.blnt d; lxf] sf] Psn JolQm] sf ; kdf, To]kl]g b]f6Gtsf tj/df k]tt ug]ul/Psf]5 . o; c]j:ydf kZg p75 ; ; bdf v8f ePsf] of] l]j]fbnf0{lr6tgsf] goff cfofdsf ; kdf xG]l]s Pp6f To:tf] k]f]f]xsf ; kdf, h; sf] ; jfy{sg]g sg]lsl; dn]cDa}s/nf0{x]df] ; fj h]gs hljgsf] Pp6f sgdf nu] y6Sof0lbgdf lglxt 5 <

**; j]w]f]gs klqnf**

hg sf6g]sf sf/Of ; ; bdf ajfn v8f eof]To] z\$ / lkn]h] ; g\(\$ ( df ag]Psf lyP . - ; e]l]sf]s/f, z\$ / lkn]pRrt/ /fli60 ; Ddfg .k]B]j]el]0flaf6 ; Ddf]gt sf6g:6 lyP / pgsf] sf6g klqs] .z\$ ; []sNll sf]pb]f6g ; j o-h]fx/nfn g]k;nf] u/]f lyP . t]kl]g g]k;dfly Jol0 ug{pgl slx]o}k]5 k/]g\ . To; ah]f ; l]wfg lgd]f]sf]s]fd rln/x]f]lyof]/ ef/tlo hg]f To; nf0{tl] |p] ; stf Pj d\cwl/t]sf ; fy x]l/x]f lyP . #) gr]a/ !(\$ ( df, s/la tl] jif{nfdf]j]bl]j]fb / l]rf/l]dz{ k]5 ; l]wfg; efn] ef/tlo ; l]wfg k]l/t u/]f]lyof]. old]w] sltko ax; t l]leG bl]6n]TolQs}; 3g lyP, hlt ; j tGqtsf] /fli60 cfG]f]hg lyof]. ; l]wfg lgd]f]sf ol ult]lwx;sf] hlt Jofkstf / l] :tf/ lyof] To; sf] b]f6Gt blgof]f st} kf06g . ; j]w]f]gs k]f]h]l ; w]n]df]g} xG]yof] / cDa}s/ ; b} To; sf] k]t/l]ff ub]y]. ; fy} c6o hl6n tyf k]f]ozM l]j]fbf:kb k]jwfgx;sf]k]t/l]ff kl]g pgl cToGt kl/kSj tf Pj + szntfsf ; fy ub]y]. ; l]wfg; e]sf l]j]fb clen]y ul/Psf !\$ k:ts o; sf ; fl]l 5g\ o; qm]df cDa}s/n]hg eldsf lgj]f]k u/]To; n] ; bgsf l]afg dfq x]f]g b]del ; b:ox;sf] ; d] k]z]f cfh]g u]of]. pgl ; j]w]f]gs g]h]stf tyf sf]g]l /fhdf b]l]j]z]f; /fv]cl]g .s]l/Zdf]6s JolQm]x;]l hg]fdf x]al x]g]s/fnf0{3}ff ub]y]. nf]st]f]qs ePsf sf/Of pgl tl .d; lxf]x;nf0{ ; d] It./sf/sf] bl]6n]xy]h; n] .hg]tsf nflu /fd]s]x]eG]dnf0{yxf 5]l eG] ; f]y] / o; k]f/ e]j]l k:tsf] ; j tGqtnf0{kl]g l]g]l]qat ug{k]y]. o; sf ; fy}

; ; bdf alnof] k]tk]f]sf] cf]jZostf]af/] rrf{ ub]l] .rf0fSol] 5b]d]g]d]af6 ; j o+g]k;nf] klqs]df n]y n]y]f lyP, .clns]t kl]g tnd]fly x]g; fy hjfx/nfn t]fg]z]fxdf kl/Of]t x]g / ; :t nf]st]Gqs]f ; yfx;nf0{a9f/] lsgf/f nuf0lbg ; S5 .l



cDa}s/ hg]t]af/f ; s]l]k]k]f] ul/Psf sdx;dfly l]Z]f; uy]l. pgsf]w/Of] lyof] /fhgllts nf]st]Gq ; fdf]l]hs tyf cf]y]f nf]st]Gqdf kN]lj t x]g g; Sg]x]f]eg] el]iodf o; sf] cl:t]j sfod /x]g] ; Def]g]f x]g] ; Stg .

; j]l]bt} s/f x]f] ef/ts]f hl6n ; fj h]gs ; yfx;sf jf:tsf/ g]k; lyP . pgnf0{yxf] lyof] b]z]sf clwsfz hg]t s] rfxG5g\ . ; fy}9]nf]f]f] hg]t]sf]w} ; d]k]t xG5 eG] t]Vok]t ; d] pgl ; r] lyP . b]z]nf0{tl] |ultdf cl3 a9fpg' h; /l lyof]. k/]t' lgoGqf / ; G]h]gsf] ; dlrt Joj:yf x]gk5{eG] kl]g pgnf0{/fd]l yxf lyof]. o:tf] ePg eg] pgl -g]k; t]fg]z]fx aG] kl]g5g\ eG] pgl :j os]f] l6k]0] g]o; l]ifodf pgsf] :k]6 Pj + ; l]r]f]l/t dt x]f] - ; ; bdf alnof]k]tk]f]sf cf]jZostf]af/]rrf{ub]l] .rf0fSol] 5b]d]g]d]af6 g]k;nf]n]y]f lyP, clns]t kl]g tnd]fly x]g; fy hjfx/nfn t]fg]z]fxdf kl/Of]t x]g ; S5 / ; :t nf]st]Gqs]f ; yfx;nf0{ a9f/] lsgf/f nuf0lbg ; S5 . oBlk g]k; / cDa}s/sf alr sltko l]ifodf dt]Gt/ lyP, t/ b]j]hg]f ef/ts]f]el]jio ; j]w]f]gs / ; ; blo nf]st]Gq]af/f dfq ; lglZrt ug] ; l]G5 eG] s/f dh]tM ; xdt lyP .

sf6g nlrnf xG5gV c6o kf7sf]thg]df Itgnf0{Psf]lws lsl; dn] k9g ; l]G5 . l]gn] Jol0 u5g\cl]g sg] l]ifodf lglZrt bl]6sf]f]f k]tt u5g\h; n]x]d]lnf0{s]f]st]l nf0]l]bG5 . o; klq]m]df l]gn] d]ly]n]f] t]xsf, z]lQm]z]n]l JolQm]x;nf0{x]df] :t/df cf]f]n]l]bG5g\ o; r]l]f sf6g]df cDa}s/ Pp6f ; k]f]f/ yk]f]d]ly a; ]f 5g\h; df ; ; l]w]f]gl n]l]y]Psf] 5 / To] l]r]k]n]s/fd]ly cl8Psf] 5 . cDa}s/sf x]t]df rf]as 5 h; sf] ; x]f]ot]n] pgl l]r]k]n]s/fnf0{156f] l]x8g pS; f]p]5g\ . k5f]8, p]h]f]f]g h:tf bl]vg]g]k; plePsf 5g\h; n] ; l]w]f]g / l]r]k]n]s/f]tk]n] n]l]ft rf]as l]n]Psf 5g\ . o; sf] ; fl]l]sf ; kdf l]leG ; db]fo / j u]f] df]g ; x]sf] el8 5 / l]t]gsf] cg]x/df l]j]g]f]b]l]v cfZro{Ddsf l]lj]w e]j]x; %]n]sPsf 5g\ oBlk, o; sf6g]nf0{c6o lsl; dn]kl]g k9g g; l]sg]x]f]f]g t/ To:tf l]s]Nk c]oGt ; l]ldt 5g\ l]sgeg] sf6g]e]bf klx]n]sf] cg]R5]b]df ; fj h]gs l]j]s]sf]c]w/Of] cl3 ; fl]Psf] 5 . o:tf] l]j]s ; d]f]hd]f c; w}o ; Def]l]j t l:y]l]tx;df]lysf] l]r]f/l]dz{ tyf t]d]f]lysf]ax; af/f dfq l]sl; t x]g ; S5 . kf7sf]Z; d} :k]6 ; E atf0Psf] 5- ; l]w]f]g lgd]f]sf l; n]l; n]df ef/t]nf0{ c; w}o l]lj]w]t / c; d]f]gt]x;sf] ; fd]g] ug]k/]f] lyof]. o; qm]df b]z]sf]cfw]f/e]t sf]g]n]f0{cfw]f/e]t l; 4f]Gt dfq pknAw u/fpg' k/]g, tl d]f]gsx; ; d] k]b]f]g ug]k]yof]h; sf cfw]f/df of]hl6ntf cfu]d] ; dod]f kl]g . /fhgllts ; db]fo] sf ; kdf Ps; fy h]l]j t /x]g / ; Daf]l]wt x]f] h]f]g ; sf] \ . o; /l x]f]f}

sf6g dgyg

o; sf6gdf dtbfg s[bl  
 cuf18 cf^gf u08f; lxt  
 plePsf] ck/fwl rl/qsfl  
 pDd]j/f/n] dtbftf; E s/f  
 u/\$f] b\y/f0Psf] 5 . dtbfg  
 s[blx;df o:tf vfnf bzo  
 ; w}b]v65g< cyjf, dtbfg  
 s[bl]sAhf ugI jf rgfjdf  
 u8a8l ugI; ebf sd :ki6  
 jf ck]olf t/Lsfx; klg  
 ckgf065g< tl s]xg'<



Ij Bfyl6f0{ ; d; fdlos  
 /fhglltsf] oyfy{ a%fpq /  
 To; dflsfl; lqno 5nkindf  
 ; xeful u/fpg kf7dk'tsdf  
 kofu ul/Psf] -kqklqsdf  
 k\$flzt e0; s\$fl Pp6f  
 sf6g .

sf6gn] ; Dkllft ug{ vfh\$fl] s'f Psbd}:ki6 5 / To] xf-  
 ef/tsf] hl6n Pj +vhf /fhotqnf0{ sfgl /fhsf cfwf/df  
 zfl; t ug{/; To; sf ; fy; fy} ; s]Dd tlj |ultdf qmflGtsf/l  
 kl/jtg Nofpg sl6a4 /xg' .

cgj/t rgfl

xg t zs/ lknh]o; lj8Dagfnf0{ ; g\!(\$ ( df /yflst  
 u/\$f lyP t/ sltko cydf of] rgfl ef/tlo /fhoogsf  
 ; fd' cfh klg h:tsf] t:t}5 . cDa\$S/ / gk; of] bxf/f]  
 rgfl]sf] ; fdgf ug{ ckfgpgkgI /ofglltsf d; lgf klfx;sf  
 af/df en}km/s dt /Vtf xg\t/ ol b]nlox;sf]cg;/Of  
 ; E; E]ul/gkgf/] pglx; Psdt lyP eGg]ljifodf sg]zsf  
 5g . ; To s]xf]eg]sf6g ; lxtsf]hg kf7af/]ljfb v8f  
 ul/Psf] 5 To; n] ; dutfdf oxl ; %f ; /f\$flkt xdf] Wofg  
 ; zOm tj/df lg/Gt/ cfsliif u5{. p; f]eP; ; #bdf / ; #b  
 aflx/ h-h; n] oqf] ajfn dRrFP ltgsf] dg; fo cDa\$S/  
 / gk;sf alr eflfi] xflg; pglx;alrsf] b'lnf0{ c% a9fpg'  
 g]lyof] t <o; sf] lg; kof kl5kl5 x6] hfnf, k/Gt' lj jfbsf  
 qnddf sf6g / To; ; E]sf] lnvlt kf7fzfnf0{ h; /L 56df0of]  
 / 56dfP/ ; Gbeaf6 cnlofP/ h; /L JoVof Pj +j /f] ul/of]  
 To] ; j'f c:]lsfo{5 .

blnt ; fj hlgf lfg

kZg p7S, oxl Pp6f sf6gdfly dfq lsg xdnf eof] <sllf  
 ( blv !! ; Ddsf kf7dk'tsdf /flvPsf tl sf6gx;sf]  
 lsg lj /f]w ePg h; n] lxGb" dtfgwtsf] cyjf ; \$6sf n -; g\  
 !(&%-&& sf qnddf b\y k/\$f] tfgfzfxlsf] lvNnl p8fPsf  
 5g<s/f s]xf]eg] h; nfo{.blnt ; fj hlgf lfg] eGg ; ls65  
 To; df cfh 7hf] zGof] 5l h; sf yk} sf/Of 5g\ . jtdfg  
 ; dodf blntx; clvn ef/tlo, lj zfn / /fhgllts ; kn]  
 hljGt dtbftf ; dx xg\ . /, oldllo] clwsfz cfly\$ bl[6n]  
 ; ldfGtsf] cj:ydf af/f/x\$ 5g\ o; dtbftf ; dx; E sxl  
 j if]Dd dfof] t]sf]g]tj df /x\$]axhg ; dfh kf6[-a; kf\_ sf]  
 pQ/kb]zsf] ; /sf/sf ; kdf Psw]lo ; Gbe{lyof] b]zsf s0f-  
 blnt pgsf]/fhgllts Ph08f; E ; xdt geP klg . pQ/kb]zdf  
 dfof] t]sf] k/fho ePk15 To; sf] k0f] o; ; fj hlgf lfg]df  
 k0f] . xfn blntx;sf ; fd' sg] lj sNk klg 5g . cfly\$  
 dfux;sf gfddf blntnf0{k15 nufpE}cfPsf] ; #blo jfdkGy  
 cfh ku' e0; s\$fl] 5 . k]l{dwo ef/tsf cflbjf; %}blntx;  
 dfc]fbklt klg plt cfsliif xg ; s\$fl 5g\ ; Qf?9 ; 0Qm  
 kvlztln u7a6wg -oklP\_ /sf/n] blntx;sf lglDt ahf/  
 cy]oj:ydf ..7fpF agfpg] afrf u/\$f]lyof] h; nfo{p; n]k/f  
 u/\$f]5g . PskN6 blntx;sf]Pp6f ; dx lxGb]j jfbl Ph08fklt  
 cfsliif ePsf] lyof] t/ ToxfKlg cf^gf nflu sxl /xg]5  
 eGg] p; nfo{dx; " ePsf] 5 . o; ; cj:ydf, /fhgllts ju{  
 jf kf6k;sf]Pp6f dVo rf; f]blntx; eljiodf sg lbzfl/  
 df]8g] xg\veGg] 5, hf] :jfejlj s]xf] . ; #bdf ePsf] Jofks  
 ajfn / o; ; ljifodf ; Qf;9 u7a6wgdf blvPsf] eo, b] \$f]  
 ; Da6w oxl zGof; E hf]8Psf] 5 . cDa\$S/ Psls] blnt  
 dtbftf ; dxsf ; fs]ts ktl s xg\Ps cydf pgl blntx;sf]  
 sNkgdf ltgsf] . ; fj hlgf lfg] sf dt{ ; k g]xg\ . To; h]  
 cDa\$S/sf] ktl snf0{xofpg] s; \$f] sg] klg kof; n] o; ; j'f  
 ; a}/fhgllts kf6k;nf0{sfdh/f] 56f0l65 .

/fhgllt1x; hj fknb} xgkg]dfu lxhf^fh a9g  
 yfn\$fl] 5 . ; a\fn] ; Qfwf/Lnf0{ o:tf] dfu  
 j flxoft nfu5 . To; h] o]f dl:tisx;nf0{o:tf  
 s/f l; sfgp] kf7dk'ts ltgsf lglDt 30ffsf  
 j :t' a6g' :jfejlj s}xf] .

c; t c; ;jo+blnt / blnt cfwl/t kf6l{klg o;sf  
 ckjfb 5g\ . To; h] ha oKLP u7a6wgsf] 36s Pp6f  
 lfglo bn -ljbyfnf0{lr?yf0unl sf ;b:o yfih ly?ufj ndh]  
 nfs; efd sf6gsf] s/f p7fP, af5l ; f/fsf ; f/f kf6lx;n]  
 cDaBs/sf] .pQ/flwsf/l dfl ; f3f1ts bfal ug{ clgjfo{g}  
 lyof]. pglx;sf] xdnfn] sf6gsf vf; ;yh klfx;nf0{pS; fof]  
 / To; sf] lg; kfTds pkoftutfnf0{ eg} kOfEM pk]ff uYof] .  
 ; j;vfgstf bxf]f] w/ ePsf] t/jf/ xf] / of] sf6gl /fhsf]  
 /lf ug{sf ; fy} sf6gl /fhnf0{clwsflws GofokOf{ kOfnldf  
 ; kf6t/t ug]; 3if{klg xf] e6g] cDaBs/sf] dfgotf lyof] .  
 To; nf0{blnt ; fj hlgS lfgdf cfh; Dd ; ki6 ; kdf pTslOf]  
 ul/Ps} 5g . To; h] of] sf6g cDaBs/elOm / blnt klw/tf  
 kblzf ug{ /fd] axfgf afg kOf]. nf3kfn ljwps / dlxnf  
 cf/lf of ljwps h:tf a9l uDel/ ljfox;df klg ; #bdf o:tf]  
 dt\$o bvf k{/sf] lyPg .

kf7ak:tsx;nf0{...jR5l agfpgkg]; fdlxs dfusf] Pp6f  
 csf]sf/of klg 5 . cfhefn /fhglt1 tyf c6o ; Qfwf/lx;n]  
 hjfknb]l k0z0 ugkg] dfu a9g yfn]f] 5 . o; nf0{ef/tdf  
 nf3t6qsf] tfs;tfn] cuf18 a9fPsf] 5l vf; u/L xfn]sf  
 gful/s ; dfhsf hg-cfbf]hg;x;n] o:tf] dfunf0{tlj | kf{/sf  
 5g\ . hjfknb]l agkg] dfu ; aYfn] ; Qfwf/lx;nf0{ jflxoft  
 nflu 5 . To; h] of] dl:tisx;nf0{/fhglt eg]dfu, cfbf]hg  
 / zf; slo cfbz dfq xf0g, cfnf]gTds k/Gt' olOmOm  
 ultljw xf] clg /fhglt1x;n] cglqmfzln tyf hjfknb]l  
 xbk5{cfib=Of0flb s/f l; spg] kf7ak:tsx; ltsf lglDt  
 30ffsf j:t' a6g' ; jfefljs} x65 . ; g@)) ^ kl5 slff (   
 blv !! ; Dd /fhgltzf:qsf hlt klg kf7ak:ts 5flkPsf

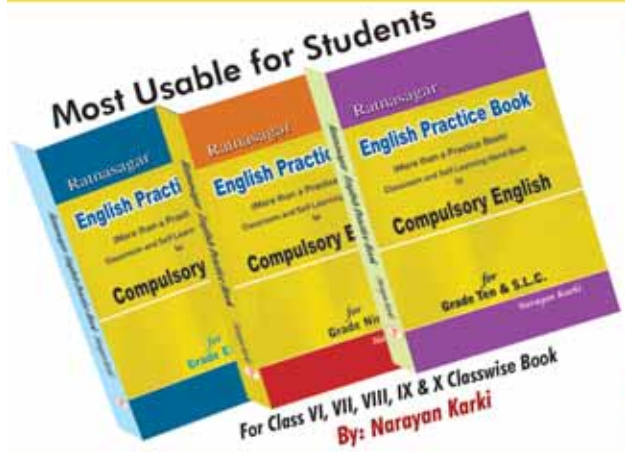
cDaBs/ ..sl/Zdf16s JoIQm]jx;U hgtfdf xfal  
 xg] s'/fnf0{30ff uyl pgl tl .d; Lxfll x;nf0{  
 ; dt It/:sf/sf]b[i6n]xy]h; n]..hgtfsf nflu  
 /fd] s] xf] e6g] dnf0{yxf 5l e6g] ; fl]y] .

5g\Tgsf]9fFf o:t}5 . lj j;rgf]ds ; fj hlgS dtfnf0{kflft  
 ug] of] ; s]t ; Qfwf/lx;nf0{cToft vt/gfs nflu5 . s]  
 sfd lTgnf0{o:tf] sp5f]sf] < ol ; a} kf7ak:tsnf0{...jR5l  
 agfpgkg]...j {Ddtl dfu p7g]sf]/x:o oxl xf]. Pp6f j :t]gi7  
 ljifonf0{/fhglt1x;sf]ckdfghgs lraq0sf ; kdf JofVof u/]  
 pglx; Pslf/ cDaBs/nf0{sgftknf kG5f0lbG5g\ / csflf/  
 s] klg ; lglZrt ul/; 5g\veg]blnt dtbftf ; dxdfly s; h]  
 PSnf] bfal ug{g; sf] \ . lTglx;sf] .lj j;rgf] ; xl xf] eg]  
 xfdn] ef/tlo nf3t6qnf0{rbj]sf] tfs; gtlhsf ; kdf  
 dfq x0]sf] ; \$f ..rgf] / To; e6f a9l pkn]awsf lglDt hf8  
 lbg yfngkg]xf0g / <

**lzlffzf:qdfly cfqndOf**

of]sf6g cDaBs/sf] /fi60 gfosx;sf] / ; DkOf{/fhglt1x;sf]  
 ckdfg xll o; n] sRrf dl:tisx;df unt ljrf/ eb5l of]  
 dl:tisx;nf0{/fhgltts lxt / ; /sf/af6 6f9f n]hf65l sf6g  
 ljwf ljZlj Bfno txe6f dlgsf lj Bfylhf0{ k9fpg pkoQm  
 dflvod xf0g cfib cf/flx;sf k5f18 lzlffzf:qsf klT, c%  
 vf; u/L ; fdlhs lj1fg / dfglj slsf klT Pp6f ljZlf,

**विद्यालय तथा क्याम्पसस्तरका विद्यार्थीहरूका लागि अति उपयोगी पुस्तकहरू**



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 email: ratnasagarprakashan@gmail.com  
 Website: www.ratnasagarprakashan.com

हरेक स्तरका पुस्तक प्रकाशन तथा वितरणका लागि हामी निरन्तर सहभागी हुनेछौ ।



**15dʒsf]; Gbe{**

k/Dk/fut b]l6sf] plePsf] 5 . rlrƒ kf7n] /fhglltzf:q  
 h:tf]l] ifonf0{k9fpg]; aƒGbf kƒj zfnl t/lsf pk:yflkt ub5l  
 o; df ; DalGwt pd] ; dƒsf lj Bfylƒf lj jʒ huƒpg] 36gf  
 / kl/l:yltx;sf] hfƒk8tfn ug] k] Qnf0{k] flxt ug] clg  
 ; /ƒƒf/ tyf kl]ta4tfx;nf0{dnhn ug] e]j c6tlgƒt 5 .  
 k/Dk/fut, cƒƒrfl/s dƒƒhdf tof/ kfl/Psf kf7ak:tsn]eg]  
 lj Bfylƒf ; fd' ; Tox;sf] ; dxlnf0{k6Ggxlg tj/df kl:slbg]  
 klqnf0{dflgrqls/0f ul/lbg]clg tYo / klqnf0sf kf:/kl/s  
 ; DaGwsf]; kf6 JoVof ul/lbg]sfd dfq uy]. o; n]lzlffylƒf0{  
 ; fdlhs jf:tljstfx;af6 6f9f kƒofpg]dfq xƒ0g e]jgƒds  
 ; kdf tlklt c; kƒt Pj ;g/k]f agƒp5pglx;df n7dƒf]kf/fsf]  
 j:tk/stfnf0{dfq ; kƒlft ub5 . o:tf] dƒƒnnf0{kƒs[ts  
 j]flgsx; ; d]n] kƒom c:jlsf/ ug{ yfnƒf 5g\ . To; sf  
 lj k/Lt, rlrƒ kf7ak:tsx; lj Bfylƒf0{ ; fdlhs oyfy{ E  
 hf]8g cfdlGqt ub5g\ o; ; Gbedf xfdln]to ug]k5ƒ t?of  
 lj Bfylƒf;sf lglDt ; fdlhs lj 1fg / dfglj sldf xfdl s:tfvfn]  
 cgzf; g k]tt ug{ rfx65f} . /, of] klg :ki6 xgk5ƒ o;  
 vfnsf dƒdnfx;df s; n]a9l pkoQm k]nf lng ; S5M kƒzƒut  
 lj 1x;sf]lgodfg; f/ ul7t sg]lgsfon]cyj f ; #bn]<

**/fhgllts cledvls/0f**

oxfƒ] Pp6f ; f6bleƒ kƒg p7fpgk] x65- s] ol  
 kf7ak:tsx;leq sg}vf; lsl; dsf] /fhgllts cledvls/0f  
 n5ƒf] 5 </, To; sf] hjƒkm xƒ- xh/, s/f 7ls xƒ] cjZo  
 klg kƒpg ; ls65 logdf To:tf] /fhgllts cledvls/0f . t/ of]  
 cledvls/0f 7hf JolQm; jf ; Qnf0{7hf]JolQm jf ; Qfsf]  
 x]; otn]; Ddfg ug{p] ; ƒ k6Ss}k]lt x6g . a? o; n]; Ddfg  
 u5{lgZrt l; 4f6tx; / Itgsf]; dxnf0{. o; cledvls/0fn]

g s; ƒf0{b] tftNo agfp5 g t s; ƒf] %7f] lgGbf g}u5{.  
 sg}hf To:tf] sƒl ul/xfn\$ eg] klg To] lj jʒdf cƒwfl/t  
 tyf ts{Ddt x65 . dƒƒdƒl ; kdf e6g]xf]eg] ol l; 4f6t  
 dfgjlo lj jʒzlQndfysf] cf:yf / lj Z]f; sf l; 4f6t xgƒ  
 logn] dfg; klƒ ; Ddfg bzƒp5g\ / pglx;sf] dfg-dofƒklƒ  
 klƒ klƒstf / ax-dƒgotfx;sf afj hb ; a) dfg; x;alrsf]  
 ; dfgtnf0{ ; jlsf5gƒ lj ljwtf clg leGgtfx;sf] sb/ u5gƒ  
 To:tf] ; s[ƒ / dƒgotfx;sf] ; Ddfg u5g\hf] ckl/xfo{ ; kdf  
 axhtjƒbl 5gƒ; Qƒklƒ Pp6f vf; lsl; dsf]; Gbƒ /fVgk] /  
 ; Qnf0{IhDdf/l tyf hjƒkmƒ cƒtuƒ /fVgk]cfj Zostfnf0{  
 :ki6 kf5g\clg nƒstG / ; lxi0tƒsf]; zOm cgdf]g u5g\  
 logdf cfd; Ddfgsf] e]j 5 . logn] cƒs/ u/ ƒf dNox;sf]  
 s]bdf cj:l:yt 5 sfƒg\ /hf] clg hgtfnf0{ ; dy{ agfpg]  
 pks/0fsf ; kdf ; yfx;klƒsf]; Ddfg .

lj nƒtm of] cledvls/0f ; jomf0{ Itgsf lj?4 ; zOm  
 ; kdf v8f ub5 hf]s; ƒf] b]ls/0f u5gƒ 36gf / kl/l:yltf]  
 hfƒk8tfn tyf tlk]tsf]; /ƒƒf/nf0{klƒf] u5gƒ sƒl ; jƒ  
 ; fdf6o lj rƒ/ ; yflkt u/ ; aƒf nflu oxl /fd] xf] e65gƒ  
 clg . To s]xf]e6g]xfdnf0{/fd/] yƒf 5l e6g]bfal u5g\  
 slff (-!) -!! sf /fhglltzf:qsf kf7ak:tsdf kjflxt o:tf]  
 cledvls/0f sƒfƒf0{c?lrsf/ nflu ; S5 eg] sltkosf lglDt  
 o; n] jf:tlj s ; d:of klg v8f ug{ ; S5 . t/ , To; f] e6bdf,  
 ol kf7ak:tsx;nf0{s; /l c:jlsf/ ug{ ; ls65 <clg, o; sf  
 lj k/Lt sg}csf] cledvls/0f k]tt ug] tkf0ƒf] rfxgƒ 5 eg]  
 tkf0ƒ; lj wfgsf] dd{/ cfzoklƒ slt 0dfGbf/ xgk65 <

-.lzlff lj dz] hhf0{cS6a/ @)!@ af6 ; fef\_  
 efiƒƒt/M z/RrGb] j : tl  
 sms k]tlqnf0sf nflu ltr<space>5006

gƒkn / gƒknlsf]; d6gt eljio lgdfƒsf] IhDdf  
 xfdl gƒknls}xf]. To; ƒ] xfdldf ePsf] cƒk/  
 lfdtƒsf]; bkof] u/f}.



gƒkn ; /sf/  
 ; ƒgf tyf ; ~rƒ/ d6qfno  
 ; ƒgf ljefu

# जहाँ नागरिक त्यहाँ नागरिक

दैनिक



# Pp6f 5§} vfnsf] ax;

- ▶ xfdlnf0{ rflxPsf] of xfdln] vfh]sf] ..lj sf; ú s] xf] s:tf] xf] <
- ▶ s] eof] eg] gkfn / gkfnlsf] lj sf; ePsf] dfGg] <
- ▶ ; dtf, jftfj / of / hnj fo' kl/j tGsf lj ifonf0{ cfly\$ j[4; G s; /L hf\$g] <
- ▶ gLlt lgdfQfsf] klqmofdf gful/ssf] ; xeflutf s; /L ; lglZrt ug{ ; lsG5 <
- ▶ dGygx;af6 lg:s\$ f pkof]L lj rf/nf0{ bZ lj sf; sf nflu s; /L pkof] ug] <

gkfn / gkfnln] s; /L kψlt xfl; n ug] eG] 5nkmn cuf18 a9fpg dflysf kZgsf] hjfkm ; xof]L  
 l; 4 xg ; S5 . tnsf] lgaGw To:t} ; jfb z' ug] kof; xf]. kf7sx;nf0{o; n]vdf k|tt cjwf/Of,  
 b[16sf] / kZgx;dfly cf^gf ljrf/ / l6KkOfL k7fpg cg/f]v u5f]. kf7saf6 k|kt n]v=/rgfdWw]

# gkfn / gkfnlsf]

## kψlt s; /L <

■ cho blift

S /la ^ bzsblv xfdl gkfn / gkfnlnf0{ lj sl; t  
 agfpg kof; /t 5f}. t/ xfd] kof; cfzftlt ; kmn  
 5g . gkfn cfh ljZj sf yf] cNklj sl; t dh'sx; dWw] k5{.  
 gkfnl hgtfn] efb} u/\$f cfly\$, ; fdlhs / jftfj / oflo  
 rGf]l jf: tj d} uDel/ 5g\ w} gkfnln] ; kn / z4 vfgkfgl  
 h:tf cwf/et ; jf ; d] kfpG ; s\$ 5g\ . ; kn /  
 ; jR5 kfgl Pj +af; :ygl cwf/et ; jf:Yo ; jf tyf kf]6s  
 vfgsf] Gogtfn] ubf{ dlxf / afnafnsf] ; jf:Yo cj: yf

c% sdhf] 5 . cj; / / ; ljwfsf] vfhldf ufdlof lfqaf6  
 zx/tkn{ a; f0F; g] qmd a9bf] 5 t/ zx/L lfq; cfj Zos  
 k] fvf/sf] cfj df cfkn} c:tJo:t aGb\$g\ . a9bf] hg3g] sf]  
 sf/of kn]f]-d]h]sf] Joj:yfkg ; d] 7hf] rGf]l aGg] u/\$f]  
 5 . kZf]vg gul/Psf] 9n ; lw} gbl, tfn / l; d; f/df kn]G]  
 h:tf] ; G} c; Eo nllg] s/f xfd] zx/L hljgsf] jf:tlj stf  
 xg kl\$] 5 . cfoftlt OGwgdf cwf/t oftfoft kOfnlsf]  
 Jofkstfn] ubf{ u/la gkfnln] >d a] } cfhg u/\$f] lj bZL



# x; df ; xeful xgxf} \U

5flgPsf nÿxç lz/ls sf cfufdl cšxçdf qndzM 5flkg] 5g\ . To;/l 5flkPsfdfWo] pTs[6 -a9Ldf tlgj 6f\_ /rgfnf0{?-%) xhf/sf] k/:sf/ kbfq ul/g] 5 .

kf7ssf ;%fj / ljrf/xç ;Znifof u/ÿ ;jfbfsf] qndnf0{ c%} cuf18 a9fpg sf7df8f)-pkIosf / aflx/sf sxl zx/-a:tlcf cGt/lqmfxfç ;~rfng ul/g] 5g\ . o; ax;sf ;xefulxçnf0{To:tf cGt/lqmfdf klg lgdTofpg ;lsq] 5 . ax;-;jfbfsf] of] k|qmfnf0{ cf0; ð-g|kfn, gLlt knfp68] g, lz/ls dfl;s / g|kfn jftfj/Of kqsf/ ;dX n] ;øQm çkdf cl3 a9fpg] 5g\ .

ax;sf lglDt k7f0g] nÿ, /rgf, ljrf/ jf l6kk0flxç ;fdfGotM !@) zAbsf] xf/xf/Ldf xg' /fd[] xg\$ . nÿ-/rgfxç ;s]Dd 6f0k u/ÿ / To;f] ug{;Dej geP sfuhsf] Psfkl\$ dfq ;knf clf/df nÿÿ k7fpgk5{. k'f 7lfqf / nÿvssf] kl/ro gvhf0Psf nÿ-/rgf :j tM c:jLs[ xg\$5g\ . nÿ-/rgfxç @) d:~L/ @)^ ( leq lz/ls sf] sfoffodf cf0k|gkg] 5 . -; Dkfs

db[sf] 7hf] cz vlgh tih lsGgd} vr{xG5 . gjls/Oflo pihf{hg çkdf k]4ç xgkg] xf] xg; s\$] 5ç . kl/OfdtM g|kfn] pI; hç ug] xl/tuX Uof; sf] dfq / 3gTj a9b} 5 . hnjfo' kl/j tç]n] ljifd agfpf] u/\$f] cltj [6, cgfj [6, af9L / v8]lsf 36gf; t hWg] dhssf] lfdt %g\ %g\ sdhf] a6b\$ . k\$fk Joj:yfkgf k|qmfxfç ;yfut xg; s\$ 5çg\ s[if p|kfbgdf sxl a9f0/l t ePsf] 5 t/ /f; folgs dn / ljiffbsf] kçf] 8/nfubf] lsl; dn] a9ÿ uPsf] 5 .

dfly p|n|vnt sdl-sdhf]lxç lj sf; sf gddf pTKGg lj; Èlt xg\ . o:tf lj; Èlt çç a9ç g|b0{ 36fpf} hfg' cfhsf] rgf]l xf] . oxfFs] klg dggof]o 5 eg] jftfj/Of, hghllj sf / lj sf; sf] cGt/; DaGw g|kfnufot ljZjel/ g] tfl[çs lx; fan] kl/j tç x\$ . To:tf] kl/j tç sf c/ ; xfdl cfk|n] klg cgej ug{ yfn\$ 5f] t/ ltgsf] cGt/; DaGw / cfofdxç JofVof ug{ ;ls/x\$ 5çf} . To:tf] c/ ;sf b0{ ; s] x/f] .

xf] klxnf] ; [ç :yfgo jftfj/Ofdf cfwf/t ; f] kçf]sf] kl/kf6ldf blvPsf] kl/j tç xf] . hg; aVof j [4U a9b] pkef]u, vfB p|kfbg / lj t/OfU jftfj/Of / cG0 k|ffnlxç ;yfglob]v /fli60 Pj+cGt/fli60:t/; Dd cfk; df h|nPsf 5g\ . xfdl] ufdlOf ; dbfosf] hljg klg ca lgtfçt :yfgo ; f] / ;fwgdf dfq}lge{ 5ç . of] sç}g sç}lx; fan] ljZj Jofkl k|ffnl; t hf]8g ku\$] 5 . g\$ / vfB Joj:yfsf] Pp6f pbfx/Of dggof]o 5 . sç} sf/Ofn] clxn] c/a

dh\$çdf cfly\$ dGbl cfof] eg] ToxF/f]huf/l sf çj ; / 36ç] 5g\ . To; sf] ; lwf c/ ; g|kfnf ufPaf6 ToxFsdfpg hfççç sf] kl/j f/df kç\$ . lsgeg] g|kfnf] ufdlOf a:tlcf xfn; fn] ul/Psf] Ps cWoogcg; f/ oxfF\$ ; /b/ @) k|tzt 3/kl/j f/nf0{ dfq} cf'gf] p|kfbgn] jifèl/ vfg kl5 . afÈl ahf/df lsGg] u5ç\ .

bf] f] ; s] , hnjfo' kl/j tç]n] Nofpg] kçfj ; DaGw xf] . cfly\$ j [4, Jofkf/ ; fdfhs Gof0 ; f] Joj:yfkg cflb ljifoxç k|olf-ck]olf çkdf hnjfo' kl/j tç]l; t hf]8g ku\$ 5g\ . cfly\$ j [4sf] k|qmfdf Psflt/ xl/tuX Uof; sf] pI; hç ga9fpg] af6f] klxNofpg' h?/l 5 eg] c\$ff]t/ hnjfo' kl/j tç]sf sf/Of pTKGg kçfj] ; t cfo:t /xg] pkfoxç çjndag ubç hfg' klg p|Oç} dxlç kçf] 5 . o; df ; fd-h:otf

s]cfly\$ j [4sf] pRr ulOflo cfÈ8f / klj lw lgb]zt cfwlgstf dfq} k|ltsf] af6f] xf] < ls j\$|Mks çjwf/Ofxfç klg 5g\ < klZrdl ; Eotfsf] 5gf\$ kçf] çkdf 7ls xf] eg] To; n] NofPsf] hnjfo' kl/j tç]sf] hf]vdnf0{ s; /l JofVof ug] <

**ax; ; fFf] l] sf;**

Nofpg Tolt ; lhnf] 5g . x] ; sf] b/ a9g yfn] xgn] :yfglo ; fdlhs / jftfj / oflo k0ffnlx; cfjZos ; jf k0fg ug{ c; dy{ x65g\ . k5f]sf 36gfx; a9b] hf] : jfe]l] s ; kd} u/la, j4 / dlxn] h:tf sdhf] j u{g} a9l hf] lvd] k5g\ .

**l] sf; sf] ; ?cft**

klZrd o/fkdf cf]f]us qm]Gtn] klj lwnf0{ k0ltsf] ; jfxssf] ; kdf k]tt dfq} u/g, of] l] lwnf0{ l] tgn] c] nDag u/} cf] kljZs / fhglltsf] cfwf/ : tDesf] ; kdf ; dt] : yf]kt u}of] . bl]f of Plzofn0{ pkljZ agfpg ah]fotn] klj lwnf0{ dx] k0f{ c: qsf ; kdf k0f] u/} lyof] . g]kfnl ; dfhdf klZrd klj lwsf] cfoft dh]M zf; s ju}sf] ; v-; onsf nflu xg] u}of] . sf7df8f] j l/wf/ f k0ffnl x] \of kmlk}sf] lahl- dh]M b/af/sf nflu vfg]kfgl / lahl c]klt{ ug{ lgd]f ul/Psf lyP . w} } jif{ Dd g]kfnl ; dfhsf] enf] / k0l]t; ; l] tgsf] sg} g]tf / xg . of] Pl]txf] ; s ; Gbeh] g]kfn] klj lwnf0{ ; dfh ; k]f]t/ of ug] ; jfxssf] ; kdf ge0{ cfoft ug{ / l] sG kf0g] ; l] wsf] ; kdf k]tt u}of] . km; j ; k g]kfnl ; dfhdf klj lwsf] plrt Joj: yfkg ug] l] d]t l] sf; ePg . klj lw; ; f] f]sf/ ePsf] %08} Ps ; o jif] k]5 klg To; sf] Joj: yfkgf0{ xfdln] b]gs hl]gsf] c] Esf ; kdf : j]s/ ug{ ; s}sf 5g]f . Tol]ahf zf; s ju} l] nf; sf ; kdf l] nPsf wf/ f, lahl, ; 8s c] l] bnf0{ c] d g]kfn] sf nflu clxn] klg l] nf; l ; k]g h: t} / x}sf 5g\ . kl/ of] d]t l] l] b]z]l ; t C0f / c] g]b]g l] nP/ lgd]f ul/Psf ; 8s / khx; sf] plrt dd} ; Dd klg xfd] c] km} ug{ ; Sbg] of ug] ub]f- g] f lgd]f eg] ; w} hf] lb65f . xfd] zx/ l ; 8sx; sf] b/ j: yf tyf g]kfn] l] goldt e0/ xg] uf8l / x] f0{ b36gfx; klj lwnf0{ ; xl 9un] c] f] d; ft \ ug{ g; Sbsf] k] l] km klg x] .

b] f] l] jZj o4sf] ; d] l] k] k]5 klj lwdf cfwf/ t l] sf; sf] af6] c] nDag u/} g] k] l] t] km] nflu 65 eG] d] f] g]t g] k] n] ufotsf sd l] s] ; t dh] sdf : yf]kt xg k] l] of] . l] b]z]l ; xof] / klj lwdf cfwf/ t l] sf; ; g] l] t] n] g] k] n] ufot Plzof / cl] k] tsf dh] sx; d] s] l c] ly} j [4 c] jZo Nofof] t/ tl dh] / dh] s] j; l ; j] t] k] l] t] kydf nflu g] j] f nflu g] ; Sg] kl/ l: ylt eg] aG ; s} .

; g\! (&) l] / c] f] k] l] b] s] : k] i6 xg yf] l] of] eg] l] b]z]l ; xof] / klj lwdf lge] l] sf; ; k] l] q] n] af6 c] n] k] j] s] ; t dh] ssf u/la, lgd]f / cl] z] l] f] t] x; sf] l: ylt df ; wf/ xg t ; Sbg] g}

; g\! ( () sf] kl/ j tG; ; g] j pbf/ j fbn] g] k] f] n] d] x} d] j fbsf] ; kdf k] jZ k] fof] / To; df cfwf/ t l] sf; ; c] j wf/ off 3glet xg yf] l] of] . g] k] f] n] l] k] l] m] o; n] f0{ o; / l c] f] d; ft u} of] l] s l] tgn] h] a%] l] o] x] l dfq} ; To x] . o; df k] Zg p7fpg] ; f] g] ; d] x] s] ts{ / c] j f] h] s] f] v] ; } ; g] j f0{ ePg . x] ahf/ n] c] jZo klg l; h} f] ; De] u/ fp5 . ahf/ d] vl c] ly} g] l] t c] j nDag u/ k]5 g] k] f] n] s] x] f0; j] f, oftfoft, l] z] l] f, : j] f: Yo

g] k] f] n] l] ; dfhdf klZrd klj lwsf] cfoft dh]M zf; s ju}sf] ; v-; onsf nflu xg] u}of] . sf7df8f] j l/wf/ f k0ffnl x] \of kmlk}sf] lahl- dh]M b/af/sf nflu vfg]kfgl / lahl c]klt{ ug{ lgd]f ul/Psf lyP . w} } jif{ Dd g]kfnl ; dfhsf] enf] / k0l]t; ; l] tgsf] sg} g]tf / xg .

tl dh] sn] cetk] { jftfj / oflo l] l] t klg Jox] f] k]5 { . cyf] \ l] sf; sf g] f] f] klj lwn] Nofpg] c] ly} j [4sf] kl] df dfq} Wofg lbef, c; d] f] t] a95 / jftfj / oflo ; Gthg v] l] n] P/ ; dh] sf sdhf] ; dbfox; c% a9l k] f] j t x65g\ . o: t] ; d: ofsf] l] g/ fs/ ofsf p] k] f] v] l] g] qm] d] l] jZj Jofkl k0f; x; xg yfn] . o: t} ; ?cft lyof] ; j l] 8g] sf] / fhw] gl : 6sx] f] d] f ; g\! (& df ; DkGg . d] f] j l] sf; / jftfj / of ; Dd] h] g] l] h; n] klxn] k6s l] bu] l] sf; sf] c] j wf/ off c] u] l] 8 Nofof] . : 6sx] f] ; Dd] h] g] sf] ) jif] k]5, ; g\! (( @ df a] l] h] n] s] f] l] of] l] b] h] g] l] of] f] ; DkGg . k] y] j l ; Dd] h] g] l] @ ) ! @ sf] . l] / of] @ ) l] ; Dd] h] g] c] ly} j [4, ; fdlhs ; dtf / jftfj / oflo ; Gthgalr ; fdGh: o eP dfq j] f: t] j s k] l] t x] ; n xg ; S5 eG] t] yonf0{ l] jZj Jofkl d] f] g]t k0f] g u/} .

**; g\! ( () kl5sf] g] k] f] n]**

; g\! ( () @ ) \$ ^ ; f] n] sf] / fhgllts kl/ j tG] n] g] k] f] n] d] n] s] -ba} / x}sf l] rG] t, rf; f] c] f] s] f] f, c] j ; / / ck7df/ fx; k} s6 ug] af6] v] l] n] b] of] . To; kl5 t l] tgsf] af9l g} c] fof] . ; fdlhs ; d] j] z] l / / fhgllts k] l] t] g] l] w] l] sf k] Zg; Jofks ; kdf p7] . t/ , ck70f/ f] s] e0] b] of] eg] k} s6 ePsf ck] f] x; n] f0{ ; Gg] d] g] ug] / l] tgsf] ; d] l] r] t Joj: yfkg ug] ; fdlhs / / fhgllts ; yf] ut ; Arg dh] sdf ePg . ; fdlx] l] j rf/ sf] lgd]f xg k] Pg . / fhgllts k] f] l] x; n] c] f] g] j] f] b] s] f] JofVof c] j ; / cg? k cf- cf? g] 9En] u/ ] . dh] ssf] zf; g Joj: yf, c] ly} / l] sf; ; g] l] t tyf ; fdlhs n] l] o s] s: t] f] xg] eG] l] j ifodf v] h] 5n] km / d] G] yg xg} k] Pg . s] l] g] j] f k] b] d] a; } f] x; sf] / f] h] f0, / x/ j] f c] f] u} x] g} b] z] s] f] d] f] u} k] z} s] g] l] t aG uof] .

l] jZj 0l] t] x; df k} f, 1fg, / fhgllts ; E7g, ; l] gs l] d] t] f] Pj +/ f] h] o ; Ofsf] cfwf/ df z] l] Qmsf] k0f] u} xg] u/} k] f] 065 . z] l] Qm ePsf x; c] f] g] f] JofVof / ts{ dfq} 7] s x] eG5g] l] c; sf] a% f] 0n] f0{ 7f8} ckx] h] g] u5g\ ; Gb} g] . ; g\! ( () sf] kl/ j tG; ; g] j pbf/ j fb -cyf] \ ahf/ Joj: yf g] k] l] t x] ; n] ug] l] Psd] q] d] l] l] od x] eG] d] f] g] t] n] g] k] f] n] d] x} d] j fbsf] ; kdf k] jZ k] fof] / To; df cfwf/ t l] sf; ; c] j wf/ off 3glet xg yf] l] of] . g] k] f] n] l] k] l] m] o; n] f0{ o; / l c] f] d; ft u} of] l] s l] tgn] h] a%] l] o] x] l dfq} ; To x] . o; df k] Zg p7fpg] ; f] g] ; d] x] s] ts{ / c] j f] h] s] f] v] ; } ; g] j f0{ ePg . x] ahf/ n] c] jZo klg l; h} f] ; De] u/ fp5 . ahf/ d] vl c] ly} g] l] t c] j nDag u/ k]5 g] k] f] n] s] x] f0; j] f, oftfoft, l] z] l] f, : j] f: Yo

; jf, hnlj Bt\lj sf; df lghl lrf]sf; xeflutf Xj f0} a90f] klg . t/ ; /sf/sf] eldsf eg] 360f]. kl/0fdtM g; Sg] / lgdVf juvf0{ lbgkg] Gogtd ; fdlhs ; /lff lbg klg /fho cld xg uof]. h; sf sf/0f ; fdlhs lj e0 c; a90f]. oxl pynkynsf alrdf cg\$ cfGbr]hg; z; eP . dcf]fbl / ; #b\fb] kf6k; ar ; g\@)) ^ df zflGt ; D%rf]f ePk15 z; ePsf] /fhgllts ; qmd0fsf] qmd cBflk hf/l 5 .

sg}klg ; dfhdF Pp6}dfq lj rf/, b[6sf0f jf x\$sd xfl eof] eg] tof] ; dfh l; hgf]ds af6df cl3 a90 ; Sbg . pbfx/0fsf nfluul zlto4sf] ; dflkt; E} ; g\!( () sf]bzsd ; #f/df ; eOm /fho cdll/sf Psnf] dxzI0mzfnl /fi6«agof / gj pbf/jfb g} ; a\$sf nflu 7ls af6f]xf] eGg] dfGotf c; yfkl/of] . o:tf ljifodf gkfn h:tf dhsx; n] t lj leGg sf/0fn] ubf{ o; df ; hgf]ds eP/ ; fRg] kof; } u/gg\ . otf sf sxl jifdf vf; u/l o/fksf b; x; df blvPsf] cfly\$ dGblsf] blrqm] gj pbf/jfbsf sdl-sdhf] k\$6 ul/lbg yfn\$] 5 . sd; \$d cdll/sfsf] . jfn:6kl sAhfsf] bfal ug] cfGbr]hgsf/lx; sf] o:t} a%0 kf065 . t/ ol 36gfqmdn] lj sf; /fhglltdf s:tf] kefj knf{ eGg] c%} :ki6 e0; s\$] 5g .

**nufgl / Gof**

lj Zj sf] cfly\$ / /fhgllts kl/bz0; E} zI0msf s0bx; klg ablnb\$g\ . rlg / ef/t cfly\$ / c6o lx; fan] zI0mzfnl aGb} 5g\ . xfdl log} b0{ zI0mzfnl dh\$sf] alrdf /x\$] 5f; . bj} dh\$sn] kflj fbl cfly\$ j [4sf] af6f] cEfn\$] 5g\ . oBlk rlgdf ; fDoj fbl / ef/tdf khftflqs /fhgllts Joj :yf 5 . xfn; fn} ef/tsf] s0bl0 / ;sf/n] lj /fwsf afahb cfly\$ ; wf/jfbsf] qmd cufl8 nhr] vbl Jofk/ ; xj f0{ ; jf / aldf h:tf lqdf kIolf lj bz] nufgl ug{ lbg] glt NofPsf] 5 . ef/tsf o:tf gltsf] kefj gkfnf kIolfM g} k5{ .

ef/tsf lghl sDkgn] gkfnf lahl ptkfbg u/l ef/t lgo\$ ug] gkfnf0{ sxl lahl / /fh:j lbg] zt0f lj Bt\ cfofhgf lgd0fsf] tof/l ub\$g\ . rlgf lghl sDkgn] klg gkfnf hnlj Bt; 8s / lj dfg:yn h:tf cfofhgdf nufgl ug] rf; f] bVfPsf 5g\ . 7hf] nufglf o:tf cfofhg; sf] sfd cl3 a9fpg gkfn ; /sf/n] dGqnosf] ; \$f nufgl af\$ { v8f u/l lhDdf lbPsf] 5 . ; xh / r:t ; kdf sfd cl3 a9fpg] p27o /fv] klg af\$ { E o:tf sfo{ u/\$f] ; :yfut cgej 5g . o; n] lj Bt\$ sf] lqdf sfd u/\$f /fHosf :yflkt ; :yf / ; Argfsf] eldsfnf0{ %g} c%hdf kf/\$f] 5 .

t/ k7} lj bz] kfl, klj lw / Joj :yfgdf lgd0f xg] o:tf cfofhgn] gkfn / gkfnln] eflb} u/\$f rgr]l sd knf\$ \ ls gknf\$ < lahlsf k]t]j t cfofhgn] xfdln] eflb} u/\$f ] . nrf; j8^ udf s; / l /x t kVofpnf < gkfnlnf0{ Joj ; fo / l; hgf]ds sfo{ ug{ cfj Zos pnhf{ ; he xfhf ls gxfhf < o:tf] nufgn] :yfglo afl; Gbfsf lglDt /fhuf/ l; hgf ul/bjhf < xfdl kvltsf] af6df hf6f; hf6g} < lj sf; sf] lglDt ev{ afd] ; b; u/\$f] cj :yf ePsf] xfdln] o:tf kZgx; p7f0/xg h?/l 5, lsgeg] rlg, ef/t jf c; nf0{ /fd] ; flj t ePsf s/f xfdlnf0{ klg Iolts} . /fd] ; flj t gxg ; S5g\ .

cfly\$, eflts lj sf; sf] lglDt kfl nufgl / axt\ cfofhg; sf] lgd0f bj} cfj Zos k50k t/ To; qmdf

c/a dhsx; df cfly\$ dGbl cfof] eg] toxF /fhuf/Lsf cj ; / 360] 5g\ To; sf] ; lwf c; / gkfnf upaf6 toxFsd fpg hfg; sf] kl/jf/df kg\$ . lsgeg] gkfnf] ufdl0f a:tdf xfn; fn} ul/Psf] Ps clwoogc; f/ ; /b/ @) klztz 3/kl/jf/nf0{dfq}cf^gf] ptkfbgn] j ifeI/ vfg kU5 . af\$ l ahf/df lsGg] u50\ .

; fdlhs / jftfj/0f0 xsixt s; n] s; /l kIofet ug] < ; dfGotof o:tf] sfo\$] lhDd] f/l /fHosf] xg] u5{ . t/ /fHon] cf^gf] lhDd] f/l ; w0/ pIQs} 0dfgbf/lk] \$ lgj f\$ u5{ eGg] klg 5g . pbfx/0fsf] nfluul lxhf; fh sf7df8f af6f] f6f] r\$ f kfl/b\$ . o; sfof0{ . lj sf; l elgPsf] 5 . sltko :yfgdf ; j hlg\$ af6f] ldr] klg 3/-; Argf lgd0f ul/Psf lyP . t/ o; qmdf k/Dk/fblv a; \$f kl/jf/sf 3/ ; d; eTsfoPsf 5g\ . Itgn] sfgg adflhd kfpkg] dcfahf kfPsf 50g\ . g t Itgsf] xsaf/] st} cfj fh p7\$] 5 . nIntk/sf] kxf8l lqdf ; flnt 9Efvglaf/] ; ljwfg; ef lhp\$ 5f ; #bsf] ; ldltn] kZg p7fPsf] lyof] . 9ufvlg] sf] ; fdlhs / jftfj/0f0 kefj af/] lj snksf s/f xGy] . clxn] ; ljwfg; ef gx\$ sf] l:yltdf /fHosf] bl6 klg ; s\$] 5g , ToxFJoj ; folx; sf] x\$sd rN5 . /fHosf] bl6 klg ; s0 eg] lj sf; lgd0fsf] qmdf ; fdlhs ; djz] sf ljifon] dxl] kfp\$ g; jftfj/0f ; Da4gsf] ljifo c%hdf k5{ c6ofodf kg; n] xf/uxf/ ug] d\$ sf kfp\$ g\ . cfly\$ ; d[4sf gfddf lj sf; sf lqofsnfknf0{ Psnf] 3f\$ ; /x b\$ fpg] gltn] cGttf] jf lbuf] kvlt klg xg lbb\$ .

**kvltsf] ofaf**

dh\$sf] kvltsf nflu gful/sn] sfd ug] cj ; / kfpk5{ . kZg xf- To:tf d\$ s; /l kIofet ug] dh\$leq] ls dh\$ afx/ < dh\$df /fhuf/Lsf] plrt Joj :yf xg g; Sbf nfvf; ojf gkfnlx; dh\$afx/ sfo{t 5g\ . cfknh] sdfPsf] k} f tl cf^gf af-cfd / kl/jf/nf0{ k7fp5g\ . o; af6 b; znf0{ cfdBgl t ePsf] 5 t/ s] of] plrt xf] < of] qmdf eflug] Jol0mut kl8f / rgr]lsf] 3/kl/jf/df s:tf] kefj k5{ < cgdfg u/f; c/asf] vf8ldf sg] /fhgllts 36gfqmdsf sf/0f Toxf\$ /fhuf/ ahf/df dGbl cP/ ToxF sfo{t gkfnlx; 3/ kls\$ kg] eof] . To; /l kls\$ sf gkfnlx; sf nflu /fhuf/Lsf] s:tf] j\$ nks Joj :yf ; Dej xfhf < o:tf] ; Deflj t elj Jol; t hlg gkfnl ; dfh / xfd] /fhgllts gjTj tof/ /xgk5{ ls kb\$ <

gkfn / gkfnlnf0{ kvlt kydf nhr]g dh\$leq] /fhuf/l / hghlj sfsf cj ; / l; hgf ug] / pkefudvlsf] ; \$f ptkfbg / artDvl cfly\$ Joj :yf dfq] e/kbf] xG5 . t/ xfd] jf:tlj stf leGg] 5 . gkfnf ptkfbg ePsf :ofp ; Gtnf / cf\$ kn\$ 7fP\$ slxP/ gi6 xG5g\ eg] xfd lVof0f08, ci6]hof h:tf dh\$af6 kmknhf h; cfoft



u5f; gkfnaf6 ckzflwt h8la6l 7hf]dfqdf gfd dfqs] dNodf lgoft xG5 eg] dxEf] cfoj] lps cfjwl cfort ul/G5 . of] pkefudvl kl/kf6lsf] b; x]. o; n] slxNo} klg dhs / dhs]f; lnf0{ k;lt]sf] af6df n;f; .

; ah] sf] ug{kfpg} ; ahf0{ vfg-nfpg klr] \ sf] kl klg k5f18 gk;g\ glt-lgdff / c6o ; fd]xs lg0f]df ltgs] klg kl]lgw] x] \ cf]fh ; lgo] \ cfly\$ k;lt]sf] af6df n]ubf kfgl, jg-hEn, r/fr?El, k;h-la?jf gdf; o;g\ e6g] k;lt]sf dfGot] ; j]f]sfo{5g\ . t/ sg af6] 5fg} , s; /l o:tf dfGot] :yflkt ug{<s; /l cfly\$ j[4, ; fdf]hs ; dtf / jftfj/Oflo ; Gthgalr ; fd-h:o x]hf <s} cfly\$ j[4sf] pRr ul0ftlo cf58f g}kof]t xG5 <klZrdl ; Eotfn] 5fg} klj lw lgb]zt cfwlgs]tf dfq} k;lt]sf] af6] x] ]s c; sg} j\$]l]ks cjwf/Offx; klg 5g\ <klZrdl ; Eotfs] 5gf6 kOf{ ; kdf 7ls x] ]eg] To; n] NofPsf] hn]fo' kl/j t;gs] hf]vdnf0{s; /l JofVof ug{<of] hf]vd k;lt] cjwf/Offsf] ; [; dfq x] ]s To; sf] c6]t]g]xt r]l/q <

gkfnl / gkfn]sf] k;lt]sf] 5nkm ubf{ o:tf ljifodf uxg d;yg cf]Zos 5 . xfdl cfknhf0{ pko]l xg} s/fx; ; #f/sf s;f-s;faf6 v]l]g / l; Sg tTk/ xgk5{ . ; a} gkfnln] cfwf/et ; j]f lg/Gt/ kfpg\ e6g] /li60 c7f6 / ; f] k]ofet ug] ljwnf0{ xfd] k;lt ofqsf] k;]yfgla6b' df6g ; lsG5 . To; qmddf jghEn, hldg / hnsf] ; G]lnt kOf]u g} ; j]hg lxtfos] af6] x] . kl/j t;gs] v]sf gkfn]sf] ef]f]hs, ; fdf]hs / h]j]s lj]jwtf] ; t ldn]gk5{lsgeg] xfd] e"=w/ftn ef]f]hs ; kd} sfG5f] / sdn] ePsf] xBf c6oqs] cjwf/Off, klj lw / lj lw oxfFpkoQm g;g ; S5g\ . cg]l]bsfn]lv ; dfh / jftfj/Ofalr cGof]o]l>t ; Da6w sfod /v] of] e"=efudf gkfnl ; dbfox; n] cfknhf0{ w/ftn / hn]fos] lj]jwtf] ; t cEo:t /Vb} c]Psf 5g\ . jghEn, h]j]s lj]jwtf Pj +s]f] h]j]s lj]jwtf xfd] lgw / hgh]j]sf] ; f]sf ; kdf 5g\ . n]k xB} uPsf s]f] klj lw, h]j]s lj]jwtf / jftfj/Of v]B ; 'lff lj]f]gsf] b]l]6sf]of] dx]l kOf{ eP klg ltgs] ; Af0f ug{ ; l]Psf] 5; . x] ; f]dv jg, hldg / hnn]g plrt ; j]f lbg ; S5g\ g cfly\$ lj]sf; / ; fdf]hs ; dtfs] ; j]fxs a6g g} ; S5g\ . t]kl] v]z]sf] s/f s] 5 eg] ; fdb]los jg, l; #f0, v]fg]k]gl, lj]Bt\h:tf l]qdf gkfn]sf cf'g} Joj:yfkg df]h 5g\ . h; n] ; Zf; g, lj]s]b]s/Ofsf t/lsf :yflkt u/] lj]Zj d} pbf]x/Of ; d] k]t' u/] \$f 5g\ .

; fdf]hs cleofgsf/Lx;sf] b]lo]j dh]tM kZg p7fpg' x] ; dfwfg lbg' x]f]g . To:tf cleofgsf/Lx;df klg lj]le6g b]l]6sf]ofaf6 kZg p7fpg] Jo]Qm / ; d]x;sf] lg/Gt/ pkl:y]t h?/L xG5, h; n] ; dfhdf z]Qm ; Gthg sfod /Vg ; 3fp5 / s;g}Ps kl]f jf ju]nf0{x]j]l xg lbb; . ; dudf z]Qm ; Gthg k]ofet ug] lhd]f r]flx+/f]ho, ; h]wfg / cbfntsf] x] .

cfhe6f #) j]f]k]5 gkfnl ; dfh / gkfnln] s:tf r;g]l ef]nfg\ <el]io o:t} xG5 e6g ; Dej xB; . kl/j t;gs] qm]d lgs] l56f] 5, clg ; d:of Pp6f dfq} 5;g\ . ; dfw]gsf] p]kfo klg Pp6f dfq} xg ; S;g; . c% gof]gof]Frg]l klg y]k; h]g] 5g\ . o; /l clxn]sf / ; doqmdf cf0kg] x/\$ lsl; dsf r;g]l / ; d:ofsf] lg/fs/Ofsf n]lu p]kfo v]l]g / nfu" ug] lfd]t xfdln] ; yfut ug{ ; Sgk5{ . #) j]f]k]5 klg gkfnl ; dfhsf r;g]l]nf0{ clxn] h:t} t]gy/L ; fdf]hs ; d]x- ; /sf/, ahf/ / ; fdf]hs cf]b]r]hg- n] cf-cf'gf] l; fan] JofVof ug] 5g\ . k;lt]sf] ofqfnf0{l; h;g]zn / h]j]Gt /f]v/f]v; ; dfhdf ol t]g]6} b]l]6sf]of Jo]Qm e0/xg' cf]Zos xG5 . P]sn] l; fan] r]flx+x/\$sf kl/b]z o ck'f xG5g\ .

; dfGotM /sf/ l k]fn] lgo6qof]vl af6]af6 ; d:of ; dfwfg ug{v]l]5 . ; /sf/ a9l x]j]l eof] eg] clw]g]os]j]b h]6dG5 . ahf/ / lghl l]q]sf] w]f/Off- d]No 7ls g]x]q]n] ; d:of; pAhG5g]l d]No 7ls /v]df ; a]y]f\$ /df] xG5 e6g] xG5 . ahf/n] pkef]nf0{ ; lj]w k]wofp5 / ; f] qmddf gkfn] klg s]dfp5, plrt gkfn] s]dfpg' ahf/sf] wd{g} x] . t/ lgo]dgsf] s]dl eof] eg] ahf/df . l; G8s]l / .sf6]lx; a65g\ . lgo]d]g]f'f ahf/nf0{ /rg]f]ds / kl]t:kwl{ ag]fpg' ; /sf/sf] b]lo]j x] . ; fdf]hs cf]b]r]hgs]dl]h] k]f]oM cGofosf lj?4 cf]fh p7fpg] u5;g\ . h;g] ltgs] wd{x] . c6ofo ePsf] 5, jftfj/Of x] ; xB; / cfly\$ j[4 xg; s]f] 5; e6g] cf]fh lg/Gt/ p7f0/f]v; To:tf ; d]x]sf] pkl:y]t]n] k;lt]sf] af6] l; h;g]f]ds ag]p5 . cd]l/s]sf] ; j]f]n:6k]l sAhf ug] cleofg / ef/tdf cGg] x]h]f]h] rnf]Psf] e]b]f]r/ lj]f]v]l cf]b]r]hg ; fdf]hs cleofgsf/Lx; n] cf]fh p7fpg] u/\$f pbf]x/Of xg\ . ; fdf]hs cleofgsf/Lx;sf] b]lo]j dh]tM kZg p7fpg' x] ; dfwfg lbg' x]f]g . To:tf cleofgsf/Lx;df klg lj]le6g b]l]6sf]ofaf6 kZg p7fpg] Jo]Qm / ; d]x;sf] lg/Gt/ pkl:y]t h?/L xG5, h; n] ; dfhdf z]Qm ; Gthg sfod /Vg ; 3fp5 / s;g}Ps kl]f jf ju]nf0{x]j]l xg lbb; . ; dudf z]Qm ; Gthg k]ofet ug] lhd]f r]flx+/f]ho, ; h]wfg / cbfntsf] x] .

cfly\$ j[4, ; fdf]hs ; dtf / jftfj/Oflo ; Gthgsf] cjwf/Offnf0{ ; fy\$ t]Nofpg ; /sf/, lghl l]q / ; fdf]hs cf]b]r]hgsf/Lx; n] Odf]gbf/Lk} \$ cf-cf'gf] eldsf=wd{ lg]f]k ug{ h?/L xG5 . ; dfhsf ol kl]alr xg] d;yg]n] ; f]h]gs gl]t]gd]f] xg] kl]q]m]f / 7f]f]f]0{ rnfodfg /V5 . ; j]f]bsf] qmddf gof]gof]F]r]f/ cuf]8 cfp5g\ h; n] gof] ; Def]g]f v]l]g d2t k]wofp5g\ . t]g v]s]df l6s]f]of] cjwf/Off n]rnf] t 5B; , pko]l klg 5 l]sgeg] lj]jw lsl; dsf ; d:of ; dfw]gsf] n]lu lj]jw af6] cf]Zos xG5g\ . ; dfhnf0{ ; G]lnt / l; h;g]zn /Vg ol t]g]y]l]sf] pkl:y]t h?/L xG5 .

xfd] dh]sdf ; /sf/ ; lfd 5; , ahf/ kl]t:kwl{ds 5; , c6of]o]j?4 cf]fh p7fpg] ; fdf]hs ; d]x; sd]h]f] 5g\ . To; h] xfd] ; a]f] b]lo]j - ; /sf/nf0{ ; lfd, ahf/nf0{ l; h;g]zn / ; fdf]hs cf]b]r]hgnf0{ h]w? ag]fpg' /x]f] 5 . ; do ; x]p]f] l]z]l]f lj]gf of] ofqf k'f xg ; S;g; eg] ; j]t]G; ; -r]f/d]w]ods]o; ofqdf 7hf] eldsf xG5 . o; /l ; Znl]ft 1fgs] kOf]u ug{ ; s]df g} n]y]sf] z;df k]t' ul/Psf r;g]l; G;g ub} gkfn] k;lt]sf] af6] l]x; ; Sg; .

# cfoftlt xf0g cf^gfkkg vfhf}

■ cfrfoxl 6l= Pg= klys

**d** k/fgf]plQm bxf]ofpg rfxG5' ls- .lziff lj sf/] ; snf]lj sf/, lziff /wf/] ; snf] /wf/0 . lziffdf ; wf/ Nofpg ; lsof]eg]cGo ; a}k4ltdf ; wf/ cfp5 . lziffsf]pkh xf] /fhgllt1 . lziffsf]pkh xf] s[fs . clg pBf]sdl{ lzlfs, ljBfyl{/ ; f/f gful/s ; dfh klgl lziffsf]pkh xg\ . cfhef]h hg ; S}lfq klgl lj sf/ oQm blvG5 . ; fdlhs lj ; ut a9bf]qmdf blvG5g\ . dfh qmids ; kdf vl08t xg yfn\$]5 .

o:tf ; d:ofsf] ; dfwfg ug] ; eGq /fd]l]lziff k4lt g}xf] . t/ xfd]l]lziff k4ltnf0{lsq ; wf/ ug} ; lsPg <To; lglDt lsg kof]t lrGtg ul/Pg < j tdfg lziffsf]lj s[ft / lj ; utnf0{lsq lj Zn]of ul/Pg < To; sf]lsg dNofsg xg ; sG < ; dfh / o; sf] ; Arg vl08t xB}hfgdf wX}xb; Dd xfd]l]lziff k4lt klgl plQs}lhDd]f/ 5 . t/, g t xfdln]o; nf0{ ; wfg] kof] ; uYof}g t o; kl]t lrGtg g} ug{ ; Sof} . ou kl/j tG / lj sl; t xB}uof] t/ xfdl lj sl; t xg ; sG} . ; do; k]f ckmhf0{kl/j tG ug{ ; sG} . o:t}kl/kf6 /lx/xg] xf]eg]pBf]u wGfdf klgl xf] ; cfpG]5 . s[fs]pTkfbstj 36b} hfg\$ . s[fsx; plQs}xtf; xg yfnG\$g\ . To; n]lg/fzfnf0{a9f]f lbg\$ . cGttM ; du|b; g}u/lalsf]af6]k pGdv xg yfn5 .

o; sf klgl sxl lglZrt cfwf/x; 5g\ . xfn k]nt hg lziff k4lt 5, o; nf0{xfdl :jom]lgd]f u\$]f] xf0g . lj b;zn]lgd]f ul/lbPsf xg\ . h; nf0{xfdl gofFk\$]f/sf]lziff elg/x\$]f 5f;Tof]n08gaf6 cfoftlt lziff xf] . ha lziffdf gSsn ul/G5, Tof]kmbfol /xg ; Sb; . n08gsf]lziffsf]Pp6f kofsh 5 . ef/tsf] csf]kofsh xfhf . Itg}kofshnf0{xfdl gk]ndf k:sG5f} . xfd]l]lsthax; sx]f6 5flkG5g\<lsthax sx]f s/fx; n]vG5g\<of 0ENof08sf lsthax;

xG5g\ . of t ef/tsf . xfdln]lsthax]gSsn uYof} of t pt\$]6 Nofof} . xfdln]t c;n]g}ksf0lbPsf] bnfet vf0/x\$]f 5f} . c;n]ksf0lbPsf]vfgf vfg] afgl k/kl5 bfp/f vfhg] rhf]agfpg] /f; g vfhg] eft ksfpg]sg}h?/t g}ePg . rlg, hfkfg jf cd]l]sdf x]of}eg]of]duGt]k4lt blvB; . Itgn] cf^gfkgsf]lj sf; ug{ ; s\$]f 5g\ . To; h]t pGgl ug{ ; km ePsf 5g\lg 0

### cf^gfkgsf]lrGtg

k]nt lziff k4ltsf]kl/0ffdn]lj s[ft, lj ; ut, a]fhuf/lsf] ; d:ofnf0{Jof]t tNofPsf]5 . ctM xfd]l]lziff k4ltdf cfdh kl/j tG / ; wf/ u/X

o:tf lj s[ ; d:ofnf0{Go]ls/Of ug{g}clxn\$]f]68\$]f/f]vff] / cfjZostf xf] . o; tk; ; ah] uDel/tf b]vfpG}kb5 . hgtsf] lxt u5{eG} ; /sf/, ckmhf0{ lziff]b\veg]JolQm cleefj s, lzlfs, clwsf/sdl{ ; ah]o; dflly lrGtg ug]k]blvG5 .

ha xfdl :sh hG5f} k:tsx; k9\$]f} . lj afgh]sxlaf6 cfoftlt lsthax] tl lsthax; n]v\$]f 5g\ . tl ; r'gxf;nf0{aRg

yfnof] . xfd]l] /f/ :sh / lzlfsx; ; r'gf aRg]k; n h:t}ag\$]f 5g\ . o;/l ; r'gf xG] / aRg]k]Qn] xfdlnf0{cfhl]sfdvl agfPsf]5 . k/fgf] ; fdlhs, ; f:s[ts 9fFfnf0{ca gjls/Of ug]k5{ . dfG5\$]f gofF cf:yf, lj rf/ / k]Qx; 5g\ . cfhsf]dfG5]lj 1fgsf] ousf]xf] . Tof]cgf]f]oludf hGd\$]f]dfG5]nf0{cgf]f] cj:yfsf]lj 1fgn]pGgt ul/gk5{ . ca p; nf0{kmfgf] hftsf]dfG5]xf] \eg] xB; , kmfgf]wd\$]f]xf] \eg] sfd rNbg; . lj z4 dfG5]xf] \lj z4 gful/s agfpg] lsl; dsf]lziff lbg' h?/l e0; s\$]f]5 .

k]nt lziff k4ltsf]kl/0ffdn] lj s[ft, lj ; ut, a]fhuf/lsf] ; d:ofnf0{Jof]t tNofPsf]5 . ctM xfd]l]lziff k4ltdf cfdh kl/j tG / ; wf/ u/X o:tf lj s[ ; d:ofnf0{Go]ls/Of ug{g}clxn\$]f]68\$]f/f]vff] / cfjZostf xf] .

# /fllg lbpnF l; S5g\U

## ■ Zofdk; fb nfld5fg

**C**gfkrf/s lzlf s{b}h} cfpbf} tlq jifefq dhsaf6  
 lg/lf/tf p6dHg u/L ;: flf/ gkfnul sf} lrgf/l lbg  
 /fv}sf; Gbedf Wofgd/ /Vg}kg} s}kl k}zg xgM; flf/ s; nfo{  
 dfGg} < cPsf tYof}nf0{ slt e/kbf} dfGg} < uoffds /  
 kl/droffds sg glt lng} < ha ; flf/ / lg/lf/ alrsf} ljeb}  
 ug{ ; l}Psf} 5g p6dHg s} ug} < s; nfo{ /Vg} < s; nfo{  
 x6pg} < st} of} ; kgf g} t xg} xfoG < jf s}kl ul/of} eg}  
 klq xnt o:t} xg} t xfoG < rgrf}lk0f{ 5 cleofg . ; flf/  
 gagfP; Dd dhssf} l}sf; ; Dej g}xg} s}/df b0dt 5g .  
 ; /sf/L tYof}n} g} &% nfv}sf} x}/xf/ldf /x}sf} lg/lf/tfsf}  
 ; wof %! nfvdf %f}/Psf} bfal ul/P tklg tl gj ; flf/x}sf}  
 l:ylt Joj xf/df s:tf} 5 < tl ; flf/x}af6 ; dfhn} s}kl/j tG  
 kfof} < b}zn} s} kfof} < kl/jf/n} s} kfof} < To; sf} nflu  
 dGqfno t}xaf6 ul/g} cgludg lg/lifofn} ebf ; dbfodf blvg}  
 kl/j tGsf} cfw/df gh}tf l}Zn}f0f ul/Pdf k}df}ofstf a9l  
 xg}lyof} . kSs} klq s}kl pkn}Aw} ePsf 5g\ . ofefb  
 a9l tl sfuhl / a}sx}df Nofkr}sf} nflu snf} v}llg' gkg}  
 afx}sf} x}b} x}hf .

### leqsf} ck7df/}

lsg slffdf cfpqk} hlt cPpg}\ cPsf hlt ; a}a; gg\  
 a; }fn} k}f l; sgg}\ b}x}ofP/ cP < o; sf} hj fmsf} nflu  
 plnlvt sg} klq ; flf/tf jf k} slffdf egf{ ePsf}sf}  
 l6sfpb/ sd x} hfg}sf} sf/ofsf} l}Zn}f0f h}l 5 . ; flf/  
 e0of} ; dfGo n}y}k9sf} nflu xh{ ePgl P; Pn; l kf; lsg  
 ug} < hflu/ vfg < pd} g}efof} . Sofdk; k9g < k9} s}  
 ug} < 1fg . 1fgsf} nflu dfq z}lfs pklw lng} xdf} ; dfh  
 5 < 5g . To; h} ; flf/f0/ slff pglx}sf} nflu cfj Zos  
 ePg . gfd n}vg hfg} eof} l}r7l k9g hfg} eof} . l}Bnosf}  
 ; fw/Of lzlf hl}sf; E ; DalGwt lyPg, To; h} rflxPg yk  
 1fg . bl}gs lqofsnfkd} lzlf hf}l}Pg . lzlf}n} vfg}sf  
 kl/sf/ agfpg l; sfPg sv/f=aw/ kflng l; sfPg . v}l

k}x}sf} hl}gdf s} s'/fsf} cfj Zostf 5 <  
 Tof} lrgf} / l; sfcf} k}x}n} lhDd} f/L lng5g\  
 / l; S5g\klg . klxn} kofh gvfg} / v}l gug}  
 l}sf; fgn} kofh vfof} : jfb kfof} clg v}l ug}  
 t l; Sof} lg U sf7} xnf} hf}lg} l}sf; fgn} l}sf;  
 xnf} t kof} u}of} lg U k}x} l; Sbf/x}g\  
 lg/Gt/tf klq .

ug{ l; sfPg . To; h} hlt 68sf/f} cfj Zostf k}/sf} lyof}  
 Toit lnP lzlf}sf} ahf/af6 . ; dfGo cy}z}qsf} dfGotf  
 h:tf} . x}/ k}sf} sg} g sg} k}z} Joj ; fo 5, lbg/  
 xnf} hf}lg} lbg/ft 3/w6bf-d}hfkt ug} v}lklft ug} kz'  
 kflng} ef/L af}g} xg c}gfkrf/s lzlf}sf l; sf?x} . sxf  
 pglx} c}gfkrf/s lzlf}sf l}Bfy} h:tf} lzlf}sf} nflu  
 lelfkfq lnP/ l}x}sf 5g\ / < l}x}g\ < pglx}nf0{ ; lwf  
 kl}tkm rflxPsf} 5 . pwf/f} kl}tkm, l9nf} kl}tkmn} pglx}sf}  
 cfj Zostf k}/f xg ; Sbg . pglx} cfl>t xfo}gg\ pglx} ; E  
 cfl>t 5g\ a? . lzlf}n} p}kfb}sf} ; E ; Da6w /Vb5 / Tof}  
 /Vgkb5 klq . dh} lzlf} c}h} u}/ s} ug} < s} kfpg} <  
 Tof} l; sf?n} l}gw}f0f ug} ; Sg} agfpg' / pglx}n} l}glZrt ug}  
 ; Sg} agfpg' cfj Zos bl}v65 . c}gfkrf/s lzlf}sf} .c}f0taf/  
 laxg} 3fdl; t p7}d =U, .sfu bh} sfu bh} =U lsg  
 rflxof} < c}gfkrf/s lzlf}sf} .s - sf, d - df 0 sfdl,  
 ; Gtnl j}l}sf} syfl /v} v}nl Jofs/Of l; sfpg v}h}sf}  
 h:tf} hgr}gf k}h}pg v}h}sf} h:tf} . rflx65 Tof} To; df  
 b0dt 5g t/ l}jifo l; sf?sf} 5g}df k}of} < k/g < lg/lf/  
 k}x} k4lt}n} v}fPsf} dfq} anh}tl vfg} hl} xg\ l}1n}  
 7fg}sf} cfj Zostf g} k}x}sf} cfj Zostf x}f < Tof} c}k}l}h}  
 pglx}sf} bl}gs lqofsnfkd} slt ; xof} ub5 < pglx}sf}  
 cfj Zostf cfw/ t /x} nlo l}gw}f0f ul/of}ul/Pg < oxf  
 l; sf?sf} ; j}rtf rflx65=rflx} <

### o; /l


k}x}sf} hl}gdf s} s'/fsf} cfj Zostf 5 < Tof} lrgf} /  
 l; sfcf} . k}x}n} lhDd} f/L lng5g\ / l; S5g\klg . klxn}  
 kofh gvfg} / v}l gug} l}sf; fgn} kofh vfof} : jfb kfof} clg  
 v}l ug} t l; Sof} lg U sf7} xnf} hf}lg} l}sf; fgn} l}sf;  
 t kof} u}of} lg U k}x} l; Sbf/x}g\ lg/Gt/tf klq . hf}  
 pglx}sf} k}z} Joj ; fo / hl}g; E ; DalGwt 5 . hl}gnf0}  
 ; l}hnf} agfPsf} cge}t u5{ . clg kf} l; S5 . afnsn} t  
 cf}gf} l; sf0nf0{ j}ftfj /Of; E b}f} k/lifof ub5 eg} cge}n}  
 vfl/Psf k}x}nf0{ c}k}m} ; j}sf/ ug} l}jfoj : t' 5g} ug}  
 k}pgk} / < k}z}n} lzlf} dflg l; sfpgk5{ . l; sf?sf}  
 hl}sf; E lzlf}nf0{ hf}g} ; l}Pdf l6sfpb/ c}k}m} a95 .  
 lzlf}n} Joj ; fo 5g} ug} c}gfkrf/s lzlf}sf} k}l}sf} cnf}f  
 Joj ; foln} lzlf} 5g} ug} c}j ; / pkn}Aw u}/pg' cfj Zos  
 bl}v65 .

### xn x65

l}Bnon} k}x}sf} nflu lhDd} f/L lngk5{Tof} z}l}fs sfo}nd  
 g}x} . cf}gf} ; j} l}l}leq ; flf/ agfpg l}Bnonf0{lhDd} f/L  
 lb0g' klq kb5, / ; }sf} cfw/df l}Bnosf} dNof}g ul/gkb5 .




lj Bfnonf0{ lzlf sf] ; flf s0b| ag6÷agfpgk5{ . rfx] Toj  
 sfoqnd ; /sf/n] rnfcf] \j sf} ug} ; /sf/l ; 3; yfx;n] .  
 cfkxhf0{ cfkxrf/s lzlf / afnafnsf dfq xdf] ; /fz/f/sf]  
 ljifo eGgsf] cnjff kf9x; klg xdf] nllft ju{ xg\ eGg]  
 agfpg lj Bfnodf k] { kfyds slff h:t} . cgejdf cfwf/t  
 j4d0l slff] ; -rfng ul/gk5{ . x/\$ lj Bfnox;n] cf-cf'gf  
 ; dbfosf] gS; fsg u;g\ ; dbfosf] ; flf/ / lg/lf/ ; wof  
 kQf nufpg\ ; jf lfd'f . /fl60÷lfd0÷lhnf:t/sf lhDd]f/  
 lgsfox;af6 uf08nf0g kkt ug] / ofhg lgd'f ug]  
 /ofglltsf] 5gr6 . :yfglo cfj Zostfsf] cfwf/df lj Bfnon]  
 kf70qnd th'f ug] / sfofj'og ug] sfd ugkb5 . :yfglo  
 kzf Joj; fosf] Sni6/ lgd'f u/L To; df ; nlg kf9x;nf0]  
 5gr6 u/L slff ; -rfng ug{ pkoQm x65 . a? ; 3fl6ts  
 slff ; Dks{ slfflsf] ; kdf ; kftfxs !÷@ lbgf] xf] \ .  
 kf9x;sf] blgs Joj; flos lqofsnfnf0{ kofu]fds slffsf]  
 ; kdf ; kft'of ugkb5 . ; 3fl6ts slffdf wj} cgej sf]  
 ; %bf/l xf] \ cgs/Ofof]o afv ePsf cgejnf0{lnlka4 ug]  
 qmddf pglx;nf0{ k9fpg] nlyfpg] sfd xf] \ . lzlf wj} pg}  
 1fg wj} pgs} wf/of pgs} cfj Zostf pgs} dfq slffdf  
 kf9 lzlf0f lj lwsf] 1fg ePsf] ; xhstf{ xf] \ . a? dflld  
 txsf] gofFkf70qnd 9ff'f cg'f/ kfljws tyf Joj; flos  
 lzlf sf hgziQm] ; xhls/of ul/lbpg\ .

s/f /Xof] ; fdfGo ; flf/ agfpg] s/f yfj} lhDd]f/l  
 lj Bfnodf, lj Bfylf0{lbbf pglx;nf0{ ; D%bf / lj Zj; ; ubf{of]  
 cfkx;n x65 . lj Bfylx;n] cf-cf'gf] 3/sf lg/lf/ ; b:ox;nf0]  
 ; flf/ agf0; s;k15 dfq pglx;nf0{lgZrt txsf] kofokq kbfq  
 ug] k6w ug{ ; lsof] eg] g t eflg] lrg'tf g t gc'fpg] .  
 /fio]h; nf0{nufgl ul/x\$]5, p; n]klg t cf'gf]/fi6«tyf  
 ; dfhsf] bflotj afv u/f] \ elgPsf] tlg j ifdf gxfnfl sxl a9l  
 nlnf ; do, of] sb} ; sl/of v'Psf] t x'f] lg < k'fj'f/l eP  
 t e0xflnf] . lsg k'f x6g ; flf/tf cleofg < 

tfbf<sup>a</sup>, ufj'vf

# ; xh hljgsf nflu 0

## ■ ufj'fn /f0{

- wj; To gxx klg ; S5 t/ u/lal xg'sf] k5fl8  
 / lg/lf/ g} kd'v sf/of xf] . ; flf/ JolQm] lj leGg  
 kqklsf k9] ; 'rgkllj lwsf] ; xofu lnP/ , gofFgofF  
 tf]tl/sfx; kQf nufP/ hljg:t/df rdTsf/k0f]  
 kl/j t'g Nofp5 eg] lg/lf/ JolQm] kl/j t'g] sf]  
 ; flf, rfxgf g} x6g . ts{ ug] lfdt' sd x65 .  
 sf/of lbg ; Sbgg\ . cf] tdf lg/lf/ clefj'ssf  
 5f]f5f]lx;sf] lzlf0f l; sf0 pknAw klg sd g}  
 x65 . lg/lf/ clefj'sn] 5f]f5f]lnf0{ lj Bfnodf k9g  
 eGf 5faj Q / k/lff lbgf] nflu k7fpg] ub'5g\ .  
 t/ ; d4 gk'fn agfpg l; hg'zln, ptkfbgzln ; dfh  
 rfx65 . To; sf] nflu ; flf/ JolQmsf] v'f'f] k5{ .  
 ; do; k]f, ; dflhs / e'v]f]ns w/ftn; E  
 dh'vfg] hljgkofu]l kf70qnd / kf7ok:t'ssf] lgd'f  
 u/L cgej s'fbt' / hljg pkofu]l xg] lzlf0f  
 lj lwsf] 5gr6 u/L lzlf0f ugkb5{ . kf9x;n] l; Sg]  
 1fg ; f'ble\$ xgkb5, 1fg l; sf'sf] cgej ; E dh  
 vfg] t?Gt Joj xf/df kofu] ug{ ; lsg] / l; sf0of]o  
 jftfj/ofsf] l; hg'f u/L sfoqndsf] th'f ugkb5{ .  
 ; flf/tf lzlf]n] hljgdf sxl hfGgsf nflu, ug'f  
 nflu, aggsf nflu / ; xhljgsf nflu ; xofu]  
 ugkb5{ . 

>l ufj'08j / afndl6b/ pdfj  
 wgs6f-%, Pd-P=, Pd-P8



# vfFf] ; xeful s]Gb† lzlf0f lj lwsf]

■ rqraxfb/ vql bxfn

**..lg** /lf/ kf, tGg]l / afnaflnsfnf0{k9g, nVg l; sfg] ; aGbf ; lhnf] lskrotl / e/kbf] pkfo s] xg ; Snf d eGg] kZg cfknef gofFcjwf/Off / v]hsf] ljifoj :t' xfoG . o; df w]} cEof; , cg' Gwfg / ljZn]of e0; s}sf] 5 . xf] lg/lf/nf0{ ; flf/ tNofpg /fHo:t/af6 ePsf w]} kof; x; ; km ePsf 5gg\.

②)\$\$ ; fndf ; xof]l sfo}tf{ e0{ dh] o; } e}j lgdf]nf0{ dft[ ljBfno sfod u/l dlnf lzlf sfoqnd ; -rfng u/sf] lyPF. tffsnlg kç kbd kGtnf0{ pOm slffsf] ; k/l]fs -df; s kfl/>lds ?-%)) lgoOm ul/Psf] lyof]. slfdf #) hgf ; xeful lyP . tldWo] tlg hgf]kl5 ljBfnodf kjz u/l !) slff; ddsf] lzlf xfl; n u/] eg] c; @& hgf ; fw/Of lx; falstfa, cfocfhg Joj; fo tyf l; nf0s6f0 ; DaGwl sfd ug{ ; lfd eP . pglx; clxn] klg kqrrf/ ug{ tyf /fd} E gkfnl k:tsx; k9g ; S5g\ . d]f] Tolta]hsf] cgej sf] lgisif{x} cgfkrfl/s lzlfnf0{kl/kSj ; xof]l sfo}tf{cfjZos xG5g\ . To; lglDt ljBfnosf lzlf s; klnf] /fhf0df kgk5{ . Itgnf0{yk lhDj]f/l lbgk5{ .

lg/lf/tf pGdhgsf] ; jndf ufp j8f, 6fhdf ; aGbf kfj]sf/l eldsf :yfglo ljBfnodf sfo}t lzlf / lqofzln afn\$naaf6 lgjfk xg; S5 . lg/lf/ afacdfsf afnaflnsf g}ljBfnodf /xg] ePsf] ; flf/ tyf lg/lf/ cleefjssf] ljBfnoklt ckg] efj xG5 . pglx;n] kç tyf lzlfnf0{ dfu}z}sf] ; kdf x}sf xG5g\ . ljBfno :yfglo ; /sf/, /fhgllts bn ; dh;]l tyf al4hlj tyf lzlfk]lsf] gh/af6 w]} 6f9f klg xG5 . ljutdf u; ; n] lg/lf/tf pGdhgsf] ; f6f] slff g}grnf0{cfkntnf0{k}f v]fpg] e]6 Jojxf/ kjz u/fP . s]n sfuhf]sf] e/df sfo{ ; DkGg eP . lg/lf/ ; dbfon] slff ; -rfng sf] slxn] s; n] sx}F lsg, s; /l u5g\ eGg] klxrfg ug{ kPgg\ . To; df z]lfs lhDj]f/l lnPsf JolOm tyf ; yfx; cnlu} /x} . o; sf] kl/Offd hf] gkfnf] lg/lf/ b/ jf:tljstfd sfod blvG5 eg] sfuhf]df dfq 36df] qmddf 5 .

lzlf lgodf]nl ②)% ( df ufp]lzlf ; ldtsf] Joj; yf ul/Psf] 5 . t/ To] lgodf]ndf dfq ; lldt blvG5 . ufp] lzlf ; ldtn] cfkrfl/s lzlf cGtu} clgjo{ kf]yds

## वातावरण पत्रकारिताका २५ वर्ष

आँखीभयाल भिडियो पत्रिका  
सामुदायिक रेडियो सहयोग केन्द्र  
भिडिया ट्रेनिङ सेन्टर  
जनवकालत तथा पैरवी  
दिगो विकासका लागि सञ्जाल

हरपल तपाइँकै साथ दैनिक १८ घण्टा  
हालचाल सधैं १५ मिनेट अगाडि  
विहान: ८:४५ र ११:४५, दिउँसो: ४:४५, साँफ ६:४५ र ९:४५  
पत्रपत्रिका, डबली, लुकामारी, नयाँ पुस्ता,  
खुल्ला मञ्च, लोक भाका, रेडियो कुराकानी,  
आजका कुरा, संगीत आकाश,  
ट्राफिक अपडेट विहान ८ देखि बेलुका ८ बजे सम्म  
बीबीसी नेपाली सेवा हरेक बेलुका ८:४५  
सचेतना रेडियो कार्यक्रम शनिवार विहान ७ बजे  
उहिले बाजेका पालामा हरेक सोमवार साँफ ७:३०

नगरानी कार्यक्रम:  
जलवायु परिवर्तन, सहरी वातावरण,  
वन र वन्यजन्तु, सिमसार, विषादी, पर्यटन

नेपाल वातावरण पत्रकार समूह  
दिगोपनको लागि पत्रकारिता

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



25 years  
Journalism for Sustainability

चक्रपथ, भनिमण्डल, नलितपुर  
फोन: ०१-५५४५६८०, ५५४५६८१

इमेल: nefej@mos.com.np, info@radiosagarmatha.org  
वेब: www.nefej.org, www.radiosagarmatha.org



रेडियो सगरमाथा

..sú nŷbfsf] cEof; ..knú nŷbf / ..dú nŷbfsf] cEof; ..eú / ..gú sf] cEof; ; 6 ldNg ; S5 . s kl5 ; lw}v l; sfpbf a9l sl7gf0sf]; fdgf ugk5{. t/, kfom ; xofyl sfo\$tf{eg}..sú kl5 ..vl g}l; Sgk5{eGg}dfgotdf ; ldt /xG5g\.

; fy jfNn kl//x\$ xG5g\ . lzlfOf lqofsnfk ubf{ 1ftaf6 c1ftlt/ ; /naf6 hl6nl/ , kOfaf6 czlt/ / dtaf6 cdtlt/ nŷhgk5{. h:t}bxl s; /l dlyG5 eg]l; sf0 ubf{7\$sl, dbfgl / bxl dfq bŷfP/ xG5 . w}h; h} dŷlvs ; kdf 7\$ldf bxl /fv} dxl u/fpg}sf dx] eg} s/f l; Wofpg] u/\$f] blvG5 . of] kOf l; sf0 xf0g . o; df 7\$ldf bxl /fv} dyk5 dxl aG5 eGg]; jfndf cfj Zos ; fdulsf] Joj :yfkG ; ; fdulsf] gfd tlnsf ; ; fdulsf] kOf] u/L kOf{ lqofsnfk ul/gk5{.

lzlfnf0{ klG sfOf] ogdf Nofpg ; ls/x\$] 5g . sltko ufj; df ufj ; :t/lo zlf]s of]hg g} 5g\ . t/ :yfglo lj Bfnodf sIP lGdf0sf] klqofn] ubf{ lj Bfno ; }f lq]sf] gS; f]g tyf hg; Wof ljj /of lj Bfno hfg] pd}sf] hg; Wof ; flf/-lg/lf/ dxnf k?if GER, NER tyf lj Bfno lzlfaf6 aflx/ /x\$] ; dbfo ; dbfosf] lj kGgtf] lj Bfnodf kjz lng g; Sg' / lg/lf/ a:gkg] sf/of cfb ; a\$] jf:tlj s clenŷ ; DalGwt lj Bfnodf xG5 . cgfkrf]s Joj:yfkG ul/Psf sd{f/l ; =sf= :yfglo lg/lfs klG lj Bnosf] sd{f/l cg; f/ lqofzln e0{ cgfkrf]s lzlf ljefusf] lgod tyf lj Bnosf] ; Nnfx ; %f / lgbzgd /xg] u/L /flvgk5{ . clg dfq xfdl bznf0{ ; flf/ agfpg ; S5}.

To:t} sfl6Psf clf/sf] ldnfg gu/l zAb aGbg . ..sú nŷbfsf] cEof; ..knú nŷbfsf] cEof; df ldNg ; S5 . ..dú nŷbfsf] cEof; ..eú / ..gú nŷbfsf] cEof; ; 6 ldNg ; S5 . t/ ..sú kl5 ..vl sf] wf/Off l; sfpbf a9l sl7gf0sf]; fdgf ugk5{. kfom ; xofyl sfo\$tf{eg}..sú kl5 ..vl g}l; Sgk5{eGg}dfgotdf ; ldt /xG5g\ . ; dfgGt/ jOf\$] wf/Offkl5 dfq km/s jOf\$] wf/Off lbbf ; /n xG5 . ; dfg cEof; jOf{ b0{j6f / km/s jOf{Ps u/L zAbjnl lGdf0f ugk5{. h:t} skng0sk8f . o; df ; dfg cEof; af6 skm nŷvG5 eg] km/s cEof; af6 ..gl nŷvG5 . hutOkYjL . o; df hu ; dfg cEof; 5g\eg] ..tl cln km/s 5 . of] kf7dk:tsdf g} xGk5{eGg} xf0g . of] ; xofyl sfo\$tf{eg} lzlfOf lj lwdf e/ kg] s/f xf] . o; h} kf7dqnd kf7dk:tsnf0{ plrt lj lwaf/f kOf] ug{ ; Sg' ; xofyl sfo\$tf{eg} lj j\$ / ; lkdf e/ kg] s/f xf] . dŷly plNnvt egf0sf] ; f/ tEj s] xf] eg] ; xeful slGb} cEof; lj lw / ; xofyl sfo\$tf{eg} ; lkdf cfwl/t lzlfOf u/} dfq ; kmn / p2Zodvl ; flf/tf l; sf0 xg ; Sb5 . k, eXj lGdfj bxuf]L, bhŷ

d}f] lj rf/df ; xofyl sfo\$tf{ kj Om xf0gg\ pgn] dfq ; xhstf\$] eldsf vlGk5{ . ; xeful slGb} cEof; lj lwnf0{ kOfVtsf ; fy kOf]df Nofpgk5{. sltko slfd ; =sf= cfkm ; lqnd /xl lzlfOf ul//x\$ xG5g\eg] ; xefulx ; % g a%sf

## “शिक्षा बिकारे सकलौ बिकार, शिक्षा सुधारे सकलौ सुधार”



### त्रिमूजीय शिक्षा सम्बन्धमा वार्ता

तीव्र मरिचकका जिल्ला तीव्र शिक्षा

शिक्षालाई उद्योग धन्दाको  
रूपमा प्रयोग गरिनु  
गलत कार्य हो ।

## Talks on TRINITY EDUCATION

with Acharyashree T. N. Pathik



प्रत्येक बिहिवार

समय: साँझ ५ देखि ५:३० बजेसम्म

प्रत्येक शुक्रवार

समय: बिहान ८:३० देखि ५ बजेसम्म

प्रत्येक शनिवार

समय: दिउसो २:३० देखि ३ बजेसम्म

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# lhpg ; lhnf]kf5{

; flf/ x6df ; j{j kf0g]xf0g . t/ lg/lf/ /x6f hljgsf sltko v6lsnfd 7Ss/ vfgkg]x65 . cgejn]vfl/Psf]lg/lf/ JolQm]klg ; flf/sf]e6f s6f}u0ff pQd sfd ug{; S5 . t/, pm ; flf/ ; d] 5 eg]p;n]sd ; do, sd nufgl / sd}kl/>daf6 cTolws nfe cfhg ug{; S5 .

## ■ g6bnfn cfrfo{

• **f** lf/lf lzlff e6gf; fy lg/lf/taf6 dIQm lbnfpg] ; lzlff al%65 . ljBfnolo lzlff k0ffnldf Psn ; do- ; ldf, s7f] k\$[tsf]kf70qnd / tf]sPsf]kf70k:ts x65 . ; fy] lg0f6Tds dNof]g u/l pQ0f{ ePdf slff]gl; E] pklfw ; d] lb065 . t/ ; flf/lf lzlff k0ffnl cgr]krfl/s k\$[tsf] x65 . o; df l; sf?x6 cf^g]l; sf0 ultdf l; Sg] / ljz]f l; sf0sf]r/0fdf k]z ug]p6dv x65g\ . o; vfn] lzlff tffslns cfjZostf kl't{ ug] lbzdf a9l s]6bt x65 . o; df z]fs pklwsw]cleniffef6bf klg Jofj; flostf / hljg:t/ ; wf/sf lf0df ljz]f hfB lb065 . ; fdlhs, cfly\$ k5f6]kgnf0{x6f0; dfhdf ; dfof]ht xg; Sg]gful/s k0f ug] vf; nlosf ; fy ; flf/lf lzlffdf l; sf?x6nf0{ ; xeful u/f065 .

; flf/ x6df ; j{j kf0g]xf0g . t/ lg/lf/ /x6f hljgsf sltko v6lsnfd 7Ss/ vfgkg]x65 . cgejn]vfl/Psf] lg/lf/ JolQm]klg ; flf/sf]e6f s6f}u0ff pQd sfd ug{ ; S5 . hljgsf cfw/et ; lxx6dwo] ; flf/ xg' klg Ps ; lk xfl] xftdf ; lk 5, kv/ldf tfut 5 eg]JolQm ; lhn}afRg ; S5 . t/, pm ; flf/ ; d] 5 eg]p;n]sd ; do, sd nufgl / sd}kl/>daf6 cTolws nfe cfhg ug{; S5 . klu;/L cPsfx6 ; ljBfnolo lzlffaf6 k]om j1-rt x6gg\ . cfly\$ ; kn]lj k6g / ; fdlhs=; f:s[ts ; kn]lk58f juX6 g]lg/lf/ /xg a]llo x65g\ .

; flf/lf cleofg k]1s tx; Dd kYofpgk5{ e6g] 5g . 3/fo;l sdfs h ug{ ; fdf6o Hofnfdhb/ldf blf xg / ?I9j fbl-c6wlj Zjf; l wf/0ff x6f0{j j]flgs ; %a% a9fpg ; lfd xg]vfnsf]lzlff g] ; flf/lf lzlffsf nflu kof]t x65 . t/, of]lzlff kf/ ul; s6f l; sf?x6;n]kl5 ljBfnolo lzlff klg cfhg ug] ?lr /Vg ; S5g\ . To; h]of]lzlffn]pglx6sf]Tof] ?lr / cfjZostfnf0{ ; d] ; Daf]wg ug{ ; Sgk5{ .

; flf/lf lzlffsf]dx6j / p2]o lg/lf/ /xg' lj/n\$]f]OR5f x650 clwsfztM a]lnotfjz g] lg/lf/ /x6f x65g\ . xdf] ; dfhdf tlg pd] ; dxsf lg/lf/x6 e]6G5g\ afn lg/lf/ , tGg]l lg/lf/ / k]p lg/lf/ . loglx6dwo]afn / tGg]l lg/lf/nf0{ ; flf/ tNofpg ; xh / ; Dej 5 . To:tf ju{ ; flf/ eP eg]kl/jf/ ; dfh / /fi60

cf^g]nufgle6f s6f}u0ff Hofbf d]kfn k]t ug{; S5 t/ k]p]nf0{ ; flf/ tNofpg eg] kmfids] lrp/f rkfp; /x g] sl7g x65 . k]p]x6nf0{ a]lnotds cj:yf l; h6f u/] ; flf/ tNofpg vfl]g k]o]kfs 7x5{ . j]tM:knt{ ; kdf cWoog ug{ ; rfp]ghf0{ ; jfut ug]k5{ .

kfl/jfl/s /ysf]szn ; fly a6g xfl]vs j]flgs olusf] r]gzln gful/s sxng- hf]sf]kl klg lzlff xg]k5{ . To; f] xg g; s]klg sl0df ; flf/ xg]k5{ . sf]kl lg/lf/ ePs] sf/0fn] 7lug gk/f] \ 3/kl/jf/ rnfpg uxf]gk/f] \ cf^gf dgsf ljrf/ lnvt ; kdf ; d] k\$6 ug{ ; lsof] V j]flgs olusf] ; fdf6tof r]gzln gful/s alg/xg ; lsof] \e6gsf vfl/ ; flf/ xg' h?/l x65 .

gkfn h:tf] ax' eiffefl ePsf] b]zdf ; ~rf/ ; Da6w ; yflkt ug{ / ax' f:s[ts ; dfhdf Pstf / cfk;l ; b6f] agf0/Vg klg gful/s ; flf/ xg]k5{ . gkfn] j]t6fg kl/k]odf ; flf/lf lzlffsf /fi60 p2]o lgDgf; f/ xg' pkoQm x65M

- lg/lf/df c6tlg]xt kl]tef / JolStj lj sf; sf ; Defjgnf0{ k]k]6t ug]
- Jofjxfl/s / ; fdlhs hljg k4tleq ; dfof]hg xg ; Sg]gful/s tof/ kfg]
- j]flgs ; d%oQm / /fi6kgdf0df ; xof]ul dfj ; f]wgsf]lj sf; ug]
- c]k]leq vfl/Psf cgej sYo / nYo d]llodaf6 JoQm ug{ ; lfd hgZIQm tof/ kfg]
- /fi60 / c6t/fi60 ultljlwkl]t rf; f] /fv] ; %a% a9fpg ; lfd gful/s tof/ kfg]
- cf^gf d]l]ns ; Dkbh hf6g, a'g / Itgsf] ; Alf0df x\$sf /Vg ; lfd tNofpg] .

; flf/lf lzlffsf] ; Argf of] lzlff !) blv \$) jif{ pd] ; dxnf0{ lbg ; ls65 . \$) e6f d]lysf k]p]x6 ; j]R5s tj/n] ; n]lg xg; S5g\ . pglx6sf] xsdf a]lnotds l:y]t l; h6f ul/gx6g . ; flf/lf lzlffnf0{lgDgf; f/ k]f txd] ljeQm u/l k7g-kf7g u/fpg ; ls65M k]xnf] txM o; tx kf/ ubf{l; sf? gkfnl / c^a]h]sf

jOf{ :t/sf s/fx; eGg, lrGg / nVg ;Sg] xgk5{. To:t} ul0ftlo ; aVof, ; fdfGo hfB=36fp af/;sf ; d:of eGg, hfGg / nVg ; lfd /xgk5{. l;sf?df cGwJzJf;l / ?l9u;t ljr/=-efjgfx; 56dfpg ;Sg] ;f; pTKGg ePsf] xgk5{.

**bf] f] txM** o; txd f l;sf? gkfnl / c^aVhlsf zAb :t/sf s/fx; eGg, lrGg / nVg ; lfd xgk5{. Jojxf/df pkofu e0/xg] cuhl zAbx; hfGg] xgk5{. To:t} ul0ftlo kxf8f, xft nVg] hfB=36fp / ; fdfGo u0fg=efusf lgod / kofu eGg, hfGg / nVg ; Sgk5{.

**t] f] txM** of] tx k/f ubf{l; sf? gkfnl / c^aVhlsf jfSo :t/sf s/fx; eGg, lrGg / nVg ; Sg] xgk5{. c^aVhlsf] xsdf Jojxf/df kofu e0/xg] jfSox; hfGg] xgk5{. To:t} ul0ftlo kxf8f kofu / u0fg=efusf sl7g:t/sf]pkofu eGg, hfGg / nVg ; lfd /xgk5{.

**rfyf] txM** o; txd f l;sf? gkfnl efiiffd nVpSf syf, sljtf, lgaGw, lr7L, pkGof; cflb ljwfsf s/fx; k9g, ; gpg / ljwut s/fx; a'g ; Sg] xgk5{. cfmh] ; gsf, a%sf / cgej u/sf s/fx; dflhs zhldf sVo / nVg ; kdf cleJoQm ug{ ; lfd xgk5{. ul0ft / c^aVhlsf efiiffd ljBfno:t/df ; dfofhg xg; Sg] xgk5{.

**kfFf]-txM** o; txd f l;sf? cf'gf] uGtJodf ; dfof]ht xg ; lfd xgk5{. afn l;sf?n] slff % ; Dd gfd nVfP/ k9g kfp] Joj:yf xgk5{. tGg] / k] l;sf?sf] xsdf pglx;nf0{ slff ; ft;Dd ; dfofhg xg ; lfd tNof0gk5{ cyjf pglx;n] rfxsf]-ub} cfPsf] kZfd l; kfn' agfpg] lsl;dsf cfwf/et 1fg / cjwf/0ff lbnfpgk5{. ; fy} l;sf s/fx;sf] pkofu ul//xg pTKl/t ul/g' pQd xG5 .

**kf7dqndsf] 9fFf**

gkfnl, ul0ft, c^aVhlsf / lj1fgdnf u/L rf/ ljifo qndZM k0ff{ !), !), %) / %) sf] Joj:yf ug{ pkoQm xG5 . To:t} kf7df/sf] xsdf kTo\$ lbg gkfnl / ul0ftsf nflu !-! 306f / c^aVhlsf Pj +lj1fgdnf nflu #) =#) ldg0sf] ; do lgw]0f ul/g' kmmbol xG5 .

ljzlfu/L slff lfgdf ; nVg l;sf?x; g] ; flf/tf lzlfdf cfa4 xg] ePsf]n] pglx;nf0{ knk xg] ; do k' !% blv jZfv !% ; Dd xf] . kTo\$ txsf nflu %) lbg -nueu b0{ dxlGf ; do 56dfpg' pkoSt xG5 . kfFf]-txsf nflu eg] rf/ dxlGf 56dfpg' h?/l xG5 . kfFf]-tx pQl0f{l;sf?x; ljBfnodf gfd nVfpg cyf\ ; dslftf xfl; n ug{ ; lfd xg] jf cGo kZfut sfof kVt xg' k/;f]h] o; sf] ; dofj lw rf/ dxlGfsf] agfpg' h?/l blvPsf] xfl. o; ksf/ hDdf afx] dxlGf cyf\ \nueu #)) lbg]sf] ; dofj lw ; flf/tf lzlfnnf0{ 56dfpg' x/t/xn] pkoQm 7x5{.

**dNofI g klqmf**

o;df lGdGg;f/ lG/Gt/ / lGof6fTds dNofI g klqmf ckgfpg' a] xG5 .

lG/Gt/ dNofI gM slffut l;sf0s]cusf ; kdf slffsfo{ ux'sfo{ ; fdbfos sfo{ ; d:of ; dfwg sfo{ cflb h:tf sfo\$nfk ckgfP/ l;sf?sf l;sf0sf sdhf]l x6f0{lG/Gt/ dNofI g klqmf] ; fsf/ ; k kft ug{5{.

lGof6fTds dNofI gM kTo\$ >0lfd @%=@% lbgdf kf/lDes / clGtd u/L b0y/lSf k/liff ln0{lGof6fTds dNofI gnf0{ dt{k lbgk5{. klnf] / t] f] tx cgQl0f] qndZM bf] f] / rfyf] tx k9g kfp] t/ kfFf] k9g ; a} tx pQl0f{xgkG] lgod /Vbf pQd xG5 .

l;sf0sf] lnk / efiiff ; fdfGotM gkfnl / b] gfu/L g] xgk5{. t/ of]c; xh ePdf dftfiffdf klG lzlf lbg=lng ; lG5 . cuhl ljifosf] cfwf/et ; fdfGo 1fg eg] / f]G / b] gfu/L ; eOm lnkdf xgk5{. efiiff sf/0faf6 l;sf?n] sg] lsl; dsf] ; d:of %lGxGg .

; flf/tf slffsf] blgs lG/l0f-cgludgsf] lhDdf :yfglo ; fdlhs cuj / slff ; -rfngsf] lhDdf rfx+ :yfglo of] Snanf0{ lbf pQd xG5 . :yfgsf xsdf kfos kg] ljBfno jf To:t} ; fjflgs :yn -lghl eP klG ef8f ltG{ gkg] 5fGk5{. ; do laxg jf ah'sf blgs # 306sf b/n] k' -!% blv jZfv -!% ; Ddsf] ; dofj lw tflsf ; a} lG/lf/x;nf0{ ; d0g ; lG5 . o; sf] k/f cj lw eg] !@ dxlGf cyf\ \nueu #)) lbg /xGf pkoQm 7x5 .

lzlf0f ljwfsf] xsdf kZgQ/, JoVofg, 5nkm, syfsyg, kl/of]hg sfo{ ; dx sfo{cflbsf]pkofu ug{ ; lG5 . nVk9sf] jftfj/0f afn=tGg]l=k] d0l xgk5{. ; flf/tf lzlfssf kf7x;n] l;sf?sf] jftfj/0f, cgej tyf 1fg; E cfa4tf hgfpGk5{. pglx;sf jf:tlj s ; d:ofsf] ; Daf]wg xg] vfnf ; r'gfx; k]fx ul/gkb5 . ; s] Dd l;sf?sf] / f]sf/leqsf ljifoj:t'sf] 5gf tyf ; u7g ul/gkb5 . pglx;s] cgej h6o l;sf0dfknk JoIStut tyf ; fdlxs ; d:of ; dfwgdf xgkb5 . knk hsf] ; do pkofu u/L JoIStnf0{ lhDd]f/ / l; hGzln agf0{ / rGfTds sfof pTKl/t u/0/VG ; flf/tf lzlfnn] ; 3fPg eg] To; sf] pkfb0tf ; dftt eP/ hfG5 .

ctM x/t/xn] hljgkofu] agfpg] pkfox; ; %f0Psf ljifoj:t' ; dl0Psf kf7ak:ts xgk5{. kf7ak:tsdf slff pTKfbgdf j[4 ug] To;nf0{ cfwlgs/0f ug] kljwfsf] kofu ug] slff k4ltsf af/0f tflnd lbg] / ; xhls/0f ug{ ; Sg]knk pGdv ePsf ; fdulx; ; d] ; dflj i6 ul/gkb5 . o:tf] kf7ak:tsn] l;sf?df ; xsfo{ ; fdlxs k4ltsf] cg' /0f ; xsf] /tf h:tf sfzn kbfu u/fpg ; Sgkb5 .

**pk; x/**

; flf/tf-lzlfssf] cx+ nlo l;sf?nf0{ ljBfnolo lzlfssf] dhwf/df k] Z u/fpg' jf p; nf0{Jofj ; flos lfgdf ; lfdtsf ; fy sfo{ knQ] ug{ ; lfd / of]o tNofpg' xfl. of] lzlf ; flGts sd / kofu]Tds Hofb xgk5{. cgrkrfl/s k\$[tsf] eP klG o; n] cfrkrfl/s lzlfdf k] Z kfp] yk ljSlnkoSt cj ; x; a9fpg] xgn] of] cfrkrfl/s zh]s k0ffnl lgs6 /xgk5{. l;sf? dfg] s / zf/l/s ; kn] kl/kSj xg] xGf ; flf/tf lzlfssf] kf7dqnd=kf7ak:ts / o; sf gltX; sXl s7f] xg' klG h?/l xG5 . lG/Gt/ pkl:yt e0{ /fd] glthf Nof0/xsf l;sf?nf0{kfl; fXg:j k k'/sf/sf] Joj:yf xgk5{. cfly\$ lj kGgtfsf sf/0f ; do lbg clfdx;sf] ljz ztf a% blgs ; kdf G0ytd kf/ >lds pknw u/fpg ; s] afn / tGg] juhf0{ ; flf/tf lzlf 5f\$g] g; Sg] u/L csliff ug{ ; lG5 .

lnl6n ^nfj/ dflj, /fhj/fh-(, ;Kt/L

# :yfgLo lgsfonf0{x

■ gjlgstf/ b]sf

@)^\* ; fndf ; /sf/n] k7fPsf] ; flf/tf cleofg  
 d]f] ufpE ( j6f j8fdf nfu" eof]. cleofgsf  
 nflu cfPsf] Psd16 ?=!\* xhf/sf nflu xfgfyk klg  
 eof]. ; flf/tf lzlf lbg] sd{f/lnf0{ :jo+}s elgof].  
 :jo+}ssf] Gogtd zlf]s of]otf P; Pn; L kf; /flvof] /  
 lg/Lfssf] kjlf]otf kdfokq tx pQlf{. gf} hgf P; Pn; L  
 kf; dxnfnf0{ :jo+}s / Pshgnf0{ lg/Lfssf] lhDdf  
 lb0of]. of] /ldtf dh] ghshaf6 lgoIn/xg] d]sf kfPF.  
 To; df d]l Ps hgf alxgl klg k/ \$l ly0g\.  
 dxlgfsf] ?= xhf/ kfg] u/l pglx; ( dxlgfsf nflu  
 ; flf/tf cleofgd h6\$] lyP . nuftf/ tlg dxlgf k9fP/  
 Ps ; dxnf0{ ; flf/ agfpgk] ; /sf/sf] lgbzg lyof]. Ps  
 ; dxdf #) hgf lg/lf/x; cfj Zos elgPsf] lyof]. s]l  
 j8fdf #) hgf lg/lf/sf] ; dx tof/ kfg{ufx] lyPg .  
 d]l alxgl] #) hgfsf] gfd ; sng u/] k9fpg z;

ul/g\ . t/ tldllo] %-& hgf dfq lgoldt pkl:yt xfy].  
 alxgl] c; :jo+}s ; fylx; ; a" g vfl]h5g\ . pglx;n]  
 gfd ; sng u/] lg/Lfsnf0{ a%f0lbPk15 %G%6 vQd xg]  
 ; Nnfx lbP5g\ . alxgl] klg To; } ug{ vfl]hg\ t/ dh]  
 .hlt hgf cfp5g\ k9f0 lbg] egk15 pgn] k9fpg yflng\  
 csf] tlg dxlgf klg alxgl] To; } ul/g\ . clGtd tlg  
 dxlgfsf nflu t lsf]a klg aff8Pg . vfnl lj Bfyl\$ fgd  
 lni6 lg/Lfsnf0{ a%f0g\ . klxnf tlg dxlgfsf] tna tlg  
 dxlgfk15 aff8of].  
 of] cj lwdf lg/Lfsn] lg/Lf of u/\$f] dh] slxNo; bl]vgF.  
 ptf lg/Lfssf >ldfgh] . dh] ubf{ dfq of] k}f cfp] ; s\$]  
 xf]. tkf0; n] k9f0/vgePsf] 5g e6g] xdfnf0{ yxf 5l  
 eg] gf} hgf :jo+} saf6 kl]tJolQm ?=)) rGb] p7fP/  
 vfp . kl5 Psd16 ^ dxlgfsf] nflu cfPsf] ?=l@))  
 af6 klg kl]t :jo+}ssf] kl]/>ldsaf6 pgn] k}f ldnfpg

गुञ्जन्ध राष्ट्रको हरेक कुनामा...  
**नेपाल एफएम नेटवर्क**  
**NEPAL FM 91.8**  
**NEPAL FM 91.8**  
 Socially Inclusive Radio of New Nepal  
 तपाईं जहाँ भए पनि नेपाल एफ एम  
 विस्तृत जानकारीका लागि : नेपाल एफ.एम. 91.8, रविमदन, काठमाडौं  
 फोन: ८२८९९२९, ८२८९९२३, ईमेल : radio@nfm.com.np  
 www.nfm.com.np



lg/Lfssf >ldfgn]..djh]ubf{dfq of]k}f cfpq  
 ;s\$]xf]. tkf0;n]k9f0/fvgePsf]5g eeg]  
 xfdlnf0{yxf 5l eg] gf}hgf :j0+}saf6  
 kltJolQm ?=)) r6bf p7fP/ vfP . kl5 Psdl6  
 cfPsf]?!@)) af6 klg pgn]k}f ldnfpg  
 ;xof] u/afkt egl ?=!)) vfP5g\ . o; /L  
 ?=()) pgn]l; Qaf sdfP .

;xof] u/afkt egl ?=!)) vfP5g\ . o; /L ?=()) pgn]  
 l; Qaf sdfP . t/ :j0+}sx;n]lrQ bvfPsf]s/f dh]  
 yxf kfPF. ulj ; :lrjn]g}.tkf0;n] ;flf/tf cleofgsf]  
 gfdgf k}f vfgfof] / k9fpg] ePg eeg]dnf0{yxf 5l eg]  
 :j0+}snf0{elg/x\$]dh] ;g}. t/ klg d rkrfk /ldf  
 xlv/x}. lj r/ :j0+}ssf]s] bff <lsgls lg/Lf/x;nf0{  
 k9fpg] a6bf:t ; /sf/n] /d/l ul/lbPg . kn] dlyaf6  
 cf0; s\$]k}f pglx;n] glnP klg Tor]k}f lknf{hf] /  
 tn}vf0; Sg]dnf0{zsf ePsf]To; sf]lj /f] ul/gF. a?  
 hlt lbP klg :j0+}sn]g}vfpg\ eeg] rfx}. o; /L ;lsf]  
 xdf] ufp] ; flf/tf cleofg . zfob gkfnel/s}; flf/tf

cleofg rNg]o; /L g}xg ;S5 . bh]y / snlslsf o:tf  
 ultljwx; /Bofaf6 ; g\$]lyPF.

t; y{; flf/tf cleofgsf nflu /fhgllts bnsf :yfglo  
 lgsfonf0{of] lhDdf lbg] plrt 5g . /fhglltsf] gfdgf  
 nbsf] v]l e0/x\$] 5 .

ufpB/sf clzllft dflg; nf0{; flf/ agfpg Tolt ; lhnf]  
 5g . pglx; .cflv/ ; flf/ ag] xfdln]s]g}ug]xf] / <  
 k9}n]y\$]f oqf dflg; x; t xnf] hf]b5g\eg] xfdln] gfd  
 nVg l; s] s]g}x65 / 4 eeg] pglx;sf] ; f]nf0{ xfdln]  
 kl/j t; ug{ ; s\$]eg] of] ; flf/tf cleofgn] ; kmntf  
 xfl; n ug{ ; Sbg .

- ; flf/tf cleofgnf0{ ; kmn kfg{lgDg s/fsf] vfFf] 5M
- 6fh6fhdf lg/Lf/x; slt 5g\To; sf] oyfy{lj j /Of  
 ; sng xgk5{.
- b0{rf/ xhf/ dfl; s tna xF0g, sDtldf ; /sf/L  
 :shsf] kn] txsf] lzlf; /x ; jf; lj wf kfpg] u/L  
 lgoLQm ul/gk5{.
- yf] ; cj lw xF0g, sDtldf kfFj if] of] hgf Nofpgk5{.  
 /, cleofgstf]nf0{Tox] cj lw; Dd lgoLQm ul/gk5{.
- ; flf/tf cleofgstf]f] Gogtd z]lfs of] of]  
 kj]l of] kf]ofkq tx pQlOf{xgk5} .
- :shx;df ; flf/tf slf ; ~rfng ug] a6bf]:t  
 ul/gkb5 .

ljgfos, c5fd

**माउण्ट मकालु यातायात सेवा**  
 हेड अफिस कलंकी काठमाडौं  
 फोन: ४२७७५५२ / ४२८१८७२ / ४२८७३०६ / ४२७८६१४


काठमाडौंबाट विहान	काठमाडौंबाट रात्री
काकडभिट्टा ५ बजे	काकडभिट्टा ४ बजे
भद्रपुर ५:१० बजे	भद्रपुर ५: बजे
धरान ५:३० बजे	धरान ४:३० बजे
विराटनगर ६:३०	विराटनगर ५:३०
राजविराज ६ बजे	
जनकपुर ७ बजे	

टिकट पाइने स्थान: कलंकी: ४२७७५५२, ४२८१८७२,  
 सुन्धारा: ४२५६१४१, ४२६८१००, गौशाला: ४४८७३३७,  
 कोटेश्वर: ४६००२०८, ४६००८८७ लगनखेल: ५५२१६६६, धरान: ०२५  
 २०३७२, विराटनगर: ०२१-३०७२७, राजविराज: ०३१-२००८१,  
 लहान: ०३३-६०३६६, हेटौडा: ०४७-२०५३५  
 काकडभिट्टा: ८८४२६५४०५२, भद्रपुर: ८८५२६७७३२८

**यात्रुहरूको सुविधाका लागि गौशाला र  
 सुन्धाराबाट निशुल्क गौनीबस सेवा उपलब्ध**

**; DklQ ljj /Of ; dod}a%fcf}**

eikrf/ lgj f/Of Pq, @)% ( sf] bknf %) df ; fj h]gs  
 kb wf/Of u/\$] JolQm] x/\$ cly\$ jif{ ; dft ePsf]  
 ^) -; f7L lbgleq cf^gf] / cf^gf] kl/jf/sf] gfdgf /x\$]f]  
 ; DklQsf] ljj /Of tfl]sPsf] lgsfo jf clwsf/L; dlf k;Z  
 ug]kg] Joj :yf 5 . ; fy} ; fxl Pqsf] bknf %) sf] pkbknf  
 # df tfl]sPsf] Dofbleq ; DklQ ljj /Of ga%afP ?=)) --  
 ; Dd hl/j fgf u/L lgh jf lghsf] kl/jf/sf] gfdgf u}sf] g]l  
 ; DklQ /x\$]f] cgdfg u/L ; DalGwt lgsfo jf clwsf/Ln]  
 cg; Gwfg ug{ ; Sg] Joj :yf 5 . To; h] tfl]sPsf] lgsfodf  
 Dofbleq} ; DklQ ljj /Of a%fgkxg cg/f] ul/G5 .



**gkfn ; /sf/  
 /fli6@ ; tsff s]b] l; xb/af/, sf7df8f}-  
 knfg g+ \$@)##(, \$@)#!, \$@)##\$,  
 \$@)##\$, \$@)##\$, \$@)##\$, \$@)##\$, \$@)##\$,  
 \$@)##\$, \$@)##\$, \$@)##\$, \$@)##\$, \$@)##\$,  
 x6nf0gM \$@)##\$, ~ofS; M \$@)##),  
 OdjhM navic@nvc.gov.np, j; f: f06Mwww.nvc.gov.np**

# ..; fg] c lf/ lrgf0lblgy; \s ũ

## ■ z/Ofsd/f /f0{

**d]** / cdf \$^ jifsl xgkG5 . pxfnf0{ c lf/ lrgg] 7hf] w]sf] /x\$ . ut jif{ bz}labdf 3/ uPsf] ahf pxfnf] d; E k]tfj /fVgeof] ..; fg] dnf0{ klg c lf/ lrgg] /x/ 5l o; f] b0{f/ c lf/ nVg-k9g l; sf0lblgy; \s ũ ulha nlfof pxfnf] k]tfj 0

o; af6 nVg k9 ug{ hfgsf ojflk9klit xdf] lg/lf/ aafcdf, xh/aaf-xh/ddf, sfsfsfsl ; ah] sqf] e/f] f /fVg' xbf]x\$ eGg] s/f dnf0{yk kl6 eof].

cdfsf] k]tfj n] dnf0{Psl5g t lgs}; frglo agfof] \$^ jifsl cdfnf0{dh] l% lbgf] bz}labdf ; fj fClf/ lrgfg ; sfnf < p; ; klg bzsf] ahf kfgsf] : jfut / labf0df Jo:t xgkg] / cfkm] klg dfoghgsf] xftaf6 6lsf cfzlj fl yfkg hfgkg] r6f/f]. tklg dh] dgdg] kOf u/+.o; kfnsf] bzsf d cdfnf0{; flf/ agf05f8g\$' ũ ljhofbzdsf] ; fl% bzsf] /d%d rin/xbf cdfsf] xtdf l; ; fsnd / sfkl, dge/l c lf/ lrgg] lh1f; f / sf]xntf clg cffdf dklit cfux; lxtsf] ck]ff bV}+. pxfnf] kGM k]tfj ugfof] ..; fg] cl:t eg\$] s/f lal; 0; \s ũ d SofDk; sf Ps klfoksnf0{ ; lD%g ku}+ 3flng yfn}. pxfnf] eGgePsf] lyof] æzlff eg\$] sb} klg 1fg, ; lk jf lfdtsf] lj sf; u/l jf:tlj s hljgdf nfu" ug{xf] A d 6fhfPsf] bV} cdfnf] %s% Sofpg' e]f ..; fg] ; lg; \ũ

dh] t]tsfn] cdfsf] k9f0 z'; u/Pf. sxl dxlgf] cys\ kOf; / lg/Gt/ ; fwgkZrft\ pxfFafx\ /sf jOf{v//{ eGg / nVg ; Sg] xgeof]. clxn] k'ts, klqs k9g, gfd 7]ufgf nVg / dfa0n kmf] kof] ug{; lfd e0; SgePsf] 5 .

..dwf?n]df8 gvfp wfdlsf]dfq sxl rNbg] eg] %}+ h; nf0{nllft u/ ; flf/ tf of]hgf cl3 ; fl/Psf] xf] p; df g}o; kl't rf; f] / cfsifOf kOf ul/gk5{. cyff\k9gk] ; sf]dg k9f0kl't lvRg ; Sgk5{ ta dfq of] cleofgn] ; kmntf kfp5 .

dh] cf^gf] sydfknt cfd z]lfs juhf0{ eGg vfh\$] s/f s] xf] eg} tkf0{ xfdln] l; s\$ / hfgsf s/fnf0{ :jo+}l 9un] 3/, kl/jf/, 5/l5d\$, 0i6ldq / gftuf]sf dfq; x; ; E afB] xfdln] jf:tlj s lzlf lnPsf] 7xg\$ ; fy} gkfnf lj Bdfg lg/lf/ tf x6fpg ; xof] ldlng\$ .

tlg jif]eq ; a}lg/lf/ gkfnlnf0{; flf/ agfpg] ; kgf k/f ug{egh:tf] / ; fr]h]Qsf] ; lhnf] 5g . of] ; d:ofaf6 56sf/f kfg lzlf j u; / f\$ / jfn ; 3; yfx; / ; DalGwt lgsfo dfq lqmfzln eP/ klg klbg . ..dwf?n]df8 gvfp wfdlsf] dfq sxl rNbg] eg] %}+hg ; dbfo jf juhf0{nllft u/} of] of]hgf cl3 ; fl/Psf] xf] pQm ; dbfo g} rf; f] / ; lqmtfsf ; fy ; flf/ tf cleofg jf slfdf csliff xg] kl/l:ylt / jftf / Of lqdfOf ul/gk5{. cyff\k9f0kl't pglx\$ sf] dg lvRg ; Sgk5{ ta dfq of] cleofgn] ; kmntf kfg ; S5 .

dx]b] / Tg axdvl SofDk; , Onfd alP8= t] fl] jif{

## ..kOf{; flf/ gkfn ũ nVg kl't:kwf\$]kl/Offd

lzlfs sf] @)^ ( c; f/÷; fpgsf c\$df 3f]off ul/Pcg?k gkfnnf0{ kOf{; flf/ tNofpg] pkfosf ; Gbedf kl't nV- /rgfdWo] b}fosf nVssf nVx;nf0{ p]s[6 7x}of0{ k/:s] ug] lqOf ul/Psf] 5 . k/:sf/ /sd -?=@,)) )\_ b0{ hgfnf0{ bdf; fxl ; kdf kOf ul/g] 5 .

### gGbnfn cfrfo{

lnl6n ^nfj/ dflj, /fhj/fh-(, ;Kt/L lhpq ; lhnf] kf5{ -lzlfs, sf]Qs @)^ (

### chgk]fb kfV/}h

; /:j tl pdflj, bg} 8flkf c lf/ dfq ; flf/tfsf] dfgs /xg -lzlfs, c; fh @)^ (

k/:s] nVsx;nf0{awf0{tyf nVg kl'tof]utdf ; xeful xg] ; DkOf{dxgfej x;nf0{xf]b\$ wgojfb ũ

lzlfs dfl; s, hfjnfVh, nlnk/

kfbg=#(!, nlnk/, kmfGM %\$#@% @, %\$\*!\$@, Od]M mail@teacher.org.np



# YOUR COMPLETE NEWS.





# uflDOf vfgkfgl tyf ; / ; knf0 Ij sf; sfijf Pq, @)^^^

**vf**gkfgl tyf ; / ; knf0 ; Ijwf dfgj dfqsf] cfwf/et cfj Zostf xfl. of] lfgsf] Ij sf; af6 pkefQmfx;sf] :jf:Yodf cgsh c; / kgI / :j:y hgZlQm pTkfbg e0{ /fi6sf c6o pTkfbgdhs sfo;df klg ofubfg kUb5 . ; /Iift vfgkfglsf] ; dIrt pkoIuaf6 kfglhGo /fux;sf] /f\$yfd e0{ :jf:Yo pkrf/df ugk;I nufgl sd xg hfG5 . o; u/L vfgkfglsf] hfxf] ug{ kofu e0/x\$] ; donf0{ c6o pTkfbgdhs sfoef nuf0{yk cyfkhg / :jf:Yo pkrf/sf] vrdf s6f;l xg u0{bzn}c;ndag u/\$f] u/lal lgj f/Ofsf] nlo xfl; n ug{dxlj kOf{6}f klg] 5 .

**uflDOf vfgkfgl cflkt{Da6wL jt0fg l:ylt** cfwf/et cfj Zostfsf] ;kdf /x\$] vfgkfgl / ; / ; knf0 lfgsf] ; dIrt Ij sf; af6 dhssf] ; du| Ij sf; d} 6}f klg] tYonf0{ Wofgd /fvL ; DkOf{ gkfnl hgtfnf0{ ; ud, ; jR5 / kofkt vfgkfglsf] ; Ijwf k%ofpg' /fhosf] kdv bfoLj / lhDd] f/L xfl. c%} klg w} gkfnlx; ; /Iift, ; ud / kofkt vfgkfglsf] ; Ijwf kkt ugaf6 jI-rt 5g\ dh, kfy/L, shf] vifh / gbl h:tf kfglsf ; f}x; kbllft /x\$ kfoG5g\ nfd] b/laf6 kfgl Nofpgk; psnf;cf]fnf] lx8gk; afWotfn] ubf{ kfglsf] kofu ; d; sd xg] u/\$f] 5 . gj f;ofhgsf] cGto; Dddf gkfnf] uflDOf lfgdf vfgkfgl ; Ijwaf6 neflGj tx;sf] l:ylt bxf0 cg; f/ 5ll

Ij sf; lfg	nfeIlgj t ; Wof -xhf/df_	kltzt
kj f{rn	@(!&	^!
dWodf-rn	\$%!	^%
klZrdf-rn	#@!^	&(
dWoklZrdf-rn	@@*\$	*)
; b/klZrdf-rn	!&!(	*%
hDdf	!\$#*&	&!

gkfnf : jR5 vfgkfgl / ; / ; knf0sf] sdln] ubf{ %f8fkvfnf cflb /fufaf6 jiflg s/la ! ) xhf/ %) ) afnafnsf dgI u/\$f] kFOPsf] 5 . kI9 hg; WofdWo] klg w}h] kfgl / kfglhGo /fuf sf/Of pTkfbgzln lbgx; udfo/x\$ 5g\ . xfn; Dd neuu \*) kltzt gkfnlnf0{ cfwf/et vfgkfgl tyf \$# kltztnf0{ ; / ; knf0sf] ; Ijwf kkt eP tklg vfgkfgl cfofhgaf6 Ij tl/t kfglsf] udf: t/ ; lglZrt ug{ knf kofkt Wofg uPsf] kfoG5 .

**uflDOf vfgkfgl tyf ; / ; knf0 ; Da6wL /fli6@ gllt, @)^)** tyf uflDOf vfgkfgl tyf ; / ; knf0 lfgut /Ofgllts sfoefhgf, @)^) gkfnf uflDOf vfgkfgl tyf ; / ; knf0 ; Da6wL ; ]fx;df cfly\$ ; xofu pknAw u/fpg xfnf] ; du| cfly\$ cj: yf tyf bzf;ofhgsf nlox; cg; f/ uflDOf vfgkfgl tyf ; / ; knf0 ; ]fx;sf] dfu k'f ug{ nflg}cgdfgt nfutsf] cfwf/df lfgut /Ofgllt / lfgut sfoefhgf tof/ ul/Psf] 5 . Ij utdf cfh\$] lfgut cg; tyf pknAw ; ]f kbfos ; e6qx;nf0{ dWogh/ /fv} o; lfgut /Ofgllt sfoefhgf] Ps ; jfDd ; yfut ; e6g kltljt u/\$f] 5, h; n] uflDOf vfgkfgl tyf ; / ; knf0 ; Ijwf tyf ; ]fx;sf] kefj sf/L cflkt{ JoIQmut cf/f}o Pj +; / ; knf0 cfbtdf ; wf/sf] cfj Zostf dily hf\$ / kdv ; /f\$;jfnfx;sf] eIdsf tyf lhDd] f/lnf0{ ki6; E kl/eflft u/\$f] 5 . o; n] Ij zlf ; kdf dlxfx;sf] ; mUgtf, lK5l8Psf hft tyf hftut ; dbfosf] kefj sf/L kl/rfng Pj +u/lal lgj f/Of ugI /Ofgllt klg ; dfj z u/\$f] 5 .

**uflDOf vfgkfgl tyf ; / ; knf0 sfijf Ij sf; ; ldlit** k/Dk/fut kfgl cflkt{ kofnl kl/jt0 u/L dfudf cfwf/t, lsknotl, ; xeflutdhs Ij sf; ; cjwf/Off c;ndag ug{ vfgkfgl cf] f/k; f/ ug{ gkb{ art xg] dlxfnf] ; donf0{ cfodhs sfoef pkoIu u/L uflDOf ; dbfonf0{ ; fdlhs / cfly\$ tj/df ; zIQms/Of ug{ hgtfsf] vfgkfgl tyf ; / ; knf0 gllt lgdofdf ; xofu ugI p2Zosf ; fy gkfn ; /sf/af/f uflDOf vfgkfgl tyf ; / ; knf0 sfijf Ij sf; ; ldltsf] : yfkgf Ij sf; ; ldlit Pq, @)!# cg; f/ @)%@ ; fn r} ! ut]-dfr{ !\$, !((^ df ePsf] xfl. o; nf0{ 5f6s/ldf . kn08af\$ elgG5 . gkfnf] uflDOf lfgsf hgtfnf0{ vfgkfgl ; Ijwf k%ofpg] s/fdf of] Pp6f lg/Gt/ ; kdf lqmfzln, ; kl/rrt / : yfkt ; : yf xfl. lxhf\$] ; z:q Ij bfx / a6asfng l:yldf ; d; o; sf] kefj sf/tfdf sg} sdl cPq . pkefQm cyf\ ; dbfosf] ; xeflutf / cfofhgsf] 5gf6bv sfoefog; Dd o; sf] sfo4lt ctoGt} k;+glo 5 .

**k}tljt Ijwφs dlysf l6k0fl tyf ; %fj** gkfnf] uflDOf lfgsf hgtfnf0{ @)%@ ; fnb]v lbuf] e/kbf] ; jR5 tyf lsknotl ; kdf vfgkfgl tyf ; / ; knf0 ; ]f pknAw u/fp6} cf0/x\$] uflDOf vfgkfgl tyf ; / ; knf0 sfijf Ij sf; ; ldltnf0{ cIj IR5Gg pQ/fwsf/jfnf Ps ; jzfl; t ; E17t ; : yfsf] ; kdf : yfkgf ugI p2Zon] Joj: yfllsf ; ; b\dlf k}tt uflDOf vfgkfgl tyf ; / ; knf0 Ij sf; ; sfijf] ; Da6wdf Joj: yf ug{ ag\$] IjwφsE sf] ; Da6wdf ; Nnf / ; %fj x; lgbg cg; f/ /x\$ 5gll

k{tj}gf

ufldof vfgkfgl tyf ; /; knf0 sfif lj sf; ; ldltn]; -rfng ugI sfoqnd tyf kl/ofhgf x; sf] kl/ldes cyff \lj sf; r/Ofb]v sfof] ogsf] cl6td r/Of; Dd u}; /sf/l ; :yfx; n] ; xofyl ; :yfsf] ; kdf vfgkfgl tyf ; /; knf0sf sfoqnd x; sf] lj sf; / sfof] ogdf dxl; kOf{ eldsf vllg] ePsf sf/Of k{tj t lj wps] k{tj gdf ; xofyl ; :yfsf] ; kdf u}; /sf/l ; :yf /xg] cyff \yfglo pkef] / : yfglo lgsfox; h:t}u}; /sf/l ; :yfx; klg ; xofyl ; :yfsf] ; kdf /xg] s/f pNny ul/g' cfjZos blvG5 .

kl/efiff

o; zlifc c6tu; -a\_ df pNnlvt ufldof vfgkfgl tyf ; /; knf0 ; DaGwl .ofhgf eG] 7fp] lf leG ksf/sf ofhgf; egl pNny ug{ pkoQm xg; .

To; u/L o; } zlifc c6tu; sf] -r\_ df pNnlvt ; : xofyl ; :yfl eG] zlifc c6tu; pNnlvt = = .krlnt sfg; adf]hd :yflkt ; u7t ; :yfl sf] ; sf .krlnt sfg; adf]hd ; u7t u}; /sf/l ; :yf / c6o ; :yfl egl pNny ug{ a9l Joj xfl/s xg; .

sfif]sf] :yfkf

gkfnf ePsf ; :yf / ; Argfx; sf] k; j] sf/l sfof] ogdf hf; glbg] t/ a9legf a9l ; :yf / ; Argfx; tof/ u/l cf' gfnf0{ kf]g] / cly; ; f] ; fwgsf] b?kof] ug] k] Q ePsf sf/Of o; zlifc c6tu; sf] @ df pNnlvt sfif] cfjZostf cg; f/ gkfnleq hg; s; :yfgdf cf' g] zvf sfofno vllg ; Sg; eG] k{tj t Joj :yfsf] 7fp] xcfjZostf, cfl; To, pkb; t / cly; ; kdf pkoQm eP dfq vllg kfg] u/ ; sf/ fids lgoqofdlvl Joj :yf ; xfp] Joj :yf pNny ug{ pkoQm xg; .

; ldltsf] u7g

k{tj t ufldof vfgkfgl tyf ; /; knf0 lj sf; sfifnf0{ Pp6f k; j] sf/l lj sf; sfif]sf ; kdf :yfgf ug] x] eg] gkfn ; /sf/n] dgf]lt ug] tlghf ; b:o ; DaGwdf k{tj t u/ ; Joj :yfnf0{ oyfj t \v/b} ; ldltsf] u7gsf ; DaGwdf k{tj t c6o Joj :yfsf] ; sf b; fosf ; b:o /xg] u/l ; ldltsf] u7gsf Joj :yf ug{ pkoQm / k; j] sf/l xg; .

; l; j, efl; ts ofhgf tyf l; gdf dGafno	; b:o
; l; j, :yfglo lj sf; dGafno	; b:o
; l; j, :j; f; Yo dGafno	; b:o
cWof, lhNnf lj sf; ; ldltsf] dxf; ;	; b:o
cWof, ufp] lj sf; ; ldltsf] /fli60 dxf; ;	; b:o

w} j] if] v :yfglo lgsfox; df l; j] g xg g; s; sf] / b; zsf] /fhglts kl/b; zof klg Jojks kl/ j t; ePsf sf/Of lhj ; dxf; ; / ulj ; /fli60 dxf; ; sf] tk; f6 ; ldltsf] /xg] kltlglw] sf] k{tj t Joj :yfsf] lj slkdf ; f; g ; lsG5 .

To; u/L, ch b; zsf w} gu/kfnsf l; g] klg vfgkfgl tyf ; /; knf0 ; DaGwl sfoqnd x; ; -rfng ug] g] :yfl /x; sf sf/Of gu/kfnsf] tk; f6 klg ; ldltsf] u7gdf kltlglw] /xg] u/l Joj :yf xg' pkoQm xg; .

; ldltsf] u7g zlifc] sf] tk] ; n pkbkrf % / ^ df pNnlvt Joj :yfsf ; Gbedf dgf]lt ; b:o / cWof] sf] sfof] b0{ tlg jif; nflu egl k{tj ul/Psf] ; b:o / cWof b; zsf] sfof] ; dfg ; kdf tlg jif; nflu xg; egl pNny xg' /dltsf] xg; .

sfof]sf/ l gbx; z

bnf !^ sf] pkbkrf - \$ \_ sf] @ adf]hd sfof]sf/ l gbx; z sf] l; g] o]m geP ; Ddsf] nflu gkfn ; /sf/n] sfif]sf] j l/ i7td sd' f/ lnf0{ a9ldf ^ dxlgf] nflu sfof]sf/ l gbx; z sf] ; kdf sf] u/l t; g ; Sg; eG] k{tj t Joj :yfsf] ; sf] ufldof vfgkfgl tyf ; /; knf0 lj sf; sfif] ; -rfns ; ldltsf] cyff \ ; ldltsf] sfif]sf] j l/ i7td sd' f/ lnf0{ a9ldf ^ dxlgf] nflu sfof]sf/ l gbx; z sf] ; kdf sf] u/l t; g ; Sg; eG] Joj :yf /v; g' ; f; l; ts / Joj xfl/s ; kdf pkoQm xg; .

; g] !& leq ztkltzt gkfnl hgtfnf0{ cfwf/ e' t ; t/ sf] vfgkfgl / ; /; knf0sf] ; j] pknAw u/ fpg] / fHosf] nlonf0{ ; sf/ ; k l; gsf] nflu of] lj wps kfl/ t xg' cTofjZos 5 .

ufldof vfgkfgl tyf ; /; knf0 l; g] ut / ofglts sfof] hgf, @) ^) cg?k lj utdf ch; f] l; g] ut c; j tyf ; j] k; fos ; eG] x; n; f0{ dlwogh/ /v} o; l; g] ut / ofglts sfof] hgf] Ps ; j] Qd ; :yft ; eG] sf] k{tj u/ ; sf] ; Gbedf ufldof vfgkfgl tyf ; /; knf0 sfif] lj sf; ; ldltsf] nf0{ Pp6f ; u7t / ; j; foQ ; :yfsf] ; kdf v8f u/l ufldof vfgkfgl ; Gbedf bl3; fnlg cjwf/ of] sf] nlo kl' d; xof] k; ofpg klg of] lj wps Joj :yflksaf6 kfl/ t xg' h?/ l blvG5 .

s; g} klg lj wps cyff \ sfg; cfk; Ps; k6s kOf{ x; g; . sfg; sf] lj zif; eg; sf] s] x] eg] el; iosf c; j af6 To; nf0{ kl/dfhg cyf cfjZostf cg?k To; df ; z; l; gdf knf ; wf/ Nofpg ; lsG5 . To; cydf k{tj t lj wps clx; ; c; j :ydf kfl/ t ul/Psf] v08df klg To; n] ufldof vfgkfgl / ; /; knf0sf] ; j] f lj :tf/ df dxl; kOf ; :yft ; Argf tof/ ug ; 3fpg] g} 5 .

; l; f; vfgkfgl tyf ; /; knf0 df; j] lj sf; sf] Ps k; v cfwf/ x] . vfgkfgl / ; /; knf0 ; j] fsf] lj :tf/ sf ; fy] uOf: t/ df j] 4 u/l ; Dk; cfof] hgf af6 ck] ff ul/P cg; f/ vfgkfgl tyf ; /; knf0 ; j] f k; fg ug; dfu cg; f/ kfgl ckl' t { ug ; o ; l; g] k; v r; g] x; ufldof l; g] d; vfgkfgl tyf ; /; knf0 ; lj wf lj :tf/ / k] 4; ug; lfj ut !% jif] v l; g/ Gt/ ; kdf ufldof vfgkfgl tyf ; /; knf0 sfif] lj sf; ; ldltsf] dxl; kOf{ eldsf l; j] f; ub; cf0/ x; sf] 5 .

\*; xk] l; ofks uOf; z; b; Q e; sf; f/ gkfn sl; 66; g knp08] gsf nlu tof/ ul/Psf] of] cg' l; w; tyf ; % j] kqnf0{ dlxnf, hgh' t, dw; z, of tyf c6o l; g; bafa ; dx; z; sf] Ogk; sf cfwf/ df cl6td ; k lb0Psf] 5 . o ; ; DaGwdf of] knp08] g e/ t uf; d, l; g; z lqk' l, k; b; k; b; / /fh; z, O; b; b; / ; f; af, ods; / of' hg, /fh; b; x; b; / k; l; g, ek] b; c; of, and; l; x ; j' f, l' t' y] ; x; l/ fh 5tshl nuof knf; t; d; a, cleif; clwsf/ l tyf 8f- l; j; kg clwsf/ l ; d; klt cef/ JoQm ub; .

of] cWog Plzof knp08] gsf] ; xof] ud ul/Psf] x] t/ o; df JoQm lj rf/ x; ; Da4 n; y; sf x; . l; gn] knp08] gsf] lj rf/ / bl; 6s; f; nf0{ kltlglw] ub; g\ .



### k'/fg/}l}ifoj :t' lsg <

xfn slff ! ) sf]P]R5s lätlo .Lzlfll  
lj ifosf]kf7dk':tsdf .gkfnsf]lj Bfno  
txsf]kf7dqnd 9fFü zlifß cgtuf  
-slff \$ / % sf nflu .kfylds lzlf  
kf7dqnd, @)^%ü cg?ksf] lj ifoj :t'  
/flvgkg]f k'/fg} ; ddu| /flvPsf]  
5 .

; fy} @)% ( ; fnsf] kf7dqnd  
; Argf z]lfs ; q @)^& ; fnaf6  
x6g] elgP klg xfn; Dd oyf]t }  
/flvPsf]5 . lsg <

zs/ n06h  
gj blf{df]j, 9nufp#, eflhk/

ql6 cf]llof0lbgèPsf]df zs/hlnf0{  
w6ojfb . kl/df]h f kf7dqndnf0{  
kf7dk':tsdf ; d6g g; sßf] s/f  
; fFf] xf]. kf7dk':ts kl/df]hgsf  
qmddf k'/fgf] ; fdu|lnf0{ x6fP/  
cBf]lws ugßf}.

uofzk}fb e\$ /f0{  
pklgbzs, kf7dqnd lj sf; s|b|

### z'4-cz'4 x|/bq <

slff ^ sf]lj 1fg lsf]Psf0-!&  
sf].kVj lü kf7df .kVj lsf]edWw/yfsf]  
cw{of; !@,\*)) lsd / w]lo  
cw{of; !@,&! lsd 5 ü egl  
n|vPsf]5 . ptf slff & sf]lj 1fgdf  
.kVj lü eG}kf7d}kVj lsf]edWw/yfsf]  
cw{of; !@,&(@ lsd / w]lo cw{of;

### cgbf]g l s /lhi6/ <

kfylds txsf lj Bfyl{sf]lg/Gt/ dNofsgsf nflu cfj Zos  
kg}; fdu|sf lglDt lhlzsf]lj Bfnonf0{k|t lj Bfyl{=?%}  
sf b/n}gub}lbgkg]xf]. t/, lhlzsf, bf^n}lj Bfnonf0{  
gub glb0{/lhi6/ 5kfP/ lj t/of u/ßf]5 . lj Bfnonf0{  
; lw}cgbf]g glbP/ To; /l /lhi6/ af8g ldn5 <

lrçtfaxb/ lu/L  
k|lj avl/of, bf^

ut jif{lg/Gt/ dNofsg k4ltsf lglDt kfylds txdf  
k|t}lj Bfyl{=?%} sf b/n}lj Bfno gub cgbf]g g}k70Psf]  
lyof]. t/, b0{j6f ; f} s|b|cgtufsf lj Bfnodf afxß

!@,&^ lsd lb0Psf]5 . slff ^ af6  
& df pSng]lalQs}kVj lsf edWw/ylo  
cw{of; 36g] / w]lo cw{of; a9g] t  
kSs}xf0g xfhf ü kf7dk':ts tof/ ubf{  
z'4-cz'4 klg x|/bq ls Sof xf] <

an/fd clwsf/L  
ld6bsf df]j, gnf^&, wflb^

xfdf]c; fjwfgljz b0{j6f kf7dk':tsdf  
km's-km's cfE8f k/ßf]xf]. slff ^ sf]  
kf7dk':tsdf /xßf] cfE8f ; xl ePsfn]  
k7gkf7gsf lglDt o; ðf0{cfwf/ dfGxg  
cg/fjw 5 . csf] ; s/Ofdf o; nf0{  
; RRof0g]5 .

8Da/wjh cf^a|a|  
kf7dqnd clwsf, kf7dqnd lj sf; s|b|

### kn|/ lgoLm lbgk5 <

; fdbflos lj Bfnodf lgsf; f ePsf]  
kl; LPkm cgbf]gaf6 tna=eQf kfg]u/L  
Ps k6s lgoLm lb0Psf]lzlfsnf0{csf]  
jif{lgsf; f ePsf]cgbf]gaf6 tna=eQf  
lbg k6M lgoLm kq lbg' k5{ls kbq <  
; fy} kl; LPkm lzlfssf] lgoLmsf lglDt  
s:tf]klqmf ckgfpgknf <

6sk}fb kxf8L  
gj Hof]t df]j, x|kt}, l; GwH

csf] cflyß jifßf] tna=eQsf lglDt  
kl; LPkm lzlfssf] k6M s/f/ ; D%ßf  
ugkg]x65 . lzlf lgodf]ndf plNnlvt  
c:yfal=s/f/ tyf /fxt lzlf lgoLmsf]  
k|qmf adf]hd g}kl; LPkm lzlfssf0{  
lgoLm ugkg]x65 .

sdkn}fb kfy/h  
lgbzs, lzlf ljefu

### kfyldsdf cfj}bg lbg kfp5' <

dñ] cf0P z]lfs of]otf / ! ) dlxg]  
tflnd k'f u/L kfylds txsf] :yfol  
nf0; Q; lnPsf]5'. xfn kl; LPkm lzlfssf  
; kdf sfo{t 5' . of f cP/ alP=alP8  
klg pQLof{ul/; sßf]5' . ca dñ] sg]  
lj Bfnoaf6 kfylds txsf] /fxt jf  
c:yfal=s/f/sf] lj 1fkg xßf To; df  
cfj}bg lbg kfp5' ls kfp]gF<

kè/fd yfk du/  
dfx?b|df]j, lxduef-\*, /fdßfk

tkf0h] kfylds txsf] /fxt jf  
c:yfal=s/f/ lzlfssf lglDt cfj}bg lbg  
kfp]g65 .

gf/fo0k}fb e\$ /f0{  
pk; lrj, lzlf s; jf cfof]j

### ; xof]uln] k9fpg ldn5 <

xfdf]lj Bfno -slff !-% df (@ hgf  
lj Bfyl{ 5g\ . b0{ hgf b/aGblsf lzlf s  
/ lj Bfno ; xof]ul klg 5g\ . lj Bfno  
; xof]uln]P; Pn; l pQLof{u/ßf 5g\ t/  
lzlf nf0; Q; rflx+5g . pgnf0{s|ff  
# sf]..slff lzlf0f0 ug{lbpf 5f}; o; /L  
lj Bfno ; xof]ulnf0{s|ff lzlf0f ug{lbg'  
7ls xf]jf xf0g < ; fy} pgnf0{.gg-.ofn/L  
kl; LPkm af6 tnsf]Jo; yf ul/Psf]5 .  
o; f]ug{l dn5 ls ldnbg <

blks/fh zdf{  
kç, ayfg8f8f k|lj, wf/fkfgl-(, ; vE

h; nf0{hg sfdsf]lglDt lhdj}f/l t]lPsf]  
xf] p; nf0{ ; f}l sfd u/fpgkg]x65 .  
To; ð}lj Bfno ; xof]ulnf0{lzlfof nufpg'  
7ls xf0g . ; fy}.gg-.ofn/L kl; LPkm af6  
lj Bfno ; xof]ulnf0{tna lbg ldnbg .

cGof To; sf] kèf]sfl/tf blvPg . To; ð] lhlzcsf]  
clwof]tdf a; ßf]; f} JoLQm; sf]a}saf6}/lhi6/ 5fk]  
lbg]lgo0f eP cg; f/ o; f]ul/Psf]xf].

cf]kßz Gof]kg]  
pk; lrj, lhlzsf bf^

sfoqnd sfof]og kl:tsf, @)^\*^^( df ...slff ! df  
gofFegf{xg] lj Bfyl{nf0{df}=?%} sf b/n}lj Bfnonf0{  
pknAw u/fpg] n|vPsf]xßf /sd ; lw}lj Bfnodf k7fpgkg]  
blv65 .

6s/fh clwsf/L  
pk; lrj, lzlf ljefu



; xoflslf lglDt lzlf ljefun]5\$}cgbfg /sd pknAw u/tpf}cfPsf]5 .  
sdnk/fb kfy/h, lgbzs, lzlf ljefu

**b/aGbl s:tfnf0{lbq}xf <**

xfn ; /sf/n]lj Bfnodf kfbg ub{cfPsf] n]yf sdf/l]sf] b/aGbl s:tf lj Bfnon] kfbg] b/aGbl xf] < pOm b/aGblsf] nflu cfj Zos z]f]s of]otf slt xf] < ;fy}of] sg >fl jf txsf] b/aGbl xf] < ;zln yfkf, afx]a; ; l; Gwknrf\$

lj Bfnonf0{ sdf/l]sf] b/aGbl lbOPsf] xflg . sdf/l Joj:yfkgf lglDt cgbfg rfx+lbq yflnPsf] xf] . h; cg; f/ dflwolds txd f lj Bfno sdf/l / ; xofl tyf lgdgdflwolds / kfylds txd f lj Bfno ; xoflslf lglDt cgbfg lbOPsf] 5 . ; fxl cgbfgaf6 tna=eQf lb0g] sdf/l]sf]z]f]s of]otf tyf ; jf=: lj wf lj Bfnon]g}lgwf{0f ug\$ .

6\$gf/foof kf08] lgbzs, lzlf ljefu

**ljzljfnfsf] km/ a9jf xG5 <**

lzlf s ; jf cfofly lgodfj nlsf]lgod # ( s adflhd .ljzlj a9j fl xg] lzlfssf] kl5 a9j f xG5 ls xG5 < ;fy} ; f] >fl cg; f/ lhnfnut txd f a9jfsf] lglDt sfbf lgwf{0f xG5 ls xG5 <

j]k]fb ahuf+ sflnsf dflj, rnf-^, sflknf-rf\$

ljzlj a9j f ePs}sf/Ofn]kgll a9j f gxg] eGg] ; jfn]5g . a9jfk15 lglZrt ; jf cjlw k/f ePk15 a9jfsf lglDt kl]t:kwf{ ug{ ; lsG5 . h:t]ljzlj a9jfaf6}kfylds lätlo >flndf a9j f ePsf] kff jifk15 kyd >flnsf lglDt of]otf kl5 . ;fy} ljzlj a9j f ePsf]lzlf s ; wofsf]cfwf/df ge0{lgod \* ( sf]kflj wfg cg; f/ a9jfsf] ; wof lgwf{0f ul/G5 .

gf/foofk]fb e\$fo{ pk;lrj, lzlf s ; jf cfofly

**dfGotf kfOPnf <**

lzlf lgodfj nldf ; fdbflos pdflij sf]kç xgsf lglDt PdP8 jf ; f] ; /xsf]of]otf rfxg]n]vPsf]5 . PdP / alP8 of]otfn] PdP8 ; /x dfGotf kfb5 ls kfb5 <

**k}f]t `gl 36bf]/**

dnf0{^&÷)@÷)!\* df lj Bfno ; xfos eg] lgoOm lb0of]. Tolta]hf d]h] ?=@,))) tna kfy]t. @)^\* ; fndf lzlf ljefun]lj Bfno Joj:yfkg vr{ a9fPk15 d]f] tna ?=\$,))) kl\$]lyof]. clxn]t ; xfossf nflu tf\$] !! dxlgfsf]j flif\$ ?=!!,))) kf]cfof]t fls]ca d h:tf kl8tn]xktfdf Ps lbq dfq}lj Bfnodf xflh/ eP klG]xf] <

gllhb yh<sup>e</sup>, lj Bfzj/L klflj, df<sup>a</sup>]f-\$, ; wj f; ef

sfff !-% ; -rfng e0{^} eGbf sd lj Bfyl{/x\$ f lj Bfnonf0{ lj Bfno ; xoflslf lglDt j flif\$ ?=!!,))) cgbfg lbq]lg0f6 cg?k ; f]/sd lbOPsf] xf] . ; f]cgbfgaf6 lj Bfno ; xoflslf] ; jf s/f/df lng]/ ; xoflslf]sfofho ; do t\$g]lhd f lj Bfnonf0{g}5 .

u0fzk]fb kfBh, pklgbzs, lzlf ljefu

;fy} sdfp lj Zj lj Bfno, gg]ltn -ef/t\_ sf] MA(In Education Subject) n] PdP8 ; /xsf]dfGotf kfb5 ls kfb5 <

clgn >ljf:tj dx]b]pdflij, sOfgu/, slknj:t' blks v8\$ f, zflGt lgdflj, df]a dxfdn] ; \* ; fpb klrf0{ gfufh] pdflij, zdf]l, a\$8l

6k; lqk6 lbq gldNg]/ To: sf lglDt elj iodf df\$ k/Llfd f pQlOf{ugkg] hjfkm lbPsf]5 . To:tf]df\$ k/Llff slxn]/ / sxffxG5 <

lrqaxfb/ lrf]l eldbQ gu/kflnsf, dx]b]gu/, s-rgk/

kdfOfkq tx, :gfts / :gftsQ/ txsf lglDt @)&) ; fndf df\$ k/Llff ; -rfng ug] tof/l xfdln] u/\$f 5f. pOm k/Llff sf7df8f]xt klgsfn] tf\$ f ljleG lhnfnf ; -rfng xG5 .

sOfk]fb cfrfo{ ; xlgobqs, k/Llff lgoG0f sfofho

**/fxtsf] ; ?jf xG5 <**

d @)^@÷)@÷)! b]v klflj ; f]Gldf /fxt sf]fdf sfo{t 5' . d zfl/s ckwtf ePsf] lzlf s xF. 3/af6 lj Bfno klG kbn ; f9] tlg 306f nflu] ePsf]h] lj Bfno glhs} 8]f lnP/ a; \$] 5' . d h:tf /fxt lzlfssf] ; ?jf ug{ ldnbq < ldn5 eg] sxff; Dks{/Vgknf] <

sdnaxfb/ v\$nf du/ kç, klflj ; f]G]l /ftfd6f, bf<sup>a</sup>

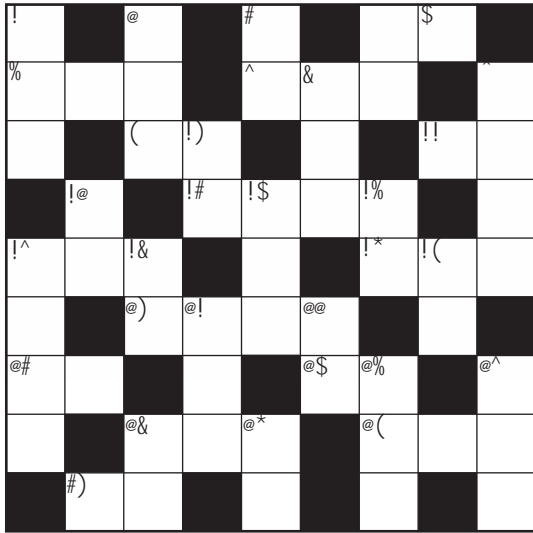
b/aGbl ldnfsgf] ; Gbedf afx\$ c6o cj:yfdf /fxt lzlfssf] ; ?jf ug{ ldnbq .

u0fzk]fb kfBh pklgbzs, lzlf ljefu

sms k]tlqmofsf nflu jj<space>5006



## zAb vjh-\$(



gfdM \_\_\_\_\_  
7qfGM \_\_\_\_\_

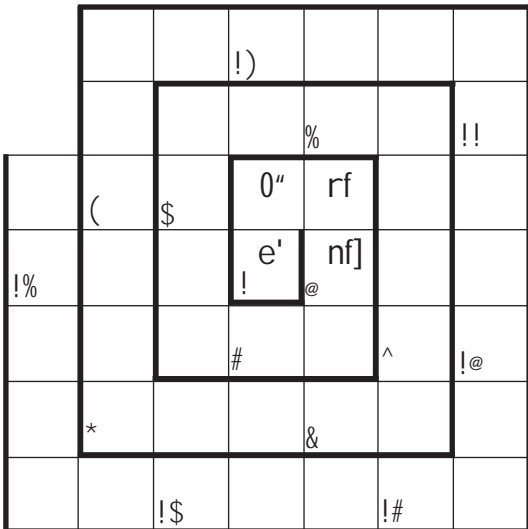
t]f  
\$ \_ thf gePsf]  
%\_ afngfml Wj :t xg]u/L vfg]km6bfxf]h:tf]p8]f sl/f]  
^\_ hdfg jf sah ug]JolOm  
( \_ /utsf]h:tf]/^u ePsf]  
!!\_ sfd:sfo{  
!#\_ 3l6of=v/fa:g/fdf]  
!^\_ k]j]lsf]pkuk  
!\*\_ alg'kg]sg]j:t' ag] 7ls ePsf]  
@)\_ b0y/lsf alrsf]tgf0=lvrtfgl  
@#\_ dlxgf eStfg ePkI5 sdf/Lnf0(lb0g] tna=dlxgf]f/L  
@\$\_ lunf]j:t' lgrf]f(cfpg]b]lo kbfy{  
@&\_ sg]sfut jf n]f]sf]dh kl t  
@(\_ ;Rr]xf]h:tf]kf/L k] ul/Psf] `8f]kz:f  
#)\_ pd]df lgs}; fg]afnv

### 7f8]

!\_ ; xg g; lsgl @\_ kfnf/v]f/L=lgu/fgl  
#\_ /gl]a'fpg]; fp' afx\$sf]c]tI/Om wg  
\$ \_ cfbt=a]f]l & dglo  
\*\_ csf]sfddf Hoimfagl af/f hljg lgi]f] ug]JolOm  
!)\_ lg]bg-kqdf sfofhsf dVo clwsf/l]jifo; u ; Da4 lgo]f lbg n]vg]5f8f]  
ax]f]l @\_ :ju\$ /fh]l !\$ \_ g]x=dfof:cg/fu  
!%\_ /S;L, wdkfg h:tf]j:t\$]Jo; gl !^\_ rxs ePsf]rxsbf/  
!&\_ cdf=hggll !(\_ ahf-avt=d]d  
@!\_ sg]x]f]f cf]g]6sf]cfz^sf ePsf]-cj:yf\_  
@@\_ efn]h]tl @%\_ r]gf ePsf]; hu  
@^\_ s; hf0{sg}v/fa sfd u/]j]fktdf nuf0Psf]bf]f  
@\*\_ tfs\$]s/f=p2]o=lb8



## cGtff/L-\$(



gfdM \_\_\_\_\_  
7qfGM \_\_\_\_\_

!\_ e\$lk -\$  
@\_ cfv]g]gog #\_  
#\_ nfh gePsf]gn]h=jz/d -\$  
\$ \_ v]df wfgsf]alp /f]g]v]f]f -\$  
%\_ /ut / cfp'ld; Psf]lb; f cfp]f/f] -%  
^\_ ; ldf aflwPsf]kl/ldt #\_  
&\_ sg]sdfs/f ug{tof/ xg]u0f jf l:ylt -\$  
\*\_ To; ; dos]Toxl avtsf]-\$  
( \_ sNofof ug]d^unsf/L -%  
!)\_ /lt]ylt=rfrng:k]f -%  
!!\_ b08 l]g]k]f?k]f:gub b08 -\$  
!@\_ nfos gePsf]-\$  
!#\_ snfsf/af/f lgl]t /rgf -\$  
!\$ \_ 5bf]g]of]g=]5t/lat/ -^  
!%\_ sfd glbg]cj:yf]f]asdf]uPuh]f]e\_

### zAbvjh-\$& sf] ; xl p0/

t]f] !\_ lgi]f @\_ c0/ \$ \_ ; :tf]j :t'^\_ sf]f & 3g \*\_ 9f8;  
!)\_ klzrdf !!\_ cf8 !#\_ psnf]!\$ \_ lk/f]!%\_ kftfn !&\_ uxgf  
!( \_ lknf]@)\_ uftf @!\_ /f/f @@\_ nfd @#\_ /ht @\$\_ dft .  
7f8] !\_ lg:tf]@\_ c:t'#\_ /a8 \$ \_ ; /fk %\_ jg &\_ 3dfp/f]\*\_  
9f8 ( ; xh !!\_ cfn]f]nf]!@\_ ; /fu !\$\_ lkgf !^\_ nufd !\*\_  
xtf/ !(\_ lk/f @!\_ /ft @@\_ nft .

### cGtff/L-\$& sf] ; xl p0/

!\_ lk; f]hkf; f]h @\_ nvt/fg #\_ gtd:ts \$ \_ s6]f %\_ jf/kf/ ^  
/Str6g &\_ gjlg \*\_ gzfn' ( \_ n5fn5 !)\_ 5kf5k !!\_ k/f]ksf/  
!@\_ /j]km !#\_ k]nh !\$\_ na:t/f]!%\_ /fhuf/ .



; fdfGo1fg-\$ (

!= ; ktsfzlsf ; ft ; xfos gblldlo] ; aæbbf 7hf]c?of x]eg] ; fgr]gbl sg x] <  
 -s\_ blwsfzl -v\_ 00bfjtl -u\_ tdfj -3\_ Inv'

@= ægdg]xg pBf] hit lj1fg ubf  
 pl0 ubf of] 1fg, vfnl eþ 5 ol0df-  
 1fg dbf x]f 70 /f0{lj1fg dbf ||  
 dflfys x/km afns]of ; dsf]sg rfix+s]tdf e]665g <  
 -s\_ ds6b 0l6b/f -v\_ k]xfb -u\_ d6sf]joyf -3\_ lgoldt cfs] :dstf

#= ; g!)!@ sf]gfa]h zifit k/:sf/ o/f]kog olgognf0{k}k}fg ug]3f]0ff  
 ul/Psf]5 eg] ; flxTotk}sf]gfa]h k/:sf/ rfix+s]g dh'ssf ; flxtos/n]k}k}t u/ <  
 -s\_ ahfot -v\_ :jl8g -u\_ rig -3\_ lrnl

\$= blifof k]l{Pl; ofnl /fi6xçsf] ; #7g (ASEAN) sf ! ) ; b:o /fi6xçdlo]  
 kl5Nnf]k6s ylkPsf] ; b:o /fi6xçsg x] <  
 -s\_ slaf]8of -v\_ lofgdf/ -u\_ leotgdf -3\_ nfcj]

%= hgu0fgf, @)\* cg; f/ gk}ndf dl:nds] ; Vof ( nfv &! xhf/ %^ 5 .  
 To; cg; f/ dl:nds] ; aæbbf a9l a; f}f; /x}f]lhNnf rfix+s]g x] <  
 -s\_ dx]0/L -v\_ af/f -u\_ afs] -3\_ /f}x6

gfdM \_\_\_\_\_  
 7]f]gfm \_\_\_\_\_

; fdfGo1fg-\$& sf] ; xl pQ/

!= blifof Pl; ofnl l}qlo ; xof] ; #7g -; fs{ sf] k]xnf]lzv/ ; Dd]hg &\* l8; 0a/, !(\*% df ePsf]lyof] . ; f] ; Dd]hg sxif ePsf]lyof] <  
 -v\_ 9]sf

@= ; dhzf:qsf lktf (Father of Sociology) eg] s; nfo{lrig65 <  
 -v\_ Cui6 Sl6] (Auguste Comte)

#= c]fh0ks v}hsbsf]0ltxf; d) ; aæbbf a9l kbs -d}n\_ l}hg]slt}fg cd]/sl k}8lafh d}0sn km}g; sf]gidd 5 . pgn]slt]6f kbs l}ht}f 5g <  
 -u\_ @@

\$= /dfb ; f]g; Eil k]j lwn] 700ofP cg; f/ ; #f/s} clnf]sf]fw/L ?vsf]gfd /}p8 (Redwood) x] . ; jf]ws clnf /}p8l j]f sxif 5g <  
 -3\_ Sofink}lg6f

%= lzlf lf}qf x]n; lds} ; aæbbf 7hf]df]gPsf] kl/of}hg f}j Bno lf] ; wf/ of}hg -P; P; c]f/kl}l df ; aæbbf a9l wg/fzl s; n] nufgl ubf <  
 -s\_ gk}n ; /sf/

# Real फ़र्सद



; 8f}f-\$ (

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

gfdM \_\_\_\_\_  
 7]f]gfm \_\_\_\_\_

; 8f}f-\$& sf] ; dfwfg

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



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- c/lj/b s=d08n, sfgk/ pdllj, sfgk/-l, sfej  
 - kdfb s=bf, lbk/b dllj, hf/l8f, pbok/  
 - /lgnfn s8h, k/dfgb ; +u?shd, b]3f6-e, tggf  
 - lj/dn k=b]s8f, hgHoflt pdllj, nfnabl, ; nfk  
 - gh a=Pj, ; lt/fd kllj, af; b]l-#, 8f8l  
 - /dafa/ k=f7j; of, w/fu/-&, k; f;  
 - uf8f l/; fn -kfy/h-, hgHoflt pdllj, nfnabl, ; nfk  
 - /ldf s=clws/l-a/fn-, hgHoflt pdllj, nfnabl, ; nfk  
 - cfkq xfo; ; P=sh, s7df8f  
 - sJOf k=ltj/l-8f8f clws/l-8f8f lu/l-; fljql  
 - jz=tlj/fh ufhl, ; ktw/f dllj, hltf-\*, ndh<sup>a</sup>  
 - dgjdf /h808f/l, e]jgy kllj, vnae, ko7fg  
 - klnj/fh hfzl, l/7f8f8f, d]f8f-\*, b]r8f  
 - ; -ho l/; fn, c]a/ Hofg lgdllj, dh/hu, ; nfk  
 - e]hf k=cfro/ hf/fnbl kllj, bhf-^, nlnk/  
 - /fdhl /pt, hgHoflt kllj, l/; s-\$, pbok/  
 - lj1fg /f0/ ; /; tl dllj, ; f<sup>a</sup> k<sup>a</sup>, e]fk/  
 - ; hg s=du/, hgtf dllj, 80f, pbok/  
 - sJOf/ ykf, lqgk<sup>e</sup>, u08f6, pbok/  
 - ukt a=e08f/l, dx/b lgdllj, dnkf/-&, doflbl  
 - d]wj k=1jfnl, ; s]t tyf ; fw/Of dllj, l/8l, uNdl  
 - clbto c]rfo/ jg lj1fg clbto ; yfg, kfy/f, sf:sl  
 - /fdiof ltdnl; g=zs/ k=13d/l g]glaf/ ah/f,  
 - afnzj/l pdllj, ef/bp-!, nlnk/  
 - blks/fh zdf/ wf/fkg/-, ; v<sup>f</sup>  
 - wgsdfg >]7, euj tl dllj, l/rnf<sup>a</sup>, ; wj; ef  
 - lgnx/ nfd5fg] kft lgdllj, jzj] /-!, l; 6whl  
 - lj10f k=k8f, slnsf dllj, sfej  
 - d]xgb0 hfzl, lgdllj, hf8f, b]r8f  
 - lj10f /f0/ hgHoflt kllj, l/; s', pbok/  
 - bof/fd eS, hgZOm kllj, t]kn(-, u]v  
 - c]8f k=>]7, /f8f kllj, as8f, u]v  
 - k]k ykf du/, dx/b]o dllj, /Mhfs8-%, tggf  
 - lg/-hg s] l= ljZjHoflt dllj, k]vfkf, k]f  
 - ljdnf >]7, /Mf kllj, as8f, u]v

- 7fs/dl0f l3d/l] s]of lgdllj, sZj] /  
 - 1fg a=ykf du/, wgzj/ lgdllj, 6f8/k/-&, /fd8fk  
 - gh a=s] l= hgslo8f pdllj, lrit, ndh<sup>a</sup>  
 - dg]h k8f, ho slnsf dllj, slnsf-\$, alb8f  
 - ho k= /f0/ zw/fq lgdllj, /glaf; -e, e]fk/  
 - ldng /f0/ dx/b]o lgdllj, 8la/v(-, v8f<sup>a</sup>  
 - 5lj nfn >]7, ufun ebf]!, /fd8fk  
 - z/f bf skm] hgHoflt dllj, nfnabl, ; nfk  
 - /fh]b s= ; g]f/, r]kf] lgdllj, k]sfnl(-, cf]yn9f  
 - z] a=jnl, g]f]kllj, 3df8f, ; Nofg  
 - ads8f eS/f0/ b]bx-l, ?k8b]l  
 - ; 6t k=>]7, dg8pdllj, vnae, ko7fg  
 - jzlw/ s8f]n, c?0f]o pdllj, r]k]f-#, ; wj; ef  
 - sZ/ >]7, Hoflt dllj, u]v/f, /fd8fk  
 - k]jqr a9f, k]j]g/f0f Sof=kfy/f, sf:sl  
 - sdn]l s]s]l yfgk/f/l dllj, xl8of-#, pbok/  
 - r0f(k=e08f/l, g]f]pdllj, km]f]f<sup>a</sup>, ; Nofg  
 - ; ldtf n8f, u]Zj/l dllj, s7df8f  
 - ; jf; s]s]l j4 e]jg f0/ lgdllj, /fd8fk  
 - ; j]fd bofn y?; k]ut lgdllj, dg]kfy/-^, alb8f  
 - lnnf k=zdf(-k]8f), hgtf pdllj, s]fj; f]l-&, g]nk/f: l  
 - ; 7z/fh av]h, kft pdllj, /glaf; -e, l; 6whl  
 - /fhz kq, /f<sup>a</sup> l-e, /f]k  
 - k]sZ v8f, slnsf dllj, c; 8f, s-rgk/  
 - sdn k=k8f, g]j]n lgdllj, c]k8f, l; 6whl  
 - 6sf k=k] f0/ 08f00f dllj, cfu/-!, dsjfgk/  
 - an a=e08f/l, hg; 6b/ kllj, dnn]s, doflbl  
 - /fhg ; j]l, ahaf/l-s, d]f<sup>a</sup>  
 - wg-ho k=z, ng]h8pdllj, vo/d/f, dx]0/l  
 - u8f ofj, lgdllj, ; uf; -(-, pbok/  
 - rqn a=nl hg]h]ut lgdllj, g]sfnl(-, l; 6whl  
 - bz/y eS, ; /; tl ljBf lgsj, s]0k/-%, s-rgk/  
 - >l/fd l; w8f, dx]n]d lgdllj, 5q8f/fnl-^, w]b<sup>a</sup>  
 - zld' k=r]w/l, d]n] claf/l, tkZj/l(-, pbok/  
 - ; 6f]f eS/f0/ afn]lag8f lgdllj, e]gkfy/l(-, k]nkf

; rldf01fg-s&ll ; xl ; d]wfg k7fpg] ; xefuld]o  
 uf]h]k]yaf6 5flgPsf k':s/ lj]h]f M 68 a= e]fhl,  
 1fg]b] kllj, ltnx]f/(-, k]f  
 ; xl ; d]wfg k7fpg] c6o ; xeful  
 - /lgnfn s8h, k/dfgb ; +u?shd b]3f6-e, tggf  
 - chg a=nfd5fg] skm]r]f pdllj, bhf, k]f  
 - k]y]k]08/ a]8f e' sh, 3f]u]l-\*, bhf, k]f  
 - uf8f e]fhl -nfd5fg], 1fg]b] kllj, ltnx]f/(-, k]f  
 - /fd a=/fg, z]l]t pdllj, wf/fkg, c3v]f  
 - uaf e' fn, g]fs8f dllj, g]fs8f, c3v]f  
 - hg]b] l3d/l] e] tl dllj, g]fs8f-%, c3v]f  
 - ldg k=a/fn, kft pdllj, /glaf; , l; 6whl  
 - /fsz l; x 7u8f, b]r8f  
 - nld0f k]8f, lkn6f/l, k]f  
 - g/l dfof-g]g]f /f0/ 6sf ljBf-d pdllj, ; fgk, nlnk/  
 - 6s k=k]8f, g]Hoflt dllj, x]k]t(-, l; 6whl  
 - xpo s=>]7, xzaf]xg lgdllj, doflbl  
 - uf]j]b k=cfro/ hgslo8f dllj, kfn<sup>a</sup>, dsjfgk/  
 - /8snf l3d/l] o]f]i]f(uaf lgdllj, dgx/l-^, dsjfgk/  
 - c]k lwt]n, h]j; 0af]8f :sh  
 - d]wj k=1jfnl, ; s]t tyf ; fw/Of dllj, l/8l-\$, uNdl  
 - z]b k=r]w/l, dllj, tkZj]l(-, pbok/  
 - tf/fgyk/f]h, euj tl lbg]fy pdllj, v8f<sup>a</sup> ahf/, v8f<sup>a</sup>  
 - dg]h e08f/l, k/dfgb ; +u?shd pdllj, b]3f6-e, tggf  
 - dg s= /f0/ 7fs/b]l pdllj, y]nyn] wgs8f  
 - kzkl g]y, pdllj ; l]u]p uf]shZj/, a]8l  
 - y]gZj/ zdf(-k]8f), dg]n pdllj, af]k]8s]s, ; of^hf  
 - k]b] kfy/h, l; len g]gn P8f]l, af]gZj/, s7df8f  
 - b] a=nfd5fg] g]h]n pdllj, ltnx]f/(-, k]f  
 - klnj/fh hfzl, l/7f8f8f-\*, b]r8f  
 - lg/-hg s] l= ljZjHoflt dllj, k]vfkf, k]f  
 - dg]h >]7, 7fs/b]l pdllj, cf]v: Nfn-^, y]nyn] wgs8f  
 - 6f]f eS/f0/ afn]lag8f lgdllj, e]gkfy/l(-, k]nkf  
 - bt a=uaf, dx]b] dllj, a]v]f]f-^, doflbl

lgodM z]bv]h, clt]f]l/l, 8f8f' / ; fdf]o1fg sf] ; xl ; d]wfg k7fpg]x]k]7sd]w]o] uf]h]k]yaf6 5flgPsf Ps:Ps hgf lj]h]f]n0f{Ps j]f{ 0d  
 lz]fs d]l; s lgl]z]s -xhfs vr{ lxt\_pkn]w u/f0g8f . o; c8sf k]zgsf]h]j]k]e; d]wfg 8) d^1; / 8)^(- ; 0ddf lz]fs d]l; s]s]  
 sf]of]nodf cf0k]lkg8f . h]j]k]m k7fpg] 7]u]f]m lz]fs d]l; s, k0f(-08l d]u]f h]j]nfv]h, k]8f]g+#!, nlnk/  
 kgZr]M ; xefulx]n]k]lq]s]s]f]s]l6^l] clg]fo{k7fpgk8f . k]b]f; , k]b]f]k]l, 0d]h tyf c]s]f]s]f]u]h]d' ; f/] k7f]P]s]f] ; d]wfg d]f]o x]g]58 .

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<b>५० लाख</b> सपनाको जग्गा सरिद कर्जा	<b>रु. २,०००</b> दैनिक मासिक किस्ता शुरु	<b>५ कार्य दिन</b> थिउने कर्जा प्रक्रिया पूरा हुने	<b>९५</b> वर्ष सपनाको कर्जा मूकाली अवधि	कर्जा अवधिभर परिवर्तन नहुने ब्याजदर <b>ग्यारेण्टी</b>
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# kZgkq v'sfpg] of] sf0bf Ū

æ=uf]o sf7fdf k7f vfgtnf; l ln0Psf lj Zjfil; nf sd{f/lx;n} 6f0lk<sup>a</sup> / lnyf]l; gaf6 lhDd]f/ JolQmsf] lgu/fglaf kZgkq tof/ ug{ubv}. sfd ; lSpkl5 pglx;sf] z/l/ ; DkOf{vfgtnf; l u/7} dfq uf]o sf7faf6 afix/ hfg lb0GYof]. To; /l uf]kglotf sfod ul/bf klg Psk6s kZgkqsf] uf]kglotf eE xg uof]. w7}cg; Gwfgkl5 s] yxf eof] eg] uf]o sf7fdf sfd ug{Pshgf sdbf/ ; }f] stf; ; jfn nufP/ cfp]g] ubf{/x\$g\ lnyf] sfo{ ; dft u/l wlofpg egl 56dPsf] ; lsg; s\$}f] snf]d; l; lxtsf] :6f; n suhdf YofRr a:tf /x\$g\ . :6f; ndf sfl6Psf clf/x; To; /l cf'gf]; ?jndf ptf/ u/7} pgl afix/ lgl:sbf /x\$g\ tl sdbf/n}To; kl5 ; ?jndf ptf/ ePsf pN6f clf/x;sf] kof]u u/l kZgkqdf ; flwPsf kZgx; s;l dNo ln0{a}g] u/\$f] hfgsf/L eof].

To; ; d:ofsf] plrt ; dhwfg lgsflnP5, t/ dVo s/f uf]kglotf eE ug{To:tf gjlg pkfo klg ckgfpg ; Stf /x\$g\ ol / o:tf cg\$}pkfox;af/} ahdf Wofg kfofpg ; Sgkbf{/x\$ eG]yxf eof].Æ



# Ij Bfyl\$] p4f/

=k/lifdf rf]l u/}fkt lgisf; g ul/g' cyjf k/lifdf /fd] ug{g; s7} c; km xg' t ; fef]s g}blw65, t/ /fd] clwoog u/l k/lifdf pTs6 glthf lgsflng ; lfd lj Bfylh]klg k9f0af6 xft wgkg]cj; yf cfof]eg]To; nfo{ s] eG] <to:t} Pp6f 36gf 36\$] lyof] hg a8f] hIQm nufP/ ; dhwfg ul/of]. 36gf o:tf] /Xof]

e/tk/ d]8sn sn]hdf k9g] Pshgf u}cfjff; lo ef/tlo lj Bfyl{al; s ; fOG; sf !# j6f k/k/dWo} Pp6f k/k/sf]kof]uifds k/lifdf cgQlOf{eP5g\ k]m k/lifx;df klg ; km xg ; s\$5g\ . pgn] clGtdk6s To; lj ifosf] k]m k/lif lbg]; do cfof]. To; k/lifdf klg pQlOf{geP pgn] cf'gf] d]8sn k9f0 hf/l /Vg kfof]y}. To:tf] dfq; s tgj df /x\$}f tl lj Bfyl{dnf0{eG} cfP / cf'gf] ; d:of ; gfP . k/lifdf cgQlOf{ePsf] s/fdf d s] ug{ ; S5' / egl pgnf0{d} kmsfpg vfh]. t/ pgn] hg sfuhkq b]vP/ cf'gf] Joyf ; gfP, To; s/fn]dnf0{pgsf] ; d:of ; Dafwg ul/gkb5 eG]nflOf].

s/f s]ePsf]/x\$ eg]hg lj ifosf]k/lifdf pgl k6s k6s lj km xgy] To; lj ifosf lj efulo kdv / pgsf] kl/jf/alr lj utdf dgrdfnGo ePsf]/x\$. To; sf] /l; pQm k]wofksn] tl lj Bfylh] kfv\$ /x\$g\ To; s/ssf] kl6, tl lj Bfylh] cGo ; a} lj ifosf] k/lifdf pNnyglo ; kdf /fd] u/\$f] af6 klg eof]. hals Toxl Ps lj ifosf] kof]uifds v08df b0{tlg gDa/n} ubf{ cgQlOf{ePsf] b]vof].

pgsf]ph/Ldfly hfFa% u/l plrt sbd rflng\$ egl tl lj Bfylh]f0{d} labf u/7. To; kl5 xfdln] ; DalGwt sn]haf6 uf]o tl/sfn]lj Bfyl\$]z]f]s / cGo ultlj lwaf/ cfj Zos ; r'gix; ; lng ufof}. lj Bfyl\$] bfal kl6 ePk15 Itgnf0{p4f/ ug] hIQm/Rgkg] eof]. ; fwf/Of tof lj Zj lj Bfnon] ; -rfng ug] k/lifdf ; DalGwt sn]hsf] lj efulo kdvnf0{kof]uifds k/lifsf]cj lwdf Tol lj efudf clgjfo{pkl:yt xgkg] Joj:yf ldnfPsf lyof}. t/ To; d2fdf pQm lj efulo kdvnf0{k/lifsf] ; kdf sfod /Vtf dfly plNnvt lj Bfyl\$]clxt xg] ; Defj gf lyof]. To; h] pgnf0{lj z]f cg'fw u/7} lj Zj lj Bfnosf tkaf6 cGo d]8sn sn]hdf k/lif lg/lif0f ul/lbg cfux ufof}. pgn] To; f] ug{cfgfsfgl u/\$f lyP . t/ xfdl] lj z]f cfuxdf pgn] ; xof] u/]. pgsf] cgkl:ytdf ul/Psf] k/lifdf ; DalGwt lj Bfylh] /fd] c] Nof0{pQlOf{u/} / lSnlg sn lj ifo k9g pgl of]o eP .

tl lj Bfyl{af5l cj lwsf]k9f0 klg /fd]l ; DkGg u/l PdalalP; pkfw k]t ug{; km eP . To; kl5 pgl n08gdf u0{cf'gf] Joj ; fosf] cfof; ug{ yfn]. cfknhf0{gof lbnfPsfdf n08gaf6 pgl k6sk6s lj Zj lj Bfnonf0{wGof fb kq k7fpg]ubv}. To; /l Pshgf xofx/ lj Bfyl\$]hljgnf0{gsf/ITds kefj kgaf6 arfpg ; lSpf] lyof].Æ

*-gkndf lghl nuifsf d]8sn sn]h]x;sf]h]d / lj sf; sf] 0ltjD ; d]6Psf]k\$z]l]dv k':tsaf6 ; fef/ . n]vs sf7df8f} lj Zj lj Bfnosf k} /lhi6w xg\*

sms k]tlqmf sf nflu itr<space>5006



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