

# शिक्षक

मूल्य रु. १००/-

माघ २०६८

- शिक्षा सेवा आयोगको पाठ्यक्रम
- गाउँ रित्याउने शिक्षाको विकल्प खोजौं
- नानीहरू रमाउने स्कूलको खोजी
- सिकाइ संस्कृतिको निर्माण
- मलाला उत्पादन गर्ने पाकिस्तानी स्कूल

## आशलाग्दा साना कक्षा



Dabur  
Chyawanprash

“घरमै दुई चम्चाको तयारी  
राख्छ टाढा बिमारी”

सितैमा आकर्षक चम्चा  
1 kg प्याकको साथमा



जाडो महिनाको आगमनसँगै आएको छ - रुघा खोकीको समस्या पनि । जति-जति  
घिसो बढ्दै जान्छ, त्यती नै हाम्रो रोग प्रतिरोधात्मक शक्ति पनि घट्दै जान्छ र प्रदुषण अनि किटाणुले  
हामीलाई बिरामी बनाउने पूरा तयारी गर्छ । त्यसकारण ४७ आयुर्वेदिक तत्व युक्त डाबर च्यवनप्राश  
दैनिक २ चम्चा सेवन गरी ३ गुणा रोग प्रतिरोधात्मक शक्ति बृद्धि गर्नुहोस् र यी सबै समस्याहरूबाट  
सजिलै बच्नुहोस् ।  
दैनिक तयारीको लागि अब हरेक 1 kg डाबर च्यवनप्राशको सरिदमा एउटा आकर्षक चम्चा सितैमा  
डाबर च्यवनप्राश - घरमै दुई चम्चाको तयारी, राख्छ टाढा बिमारी ।

1fg-lj 1fg zlf; ; xsf/l  
; :yf lnld6\$ sf nflu  
cWof blks ykf af/f  
k\$flzt  
; Dkfs  
/fh|b| bxfn  
; Nnfxsf/ ; Dkfs  
sbf/ zdf{  
; xfos ; Dkfs  
; bzg l3ld/)  
j l/i7 ; jfbftf  
afa/fd ljZj sdf{  
; jfbftf  
kdfb cfod  
n}cfp6  
sfd; \* r{kf<sup>a</sup>  
lj k|b| l3ld/)  
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kplv sfo\$ /l clws{t  
kltda/ s\$h  
lj 1fg  
/fdrGb| l3ld/)

laqñ lj t/Of=ufxs ; jf  
xl/ 9sf, tf/flgw /ld

sfofo  
1fg-lj 1fg zlf; ; xsf/l  
; :yf lnld6\$  
-lz/l's dfl; s\_  
kOff=08l dfu{  
hfjnfvj, nlnk/  
kfg=#(!, nlnk/  
knfgM ; Dkfslo - %\$#e%  
Jofk/=:lj 1fg - %\$\*!\$@  
ufxs ug; f]-pkTosf  
dfq\_ - \$e\$\$(\*\*,  
OdjhM mail@teacher.org.np,  
j dhM www.teacher.org.np,  
dbpM hublaf kj ,  
xfQLj, nlnk/

lhk\$ n' bg+#%#:^)^%#)^

## cfznflubf ; fgf slff



cfj/Of t; jLM ; Togf/fof dxhg

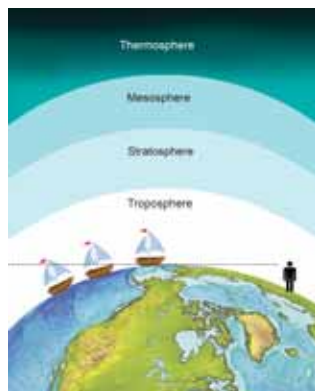
syl oflo / nugzn lzlfnsjldxgt  
u/7 kylds txf slff; nfo{hljct  
/ cfznflubf tlofPsf 5g\ . JolQmut  
kbf; d}cf'gf] slffdf dflns cEof;  
ul/x\$ f o:tf lzlfssf] lzlfOf zhl  
/ ; lk c; lzlfxs; n] klg l; s7  
cf'gf] slffdf nfu" ug{ ; sdf ; jg  
pk]fdd k/\$f kflj :shx; rldsg  
c; w7}j if { nfluBg .

; wf/sf] cfudl /f\$Dofk

kflj l; sf0df kfej kfg]tj / lTgsf]lg/fs/Of  
rfSnPsf]lzlf PISnPsf lzlf

- ; Togf/fof dxhg, e^  
- afnsdf/ hd/s\$h, e\*  
- 8f- ljbfgf sfl/fn, #s

cfj/Of  
k7 @)-#^



## d08n}d08nsf] alrdf d

8f-tly{xfb/ >17  
k7 %\$

ax; M; fF]lj sf; , %^-^e

dVo ; d:of dfgl; s u/lal

vfirf] ; f\$ff glt / ofhgfsf]

ufpf l/Tofpg] lzlfssf] lj snk vfihfjld

cfkm' ; lwpM ToxL xf] ; firf] lj sf;

- pdfsft ltj/l, ^  
- efg'afjvd, %\*  
- sfok; fb cofi, ^)  
- d\$ /h hfzL, ^e

### : tDe

lj ifo-; Gbe{e, xjfo / a%fo #, k]tiqmf / ; %fj \$, dgsf s/f ^, lzlfssf] blgof \$e, lh1f; f / hfjkm ^\$, kat b ^&, cfnf]fnf] &e

### cGo ; fdul

; dfrf/M l)-!e

■ hfirsf] tof/ldf cfofj ■ lzlfssf]  
ahb ?- ca{36bf] ■ lj Bfnodf  
kflj lws lzlfM tof/L ; t ■ l; /xfdf  
b/abL ldnf; ; lsof]

l/kfM lzlfssf] >dn] ; k\$] :sh, l\$

:ynutM ggl /dfpg] :sh, l^

lj rf/M j if { lbgd} abng5 :sh  
- ljsn z]rg, #\*

slff-sfM  
l; sf0 ; #s]tsf]lgdfOf / ljsf;  
- dfg nld5fg] \$\$

u?-lzlfssf gfnlahM  
df lzlf M afh] / .df8\ fall  
- sdn blilt, \$(

d]h] ; lD ^g] lzlfM  
d]f] ; kmTf M lj iOf u?sf] bg  
- efh/h kfj/h, %)

JolQm] M bu@ :shdf \$e j if {  
- bl3/h pkilbio, %!

b: tfj hM  
lzlf; ; jf cfof]sf] vhf k]toflutfids  
lnlvt k/lifsf] k7bqrd, %e

# hɔls/L lzlfnsnf0{; nfd

**lzlfns]** l; sfpɔf lj Bfylɔ] s8f sfd u/f0Psf] xƒ0g dNofjfg pkxf/ kfPsf] cgej u; gA- cNa6{cf0G:6f0g xfn)Ps blgsdf lrtjgsf Pshgf kɔn]lj Bfylx;sf] vsf wf0lbb}u/šf]kɔf]5flkof]. dg k] l eof]. lzlf/ dfi; sdf klg o; k6s /fd] lzlfxs; n]rnfPsf cfznluf; ; fgf slfsf s/f 5g\ . vɔhɔf] l; sfg] /df0nf] u/L l; sfg] / df0f u/ l; sfg] lzlfxs;sf pbfx/0fn] wɔhɔf0{ k]0ff lbg5g\ . c; n pbfx/0fnf0{ kɔf0f/ xɔf} /fd] sfd ug] lzlfxs;nf0{lrgh}rghf0f; af6 kf] sxl d2t xG5 ls <

c; n / pbfx/0f0 sfd ug] lzlfxs; dhse/ g} 5g\ . t/ pglx; cNk; aNofdf 5g\ . pglx; cNkdtf /xš}sf/0f :shx;df bnlo /fhglt xjl 5 . ; fdbflos :shx;df l; sfg] s/fdf eGbf hflu/ ksfg] hflu/ hɔfpg]wof]df /xš} lzlfxs;sf]babaf :yflkt ePsh] cafš]nufgl / eflts ; Argf ePsf lj Bfnox; lgdVf, ljkl / ljsNkxlg cleefjssf afnaRrf k9g] 7fpɔf kɔf} u0/xš} 5g\ . sɔf}lzlfns] .gePsf lj Bfylɔf0{ gk9fP afktl tna dfq xƒ0g, afnaflnsf] 5fj]Qsf nflu 56df0Psf] /sd ; d] vf0/xš} s/f klg ; kdf0f cf0f] . xg;gxgkg] s/f /ft hl0s} kɔf]Psf 5g\ t/ xgkg]s/f hɔls/L h; /L lklnslklns dfq ul//xš} 5g\ slj lz/f0f nɔgyf kɔf]n]asf]af]b5 cNof/fdf dxɔf

hɔls/li; tA egšf lyP, cfh xfdl afɔf} hɔls/Lx;sf af/ɔf afɔf}.

Pp6f cln k/sf] pbfx/0faf6 s/f ynfɔ}. kx/Ldf hflu/ vNof] eg] ToxfDhTm b0{ls; dsf pDdɔf/x; hfG5g\ Psy/L xG5g\ zflgt ; /l sfod eof]eg]dfq ; dfh a:g nfos / bž uj{ug{nfos xG5 el] s/fdf lj Zj; ePsf / kx/Ldf g}hfg rfxg]o]fx; / csfy/L xG5g\ /fd] hflu/sf] vɔhɔf /xš} o]fx; . oxl s/f cG0 lqdf klg nfu" xG5 . lj Zj; glo ; rgh k]fxdf leq]v lj Zj; ePsf Jol0m; kqsf]/tdf nllg' / gfd / bfd dfq vllg] Jol0m; n] kqsf]/tf kžf ckgfpgdf 7hf] cGt/ xG5 . lzlf s xg cfp] Jol0m;df klg oxl cGt/ xG5 . Psy/L xG5g\; Sg / l; sfgpdf g} /dfpg]Jol0m; / csfy/L h]eP klg hflu/ vfg rfxg] Jol0m; . :ki6}5, l; Sg / l; sfgpdf /dfpg]Jol0m; dfq /fd] lzlf s; flj t xg ; S5g\

l; Sg' cDdn h:t} s/f x]. l; Sg rfxg]Jol0m]htftt} k7zinf bV5gV x/š l0f sxl g sxl l; ls/xš} xG5g\ pglx; w}k95g\ t/ l stfaaf6 kfPsf]hfgs/l sf e/df 1fgl ePsf] l8<sup>a</sup> xF5] lx8b0g\ . pglx; k9] xfl; n ePsf ; rghnf0{ ; #/sf ; Gbedf klg xg} hfG5g\ . pglx;l; t ; rghnf0{ 1fg agfpg] snf xG5 / tl s/f c;nf0{af8} k] l xg]x0o xG5 .

c; n lzlfxs; cf'gf lj Bfylɔf cf'gf]afnfkg bV5g\ / pglx;sf] elj ionf0{ cf'g} ; Gtfgsf] elj iosf ; kdf xg]sf]zz u5g\ d sɔf} s] s/f dg k/fp} < d]f lzlf s; /L afɔf]dnf0{dgkYof} < s; /L l; sfPsf] /fd] ; t a'y} < dnf0{ lzlfns] s6š] dgkYof] eg] d]f lj Bfylɔf] klg s6g] lzlfnsnf0{ dg k/fp} \ dnf0{ cf'gf 5f]f5f]lnf0{ sg} lzlfns] xš} / ckdfgt u/š] dg k5{eg] dh] csfš} 5f]f5f]lnf0{ klg To; } u/] xG5 . xƒ0g, olb dnf0{ klg df0f' lzlfxs; dg ky] eg] d]f 5f]f5f]lnf0{ klg csf] df0f u/ l k9fmg\ e'l] rfxG5' eg] dh] klg To; } dflkmsf] xgk5{.

xfdln] hlt klg c; n lzlfxs; kɔf] kf/šf 5f} jf ; #/df hlt klg c; n lzlfxs; 5g\ ; a}g} sɔf}lnf0{ k] u5g\ z;df p4f cf0G:6f0gsf] sygn] 0hɔt ug] vɔhɔf] lzlf s klg ltg} xg; sɔf}lnf0{ df0f u/l-u/l, vɔhɔf}vɔhɔf} l; sfg] lzlf s .



gɔf]sɔh 86 sɔf

# b]o{gsf h/f Ū

**b]o{gdf** k]F\$]f]5f]f]f0{; wfg{Pp6f wgl afp 5f]f]f0{ ;fydf lnP/ zx/sf gfdB dgf]r]sT; ssxfkU5g\ . dgf]r]sT;s afahf0{ tlg 306fkI5 c]pg" eg] 3/ k]nsf]l]b65g\ 5f]f]f0{lnP/ 3/sf] au]f]f]t/ n]U5g\ . To]s}f; 6 b0{306f hlt s'/f ul/; s}kI5 dgf]r]sT; sn] P]sfPs p; n]f0{Pp6f ;fgf]k]h]sf]la?jf p]v]lg e65g\ s}f]f] To] la?jf ; lhn} p]v]l]5 . l]r]sT; sn] To; kI5 k]xn}6bf cln 7hf]cln 7hf]ub}rf/ j6f la?jf p]v]lg e65g\ . k]to\$ k6s yk an nufp6} s}f] af6-la?jf p]v]l]b} h]f65 .



P]sI5g ysf0 dfg{l]bPkI5, dgf]r]sT; sn] s}f]f]f0{ au]f]f]f] 5]p]df n6/Dd k]ln/x\$]f] c]d]f]s]f] af6 p]v]lg e65g\ . s}f] k]xn]h;t}cl3 a95 . t/ c]d]f]s]f] af6 p]v]lg t s]/fd/]l x]n]f]pg klg ; S}b6 . cGt]l] .c; De]j Ū eGb}s}f] e06f yrSs a:5 .

ax] afa' Ū sht-b]o{g klg o:t}xf] . slnnf] 56} 5f]66 v]l]h]of] eg] h:t]f] s} sht ; xh} 5f]66 ; ls65 . t/ b]o{gn} klg c]d]f]s]f] af6n} %}h/f uf86 kfP eg] l]tgnf0{to]f]lg ū lgd]h kfg{sI7g x65 .Æ

dgf]r]sT; s; 6]s]f]s/la tlg 306fsf]; utn]To]s}f]f]f] h]jg ablnof] . æs'/f] a%}f; ; a}Jo; g oxl+5f]6}f; wG6j fb 6 eGb} 3/l/ n]Uof] .

kf7M v/fa afgl-J6j xf/ j f Jo; gnf0{a96, lbg}x66 ū cf'gr]l]g66q0f x66f l]tgnf0{5f]l]8x]l]gk5{ gq xfdLdfly l]g66q0f h]dfp65g\ .

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**kl|lqmf ÷ ; enfj**

**ca lj Bfnodf ; wf/ xf] \ 0**

xfdf] lj Bfno !) ah|lv \$ ah] Dd rN5 . xfdl rflx+!! ah] Dd klg cf0/x\$ xG5f; l6kmg a\$kl5 vf; jk9f0 xBq . h; nf0{hg ahf dg nfu5, 3/ kmsG5 . lbgxfs}hkl/o8 vfnl xG5g\ lzlf s xgkGg . sltko lzlf s lj Bfnodf eP klg slffdf cf0lbgkGg . slt rflx+ slffdf l9nf] cfpfg] / 306l nfluGgBf klxn]g] kmsGxG5 . lzlf sxG slxn\$fxl+ dfaf0ndf Jo:t xgkG5 . slxn\$fxl+3fd tffkG xG5 t slxn\$fxl+Pscsf{ E s/f ugdf Jo:t xgkG5 . slffdf slffsf0 u/f0Bq, u\$sof\$] cgludg lgoldt 5g . lj Bfyl& pklw/x\$fl xNnf ul//x\$F, sfxl rl6Psf t sfxl /f0/x\$F xG5g\ Pp6f slffsf] xNnf] csf] slffdf klg c; / kfl//x\$F] xG5 .

zfrfno kmxf] 5 . k9g] ; dodf To; sf] buGwn] 6fpsf] bV5 . slffsf]f cufl8 whf] TolQs] p85 . sfuhsf 6qm, rfrfrp-la:s6sf vfnl vjh 0Toflbn] jftfj /of kmxf] nfu5 . xfdl] ; jf:Yosf] oxfFsg] dtna gePsf] nfu5 . xfdl vP/ jf ef\$} :sh cfof; xfdl] nuf kmxf] jf ; km s]5, ; -rf] lj ; -rf] s] 5, xfdl lj Bfnodf lgoldt jf clgoldt s]5f; uon eP slt / lsg uon h:tf s/fx; sf] ; fvg l xBq . lj Bfyl{ ; Wof 36bf]5 . j zfv dxlgdf el/e/fp ePsf slff clxn] vfnl xB} uPsf] h:tf] nfu5 . bf] f] hfF cfpfg] nfluof] klxn] hfFsf] kl/0ffd clxn] Dd yxf 5g .

lzlf sxG l0G6sf] cufl8 : ju\$] aofg ugkbf{ bMv nfu\$] 5 . s] ufpB/sf] gkfnl a:tlfd hGd xg' xfdl] k] hGdsf] kfk xf] < s] cfly\$ ; kn] lj kGg xg' xfdl] ck/fw xf] < s] o; ; lj Bfnodf k9g cfp/ xfdln] oxfF; nf0{ bMv lbPsf 5f} <

lzlf sxG 0 xfdlnf0{ /fdf] E gk9f0lbbf / :shdf eP/ klg slffdf gcf0lbbf s] oxfF; sf] hlpdf kff] nfu5 < oxfF; nf0{uj {nfu5 < oxfF; sf] cfdfn] 7ls u/\$f] cgelt lbG5 < sfd} gul/sq kfPsf] kfl/> lds Ps cyf] rf] l u/\$f] jf 7u\$] ePg / < ; fRr} dg] ahf k/dlktfsf] cufl8 s] pQ/ lbgxG5 < s] b0{rf/hgf cf^gf egfpBf 5f/f5f] l dfq} oxfF; sf ; Gtf xg' < s] b0{rf/hgfn]

dfq} /fdf] k9] kU5 < s] xfdlx; E oxfF; sf] sg} gtf-; DaGw 5g < xfdl] cafw cgxf/n] oxfF; nf0{ ; Tsd\$] nflu 3R3RofpBq < :ju{ klg o; } wtlGf / g/s klg o; } wtlGf / x\$F 5g\ . To; h] dlG6/df ehg ugG6f cf^gf xftx; nf0{ xfdl ; j} df nufpgxf] \ dgdf uhasf] zflGt kfpGxG5 . o; kqdf ePsf sg} s/fn] oxfF; nf0{ c; lhnf] xG5 eg] oxfF; sf] lj zfn xBp cufl8 xfdl ldfdf rfg ub5f} .

Cifef] 7fs/ >l zlOm pdfij, dbfgk/, gjfsf

**ul0fts f yk k; u**

lzlf s df] s; ; fpg @)^ ( df kNnj /fh hfzlsf] ..slffdf thf s/fu zlf\$df ul0ftlo vjh ; DaGwl n] y xBf{ dnf0{ klg n] vG dg nfluof] . of] vjh s/la b0{ bzs klxn] v g} ktrngdf /x\$F] xf] . t/ o; sf] pirt krf/k|f/ ePsf] lyPg . tflnd, uf] 7l ; lDgf/ cflb ; -rfng xBf o:tf pkfox; sf] k| u lg: sBf /f] s xGyof] . t/ cj ; / ldnG ; s\$] lyPg . o:tf lj ljw pkfox; lzlf s df] s; f / Pscsf} cf0fgkbf] ub; ; -hfn agfpBf lzlf0f l; sf0 lqmf snfkdf yk ; lhnf] xG5 ls eGg] clek|on] oxfF; xl gdGf k|tt 5gM

! = 36fp vjhM hfzlsf cg; f/ cfknhf0{ dgdf nfu\$] ! b]v ( ; Ddsf] csdWo] qmdz M j6f cs n] vG] pN6f0 36fpg] cPsf] pQ/ kGM pN6f0 hfBq] . pQ/ Pp6} cfp5 . pQ/ ! ) \* ( )

h:tlM ^&\* ( nf0{ pN6fpBf (\*&^ -^&\* ( # ) \* & pN6f0 hfBdf ±&\* ) # ! ) \* ( ) pQ/

@ = u0fg vjhM hg ; Wofn] pxl ; Wofnf0{ u0fg ubf{ hlt pQ/ cfp5 eg] csf] tl/sfaf6l

h:tlM !@S!@ 0 ! \$\$ afofEkm{ cfwf 36fpB} hfg]

afofF	bfofF
!@	!@
^	@\$
#	\$*
!=%	(^
	!\$\$ pQ/

-gfM != csdf %bf{ Dd afofBf Even No. sf6g] afB l hfBq] pQ/ Tolt g} xG5 .

@ = bfofEkm{ bf] a/ agfpB} hfg] hlt; s} cs eP klg pQ/ ldn5 .

# = csf] vjhM ! -Ps df slt 36fp @ xG5 < -of] vjh ; fdfGon] a'g uxf] xG5 . sltn] kZg unt 7fG5g] eg] sltn] cGoyf ; fR5g\

-s\_ k/fgf] tl/sfaf6

! --- !

0 ! ± !

0 @ pQ/

-v\_ kdf] 0ft ubf{

dfgf} x

1 - x = 2

- x = 2 - 1

- x = 1

∴ x = -1

-u\_ jf:tlj s pQ/ -! xf] .

\$ = Quich Question: o:tf] Pp6f ; Wof 5, h; nf0{ ; Wofn] u0fg u/ u0fgkm cfwf xG5 . Toxl ; Wofn] efu u/] bf] a/ xG5 . Tof] ; Wof )=% cyjf 1/2 xf] .

h:tlM- u0fg ubf{

)=%S)=%0)=% cfwf xf] .

efu ubfM )=%

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)=% sf] bf] a/ ! xf] .

% = pQm lx; fa vjh afx\$ lj 1fg lj ifosf] . b] l6 / cj n\$ g l eg] lj ifodf vjh v] gkbf{ b] l6 / cj n\$ gaf/] lj :t] JofVof ugk b5 . To; kZrft \ z] lfs ; fdulsf] ; kdf Pp6f xft] ?dfn / sDkgl k} f ln0{ lqmf snfk ug] . cGtodf sDkgl k} f x/fPsf] axfgf kf/l vjh vjhfpBf clt /f] s xG5 .

^ = ul0ftlo vjhaf/ ! b] v ( cs lgsflg] tl/sflM sg} @ jf \$

c\$nf0{\$=\$ k6s nyl hg; s}  
 ul0ftlo ljlw k0fl u/l qmz! bljv  
 ( ; Dd c\$ lgsflg ; lsg5 .  
 h:tj

\$±\$ 0 /, !, \$S\$ 0 !^ @,  
 \$±\$ / \* \$±\$ / \*  
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&= Magic Match af/f hfbu/ h:t}  
 u/ ; nfo\$ f] a\$df k/ ; nfo\$ f] sfbl  
 blyf0{Toxl a\$fd}; nfo\$ f] sfblx; n\$fo{  
 vfnl a\$ dfq blyfpg}.

-v- Pp6f xft] ?dfn ln0{?dfnsf]  
 alrdf Pp6f ; nfo\$ f] sfbl s'g}  
 lj Bfylhf0{ /Vg nuf0{?dfn k6dfpg]  
 / sfblnf0{6qmfpg -efRg\_nufpg].  
 cGonf0{ klg 6qmf kfg{ nufpg].  
 ; a\$hf0{6qmf} xf; xfoG hfRg\_nufpg].  
 6qmf] sfbl cGtoof l; Ef] -g6qmf]  
 cj:yfdf 6andfly %f/l lbg]. of] lqmf  
 klg /f] s xG5 .

gfm pOm vhn] pQfprnf] : j ejsf  
 lj Bfylhf0{ sfadf Nofpg yk d2t  
 ldN5 . ; fy ; fRg] vfh ug] cg; Gwfg  
 ug] ; dfwfg ug] cflb afglsf] lj sf;  
 xg ; S5 .

6sf cfa]a] -lnDa'  
 >l bluf{pdfj , ; /a8fBf, kfFy/

**b0{Psfq b0€  
 3f\$fpq' kb0 U**

lzl/s dfl; s, k0ff{ \$( -j} zfv @)^(\_  
 .b0{Psfq b0€-3f\$fpq' kb0 U ?bk] fb  
 k/fhhlaf/f lnivt nyl l9nf u/ k9g]  
 cj; / kkt eof]. To; nlysf] af/df  
 sg} l6k0fl 5g . a? c% klg kfg]  
 u/l dh] hfgsf] k0fludf NofPsf] sxl  
 hfgsf/l /Vbf ; Da6wt klfnf0{c%  
 ; lhnf] xG5 eG] p2] on] sxl hfgsf/l  
 lbg u0/x\$] 5' .

dh] hfgsf] Dd bgf jf u0fg hf\$sf]  
 5f\$] k x] . afnafnsfnf0{ bgf  
 k9f\$ o; sf] k -cjwf/off ; E; E}  
 klg kfgk] xG5 . h:tj @S@0\$ jf  
 @±@0\$ xG5 . To:t] @S^0!@ jf @  
 5 k6s hf\$Bf @±@±@±@±@±@0!@  
 xG5 . o; /l kto\$ @, #, \$, % = !)

; Ddsf bgf\$df dflysf] pbfx/0fdf h:t}  
 klg kfgk5{. c% klg kfg\$] nflu  
 Pp6f tlnsf blyfpg klg ; lsg5 . hg  
 o; k\$ / 5 .

Pp6f dfG5] E b0{ j6f cf\$  
 xG5g\

@S!0@  
 b0hgf dfG5] E rf/ j6f cf\$  
 xG5g\

@S@0\$  
 tlghgf dfG5] E ^ j6f cf\$  
 xG5g\

@S#0^  
 o; /l qmz! ) hgf dfG5] E @)

j6f cf\$ xG5g\ eG] s/f Pp6f rf6{  
 k/df klg; E a%g] u/l nyl slfsf] df  
 6f] / ; do-; dodf blyf0{ a%fpq]  
 sf] z ugkb5 . o; /l g} #, \$, % =  
 ! ) ; Ddsf nflu tlnsf afg0{klg kbf{  
 /fd} g} xG5 . : j o+l Bfylhf0{ pkl:yt  
 u/f0{Ps hgfnf0{blyf0{o; afa\$ slt  
 cf\$ 5g\ egl cG l Bfylhf0{ fVg  
 klg ; lsg5 / pQ/ ; j o+l Bfylhf0{  
 eG] g} cfp5 . To:t] csf] lj Bfylhf0{  
 a\$hf0{o; afa\$ cf\$ slt 5g\ eG]  
 x] eg] klg @ g} pQ/ cfp5 . klnf] @  
 / bf] @ cyf\ @±@0\$ cyf\ @S@0\$  
 eG} sfnfk6ldf nVg] / lj Bfyl{ ; wof  
 qmz! yk} hfg] / ; fxl cg?k @±@±@  
 0^ cyf\ @S#0^ eG] s/f klg kbf{  
 ! ) hgf lj Bfyl{ Ddsf cf\$ u0fg ub}  
 hf\$ b0\$] bgf k -cjwf/off klg kfg{  
 ; lsg5 . To:t] / # sf] bgf\$] nflu  
 tlg v\$] 6h jf lqeh, \$ sf] bgf\$]  
 nflu 6ansf v\$, 8] s-a] rsf v\$fnf0{  
 klg blyf0{bgf ; Da6w k jf cjwf/off  
 klg kfg{ ; lsg5 / qmz! ! ) ; Ddsf  
 bgfnf0{o; u/l tt\ tt\ j : t' jf ; fdul  
 lrq vfh klg kf/l lbg]  
 x] eg] lj Bfylhf0{ lhnf]  
 xG5 . o; /l klg kf/l  
 sfklf bgf nyl = nlyf0{  
 k9g] cj ; / kfg ul/of]  
 eg] lj Bfylh] ; lhn] E  
 bgf nVg = k9g ?lr  
 /V5g\

xfdn] @ bljv !)  
 ; Ddsf bgf jf bgf\$]  
 ; Da6wdf rrf{u0f} t/  
 eNg] gxg] Pp6f s/f s]

**cg/fv**  
 kto\$ dxlgf\$] k/Defd k\$flzt  
 xg] /zl/s dfl; s xfd lzlf\$; sf  
 nflu clt cfj Zoslo zlf\$ v/\$  
 ePsf] dx; u/\$] 5' . o; df  
 k\$flzt nyl, /rgf, ; dfrf/  
 lgoldt : tDe tyf cG ; fdulx;  
 xfd] nflu clt g} pkoful 5g\  
 uf/vfq df kto\$ dxlgf\$] ! ut]  
 / !^ ut] k\$flzt xg] /zlff; Da6w  
 va/ o; klqsfdf klg ; dfj z  
 ul/lbgeP c% ; gdf ; uGw xg]  
 lyof] egl ljgd] cg/fv ub5' .  
 e]g clwsf/l  
 >l ; /jtl /fkfj = ; tgl, lrtjg  
 -l6k0flm lzl/s dg k/f0lbg'  
 ePsfdf wGofb . uf/vfq df  
 5flkg] lzlff; Da6w va/af/]  
 ; Da4 kfof] hsn] g] lGof6 ug]  
 s/f x] xfdln] xfoG . - ; ±

klg xg ; S5 eg] ! sf] bgf / )  
 zG; E u0fg ubf{ s] kl/0fd xG5  
 eG] s/f klg klg kfgk] xG5 . h:t}  
 !S@0@ jf !±!0@, To:t] !S%0% jf  
 !±!±!±!±!0% eG] h:tf w}] pbfx/0f  
 lbP/ klg kfgk] xG5 . ca s/f zG  
 -) \_ sf] u/f} (±) ±) 0) jf #S) 0) g]  
 xG5 . To:t] (±) ±) ±) 0) jf \$S) 0)  
 g] xG5 . htk6s ) hf\$Bf klg zG  
 / ) ; E sg} c\$ u0fg ubf{ ) g] xG5  
 eG] s/f klg klg kfgk] xG5 .

b]l/d 1jfn  
 ch0 pdfj, tD3f; , ulld

**शिखरापुर यातायात प्रा. लि.**  
**टाटा सुमो सेवा**  
 कठमाडौं-हेटौडा-बिराजन-कलेस-बिजुवट-धनुष-लालबन्दी



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# afndøL lj BfnoM j tøfg cj :yf / casf]af6f]

## ■ Itns ufjd

**af**ndøL lj Bfno lj Bfnosf] kl/isf / cfnsl/s ;k xf]. .lzlff afnaflnsf] g] lu\$ clwsf/ xf] / of] /fhosf]kfylds bfoTj leq kb5l eGg]s/f afndøL lj Bfnon] :jlsfb5 . .afn lj sf; sf nflu clwsf/df cfwfl/t u0f:t/lo lzlff / u0f:t/lo lzlffsf nflu afndøL lj Bfnol eGg] cjwf/Off clxn\$] lj Z]df krlnt dfGotf xf].

oxl k7elddf afndøL lj Bfnosf] af/df xfd] a%f0 / u/f0 s]5 <s]afndøL lj Bfno sg]kl/offhg xf]hf]lglZrt ; do; Dd nfu"eP/ kl5 : j tM l; l465 <jf afndøL lj Bfno sg]eff]ts k]f]f/ xf]<o:t]lj ifodf vfh / cge]df cfwfl/t e0{oxfF5f] rrr{/ s}xl Joj xfl/s ; %fj x; ; %fpg] k]Tg ul/Psf] 5 .

afndøL lj Bfnosf lzlfsx; b08/lxt lzlff u5g\dfon' / ldfhl; nf xG5\egl xfdl tflnddf l; S5f; e5f; nV5f; t/ .d s] ub5l egl dx; " ub5f; . afnaflnsf] rsrs u/df afndøL lj Bfnosf lj Bfyl{; sf0df lqmfzln xG5g\ rsrs ub5g\ eGg]r8\$g nuf5f; jf:tj df oxfCjwf/Off g]k]6 ePsf] blvø . afndøL lj Bfnosf] cjwf/Off eff]ts klf sd / Joj xfl/ a9l xf]. afndøL lj Bfno xg w}]eff]ts ; lj wf rflxG5 eGg] a%f0 cfk]ff eff]ds xf].

afndøL lj Bfnodf .afnaflnsf klxnfl /Ofgllt nfu"xG5A eg] 3f\$g]w}]5f; t/ To; nf0{lj Bfno / k7gk7gdf sx]f] / s; /l hf]g] eGg] ; lk yf] ; E dfq xg]u5{ . .afns]bt]tfl afndøL lj Bfnosf] dh dd{xf] eGg] t klomf0{yfx xG5 t/ To; nf0{Joj xfl/df ptfg{eg]w}]nf0{xDd}k5{ . .afndøL ; DaGwdf ; g]f / 3f\$]f s/fnf0{s]lffsf]df ptfg{g; Sg' g}clxn\$] dVo ; d:of xf].

clxn] lj Bfno jf slff sf]7fdf .; dfj lztfl eGg] zAb ; a\$] lha]df %08Psf] kf0G5 . t/ ; dfj lztf eg\$] lj lj wtsf] ; Ddfg / To; nf0{oyf]rt ; Daf]vg (Response) ug]s/f xf] eGg] a%f0nf0{Joj xfl/df ptfg{; s\$]f blvø . b]x]xftn] nVg] aRrf]sf] xftdf xflglbg] dl; gf] ; j /df af]g] s\$] jf w]ff] ; j /df af]g] s]lnf0{gfgf/lsf pkdf lbP/ c6o lj Bfyl\$] alrdf pkxf; sf] kfq agfpg] Pj +j leGg cfwfl/df aRrfx; sf] gfd laufg] h:tf afndg]lj 1fgdf c; / kg]sfo{ xfdl ul//x\$] xG5f; . :sh=slffdf 7hf / alnof lj Bfyl{ ; fgf / lqwf{aRrfnf0{lj leGg 9uaf6 lh:Sofpg] w]Sofpg] lk6g] h:tf sfd (Bullying) ul//x\$] xg ; S5g\ . o; kl't xfdl ko]t dfqdf ; j]bgzln xG5f; .

.lj Bfyl\$] ; xeflutf] ; DaGwL cjwf/Offdf :ki6tf h?/l blvG5 . lj Bfyl{ ; xeflutfsf gfd df kf0M ts8f / 5l/ff lj Bfyl{nf0{dfq} k]ff] ug] u/\$] kf0G5 . slxNo} gaff]g] slxNo} gp7g] ; dx sfo]f slxNo} g]Tj gug] lj Bfyl{x; kf0M 5l6/x\$] xG5g\ . afndøL lj Bfnosf] dd]nf0{clVtof/ ug]xf] eg] x/\$ ultlj lwdf ; a}vfnsf lj Bfyl\$] ; xeflutf ; lglZrt ul/gk5{.

To:t] afnclwsf/sf rf/ vDaf 3f\$g] 3f\$]pg] w}]5f; t/ cf'gf ultlj lw afnaflnsf clwsf/ , cfjfh jf /fh0sf cfwfl/df 9fNv ; Sg] ; sd} 5f; . lzlffsd] ; n] afndøL lj Bfnosf] Pp6f dh t]j sf] ; kdf clwsf/df cfwfl/t pkfud (Right based approach) k5{ egl cftd; ft ug{ g; Sg' clxn\$] csf]k]dV ; d:of xf].

afndøL lj Bfnosf] t]j sf] ; kdf aRrf vfh]g] lj Bfno (Child seeking school) sf] cjwf/Offnf0{klg Joj xfl/df af]s] ; kdf lnPsf] kf0G5 . z]lfs ; qsf] z]df ul/gkg] egl dlyaf6 t]lsg] lj Bfyl{ eg] 3/b]f] sfodnd / 56\$] aRrf]sf] vfh] ug] sfonf0{klg cgj Zos tgj / ; dfdGo sd\$]f08sf] ; kdf w]h] a%\$] kf0Psf] 5 . lj Bfnon] aRrf lsg vfh]g] eg] ; /f\$]j fnfnf0{kl6 a%pg ; s\$]f blvø . ; g! (& \* ) sf]bzsd] lj Bfno :yfkof dfq ul/lbP lj Bfyl{ ; j tM k9g cfp5g\ eGg] dfGotf krlnt lyof]. !(( ) kl5 ; a} afnaflnsfnf0{csliff ug]lj Bfnox; csliff / ; lj wf; DkGg xgk5{ eGg] (Post Jomtien) cjwf/Off cfof]. t/ t]kZrft\ klg afnaflnsf] Pp6f ; dx lj Bfno cfpq g; s]kl5 afnclwsf/ / /fhosf] bfoTj c]tu\$ 5fqj Q; ; xlnot, cj ; / nfut cflb pknAw u/f0{ ; a]nf0{ egf{ u/l Itgsf] z]lfs clwsf/ ; lglZrt ug]k5{ eGg] (Post Dakar) cjwf/Off cfPsf] xf]. of]s/f a'g' / ; ff]cydf cEof; ug]h?/l 5 .

afndøL lj Bfnosf] s/f ubf{lj Bfyl\$] ck]lft u0f ; DaGwL a%f0 klg cg]f] blvG5 . afndøL lj Bfnosf lj Bfyl{x; xof]ul / Joj xfl/s xG5g\ x/\$ lqmf]nfkdf ; xefl xG5g\ cfk; l 5nkm / cGt/lqmfaf6 ; d:of ; dfwfg ug{ ; S5g\ Itgsf] cftd; Ddfg / cftdan alnof xG5 / cftdlj Zj; l xG5g\ eg] lj 1x;n] ; %0lbPsf 5g\ . xfdlx; dWo] sltko o:tf u0f lj Bfyl{ hGdhft jf 3/af6 l; s] lnP/ cfpqk5{ eGg] dfGotf /v5f; . cf'gf ultlj lw / lzlffaf6 g] lj Bfyl{ o:tf u0f lj sf; u/fpg] xf] eGg] s/f ; a]nf0{ a'g' / tbq?k Joj xfl/df ptfg{h?/l blvG5 .



afndq l j Bfno l j Bfylsf nflu zf/l/s, dfgl; s / ; j l f d s ; k d f ; / l f t x g k 5 { . l z l f s s f ] c ; n J o j x f / / ; h u ; % a % a f 6 d f q } o f ] ; D e j x G 5 . t / c k m z f t , l j B f n o x ; d f o : t f s / f x ; d f v f ; } V o f n u l / P s f ] k f 0 6 6 .

afndq l j Bfnodf afnaflnsf] ; s f 0 p k n l A w s f ] d N o f s g u g ] k o f { l h d d } f / l l z l f s s f ] x G 5 . t / s l t k o l z l f s x ; n ] e / } l h l z s d f a % f p g } s f o { ; D k f b g k r f / d d f c k m h ] k 9 f P s f ] s l f f j f l j i f o s f ] l j B f y l s f ] c f } t l ; s f 0 p k n l A w g } e / } s f ] k f 0 6 6 . o ; a f 6 c % } k l g g o f A z l f s n ] l z l f 0 f / l j B f y l { l ; s f 0 p k n l A w n f 0 { h f 8 8 ; s } s f ] b l v 6 5 .

l j B f n o s f ] g l l t l g d f 0 f , o f h g f t h 0 f , s f o f 0 j o g / d N o f s g d f a f n a f l n s f , c l e e f j s / ; d b f o n f 0 { k t o l f ; x e f u l u / f p g } a f n d q l j B f n o s f ] k o v l j z i f t f t y f ; r s x f ] . t / k l g l j B f n o x ; d f s / / l z l f s l g o l Q m n y / k f n j f s f o f h o ; x o r u l l g o l Q m h : t f n e s f s / f x ; d f d f q ; d b f o s f ] k t o l f ; m u g t f x : t l f k s f ] : t / ; D d x g ] u / } s f ] 5 e g ] c 6 o s / f x ; d f . o f ] t ; a e g ] s / f g x g l s f ] x f i n t d f b l v 6 5 .

; a } l j B f y l h f 0 { ; d f g J o j x f / l d f o f / c f b / u g ] t y f l j B f y l s f c u f l 8 g d 0 f e P / l j B f y l s f ] l f d t f , r f x g f / u l t s f c f w f / d f t o f / l s f ; f y ; h f o / l x t l z l f 0 f u g ] s / f a f n d q l

l j B f n o s f l z l f s x ; s f ] n f l u c l g j f o { z t { x f ] . o : t f s / f x ; c f k m h l j s f ; u g { / s f o f 0 j o g u g { l z l f s n ] g t y k k } f v r { u g { 5 g y k ; d o / e f / g } k 5 { . k m / k l g o : t f s / f x ; w } h ; f ] l j B f n o x ; d f u D e l / ; k d f n f u " e P s f ] k f 0 6 6 .

afndq l j Bfnosf] dd{w} }xb; Dd lzlfsdf e/ kg]x Bf lzlfsn] cfmh] k9fpg] s/fnf0{ :yfglos/Of (Localized), ; fGbleS (Contextual), nlrnf] (Flexible), Jofj xfl/s (Practical) / hlj gfkofyl agfP B]k/Dk/fut (Psychological Model of Teaching) sf] ; sf cfwlgs (Socialogically Oriented Perspective of Instruction) lzlfofz]hl ckgfpg' ckl/xfo{ blv65 .

xdfj ; a } l z l f s - ( \* = @ k l t z t \_ x ; t f l n d k f t e 0 ; s } s f e P k l g s l f f s f ] f d f ; f d u l l j x l g (Chalk and Talk) l j w g } ; a } s f ] ; P % l j l w s f ] ; k d f p k o f u d f c f 0 / x } s f ] b l v 6 5 . a f l x / l g : s } v l l g d f q } ? r f p g ] r k n f u } a : g g ; S g ] 5 s 5 s d f q u g ] n u f o t s f a f n ; j e f j n f 0 { ; d : o f s f ] ; k d f l n g ] / l t g n f 0 { x : t l f k u l k 9 f 0 y f k g ] w } } b l v 6 5 g \ t / a f n d q l l j B f n o s f ] c j w f / o f f c g ? k o l b a f n a f l n s f r k n f u } a : g ; S b 8 8 v / 5 s 5 s u g { ? r f p 5 g \ e g ] a f l l g n u f P / t y f 5 s 5 s u / f p 6 } l ; s f p g ] e g ] s / f l z l f 0 f d f h i l 8 g h ? / l 5 . a f n a f l n s f

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olta}h luh0sf] lbj:f; kg k9} To; n]cf'gf] dg 5f]sf] egl lzlf sdf kl}lqmf 5kfp g}sf] ; Wof Xj fQ} a9sf] 5 . t/ luh0f] l; Q}f kf0g] jf G0g dNo kg] ; fdulsf ; fy afn : jefjnf0{ s}bdf /vl u{/sf] cEof; nf0{ cfd; ft u/L .d} c}k}k}u / u/eG] kl}lqmf x; c%} k9g kf0Psf] 5g . vf8n oxlg} 5 .

lj Bfyl{ c/hstf / cgzf; xlggtf clxn}sf -w} lj Bfnof}sf] ; d:of x]. t; y{afnd} lj Bfnof] lj Bfyl{ k}hftf]Gqs cgzf; gsf] lj sf; u/fpgkb5 / o; nf0{; hfos] j} s}nk} p}kfos] ; kdf p}k}u ug{ ; Sgkb5 . lj Bfnof / slfssf] fdf s] ug{xg} / s] ug{xg} eG] lj ifodf lj Bfyl{sf] kOf{; xeflutdf glt lgdf u/L pglx; s}cu} / tdf Itgsf] sfof}og u/fpg] s/f o; df kb5 . o; n] Pslf/ lj Bfyl{nf0{ k}hftf]Gqs ; sf/ / dfGotk}l}t kl}ta4 agf5 eg] csf]t/ unt sfo{u{/sf] gdfdf zf/l} / s jf dfgl; s b08; hfo lbg] k/Dk/sf] cGto e0{ lj Bfyl{df c; n cGt/ j} }lQms Joj xf/ / JoIQm} lgdf}df ; sf/ fds k}fj kb5 .

afnd} lj Bfnof] lj Bfyl{sf nflu kOf{xgkb5 . Istfal 1fg dfq : shdf xfl; n ug] / c6o s/fx; cGt st}l; Sgk} clxn}sf] cj: yfsf] cGto h?/L 5 . lj Bfyl{x; df : j-Joj: yfkg lfdt; ; dnf}g}f]ds ; f}f0 ; lk, ; d:of ; dfwf / lg0f0 ug] lfdt; j} snt ug] lfdt; ; dx sfo{/ ; xofu, ; dfgelt, cGt/ j} }lQms ; ~rf/ ; lk, ; d%bf/L / 0Gsf/ ug] h:tf hlj g}k}u ; lk tyf : j: y Joj xf/x; sf] lj sf; df lj Bfnof]

g} Wofg lbgkb5 . lzlfssf] 0R5fzIQm / Joj xf/af6 dfq} of] ; Dej 5 .

afnd} slf Joj: yfkg cGtu{ k}to} slfssf] fnf0{ : jfutof}o / ; /lft, cfsif} / Joj: yt tyf /df0nf] agfpg' h?/L 5 . h; sf nflu G0gtd ; fdulsf] pknAwtf tyf Itgsf] ; dlrt /vf0, lj leGg vfn] ?h; f}sf] lgdf} / k}f}u, lj Bfyl{; dx lj efhg / p}k}u h:tf s/fx; c}g}fo{ h:t} xG5g\ . t/ ol ; a} s/f 1fgsf] txf6 Joj xf/sf] tx -sfof}og df k}z u{/sf] blv} . o; ; DaGwdf s; n] s] ug{ ; S5 eg} /0fglts of}hgf agf0{sfof}og ug] ; lksf] cej blv} .

clxn}Dd kl}g w}h} afnd} lj Bfnof0{ kl/of}hgf jf sfo}m}sf] ; kdf a%sf] kf0G5 . xdf] lj Bfnodf t of] nfu" g} ePsf] 5g, lsg xfdn] %-%6 ug] eGg}sf] ; Wof w} } 5 . t; y{ ; j} yd ca afnd} eG] s/f . k}h} \$6l x}f0g, of] lj Bfnof lzlfssf nflu k}yfg lj Gb' xf] eG] s/fnf0{ Joj xf/df ptf}g{h?/L 5 .

dflys] lj j} /0sf cfwf/df s] eG ; lsg5 eg] afnd} lj Bfnof0{ ; a} ; /f}f] jnf x; n] kOf{ ; kdf a%sf] / a%fn] cfd; ft u{/sf] kf0G5 . o; nf0{ s; } c}f}z ; kdf a%sf 5g eg] s; } ; tx ; kdf (Only for knowledge shake) lnPsf 5g\ . /df] E a%sf x; n] kl}g k}z}ut blft / ; h}g}f]ds lfdtfs] cej df ; xl ; j} fl-5t Joj xf/ b} / Psf] kf0G5 . t/ h}x} l ca xdf] k}t}g; afnd} lj Bfnof] kOf{ c}jwf/Off a'g] a%fg] / Itgsf] : j} knt{sfof}og ug] u/fpg] s/fdf s}b}t ug{xh?/L 5 . afnc}w}sf/sf] ; lg}zrt tyf u0f:t/lo lzlfssf] k}ofelt afnd} lj Bfnodf dfq} ; Dej xG5 . o; sf] s}g}lj s}nk 5g .

lj lg, lhlzsf ?sd

## शिक्षक सेवा आयोगको लागि अति उपयोगी पुस्तकहरू

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email: ratnasagarprakashan@gmail.com  
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# nfg arfpmF lognf0{ Ū

## ■ snflglw bxfn

**gf** glx;nf0{...sl ...vl sf] p Hofnf] aQl lj :tf/}; Nsf0lbg] Pp6l u?cdf cfh SofG; /h:tf]kl8fbfos /f; E hlj g ; Sif{t\5g\ ; b7k] \$f] t fkn]h<sup>a</sup> lhNnfdf xfa<sup>b</sup>]l uflj ; l:yt tdf]glbgl kfljdf @)#( ; fnb]v sfo{t\tl u?cdf xg\ 0lGb/f e\$ /f0{. hf]oltv} SofG; /; E hlw/x\$ l 5g\ pgnf0{ b0{ jifcl3 :tg SofG; / ePsf] /x\$ .

Pp6f lzlfs} z kdf dxf] s/la @) jifcl3 pgl; t lrg hfg ePsf]lyof]. s}klc3 staf6 ; g}ppl ladf/l 15g\ kl5 e0 xbf yxf eof] pgnf0{t SofG; /h:tf]3fts /f; kf] nfu\$] /x\$ . dh]x] \$f] . k] qkzgd] klg Psk6ssf] sd] lng ; a}ldnf/ sDtlcf b0{nfv !} xhf/ ?k0fFh0ykg] /x\$ . neuu tl; jif\$] k}fklt ; dlk\$ /x\$ hDdf ePsf] ; -ro sf]sf] /sdn] h0t0 kfFj6f; Dd sd]sf] ; d:of ; dfwfg ePsf]5 . 50f]sd]sf]cj lw s]ug] <sg} ; dfwfgs fxtx; b]fk/\$f 50g\ . aTo; 56k6lnf0{ leq]lv al%abg] k/dZj/ b]f knf[ls E uxel/ cf' agfP/ zfnlgtfsf]; f; kn]5g\ k]l{llflthsl u?cdf 0lGb/f e\$ /f0{.

e\$ /f0{f]kl/jf/ pgs}cfDdfglcf cl8Psf]5 . pgsf b0{ 5f]l lj jflxt cj:ydf cf-cf' 3/ h0t0 rnf0/x\$g\ . b0{ 5f]fdw0\$] h7]f cf'g} b]gsl wfg xDd}Dd}cj:ydf 5 sfG5f] cf'gf] k9f0; E hlw/x\$] 5 . >ldf\$]sg} cfo; f] 50 / lyPg klg .

clnsl cfszdf snf afnsf n}f] nlfGf; fy hlj 5 jf 50\$] qf; hGdg] s6x/sf] le/fnf0f 3/ ePsl ol u?cdf ladf/ gx-h]h Pp6f sf]nl uf0{ / n0f] e}l; E v]lyg\ lj Bfnosf] ; do afx\$ . 3/kl/jf/ / ; dfhkl]tsf] bflotj lgj f] u/\$]ly0g\ vf; df dflg; ; ; dfh / ; 3-; u7g rflxg]eg\$] ; vdf ge0{blw / ; xh ge0{; s6sf]cj:ydf xf] . cftlj ktsf nflu xf] . ; d:of kb{To; ; E hWgsf nflu xf] . elgPsf] klg 5 ./fhaf/] ZdzfgZr omTi7lt ; M jfGwjM . U t/ clxn] Dd dh]b]v\$]ol u?cdfsf]sgtlj hf]udf s; \$]bl]6 ku\$]50 . nflu, /fHosf lgsfo / ; dfh; j]lx; ; j]hgxlg kf] x\$5g\ls 0

Pp6f g]f h; nf0{ log} u?-u?cdfx; n] lgdf0f u/\$f xG5g\ pglx; sf gfsaf6 clnsl kftnf]l; wfg dfq aXof] eg] tl cd] /sf of o/fk]sf] xjfo{ l6s6 t?Gt} . pkrf/ll sf nflu Totf nflu5g\ . dfgl; s-af]4s z kdf g]f hGdfpg] ol u?cdf rflx+SofG; /h:tf]h3Go /f; E hlw/x\$ / ; jf:Yo dGqnonf0{.8sd06l lbbf; Dd To; df sg} ; xfgel't blz00, of]s:tf]lj 8Dagf 0

; f]l t/ ; jfledfgl, sd afflg] t/ ; w} ; To afflg] cf'g} sd0f lj Zj; u/] tl; jif6]v cgj/t lzlfof k}zdf ; dlk\$, ; jtgq cl:Tjnf0{ xPotM cfd; ft ub} ; jfledfgl



hlj g lh0/x\$ l u?cdf 0lGb/f e\$ /f0{f0{o; eofj x SofG; / /f; E hWg] cfly\$ cej]sf] hf]f]h] zL/ l^a\uf0/x\$] 5 . sfG5f] 5f]f] cdfsf] cj:yf / cfly\$ cej]sf] ; Gqf; n] cf' rxf0/x\$] 5 eg] klt kn0fGbl e\$ /f0{cf'g} ; fylef0sf ; lldt 3]fdf kTglsf] cf]fw]krf/- c; dy{ czQm / lGofp/f] t/ lbnf]ofg lbP/ nflu/x\$ 5g\ .

gful/s ; /lff /fHosf] bflotj xf] . of] dfq x00g cGo ; Dk0f{o; cj:yfsf gful/ssf]. To; df klg pgl t /fHoaf/f g] lgoQm eP/ ; /sf/L ; j]df ; mUg axfn]fnf sdcf/L JolQm]j, t}klg eofj x kl8fdf ; d] lfg lsg o:t/L dfq 0oxl df0tflq r]j]gsf] aQl affNb}u/\$l Pp6l u?cdfm] cfly\$ cej]s} sf/0f Hofg udfpg] kg]l:ylt b]fk}of] eg] p; sf lglDQ /fHosf] cy{s} < /fHo; j]sf] cy{s} < ; DalGwt lfg]sf ; 3-; u7gx;sf] cf]rTo sx]f] < ; dfh ; dXsf] jf:tlj stf s]t < l9nf eP/ 36gf 3l6; s}kl5 uf]xsf cf' lgsfNge0bf t ; do 50}tl ; Gb/ t fkn]h<sup>a</sup>sf] cw]f] kfvd] /fnl; wfg ; kmf u/] afnafnssf cGt:s/0faf6 clf/sf]v]l; E}gofFk':tfsf] eljio?kl lbofdf aftl sft] aQl ; Nsf0/x\$ l :j]ledfgl 0lGb/f e\$ /f0{f] SofG; /n] 56k6fp] u/\$] cGt/dd0f ; xof]ul dndsf xftx; nDsfpg] kf] xf] ls 0

l; l4u0fz dflj , ; f]v\$] s7df8f}

-SofG; / kl18t lzlfs e\$ /f0{f] pkrf/sf lglDt bxfnn]cf'gf] tnaaf6 ?-% xhf/ ; xof] ug] hfgsf/L . lzlfs0 dfl; snf0{ lbPsf 5g\ . la/fdl lzlfs e\$ /f0{f0{ ; xof] ug{ 0R5s lzlfs tyf kf7sx; n] . lzlfs0 dfl; ssf] sfofho of df]af0nM (\*\$!@\*\$)#! -kdf] df ; Dks{ug{ ; Sgx0\$ . -; Dkfs\_

# hfFsf] tof/Ldf cfof]y

**IzlfS** ; jf cfof]yn vNnf kltofl]utfaf6  
 lzlfS egf{ug{axk}lilt klqmf z;  
 u/\$f] 5 . s/la !& jifk15 @) k'  
 @)^ ( df !@ xhf/ \*() l/Qm kbdf  
 lzlfS egf{sf]lj 1fkg k\$flzt u/\$f]  
 cfof]yn]tl kbsf]lgldt lnltv k/Llff  
 rflx+@)& sf] h7df ; #fng ug]  
 hgfp lbPsf] 5 . To; cg; f/ h7 (,  
 !) / !! df qmzll dflj , lgdflij /  
 kl]j txsf]k/Llff xg\$. hfFnf0{z4  
 / lgiklf tNofpg cfof]yn] n\$; jf  
 cfof]ysf] k/Llff k4ltsf w}) s/f  
 ckgfpg] hfgs/l lb0Psf] 5 .

cfof]ysf cWolF pbo/fh ; f]tsf  
 cg; f/ clxn] pQm k/Llffsf kZgkq  
 lgdf]f, hfF ; -rfng, pQ/kl:tsf  
 k/Llff / glthf k\$zgsf] cftl/s  
 tof/l e0/x\$] 5 . hfFsf]kZgkqsf]  
 lgdf]f / pQ/kl:tsf k/Llffsf nflu  
 cfof]ysf] lj 1sf] ; fLdf clxn] s/la  
 \$)) lj 1 5g\ . cfof]yn] lgwf]of  
 u/\$f] dfkb08 k7f u/\$f tl lj 1x;  
 lj leGg k[7el dsf 5g\ . To; df  
 lj Z]lj Bfnosf] lzlfzfq ; \$fosf  
 axnj] nfn tyf cjsfzklkt kl]woks,  
 ; xk]woks / pkk]woks, lzlf  
 ; j]sf j/i7 clws]tblv dflysf  
 sd}f/l, dflj df sfo}t tyf cjsfz  
 klkt j/i7 lzlfS 5g\ cfof]y cWolF  
 ; f]l eG5g\ acfof]yn] tof/ u/\$f]  
 dfkb08sf cfw/df lj 1x; 5flgPsf  
 5g\ . Itgsf] lj 1tfd zsf ug]  
 7fpF5g . cfof]ysf kbflwsf/l tyf  
 sd}f/lx; sf]kl klg lzlfS 5gf]sf]  
 klqmfdf ; fd]h xEg\ xdf]k]koffln]  
 lgiklf ; kdf sfd u5{ / bzn] of]o  
 lzlfS kfp5 A

; fLdf /x\$] lj 1n]kZgkq lgdf]f  
 / pQ/kl:tsf k/Llffdf nfk/afxl  
 u/df cfof]yn] ltgnf0{ snf] fLdf  
 /fVg] u/\$f] 5 . lj utdf xh]r]qmf0F  
 ug] To:tf @) hgf snf] fLdf k/l  
 klg ; s\$] 5g\ . anfk/afxl ug]nf0{



cfof]y cWolF ; f]l

**IzlfS 5gf]sf] ; a} sfd  
 ; s] @)& ; fnsf] sflQs  
 d; fgt; Dddf ; kmn pDdb]j f/nf0{  
 lgolQmsf lgldt l; kmfl/; ug]  
 cfof]ysf] tof/L /x\$] 5 .**

cftl/s ; kdf ANofsln:6 ug] ul/Psf]  
 5, To: tnf0{km] sg]klg sddf ; #lg  
 u/f0EgA, cWolF ; f]l atfpEg\ .

cfof]yn]kZgkq lgdf]f / pQ/kl:tsf  
 k/Llffdf n\$; jf cfof]ys]k4lt ckgfpg]  
 hgfp lbPsf] 5 . cfof]y ; qsf cg; f/  
 x/\$ txsf nflu sDtdf @) hgf lj 1n]  
 @) blv #) ; k]k]kZgkq agfpEg\  
 To; af6 tlh hgf lj 1sf] 6f]hln] \* blv  
 !) ; k] kl/dflh\$ kZgkq tof/ kf5{ .  
 o; /l tof/ ePsf x/\$ txsf \* blv  
 !) ; k] kZgaf6 sg]Ps ; k] .yof08Dnl  
 5g] hfFdf kof]y ul/G5 . cfof]ysf]  
 kZgkq lgdf]f lj lw cg; f/ Ps ; k]  
 kZgkqdf Ps hgf lj 1n] agfPsf] Pp6f  
 kl/dflh\$ kZg klg dlZsnn]kg{ ; S5 .  
 acfof]ysf]kZgkq lgdf]f lj lw .kmhkk]kl  
 5 . sg kZg k5{ eGg] s; hf0{ yxf  
 xGg . kZg cfp6 xg] ; Defj gf zG6  
 5A, ; f]l yk5g\ .

lgdflij / dflj sf nflu lj ifout /  
 kl]j df txut ; kdf xg] lzlfS egf{f]  
 lnltv k/Llff x/\$ lhNnfdf k}v lhNnf  
 clwsf/lst] cWolftfdf /x\$] k/Llff  
 ; dgjo ; ldln] ; -rfng u5{ . Pp6f  
 k/Llff s]tblv a9ldf @%) k/Llffyl{  
 dfq /xg] Joj :yf ul/Psf] 5 . P; Pn; l  
 hfFdf kof]y xg] ; eGqnf0{ g} lzlfS  
 ; jf cfof]ysf] hfFdf klg kl/rfng ug]  
 tof/L ul/Psf] atf0Psf] 5 .

P; Pn; l jf cWofkg cgdltkqsf]  
 hfFdf h:tf] lrl6<sup>a</sup> cfof]y hfFdf gXg]  
 lj Z]f; df cfof]y 5 . uf08, u] k]k/df  
 cfwl/t kZgkq gXg] / k/Llffyl{ cfm]  
 Pscfk; df kl:t:kw{ xg] ePsf] k/Llffyl{  
 ; jom] hfFsf] cgludg ug] cfof]ysf  
 ; b;o; lrj vu]tblv fb g]k]nn] atfP .  
 g]k]nn] yk] ac]lxn] s/la ^ nfvsv] xftdf  
 kl]j , lgdflij / dflj sf] lzlf0f nf0; G;  
 5 . oldW] sltn] PseGbf a9l tx / kbdf  
 cf] dg lbg ; S5g\ To; sf/Of kl:t:kw{sf]  
 ; wof \*÷ ( nfv klg klG ; S5 . To; df  
 cfm]nf0{ cAan ; flj t ug{ ; ah] ; fRr]  
 s8f kl/>d ug]k5{ A

IzlfS 5gf]sf] ; a} sfd ; s]  
 @)& ; fnsf] sflQs d; fgt; Dddf ; kmn  
 pDdb]j f/nf0{ lgolQmsf lgldt l; kmfl/;  
 ug] tof/L /x\$] cfof]ysf] syg 5 .  
 @)^# j}zfv !! utk15 l/Qm /x\$] !@  
 xhf/ \*() kbdf vNnf kltofl]utfaf6  
 gofHlzlfS egf{ug{cfof]yn]@)^ ( k'  
 @) df vNnf lj 1fkg cfxjfg u/\$f] xfl .  
 o; dW] dflj df @ xhf/ @\$^, lgdflij df  
 @ xhf/ &^\* / kl]j df & xhf/ \*&  
 kbdf vNnf lj 1fkg ul/Psf] 5 .

lj 1fkg ul/Psf sh kbdW] %  
 klzt vNnf / \$% klzt ; dfj zl  
 k4ltaf6 kl{ ul/g] ePsf] 5 . lzlfS  
 ; jf cfof]ysf] ; zfl]wt lgdfj nl cg; f/  
 \$% klzt ; dfj zl kbdW] dlxn #  
 klzt, To; leq blnt dlxnfs nflu  
 # / dlZnd dlxnfs nflu @ klzt  
 ; l6 cf/lilt ul/Psf] 5 . To:t} cflbjf; l

hghfltsf nflu @&, dwzlsf nflu @@, blntsf nflu (, ckfEsf nflu % / lk5l8Psf]lfqsf nflu \$ kljtzt ; l6 ; /lft ul/Psf]5 . lzlf0f ; jfdf ; dfj zl l; 4fGtsf cfwf/df klxnf] k6s lzlfS egf{ug{nfluPsf]xf]. c; ; ahf0{ lzlfzf:qdf G6gtd zlf]fs of]otf jf ! ) dlxg]lzlfS tflnd kft u/L :yfol cWofkg cgdlt kq lnPsf] xgkg] Joj :yf ul/Psf] 5 . t/, dlxnf / ckfEsf xsdf Ps k6ssf nflu :yfol cWofkg cgdlt kq ePsf]v08df tflnd geP klg hfFdf ; lDlnt xg kfpj] Joj :yf ul/Psf] 5 .

lfqut ; kdf k]f{rnf dflij %) \$, lgdflij &^%, kflj @)&\$ u/l sh # xhf/ # \$ # lzlfS kb k/ \$f 5g\ eg] dWof-rndf dflij df &!@, lgdflij &# / kflj @)&% u/l sh # xhf/ %) \$) kb k/ \$f 5g\ . To; u/L klZrdf-rndf dflij ^!%, lgdflij &%) / kflj @ xhf/ &( kb 5g\ . dWokZrddf dflij @#\*, lgdflij #) \$ / kflj ! xhf/ !( / ; b7klZrddf dflij !&&, lgdflij !( % / kflj ^#) u/L ! xhf/ @ lzlfS kb k/ \$f 5g\ .

lzlfS kbsf nflu b/vf:t lbg] clGtd ldt @% df3 @)^ ( tfl]Psf] 5 . b]a/ b:t/ lt/ # knfug @)^ ( ; Dd cfj hq lbg kf0g\$ . ; a)lnnf lzlf sfofnodf lzlfS kbsf]cfj hq ; sng ug]lj zlf 8]ssf]Joj :yf klg ul/Psf] cfof]un] hgfPsf] 5 .

o; ; lr c:yfol lzlfS ; ; if{ ; ldt @)^# n]c:yfol lzlfSx;nf0{ :yfol ug]klqmf cl3 ga9f0{lzlfS ; jf cfof]un] vNnf lj 1fkg u/ \$f]df To; sf] vf/hlsf] dfu ub} @^ k; @)^\* df ; j]rnf / l6 bfo/ u/ \$f] 5 . cfof]un] rlfx+lzlff Pq ; zlf]vg ge0{c:yfolnf0{yfol ug]klqmf cl3 a9fpg gldNg] ePsf]h] !! j zfv @)^# cl3sf b/aGbl h:tfsf] t:t} /fv] c:yfolnf0{afw gklg] u/L vNnf lj 1fkg ul/Psf]h] lzlfS egf{ klqmf g/f]sg] hgfPsf] 5 .

# lzlf]ah?=( ca{36df]

**cfly\$** jif{ @)^(-&) df k0f{ah? tyf sfoqmd cfpj g; s\$ sf/0f lzlf lf]sf]ah? cl3Nnf]jif\$] thgdf %08} ?=( ca{h] 36\$] 5 . cfj @)^\*^(- df lzlf dGqnon] ?=# ca{(! s/f\$ kPsf]df of]jif{ah? ?=% ca{!( s/f\$df vldrPsf] 5 .

o; af6 lj Bfno lf] ; wf/ sfoqmd; lxt cG sfoqmd; kflj t xg] bl]vPsf] 5 . cy{dGqnon]..tna, buq eQf / kfzfs vrnf0{ pRr klyldstf lbP/ dfq}cG zlif\$df ah? 56dfpgl lzlf dGqnonf0{clvtof/l lbPsf] 5 . lzlf dGqno, sfoqmd zfvfs pk; lrj 8f= /fhgy kf08h]eg] ah? 36]klg tna eQf 36fpg ldnbg . lj Bfno lzlf; E ; Dalwt cG sfoqmdf ah? s6f]l ug]kg]cj:yf cfPsf] 5 .

clwsf/lx;sf cg; f/ dVo ; kdf lj Bfnosf] efl]ts k]f]v/ lgdf] tyf dd, lzlf]sf]k]z]ut lj sf; -6kl8L ; flf/tf slff, lj Bfyl\$] vhf sfoqmd, kf7ak:ts, zlf]fs ; fdul Joj :yfkj, bf] fl]pRr lzlf kl/of]hg; lxt lj Bfnosf cG cgbf nufotsf sfoqmd; ah? s6f]lsf]df/df kg] bl]vPsf] 5 . gof]sfoqmd t To; }klg /xg] 5g\ .

lzlf ljefun]6kl8ldf \$) bl]v %) kljtzt /sd 36g ; Sg] hgfp zlf]S hgzi0m lj sf; s]b]h]f0{l]bPsf] 5 . s]b]sf pklgbzS blks zdf\$ cg; f/, 6kl8ldf ut jif{cfw/e't / dflwolds txd %08} ?=@ s/f\$egf a9l vr{ePsf]lyof]. zdf]eg] ; jif{ 6kl8lsf] s6f a9fpg]of]hgdf lyof}. t/ %g\36g]cj:yf cfof]. o; n]ubf{6kl8lsf]nlo k/f gxg]l:ylt bl]vPsf] 5 . 6kl8l cGtu{ cfp]j]jif]eq cfw/e't txsf ! nfv @& xhf/ &\$) / dflwolds txsf !( xhf/ %\*\$ lzlf]nf0{tlg r/0fd u/L #) lbg] tflnd lbg]nlo /flvPsf] 5 . of]kf]jif] sfoqmd xf].

cy\$ clwsf/ln]lj Bfnosf]5faj [Q /sd ; dt; o; jif{36g ; Sg] ; s] lbPsf 5g\ t/, lzlf ljefusf clwsf/l 5faj [Qsf] /sd 36g g]bg]atfp5g\ . ljefusf]ah? tyf sfoqmd zfv kdv hofk]fb cfrf0h]eg] ah? Psbd}.6f06l 5 . t]klg xfdl 5faj [Qsf]/sddf s6f]l xg g]bg]kpf; df 5f]-A

cl3Nnf]jif\$]vr]df ga9f0{rfn'cfjdf ?=# va{%! ca{ (# s/f\$ vr{ug]u/l ah? cWofb; :jls[ePsf]lyof]. lzlf dGqnon]ut jif{?=@ ca{vr{ePsf]bfal u/]klg dxn]yf lgoqssf]sfofnodf lb0Psf]l/kf]6f]df s/la ?=%& ca{dfq}vr{ ePsf]bl]vPsf] 5 . To; df klg cy{dGqnon]; a)lgsfosf]ah?af6 lgyf]g; ; ; df; dfofhg, nf; ; B^a Joj :yfkgsf lglDt /sd lvr\$fn] lzlf]sf]ah? yk 36\$]xf]. cy{dGqnosf pk; lrj b]lk]fb zdf]eg] ; lzlf dGqnon]^@ ca{vr{ePsf]atfp klg dn]lgsf] /\$8df %& ca{dfq}vr{ePsf]bl]vG5 . xfdln]t dn]lgsf] cfE8fnf0{cfw/ dfG]xf]. cfk]u/ \$f]vr\$]k/f l/kf]6f ug]g; Sg' t lzlf]sf]sdhf]l xf]lg E zdf\$ cg; f/ lzlfaf6 dn]lgsfnf0{?=@ ca{g}vr{ePs}l/kf]6f ePsf]eP zlf]S ah? ?=^) ca{Dd klg ; S]of].



# Ij Bfnodf kflj lws lzlff tof/L ; !t

## I; /x fdf b/aGbl ldnfg ; lsof]

IhNnf lzlff sfofno, l; /x/n]lzlfs b/aGbl ldnfg sfo{k'f ePsf] hgfPsf]5 . b/aGbl ldnfgsf qmddf zsf:kb kfOPsf ^) j 6f /fxt sf6f ; DaGwl krfOn lzlff sfofno] cIVtof/ b?kofu cg; Gwfg cfofudf k7fpg] tof/L u/\$f] 5 . zsf:kb b]vPsf b/aGbl lvr] /fv\$ 5f; lhlzc xl/k} fb j :tln] lzlfs ; E eg] algolQm g}gSsnl ePsf] h:t] nfu\$fn] ol krfOn rfB}cIVtof/df k7fp5f]f

; /sf/n] cfp6f] j zfvb]v Ij Bfno txd} kflj lws tyf Joj; flos lzlff ; ~rfngsf] tof/L u/\$f] 5 . !)) j 6f ; fdbflos Ij Bfnodf slff ( b]v g} kflj lws lzlff z' ug{ nfluPsf] xf] . lzlff Ijefusf cg; f/ &% j 6f lhNnaf6 sDtlfd Pp6f Ij Bfno 5f]gg] 5g\ lqut cfj Zostfsf cwf/df afEl @% Ij Bfno 5g6df kg5g\ .

lzlff dGqnon] kflj lws lzlffnfo{ Ij Bfno txd} ; d6g] u/L @! j z'v @)^ ( df gofKf7dqnd ; Argf ; jls[ u/\$f] lyof] . o; cg; f/ kflj lws lzlffsf]kf7dqnd !)) k0ff{ /xg5 . h; df ; fwf/Of lzlfftkn] g]kfnl, cuhl, ulOf / Ij 1fg Ij ifosf] \$)) k0ff{ xg5 . afEl ^)) k0ff{ kflj lws lzlffsf] Ij wfut Ij ifo /xg5 . To; cGtu[ l; len, On]S6sn, sDko6/ / s[if -afnl tyf kz' Ij 1fg sf] k7gkf7g ug] u/L kf7dqnd lgdof e0/x\$] 5 . kflj lws lzlff tyf Joj; flos tln]d kl/ib\; l6l0eL6l\_n] kflj lws Ij ifosf]kf7dqnd d:ofbf tof/ u/\$f] 5 . kl/ib\$]kf7dqnd dxzfvf k6v rGb6Qmgsdlh]eg] axfdln] ; a} Ij ifosf] d:ofbf tof/ ul; s\$ 5f] . o; nfo{ kl/ib\afB6] ; jls[ ug{ dfq} afEl 5 A

o; cGtu[ kl't slff \$) ; l6] /xg5 . k]o\$ Ij Bfnosf lglDt dflWolds txsf b0{ klzlfs / b0{ hgf ; xfos

klzlffssf] tna cgbfg lzlff Ijefun] pknAw u/fpg5 . Itgn]qmdzll dflWolds / lgdgdflWolds txsf] tna ; Ij wf kfgp5g\ . j z'vd} k7gkf7g ; ~rfng ug] elgP kl'g To; sf lglDt w}] tof/L k'f ePsf 5g\ . kf7dqndsf] d:ofbf / kflj lws lzlffsf] k7gkf7gsf lglDt Ij Bfnosf]cfj 6g ; sng afx\$sf sdx; afEl g}5g\ lzlff Ijefusf pklgbz's /fdz/Of ; fksf6fn] eg] a]j Bfnoaf6 kkt cfj 6gx; lflzlgdf klu; s\$ 5g\ df3sf] klxnf] xktfb]v tl Ij Bfnosf] c]nfs\$ xg5 . df3 d; f6tleq}Ij Bfno 5g6 ug] tof/Ldf 5f]f

Ij Bfno 5g6kl5sf c; Joj:yfkslo r6f]lx; klg 5g\ . Ij Bfnout ; kdf Ij ifosf] 5g6, klzlffssf] kbkl't{ / Itgsf]klzlf0sf]klqmf afEl g}5g\ . g t klzlf0sf]kofsh g}tof/ ul/Psf 5g\ . pklgbz's ; fksf6fsf cg; f/, o; sfoqndsf lglDt cy{dGqno; E ?-!@ s/fB dfu]klg cyh]ah6 ; jls[ ul; s\$] 5g . ; l6l0eL6lsf Ps pRr clwsf/ln]eg] aolta]hf ol ; a}klqmf] tof/L e0; SgkYof] . o; df lzlff Ijefusf] tbf?stf ku\$] kfOPg A t/, lzlff Ijefusf lgbz's 6\$gf/fo0f kf08] eg] cfp6f] jif{kflj lws lzlff z' ug] bfal u5g\ . axfdl; E c%} tlg dxlgf afEl 5 . of]c]lwdf afEl tof/L k'f ug5f] ; j z'vdf h; /L klg of] sfoqnd z' xg5 A

@) eGf a9l lzlfs sfhd} sfo{t /x\$] s'g Ij Bfnodf slt b/aGbl xf] eGg] klg olsg hfgsf/L gePsf] / lzlfsx; alr g}b/aGbl ldnfg gxf] \eGg] efj gf /x\$] l:yltdf b/aGbl ldnfgsf qmddf cf0k/\$f ; d:of sf6dfp6} lhlzc j :tln] eg] @%, d:l/b]v sfd yf]bf cfbntdf d2f kg]v gf/fh' ; wswDsl vlgk'of] . tklg b/aGbl ldnfg ; kmtrk] \$ ; DkGg ePsf] 5 A

ldnfgkl5 I; /x fdf b/aGbl !,&\$^ / /fxt %\* u/L @#)\$ lzlfs kb sfod ePsf 5g\eg] (@) hgf lzlfs cku b]vPsf 5g\ .

xflh/L /lhi6/df dfq a9l Ij Bf]l{ ; Wof b]vP/ /fHosf] /sd b?kofu ug] Ij ?4 ; g; /lb]v cleofg z' u/\$f lzlff clwsf/L j :tln]r6f]lsf afahb I; /x fdf b/aGbl ldnfg ; DkGg u/\$f 5g\ j :tln]l; /xsf] lzlff lq; E ; Dal6wt w}] jls[t x6f0; s\$ 5g\ . j :t]s} kof; df %\$ j 6f f6h] Ij Bfnosf] btf{vf/h ul/Psf] 5 . afB{ dfq %08afP/ /sd ln0/x\$] kfOPsf] / !% lbg] ; r'gf lbbf ; d] ; r'fng ePsf] tYo k'z ug{ g; s\$] sf/Of b]vP/ tl Ij Bfnosf] btf{vf/h ul/Psf] lhlzc j :t]sf] egf0 5 .

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 of] o lzlf sx; n] u/\$f] ldxg] n] 7hf]  
 sfd u/\$f] 5 . kllj txdf lzlf0f ug]  
 k] oM lzlf sx; alP=alP8 5g\ eg] cç  
 txsf lzlf sx; cf'gf] kbeGbf dflyNnf]  
 of] ottsf 5g\  
 lj z4 zllfs jftfj /of pOm :shsf]

csf] ; an kif xf]. clwsfz lzlf ssf]  
 kfyldstfd / fhgllt jf cf'gf] JoIomut  
 kçf=Joj; fo k/\$f] 5g ; a\$] ; f% nlo  
 5- lj Bfnonf0{lg/Gt/ rDsf0/vG'. xg  
 klg lzlf sx; :jom] s/la !% jif{cl3  
 ; fdlx çkdf 5nkm u/} cflbslj nf0{  
 lnNnsf] gdgf ; /sf/l :sh agfpg] kOf  
 u/\$f lyP . cfhsf] cflbslj lzlf sx; çf]  
 Toxl kOfsf] kltkm xf].

# gfgL /dfpg]:sh

afndqL cEof; yflnPsf ljBfnodf slffsf]fsf]; Argf; E} lzlfssf] Jojxf/ / lzlf0f  
l;sf0sf] zhl klg ablnPsf]5 . lzlfSX; ldlxg]L ag yfn\$ 5g\ afnaflnsfnf0{  
dfof / dx[Ej lbg]cEof; n]slff pkl:ylt b/ klg a9fPsf]5 . ; E}l; sf0df ltgsf]  
; lqmotf klg a9\$]5 . To:tf :shdf k9g kfPsf gfgLx;n]eGg yfn\$ 5g\ ..3/df  
eGbf :shd}/df0nf]5 .ll

■ kdf] cfofd

;/;/ c/f/ n\y/, c/f/ n\y/  
d]f / fyl xf] :sh hpf]stfa Rofk]

/df0nf] efsdf o:t}o:t} ufpE}  
!) ah] ljBfno cf0kU5g\ pbok/sf]  
xl8ofl:yt hglj sf; dflj sf afnaflnsf .  
k|E ( k' @)^ ( sf]xf]. klyGf; ef  
; s] slff # sf afnaflnsf slffdf  
k:5g\ . pglx;sl .u\$ l6r/l kfj fl  
rfw/l]afnaflnsfnf0{.zflGtsf]sfdgfl

ug{elG5g\ Pshgf 5fqn]p7] ; flV5g\  
..zflGt sfaf6 z; xG5 \$ clg ; ah]  
cf^gf]gfd lnB}..zflGt daf6 z; xG5U  
eGb}sfdfg 6U0fp5g\  
To; kI5 afnaflnsf] ..cfhsf]  
Sofn08/l ldnfp5g\ . lzlfs rfw/l  
rflx+lbge/ xg] lqmfnsfk ..Xj f06  
af\$Udf nIV5g\ ca .; dfrf/l eGg]kfnf]  
cfp5 . lj Bfylh]kfn} E cfknh]lj Bfno  
cfpgcl3 b\y\$ ultljw ; gfp5g\ .

To; kI5 lzlfs kfj fl rfw/l Pp6f yf  
; gfP/ l; sf0sf lqmfnsfk yflN5g\  
ptf slff ! df csl{.u\$ l6r/l  
nldl du/ rflx+; ?cftl lqmfnsfk  
; s] vhljwaf6 cwhl j0f]dnf  
l; sfpE} ly0g\ . pgl cwhl clf/sf  
..nf; sf8lnf0{cuf]8sf]..ks\$ af\$Udf  
/flV5g\ . b0{ hgf lj Bfylh]f0{ pEofpE}  
elG5g\ .Ps, b0{ tlg--8ll b\yfp .ll  
clg ba}lj Bfyl{af\$ k]k]bf]8G5gV ..8ll



t:jlX;ll kdf] cfofd

gjnk/f;L, b0{fnll:yt /:j tl  
klj sf afnaflnsf kl<sup>a</sup> /  
rfsfrhdf /dfpE}.

vfljg yfn5g\ . klxn] b]vfpj] lj Bfylh] ld; af6 k/:sf/:j ?k rsn0 kfp5g\ of] lj lwnf0{. /g 6' b af0{ elg65 . lzlf s du/ el65g\; x; fgf afnaflnsfnf0{v]h]sf] dflWodaf6 clf/ lrgfpg of]lj lw /df0nf] / kpf]sf/l xbf/x5 . k/:s]t ubf{ pglx; l; sf0sf lglDt yk cfsliif klg xg] /x5g\.

hglj sf; dflj df o; }z]lfs jif6]v slff !-# df afnd0l cEof; yfnPsf] xf]. clxn]l; sf0sf lj lw / slffsf]7]sf] Joj :yfk g k' / km] /Psf] 5 . Ps jif{ cl3; Dd oxFFk/fgf] lzlfss]6bt / JofVofg lj lwaf6 k9f0 x6Yof]. lzlf sn] kf70k:ts e60fpf] / lj Bfylh]f0{Tox] s/f b]x]f]ofpg nufp]f]. clxn]To; nf0{ afns]6bt ul/Psf]5 . lj ifoj :t'l; sfgp v]h]lj lwsf] kpf] ul/G5 .

kfylds slffdf @)-@ sf]xf/fx/fldf /x5f afnaflnsf]a; f0 ; lhnf]agfpg 8]s-a]r]sf]; \$f sfk0 la50Psf]5 . To; dflj 5\$5\$]rs6l /flvPsf 5g\ . slffsf]7]df /fl60 lrXg, lj le6g hg]j / / l; sf0; E ; DalGwt lrqx; kfl]tPsf 5g\ . Pp6f b/fh / b0{j6f afs; el/ z]lfs ; fdu] 5g\ sltko ; fdu] slffdf} 6fFuPsf 5g\ . slffdf P]gf / sf06f] klg /flvPsf]5 . P]gf x]7] afnaflnsf /dfp5g\ . slff # sf 5fq ljgd /f0{ e65g\; adnf0{ t 3/df e6f :shd} /df0nf] nfu] 5 .

pbok/ uf08f6sf]hgk]l /z]dnfn-k/dfg6b lgdfl]df klg slff !-# df afnd0l l; sf0 k4lt nfu"ul/Psf]5 . ( k; df lzlf s kl]tlglw slff-! df k:bf u\$ lzlf s d]f s]s]u\$ -9u\$sf]6]m] sf] dflWodaf6 afnaflnsfnf0{ 36f]psf lj lw l; sfp6}ly0g\ .

7]s To; }ajhf slff-# sl lzlf s z]f]t kfy/]h rflx+c]k]m' klg afnaflnsf; E} gflr/x5l ly0g\ . pgn] elgg\ ;o; /l l; sfp6 lj Bfylh]f0{ k]9/x5f] e6g] efg x6g . v]b]v]b}ghflg]9u]l; ls/x5f x65g\ . afnd0l cEof; sf qmddf afnaflnsfnf0{l; hg]f]ds lqmf]sn]k]nf0{ kfyldstf lb0Psf]5 . afnaflnsf l; hg]f slffdf} kbz6 ug] ul/Psf]5 . afnd0l l; sf0sf sltko cEof; k]ys\ nfu]5g\ . oxflZlzf]sn] xflh/L af]h]f]6f

# ..klxn]t hflgPs}/x5 0

gddof /hfnl du/

slff lzlf s, g]kn z]f]t dflj , b]p/fnl, gjnk/f; l



d] k9fpg yfn\$]f] !& jif{eof]. Ps jif{cl3; Dd kf70k:tsd}sl]6bt eP/ k9fpg]JofVofg lj lwaf6 . c]k]h]eg\$ s/f lj Bfylh]f0{b]x]f]ofpg nufp]f] - lsgeg]d]h]hfg]a%\$]lj lw g}Tox] lyof]. afnd0l l; sf0sf]tflnd lnPk]5 l; sf0sf c; lj lwaf/] hfg]d]sf kfPF. Toj] tflnd lnPk]5 dnf0{ nfu]of] klxn]t k9fpg}hflgPs] /x5 .

klxn]c]k]h]f0{OR5f nfu\$ s/f k9fpg] . clxn]afnaflnsf] OR5fnf0{ Wofg lbg yfn\$] 5' . gfrufg / v]h] lj lwaf6 l; sfp5' . o; f]ubf{pglx; n] l56f] l; Sg] /x5g\ . ?lr klg a9b] /x5 . klxn] Psf]x]f] /6fP/ x] ls, slxn]x]t + pglx; %s]f]dfgy]. afnd0l l; sf0 yfn]k]5 kpf] ubf{l; sf0kl]t lj Bfyl{ c]k]h; lqno xg yfn\$ 5g\ . klxn] h:t] 3/ hfg xtf/ ub0g\ . c]f]g]aRr] h]Qs}dfof d] ol gfglx;nf0{u5' . pglx; klg dnf0{c]f]g} .d]dl 7f65g\ .

tflnda]6 d]h]lj le6g z]lfs ; fdu] agfpg l; s\$]f]5' . km] 6sf] ; do ; fdu] lgd]f]d} vlr65' . afnd0l l; sf0sf lglDt klxn]6b] a9l ldlxg] ug]5{. efl]kn]6sf]l; sfgp]lj ifoj :tsf]tof/L cl3Nn}lbg ug]5{. lhDd] f/l t a9\$]f]5, t/ o; nf0{d]h]Tolt af% dfg] klg 5g . ol ; fgf gfglnf0{ eljiosf] ; Tdfu{b]vfpj} g}x]d] wd{/ stfo x] lg 0

.o; Vd; 0 e6b0g\ l; sf0df ; 3fp klj] u/l dxlg]sf] gfd, hg]j/sf] gfd / km]k]nsf] gfd e6g nuf065 .

olj; k]nsf] ; xof]udf ; fdbflos lj sf; k] t6 s]b]l-cf0Pkm] l8L n]@)^ ( j 7]fv]b]v pbok/, k; f{ gj nk/f; l, hDnf / c5fd lhNnsf !)-!) j 6f lj Bfnodf afnd0l cEof; sf] .gd]f lj sf; sfo]m]dl ; -rfng u/\$]f]5 . o; qmddf lj Bfnosf tlg hgf lzlf snf0{!% lbg]f] afnd0l

lzlf0f tflnd lb0Psf]5 . o:t} slffsf]7] Joj :yfkgsf lglDt kl]t lj Bfno ?-@! xhf/ / z]lfs ; fdu] pknAw u/f0Psf] 5 . lj Bfnosf k'c, Joj :yfk g ; ldlit / lzlf s cleef]s ; 3sf c]Wolfnf0{ afnd0l cEof; sf] tlg]bg] cled]v]s/of lb0Psf]5 .

pbok/sf b0{l] Bfnosf]h:t}cEof; gjnk/f; lsf lj Bfnodf klg e]665 . gjnk/f; l, b]p/fnl -aj]xfg\_ l:yt g]kn



hglj sf; dflj , x]8of, pbok/sf]slff-# df 6f]Psf lj Bfyl\$ lgod / lhDd]f/L .



gjn/f;L, bþ/fnl:yt gkfn zflgt dflj sl lzifs ;/j:tl cofn zlfis ;fduu kþf u/ ;sfþ.

zflgt dflj sf] slff !-# sf]ef]ts ;j?k k')knl/Psf]5 . zlfis ;fduh]slffsf7f /ulruu agsf] 5 . bþ/fnls} ;/j:tl kllj n] afndqal cEof; nfo{ kþfj sf/l tNofpg lj Bfno xftdf rf/-rf/ j6f kl<sup>a</sup> / rfsrhl tyf lRknþl h:tf vllg] ;fwg agfPsf]5 . kþ blufxftb/ /fgf6 e65g\ æafnafnsfxç c% a9l /dfpg\ eg] of] agfPsf xf}. pglxç /dfPsf klg 5g\.

**afndqalsf nfe**

afndqal cEof; yflnPsf ;a} slffdf zf/l/s b08 / ufnlunþ jlhç ul/Psf]5 . kfom lj Bfnodf slff !-# sf] lhDd]f/l dlnf lzlfnsf0{ lbOPsf] 5 . o:tf slffdf afnafnsfxç cf'gf lzlfis; E' oflDdPsf blvG5g\ xg klg pglxç n] slffsl lzlfaf6 cdfsf]h:t} jfi; No kfPsf 5g\ of]; jfbftfn] slff gkfn zflgt dflj sf] slff-@ df cjnfsg ul//xþf 5fg chç kl/of/ slff-lzlfis ;/j:tl cofnfo{.ddl 0 of xþç tll eg] afhþfþ lyP . bþ/fnlsf] ;/j:tl kllj sl bluf{kþþh / pbok/, bþ/li:yt hgtf dflj sl lzlfis /0fsf /fpt klg lj Bfylç] cfknfo{.ddl eg] ; Dafwg

ug]u/\$f]cgej ;gfp5g\ . afndqal cEof; ; E} lzlfis- lj Bfylçrsf] 3lg7tnfo{ çç uf9f tNofPsf] blvG5 . cf'gf lzlfis gcfpþf ..v0 xdf]ld; ð e6b}clkm; sf7f;Dd kU5g\ . eflnkN6 lzlfis slffdf kUbf .lxhf]lsg gcfPsf] ð eg] rf; f]/V5g\ lzlfisç;sf cg;f/; slffdf afnafnsf] ;xellut / l; sfokltsf] pT; fx a9sf] 5 . cgkl:yt xg] / alrd} slff 5fþg] b/df sdl cfPsf] 5 . lzlfis /0fsf /fpt e65g\ æd]f] slffdf lj Bfylçf] pkl:ylt b/ ( ) kl'tzt dflj 5 Æ 8/ / ;sf]sf]efj afnafnsf] blvþg . a? klxnþGbf ..df6l blvG5g\ . afndqal cEof; n] lzlfnsf0{ klg yk ldlxg]l / hfEil/nf] agg afWo kf/\$f] 5 . x/\$ dxlgsf lglDt pglxç .dfi; s lzlf0f ofhgl tof/ u5g\ ksþ afþç gð sf8ç ^nf; sf8(h:tf zlfis ;fduu; cfkm; agfp5g\ . 9uf, l; Gsf h:tf j/k/)kf0g]j:t' klg slffsf7fdf kþf u xg yfnþf 5g\ . gkfn zflgt dflj sl lzlfis kDknþ]l /hnl du/ e65g\ æslxnþfxl+t zlgaf/ klg lj Bfno cfP/ zlfis ;fduu; agfp5fþ gEofPsf ahþdf 3/df klg slffs}tof/l

u5fþ; xdf]lhDd]f/l klxn]h:tf]..!)-\$U df dfq; lldt 5g Æ . afndqal cEof; nfu"epkI5 lj Bfnodf kfyls txnf0{ xþ]l blv6sf0fdf ; d] kl/j tç cfPsf] blvG5 . hgtf pdflj, ah]f, gjnk/f; lsf lz=-; ;sf cWolf shrGb] dxtf] e65g\ æklxn] ; aþGbf yfþf sf7fdf ;fgf gfglxç;nf0{/flvGyof]. aNn rfn kf0of] /fdf]sf7f t pglxç;nf0{ kf]rflxg]/x5 Æ ; dbfo / cleefj;sd cf'gf] eldsfkl't nufj / rf; f] a9bf] qmddf 5 . x/\$ !-@ dxlgsf lj Bfnodf cdf ; dxsf]a7s /Vg]cEof; yflnPsf] 5l hxfafnafnsf]l; sf0 :t/ ; wf/ ug]kg] kl / cleefj;ssf] eldsf] af/df 5nkm ul/G5 .

**sd 5gg\rgf]l**

afndqal slffsf] lglDt ;fdfGotof @%-#) hgf lj Bfylç; Wof pkoQm cfsf/ dflg65 . afndqal cEof; yflnPsf sltko lj Bfnosf slffdf ToþGbf w} lj Bfylç blvG5g\ k; fçf]; lfh] latfç:yt gkfn /fli60 kllj sf] slff !-# df ; oebf a9l lj Bfylçç 5g\ . oxl sf/0fn] ubf{ oxfl afndqal cEof; plt kþfj sf/l ePsf] kf0þg . lj Bfylçf]l; sf0, dNofsg / a; f0 Joj:yfkgdf ; d:of k/\$f] lzlfisç;sf] egf0 5 . ; f]lj Bfnosf] slff-! sf ..uþ l6r/l kGfnfn rf]l; of e65g\ æyf] } lj Bfylç{xþf tflnddf l; sf0P h:tf]x/\$ lj Bfylçf Wofg kþofpg ; lsgYof]. t/; olt w}lj Bfylçf Tof]s/f nfu"ug{ufx] kg] /x5 Æ of] ; d:of çç lj Bfnodf klg blvG5g\ . a9l lj Bfylç{xg} o:tf lj Bfnosf lglDt tflndsf] dfþh leGg} xgkg] blvG5 . lg/Gt/ dNofsg k4ltnfo{ afndqal l; sf0sf] dxlç k0f{ kf6f] dflg65 . t/ w}h; f] lj Bfnodf lg/Gt/ dNofsgsf] cEof; sdhf] kfOPsf]5 . lglbç6 nlo / l; sf0sf] :t/ dfkg ug]sf lglDt kf7dqmd cleGg ;fwg xf]. a9lh; f] lj Bfnodf o; sf] kþf u klg lkmtnf] 5 . csff]kñ kf7dqmdsf p2]o / vþ lj lwnfo{ ; E; E; ; dçjo u/ çl3 a9g] ; jndf lzlfisç; cNdlnPsf] blvG5 . afndqal tx -slff !-#\_ sf lzlfisç;nf0{pTk]0ff / ; xof u cToGt}

v6lsg]s/f b]vG5 . vf; u/l lj Bfnosf  
 kc, dflyNnf]slfss lzlf / Joj :yfk  
 klaf6 kof{t ; xof]u gkPsf] To:tf  
 lzlfxs;sf] ug;f; f] e]lG5 . hgtf  
 pdf]j, ah]fsl lzlf -slff-@\_ rGb]  
 sB]h elG5g\, xfdln] afndq] ; lknf0  
 ; shlt kof]u t u/\$f 5f; t/, dflyNnf]  
 txsf lzlfns] xfd] kof; sf] c]nf\$g  
 / dNof\$g ug;Gg A slff !-# df  
 afndq] cEof; yflnP klg slff \$ df  
 klk]5 k/f;g}k4ltdf vldrgkg]afNof  
 klg 5 . afndq] lzlfss 1fg; lknf0  
 dflyNnf] txsf lzlfns] klg cg; /of  
 ug]cEof; / ;sf/sf]cej] b]vG5 .  
 afndq] txsf j\$]lks lzlfss]Joj:yf  
 gePsf lj Bfnodf ..u\$ l6r/l cgkl:yt  
 ePsf] lbg k'}slff ke]lj t xg]u/\$f]  
 5, hg csf]; d:of xj].  
 afnaflnsn] cf'gf] kl/jf/ /  
 ; dbfoaf6 klg To:t}jftj/ofsf]dx; ;  
 ug{gkP; Dd afndq] slff cEof;  
 ; fy\$ xg ; Sbg . o; ; Gbedf afndq]


Joj xf/ / To; df cleefj slo lhDd]f/lsf]  
 lj ifodf r]gfsf] :t/ a9fpgkg] v]Ff]  
 5 . lzlf of l; sf0 / slfss]f cgludgsf]  
 kf6f] klxNob]v g}sdhf] /x6}cPsf]  
 5 . cgludg; k/lj]f of / k[7kf]f of sfo  
 r:t geP; Dd afndq] cEof; nf0{lbuf]  
 tNofpg ; lsbq .

**casf]af6f]**  
 u}; /sf/l ; yfsf] ; xof]udf @)^)÷^!  
 ; fndf se\$sf @^ lj Bfnoaf6 afndq]  
 cEof; yflnP of of]cEof; sf]lj :tf/  
 eP klg w}]lj Bfnodf klG}afE] 5 .  
 lzlf lj efun] @)^& ; fndf ..afndq]  
 lj Bfno /li6 k]k] tof/ t u\$of]t/  
 cfh; Dd b}zsf ; a}lj Bfnodf of]kf?k /  
 o; sf]cjw/of k\$of0Ps}5q . rfn' cfj  
 @)^(-&) df x/\$ ; ft] s]b]dftxtsf  
 %- % j6f lj Bfnodf afndq] l; sf0sf]  
 cledVl/of ug]sfo]nd /flvPsf] 5 .  
 To; lgtDt lj efun] b}ze/sf !,) % # ; ft]  
 s]b]df kl't s]b] ?=!( xhf/sf b/n]

/sd klg k7Psf] 5 .  
 ; /sf/l cfE8f cg; f/ kfylds  
 txsf] pd] ; dxsf s/la kfF kl'tzt  
 afnaflnsf c%}lj Bfno aflx/ 5g\  
 lgtgnf0{l Bfnodf Nofpg / l6sf0/vg  
 clxn\$]f]7hf]rgf]l /x\$]f]b]vG5 . o:tf  
 rgf]lnf0{; Daf]vg ug{klg qm]ds ; kdf  
 ; a}lj Bfnodf afndq] jftj/of tof/  
 ug{cfj Zos 5 . t/ clxn}Ddsf kof; n]  
 dfq}Tof]; Dej xg]b]vG5 . To; sf nflu  
 afndq] cEof; nf0{..sfo]md]s} ; kdf  
 cuf]8 nhfgkg]cfj Zostf 5 . lzlfss]  
 t]nd / afndq] slfss] lgtDt ; ft]  
 Joj:yfk / kl/rfng dx]k]k] klf  
 xg\ lzlf lj efusf lgb}z 6\$gf/fof  
 kf08] eG5g\, afndq]sf] gdf lj sf;  
 ; -rfng ePsf lj Bfnosf] ke]j sfl/tf  
 dNof\$g u/] c]p]f j ifdf o; nf0{l:tf/  
 ug]of]hg agfpg]5f; o; sf nflu xfdl  
 olg; km E klg k/fdz{ub}sf; A clxn]  
 b}ze/ @ ( xhf/ eGb] a9l ; fdbfos  
 lj Bfno 5g\ .


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काठमाडौं, फोन ४२५२९६६, ४२२९२६८

# cfznfubf ; fgf s lff

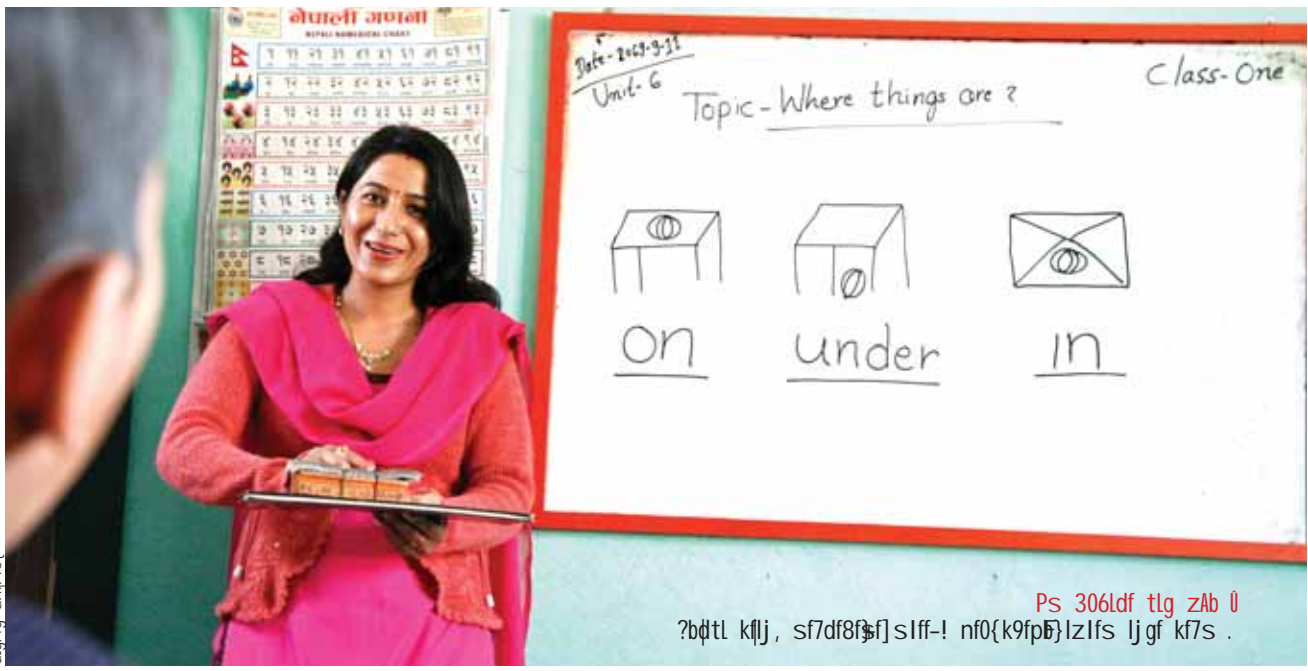
sxl ofjo / nugzn lzlfns]ldlxg] u/ kfylds txsf slff;nf0{hljGt / cfznfubf tNofPsf 5g\ . JolQmut kof; d]cf^gf] slffdf d]ns cEof; ul//x\$ f o:tf lzlfssf] lzlf0f z]l / ;lk c; lzlfSX;n] klg l; s] cf^gf] slffdf nfu"ug{ ; s]df ;jG pk]ffdf k/\$f k]lj :shx; rldsg c; w}]jif{nflbg} .

## ■ afa/fd ljzj sdf{

**sf** 7df8f]sf] dWoafgZj /l:yt ?b]tl k]lj df !! k; @)^ ( sf] laxfg lzlfS ljgf kf7s slff ! sf 5fq5fqnf0{ c]h]sf] olg6 ^ k9fpg yflng\ . z;df pgn] ; jk]6ldf Ps

slffsf afaflnsfn] a" g] u/l ..xf0/ ly^ \ cf/ \$ (Where things are?) n]v] c08/nf0g ul/g\ To; kl5 c]h]df ..0gl, ..cgl / ..c08/l n]vg\ c]h]sf ol tlg zAbs]cy{a%pg pgn]; jk]6ldf lrg

klg sf] \$l ly0g\ pgl k?}; do c]h]d} af]b} ly0g\ ; jkyd pgnf0{ ..0gl (in) sf] dfg] a%pg' lyof]. pgn] sg}lj Bfyl\$] %f]f l6k] cf^gf] xftdf ePsf] 8:6/ %f]fdf



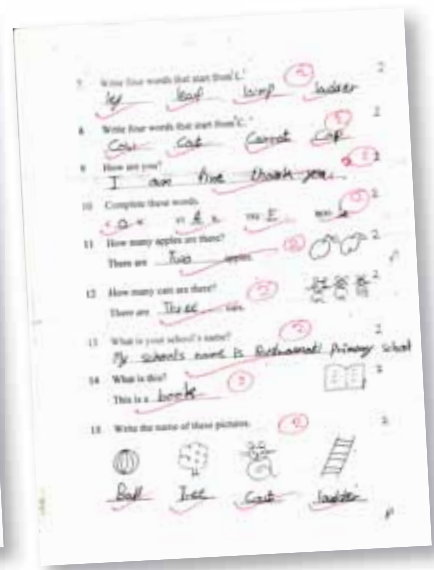
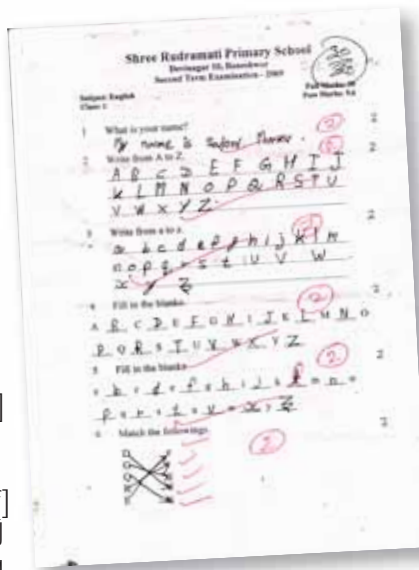
Ps 306ldf tlg zAb 0 ?b]tl k]lj , sf7df8f]sf] slff-! nf0{k9fpg} lzlfS ljgf kf7s .

xflng\ / elgg\ .8:6/ Oh Og b  
 Jofull . of] j fso bxf]ofp] lj gfn]  
 ; flwg\ .xfp/ Oh 8:6/ # gfglx; n]  
 ; fdlxs ; kdf hj fkm lbP- .8:6/ Oh  
 Og b Jofu l To; k15 lj gfn] glhs}sf]  
 Pp6f lj Bfyl}sf] 6f]kl lgsfn] To; df  
 kl]; n xflng\ / ; flwg\ .xfp/ Oh  
 kl]; n # 5fq5qfn] hj fkm kmsf]xfn]  
 .kl]; n Oh Og b Sofk l pgn] 6f]kl  
 b]vfp] ; flwg\ .Xj f6 Oh lb; #  
 gfglx; sf] hj fkm lyof] .lb; Oh  
 Sofk l lj gfn] ol b0] j fso-cEof; af6  
 slff ! sf afnaflnsfnf0{ .Ogl sf]  
 cy{; E} .Sofkl, .Jofull / .8:6/ l h:tf  
 cuhl zAb; E klg kl/lrt tNofOg\

.Ogl k15 lj gfn]f0{ .cgl (on) sf]  
 dfg]a%pg' lyof]. pgn]xflh/ .lhi6/l  
 dfly .8:6/ /fv] elgg\ .8:6/ Oh cg  
 b /lhi6/ l afnaflnsf klg eGb]yP-  
 .8:6/ Oh cg b /lhi6/ l To; k15 km]  
 pgn] .8:6/ l dfly .dfs\ /fv] .8:6/  
 Oh cg b /lhi6/ P08 dfs\ Oh cg  
 b 8:6/ l eGb} cg sf] cy{ dfly xG5  
 eGg]:ki6 kfl/g\

c08/ (under) zAbsf]kpf] / cy{  
 a%pgsf nflu klg pgn] lqofsnfks}  
 ; xf/f lnPsl ly0g\ . Pp6f lj Bfyl}sf]  
 %f]f 6]hdlg /fv] xfp/ Oh Jofu  
 eg] 5fq5qfn]f0{; flwg\ hj fkm cfof]  
 .Jofu Oh c08/ b 6]hul . o; /l pgn]  
 \$) ldg}sf] 306ldf tlg j6f cuhl  
 zAb Og, cg / c08/ /f]s tl/sfn]  
 l; sf0g\ gfglx; slffdf pT; flxt lyP,  
 ltgsf] Wofg lj gfsf] lqofsnfkdf k'}  
 sl]bt bl]vof].

lj gfsf kfom slff s]l g s]l  
 lqofsnfk, slff cEof; / cGt/lqofdf  
 cfwfl/t xG5g\ . ; fj klgs lj Bfnosf  
 afnaflnsf]; fgl] slffdf /fd] E cuhl  
 cEof; ug] / l; Sg] d]sf d]Zsn]  
 kfp]u/}sf 5g\ . sltko :shdf slff  
 % k'f u/}sf lj Bfyl]f0{ klg cuhl  
 z4; E cf'gf] gfd nVg klg sl7g  
 k/}sf kf0G5 . t/, ?bdtldf slff !  
 s} afnaflnsf] cuhl /fd] E l; s]sf  
 5g\ pglx; lzlf; E cuhl]; jfb ug]  
 kof; klg u5g\ .d;l/sf] clGtd ; ftf  
 ePsf]#) k0ff[sf]bf] fl]qdf] ; s hfFdf  
 ; xeful Ps slffs !@ afnaflnsdW0]



tl; df tl; M ?bdtl kl]j sl slff-! sl 5qf ; nfgl dd]sf] r]q]fi; s hfFsf] pQ/kl:tsf .

& hgn]e% cseGb dfly xfl; n u/}sf  
 5g\eg]sf]kl klg cgQl0f{ePsf 5g\.  
 5qf ; nfgl dd]h] t #) df #) cyf{\  
 k0ff[ g}xfl; n u/}sl 5g\ .-x# pQ/  
 kl:tsf

@)^@ ; fnb]v /fxt lzlfssf] ; kdf  
 ?bdtl kl]jdf sfo{t lj gfsf] z]lfs  
 of]otf :gftsf] / xfl . t/, lj gfsf]  
 lzlf0f sf]zndf PdPsf]k0f0fqn]dfq  
 sfd u/}sf] dfGg ldNb} . pgl clxn]  
 klg lzlf0f ; lk a9fpg alP8 ub]5g\ .  
 !) dlxg]lzlf sf]nd ln0; s]sl lj gfn]  
 elgg\ .xftlnddf l; s]sf] ; lk slffdf nfu"  
 ug}; lsG5 / x/}sf lzlfsn]cf'gf]slff  
 g0gf agfpg ; S5g\

sf7df8]sf w]}kl]j :shx; 5fq5qf  
 cej]df agb xg] qnddf /x}sf va/  
 ; fj klgs e0/x}sf]ahf ?bdtl kl]j eg]  
 ^ hgf ldxg]l dxnf lzlfssf]kl/>daf6  
 s; }E cf>o lnP/ sf7df8]sf a; }sf  
 !)) eGb] a9l afnaflnsf]sf] ; xf/f agb  
 ; km ePsf] 5 . pQm :shsf] jflif  
 cf}t l; sf0 pkn]aw &) kl]tzt]sf]  
 xf/fxf/ldf 5 . l; Gwhlsf] 8sfxf] :yt  
 ; /j tl dfljaf6 slff \$ pQl0f{u/}sl  
 ; D%qf sF/ ?bdtldf cfP/ slff ! df  
 k9b]5g\ . z; df lzlf]sx; n] ; D%gnf0{  
 tlg slffdf /fv}sf lyP . t/, pgn]g]  
 .d]h] s]l hfg]sf] 5g, d Ps slffdf]

kms{50 eg]k15 pgn]f0{ Ps slffdf  
 /flvPsf] 5 . ?bdtldf cfp]f Pal; l8l  
 klg nVg ghGg] sF/n] slff Pssf]  
 bf] fl] qdf] ; s hfFdf cuhl]df @\*-%  
 cs xfl; n u/}sl 5g\ . k'c d-h' >]7  
 elG5g\ .x; ; /sf/l kl]j eGb] xfdl  
 sdh]f 5g] ; lsgeg]u/la gfglx; k9g]  
 lj Bfno ePsf]h]ldxg] u/} k9fpgk5{  
 eGg]efjgf xfdldf 5

?bdtl kl]j h:t}zx/sf /fd] kl]j  
 :sh vfl]g lzlf]s kl]tlglw nlnk/sf]  
 6]h9]sf] :yt nln]t sNof0f s]b]lgdflj  
 kl0f]. !^ k'; @)^ (df Toxf]slff @ sf  
 5fq5qfn]f0{ ; j0f{/f}sf cuhl d]Woddf  
 ul0f]tsf] :yfgdfg t]lnsf k9f]f]ly0g\  
 slff b0]sf lj Bfyl] ; d]xdf km/s km/s  
 6]hdf ufn]sf/ eP/ a; }sf lyP .  
 pgn] sf]nf]k6ldf .kn] b Eofn0 n]v]  
 ^^ ( n]lv\ / sf]nf]k6lsf] tn 6]hdf  
 cnu cnu /flvPsf ^^ ( clst z]lfs  
 ; fdullnf0{xG8} 6g] / jfg sf] :yfgdf  
 /fv] Ps hgf lj Bfyl]f0{ cfux ul/g\  
 Ps lj Bfyl]f] jfgsf] :yfgdf (, 6g] ; sf]  
 :yfgdf ^ / xG8}sf] :yfgdf ^ /fv]  
 To; nf0{zAbdf n]v} l; S; xG8} l; S6l  
 gf0g .

o; /l lzlf]s /f}sf slff b0]sf  
 5fq5qfn]f0{ :yfgdfg t]lnsf z]lfs  
 ; fdull]sf]k0f]u/} a%pg ; km e0g\

**cfj /of**



t: j/xz: : Togf/foof dxhg

/dfOnf] ; #f/M nIntsNlofof sQb] nIntk/sf]g; {L sIfdf v]b}gfglxz .

uloft k9fp6}; jOf{/f3f nIntsNlofof sQbdf .

pgn]uloftsf x/\$ sIff cuhl dfloddf z]lfs ; fdulsf] kofu u/ Ing] u/\$l 5g\ @# jifcl3blv klj txd f k9fp6} cfPsl ; jOfn] z]lfs ; fdulsf] kofu sf cfw/df uloft lzIfof ug{ yfn\$] w/} ePsf]5g . pOmIj Bfnodf kFf jifcl3blv afndol lzIfof k4It nfu" ul/PkI5 ! ) dlxg] lzIfs tflnddf l; s\$] lzIfof ; lksf cfw/df /f3fn] z]lfs ; fdulsf]

kofu u/ cuhl dfloddf uloft k9fp6 yfn\$ xg\ . pgsf] sIff nInt sNofOf sQb] j/k/sf sg}klg ; fdbfos tyf lghl :shsf eGb sd lyPg . /f3sf] sIff @ sf] uloft k9fp6 ckgfPsf] lzIfof zhl / nInt sNofOf sQb] glhs\$] 6fh9f3fl:yt olge; h ; \$8/L :shsf] sIff b0\$] thgf ubf{ 7hf] leGtf kmhf k5{. olge; h To;

7fp6f]/fdl]lghl :sh dflg65 . olge; h / nInt sNofOf sQb\$ sIfalrsf] leGtf slffsf]7fsf] Joj :yfkG, lzIfof lj lw, z]lfs ; fdulsf] kofu, 5fq5qfsf] sIfdf ; xelutf / cfdlj Zjf; cflbdf bVg ; lsgYof] . olge; hsf] ; fB/f] sf7fd /flvPsf sIf @ sf 5fq5qf JofVofg lj lwdf uloft k9blyP eg] nInt sNofOfdf rfx+5fq5qf /dfOnf] kf/fn] lzIfs; E cgt/lqmf u/ z]lfs ; fdulsf] ; xofudf kofu fids tl/sfn] uloft l; SblyP . kf6g cujf ; ft sQb\$ ; ftJolOm ; Togf/foof dxhg]sf] cgejdf ; /sf/L :sh eP klG nInt sNofOf sQbdf zx/sf lj BfnoeGb w/} k6fj sf/L k7gk7g x65 .



rfg cwsf/L

lrqnsf] sIfM lxdfnl lGdfj, 3hf8laf, %kfsf] sIf-! .

**uHha kJklj**  
 kfoM ; /sf/L lj Bfnosf afn lj sf; sQb] jf kJ {klj df kFf jifclgsf gfglx; nfo{ dG6] /L of vh lj lwaf6 l; sfgp+xSfpg] u/\$]kf06g . bzel/ vflhPsf ## xhf/ \$) \$ kJ {klj tyf afn lj sf; sQb]wo} w/} h; f] grd dfqsf 5g\eg] ToxfF tflndkkt / of]o ; xhstf lzlfssf] 7hf]cej 5 . t/, nInt sNofOf sQb\$] kJ {klj nfo{ jf:tlj s afn lj sf; sQb] df6g ; lsg5 . !^ k; @)^ ( sf] laxfg s/la %) ) z]lfs ; fduln] ; lhPsf]





l j Gbf; l j Bfyl nlnstslf s b s f s l f f - e s f l j Bfyl { u l o f t s l f f d f / d f p b } .

n l n t s N o f o f s b s f j g ; l l s l f f d f k f F j i f d l g s f @ % h g f a f n a f n s f v h l j l w d f l ; S g k f p b f d l g l y P . ! ) d l x g l z l f s t f l n d ; l x t h k f g d f t l g d l x g J o f j x l / s d 6 6 / l t f l n d l n P s l l z l f s ; / l l z N k s f / l t g s f j u l t l j l w l g o f n b } a h f a h f d f l b z f l g b z u b x l y 0 g \ .

w j h ; f j a f n l j s f ; s b j o f ; / s f / l k l j s f ; f g s l f f d f a f n a f n s f s v , P a l ; l 8 l / c c f c l b l r R o f P / k l 9 / x s f j f 3 f l s / x s f e l l 6 5 g \ t / , n l n t s N o f o f s b s f j g ; l d f a f n a f n s f x ; l r R o f P / k f 7 k 9 b } u / s f j f s f k l d f k l l ; n n } n v b } u / s f e l l 6 b g g \ r f / j i f s f c g d f h a h f r f o { a f F s f j l r D 6 f n } ; k f / l R o f k } P p 6 f a s f d f v ; f N g } c E o f ; u b 5 g \ . o f j c E o f ; a f 6 p g s f j x f t n } ; d f l g } ; l k l ; S g j 5 . ; h f r g k f y h / c f s f z b o f n r f l x + s r f y f d f / f l v P s f ; j f / / f t f l ; d l s f u b f n f o { 5 b d f P / c n l u } / f v g c E o f ; d f J o : t 5 g \ o ; n } l t g n f o { / f t f / ; j f / u 5 b d f p g ; x o f u k y o p 5 . s l n n f s b f s b l s f j o : t t f o l t ; D d l y o f l s t l s f x l g o f F J o l Q m s l f f d f k ; s f j k l g j f : t f u l / x s f l y P g g \ . l z l f s ; / l l z N k s f / k l g g f g l x ; n f o { c f k n h } t o f / k f / s f j z h f s ; f d u l s f j k o f u a f 6 } l ; s f p g j k o f ; d f l 5 g \ . p g s f j s y g 5 , a ; / s f / l : s h x f j o f . t / , x f d l n j d 6 6 } / l

l j l w d f g f g l x ; n f o { v h s f } d f l w o d a f 6 l ; s f p 5 f } .

n l n t k / d x f g u / k f l n s f / n l n t s N o f o f s b s f j c f e t l / s ; f t a f 6 d f l ; s ? = ( ) ) t n a d f l g h l ; f t l z l f s a g f 0 P s l ; / l n j g ; l n f o { f R r } n f e n f l u b f a g f P s l 5 g \ p g s f j g ; l l s l f f z x / s f w j } d x e f d 6 6 / l / l s 6 8 / u f 6 g e G b f p D b f n f l 5 . ; / l ; E j l i f s , d f l ; s , ; f k t f l x s / b l g s s f o o f h g f 5 . p g s f j ; h g z l n t f g f g l x ; n f o { l ; s f p g d f d f q ; l l d t 5 g , k a l n P s f ; f d u l a f 6 z h f s ; f d u l l g d f 0 f d f k l g b l v 6 5 . p g n j 3 / , k ; n / x f 6 n = / l 6 / 0 6 a f 6 l a o / , s f s f s f h f , k l ; l c f l b s f k a l n P s f l a s f k ; h d d f k f / } g f g l x ; n f o { u l o f t s f j u o f g s f n f l u k o f u u / s l 5 g \ .

c f ^ g f j k b e G b f d f l y N n f j z h f s o f j o t f , n f d f j 5 f 6 f j c j l w s f l z l f o f t f l n d k k t u / s f / p R r O R 5 f z i Q m e P s f h f e i / n f l z l f s x ; n } k l j t x s f s l f n f o { ; f R r } s l f f a g f p g ; k m e P s f 5 g \ . o : t f l z l f s s f b h e s l f f x ; d f k m n d f k l g e l l 6 P s f 5 g \ .

P d l ; s f p g j ; l k

@ # k ; @ ) ^ ( s f d w o f X g ! @ a h } c ; f w o } l r ; f j 5 . % k f s f j l x d f n l l g d f l j 3 h f 8 a a f s f a f n a f n s f n f o { l r ; f a f 6

a r f p g : s h n } c f u f j t f k g J o j : y f u / s f j 5 . s l f f ! s f g f g l x ; n f o { t } j j 3 0 6 l d f c f u f j t k f P / r f y j 3 0 6 l s f n f l u k m l / s l f f d f N o f 0 P s f j 5 . c f u f j t f k j G o f g f e P s f g f g l x ; s f k l 5 - k l 5 d l x n f l z l f s l r q s n f c f h l P s s l f f d f k j z u l / g \ . s f k 6 d f t l g ; d x d f / f l v P s f g f g l x ; c f h l n f o { . u l t u f p g j c f d f l e G b 5 g \ . ; a h f o { z f 6 t k b x c f h l y k 8 l a h f p b } u f p g y f l n g \ . l r + l r + c f 0 P d n E n l a 8 { l u e l d ; l 6 / D o f E f j 6 k l T o ; k l 5 g f g l x ; k l g u f p g y f n } l r + l r + c f 0 P d = .

l z l f s / g f g l x ; s f j 5 f 6 f j u f o g k l 5 c l g j f o { c u h l j i f o s f j l z l f o f z ; e o f . c f h l n j l j B f y l n f o { c u h l s f j P d c l f / l r g f p g ' 5 . k f 7 s f j z l i f s 5 . ; ] l b h j 8 { \ . l P d a % f p g c f h t l g j 6 f c u h l z A b D o f E f j D o f 6 / d g ; E a f n a f n s f n f o { k l / l r t t N o f p g r f x l 6 5 g } c f h l . p g n j t l g j 6 } z A b 7 h f c l f / d f ; j f k f 6 l d f n l v g \ l r q k l g a g f 0 g \ .

s l f f d f / f l v P s f j b / h a f 6 D o f E f j D o f 6 / d g n l v P s f z A b s f 8 { l g s f n j t l g j 6 } l j B f y l { ; d x n f o { l b 0 g \ . T o ; k l 5 ; a h f o { c f ^ g f j c f ^ g f } ; d x d f k / s f j z A b p R r f / o f u g { n u f 0 g \ . p g n j } ; j f k f 6 l d f d f s { n } 7 h f c l f / n t l g } z A b n l v g \ . k m l / ; a h f o { t l z A b p R r f / o f u g { n u f 0 g \ .

# Hof]tn]lbPsf]pHofnf]

pRr z]lfs of]otf ;lxtsf ldxg]L lzlfns]s/la b0{ bzs aaf] ePsf]Hof]t lgdf]j nf0{tlg j if0}kg]hl]g lbg ;km ePsf 5g\.

**Hof]** lgdf]j hfnkf vf0<sup>a</sup>sf 5fq5fq / lzlfns ! (k' sf] kfg] uz ah]lj Bfno cf0ku]. 306l ah]k15 kfygf ug{ 5fq5fq nf0gdf pleP . kw]gfWofks 6lsf >]7sf] cfj fh cf0f] ..gd:sf/ ef0alxg]x; tkf0x; cf0klg]ef] # ; a)lj Bfyl{x;n] lz/ lgx'ofP/ gd:sf/ km]sf- ..cf0kl0f}; / .l

To; k15 slff-% sf 5fq /d]z >]7 ple/x\$]f] 7fpF5fB] nf0gsf] cl3 cP / lzlfssf] eldsf lgj fx ug{ yfn] . /d]zn] eg]g; f/ c6o lj Bfyl{x;n] zf/l/s cEof; ; s] /f16wfg ufP, jftfj/of zfgt eof]. ; a)lj Bfyl{ cfErf lriDnP/ cl3Nnf] lbg l; s\$ s'/fx; ; lD%/x\$]f 5g\.

kfygf k15 lj Bfyl{cf-cf'gf sllfd 15/\$]f 5g\ slff-% ; km] 5 . lzlfns kl0f]f /f0{sllf k0v l5Ggntf /f0\$]f] cgdlt dfu} gd:sf/ e6b} sllfd

kl; g\ lj Bfyl{x;n] u{x}so{a%P . 5fqf /0f'sf lj Zj sdrf] cl3Nnf] lbg l; s\$ s'/f l/Sofk ul/g\ cl3Nnf] lbg]sf] slff ; dlff ; lSpk15 cfhsf] slff z; eof]. lj Bfyl{x;n] lzlfssf] egf0 Wofg lbP/ ; lg/x\$]f lyP eg] alrdf ghg\$]f s'/ ; flw/x\$]f klg lyP . Hof]t lgdf]j df o; w/l ; a)slff rin/x\$]f 5g\ sb}klg lzlfssf] xtdf nf]f] 5g . lj Bfyl{x;n] lzlfsb]v 8/fPsf 5g\ . lzlfns xl/fnf] /f0{e65g\axfd]f gfg]x; ; fx} /fd]f 5g\ . eg\$]f dfG5g\ xfdl klg pglx;n] eg\$]f dflg/x\$]f 5f]f

lj Bfyl{f0{kf70qmdsf] clt/lQm ult ufpg, gfrg, syf e6g, syf agfpg, ; /; km]0{ug{ vfgf vfg, c; ; E afl]g, lx8g, v]lg ; a)lj Bfnod} l; sf0g] ul/Psf] 5 . x/\$]f zqmaf/ lj Bfyl{x;n] ufP]l/sf cleefjs af]hP/ lj le6g sf0qmd ; ~rfng u5g\ . lj Bfnodf x/\$]f awaf/ lj Bfyl{x;n] bf]f-; ?]fn



laP; ; l pQl0f{k]lj lzlfns kl0f]f /f0{.

/ uGofr]h]f] nufP/ cfp5g\ . df}d cg; f/sf]c6gafnl nufpg, ltly cg; f/ rf8kj {dgfpg / Jofj; flos ; lk klg lj Bfnod} l; sf0g] ul/Psf] 5 . 7hf] pd]sf afnaflnsfnf0{ 8f\$]f] gfdnf] uGb]l, 8fnf]afg klg l; sfpg]u/\$]f] 5, of] :shn].

s; /L ; lk0f] :sh < ; b/d'sfd lbQm]haf6 rf/ 306f k0n lx8] klug] hfnkf-\$, sf 0dfg /f0h] @)\$\$ ; fndf ufP]f s0fs0l eh]f kf/] k9fpg yfn\$]f lyP . ufP]f\$]f ; xof]udf ejg agk15 ; f] :shs]g]gfd /flvof] Hof]t k]lj, hg clxn] lgdf]j ePsf]5 . t/ z'z'df 0dfg /f0h]h; /l k9fpg] To]f]qmd w} ; do sfod /xg . t]Sfnlg k'c tyf lzlfssf] nfk/afxl / a]f:tfsf sf/0f @)^ ; fn; Dd pQm :shs]f aaf]l sfod}/Xof].

ufP]f] :sh xb} aaf] ePsf] b]y] laluf]sf]lj Bfnonf0{; kfg{k'c, lzlfns / :yfglo cleefjs cu] / eP . cleefjsn] cfEgs} Hof]tnf0{ 5fB] c6oq k7fPsf afnaRrf km]sfPgg\dq} c6o afl]8\$ :sh kl9/x\$]fnf0{; fx] lj Bfnodf NoP . slff-# df k9b} u/\$]f vfd]f lj zfn /f0{; b/d'sfd lbQm]h:yt afl]8\$ :shaf6 cfPsf xg\ . clxn] slff-% ; Dd pQm :shdf !(\$ 5fq5fq 5g\ . :shn] gofFk'c k'Pk15 z]lfs ; wf/sf] of]hg



:00b] /f0{

kfygfdf :d/Of ub]lj Bfyl{.



PdP u/xf kç 6lsf >7 .

agfP, ofllo lzlfsc; n]:sh ; wf/sf] cleofgnf0{ tlij tf lbp .

sdhf] kl/jf/sf sçfsçlnf0{ 5fqj; df /fv] k9f0Psf]5 . lzlf xl/fnfn 5fqj; df lj Bfyl{E}a:5g\ jflifç s/la !\$ nfV ; /sf/sf] nufgl xG5 pQm :shdf . t/, rf/ jifçtf lzlfssf]ldlxl; n]:shsf]?k} km/Psf] 5 .

Hof]t lgdflij sf lzlfsc; dflvNnf] z]lfs of]otfsf 5g\ kflj lzlf s klOfç /f0ç] alP.; l u/çl 15g\ lhNnfsf w}]dflj xçdf alP.; l lzlfssf] cefj 5 . pgnf0{lj 1fg lzlf s cefj ePsf :shaf6 k9fpg] ckm/ klg cPsf] 5 . tklg pgl ufPçf] :sh rçsfpg] cleofgdf nfuçl 5g\.

lzlf s xl/fnfn /f0{cuçhldf PdP xg\ . pgl /fd] lzlf sn] dfq} /fd] ; dfh lgdfçf ug; ; Sg] 7fg] pQm :shdf k9fpg cu/ ePsf xg\ . pgn]eg] çlzlfs g/fd]eof]eg]bzg}8A5 ç pQm :shsf !\$ lzlf sdWo} b0{ hgf dfq} b/çbçlsf lzlf s 5g\ eg]afçl lghl / /fxt lzlf s 5g\ kç 6lsf >7sf]z]lfs of]otf gkçfnl lj ifodf PdP xf] . log}ofllo / ldxg]l lzlfsc;sf]ldlxl; n]of]:sh psfnf] ofqdf nfuçf] 5 .

; Oçb] /f0{ vçfç<sup>a</sup>

çfhl slffdf kjç u/çf] !% ldgç latçf]5 . pgn]DofEçf]lraq bçfçf]8' o"nf0s DofEç]<eçb}gfglx;nf0{; flwg\ ; ah]hj fkm lbp- P; . To; kl5 pgn] DofEç] / dçsf]lraq slffdf /xçf] ; fçf] uçbçdf /fv] gfglx;nf0{ tl j :t' lrgç cfux ul/g\ çfhlçsf] ; flv0 lyof] ; ; f] b dç 0g lb; Snf; l sçla]df slff ! sl kltdf vgfnn] slffsf] leQdf çfçPsf] rçbçdfsf] lraq bçfçf] . ç gfglx; n] klg kltdfnf0{ k5çfP . Pj + /ltn] Dof6 / DofEç] klg afnaflnsfn] lrg] Pd çf/ klg hfg] .

tçlg gfglx;nf0{Pd lrgfpg]çfhlçsf] kçf; cç; ; lçPsf] 5ç . pgn] jiff / dlçifnf0{s lffsf]kl5Nnf]5çdf nlug\ bçç] ; çfçfçlçdf n]lçPsf]Pd nf0{; sç ug{ elgg\ . /g, uf] P08 ; sç Pd, çfç]ç of] çdsf nflu tof/ b0{5çq çfhlçsf]çfçaf6 . ufl] zAb lgl:sg]lj l0s} ; çfçfçlç/ bççP . slffsf] ; ah] tfnl ahfP . jiff{hçfln]dfsf] ; dfP/ dlçif eçbç klxnf Pd nf0{; sç ul/g\ . ; a} gfglx; n] km/ tfnl ahfP . çfhlç] kç/çf/ ; j?k jiffçf] xTçhdf /ftf] sndn]:çf/ agf0b0g\ çlg no xfn] elgg\l6]çsn l6]çsn ln6n :çf/= l o:tf]bçç kltoflçf çç tlg jçf ; dçdf klg ; -rçng eof] .

çfhlçsf] slff ; lsg nfuçf] 5 . gfglx; hf8fç] slçPsf 5g\ . oxl açç] xçfç pgn] slffsf] ççtçdf Ppçf /df0nf]vç vçfç0g\ . 8ç; açl 8ç; , hçk açl hçk= af0{açl af0ççl eçb} pgl slffaç6 aflxl/0g\eg]gfglx; klg çfç] tflçP .

\$) jifçl lraqsf çfhl, s/la ^ jifçl lzlf of kççdf l5g\ ! ) jifçf pgl lçdnf lgdflij sf]kçfçds txdf slff lzlf of ub]5g\ . lzlfçf:qdf cuçhçl :çfçs çfhl gfglx; sf nflu u?çdf dfq xçççççdf g}xg\ çfhl elç5g\ çdnf0{ w}] gfglx; n] çdf eç5g\ . sltko t çfçf] 3/ hfg çdfç] çdf; E hfg] eç5g\çlg pglç;sf cleefj s afçfçP/ lhçdf nufççk5{ ç

kçfçds lzlf kl/ofçhçfçf]!) dlçg] tflndaf6 çfçh]afndçl lzlf ofsf]wf/Of / ; lk a; çf] pgl atçfç5g\ lj Bfnodf

; çfçn, /fhj çfl / du/ ; dbçof afnaflnsç; w}]5g\ lççsf] dçfçfçfç afçç çfhl kçfç l5g\ slffdf çfç Zostf çç; f/ çfhl gfglx; ; E ; çfçn, du/ / /fhj çl eçfç aflçhçlç5g\ . o; af6 çfhl; E gfglx;sf] ; fd]kçf a9çf] 5 . lraqsnfsf] lzlf of çhl lhNnçf rççç 5 . To; ç] xçfç ççkçsf w}] lj Bfnon] pççf] lzlf of çhl ççs/of ug{vçfççf 5g\ .

### pbfx/Ofaf6 k9fçP

jçflçs çNj 6{ çf0ç:çf0ç6n] lzlf of snfsf ; çbççf eççf lçP, çpçfç/of l; sfçg] sçç] Ppçf lj lw xççç, oyççf of] t l; sfçg] Ps dfq lj lw xç] ç of] s/f wç] ççfçl lzlf snf0{yçfç 5 of 5ç, sçl eçç ; lççç . t/ ; Kt/lçf] nldj Nne g/l; ç pçfç sf] kçfçds txsl /fxt lzlf s çlnd d08nn] eg] pbfx/Ofçs}; xçfç çfçf]kç7 5çq5çqnf0{ açççç] u/çl 5g\ . alP8 u/çl d08n kflj txsl lzlf s xç\ pgl ç) k' df bç]ç] 306l k9fçg slff \$ df kl; g\ . ; jçyd sfçççççdf lj 1fg lj ifofç]kç7 . kçs[ts kççççl zlfçç nçç] To; df 5çq5çq; E ççt/lçççf ug{yflçç\ . d08nn] lj Bfçlçf0{ ; flwg\ çççs[ts eççf] s] xç] ç lj Bfçlç; vç; vç; ug{ çfçn] . çdfçç; n] çççççç] çfç ; ççç çççç] pçkç ePsf]j :t' kçs[ts xç] ç d08nn]:ki6 kfl/g\ ççstç, snd, nuf çflb dççç; n] ççççç] ePsfç] sççç xç] eg] xçfç, kçç, kçç8 çflb kçs[ts ç

pççf] lzlf ofsf] lj z]çfç xç] pbfx/Ofççç] ; xç]çdf lj 1fgçf kç7 5çq5çqnf0{ açççç' . x/ç s/fnf0{ pbfx/Of; lxt kçtç u/çk15 d08n lj Bfçlç] aççççç] kççç /flV5g\ . lj Bfçlç] açççç] çççç lbpçk15 dfq pgl sçç] kçç kç7 çl3 a9çfç5g\ . kçs[ts kçççç] afçç açççç slffsf] çççç kçç pgn] sçç jifçç3 sfççç] afçç kççç] :yççç afl; ççççç] çççç kçççç] tçç kçtç ul/g\ slff rçf/sf lj Bfçlç] kçs[ts kçççç açç] d08nsf] slff kçç ; lççf] .

; çyçf, rçç çlçsf/l, ççç / >çfççç/ çç] ; Kt/l



# ; wf/sf]cfufdL /fØDofk

**I**z lffdf ;wf/ lg/Gt/ rln/xg]klqmf xfl. buð / ;ld lfgsf y/ly/lstf ljBfnodf lzlf s eP/ sfogfej xfl; n u/\$f]cfwf/df kfylds txsf]lzlfdf ;wf/sf lglDt tTsf n lgdg sbd rfnlg ;lsG5 eGg]d]f]7Dof0 5M

## afndølj Bfno Goçtd zt{

Goçtd eg\$] ; aPgbf sd xfl. Goçtd klg ePg eg]Tof] :j tM c; kmn xG5 . .afndølj xg' lj Bfno ; ~rfngsf]Goçtd zt{xfl. olb :shdf afndølj jftfj /Of 5g eg]To:tf]lj Bfno ; ~rfngdf /f\$ nufpgk5{. To; h] kfylds txnf0{/fdfl] kfgsf nflu ; aPgbf klxnf To; nfo{ afndølj agfpgk5{. afndølj Bfno /fl6 kfk @)^& n] t\$sf !\$ ( cføf Goçtd dfkb08 k/f ug]kg]afWofds Joj:yf s8f0sf ;fy sfogfej og ul/gk5{. afndøljkn] kfylds txsf]dfq xfoq ; du|lzlf lfgs}dx/ kl/j tç ug{; S5 .

## kfylds tx cnlu}

afndølj Bfnosf] cy{afnafnsfn] lgw\$ s çkdf /df0nf] lj lwdf l; Sg kfgp' xfl. t/ clxn\$]lj Bfno ; ~rfng klqmf] afnafnsf]nf0{Pp6}lj Bfnodf cfkrtGbf 7hf / alnof s\$fs\$; fd' ; w;sl07t eP/ a:g afWo kf/\$f]5 . d]h]cf^gf] :sh] hljgdf slxNo}sg] klg v]hsbdf efu lng kf0gF. lsgls deGbf 7hf s\$fxçn] dnf0{To:tf] cj ; / lbbøj]. lbpF\$]vfhf ; d] ççn]vf] v]0lbGy]. d lzlfnsf0{of] kl8f atfpg ; lSbgj. d]h] :h:tf] kl8f cfh klg :shxçdf yk}gfglxçn] efl]u/x\$ xg; S5g\ . :shdf 8/ / qf; sf] jftfj /Ofaf6 p6dlQm gkPsf afnafnsf] elj io pHHj n xg ; Sbg . To; h] kfylds txsf slff cG0 txeGbf cnlu} ; ~rfng ug{cfj Zos 5 . o; n]afnafnsfnf0{qf; af6 dQm eP/ l; Sg]cj ; / lbG5 . kfylds txsf afnafnsf cr]h] :j tGg çkdf v]lg kf0/x\$ 5g\ . 7hf lj Bfylçn] cxlPsf sfdf ug{afWo e0/x\$ 5g\ . :sh cgludgsf qmddf st} st}t shtdf nfu\$ 7hf lj Bfylçn] ; fgf afnafnsfnf0{ r/f\$ ; nfo /AvG lbg] lSg k7fpg]nufotsf sfddf nufPsf] klg elbPsf]5 . To; /l shtdf nfu\$ 7hf lj Bfylçn]gSsn ; fgfn]ug] ; Defjgf cTolws /xG5 .

## ju{lzlfssf]Joj:yf

kfylds txsf afnafnsf]df zf/ll/s / dfgl; s lj sf; nufot x/\$ kl/j tç l56f] ultdf e0/x\$] xG5 . Tof]pd] ; dXsf s\$fs\$ cf^gf ; d:of dfq xfoq, sltko xif{/ vzlzf s/fxç klg cfkrtf0{df of ugnf0{afx\$ ççnf0{atfpg ; Sbg\ . t; y{ kfylds txdf \$)÷\$% lgdçdf lzlf s km] ul/g] ljifo lzlf0fn]afnafnsf]df cGt/lglxt lfdtf k]krtg u/Ltgsf]efjgf afx/ Nofpg ; Sbg . ju{lzlf0sf]Joj:yfaf6 afnafnsfn]x/\$ ; do cf^gf]fydf lzlf s kfp5g\ cf^gf ; d:of To:tf lzlf s; dlf k]t t ug{; S5g\ lzlf snf0{cfkrt/ cfsif of ug{ ; S5g\ . afnafnsf; E\$] lgoldt ; fdlk0tfn] lzlf snf0{klg ltsf]JolQmut ?lr, lfdtf, l; sf0 cflbsf] lg/Gt/ dNoflg ug{; lhnf]xG5 .

## cyk0f]lg/Gt/ dNoflg

P; Pn; l k/lffsf]kdf0kqsf]vfh] htf; s}xg]ePsf]h]To; df h; /l eP klg a9l c] Nofpgk5{/fdfl]ug]k5{eGg]bafa ; aP k/\$]5 . o; sf]cfwf/df lzlf sxçsf] lfdtfsf]rrfçkl/rrf{ xg]ePsf]h]lzlf sxç; h; /l klg /fdfl]u/fpg vl6Psf xG5g\ . t/, kfylds txsf]k7gk7g / glthfnf0{to; /l dxlj lb0Psf] 5g . To; h] çç txdf eGbf a9l lzlf s tyf 5q5qf clg nufgl eP/ klg kfylds tx pk]fddf k/\$]5 . o; txsf] ; wf/sf]nflu ca afnafnsf] lg/Gt/ dNoflgnf0{r:t kfg] / To; sf]clen] cWofj lws ul//xg]k4lt lgdçdf ug{ cfj Zos 5 . kfylds txsf]kultnf0{cleefj s / lzlfssf] kl]ti7f; E hf\$ ; lsof]eg]of]txsf]lzlfssf]u0f:t/kl]t klg rf; f]kç xg yfN5 .

## of]o / ultnf]lzlfssf]Joj:yf

ultnf]lzlf s eGgn]pRr z]h]s of]otf k]kt tyf cf^gf] lfg] jf lj ifodf lj z]f1tf xfl; n u/\$f lzlf s eGg]al%G5 . ultnf lj z]f1 lzlf sn]dfq}gjlgt d lzlf0f lj lwsf]kçf] u/ lj Bfylçn]0{; sfpg ; S5g\ o; y{x/\$ lzlf sn]cfkrtf0{ ultnf]lzlf s agfpg]kçf; ug]k5{. afnafnsf] ; sf/ffds / gsf/ffds klfsf]af/af lbg/ft cWoogçcg; Gwfg u/Lpglxçsf] ; sf/ffds klfnf0{a9fj / gsf/ffds klfnf0{

Goðls/Of ub{nhfg]pkfox; klxNofP/ x/\$ lbg slffsf]fd  
gofFkbf] ug[ OR5fzlQm ePsf lzlfns] kfylds txsf]  
sfFhl kmj( ; S5g\ . t/, cfh To:tf lzlfssf] 7hf] vfFf]  
5 . kfylds txd lzlfns ultnf] eP dfq kfylds txsf]  
lzlf ultnf] xg; S5 .

kfylds txd ultnf lzlfns cfkl't{ug{lgDg klfd Wofg  
lbg' cfj Zos 5M

### s\_ lzlfssf] zlfns oflotf

xfdf]lj Bdfg Joj:yfn]kfylds txsf]lzlfssf]Goðtd oflotf  
P; Pn;l / clwstd cfOP lgwf{Of u/\$f]5 . t/, of]oflotf  
dfqn] kfylds txsf] hu alnof] agfpg ; lsbj . lj sl; t  
bzsf kj{kfylds / kfylds txd clwofkg ug{klg lj zlf]1tf  
xf; n u/\$}lzlfns xgk5{. xdf]df rflx+to:tf]lsg gxb] <  
; aegbf ; jhgZln pd]sf caf]v afnaflnsf] dgflj 1fg  
a%] clwofkg ug{k] tx sf/f, Goðtd zlfns oflotf ePsf  
/ gofFlzlfssf]lhd]dfdf dfq}5f8g' Gofofl]rt xfo]g . t; y{  
kj kllj / kllj txd lj zlf]1 lzlfssf]Joj:yf ug{glitut  
Joj:yf ul/gk5{.

### v\_ lzlfns tlfnds]Joj:yfkg

gofFegf{ ePsf / sfo{t lzlfns;nf0{ tlfnds] Joj:yf  
ul/gk5{ clxn\$]lzlfns tlfnd Joj xfl/s gePsf] sfo{nf\$]  
jftfj/Of; E gldn\$]/ tlfnds]sf/Ofn]lj Bfnosf]k7gk7gdf  
%g\afwf k/\$f]5 . c% lzlfssf] kzfut lj sf; tlfnd  
-6lkl8L\_ sfo{m]n]t Ps); dodf w}]lzlfns Ps; fy tlfndf  
; xeful u/fpbf lj Bfno ; ~rfngdf ; d] ck7df/f] agfPsf]  
5 . lj Bfnosf]cgshthdf eGbf klg zlfns hgZlSt s[b]  
lzlf lj efu, lhNnf lzlf sfofho jf ; f]s[b\$]cgshthdf  
tlfnd ; ~rfng xgfn]lzlfns;sf]; xeflutf klg kfej sf/L  
xg; s\$]5g . o; y{lzlfns;nf0{; dosf]dfu cg; f/ cfwlgs  
klj lw, gjlgtd lzlf0f lj lwsf]kpf]; lxt lzlf0f lqofnsfk  
ug{; lfd agfpg] vfn]sf] tlfnd rflxPsf]5 . To:tf] tlfnd  
lj Bfno lg/lfs, ; f]JolQm tyf klzlfns;af6 lj Bfnosf]  
cgshthdf :ynut ; kdf rnfpg ; lsg5 .

### u\_ ; jf-; lj wfsf] kf6f]

cfhsf]gkfnl ; dhdf Pp6f lzlfns lsg dof]ot, cfh/of]o /  
; dhfsf]k]offsf]; f] agg ; ls/x\$]5g <w]h]eG5g\lzlfns  
ultnf] ePg, Odffbf/ ePg, w}]7fpbf k9fpg hfg5, hluf  
bnfnl u5{ 3/sf]sfddf w}]; do lbg5 cflbtoflb . ol ; a}  
oyfy{/ jf:tlj stf xg\ t/ Pp6f kfylds lzlfssf]tnan]  
3/Jo]xf/ s; /l rN5 <la/fdl eP/ c:ktfn a:g' k'of]eg]  
sltsf]lan cfp5 <cf'gf ; Gtfgsf]Goðtd vfFf]Dd klg  
k'f ug{g; Sg]ePKl5 Ps hgf lzlfns slt lbg Odffbf/ /xg  
; Snf <To; h]cfhsf]ahf/df ; df]go hlj sf]kfhg / Goðtd  
cfj Zostf k'f ug{sl7g gxb]u/l lzlfssf]tna ; lj wf  
Joj:yf ul/gk5{ tfls lzlfns; k}sf nflu sfd 5f8] c;  
lj slkdf ef]fl/g' gk/f] \.

lj Bfnosf] cgshthdf eGbf klg zlfns  
hgZlSt s[b] lzlf lj efu, lhNnf lzlf  
sfofho jf ; f]s[b\$]cgshthdf tlfnd  
; ~rfng xgfn]lzlfns;sf]; xeflutf klg  
kfej sf/L xg; s\$]5g . o; y{lzlfns;nf0{  
; dosf]dfu cg; f/ cfwlgs klj lw,  
gjlgtd lzlf0f lj lwsf]kpf]; lxt lzlf0f  
lqofnsfk ug{; lfd agfpg]vfn]sf]tlfnd  
rflxPsf]5 .

### 3\_ lzlfns lqofnsf]lj lw ; zfv]g

lzlf0f sfo{lj z4 kllj lws s/f xf]. lj ifoj:t df bvn xbf  
slffdf k]lt /fd] xG5 eGg] 5g . To; h] lzlfns lqofnsf]  
klxn] cfwf/ slff c]nf\$gnf0{ agfpgk5{. kfylds txsf]  
lzlfns xg zf/l/s / dfq; s ; kn] klt]f] / bfBwk ug{  
; lfd JolQm rflxG5 . cfsif\$ z/l, kl6 / snf]ds afhl  
tyf cfj fh ePsf]JolQm]kfylds txd /fd]ug{; S5 lsgg]  
lzlf0f kzf dfq xfo]g, of]snf klg xf]. zf/l/s ; kn]lj zlf  
vfn]sf -xftv\$] sdhf], sf g; Gg] cf'f gb]vg] JolQmf0{  
lzlf0f kzfaf6 j]l-rt ul/gk5{eGg vfh\$]xf]og, t/l o:tf  
lj zlf] cj:yfsf dfq; kfylds txsf]nflu pkoQm xBgg\  
cfhsf]lzlfns 5gfb lj lwn]kllj txd lj zlf]1, of]o / ultnf]  
lzlfns Nofpg g; Sg]ePsf]lzlfns lqofnsf]j tdfg lj lw /  
klqof kl/j t]g ul/gk5{.

### tlg] if[k] {kllj sf] vfFf]

k]kfylds txsf] lzlfnf0{lg] tyf cfj f; lo lj Bfnos;nf]  
g; /l / ls08/uf8]sf ; kdf lj :tf/ u/\$f 5g\ cfh ; fdbflos  
lj Bfnosf]kfylds txsf] lzlf thgf]ds ; kdf ; yfut  
lj Bfnosf]eGbf sdhf] b]lvg]sf]kdfv sf/of g]oxl xf]. tlg  
j if[k]{kfylds txd clwoog ul; s\$]f; E ev{ slff ! df  
k9g cfPsf]afnsn]g kl't:kwf{ug{; S5 g t thgf ug{  
; lsg5 . To; h] ; fdbflos lj Bfnodf klg kfej sf/L k]kfylds  
lzlf nfu"ul/gk5{. clxn\$] k]kllj / afn lj sf; s[b]df  
7hf] ; kfgt/Ofsf]vfFf]5 .

### kllj sf ; sf/fltds ; wf/sf] ; fj hlgsls/Of

b]zel/sf ; a}kllj ?UOf jf aaf]e0; s\$]f 5g]g\ . w}]  
:shx;df clxn]klg kfej sf/L lzlf0f ug{lzlfns; 5g\  
w}]; yfgdf gd]f cEof; klg e0/x\$]f 5g\ kllj txd ePsf  
/fd] cEof; x; hlt ; fj hlgsls xgkg]xf] To]dfqdf ePsf]  
5g, To; h] kllj txsf] ; fj hlgsls lzlfdf ePsf ; sf/fltds  
kof; x; phfu/ ul/gk5{ To; n]/fd]ug{;nf0{yk /fd]ug{  
pnhf{lbg5 eg]c; x; n]klg To; af6 ; xl lzlf lnP/ cf'gf]  
7fpbf nfu"ug{; S5g\ .

-dxh] cuj f ; f]s[b] kf6g nintk/sf ; f]JolQm xg\.



# kflj l; sf0df kxfj kfgl tTj / lTgsf]lg/fs/0f

**kf** 7dqnd ljsf; s[boh].gkfnfs kfylds txsf lj Bfyl{sf] l; sf0 pknAwdf kxfj kfgl tTj xz; l gdfs cWoog klTj dgdf @)^! ; fndf cfWofPsf s/f cfh klg TolQs} ; fGble5 5g\ ; f]klTj dgdf se] nlnTk/ / sf:sl lhNnfsf rf/j 6f lj Bfnosf slff kfFsf uloft, gkfnl / lj 1fg lj ifodf lj Bfyl{] xfl; n ug{l; sf0 pknAwdf s]s:tf tTj n] kxfj kf/5f 5g\ eGg] ; DaGwdf lzlfs, lj Bfyl{ / cG klfx; ; E ; d] cGt/lqmf u/l klTt lgisif{ k}tt ul/Psf] 5 . ; a} lj ifosf] l; sf0 pknAwdf kxfj kfgl tTj df lj Bfyl{ lj Bfyl{sf] 3/kl/jf/, lj Bfnosf] jTfj/0f, gllTlgdf0f tyf sfofGj og ug] lgsfox; nufot cG klfx; sf] kxfj s/la s/la ; dfg /xsf] kf05 . tyfkl uloft lj ifosf] l; sf0 pknAwdf eg] lzlfs, lzlfs-lj Bfyl{ ; DaGw / lzlf0f-l; sf0 lqmfnsnfksf] kxfj a9l /xg] u/sf] s/f klTj dgdf cfWofPsf] 5 .

o; n]ydf rfx+kltj dgnd] cfWofPsf s/fnf0{cfwf/ dfgl cf'gf] cgej ; d]sf] cfwf/df kfylds txsf] uloft lj ifodf ck]lft l; sf0 pknAw xfl; n ug{lzlfsf] tkn0f6 s]s:tf pkfox; cj nDjg ug{ ; lsg5 eGg] lj ifodf rrf{ ug] k0f; ul/Psf] 5 .



lj Bfyl{sf] l; sf0 pknAwdf c; / kfgl tTj jf klfx; nf0{ lgDgfg; f/ lj leGg ju0f lj efhg ug{ ; lsg5M

- 3/kl/jf/ tyf ; dbfo; E ; DalGwt,
- lj Bfyl{ E ; DalGwt,
- lj Bfno; E ; DalGwt,
- kf7dqnd tyf kf70k:ts; E ; DalGwt,
- gllTlgdf0f / sfofGj og klf; E ; DalGwt,
- lzlf0f-l; sf0 lqmfnsnfk; E ; DalGwt,
- lzlfs; E ; DalGwt, cflb .

oldWo] lzlfs / lzlf0f-l; sf0 lqmfnsnfk; E ; DalGwt s/fx; df ; Da4 lzlfs cfkna] cu] /tf lnP/ lj Bfyl{sf] l; sf0 pknAw j [4 ug{ ; lsg5 eg] cG klfx; ; E ; DalGwt lj ifodf ; DalGwt klfx; ; E sf] k]0lf cGt/lqmfaf6 / ; f] ; Dej gxb] cj :ydf ; DalGwt lgsfodf lnvt ; %f] x; k}tt u/l ; d:of lg/fs/0fsf] nflu kxnsbdl ug{ ; lsg5 .

**!** 3/kl/jf/ / ; dbfo; E ; DalGwt klFM  
! 3/kl/jf/ ; dbfo / lj Bfno afnafnsfsf qndzM klxnf] bf] fl / t] fl kf7zfnf xg\ . 3/kl/jf/ / ; dbfoaf6 w} s/f l; ls; s]k15 dfq afnafnsf lj Bfnodf k] z; u5g\ lj Bfnodf k] z; ul; s]k15 klg afnafnsfsf] clwsfz ; do kl/jf/ / ; dbfo; E] laT5 / hljgsf] nflu cfj Zos kg] w} s/fx; p; n] Toxl+; S5 . lj Bfnodf l; s]sf] cfkrf] /s 1fgeGbf 3/kl/jf/af6 l; s]sf dfgjlo dNodfG0tf tyf cgZf; gsf kf7x; JolQmsf] nflu a9l hljgf]kofyl xg ; S5g\ t/ JolQm] ; a} s/f afx/ g] l; s] lj Bfno k] z; ug] k5{ eGg] xf0g .

lj Bfyl{sf] l; sf0 pknAwdf kxfj kfgl 3/kl/jf/ / ; dbfo; E ; DalGwt tTj xz; lgDgfg; f/ xg ; S5g\ M

- kl/jf/sf] cfsf/ -; Wof\_ tyf hGdfGt/,
- cleefj sssf] r]gf: t/ , lzlfsf] cj :yf / k}z,
- 3/kl/jf/ tyf ; dbfodf aflng] efiif,
- 3/kl/jf/ tyf ; dbfosf] hftlo agf0,
- lj Bfnosf lqmfnsnfkdf cleefj sssf] ; nUgtf,
- kl/jf/sf] cfDbfgl ; fl,
- 3/df /]8of] 6]nlehg, df3f0n, sDko6/ cflbsf] ; lj wf,
- vfhf tyf vfgsf] lgoldttf / kf]0fsf] l:ylt,

- 3/df cItl/Qm kf7d; fdullsf] pknJwtf,
- lJ Bfyl{ 3/sf] sfdff lbgkg] ; do,
- lJ Bfyl{ k7gkf7gdf kl/jf/sf ; b:oaf6 kfpg] ; xofj,
- lJ Bfyl{ 3/kl/jf/af6 kfpg] dfoddtf, cflb .

ol nufot o:tf lJ lJw lJ ifodf ahfahdf lJ Bfyl{ cleefj s / ; dbfosf cGo JolQm; ; E cGt/lqmf ug] pglx;sf] ; nUgtf clej [4 ug{lJ Bfnodf lJ leGg sfoGdx;sf] cfofhgf ug] cleefj sx;sf ; %fj, ugf; f ; Gg] cflb sfd lzlfssf] cuj f0df lJ Bfnon] ug u/fpg ; S5 . kfylDs txsf afnaflnsf xsd f of] s/f c% a9L ; fGle\$ xG5L lSgeg] of] txsf lJ Bfyl{ cf'gf] nflu cfkml'lg0f6 ug ; Sg] cyj f cleefj s; fd' cf'gf s/fx; :ki6tM /Vg ; Sg]cj :ydf xGg\ . o; h] kfylDs txsf lJ Bfyl{sf] l; sf0 pknAw clej [4 ug{lzlfsn] lJ zlf eldsf lgjfk ugkg] xG5 .

### @ lJ Bfyl{ E ; DalGwt klFM

afnaflnsf g] lzlf0f-l; sf0sf] s[ b] ePsfh] xfdl] ; Dk0f{ ultlJ lw / kof; x; pglx; klt g] nllft / slgbt / x\$ f xG5\ . kfylDs txsf afnaflnsf; cf'gf] nflu cfkml'lg0f6 xg g; Sg] ePsfh] pglx; ; E ; DalGwt ultlJ lw; klg lJ Bfno, lzlfS / cleefj sdfknt g] ; #fng ugkg] xG5 . 3/kl/jf/ / ; dbfodf / x\$ cleefj sdfknt / lJ Bfnodf / x\$ lzlfSdfknt g] pglx;sf] ultlJ lwnf0{ lgoG0f / cfj Zostfcg; f/ dfuLgZg ugkg] x\$ o; sf] nflu klg lzlfsn] g] kxnsbd lngkg] xG5 . lJ Bfyl{ E ; DalGwt sXl klF lG0gfg; f/ 5gM

- lJ Bfyl{ JolQmut uof tyf clej [Q,
- tNn] slffsf] l; sf0 pknAw,
- lJ Bfyl{ lJ Bfnodf lG0dtf,
- lJ Bfyl{ ; DalGwt lJ ifokltsf] %sfj, cflb .

### # lJ Bfno; E ; DalGwt klFM

slffdf k7gkf7g xg] lJ ifodf lJ Bfyl{ l; sf0 pknAw a9fpg dfq ge0{ JolQmsf] elj io lGdf0f ug] nflu cfj Zos ; Dk0f{ ultlJ lw ; #fng ug] dhynf] lJ Bfno g] ePsfh] lJ Bfnosf] jftfj / of afndxl xg' cfj Zos 5 . l; sf0 pknAw j [4 ug] nflu kxnsbd lng] sfd lzlfsn] ug] eP tklg o; sf] nflu pkoQm jftfj / of lJ Bfnon] g] ldnfpgkg] xG5 . lJ Bfno kZf; g To; klt ; sf/flDs ePg eg] lzlfssf] JolQmut kof; n] dfq of] ; Dej gxb ; S5 . lJ Bfyl{ l; sf0 pknAwdf kofj kfg] lJ Bfno; E ; DalGwt tJ of klfx; lG0gfg; f/ 5gM

- lJ Bfnodf egf] lJ Bfyl{ pd},
- lJ Bfyl{ 3/b] lJ Bfno; Ddsf] b/L,
- lzlfS lJ Bfyl{ cgkft,
- slffsf] / lJ Bfyl{ cgkft,
- slffdf lJ Bfyl{ pd} sf] cGt/ / zf/lI/s leGgtf,
- zlfS ; fdullsf] pknAwtf / kofj,
- kf7dk'tssf] ; xh pknAwtf,

- ; Gbe{ ; fdullsf] pknAwtf,
- eflts ; lJ wfsf] kofl{ttf,
- ; DalGwt lgsfoaf6 lJ Bfnosf] lG/lIof,
- lJ Bfnodf aflx/L x:tlfk, cflb .

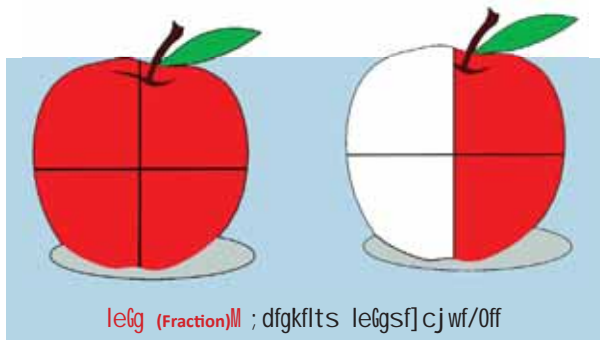
\$ -kf7dqnd tyf kf7dk'ts; E ; DalGwt klFM  
 kf7dqnd tyf kf7dk'tsx;n] cfkml' lJ Bfyl{ l; sf0 pknAwdf tftj s c; / kfg] u/\$f] kf0Psf] 5g . tyflk, kf7dqnd tyf kf7dk'tsx; ; d; fdlos ; kdf kl/dfhg tyf kl/j tG xg g; Sbf l; sf0 pknAw lJ Bfyl{ nflu hlj gkofyl gxb ; S5 eGg] s/fdf eg] :jo+lzlfsx; g] ; rj xGk5{ . pbfX/0fsf] nflu, xfn krlnt kf7dk'tsx; df lb0Psf] gkfnf] hg; Wof @) %\* ; fnsf] hgu0fgdf cfwl/ t 5 . s[ b] lYof lJefun] @)^\* ; fnsf] hgu0fgsf] clGtd glthf ; fj klgs ul; s\$] cj :ydf xfdl lzlfsn] kf7dk'ts kl/dfhg n0{ kvG' eGbf cfkml' cBfj lws e0{ lJ Bfyl{ f0{ klg ; fXl cg; f/ hfgsf/L u/fpgk5} .  
 To; u/lw kf7dqnd / kf7dk'tsdf ; d; fdlos kl/j tG / kl/dfhg] nflu ; DalGwt lgsfodf ; %fj lbgsf] ; fy: yfglo kf7dqnd lGdf0f / kofj udf ; d] lzlfsn] g] cu0fl eldsf lgjfk ugkg] xG5 .

### % -gltlGdf0f tyf sf0fj og klF; E ; DalGwt klFM

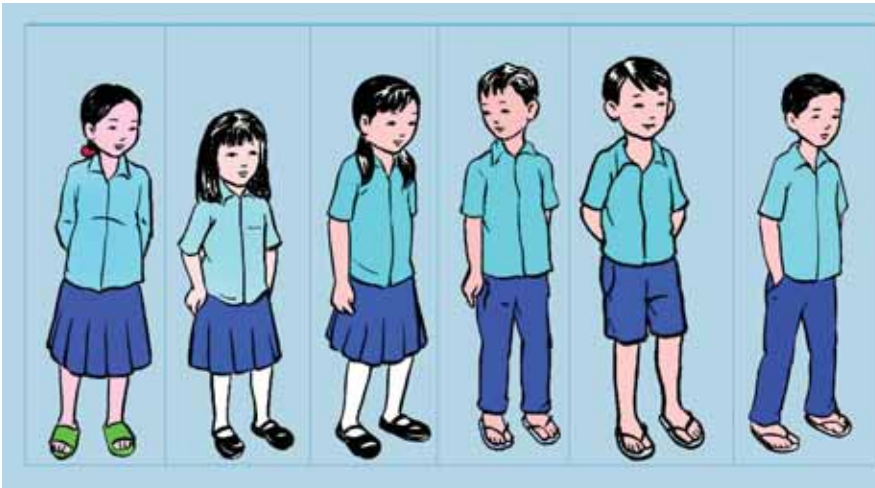
xfdl] lzlf lG; E ; DalGwt lJ leGg glt / sfoGdx; c% klg k/lI0fsf] ; kdf g] rNg] u/\$f 5g\ . o; n] ubf o; ; E ; /\$f/ /Vg] klF -dhtM lzlfS ju{ hlXn] klg cfofh / c; Gtl0sf] l:yltdf / xg lJ z 5g\ . o; sf] sf/0af6 klg lJ Bfyl{ l; sf0 pknAwdf gsf/flDs kofj kg] u/\$f] 5 . t/ o; lJ ifodf oxflj :t rrf{ul/g] 5g .

### ^ -lzlf0f-l; sf0 lqmfnsfk; E ; DalGwt klFM

lJ Bfyl{ l; sf0 pknAw clej [4 ug] nflu dVo eldsf vllgkg] lzlfsn] g] xfl . cGo klfx; cf'cf'gf 7p0f lhDd] f/ eP tklg slffsf] fleq ul/g] lzlf0f-l; sf0 lqmfnsfk] g] lJ Bfyl{ l; sf0 pknAw a9fpgdf k0v eldsf vllg] / lzlf0f-l; sf0 lqmfnsfk ; ~rfng ug] lhDd] f/l pglx; s; ePsfh] sg lJ ifoj :t' l; sfpG s:tf] jftfj / of / lqmfnsfk



**s lff-sfʃf**



wf/Ofm leGg  
p2ʃoM leGg; Da6wL wf/Ofsfj  
; anLs/Of

cfj Zos k5{ eGg} s'/sfj ; /fʃf/ lzlfssf] g} /xG5 . lzlf0f-l; sf0 lqmfnsnfk; E ; DalGwt sxl klf lGdgfg; f/ 5gM

- slff lqmfnsnfkdf lj Bfylʃf] ; xeflutf,
- slffdf lj Bfylʃf] a; f0 Joj :yfg,
- lj Bfylʃf]o{lb0g} uʃsfo{/ To; sf] k/lif0f,
- ax'slff lzlf0f ugkG] cj:yfdf slff tyf ; do Joj :yfg,
- Psf0 k/liff / slff k/liffsf]lg/Gt/tyf,
- kʃgkqsf] kʃj sfl/tfsf]lj Znʃf0f,
- lzlf0f l; sf0 lqmfnsnfkdf zʃlfs ; fduLsf] kʃfʃ,
- zʃlfs ; fduL lGdfʃf lj Bfylʃf] ; xeflutf, cflb .

**&= lzlf; E ; DalGwt klffM**

lzlf0f-l; sf0 lqmfnsnfk ; ~rfng ug[kʃv lhDd]f/l lzlfssf] g} ePsfh] lzlfns] g} cfkM E ; DalGwt tJ x; sf] ldxg ; kdf klxrfg u/L o; sf] sf0fʃj ogtkn[ cu] / xgkG] xG5 . lzlf; E ; DalGwt sxl klfx; lGdgfg; f/ 5gM

- lzlfssf] tflnd tyf zʃlfs ofʃotf,
- lzlfssf] pdʃ / nʃEs klf,
- lzlfddf lj Bfylʃf] dftʃfiffsf] 1fg,
- lzlfssf] kʃfut ; Gtli6,
- lzlfssf] tnasf] ; ʃt,
- lzlfssf kʃfut ; uʃgdf ; nʃlgtf,
- tna tyf cGo ; lj wf,
- cgʃj,
- kʃfut klta4tf,
- lj Bfylʃf] E sf] ; DaGw,
- lzlfddf zʃlfs ; fduL lGdfʃf / kʃfʃ ug] sfʃzn, cflb .

lj Bfylʃf] l; sf0 pknlAw clej ʃ4 ug] sltko tTj x; kʃʃolʃ ; kdf cGo klf; E ; DalGwt blʃP tʃklg ckʃʃolʃ ; kdf lzlf; E g} ; DalGwt eP/ cfpʃg\ . t; y{o; df lzlfssf] g} kxnsbdL xg' cfj Zos xG5 .

l; sf0 pknlAwdf kʃj kfg] sxl tTj / lʃgsf] kʃj

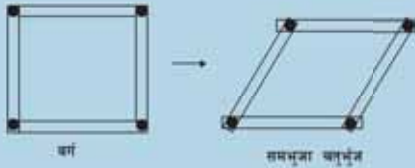
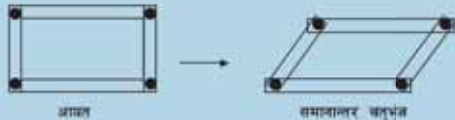
dflʃ rrf{u/ʃg; f/, kʃylds txsf lj Bfylʃf] l; sf0 pknlAw j ʃ4 u/fpgdf lj leGg klʃ jf tTj n]; sf/flds tyf gs/flds kʃj kfl/xʃf xG5g\ loglx; sf] kʃj sf] klxrfg u/L ; ʃxl cg; f/ lzlf0f-l; sf0 lqmfnsnfk ; ~rfng ug{/ ; DalGwt klʃsf] Wofgfsifʃf ug{ ; sʃdf g} lj Bfylʃf] l; sf0 pknlAw xfl; n u/fpgdf xfdL lzlfssf] ; sf/flds kxnsbdL 7xl/gʃ . kʃylds txsf lj Bfylʃf] l; sf0 pknlAwdf kʃj kfg] sxl tTj jf klʃ lʃgsf] kʃj tyf To; sf] nflu lng ; lsg] kxnsbdL lGdgfg; f/ xg ; 55gM

-s\_ clwsfz lj Bfylʃf] kʃylds txbʃv g} cGo lj ifosf] thgdf ul0ft lj ifodf sdhfʃ / xʃf] kf0G5 . Tolt dfq xʃʃg, ul0ft lj ifosf lj Bfylʃf] kʃkʃfʃ sf] lj rng -pRrtd / Gogtd kʃkʃfʃ df cʃt/\_ ; dʃ pRr /xg] / wʃh; f] lj Bfylʃf] kʃkʃfʃ Gog /xg] u/ʃf] kf0G5 . yʃʃ] dfq lj Bfylʃf] kʃkʃfʃ cf] t kʃkʃfʃ eGbf dflʃ /xgdʃ lzlfssf] cʃwofkg sfʃzn / lzlf0f-l; sf0 lqmfnsnfksf] kʃj sfl/tf eGbf klʃ lj Bfylʃf] cʃʃtʃl/s lʃdtʃsf] eldsf aʃl /xʃf] aʃg ; lsg5 .

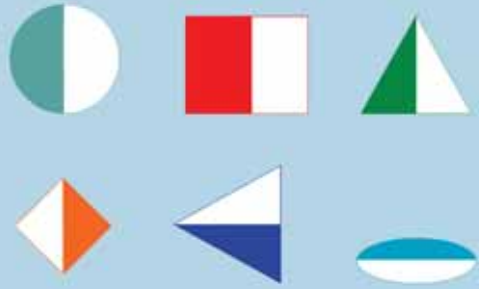
-v\_ ul0ft lj ifodf pRr cʃ kʃkʃ ug] lj Bfylʃf] sxlʃn] dfq ul0ft lj ifo dg k/fpg] u/ʃf] / ul0ft lzlf; dg k/fpg] lj Bfylʃf] ; wof cʃʃʃtʃ Gog /xg] u/ʃf] lj leGg clʃoogx; n] bʃʃPsf 5g\ To; sf] sf/0f ul0ft lj ifosf] k7gkʃ7g xfdʃ slʃfx; df cʃʃʃtʃ ofʃʃqs / lg/ ; kdf xg] u/ʃf] 5 eGg] aʃg ; lsg5 . ul0ft lj ifonʃo{blʃs hlʃg; E Psfsf/ u/ʃ ; ʃxl cg; f/ lj Bfylʃf]o{l; sf0 lqmfnsnfkdf ; xeful u/fpg g; lʃPsf] oyfyʃfʃo{ xfdL lzlfxs; n] ; jʃlsg{ cʃʃʃʃgl ug] ʃʃʃ . cyʃʃ ul0ftsf] slʃfnʃo{dfʃʃn] agʃʃʃ / blʃs hlʃg; E ; /ʃfʃ/ /ʃvʃ] u/L lzlf0f-l; sf0 lqmfnsnfkx; ; ~rfng ug{ xfdʃn] wʃʃ} ldxgʃ ugkG] blʃv65 .

-u\_ xfdʃ clwsfz lj Bfylʃf] ul0ft lj ifosf slʃdf Hofʃdtlo cʃʃʃ tyf /rgf, ahlo cleʃo-hs tyf ; fwf/Of Jofhsf ; d:ofdf g} cndlng] u/ʃf] kf0G5 . o; f] xgdf tl





rtēh / o; sf ksf/M Pp6}dšfgf; 6k; sf]dfWodaf6 cfot /  
; dfgfēt/ rtēh[sf]wf/Off lbg ; lsg5 . To; ʔ/L ju{/ ; deh  
rtēh[sf]wf/Off lbg ; lsg5 .



wf/OffM leGg  
p2]oM leGgd f b]fpg] lqmfnsnfk

- 3\_ xfd] clwsfz lj Bfnox;df uloft lj ifodf cfj Zos kg] z]fs ; fdull[sf] pknAwtf cToGt}sd / lzlfdf klg ; yfglo ; fdull kof] u/l slff lqmfnsnfk ; #fng ug] sfzn tyf OR5fzIQm vf; }g/xsf] cj:yf 5 . z]fs ; fdull[sf] kof] u/l slff lqmfnsnfknf0{ kēj sf/l kfgsf ; fy}lj Bfylēf lj ifoj :t'sf]l; sf0 lbuf]e0{l; sf0 pknAw j]4 xg ; xof] kU5 . :yfglo ; fdull[sf] kof] u/l agfpg ; lsg] leGgsf gdēf tyf rf6{ sfuh k6dfpg} sf6g] 6ffg] cflbaf6 agfpg ; lsg] ; fdullx; , kmfl6g afβ{ 7f] j :t'sf cfs]t / hnlx; , 8f0 ; , 38l, Sofn]8/ , t/fh; lhofafβ{ a] 6g sf8{ Pjfs ; cflb lj leGg lsl; dsf z]fs ; fdullx; sf] lgdff / kof] u/l uloft lj ifodf lj Bfylēf] ; xeflutf a9f0{To; sf] dfWodaf6 uloft lj ifodf l; sf0 pknAw a9fpg ; lsg5 . Psk6s agfPsf] ; fdull ; w} / ; a} slffsf] nflu pkof] u/l xG5 . To: tf ; fdull[sf] ; sng ; hfj 6 / e08f/Of u/l uloftsf] kof] u/l zfnf g} tof/ kfg{ klg ; lsg5 .
- a\_ lj Bfylēf] k9f0df ; xof] ug] JolQm; 3/kl/jf/df xg' klg l; sf0 pknAwdf c; / ug] Pp6f kl f x]. lj Bfylēf afaēGbf cfdfsf] z]fs off]ott / ToēGbf klg bh' = lbb]sf] ; xof] a9l kēj sf/l /xg] u/ \$f] 5 . 3/df ; xof] ug] JolQm gePsf] cj:yfdf . 6a; gl / lj Bfnon] Joj:yf ug] c]tl/Qm sf] r-a slffn] klg lj Bfylēf] l; sf0 pknAw j]4 ugdf ; sf/f]ds kēj kfg] u/ \$f] kFG5 .
- r\_ lj Bfnodf lj Bfylēf] pkl:ylt lgoldt xg' / gxgh] klg l; sf0 pknAwdf kēj kF5{ . lgoldt ; kdf pkl:yt xg] lj Bfylēf] slffsf x/\$ l; sf0 lqmfnsnfkdf ; lqmo ; kdf ; xeful xg ; kmn xG5g\ To; n] pglx; nf0{ cfkmh} ga%sf s/fx; ; fyl / lzlf; ; ē ; xh}vh} /Vg] cj ; / lbg5 .

- t/ lgoldt pkl:yt gxg] lj Bfylēf To; } klg ga%sf] s/f ; fylx; sf] alrdf / lzlf; ; ē ; fl]g ; sf] /xg] xbf pglx; sf] l; sf0 pknAw Gog /xg] u/ \$f] kFG5 . o; y{ lgoldt ; kdf cleefj sx; ; ē cGt/lqmf u/l lj Bfylēf lgoldt tfsf] kēj sf/l tfsf] af/df pglx; nf0{ hfgsf/l u/fpg' lzlfssf] ; /\$f/sf] lj ifo xg cfp5 .
- 5\_ lj Bfylēf] 3/df xg] afnaRrfx; sf] ; Wof klg lj Bfylēf] l; sf0 pknAwdf c; / kfg] Pp6f t]j /xg] u/ \$f] lj leGg clWogx; n] b]fPsf 5g\ . cf} tdf tlg hgf; Dd aRrf ePsf kl/jf/sf lj Bfylēf l; sf0 pknAw pRr /xg] u/ \$f] kFG5 . kl/jf/df aRrfx; sf] ; Wof lgwf] Of ug] s/fdf lzlfssf] vf; } eldsf g/xg] eP tklg ck]olf ; kdf cleefj s tyf ; dbosf JolQm; sf] r]gf clej] 4sf lqmfnsnfkx; ; #fngdf lzlfsx; n] ; 3fpg ; S5g\ .
- h\_ pRr kb jf kēf ckgfpg] cleefj sss] eGbf ; fwf/Of kēf df ; mlg cleefj sss] aRrfx; sf] l; sf0 pknAwdf] :t/ /fd] /xg] u/ \$f] kFG5 . 5 . ; fwf/Of kēf df ; mlg cleefj sn] cf^gf aRrfx; sf] k9f0df thgf]ds ; kdf a9l ; do lbg ; Sg] sf/Ofn] of] kēj k/\$f] x] eGg] s/f ; xh} a'g ; lsg5 . t; y{ cleefj sn] cf^gf aRrfnf0{ a9l ; do lbgk5{ eGg] klfdf lzlfsx; n] cleefj sx; ; ē ; do ; dodf cGt/lqmf ug] k5{ .
- %\_ cf^gf aRrf] sf] k9f0df a9l rf; f] /Vg] cleefj sss] aRrfx; sf] ; fylsf] ; ut klg /fd] xg] u/ \$f] kFG5 . To: tf lj Bfylēf] l; sf0 pknAw klg thgf]ds ; kdf /fd] /xg] u/ \$f] 5 . t; y{ k9f0df k]olf ; xof] ug] ; Sg] cleefj sn] klg cf^gf aRrf] sf] k9f0df a9l eGbf a9l rf; f] /Vg] nfebfos xG5 egl cleefj snf0{ ; r] u/fpg' klg lj Bfno / lzlfssf] lh]d] f/l xg cfp5 .
- \_ lj Bfylēf] ē /fd] ; DaGw ePsf lzlfssf] lj ifodf lj Bfylēf] l; sf0 pknAw thgf]ds ; kdf pRr /xg] u/ \$f] kFG5 . t; y{ lzlf] sn] lj Bfylēf] ē lG/Gt/ cGt/lqmf u/l pglx; ; ē ; DaGw /fd] agfpg kō]gzln /xg] 5{ lzlf] sn

**slff-sf7f**

slffsf7fleg jf afix/ ; d7 l7 Bfyl{E JoIomut ; DaGw clej [4 u/df l7 Bfylx; To:tf lzlfnsn] k9fpg] l7 ifotkm a9l %sfj /fVg]/ To; sf]dfwodaf6 ; f]lj ifodf pglx;sf] l; sf0-pknlAw a9g ; Sg] xG5 .

-6\_ 3/df cleefj s -cfdafaf6\_sflalrdf af/Daf/ %u8f e0/xg] / afacfdaf6 cfdlotf sd kkt ug{aRrfx;df lj Bfnodf cfpbf klg k9f0df dg ghfg]xG5 . of]sf/Ofaf6 pglx;sf] l; sf0 pknlAwdf sdl cfp]u/\$f]kf0G5 . t; y{[zlfsn] x/\$ l7 Bfyl\$]f] kfl/j fl/s kl7el'dsf] clwoog u/l 3/df ; sf/ftds jftfj/Of agfpgdf k0Tgzln /xgk5{.

-7\_ leGg dftEfiif ePsf afnaflnsfnf0{gkfnl efiifdf ; -rf/ ug{sl7gf0 kg{; S5 . pglx;n]cf'gf dgsf s'/fx; lzlfs tyf ; fylx;sf] alrdf JoOm ug{; sft dfGg ; S5g\ . kl/Ofdttm lzlfnsn] To:tf l7 Bfyl\$]f] dgsf s'/f ga'g ; S5g\ . o; /l eflfs sf/Ofn] lzlfs / l7 Bfyl\$]f] alrdf kofkt cGt/lqmf xg g; Sbf l7 Bfyl\$]f] l; sf0 pknlAwdf gsf/ftds kefj kg]u/\$f]kf0G5 . o; y{ l7 z]ftm klylds txdf clwofkg ug]lzlfnsn]lj Bfyl\$]f]dftEfiifdf k0f{bvn /fVg g; s] klg cfwf/e't hfgsf/l /fVg] k0Tg ug]k5{ . To; f]eP dfq l7 Bfyl{/ cleefj sx; ; E lzlfnsnf0{cfdlo ; DaGw sfod /fVg ; e7 xG5 . cf'gf s'/f cleJoOm ug{ efiifsf] k0f{bvn geP klg s'x l c; / kb0 eGg] s'/fdf l7 Bfyl{lg]ZrGt xg ; s0f pglx; slff lqmfnsnfkdf vh7 ; xeful xG5g\ . o; sf] dfwodaf6 pglx;sf] l; sf0

pknlAwdf ; sf/ftds kefj kg{hfG5 .

-8\_ l7 Bfyl{df cl3Nnf] slffdf cklift l; sf0-pknlAw xfl; n xg g; Sbf dflyNnf] slffdf To; sf] %g\7hf] kefj /xg] u/\$f]kf0G5 . t; y{kl'ylds txsf slffx;dlwo]klg tlnf slffx;df l7 Bfyl{nf0{pQl0f{u/fpg]u/l dfq clwofkg ug] eGbf dflyNnf] slffsf] nflu ; d7 pkoflul xg] l; sf0-pknlAw xfl; n u/fpg]s'/fdf xfd lzlfnsx; ; r7 xgkg] blvG5 .

-9\_ l7 Bfnodf k7gk7g ; #fng e0/x\$]f] ; dodf lzlfnsx;sf] tflnd ; #fng ul/bf Psftkm{l7 Bfnonf0{slff Joj :yfkug { ; d:of xg] / csftkm{lzlfs; E ; DalGwt l7 ifodf lzlf0f-l; sf0 lqmfnsnfk ug{kofkt ; do kgkl] ; d:of /x\$]f]kf0G5 . o; sf] nflu 5f0f] cjlwsf kgtrhul tyf k7fut l7 sf; -6kl8l\_ tflndx; l7 Bfno aG6 /x\$]f]j l7 Bfnodf k7gk7g gxxg] ; dodf ; #fng ug{ ; lsg] tyf nfd] ; dosf] tflnddf hfgkg] ; dodf l7 Bfnon] ; \$f lzlfss]f] Joj :yf ug{h?/l blvG5 .

-0f\_ lzlfnsn] cf'gf] ; do plrt ; kdf Joj :yfkug ug{g; Sbf klg l7 Bfyl\$]f] l; sf0 pknlAwdf c; / kg] u/\$f] 5 . laxg-ah]slsf] ; do / labfs]lbgdf 3/sf]sdfdf Jo:t /xgkg]j l7 Bfnodf w7}lkl/o8 k9fpgkg]cflb sf/Ofn] slff lqmfnsnfksf] nflu cf]Zos kg] z]lfs ; fdull, z]fl0fs ofhgf lqdf0f tyf ltgsf]k0f]df lzlfnsn]kofkt ; do lbg g; s\$]f] / To; sf]kl/Ofd:j?k l7 Bfyl\$]f] l; sf0

**गुञ्जन्तं 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, रविमवन, काठमाडौं  
 फोन: ८२०९९२९, ८२०९९२३, ईमेल : radio@nfm.com.np

[www.nfm.com.np](http://www.nfm.com.np)

pknIAwdf kl'tsh c; / k/ʃf] tYoklt xfdl lzlfSX;  
 ; r] xg}k5{.

-t\_ k/lifsf] ; dodf lj Bfyl[ h] kZgkq /fd/L a%] ; f]l cg; f/  
 ; d:ofsf] ; dWfg ug{g; Sg' klg lj Bfyl[ʃf]l; sf0 pknIAwdf  
 kēfj kfg]Ps sf/Of /xʃf]kF0G5 . kfylds txsf lj z]f u/L  
 ul0ft lj ifosf] slffsfo{ jf uXsfo{ lzlfS jf cleefj ssf]  
 dfu}zgd dfq ; dWfg ug{cEo:t ePsf lj Bfyl[ʃf] k/Lifdf  
 s; ʃf] dfu}zgd lj gf ; d:of ; dWfg ug{ kb{ cndndf  
 kg]u/ʃf kF0G5g\ . ul0ftlo ; d:of ; dWfg ubf{ To; nfo{  
 blgs hljg; E Psfsf/ u/] eGb ul0ftlo ; qX; kōf]u  
 u/L oflGqs ; kdf ; dWfg ug{dfq lj Bfyl[ʃf] cEo:t xg]  
 u/ʃf]h] klg of] ; d:of l; hōf ePsf] xf]. t; y{lj Bfyl[ʃf]o{  
 kof]t dfqdf slff lqofsnkdf ; xeful u/f0{ pglx; df  
 ul0ftlo wf/Off a; nlg xfdl lzlfSX; ; r] xg' cfj Zos 5 .

-y\_ lj Bfyl[ cgzf; g / lgoldttf klg l; sf0 pknIAwdf c; /  
 kfg] t]j x]f]. To; u/L lzlfssf] lgoldttf tyf ; fdlhs  
 / g]ts cfr/Ofdf lj Bfyl[ / cleefj sn] kZg p7fpg]  
 cj: ydf lzlfSn] lj Bfyl[ʃf]o{ cgzf; gdf /Vg ufx] xG5 .  
 o; n] ubf{ lzlfSnf0{ slff Joj :yfg ug{ ; xh qXg] xbf  
 o; sf] k]olf c; / lj Bfyl[ʃf]l; sf0 pknIAwdf k5{ . o; y{  
 o; tkn{ klg xfdl lzlfSX; ; r] xg' h?/L xG5 .

-b\_ ; dbfodf ; -rfng xg] lj leGg ; f:ts ultjlw / lj leGg  
 df} dl sdx; h: t] of; f( Daf l6kg] 06feʃdf sfd ug]  
 ; fdbflos jgaf6 3fF-bfp/f / lgdof ; fdu] cf] fg]

cf]b sfddf cleefj sx; cf'gf afnaRrf; lxt ; xeful  
 xg] sf/Ofn] lj Bfnosf] k7gkf7g kēfj t xg] u/ʃf] 5 .  
 o; sf] k]olf c; / lj Bfyl[ʃf]l; sf0 pknIAwdf kg] u/ʃf]  
 5 . o; sf] lg/fs/Ofsf] nflu ; dbfo; E 5nkm u/L To: tf  
 lj z]f ; dodf lj Bfnodf lxp] jf av] labf ; dfof]hg  
 ug] kn{ lj Bfnon] kxn ug{ pkoQm xG5 .

-w\_ slffdf lj Bfyl[ʃf] Joj :yfgdf lzlfssf] tflnd eGb  
 lzlfssf] cgej / cgej eGb p; sf] kZfut ; Gtl6 a9L  
 kēfj sf/L /xʃf] kF0Psf]h] ; f]l cg; f/ lj Bfyl[ʃf] l; sf0  
 pknIAwdf kēfj t xg] u/ʃf] 5 . t; y{ o; sf] Joj :yfgsf]  
 nflu lj Bfno kZf; g, Joj :yfg / cGō ; /ʃf] jnf klfn]  
 Wofg lbg' cfj Zos 5 .

-g\_ lj Bfnosf] jftfj /Of lzlfSX; sf] Joj ; flos blftf clej [4  
 u/fpg] vfnosf] gxgh] klg o; sf] kēfj lj Bfyl[ʃf] l; sf0  
 pknIAwdf kg] u/ʃf] kF0Psf] 5 . lj Bfyl[ʃf] ; d:of  
 klxrfg ug] / cfk; l 5nkm af6 o; sf] lg/fs/Ofsf]  
 nflu pkrf/f]ds lj lw kōf]u lzlfssf] ; d:ofaf/]  
 5nkm u/L 6Erf] kul cfj Zos klj lws ; xof]u k]t  
 xg] jftfj /Of ldnfpg] kn{ lj Bfnon] ; lqotf b]fpg] u/ʃf]  
 kF0G5 . o; n] ubf{ klg lj Bfyl[ʃf] l; sf0 pknIAwdf kēfj  
 kg] u/ʃf]h] o:tf ; d:of Gōg]s/Of ug] lj Bfno kZf; g  
 / cGō ; /ʃf] jnf klfsf] alrdf Jofks 5nkm u/L  
 bl3ʃfnlg glt cj n] jg ug] kg] blV65 .

g] ou dWolds lj Bfno, h]zb]n, s7df8f]

## शिक्षक sf lj t/s ÷ laqnt] fnf0{ h?/L ; 'rgf Ū

l= /z]fs dfl; s Pj +o; sf] dft [ :yf 1fg-lj 1fg z]f]s  
 ; xsf/L ln= n] b]ze/sf kqklqsf tyf k':ts  
 laqnt] fx; E ; xsfo{ ug] lgoF6 u/ʃf] 5 . o:tf]  
 ; xsfoʃf] cfwf/ cfk; l cyf{\bj} klfsf] nfe /  
 ; Gtl6 xg] . ; xsfoʃf] kl/De Ps-csf] Joj ; fo  
 k] 4gd] ; 3fP/ ug{ ; lsg] . pbfx/Ofsf nflu  
 ; xsfo{ug{OR5s laqnt] fx; n] /z]fs dfl; s / o; sf  
 cGō kʃfzgx; sf] laqnt-lj t/Ofnf0{ lj z]f dx]e] /  
 kfyldstf lbg] laqnt of]hgfx; agf0{nfu" ug{k]tj  
 ug] laqnt /sdsf]c; hl / eQnflnf0{ ; xh / zl3f  
 kōf]g ug] cf]b sfoX; ug{ ; S5g\ To: t] /z]fs /  
 1fg-lj 1fg z]f]s ; xsf/L ; :yfn] ; xsfo{ug{tTk/  
 kqklqsf jf k':ts laqnt] sf] Joj ; fo -k; n\_ sf]  
 k] 4gd] lj z]f k'f/-k] f/ ul/lbP/ Ū dVo laqnt] jf  
 lj t/ssf]x] ; ot / ; xlnot kōf]g u/] ; 3fpg ; S5 .  
 of] cj wf/Off cg?k ; xsfo{ug{OR5s laqnt] jf  
 k; nx; n] tnsf] 7ufgdf ; Dks{ /Vgxf]hf .

@= laqnt] fx; nf0{ k]f] ; flxt ug] p2]on] /z]fs dfl; sn]  
 .p]s[6 laqnt] ; Ddfgl kōf]g ug] lgoF6 u/ʃf] 5 .  
 -ebf]@)^( sf] cʃdf kʃflzt o; ; DaGwl ; 'rgdf  
 k/ʃf] .cj f8] sf] ; ʃf ; Ddfgl zAb /flvPsf] 5 .

/z]fs dfl; ssf] nf]skōft / lj :tf/df b]ze/sf  
 ; DkOf{laqnt] fx; sf] of]ubg /xʃf] tYonf0{ cf]d; ft\ub}  
 lgdg dfkb08cg; f/ sfd ug] laqnt] fx; nf0{ .p]s[6  
 laqnt] ; Ddfgl kōf]g ul/g] hfgsf/ u/fp]5f]h]

-s\_ /z]fs nf0{ lj z]f dx]e] lb0{ laqnt k] 4gd]  
 ; xof]u k]fpg] .

-v\_ laqnt] dfqf -klt\_ lg/Gt/ a9fp] nuʃf .

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

-3\_ laqnt] ; DkOf{/sd cfkn] /z]fs dfl; ssf] aʃ  
 vftdf hDdf ul/lbg] .

-a\_ ; fg] e]v]f]ns lfg]leq /x] klg laqnt b/ pRr  
 tyf u]xs agf0{ u]xs zNs /z]fs sfof]nodf  
 clud eQnfl ug] .

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

-5\_ Jofkf/sf] ; jfell] s l; 4ft cg; f/sf] Joj xf/  
 ug] axfgafhl gug] .

dfly pllnlv t dfkb08 cg?k p]s[6 7xl/Psf lj t/s  
 jf laqnt] fx; sf] gfd /z]fs sf cfufd cʃx; df kʃflzt  
 ul/g] .



# rflSnPsf]lzIff PlSnPsf lzIfs

; dfgtf / leGtf lrgf0lbg] xf] eg] xfd] lj Bfyl{t} f] al4 lgsfl5g\ . jOf{ / al4 .  
gjlG al4 agfp5g\ . ul0ft k9fpg]3/ h' t/Lsf . lj 1fg k9fpg] uf]fn] t/Lsf . ; fdlhs  
lzIff k9fpg] .3/ tk]50 tl/sf . k/]f p8d'sf] lj 1fg .

## vhf Istfa agb al4

j]bfGtn] tlg aXd a'of] . ; jG aXd . zs/frfoh] Toxl  
k9fP . ; b/ aXd . dfwj frfoh] Toxl eg] . cfm]f aXd .  
/fdgrfoh] Toxl a%] . uf]d a4n] ; uof aXdnf0{ eYofa  
eg] . r9y] uGtJodf kUk15 5fB] . lgu]f aXdnf0{ sflklgs  
dfg] . h] ; rfof] Toxl xg] . lgg] fof] . cu]hlsf] void . ; l6sf]  
zG / cGto . cNnfxn] cfbz] lbP- dfgj : j?k xf] . cNnfx  
: j?kxlg . hXf]f blvPgg\ . 5f]f] k7fP . ol ; a} wd]h]  
eg] . k9U . 0: nfdsf] . 0qnl n] . lxGb'sf] . bl6fl n] . 0: f0sf]  
klof/n] . a4sf] zGoaf]vn] . ; a'sf] ; f/ xf] k9y] Istfa ; jG  
5 . cfm]f k9] /fdgrfo{ alg65 . a4 alg65 . zGo k9]  
; a} bzG al%65 . k]sf . dWok] sf . pQ/sf . o ; cydf  
lj kZ]lnf0{ ; jG Istfa /x\$ . xg] hfcG] JolQmf0{ . k9y hfcG]  
JolQmf0{ . k9y] al4 cfm]f /x\$ . oxl+kZg /Xof] s] xfd]  
x]fd] lzIfsnf0{k9y nufpg ; S5f] afnaf]nsf k9y . lTgsf]  
; fdlhs aXdf08 (Social Cosmology) df lTgnf0{lrgG . Toxl  
aXdf08lo cge]ltdf lj ifoj : t' vfl]g . JoStofpg] zAb vfl]g .  
cgf]krf] /s lzIffsf] zAbf] nldf lzIffsf] efiif cgej z]hl  
(Language experience approach to teaching) . afnaf]nsf]  
cgej df . lTgs] af]h]df . lTgs] z]h]df . lTgs] cge]ltdf Gof  
/ cGofv vfl]g] pkfo . cgf]krf] /s lzIffsf] af]h]df k]f] fl  
al4 . lTgs]f] lj : tfl/t . l/ n\$6lj fl al4 . cyf] \tt' yfgd]  
Istfa ag] al4 . cgej d] hfB] gofFs/ f l ; Sg] l ; sfpg]  
tl/sf . s] xfd] lzIfsnf0{ eG ; S5f] Istfa lj Bfyl{xf] .  
p ; sf] dgf] ; fdlhs aXdf08 xfd] Istfal lj ifoj : t' . l ; Sg]  
tl/sf jf lzIffz]hl xfd] lzIffsnf (pedagogy) . k]tlt xfd]  
k/liff Joj : yf . o ; cydf al4 vfl] Istfa ag5 . lzIffsnf  
h6G5 . k/liff kof]n] tof/ xG5 . l ; sf0 ; xh xG5 . ; jG e]l  
l ; sf0 . lgg] fof] lrg] l ; sf0 . aXd a'g] l ; sf0 . o ; f] ubf]  
clxn'sf] vGof0 (banking) km]G5 . Istfa vGofpg] al4 .  
cgej vGofpg] al4 . Istfa / cgej sf] ; f6km] vGofpg] al4 .  
o ; f] u/ ; a} lzIfs n]ys ag5f] . . ; fdlhs j]0 -1fg\_ sf

; l6f ag5f] . j]df bl6f 5g\ xfd] ; l6f ag5f] . Istfax;sf  
; l6f . k]of] jif{ag] gof] Istfa . clg kf7dk'ts vfl]g] al4  
km]G5 . kf7dk' : t' vfl]g] ; f] ag5 . k]of] lj Bfyl{f] lj ifoj : t'  
vfl]g] . lj Bfyl{f] lj ifoj : t' . ul0ftlo ; qdf lj ifoj : tx; alrsf]  
; Ddng (Common) vfl]g] . k]of] jif{cfpg] gof] Bfyl{f]  
dgf] ; fdlhs aXdf08af6 cg\$g kf7dk' : tx; ; sng ug] .  
lTg} kf7dk' : tx; pg] kf7dk'ts agfpg] . 5fk] jf 5kfp  
; j]ofkl kf7dk'ts . n]y] n]y]P ; yfut kf7dk'ts . cbZ0  
g] /fv] >lth6o kf7dk' : t' .

## ax'snf Psn kx/f

l ; Sg] ; sf cf-cf'g] snf xG5g\ Psn aXdsnf . .sl n]y]sf]  
x] kU5 . sf]l l8sf]f6 zG u5f] . sf]l w ; f]f6 . sf]l  
uf]h]f6 zG u5f] . sf]l snd 5fB] n]y]5f] . sf]l snd  
hfB] n]y]5f] . Toxl .sl sf] dfg] ; lrg (Mental Trace) jf  
yGsof0snf klxNoP xG5 . s] h:tf] .sl <snd h:tf] <to ; f]  
eP w ; f] .sl xf] t <s/fl h:tf] <to ; f] eP sf]k] .sl xf] t <  
s5]f h:tf] <3f]6f] .sl xf] t <sd/B h:tf] <cg]t/ .sl  
xf] t <s/hf h:tf] <rRrf] .sl xf] t <of] 9un] dfg] ; lrgsf]  
lj Zn]f0f u/df b0{s/f] /fh vN5 . n]y]gz]hx;sf] /fh .  
; f]gz]h]sf] /fh . o:tf cgluGtl /fh; xfd] lzIfsn] b]y]sf  
5f] . b]y]5f] . a'5f] . t/ xfd] kx/f/ -lzIffz]hl s:tf] 5 t <  
df/ xG] 5f6sf] . oflk . ; g] 5f6sf] Rof\$ . uf]l]g] 5f6sf]  
6]fss . cg6t snf dlysf xfd] lsg tl tlg snfdf ljeQm  
5f] <s] ; h] xfd]lnf0{0Vof0 lbg ; S5 <ltVof0 lbg ; S5 <  
; Ddfg lbg ; S5 <xfd] lzIffsx; l ; Sg]snfz] z]ws xf] .  
x88]oesf klxrfgstf] {xf] . snd ; dfg] tl/sf vfl]h] klG  
xg] . dfg] ; lrg ag] agfpg] qnd klxNoP klG xg] . lj Bfyl{  
/ l ; Sg] j : talrsf] cGt/lqmf vfl]h] klG xg] . o ; sf] cy{xf]  
lj Bfyl{f] l ; Sg] snfdf xfd] lzIffsnf ldnf0lbg] al4 vfl]g  
; lS]Pnf <a4n] kqz]sf k/\$l dlxnfnf0{ . clgRol l ; sfP  
h:tf] . clg]Zrttf . pg]h] gblsf] kfgldf cgj/t kl/j tG

l; sP h:tf]. kfgl lg/Gt/ xF Pp6}xg . ; do lg/Gt/ xF  
pxl xF0g . oxfF; Sg\$F; ; xhzhl 5 . kqzfs 5 . kllKtsf]  
kAn rfxgf 5 . Toxl+a4n]elgblP Sg}klg gftbf/ gd/\$f]  
3/af6 Psd7L tF7L Nofpm . tF7L vfflg hfg' zfvstf{xf].  
gellbgh].clgRol afW . afWn]lelf aGg]lg0f6 . bf]f]pbfx/Ofdf  
gblsf]lg/Gt/tf 5 . xbf{Pp6}. a'bf cgj /t (Continue) .  
lj zfn bzgx; ; xhzhlidf eGg]al4 . zS/ftsF; ; jfb h:tf].  
kZg lj Bfyl\$}. pQ/ lj Bfyl\$. glrs]fsf]axdafW u/fpg]  
pklgiblo zhl .

lj Bfyl\$] ax' l; sF0 / yGSoF0 snf vfflg xfdl lzlfS  
; lfd 5f; . tl snfx; s]b:tfj]h agfpg hfGb5f; . lsg ub\$F]-  
eg] xfdlnf0{nNsf]/lbg] s] < ol rf/ hgfsf] l; sF0snf s]  
xf]eg] nNsf]/lbg] < yGSoF0snf s] eg] %S%SoF0lbg]. a4  
/ zS/ftsF ; xh lzlf0snf ; D%0lbg]. a4sF] zAbdf cfkM]-  
snfsf wgl aGg] al4 lbg]. zS/ftsF zAbdf cfkM]-hfg  
(Know themselves) eGg] kf7 k9f0lbg]. ?vf] zAbdf eGbf  
3f\$] tflndstf{ (comprador trainers) nf0{xgdfg rfnl; f  
; Gf0lbg]. xfd] lj Bfyl\$] l; sF0snf vfflg] tIs] lbg].  
yGSoF0snf klxNofpg]; f] xfnlbg]. lTgdf ldnG] u/L  
JolQmut, ; fdLx, ; yfut jf cfo sgut axtlS] vfflg  
pTK] / t ug]. o; f] u/df Psn kxk/sf] xfd]; f] ablnG5 .  
axsnf; E ldnbf lzlf0snfx; hGdG5g\ . a4 / zS/ftsF  
snf h:tf . glrs]fsf pkfo h:tf . g l; Sghf0{ufxf]kg]. g  
l; sfpghf0{ck7}xg]. o; f] xbf xfd] Psn kxk/ ablnG5 .  
axsnf hGdG5g\ axhtf; E ; xh}3hgzin xg] lzlf0snfsf]  
yfnlg xG5 .

### axlfdt Psn cfiW

j:t' Ps cyf cg\$ . ; b} oxl /Xof]. /xG5 . /xg\$ .  
xfd] axlfdt eg] :shdf h]nP . gh/agb . pgsf] lfdtF  
s] 5 < xfd] al4n] rfx+x/ lfdtfnf0{Pp6} cfiW lbof; .  
/Tgkfsf] sfg bv\$] 6psf]bv\$] k\$ bv\$] cfiW h:tf].  
To; h] ; flxTo k9fpg b] sF0n]oxl eg] egl 7f\$sf ul/lbof; .  
b] sF0f gby\$fn] eGof; . ge\$]fn] eGof; . glrg\$fn] eGof; .  
pkfo ; lhnf]lyof]. a4 b] tf xg\ dxfof]s] zAbdf . a4  
dfG5] xg\ y] jfb]s] zAbdf . y] z4 xf]. a4nf0{dfG5]  
bv]g]. dxfof; ; dfj zL xf]. a4df b] lj vfflg]. j:t'm b] }  
cyf xg\ . a4 gby\$ . a4 a'g vfflg]. klxnf]h] 1fg  
vff]of]. bf] h]h] Hofg vff]of]. 1fgsf] dlxdfn] a4 agfof].  
Hofgsf] dlxdfn] k[o\$df a4 aGg] tfut 5 eGg] dfGotf  
:yflkt u\$of]. j:t' a'g] tl/sf Toxl xf]. kVor] zAbdf  
hutsf]; To . hlj sf]; To . s] xfdl lzlfnsf0{hut / hlj  
a'g] tl/sf l; sfg; ; S5f} < ckn]h] eg\$ s/fnf0{axd; To  
dfG] hlj / hut k9fpg]nf0{clt eof] eGg ; S5f} <  
/fhgllts bnsf ; To af\$g]aa/fx;nf0{bnx;sf ; To vff]hpg  
; S5f} < kTo\$ bnsf cly\$ gltX;sf tfl]j s ; dfgtfx; .  
tfl]j s leGgtfx; . z]fs gltSf ; dfgtF Pj +leGgtfx; .  
z]lut leGgtf . zAbut leGgtf . Joj xf/ut leGgtf . o; /L  
; dfgtF / leGgtF lrgf0lbg] xf] eg] xfd] lj Bfyl\$] t] f] al4  
lgsfN5g\ . jOf{ / al4 (Hybridized wisdom) . gjlg al4

9wf]k'ts xf]. r\$fg k9fpg ldnG]. 6qnf  
u/] ul0ft k9fpg ldnG]. lsg 6lqmf]  
lj 1fg k9fpg ldnG]. s; n] 6qmf]of]  
; dfhZf:q k9fpg xg]. 6lqmf} hf\$]sf]  
clGtd s0f s]xf] < axd k9fpg ldnG].  
s0fx; hf]8b}cfP ; Argf k9fpg ldnG].  
hf]8b} / kn]b}cfP bzg k9fpg ldnG].

agfp5g\ ul0ft k9fpg] 3/h' tl/sf . lj 1fg k9fpg] uf7fn]  
tl/sf . ; flxTo k9fpg] ukf8l tl/sf . ; fdlhs lzlf k9fpg]  
..3' tk]5l tl/sf . k/]f p8b]sf] lj 1fg . a:bfsf] lj 1fg .  
lx8b]sf] lj 1fg . lTgnf0{cxf/ Vjfp\$]sf] ; fdlhs lzlf .  
lTgn] aRrf; E v]b]sf] ; flxTo . lTgnf0{rf/f lbbf glhs}  
a; \$f] dflg\$] ; flxTo . p8b]sf] j]ulo ul0ft . s] xfd] canW  
tflndstf{x;nf0{of] ; e]jgf byf0lbg ; S5f} < axlfdtfsf  
axcf]Wx; 5g\ eGg] ; f] xfnlbg ; S5f} <

### Psn hfgsf/L axk'ts

cGttM hfG] Ps xf]. lj 1fgn] a%] vfn (void) . a4n] a%]  
vfn . lXGbh] a%] lg/-hg lg/fsf / . 0:nfdn] a%] ; a}xg\  
s]kl xg\$ s cNnfx . oxl-a4lnf0{dfjg z/L/df hf\$]s]xf]hf <  
d lj 1fg vff]5' o; df . dvdf uf' xfn5' . ubaf/af6 dn  
lgsfN5' . o; s] lj 1fg s]xf]hf < vfg vG5' -f0fn lgsfN5' .  
o; s] sf/of s]xf]hf < slt f0fn lgsfN5' < slt lb; f lgsfN5' <  
o; s] cgkft s]xf]hf < dv afx/ f0fn lgsfN5' . o; s]  
; fdlhs dNo s]xf]hf < hyfejl lb; f u5'. d]f]dfGotf s]  
xf]hf < o; /L xbf{kTo\$ j:t' k'ts xf]. hlj k'ts . lghl]  
k'ts . af\$] t k]tlt g xf]. s] xfd] lzlfnsf0{of]s/f yxf  
lbg ; lSfnf < k'ts lj gf k9fpg ; lSg eGg] aa/fx;nf0{  
; D%fpg ; lSfnf < 9wf]k'ts xf]. r\$fg k9fpg ldnG]. 6qnf  
u/] ul0ft k9fpg ldnG]. lsg 6lqmf] lj 1fg k9fpg ldnG].  
s; n] 6qmf]of] ; dfhZf:q k9fpg xg]. 6lqmf} hf\$]sf] clGtd  
s0f s]xf] < axd k9fpg ldnG]. s0fx; hf]8b}cfP ; Argf  
k9fpg ldnG]. hf]8b} / kn]b}cfP bzg k9fpg ldnG]. lTg  
s/f n]yP n]ygzhl aGg]. s] xfd] lzlfnsf0{of] tIs]  
l; sfg ; lSfnf < w] } 6f lj ifo k9fpg] Psn lzlfnsf0{of]  
pkfo lbg ; lSfnf < kmnfg] lj ifolj 1 xFeGghf0{ltdf] lj ifosf  
hDNofx, lTdnofx / rDNofxfnf0{klg lrg g eGg ldnf <  
o; f] ug]; lSdf Ps; fy axlj ifos k9f0 xg]lyof]. !-@ j6f  
lzlfns] ; a}lj ifo k9fpg ldnVof]. lj ifo egl lB0Psf k'ts  
lj Bfyl\$ xg\ lTgh] k95g\ eGg = egfpg ; lSvof].

csf] af6] xf] xfd] lzlfnsx; alrsf] ; jfb . lTaatl  
af7dfulx; ; jfb uy]. kB; e] / nfd u?sf] ; jfb . lhtg\$]  
dt : jlsf]/Gvof]. xfg; sfl6Gy]. dfl; Gy]. /fhf ktfk dln  
rflx+l]rf/x; a%fp]. lhtg] / xfg] b] \$f s/faf6 lGSoFh  
lgsfNy]. nfu"uy]. k]l6 dlglx; cNnf]klgibn]y]. cNnfx  
/ pklgib\ hf\$y]. o; /L xbf{ ; jfb / cNnf]klgib]sf] al4  
lzlfns] nfu" ug] ; S5f} < lj lj w lj ifos lzlfssf] lj ifout

; jfb . ; jfbsf] cNnfkgifb\ . xfd] lzlfnsf0{To:tf] a4 lbg] sf]l 5f}< Totfkl\$ wsllg] sf]l xG5f}< o; f] ug{ ; s] xfdln] lj Bfylhf0{ ; \$fo dgrllj 1fg (Faculty Psychology) af6 l%\$5f}< ; dfofhgd f nG5f}< . lj 1fg k9bf ; fdlhs vfl]g] . ; fdlhs k9bf uloft vfl]g] . uloft k9bf cyzf:q vfl]g] . cyzf:q k9bf ; flxTo vfl]g] . cflv/ ; ofhs t dfgj g xf] . k\$[tsf] c0fdf axd hfll]g] g xf] . axdf08 . axdsf] c0fdf k\$[t hfll]g] g xf] k\$[of0f' . dfgut leGgtf . :yfgut leGgtf . gfd km/s kg] Toltn] g xf] . cyff\ xfd] lzlfssf] ; \$fo ; ffg Pj +dgrllj 1fg (Faculty Cognition and psychology) nf0{ ; Zn]f0f ug] g xf] . d\$ ; \$f] zAbj nldf ; f/ ; f/Q/ / ; Zn]f0f (Thesis, anti-thesis and synthesis) g xf] . j :t' xq] . lgrf\$ lgsflNg] . ljsllk xq] . ; ofhg ug] . clxn] elglbgkg] s/f xf] xfd] lzlfns lj Zn]f's e0lbof}< . lj Zn]lft lsQsf6d} ?dlnof}< . lsQsf6 Pp6f a4 xf] . rSnfaGbl csf] a4 . s] xfd] lzlfnsf0{ gclndng] pkfo lbg ; S5f}< lj ifout rSnfaGblsf cg\$g pkfo ; %fpg ; S5f}< /x/sf rSnfaGbl . aflotfsf rSnfaGbl . gldNg] lj ifodf 5\$} k9fpg] pkfo . o; f] ubf{ xfdln] Psn hfgs/l\$ axk'ts ldnfpg ; S5f}< . axhfgs/l\$ Psn k'ts agfpg ; S5f}< . Psaf6 cg\$ ag] . cg\$af6 Ps ag] . Ps / cg\$alr cGt/; DaGw xq] ca} , a} / lj lz16 a}sf 7hf s/f xfdln] k9fpg] kf7df nfu" ug{ ; S5f}< . kZg xf] s] xfd] xfd] lzlfnsf0{ o; tkm pGdV u/fpg ; S5f}<

Joli6 , ; dli6 / cGt/; DaGwsf] lgrf\$  
 Joli6 lj ifout k9fo xf] . ; dli6 cGt/lj ifos . cGt/; DaGw otftptf (to and fro) ug] tl/sf . clxn] xfd] Joli6ut k0ffnldf 5f} . To; } slflkR5\$ lzlfs vfl]5f} . lj ifolkR5\$ lzlfs vfl]5f} . aRrf rfx+; dli6 xf] . Joli6 56dfpg ghfGg] . lj 1 56dfpg g; Sg] . Joli6 / ; dli6sf] cGt/; DaGw klxNofpg g; Sg] . o; l:yltdf afndq] ag] agfpg] a4 lgsflNg ; S5f}< Pp6} lzlfns] axlj ifo k9fpg] ; xh ; f] agfP/ . lj Bfylhf0{ ; fgl dgrllj 1fg (Cognitive psychology) af6 l%\$] . lzlfnsx; nf0{ lj Bfyl\$] lxtsf nflu dql l; sf0 pGdVl (Collegial learning oriented) agfP/ . qndzll lj gf l\$tf a k9fpg] a4 cfhg u/] . lj Bfylhf0{ Psn k'tsaf6 axk'tsdf k9fP/ . axk'ts jf lj ifosf 1ftf eGg} ; sf] lj zlf blftf pRr lzlfdf kf] rfxG5 eGg] s/fdf ; xdt h6fP/ . :shl lzlf t cfwf/:tDe kf] xf] t eGg] Jofj xfl/s a4 lbP/ . z/l/sf] cfwf/:tDe b0{ v\$ 7fg} k\$; gsf] cfwf/:tDe rfs dfg} ahf; gsf] cfwf/:tDe gnlv\$sf] cu\$fu dfg} st} xfd] xfd] lzlfnsf0{ cf-cf'gf] a4sf] k/lifof u/fpg ; S5f}< ls < uof/Tgdfnf eGg] l\$tfan] eGg} xfd] / pgl\$] km/s ; 0%fpg ; S5f}< xfd] lsQj fbl . pgl lsQdf} rSnf vfl]g} . rSnfnf0{ lsQf blyg} . rSnf / lsQdf cGt/; DaGw vfl]g} . pgl\$} a4df afndq] eGg} . pgl h:t} . pBdl u/l cudf]f\$ afndq] ag] ; S5f}< xfd] lzlfnsf vfl]g} . xfd} kf7dk'ts agfP/ . xfd} df6df zfv u/] . xfd} kl/j zdf gjlgf vfl]g} .

# वातावरण पत्रकारिताका २५ वर्ष

आंखीभयाल भिडियो पत्रिका  
 सामुदायिक रेडियो सहयोग केन्द्र  
 मिडिया ट्रेनिङ सेन्टर  
 जनकालत तथा पैरवी  
 दिगो विकासका लागि सञ्जाल

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

**नेपाल वातावरण पत्रकार समूह**  
 दिगोपनको लागि पत्रकारिता



**25 years**  
 Journalism for Sustainability

हरपल तपाईंके साथ दैनिक १८ घण्टा  
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 बिहान: ८:४५ र ११:४५, दिउँसो: ४:४५, साँझ ६:४५ र ९:४५  
 पत्रपत्रिका, डबली, लुकामारी, नयाँ पुस्ता,  
 खुल्ला मञ्च, लोक भाका, रेडियो कुराकानी,  
 आजका कुरा, संगीत आकाश,  
 ट्राफिक अपडेट बिहान ८ देखि बेलुका ८ बजे सम्म  
 बीबीसी नेपाली सेवा हरेक बेलुका ८:४५  
 सचेतना रेडियो कार्यक्रम शनिवार बिहान ७ बजे  
 उहिले वाजेका पालामा हरेक सोमवार साँझ ७:३०

**रेडियो सगरमाथा एफ.एम. १०२ थोप्ले ४ मेगाहर्ज**  
 नेपाली रेडियो, नेपाली आवाज

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

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 वेब: [www.nefej.org](http://www.nefej.org), [www.radiosagarmatha.org](http://www.radiosagarmatha.org)



रेडियो सगरमाथा

# j \$lNks pnhf{/ hnj fo' kl/j t[

■ ldfll /\$sf l[ql

hnj fo' kl/j t[; E uff; Psf] lj Zj /fhglltdf lj sl; t / clj sl; t /fi6sf] lhd]f/l / clwsf/sf] lj ifodf rsf] ax; xg] u5{. ToxfFlj j fb / ax; xg] dVo d2f sfj g pT; h[gsf] dfqf xf]. of] d2fsf] r/f] a'g sxl ; do cufl8 ug{kfPsf] lj sl; t /fi6«ahfot / lj Zj s}u/la dh'ssf]; l'ldf /x\$]f] Olyofl]kofsf] e]d]ofn]of] kl[msf/nf0{ lgs}; xof]u k'vofof].

sg}; dodf lj Zj d}g} ahfotsf] /fh lyof]. klxnf] k6s ahfotsf]/fhwgl n08g kl'bf Toxf]f 6dSs ldn\$]f 3/; 3/cufl8 kfs' ul/Psf sf/, /ft klg lbg h:t} nflu]; 8s aQl, b0fn]a; , lahhlaf6 rNg]/h, lx8bf cf'g}v\$]sf]d]h]; nf{h:tf]nflu]; 8s cflb b]bf wtl'ef zfob :j u{oxl xf]eG]nflu]. ; fj h]gs ; j f/l ; fwgsf] l6s6 lng dl; gn]; xof]u uy]. dfgf}cablv dflg; nf0{ dl; gn]lj :yflk u5{. j f:tlj stf s]lyof]eg]ol ; a\$] nflu ; xh lahl cflk{ xG]of].

j e]zfnl hlj gofkg aRg w]} pnhf{ cfj Zos xG5 . ahfotsf] ojfk:tm] hnj fo' kl/j t[ , w]} dfqdf kof]u e0/x\$]f] pnhf{/ pT; h[ e0/x\$]f] sf] gsf] af/]f s]; f]b} xfhfg eG]l h1f; f p70f]. lj sl; t dh'ssf ; DkGg gful/sn] sfj g pT; h[ 36fpg s}s:tf kof; u/\$f 5g\ t <obfsbf hnj fo' kl/j t[ gaf]/pglx; lsg dfg /xG5g\ Toxf]f]/fhon] s}s:tf]kof; / bflolj lnPsf]5 <cflb s'f]kZg p7]d]f] dgdf . ol kZg lsg p7]eg]wgl dh'ssf afl; Gbn]; DkGg / ; lj wfsf]hljg e]b]fsf]bkl/Ofd ; Dkof[lj Zj n]v]gk/\$f] 5 . efl]t s]sf; sf]r/d pTisif'f kl'bf ahfotnufotsf cG] lj sl; t bzn]pT; h[ u/\$f] sfag8f0cS; f08sf]dfqf j fod08ndf rfxg'f]b a9l ylkPsf]sf/Ofn]k]j]lsf]tfkqnd a9l]uPsf]/ To; s]kl/Ofd:j'k hnj fodf kl/j t[ cf0/x\$]f] 5 . o; sf] df/ ; a'Gbf a9l u/la /fi6sf hgtfnf0{ kg] kl6 5 .

ahfotsf]lj k/lt cj :ydf 5 Olyofl]kof . Olyofl]kofsf] /fhwgl clb; cafa]sf] lj dfg:yndf le; f lng] sf]7fdf xfdl cf'g]gfd sfuhl k'f0ndf v]h/x\$]f lyof} Toxf]f}t}

xfdf] oftoft k'offnl vlgh t]hdf cfwl/t 5 . of]kl/kf6l lj ut !%) jif[ v rNb}cfPsf]5 . lgZro klg nfd] Oltxf; ePsf]vlgh t]hsf]cy{fhgllt t]tsn}kl/j t[ xG . o; cy{fhglltleq j \$lNks OGwgsf ; f]x; klg km'dGt/ e0{ :j]sfo{xG}g\ t/ xG}u/\$f 36gfqnd] lj sNk cfj Zos 5 eG] b]yfo; s].

sdKob/ t lyP xfhfg\ t/ kof]udf lyPgg\ clb; cafa]sf sxl ; 8s km]f]snf lyP eg]w]}; fB/f / v]N8fvN8loQm . Pp6} 7fpaf6 xhf{ Pslft/ cfln; fg 3/x; b]Vgy] eg] csf]f/ ; -; fgf %k8l / cJojl:yt a:tl . km]f]f]-d]h]fsf] sdhf] Joj:yfkg, hQf kfln; ul//x\$]f u/la afnsx; , 66]k'6\$]f ; 8s, sxlk/ 8fBsfBf, bfp/f af\$] lx]8/x\$]f dlxnf; b]bf sf7df8f\$}%ns klg cfp]of].

xfn; fn\$]f Ps ; j {f0fcg; f/ ahfotsf] !\$ kl]tzt hg; a'vof u/lalsf]/yfdg 5g\eg] Olyofl]kofsf] @(-@ . t/ tl b0{bzd]f dflg a:gx;sf] tl/sdf klg leGgtf 5 . n08gdf dflg; af'f]f cf'gf]snf k]tt ul//x\$]f e]b]G5g\ eg]clb; cafa]df xit km]f]0/x\$]f . Olyofl]kof / ahfotsf gful/sn] k]k't ug]; lj w s; u/l klg bflg ; lsb]yof]. hnj fo' kl/j t[gs] sf/s dflgPsf] sfag8f0cS; f08 uof; pT; h[ ug]sf]; l'ldf cu]yfg -!) cf]df ahfot k5{eg] c]of]t}sd pT; h[ ug]dh'ssf]; l' -! !#cf]df Olyofl]kof . of] ; g\@!) sf] cf]f8f xf].

; f] / ; fwgsf] kof]u / kxFaf6 u/la dh'ssf clwsfz gful/s 6f9f 5g\ . sdhf] k]f]f/ / c]olws u/lalsf sf/Of u/la dh'ssf gful/s hnj fo' kl/j t[ gaf6 kg]c; /; E hWg ; Sg] cj :ydf 5g\ . To; \$f/Of wgl dh'sx;n]u/la dh'sx;n]of] hnj fo' kl/j t[gs] k'f]af6 hf]ufpg ; xof]u ug]kg]eG]dfu sd lj sl; t dh'sx;n] cGt/f]60 ; Dd]hg;df p7fpg' :j fef]j s xG5 .

hnj fo' kl/j t[ gaf6 kg]c; / sd ug]; d' dh'sn] clj sl; t dh'snf0{ xof]u ug]k5{ t/ of]To; }cfp] . o; sf nflu ; a}sdhf] /fi6x;n]h6} 7hf]n8f0{ug]k5{ t/ kl[msf/nf0{ o; cge]n] kZg ; flg lj jz kf]ofll lj sf; v]h]b} xfdl klg km]f]snf / 7hf af6] l'gd]f]df 5f} . af6]f6] / k'f]sf/l oftoft ; j]fn] JolQm 3/ kl/jf/nf0{ a; \$f] 7fpaf6 sf]d ug] 7fpaf cfp]g hfg ; xof]u u5{ . oftoft ; j]f ; -rfng ug] pnhf\$]f ; f] s] xfhf <lahhla6 rNg]/h, df6/ uf8l / 60k'f; t 5g\ t/ xfd] ax; wos oftoft k'offnlsf]; -rfng vlgh t]hdf cfwl/t 5 . of]kl/kf6l lj ut !%) jif[ v rNb}cfPsf]5 . lgZro klg nfd] Oltxf; ePsf]vlgh t]hsf]cy{fhgllt t]tsn}kl/j t[ xG . o; cy{fhglltleq j \$lNks OGwgsf ; f]x; klg km'dGt/ e0{ :j]sfo{xG}g\ t/ xG}u/\$f 36gfqnd] lj sNk cfj Zos 5 eG] b]yfo; s].

cf]f]lus qm]Gt dfgj ; Eotfnf0{cufl8 nhfg]Pp6f 7hf] sf] 9E] lyof] . o'f]kog 1fg]kag sfnv08sf lrGts / lj rf/sx;n]b]y]Psf ; Defjgdf 6\$}b}cf]f]lus qm]Gt z; eof]. j t'f]g lj Zj df gof]lrGtg / lj rf/ cufl8 Nofpg xfdl klg ; lfd xgk5{ . o:t}lj rf/n] lj sNkx; v]h]g ; xof]u u5{ . ofqf sl7g 5, t/ c; Dej eg] 5g .



# j if{lbgd}ablnG5 :sh

- g\%) sf] bzsd f cd\|sdf yk} cd\|sl lszf / lszf\lx; 8usf] ntdf k/\$f lyP . pglx; cf^gf afcdfsf] Gogtd s/f klg 6bgy]. cf^gf] lsnlgsdf cPsf o:tf lszf]lszf]lsf]cj:yf by\ cd\|sl dgflr]st; s 8f-lj nod UNof; P/ a8f] a}g eP5g\ . of] ; d:of cWoog u/k15 pgl s]lgisif( df kl5g\eg] xdf] lziff k4ltdf s\l g s\l s/f]sdl 5, h; n]lszf]lszf]lx;nf0(of]cj:yfdf klg ; 3f0/x\$ . w}h; f] lszf]lszf]lx;sf] tlj | ugf; f] / c; Gtl6 Pp6]s/fdf lyof] ad dfof kfpfGFAE g 3/df af cdfaf6 dfof kPsf]cgelt 5, g t :shdf g}lzlf sx;af6 :g}sf]nk .

jf:tjdf dfof s] xf] eg} l; Sg] t 3/af6}xf]. dfosf] cge]tsf] cf/De 3/af6}xg] xf]. aRrfd f ddt] sf] efj gf lj sf; ug{dh bflotj 3/s}xf]. afcdfsf]xf]. To; f] t :shn] klg ddt] sf]cgelt cf^gf aRrfd f u/fpg ; s}g eg]l; sf0 g}cf/De x}g . t}klg :shsf]dVo sfd dl; t s\l 5 eGg] efj gf / cfd]fge]tsf] lj sf; ug{xf]. dflg; df cfd]fge]t dhTl b0{s/faf6 lj sl; t xG5 . klnf] xf] 1fg . bf] fl] xf] ; fl}g ; Sg] / ; d:of ; dfwf g ug{ lfdtf . of] cfd]fge]t k}f u/fpg] sfd :shsf] xf] eGg] dfGof /Vg] pgsf] clwoogsf] lgisif]lyof] :shdf 1fg ; xl tl/sfaf6 ; Dk}of xg ; ls/x\$}f 5g . h; af6 afnafnsf; cToGt kl8t / k}fl8t e0/x\$}f 5g\ .

lzlf s hlt g} of]lo / cge]l eP klg ha; Dd pm lj Bfyl\$}f x}bdf a:g ; S}g, ta; Dd ToxfFlzlf0 l; sf0 klqmf hljGt tl/sfn] cf/De xg; S}g . kl/Ofd:j?k \$% ldg}sf] slffdf lj Bfyl] hlt l; SgkYof] hlt l; Sg ; SYof] Tolt l; Sg ; s}g, kfpG . To; h] lj Bfyl\$}f dgleg lzlf sn] s; /L af; ug{eGg] ; jfn ; jflws kl}rnf] ag\$}f 5 . lj r/f lzlf s 3f6 ; s-hh s/fp5, pkbz lbG5, cfbz lbG5 t/ To] sfd lj Bfyl\$}f lglDt cykOf{xg; ls/x\$}f 5g . :shdf lzlf sl; t lbgd f ^ 306f al; ; s}k15 klg 3/df u}xsof]ef/ af\$g afnafnsf;nf0{ljj z agfOPsf] 5 . lglb{6 kf7}dqnd ; Sg}kg] / l; sf0 pknIaw k}ofpg}kg] sf/Ofn] oxflzlf s r}k]df k/\$f]5 . lzlf sn]grfx} klg u}xsof]ef/L slnnf gflafax;nf0{af\$}pg pm ljj z 5 . afnafnsn]klg u}xsof] eg\$}f cleefj s / lzlf s ldn] xfdlnf0{Jo:t /Vg] rfnafh xf] eGg] 7fG yfn]. o; n] ubf{ aRrfx;n] cfknhf0{ %g\ a9l ckl}nt / pk}lft dx; ; ug{ yfn]. kl/Ofd:j?k aRrfx; %g\ %g\sdhf} x}b}uP . afnafnsdf .dl; t s\l 5l eGg] bx]efj gf lj sf; ug{dVo lhd}f/l af\$}f]:sh o; s/fdf

w}x}b; Dd c; km l; 4 eof]. xdf] lj Bfnon]cfh klg 1fg ; xl tl/sfn]lgd}f / ; Dk}of ug{; ls/x\$}f 5g\ To; sf] dx}kOf{sf/st]j xf] lzlf s sf] ; fdGtl rl/q . lzlf sdf .d dfq hfGg] 5; lj Bfyl; hfGg; ; xl 1fg d}; t dfq 5, pglx; t l/Of]ufu] xg}eGg]; fdGtl ; f}af6 u}t xg}k}bf afnafnsf]; t ePsf]j}lQms 1fg pk}lft eof]. aRrfx; ; t klg cf^g}sl; dsf] 1fg xG5 . ; dh / k\$[tl; tsf]cGt/lqmfaf6 p; df klg t 1fgsf]lgd}f e0/x\$}f xG5 . Ps sl; dsf]wf/Ofsf]lgd}f e0/x\$}f xG5 . To; nf0{ k7}c:jlsf/ u}l slffdf aRrfx; ; t s; /L cykOf{ ; jfb ug{; lG5 / <of]uxg ; Tonf0{xfdl lzlf sn]cfd; ft ug{ ; s}g} . w}c}kml dfq hfGg] a'g] 7fG/Xof} . afnafnsf]; t klg dflns 1fg xG5 eGg]k} ; fl}b} ; fl}g} .

xdf] lzlf k}ffnlsf] ; aeGbf 7hf]lj kmntf eg\$}aRrfsf] kl}tef, ?l r / lfdtf; t lzlf nf0{hf}g g; Sg}g}xf]. c% 7f] ; kdf eGg}k}f{ lzlf nosf] dh sd{g} afnafnsdf cGt/lgxt kl}tefsf]k}k}b}g / lj sf; g}xf]. p; sf] ?l r / lfdtf cg; f/ l; sf0 lqmfnsf]k}f]8hf0g k}fj s/l lzlf ofsf] k}z}t{x}]. slffdf y/ly/l sf ?l r, lfdtf, ; fl, al4 / 1fg ePsf lj Bfyl{xG5g\ . t/ xfdl clxn]ltgnf0{Pp6}tl/sfn] k9f0/x\$}f 5f} ; hals tl/sfx; km/s km/s xgkg]lyof]. Ps tl/sfn]hfGg] eg]csf]tl/sfn]l; sfpgkg]lyof]. Tolt dfq x}f}g, pglx; ; t ePsf] 1fgsf] klg pk}lft ul//x\$}f 5f} .

xfdl lzlf sx; Ps k\$}f/n] eGg] xf] eg] xfdl 3f\$}pg] k/Dk/fsf]la8f]yfd] af}f/x\$}f 5f} xfdlnf0{hf}df gDa/ dfq} rflxPsf]5 . aRrfn]s\l a%\$}fxG . t}klg 3f\$}Psf]3f\$}fo} u}of]. g}b n}yfof]. jif\$}f cGtdf !} j6f kZg 3f\$}pg] 3f\$}Psf pQ/sf cfwf/df slff r9fpg] sfd x}b}cfPsf] 5 . P; Pn; l t of] >v}nfsf] p}tsif{g}xf]. ..csf]j if{ kf; u}g}f] eg] kmh u5{lgl eg} lj Bfyl}nf0{t; fl/ xfdln]slff r9fpg] u/\$f 5f} . hf] dflg; bafa / tgj df 5, pm ; hgzn xg ; S}g . xfdln] :shdf aRrfnf0{bafa / tgj dfq lbPsf 5f} ; hgzn xg] jftfj /of rflx+vf; }lbPsf 5g}f} .

; lbof}v lj Bfnodf tlg j6f sfd x}b}cfPsf 5g\ klnf] s66}6df cfwf/ t lzlf of . bf] fl] 6}6E . t} fl] ul}8E . klnf] b0{j6fsf] ; fl}ble\$}tdf clxn] kZg gu/f} . t/ t} fl} af/ rflx+k}lj f/ ug{ l9nf e0; s\$}f 5 . ul}8E ug{ lalQs} aRrfsf] l; Sg] k}f]ts dgj] Qdf 7hf] abnfj cfp}f}x\$ . d}f] cge]n] eG5, kyd r}fl; s k/lffdf \*) c\$ Nofpg] lj Bfyl{.d t w}h}hfGg]/x\$}l eg} gfs k}nhfP/ a:5 eg]@% c\$ dfq Nofpg] csf]lj Bfyl{rflx+xtf]; fxl xG5 . p; n] .d



t l; Sg g; Sg] kf] /x\$0 eG] 7fG5 . /, lj :tf/}pm; t ePsf] cfdlj Zjf; klg uDb} hfG5 . ctM u|8En] p|Nlvt bj} vfnf l] Bfyl{ l; Sg] kj [Q 36fpB} nU5, hfG] 5' eGdf cxsf/ jf ghfG] 5' eG] xlgefj gfsf] dfq lj sf; u/fp5 . s] xfdln] o; sf nflu g} xfdl] afnafnsfnf0{ :sh k7fPsf xf] t < cj Zo klg xfdl] . xfdln] lg/Gt/ l; Sg] gofFgofFs/f l; ls/xg] kj [Qsf] lj sf; u/fpg kf] :sh k7fPsf xf] t l

jf: tjd f; wf/sf] ; ?cft oxlaf6 xgk5{ eG] d]f] tlg bzssf] lzlf0f cge] n] eG5 . l] Bfyl{ s] l; Sof] s] l; Sg afB] 5 eG] yxf kfpg lzlfssf] hfgsf/l sf nflu rfxg] xf]. tfls ghfgsf] s/f yxf xf] V ; dod} l; sfgp ; lsof] \ eG] p2Zosf nflu dNof] g cfj Zos xG5 . o; b|6n] kf7 lR5] dNofsg ug] / ghfgsf s/f Tolt g} ajhf l; sf0xflg] tl/sf cj ndag ul/g ; aeGf Jofj xfl/s b|vG5 . cf7 bzj 6f kf7 xtf/ xtf/df k9fpg] clg Ps} k6s To; sf] a%af/ k] k/ hfF lng] s/f Jofj xfl/s 5g .

tyflk oxl k4lt /lx/xg] xf] eg] klg oxl+klg ; wf/ ug{ g; lsg] xfdl] . To; lgdT clnsit ulx/f0df uP/ / clnsit km's tl/sfn] ; r]gk5{ . Pp6f tl/sf- hg l] Bfyl{ kyd rfdl] ; sdf @% c\$ Nofof] p; nf0{ bf] fl] rfdl] ; s k/Liffdf \$) c\$ Nofpg] nlo lng pS; fcf} h; n] \$) NofPsf] 5 p; nf0{ ^, h; n] ^) NofPsf] 5, p; nf0{ \* ) Nofpg] nlo lng pS; fcf} . l] Bfyl{ cfj : yf / p; sf] t]sfnsf] nloaf/] cleefj snf0{ hfgsf/l u/fcf} . l] Bfyl{ nf0{ l; Sgsf nflu rfxg] j] ftj / of lbcf} . rfxg] . Ps} B] ds ; kf] klg u/f} of] tl/sfn] klxn] qdf] ; sdf @% eGf sd c l Nofpg] l] Bfyl{ klg clGtd k/Liffdf ^) eGf a9l c l Nofpg] ; e] jf clws /xG5 . o; n] ubf{ Psfl/ p; df d t l; Sg ; Sg] x\$' eG] cfdlj Zjf; sf] lj sf; u/fp5 eg] csf] t/ dflyNnf] slffdf pm : j tM hfG] l] Bfyl{ kdf bl/G5 . of] klqmf z' ePsf] bf] fl] j ifsf] klxn] qdf] ; sdf g} p; n] ; odF \* ) sf] x/fxf/ldf c l Nofpg ; dy{xG5 .

of] tl/sfnf0{ ; kmlet kfg{ l] Bfyl{ nf0{ p; n] rfxsf] ajhf d]sf k/Liff lbg kfpg] Joj : yf ul/gkb5 . s] n qdf] ; s k/Liffdf dfq : shn] cfknf0{ ; lldt ug] Gg . aRrfn] cfkn] egf] \g, æd] h] hflg; s} ca d k/Liff lbG5' A a? : shn] xktf xktfd] d]sf k/Liff lbg] Joj : yf ug] k5{ . To; n] l] Bfyl{ nf0{ /fdl] ; t l; Sg / l; s\$] s/f k} z'g u/ l] zlfaf6 dfGof kfpg clek] t ub5 . ldxg] l] zlfns] u] sfo{ hfF ug] h: t] cgT kfs sfodf cf' gf] ; do vlrGsf] ; sf dNofsg ug] / clt/ Qm ; xof] ug] pkof] ul sfddf ; nlg xgk5{ . aRrfn] xfl; n u/ \$] 1fg s; / l kof] ul' of] eg] xg] a' g] sfodf l] zlfns] a9l Wofg lbgk5{ . o; n] cGttM l] zlfnsf0{ g} cf' gf] lzlf0f z] h] df ; wf/ Nofpg / lj sl; t x\$} hfg dxl] kof] ; xof] ub5 .

rfn' lzlf0f k4ltdf aRrfnf0{ : j dNof] g ug] cj ; / g] lb0B} . l] Bdfg lzlf k4ltsf] ; aGbf cWof/ f] klf ; e] tM oxl xf]. x/ \$ aRrfn] b] j] Gg s] l g s] l l; ls/x\$] xG5 . slt l; lsof] s] hfgof] hfgsf] s/f s] /x\$ , s] rfx+; Sg afB] 5 eG] s/f p; nf0{ eGf a9l hfgsf/l c; s; nf0{

kyd rfdl] ; s k/Liffdf \*) c\$ Nofpg] l] Bfyl{ .d t w} } hfG] /x\$0 eg] gfs kmhfP/ a:5 eg] @% c\$ dfq Nofpg] csf] l] Bfyl{ rfx+xtf] ; fxl xG5 . p; n] .d t l; Sg g; Sg] kf] /x\$0 eG] 7fG5 . /, lj :tf/}pm; t ePsf] cfdlj Zjf; klg uDb} hfG5 . ctM u|8En] p|Nlvt bj} vfnf l] Bfyl{ l; Sg] kj [Q 36fpB} n] hfG5 .

xf] hf / < ; E; E] s] s] s/fdf rfx+uNtl+sdhf] l eP eg] To; nf0{ dx; " klg ul//x\$ xG5\ . t/ xfdl hfgl ghfgl slffdf of] klfnf0{ klj i6 xg / fl] s/x\$ 5f} . uNtl u/ eg] : jlsf/ ug] nf0{ lv; l6d/ l / pkxf; sf] kfq agrf0g] ul/G5 . hals p; nf0{ of] t lgSs} /fdl] s/f xf] eg] lzlfns] k} z' ; f ug] k] s/f xf]. o; / l k} z' t x\$ ; DalGwt l] Bfyl{ ulNtlaf6 : jlsf/ ug] / l; Sb} hfg] dgr] an a9s eg] To; sf] ; sf/ f] ds k} j l; w} slffdf g} kb5 . lj :tf/} c; l] Bfyl{ klg o; } ug] yfNbsg\ kl5 uP/ of] t slffsf] ; s] t g} aG kl5 . c% afnafnsfx; nf0{ a9leGf a9l cfd] fge] t (realization) ug] / To; nf0{ kl] t] dag (reflection) ug] ; do / cj ; /x; rfx+k} z' t pknAw u/f0lbg s-h: of0Fug] . :sh xg] sf] cy{/ dd{ oxl xf].

xfdl lzlfns; n] plQs} Wofg lbg h?/ l 5 . To] xf] aRrfn] ; sf/ f] ds klfnf0{ af/ Daf/ x0nf06 u/f} . gsf/ f] ds klfnf0{ xfdl] . aRrfn] h] hfgsf] 5, h] lfdt 5, h] ; sf/ f] ds u0fx; 5g, To; nf0{ klxNofpg] / af/ Daf/ k} z' ul/of] eg] aRrfdf d s] l xF d] h] s] l ug{ ; S5' eG] cfdaf] kb] ul/lbG5, h; n] aRrfnf0{ ; xl tl/sf] lj sl; t xg / l; Sg] dflg; sf ; kdf xlsG d2t ub5 . t/ cfh g] k] nsf clwsz l] Bfnodf xfdl lzlfns; n] hfgl ghfgl o; sf] 7ls pN6f] aRrfnsf] t] h] aw ug] gsf/ f] ds klfx; nf0{ dfq af/ Daf/ x0nf06 ug] ul//x\$ 5f} . of] xfdl] 7hf] eh] xf]. olb xfdln] of] sdhf] lnf0{ ; Ro] pg ; Sof] eg] slffdf l; sf0sf] j] ftj / of agrfpg] cwf] sfd t o; h] ub5 . :shdf ; wf/sf] ; qkt xfdl] cf' g} ; f] f0-Joj xf/ kl/ j tGaf6 g} kl/ De xg] xf]. xfdl lzlfns abing tof/ eof] eg] ; -; fgf gfgl t %g\ gabling] s/ } 5g . xfdl ablnPsf] b0{ rf/ lbg leq} pglx; sf] ; f] -Joj xf/ df abnfj sf t/E b] Vg kf0g5 . dnf0{ nU5, dly pln] y ul/Psf s] l tl/sfnf0{ k} j sf/ l tj/ n] slffdf kof] ug{ ; lsof] eg] Ps jifd] ; shdf cyk] of / ; ah] dx; " ug{ ; lsg] u/ l pln] y glo ; wf/ klqmf cf/ De xG5 . s] l ug{ rfxg] / kl/ j tG b] yfpg lzlfns = k] yf] g] Wofkssf lgdT of] crs pkfo ; flj t xg ; S5 . Ps k6s sf] zz u/ t x] f] h

*-jftf] cfwfl/ t*

s/la tlg bzs kf] / fsf l] jleG : shx; df lzlf0f sd] latfPsf z] rg xfn lzlfns t] ind = klzlf0df ; nlg 5g\

# bhē, nfkf/dv / ; Aift jGohGt' tyf jg:kltsf] cGt/fi6 Jofkf/ lgodg tyf lgoGqOf ug{ag\$} ljwφs, @)^&

**!= ljwφssf] p2zo, sf/Of / gfd c:ki6**  
of]ljwφssf] p2zo, sf/Of / gfd c:ki6 5 . ljwφssf]  
p2zo / sf/Ofdf ; s6fkGg jGohGt' tyf jg:kltsf  
kfhf]tsf]cGt/fi6 Jofkf/ ; DaGwdf ; g\ (&# df x:tf/f/  
ePsf] dxf; lGw sfof]og ug\$} nflu bhē, nfkf/dv  
tyf ; Aift jGohGt' / jg:kltsf] cGt/fi6 Jofkf/nf0{  
lgodg tyf lgoGqOf ug\$} nflu of] ljwφs NofOPsf]  
pNny ul/Psf] 5 . t/ Pgd / x\$} Jofkf/ zAbn] of]  
ljwφs g] Jofkf/sf] nflu xf] ls eGg] a%p5 . o; y{  
.Jofkf/ zAbsf] ; \$f cGo pkoQm zAb of cf] f/k; f/ ug]  
cjw sfo{eGg] zAbx; /Vbf pkQm xg\$ .

**@= cgdltkq lnP h]klg ug{5b**  
Pgn] cgdltkq lnPkI5 bhē jGohGt' tyf jg:kltsf]  
sf/faf/ ug{ kfpG] Joj:yf u/\$} cgdltkqs} cfwf/df  
cjw Jofkf/ xGf; Defjg 5 . pkbkf -!\_ df hg; s}s/f  
nlvPsf] eP tfklg cgdltkq ln0{sg}bhē jGohGt'sf]  
kfgkrf]of ug{jf bhē jg:klt /fiG, xsfpg jf To:tf]  
jGohGt' jf jg:klt jf ; \$}gdgf pTkfbg ug{jf  
cWooG, cg; Gwfg, k/Lifof, tInD, kbzG, ; Afof lzIf,  
h]js ; fi ; Afof jf zIfs kofhgsf nflu tflsP  
adfl]hdsf] zt\$} cwlGdf /xl To:tf] jGohGt' jf jg:klt  
jf ; \$}gdgf /Vg, kofu ug{ lgsf; l jf k7f/L ug{  
jf cf] f/k; f/ ug{ ; lsg egl Pgsf] bknf # sf] pkbknf  
-@\_ df Joj:yf ul/gh] o; } cfzonf0{ :ki6 ub5 . olb  
o:tf] xf] eg] nf0; G; Inbaf ; ayf\$ of Jofkf/ Joj; fo  
ug{ k0G5 eGg] cy{nflG ; Sb5 . /, tl j:t' / j:tsf  
gdgf; slt pTkfbg ug{xG5, slt xG <eGg] Joj:yf  
klg Pgd :ki6 5g .

bknf \$ sf] pkbknf -@\_ / -#\_ df sg}bhē jGohGt' of  
jg:kltx; sf] kfgkrf]of ug{jf jg:klt /fiG jf xsfpg  
jf To:tf] jGohGt'; jg:klt jf ; \$}gdgf cknf fi /Vg,  
kofu ug{jf pTkfbg ug{jf To:tf] jGohGt' jf jg:klt  
jf ; \$}gdgf lgsf; l jf k7f/L ug{ ; lsg] Joj:yf 5 .  
To; u/L ; f] ; DaGwdf j] flgs lgsfo; fi k/fdz{ ug{kG]  
Joj:yf klG bknf \$ sf] pkbknf -\$\_ df Joj:yf ul/Psf]  
5 . t/ ; f] jGohGt' tyf jg:kltx; sf] pTkfbg, kofu /  
Jofkf/x; lsg ug{eGg] ljifodf :ki6 klj wfg; 5gg\ .  
vfnl j] flgs cWooG=cg; Gwfg ug{dfq} elgPsf] 5 .  
o; n] dfq} of olt klj wfgn] dfq} of] Pgsf] p2zo k7f  
xG5 eGg ; lsb .

pkbkf -%\_ adfl]hd cgdltkq hf/L ubf{Joj:yfkg  
lgsfon]To:tf] jGohGt'sf] kfgkrf]of ug{Jf To:tf] jg:klt  
/fiG] xsfpg] jf To:tf] jGohGt' jf jg:klt jf ; \$}  
gdgf pTkfbg ug{ /Vg] jf kofu ug{tl/sf tyf To:tf]  
jGohGt' jf jg:klt jf ; \$}gdgf lgsf; l jf k7f/L ubf{  
9] fgl ug{ ; fwg, ; fwgd /Vg] tl/sf, 9] fgl ug{dfu{  
jf ; yfg jf To:tf] jGohGt' jf jg:klt jf ; \$}gdgf  
kofu jf pkofu ; DaGwdf cfj Zos zt; t\$g ; Sg5  
egl bknf \$ sf] pkbknf -^\_ df Joj:yf ul/Psf] 5 . P  
sfgdg gtl]sPsf] / cfj Zos elgPsf zt\$ df dgdfgl  
xg ; S5 . o; y{o; nf0{Pgd} :ki6 t\$g' cfj Zos 5 .

**#= dgf; j, tflsPadfl]hd**  
**h:tf thlj hl clwsf/sf] Joj:yf**  
Jofkf/ Joj; fo ug\$} nflu cfj Zos cgdltkqdf ; DaGwt  
clwsf/lst] thlj hl clwsf/ blvG5 . o:tf] thlj hl  
clwsf/n] JoI0mf0{lg/sz / ; j R5frf/L agfb5 . Pgsf]  
bknf \* sf] pkbknf -@\_ adfl]hd lq]hg k/df hfFa%  
u/L j] flgs lgsfo; fi k/fdz{ u/L To:tf] jGohGt'sf]  
kfgkrf]of ug{jf jg:klt /fiG, xsfpg jf To:tf] jGohGt'  
jf jg:klt jf ; \$}gdgf /Vg, kofu ug{ pTkfbg ug{  
cf] f/k; f/ ug{jf lgsf; l jf k7f/L ug{ Ohfhtkq kfg  
dgf; j blvPd Joj:yfkg lgsfon] tflsP adfl]hdsf]  
9fFdf Ohfhtkq hf/L ug{ ; Sg5 egl Pgsf] bknf \*#\_ df  
pNny ul/Psf] 5 . of] klj wfgn] thlj hlsf] clwsf/ lbPsf]  
5 . dgf; j l eGg] cdt{zAb xf] . sfgdg Joj:yf  
ul/Psf] cdt{zAbn] dt{Gof lbg ; Sb5 . o:tf] Joj:yfn]  
; DaGwt clwsf/lnf0{dgk/L ug{5b lbg ; S5 . o; nf0{  
klg :ki6 / blvG] vfnsl] agfpg' cfj Zos 5 .

j] flgs lgsfosf] cGo sfd, stfo / clwsf/  
tflsPadfl]hd xG5 eg] bknf !#\_ df Pgn] j] flgs  
lgsfonf0{ klG :ki6 / lglb6 ug{ ; s\$} 5g . P  
sfgdg nf0{ cdt{ / awcyl} agfpgxG . o; n] lalj wf  
dfq} xfdg ; j R5frf/tfnf0{ klG k7o lbg5 . o; y{P  
sfof]og ug{ dxLj kof{ eldsf vllg] j] flgs lgsfosf]  
sfd, stfo / clwsf/ Pgn] g} tflsbg' cfj Zos 5 .

**\$= lgod / lgb]zsfnf0{w} clwsf/ glbg]**  
Pgsf]wf/f #) / #! df lgod / lgb]zsf agfpg] clwsf/  
; /sf/nf0{ lbg] Joj:yf ul/Psf] 5 . o:tf] dxLj kof{ /  
; jhgZln ljifodf ; /sf/nf0{clwsf/ lbg' /fdl] xfdg .

dxlEj kOf{ Pq;sf] lgod / lgbLzsf agfpg ; DalGwt sfofno jf lj efunf0{ lb0of] eg] To; n] : j R5frf/ tf Nofpg ; Sg] ePsf]h] cfj Zos ; DkOf{ Joj : yfx; Pqdf g] Joj : yf ug{ cfj Zos 5 .

%= Pq]n] kfg{ ; Sg] ; fdlhs ; f:s[ts kefj hg; S}Pq, sfgg, gllt / lgodx; ; dhhsf dflg; x;sf] ; xofu / ; lj wfsf] nflu aGk5{g ls dflg; x;nf0{ bMv, kl8f / c; xofu]sf] nflu . sltko Pq sfggx; ; dhhsf] nflu agPsf] elgP klg To; n] ; dhnf0{ lft kYof0/xsf]xG5 . æhgtf tyf /fho; Gf}cf'gf jGohGt' tyf jg:kltsf]; jfQd ; AfS xgV xgk5Æ eGg]; f0l6; dxf; lGwsf]k]tjgf cg; f/ hgtfnf0{tl jGohGtx; lsg ; Af0f ugkYof/ ; Af0f ubf{s]knf0bf xG5 eGg]s/fsf] afu xg' cfj Zos 5 . o; df /fho / hgtfsf] lgs6td ; DaGw xg' cfj Zos 5 .

t/, clxn] Ddsf jg, /fli6 lgs'-h tyf ToxF; Af0f ul/g]j GohGtx;sf]; Af0fdf agsf gllt lgodx;n] /fho / hgtfnf0{ eGbf t:s/ tyf u]sfggl Jofkf/ wGbf ug;nf0{a9l nfe ePsf] pbf/Ofx; w}] 5g\ . h:tf] jg pkefQmf ; ldtx;sf] nfk/afxl, jGohGt' cf/lf0fdf r]l lzsflsfl]; d:of, cf/lft : yfgsf afl; Gbfx;n] lftkl't{gkfp; pglx;sf] Toxfæf6 af; p7Xf xg' cflb gsf/fds pbf/Ofx; xg\ . ljutsf sdsdhf]lx; o; Pqdf ; d]6Psf 5g\jf 5gg\ / tl cgejsf] cfwf/df of] Pq]sf] c; /x; s]s] xg ; S5g\ eGg] ; Gbedf oxfl 5f6s/ldf l6kk0fl ul/Psf] 5M

-s\_ ; Allt jg lft

xfn; Ddsf] sh cf/lft jgsf] lftkm -@&^\*%=& ju{lsdl\_gkfnf]sh lftkmsf]s/la !\*~\*! kl'tzt xf]. xnl, sdof / eldxlg u/la ls; fgx; /xsf] b]zdf jGohGt' tyf jg:kltx;sf] cf/lf0fsf] gfpæf oqf] hluf cfbfgl/xt cf/lf0fdf /Vg' cfkæf gldn]sf] ljifo xf]. cf/lft jg hunaf6 cfp;]cfo slt xf]<:ki6 5g . /, of cfbfgl hgtf; E hfl]8Ps}5g . o; ; E ; DalGwt b]zo of cb]zo cfon]r]l lzsfl ul ug]; ldt JoIQm; / eifbrf/ ug]sd{f/lx; afx\$ cGonf0{ knf0bf kYofPsf] blvGgF. /fli6 lgs'-hdf /xsf jGohGtx;n] ; j{fwf/Of hgtfnf0{df/df To; sf] lftkl't{gu0o xg' t/ hgtfn] cfknf0{cfon]l]j jGohGt' df/df s8feGbf s8f sfgg nllg] Joj : yf 5 . o; n] jGohGtsf] eGbf ; j{fwf/Of hgtfsf] Hofgnf0{ ; tf] dfg]f] 5 . hgj /sf] eGbf sg] klg dNodf dfe5]f]dNo sd xg ; Sbq . sfgg hgtfdvl xg' cfj Zos 5 t/ h6tdvl xfQg .

-v\_ gkfnf ; Allt jGohGtx; -:tgwf/LM

- ; f0l6; dxf; lGwsf] cg; l # / ^ df cg; lrt gkfnf ; Allt jGohGtx;df uf]l uf0{ hunl r]l, lxl:k^a v/fof] afxl; uf, s:t'l d]l, k8s] aBh,

; fns, s[0f; f/, cgf{ h:tf hgj/x; ; DalGwt lftsf afl; Gbfx;n]cf'gf]hlj slkfhgsf]nflu Jofkf/ Joj; fo, df; ' vfg tyf cGo cf]lwx;sf] kof]hgsf] nflu kofu jf pkefu ug]jGohGtx; xg\ .

- ol jGohGtx; kfoM lxdfnl tyf kxfl e]udf kf0g]/ Toxfæf afl; Gbfx;n]pkefu Pj +Jofkf/sf]nflu kofu ug]hgj/x; xg\ . tl jGohGtx; pglx;sf] blgs pkefu Pj +Jofkf/ Joj; fosf j :tx; ePsf] xgn] ; Af0fsf] gfpæf ; /sf/ Pj +Pq]n] pglx;nf0{ pQm j :tx;blv ; DaGwlj R5b u/fpg' tl cflbjf; l hghlt Pj +Toxfæf :yfgloj; l; x;dfly cGofo xg h65 . /, pglx;sf] vfb clwsf/ xgg\ xg klb5 .

- ol jGohGtx; pkefu]sf] nflu dfq; xfQg la/fdl k/]sf] a]hdf cf]lwsf] ; kdf klg kofu ug]f] nflu pglx;nf0{ cfj Zos ePsf] xgn] pglx;sf] afRg kfp;]clwsf/ xgg\ ePsf] 5 . sfgg ; dhhsf] wd{/ ; s[lt lg/k]f xfQg ; fklft xg' cfj Zos 5 . sg ; dhnf0{ s:tf] ; s[lt / ; :sf/n] ; '-; lHt u/]f] 5, To; sf] Vofn ugkb5 . sfggsf] lgdæf wd{/ ; s[taf6 xg] ePsf]h] sfgg lgdæf ubf; ; DalGwt hlt / ; dbfosf] wd; ; s[lt / ; :sf/nf0{Vofn ug' cfj Zos 5 .

- sfgg h6tdvl xfQg hgtfdvl xg' cfj Zos kb5 . cf/lf0f lft / jg tyf jGohGt' ; Af0fsf]nflu thæf ePsf w}] sfggx; hg p2]on] lgdæf ul/Psf xg\ To; n] nlo xfl; n ug{ ; s]f 5gg\ . of] lj wpsnf0{ klg sfdofjl / o; n] vfl]sf] nlo xfl; n ug] xf] eg] ; DalGwt JoIQm ; dbfo / lgsfox; ; E Jofks 5nkm ug' cfj Zos 5 .

- of] Pq ; f0l6; dxf; lGwnf0{ sfof] ogdf Nofpgsf] nflu ag]f]h] sfggsf] eGbf klg ; f0l6; dxf; lGwsf] nlo p2]o s] xf] ; f] af/df a9l h6g' h?/l 5 .

- ; dh snof0fsf] nflu of] Pq]n] sxæ] h]f8 lbPsf] xf] ; f]f] :ki6tf gb]vPsf] of] Pq]n] ; fdlhs kefj df g/fdf] c; / ug{ ; S5 . ; fdlhs bl]6sf]af6 klg Pq]sf] thæf ug' cfj Zos 5 .

- of] Pq lgdæf ug] eGbf cuf]8 ; DalGwt lftsf hg; dbfo, cflbjf; l hghlt, ; /sf/ /Vg] ; 3; :yf / To; sf k]tlglwx; / o; ; DaGwdf cfh; Dd ePsf ultj lwx;sf] ; dlif; lxtsf] cGt/lqmf cfj Zos 5 .

-clw] Qf /tdax]b/ yrfkdu/af/f gkfn sl6:6Ro'g knp08]gsf nlu tof/ ul/Psf]of]sfoqnf0{dlxnf, hghlt, blnt, dwz, of tyf ; DalGwt lftsf cGo bala ; dx;sf]dgkbsf clw/df cltd c k lb0Psf] 5 . o; ; DaGwdf of] knp08]g ; zlnf gkfnl, d]x]d2l l; l2sl, ; lgn sdt/ kl/of, ck; /f r]klu0f cf'af]f z]k] /td sknl, ; ltf u?^a, r]l6]sf]k]tb ofbj, Zofdsbf/ l]s, /lj zdf{colh, pbo zdf{ j]0f]x]b/ yrfk, knkf{ tdf^a, clA/k]tb klt, kbdax]b/ >]7 nufot cleif\$ clwsf/l tyf 8f- l]jkg clwsf/l; d]k]t cef/ JoQm ub5 .

of] clloog Pl; of knp68]gsf] ; xof]udf ul/Psf] xf] t/ o; df JoQm ljrf/x; ; Da4 n]vssf xg\ . ltn] knp08]gsf] ljrf/ / bl]6]f]n]f0{ k]tlglw]j ub]g\ .

# v; xfnlsf nflu ..IzIffo4Ú



2009 11 x/11:1

n08g c:ktfnfsf]aßdf dnfnfsf ;fydf aaf lhofpl2g / ef0x¿

.IzIffo4Ú eGg] laIQs} xfd] dl:tisdf Pp6f ;fwf/Of JolQmsf] t:jL/ 3D5- hf] ?l6g cg; f/ kIQs 306ldf PskI5 csf] slffdf bu5l] slxn] dfof u/] t slxn] xKslbKsl u/] ljBfylhfo{sxl s/f l; sfp5 / x/\$ ;f% yfs} 3/ knls65 . rNtLsf] wf/Off cg; f/ lzIffsf] stfo kf7dqmd cg; f/ ljBfylhfo{k/lIffsf nflu tof/ kfg¿ kZgkq agfpg' / pQ/ kl:tsf k/lIfof ug{cfib xg\ . clg Pp6f ;fdfo lzIffsf] kflkt eg\$] dfi; s tna, sxl ;ljwf / ljBfylh] kflkt ug{ ;kmtfaf6 kflkt xg] cfd; Gtli6 xf] .

t/ kfls:tfgsf] :jft pkTosdf kg]lduf]sf lhofpl2g o; klnfo{Ps To:tf lzIffs xg\h; nfo{lzIffsf nflu eg} tfl]slbPsf] sfd, stfo / clwsf/ dfq kofkt ePg . pgn] cf^gf] eldsf cfkm;lj :tf/ u/] bZ-sfnno{g} xlnfoIbg] ;Tosyfsf lgbZssf ;kdf kltt / kl/lrt eP .

asf]eq cgxf/ nSfP/ k?ifsf] bdg-zl]fof / oftgfnfo{ cNnfxsf]dhl\$] ;kdf :jlsf/ ub}cfPsf kfls:tfgl dlxnf]sf] k/Dk/fut hdfnfo{lj:yfkt ug\$ nflu h%? / ts{al4oQm cujf dlxnf;sf] hdfn tof/ kfg]p2Zosf ;fy o; klnfo{h} !& jifcI3 v; xfn uN; { :sh P08 snhsf] :ykgf u/} . clxn]v; xfn Pp6f :sh jf lzIfof ; :yf dfq xf0g, Pp6f cf]bhf]gs} ;kdf kl/lrt xg ynf\$]5 . ToxfBf x/\$ lzIffs of] cleofgnfo{k/f ug{ nflu k/\$f 5g\ .

hf]vd / rgt]kfo{sfosf] g]t]j ug] sltko JolQm¿ Toj]sfo{ kofnfl jf ; u7gdf cf^g]kl/jf/sf ;b:onfo{; fdh u/fpg eg]8/fp5g\ . cfd3ftl jf lx+\$ cf]bhf]g rnfpg] s0f]g]fsf ;Gtfq ;/lft / cflnzfg hljg affr/x\$ b[6f6t xfd]j]l/kl/ klg kf065g\ . t/ o; klnfo{h}o; df klg lxDdt b]yP . pgn]cf^gf] ofhgfnfo{ljBfnodf k9g cfpg] c¿ aflnsf jf ojtlx¿ dfq ;lldt /fv0g\ . pgn]cf^g} 5f]l dnfnfnfo{ljBfnodf t cf^gf]p2Z0 cgshsf] lzIff lbP g} ;fy;fy}3/df klg ;f]k cg}ksf s/fsfgl Pj +dfu{ lgbZg ub}uP . dnfnf s/la gf}bz jif\$ ePb]v g}x/\$ /ft ;TgcI3 lhofpl2g pgnfo{bZ, /fhglt h:tf ljifodf atfpg]ub} .

kfls:tfgsf 0:nflds cltjblx¿ dlxnf lzIffsf] lj/fv u5g\ / dlxnf lzIff agb u/fpg] cleofg:j?k cf^gf] pbl{ gdfg]dflly zf/li/s, dfgl; s kxf/ u5g\ . Tolt dfq xf0g,

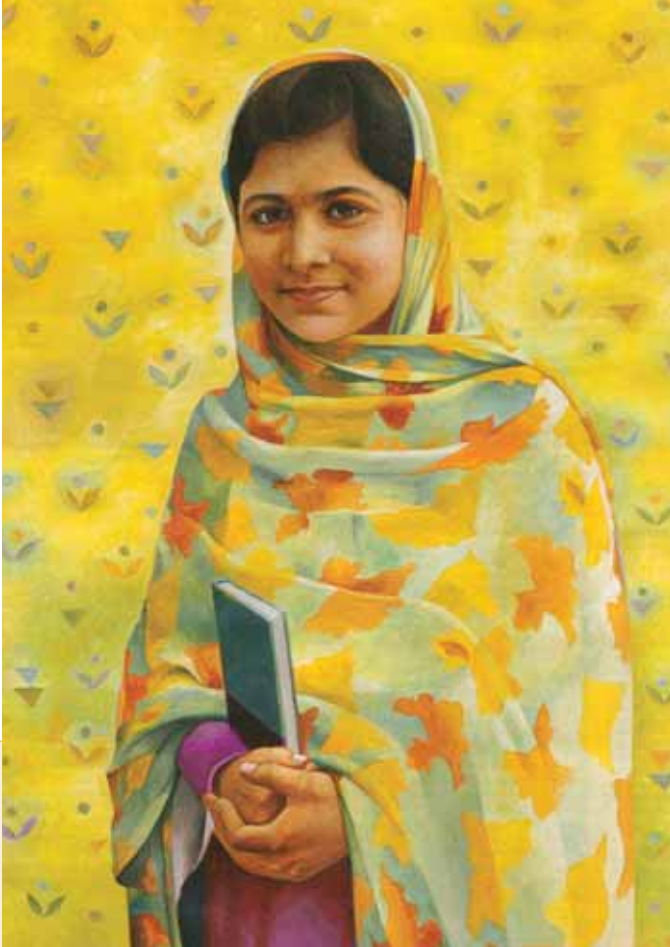
## ; fx; L dnfnf

;g\!((& hhf0{!@ -@)%\$ c; f/ @& ut] kfls:tfgsf] :jft kfltdf hlGdPsl dnfnf o; klnfo{kf/Dedf lzIffsf nflu ; ^Sif{ug]cleof}tf ly0g\ tflnjfgsf] ufihl vfPKI5 pgl .; lna0ll e0g\ . wl pgsf] Hofg aRof] clxn] pgl ljZje/s} nflu s\$/tfsf] lj/fv / lzIff k]f/sl ktlS ePsl 5g\ .

ljZjkl; 4 klqsf 6f0d n]5fg\$@)!@ sf]jif{JolQmsf pDdh]j/df dnfnf o; klnfo{klg Ps ly0g\ klqsf]cf^gf kf7sx¿nfo{dnfnfsf]kl/ro o; /l lbPsf]lyofll

...; aegbf klxn]Pp6l kfls:tfgl s0ln]cf^gf]kl/ro gvhf0sg}eP klg tflnjfg]yfk/\$f]zl/oft sf0g] ; t g8/f0sg :sh hfg kfg]cf^gf] rfxgsf af/dif Anu n]vg\ . To; kl5 cf^gf afa\$]k]0fn]pgl cf^g}gfdn n]y} Pp6l :j tGqtsfdl lszi]lsf] kltlgwswf ;kdf ljZj; fd' ple0g\ . pgl 8sb06/1 lknldsf]ljifo algg\ / ;+f/sf nflu kl/jt0sf] ktlS algg\ . t/ o:tf] cu]/tfsf si/0f cf^g}Hofg hf]vd] k5{e]l}pgnf0{s} yxf <@)!@ cS6f] / ( sf lbg tflnjfgsf agb\$wf/lx¿ pgsf] :sh a; df r9] . pgnfo{a; af6 aflx/ lgsfn]/ pgsf]6fpsdf agb\$ xfg] . kf/Des pkrf/kl5 pgnfo{ ahfotsf]c:ktfnf kfofof]/ tl vt/gfs r0x¿af6 pgsf]Hofg hf]uof] .

pglx¿n] lzIfof ;yfx¿dflly klg cfqmdof ug]u/\$f 5g\ . oxl sf/0fn]o; klnfo{h}xsb]u/\$l cf^gl 5f]lnfo{;g@)!\*) sf] ;l6]a/ ;?tfsfaf6 lzIffsf]clwsf/sf af/dif klg atfpg z¿ u/\$f lyP . hals Tolta]hf dnfnf s]n !! jif\$



o; ðlr ol !% jifðl lszfjl dlxf clwsf / wldð  
 lj rf/sf]ed/ldf k/ðf]kfls:tfqsf nflu dq ge0{ ; #/s}  
 nflu k/0ff ; ff algg\ clxn]dnfnfsf]gfd ; #/e/sf  
 s/fðf]-dflg; x;nf0{ yxf 5 . t/ of] syf oldf dq  
 ; lsbð . of]Ppól axfb' sðlsf]dq s/f xfoq, of]Ppól  
 c6wj Zj f; l ; dñsf o:tf afaðf]klg syf xf]hf]cf`gl  
 5f]lnf0{ ; #/sf nflu Ppól pbfx/0fs} ; kdf pEofpg  
 rfx65g\l

dnfn cfh ; Dejtm ; #/s} ; aeGb kð# t  
 afncwswf/sdl{ ePsl 5g\ . cfkm; afNofj : ydf /xðf  
 sf/0f pgsf] kðj c% a9l 5 . clxn]nf0{ kfls:tfql  
 aflnsfx;sf]lzlfssf]clwsf/nf0{ ; /lft ug]g}pgsf]dh  
 Wod /xðf]5 . a]fotsf k] kwfgdGql / lj Zj lzlfssf nflu  
 /fi6x3lo lj zlf]bt ufðg a]pgn]g]a/ !} nf0{dnfnf  
 / ; #/e/sf :sh hfg gkfPsf kfF s/fð aflnsfx;sf]  
 ; Ddfgdf .dnfnf lbj ; l 3f]0ff u/]. s/la kfFnfv dflg; n]  
 x:tfll/ u/] dnfnfnf0{ g]an zflGt k/:sf/sf nflu  
 dg]gog u/]. pgnf0{ufhl xfl] tflnjfgn]cf`gf]sfdsf]  
 kl/0ft o:tf]xf] \el] cj Zo rfxðf]lyPg .

ly0g\ . pgl dnfnfnf0{vhf lsl; dn] ; f]g] / Jojxf/ ug]  
 lj Zj gful/ssf ; kdf xsfpg rfxGy].

5f]lnf0{ lzlf clwsf/sf af/ðf a%fp] qmddf pgn]  
 dnfnfnf0{ a]l]gsf nflu kðfj/sf] k] Snadf nu]. Toxf

dnfnfn]gf/L lzlf lj ?4 tflnjfg cltjfbx; n]lbPsf wðslsf]  
 kl]tjfb ug] qmddf egðf] ðlzlf lng kfg] d]f] cfwf/e't  
 clwsf/ vf]g] s; ðf] s] tfut Æ efg] jfSon] kfls:tfql  
 ; dñdf t/E g}kðf u%of]. dnfnfsf]Tof]sygnf0{kfls:tfqsf  
 kqklqsf Pj +6]hlehg Rofgnx; n]7hf] dxl] lbP/ kðfzq  
 Pj +k] f/0f u/].

Toit dq ge0{lhofpl2gn]cftsjfbn]hghljg / lzlf lng  
 kfg] clwsf/dly kf//xðf] kðfj sf af/ðf lj Zj ; dbfnf0{  
 hfgsf/L u/fpg alal;ldf Anu nVg cf`gf] lj Bfnosl csl{  
 5fqfnf0{k]l] ; fxg u/]. cfo; f gfdsl tl 5fqfn]sxl ; do n]Vg\  
 klg, t/ ; /lffsf] sf/0f b]f]p] pgn]ToxfFnVg 5fðkl5 Tof]  
 lhd] f/L k'f ug] pgn]cf`g}5f]L dnfnfnf0{cl3 ; f/].

sxl jifðlv kfls:tfqdf ; /sf/n] gful/snf0{ ; /lffsf]  
 cgèlt lbg; sðf] 5ðl cftsjfb]sf] wfwðsl lbgkl]lbg  
 a9b] 5 . kfls:tfqsf sg} :shsf 5fqfx;nf0{cfknh] b]ðf]  
 ; Gb/ eljiosf] ; kgf k'f ug] ; lhnf] 5ð, v' ; xfn lj Bfnosf  
 5fqfx;sf lglDt t Tof] hf]vd c% a9l 5 . t]klg ToxfFf  
 5fqfx; hf]vd dñh] lj Bfno cf0/xðf 5g\ . ; lPgPgáf/f  
 k]tt Ps lel8ofðf v' ; xfn lj Bfnosl Ps 5fqf e]G5g\ :sh  
 ghfg; h]klg xg; S5 eg] aaf afx/ lg:sgèof] d cfdfnf0{  
 ; fy]x; ; G v]lg hfG5' eg] ; ðSs :sh c]Psl xFA

lj Bfnosf] lzlf / afaðf] blffsf sf/0f dnfnf dfl%b}  
 u0g\ . dlxf lzlf Pj +; du] dlxfsf clwsf/sf klfd  
 ; fj]lgs cleJolQmx; pgsf nflu vt/f aGb} uP, Hofg  
 dfg]Ddsf wðslx; ; d] cfp] yfn]. t/ klg afaðf] ; fy  
 / k]l] ; fxgsf sf/0f pgl cf`gf ; xkf]lx;nf0{ ; d] ; fydf  
 lnP/ ; lqno /xl g]/lxg\ . o; qmddf @# c; f]h @)^ (-  
 cS6f] / @)!@\_ sf lbg k/Llff lbP/ k]s]q] qmddf :sh Eofgdf  
 /xðl dnfnfnf0{ aGbSwf/lx; n] ufhl xfg]. lduf]sf] :yf]glo  
 c:ktfndf pgsf]kl/Des pkrf/ eof]. kl5 pgnf0{a]fotsf]  
 Sjl] Plnhfjy c:ktfndf nluof]. ToxfB0{dxlgfègf a9l  
 ; dosf] pkrf/kl5 dnfnf 3/ k]s]Psl l5g\ . tflnjfg  
 sð/kðysf sfoðf]dnfnfsf]dV aGb u/fpg xfgðf]ufhl]  
 pgsf] b]fxg] s-r6sf] x88l 5ððf] eP klg dl:tis eg]  
 ; /lft /xðf sf/0f dnfnfsf]dV aGb u/fpg] sð/kðylx;sf]  
 ; kgf xfnf0{rsgfr' ePsf] 5 .

lhofpl2gsf] ; kgdfly ePsf]of]kxf/ s]n Ps 36gfsf  
 ; kdf ; lldt /xð . a? of] 36gfkZrft\dnfnfsf] ; dyð  
 ; fy] dlxf lzlfssf] dfusf sfoqmx; r]lDsP . o; df  
 ; -rf/dflwodx; n] klg pln]y]glo ; fy lbP .

dnfnfsf] ; fxl; s sbdsf]cfwf/sf ; DaGwdf 6f0d klqsfn]  
 nVof] æv' ; xfn lj Bfnosf x/ð 5fqf dnfnf xg\ Æ dlxf  
 lzlfssf]klfd lg/Gt/ nl8/xðf lhofpl2gnf0{ ; eOm /fi6x3sf  
 lj Zj b't Pj +a]fotl k] kwfgdGql ufðg a]pgn]lj Zj e/  
 dlxf lzlfssf]lj sf; sf nflu cf`gf] ; Nnfxsf/df lgoOm u/ðf  
 5g\ o; kl5 ca pgn]lzlfssf]cj ; /af6 j]l-rt Pj +lj e]df  
 kfl/Psf ; #/e/sf kfF s/fð aflnsfx;sf nflu /rgf]ds  
 eldsf lgjfx ug]g\

bluf{nflD5fg]s]ðf/ zdf{



# l; sf0 ; :s[tsf] lgdf0f / lj sf;

lj Bfyl{sf]l; sf0 / slffsf]f]sf]; :s[t alr ulx/f]; DaGw /x\$] xG5 . lj Bfyl{h] kZg ; f]bf jf slff lqmfnsnfkdf efu lnbf xft p7fP/ cgdlt dfu] ; E}a; \$f ; fylx; E sfg]ZL (Side talk) u/0g\ lj Bfyl{h] slff jf slffsf]f eGbf aflx/sf]l; sf0 lqmfnsnfkdf ; xkf7L tyf lzlfxs; E cfb/fyl{zAb k0f] u/L af]h] lzlfns]k9fpbf Wofg lbP/ ; g] clg slffsf]f]sf] lgod /fd] E kfnfg u/] eg] xfdL tof] slffsf] Joj :yfkgnf0{./fd] clg To; sf]f]sf]l; sf0 ; :s[tnf0{.l; sf0 pGdv] eGb5f}.

slff Joj:yfkg olt dfq eg] x]0g . dfly plNlnvt klfx; n]dfq slffsf]l; sf0 ; :s[t /fd]agfpg]klg x]0g . slffsf] Joj:yfkg r:t / b?:t /fvG clg l; sf0 ; :s[tsf] lj sf; ug{ltgsf cltl/Qm c; w} s/fx; rflxG5g\ . o; sf] cnfjf xfdn] slffdf o:tf]; :s[tsf] lj sf; ug{ h?/L xG5 hxf]lj Bfyl{h]f0{ldlxg} / cWoog ug{k] /t ug{ tyf l; sf0df ; xsfo{(Collaborative Learning) sf] nflu lbzflgb; ug{ ; lsof} \

Pp6f /fd] lj Bfyl{s; /L agfpg] < lj Bfyl{x;nf0{ ; d]xdf sfd ug{ ; Sg] s; /L agfpg] < s; /L ; lk l; sf0, cjwf/Off a%0 / 1fg lgdf0f klqmfdf bQlrQ agfpg] < s; /L ; dodf lbOPsf] sfd ; DkGg ug{ ; Sg] agfpg] < clg s; /L lj Bfyl{h]f0{ kZgx; Wofg lbP/ ; Gg / lj rf/ ug{ ; Sg] agfpg] < ol kZg / o; ; E ; DalGwt s/fx; slffsf]f]sf] Joj:yfkg / l; sf0 ; :s[t cGtu; kb5g\ . o; sf] cnfjf slffsf]f] z]lfs / ; fdullsf] Joj:yfkg s:tf] 5 < lzlfns] k0f] ug] efiff ; sf/]tds 5 ls gsf/]tds < lzlfns cfm] pbf/Of (Role model) eP/ sfd u5g]Vs ub0g\ lj Bfyl{h]f0{ kmbfol sfd (Productive work) df nuOPsf] 5 ls 5g < ; andof ; do (Transition time) sf] Joj:yfkg s; /L ul/Psf] 5 < eGg] s/]fn] klG slffsf] ; :s[t lgdf0f / ; b]ls/Ofdf plQs} eldsf v]h]sf] xG5 .

Pp6f lzlfns ; w]tof/l cj:yfdf slffdf h]G5] slffsf]f]sf] Joj:yfkg r:tb?:t /v5, ; dosf] plrt Joj:yfkg u5{ ; sf/]tds / cfb/k] \$ af]5] lj Bfyl{sf]cj] Zostf a% t]sfn ; Daf]vg u5{ / cfm]h]f0{ klG Tof] slffsf] Pp6f ; b:o 7fg] Joj:xf/ u5{eg]p; n]l; sf0df cfdh kl/] tG Nofpg ; S5 .

slffdf l; sf0 ; :s[tsf]lj sf; ug]lj leGg lj lwdWo]o; n]ydf ^ j 6f l; sf0 ; :s[tx;sf] ; Hkt rrf{ul/G5 .

**S\_ k]z;sfnlG (Entry Routine) l; sf0 ; :s[t**  
slffsf]f]sf] l; sf0 ; :s[tnf0{ slff k]z; ubf{sf] cj ; /sf lqmfnsnfk sf]f]sf] .0G6k ?l6g] (Entry Routine) n] ; f%] k0f] kf/\$f xG5g\ lj Bfyl{slffsf]fdf s; /L k]z; u5g]V k]z; u/k]5 s]u5g] < eGg] s/f of]lj lwdf 5nkm ul/G5 . k/Dk/fut lzlf0f l; sf0 lqmfnsnfkdf lzlfns slffsf]fdf pkl:yt geP; Dd lj Bfyl{x; ukndf /ld/x\$ xG5g\ lzlfns] slffdf cfP/ lsfasf] k]7 ; Wof geg] Dd lj Bfyl{h] lsfaf kl6fp0g\ lzlfns]k9fpg yfn]k]5 slffsf]fdf ; Ggf6f k0f ug{(Pin drop Silence) k/Dk/fut l; sf0 lqmfnsnfksf] csf] ; :s[t xf] . 0G6k ?l6g sf] lj z]ftf rfx+l] Bfyl{h]f0{ slffdf k]z; u/0]v g} 1fg lgdf0f / ; lk l; sf0, cjwf/Off a%0df nfluGsf] nflu tof/L ug{/ o; h]f0{afglsf]z; kdf lj sf; ug{xf] . of]lj lwdf cEo:t lzlfxs; slffsf]fdf k:gf; fy klxNo}tof/ ul//v]sf] afs; af6 sfokq jf cG0 ; fdull afB0 yfN5g\ . slxn\$fxl+o:tf ; fdull lj Bfyl{sf] ; l6df g}klg /flvG5 .

slffdf lj Bfyl{k]z; u/k]5 kf7 z; xgeGbf cl3sf] ; dodf lj Bfyl{h]h]u5g] jf pglx;nf0{h]u/f0G5 Toxl g} 0G6k ?l6g xf] . 0G6k ?l6g 5f0f] tyf dgf]-hg]f]ds lqmfnsnfk klG xf] . o:tf lqmfnsnfkn]lj Bfyl{df slffkl]t ckg]Tj efj hu]p5 / ; andof (Transition) df 7hf] ; xof] k]0f]p5 .

lj Bfyl{x; slffdf k]z; ug{fy ; lw} ; lqmo l; sf0df n]h]f] s]l lj Bfyl{l; sf0df x/fpg] jf kl5kg] ; Defj gf /xG5 . o:tf] ; d:of lg/fs/Of ug{klG 0G6k ?l6g (Entry Routine) plQs} nfebfs / kmbfol xG5 . ox]F:d/Of] ug{k]g]s/f s]xf]eg] x/\$ lj Bfyl{h]f0{ 0G6k ?l6g sf]ck]l]ft Joj:xf/ (Expectation) eg] yxf xg} kb5 . lzlfns] z; z;df lj Bfyl{x;df of] ; :s[tsf]lj sf; ug{pglx;nf0{ cEof; u/fpgkb5 .

0G6k ?l6g of]h]gf ubf{lgDg s/fx;df Wofg lbgkb5] ! = lj Bfyl{h]f0{ sx]Fa; fpg] < @ = lj Bfyl{h]f0{ s; /L a; fpg] < h:t] cfm]v]Zl a:g lbg] ls lzlfns] :yfg lgb]z]t ug] <

#= ; fdu[lsf]Jo[; yfkg s; /l ug[<h:t}lj Bfyl{hf0{cfj Zos kg[; fdu[ sxfaf6 lng]<s; n] lbg] cflb .  
 \$=lj Bfyl{ s; /l cf^gf] :yfgdf hfg] < h:t} pglx;nf0{ cfj Zos kg[; fdu[ cfkmm] nhfg] ls jf ; fdu[ c; s; af/f lj t/of ug[.  
 %=ha lj Bfyl{cf^gf] :yfgdf a:b5g\clg s] ug[<h:t} pglx;nf0{...; a}hgf nyl lqmfnsnfk jf .ca u/l (Do Now) lqmfnsnfk jf cGo o:t}lqmfnsnfkdf ; xeful u/fpg] cflb .

**V\_ Ca U/ (Do now)**

ha lj Bfyl{slffsf]7fdf kj} z ub5g\pglx; lzlfsssf]clt/Om lgb;gsf] kvf0df a:b5g\ o:tf] ahfdf ; fdfGotM lj Bfyl{h] aca s]ug[DoF8d+; / <slt ug[<slt ; dodf u/] ; Sg] h:tf kZg ; flVg] ub5g\ . cndndf kg{ jf c; d-h; df kg{ lj Bfyl{sf] bff] xf0g, lzlfsssf] sdhf]l xf] . lzlfsssf] tof/l /fdf]ePg eg]lj Bfyl{df .lsst{olj d9l sf]l:ylt l; hgf xG5 . ha lzlfsn] .ca u/l (Do now) lj lw kofu u/l lj Bfyl{hf0{ 5f6f] lqmfnsnfkdf ; lqmo ; xeful agfp5g\ ta dfq To:tf] c; d-h; sf]l:ylt x6g ; S5 . .ca u/l l; sf0 ; :s[tsf]kofu eg\$}lj Bfyl{df s]ug[<sg sdf ug[<slt ; dodf ug[<el] h:tf laljwf pTkGg xg glbg' xf] . .ca u/l lqmfnsnfk eg\$}lj Bfyl{x; slffsf]7fdf kj} z ug[l] IQs}; lw]lqmfnsnfkdf ; mUg u/f0{sg}pTkfb (Productive) kl/Ofd lgsNg' xf] . o; /l ; lw]lqmfnsnfkdf ; mUg u/fpbf lj Bfyl{hf0{1fg lgdff / ; lk l; sf0 tyf cjwf/Off a%f0df ; lqmo ; kdf ; xeful u/fpg ; lS65 . of] lqmfnsnfk l; sf0sf] Pp6f k}{ tof/l sf] z k xf] . .ca u/l lqmfnsnfknf0{slffsf]7fsf] ; :s[tsf] z kdf lj sf; ubf{lgDg s'/fx; Wofgd f/Vgk5M  
 != .ca u/l lqmfnsnfkdf lzlfsn] lbPsf] sfdsf] JoVof jf ; d:of afw ug[ lj Bfyl{hf0{ ; 3fpg yfn] eg] of] lj lwsf] p2Z0 k/f x6g . o:tf]l; sf0 ; :s[tdf lb0Psf lqmfnsnfk lzlfsssf] ; xofu lj gf lj Bfyl{h] ; j T6g z kdf ug{ ; Sgkb5 .  
 @= of] lqmfnsnfk a9ldf kfF lDg6; Ddsf] xgkb5 . o; sf] p2Z0 eg\$}f] lj Bfyl{hf0{ 1fg lgdff / ; lk l; sf0 tyf cjwf/Off a%f0sf] nflu tof/ kfg[ xf] . o:tf] lqmfnsnfkdf lj Bfyl{sf] k}{ 1fg hfRg] tyf gof 1fg lgdff / ; lk l; sf0sf] nflu pglx;df cfj Zos cfwf/et lrh s] s:tf 5g\hfRg] cflb sfd lbg ; lS65 .  
 #= ; fdfGotof of] lqmfnsnfkdf nylf0 sfo{lb0G5 . nylf0 sfo{lb6f lj Bfyl{x; a9l lqmfnsnfkdf sljbt xG5gV pglx; n] s] u/] eGg] s/f lqmfnsnfksf] cGtoaf k9g / bVg ; lS65 .  
 \$=lzlfsn] gofP2Z0 z; u/ \$f 5g\eg] lj Bfyl{sf] lj ifoj :tdf slQsf] k} 1fg 5 eg] hfGg] vnsf nylf0 sfo{lbG ; lS65 . olb cl3Nnf] kf7 jf p2Zos} lg/Gt/tf xf] eg] lR6tgzln (Reflective) sfo{lbG ; lS65 . ol bj} sfof; xl / unt eGg] x6g o; df

slffdf -Ps jifdf @!) lbg lj Bfno vNbf\_\*\$) lDg6 .6R6h; g ; dol v] hfG5 . Ps lbgdf & lkl/o8sf lx; fan] k]o\$ lkl/o8sf] Ps jifdf \*\$) lDg6sf b/n] Ps jifdf %\*\*\*) lDg6 ; do v] hfG5 . of] eg\$}f] \$% lDg6sf %08] !#! j6f lkl/o8 aaf6 xg' xf] .

lj Bfyl{sf] a%f0 dfq hfF65 . pbfx/Ofsf] nflu slff % sf] efiif lzlfsn] of] lj lw o; /l kofu ug{ ; Sb5g\ h:tm lzlfsn] zAb e08f/ lzlf of u/] cfknh] l; sPsf zAbx; dWofaf6 sxl zAb 5fgl tnsf jfSo rf6k]k/df nyl vi/kf6df 6fGg] ha lj Bfyl{slffsf]7fdf kj} z ub5g\ t?Gt} of] lqmfnsnfkdf ; xeful xG5gM  
 != .ckoff(tu zAbsf] cy{n} .  
 @= .ckoff(tu zAb kofu u/l afSo agfpm .  
 #= .ckoff(tu zAb kofu u/l csf] Ps jfSo agfpm hg jfSodf ltdl jf ltdf] kl/jf/n] k]olf efu\$]f] cgej xfcf] \ .  
 \$= .ckoff(tu zAbsf] gfd ; f s] xf] < n} .

**u\_ s7f] ; qndOf (Tight Transition)**

lj Bfyl{x; Ps :yfgaf6 csf] :yfgdf ; g] Pp6f lqmfnsnfkaf6 csf] lqmfnsnfkdf ; xeful xg] Pp6f 1fg lgdff / ; lk l; sf0 =cjwf/Off a%f0af6 csf] r/Ofdf kj} z ug[ tyf Pp6f slffaf6 csf] slffdf kj} z ubf{alrsf] hg ; do xG5 To; nf0{ qndOfsf (Transition Time) sf] ; do elG65 . o:tf] .6R6h; g]lsf] ; donf0{xfdl n] vf; } Wofg lbPsf x6g] t/ of] cToGt} dxLj kOf{ ; do xf] . dfg] Ps hgf lzlfsssf] slffdf lj Bfyl{b0{lDg6 l9nf cfP clg lj Bfyl{h] Pp6f lqmfnsnfkaf6 csf] lqmfnsnfkdf kj} z ubf{csf] b0{lDg6 ; do lG65g\eg] pgsf] slffdf -Ps jifdf @!) lbg lj Bfno vNbf\_\*\$) lDg6 .6R6h; g] ; do v] hfG5 . Ps lbgdf & lkl/o8sf lx; fan] k]o\$ lkl/o8sf] Ps jifdf \*\$) lDg6sf b/n] Ps jifdf %\*\*\*) lDg6 ; do v] hfG5 . of] eg\$}f] \$% lDg6sf %08] !#! j6f lkl/o8 aaf6 xg' xf] . o; n] 6R6h; gsf] ; do slt dxLj kOf{ 5 eGg] k]6 kfb5 . lj Bfyl{sf] nflu 1fg lgdff ug{ clg ; lk l; Sg / lzlfsssf] nflu lj Bfyl{hf0{ 1fg lgdff]sf] klqmfdf ; xeful u/fpg of] cToGt} dxLj kOf{ ; do xf] . To; h] 6R6h; gsf] ; do hlt ; Sof] 5f6f] / kefj sf/l agfpg' lj Bfyl{ / lzlfsssf] lxtdf xG5 .  
 k]o\$ z]lfs ; qsf] z;df lj Bfyl{hf0{nf0gdf s; /l a:g] nf0gdf a; } s; /l slffsf]7fdf hfg] slffsf]7faf6 s; /l nf0gdf afx/ lg:sg] efofE jf cGo sf]7fdf hfFf sg af6f] / lbzf kofu ug[ cflb s/fdf cEo:t kfg] kb5 . jifsf] z;df sxl 306f ; do o:tf sddf vr{ubf{ o; sf] nflu z]lfs ; qsf] z;df cEof; u/fpg] / To:tf] cEof; ubf{ :Sofk] 8

# slff-sf7f

(scaffold) ub7 afglslf] lj sf; u/l To; nf0{ ; s[tstf] 2 kdf lj sf; ug kb5 . h:tM

Izlfsm ha dh] Ps eG5; ltdlx2 cf'gf] :yfgaf6 p7 / cf'gf] s; l{6 andlg /fv .

ha d b0{eG5; ltdlx2 9f3ftkm{dv kmsfP/ a; .

ha d tlg eG5; ta ltdlx2 kl0m g7f (Line Leader) sf] kl5 nfu .

af/Daf/ of] klqmf ckgfP s7l ; dokl5 of] sfd cfwf lgg0df g} ; DkGg xg yfN5 . slxn\$fxl+.6R6h; g]sf] ; do /\$8{u/7] lj Bfyl2 nf0{axhf] ltdlx2 n^} ; \$08sf] 6R6h; g (Transition) ; do lnof} . cfh of] sfd \$) ; \$08df u/f7 eg7 6R6h; g ; do 36fpgsf] nflu kf] ; flxt ug{ ; lsG5 . of] lj lwdf lg/Gt/tfsf] cfj Zostf kb5 . .6f06 6R6h; gl (Tight transition) eg\$} lj Bfyl\$7] vfnl ; do (Free time) af6 l; Sg] ; do (Class time) df slt l56f] nhfg] egl of] hgf agfpg' xf] .

### 3\_ j f008/ s66h (Binder Control)

lj Bfyl{h} n7y\$ s/f, izlfsm] pknAw u/fPsf kf7a; fdull tyf sfokq, slffsf] ; do; fl/Of, dxLj k0f{slff tyf uk\$fox2 sf] plrt e08f/Of / Joj :yfkq ug] ; s[tstf] lj sf; ug{ckl/xfo{ xG5 . o:tf ; fdull e08f/Of tyf Joj :yfkgsf] nflu j f008/ (Binder) clt g}pkof7l xG5 . lj Bfyl{E . j f008/l ePg eg] pglx2 n] ; fdull2 hxfFkof] Toxl+ / h; /L kfof] To; /L /Vg] ub5g\ . pkof7l ; fdull2 . j f008/ldf e08f/Of ubf{rflxPsf] ahf k0f7l ug{ ; lsG5 . ; fdull2 Rofltg] gfl; g] / x/fpg] 8/ klg /x6g .

lj Bfyl{h} slffsf7fdf s] l; ls/x\$7 5g\ < pglx2 nf0{ s:tf lqofsnfkdf ; xeful u/f0Psf] 5 < lj Bfyl\$7] l; sf0 / pknAw sf] :t/ s:tf] 5 < cflb kZgsf] pQ/ . j f008/laf6 ; xh} k7t ug{ ; lsG5 . of] lj Bfyl{ lzlf, cleefj s tyf lfbfno kzf; g ; a\$7] nflu slffsf7fdf eP=u/\$7 lqofsnfkx2 sf] P7f h:t} xf] .

x/\$ j f008/sf] cu7fudf lj Bfyl\$7] gfd0 klxn7] kl7df lj ifo ; 7l / ; fdull ; 7of n7ygn] vflhPsf] ; fdull ; xh} pknAw u/fpg ; lsG5 . j f008/sf] leql efudf lj ifo cg' f/ / ; fdullsf] k\$[t cg' f/ lj leGg sn/sf sfuhx2 /vfl lj efhs (Divider) /Vg' kb5 .

### a\_ cg of7 dfs{ (On Your Mark)

lqms0 v7hdf Jo6\ Dofgn] Aofl6^a ug{ l3 xftdf Aof6, 6fPsf7f x7hdf, v\$df kof8, xftdf luf] nufPg eg] ; fdfGotM Joj ; flos 2 kdf pm lqms0 v7g tof/ ePsf] dflg0 . To:t} l; sf0 tyf 1fg lgdffdf lj Bfyl2 ; E cfj Zos ; fdull2 ePg eg] p; nf0{l; sf0 lqofsnfkdf ; lqno ; xeful eP/ 1fg lgdff tyf ; lk l; Sg sl7gf0 xG5 . .cg of7 dfs{ (On Your Mark) nf0{slffsf7fsf] ; s[t agfpg ; lsof] eg] lfbfyl22 sg} lqofsnfk z' ; xge6bf cl3 g} To; lqofsnfk nf0{ cfj Zos kg] ; fdull; lxt tof/ eP/ a; \$7 xG5g\ t7sn

lj Bfyl2 nf0{l; sf0 tyf 1fg lgdff klqmfdf ; fdh ug{ ; lsG5 .

lj Bfyl{h}0{ tn pN7y ul/Psf tl/sf ckgfP/ .cg of7 dfs{ (On Your Mark) ; s[tstf] lj sf; u/fpg ; lsG5 .

! = x/\$ lbg cfj Zos kg] of kg{ ; Sg] ; fdullsf] ; 7l tof/ kf/L lj Bfyl{h} bVg ; Sg] 7fP7f /Vg] . h:t} sfkl, snd, l; ; fsnd, ; fkg/ cflb .

@ = dflysf ; fdull; lxt tof/ xg ; do; ldf tf\$g] .

# = hf] lj Bfyl{tfl] sPsf] ; dodf dfl y plN7vt ; fdull; lxt tof/ x6g p; n] To; afkt s] s:tf] kl/Ofd eflg] egG] lgod klg agfpgkb5 . h:t} slffsf] ; a;l ; fsnd p; nf0{ ltvfg{ nufpg] cflb .

\$ = cfj Zos ; fdull lj t/Of ug] . lfbfyl{ tof/ gxg' / cfj Zos ; fdull gePsf sf/Of tof/ gxg' km's s/f xg\ . o:tf] cj :yfdf lj Bfyl{h}0{ cfj Zos kg] ; fdull tof/l xntdf lzlf; E ...6sl xgkb5 l h; n] ubf{ sg} klg lj Bfyl\$7] cfj kl't{ ug{ ; lsof] \

.cg of7 dfs{ (On Your Mark) ; s[tstf] lj sf; n] sg] klg sfd z' ; ubf{ lj Bfyl{h} ; dodf tof/ xg] / ; dodf ; Sg] afglslf] lj sf; u/fp65 . o; sf] dVo p27o eg\$} x/\$ lj Bfyl{h}0{ x/\$ slffdf jf lqofsnfkdf Ps} k6s tof/l cj :yfdf /Vg' xf] .

### r\_ :yfg ; \$7 (Seat Signal)

lqofsnfkdf ; 70g ePsf] ahdf sb} lj Bfyl{h}0{ z7fno hfg dg nfluof] eg] s] ug{ < lj Bfyl{h} n7ybf n7yb} l; ; fsnd efl'rof] jf snddf d; l ; lsof] eg] s] ug{ < To:t} slff lqofsnfkdf ; xeful e0/x6f ltvf{ nfluof] eg] s] ug{ < o:tf ; d:of lg/Gt/ cf0/xG5g\ . lzlfsm] lj Bfyl{h}0{ pglx2 sf] ; lj j \$df o:tf sfd ug{ 5f18lp jf hitahf h] dg nfluof] plt ahf aflg / eGg lbP eg] o; n] l; sf0df ; xeful lj Bfyl22 sf] Wofg eE ul/lbG5 / l; sf0df cGdg:stf k7f xG5 . o:tf ultlj lwn] slffsf7fsf] Joj :yfkq c:tJo:t klg agr0lbG5 . z7fno hf7f ; do aaf6 kfg] l; sf0df efu lng dg gnlfbf z7fno hfg dg ug] cflb ; d:of cfpq ; S5g\ xf] oxl ; d:of lg/fs/Of ug{ :yfg ; \$7 n] dxLj k0f{ eldsf v7h\$7] xG5 . dflysf cj :yf cf0kbf{ lj Bfyl{h}0{ gaf] nsg :yfg ; \$7 k0f7l ug{ l; sf0of] eg] slffsf7fsf] l; sf0 ; s[t ; b0 / Joj l:yt kfg{ ; lsG5 . of] lj lw k0f7l ubf{ lgDg s/fx2 df eg] Wofg k7ofpg} kb5M

! = lj Bfyl{h} cf'gf] :yfgaf6 ; \$7 lbg ; Sg] xgkb5 .

@ = lj Bfyl{h} dfg 2 kdf o:tf] ; \$7 lbgkb5 .

# = o:tf ; \$7 kl6 / lalwf gxg] v7nsf] xgkb5 .

\$ = ha lj Bfyl{h} :yfg ; \$7 sf] k0f7l ub5g\ lzlfsm] klg ; \$7 sf] cfwf/df hjfkm lbgkb5 . h:t} Pp6f c7f7 p7fP/ .u/W b0{ j 6f c7f7 p7fP/ .clxn} xg Ps l5g kl5l, kf f j 6f c7f7 p7fP/ .kf lgg0 kl5l cflb .

% = lzlfsm] lgoldt / af/Daf/ :yfg ; \$7 k0f7l u/l o; nf0{slffsf7fsf] ; s[tstf] 2 kdf lj sf; ug kb5 .



sxl :yfg ; s]sf] gdhf

qm# +	lqmfnsfk	:yfg ; s]	lzlfssf] ; s]
!	z]f]fno hf]f	Ps xft p7fpg] / cf]f qm ug]	<ul style="list-style-type: none"> <li>Pp6f cf]f p7fP/ -u/</li> <li>b0{j 6f cf]f p7fP/ -clxn] xg Ps15g kl5_</li> <li>kfF j 6f cf]f p7fP/ -kfF ldgokl5_</li> </ul>
@	l ; ; fsnd eff]f	l ; ; fsnd 7f8f] kfg].	
#	snddf d ; l ; lsbf	snd 7f8f] kfg].	
\$	sfkl cfj Zos kbf{	sfkl 7f8f] kfg].	
%	kn]x] kn]ng' kbf{	b] xftsf] b0{ cf]fn] gfs ; dfpg]	
^	aflx/ hfg' kbf{	Pp6f cf]f 78dfP/ 3dfpg]	
&	yk ; fdul rfxbf	cf'gf] :yfgaf6 p7g]	
*	kZg ; fl]g÷ ljrf/ cleJoOm ug{dg nflu	p7] Ps xft p7fpg].	

ghgf0{ TolQs} a:g ; S5g\ . To:tf] cj :ydf /x\$] lj Bfyl{ klxrfg x]f c;nf0{.l8i6al gxg]u/L ; s]sf] d]l]odaf6 To:tf lj Bfyl{f0{ ; lk l ; Sgl cj wf/Of a'g of 1fg lgdf]sf] kl]mfdf ; lqno ; fd]h xg kl/t ug{ ; lS65 . slffsf]fsf] ; s]t l ; sf0dvl agfpg ; lsof]eg]lzlfsn] z]blv g]lj Bfyl{nf0{k]o\$ ; \$08 l ; sf0 jf 1fg lgdf]df ; xefu u/fpg ; S5g\ lj Bfyl{h] ; Sgkg] x]f To]l ; Sg ; S5g\

dflysf sxl gdhf dfq xg\ xfdn] :yfg / ; s]t cg' f/ cf-cf'g] :yfg ; s]xg lgdf]f u/L kof]u ug{ ; S5f ; lj Bfyl{slff lqmfnsfkdf ; xefu x]f sg} ; d:of k]of]eg] jf a'g sl7gf0 eof]eg] ; f] /x\$] ; f]lx;nf0{afvf Joj wfg (Disturb) v8f ug{yflnb5g]jf l ; sf0 lqmfnsfkdf ; xefluf

dfly plNnlvt lj lwxg 8f] n]df]n] p]Nn] u/\$] sxl gdhf dfq xg\ xfdn] ; Gbedf o ; nf0{xax' jf kl/isf/ u/] kof]u ug{ ; lS65 . of] ; s]t lj sf ; ug] tl/sfx ; s ; /l kof]u ug{e6g]s/f lj Bfnodf pknAw ; fwg ; f]df e/ kb5 . xfd] lj Bfnodf lj Bfyl{slffdf klxnf hf65g\slzlfsl <lzlfs ; dodf slffdf hf65g\sl hfbgg< cflb kZgx;sf]cfwf/df dflysf sxl gdhf lj lwxg kof]u ug{ ; lsg;g ; lsg] s'/sf] lgsOf] ug{ ; lS65 . n nfid5fg]oh] ; :sh vdl6f/ nlntk/sf lk]6; kn xg\ .  
 medin@ullens.edu.np

# शिक्षक क्लस्फ इगोल्डट कफ्कट उग]रफ/ sf0bf

!= cfkmh0{kfos kg]glhssf]kqklqsf laqmf]f; u ufxs ag] . -o: tf]sf/f]f/sf] ; DkOf{bflot] ufxs / ; Da4 laqmf]df /xG5 .  
 @= ufxsn]OR5fPsf]laqmf]f=k; n jf Ph]6dfkm]f klqsf k]k]t ug]u/L ; lw}z]l]s dfl ; ssf] sfof]nodf ufxs ag] . -o: tf] ufxssf]k]t ufxsn]OR5fPsf]k; n jf laqmf]f; Dd k]of]pg] bflot] /z]l]s dfl ; ssf]Jo]j :yfkgn]j xg u5{ . laqmf]f jf k ; naf6 klqsf k]k]t ug]Jo]j :yf ; Da4 ufxs cfkm] ug]k5{ . j flif\$ zNs ?^))÷  
 #= /lhi6k xhfs ufxsM lgoldt ; kdf klqsf k]k]t ug{rfxg]vf ; u/L bu6 l]qsf kf7sx;sf]lg]l]dt of] ; a]6bf e/kbf]pkfo xf] . goff c\$ k]sflzt ePnuQ}xhfsaf6 /lhi6k u/L klqsf k7f0g] . /lhi6k ubf{nfl]g]zNs ufxsn]ufxs zNs ; u} Psdl6 a]ffpgkg] . o ; /l /lhi6k u/L k7f0Psf] klqsf x/fPdf, gfl ; Pdf jf ufxsn]gk]Pdf /z]l]s sf]Jo]j :yfkgn] ; Da4 xhfs sfof]nodf

xhgf]f bf]l u/L sf/afxl cuf]8 a9fpg] . /lhi6k vr{ ; d] j flif\$ zNs ?\*#)÷  
 b]6JoM g]k]n ; /sf/n] ; fpg @)^( blv /lhi6k xhfs zNsdf %08}ztk]tzt j]4 u{/f]h] /z]l]s sf]Ps k]tsf]/lhi6k zNs ?) af6 a9] s/la ?@) ku\$]f]Jox]f]f hf]gsf/L u/f0G5 .  
 \$= ; fwf/Of xhfs ufxsM ; fwf/Of xhfsaf6 ufxs ag] klq lgoldt ?kdf klqsf k]k]t ug{ ; lS65 . o ; cg ; f/ goff c\$ k]sflzt eP nuQ}xhfsaf6 klqsf k7f0g] . o ; /l k7f0g]klqsf]f] xhfs vr{z]l]s dfl ; sn]g}Jox]f]f . klqsf ku}gku\$]f] lh]d]f/l eg]z]l]s dfl ; s Jo]j :yfkgn]j xg ug{ ; Sb] . j flif\$ ufxs zNs ?^))÷  
 /z]l]s sf]ufxs a6g]k]f k7fpg] ; lhnf] pkfoM /z]l]s dfl ; s, rNtl vftf g+!^!# , /fli6o jfl]f]Ho a\$ , kNrf\$ zfvf, nlntk/ . of] vftdf /sd h]df ubf\$]f /l ; b eg] ; /lft /fv] /z]l]s sf] sfof]nodf va/ ug]k]hf .



# dḡf lzlfs M ..afhḡ / ..df8\faú

**I**xhf]dnf0{ufkls[0f 9Efgfn]Pp6f 0dḡ k7fP .  
 Tof]dḡdf pgn]dnf0{ ;Dafwḡ u/ḡf]zAbn]  
 dnf0{1/afP/ ^)÷& ) jifc13sf] b/af/ :shdf  
 kḡofof]. pgn]dnf0{..sdnd10f df8\faú egḡ  
 nḡḡf lyP . Tof].df8\faú eḡ]zAb /f0ffsfnf :sh  
 snḡxḡsf]x]. khftGḡ g cf0; sḡf]gḡknsf snḡ  
 / :shxḡdf lzlfsnf0{ ;Dafwḡ ug[ zAb b06f dfq  
 lyP- ..df8\faú / ..afhḡ . . ;/U eḡ s; ḡ]l; sḡ}  
 lyPg of ; sḡ}lyPg . afxḡ hlt ; a}.afhḡ cḡxḡ  
 ..df8\faú- aafnl xḡ\ls gḡknl U ?b/fh kf08ḡ  
 b/af/ :shsf]xḡdf:6/ eP kḡ ..afhḡ clg k15  
 lqrGb]snḡsf]lkḡ; kn ePk15 kḡ ..afhḡ g}U dḡ]  
 kḡ pgnf0{csf]zAbn]; Dafwḡ ul/gF.



ḡ]U : fholl dḡ: csḡḡ

o; df b/af/ :shdf Pshḡf ckjfb lyP, ufḡkn  
 kfB]. pgnf0{afh]egḡf]dg kbḡyof] ..df:6/; fxḡú  
 egḡf]?rḡpḡ]. To; ḡ]dḡ]pgnf0{hḡ]kḡ ..df8\faú  
 g]eg]; xḡt ufḡkn kfB] ḡ dḡ]w}k19gFt/ hljgdf k15; Dd  
 :Dks{/ ; xofu cfbḡkḡfḡ e0/xḡ]u? of lzlfs ufḡkn kfB]  
 Pshḡf dfq xḡeḡ]; Dḡg s/ nḡU dnf0{. ufḡkn kfB]ḡf0{  
 ; Dḡgkḡ]csf]sf/of kḡ 5 . pgl h:tf kḡ4 JolOmnf0{kḡ  
 ..df8\faú kḡ]Tof].df8\faú eḡ] kb slt ul/dfdo /xḡ To;  
 avt dggof]o 5 . ; Aaf of v/bf/ eg]h:t}dfḡotfkḡt  
 lyof]/f0ffsfnf df:6/ of ..df8\faú eḡ] kb cyfḡ\zlzfsf]  
 kḡf kḡ U

/fgkḡy/l / b/af/ xḡ:sḡsf]lj=+!(( ) sf]bzssf]b[0 . b/af/ :shsf]  
 bḡofFcyfḡ\pQ/tkḡ>}tf :shsf]cnlu}ejg kḡ bḡḡ5 .

a6ḡfaú a6s[0f dḡ h:tf lzlfs / 8f= /fwfs[0f dḡhl{  
 h:tf lrlst; s gḡkndf lyPggV Itgnf0{snsQaf6 cfoft  
 ugk/ḡf]lyof]. To; ḡ]kḡ tl gḡknl ; dfhdf cḡḡt ; Ddfḡt  
 JolOmxḡ eP . /f0ffsfnf %)÷^ ) jif{Dd ..df:6/; fxḡú /  
 ..8fS6/; fxḡú eḡ]b0{kḡdf aEfnl ljáfḡxḡ;s}Ps5ḡ cflwkTo  
 /Xof]. clg zf; sj uḡ]a9l dfḡotf lbPsf].blḡofb/ḡ hḡtfsf  
 nḡlu kḡ tl kbḡ; plt g}dixdfdl08t eḡP . ufḡkn kfB]ḡf]  
 Tof]df:6/-dfxḡsf]h/f]kḡ o; ḡeq vḡḡ; lsg5 .

dḡ]k9ḡ]aḡf; Dd kḡ b/af/ :shdf #-ḡ hḡf aEfnl  
 df:6/; fxḡxḡ; xḡxḡYof]. Itgdf dVo ulkḡ]rḡlx+cd/afa'  
 g}xḡ\cd/ḡḡfy 3fḡf . :shdf pxfDofy / Hofuḡkḡ  
 k9fpgxḡYof]. dḡ]pxfE Hofuḡkḡ dfq k9ḡ-Tof]kḡ tNnf]  
 Snf; df b0{j if{dfq . k15 xfdlnf0{hfḡkḡ ḡḡaxfb/ df8\fa  
 ofḡ]ḡḡaxfb/ yḡknl]k9fpgḡof]. b/af/ :shsf To; aḡfsf  
 lj Bḡylḡ;df cd/afasf]Snf; ; s}Dd gk/f]eḡ]g}Wofp]  
 xḡYof]. Tof]lsgḡ]pxfF:shsf ..6ḡ/U g}dfḡḡxḡYof].  
 lj Bḡylḡf0{sḡḡ]lk6ḡ]/ ufnl ugḡf pxfḡf0{eḡḡ]csf]lzlfs  
 lyPg :shdf . lk6ḡḡḡf kḡ sḡf lgdfḡ]/ skḡn eḡNofpg]

pxfḡf]lkḡ ; hḡo lyof]. bḡ}xftn]sfḡ of skḡn ; dftḡ  
 prḡḡ] / dḡlyaf6 5fl8lbg]pxfḡf]lj zḡḡtf lyof]. ufnl kḡ  
 pxfḡf dḡns kḡf/sf xḡḡ] gḡknl / aEfnl ldl;Psf clg  
 kḡḡf]l . khftGḡ cfPk15 pxfḡsḡ; do :shsf]xḡdf:6/ kḡ  
 xḡḡof]/ t/ To; aḡf d :shaf6 plDs; sḡf]lyPF.

aEfnl df:6/; fxḡxḡdf dnf0{ ; aeḡbḡ dg k/ḡf rḡlx+  
 af]afa' g}x]. pxfḡf]k/f ḡfd z/RrGb|a; 'xḡ t/ lsg  
 xḡ] :shdf pxfḡf0{af]afa' g}elgYof]. pxfFxdlnf0{.0EInz  
 kf06ḡ k9fpg] t/ xḡxḡYof]cfkḡ' rḡlx+gḡknsf k/d kḡú .  
 z4 gḡknl afḡḡxḡYof]. gḡknl k9ḡ' kḡ xḡYof]/ . gḡknl  
 bḡf ; ?jn / sfḡ 6fkl g}nuḡf/ lxxḡxḡYof]hḡ]kḡ . t/  
 cs:dft\s]eol]sḡ pxfF:sh cfpg 5f8ḡḡof]. a'bf pxfFt  
 gḡknl 5f8ḡ]hḡḡePsf]/xḡ . /f0ffsfn lyof] ; /sf/n]g}pxfḡf0{  
 labf u/ k7fPsf]eḡ] ; lḡof]. pxfFef/tlo sfu] sf of cḡ  
 sbḡ]ḡḡḡtsf/l :j tḡḡt-; ḡḡḡ xḡxḡYof]ls eḡ]cgdfḡ uḡof+  
 xfdln]. xfdl lj Bḡylḡ; Tolt rḡlx+a'g}eḡ sḡf /xḡf.

aEfnl lzlfsn]gḡknl nuf nuḡPsf]crDd}dfḡYof]p;  
 avt kḡ t/ xfdl b/af/ :shsf dḡYnf]Snf; sf lj Bḡylḡr  
 csf{ aEfnl lzlfsn] rḡlx+slxNo} aEfnl kḡ/g ḡ5f8ḡf]  
 s/fnf0{lnP/ kḡ plQs}rrf{xḡYof]. cd/afah]wḡ]l'stḡf  
 / sfḡ 5f8ḡ] cḡ nuf nuḡPsf]slxNo}bḡVpg . To; ḡ]xfd  
 v'; v'; uḡofḡ; xḡ; o:tf]708ldf wḡ]l'sf]tnaf6 lr; f]xḡf  
 l5bf{kḡ cd/afahf0{s; /l hf8ḡ]gnfuḡf]xḡf ḡ

xfdḡ csf{ aEfnl df8\fa ; ḡafa' ḡḡlufḡkḡ ; ḡ; eg]  
 :sh cfḡḡ ; w}; ḡḡ-aḡḡ eP/ cfP kḡ afx/lt/ slxnḡf]x+  
 wḡ]l'stḡf{kḡ/} lxxḡf kḡ bḡYof]xḡfdl . gḡknl lzlfsxḡ; eg]

; a} /fli60 kfzfs cyff \bf/f; ?j ind} x6y]. sg}sg} l6r/ lgs} l6k6k eP/ cfpf] sg}sg} eg] %q%fd] g} cfpf] klg bVYof}. w}h; f] lzlfs lx8} / cfpf]. s}l eg]; f0sn r9} cfpf]. df6/; f0sn -cyjf pm ahfsf] efiiffd; ; g-; f0g\_ df sg}klg lzlfs :sh cfpf] dh] b]vgf.

of]; a} dh] b/af/ :shsf lzlfsx; sf af/df eg}f] xF. dh] lzlfsx; lqrGb] snhdf klg axf] !) ÷! @ hgf t/ d oxif5\$} snhk\$] sf] s/f ulb6F. dh] oxif6/ ..5\$} el sf] cy{ 5 . Tof] s] eg] sg}sg} xfdlnf0{ k9fpg} lzlfs bj]t/sf x6y]. snhsf kllm] / eP klg pglx; nf0{ b/af/ :shdf klg k9fpg v6fPsf] xGYof] Sof/]. To; lx; fan] b/af/ :shsf lj Bfyl\$] xfdl lgs} efllozfnl g} xf} #÷\$ y/l kllm] / x; af6 xfdln] :shd] k9g kfpf] lyof}.

e}j axfb/ k}fvg lqrGb] snhaf6 xfdlnf0{ dfYnf] Snf; df ef/tsf] 0ltxf; k9fpg cfpgxGYof]. ; dhl -sk= afns[Of zdz] ha/f\_ rfx+cfP/ ; \$08 / km6 Snf; -Snf; gf0g P08 6g\_nf0{ gkfnl k9fpgxGYof]. Pih] cfp/ ol bj] x: tlx; sf] k9fpg} z}hlsf] lj ZnifOf ubf{d lhNn k5}. e}j axfb/ lj lzi6 kllwofkslo lx; fan] k9fpgxGYof] Ps-Ps s'/f afVf6Gbf afVf] lj Bfyl\$] duhdf klg uP/ a; f] \ sg} s'/f g56f] \ e] pxf6f] Wof / x6f] / x\$ . otf afns[Of zdz] eg] lj Bfyl\$] sNkgfzIQndf wfjf afllgx6f] / x\$ 0 lj Bfyl\$] kf7a; fdull s] xf] pxf6f0{ dtna lyPg, cf`g} s'/f ; gfpgxGYof]. cf`g]

e}j axfb/ lj lzi6 kllwofkslo lx; fan] k9fpgxGYof] Ps-Ps s'/f afVf6Gbf afVf] lj Bfyl\$] duhdf klg uP/ a; f] \ sg} s'/f g56f] \ e] pxf6f] Wof / x6f] / x\$ . otf afns[Of zdz] eg] lj Bfyl\$] sNkgfzIQndf wfjf afllgx6f] / x\$ 0 lj Bfyl\$] kf7a; fdull s] xf] pxf6f0{ dtna lyPg, cf`g} s'/f ; gfpgxGYof].

; Bk\$flzt sg} s[tdf of sg} lj Zj -; dfrf/df k}fopgxGYof] pxfF. xfdl eg] tl bj} lj afgsf s'/f plQs} dGqdUw eP/ ; GYof} xfdl pxf6; bj} hgfsf Snf; nf0{ plQs} Joutfsf ; fy klv{xGYof} pxf6; sf lkl/o8 k/\$f lbg cfpg] ahdf xfdlx; b/af/ :shsf a/08fdf pleP/ pxf6; cfpf] xV/xGYof}. lqrGb] snhsf] u}af6 lg:s}lv g} b]vgxGYof] pxf6; . la:tf/} /fglkf] /lsf] l8nl8n} kmfdfs] af/sf] sfkskaf6 :sh; Dd} pxf6; sf] %ns bl6uf] / xGYof} 5ftf cf\$} cfpf] cfs[t . bj \$] lx8f0sf] ..6f0nl klg p:t6:t} lyof]. la:tf/} /fh; l kf/fn] lx8gxGYof] bj] hgf . ☺

@)^(÷&÷@#÷%)

**nlntk'/sf]rfkfuf6f  
btfe0P; Pn; l  
k/liffdf ; dflj i6  
e0; s\$] / xfn  
aGb cj : ydf  
/x\$]dfWolds lj Bfno  
lj qmldf 5 .**

**lbgz kf08]  
; Dks {g=(\*\$!\$\*)}%\$**

## lzlfs ; ]fsf gofK':ts

dwjg k\$zgf/f k\$flzt gofKf7a; qmddf cfwf/t kfyids, lqDgdWolds / dfWolds -tlg k':ts\_ lzlfs lbubz6 k':tssf lj zif]tx;M

- cfof]uaf/f k\$flzt gofKf7a; qmddcg; / tof/ kfl/Psf]
- Jofks; kdf lzlff; DaGwl cfwf/e't hfgsf/l k]tt ul/Psf]
- k]o\$ txsf] lj ifout 1fg / ; lk lj :t; kdf k]tt ul/Psf]
- k'/fgf kZg, gdgf kZg / ; Deflj t kZgf/ ; dij z ul/Psf]
- lzlff lfgdf @% jif6Gbf nfd] ; dob]v of]ubfg k}fopg' ePsf lzlfflj bx; af/f tof/ kfl/Psf].

### lzlfs bk0f -kZgf/ z}hldf

dwjg k\$zgf/f k\$flzt tlg}txsf lzlfs bk0f kZgf/ z}hlsf k':tsx; klg k\$flzt ePsf 5g\.

**k\$zsm**

**dwjg k\$zgf k'tnl; 8s, knqM \$\$\$^@**

*k':ts kf0g]: yfgM Pd-s} klan; ; {P08 l8li6x6b; {nufot ; DkOf{k':ts k; nx;}*



# blu@ :shdf \$@ j if{



**I**z lfof kzf sf \$@ jif{ DofUbl / d:tf^sf lj Bfnodf latfPsf %\* jifl@ xl/axfb/ s]l @)^@ ;fnblv d:tf^sf]5f]yl:yt lbJoblk dflj df kc 5g\ pgl kc xgcl3 lbJoblk dflj sf]z]lfs÷eflts cj:yf gfh's lyof]. lj Bfnosf] ultnf]ejg lyPg . cleefj sn]klg cf^gf ; Gtfgnf0{lbJoblkdf k9fpg xlrSrpfy]. cfly\$ cj:yf /fd]xg} ; cf^gf gfglx ; kfy/f / sf7df8f;k7fp] eg] sdhf] cleefj ssf] /f]hf0df uDaf kg] u/\$f] lyof]. t/ , clxn] :yfglo afl; Gbfm] cf^gf gfglx ;nf0{lbJoblkdf k9fpg yfn\$ 5g\ s]l eG5g\æklxn] t :yfglonf0{cf^gf ; Gtfj lj Bfno k9fpgk5{eg} ; D%fpg ufx] eof]. t/ , clxn] ; a}oxl :shdf k9fpg yfn\$ 5g\ of] 7hf] ; kmntf xf] Æ s]lsf] cfudgcl3 lbJoblksf] z]lfs glthf /fd] lyPg . o:t} rgf]ldf s]ln] lbJoblksf] kc]sf] lhDd]f/l lnPsf lyP . t/ pgsf] nug, ldlxg] / ; a}E ldn] sfd ug]afgln] ; ft÷cf7 jif@}lbJoblksf]dx/ km/Psf] 5 . z]lfs pknIaw a9b}uPsf] 5 . tlg jif@tf of] :shn] P; Pn; ldf ztkltzt glthf xfl; n u/\$f] 5 .

Pp6f ejgdf ; lldt :shn]s]ls}kof; df rf/j6f Ans kfPsf] 5 . lj Bfyl{vllg] / klyof ug] rf} gePsf] :shsf lglDt rf} agf0Psf] 5 . @)^#÷^\$ ; fndf lhlj ; sf] ; xof]udf :shdf vfgkfglsf] Joj:yf / eG5f3/ lgdff ul/Psf] 5 . To:t} cGgk0f{ lfg ; Af0f cfof]hgfsf] ; xof]udf lj Bfnosf] kvffh klg agf0Psf] 5 . s]ls}cu]f0df lj Bfnosf nflu @^ j6f Nofk6k / kfFj6f sDk0b/ h6f0Psf] 5 . k:tsfno / lj 1fg kof]uzfnf klg agf0Psf] 5 . k:tsfnodf %08}gf} xhf/ a9l lsta 5g\ .

kc s]l :shnf0{ cfly\$÷eflts ; kdf ; DkGg agfpg] cleofgdf dfq sllb} 5gg\slff lzlf0df klg ; lqno 5g\ pgl 5fq5fqfnf0{ul0ft / hg; Wof k9fpg5g\ lj Bfylhf0{s6} jf b08 lbP/ e6b klg ; D%fP/ / kof]l]f]ds lj lwaf6 a%fpg ; ls65 eGgdf lj Zjf; u5g\ pgl . lbJoblkdf oxl lj lw nfu" ul/Psf sf/0f lj Bfyl\$] slff 5f8g] / :sh gc]fpg] b/ klg 36\$] 5 .

blu@ el]sf :shsf] k9f0 sdhf] ePsfh] d:tf^ /fh\$]f]

s]l atfp5g\ æz/l / :jf:Yon] ; fy lbP; Dd lzlf0f kzfaf6 lj >df lngE, pgl eG5g\ d:tf^sf lhlzc lj i0fk] fb clwsf/l klg s]lsf] sfdaf6 kef]jt 5g\ . clwsf/l eG5g\ æs]l ; / st{olgi7, Odfgbf/ / lj Bfyl\$] elj ioklt cToft} Ir]lgt eP/ sfd u5g\ Æ

:of^hfsf afl; Gbf s]ln] DofUblsf] hghfu]t kfylds kf7zfnfaf6 lzlf0f z ; u/\$f xg\ pgn] ; ft jif{DofUbls} cd/ lgdflj df k9fP . To; k15 pgl pknlf] d:tf^sf] lbJoblk lgdflj ku]. ToxfFpgn]@)#( ; fnblv @)\$ ( ; fn; Dd k9fP . pgl @)\$ ( df ; ?jf eP/ d:tf^sf] sf]f^:yt hgcfbz{ dflj df ku] hxfFpgn]@)%^ ; fn; Dd k9fP . lzlfzf:qdf :gfts s]l @)%& ; fnblv @)^@ ; fn; Dd d:tf^d}; f]JolQm lyP . t/ , s]lsf] dgn] ; f]JolQmsf] lhDd]f/ld]/x] sfd ug] dfgg . To; k15 pgl lbJoblksf] kc eP/ :shsf] pGg]tdf ; lqno 5g\ .

bl3{fh pknllbo

# IzIfs ; Jf cfofu]sf] vhf kltofu]utflds Inlvt k/LIffsf]kf7dqnd

txM kfylds

>QfLM t[lo

kOff{ M !))

```

-!_ IzIff; DaGwl cfwf/et 1fgM j:tut kZg -axj $Inks-
; dfgfGt/ ; dx_ - @) cI
-s_ IzIff; DaGwl cfwf/et hfgsf/l - !) cI
-c_ gkfnsf]IzIffsf]/fli60 tyf txut p2Zox;
-cf_ gkfnsf]Ij Bfno txsf]; Argf / kf7oqndsf]9fFf
-0_ kJ kfylds IzIff tyf kl/Des afn Ij sf; sf] p2Z0 /
sfoqnd og
-0{ afn clwsf/ tyf n]Es ; dfgtf
-p_ IzIff; DaGwl ofhgf tyf kl/ofhgfm
  ■ /f-lz-k-sf] ofhgf -@)*-)#@_ kfylds IzIffsf]; Argf
  / IzIfs Joj:yfkg
  ■ cfwf/et tyf kfylds IzIff sfoqnd bf]f]
  -!(((--@))$ _ nlo / sfoqnd
  ■ ; a$nf nflu IzIff sfoqnd -@))$-@))(_ p2Z0, nlo /
  sfoqnd
  ■ rfn' cfj lws ofhgdf kfylds IzIffsf]nlo tyf sfoqnd
-pm IzIfof I; sf0 tyf slff Joj:yfkg
  ■ IzIfof Ij lw / klqnmM
  ■ z]fIofs Joj:yfM Ij ifout, slffut / axslff IzIfof
  ■ slffsf]f Joj:yfkgM eflts / Ij Bfyl{
  ■ z]fIfs ; fdu]x;sf]Joj:yf / kofu] M :yf glo tyf c60
  ■ :yf glo=dft f]fiffsf]kf7dqnd lgdfef / kofu]
  ■ axefiff IzIfofsf] dxIj / kofu]
-P_ z]fIfs ofhgf lgdfef tyf dNofI g
  ■ j flif$ tyf blgs z]fIofs ofhgf lgdfef / sfoqnd og
  ■ Ij Bfno ; wf/ ofhgf lgdfef / sfoqnd og
  ■ lgdfef]f]ds tyf lgdfef]f]ds dNofI g- Ij leGg tl/sf / kofu]
-P] jfn Ij sf; tyf dgflj 1fgM kJ]f]f]Nofj:yf / j]f]Nofj:yf sf

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I; sf0; E ; DaGwt Ij z]f]f]fx; Ij sf; f]ds klfx;
-v_ ; Ij-wfg, IzIff; DaGwl Pq tyf lgodfjnlx; - !) cI
-c_ gkfnsf] cGtl/d ; Ij-wfg @)^#M d]f]ns xs, IzIff; DaGwl
xs
-cf_ IzIff Pq @)*- ; z]f]wg ; lxt_
-0_ IzIff lgodfjnl @)%(- ; z]f]wg ; lxt_ M
  ■ Ij Bfno Joj:yfkg ; Idltsf] sfd, stfo / clwsf/,
  ■ IzIffsf]; Jf zt{/ ; Ij-wfx;
  ■ IzIfs tyf Ij Bfyl{cf]f/; lxtf
-0{ IzIfs ; Jf cfofu] lgodfjnl @)%&- ; #f]wg ; lxt_
-@_ kfylds txsf] Ij ifo; Dj Gwl 1fg / ; lk tyf cfwlgs
z]f]f]ofs klj lw - *) cI
-s_ Ij ifo; Dj Gwl 1fg / ; lk - ^) cI
kfylds txsf] gkfnl, cu]hl, uloft, ; fdl]hs, Ij 1fg /
jftfj/of cflb Ij ifox; E ; Dj I Gwt kf7dqnd] tf$]sf]
kf7def/sf] cfwf/df ; se/ ; j} Ij ifo ; d]f]u/l Ij ifout
1fg / ; lkdf cfwf/t kZgx; tyf ; fxl Ij ifoj:tdf
cfwfl/t IzIfof Ij lw
-v_ cfwlgs z]f]f]ofs klj lw tyf vfh - @) cI
-c_ b' tyf vhf IzIff
-cf_ cgfkrfl/s IzIff / ; flf/tf, sfoq]hs tyf nlrnf]/
a$Inks Ij Bfno
-0_ >Jo tyf bZ0 ; fdu]sf] kl/ro / o; sf] kofu]
-0{ ; dj]l IzIff- p2Z0, dxIj / cfj Zostf
-p_ ; Rgf tyf ; -rf/ IzIffsf] dxIj / cfj Zostf tyf
IzIfof I; sf0df o; sf] kofu]

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txM IgdgdffWolds

>QfLM t[lo

kOff{ !))

```

-!_ IzIff; Dj Gwl cfwf/et 1fgM j:tut kZg -axj $Inks-
; dfgfGt/ ; dx_ - @) cI
-s_ IzIff; DaGwl cfwf/et hfgsf/l - !) cI
-c_ ; fs{dh$xs;sf]IzIffsf] txut p2Z0 tyf Ij Bfnosf]
; Argf; DaGwl cfwf/et hfgsf/l
-cf_ gkfnsf]IzIffsf]/fli60 tyf txut p2Zox;
-0_ gkfnsf]z]f]fs Oltxf; -/f]f]f]f]nblv xfn; Dd_
-0{ gkfnsf Ij Bfnosf] txut ; Argf
-p_ afn clwsf/ tyf n]Es ; dfgtf
-pm IzIff; DaGwl ofhgf tyf kl/ofhgfm
  ■ /f-lz-k-sf] ofhgf -@)*-)#@_M lg-df= txsf] txut
  ; Argf / p2Z0

```

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  ■ ; a$nf nflu IzIff sfoqnd-@))$-@))(_M p2Z0, nlo / sfoqnd
  ■ dffWolds IzIff ; xofu] sfoqnd-@))#-@)))*_ p2Z0,
  nlo / sfoqnd
  ■ rfn' cfj lws ofhgdf IgdgdffWolds IzIffsf]nlo tyf
  sfoqnd
-P_ IzIff; DaGwl cfofu]sf kltj]bgM
  ■ /fli60 IzIff cfofu]sf] kltj]bg @)$ (M lg-df= tyf
  dffWolds IzIffsf Ij sf; sf nflu ; %f]x;
-P] z]f]fs ofhgf, Joj:yfkg tyf dNofI g
  ■ j flif$ tyf blgs z]f]f]ofs ofhgf lgdfef / sfoqnd og
  ■ Ij Bfno ; wf/ ofhgf lgdfef / sfoqnd og
  ■ lgdfef]f]ds tyf lgdfef]f]ds dNofI gM- Ij leGg tl/sf / kofu]

```

-cf] afn ljsf; tyf dgflj 1fgM pQ/afNofj:yf tyf lszf] cj:yfsf l; sf0; E ; DalGwt lj zlf]tx; / lj sf; fids klfx;  
-v\_ ; ljwfg, lzlf; DaGwl Pq tyf lgodfjnlx; - !) cÍ  
-c\_ gk]nsf] cGtl/d ; ljwfg @)^#  
▪ d]ns xs  
▪ lzlf; DjGwl xs  
▪ sfok]nsf; DaGwl Joj:yf  
-cf\_ lzlf Pq @)^\* -; z]vg; lxt\_  
-0\_ lzlf lgodfjnl @)^(-; z]vg; lxt\_M  
▪ lj Bfno Joj:yfkg ; ldltsf] sfd, stfo / clwsf/  
▪ lzlfssf]; j]f, zt{/ ; ljwfx;  
▪ lzlf tyf lj Bfyl{cfrf/; lxtf  
-0{ lzlf ; j]f cfof] lgodfjnl @)^& -; z]vg; lxt\_

-@\_ lqdg dflWolds txsf] lj ifo; DaGwl 1fg / ; lk- \*) cÍ  
-s\_ lqdg dflWolds txsf] ; DalGwt lj ifosf] kf7dqnd] tf\$]sf] kf7def/sf] cfwf/df lj ifout 1fg / ; lkdf cfwf/t kZgx; tyf ; fxl lj ifoj:tdf cfwf/t lzlf0f lj lw - ^) cÍ  
-v\_ cfwlgs z]f0fs klj lw / vf]h - @) cÍ  
-c\_ b/ tyf vhf l; sf0sf] cfj Zostf / dxLj  
-cf\_ >Jo tyf bZ0 ; fdu]sf] kof]u  
-0\_ slff lzlf0f l; sf0; E ; DalGwt ; Id sfod]hs vf]h tyf cg; Gwfg  
-0{ ; dfj zL lzlfssf] dxLj / kof]u  
-p\_ ; Rgf tyf ; -rf/ lzlfssf] dxLj , cfj Zostf tyf lzlf0f l; sf0df o; sf] kof]u

txM dflWolds

>Qf]M t]lo

koff{ !)

-l\_ lzlf; DaGwl cfwf/et 1fgM j:tut kZg -axj \$]Nks- ; dfg]t/ ; f]x; - @) cÍ  
-s\_ lzlf; DaGwl cfwf/et hfgsf/L - !) cÍ  
-c\_ ; fs{dhsx;sf] lzlfssf] /fli60 p2Z0, lj Bfnosf] ; Argf, txut p2Z0  
-cf\_ gk]nsf] lzlfssf] /fli60 tyf txut p2Z0x; ;  
-0\_ gk]nsf] z]f]s Oltxf; -/f0f]sfnb]v xfn; Dd\_  
-0{ afn clwsf/ tyf n]Es ; dfgtf  
-p\_ gk]nsf] lj Bfnosf] txut ; Argf / dflWolds txsf] lzlf Joj:yfkg  
-pm\_ lzlf; DaGwl of]hg tyf kl/of]hgM /f=z-k-sf] of]hg @)^\* -)#@\_ lj Bfnosf] ; Argf, p2Z0 / dflWolds txsf] lzlf Joj:yfkg  
▪ lg-df= tyf dflWolds lzlf lj sf; sf nflu sfod]og ePsf of]hg tyf sfod]x;sf] hfgsf/L M  
▪ dflWolds lzlf lj sf; kl/of]hg -!((#-!((( dflWolds lzlf ; xof] sfod] @)^)#-@)^\*\_ M lzlf lzlfssf p2Z0, nlo / sfod]d  
▪ lzlf lzlf kl/of]hg @)^-@)^&M nlo tyf sfod]d dflWolds txsf] kf7dqnd, kf7dk!ts tyf ; Gbe{ ; fdu]x;sf] lj sf; tyf kof]u  
▪ /fli60 kf7dqndsf] kf?k @)^#M lj Bfnosf] ; E7g, kf7dqndsf] 9fFf  
▪ rfn' cfj lws of]hgdf dflWolds lzlfssf] nlo tyf sfod]d ; asf nflu lzlf sfod] @)^) \$-@)^) ( p2Z0, nlo / sfod]d  
-P\_ lzlf; DaGwl cfof]usf kl]tj dg M /fli60 lzlf cfof]usf] kl]tj dg @)^) \$ (M dflWolds txsf] lzlf lj sf; ; DaGwl ; %fj x; / sfod]ogsf] l:ylt  
▪ pRr:t/lo /fli60 lzlf cfof]usf] kl]tj dg @)^) %M dflWolds txsf] lzlf lj sf; ; DaGwl ; %fj x; / sfod]ogsf] l:ylt  
-P] z]f]s of]hg, Joj:yfkg tyf dNof]g  
▪ j flif\$ tyf blgs z]f]0fs of]hg lqdf / sfod]og  
▪ ufpFlzlf of]hg, lj Bfno ; wf/ of]hg / lhNnf lzlf of]hgM lqdf / sfod]og

▪ lqdf]f]ds tyf lqdf]f]ds dNof]gM- lj lqg tl/sf / kof]u  
▪ nq/ ul]B<sup>a</sup> koff]nsf] kl/ro / kof]u  
-cf] afn ljsf; tyf dgflj 1fgM lszf] cj:yfsf l; sf0; E ; DalGwt lj zlf]tx; / lj sf; fids klfx;  
-v\_ ; ljwfg, lzlf; DaGwl Pq tyf lgodfjnlx; - !) cÍ  
-c\_ gk]nsf] cGtl/d ; ljwfg @)^#  
▪ d]ns xs  
▪ lzlf; DaGwl xs  
▪ Joj:yf]ksf, sfok]nsf / Gofok]nsf; DaGwl Joj:yf  
-cf\_ lzlf Pq @)^\* -; z]vg; lxt\_  
-0\_ lzlf lgodfjnl @)^(-; z]vg; lxt\_M  
▪ lj Bfno Joj:yfkg ; ldltsf] sfd, stfo / clwsf/  
▪ lhNnf lzlf ; ldltsf] u7g tyf sfd, stfo / clwsf/  
▪ lzlfssf]; j]f zt{/ ; ljwfx;  
▪ lzlf tyf lj Bfyl{cfrf/; lxtf  
-0{ lzlf ; j]f cfof] lgodfjnl @)^& -; z]vg; lxt\_  
-@\_ dflWolds txsf] lj ifo; DaGwl 1fg / ; lk- \*) cÍ  
-s\_ cfj dg u/\$f] lj ifosf] kf7dqndf plNnlvt kf7def/sf] cfwf/df lj ifoj:t; DjGwl 1fg, ; lk tyf ; fxl lj ifoj:tdf cfwf/t lzlf0f lj lw - ^) cÍ  
-v\_ cfwlgs z]f]0fs klj lw tyf vf]h - @) cÍ  
-c\_ z]f]0fs klj lwsf] cy{/ dxLj  
-cf\_ vhf lzlfssf] ; fble\$tf / vhf lzlf lzlf0fsf tl/sfx;  
-0\_ b/ lzlfssf] dxLj / cfj Zostf, gk]ndf o; sf] kof]u  
-0{ sfod]hs cg; Gwfgsf] dxLj / lzlf0df o; sf] kof]u  
-p\_ ; dfj zL lzlfssf] dxLj / kof]u  
-pm\_ lzlfdf >Jo-bZ0, bZ0, >Jo / 5k0 ; fdu]sf] kof]u  
-P\_ sDko6/ ; DaGwl cfwf/et hfgsf/L  
-P] ; Rgf tyf ; -rf/ lzlfssf] dxLj / cfj Zostf tyf lzlf0f; sf0df o; sf] kof]u

; f]M lzlf ; j]f cfof] (www.tsc.gov.np)



# d08n}d08nsf]alrdf d

cfhef]n 6f8v]hsf]alrdf pleP/ xdf{eluf]hbl]v vuf]h;Dd ;a}uf]hfsf/ 5g\efg]s'/fdf lal]wf /xfg . dnf0{nflU5 d Ps ljGbbf v8f 5' . d]f]j]l/kl/ d08n}d08n 5 . eð08n 5 . To;df hnd08n / lxdd08n klg ;dfj z 5g\ eð08nsf]j]l/kl/ jfod08n 5 . To] klg rf/ txdf Ps rqlaq csf[rqndf ldn} d08n}d08nleq dnf0{kfg{;kmn 5 .

**d**] :sh] hljgsf eluf]h lzlfS, Tolta]hfsf df:6/;fxa /gfd}ls6g' kb{gaxfb/ ykf efg] ugXGYof- of] k]j]l uf]h 5 . /, uf]h k]j]laf/] clloog ubf{To;nf0{eluf]h elgG5 . e" eg\$]f] k]j]l, uf]h eg\$]f]To;sf] cfsf/ / eluf]h eg\$]f]To;sf]lj Bf . k]j]l uf]h]5 eGg]kdf0fx;af/]df:6/;fxa sfnf]k6ldf ;]f] rsn] j]Qsf/ lrq sf]eGxGYof] a;db] lsgf/df a;] hxfh c]Psf]x]l/xbf klxn]6f9faf6 kfglhx]hsf] 6Kkf]bl]vG5 . hit hlt hxfh glhs cfp5 plt plt tnsf] efu bl]v}h]fG5 . glhs cf0ku]k]5 k'f hxfh k]h}Dd bl]vG5 . k]j]l uf]h]ePsf]h]-To;sf]j]Qsf/n]ubf{k'}hxfh 6f9faf6 Ps]bZodf bl]v} . k]j]l r]l]6f]x]f] x]f] t To;f] xg] lyPg, ;a}efu Ps]kN6 bl]vg]lyof]A

t/, eluf]h k9fpg]df:6/;fxa]sf o:tf s'/;gk]5 b/af :sh;E\$]f]fglkf]y/lsf]5]p]df a;] c]k]h]eb\$]nl dlGblt/ xdf]j]f ;Gwf/faf6 306f3/lt/ xdf{k'f 6f8v]h;Dd}bl]vGYof] . clxn]h:tf]cGtl/lfaf6 k]j]lsf]bZ}o lrq sDk0b/df xdf]b]vG] hdfgf lyPg . df:6/;fxa]n] eGge]f] xfdln] dfGof]. k]j]l uf]h 5 .

es08f]x]of}er]u6]x]of}tl uf]h 5g\ u85g\ tl 7f] 5g\ u8bf 6lqP/ jf k]l]vP/ hf]f]g\ . t/, t/n kfglsf] ;db]s;/L uf]h eof] <kfgl t ;txdf a:5 . /fglkf]y/lsf] kfgl ;Dd 5 . j]Qsf/ 5g . kfglnf0{j]Qsf/ jf uf]hfsf/df /fVg s;/L ;Dej xG5 <uf]hfsf/ agfpg t ;fagsf]k]f]sf p8fpgk5{. ;db]t k]f]sf k/]sf]x]f] x]h]f . Toxf]Hxf]hx; rN5g\ df5fx; kf]8G5g\ Xj]h klg kf0G5 . ;fagn]agf]Psf] kfglsf]k]f]sf t kSs;xg] x]h]f ;db] . hldg t uf]h]f] x]h]f t/ ;db]s;/L uf]h]f] eof] <d]f]f] of]lh1f;f w}]}j]ifk]5 dfq z]Gt eof] . k]j]lsf]u?Tj z]lQmf/]1fg ePk]5 dfq k]j]l uf]h]f]5 eg] u?n]eg\$]f]s'/f lubdf 3:of] . u?sf]1fgnf0{luble/L af\$] cfhef]n 6f8v]hsf]alrdf pleP/ xdf{ eluf]hbl]v vuf]h;Dd ;a}uf]hfsf/ 5g\efg]s'/fdf lal]wf /xfg . dnf0{nflU5 d Ps ljGbbf v8f 5' . d]f]j]l/kl/

d08n}d08n 5 . eð08n 5 . To;df hnd08n / lxdd08n klg ;dfj z 5g\ eð08nsf]j]l/kl/ jfod08n 5 . To]k]g rf/ txdf Ps rqlaq csf[rqndf ldn} d08n}d08nleq dnf0{kfg{;kmn 5 . cfh oxfltg}d08nx;sf af/]s]xl rrf{p7fpg nfu\$]f]5' .

of]8Nnf]of uf]h]f]k]j]lsf]af]x/L ;tx #) k]tzt hldg / &) k]tzt kfgln]9fs\$]f]5 . xgt kfglleg ;db\$]f]lkwdf klg hldg el]G5 . k]j]lsf]af]x/L ;txl hldg -neue !)) lsnf]d6/ af]Snf]r\$fgl efu\_nf0{lnyf]k]m] (Lithosphere) elgG5 . j:t]M of] :ynd08ndf ;ft}dxfb]z;x; -Plzof, o/fk, cl]k]sf, pQ/ cd]l/sf, bl]f]of cd]l/sf, ci6]h]of tyf P66f]6\$]f\_kg{cfp5g\ o; d08nsf] ;j]f]r eèfu ;u/dfyf -;db] ;txeGbf \*,\*\$\* ld6/ cl]nf]n] / ;aeGbf x]f]f] eèfu 0h/fon / hf]8gsf]alrdf kg]d]f;fu/ (Dead Sea) lsgf/fsf]eèfu -;db] ;txeGbf #(( ld6/ tn kg] :yfg\_n] k]t]glw]j ub5g\ .

k]j]lsf] ;txsf]&) k]tzt cf]u6g]hnd08nnf0{x]f08k]m] (Hydrosphere) elgG5 . To;cydf k]j]l kfglsf]8Nnf]x]f] . t/n kfglsf]8Nnf] . eluf]hsf df:6/;fxa eGxGYof- k]j]l l:y/ 5g . of]k]gk]ngl 3D5 k]f]af6 klZrdlt/ . t/ k]j]l 3d]sf]g xfdl rfn kfp5f]g t ;db\$]f]kfgl pl5]sPs}bl]vG5 . k]j]lsf] u?Tj n] ;a]h]f0{l:y/ /fVb5 . To;df ;a} ;#f/ 3Dbf]x]5- eð08n, hnd08n, lxdd08n tyf jfod08n klg .

hnd08nsf]s'/f ubf{Toxf]k]f] dxf;fu/sf]k] u cfp5 . k]z]Gt dxf;fu/ (Pacific Ocean) P6nflG6S dxf;fu/ (Atlantic Ocean), lxGb dxf;fu/ (Indian Ocean), pQ/L w]lo dxf;fu/ (Arctic Ocean) tyf bl]f]fl w]lo dxf;fu/ (Antarctic Ocean) . ol ;fu/ / dxf;fu/x;sf]cf]t ulx/f0 ;txaf6 #,&#) ld6/ tn kb5 . ;db\$]f] ;aeGbf ulx/f]lkw eg] !!)# ld6/sf] ulx/f0df el]G5 . k]z]Gt dxf;fu/sf] dl/ofg 6]r (Mariana Trench) g]f]ds, pQm :yfg uf]d 6fk' (Guam Island) sf] bl]f]fl/ kg{cfp5 . ;u/dfyfnf0{Toxf]





ax;  
; fF]j sf;

# dVo ; d:of dfgl; s u/LaL

lj sf; kllktsf] Pp6f dfq crS dGg  
u/La dfgl; stfsf] lg/fs/Of xf]. xfdl  
; DkOf{ gkfnlsf] lbdfuaf6 xfdl u/La  
5f}eGg] efj gf x6f0{/rgf]ds ; f] /  
; hgzln sfodf Jo:t /xg]afglsf]lj sf;  
dfq ug{ ; s}f] v08df xfdln] vf]h}sf]  
lj sf; 6f9f 5g .

## ■ pdfsf]t ltj/f/

**lj** sf; dfgl; leqsf] /rgf]ds efj gf, r]gzlntf /  
lqmfzintfsf]pkh xf]. of]lg/Gt/ rln/xg]k]ltpGdv  
afof] xf] . ; fy} o; n] qmdz]M kl/kSj tf xfl; n' ub} uPsf]  
xgk5{. o; cydf lj sf; nf0{; fwg / ; fllo b} } ; kdf lng  
; lsG5 . of] r]gfsf]cs/Ofaf6 kllt xg]axcfof]ds klqmf  
xf]. To; h]o; sf]bfo/f km/flsnf]5 . lj sf; n]eLrf], xj fkgf,  
; dfh, ; s]t / dfgl; stf cg;f/ km/s km/s ; k wf/Of  
u/}sf] kfG5 .

tyflk zf/ll/s ; kdf ; j; y, cflyS ; kdf ; an, /fhgllts  
; kdf ; r]t, ; fdf]hs ; kdf kl/is] / gl]tsjg, dfgj ; fwgsf  
; kdf ; k]f]dv / ; lfd, ; f; s]ts ; kdf ; lxiOf / sfo}f  
lx; fan] ; hgzln / Jo:t e0/xg] c]j: yfnf0{ xfdl gkfnln]  
vf]h}sf]lj sf; sf ; kdf lraqOf ug{; lsPnf .

xfdl gkfnl wgl xg rfxG5f] wgl alg/x}f 5g]f. xfdl  
lj afg xg rfxG5f] sg] c]l] isf/ ug{; Sbg]f. xfdl c]knhf0  
Jo] ; fol ePsf] b]jl u5f] t/ Jo] ; fodf 3f6f nufp5f].  
ufp]KR5] 6fh]KR5] g]f ag5f] t/ g]Tj ug{; Sbg]f. cfo]uaf/f  
5f]gPsf j]l/i7 sd}f/l xG5f] t/ Odfgb/ / szn ; jf  
k]fx ug{; Sbg]f. c]knhf0{pBdl eG5f] t/ pT]kfbgn] qmdz]M  
u]fxsnf0{ euf0/x}f] xG5 . c]lv/ gkfn / gkfnldf% lsg  
o: tf] e0/x}f] 5 < xfdl] l5d}l b}z ef/taf6 c]Psf Jo]Qm

gkfnf] ; km xg]t/ gkfnlx ; lj km e0/xg]sf/Of s]x]hf <  
oxl uf]l s/fleqsf] r/f]kOf nufpg' g] xfdl gkfnln] vf]h}sf]  
lj sf; sf] ; d:of kOf nufpg' xf]. o; } ; d:ofsf] ; dfwfg g]  
gkfnlsf] lj sf; sf] k]f/De lj Gb' xf].

xfdlnf0{ yxf 5, ; b/ ufp5f] af6f]f lx8g] a6] fn]  
glhssf]af/laf6 r]f]sf]Pp6f v; f]bl]v dGqnosf dGq tyf  
; l]rjn]sld; g tyf e]6f]r/ u/}sf] 36gfsf]k}t ; dfg xf].  
o; nf0{c% pbfx/Ofaf6 k]l6afpg ; lsG5 . d hdnf lhn]nsf]  
Ps lj s6 ufp]f a:5' . d]f] ufp]f vfg]k]glsf] ; d:of 5 .  
clxn] Dd tlGk6s vfg]k]glsf] Jo] :yf /f]hoaf6 e0; s}f] 5 .  
t/ of]hg] ; DkGg ePsf] kGw] lbg glaTb} wf/f effr-G5g\ kf0k  
sf]6G5g\ s}f]sf] kf0k uf]h]f] k]f/} af6f]f u8fpg] u5g\  
klxn} b}z b]f]f]G5 . km/ gofF; :yf g]k-hfF ug{c]fp5 .  
7ls o:t} rqm sf7df8f]sg] 7hf] dGqfnodf klG rln/x}f]  
xG5 . Toxf/f]on] ; lfd eg] 5fgl k7Psf ; of}sd}f/lx ;  
sfo}t 5g\ pglx;n] ; /sf/l ; fwg / ; f]sf]k}f] ul//x}f]  
5g\ Toxf]klg lj ljw ; fwgsf] ; b]kof] eGbf b?kof] a9l 5 .  
cyf} ; fwg- ; f]sf]b?kof] hxf]Toxl+5- ufp]v zx/; Dd,  
c]zllftb]v lzllft; Dd .

o; k6s dh] ; 6, 38l / hOf lsg] ; c]lv/ lsg < lsg]s  
d ; fy]x}sf c]3 wgl ePsf] b]lv]g rfxG5' . d]f] alxgl]  
aaf; f] dx]f]sk8f dfu ul/g\ ; g]sf]l; qm] lsg]bg cg/f]v  
ul/g\ pgl klG wgl afas] 5f]l xFeGg] b]y]fpg rfx]G5g\  
d 7ls oxl s/f x/}f] dfgl; sf dgdl: t]sd] u8}f] k]f]p5' .  
c]knhf0{ wgl ePsf] k]f]f]Of ug{ lsg xfdl dl/xQ] ul//x}f]  
5f} < lsg dx]f]j : t]sf] k}f]f]d k]f]t 5f} <

dflys ol ; a}k}f/sf ; d:of ; lxt xfdl] u/lalsf] k}f]v  
sf/Of xfdl] u/La dfgl; stf xf]. Toxl dfgl; stfsf] pkrf/  
; j}k xfdl uxgf, uf8l, dx]f]k]l] g, x]f]n c]l]bsf] k}f]v u5f]f  
/ c]knhf0{ wgl ePsf] b]y]fpg rfxG5f] . u/La dfgl; stfn]  
b?kof] / nf]nf0{ hGd lbG5 . dfu] ldn5 eg] ldxg] lsg  
ug]eGg] g]bl/b] dfgl; stf xf]. gkfnl ; dfh kOf{ ; kdf oxl  
/fuaf6 kl]8t 5 . clxn] Ddsf xfdl lj sf; sf ; DkOf{k}f; x ;  
/fdl 5g\ . t/ ltlx ; a} k]l] lws 5g\ . To; h] ca ol  
; DkOf{k]l] lws k}f; x; nf0{ gkfnl dfgl; stfsf] pkrf/; lxt  
; dfof]hg ug{; lsPdf lj sf; lglZrt 5 . lj Zj sf lj sl; t  
b}z sf gful/sx ; j : t' tyf ; j]sf] k}f]v eGbf lj rf/ / ; hgfsf]



08/05/17

zf/ll/s 2kdf :j:y, cfly\$ 2kdf ;an,  
 /fhgllts 2kdf ; rj, ; fdlhs 2kdf kl/isf  
 / g]tsjfg, dfgj ; fwgsf 2kdf ; lkf]dv  
 / ; lfd, ; f:s[ts 2kdf ; lxi0f' / sfo\$  
 lx; fan] ; fhgzln / Jo:t e0/xg] cj:yfnf0{  
 xfdl g]kfnln] vfh\$] l] sf; sf 2kdf lrq0f  
 ug{ ; lsPnf .

vfhdf Jo:t /xG5g\ . pglx2n] njf0, vjf0 e6bf nlonf0{  
 kfyldstf lbG5g\ .

To; h] ol dfly elgPsf ; Dk0f{s'f cyff\j] sf; k]ktsf]  
 Pp6f dfq cr\$ dGg u/la dfgl; stfsf]lg/fs/0f xf] . xfdl  
 ; Dk0f{g]kfnlnsf] lbdvuaf6 xfdl u/la 5f;eGg] efj gf x6f0{  
 /rgf]ds ; f] / ; fhgzln sfo0f Jo:t /xg]afglsf]lj sf;  
 dfq ug{ ; s\$] v08df xfdln] vfh\$] l] sf; 6f9f 5g .

Inulo, hftlo, ef]f]ns cflb ; Dk0f{l]e0 dflg; af6 ; lht  
 ; d:of xg\ . k\$[taf6 ; lht hn]fo' kl/j t0sf] r0f]l klq  
 xfdl; fd' tl; Psf]5 . k]o\$ jif{Ps 18ul km/gx06n]lj Zj sf]  
 tfkqmd a9gn]clgsfn, cltj l]6, cgj l]6, ; db] ; tx a9g]  
 lxdzv/ klng] lxdtn km6g] tyf j:tlx; hf]vdff /xg]  
 vt/f al9/x\$]5 . ol bj }r0f]ln]cfly\$ j]4 jf p]kfbgdf  
 c; / ul//x\$]5g\ . ; dtf jftfj /0f lgdf0sf] dh kl  
 /rgf]ds sfo0:ttf xf] . /rgf]ds sfo{Jo:ttfn]c]dbfgl  
 / ; lksf]lj sf; u/fp5 . dflg; cfdlge\ ag5 . cfdlge\  
 dflg; slxNo]lj e0sf]l]zsf/ x6g . To; h] cg\$ lj ifoj :tsf]  
 cf/f]e6bf xfdl xfdl] r]gf, xfdl] sfo0:ttf / /hoaf6 k]kt  
 cj; / pkof]un]w] ; d:ofsf] ; d]wfg ePsf] kfpg] 5f] . To;  
 ; E; E]k]zdf l]zi6ls/0f, ; lkdhs /fhuf/L, ; dosf]art,  
 k]hh vr{s6f]l / ljz]f u/L dlxf tyf u]k0fnf0{ nlo  
 u/L l: sf0g]lj ljw ; lxx;sf]lj sf; ug]k]xG5 .

cfly\$ tyf ; fdlhs lj sf; b0rf/ hgf JolQm]j f ; dxaf6  
 xg]s'f ; Dej 5g . ca lj sf; h; nf0{rflxPsf]5, p; sf]  
 g]tj / ; xeflutf klq h?/L 5 . lj sf; sf kfyldstfx2  
 klq p; h] lgw]0f ug]k]5 . hl6n /fli60 dx]sf k]zgx2  
 rgfj jf hgd] ; xaf6 lsgf/f nufpg ; ls65 . ha b]z  
 sdrf/ltGqsf]g]tj df hfG5, To; ahf ; jfy{ sld; g / z]f]0f  
 afx\$ lj sf; af6 ; j{fwf/0fnf0{s}l k]kt x6g .

glltgdf0f klqnofdf gful/s ; xeflutf ; lglZrt ug]Pp6f  
 dfq dflod rgfj xf] . hglgj]rt kl]lgwn] :yfglo tyf  
 /fli60 2kdf g]tj ug{h?/L 5 . t/ g]kndf lgj ffg g]gx2]  
 jftfj /0f /fhgllts bnx2af6 / gxg lbg]v]hdf sdrf/ltGq  
 nflu/x\$]5 . /fhgllts bnx2af6 Psk6s hg cgd]0t g]f  
 hljge/ g]f alg/xg] g]kfnl k/Dk/fn] glltgdf0f klqnofdf  
 gful/ssf] ; xeflutf ge0{JolQmsf]pkl:ylt /x\$]efg xG5 .  
 h; n] ; sf/]ds kl/0ffd lbg dlZsn k5{. o; af6 /fho6bf  
 u} /fhoklf alnof]eP/ hf]xG5 . oxl qnd hf/L /xdf lgj ffg  
 kZrftsf]g]tj n] sfg2 sfo0]og ug{g; Sg]vt/f a9b5 .  
 h; sf]gh/ xfdl; E] oftoft Joj ; folsf]l; l08s0 k0ffnl /  
 lghl lj Bfnodf t]sPsf]l]zlf ; jf s/ /x\$]5g\ .

To; h] lgisif0f xfdln] vfh\$] l] sf; /rgf]ds ; f]af6  
 kl/t, u0ff]dstfsf] %Nsf] lbg] vfn]sf] xg' h?/L 5 . lj sf;  
 JolQm]j z]f e6bf ; Dk0f{gful/ssf] ; xeflutfdf ; km xG5 .  
 ctM gful/s ; xeflutfsf] Pp6f dfq pkfo hgtfsf] g]tj n]  
 lj sf; df cleofg rnfpg' k5{. sfo0:ttf ; lkdf l]zi6tf,  
 /fhgllts r]gf, hgtf]kl pQ/bfol g]tj, /fhgllts :yflolj  
 xg]jftfj /0f l; hgf ug{ ; sdrf / x/\$ gful/s cfdlge\  
 agfpg]af6] v]hdf g]kfnln] lj sf; cj Zoef]l 5 .

wkf-&, hdnf

ax; ; fF]j sf;

# vfFf] ; f%o gllt / of]hgfsf]

vfFf] ; j {j lsf0{lj sf; ]glltsf]xf]. ; /sf/ t gkfnf eGbf 156f] 156f] hfkfgdf km/Psf] 5 t/ To; n] hfkfgsf] lj sf; sf] ult /f]sPsf] 5g . To; h] ca lj sf; sf] To:tf] gllt cjdag ug{h?/L 5, h; n] g]fnf0{lj sf; df /fhgllt xg lj sf; sf] /fhgllt ug{afWo u/fcf] \.

## ■ efg' aflvd

**lj** sf; To]xf]h; n]x/\$ dflg; sf]cfwf/e't cfj Zostsf ; fy}OR5f, rfxgfnf0{ ; Daf]vg u5{. t/ dflg; sf] cfwf/e't cfj Zostf / rfxgf ; doqmdf km/flsnf]x5}hf65 . dflg; sf] rfxgfsf] klg ult x65 . dflg; sf] ablnbf] rfxgfnf0{ ; Daf]vg ug{lj sf; ; w}ultzln xgk5{. lj sf; sf] ult dflg; sf] cfsf]ffsf] ultegbf sd eP, cg\$g ; d:of bl]vg yfN5 . o:t}ePsf]5 b}zdf . :yfglo ; ft ; fwgsf]gjlg 9wn] kofu u/L a9Nf]hg; Wof / 36bf]pj {fzIQm alr tbf]Dof /fVg' cfhsf] lj sf; sf] cfj Zostf xf]. /fHon] x/\$ lfgdf :yfglo pTkfbg a9fpgsf ; fy}To; sf]ljlgdosf]Joj :yfk / ; a\$]f]qmozIQm j [4 ugk5{. o:tf]lj sf; n]g}cfd dflg; sf] cxf/, lzlf, :jf:Yosf] cfj Zostf kl't{/ /fhuf/l]sf] cj ; / ; hgf u5{.

ef]w]ns lj s6tf- b}zsf]ef]ts lj sf; df r}gf]l ag\$]f] 5 . t/ ef]w]ns lj s6tf]n] hl]s lj lwtf klg lbPsf] 5 . hl]s lj lwtf]n] cg\$g ; Defj gfnf0{ phfu/ u/\$]f] 5 . To] ; Defj gf klxNofpg] / kof]udf Nofpg] lj sf; sf] of]hgfa4 vfsf rfxPsf]5 . ; dlrt, Gofof]rt / ; GtInt lj sf; sf] vfsf / To] cg?k glltsf] vfFf] 5 . To; sf] nfu l:y/ ; /sf/ eP /fd] t/ xgk5{eG]5g . lgbf]lo Joj :yfdf xf] jf nf\$tf]lq6s k4ltdf, gkfnf ; /sf/x}n] slxNo} :yfloTj kfpGg\ . sg} nf\$tf]lq6s ; /sf/n] k'f

sfo\$fn sfd ug{kfpG . lj sf; sf]ult ; 't xgdf, cl:y/ ; /sf/nf0{cuf]8 ; fl/G5 . t/ jf:tjdf :yfloTj eGbf klg vfFf] ; j {j lsf0{lj sf; ] glltsf] xf]. ; dudf kfyldstf / of]hgfsf] cefj xf]. ; /sf/ t gkfnf eGbf 156f] 156f] hfkfgdf km/Psf] 5 . t/ To; n] hfkfgsf] lj sf; sf] ult /f]sPsf] 5g . To; h] ca lj sf; sf] To:tf] gllt cjdag ug{h?/L 5, h; n] g]fnf0{lj sf; df /fhgllt xg lj sf; sf] /fhgllt ug{afWo u/fcf] \ . ; dfh lj leGg bzGdf ljeflht 5 t/ ; dfhsf] rfxgf ; w}Pp6} 5M ; d[4 . t; y{/fhglltnf0{bzGdf ljeflht u/fpg] eGbf klg ; dfhsf] cfj Zostdf Ps]t u/fpgk5{. To; sf] ; do; ldf; lxtsf] lj leGg of]hgfsf] vfsf klg sfl/gk5{. of]lsg klg cfj Zos 5 eg] lj sf; sf ; flGts kl/efiff Pp6}eP klg, o; sf Jofj xfl/s klfx} Ps}xGgg\.

lj sf; sf]sfd jf klqofnf0{ef]w]ns l:ylt; E} :yfglosf] r]gf:t/n] klg kefj kf5{. t; y{leGg leGg :yfgnf0{leGg leGg lj sf; sf] df}n jf ; q rfxG5 . km's sfof]nsf / of]hg rfxG5 . t/ p27o eg] :yfglo ; ft ; fwg / ; Dkbsf] clwstd kofu ug{g}xgk5{. tl kof]n] hl]s sf]kfg tyf cfocfhgsf] af6f] v]lg] k5{. pbxf/Ofsf] ; kdf, k]l kxf8 / s0ff]l c-rnsf] j :tl:ylt / ; Defj gf km's km's 5 . s0ff]lsf] of]hgdf :ofp pTkfbg / of; f}Daf ; sngdf hf\$ lbgk5{eg}k]l{kxf8df cn}f / l r/f0tf]sf] v}ldf . ko6gs} ; jndf klg s0ff]ldf /f]fsf] cfsif} a9fpgk5{eg} k]df s-rgh3fnf0{kfyldstfdf /fVgk5{.

slxn\$xl+lj sf; n] JolQndf lj nfi; tfsf] ; kgf h6dfp5 . tl ; kgf cfj Zostf jf kl]ti7fdf ablnG5g\ ; d[4sf] lzv/df hl]g afF/x\$]f cdll/sl tyf o/fk]hlx} lj fgn] lgdf}f u/\$]f klj lw tyf lj nfi; tfsf ; fdukl]t a9l dfx /fV5g\ . log} cdll/sl tyf o/fk]hlsf] ; kgf !)) jf{cuf]8 leGg} lyP . cyf\ ; dfhsf] cfj Zostfn] lj sf; sf] ; 's lgwf}Of ug] xf]. k}ltn] ; dfhsf] cfj Zostf klg a9fp5 . xdf] b}zsf Psfwn]dfq cfhsf o/fk]hl tyf cdll/slsf]h:tf] ; d[4 hl]gsf] rfxgf /fV5g\ w]sf] rfxgf lzlf, :jf:Yo, /fhuf/L; E} hf]8Psf] 5 . c% slt e]sf dfG5} t ef\$df/l]sf] rkb}df 5g\ . w]sf] ; Wofdf sdhf] hl]g:t/ afF/x\$]f kl]t nllft



ಕೆಠು ಕೊಠ

; a}e\udf offtoft, lahhsf] lj:tf/, :yfglo ptkfbgsf] a9fQ/L / To;af6 ufF, af;, skf;, ;fy} lzlff, :jf:Yo / /fhuf/lzf] ;lgZrttf g}xdfs]lj sf;n] ;d\g] s/f xg\ . clxn\sf] lj Gbaf6 xbf{gkfn gkfnlsf] nflu ol sfd eP lj sf; ePsf] 7xl/G5 .

ofhgf aGk5{ . ; a}e\udf offtoft, lahhsf]lj:tf/, :yfglo ptkfbgsf] a9fQ/L / To;af6 ufF, af;, skf;, ;fy} lzlff, :jf:Yo / /fhuf/lzf] ;lgZrttf g}xdfs]lj sf;n] ;d\g] s/f xg\ . clxn\sf] lj Gbaf6 xbf{gkfn gkfnlsf] nflu ol sfd eP lj sf; ePsf] 7xl/G5 .

lj sf; / jftfj/ofsf] ; Da6w hlxn] klg lj k/Lt xG5 . s; /L sdeGbf sd jftfj/oflo lfltdf clws lj sf; ug{ ; lsG5 <xidf]ofhgf / kof; To;lt/ nllft xGk5{ . PSsf0; f; ztFAbldf lj sf; sf] klg sfd dfG5h] dfq ; DkGg ug{ ; Sb\ . cfwlgs klj lw / oGqnf0{dfg jzQmsf] ; xof\lsf] ; kdf kofu ug{k5{ . cfwlgs oGqsf]kofun] cfj ZostfeGbf a9L hldgdf xnrn Nofpg ; S5 . To; n]lj gf; klg lgdTofpg ; S5 . ; fy}To:tf klj lw tyf oGqsf]kofu ubf{k\k, l8hn h:tf] vlgh OGwgsf] cTolws vkt xG5 . vlgh OGwgsf] cTolws vktn]j fod08ndf c; / kf5{ . To; }sf/of hn]fo' kl/j tG e0{tfkqmd a9S / al9/x\sf]klg 5 . tfkqmd j[4n] b\zsf]klxrfg / ; Dkbfsf] ; kdf /x\sf] lxdfnsf] ; Gb/tdf xlf; cfpq yfn\sf] 5 . df]d kl/j tG e0{hljgofkg tyf v]lktf]sf] sfddf c; / k\sf] 5 . k\j]lsf] tfkqmdnf0{l:y/ /Vg jghun arfpg / a9L eGbf a9L xl/ofnl sfod ug{ h?/L 5 . ; fy}7hf 7hf lgs'-h / hun df:g] ofhgf x\ sd ug{k5{ .

dfly pInlvT sfd ug{nf0{ ; dlrt, ; GtInt / ofhgf a4 lj sf; sf] v\sf rflxG5 . t/ cfh; Ddsf w\} ofhgf xr] fsf] e/df ag\sf 5g\ . lj sf; sf] qmdf :yfglo eLfh]sf]l:yit /

:yfglo j; lsf]efj gf sd}a'g]ul/Psf]5 . ; fy}; f]nf0{; dfq lj t/of ug{k5} ; \$f kxFj fnfsdf ykl/G5 . o; n] lj sf; sf] sfddf ; dtfdhs / nf\$tfGqs lj lwnf0{c\ulsf/ ul/Psf]5\ eG]b\fp5 . lj sf; sf]ofhgf lj 1n]g}agfpgk5{t/ :yfglo cgej / efjgfnf0{pk]ff ug{xG5 . hf] hxfFj iff\ al; /x\sf 5g\ To] 7fp\ff pglx;s} cgej nf0{pk]ff u/\ ul/Psf] lj sf; lbuf]gxb / To; n] pglx;sf] efj gf / cfj Zostfnf0{ g; d\g klg ; S5 . t; y{sg}klg lj sf; sf] ofhgf agf\sf :yfglosf] cgej / efj gf ; d\g' h?/L 5 . hg; xeflutfd ag\sf ofhgf tyf glt lbuf] / k\sf/l ; kn]nfu" xG5g\ . h; n]lj sf; sf] ultnf0{b\ agfp5 . ; d[4sf] ; kgfnf0{ ; fsf/ agfpg d2t u5{ .

b\z lj sf; sf] lglDt k];t 5nkm e0/x\sf 5g\ . o:tf 5nkm :yfglj z]sf] ehf tyf ; efd dfq xG5 ; fdfhs ; -hfn jf .er]fnl blgof]sf] kvfndf klg k];t}xg]u/\sf] 5 . To:tf 5nkm / ax; af6 cPsf lj sf; sf] lj lw lj rf/ jf v\sf ; d\g b\z / hgtfsf]lj sf; sf] lglDt cPsf ; f% v\sf sf]g h?/L 5 .

qm\ds ; wf/ u/\ gkfnlsf] hljgzhl ; d\ agcf] \ lj sf; n]o; sf] nflu ofhgf ufdlOf lrdf a9LeGbf a9L s]b\ xGk5{ . kof\udf gcPsf ; f] ; fwgnf0{:yfglosf] cfocfh\gsf] dflwod agfpgk5{ . h; sf] nflu cf:ydf lj eflht ge0{ ; f% wf/of agfpg ; Sg]k\flsnf] ; f]sf]lj sf; ug{k5{ . k\flsnf] ; f]sf]lj sf; ge0{ ; d\ lj sf; xG5 .

l; s]f# , tknh#

# ufpA/Tofpg] lzlf]sf]lj sNk vf]hf}u

ufpA k9]sf]nflu :sh t 5, t/ To;n] g}jiflg w}}ojfx;nf0{ ufpA6 zx/lt/ nv]6/xsf]5 . /fd}k9]x; klg hflu/sf] vf]hl tyf pRr lzlf]sf]nflu zx/ k:5g\ / ufpFkms} rfx} klg ;Sb}g\ . zsf nflu5- of] lzlf]n] ca !)-!% jif}f st} ufpFg}l/Tofpg] t xF}g <

■ s]ofk; fb cofh



30a/s0t > 17

**d]** /]ufpFuNdl IhNnfsf]pQ/ klZrd Ps bu} efudf k5{. cheGbf #)-#% jif}l3 Toxf}f dflg; 8f}f}l vr{cyft\ a]g]t3p, e6df; cflb s/f af} a6]l;Dd lx8} cfp} / k]s}f klg 8f}f}l g}gg, t]h, sk8f cflb lnP/ kms}y]. of] s/f clxn}f]k':tfnf0{bGtosyf h:tf]klg nflu; ;S5l lsgls clxn] sRrl g}eP klg ufpFp}f d}f/ af}f] kl}sf] 5 / 6f]h6f]ndf k; nx; 5g\ Toxf}g, t]h dfq xF}g rfdn, kl7f] t/sf/l, k]nk}h ; d] afx/af6 kl5 . ufp}f tlg-rf/ c}f s]faf6 ufpF]k]f] af}f} vf}gkb}of]. vfgsf]nflu s}f}ds} g}k}v lyof]. slxn}fxl-df}d u8a8 x}f clgsfn klg rNvof] / s}f]f; fx}f s}f}f}f k/fgf esf/l vf]h}y]. u/lax; Toxl k/fgf]s}f]vP/ Hofg hf]ufpg af]lo x}y]. slxn}fxl-t To; }] %8f}k}vfnf klg nuf}of]. t/ cfh d]f] ufp}f ; a]h] lsg} eP klg rfdnsf]eft vfg k]Psf]b]V65 . 6sl tyf lgufn}f] p}Hofn}f]7p}f ufp}k}b}d /xsf]vf]h}af6 lgsfn}f]lahhl aQln] ufpF%anlldnl 5 . 3/3/df 6lel, ;l8l-8lel8l kn} / rn}f 5g\ . sf}xl klg af]x/ hf}f lx8} kb} / gg, t]h, rfdnsf]ef/l af}g' klg kb} . 3/3/df vfg}k}f]sf wf/f klg kl}sf 5g\ . /df}o pkrf/sf nflu ufp}f xly}k}f} 5 . !@ slff;Dd k9]sf]nflu :sh 5 .

s]d]f]ufp}f c]Psf]of]kl/j t}g g}lj sf; xF}g / <cj Zo klg s}xl xb;Dd of]lj sf; g}x] kl/j t}g x] / lj sf; sf] k}f}v/ x]. t/ d oxf}Cs} dx}lj k}f} s/f e}g u0/xsf]

5' . To] x}f- oxfFh}g lj sf; ePsf]h:tf] b]vPsf] 5 To] ; sf/ffds 5g}l To] ; fF]lj sf; xF}g . lsg}g] ufp}f w}} dflg;x; vf}Bj:t' ahf/df lsg} t vf}5g\t/ ltgsf]gub cfd}bfglsf]lbuf] / e/kbf]; }t} 5g . clxn}f]dVo ; }t} eg}f] j}l}zs /f]huf/ x]. hlt klg dflg; sf]hljg:t/ a9}f]h:tf] b]vPsf] 5, To; sf] sf/of lj b}zdf uP/ w}}b]Mvs}6 u}/ sdfP/ NofPsf] cfd}bfgl g}x]f] hf] lbuf] x}g ; Sb}g . ufp}f k9]sf]nflu :sh t 5, t/ To;n]g}jiflg w}}ojfx;nf0{ ufpA6 zx/lt/ nv]6/xsf]5 . /fd}k9]x; klg hflu/sf] vf]hl tyf pRr lzlf]sf]nflu zx/ k:5g\ ufpFkms} rfx} klg ;Sb}g\ zsf nflu5- of] lzlf]n]ca !)-!% jif}f st} ufpFg}l/Tofpg] t xF}g <

ca k}Zg p7}5l lj sf; eg}f]s]x]f]t <xfdlnf0{rf]xPsf] lj sf; s:tf]x]f]d}f]; f}f]l}bdfun]hfg}g; f/ xfd]f]b}z ufp}g} ufp}el/Psf]5 . \*)-)\*% kl}tzt g}k}n}x; c}%) ufp}f 5g\ g}k}f}nsf clwsfz ufpF}f]; f}f]ufp}f}b}f k}w} l:yltdf 5g}g\ . xfd]f] b}zsf zx/ klg k}f}f]; el8ef8, c:tJo:ttf, cej / a}f]huf/ln] ufp}Psf 5g\ . jf:tjdf xfd]f}ojfx;sf lgl}t zx/ klg ufp}f6 c]P/ s}xl ; do a:g] :6} gl h:tf ePsf 5g\ . hxf}f}6 o}fx; j}l}zs /f]huf/sf lgl}t k}yfg u5g\ w}}dflg; sf]c}g}e}df j}l}zs /f]huf/ klg c}Jo:l:yt, c; /l}ftl c}k}f] / k}f}f]l v}nsf] 5, h; n] /fd]f] eljiosf] ; \$] ub}g .

bzdf 7hf-7hf pBfily vfiig / vfhf pBfily klg JojI:yt  
 ;kdf ; ~rfng ug{ ; lSpsf]5g . htftt}nufgl kltkm kfgg  
 g; lSpsf] /sf/af6 ; /lff gkPsf] ; dbfon]klg o:tf s/fdf  
 rf; f]gbvPsf] clg j b]z s j:tx; ; E klk:kwf{ug{g; s},  
 e]6rf/ eP/ pBfily; w/f; fol ePsf] eGg] dfq ; lG65 .  
 To; u/L j b]z /fhuf/af6 ar\$] /sd klg cgTkfbs sfo  
 h:t; dxEf lj b]z j:t; 3/hluf cfbfsv/lbdf vr{ePsf]  
 b]v65 . v]lof]o hldgx; slm6df kl/j tG e0/x\$ 5g\  
 ls; fgn] hgtG dxEf] alp, dn lsg] pAhfPsf] cGgafnl  
 /fd] efp kfpG, kzkfl kfnsn]klg dxEf]vrdf ptkfbg  
 u/\$]cf]g]pTkfbgs]efp kfpG, g t pkef]n]g]; :tGf  
 pkef] ug{kfpG\ . bnfn sfo] s]l dflg; x; dnfdfn  
 ePsf 5g\eg]w]hg dsf dfq .

xgt ljsf; eGg] s/f lg/kf gXg ; S5l lsgls xfdl  
 rfxgf / cfjZostf ; do; fklf kl/j tG xB]hf65g\ t/ klg  
 sd ; \$d klto\$ gkfnl cf]g]bzdf ; Ddfghgs ; kdf afRgsf]  
 nflu /fhuf/sf]Joj:yf xj \To; n]af; , uf / cP 9fSg]  
 nlfsl]Joj:yf ug{ ; sf] \ 5f]f5f]lnf0{ :shdf k7fpg ; Sg]  
 xj \ :j:Yo pkrf/sf]Joj:yf xj \ / s]l xb; Dd cf^gf  
 rf8kj ; dgpg kcf] \ ta ljsf; ePsf] eGg ldnfn .  
 clxn\$] h:tf] cJojI:yt j b]z /fhuf/n] xfdl pE] nflu  
 ; Sb]f} . ufPef kvf]f/L, v]x; af]f] xB]uPsf 5g\ k/fgf  
 3/h' pBfily; x/fpG] 5g\ Pp6f uf0{ af]f] b]dnf] / ; fg]  
 ef/L af\$g] g]dnf] ; d] ufPef algg 5f8\$] 5 . l:ylt ; fR}  
 g}lj s/fn aGbf] 5 .

d]g] slfdf k9g] Pshgf ef0nf0{ ; f]f} .s] 5 ltdf]  
 elj iosf] of]hg v p; n]eGof] a; /, hgtG P; Pn; L lbpnfk;  
 eP klg 7ls]5, geP klg 7ls]5, c7f/ jif{kLuxfnG5 .  
 gful/stf / kf; kf]f{agfpg] le; f dufpg] b0cf/ jif{lj b]z  
 uP/ k}f Nofpg] clg lax]ug]. ; / l d]f] laxdf tkf0kfg  
 cfpGk5{x}E dnf0{nlu5 gf] slfdf k9g] \*) kl]tzeGf  
 a9l xdf] ef0x; sf] elj iosf] ; kgf oxl xj] . lwSsf/ 5 xfdl  
 / xdf] lzlff k]ffnlfnf0{0

; /fzdf d s] eGg rfxG5' eg] ca klg 7hf7hf s/f  
 u/] ; do v] gkfnf} . xdf] clxn\$] lfdt of]otf s] xj] <  
 xfdl sxff5f]To] hunf0{lrGf} / cufl8 a9f} . !&-! \* jif\$]  
 lzlf0f cge]n] dnf0{s] eGg nuf0/x\$ eg] c7 slff; Dd  
 dfq ; a]f0{clgjfo{ lzlf lbpnf . To; kl5 lj Bfylx; sf] sg  
 lj ifodf, sg lfd?lr 5, hfE/ 5 / of]otf 5, ; Dej  
 eP; Dd lj zlf]sf] ; xfotfn] lfd 5b0fP . Psy/L lj Bfylf0f  
 v]lkftl kzkfng; E ; DalGw /fd] lzlff lbpnf v]af/L tyf  
 knfd{xfp; d} /v] lzlff / /fhuf/nf0{ ; E] a9fP . csfy/lnf0  
 b]zd} ptkfblt png, skf; lnP/ rvf{cf]bfhg rnfP . o; n]  
 cfdhgtfnf0{hf8f]f6 arfpg] / nfhaf6 klg . To:t} of]otf,  
 ?lr / nufj sf] cfw/df 8fS6/, Ol-hlgo/, jlsn, kllfoks,  
 /fi6x] s h:tf hgziQm tof/ kf]f] h]Pnf . s; f]f0{ koGg,  
 ; ~rf/, jftfj /oflo lfd] :yfg lbpnf .

clxn] xdf] b]zdf rln/x\$] lzlff c7 slffeGbf dily lbg'  
 Joy{5 lSgeg] &} kl]tzt lj Bfylx; sf nflu To] cgTkfbs  
 5 . d]g] k9fPsf lj Bfylx; alp8, alalp; kf; u/\$f t

clxn\$] h:tf] cJojI:yt j b]z /fhuf/n]  
 xfdl pE] nflu ; Sb]f} . ufPef kvf]f/L,  
 v]x; af]f] xB]uPsf 5g\ k/fgf 3/h' pBfily;  
 x/fpG] 5g\ Pp6f uf0{ af]f] b]dnf] / ; fg]  
 ef/L af\$g] g]dnf] ; d] ufPef algg 5f8\$]  
 5 . l:ylt ; fR} g}lj s/fn aGbf] 5 .

5g\ t/ clxn] cP/ t/sf/l v]l ubf{x]hf ls <sv/f kfn]  
 x]hf ls <aw/ kf]kfn]g] x] ls <eb} 56kl6b} 5g\ pglx; sf]  
 ; ft=c7 jif\$] ldxg] v] uPsf] 5 . g t pglx; cf]g]  
 lfd] hflu/ kfpGg t pglx; nf0{s] l, kzkfng jf To:t}  
 cGg Joj; fo ug]; lk / 1fg 5 . o; /L, Pp6f 7hf] a/fhuf/L  
 ; dx bzdf jif] ptkfblt e0/x\$. To] ; dx klg lj b]z g]  
 tfls/x\$] 5 . ox]fxfdlx; n] lj rf/ ug]k]s/f s] x] eg]; a}  
 k\$]f/sf sfd ug] ; nf0{ ; dfq ; Ddfg lbpnf . x/\$ k\$]f/sf  
 s]dbf/sf] 0Hht xgk5 . ls; fg, dhb/, sdcf/L, lzlf,  
 g]f, 8fS6/, s08S6/, 8fE/ ; a\$] ; dfq dclj 5 of] b]z  
 lgd]f ug{ eGg] efj gsf] lj sf; xgk5{ Toxl+xfdl ; a\$]  
 sNof 5 . Toxl+xfdl] hljg:t/ a9g] kSsf 5 . zlfGt /  
 ; DkGgtf klg Toxl+5 .

g]lj hol dx]b] d]fj, enfo8f, /; jf

**माउण्ट मकालु यातायात सेवा**  
 हेड अफिस कलकी काठमाडौं  
 फोन: ४२७७५२, 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 पाउने स्थान: कलकी: ४२७७५२, ४२८१८७२, सुन्धारा: ४२३१४१, ४२८८१००, गौशाला: ४४८७३२३, कोटेश्वर: ४६००२०८, ४६००८८७ लगनखेल: ५५२१६६६, धरान: ०२५२०३७२, विराटनगर: ०२१-३०७२७, राजविराज: ०३१-२००८१, लहान: ०३३-३०३६६, हेटौडा: ०४७-२०४३५, काकडभिट्टा: ८८४२६५४०२२, भद्रपुर: ८८४२६७३६२८

**यात्राहरूको सुविधाका लागि गौशाला र सुन्धाराबाट निशुल्क गीभीक्स सेवा उपलब्ध**

ax;  
; fFf]lj sf;

# cfkm' ; lwp Toxl xf] ; fFf]lj sf;

## ■ dʒ/fh hfʒl

**..lj** sf; ll nf0{sg} s'/fsf] gj l; hgf xg' ; wf/ xg'  
; sf/flds kl/j tḡ xg'; lj:tf/ xg' eḡ] cyḡf a'g  
; lsd5 . pbfx/ofy; xj f0hxfhsf] dḡḡn, agḡ / lj ziftdf  
ePsf] kl/j tḡ lj sf; xf] eg] dfg; sf] zf/ll/s, dfgl; s,  
; fdlhs, af]4s, gḡts lj sf; ll bʒsf] cflyḡ lj sf; , eḡts  
lj sf; cflb klḡ lj sf; xḡ\ . lj sf; sf] kḡfj n] xfd] hlj g  
; vdo, cf/fdbfol / pRr:t/sf] xḡ5 . xfd] sfoḡ ; /ntfk] ḡ  
; Dkḡḡ xḡ5ḡ\ .

xfd] bʒnf0{u/lal, clzlf, skf]f, cḡwlj Zj f; h:tf  
s'/fn] uḡf]5 . hg; wḡsf] lgs}yf]; wḡfn] cfwlgs ; lj wf  
kfPsf 5ḡ\ . tl klḡ bʒsf] lj kḡḡ cj:yfsf sf/of lj bʒ  
knfog xḡ5ḡ\ . o:tf] cj:yfdf hḡtfsf] cfwf/e't cfj Zostf  
k'f u/l hlj g:t/ dflj p7fpg' g] lj sf; xf] .

xfd] bʒsf] ; fFf]lj sf; xḡsf nflu klxn] lzlf]sf] lj sf;  
xḡk5{ . hn; f]df wḡl sxlnPsf] xfd] dh'sdf hn; fwgnf0  
lj lj w ; kn] pkofl u/l sḡf lj sf; , hn] B't\ lj sf; , koḡḡ  
lj sf; ug{ ; lPsf] cj:yf klḡ ; fFf]lj sf; xḡ ; S5 . bʒdf  
pBflwḡbfsf] lj sf; klḡ rlixPsf]5 . h; sf] dḡḡodaf6 oxf]f  
a7f]huf/l x6f0{u/lal 36fpg / bʒsf] /fliḡḡ pTkbḡ a9fP/  
cflyḡ lj sf; sf] ult tlj |kḡ{d2t k'ofpg ; lsof] \ ; 8s  
lj sf; xḡ; s] sḡf, Jofk/, pBfl, koḡḡ Joj ; fodf j [4  
xḡ5 . lj sf; sf x/ḡ ultljwn] cflv/ hḡtfsf cfj Zostf

k'f xḡ] cḡḡbḡl a9ḡ] ub5 .

lj sf; sf] Pp6f kḡḡḡ] csf] lj sf; sf] 9fḡf vflḡḡ d2t  
ub5 . h:tf] ; 8s oftoftsf] lj sf; eP; ḡ} koḡḡ, pBfl,  
sḡf, Jofk/ lj:tf/ / lj sf; xḡ ; xofl u5{ . Ps}y/lsf]  
vḡḡ vP/ xfd] z/l/ ; j:y, alnof] kḡḡḡ] lḡ/fḡl xḡ  
; Sbḡf. To; u/l Pp6f s'/fsf] lj sf; eP/ dfḡ xfd] hlj g  
; vl xḡ ; Sbḡ . bʒsf] ; jf]lḡf lj sf; eP hlj g ; vl /  
cḡḡḡḡḡḡ xḡ5 .

lj sf; eḡ] s'/f bʒdf ; 8s, kh aḡḡ, gx/ vḡḡ; /ḡdfu{  
aḡ' cflb dfḡ xḡḡḡ . lj sf; eḡ] s'/f xfd] sfo{Joj xf/ /  
cfr/of; ḡ klḡ ; Dalḡwt 5 . hyefjl kḡḡḡ] gkḡḡ] lḡZrt  
7fḡḡ kḡḡḡ] To] klḡ lj sf; xf] . ; 8sdf lx8ḡ ; 8ssf] afof  
5ḡaf6 lx8ḡ, hyefjl ; 8s kf/ gḡḡ cf'ḡ] stḡḡ Odfḡḡ/L  
; fy kḡḡḡ ugḡ unt Joj xf/ gḡḡ xfd] JolQm] lj sf; ePsf]  
; ḡ] xf] . ha x/ḡ lḡḡḡ Odfḡḡ/, stḡḡḡ JolQm] axdt  
xḡ5, ta bʒdf lj sf; sf ultljw ; km xḡ5ḡ\ . /fhḡltdf  
xf] \j sd'f/Ltḡḡ xf] \hxfFklḡ c; n, Odfḡḡ/, sdḡ, blf  
JolQm ePdf g] bʒsf] lj sf; n] tlj ḡf kḡḡḡ . o; ḡ] xfd  
klxn ; lwpḡ ; aḡ] cf'ḡ] lḡḡḡ Odfḡḡ/ eP/ nfuf; Toxl  
xḡ] Toxlaḡḡ xḡ5 ; fFf]lj sf; sf] yfḡḡ .

k'fylds lzlf, >l zf/bf /f-dfj;  
jfo; l larj-f, sḡḡḡ

dfḡḡ n] dfḡḡ nf0{ zḡḡf of ugḡ cḡfofo-cḡofrf/ ugḡ sfo{ lḡḡḡḡḡ  
sfo{ePsf] xbf ḡful/s clwsf/k|t ; hu / ; r] agf; / agfcf; .



ḡkḡn ; /sf/  
; ḡḡ tyf ; ~rf/ dḡḡḡḡ  
; ḡḡ lj efu



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### cllbog labfsf[klqomf s]xf<

lziff lgodfj ndf kfF jif{ :yfol ; jf cj lw klqomf lzifsnf0{lj Bfno Joj :yfg ; ldltsf] l ; kmf/ ; df lhlzcn]pRr cllwoogsf]labf :jlsf ug] pNny 5 . olb sg] lzifsn] ; jbz jf lj bzdf alP8 jf PdP8 ug{ rfxG5 eg] lhlzcn] sg-sg klqomf cj ndag u/L labf :jlsf ub5 < cllwoog labf lng] lzifss] tna, sdff/l ; ~rosf] / aldf cflb s]xG5 <

lzjsdf/ vgn hgp4f/ dflj , ; ltkf0nf, sf7df8f<

lj Bfno Joj :yfg ; ldltn] cllwoog labfsf] lgldt l ; kmf/ ; ubf{ labf lng rfxg] lzifss] 7p8f j \$llks Joj :yf u/ ; /sf/nf0{yk clyf Joof/ gkg] Joj :yf ldnf0Psf] s/f ; lglZrt /xsf] xgk5{. lziff d6qfnon] @)%% df hf/l u/xf] cllwoog labf; Da6w sfolj lw cg' f/ lzifsn] cfm' sfo't txsf] e6bf dfljNrf]txdf cfj Zos kg]of]otfsf] lgldt cllwoog labf lng ; Sg5g\ . To; / labf :jlsf xg] lzifsn] tna, ; ~ro sf] , aldf nufotsf ; ljw oyfj t /xg] 5g\.

uofzk/ fb kf8f] pklgbzs, lziff ljefu

### edof eQm

### s; n] slt lbgkg] <

lj Bfno Joj :yfg ; ldltn] u7gsf lgdt agf0g] ; xof] ; ldltn] tyf lzifs 5gf] ; ldltsf] ; b:osf lgldt lj Bfno lg/lfs, ; fJolQm jf lhlzsn] v6f0Psf] JolQmf0{ b]gs edof eQf s; n] slt lbgkg] xf] <

b]gfy orbj efu] / lgdfj, rff]nf-^, s]hfnl

; fdfgotof To:tf] ; ldltdf ; Dal6wt lq xg] lj Bfno lg/lfs

jf ; fJolQmf0{ g} v6f0G5 . To; j] pglx; nf0{ lhlzsn] edof eQf lbb] . pglx; afx\$sf JolQmf0{ v6f0Psf] cj :yfdf lhlzsn] g} lgodfg' f/sf] b]gs eQf pknAw u/fp5 . ; ldltdf ; b:o /xg] lj lg, ; fJolQm jf lhlzsn] v6fpg] c6o JolQmf0{ lj Bfnon] edof eQf lbgkg] a]lWofds kfjwfg 5g . tyfk Joj :yfg ; ldltaf6 lgof6 u/ eQf : j?k lglZrt /sd lbg] cEof; rlb] c]Psf] k0G5 .

eldaxfb/ ; fpb lhlfnf lziff clwsf/l, s]hfnl

### ; dfof]hg slxn]lv <

lziff ljefu, lj Bfno Joj :yfg zfvf -kfylds\_s] @)^\* :-@-% r-g-# !# sf] lj Bfno sdff/l Joj :yfg lgbz'gkqs] a]f gDa/ % df @)^# j zfv ! ) ut] e6bf cufl8b]v lgoQm e0{sfo't sdff/lnf0{ g} ; dfof]hg ug] egl n]VPsf] 5 . pQm ; dfof]hg klqomf slxn]lv z' ul/G5 <

ek]f/ ; \* lj i6, sfofno ; xfos cl; uld klj , ; g8f, 88]w/f

lziff ljefun] c]w/et txsf lj Bfnodf Ps hgf / slff !-!) ; Dd ; ~rflnt lj Bfnodf b0{ hgf sdff/l sf lgldt cgbfg lbg] Joj :yf u/xf] 5 . oBik sltko lj Bfnodf t]f]Psf] e6bf a9l sdff/l ; d] sfo't /xsf x65g\ . tldllo] Hoj7tfsf] c]w/df @)^# :-!) :-!) e6bf cufl8b]v sfo't sdff/lnf0{ g} cgbfgaf6 tna=eQf vj]pg] u/l ; dfof]hg ug{ pQm kl/kq ul/Psf] xf] . To; / ; dfof]hg ug] clwsf/ lj Bfno Joj :yfg ; ldltnf0{ g} 5 . ; ldltn] kl/kq k]kt u/kl5 ; dfof]hg ug{ ; S5 .

gf/fo0sfhl sfz5]f pk; lrj, lziff ljefu

### 6l-6l= vfkM sg /f] lj?4 <

slffM #U lj ifom d]f] lj 1fg, ; jf:Yo tyf zf/l/s lziff . /f]v]sf/ f]syf / pkrf/l eGg] kf7df 6l6l vfk kfF k6s nufpgk5{ egl n]VPsf] 5 . t/, of] vfk sg /f] lj?4

nufpgkg] eGg] rflx+s]l pNny 5g . 6l6l vfk wgl6sf/lj?4 nufpg] h:tf] nfu5 . t/, csf] x/kmf . nx/vf\$], Eofut]/f] / wgl6sf/af6 aRg 8kl6l vfk nufpgk5{ eGg] n]VPsf] 5 . o; n] dnf0{ cGof] agfof] . vf; df sg vfk sg /f] lj?4 nuf0g] xf] <

lbJo/fh ; j] kl-rs6of klj, c]v]!, e]h'k/

6l6l vfk wgl6sf/lj?4 g} nuf0g] xf] . of] vfk !% b]v \$% jif{ pd] ; d]xsf dlxfnf0{ tlg k6s nuf0G5 . o:t} 8kl6l vfk rflx+kf7dk':tsdf n]VP h:t} nx/vf\$], Eofut]/f] / wgl6sf/af6 arfpgsf lgldt lzzhf0{ lb0G5 . of] vfk arRf h6d\$]f] #- \$ dxlgf]eq Ps dxlg]sf] c6t/df tlg k6s nuf0G5 .

afa'/d sf/v]l kf7dqnd clwsf, kf7dqnd lj sf; s]b]

### pN6f]fN6f] eof]

slff-@U lj ifom g]kfnl kf7M l; \* / v/fof] p]Nnlvt kf7sf] cEof; -& sf] . lRq x]l 56\$]f clf /fv] ; f]U zlif\$ cGtu' kfF j6f lRq lb0Psf] 5 . To; cGtu' af6/sf] lRqdf ..v/f==U / v/fof\$] lRqdf .af==U n]VPsf] 5 . of] t ; lw] pN6f]fN6f] ePg / <o:tf] ql6 lsg ; lRb]g] <

klk/fh cofh hglk'p klj, k'tnlah/(-!), :of^nf

xfdl] sDk0b/df tof/ u/xf] xdf] dh -u?\_ skld} ql6 ePsf] /x\$ . c]f]P] ; #s/0f -@)&)\_ df o; nf0{ ; Rofpg] 5f] .

6fhg /f0{ j l/i7 5lj sf/, kf7dqnd lj sf; s]b]

### s; /l kpf]loft ug] <

ul0ftdf  $\pi^c = 180^\circ / \pi = \frac{22}{7}$  alr s] s:tf] ; Da6w 5 <of] ; Da6wnf0{ s; /l kpf]loft ug{ ; lsg5 <

/fdlj qnd yfk fJolQm kmS6fa ; fJ s]b] v]f6a

oxfF/lBog (°) / l8ul (°) km's-km's  
; dodf, km's-km's :yfgdf kl/qnd0fn]  
s\bbdf agfpg] sf\fnf0{hgfp6 kbfly  
ul/Psf Psf0x; xg\ . h:t] lsl st}  
nDa0nf0{0Grdf gfk65 eg]st}; dldf .  
oxfFπ° / 180° b] j] cwkl/qnd0f ubf{  
s\bbdf ag]sf\fnf0{hgfp6 . To; j] ol  
bj]sf]; Da6w a/fa/ x65 . t/, π =  $\frac{22}{7}$   
n]j] Qsf]kl/lwsf]nDa0 / Jof; alr'sf]  
cgkftn0{hgfp6 . t; y{ol b]alr  
a/fa/sf]; Da6w eg]5g . π° / π n]  
km's-km's cy{/lV5g\.

; Togf/fo0f dxhg  
k/lzlf s; ; f]JolQm  
kf6g cujf ; f] s\bb] nlnk/

**Psjif]alP8 ugknf{<**

sf\0s @)^ ( sf] /zlfs df lqejg  
lj Zj lj Bfnon]tlg j 6f SofDk; df PdP8  
lj 1fg ; ~rfng ug[nfu\$]; dfrf/ k9g  
kf0of] . d] /; fog lj 1fgdf alP; ; l  
u/\$]5' . ca d] PdP8 lj 1fg k9g  
Psjif]alP8 ugk5{ls kb} <k5{eg]  
Psjif]alP8 lj 1fg lj ifod] ugk5{jf  
c6o s]j]lj ifodf u/]klg kl5 <

Pgaxbf/ af]/f  
06bb]o lg-df-j, k]h]f/l- \$ s]h]nl

alP8 pQl0f{ge0{PdP8 k9g kf06g .  
To; j] tkf0{h} hg; s; lj ifodf Psjif]  
alP8 pQl0f{u/ki5 lj 1fgdf PdP8 ug{  
kfp6x6g .

kf=8f= k\$zfzdg >f  
8lg, lzlfzf;q ; sfo, lqj

**s; /l hfVg] <**

s\ff-%u lj ifom ul0ftu kf7-t]h  
cEof; -!! sf]kZg g#) df ; fl]vPsf]  
5u .ol t]h]sf Psf0{Ps k6s dfq kbfly  
u/l Pp6f t/fhh] Ps k6sdf \$))  
u]d s; /l hfVg ; lSpnf # o; sf] tn  
(%)), @)), !)) / %) u]dsf 9sx;  
lb0Psf 5g\ . oxfF; a; 9sx;sf] kbfly  
Ps]k6s ugk6g]xf] jf cij Zos 9ssf]  
kbfly ubf{x65 <

afns[0f kf]/h  
hggl k]lj, bhf/l-&, df]a

; Dal6wt kZgsf]nflu t/fh]sf]Psf]t/  
(%)) u]d / cs]f]t/ !)) u]dsf]9s  
/Vg]/ !)) u]dsf]9s ePsf]tkm(hlt  
; fdq /Vbf t/fh' ; Gthg x65, To]g]  
\$)) u]d xf]. oxfF; a; 9sx;sf]kbfly  
Ps]k6s ugk6g]xf]g . cij Zos 9sx;sf]  
dfq]kbfly ug]xf].

; Togf/fo0f dxhg, k/lzlf s; ; f]JolQm  
kf6g cujf ; f] s\bb] nlnk/

**pQl0ff{essf] ; ldf slt <**

P; Pn; l k/Llffdf ln0g] kbflyfTds  
k/Llffsf]k]k]f]sf] ; ldf x65 ls x6g <  
olb x65 eg]yf]df slt / a9ldf  
slt klztz; Dd cs lbg ldN5 <; fy}  
@) k0ff{sf]kbflyfTds k/Llffsf]Gogtd  
pQl0ff{ slt x65 <

eldsft ofbj  
zs/ lgdf]j, v/bl/of, bf<sup>a</sup>

k]k]f]sf] s]g ; ldf x6g . zGob]v  
ztk]tzt; Dd] cs lbg kf065 . @)  
k0ff{sf] kbflyfTds k/Llffsf] pQl0ff{  
\* x65 .

u0fzk]fb e\$ /f0{  
pklgbZs, kf7dqnd lj sf; s\bb]

**tYo s]xf] <**

s\ff \* sf] ; fdflhs clloog c6tu{  
..flib6 tyf c6t/f]66 JolQm]j] kf7  
c6tu{ Dof8d So/lN]b0{k6s -; fdlxs  
/ JolQmut ; kdf\_ /; fogzf:qtkt]sf]g]h  
k/:sf/ k]k]t u/\$]pNny 5 . JolQmut  
k/:sf/ ; g\ (!! df kfPsf]n]vP klg  
; fdlxs k/:sf/sf]ldt n]vPsf]5g .  
o:t} s\ff \* s}gk]nl kf7dk'tsdf  
Dof8d So/lN]; g\ !()# , !( ! / !(#%  
u/l tlk k6s; Dd g]h]h k/:sf/ kfPsf]  
n]vPsf] 5 . b0{k:tsdf km's-km's  
tYo pNny x6f xfdnf0{cGof]h kf/\$]  
5 . o:t} ; fdflhs clloogdf Dof8d  
So/Lsf] d[o' ; g\ !(#\$ hhf0{ \$ /  
gk]nldf hhf0{^ df ePsf]n]vPsf]5 .  
tYo s'f rflx+s]xf] <

ch] kf]h  
axfb/]pdf]j, ebf]j] tdful-l, sf:sl  
xl/fl; \* af]/f  
dx6ofn]j / lgdf]j, a5g-^, 8f6l

Dof8d So/lN] ; g\ !()# df  
e]f]tszf:qtkt] ; fdlxs ; kdf g]h]h  
k/:sf/ kfPsl xg\ pgn]tlg k6s  
g]h]h k/:sf/ kfPsl xfdgg\ . b0{  
k6s dfq]xf]. !(#% df t pgs]  
5f]l / H]f0h]0{; f]k/:sf/ lb0Psf]  
lyof]. So/Lsf] d[o' ; g\ !(#\$  
hhf0{ \$ df ePsf]xf]. gk]nlsf]  
kf7dk'tsdf n]vPsf]hg ^ rflx+  
unt xf]. To; nf0{; Rof0g5 .

xg]/fh vltj8f-;/hgl lwdfn  
kf7dqnd clws, kf7dqnd lj sf; s\bb]

**.cf0{ / .Pn] p:t}eof]**

k]ylds txsf cu]h kf7dk'tsdf  
7hf] .cf0(i)u / ; fg] .Pn(i)u p:t}  
b]v65g\ . h:t]j

Well I went on a picnic.  
I'll talk to you later, Ok ?  
x]dl lzlfsn]t o; nf0{a'5f};  
t/, lj Bf]k; o; df cNding]u/\$f  
5g\ . o; nf0{; wf]g]pkfo 5g <  
k]n]lufg b]xfn  
gj b]uf{k]lj, wgu9-l@, s]h]nl

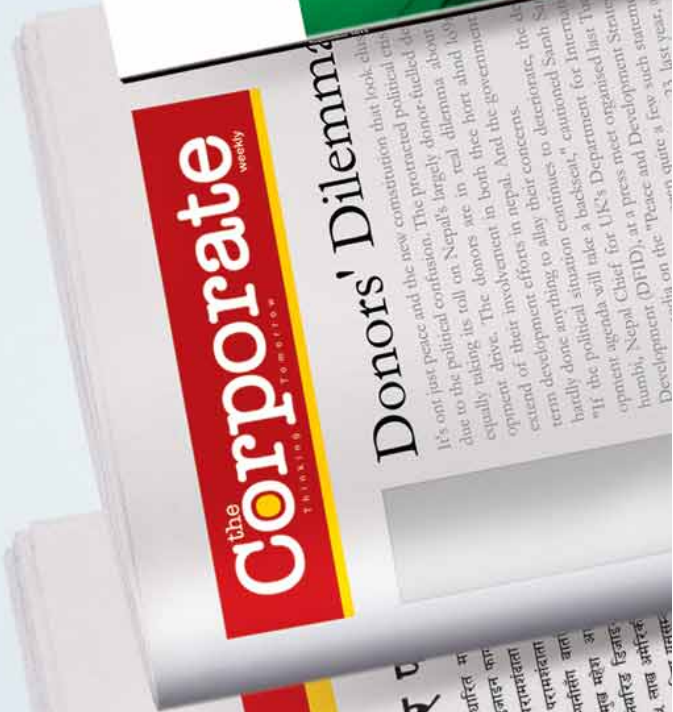
of]; d:ofsf]af/]kf7dqnd lj sf;  
s\bb]kl/lrt g]5 . sDk06/df kbfly  
ul/Psf]clf/(Font)df 7hf] .cf0(i)u  
/ ; fg] .Pn(i)u p:t} / x\$ sf/of  
of]; d:of b]vPsf]xf]. To; j] b]j}  
clf/ km's b]v]g]csf]k]k]6sf]kbfly  
ug]lj ifodf xfd 5nk]m ul//x\$ f;  
5f};

u0fzk]fb e\$ /f0{  
pklgbZs, kf7dqnd lj sf; s\bb]

g]h]m pd] / t]h]sf]cgkft  
; Da6wl lh1f; f k7fpg6Psf  
nldl lgdf]j, n]h]f, c5f]dsf  
lzlf s; eld af]/fnf0{ @)^\*  
k]ru6gsf] ..lh1f; f / hj fkn]  
:tDe x]k]g cg/f]v 5 .



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; 8f\$'-%@

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^			\$	#			%

; 8f\$'-%) sf] ; dfwfg

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



aran \_\_\_\_\_  
7dfgfl \_\_\_\_\_



; dfG0 1 fg-%!

!= gkfnsf]s] lxdzlv/nf0{s}l lj b}ln].lsn/ dfr66g' (Killer Mountain) eGj u5g) <

-s\_ cGgkOf{ -v\_ rfb' -u\_ dgf:n' -3\_ wfjflul/

@= ljZ] sf] ; a}b}bf k/fgf]s]b}lo Aof^s s]g xf] <

-s\_ l/S; Aof^s -:jl8g\_ -v\_ Aof^s ckm 0ENof08

-u\_ Aof^s ckm hfkfg -3\_ k}B}n l/hj}{l; :6d -cdl/sf\_

#= @)\* / @)\* sf] hgu0fgfn]gkfnsf] ; flf/ tf b/ qndzll #(^ / %\$! k}tzt

b}fPsf]lyof]. hgu0fgf-@)^\* df of]b/ slt k}tzt ku}sf]5 <

-s\_ ^#\* -v\_ ^{( -u\_ ^^& -3\_ ^&{

\$= H]fnfdVlsf sf/Of ag}sf] ; a}b}bf 7hf]6fk' s]g xf] <

-s\_ ; b}rfq -008fgj]; of\_ -v\_ xrf; '-hfkfg\_

-u\_ hfeq -008fgj]; of\_ -3\_ ld68gfcf]-lklmlk6; \_

%= kJ-{klZrd /fhdfu{-!)#@ lsl d\_n]@! lHnfnf0{5f]sf]5 . tldW0]/fhdfu}f]

; a}b}bf sd cz c3f{/frrld k5{eg]a9l efu s]g lHnfnfd k5{ <

-s\_ lrtjg -v\_ l; /xf -u\_ s}fnl -3\_ gjnk/f; l

gfdM \_\_\_\_\_  
7dfgfl \_\_\_\_\_

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एक काल दुई काल लैदाल

# जहाँ नागरिक त्यहाँ नागरिक

दैनिक







- klbk s> >17, gYf= pdflj, /Y, : Nofg
- eifh k- cirof( Hjnfbj) klj, bhf, nlnkt/
- gg a= Pj, : lti/td klj, af; bjL=#, 8f6l
- uflj b k- 9efg, efnrbj dflj, Yofn# sfej
- utk a= e08f/L, dxbl lgdlj, dnk/-&, Doflbl
- lllth 9sin, sltk/, sf7df8f
- gj/fh l3ld/ hghljg pdflj, kf3nl-#, cfyn9uf
- efg clwsf/L, : /jt /f= klj, : tgl-#, lrtjg
- dfg b0 hfzl, lgdlj hfoxfh, bfrhf
- gg a= s> l= hgslofof pdflj, lrit, ndh<sup>a</sup>
- lgdf lwtn, efg pdflj, dqmrrhl, dsjfgk/
- ; gt k> >17, dg= pdflj, vnf, ko7fg
- xfl k= eS/fo( efg lgdlj, xikt)S, l; Gwhl
- blks gkn=kbaf zdf( j3j) /L klj, : oipn)%, l; kf-
- zle' a= cfn)du/, glns07j/ / pdflj, s7hf-&, /rd5fk
- /dz zdf( eld)j /-l, gollhf/, bfrhf
- eld k= l3ld/ r0kfbj lgdlj, kf3nl-(, cfyn9uf
- kzklt eS/fo( j3j) bE = tyf pdflj, l; 4j /-#, knkf
- klbk tdfsf/, /rd pdflj, vrf; l, sfej
- kljg a9f, kljg/foof Sotk:, kfV/f, sf: sl
- dja/ /fo( r0kfbj) pdflj, adkf, vrf<sup>a</sup>
- gj/fh hfzl, l8n) /L pdflj, x6, a38l
- /fd s> >17, eld)j / lgdlj, /rd5fk-%, /rd5fk
- k/z/rdn: fn=lbks eS/fo( sflnsf)lgdlj, bfrfg-(, knkf
- x0r6b) clwsf/L, ef/tl pdflj, x0lvsf^, wgs6f
- vfl s= kfV/fh, hghljg pdflj, kf3nl-#, cfyn9uf
- cs a> >17, l; l4sdnfbj) dflj, klkn8fB-#, l; Gwhl/rf3
- lkn)gl s= rfw/L: fljg rfw/L, hgtf klj, bhf/L-%, d)j<sup>a</sup>
- bluf( /jt t- b) srf-, dfp06 lzv/ 06fsh,
- ufh3j/, bfrhf
- ; /tf kfV/fh -b) srf-, j?07j / lgdlj, a?0f, l; Gwhl
- c/lab s= d08n, sfkg/ pdflj, sfkg/-!, sfej

- xl/ k- zdf( hosflnsf dflj, alb6f
- zi/bf skln) hghoflt pdflj, nfnabl, : nfxl
- sdnfbj) sstz yfgkV/L pdflj, Hofld/3f7, pbok/
- bjg/foof rfw/L, yfgkV/L pdflj, Hofld/3f7, pbok/
- dw' k08) afuahf/-!, sf7df8f
- th a= kg, eS6l klj, ensf /f^, l, /f)kf
- uflj b k- clwsf/L= /rd6b) clwsf/L, hns6of lgdlj,
- a)gl-^, wlb<sup>a</sup>
- c?0f s= s6jn, sflnsf pdflj, h/fof6f/-(, l; Gwhl
- knlu6f bfrhf, gjbluf( klj, shnl
- clej lwtn, dsjfgk/ u9l-^, dsjfgk/
- /rd6b) a: fhf, gYf dflj, e) xl, alb6f
- cfl k- kf3h, lgdlj, hu6fyk/L, lrtjg
- l8nl/rd eS/fo( hgzlOm klj, t)kn), u)jv
- bluf( u)fd -bafn, hghoflt pdflj, nfnabl, : nfxl
- ; ltf 9sin, cst) klj, >lgfysf-#, u)jv
- ; ko rfw/L, gjHoflt lgdlj, vhf8-#, shnl
- knnj/fh hfzl, asof= u)fh3j/, bfrhf
- /w)st6f /ld, hosflnsf dflj, alb6f
- kzkltgy of)l, pdflj; flupf u)fh3j/, a38l
- lvd)l clwsf/L, ho: t)tl df klj, xl6of-l, afln<sup>a</sup>
- uflj b eS, l; 3j /L dflj, hnnf-%, ; ^V)j: ef
- d)w) kfV/fh, enj<sup>a</sup>-S, slknj: t'
- b) fl) k- hfzl, l8nf; fl-!, a38l
- l/df s= clwsf/L -a/ln, hghoflt pdflj, nfnabl, : nfxl
- lj0fb0 eS, l; 4gy lgdlj, afuk6f, s-rgk/
- ljdn k- b) srf, hghoflt pdflj, nfnabl, : nfxl
- eh/ld s> l= afu)j /L pdflj, a)gl, wlb<sup>a</sup>
- r6b) a= >17, eld)j /L lgdlj, /rd5fk-%, /rd5fk
- xl/gf/foof vlt)8f, z)bf; : s)st pdflj, /rd5fk-#, /rd5fk
- k/g Pj, wgu9l gkf-^, shnl
- xfl a= a9fyfsl, klkn)gy lgdlj, ?Bf-, ?sd

- klS/ u/fu0f-kljg lgdlj, afxg8fl-(-, 3f)kf
- r0f( k- e08f/L, gYf= pdflj, /Y, : Nofg
- ; /gf; -h)h, agkf, sfej
- nlnw/ hfzl, d)nsf)h) dflj, t)h)upf bfrhf
- w)g/foof rfw/L, hgtf dflj, dg/L, gjnk/f; l
- ljdnfbj) h3f(du/, c)la/Hofg lgdlj, dh/uh, : nfxl
- ; j)dl bofn yf?, kuit lgdlj, d)gk)kV/-^, alb6f
- s)st s> >17, afnHoflt dflj, ltkn<sup>a</sup>-(, /rd5fk
- /fh)bl s= : gj /, r0kfbj) lgdlj, kf3nl-(, cfyn9uf
- /fd s= kf3h, dw)uf lgdlj, x)kt) l; Gwhl
- ; hg du/, lxd)hl aml)sf; s)bl, 8)6f, pbok/
- ho k- kf3ofn, j)l)bl gkf-^, 0)gd, : V)j
- nfn a= l8= l; : /jt dflj, l; d3f6, : V)j
- blks/fh zdf( klj ayfg8f) w/fk)g(-, : V)j
- dbg clwsf/L, d)k)k(-), s)fs8e)S, 3f)kf
- ; k)g p)k)lo, j)l)bl gkf-^, 0)gd, : V)j
- s)st 9sin, hgtf dflj, 8)6l, pbok/
- j)l)bl a)fn, v)g dflj, P)l)S)g, bfrhf
- >l/ld l; l)8f, dxn)ld lgdlj, 5)q)6f/nl-^, wlb<sup>a</sup>
- k)sz v8sf, sflnsf dflj, c)g, lkn)8l-^, s-rgk/
- xl/gf/foof u)j)td, euj)tl dflj, l)rfn<sup>a</sup>; : ^V)j: ef
- s)st s> >17, afn)6b) klj, v)fb)ahf/(-, v)fb)af
- lj)sf: t)fd<sup>a</sup>=n)l)6f u?^=6s k- Gof)g)06b' d)fof
- u?^=tly(d)fof u?^, afn)6b) klj, 0nd)k)l/L-#, ndh<sup>a</sup>
- u)6z a= s)j /, zs/k/-#, a38l
- lg; fg; f)ks)6f, 5)lt)g-%, dsjfgk/
- dx)bl lg/fhf, ax)g dflj, 0/f)6/-^, 0nfd
- jn a= j)S)6f, gYf= dflj, s0g)k)g(-, : V)j
- >j)of s= rfw/L, hgtf dflj, bhf/L-^, d)j<sup>a</sup>

; fd)g0)g-%)M sg) k)g; xefulaf6; xl hj)k) k)kt x)g; s)g .

IgodM ZAbv)h, c6t)fl/L, 8)fs' / ; fd)6)1)g sf) ; xl ; d)w)g k7)pgx)g) k7)sd)l) u)fh)k)k)af6 5)fg)Ps) Ps=Ps h)g) l)j)h)fn)0)Ps j)if( Dd lzl)S dfl; s) l)glz)Ns -x)h)fs vr{ lxt\_ pkn)w u/f0)g) . o; c)S)sf k)Z)gs)h)j)k)k); d)w)g @) kn)u)g @)^ ( ; D)dd) lzl)S dfl; s)sf) sf)of)6)od) cf)0)k)g)k)g) . hj)k)k) k7)pg) 7)l)g)M lzl)S dfl; s, k)0)ff)08l d)fu{ h)j)nf)vh, k)3)g)#+(, l, nln)tk) .

k)Z)M ; xefulx)g)kl)q)S)S)l)sl6)al cl)g)fo( k7)pg)k)g) . kn)6)S ; kn)6)S)kl, 0)dh) tyf c)S)S)S)uh)df ; /f) k7)P)S) ; d)w)g d)6) x)g) 5)g) .

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S]sf] af]mfd Ir|knP/ n8\  
geof] < tkf0{ n8\$]f] b]y/ b]gofF  
xfF5 . to; sf] b]f] af6fdf af]m ^of]g]h]  
kfp]gk] [xf]. t/ xg] .af6] x]x] lx8g  
ghf]g] eg] b]f] tkf0{ / } km]s]5 .  
zfob o; } sf/Of r]lOf] x]f]f .hf] x]f]f]  
p; \$]f] d]vdf 3f]f] eg] p]vfg .

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; fdf]otM kl8t : j o-b]f]l gx]gk] [xf]. t/  
lsg an]sf] dlxnf]g]k]f]8t] l/ : sf]  
/ alx]s] xg] k/ \$]f] < lsg an]sf/ln]  
e]bf an]sf]n] n]Hht xg] k/ \$]f] <  
t/ ca kl/ l: ylt km] / g  
yfn]sf] efg x]5 . gof]l]n]sf] ; fdlx  
an]sf/ sf] cl3]n]f] d]x]g]sf] 36gf]n]  
k]f] u/ \$]f] o; k6ss]f] ax; n] kl8]sf  
lg]dt kl8tnf0{ g} cyf]f] \ an]sf/ sf]  
lg]dt an]sf] gi/lnf0{ g} lh]d]f] /  
j]f b]f]l b]vg] k/ Dk/ fut lr]Gtg /  
; :sf/af6 ef/ t- g]k]nsf] ; dfh d]Qm  
xg] yfn]sf] cfef; ld]N5 . an]sf]  
xg] 8/ b]y]fP/ 5f] / lnf0{ 3/ aflx/  
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zfob klxnf]k]v 7f8] r]g]f]l lbP, æs]  
nufpg] s] gnufpg] s: tl b]vg]  
s: tl gb]vg] of sx]Fhfg] sx]Fghfg]  
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; f6f] an]sf/ ug]k] eg] cf] gf  
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