Date: May 04, 2014, BBC\_Sajha Sawal With Pradeep Jung Panday N **Bishnu Rimal** N Sureshman Shrestha/ On Kantipur Television

/f]huf/btf / dhb'/sf] ;DaGw / To;n] kf/]sf] k|efj

**;femf ;jfn** M dhb'/ / /f]huf/bftf aLr cf–cfkm\gf] xs lxtsf nflu a]nf a]nfdf åGå x'g] u/]sf] 5 . To:tf] åGån] sltko pBf]uwGwfx? aGb x'g] u/]sf 5g\ eg] ;of}+ dhb'/x?n] /f]huf/L u'dfpg] u/]sf 5g\ . To:tf] ;d:ofsf] ;dfwfg s;/L x'g ;S5 < cfhsf] ;femf ;jfnsf] ax; .

* ;'/]zdfg >]i7 – ;lrj, >d tyf /f]huf/ dGqfno
* lji0f' l/dfn – cWoIf, lhkmG6
* k|bLkhª kf08] – cWoIf, g]kfn pBf]u jfl0fHo dxf;+3
* u0f]z /]Ud – dxf;lrj, clvn g]kfn 6«]8 o'lgog dxf;+3

**/fd s'df/ kf]v/]n, bf]nvf M** :joDe'df c:yfoL sfd ul//fv]sf] 7fpFdf xft d]l;gn] lsr]/ sfl6Psf] 5 . xl:k6nsf] Ifltk"lt{ eof], c? s'g} Ifltk"lt{ kfO/fv]sf] 5}g . /fd|};Fu sfd ul//fv]sf] lyof] . vfhf, sf]7fef8f afx]s %! ;o tna kfpF5' . hDdf ^–& xfh/ x'GYof] .

**k|bLkhª kf08] M** Go"gtd kfl/>lds ^ xhf/ @ ;o lbg'k5{ .

**lji0f' l/dfn M** xfd|f] tf]lsPsf] Hofnf ^ xhf/ @ ;o xf]Og lg \* xhf/ xf] . pxfFnfO{ klg clnslt e|d k¥of] . lsgeg] g]kfn ;/sf/n] tf]lsPsf] g} \* xhf/ xf] .

**k|bLkhª kf08] M** Go"gtd kfl/>lds ^ xhf/ @ ;o d x'Fbf to u/]sf] lyPF, ToxL xf]nf eg]/ af]ln xfn]F .

**lji0f' l/dfn M** o;kl5 xfdLn] \* xhf/ k'¥ofof}+, \* xhf/ k'u]sf] klg nfdf] ;do eof] . Ps jif{ laTof] . To;sf/0fn] ubf{

**;femf ;jfn M** Joj;foLx?sf] ;+u7g g]kfn pBf]u jfl0fHo dxf;+3sf] cWoIf eP/ dhb'/n] slt tna kfpg'k5{ eg]/ tkfO{+ :jo+nfO{ yfxf 5}g <

**k|bLkhª kf08] M** xf]Og, yfxf 5 . h'g lsl;dn] d}n] Tof] a]nf u/]sf] lyPF, Tof] :6«fOs eP/ Wofg s]lGb|t eof] . h'g 7fpFdf tkfO{ sfd ug'{x'G5, Tof] 7fpFn] ;j{k|yd lgo'lQmkq lbg'k5{ . lgo'lQmkqdf g]kfn ;/sf/n] tf]lsPsf Go"gtd tna, tkfO{sf ;'ljwfx? vf]Ng'k5{ . g]kfn ;/sf/n] \* 3G6f eGbf a9L sfd klg nfpg kfpFb}g eg]/ >dP]gdf tf]s]sf] 5 . olb s'g} lsl;daf6 tkfO{sf] tna, ;'ljwf k'u]sf] 5}g, Tof] ;DaGwdf pBf]u jfl0fHo dxf;+3df /f]huf/bftf kl/ifb 5, ToxfF tkfO{n] eGg cfpg'ef] eg]b]lv, tkfO{n] hfgsf/L dfq u/fpg'ef] eg]b]lv To:tf] cj:yfdf xfdLn] ;DalGwt k|lti7fgnfO{ cg'/f]w u5f}{+, ljgd| u5f}{+, tkfO{sf] cg'/f]w / hfgsf/L kfof}+ eg] xfdL v';L x'GYof}+, sfof{Gjog klg x'GYof] .

**;femf ;jfn M** tkfO{+n] s/f/kq kfpg'efYof] <

**/fd s'df/ kf]v/]n, bf]nvf M** To:tf] s]xL klg kfOPsf] lyPg .

**;femf ;jfn M** tkfO{nfO{ To:tf] l:yltdf sxfF uP/ cfkm\gf] u'gf];f] kf]Vg] 7fpF yfxf 5 <

**/fd s'df/ kf]v/]n, bf]nvf M** yfxf 5}g .

**;femf ;jfn M** lji0f' hL, tkfO{+n] dhb'/ xs lxtsf] nflu sfd ug'{x'G5, Tof] u'gf;f] pxfFsf] dfq} xf]Og, ;DejtM w]/} dhb'/x?nfO{ pxfFn] k|ltlglwTj ug'{x'G5 . tkfO{x?n] s] ug'{eof] <

**lji0f' l/dfn M** xfdLn] d"n ?kdf xfdL;Fu hf]l8Psf ;fyLx?sxfF t tTsfnsf] ?kdf ug]{ u/]sf 5f}+ . b]zsf] ;a} 7fpFdf k'Ug ;s]sf 5}gf}+, ;xL s'/f xf] . pxfFsf] emg\ cgf}krfl/s b]lvof] .

**;femf ;jfn M** lji0f' hL, tkfO{ ;a}sf] yfxf x'Fb}g eGg'ef], tkfO{ Pdfn] lgs6sf] ;+u7g;Fu cfa4 x'g'x'G5 . Pdfn] lgs6sf dhb'/x?nfO{ k¥of] eg] tkfO{nfO{ yfxf x'G5 <

**lji0f' l/dfn M** xf]Og, xf]Og, Pdfn] lgs6 zAbd} klg d clnslt l/he]{;g /fVg rfxG5' . d JolQmut ?kdf Pdfn] lgs6 x'F . t/ d]/f] ;+u7g Pdfn] lgs6 eg]/ g]kfn ;/sf/sf] lgod cg';f/ btf{ x'Fb}g . of] g]kfn 6«]8 o'lgog dxf;+3 eg]/ btf{ x'Fbfv]l/ :jtGq ;+u7gsf] ?kdf btf{ x'G5 .

**;femf ;jfn M** btf{ x'Fbf kf] ldNb}g, jf:tljstf tkfO{n] n'sfpg ;Sg'x'G5 <

**lji0f' l/dfn M** jf:tljstf n'sfpg} kb}{g, d]/f] ;+u7gnfO{ # nfv @& xhf/ $!& hgf ;b:o x'g'x'G5, To;dWo] d'l:snn] !) xhf/ dfq} Pdfn]sf ;b:o 5g\, c? 5}gg\ .

**;femf ;jfn M** d >d ;lrjsxfF cfpg rfxG5', tkfO{n] dhb'/sf] s'/f ;'Gg'ef], k|bLkhLsf] s'/f ;'Gg'ef], lji0f'hLsf] s'/f ;'Gg'ef], o:tf] l:yltdf tkfO{x?sf] e"ldsf s] <

**;'/]zdfg >]i7 M** olb s'g} klg dhb'/nfO{ ;d:of k/]sf] 5 eg] >d sfof{no 5, g]kfn ;/sf/sf] >d ljefu cGtu{t >d sfof{no x'G5g\ . dhb'/nfO{ tna lbPg eg] klg u'gf;f] ug]{ 7fpF ToxL xf] . cfkm"n] kfpg] kg]{ ljleGg ;'ljwfx?sf] u'gf;f] /fVg] 7fpF ToxL xf] . To;sf/0fn] ubf{ >d P]g cg';f/ cufl8 a9]sf] 5 .

slt nfv dhb'/n] >d sfof{nodf u'gf;f] ug{ cfpF5g\ < of] l;:6dsf] s'/f xf] . slt nfv eGbf klg h;nfO{ ;d:of k/]sf] 5, pxfF cfpg'k¥of] . xfdLnfO{ ;a} s'/f sxfF yfxf x'G5 / <

**;femf ;jfn M** ;/sf/n] tf]s]sf] Go"gtd \* xhf/ kfl/>lds oxfF a:g'x'g] slt hgf dhb'/x?n] kfpg'ePsf] 5 < hDdf %, & hgfn] dfq} xft p7fP . eg]kl5 oxL g} klg sl/a ^) hgf >ldsn] Go"gtd kfl/>lds kfPsf 5}gg\ .

**uLtf l;+v8f M** >d ;lrjnfO{ d]/f] k|Zg, g]kfn ;/sf/sf] lhNnf lzIff sfof{no dfkm{t xfdLn] tna a'em\5f}+, ToxfF Pp6f O;L8L Snf; eGg] 5, ToxfF !) b]lv $ ah];Dd Pp6f lzIfsn] Snf; lnG5 . pgn] # xhf/ tna kfpF5 < s] pxfFnfO{ of] s'/f hfgsf/L 5}g <

**;'/]zdfg >]i7 M** O;L8Lsf] dnfO{ asfObf yfxf 5 . O;L8Lsf] ;Gbe{df ;fgf ;fgf afnaflnsf x]g{sf] nflu ^ 3G6f eg]/ tf]s]sf] klg x'Fb}g . s;}n] $ 3G6f sfd u/]sf] x'G5, s;}n] @ 3G6f sfd u/]sf] xG5, s;}n] ^ 3G6f sfd u/]sf] x'G5, afnaflnsfsf] lx;fan] x'G5 . sltko 7fpFdf ;/sf/n] sG6«fS6df u/]sf] x'G5, o;df lgo'lQm klg lbPsf] x'Fb}g . sltko 7fpFdf gu/kflnsfn] ;|f]taf6, :yfgLo lgsfosf] ;|f]taf6 klg rnfO/x]sf] x'G5 . o;df ;/sf/n] olt k};f eg]/ tf]s]sf] x'Fb}g, olt g} 3G6f sfd ug'{k5{ eg]/ klg tf]s]sf] x'Fb}g .

**uLtf l;+v8f M** d !) ah]b]lv $ ah];Dd Snf; lnG5' . # xhf/ tna kfpF5' .

**;'/]zdfg >]i7 M** o:tf]df s] 5 eg]b]lv ;a} ;/sf/n] k};f Joxf]/]sf] x'Fb}g, lSno/ x'g';\ .

**;femf ;jfn M** Go"gtd kfl/>lds eg]kl5 Tof] tkfO{n] u/f];\, ;/sf/n] u/f];\, Go"gtd kfl/>lds t lbg'k¥of] lg xf]Og <

**;'/]zdfg >]i7 M** ;fdfGo l;4fGt xf], To;/L s'/f ug]{ xf] eg] t g]kfnsf] Go"gtd kfl/>lds \* xhf/ klg 7Ls xf] t < cGo b]zdf 3G6fdf % xhf/ kfpF5 /] . To;f] x'Fbf cf–cfkm\gf] b]zsf] l/;f];]{h / l:ylt cg';f/ lgwf{/0f ul/Psf] x'G5 . o; ;Gbe{df s] 5 eGbfv]l/ kSs} klg ;a}n] rflxg]eGbf a9L ;'ljwf kfpg' a];} x'GYof] . s;}n] s/an ug{ ;Sb}g . d cfpg ;lSbg eg]kl5 s/ ug{ ldNb}g . ToxL sG6«fS6sf] lx;fa x'G5 .

**?kf cfrfo{ M** xfdL cgf}krfl/s If]q lgdf{0f If]q;Fu ;DalGwt 5f}+ . clxn] c;dfg Hofnf / kfl/>ldssf] s'/f ug'{ef], \* xhf/ xfdLn] kfpg] cj:y} 5}g . Otfe§fsf] ;d:ofnfO{ x]g'{x'G5 eg] xhf/ Otf agfpFbf slt k};f lbG5 eGg] rflxF to s;n] u5{ eGbf ;fx'n] u5{ . h'g lsl;dn] s'/f u¥of], \* xhf/n] xfd|f] ;d:of 6b}{ 6b}{g . csf]{tkm{ ;w}+ dxFuL a9fO/fVg], ;/sf/n] dhb'/x?sf] ;d:of slxNo} klg xl//fv]sf] b]lvb}g . ;/sf/n] tf]s]sf] kfl/>lds xfdLn] kfpg ;s]sf] 5}g, ca o;nfO{ s;/L ;/sf/n] x]5{ <

**;femf ;jfn M** lji0f'hL, of] ;d:ofnfO{ s;/L ;Daf]wg ug]{ < tkfO{ oxfF clxn] 6«]8 o'lgogsf] k|ltlglw .

**lji0f' l/dfn M** cgf}krfl/s If]q / ;/sf/n] k};f lbg gkg]{ 7fpFdf dfq} of] Go"gtd Hofnf eGbf sd lbg] l:ylt x'Fb}g . xfn} Pp6f ljjfb p7fO/x]sf 5f}+ ls xfd|f] Joj:yflksf ;+;bdf >]0fL ljxLg sd{rf/Lsf] egf{sf] l;nl;nf clxn] ;'? ePsf] 5 . pxfFx?n] $ xhf/ ( ;odf >]0fL ljxLg sd{rf/L cfp6 ;f]l;{ª ug]{ eg]/ lg0f{o ug'{ePsf] 5 . Tof] sG6«fS6 cfp6 ub}{ x'g'x'G5 . Tof] >]0fL ljxLg sd{rf/Ln] Tof] tf]s]sf] $ xhf/ ( ;odf klg ! xhf/ s/ sf6]/ # xhf/ ( ;o dfq kfpg] s'/f ul//x]sf] 5 . d]/f] k|Zg s] xf] eg] 3l636fpdf dfgjLo d"No tf]lsg' ldNb}g, Go"gtd Hofnf \* xhf/ lbg ;ls+b}g eg] ^ xhf/} l7s 5, hlt xf], Tolt t lbg'k¥of] lg . c? ljsl;t / ljsf;zLn b]zx?df klg >d lg/LIf0f k|0ffnL nfu' x'g] u5{, xfdL >ldssf] lxtsf] s'/f u5f}{+ lg hxfF tf]s]sf] >ldsn] olt ?k}of kfpg], olt olt sfd ug]{, Joj;foLn] olt lbg] eGg] lbof] ls lbPg eGg] 5fGg] lgsfo g} xfdL sxfF ePg, d]/f] t dfu s] xf] eg] >d cfof]u Pp6f agfpF, xfdLn] lgs} nfdf] ;dob]lv Pp6} s'/f eGb} cfPsf 5f}+, >d cfof]u eg]sf] blnt cfof]u h:tf], dlxnf cfof]u h:tf] cflbjf;L hghflt cfof]u h:tf] dhb'/sf g]tf uf8L r9\g] cfof]u agfpg vf]h]sf] xf]Og, xfdLn] cglj1x?sf] cfof]u dfu]sf] xf]Og, lj1x?sf] cfof]u dfu]sf] . Pp6f cfof]u agfpF, Tof] cfof]udf olb ;/sf/n] k};f lbg ;Sb}g, sd{rf/L /fVg ;ls+b}g eg] sld;g ulb{pF, ToxL sfd ug]{x?n] dnfO{ of] lbOPg eg]/ l/kf]l6{ª ug'{, pBf]ukltn] klg l/kf]l6{ª ug'{;\, To;sf] cfwf/df b"wsf] b"w, kfgLsf] kfgL u?F eg]/ dflu/x]sf 5f}+ .

**;femf ;jfn M** of] cfof]u u7g ug{ ;lsg] s'/f xf] <

**;'/]zdfg >]i7 M** of] gofF aGg] >d P]gdf 6«]8 o'lgogsf ;fyLx?n] dfu ul//fVg'ePsf] 5 .

**;'/]zdfg >]i7 M** t/ s] 5 eg] cfof]u aGb}df ;d:of ;dfwfg x'G5 eGg] s'/f klg 5}g . clxn] c? d]sflgs 6'N;x? klg 5g\ . s:tf] cfkm";Fu slt ;|f]t 5, olb d;Fu k|z:t ;|f]t 5 eg] ;|f]t cg';f/ ;dfwfg x'G5 . xfdLn] ;]jf s/f/af6 Go"gtd olt lbg] eGg] 5, oxfF b'O6f Jofjxfl/s ;d:of 5, olb s'g} JolQmnfO{ tNnf] n]ensf] sd{rf/Lsf] ;Gbe{df rflxF ;/sf/n] ;]jf ;'ljwf lbg g;Sg] cfof], olb k]G;g kfpg ;Sg] l:ylt, d clxn] ;lrj 5' lg ;DejtM oxL lx;fa x'g] xf] eg] d}n] !) jif{kl5 k]G;g kfpFlbg . of] l:ylt 5 . To;sf/0f s] ug]{ t < eGg] lx;fan] ;/sf/n] ;]jf s/f/df ug]{ eg]/ tNnf] n]endf sd{rf/LnfO{ h;sf] Go"gtd kmfpg8];g t 5, t/ :yfoL?kdf glng] eGg] eof] .

**;femf ;jfn M** xfdLn] k]G;g gkfpg] l:ylt 5, xfdLn] dhb'/x?nfO{ sxfFaf6 tna lbg], eGg] xf] <

**;'/]zdfg >]i7 M** oxL ;Gbe{df s/f/ ;]jf P]gn] s] eG5 eg] h:tf] d oxfF cfpFbfv]l/ u|'k kmf]/ eg]/ n]lv/fsf] 5, xfdLn] s] a'lem/x]sf 5f}+ eg] sDkgLn] Psd'i7 ?kdf k};f lnPsf] x'G5, sDkgLn] dhb'/x?nfO{ lbPsf] x'G5 . olb o;df ph'/L cfPsf] v08df xfdL s]xL klg ug{ ;Sb}gf}+, xfd|f] sfg'gdf ;+zf]wg ug'{k5{ . xfd|f] sfg'gL lx;fan] pxfFx? l7s x'g'x'G5, clkm; clkm;df hfg';\, ;]jf s/f/af6 sd{rf/L /fVg'eGbf klxn] o;/L g} sd{rf/L /flvPsf] lyof] . clg s] cfof], lSng/x? eof], sfof{no ;xof]uLx? eof], sDkgLn] !) xhf/ ?k}of lnPsf] 5, t/ >ldsn] kfpg] %–^ xhf/ kfpg] lx;fadf /fv]sf] x'G5 .

**;femf ;jfn M** k|bLkhL of] g]kfndf dfq} xf]Og, ;+;f/el/ ljsl;t /fi6«x?sf] ;+u7g cf]O{;L8Lsf] Pp6f l/kf]6{ klg kl9/fv]sf] lyPF, /f]huf/bftfx?sf] ;DklQ rflxF a9\b} hfg], ;w}+ pgLx?n] dhb'/x?n] b'Mv lbP eg]/ u'gf;f] klg ug]{ / ;w}+ pgLx?sf] ;DklQ klg a9\b} hfg] clg dhb'/x?sf] ;DklQ 36\b} hfg] / pgLx? ;d:ofdf lklN;g'kg]{ lsg < tkfO{x? lsg dfgjLo eP/ ;f]Rg g;s]sf] eg]/ pl7/x]sf] 5 lg <

**k|bLkhª kf08] M** d pBf]usf] s'/f u5'{, pBf]udf hl6n cj:yf 5 . pBf]udf l5g{ klg ufx|f] 5, w]/} lgod, sfg'gx? kf/ ug'{k5{, ToxfF a:g klg ufx|f] 5, lgl:sg klg ufx|f] 5 . Go"gtd tna lgwf{/0f ;ldlt klg 5 . To;sf] nflu ahf/sf] d"No /fi6« a}+ssf] ;"rfÍ s] 5 d"No j[l4 < Tof] cg';f/ a9\g'k5{, d]/f] JolQmut ljrf/ ;'Ggx'G5 eg] >dsf] ;Ddfg ug'{k5{, hxfF >dsf] d"No /fd|f] x'G5, ToxfF >d cg';f/sf] d"No x'G5, Tof] pBf]u cufl8 a9\5 .

**;femf ;jfn M** tkfO{n] Go"gtd kfl/>lds lbg'ef 5 ls 5}g <

**k|bLkhª kf08] M** d}n] a9L lbPsf] 5' . d}n] tf]lsPsf] Go"gtd tan eGbf !) k|ltzt a9L tna lbG5' eg]/ ;Demf}t} u/]sf] 5' . d]/f] s'g} klg ;+:yfdf Go"gtd tnaeGbf @) k|ltzt a9L g} Hofnf 5 . d}n] sl/a sl/a @ xhf/ dhb'/nfO{ Joj:yfkg u/]sf] 5' . sfxLF klg sdL sdhf]/L u/]sf] 5}g .

**;femf ;jfn M** xfdLn] dhb'/x?sf] s'/f lgs} u¥of}+ . ca oxfF d /f]huf/bftflt/ hfG5' .

**Ps]Gb| k|tfk cdfTo M** ljut !% dlxgfb]lv xfOnf08 l8:6Ln/L k|fOe]6 lnld6]8 lhkmG6 cGtu{tsf xfd|f dhb'/ efOalxgLx?sf] Pp6f o'lgog 5, pxfFx?n] Ps hgf k6s k6s sfjf{xLdf kg'{ePsf] sfdbf/nfO{ bf];|f] k6s lgnDag ubf{v]l/ o'lgogsf efOalxgLx? / kbflwsf/Lx?n] pxfFnfO{ ;fy lbP/ u}/ sfg'gL x8tfn ;'? ug'{eof], To; qmddf !% dlxgf laTg nfUof], ljleGg jftf{x? klg eO;Sof], clxn] >d dGqfnodf jftf{ rln/x]sf] 5,

**;femf ;jfn M** lhkmG6sf] sf/0fn] ubf{v]l/ d]/f] sDkgL ;d:ofdf k¥of] eg]/ eGg vf]Hg'ePsf] xf] <

**Ps]Gb| k|tfk cdfTo M** lhkmG6s} sf/0f t geg'F, lhkmG6 cGtu{t g]:jvfk]do' eGg] o'lgog 5, Tof] o'lgogsf efOalxgLx?n] hlxn] klg ===

**;femf ;jfn M** lji0f'hL, 6«]8 o'lgogsf] sfd Joj:yfkg / dhb'/x?sf] aLrsf] ;DaGw ;'wfg'{ ls ltgLx? aLrsf] ;DaGwnfO{ cem To;df b/f/ k}bf ug'{ <

**lji0f' l/dfn M** ;'wfg'{ g} xf], k'nsf] sfd klg ug'{ xf], k'nsf] sfd u/]g eg] lau|G5 .

**;femf ;jfn M** 6«]8 o'lgogsf] ;b:o ;ª\Vof klg a9\b} uO/x]sf] 5, pBf]ux?sf] ;ª\Vof klg aGb eO/fv]sf] 5, Tof];Fu} hf]l8P/ csf]{ k|Zg s] xf] eg]b]lv x/]s ;+:yfdf slt j6f 6«]8 o'lgog x'G5 <

**lji0f' l/dfn M** xfd|f] 6«]8 o'lgog cg';f/ a9Ldf rf/ j6f o'lgog agfpg] clwsf/ lbOPsf] 5 .

**;femf ;jfn M** clg To:t} 5 <

**lji0f' l/dfn M** w]/} 7fpFdf To:t} 5 .

**;femf ;jfn M** cflwsfl/s 6«]8 o'lgog sxLF 5 <

**lji0f' l/dfn M** Tof] t xfdLnfO{ s] elg/fVg'ePsf], ;'/]zhL / k|bLkhLnfO{ ;f]Wgf];\ g . xfdLn] t k6s k6s elg/x]sf] cflwsfl/s o'lgogsf] r'gfa ug'{ eg]/ . 6«]8 o'lgog cg';f/ s] x'G5 eg] Ps eGbf a9L o'lgog 5 eg] r'gfa u/fpg';\, lghL If]q / ;/sf/L If]qnfO{ 5'6\ofP/ eG5', lghL If]qdf xfdLn] s] ul//x]sf 5f}+ eg] Ps eGbf a9L o'lgog 5 eg] ls t xfdLn] r'gfa u/fPsf 5f}+ xf]Og eg] %! k|ltzt >ldsn] ;xL u/L to u/]sf] h'g k|ltlglw 5, To;nfO{ g} cflwsfl/s dfg]sf 5f}+, Tof] sfg'gL ljlw g} xf], To; cg';f/ rn]sf] 5 . ;/sf/L ;]jfdf ;/sf/L If]qdf k6s k6s r'gfasf] dfu u/]sf] 5, eO/x]sf] 5}g . lsg gu/]sf] t < xfdLn] ug]{ xf]Og lg r'gfa t .

**k|bLkhª kf08] M** o;df d x/]s kIfdf ;fu sf]/]/ x]g{ rfxG5' . u/]sf] klg 5' . clxn] pxfFx?sf] nfdf] k|of; / k|lqmofaf6 ;+o'Qm 6«]8 o'lgog ;dGjo s]Gb|, h]l6o';L;L ag]sf] 5 . ;Dk"0f{ o'lgogx?nfO{ ;dGjo ul/sg lgsf; lgsfn]sf] 5 . bf];|f] s'/f xfd|f] b"/Lx? sd xf];\, xfd|f] pRr efjgfn] Olkm;]G;L a9f];\ eg]/ )^& r}t !) ut] pBf]u jfl0fHo dxf;+3 / ;Dk"0f{ 6«]8 o'lgogaLr Pp6f !! a'Fb] ;Demf}tf 5, To;sf] sf/0fn] klg cfh aGb x8tfnsf] qmd 5, To;df xfdL b'a} ldn]/ hfg]df o'lgog / xfdL ;xdt 5f}+ . hxfF;Dd rf/ j6f 6«]8 o'lgogsf] k|Zg 5, of] klg 6«]8 o'lgog / pBf]u jfl0fHo dxf;+3 a;]/ ;xsfo{ uof]{ eg] o;sf] lgsf; lgsfNg ;lsG5 . xfdL ljjfb xf]Og, ldnfk u/]/ cufl8 a9\g sf]l;; ug'{k5{ . o;/L ;kmntf klg xfl;n u5{, of] d]/f] cg'/f]w klg xf] .

**;femf ;jfn M** k|bLkhLn] eGg'eP h:tf] ;DaGw ;sf/fTds ;'wf/ eO/fv]sf] 5 <

**u0f]z /]UdL M** d k|bLknfO{ / ;lrjHo"nfO{ k|Zg u5'{ ls g]kfnL dhb'/x? cToGt Odfgbf/ 5g\, nugzLn 5g\, d]xgts; 5g\, t/ of] Odfgbfl/tf sxfFaf6 xf] eg] cGofok"j{s sfd ul//x]sf] / cGofo ;lx/x]sf] sf/0faf6 Tof] Odfgbfl/tf k|fKt ePsf] xf] . To;sf] sf/0f, oxfF pBf]u jfl0fHo dxf;+3, ;/sf/ / 6«]8 o'lgog aLrsf] lqkIfLo ;xdlt x'G5, t/ Tof] sfof{Gjog Go"g x'G5 . of] s'/f ;lx/fv]sf 5g\, rfx] Tof] lgo'lQmkq gkfpg\, xfdL cfjfh p7fpF5f}+, jiff}{+b]lv cGofo ;lx/fv]sf x'G5g\, ToxfF dhb'/x?, t/ Ps lbg ltgLx?n] dfukq k]; u5{g\, Tof] dfukq k]; ubf{v]l/ clg dhb'/dfly cfIf]k nufOG5 . /, ToxfF km'6fpg] sfd ul/G5, Joj;foL cfkm} ToxfF v]Ng] sfd ul/G5 . rfx] Tof] c6f] If]qsf] s'/f u/f}+, rfx] Tof] ;+ul7t If]qsf] s'/f u/f}+, cGofok"j{s dhb'/nfO{ lsg lgsflnG5 < e}/xjfdf clxn] $! hgf dhb'/x? lgisf;gdf k/]sf 5g\ . nlntk'/sf] sfk]{6 sf/vfgfdf !(# hgf dhb'/x? lgisfl;t ePsf 5g\ . pbok'/sf] l;d]G6 sf/vfgfdf dhb'/x?sf] tna ;dfof]hg ul//fv]sf] 5}g . of] ;/sf/nfO{ k|Zg xf]<

**;femf ;jfn M** tkfO{x?n] Tof] eO/fv]sf] elgPsf] cGofodfly /fhgLlt gul/lbPsf] ePb]lv dhb'/x?sf] lxt a9L xf]nf eGbf a9L x'G5 <

**u0f]z /]UdL M** /fhgLlt lans'n} 5}g, dhb'/sf k];fsf] s'/f eg]sf] Tof] 6«]8 o'lgog sf+u|];sf ;fyLx?sf] klg xf], lhkmG6sf ;fyLx?sf] klg xf], Tof] xfd|f dhb'/ ;fyLx?sf] klg xf] .

**;femf ;jfn M** !) j6f !! j6f dhb'/ ;+u7g ePsf] b]zdf dhb'/x?sf] ;'wf/ lsg gePsf] < s] ug'{ef] t, tkfO{x?n] <

**u0f]z /]UdL M** xf], oxfF k|lta4tfsf] ;d:of xf], xfdL dhb'/x? rflxF cGofo ;x]/ a:bf ;/sf/ klg xfO;Grf] dfg]/ a:g], >d ;lrjnfO{ d]/f] k|Zg, >d sfof{nosf] xflsdn] >d P]g cg';f/ km};nf lsg lbg ;Sg'ePg <

**;femf ;jfn M** 6«]8 o'lgogn] jf:tjdf dhb'/sf] xs lxtdf sfd u/]sf 5g\ ls dhb'/x?sf] gfddf /fhgLlt u/]sf 5g\ <

**;'/f]h s];L, bfª M** -Sofl;gf] dhb'/\_ clxn] o'lgogn] slt /fd|f] sfd u/]sf] 5, 5}g eGg] Pp6f pbfx/0f xfd|f] Sofl;gf]df 5, ;aeGbf a9L o'lgog xfdLn] v8f u/]sf] ^ j6f o'lgog 5, olb dhb'/sf] xs lxtsf] nflu sfd u/]sf] eP Sofl;gf] aGb x'g] lyPg xf]nf . ^–^ j6f o'lgog ePkl5 ToxfF s] x'G5 < nyflnË etfe'Ë x'G5 ls x'Fb}g < sfd ePsf] 5}g, ca To;sf] df/df xfdL dhb'/ k/]sf xf}+ .

**;femf ;jfn M** >d ;lrjHo", tkfO{x?n] x/]s 7fpFdf Pp6f cflwsfl/s o'lgog x'g] r'gfa lsg a]nf a]nfdf gu/fPsf] <

**;'/]zdfg >]i7** M la8Dagf <6«]8 o'lgog P]gsf] lgodfjnLdf s] 5 eg]b]lv rf/ j6f o'lgogdf h;n] w]/} dt kfof], To;n] cWoIf, ;]s]08 dt kfpg] pkfWoIf, y8{ dt kfpg] ;lrj, kmf]y{ kfpg] dxf;lrj o:tf] lsl;dsf] 5, of] lx;fasf] l:ylt lyof], x'Fbf x'Fbf clxn] \*–( j6f 6«]8 o'lgog 5, rf/ j6fdf dfq} 5fGg], xfdLnfO{ rflxFb}g eGg] ToxLF leq ePsf] x'Fbf . lghfdtL ;]jfsf] If]qdf 6«]8 o'lgog / k|lti7fgsf] 6«]8 o'lgog aLr lans'n km/s x'g\ . lghfdtL 6«]8 o'lgogsf] PlS6e g]kfndf hlt 5g\ lg c? b]zdf 5}gg\ . k|lti7fg:t/sf] ;Gbe{df h'g lx;fan] cflwsfl/s 6«]8 o'lgogsf] r'gfa x'g'kg]{ xf], Tof] t pxfFx? nfUb} x'g'x'G5, xfd|f] 6«]8 o'lgog P]g, >d P]gsf] lx;fadf Tof] t

**;femf ;jfn M** ;'/]zdfghL, tkfO{n] cl3b]lv lbPsf] hjfkmdf o:t} cK7\of/f] 5, o:tf] lj8Dagf l:ylt 5, elg/fVg'ePsf] 5, ;lrjsf] sfd s] <

**;'/]zdfg >]i7** M kmfl;ln6]6/sf] sfd xf] . xfd|f] 6«fkfO6 kf6{g/, /f]huf/bftf,

**;femf ;jfn M** ;d:of ;Daf]wg ugf{sf nflu g >d dGqfno 5, oxfF tkfO{sf cufl8 g]kfn pBf]u jfl0fHo ;+3sf cWoIf klg x'g'x'G5, 6«]8 o'lgog;Fu cfa4 k|ltlglw klg x'g'x'G5 . tkfO{+n] >d dGqfnon] oL ljifox?nfO{ x]g'kg]{ xf] ls xf]Og <

**;'/]zdfg >]i7** M >d P]g, 6«]8 o'lgog P]g agfpg] ;Gbe{df t ;/sf/ t kmfl;ln6]6/ xf], d]g t ljleGg 6«]8 o'lgogsf kmfl;ln6]6/ x'g'x'G5 To;df, /f]huf/bftfx? klg x'g'x'G5, ldl6ªx? af]nfO/x]sf 5f}+, Tof] lx;fan] x'g] xf], ;/sf/sf] sfd t . ;/sf/n] g} l86]S6 ug]{ eGg] s'/f 5}g .

**;fGtf a:g]t M** -3/ bf]nvf, xfn a;fO eQmk'/\_ d lrk dfj{nsf] sfd u5'{, d]/f] k|Zg s] xf] eg] xfdL dlxnfn] lrk dfj{nsf] sfd u5f}{+, k'?ifn] klg of] sfd ug'{x'G5, Pp6} sfd u5f}{+, k'?ifn] dfj{n 3f]6]af6 \* ;o ?k}of kfpF5 eg] xfdLn] ;f9] tLg;o dfq kfpF5f}+ . sfd Pp6}, u/fO{ Pp6}, b'Mv Pp6} t/ xfd|f] Hofnfdf Pp6} ;dfgtf gcfPsf] <

**;'/]zdfg >]i7** M To:tf] 5 eg] pxfFn] >d sfof{nodf ph'/ ug{ ;Sg'x'G5 . To;df xfdL x]5f}{+ .

**;femf ;jfn M** tkfO{x?n] cg'udg} gug]{ xf] eg] s}of}+ cgk9, clzlIft dlxnfx? k'?ifx? >d sfof{nodf cfpg], ToxfF ph'/L n]vfpg], clg ToxfFaf6 km]l/ Psbd k|lqmof k"/f ug]{ s;/L yfxf x'G5 < clxn] sltko xfdLh:tf dfG5]n] yfxf eof] eg] gk9]sf ufpF ufpFdf a:g]nfO{ s;/L yfxf x'G5 <

**;'/]zdfg >]i7** M k|Zg ;f]Wbfv]l/ xfd|f] l/;f];{ s] 5 eg]/ ;f]Wbfv]l/ /fd|f] x'G5 . oxfF nfvf}+ >ldsx? sfd ul//x]sf 5g\, OGkm/dn If]qdf sfd ug'{ePsf] 5, ;a} yfxf x'G5 eGg] 5}g . h:tf] pxfFn] eGg'ef], kSs} klg ;dfg sfdsf] ;dfg Hofnf kfpg'k5{ . To;df k|Zg 5}g, t/ pxfF alxgLn] eGg'eof], Tof] lx;faaf6 ;DalGwt lgsfodf ph'/L ug]{ lgsfo 5, hfg' rflxF k5{ . >d sfof{no gePsf] 7fpFdf lhNnf k|zf;g sfof{nodf klg ph'/L lbg;S5 .

**;fGtf a:g]t M** pxfFn] eGg'ePsf] >d sfof{no cyjf l;l8cf] sfof{nodf xfdL lgdf{0f If]qdf cgf}krfl/s If]qdf sfd ug]{ >lds >d ljefudf Pp6f lgj]bg lnP/ uof}+ eg] af/Daf/ em'nfpg], glbg], tkfO{+ o;df sfd ug'{x'G5, tkfO{sf] s] nfO;]G; 5 eGg] xfdL s'g} nfO;]G;jfnf x'Fb}gf}+, cfh of] 3/df !) hgf sfd u5f}{+ eg] ef]ln csf]{ 7fpFdf uP/ # hgf / st} Ps hgf dfq}n] sfd ug]{ l:ylt x'G5, Tof] 7fpFdf k'?ifn] x]Kg] klg, sfd ug]{ 7fpFdf g/fd|f] b[li6n] x]bf{x]b}{ g/fd|f] Jojxf/ x'Fbf xfdLn] o:tf] eof] eg]/ >d ljefudf lgj]bg xfNbf ljefu / l;l8cf] sfof{non] klg slxNo} ;'g'jfO gu/]sf] cj:yf cfPsf] 5 .

**;[hgf pk|]tL M** -hgsk'/, ;nf{xL xfn afg]Zj/\_ d 6«]8 o'lgog dxf;+3 lhkmG6;Fu cfa4 xf] . d 6'l/hd If]q cGtu{t Pp6f dgf]/~hg If]q eg]/ Sofl;gf] If]qdf sfd u5'{ . d]/f] k|Zg eg]sf] >d ;lrjnfO{, pxfFn] >d sfof{no / l;l8cf] sfof{nodf ph'/L ubf{ x'G5 eGg'eof], ;/sf/sf] Pp6f lg0f{on] Sofl;gf] pBf]u ;a} aGb eof], aGb ePkl5 xfdL >ddf klg uof}+, l;l8cf] sfof{nodf klg uof}+, xfd|f] tna eQf pknAw u/fO kfpF eg]/ . ;du| Sofl;gf]x?sf] :6fksf] aSof}6f, sd{rf/Lsf] aSof}6f dfq} $@ s/f]8 rfgr'g 5 . Tolt x'Fbf klg xfdLn] >d sfof{nodf uP/ ph'/L u/]sf 5f}+, d oxfF b]vfplbpFnf, l;l8cf] sfof{nodf uP/ ph'/L u/]sf 5f}+, ljut dlxgf lbgb]lv xfdL wfO/x]sf 5f}+, t/ pxfFx?n] ;'g'jfO ug'{ePsf] 5}g, cfh xfdL hfG5f}+, l;l8cf] sfof{nodf l;l8cf] ;fx]a labf a:g'x'GYof], ef]ln xfdL >d sfof{nodf pxfF labf a:g'x'G5, clg t xfd|f] lnª\ul/ª u/]/ c8\sfO/x]sf] 5 . yfxf gkfP/ >d sfof{no / l;l8cf] sfof{nodf k'Ub} gk'Ug' t Pp6f s'/f t/

**;femf ;jfn M** olt ;xefuL ePsf] aLrdf klg b'O{ hgf dlxnfn] eGg'eof], lr7L g} b]vfpg'eof], uP/ s]xL klg ePg, dlxgf}+;Dd em'nfOlbof] .

**;'/]zdfg >]i7** M o;df s] 5 eg] pxfF alxgL cufl8 a9\g'ePsf] alxgL xf], lhkmG6;Fu ;DalGwt x'g'x'G5, lhkmG6, /f]huf/bftf, ;/sf/ aLr ;w}+ ldl6ª eO/xG5 . o:tf] O:o' cfof] eg] ;xh};Fu ;dfwfg ug{ ;lsG5 .

**lji0f' l/dfn M** xfdLn] cfkm\gf] 6fpsfdfly cfsfz t 7]lu g} /x]sf 5f}+ xf]nf, ToxfFeGbf a9L 5}g g} . d"n s'/f] s] xf] eg] d}n] ;'?d} >d cfof]usf] s'/f p7fPsf] oxL ljifodf xf] s] . xfdLn] ;|f]t rflxg] >d cfof]u dfu]sf] xf]Og lg t < xfdLn] clxn];Dd g]kfn ;/sf/sf] dftxtsf] s'g} klg >d If]q x]g]{ lgsfo 5}g . xfdL;Fu sf/vfgf lg/LIf0f ug]{ sf/vfgf lg/LIf0f k|0ffnL 5 . !) j6f >d sfof{non] b]zel/sf sf/vfgfsf] AjfOn/ lg/LIf0f u5{g\, Toltdfq} xf] . d]sflgsn OlGhlgo/n] x]5{ Tof] . xfdLnfO{ >d lg/LIf0f ug]{ lgsfo rfx]sf], sfg'g nfu" eof] ls ePg, dlxnf k'?ifsf] e]befj eof] ls ePg < of] t cg'e"lt u/]s} s'/f xf] lg . >d sfof{nodf cfKnfO ug]{ xf] eg] klg lalt 5}g . cl3 zfGtfhL eGg'eP h:t} s'/f xf] . pxfFx?nfO{ lgo'lQmkq lbPsf] x'Fb}g . lrk dfj{n 3f]Tg]nfO{ . lgo'lQmkq geO{ k|df0f 5}g elGbG5, clg Tof] dfG5]n] s] u5{ < ;d:of Tof] xf] . clg xfdL uP/ o'lgogaf6 hfG5f}+, nf} lt3|f 7f]Sof], xf8tfn eof] . b'lgof eof] eg]/ cf/f]k cfpF5 . cl3 u0f]zhLn] klg p7fO;Sg'ef] . xfdLn] x]g'{;\ otflt/ kN6] klg lk6fO vg], csf]{lt/ kN6] klg lk6fO vfg] dfG5] xf}+ . To;sf/0f d]/f] cfu|x s] xf] eg] lg

**;femf ;jfn M** d}n] a'em\g g;s]sf] s'/f s] xf] eg] otflt/ pBf]u jfl0fHo dxf;+3 5, 5ftf ;+u7g, oqf xhf/f}+ pBf]u Joj;fox?sf] . oxfF lhkmG5 5, dfcf]jfbL lgs6 6«]8 o'lgog 5, sf+u|]; lgs6 5, ;a} lgs6 6«]8 o'lgog 5g\, xhf/f}+sf] ;ª\Vofdf 6«]8 o'lgog ;b:ox? 5g\ . t}klg tkfO{x? ;/sf/;Fu uP/ of] rflxof] eg]/ eGg} g;Sg] < lsg <

**lji0f' l/dfn M** d}n] ;''?d} eg]F lg t, xfdL;Fu ;DalGwt tLg rf/ j6f o'lgogsf] gfd====

**;femf ;jfn M** dhb'/sf] lxt eGbf cfˆg} lxt stfaf6 eg]/ Totflt/ nlRsPsf] xf] <

**lji0f' l/dfn M** d}n] d]/f] lxt s] u5{ xf]nf< tkfO{ d]/f] 7fpFaf6 ;f]Rgf];\ g < d d]/f] 7fpFaf6 6«]8 o'lgogsf] cWoIf x'F . d}n] d]/f] lxt s] u5{ xf]nf <

**;femf ;jfn M** dhb'/sf] ;d:of lsg ;dfwfg x'Fb}g xf]nf t < dnfO{ ;xefuLx?af6} hjfkm lnpF, of] bzf}+ jif{;Dd lsg ;dfwfg x'Fb}g <

**O{Zj/L k|;fb 9sfn M** -d+unk'/ uflj;, lghfdtL sd{rf/L\_ d cfb/0fLo ;lrjHo"nfO{ cflwsfl/s 6«]8 o'lgogsf] ljifodf h'g s'/f lgsfNg'ef], cflwsfl/s 6«]8 o'lgogsf] r'gfa g]kfn ;/sf/n] ug'{k5{ eg]/ ls6fgL ul/of 5 . g]kfn ;/sf/sf] ;lrjdf /xg'x'G5, tkfO{n] cfh;Dd 6«]8 o'lgogsf] r'gfa lsg u/fpg ;Sg'ePg < b'O{ jif{;Dd g]kfn ;/sf/n] cflwsfl/s 6«]8 o'lgogsf] r'gfa u/fpg sfof{nosf] :yfkgf ul/;Sof] .

**;'/]zdfg >]i7** M lghfdtL ;]jf P]g / lgodfjnL cg';f/ sd{rf/Lsf] 6«]8 o'lgogsf] Joj:yf 5 . cflwsfl/s 6«]8 o'lgogsf] r'gfa u/fpg] ;Gbe{df g]kfn ;/sf/n] >d ;/f]sf/ dGqfno cGt/ut] g} Ps lsl;dsf] Pp6f c:yfoL sfof{no v8f u/]sf] 5 . xfdLn] pxfFx?;Fu af/Daf/ a}7s u/]sf 5f}+ . pxfFx? lghfdtL ;]jf P]g aGbfv]l/ hDdfhDdL rf/ j6f 6«]8 o'lgog lyof] . clxn] a9]/ \* j6f gf} j6f 6«]8 o'lgog ag]sf] 5 . lghfdtL ;]jf /fhgLlts kf6L{;fu 8fO/]S6 ;DalGwt x'Fb}g, t/ pxfFx? /fhgLlts kf6L{;Fusf] ;+nUgtfcg';f/ rNg'eof] . o; l:yltdf >d dGqfnon] as}bf ldl6ª /fVof] . xfdL r'gfa ug{ tof/ 5f}+ . xfdLn] dtbftf gfdfjnL lbOof] . kl5 rf/ hgf 7"nf 6«]8 o'lgogx?n] r'gfa ug]{ eGg] c? ;fgf 6«]8 o'lgogx? x'gt r'gfa geOsg ;fgf 7"nf eGg ;lsGg, t/ d of] ;femf ;jfn;Fu s] /fVg cg'dlt rfxG5' eg] lghfdtL ;]jfdf clxn] hDdfhDdL \*) xhf/ sd{rf/L klg 5}g . lghfdtL 6«]8 o'lgogsf] Ps nfv @) xhf/ eGbf a9L sd{rf/ ;b:o ;ª\Vof 5 . of] a9L sd{rf/L sxfFaf6 cfof] < Pp6f k|Zg of] 5 . xfdLn] cflwsfl/s 6«]8 o'lgogsf] r'gfa ug'{k5{ . o;df ;aeGbf a9L ef]6 Nofpg] cWoIf, bf];|f] ef]6 Nofpg] pkfWoIf, t];|f] ef]6 Nofpg] cGo kb elg;s]kl5

**;femf ;jfn M** dGqfnon] sfd ug{ g;s]kl5 dGqfno x6fpg] xf] ls s] xf] < dhb'/sf] bf]if, 6«]8 o'lgogsf] bf]if, pBf]u jfl0fHo dxf;+3sf] bf]if cfO;s]kl5 dGqfno lsg rflxof] <

**;'/]zdfg >]i7** M lghfdtL cGo 6«]8 o'lgogsf] 3f]/ cfklQ < s] df eGbf v]l/ xfdL hlxn] klg lghfdtL ;]jf lbj; ebf} @@ ut] dgfpF5f}+ . 6«]8 o'lgogx?sf] ldnf]dtf] gePsf] sf/0f Tof] lbj; ;f}xfb{?kdf dgfpg ;ls/x]sf] 5}g .

**x/]/fd kf08] M** -g'jfsf]6 3/, xfn gofF a;kfs{\_ d cfheGbf ^ dlxgf cufl8 Pp6f ;+:yfdf lg/Gt/ \* jif{b]lv sfd ub}{ lyPF, dnufot $) hgf dhb'/x? clxn] ToxfF ljrNnLdf k/]sf 5g\, dflns sDkgL aGb u/]/ km/f/ 5 . ToxfF Pp6f cflwsfl/s 6«]8 o'lgog klg lyof] . xfdLn] >d ljefu, >d sfof{nodf lgj]bg lbof}+, af]wfy{ lhNnf k|zf;g sfof{no sf7df8f}+df ;d]t lgj]bg lbof}+ . To;sf] st}af6 klg ;'gjfO ePsf] 5}g . xfdLn] kfl/>ldsx? kfpgsf lgldQ xfn ljrNnLdf k/]sf dhb'/x?n] s] ug'{knf{ <

**k|bLkhª kf08] M** s'g} klg sDkgLx? g]kfn ;/sf/sf] lgodcg';f/ pBf]u ljefudf btf{ x'G5 . sDkgL /lh:6f8{ sfof{no cyjf h] k|s[ltsf] pBf]u 5, Tof] cg';f/ ko{6g dGqfnonufot ;DalGwt lgsfodf btf{ x'G5 . bf];|f] Tof] s/df btf{ x'G5, Eof6 / Kofgdf btf{ x'G5 . o; lsl;dn] pBf]u ;~rfng x'G5 . To;n] bfloTj k"/f ug{ >ldsx? lgo'lQm u5{, kfl/>lds lbg}k5{ . olb s'g} sDkgL PShL6 x'g rfxG5 eg] Tof] t'?Gt} hfg ;Sb}g . pbfx/0f lbg rfxG5', of] dxTjk"0f{ 5, ! nfv $% xhf/ sDkgLx? sDkgL /lh:6f8{ sfof{nodf btf{ 5g\ . ToxfF sDkgL /lh:6f8{ sfof{nodf 8fO/]S6/ r]Gh eof] eg] To;sf] ;"rgf lbg'k5{ . Ps jif{ lbgleq afn]G;;L6 a'emfpg'k5{ .

/lh:6f8{ sfof{non] sDkgL aGb ul/lbG5, ltg{ g;s]sf sf/0fn] . 6\ofS; glt/]sf] sf/0fn] aGb x'g ;S5 . sDkgLn] aGb ug{ ;Sb}g . sDkgL aGb ug{nfO{ lnlSj8/ lgo'lQm ug'{k5{ . To;}n] g]kfn ;/sf/sf] s/sf] as}bf 5 eg]b]lv lnlSj8]6/ lgo'lQm gul/sg Tof] sDkgL aGb -PShL6\_ ug{ kfpFb}g . cfkm\gf] dfu /fVgf];\, xfdL pBf]u jfl0fHo dxf;+3n] Tof] sDkgLsf] cf;]; x'G5, Tof] sDkgLsf] ;DklQ x'G5, To;af6 e/0f kf]if0f x'G5 . pbf/x0f lnpF, sltko a}+s, ljQLo ;+:yfx? aGb eP, t/ sd{rf/Lsf] k};f / l8kf]lh6/n] hDdf u/]sf] k};f Ps Ps u/L lbg] sfd eof], To;sf] k|f];]/ 5, tkfO{n] kfpg'x'G5 .

**;femf ;jfn M** pxfF / pxfF h:tf sof}+ dhb'/x?, g]kfn pBf]u jfl0fHo dxf;+3df cfpg'k¥of], p;f]eP <

**k|bLkhª kf08] M** cfpg kb}{g, hfgsf/L x'g'k¥of], yfxf x'g'k¥of] . >ldssf] Hofnf gkfPsf] xfdLn] yfxf x'Fb}g, clxn] yfxf eof] . yfxf ePsf] ;"rgf t cfpg'k¥of] lg, ;DklQ t 5 lg . lnlSj8]6/ lgo'lQm u/]/ k|f];]; rnfpF5f}+ xfdL .

**x/]/fd kf08] M** xfdLsxfF ToxfF Pp6f k|lti7fg:t/sf] 6«]8 o'lgog lyof] . xfdLn] 6«]8 o'lgogdf klg eof}+ . ToxfFaf6 klg s]xL x'g ;s]sf] 5}g .

**;femf ;jfn M** of] t s:tf] b]lvof] eg] lg 6«]8 o'lgogn] klg s]xL ug{ g;Sg], pBf]u jfl0fHo dxf;+3n] lg s]xL ug{ g;Sg], >d dGqfnon] lg s]xL ug{ g;Sg], s] ug]{ lg t ca < tkfO{x? tLg} hgfn] elglbg'k¥of] .

**lji0f' l/dfn M** ca d}n] cl3 g} Pp6f zAb eg]F, cfkm\gf] 6fpsf dflysf] cfsfz af]Sg], of] t ;fgf] sDkgL eg] h:tf] ;'lgof], dfggLohLn] eGg'eof], $), %) hgf ePsf] k|lti7fg, $,% ;o >ldsn] sfd ug]{ g]kfndf gfd rn]sf] Pp6f sDkgLdf b'O{ jif{b]lv tna glbP/ dfG5] cnkq k/] . clg xfdLn] pBf]u jfl0fHo dxf;+3 s]Gb|Lo sfof{nodf uP/ eGof}+, s] ug]{ < clxn] oxfFn] ;f]Wof h:t} k|Zg ;f]w]kl5, n tkfO{x? cx|/f] geO lbgf];\, tLg rf/ vfnsf] o'lgog 5, cK7\of/f] kflb{G5, oxfFn] eGg'eP h:t} /fhgLlt gug'{ xf]nf, xfdL hDd} kfpg] k};f lgsf;f lgsflNbpFnf eGg'eof], lgsfNg klg glbg] eGg] xfdLnfO{ cf/f]k lyof] . n eg]/ xfdLn] tLg j6} 6«]8 o'lgog, ToxfF tLg j6f 6«]8 o'lgog lyof], tLg j6} 6«]8 o'lgog ldn]/ >ldsx?nfO{ lgSng tof/ x'g';\ eg]/ dgfof}+ . b'O{ jif{b]lv kfpg'kg]{ tna clxn];Dd klg kfOPg, ef]ln ef]ln eGbf eGb} cfhsf ldlt;Dd klg kfOPsf] 5}g . oxL sf/0fn] cfh 5]p5fplt/ wgf{ 5 eGg] d}n] ;'g]sf] 5' . of] pBf]u jfl0fHo dxf;+3sf] ;aeGbf dflysf] txaf6 of] Jojxf/ eO/fv]sf] 5 . of] xfdL x]Nkg];n]; eO/x]sf] sf/0fn] d]/f] t km]l/ klg Tof] ;f]n';gsf nflu lj1x?sf] cfof]u aGg'k¥of] . To;n] u/]sf] ;a}n] dfGg'k¥of] . Tof] afx]s c? pkfo} b]lvFb}g .

**k|bLkhª kf08] M** ;/sf/af6 /fh:j p7fPsf] k};f hgsk'/ h:tf] sf/vfgfdf ;/sf/n] s/f]8f}+ ?k}of PShL6 ug{ lbOG5, t/ h'g lsl;dsf] lghL If]q 5, d ToxfF ;/sf/af6 k};f dfu]sf] xf]Og, p;sf] ;DklQ x'G5, lnlSj8]6/ lgo'lQm geOsg sDkgL aGb x'Fb}g, Tof] a]nf >ldsn] kfpg] cfkm\gf] tna kfpF5, gkfpg] s'/f 5}g, ;do nfu] xf]nf . o;sf] ;Daf]wg >d sfof{non] h'g ljjfb cfpF5, cK7\of/f] k5{, >d sfof{no hfg}k5{, xfdL klg hfg] ToxL g} xf] Sof/] .

**;'/]zdfg >]i7** M sfdbf/x?sf] ljleGg 6«]8 o'lgog x'G5, 6«]8 o'lgogdf clxn] HjfOg6 sf]cl8{g];g sld6L eGg] klg 5 . lhkmG6 klg o;df x'g'x'G5 . /f]huf/bftfx? klg x'g'x'G5 . xfdL klg 5f}+ . 6«fkfO6 ldl6ªaf6 ;d:of ;dfwfg ug{ tTk/ 5f}+ .

**;+lutf u}/] M -**lzv/ z' OG8:6«Lsf] 8fO/]S6/\_ xfdLsxfF >ldsx? d}n] vfg kfPg, d}n] nfpg kfPg, dnfO{ sfd lbgf];\, @ xhf/ lbgf];\, # xhf/ lbgf];\, dnfO{ sfd ug{ lbgf];\, eg]/ cfpg] w]/} 5g\ . ;/sf/sf] lgod 5, nueu \*% ;o lbg'kg]{ cj:yf 5, xfdLn] tL >ldsx?nfO{ sfd ug{ nfpg kfpg] ls gkfpg] <

**;femf ;jfn M** tkfO{sf] k|Zg ;/sf/n] tf]s]sf] eGbf sd k};fdf sfd u5'{ eg]/ sf]xL cfof] eg] sfd nfpg kfpg] ls gkfpg] <

**;'/]zdfg >]i7** M of] s:tf] xf] eg] s/f/ h:tf], lk|mdf sfd u5'{ eg] klg Tof] a]Un} s'/f xf] . ;/sf/df ph'/L cfof] eg] Tof] a]Un} s'/f ef], sd sfd ug{ cfpF5g\, sfd nfpg] ls gnfpg] eGg] lx;fadf t, lk|mdf sfd u5'{, sddf sfd Hofnfdf sfd u5'{ eGg] s'/f a]Un} s'/fef], t/ Go"gtd Hofnf kfOg] eg]/ s'/f p7fpg'ef] eg] xfdLn] x]g'{k¥of] .

**u0f]z /]UdL M** d cfu|x u5'{, ;lrjHo"nfO{ tkfO{;Fu >d P]g 5, Tof] >d P]g dfq} sfof{Gjog u5'{ eg]/ dfq} sDkgL btf{ x'G5, s;}n] sd tnadf sfd u5'{ eGb}df p;nfO{ sd tna lbg kfpF5 < Go"gtd tnaeGbf tn sfd nfpg kfOb}g eg]/ xfdLn] ;xdlt u/]sf] xf]Og < Tof] /fhkq k|sflzt u/]sf] xf]Og < @ xhf/df sfd ug{ cfpF5' eGg] t ef]sf] k]6 xf], ef]sf] k]6sf] afWotfdfly v]naf8 ug{ lbg kfOG5 ;/sf/n] <

**;femf ;jfn M** clg ef]sf] k]6sf] afWotf dfly /fhgLlt ug{ kfOG5 <

**u0f]z /]UdL M** xfdL /fhgLlt ub}{gf}+, of] /fhgLlt xf]Og, ef]sf] k]6n] tf]s]sf] tna kfpg'k5{ eg]sf] /fhgLlt xf]Og <

**lji0f' l/dfn M** d @% ?k}ofFdf /fi6«klt rnfpF5', @ ?k}ofFdf k|wfgdGqL rnfpF5', lbgf];\ g n . 3l6s6fpdf hfg] xf] eg] olb lgod gdfGg] xf] eg] d o;df tof/ 5', d @ ?k}ofFdf k|wfgdGqL rnfpF5' . dnfO{ c? rflxFb}g, ;'zLnhLnfO{ x6fOlbgf];\ .

**;'/]zdfg >]i7** M o;df s] xf] eg]b]lv s;}n] @ xhf/df sfd u5'{ eg]/ cfPb]lv sfd u/fpg kfpF5 ls kfpFb}g eGg] ;Gbe{df P afaf sfd u5'{ eg]/ cfpF5 eg]b]lv ;/sf/nfO{ ph'/L cfpFb}g eg] ;/sf/n] s;/L yfxf kfpF5 < d 6«]8 o'lgogsf] ;fyLnfO{ k|ltk|Zg ug{ rfxG5', pxfF g} x'g'x'G5 afaf, ;/sf/ t kmfl;ln6]6/ xf], 6«]8 o'lgogsf] ;fyLx? x'g'x'G5, /f]huf/bftfsf ;fyLx? x'g'x'G5, ;/sf/n] hlt;Sbf] a9L kmfl;ln6L lbg kmfl;ln6]6 ug]{ s'/f xf] . ;d:of cfof] eg] ;/sf/n] 5nkmn ug]{ xf] lg . of] t k|Zg pxfFx?df hfG5 .

**u0f]z /]UdL M** /fli6«o dhb'/ cfof]u lqkIfLo ;xdlt u/]/ >d dGqfnodf a'emfof}+, aLrdf Ps k6s b'O{ jif{df ldl6ª /fVof] / Tof] lqkIfLo ;xdltsf] 8s'd]G6 vfsf hf] lyof], ufoa ul/of] ToxfF, lsg o;/L ufoa ul/G5, /fli6«o >d cfof]usf], Tof] cfof]u lsg lgdf{0f x'Fb}g < xfdLn] elg/x]sf 5f}+ ;fdflhs ;'/Iff sf]if l56f] Nofpg' k¥of], >d P]g l56f] agfpg' k¥of], ;/sf/n] :6]k lnO/x]sf] 5}g . of] t ePsf] s'/f xf] .

**;femf ;jfn M** ;/sf/ ca s]xL klg ug{ g;Sg] l:yltdf 5, dhb'/} bf]ifL, 6«]8 o'lgog} bf]ifL xfdLnfO{ cln ufx|} 5 eGg'ePsf] xf] <

**;'/]zdfg >]i7** M ;/sf/ dhb'/sf] kIfdf, /f]huf/bftfsf] kIfdf ;/sf/ ;du| ?kdf cufl8 a9\g] kIfdf lqmofzLn 5 / ;xof]u rflxG5 . clxn] oxfF u0f]zhLn] p7fpg'eof], ;dflhs ;'/Iffsf] s'/f a8f] /fd|f] s'/f, Tof] kfOk nfOgdf 5, xfdL NofpFb}5f}+ .

**;femf ;jfn M** xfdLn] of] ax;df w]/}a]/ cf}krfl/s ?kdf sfd ug]{ dhb'/x?sf] ljifonfO{ lnP/ ;do vfof}+, g]kfndf w]/} dhb'/x? cgf}krfl/s ?kdf sfd u5{g\, pgLx?sf] ;d:ofsf] af/]df d ;xefuLx?sf] wf/0ff lng rfxG5' .

**dgf]xl/ lzjfsf]6L M** -emfkf\_ xfdL lgdf{0f If]qdf sfd ug]{ >ldsx?sf] 5'§} >d sfg'g 5}g .

**;femf ;jfn M** lgdf{0f If]qdf sfd ubf{ub}{ dflyaf6 tn v:of] /], cyjf sf]xL sfdbf/sf] xft sfl6of] /] p;sf] pkrf/ s;n] u5{ < To;sf] d[To' eof] eg] To;sf] Ifltk"lt{ s;n] lbG5 <

**dgf]xl/ lzjfsf]6L M** ;DalGwt sDkgL jf ;DalGwt Joj:yfksn] lbG5 . xfdLx?n] pxfFx?nfO{ l/sj]:6 u5f}{+, / oyfzSo

**;femf ;jfn M** b}lgs Hofnfbf/Lsf] ?kdf dhb'/L ug]{ sf]xL sfdbf/ oxfF ;xefuL x'g'x'G5 <

**eLdHjfnf /fO{ M** klxnf] k|Zg s]xf] eg]b]lv clxn] Go"gtd Hofnfaf/] 3lge"t 9Ën] p7\of], otfoft dhb'/sf] s'/f ug]{ xf] eg] oftfoft dhb'/x?sf] clxn];Dd sl/a 5 nfv oftfoft dhb'/x?sf] clxn];Dd Go"gtd Hofnf pgLx?n] kfO/x]sf] cj:yf 5}g / lgo'lQmkqsf] klg Joj:yf 5}g . sfdsf] s'/f ug]{ xf] eg] ;"of]{bob]lv ;"of{:t;Dd pgLx?n] sfd ug'{k5{, oqf] If]q em08} ^ nfv >ldsnfO{ ;d]6\g >d P]g leq k5{ ls kb}{g cyjf o;nfO{ ;d]6\g >d ;lrjHo"n] s] of]hgf Nofpg'x'G5 < d]/f] k|Zg . csf]{ pBf]u jfl0fHo dxf;+3sf cWoIfHo"nfO{ oqf] em08} $ vj{eGbf a9L lghL If]qaf6 nufgL ePsf] 5, o;nfO{ pBf]usf] ?kdf :yfkgf ug{sf lglDt pBf]u jfl0fHo dxf;+3n] s] gLlt Nofpg ;S5 / ;du| To; If]qdf sfd ug]{ >ldsx?sf] Go"gtd Hofnfsf] ;Gbe{df, pgLx?sf] /f]hL/f]6Lsf] ;Gbe{df / sfdsf] Uof/]G6Lsf] ;Gbe{df clxn] Pp6f uf8Ldf sfd u¥of], a]n'sf dflnsnfO{ lrQ a'em]g eg] rfaL a'emfP/ csf]{ uf8Ldf hfg'kg]{ clxn]sf] l:ylt 5, To;sf] cGTo s;/L x'G5 eGg] d]/f] k|Zg .

**k|bLkhª kf08] M** ;a} ;d:ofsf] ;dfwfg Pp6} 8f]sf]af6 x'Fb}g, Pp6f dfG5]n] Pp6f uf8L /fVof], To;n] >lds /fVof], Tof] ;a}sf] 7]Ssf pBf]u jfl0fHo dxf;+3sf] eGg', To;nfO{ Jojl:yt u/Lsg, sDkgL agfO{sg Jojl:yt ug{ kfP eg] ;/sf/sf] s/ klg p7\5, dhb'/sf] tna klg p7\5, Jojl:yt ug{;Sg'k5{ . ;a}n] g]u]l6e Pk|f]r glnpF, Jojl:yt u/Lsg, ha cfDbfgL a9\5, To;sf] ;'ljwf klg a9\5, Tof] kf6{n] hfg'k5{ . dhb'/ Joj:yfks b'O{ kf6f x'g\, of] ;Ifd x'g'k5{. Pp6f kf6fdf dfq bfu nfu]kl5 Tof] vf]6f] x'G5, vf]6f] ePkl5, Jojl:yt x'Fb}g, rfx] pBf]u jfl0fHo dxf;+3, egf}+, rfx] 6«]8 o'lgog egf}+ g]kfn ;/sf/;Fu ;xsfo{ u/Lsg Jojl:yt ug{ xfdL tof/ 5f}+, tkfO{+ eLdhLsf] efjgfnfO{ Ps bd sb/ u5'{, rf/ vj{sf] nufgL Jojl:yt ug{sf] nflu Jojl:yt ug{ ;lsG5 .

**;j{hLt k'g M** -bfª\_ d Pp6f O6f e§fdf sfd u5'{ . ToxfF sfd ug]{ afnaflnsfnfO{ k9\g] Joj:yf s]xL klg 5}g . ;'/Iff eg]sf] klg s]xL klg 5}g .

**;femf ;jfn M** oxfF >ldssf] ! k|ltzt s/af6 ;fdflhs ;'/Iff sf]if agfOG5, To;af6 clxn];Dd s]xL klg ;'ljwfx? kfOPg, s] eof], eg]/ k|Zg pl7/x]sf] 5 . sxfF uof] Tof] k};f <

**;'/]zdfg >]i7 M** clxn] ;fdflhs ;'/Iffsf]ifsf] ;lrjfno >d dGqfno cGtu{t vf]n]sf] 5 . clxn] To;sf] lgodfjnL alg;s]sf] 5 . pxfFn] sd{rf/L ;+3sf] dfq s'/f ug'{eof], ;'/Iff sf]ifsf] lx;faaf6 s] s'/f cfO/x]sf] 5 eg]b]lv k|lti7fg:t/sf] sfdbf/n] !) k|ltzt /fVg] / /f]huf/bftfn] !) k|ltzt /fVg] / Tof] ! k|ltzt h'g ;fdflhs ;'/Iffsf]ifsf] lx;fan] h'g /flvPsf] 5 Tof] ;d]t @! k|ltzt kmG8af6 7"nf] kmG8 x'G5, dfgf}+, ;~rosf]ifdf eGbf a9L x'G5, Tof] lx;faaf6 sfd al9/x]sf] 5, o;df ;/sf/ nflu/x]sf] 5 . k};f sxfF 5 eGg] s'/f p7\of],

**;femf ;jfn M** of] slxn] x'G5 < sf7df8f}+sf] d]nDrLsf] s'/f h:t} xf] ls <

**;'/]zdfg >]i7 M** of] l56} x'G5 . Ps k|ltzt s/sf] /sd cy{dGqfnodf l8kf]lh6 5.

**;femf ;jfn M** cGTodf, oxfF >ds;Fu ;DalGwt 6«]8 o'lgogsf JolQmx? x'g'x'G5, oxfF /f]huf/bftf;Fu ;DalGwt JolQm / ;/sf/;Fu ;DalGwt JolQm klg x'g'x'G5 . tkfO{x?n] oqf] w]/} kL8f / oqf] w]/} u'gf;f] ;'Gg'ef], ca slxn] s] ug'{x'G5, n eGg';\ .

**;'/]zdfg >]i7 M** clxn] cgf}krfl/s If]qdf y'k|} sfdbf/x? x'g'x'G5 . To;}n] xfdLn] 6«]8 o'lgog;Fu, /f]huf/bftf;Fu / cfO{Pncf]af6 klg cgf}krfl/s If]qnfO{ s;/L Jojl:yt ug]{ eGg] lx;fan] 5nkmnsf s'/fx? cufl8 al9/x]sf] 5 .

**;femf ;jfn M** x/]s s'/fdf 5nkmn eO/x]sf] 5, x/]s s'/f kfOk nfOgdf dfq 5 t/ x'G5 slxn] <

**;'/]zdfg >]i7 M** Ps}rf]l6 t x'Fb}g lg, sd;]sd 5nkmndf t cfof] lg .

**;femf ;jfn M** tkfO{x?nfO{ xfdLn] Ps jif{kl5 km]l/ ;femf ;jfndf cyjf aLaL;Lsf cGo ;jfndf af]nfP/ o:t} cGtjf{tf{ u¥of}+ eg] Tolta]nf;Dd tkfO{x?n] s] ul/;Sg' x'G5 <

**;'/]zdfg >]i7 M** Tof] t o:t} xf], Tof] eljiosf] b|i6f t xfdL xf]Ogf}+ .

**lji0f' l/dfn M** Ps jif{kl5 km]l/ o;/L g} 8fs]/ ;f]Wg'eof] eg] xfdL 6«]8 o'lgogn] s] u/]sf] x'G5 eg] ls Tof] Ps k|ltztsf] b/df hDdf ePsf] & cj{ eGbf a9L k};f o;nfO{ ;fdflhs ;'/Iff sf]if P]g nfu' u/]/ l:sd nfu' ul/;s]sf x'g]5f}+, xf]Og eg] oL b'a} y/LnfO{ k};f lkmtf{ u/ eGg]5f}+ .

**k|bLkhª kf08] M** xfdLsxfF x/]s s'/f >ddf dfq} x}g, nfdf] k|ljlw / sfd gug]{ ks[ltsf sf/0fn] cGwsf/ klg x'g uPsf] 5 . ;f/f rLhx? cefj 5, ;;{tL x]bf{, >ldssf] ;fdflhs ;'/Iffsf]ifsf nflu s§LePsf] ! k|ltzt /sd tLg jif{;Dd klg Jojl:yt gx'g' eg]sf] b'Mvb s'/f xf] . o;nfO{ ;s];Dd rfF8} k|lqmofdf cfcf];\ eGg] xfd|f] dfGotf xf] . s'g} klg sf/0faf6 pBf]u jfl0fHo dxf;+3n] lgefpg'kg]{ e"ldsf lgefpg tof/ 5, hxfF ;fdflhs ;'/Iffsf]if / >ldsx?n] ;'ljwf kfpF5g\ eg] ToxfF sfd ug]{ jftfj/0f aG5, Tof] xfd|f] dfGotf xf] .

**;femf ;jfn M** tkfO{x?sf] jif}{lkR5] tna klg a9\g] /f]huf/bftfx?sf] / dflyNnf] txdf a:g] sd{rf/Lx/sf] klg tna a9\g] clg >ldsx?sf] #!\* ?k}of b}lgs Hofnf ;/sf/n] tf]s]sf] 5, Tof] jiff}{+;Dd a9\g} ga9\g] s] xf] Tof] < cem #!\* klg nfu" gx'g] <

**k|bLkhª kf08] M** Go"gtd tna lgwf{/0f ;ldltn] lgwf{/0f u/]sf] dfGotfnfO{ nfu' ug'{k5{ . rfx] h'g;'s} If]qdf sfd u/]sf] xf];\ .

**;femf ;jfn M** tkfO{x?n] >ldssf] Go"gtd Hofnfn] >ldssf] vfg lg k'Ub}g eg]/ slxNo} eGg'ePsf] 5 <

**k|bLkhª kf08] M** xfdLdf s] x'G5 eg] h'g Pu|Ld]G6 x'G5, To;nfO{ kfngf ug'{k5{ eGg] xfd|f] dfGotf xf] . sxfF Pu|Ld]G6 ePsf] 5}g, ToxfF dhb'/s} kIfaf6 k"/f u/fpg x/k|oTg u5f}{+ / nfu' ug{ sf]l;; u5f}{+ . o;df k|lta4tf hfx]/ klg u5f}{+.

**u0f]z /]UdL M** cfpFbf] Ps jif{leq xfdL x]l//fv]sf 5f}+, ;/sf/nfO{ lnlvt ?kdf, df}lvs ?kdf, 8]lnu];gsf] ?kdf xfdLn] elg/fv]sf 5f}+, clxn] ;/sf/n] ^ j6f P]gx? kfOknfOgdf 5 eg]sf 5g\, ca kfOknfOgdf Ps jif{kl5 Tof] /xg' x'Fb}g. olb ;/sf/ ;DalGwt /f]huf/bftf kIf Tof] s'/f ;xdtdf cfpg ;s]g eg] 6«]8 o'lgogx? xfdL h]l6o';L;Ldf klg 5f}+, xfdL /fli6«o ?kdf cfGbf]ng ug{ afWo x'G5f}+ . Tof] afWotf xfdLdf gcfcf];\, clxn];Dd cGofo ;x]/ g]kfnL dhb'/ sfd ul//x]sf 5g\, ca g]kfnL dhb'/n] ;xb}g .

<https://www.youtube.com/watch?v=i06qKIewFwQ&index=20&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>

Sajha Sawal With Pradeep Jung Panday N Bishnu Rimal N Sureshman Shrestha 04 May 2014 – Rabindra Mishra / [VideoChautari DotCom](https://www.youtube.com/channel/UClbLDgiUb7F10tvwMpjo7mg)