Date: Nov 18, 2015, Avenues TV, Nepal

# JolQm ljifo / ljz]ifM /fh]Gb| aflgof lji0f' l/dfn;+u

**PleGo'h l6eL M** k|wfgdGqL s]kL cf]nL zdf{n] k|wfgdGqL ePsf] em08} Ps dlxgf & lbg k5fl8 /fi6«sf gfddf ;Daf]wg ug'{ePsf] 5 . k|wfgdGqLsf] ;Daf]wgaf6 g]kfnL hgtfn] w]/} ck]Iff u/]sf lyP, ltxf/ cufl8 g} ul/g] elgPsf] ;Daf]wg ltxf/ k5fl8 cfof] . t/, h;/L cfof], l9n} cfP klg tGb'?:t cfcf];\ eGg] g]kfnL hgtfsf] cfsfª\Iff ;Dk"0f{?kdf k"/f ePg . st} ;/sf/sf] gLlt tyf sfo{qmdsf] emNsf] h:tf] kfpg], st} efiff c;fWo} ;d[4 agfOPsf] lgaGw h:tf] emNsf] cfpg], st} cfqmf]z h:tf] emNsf] cfpg], k|wfgdGqLsf] of] ;Daf]wgn] d'nssf tfTsfnLg ;d:ofsf] ;dfwfg unf{ < k|wfgdGqLsf] hf] ;Daf]wg cfof], ltxf/ cufl8 g} Tof] ;Daf]wg cfpg] ljifo lyof], ltxf/ k5fl8 cfof] . ;Daf]wgnfO{ klg pRr:t/Lo /fhgLlts ;+oGqsf] j}7s ga;Lsg To;sf] ;do / cGo ljifo ;fj{hlgs ug{ afn'jf6f/ ;"q ;Da4 sd{rf/Lx? dflg/x]sf lyPgg\, t/ h;/L cfof], Tolt w]/} dflg;nfO{ pNnf;k"0f{ ljifo cfPg <

**lji0f' l/dfn M** o:tf] /x\of], clxn]sf] ;d:ofdf hgtfsf] ck]Iff eg]sf] tTsflns ;d:ofsf] af/]df ;/sf/n] ts ts af]lNbof];\, Ps b'O{ tLg rf/ elGbof];\, h:tf] :s'n rn]sf] 5}g, k]6«f]n cfpF5 ls cfpFb}g, :s'nsf] uf8Ldf xfNgnfO{, To;kl5 UofF; 5 ls 5}g s;/L UofF;sf] l;lnG8/ d]/f] 3/df hfG5 eGg] af/]df k|wfgdGqLsf] ;Daf]wgdf Ps b'O{ tLg rf/ eP/ cfOlbP x'G5 eGg] hg:t/sf] ck]Iff xf] . xfd|f] clxn]sf] ;d:of eg]sf] d"ntM b'O6f kf6f]af6 /Xof], Pp6f cfGtl/s kf6f], /fhgLlts ljifodf /x]sf] emd]nfsf s'/f, bf];|f] s'6gLlts emd]nf klg 5 . s'6gLlts emd]nf / /fhgLlts emd]nf ldl;P/ cfPsf ;d:ofnfO{ ;Daf]wg ug'{kg]{ sltko ljifox?df xfdLx?n] ljifoj:t'nfO{ clnslt ldnfP/ lbg'kg]{ l:ylt x'Fbf]/x]5, /fHosf] tkm{af6 ubf{v]l/ . Tof] sf/0fn] ubf{ d]/f] cfkm\gf] a'emfOdf eGg'x'G5 eg] ;d:of ;dfwfg ug]{ k|:tfjx? k|wfgdGqLHo"sf] ;Daf]wgdf k/]sf 5g\ . t/ nfdf] eof], To;sf/0fn] ubf{ 8fOn'6 eof] eGg] ts{n] af]Ng] 7fpF kfO/x]sf] 5 .

**PleGo'h l6eL M** tkfO{ d:of}bf ug]{n] st} la;{g'eof] ls pxfF d'n'ssf] k|wfgdGqL g} eO;Sg'eof] eGg] s'/f <

**lji0f' l/dfn M** pxfF d'n'ssf] k|wfgdGqL g} xf] . d'n'ssf] k|wfgdGqL ePs} sf/0fn] ubf{ lhDd]jf/k"0f{ 9+un] k|wfgdGqLHo"sf] ;Daf]wg cfof] . Tof] ;Daf]wgdf d'n'ssf ;a} ;d:ofx?nfO{ k|ltljlDat ug]{ k|oTg ul/of], ;'?d} oxfFn] eGg'eof] . ;'?d} oxfFn] eGg'eof] lg st} cfqmf]z h:tf], st} ;d[4 h:tf], st} hgck]IffnfO{ 5f]Psf] h:tf,] gLlt sfo{qmd h:tf] xf] xfd|f] ;fËf]kfËf] l:ylt g} eg]sf] g} clxn]sf] ;d:ofdf s'6gLlts lx;fan] x]bf{v]l/ h'g lsl;dsf] cK7\of/f]x? k}bf eO/x]sf] l:ylt 5, Tof] g]kfn /fi6«sf] lj?4, Tof] gx'g' kg]{ s'/f] lyof], To;nfO{ t eGg'k¥of], Tof] eGbfv]l/ Tof] cfqmf]z h:tf] nfUg uof] xf]nf, To;df cfqmf]z k6Ss} 5}g, lsgeg] xfdLn] ePsf] tYof] h] xf], ToxL g} hgtfl;t ;Djfb ug{ vf]h]sf xf}+, k|wfgdGqL dfkm{t\ .

**PleGo'h l6eL M** Pp6f csd{0otfsf] lardf Pp6f ;fFr} g} hgtfdf ePsf] ;d:ofsf aLrdf ;/sf/ k|d'v af]Ng'k5{ eGg] cfjfh lyof], Tof] cfjfhnfO{ ;Daf]wg ug]{ dfq} sfd t/ To;af6 s]xL klg glbg] s'/fn] t s] cy{ nfU5 / <

**lji0f' l/dfn M** To;n] s]xL klg lbPg rflxF geGg';\ . h:tf] pbfx/0fsf nflu tTsfnsf] nflu OGwgsf] ;d:of, ToxLaf6 yfnf}+, To;sf] ;dfwfg 5 . lsgeg] Jofkf/ ljljwLs/0fsf] s'/f / To;df eO/x]sf] kxnsf] s'/f ;Í]t u/]sf 5f}+ . To;df slt ln6/, slt 6\ofÍ/ eg]/ af]ln/xg' k/]g lg t < ldq /fi6« ef/taf6 cfpg'kg]{, cj/f]w gePsf] gfsfaf6 gl5/]sf] s'/fx?nfO{ ;Í]t ub}{ To; tkm{sf] s'6gLlts k|of;nfO{ hf/L /fVg] g} s'/f xf] . / To;af6 Nofpg ;lsg] hlt Nofpg] s'/f xf] . pxfFx?sf] s]xL s'/f c:ki6tf 5g\ s'6gLlts s'/fsf] eg] To;sf] :ki6 kfg]{ s'/f xf] . xfd|f] cfGtl/s dfldnfdf tkfO{x?n] gaf]lNbP x'G5 eGg] s'/f xf] . To;df xfdLn] af]n]sf 5f}+ .

**PleGo'h l6eL M** OGwg cfpg] ljifodf Tof] jQmJon] sxfFlg/ vf]Nof] ls ca hgtfn] !% lbgdf xf]nf, Ps dlxgfdf xf]nf, OGwg ;xh kfpF5g\ eGg] ToxfF sxfF 5g\ <

**lji0f' l/dfn M** To;df b'O{ tLg j6f s'/f 5, h:tf] xfdLn] ldq /fi6« ef/tsf] afx]s cGo b]zx?l;t kxn ul//x]sf 5f}+ / To;sf] glthf tkfO{x?n] Jojxf/af6 kfpg'x'G5 eGg] lsl;dsf] s'/f xfdLn] /fv]sf 5f}+ . ToxL g} s'/f t xf] lg .

**PleGo'h l6eL M** v} tftf]kfgLsf] gfsf agfpF5f}+, csf]{ s]?ª gfsfnfO{ ;d[4 u5f}{+ cyjf sf]/nf gfsf vf]nf}+nf, o:tf s'/fn] t hgtfn]

**lji0f' l/dfn M** k/sf gfsfdf hfg k/]g, clxn] h] k|of; eO/x]sf 5g\, Tof] k|of;nfO{ lg/Gt/tf lbG5f}+ xfdL . tkfO{+x?n] b]lv/xg'ePsf] 5 lg, To;df sltko ldl8ofsf ;fyLx?n] g} cfnf]rgf ug]{ ug'{efÚ 5 . of] ldqjt ?ksf] cfnf]rgf 5, clxn] ;a}sf] . ;aeGbf v';Lsf] s'/f oxfFlg/ 5, cfqmf]z 5}g aflx/sf] hgtfsf] klg . pxfFx?sf] clnslt lbSbf/L rflxF xfdL dx;'; u5f}{+ . ls 6\ofÍ/ ug]/, a'n]6 UofF; ug]/ slt a:g] elg/xg'ePsf] 5 . t/ lgotL t ToxL g} x'g uof] lg . lsgeg] jif}{+b]lv xfdL Pp6} If]q, Pp6} gfsf, Pp6} b]zdf e/ k/]kl5 cfPsf] k|ltlqmofnfO{ /ftf/ft xn ug{ g;ls+bf] /x]5 . em08} em08} eGg] xf] eg] of] ;/sf/ t cfuf] nfu] kl5 s'jf v'Gg] 7fpFdf k'u]sf] xf] lg t . xfdL s'jf vGg] sfd rflxF ul//x]sf 5f}+ . To;sf/0fn] ubf{ cfuf] t aln g} /x]sf] 5 .

**PleGo'h l6eL M** t/ ;/sf/ eg]sf] rflxF tkfO{nfO{ a8f] /fd|f];Fu yfxf 5 . ;/sf/ eg]sf] d cfuf] nflu;s]kl5 s'jf vGg] a]nfdf cfPF eg]/ ;'v kfpFb}g . p;n] s'jf vg]/ kfgL lems]/ uP/ cfuf]df kfgL xfn]/ lgefpg'k5{ .

**lji0f' l/dfn M** l7s s'/f xf], o;df d]/f] ;f]x|} cfgf ;xdlt 5 . oxfFsf] egfOdf . cfuf] t nflu;s]sf] 5, ;/sf/ cfpFbf, s'jf klg gvGg] xf] eg] cfuf] lgEg] glgEg]ef], ca dflg;x?n] ;f]Rbfv]l/ nflu/x]sf] cfuf] s;/L lgefpF5g\ eGbfv]l/ d}n] s'jf klg vGb}5', lgefpg] k|oTg klg ub}{5', o:t} xf] . of] l:yltnfO{ tkfO{x?n] dx;'; ulb{g';\ g eGg vf]h]sf] . h:tf] ls d Pp6f nfO{g oxfFnfO{ ofb lbnfpg rfxG5', g/dn 6fOddf ag]sf] of] ;/sf/ xf]Og, o:tf] hl6ntfdf ag]sf] a'lemlbgf];\ eg]/ k|wfgdGqLHo"n] ljgd|tfk"j{s eGg'ePsf] 5 . To;sf] cf;o klg s] xf] eg] xfdL Pp6f algagfp l:yltdf zf;g ug{ cfPsf x}gf}+, xfdL kl/l:yltn] s'g ;dodf zf;gdf cfOk'Uof}+ eg] gofF ;+ljwfg hf/L u¥of}+, To;n] gofF s'/fx? l;h{gf ug'{kYof]{, csf]{lt/ e"sDkn] Wj:t kf/]sf] a]nfdf k'glg{df{0f cl8\s/x]sf] a]nfdf cfPsf lyof}F . Ps}rf]l6 ;d:ofsf rfªx? y'k|]sf] a]nf xfdL cfPsf 5f}+ . ;a}lt/ ;a}sf] cf–cfˆgf] lsQf lsQfsf] cfsfª\Iff 5g\ . h:tf] pbfx/0fsf nflu j}b]lzs lgof]ux? / To;kl5 bfqL /fi6«x?sf] a9L rf;f] eg]sf] k|flws/0f lsg ag]t, lsg xfd|f] sfd ;'? ug{ kfOPg eGg] 5 . To;sf cfˆg} emd]nfx? 5g\ . ljw]os klxn]s} ;/sf/sf] kfnfdf km]n vfof] . oBlk xfdL klg ;/sf/df lyof}+,

**PleGo'h l6eL M** tkfO{x?n] g} c8\sfO lbg'eof], To;nfO{ .

**lji0f' l/dfn M** To;nfO{ rflxF cf/f]k egf}+nf d}n] .

**PleGo'h l6eL M** sf+u|];sf g]tfx?n] :ki6 eGg'epsf] 5, Pdfn];Fu eb| ;xdlt tf]8\g'sf] dxTjk"0f{ sf/0f oxL k|sf/sf] lgolt lyof] <

**lji0f' l/dfn M** To;sf] ts{ t clxn] oxfF ax; gu/f}+, of] kf]lh;gdf a;]/ . h'g 7fpFdf d lxhf] cfkm\gf] h'g kf]lh;g lyPF, ToxfF To;}u/L af]Ny]F xf]nf . clxn]sf] kf]lh;gdf Tof] d}n] eGg' /fd|f] gxf]nf . To;sf w]/} cGtj{:t'sf af/]df / To;sf cGtlj{ifosf af/]df xfd|f ldl8ofnfO{ /fd|f] yfxf 5, d}n] bf]xf]¥ofP/ eGg' /fd|f] x'Fb}g . h]xf];\, ePg lg t, xfd|f] sf/0fn] ePg, sf+u|];sf] sf/0fn] ePg, Pdfcf]jfbLsf] sf/0fn] ePg, dw];df s]lGb|t bnx?sf sf/0f ePg, ePg . gePsf] s'/f ;To s'/f xf] . o;nfO{ ca ufF7f] t km'sfpg' k¥of] . km'sfpg klg ufx|f] eO/xsf] 5 . lsgeg] clxn] ca k|d'v k|ltkIfn] g]t[Tj u/]sf] ;ldlt uP/ cl8\s/x]sf] 5 Tof] ljw]os . Tof] xfdLn] eGg ldn]g lg Tof] < t]/f] sf/0fn], t]/f] ;ldltn] c8\sfO/x]5 eg]/ ;jfn hjfkm u/]/ t clxn]sf] ;d:of t xn x'Fb}g .

**PleGo'h l6eL M** k|wfgdGqLn] klg s] ljzfntf b]vfpg ;Sg'ePg, s] pbf/tf b]vfpg ;sg'ePg eg] jQmJodf eg] k'glg{df{0f k|flws/0fsf] cWofb]z h'g lx;faaf6 lxhf] cl3 a9\ofYof], d ToxL lx;faaf6 cl3 a9fpF5' klg eGg ;Sg'ePg, lxhf]sf] kfj/ ;]l/ª h] lyof] Tof] u5'{ klg eGg ;Sg'ePg . gofF af6f] of] x'G5 eGg eGg ;Sg'ePg, ToxL k'/fgf] :6]6d]G6, k'glg{df{0f k|flws/0f tTsfn u7g u/L cufl8 a9fOg]5, o:tf] cd's s'/fsf] cy{ 5 t < cfhsf] lbgdf .

**lji0f' l/dfn M** Tof] tkfO{n] lg a'em\g'efÚ 5, d}n] lg a'em]sf] 5' . lsgeg] klxn]s} kmd{df t Tof] k|flws/0f ljw]os t /x]g lg, kms]{/ uO;Sof], ljw]os ;ldltdf uO;Sof], ToxfF ;fyLx? 5nkmn ul//xg'ePsf] 5, Tof] 5nkmnsf] 6'Ëf]df gk'u];Dd k'Ub}g, xfd|f] ;/sf/sf] tkm{af6 x'g] kxn s] xf] eg] ;dltaf6 p7fP/ To;nfO{ kfln{ofd]G6 leq lnP/ hfg] xf] . ;Dej x'G5, ;j{;Ddtdf Tof] k|flws/0f ljw]osnfO{ kfl/t ug]{ xf] . xf]Og eg] ;+zf]lwt ljlw cGtu{t kfl/t u/L k|flws/0fnfO{ k"0f{tf lbg] xf] .

**PleGo'h l6eL M** s'/f] g n'sfpg';\ g, /fhgLlts bnx?sf g]tfx?sf] tkfO{ t 6]SgLsn dfG5], tkfO{n] t :ki6 eGg'k¥of] lg k|fljlws efiffdf ;"q x'G5, efiff w]/} x'Fb}g . :ki6;Fu k|fWofks 8f= uf]ljGb/fh kf]v/]nnfO{ g]t[Tj lbP/ sf+u|]; cufl8 a9fpg rfxG5 . tkfO{x? lbg rfxg'x'Gg, Tof] sf/0fn] cl8\s/fÚ 5 . o;sf] km'Sg] ljlw s] xf] <

**lji0f' l/dfn M** JolQmdf t d s]lGb|t xg' rfxGg clxn] . ;a} of]Uo JolQmx? g} x'g'x'G5 . clxn] xfdLn] k|flws/0f agfpg'k5{, Tof] k|flws/0fdf /fi6«sf ;a} kf6L{x?sf] >]o x'g'k5{, ;/sf/sf] ;+nUgtf x'g'k5{ . of] k|flws/0fn] d"n ?kdf sfd ug]{ eg]sf] !$ j6f Wj:t ePsf lhNnfx? x'g\, Tof] afx]s csf]{ ;/sf/L ;+oGqsf] s'/f c? lg/Gt/tfk"j{s uO g} xfN5 . To;sf/0fn] ubf{ h'g k|lta4tf JoQm ul/Psf] cg'bfgx?, C0fx? 5g\, bft[ /fi6«x?af6, To;nfO{ gcfpg] af6f]lt/ xfdL hfg' x'Fb}g / To;df g]kfnL sf+u|];n] klg k'glj{rf/ u5{ xf]nf .

**PleGo'h l6eL M** e"sdk;Fu} hf]l8Psf] ljifodf k|wfgdGqLsf] s'/f t /fd|f], t/ ;fFRr} lbSsnfUbf] s'/f s] . af]lnPsf /fxt nufotsf ljifo tTsfn ;DkGg ul/g]5 . pxfFn] yfxf /x]5, hgtfn] /fxt kfÚ /x]g5 .

**lji0f' l/dfn M** l7s xf], hgtfn] /fxt kfPsf] 5}g . xfdLn] k|To]snfO{ b'O{ nfv lbg] eg]sf lyof}+, To;sf] k|lqmof ;'? ePg . k|lqmof ;'? gx'g'sf sf/0f s] lyof] eg] hDd} k|flws/0fdf nu]/ hf]8lbof] . Psrf]l6 cWofb]z cfP/ lkmtf{ uof] . To;sf] ;d:of ToxL xf] lg t . To;kl5 afFsL /x]sf lgsfox? h:tf] u[xdGqfno cGtu{t ljkb\ Joj:yfkg lgsfo xf]nf, zx/L ljsf; dGqfnosf] s'/f xf]nf, tL dGqfnox? xfdLn] ug]{ xf], cyjf k|flws/0fdf klxn] pNn]v ul/Psf] Tof] ;+oGqn] ug]{ xf], ltgLx? t låljwfdf /xg] /x] . To;sf] nflu st} g st} 9f]sf vf]lNbg'k5{ ;/sf/n] . Tof] 9f]sf vf]Nbf km]l/ cl3 oxfFn] eGg'eP h:t} eb| ;xdlt cj1f x'g] vt/f 5 . To;sf/0f xfdL t s:tf] hl6ntf 5f}+ eg] ;a}n] a'em\g'kg]{ hgtfnfO{ 7\ofSs} d eGg rfxG5' eg] of] hl6ntfsf] aLr cufl8 a9fpg' k/]sf] sf/0fn] ubf{v]l/ ls xfdLn] ca of] af6f] 5f]8\5f}+, csf]{ af6f] hfg'k5{ eg]/ eGg'k5{ ls rflxF xfdLn] st} g st}af6 lgsf; t lgsfNg} kg]{ x'G5 . To;f] eP/ clxn]sf] ;/sf/sf] klxn] k|oTg s] x'G5 eg] h;f]t;f] h'g;'s} ljlwaf6 xf];\, ^ ut]af6 x'g] ;+;bdf t'?Gt} of] cWofb]z ljw]osnfO{ cufl8 lnP/ hfg'k5{ .

**PleGo'h l6eL M** tkfO{x? Tof] ljw]os agfpg] a]nfdf xfdL ;/sf/sf] g]t[Tjdf 5f}+, Tof] eP/ of] k|flws/0fsf] g]t[Tj klg xfdLn] kfpg'k5{ eGg] k|sf/sf] anhˆtL ug'{x'G5 ls ug'{x'Gg <

**lji0f' l/dfn M** xfdLn] klxnf klg To;/L t eg]gf}+ g} .

**PleGo'h l6eL M** dVo ;lrj / k|flws/0fsf] k|d'vsf] ljifodf t tkfO{x?n] Tolt a]nf ;f}bfafhL u/]s} xf] lg .

**lji0f' l/dfn M** o;nfO{ o;/L lnpF g To;f] eP, g]kfnL sf+u|]; ;/sf/df /x]sf] a]nfdf pgLx?n] h] h] eg] lg dflGbg'kg]{, g]skf Pdfn] ;/sf/sf] g]t[Tj u/]sf] a]nfdf s]xL klg dfGg' gkg]{ eGg] ts{n] t sfd gunf{ lg .

**PleGo'h l6eL M** /fdrGb| kf}8]nsf] r]tfjgL t ;'Gg'eof] lg ;+;bdf .

**lji0f' l/dfn M** Tof] bnx?sf] r]tfjgL tkfO{ xfdLn] a'em]s} 5f}+ lg . k|ltkIfdf /xFbfv]l/ / ;Qfdf /xFbfv]l/sf] af]Ng] efiffdf t km/s x'G5 . tkfO{n] a'lem/xg'efÚ 5 . d}n] o;df elGbg . cfb/0fLo /fdrGb| kf}8]nn] /fd|} a'em\g'efÚ xf]nf, /fi6«s} nflu af]Ng'efÚ xf]nf eg]/ cf; u5'{ d}n] .

**PleGo'h l6eL M** h] xf];\ tkfO{n] olt;Dd eGg ;Sg'x'G5, ^ ut]sf] ;+;bsf] a}7s k5fl8 h'g;'s} ?kdf xf];\, Tof] ax'dtsf] cfwf/df ;+;bLo cfwf/df xf];\, bnx? aLr ;xdlt eP/ xf];\, k'glg{df{0f k|flws/0fsf] sfd cl3 a9\5 .

**lji0f' l/dfn M** d :6]k atfpF5', gq km]l/ d em'7f] 7xl/G5, clxn] rflxF ;+;lbo ;ldltdf /x]sf] 5 Tof] ljw]os . Tof] ;ldltaf6 cufl8 a9\gf;fy, Tof] ;ldltaf6 ;+;bdf guP;Dd t Tof] lahLg];n] t 7fpF kfpFb}g ;+;bdf .

**PleGo'h l6eL M** ;ldltn] klg Pp6f ljlwaf6 cufl8 a9fO xfN5 lg .

**lji0f' l/dfn M** l7s 5 . ;ldltn] ljlwaf6 a9fof], To;n] ;+;bdf k'¥ofof] eg] Tof] cufl8 hfG5, /f]ls+b}g .

**PleGo'h l6eL M** t/ sf+u|];sf] dfu t yfxf 5, tkfO{nfO{ km]l/ .

**lji0f' l/dfn M** xfdL ;a}sf] dfunfO{ Vofn /fV5f}+ / ;a};Fu ;xdlt u/]/ cufl8 a9\g] xf], xfdL t g]kfnL sf+u|];nfO{ ;/sf/df /fVg rfx]sf] xf] lg . oxfFnfO{ yfxf g} 5 lg t . xfdL k|wfgdGqL s]kL zdf{ cf]nL dfq} afFsL /fv]/ dfq klg ;a} dGqfno lbg] tof/ eP/ a;]sf] xf] lg . pxfFx? gcfpg'ePsf] xf] . dfunfO{ t Vofn ul/Ps} xf] lg t . xfdL clxn] oltv]/ oxfFnfO{ :ki6 eGg rfxG5', oxfFx?sf] nf]slk|o ;~rf/ dfWodaf6 sf]xL klg bn JolQml;t emd]nf u/]/ /fi6«nfO{ sdhf]/ agfpg] kIfdf 5}gf}+ . clxn] xfdL P]ltxfl;s lx;fan] ;f/} ;+qmd0fsfnLg / hl6n====

**PleGo'h l6eL M** tkfO{n] o;f] eg]/ s] x'G5 < tkfO{sf] k|wfgdGqLsf] af]nLn] lbg b'O{ u'0ff, /ft rf}u'0ff /fhgLlts bnx? ljRsfO/xg' efÚ 5 . pxfFn] af]Ng' ePsf] cleJolQmx? ;a} ;fj{hlgs ;~rf/ dfWoddf clxn] klg /]s8]{8 5g\ .

**lji0f' l/dfn M** xf]Og, xfd|f] k|wfgdGqLn] af]Ng'ePsf] s'g s'/fdf laRsfof] < dnfO{ t o:tf] nfUb}g, dnfO{ t

**PleGo'h l6eL M** d egf}+, pxfFn] ;+;b ejgaf6 aflx/ lg:s]/ of] kfj/ ;]l/ª s] xf] eg]/ ;f]Wbf, sf+u|;n] NofPsf] @!$ kfj/ ;]l/ª eg]sf] oxL xf], eGg'ef] . Pp6f /fhgLlts bn Tof] klg ;aeGbf 7"nf] /fhgLlts bnnfO{ lrQ b'Vb}g <

**lji0f' l/dfn M** lrQ t b'a}lt/af6 b'V5, Pslt/af6 dfq x'Fb}g . To;dfly klg ;fg} kf6L{ eP klg, 7'n} kf6L{ eP klg g]skf Pdfn] clxn] ;a}eGbf lhDd]jf/ kf6L{ ePsf] gftfn] p;n] s;}nfO{ klg lrQ b'vfpg ldNb} ldNb}g . oxfF;Dd ls g]kfnL sf+u|];n] klg ldNb}g . pm k|d'v k|ltkIfL xf] To;sf/0fn] ubf{ .

**PleGo'h l6eL M** ef/tLo kIfn] u/]sf] gfsfaGbLsf ljifodf k|wfgdGqLsf] hf] cfqmf]z pxfFn] o'4sf] a]nfdf klg gx'g] k|sf/sf] Jojxf/, bz}+, ltxf/ / 57 h:tf rf8df klg ul/Psf] of] cefj, o;k|lt hf] cfqmf]z kf]Vg'eof] lg 7\ofSs} of] rflxF kLl8t hgtfsf] efiff af]Ng'ef] . o;n] s'6gLlts h'g af]nL, kxnsbdL / ;d:of ;dfwfgdf ;3fpF5 ls lauf5{ <

**lji0f' l/dfn M** o;nfO{ cfqmf]z eGg ldNof] / hgtfsf] efiff af]Nof] eg]/, k|wfgdGqLn] hgtfsf] efiff af]Ng'ef], oyf{y s'/f aflx/ Nofpg'ef] .

**PleGo'h l6eL M** t/ k|wfgdGqL hgtf dfq xf]Og .

**lji0f' l/dfn M** l7s xf] . To;}sf/0fn] ubf{ s'6gLlts efiffdf 6]andf Tof] gxf]nf lg t . k|wfgdGqL eg]sf] hgk|lwlglw xf], hg k|lwlglw eg]sf]

**PleGo'h l6eL M** aflx/ Pp6f af]Ng] leq csf]{ af]Ng] <

**lji0f' l/dfn M** x}g, x}g To;f] x}g lg . hgtfsf] k|ltlglwn] hgtfsf] efiff g} af]Ng] xf] . hgtfsf] efiff eGbf aflx/ hffb}g . dnfO{ nfU5, k|wfgdGqLn] af]Ng' ePsf] s'g} klg af]nL s'6gLlts dof{bf eGbf ljk/Lt af]lnPsf] h:tf] nfUb}g . tkfO{n] gfsfaGbL eO/x]sf] s'/fnfO{ gfsfaGbL ePsf] 5}g eGg] s'6gLlt1x? tkfO{s} ;~rf/ dfWoddf cfP/ af]n]sf 5g\ . Tof] s'6gLlts xf] < Tof] xf]Og . s'g} kb} s'6gLlts ePsf] JolQmn] t, efÚ sf] s'/f xfsfxfsL 9fF6]/ x}g eg]/ elg/fÚ 5 eg] k|wfgdGqLn] ePsf] s'/f eGg'ePsf] 5 . 57 klg dgfpg ufx|f] kl//x]sf] 5 . ;To s'/f xf] . Tof] eGg ldNb}g k|wfgdGqLn] < ltxf/df rflxF

**PleGo'h l6eL M** pxfFn] of] gfsfaGbL xf] eg]/ :ki6?kdf afn'jf6f/af6 hgtfsf gfddf cGt/f{li6« ;~rf/ dfWodn] ;d]t ;'Gg] / b]Vg]u/L elg;s] k5fl8, xfdL o;sf nflu cGt/f{li6«o ?kdf o:tf] ub}{5f}+ klg t eGg'k5{ xf]nf lg <

**lji0f' l/dfn M** cGt/f{li6«o ?kdf ug{sf] nflu t ;a} ;+oGqdf s'/f ug]{ xf] lg . To;sf] ;+oGq h] xf] lg, xf] oxfF lg/ a9L s'6gLlt cfpF5, oxfFn] eGg'eP h:t} . xfd|f] k//fi6« dGqfno 5g\, xfd|f lgof]ux? 5g\, xfd|f ld;gx? 5g\, xfdL :ki6 kfg]{ k|oTg u5f}{+ . :ki6 kfg]{ k|oTg u/]s} sf/0fn] ljleGg 7fpFdf ldq /fi6« ef/tsf lhDd]jf/ lgsfoaf6 klg 7fpF 7fpFdf cleJoQm eO/x]sf] ;'lg/x]sf] 5' d}n] . To;sf/0fn] ubf{v]l/ xfdLn] s] a'em\g'k¥of] eg] cGt/f{li6«o ?kdf Tof] uOg} ;s]sf] 5 t . k|wfgdGqLn] Ps 7fpFaf6 af]ln;s] kl5 lxhf] b]zel/ dfq x}g ljZjel/ g} Ps}rf]l6 uof] . clxn]sf] hdfgfdf t lr7L n]v]/ t k7fpg' k/]g lg < Ps} lSnsdf k'U5 . clxn] ;fdflhs ;~hfnn] g} w]/} d2t u/]sf 5g\, oL hDd} s'/f aflx/ Nofpgsf nflu t . o;sf/0f cGt/f{li6«o hutdf b]vfpgsf] nflu t c? kxn ug}{ k/]g . dfq Xof] /rgfTds ;+jfbsf] s'/f h'g xf] <

**PleGo'h l6eL M** /rgfTds ;+jfb tkfO{s} efiffdf To;nfO{ yk lxhf]sf] ;Daf]wgn] jftfj/0f emg lr;f] agfOlbof] <

**lji0f' l/dfn M** x}g, lxhf]sf] ;Daf]wgn] lrl;Psf] l:yltnfO{ k|blz{t u/]sf] dfq} xf], k|wfgdGqLHo"n] s] eGg'ePsf] 5 eg] clxn] h] 36gf eO/x]sf] 5, To;n] xfd|f] ;DaGwnfO{ lr;f] kf/], o;f] x'g' x'Fb}g . o;nfO{ tftf] agfpg'k5{ eg]/ eGg'efÚ 5 .

**PleGo'h l6eL M** t/ tkfO{nfO{ yfxf 5 lg, c;f]h @ ut] ;+ljwfg hf/L ug]{ k"j{ ;GWofdf z'qmd0od ho zÍ/ g]kfn cfpg'ef] . pxfFx?s} efiffdf xfdLn] pxfFxnfO{} s'6gLlts Jojxf/ g} u/]gf}+, ca pxfFx?n] rflxF ug'{ePg ls Tof] t cs}{ s'/f 5, Totf cfh ghfpF . To; k5fl8 xfdLn] ;+ljwfg hf/L u¥of}+, ;+ljwfg hf/L ul/ ;s]kl5 p;sf] dgf]dflnGotf s:tf] 5 eGg] ;f]Rb} g;f]lrsg ;}lgs d~rdf k|j]z u/]/ cln k5fl8 kl§ d~r agfP/ 7"nf 7"nf :j/n] nnsf¥of}+ ef/tnfO{, To;sf] kl/0flt cfh ef]lu/x]sf 5f}+ . km]l/ k|wfgdGqL eO;s]kl5 lxhf] nnsfg'{ef], To;n] s] kl/0flt lbg] xf] < dfG5]sf] dxfzÍf 5, låljwf 5 .

**lji0f' l/dfn M** /fhGb|hL d s] s] efiff af]Ng plrt 7fG5' eg] xfdLn] clxn] s]xL klg nnsf/]s} 5}gf}+ . xfdLn] oxL s'/f elg/x]sf 5f}+ . csf]{ ;fO8af6 k"j{, klZrd, pQ/, blIf0f ljleGg ;fO8af6 cfPsf s'/fx?nfO{ xfdLn] s] xf] eg]/ :ki6 kfg]{ sfd dfq u/]sf 5f}+ . :ki6 kfg'{ / nnsfg'{ km/s xf] . a? cfO;\ eg]/ lt3|f 76fP kf] t nnsf/]sf] x'G5 . xfdLn] Tof] t u/]gf}+ lg, xfdLn] eGof}+ clxn] l:ylt o:tf] 5 . ;'Ts]/Lx?sf] cK7\of/f] 5, s]xL dfG5] d/]sf] tkfOx?s} ;~rf/ dfWodaf6 lbO/x]sf] 5 of] . gx'g' sfd eO/x]sf] 5 . t/fO{df dw];df eO/x]sf lau|]sf s'/fnfO{ xfdLn] :ki6 kfg]{ k|oTg u/]sf 5f}+ . e'Orfnf] hfFbf hxfF cK7\of/f] k/]sf] 5, To;nfO{ t t/fOn] g} y]U5 eGg] xfdLnfO{ ck]Iff lyof] lg, ca pN6f] t/fO{ g} cfkm} ckm\7\of/f] k¥of] hgtfsf] t s'g} bf]if 5}g lg t, xf]nf Pdfn] kf6L{ s;}nfO{ dg kg]{, s;}nfO{ dg gkg]{ xf]nf, t/fOdf /x]sf s]xL kf6L{ s;}nfO{ dgkg]{, s;}nfO{ dg gkg]{ xf]nf, t/ hgtf t ;a} ;dfg x'g\ lg t < To;sf/0fn] ubf{ k"j{ / klZrd, pQ/ / blIf0fsf] Ps csf{sf] ;DaGwnfO{ h'g lx;fan] xfdLn] cK7\/f] a]nfdf lg d2t k'U5 eg]/ ;f]r]sf lyof}+, Tof] t elTsof] lg t < ToxL s'/f :ki6 kfg]{ k|oTg ug{ vf]h]sf] xf] .

**PleGo'h l6eL M** gfsfaGbLsf ljifodf k|wfgdGqLsf] ;Daf]wgsf] Tof] kfgf / k]hdf rflxF ;~rf/ dfWodx?n] lbPsf] va/sf] ;+:n]if0f ul/Psf] l/kf]l6{ª h:t} lyof] xlu <

**lji0f' l/dfn M** Tof] t /fd|} eof] lg p;f] eP, k|wfgdGqLn]

**PleGo'h l6eL M** k|wfgdGqLnfO{ /fd|f] ls k|wfgdGqLsf] k|]; ;Nnfxsf/nfO{ eP /fd|f] <

**lji0f' l/dfn M** ;a}nfO{ /fd|f], lsgeg] xfdLn] ldl8ofnfO{ lg cfSgn]h u¥of}+ lg t x}g <

**PleGo'h l6eL M** xf]Og, pxfFaf6 dfG5] ;dfwfg rfxG5 s] <

**lji0f' l/dfn M** l7s xf], d oxL s'/fdf s]lGb|t x'g rfxG5' ls cl3Nnf] l:ylt k|wfgdGqLsf] ;Daf]wgdf cfPsf] s'/f eg]sf] l:yltsf] cfÍng dfq atfOPsf] xf] . ;Daf]wgsf] ljifodf d}n] ;'?d} eg]sf] zAb k|of]u ug{ rfxG5', xfdL;Fu b'O6f hl6ntf 5g\, Pp6f s'6gLltsaf6 l;h{gf ePsf s]xL cK7\of/fx? 5g\, csf]{ /fhgLlts ;d:of x'g\ . /fhgLlts ;d:of ;dfwfg x'gf;fy t/fO{ s]lGb|t bnx?s} s'/f ;'Gg';\ g, pxfFx?n] xfdLn] eg]sf] of] of] s'/f dfGgf;fy} t'?Gt gfsfaGbL v'N5 elg/xg'efÚ 5 lg pxfFx?n] . elg;s] kl5 t o:tf ufF7fx? t Ps 7fpFdf dfq} k/]sf 5}gg\ lg t < To;sf/0fn] ubf{ ====

**PleGo'h l6eL M** tkfO{n] a8f] dxTjk"0f{ s'/f ug'{ef], To;f] eP gfsfaGbL;Fu hf]l8Psf] t/fO{sf] cfGbf]ng xf] eg] clxn]sf] /fhgLlts ;d:of t/fO{sf] cfGbf]ng xf] . clxn]sf] s'6gLlts ;d:of ef/tn] u/]sf] gfsfaGbL xf] . olb dw];sf bnx? xfd|f] dfu k"/f u/, To;kl5 gfsfaGbL cfkm} v'N5 eG5g\ / ;/sf/nfO{ klg ljZjf; 5 eg] dw];sf bnx?n] ljZjf; ug]{ k|sf/sf] ;Daf]wg ulb{of eP x'GYof] . t/ ;Daf]wg k5fl8 t dw];sf bnsf g]tfx?sf] k|ltlqmof ;'Gg'ef], pxfFx?sf] k|ltlqmofsf] s'g} cy{ 5}g <

**lji0f' l/dfn M** x}g, pxfFx?sf] k|ltlqmof klg ldS; 5, ldS; g} ;'g]F . cfp6 jf l/h]S6 klg 5}g, pxfFx?sf] cfu|x a9L 5, pxfFx?sf] s]xL cfu|x cfˆgf] h:t} efiff k|of]u ul/of];\ eGg] 5 . k|wfgdGqLn] dw];df cfGbf]ng/t bnx?n] eg]s} efiffx? k|of]u ug'{k5{ eGg] h?/L klg /x]g . t/ ;d:of ;dfwfgsf ljifox?df pxfFx?n] eGb} cfO/xg'ePsf] ljifodf ;+:n]if0f eof] ls ePg eGg] Tof] rflxF dxTjk"0f{ x'G5 . h:tf], pbfx/0fsf nflu pxfFx?n] eGg'ef], tLg rf/ j6f ljifo, clxn] ;+ljwfg ;+zf]wgdf g]kfnL sf+u|]; kf6L{n] g]t[Tj ul//x]sf] ;/sf/sf] a]nfdf k]; ul/Psf] ;+zf]wg ljw]oss} s'/f ug]{ xf] eg] Pp6f gful/stf;Fu ;DalGwt ljifo eGbf klg d"n?kdf ;fdflhs Gofo;Fu ;DalGwt ljifodf ;dfg'kflts ;dfj]zLsf] ljifo / csf]{ hg;ª\Vof / e"uf]nsf] cfwf/sf] k|ltlglwTjsf] d"n ljifo /x]sf lyP . tL ljifonfO{ xfdL cufl8 a9fpF5f}+ eg]/ xfdLn] :ki6?kdf elg;s]kl5 To;df pxfFx?n] dfu u/]sf s'/f / tTsfnLg ;/sf/n] cufl8 a9fPsf s'/fdf xfdL kl5 kms]{g eGg] a'em\g'k5{ . pxfFx?sf] cfzÍf ldRo'Pn 6«:6 gePsf] ljifo s] lyof] eg] ;DdfggLo k|wfgdGqL s]kL zdf{ cf]nLsf] g]t[Tjsf] ;/sf/n] of] ljw]os nfFb}g eGg] lyof], of] dw]; lj/f]wL ;/sf/ xf] eg]sf] klg d}n] ;'g]F . Tof] x'Fb} gePsf] s'/f lyof], cflv/ . Tof] s'/fnfO{ pxfFx?n] :ki6 zAbdf of] ljw]os cufl8 hfG5 eGg' eO;s]kl5 of] ljw]osdf s'g} cem ;+zf]wg ug'{kg]{ ljifodf klg tof/ 5f}+ elg;s]kl5 of] ljifo t k"/fsf k"/f ;Daf]wg eof] . bf];|f] ljifo ;/sf/n] u7g u/]sf] h'g jftf{ ;ldlt lyof], sdn yfkf xfd|f] pkk|wfgdGqLHo'sf] g]t[Tjdf ag]sf], To;sf] clGtd g} egf}+ To;kl5 c? jftf{ otfplt eP/ uP, Tof] jftf{ kl5sf] h'g b'3{6gf eof] t/fO{df, Tof] jL/u~hdf ePsf] b'3{6gf, Tof] jftf{nfo{ pxfFx?n] c;fWo} ;sf/fTds eGg'ePsf] lyof] / c;fWo} ;sf/fTds elgPsf] jftf{df p7fOPsf] ljifo eg]sf] ;Ldf;Fu ;DalGwt ljifo

**PleGo'h l6eL M** To;kl5 t ;/sf/n] luhf]ln xfNg' eof] lg <

**lji0f' l/dfn M** luhf]lnof] egf}+, xfdLn] luhf]lnof}+ jf===

**PleGo'h l6eL M** c? a]nf /fltdf uP/ !) hgf dfG5] x6fpg g;lsg] < Tof] lbg /flt uP/ x6fpg] / To;kl5 cf7 ah];Dd ef/tLo uf8L ef/tlt/ k7fOlbg] / km]l/ cfGbf]ngsf/LnfO{ hfg lbg], an k|of]u u/]kl5 ;Dk"0f{ ?kdf ;Dk"0f{ ?kdf sAhfdf /fVg'k¥of] . ;/sf/ v]nfFrL ug]{ ;+oGq x}g lg <

**lji0f' l/dfn M** x}g, ;/sf/ v]nfrL ug]{ ;+oGq x}g, To;df e'nr's tndfly ef 5g\ To;df ax; ug}{ rflxg . To;sf/0fn] ubf{ d"n s'/f s] xf] eg] Toltv]/ ePsf] ;xdlt / ToxL a]nf ePsf] jftf{ g} egf}+ g jftf{df p7]sf ljifodf cfGbf]ng/t bnx? / ;/sf/ / ljkIfdf /x]sf bnx? tLg} kIfsf] ;xdltdf /fhgLlts ;xdltsf ljifox?df ;Ldfsf ;d:of 6'Ëf] nufpg] u/L xfdL cufl8 a9\5f}+ elgPsf] lyof] . Tof] s'/f t h:tfsf] t:t} ToxL zAb g} k|wfgdGqLn] cfkm\gf] ;Daf]wgdf /fVg'ePsf] 5 . of] b'O6} s'/f eO;s]kl5 xfdLn] jftf{sf] cfwf/ tof/ u¥of}+, jftf{sf] jftfj/0f tof/ x'g uof], To;sf] cltl/Qm lxhf] t cem k|d'v k|ltkIf bnsf] k|ltlglw ;lxtsf] jftf{sf] k|oTg klg yflnof] .

**PleGo'h l6eL M** xflb{stfsf ;fy d tkfO{nfO{ yf]/} /f]s]/ eg]F . k|wfgdGqLn] ;Daf]wg ug'{ cufl8 l;+xb/af/sf] /fHo Joj:yf ;ldltsf] xfnaf6 aflx/ lg:s]/ ;+3Lo ;dfhjfbL kmf]/d g]kfnsf cWoIf pk]Gb| ofbjn] )^$ ;fnsf] \* a'Fb] / @@ a'Fb] tfTsflns ;/sf/;Fu} u/]sf] xf] of], cem \* a'Fb]sf] s'/f ug]{ xf] eg] t dfwj g]kfnn] Tolt af]n]sf] d clxn] klg ;DemG5' ;~rf/ dfWoddf, sdf / km'ln:6k klg x]¥of] xf], d}n] / k|r08hLn] eGof xf] . ls ;Demf}tf sfof{Gjog ug]{ ;xdlt rflxof] eGg'ePsf] lyof], k|wfgdGqLsf] ;Daf]wgn] Tof] s'/f t pNn]v ePg .

**lji0f' l/dfn M** d ljgd|tfk"j{s s] eGg rfxG5' eg] x/]s /fhgLlts ;xdlt / ;Demf}tf eg]sf] tTsfnLg zlQm ;Gt'ngsf] cleJolQmsf] ?kdf x'G5 .

**PleGo'h l6eL M** To;f] eP, ef/tn] !(%) ;lGw nTofOlbP x'G5 .

**lji0f' l/dfn M** of] s'g} b'O{ b]z aLrsf] ;Demf}tf xf]Og, d gd|tfk"j{s eG5',

**PleGo'h l6eL M** s] b]zleqsf ;d"x;Fu ;d:of ;dfwfg ug{ ;Demf}tf ug]{, kl5 lal;{lbg] <

**lji0f' l/dfn M** Tof] hgfb]zaf6 km]¥of}+ lg xfdLn] . d t o;df :ki6 x'g rfxG5' lg t .

**PleGo'h l6eL M** hgfb]z km]/]kl5 ;a} s'/f km]g{ ldNof] <

**lji0f' l/dfn M** g t lsg hgtfn] To;/L ef]t xfNof] t <

**PleGo'h l6eL M** To;f] eP, csf]{ hgfb]zaf6 gofF ;/sf/ cfof] eg] To;df !@ a'Fb] ;xdlt, !^ a'Fb] ;xdlt, u0ftGq of] klg kl/jt{g x'G5 <

**lji0f' l/dfn M** o;nfO{ dfG5g\ < dflg lngf];\ g, clxn] !@ a'Fb] ;Demf}tf / !^ a'Fb] ;xdltdf /x]sf dfG5]x? x6] / Tof] eGbf k[ys hgfb]zaf6 cfPsf] ;/sf/n] To;n] xfdLn] eg]sf] s'/f u5{ / < ub}{g lg t . p;n] tTsfnLs ;dodf ljsl;t ePsf] cj:yfs} cfwf/df zf;g u5{g\ t . xfdLn] eg]sf] klg ToxL xf] .

**PleGo'h l6eL M** ;/sf/nfO{ a]dfg s/f/ eG5 xf]nf <

**lji0f' l/dfn M** ;/sf/nfO{ a]Odfg eGg' eGbf klg d s] eGg rfxG5' eg] cfjlws lgjf{rg s]sf] nflu rflxof] t < cfjlws lgjf{rgn] lbg] hgfb]z eg]sf] s] t < cfjlws lgjf{rgaf6 lbg] hgfb]z eg]sf] Pp6f hgfb]zn] zf;g cufl8 uPg eg] csf]{ vfnsf] vf]Hg] xf] lg . xfdL lsg k6s k6s ;/sf/ km]5f}{+ <

**PleGo'h l6eL M** d cfb/sf ;fy km]l/ eg]F s] )^$ ;fnsf] hg cledtsf] ;dLs/0f h:tf] lyof] lg, lsgeg] )^@÷)^# ;fnsf] cfGbf]ng ;DkGg eO;s] k5fl8 tfTsfnLg k|wfgdGqL lul/hfk|;fb sf]O/fnfn] tkfO{x?nfO{ 6Ss/ ug{sf nflu g} dfcf]jfbLnfO{ tkfO{x?sf] xf/fxf/Ldf NofOlbg'ePsf], pxfFx? lgjf{lrt eP/ cfPsf xf]Ogg\, Tolta]nf sf+u|]; klxnf] kf6L{ g} lyof], Pdfn] bf];|f] kf6L{ g} lyof] . dfcf]jfbL t )$\* ;fndf xf], clGtd k6s p;sf] hgdtsf] 6]:6 ul/Psf], Tolta]nf pxfFx? !! l;6df xf], xf]Og < Tof] sf/0fn] Tof] a]nfdf tL tLg j6f bnx? a;]/ u¥of xf] . clxn] tkfO{ o;/L====

**lji0f' l/dfn M** d ljgd|tfk"j{ oxfFnfO{ s] eGg rfxG5' eg] xfdLn] ;g\ @))^ kl5 )^@÷)^# ;fnsf] cfGbf]ng kl5 u/]sf b'O{ j6f dxTjk"0f{ ;Demf}tf x'g\, tL zflGt k|lqmofsf cË x'g\, Pp6f eg]sf] tTsfnLg hgo'4df nfu]sf] clxn]sf] PsLs[t g]skf dfcf]jfbL tfTsfnLg dfcf]jfbLn] g]t[Tj u/]sf] cfGbf]ngnfO{ nfo08 ug{sf nflu )^# d+l;/ % df ul/Psf] Pp6f lj:t[t zflGt ;Demf}tf xf], To;kl5 eg]sf] dw];df p7]sf] cfGbf]ng;Fu ul/Psf] ;Demf}tf xf] . oL b'O{6f s'/fsf] ;f/ s] xf] t < ;+ljwfg;efaf6 ;+ljwfg agfpg] gDa/ Ps, gDa/ b'O{, b]znfO{ ;+3Lotfdf nfg], t];|f] u0ftGq 3f]if0ff ug]{, of] d"n tLg6f s'/f x'g\, Tof] tLg6f s'/fdf clxn]sf] xfd|f] ;+ljwfgn] s] s] Ogskf]{/]6 u¥of] < xfdL o;df hfpF g . klxnf s'/f ;+l3otfnfO{ o;n] :jLsf/ ul/;Sof] . ca k|b]z / l;dfgfsf] emu8f xf] . of] lg/Gt/ rln g} /xG5 . k|b]zsf] Pp6f ;Ldf ag]s} 5 . o;df lrQ ga'em] ;dofg's"n x'Fb} hfnf, o;df s'g} cfklQ dfGg'kg]{ h?/L g} /x]g . bf];|f] ljifo eg]sf] ;Demf}tfsf] s'/f ubf{ lgjf{rg k4lts} af/]df s'/f u/f}+, ;dfg'kflts ;dfj]zLsf] s'/f uof}+, ;dfg'kflt ;dfj]zLsf] b'O6f kf6f]df s'/f uof}+, Pp6f kf6f] eg]sf] lgjf{rg k|lqmofdf Sn:6/ agfof}+, dw];, hghflt, clxn] :ki6Ls/0f ;lxtsf] v; cfo{ elgof], Toltv]/ cGo dfq eGYof}+ xfdLn] . of] hDd} Sn:6/ agfof}+, Tof] t Jojl:yt eof] lg . ca To;nfO{ grnfpg] u/L . To;kl5 /fHosf ljleGg lgsfox?df h:tf] hgtfn] a'em\g] efiffdf eGbf hflu/ vfg] 7fpFd} egf}+ g, ToxfF ;dfg'kflts k|ltlglwTjsf] s'/f, ;dfj]zL k|ltlglwTjsf] s'/fdf xfdLn] s] Pp6f cfTd;ft ul/;Sof}+ eg] l;+uf] !)) nfO{ $% / %% ug]{, %% nfO{ k|lt:kwf{df lnP/ hfg], To;df ;a} cfpg kfpg] . To;kl5 $% ;dfj]zLtf ug]{ . of] t ;a}n] dfg]sf] ljlw xf] lg t .

ca d oxfFn] eGg'ePsf] s'/fdf sxfF cfP/ /f]lsg rfxG5' eg] oL hDd} s'/fn] klxn] ul/Psf ;xdlt sxfFlg/ pNnª\3g u¥of], u/]g . sfxLF klg u/]g .

**PleGo'h l6eL M** To;f] eP tkfO{n] Toqf] nfdf] ToxfF e"ldsf afFWg' h?/L lyPg, ;fob Ps zAbdf ljutdf /fhgLlts ?kdf :jLsfl/Psf of] b'O6f b:tfj]h Pp6f )^# d+l;/ % sf], csf]{ )^$ kmfu'g !^ sf], oL b'O6f ;xdltnfO{ xfdLn] dfG5f}+ eg] ;s] k5fl8 t tkfO{x?n] ;Daf]wgdf dw];L bn;Fu cyf{t\ ljutdf dw]; cfGbf]ng k5fl8 ul/Psf] cfGbf]ng/t bn;Fu u/]sf] ;Demf}tfdf ;/sf/ dfGg tof/ 5 eg]sf] eP ;a} 6'lËof] lg <

**lji0f' l/dfn M** b'O6f s'/f /x] o;df, hDd} dfg]/ ;xdlt ePsf ljifo ;+ljwfgdf cfP, To;nfO{ elg/xg' g} kb}{g .

**PleGo'h l6eL M** ;a} cfPg elg/xg' ef5 pxfFx?n] <

**lji0f' l/dfn M** Tof] t To:tf] xf] lg, dnfO{ ;fDojfb 3f]if0ff ug]{ dg lyof] lg t Tof] cfpF5 t clxn] < cfpFb}g lg t . tkfO{ clxn] sxfF cfO/xg'ePsf] 5 eg] clxn] g]kfn /fi6« s'g} b]zsf] h:tf] qmflGt u/]/ cfPsf] xf]Og . xfd|f] qmflGtsf] df]8]n} km/s /Xof] . xfdL t ljk/Lt ju{sf] ;xdltdf agfPsf] kl/jt{g g xf] of] . To;f] x'Fbf clxn] aGg] ;+ljwfg Go'6«n ;+ljwfg g xf], htfaf6 x]bf{ klg . o;n] lbzf lgb]{z s] u¥of] eg] xfdL ;dtfd"ns ;dft]/ hfG5f}+, o;sf] lbzf lgb]{z Tof] xf] . To;kl5 cfpg] s'/fdf d Psbd :ki6 s] df 5' eg] g]skf Pdfn] h:tf kf6L{x? ;Qfdf /x]sf] v08df ca hfg] cy{ ;fdflhs af6f] eg]sf] ;dtfd"ns af6f] xf]nf . g]kfnL sf+u|]; nufotsf] kf6L{x?sf] cem} klg v'nf cy{tGq, pbf/jfbL ahf/ cy{tGq pxfFx?sf] kIf 5, nf8fO t ToxLF dfq} xf] . Pp6f cfwf/ xfdLn] eg]sf] t af6f] ;+ljwfg Pp6f ;femf h:t} agfof}+ . To;kl5 cfcfˆgf] bz{g / b[li6sf]0f cg';f/ hgtfnfO{ ;dftfd"ns ;dft]/ n}hfg] eg]/ agfof}+ lg t . elg ;s]kl5 klxn] ul/Psf ;Demf}tf slt cfP, cfPgg\ eg]sf] s'/f t ;+ljwfgn] af]s]sf s'/f ;+ljwfgd} cfof], To;nfO{ af]Ng} k/]g . gldn]sf s'/f eg]sf] pxfFx?n] eGg'ePsf] ;Ldfsf] s'/f g x'g\ ca .

**PleGo'h l6eL M** x}g, rf8kj{ klg x}g, s'g} /fli6«o lbg klg x}g, Pp6f d'n'sdf ;d:of / ;+qmd0f 5 eg]/ ;+af]wg u¥of xf]nf, clg Tof] ;Daf]wgn] s]xL g s]xL cf8«]; ug}{ k¥of] . dw];sf] cfGbf]ngnfO{ of] of] u/L ;Daf]wg ul/lbG5f}+, tkfO{x?n] cfGbf]ng lkmtf{ lng';\ klg ePg, e"sDksf] s'/f klg ePg, gfsfaGbLsf] s'/f klg ePg, clg s] 6fOF 6fOF lkm; <

**lji0f' l/dfn M** x}g, x}g, o;nfO{ o;/L klg lnpF, g ;a}sf ljleGg vfnsf ljleGg ck]Iff /x], s;}sf] UofF; l;lnG8/sf] ck]Iff /x], s;}sf] ;Ldfsf] ck]Iff /x] xf]nfg\ . To;sf/0fn] xfdLn] s] eGof}+ eg] UofF; l;lnG8/sf] nflu efiff af]Nof}+, To;df ;+jfb eO g} ;Sof] . dw]; cfGbf]ngsf] nflu :6«ª efiff ljw]ossf] ;Gbe{df t pxfFx?sf] c;xdlt 5}gg\ t . To;df k|ltlglwTjsf] ljifo 5, ;LdfÍgsf] ljifo 5}g . ;LdfÍgsf] ljifodf /lx/x]sf] ax; clxn] b'O6f kf6faf6 xf] . tfttft} xftxft} gofF ;Ldfgf rflxof] eGg] dw]; s]lGb|t s]xL bnx?sf] egfO xf] . xfdLn] s] eGb} cfPsf xf}+ eg] Pp6f s'g} ;+oGq dfkm{t o;nfO{ xn u/f}+ eg]sf xf}+ . aLrsf af6f]sf] ?kdf clxn] rrf{df /lx/x]sf] slt s'g 7fpF;Dd hfG5 d eGg ;lSbg . dw];df cfGbf]ng/t bnx?, ljkIf bn / xfdL ;lxtsf] /fhgLlts ;dembf/Lsf] cfwf/df ;xdlt agfP/ To;sf] gofF af6f]df hfpF eGg] clxn] cfO/x]sf] 5, To;df xfdL :6f08 u/]sf 5f}+ . l7s 5 eg]/ .

**PleGo'h l6eL M** Pdfn]sf] g]tfsf] x}l;otn] d]/f k|Zg clxn]nfO{ tkfO{ lal;{lbgf];\ Psl5gnfO{ ls tkfO{ k|wfgdGqLsf] k|d'v ;Nnfxsf/ x'g'x'G5 . s] ljifo klg p7]sf] 5 eg] d}n] dw];sf cfGbf]ngsf/L;Fu ;f]w]/ ;f]Wof xf]Og of], dw];sf bnx? olb lxhf] sf+u|]; / Pdfnn]] & k|b]z ;lxtsf] k|:tfj pgLx?sf] gf}+ a'Fb]df lyof] lg, & k|b]z h;df dw];df b'O j6f k|b]z aGYof], To;df emfkf, df]/ª, ;'g;/L klg lyPg, s}nfnL s~rgk'/ klg lyPg . Tof] & k|b]zdf Tof] ;Ldfdf cfpg'eof] eg] dw];L df]rf{sf] a6d nfOg of] x'g ;S5 eGg] ljifo klg dw];sf ljZn]ifsx? eG5g\ . o;df Pdfn]sf] wf/0ff s] x'g ;S5 <

**lji0f' l/dfn M** g]skf Pdfn] clxn] tTsfn of] jf Tof] ;Ldf eTsfP/ km]l/ gofF vfnsf] åGåsf df]rf{x? vf]Ng] d'8df 5}g, To;sf/0f

**PleGo'h l6eL M** of] ;Ldfdf Pdfn]n] tn dfly ub}{g, gofF ;Ldfsf af/]df s'g} klg wf/0ff /fVb}g < To;sf/0fn] ubf{ dw];sf ;d:of ;dfwfg x'Fb}g . pgLx?n] eGof h:t} Pdfn] g} ;LdfÍgsf afws xf], lgisif{ oxL xf] <

**lji0f' l/dfn M** xf]Og, of] tkfO{sf] lgisif{ xf], of] d]/f] lgisif{ ePg . d s] rfxG5' eg] Pdfn] kf6L{ cyjf clxn]sf] ;/sf/ ;Ldfsf af/]df Kofs]hdf l8n ug{ rfxG5 ;a}l;t, s'g} gofF l;/faf6 . sfxLF 5]p s'gf ldNof 5}g eg] ldnfpg ;lsG5 . t/ To;df s]xL s]xL s'/f :ki6 5, d km]l/ klg bf]xf]¥ofP/ eGg rfxG5' . xfdL hftLo Sn:6/sf] cfwf/df k|b]z agfpg] kIfdf 5}g . To;kl5 kxf8 / t/fO{nfO{ l8;P;f]l;o6 ug]{ u/L To;df åGåsf] af6f] v]Ng lbg xfdL rfxFb}gf}+ . of] b'O6f s'/f Ps lsl;dn] klxn]b]lv eGb} cfO/s} ljifo x'g\ . of] ;a}n] a'em\g' klg efÚ 5 . dnfO{ t v';L s] nfU5 eg] dw];s} ;fyLx?n] klg xfd|f] t/fO{sf] s]xL lhNnfn] dfq sxfF x'Fbf] /x]5 /, xfdLnfO{ r'/] klg rfxg] /x]5, kxf8 klg rflxG5 . elg/x]sf 5g\ .

**PleGo'h l6eL M** Tof] tkfO{sf kf6L{sf g]tfx?n] eGof xf]nfg\, pxfFx?n] t clxn] klg u/f klg hf]8\g' x'Gg, ;'sf]{ klg hf]8\g' x'Gg elg/x]sf 5g\ .

**lji0f' l/dfn M** pxfFx? ;lRrg'x'G5 .

**PleGo'h l6eL M** cGTodf, olt w]/} s'/f k|wfgdGqLhLn] af]ln;s] kl5 olt nfdf] jQmJo agfO;s] kl5 b]aL6 Sofd?g / df]bLsf] aLrdf g]kfnsf] ;+ljwfgdf x'g t pxfFn] w]/} b]zsf] af/]df l6Kk0fL u¥of 5, ToxfF >Ln+sfsf] ljifo, ckmuflg:tfgsf] ljifo / cfOP;sf] ljifo klg 5, olt w]/} s'/f ul/;s] kl5 pxfFx?n] xfd|f] ljifodf u/]sf] k|j]z jf:tjdf gsf/fTds 5, Tof] ljifodf af]Ng lsg 5f]8\of 5 < k//fi6«n] ===

**lji0f' l/dfn M** oxfFlg/ d}n] s] cg'/f]w ug'{ k¥of] eg] xfdLn] s'6gLlts efiffdf k|of]u u/]sf] s'/fdf lsg gaf]Nof eGg'x'G5 tkfO{n], Tof] 5 t, tkfO{ km]l/ x]g'{;\ . clg l;wf af]n]sf] efiffdf k|wfgdGqLn] l;wf af]Ng] < eGg'x'G5 of] rflxF cln ldn]g lg <

**PleGo'h l6eL M** k|wfgdGqL b]la6 Sofd?g / k|wfgdGqL g/]Gb| df]bLsf] ;+o'Qm jQmJo elgPsf] s'/fdf g]kfnsf] ;+ljwfg OgSn'l;e ePg eGg] cf;o cfPsf] 5, To;df xfdLn] :ki6 eg]sf 5f}+ of] lgPsf] 5, k|lqmof / ljlwsf] lx;fan] nf]stflGqs 5 / ljifoj:t'sf] dfldnfdf ;dfj]zL 5 eg]/ xfdLn] :ki6} kf/]sf 5f}+ . pxfFx?n] p7fpg'ePsf] ljifo ToxL xf] . b'O6f ljifo 5, Pp6f ;a} If]qnfO{ ;dfj]zL u/]g eGg] 5, bf];|f] rflxF eg]sf] k|flws/0fsf] p7fPsf] 5 . oL b'a} s'/fdf k|wfgdGqLn] af]Ng' ePsf] 5 .

<https://www.youtube.com/watch?v=NU__kLwpCzo&index=16&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>