Date: Feb 16, 2016, Himalayan TV,

# *Samaya Sandarva with Bishnu Rimal*

प्रधानमन्त्रीका राजनीतिक सल्लाहकार विष्णु रिमालसँग गरिएको कुराकानी ।

k|wfgdGqLsf] ef/t e|d0f / g]kfnn] u/]sf] ck]Iff

**lxdfno ;do;Gbe{** M k|wfgdGqLsf] e|d0fsf] tof/L s:tf] eO/x]sf] 5 < p2]Zo s] 5 <

**lji0f' l/dfn** M xfdL clGtd tof/Lsf] r/0fdf k'u]sf 5f}+ . clxn] k|wfgdGqLHo"n] klg aflx/ eGb} cfpg'ePsf] 5, o;kN6sf] ef/t e|d0fsf] d"n p2]Zo eg]s} ;DaGw ;'b[9Ls/0f} xf] . Oltxf;df nfdf] ;dob]lv g]kfn / ef/t l5d]sL ldq /fi6«sf] x}l;otn] Ps 9+un] ljz]if ;DaGw /lxcfPsf] xf] . sfn v08df ljleGg ;dodf ef/t / g]kfnsf] ;DaGwdf ptf/ r9fj cfpg] u/]sf] 5 . ;g\ @)!% df ef/t / g]kfn aLr ;DaGw tLtf] ag]sf] 5 . o;sf/0fn] cfufdL k|wfgdGqLsf] ef/t e|d0fdf s'g} klg tLtf]kg /xg glbg], Oltxf;df s'g} sdL sdhf]/L / e'n ePsf 5g\ eg] ;'wf/ ug]{ / cfufdL lbgdf b'O{ b]zaLr s'g} klg lr;f]kg gcfcf];\ eGg] tof/Lsf] lx;fan] cufl8 a9\b} 5f}+ .

k|wfgdGqLn] eGg'ePs} zAb k|of]u ug]{ xf] eg] xfdLnfO{ ldqtf rflxPsf] 5, of]eGbf c? xfdLnfO{ s]xL rflxPsf] 5}g, ldqtfleq ;a}yf]s 5 eGg'ePsf] 5 . e|d0fsf] klxnf] Ph]08f eg]sf] ldqtf / ;DaGwnfO{ ;'b[9Ls/0f ug]{ xf] . b'a} kIfsf] rf;f]nfO{ xfdLn] 6]a'ndf /fVg] xf] . g]kfn cfkm"n] cfkm\gf] rf;f] s] xf], To;} elgxfN5 / xfdL xfd|f] ;/sf/sf] tkm{af6 xfd|f] k|wfgdGqLHo"n] ef/tsf] cfkmgf] s'g} rf;f] ;d]t ;'Gg xfdL tof/ 5f}+ . ;DaGwdf tndfly kg'{ rf;f]df tndfly kg'{ xf] . pxfFx?sf rf;f] s]xL 5g\ xfdL ;f]W5f}+, t/ xfd|f] rf;f] xfdLn] :ki6 9+un] /fV5f}+, ToxL lx;fan] xfdL cufl8 hfG5f}+ .

**lxdfno ;do;Gbe{ M** 6f]nLdf s:tf dfG5] 5g\, 6f]nL sqf] x'G5 <

**lji0f' l/dfn M** oBlk Soflag]6n] lg0f{o u/L aflx/ cfpg afFsL g} 5 . d]/f] ljrf/df, s]xL dxTjk"0f{ dGqLx? hfg'x'G5 / ljleGg dGqfnosf s]xL ;lrjx? hfg'x'G5, Pp6} dGqfnosf] ;lrj / dGqL kg'{x'Gg, o;/L em08} rf/ kfFr hgf ;rljx? / tLg hgf hlt dGqLx? hfg'x'G5 xf]nf . k//fi6« dGqL kg'{ g} x'G5, Tof] afx]s k//fi6« dGqfnosf] Pp6f l6d g} x'G5 . ====ljleGg bnsf ;f+;bx?sf] Pp6f l6d g} x'G5 . k|wfgdGqLsf] /fHoaf6 3f]lift u/]sf kbflwsf/Lx? / k|wfgdGqLsf ;xof]uLafx]s cGo sf]xL ;fdn] x'G5 xf]nf h:tf] dnfO{ nfUb}g .

Joj:yflksf ;+;bsf em08} Ps bh{g hlt dfggLox? /xg'x'G5 xf]nf . o;df ljkIf bn, k|d'v k|ltkIf bnsf g]tfx? x'g'x'G5, o;/L ;a} lx;fan] x]g]{ a]nf /fi6«s} k|ltlglwTj x'g] u/L e|d0f bn aG5 / Tof] bnn] g]kfn / ef/t aLr ;Dagw ;'b[9Ls/0fsf nflu sfd u5{ .

o:t}, d]/f] ljrf/df Joj;foLx?sf] 5'§ 6Ld x'G5 . o;df cfkm\g} ;+:yfaf6 l;kml/; ePsf dfG5x? k5{ . Tof] 7"nf] 6f]nL klg x'g ;S5 . Joj;foLx?sf] l6dafx] /fHon] Joxf]g{kg]{ JolQmx?sf] lx;fa ug]{ xf] eg] $% gf£nf h:tf] dnfO{ nfUb}g .

**lxdfno ;do;Gbe{ M** e|d0fsf] p2]Zo ldqtfnfO{ k|uf9 ug]{ tkfO{+n] eGg'eof],To;f] xf] eg] ldqtfdf xfd|f] sxfFlg/ ;d:of cfPsf] lyof] < ;DaGw ;'b[9Ls/0fsf nflu xfd|f] tof/L s] 5 <

**lji0f' l/dfn M** xfdLn] tYo /fVg] xf], h:tf] xfdLn] eGb} cfPsf], dw];L g]tfx?n] klg eGb} cfPsf] g]kfn / ef/t aLrsf] xfd|f] ;DaGw eg]sf] /f]6L / a]6Lsf] ;DaGw xf] eG5f}+ . xfd|f] ;Ldfgf v'nf 5, !(%) sf] ;lGw cg';f/ of] b]zsf] gful/s / Tof] b]zsf] gful/s Ps csf]{ b]zdf sfd ug]{ clwsf/ lbPsf] 5, Tof] xfdLn] elg cfPsf xf}+, ToxL lx;fasf] Jojxf/df klg 5 . olt v'nf ;Ldfgf lgoldt gu/]sf] ;Ldfgf /xbf /xb} klg b'O{ b]zsf] aLrdf slxn] sfxLF lsg ltQmtf cfpF5 eGg] s'/fdf xfdL cfZro{rlst 5f}+ . g]kfn Pp6f cfkm} /fi6«sf] lx;fan] s'g} klg /fi6«sf] ljkIfdf /fVg] 5b}5}gf}+, g]kfnsf] :jefj}n] s;}nfO{ klg cd}qL agfpg] 5b}5}g . To:tf] x'Fbf x'Fb} klg l5d]sL /fi6«x?n] ul/g] Jojxf/ eg] xfdLn] ck]Iff u/]cg';f/ lsg ePg eGg] xfd|f] lh1f;f /xg ;S5 . To;sf/0fn] ubf{ oL kIfx?nfO{ sf]6\ofpg] sfd t cjZo g} x'G5 xf]nf . b'a} kIfsf] rf;f] eGgfn] o;}df k5{g\, t/ d :ki6 s] kfg{ rfxG5' eg] ;w}+el/ l5d]sL b]zx? / l5d]sL eGbf k/sf] b]zdf e|d0f ubf{ v]l/ lj;ln:6 t aflx/ cfpF5g\ g} . To;sf] cfwf/df ;kmn / c;kmnsf] lx;fa lstfa aflx/ cfpg] /fhgLlts ljifo klg cfly{s lx;fa klg Tof] lx;fadf cfpg] u/]sf] 5 . clxn] xfdL To;f] ug{ uO/x]sf 5}gf}+ . clxn] xfdL s] ug{ uO/x]sf 5f}+ eg] ;lGw ;Demf}tfsf ljifo ef/tLo k|wfgdGqL cfpFbf v]l/ Pp6f k|a'4ju{ agfP/ k|a'4ju{sf] lg0f{o cg';f/ xfdLn] cfkm\gf] tkm{af6 tf]lsPsf] rf/ hgf JolQmnfO{ k|a'4x/sf] ;d"x agfO ;s]sf 5f}+ . ;"o yfkfb]lv 8f= /fhg e§/fO{ ;Dd . Tof] ;d"x alg;s]kl5 ef/t / g]kfn aLr ePsf] s'g} klg ;lGw, ;g\ !(%) ;lGw eGg';\ jf cGo ;lGw ;Demf}tfsf] af/]df ToxL ;d"xn] ljrf/ ug]{5, To;n] b'O{ jif{sf] ;do lng]5, To;kl5 To;n] lbPsf] ;'emfa cg';f/ csf]{ ;lGw ;Demf}tf x'g]5 .

**lxdfno ;do;Gbe{ M** ef/tn] t cfkm\gf] ;d"x agfPsf] 5}g <

**lji0f' l/dfn M** d]/f] cfkm\gf] a'emfOdf pxfFx?n] xfdL eGbf klxn] gfd tof/ u/]sf] lyof], xfdLn] l9nf] u¥of}+, clxn] xfd|f] gfd aflx/ cfof], ca pxfFx?n] klg cfkm\gf] gfd aflx/ Nofpnf . gfd cfPsf] kl5 gfd cfbfg k|bfg ug'{k5{, To;sf] lglZrt ljlw 5g\ . xfdLn] lg0f{o ugf{;fy k|rf/} u¥of}+, o;n] k"0f{tf kfpg] 5}g, k"0f{tf geP;Dd k|a4ju{n] sfd yfNg kfpg] 5}g . o;n] ug]{ tf]lsPsf] sfof{b]zsf] ljifo eg]sf] g]kfn ef/t aLrsf] ljleGg ljifodf cfkmgf] /fo /fVg], ljrf/ ug'{kg]{ ljifosf] tof/ ug]{ xs /fV5g\, b'a}n] a/fa/ ah]6 5'6\ofpg'kg]{, xfdLn] Ps s/f]8 5'6\pg] / ef/tn] klg Ps s/f]8 5'6\ofpF5 . o;kl5 of] k|a4 ;d"xn] cfkm"nfO{ cfjZos kg]{ lj1x?nfO{ xfo/ ug{ klg ;S5, ;Nnfx lng klg ;S5 . w]/} u[xsfo{ x'G5, tLg tLg dlxgf pxfFx?sf] ;d"xsf] e|d0f cfbfg–k|bfg klg x'G5 . ;+o'Qm j}7sx? klg x'G5 . To;sf/0fn] o;df k|j]z ug}{ kb}{g . k|j]z ug{ gkgf{;fy slxn]sfxLF k|wfgdGqLHo"sf] ljefu jf cGo lgsfon] of] ljifodf af]Nof] af]n]g eGbf klg cfkm} yftL /fv] eOxfNof] . h:tf] d]l8ofdf klg d}n] ;'Gb}5' ls !((% df rflxF d]/} cfkm\g} kf6L{sf] tTsfnLg cWoIf >4]o dgdf]xg clwsf/L x'g'x'GYof], pxfFs} cu'jfOdf ef/t hfFbfv]l/ ef/tl;t ePsf ;lGwx?sf] k'g/fjnf]sgsf] s'/f p7]sf] lyof] . clxn] xfd|} bnsf csf{ g]tf k|wfgdGqL ag]sf a]nfdf Tof] ljifonfO{ k"0f{tf lbg kfpF5 ls kfpFb}g eg]/ ldl8ofdf cfPsf] b]V5' . ca d}n] o;df s] :ki6 kfg'{k5{ eg] ca o;sf nflu t ca k|wfgdGqLsf] w]/} rrf{ ug}{ kb}{g . lsgeg] b'a} b]zsf] k|wfgdGqLsf] e]63f6df, b'a} b]zsf] ;/sf/ k|d'vsf] ;xdltdf k|a'4 ju{ gfof}+, k|a'4 ju{sf] lj1n] lgisif{df n}hfG5, clg To;nfO{ 6'ª\UofOxfN5f}+ . afFsL /x]sf ljifo eg]sf] t ca ef/tsf rf;f]x? s] 5g\, slxn]sfxLF rf;f] ga'em]sf sf/0fn]

**lxdfno ;do;Gbe{ M** ef/t;Fu h]hlt gldn]sf s'/fx? 5g\, tL ;a} k|a'4ju{n] ;'Nemfpg] 5 <

**lji0f' l/dfn M** o;sf] b'O6f kf6f 5g\, /fhgLlts ;DaGwsf ;Gbe{df x'g] ;Demf}tfsf af/]df k|a'4ju{sf lj1x?n] 5nkmn ug]{5g\, kl/of]hgf ;Dkfbg ug]{ dfdnfdf To;nfO{ s'l//xg' kb}{g, pbfx/0fsf nflu gfd} lng'eof], k~r]Zj/ kl/of]hgf nfu" ug{nfO{ xfdLn] clxn] g} JolQm lgo'lQm ul/;s]sf 5f}+, b'O6f b]zn] kfn}kfnf] k|d'v JolQm lgo'lQm u5{g\ .

**lxdfno ;do;Gbe{ M** k~r]Zj/ sfof{Gjogsf nflu s] ;'lgPsf] 5 eg] ef/t ;/sf/ klg x}g ToxfFsf] Ao'/f]qm];L 5 To;n] clgR5f b]vfO/x]sf] 5 . /fhgLlts :t/af6 o;sf] ;dfwfg geP;Dd t o;sf] ;dfwfg s;/L x'g ;S5<

**lji0f' l/dfn M** o;df c? /fhgLlts ljifodf k|j]z ug}{ k/]g . lsgeg], of] ;lGw t b'O{ ltxfO ax'dtn] tTsfnLg ;+;bn] g} kf; ul/;s]sf] xf] . ;lGw sfof{Gjog eOxfn]df c? af]Ng} k/]g . o;df k'g/fjnf]sg d}n] b]lvg . To;df cfjZos k/]df kl5sf] s'/f xf] .

**lxdfno ;do;Gbe{ M** sd{rf/LtGq 5, To;n] g} o;nfO{ ult lbPg .

**lji0f' l/dfn M** l7s xf], k~r]Zj/sf] ;jfndf clxn] xfdLn] b'O{ b]zsf] ;femf l;Ocf] lgo'Qm u¥of}+ . ;g\ @)!% df, b'O{ jif{df csf]{ l;Ocf] lgo'Qm x'G5, ef/tsf]tkm{af6 . xfd|f] tkm{af6 sfo{sf/L lgo'Qm x'Fbf ef/taf6 bf];|f] JolQm lgo'Qm x'G5, ef/taf6 sfo{sf/L lgo'Qm x'Fbf xfd|f]tkm{af6 bf];|f] JolQm /xG5 . ca xfd|f] lh1f;f ldq /fi6«sf] k|wfgdGqL;Fu s'/f ubf{v]l/ pbfx/0fsf nflu k~r]Zj/s} s'/f u/f}+, k~r]Zj/sf] 8LkLcf/ slxn] tof/ u5f}{+, lj:t[t kl/of]hgf slxn] tof/ x'G5, o;sf] ljQLo Joj:yfkg s;/L x'G5 < o;sf] sfof{Gjogsf] 6fOdnfOg s] xf] < of] k|f] h]S6 slxn] ;'? eP/ slxn] cGTo x'G5 < oL ;a} h?/L x'G5 . klxn] xfdLn] w/} d]3fjf6 ljh'nLsf] s'/f u/]sf lyof}+, kfgLsf] sf] afF8kmfF8sf] s'/f u/]sf lyof}+, ca lah'nLsf] pTkfbg slt xf] t < ^ xhf/, \* xhf/, !) xhf/ slt xf] t < oL hDd} tof/ ug'{k5{, To;sf/0fn] ubf{ lah'nL kl/of]hgf tof/ x'g] a]nf;Dddf oL ;a} s'/f cfpnf, To;sf/0fn] ubf{ o;nfO{ xfdLn] 6fOdnfOgdf nfg rfxG5f}+ .

**lxdfno ;do;Gbe{ M** k~r]Zj/ eof], k~r]Zj/ h:t} c? kl/of]hgf sfof{Gjogdf lzlynf cfPsf] 5, o;nfO{ k|wfgdGqL :t/df tTsfn 7f]; s'/f u/]/ kl/0ffdd'vL jftfj/0f Nofpg ;lsG5 ls ;ls+b}g <

**lji0f' l/dfn M** cjZo x'G5, To;sf/0f of] e|d0f 6f]nLdf tLg hgf dGqLx? hfg'x'G5, dGqLx?sf ;fy;fy} ;DalGwt dGqfnosf ;lrjx? klg hfg'x'G5, of] eg]sf] Toxf;Demf}tf ug{ kg]{ kl/l:ylt klg cfpg ;S5, To:tf] ePdf ;DalGwt dGqLx? / ;lrjx?n] ;xL ug'{x'G5, ToxL cf;fdf g} xfdLn] dGqLHo" / ;lrjx?nfO{ klg e|d0f 6f]nLdf ;dfj]z u/]sf 5f}+ . of] eg]sf] s] xf] eg] pbfx/0fsf nflu x'nfsL dfu{sf] s'/f u/f}+, k~r]Zj/s} s'/f u/f}+, hlt klg kl/of]hgf ldq /fi6« ef/t;Fu ldn]/ ug]{ eg]/ ;Demf}tf u/]sf 5f}+, To;af/] s'/f x'g ;S5, Tof] af6f]sf] s'/f x'g ;S5, kfj/sf] s'/f x'g ;S5, 6«fG;ld;g nfOgsf] s'/f x'g;S5, hlQ klg xfdLn] kl/of]hgf cufl8 a9fPsf 5f}+ . oL hDd} k'/fgf k|h]S6nfO{ xfdL hDd} ldn]/ s'/f u5f}{+, k'g/fjnf]sg u5f}{+ .

**lxdfno ;do;Gbe{ M** xfdLn] ldqtfsf] k'g/fjnf]sg / ;'b[9Ls/0fsf] s'/f ul//x]sf 5f}+ eg] xfdLn] ljutsf uNtLx?sf] klg ;dLIff ug'{ h?/L x'G5 . t/ of]aLrdf xfdLn] ef/taf6 w]/} 7"nf] b'Mv kfof}+ gfsfaGbLsf] lx;fan] . o;n] xfd|f] g]kfnsf] gofF ;+ljwfgnfO{ gf]6 u/]g, Ps lsl;dn] Tof] ;Ddfg u/]sf] ls ckdfg u/]sf] yfxf x'g ;s]g . p;n] dw];sf] cfGbf]ngdf klg pgsf] ;fy /x]sf] s'/f n'sfP/ n'Sg] s'/f] /x]g . ofjt ljifodf k|wfgdGqL :t/df s'/f x'G5 ls x'Fb}g <

**lji0f' l/dfn M** d]/f] cfkm\gf] a'emfOdf rflxF ha xfdL ldqtf a9fpF5f}+ eG5f}+, b'Vg] 3fp sf6\ofpg]lt/ hfFb}gf}+, t/ Tof] ;a}n] dgdf x]Ssf /fv]sf x'G5f}+ . pbfx/0fsf] nflu ha tkfO{+ / d]/f] aLrdf s'/f ldln/x]sf] 5}g eg] t}Fn] lxhf] o:tf] lsg ul/;\ eg]/ kfv'/f ;'ls{g] tl/sfn] t x'Fb}g lg, ufpF3/sf] h:tf] . s'6gLlts s'/f eg]sf] s'6gLlts tx x'G5 . k|wfgdGqL txdf s'/f x'Fbfv]l/ To;sf] dftxtdf s'/fsfgL x'g] w]/} tx x'G5 . o;sf/0f lj1sf] txdf, Ao'/f]qm];Lsf] txdf ;'Nemfpg'kg]{, ;'N6\ofpg'kg]{, To;sf] kbf{ k5fl8 ug'{kg]{ s'/f t hf/L g} 5 lg . w]/} dfG5]n] s] eG5 eg] gfsfaGbL v'Nb} v'Nb}g, cyjf ef]ln v'N5 eGb} cfPsf lyP lg t, Tof] ;'Nemfpg slt ufx|f] k¥of] .

**lxdfno ;do;Gbe{ M** l7s 5, s"6gLlts txdf Tof] eO;fv]sf] xf]nf, t/ g]kfnL hgtfnfO{ o;sf] pQ/ rflxG5 eg] lsg rflxof] gfsfaGbL, clg lsg v'Nof] gfsfaGbL < o;af/] yfx} 5}g .

**lji0f' l/dfn M** To;}sf/0fn] ufbf{ t, d}n] ToxL s'/f eGb}5' . o:tf] gcfcff];\ eg]/ ef]ln eg]/ nfUg] t xf] lg k|oTg ug]{ t xf] lg, s'g tl/sfn] s'g d'8df af]lng]5, kfv'/f ;'s]{/ af]lnG5 ls d';'Ss xfF;]/ af]lnG5 eGg ldNb}g lg x}g < To;sf/0fn] ubf{ xfd|f] k|oTg xfd|f] ;/sf/n] ug]{ s'/f s] xf] eg], xfd|f] k|wfgdGqLn] ug]{ s'/f s] xf] eg] xfd|f aLrdf /x]sf c;dembf/L s] x'g\, g]kfndf xfd|f] s]xL c;dembf/L 5}g . xfdLn] xfd|f] ;+ljwfg hf/L u¥of}+ .

**lxdfno ;do;Gbe{ M** kfv'/f ;'s]{/ t x'Fb}g, t/ Tof] aLrdf ePsf] k|ult s] xf], xfdLn] of] of] u¥of}+ x}, xfdLnfO{ of] sf/0fn] gfsfaGbL lyof] eg]/ g]kfnL hgtf ;fd' eGg'kg]{ g]tfx?sf] t bfloTj xf] lg .

**lxdfno ;do;Gbe{ M** l7s

**lji0f' l/dfn M** To;}sf/0fn] ubf{ n tkfO{+nfO{ Pp6f pbfx/0f lbg rfxG5', xfdLn] k6s k6s s] eGb} cfof}+ eg] cf}krfl/s :6]6d]G6df eGof}+, clxn]sf] k|wfgdGqLn] k|wfgdGqL x'gf;fy s] eGof] eg] c3f]lift ?kdf ;Ldfdf ePsf] gfsfaGbL eGg] zAb k|of]u ug'{eof] . cyf{t\ ;a}lt/ gfsfaGbL ePsf] xf]Og, ;Ldfdf ePsf] xf], cfly{s gfsfaGbL ePsf] xf]Og, Tof] klg c3f]lift ?kdf ePsf] xf] . c3f]lift lsg eGof}+ eg] csf]{ kIfn] d}n] of] gfsfaGbL u/]s} xf]Ogf}+ eGof] . of] gfsfaGbL ltdLx?s} ;d:of xf] eg]/ cfof] . xfdLn] s] eGof}+ eg] xfd|f] 3/leqsf] ;d:of xfdL g} xn u5f}{+ lg . tkfO{+nfO{ rf;f] lsg k¥of] eGb} cfof}+ . v'nf ?kdf /fhgLlts ?kdf k|ltjfbsf] ?kdf eGb} cfPsf] ljifo log} x'g\ . log} ljifonfO{ g} xfdLn] s'6gLlts efiffdf, s'6gLlts txdf 5nkmn ub}{ cfof}+ . s'6gLlts txdf gfsfaGbL x'g'kg]{, gfsfaGbL x6\g'kg]{, xfdLn] olt;Dd eGb} cfof}+ ls xfd|f] 3/leqsf] ;d:of xf] eg] xfd|f /fhdfu{x?, xfd|f gfsfx? v'nf ug{ xfdL ;Ifd 5f}+, Tof] klg ug{ tof/ 5f}+ klg eGb} cfof}+, clGtd sfndf d cfkm} klg b+u kl//x]sf] 5', dw]; s]lGb|t bnx?n] eGb} x'g'x'G5 ls xfdLn] yfxf gkfOsg gfsfaGbL x6\of] eGb} x'g'x'G5 . oBlk pxfFx? cfkm} eGb} x'g'x'GYof], xfdL cfkm}n] u/]sf] . pxfFx?n] yfxf gkfOsg s;/L x6\of] t < of] sGˆo'hdf 5, olb 3f]lift xf]Og eg] c3f]lift} xf]Og eg] l7s} 5, xfd|f] e/leqsf] ;d:ofdf cfFvf gnufpg' eGg] g xf] xfdLn] s'6gLlts efiffdf .

**lxdfno ;do;Gbe{ M** oxfF Pp6f s] /x\of] eg] ef/tLo ;/sf/n] gfsfaGbLsf sf ;dodf rLg;Fu s'/f u/]/ gfsfx? vf]Ng] ;dembf/L klg eof] . p;n] xfdLnfO{ s]xL ˆo'n pkxf/ klg lbof] . b'Mvsf] ;fyL klg aGof] / xfdLn] b'Mvsf] a]nf rLgnfO{ e/f];f klg dfGof}+, clxn] ;a} gfsfx? klg v'Nof], of] ;a} k|wfgdGqLk|lt cg'u|lxt eP/ ;'wf/ eP/ xf]Og ls g]kfnn] rLg;Fu w]/} ;Demf}tf ug{ yfNof], g]kfn / rLgsf] ;DaGw a9L a9\g yfNof], g]kfnnfO{ ToxfF em'Sg glbg / Totfkl§ lge{/tf sd ug{sf] lglDt pgn] otf tfg]sf] dfq} xf], of] p;sf] Pp6f /0fgLlt dfq} xf], eGg] s'/f] JofVof eO/x]sf] a]nfdf xfdL klg ot}lt/ cfof}+, rLgsf] ;bf;otf b'Mvdf ;fy lbg] s'/f lsg

**lji0f' l/dfn M** xfdL clxn] w]/} xfjfdf s'/f u5f}{+, xfd|f] ldl8ofn] klg af]N5, lj1x?n] klg af]Ng'x'G5, ;To s'/f]lt/ g/x]sf] x'G5, klxn] s'/f s] :ki6 kf5'{ eg] xfdLn] ef/tl;t ;DaGw ;'wf/sf] s'/f ug{ rLgl;t l/;fpg], rLgl;t ;DaGw ;'wf/ ug{ ef/t;Fu l/;fPsf] eg]/ ljZn]if0f ug]{ xf] eg] ldNb}g .

**lxdfno ;do;Gbe{ M** rLgl;t h] hlt Jofkf/ ;DaGwx? eP, To;df lzlyntf cfof], dGbtf cfPsf] xf] lg <

**lji0f' l/dfn M** 5}g, cfPs} 5}g, ToxL t eGb}5' lg d}n] clxn] . sxfFaf6 dGbtf cfof] < ;a}n] t s] rfxG5 eg] gfsfaGbL b'O{ dlxgf cufl8 l;Wofpg'k5{ eg]sf] ePg lg t < To;sf/0f kfgL vfgnfO{ t ;do nfU5 eg] xfdLn] rfx]/ dfq x'g] x}g, ljleGg ljlw x'G5g\, To;df lglZrt k|lqmofx? x'G5g\, 8«fˆ6 x'G5, 8«fˆ6 cfbfg k|bfg x'G5, d:of}bf cfbfg k|bfg x'G5, xfd|f] xtf/f]n] s]xL klg x'g]jfnf 5}g . klxnf] s'/f s] a'em\g'k5{ eg] Oltxf;df xfdLn] u/]sf e'nx? /ftf/ft ;lrg]jfnf 5}g . of] e|d0fn] s] u5{ eg] Oltxf;df ePsf e'nx? ;Rofpg d2t u5{, gofF e'nx? bf]xf]¥ofpg] 5}g .

**lxdfno ;do;Gbe{ M** of] ;/sf/ rLg hfg] ls ef/t hfg] eg]/} sGˆo'hgdf lyof], xfdLn] k//fi6«dGqLsf] s'/f klg ;'g]/x]sf lyof}+, clnslt otflt/ Ans]8 gv'Nbf k|wfgdGqL ca rLgs} e|d0fdf hfg'x'G5, kmfu'gsf] klxnf] ;ftfd} hfg'x'G5 . k//fi6« dGqLn] eg]sf] xfdLn] b]lv g} /x]sf 5f}+, ;/sf/sf cGo dGqLx?sf] s'/f klg ToxL cfO/x]sf] lyof] . l7s 5, ef/t e|d0f ug'{ /fd|f] xf] . t/ ;/sf/sf] gh/df rLgeGbf ef/t g} cufl8 /x]5 eGg] a'lemG5 .

**lji0f' l/dfn M** d}n] /fVbf /fVb} tkfO{+n] s'/f sf6\g'ef], To;sf/0fn] ubf{ s'/f cln sGˆo'hg xf]nf eGg] 8/ nfUof] dnfO{ . d b'O{ tLg j6f s'/f qmlds ?kdf eGg cg'dlt rfxG5', >f]tfx?nfO{ e|ddf gk/f];\ eg]/ .

!= g]kfn / ef/t / rLg;Fusf] ;DaGwdf Pssf] kIfn] csf]{nfO{ ljkIfdf /fVg] s'/f] x'Fb}g . Pssf] lj/f]w u/]/ csf]{nfO{ ;dy{g ug]{ s'/f] x'Fb}g, xfdL sf8{ eg]/ k|of]u u5f}{+ lg ef/t sf8{, rLg sf8{ eg]/ . of] sf8{sf s'/f x}g .

 @= of] ;/sf/ cfPb]lv Jofkf/ ljljwLs/0f eGb} cfPsf] 5 . Jofkf/ ljljwLs/0f Pp6f b]z;Fu dfq ;+ut u/]/ x'Fb}g, b'O6f b]z;Fu ;+ut ug'{k5{ . To;df ;/sf/ tndfly ub}{ ub}{g .

 #= g]kfn e"kl/j]li7t /fi6« xf], ef/t kl/j]li7t /fi6« xf]Og . o;sf] nflu cGt/f{li6«o kf/j/xg ;lGwsf nflu xfdL ;a} /fi6«x?;Fu ;DaGw /fV5f}+ o;df e|d kfNg' h?/L g} 5}g . stf klxn] e|d0f ug]{ eGbf d k|wfgdGqLs} efiff k|of]u u5'{, s'g} led;]g 5}g, d eLd;]g kftL r9fP/ hfg'k5{ eGg] 7flGbgF . pxfFn] eGg'ePsf] zAb oxL xf] . d oxfF k//fi6« dGqLHo"sf] sf]6 u/f}+, k//fi6« dGqLHo"n] ef/t e|d0f klxn] x'G5 klg eGg'ePsf] 5}g, rLgsf] klxn] e|d0f x'G5 klg eGg'ePsf] 5}g . b'a}lt/ rfF8} x'G5 eGg'ePsf] lyof] . d o; ljifodf k|j]z} ug{ rfxGg . To;sf/0f xfdLn] rflxg] ljifodf ax; ug'{ /fd|f] x'G5 . s'g klxnf] s'g k5fl8 eGg] s'g} ljifo xf] h:tf] dnfO{ nfUb}g . To;sf/0f xfdLn] ug]{ rflxF s] eGg]lt/ nfuf}+ g . xfdLn] ug]{ rflxF s] eg] xfdL ef/t / rLg b'a} b]z;Fu ;DaGw ;'b[9 u5f}{+ . ldqtfnfO{ b/f] agfpF5f}+ . ef/tl;t klg xfdL Jofkf/ u5f}{+, rLgl;t klg xfdL Jofkf/ u5f}{+ . xfdL gfsfaGbLsf] lx;fadf h'g cK7\of/f] k¥of], Jofkf/ ljljwLs/0f gePsf] h'g l:ylt lyof] lg, Jofkf/ ljljwLs/0fdf xfdL cufl8 a9\5f}+ .

**lxdfno ;do;Gbe{ M** ef/t / rLg l;t ;DaGw a9fP/ cufl8 a9\gsf] lgldQ s] s'/fsf] cfjZostf knf{ eGg] s'/fdf cfh laxfg} d}n] tkfO{+sf] kf6L{sf] Ps hgf g]tf e/tdf]xg clwsf/Lsf] Pp6f n]v k9]sf] lyPF . s]xL ;do cufl8 df]bL rLg hfFbf v]l/ Pp6f :6f6d]G6 lg:s]sf] lyof], To;df rLg, g]kfn / ef/t Pp6f Osf]gf]lds hf]gsf] ?kdf cufl8 a9\g ;Sg]sf] ?kdf, ;fob o;af/]df tkfO{+x? hfgsf/ g} x'g'x'G5, tkfO{+ o;df s]xL ;f]Rg'ePsf] xf]nf, o;af/]df tkfO{+ s] ub}{ x'g'x'G5 <

**lji0f' l/dfn M** d}n] o;df o:tf] hjfkm lbg' plrt g} 7fG5', xfd|f] g]tfn] n]Vg'ePsf] s'/f ;xL g} xf]nf, d}n] s]xL klg l6Kk0fL ug'{kg]{ h?/L g} ePg . dnfO{ s] sf]6 ug{ plrt nfU5 eg] rLgdf uPsf] pRr:t/Lo k|ltlglw d08n / rLg;Fu s] 5nkmn ePsf] lyof] eg] g]kfn ef/t rLg;Fusf] Jofkf/ 6«Onf6n/n agfpg'k5{ eg]/ k|:tfj} /fv]sf] lyof], Tof] Ph]08faf6 xfdL kl5 x6]sf 5}gf}+ . k|ltlglwd08nn] s] elgPsf] lyof] eg] g]kfn, ef/t / rLgsf] Ps lsl;dsf] lqb]zLo sf]l/8f]/ aGg' h?/L 5 . o;af6 tLg} j6f b]zsf] ;xh9+un] ljsf; / Jofkf/ ljljwLs/0f ug{ ;lsG5 eGg] xfdLnfO{ nfu]sf] 5 . Tof] af6f]d} hfG5f}+ xf]nf xfdLx? .

**lxdfno ;do;Gbe{ M** ca csf]{ s'/f, ef/t e|d0f hfg' cl3 g]kfnsf] s]xL ;d:of 5g\, tL ;d:of ;N6fpF5f}+ eGg] s'/f lyof], h:tf] k|b]z ;Ldf 6'ª\Uofpgsf] lgldQ /fhgLlts ;+oGq lgdf{0f ug]{, cl:tg dw];L df]rf{ ;lxt tLg bnsf g]tfx?sf] a}7sdf klg of] s'/f cfPsf] lyof] . To;df t vf;} ljsf; ePsf] b]lvPg <

**lji0f' l/dfn M** xfd|f] sfo{bnn] sfd ul//x]sf] 5 . o;df s] rflxF ;f]Rg' ePg eg] ef/tnfO{ b]vfpgsf] nflu sfo{bn agfpg] xf]Og, ef/tnfO{ b]vfpgsf] nflu xfdLn] xfd|f] ;Ldfsf] ;d:of xn ug]{ xf]Og, sfo{bn ag]sf] 5, tLg dlxgfsf] 6fOd elgPsf] 5, hlxn] sfd l;l4G5, ToxL a]nf sfd x'G5, eOxfN5 . Tof] xfd|f] cfGtl/s s'/f xf], ef/tl;t ;DalGwt s'/} ePg .

**lxdfno ;do;Gbe{ M** ef/t e|d0f cl3 g} xfdL of] ;+oGq agfpF5f}+ eGg] s'/f x'g\ t <

**lji0f' l/dfn M** ldl8ofdf cfof], d}n] klg ;'g]+, ef/t e|d0f cufl8 cfpF5 ls cfpFb}g eg]/ ;f]Wof] xf]nf, k|wfgdGqLHo"n] …x'G5 x'G5Ú, eg]/ hjfkm lbg'eof] xf]nf . xfdL k|oTg u5f}{+, xfdL o;nfO{ l9nf] ug{ rfxFb} rfxFb}gf}+ .

**lxdfno ;do;Gbe{ M** lji0f' kf}8]n uP/ eg]/} cfpg'ePsf] xf]Og / eg] <

**lji0f' l/dfn M** pxfFn] s] eg]/ cfpg'eof], Tof] dnfO{ yfxf ePg, cf}krfl/s ?kdf l/kf]l6{ª ug'{ePsf] 5}g pxfFn] o;df . d s]xL eGg ;lsGg . pxfFx?sf] aLrdf s]xL s'/f ePsf] 5 eg] dnfO{ yfxf ePg . aflx/ cfPsf] s'/fdf To:tf] d}n] ;'g]sf] 5}g .

d Pp6f s'/f :ki6 kfg{ rfxG5' eg] xfd|f] ;+ljwfg ;+zf]wg;Fu ;DalGwt tLg j6f kf6f 5g\, xfdLn] Pp6f tLg a'Fb] /f]8Dofk agfof}+, klxnf] eg]sf] ;+ljwfg kIfLo bnx? s'g} klg l6Kk0fL gx'g] bnx? To;nfO{ xfdLn] PstkmL{ 6'ª\Uofof}+ . tLg j6f bkmfdf ;+zf]wg ug]{, ;dfg'kflts k|ltlglwTjsf] s'/f, e"uf]n / hg;ª\Vofsf] cfwf/df ;LdfÍg ug]{ s'/f xfdLn] 6'ª\UofO ;Sof}+ . To;df dw]; s]lGb|t bnx?n] c;xdlt hgfP klg pxfFx? l:k|6 a'em]/ sfd u/] k'UYof], pxfFx?n] cfˆgf] /fhgLlts :k]; agfpgsf] nflu d efiffdf hfGg, l:k|6 a'em]/ u/] u/, gu/] gu/ eg]/ eGof] . Tof] egfO g} l7s lyof], ca csf]{ r/0fsf] s'/f eg]sf] k|b]zsf] ;Ldf;Fu ;DalGwt s'/f], xfd|f] PstkmL{ s'/fn] x'Fb}g . To;df clgjfo{ ?kdf c;xdt /x]sf] kIf ;fd]n x'g'k5{, To;sf] nflu xfd|f] k|oTg 5 . Tof] klg s;n] ug]{ t eGbf Tof] klg /fhgLlts JolQmn] ug]{ xf]Og eg]sf 5f}+ . /fhgLlts ;xdltdf b'a} kIfsf] ;xeflutfdf .

**lxdfno ;do;Gbe{ M** k|fb]lzs ;LdfÍgsf nflu b'a} kIfsf] ;xdlt rflxg], ;+ljwfg ;+zf]wg h'g xfdLn] u¥of}+ b'O6f a'Fbfdf To;df rflxF pgLx?sf] ;+nUgtf rflxFb}g t <

**lji0f' l/dfn M** xfdLn] t cfpg';\ eg]sf xf}+ t, pxfFx? ;+ljwfg hf/L ug{ a:gf];\ eg]sf] pxfFx? afOs6 u/]/ hfg'ef], of] t tYof] xf] lg .

**lxdfno ;do;Gbe{ M** l7s 5, olb pxfFx? gcfOsg klg xfdLn] ;+ljwfg ;+zf]wg u¥of}+, ;LdfÍg sfo{bn agfpg pxfFx?nfO{ af]nfpFbf af]nfpFb} cfdGq0f ubf{ klg pxfFx? cfpg'ePg eg] Tof] ;+oGq aG5 <

**lji0f' l/dfn M** aGb}g Tof] . d}n] ToxL tkfO{+nfO{ a'emfpg g;Sg' g} oxLF ;d:of eof] . d t jftf{df a;]sf] dfG5] kf] x'F t, cGbfhsf] s'/f xf]Og lg d}n] af]ln/x]sf] t < d ;j{bnLo jftf{d} a;]sf] dfG5] x'F . dw]z s]lGb|t bnx?n] eGg'ePs} s'/f s] xf] eg] xfdL ;+ljwfg n]vgdf a;]gf}+, Tof] efiffdf a;]gf}+, k|lqmofdf ;fd]n gePsf] sf/0f ;+zf]wgsf] efiff xfdLn] lsg lbg] < tkfO{+x?n] xfd|f] l:k|6 a'em\g'ef5, To;cg';f/ cufl8 a9\g';\ eGg'ef], xfdL cufl8 a9\of}+ . t/ ;Ldfsf] s'/f, ;Ldf t xfdLnfO{ oxL l7s nfu]sf] 5 t, g]kfnL sf+u|];, Pdfcf]jfbL s]Gb|, Pdfn] ;lxt ;Qfwf/L u7aGwgnfO{ t oxL ;Ldf l7s 5 t . ca xfdLn] o;df s] ;+zf]wg ug'{ 5 t . s]xL klg 5}g . ca ug]{ ;+zf]wg eg]sf] t h;nfO{ lrQ a'em\b}g pm ;fd]n x'g'k¥of] t . To;sf] ;xdlt lagf ;Ldf rnfpg] s'/f h?/t g} ePg lg . ca ;Ldfsf] x]/km]/ ug]{ eg]sf] dw]; s]lGb|t bnx? / clg c? hlt ljkIfdf /x]sf bnx? h;n] ;Ldf ldn]g eGg'ePsf] 5, pxfFx?sf] ;+nUgtf lagf t x'Fb}x'Fb}g . pxfFx?sf] ;xdltdf ;femf Pp6f ;+oGq aG5 . /fhgLlts ;xdltsf] cfwf/df ;femf ;+oGq agfpg] eg]s} ToxL xf] . Tof] ;+oGqn] h] lg0f{o u5{, u/]sf] lg0f{osf] cfwf/df olb ;+ljwfg ;+zf]wgsf] dfu xf] eg] xfd|f] bf];|f] r/0fsf] ;+ljwfgsf] ;+zf]wg x'G5 . To;kl5 ;j{dt sfod /xG5 . To;kl5 xfdL t];|f] r/0fdf k|j]z u5f}{+ .

**lxdfno ;do;Gbe{ M** h] xf];\, k|wfgdGqLsf] e|d0f cufl8 ;+oGq ag]g eg] klg To;n] vf;} afwf ub}{g <

**lji0f' l/dfn M** dnfO{ s]xL u5{ h:tf] nfUb}g, lsg eg] of] xfd|f] lg/Gt/ k|lqmof xf] . of] g]kfnsf bnx?n] ;femf?kdf ug]{ sfd xf] . of] ef/tnfO{ b]vfpg ug]{ klg xf]Og, rLgnfO{ b]vfpg ug]{ klg xf]Og, of] xfd|f] cfkm\gf] ug]{ sfd xf] . s;}n] s]xL geg] klg ug'{k5{, ha xfd|f] bnx?nfO{ dg kb}{g eg] ldnfpg t k¥of] lg .

**lxdfno ;do;Gbe{ M** k|wfgdGqL rLg e|d0fdf slxn] hfFb} x'g'x'G5 <

**lji0f' l/dfn M** rLg e|d0f Ps dlxgfleq x'G5 .

<https://www.youtube.com/watch?v=CN0Eg07sWNI&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_&index=7>