Date: June 26, 2016, BBC,

# *Sajha Sawal- Interview with Bishnu Rimal*

;b\efjgf kf6L{sf cWoIf /fh]Gb| dxQf], g]kfnL sf+u|];sf g]tf k'ikf e';fn, lgjf{rg cfo'Qm Onf zdf{ / k|wfgdGqLsf d'Vo ;Nnfxsf/ lji0f' l/dfn . ;xefuL ^% hgf

8]9 jif{leq # j6f r'gfj<   
;femf ;jfn cª\s $$(M k|:tf]tf ljBf rfkfufO{+

**;femf ;jfn** M s]kL cf]nL ;/sf/n] cfpg] d+l;/ dlxgfdf ufpF / gu/sf] r'gfa / b]zdf gofF aGb} u/]sf] k|b]zsf] r'gfa clg csf]{ jif{ d+l;/ ;Ddf s]Gb|Lo ;+;bsf] r'gfa ug]{ lg0f{o u/]sf] 5 . 8]9 jif{leq tLg tLg j6f r'gfa ug]{ ;/sf/L lg0f{o cg';f/sf] tof/L rflxF s:tf] 5 t <

tkfO{x? dWo] slt hgfnfO{ of] r'gfa ;Dej 5 eGg] nfU5 < -hDdf \* hgf ;xefuLsf] xft p7\of] .\_

**d]3axfb'/ yfkf du/ M** -gjnk/f;L\_ ;/sf/n] ;fRr} r'gfa ug{ eg]/ nfU5 eg] r'gfa ;+ej 5 . t/ k|wfgdGqLsf d'Vo ;Nnfxsf/;Fu d Pp6f k|Zg ug{ rfxG5', b]z ;+3Lo :yfgLo ?kdf Pp6f k'g;{+/rgflt/ uO/fv]sf] a]nfdf k'/fg} cj:yfdf :yfgLo lgjf{rg u/fP/ k'g;{+/rgfsf] lbzf stflt/ df]8\g nfluPsf] xf] <

**pdf uf}td M** -j8f g+= ( sflndf6L8f]/, sf7df8f}+\_ :yfgLo lgsfosf] r'gfa !$ jif{b]lv ePsf] 5}g, slxn] klg pxfFx? cfkm" cfkm" ldn]/ a:g ;Sg'ePsf] 5}g . b]z o:tf] hh{/ cj:yfdf k'u]sf] 5 ls hgtfn] vfg, nfpg l:ylt 5}g . g]tfx? pxfFaf6 t'n't'n' x]g'{x'G5 / xfF;]/ hjfkm lbg'x'G5, ca of] lgjf{rg pxfFx?n] s;/L u/fpg'x'G5 / < sf]xL cfkm" cfkm"d} ldNg'ef 5}g, kfFr j6f /fhgLlts bn k|d'v 5, Tof] klg otf kmls{G5, ptf kmls{G5, of] cj:yfdf r'gfa s;/L x'G5 < d r'gfa cfo'QmnfO{ ;f]Wg rfxG5' .

**lji0f' l/dfn M** clxn] ;/sf/n] tLgj6f txsf] r'gfasf] sfo{tflnsf aflx/ NofPsf] 5 . /fHosf] k'g;{+/rgfkl5sf] h'g kl/sNkgf ul/Psf] xf], To; cg';f/ g} xf] . d+l;/df ul/g] elgPsf] r'gfa eg]sf] uflj; / gu/kflnsfsf] xf]Og, :yfgLo txsf] r'gfa xf] . :yfgLo tx eg]sf] uflj;x? 36]/ h'g ufpFkflnsf aG5g\, gu/kflnsf aG5g\, ToxL ufpFkflnsf / gu/kflnsfsf] r'gfa ug]{ elgPsf] xf] . To;sf/0fn] ubf{ ;+3Lotf;Fu xfdL hfg vf]h]sf] af6f]df lj/fd x'Fb}g, xfdL l7s af6f]df hfFb}5f}+ .

**;femf ;jfn M** lgjf{rg cfof]u r'gfa u/fpg clxn] tof/L cj:yfdf 5 <

**Onf zdf{ M** clxn]sf] h'g sfo{of]hgf cfPsf] 5, Tof] ;/sf/sf] ;+ljwfgsf] sfof{Gjogsf] /f]8Dofk xf] . of] lgjf{rg cfof]usf] sfo{of]hgf x}g . o; ;DaGwdf lxhf] a]n'sf k|wfgdGqL;Fu e]63f6 eof] . r'gfa u/fpg ;aeGbf klxnf sfg'g rflxG5 . xfdL;Fu :yfgLo lgsfosf] lgjf{rg sfo{ljlw tof/ 5 . :yfgLo lgsfosf] lgjf{rg u/fpg] xf] eg] d+l;/df cf/fd ;fy u/fpg ;lsG5 . t/ :yfgLo txsf] lgjf{rg u/fpg] xf] eg] lgjf{rg cln l9nf] x'G5 . d+l;/df cln ;Dej gxf]nf h:tf] 5 . k|lqmof s] x'G5 eg] ;/sf/n] xfdLnfO{ P]g lbG5 . ;/sf/sf] OR5f cg';f/ olb :yfgLo txsf] r'gfa u/fpg] xf] eg] :yfgLo txsf] k'g;{+/rgf cfof]usf] k|ltj]bg rflxG5 . clg dfq} lgjf{rg cfof]un] ldlt tf]S5 . ldlt tf]Sg] sfd lgjf{rg cfof]usf] x'G5 . lgjf{rg cfof]usf] sfo{of]hgf To;kl5 cfpF5 .

**;femf ;jfn M** cfof]usf] k|ltj]bg a'emfpg] g} r}t d;fGt ;Dd 5 Sof/] <

**Onf zdf{ M** k'g;{+/rgf cfof]usf] sfd lgs} g} hl6n 5 . To;n] ;Ldf lgwf{/0fsf] k|ltj]bg gcfpGh]n ;/sf/n] klg s]xL ug{ ;Sb}g .

**h];g kl08t M** -;nf{xL, k|Zg /fh]Gb| dxQf]nfO{\_ pxfFn] eGg'x'G5, dw];sf] dfu k"/f geP;Dd :yfgLo lgjf{rg x'Fb}g . dw];df sfª\u|];, Pdfn] / dfcf]jfbLsf] dflg; w]/} 5 . ljutsf] lgjf{rgdf pxfFx?s} kf6L{n] a9L 7fpFdf lht]sf] 5 . ca s;/L lgjf{rgnfO{ pxfFx?n] /f]Sg'x'G5 < Onf zdf{ / lji0f' l/dfnnfO{ tkfO{n] ;DemfOlbg'kof]{ ls of] of] sf/0fn] lgjf{rg x'Fb}g eg]/ .

**/fh]Gb| dxQf] M** r'gfa hgtfn] g} /f]sg] xf] . h;/L ljutsf] cfGbf]ngdf sf+u|];, Pdfn] / dfcf]jfbLn] hgtfs} dtaf6 k|fKt ;+ljwfg;efn] ul0ftsf] cfwf/df h'g ;+ljwfg agfof], Tof] unt ;+ljwfgsf] lj?4df ltgLx?nfO{ dt xfNg] hgtf ;8sdf cfP . nfvf}+ hgtf ;8sdf cfP, n8], d/] / kfFr bh{g hgtf ;lxb klg eP, ToxL hgtfn] /fhgLlts gf/fsf ?kdf cfPsf] lgjf{rgnfO{ dw];sf] ;d:of ;dfwfg geP;Dd ;kmn x'g lb+b}g . /fHosf] k'g;{+/rgfsf] sfd k"/f ePsf] 5}g, ;+;bLo lgjf{rg If]qsf] ;LdfÍg ePsf] 5}g, :yfgLo lgsfonfO{ k'g;{+/rgf ug{ ul7t cfof]u 5, To;sf] k|ltj]bg cfPsf] 5}g, s]xL klg ePsf] 5}g, s;/L r'gfa u/fpF5 xf] < To;}n] of] /fhgLlts gf/f dfq} xf], hgtfnfO{ vfln u'd/fx ug]{, vfln sfd u/]sf] h:tf] b]vfpg] xf] . t/ r'gfa x'g ;Sb}g . xfdL g]tf / kf6L{n] r'gfa /f]S5f}+ eGb}df r'gfa /f]lsg] t xf]Og . t/ hgtfn] g} r'gfa x'g lb+b}g . r'gfa u/fpg hgtfsf] ;dy{g rflxG5 . oxLF klg \* hgfn] dfq} r'gfa x'g;S5 eGof], afFsL ^) hgfn] r'ga x'g ;Sb}g eg]sf 5g\ . r'gfa x'g} ;Sb}g eGg] o;}af6 k|dfl0ft eof] lg .

**;femf ;jfn M** klxn]sf] ;+ljwfg;efsf] r'gfa x'Fb}g eGg] klg klxn] TolQs} lyof], r'gfa eof], bf];|f] klg alxisf/} ug]{x? klg lyP,

**/fh]Gb| dxQf] M** klxnf] / bf];|f] ;+ljwfg;efsf] lgjf{rgdf clwsf+z k|d'v kf6L{x? / hgtf r'gfa u/fpg] kIfdf lyP, s]xL s]xL hgtfsf] ;dy{g Go"g ePsf kf6L{x? r'gfasf] ljkIfdf lyP, hgtfn] r'gfa u/fP . hgtfsf] cTolws ;dy{g ePsf] cj:yfdf hgtfn] g} k|ltsf/ klg u5{ .

**;femf ;jfn M** clxn] klg t tkfO{x?nfO{ To:t} eGg] csf]{ 7"nf] ;d"x klg 5 lg <

**/fh]Gb| dxQf] M** hgtfsf] k|ltlglw oxLF al;/x]sf] 5, oxfF \* hgf lgjf{rg x'G5 eGg] kIfdf, afFsL ;a} lgjf{rg x'Fb}g eGg] kIfdf 5, cGt} hfg} kb}{g s] <

**;[hgf v/]n M** k'ikfhL g]kfnL sf+u|];sf] dfq} g]tf geP/ ;Dk"0f{ g]kfnLsf] k|ltlglwTj ug]{ dlxnf g]tf x'g'x'G5 . :yfgLo lgsfosf] r'gfadf %) k|ltzt dlxnfnfO{ ;xefuL ;dfj]z ul/G5 t <

**k'ikf e';fn M** @)^@÷)^# sf] hg cfGbf]ng sf+u|];, Pdfn], dfcf]jfbL, dw];jfbL bn / hgtfsf] ;xeflutfaf6} ;kmn eP/ kl/jt{gsf d'2fx?nfO{ clxn] ;+:yfut ug{ uO/fv]sf 5f}+ . ToxL ?kfGt/0fsf] Pp6f s8LrflxF :yfgLo ;/sf/sf lgjf{rg xf] . lgjf{rg eg]sf] cfkm}df Pp6f sfg'gL / ;+j}wflgs ljifo j:t' xf]Og . ;+ljwfgn] o;nfO{ ;+af]wg dfq} u¥of] . clxn] ;/sf/n] sfo{of]hgf Nofpg lalQs} lgjf{rg x'Fb}g . lgjf{rg dfq} sfg'gL/ ;+j}wflgsaf6 dfq} JofVof u¥of] eg] unt x'G5 . nf]stGqdf lgjf{rg g} ;aeGbf ;'Gb/ k|0ffnL eG5f}+ xfdL . clxn]sf] cj:yfdf ;/sf/nfO{ w]/} r'gf}tLx? 5, lgjf{rg eg]sf] lgtfGt sfg'gL / ;+j}wflgs ljifo xf]Og, of] /fhgLlts ljifoa:t' xf] . /fhgLlts ljifoa:t'df ha;Dd r'gfa u/fpg] ;/sf/dfly ljZj;gLotf, lgjf{rgsf] jftfj/0f, dtbftfsf] ;'/Iff, pDd]bjf/Lsf] kl/ro of] ;a}sf] Uof/]G6L geP;Dd xfdL ;dfhsf] ?kfGt/0f jf /fHosf] ?kfGt/0fsf] nflu hlt s'/f n]v]sf 5g\, To;nfO{ ;+:yfut s;/L ug]{ < ;dfg'kflts, ;dfj]zL ;xeflutfsf] Uof/]G6L x/]s /fhgLlts bnx?n] cfkm\gf] 3f]if0ffkqaf6 k|lta4tf JoQm u/]sf] 5 . lgjf{rg cfo'Qm oxL x'g'x'G5, pxfFx?n] klg %) k|ltzt dlxnf ;xeflutfsf] Uof/]G6L x'g'k5{ eg]/ ;/sf/nfO{ b:tfj]h k7fpg'ePsf] 5, ca r'gf}tL sxfF5 eg] ;bleq /x]sf ;ef;bx?n] To;nfO{ kfl/t ug]{ ls gug]{, gq xfdL kf6L{leq klg kf6L{ aflx/ klg ;dfhnfO{ ;dfj]zL agfpgsf] nflu dlxnfx?sf] g]t[TjnfO{ ;dfhd} u|f;?6d} :yflkt ug{sf] nflu :yfgLo ;/sf/ g} ;aeGbf dxTjk"0f{ xf] . clxn] ;/sf/n] :yfgLo ;/sf/sf] r'gfa u/fpg] eg]/ h'g s'/f NofPsf] 5, To;n] lgtfGt sfg'gL / k|fljlws s'/f dfq k]; u/]sf] 5 . ha;Dd To;nfO{ /fhgLlts d'2f agfpFb}gf}+, ta;Dd :yfgLo r'gfa x'Fb}g . oxfF :yfgLo k'g;{+/rgf cfof]un] l/kf]6{ lbPsf] 5}g, o;n] kmfu'g;Dd cfkm\gf] k|ltj]bg lbg] elgPsf] 5, oBlk ;/sf/n] ;fpg;Dd Tof] b]p eg]sf] 5 . k|ltj]bg gcfpFb}, c? ;/sf/sf] ;xdlt lagf ;/sf/n] r'gfasf] 3f]if0ff ug'{ eg]sf] c? kf6L{n] ;xof]u u/]gg\ eg]/ cfkm"nfO{ hgtfsf] dfemdf /fd|f] b]vfpgsf] nflu, Ph]G8f agfpgsf] nflu 3f]if0ff u/]sf] 5 .

**uf]kLnfn a:ofn M** /fh]Gb| dxQf]hLn] eGg'eof], cfh e"sDkn] k"/} 3/x? Wj:t ePsf] 5, ufpFdf hglgjf{lrt k|ltlglw geP/ e"sDk kLl8t hgtfn] b'Mv kfPsf] cj:yf 5 . olb oltv]/ hgk|ltlglwx? eOlbPsf] ePb]lv lgdf{0fsf] k|lqmof ;lhn} cufl8 a9\Yof], r'gfa x'Gg eg]/ tkfO{x? efUg} kfpg'x'Gg . 5nkmn ug]{ a]nfdf tkfO{x? cfGbf]ngdf hfg'x'G5, clg d+l;/df s;/L r'gfa x'Gg < of] b]znfO{ ljgfz agfpg] ls ljsf;lt/ nfg] < r'gfa ;Dej 5 .

**lbnaxfb'/ d]rL M** -l;Gw'nL, ;f]Nkf uflj;, xfn nlntk'/, nugv]n\_ d Ps hgf dhb'/, ;+ljwfg cfkm"n] rfx]sf] gcfPsf] afxfgfdf t/fO{df cfGbf]ng ug'{ef], xhf/f}+ rfns dhb'/x? lj:yflkt x'g k'u] . slt tfsL tfsL rfnsx?nfO{ 7f]Sg'ef] . ca km]l/ ;/sf/n] r'gfa NofpFb}5, ca r'gfasf] bf}/fg x'g] / gx'g] aLr tkfO{n] slt rfnsx?nfO{ 7f]Sg'x'G5 < sltnfO{ lj:yflkt u/fpg'x'G5 < clxn] sf7df8f}+nfO{ bfgfkfgL aGb u5'{ eGg] cleJolQm oxfFx?sf] cfPsf] eP/ km]l/ bfgfkfgL vfg sf7df8f}+ cfpg'ePsf] 5, ca km]l/ t/fO{ aGb ug{ slxn] hfg'x'G5 < rfns dhb'/x?nfO{ slxn] laxfg sfd u/]/ a]n'sf cf/fd;Fu 9'Ss;Fu 5fs 6fg]{ jftfj/0f slxn] l;h{gf ug'{x'G5 <

**/fh]Gb| dxQf] M** nf]stGqdf lgjf{rg x'g'x'Fb}g s;}n] eGb}g, t/ lgjf{rgsf] kl/l:ylt aGg'k¥of], clxn] klg rf}w jif{ eO;Sof] . :yfgLo lgsfo lgjf{lrt k|ltlglwljxLg cj:yf Toqf] nfdf] eof], t/ clxn] klg uDeL/ b]lvPsf] 5}g, clxn] klg /fHosf] k'g;{+/rgf ug]{, kl/jt{g ug]{ eGg] t/ k'/fg} ;+/rgfsf] r'gfa ug]{ . cfof]u u7g u¥of], ca :yfgLo lgsfo klg k'g;{+/rgf ug]{ /] < Tof] cfof]usf] k|ltj]bg cfPsf] 5}g, r'gfa u/fpg] /] < o:tf] x'Fb}g s] < of] rflxF kl/jt{gnfO{ cf]em]ndf kfg]{ u/L sfd s'/f x'g ;Sb}g .

**lji0f' l/dfn M** klxnf], xfdL ;a}df OR5fzlQm 5 ls 5}g, d ;a}df k|Zg ug{ rfxG5', uf]nd6f]n efiff k|of]u ug'{kg]{ h?/L g} 5}g . xfdL ;a}n] a'em]sf] lgjf{rg eg]sf] sfg'gL klg xf], /fhgLlts klg xf], ;+j}wflgs klg xf] . To;f] xf] eg] /fhgLlts kf6L{n] /fhgLlts ufF7f] km'sfpg'k5{ . jftf{ ug]{ s'/f, lgisif{df k'Ug] s'/f, ldNg] s'/fdf ldNg], gldNg] s'/fdf gldNg] klg ;xdt x'g] s'/fdf bnx? ;xdt x'g'k¥of], To;sf] ;/sf/ tof/ 5 .

bf];|f], xfdLn] klxn]b]lv eg]sf] k|To]s bnx?n] ;+ljwfg;efsf] r'gfadf hfFbf r'gfa ;lsPsf] ^ dlxgfdf :yfgLo lgsfosf] r'gfa u5'{ eg]sf] xf], To;sf] cfwf/df :yfgLo lgsfosf] s'/f cfPsf] xf] . km]l/ ;a} bnx?n] eGg'ef], OGSn'l8ª g]kfnL sfª\u|]; d bfaLsf ;fy eG5', g]kfnL sfª\u|];s} ;efkltsf] cg'/f]wdf tkfO{+x?n] cfof]usf] l/kf]6{ rfF8f] dfUg';\, rfF8f] sfd u/fpg';\, :yfgLo lgsfosf] xf]Og, :yfgLo txsf] r'gfa u/fpg';\ eg]/ ;a}n] eGg'ef] . Tof] dfg]/ ;/sf/n] s] uNtL u¥of] < :yfgLo txsf] r'gfa ug{ ;Sb}g;\ eg]sf] ;fyLx?sf] r'gfadf hfg] OR5f 5}g eGg] a'lemG5 o;af6 . To;sf/0f d] cfu|x ug{ rfxG5' eg] xfdL r'gfadf hfg tof/ 5f}+, k|d'v k|ltkIf bnnfO{ cfu|x u5'{, ;+;bdf xNnf gug'{;\, sfg'g v'OFv'OF kf; ug'{;\ . cfGbf]ng/t bnx?;Fu cfu|x u5'{, jftf{df a;f}+, 6'ª\uf] nufcf}+ . s] ldNof, s] gldNof < l;Wof] lg, To;kl5 . dg k/fPsf]nfO{ ef]6 xfnf}+, dg k/]sfnfO{ ef]6 gxfnf}+, lht]sf]n] zf;g u/f}+, xf/]sfn] k|ltkIfdf a;f}+, l;Wof] t . nfdf] s'/f t 5b}5}g, o;df t .

**;femf ;jfn M** klxn] lgjf{rg 3f]if0ff ug'{eof], To;kl5 jftfj/0fsf] s'/f ug'{eof] .

**lji0f' l/dfn M** xf]Og, xfdLn] k|To]s bnl;t s'/fsfgL u/]/ g} u/]sf 5f}+ . d]/f] ljrf/df d clxn] /fh]Gb|hLnfO{ t eGg rfxGg, pxfFx?;Fu cgf}krfl/s s'/fePsf] oxfF af]Ng ldNb}g . cf}krfl/s s'/fdf of] s'/f ;dfj]z ePsf] 5}g . pxfFx?nfO{ of] eGg] xs lbG5' d . t/ g]kfnL sªu|];nfO{ / c? bnx?nfO{ t of] xs klg 5}g . pxfFx?n] cf}krfl/s 9Ën] g} s'/f ug'{ef 5 . oxfF rflxF o;/L ld; sDo'lgs]6 ug'{ x'Gg, Pp6f c? klg ljgd| cg'/f]w u/f}+, xfdLn] oxfF hgdt ;+u|x ug]{ u/L >f]tfnfO{ NofPsf] 5}gf}+, To;sf/0fn] ubf{ slt xft p7\of], p7]g eGg] lx;fan] lgjf{rgsf] kIfdf 5 5}g eg]/ ld; sDo'lgs]6 klg gu/f}+ x} . o;/L uof] eg] unt x'G5 . s'/f] lalu|G5 .

**;femf ;jfn M** leq leq Pp6f ;xdlt ug]{ / aflx/ b]vfpg] a]nf hgtfnfO{ em'Sofpg] <

**k'ikf e';fn M** x}g, sfª\u|];n] :yfgLo lgjf{rg cToGt cfjZos xf], 8]df]qm];Ldf lgjf{rgdf ljZjf; ug]{ kf6L{ xf], hgtfs} lgjf{rgdf uP/ rf}+;7Ldf yf]/} l;6 lht]/ klg sf+u|];n] ;+ljwfg;efdf OdfGbf/Lk"j{s sfd u/]sf] lyof] . lgjf{rgsf] kl/0ffdnfO{ sf+u|];n] ;xh} :jLsf/ u5{ . dfq} s] xf] eg] dw];df cfGbf]ng eO/fv]sf] 5, To;nfO{ ;Daf]wg ug]{ ls gug]{ < bf];|f], clxn]sf] cfof]un] ufpFkflnsf, gu/kflnsf agfpFb}5, k'/fgf] ;+/rgf k'/fg} :yfgLo lgsfo cg';f/ r'gfa u/fPsf] eP, cfklQ lyPg, t/ cfof]u u7g eO;Sof], cfof]un] ;fpgdf k|ltj]bg b]p elg/fv]sf] 5, ;/sf/n] . lbG5 lb+b}g, g]kfndf t Dof8 yKb} hfg], cfof]un] sfd ug]{, k|rng klg 5 . clxn] klg cfof]un] s] elg/fv]sf] 5 eg] xfdL tLg ;o b]lv ;ft ;o;Dd ufpFkflnsf agfpF5f}+, sDtLdf ufpFkflnsf agfpFbf ToxfF ;j{bnLo ;xdlt x'g'k¥of], ufpFdf ;fgf] s'/fsf] nflu ;j{bnLo ;j{;Ddlt x'g'k¥5 eg] ef]ln uP/ tLg j6f rf/ j6f ufpF dh{ ubf{v]l/ ToxfF slt j6f n8fO x'G5, slt j6f cfGbf]ng x'G5, of] ;a} cj/f]wx?nfO{ ;Daf]wg s;/L ug]{ < ToxL eP/ klxNo} k'/fgf] ;+/rgf cg';f/ lgjf{rg u/fPsf] eP cfklQ lyPg . t/ ca cfof]u u7g eO;s]sf] kl/j]zdf cfof]un] k|ltj]bg glbPsf] cj:yfdf d+l;/d} r'gfa u/fpF5' eg]/ ufpF kflnsfx? dh{ x'Fbf x'g ;Sg] åGånfO{ dWogu/ u/]/ c? kf6L{x?, dw]; s]lGb|t bnx? aLr dWosf/L e"ldsf v]n]/ o;nfO{ /fhgLlts d'2f agfpF / :yfgLo lgjf{rgdf hfpF eg]/ ;xof]u u/]sf] .

**/fh]Gb| dxQf] M** b'Mv t hgtfnfO{ g} x'g] xf] lg < clwsf/ kfPg eg] hgtf g} kLl8t x'g], clwsf/sf] nflu n8\bf klg hgt} dg'{kg]{ . dhb'/x? kLl8t x'g'kg]{, To:t} xf], of] b]zsf] b'OltxfO hgtf clwsf/af6 jl~rt ePsf] 5, kfPsf] 5}g, ;+ljwfgdf pgn] rfx]sf] clwsf/ kfPg . kfPsf] clwsf/ klg vf]:of] . ljutdf dw];L, blnt, dlxnf, hghflt / yf? nufot;Fu ljleGg ;Demf}tfx? eP, Tof] cg';f/ ;+ljwfg agfpF5' elgPsf] lyof], Tof] cg';f/ ePg . To;sf] nflu hgtf ;8sdf cfPsf] 5 . gldn]sf] s'/f ldnfpF, ;+ljwfgdf ;+zf]wg u/f}+ eg]/ dw]; cfGbf]ng / y?xt cfGbf]ngn] elg/fv]sf] 5 . hghflt cfGbf]ngn] k'/} b]zdf cfGbf]ng eO/x]sf] 5 . ca of] cj:yfdf pxfFn] l7s eGg'ef], cfGbf]ngsf/L klg dg'{k5{, hgtfn] Hofg} lbg'k5{, aGb x8tfnn] k|efljt klg hgtf g} x'g] xf] . rSshfd, gfsfaGbL nufotsf sfd ha cufl8 a9\5, To;af6 hgtf g} k|efljt x'g] xf] . To;}n] hgtfsf] nflu x'g] cfGbf]ngdf ;xefuL klg hgtf g} x'g] xf] . To;}n] hgtfsf] nflu ;/sf/ x'G5 . ;/sf/ lhDd]jf/ eP/ hgtfsf] kL8f a'emlbof] eg] ;d:of ;dfwfg x'G5 .

**;femf ;jfn M** cfGbf]ng tkfO{n] ug]{, clg ;/sf/ ;+j]bgzLn eOlbg'kg]{ <

**/fh]Gb| dxQf] M** dfu k"/f ug]{ t ;/sf/n] g} t xf] lg . hgtf clwsf/sf] n8\5, ;/sf/ ;+j]bgzLn eof] eg] hgtfsf] dfunfO{ ;+af]wg u5{ . hgtfsf] kL8fnfO{ ;dfwfg u5{ . ;/sf/ u}/ lhDd]jf/ eof] eg] hgtfn] w]/} b'Mv kfpF5 .

**lbn;fgL du/ M** cf]nLhL ef]ln ;/sf/af6 x6\g] cj:yf cfof] eg] pxfF cfkm}n] r'ga x'Gg eGg'x'G5 s] of] b]zdf . of] b]zsf] lj8Dagf of] 5 s] . clxn] z]/axfb'/ b]pjfn] r'gfa x'Gg eGg'sf] sf/0f pxfF ;/sf/df gePsf] sf/0fn] xf] . dnfO{ nfU5, /fh]Gb| dxQf]hL k|wfgdGqL x'geof] eg] lg of] b]zdf r'gfa x'G5 . d]/f] lji0f'hLnfO{ k|Zg 5, hgtf r'gfasf] lj/f]wdf lsg 5}gg\ eg] afx| jif{;Dd ;+ljwfg ;efsf] r'gfa u/fp eg]/ /utsf] xf]ln v]Nbf r'gfa u/fpg gdfGg] sf] of] b]zdf < s;n] r'gfa u/fpg dfg]g . Tof] Ph]08f, clxn] h'g pl7/x]sf 5g\, lxdfnsf, t/fOsf dfG5]n] p7fO/x]sf 5g\, ltgnfO{ sDtLdf klg &) k|ltzt ltgLx?sf] dfu k'/f ug]{ lx;fan] ;/sf/ / kf6L{x?n] ;f]lRbof] eg] t r'gfa t :jtM cfkm} x'G5 . hgtfn] l;+xb/af/df cfP/ r'gfa u/fp eGg cfpF5 . clxn] l;+xb/af/df hgtf lsg cfO/x]sf 5g\ < r'gfa u/fp eGgsf nflu cfO/x]sf 5g\ < pgLx? cfkm\gf] Go"gtd dfu k'/f ul/b]p, ;+ljwfgdf xfd|f] efjgf ;d]l6b]p eg]/ cfO/x]sf 5g\ . To;sf/0f hgtfsf] dfuk|lt ;+j]bgzLn eOlbof];\ .

**lji0f' l/dfn M** tkfO{sf] s'/fl;t ;}4flGts lx;fan] d}n] c;xdlt hgfpg'kg]{ g} 5}g . hgtfsf] dfu k"/f eO;s]kl5 hgtfn] ;a} s'/f o;f] ul/b]p eg]/ cl3 hfG5 / hgtf :jfefljs lx;fan] cl3 kl5 nfU5 eGg] s'/fdf d]/f] klg ;xdlt 5 . r'gfa ;/sf/n] 3f]if0ff u/]kl5 hgtfn] efu lnG5, d]/f] klg ljZjf; 5 . clxn] pxfFsf] s'/f / d]/f] s'/fdf s] km/s kl//x]5 eg] clxn]sf] ;+ljwfgn] ;+:yfut u/]sf sltko clwsf/x? w]/} 5g\ h:tf] nfU5 . oxfFn] vfN8f] b]Vg'ePsf] 5 . of] xfdL ;+jfbaf6 to ug{ ;S5f}+ h:tf] nfU5 . clxn] r'gfa x'G5 ls x'Fb}g eGg] ;Gbe{df d k|wfgdGqL cf]nLsf] tkm{af6 bfaL;fy s] eGg rfxG5' eg] ef]ln laxfg pHofnf] x'Fbf k|wfgdGqL s]kL zdf{ cf]nL x6\g'eof] eg] klg pxfFn] r'gfa} dfu ug'{ x'G5 / r'gfa x'G5, x'G5 . d hlt k|wfgdGqL cf]nLnfO{ tkfO{x?n] eGbf w]/} g} glhsaf6 lrGb5' . pxfF r'gfa afx]s bfofF afofF nfUg'x'Gg . cfkm" xfbf{ klg r'gfadf efu lnPsf] dfG5] xf] pxfF . To;sf/0f of] ;+ljwfgnfO{ sfof{Gjog ug{ / ;a}vfnsf dfunfO{ ;+:yfut ug{ r'gfa h?/L eof] .

**Onf zdf{ M** d k'ikfhLn] eGg'ePsf] s'/f hf]8\g rfxG5', pxfFn] eGg'ef], k|fljlws kf6f], sfg'gL kf6f] k'/f x'g'k5{, /fhgLlts klg x'g'k5{, d rflxF clnslt tf]8\g rfxG5', k|fljlws / sfg'gL kf6f] k"/f x'g'k5{, :yfgLo txsf] r'gfa u/fpg] xf] eg] k'g;{+/rgf cfof]usf] k|ltj]bg cfpg'k5{ . s'g} klg xfd|f] h:tf] d'n'sdf hxfF nf]stGqsf] ;'?jft eO/fv]sf] 5, nf]stGqnfO{ alnof] agfpg] xf] eg] cfjlws lgjf{rgnfO{ /fhgLlts ;xdltsf] aGws agfpg' x'Fb}g, of] d]/f] JolQmut ljrf/ xf] . lgjf{rg cfof]unfO{ r'gfa u/fpg lbg'k5{ . hgtfn] r'gfa rfxG5g\, hgtfn] slxn] klg lgjf{rg gxf];\ eg]/ eGb}g . /fhgLlts ;xdltsf] aGws rflxF aGg'x'Fb}g eGg] cfof]u xf]Og, d]/f] JolQmut ljrf/ xf] .

**;femf ;jfn M** /fhgLlts ;xdlt gx'Fbf klg lgjf{rg x'g;S5 <

**Onf zdf{ M** Tof] Pp6f kl/kf6L xf] . nf]stGqdf cfjlws r'gfa x'g}k5{ . lgjf{rgdf hgtfn] hnfO{ rfxG5, pgnfO{ ;/sf/df NofpF5, :yfgLo xf];\, k|fb]lzs xf];\, lgjf{rgsf] lg/Gt/tf / cfjlwstf /f]lsg' x'Gg .

**r08]Zj/ zfx M** -af/f /f}tx6\_ d]/f] k|Zg lji0f' l/dfnhLnfO{, dw];sf hgtf ;lbof}+b]lv kLl8t 5 . /fhfsfnb]lv g} dw];sf hgtfnfO{ lje]bsf] gh/n] x]g]{ ul/Psf] 5 . @)$& ;fnsf] kl/jt{g cfof], @)^# kl5 clxn] @)&# cfO;Sof], dw];sf hgtfsf] kL8f, b'Mv ;To xf]Og < pgLx?sf] dfu s] gfhfoh xf] < dw];nfO{ kfFr 6'qmf, ;ft 6'qmf sf6]/ kmfNg ldN5 < ;+l3otfsf] s'/fdf ha;Dd of] b]zdf dw];sf] ;d:of ;dfwfg x'Fb}g, ToxfFsf] hgtfsf] lrQ a'em\b}g, pgn] ha;Dd cfkm\gf] xs kfpFb}g, s] dw];df r'gfa x'g ;Dej 5 <

**lji0f' l/dfn M** g]kfnel/s} hgtf ;lbof}+b]lv kL8fdf x'g'x'G5 . d t/fO{ dw];sf] dfq} elGbg, of] juL{o d'2f xf], of] d]/f] cfkm\gf] a'emfOdf . hftLo d'2f dfq} xf]Og, juL{o d'2f klg d'2} xf] . dfG5] x'g] vfg] / x'Fbf vfg] b'O{ efudf ljeflht ePsf 5g\ . lje]b 5g\ . dw];sf hgtfnfO{ dw];Ln] g} u7]sf 5g\, kxf8sf hgtfnfO{ kxf8Ln] g} 7u]sf 5g\ . of] s'/fnfO{ xfdLn] a'em\g'k5{, klxnf] s'/f . To;df xfdL ;a} ;+j]bgzLn x'g}k5{ . /fh]Gb|hL klg o;}df nfu]sf] xf], d klg o;}df nfu]sf] xf] . /fd/fHo sfod ug]{ eg]sf] ToxL g} xf] . oxfFn] p7fpg'ePsf] ljifodf d}n] l6Kk0fL ug'{kg]{ h?/L g} 5}g . hxfF;Dd k|wfgdGqLHo"sf] ;+l3otfk|lt lgi7fsf] s'/f 5, lgi7f gePsf] eP tLg txsf] r'gfasf] /f]8Dofk g} cfpFb}gYof] . xfdLn] t klxn] :yfgLo lgsfosf] r'gfa u/fpg] eg]sf] k'ikfhLn] eGg'eP h:t} . of] af6f] pN6f] eof] eg]/ ;a} bnn] eg]kl5 xfdL :yfgLo txsf] r'gfadf uof}+ . o;sf] cy{ xfdL rfF8f]eGbf rfF8f] ;+l3otfnfO{ k'/f ug{ rfxG5f}+ . t];|f] ljifo, xfdL;Fu ;dosf] ;Ldf 5, hlt;'s} xfdLn] l9nf] u5'{ eGbf klg @)&$ df3 & af6 ptf xfdL hfg} ;Sb}gf}+ . To;kl5 ;+ljwfg l8kmª x'G5 / ;+j}wflgs ;Í6 cfpF5 . ;+j}wflgs ;Í6 cfpg glbgsf nflu klg xfdLn] tLg j6} txsf] r'gfa @)&$ sf] d+l;/leq ul/;Sg'k5{ / df3 & ut]leq hDd} k"0f{ ul/;Sg'k5{ . of] ljifonfO{ Vofn u/]/ k|wfgdGqLn] of]hgf agfpg' x'Fbf of] lgi7fk|lt k|Zg gug'{;\ eg]/ cfu|x ug{ rfxG5' . hxfF;Dd dfu k"/f geP;Dd r'gfa ug'{x'G5 ls x'Fb}g eGg] ;jfndf hfoh dfu k"/f x'g'k5{ . hfoh / gfhfoh eGg] t jftf{d} 6'Ëf] nfUg] xf], gfhfoh dfu s;}n] lg /fVb}g, /fVg} x'Fb}g . hfoh / ts{;+ut dfu k"/f ug]{ eg]/ k|wfgdGqLn] elgg} /xg'ePsf] 5, dfq s'g hfoh / s'g gfhfoh eGg]df xfdL ax; ul//fv]sf 5f}+ . cfGbf]ng/t bn;Fu ax; x'G5 . ;a} s'/f 6'Ëf] nfU5 .

**Onf zdf{ M** xfdL dw];sf] ;d:ofnfO{ eGb}5f}+, kxf8sf] e"sDk kLl8tsf] klg ;d:of 5 . To;}n] ;dfwfg s] xf] eg] oxfFn] cl3 eGg'ef], olb :yfgLo txdf ;/sf/ x'G5 eg] w]/} ;d:ofx? ToxLFaf6 ;dfwfg x'G5, lsgls clxn]sf] ;+ljwfgn] :yfgLo txsf] ;/sf/nfO{ c;fWo g} w]/} clwsf/ lbPsf] 5 . cg';"rL \* / ( x]gf]{;\ . To;}n] lgjf{rgsf] lj/f]wdf dw]; klg x'g' x'Fb}g . kxf8 klg x'g' x'Fb}g . s'/f s] xf] eg] :yfgLo txsf] ug]{ ls lgsfosf] ug]{ < ;do c;fWo} yf]/} 5 . k'g;{+/rgf cfof]unfO{ bf]if glbpF, pgLx?sf] sfd ufx|f] 5 . c;fWo g} hl6n 5 . pgLx? sfd ul//fv]sf 5g\ . xfdL;Fu e]63f6 eO/fv]sf] 5 . olb d+l;/d} lgjf{rg u/fpg] rfxG5 eg] d}n] cf}krfl/s cgf}krfl/s ;a}sf] s'/f ;'Gbfv]l/ dnfO{ s:tf] nfU5 eg] :yfgLo txsf] r'gfa u/fpg] xf] eg] d+l;/df cln c;Dej xf]nf, olb :yfgLo lgsfodf xfdL ;xdlt u5f}{+ eg] ;+ej 5 .

**lji0f' l/dfn M** o;df s] sGkm\o'h gxf]cf}+ eg] xfdLn] :yfgLo txsf] s'/f u/]sf] o;df sGkm\o'hg /fVb} g/fvf}+ . ;/sf/n] ToxL cg';f/sf] tof/L u5{ . lgjf{rg cfof]udf s] s] k"j{ ;t{ xf], k"/f u/f}+ . ufpF kflnsf / gu/kflnsfsf] r'gfa olt lsg xtf/ u/]sf] eGg'x'G5 eg] d s] eG5' eg] gubf{ lsg gu/]sf] eGg] u/fpg vf]Hbf olt lsg l56f] u/]sf] eGg t ldn]g lg < ;/sf/nfO{ ug{ lbg';\ oxfFx?n] . x'gt cfof]usf] k|ltj]bg )&$ c;f/ ;Dddf a'emfpg] elgPsf] 5, t/ klg ;/sf/sf] of]hgf 5, rfF8} lng] ldl8ofdf ;a} s'/f eGg'k5{ eGg] 5}g lg . ;/sf/sf] of]hgf xf]nf, To;nfO{ Vofn ug'{;\ eGg] d]/f] cfu|x xf] .

**Onf zdf{ M** olb k'g;{+/rgf cfof]usf] k|ltj]bg s'5f}{+ eg] kSs} klg d+l;/eGbf clnslt gf£g ;S5 . lsgeg] rf}w kGb| jif{ r'gfa ePsf] 5}g, xfdL;Fu ;+:yfut d]df]/L 5}g . Tof] a]nfsf cg'ejL sd{rf/L clxn] 5}g, xfdLn] w]/} g} tof/L ug'{k5{, dtkqsf] ;fOh g} sqf] x'g] eGg] xfdLdf cGbfh 5}g clxn] . ;fdfGotof xfdLn] !@) lbg eG5f}+, t/ o;kfln xfdLnfO{ !@) lbgdf sfd ug{ cg'ejsf] Uofkn] ubf{ sl7g 5 . To;}n] xfdL s] eG5f}+ eg] olb :yfgLo txsf] lgjf{rg u/fpg] xf] eg] of] h'nfO{;Dddf ebf} cfwfcfwL;Dddf P]g klg rflxG5, k'g;{+/rgf cfof]usf] k|ltj]bg klg rflxG5 . xfdLn] ;/sf/;Fu k/fdz{ u/]/ ldlt 3f]if0ff u5f}{+ .

**;femf ;jfn M** ebf} cl3 g} lgjf{rgsf nflu rflxg] ;a} sfg'g agfpg ;lsG5 <

**lji0f' l/dfn M** lgjf{rg u/fpg rflxg hlt sfg'g lgjf{rg cfof]un]] dfu u5{ Tof] ;/sf/n] tof/ u5{ ;+;bdf hfG5 . sfg'g ag]g eg] t r'gfa x'Fb}g . Tof] a'em]s} s'/f xf] .

**;femf ;jfn M** lgodfjnL agfpg t tkfO{x?nfO{ gf} dlxgf nfUof] <

**lji0f' l/dfn M** Tof] pxfFx?nfO{ g} ;f]Wgf];\, k'ikfhLs} 5]p5fplt/ . eGg'k/] egf}+nf s]xL 5}g .

**/fh]Gb| dxQf] M** d+l;/df r'gfa x'g ;Sb}g s] < Tof] lgod sfg'g dfq agfP/ r'gfa x'g] xf] / < r'gfasf] t jftfj/0f agfpg' k¥of] lg .

**lji0f' l/dfn M** dw];nfO{ klg NofpF5f}+ lg .

**/fh]Gb| dxQf] M** lgjf{rg l;+xb/af/df x'g] xf] ls, hgtfdf x'g] xf] < l;+xb/af/d} ug]{ xf] eg] h'g a]nf u/] klg eOxfNof] . hgtfdf x'g] xf] eg] jftfj/0f aGg'k¥of] . jftfj/0f aGg b'O j6f s'/f rflxof] s], Pp6f, cfGbf]ngdf h'g hgtf 5, ltgLx?;Fu jftf{ u/]/ ;dfwfg ug'{k¥of] . csf]{ lgjf{rg cfof]un] eg] h:t} k"jf{wf/x? sfg'gL k"jf{wf/ / k'g;{+/rgf cfof]usf] k|ltj]bg cfpg'k¥of] s] < of] b'O{ j6f sfd ug]{ bfloTj ;/sf/sf] xf] . To;kl5 :jtM lgjf{rg x'G5 .

**zlzljqmd sfsL{ M** -eQmk'/\_ of] b]zdf xfdL k[ys zlQm rflxG5 eg]/ cleofg ub}{5f}+ . d Ps hgf cleoGtf . xfdL ;To / tYodf ljZjf; u5f}{+, lgjf{rgdf /fhgLlts bn;DaGwL P]g @)%\* df ePsf] k|fjwfg cg';f/ xfdL hgtfn] a'em\g'kg]{ s'/f s] xf] eg] To;df kmf}hbf/L tyf g}lts ktg ;DaGwL cleof]udf nfu]/ ;hfo ef]u]/ ^ jif{kl5 /fhgLlts bnsf] ;b:o x'g kfpg] Tof] k|fjwfgn] s] b]vfpF5 eg] e|i6 JolQm km]l/ klg /fhgLltdf kms{g ;Sg] df}sf o;n] lbPsf] 5 . Pp6f sfo{qmddf cfof]usf cof]Wofk|;fb pkfWofon] s] eGg'ePsf] lyof] eg] oL ;a} s'/fnfO{ Wofgdf /fv]/, y|]; xf]N8 /fv]/, gf] ef]6 /fv]/ P]g ;+zf]wgsf nflu u[x dGqfno dfkm{t ;/sf/df k7fPsf] 5 . olb tkfO{x? ;fRrLs} lgjf{rg u/fpg rfxg'x'G5 eg] Tof] s'/fx? /fv]/ slxn] kmfOgn ug'{x'G5 < ;+;bdf slxn] k7fpg'x'G5 / kfl/t slxn] ug'{x'G5 <

**lji0f' l/dfn M** d /fh]Gb|hLn] eGg'ePsf] s'/fdf d Psbd ;xdt 5' x}, pxfFn] b'O6f jftfj/0f atfpg'eof] . Tof] b'a} x'g'k5{, Tof] b'a} geO{sg r'gfa x'Fb}g eGg] s'/f Psbd 7Ls s'/f xf] . oxfFn] p7fpg'ePsf] h'g lgjf{rg;Fu ;DalGwt sfg'gx? 5g\, tL u[x dGqfnoaf6 k7fP klg Tof] sfg'gd} hfnf / cGo dfkm{t uP klg Tof] sfg'gdf hfG5 / Tof] ;+;bd} hfg] xf] . ;/sf/n] To;nfO{ Ps gDa/ k|fof]l/6Ldf /fV5 . xfdLn] eg]s} s] 5 eg] lgjf{rg cfof]un] h] h] sfg'g rflxG5 eG5, Tof] Tof] pxfFx?n] eGg'ePsf] ;do ;Ldfleq} ;+;baf6 kfl/t u/fpg k|oTg x'G5 .

**k|ljqf nfld5fg] M** d]/f] k|Zg klg lji0f' sd/]8nfO{ g} 5, k|ltkIfsf] ;xsfo{ lagf ;Qf?9 bnd} a;]sf hf] ;Qfdf x'g'x'G5, pxfFx?n] ;+l3otf / wd{ lg/k]Iftfsf] lj/f]w ul//xFbf, dw];df cfGbf]ng rls{/xFbf, dw];sf ;fyLx?sf] cfGbf]ngsf] s'g} lgisif{ lgl:s g/xFbf, b]zdf sfnf]ahf/L / e|i6frf/L tyf e"sDk kLl8tsf] ;d:of ;dfwfg geOsg of] ;/sf/n] lgjf{rg u/fpF5 eg]/ h; lng vf]h]sf] xf] <

**lji0f' l/dfn M** oxfFn] ;f]Wg'ePsf] s'/fdf hDd} s'/f jftfj/0f agfP/ g} r'gfa u/fpg] xf] .

**;femf ;jfn M** tkfO{;Fu} ;Qf;fem]bf/ ug]{ Pdfcf]jfbL s]Gb|sf zL;{g]tfx?n] klg d+l;/df r'gfa gu/f}+, cln k5fl8 u/f}+ eg]/ ;fj{hlgs?kd} cleJolQm lbO/x]sf 5g\ . of] tkfO{x?s} dfq l9kL xf] <

**lji0f' l/dfn M** Soflag]6df clxn] ;ª\Vof x]g]{ xf] eg] dfcf]jfbL s]Gb|sf g]tfx? w]/} ;ª\Vofdf x'g'x'G5 / of] Soflag]6n] u/]sf] lg0f{o xf] . kfln{ofd]G6df gf]l6; lb+bf ;Qfdf /x]sf / ljkIfdf /x]sf ;a}n] tfln 7f]s]/ ;'g'jfO u/]sf] s'/f xf] . To;sf/0fn] ubf{ ;/sf/n] /f]8Dofk NofPg, ;+ljwfg sfof{Gjog ug]{ ljlw s] egL k|Zg ul//xFbf lbOPsf] of] ;dfwfg xf] . d kljqf nfld5fg]sf] k|Zgdf s] 5f]6f] hjfkm lbG5' eg] ;/sf/n] r'gfa u/fof] eg] t To;} r'gfa kfOxfN5 lg . h; lng]nfO{ dfq 3f]if0ff ug}{ kb}{g . 3f]if0ff u/]/ r'gfa u/fPg eg] t ;/sf/n] ckh; kfpF5 . ckh; kfpg] sfd xfdL lsg u5f}{+ / < xfdL t xf];\ eg]/ nfu]sf] g xf] . r'gfa ePkl5 nf]stGq ;+:yfut x'G5 eg]/ xfdL ;a}n] a'em\g' k¥of] .

**k'ikf e';fn M** dnfO{ s:tf] nfUof] eg] ;/sf/ clxn] ax'dtsf] 5, ax'dtsf] ;/sf/n] lgjf{rg u/fpF5 eg]/ h;sf] nflu pgn] Ph]08f t kf; u5{, ax'dtaf6 ;+;bdf sfg'g klg kf; xf]nf . Tof] s'g} 7"nf] s'/f ePg . lgjf{rg cfof]un] klg ;/sf/n] eg]kl5 xfdL r'gfa u/fpFb}gf}+ eGg] ;+:yf g} xf]Og . pgn] Odfgbf/Ltfk"j{s eG5 . t/ dnfO{ s] nfU5 eg] ha;Dd ;xdt} x'Fb}g, jftfj/0f} aGb}g, of] /fhgLlts d'2f xf] ls xf]Og <

**;femf ;jfn M** tkfO{x? ;Qfdf ePsf] eP lgjf{rgsf] jftfj/0f x'GYof] xf]nf xlu <

**k'ikf e';fn M** ljutsf] Oltxf;n] s] b]vfof] eg] lgjf{rgsf] nflu ;xdltsf] k|lqmof lsg cufl8 ga9fpg] < ax'dtsf] bDedf xfdL sfg'g kf; u/fpF5f}+ eGg] gfddf c? kf6L{x?;Fu ;xsfo{ gug]{ / of] xfd|f] dfq} st{Jo xf], xfd|f] dfq} bfloTj xf] eg]/ ;/sf/n] h'g lsl;daf6 s'/f ul//fv]sf] 5, To;df dnfO{ s] nfU5 eg] ;/sf/ cfkm}df e|dsf] lbdfu kfn]sf] 5 ls <

**;femf ;jfn M** ;To t tkfO{x?nfO{ yfxf xf]nf < tkfO{x? klg ;Qfdf hfg] ljlQs} ^ dlxgfleq :yfgLo lgsfosf] r'gfa u/fpF5f}+ eg]/ klxn] eGb} x'g'x'GYof] .

**k'ikf e';fn M** Tof] t d}n] cfkm}n] :jLsf/ s] u/]F eg] tkfO{n] ljutsf /fhgLlts kf6L{x?sf 3f]if0ffkq x]g]{ xf] eg] ;a}n] oyfzL3| :yfgLo r'gfa u/fpF5f}+ eg]/ eg]sf 5g\ . t/ d'2f s] xf] eg] :yfgLo ;/sf/ k'/fgf] xf] ls gofF ?kfGt/0f;lxtsf] :yfgLo r'gfa xf] .

**/f]d axfb'/ v8\sf M** -sfdkf j8f g+ (\_ d /fh]Gb| dxQf]hLsf] 3/ 5]pdf a:5' d . ca xfdLn] :yfgLo lgjf{rg u/fpF5f}+ eG5f}+, lgjf{rg cfo'Qmn] slxn];Dd, s'g} ldlt;Dd !\* jif{ k'u]sfnfO{ r'gfa u/fpg'x'G5 < tkfO{x?n] j}zfvdf gfd ;Íng ug'{kYof]{, ;/sf/n] dtbftf gfdfjnL slxn] ;Íng u/]sf] 5 < /fh]Gb| dxQf]n] g} eGg'ePsf] 5, c+lus[t gful/sn] ef]ln /fi6«klt, k|wfgdGqL aGg kfpg] pxfFx?n] klg Pp6f c8\sf] yflk/xg'ePsf] 5 . of] gful/stfsf] sf/0f klg t/fOsf] cfGbf]ng xf] / /fh]Gb| dxQf]n] ;w}+ xfdL sf7df8f}+sf] dfG5]nfO{ ef]s} dflb{G5' eg]/ dfl/ klg ;Sg'ef], ca o; ljifodf /fh]Gb| dxQf]hLn] al9;] a9L Wofg' lbg';\ t <

**/fh]Gb| dxQf] M** pxfFn] /fd|f] s'/f ug'{ef] lg t . s]xL hfgsf/Lsf] klg cefj, gful/stfsf] s'/f ug'{ef] pxfFn], xfdLn] pRr kbx?df sf] hfg] ghfg] ;DaGwdf s]xL eg]sf] 5}g s] < vfln xfdLn] s] eg]sf] eg] g]kfnsf] cGtl/d ;+ljwfgdf h'g Joj:yf lyof], ;f]xL Joj:yf of] ;+ljwfgdf /flvof];\ Tolt eg]sf], c+lus[t gful/snfO{ /fi6«klt agfpm eg]/ xfdLn] eg]sf] xf]Og . of] sxfFaf6 ;'Gg'ef], Tof] tkfO{nfO{ yfxf xf]nf . csf]{, cfGbf]ngsf] qmddf xfdL dw];Ldf]rf{n] u¥of}+, xfdL % bh{g dw];Ln] t cfGbf]ngdf Hofg} lbPsf] xf] lg, tkfO{+nfO{ aGb x8tfn, gfsfaGbL, rSsf hfdaf6 clnslt k]6«f]n / l8h]nsf] cefj eof] sf7df8f}+df Tof] t ;/sf/nfO{ bafa lbgnfO{ kf] u/]sf] xf] t, ;/sf/nfO{ bafa lbg u/]sf]df tkfO{x?n] klg ;/sf/nfO{ kf] bafa lbg'kYof]{, t/ ;/sf/ kLl8t ePg, of] cj:yfdf dw];L df]rf{n] afWo eP/ xfdLn] ;f]Rof}+, xfd|f] hgtfsf] b'MvL eO/x]sf] 5, ;/sf/ b'MvL g} ePg, clg afWo eP/ xfdLn] cfGbf]ng :ylut u¥of}+ lg cflv/ . ;/sf/ lhDd]jf/ gePkl5 xfdL cfkm} ;f/f cfGbf]ng kl/jt{g u/]/ of] cj:yfdf sf7df8f}+df cfPsf 5f}+ . ca sf7df8f}+sf] hgtfn] ;fy lbg'k¥of] lg t < s] km]l/ vfln xftd} k7fOlbg] dw];df <

**;':df s];L M** -pbok'/, ufO3f6\_ d]/f] k|Zg /fh]Gb|hLnfO{ xf] . oqf] gfsfaGbL ug'{eof], clxn] cg;gdf x'g'x'G5, ;'g]sf] s'/f, ;of}+ dflg;x? dfl/of] t/ klg tkfO{x?sf] dfu k"/f x'g] b]lvb}g . tkfO{x?sf] cfGbf]ng kLl8t zf]lift dw];Lx/sf] nflu xf] of xh'/x? h:t} b'O{ rf/ hgf g]tfx?sf] nflu <

**/fh]Gb| dxQf] M** cfGbf]ng t g]t[Tjstf{n] g} u5{, t/ Tof] hgtfsf] nflu x'G5, x]g'{;\ g];gn d08]nf @( jif{ /ªe]bsf] lj?4df h]ndf a:g'k¥of] . xfdLn] t ^ dlxgf g cfGbf]ng u/]sf xf}+, ^ jif{ ug'{k5{ ls !& ;fn ug'{k5{, clwsf/ gkfO{sg cfGbf]ng /f]ls+b} /f]lsb}g . cfGbf]ngsf] ?k dfq} km]l/Psf] xf] . hgtfsf] nflu cfGbf]ng xf], g]tfsf] nflu cfGbf]ng xf]Og .

**rGb|b]j /fO{ M -**ef]hk'/, xfn sLlt{k'/\_ ;/sf/n] zfxL zf;g sfndf @)^@ ;fndf gu/kflnsfsf] lgjf{rgsf] 3f]if0ff t u/]sf] lyof] t, t/ Tof] lgjf{rgnfO{ hgtfn] :jLsf/ u/]g, cGttM Tof] lgjf{rgsf] kl/0ffd s] eof] < ToxL gbf]xl/Pnfg\ eGg] cfwf/ s] 5 <

**;**'gf kl/of/ M -sf7df8f}+, #% dxfb]j:yfg\_ k|Zg k'ikf e';fnnfO{, 8]9 jif{leq ;/sf/n] tLg tLg j6f r'gfa u/fpg] 3f]if0ff ul/Psf] 5 . olb r'gfa ePsf] v08df ;dfhdf x/]s s'/fdf k5fl8 kl/Psf xfd|f ;d'bfo cem eGg' kbf{ blnt dlxnfx?, ltgLx?nfO{ tLg j6f lgsfosf r'gfadf a9L eGbf a9L ;xeflutf u/fpg oxfFsf] k|of; s:tf] /xg]5 <

**k'ikf e';fn M** clxn]sf] P]ltxfl;s ;+ljwfg;efn] ;+ljwfg agfpFbfv]l/ /fHosf] x/]s ;+/If0fdf ;dfg'kflts ;dfj]zL ;xeflutfsf] xs x'g]5 eg]/ s]jn dlxnf / blnt ;d'bfonfO{ dfq Uof/]G6L ul/Psf] 5, c?eGbf b'O6f kIfnfO{ t'ngfTds ?kdf Uof/]G6L ul/Psf] 5 / Tof] cg';f/ ef]lnsf] ;bg leq / aflx/ of] b'O6f ;d'bfosf] k|ltlglwTjsf] nflu xfdLnfO{ w]/} 7"nf] ljifoa:t'sf] ?kdf n]lvPsf] 5 . To;}n] xfdL cfzfjfbL s] 5f}+ eg] blnt ;d'bfo / dlxnfx?sf] nflu ef]ln sfg'g agfpFbfvl/ xf];\, gLlt lgdf{0f ubf{ xf];\, ah]6 Joj:yfkg ubf{ xf];\, clxn]sf] ;+ljwfgn] n]lvPsf s'/fx?nfO{ xfdL cfwf/ :tDe agfpFbf dnfO{ nfU5 xfd|f] eljio w]/} pHHjn x'G5 . t/ k|Zg s] xf] eg] ;+ljwfg sfof{Gjog ;kmn 9+uaf6 x'G5 ls x'Fb}g <

**lk|oÍf s0f{ M** -lj/f6gu/\_ d]/f] k|Zg lji0f' l/dfnnfO{, dw];df b'O{ k|b]z x'g ;S5 ls ;Sb}g < xh'/sf] kf6L{sf] s] ljrf/ 5 / gx'g] / x'g] sf/0f xfd|f] dxQf]hLnfO{ ;DemfO lbg'k¥of] .

**5fFof nfdf M** -sf]6]Zj/ #% g/]kmfF6\_ d]/f] k|Zg lji0f' ;/nfO{, o;eGbf klxn] pxfFn] hfoh / gfhfoh dfux?df ;/sf/n] hfoh dfu k"/f u5{ / gfhfoh dfu k"/f ub}{g eGg'ef], s] clxn];Ddsf dw];sf dfux? gfhfoh lyP < h'g clxn];Dd ;Daf]wg x'g ;s]g . s] cfd g]kfnLx? hghflt, cflbjf;L, blntsf sltko dfux? 5g\, h'g yfFtL g} 5g\ . tL ;a} gfhfoh dfu x'g\ < cfd g]kfnLx?sf] ;d:ofsf] ;dfwfg gu/L tkfO{ s;/L lgjf{rg ug{ ;Sg'x'G5 <

**lji0f' l/dfn M** klxnf] s'/f, ;a} dfu hfoh / ;a} dfu gfhfoh x'Fb}g . dw];af6 p7fPsf], t/fO{af6 p7fPsf], hghfltaf6 p7fPsf] ;a} dfu hfoh / ;a} dfu gfhfoh eGg yfNof] eg] unt x'G5 . Tof] 6]a'ndf a;]/ 6'ª\Uofpg] xf] . sltko dfu bfpk]rsf nflu cfpF5g\, d 6«]8 o'lgog Aofsu|fp08sf] dfG5] x'F, d To:tf w]/} jftf{df efu lnPsf] 5' . sltko dfu bfpk]rdf /flvG5g\, /fhgLltdf klg o:tf] x'G5 . To;sf/0fn] ubf{ dxQf]hLn] klg eGg'ePsf] d Pp6f zAb k|of]u u5'{, gfhfoh dfu k"/f u/ eg]/ t s;}n] eGb} eGb}g . 6]a'ndf a;]kl5 hfoh / gfhfo 5'l§G5, hfoh dfux? hDd} k"/f x'G5g\ . ts{;Ët / hfoh dfu k"/f x'G5g\ . clxn] dnfO{ xs /x]g, s'grflxF bkmf kN6fP/ d}n] eg'F . k|Zg klg ANofª\s]6df cfPsf] 5, d}n] ANofª\s]6d} hjfkm lbPF . deGbf skfn km'n]sf] /fhgLlt1 x'g'x'G5, /fh]Gb| dxQf]hL, pxfFx? 6]a'ndf a:g'x'G5, s'g hfoh / s'g gfhfoh 5'6\6\ofpg'x'G5, hfoh dfu k"/f u/fpg'x'G5, s'/f ldnfpg'x'G5, hfg'x'G5 . d}n] a'em]sf] s'/f oxL xf] . t/fO{df slt k|b]z eGg]df d}n] eGg] xf] eg] d]/f] nflu t ;+ljwfgdf h] n]lvPsf] 5, ToxL g} clGtd s'/f eOxfNof], o;s} kIfdf d x'g] eOxfn]F . hf] ;fyLnfO{ lrQ a'em\b}g, pxfFx? ax;df x'g'x'G5, axaf6 6'lËPkl5 o;sf] lgisif{ cfpF5, clxn] d}n] oxfF of] x'G5, of] x'Fb}g eGbfv]l/ unt x'g hfG5 . cln HofbtL u/]sf] h:tf] x'G5, clxNo} dnfO{ /fh]Gb|hLn] elgxfNg'x'G5 . a]l7s af]ln;\ eg]/, d a]l7s af]Ng rfxGg .

**?b|axfb'/ v8\sf** -gu/sf]6 gu/kflnsf, eQmk'/, tfynL\_ d]/f] k|Zg /fh]Gb| dxQf]nfO{, /fh]Gb| dxTjhLsf] zlQm klg 5, a8f dxTj klg 5 . dw];jfbL bndWo] g]tf pxfFnfO{ g} dfG5' d . cfGbf]ngdf ;lxb x'g]nfO{ ?= %) nfv eg]/ pxfFn] g} 3f]if0ff u/]sf] h:tf] nfU5 . To;sf/0fn] casf] lgjf{rg u/fpg], gu/fpg] dxTjk"0f{ xft pxfFdf 5 . hgtfnfO{ b'Mv lbg] xf]ls, e"sDk kLl8t hgtfnfO{ ;xL af6f]df lx+8fpg] xf] < Tof] klg pxfFs} xftdf 5 . ;/sf/n] 3f]if0ff ug'{k¥of], l7s 5, sf+u|];n] klg lgjf{rg x'Gg eg]sf] 5}g, t/ eGg] zAb /fv]sf] 5 . dw];jfbL bnsf] dfu ;/sf/n] k"/f ug}{k5{, cfkm\gf] l9kL pxfFx?n] klg lng'x'Gg, hgtfnfO{ dfg'{ klg x'Gg, hgtfnfO{ lrQ a'emfpg' klg k5{ . hgtfnfO{ ;xL af6f]df lx+8fpg], glx+8fpg] ca pxfFn] a';f]Rg'k¥of] .

**/df** ;'g'jf/ M -cf]vn9'Ë, xfn rfalxn\_ d]/f] k|Zg Onf Dofd / lji0f' l/dfn ;/nfO{ 5 . ;+3Lo, nf]stGq, u0ftGq g]kfndf lgjf{rgsf] s'/f 5, t/ oxL ;/sf/df ;+3Lo / u0ftGqsf] lj/f]w 5 . ;/sf/n] lgjf{rg u5{ eGg] s] ljZjf; 5 <

**lji0f' l/dfn M** ;/sf/ clxn] of] ;+ljwfg dftxtsf] xf] . of] ;/sf/df !# j6f bn 5g\, !# j6f bndf !# vfnsf ljrf/ klg x'g ;S5g\ . bndf /x]sf JolQmx?sf] pxfFx?sf] 5'§} ljrf/ x'g' Tof] 5'§} s'/f xf] . t/ cleJolQm eg]sf] ;+ljwfgdf h] pNn]v 5, ToxL g} xf . ;+ljwfgn] ;+l3o nf]stflGqs u0ftGq :jLsf/]sf]n] Tof] eGbf bfofF afofF Tof] hfg kfpFb}g . oxL lx;fan] r'gfa x'G5, d oxfFnfO{ ljZjf; lbnfpg rfxG5' .

**/fh]Gb| dxQf] M** pxfFnfO{ lgjf{rg x'G5 ls x'Fb}g xfdLdfly kf] /flVbg'ef] t, xfdLn] t lgjf{rg rfx}s} t xf] . k|Zg t lji0f'hLdfly kf] /fVg'kg]{ xf], ;/sf/dfly kf] /fVg'kg]{ xf] . lgjf{rg x'g ;S5, lgjf{rg xfdLn] rfx]s} xf] . t/ b'O{ j6f s'/f x'g'k5{ . Pp6f xfd|f] ;d:of ;dfwfg x'g'k¥of], Tof] lji0f'hLn] ug'{k¥of], Tof] ePkl5 dfq x'G5 . csf]{ s'/f, lgjf{rgnfO{ rflxg] lgod sfg'g P]g x'g'k¥of] . of] b'O6f s'/f pxfFx?n] ul/lbPkl5 eOxfNof] . xfdL t To;s} nflu s'/]/ al;/fv]sf] . To;s} nflu #^ k6s jftf{ eof], To;sf] nflu . l/dfnhL eGg'x'G5, #& cf}+ k6s jftf{df cfOh g cfOh g eg]/ . s] ca #& cf}+ k6s eGgnfO{ xfdL jftf{df hfg] < xfdL eG5f}+ ;fy{s jftf{sf] nflu l/dfnhL af]nfpg';\ . hgtfsf] dfu klg k"/f x'G5, lgjf{rg x'G5 . gZnjfbL ;f]r / lrGtg klg ;dfKt x'G5, v;jfbL ;f]r / lrGtg klg ;dfKt x'G5, of] d'n's ;a} g]kfnLsf] xf] s] < Pp6f s'g} hfltsf] xf] / of] d'n's < ;Dk"0f{ dw];L, blnt, hghflt, afx'g IfqL ;a}sf] d'n's xf] . ;a} ldn]/ g]kfn agfpg'k5{ . Pp6f hftn] lgjf{rg u/fpg] xf] / < of] s'/f ;a}n] a'lemlbg'k¥of] .

**;femf ;jfn M** tkfO{x? rflxF s:tf] jftfj/0f aGof] eg] dg v'n]/ r'gfadf hfg'x'G5 <

**k'ikf e';fn M** d km]l/ klg s] eG5' eg] lgjf{rg eg]sf] /fhgLlts d'2} xf] . :yfgLo kg';{+/rgf cfof]usf] clxn];Dd l/hN6 cfPsf] 5}g, ;+l3o cfof]u ag]s} 5}g, clxn];Dd ;LdfÍg ljjfbd} 5 . Tof] geO{sg ef]ln s'g} klg ;/sf/ aGg] c;Dej 5 . ef]lnsf] eljio x]/]/ g]kfnL sfª\u|];n] clxn]sf] klg k'nsf] sfd u/]sf] 5 . sltko d'2f xf]nf, cfGbf]ng/t ;a} bnsf dfu k"/f ug{ g;lsPnf, t/ kl/jt{g t ;+ljwfgaf6 ug{ ;S5f}+ t < xfdL eG5f}+ lg ;+ljwfg s'g} 6t:y b:tfj]h xf]Og, of] kl/jt{g x'g;S5, ;+zf]wg x'g;S5 . clxn] ;/sf/ cln l/lh6 eO/x]sf] dx;'; ul//x]sf 5f}+ . ax'dtsf] cfwf/df 3f]if0ff ul/lbpF, ax'dtsf] cfwf/df sfo{of]hgf k|sflzt u/f}+, of] lrQ b'vfOsf] s'/f xf]Og, of] t ;du| /fli6«o /fhgLlt;Fu hf]l8Psf] d'2f xf] . of] s'g} Pdfn] jf s]xL kf6L{;Fu hf]l8Psf] d'2f xf] / of] < clxn] klg ;/sf/ clnslt nlrnf] eP/ /fhgLlts jftf{nfO{ cufl8 a9fcf];\, s+u|];n] To;sf] dWo:ytfsf] nflu Psbd tof/ 5 . ef]ln Pp6f ;xdltsf] ;/sf/ clxn]s} k|wfgdGqLn] g]t[Tj lng ;Sg'x'G5, r'gfaL ;/sf/sf] nflu . t/, sDtLdf nlrnf] eP/ ;/sf/n] t cu'jfO ug'{k¥of] lg t .

**Onf zdf{ M** d tLg j6f s'/f Psbd} 5f]6f]df eG5', nf]stGqdf ;d:of ;dfwfg lgjf{rgaf6} x'G5, o;sf] ljsNk 5}g . ha ;+ljwfgn] kl/sNkgf u/]sf] hlt j6f lgjf{rg 5g\, :yfgLo, k|b]z ;a} ;DkGg eO;s] kl5 ToxL+af6 h:tf] :yfgLo ;/sf/ slt alnof] 5, slt d'2fx? ToxLFaf6 ;Daf]wg x'G5 . ;dfwfg u/]/ lgjf{rg ug]{ xf]Og ls lgjf{rg u/]/ ;dfwfg ug]{ xf] . bf];|f] s'/f k'ikfhLn] eGg'ePh:tf] ;/sf/n] eg]kl5 lgjf{rg cfof]un] lgjf{rg u/fOxfN5, To:tf] x'Fb}g . lgjf{rg cfof]u klg ljZj:t x'g'k5{, xfdL lx+;fTds lgjf{rgdf hfFb}gf}+ . ;Dk"0f{ d'n'sdf ;'/Iffsf] k|lte"lt x'g'k5{ . c? klg w]/} kmfS6/ 5g\, h'g lgjf{rg cfof]un] x]5{ . Oltxf; ;fIfL 5, lgjf{rg cfof]un] b'O{ rf]l6 /fli6«o lgjf{rg ;f/]sf] 5 . lgjf{rg cfof]un] lgjf{rgsf] ldlt 3f]if0ff u5{ .

<https://www.youtube.com/watch?v=bRgGl9qETI0&index=18&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>