Date: Nov 01, 2015, ABC TV

*Samaya Chakra with Bishnu Rimal with Suresh Acharya, ABC Television, Nepal*

;+ljwfg hf/L ePkl5 ;+ljwfg lgsfosf] kbk"lt{ k|lqmof nueu ;lsPsf] 5 . gofF k|wfgdGqL kfPsf] 5 . gofF ;efd'v kfPsf] 5 . gofF /fi6«klt kfPsf] 5 . t/ of] /fhgLlts v]n rln/xFbf ;+;bsf] klxnf] bn g]kfnL sf+u|]; ;Qfaf6 aflxl/Psf] 5, ;a} kbaf6 aflxl/Psf] 5 . o;sf] c;/ g]kfnL /fhgLltdf s;/L x'G5 < / dw]; cfGbf]ng rln/x]sf] a]nf ca gofF ;/sf/n] s;/L o;/nfO{ ;Daf]wg ;Snfg\ . oL ljifodf s]lGb|t /x]/ xfdL cfh s'/fsfgL ub}{5f}+ .

**;do rqm M** tkfO{x? ;Qf;Lg x'g'ef], k|d'v kf6L{sf] x}l;otdf, /fi6«klt klg x'g'ef], k|wfgdGqL klg x'g'ef], ca :d'ynL rN5 d'n's <

**lji0f' l/dfn M** clxn]sf] kl/l:ylt cln :d'ynL rflxF 5}g . xfdLn] clxn] ;xsfo{ ug'{k5{ ;a}l;t . ;QfeGbf aflx/ /x]sf ;fyLx?l;t klg / ;Qfsf lj/f]wdf /x]sf ;fyLx?l;t klg . g]kfndf clxn] ;+ljwfg hf/L eO;s]kl5 ;+ljwfg sfof{Gjog ug{sf nflu ;a} kIfl;t ;xsfo{ gul/sg cufl8 a9\g ufx|f] 5 .

**;do rqm M** t/ ;xsfo{ t ePg lg, n]gb]g t rn]g /fhgLltdf

**lji0f' l/dfn M** n]gb]gsf] s'/fdf clxn] dw];df cfGbf]ng ul//x]sf zlQmx?nfO{ 5f]8]/ x]g]{ xf] eg] n]gb]g t lng grfxg]af6 glnPsf] t xf] lg . h:tf] xfdLn] !^ a'Fb] ;xdlt ubf{v]l/ t eb| ;xdlt u/]sf}+ xf}+, To; ;xdlt slt l7s, slt a]l7s ef]ln /fhgLlts Oltxf;df d"NofÍg klg xf]nf, t/ xfd|f] a'emfO rflxF Pp6f cjlw ;Dd Pp6f l:yt/ sfod ug{ d]h]/ zlQmx?sf] aLrdf ;xdlt x'g'k5{ eGg] g} lyof] . h:tf] pbfx/0fsf] nflu d kb} ls6]/ eGg ;S5', /fi6«klt, pk/fi6«klt, ;efd'v, pk;efd'vdf Pp6} kf6L{sf] ghfg] u/L hfg ;lsG5 eGg] xfd|f] ;dembf/L ePs} xf] . To;f] ubf{v]l/ klxn] /fi6«klt / k|wfgdGqL b'a} ePsf] gDa/ ! kf6L{n] Pp6f kb dfq lng'k5{, Tof] /fi6«klt lng' /fd|f] x'G5 . s;nfO{ agfpg] eGg] s'/f] ToxL kf6L{sf] cfˆgf] ljifo xf] . xfd|f] ljifo xf]og . /, bf];|f] kf6L{n] k|wfgdGqL lnP/ ;Qf x]/Lkm]/L u/]/ hfg'k5{ / ;xdltdf cufl8 a9\g'k5{ eGg] xfdLnfO{ nfu]sf] xf] . t/ xfdL Pdfn]x? s] df 5Ss k/]sf 5f}+ eg] g]kfnL sf+u|];leqsf Pp6f zlQmn] b'O6f k|d'v bndWo Pp6f ljkIfdf ga:g] xf] eg] nf]stGq g} vtd x'G5 eGg] lsl;dn] cfu'{d]G6 u¥of] . Tof] gd{n 6fOddf To;sf] cy{ klg lyof] xf]nf, cfjgd{n 6fOddf o;f] eGg'x'GYof] ls lyPg, To;f] ug'{ x'GYof] ls lyPg, of] rflxF låljwfsf] ljifo 5 . dnfO{ ;f]Wg'x'G5 eg] d rflxF To;f] ug'{ x'Fb}gYof] oltv]/ eG5' . sd ;] sd ca xfdLn] gofF ;+ljwfg cGtu{tsf cfd lgjf{rg gu/];Dd zlQmnfO{ Pp6f l:y/tfdf gk'¥ofP;Dd ldn]/ hfg'k5{ eGg] xfdLnfO{ nflu/x]sf] 5 .

**;do rqm M** tkfO{n] kl5Nnf] ha k|wfgdGqLsf] r'gfa eof], To;kl5 sf+u|];nfO{ /fi6«klt lbg] s'/f 5f8\g'eof] lg <

**lji0f' l/dfn M** sf+u|];n] To;/L dfUbf klg t dfu]g lg . sf+u|];n] t k|lt:kwf{ g} u5'{ eGof] lg t .

**;do rqm M** t/ tkfO{x?sf] ;Qf;Lg bnx? dfcf]jfbL cyjf kmf]/d nf]stflGqsn] t sf+u|];nfO{ g} Nofpg'k5{ eGb} lyP .

**lji0f' l/dfn M** Pdfn]n] klg eGof xf] lg, geGof t sxfF xf] / < Pdfn] t klxn]s} s'/fnfO{ l/efOe u/ eGof xf] . km]l/ klg Pdfn]n] s] eGof] eg] ;efd'vsf] lgjf{rg ;lsgf;fy lsgeg] ;efd'vdf bfaL sf+u|];sf] klg lyPg, Pdfn]sf] klg lyPg, Pdfcf]jfbLnfO{ lbg] lyof], ;efd'v ;j{;Ddt agfO;s]kl5 Pdfn]n] eGof] t xfdLn] cfkm\gf] SoflG88]6 klxn] eg]gf}+, xfdLn] s] eGof}+ eg] km]l/ ;xdltdf kmsf}{+, sf+u|];n] cfkm\gf] uNtL ;'wfg'{k¥of], h'g ;Qfdf hfg] xfdLn] ;Nnfx u/]sf lyof}+ klxn] . ;xdlt x'Fb} xf]Og klg eGg'ef], ;'zLnhLsf] afWotf s] lyof], pxfFn] hfGg] s'/f eof] . To;f] elg/xFbf klg xfdLn] km]l/ s] eGof}+ eg] tkfO{x? km]l/ kls{g';\ . xfdLnfO{ t Pp6f kb lnP/ s] kmfObf 5 / < Pp6f /fi6«klt lnP/ slt kb yk]/ s]xL x'g]jfnf lyPg . /fhgLlt ;'wfg]{ klxnf] s'/f lyof] . pxfFx?n] k|lt:kwf{df hg], nf]stGqdf hfg] eg]kl5 k|lt:kwf{df tof/ t x'g'k¥of] lg t . k|lt:kwf{df t xfl/g] u/L sf]xL klg hfFb}g . ToxL lx;fan] xfdL lhTg] u/L uof}+ . ePsf] Tolt dfq xf] clxn] .

**;do rqm M** eg]sf] sf+u|];nfO{ k5\ofP/ abnf lnPsf] xf]Og <

**lji0f' l/dfn M** xf]Og . clxNo} klg Pdfn]n] hlt Soflag]6 ldlg:6/ cfkm\gf] efudf k/]sf] 5, slt 5f]8\g klg tof/ 5 Pdfn] . olb g]kfnL sf+u|]; cem} klg ;Qf ;fem]bf/Ldf hfg tof/ 5 eg] Pdfn] k|wfgdGqL dfq} /fv]/ w]/} s'/f lbg cem} klg tof/ 5 . lsgeg] o;sf] cy{ xfdL rnfpg ;Sb}gf}+, vtd eof}+ eGg] cy{ eGg] s'/f] xf]Og . xfd|f] clxn]sf] ;dosf] dfu xf] . lsg r'gf}tL w]/] w]/} 5g\ . xfdLn] blIf0fdf cfGbf]ngdf /x]sf ;fyLx?nfO{ ldnfpg h?/L 5 . o;sf] nflu ;+ljwfg hf/L ug]{ tLg j6f d]h/ kf6L{ To;sf] aLrdf Pstf x'g Psbd h?/L 5, To;sf/0f abnfsf] s'/f 5}g, abnf lng] klg x'Fb}g . nf]stGqdf abnf t v/fa s'/f xf] . xfdL ;Qfleq jf ;Qf aflx/ htf klg /xg ;S5f}+ . To;f] x'gfn] abnf x'Fb} x'Fb}g, ug'{ klg x'Fb}g . xfdL s] rfxG5f}+ eg] g]kfnL sf+u|]nfO{ clxn] klg ;Qf HjfOg u/f];\ eGg] xfdL rfxG5f}+, To;f] ubf{ t d]/f] cfˆgf] a'emfOdf t PsLs[t g]skf dfcf]jfbLn] k|fKt u/]sf] w]/} dGqfno 5f]8\g tof/ x'G5 xf]nf . xfdL To;df lx;fa lstfa ug{ cem} klg tof/ 5f}+ . k|r08 sd/]8n] k6s k6s egg'ef5, xfdL oxL dtdf 5f}+, Pdfn] kf6L{ ;+:yfut 9+un] lg0f{o ug{ tof/ 5 .

**;do rqm M** t/ Tof] ;Defjgf b]Vg'x'G5 tkfO{ <

**lji0f' l/dfn M** cem} klg xfdL k|oTgzLn 5f}+ . k|oTg ug'{k5{ eGg] dtdf 5f}+ . xfd|f] k|wfgdGqLn] k6s k6s eGg'ef 5, pxfFn] cfˆg} z}nLdf eGg'x'G5 . w]/} sf+u|];n] lgp vf]Hof] eg] ;dft]/ NofP/ ;/sf/df /fV5' eGg'ef], emfkfdf uP/ ci6dLsf] lbg . Tof] TolQs} 7§f lyPg, dgsf s'/f af]n]sf] pxfFsf] . xfdL cem} klg ToxL dtdf 5f}+, g]kfndf /x]sf d]h/ bnsf aLrdf clxn] Pstf h?/L 5 / ;fgf bnx? hf] clxn] ;QfeGbf aflx/ /xGy] pgLx? klg ;/sf/df ;fd]n x'g] rfxgf /lx/x]sf] a]nfdf ;fFRrLs} /fli6«o ;xdltsf] ;/sf/ aGg ;S5 clxn] oltv]/ . sd ;] sd l7s 5, xfdL;Fu s] s] 7fpFdf k|lt:kwf{ ug]{ To;sf] klg eb| ;xdlt u/f}+, nf]stGqdf k|lt:kwf{ x'Fb} x'Fb}g eGg] s'/f t unt s'/f xf] . cfkm\g} kf6L{df k|lt:kwf{ ug]{ xfdL bnx?n] b'O6f kf6L{sf] aLrdf k|lt:kwf{ x'Fb}g eg]/ t eGg} x'Fb}g . k|lt:kwf{ x'G5, s'g 7fpFdf s'g tl/sfn] k|lt:kwf{ ug]{ o;sf] klg ;Ldf agfpF, To;kl5 ;Fu} lx+8\g] Pp6f ljlw agfpF / h;nfO{ xfdL /fi6«sf] lgsf; lbg] eGg] gfddf cufl8 a9fpg ;S5f}+ eGg] h:tf] dnfO{ nfU5 .

**;do rqm M** s'g} To:tf jftf{ eO/fv]sf] 5 To;sf nflu <

**lji0f' l/dfn M** d]/f] ljrf/df aflx/af6 x]bf{ h:tf] b"/L b]lvG5, To:tf] b"/L t 5}g lg, h:tf] oxfFnfO{ :d/0f u/fpF, /fi6«klt lgjf{rg ePsf] ef]lnkN6 laxfg} k|wfgdGqLn] afn'jf6f/df rflxF z'esfdgf cfbfg k|bfg / awfO cfbfg k|bfgsf] Pp6f j}7s 8fSg'ef], Tof] Pp6f ef]h kf6L{ j}7s lyof], /fi6«kltnfO{ ef]t xfNg] / gxfNg] ;a} ;f+;bx?nfO{ pxfFn] 8fSg'ePsf] lyof] . :jo+ ;'zLn sf]O/fnf hfg'ef], ToxfF z]/axfb'/ b]pjf hfg'ef] . g]kfnL sf+u|]; kf6L{sf d:6 l;lgo/ g]tfx? hfg'ef] . pxfFx? ef]hdf ;fd]n x'g'ef], pxfFx?n] k|lta4tf JoQm ug'{ef], ;Qf aflx/ leq hxfF /x] klg xfd|f] ;xsfo{ 6'6]sf] 5}g eGg'ef] . Tof] t cf;nfUbf] s'/f xf] lg . olb ltQmtf lyof], To;df abnfsf] efj lyof] eg] s]kL zdf{ cf]nLn] af]nfpg'ePsf] ef]h vfg g]kfnL sf+u|];sf g]tfx? hfg' x'GgYof] . pxfFx?n] klg xfdL nf]stflGqs xf}+ eg]/ ;+:sf/ b]vfpg'ef], /fd|f] sfd ug'{ef] . s]kL zdf{ cf]nLn] klg ;+:sf/ b]vfpg'ef] / eGg'ef]– xfdL;Fu} ldn]/ hfg'k¥of], Ps txdf, Ps r/0fdf xfdL ;Fu} ldn]/ uPsf lyof}+, Pp6f ;xdlt u/]sf lyof}+, csf]{ r/0fdf cfO;s]kl5 xfd|f] ;xdltn] sfd u/]g . lxhf] pk/fi6«kltsf] lgjf{rg ;lsPkl5 t Pp6f km]h} cGTo eof] . ca gofF km]haf6 hfg'kg]{ a]nf cfof] . ;Qfdf /xFbf klg ;Qf aflx/ /xFbf klg ToxL xf] s'/f] .

**;do rqm M** t/, ;/sf/n] u/]sf] Pp6f k|:tfjnfO{ sf+u|];n] c:jLsf/ u¥of] . dw];;Fu jftf{df nflu kg]{ ;xdltdf a:g';\ eGbf sf+u|];n] dfg]g .

**lji0f' l/dfn M** dfg]g, To;f] gulb{of eP x'GYof] h:tf] dnfO{ nfU5 . clxn] Joj:yflksf ;+;bdf h'g ;+zf]wg ljw]os k|:tfj btf{ ePsf] 5, ;+ljwfg ;+zf]wgsf] nflu To;sf] d"ntM g]t[Tj g]kfnL sf+u|];n] u/]sf] xf], Pdfn] kf6L{n] eGbf klg, Pdfn] kf6L{n] To;nfO{ ;dy{g u/]sf] xf], PsLs[t g]skf dfcf]jfbLn] To;df ;dy{g u/]sf] xf] . cfkm'n] cufl8 a9fPsf] ;+zf]wg k|:tfj hltv]/ ;Qfsf] g]t[Tjdf x'g'x'GYof], Tof] k|:tfjnfO{ klg lgisif{df k'¥ofpg clxn] c;xdt hgfP/ al;/x]sf bnx?l;t jftf{ ug]{ ljifodf pxfFx? ;fd]n x'g'kYof]{ . pxfFx?n] To;nfO{ d aflx/} /xG5' eGg' clnslt plrt x'Fb}g lyof] ls h:tf] dnfO{ nfU5 .

**;do rqm M** km]l/ of] k|Zg lsg eg] tkfO{n] ;xsfo{ x'G5, clxn] klg ;+efjgf 5 eGg'x'G5, To;n] ;+efjgfsf] cGTo u/]sf] xf]Og <

**lji0f' l/dfn M** To;n] cGTo u/] h:tf] t dnfO{ nfUb}g . pxfFx?n] xfdL Ps tl/sfn] sG:6«S6Le ;xof]u rflxF u5f}{+, ;/sf/L jftf{ 6f]nLsf] ;b:o alGbg eGg'ePsf] 5 . zAb To;/L k|of]u ug'{efÚ 5 . To;nfO{ sfg'gL efiffdf af]Ng] xf] eg] ;QfeGbf aflx/ /x]sf] bnn] ;/sf/L 6f]nLdf a:g' plrt x'Fb}g / c? d]sflghdaf6 ;+jfb ug'{ plrt x'G5 eGg] lgisif{ lgsfn]sf] xf]nf eGg] cy{ nufpg ;lsG5 . olb sf+u|]; kf6L{sf] ToxL g} egfO xf] eg] l7s} 5, ToxL lx;fan] g} hfg ;lsPnf . t/ oltv]/ cfjZostf s] xf] eg] dw];df cfGbf]ng/t bnx?n] ;/sf/l;t dfq} x}gg\, ;+ljwfg hf/L ug]{ bnx?l;t} ;f]Wg rfx]sf 5g\ . Tof] rflxF ;To s'/f xf] . To;sf/0fn] ubf{ Pdfn], g]kfnL sf+u|];, dfcf]jfbL nufotsf bnx?n] pgLx?nfO{ cfZj:t kfg'{k5{ . xfdLn] ug]{ lg0f{ox? eg]sf] ;fd"lxs lg0f{o xf] / of] lg0f{o eg]sf] dw];, kxf8, lxdfnsf nflu ;femf lg0f{o xf] eg]/ atfpg'k5{ .

**;do rqm M** dw];sf] cfGbf]ng s;/L cf8«]; x'G5 < Tof] ;+ljwfg ;+zf]wgn] ;a}nfO{ ;d]6\5 <

**lji0f' l/dfn M** d]/f] cfkm\gf] a'emfOdf t, dw];df cfGbf]ng ul//xg' h?/L g} xf]Og, o;f] elg/xFbf cfGbf]ng/t dflg;x?nfO{ lrQ b'Vg ;S5 . d tkfO{sf] o:tf] nf]slk|o ;~rf/ dfWodaf6 dflg;sf] lrQ b'vfpg t rfxGg, clxn] oltv]/ . pxfFx?n] cfGbf]ng ul//xg' kg]{ h?/L lsg 5}g eGg]df d}n] a'em];Dd tLg rf/ j6f ljifox? x'g\, klxnf] s'/f, hg;ª\Vofsf] cfwf/df lgjf{rg If]q to ug]{ s'/f], clxn] s]xL klg ;Daf]wg gubf{ klg Tof] cf8«\]; x'g]jfnf 5 . lsgeg] xfdLn] &% lhNnf dWo] Pp6f lhNnfdf Pp6f ;b:o kg]{ u/L #^% dWo] afFsL t hg;ª\Vofs} cfwf/df hfg] eg]sf 5f}+ / hg;ª\Vofsf] cfwf/df hfFbf Pp6f ljlw x'G5 . s'g kmd'{nf cGtu{t hg;ª\Vofsf] ljt/0f u/]/ slG6Ro'PG;LnfO{ l8dfs{ ug]{ eGg] t lj1x?n] ug]{ xf], /fhgLlts bnx?n] ug]{ xf]Og of] . To;f] x'Fbfv]l/ hf] bn, h'g;'s} bn ;Qfdf /x] klg k|of]u ug]{ kmd'{nf Pp6f g} xf]nf . h:tf] rrf{df cfO/x]sf] ;]G6«n ckm eGg] k|ljlw cfO/x]sf] 5 lg Tof] lx;fan] ubf{ klg hg;ª\Vof cfwf/sf] ;6]{g gDa/ t hfG5 hfG5 . To;sf] cfwf/ t ;+zf]wg} gx'Fbf klg xn x'GYof], o;df t ;Qf;fem]bf/Lx? ;a} g} tof/ 5g\ .

**;do rqm M** tkfO{x?n] e"uf]n hf]8\g'ef], pxfFx? e"uf]n ;'Gg rfxg'x'Gg, hg;ª\Vof dfq} xf], xf]Og <

**lji0f' l/dfn M** hg;ª\Vof / e"uf]n t hf]l8Ps} s'/f xf] lg . pxfFx?n] eGg'ePsf] pxfFx? a9L dw]; sG;; x'g'ePsf] 5, %!–%@ k|ltzt hg;ª\Vof t/fO{ If]qdf /x]sf 5g\ eGg'efÚ 5 . l7s} 5, s] km/s k¥of] lg t, %!–%@ k|ltzt hg;ª\Vof kg{ ;S5, h'g nf6f] lx;fa u/] klg af7f] lx;fa u/] klg ;f+;bx?sf] ;ª\Vof k|ltlglw;efsf] ;+Vof ;f+;bx?sf] ;ª\Vof ltg{ kb}{g h:tf] nfU5 dnfO{ . t/ pxfFx?n] klg s] rflxF eGg'efÚ 5}g eg] x'Dnf, h'Dnf, dgfª nufot lhNnfx? hxfF kftnf] hg;ª\Vof 5, ToxfF Ps hgf klg kg'{ x'Gg t eGg'efÚ 5}g lg . To;sf] ;lhnf]sf] nflu xfdLn] sfod /x]sf] k|zf;lgs h'g lhNnfx? 5g\, To;dWo]af6 Ps Ps hgf kfg{ nufpF, c? hDd} hg;ª\Vofdf n}hfpF .

**;do rqm M** k|b]z ePkl5 lhNnf rflxGg eGg] 5 lg <

**lji0f' l/dfn M** l7s} xf], Tof] t csf]{ s'/f xf], of] s'/f xf]Og . To;nfO{ km]l/ ld;fOof] eg] s'/f u8a8 x'G5 . clxn] xfdL slG:6Ro'PG;L ;Ldf lgwf{/0f ug{sf nflu lhNnfsf] cfwf/ dfq lnOPsf] xf] . ha tkfO{n] !^% j6f lgjf{rg If]q to ug'{x'G5 lg To;sf] lg cfGtl/s ;Ldf x'G5 lg . Tof] ;Ldf to ePkl5 lhNnfsf] Tolt e"ldsf /xFb}g . oBlk clxn]sf] ;+ljwfgn] lhNnfsf] kl/sNkgf Tofu]sf] rflxF 5}g . xf]nf lhNnfsf] ;Ldf sfl6g ;S5 . clxn]sf] lhNnfx? s'g k|b]zdf s'g k5{ eGg] s'/f, clxn]sf] lhNnfx? s]xL vl08t klg xf]nfg\ . Tof] ;Ldfsf] cs}{ s'/f xf] . clxn] elgPsf] !^% j6f If]q s;/L ljt/0f ug]{ xf] eGbfv]l/ ;lhnf] lx;fasf] nflu k'/fgf] &% j6f lhNnfleq Ps Ps j6f k/f];\, / afFsLnfO{ hg;ª\Vofsf] cfwf/df lnP/ hfpF . 6f]6n ;ª\Vofdf hfg'eof] eg] tkfO{n] Kn]g Pl/ofdf /x]sf] @)–@@ j6f lhNnfdf %) hlt If]q kg]{ e/k'/ ;+efjgf 5 / Tof] Jofjxfl/s, j}1flgs hDd} x'G5 . To;df s'g} kf6L{sf] ljdlt 5 h:tf] dnfO{ nfUb}g . Tof] lx;fa ubf{v]l/ dw];sf ;fyLx?n] p7fO/xg'ePsf] hg;ª\Vofsf] cfwf/df k|ltlglwTjsf] Joj:yf u/ eGg] s'/f] To;} ;+af]wg ePsf] 5 . /, cem pxfFx? 9'Ss x'g rfxg'x'G5 eg] k'/fgf] ;/sf/n] h'g k|:tfj u/]sf] 5, ;+ljwfg ;+zf]wgsf] Tof] k|:tfjn] o;nfO{ cem a9L JofVof u5{ . Pp6f ;d:of xn eOxfNof] h:tf] dnfO{ nfU5 . bf];|f] ljifo eg]sf] gful/stfsf] ljifo xf], o;df rnfPsf] xNnf h:tf] xf]Og, rnfPsf] xNnf eg]sf] s] xf] eg] t/fO{df /x]sf ;a} clËs[tdf em/] . pgLx?n] s]xL klg kb kfpFb}g, oxfF;Dd ls lgjt{dfg /fi6«klt /fdj/0f ofbj klg km]l/ s'g} slG:6Ro';g a8Lsf] k|d'vdf lgjf{lrt x'g kfpg'x'Gg, km]l/ /fi6«klt aGg kfpg' x'Gg eg]/ h'g e|d km}nfOof], Tof] unt s'/f xf] . lsgeg] t/fO{df ;a}vfn] dfG5] 5g\ lg . t/fO{df u}/ gful/s dfG5] 5g\ . ToxfF j+zhsf cfwf/df klg 5g\, ToxfF c+lus[t gful/s klg 5g\ . clËs[t gful/sx? Ps txdf uP/ /f]lsG5g\ . Tof] t ;To s'/f xf], To;df låljwf /fVg'kg]{ h?/L g} 5}g .

**;do rqm M** o; cl3 /f]lsPsf] lyPg lg, clxn] lsg /f]Sg cfjZos eof] <

**lji0f' l/dfn M** klxnf k|wfgdGqL s'g rflxF clËs[t ag]sf] lyof] / < sf]xL klg ag]sf] lyPg .

**;do rqm M** t/ n]lvPsf] t lyPg lg <

**lji0f' l/dfn M** ;+ljwfg t k|ultzLn b:tfj]h xf] lg t . clËs[t gful/stfsf] Joj:yf / j+zhsf] gful/stfsf] Joj:yf Pp6} x'g] xf] eg] uPsf] k'/fgf] ;+ljwfg;efdf ax; lsg gu/]sf] t < d klg ToxL 5' . d ;+ljwfg;efsf] ;b:o lyPF . Tolta]nfsf] n8fO eg]sf] s] xf] eg] a/fa/L s;/L ug]{sf] . xfdLn] dlxnf clwsf/sdL{sf] egfO g} s] lyof] eg] blIf0flt/af6 laxf u/]/ cfpg] 5f]/Lx?nfO{ t'?Gtft'?Gt tkfO{x? ;f+;b agfpg], xfdL 5f]/Lx? blIf0flt/ laxf u/]/ uof}+ / xfd|f] a'9fnfO{ ;Fu} Nofof}+ eg] pgnfO{ lsg glbg] < a/fa/ ug'{;\ ef/tsf] h:t} ug'{;\ . cd]l/sf h:t} ug'{;\ eg]/ xfdLnfO{ dlxnf clwsf/sdL{x?n] eg]s} ToxL xf] . ToxL ug]{ t < & jif{ /fVg], % jif{ /fVg] < !) jif{ /fVg] t xfdLn] eGbfv]l/ t/fO{df cfuf] aN5, To;f] gu/f}+ eg]/ t/fO{s} ;fyLx?n] eGg'ePsf] xf] . of] t xfdL a? n}+lus lx;fan] c;dfg /xg] g} u/L dlxnf cfGbf]ngsf/Lx?sf] cfnf]rgfsf] tf/f] g} aGg]u/L dw];sf] ;+j]bgzLntfnfO{ Vofn u/]/ sfg'g adf]lhd Joj:yf x'g] u/L of] eg]sf] k|b]zdf uO;s]kl5 sfg'g t agfpg} k5{, tTsfn laxf u/]sf dlxnfx? ljb]zL dlxnfx?sf] ;Gbe{df k'?ifx?sf] ;Gbe{df Joj:yf ub}{ hfpF eg]/ eg]s} xf] . To;sf/0fn] ubf{ dfu cg';f/ u/]sf] s'/fnfO{ To;nfO{ jg gug]{ xf] eg] kl5 uf]ndfn x'G5 .

**;do rqm M** eg]sf] dw];sf g]tfx?n] o;sf] ckJofVof ub}{5g\ clxn] <

**lji0f' l/dfn M** o;sf] t ;fx|} cfgf ckJofVof xf] . d}n] Ps rf]l6 ef/tsf] Pp6f 6]lnlehgdf x]b}{ lyPF, /fHo;ef eGg] 6]lnehgdf P;8L d'lg nufotsf 7"n7"nf gfd rn]sf JolQmx?, To;df d}n] g]kfnsf] nflu k"j{ /fhb"tnfO{ klg b]v]sf] lyPF, pxfFx?n] af]Nbf klg g]kfndf ca /fdj/0f ofbj Tof] af]Ng] dfG5] rflxF lah]kLsf] PS;k6{ x'g'x'GYof], l6eLdf /]s8{} 5, o'6\o'adf x]g{ kfpg'x'G5, P;8Ld'lg, /fs]; ;'b Ps hgf lah]kLsf g]tf x'g'x'GYof], lah]kLsf g]tf eGb} x'g'x'GYof], /fi6«klt /fdj/0f ofbj /fi6«klt aGg gkfpg] u/L sfg'g aGb}5, vtd ef] eg]/ eGb} x'g'x'GYof], of] t unt xf] . xfdLn] Tof] u/]s} 5}gf}+ gu/]sf] s'/f k|rf/df Nofpg' eg]sf] t Tof] b'/f;o o'Qm eof] . To;sf/0fn] gful/stfsf] dfldnfdf===

**;do rqm M** of] ljifodf tkfO{sf] egfOdf of] dw];sf] eGbf klg ef/tsf] lrGtf xf] .

**lji0f' l/dfn M** d To;/L t lsg hf]8f}+, t/ dw];sf ;fyLx?n] ef/tn] eGof h:tf] efiff lsg af]ng'ef 5 < dnfO{ o;df cfZro{ nfu]sf] 5 . ef/tsf] g]tfn] h'g unt s'/f af]Nb} x'g'x'G5, h'g 6]lnlehgdf b]v]F, atfO xfn]F, 6]lnlehgsf] ;|f]t g} atfpF5' d}n] . /fHo;ef 6]lnlehg eGg]df cfPsf] lyof] . d}n] o'6\o'ad} x]/]sf] xf] Tof] . To;df h] efiff af]lnPsf] 5, dw];sf g]tfx?n] klg ToxL efiff lsg af]Ng'ePsf], Tof] h?/L lyPg h:tf] nfU5, dw];s} g]tfx?n] eGg'eP adf]lhd g} nIdLsfGt s0f{ t lg/Gt/ d:of}bf sld6Lsf] Pp6f g]tf g} xf] lg t . klxnfsf] ;+ljwfg;efdf klg pxfF e"ldsf v]Ng] ;f+;b x'g'xGYof] . clxn] klg pxfF /fd|} ;f+;b x'g'x'G5 . pxfFx? cflv/ ;a} ;fd]n ePs} 7fpFdf klg olb dlxnf / k'?ifsf] af/]df OSj]b ug]{ xf] eg] vf;u/L laxf u/L cfpg] t/fO{sf] ;Gbe{df cfuf] aN5, xfd|f] /f]6L a]6Lsf] ;DaGw 5, To;f] gu/f}+ eg]kl5 Dofg]h u¥of t xf] . ;+ljwfg eg]sf] t hDd} s'/f ;Demf}tf u/]/ hfg] s'/f xf] . Tof] pxfFx?n] eg]s} s'/f /fv]/ u/]sf s'/f xf] . To;sf/0fn] ubf{ gful/stfsf] dfldnfdf h] s'/f dw];sf ;fyLx?n] p7fO/xg'ePsf] 5, Tof] unt p7fO/xg'ePsf] 5, gePsf] s'/f p7fO/xg'ePsf] 5 . pxfFx?n] h] dfu ub}{ x'g'x'G5, Tof] hDd} s'/fx? k/]sf] 5 . bf];|f] ljifo .

t];|f] ljifo, dw];sf] k|b]zsf ;Ldfsf] ;Gbe{df b'O6f s'/f dfq eGg rfxG5', klxnf], hlt j6f k|b]z agfP klg dw];sf lhNnfx? kxf8l;t hf]8\g' x'Gg eGg] cf;o 5, To;df ;xdt x'g ;ls+b}g . clxn]sf] ;LdfÍg j}1flgs 5 ls 5}g eGg] s'/fdf e/k'/ d"NofÍg ug{ ;lsG5 . olb clxn] ul/Psf] ;LdfÍg j}1flgs ePsf] 5}g eg] To;nfO{ k'glj{rf/ ug{ ;lsG5, Tof] /fhgLlts bnx?n] gu?g\, /fhgLlts bnx?n] tfg]sf] ;Ldf t cj}1flgs eof] eg] xfdL j}1flgs JolQmx?nfO{ g} /fv'F . To;f] elg/xFbf d}n] hlxn] klg Pp6f s'/f Rofn]Gh ePsf] ;'lgPsf] 5', cfof]usf] s'/f xf] eg] klxn] cfof]usf] s'/f lsg gdfg]sf] t < eGg] ;fyLx?n] p7fpg] ug'{ePsf] 5 . klxnf] cfof]u eg]sf] klxn] zlQm ;Gt'ngdf ag]sf] pxfFx?n] la;{g' x'Fb}g . klxn]sf] /fhgLlts zlQm ;Gt'ngnfO{ h'g Ps lsl;dn] efjeËLdf lyof], Tof] t ca cs}{ 9+un] uO;s]sf] 5 . lsgeg] tTsfnsf] zlQm ;Gt'ngsf] cfwf/df g} b:tfj]hdf ;Demf}tf x'g] x'g\ . / clxn]sf] zlQm ;Gt'ngn] klxn]sf] cfof]un] u/]sf] s'/f] dfGg] jf gdfGg] eGg] s'/fnfO{ Ps lsl;dn] hjfkm lbO;s]sf] 5 . Tof] a]nfsf] cfof]u cfkm}df klg slt :jtGq 5, k|Zg /x]sf] 5 / Tof] cfof]u cfkm}df ;j{;Ddt klg ePg . To;sf/0f xfdL /fhgLlts bnsf dfG5]nfO{ g/fvf}+ n d]/f] sf]6f gegf}+nf lg t, ;a}n] dfGg] vfnsf] lj1x?nfO{ /fv]/ ;dLIff ug{ / ;Ldf sf]g{ ;lsG5 . To;sf/0f ;Ldfsf] ;dLIffdf cfklQ ePg . ;Ldfdf ldNbf] 5}g eg] Tof] gldNbf] 5 eg]/ ax; ug'{ cfjZos klg 5}g . lsgeg] Tof] /fhgLlts lg0f{o cGtu{t ePsf x'g\ . o;nfO{ ;Rofpg ;lsG5 . cfklQ g} ePg of] . t/ ;Ldf sf]bf{v]l/ Pp6f vf; hfltsf] Sn:6/ agfpg] To;nfO{ 5'§} k|b]z agfpg] s'/f] / kxf8 / t/fO{ aLr ;DaGw} x'g'x'Fb}g eGg] s'/f] Tof] cJofjxfl/s s'/f xf] / Tof] slxn]sfxLF rflxF xflgsf/s s'/f xf] h:tf] klg nfU5, Tof] rflxF x'g ;Sb}g xf]nf .

**;do rqm M** t/ d"n d'2f eg]sf] dw];df b'O6f k|b]z eGbf tLg6f k|b]z x'g'x'Fb}g / ;se/ kxf8nfO{ hf]8\g' x'Fb}g, kl5 kxf8nfO{ klg hf]8\g'k5{ eGg] s'/f] pxfFx?s} cfPsf] 5 . d'2f p7fpFbf Tof] 9+un] p7]sf] lyof] <

**lji0f' l/dfn M** Tof] rflxF unt xf] . Tof] xfdL ;a}n] a'emfpg'k5{, Tof] dw];sf] d'2f xf] jf dw];s} s]xL ;fyLx?sf] d'2f xf] < s]xL ;fyLx?sf] d'2f xf] eg] xfdLn] dw];df uP/ a'emfpg'k5{ . h:tf] xfdLn] klxn] u/]sf] ;Demf}tf, lul/hf k|;fb sf]O/fn, dfwj g]kfnx? /xg'ePsf] a]nfdf u/]sf] ;Demf}tf eg]/ dw];sf ;fyLx? eGg'x'G5 . t/ pxfFx?n] s] eGg'x'G5 eg] dw]; k|b]zdf ;Demf}tf ul/Psf] 5 eGg'x'G5 . To;}nfO{ g} ;Daf]wg u/]sf] xf] lg t, clxn] dw]; k|b]z, Pp6f z'4 dw]; k|b]z agfOPsf] 5 lg, oBlk Tof] cfkm}df unt xf] eGg] dnfO{ nfU5 . dnfO{ eGg'x'G5 eg] d r'/] klg hf]8\g'k5{, dflysf] kxf8 klg hf]8\g'k5{ eG5', k|b]z g+= @ df . To;/L hfFbfv]l/ /fd|f] x'G5 h:tf] nfU5 . dw];s} ;fyLx?sf] efjgfnfO{ ;+af]wg ub}{ Pp6f dw]; k|b]z klg lbpF, c? ldl>t k|b]z agfP/ hfpF eg]/ agfOPsf] t xf] lg, of] ;ft k|b]zsf] ;Gbe{df klg . To;sf/0fn] ubf{ dw];s} dfq} 5'§} k|b]z x'G5 eGg] s'/f t Jojxf/n] klg s] k'li6 ul/;s]sf] 5 eg] Tof] plrt x'Fbf] /x]g5 eg]/ k'li6 ug{ vf]lh;Sof] . dw];s} hgtfl;t ;f]w] klg of] t unt x'Fbf] /x]5, xfdLnfO{ kxf8 klg rflxof] eg]/ Ps hgf ;fyLn] yfNg'ef 5 . @ g+= k|b]zsf] vfsf cfO;s]kl5 t sltko lj1n] t /fdhgsL dlGb/sf] e]6Ln] rN5, k|b]z < eGg'efÚ 5 . of] hDd} s'/f ;To s'/f x'g\, To;sf/0fn] ubf{v]l/ dw];sf] dfq}, Kn]g Pl/ofsf] dfq} 5'§} k|b]z aGg'k5{ eg]sf] s'/f t cfkm} unt ePsf] eP Tof] t cfkm} ;lrG5 g} . t/ 5]p s'gf gldn]sf s'/f x'G5g\ lg o;df klg, 5]p s'gf gldn]sf s'/f ;f]Rg ;lsG5 .

**;do rqm M** tkfO{n] eGg'eof] lg dw];nfO{ a'emfpg'k5{, clxn] dw];df &% lbg cfGbf]ng rNbf tkfO{x? cfh;Ddg hfg' ePsf] 5}g, clg a'emfpg rflxF slxn] x'G5 <

**lji0f' l/dfn M** To;nfO{ xfdLn] /f:gn 9+un] lng'k5{ lg t . klxn] t xfdLn] ;+ljwfg hf/L g} ug]{ v]tLdf nfUof}+ lg t . ;+ljwfg hf/L ug]{ klxnf] k|fyldstf lyof] xf]nf . ;+ljwfg hf/L ug{ 5f]8]/ dw];df emu8f ug{ afem\g s'/f l;Sj]G; ldNb}gYof] xf]nf . klxnf ;+ljwfg hf/L rf;f] eof], ;+ljwfg hf/L u¥of}+, To;kl5 ;+ljwfgn] tf]s]sf] ;Ldf lyof], olt lbgleq ltdLn] k|wfgdGqL agfpg} k5{, olt lbgleq ltdLn] ;efd'v agfpg} k5{, olt lbgkl5 ltdLn] /fi6«klt agfpg} k5{ eg]sf] lyof] . To;nfO{ 7"nf] /fhgLlts ;xdlt rflxGYof], ToxL a]nf xfdLnfO{ cfOnfUof] Ans]6, ef/taf6 c3f]lift vfnsf] gfsfaGbL cfof] . of] gfsfaGbLnfO{ ;fdgf ug{ km]l/ tkfO{n] ldx]gt ug'{k¥of] . of] hDd} s'/f Ps} 7fpFdf ldl;;s]kl5 eGbfv]l/ t ;lhn} l;t eGg ;lsG5 . dw];df g]tfx? lsg uPgg\, oBlk dw];df g]tfx?sf] sfo{stf{x?n] sfd ul//x]s} x'g\ lg . tkfO{n] clxn] x]g'{ef] eg] ;Kt/Laf6 klZrd / jL/u~haf6 k"j{sf] x]g]{ xf] eg] t c?sf] l;:6dn] sfd ug{ yfln;s]sf] 5 lg . Psn] csf{nfO{ a'emfpg sfd klg x'g yfln;s]sf] 5 lg t . l7s t x}g, ;fyLx? k|ltjfb ug{ yfn]sf 5g\, cgfjZos 9+un] cj/f]w gu/ eg]/ ToxfFsf hgtfn] ug{ yfn]sf 5g\ . of] ;+jfb ;'? eO;s]s} s'/f xf] . t/ h'g 7fpFdf sGkmfOg eP/ Pp6f 9+unsf] cfGbf]ng clxn] eO/x]sf] 5, pxfFx? t ;'Gg klg rfx]sf] xf]Ogg\ . dfwj s'df/ g]kfn /f}tx6df uP/ hgtfnfO{ a'emfpg hfFbf rGb|lgufxk'/df ad k8\sfpg cfpg'ePsf] xf]Og / ;fyLx? < k|oTg} gu/]sf] t xf]Og lg <

**;do rqm M** dw];sf] kl/l:ylt cnu x'Fb}5 lg, dw];df a:g] kxf8L ;d'bfox? clxn] dw];sf] ;d:of ;+af]wg u/ eg]/ elg/x]sf 5g\ . To;f] eGbfv]l/ tkfO{sf] bn klg xf]nf, c?sf] bnsf] klg xf]nf <

**lji0f' l/dfn M** ;xL xf], Tof] t d} 5' lg . kxf8Ld"nsf cyjf dw];L d"nsf hf];'s} gful/sx? dw];df x'g'x'G5, ToxfF cfGbf]ngsf] gfddf h'g ps'; d's';sf] jftfj/0f l;h{gf ef5, Tof] xn u/ eg]/ cfkm\gf] ;/sf/l;t dfu ug'{ ;xL s'/f xf] . ToxfFsf] kxf8Ld"nn] dw];sf] lj?4, dw];sf] cg'xf/ sfnf cg'xf/sf] lj?4 cfGbf]ng u¥of eP kf] cfklQ t . ToxL xfdL ldn]/ a:5f}+, xfd|f] b]z xf], oxfFsf] ;d:of ;dfwfg ug{, ToxfFsf] hgtfn] cfjfh p7fpg' ;xL s'/f xf] t . To;nfO{ t ;sf/fTds lng'k5{ xfdLn] . of] unt s'/f x'Fb} xf]Og . ;a}n] ;dy{g ug'{k5{, To;nfO{ / ToxfF h;n] unt 9+un] k|rf/ ub}{5, ltgLx?nfO{ rflxF a'emfpg'k5{ . h:tf] clxn] dw];sf] cfGbf]ngnfO{ ;'g, dw];sf] cfGbf]ngnfO{ lgl:qmo eP/ ga; eg]/ h;n] s'/f p7fO/xsf] 5, pgLx?n] t clËs[t cyjf ;Ldf eg]/ t p7fO/x]sf 5}gg\ lg . hfoh s'/f s] xf], Tof] ;Daf]wg u/ . gfhfoh s'/f xf] eg] of] s'/fn] gfhfoh eg]/ eg eg]/ elg/xg' ePsf] 5 lg . Tof] ;xL s'/f xf] .

**;do rqm M** To;f] x'Fbf of] k|b]z;Fu ;Ldfsf] ;ª\Vof cfpF5 ls cfpFb}g <

**lji0f' l/dfn M** ;ª\Vof 7"nf] s'/f] xf] h:tf] dnfO{ nfUb}g . ;ª\Vof Ps}rf]l6 w]/} ga9f];\ eGg] dfq} g]tfx?sf] rfxgf xf] h:tf] nfU5, lsgeg] ;+3Lotfdf uO;s]kl5 qmdzM l:y/ aGb} uO;s]kl5 ;+3Lotfsf] ;ª\Vof klg a9\b} hfG5g\ . ef/tdf !@ af6 ;'? ePsf] clxn] em08} #) hlt k'Ug nflu;Sof] . ljleGg b]zsf] cf–cfˆgf] cg'ejx? 5g\ . hg;ª\Vofsf] s'/f klg cfpnf, ef]lnsf] ;d[l4sf] s'/fn] klg tndfly kfb}{ hfnf . Ps}rfl6 w]/}af6 yfNof}+ eg] Tof] 7]Ug g;lsg] xf] ls lsg eg] ;+3Lotf cfkm} 6«fon ub}{5f}+, xfd|f] OR5fdf NofPsf 5f}+ . o;nfO{ bLuf] agfpg'k5{ eGg] rfxgf dfq] xf] . clxn] tTsfn} klg ;ª\Vof & af6 bfofF afofF x'Fb} x'Fb}g eGg] t xf]Og lg . xfdL sddf klg hfg tof/ 5f}+ . cfjZos eof] eg] a9L klg x'g ;Snf . t/ d"n s'/f s] xf] eg] ;Ldf sf]bf{ j}1flgstf ePsf] 5}g eg] ;a}n] dfGg] vfnsf] cfof]un] u/f];\ . To;n] sf] /]sf] ;Ldf xfdLn] clGtd ?kdf dfg]/ hfg'k5{ xf]nf h:tf] dnfO{ nfU5 . Tof] afx]s c? ljsNk t xf]nf h:tf] dnfO{ nfUb}g . xfdL cfkm} /fhgLlts ug]{ dfG5]n] cfkm"n] r'gfa n8\g] If]q, ufpF, lx;fa lstfa u/]/ l;dfgfsf] s'/f ug{ yfNof}+ eg] slxn] klg 6'Ëf] nfpg ;Sb}g . ;a}nfO{ d'Vo dGqL aGg] /x/ 5 . ;a}nfO{ ;f+;b aGg] /x/ 5 . s]xL geP klg ufpFkflnsf / gu/kflnsfsf] k|d'v aGg] Vjfj xf]nf . :yfgLo ;/sf/sf] k|d'v aGg] Vjfj xf]nf . sxfFaf6 dnfO{ slt ef]t cfpnf eg]/ /fhgLlts bnx?n] lx;fa ug{ yfNof] eg] ;Ldf t 6'lËg} 6'lËb}g . Pp6f ufpFsf] ;fdfGo j8f tn dfly x'Fbf t 9'+ufd'9f x'g] b]z xf] xfd|f] . c? b]zdf klg o:t} xf]nf h:tf] nfU5 dnfO{ . To:tf]df hf] JolQm lg:kIf 5, lg:kIf JolQmn] g} ;Ldf sf]/f];\ eGg] xfd|f] rfxgf xf] . To;df JolQmut ?kdf eGg'x'G5 eg] dw];df cfGbf]ngdf /xg'ePsf ;fyLx? ;xdt x'g'k5{ eGg] d]/f] cfu|x xf] . d]/f] bnn] klg To;} eG5 . Tof] afx]s cGo s'/fx?df h] s'/f :ki6 kfg'{kg]{ clxn] g} xfdLn] k|;Ë p7fof}+ lg hg;ª\Vofsf] cfwf/df, To;df :ki6tf 5}g eg] :ki6tf kf/f}+, kmd'{n} n]Vg'k/] kmd'{n} n]vf}+ . s] km/s k5{ / < !^% ;L6 xf], To;df tn dfly kg]{ xf]Og h] u/] klg . ToxL lx;fan] hfg ;lsG5 eGg] dnfO{ nfU5 .

**;do rqm M** clxn] dw];df rn]sf] cfGbf]ng lxhf] dw];sf ;x/df lyof], cfh dw];sf] ;Ldfdf 5 . s]xL cGt/ kfpg' ePsf] 5, tkfO{n] <

**lji0f' l/dfn M** d}n] dw];df rln/x]sf] cfGbf]ngsf] af/]df o;/L af]Nbfv]l/ x]k] eGg] cf/f]kaf6 clnslt 8f/fO/x]sf] 5' d . cfGbf]ng clxn] l;lyn ePsf] ;To s'/f xf] / pbL{ hf/L u/]/, PkmPdaf6 hah{:tL cfkm'n] eg]sf] dfq} lj1fkg ahfpg], Tof]afx]s c? ahfof] eg] tFnfO{ 76fOlbG5' eGg], / ufpF ufpFsf dflg;x?nfO{ hah{:tL vf; 7fpFsf] bzuhfsf] dfq jl/kl/ hxfFaf6 xfd|f] nfOkm nfOg cln a9L hf/L x'G5, Tof] bz uhfdf lnP/ uP/ y'kfg]{ sfd h'g eO/x]sf] 5, o;n] t dw]; cfGbf]ngsf] cu|ult eGbf klg cwf]ults} ;Í]t u5{ h:tf] dnfO{ nfU5 . Tof] rflxF pk]Gb| ofbj hL, dxGy 7fs'/hL h:tf k'/fgf g]tfx?n] lx;fa lstfa ug'{;\ eGg] d]/f] cfu|x xf] .

**;do rqm M** tkfO{n] eGg'ePsf] c3f]lift gfsfaGbL;Fu o;sf] s'g} ;DaGw 5 <

**lji0f' l/dfn M** cjZo} 5, lsgeg] clxn] h'g k]6«f]lnod k|8S6 nufotsf h'g ;fdfgx? gcfO/x]sf] 5g\, d o;df ztk|ltzt s] :ki6 5' eg] dw];df rn]sf] cfGbf]ngsf] sf/0fn] gcfPsf] x'Fb} xf]Og . dw];sf] cfGbf]ngn] s]xL klg /f]s]s} 5}g . of] /f]s]sf] !) uhf kfl/af6 /f]s]sf] xf] . of] rflxF xfd|f] ldq /fi6«n] Vofn ug'{k5{ . o;df gfd} ls6]/ eGg ;lsG5 . ldq /fi6« ef/tn] o;df HofbtLk"0f{ Jojxf/ ug'{ x'Fb}g . of] rflxF g]kfnL hgtfsf] lj?4 o'4 h:t} xf] eGg] d]/f] JolQmut a'emfO 5 . o;sf/0fn] ubf{ pxfFx?n] cgfjZos 9+un] lrQ b'vfP/ cyjf c;dembf/L k}bf u/]/ g]kfn /fHo lj?4 xfdLn] u/]sf] ;Demf}tfnfO{ pNnª\g x'g] u/L o:tf] ug{ x'Fb}gYof] eGg] d]/f] cfu|x xf] .

**;do rqm M** h'g kl/l:yltdf k|wfgdGqL x'g'ef] s]kL cf]nL ca Tof] ;d:of o;nfO{ ;Daf]wg ug]{lt/ pxfF ;kmn x'g'x'G5, s] nfU5 <

**lji0f' l/dfn M** xfdL cfzfjfbL 5f}+ / xfd|f] ck]Iff 5, xfd|f] ;DdfggLo k|wfgdGqLHo"n] of] ;d:of xn ug{ ;Sg'x'G5 . pxfFn] ef/t, rLg nufot ldq /fi6«l;t plrt 9+uaf6 s'6gLlts Jojxf/ ug{ ;Sg'x'G5 / pxfFn] ga'em]sf s'/fx? a'emfpg g;s]sf s'/fx? :ki6 kfb}{ hfg] k|oTg ug'{x'G5 . xfdL cfzfjfbL s] 5f}+ eg] of] ;d:of xn x'G5 .

**;do rqm M** ga'em]sf] ls a'em\g grfx]sf] <

**lji0f' l/dfn M** clxn] d}n] s'6gLlts alg/xg' h?/L gknf{, d s'g} s'6gLlts bfloTj af]s]sf] dfG5] xf]Og . ljz]if u/L cgfjZos 9+un] lrQ b'vfP/ a:g' h?/L 5}g . Tof] :ki6 kfg]{ k|oTg u5f}{+ . pxfFx?n] lsg lrQ b'vfpg' ePsf] xf] < g]kfnL hgtfn] s] uNtL u/] < cfkm\gf] ;+ljwfg cfkm} agfP, To;df ef/tn] emf]s b]vfpg' kg]{ sf/0f s] xf] < of] rflxF xfdL :ki6 kfg]{ k|oTg u5f}{+ .

<https://www.youtube.com/watch?v=flbSGgHH904&index=17&list=PLZ09Yz1-rmF5wsK9bGUMEX-1aHmxvNoL_>