Date: Feb 17, 2016, Image Channel TV,

# *Image Satya path with Bishnu Rimal*

;Toky Od]h kmfNu'g %, @)&@

**km]/L ef/t e|d0f s} s'/f**

**;Toky** M ef/tsf k|wfgdGqL g/]Gb| df]bL / g]kfnsf k|wfgdGqL s]kL zdf{ cf]nLn] ;+o'Qm ?kdf \*) d]3fjf6sf] hn ljB'tsf] :jLr cg u/L pb\3f6g ug]{ / To;af6 x'g] pTkfbg g]kfnn] Tof] hnljB't\ k|of]u ug]{ eGg] s'/f cfPsf] 5 . Tof] :jLr cg ul//fVbf g]kfnsf tkm{af6 g]kfnsf k|wfgdGqLn] lz/ 7f8f] u/]/ cfpg' xf]nf ls lz/ lgx'/fP/ cfpg'xf]nf < To;df s] sNkgf ub}{ x'g'x'G5 <

**lji0f' l/dfn** M o;df lz/ 7f8f] / lgx'/fpg' kg]{ k|Zg} cfpFb}g, lsgeg] of] Jofkf/ xf] . ef/tn] lah'nL a]Rb}5, xfdLn] k};f lt/]/ lsGb}5f}+ . g]kfn ;/sf/n] lsGg] xf]Og, g]kfn ljB't\ k|flws/0fn] lsGg] xf] . ptfsf]n] Jofkfl/s d"Nodf a]Rg] xf] . rflxGh]n Tof] xfdL lsG5f}+, grfx]df lsGb}gf}+ .

**;Toky** M o;f] xf] eg] k|wfgdGqLsf] d'Vo of]hgfdWo] of] :jLr bafpg] sfd k5{ ls kb}{g <

**lji0f' l/dfn** M d'Vo of]hgfleq kb}{g, af6f]df kg]{ sfdx?df kg{ ;S5g\ . slxn]sfxLF ahf/df 3'Dg hfFbf kfg lsg]/ vfP h:t} xf] of] . of] clxn];Dd kf; eO;s]sf] Ph]08f klg xf]Og . xfdLnfO{ cg'/f]w cfPsf] 5, ;+ejtM xfdLn] Tof] :jLs[t u5f}{+ xf]nf .

**;Toky** M k|wfgdGqLsf] of] e|d0fn] g]kfnsf nflu, b]zsf nflu / k|wfgdGqL :jo+ JolQmsf nflu klg s] pknlAw xf]nf <

**lji0f' l/dfn** M xfdL clxn] ldq /fi6« ef/tsf] e|d0f s'g} Ph]08f af]s]/ uPsf 5}gf}+ . xfdL hDdf hDdL Pp6} dfq Ph]08f af]s]/ uO/x]sf 5f}+, l5d]sdf a;]sf sf/0fn] l5d]sLl;tsf] ;DaGw ;'dw'/ x'g'k5{ . ldqtf ;'dw'/ eof] eg] Tof] Tof] g} sfkmL xf]nf eGg] h:tf] nfU5 . cl3 oxfFn] ;'?df k[i7e"lddf eGg'ef], === k|wfgdGqL x'g'ef], ldq /fi6«sf] e|d0f ug'{ePsf] 5, e|d0fdf hfFbf pxfFx?n] w]/} s'/f eGg'x'G5, kms]{/ cfpFbf csf{ vfnsf s'/fx? x'G5g\, sltko n's]sf s'/f klg x'g] u5{g\ eGg] u5{ . / To;af6 /fi6« 7luPsf] ljZn]if0f u/]sf] klg xfdLn] kfPsf 5f}+ . o;kN6 xfd|f] k|wfgdGqLn] ef/t e|d0f hfFbf s'g} klg ;lkª ln:6 lnP/ hfg'x'Gg, d}n] of] of] dfU5' eg]/ hfg'x'Gg . xfdL ufO{sf afR5Lb]lv kf7f;Dd dfU5' eg]/ hfg'x'Gg .

**;Toky** M ln:6 lnP/ hfg'x'G5 ls <

**lji0f' l/dfn** M Tof] t ca of] 9+usf] cfzÍf ug'{ ck/fw xf] eG7fG5' d . d}n] s8f zAb k|of]u u/]sf]df dfkmL rfxG5' . lsgeg] cfkm\gf] b]zsf] k|wfgdGqLk|lt olt;Dd cljZjf; x'g'kg]{ sf/0f b]lVbgF . d oxfFnfO{ /f]s]/ s] eGg rfxG5' eg] c? k|wfgdGqL eGbf of] k|wfgdGqL s] sf/0fn] leGg x'g'ef] < Tof] sf/0fn] ubf{ Tof] a'em\g'k¥of] lg t . clxn] xfdL ;Í6df 5f}+, t]n 5}g, lah'nL 5}g, s]xL 5}g, To;f] ubf{v]l/ klg hgtfn] lsg ;dy{g u¥of] t < clxn] oxfF eGg'eP h:tf] r/d cljZjf; lyof] eg] of] k|wfgdGqLk|lt t pxNo} ljb|f]x ug'{kg]{ lg g]kfnL hgtfn] . lsg u/]g < ===d]s/x?n] lj?4df af]n] . Ps ;o lbg gk'Ub} pN6f] l6Kk0fL ;'? ug'{eof] . t/ hgtf cefjdf a;]sf 5g\, 5fk|f]df a;]sf 5g\, lr;f]df kLl8t ePsf 5g\, Tof] eP/ klg Ps cfjfh lsg p7fPg < of] k|wfgdGqLk|ltsf] ljZjf; xf] .

**;Toky** M hgtfsf] ;fnLgtfnfO{ k|wfgdGqLn] a'em\g'ef], \* xhf/ !) xhf/ ?k}ofdf Ps l;lnG8/ Uof; lsg] .

**lji0f' l/dfn** M x}g o;}df b'O{ efudf eGg' rfxG5', d klxnf 7"nf] ;ª\Vofsf] hgtfsf] s'/f u5'{, hf] e'OFrfnf]af6 kLl8t eP/ a;]sf 5g\, pgLx?n] Uof;sf] l;lnG8/ 5'g' lg kfpFb}g, afNg lg kfpFb}g . lr;f]df s7\ofª\lu|P/ a;]sf hgtfx? 5g\, pgLs?n] k|wfgdGqLsf] ef/t k|ltsf] cyjf s'g} klg ldq /fi6«k|ltsf] h'g Jofn]G; / b[li6sf]0f b]v], To;df pgLx?n] ;dy{g u/] . zx/df a:g] hf] ldl8n Snf;sf hgtf x'g'x'G5, pxfFx?n] klg clxn] oxfFn] eGg' eP h:t} sfnf ahf/df lslgPsf ;fdfgx?, cK7\of/fdf em]n]sf] s'/f, slQn] lsGg'ef], ;a}n] lsg]sf] h:tf] t nfUb}g dnfO{, hlQn] lsGg'ef] lsGg'ef], glsGg]x?n] klg cefjd} afFr]/ klg ljb|f]xsf] af6f] / wDsLsf] af6f] af]Ng' ePg, of] k|wfgdGqLnfO{ ;dy{g} u/]/ a:g'ef] . of] ;a}nfO{ k|wfgdGqLn] s] a'em\g'ePsf] 5 eg] hgtfn] dk|lt /fi6«nfO{ dfof ug]{ dfG5] eg]/ ljZjf; b]vfPsf] d}n] 3ft ug'{ x'Gg eg]/ a'em\g'ePsf] 5, To;}sf/0fn] ubf{v]l/ d oxfF kfFr j6f zAb eGg] cg'dlt rfxG5', clxn]sf] k|wfgdGqLn] ef/tl;t cyjf s'g} klg ldq /fi6«l;t ;DaGw ;'wf/ ug{ hfFbfv]l/ % j6f s'/f 5f]8]/ s'/f ulb{g eGg'ePsf] 5 . of] cf]kg s'/f xf], o;df s'g} n'sLl5kL 5}g .

**;Toky** M tL kfFr j6f s'/f s] x'g\ <

**lji0f' l/dfn** M klxnf] s'/f, ;fj{ef}d ;Qf, ;fj{ef}d ;Qfdf s'g} tndfly kfg{ lbOGg, ;fj{ef}d;Qf a/fa/ x'G5 eGg] :yflkt u5'{ . hg;ª\Vof / e"uf]nsf] cfwf/df s'g} klg b]z ;fgf] 7"nf] x'g ;S5, t/ ;fj{ef}d;Qf a/fa/ x'G5 . ;fj{ef}d;Qf a/fa/ x'G5 eGg'sf] cy{ d}n] oxfFnfO{ hlt ;Ddfg u5'{, d}n] oxfFnfO{ klg TolQs} ;Ddfg ug'{k5{, xfdL b'O6f d'n's xf] eg] . ;fj{ef}d;Qfsf af/]df s'g} sDk|f]dfOh gul/sg} To;df 6]s]/ d cufl8 a9\5'.

**bf];|f],** :jtGqsf] s'/f pxfFn] s'/f ug'{ePsf] 5, :jtGqtf Pp6f :jtGq /fi6«n] csf]{ :jtGq /fi6«l;t h] Jojxf/ u5{, csf]{ /fi6«af6 klg ToxL Jojxf/ x'g] ck]Iff /fV5' . ToxL Jojxf/ d}n] u5'{ .

**t]**;|f], pxfFn] /fli6«o cv08tfsf] s'/f ug'{ePsf] 5 . 6]l/6f]l/on OlG6u|]6L, c+u|]hL zAb k|of]u ug]{ xf] eg] Tof] clxn] clxn] dfq xf]Og, ef]lnsf lbgx?df klg /fli6«o cv08tfdf cfFr k'Ug] vfnsf] d s]xL klg sfd ulb{g .

**rf}yf] s'/f,** pxfFn] s] eGg'ePsf] 5 eg] :jfy{sf] s'/f ug'{ePsf] 5 . /fli6«o :jfy{sf] s'/f u5'{, d}n] s'g} klg l5d]sL /fi6«l;t Jojxf/ ubf{ ef/t cyjf rLg cyf s'g} klg ldq /fi6«l;t Jojxf/ ubf{ Tof] /fi6«sf] :jfy{ t x]5'{, t/ Tof] /fi6«sf] :jfy{eGbf d d]/f] b]zsf] :jfy{nfO{ tndfly kf5{ eg] Tof] b]zsf] :jfy{ x]g]{ Tof] d]/f] lhDdf xf]Og .

**kfFrf}+ s'/f** pxfFn] s] eGg'ePsf] 5 eg] d gfkmf gf]S;fg slt kf]sf cfof] cfPg lx;fa ulb{g . d :jfledfgdf ljZjf; u5'{ . l8lUlg6LnfO{ tn /fv]/ d s'g} klg sfuhdf ;xL ulb{g . Jojxf/ klg ulb{g . clxn] l5d]sL /fi6«l;t xfd|f] k|wfgdGqLn] ug]{ Jojxf/ / jftf{x? oL kfFr j6f ljifodf cfwfl/t eP/ hfFb}5 . To;}n] o;}sf] cfwf/df ljZjf; ug'{;\ eGg] d cfu|x u5'{ .

**;Toky** M :jfledfgsf ;fy ef/t e|d0f ug{ hfFb} x'g'x'G5 <

**lji0f' l/dfn** M xf], lans'n l7s eGg'ef] .

**;Toky** M ef/tn] g]kfnnfO{ gfsfaGbL nufOlbP/ g]kfnn] hf/L u/]sf] ;+ljwfgdf cg]sg l6Kk0fL ul//xFbf g]kfnn] To;sf] vf;} k|ltjfb ug{ g;s]sf] a]nf k|wfgdGqLsf] of] e|d0fn] hf/L gofF ;+ljwfgnfO{ arfp ug{ sltsf] ;xh xf]nf .

**lji0f' l/dfn** M tkfO{n] clxn] eGg'ePsf] :6]6d]G6 rflxF cln ldNbf] ePg . xfdLn] s'g} klg l5d]sL /fi6«nfO{ rfv t /fVg] eof}+, t/ xfdLn] hf/L u/]sf] ;+ljwfgsf] af/]df s;}n] s] eGof] eg]/ lrGtf u/]gf}+,

**;Toky** M To;f] xf] eg], d}n] tkfO{nfO{ Pp6f cfjfh ;'gfpF5', ;+l3o ;dfhjfbL kmf]/dsf ;f+;b piff ofbj

**piff ofbj M** d cfkm\g} pbfx/0f lb+b}5', tkfO{nfO{ d]/f] ljjfx rflxF !(\*) df eof], d Ol08ofsf] 5f]/L, clg d]/f] ljjfx rflxF l;/xfdf eof] . d}n] rflxF j}jflxs clËs[t gful/stf kfPF, clg d]/f] tLg hgf aRrfx?n] a+zh kfof] t/ casf] clxn]sf] ;+ljwfgdf cfdf rflxF clËs[t gful/stf x'Fbf p;sf 5f]/f5f]/Ln] a+zh gkfpg] ===

**;Toky** M clËs[t cfdfsf 5f]/fnfO{ a+zhsf] gful/stf glbg] Joj:yf ul/Psf] 5 eg]/ piff ofbjn] eGg'eof], oxL s'/f ef/tLo ;bgdf klg p7\of] .

**lji0f' l/dfn** M o;sf] d Pp6} dfq ;fgf] hjfkm lbg rfxG5', pxfFn] of t ;+ljwfg k9\g'ePg, ;+ljwfg gk9]/ a'em\g'ef], ljgd|tfk"j{s eG5' d pxfF a'em\g] dfG5] x'g'x'G5, xfd|f] ;+ljwfg;efsf] ;b:o x'g'x'G5, clxn] Joj:yflksf ;+;b ;b:o x'g'x'G5, ;+ljwfg n]Vg] a]nf pxfFx? ;+ljwfg 5f]8]/ lx+8\g'ef], s] bkmf n]Vof], s] pkbkmf n]Vof] pxfFn] yfxf ePg, ;8sdf pk|mbfv]l/ lj/f]w ug'{k5{ eg]/ dfgl;stf lnP/ lj/f]w ub}{ lx+8\g'ef], ;+ljwfgdf gn]lvPsf] s'/f pxfFx? n]Vof] eg]/ pxfFx? eGb} hfg'ef], Tof] pxfFx?n] cfkm"nfO{ dfq e|ddf kfg'{ePg, ;du| dw]zdf /x]sf] hgtfnfO{ e|ddf kfg'{ef] / l5d]sL ldq /fi6«sf pk === == d]s/x?nfO{ klg e|ddf kfg'{ g} ef] . of] unt xf] . d olt dfq eGg rfxG5' bkmf bkmf kN6fP/ x]/] klg x'G5, lstfa g]kfnL / c+u|hL b'a} efiffdf 5flkPs} 5 . xfd|f] ;~rf/ dGqfnon] t xfd|f] cfkm\gf] nf]sn efiffdf o;nfO{ ?kfGt/0f u/]s} 5, Tof] kN6fP/ x]/] klg x'G5, o;df sGˆo'hg /fVg] h?/L g} 5}g . xfd|f] clxn]sf] ;+ljwfgn] g]kfnsf] e"ldleq hGd]sf s'g} klg gful/snfO{ cgful/s agfpg], /fHoljxLg agfpg] sNkg} u/]sf] 5}g . klxnf] s'/f] xfdL :ki6 x'g'kg]{ s'/f] . cem d s] eGg rfxG5' eg] g]kfn / ef/t aLr t'ngf u/]/ x]g]{ xf] eg] j}jflxs clËs[tsf] s'/f ug]{ xf] eg] ef/teGbf xfdL w]/} k|ultzLn 5f}+, ef/tdf ljjfx u/]/ hfg] xfd|f] r]nLn] xfdL r]nLa]6Lsf] ;DaGw 5f}+ eG5f}+ lg, xfd|f] r]nLn] tTsfn gful/stf kfpFb}g . kfFr ;ft jif{ s'g'{k5{ . ef/tsf] ;+ljwfgd} v'n:t} n]lvPsf] 5 / Jojxf/ klg ToxL g} xf] . t/ xfdLsxfF ptfsf] a]6L cfpgf;fy} ptfsf] gful/stf Tofu]F eGgf;fy} tTsfn} clËs[t gful/stf kfpg'x'G5 / pxfFsf ;Gtfgx? xfd|f] c? ;GtfgeGbf s'g} klg k[ys x'Fb} x'Fb}g .

**;Toky** M tkfO{x?n] oxL s'/f ef/tLo ljb]z dGqL ;'idf :j/fh, h;n] ef/tLo ;bgdf oxL ljifonfO{ rsf]{ u/L p7fpg'ef], a'emfpg ;Sg'x'G5, g]kfnsf] ;+ljwfg af]s]/ xfdLn] xfd|f] ;+ljwfg kfl/t u/]sf 5f}+, tkfO{x?eGbf w]/} k|ultzLn 5f}+ eGg ;Sg'x'G5 <

**lji0f' l/dfn** M pxfFn] of] rf;f] /fv]g eg] Ps Ps nfOg k9]/ ;'gfpg] s'/f] x'Fb}g, dnfO{ nfU5, ;'idf :j/fh k9]n]v]sf dfG5] x'g'x'G5, pxfFnfO{ a'em\g'kg]{ sf/0f g} 5}g, ef/tsf] nf]stGq ;efdf ToxfFsf k//fi6« dGqLn] af]n]sf s'/f g]kfnsf] ;+ljwfgdf gn]v]sf s'/fx? cfP, Tof] t :ki6 kfl/;s]sf] 5 h:tf] nfUof] dnfO{ . efsf] 5}g eg] klg pxfFsf] rf;f]sf] s'/f ;f]W5f}+ lg xfdLn] pxfFnfO{ . ha ldqtfsf] s'/f u5f}{+ eg] xfdL xfd|f] s'/f eG5f}+ . pxfFx?sf] s'/f s] xf] xfdL ;f]W5f}+ lg t . pxfFx?n] olb g]kfndf o:tf] o:tf] JolQmnfO{ a]l7lt eO/x]sf] 5 eg]/ eGg'ef] eg] xfdLn] lbg] s] hjfkm x'G5, xfd|f] hjfkm hDdf hDdL Pp6f x'G5 ls k"j{ d]rLb]lv klZrd dxfsfnL;Dd t/fO{sf] ;dy/ e"efub]lv lxdfnsf] sfvdf /x]sf] h'g e"ld 5 lg To;leqsf] rf;f] tkfO{x?n] /fVg'kg]{ h?/L g} ePg . xfd|f] hgtfnfO{ Gofo lbg] sfd xfd|f] xf], tkfO{x?sf] xf]Og . xfdLn] t oxL g} eG5f}+ . a'emfpF5f}+ lg pxfFx?n] a'em\g'k5{ . olb ef/tsf] s'g} s'gfdf cK7]/f] k¥of] eg] xfdLn] af]Ng ldN5 / <

**;Toky** M oxfFn] o;f] elg/xbf ljz]if u/L kl5Nnf jif{x?df g]kfn ef/t aLr hlt klg ;d:ofx? 5g\, tL ;d:ofx? ef/tLo sd{rf/LtGqaf6 plAhPsf 5g\ ==== cem g]kfn / ef/tsf] of] kl5Nnf] ljjfbsf] s'/f ug]{ xf] eg] t g]kfnleq} ef/tLo /fhb"tn] g]kfnsf /fhgLltaf/] unt9+usf] JofVof lnP/ lbNnL hfg] / unt 9+un] g]kfnsf /fhgLlts g]tfx?nfO{ prfNg] o:tf] s'/fnfO{ ;+af]wg ug{ s] ug{ ;lsG5 <

**lji0f' l/dfn** M ;/sf/n] ;/sf/l;t s'/f ug]{ xf], c? hDd} Ph]G;L eg]sf] ;/sf/sf] dftxt x'g\, xfd|f] k|wfgdGqLn] s'g} Ph]G;Ll;t s'/f ug]{ x}g, xfd|f] k|wfgdGqLn] k|wfgdGqL;Fu s'/f ug]{ xf], xfd|f] cy{dGqLn] cy{dGqL;Fu s'/f ug]{ xf], k//fi6«n] k//fi6«;Fu s'/f ug]{ xf] . xfd|f] ;dsIfl;t} jftf{ x'g] xf], xfd|f] d"n ?kdf b'O6f /fi6« aLrdf s'/fsfgL xf], d oxfFlg/ Pp6f zAb eGg] cg'dlt rfxG5', ;/sf/ eg]sf] s] xf], /fHo eg]sf] s] xf] < /fHo eg]sf] lglZrt s'/fsf] dgf]kf]nL ePsf] lgsfo xf] . pbfx/0fsf] nflu lx+;f eGg] zAb lx+;fdf df]gf]kf]nL cyf{t\ Psflwsf/ /fHosf] afx]s s;}sf] x'Fb}g, ;]gf agfpg kfOG5, aGb's af]sfpg kfOG5 . lrQ ga'em\g] dfG5]nfO{ a]l7s eg]/ /fHon] uf]nL 7f]Sg] ;d]t clwsf/ 5, of] eg]sf] /fHonfO{ dfq x'G5, c? s;}nfO{ x'Fb}g . s;}n] u/] sfg'g nfU5, /fHon] ljlw k'¥ofP/ uf]nL rnfP/ df/] klg Tof] Gofo dflgG5 . csf]{ ;Dk"0f{ hgtfsf] tkm{af6 ltd|f] gfddf d ;xL5fk 7f]S5' eGg] clwsf/ klg ;/sf/nfO{ x'G5, /fHonfO{ x'G5 . Tof] Psflwsf/ kfPsf] JolQm sfo{sf/L k|d'v hf] ;/sf/ k|d'v x'G5 cyfjf /fi6« k|d'v x'G5 . ToxL lx;fan] xfd|f] sfo{sf/L k|d'v ldq /fi6«sf] e|d0fdf hfFbfv]l/ ;Dk"0f{ Tof] Psflwsf/ af]s]/ uPsf] x'G5 . To;sf/0fn] ubf{ pxfFn] hgtfsf] efjgfnfO{ Vofn ug'{x'G5 . /fi6«sf] :jfledfgnfO{ Vofn ug'{x'G5 . cl3 d}n] kfFr j6f zAb eg]F, Tof] kfFr j6f s'/fnfO{ dgdf /fv]/ hfg'x'G5 .

**;Toky** M ul/a gful/ssf cufl8 a8f] cfbz{sf s'/f, dfgl;s klg agfpg], pb\a]lnt klg agfpg] / Jojxfl/s s'/f s:tf] x'G5g\ eg]/ kl5sf] ljifo=== t/ klg l/dfnHo" h:tf] d'n'ssf] ;fdflhs ;+/rgf g} eTsg] u/L, d'n'ssf] cfly{s l:ylt bfdfbf]n x'g] u/L ef/tn] gfsfaGbL nufOlbof] . k|wfgdGqLn] ToxL cy{df c8fg klg lng'eof] . pxfFsf] :t'lt ufg klg ef], pxfFsf] ;dy{g klg ef], tkfO{n] cl3 klg eGg'ef], ca gfsf v'n]sf] 5, kml/ klg cfd hgtfsf] cfzÍf s] 5 eg] of] k|wfgdGqL s]kL zdf{ cf]nLsf nflu :jfut ug{sf nflu /ftf] sfk]{6 la5\ofOPsf] xf] / km]l/ klg c3f]lift 9+uaf6 gfsfaGbL ug{sf nflu d;nf ef/tn] prfNb}5 .

**lji0f' l/dfn** M k|Zg u/f}+, d oxfFnfO{ < k|wfgdGqL s]kL zdf{ cf]nLnfO{ ef/t e|d0f lsg nfg' kf¥of] t p;f] eP < ef/tsf] :jfy{ s] t < k|wfgdGqLn] kfFr j6f eGbf 5 j6f s'/f ug'{ x'Gg . c? s'g} Ph]08f 5}gg\, clg k|wfgdGqL s]kL zdf{ cf]nLnfO{ lgdGq0ff ug{ ef/tn] gfsfaGbL lsg vf]Ng'k¥of] <

**;Toky** M clxn] g]kfnL /fhgLlts j[Qdf ljz]if u/L g]kfn ef/t ;DaGwnfO{ glhsaf6 a'em]sfx?n] hn;|f]tsf] n]gb]gsf] s'/f 5 eG5 lg <

**lji0f' l/dfn** M d}n] eg]F lg, Ph]08f t 5Fb} 5}g, gePsf] Ph]08f===

**;Toky** M Ph]08f ljxLg 9+un] hfFb} x'g'x'G5, k|wfgdGqLHo" <

**lji0f' l/dfn** M xf] hDdf hDdL Pp6f Ph]08f 5 . klxn]sf] k|wfgdGqL / clxn]sf] k|wfgdGqLsf] e|d0fsf] km/s s] xf] eg] klxnfsf] k|wfgdGqLn] ;lkª ln:6 lnP/ hfg'x'GYof] . d}n] cl3 g} eg]F lg afv|fsf] kf7fb]lv lnP/ :sf]n/l;k;Ddsf s'/f . xfdL s]xL elg/x]sf 5}gf}+ . clxn]sf] k|wfgdGqLsf] hDdf hDdL Pp6f Ph]08f xf], ldqtf, ldqtf x'G5, ;a} yf]s x'G5, ldqtf x'Fb}g eg] s] x'G5, s]xL klg x'Fb}g . xfdLn] ljutdf w]/} ;Demf}tf u/]sf 5f}+, dxfsfnL ;lGwb]lv y'k|} ;Demf}tf u/]sf 5f}+ lg xfdLn] .<

**;Toky** M oL ;lGw ;Demf}tfsf af/] h'g c;dfg 5g\, PstkmL{ / cJojxfl/s eP eG5 lg <

**lji0f' l/dfn** M o;df cfpF5' d . o;df b'O6f kf6f eP lg, Pp6f oL ;lGw ;Demf}tfsf cfly{s kf6fx? 5g\, ug]{ eg]sf of]hgfx? 5g\, of]hgf sfof{Gjog ug]{ ljlwdf xfd|f k|wfgdGqLn] cfkm\gf ;dsIf;Fu s'/f /fVg'x'G5, lh1f;f /fVg'x'G5 . h:tf] pbfx/0fsf] nflu dfq d eG5', k~r]Zj/ of]hgf, aNn aNn @) jif{kl5 xfdLn] l;Ocf] lgo'Qm u/]sf 5f}+, g]kfnsf] ;fO8af6 l;Ocf] x'g'x'G5, ca xfd|f] lh1f;f s] x'g;S5 o:tf]df . eGbfv]l/ Pp6f lh1f;f o;sf] lj:t[t kl/of]hgfsf] l/kf]6{ slxn] alg;S5, o;sf] cfly{s Joj:yfkg s;/L x'G5 < o;sf] nfesf] afF8kmfF8 s;/L x'G5 < klxn] eg]sf ;Demf}tf cg';f/ < / o;sf] 6fOdnfOg s:tf] x'G5 < slxn] yfn]/ slxn] 6'lËG5 < pbfx/0fsf nflu

**;Toky** M ef/tLo k|wfgdGqL g]kfn cfPsf] avt g]kfnsf] ;+;bdf pleP/ k~r]Zj/ ca tTsfn sfof{Gjog x'G5 eGg'ef], To;kl5 s]xL ;do To;sf] xNnfvNnf klg eof], s]xL sfd x'g vf]h]sf] h:tf] klg eof] . ha df]rf{n] cfGbf]ng yfNof], ef/tn] gfsfaGbL ug{ yfNof], To;kl5 k~r]Zj/sf] gfsfaGbL klg /f]lsPsf] 5 .

**lji0f' l/dfn** M /f]lsPsf] 5}g .

**;Toky** M h'g ultdf hfg'kg]{ xf], hfg ;s]g .

**lji0f' l/dfn** M x}g /f]s]sf] 5}g . tkfO{n] cfˆgf] s'/fnfO{ o;/L geGg';\ g o;/L eGg';\ g . tkfO{n] km]l/ unt s'/f eGg'x'G5, cl3 e/v/ Ps hgf dfggLosf] unt s'/f ;'gfpg'eof] .

**;Toky** M k~r]Zj/n] ult lng ;s]g lg of] t dfGg'k¥of] lg t <

**lji0f' l/dfn** M kRrL;f}+ jif{b]lv s]xL klg gePsf]df clxn] sfof{no /fv]/ l8kLcf/ agfpg yfln ;Sof] t . d]/f] t rf;f] slt dfq eg] Tof] 8LkLcf/ slt rfF8f] l;Wofpg] eGg] dfq} xf] . To;sf/0f g/]Gb| df]bLhL cfpg'eP/ af]ln;s]kl5 ePsf] Pp6f sfd t Tof] xf] lg . ePsf]nfO{ t ePs} dfGg'k¥of] lg . Tof]afx]s y'k|} 5g\, d tkfO{l;t 7\ofSs} s]df ;xdt 5' eg] h:tf] x'nfsL dfu{df xfdLn] agfpg'kg]{ k'n t agfO;Sof}+, ldq /fi6« ef/tn] cfkm}n] nufgL u/]/ agfpF5' eg]sf] efu rflxF kfFr ;ft jif{ lalt;Sbf klg ! ;o ld6/ egbf a9]g . hlxn] klg avf{ nfu]kl5 xfd|f] ldl8ofx?n] vfN6} vfN6f b]vfpg] l:ylt 5 . of] cGTo x'g'k¥of], ToxL xf]Og xfd|f] rf;f] < To;df xfdL af]N5f}+ . o:tf] rflxF x'g' ePg, xfdL h] h] kl/of]hgfx?sf] ;Demf}tf u/]sf 5f}+ lg < d}n] cl3 g ;'?df eg]sf] lyPF, aLrdf tkfO{n] cGo s'/f yKg'eof] . xfd|f ;Demf}tfx?sf] b'O6f kf6fx? 5g\, Pp6f /fhgLlts kf6f] 5, /fhgLlts kf6f]nfO{ ljZn]if0f ug{, Tof] l7s eof] ls a]l7s eof] eg]/ lgisif{ lgsfNg xfdLn] k|a'4 ju{ JolQmx?sf] ;d"x agfPsf 5f}+ . g]kfnsf] tkm{af6 rf/ hgf ef/tsf] tkm{af6 rf/ hgf . cf7 hgf ;+o'Qm ?kdf a:g], pxfFx?n] b'O{ jif{ leq 6'ª\Uofpg] eg]sf 5f}+ . Tof] kf6f]df ;dfg c;dfg, ldNbf] gldNbf] To;n] s]nfpF5 . To;sf] ljZn]if0fsf] cfwf/df xfdL 6'Ëf]df k'U5f}+, To;sf] cfly{s kf6f] eg]sf] kl/of]hgfnfO{ ;Dkfbg ub}{ hfg] xf] .

**;Toky** M kl5Nnf] r/0fdf b]lvPsf] ltQmtf af/] ljz]if u/L ef/tn] PstkmL{ u/]sf] Jojxf/sf/] af/] rrf{ x'G5 ls x'Fb}g <

**lji0f' l/dfn** M ToxL t, ldqtf eg]sf] g} ltQmtfnfO{ cGTo ug]{ xf] . To;f] x'g] x'Fbf xfdLn] ;f]Wg] s'/f s] xf] eg] xfd|f] lh1f;f s] x'G5, xfd|f ldqx?nfO{ eGbf tkfO{x?sf] rf;f] s] xf] < tkfO{sf] u'gf;f s] xf] < lh1f;f s] xf] < xfd|f] 3/leqsf] s'/f xf] eg] To;df :ki6 kflb{G5', Tof] xfd|f] 3/leqsf] s'/f xf], tkfO{sf] 3/leqsf] s'/f d elGbg . em\ofnaf6 lg x]lb{gF . tkfO{sf] 6'F8fnaf6 klg x]lb{g, sxLFaf6 klg x]lb{g . d]/f] 3/leq gx]g'{;\ . xfdLn] ljgd|tfk"j{s eGg] s'/f oxL xf] . kfv'/f ;'s{g], 6]a'n ysf{pg] s'/f] t s"6gLltdf x'Fb}g lg .

**;Toky** M of] klAnsdf eGbf Sof dHhf cfpF5, ;'Gg klg . ToxfF tkfO{n] eGg'eP h:tf] l/hN6 kfpF5 ls kfpFb}g <

**lji0f' l/dfn** M kv{g';\, d}n] tkfO{nfO{ s;/L ljZjf; lbnfpg] < lsgeg] tkfO{sf] dgdf klg cljZjf;} cljZjf; 5 eg]/ Jojxf/df d}n] k'li6 ug'{k¥of] . Tof] :jfefljs} klg xf], d ldqnfO{ bf]if nfO/x]sf] 5}g, lsgeg] ljutdf Oltxf;df w]/} e'nx? ePsf 5g\, Oltxf;df ePsf] e'nsf sf/0f To;sf] ef/L cflwsfl/sx?n] af]Sg'k5{ . xfd|f] afpafh]x?n] u/]sf] ef/L t xfdLn] af]Sof}+ lg < ;/sf/ klg To:t} xf], k"j{jtL{ ;/sf/af6 ePsf uNtLsf] ef/L t jt{dfg ;/sf/n] af]Sg'k5{ . clg ;a} cfP, sfg lr/]sf eGg] xfd|f] pvfg 5 lg, ToxL lx;fadf ;f]Rg', d cGoyf dflGbgF . t/ d clxn] s] dfq} ljgd|tfk"j{s cfu|x ug{ rfxG5', oxfFsf] nf]slk|o ;~rf/dfWodsf] tkm{af6 eg] clxn]sf] k|wfgdGqLsf] sfdsf] ultdf of] ;/sf/sf] sfdsf] ultdf, km"lt{df k|Zg x'g ;Snfg\, k|Zg ug]{ clwsf/ klg 5 ;a}nfO{, t/ lgot, OdfGbfl/tf / /fi6«sf] clxt ug]{ dfldnfdf rflxF s[kf u/L k|Zg gug'{;\ eg]/ ljgd|tfk"j{s cg'/f]w ug{ rfxG5' .

**;Toky** M ca ljz]if u/L hlta]nf ef/tLo k|wfgdGqL rLg e|d0f hfg'ef], rLgsf k|wfgdGqL / ef/tsf k|wfgdGqLsf] Pp6f jQmJo cfof], Tof] jQmJodf Pp6f a'Fbfdf rflxF rLg, ef/t / g]kfn cfly{s If]qsf ?kdf cufl8 a9\g'k5{ . of] cf;o x'g\ . clxn] ha ef/tn] gfsfaGbL u¥of], To;kl5 g]kfnn] rLgtkm{sf gfsfaGbL v'Ng'k5{ eg]/ lgs} rrf{ klg eP . ca PstkmL{ e/kg'{ x'Fb}g eGg] klg cfP . of] e|d0fsf a]nf rLg / ef/tsf k|wfgdGqL aLrsf] ;xdltdf hf/L ul/Psf] jQmJoleq g]kfnsf] gfd klg hfl8of], rLg, g]kfn ef/t tLg j6f b]zsf] cfly{s If]q agfpg], of] ;Gbe{df xfdL ax; u5f}{+ ls ub}{gf}+ <

**lji0f' l/dfn** M xfdL clxn] ef/tl;t d"ntM h'g d}n] cl3 g} eg]F, ToxL km]l/ bf]xf]¥ofpg] cg'dlt rfxG5' d . ldqtfsf] s'/f u5f}{+ / tLg j6f

**;Toky** M c? s'/f ug{ s] n] 5S5 < 8/ x'G5 ls <s]xL lalu|xfN5 ls <

**lji0f' l/dfn** M s] s'/f ug]{ t< dnfO{ atfpg';\ t .

**;Toky** M rLg / ef/tsf k|wfgdGqLn] g]kfnnfO{ klg hf]8]/ cfly{s If]q agfpg] eg],

**lji0f' l/dfn** M l7s 5, o;f] u/f}+ g t, To;nfO{ o;/L hfg' knf{ lg t ef/tl;t ef/tl;ts} s'/f x'G5, rLgl;t rLgl;ts} s'/f x'G5 . ef/tdf uP/ rLgsf] s'/f x'Fb}g, rLgdf uP/ ef/tsf] s'/f x'Fb}g . Pp6f s] e|d gkf/f}+ eg] g]kfnsf] k|wfgdGqL rLg e|d0f ug'{ eg]sf] ef/tl;t emf]Fs rn]kl5 ug]{ eGg] s'/f] xf]Og, ljutdf ePsf] s'/f] clxn] ghf]l8lbgf];\ . d}n] ljgd|tfk"j{s eg]F lg, ljutdf ss;n] s] uNtL u/], Tof] Oltxf;sf] uNtLsf] ef/L clxn]sf] k|wfgdGqLn] af]Sg' h?/L g} 5}g .

**;Toky** M clg tkfO{nfO{ nfU5 ls of] d'n'ssf] /fhgLlts Oltxf;df olt w]/} /fli6«otf ;DagwL ef/L af]Sg ;Sg] Ifdtf clxn]sf k|wfgdGqL;Fu dfq} 5 .

**lji0f' l/dfn** M clxn]sf] k|wfgdGqLn] of] hDd} ef/L af]Sg'ePsf] 5, eljiodf cfpg] k|wfgdGqLn] slQsf] ef/L af]Sg'x'G5 Tof] x]g'{k5{ . ljutsf k|wfgdGqLn] af]Sg g;Sg'ePsf] eP clxn]sf] k|wfgdGqLn] af]s]/ b]vfpg'x'G5 . olt g} xf] clxn] .

**;Toky** M Tof] ef/L af]Sg] gfDnf], 8f]sf] alnof] klg agfpg' knf{ lg x}g <

**lji0f' l/dfn** M xfdLnfO{ ljZjf; 5 . xfdLn] ug{ ;S5f}+ eGg] ljZjf; 5 . xfdLnfO{ s] nflu/x]sf] 5 eg] ljutdf Oltxf;df gePsf sltko s'/f clxn] xfdL ug{ ;S5f}+ eGg] ljZjf; 5 . To;}sf] nflu xfdL sfd ul//x]sf 5f}+ . d Pp6f s'/f pbfx/0f lbG5', ljutdf k|wfgdGqLHo"x? cyjf xfd|f] ;/sf/sf] k|ltlglwHo"x? ljb]zdf e|d0fdf hfFbfv]l/ d]l8ofdf Ph]08fx? cfpFy], pxfFx? hfg'x'GYof], cfPkl5 ;+;bdf af]Ng'x'GYof], clg To;df sd]G6 x'GYof], l6Kk0fL x'GYof], ljjfbf:kb aGYof], s;}n] ;kmn eof] eGYof], s;}n] c;kmn eof] eGYof] . o:t} lyP lg ljutsf] Oltxf;df . sltko uf]Ko ;Demf}tf eof] klg eGy], uf]Ko eof] ePg yfxf gkfOsg xfd|f sltko dfG5] dg'{kg]{ txdf k'UYof}+ . clxn]sf] k|wfgdGqLn] ef/t e|d0f hfg' cufl8 ;aeGbf klxn] 5nkmn k"j{ k|wfgdGqLx?;Fu ug'{eof] . tkfO{x?sf] cg'ej s] 5 < sxfF sxfF s] s] ug'{efYof] < pxfFn] ;f]Wg'eof] . pxfFn] /]s8{} /fv]/ a:g'ef] . k//fi6« dGqfnosf] O:o'h / d]df] /fv]/ a:g'ef] . k"j{ k|wfgdGqLx? pknAw ;a}nfO{ pxfFn] ;f]Wg'ef], b'ef{Uoa; ToxL lbg a]n'sf ;'zLn sf]O/fnfHo"sf] b]xfjxfg eof], pxfFnfO{ klg cfdGq0f ul/Psf] lyof], pxfFn] :jf:Yodf cln v/faL 5, cfpg g;Sg] hfgsf/L u/fpg' ePsf] lyof] . pxfFn] ;a} k|wfgdGqLnfO{ 8fSg'eof], ;a} pkk|wfgdGqL, k//fi6« dGqL ;dfn]sf pkk|wfgdGqLnfO{ af]Sg'eof], k//fi6« dGqLHo"x?nfO{ 8fSg'eof] / k"j{/fhb"tx?nfO{ 8fSg'eof], ToxfFaf6 pxfFn] yfNg'eof] . To;kl5 pxfFn] ljlhg]; sldlg6Ln] lalhg];sf] s'/f ug]{, tkfO{x?sf] /fo s] 5 < ljutdf s] ePsf] lyof] < ca s] ug'{k5{ eGg';\ eGg'ef] . To;kl5 uP/ pxfFn] ;+;bdf /x]sf ;a} bnx?nfO{ 8fs]/ tkfO{x?sf] /fo s] 5xf] n eGg';\ eGg'ef] . To;}u/L ef/t e|d0f ;DaGwdf rf;f] /fVg] k|a'4 ju{x? hlt 5g\, ;a}n] 1fkgkq af]s]/ cfpg'ef], Tof] lng'eof] . of] hDd} k|fKt eO;s]kl5 aNn pxfF ;+;bdf uP/ af]Ng'eof] . ;+;bdf klg k|wfgdGqLHo"n] s] ug'{x'G5 eg] ToxfF /x]sf ;a} bnx?n] cf}krfl/s 9+un] af]n] kl5 To;nfO{ hjfkm lbg] 9+un] g} af]Ngx'G5 / ToxfFaf6 cfPsf] /fo af]s]/ g} pxfF hfFb} x'g'x'G5 . ljutdf s'g} klg k|wfgdGqLn] /fo af]s]/ hfFb}gYof], cfkm\gf] kf6L{sf] afx]s . kf6L{l;t 5nkmn uy]{ xf]nfg\, ljkIf;Fu o;f] e]6] h:tf] uy]{ xf]nfg\ . clxn] t xfdLn] s'g} ljkIf, kIf eg]gf}+ t < cem xfdLn] dw];L df]rf{sf ;fyLx? hf] cfGbf]ng/t x'g'x'G5, JolQmut ?kdf x}g ls /fhgLlts ?kdf dg gk/]sf] xf]nf, t/ /fi6«sf]sf] s'/fdf /fli6«o Ph]08f s;/L agfpg], dw]; eg] klg PsLs[t g]kfn t rlxof] lg, To;sf/0fn] ubf{ s;/L hfg] eg]/ rln/xg'ePsf] 5 . k|lqmofnfO{ oxfFn] a'lemlbg'ef] eg] .

**;Toky** M oxfFn] cl3 kfFr j6f /fi6«sf d"n dGq ;fj{ef}d;Qf, :jtGqtf / cv08tf tLg j6fdf clxn] s'/f u/f}+, h:tf] a]nf avtdf xfd|} d'n'sleqsf /fhgLlts bnx?n] xfdL kl/cfof] eg] === 5'6\ofOlbg ;S5', cyjf clxn] l;+xb/af/n] dfq hf]8]sf] of] lhNnfnfO{ efjgfTds ?kdf 5'6\b}5f}+ . ef/tsf] /fhgLlts j[Qdf ulgPsf r'lgPsf JolQmx?n] klg oxL d'2f a]nf a]nf p7fpg] u5{g\, ca oL tLg j6f ljifodf cl8u /x]sf xfd|f k|wfgdGqLn] g]kfnsf] :jtGqtf, cv08tf / ;fj{ef}d;Qfaf/] ef/t;Fu s] eGg'xf]nf, s] ug'{xf]nf <

**lji0f' l/dfn** M ToxL t d}n] cl3 g} tkfO{ / d]/f] pbfx/0f lbP/ eg]F ls klxnf] s'/f t ;fj{ef}d;Qfsf] dfldnfdf xfdL tf}ndf ux|f}+ / xNsf xf}nf, prfOdf nfdf / 5f]6f xf]nf, t/ tkfO{sf] :jfledfg / d]/f] :jfledfg km/s x'Fb}g, a/fa/ x'G5 .

**;Toky** M dw];sf] d'2f ef/tnfO{ eGbf dnfO{ a9L x'G5 eg]/ k|wfgdGqLHo"n] eGg ;Sg'x'G5 <

**lji0f' l/dfn** M Tof] t elg/xg'ePsf] 5 lg t .

**;Toky** M oxfF elg/xg' ePsf] 5 .

**lji0f' l/dfn** M ;a}lt/ eGg'x'G5 . k|wfgdGqLn] af]Ng'ePsf] eGg] t ===

**;Toky** M xfdLsxfF t efif0fdf eGg] Jojxf/df cs}{ ug]{ t xf] < h:tf] efif0fdf ;'?ª o'4 ug]{ eGg] km]l/ klg===

**lji0f' l/dfn** M dnfO{ dfkm ug'{ xf]nf ldq, tkfO{sf] dgdf klg w]/} cfzÍf 5 h:tf] nfUof] < cfzÍf / lk|glthfdf /fv]/ k|Zg ug'{x'G5 eg] glthf lg:sb}g, dnfO{ dfkm ug'{xf]nf, d}n] cnf]slk|o / ljgd| gx'g] vfnsf] l6Kk0fL u/]F . d s] :ki6 kfg{ rfxG5' eg] oxfFn] k|Zg ;f]Wbfv]l/ klg v'n} eGg';\, d}n] t elg/x]sf] 5', d]/f] k|wfgdGqLHo"n] eGg'x'G5 < sd ;] sd d]/f] OdfGbf/Ltfdf k|Zg gug'{;\ . d Jojxf/df hfFr]/ b]vfO lbG5' .

**;Toky** M xfdLn] zÍf klg ug{ ePg <

**lji0f' l/dfn** M xf] . c?df zÍf ug'{;\ l6Kk0fL ug'{;\, kl/0ffddf eGg';\, t]/f] ult k'u]g eGg';\, hDd} dfGg tof/, t/ lgotdf / Odfgbf/Ltfdf k|Zg gug'{;\, pxfFn] eGg'efÚ5 / Tof] Jojxf/af6 k'li6 u5'{ .

**;Toky** M p;f] eP ca, ef/tsf] e|d0f kl5 g]kfn / ef/tsf] ;DaGw s:tf] b]lvPnf <

**lji0f' l/dfn** M xfdLnfO{ s] ljZjf; 5 eg] ef/tsf] xfdL k|lt /x]sf s'g} lh1f;fx? /x]sf 5g\ eg] u'gf;fx? 5g] eg] Tof] xfdL :ki6 kfg{ ;S5f}+ . xfd|f] cfGtl/s dfldnfdf ldq /fi6« ef/tn] Tolt rf;f] /fVg x'Fb}g eg] xfd|f] ljZjf; 5, xfd|f] cfGtl/s dfldnf xfdLn] g} xn u5f}{+, h;/L xfdL ldq /fi6« ef/t / ldq /fi6« rLgsf] dfldnfdf bvn /fVb}gf}+ . cyfjf s'g} klg ldq /fi6«x?sf] cfGtl/s dfldnfdf xfdL df}g /fV5f}+, cyjf k~rzLns} cfwf/df r'k nfU5f}+ . To;}u/L xfdLk|lt Jojxf/ x'G5 eGg] ck]Iff /fV5f}+ . ToxL g} xf]nf eGg] xfd|f] ljZjf; 5 . s]xL e|dx? /x]sf /x]5g\ eg] :ki6 kfg{ k|oTg u5f}{+ . To;kl5 xfdL ldq /fi6«x?nfO{ cfly{s ljsf;sf] af6f]df cfdGq0f u5f}{+ . To;f] elg/xbf xfdL cl3 eg]sf] kl5Nnf] b'O{6f zAb cfpF5, xfdL Pp6f :jfledfg lu/fP/ sfd ub}{gf}+ . bf];|f], :jfy{ x]l//xbf cfkm\gf] :jfy{ dfly /fV5f}+ . k|f0fL cfkm}df :jfyL{ xf], g]kfn /fi6«nfO{ g} k|f0fL ;/x t'ngf u/]/ x]¥of}+ eg] g]kfn /fi6« klxnf] xf], To;kl5 xfd|f] l5d]sL xf] . To;f] elg/xbf cfkm\gf] lxt x]bf{ c?sf] clxt x'g] sfd xfdL ub}{gf}+ . Tof] rflxF :ki6 kf5f}{+ .

<https://www.youtube.com/watch?v=ye2AOdQivxQ&index=13&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>