Date: June 13, 2016, Kantipur TV,

# *Rise and Shine interview with Bishnu Rimal*

sflGtk'/ 6]lnlehg, h'g !#, @)!^

af/Daf/sf] jftf{af6 klg lsg lgsf; lgsNg ;ls/x]sf] 5}g <

sflGtk'/ M ;+3Lo u7aGwgsf] jftf{ slt k6s eof], To;sf] lx;fa /fVg sl7g 5, t/ of] eGbf sl7td t dw];L df]rf{;Fusf] af/Daf/sf] jftf{af6 lsg lgsf; lgsfNg ;ls/x]sf] 5}g < ;/sf/ eG5 jftf{sf] nflu cfx\jfg eO/x]sf] 5, kqfrf/ eO/x]sf] 5, k'/fg} egfO bf]xf]¥ofO/x]sf] 5 . ;/sf/ jftf{sf] nflu uDeL/ 5}g .

ca of] cf/f]k k|Tof/f]ksf] v]n rln/xbf ;+ljwfg sfof{Gjogsf] nflu lng' kg]{ dfu{ ;f/} sl7g x]g]5 . cfh s'/fsfgL ub}{5f}+, ;w}+sf] jftf{jf6 lsg lgsf; glg:s]sf] < o;df s;sf] cu|;/tf vl6\lsPsf] 5 < cfh log} ljifodf 5nkmn x'g]5 .

;/sf/n] lxhf] klg kqfrf/ u/]sf] 5 . ca jftf{n] ;fFRrLs} ult lnG5 <

lji0f' l/dfn M xfdLn] cfkm\gf]tkm{af6 ug'{kg]{ st{Jo s'g} klg afFsL /fv]sf 5}gf}+ . s] ubf{v]l/ ;fy{s jftf{ x'g] xf], tYo / pkof]lutfsf] cfwf/df cf}lrTosf] cfwf/df 5nkmn cufl8 a9fpF, h'g s'/f gldn]sf] eg]/ xfdLn] elg/x]sf 5f}+ To;nfO{ nfOg nfOg 5nkmn u/f}+ . To;sf nflu hlt klg ;do lbg ;S5 eg]/ xfdL elg/x]sf 5f}+ . k|wfgdGqLn] n]Vg'ePsf] kqdf g} tYo / ;Tosf] cfwf/df ;fy{s jftf{df hfpF eg]/ n]Vg'ePsf] 5 . Tof] g} pxfFx?sf] nflu k|;:t cfwf/ xf] eGg] nfU5 . d}n] ;'g]sf] 5' w]/} rf]l6, dw];L df]rf{sf] ;fyLx?n] jftf{sf] af6f] ag]g eg]/ cfpFb} x'g'x'G5 . xfdLn] of] eGbf cufl8 kq n]Vbf s] ubf{ v]l/ jftf{sf] jftfj/0f aG5 eGg';\ g eg]/ n]v]sf lyof}+, To;sf] hjfkm s]xL klg cfPg, t}klg xfdLn] s] eGof}+ eg] ;To tYosf] cfwf/df hfcf}+, cf}lrTosf] cfwf/df hfpF, 5nkmn u/f}+, hfoh dfu hDd} k'/f ug{sf] nflu s] cfkt < Tof] klg xfd|f] k|wfgdGqLsf] egfO klg s] 5 eg] of] Pp6f lbg] / lng] s'/f x}g, of] xfdL ;a}sf] ;femf s'/f] xf] . ;femf ;xdltdf /fi6«nfO{ cufl8 a9fpg'kg]{ s'/f xf] .

sflGtk'/ M olb k|wfgdGqLn] eGg'ePsf] 5 eg] tkfO{+n] eGg'eP h:t} hfoh dfusf] k'/f x'G5 eg]/ . c;Gt'i6 kIf p;n] eg]sf] hfoh dfu ;/sf/sf nflu gfhfoh klg x'g;S5, h:tf] d"n d'2fdf ;/sf/n] slt k6s kq k7fof], ;/sf/n] slt k6s s;/L cfx\jfg u¥of] eGbf lg, jftf{df a;]kl5 s;/L 5nkmn ug]{, s'g d'2fdf 5nkmn ug]{ eGg] s'/f dxTjk"0f{ x'G5 . d"n d'2fdf jftf{ ug{ s] ug'{ knf{ <

lji0f' l/dfn M o;df tLg j6f s'/f ljifo p7fpg' kg]{ cfjZos 7fG5', klxnf] s'/f, klxn]sf] ;[ª\vnfdf g} cfpg] xf] eg] ;'?df Ps lsl;dsf] c:ki6tf lyof], cfGbf]ng/t bnx? aLrdf klg c:ki6tf lyof], pxfFx?nfO{ s] nflu/x]sf] lyof] eg] clxn] hf/L u/]sf] ;+ljwfgn] klxnf u/]sf ;Demf}tfx?nfO{ s]xLnfO{ klg af]Sb} af]s]g, gful/stfsf] s'/f ;d:ofdf /x\of] . ;dfg'kflts ;dfj]lztfsf] s'/f vfN8f]df k/] . hftLo s'/f hlQ lyP, /fli6«otfsf] s'/f hlt lyP, dw];L / kxf8Lsf] s'/f cem vfN8f]d} k¥of] eGg] pxfFx?nfO{ kl//x]sf] lyof] . xfdLn] k6s k6ssf] jftf{af6 Pp6f lgisif{ s] lgsfNof}+ eg] ;+ljwfgsf] klxnf] ;+zf]wg t'?Gt} ug]{ / To;af6 tTsfn ;+af]wg u5f}{+ eGof}+ . To;df gful/stfsf] ;d:of xn ug]{ ljifo / ;dfj]zL ;dfg'kfltssf] s'/f ;Daf]wg u¥of}+ .

 ca d]/f] ljrf/df t pxfFx?n] l6Kk0fL ug'{ w]/} ;fGble{stfsf] ljifo d 7flGbg . Jojxfl/stfdf b]lvg yfn]sf] 5 . bf];|f] ljifo pxfFx?n] cfGbf]ng;Fu ;DalGwt ljifo p7fpg'ePsf] 5, 3fOt]sf] cf}iflw pkrf/sf] s'/f, d'2f lkmtf{sf] s'/f, d[tssf] kl/jf/nfO{ Ifltk"lt{ / /fxt lbg] s'/f OToflb s'/f p7fPsf lyP, To;df k|wfgdGqLn] Pp6f zAb k|of]u ug'{ePsf] lyof]– cfGbf]ngdf nfUbf cfGbf]ngsf/Lx? s'g} bnsf ;b:o lyP xf]nfg\ jf gx'g klg ;S5, ha 3fOt] x'G5, dfgjLo Iflt x'G5, ta /fi6«sf] gful/s x'g hfG5, hgtf x'g hfG5, hgtfk|ltsf] bfloTj cfGbf]ngsf/Lsf] xf]Og, ;/sf/sf] x'G5 . To;sf/0fn] ubf{v]l/ h'g kIfaf6 hxfF hlt Iflt eP klg /fxt lbg] s'/f, 3fOt]nfO{ pkrf/ ug]{ s'/f ;/sf/ bfloTj xf] . To;df === dnfO{ s] nfU5 eg] sf]xL Ps b'O{ JolQm tndfly k/]sf eP, To;nfO{ kmnfgf]sf] t ePg lg eGbf t'?Gt ug{ ;lsG5 . of] bf];|f] p7fpFb} cfPsf] ljifo xf] .

 t];|f] ljifo eg]sf] rflxF ;+ljwfg;Fu} hf]8]/ cfPsf] ;Ldf;Fu ;DaGwL ljifo xf] . ;Ldf;Fu ;DalGwt ljifo eg]sf] To;df xfd|f] ax; hf/L 5, Tof] ax;;Fu} xn ug{ ;lsG5 . To;df Pp6} dfq ts{n] sfd unf{ h:tf] dnfO{ nfUb}g . ;/sf/n] /fVg] ts{df cfGbf]ngsf/Ln] dfG5 eGg] 5}g, o;df xfdL b'a} y/Ln] dfGg] ts{ s] x'g;S5 t < To;sf nflu t jftf{ / 5nkmn cufl8 a9fpg] s'/f g} xf] .

sflGtk'/ M ;+ljwfg hf/L ePkl5 d'Vo ;d:ofsf] ?kdf /x]sf] ;LdfÍgs} ;d:of xf] . ca ;+l3o u7aGwg;Fu jftf{ / 5nkmnsf] dfWodaf6 of] ;d:of xn ug'{kg]{ xfdLn] b]lv/x]sf 5f}+ . csf]{ d'Vo ;d:of eg]sf] cfGbf]ng/t 3fOt] tyf d[tsx?sf] pkrf/ / Ifltk"lt{nufotsf ;d:of xn x'G5 xf]nf . t/ d'Vo ;d:of ;LdfÍg;DaGwL ljifo jftf{af6 6'+luG5 t < tkfO{+nfO{ s] nfU5 <

lji0f' l/dfn M d}n] rflxF s] eGg rflx/x]sf] 5' eg] oxL ljifoaf6 jftf{ / 5nkmn yfNgL ug'{k5{, olb of] g} d'n ljifo xf] eg] . ;fyLx?n] of] eof], bf];|f] bhf{sf] gful/s h:tf] Jojxf/ eof] OToflb cfnÍfl/s zAb k|of]u u/]/ ;do v]n kmfNg'eGbf ;/sf/ / cfGbf]ng/t bnx? aLr glhs eP/ 5nkmn cufl8 a9fpg' afx]s bf];|f] ljsNk x'Fb}g h:tf] nfU5 . dnfO{ nfU5, b'/L a9fP/ s;}nfO{ klg kmfObf 5}g, x'Fb}g . ;Djfb eg]sf] b'/L x6fpgsf nflu xf] . hlt w]/} ;Djfb u¥of], Tolt w]/} b'/L x6\5 / b'/L sd x'G5 ;xdltdf hfg ;lhnf] x'G5 . To;f] ePsf] x;{ dfpyaf6 ;'lgG5 elgG5 lg pxfFx?n] eGg'k¥of], xfd|f] d'Vo ljifo c? s]xL klg xf]Og, ;LdfÍg xf] . jftf{ ;LdfÍgd} s]lGb|t eP/ hfg ;lsG5, t/ jftf{ ;'? ubf{ To;/L cfpg' x'Gg . pxfFx? 3fOt]n] pkrf/ kfPgg\, clg xfdL hjfkm lbG5f}+, #( nfv ?k}of lbPsf] s'/f . kmnfgf]nfO{ olt k7fO;s]sf] 5, lw:sfgf]nfO{ olt lbPsf] 5 . of] t s'/f] Psflt/ sfd csf]{lt/ ef h:tf] eof] lg < To;kl5 pxfFx? d/]sf dfG5]x?sf] !) nfvsf] s'/f p7fpg' x'G5 . xfdL s];jfOh hfpF eG5f}+, kmnfgf]n] kfof], lw:sfgf]n] kfof] eG5f}+ . afFsL ePsf nfO{ lbg tof/ 5f}+ eG5f}+ . km]l/ pxfFx? xfFuf xfN5, of] s:tf] eg] b'/L a9fpg] vfnsf dfq} cln w]/} s'/f eO/x]sf] 5 .

sflGtk'/ M lsg eO/x]sf] 5 < tkfO{nfO{ s] nfU5 <

dnfO{ s] nfU5 eg] To;df cfGbf]ng/t bnx?sf] aLrdf klg d}n] To;df k|j]z ug'{ t /fd|f] x'Fb}g, d]/f] 7fpFaf6 x]bf{v]/L d]/f] cfkm\gf] d"NofÍg rflxF sltko ljifox? pxfFx?nfO{ yfxf 5 ls o;}u/L hfFbf /fd|f] x'G5 eGg] nfU5, pxfFx?nfO{ cfGbf]ngsf ljifox? klg tof u/L hfg'kg]{ h?/L xf]nf, cfGbf]ngleq cfkm\g} 8fOgflds x'G5g\ . To;df cfkm\gf] afWotf xf]nfg\ h:tf] klg nfU5 stf stf dnfO{ . lsgeg] pxfFx? d'vaf6 geg];Dd k|ToIf?kdf o;f] geg];Dd xfdLn] pxfFx?nfO{ cf/f]lkt ug{ ldNb}g .

sflGtk'/ M cjt/0fsf] vf]hL eO/x]sf] nfU5 <

lji0f' l/dfn M cjt/0f t pxfFx?n] vf]lh/xg'ePsf] xf]nf . lsgeg] cfGbf]ngdf lhGbuLe/ nfuf}+nf eGg] t s;}nfO{ klg nfUb}g lg . d}n] t af/Daf/ s] eGb} cfO/x]sf] 5' eg] xfd|f] g]tfx? hf] ljleGg ;dodf ;/sf/L txdf ljleGg cf]xbfdf /xg'eof], pkk|wfg dGqL, dGqL x'g'ePsf] JolQmTjx? x'g'x'G5, dw];af6 cfGbf]ngdf cfpg'ePsf vf; If]qaf6 cfpg'ePsf g]tfx? x'g'x'G5, pxfFx? xfd|f] ;DklQ xf] . pxfFx?n] cg;g a;L a;L :jf:Yo laufg]{ lsg < Tof] h?/L g} 5}g, ;Djfbaf6} 6'ª\ufpF, b'O{ lbg a9L nfUnf . To;df tfTg'kg]{ h?/L g} 5}g eGb} cfO/x]s} s'/f xf] . k|wfgdGqLsf] klg egfO ToxL xf] . To;sf/0fn] ubf{ pxfFx?n] O:o' hLljt /fVgnfO{ g} o:tf] ul//fVg[' kb}{g .

sflGtk'/ M of] eg]sf] efjgf;Fu hf]l8Psf ljifox? klg x'g\, h:tf] tkfO{+n] 7f]; zAb eGg'eof], t/ csf]{ kIf cfGbf]ng/t bnx? pxfFx?n] cln efjgfdf 7]; k'u]sf] h:tf] s'/f ul//xg'ePsf] h:tf] nfU5, lsgeg] ;/sf/n] k7fPsf] sf7df8f}+af6 sf7df8f}+d} k'¥ofPsf] kq !) lbgkl5 k|fKt ef5 eg]/ df]rf{n] elg/fv]sf] 5 . tkfO{+nfO{ yfxf 5, ;+l3o u7aGwg /fhwfgL s]lGb|t eg]/ cfGbf]ng ul//xg'ePsf] 5 . === oL ;fgfltgf s'/f st} ;/sf/n] efjgfdf 7]; k'Ug] s'/f t ul//xg'ePsf] 5}g <

lji0f' l/dfn M dnfO{ s] eGg nfU5 eg] slt lbgkl5 kq k'Uof] eGg] s'/f kmut cf/f]k xf] h:tf] dnfO{ lsg nfU5 eg] xfdLn] ;j{bnLo jftf{df g} s'/fx? /fv]sf 5f}+ . ;j{bnLo jftf{df kq k9]/L ;'gfpg'ePsf] k|wfgdGqLn], Toltv]/ ;+o'Qm nf]stflGqs dw];L df]rf{sf ;fyLx? hf] cg';gdf a:g'eof] pxfFx? cfpg'ePg, Tof] lbgsf] j}7sdf . c? hDd} bnx?, ljkIf bnsf g]tfx? ;Qf;fem]bf/L bnsf g]tfx? x'g'x'GYof] ToxfF k9]/L ;'gfof}+ . kq pxfFx?nfO{ Od]n ul/Psf] lyof], pxfFx?sf] xftdf uO;s]sf] lyof] . xfdLn] pxfFx?sf] sfof{nod} k7fPsf 5f}+ . Tolt x'Fbf x'Fb} klg ;+l3o dw];L df]rf{n] k|ltlnlk dfu]/ k7fOPsf] lyof] . !) lbgkl5 pxfFx?n] dfu]kl5 k7fPsf] s'/f]nfO{ kl5 Go"hdf !) lbg kl5 cfof] eGbf t, of] km]ldª u/]/ kq dfu]sf] eg]/ xfdLn] eGg t ldNYof] xf]nf lg < Tof;f] t xfdLn] eg]gf}+ v08g t u/]gf}+ . To;f] eGbf lg cfGbf]ngdf ;xh x'G5 eg] xf];\ eGg] rfx\of}+ xfdLn] . of] eg]sf] xfdLn] b'/L 36fpgnfO{ u/]sf s'/f g xf] . b'/L g} a9fpg rfx]sf] xf] eg] t t}+n] dfu]sf] lr7L xfdLn] k7fof}+, s] eG5;\ eg]/ lgp vf]h] klg xGYof] xf]nf lg . To;/L 7"nf] s'/f u/]/ s]xL klg kmfObf 5}g .

sflGtk'/ M ;/sf/ t lhDd]jf/ x'g'k5{ xf]nf lg <

lji0f' l/dfn M ;/sf/ t lhDd]jf/ x'g}k5{, tkfO{n] l7s eGg'eof] . xfdLn] lhDd]jf/L lnPsf 5f}+ lg t . /fHo rnfpg] ePkl5 lhDd]jf/L x'g}k5{ . cg l/Sj]:6 kq g k7fPsf xf}+, Tof] !) lbg kl5 eg]sf] t l/lk|G6 g xf] . k'gd'{lb|t u/]/ k7fPsf] lr7L !) lbgkl5 dfu]kl5 k7fof] kq xf] Tof] .

sflGtk'/ M d'Vo d2fx? kfvf nfu]/ ePsf] xf] jf o:tf] lemgf dl;gf / efjgfTds s'/fx?n] JolQmsf cx+x? klg dxTjk"0f{ ePsf 5g\ oxfF < s] nfU5 .

lji0f' l/dfn M dnfO{ o;DaGwdf s] eGg dg nfU5 eg] w]/}rf]l6 xfd|f] k|wfgdGqLsf] cfnf]rgf ePsf] klg d}n] ;'g]sf] 5' .

sflGtk'/ M dw];jfbL bnnfO{ lnP/ cg'bf/ x'g'x'G5 < pxfFsf] l6Kk0fLn] jftf] ljyf]n]sf] 5 xf]Og <

lji0f' l/dfn M xf]Og, Tof] t} x'Fb} xf]Og . oxL zAb pN6fpFbf s] x'G5 <

sflGtk'/ M tkfO{+x?nfO{ cf/f]k nufO/x]sf] 5 . Pp6f ;fgf] pbfx/0f lbg rfxG5', h:tf] Ps hgf dw];L g]tfn] s] eGg'eof] eg] pxfFx? laxfg} k|wfgdGqL hfg'eof] / s] eGg'eof] eg] xfdL tkfO{nfO{ 1fkgkq lbg cfPsf xf}+, xfd|f] dfu of] xf] eg]/ dfu a'emfpg'eof] /] . clxn] d]/f] sfo{qmd 5, tkfO{x? a]n'sf cfpg';\ eg]/ k7fO lbg'eof] /] . kl5 a]n'sf hfFbf tkfO{+x? s] sf/0fn] cfpg'ef] eg]/ o;/L xf]RofP/ af]Ng'eof] /], o;/L xfd|f] efjgfdf 7]; k'Uof] eGg] pxfFsf] egfO .

lji0f' l/dfn M Tof] t xfd|f] k|wfgdGqLsf] z}nL g} 5}g, rf]6 k'¥ofpg] vfnsf] . Tof] t kmut cf/f]k xf] . d b'O{ tLg j6f s'/f eGg} ;S5', lgx' g} vf]Hg] xf] eg] ;/sf/nfO{ k|;:t s'/f xf]nf lg . h:tf], cf]/f]k g+ !, kmfu'g $ ut] jftf{ e+u u/]/ k|wfgdGqLn] uNtL ug'{ef] eg] xfdLn] slxn] jftf{ e+u u¥of}+ / < a;]sf] jftf{nfO{ lg/Gt/tf lbPsf] xf] . k|wfgdGqLn] jf:tf ug'{ePg eGbfv]/L cfkmgf] ;/sf/n] kq n]Vbf n]Vb} k|wfgdGqLn] k6s k6s kq n]Vg'ef], To;nfO{ t p7fPgf}+ . To;kl5 x/]s k6s jftf{df cfPkl5 7f]; s'/f s] xf] t< k|wfgdGqLn] ;f]Wg] Pp6f 7f]; s'/f s] xf] eg] xfd|f ljifo s] xf], d}n] a'em\g ;lsg eGg'x'G5, To;kl5 tkfO{+n] clxn];Dd a'em\g;Sg' ePg, cl3 oxfFn] eGg'eof] . 7f]; ljifo ;LdfÍg o:tf] eg]/ eGg'k¥of] lg t< bfofF afofFsf] k]l/km]l/df uf]nfaf?b /fv]/ t kmfObf x'Fb}g .

sflGtk'/ M ptfaf6 7f]; s'/f cfpFb}g <

lji0f' l/dfn M dnfO{ t To:tf] nfUb}g . p7]sf] s'/fsf] hjfkm lbof] . tkfO{+n] of] ug'{ePg eGg] cfpF5, xfdLn] of] u¥of}+ eg]/ hjfkm hfG5 . To;kl5 ;fyLx? p7]/ hfg'x'G5, sfpG6 ug'{x'G5 . oltrf]l6 plt rf]l6 eg]/ . xf]nf #% klg xf]nf #& klg x'g;S5 . o;}nfO{ pN6fP/ klg eGg ;S5 lg #^ rf]l6;Dd gldNg] u/L lsg cfPsf] t < jftf{sf] sfpG6 ug]{ xf]Og lg <

sflGtk'/ M jftf{ xf];\, ;a} hgf Ps 7fpFdf cfcf];\, ;d:of xn xf];\, ;+ljwfg sfof{Gjogsf] d'Vo r'gf}tL 5g\ lg t, ;a} hgf ldn]/ s'/f ug'{kg]{ /fHosf] bfloTj 5, #^ k6s ;Ddsf] jftf{df kl/0ffd lg:sg ;s]sf] 5}g, lxhf] km]l/ jftf{sf] nflu kq k7fOPsf] 5, ca rflxF ;fFRrLs} d'2fdf /x]/ jftf{ / 5nkmn x'G5 t<

lji0f' l/dfn M d b'O{ tLg j6f s'/f u5'{, d oxfFsf] nf]slk|o ;~rf/ dfWodsf] tkm{af6 ;+jfb ug{ rfxG5' g]kfnL hgtfl;t klg, klxnf] s'/f, xfd|f] y'k|} ;fyLx?n] eGb} cfPsf], k6s k6s a;]sf] jftf{af6 klg === gdfGg]x? jftf{ lsg u5{ eg]/ . d]/f] cfkm\gf] a'emfOdf ;+ljwfg;efn] ;+ljwfg lgdf{0f ug'{ eGbf cufl8 ul/Psf hDd} ;xdltsf s'/fx? ;+ljwfgdf k|ltljlDjt x'G5g\, ;+ljwfg s] sf] nflu eGbf ul/Psf ;Demf}tfx? lnlka4 ug{sf nflu xf] lg . ToxfF csf]{ vftf t /flv+b}g .

 xfd|f cfkm\g} lh1f;fx? 5g\, ljleGg sfnv08df ul/Psf ;Demf}tfx? lnlka4 u/L ;+ljwfg agfOG5, ;+ljwfgsf] vftf Pstlt/ /xg], ;+ljwfg csf]{lt/ /fv]/ /fhgLlt rlng] x}gg\ t . ;+ljwfg;efaf6 ;+ljwfg agfpg] eg]sf] ToxfF klxn] ul/Psf ;Demf}tfnfO{ k|ltljlDat ug]{ xf] . d]/f] cfkmgf] a'emfOdf xfdLn] of] eGbf ul/Psf hDd} ;Demf}tfx?, ljleGg ;dodf zlQm ;~rosf cfwf/df ul/Psf ;Demf}tfx? k|ltljlDat ul/Psf] 5 . d]/f] a'emfO oxL xf] . () k|ltzt ;+ljwfg;efsf ;b:ox?sf] a'emfO oxL xf] .

 To;kl5 bf];|f]df h'g ;b:ox?n] ;+ljwfg;ef afOs6 u/]/ hfg'ef], pxfFx? k|lqmofdf ;fd]n x'g'ePg . pxfFx?sf] egfO s] xf] eg] clxn] hf/L u/]sf] ;+ljwfgn] ;a} ljifox?df k|ltljlDat u/]g eGg] 5 . Tof] d}n] ;'g]sf] 5' . clg s] s] k|ltlalDat ePg t eGbf v]l/ pxfFx?n] gful/stfsf] s'/f eGg'eof], ;dfg'kflt ;dfj]zLsf] s'/f eGg'eof], /fHo k'g;{+/rgfsf] s'/f eGg'eof], To;sf/0fn] ubf{ of] ePg eGg'eof] . To;df xfd|f] lh1f;fx? 5g\, xfdLn] eGof}+, k|b]zsf] s'/f dw]zsf] e"efu dfq /fv]/ @ g+= k|b]z ag]sf] 5, d]/f] ljrf/df cfDbfgLsf] lx;fan] rNnf h:tf] nfUb}g, Tof] ag]sf] 5 . Tof] lx;fan] ;+/rgfsf] Pp6f kf6f] /x\of] . csf]{ lx;fan] k|b]zsf] ;Demf}tf ul/Psf s'/f x'g\, o; lx;fan] xfd|f cfkm\gf lh1f;fx? 5g\, xfdLn] eGof}+, z'4 dw]z k|b]z @ g+ agfpg'k5{ eGof}+, of] rNb}g eGg] nfUbf nfUb} eg]sf xf}+ . Tof] cfly{s lx;fan] rNb}g eGg] g} lyof] . gldNbf] gu/f}+ eg]s} xf] . Tof] ;fyLx?n] dfGg'ePg . Tof] lx;fan] ;+/rgfsf] Pp6f kf6f] /x], csf]{ lx;fan] klxnf] ;+zf]wgn] of] af]So eGg] nfU5, klxnf] ;+zf]wgn] af]Sof] eg]kl5 cem pxfFx? ;Ldf ldn]g eGb} x'g'x'G5 . Tof] Pp6f ljifo cfpg] ef] . o;/L cfpg] xf] eg] xfd|f] ljjfbx? / b"/Lx? ;f+3'/f] x'Fb} hfG5 . d]/f] a'emfOdf oxL xf], olb ToxL xf] eg] pxfFx?n] ;Ldf dfq} xfd|f] ax; xf] eGg'k¥of] . o;df xfdL hDd}n] 5nkmn u/f}+ / lgisif{df k'uf}+ .

sflGtk'/ M ljZjf;sf] jftfj/0f klg vnalnof xf] < cljZjf; a9]sf] xf] <

lji0f' l/dfn M cljZjf; ;/sf/sf] tkm{af6 k6Ss} 5}g, xfdLn] lrg]sf g} 5f}+, ;fyLx?n] eGg'x'G5 lg t, h:tf] klxnf] ;+zf]wg ubf{v]l/ dlgPs} xf], cfpg';\ g t k|lqmofdf ;fd]n xf}+ eg]/ :ki6 eGbfv]l/ pxfFx?n] xfdL ;+ljwfg lgdf{0f k|lqmofdf ;fd]n ePgf}+, ;+zf]wg k|:tfjdf lsg ;d]n x'g], tkfO{+x? ug'{xf];\ eGg'eof] . kl5 k|ltlqmof lbpFnf eGg'eof] . xfdLn] o:tf] ubf{ s] x'G5 eGof}+, Toltv]/ pxfFx?sf] l:k|6 cfPsf] h:tf] nfu]sf] lyof], kl5 pxfFx?n] cfPg eGg'eof] . xfdLn] s] 7fGof}+ eg] of] rflxF /fhgLlts :k]; /fv]sf] eGg] 7fGof}+ . Tof] pxfFx?n] :ki6 t kfg'{ePsf] 5}g .

sflGtk'/ M pxfFx?sf] /fhgLlts :k]; rflx/x]sf] 5 eg] klg t ;/sf/n] Tof] :k]; l;h{gf ul/ lbg'k¥of] lg t .

lji0f' l/dfn M Tof] t xfdLn] lbPs} xf] lg t . xfdLn] klxnf] ;+zf]wg ubf{ v]/L pxfFx? gcfP klg gug]{ t eg]gf}+ lg xfdLn], PstkmL{ u¥of}+ lg ;+zf]wg . t/ ;Ldf s'/f] eg]sf] t PstkmL{ ug{ ldNb}g .

sflGtk'/ M ;Ldfsf] s'/f of] b'O6f ;d"xsf] 5nkmnaf6 6'ª\luG5 / <

lji0f' l/dfn M ToxL t ;Ldfsf] ljifo oL b'O6fsf] ax; xf] lg . oxL b'O6f ;d"xaf6 6'lª\ug' k¥of] lg, t];|f] JolQmaf6 8fs]/ t sfd 5}g . Psflt/ cfGbf]ng/t csf{ ;/sf/df /x]sf] / ljkIfdf /x]sf] kIf . ;+ljwfg hf/L ug]{ kIf / ;+ljwfg hf/L ug]{ k|lqmofdf ;fd]n gePsf] b'O6f kIfafx]s c? kIf t 5}g . of] b'O{6f kIfsf] ;xdltdf aGg] t xf] lg, ;+l3otfsf] ;Ldf ljefhg .

sflGtk'/ M t/ Tof]qf] nfdf] ^–^ jif{ &–& jif{df 6'ª\ufpg g;s]sf] ljifo xf] lg ;+l3otfsf] ;LdfÍgsf] s'/f clxn] s;/L 6'lËg ;S5 <

lji0f' l/dfn M clnstf st} g st} xfdLn] ;Demf}tf ug'{k5{ . lsgeg] clxn]sf] ;+ljwfgn] d}n] rfx]sf] h:tf] hDd} cfPsf] 5}g . dfcf]jfbL s]Gb|n] rfx]sf] h:tf] klg cfPsf] 5}g, g]kfnL sf+u|];n] rfx]sf] h:tf] klg hDd} cfPsf] 5}g . /fk|kf g]kfnn] eGof h:tf] klg cfPsf] 5}g . hgdf]rf{n] eGof h:tf] klg cfPsf] 5}g . ljleGg bnsf cfkm\gf] Ph]08f 5g\ o;df . ;Sbf] ;femf agfpg xfdLn] k|oTg u/]sf] xf] . slt kf6L{ ;+ljwfg;efdf 5g\, slt ;+ljwfg;ef eGbf aflx/ /x]sf kf6L{x? klg 5g\, oL ;a}sf] efjgfnfO{ cfkm\gf] agfpg] t cfkm}df hl6n sfd xf] lg t . ;Sbf] ;femf agfpg k|oTg ul/Psf] xf] .

sflGtk'/ M ;Sbf] ;femf agfpg s;n] s;nfO{ s'g laGb'df uP/ ug]{ eGg] .

ljif0f' l/dfn M nf]stGqdf t ;s] ;xdtdf ug]{, g;s]df t ax'dt / cNkdtdf hfg] afx]s s] 5 /< klxnf]df ;xdt ug]{ k|oTg u¥of}+, ;s]gf}+ t ax'dt / cNkdtdf s'/fdf uof}+ lg t . s'g} klg l;dfgsf] s'/fdf ;fyLx?sf] l6Kk0fLsf] s'/f 5 eg] t a;]/ To;}df 5nkmn u/f}+ g t .

sflGtk'/ M ax'dtLo g} ug'{ 5 eg] t cNkdtsf] kIfnfO{ ;dfj]z ug'{sf] cy{ s] x'G5 /<

lji0f' l/dfn M tkfO{+ cfkm} eGg';\ g, b]zsf ;a} gful/s ;xdt eP/ ;+ljwfg sxfF hf/L ePsf] 5 /< sfxLF klg 5}g . ef/tdf ^% k|ltztn] hf/L u/], !) jif{df blIf0fef/tn] Tof] ;+ljwfgnfO{ pN6} dfg]g .

sflGtk'/ M &–& dlxgf cfGbf]ng eof], To;sf] cy{ s] /x\of] <

lji0f' l/dfn M & dlxgf cfGbf]ng eof], (@ k|ltztn] ;+ljwfg hf/L u/] . ef/tdf ^% k|ltztn] kfl/t u/] !) jif{;Dd blIf0f ef/tn] jg g} u/]g . cd]l/sfdf %@ k|ltztn] dfq} ;+ljwfg hf/L u/] . ToxfF t u[xo'4 g} eof] . oL hDd} s'/fdf cfkm\gf] hl6ntf 5b} lyof] lg .

sflGtk'/ M tkfO{+n] eGg'eP h:t} clnslt ;/sf/ uDeL/ eP/ k5fl8 ;/]/ eP klg c;Gt'i6nfO{ ;dflxt ub}{ uof}+ eg] tkfO{+n] eGg'eP h:t} 7"nf 7"nf ;d:ofx? xfdLn] clxn] g} xn uYof}{+ xf]nf lg t <

lji0f' l/dfn M ;}4flGts ?kdf tkfO{+n] eGg'ePsf] s'/fdf d]/f] c;xdlt g} 5}g . Ps sbd x}g, rf/ sbd k5fl8 ;g{ tof/ 5f}+, t/ ljifo s] t < sxfF uP/ ;Demf}tf ug]{ Tof] t ;fyLx?n] eGg'k¥of] lg . ;fyLx?nfO{ xfdLn] cfdGq0f u¥of}+ 5f}+, aflx/ a;]/ k|ltlqmof dfq} lbP/ x'Fb}g, 6]a'nd} cfP/ of] rflxF a'Fbfdf s'/f u/f}+ eGg'k¥of] . ldn] ldN5, gldn] c? hf/L u/ eGg' k¥of] . geP csf]{ pkfo vf]Hg' k¥of] . c? pkfo g} 5}g .

sflGtk'/ M df]rf{ / ;/sf/sf] aLr a'Fbfut ?kdf 5nkmn} cufl8 a9]sf] 5}g <

lji0f' l/dfn M a'Fbfut ?kdf s'/f ePsf] 5, c? g} s'/fdf . d clxn] tkfO{sf] dfWodaf6 ;fyLx?;Fu ;+jfb ub}{5', ;fFRrL s} oxL ljifo xf] ls xf]Og eGg]df xfdL cGof}+nd} 5f}+, l;dfgs} s'/f] xf] eg] To;}df s'/f u/f}+ g . clxn] ;Dd Pp6} ljifo eGg'ePsf] 5}g, !! a'Fb], #\* a'Fb] eGb} cfPsf] 5 . To;df k]l/km]/Lsf ljifox? 5g\, 5]p5fpsf a'Fbfx? 5g\ . 5]p5fpsf] a'Fbfx? o:tf] emu8f ug'{kg]{ d'2f h:t} nfUb}g dnfO{ <

sflGtk'/ M d'Vo d'Vo d'2fdf k|j]z} ePsf] 5}g <

lji0f' l/dfn M ca oxL d'Vo d'2f xf] o;}nfO{ s]lGb|t u/]/ s'/f u/f}+ eGg'k¥of] . d 6«]8 o'lgog Aofsu|fp08af6 cfPsf] dflg; xf}+, 6]a'ndf ax; ubf{ s'/fsfgL ug]{ dfu Pp6f / ax; ug]{ s'/f w]/} x'G5g\, 7Ls /fhgLlt klg To:t} xf] . ;fyLx?sf] s'/f ug'{kg]{ dfu s] xf] < To;d} s]lGb|t eP eOxfNYof] lg . o:tf] eof] eg] #^ x}g #& cf}+ k6sdf l;l4G5 of] . xfdLn] oxL eGb}5f}+, ;fyLx?n] lsg ;f]lr/xg'ePsf] 5}g, xfdL /0fe'Nndf k/]sf 5f}+ .

sflGtk'/ M k//fi6« dGqL sdn yfkf lxhf] ef/taf6 cfpg'eof], kqfrf/ klg clxn] ug'{eof], l5d]sLn] b]vfPsf] rf;f] eGg ldN5 ls ldNb}g <

lji0f' l/dfn M ca xfd|f] h] s'/f klg ef/t;Fu hf]8]/ s'/f ug]{ rng 5, of] t ;+of]u g} xf] . sdn yfkf;Fu k|wfgdGqL;Fu e]6} ePsf] 5}g . pxfF lxhf] lbpF;f] cfpg'eof] . k|wfgdGqL / pkk|wfgdGqLsf] e]6 ePsf] h:tf] dnfO{ nfUb}g . To;sf/0f of] ;+of]u dfq} xf] . d Pp6f s] :ki6 kfg{ rfxG5' eg] xfd|f] /fhgLlts 5nkmndf ;/sf/n] kq sf6] gsf6]sf] l5d]sL ldq /fi6«;Fu hf]l8g] ljifo g} xf]Og . xfd|f] cfGbf]ngsf] ljifo l5d]sL ldq /fi6«;Fu hf]l8Psf] ljifo g} xf]Og . d]/f] a'emfOdf hf]8\g' klg x'Fb}g . xfdLn] w]/} klxn]b]lv hf]8\b} cfof}+, To;sf/0f l5d]sL ldq /fi6«nfO{ cGofo u¥of}+ . ;fgf] s'/f x'G5, ef/tnfO{ hf]8\g], ;fgf] s'/f x'G5 rLgnfO{ hf8\of}+ o;/L xfdLn] ldq /fi6«k|lt cGofo ul//x]sf 5f}+ .

sflGtk'/ M cg's"n k¥of] eg] hf]8\g rfxG5f}+, cg's"n ePg eg] hf]8'g' x'Fb}g eG5f}+ . cfkm\gf] cg's"n eof] eg] ef/t;Fu u'xf/ dfUg], cg's"n ePg eg] x:tIf]k eof] eGg] of] k|j[lQ xfd|f] /fhgLltdf 5 lg <

lji0f' l/dfn M x:tIf]k eg]sf] s;}nfO{ dg kb}{g . afcfdfn] x:tIf]k u/]sf] dg k/fpFb}g, l5d]sL ldq /fi6«n] x:tIf]k u/]sf] dfGg] s'/} x'Fb}g . xfd|f] t kf/:kl/s ;xof]usf] ;DaGw x'g'k5{ . k/:kl/s nfesf] cfwf/df Psn] csf{nfO{ ;Ddfg ug]{ rng rnfpg'k5{ . of] gLlt cGt/ut xfdL cufl8 hfg rflx/x]sf 5f}+ .

sflGtk'/ M k//fi6« dGqL cfpg'ePsf] / k|wfgdGqLn] lr7L sf6\g'ePsf]df s'g} ;DaGw 5}g . of] ;+of]u dfq} xf] . ca jftf{ u/]/ tkfO{+n] eGg'eP h:t} d'Vo d'2fdf 5nkmn u/]/ lgsf; lg:sg]df tkfO{+ slQsf] ljZj:t x'g'x'G5 <

lji0f' l/dfn M d t s] eG5' eg] b]lv ;fyLx? ljifodf afFw]/ 5nkmn ug{ cfpg'x'G5 eg] Ps ldg]6d} ;d:of ;dfwfg x'G5 . === Psy/L v'nfd~rdf cg;g a:g], csf]{y/L lsg cfPg eg]/ k|Zg u/L a:g] ubf{ b"/L a9fpF5 . k|wfgdGqL / k|wfgdGqLsf] kIfdf /x]sf xfdL ;a} s] dt 5 eg] b"/L 36fpg] sfddf sDtLdf klg nfuf}+ . cfk;L ;b\efj sfod /xg'k5{ / /fi6« ;femf xf] eGg] dgf]j[lQaf6 cufl8 a9f}+ .

sflGtk'/ M ;/sf/sf] k|of;af6 b"/L 36fpg] sfd eO/x]sf] h:tf] tkfO{+nfO{ nflu/x]sf] 5 <

lji0f' l/dfn M xfdL t lg/Gt/ nflu/x]sf 5f}+ . b"/L 36\5 eGg]df klg ljZjf; 5 . To;}sf/0fn] ubf{ sltko ldn]sf s'/fx?df ;+ljwfg ;+zf]wg eP, sltko cgf}krfl/s Rofgndf s'/fsfgL eO/x]sf] 5 . cgf}krfl/s Rofgn cf]kg g} 5 . ljleGg g]tfx?n] ljleGg sfnv08df s'/fsfgL ul//xg'ePsf] 5 . ca sltko s'/f /fhgLlts g]tfx?n] ug]{ jftf{x? klAnsdf cfpFb}g, Tof] eGg klg x'Fb}g . To;sf cfkm\g} ;Ldfx? 5g\ . clxn] 9f]sf g} aGb ePsf], af]nrfn g} aGb ePsf] t 5}g lg . ;a} g]tfx?aLr af]nrfn 5 . e]63f6 t eO/x]sf] 5 .

sflGtk'/ M ;ft ;ft dlxgf;Dd jftf{ ubf{ klg lgsf; lg:sg ;s]g . jftf{ t klAnsnfO{ b]vfpg dfq} u¥of], ;fRrL ?kdf ;d:of ;dfwfg ug{ grfx]sf] h:tf] b]lvof] <

lji0f' l/dfn M ;ft dlxgf eg]sf] o:tf] xf], tkfO{+n] b'O{ tLg rf]l6 eGg'ePsf] x'Fbf d}n] yKg vf]h]F . %–^ dlxgf hlt t xfdL cfuf] g} afn]/ a:of}+, cfuf] lgefpg} ;do lnof] . gfsfaGbL eof], To;nfO{ xn ug{ kg]{ s'/f eof] . gfsfaGbL;Fu hf]l8Psf e" /fhgLltsf cj:yf ;'wfg{lt/ xfdL nfUof}+ . Tof] 6'Ëf] u/]/ clxn] ;fyLx? ;Ldfgfaf6 v'Nnfd~rdf cfpg'ePsf] 5, Tof] 7"nf] s'/f xf] lg . Tof] ;fy{s xf]Og / < b"/L oxfF;Dd slt 36\g] eGg';\ g . ;Ldfgfdf bz uhfdf a:g'ePsf ;fyLx? v'Nnfd~df cfOk'Ug'ePsf] 5 .

sflGtk'/ M ;/sf/sf] k|of;n] ubf{ dw]; cfGbf]ng/t bnx? dw];af6 sf7df8f}+ s]lGb|t cfGbf]ng u/]sf x'g\ jf pgLx? cfkm} ======

lji0f' l/dfn M s;n] u¥of] eGbf klg o;nfO{ cfk;L egf}+ g . pxfFx? klg cfkmgf] /fhwfgL Kof/f] 7fg]/ cfpg'eof], xfdLn] klg pxfFx?nfO{ :jfut u¥of}+ .

 k|of; eg]sf] bf]xf]/f] x'G5 . tfln Ps xftn] aHb}g . ;Ldfgfdf gfsfaGbLdf a;]sf ;fyLx? gfsfaGbL 5f]8]/ TolQs} lbJo 1fg k|fKt u/]/ cfPsf xf]Ogg\ xf]nf lg t . st} g st} pxfFx?nfO{ klg nfUof], sf7df8f}+ ;/sf/n] eg]sf] dfGg'ef] / v'Nnfd~rdf cfpg'ef] . h'n'; / cfd;eflt/ nfUg'ef], l/n] cg';glt/ nfUg'ef], l7s 5 lg t . pxfFx?n] ?k km]l//xg'ePsf] 5, :j?k km]l//xg'ePsf] 5 . ;+jfbsf] nflu af6f] vf]lh/xg'ePsf] 5 . To;df k|;:t ;fy ;/sf/n] lbG5 .

sflGtk'/ M ;/sf/ rflxF ca dw];df cfuf] aln/x]sf] lyof], ca cfuf] lgEof] / /fhwfgLdf cfO/x]5, ;]km nfOl08ª vf]lh/x]5 eg]/ 9'Ss eP/ a:g] dgl:yltdf 5 jf o;/L g} jftf{ ln+lu|ª ul//fVg] dgl:yltdf 5 < o:t} x'Fb} dw];df k[ystfjfbLx? xfjL x'Fb} uPsf] l6sfl6Kk0fLx? cfO/x] 5g\, tL ;d"xaf/]df clnslt cfqmds cleJolQmx? klg cfO/x]5g\, To;sf ;b:ox?af6 . To:tf ultljlw a9\b} uof] eg] cGttf]uTjf d'n'snfO{ g} gi6 u5{ . Tof] ljifonfO{ ;/sf/n] uDeL/tfk"j{s lgofln/x]sf 5g\ ls 5}gg\ <

lji0f' l/dfn M cg;g a:g] ;fyL / tkfO{+ clxn] ;Í]t ug{ vf]Hg'ePsf] k[ystfjfbLl;t t ;DaGw hf]8\g] k|oTg ug}{ x'Fb}g .

sflGtk'/ M t/ tL ;d"xn] v]Ng] 7fpFt kfpF5g\ xf]nfg\ t <

lji0f' l/dfn M Tof] t cs}{ s'/f xf] . /fHon] To;nfO{ lgoGq0fdf lng k|oTg ug'{k5{, hf] w]/} g} k[ys 5g\ To;nfO{ /fHon] ;+oGq k|of]u ug{ vf]lhxfN5 . clxn] nf]stflGqs ljlwaf6 cfGbf]ngdf /x]sfx?nfO{ ;+jfbaf6 6'Ëf] u5{, b'O6f kf6fx? km/s km/s 5g\ lg t . To;sf/0fn] /fHo cuDeL/ x'g] s'/f t x'Fb} ePg, /fHo t k'/} uDeL/ g} 5 . ;/sf/ s] rfxG5 eg] st} klg cj/f]w geOsg 9'Ss;Fu cufl8 a9\g rfxG5 lg < lsg o:tf] lnª\l|u|ª /fVg rfxG5 . cK7\of/f] s]xL klg gxf];\ eGg] rfxG5 . ;/sf/sf] cfFvfdf t d}bfg ;kmf xf];\, ;Dd xf];\, bf}l8g kfpF eGg] x'G5 . ;/sf/n] 9f]sf v'Nnf /fv]sf] 5 . ;/sf/n] s]xL cx+ /fVg klg x'Fb}g .

sflGtk'/ M Tof] t cfbz{jfb ======

lji0f' l/dfn M x}g, x}g, xfd|f] k|wfgdGqL h:tf] v'Nnf af]Ng] sf]xL kfpg'ef5 tkfO{n] clxn];Dd < k|wfgdGqLn] d'vaf6 h] af]Ng'x'G5, dgdf klg ToxL x'G5 . c? sf]xL k|wfgdGqLsf] l6Kk0fL ug{ rfxGg . clxn]sf] k|wfgdGqL dgdf ePsf] s'/f d'vaf6 aflx/ Nofpg'x'G5, slxn]sfxLF t dgd} /fVg';\ eg]/ l/Sj]:6 u5f}{+ . pxfF dgdf Pp6f s'/f /fVg] / d'vn] csf]{ s'/f eGg] dfG5] x}g, km]l/ ga'em\g] efiff lg af]Ng' x'Gg, pxfF hgtfn] af]ng] efiff g} af]Ng'x'G5 . To;sf/0fn] ubf{ ;/sf/sf] s'g} cx+ klg /x]g, s'g} Ouf] klg /x]g, ;/sf/ t ;bf jftf{sf] af6f]af6 cufl8 a9\g rfxG5 .

sflGtk'/ M ;/sf/ tof/L lagf g} jftf{df cfpF5, ;/sf/ uDeL/ 5}g, hfoh dfu klg k"/f ug]{ dgl:ylt 5}g eGg] cf/f]k / k|Tof/f]ksf] >[Înf rln/xG5 lg < cfGbf]ng/t bnx?sf] ;w}+sf] cf/f]k ToxL g} x'G5 lg . casf] jftf{af6 of] ;a} tof/L x'G5 <

lji0f' l/dfn M ;'Gof5', olt j6f jftf{df a:of}+ eg]/ sfpG6 8fpg ug{ t cfpg] xf]Og lg pxfFx? klg . 6]a'ndf a;f}+, tof/L eg]sf] uf]nf af?b lnP/ cfpg] t xf]Og lg . d}n] cl3 g} eg] oxL dfkm{t ;+jfb u5'{ eg] lg . d]/f] ;+jfbsf] KjfOG6 g} s] xf] eg] pxfFx?n] 7\ofSs} eg'xf];\ g, pxfFx?sf] ljifo, ljifo eg]sf] l;dfgf xf] <, ljifo eg]sf] d/]sf dfG5]sf] Ifltk"lt{ lbg] s'/f xf] < ljifo eg]sf] s]xL 3fOt]x?nfO{ /fxt lbg] s'/f xf] < ljifo eg]sf] clÍs[t gful/stfsf] s'/f xf] < s] xf] t < 7\ofSs} ToxL eg'g\ t <

sflGtk'/ M d'n d'2f lnP/ cfpg' k¥of] .

lji0f' l/dfn M xf], pxfFx? o;df s'/f u/f}+ eg]/ cfpg' k¥of], To;}df s'/f u/f}+ g t < xfdLn] bfofF afofF ub}{ ub}{gf}+ . p;df tof/L k"/} 5 .

<https://www.youtube.com/watch?v=3wFFh4Xmsvo&index=5&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>