Date: Jan 15, 2016, Antenna Foundation, Nepal

# *Bishnu Rimal @ Nepal Chautari with Rajan Parajuli*

g]skf ;/sf/sf] !)) lbg hgtfsf] pknlAw s] /x] t <

नेपाल चौतारीमा आज हामी, सरकारको सय दिनका उपलब्धि बारे छलफल गर्दैछौं ।
हामीसँग पाहुना हुनुहुन्छ, प्रधानमन्त्रीका राजनीतिक सल्लाहाकार विष्णु रिमाल । प्रस्तोता राजन पराजुली ।

**k|]; rf}tf/L** M g]skf Pdfn]sf] ;/sf/ ag]sf] !)) lbg gfl3;s]sf] 5 . cK7\of/f] cj:yfdf ;/sf/ ag]sf] jnL;fu :jfefljs} lyof] . ck]Iff klg 7"n} l7of] . dw];L bnx?;Fu ;xdlt, c3f]lift gfsfaGbL gofF ag]sf] ;+ljwfgsf] sfof{Gjog / e"sDkaf6 k|efljtnfO{ Gofo oL k|wfgdGqL x'g' cl3s} lhDd]jf/L lnP/ pxfF k|wfgdGqLsf] s';L{df a:g'ePsf] lyof] . oL tLg6} s'/f oltv]. clNem/x]sf] b]lvG5 . ^ hgf pkk|wfgdGqL, $) hgfsf] dGqL kl/ifb / crDd;Fu km'6fPsf dGqfnox?sf] sf0f s] xf] < gful/sn] cem} a'em\g ;s]sf] 5}g . rLg;Fu gofF l;/fdf ;DaGw la:tf/ x'Fb}5 . Tof] ;sf/ftds 5, t/ ;Demf}tf x'g ;s]sf] 5}g . cf]nLsf] af]nL ;'Gbf b+u} kg]{ cj:yf lyof], t/ k|wfgdGqL cf]nLsf] ToxL af]nL clxn] st} xfF;f]sf] s'/fsf] sf/0f ag]sf] 5, sxLF cfnf]rgf . Ps jif}leq nf]8 ;]l8ª x6fpg] / xfjfaf6 lah'nL lgsfNg], x'Fbf x'Fbf gful/ssf] 3/3/df UofF;sf] kfOk hf]8lbg] eg]/ cf]nLn] af]Ng'eof] . pxfFsf] s'/fn] ;j{;fwf/0f hgtfdf cf;f hufpg ;s]sf] 5}g . dw]; cfGbf]ng / gfsfaGbL oyfjt 5 . sfnf]ahf/L o:t/L df}nfPsf] 5, b]zsf] cy{tGq g} pgLx?sf] ks8df k'u]sf] eGbf x'G5 . e"sDksf k|efljtx?n] ldgkrf/sf] hf8f] 6Lgsf] 5fgfd'lg s6fP . clxn]sf] ;/sf/sf] afWotf s] x'g\, ;/sf/dfly rfª ;d:of 5g\ . To;nfO{ ;'Nemfpg] klg ;/sf/s} xf] . lsg ;/sf/ cndnddf h:tf] b]lvG5 < s] ub}{5 < s;/L gfKg] clxn];Ddsf] ;/sf/sf] sfdsf] pknlAw <

**k|]; rf}tf/L** M xfd|f] b]zsf] cj:yf o:tf] 5 ls o:tf] af]/f 5, hxfFlg/ w]/} Kjfnx? 5g\ . xfdLn] w]/} s'/f 6fNb}, cufl8 a9\b} hfg] cj:yf 5 . Pp6} ;/sf/n] ;a} s'/f ug{ g;Sg' klg ;S5 . clxn]sf] ;/sf/sf] ;o lbgnfO{ xfdLn] s] eof] t, o;sf] sfo{qmdsf] d"Nof+sg s;/L ug]{ t eg]/ d}n] tkfO{nfO{ ;f]w]F eg] s] s] s'/fdf cfwfl/t eP/ x]/] eg] xfdLnfO{ d"Nof+sg ug{ ;lsG5 <

**lji0f' l/dfn M** d}n] cln k[i7e"ld atfOg eg] Gofo x'G5 h:tf] nfUb}g . h;/L tkfO{n] eGg'eP h:t} of] ;/sf/ ;d:ofsf] rfªdfly pleg cfOk'u]sf] ;/sf/ xf] . lj/f;tdf ;d:of xfdL;Fu lyof], Tof] ;d:ofnfO{ xfdLn] 5f]8\g ;St}gYof}+ . lsgeg] k"j{jtL{ ;/sf/n] lbPsf] lhDd]jf/L cGtu{t xfdLdf x:tfGt/0f ePsf] lhDd]jf/L klg lyof] . Tof] ;d:ofnfO{ xfdLn] xn ug'{kYof]{ . xfd|f] klxnf] bloTj eg]sf] ;+ljwfg hf/L ePkl5sf] ;+ljwfgsf] klxnf] sfof{Gjog u/fpg' lyof] . klxnf] sfof{Gjog eg]sf] /fi6«klt / ;efd'vsf] lgjf{rg lyof] . To;n] 8]9 dlxgf xfd|f] uof] . To;sf/0f ubf{ To;df ;kmntf kfof}+ h:tf] xfdLnfO{ nfU5 . To;kl5 rf8af8x?nfO{ clnslt d}n] df}sf lng] rf8af8n] lnPsf] ;do gfkmf vfg] df}sf bfaL ug{ ;S5' . rf8af8sf] ;dodf clnslt tndfly kf¥of] xf]nf . oBlk k|wfgdGqL / dGqLx? slt rf8af8 dgfpg kfpg'eof], kfpg'ePg ljifo ToxfFlg/ hf]l8P/ cfpnfg\ . To;;Fu ;Fu} klxnf h;/L t/fO{sf] ;d:ofx? Ps 9+un] b]lvPsf lyP . k|wfgdGqL s]kL zdf{ cf]nL eO;Sg' eO;s]kl5 ;Ldfsf] gfsfaGbLn] cln pu| ?k g} lnof] . UofF; / OGwgx?df xfxfsf/ h:t} eof], To;nfO{ Joj:yfkg ug]{ sfddf xfdLnfO{ Ps If0f cK7\of/f] kf¥of] . xfdLn] s] a'em]sf 5f}+ eg] ;+ljwfg hf/L eO;s]sf] cj:yfdf dw];L bnx?l;t ePsf 5nkmnsf cfwf/df l:yltnfO{ l;lynLs/0f ug{ ;lsG5 eGg] a'em]sf lyof}+ . Tof] xfd|f] a'emfO lyof] . klxnf t xfdLnfO{ cK7\of/f] s]df kf¥of] eg] xfd|f] ;+ljwfg l;+uf] lwSsf g} dw]; s]lGb|t bnx?n] gdfg]sf x'g\ ls eGg] nfu]sf] lyof] . t/ hltv]/ k|wfgdGqLsf] r'gfadf xfdL nfUof}+ To;f] t xf]Og /x]5, dw]; s]lGb|t bnx? r'gfadf efu lng cfpg'eof], en} pxfFx?n] cGt} ef]t xfNg'eof], To;n] s]xL /x]g, ;+ljwfgnfO{ pxfFx?n] kfngf ug'{eof] . o;sf] cy{ s] /x\of] eg] ;+ljwfgdf lglZrt c+zx? pxfFx?nfO{ dg k/]sf] /x]g5 eGg] a'lemof] / xfdLnfO{ s'g rflxF c+z tkfO{x?nfO{ dg gk/]sf] xf] eg]/ ;6{cfp6 ug{nfO{ g} ;do latfpg' k¥of] . w]/} kl5 dfq pxfFx?n] of] of] ljifo xfdLnfO{ lrQ a'em]g eGg'eof] . xfdLn] o;sf] nflu k"j{jtL ;/sf/n] ;+;bdf k]; u/]sf] lyof] . Tof] ;+zf]wgdf clxn] xfdL clNem/x]sf 5f}+ . Tof] lx;fan] x]bf{v]l/ xfd|} oxfFsf ;d:ofsf b'O6f kf6f /x] . Pp6f xfd|f] 3/leq 6'ª\Uofpg'kg]{ kf6f / csf]{ 3/eGbf aflx/ c8]; nfu]/ a;]sf] kf6f] . ;Ldf gfsf eof], ;Ldf gfsfdf xfdLn] kl/sf ldqx?nfO{ eGof}+ ls ;Ldf leq xfd|f] ;d:of 5}g, xfdL ;'udtfsf;fy ;fdfg Nofpg ;S5f}+ eGof}+ . pxfx?n] kToflbg' ePg . pxfFx?n] Psf]xf]/f] s] elg/xg'eof] eg] xfdLn] gfsfaGbL s/]s} 5}gf}+, xfdLn] /f]s]s} 5}gf}+ . 6«s l;dfgfdf /fv]sf] 5f}+ . t/ leq tkfO{x?sf] ;'/Iff 5}g, k7fpFb}gf}+ eGb} cfpg'ef] . To;df slGeG; ug]{, Tof] ljifodf :ki6 kfg]{ ljifod} ;do uof] . ;ft lbg cf7 lbgdf l;lyn x'g] / To;n] lj:kmf]6s x'g] l:ylt /Xof] . n'sfdf/L ubf{ ub}{ of] txdf cfOk'Ubfv]l/ klxnf] r/0fsf] ;d:ofn] xfdLnfO{ ufFh]/ uof] . To;sf/0fn] ubf{ oxfFn] d"Nof+sg s;/L ug]{ eGbf klxnf] s'/f] o;nfO{ ;6{cfp6 ub}{ Pp6f ;LdfnfO{ ;Lwf /]vfdf Nofpg] sfd xfdLn] u¥of}+ . cfh laxfg / lxhf]sf] ;dfrf/ ;'Gg'ef] xf]nf, cln ;sf/fTds ;dfrf/ 5 . clxn] ef/t;Fu hf]l8Psf sltko gfsfx? /S;f]n gfsf afx]s cGo gfsfx? Ps 9+un] ;'rf? ePsf 5g\ . Tof] lx;fan] x]bf{v]l/ xfdL cf+lzs ;kmntfsf] af6f]lt/ uPsf 5f}+ / lxhf];Dd xfd|f] ePsf 5nkmnsf cfwf/df, cfh sfo{bnn] ug]{ 5nkmnsf cfwf/df olb l:ylt ;sf/fTds lbzflt/ uPdf xfdL ;fob Ps ;o lbg s6fpg] lbg;Dddf of] ;d:of xn ug{ ;s5f}+ h:tf] dnfO{ nfU5 .

**k|]; rf}tf/L** M ca tkfO{ ;aeGbf klxnf /fhgLlts ;d:ofs} d'2fdf l5g'{eof] . lsgeg] of] g} ;a}eGbf 7"nf] cK7\of/f] 5 . /fhgLlts ;xdltsf] kf6f] 5 lg clxn]sf] l:yltdf of] ef/t / g]kfndf gfsfaGbL gug]{ jf gfsfaGbL ef/tn] 5f]8\of] eg] s'g} lx;fadf ;fdfg cfpg hfg ;d:of x'Fb}g eGg] ToxL xf] ;/sf/ a'emfO <

**lji0f' l/dfn M** Psbd ToxL g} xf] . ef/t k7fOlbof] eg] ;d:of x'Fb}g . lsgeg] ef/tn] /f]Sg] lsg < xfdLn] ;+ljwfg hf/L u¥of}+, ef/tl;t s] ;DaGw /x\of] < xfdLn] ga'em]sf] s'/f] ToxL g} xf] . oxfF xfdLn] a'em\g] k|oTg u¥of] . olb ef/tsf] ;fo8af6 gfsfaGbL gx'g] xf] eg] xfd|f] ;fo8df s] ug]{ xfdLnfO{ yfxf 5 lg . xfdLn] clxn];Dd xfd|f ldqx?nfO{ sfg'g tyf Joj:yf sfod ug]{ gfddf hf]8hah{:tL u/]sf 5}gf}+ . oBlk ;/sf/nfO{ cf/f]k cfpg] u/]sf] 5 . HofbtL eof] . a9L an k|of]u u¥of] eg]/ cf/f]k cfpg] u/]sf] 5 . dnfO{ nfU5, xfdLn] gfsfaGbLnfO{ ;'rf? ug]{ / ;'rf? ug{nfO{ xfdLnfO{ To:tf] cK7\of/f] xf]nf h:tf] dnfO{ nfUb}g . ;'rf? ug{ ;S5f}= h:tf] xfdLnfO{ nfU5 .

**k|]; rf}tf/L** M To;f] eP of] kf6f]af6 x]/f}+, g]kfnsf] ;o8lt/ Tolt w]/} ;d:of 5}g, t/ ef/tlt/ 7"nf] ;d:of 5, ltdLx?sf] gfsf ;xh 5}g xfdL k7fpFb}gf}+ elg/x]sf] 5, nfO{ csf]{ cy{df a'em\g] xf] eg] xfd|f dw];sf] ;d:of klxnf xn u/, dw];L hnx?l;t klxn] ;xdlt h'tf, clg dfq xfdL ltdLx?nfO{ ;fy lbG5f}+ eg]sf] t xf] lg, x}g <

**lji0f' l/dfn M** ef/tl;tsf] s'/f xfdL To;/L k|:t't x'g} rflx/x]sf 5}gf}+ . xf]nf, ef/tsf ldqx?sf] dgdf s] s] dgdf 5 xf]nf . Tof] xfdLn] ;'Gg klg rfx]gf}+ . xfdLn] s] eGb} cfO/x]sf 5f}+ eg] 3/leqsf] s'/f xfd|f] s'/f xf] . xfdL tkfO{x?nfO{ lsg eGg] < 3/leqsf] h] h] ;d:of 5g\, xfdL cfkm\g} tl/sfn] xn u5f}{+ . 3/ aflx/sf] s'/f eg]sf] tkfO{+x?n] dfn k7fpg';\, xfdL ToxL elg/x]sf 5f}+ . xfd|f] kf/jxg clwsf/sf] s'/f p7fO/x]sf 5f}+, xfd|f] b'O6f sDkgL, of] ;/sf/ / ;/sf/sf] s'/f klg xf]Og, g]kfn cfon lgud / ef/tLo cfon lgudsf] ;Demf}tfsf] cfwf/df dfn cfpg' kg]{ s'/f xf] . tL dfnx? gcfPsf]df dfq xfd|f] cfklQ xf] .

**k|]; rf}tf/L** M tkfO{ h] s'/f dfGg rflx/xg'ePsf] 5}g, h] s'/f xfdL Totflt/ l5g{ rflx/x]sf 5}gf}+, ToxL dw];L bnx?n] g]kfn ;/sf/;Fu Ps txsf] cfkm\gf] dfux? k"/f u/fpgsf] nflu ef/tLo e"ld, ef/tLo bnx?;Fu cg'/f]w nufotsf s'/fx? x]bf{v]l/ t tkfO{x?;Fu 5nkmn ug{sf nflu pxfFsf] ;fy rflxPsf] eGg] t pxfFx?n] g} cufl8 Nofpg'eof] t <

**lji0f' l/dfn M** cfGbf]ngsf/Lx?n] cfkm\gf] xft dfly kfg{sf nflu hfoh gfhfoh hDd} tl/sfx? k|of]u ug]{ u5{g\ . o:tf] ljutdf klg eP xf]nfg\, clxn] klg eO/x]sf 5g\ . Tof] l7s xf]Og eGbf plrt xf]nf h:tf] nfU5 cfGbf]ngsf/L hgx?nfO{ . t/ km]l/ klg ef/t hfpF, cd]l/sf hfpF, rLg hfpF, hxfF hfpF km]l/ klg g]kfnsf] ;d:of g]kfnd} xn x'G5 . g]kfnsf] ;d:of ef/tsf bnx?l;t s'/f u/]/ x'g] s'/f xf]Og . oxL s'/f xfdLn] dw]; s]lGb|t bnsf g]tfx?l;t atfO/x]sf 5f}+ . tkfO{ rfx] ef/tdf uP/ s'/f ug'{;\, rfx] cd]l/sfdf hfg';\, o'Pgdf hfg';\, o'/f]lkog sld;gdf hfg';\, hxfF;'s} hfg';\, cflv/ ;Demf}tf t oxL+ g} x'G5 . clxNo}sf] ;/sf/ sd ;] sd 3/leqsf] ;d:of xfdL 3/leq} xn ug{ rfxG5f}+ . cfkm\gf] s'/f :ki6 eG5f}+ . Tof] egbf bfofF afofF ub}{gf}+ eg]/ xfdLn] elg cfPsf 5f}+ . Tof] g} xfdf] :ki6tf klg xf] .

**k|]; rf}tf/L** M rf/ dlxgf kfFr dlxgf x'g nfUof] lg < of] kfFr dlxgf;Dddf s] xf] t < lsg tkfO{sf] of] ljifo olt nfdf] ;do;Dd ;'Nem]g eGg] s'/f klg a'em\g ;lsgF <

**lji0f' l/dfn M** tkfO{sf] hf] låljwf xf], d]/f] klg ToxL låljwf xf] . k|wfgdGqLn] oxL eGbfv]l/ k|wfgdGqLn] x]Kof] xfdLnfO{ ;d:o} yfxf 5}g eGg] lsl;dsf] s'/f ldl8ofdf cfP . dnfO{ b'Mv nfU5, slxn]sfxLF of] p7]sf s'/fx?df . dw]; s]lGb|t bnx?n] To:tf] lsg eGof] eGg] nfU5 < dnfO{ oxfF :ki6 kf?F, klxnf ;'?df d}n] cl3 g} eg]F lg ;+ljwfg lwSs} dg k/]sf] 5}g ls h:tf] o;sf] hnfpg] h:tf] sfdn] a'em\of}+ . kl5Nnf] r/0fdf r'gfadf efu lnP kl5 s]xL bkmfx? dg gk/]sf /x]5g\ eg]/ a'em\of}+ . kl5 To;nfO{ ;fFu'/f] agfpFb} hfFbf xfdLn] s] a'em\of}+ eg] ;dfgtfsf] xs / k|ltlglwTjsf] ;jfndf lrQ ga'em]sf] ;Ldf lrQ ga'em]sf] /x]5 eGg] a'em\of}+ . / oBflk xfdLn] To;}nfO{ ;dfgtfsf] xs, df}lnstfsf] xsleq k5{ . df}lns xsdf ;dfgtfsf] xs eGg] x'G5, t/ Tof] ;dfg'kflts eGg] x'Fb}g, kmd]{;g g} unt x'G5 eGb} cfof}+ xfdLn] . ToxL ubf{ ;d:of xn x'G5 eg] n dfg] lnpF ToxL ug]{ eg]/ xfdLn] ;+zf]wgnfO{ cufl8 a9fpg] k|oTg u¥of}+ . ha ;+zf]wgnfO{ cufl8 a9fof}+, To;kl5 pxfFx?n] eGg yfNg'ef], Sn:6/ sf6\g'k¥of] . ;+ljwfgsf] ;dfgtfsf] xs leq bkmf $@ sf] dfq s'/f ub}{5f}+, Sn:6/ sf6\g'k¥of] eGg yfNg'ef], xfdLn] eGof}+, Sn:6/ tkfO{x? g} sf6\g';\, s'g rflxF sf6\g] xf] < xfdLn] t kfvf kl/Psf, k5fl8 kl/Psf ;d"xx?nfO{ d2t ug{sf nflu NofPsf xf}+, lsgeg] d}n] a'em]sf], xfdLn] a'em]sf] s'/f s] xf] eg] df}lns xs ;a}sf] a/fa/ x'G5 . t}klg ;dfhdf ljljw sf/0fn], P]ltxfl;s sf/0fn] kfvf kfl/Psf pk]lIft ;d'bfox? 5g\, ltgLx?nfO{ ljz]if k|aGw ug'{k5{, Tof] ljz]if k|aGw cGtu{t pgLx?nfO{ Gofo lbg'k5{ . eGb} cfof}+ . of] elg;s]kl5 kfvf kfl/Psf s'g ;d"xsf] clwsf/ sf6\g] < tkfO{x? g} eGg';\ g . eGbf cK7\of/f] kg{ uof] . lsgeg] s;nfO{ sf6\g] < ef]tsf] /fhgLlt klg xf]nf . ca c8fg /fVg] t/ s'/f cufl8 a9fpg] eg]kl5 cK7\of/f] x'G5 . of] s'/f xfdLn] aflx/ eg]gf}+, lsg eGg] . l:ylt lsg e8\sfpg] eGg] nfUof] . To;kl5 Tof] klg ;6{cfp6 eof] . u/f}+ elg;s]kl5 ck/ xfp;df h;nfO{ /fli6«o ;ef eG5f}+, /fli6«o ;efdf klg ;dfg'kflt x'g'k5{ eGg yfNg'ef] . o;sf] cy{ s] a'lemG5 eg] dw]; s]lGb|t bnx?sf] dfOG8 d]sck g} 5}g . pxfFx?n] lj/f]wsf nflu lj/f]w ug'{eof] . of] s'/f eGbfv]l/ HofbtLk"0f{ cjglt lbOof] . pxfFx?n] ( a'Fb] 5g\, \* a'Fb] 5g\ eGb} cfpg'eof] . tL hDd} a'Fbf t la:tfl/t ?k g x'g\ Pp6f ljifosf] . s'/f t ;f/df uO;s]kl5 ;Ldf gldn]sf] s'/f] xf] . ;dfg'kflts ;dfj]lztfsf] s'/f gldn]sf] s'/f xf] . To;kl5 k|ltlglwTjsf] e"uf]n / hg;ª\Vof cfwf/df k|ltlglwTjsf] s'/f xf] . klxnf klxnf gful/stfsf] s'/f p7]sf] t clËs[t gful/sx?n] s] kfpg] s] gkfpg] h:tf] k|To]s dw];Lx?n] /fi6«klt aGg gkfpg] eP, /fdj/0f ofbj clGtd /fi6«klt aGg]ef], eGg] s'/f klg cfof] . oL hDd} ckmjfb ha ;+ljwfg kN6fP/ s'/f ug{ yfln;s]kl5 hDd} s'/f lSno/ eO;s]sf 5g\ . clxn] cfP/ d]/f] a'emfOdf tkfO{x?n] eGg'ePsf] l7s} xf], dw]; cfGbf]ng ;'? ePsf] kfFr dlxgf kl5 clxn] xfdL sxfFlg/ ly+lu|Psf 5f}+ eg] casf] ljifo eg]sf] tLg j6f ljifox? 5g\, tL tLg j6f ljifodf xfdLn] xfd|f] ;'emfa /fv]sf 5f}+, pxfFx?sf] s]xL ;'emfa 5 eg] Nofpg';\ eg]sf 5f}+ . d :ki6tfsf ;fy s] eGg rfxG5' eg] tLg6f af6f]af6 pxfFx? cufl8 a9\g ;Sg'x'G5 eg]/ xfdLn] eg]sf 5f}+ . k|wfgdGqLn] klg eGg'ef 5, klxnf], k"j{jtL{ ;/sf/n] cufl8 a9fPsf] h'g ;+zf]wg lyof], To;nfO{ pxfFx?n] jg ug'{;\, To;sf] :jfldTj lng';\, ;xdlt u/f}+ . ;Ldfgfsf] s'/f ldln/x]sf] 5}g, To;nfO{ ;do lnpF / b'a}lt/ ljg ljg l;Ro'P;g u/L hfpF .

olb To;df pxfFx? ;xdt x'g'x'Gg eg] ;+zf]wg k|:tfj /fVg';\, c? c? bnn] ;+zf]wg /fv]sf 5g\, dw];L bnn] ;+zf]wg /fv]sf] 5}g . c?n] JolQmut ?kdf /fv]sf] ;+zf]wg To;df ;xdlt u/]/ gofF 9+uaf6 lnP/ hfpF . of] klg x'Fb}g eg] pxfFx?nfO{ /fhgLlts :k]; rflxPsf] xf] eg] xfdL Tof] lbg klg tof/ 5f}+ . c;xdt x'gnfO{ ;xdt xf}+ . klxnf] k"j{jtL{ ;/sf/n] h] ;+zf]wg /fVof] To;nfO{ kf; u/f}+ . pxfFx?n] /fhgLlts :k]; agfP/ cufl8 hfg';\, of] ;d:ofnfO{ xn u/f}+ . nf]stflGqs cfGbf]ngdf h'g;'s} ljlw klg k|of]u ug{ ;lsG5 . t/ hf]/hah{:tL gu/f}+, t/fO{sf hgtf / kxf8sf hgtfnfO{ b'Mv glbcf}+, xfdLn] oxL elg cfPsf 5f}+ . k|tLIffdf 5f}+ .

**k|]; rf}tf/L** M x'g t dnfO{ of] ljifonfO{ k5fl8 nfg OR5f 5}g, t/ clxn] h'g b'O6f ljifox? clxn] ;+;bdf kfl/t x'g] qmddf 5g\, ;dfg'kfltssf] ljifo / hg;ª\Vofsf] cfwf/df lgjf{rg If]qsf] s'/f, of] ljifo klxn]s} ;/sf/ ePs} a]nf klg pl7 ;s]sf] lyof] . tkfO{nfO{ nfU5 < tkfO{ clxn] k|wfgdGqLsf] ;Nnfxsf/ x'g'x'G5, tkfO{ Ps hgf /fhgLlt1 klg xf], of] ljifo h'g xtf/df ;+ljwfg hf/L u¥of], olb of] ljifo Toltv]/ ;'NemfP/ hfg] xf] eg] sd;]sd xfdL oxfF cfOk'Ub}gYof}+ . s] nfU5 tkfO{sf] ljrf/ s] 5 <

**lji0f' l/dfn M** klxnf] ljifo t ;+ljwfg xtf/ ub}{ u/]gf}+ . d t klxnf] ;+ljwfg;efsf] ;b:o x'F . b'O{ jif{sf] cjlwnfO{ rf/ jif{ k'¥ofP/ klg ;+ljwfg lbg g;Sg] Pp6f c;kmn JolQm dWo]sf] Pp6f d klg x'F . To;sf/0fn] ubf{ klxn] rf/ jif{ latfP/, kl5 klg b'O{ jif{ latfP/ ;+ljwfg NofpFbf ;+ljwfg xtf/df cfpFb} cfPg . hxfF;Dd 5nkmn ePg ls eGg] s'/f] xf], d bfaLsf ;fy s] eG5' eg] klxn] klg () k|ltzt sfd l;Wof] eg]sf] t xfdLn] g} u/]sf] u[xsfo{ d hltv]/ ;+ljwfg;efdf lyPF, Tof] xfdLn] g} u/]sf] u[xsfo{df gldn]sf] ljifodf dfq} b'O{ jif{ 5nkmn u/]sf] . gldn]sf] ljifodf b'O{ jif{ eGbf a9L slt 5nkmn ug{ ;lsG5 < 5nkmn u/]/ cfPsf] xf] . of] eGbf k/ cem nDAofP/ uPsf] eP dnfO{ s] nfU5 eg] d]/f] dgn] s] eG5 eg] ;+ljwfg t hf/L x'Fb}gYof], lsrlsr] afFsL /xGYof] . dnfO{ To:tf] nfU5, lsgeg] hfoh gfhfoh s'/fx? 5'6\ofpg ;Sg'k5{, /fhgLlt1n] . xfd|f] clxn]sf] ;+ljwfgdf s'g rflxF ;d"xn] ;+j}wflgs clwsf/ kfPsf 5}gg\ t < #! j6f t df}lns xs 5g\, b'lgofsf] s'g} klg ;+ljwfgn] olt w]/} wf/fx? df}lns xsdf 5}gg\, ;a} 5g\ . xfd|f lrGtf s] xf] eg] clxn] ;/sf/df /xFbf / ef]ln klg lrGtf x'G5, of] ?lnª kf6L{ ePsf] gftfn] ls oL lbOPsf clwsf/x?nfO{ Jojxf/df nfu' ug]{ s;/L< sfof{Gjog ug]{ s;/L < sfof{Gjogdf n]lvPsf s'/fx? kmut n]Vg] dfq x}g, sfof{Gjog ePg eg] cIf/ dfq x'G5 . To;df xfdLnfO{ lrGtf 5 . To;sf/0fn] ubf{ dnfO{ s] nfUb}g eg] xfdLn] cln lbg r'k nfu]sf] eP s'/f ;'g]/ a;]sf] eP of] ;d:of cfpFb}gYof], dnfO{ To:tf] nfUb}g . ;d:of t lyof] g}, ;d:of klxnf pxfFx?n] l5gfn]/ eGg' ePg ;fyLx?n] lsgeg] pxfFx?sf] ;d:of dgdf Pp6f lyof] h:tf] nfU5, eGg]nfO{ Pp6f elg/xg'ePsf] lyof] . clxn] ljifo lgrf]l/+b} cfPsf] 5, Ps 7fpFdf k'Ub}5f}+, x]/f}+, cfzf u/f}+, 6'Ëf]df k'U5f}+ ls <

**k|]; rf}tf/L** M c;xdltsf] Pp6f s'/f ;f]Wg dg nfu]sf], h:tf], clxn] o;f] dw];L g]tfx?sf] cleJolQmx? cfO/x]sf 5g\, k|wfgdGqL cf]nLsf] af]nL pxfFn] af]n]sf s'/fx?af6 dw];L bnx? a9L g} lrQ b'vfPsf] h:tf] ;'lgG5, pxfFx?sf] cleJolQmx? x]bf{v]l/ tkfO{x?n] s;/L ljZn]if0f ul//fVg'ePsf] 5 <

**lji0f' l/dfn M** o;/L a'emf}+, k|wfgdGqLn] af]n]sf s'/f c? bnsfx? / c? ;d'bfosfn] lrQ b'vfpF5 eg]b]lv k|wfgdGqLn] Tof] tl/sfn] gaf]Nbf x'G5, csf]{ tl/sfn] af]ng ;lsG5 . t/ k|wfgdGqLn] lrQ b'vfpg kfpg] ls gkfpg] t < eg]sf s'/fnfO{ ckJofVof u/]/ rrf{ ubf{v]l/ Tof] k|wfgdGqLn] v08g ug{ kfpg] ls gkfpg] t < d}n] Ps b'O{ j6f pbfx/0f lbg'k/]b]lv d lbg ;S5', h:tf] x'nfsL /fhdfu{df dw];sf bnx?n] dfgj ;fª\nf]sf] cfof]hgf ug'{ef] . /fd|} lyof] . cfGbf]ngsf/Lsf] cfFvfaf6 x]bf{v]l/ ODk|]l;e g} ug'{ePsf] xf] . k|wfgdGqLn] To;nfO{ dfvL;fª\nf] eGg'eof] . To;sf] cy{ t lyof] lg . k|wfgdGqLn] eGg'ePsf] dfv] ;fª\nf]sf] cy{ ;a}n] a'em]sf 5g\, dfv] ;fª\nf] eg]sf] t lem+ufsf] ;fª\nf] eg]sf] t xf]Og . dfv] ;fª\nf]sf] cy{ t o:tf] xf] ls o:tf] ufF7f] tl/sf k'¥ofof] eg] ;lhnf] x'G5, km'S5 . tl/sf k'¥ofPg eg] km'Sb}g eg]sf] xf] . Tof] lx;fan] pxfFn] laDa k|of]u ug'{ef], To;sf] unt cy{ s;/L nufOof] eg] xd] dfvf sxlbof, dvL af]nlbof eGof] . of] t g]kfnL efiff ga'em\g]n] afn]]sf] klg xf]Og, dnfO{ yfxf 5, ;LkL u'Ktf nufot s]xL g]tfx? k|wfgdGqL lgjf;df jftf{df cfpFbfv]l/ tkfO{ t kqsf/ klg xf], tkfO{ /fd|f] efiffdf bVvn ePsf] JolQm klg xf] . tkfO{n] dfv] ;fª\nf]sf] cy{ a'em\g'x'Gg eg]/ k|wfgdGqLn] ;f]Wg'eof] . u'KtfhL d';'Ss xfF:g'ef], pxfFn] hjfkm lbg'ePg . ckJofVofsf] Tof] tx;Dd, oxfF;Dd ls /fHo;ef l6eL ef/tsf] d}n] ;'Gb} lyPF, P;6L d'lg af]ln/x]sf] ;'Gb} lyPF, pxfF t ljåfg dfG5] xf], pxfFn] eGb} x'g'x'GYof], …ld:6/ cf]nL l88G6 l/sUgfOh dw];L cfh c Xo'dg laOª, b] ;]8 cfh c ˆnfO Ú of] tl/sfn] af]n]sf] ;'g]F, of] t unt s'/f xf] . of] tl/sfn] ckJofVof u/]sf] s'/f t v08g t ug'{k¥of] lg . v08g ubf{ xfd|f] ldl8ofdf /x]sf sltko ;fyLx?nfO{ of] clnslt HofbtLk"0f{ af]Nof] ls h:tf] klg nfUbf] /x]5 . pxfFx? vlgg'x'G5 . slxn] a]kQf x'g] u/L uha af]Ng'eof] eg]/ prfln lbg], klxnf] k|wfgdGqL h;n] ef/tsf] k|wfgdGqLnfO{ cfFvf h'wfP/ af]Nof] eg]/ 5flk lbg], slxn] rflxF vNoft v'nt l;Wofof] eg]/ af]lNbg] . of] rflxF cln Aofn]G; ePg h:tf] nfU5 dnfO{ l/kf]l6{ªdf . d]/f] s'/f Tolt dfq xf] .

**k|]; rf}tf/L** M o'j/fh clwsf/L h'Dnfsf] k|Zg 5, clxn] gfsfaGbLsf] k|efj xfd|f] h'Dnfdf klg kl/;Sof], oxfF vfg] tn klg !@% df klg kfOb}g, o:t} oxfF UofF;sf] klg cefj 5, UofF;sf] klg @@)) xfn]/ xfdLn] lsGg'k5{ . gfsfaGbLs} sf/0fn] uf8Lx? klg sd dfqfdf rln/x]sf 5g\, ca ef/tn] oltsf dlxgf;Dd gfsfaGbL ubf{ xfd|f] b]z clg xfd|f] ;/sf/ lsg r'knfu]/ a;]sf] < dw]; cfGbf]ngn] g} ubf{ gfsfaGbL ePsf] xf] eg] pQm cfGbf]ngsf] ;d:of ;dfwfg ug{ lsg ;ls/x]sf] 5}g, of] ;/sf/ < lsg 8/fO/x]sf] 5 t, of] ;/sf/ < ls t jftf{ ;kmn x'g'k5{, ls t hgdt ;+u|xaf6} dw]; cfGbf]ngsf] k"/} ;d:of ;dfwfg ug'{k5{ h:tf] nfU5 dnfO{ .

 **;/sf/** clnslt k|f] PlS6e eP/ :6]k lnPg ls eg]/ pxfFn] s'/f /fvg'eof] .

**lji0f' l/dfn M** h'Dnf h:tf] 7fpFdf klg of] hf8fdf] UofF;sf] efp a9\of], t]n k'u]g eGg'ef], o;df ;/sf/ ;dj]bgzLn 5 . ef/t;Fu ;DalGwt s'/f] / dw];;Fu ;DalGwt s'/f] cfkm}df klg ;+j]bgzLn ljifo xf] . tkfO{n] a'em\g'ef 5 h:tf] dnfO{ nfU5 . s'6gLlts ;d:of eg]sf] /ftf/ft xn x'Fb}gg\, To;n] ;do lnG5 . hgtf klv{g rfxFb}g, hgtfsf] efjgf xfdLn] o;/L a'em\5f}+ . d]/f] ljgd| cfu|x s] xf] eg] s'6gLlts ;d:of /ftf/ft xn x'Fb}g . To;nfO{ ;Ldfleq l;wfleq Nofpg] k|oTg ul//x]sf 5f}+ . o;nfO{ o;/L g} a'em\lbg'eof] eg] Gofo x'G5, h:tf] nfU5 . hxfF;Dd dw]; s]lGb|t bnx?sf] cfGbf]ngsf] s'/f xf], ca Pp6f gfsfdf s]xL dfqfdf ;Lldt /xg] u/L uPsf] 5 . of] zAb d}n] k|of]u ubf{ l/;fpg'x'G5 xf]nf, dw];sf ;fyLx? . lxhf] dfq d}n] ldl8ofdf k9]sf], kfFr, ;ft hgf dfq /x]sf], hf]uLx?n] w'lg hufP/ a;]sf] eg]/ k9]sf] lyPF . d uPsf] 5}g, dnfO{ yfxf 5}g . To:t} xf] klg, cfGbf]ngdf xfdLn] ToxfF s]xL klg x:tIf]k klg u/]sf 5}gf}+ . gug'{sf sf/0f s] xf] eg] jftf{ efFl8Pnf eGg] lrGtf xf] . oxfFx?n] klg jftf{ efFl8of] eg] /fd|f] dfGg' x'Gg . To;sf/0fn] ubf{ ;/sf/sf] tkm{af6 s'g} klg rflng] sbdaf6 jftf{df tn dfly k¥of] eg] o;sf] bf]if ;/sf/n] af]Sg'kg]{ ePsf]n] xfdLn] Pp6f cjlw;Dd r'k nfu]/ a;]sf] xf] . cfzf u/f}+, xfdL of] xKtfleqdf d]w; s]lGb|t bnx?sf] ;d:ofsf] Pp6f lsgf/fdf k'¥ofpF5f}+ . To;kl5 sfg'g tyf Joj:yf sfod ug]{ af6f]df xfdL hfG5f}+ / oxfFx?n] eGg'ePsf] k|oTgsf] ;'? u5f}{+ .

**k|]; rf}tf/L** M clxn] dw];sf], t/fO{sf] cj:yf s] xf] < ;/sf/sf] ljZn]if0f s] xf] < dGqLkl/ifbn] s;/L x]5{ < clxn] s] 5 cj:yf <

**lji0f' l/dfn M** clxn] cfGbf]ng lzlyn ef 5, klxn]sf] h:tf] h'n';x? s]xL klg 5}gg\, d}n] ev{/} klg elg xfn]F, lxhf]sf] ldl8ofsf] l/kf]6{sf] cfwf/df eg]sf] xf] . d uPsf] 5}g . d /S;f]n gfsfsf] 5]p5fpdf uPsf] 5}g . ldl8ofsf] l/kf]6{ x]bf{ klg cfGbf]ngsf/Lsf] ;ª\Vof b]lv+b}g . o;sf] kf]lhl6en] lnG5', g]u]l6en] lnGg . ;ª\Vof 36\of] eg]/ d}n] pxfFx?nfO{ lxofpg vf]h]sf] xf]Og . dw]; s]lGb|t bnx? klg ;DejtM ;d:of xn ug'{k5{ eg]/ jftf{sf] txdf cfpg'ePsf] xf]nf . To;sf/0f ToxfF dxtj glbP/ sf7df8f}+sf] jftfnfO{ dxtj lbg'ePsf] x'g'k5{ . xfdLn] Tof] lx;fan] lnPsf 5f}+ . d Pp6f :ki6 kfg{ rfxG5', clxn] jftf{ ug]{ eGbfv]l/ ;+o'Qm nf]stflGqs df]rf{l;t dfq} jftf{ xf]Og, ToxfF rf/ j6f k|mG6 5 . ljlwjt nf]stflGqs cfGbf]ngdf nfu]sf 5g\ . rf/ j6} k|mG6l;t jftf{ hf/L 5 . Pp6f ;+o'Qm nf]stflGqs dw];L df]rf{, csf]{, ;dfj]zL d]w];L u7aGwg, t];|f], d'l:ndx?sf] ;+3if{ ;ldlt 5 / yf?x?sf] ;+3if{ ;ldlt 5 . rf/ j6}l;t ;/sf/n] Ps} rf]l6 jftf{ ul//x]sf] 5 .

**k|]; rf}tf/L** M tL rf/} j6fsf] dtx? km/s km/s 5g\ <

**lji0f' l/dfn M** xf] l7s xf], b'O6fsf] dt p:t} p:t} 5 . ;dfj]zL d]w];L u7aGwgsf] gf}a'Fb] dfux? 5g\ / otflt/ !! a'Fb] eg]sf 5g\ ;+o'Qm nf]stflGqs dw];L df]rf{sf] . o;df gf} eg] lg !! eg]lg b'O{ tLg j6f ljifox?sf] la:tfl/t ?k dfq} xf] . s]xL s]xL dfu OG6/6]g ug{ nfos 5}gg\ . To;nfO{ d}n] oxfF rrf{ ug{ rflxgF . ljifofGt/ x'G5 eg]/ d To;df k|j]z ug{ rflxg . yf?x?sf] dfu, dw];sf] cfGbf]ngsf/Lx?sf] dfueGbf clnslt k[ys 5 . To;df cGt/lj/f]w klg b]lvG5 . d'l:ndx?sf] cfˆgf] klxrf/gsf] dfu 5 . pxfFx? cfkm"nfO{ dw];L eGg} rfxg'x'Gg / clxn] olb yf?, d'l:nd / lk58f ju{sf] k|ltlglwTj a9\g] xf] eg] kxf8sf] hghflt, blntx?sf] k|ltlglwTj 36\5, Tof] ljlw 5 . pxfFx? xfdLx?nfO{ :jtGq aGg lbg'kof]{, xfdLn] lsg dw];l;t hf]8\g] eGb} cfpg'x'G5 . o;df ;Gt'ng sfod ug}{ xfdLx? nflu/x]sf 5f}+ .

**k|]; rf}tf/L** M ca d csf]{ kf6f]af6 eGbfv]l/ xfdL oxfF s] ;'G5f}+ eg], xfd|f ;fyLx? h;/L l/kf]l6{ª ul//x]sf 5g\, t/fO{df pBf]ux? Ps tx;Dd aGb 5 . cy{dGqfno, /fi6«a}+sn] :jLsf/]sf] 5 . b'O{ xhf/ hlt pBf]uwGwfx? aGb5g\ eg]/ . :s"nx? aGb 5, sn]hx? rNg ;ls/]sf] 5}g . of] /fhgLlts ;xdlt t xf] . ;xdltsf nflu w]/} s'/fx? ;d:of agfpg ;ls+b}g, :s'n / pBf]uwGwf rnfpg' eg]sf] ;/sf/sf] bfloTj xf] ls xf]Og <

**lji0f' l/dfn M** bfloTj t xf], ToxL bfloTj rnfpgsf] nflu lzIff dGqL cfkm} klg t/fO{df hfg'ef] . dw];sf ;fyLx?n] laxfg :s'n ;~rfng ug]{ eg]/ Psbd cJojxfl/s s'/f /fVg'ef], ToxL klg P; Pn;L cfO/x]sf] 5, ;~rfng u/ eg]/ xfdLn] eGof}+ . kl5 uP/ s]6fs]6L la/fdL x'g yfln;s]kl5 aNn lbpF;f] # ah];Dd n}hfg] eg]/ yfNof}+ . of] lrGtf ePs} sf/0f ;+j]bgzLntf ePs} sf/0fn] u/]sf] xf] . hxfF;Dd, pBf]uwGwfsf] s'/f 5, pBf]uwGwfnfO{ ef}lts ;+/rgfsf] ;'/Iffsf] s'/f klg cfpF5 . olb s'g} x'Nnbafhn] uP/ cfunflu ul/ lbof] eg] To:tf] l:yltdf ;/sf/n] u/ eGbf lg ub}{gg\ . pgLx? r'k nfP/ a:5g\ / pgLx? kml/ s'g} klg cfGbf]ngsf/Ll;t ghf]l8Psf] h:tf] cfkm"nfO{ bvfpg k|oTg u5{g\ . Tof] lx;fan] ubf{, Ps rf]l6 l:ylt cln ;xh ePkl5 dfq rnfpF eGg] pgLx?sf] dt x'G5 . gq s'g rflxF pBf]ukltnfO{ lagf sfd dhb'/nfO{ tna lbP/ a:g] OR5f x'G5 / < pxfFx?sf] afWotf klg ToxL xf] . ToxL eP/ ;/sf/sf] tkm{af6 k'g?4f/ sf]if u7g u/]/ To;af6 ;xhtf lbg] sfd u/]sf] sf/0f klg ToxL xf] . o;af6 w]/} hf]l8Psf s'/f x'G5g\, eGgnfO{ ;/sf/n] k'ln; /fv]/ rnfP eOxfN5 eGg] 5 . k'ln; b'O{ hgf a9\gf ;fy cfGbf]ngsf/Lx?sf] dgdf k|ef]s];g x'g], pQ]hgf cfpg], Tof] pQ]hgfn] jftf{ lau|g] jftf{ lau|]kl5 ;/sf/n] km]l/ s]6fs]6L kg b]vfof] eg]/ cf/f]k cfOxfNg] . oL hDd} hf]8]/ cfpg] ljifo xf] . zf;g ;~rfng ug]{ eGg] s'/f] xfdLn] ;fdfGo s'/f u/] h:tf] cln x'Fb}gg\ g} . To;df hl6ntfx? x'G5g\, w]/} bfFof, afFof 5]ps'gfx? x]g'{kg]{ x'G5 .

**k|]; rf}tf/L** M xfdL s:tf] vfnsf] ;+:s[ltaf6 x'ls{b} cfof}+ eGbfv]l/ Pp6f ;/sf/, ;8s, :jf:Yo, pBf]u, lzIff, ;'/Iff nufotsf ljifodf ;/sf/n] s'g} sbd rfNg kbf{ klg w]/} s'/f ;f]Rg'k5{ . cl3 tkfO{n] eGg'eP h:t} .

**lji0f' l/dfn M** o;df t d olt dfq} eGg rfxG5', tkfO{ xfdL b'O{ ;o jif{ cufl8 o'/f]kdf hGd]gf}+ b'ef{Uoj;, To;sf/0fn] ubf{ xfdLn] ToxfFsf] kL8f yfxf ePg . ;d[4 /fi6«x?df hxfF klg o:t} g} x'G5g\ . d}n] clxn] hg/nfOh ug{ vf]lhPsf] xf]Og . ptf To:tf] ef5 eg] lsg gl;Sof eGg'x'G5, dnfO{ d]/f] lhNnfsf] dfcf]jfbL g]tf clxn] pxfF laTg'ef], kf]i6axfb'/ af]u6LhL, Pp6} lgjf{rg If]qsf xf}+ xfdL . PskN6 pxfFnfO{ d}n] eg]F ls xfdLn] ljutdf h] h] uNtL u¥of}+, tkfO{n] ToxL untL km]l/ lsg bf]xf]¥ofpg' x'G5 < Pdfn]n] u/]sf] uNtL, clxn] Pdfcf]jfbLn] lsg ToxL bf]xf]¥ofpFb}5f}+ < d}n] k|Zg u/]sf] lyPF . pxfFn] eGg'eof], …lji0f'hL tkfO{sf] s'/f l7s xf], aRrf hGd]kl5 em]n'Ë]df ;'tfOlbPkl5 lb;f vfG5, aRrfn] slxn]sfxLF, Pp6f aRrfn] lb;f vfPsf] b]v]/ kl5 gDg] aRrfn] vfFb}g eGg] x'Fbf] /x]g5, To;n] klg lb;f vfP/ vfg'x'Gg eg]/ cufl8 a9]kl5 dfq} cufl8 a9\bf] /x]5 . xfd|f] ToxL xf] .Ú eGg'x'GYof] pxfFn] . l7s To:t} Pp6f k|lqmof x'G5, ;dfh ljsf;sf] Pp6f k|lqmof x'G5 / ;+qmd0fsfndf o:tf] x'G5 eGbf ;f/} hg/nfOh eof] eGg] cy{ rflxF gnfuf];\ . t/ ¥ofln6L oxL g} xf] .

**k|]; rf}tf/L** M uug;ef lnDa', t]x|y'd– hgtfn] ;/sf/sf] cfnf]rgf u/]sf]df k|wfgdGqL s]kL zdf{ cf]nLnfO{ cln lrQ a'em]g h:tf] 5, nf]stGqdf /fd|f] sfddf ;dy{g / g/fd|f] sfddf cfnf]rgf hgtfsf] clwsf/ xf] ls xf]Og < hgtfsf] cfnf]rgf lagfsf] zf;g ;Qf s;/L alnof] x'g;S5 <

**k|]; rf}tf/L** M ;aeGbf klxnf s] sfddf hgtfn] u/]sf] cfnf]rgfdf k|wfgdGqLHo"nfO{ lrQ a'em]g <

uug;ef lnDa'– dw]; cfGbf]ngsf] ljifodf ;/sf/ uDeL/ gePsf] eGbf klg pxfFn] ;/sf/ uDeL/ 5, hgtfn] ga'em]sf] x'g\, hgtfn] /fd|f] sfd gb]Vg], lj/f]w} dfq ug]{ eg]/ pxfFn] c;Gt'i6 af]n]sf] d}n] a'em]F .

**lji0f' l/dfn M** d t s] cfef/ JoQm ug{ rfxG5' eg] k|wfgdGqLHo"sf] tkm{af6 eg] o:tf] cK7\of/f] cj:yfdf klg l;+uf] g]kfnL hgtfn] k|wfgdGqL s]kL zdf{ cf]nLnfO{ ;dy{g ul//xg'ePsf] 5 . ;f/f g]kfnLn] ;dy{g u/]sf] Pp6f k|wfgdGqLsf] ?kdf efUodfgL JolQm d]/f] ljrf/df k|wfgdGqL s]kL zdf{ cf]nL x'g'x'G5 . pxfFsf] kf6L{af6 dfq} x}g, cfd hgtf / kf6L{eGbf aflx/ /x]sf kf6L{ lj/f]wLx?n] klg pxfFnfO{ ;dy{g u/]sf] 5 . o:tf] cK7\of/f] ;dodf klg ;fy lbg' eg]sf] Vofn 7§fsf] s'/f] xf]Og . o;sf] nflu t d cfef/ JoQm ug{ rfxG5' . To;sf/0fn] ubf{ hgtfsf] l6Kk0fL, hgtfsf] cfnf]rgfdf k|wfgdGqLsf] s'g} klg u'gf;f], b'v];f] 5Fb} 5}g . pxfFn] l6Kk0fL ug]{ ljifo eg]sf] a'em\g] dfG5]n] u/]sf l6Kk0fLdf dfq} xf], ga'em\g] dfG5]sf] s'/f t cfpg] s'/} ePg, cfd hgtfsf] ;b\efjk|lt pxfF Psbd gtd:ts g} x'g'x'G5 . a'em\g] dfG5]n] s'/fnfO{ aª\UofPsf] s'/fdf dfq} pxfFsf] l6Kk0fL xf] . To;df cfd hgtfl;t ghf]l8of];\ eGg] d]/f] cfu|x dfq} xf] .

**k|]; rf}tf/L** M xfdLn] cgf}krfl/s ;]jf s]Gb|, OG;]ssf cWoIf ;'af]w Kofs'/]nfO{ oBlk pxfFnfO{ clnslt g]skf Pdfn];Fu glhs} x'g'x'G5 elgG5, pxfFnfO{ ;f]w]sf 5f}+, tkfO{n] ;/sf/sf] cf]nLsf] kl5Nnf] sfo{Jojxf/x? s:tf] nfUof] <

**;'af]w Kofs'/]n M** clxn]sf] u7aGwgsf] jt{dfg ;/sf/n] s] ub}{5 eg]/ ;f]Rg] xf] eg] pn] h] s'/f] ub}{5, To;n] cf}lrTo :yflkt u/]/ h'g gofF z}nLsf] hgtfn] ck]Iff u/]sf lyP, Tof] s'/f] p;n] k6Ss} u/]sf] 5}g . klxnf] s'/f], dGqL lsg w]/} agfpg'k¥of] < cf}lrTo rflxof] lg t < cfhsf] o'u eg]sf] t d o;f] ;lDemG5', @)^# ;fnotfsf] k':tf ev{/ kl5Nnf] gf} jif{sf] k':tf of] k':tf gf} jif{df em08} em08} () jif{ kfsf] ef 5 . lsgeg] pgn] c? s]xL ga'em]sf] eP tfklg @)$& ;fn a'em]sf] 5 . )$& b]lv lnP/ )^# ;fn;Dddf of] uPsf] !^–!& jif{sf] cg'ej 5, To;sf] lnjfG5f lnP/ )^# Pp6f rf}af6f] eof] eg'F g, Tof] rf}af6f]af6 of] gf} jif{df hgtf () jif{ kfsf] ef 5 . o:t/L ;fdflhs ;~hfnx?, ;"rgf ;~rf/x?, b]zel/ km}lnPsf ;~rf/ dfWodx? / of] d'n'saf6 aflx/ j}b]lzs /f]huf/Ldf uPsf $) nfv tGg]/Lx? hf] cfkm\gf] 3/ kl/jf/;Fu lg/Gt/ ;+jfbdf 5, of] r]tgf a9]sf] gful/sn] x/]s rLhsf] k5fl8 cf}lrTo vf]H5g\ . Tof] cf}lrTo hgtfnfO{ atfpg'k5{ eGg] s'/fk|lt cf]nL ;/sf/sf] uDeL/ a]jf:tf 5, o;k|lt d lans'n} c;Gt'i6 5' .

 **bf];|f] s'/f,** clxn] cfP/ xfdLn] s] a'em\of}+ eg] g]kfnsf] k|zf;g eg]sf] k"/} c/fhstfdf rn]sf] /x]5 . p;dfly s'g} hjfkmb]lxtf, lhDd]jf/L eGg] rLh} /x]g5 . pgn] laxfg xflh/ ug]{, a]n'sL 3/ hfFbfv]l/ xflh/ ug]{, b'O6f sfd u/]kl5 p;sf] tna kfS5 . sfd u/] klg kfS5, gu/] klg kfS5 . o;nfO{ hjfkmb]xL s;/L agfpg] < o;nfO{ pTkfbsTj;Fu cyf{t\ p;sf] sfd;Fu s;/L ufF:g], p;sf] kfl/>lds, p;sf] pGglt x/]s rLh To;nfO{ s;/L ufF:g] < To;tkm{ klg of] ;/sf/n] clxn] g} kfOnf rnfO xfNg'kg]{ Tof] klg u/]sf] 5}g .

 **t];|f] s'/f],** of] ;+ljwfg hf/L u/]kl5 em08} em08} d]/f] cGbfhdf ;f9] tLg ;o j6f gofF sfg'g rflxG5 / ePsf sfg'gx?sf] bkmfsf] sNkgf ug]{ xf] eg] em08} !@)) j6f bkmfx?nfO{ ;+zf]wg ug'{k5{ . of] klg ePsf] 5}g .

**lji0f' l/dfn M** d}n] ;'af]whL dfq xf]Og, ;a} hgtfsf] pRr ck]Iff s]kL zdf{ cf]nL ;/sf/df ePsf] xf] / ck]Iff cg';f/sf] 8]lne]/L gx'Fbfv]l/ clnslt Ol/6];g x'g] :jfefljs xf] h:tf] nfU5 dnfO{ . o;df l6Kk0fL ug{ rfxGg . ;/sf/sf] Ps b'O{ j6f sfd hf]8\g}k5{ d}n] . gDa/ ! ;/sf/df dGqLx? lsg ylkG5g\ < gyk]sf] eP s] x'GYof] < xfdLn] yfxf gkfP/ cfnf]rgf cfpFb}g jf cfpF5 eg]/ ga'em]/ ;/sf/ of] txdf hfg'kg]{ afWotf cfPsf] xf]Og . d}n] Pp6f j}rfl/s, ;}4flGts s'/f /fVg cg'dlt rfxG5', oBlk d /fhgLlts zf:qsf] ljBfyL{ xf]Og, /fhgLlts zf:qdf s] elgG5 eg] ;+qmd0fsfndf kf6L{sf sld6Lx? ;f/} e2f x'G5g\, ToxfF lrQ a'emfpgsf nflu 7"n7"nf ;ª\Vofdf dfG5] ylkG5g\, kbflwsf/Lsf] ;ª\Vof c;fWo} a9]/ hfG5, cyf{t\ c+u|]hL zAbdf k|of]u ug{ cg'dlt lbg'x'G5 eg] ;+qmd0fsfndf /f:sn cfp6 eGg] x'Fb}g . plrt dfG5]x? aflx/ k5{g\, cg'lrt dfG5]x?nfO{ ;Dxfn]/ af]s]/ hfg'kg]{ afWotf x'G5 . ;/sf/sf] s'/f klg ToxL g} xf] . xfdL clxn] ToxL 7fpFdf 5f}+ . To;sf/0fn] ubf{ clxn] s;}nfO{ klg gnfuf];\, o;sf] cy{ km]l/ st} cfIf]k nufPsf] cfpF5, Psbd ;ts{ eP/ af]Ng'kg]{ afWotfdf 5f}+ xfdLx? . clxn] xfdLn] ;/sf/ lgdf{0fdf qmddf klg /f:sn cfp6sf] Yof]/LnfO{ ODKnLd]G6 ug{ rfx]gf}+ . oBlk d}n] clxn] k|d'v k|ltkIfnfO{ cfnf]rgf u/]/ /fd|f] gxf]nf < cfsf{nfO{ tkfO{x? k|d'v k|ltkIfnfO{ ck]Iff ug]{ eg\ cf/f]k klg cfpnf < xfdLn] oxL x'G5 eg]/ g} tLg j6f d]h/ kf6L{ ldn]/ ;/sf/ agfpF, h;sf] sf/0fn] ubf{ w]/} s'/fnfO{ xfdLn] 7fpFdf Nofpg ;S5f}+, ;+ljwfg sfof{Gjog ug{ ;S5f}+ eg]sf lyof}+, Tof] g]kfnL sf+u|];n] dfg]g / g]kfnL sf+u|];n] klxnf cfkm" ;/sf/df a;'Gh]n hDd} cfpg'k5{ eGof], cfkm" g]t[Tjaf6 x6\gf;fy k|d'v k|ltkIf gx'Fbfv]l/ ;/sf/ 8'A5, nf]stGq dfl;G5 eGg] s'ts{ uof]{ . of] sf/0fn] ubf{ xfdLnfO{ cK7\of/f] k¥of] / To;nfO{ Dofg]h ug{sf nflu klg xfdLnfO{ of] kIfdf hfg afWotf cfof] .

**k|]; rf}tf/L** M clxn] ;/sf/sf] u7aGwg Tolt alnof] 5}g, ePsf ;ª\Vof sf+u|]; aflx/ al;;s] k5fl8 ;L6 ;ª\Vofsf] lx;fadf 7"nf] ;ª\Vof k'Ub}g, ;/sf/sf] . h'g tkfO{n] eGg'ePsf] s'/f :jfefljs b]lvG5 . t/ h'g tl/sfn] pkk|wfgdGqLx? agfOof], h'g tl/sfn]

**lji0f' l/dfn M** d o;af/] eGg] g} jfnf lyPF, hltv]/ ;+ljwfg hf/L ug{ x'tx'tL nfUof] lg, ;+ljwfg hf/L ubf{v]l/ tkfO{n] h] h] sld6Ld]G6 ug'{ef] lg, sf+u|]; ;lxt ldl;P/ . Tof] sld6 u/]sf s'/fx?nfO{ kfngf ug{ t axfnjfnf clxn]sf] ;/sf/ afWo eof] lg . dnfO{ klg nfU5, Ps hgf dfq ;f+;b ePsf] kf6L{nfO{ lsg dGqL lbg'k¥of] < h?/L g} lyPg . Pp6} dGqfnodf clxn]sf] cj:yfdf /fHo dGqL, ;xfos dGqL lsg /fVg'k¥of], dGqLnfO{ sfd k'lu/x]sf] 5}g . Tof] dnfO{ klg yfxf 5 . k|wfgdGqLHo"nfO{ klg yfxf 5, pxffn] eGg' klg ef xf]nf . t/ l:ylt s] x'G5 eg] tkfO{n] s'g s'g jf/x?nfO{ tkfO{n] cf]kg ug]{ < zf;gsf] Pp6f kIfdf t tkfO{ hfg} kg]{ x'G5 . slxn]sfxLF ;/sf/df a:g]x?n] cnf]slk|o lg0f{o ug{ afWo x'g'kg]{ l:ylt klg cfpg] x'G5 . cfjZostf eP/} of] lg0f{o ePsf] xf] . o;sf] hl:6lkms];g xf]nf, gxf]nf < ef]lnsf] lbgdf hfnf . Pp6f ;do ;'w|]kl5 cfkm} of] v'lDrP/ klg hfnf, h:tf] dnfO{ nfU5 . of] ljifodf olt dfq eG5' d .

**k|]; rf}tf/L** M dnfO{ cln a9L rf;f] h:tf] clxn] s]kL cf]nL Ps lx;fan] eGg] xf] eg] /fli6«o ?kdf pxfF Ps hgf alnof] k|wfgdGqL xf], oBlk pxfF u7aGwgdf sdhf]/ x'g'x'G5 . pxfF Ps hgf alnof] k|wfgdGqL xf], of] cj:yfdf h'g tl/sfn] dGqfno 6'qmfOof], cK7\of/f] l:yltdf klg dGqfno 6'qmfpg] s'/fdf t s]xL g s]xL l;h{gzLntf, s]xL g s]xL cfjZostf, s]xL g s]xL t 6'qmfpgsf] nflu cfwf/x? t oL cK7\of/f]sf] aLrdf t Tolt rflxF /fd|f /fd|f dfG5] ePsf] 7fpFdf ;f]Rg' ;lsGYof] xf]nf lg <

**lji0f' l/dfn M** d]/f] ljrf/df t d olt dfq eGg] cg'dlt rfxG5' ls of] ;/sf/sf] c:yfoL kl/36gf xf] . ;/sf/n] Pp6f l:ylt kf/ ul/;s]kl5 ;+ejtM km]l/ of] clxn]sf] ljefhg ul/Psf dGqfnox? km]l/ hf]l8P/ hfg] l:ylt klg cfpg ;Snfg\ . k|tLIff u/f}+, olt dfq eGg rfxG5' d . d]/f] 7fpFaf6, d]/f] s';Laf6 af]Ng' cln x6f/f] x'G5 . To;n] cln plrt klg x'Fb}g h:tf] dnfO{ nfU5 . clxn] xfdL afWotfsf] bfgjLo l;4fGt cGtu{t cnf]slk|o lg0f{o ug{ afWo ePsf 5f}+, h] lg0f{o 5, To;n] hgtfdf c;fWo} gsf/fTds k|efj k/]sf 5g\, o;k|lt k|wfgdGqL cfkm} hfgsf/ x'g'x'G5 . bf];|f] ;'af]whLn] eGg'ePsf] b'O6f s'/fsf] ;Gbe{df, s/]S6 klg ug{ h?/L 5, pxfFn] l7s eGg'ef] ls b'O{ ;o tLg ;o hlt sfg'g aGg'kg]{, bkmf km]g'{kg]{ s]xL klg u/]sf] 5}g, s;nfO{ ;f]w]/ af]Ng'ef], pxfFn] < clxn] g} @)) rfgr'g sfg'g t 6]an} eO;s]sf] 5 . pxfF h:tf] dfgjclwsf/ jfbLn] ga'emLsg af]Ng' /fd|f] x'Fb}g h:tf] nfU5 . To;kl5 hfg] xf], b'O{ ;o tLg ;o sfg'g agfpg, b'O{ jif{ t cjlw g} 5 ;+;bsf] ca klg . @)&$ ;fn df3 & ut] leq sfg'g aG5g\ . To;s} cfwf/df sfg'g aG5g\, sfg'g agfpg] dfldnfdf klg sltko sxfF cK7\of/f] k5{g\ eg] lg ;Ldfsf] emu8fdf tkfO{ clxn] klg x'g'x'G5 . ;Ldfsf] Ps kIf / sª\s/]6 ln:6, ;femf ;"rL eG5f}+ lg ;femf ;"rLsf sltko s'/fx? g 6'lËP;Dd sfg'gn] af6f] ln+b}g / To;n] klg km]l/ dfG5]df cfqmf]z k}bf ul/lbG5 . Tof] t Vofn u/]/ al;Ps} 5, To;sf/0f s]xL x'Fb} ePsf] 5}g, kfln{ofd]G6 rn]s} 5}g eGg' klg unt s'/f xf] . oBlk, kfln{ofd]G6sf] w]/} 7]Ssf ;/sf/n] ln+b}g . lahLg]; ;/sf/n] lbg] xf], sfg'g dGqfnon] lbG5 .

**k|]; rf}tf/L** M tkfO{n] Pp6f 6fOddf 6\jL6 ug'{ePsf] lyof], clxn] ;/sf/k|lt tLj| s6fIf / ctL{ pkb]zleq lgo'lQm / lghL nfesf nflu hL xh'/ ug]{ ljåfgx? e]6\bf e]6\b} jfSs ePsf] cj:yf . of] k|wfgdGqLsf] ;Nnfxsf/ eO;s]kl5 cfPsf] 6\jL6 xf] <

**lji0f' l/dfn M** o;nfO{ olts}df ;Lldt ubf{ /fd|f] xf]nf . of] s;}k|lt s6fIf ul/g, dnfO{ nfu]sf], dgsf] s'/fx? cfof], slxn]sfxLF ;fyLx?n] dnfO{ 6\jL6df klg sd]G6 ug'{ePsf] 5, kbdf k'u]kl5 o:tf] gaf]ng] eGg'ef 5, d}n] gaf]ng] lg0f{o u/]F To;kl5 . lxh} dfq d}n] Soflag]6 ldl6ª lss ckm eg]/ n]v]sf] lyPF, lss eg]sf] zAb c;fWo} eof] lslg k|of] u/]sf] eg]/ n]Vg'ef], of] Psbd ;sf/fTd ;'emfa xf], o;nfO{ u|x0f ug'{k5{ .

**k|]; rf}tf/L** M k|d'v ;Nnfxsf/sf] ?kdf tkfO{ sltsf] /dfO/xg'ePsf] 5 < of] lhDd]jf/L h'g cfPsf] 5, tkfO{nfO{ <

**lji0f' l/dfn M** d]/f] :jefj eg]sf] r'gf}tLnfO{ :jLsf/ ug]{ xf] . xf5'{ lhT5', c;kmn ;kmn s]xL elGbg d . h:tf] kf6L{df tkfO{n] b]Vg' g} ePsf] 5, dnfO{ of] 7fpFsf] sfd u/ eg]kl5 u5'{, cfnf]rgf hlt cfP klg krfpF5', / d cufl8 a9fpF5' . clxn] dnfO{ of] bfloTj lbOPsf] 5, oBlk d]/f] ;/sf/sf] ;~rfng ;DaGwL sfd ug]{ 7fpFdf d]/f] s'g} of]hgf lyPg . d]/f] 6«]8 o'lgog k|mG6df sfd ul//x]sf]n], Pp6f cjlw;Dd ToxLF sfd ug'{k5{ eGg] dt /fVg] dfG5] x'F . kf6L{n] bfloTj lbof], To;nfO{ d}n] ;kmntfk"j{s ;DkGg ug'{k5{ eg]/ of]hgfa4 ?kdf lx+l8/x]sf] 5' .

**k|]; rf}tf/L** M tkfO{n] ;f]r]sf] h:t} lx;fan] uO/x]sf] 5 < lsgeg] ;Nnfxsf/sf] lhDd]jf/L t ufx|f] 5 lg <

**lji0f' l/dfn M** ;f]r]sf] h:t} hDd} x'g] xf] t cfnf]rg} cfpFb}gYof] . cfnf]rgf cfO/x]sf] 5, To;sf/0fn] ubf{ sltko d}n] ;f]r]sf] h:tf] gePsf] xf]nf, sltko d}n] ;f]r]sf] h:tf] k|wfgdGqL dfkm{t ug{ g;s]sf] xf]nf, sltko cj:yfdf k|wfgdGqLn] ck]Iff u/]sf ;'emfax? xfdLn] lbg g;s]sf xf}+nf, of] hf]8]/} cfpg] s'/f xf] .

**k|]; rf}tf/L** M tkfO{ klg ;fdflhs ;~hfnlt/ Psbd PlS6e x'g'x'G5, tkfO{nfO{ klg yfxf 5, oxfF ;fdflhs ;~hfn yf]/} dfG5]n] To;sf] k|ltlglwTj u5{g\, t/ clnslt k9] n]v]sf / Ps lx;fan] Pp6f 7fpFdf a;]sf dfG5]x?n] k|ltlglwTj u5{g\, ToxfF h;/L rrf{ x'G5, ;Nnfxsf/x? / k|wfgdGqLsf] Jojxf/nfO{ oL st} ;Nnfx k'u]g, st} ;'g]g, cyfjf s] ul//x]sf 5g\ eg]/ klg a]nf a]nfdf ToxfF l6sl6Kk0fL eO/x]sf x'G5g\ <

**lji0f' l/dfn M** O:o'jfOh hfFbf kmfObf x'G5 h:tf] nfU5 dnfO{ o;df t . h:tf] d}n] Pp6f pbfx/0f lbpF x} t, oBlk c;fWo} sG6«f]el;{on ljifo lyof], k|wfgdGqLn] Pp6f kf6L{sf] sfo{qmddf uP/ 3/3/df UofF;nfOg s'/f lyof], pxfFn] s] af]Ng'ePsf] lyof] eg] olb d}n] ;do kfpg] xf] eg] clxn]sf] l;lnG8/ o'u ;dfKt kfl/lbG5', pxfFn] Tof] eGg'ePsf] 5 . ToxL l/kf]l6{ª ef 5 . sflGtk'/ klqsfn] ;'?df cgnfOgdf klxnf] l/kf]l6{ª u/]sf] dnfO{ yfxf 5, To;sf] ef]lnkN6 lk|G6 ldl8of ;lxt ;a} ldl8ofdf cfPsf] lyof] . ;do kfPF eg] d l;lnG8/sf] o'u ;dfKt kfl/lbG5', pxfFsf] :6]6d]G6 lyof] . Tof];Fu hf]l8Pkl5 clxn]sf] l;lnG8/ rflx+b}g, 3/sf] r'Nxf]df lkl6Ss :jLr vf]Ngf];\, UofF; aN5, 3/d} UofF; cfpF5Ú eGg'ePsf] lyof] . Tof] s'/fnfO{ s;/L rflxF kf]6«]6 u¥of}+ eg] s]kL zdf{ cf]nLn] ef]ln laxfg uP/ 3/3/df kfOk hf]8lbG5, clg To;kl5 xfdL Psbd cf}+nf] ltvf/]/ :jLrdf cf}+nf] bafpg k'U5f}+, lkl6Ss aN5, cfpF5, h+uaxfb'/sf] ofqfdf c+u|]h eg]sf] t ;f/} af7f x'Fbf /x]5g\, o;f] kmgSs 3'dfP kfgL em/]sf 5g\, kfgL aGb ePsf 5g\ eg]/ l6Kk0fL ul/of] . of] rflxF cln k"jf{u|x, clnslt HofbtLk"0f{ cfIf]k eof] ls h:tf] nfU5, dnfO{ stf stf . o;n] slxn]sfxLF xfdL h:tf dfG5]nfO{ Ol/6]8 klg ug{ vf]H5 . t/, xfdL kbdf a;]sf 5f}+, kbdf a;]sf] sf/0fn] Ol/6]8 gx'g k|oTg ul//x]sf 5f}+ .

**k|]; rf}tf/L** M dnfO{ csf]{ ljifodf klg l5g{ dg 5, k|wfgdGqLhL ;Nnfx sltsf] ;'Ggx'G5 <

**lji0f' l/dfn M** o;df d}n] Pp6f ;}4flGts s'/f /fV5, ;Nnfxsf/ / PSh's]l6e aLrsf] ;Nnfx eg]sf] ;}4flGts s'/f g} xf] . s] xf] eg] PSh's]l6en] u/]sf] ;kmn sfd eg]sf] ;Nnfxsf/sf] ;Nnfx dflg+b}g . Tof] PSh's]l6esf] bIftf dflgG5 / hlt klg PSh's]l6en] u/]sf c;kmntf xf], Tof] ;Nnfxsf/sf] cof]Uotf 7flgG5 . o;/L g} a'em\g'k5{, o;nfO{ xfdLn] .

**k|]; rf}tf/L** M eg]kl5 dfGof] eg] hf] sfo{sf/L 7fpFdf a;]sf] 5, Tof] ;kmn eof] . To;sf] ;kmntf dflgof] . olb Tof] /fd|f] eof] eg] Tof] ;Nnfx gu/Lsg u/] klg ;Nnfxsf/sf] c;kmntf eof] .

**lji0f' l/dfn M** l7s} xf] . lsgeg] ;Nnfxsf/sf] kb lbP/ /fHosf] dfgf] VjfP/ /fv]kl5 ltgn] ug{ g;s] klg af]Sg'k5{ ef/L . ToxfF OGHjfO ug{ hfg] t xf]Og . tkfO{nfO{ k|wfgdGqLsf] ;Nnfxsf/ eg]/ /flv;s]kl5 ;Nnfx lbg ;Sb}g eg] a:5 lsg ToxfF < To;sf/0fn] ubf{ d}n] Tof] ef/L af]Sg'k5{ h:tf] dnfO{ nfU5 .

**k|]; rf}tf/L** M clnslt lj1 dfG5]x? / ljZnifsx?sf] egfO 5, cf]nL k|wfgdGqLHo"sf] h'g :jefj 5, pxfF t klxn]b]lv kf6L{df sfd ub}{ cfpg'ePsf] xf], plxn]b]lv pxfFsf] h'g :jefj 5, pxfF k|f]kmfOn ePsf] dfG5] klg xf], pxfF clnslt x7L dfG5] klg xf] . To;}n] ;Nnfxsf/sf] ;Nnfx st} ;'Gg'x'Gg ls eg]/ klg w]/} k9]n]v]sfx? klg of] ts{ ul//x]sf 5g\ .

**lji0f' l/dfn M** k|wfgdGqL cf]nLsf] Pp6f afgL rflxF s] 5 eg] pxfF w]/}sf] s'/f ;'Gg'x'G5, ;'Gg rflxF / cfkm\gf] JofVof klg w]/} g} ug'{x'G5 pxfF . slxn]sfxLF lj1x?n] s] eGg'x'G5 eg] xfdL pxfFnfO{ ;'gfpg hfG5f}+, pxfFn] klg xfdLnfO{ ;'gfpg'x'G5, w]/} . eGg'x'G5 . cfkm"n] a'em]sf] s'/f ;a}nfO{ eGg] afgL g} 5, pxfFsf] . Tof] 5 pxfFsf] . ;Nnfxsf/x?n] lbg] ;Nnfx t ;'Gg'x'G5, g;'Gg] t s'/} 5}g . oxfF;Dd ls olt t d atfpg rfxG5' ls h'g geP klg x'G5 h:tf] nfU5, xfdLnfO{ slxn] sfxLF . w]/} dfG5], xfdLsxfF t ;dfh lau|]sf] 5 eGg] d]/f] gf]6 xf], oxfFx?sf] ;~rf/ dfWodaf6 olt eGg x'GYof] ls x'Fb}gYof], l6Kk0fL cfpnf ef]ln laxfg h:tf] dnfO{ nfU5 ls sltko pBf]u dGqfnodf ug'{kg]{ s'/f, jftfj/0f dGqfnodf ug'{kg]{ s'/f, c? lgsfodf ug'{kg]{ s'/f k|wfgdGqLnfO{ g} eGg'kg]{, k|wfgdGqLnfO{ g} ;'gfpg'kg]{, d'Vo ;Nnfxsf/nfO{ klg eg]/ gx'g], :jo+ k|wfgdGqLn] g} eGg'kg]{, Tof] cfu|xsf ;fy w]/} lj1x?, w]/} /fhgLlt1x?, kf6L{ut sfo{stf{x? / cGo kf6L{sf g]tfx?x? klg cfpg] ug'{x'G5 . Tof] xfd|f] :jsLo ;lrjfnon] Tof] 6fOd Dofg] ug}{ ;ls+b}g / pgLx? hlxn] klg ufnLs} lzsf/ x'G5g\ . k|wfgdGqLnfO{ ;d:of s] x'G5g\ eg] gfO{ eGg pxfFn] ;Sg'x'Gg . lsgeg] k|wfgdGqL x'g'efÚ 5, nf} eGbfv]l/ s'/fsf] OG8, sgSn'hg s]xL klg x'Fb}g . of] kmf]6f] lvRg] afx]s s]xL klg x'Fb}g . Tof] cK7\of/f] 5, afn'jf6f/df . o;nfO{ xfdLn] lg/Gt/tfsf] cEof;sf] ?kdf lng afWo 5f}+, xfdL klg cle;Kt 5f}+ . ;'zLnhLsf] kfnfdf Tof] x'Fbf] xf], dfwj g]kfnsf] kfnfdf Tof] x'Fbf] xf] . emngfysf] kfnfdf klg Tof] x'Fbf] xf] . d]/f] ljrf/df, d hfg'eGbf klxnf, d s]kL cf]nL k|wfgdGqL x'g'ePkl5 Ps dlxgf kl5 k|wfgdGqLsf] ;Nnfxsf/sf] l6ddf HjfOg ePsf] x'F, d bf];|f] ;Nnfxsf/sf] ?kdf d'Vo ;Nnfxsf/sf] ?kdf hfFbfv]l/ klxn]eGbf t'ngfdf w]/} Jojl:yt ef 5, clxn] .

**k|]; rf}tf/L** M csf]{ UofF;eGbf klg /dfOnf] cem} sG6«f]el;{on cleJolQm nfU5, nf]8;]l8ª Ps jif{df cGTo x'G5 eGg] cleJolQm .

**lji0f' l/dfn M** o;df d s] eGg rfxG5 eg] clxn] xfd|f] hnljB't kl/of]hgfsf] lx;fan] hfg] xf] eg] nf]8 ;]l8ª Ps jif{df cGTo x'g]df tkfO{n] ul/g] cfzÍfdf e/k'/ 7fpF 5 . lsgeg] lxhf] d /flt nf]8;]l8ª l8;Kofr ;]G6/d} lyPF . xfdL ;fdfGotof hfg] u5f}{+ / slt nf]8 uO/x]sf] 5, lsg 6«fG;km/d/ kl8\s/x]5 < k|fljlws?kn] x]g'{k5{ eGg] nfU5, lxhf] /flt l9nf];Dd :o'rf6f/sf] Pn8L;L clkm;df lyPF . xfdLn] 6«fG;ld;g nfOg sxfF sxfF 5, kfgLsf] ;tx slt 36\of 5, s'g rflxFdf slt a9\of 5 < Tof] hDd} x]g]{ klg u5f}{+, dfq xfdL ;Nnfxsf/x? l;+xb/af/df v'§f xNnfP/ a:b}gf}+ . of] eGg] s'/f] t x}g, lj1fkgsf] s'/f] klg x}g of] . ToxfF x]bf{ xfd|f] dfu cg';f/sf] nf]8 5}g . b'O{ tLg j6f 6]:6 u¥of}+, 6]:6df xfd|f] ;kmntf /x]g . h:tf] pbfx/0fsf] nflu xfdLn] UofF;sf] ljsNksf] ?kdf OG8S;g r'Nxf]nfO{ k|df]6 ug{ vf]Hof}+, w]/} hgtfn] OG8S;g r'Nxf] lsGg'ef], klxn] hgtf låljwf s] df lyof] eg] lah'nL dxFuf]df k5{, eGg] lyof] . ha OG8S;g ;'? eof], lah'nL ;:tf] x'g] /x]5, ;a} dfG5] xfDkmfNg'ef] / xfdLn] ksfpg] a]nfdf lah'nL lbG5f}+, eGof}+ To;kl5 6«fG;km/d/ kl8\sg yfNof] . o;sf] cy{, xfd|f] lg0f{o unt eof] . lsgeg] nf]8 nfOgn] y]Ug} ;s]g . Tof] lx;fan] x]bf{ hnljB'tsf] lx;fan] tkfO{n] eGg'ePsf] s'/fdf u|fp08 5 . t/, k|wfgdGqLn] clxn] p7fO/xg'ePsf] ljifo hnljB'tsf] dfq} xf]Og / /]u'n/ lu|8nfO08sf] s'/f dfq} klg xf]Og . km]l/ ToxfF klg h'8\g rfxG5', c? lj1x?n] sd]G6 ug{ ;Sg'x'G5, lu|8 nfOgx?, 6«fG;ld;g nfOgx? gag];Dd lah'nL sxfFaf6 lbG5;\, a'em\g]n] Tof] k|Zg t ug'{x'G5 lg . lx+8\g] af6f] geOsg uf8L t bf}l8b}g . lx8\g] af6f] eg]sf] 6«fg;ld;g nfOg rflxG5 . lvDtLsf] b]lv 9Ns]a/sf] eGg';\ ls x]6f}8fb]lv a'6jn;Ddsf] eGg';\ ls ljleGg 6«fG;ld;g nfOg t xfd|f] 5Fb}5g\ . oL sf] lx;fan] x]bf{ k|Zg cfpg ;S5 . xfdLn] cklu|8sf s'/f u/]sf 5f}+, ;f]nf/sf] s'/f u/]sf 5f}+ . c? ljifox? klg 5g\ . To;}n] ubf{ pxfFn] af]ng'ePsf] xf] . nf]8;]l8ª

**k|]; rf}tf/L** M 3/3/df dfG5]n] ;f]nf/ /flVbP eg] Ps jif{df nf]8;]l8ª cGTo x'g ;Sg] eg]/ eGg'ePsf] xf] <

**lji0f' l/dfn M** b'O{ tLg j6f af6f] 5g\ . Pp6f ;f]nf/sf] klg xf], bf];|f] c? ljlw vf;u/L xfjfsf], oBlk xfjf s'/f eg]/ l6Kk0fL ul/of], xfdLn] t Pp6f sDkgLnfO{ t nufgL af]8{dfkm{t\ cufl8 g} a9fO/x]sf 5f}+ . pxfFx?n] tLg xhf/ d]3fjf6sf] s'/f ug'{ef 5 . xfdLn] tLg ;o dfq ug'{;\ eg]/ x]5f}{+ eg]sf 5f}+ . To;sf] nflu klg 6«fG;ld;g nfOg rflxG5 . k|fljlws s'/f]nfO{ klg Wofg lbg'k¥of] lg .

**k|]; rf}tf/L** M of] ljifo a9L sG6«f]el;{on s'/f xf] eg] kl5Nnf] ;ft cf7 jif{sf] ;/sf/ x]¥of] eg] w]/} ;/sf/df pmhf{ dGqfno Pdfn]n] rnfPsf] 5 / ;a}n] Ps b'O{ jif{sf ;do tf]s]sf 5g\ . oBflk kf6L{leq klg To;sf] d"NofÍg ug'{ xf]nf . dnfO{ csf]{ s'/f ;f]Wg dg nfu]sf], cGTo cGTolt/ klg cfO;Sof}+ . oltv]/ k|wfgdGqLsf] e|d0fsf] rrf{ 5,

**Pg kL M** clxn] d'n'snfO{ rflxPsf] k|wfgdGqL s]kL cf]nL h:t} xf] . vf;u/L s]kL cf]nLn] h] s'/f af]ln/xg'ePsf] 5, h] s'/f pxfFn] ;kgf b]lv/xg'ePsf] 5, d'n'snfO{ o;/L dfly nfG5' eGg] s'/f ;fFrf] klg xf] . t/ eOlbPsf] s] 5 eg] xfdLn] af]nLdf kfunkg eGbf klg sfd u/fOdf kfunkg vf]h]sf 5f}+ . o;nfO{ cGoyf g7fGg' xf]nf . sfd u/fOdf kfunkg b]lvof] eg] dfq} t sfd ul/;s]kl5 ldl8ofn] af]Ng'k5{ s] . k|wfgdGqLn] af]Ng] xf]Og, ldl8ofn] k|wfgdGqLn] o;f] ug'{ef] eGg'k5{ . h:tf] d pbfx/0f lbG5', s]kLn] cf]nLn] klxnf] k6s l;Ug]r/ ug]{ a]nfdf d g]kfnsf ;a} 6\jLgx? x6fpF5', Ps jif{leqdf eGg'ePsf] s'/f Tof] clxn] sxfF k'Uof] < nf]8;]l8ªsf] s'/f t tkfO{n] ev{/} JofVof ug'{ef], ev{/} kfOk nfOgsf] s'/f ub}{ x'g'x'G5 . xfdLnfO{ l/hN6 rflxPsf] 5 . Tof] 6\jLgsf] s'g} Pp6f, b'O6f, tLg6f kfFr j6f;Dd t x6fOPsf] x'g'k¥of] clxn];Dd sd ;] sd .

**lji0f' l/dfn M** klxnf] s'/f t klxnf] emf]n'Ë] k'n pb\3f6g ul/;Sof}+ xfdLn] . oxfFnfO{ yfxf 5 . @ ;o @& j6f xfdLnfO{ ln:6 lbOPsf] 5, To;df xfdL Ps dlxgfleq ;e]{ l8l6lnª 6'ª\UofpF5f}+ / xfd|f] :k];df hfFbf klg xfdLn] k|wfgdGqLhLn] eGg'eP h:t} b'O{ jif{df hDd} emf]n'Ë] k'n aG5g\ . o;df 9'Ss /xgnfO{ cfu|x u5'{ . bf];|f] ljifo eg]sf] kfunkg oxfFn] l7s k|of]u u/]sf] eG5' d, d]/f] cfkm\gf] a'emfOdf kf]lnl6l;og sd{rf/LtGq / k|ljlwsf] aLrdf ;dGjo x'g'k5{ . ;kgf b]Vg] sfd kf]lnl6l;ogsf] xf] . ;xhLs/0f ug]{ sfd k|zf;gsf] xf] / PS;gdf hfg] sfd k|fljlwssf] xf] . xfdL sxfF ;d:of s] 5 eg] kf]lnl6l;ogdf ;kgf gb]Vg], ;kgf b]Vg] kf]lnl6l;og cfPkl5 To;df cfqmd0f x'G5 . clxn]sf] ;d:of d}n] ToxL b]V5' / Ao'/f]qm];L / k|fljlws Tof] ;dGjo s'/]/ al;/x]sf] 5 .

**k|]; rf}tf/L** M ef/t / rLgsf] e|d0fdf k|wfgdGqLsf] rrf{ 5 . x'g]jfnf s] 5 <

**lji0f' l/dfn M** ef/t / rLg b'a} d'n'sdf xfdL hfFb}5f}+ . xfdLn] b'a} /fi6«n] k7fPsf] lgDtf]nfO{ :jLsf/]sf 5f}+ . b'a} b]zdf e|d0fsf] tof/Ldf xfdL 5f}+ .

**k|]; rf}tf/L** M t/ g]kfndf Pp6f k|Zg rf]l6nf] ?kdf cfpF5, klxnf ef/t x'G5 ls rLg <

**lji0f' l/dfn M** dnfO{ s] nfU5 eg] of] ;fob hfoh k|Zg xf] h:tf] nfUb}g . htf kfos k5{, Tot} hfg] xf] . kfos k/] kl5 hfg] xf], tof/L k'u]kl5 hfg] xf] . rLgl;t klg xfd|f] w]/} tof/L eO;s]sf 5g\, ToxfF hfg dfq afFsL 5 . rLgdf kmfu'gsf] klxnf] xKtf pxfFx?sf] gofF jif{ kg]{ 5, To;df ;don] sltsf] ;fy lbG5, To;nfO{ x]/]/ Vofn ug'{k5{ . ef/tl;t xfd|f] tLj|tfl;t tof/Lsf] sfd uO/x]sf] 5 . ef/tsf] ;Gbe{df k|wfgdGqLn] s]xL lh1f;f /fVg'ePsf] 5 . oxfFx?nfO{ yfxf g} 5 . k|wfgdGqLn] ef/tLo k|wfgdGqL df]bLl;t s'/f ubf{ klg xfdL b'O{ b]zsf] aLrsf] ;DaGw ;'wf/ ePsf] l:yltdf dfq} e|d0f ubf{ nfebfos x'G5 eg]/ pxfFn] eGg'ePsf] 5 . oL ljifox? g} /x]sf] 5 .

**k|]; rf}tf/L** M x'g t tkfO{n] Psbd l8Knf]dfl6s tl/sfn] of] ljifonfO{ kG5fpg'ef], t/ g]kfndf w]/} x8;Dd eGg] xf] eg] h'g tl/sfn] g]kfndf k|wfgdGqLsf] ef/t e|d0f x'G5, olb k|wfgdGqLn] gofF x'g] xf] eg]b]lv w]/} ldl8ofn] klg n]v]sf 5g\, ;DejtM of] o:tf] ;do xf], rLgdf klxn] hfg'kg]{ xf] . eGg] s'/f cfpF5 . tkfO{sf] ;Nnfx s] 5 <

**lji0f' l/dfn M** d]/f] ;Nnfx s] x'G5 eg] d cl3 s} zAb bf]xf]¥ofpF5', kfos kg]{ u/L hfg], tof/L gk'lusg hfFb}gf}+ . e|d0fsf] nflu e|d0f ub}{gf}+ xfdL, ef/tl;t klg rLgl;t klg . k|wfgdGqL h:tf] dfG5] ljb]z hfFbfv]l/ /fqL ef]hdf ;fd]n eP/ kmls{g] xf]Og, lglZrt ljifodf ;xdlt eP/ kms{g'k5{ . rLgl;t lg ToxL xf], ef/tl;t lg ToxL xf] . tof/L htf rfF8f] x'G5, Totf xfdL rfF8} hfG5f}+ . xfd|f] k|fyldstfdf s'g b]z klxnf eGg] 5}g . rLg klxnf hfFbf cfsf; v:g], ef/t hfFbf ;+;f/ /fd|f] x'g], ef/t klxnf guP/ cGt hfFbfv]l/ >Lu0f]zfo gdM ePg eGg] h:tf] x'Fb}g .

<https://www.youtube.com/watch?v=5YG0JrBLmY8&index=10&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>