Date: Dec 31, 2015, Sagarmatha TV,

STV CHAT with Bishnu Rimal

**P;l6eL Rof6df** hLj/fd e08f/L;+u lji0f' l/dfn

g]kfnsf] ljsf; ePsf] /fhgLlts 36gfqmd / hgtfsf] ck]IffnfO{ lsg ;+af]wg x'g ;s]g < o;/L rN5 t <

**;u/dfyf M** dflg;sf] ck]Iff lg a8f w]/} lyof] s] < of] s06ljhf]u / xljutdf d'n's rln/x]sf] 5 . lbg lbg} emg\ emg\ ufx|f] x'Fb} uO/x]sf] 5 s] < of] oyf:yltdf slxn];Dd rNnf cyjf o;sf] lgsf; ;+efjgf 5 ls 5}g <

**lji0f' l/dfn M** clxn] tkfO{n] eGg'eP h:t} of] s06ljhf]udf d'n's rNb}g / d}n] ljgd|tfk"j{s s] cfu|x ug{ rfxG5' eg] of] s06ljhf]u of] PsfPs ePsf] klg xf]Og, ;DdfggLo s]kL zdf{ cf]nL k|wfgdGqL ePsf] sf/0fn] klg ePsf] xf]Og . d}n] ;a} 7fpFdf Pp6} zAb eGb} cfPsf] 5' ls xfdL ;d:ofsf] rfªdfly 3f]8f r9\g cfPsf xf}+ / o;nfO{ ku]{Ng] sfddf xfdL cfOk'u]sf 5f}+ .

**;u/dfyf M** ;d:of slxn]b]lv ;'? ePsf] xf] <

**lji0f' l/dfn M** ;d:of k"j{jtL{ k|wfgdGqLs} kfnfb]lv lyof] . ;+ljwfg hf/L x'g'eGbf b'O{ tLg lbg cufl8 b]lv g} lyof] . tLg6f kf6f /x], Pp6f kf6f eg]sf] k|fs[lts s'/f lyof] h'g e'Orfnf]sf] sf/0fn] ePsf] lyof] . vf; u/L @)&@ j}zfv !@ ut] ePsf] e'Orfnf]sf] sf/0fn] $% j6f lhNnfdf hgtfdf cfPsf] s06ljhf]u lyof] . To;nfO{ xfdLn] ku]{Ng' kYof]{ / avf{sf] ;dodf sfd ug{ ;Sb}gYof], To;sf] tof/Ldf xfdL lyof}+ . of] k"j{jtL{ ;/sf/s} kfnfb]lv lyof] / To;df xfdL ;xofqL lyof}+ . of] kf6f] of] lyof] .

bf];|f] eg]sf] ;+ljwfg hf/L ug]{ qmd;Fu gofF ;d:of ;'? eof] . o;sf b'O6f kf6f eP, d Ps} 7fpFdf ld;fP/ eGg rfxGg . Pp6f kf6f eg]sf] xfd|f] cfGtl/s xf] . dw];s]lGb|t bnx?n] p7fpg'ePsf] c;xdlt / lj/f]wsf] s'/f . bf];|f] kf6f] ToxL;Fu c8]; nfP/ cfPsf] xfd|f] s'6gLlts ;d:of lyof] . To;df ldq /fi6« ef/t hf]l8P/ cfof] . of] tLg j6f s'/f cfk;df h]lnPsf] / Ps cfk;df ;DalGwt klg ePsf] sf/0fn] ubf{v]l/ xfdLn] hgtfdf /x]sf] -oxfFn] k|of]u ug'{ePsf] zAb d klg k|of]u ug{ rfxG5'\_ h'g s06ljhf]u 5, s06ljhf]unfO{ ;Daf]wg ug{ l9nfO eO/x]sf] 5 .

**;u/dfyf M** ;Daf]wg lsg l9nfO eO/x]sf] <

**lji0f' l/dfn M** o;sf tLg6f rf/j6f sf/0f /x], h:tf] k|fs[lts ljklQsf] s'/f ug]{ xf] eg] xfdL;Fu lgod sfg'gsfsf] cefj lyP, vf; u/L k'glg{df{0f k|flws/0f ;DaGwL bnx?df /x]sf] c;xdltsf] ljifo lyof] . xfdLn] cWofb]zdfkm{t sfd u/]sf lyof}+ . Ps hgf ;LO{cf] lgo'Qm u/]sf lyof}+ . cWofb]z vf/]h eof], Tof] uof] . To;kl5 gofF sfg'g agfpg] dfldnfdf ;+;b rNb} rn]g . dw]; s]lGb|t bnx?sf] lj/f]wsf sf/0fn] ;+;b rn]g . em08} em08} 8]9 dlxgf b'O{ dlxgf kl5 dfq xfdLn] Tof] sfg'g agfpg ;Sof}+ / gofF ;LO{cf] k|fKt ug{ ;Sof} .

**;u/dfyf M** cyf{t h'g ;LO{cf] lyof], Tof] tkfO{x?sf] cg's'n lyPg, cfkm\gf] cg's'n agfpg vf]Hg'ef] tkfO{x?n] .

**lji0f' l/dfn M** dnfO{ o:tf] eGbf cln b'Mv nfU5 ls xfd|f] b]zdf yf]/} dfq lj1 5g\, s'g} klg lj1nfO{ /fhgLlt;Fu hf]8]/ of] cg's"n / k|lts"n eof] eGg yfNof] eg] lj1x?dfly cGofo x'G5 eGg] d 7fG5' . d klg 6]lSgsn Aofs u|fp08sf] dflg; x'F . To;sf/0fn] ubf{ d}n] s] eGg'k5{ eg] bnLo cfwf/df lr/kmf/ gu/f}+ h:tf] nfU5 .

**;u/dfyf M** t/ d'n's t efua08fdf rn]sf] 5 lg < cfh c xf]N8n] yfxfkfpg] u/]/ kf/bzL{ eP/ efuaG8fdf rln/x]sf] 5 s] < rfx] l8Knf]df;L If]qdf xf];\, of cGo s'g} If]qdf o;/L rln/x]sf] 5 s] < tkfO{nfO{ yfx} 5, tkfO{n] gh/cGbfh ug'{;\ s] <

**lji0f' l/dfn M** oxfFn] eGg'ePsf] s'/f ;xL xf], efua08f klg 5 . bnx?n] cfˆgf dfG5] eGg] u5{g\, Tof] ljbDagf eG5' d}n] . d]/} bnaf6 Tof] ul//x]sf] eP klg Tof] gug'{ky]{ lg eGg] u5'{ . xfdLn] lj1=== d km]/L bf]xf]¥ofP/ eGg rfxG5', xfdL g]kfndf ;f/} yf]/} lj1x? dfq x'g'x'G5, yf]/} lj1nfO{ klg xfdLn] bnLo r:dfsf] cfwf/df of] jf Tof] eGg yfNof}+ eg] /fli6«o Pstf sfod x'Fb}g . o;df ;xdlt ePgg\, s'/f ldn]gg\ . o;df d]/f] bndf slt ;d:of /Xof] xf]nf, slt cK7\of/f] /Xof] xf]nf, slt xfd|f] efudf kg]{ xf], slt c?sf] efudf kg]{ xf], To;sf] d"NofÍg ub}{ hfpF, h:tf] xfd|f] efudf k/]sf]df xfdL tof/ g} 5f}+ lg .

**;u/dfyf M** of] cj:yf /xG5 t, slxn];Dd eGg';\ t < lsgeg] hgtfsf] a8f] xljut 5, d'n's c;fWo} cK7\of/f] cj:yfdf rln/x]sf] 5 . To;}n] d}n] of] elg/x]sf x'F .

**lji0f' l/dfn M** d o;df o;/L ;Daf]wg ug{ rfxG5' h:tf] ls lgdf{0fsf] sfd t /ftf/ft x'g ;Sb}g . xfdLn] c;f/sf] ! ut] g} sfg'g lgdf{0f u/]/ k'glg{df{0f k|flws/0f agfPsf] eP, olb xfd|f] ;Ldfdf gfsfaGbL gePsf] eP klg ev{/} xfdLn] lgdf{0fsf] k|lqmof ;'? uYof}{+ xf]nf, gS;f kf;sf] sfd x'GYof] xf]nfg\, hgtfsf] 3/3/df . 3/ agfpgnfO{ t ;do nfU5 g} . of] lr;f] t xfdLn] ef]Ug} kYof]{, k|s[ltn] lbPsf] >fk g} Tof] xfdLnfO{ . clxn] rflxF l9nf] ePsf] s] xf] eg] b'O{ tLg dlxgf otf b]lv xfdLn] sfd ug{ ;s]gf}+ . Pp6f d oxfFnfO{ ljgd|tfk"j{s cg'/f]w ug{ rfxG5', ldl8ofdf klg cfPsf] 5}g of], gcfcf];\ l7s} 5, xfdLn] e'Orfnf] uPsf ;'?b]lv g} s] eGb} cfof}+ eg] xfO6L df]8ndf rflxF ghfcf];\ x} eGb} cfof}+ . d}n] clxn] of]hgf cfof]udf /x]sf ;fyLx?l;t ;Nnfx ubf{ cy{dGqfnol;t ;Nnfx ubf{ s]xL s]xL ld:6]s ul/;s]sf /x]5f}+, k"j{jtL{ ;/sf/s} kfnfdf . d Tof] ckh; ==

**;u/dfyf M** Tof] hfgfhfg / cGhfgdf u¥of <

**lji0f' l/dfn M** d]/f] ljrf/df of] hfgfhfgdf ePsf] uNtL xf] h:tf] nfU5 . xfdLn] jN8{ a}+s tyf s]xL ;+:yfx?nfO{ dN6L 8f]g/ af:s]6 km08 agfpg lbPsf /x]5f}+ . To;df xfdLn] u/]sf] ;Demf}tf s] /x]5 eg] of] nfdf] lstfa h:t} r]sln:6 agfPsf] /x]5 . OlGhlgo/x? uP/ hgtfsf] 3/ lgdf{0fdf Iflt slt ePsf] xf], k"0f{ Iflt cf+lzs Ifltaf/] ljj/0f ptfg'{ kg]{ /x]5 . d 6]lSgsn Aofsu|fp08 ePsf] eg]/ eGg vf]h]sf] s] eg] olb Tof] r]sln:6 h:tfsf] t:t} ug]{ xf] eg] Pp6f 3/ lgdf{0f ug{sf nflu Pp6f OlGhlgo/nfO{ 8]9 306fb]lv b'O{ 306f;Dd Pp6f kmf/d eg{nfO{ nfU5 . Tof] hDd} ;e]{ eP/ cfPsf] l/kf]6{ kl5 dfq} ejg lgdf{0fdf hfg ;lsG5 . To;sf] nflu klg klxnf] k};f eg]sf] a}+s PsfpG6 dfkm{t k7fpg' k5{ . eGg] lx;fan] ul/Psf] /x]5 . rf/ lsQfdf k7fpg] eg]/ lg0f{o ul/Psf] /x]5 . olb 7'nf kl/of]hgfx?, ;+/rgf agfpg] kl/of]hgfdf rflxF s]xL ug{ gkg]{, l;w} l8n ug{ ;lsg], ul/a hgtfnfO{ b'O{ nfv ?k}of lbgsf nflu of] gfgfef6L l;h{gf u/L emdnf u/]sf /x]5f}+ . l7s} 5 Tof] ;Demf}tfnfO{ tkfO{n] ug{ ;lsG5 eGg] dfg] lncf}+, jN8{ a}+sn] o'PgkLcf] eGg] ;+:yfnfO{ of] sfd ug{ 7]Ssf lbPsf] /x]5 . o'PgkLcf] eGg] ;+:yfn] csf]{ Pp6f Pg;N6]G;LnfO{ 7]Ssfdf lbPsf] /x]5 . o;n] clxn];Dd sfd u/]s} /x]g5 . xfdL ;/sf/df cfO;s]kl5 xfdLn] s] u¥of}+ eg]

**;u/dfyf M** d'n'snfO{ 7]Ssfdf rnfpg vf]h]sf] /x]5 <

**lji0f' l/dfn M** xf] 7]Ssfdf rnfpg vf]h]sf] /x]5 . xfdL ;/sf/df cfPkl5 s] u¥of}+ eg] rfF8f] eGbf rfF8f] k|flws/0f ljw]os Nofpg k|oTg u¥of}+ . ljw]osd} xfdL s]lGb|t /Xof}+ . Tof] kf; u/fpg ;LO{cf] lgo'lQmdf nfUof}+ . h] l6Kk0fL cfP klg, h] h] cfnf]rgf cfP klg o;nfO{ 6'ª\Uofpg'k5{ eg]/ xfdL nflu/Xof}+ . Tof] ul/;s] kl5 ha gofF ;LO{cf] cfpg'ef], gofF ;LO{cf] cfpg yfn] kl5 == To;sf] lgdf{0fdf ;xhLs/0fsf nflu of]hgf cfof]usf pkfWoIfnfO{ klg lhDdf lbPsf lyof}+ . Tof] s'/fdf oL s'/fx? kfof}+ / oL Pu|Ld]G6 nfu" ubf{ v]l/ tLg xhf/ OlGhlgo/ kl/rfng ubf{v]l/ xfdLnfO{ dlxgf}+ nfUg] tl/sfn] Plu|d]G6 u/]sf /x]5f}+ . Plu|d]G6 lnun 8s'd]G6nfO{ g;RofO{ pkfo g} 5}g . ls xfd|f] ;/sf/n] s] ug'{k5{ eg] oL dN6L 8f]g/ af:s]6 km08df cfPsf] k};fnfO{ k|of]u ulb{g eGg'k5{, cfkm\g} sf]ifaf6 hgtfnfO{ k};f lbg yfNg'k5{ ls t of] Plu|d]G6df ;'wf/ ug'{kg]{ h?/L 5 . ljutdf t xfdLn] xfd|f] cy{dGqfnodfkm{t k"j{ ;LO{cf] dfkm{t s]xL s]xL uNtL ul/g} ;s]sf /x]5f}+ . d bf]if lbg rfxGg, ;fyLx?n] lsg r's ug'{ef] eGg] d]/f] lh1f;f dfq} xf] . ;Rofpnf eGg] d]/f] cf;f dfq} xf] .

**;u/dfyf M** o:tf] lr;f]df o:tf] xfntdf al;/x]sf 5g\, hgtfsf] cf;f dl/;s] . ca tkfO{ cfP/ lxhf]sf] s'/f ug'{ef] . l9nf] eof] t ca, of] hf8f]n] t afFRg ufx|f] cj:yfdf t dfG5] k'u] t <

**lji0f' l/dfn M** d oxfFn] p7fpg'ePsf] rf;f]df k"/f ;xdt 5' . hgtfnfO{ o;sf] s] dtna 5, ;/sf/ rnfpg]n] rnfpg'k¥of], xfdLnfO{ tftf] b]p eGg] hgtfsf] cfu|x xf] . ToxL sf/0fn] of] si6 ;x]/ klg of] kL8f ;x]/ hgtfn] ;dy{g ug'{ef5, ljb|f]x ug'{ePsf] 5}g, si6 ;x]/ klg . d pxfFx?k|lt cfef/ g} JoQm ug{ rfxG5' . t/ of] ;Tof] s'/f klg d}n] ldl8ofdf elgg eg] tkfO{l;t s'/f ul/g eg] cgfjZos 9+usf] cf/f]k dfq em]n]/ a:g] kl/l:ylt cfpF5 xf]nf . d clxn] oxL g} s'/f ;'?df tkfO{l;t ePsf] s'/fnfO{ p7fpg rfxG5' . s06ljhf]u slxn] xn x'G5 eGbf ToxL s06ljhf]u} x'g] af6f]af6 lx8]sf /x]5 / cK7]/f] eO/x]5 eg]/ atfpg vf]h]sf] dfq} x'F . To;sf]

**;u/dfyf M** ca ;'wf/ x'G5 eg]/ s] cfwf/df dflg;n] eGg] t < ca of] ;/sf/ cfof], h:tf] ;'zLn sf]O/fnfsf] ;/sf/ gf£of] . clxn]sf] ;/sf/ klg rf/ dlxgf gfl3 g} ;Sof] . ca p;nfO{ bf]if lbP/, lxhf]sf] lbgdf b/af/nfO{ bf]if lbg], km]l/ ef/tnfO{ bf]if lbg], ;'zLnnfO{ bf]if lbg] ePg . ca ;'wf/ rflxF slxn]b]lv x'G5 < dfG5]n] cf; ug]{ s;/L <

**lji0f' l/dfn M** l7s 5 d o;}df cfpFb}5' . o;}df k|j]z ub}{5' . d bf]if lbg eg] rfx]sf] xf]Og . km]l/ d s/]S;g ug{ dfq rfxG5' . ld:6]s ePsf 5g\ eGg] dfq eGg rfxG5' . ;'?d} klg eg]F, k"j{jtL{ ;/sf/sf] xfdL klg cË lyof}+ . ;'lznhLnfO{ dfq ufnL u/]/ plDsg rfxGg, xfdL klg lyof}+ xfdLn] klg uNtL u/]sf] dflgG5 To;df . xfd|f] Wofg gk'Ug' t xfd|f] klg sdL xf] . ca ;LO{cf] alg;Sg'ePsf] 5 . ;LO{cf] lag;Sof sf/0fn] ubf{v]l/ ca tby{leq}df k|flws/0fn] k"0f{tf kfpF5 . clxn] g} s] eO/x]sf] 5 eg] xfd|f] k|wfgdGqL sfof{nodfkm{t xfdLn] k'glg{df{0f k|flws/0fdf ;/sf/n] lbg'kg]{ sd{rf/Lx?nfO{ Joj:yf ug]{ sfd ul/;s]sf 5f}+, oxfFnfO{ yfxf 5, l;+xb/af/ leq ejg} 5}g . lk|Kofs ejgfdf sfof{no /fVg nufO/fv]sf 5f}+ . tLj} ultdf xfdLn] lgb]{lzsf agfpg] s'/f, sd{rf/Lx? etL{ ug]{ s'/f / ;Fu;Fu} lsgeg] ;/sf/L sd{rf/L 6«fG;km/ ug]{ xf], To;df s'g} w]/} hl6ntf 5}g . of] /fvg] s'/f / ;Fu;Fu} s]xL lj1x? lgo'Qm ug]{ s'/f xfdLn] xKtf lbg jf b'O{ xKtfleq 6'ª\UofpF5f}+ . o;sf] ;Fu;Fu} xfdL, oxfFnfO{ yfxf klg 5, b'O{ nfv ?k}ofF lgsf;f ug]{ sfd t ul/g} ;Sof}+ lg . of] k'glg{df{0f k|flws/0f aGg' cl3 g} tof/ ul/;Sof}+ / xfdLn] rf/ ls:tfdf lbg] k};fnfO{ tLg ls:tf lbg] emfl/ klg ;Sof}+ . o;df klg s]xL s]xL lh1f;fx? 5g\ . o;nfO{ kl5 k|Zg ug{ lg ;Sg'x'G5 ls clxn] h;sf] 3/ 5}g, Pp6f /fVg] 6\ofÍf 5}g, ;~ro ug]{ 7fpF 5}g, k};} xftdf lbP klg hgtfn] k};f sxfF /fV5g\ < rf]/L xf]nf eGg] 8/ xf]nf eGg] lrGtf 5 . b'O{ nfvsf] kRrL; k|ltzt lbg] eg]sf] krf; xhf/ lbg] xf] . krf; xhf/ ?k}ofF 5fk|f]df /fVbf s] xf]nf eGg] ;d:of klg 5 . of] hDd} df]l8ofln6L s] t < 8f]g/x?n] eGbf klg kf/blz{tf eof], o;df hjfkmb]lxtf klg b]lvg'k¥of] . Jojxf/ klg ToxL x'g'k¥of], Psflt/ of] lyof] . csf]{lt/ hgtfn] s] cg'e"t ug{ kfpg'k¥of] eg] of] d]/f] gf]6 klg cfof], ca d]/f] 5fk|f] klg aG5, d]/f] 3/ klg aG5 . d ;'/Iffdf a:gkfpF5' eGg] s'/f pxfFx?nfO{ dx;'; klg x'g'k¥of] . of] hDd} s'/fnfO{ hf]8\g] u/L xfdLn] k'glg{df{0f k|flws/0fsf ;fyLx?nfO{ sfd yfNg';\ eg]sf 5f}+ . of] cufl8 hfG5 .

**;u/dfyf M** t/ Tof] bfqL lgsfosf hf] bftfx? 5g\ lg pgLx?n] hf] sld6d]G6 u/]sf lyP, Tof] k};f cfpg g;lsg] ;+efjgf 5, Tof] vt/f 5 eG5 Tof] ===

**lji0f' l/dfn M** dnfO{ t To:tf] lsg nfUb}g eg] hfkfgn] hlt sld6d]G6 u/]sf] lyof], k};} lbO;Sof] . ;Demf}t} eO;Sof] hfkgl;t . ldq/fi6 hfkfgn] ul/g} ;Sof] . jN8{a}+sn] b'O nfv @ ;o ldlnog 8n/ h:tf] nfU5, Tolt 8n/ af:s]6 km08df nf]g /flv;s]sf] 5, To;df klg pgLx?n] lbg'kg]{ u|f08 rflxF pgLx?n] u/]sf] /x]g5, ;fdfGotof jN8{ a}+sn] k};f lb+bfv]l/ cg'bfg !% k|ltzt hlt lbP/ To;kl5 C0f lbg] rng x'Fbf] /x]5 . To;df cg'bfg 5 h:tf] nflu/x]sf] 5}g . hDd} C0f dfq b]lv/x]sf] 5' . rLgn] sld6d]G6 u/]sf] @% k|h]S6} agfpg] eg]/ xfd|f pkk|wfgdGqL sdn yfkf hL hfg'x'Fbf Tof] 6f]nLl;t pgn] 3f]if0ff g} ul/;s]sf] 5 . o'/f]lkog o'lgog nufot o'/f]ksf b]zx?n] k'glg{df{0f k|flws/0f gaGg] xf] eg] k};f lbg ufx|f] x'G5 elg/x]sf] lyof], k'glg{df{0f k|flws/0f ag]sf]n] Tof] af6f] lSno/ eO;s]sf] 5 . ToxL lx;fan] ubf{v]l/ d]/f] ljrf/df 8f]g/x?n] lbg] /sd /f]lsg'kg]{ sf/0f b]lvg, cfpF5 h:tf] dnfO{ nfU5 .

**;u/dfyf M** d tkfO{nfO{ klAns 8]lne/Lsf] s'/f u5'{, tkfO{ k|wfgdGqLHo"sf] Ps hgf /fhgLlts ;Nnfxsf/, of] b]zsf] Pp6f kf6L{sf] kfln6Ao'/f] ;b:o, ef/tsf] gfsfaGbL kZrft\ l;h{gf ePsf] dflg;sf] of] xfnt 5 lg o;df ;'wf/ slxn] cfpF5 < lxhf] dfq} xfd|f] k|wfgdGqLn] ef/tLo k|wfgdGqL g/]Gb| df]bL;Fu @) ldg]6 s'/f ug'{eof], s'/fsfgL s] eof] <

**lji0f' l/dfn M** l7s 5 of] ljifo klg /fhgLlts ;Nnfx / ;xdltnfO{ 6'ª\Uofpg g} u/]sf] xf] . d k[i7e"ld clnslt atfpg cg'dlt rfxG5' . tLg6f bnsf] zLif{ g]tfx? ;lxtsf] 6f]nLl;t 5nkmn x'Fbfv]l/ dfggLo ;'lzn sf]O/fnf, dfggLo k'iksdn bfxfn k|r08 nufotsf g]tfx?n] xfd|f] k|wfgdGqLnfO{ ug'{ePsf] cfu|x s] xf] eg] xfd|f] k|wfgdGqLn] ljb]z dGqL cyjf Ph]G;Lsf cyjf l8Dnf]df;L d]l;gsf ;fdfGo cu'jfx?l;t lhDd]jf/x? l;t dfq s'/f u/]/ ;d:of xn x'Fb}g, cfkm\gf] sfpG6/kf6{l;t g} s'/f u/]/ l:yltnfO{ ldnfpg' k¥of], rfF8f] eGbf rfF8f] ug'{k¥of] eg]/ cfu|x ug'{ePsf] lyof] . pxfFx?sf] cfu|x k5fl8 b'O{ tLg j6f s'/f lyof], Pp6f s'/f s] lyof] eg] xfdLn] cfkm\gf] kf]lh;g lSno/ u¥of}+ ls u/]gf}+ eGg] ;Gbe{df cfkm\gf] c8fg :ki6 kf¥of}+ eGg] s'/f tLg j6} bnsf Ps} dt /x]sf] lyof] . Tof] eg]sf] ;/sf/sf] dGqL kl/ifbsf] j}7saf6 ;+;bdf hf/L ePsf] ;+zf]wg ljw]osdf tLg j6} bnsf] ;xdlt /x]sf] s'/f] To;df dw]; s]lGb|t bnx?nfO{ ;xdltdf cfpg' eGg] s'/f /x]sf] / ;Ldf ;DaGwL ljjfbsf] nflu klg o;/L hfG5f}+ eg]/ b'O{ tLg dlxgfleq xn u5f}{+ eg]/ kl/ifbs} j}7saf6 lg0f{o ul/;s]sf] sf/0fn] olb o;df bfofF afofF s;}sf] lh1f;f 5 eg] Tof] klg :ki6 kfg'{kg]{ bfloTj xfd|f] ePsf] x'Fbf ef/tdf /xg'ePsf] k|wfgdGqLsf sfpG6/ kf6{g/ ptfsf ;DdfggLo k|wfgdGqLHo" l;t xfd|f] ;DdfggLo k|wfgdGqLHo"n] s'/fsfgL ug'{k5{ eGg] pxfFx?sf] cfu|x lyof], xfd|f] k|wfgdGqLHo"n] s] eGg'ePsf] lyof] eg] of] s'/f daf6 x'G5, d u5'{, tkfO{x? dw]; s]lGb|t bnx?;lxt a;]/ tLg6f /fli6«o bnx?sf] ;femf Ph]08f agfpF xfdLx?, lsgeg] /fli6« Pstf clxn] k|d'v s'/f xf], h;/L ;+ljwfg hf/L ubf{ d'Vo bnx? cufl8 pleof}+ xfdLx?, To;n] ;+ljwfg hf/L ;+ej eof] . To;}u/L /fli6«o Pstf / of] ;Í6af6 kf/ nufpgsf nflu ;a} bnx? aLr Pstf x'g' h?/L 5 . cfjZos ;a};Fu d jftf{ ug{ tof/ 5', d l;w} kxn u5'{ pxfFn] eGg'ePsf] xf] . xfd|f] of] hfgsf/L, xfd|f] of] OR5f ef/tsf dxfdlxd k|wfgdGqLHo" l;t klg k7fof}+, xfdLnfO{ ToxfFsf] /fhb"tfjf;n] k|oTg u¥of] . otflt/sf] /fhb"tfjf;sf] cg'/f]wdf ptfsf] k//fi6« dGqfnon] ToxL lx;fan] ;"rgf hf/L u¥of] . oxL k[i7e"lddf xfdLn] lxhf] laxfg dxfdlxd ef/tsf k|wfgdGqL df]bLHo"l;t xfd|f] k|wfgdGqLHo"n] s'/fsfgL ug'{eof] . ljifosf] k[i7e"ld of] xf] / ljifo / Ph]08f eg]sf] xfd|f] t l;Dkn Ph]08f xf] . xfd|f] 3/leqsf] ;d:of xfdL cfkm} xn u5f}{+, a? oxfFx?n] ;bf;otf dfq} /fv] x'G5, oxfFx?n] s]xL eGg' kb}{g . Tof] xfd|f] cfkm\gf] s'/f eof] . 3/eGbf aflx/sf] s'/fdf ;Ldfaf6 dfn cfO/x]sf 5}gg\ . xfd|f] kf/jxg clwsf/nfO{ oxfFn] ;Ddfg ulb{g' k¥of] . xfd|f] ;fdfg cfpg'k¥of] . xfdLn] oxL g} eGof}+ . ToxL g}

**;u/dfyf M** ;bf;otf dfq /fVg vf]h]sf] ls ldnfO lbg'k¥of] xfdLnfO{ eg]/ Tof] kq klxn] k//fi6« dGqLHo"n] lnP/ uPsf] x]bf{ ToxfF ;bf;otf eGg] nfUb}g . To;sf] cy{ . dxGt 7fs'/Ho"n] eGg'ePsf] Pp6f s'/f d sf]6 u5'{ . k//fi6« dGqLHo"n] lbNnLdf nu]/ lbg'eP5 . eg]/ pxfFn] ;fj{hlgs ;~rf/ dfWodaf6 eGg'ePsf] 5 .

**lji0f' l/dfn M** ca of] /fhgLltdf ckm]lG;e af]Nbfv]l/ /fhgLlts dfn laS5 . ca dxGt 7fs'/ h:tf] ;fnLg JolQmTjn] of] gaf]Ng' efeP x'GYof] . clxn] d}n] sfpG6/ lbg' g} kb}{gYof] . d]/f] kf]lh;gdf a;]/ Tolt 7"nf] g]tfnfO{ sd]G6 ug'{ ;'xfpFb}g h:tf] dnfO{ nfU5 . t/ dnfO{ oxfFn] s'/f p7fO;Sg'ePkl5 s]xL s]xL s'/f :ki6 kfg{ h?/L x'G5 . h:tf] dfggLo sdn yfkf xfd|f] pkk|wfgdGqL ef/tdf a}ªnf]/df hfg' x'Fbf pxfF lghL e|d0fdf hfg'ePsf] lyof] . of] cgf}krfl/s e|d0f xf] . cf}krfl/s e|d0f x}g . t/ ;/sf/sf dGqLx? lghL e|d0fdf uP/ klg s'g} /fhgLlts JolQml;t e]6 x'G5 eg] pxfFx?n] ;/sf/sf] kf]lh;g g} af]Ng'k5{ . cfkm\gf] lghL kf]lh;g af]Ng kfOb}g . pxfFn] xfd|f] k|wfgdGqLHo"nfO{ e]6\g'ePsf] lyof] . k|wfgdGqLHo"n] tLg6f bn;Fu u/]sf] ;xdltsf] s'/f g} pxfFnfO{ eGg'ePsf] lyof] . h'g s'/f clxn] tLg a'Fb] eG5f}+ lg, ;Ldfsf s'/f ;dfgfkflts ;dfj]zLsf] k|ltlglwTjsf] s'/f / hg;ª\Vof / e"uf]nsf] cfwf/df k|ltlglwTjsf] s'/f xfd|f kf]lh;g oL x'g\ eGg] s'/f tkfO{n] hf]l;t e]6 lg oxL s'/f eGg'xf]nf eg]/ k|wfgdGqLHo"n] eGg' g} ePsf] lyof] . d]/f] ljrf/df pkk|wfgdGqL dfggLo sdn yfkfHo"n] af]Ng'ePsf] / eGg'ePsf] hDdfhDdL s'/f ToxL g} xf] . oxfFx?sf] ;~rf/dfWodn] klg s] s'/f aflx/ NofO;s]sf] 5 eg] hltv]/ xfd|f] pkk|wfgdGqLHo" cfkm\gf] sfpG6/ kf6{g/ ef/tsf] ljb]zdGqLl;t e]6\b} x'g'x'GYof], ef/tsf] ljb]z dGqLn] xfd|f] pkk|wfgdGqLl;t s'/fsfgL ug'{ePsf] lyof] . d]/f] ljrf/df sltko ;fyLx?n] k|f]6f]snsf] k|Zg klg p7fpg' ePsf] lyof] / o;df d]/f] l;Dkn hjfkm s] lyof] eg] ToxfF k|f]6f]snsf] s'/f s] /x]g eg] ef/t ;/sf/sf] k|ltlglwn] xfd|f] ;/sf/sf] k|ltlglwnfO{ lghL txdf u/]sf] s'/fsfgLnfO{ sGkm/d]l6esf nflu Tof] ;xL slt s] xf] k|wfgdGqLsf] ;bf;otf s] lyof] eGg] hfGgsf nflu xfd|f] pkk|wfgdGqLn] xfd|f] k|wfgdGqLn] h] eGg'ePsf] 5, JolQmut txdf klg Tof] ;/sf/sf] kf]lh;gdf 5 eGg] kfl/lbg'ePsf] dfq} xf] . of] hDd} s'/f eg]sf] cf}krfl/stfn] hxfF hfFbf klg ul/g] s'/f x'g\ . oxL g} s'/f xfdLn] dw]; s]lGb|t bnx?nfO{ klg ug{ rfx]sf lyof}+ . h'g k|wfgdGqLn] jftf{sf] nflu afn'jf6f/df dw]; s]lGb|t bnsf g]tfx?nfO{ 8fSg'eof], oxL s'/f eGg xfdLn] 8fs]sf lyof}+ . pxfFx? af6f] e'n]/ n}grf}/lt/ k'Ug'eof] . xfdL ;a}nfO{ yfxf 5, of] s'/f . n's]sf] s'/f x}g . cem xfdLn] ef]lnkN6 jftf{df s'/f klg u¥of}+, af6f] s;/L e'n]sf] eg]/ . w]/} dw];lt/ nfu]/ o:tf] kf] eof] ls eg]/ 7§f klg u¥of}+ . k|wfgdGqLHo"sf] 7§f ug]{ afgL klg 5 . pxfFn] ToxLF klg eGg'ef] . pk]Gb|hLn] cem /dfOnf] ug'{ef], tkfO{n] t % ah] a;f} eGg'efYof] t/ jftf{ ug'{ef lyPg lg eg]/ 7§ ug'{ef], /dfOnf] x'G5 /fhgLltdf . ToxL g} s'/f

**;u/dfyf M** k|rf/df Nofpg] s'/f, leq csf]{ <

**lji0f' l/dfn M** ToxL s'/f k|wfgdGqLHo"n] sdn yfkf pkk|wfgdGqLHo"nfO{ h] eGg'ePsf] lyof], h] s'/f klg JolQmut txdf klg ;+:yfut txdf klg tkfO{n] eGg'k5{ eg]/ eGg'ePsf] lyof] . ToxL g} s'/f xfdLn] dw]; s]lGb|t bnsf g]tfx? dfggLo pk]Gb| ofbj b]lv dxGt 7fs'/Ho";Dd ;a}nfO{ ToxL g} s'/f lnvt sfuh g} tLg j6f bnn] u/]sf] tLg a'Fb] sfuh ToxLF g} afF8]sf lyof}+ . xfd|f] s'/f of] xf] eg]/ . cem dw]; s]lGb|t bnsf g]tfx?n] 7§f klg ug'{ef], xfdL dfukq /fVg cfPsf] tkfO{x?n] t pN6f] xfdLnfO{ dfukq lbP/ dt s] 5 eg]/ 7§f klg ug'{ef] . s'/f ToxL xf], ToxL sfuh lnP/ pxfFx? ef]lnkN6 lbNnL hfg'ef] . d}n] t s] eGg'k5{ eg] xfdLn] sfuh lbPkl5 Tof] sfuh af]s]/ pxfFx? lsg lbNnL ufÚsf] lg < gufÚsf] eP x'GYof] lg . d}n] dfkm ug'{ xf]nf clxn] jftfj/0f o;/L ;FlUn/x]sf] ;dodf xfd|f] bnsf g]tfx?sf] ;bf;otfdf af]Ng' plrt x'Fb}g .

**;u/dfyf M** jftfj/0f ;FUNof5 <

**lji0f' l/dfn M** dnfO{ t ;FUn]sf] h:tf] nfU5 . lsgeg] oxfFn] x]g'{eof] eg] klg s] b]lvG5 eg] g]tfx?n] af]Nbfv]l/ ljleGg vfnsf] /fu cfpF5 eG5 lg < clxn] dxGt 7fs'/hLn] af]Ng'ePsf] s'/f, Oe]g pk]Gb| ofbjhLsf] s'/f klg clxn] dGbn] a'em\5' d . slxn] cfqmf]z t cfpF5 . pxfFx? cfGbf]ngdf nflu/xg'ePsf] 5 . pxfFx? cfGbf]ngsf/L xf] . cfGbf]ngsf/L t cfqmf]z JoQm ug{ kfpg'ef] lg pxfFx?n] . pxfFx?sf] s'/fdf klg Tolt w]/} ltQmtf eP h:tf] dnfO{ nfUb}g . clnslt ;FlUnb} uPsf] h:tf] nfU5 . To;sf/0fn] ubf{v]l/ d}n] jftfj/0f lau|]sf] h:tf] t nfUb}g . jftfj/0f agfpg'k5{ eGg] d]/f] dt xf] .

**;u/dfyf M** xfd|f] k|wfgdGqLhL / df]bLhL aLr s] s'/f eof] t< pxfFsf] e|d0fsf] ljifo klg d oxLF hf]8\5' . s'/f s] eof] < ca pxfF lbNnL slxn] hfg'x'G5 < lbNnL hfg'x'Fb}g eg] rLg hfg'x'G5 ls x'Fb}g < o:tf] eof] eg] Oltxf;df klxnf] k6s x'g]5 < To:tf] xf] eg] .

**lji0f' l/dfn M** d o;nfO{ o;/L eGg rfxG5' . dxfdlxd df]bLHo"l;t xfd|f] ;DdfggLo k|wfgdGqLHo"sf s'/fsf hDdf tLg6f ljifo x'g\, Pp6f xfd|f] aLrdf s'g} c;demfbf/L 5g\ eg] c;dembf/LnfO{ c;dembf/Lsf] ?kdf /fVg' h?/L 5}g . g]kfn b'a} l5d]sL ldq /fi6«sf] c;n ldq xf] . xfd|f] sf]xL klg b'lgofdf lj/f]wL 5}gg\ . g]kfn hlxn] klg zfGt d'n's xf] / g]kfnn] cfkm\gf] :jfledfgsf nflu 7"nf] cfjfhn] af]Ng] u5{ . s;}n] xfd|f] :jfledfgnfO{ r'gf}tL lbof] eg] ;a} g]kfnL Ps eO{ plk|m xfN5g\, bn x]b}{gg\, g]tf x]b}{gg\, dgkg]{ dg gkg]{ x]b}{gg\, g]kfnL eP/ p7\5g\ . of] Pp6f xfd|f] l:ylt xf] . xfdLn] s] :ki6 ufg{ rfx\of}+ eg] g]kfnL s;}sf] klg lj/f]wL xf]Og, g]kfn s;}sf] klg clxt rfxb}g . g]kfn Pp6f ;Dd'gt / zfGt?kdf afFRg rfxG5, Tof] xfd|f] k|wfgdGqLHo"n] :ki6 kfg{ k|oTg ug'{ef] . bf];|f] s'/f eg]sf] olb s'g} c;dembf/L 5g\ eg] o;nfO{ Oltxf;sf] kfgfleq s}b u/f}+ / xfdLx? cfhsf ldltaf6 gofF cWofo ynf}+ xfdLx? .

t];|f] s'/f eg]sf] clxn] xfdLn] ef]lu/x]sf] ;d:of s] xf] eGbfv]l/ cfk"lt{sf] c;xhtf xf], Tof] klg ef/tsf] ;Ldf gfsfaGbLsf] sf/0fn] ePsf] c;xhtf xf] . To;sf/0f c;xhtfnfO{ ;xhtfdf n}hfgsf nflu dxfdlxd k|wfgdGqLHo"n] ;xof]u ug'{k5{ eGg] xfd|f] cfu|x /x\of] . To;kl5 uP/ xfdLn] Pp6f cfsf]gf]h rflxF s] u¥of}+, pxfFx?nfO{ klg wGojfb s] 1fkg u¥of}+ eg] h'g k|lqmof xfdLn] ;+ljwfg ;+zf]wgsf] nflu u¥of}+, To;df h'g tbf?stfsf ;fy ef/tsf] ljb]z dGqfnodfkm{t ef/tn] :jfut u/], To;sf] nflu xfdLn] wGojfb lbof}+ . / g]kfnsf] k|lqmofdf oxfFx?n] ;bf;otf g} /fVg';\, ToxfFeGbf a9L xfdLnfO{ h?/L 5}g eg]/ xfdLn] cfu|x klg u¥of}+ / xfdLn] s] eGof}+ eg] ca g]kfnleqsf] s'g} ;d:of 5g\ eg] oxfFx?n] lrGtf ug'{kg]{ ljifo x}g, Toxf] xfd|f] s'/f xf], Tof] xfdL cfkm} u5f}{+ . oxfFx?sf] ToxfFeGbf a9L rf;f] /fVg'kg]{ cfjZos 5}g eg]/ klg eGof}+ . / cfk"lt{sf] ;Gbe{df ToxfF cfpg ;Sg] k|ltjfbnfO{ lnP/

**;u/dfyf M** To:tf] eGg'eof] xf]nf / < dfG5] kTofpFb}g s] < of] x'Fbf x'Fbf h'g eg]sf] ljifo 5 lg, /fhgLltdf JoQm ug]{ s'/f o:tf] x'G5, t/ leqL ?kdf rflxF Tof] lxDdt /fVb}gg\, xfd|f] g]t[Tjn] eGg] hgdf To:tf] kof{5 s], kl5Nnf ljsf; ePsf] /fhgLlts 36gfqmd;Fu cfO Pd ;/L of] efiff d}n] k|of]u u/]F . t/ dfG5]df To:tf] k¥of 5 .

**lji0f' l/dfn M** d}n] s] rflxF eGg'k5{ eg] xfd|f] k|wfgdGqLnfO{ t ef/ts} ldl8ofn] lg ufnL u/] . klxnf] g]kfnL k|wfgdGqL 7'nf] :j/df xfd|f] k|wfgdGqLl;t af]Nof] eg]/ cf/f]k cfof] lg x}g <

**;u/dfyf M** lxDdt b]vfpg'ef] eGg] .

**lji0f' l/dfn M** Tof] cfPsf] eg]s} olb Tof] s'/f ;To xf] eg] pxfFn] cl3 d}n] eg]sf] ;a} s'/f ;To ef], olb c;To xf] eg] cl3 d}n] eg]sf] s'/f klg c;To xf] .

**;u/dfyf M** To;f] ePb]lv ca ef/t;Fusf] gfsfaGbL hf] 5, To;df s'/f ldN5 < cfk"lt{sf] c;xh cj:yf 5 lg < t/ ef/tn] af/Daf/ s] elg/x]sf] 5 eg] xfd|f sf/0fn] gfsfaGbL eO/x]sf] 5}g . g]kfnsf] cfGtl/s /fhgLltsf sf/0f, ToxfF c;'/Iffsf] sf/0f ;fdfg hfg ;ls/x]sf] 5}g, Tof] eGg] p;nfO{ cfwf/ s] 5 eg] of] au|}Nt uf8Lx? rln/x]sf] 5, cfon lgudn] elg/x]sf] 5, kGb| aL; k;]{G6 xfdL cfk"lt{ ul//x]sf 5f}+ . cyf{t\ jL/u~h gfsfafx]s cGoqaf6 ;fnfvfnf ;fdfgx? cfO/x]sf] To:tf] cj:yf 5 s], slxn]sfxLF ;fdfGo lj/f]w x'G5, slxn]sfxLF s] x'G5, Tof] ef/tsf] km];ck eO/x]sf] 5 lg, OG6/g];gn sDo'lg6Ldf <

**lji0f' l/dfn M** l7s xf] . clxn] xfd|f] ;f7Lb]lv ;Q/L k|ltzt hlt cfk"lt{ jL/u~h gfsfaf6 x'G5 . tL;b]lv rfln; k|ltzt;Dd c? gfsfaf6 x'G5 . c? gfsfaf6 clxn] ljutsf] Ps xKtfb]lv ;xhtf 5 . o;df rflxF xfdLn] l6Kk0fL ug'{ h?/L 5}g . To; ;xhtfsf] cfwf/df klg ;xh x'Fb} uP5 eGg] cfF6 dnfO{ cfPsf] xf] . /Xof] jLu/~h gfsfsf] ;Gbe{df xfd|f] b'O6f lh1f;f 5, olb ;fFRrLs} ldq /fi6« ef/tsf clwsf/Lx?n] eGg'ef], k|wfgdGqLnfO{ o;df hf]8\g rfxGg d . clwsf/Lx?n] eGg'eP h:t} xfd|f] af6f]kl§ olt c;xh 5, ToxfF zflGt ;'/Iff 5}g eGg] pxfFx?nfO{ nfu]sf] xf] eg] ToxfF xfdL zflGt, ;'/Iff u/]/ b]vfpF5f}+, xfdL sfg'g Jojl:yt ug{ k|oTg u5f}{+ . cfhsf ldlt;Dd xfdL cfh c ;/sf/ lsg r'k nfu]/ al;/x]sf 5f}+ eg] jftf{ glayf]lnof];\, jftf{sf] jftfj/0f gefFl8of];\ eg]/ dfq g} xf] . olb Tof] l:yltdf hfg'kg]{ xf], ef/tn] cfkm\gf]lt/ ;a} l7s7fs 5, csf]{lt/ d}bfg lSno/ ePg eG5 eg] d}bfg lSno/ klg ug{ ;S5 lg ;/sf/n] . xfdLn] gu/]sf] dfq g xf] . xfdL Tof] l:yltdf hfg rflx/x]sf 5}gf}+ . dw]; s]lGb|t bnx?nfO{ dg b'Vg] sfd gu/f}+ eGg] g} xfd|f] rfxgf xf] . olt x'Fbf x'Fb} klg xfdLn] ufnL vfO/x]sf 5f}+ . k|wfgdGqLn] dw]; s]lGb|t bnnfO{ e8\sfof] eg]/ cf/f]k cfpF5, 6\ofd 6\ofddf xfdLnfO{ . xfdL r'k} nfu]/ al;/x]sf 5f}+ / ;s];Dd s;}sf] dg gb'vf];\ eg]/ xfdL ;r]t 5f}+ . t/, oxfFn] h'g k|Zg ug'{ef], of] k|ZgnfO{ ;Daf]wg ug{sf nflu ef]ln o:tf] lbg klg x'g;S5, olb ;Daf]wg ug{ vf]lhPsf s'/fdf ;fyLx?n] lrQ a'emfpg'ePg / km]l/ clxn]s} tfl/sfdf /x\of] eg] /fhdfu{nfO{ ;kmf u/]/ lj/f]wsf] zflGtk"0f{ cleofgnfO{ hf/L /fVg] u/L xfdLnfO{ gfsfnfO{ v'nf u/fpg]lt/ lg hfg ;S5f}+ . ef/tnfO{ xfdLn] of] eg]sf 5f}+ .

**;u/dfyf M** cflv/ Tof] ;xdltsf] ;Defjgf Tof] x'G5 . dw]; s]lGb|t bnsf] nfdf] ;dob]lv Tof] cfGbf]ng rln/x]sf] 5 lg, o; qmddf %% eGbf a9L dflg;sf] zxfbt kfKt u/]sf] 5, a8f xljut cj:yfdf 5 s] dw];df klg kxf8df klg . of] ;Daf]wg x'g] ;+efjgf b]Vg'x'G5, tTsfn <

**lji0f' l/dfn M** d}n] tLg6f PËnaf6 s'/f /fVg] cg'dlt rfxG5', klxnf] s'/f s] s] xf]nf t < /fhgLltdf ;+efjgfsf] s] v]nsf] s'/f ug]{ xf], x}g < klxnf] ;+efjgf eg]sf] xfdLn] h] ;+;bdf ;+zf]wg /fv]sf 5f}+, dw]; s]lGb|t bnx?n] To;df ;xdlt hgfpg] / pxfFx?n] ;xdlt ghgfpg] csf]{ s'/f ===

**;u/dfyf M** ;xdlt lb+b}g, s'g k|;Ëdf eg] pxfFx?;Fu ;xdlt lagf tkfO{x?n] ;+zf]wgsf] k|:tfj /fVg'ef] eg]/ cfO/x]sf] 5 .

**lji0f' l/dfn M** l7s} 5, pxfFx?n] eg]/ cfO/xg'ePsf] 5, To;nfO{ xfdLn] ;'g]sf 5f}+ . o;df cK7\of/f] s] 5 eg] lg k'glg{df{0f k|flws/0fdf PSn} Tof] ljw]os k|:t't ug{ xfd|f] k|d'v k|ltkIf bn gdfGg], clg ;+ljwfg ;+zf]wgsf] ljw]os rflxF /fVg} dw]; s]lGb|t bnn] glbg] To:tf] cK7\of/f]sf] l:yltdf k'glg{df{0fsf] xljut < oxfFn] eGg'ePsf] of] zAb k|of]u ub}{5', of] xljut ;Daf]wg ug{nfO{ xfdLn] h;/L lg xfdLn] sfd ug'{kg]{ lyof], olb ;+;bn] cg'dlt lbPg eg] ;+;b /f]s]/} eP klg cWofb]z}af6 eP klg hgtfsf] lxtsf] nflu xfdLn] sfd ug'{kg]{ lyof], To;sf/0fn] ubf{ k'glg{df{0f k|flws/0f ljw]osnfO{ cufl8 a9fpgsf nflu xfdLn] clnslt an ldrfO g} u¥of}+ xf]nf, xfdLn] pxfFx?s} efiff k|of]u ubf{, d o;nfO{ ;+;bLo k|lqmof g} eG5', dw]; s]lGb|t bnsf] lrQ a'em\g] efiff k|of]u ug]{ xf] eg] an ldrfO g} u¥of}+ xf]nf < pxfFx?n] cfjfh p7fpFbf p7fpFbf g} xfdLn] Tof] ljw]os k|:t't u/]sf xf}+ . pxfFx?n] Tof] ljw]osdf ;xhtf s] lbg'eof] eg] aflx/ lgSn]/ tkfO{x? ug'{;\, o;df xfd|f] ;/f]sf/ 5}g eGg'ef] . Tof] ljw]os xfdLn] kf; u¥of}+ . Tof] c;xdltsf] aLr eg]sf] ToxL g} xf] . ca d o;d} hf]8\b} hfpF, pxfFx?n] ;xof]u ug'{ef], d wGojfb lbg rfxG5' . kf; eof] . o;df pxfFx?sf] c;xdlt g} 5}g . k'glg{df{0f k|flws/0fdf dw]; s]lGb|t bnx?sf] s'g} c;xdlt g} 5}g . pxfFx?n] AnfÍ r]sd} of] rflxF ;xL xf] eGg'ePsf] 5 . To;sf/0f d}n] wGojfb g} lbg'k5{ . b'a} df]rf{df /x]sf bnx?n] o;df ;dy{g ug'{ef5 . ca o;df tLg6f s'/f /fVg rfxG5' . klxnf] s'/f, olb c;xdlt xf] eg] clxn] xfdLn] h] ljw]osdf ;+zf]wgx? /fv]sf 5f}+, o;sf b'O6f kf6f 5g\ . b'O6f wf/fnfO{ ;+zf]wgsf] s'/f], ;fgf] Goflos xs / To;kl5 hg;ª\Vof / e"uf]nsf] cfwf/df k|ltlglwTjsf] xssf] s'/f] b'O{ 7fpFdf xfdLn] ;+zf]wg /fv]sf 5f}+ xfdLn] . of] b'O6f ;+zf]wgdf pxfFx?sf] c;xdlt xf] eg] pxfFx?n] o;df ;+zf]wg k]; ug{ ;Sg'x'G5 . d tLg6f kf6fdf eGg vf]h]sf] lyPF . ca cK;g g+ ! s] x'G5 eg] pxfFx?n] h'g ;+zf]wg /fVof}+, Tof] ;+zf]wgnfO{ :jLsf/ ug]{ / ;Ldfsf] s'/f gldn]sf]df ;Ldfsf] ;Gbe{df clxn]nfO{ tLg dlxgfleqdf ;xdltsf] d]sflghd agfpg] eg]sf] 5, To;df pxfFx? OGu]h x'g] / To;df ;femf ;xdltsf] s'/f lnP/ cufl8 a9\g] . Pp6f af6f] of], o;af6 ;d:of xn x'g ;S5 . bf];|f], cl3 oxfFn] eGg'eP h:t} lrQ} ga'em]sf] s'/fdf d lsg ;xdlt hgfpF5' eg]/ dw]; s]lGb|t bnn] eGg] e/k'/ clwsf/ 5, pxfFx?nfO{ . To:tf] xf] eg] lrQ ga'em]sf] s'/fdf ;+zf]wg ug{nfO{ pxfFx?n] k|lqmofdf ;xof]u ug]{ / xfdLn] h] ;+zf]wgdf h] efiff k|of]u u/]sf 5f}+, h:tf] d}n] klg ;'lg/x]sf] 5' ls ;dfj]zL ;dfg'kflts k|ltlglwTjsf] s'/fdf /fHosf ljleGg lgsfosf ;Gbe{df pxfFx?n] Sn:6/ w]/} eof] eg]/ cfO/xg'ePsf] 5 . klxn] cGtl/d ;+ljwfgdf gf} j6f Sn:6/ lyof], clxn] !& j6f Sn:6/ eof] eg]/ pxfFx?n] eGb} cfpg'ePsf] 5 . olb oxL g} pxfFx?sf] cfklQsf] ljifo xf] eg] pxfFx?n] ;+zf]wg k]; ug]{ . pxfFx?sf] ;+zf]wg k]; ug{nfO{ xfdLn] ;xof]u u5f}{+ . clxn] oxfFn] b]lv/xg'ePsf] 5, ;+ljwfgdflysf] ;}4flGts 5nkmndf ;+;bdf ljut xKtfb]lv xfdL 5nkmn ul//x]sf 5f}+ . d]/f] ljrf/df of] nfdf] ;}4flGts 5nkmn ul//xg'kg]{ h?/L g} lyPg . of] t pxfFx?nfO{ s'/]s} xf] lg . of] pxfFx?n] a'em\g'efÚ5 lg . ;+;bLo efiffdf 6fOd afO ug]{ eg]sf] plrt ;do lbg] xf] . sfo{Joj:yf k/fdz{ ;ldltdf klg of] 5nkmn u5{, ;w}+el/ . ToxL lx;fasf] l:ylt xf] . pxfFx?n] eGg' k¥of], of] 6'Ë]kl5 t &@ 3G6fleq kf; jf km]ndf hfg'k5{ ;+;bleq . xfdL s] s'l//x]sf 5f}+ eg] pxfFx?n] ls klxnf] dfGg'k¥of], klxnf] dfGg' x'Gg eg] pxfFx?n] ;+zf]wg k]; ug'{k¥of] . ;+zf]wg klg k]; gug]{, klxnf] klg gdfGg] xf] eg] pxfFx?n] xfdLnfO{ s] cg'dlt lbg'k¥of] eg] ltdLx?n] cfkm\gf] tfnn] NofPsf xf}, Nofpm, c;xdtdf ;xdt x'g'k¥of], pxfFx? . xfdL xfd|f] lj/f]wsf s'/fnfO{ hf/L /fV5f}+ . ltdLx?n] u/]sf] ;+zf]wg xfdL 1fgdf lnG5f}+, To;df xfdL nfesf] klg pkof]u u5f}{+ . xfd|f /fhgLlts Ph]08fnfO{ Ho'Fbf] /fv]/ hfG5f}+ eGg'k¥of] . tLg6f afx]s rf/ j6f af6f] d}n] dw]; s]lGb|t bnn] ckgfpg] ===

**;u/dfyf M** h;nfO{ xfdLn] tfutsf] ?kdf x]l//x]sf 5f}+ lg x/]s g]kfnsf /fhgLlts kl/jt{g;Fu . blIf0fsf] rf;f] / dxTjk"0f{ pkl:yltsf] xfdL af/Daf/ s'/f u5f}{+ s] xfdL g]kfnsf] x/]s /fhgLlts kl/jt{;Fu . ;fob tkfO{ klg :jLsfg'{ x'G5 xf]nf . p;n] af/Daf/ ;xdlt eGg] efiff k|of]u ul//x]sf] 5 s], ha;Dd of] cfGbf]ng kIf;Fu ;xdlt x'g ;Sb}g, ;d:of t ;'Nemg] ePg . km]l/ hgtfsf] kL8f t oyfl:yltdf /xg] ef] . clg s] dtna eof] t of] <

**lji0f' l/dfn M** dnfO{ s] cg'dlt lbg';\ eGbfv]l/ zÍfsf] nfe lng] cg'dlt lbgf];\ . dw]; s]lGb|t bnx?n] eGb} cfpg'ePsf] 5 . xfd|f] cfGbf]ng ef/tl;t t}+n] lsg hf]l8;\ eGb} cfpg'ePsf] 5, pxfFx?n] . d hf]8\g rfxGg, To;}sf/0fn] ubf{ . pxfFx?n] ca Jojxf/df b]vfpg'k¥of] . dw]; s]lGb|t bnn] elg/xg'ePsf] cfGbf]ngsf] Ph]08f ldq /fi6« ef/t;Fu hf]l8Psf] 5}g eg]/ k'li6 ug]{ sfd pxfFx?sf] xf] . d klg pxfFx?sf] zÍfsf] nfe lng rfxG5' . 3/leqsf] /fhgLlts ljifo xfd|f] xf], ef/tsf] xf]Og . ef/tsf] s'/f ef/ts} dfq} xf] . ef/t;Fu ;DalGwt ljifodf tLg j6f s'/f ug{ ;lsG5 . ef/tsf ljleGg df]8]nsf ;DaGw 5g\, l5d]sL /fi6«x?l;t . pxfFx?sf] ;DaGw kfls:tfgl;t Tolt ;'dw'/ b]lVbg d}n] . pxfFx?sf] ;Dagw e'6fgl;t 5'§} k|s[ltsf] b]V5' d}n] . k/Dk/fut g]kfnl;t Ps vfnsf] ;DaGw lyof] pxfFx?sf] . xfdL gofF vfnsf] ;DaGw /fVg rfx]sf] xf] . gofFvfnsf] ;DaGw d oxfF 7\ofSs} eGg rfxG5', gofF eg]sf] s] xf] eg] g]kfn o'/f]ksf] nSh]Dju{ h:tf] eP/ afFRg rfxG5 . jl/kl/ /x]sf b'O6f 7"nf d'n'sx? hf] zlQm;fnL 5g\, e"uf]nsf] cfwf/df klg, ljsf;sf] cfwf/df klg, pgLx?k|lt clnslt klg ql;t geOsg Pp6f ljsl;t b]zsf] ?kdf g]kfn ljsf; x'g rfxG5 . g]kfn ldq /fi6« rLg / ldq /fi6« ef/tsf aLr s'g} ;Gb]x gePsf] s'g} cftÍ gePsf] s'g} 8/ gePsf] cfkm\gf] l5d]sLn] s]xL unf{ eg]/ gcflQsg ljsl;t x'g] b]zsf] ?kdf cufl8 a9\g rfxG5 . cfhsf ldlt;Dd xfdL rfOgfn] kfNg] ls ef/tn] kfNg] h:tf] cf;}af6 cufl8 a9\g vf]Hof}+ ToxL g} unt lyof], xfdL s;}n] kfn]/ kflng] xf]Og . ;a} ldq /fi6«x?sf] cflzjf{b rflxG5 . ;b\efj rflxG5 . xfdL To:tf] dxTjk"0f{ e"/fhgLlts cj:yfdf /x]sf d'n's xf}+ . To;sf/0fn] ubf{ g]kfn nShDju{ aGg rfxG5g\, g]kfn :k]g k|mfG;sf] aLrdf /x]sf] ;fgf] k'G6] d'n's P08f]/f h:tf] hf] cfkm} ;d[4 5, e"kl/j]li7t /fi6« xf], To:tf] lx;fan] ljsf; x'g rfxG5 . xfd|f] ;DdfggLo k|wfgdGqLHo'n] ldq /fi6« ef/tsf g]tfx?, ldq /fi6« rLgsf g]tfx?nfO{ lbg vf]Hg'ePsf] ;Gb]z klg ToxL xf] . xfdL k/Dk/fut s;}n] s;}nfO{ kfn]sf] h:tf] stflt/ 9NSof], stflt/ g9Ns]sf] h:tf] rfOgf sf8{ / ef/t sf8{ eGg] zAb h:tf]af6 plDsg rfxG5f}+ / xfdL s] rfxG5f}+ eg] e"uf]nsf] lx;fan] xfdL ;fgf] eP tf klg ;fj{ef}ldstfsf] lx;fan] b'a} ldq /fi6« xfd|f] a/fa/ xf] . b'a} ldq /fi6«n] xfdLnfO{ ;Ddfg ug'{;\, dfof ug'{;\ . xfdL pxfFx?sf] ;xh 6«fG;ld;g a]N6 ag]/ of] If]qdf of]ubfg ug{ rfxG5f}+, xfdLn] ug{ vf]h]sf] ToxL g} xf] .

**;u/dfyf M** clxn] tkfO{x?df s] r]t km]/] 5, !@ a'Fb] lbNnL ;xdlt ubf{ klg Tof] ePg, lxhf]sf lbgdf klg Tof] ePg, gfsfaGbL t];|f] rf}yf] k6s nflu;Sof] . To;a]nf dx;'; ug'{ePg, of] uha eof] lg t .

**lji0f' l/dfn M** clxn] rflxF r]t km]l/of] oxLFaf6 cl3 a9\g' k¥of] lg t . olb xfdLn] ljutdf Oltxf;df uNtL u/]sf /x]5f}+ eg] Oltxf;nfO{ t ufnL u/]/ x'Fb}g . clxn]sf] k':tfdf xfdL clxn]sf] k|wfgdGqLsf] g]t[Tjdf g]kfnn] of] sfd ug{ ;Sof] eg] xfd|f] efjL k':tfnfO{ kmfObf g} x'G5, dnfO{ nfU5 . xfdL To;df k|oTgzLn 5f}+ .

**;u/dfyf M** ca k|wfgdGqL lbNnL hfg'x'G5 ls a]lhª <

**lji0f' l/dfn M** k|wfgdGqL lbNnL klg hfg'x'G5, a]lhª klg hfg'x'G5 .

**;u/dfyf M** klxnf] sxfF hfg'x'G5 <

**lji0f' l/dfn M** o; ljjfbdf xfdL gtflgbf /fd|f] x'G5 xf]nf . of] s:tf] x'G5 eg] lg afx'g x?n] cf}iflw gxfnLsg eft gvfg] h:tf] ug'{ x'Fb}g h:tf] nfU5 . htf ;'ud x'G5, Tot} x'g ;S5 . cK7\of/f] k/]g, rLgaf6 yfn] klg s]xL lau|b}g, ef/taf6 yfNbf klg s]xL cfsfz v:b}g . xfdLn] ef/tnfO{ s] eg]sf 5f}+ eg] ;xh jftfj/0fdf xfdL ef/tsf] e|d0f u5f}{+ eg]sf 5f}+ . rLgn] klg xfdLnfO{ lgDtf u/]sf 5g\, rLgnfO{ klg xfdLn] e|d0fdf cfpF5f}+ g} eg]sf 5f}+ .

**;u/dfyf M** ;xhtf eof] eg] lbNnL hfg'x'G5, k|fyldstfdf ef/t g} k5{ . ldn]g eg] sf8{sf] s'/f u5{g\ lg, rfOgf sf8{, af/Daf/ g]kfnn] k|of]u u5{, lbNnLjfnfx? To;f] eGg] u5{g\ s], To;}n] d}n] Tof] hf]8\g vf]Hof .

**lji0f' l/dfn M** l7s 5, wGojfb oxfFnfO{, d}n] olt dfq eGg rfxG5', oxfFnfO{, of] ls Tof] eGg] efiff xfdLn] k|of]u gubf{ /fd|f] x'G5 . Pp6f s'/f t 3/df r'nf] ghln/x]sf] cj:yfdf 3/df 3/d'nL 3/ 5f]8]/ ˆofQ lx+8\g rflx cK7\of/f] x'G5 . xfdLn] af/Daf/ ldq /fi6«nfO{ ul//x]sf] cfu|x klg s] xf] eg] xfdL j}b]lzs /fi6«;Fu ;DaGw ;'dw'/ agfpgsf nflu cfkm\gf] k|wfgdGqLnfO{ b]z aflx/ k7fpg rfxG5f}+, To;df klg l5d]sL /fi6«x?df k7fpg rfxG5f}+ . To;sf] nflu ;xh jftfj/0f aGg'k¥of] . r'nf] hNg'k¥of], uf8Lx? u'8\g' k¥of] . c;xhtf cGt x'g'k¥of] . xfdLn] oxL g} eGb} cfO/x]sf 5f}+ . Tof] ef/tl;t klg xfd|f] cfu|x oxL g} xf] . rLgl;t klg xfd|f] cfu|x oxL g} xf] . xfdL ;a} ldq /fi6«x?n] xfdLnfO{ ;xof]u u?g\ eGg] rfxG5f}+ . ToxL g} xf] .

**;u/dfyf M** r'nf] ghn]sf] s'/f ug'{ef], rfln; hgf dGqL, ^ hgf pkk|wfgdGqL, k|r08hLsf] cem} lrQ a'em\of 5}g h:tf] 5, cem} ylkg] h:tf] s'/f 5 . afa'/fdhLsf] %@, z]/axfb'/sf] $&, z]/ axfb'/ / afa'/fdhLnfO{ klg qm; unf{ h:tf] cj:yfdf cf]nLhLsf] k'Ug nfUof h:tf] To:tf] cfef; dflg;x?n] kfO/x]sf 5g\ . r'nf] ghn]sf] s'/f ug'{ef], cln ;'xfpg] s'/f ePg of] .

**lji0f' l/dfn M** t'ngf cln ldNb} h:tf] nfUof], r'nf] ghn]sf] Pp6f k|;Ë eof], ;/sf/ 7'nf] ePsf] csf]{ k|;Ë eof] x}g < d rflxF Pp6f zAb k|of]u ug{ cg'dlt rfxG5', d}n] c+u|hLsf] Pp6f zAb k|of]u u/]sf] lyPF, …Yof]/L ckm g];]l;6L Oh c PeLnÚ cfjZostf bfgjLo l;4fGtn] slxn]sfxLF lhDd]jf/ JolQmx?nfO{ slxn] unt lg0f{o ug{nfO{ lg afWo kfbf]{ /x]5 eGg] zAb d}n] cfˆgf] km];a's O:6f6;df klg /fv]sf] lyPF . d ca oxL zAb bf]xf]¥ofpg rfxG5', tkfO{sf] nf]slk|o ;~rf/ dfWoddfkm{t . xfdLn] h'g lbg ;/sf/ agfof}+, ToxL lbg g} xfdLnfO yfxf lyof], of] ;/sf/sf] ;fOh ;fgf] x'g]jfnf 5}g eg]/ . oBlk xfdLn] nfdf] ;do ykyfk tLg dlxgf;Dd la:tf/ u¥of}+, o;sf] sf/0f s] xf] t < cfjZos lyof], cfjZos lyPg . cfjZostfsf] Yof]/L s;}nfO{ yfxf lyPg . xfdLn] h'g tl/sfaf6 ;/sf/ lgdf{0f u¥of}+, To;nfO{ cfjZos eof] . pbfx/0fsf nflu olb g]kfnL sf+u|]; / g]skf dfcf]jfbL s]Gb|, g]skf Pdfn] h:tf] 7'nf bnx? ;Fu} a;]/ ;/sf/ agfpF5 eg] clxn] /fli6«o ;xdltsf] ;/sf/ agfpFy]F . ;/sf/ ;fg}af6 g} sfd rNYof] . To;nfO{ Ps 9+un] ;'b[9 nf]stGqsf] ?kdf Ps 9+un] JofVof ug{ ;lsGYof] . g]skf Pdfn]sf] t Pp6f 6«fs ;s8{ 5 lgTof] t tkfO{nfO{ yfxf 5 lg, xfdLn] !! hgf hlt k"0f{ dGqL / rf/ hgf hlt /fHo dGqL, !% ;b:oLo dGqLd08naf6 xfdLn] /fd|} 8]lne/L u/]sf lyof}+, ;/sf/ s]xL bzs cufl8 . Tof] cg'ej ePsf] kf6L{ xf], Toltv]/sf] u[x dGqL clxn]sf] k|wfgdGqL x'g'ePsf] 5 . t/ xfdLnfO{ lsg ug'{k¥of] lg t < eGbfv]l/ clxn] xfdL /fhgLlts zf:qsf] ToxL l;4fGtaf6 k|]l/t eP/ xfdL cufl8 a9fpg rfXof}+ . tkfO{nfO{ yfxf 5 xf]nf, d /fhgLlts zf:qsf] ljBfyL{ t xf]Og, t/ /fhgLlt zf:qsf dfG5]x? s] eGg] u5{g\ eg] hltv]/ nf]stGq cln xNn]sf] x'G5, ;'b[9 ePsf] x'Fb}g, ;dfh Joj:yf cln u~hfuf]n cj:yfdf, ;+qmd0f cj:yfdf eO/x]sf] x'G5, Toltv]/ kf6L{sf sld6Lx? ;fx|} e2f x'G5g\ . 7"n7'nf x'G5g\ . ;/sf/sf ;+/rgfx? klg 7'n7'nf x'G5g\ . 8]lne/L ug]{ tl/sf cln eb|uf]n vfnsf] x'G5 . cª\u|]hL zAb k|of]u ug]{ xf] eg] s;}nfO{ klg gnfuf];\, k|lts"n cfIf]k xf]Og of] d]/f], /f:sn cfp6 eGg] Pp6f c+u|]hL zAb k|of]u u5{g\, oltv]/ oxL x'G5 . d}n] of] zAb s;}nfO{ nlIft u/]sf] xf]Og . e|d gk/f];\ eg]/ ljgd|tfk"j{s Ifdf ofrgf ;lxt of] zAb k|of]u ug{ rfxG5' . Yof]/Lsf] s'/f d}n] eGg rfx]sf] . clxn] xfdL olb /fli6«o ;xdltsf] d'Vo bnx? ldn]/ ;/sf/ agfPsf lyof}+ eg] oxfFn] eg] h:t} l6Kk0fL gcfpg] u/L @^ leq dGqLd08nnfO{ ;Lldt ug{ ;SYof}+ . hltv]/ xfdLn] /fhgLltdf Pp6f ;xdlt agfP/ cufl8 a9\of}+, Toltv]/ To;df Pp6f dfq} ;f+;b ;b:o ePsf] bnnfO{ dGqL lbg] txdf xfdL k'Uof}+ . cem xfdLn] Pp6f dGqfno t vfnL g} /fv]sf 5f}+ . /fk|kfnfO{ b'O6f dGqfno lbg] elgPsf]df clxn] dGqLdf dfggLo lbks af]x/f dfq} x'g'x'G5 . b'O6f dGqfno pxfFn] xf]n ul//xg'ePsf] 5 . Ps lbg /fk|kfn] sf]xL dGqL k7fpg'eof] eg] tkfO{n] kfpg'x'G5 afl0fHo tyf >d tyf /f]huf/ dGqfnodf csf]{ gofF dGqL cfpg] ;Defjgf klg 5 . of] hDd} eg]sf] /fhgLlts ;xdltdf ul/Psf sfd x'g\ . ca o;df oxfFn] p7fpg' ePs} k|Zg of] h?/L lyof] < of] h?/L t lyPg .

**;u/dfyf M** etfet km'6fpFb} / c?lt/ klg h:tf] cy{ dGqfno klg c Psflt/ y csf]{lt/ x'g] h:tf] eO;Sof] .

**lji0f' l/dfn M** o;df cf/f]k ug]{ k"/} 7fpF 5 / nf]slk|o lg0f{o xf]Og of], cnf]slk|o lg0f{o xf] . cnf]slk|o lg0f{odf ;/sf/n] ;'Gg} k5{, hgtfn] p7fPsf] 5, ldl8ofn] p7fPsf] 5, k|e'Tjju{x?n] p7fpg'ePsf] 5 . of] ga'em]sf] s'/f klg x}g, of] afWotf xf] . To;}sf/0f d}n] ljgd|tfk"j{s eGg vf]h]sf] .

**;u/dfyf M** afWotf eof] eg]/ ;QfnfO{ lg/Gt/tf lbgsf nflu h]df klg ;Demf}tf, ;xdlt ub}{ hfg] < of] t clt ePg < nf]stflGqs d"No dfGotf xfdL oqf] 7"nf] pbf/ l;:6dsf] pbfx/0f lbO/x]sf 5f}+, g]t[Tj kª\lQmn] Tof] afWotf, cfjZostf /fhgLltdf o:tf] rN5, ;+qmd0fsfn cflb efiffn] x'G5 / eg], hgtf e8\lsof] eg] ylu hfg ;Sg'x'G5 / eg] tkfO{x?n] <

**lji0f' l/dfn M** ;w}+ o:tf] x'Fb}g, d oxfFs} zAb l6k]/ eG5', ;w}+ o:tf] x'Fb}g, ug'{ klg x'Fb}g . To;sf/0f clxn]sf] ;+ljwfgn] kRrL;df lnld6 u/]sf] 5 lg t . hltv]/ of] ;+ljwfg k"0f{ nfu' x'G5, clxn] t xfdL bkmf @(\* cGtu{tsf] ;/sf/ xf] lg t . olb xfdL ;+ljwfg k"0f{ nfu' x'g] xf] eg] Tof] x'Fb} x'Fb}g lg . d} o;sf] kIfdf 5}g, d]/f] ;/sf/, d]/f] k|wfgdGqLsf] g]t[Tjdf u7g ePsf] dGqLd08n d g} o;sf] kIfdf 5}g . To;sf/0fn] ubf{ cnf]slk|o lg0f{o gulb{P x'GYof] eGg] hgtfsf] cfu|x xf], To;df k"/} ;xdlt xf] . cnf]slk|o lg0f{o ePsf] 5, To;df cfnf]rgf vKg tof/ x'g'k5{ . t/ Pp6f s'/f d oxfF ljgd|tfk"j{s /fVg rfxG5', xfd|f] k|zf;g lj1x?n] / cy{lj1x?n] eGb} cfpg'ePsf] 5, slt vj{, slt cj{sf] nfut j[l4 ef5 eGb} cfpg'ePsf] 5, Tof] rflxF clt;of]lQm xf] h:tf] nfU5 . lsgeg] dGqL aGg] dfG5]sf] tnadf cfsfz hldgsf] km/s x'Fb}g . oxfFn] eGg'eP h:t} c Pslt/, y Pslt/ eP/ km'6]/ ag]sf dGqfnox?df sd{rf/L ltg} 5g\, ltgnfO{ 5'§} tna lbg' kb}{g . lsgeg] clxn] ;+/rgf gePsf] dGqfnodf dGqfno km'6]sf] klg 5}g . hg;ªVof dGqfnosf] hg;ªVof dxfzfvfn] g} sfd ug]{ xf]nf . jftfj/0f dGqfnosf] ToxL lx;fadf g} hfg] xf]nf . kz' / s[lifsf] lx;fan] kz' ljsf; zfvfdf ToxL lx;fan] g} xf]nf, o; lx;fan] b'O{ hgf dGqL kf] rflxg] xf], To;df c? nfut ylkg] x'Fb}g . To;sf/0fn] ubf{ w]/} nfut a9\of], ef/ a9\of] eGg] Tof] rflxF clt;of]lQm?ksf] s'/f xf], cfqmf]zsf] lx;fan] hgtfn] lj1x?n] grflxFbf] sfd ul/;\ eg]/ ufnL ug'{efxf] . To;nfO{ xfdLn] lz/f]wfo{ u/]sf 5f}+ .

**;u/dfyf M** /fhkft rflxF cln ufx|} /x]5 xlu, of] 8] 6' 8] of] dflg;sf] tkfO{x?nfO{ ;aeGbf ;lhnf] rflxF s] b]lvof] eg] sfª\u|]; ynf k/]/ a:ofÚ5, Pdfcf]jfbL Tof] cfkm} lxhf]sf] wª\wªLaf6 d'Qm x'g ;s]sf] 5}g, tkfO{x?n] ?n/ x'g'x'G5 . bafa sfxLF 5}g, c? kf6L{x? sdhf]/ eP/ al;/x]sf] 5, o;f] x]bf{ To;sf] e/k'/ nfe rflxF tkfO{x?nfO{ ePsf] 5 . hgtf c;+ul7t 5, hgtfn] s]xL ug{ ;s]sf] 5}g . Tof] eGg ldN5 . s06ljhf]u, oxfFeGbf dflg;sf] x'g} ;Sb}g . t/ k|wfgdGqLhLx?, dGqLhLx?, ljleGg lhDd]jf/ JolQmhLx?sf] ultljlw o;f] x]g'{;\ t, Tof] s'g} ufDeLo{tf eG5f}+ lg Tof] b]lvPsf] 5}g .

**lji0f' l/dfn M** o;nfO{ pN6fP/ eGbf s;f] xf]nf < of] cf/f]k rflxF cln s8} cf/f]k h:tf] nfUof] . k|wfgdGqLk|lt klg / ;a} dGqLk|lt klg d}n] lhDd]jf/ lng'kbf{===

**;u/dfyf M** l/hN6 t cfPgg\ lg < l/hN6 gcfPkl5 t ToxL eGg'k¥of] lg t <

**lji0f' l/dfn M** l7s 5, d}n] oxfFn] eg]sf] s'/fnfO{ :jLsf/ u/]F lg t . t/ d]/f] ljgd|tfk"j{s d]/f] s] cfu|x dfq} xf] eg] dGqL, k|wfgdGqL ljz]if u/L k|wfgdGqLsf] d'Vo ;Nnfxsf/ ePsf] gftfn] k|wfgdGqLsf] uDeL/tfsf] ;DaGwdf rflxF pxfFsf] ultsf] dfldnf]df / lqmofzLntfsf] dfldnf / Ifdtfsf] dfldnfdf k|Zg} gugf]{;\ d t eGb} elGbg . d cfkm\g} klg Ifdtfsf] ;Ldf 5, eGb} cfPsf] dfG5] x'F, t/ lgi7fsf] dfldnfdf k|Zg gulb{gf];\ eGg] d]/f] cfu|x 5 . k|wfgdGqL d'l:snn] rf/ 3G6f ;'Tg'x'G5, of] d}n] 7§f ug{sf] nflu jf d]/f] k|wfgdGqL dxfg x'g'x'G5 eGgnfO{ eg]sf] xf]Og . ca o;df k|fyldstf lbg ;s]g eGg] cfu|x klg 5, cf/f]k klg 5, t/ clxn] klg xfdLx?

**;u/dfyf M** d}n] lsg eg]sf] eg] glthf cfPg s], k|wfgdGqLhL Tof] pxfFsf] cfkm\gf] kg ;a} xf]nf, 5Fb}5, t/ To;sf] afah'b klg glthf gcfPkl5 hgtfn] p7fpg] k|Zg klg ToxL xf] .

**lji0f' l/dfn M** glthfsf] b'O6f kf6f /Xof] lg t . /fhgLlts kf6f]sf] ;Gbe{df ;xdlts} s'/f xf] . h;nfO{ xfdLn] ;+;b dfkm{t\ g} 6'ª\Uofpg k|oTg u/]sf 5f}+, To;sf] of] eGbf k/ glthf cfpg] s'/} /x]g . s'6gLlts s'/f] t o;} lg l9nf] x'G5 lg t . s'6gLlts dfldnf] t xfd|f] cfkm\gf] xftdf 5}g . ;'?df k|of]u u/]sf] zAb d oxfFnfO{ k|of]u ug{ rfxG5', To;df csf]{ Pp6f zAb klg yK5' . xfdL y'k|} ;d:ofsf] rfªdf 3f]8f r9\g cfPsf] xf}+, csf]{ efiffdf eGbf xfdL cfuf] nfu]kl5 s'jf vGg cfPsf xf}+ lg . klxn] s'jf lyof] t, kfgL lsg af]s]g eg]/ ufnL ug'{ plrt x'GYof], cfuf] nfu]kl5 s'jf vGg cfPsf dfG5]nfO{ s'j} l9nf] vGof], Pp6f cf/f]k, s'jfdf kfgL xfNg'k¥of], To;}n] bdsn bu'/fpg' k¥of] . To;sf/0fn] ubf{v]l/ l9nf] b]lvPsf] xf] . o;nfO{ o;/L g} cG8/:6f08 ul/lbP x'GYof] eGg] dnfO{ nfU5 . oBlk, d]/f] hgtfk|lt k|wfgdGqLs} tkm{af6 d eGg rfxG5', cfb/0fLo hgtfk|lt s'g} u'gf;f] 5}g, lsgls o:tf] cK7\of/f]df klg hgtfn] / cfkm\gf] kf6L{ eGbf k[ys kf6L{n], u}/ kf6L{sf dfG5]n] h'g ;b\efj b]vfpg'ePsf] 5, k|wfgdGqLk|lt, of] rflxF s'g} klg k|wfgdGqLn] pkef]u ug{ kfpg' ePsf] lyPg . of] xfd|f] nflu an xf] . oxL cfF6df xfdL cfkm\gf] v'§f bx|f] ug{ k|oTg ul//x]sf 5f}+ .

**;u/dfyf M** tkfO{ k|wfgdGqLsf] /fhgLlts ;Nnfxsf/, k|wfgdGqLsf] y't'gf]sf] dflg; pxfFn] slxn] hgfj/ eGg'ef], slxn] oxfF cfFk em5{ eGg'ef], oxfF jxfF elGbg'x'G5, lsg d'n'ssf] cleefjs lxhf]sf] lbgdf kf] sfª\u|];, sDo'lg:6, tkfO{x? lxhf] ?n/ klg x'g'ef], To;a]nf klg b/af/nfO{ cf/f]k nufpg] 7fpF lyof], b/af/n] xfdLnfO{ ug{ lbPg eGg] ljifo x'g ;SYof] . cyjf Tof] eGbf cufl8 k~rx?n] /f0ffx?nfO{ cf/f]k uy]{, Tof] ;dodf ca t Tof] cj:yf 5}g, cfh c xf]n 8f8' kGo" ;a} tkfO{sf] xftdf cfO;Sof 5, o:tf] cj:yfdf klg Psn] csf{nfO{ cf/f]k k|Tof/f]k of] cleefjsLo e"ldsf s] lgjf{x eg]/ b[li6sf]0f /fVg yfn]sf] 5g\ s], To;sf/0fn] a8f lj>[Ëlnt x'g yfn]5g\, To:tf] cj:yf 5 s] < tkfO{ s] eGg'x'G5 <

**lji0f' l/dfn M** d}n] o:tf] eGg'knf{, olb xfd|f egfOx? cem sxLF ;'wfg'{ k/] xfd|f] k|wfgdGqLn] lbg'kg]{ cleefjsLo bfloTjdf sfxLF sdL /x]sf] eP ToxfF xfdL ;f]R5f}+, lsgeg] …jQmfnfO{ bf]if gb]pm, p;sf] egfOaf6 ;ts{ /xf}Ú eGg] egfO g} 5, To;df xfdL ;ts{ x'g'k5{ . hxfF;Dd :ki6Ls/0fsf] s'/f 5, d s] eGg rfxG5' eg] k|wfgdGqLn] em/f]{ zAb k|of]u ug'{x'G5, pxfF hgtfsf] efiff k|of]u ug'{x'G5 . pxfFn] k|of]u u/]sf efiffx?nfO{ cgfjZos / cGoyf 9+un] JofVof ug{ yfn] eg] clnslt cGofo x'g hfG5 . d pxfFn] k|of]u ug]{ Pp6f zAb k|of]u ug{ rfxG5', Psrf]l6 t/fO{df dw]; s]lGb|t bndf dw];sf ;fyLx?n] dfgj ;fª\nf] cfof]hgf ug'{ef], t/fO{sf ljleGg lhNnfdf nfdf] ug'{ef], k|efjsf/L ug'{ef], pxfFx?sf] efiffdf eGg] xf] eg] w]/} k|efjsf/L ef] . k|wfgdGqLn] Pp6f zAb k|of]u ug'{efÚ5, of] rflxF …dfv] ;fª\nf]Ú h:tf] eof] eg]/ . dfv] ;fª\nf]sf] cy{ t xfdLn] a'em\5f}+ lg . dfv] ;fª\nf]sf] cy{ s] xf] eg] o:tf] ufF7f] h;nfO{ hfGg] dfG5]n] t'?Gt km'sfpg ;S5, ghfGg] dfG5]n] To;nfO{ km'sfpg} ;Sb}g, c8\Sof c8\So} u5{, clxn]sf] /fhgLlts hl6ntf ToxL …dfv] ;fª\nf]Ú h:t} xf] lg . t/, g]kfnL efiff a'em]/ lg a'em krfpg]x?n] s] eg] eg] …dfvf]Ú eg]sf] lem+uf xf], t/fO{sf dfG5]nfO{ lem+uf eGof] eg]/ cf/f]k nufof] . of] t efiffnfO{ klg l7s 9+un] a'lemlbg' kg]{ xf] h:tf] nfU5 dnfO{ . oL hDd] efiffx? pxfFn] k|of]u u/]sf laDax?nfO{ unt 9+un] JofVof ubf{v]l/ HofbtL af]Nof], k|wfgdGqLn] gaf]Ng'kg]{ efiff af]Nof] eGg] s'/f xf]nf . t/, d}n] a'em] cg';f/ d]/f] k|wfgdGqLn] hgtfsf] efiff k|of]u ug]{ sf/0fn] ubf{ efiffsf] ;k|;Ë a'lem lbPb]lv cGoyf x'Fb}gYof] h:tf] nfU5 . oBlk of] efiff k|of]u gu/f}+ eg] Tof] t eGg'k5{, ;'emfj lbg'k5{, oxfFx?n] eGg'ePsf] s'/fdf d}n] cfkm\gf] txdf === lng'k5{, d}n] d]/f] k|wfgdGqLnfO{ ;'emfj klg lbg'k5{ .

**;u/dfyf M** d sfo{qmdsf] clGtddf cfPF, ca Pp6f dfq} atfO lbgf];\ x} . of] h'g cj:yf 5, o;sf] lgsf; cfh c xf]n x'G5 lg, r'Nxf]sf] cl3 oxfFn] s'/f ug'{ef], a8f dxTjk"0f{ ljifo, d}n] klg stf stf h;/L /fhgLlts tfstx?n] lal;{;s] lg, Tof] lxhf] dflg;sf] of] xljut lyof], eGg] la;]{/ /fhgLlts d'2fdf dfq} k|of]u u/]sf] a]nfdf of] r'Nxf] aNg] cj:yf rflxF slxn] l;h{gf x'G5 <

**lji0f' l/dfn M** d k|wfgdGqLsf] efiff k|of]u ug]{ cg'dlt rfxG5', cfh laxfg /]l8of]df klg ToxL eg]sf] lyPF, ljgd|tfk"j{s d k|wfgdGqLsf] zAb k|of]u ug{ kfpF eg]/ . tkfO{l;t d ToxL cfu|x u5'{ . pxfFn] xKtf !) lbg eGg'efÚ5, xKtf !) lbgdf xfdL cfk"lt{nfO{ b'?:t u5f}{+ . Pp6f rflxF d oxfF

**;u/dfyf M** olb ePg eg] <

**lji0f' l/dfn M** km]l/ klg ljsNkdf hfG5f}+ .

**;u/dfyf M** Tof] ljsNk eg]sf] s] <

**lji0f' l/dfn M** d of] s'/f /fVg rfxG5' ls, xfdLn] ;'?df k|wfgdGqL aGgf;fy} UofF; gx'gf;fy} Pp6f lg0f{o u¥of}+ ls ljB'tLo ;fdu|Lx? k|of]u ug]{ eGof}+ . xfdLn] To;df k|fljlws lx;fan] sdL u¥of}+ . d oxfF hgtfx?nfO{ ljgd|tfk"j{s eGg rfxG5', d}n] klg ljleGg ldl8ofdf eGbfv]l/ OG8S;g r'Nxf] lsGgf];\, Tof] k|of]u ugf]{;\, elgPsf] lyof] . OG8S;g r'Nxf]x? cfP, OG8S;g rNxf] st} ;'kydf cfP xf]nfg\, st} dxFuf] klg eof] xf]nfg\, hgtfn] cfˆg} txdf Joj:yf u/] .

**;u/dfyf M** aQL g} lbg'efÚ 5}g t <

**lji0f' l/dfn M** aQL t lbof}+, t/ aQL lbP/ klg s] ;d:of k¥of] eg] nf]8sf] lx;fa lstfa ePg s] < Ps}rf]l6 OG8S;g r'Nxf] rNbfv]l/

**;u/dfyf M** of] k|wfgdGqLhLn] xfjfe/d} d'n's rnfP h:tf] 5===

**lji0f' l/dfn M** of] rflxF klg clnslt /dfOnf] s'/f xf] s] < lah'nL t xfjfaf6 klg cfpF5 lg t . d}n] s'/f sf6]F, dfkm ug'{xf]nf,

**;u/dfyf M** xfjfbf/L s'/f elg/x]sf] a]nfdf d}n] xfjfaf6} lah'nL lgsfln lbG5' eGg'ef] s] < dtna cfnf]rgf To;/L eof] s] <

**lji0f' l/dfn M** Tof] rflxF cln HofbtLk"0f{ g} cfnf]rgf xf] . To;nfO{ gpbfpFbf x'GYof] eGg] dnfO{ nfU5 . lah'nL t kfgLaf6 dfq lglSng] xf]Og xf]nf t < lah'nL xfjfaf6 klg lglSnG5, uf]a/af6 klg lglSnG5 . km]l/ lah'nL uf]a/af6 lglSng]df cf/f]k cfpnf < To;kl5 ;f}o{af6 klg lglSnG5 . kfgL, xfjf / 3fd tLg6}af6 lglSnG5 . xfdLn] cfO{eLPd dfkm{t\ lg0f{o g} ul/;s]sf 5f}+, xfjfaf6 lah'nL lgsfNg k|f]h]S6} cl3 a9\b}5 . of] t cfˆgf] 7fpFdf 5 . t/, ;d:of s] eof] eg] xfdLn] Pp6f ljsNk lbG5f}+, t/ xfd|f] ;+/rgfn] To;nfO{ 8]lne/ ug]{ txdf /x]g5 . d}n] klg a'em\bfv]l/ s] a'em\y]F eg] lg laxfgsf] ;dodf lah'nL lb+bfv]l/ To;n] r'Nxf]nfO{ d2t k'U5 eGg] 7fGof}+, t/ laxfg Ps}rf]l6 kfgL klg tfGg], OG8S;g r'Nxf] klg rnfpg], cfO/g klg nufpg], lk|mh klg rnfpg] ubf{v]l/ xfd|f] hlt klg clxn] 6«fG;ld;g nfOgsf ;+/rgfx? 5g\, To;sf 6«fG;ld;gx? 7]Ubf /x]g5g\ . lbglbg} 6«fG;ld;gx? kl8\s/x]sf 5g\ . gofF ;d:of cfof] . of] gofF ;d:of cfO;s]kl5 ca o;nfO{ b'?:t s;/L ug]{ eGg] af/]df km]l/ xfdL nflu/x]sf 5f}+ . h:tf] cfh} j}slNks pmhf{sf] k|bz{gL g} 5 . ToxfF s]xL s]xL ;Demf}tf klg ub}{ x'g'x'G5, xfd|f j}slNks pmhf{ kl/of]hgfaf6, log} ljifo x'g\ h:tf] nfU5 dnfO{ . Pp6f zAb cem} k|of]u ug{ cg'dlt kfpF ls xfdLn] clxn];Dd Jofkf/ ljljwLs/0f ug{df Pp6} k;naf6 ;fdfg lslg/x]sf lyof}+, ca xfdL Pp6} k;naf6 lsGb}gf}+===

**;u/dfyf M** &\* k|ltzt k/ lge{/tf /x]5 x}g <

**lji0f' l/dfn M** Pp6} k;ndf lsGb}gf}+, l5d]sdf klg o:t} x'G5 lg xfd|f] . 3/sf] 5]pdf cufl8 k;n b]v]kl5 cGt} lsGb} glsGg] xfd|f] afgL ePsf] a9L g]kfnL xf}+ xfdLx? . bfofFkl§ gofF k;n cfP klg lsGb}gf}+, ;:tf] eP lg lsGb}gf}+ . Tof] k;n] l/;fpnf eg]/ hlxn] klg dfgljotf / ;dj]bgzLntfn] 5f]O/xG5 . /fli6«o /fhgLltdf klg xfdLn] To;} u/]5f}+ . clxn] rflxF xfdL of] ;/sf/ dfkm{t\ g]kfn /fi6«nfO{ s] u'0f nufpg uO/x]sf 5f}+ eg] ;xL cy{df Jofkf/ ljljwLs/0f u5f}{+ . h;sf] sf/0fn] Jofkf/df xfdL pmhf{sf] lx;fan] klg :jtGq / cfTdlge{/ /fi6« aG5f}+, Jofkf/sf] lx;fan] klg Psflt/ dfq g9Ns]sf] /fi6« agfpF5f}+ .

**;u/dfyf M** t/ Tof] k/LIf0f x'Fbf x'Fb} l9nf] x'g] xf] ls < 3'F8f 6]Sg] cj:yfdf k'Ug] xf] ls eGof lg <

**lji0f' l/dfn M** d oxfFnfO{ km]l/ klg cl3s} zAb k|of]u ug{ rfxG5', v'§f 6]Sg] dfldnf]df of] ;/sf/n] bx|f] v'§f 6]s]sf]df cfnf]rgf gul/of];\, lgi7fdf zÍf gul/of];\, xfdL v'§fdf 6]S5f}+ . xfdL s'g} klg ldq /fi6«x?sf] lj?4 hfFb}gf}+, s'g} klg ldq /fi6«nfO{ xfdL lr9fpg rfxFb}gf}+ / xfd|f] l:ylt atfpg rfxG5f}+ / xfdLnfO{ cfTdlge{/ x'g d2t ug'{;\ eg]/ ;a} ldq /fi6«x?nfO{ eGg] k|oTg u5f}{+ .

**;u/dfyf M** Tof] k;n]n] lg Tof] !) k;]{G6 dfq} 6'n o'h u¥of 5 /] s] < afFsL () k|ltzt o'h g} u¥of 5}gg\, () k|ltzt c? yk u/L zt k|ltztdf o'h u/] eg] xfdL 6]Sg} ;Sb}gf}+, tn'j} rf6\g] l:yltdf k'U5f}+ eGg] 5g\ <

**lji0f' l/dfn M** of] rflxF eg]sf] k/flht dfgl;stf xf] h:tf] nfU5 . To:tf] g;f]Rg'kg]{ h:tf] nfU5 . d vf; u/L of] cf]klg d]s/x? h;n] cfd hgtfnfO{ wf/0ff agfpg d2t k'¥ofpg'x'G5, ;~rf/ dfWod / af}l4s JolQmx?n] Tof] sf]0faf6 ax; gul/lbP /fd|f] x'GYof] . sfd ug{ rfxg]x?sf] dgf]an lu/fpg] h:tf] gubf{ cem /fd|f] x'GYof] h:tf] dnfO{ nfU5 . To;sf/0fn] ubf{ xfdL cem} klg Jofkf/ ljljwLs/0fsf] Tof] kf6f]af6 /fi6«nfO{ ;d'Ggt u/fpg] af6f]lt/ nflu/xG5f}+ .

**;u/dfyf M** t/ ToxL cf]lklgª d]s/sf] jr{:j 5 s] xfd|f] ;dfhdf . :yflkt /fhgLlts d"No / dfGotf h] h] gfd lbP klg ToxL kIf g} xfaL eof] eG5 s] <

**lji0f' l/dfn M** To;}n] d pxfFx?nfO{ cfu|x ug{ rfx]F ls clxn]sf] ;/sf/nfO{ tdfd s'/f dg gkbf{ xf]nfg\, s]xL klg dg gkg]{ x'g ;S5g\, d lji0f' l/dfn sfd} gnfUg] x'g ;S5', t/ clxn] ul/Psf] Pp6f k|oTg, v'§f 6]Sg] k|oTgnfO{ ;a} cf]lklgog d]s/x?n] an k'¥ofOlbgf];\ d]/f] xflb{s cfu|x 5 .

**;u/dfyf M** n, cf; u/f}+, oxfFn] h'g ljrf/ /fVg'ef] o;df c8\g';\, o;df ;kmntf ldnf];\, oxfFnfO{ wGojfb .

**lji0f' l/dfn M** oxfFnfO{ lg wGojfb . dxTjk"0f{ ;dosf nflu ;do lbg'ef] / cª\u|]hL gofF jif{sf] lbg d}n] oxfF eGg kfPF, ;a}nfO{ z'esfdgf 5, oxfFnfO{ klg df}sf lbg'ePsf]df wGojfb lbg rfxG5' .

<https://www.youtube.com/watch?v=-U87P2FjnFo&index=12&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>