Date: Apr 03, 2016, Mountain TV,

*Mountain Focus with Bishnu Rimal*

k|wfgdGqL s]kL zdf{ cf]nLsf] rLg e|d0f / !% a'Fb] ;xdlt

**dfpG6]g kmf]s; M** k|wfgdGqL s]kL zdf{ cf]nLsf] rLg e|d0fsf] ;dLIff tkfO{ cfkm}n] ug'{kbf{ s;/L ug'{x'G5 <

**lji0f' l/dfn M** xfdLn] Ps zAbdf of] e|d0f cToGt ;kmn e|d0f eg]sf 5f}+ . Pp6} zAbdf eGbf Tolt g} sfkmL x'G5 h:tf] nfU5 . Tof] eGbf k/ eGg'kbf{ xfdLn] h] u5f}{+ eg]/ uPsf 5f}+, Tof] eGbf sd u/]gf}+ . xfdLn] b]zsf] nflu dfUg] eP/ ghfg] t/ b'O{ b]zsf] ;DaGwnfO{ ;'dw'/ agfP/ cfpg], b'O{ b]zsf] t'ngf ubf{v]l/, oBlk xfd|f] k|wfgdGqLn] elg;Sg'ePsf] 5, l5d]sLx?sf] t'ngf x'Fb}g, To;af/] af]Nb}gf}+ eGg'ef 5 . t/, o;sf] P]ltxfl;stf / o;sf] l:ylt g} km/s lyof] . ldq /fi6« ef/tlt/ hfFbfv]l/ xfdLn] /x]sf låljwfx? / c;dembf/LnfO{ cGTo ug]{ /fhgLlts ld;g lyof] eg] rLgl;t To:tf] s'g} klg låljwf/ / c;dembf/L g/x]sf] x'Fbf cfly{s, ;fdflhs ljsf;df xfdL s]lGb|t x'g'kg]{ lyof] . ToxL lx;fan] h] h] of]hgf agfP/ xfdL g]kfn ;/sf/sf] tkm{af6 g]kfnL hgtfsf] k|ltlglwTj u/]/ rLg e|d0f u¥of}+ . To;nfO{ xfdLn] 6'Ëf]df k'¥ofof}+ eGg] h:tf] nfU5 . To; lx;fan] e|d0f cToGt ;kmn /x\of] .

**dfpG6]g kmf]s; M** k|wfgdGqL s]kL zdf{ cf]nLsf] ef/t e|d0f /fhgLlts ;DaGw ;'wf/ / rLg e|d0f cfly{s ;d[l4sf] ;'wf/sf] nflu elgPsf] lyof] . t/ ef/t e|d0fdf To:tf] lsl;dsf] /fhgLlts ;'wf/ ePsf] b]lvPg . lsgls b'O{ k|wfgdGqLaLrdf e|d0fsf] qmddf ;+o'Qm lj1lKt lgsfNg] k|rng lyof], Tof] k"/f x'g ;s]g eg] ef/tn] h;/L rLg e|d0f eGbf klg ef/t e|d0fsf qmddf ef/tn] g]kfnsf] ;+ljwfgnfO{ :jLsf5{ ls cfTd;ft u5{ ls eGg] ck]Iff ul/Psf] lyof], Tof] klg ePg . To;kl5 36gfqmddf vf;} ;'wf/ ePsf] b]lvb}g . s;/L /fhgLlts ?kdf k|wfgdGqL s]kL zdf{ cf]nLsf] ef/t e|d0f ;kmn eof] <

**lji0f' l/dfn M** d]/f] ljrf/df tkfO{n] clxn] /fVg'ePsf] tYodf ;'wf/ ug'{k5{ h:tf] nfU5 . h:tf] ef/tn] ;+ljwfgsf] ;Gbe{df af]n]g eGg] s'/f] l7s xf]Og, lsgeg] :jo+ g/]Gb| df]bLhL / ;DdfggLo k|wfgdGqLhLn] af]Ng' x'Fbfv]l/ k|];df af]Nbfv]l/ g]kfnsf] ;+ljwfgaf/] pxfFn] sf];] 9'+uf xf] eg]/ af]Ng'ePsf] lyof] . Tof] lx;fan] tndfly gu/Lsg af]n]sf] l:ylt xf] .

**dfpG6]g kmf]s; M** d}n] eGg vf]h]sf] df}lvs eGbf klg lnlvtsf] s'/f u/]sf] lyPF, lsgls xfdL cfd g]kfnLsf] ck]Iff s] lyof] eg] ef/tn] ;+ljwfgnfO{ :jfut u5{ ls ub}{g eg]/ .

**lji0f' l/dfn M** xfdLnfO{ s] nfU5 eg] s'g zAb Kof/f] nfU5 eGg]af6 tndfly kf5{ . dgkg]{ zAb s;}n] k|of]u u5{g\

**dfpG6]g kmf]s; M** lsgls xfdL ;w}+el/ ef/t;Fu cfz+lst eP/ a:5f}+ .

**lji0f' l/dfn M** xfdLn] o;nfO{ cGTo klg ug'{k5{ . lsgeg] g]kfnL aGg'sf] cy{ ef/t lj/f]wL x'g' xf]Og . g]kfnL aGg'sf] cy{ rLg kIf jf rLg lj/f]wL aGg' xf]Og . xfdL g]kfnL x'g] xf] . xfd|f] ;+ljwfgsf] af/]df c?n] s] af]N5g\ eGg] af/] Tolt rf;f]sf] ljifo klg xf]Og . xfdLn] s:tf] ;+ljwfg agfof}+ c?nfO{ eGg] xf] . ldq /fi6«x?n] o;nfO{ :jfut ug'{ef], wGojfb 5 . gu/]df klg To;df xfdLn] w]/} lrQ b'vfpg' h?/L ePg . oBlk ef/ts} k|;Ë cfPsf] eP/ tLg j6f tYo /fVg cg'dlt rfxG5' oxfFl;t . klxnf], k|wfgdGqL g/]Gb| df]bLhLn] of] sf;] 9'Ëf xf] eg]/ o;sf] kIfd} af]Ng'eof], ljkIfdf af]ng' ePg . bf];|f] ToxfFsf] cfO;L8An'P eGg] ;+:yfdf ef/tsf] ljb]z dfldnf;DaGwL ;+:yfdf af]Nbfv]l/ k//fi6« dGqLn] ef/tn] g]kfnsf] ;+ljwfgnfO{ :jfut u5{g\ eg]/ zAbd} af]Ng'eof] . t'?Gt} xfd|f] k//fi6« dGqLn] ;Daf]wgsf] qmddf wGojfb lbg'ePsf] lyof] . dnfO{ b'O{ lbg cufl8 h:tf] nfU5, ef/tsf] u[xdGqLn] Toltv]/} klg pxfFn] af]Ng'ePsf] lyof], xfd|f] s'g} /fli6«o ldl8ofx?df klg cfPsf lyP, pxfFn] g]kfnsf] ;+ljwfg sf];] 9'Ëf xf] eg]/ af]Ng'ef 5 . oL hDd} lx;fan] x]bf{v]l/ g]kfnsf] ;+ljwfgaf/] c? w]/} nfO;]G;sf] h?/L 5}g .

**dfpG6]g kmf]s; M** ef/tLo k|]; ;lrj hozÍ/n] t s] eGof] eGbfv]l/ dw];L bnsf] g]tfnfO{ tkfO{x?sf] cfGbf]ng ca dw]; s]lGb|t xf]Og, /fhwfgL s]lGb|t agfpg';\ eg]/ pxfFn] yk an lbP/ hfg'eof] . of] x]bf{v]l/ t z+sf t afFsL /x]5 lg <

**lji0f' l/dfn M** xfdLn] /fhgLltstxdf x]bf{ /fhgLlts s'/f g} ug]{ xf] . ef/tsf] k|ltlglwTj s;n] u5{ eGbf ToxfFsf] k|ltlglwTj ug]{ hf] JolQm xf], To;n] u5{ . ef/tsf] clxn]sf] sfo{sf/L k|d'v eg]sf] k|wfgdGqL x'g'x'G5, pxfF;Fu} sfd ug]{ u[x dGqL x'g'x'G5, s'g} ;do pxfFsf] cfkm\g} cWoIf klg x'g'x'GYof], pxfFs} Soflag]6sf] ljb]z dGqL x'g'x'G5, pxfFx?n] af]n]sf] s'/fnfO{ ef/tsf] cflwsfl/s eGg' knf{ eGg] nfU5 . cflwsfl/s x}g eg] xfdLn] w]/} 6fpsf] b'vfpg] / lrQ b'vfpg'kg]{ h?/L s] 5 / < g]kfnsf] s'/f g]kfnn] ug]{ xf] . xfd|f] ;+ljwfgsf] af/]df csf{n] af]lNbof];\ eg]/ ck]Iff ug'{kg]{ lsg / < of] ljifonfO{ o;/L nfFbf /fd|f] xf]nf h:tf] dnfO{ nfU5 .

bf];|f], oxfFn] ;'?df p7fpg'ePsf] ljifo, lsg ;+o'Qm jQmJo cfPg jf cfof], k/Dk/f lsg tf]l8of] eGg] Tof] cfpFbf klg w]/} cfsfz v:g] xf]Og, Tof] gcfpFbf klg s]xL lau|g] xf]Og . rLgdf t cfof] lg eGg' xf]nf, cfP lg lau|b}g, gcfpFbf klg lau|b}g . ;+o'Qm jQmJo cfpFbf xfdLnfO{ :jfb nfUg] xf]nf . xfdLn] s] ug]{ / s] s] eGg] eGg] s'/f] b'O6f k|wfgdGqLn] ldl8ofsf] ;fd' pleP/ eg]kl5 Tof] eGbf 7"nf] t s]xL klg x'Fb} x'Fb}g .

**dfpG6]g kmf]s; M** xfdLnfO{ lsg :jfb nfUg'k¥of] eGbfv]l/ pgLx?nfO{ :jfb nfu]g eg] h'g lsl;dsf] xfdLnfO{ pgLx?n] gfsfaGbLsf] pkxf/ lbP lg, Tof] :jLsfg{ t xfdL afWo x'g'kg]{ /x]5 lg . Tof] gfsfaGbLn] xfd|f] cfd g]kfnLnfO{ s:tf] b'Mv k¥of] / xfd|f] cy{tGqnfO{ s:tf] c;/ k¥of], ;a}nfO{ k|:6 yfxf 5 lg .

**lji0f' l/dfn M** Tof] Oltxf;sf] k[i7efu eof], tTsfns} ljifo ef], clxn] dfq x}g, klxn] klg ef 5g\ . xfd|f] ;DaGw vhldhPsf] a]nfdf g]kfn / ef/taLr gx'g'kg]{ s'/f klg ePsf 5g\ . ljutd} klg tTsfn} s]xL dlxgf cufl8 klg eP . o;nfO{ xfdLn] clxn] kf7s}?kdf lng'kg]{ xf]nf . xfdLn] hltv]/ ;Dagwdf ;'wf/ u¥of}+ eGof}+, hltv]/ c;dembf/LnfO{ x6fpg] eGof}+, c;dembf/L x6fpg] eg]sf] t vftf a;]sf] 3fpnfO{ sf]6\ofpg] / kLk lgsfNg], /ut lgsfNg] t xf]Og, d]/f] cfkm\gf] a'emfOdf h] ;b\efj k|fKt u¥of}+, ldq /fi6« ef/tl;t jftf{df hfFbfv]l/, e/tdf /xFbfv]l/ oL ;a} s'/fnfO{ d]/f] cfkm\gf] a'emfOaf6 d]/f] k|wfgdGqLsf] a'emfO klg ToxL xf], Tof] s] eg] xfdLn] ljutsf] kftfnfO{ ca aGb u/]sf 5f}+ . To;df vftf] a;]sf] 5, To;nfO{ sf]6\ofpg' h?/L 5}g . b'O6f ;fj{ef}d;Qf ;DkGg /fi6«x?aLr ToxL txsf] lx;fasf] s'/fsfgL x'G5 . h:tf] xfdLn] Pp6f zAb k|of]u u/]sf 5f}+, s'g} klg l5d]sL d'n's tyf ldq /fi6«sf]df hfFbf lz/ lgx'/fP/ cyjf If'b| s'/f eg]/ lx+8\b}gf}+, h:tf] xfd|f] afgL klg 5, ef/tLox?n] klg p7fpg'ePsf] lyof] of] s'/f], g]tfx?n] af]Nbfv]l/ sf]7fleq, aflx/ lsg x'G5 eg]/ ljleGg 7fpFdf s'/f p7]sf] lyof], xfdLn] s] eGof}+ eg] leq h] af]N5f}+, aflx/ klg ToxL af]N5f}+ . lz/ p7fP/, cfFvf h'wfP/ xfdL s'/f u5f}{+ . cfkm\gf] lxtsf] s'/f u5f}{+, csf{sf] lxtdf rf]6 gkfg]{, clxt gx'g] s'/f u5f}{+ . cf:j:y kf5f}{+ . xfdLn] ToxL g} kf/]/ cfof}+ .

**dfpG6]g kmf]s; M** k|wfgdGqL s]kL zdf{sf] ef/t e|d0fsf] qmddf /fli6«otfsf ljifodfly ;a}n] cfTd;ft u/] / /fli6«otfsf] ;jfndf cf]nL k5fl8 k/]gg\ eGg] lsl;dsf rrf{ / l6sfl6Kk0fL eP . /, ef/tn] nf]EofP/ s]xL v':sfpg] k|of; u¥of] eg]/ klg g]kfndf ax; eP . v}/ Pp6f ;sf/fTds kf6f], ofg] ls pxfF em'Sg'x'Gg . em'sfpg'k5{ . of] xfd|f] uf]/vfnLsf] csf]{ dfGotf klg xf] .

**lji0f' l/dfn M** xfdL em'sfpg' klg kb}{g, csf{nfO{ em'sfpg' klg x'Gg . :jfledfgL ;fy a/fa/Lsf] xsdf s'/fsfgL ug]{ xf] . tkfO{ / d a/fa/L 5 eg] a/fa/Ld} s'/f ug]{ xf] . tkfO{ em's]sf] klg /fd|f] xf]Og, d em's]sf] klg /fd|f] xf]Og . tkfO{nfO{ em'sfpg] d]/f] p2]Zo x}g, tkfO{n] dnfO{ em'sfpg] k|oTg ug'{x'Gg . To;sf/0fn] ubf{ xfdL cfFvf h'wfP/ a:g] xf], lz/ p7fP/ a:g] xf] .

**dfpG6]g kmf]s; M** xfd|f] clxn]sf] b]v]sf] /fli6«otfn] To;f] eG5 . kSs} klg tkfO{sf] ljrf/n] tkfO{ k|wfgdGqL s]kL zdf{ cf]nLsf] /fhgLlts ;Nnfxsf/ klg x'g'x'G5 . Tof] kf6f]nfO{ tkfO{ Ps /fhgLlts k|f0fL ePsf] gftfn] of] rLg / ef/t b'O{ e|d0fnfO{ xfdLn] ;dLIff ubf{v]l/ s'g a9L kmnbfoL / Tof] ;Fu;Fu} /fhgLlts lx;fan] x]bf{v]l/ kl5Nnf] k6s ef/tLo g]tfn] Ps8L d'gL h;n] g]kfnnfO{ glhsaf6 x]5{g\, ljåfg ;dLIfs 5g\, pgn] g]kfnsf] s8f l6Kk0fL klg u/]sf 5g\, of] rLg;Fu ePsf] !% a'Fb] lj1lKtnfO{ lnP/, tkfO{ s;/L o;nfO{ ;dLIff ug'{x'G5 <

**lji0f' l/dfn M** ef/t e|d0fsf] ;sf/fTds ;Gb]zsf af/]df oxfFn] h'g l6Kk0fL ug'{ef], To;df d}n] w]/} yKg' k/]g . ;kmn} eOxfNof] . xfdLn] ef/t e|d0fsf] ;Gbe{df b'O6f s'/f eg]sf lyof}+, Pp6f, c;dembf/LnfO{ xfdL cGTo u5f}{+ . d Pp6f zAb k|of]u u5'{, of] dte]b xf]Og, dt} 5}g, xfd|f] aLrdf c;dembf/L lyof], c;dembf/LnfO{ cGTo ug]{ k|wfgdGqLn] eGg'ePsf] lyof], Tof] xfdLn] u¥of}+ . bf];|f] s'/f xfdLn] ;lkª ln:6 af]s]/ hfFb}gf}+ . ljutdf u/]sf ;lGw ;Demf}tfx?nfO{ sfof{Gjog ug]{ txdf b'O6f b]zsf] txdf ;dembf/L sfod u5f}{+ eGof}+, xfdLn] gofF s'/f s'g} klg k|:tfj u/]gf}+ . xfdLn] s] s'/fdf hf]8 lbof}+ eg] ljutdf ePsf ;lGw ;Demf}tfx?nfO{ nfu' ug{ k|lta4tfsf] dfu u¥of}+ . b'a} y/Ln] ljutdf l9nf ePsf]df cfTd;ft u¥of}+ / b'a} y/Ln] lglZrt s'/fx? rfF8f]eGbf rfF8f] ug]{ ;xdlt u¥of}+, h'g s'/f ;dembf/L kq cfbfg k|bfgsf] qmddf g} ePsf 5g\ . xfdLn] h] u5f}{+, eg]sf lyof}+, Tof] eGof}+ / xfd|f] k|wfgdGqLn] ef]hdf uP/ xf];\, ;efdf uP/ xf];\, p7]sf w]/} s'/fnfO{ :ki6 kfg'{eof], em08} em08} cfd;efs} txdf b'O{ 7fpFdf pxfFn] ;Daf]wg ug'{ef] . lalhlg/ sld6LnfO{ g]kfn nufgL ug{nfO{ of]Uo b]z xf] . tkfO{ g8/fOsg cfpg';\, tkfO{x?sf] nufgL kmN5, km'N5, w]/} gfkmf lnP/ cfpg kfpg'x'G5, b'a} b]zsf] ;d[l4sf] af6f]af6 xfdL cufl8 a9\g ;S5f}+ eg]/ cfpg'ef] . Tof] lx;fan] ef/t e|d0fsf] d"NofÍg ubf{v]l/ of] txdf ;kmn ePsf] xf] . klxnf]rf]l6 xfdL s] bfaLsf ;fy eGg ;S5f}+ eg] ef/tn] klg ldqjt ;fj{ef}d;Qf ;DkGg d'n'ssf] lx;fan] Jojxf/ u¥of] / xfdLn] klg ToxL OHhtdf s'/fsfgL u/]/ cfof}+ .

rLgsf] ;DaGwdf c;dembf/Lsf] ljifo lyPg, ToxfF klg xfdLn] s'g} ln:6 af]s]/ hfg] d'8df lyPgf}+, k|wfgdGqLn] klg eGg'ePsf] lyof], xfdL dfUg] eGbf klg s:tf] txsf] dfUg] eGg] k|Zg ug'{ePsf] lyof] . h:tf] tkfO{nfO{ b"w vfg] dgnfUof], bxL vfg dgnfUof], £o' vfg dgnfUof] eg] laxfg uof], xft yfKof], b"w Nofof] eGof] . lbpF;f] uof], £o" dfUof], a]n'sf uof] xft yfKo, bxL Nofp eGof] . dfUg] k/]klg l;+u} ufpF dfuf}+, af5f ;lxt dfuf}+, To;kl5 cfˆg} kf}/vdf vfg] u/f}+ . b]znfO{ dfUg]sf] b]z agfpg' x'Fb}g, oBlk xfdL clxn] e"sDkn] Ift ljIft ePsf 5f}+, ljleGg ;+/rgfx? lau|]sf] 5, cl3 g} oxfFn] p7fpg'ePsf] 5, gfsfaGbLsf] sf/0fn] cjf}{+ ?k}ofF Iflt ePsf] 5 . oltv]/ xfdLnfO{ j}b]lzs ;xof]usf] h?/L 5, t/ j}b]lzs ;xof]u x}l;otsf] lx;fan] dfUg] sfd u/f}+ . n'sL n'sL 7"nf s'/f u¥of], :jfledfgsf] s'/f u¥of], clGtddf uP/ Ps ?k}ofF b]p g eg]/ lªRr bfFt b]vfpg'x'Gg eg]/ eGg'efYof] . xfdLn] ToxL txdf ldq /fi6« rLgsf] klg e|d0f u¥of}+ . xfdLn] s] eGof}+ eg] g]kfn nufgLsf] nflu of]Uo b]z 5, ljljwtfo'Qm b]z 5, lrlgofF nufgL g]kfndf ;'/lIft x'G5 / g]kfndf ;d[l4 x'Fbfv]l/ rLgnfO{ klg nfe x'G5 eGg] ;Gb]z xfdLn] pxfFx?nfO{ lbg] sfd u¥of}+ .

**dfpG6]g kmf]s; M** !% a'Fb] ;+o'Qm lj1lKtsf] ljifoa:t'df ef/tLo s]xL g]tf, s]xL ;dLIfs, s]xL kqsf/ / s]xL JolQmnfO{ lsg a9L 6fpsf] b'vfO eof] <

**lji0f' l/dfn M** gx'g'kg]{, dnfO{ lg cfZro{ nfu]sf] 5 . g]kfn / rLgn] s'g} lj1lKt hf/L u¥of], g]kfn / ef/tn] s'g} lj1lKt hf/L u¥of] eg]

**dfpG6]g kmf]s; M** P;8L d'lgn] s] eg]sf 5g\ eg] of] kf/jxg ;Demf}tf of] s'g} klg xfntdf sfof{Gjog x'g} ;Sb}g . Nxf;faf6 sf7df8f}+;Dd /]n cfpg} ;Sb}g . === krf;sf s'/f k/} hfcf];\ eg]sf 5g\ .

**lji0f' l/dfn M** d pxfFsf] l6Kk0fL pxfFn] eGg' g} efsf] xf], n]Vg' g} efsf] xf], cfkm\g} ;f]r}n] n]Vg'ef eP, ljåfgsf] txaf6 n]Vg] s'/f ;'xfpFbf] xf] h:tf] nfUb}g . pxfF t Psbd rlr{t ljåfg x'g'x'G5, P;8Ld'lg . h]Pgo'sf] k|f]km];/} x'g'x'G5 . k|f]km];/ dfq} x}g ToxfFeGbf dfly Old/]6 g} x'g'x'G5 .

**dfpG6]g kmf]s; M** pgsf] egfOdf dx]Gb|sf] /fi6«jfb s]kL cf]nLdf emNSof], ;/sf/ l6sfpgsf nflu rLg;Fu 3'F8f 6]Sof] eGg] ;d]t n]v]sf 5g\ .

**lji0f' l/dfn M** pxfFn] s] eGg'eof], To;df dnfO{ hfFu/ 5}g . pxfFsf] JolQmut s'/f xf]nf, P; l8 d'lg sf] xf] /< pxfFsf] af/]df xfdLn] l6Kk0fL ug]{ < Pp6f ef/tsf] gful/s x'g'x'G5, Pp6f ljåfg x'g'x'G5, ljåfgsf] sfd zAb} v]nfP/ a:g] xf] . pxfFn] v]nfpg'ePsf] zAbdf xfdL ls v]Ng] < gv]Ng] . h?/L 5}g, s'g} klg JolQmn] ;sf/fTds n]Vg';\, gsf/fTds n]Vg';\, Tof] pxfFx?sf] ;d:of xf], xfd|f] ;d:of x}g . xfdLn] s] dfq} eGg] xf] eg] g]kfn / ef/tsf] aLrsf] ;Demf}tfn] g]kfn / ef/t b'a}nfO{ nfe u5{, g]kfnnfO{ a9L lxt u5{, ef/tnfO{ clxt x'Fb}g . g]kfn / rLgaLr ePsf] ;Demf}tfn] g]kfn / rLg b'a}nfO{ lxt u5{, g]kfnnfO{ a9L lxt u5{, rLgnfO{ clxt ub}{g . of] b'O6} s'/f xfdL eGg rfxG5f}+ . /, b'O6f l5d]sL b]z h'g ljsl;t x'Fb}5g\, Pl;og wgL aGb}5g\, b'a}sf] ljsf;af6 nfe lng g]kfn p2ft 5 . g]kfnn] nfe lng'k5{ eGg] xfd|f] ts{ xf] . hxfF;Dd g]kfn e"kl/j]li7t aGg] ls gaGg] of] t xfd|f] /fli6«o d'2f xf] lg, d t ef/ts} tkm{af6 af]N5' lg ljutdf xfdLn] ef/tsf] lj?4 HofbtL u/]5f}+, xfdL e"kl/j]li7t /fi6« eP/ l5d]sL /fi6«;Fu kf/jxg ;xof]u / ;xdlt dfUg'kg]{, ;a} l5d]s;Fu lng'kg]{df ef/tnfO{ a];/L af]em lbP5f}+, xfdLn] clxn] ef/tsf] af]em 36fOlbPsf 5f}+ . ef/tLo ldqx?n] xfdLnfO{ wGojfb lbg'k5{ . af]em 36\of], csf]{ l5d]s;Fu lnof}+, t];|f] d'n's a+unfb]z;Fu klg xfdLn] kf/jxg ;Demf}tf u¥of}+ . lje]; cGtu{t xfdLn] df]6/ e]lxsn Nofpg] ;Demf}tf u/]sf 5f}+ . l;w} a+unfb]zsf] l;kf]6{df hfg] klg af6f] agfPsf 5f}+ . ef/tsf] af6f] klg k|of]u u5f}{+, ToxfFsf] klg af6f] k|of]u u5f}{+, o;f] ubf{ ef/tnfO{ lxhf]sf lbgdf xfdL h'g af]em ag]sf 5f}+ lg, Tof] af]em xfdLn] x6fOlbPsf 5f}+, o;afkt xfdLnfO{ ef/tLox? v';L x'g'k5{, ef/tLo ;+:yfkg kIf, hgtf v';L x'g'k5{ . ca ;fFrf] cy{df g]kfn klg ;fj{ef}d;Qf ;DkGg eP5 . of]l;t ;xsfo{ / ;femfbf/L ug{ ;lsG5 eg]/ pxfFx?n] ;f]Rg ;lsG5 . of] P+u]naf6 ToxfFsf ljåfgx?n] lsg n]Vg] gug'{ef xf]nf eGg] dnfO{ cfZro{ nfU5 . To;sf/0f oxfFn] ;f]Wg'ePsf] ljifo !% a'Fb] hDdf hDdL jl/kl/ s] xf] eg]b]lv xfdLn] b'O{ b]zsf lxtsf s'/f u/]sf xf}+ . xfd|f] ;kgfnfO{ ToxfF cfTd;ft ug{ vf]h]sf xf}+ . ca o;df ;aeGbf dxTjk"0f{ s'/f eg]sf] t oftfoft kf/jxg ;Demf}tf g} xf] . Tof] ;Demf}tfn] ca xfdLnfO{ ;xL cy{df xfd|f] d'n's ef/t j]li7t d'n's x}g, e"kl/j]li7t /fi6«sf] xf] eGg] agfPsf] 5 .

**dfpG6]g kmf]s; M** t/ g]kfnL cy{ljb\x?n] of] kf/jxg ;Demf}tfsf] af/]df s]xL l6Kk0fL lbPsf 5g\, s]xL k|ltlqmof lbPsf 5g\, pgLx?n] eg]sf 5g\ ls of] tTsfnsf nflu lg/fzf xf], eljiosf] nflu cfzf xf] .

**lji0f' l/dfn M** pxfFx?sf] klg a9\tf af]nfO xf] h:tf] nfU5, dnfO{ . lsg eg] of] oftfoft kf/jxg ;Demf}tf k|mdjs{ ;Demf}tf u/]sf xf}+, o;sf] w]/} l86]n ug'{kbf{ k|f]6f]sndf hfG5 . k|f]6f]snsf] s'/fx? –c+u|]hL zAb g} k|of]u ug]{ rng 5, k|f]6f]snsf s'/fx? s] x'G5 eg] nfOg ldlg:6«Lx? a;]/ 6'Ëf] nufpg'kg]{ x'G5 . h:tf] s'g kf]6{df xfdLn] clwsf/ lng], Tof] kf]6{df rfh{ slt nfUg], csf]{ ;Ldf z'Ns slt nfUg], To;sf] nflu s;/L hfg], aGbf]a:t uf8L cfpg] ls gcfpg], o; ;DaGwdf ljleGg dGqfno hf]l8g'k5{ . xfdL clxn] Ps dlxgfsf] tof/Ldf rLg uof}+ / ;Demf}tf u¥of}+ . ;Demf}tf u/]kl5 o;sf l86]lnªsf s'/f t afFsL g} 5 . Tof] eg]sf] t ef]lnsf] cfzf, cfhsf] nflu lg/fzf vl08t s'/f eof] lg . ef]lnsf] cfzf eg]sf] t clxn]s} cfzf eof] lg t < ef]ln laxfg pHofnf] x'G5 eg] kl5 clxn]b]lv xfdL cfzf hufP/ a:5}+ lg .

**dfpG6]g kmf]s; M** o;} ljifodf cy{ljb\x?n] csf]{ klg s'/f hf]8]sf 5g\ ls tTsfnsf nflu h'g a9L k|fyldstfdf kg'{kYof]{, Tof] cf]nL e|d0f 6f]nLn] la:of]{, oltv]/ xfdLnfO{ kf/jxg eGbf klg OGwg / pmhf{ cfoft ;Demf}tfdf a9L hf]8 lbg'kYof]{ . otflt/ xfdLn] x]/]gf}+, h;/L xfdLn] pTvgg u5f}{+, ;dLIff u5f}{+, To;}u/L xfdLn] cg';Gwfg u5f}{+ eg]/ 6'ª\UofPsf 5f}+ / OGwg cfoft ;Demf}tfnfO{ hf]8 glbP/ ;f]nf/ kfj/nfO{ ;xof]u ug]{ eGg] lsl;dsf] zAb /flvPsf] 5, eg]sf 5g\ .

**lji0f' l/dfn M** pxfFx?n] dl;gf] u/L ;+o'Qm lj1lKt k9\g' ePg To;f] eP . d}n] pxfFx?sf] 1fgdfly l6Kk0fL ug{ ldn]g . pxfFx?n] af]n]sf] s'/fdf t d gtd:ts g} 5' . d}n] eGg'kg]{ s'/f s] dfq} xf] eg] OGwg;Fu ;DalGwt tLg j6f s'/f xfdLn] u/]sf 5f}+, ;+o'Qm lj1lKtdf klg cfPsf] 5, klxnf], k]6«f]lnod kbfy{x?, rLgl;t lsGg] eg]sf] t ;'grfF8L lx/f lsGb}gf}+ lg xfdL, UofF; t]n / g'g g} lsGg] xf] . To;sf/0f To;df xfdLn] sdl;{on l8n eGg] c+u|]hL zAb d k|of]u ul/Psf] 5, Jofkfl/s Jojxf/ ug]{ . lsga]r ug]{ eGg] Pp6f zAb 5 . To;sf] nflu rflxg] 6\ofS; nufotsf s'/f b'O6f Ph]G;Lx?n] 6'Ëf] nufpF5g\, ;/sf/s} s'g} Ph]G;Ln] u5{ eg] p;sf] ;/sf/sf] Ph]G;Ln] u5{, otf s'g} k|fOe]6 sDkgLn] u5{ eg] ptf s'g} k|fOe]6 sDkgLn] u5{ . b'O6} b]zn] lgod sfg'g / ;DalGwt dGqfnosf Ph]G;Lx?n] ;xhLs/0f ug]{ eg]/ n]lvPsf] 5 .

bf];|f], bL3{sfnLg?kdf tTsfnsf] ;Í6 6fg{sf] nflu / e08f/0fsf nflu cfly{s / k|fljlws ;xof]u ug]{ eg]/ pxfFx?n] eGg'ePsf] 5 . t];|f], g]kfn} Pp6f ljljwtfo'Qm b]z 5 /], o;sf] k|fs[lts ;|f]t k|r'/tf 5, To;df t]n / UofF; kfOg] gkfOg] eGg] ;DejtM cWoog klg u5f}{+, / To;sf] cGj]ifgsf nflu d2t klg u5f}{+ eg]sf] 5 . tLg j6f s'/f t xfdLn] u¥of}+ lg, oL tLg j6} s'/f u/]kl5 clg rf}yf] s'/f, oxfFn] eGg'ePsf] ;f]nf/ eof], To;df lah'nL klg 5 .

**dfpG6]g kmf]s; M** t/ h'g a]nf xfdLnfO{ gfsfaGbLsf] ;d:of lyof], kL8f lyof] Tof] ;dodf t g]kfn cfon lgud / lrlgofF cfon lgud aLr tTsfn cfoft ;Demf}tf x'G5 eg]/ cf]xf]/ bf]xf]/ lgs} eO/x]sf] lyof], ;/sf/sf tkm{af6 cfon lgudsf sd{rf/Lsf] af;} rLgdf lyof], cfh} x'G5, ef]ln x'G5, eg]/ xfdL rflxF bf]l8/x]sf lyof}+, t/ Tof] t k|wfgdGqLsf] e|d0fsf] qmddf klg k"0f{tf kfpg ;s]g <

**lji0f' l/dfn M** o;nfO{ s;/L a'em\g'k¥of] eg] xfdL hltv]/ gfsfaGbL lyof], Toltv]/ pTkft} u¥of}+ lg . s] s] dfq} u/]gf}+ / < lghL sDkgLnfO{ klg lbof}+, ;a}nfO{ Pn;L vf]Ng klg lbof}+, Tof] Pn;L vf]n]sf] slxn] cfpF5, Tof] klg lx;fa u/]gf}+, clxn] klg d ;'Gb}5', sltko sDkgLx? ev{/ t]n Nofpg]lt/ nfUb}5 /] . ha ls xfdLn] pgLx?sf] nfO;]G; g} vf/]h ul/ ;Sof}+ . of] t cK7\of/f] k/]sf] a]nf xft kfOnf kmnfpg] s'/f hDd} sfd u¥of}+ . ca af6f] s:tf] 5, xfdLnfO{ yfxf lyof] . clg s;/L Nofpg] xfdLnfO{ yfxf 5 lg ha ls afx| xhf/ ln6/ t]n Nofpgsf nflu xfdLnfO{ slt ;d:of k¥of] < To;sf/0fn] ubf{ o;n] xfdLnfO{ s] cfFvf vf]nlbof] eg] s]xL ;f]Rg'kg]{, tTsfnsf nflu e08f/0f ug'{kg]{, af6f] km/flsnf] agfpg'kg]{ . Tolt dfq} x}g, l;Q}df lbPsf] NofpgnfO{ t cln ufx|f]l;t Nofpg ;lsg] /x]5, h;/L NofP klg x'g] /x]5, sg]/ Nofpg] ePkl5 s'g 7fpFaf6 lsGg] Tof] klg to ug'{kg]{ /x]5 . xfd|f] nflu pgLx?n] klxn] g} l8kf] agfP/ /fv]sf] t 5}g lg < s'g 7fpFaf6 Nofpg], slt b"/L 5, slt vr{ nfU5, lx;fa lstfa ug'{kg]{, xfdL km]l/ slDk6]l6e agfpg rfxGYof}+ t, d"Nosf] lx;fan] k|lt:kwL{ agfpg rfxGYof}+, k|lt:kwL{ agfpg ef/taf6 cfpg] t]n / rLgaf6 cfpg] t]ndf vf;} tndfly g x'g lbg s'g ljlwdf hfg]<

**dfpG6]g kmf]s; M** rLg / g]kfn aLrsf] ef}uf]lns agfj6 / k"jf{wf/ ljsf;sf] cefjn] ubf{v]l/ of] OGwg ;Demf}tf x'g g;s]sf] xf] <

**lji0f' l/dfn M** cln l9nf ePsf] xf], Nofpg ;d:of 5}g .

**dfpG6]g kmf]s; M** xfdLn] afa'/fd e§/fO{sf] kfnfdf lakf ;Demf}tf u/]sf lyof}+ / Tof] sfof{Gjogsf] kIfdf cfkm\gf] 7fpFdf 5 . Tof] ;dLIff eO/x]sf] 5 / ca rLgn] ljZjdf h'g 9+un] nufgL ub}{5, To;/L g} cd]l/sf / hfkfgsf] vf8Ld'n'sdf pgLx?sf] nufgL a9\bf] 5 . t/ xfdL;Fu} hf]l8Psf] d'n's;Fu Pp6f lakf ;Demf}tf ;d]t x'g ;s]sf] 5}g, sxfF c8\s]sf] 5 < o;sf] 5nkmnsf] klg k|f/De u/]sf] 5}g <

**lji0f' l/dfn M** o;nfO{ >[Înfdf a'em\g'k5{, Jofkf/sf] tLg j6f kf6fdf hfg'k5{ . klxnf] oftfoft kf/jxfg, To;nfO{ xfdLn] ;Demf}tf u¥of}+ . bf];|f], :jtGq Jofkf/ ;Demf}tf . kf/jxgsf] ;Demf}tf ePkl5 :jtGq Jofkf/sf] 9f]sf v'Nof] . :jtGq Jofkf/ ;Demf}tf eO;s]kl5 ;fdfg cfoft lgof{t / nufgLsf] s'/f ;'? x'g]ef], nufgLsf] s'/f] ;'? ePkl5 låkIfLo nufgL ;+/If0f ;DaGwL ;Demf}tfsf] s'/f cfpg] ef] . lakf eg]s} låkIfLo nufgL ;+/If0f / cfsif{0fsf] s'/f eof] . klxnf] b'O6f g6'lËsg t];|f]df xfdkmfNg] h?/L g} ePg . To;sf/0f >[Înfdf hfG5 . lakf cfjZostfn] ul/G5 . cgfjZostfn] ul/+b}g . dfgf}+, rLgn] cfkm\gf] nufgL ;+/If0f ug{sf] nflu låkIfLo nufgL ;+/If0f ;Demf}tf ug'{k¥of] eGof] eg] xfdLn] To;df cfgfsfgL ug'{kg]{ h?/L x'Fb}g . xfdLn] cfgfsfgL ub}{gf}+ . xfdL b'a} lakf ;Demf}tf ug{ tof/ 5f}+ . dfq >[Înfsf] s'/f 5 . rLgn] lgs}kl5 cfkm\gf] /fli6«o gLltdf cl8 /xG5, h:tf] rLgsf] g]kfnsf] gLltdf kl5;Dd} /fhtGqsf] gLltdf ToxLFaf6 x]b}{ cfPsf] lyof] . ev{/ u0ftGqdf kl/jt{g ePkl5 p;sf s]xL ;Í]tx? b]lvPsf 5g\ . h'g !% a'Fb] ;xdltn] klg s]xL ;Ít hgfPsf] 5 .

**dfpG6]g kmf]s; M** clxn] xfdLn] gofF ;+ljwfg agfO;s]sf 5f}+ Tof] ;+ljwfgsf] sfof{Gjogsf] kIfdf hfFb}5f}+ . ca t rLgn] g]kfndf /fhgLlts l:y/tf x'Fb} u/]sf] b]lv/f5 . To;sf/0f pm;Fu xfdLn] lakf ;Demf}tfsf] nflu 5nkmn k|lqmof cufl8 a9fpFbf s] km/s knf{ / <

**lji0f' l/dfn M** km/s kb}{g, o;df låljwf /fVg} kb}{g . cl3 eg]em}+ klxnf] b'O j6f Jojxf/df nfu" ug]{ qmddf t];|f] cfslif{t x'g] xf] . Tof] xfdL ul/ xfN5f}+ . clxn] k|wfgdGqLsf] b'O{ d'n'ssf] e|d0f eg]sf] gofF r/0fdf xfd|f] g]kfn k|j]zdf gofF ;+ljwfg hf/L ePkl5 klxnf] ldq /fi6« ef/tsf] e|d0f ePsf] xf], To:t} rLgsf] klg e|d0f ePsf] xf] . gofF ;+ljwfg hf/L ePkl5 To;sf] ;"rgf klg lbg] lyof] . ;"rgf cfkm\gf] x}l;otn] /fd}|l;t lbof}+ .

**dfpG6]g kmf]s; M** ldq /fi6« ef/tLo k|wfgdGqL g/]Gb| df]bL / pgn] ljleGg /fi6«df e|d0fsf bf}/fg k|sflzt ;+o'Qm lj1lKtaLr g]kfnsf] ;Gbe{df sf]6\ofpFbf h'g kL8f xfdLnfO{ eO/xsf] 5 lg To:tf] a]nf ;sf/fTds ;Gb]z lbgsf nflu ef/tsf] e|d0f t ug'{k¥of] lg . pxfFn] g]kfnk|lt rfn]sf] sbd, g]kfnk|lt b]vfPsf] ;b\efj hf] gld7f] lsl;dsf] 5 lg . tkfO{n] a]nfot / ef/taLr n]lvPsf a'Fbfx?aLr klg cWoog ug'{eof] xf]nf, To;n] klg xfdLnfO{ gld7f] ;Gb]z lbof] .

**lji0f' l/dfn M** To;df t xfdLn] c;xdlt g} hgfof}+ . s'g} b'O6f d'n'sn] xfd|f] ;+ljwfgsf] af/]df s'g} klg lx;fan] af]Ng' cfjZos} lyPg . To;df xfdLn] cfkm\gf] cfklQ klg hgfof}+ c;xdlt klg hgfof}+ . Tof] ldq /fi6«nfO{ ldqjt tl/sfn] g} eGof}+ . l;Wof] . xfd|f] d"n bfloTj s] lyof] eg] gofF ;+ljwfg ag]sf] 5 . gofF ;+ljwfgkl5 gofF ;/sf/ ag]sf] 5 . ca xfdLn] /fhgLlts ;+qmd0fnfO{ cGTo u¥of}+ . ca xfdL gofF r/0fdf k|j]z u¥of}+ . ca xfdL cfly{s ljsf;df hf]8 lbG5f}+ eg]/ ;Gb]z lbg' lyof] .

**dfpG6]g kmf]s; M** s]xL ;do cufl8 ef/tLo k|ltlglwsf] klg rLgsf] pRr:t/Lo e|d0f ePsf] lyof] . Tof] ;do klg g]kfnsf] gofF ;+ljwfgsf] af/] 5nkmn ePsf] lyof] . of] ef/tLo bafan] ubf{v]l/ rLg g]kfndf OGwg cfoft ug{ r'k b]lvPsf] xf] ls g]kfnn] ug{ g;s]sf] xf] . s'6gLlts c;kmntf xf] ls /fhgLlts c;kmntf xf] <

**lji0f' l/dfn M** of] b'a} xf]Og . cl3 g} eGof}+, clxn] t xfdLn] ;Demf}tf ul/;Sof}+, ef/tsf] bafa k/]sf] eP t ;Demf}t} x'Fb}gYof] xf]n . dnfO{ s] nfUb}g eg] rLg cyjf ef/t b'a} b]z xfd|f] ;Gbe{df cyjf s;}sf] ;Gbe{df Ps csf{df bafa dx;'; u5{ h:tf] nfUb}g . rLgsf] bafa ef/tn] :jLsf5{ cyjf ef/tsf] bafa rLgn] :jLsf5{ h:tf] dnfO{ nfUb}g . Tof] pxfFsf] l:ylt x]bf{ klg b'O6f k|lt:kwL{ d'n's xf] . Ps csf{n] s;}sf] bafa pxfFx?n] ug'{x'Gg . To;dfly klg ;fgf] d'n's g]kfnsf] ljkIfdf cyjf kIfdf pxfFx? 5'§} a;]/ 5nkmn ug'{kg]{ cfjZostf b]lv+b}g . Tof] xfdLnfO{ nfu]sf] xf] h:tf] dfq nfu]sf] xf] .

**dfpG6]g kmf]s; M** t/, hfkfgsf] k|wfgdGqL ef/t e|d0fsf] qmddf h'g ;+o'Qm lj1lKt lgsfn]sf] lyof], To;df g]kfnsf] ;+ljwfgsf ljifodf h] n]Vg vf]lhPsf] lyof], hfkfgn] cfklQ hgfof], To;sf/0f Tof] ljl1lKt cfpg ;s]g . cflv/ t ef/tsf] sfxL g sfxLF cfzÍf, sflxgsfxLF ;d:of 5 lg .

**lji0f' l/dfn M** To;df w]/} dnfO{ 1fg ePg, hfkfg / ef/taLr s] ePsf] eGg]af/] . To;df k|j]z ug'{kg]{ klg /fd|f] xf]nf h:tf] nfUb}g . hfkfg t xfd|f] csf]{ ldq /fi6« xf] lg, xfd|f] 7"nf] 8f]gf]/ xf] . g]kfnsf] ;Gbe{df pxfFx?sf] s'g} lglxt :jfy{ s]xL klg 5}g . Tof] x'Fbfv]l/ hfkfgn] g]kfnnfO{ ;w}+ ;xof]u g} ul//x]sf] xf] . To;}u/L ldq /fi6« rLgn] klg g]kfnsf] ljkIfdf s]xL unf{ eGg] zÍf 5}g .

**dfpG6]g kmf]s; M** !% a'Fb] ;Demf}tf t eof], To;df !) d'Vo a'Fbfx? 5g\ . To;df ca sfof{Gjogsf] kIfdf hfgsf] nflu s] ;d:of xf]nf < lsgeg] h:tf] ls ;/sf/ kl/jt{g eof] eg] csf]{ ;/sf/n] lg/Gt/tf glbg klg ;S5 . Tof] lsl;dsf] cfzÍf xfdLsxfF 5 ls 5}g <

**lji0f' l/dfn M** g]kfndf ca To:tf] x'G5 h:tf] dnfO{ nfUb}g . Tof] s] eof], Tof] a]Un} s'/f eof] . clxn] ;+ljwfg hf/L eO;s]kl5 xfd|f] k|wfgdGqL rLg cyjf ef/tdf hfFbfv]l/ ljkIfLb]lv k|lt:kwf{df /x]sf ;a} bnx?sf aLr 5nkmn u/]/ Pp6} dt agfP/ uPsf] 5 . tkfO{+n] x]g'{ef] eg] k|d'v k|ltkIf bnsf] ef/t e|d0fsf] ;Gbe{ / rLg e|d0fsf] ;Gbe{df pxfFx?sf] s'g} klg l6Kk0fL 5}g . h] c? bnx?n] af]n]sf 5g\, pxfFx?n] klg ToxL af]Ng'ePsf] 5 .

**dfpG6]g kmf]s; M** t pxfFx?n] s] af]Ng'ePsf 5g\ eg] of] kf/jxg ;Demf}tf dfq} dxTjk"0f{ lyPg OGwg ;Demf}tf / pmhf{ ;Demf}tf ug{ ;Sg'ePg eGg] ljkIf bnsf k|d'v g]tfx?sf] g} egfO 5 lg <

**lji0f' l/dfn M** Tof] t s'g} bnsf s'/f xf]nfg\ < d]/f] ljrf/df ;efklt z]/axfb'/hLn] To:tf] s]xL af]Ng'ePsf] h:tf] dnfO{ nfUb}g . JolQmx? x/]ssf] l6Kk0fL ul//xg' h?/L x'Fb}g h:tf] dnfO{ nfUb}g . Pdfn]sf] ;Gbe{df s]kL zdf{ cf]nfLn] afln;s]kl5 csf{n] s] af]N5 eg]/ lx;fa lstfa /fVg'k5{ eGg] dnfO{ h?/L nfUb}g . To;sf/0fn] ubf{v]l/ xfdLn] s] dfq a'em\g'k5{ eg] -:kL8sf] t tndfly kg{ ;S5 .\_lsgeg] pxfFx? k|ltkIfL xf] . xfdL ;Qf kIf xf}+, xfd|f] Pp6f u7aGwg 5, pxfFx?;Fu klg s]xL ljkIfx? klg x'g'x'G5 . ljkIfLn] ;Qf kIfn] h:t} af]Ng'k5{ eGg] h?/L ePg . ;QfkIfn] eGbf d /fd|f] ug{ ;S5' eGg] t wd}{ xf], ljkIfsf] . lsgeg] pxfFx? k|ltkIfdf /x]sf] ;/sf/ xf] lg . To;sf/0f To;df l6Kk0fL ug'{ g/fd|f] x'G5 h:tf] dnfO{ nfU5 . t/ ;f/df ldl8ofsf] cfFvfdf x]bf{ klg s] b]lvG5 eg] ;+ljwfg hf/L eO;s]sf] cj:yfdf lglZrt /fi6«sf] :jfy{sf] af/]df Ps 7fpFdf a;]/ ;d:ofsf] xn ug'{k5{ eGg] kIfdf 5f}+ . To;sf/0fn] ubf{ s;sf] s]df klxnf] k|fyldstf s;sf] s] df bf];|f] k|fyldstf eGg] tndfly knf{ . t/ s'g} klg ;/sf/n] u/]sf] ;xdlt / ;Demf}tfnfO{ kl5 k|lt:kwf{df cfpg] csf]{ ;/sf/af6 lj:yflkt u5{ cyjf pk]Iff u5{ eg]/ cGbfh u5{ eg]/ cGbfh nufpg] x'g hfG5 . h:tf] ls ljutsf] k"j{jtL{ ;/sf/x?n] u/]sf] s'/fx? l7s eP klg a]l7s eP klg af]Sg t of] ;/sf/ clezKt 5 lg . ef/tl;t} s'g} ;Demf}tfdf uNtL ul/Psf] 5 eg] klg To;nfO{ lg/Gt/tf lbg cyjf To;nfO{ ;/sf/ Tof] af]Sg clezKt 5 lg . l7s To:t} ef]lnsf] lbg klg s'g} ;/sf/ cfof] eg] klg ef/tl;t ul/Psf, rLg jf cd]l/sfl;t ul/Psf s'g} klg b]zl;t ul/Psf ;Demf}tfnfO{ lg/Gt/tf lbg Tof] ;/sf/ afWo x'G5 . lsgeg] ;/sf/ eg]sf] Pp6f lg/Gt/tf klg t xf] .

**dfpG6]g kmf]s; M** tkfO{ Ps hgf dhb'/sf] tf klg x'g'x'G5 / nfdf] ;do tkfO{n] To;sf] g]t[Tj klg ug'{eof] . rLg olt 7"nf] b]z 5, ToxfF sfdbf/sf] w]/} cfjZostf k5{ h:tf] vf8L d'n'sx?df xfd|f] sfdbf/x? uO/x]sf 5g\, cyjf ljsl;t b]zx?df klg uO/x]sf 5g\ . ToxfF klg xfd|f] cfkm\gf] sfdbf/ k7fpg s'g} kxn ug'{ePsf] 5}g < To:tf] lsl;dsf] 5nkmn ax; ePg <

**lji0f' l/dfn M** xfdLn] rLgl;t xfd|f] sfdbf/nfO{ sfd b]pm eg]/ eg]gf}+ . xfdLn] s] eGof}+ eg] xfd|f] b]z ljsf; ug'{5, nufgL ul/b]p eg]/ eGof}+ . nufgL eof] eg] xfd|f] sfdbf/nfO{ xfdLn] oxLF sfd lbg ;S5f}+ lg . d}n] ;'?df eg] lg xfd|f] k|wfgdGqL dfUg]df s] dfUg] eg]/ a9L ;ts{ x'g'x'GYof] . ufO{ g} dfUg] af5f;lxt} dfUg] eGg] dtdf xfdLn] cl3b]lv g} oxfF eGb} cfpg'ePsf] !) a'Fb] ;Demf}tf / !% a'Fb] lj1lKtdf cfwf/e"t ;+/rgfsf lgdf{0fsfo{df xfdLn] a9L hf]8 lbPsf 5f}+ . ;a} sfd xfdLn] sfof{Gjog ug]{ xf] eg] clxn] dWok"j{df uO/x]sf, o'/f]kdf uO/x]sf g]kfnLn] oxL sfd kfpF5g\ lg, xfdLn] a9L o;}df hf]8 lbPsf xf}+ .

**dfpG6]g kmf]s; M** ;Demf}tf ;sf/fTds 5, of] sfof{Gjogsf] kIfdf hfcf];\, ;a} g]kfnLsf] ck]Iff oxL 5, lsgls rLgsf] Pu|]l;e nufgL, Pu|]l;e g]kfndf cfly{s nufgL cfd g]kfnLsf] ;d[l4sf nflu Tof] cfjZos b]lv/x]sf] 5 . lsgls ef/t / g]kfnsf] a/fa/L x'g'k5{, a/fa/L nufgL klg cfpg'k5{ eGg] rfxgf g]kfnLsf] 5 . ;Fu;Fu} xfd|f] dxTjk"0f{ tftf]kfgL gfsf vf]Ng clg{sf] /fhdfu{ vf]lNbG5' elg/fv]sf] 5, t/ Tof] slxn] ;'wf5'{ eg]/ elg/fv]sf] 5}g lsg xf]nf <

**lji0f' l/dfn M** To;df s'g} ;d:of 5}g, b'O6} gfsf ;'rf? ug]{df ;xdlt g} xf] . /;'jf u9L klg tftf]kfgL gfsf klg . af6f]sf] ;Gbe{df /;'jfu9Lsf] af6f] xfdL cfkm}n] agfpF5f}+ eGof}+ . uN5Lb]lv, :ofk|'a];Lb]lv uN5L;Ddsf] . b'O{ n]gsf] af6f] agfpg] eg]/ xfdL cfkm}n] eGof}+ . tftf]kfgL af6f]sf] ;'b[9Ls/0fsf] ;Gbe{df rLgn] lbPs} h'g k};f 5, ToxL nfugL ug]{ klxNo} s'/f eO;s]sf] xfd|f] kf6f]sf] xfdLn] u5f}{+ g} . pgLx?sf] kf6f]sf] t pgLx?sf] ;d:o} x}g . clxn] r]skf]:6df s]xL ;d:of 5g\, lsgeg] vf;f ahf/ lnlkªeGbf klg dfly nu]/ /fv]sf 5g\ . To;nfO{ sxfF /fVg] eg]/ 7fpF vf]Hb}5g\, xfdLn] of] rfF8f]eGbf rfF8f] ;'rf? u/f}+ eg]sf 5f}+ .

**dfpG6]g kmf]s; M** csf]{ kIfdf klg oxfF ljZn]if0f eO/x]sf] 5, tftf]kfgL If]qdf lk|mltAa]t d'ed]G6 lgs} a9\of] eg]/ klxn]b]lv g} rLgn] eGb} klg cfof] / Ps lsl;dsf d'ed]G6 klg ToxfF b]lvPsf lyP, To;sf] nflu tTsfn rLg kIf of] d'ed]G6sf] sf/0fn] ubf{v]l/ Tof] gfsfeGbf klg s]?ª / cGo ;Defljt gfsfnfO{ v'nfpg] k|of;df 5 klg eGb} cfPsf 5g\ .

**lji0f' l/dfn M** of] xfd|f] ;xh cGbfh dfq} eof] . g]kfnsf] pQ/lt/sf] hDd} gfsfx? ltAa]t;Fu} hf]l8G5g\ . lk|m ltAa]tjfnfx? rfx] eg] s'g} klg gfsfaf6 cfOxfN5g\ lg . lsdfyfÍf vf]Ng tof/ x'g], ptflt/ sf]/nf vf]Ng tof/ x'g], lxN;fdf k'n} agfOlbg tof/ x'g], cGt cGt ug{ tof/ x'g] clg /;'jfu9L klg vf]Ng rfxg] ToxfFaf6 lk|m ltAa]tjfnfx? gl5g]{ / vfln tftf]kfgLaf6 dfq l5g]{ t x'Fb}g xf]nf lg . Tof] xfd|f] a9L cfzÍf dfq} xf] . t/ Pp6f s'/f 9'Ss} eg]sf 5f}+, Ps rLg gLltdf k|lta4 5f}+, g]kfnsf] e"efu rLg lj/f]wL cyjf c? s'g} klg l5d]sL d'n's lj/f]wL, /fi6« lj/f]wL ultljlw xfdL x'g} lb+b}gf}+ . xfdLn] l5d]sL /fi6«x?sf] ;'/Iffsf] rf;f] ef/t / rLglt/sf] ;'/Iffsf] rf;f]nfO{ a9L ;ts{ 5f}+ .

**dfpG6]g kmf]s; M** k|wfgdGqLsf] ef/te|d0fsf] qmddf rLgn] lk|mltAa]t d'ed]G6df xfd|f] a9L rf;f] /flVbg'k¥of] lsgeg] pgn] g]kfnnfO{ a9L rf;f]sf] ?kdf x]g{sf] d'Vo sf/0f ToxL xf] . lk|mltAa]t d'ed]G6sf] af/]df slQsf] 5nkmn eof] .

**lji0f' l/dfn M** b'a} b]zsf] cfcfkm\gf] ;'/Iffsf] s'/f 5g\ . h:tf] blIf0flt/ xfd|f] v'nf ;Ldfgf 5, ToxfF cftÍjfb, gSsnL gf]6, c? 3';k}7df hfg] cftÍjfbLx?df ef/tsf] rf;f] g} 5 . pxfFx?n] cfkm\gf] ;'/Iffsf] rf;f] gn'sfOsg eGg'ePsf] 5 . xfdLn] pxfFx?nfO{ 9'Ss;Fu eg]sf 5f}+, xfdL t tkfO{x?sf] kx/]bf/ g} xf}+ . v'nf / lgoldt gePsf] ;Ldfgf klg xfdLn] hf]ufP/ /fv]sf 5f}+ . ToxfFsf] u[xdGqLn] låkIfLo jftf{df gf]6d} eGg'g} ef], g]kfnn] g} hf]ufPsf] sf/0fn] ;Ldfgf lgoldt eO/x]sf] 5 . tkfO{x?s} ;xof]un] !% s/f]8eGbf a9L gSsnL ef? hkmt ug{ ;Sof}+ eGg'ef] . o:t} t:s/Lsf] s'/f h:tf blIf0flt/sf rf;f] x'g\ . To;df xfdLn] cf:j:y kfg{ k|of; u¥of}+ . rLgsf] rf;f] eg]sf] ltAatdf ultljlw gul/of];\ eGg] g} xf] . of] :jfefljs xf] . pxfFx?nfO{ xfdLn] s] eGof}+ eg] xfdLn] xfd|f] e"lddf tkfO{x?sf] lj?4 k|of]u ug{ lb+b}gf}+, eg]/ l;w} eGof}+ / To;df cf:j:y kf¥of}+ .

**dfpG6]g kmf]s; M** k|wfgdGqL s]kL zdf{ cf]nLsf] g]t[Tjdf ;/sf/ ag]sf] ^ dlxgf cjlw k"/f ub}{5 . j}zfv gnfUb} dw]; cfGbf]ng / ;/sf/ kl/jt{gsf] cfFwLj]/L cfpFb}5 /] eGg] rrf{ rn]sf] 5 . ;/sf/n] s;/L a'lem/x]sf] 5 <

**lji0f' l/dfn M** ^ dlxgfdf xfdLn] s] u¥of}+, s;f] u¥of}+ eGg] af/]df t ;DejtM k|wfgdGqLn] Pp6f ;fj{hlgs sfo{qmddf g} af]Ng'x'G5 xf]nf . ToxLF g} ;fËf]kfËf] cfOxfN5 . cfFwL, x'/L atf; t lxhf] klg cfof] . To:tf] cfpF5, hfG5 . To;df t s] 7'nf] s'/f eof] / <

**dfpG6]g kmf]s; M** k|wfgdGqL s]kL zdf{ cf]nLsf] rLg e|d0f ug]{ qmddf h'g dGqLx? nlug'kYof]{, dfcf]jfbLsf cfk"lt{ dGqL, pmhf{ dGqL, tL dxTjk"0f{ dGqfnosf dGqLx? guP/ lzIff dGqL uP, To;df klg dfcf]jfbLsf] c;Gt'li6 5 lsgls, dfcf]jfbLn] tTsfn} OGwg ;Demf}tfdf hf]8 lbPsf] lyof] klg elgof] .

**lji0f' l/dfn M** of] cGbfh xf] . of] k|ZgnfO{ g} d}n] lsg /f]Sg rfx]F eg] lg To:tf] xf] t cfk"lt{ ;lrjn] ul/xfN5 lg . ;a} dGqLx?sf] hGtL lnP/ hfg} kb}{gYof] . rf/ hgf dGqL lyof], k|wfgdGqLn] h'g cfjZos eof], ToxL lnP/ hfg'eof] . xfdLn] l;+u} dGqfno lnP/ uPsf lyof}+, Pp6f dfqdGqfno xf] / < tkfO{n] x]g'{eof] eg] ;lrjx?sf] ayfg lyof], xfdLl;t . ;f+;beGbf a9L ;lrj lnP/ uPsf lyof}+ . ;x;lrj lnP/ uPsf lyof}+ . s'g} klg dGqfnosf] s'g} klg sfd ug'{k¥of] eg], ;xL ug{ k¥of] eGg] ;f]r]/} lnP/ uPsf lyof}+ .

**dfpG6]g kmf]s; M** tL ;a}sf] h?/L lyof] / <

**lji0f' l/dfn M** xf] h?/L lyof] . lsg h?/L lyof] eg] h:tf] clxn] tkfO{n] k|Zg ug'{eof] lg, cfk"lt{sf] s'g} tTsfn ;xL ug'{k¥of] eg] ToxLF ;dsIfL rflxG5 . xfdLn] t ueg{/ klg ;Fu} lnP/ uPsf lyof}+ . To;sf] rr}{ ePg lg . xfdLn] a}+s;Fu ;DalGwt ;Demf}tf ug{nfO{ ueg{/} lnP/ uPsf lyof}+ . ueg{/ Jo:t x'g'x'GYof], ;Fu} hfg'eof] . pxfFn] cfkm\gf] sfd l;Wofpg'ef], kmls{xfNg'ef] .

**dfpG6]g kmf]s; M** olt 7"nf] hDaf] lsg cfjZos lyof] /, k|wfgdGqL s]kL zdf{ cf]nLn] lghL ljdfg} lsg r9\g'k¥of] <

**lji0f' l/dfn M** o;nfO{ s;/L a'em\bf /fd|f] x'G5 eGbf klxnf] s'/f sqf] l6dnfO{ hDaf] eGg] s'/f xfdL :ki6 x'g'k5{ eGg] nfU5 . d}n] Pp6f klqsfdf k9]F ls a]notsf] /fhs'df/ Xof/L #) hgfsf] hDaf] l6d af]s]/ cfpg'ef] eg]/ . xfdL em08} Jofkf/L ;d]t u/L () hgf hlt uof}+ . Tof] () hgf hDaf] xf] ls xfd|f] ;/sf/L l6dsf] $% hgf hDaf] xf] ls < Xof/Ln] NofPsf] #) hgf hDaf] xf] < of] zAb k|of]u ubf{ lg Vofn ug'{k¥of] . l6d lsg hfG5 eGbf of] Ps lsl;dn] :jfledfgsf nflu klg hfG5 / cfkm\gf] k|lti7f b]vfpgsf nflu klg hfG5 . x}g eg] rLgdf xfd|f] /fhb"t} x'g'x'G5 lg . ul/a b]zsf hgtfsf] lt/f]df afFr]sf] k|wfgdGqL e|d0f} guPsf] eP klg x'GYof] lg < lsg hfg' kYof]{ / e|d0fd} guP eP klg x'GYof] lg < Ps lbg kms]{/ cfP klg x'GYof] . kfFr lbg, ;ft lbg lsg a:g] < hDd}sf cf–cfkm\gf] 8]sf]/d x'G5 s] < /fhsLo e|d0f ;;'/fnL uPsf] h:tf] t xf]Og lg < Pp6f emf]nf lnP/ lnv'/ lnv'/ hfg] t xf]Og of] /fhsLo e|d0f .

**dfpG6]g kmf]s; M** b'O{ hgf JolQmsf] d sf]6 u5'{, lghL Po/ nfoG; k|of]u u/]sf]df Ps hgf kfOn6 ljho nfdfn] eGg'eof] – of] b]zdf a:g dnfO{ nfh nfUof] d]/f] Wjhfafxs ljdfg ljdfg:yndf /f]lsof] . csf]{ Ps hgf k"j{ k|wfgdGqL 8f= afa'/fd e§/fO{n] ljgfzsf/L e"sDk / olt 7"nf] gfsfaGbLsf] df/df olt 7"nf] hDaf] 6f]nL lsg cfjZos k¥of] < eg]/ pxfFn] 6\jL6 ug'{ePsf] lyof] .

**lji0f' l/dfn M** d}n] o;nfO{ o;/L hjfkm lbg pko'Qm 7fG5' – Pp6f ;/sf/L Wjhfafxs SofK6]gn] Tof] zAb k|of]u u¥of] . pxfFsf] kbLo x}l;ot xf] ls xf]Og < pxfFnfO{ lrGtg ug{ cfu|x u5'{ . xfdLl;t Pp6f dfq /fli6«o Wjhfafxs hxfh 5 . Tof] hxfh ;ft–;ft lbg;Dd :6f08 u/fPsf] eP pxfFn] s] sd]G6 ug'{x'GYof] . clg ToxL Wjhfafxs 5f]8]/ hfFbfv]l/ pxfFn] ;dodf ;]jf lsg lbg;Sg' ePg < lxhf]sf] lbgdf Tof] klg lx;fa lstfa u/] x'GYof] h:tf] dnfO{ nfU5 . xfdLn] /fli6«o WjhfafxsnfO{ lgoldt lahLg]/ ug{ lbg' ck/fw xf] ls xf]Og < Vofn ug'{k¥of], gDa/ ! . gDa/ @– xfd|f] ;+ljwfgn] tLg j6f s'/fsf] Uof/]G6L u/]sf] 5, Tof] dfG5]n] la;{g' ePg . hxfF dgk¥of] ToxfF b}nf] agfpg' x'Fb}g . xfd|f] ;Gbe{df ;+ljwfgn] eg]sf] klxnf] s'/f, xfdL cy{tGqsf] ;fj{hlgs kIf klAns OG6/k|Oh]hnfO{ k|f]T;fxg u5f}{+ . bf];|f] s'/f, ;xsf/L cy{tGqnfO{ xfdL dxTj lbG5f}+ . t];|f] s'/f, xfdL lghL kIfnfO{ dxTj lbG5f}+ . tLg j6} cy{tGqsf] vDafnfO{ a/fa/ cufl8 a9fpF5f}+ elgPsf] 5 . lghL Wjhfafxs eg]sf] g]kfnsf] %! k|ltzt lghL Aofkf/Lx?sf] nufgL ePsf] Wjhfaxfs xf] . o;sf] k|df]6 ug]{ lhDdf g]kfn ;/sf/ / g]kfnsf] k|wfgdGqLsf] xf] ls xf]Og < gDa/ ! .

gDa/ @, o;/L hfFbfv]l/ /fi6«nfO{ Iflt k'¥ofPsf] eP, Tof] sDkgLnfO{ k};f lt/]/ ;fj{hlgs ;+:yfgnfO{ k};f glt/]sf] eP k|Zg ug'{ Psbd Eofln8 ts{ x'GYof] . xfdLn] z'Ns lt/]gf}+ . olb of] Pdfn]sf] ;dy{ssf] Jofkf/Lsf] eGg] ts{ s;}sf] /x]sf] xf] eg] d clxNo} v'Nnf r'gf}tL lbG5', s;}n] P y|L ytL{ hxfh tof/L /fvf];\, c? Pdfn] lj/f]wL Jofkf/Ln] g]kfnL x'g'k¥of], To;nfO{ lnP/ xfdL hfpFnf . /fi6«sf] k};f hf]ufpFnf .

**dfpG6]g kmf]s; M** Pp6f p8fg g} ge/]sf] ljdfg k|wfgdGqL s]kL zdf{ cf]nLn] rLg h:tf] zlQmzfnL /fi6«sf] e|d0f ug'{ x'GYof] ls x'Gg < ahf/sf] l6Kk0fL / rrf{sf] s'/f u/]sf] . Tof] cfd g]kfnLsf] efjgf klg x'g;S5 Tof] < s]xL JolQmx?sf] c;Gt'li6 klg x'g;S5 < ;Fu;Fu} k"j{k|wfgdGqL 8f= afa'/fd e§/fO{sf] k|ltlqmof klg d}n] hf]8]sf] lyPF .

**lji0f' l/dfn M** afa'/fdhLsf] l6Kk0fLnfO{ t d sd]G6 g} ug{ rfxGg . lsg eg] pxfFh:tf] xfd|f] k|wfgdGqL xf]Og . pxfFn] b]vfpgnfO{ d':tfª b]vfpg'ef], r9\bf cyf]{s} r9\g'ef] . xfdL To:tf] ub}{gf}+ . To:tf] gf6s ug{ xfd|f] k|wfgdGqLnfO{ cfpFb}g . pxfF Pu]G:6df 6«fon ub}{ lx8\g] dfG5] xf] . To;}n] d}n] 8f= afa'/fd e§/fO{sf] cgf:yf gxf];\ eg]/ s]xL klg l6Kk0fL ug{ rfxGg .

**dfpG6]g kmf]s; M** pxfFsf] l6Kk0fLdf c?n] klg l6Kk0fL u/]sf 5g\ .

**lji0f' l/dfn M** Tof] t km];a's / 6\jL6df s;/L l6Kk0fL x'G5g\ eGg] t d /fd|/L hfGb5' . d}n] klg w]/} ;f]l;on d]l8of x]g]{ u5'{ . dnfO{ d'v 5f]8\g]x?n] s;/L d'v 5f]8\g'x'G5 < lsg 5f]8\g'x'G5 eg]/ klg dnfO{ yfxf 5 . a'em]/ n]Vg'x'G5 jf ga'em]/ n]Vg'x'G5 Tof] d"NofÍgsf] ljifo 5g\ . To;sf/0fn] ubf{ d}n] pxfFx?nfO{ hlxn] klg hjfkm s] lbg] u5'{ eg] hf] hf] ;f]l;on d]l8ofdf x'g'x'G5 . n]Vbfv]l/ cln lhDd]jf/ eP/ dfq n]vf}+ dfq eGg] u5'{ . 8fS6/ ;fx]a s'/fnfO{ d lsg sd]G6 ulb{g eg] pxfF hfg'x'Fbf slt s;/L hfg'ePsf] 5 < jf pxfFnfO{ s;}n] 8fs] ls 8fs]gg\ < slt j6f ldq /fi6«n] 8fs] . Tof] t cfkm\gf] x}l;ot klg t xf]nf lg < ldq /fi6«n] 8fs] ls 8fs]gg\, Tof] klg vofn ug'{kg]{ s'/f x'g\ . /fhsLo e|d0fsf] ldlgª s] xf] pxfFn] Vofn ug'{k5{ . pxfF k|wfgdGqL eO;s]sf JolQmnfO{ d h:tf] Pp6f n]ansf] JolQmn] l6Kk0fL ug'{ cln zf]egLo x'Fb}g . bf];|f] lghL hxfhsf] ;Gbe{df ;fj{hlgs ;+:yfg hf] 3f6fdf uO/x]sf] 5,

**dfpG6]g kmf]s; M** d}n] tkfO{ rLg e|d0fdf uO/x]sf] a]nf oxfF ePsf] Ps lsl;dsf] l6Kk0fL d}n] ;'gfO lbPsf] xf] . Tof] ;Fu;Fu} s] klg elgPsf] 5 eg] lrlgofF nufgL klg 5, Tof] lxdfnog Po/ nfoG;df . of] rLgnfO{ v';L kfg{ klg k|wfgdGqLn] k|of]u u/]sf x'g\ eGg] klg 5 .

**lji0f' l/dfn M** To:tf] cd]l/sfn] klg k7fP eOuf] lg t . cd]l/sfn] $( k|ltzt nufgL u/]sf] / g]kfnLn] %! k|ltzt nufgL u/]sf] h]8 ljdfg k7fcf];\, xfdL ToxL r9]/ hfcf}+nf, s'g 7"nf] s'/f eof] / < csf]{ 6]:6 ˆnfO8 g} gu/]sf] hxfh eg]/ Tof] cfO{ 6fj/n] ;l6{lkms]6 glbOsg hxfh t p8\b}g < hxfh t df]6/ ;fOsn lx+8fP h:tf] t x'Fb}g . k|To]s cfsfzdf l5bf{v]l/ Tof] b]zx?n] :jLs[t lbg'k5{ . :jLs[t glbO{ hfFb}g . xfdLnfO{ s] rflxF yfxf 5 eg] clxn] xfd|f] hLjgeGbf k|wfgdGqLsf] hLjg slt 7"nf] xf] eg]/ yfxf 5 . eLcfO{kLsf] hLjgnfO{ bfpdf /fv]/ g]kfn ;/sf/n] lg0f{o u¥of] / To:tf] b':;fx; u¥of] eg]/ l6Kk0fL ug'{ g} slt cfwf/xLg xf] eGg] dnfO{ nfU5 .

**dfpG6]g kmf]s; M** xfdLn] clxn] sfo{qmdsf] clGtd r/0fdf 5f}+ . ;du|?kdf of] k|wfgdGqLsf] ^ dlxgfdf s]kL zdf{ cf]nLsf] ;/sf/ s:tf] /Xof] < Tof] ;Fu;Fu} /fli6«o ;xdltsf] ;/sf/sf] s'/f klg cfO/x]sf] 5 . Tof] s] xf] < k|wfgdGqLsf] ;fem]bf/ PsLs[t dfcf]jfbL s]Gb|sf g]tfn] klg Tof] eGb} cfPsf 5g\ . ;fy} k|wfgdGqL s]kL zdf{ cf]nLn] hf] ljgfzsf/L e"sDk / gfsfaGbLnfO{ h'g 9+un] d'sflanf ug'{kYof]{, Tof] ug{ ;s]g eg]/ dfcf]jfbLsf] s]Gb|Lo sld6Lsf] j}7sdf s'/f p7\of] .

**lji0f' l/dfn M** d tLg j6f s'/f eG5', Pp6f ^ dlxgfdf s] s] ef], s;/L uof] < eGg] af/]df xfd|f] k|wfgdGqLn] rfF8} g} ;Daf]wg ug'{ x'G5 xf]nf eGg] nfU5 dnfO{ . clxn] d olt dfq eGg rfxG5' ls l5d]sL;Fu ePsf] c;dembf/L cGTo ug]{, gofF l5d]sL;Fu gofF 9+un] ;DaGw ;'wf/ ug]{ / b]znfO{ cufl8 a9fpg] uf]/]6f] vGg] sfd ^ dlxgf aLrdf ePsf] 5 . d ;fgf] sfddf hfg rfxGg . slt j6f emf]n'Ë] k'n ag] h:tf] s'/f kl5 cfpnf .

bf];|f] ljifo eg]sf] k'glg{df{0f k|flws/0f alg;s]kl5 b|'tt/ ultdf sfd x'g'kg]{df lsg ePg eGg] ljifodf Tof] k|Zg d]/f] klg xf], d]/f] k|wfgdGqLsf] klg xf] . cfh} dfq} klg k|flws/0fn] cfof]hgf u/]sf] sfo{qmddf k|wfgdGqLn] eGg'ef] ls of] s5'jfsf] rfn klg ePg, b'O{ dlxgfdf ;lsg] sfd Ps jif{df klg ePg . xfd|f] ^, & dlxgf sfg'g aGg nfu] xf]nf . To;df PS;So'h kfpFb}g . e/] jf ef]lnsf] clxNo} ug'{k5{ h:tf] sfd ug'{k5{ . o;df bf]if d JolQmnfO{ elGbgF . d klg To;sf] g]tf ePsf] x'gfn] d klg bf]ifsf] efu lnG5' . ef]lnb]lv IfDo x'Fb}g . pbfx/0f} lbP/ eGg'ef], d}n] d]/f] w/x/f d} agfpF5', h'g cleofg ;'? u/]F, xfdLn] !\* nfv afx]s k};f klg hDdf eO/fsf] 5}g . tkfO{n] s] x]g'{ef] eg]/ k|Zg klg ug'{ef] . Tof] k|Zg dnfO{ klg xf] eg]/ pxfFn] cfkm"nfO{ klg eGg'ef] . pxfFn] dxfdlxd /fi6«klt NofP/ /fgLkf]v/Lsf] lznfGof; u/fOof] . /fgLkf]v/L h:tfsf] t:t} 5 eGg] d}n] ;'g]sf] 5', Tof] s] xf] eg]/ k|Zg klg ug'{ef] . Tof] k|ZgnfO{ klg pxfFn] km]l/ Tof] dnfO{ klg xf] eg]/ k|ltk|Zg ug'{ef] . xfdL o;nfO{ tLj|tf lbG5f}+, @ dlxgfdf eO;Sg] sfd ^ dlxgf;Dddf klg lsg ePg eg]/ klg lh1f;f /flv /fv]sf 5f}+ . oBlk, en} cufl8sf] tLg dlxgf eg]sf] lgod sfg'g agfpg k"0f{tf lbg g} uPsf] lyof] . tLg dlxgfd} klg w]/} x'GYof] . hjfkm lbg]n] t tLg dlxgf eOuf] lg eGnfg\,

To;kl5 oxfFn] p7fpg'ePsf] ;/sf/sf] ;Gbe{, ;/sf/sf] ;Gbe{df t k|wfgdGqLn] klg ;/sf/ la:tf/ u5'{ eGg'ePsf] 5 . g]kfnL sfª\u|];sf] dxflwj]zg kl5 ;/sf/ la:tf/ x'g;S5 eg]/ k|wfgdGqLn] g} af]ng'ePsf] xf] . olb g]kfnL sfª\u|]; ;fd]n x'g rfx]df ;/sf/ la:tf/ x'G5 . dw]; s]lGb|t bnx? rfx]df ;/sf/ la:tf/ x'g;S5 .

**dfpG6]g kmf]s; M** ;/sf/ t 9Nb}g <

**lji0f' l/dfn M** d]/f] cfkm\gf] a'emfOdf ;/sf/ 9N5 eGg] t nfUb}g . s;} s;}n] 9N5 eg]b]lv ;f]Rg'knf{, sd ;] sd ;Qfwf/L u7aGwgsf bnx?n] ;Qf 9N5 geg];Dd t ;/sf/ 9Nb}g . lsgeg] ljkIfdf /x]sfn] t ;/sf/ 9fN5' eGbf t pxfFx?n] klxn] ljkIfdf ef]6 xfn]s} xf] . pxfFx?sf] ef]6 slt 5 eg]/ yfxf 5Fb}5, s;/L 9fNg] <

<https://www.youtube.com/watch?v=ceddzeKQ2iY&index=22&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>