Date: Jan 17, 2016, Maountain TV,

*Mountain focus with Bishnu Rimal*

k|wfgdGqLsf] l6d / ;du| d'n'ssf] /fhgLlt s;/L cufl8 a9\5<

gfsfaGbL hf/L 5, cfd hgtfsf] hLjg si6s/ aGb} uO/x]sf] 5, e"sDk kLl8tx? lr;f]df a:g afWo 5, oBflk kl5Nnf] k6s k'glg{df{0fsf] u7g;Fu} s]xL Gofgf n'ufx? e"sDk kLl8tsf ;dIf k'u]sf 5g\ . pxfFx?n] s]xL /fxtsf] dx;'; ug'{ePsf] 5 . ;du| ?kaf6 d'n'ssf k|wfgdGqL s]kL zdf{ cf]nL h'g ck]Iffsf ;fy k|wfgdGqL aGg'ePsf] lyof], k|wfgdGqL eP k5fl8 cfd hgtf clxn] klg k|tLIff/t 5g\ . t/ kl5Nnf] k6s b}lgs hLjg si6s/ /lx/x]sf a]nf lsr]gdf UofF; gx'Fbf, afOdf k]6«f]n gx'Fbf ;jf/L ;fwg gu'8\bf k}bndf lx8\g'kg]{ l:ylt ePsf] a]nf k|wfgdGqLn] cln bL3{sfnLg h'g vfnsf lehg ;lxtsf] ljrf/x? ;fj{hlgs ug'{eof], h:tf] lsr]g lsr]gdf UofF; kfOk nfOg hf]8\g], sf7df8f}+df /]n s'8fpg] xfjfaf6 ljB't\ pTkfbg u/]/ Ps jif{leq nf]8;]l8ª d'Qm ug]{, h'g k|wfgdGqLsf] k|lta4tf lyof], h'g s'g} klg /fhgLlts g]tfx?n] hgtfsf] aLrdf ;kgfx? afF8\g'k5{, / To; ;kgf ;fsf/ ug{sf nflu ;/sf/sf dl;g/Lhx?n] sfd ug'{kg]{ xf] . oBlk k|wfgdGqLsf oL ljrf/x? oyfy{ k/s 5}gg\ eGg] l6Kk0fL ug]{x?n] l6Kk0fL ub}{ cfPsf 5g\, o;n] s] b]vfPsf 5g\ eg] s'g} klg ljifox? cfdhgtfsf] aLrdf k|wfgdGqLsf txaf6 ubf{ slQsf] tof/L ug]{ ul/Psf] 5, pxfFsf] l6dn] s] s:tf] tof/L u/]/ pxfFnfO{ ;fj{hlgs 7fpFdf af]Ng] ug]{ u/]sf] 5, o;sf af/]df of] k|wfgdGqLsf] l6d / ;du| d'n'ssf] /fhgLlt s;/L cufl8 a9\5, of] af/]df s'/fsfgL ug{sf nflu k|wfgdGqLsf k|d'v /fhgLlts ;Nnfxsf/ Pj+ g]skf Pdfn]sf g]tf lji0f' l/dfnnfO{ xfdLn] xfd|f] :6'l8of]df cfdGq0f u/]sf 5f}+ .

**dfpG6]g kmf]s;** M ;aeGbf klxnf k|wfgdGqLn] clxn] d§Lt]n / UofF; gkfP/ dflg;sf] lsrg aGb eO/x]sf] a]nf ;fdfGotof of] ;dfwfg ug'{lt/ gnflusg 3/3/df UofF; kfOknfOg hf]8]/ ld6/af6 WofKk nfP/ km// UofF; afNg';\, p7]sf] hlt k};f ltg'{;\ eGg] h'g ljrf/nfO{ ;fj{hlgs ug'{eof], o;nfO{ dflg;n] k"/} lv:;L / pl5§f]sf] lx;faaf6 p8fP, tkfO{nfO{ s:tf] nflu/x]sf] 5 <

**lji0f' l/dfn M** o;df rflxF dnfO{ s] nfU5 eg] klxnf ;'?df Go"h a|]s x'Fbfv]l/ h;/L Go"h a|]s eof], Tof] Go"h a]l7s lyPg . d}n] ;'?df sflGtk'/ cgnfOgdf Go"h x]bf{v]l/ pxfFn] Pp6f kf6L{ sfo{qmddf af]Ng'ePsf] lyof], pxfFn] eGg'ePsf] zAb klg ToxfF s] ls6fgLsf ;fy n]lvPsf] lyof] eg] olb d}n] ;do kfPF eg] clxn]sf] of] l;lnG8/sf] o'u ;dfKt kfl/lbG5' . pxfFn] Tof] eGg'ePsf] lyof] .

**dfpG6]g kmf]s;** M ;do kfPF eg]

**lji0f' l/dfn M** pxfFn] Sof6fuf]/L sNnL pxfFn] eGg'ePsf] lyof], Tof] n]lvPsf] klg lyof] . Tof] d]l8ofn] a+UofP d elg/x]sf] 5}g . sflGtk'/ cgnfO{gdf ;aeGbf klxnf Go"h a|]s x'Fbf d}n] k9]sf] x'F . pxfFn] af]Nbf af]Nb} Go"h a|]s ePsf] lyof] . ToxfFsf] ;fyLn] Tof] Go"h a|]s ug'{ePsf] lyof] . w]/} d]l8ofdf Tof] Go"h cfof] / kl5 ;f]l;on d]l8ofdf t To;nfO{ efO/n 9+un] s]xL c+z sf6]/ cfP . k|wfgdGqLn] 3/ 3/df UofF; hf]l8lbg] eP, of] xfjf s'/f eg]/ cfof] . pxfFn] eGg'ePsf] ls6fgL eGg'ePsf] zAb eg]sf] olb d}n] ;do kfPF eg] of] l;lnG8/sf] af]s]/ lx8\g] ;do cGTo ulb{G5' . pxfFn] ToxfF k|;Ë hf]8\g'ePsf] 5, Tof] eof] eg] s] x'G5 eg]/ . kfOk nfOg 3/df hfG5, Tof] ;Dej s'/f xf], c;Dej s'/f ePg . :jLr bafpgf;fy Tof] aN5, ld6/ /flvG5, ld6/df r9] cg';f/ k};f p7\5 . b'lgofdf rln/x]sf] lj1fgnfO{ pxfFn] eGg'eof] . o;nfO{ s:tf] eof] eg] xfd|f] ldl8ofdf of] Go"h a|]s eO;s]kl5 o;nfO{ a+UofP/ c? k|rfl/t ug]{ qmddf s;/L cfof] eg] l;lnG8/ lt/ ltdLx?n] 6fps} gb'vfp, d}n] 3/d} cfpF5' / kfOk hf]8\lbG5' eg]/ cfof] . Tof] a9L k|rf/df uof] . h;n] ubf{v]l/ ;To Psflt/ /x\of], eGg'ePsf] s'/f Psflt/ /x\of] / To;nfO{ kf]k'n/fOh ug]{ / k|;fl/t ug]{ csf]{lt/ /x\of] . h;n] ubf{ k|wfgdGqL h:tf] dfG5]n] s] s'/f af]n]sf] xf]nf eg]/ l6Kk0fL x'g uof] . ca dnfO{ g} ;f]Wg'eof] eg] o:tf] af]Ng x'G5 ls x'Fb}gYof] eGg'eof] eg] k|f]h]S6 agfP/ Tof] k|h]S6 af]Ng lg ;lsGYof], g;lsg] s'/f] xf]Og, t/ dnfO{ rflxF s] nfU5 eg] k|wfgdGqL eg]sf] /fhgLlts JolQm xf], /fhgLlt / == k|zf;lgs aLrsf] lqsf]0ffTds ;DaGw x'G5 hlxn] klg . /fhgLltn] ;kgf af]Ng] xf], of]hgf af]ng] xf], df:6/ Knfg af]N5, p;sf] dg af]N5 . To;kl5 k|zf;gn] To;nfO{ ;xhLs/0f ug]{ xf] . / k|ljlwn] To;nfO{ PS;glt/ lnP/ hfg] xf], sfof{Gjogdf ptfg]{ xf] . of] tLgj6f hf]8]/ dfq sfd x'g] xf], clxn]sf] xfd|f] b'?x cj:yfdf hgtfnfO{ cfzf hufpg] clxn] t tkfO{x?nfO{ cK7]/f] k¥of], gfsfaGbLsf sf/0fn], Uoff; kfpg'ePg, sf7df8f}+df df]6/;fOsnn] l;lnG8/ af]s]/ bf}l8g kl//x]sf] l:ylt 5 . Tof] geP/ olb d}n] 6fOd kfPF eg] d u5'{ eg]/ o;/L eGg'ePsf] xf] . Pp6f ljifo of] xf] .

 **bf];|f],** ljifo pxfFn] pbfx/0fsf] ?kdf klg s]xL 7fpFdf lbg'ePsf] 5, Tof] e"ud{ ljefun] klg xfdLnfO{ k|h]G6];gdf atfPs} s'/f xf] . xfd|} sf7df8f}+ pkTosfdf klg sltko 7fpFx?df ld7]g UofF;sf] v]/ uO/x]sf] cj:yf 5 . tkfO{x?s} ldl8ofdf lbO/xg'ePsf] 5 . Tof] slt kof{Kt, slt ckof{Kt, Tof] xfd|f] nflu pkof]uL xf] xf]Og, Tof] k/LIf0fdf To;sf] k|fljlws kIfdf w]/} ax; klg x'g;Snf < To;nfO{ xfdLn] l;lnG8/df eg{ ;Sb}gf}+, ld7]g UofF; eg]sf] PnkLhL h:tf] xf]Og . To;nfO{ af]6lnª ug{ ldNb}g, To;nfO{ olb k|of]udf Nofpg] xf] eg] l;w} kfOdf nu]/ afNg'k5{ . clxn] klg v]/ uO/x]sf] 7fpFdf dfG5]n] TolQs} afln/xsf] xfdL b]V5f}+ . 6]s'df klxn] 6]s' x:kL6nn] k|of]u ul//x]sf] klg klxn] ahf/df cfPsf] lyof] . oL hDd} s'/f x'g\, of] k|;Ë klg hf]8]/ uPsf] s'/f x'g\ .

**dfpG6]g kmf]s;** M oxLaf/]df clnslt hf]8f}+, h:tf] of] UofF;sf] hf] ;Gbe{ 5, tkfO{n] cl3 k|zf;lgs, k|ljlw / /fhgLltsf] tLg j6f s'/fsf] ;+of]hgaf6 s'g} klg s'/fsf] k|f?k k|fKt x'G5, h'g eGg'ePsf] 5, ca k|wfgdGqL /fhgLlts k|f0fL t xf] t/ k|wfgdGqL cflwsfl/s 3f]if0ff ug]{ 7fpFdf klg x'g'x'G5 / k|wfgdGqLn] af]n]sf] s'/f Tolt xnsf x'g] s'/f xf]Og, Tof] sfof{Gjog x'g'k5{ ta dfq af]Ng'k5{ eGg] 5 . h:tf] vfgL ljefun] sfd cf/De u/]/ cWoog u/] klg To;sf] pTvgg ug{ afFsL 5, To;sf] sxfF sxfF s] Ifdtf x'G5, To;sf] 3/ w'/L x]/]/ slt k'Ub5, To;af/] oy]:t ljj/0fx? glnOsg pxfFnfO{ afsck glbOsg af]nfpg nufpFbf cyjf af]Nbf clnslt xNsf ePsf] xf] ls <

**lji0f' l/dfn M** xf]Og, d}n] o;nfO{ b'O6f efudf /fV5', Pp6f t ;k|;Ë ga'em]/ lau|]sf] xf] . k|;Ë rflxF a'lemlbg'k¥of] . h:tf] cl3 g} d}n] eg]F lg, Pp6f Snh /fv]F lg, …olb d}n] 6fOd kfPF eg]Ú, lxhf] csf]{ 7fpFdf af]Nbf klg pxfFn] af]Ng'ePsf] 5 . lxhf] df3Lsf] lbg b'O{ 7fpFdf k|wfgdGqLn] af]Ng'ePsf] 5 . ToxfF pxfFn] d}n] clxn]sf] clxn] g} eg]sf] t xf]Og lg eg]/ bf]xf]¥ofP/} eGg'ePsf] 5 . of] ;k|;Ë ghf]l8+bfv]l/ slxn] sfxLF Go"h k"jf{u|xk"0f{, HofbtLk"0f{ x'g hfG5 . Tof] lx;fan] x]bf{v]l/ pxfFn] ;k|;Ë af]Ng'ePsf] s'/f /flvlbPsf] eP vfgL e"ue{ ljefu hf]8\g} kb}{g lyof] . d}n] vfgL, e"ue{ ljefu hf]8\g rflxF lsg vf]h]sf] eg] of] k|;Ë sf7df8f}+sf] ;Gbe{df, g]kfnsf] ;Gbe{df ;Dej 5 ls 5}g eg]/ dfq hf]8\g vf]h]sf] xf] . c? t oxfFsf] s'/fl;t s] ;xdt 5' eg] k|wfgdGqLn] af]Ng] s'/f] k|f]h]S6 kmfOgn ePkl5 dfq af]Ng] xf] . TolQs} aLrdf af]ng] xf]Og, pxfFn] d}n] o:tf] NofpFb}5' eGg] af]Ng] s'/f xf] / tof/ ePkl5 nfu' ub}{5' klg eGg] xf] . o;df sGˆo'hg x'g'kg]{ h?/L g} 5}g .

**dfpG6]g kmf]s;** M csf]{ Pp6f dxTjk"0f{ s'/f, egf}+ g clxn] UofF;sf] cefj eO/x]sf] a]nfdf, gfsfaGbL v]lk/fv]sf] a]nfdf, xfd|f] k|fs[lts ;|f]tdf /x]sf] kfgL, ljB't pTkfbg ug{ ;S5f}+, h;sf] \*$ xhf/ d]3fjf6 Kn; Ifdtf 5 eg]/ xfdLn] elg/fv]sf 5f}+ . ;a} dfG5] s'l//fv]sf 5g\, s'g} ;/sf/ cfpnf, xfdLnfO{ rflxg] ljBt lgsfNnf eg]/ . Psflt/ k|fs[lts ;|f]t xfd|f] 5, h'g cGt/f{li6«o hutdf klg lu|n OghL{sf] ?kdf x'g] xf] . ca Totflt/ nufgL j[l4 gul/sg h'g xfjfaf6 lah'nL lgsfn]/ Tof] klg Ps jif{leq} nf]8;]l8ª d'Qm b]z x'G5 eg]/ eGg'ePsf] 5 lg . d}n] ljleGg ljB't ljz]if1x?;Fu oxL 6]lnlehgsf nflu k|ltlqmofx? lnPsf] lyPF, pxfFx? s;}n] klg oyfy{k/s 5}g elGbg'eof] .

**lji0f' l/dfn M** o;df rflxF o;/L hfg'knf{ h:tf] nfU5, xfd|f] b]zdf pmhf{sf] s'/f ubf{v]l/ xfd|f w]/} lah'nLjfnfx?, kfgLsf] lah'nL lgsfNg] s'/f a'em\g'x'G5 pxfFx?n] . t'ngfdf kfgLsf] lah'nL ;:tf] 5 . 3fdsf] lah'nL eGbf kfgLsf] lah'nL w]/} ;:tf] k5{ . 3fdsf] lah'nL Ps d]3fjf6 lgsfNg !& s/f]8 nfUg] eP klg kfgLsf] lah'nL klg !& s/f]8} k5{, kfgLsf] lah'nL Ps d]3fjf6 lgsfNof] eg] tkfO{n] !& s/f]8af6 rf}la;} 3G6f kfpg'x'G5, 3fdsf] lah'nL \* 3G6f kfpg'x'G5 . plQs} k};f nfut nfu] klg Tof] b'O{ltxfO dx+uf] kg{ hfG5 . Tof] ;To s'/f xf] . Tof] lx;fan] xfdLsxfF /x]sf hlQ klg lah'nLsf lj1x? j}slNks ?kdf 3fdsf] lah'nLsf] s'/f ug'{x'G5 . c? j}slNks pmhf{sf] w]/} sd s'/f ug'{x'G5 . PkL;L ;]G6/sf] 8fS6/ ;fx]anfO{ ;f]Wg'eof] eg] t pxfFn] u}/ kfgLsf] s'/f ug'{x'G5 . pxfFsf] bfloTjleq k5{ . c? clwsf+z xfd|f lj1x?n] kfgL lah'nLsf] pxfFx?sf] cg'ejsf] cfwf/df af]Ng'x'G5 . c? cWoog klg sd} /x]sf] xf]nf, lsgeg] Wofg lbg'kg]{ cfjZos klg g7fGg'ePsf] xf]nf . h'g b]zdf k|z:t kfgL 5, kfgLaf6 lah'nL lglSnG5 eg] c?af/] lsg ;f]Rg] eGg] klg k/]sf] xf]nf . hxfF;Dd clxn] k|wfgdGqLn] af]ln/xg'ePsf] lah'nLsf] s'/f 5, Tof] lah'nLsf] leGgtf rflxF s] eGg' vf]lhPsf] eg] xfdLn] Ps jif{leq nf]8;]l8ª u5'{ eg]/ elg/x]sf 5f}+, Pp6f hnljB't kl/of]hgf # ;o d]3fjf6sf] pTkfbg ug{ Ps jif{df t aGb}g Tof] t . s'g} klg xfntdf Tof] ;Dej 5}g . l8kLcf/ sDKnL6 ePsf] eP klg Tof] ;Dej 5}g . t/ clxn] xfdLn] h'g sfd ul//x]sf 5f}+, Tof] k|f]h]S6 cGtu{t g} s'/f ul//x]sf] oxfFnfO{ nufgL af]8{n] :jLs[lt u/]sf] Pp6f sDkgLnfO{ lbOPsf] 5, ;xdltsf] lx;fan] eGg] xf] eg] . oBlk ToxfF 6]lSgsn l86]nsf s'/f afFsL 5g\, kmfOgfG;Lonsf] s'/f 5, xfd|f] nufgL af]8{n] 5nkmn ul//x]sf] 5, Tof] y|f] eO;s]sf] 5}g, sfd yfn]sf] ldltn] Ps jif{leq pxfFx? tLg ;o d]3fjf6 lah'nL lgsfNg tof/ x'g'x'G5, xfjfaf6 . pxfFx?n] dfUg'ePsf] tLg xhf/ d]3fjf6 xf] . xfdLn] pxfFx?nfO{ dfq tLg ;o d]3fjf6sf] :jLs[lt lbPsf xf}+ . of] s'/f t, /fHon] k};f ltg'{ kg]{ xf]Og . s'g} a}+sn] pxfFx?nfO{ nf]g lbg'kg]{ xf]Og, Pp6f dfG5] sf]xL cfP/ sDkgL cfP/ d lah'nL lgsfN5' eg]b]lv pgnfO{ glbg] t s'/f ePg . Tof] s'/fnfO{ klg cfwf/ dflgPsf] xf] . xf] To;df slt oyfy{k/s, slt oyfy{k/s xf]Og eGg] rflxF d s] cfu|x ug{ rfxG5' eg] xfd|f lj1x?n] Tof] sDkgL;Fu a:bf jbf{ nufgLaf]8]n] pxfFx?;Fu 5nkmn} ul//fv]sf] 5 . Soflag]6n] t kf;} ul/;Sof] . d]/f] larf/df of] xKtfleqdf nfO;]G; lnO;Sg'x]g]5 xf]nf . lkmN8df hfgsf nflu . To;kl5 pxfFx?n] yfn]sf] ldltaf6 Ps jif{leq # ;o d]3fjf6 laB't\ lgsfNg' elg/fVg' ePsf] 5 .

**dfpG6]g kmf]s;** M Tof] # ;o d]3fjf6 lah'nL kf6L{n] t h'g cfjZostf kl//x]sf] a]nfsf] k"lt{ ug{ ;Sb}g lg < Tof] k"/f eP klg .

**lji0f' l/dfn M** x'Fb} gx'g' eGbf t s]xL x'g' /fd|f] eOxfNof] . clxn] d'l:snn] $ ;o d]3fjf6 lah'nL clxn]sf] 8«fO l;hgdf rln/x]sf] xf]nf clxn] . cf7 ;o gf} ;o eg] klg . !% ;osf] dfu 5, cl:t d Pn8L;L clkm;d} /ftL uPsf] lyPF . xfdL ;Nnfxsf/ eg]/ r'k nfu]/ 3/df a:b}gf}+ . kLs cfj/df slt nf]8 x'G5 eg]/ xfdL kfgLsf] n]an x]g{ nf]8 x]g{ nf]8 ;lr{ª ;]G6/d} uPsf] lyPF, b'O{ lbg cufl8sf] s'/f xf], ToxfF x]bf{v]l/ $ ;o xf/fxf/Lsf] xf]nf clxn] lah'nLsf] nf]8 lbO/x]sf] . To;df em08} em08} ! ;o () hlt aflx/af6 ODkf]6{ u/]s} 5g\ . Tof] lx;fan] # ;o ylkg' eg]sf] & ;o \* ;o xf] . & ;o \* ;on] k'Ub}g, o; afx]s t c? cN6/g]6 t 5g\ lg, dflglng';\ clxn] eg]sf] k|f]h]S6af6 # ;o d]3fjf6 lah'nL cfof] eg] u¥of] eg] u/]g eg] km]n vfof], l;l4 uf] lg d"NofÍ ug]{ ;do 5 lg, lsg clxn] g} lqml6;fOh ug'{k¥of] / < s]kL cf]nLn] h'g Knfg atfpg'eof], pxfFsf] Knfg km]n eof] eg'F g . k|fOldlg:6/nfO{ !)) lbg glaTb} o;n] eg]sf] xfjf eg]/ l6Kk0fL ug'{kg]{ s'/f s] 5 < ;xh km]n x'g]5 pxfF To;df l6Kk0fL ug'{kg]{ h?/L g} lyPg . bf];|f] s'/f Ps b'Oj6f kfOk nfOgdf /x]sf] k|f]h]S6 l;l4g] g} a]nf 5, tfdfsf];L nufot kfgL lah'nLx? . To;n] klg t nf]8 ylkg]jfnf 5 . xfdL hgj/L dlxgfleq g} () d]3fjf6;Ddsf] lah'nL vl/b g} ub}{5f}+, hgj/L @! tfl/vb]lv .

**dfpG6]g kmf]s;** M Tof] h'g xfjfaf6 # ;o d]3fjf6 ljB't lgsfNg] s'/f] 5, Tof] k|f]h]S6 cufl8 a9fpg] s'/f 5 eGg'eof] lg,

**lji0f' l/dfn M** /fhgLlts lx;fadf h'g tLI0ftf xfd|f] k|wfgdGqLdf 5, d]/f] ljrf/df ;dsfnLg /fhg]tfx?df w]/} t'ngf ul//xg'kb{5 h:tf] dnfO{ nfUb}g . c? k|ljlw / u}/fhgLlts ljifox? hlt 5g\ pxfFsf] gn]h eGbf aflx/ /x]sf] cyjf pxfFn] rfv /fv]sf] / To;df pxfFn] cWoog ug{ afFsL /x]sf] ljifo 5g\ eg] pxfFn] lkm8Aofs dfUg'x'G5 . lkm8Jofs dfUbfv]l/ xfdL tt\ tt\;Fu ;d"xdf /x]sf xfdL ;fyLx?n] cfkm"n] yfxfkfP;Ddsf s'/f atfpF5f}+ . ;fdfGotM xfd|f] k|wfgdGqL PS:6«Ld af]Ng ?rfpg'x'G5 . tkfO{n] b]lv/xg'ePsf] 5, pxfFn] c+u|]hLdf xf];\ jf g]kfnL, d}lynL, lxGbL s'g} klg efiffdf pxfFn] af]Nbfv]l/ sfuhdf k9]/ af]Nbf a? pxfF n/al/g'x'G5, PS;6]ddf af]Ng'x'Fbf pxfF l7s 7fpFdf cfP/ af]Ng'x'G5 . xfd|f] k|oTg s] x'G5 eg] cf}krfl/s sfo{qmdx?df pxfFn] /fO6ck g} kl9 lbgf];\ eGg] nfU5, lsgeg] b]zsf] k|wfgdGqL ePsf sf/0fn] pxfFn] af]Ng'x'Fbf s'g} klg Pp6f zAb klg glrlKnof];\, Tof] /]s8{df hfg'kg]{ x'gfn] ef]lnsf k':tfx?n] klg cWoog ug'{kg]{ / cGbfh ug'{kg]{ ljifo ePsf] x'gfn] PS:6«]ddf ghfcf];\ eGg] xfd|f] k|oTg x'G5, xfdL Tof] ug]{ u5f}{+ . ;f/} kmd{/ sfo{qmddf pxfFn] To;nfO{ kmnf] ug'{x'G5, dfGg'x'G5 . sltko cgf}krfl/s sfo{qmd 5 eg] l7s} 5, tkfO{x? KjfOG6 lbgf];\ d cfkm\g} tl/sfn] af]N5' eGg'x'G5 . Tof] lx;fan] d]/f] ljrf/df ;Nnfxsf/x?n] lbg] ;Nnfx / pxfFn] k|:t't ug'{x'g] ljrf/df w]/} tndfly kb}{gg\ . t/ Pp6f b'O6f s'/fdf s] 5 eg] pxfFn] w]/} em/f]{ zAb k|of]u ug'{x'G5, hgaf]nL k|of]u ug{ ?rfpg'x'G5 / efiffdf pxfFsf] /fd|} bvn 5, pxfFsf] efiffdf dfq} bvn eP/ dfq} k'Ubf] /x]g5 eGg] clxn] dnfO{ nflu/x]sf] 5, ;'Gg]sf] efiffdf klg bvn /xg'kg]{ /x]5 . ;'Gg]n] efiff a'em\b}g eg] eGg]n] af]n]sf] s'/fsf] cy{ /x]g5 . sltko zAbx? h'g 9+un] pxfFn] af]Ng'x'G5, To;nfO{ JofVof unt 9+un] ul/Psf] kfOPsf] 5 . Pp6f s'/f pbfx/0fsf nflu dfv] ;fª\nf] w]/} rrf{df cfof] lg k|;Ëa; p7fpg g} rfx]sf] xf], t/fO{sf] x'nfsL /fhdfu{df dw];df cfGbf]ng ul//x]sf ;fyLefOx?n] dfgj ;fª\nf] pxfFx?n] cfof]hgf ug'{eof], cfGbf]ng k|efjsf/L g} lyof], nfd} lyof] . /fd|} dfG5] hDdf x'g'ePsf] lyof], d To;nfO{ cjd"Nog g} ug{ rfxGg . pxfFx?n] cfkm\gf] zlQm b]vfpg'ePsf] lyof], To;sf] k|;Ëdf dfv];fª\nf] eGg] zAb k|of]u ug'{ePsf] xf], pxfFn] s'g} la;]{/, em'lSsP/ Tof] zAb k|of]u ug'{ePsf] xf]Og . pxfFn] dfv];fª\nf] eGg] zAb k|of]u ug'{ePsf] lyof] . dfv] ;fªnf] eg]sf] s'g} lem+ufsf] ;fª\nf] eg]sf] t xf]Og lg < dfv];fª\nf] eg]sf] xfdL efiff a'em\g] a'em\5f}+ lg o:tf] ufF7f] xf], tl/sf k'¥ofpg ;Sof] eg] Tof] km':sg ;Sg'x'G5, gq km':sb} km':sb}g . clxn] t/fO{sf] ;d:of To:tf] ;d:of eof], a'l4 gk'¥ofOsg km'l:sb}g, of] dfgj ;fª\nf]sf] klg o;/L g} cK7\of/f]df k/]sf] 5, o;nfO{ xfdLn] km':sfpg'k5{ eGg] cy{df af]n]sf] t/ o;nfO{ cjd"Nog u/L JofVof ubf{ ub}{ sxfF;Dd k'¥ofOof] eg] t/fO{ / dw];df a:g] dfG5]nfO{ t dfG5] klg 7flgPg, lem+uf elgof], dfvf elgof], oxfF;Dd ls d}n] Pp6f ef/tLo ljåfgsf] cGt/jftf{ x]l//x]sf] lyPF, oxfF;Dd ls …k|fOldlg:6/ l88G6 slG;8/ 6' lkk'n cfh x\o'dg aOª, lx Oh slG;8/ cfh a ˆnfOÚ eGg] ;Dd af]n]sf 5g\ . olt;Dd cke|D; ePkl5 s]nfO{ s] nfU5, dnfO{ clxn] klg ofb 5, Pp6f jftf{df d;Fu} a;]sf] lyPF, Pp6f dw];L cfGbf]ngsf g]tf cfpg'ePsf] lyof], pxfFl;t 5nkmn} ePsf] lyof], cf}krfl/s jftf{d} tkfO{sf] t lxGbL, g]kfnL, OËln; ;a} efiffdf bvn 5, t/ tkfO{n] t a'em\gef5 lg dfv] ;fª\nf]sf] ldlgª s] xf], lsg o;/L unt 9+un] ckJofVof u/]sf] eg]/ pxfFn] ;f]Wg'eof] . pxfF xfFl; dfq /fVg'eof] . slxn]sfxLF gfhfoh sfd x'G5, cfGbf]ngsf/Lx?sf] tkm{af6 cfkm\gf] cfGbf]ng k|f]ef]s ug{sf nflu . t/ HofbtLk"0f{ u/]sf] h:tf] nfU5 . lsgeg] efiffsf] sf/0fn] klg slxn]sfxLF tndfly k/]sf] h:tf] nfU5 .

**dfpG6]g kmf]s;** M ca xfdLn] ;du|df a'em\g'kg]{ s] /x]5 eg] lsg klg o:tf] l6Kk0f x'ghfG5 eGg] s'/fdf tkfO{sf] ljrf/df h'g g]kfnsf] ;+ljwfg hf/L eof], k"jf{u|xL eP/ g]kfnsf] k|d'v /fhgLlts bnx?sf] Pstfdf () k|ltzt hg;xeflutfdf h'g ;+ljwfg hf/L eof], xfd|f] b]zsf hgk|ltlglwx?n] cfkm}n] ;+ljwfg agfPsf] lgpdf Tof] afxfgfdf h'g k|sf/sf] l5d]sL ldq /fi6«n] xfdLdfly gfsfaGbL nufof], hgk|ltlglwsf] lx;fan] yf]/} k|ltlglwTj dfq} ;f+;bx? cfGbf]ngdf x'g'x'GYof], t/ klg To;}nfO{ ;dy{g u/]/ ef/tn] gfsfaGbL u/]kl5 cfd hgtfn] of] ;/sf/nfO{ a8f] bl/nf]sf ;fy ;fy lbPsf lyP, /fli6«otfsf] ;Gbe{df d'Vo ;d:ofx? gfsfaGbL / e"sDkkLl8tnfO{ /fxt k'¥ofpg] h'g sfd lyof], Tof] sfdsf] lgisif{sf] ?kdf s]xL klg gb]lvPsf sf/0fn] ubf{ k|wfgdGqL cln af]Ng' dfq x'G5, sfd ul/x'gesf] 5}g, lsgeg] kl/0ffddf s]xL klg b]lvPsf] 5}g eGg] sf]0faf6 of] cfPsf] xf] ls <

**lji0f' l/dfn M** hgtfsf] txaf6 h'g ;dy{g xfdLn] kfPsf 5f}+, Tof] ce"tk"0f{ g} 5 . dnfO{ hgtfsf] txaf6 k|wfgdGqLk|lt s'g} u'gf;f] 5 eGg] nfUb} nfUb}g . lsgeg] lr;f]df s7\oflª\u|P/ al;/x]sf hgtfn] 3'F8f g6]s g} elg/xg'ePsf] 5 . cfkm" lr;f] / ;bL{df al;/xg'ePsf] 5, Tof] lx;fan] hgtfsf] txaf6 cem} klg si6 ;x]/ klg /fli6«otfsf] dfldnfdf, :jfwLgtfsf] dfldnfdf / /fli6«o Pstf / cv08tfsf] dfldnfdf plePsf] pleo} eGg] ;Gb]z xfdLn] kfPsf 5f}+ . t/ xfdLl;t 7"nf] k+lQm eg]sf] cf]klg d]//x? x'g'x'G5 . hf] cfd wf/0ff agfpg d2t ug'{x'G5 . pxfFx?df cln clwstf hfu]sf] h:tf] nfU5 lsgeg] s'6gLlts ;d:of eg]sf] /ftf/ft t x'Fb}g g}, u/]sf == lbgsf 3fd h:t} 5nË}{ 5, cem t/ klg xfdL Pp6f cfzf u5f}{+ ls df3 % ut];Dddf xfdL Pp6f 6'Ëf]df k'U5f}+ ls < eGg] cfz 5 /fhgLlts ;d:ofsf] lx;fan] . To;kl5 gfsfaGbLsf] ;d:of Snf]h x'G5 ls eGg] klg cfz 5 . slxn]sfxLF s'6gLlts s'/fx? 6'lËg} nfUbf klg TolQs} cNem]/ al;lbG5 . To;sf/0f Tof] xfd|f] xftdf /x]gg\, xfd|f] xftdf g/x]sf] s'/f xfd|f] xftdf /x]gg\, === /fli6«o ;/sf/n] t Tof] geP/ csf]{ tl/sfn] 5nkmn == To;n] lgisif{df kU5 ls h:tf] nfUb}g .

Pp6f s'/f d s] ljgd|tfk"j{s /fVg rfxG5' eg] clxn]sf] h'g ;d:of 5, h'g ;d:ofdf == vfaf6 xn ug{ vf]lh/x]sf 5f}+, /fhgLlts ;d:of / s'6gLlts ;d:of oxL tl/sfn] xn ug{sf nflu clxn]sf] ;/sf/ c;kmn eof] eg] csf]{ ;/sf/ cfP klg ;kmn x'Fb}g . lsgeg] O:o' t ToxL g} x'g\, ls Tof] O:o' 5f]8]/ csf]{ tl/sfn] hfg'k¥of] . ls csf]{ tl/sfn] ghfg] oxL tl/sfn] xn ug]{ xf] eg] JolQmut tl/sfafx]s s] /xG5 t < JolQmut k"jf{u|x 5}g eg] o:t} /xG5 km]l/ klg .

**dfpG6]g kmf]s;** M h:tf] of] cfhsf] lbgdf b'O{ 3G6] cGtjf{tf{ tkfOl;t ul//x]sf 5f}+, of] b'O{ 3G6] cGtjf{tf{ ubf{ tkfO{n] % ut] cufj} eg]/ nfOg tf]s]/ eGg'ePsf] lyof] . clxn];Ddsf] ck8]6 s] 5, s] cfwf/df % ut] tf]s]/} eGg'ePsf] < gfsfaGbL ;DaGwdf hDdf b'O{6f s'/f Pp6f ef/t;Fusf] s'6gLlts kxnsbdL xf]nf, csf]{ cfGtl/s ;d:of dw]; s]lGb|t bnx?;Fu 5nkmnsf] s'/f 5 . 6f:skmf];{ b'O{6} tkm{af6 ag]sf] 5 . % ut] cufj} eg]/ s] cfwf/df eGg'ePsf] xf] <

**lji0f' l/dfn M** To;sf] b'O6f PËnaf6 egf}+ o;nfO{ . Pp6f xfd|f] 3/ leqsf] s'/f . /fhgLlts ;d:of ;dfwfgsf] lx;fan] xfdL sfo{bnl;t 5nkmn ul//x]sf 5f}+ . sfo{bnn] ;a} cK;gx? cufl8 /fv]sf] 5 clxn] . tof/L geOsg cfof] eg]/ slxn]sfxLF cfGbf]ngsf/Lx?n] eGb} x'g'x'G5 lg, Tof] dnfO{ eGgnfO{ eg]sf] ljifo h:tf] dnfO{ nfU5 . oBlk pxfFx?nfO{ g} yfxf 5, pxfFx? sltsf] cufl8 a9\g ;Sg], g;Sg], pxfFx?sf] Doofg8]6 s] xf] < cfGbf]ngsf] slt xb;Dd cfGbf]ngsf/Lx?sf] k|ltlglwTj ul//xg'ePsf] 5, Tof] pxfFx?n] hfGg] s'/f xf], t/ xfdLn] pxfFx?nfO{ 6«:6 u/]sf] xf] . t/fO{ rf/ j6f k|mG6n] clxn] cfGbf]ng ul//x]sf 5g\, clxn] Pp6f k|mG6l;t 3lge"t?kdf al;/x]sf 5f}+ . ;+o'Qm dw];L df]rf{l;t To:t} ;+o'Qm ;dfj]zL dw];L df]rf{ eGg] 5, yfx?sf] u7aGwg 5 / d'l:ndx/sf] ;+3if{ ;ldlt 5 . rf/j6} l;t k|wfgdGqLn] 8fOnu cf]kg ug'{ePsf] 5 . clxn] sfo{bndf agfP/ 5fnkmn eO/x]sf] eg]sf] ;+o'Qm dw];L df]rf{l;t xf] . pxfFx?sf] egfOsf] cfwf/df xfdLn] ljleGg a'Fbfx?df cK;g lbPsf 5f}+ / tL cK;gsf] ;f/ d eG5', ;f/ vf; u/]/ tLg j6f afx]s 5}g . Pp6f eg]sf] pxfFx? s'g} klg s'/fdf ;xdt x'g g;Sg] xf] / pxfFx?n] rfx]sf] ;dfj]zL ;dfg'kflts ;+zf]wgsf] ljifo To;kl5 k|ltlglwTjsf] ljifodf clxn]sf] k"j{jtL{ ;/sf/n] agfPsf] ;+zf]wgsf] cfwf/df hfFbfdf l7s x'G5 eGg] xf] eg] klxnf] lbg hltv]/ xfdLn] ;+zf]wg /fVof}+ To;df ;xdlt x'g] / cufl8 hfg] . ;LdfÍgsf] dfldnfdf xfdLn] /fhgLlts sfo{bndf /fv]sf 5f}+ . To;df j}wtfsf] s'/f p7fpg'ePsf] 5 . To;df n]gf b]gf x'g;S5 . ;d:of 5 h:tf] dnfO{ nfUb}g . j}wtf t x'G5 g} . /fhgLlts bnsf dfG5]x?n] ;xL u/]/ cfP eg] Tof] eGbf j}wtf s] x'G5 / < ToxL ;+;bdf uP/ kf; x'g] xf] . kfln{ofd]G6 eg]s} bnsf] ;'k/d];L x'g] 7fpF xf] lg . bnn] x\jLk hf/L u/] kl5 ;a} s'/f 6'lËG5 . ;+;beg]sf] ;+ljwfg;ef xf]Og . To;sf/0f To;df x\jLkaf6 rlnxfN5 . o;df j}wtfsf] k|f]An]d d}n] b]lVbg . /fhgLlts j}wtf g} ;+j}wflgs j}wtfdf ?kfGtl/t x'G5 . Tof] l;l4xfNof] . klxnf] cK;gaf6 pxfFx? ;xdt x'g'x'G5, To;}af6 hfG5, h'g klxn]b]lv g} eoflnb ?kdf /x]sf] 5 . olb cK;g pxfFx?nfO{ :jLsfo{ gx'g] xf] eg] bf];|f] cK;gdf xfdL 5nkmn ul//x]sf 5f}+ . bf];|f] cK;g eg]sf] pxfFx?n] cK;g /fVg'ePg, ljleGg bnsfx?n] cfkm\gf] tkm{af6 ;+zf]wg /fVg'ePsf] 5, Tof] ;+zf]wgdf v]Ng ;lsG5 . xf]Og eg] pxfFx?nfO{ u|fx\o x'g] s'g} a'Fbf 5 eg] Tof] a'Fbf lbg'k¥of] . To;nfO{ ;/sf/sf] dGqLx?sf] tkm{af6 h;n] ;+zf]wg k|:t't ug'{eof], pxfFx?n] Tof] u|x0f u/]F eGg'ef] eg] :jtM ;+zf]wg eP/ uOxfN5 . xfd|f] sfg'g dGqLn] g} of] d}n] u|x0f ul/lbG5 . :jtM Ogskf]{/]6 eOxfN5 . ;j{;Ddtn] kf; ug]{ eOxfNof] . olb pxfFx?sf] l/on dgdf lglZrt ;d:ofsf] ufF7f] km'sfpg rfx]sf] xf] eg] ;+zf]wg eOxfN5 . d}n] s'g} emd]nf b]Vb} b]lVbg . of] b'a} ubf{ pxfFx?sf] /fhgLlts dflxndf cK7\of/f] k5{, ef]ln r'gfasf] nflu O:o' /xFb}g eGg] nfU5 eg] xfdL pxfFx?n] l;t s] klg ;xdt x'g ;S5f}+ ls c;xdltdf ;xdt xf}+, pxfFx?n] efFhf] xfNg] sfd gu/f];\, c/fhs 9+usf] cfGbf]ngnfO{ k|>o glbgf];\ . zflGtk"0f{ cfGbf]ng u/f];\, x'G5 k|wfgdGqLsf] g} k'tnf hnfpgf];\ . dGqL, ;Nnfxsf/x?sf] ss;sf] hnfpg' k5{, hnfpgf];\, s]xL cfklQ ePg . nf]stflGqs cfGbf]ngdf Tof] ug{ kfOG5 .;xdt xf}+ . tLgtf af6faf6 hfg ;lsg] l:ylt 5, oL tLg6f dWo] s'g} Pp6f af6f]af6 % ut]sf lbgdf xfdL ;+ljwfg ;+zf]wg ug{ ;S5f}+ . o;f] x'gf;fy /fhgLlts RofK6/ Snf]h x'G5 .

**dfpG6]g kmf]s;** M of] xfd|f] bz{sx?nfO{ elGbgf];\ ls olb h:tf] s'/f ldN5, ldN5 eGb} hfFbf clGtd cj:yfdf cfP/ km]l/ lau|]sf], o; cufl8 36gfsf] pbfx/0f 5g\ . olb % ut] leq ;sf/fTds lgisif{x? d'n'sn] k|fKt ug{ ;s]g eg] klg ca of] vfnsf] lnËl/ªsf] RofK6/ aGb x'g]5 .

**lji0f' l/dfn M** dnfO{ nfU5, % ut];Dddf t gsf/fTds t s]xL klg x'Fb}g . pxfFx? ;xdtdf cfP klg c;xdt eP klg ;xdt g} x'g] xf] . ToxL x'gfn] ;+ljwfg ;+zf]wgsf] clxn] h'g sfnv08 5, Tof] 6'Ëf]df hfG5 . d]h/ tLg bn o;df k|lta4 5g\, h:tf] dnfO{ nfU5 , Pdfn], Pdfcf]jfbL s]Gb| / g]kfnL sf+u|]; . tLg j6f k|lta4 ePsf] 7fpFdf c? ;Qf u7aGwgsf bnx? klg ;Fu} x'g'x'G5 xfdL;Fu} . To;kl5 dw];L df]rf{ ;xdt x'gf ;fy} Psbd cf]e/ x]lNeª tl/sfn] ;+ljwfg ;+zf]wgsf s'/f 6'lËg]5 . / pxfFx? k|lqmofdf ;fd]n geP klg km]l/ klg pxfFx?nfO{ ;'udtf 5 . klxnf ;+ljwfg kf; ubf{ pxfFx? k|lqmofdf g/x]sf]n] o;df al:bg eGbf klg l7s} 5 . of] ;'udtf pxfFx?n] k|of]u ugf]{;\ .

**dfpG6]g kmf]s;** M pxfFx?nfO{ ckgTj u/fpg cyjf o;sf] eflubf/L agfpg g} of] ;+zf]wg ug{ nfu]sf] xf]Og <

**lji0f' l/dfn M** xfd|f] :ki6 dt g} s] xf] eg] tkfO{x?n] klxn] ;'?df pxfFn]x?n] lbg'ePsf] ODk|];g s] xf] eg] l;+uf] ;+ljwfg bn g} dg k/]g eGg] h:tf] eGg vf]h]sf] xf] ls < hnfP/ lx+8\g'ePsf] xf] ls h:tf] k/]sf lyof] . ha pxfFx? k|wfgdGqLsf] r'gfadf ;fd]n x'g'eof], To;kl5 ;+ljwfgsf] lglZrt bkmf dfq} pxfFx?nfO] dg gk/]sf] /x]5g\ eGg] a'em\of}+ xfdLn] . To;}n] lglZrt bkmfdf xfdLn] 5f]Psf 5f}+, c?nfO{ 5f]Ps} 5}gf}+ . tL 5f]Psf bkmfdf pxfFx?n] xft xfNg'eof] eg] t cf]g/l;k x'g] xf] . pxfFx?sf] /fhgLlt klg hf]lug] s'/f xf] . To;sf] nflu xfd|f] bnx?nfO{ ;xof]u ug]{ xf], pxfFx? plQv]/sf] zf;s} xf] . clxn]sf] ckf]lh;g xf]Og pxfFx?, klxn]sf zf;s} xf] . zf;snfO{ 7fpF lbg vf]h]s} xf], To; lx;fan] x]bf{v]l/ dnfO{ nfU5, oxfFn] ;'?df ;f]Wg'ePsf] k|Zgsf] lx;fan] % ut] s] xf] t Doflhs 8]6 < eGg] ;Gbe{df d s] eGg rfxG5' eg] of] tl/sfn] /fhgLlts ;d:of xn eof] eg] xfd|f] chD;g s] xf[ eg] ldq /fi6«n] xfdLnfO{ elgPsf], lbPsf] cf]kgnL elgPsf] s'/f s] xf] eg] xfd|f] t s'g} gfsfaGbL g} x}g, xfdLn] eg]s} 5}g, ltdLx?sf] ;d:of xn eof] eg] xfdLnfO{ t s] 5 /, xfdLn] ;a} 5f]l8lbPs} 5f}+, pxfFx?n] elg/xg'ePsf] 5 . of] ;d:of xn x'gf;fy t pxfFx?n] /f]Sg] s'/} ePg . gfsfaGbL t :jtM v'Ng] g} eof] lg .

**dfpG6]g kmf]s;** M t/ Pp6f s'/f Tof] klg pxfFx?n] eGof eP klg oyfy{tf To:tf] 5}g lg . lsgeg] cfhsf] lbgdf klg gfsfx?df tkfO{x?sf] cfGtl/s ;d:of eg]/ pxfFx?n] nufO/xg'ePsf] 5, gfsfx? nueu vfnL g} 5g\ .

**lji0f' l/dfn M** tkfO{sf] egfO Psbd} l7s xf], o;df d klg ;xdt 5' . t/ Pp6f b]zn] cf}krfl/s 9+un] eg]sf] efiffnfO{ d}n] oxfF sf]6 u/]sf] dfq} xf] . cf}krfl/s 7fpFdf a;]sf] dfG5]n] cf}krfl/s efiff sf]6 u/]sf] dfq} xf] . dnfO{ klg tkfO{nfO{ h:t} s] nfU5 eg] clxn] jL/u~hdf t Pp6f afF; t];f{Psf] afx]s 5Fb} 5}g . dfG5] g} x'g'x'Gg sf]xL klg . To;nfO{ b]vfP/ /f]lsg'kg]{ sf/0f} 5}g . xfdLn] km]l/ klg clxn]sf] jftf{sf] dfxf]n glalu|of];\, dfg] lnpF 6f+uf] lgsflnlbpF, bzuhf glhssf] / 6«s Nofpg yfNof}+ eg] xfd|f] jftf{df /xg'ePsf d]w];L ;fyLx?n] nf} km]l/ xfdL otf cfPsf] a]nf kf/]/ xfdLnfO{ hah{:tL ul/of] eGg] l:ylt /xg hfnf, pxfFx?nfO{ g} cK7\of/f] knf{ eGg] lx;fan] l7s 5 % ut];Dd s'/f}+ g t xfdLn] . % ut];Dd s'/f}+, ;xdlt u/f}+ . Pp6f xiff]{Nnf; jftfj/0fd} ;+ljwfgsf] sfof{Gjogsf] kl5 nfuf}+ elg/x]sf] xfdLn] . ToxL lx;fan] g} hfG5 h:tf] dnfO{ nfU5 .

**dfpG6]g kmf]s;** M ca of] otflt/sf] cfGtl/s ;d:of ;Fu;Fu} ef/t;Fu klg oyfy{ s'/f hfgsf/L u/fpg] p2]Zon] k|wfgdGqLsf] txaf6 h'g k|sf/sf] kxnsbdL lng' lng'kYof]{, Tof] ePg ls eGg] cfd dfG5]sf] a'emfO 5 .

**lji0f' l/dfn M** Tof] t clnslt gldNbf] l6Kk0fL xf] h:tf] nfU5 . lsgeg] g]kfnsf] s'g} klg k|wfgdGqL eGbf s]kL zdf{ cf]nLhLn] w]/} rf]l6 6]lnkmf]gd} jftf{ ug'{efÚ5, ef/tLo k|wfgdGqL dfggLo df]bLhLl;t . To;sf/0fn] ubf{v]l/ ef/tLo k|wfgdGqLl;t k|ToIf 6]lnkmf]gdf s'/fsfgL, ef/tsf ljb]zdGqLl;t} klg k|wfgdGqLsf] b"tsf] ?kdf ljb]z dGqLl;t k|ToIf s'/fsfgL / k|wfgdGqLn] k7fpg'ePsf] ljleGg b"tx?dfkm{t\ pxfFx?sf] ;+/rgfdf k6s k6s s'/fsfgL / ef/tsf] /fhb"tfjf; nufotsf] 7fpFaf6 pxfFn] rfx]sf] a]nfdf cfS;]; lbg] eg]sf] Vofn 76\6fsf] s'/f xf]Og . xfdLn] sltko t k/f/fi6«sf] 6]s/dnfO{ g} ldr]/ w]/} af]Nof}+ ls h:tf] h:tf] nfU5 xfdLnfO{ slxn]sfxLF . xfdLn] w]/} cfS;]; lbof}+ ls h:tf] nfU5 . Tolt xfdLn] ul//x]sf 5f}+ ls ToxfF st} klg ;Í6sf] a]nfdf sDo'lgs];gsf] Uofk g/xf];\ . ;~rf/sf] ljxLgtf g/xf];\ eg]sf] . cGoyf sltko ;Gbe{df s'6gLlts dof{bfleq /xg' kbf{v]l/ k//fi6«sf] 6]s/f]d eGbf aflx/ hfg g;lsg] l:ylt /xGYof], Tof] clnslt ldlr/fÚ5f}+ h:tf] nfU5 dnfO{ cfh c ;Nnfxsf/n] eGbf . To;sf/0fn] k|wfgdGqLaf6 k|oTg ePg ls eGg] t x'Fb} x}g . Psbd k|oTg eO/x]sf] 5, glthf cfPsf] 5}g, To;sf/0fn] eGg]n] 7fpF kfPsf 5g\ .

**dfpG6]g kmf]s;** M ljsNkdf xfdLn] w]/} rrf{ kl/rrf{ u¥of}+ . h:tf] ef/tn] gfsfaGbL nufPkl5 Jofkfl/s b[li6sf]0fn] klg Pp6f dfq} d'n's;Fu xfd|f] Psnf}6L Jofkf/ Joj;fo x'Fbf o; k|sf/sf ;d:of xfdLn] cfufdL lbgdf klg xfdLn] ef]U5f}+ . To;f] x'gfn] ljsNksf] ?kdf pQ/L gfsfx?nfO{ o'4:t/df vf]Ng] eGg] h'g k|sf/sf] s'/f lyof] Tof] klg h'g /km\6f/df ;/sf/n] rfx]/ ug'{kYof]{, cfkm}n] l9nf] u¥of xf] ls <

**lji0f' l/dfn M** To;df t ;}4flGts ;xdlt eO;s]s} ljifo x'g\ . cl:t xfd|f] k|ltlglw d08n hfFbfv]l/ ;xdlt g} eO;s]sf] 5 . t/ o;df Pp6f gf]6 /fVg rfxG5' ls xfdLn] ef/tl;t Jojxf/ ubf{ rLgnfO{ b]vfpgsf] nflu, rLgl;t Jojxf/ ubf{ ef/tnfO{ b]vfpg nflu u/]sf] eGg] cy{df s;}n] g} a'em\g'ePg . xfdLn] ljutdf u/]sf] sdL rflxF s] xf] eg] e"kl/j]li7t /fi6«sf] cIf'00f kf/jxg clwsf/ eg]sf] ;a}lt/af6 x'g'kYof]{ . ef/tl;tdfq lng] a'lem+b}5f}+ . To;sf/0fn] ubf{ clxn]sf] ;/sf/sf] k|oTg s] xf] eg] kf/jxg clwsf/ h'g h'g gfsf hxfF hxfFaf6 ;'udtf 5, ToxfF ToxfFaf6 lng] lx;fan] xfdLn] k|oTg u/]sf 5f}+ . rfF8} k|wfgdGqLn] ldq /fi6« rLgsf] klg e|d0f ug'{ x'g]5, Tof] a]nf ;Demf}tf g} x'G5 . b'O6f gfsf clxn] Ps 9+un] rfn' cj:yfdf 5g\ . s]?ªsf] / tftf]kfgLsf] tof/L ub}{5f}+ . tftf]kfgLsf] e'Orfnf]n] r]sKjfOG6x? n8fPsf] sf/0fn] ubf{v]l/ x'g g;ls/xsf] . c? 7fpFdf xfdLn] rf}sL /fv]sf 5}gf}+, rf}sL /fVg] tof/Ldf xfdL ev{/ nfu]sf 5f}+ . af6f] t k'Ug'k¥of] lg . ltAatlt/ af6f] cfpg] af6f] k'u]sf] eP klg g]kfnlt/af6 hfg] af6f] t k'u]sf] 5}g . o;sf] ;DefJotf / To;df ;xdltsf] lx;fan] ;d:of /x]g . To;sf/0fn] ubf{ pQ/L l5d]sLdf /x]sf] d'n's;Fusf] ;Ldf gfsf vf]Ngsf nflu xfdLn] kxn gu/]sf] eGg]df Tof] xf]Og . o; ;DaGwdf tkfO{sf] nf]slk|o ;~rf/ dfWodsf] tkm{af6 lh1;f /fVg] ;Dk"0f{ >f]tfx?nfO{ tkm{af6 :ki6 klg kfg{ rfxG5' . ;/sf/ o;df k|lta4 5 . o;sf] cltl/Qm klg Jofkf/ ljljwLs/0fsf] kIf oxfFn] p7fpg'eof], To;df xfdL b[9 g} 5f}+ / lgs6 eljiodf x'g] xfd|f] k|wfgdGqLHo"sf] rLg e|d0fsf] a]nfdf xfdL lglZrt ljifox?df lkm| 6«]8 cflu|d]G6 eGg';\, cyjf b'O{ kIfLo nufgL ;+/If0f ug]{ ;Demf}tf eGg';\, kf/jxg ;lGwsf] s'/f ug'{;\ cyjf OGwg cfk"lt{sf] ;lGw eGg';\ oL hDd} xfd|f] kfOknfOgleq /x]sf s'/f x'g\ . oxfF;Dd ls ;'?df oxfFn] p7fpg'ePsf] /]nj];Fu ;DalGwt ljifodf klg xfdL 5nkmn ug{ uO/x]sf 5f}+ . ;Dej eP;Dd /]nj]sf] af6f]af6 klg xfdL rLgl;t klg a9L nfe lng] k|oTgdf hfG5f}+ g} .

**dfpG6]g kmf]s;** M ca ;/sf/sf] k|fof]l/l6hx? s] xf] / b'vkfO/x]sf] a]nfdf hgtfn] h'g vfnsf pknAwtfx?af/]df hf] 5g\, To;df kf/bzL{o ljt/0f k|0ffnLdf sdhf]/L cfPsf] 5 . sfnf] ahf/Ln] ahf/ vn{Kk} lgn]sf] 5 . ;/sf/sf] pkl:ylt Psbd} Go"g aGb} uPsf] Ps lx;fan] cfk"lt{ ePsf] 5}g, ePsf] rLhdf dgnfUbL dfG5]x?n] To;sf] sfnf]ahf/L ul//x]sf 5g\ . csf]{lt/ ca lr;f] Ps dlxgf dfq afFsL 5g\, hf] e"sDk kLl8t hgtf 5g\, ltgLx?sf] nflu klg eg]sf] ;dodf /fxt k'¥ofpgsf] nflu h'g /ˆtf/ / efjgf;lxt hfg'kYof]{, ;/sf/ To;/L nfu]g eGg] s'/f klg 5 .

**lji0f' l/dfn M** e'Orfnf] ;DaGwL s'/fdf d olt dfq eGg rfxG5' ls h'g !) xhf/ ?k}of !) lbgleq ljt/0f u5f}{+ eGof}+, ^ cj{ ?k}of !) lbgleq kkm]{S6nL ljt/0f eof] . %–!) k|ltzt st} gSsnLn] lnPsf eP cyjf s'g} sf/0fn] gk'u]sf] eP To;nfO{ ckjfbsf] ?kdf lng'k5{ xf]nf . s'g} klg s'/f olt rfF8f] ePsf] eGg] s'/f h'g !) lbgleq ;/sf/n] lg0f{o u/]sf] 5, Tof] tYofÍaf6 k'li6 klg ePsf] 5, Tof] ;d:of /x]g g} . hxfF;Dd 3/ agfpg] s'/f] xf], 3/ agfpg] s'/f] eg]sf] klxn] s} ;d:ofsf] rfªdf r9]/ cfPsf] sf/0fn] ePsf] ;d:of ePsf] eG5' . ltxf/kl5 dfq xfdLn] k|flws/0f lan kf; u¥of}+ . To;kl5 P]g cfof] . P]g cfPkl5 nuQ} xfdLn] ;LOcf] lgo'Qm u¥of}+ . To;kl5sf dfO:6f]gx? t oxfFn] b]lv/xg' g} ePsf] 5 . /ˆtf/sf ;fy g} uO/x]sf] 5 . lsgeg] 3/sf] hu xfn]kl5 klg aGg / 5fgf] xfNg t ;do nfU5 lg . % nfv eGbf a9L 3/x?, \* nfv kl/jf/ 3/ ljlxg ePsf 5g\ . tL hDd}nfO{ 3/ agfpg] s'/f t Vofn7§fsf] s'/f x}g . k|ljlwsf] lx;fan] klg ufpF ufpFdf xfdLn] e"sDkk|lt/f]wL 3/ agfpg] s'/f] elg/x]sf 5f}+ . Tof] lx;fan] hfG5 . o;sf] nflu 8f]g/x?n] kTofpg] s'/f x'g'k5{ . of] klg xfd|f] ;d:of 5, cfkm\g} vNtLdf dfq k};f 5}g xfd|f] . 8f]g/x?sf] ;Dd]ng u/]/sf xfdLn] k};f lnof}+ / hjfkmb]lxtfsf nflu 8f]g/x?n] lglZrt ;t{x? /fv]sf 5g\ . ;j]{ ug'{kg]{, of] ug'{ kg]{ pm ug'{kg]{ eg]/ . oL hDd} xfdLn] ub}{ 5f}+ . To;sf/0fn] ubf{ e"sDksf] ;Gbe{sf] s'/f ca xfdL l7s 6«fsdf hfG5 eGg] s'/f ca ljZjf; lbnfpg rfxG5' . hxfF;Dd of] sfnfahf/L;Fu ;DalGwt s'/f 5, sfnfahf/Ldf tkfO{n] eGg'ePsf] s'/fdf d]/f] cfdl;s ;xdlt 5 . cfGbf]ng;Fu;Fu} sfnfahf/L hf]l8P/ cfof] . cfGbf]ngsf] tfk 36\b} hfFbf sfnfahf/Lsf] dfqf klg 36\b} uPsf] 5 . Tof] 5'6\ofpg xfdLnfO{ ufx|f] g} k/]sf] xf] . cfGbf]ngsf/L lbpF;f] cfGbf]ngdf laxfg a]n'sf sfnf] em08f uf8]/ t]n t:s/Ldf eGg] ;dfrf/ cfP, Tof]st} ;Totf h:t} klg nfU5 xfdLnfO{ . ToxL klg /fHon] sG6«f]n ug{ ;Sg'kg]{ xf], /fHon] OUgf]/ ug'{ x'Fb}gYof] . xfdL To;df Tolt km'lt{nf] x'g ;s]gf}+ h:tf] nfU5 .

**dfpG6]g kmf]s;** M ca ;/sf/sf cfufdL k|fof]l/l6hx? s] x'g\ h:tf] oL dxTjk"0f{ Ph]08f t cem} xn ug'{kg]{ t 5Fb}5g\, To;afx]s klg ;/sf/n] cfkm\gf] sfo{x? s;/L cufl8 a9fpF5 < h:tf] ;/sf/n] Pp6f cnf]slk|otfsf] csf]{ >Înf s] kf/ u/]/ cfof] eg] ls dGqfnox?sf] ljefhg u/]/ clxn] cK7\of/f] kl/l:yltdf /fHonfO{ a9L Jooef/ yk]/, ;fgf ;fgf dGqfno 6'qmfP/ ;fgf ;fgf bnsf Pp6f Pp6f dfq ;f+;b ePsfx?nfO{ klg dGqL agfpg] kl/l:ylt lsg pTkGg eof] eGg]df klg dflg;x? cg'Ql/t 5g\ .

**lji0f' l/dfn M** d o;df o;/L hjfkm lbg rfxG5' ls ;/sf/sf] k|of]l/6L s] xf] eg] klxnf] gDa/ xfdL Jofkf/sf] ljljwLs/0f ug{ rfxG5f}+, bf];|f] gDa/ e"kl/j]li7t /fi6«x?n] kfpg'kg]{ ;'ljwf ;a}lt/af6 k|fKt u5f}{+, t];|f] s'/f clxn]sf] s'6gLlts ;d:of h] h] 5, gfsfaGbL;Fu ;DalGwt Tof] xn ug]{ k|oTg u5f}{+ . rf}yf] s'/f /fhgLlts ;d:of h] 5, To;nfO{ xfdL tTsfn xn u5f}{+ / xn gePsf ;d:of tTsfn ax;df lg/Gt/ lnP/ hfG5f}+ . kfFrf}+ s'/f ;aeGbf dxTk"0f{ s'/f g]kfnnfO{ pmhf{sf] ?kdf cfTdlge{/ agfpg] afO OghL{ g]kfn jLn la OG8]k]G8]G6 sG6«L agfpg] k|oTgdf xfdL hfG5f}+, ;'zf;g nfufotsf s'/fx? t cfO g} xfN5g\ . ;'zf;g eg]kl5 tkfO{+n] kl5Nnf] rf]l6 hf]8\g'ePsf] s'/f cfpF5 . dGqfno km'6fP/, dGqLx? yk]/ Jooef/ ePsf] s'/fx?, lglZrt ?kdf of] xfdLn] u/]sf sfdx? nf]slk|o sfd x}g cnf]slk|o sfd u/]sf xf}+ . of] ;+qmd0fsfndf sltko cnf]slk|o sfd ug{ klg afWo x'G5f}+, d}n] Pp6f 6\jL6 u/]sf] lyPF, w]/} l6Kk0fL klg ug'{ef], cfjZostfsf] bfgjL l;4fGtn] ubf{v]l/ gLlt lg0f{o txdf slxn]sfxLF cnf]slk|o sfd ug{ afWo kfbf] /x]5 eg]/ n]v]sf] lyPF . of] k|wfgdGqLnfO{ klg of] nf]slk|o sfd nfu]sf] xf]Og . xfdL sltko ;Ldfdf aflwPsf 5f}+, ;+ljwfg kf; ubf{b]lv oltv]/;Dd cfpFbfv]l/ olb g]kfnL sf+u|]; ;/sf/df ;'?df g} hfGYof] eg] xfdLn] o:tf sltko cnf]slk|o sfdnfO{ cEjfO8 ug{ ;SYof}+ xf]nf . 7"nf bnx? Ps 7fpFdf g/xbfv]l/ x'g] vfN8fx? o:t} x'G5g\ . vf; u/L ;+qmd0fsfndf clglZrt s'/fx? k"0f{tM xfdL x6fpg ;Sbf /x]g5f}+ . clglZrt s'/fx? leq k:g] / lglZrt s'/fx? aflx/ kg]{ x'Fbf /x]5g\ . clxn]sf] ;d:of ToxL g} xf] .

<https://www.youtube.com/watch?v=2l3Vjbr333g&index=11&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>