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# *CHHA PRASNA Ganesh Bhatta with Bishnu Rimal*

Pdfn] lsg ;+ljwfg ;+zf]wgsf] ljkIfdf<

**^ k|Zg M** ;+ljwfg sfof{Gjog clxn] d"n ljifo b]lvPsf] 5 . ;/sf/n] ;+ljwfg sfof{Gjogsf] lbzflt/ cl3 al9/x]sf] eg]/ elg/x]sf] 5 . ToxL a]nf ;+ljwfg sfof{Gjogs} a]nf ;+ljwfg ;+zf]wgnfO{ clxn] sfof{GjognfO{ eGbf klg cem a9L dxTjsf ;fy dw];L bnx?nfO{ ;+af]wg ug]{ eg]/ ;+zf]wg k]; u/]sf] 5 . of] ;+zf]wgdf d'Vo bnx? ;xdltdf 5}gg\, Ps 7fpFdf cfpg ;s]sf 5}gg\ . g]kfnL sf+u|]; / Pdfcf]jfbL s]Gb|n] ;xdlt hgfP h:tf] b]lvP klg d'Vo k|ltkIf bn g]skf Pdfn]sf] o;df ;xdlt 5}g . h;sf] nflu eg]/ ;+af]wg ug{ vf]lhPsf] 5, pgLx?n] klg o;df ;xdlt hgfPsf 5}gg\ .

**^ k|Zg M** lxhf] afn'jf6f/sf] a}7sdf s] ef /x]5 < x'g t ToxfF tkfO{ x'g'x'Gg .

**lji0f' l/dfn M** j}7sdf ;fdfGotof k|wfgdGqLHo"n] pxfFsf] cfkm\gf] b[li6sf]0f /fVg'ef] . ;+ljwfg ;+zf]wgsf] k|:tfj /fVg'ef] . xfd|f] kf6L{ Pdfn] kf6L{sf] s'/f ug]{ xf] eg] xfd|f] cWoIf s]kL zdf{ cf]nLn] k6s k6s eGb} cfpg'ePsf] s'/f] cf}lrTo / cfjZostfsf] cfwf/df ;+ljwfg ;+zf]wg ug{ ;lsG5, s] rflxF cf}lrTo xf] / cfjZostf s] xf], Tof] k'li6 x'g'kb{5 . eg]/ /fVg'ef] . Tof] /fVbfv]l/ k|wfgdGqLHo" / ;Qfu7aGwgsf] tkm{af6 pxfFx?n] h] tof/ ug'{ePsf] a9L rrf{df cfPsf] ljifo of] g} a9L cfjZostf xf] / cf}lrTo xf] eGg] lx;fan] Nofpg'ef] . xfdLn] Tof] cfjZos klg x}g, cf}lrTo klg x}g eGof}+ . a; olt xf] .

**^ k|Zg M** clg To;kl5 ;fdfGo egfeg h:tf] eof], Pdfn]sf g]tfx? aflxl/g' ef] eGg] rrf{df 5 lg <

**lji0f' l/dfn M** g]tfx? aLrsf] s'/fnfO{ egfeg t cln eGg ldNb}g h:tf] nfU5 . xfdLn] cfkm\gf] b[li6sf]0f /fVof}+ . xfdLn] s] eGof}+ eg] h'g rf/ j6f kf6f]af6 ;+zf]wgsf] s'/f cfO/x]5 lg gful/stfsf] ljifodf clxn] rnfpg'kg]{ ljifo g} lyPg . h] s'/f xfdLn] ;+ljwfgdf Joj:yf u/]sf 5f}+, s'g} klg JolQm g]kfndf hGd]sf cgful/s gaGg] l:ylt agfPsf 5f}+ .

**^ k|Zg M** s]xL ;do cufl8;Dd Pdfn]sf g]tfx?sf] egfOnfO{ x]g]{ xf] eg] g]tfx?n] cf}lrTo / cfjZostfsf] cfwf/df ;+ljwfgsf] ;+zf]wg u/f}+ eg]/ elg/xg'ePsf] 5 . lxhf]sf] j}7sdf cf}lrTo / cfjZostfsf] s'/feGbf ;+zf]wg ;+zf]wg cfjZos} 5}g, Tof] ljifod} ghfpF eGg] lsl;dn] uof] lg <

**lji0f' l/dfn M** Toltv]/ xfdLn] s'g wf/fdf s] rnfpg' vf]Hg'ePsf] xf], cf}lrTo k'li6 ug'{;\ eGb} cfPsf lyof}+ . clxn] klg xfd|f] :yfoL egfO g} ToxL xf] .

**^ k|Zg M** ;+ljwfg ;+zf]wg ug'{ g} x'Fb}g <

**lji0f' l/dfn M** ;+ljwfg eg]sf] ultzLn b:tfj]h xf] . o;nfO{ rnfpg} x'Fb}g eGg] xfd|f] egfO g} xf]Og . t/ clxn]sf] cfjZostf s] xf] t < clxn]sf] cfjZostf eg]sf] ;+ljwfgsf] sfof{Gjog xf] .

**^ k|Zg M** lxhf]sf] zLif{ bnsf g]tfx?sf] j}7s kl5 ToxfF h;/L ljifo k|:t' eP, To;nfO{ x]g]{ xf] eg] t x}g clxn] t Pdfn] afs kf] eof] t, Pdfn]n] clxn] t ;+zf]wg} ug'{ x'Gg eGg] lg0f{o kf] ug{ k'Uof] eg]/ dfG5]x? eGg yfn]sf 5g\ <

**lji0f' l/dfn M** Pdfn] clxn] sxfF k'Uof] eGbfv]l/ h'g lx;fan] ;+zf]wg ug]{ eg]/ pxfFn] eGg'ef 5, Tof] cgfjZos xf] egfO lyof] To;df Pdfn] /lx /x]sf] 5 . Pdfn]n] cfkm\gf] kf]lh;gnfO{ tndfly kf/]s} 5}g . lsgeg] h] s'/f klxnf] ;+zf]wgdf ul/of] lg Tof] eGbf k[ys gofF s'/fx? s]xL klg 5}g . To;sf/0f dfcf]jfbLsf g]tfx? / :jo+ k|wfgdGqLHo" / ;Qfwf/L u7aGwgsf ;fyLx?n] lbg'ePsf] cfjZostf / cf}lrTotf s] xf] eg] xfdLn] ;/sf/ agfpFbf dw];L df]rf{;Fu tLg a'Fb] ;xdlt u/]sf 5f}+, To;sf] nflu ;+zf]wg ug'{k¥of] . eGg'ef] . pxfFx?sf] ;/sf/sf] s'/f xf] of] . pxfFx?sf] s'/fsf] nflu xfdL ;fIfL aGg' h?/L g} lyPg lg . Tof] t ;+;bdf /x]sf c? bnx?sf] rf;f]sf] ljifo g} /x]g . t/fO{ u7aGwgdf x'g'x'G5, pxfFx?n] s] s] sxf sxfF s] s] ;Demf}tf ug'{ef] To;df xfdL lsg ;fIfL aGg'k¥of] <

**^ k|Zg M** ;Qf u7aGwgsf] Pp6f ;Gbe{df ug'{ePsf] ;xdltnfO{ Pdfn] ;fIfL a:g cfjZostf 5}g, eGg' t l7s} xf], olb cf}lrTo g} xf] eg] klg To;df ;fIfL a:g' x'Gg <

**lji0f' l/dfn M** olb cf}lrTo 5 eg] t pxfFx?n] eGb} eGg'x'Gg t < olb cf}lrTok"0f{ 5 eg] t pxfFx?n] Pdfn]nfO{ r'gf}tL lbg'x'GYof] lg . pxfFx?l;t cf}lrTo k'li6 ug]{ s]xL klg cfwf/x? /x]g lsg ug'{k¥of] of] eGbfv]l/ pxfFx?n] eGg'x'G5, xfd|f] tLg a'Fb] ;Demf}tf ePsf] 5 . tkfO{x?sf] ;Demf}tf xfdL;Fu n]gfb]gf s] 5 < /fi6«df n]gfb]gf s] 5 < /fi6«sf] clxt x'g] sfd xfdL s]xL klg ug{ tof/ 5}gf}+, /fi6«nfO{ lxt x'g]sfd xfdL h] klg ug{ tof/ 5f}+ . clxn] h] s'/f k|wfgdGqLHo"n] cl3 ;fg'{ef], Tof] s'/f /fi6«sf] lxtdf 5 h:tf] xfdLnfO{ nfu]g . /fi6«sf] clxt x'g] s'/fdf gu/f}+ eGof}+ .

**^ k|Zg M** ;/sf/n] gdfg] klg d]w]; s]lGb|t bnx?nfO{ ax;df t nfg ;lsG5, btf{ u/] h:tf] ul/lbpF, To;kl5 ;+;bdf 5nkmn x'G5 eg]/ kl;{ \* ut];Dddf btf{ ul/lbpF eg]sf] 5 .

**lji0f' l/dfn M** pxfFsf] cf;o cln a'lemPsf] 5}g, pxfFx?sf] cf;o s] xf], Tof] a'em\g'k5{ . vf; u/L dw]; s]lGb|t bnn] gdfg] h:tf] ug]{ / dw]; s]lGb|t bnnfO{ cfkm\gf] Ph]08f Ho"Fbf] /fVg klg lbg] . To;kl5 otflt/ tLg a'Fb] ;xdlt eg]/ To;sf] cfwf/df 6]an klg ug]{, ;s] b'O{ ltxfO k'¥ofP/ hah{:tL kfl/t ug]{, g;s] b]lv d}n] u/]F lg eg]/ ug{ vfHof h:tf] klg b]lvG5, klxnf] . bf];|f] s'/f rflxF xfdLn] clxn] r'gf}tL lbg vf]h]sf] ljifo rflxF s] xf] eg] ;+ljwfg kfl/t ubf{v]l/ xfdL ()–(@ k|ltzt Ps 7fpFdf lyof}+, \*–!) k|ltzt ljkIfdf x'g'x'GYof] . clxn] h;/L lrQ a'emfpg], ;j{:jLsfo{tfsf] bfo/f a9fpg] eGg] s'/f 5 lg, Tof] eg]sf] k|wfgdGqLHo"sf] Tof] \* b]lv !) k|ltzt v';L kfg]{ eGg] xf] . dfg] lng';\ Pdfn] Jofs eof] eg] em08} #) k|ltzt t aflx/ /Xof] lg < Tof] #) k|ltzt v';L kfg]{ ls \* b]lv !) k|ltzt v';L kfg]{ pxfFx?n] a'em\g'kg]{ s'/f xf]nf . of] s'/f rflxF xfdLn] a'em\g} afFsL 5 . cWoIfHo"n] Pp6f s'/f eGg'ef 5, xfdL k|ltjfb u5f}{+ eGg'ef 5, lxhf]sf] j}7sdf klg xfdLn] cf}krfl/s 9+un] /fVof}+, kf6L{ :yfoL ;ldltn] klg ToxL g} s'/f lg0f{o u/]sf] 5 . xfdL /fi6«nfO{ 3ft x'g] vfnsf], /fi6«nfO{ cK7\of/f] x'g] vfnsf] sfd ub}{gf}+ elg/x]sf 5f}+ . o;df cfjZos k¥of] eg] xfdL ax; ug{ ;S5f}+, lsg /fi6«nfO{ 3ft x'G5 eGg] s'/f] .

**^ k|Zg M** tkfO{n] eGg'eP h:t}, () k|ltzt eGbf a9L ;ef;båf/f kfl/t eP/ cfO;s]kl5 s]xL k|ltztnfO{ dfq lrQ a'emfpnf eg]/ xfdLn vf]Hb}5f}+ . t/ kl5Nnf]lt/ kl/jt{g kl5 xfdLn] ;xdltsf] /fhgLltnfO{ a9L cfTd;ft u¥of}+ lg xfdLn] < Tof] sfo{n] ubf{ klg x'g t ;j{ :jLsfo{ s'/f t ;+;f/df s]xL klg x'Fb}g, t/ klg jftf{, 5nkmn u/]/ Tof] s'/fnfO{ lg0f{o h:tf] ljlwaf6 geP klg ;xdltaf6 a9L rNb} cfPsf] sf/0fn] ubf{ klg clxn] of] l;h{gf ePsf] xf]nf . ca 5f]l8lbg] t p;f] eP <

**lji0f' l/dfn M** g5f]8\g], lsg 5f]8\g] < clxn] ;+ljwfg sfof{Gjog ug]{ . h:tf] b'O{ tLg j6f s'/f, Pp6f dw]; s]lGb|t bnx?sf] ;fyLx?sf] egfO d"n?kdf pxfFx? s]df s]lGb|t x'g'x'G5 eg] l;dfgfsf] s'/fdf s]lGb|t x'g'x'G5 . xfdLnfO{ of] klg u}/ ;+j}wflgs h:tf] nfU5 . h:tf] pkfWoIf jfdb]j uf}tdHo"n] t j}7sdf klg /fVg'ef], xfdLn] bkmf @&$ $ / % sf] cfwf/df x]g]{ xf] eg] clxn]sf] l:yltdf olQs} ;Ldf tn dfly ug{ kfOb}g . olb ;Ldfd} rnfpg' kg]{ xf] eg] ;Ldf tn dfly ug{sf nflu k|b]zsf] ;xdlt rflxG5 . k|b]zn] c;xdlt hgfPdf Tof] k|:tfj} t'lxG5 elgPsf] 5 . of] xfd|f] ;+j}wflgs Joj:yf xf] . ;+j}wflgs Joj:yfnfO{ klg Ps l5g yftL /fvf}+, xfdL of] gu/L 5f]8\b}gf}+ eg] klxn] Tof] wf/f ;+zf]wg ug'{k¥of] . Pp6f ;+j}wflgs af6f] of] eof] . h:tf] xfdLn] ;/sf/ 5f]8\bfv]l/ ;/sf/ 5f\8\g] s'g} af6f] gePkl5 afwf c8\sfp km'sfpsf] l;kmfl/; u/]/ afwf c8\sfp km'sfpg nfP/ dfq} xfdLn] ;/sf/ 5f]8\of}+ .

**^ k|Zg M** ;+ljwfgsf] sfof{Gjog 3fF8f] eof],

**lji0f' l/dfn M** Tof] t pxfFx?nfO{ xtf/ nfUof dfq} xf], pxfFx?nfO{ g} ;lhnf] agfO lbPsf lyof}+ t xfdLn] . pxfFnfO{ ls:tLdf /fv]/ ;/sf/ lbPsf] xf] . Tof] t pxfFx?n] a'em\g'kg]{ xf] . pxfFx?n] a'em\g'x'Gg . xtf/df sfd ug'{ x'G5, laufg'{ x'G5 . ;Qf rnfpg] af/]df pxfFx?sf] ckl/kSjtf o;af6} b]vfpF5 .

**^ k|Zg M** clxn] rf/ j6f ljifo h'g ax;df cfO/x]sf 5g\ lg, klxnf] ljjflbt lhNnfx? ldnfP/ lst \* k|b]z agfpg] ls t csf]{df ufEg] eGg] ljifo . csf]{ gful/stfsf] ljifo

**lji0f' l/dfn M** oL rf/ j6f ljifodf d} eGb} hfpF g . klxnf] ;Ldfgfsf ;Gbe{df xfdLnfO{ :ki6 kfg'{k¥of] . xfd|f] cfzÍf s] xf] eg] dw]; s]lGb|t bnx?n] ;'?b]lv Ps dw]; Ps k|b]z eGb} cfpg'eof] / pxfFx?n] s] eGg'ef] eg] sfsf8leQfb]lv s~rgk'/;DdnfO{ ;f]nf]bfnf] Kn]g Pl/of 5'§} x'g'k¥of] . pxfFx?sf] Tof] ug'{df ts{sf] cfwf/ s] xf] eg] g]kfn eg]sf] b'O{ /fi6« xf], dw]; Pp6f /fi6« xf], kxf8 csf]{ /fi6« xf] . o;sf] km]8]/];g eg]sf] g]kfn xf] eg]/ pxfFx?n] JofVof ub}{ cfpg'eof] . o;df pxfFx? cl8u b]lvG5, To;df xfdLn] lj/f]w hgfO;s]kl5 pxfFx?n] ;Demf}tf b]vfpg'ef], dw]; k|b]z lbOg]5 eg]kl5 Nofpg g dw]; eg]/ . To;kl5 xfdLn] b'O{ gDa/ k|b]z lbof}+ . s] ts{df xfdLn] ;xdlt hgfof}+ eg] of] rNg] k|b]z rflxF xf]Og, tkfO{x?n] unt ub}{ x'g'x'G5 . t}klg tkfO{x? Tof] ;Demf}tfdf 6]s]/ hfg rfxg'x'G5 eg] n l7s} 5, kl5 s'g} lbg km]l/ ldnfpg'kg]{ l:ylt cfpg]5 . of] b'O{ gDa/ k|b]z Tolts} rNb}g eGb} cfof}+ xfdLn] . clxn] cfO;s]kl5 pxfFx?n] s] eGg'ef] eg] % gDa/ k|b]z, qmd};Fu} pxfFx? oxfF k'Ug'ef], klxnf] pxfFx? klxnf] ;+zf]wg k|lqmofdf ;fd]n x'Gg eGg'ef], lsg eGbfv]l/ pxfFx? ;+ljwfg lg0f{osf] k|lqmofdf 5}gf}+ clxn] ;+zf]wgdf lsg a:g] eGg'ef] . eg]kl5 s'/f l;Wof] . xfdLn] tkfO{x? dfGg'x'G5 eg] ul/lbG5f}+ eg]/ klxnf] ;+zf]wg u¥of}+ . clxn] pxfFx? s] eGg'x'G5 eg] % g+ k|b]zsf] t/fO{ 5'6\ofpg] / kxf8sf] lhNnfx? csf]{df ldnfpg] eGg'ef] . j:t'tM pxfFx? ;Kt/Lb]lv lnP/ alb{of;Ddsf] Pp6f t/fO{ agfpg vf]Hg'ef] . clg km]l/ s] eGg'x'G5 eg] s}nfnL, s~rgk'/, emfkf, df]/ª / ;'g;/LnfO{ ljjflbt agfpF eGbfv]l/ sfnfGt/df uP/ pxL sfs8leQfb]lv s~rgk'/;Dd 5'§} agfpg] eGg] ts{ pxfFx?n] Nofpg'ef] . t/fO{sf] ;a} lhNnf 5'l§g' k¥of] dw];lt/, j:t'tM t/fO{nfO{ Ps agfpg] / of] hgtfnfO{ Gofo lbgnfO{ eg]sf] t xf]Og lg . sfs8leQfb]lv s~rgk'/;Dd g]kfn agfpg] xf] eg] PsfTds g]kfn agfP eOxfNof] lg s] ;+3Lo g]kfn elg/xg] < hgtfsf] 3/ b}nf]df xfdL k|b]z n}hfg] eG5f}+, /fHo nfG5f}+ eG5f}+ . o;/L aGg} ;Sb}g . t/fO{nfO{ ;f]nf]bf]nf] Ps agfpg] / To;nfO{ :jfoQ agfpg] eg]/ lgp vf]Hg], Pp6f /f0fgLlt cGtu{tsf] of] ug]{ . kxf8df rflxF hftLo b+uf km}nfpg] u/L hftLo gfdsf] /fHo agfpg] . clxNo} tkfO{n] ;'Gg'ef] lg k|wfgdGqLHo"sf] Pp6f ;Nnfxsf/n] cl:t elg/x]sf] ;'Gb} lyPF, cf7 j6f k|b]z agfpF, cyjf ;ft} j6} agfP klg tnsf]nfO{ yf?x6 agfpF, dflysf]nfO{ du/ft agfpF, OToflb eGb} x'g'x'GYof], pxfFn] hftLo /ª xfNg yfln;Sg'ef 5 . zfGt /x]sf] kxf8df hftLo /ª xflNbg], u~hfuf]n l;h{gf ug]{ . t/fO{nfO{ 5'6\ofP/ Tof] ;f]nf]bf]nf] alnof] k|b]z agfpg] . of] b[li6sf]0fsf] cGtu{t pxfFx?n] l;dfgf rnfpg vf]Hg'ePsf] sf/0fn] o;df /fi6« lxt 5}g eg]sf xf}+ .

bf];|f] ;+zf]wgsf] ljifo, gful/stfsf] ;Gbe{df rflxF s'g} klg g]kfndf hGdg] JolQm cgful/s aGb}g eGg] xfd|f] ;+ljwfgn] Joj:yf u/]sf] 5 . oxfF;Dd ls xfdLn] u}/ g]kfnL kl/rokq ;d]t lbg] lg0f{o u/]sf 5f}+ . s;}sf] afa'cfdfsf] kl/ro ePg eg] To;n] j+zhsf] cfwf/df gful/stf kfpg] Joj:yf klg u/]s} 5f}+ . gful/stfdf vf; ;d:o} 5}g . clxn] h'g cfO/x]sf] 5 lg ;+zf]wgdf clËs[tnfO{ k|d'v kb lbg] eGg] s'/f], Tof] t ;/f;/ unt xf] . Tof] Gofo xf]Og . /}yfg] dw];LnfO{ g} tn dfly kfg]{ u/L NofOPsf] k|:tfj xf] . d]/f] ljrf/df t o;df dw];df a:g] ;fyLefOx?n] g} ;dy{g unf{ h:tf] nfUb}g .

**^ k|Zg M** of] xfd|f] dfu xf]Og eg]/ klg eGg'ef 5 .

**lji0f' l/dfn M** x}g eGg'ef 5, t/ cGtl/d ;+ljwfgdf Joj:yf cg';f/ x'g'k5{ eg]/ 3'dfp/f] s'/f ub}{ x'g'x'G5, pxfFx? låljwfdf x'g'x'G5 . pxfFx?n] /}yfg] dw];LnfO{ g} cK7\of/f] kfg]{ s'/f gNofpg' xf]nf eGg] cf; nfU5 dnfO{ . To;sf/0f Tof] gful/stfsf] O:o' g} xf]Og .

t];|f] efiffsf] s'/f], of] s'/f]df xfdLn] g]kfn leqsf ;a} efiffnfO{ /fi6« efiffsf] dfGotf lbO;s]sf 5f}+ . lxGbL efiff /fli6«o efiff xf] ls xf]Og eGg] ax;sf] ljifo 5 . To;df klg efiff cfof]u 5, efiff cfof]un] h] lg0f{o u5{, To;df hfg ;Sg] eOxfNof] .

 To;kl5 rf}yf] clGtd ljifo, hg;ª\Vofsf] cfwf/df k|ltlglwTjsf] ljifo of] s'/f ck/ xfp;sf] dfq} s'/f xf]Og . clxn] ck/ xfp;df nu]/ hf]8\g vf]h]sf] h:tf] nfu]sf] 5, t/ To:tf] nfUb}g dnfO{ . ck/ xfp; jf nf]c/ xfp; clxn] g} hg;ª\Vof / e"uf]ns} cfwf/df Joj:yf u/]sf] 5 . k|ltlglw;efdf /x]sf] !^% / ck/ xfp;sf] !!) u/]/ @&% dWo] k|b]z g+a/ @ df cf7 j6f lhNnf 5, ToxfF %% hgf ;f+;b 5g\ . k|b]z g+ ! df !$ lhNnf 5, ToxfF $& hgf ;f+;b 5g\ . Tof] t e"uf]n / hg;ª\Vofsf] cfwf/d} xf] lg . o;f] x]bf{ Gofolrt gb]lvPsf] dfq} xf] . Tof] t clxn] g} ;+ljwfgdf Joj:yf t ul/;Sof] . \* j6f lhNnf dfq ePsf] k|b]zdf %% hgf ;f+;b, !$ j6f lhNnf ePsf] k|b]zdf $& hgf dfq ;f+;b . clg !# lhNnf ePsf] # gDa/ k|b]znfO{ hDdf ;f+;b %^ hgf lbOPsf] 5 . ca k|b]z;efdf hfg] xf] eg] \* j6f lhNnf ePsf] @ g+ k|b]znfO{ !!) hgf ;f+;b, ! gDa/ k|b]znfO{ hDdf (# hgf dfq} 5 . # gDa/ k|b]z hxfF oltw]/} 3lge"t hg;ª\Vof 5, ToxfF klg !!) afx]s 5}g .

**^ k|Zg M** xfdLn] hg;ª\Vof e"uf]nnfO{ cfwf/ agfpg] eg]/ elg;s]sf 5f}+, To;}n] ToxfF t ldnfpg' knf{ lg <

**lji0f' l/dfn M** Tof] ldnfO g} ;s]sf 5f}+, To;kl5 pxfFx?n] ck/ xfp;nfO{ ldnfpg eGg yfNg'ef] . ck/ xfp;sf] ;Gbe{df :ki6 Joj:yf s] 5 eg] dlxnf tLg hgf x'g}k5{, Ps hgf blnt x'g}k5{, cNk;ª\Vos / ckfËaf6 Ps hgf x'g}k5{ eg]kl5 % hgf t uOxfNof] afFsL/x\of] tLg hgf, ;a} k|b]zdf tLg tLg hg} 5 t, a/fa/} 5 t . ca pxfFx?sf] ts{ s] ;'lgG5 t eg] ckfË, dlxnf, hghflt, cNk;ª\Vosx?nfO{ 5f]8]/ h'g a/fa/Lsf] tLg tLg hgf ;ª\Vof afFl8Psf] 5, To;df rnfP/ eGbf t Tof] Gofof]lrt ePg lg . Gofof]lrt gx'g] vfnsf], u}/ Gofosf] s'/f t ug'{ ePg . To;sf/0f of] klg st}af6 cf}lrTo k'li6 ePg eGg] xfd|f] ts{ xf] . pxfFn] k'li6 ug'{k¥of] lg t . d t st}af6 klg cf}lrTo k'li6 x'g] b]lVbg .

**^ k|Zg M** ca of] rf/}jf6 ljifox?nfO{ Ps} 7fpFdf /fv]/ x]bf{v]l/ pxfFx?n] of] ug'{k5{, of] u/]g eg]b]lv ;a yf]s ljyf]N5 eg] h:tf] nflu/xg'ePsf] 5 . tkfO{x?sf] ts{ rflxF s] <

**lji0f' l/dfn M** cf]e/cn eGbfv]l/ l;dfgf rnfpg' ePg eGg] s'/f cl3 g} atfPF . efiffsf] ;d:of 5}g, cfof]u 5 elgxfn]F . hg;ª\Vofsf] cfwf/df k|ltlglwTj klxn] g} Joj:yfkg u/]sf] 5, Joj:yf ug}{ k/]g . gful/ssf] t klxn] g} xn eO;Sof 5 eg]kl5 of] p7fPsf] rf/ j6} s'/fdf ;+ljwfg ;+zf]wgsf] ug{ cfjZos} 5}g . To;f] eP ug]{ s] t eg] ;+ljwfg sfof{Gjog ug]{ . ;+ljwfg sfof{Gjog ug{sf nflu t clxn] :yfgLo txsf] r'gfa ug{sf nflu sfg'g Nofpg' k¥of] . u[xdGqLn] nu]/ b/fhdf /fVg'ePsf] 5 d:of}bfnfO{ . sfg'g dGqfnon] kmfOgn u/]sf] d:of}bfnfO{ pxfFn] ;lrjnfO{ of] 8«o/df /fv grnf eg]/ cfb]z lbPsf] 5 /] . kmfOgn ePsf] d:of}bf sfg'gnfO{ 8«o/df /fVg] clg xfd|f] lgjf{rg cfof]unfO{ s'g} klg lgjf{rg ug{nfO{ !@) lbg nfU5, o;/L tLg txsf] r'gfa )&$ ;fnsf] df3 & leq ul/;Sg'kg]{, pxfFx?n] ug'{x'G5 s] < clg r'gfa ug]{ eGg] / r'gfa ;fb}{ ug]{, 6fb}{ ug]{ o;/L lvn/fh k|s/0fsf] @ gDa/df k|j]z ug]{ of]hgfdf pxfFx? x'g'x'G5 .

**^ k|Zg M** h:tf] dw]; s]lGb|t bnsf] dfu ;Daf]wg ug]{ eg]/ cl3Nnf] ;/sf/ h'g ;/sf/sf] tkfO{ k|wfgdGqLHo"sf] d'Vof ;Nnfxsf/ eP/ sfd ug'{ePsf] lyof], lgs} jfxL jfxL klg kfPsf] lyof] Tof] ;/sf/n] . Toltv]/ klg ;+zf]wg ul/of] lrQ a'em]g eg]/ cfGbf]ng rln/Xof] . clxn];Dd klg pxfFx? Ps lsl;dn] eGg] xf] eg] cfGbf]ngd} x'g'x'G5 . clxn] km]l/ tkfO{x?n] ;fy lbg'ePsf] 5}g, dw]; s]lGb|t bn pgLx?n] g} x'G5 lg n eg]/ dflg;s]sf 5}gg\, km]l/ ;/sf/n] Ps b'O{ lbgdf ;+zf]wg k|:tfj ;+;bdf btf{ u5'{ elg/fVg'ePsf] 5 . o;sf] cy{ s] xf] <

**lji0f' l/dfn M** toltv]/ klg xfdLnfO{ w]/} l6Kk0f s] u/]sf] lyof] eg] dw];jfbL bnsf] dfu s] xf] eg]/ xfdLn] k|Zg ubf{ clxn];Dd a'em\g'ePsf] 5}g eg]/ k|Zg u/]sf] lyof] . ;/sf/ Pskl5 csf]{ eGb} hfg] dw]; s]lGb|t bnx?n] Tof] xfd|f] dfu x}g elg/xg' ePsf] 5 . eg]kl5 pxfFx?sf] dfu s] xf] t < ;/sf/ klg :ki6 ePg lg . xfdL t ePg ePg, xfdL t nf6f /x]5f}+ 5f]l8lbgf];\, pa]nf ;/sf/ rnfpg]x? . clxn] of] af7fx? klg t :ki6 t ePgg\ . eg]kl5 cfkm\g} dfudf c:ki6 ePsf] dw]; s]lGb|t bnx?sf] s'g rflxF dfu k"/f u/fP/ pxfFx?n] r'gfa u/fpg] xf] < d]/f] cfkm\gf] a'emfOdf Pp6f kIf of] xf] . To;kl5 s] xf] eg] dw]; s]lGb|t bnx?sf] cfGbf]ng sxfF 5 t < xfdL g} ;/sf/df x'Fbf l;l4Psf] xf] . clxn] r'k nfu]/ al;/x]sfx?nfO{ ltdLx?n] dfu km]l/ /fv, xfdL dfu k"/f ub}{ hfpFnf eg] h:t} eof] lg t . dnfO{ eof] ca eg]/ yfs]/ a;]sfnfO{ cfOh cfOh d af]s]/ n}hfG5' eg]/ af]Sg tof/ x'G5 eg] t a'O{ r9\5g\ t . pxfFx? hah{:tL cfGbf]ng p7fpg vf]lh/fVg'ePsf] 5 . o;sf] dtna s] xf] eg] g]kfnL sf+u|]; / dfcf]jfbL s]Gb|sf h;n] ;Qfdf x'g'x'G5, pxfFx? cgfjZos 9+usf] av]8f lemsfP/ km]l/ klg ;+ljwfg sfof{Gjog gug]{ kIfdf x'g'x'G5 h:tf] dnfO{ nfU5 .

**^ k|Zg M** pxfFx?nfO{ kmfObf s] 5 t <

**lji0f' l/dfn M** ;Qfsf] cfo' nDAofpg] . lsgeg] r'gfa u¥of] eg] r'gfa lhTb}g . To;sf/0fn] ubf{ xfdL ;Qf nDAofpg lb+b}gf}+ . r'gfadf xfdL nfU5f}+ .

**^ k|Zg M** ca tkfO{x?sf] /0fgLlt s] t < lsgeg] ;/sf/n] t ;+zf]wg k|:tfj btf{ u5{ .

**lji0f' l/dfn M** xfd|f] /0fgLlt s] xf] eg] /fi6«nfO{ clxt x'g] s'g} klg s'/f xfdL ug{ lb+b}gf}+ . ;bgdf lg ;zQm k|ltjfb u5f}{+ . ;8sdf klg ;zQm k|ltjfb u5f}{+ . k|hftflGqs cEof; h] h] ug{ ldN5, Tof] hDd} sfd u5f}{+ . xfdL cfttfoL sfd ug]{ dfG5] x}gf}+, of] lx;fan] xfdL hgtfnfO{ a'emfpg] sfd u5f}{+ . / ;/sf/n] s'g} klg a]nf r'gfa u5f}{+ eG5 eg] xfdL cfFvf lrDn]/ ;dy{g u5f}{+ . To;df cn kf6L{ ued]{G6 aGg'k¥of], of] ug'{k¥of], pm ug'{k¥of]{, eGg]df xfdLnfO{ s'g} klg dtna 5}g . ;/sf/n] r'gfa u5'{ eg]/ Nofcf];\, To;df cfFvf lrDn]/ xfdL ;dy{g u5f}{+ . ToxL g} xf], xfd|f] clxn]sf] of]hgf .

**^ k|Zg M** clg clxn] ;+ljwfg ;+zf]wgsf] k|:tfj btf{ ubf{v]l/ Pdfn]n] h:tf] :6f08 lnO/x]sf] 5, To;nfO{ s;}n] ;Qf u7aGwg;Fu klg hf]8]/ x]l//x]sf 5g\, cyjf cl3Nnf] tkfO{x?sf] ;/sf/nfO{ h'g lx;fan] 9nfP/ clxn] of] ;/sf/sf] gofF u7aGwg aGof] . Tof] k|ltzf]w klg Pdfn]df 5, ToxL ePsf] sf/0fn] klg of] cf}lrTo rflxof] eg]/ elg/x]sf 5g\ eg]/ eGb}5g\ <

**lji0f' l/dfn M** d}n] hlt klg s'/f cl3 eg] To;n] >f]tfx?n] hjfkm kfpg'ef] h:tf] dnfO{ nfU5 . olb z'4 u7aGwgl;t dfq hf]8]/ elgPsf] xf] eg] Tof] Pdfn]k|lt HofbtL xf] . xfdLn telg/x]sf 5f}+, xfdLnfO{ ;/sf/df hfg] OR5f g} 5}g . Toqf] xfO xfO eP/ lgSn]sfnfO{ lsg la6'lng' 5 / < hDdf hDdL xfdLnfO{ r'gfa rflxPsf] 5 .

**^ k|Zg M** x}g casf] r'gfa kl5 <

**lji0f' l/dfn M** xfdL r'gfa lht]/ cfO xfN5f}+ lg, Pdfn] afx]s c? sf] 5 / kk'n/ <

**^ k|Zg M** To:t} nfU5 <

**lji0f' l/dfn M** xf] clxNo} r'gfa u/fP/ x]/f}+ g, ToxL eP/ t xfdLn] r'gfa elg/x]sf 5f}+ t < pxfFx? 8/fO/xg'ePsf] klg ToxL eP/ xf], xfdL r'gfa elg/x]sf] klg ToxL eP/ xf] . cyjf Pdfn] r'gfadf xf5{ h:tf] nfU5 eg] r'gfa u/fP/ x/fOlbpF g . gofF hgfb]z lnpF, gofF hgfb]zn] h] h] clwsf/ lbG5, Tof] r'k nfu]/ lng xfdL dflg xfN5f}+ lg . k'/fgf] hgfb]zn] of] eGbf a9L ;+ljwfg rnfpg lb+b}gf}+ . gofF hgfb]z Nofpg';\, s] s] ug{ ;lsG5, ToxL u/]/ hfpF .

**^ k|Zg M** t/ r'gfa x'g]h:tf] kl/b[Zo t s]xL klg b]lv/x]sf] 5}g lg <

**lji0f' l/dfn M** of] ;/sf/n] r'gfa} ug{ rflx/x]sf] 5}g . xfdLn] klg ToxL elg/x]sf 5f}+ . lsgeg] tLg j6f txsf] r'gfa Ps} rf]l6 u/fpg ;ls+b}g . of] d+l;/ s6fO xfNof}+ xfdLn] . ca r}tdf klg :yfgLo txsf] r'gfa ug{ nflu 5f]l8;Sof 5 . elg;s]kl5 csf]{ d+l;/ gnflusg xfdL r'gfa ug}{ ;Sb}gf}+, lsgeg] avf{ nflu;s]sf] x'G5 . o;sf] cy{ eg]sf] ;/sf/sf] Ps dfq ch'{g b[li6 zAb k|of]u u5'{, Tof] ch'{g b[li6 s] xf] eg] )&$ df3 s6fO lbg], ;+ljwfg ;+s6 l;h{gf ug]{ / clg dg nfUbL ug]{ . xfdL To;nfO{ ug{ glbg s] ug{ ;lsG5, Tof] of]hgf agfpg nflu/x]sf 5f}+ .

**^ k|Zg M** To;sf] nflu alnof] k|ltkIfsf] e"ldsf tkfO{x?n] v]Ng' x'G5 <

**lji0f' l/dfn M** xf] /rgfTds alnof] k|ltkIfsf] e"ldsf xfdL v]N5f}+ . xfdL Psbd /rgfTds k|ltkIf aG5f}+, xfdL pxfFx? h:tf] s';L{ efFr]/ ptkft ug]{ vfnsf] k|ltkIf xf]Ogf}+ . /fli6«sf] lxt x'g] s'/fdf xfdL xft ldnfP/ ;fy lbG5f}+ . of] ;/sf/n] Nofof] eg]/ xfdL eGb}gf}+ . / /fi6«nfO{ clxt x'g] s'/f Nofof] eg] xfdL alnof] k|ltkIfsf] e"ldsf v]N5f}+ . xfdL xfsfxfsL eG5f}+ .

**^ k|Zg M** t/ sltko dfG5]x? h:tf] ;+;bdf kl5Nnf] 36gf ;f+;bx?sf] ;]jf ;'ljwf a9fpg]df ;Qf kIf, k|ltkIf ePg . g]tfx?sf] lxtdf rflxF ;Qf kIf, k|ltkIf gx'g] xf]df xf] ldnfpg], t/ /fi6« / hgtfsf nflu rflxF ;Qf kIf / k|ltkIf eGg] emu8f g} ul//xg] xfd|f] hf] kl/kf6L

**lji0f' l/dfn M** dnfO{ s] nfU5 eg] ;f+;bsf] eQf a9fpg] eGg] s'/f nf]slk|o lg0f{o x}g . hgtfsf] ck]Iff ljk/Lt sfd eof] . dnfO{ klg JolQmut ?kdf s] nfU5 eGbfv]l/ ;f+;bx?sf] eQf a9\g' x'Gg eGg] dt d]/f] x}g, t/ ;f+;bsf] eQf a9fpg' eg]sf] csf]{ ;+;baf6 ug'{kYof]{, lsgeg] clxn] ^)! df lg0f{o u/]/ w]/} ef/L af]sfpg' x'Fb}gYof] . gofF hgfb]z cfPkl5 o;/L hfcf];\ eGg'kYof]{ . xfd|f] dfggLox? dfggLo h:tf] klg x'g'k5{ . pxfFx?sf] Pp6f PghLcf]sf] sfo{stf{ eGbf sd tnadf dfggLox? rNg' x'Fb}g eGg] d]/f] dt 5 . t/ clxn] hgtf e"sDkn] kLl8t /x]sf] cj:yfdf of] OG6«]:6sf] sgˆnLS6 eof] . of] rflxF ug'{ x'Fb}gYof] h:tf] dnfO{ nfU5 . oBlk lg0f{o ePsf] 5, o;df d}n] s] eGg ;S5' / <

<https://www.youtube.com/watch?v=oW47PUR7wAU&feature=youtu.be>