Date: Dec 26, 2015, Himalayan TV,

# Yaksha Prashna with Narayan Poudel (Guest: Bishnu Rimal)

# k|wfgdGqLsf k|d'v ;Nfxsf/;+u oIfk|Zg

**oIf k|Zg M** gd:sf/, k|wfgdGqLn] tkfO{x?;Fu ;Nnfx u/]/} s'g} lg0f{o lng'x'G5 ls, dgf]dfgL ug'{x'G5 <

**lji0f' l/dfn M** k|wfgdGqLn] dgf]dfgL t ub}{ ug'{x'Gg . k|wfgdGqLn] cfkm"nfO{ rfx]sf] / pko'Qm nfu]sf] ;Nnfxdf lg0f{o lng'x'G5 . xfdLx?n] h] b]V5f}+, Tof] ;Nnfx lbG5f}+ . Tof] ;NnfxdWo] sltko s'/f pxfFsf] afWotf x'G5g\, Tof] afWotfsf] ljifodf pxfFn] xfdLn] lbPsf] eGbf k[ys} klg sfd ug'{x'G5 . sltko s'/fdf pxfFn] ;f]r]sf] eGbf k[ys xfd|f] ;Nnfx cfP gofF s'/f cfPdf To;nfO{ klg pxfFn] u|x0f ug'{x'G5 .

**oIf k|Zg M** olta]nf e"sDksf] qfxLdfdaf6 xfdL u'lh|/fv]sf 5f}+, gfsfaGbLsf] kL8f xfdLn] v]lk/fv]sf 5f}+ . clg dGqfnox? km'6fP/ dGqLx? wdfwd lgo'Qm ePsf 5g\, Tof] klg tkfO{x?s} ;Nnfx adf]lhd eO/fv]sf] 5 <

**lji0f' l/dfn M** o;df cjZo g} xfd|f] ;Nnfx hf]l8G5 g}, hf]l8g] t s'/} /x]g . k|wfgdGqLn] g;f]lwsg dgf]dfgL u/]sf] klg xf]Og . sltko s'/f ;/sf/ ;~rfnssf cfjZos t/ clk|o sfd klg ug{kg]{ x'G5g\ . dnfO{ s] nfUb}g eg] cfh d}n] ldl8ofdf w]/} x]/]F . b'O6f dGqfno km'6fP/ rf/ hgf dGqL yKbf e"sDkaf6 kLl8t ;fyLnfO{ ;xof]u ug]{ / pgLx?nfO{ /fxt lbg] hDd} yKk} e Peg]/ ;dfrf/ cfPsf 5g\ . of] rflxF cln HofbtL eof] ls h:tf] nfU5 . d of] ;Fu;Fu} s] klg :ki6 kfg{ rfxG5' eg] d olQv]/ ;/sf/sf] lx;fan] cfjZos eP klg /fi6«sf] lx;fan] dGqLd08nsf] ;b:o a9fpg' pko'Qm xf] ls xf]Og eGg] ljrf/0fLo ljifo rflxF 5 .

**oIf k|Zg M** eg]sf] dtna ;Qf l6sfpgsf] nflu nDafpgsf] nflu of] PS;g lng'ef] .

**lji0f' l/dfn M** ;/sf/ l6sfpgsf] nflu nDafpgsf] nflu d To;/L t eGg rfxGg, t/

**oIf k|Zg M** hals of] b]znfO{ cfjZos 5}g, /fi6«sf] nflu cfjZos 5}g, e"sDk kLl8tsf nflu emg\ of] kL8f yKg] lsg cfjZos eof] <

**lji0f' l/dfn M** o;n] e"sDk kLl8tx?nfO{ kL8f yKg] xf]Og, of] rflxF s] s'/f xf] eg] sltko s'/f gubf{ klg rNg] xf] eg] gubf{ x'GYof] eGg] hgtfsf] cfu|x Tof] d}n] klg a'em]sf] 5' . To;df h'g ;/sf/ cK7\of/f]df hgtfn] lagf bnLo e]befj ;dy{g ul/Psf] 5 . tL hgtfsf] ;/sf/k|lt rsf]{ vfnsf] ck]Iff x'G5 . Tof] ck]Iffsf] lx;fan] gu/]sf] eP x'GYof] eGg] Psbd hfoh 5 . d}n] cl3 g} ;'?d} eGg vf]h]sf] lyPF ls oxfFn] k|ltk|Zg ug'{ef] ls sltko cfjZostfsf l;4fGtx? h'g bfgjLo 6fOksf x'G5g\, To;nfO{ ug{ afWo lg0f{ostf{x? x'G5g\ eGg] dnfO{ nfU5 .

**oIf k|Zg M** s] cfjZostf cfOnfUof] <

**lji0f' l/dfn M** klxn] xfdLn] g]kfnL sf+u|]; ;/sf/df cfp eg]sf lyof}+, Tof] eP ;/sf/df ;ª\Vofsf] lx;fa ug{ kb}{gYof] . 7"nf bnx? clxn] ;Fu} a;]/ ;d:of xn ug'{k5{ eg]sf lyof}+, Tof] /x]g . k|d'v k|ltkIf bn aflx/ /x]/ k|ltkIfsf] e"ldsf dfq lgjf{x u/]/ pgn] ;Qfsf] v]n ;'? ul/;s]sf] lyof] / hhnfO{ lnP/ xfdLn] ;/sf/ agfPsf lyof}+, ToTo;nfO{ lglZrt k|lta4tf JoQm u/]sf lyof}+, tL ul/Psf k|lta4tf k"/f ug{sf nflu cem xfdLn] b'O{ tLg dlxgf s'/]sf xf}+ . Tof] k|lta4tf /fhgLltdf Odfg hdfgsf s'/f x'G5g\ . Odfg hdfgn] afFlwPsf x'gfn] k|wfgdGqLn] ug'{ef] .

**oIf k|Zg M** eg]sf] s'g} bn ljz]if k|lt s'g} Ps b'O{ ;L6 ePsf bnx?k|lt tkfO{x?sf] Odfg hdfg x'G5, hgtfk|lt 5}g <

**lji0f' l/dfn M** ca o;nfO{ o;/L ln+bfv]l/ clt;of]lQm vfnsf] k|Zg xf] ls eGg] nfU5, hgtfk|lt Odfg hdfg gx'g] ;/sf/df a:g] lsg < ;/sf/df a:g] eg]sf] Odfg hdfgs} nflu xf] . To;dfly klg clxn]sf] ;DdfggLo k|wfgdGqLHo"nfO{ s] yfxf 5 eg] pxfFsf] ;/sf/sf] cfo' Ps lbgb]lv @)&$ ;fn df3 & ut];Ddsf] xf] . xfd|f] ofqf ToxL g} xf] . xfdL a9Ldf @)&$ ;fn df3 & ut]eGbf ptf hfg ;Sb}gf}+ . Tof] eGbf cufl8 r'gfa eof] eg] ToxL a]nf g} xfd|f] ;/sf/sf] cfo' ;lsG5 . Tof] eGbf cem ef]ln g} ;/sf/ hfg;Sg] /fd|/L g} a'em]sf 5f}+ . To;sf/0f ;/sf/ l6sfpgs} nflu eGg] klg xf]Og, / dnfO{ s] rflxF nfUb}g eg] b'O{ hgf rf/ hgf dGqL yKbfv]l/ h;/L cfh ldl8ofdf cfPsf] 5, slt cj{sf] nfut a9\of] eg]/ Tof] rflxF cln a9L lx;fasf] u8a8L xf] ls h:tf] nfU5 .

**oIf k|Zg M** tkfO{x? ;}4flGts ?kd} lsg unt 5 eg] ;+ljwfgn] ca Ps b'O{ jif{kl5 s] kl/sNkgf ul/Psf] 5 eg] @% j6f eGbf a9L dGqfno agfpg kfOg] 5}g . t/ tkfO{x? ePsf dGqfnox? ;d]t km'6fP/ efuaGbf ul//fVg'ePsf] 5, /fHonfO} c+z 7flg/fVg'ePsf] 5 .

**lji0f' l/dfn M** d}n] o;nfO{ o;/L eGbf /fd|f] xf]nf, /fhgLltsf] ;fydf Pp6f s] s'/f xG5 eg] ;'b[9 nf]stGq ePsf] a]nfdf 5l/tf] ;/sf/ aG5g\ / /f:sn cfp6 x'G5g\ . ;+qmd0fsfnsf] cj:yf /x]sf] a]nfdf /f:s/ cfp6 x'Fb}g, of] rflxF xfdLn] /fhgLlt zf:q klg a'em\gk5{ . ;Qfsf] ;Gbe{df ;a} b]zdf nfu" x'g] ljifo oxL g} xf] . xfd|f] b]z k[ys /xg} ;Sb}g, To;sf/0fn] ubf{ d oxL ;Gbe{df cfd hgtfnfO{ / oxfF h:tf] lj1 ;fyLx?nfO{ a'lemlbg cfu|x u5'{ .

**oIf k|Zg M** d tkfO{nfO{ sltko glh/x? b]vfpF5', ef/tdf o:t} ;Í6 cfPsf] lyof], c6n laxf/L afhk]oLn] t]x| lbgdf ;Qf 5f]8\g'ef], pxfFn] nDafpgsf nflu ltsbdafhL ug'{ ePg . xfd|} b]zdf klg l;+x b/af/ cfunfuL x'Fbfv]l/ sLlt{lglw lji6n] /fhLgfdf lbPsf] l:ylt 5 . nf]s]Gb| axfb'/ rGbn] s]xL lbgd} /fhLgfdf lbPsf] l:ylt 5 . ;Qf nDafpgsf nflu ;+qmd0fsfnnfO{ axgfafhL agfpg ePg lg <

**lji0f' l/dfn M** d]/f] ljrf/df oxfFn] lbg'ePsf] pbfx/0f clxn]sf] ;Gbe{df s'g} klg lx;fan] d]n vfFb}g . ToxL l:ylt lyof] eg] k|wfgdGqL s]kL zdf{ cf]nLn] clxn] g} /fhLgfdf lbg'x'GYof] . oxfFn] h'g pbfx/0f lbg'ef], l;+xb/af/sf] s'/f, oxfFn] h'g pbf]x/0f lbg'ef] nf]s]Gb| axfb'/ rGbsf] s'/f, oxfFn] h'g pbxf/0f lbg'ef] c6n laxf/L afhk]oLsf] s'/f clxn]sf] ;Gbe{df of] ldNb}g . ;Gbe{ gldNg] s'/f gug'{ /fd|f] x'G5 h:tf] nfU5 dnfO .

**oIf k|Zg M** /fhgLltdf hf]8 36fpsf] lx;fa olt gldNg] lx;fan] klg ug{ ePg ls s;}nfO{ lrQ a'emfpgs} nflu b]z o:tf] ;Í6sf] 38Ldf v]n lbg] .

**lji0f' l/dfn M** dnfO{ s] nfUb}g eg] clxn] ul/Psf] lg0f{ox? Oltxf;df klxnf] rf]l6 ul/Psf] lg0f{o xf] h:tf] dnfO{ nfUb}g . of] eGbf klxn] o:tf lg0f{ox? ePsf 5g\, cfjZos eP/ ePsf xf]nfg\ jf gxf]nfg\ t/ tL hDd} lg0f{ox? nf]slk|o lyPgg\, cnf]slk|o g} lyP . clxn] xfdL cnf]slk|o lg0f{o ug{ afWo ePsf 5f}+ . / of] afWotfnfO{ ;'wfg]{ s;/L eGg]df lrlGtt 5f}+ xfdLx? . o;df

**oIf k|Zg M** /fHosf nflu s]xL ;sf/fTds kIf klg b]Vg'x'G5 ls cnf]slk|o lg0f{o ubf{ <

**lji0f' l/dfn M** /fHosf] ;sf/fTds kIf eg]sf] clxn] k'glg{df{0fsf] s'/f] / ;xh cfk"lt{ ug]{ s'/fnfO{ oxL dfWodnfO{ klg ;b'kof]u ub}{ hfG5 .

**oIf k|Zg M** t/ tkfO{+nfO{ yfxf xf]nf ls sof}+ e"sDkkLl8tx? sDan gkfP/ hf8f]sf sf/0fn] s7\oflª\u|P/ d/]sf 5g\ .

**lji0f' l/dfn M** o:tf] xf] lg, o;nfO{ d}n] s;/L pbfx/0f lbpF eg] d}n] clxn] oxfF sf]6 nfP/ cfpF5', ufpFdf d]/f] 3/} 5}g . hDd} d}bfg ePsf 5g\, ToxfFsf dflg;x? cf]9\g] klg gkfP/ al;/x]sf 5g\, To;sf] cy{ d}n] sf]6 klg gnfP/ a:g], sf]6 t ˆofFs]/ lx+8\lbg lg t . xfdLn] s] a'em\g'k¥of] eg] lg ;do cg';f/ rN5 . ;Í6df /x]sf /fi6«sf /fi6«klt, k|wfgdGqL uf8Ld} lx+8\5g\ . o;/L t'ngf ug{ yflnof] eg] gldNg] vfnsf] t'ngf xf] h:tf] dnfO{ nfU5 .

**oIf k|Zg M** P eg]sf] Tof] d/]sf] h'g 5g\ Tof] :jfefljs 5 <

**lji0f' l/dfn M** d}n] Tof] t eg] h:tf] nfUb}g . t'ngf ubf{v]l/ ldNbf] x'gk¥of] . kfgLsf] kfgLl;t t'ngf x'G5 . t]nsf] t]nl;t t'ngf x'G5 .

**oIf k|Zg M** t/ xfdL o:tf] nf]stGqdf 5f}+ ls hxfFsf g]tfx?sf] Hofg arfpgsf nflu s/f]8f}+ ?lkofF xfdL vr{ u5f}{+ t/ e"sDk kLl8tsf nflu tLg xhf/ rf/ xhf/sf] sDdn klg ljt/0f ug{ ;Sb}gf}+ .

**lji0f' l/dfn M** To;sf/0fn] t xf]nf t, g]tf eg]/ Pp6f JofVof ul/Psf], hgtf eg]/ Pp6f JofVof ul/Psf] . hgtfn] cfkm\gf] k|ltlglwnfO{ lsg dfof u/]sf] t < hgtf d/L d/L cfkm\gf] g]tfnfO{ lsg cfkm\gf] sfFwdf af]s]/ lx+8]sf] t < To;sf] vf; sf/0f xf]nf lg t < o;nfO{ o;/L t'ngf ubf{ /fd|f] xf]nf . o;nfO{ d o;/L pN6fpg rfxG5', oxfFn] eGg'ePsf] ljifodf d hfg rfxG5' ls olb ;/sf/ / /fHo clxn] e"sDk kLl8t If]qsf ;fyLx? k|lt hgtfk|lt ;+j]bgzLn ePg eg] Tof] l:yltdf ul/Psf ;a} s'/fx?sf] lbPsf pbfx/0fx? ;a} unt eO hfG5g\ . d olt dfq eGg rfxG5', kl/0ffd gcfP;Dd ;+j]bgzLn ePsf] k'li6 x'Fb}g . xfdL ;+j]bgzLn 5f}+ / s]xL ;dodf kl/0ffd Nofpg] u/L sfd u5f}{+ . Tof] ePg eg] csf]{ rf]l6 k|Zg ug'{ xf]nf d hjfkm lbG5' .

**oIf k|Zg M** kl/0ffd eg]sf] Ps l5gsf] nflu dfgf}+ sDdn xf] / < Tof] hf8f] kl5 hfG5 <

**lji0f' l/dfn M** sDdn klg xf]nf . To;sf] ;Fu;Fu} 3/ agfpg] klg xf]nf . To;sf] nflu d}n] Pp6f ljgd|tfk"j{s eGg}k5{, oxfFsf] ;~rf/ dfWod dfkm{t\ ls xfdLn] rfx]/ k'glg{df{0f k|flws/0f ag]sf] t lyPg lg, of] eGbf cufl8 ;/sf/df /x]sf] h;df xfdL ;Qf ;fem]bf/ lyof}+, To;}af6 ePsf v/faLx? lyP lg t, sltko /fd|f s'/fx?nfO{ klg ;Qfsf] ;fFrf]sf] t'ngf u/]/ x]/]sf] sf/0fn] xfdL l9nf] ePsf lyof}+, clxn] cfP/ aNn aNn k'glg{df{0f k|flws/0f lgdf{0fsf] ljw]os xfdL kf; u/]sf 5f}+ . P]g ag]sf] 5, ca ;LO{cf] agfpg] r/0fdf xfdL hfFb}5f}+ / dnfO{ nfU5, hf8f]s} aLrdf klg xfdL w]/} sfd ug{ ;S5f}+ .

**oIf k|Zg M** t/ ljw]os alg;s]sf] sof}+ lbg lalt;s]sf] 5, tkfO{x?n] k|flws/0f u7g ug{ ;Sg'ePsf] 5}g, elg;s]kl5 t ToxfF c;+j]bgzLntf b]lvof] lg t < tkfO{nfO{ To:tf] nfU5 ls nfUb}g <

**lji0f' l/dfn M** d}n] o;/L eGbf /fd|f] xf]nf ls ;DdfggLo k|wfgdGqL s]kL zdf{ cf]nL ;d:ofsf] rfªdfly r9\g cfOk'Ug'ePsf] k|wfgdGqL xf] . pxfF cfuf] nfO;s]kl5 s'jf vGg cfOk'Ug'ePsf] JolQm xf], To;sf/0fn] ubf{v]l/ klxNo} s'jf vg]/ ToxfF cfuf] nfUg] lalQs} cfuf] lgefpg cfPsf] eP oxfFsf] k|Zg g} ;f]lwg] l:ylt x'Fb}gYof] xf]nf . xfdL s'g a]nf cfof}+ eg] ;d:ofsf] rfªdfly 3f]8f r9\g cfOk'Uof}+ . To;df cfunfuL eO;s]kl5 s'jf vGg cfPsf] To;}n] ;d:of b]lvPsf] xf] .

**oIf k|Zg M** emg\ qmflGtsf/L x'g'kg]{, emg\ a9L tbf?stfsf;fy sfd ug'{kg]{ dGqLkl/ifb ;'t] h:tf] b]lvof], tkfO{n] ;Nnfx lbg] dGqLkl/ifb rflxF <

**lji0f' l/dfn M** d o;df s] rflxF eG5' eg] xfd|f] ultzLntfdf k|Zg lrGx v8f ePsf xf]nfg\, hltdf bf}l8gkg]{ xf] Toltdf gbf}l8Psf] x'g ;Snf Tof] :jLsf/ u5'{ . oltn] k'Ub}g eGg] xfdLnfO{ klg nfu]sf] 5, :jo+ k|wfgdGqLnfO{ klg nfu]sf] 5 . To;df t Ifdf ofrgf ug{ afx]s c? s'/f g} 5}g . To;df klg b'O{ dlxgf t d 36fpg g} rfxG5' d oxfFl;t, ;/sf/ ag]sf] em08} em08} tLg dlxgf ef], d klg ;Nnfxsf/ eP/ uPsf] em08} em08} $% lbg x'g nfu]sf] 5 ca, klxnf] Ps dlxgf t xfdL /fhgLlts emd]nf ldnfpFb}df uof}+ . To;kl5 k"/f bz}+ / ltxf/n] vfO lbof] xfdLnfO{ . oxfFx? ;a}nfO{ yfxf 5 . /ffi6«klt / ;efd'vsf] r'gfan] g} xfd|f] ;do uof] . kl5Nnf] ;do xfdLn] grfx]sf] ;Ldf gfsfnfO{ xn ug{nfO{ s'6gLlts n8fOnfO{ ;do /f]lslbof] . hxfF h'g tl/sfn] t/fO{df c/fhgLlts 9+un] cfGbf]ng cfof], To;nfO{ ;Daf]wg ug{nfO{ xfdLnfO{ ;d:of k¥of] . clxn]sf] ;do em08} uPsf] !% lbgsf] ;dodf lbg lbgsf] lx;fa lstfa /fVg'kg]{ l:ylt 5, cem} klg l9nf ePsf 5f}+ h:tf] dnfO{ nfU5 .

**oIf k|Zg M** t/ b[Zox? o:tf] b]V5f}+ ls dflg;x? laxfgb]lv a]n'sf;Dd nfOgdf 5g\, UofF; gkfP/ 56kl6Psf 5g\, t/ k|wfgdGqLHo", dGqLHo"x? sf/u]6x? lnP/ ;fdfGo lemgf dl;gf sfo{qmdx?df l/jg sf6\gsf nflu ef]h vfgsf nflu uO/x]sf] b[Zox? klg 5g\ lg <

**lji0f' l/dfn M** Tof] t w]/} s6f}tL ePsf] 5, clxn]sf] k|wfgdGqLsf] ;Gbe{df, d]/f] ljrf/df . xfdLn] cf}+nfdf uGg ;lsg] ;fj{hlgs sfo{qmddf hfg lbPsf 5f}+, c? sfo{qmddf hfg lbPsf 5}gf}+ . cfh} eGg'x'G5 eg] tLg rf/ j6f sfo{qmddf hDdf Pp6f ;fj{hlgs sfo{qmddf pxfFnfO{ xfdL hfg lbG5f}+ . Tof] eg]sf] Hofk' lbj;sf] sfo{qmd xf] . c? sfo{qmddf hfg glbg] eg]/ lg0f{o g} u/]sf 5f}+ . of] rflxF ldl8ofaf6 cfPsf], hgtfaf6 cfPsf] l6Kk0fLnfO{ Vofn ul/Psf] xf] . sfu]{6sf] ;DaGwdf rflxF k|wfgdGqLsf] sfu]{6 Tolt nfdf] 5}g . d]/f] ljrf/df cufl8 Pp6f / k5fl8 Pp6f /xg] u5{ . Tof] ;'/Iffsf] ;+j]bgzLntfnfO{ g} x]/]/ ul/Psf] xf], k|wfgdGqLn] t x6fO lbp eg]/ klg eGg'ePsf] xf] .

**oIf k|Zg M** k5fl8 c? uf8Lx? klg uPsf] b]v]sf] 5' d}n] <

**lji0f' l/dfn M** :jsLo ;lrjx? uPsf xf]nfg\, :jsLo ;lrjx?nfO{ klg dh{ ul/lbPsf] 5' .

**oIf k|Zg M** t}klg h'g lx;fadf ufDeLo{tf b]lvg' kYof]{, ;du| dlGqkl/ifbsf] Tof] b]lvPg, k|wfgdGqLsf] ;Nnfxsf/sf] lx;fan] To:tf] cg'e"lt tkfO{+n] klg s'g} xb;Dd ul//fVg'ePsf] 5 eg]b]lv slxg sxLF u8a8L 5 ofqf .

**lji0f' l/dfn M** d}n] o;f] eG5', k|rng / rngrNtLnfO{ ;'wfg]{ dfldnfdf tbf?stf sdhf]/ ePsf] xf]nf, h:tf] pbfx/0fsf nflu ;Qfdf uPsf dflg;x?sf nflu lglZrt k/Dk/f / k|yfx?nfO{ ;Qfdf hf]l8Psf dflg;x?n] slG6Go' ug{ rfxG5g\, To;nfO{ xfdLn] /f]Sg] k|oTg u¥of}+ . /f]Sg] k|oTgdf l9nf eP xf]nfg\, /f]Sg] k|oTgdf lgoGq0fsf dfldnfdf klxnf]sf] t'ngfdf a9L ePtf klg hgtfsf] ck]Iff eGbf sd ePsf xf]nfg\, Tof] ub}{5f}+ xfdLx? .

d s] rflxF bfaL ub}{gf}+ eg] d kkm]{S6 5f}+ ztk|lt;t ;xL u/]sf 5f}+, xfd|f] Ifdtf c;fWo} tu8f 5, Tof] t d bfaL ub}{ ulb{g . xfd|f] ;Ldfn] lbP;Dd xfdL /fd|f] sfd ug{ k|oTg u5f}{+ . ToxL g} ;'emfa xfdL lbG5f}+ .

**oIf k|Zg M** k|wfgdGqLn] cfkm" lgjf{lrt x'Fb} ubf{ af?n] nfUg]5, o:tf] ;/sf/ aGg]5, lgSs} sfn== ;lDemg]5, eg]/ eGg'efYof], clxn] dfG5]x?n] af8'n] xf]Og ls lxSs lxSs ePsf] ;Ddg\ l6Kk0fL ug{ yfln;s] .

**lji0f' l/dfn M** l7s 5, Tof] hgtfn] eGg] clwsf/ /x\of], d o;df s]xL klg l6Kk0fL ug{ rfxGg . hgtfn] cfkm\gf] gh/af6, cfkm\gf] b[li6sf]0faf6 gh/ ug'{x'G5 eg] To;df l/; /fu /flVbgF . Tof] eGg klg ldNb}g . t/ xfdL s] rflxF k|oTg u5f}{+ eg] lg hgtfn] h'g lsl;dn] clxn] ;dy{g ug'{ePsf] 5 lg ;[lht ePsf ;d:ofx? dfgf}+, k|wfgdGqL ;[lht lyPg, ;Qf ;[lht lyPg, ;QfeGbf aflx/sf] Sjf6/af6 / ;Qfdf hfcf];\ / ;Qfdf uPkl5 rfF8} ;dfwfg u/f];\ eGg] hgtfn] a'em]s} sf/0fn] d]/f] bn dfq x}g ls d]/f] bneGbf aflx/ ;/sf/df /x]sf dfq x}g, ;/sf/eGbf aflx/ /x]sfn] klg ;dy{g u/]sf] xf] . To;nfO{ lg/f; agfpFb}gf}+ xfdL, x6\g] lbg;Dd klg xfdL lg/f; agfpFb}gf}+ . olt rflxF d bfaLsf ;fy eGg ;S5' .

**oIf k|Zg M** Tof] ;dy{g, Tof] w}o{tfnfO{ tkfO{x?n] sdhf]/Lsf ?kdf lng'ef] / ljsNk vf]Hg nfUg'ePg, rLgaf6 t]n cfpg] eg]sf] clxn];Dd cfPg, dflg;x?n] clxn];Dd cfk"lt{ Joj:yf ;xh?kn] lnO/fVg kfO/x]sf 5}gg\ . sfnf]ahf/L emf+luPsf] 5 . ^,& xhf/ bz xhf/ lt/]/ dfG5]x?n] UofF; l;lnG8/ lnO/fv]sf] 5 . of] t /fhgLlts gf}6ÍL h:tf] b]lv/f5 .

**lji0f' l/dfn M** oxfFn] eGg'ePsf] s'/fdf tLg j6f s'/f eG5' d, klxnf] s'/f hgtfn] h'g ;dy{g ug'{ef5, To;nfO{ sdhf]/L x}g o;nfO{ xfdLn] ansf] ?kdf lnPsf 5f}+ . hgtfn] h'g lx;fan] xfdLnfO{ ;dy{g ul//xg'ePsf] 5, xfdLeGbf a9L hgtf a'l4dfg x'g'x'G5 eGg] xfdL 7fG5' . cGoyf ljb|f]x x'GYof], hgtfn] ljb|f]x gug'{sf] cy{ eg]sf] logLx?sf] ;Ldf olQ x'g\, hgtfn] a'em\g'ePsf] 5, h'g tl/sfn] oxfFn] l6Kk0fL ug'{ePsf] 5, Tof] eGbf k[ys 9+un] hgtfn] ;f]Rg'ePsf] d a'em\5', d hgtfk|lt cfef/ JoQm ug{ rfxG5', k|wfgdGqLs} tkm{af6 .

bf];|f] s'/f], rLg;Fusf] ;Gbe{df lgMz'Ns cfpg] dfldnfdf cg'bfgsf] dfldnfdf tbf?stf b]vfof}+, Nofof}+ . Tof] afx]s csf]{ ;Demf}t} lyPg lg . pxfFx?nfO{ wGojfb lbpF . sd;]sd xfdLn] ca Jofkf/ ljljwLs/0fsf] k|of; yfNof}+ . Pp6f 6f]nL clxn] rLgdf uPsf] 5, To;n] d]/f] ljrf/df ;sf/fTds lg0f{o u/]/ cfpF5, Tof] lg0f{o kl5 jiff}{+b]lv Psflwsf/ /x]sf sltko Jofkf/sf ;DaGwdf Psflwsf/ tf]l8G5 / hgtfn] ef]lnsf lbgdf af?bL nfUg]u/L dfG5]n] ;f]Rg]5 . gfsfx? vf]Ng] ;jfndf, Jofkf/ ljljwLs/0fsf] s'/fdf / rLg;Fu hf]l8Psf s'/fn] xfd|f] d'n'snfO{ sdhf]/ x}g ls b'O6f d'n'snfO{ klg ;b\efj sfod ug]{ / xfd|f] d'n's alnof] agfpg] sfddf tbf?stfsf ;fy nfu]sf 5f}+ .

 t];|f] ljifo, blIf0fL ;Ldfsf] gfsfaGbLsf] ljifodf To;sf] dfldnfdf qmdzM ;xh x'Fb} uO/x]sf] oxfFn] klg dx;'; ug'{ef5, hlQ of] ;xh x'Fb} hfG5, TolQ sfnfahf/L lgolGqt x'Fb} hfG5 . clxn]sf] xfd|f] ldx]gt eg]sf] ;/sf/L lgolGqt 7fpFaf6 ePsf sfnfahf/LnfO{ lgd{dtfk"j{s lgoGq0f ug]{ xfdLn] k|oTg u/]sf 5f}+, hg:t/af6 eO/x]sf] sfnfahf/L xfdLn] /f]Sg ;s]sf 5}gf}+ . o;df xfd|f] Wofg uPsf] 5 .

**oIf k|Zg M** To;f] eP rLgaf6 OGwg nufot cTofjZos kbfy{x? cfpF5 <

**lji0f' l/dfn M** rLgl;t ;Demf}tf x'G5 . Tof] ;Demf}tf kl5 hgtfsf] txdf of] sfo{qmddf km]l/ d oxfF af]Ng]5' .

**oIf k|Zg M** t]n cfpF5 ls cfpFb}g < clxn] ;a}sf] rf;f] <

**lji0f' l/dfn M** t]nfs} nflu, klxnf] ;Demf}tf g} t]nsf] xf], bf];|f] ;Demf}tf kf/jxg ;lGwsf] xf], t];|f] ;Demf}tf gfsf v'Nnf ug]{ xf], rf}yf] ;Demf}tf ( ;o cf/PdaL Tof] sxfF vr{ ug]{ eg]/ 7f];d} lg0f{o u5f}{+ . d]/f] @\* tfl/vsf] lbg cfh @$ tfl/v eof], tLg lbgkl5 ;lrj :t/Lo cy{dGqfnosf] ;lrj :t/Lo a]lhªdf xfd|f] ;Demf}tf x'G5 . Tof] ( ;o cf/PdaL sxfF vr{ ug]{ dfldnfdf . Tof] afx]s klg xfd|f] cfwf/e"t ;+/rgfx? k'glg{df{0f ug{sf nflu w]/} ;Demf}tfx? rLgl;t x'G5 . :jtGq Jofkf/;Fu ;DalGwt ljifo ;}4flGtsaf6 cufl8 a9fpF5f}+, sltko Pdcf]o'sf] txdf /x]sf]nfO{ txnfpg o;nfO{ ;Demf}tfdf n}hfG5f}+ .

**oIf k|Zg M** eg]kl5 clxn] ;lhnf] ;a}n] rfx]sf] t]n cfpF5 <

**lji0f' l/dfn M** t]n cfpF5 . t]n / UofF; b'a}sf nflu xfdL ;Demf}tf u

**oIf k|Zg M** @\* tfl/vd} ;Demf}tf x'G5 <

**lji0f' l/dfn M** @\* tfl/veGbf cufl8 g} xf]nf Tof], Tof] @\* tfl/vsf] lbg t ( cf/PdaLsf] s'/f u/]F d}n] . Tof] ;Demf}tf dfq} xf] . Tof] klxNo} sa'n ul/Psf] k};f xf] . To;df @\* tfl/vsf] lbg ;Demf}tf ug]{ xfd|f] of]hgf g} 5 . cy{dGqfno:t/Lo x'G5 . cy{ ;lrj:t/Lo u5f}{+ xfdL Tof] . Tof] afx]s csf]{ ;Demf}tf Tof] eGbf cufl8 g} x'G5 . xfd|f] 6f]nLn] u[xsfo{ ul//x]sf] 5 .

**oIf k|Zg M** k|wfgdGqLhL clnslt a9L g} af]lnlbg'ef], /fhgLlts eGbf clnslt c/fhgLlts lbg yfNg'ef] eg]/ l6sfl6Kk0fL eO/fv]sf] 5, tkfO{nfO{ rflxF To:tf] nfU5 ls nfUb}g <

**lji0f' l/dfn M** dnfO{ s]; jfOh x'G5 eg] v';L x'Gy]F, olb s]; jfOh s'g} s'/fdf c/fhgLlts s'/f af]Ng'ef] eGg] nfu]sf] eP To;nfO{ c/fhgLlts nfu]5 eg] To;nfO{ /fhgLlts ?kdf abnf}+ nf s]xL 5}g . dfG5]n] af]Nbf sdL sdhf]/L ePdf ;'wfg{ s'g} cK7\of/f] 5}g . Ifdf ofrgf lg ug{ tof/ 5f}+ xfdLx? . k|wfgdGqL :jo+ klg s'g} lxlRsrfx6 ug'{ x'Gg . pxfF hg:t/sf] efiff af]Ng] dfG5] ePsf] sf/0fn] Tof] t cK7\of/f] /x]g .

**oIf k|Zg M** cfGbf]ngsf/L bnx?nfO{ jftf{df Nofpg clkn ug'{ef], dGqLkl/ifbn] lg0f{o u¥of] . l;+xb/af/sf] k//fi6« dGqfnodf sdn yfkfhLn] tLg a'Fb] k|:tfj klg k|:t't ug'{ef] cfGbf]ngsf/L ;dIf . ToxL lbg To;} avt k|wfgdGqL ;'g;/L hfg'ef] / eGg'ef], rf/ lsNnf tf]l8g] 5}g . Psflt/ ;LdfÍgdf xfdL 5nkmn u5f}{+ / ;xdltdf k'uf}nf] eGg] csf]{lt/ ToxL k|wfgdGqLn] cfkm\gf] lg0f{o lj?4 ;'g;/Ldf uP/ rf/ lsNnf s'g} klg xfnt tf]l8g] 5}g eg]kl5, of] t /fhgLlt aNemfpg] d];f] ePg <

**lji0f' l/dfn M** d]/f] rflxF ljrf/df of] rflxF c/fhgLlts ljifo ePg, /fhgLlts ljifo eof], oxfFn] p7fpg'ePsf]df . d tLg j6f s'/f lSno/ u5'{ oxfFnfO{ . o;d} xfd|f] 5nkmnsf] ljifo 6'lËg'k5{ h:tf] nfU5, cfGbf]ng/t bnx?l;t klg . xfdLn] a'em]sf] dw]; cfwfl/t bnx?sf] tLg j6f dfux? x'g\, Pp6f ;dfj]zL ;dfg'kflts lx;fan] /fHosf ljleGg efu / lgsfodf k|ltlglwTjsf] s'/f], bf];|f] hg;ª\Vof / e"uf]nsf] cfwf/df hg ;+:yfdf k|ltlglwdf k|ltlglwTjsf] s'/f], vf;u/L ;+;bsf] k|ltlglwTjsf] ;jfndf / t];|f] k|b]z aLrsf] ;Ldf gldn]sf] s'/f] . cl3Nnf] b'O6f t xfdLn] g]kfnL s+u|]; g} ;lDdlnt g]kfnL sf+u|];n] g]t[Tj ul//x]sf] a]nfdf h'g ljw]os k]; u/]sf 5f}+, To;s} cfwf/df hfg] eg]/ /fli6«o ;xdlt g} u¥of}+ . To;df dw]; cfwfl/t bnx?l;t 5nkmn gePsf] xf]Og, 5nkmn u/]/ g} uPsf] xf] . bf];|f] o;nfO{ 5f]8]/ csf]{ ljifo ;Ldfsf] ;Gbe{df n]gb]g gu/f}+ eg]sf] xf] . b'a} ;Qfdf /x]sf] zlQm / k|ltkIfdf /x]sf] zlQm u/L b'Olt/sf ;fyLx? 5f}+ xfdLx? / csf]{ dw]; s]lGb|t bnx? x'g'x'G5 . b'a} oyf :yfgaf6 aflx/ cfpF===

**oIf k|Zg M** tkfO{x?n] s] eGg'ef], ;xdlt u/]/ Pp6f 6'Ëf]df k'Ug] eg]/ cfGbf]ngsf/LnfO{ af]nfpg'eof], clxn] k|wfgdGqLhLn] s] eGg'ef] eg] k|b]z g+ ! sf] rf/ lsNnf rGb|sf] afp cfP klg km/s kb}{g eGg'ef] .

**lji0f' l/dfn M** d]/f] ljrf/df o;nfO{ o;/L ln+bf /fd|f] xf]nf ls k|wfgdGqLhL cfkm}n] cWoIftf u|x0f ug'{ePsf] dGqLkl/ifbsf] j}7saf6 u/]sf] lg0f{o ;aeGbf cflwsfl/s lg0f{o xf] . Tof] a}7sn] u/]sf] lg0f{o s] xf] eg] ;xdltsf] cfwf/df cufl8 hfg ;lsG5 / ;+ljwfgn] klg lrGg ;Sg] vfnsf] Pp6f ;+oGq agfP/ xfdL of] ;d:of xn u5f}{+ / tLg dlxgfeGbf a9L nfufpFb}gf}+ eg]/ pxfFn] lg0f{o ug'{ePsf] 5, pxfFn] lg ;xL ug'{ePsf] 5 . of] eGbf lnvt s] x'g ;S5 / <

**oIf k|Zg M** l;+xb/af/sf] s;L{af6 k|wfgdGqLhLn] af]n]sf] rflxF cflwsfl/s x'G5, Tof] s';L{af6 aflx/ uP/ pxfFn] af]lNbg'ef] eg] JolQmut x'G5 <

**lji0f' l/dfn M** d]/f] ljrf/df k|wfgdGqLn] aflx/ uP/ af]Ng'ePsf] s'/f], of] ljifoeGbf k[ys 5 eGg] dnfO{ nfUb} nfUb}g .

**oIf k|Zg M** pxfFn] ;'g;/Ldf elGbg'ef] If]q g+= ! sf] rf/lsNnf OGb|sf] afp rGb| cfP klg x]/km]/ x'Fb}g .

**lji0f' l/dfn M** bfofF afofFsf] s'/f s] xf]nf lg t < To;sf] cufl8 s] af]Ng'ef] xf]nf, k5fl8 s] af]Ng'ef] xf]nf . efif0f ubf{ v]l/ /fhgLlts s'/fsf] Pp6f 6'qmf lgsfNg'ef] eg]b]lv tndfly x'g ;S5 <

**oIf k|Zg M** t/ k|wfgdGqLhLsf cleJolQmx? ;xdltsf nflu k"/s 5}gg\ ls aNemfpgsf nflu ;xof]uL 5g\ eG5g\ lg <

**lji0f' l/dfn M** dnfO{ o;df b'Mv s] nfU5 eg]b]lv xfd|f] k|wfgdGqLn] af]Ng'ePsf] x/]s s'/fsf] pN6f]kfN6f] u/]/ JofVof ug]{ ul/G5 . To;f] gubf{v]l/ k|wfgdGqLnfO{ klg ;xof]u x'G5, /fi6«nfO{ klg ;xof]u x'GYof] .

**oIf k|Zg M** tkfO{x?;Fu To:tf] s]xL clen]v 5}g, k|wfgdGqLhLn] af]Ng] <

**lji0f' l/dfn M** xfdL;Fu ;a} clen]v 5 / ca xfdL j]a;fO8 klg d]G6]g ulb{b}5f}+ . d oxfFnfO{ s] hfgsf/L u/fpF5' eg] xfd|f] k|wfgdGqL sfof{non] clxn]sf] dfq x}g, klxn]b]lvs} k|wfgdGqLsf] ;+:yfut ug]{ u/L xfdLn] k|wfgdGqLsf] j]a;fO8 agfpg uO/x]sf 5f}+ .

**oIf k|Zg M** tkfO{x?n] g]kfnsf] cfGtl/s ;d:of ;dfwfg ug{sf nflu /fi6«jfbL hnk nufPsf] ;/sf/ x'g'xG5, ef/t;Fu uP/ lsg klxNo} tLg a'Fb] k|:tfj nu]/ :jLs[lt lng'efÚYof] <

**lji0f' l/dfn M** d}n] oxfFnfO{ o;/L eGbfv]l/ s] x'G5 xf]nf < xfdLn] clxn] ef/tl;t ePsf] ljjfbsf ljifo s] xf] eg]b]lv xfd|f] /fi6« hlxn] klg p;sf] :jLs[ltdf, ;xdltdf u/f];\ eGg] rfxG5 eGg] xfdLl;t /lx/x]sf] dfGotf xf] . ldl8ofdf lg oxL cfpFYof], xf] xf]Og dnfO{ yfxf 5}g . eftn] cfkm\gf] :jLs[t a]u/ g]kfn ;/sf/n] s'g} klg lg0f{o gu/f];\ eG5 eGg] ahf/df ;'lgPsf] s'/f] xf] . kl5Nnf] sfndf xfdLn] u/]sf hDd} sfd eg]sf] cfkm"n] u/]sf] lg0f{o c?nfO{ hfgsf/L ug{ u/]sf] xf] . pbfx/0fsf nflu oxfFn] h'g eGg vf]Hb} x'g'x'G5, hltv]/ k//fi6« dGqL Pj+ pkk|wfgdGqL dfggLo sdn yfkf a}ª\nf]/df cfkm\gf] lghL e|d0fdf hfg'ef], ha pxfF lbNnL cfpg'ef], Toltv]/ k|wfgdGqLn] pxfFnfO{ lbg'ePsf] ;'emfj / lgb]{zg} s] xf] eg] tLg6f bndf ePsf] ;xdlt tkfO{n] eGg';\, ToxfFeGbf bfofFafofF geGg';\ elgPsf] lyof] . tLg j6f bn eGbfn] g]skf Pdfn], PsLs[t dfcf]jfbL / g]kfnL sf+u|]; xf] . Tof] tLg6f bnn] u/]sf] ;xdlt tLg a'Fb] s'/f x'g\ / rf}yf] a'Fbf eg]sf] cfGbf]ng/t bnn] cfGbf]ng lkmtf{ lng] g} s'/f xf] .

**oIf k|Zg M** h:tf] d tkfO{nfO{ k|wfgdGqLhLsf] Pp6f cleJolQm ;'gfpg rfx]F . ;fj{ef}d;Qf a/fa/ x'G5, b]zsf] e"uf]n rflxF km/s x'g;S5, t/ s] ef/tdf o:t} cfGbf]ng eof] eg] ef/tsf] dGqL cfP/ cyjf k|wfgdGqL cfP/ oxfFsf] k|wfgdGqLnfO{ :jLs[lt lnP/ hfg] To:tf] 5 t <

**lji0f' l/dfn M** xfdLn] s] u¥of}+ eg] lg xfdLn] oxL g} ug]{ k|oTg u¥of}+ clxn];Ddsf] . ===

**oIf k|Zg M** cfGbf]ngsf] s'/f tkfO{n] ef/tnfO{ a'emfP/ cfpg'ef] / tkfO{n] l/emfP/ cfpg'ef] .

**lji0f' l/dfn M** tkfO{nfO{ cfGbf]ngsf/Lsf] efiff af]lNbg'ef] oxfFlg/ . dw];sf bnx? lbNnL uP/ Tof] eGg'ef] / pxfFx?n] cfkm"nfO{ rf]Vofpg] k|oTg ug'{ef] . o;df d]/f] 7'nf] cfklQ 5 . d s] eGg rfxG5' eg] lg xfdLn] uP/ k6s k6s ef/tnfO{ eGg vf]h]sf] s] xf] eg] lg ;fj{ef}d ;Qf ;fgf] 7'nf] x'Fb}g, d]/f] s'/f ;'g eg]/ cfof}+, clGtd ;dodf k|wfgdGqLn] cfkm\gf] b"tsf] ?kdf v6fpg'ePsf] k//fi6« dGqLnfO{ ToxL tLg6f s'/f eg]/ k7fpg'ef] / Tof] pxfFx?n] ;'Gg'ef] . dw];df /xg] bnx?n] klxNo} ;'Gg'efYof], pxfFx?n] 8fs]sf] a}7sdf gcfP/ n}grf}/ hfg'efsf] xf]Og < of] la;{g' ldN5, tYo <

**oIf k|Zg M** pxfFx?nfO{ ;'gfpg' cfjZos} 5}g lg < ef/tnfO{ b"t k7fP/ ;'gfpg cfjZos} 5}g .

**lji0f' l/dfn M** xf]Og, xf]Og, To;f] eP Tof] s'6gLlts ;d:of xf] ls xf]Og t <

**oIf k|Zg M** tkfO{x?n] k"j{ :jLs[lt lnP/ /fi6«jfbsf] lvNnL p8fpg'ef] .

**lji0f' l/dfn M** km]l/ klg tkfO{n] pN6f] s'/f ub}{ x'g'x'G5 eGg] dnfO{ nfU5, d dfkm kfpF . d}n] km]l/ klg elg/x]sf] 5' eg] xfd|f] lghL e|d0fdf uPsf JolQmnfO{ cfkm\gf] s'/f eGg';\ eg]/ eg]sf 5f}+ . :jLs[tsf] s'/f t /x]g lg . xfdLn] u/]sf] lg0f{o ;'gfPsf] . lg0f{o ;'gfpg ;a}nfO{ kfOof] lg t . ToxL s'/f xfdLn] ef/tdf eGof}+, ToxL s'/f xfdLn] dw]; s]lGb|t bnx?nfO{ klg eGof}+ . dw]; s]lGb|t bnx? Ol08of lsg hfg'ePsf] lyof], Tof];f] eP < pxfFx?nfO{ t xfdLn] afn'jf6f/d} 8f]s]sf lyof}+ t, xfdLn] u/]sf lg0f{o ;'gfpgsf nflu . pxfFx? n}grf}/ hfg'ef] . n}grf}/af6 kms]{/ cfP/ xfdLn] yfxf kfPgf}+ eGg'ef], oxL g} s'/f Tof] k|wfgdGqLnfO{ ;'gfpg'ef] . To;kl5 pxfFx? jftf{ 6f/]/ ef]lnkN6 lbNnL p8\g'ef] . lbNnLaf6 kms]{/ cfO;s]kl5 s] eGg'ef] eg] xfdLnfO{ t yfxf glbP/ ptf a'emfOof] eGg'ef] . pxfFx?nfO{ t oxLF yfxf lyof] t . pxfFx?nfO{ k9]/} ;'gfPsf] sfuh} lbPsf] .

**oIf k|Zg M** tkfO{x?n] sdn yfkfnfO{ k7fP/ l;sfOlbg'ef] <

**lji0f' l/dfn M** cF, ca oxL g} ljZn]if0f xfd|f] ldl8ofsf] xf] eg] d b'Mv dgfp JoQm u5'{ of] ljZn]if0fdf . oxfFeGbf a9L d s]xL klg gegf}+ xf]nf .

**oIf k|Zg M** clxn] dflg;x?nfO{ Pp6f zÍf o; dfg]df 5 ls cfGbf]ng klg nlDab} hfg], ;/sf/n] sfd klg tbf?stf;fy gug]{, hghLjg rflxF 7Kk eO/fVg], /fhgLlts h'wfOdf hgtfx? 3'g lkl:;P h:t} lkl;g] x'g\ ls eg]/ <

**lji0f' l/dfn M** d hgtfnfO{ s] eGg rfxG5' eg] clxn];Dd xfdL ;xdltsf] af6f] g} /f]lh/x]sf] xf] . k|flws/0f gag];Dd e"sDk k|efljt If]qdf sfd x'g g;s]sf] sf/0fn] ubf{ of]hgf cfof]u dfkm{t cln cln sfd dfq u/]sf] xf] . ca xfd|f] k|flws/0f alg;s]kl5 e"sDkkLl8t If]qdf sfd ;'? x'G5, o;df s;}n] /f]Sg ;lsg] /x]g . hxfF;Dd ;Ldf gfsfaGbL ;DaGwL ljifo xf], ef/tn] xfdLnfO{ elg/x]sf] ltdLx?sf] ;Ldfleq ;d:of kl//x]sf] x'gfn] dfn lbg ;lsg eg]sf] xf] . xfdLn] xfd|f] bnx?l;t an k|of]u ug{ gvf]h]sf] xf] / sfg'gL Joj:yf sfod ug{ gvf]h]sf] pxfFx?l;t jftf{ g} ug{ vf]h]sf] xf] . dw]; s]lGb|t bnx?nfO{ xfd|f] cfu|x s] 5 eg] xfd|f] 3/leqsf] emd]nf xf] eg] xfdL a;]/ s'/f u/f}+, b'lgofFnfO{ x;fpg] sfd gu/f}+, km]l/ klg eG5f}+ xfdL . o;f] x'Fbf x'Fb} jftf{ c;kmn x'g]ef], jftf{n] sfd u/]g eg] Toltv]/ xfdL sfg'gL Joj:yf sfod ug]{ Joj:yf u5f}{+, Toltv]/ hgtfnfO{ /fxt ToxL af6f]af6 lbG5f}+ .

**oIf k|Zg M** an k|of]u u/]/ klg gfsf vf]nfOG5 <

**lji0f' l/dfn M** d sfg'g / Joj:yf k|of]u ug]{ s'/f u5'{, h;n] /fHosf] k|0ffnLnfO{ dfG5, To;n] nf]stGq kfpg] xf], h;n] c/fhs sfd u5{, To;n] rflxF lgoGq0f ef]Ug'k5{ . ToxL g} xf] s'/f] .

**oIf k|Zg M** gfsfaGbL rfF8} ;xh x'G5 <

**lji0f' l/dfn M** gfsfaGbL v'nfpg] k|oTg u5f}{+ xfdLx? . clxNo} klg d oxfFnfO{ eG5', jL/u~h gfsf afx]s c? gfsf ;xh ePsf] 5 . cfh laxfgs} l/kf]6{ x]g'{ef] eg] tkfO{n] yfxf kfOxfNg' x'G5 .

**oIf k|Zg M** ToxfF gfsf t ;xh ef], hgtfsf] efG;f ;xh ePsf] 5}g, tkfO{x?n] s]xL ug{ ;Sg'ePg, sfnfahf/L Jofks 5 eGg] u'gf;f] 5 .

**lji0f' l/dfn M** x}g cfhsf] ;dfrf/ clnslt km/s 5 . d}n] ldnfP/ eG5' o;nfO{ . s;/L a'emf}+ eGbfv]l/ lxhf];Dd OGwgsf ;fdu|Lx? cfP tf klg UofF; cfPg eGg] lyof] . cfhsf] Go"h cg';f/ clxn] UofF; cfk"lt{ cln a9L eO/x]sf] 5 . d}n] Go"h g} atfO/x]sf] . Tof] Go"hsf] cfwf/df eGbfv]l/ xn x'g] ;Defjgf 5 eGg] dnfO{ nfU5 . olb /x]g5 eg] klg Pp6f xfd|f] u/]sf] k|oTg / k|lqmofnfO{ To;n] ;sf/fTds ;Gb]z lbPg eGg] dnfO{ nfU5 . ;Gb]z gegf}+, ;sf/ftds glthf lbPg eGg] dnfO{ nfU5 . h:tf] ls xfdLn] tTsfn lah'nL pknAw u/fpF5, OG8S;g r'Nxf] k|of]u ug'{;\ eGof}+, xfdLn] s] ug{ ;s]gf}+ eg] nf]8sf] 6]lSgsn Sofns'n];g /fd|f];Fu ug{ ;s]gf}+ . ;d:of ToxfF km]l/ cfof] .

**oIf k|Zg M** tkfO{x?n] Ps jif{leq nf]8;]l8ª ug]{ eg]/ Toqf]

**lji0f' l/dfn M** Tof] t 5Fb}5, Totflt/ d hfg rfx]g .

**oIf k|Zg M** xfjfaf6 lah'nL lgsfn]/ xfjf s'/f eO/x]sf] 5 elg/x]sf] 5 .

**lji0f' l/dfn M** xfjfaf6 lglSn+b}g < d 6]lSgsn dfg5] klg x'F .

**oIf k|Zg M** Tof] cg';f/sf] s'g} klg PS;g} efÚ xf]Og <

**lji0f' l/dfn M** xf]Og, ev{/} uPsf] xKtf nufgL af]8{n] Pp6f sDkgLnfO{ :jLs[t} lbO;Sof] t . xfjfaf6 lah'nL lgsfNgnfO{ . pgn] tLg ;o d]3fjf6 lah'nL lgsfNg] ePsf] 5 .

**oIf k|Zg M** xfjfaf6 lah'nL lgsfn]/ eP klg nf]8;]l8ªaf6 d'Qm ug]{ s'/f xfjf x'Fb}g <

**lji0f' l/dfn M** ca o;/L d atfpF5', xfd|f] s'/f cln 3'Dof] . 3'd]s} ljifodf hfpF . Ps jif{leq nf]8;]l8ª cGTo ug]{ ljifodf s'g cfFvfaf6 c;Dej 5 eg]/ 6]lSgsn ;fyLx?n] elg/xg'ePsf] 5 eg]b]lv olb hnljB'taf6 dfq xf] eg] of] c;Dej 5 elg/fVg'ePsf] 5 . d o;df k"/} ;dy{g u5'{ lsgeg] hnljB't kl/of]hgf Pp6f ;fOsn x'G5 l;l4gsf] nflu, yfn]sf] ldltaf6 olt;Dddf l;l4g'k5{ eGg] x'G5 / 6«fG;ld;g nfOg 5 ls 5}gn] u5{ . Tof] dfq} cK;gdf hfg] xf] eg] of] s'/f xfjf x'G5 . k|wfgdGqLn] TolQs} af]Ng'efÚ xf]Og . o;sf kfOknfOgdf /x]sfnfO{ rfF8f]eGbf rfF8f] l;Wofpg'k5{ eGg] g} xf] . To;df xfdL hf]8 lbG5f}+ . To;df /xsf Jofsnsx? / cK7\of/fx? x6fpg xfdL k|oTg u5f}{+, gDa/ Ps .

gDa/ b'O{, 3fdaf6 cfpg], ca o;nfO{ xfjf, kfgL, 3fd klg eGg ;lsG5 . kfgL kl5 xfdL 3fddf hfFb}5f}+, ;f]nf/ OghL{sf] nflu s]xL 7fpFdf lAnl8ª g} eO;s]sf 5g\ . h:tf] d]/} lhNnfdf #) d]3fjf6sf] ;f]nf/ kfj/sf] lAnl8ª g} eO;s]sf] 5, 6]08/ g} sn eO;s]sf] 5 . ToxfF g'jfsf]6sf] lhNnfsf] ;Gbe{df b]jL3f6df ug]{ eg]/ cfO/x]sf] 5 . To:tf w]/} 7fpFdf x'g ;S5, ?km6kdf klg x'g ;S5 . To:tf w]/} 7fpFdf xf]nf, gglu|8 klg x'g;S5, ckmlu|8 klg x'g;S5 . g]6 ld6l/ª;Dd hfg;S5 eGg]df xfdL hfg tof/ 5f}+ . csf]{ cK;g Tof] xf] . To;af6 lglZrt d]3fjf6 lah'nL cfpF5 .

**oIf k|Zg M** To;df cfwf/ 5 t <

**lji0f' l/dfn M** o;df cfwf/ 5 .

**oIf k|Zg M** ca hfFbf hfFb} cfd dflg;x?n] zÍf u/]sf 5g\, st} of] ;/sf/ /fi6«jfbL hnk nufpFbf nufpFb} Pp6f /fi6«3ftL ;Demf}tf u/]/ 6'lËg] t xf]Og < lsgeg] Oltxf; t dxfsfnLb]lvsf] 5 . To:tf] lsl;dsf] cfzÍf 5 < To:tf] ;Demf}tf x'G5 ls x'Fb}g <

**lji0f' l/dfn M** klxnf] s'/f, d s] eGg rfxG5' eg] oxfFn] k|of]u ug'{ePsf] zAbdf …hnkÚ x6fOlbgf];\, of] /fi6«jfbL g} ;/sf/ xf], of] hgtfjfbL g} ;/sf/ xf], g]kfnjfbL g} ;/sf/ xf] . o;df zÍf gu/f}+ . xfd|f Ifdtf xf]nfg\, ;Ldf xf]nfg\, xfdLn] ug]{ ultdf ;':ttf xf]nf, d o;df l6Kk0fL ug{ rfxGg . t/ lgot / xfdLn] ug]{ sfddf k|Zg gul/lbg';\, d]/f] ljgd| cg'/f]w 5 . ;a} hgtfnfO{ klg cg'/f]w u5'{ oxfF dfkm{t .

bf];|f] s'/f, xfdL /fli6«o ;fj{ef}d;Qf, /fli6«o cv08tf / hg lxtsf] ljk/Lt s;};Fu ;Demf}tf ub}{gf}+ . olb xfdLn] UofF;l;t ;Qf ;f6\g vf]h]sf lyof}+ eg] emd]n} cfpFb}gYof] xf]nf lg t < oxfFx?n] a'em\g'ePsf] tLg dlxgfb]lv hgtfn] ef]u]sf] kL8f eg]sf] klg xfdLn] hgtfn] elg/x]s} cfb]znfO{ kfngf u/]/ xf] . ;fj{ef}d;Qfsf] nflu, hgtfsf] lxtsf] nflu / /fi6« lxtsf] nflu xfdL sfxLF klg ;Demf}tf ub}{gf}+ .

<https://www.youtube.com/watch?v=6PMhvqakuLo&index=14&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>