



Jo; yfkg, Pr=cf0fel=P8\ tyf ofg/fu  
cflbsf]j f/df lzlf kfkg ub{cfPsf]5 .  
/fu]sf]/f\$yfd ug\$fnflu lzlf kfkg ug\$  
;fy} 3/bhf] pkrf/ ;]f klg kfkg ub{  
cfPsf] 5 . h;n] ubf{k/Dk/fut pkrf/  
ljw wfdl enqnl nufpg]kyf sd ug{/  
csfndf xg] d[oa6 arfpg of] ;]fn]  
dx]j k0f{ eldsf vhf] 5 eg] cfkdf]  
:jf:Yo l:ytl af/]; dod}; r] e}pkrf/sf]  
nflu pkoQm:yfgdf hfg]/ pkrf/ u/fpg]  
jftfj/Of jgfpk klg d4t u/\$f]5 . h;  
cGtu{ tlgj6} lfgdf of] cj lwdf kfyls  
;]faf6 nefl]j tx?sf]lj j/Of lgdg cg' f/  
5 .

clkm, lSnlgs jf6 - (^ hgf  
DffafOn lSnlgs jf6 - \$^\$ hgf  
:jf:Yo lzlf jf6 - hgf  
:sh :jf:Yo lzlf jf6 -@)!( hgf

### s]if

jfrn] cfyn9: f, ?kGb}L tyf sf7df08f}f  
:yfglo :t/sf] s[if klj lwx?sf] k|f/ tyf  
kofu ug]p2]on]s[fsx?s]; dxdf v]af/Ld}  
:yfglo s[fsx?sf] ; xeflutdf s[fs  
kf7zfnf ; #fng u/L lfg tyf l;k cfbg  
kfkg ug]/ jfnl ptkfbgdf a[4 ug{ cfDbfgl  
a9fpg tyf df6f\$]f] pj {f zIQmf0{ sfod}  
/fVgsf]nflu s[fsx?nf0{d4t ub{cfPsf]5  
. s[fs kf7zfnfdf em]dn dQdnsf]kofu,  
uf]dn Jo; yfkg tyf kofu, 3f' jfnl,  
df]fdl tyf ad]fdl t/sf/L v]L, kzkfng  
Jo; fosf] nflu uf] tyf bfgf Jo; yfkg  
gx/ ; wf/, afndf nflu] /fu] ls/f tyf  
; dfwfg sf] tl/sf jf/] 5nkm tyf kofu  
ljw af/f kf7zfnf ; #fng ul/Psf]5 . o;  
cjlwdf # j6} lfgdf u/L ljifout ?kdf ^  
j6f / ; fwf/Of \$\* j6f s[fs kf7zfnf  
; #fng ubf{!!\* & hgf s[fsn]k]olf ?kdf  
kn0kf kfPsf 5g\

### jfr b]bx

jfrsf] ; f06 clkm, ?kGb}Lsf] b]bxdf  
:yfglo s[fsx?nf0{kofu]f]ds tl/sfn]s[if  
; Da6wl tflnd lbg Ps tflnd ejgsf]  
lgdfOf u/L tflndx? ; #fng e0{/x\$]5 .  
tflnd ejg ; #}k}bzgl Kn6 klg /x\$]5 .  
; f]k}bzgl Kn6df j u/, n0; {sv'/f, j f0h/

sv'/f, lu/L/fh sv'/f, ljleG hftsf df5f  
kfng cflb Jo;l:yt 9un] ul/Psf] 5 .  
o; sf ; fy}df}dl jdf}dl t/sf/Lx? ulg  
xfp; jgf0{nuf0Psf] 5 . o; b]v jfx\$  
s]f tyf ljleG kmkmsf lj?jfx? klg  
nuf0Psf] 5 . :yfglo s[fsx?n]; f]k}bzgl  
Kn6sf]cjnf\$g jf6 klj lwsf]l; sf0{ln65g  
eg] s[fsx?nf0{toxf+ Nof0{ktlf ?kdf  
kofu]f]ds tl/sfn]l; sfpg]/ tflnd lb06]  
u/] jf6 plgx?n] kn0kf kf0{/x\$] 5g\  
jfrn] cfufdl lbgx?df c6o ; f06x?df klg  
k}bzgl Kn6 jgf0{s[fsx?nf0{kn0kf k}ofpg]  
nlf /fv\$]5 .

kn0/7gx?n]hgj/L b]v clkh @)& ; Dd  
u/\$]sfo{k}tl lj j/Of  
!= dlxnf lj sf; sf nflu cfwf/ ; dx  
cfyn9: f,

⊗ \$@ j6f ; dxdf ; ljwfg ; ef af/]  
k|f/ k|f/

? gful/stf agfpg ; xofu] #\$( hgf  
nf0{lau6f/ / h6t/vfgl lfgdf

? dtbftf gdfjnl btfsf] nflu k|f/  
k|f/ - !&\$ hgf

? cdfsf] gdfaf6 klg gful/stf  
agfpg kfg] s'/fsf] hfgsf/L  
u/fPsf]- #%^ hgf

? dx]Lsf] gdfjnl tof/ u/\$]f] - (  
hgf

? afn lj jfx, ax'lj jfx ; Da6wl !) j6f  
; dxdf hfgsf/L u/fPsf]

? laplahg laqnl u/\$]f] hDdf ?=  
@\*, (^@.-

? 8df]6}g Kn6 agfpg ; xofu] ^  
hgfnf0{

? sDkf]6 dn kofu] u/\$]f] ^ hgf

? em]dn, dQdn kofu] u/\$]f]!^ hgf

? k/fgf]nufgl ?= @)@).-p7fPsf]

? !( j6f afn ; dxsf] a7s a:g kxn  
tyf ; xofu]

? gf/L lbj ; #)) hfgsf] ; xeflutdf  
ljleG sfo\$ h:t] ult, gf6s,  
slatf cflb ul/ dgf0Psf].

? \$@ j6f ; dxdf l8jldf SofDkdf  
; xofu ul/ !!&^ hgfnf0{ cfjwv  
vjfpg ; xofu u/\$f].

? khlS/Ofdf ; xofuM h6d btf{- \$  
hgf, ljjfx btf{- ! hgf, d[0' btf{-  
! hgf

@ ; eQmdlxnf ljsf; ; dx nlnrk/

? c6o ; #yf; # ; d6oj ul/ \$ 7fpdf  
k[9 slff ; #fng u/\$f] ; xeful  
; vof - ^@ hgf

? knB/]gsf] kxndf gkfn :sfp6sf]  
; xofudf !%) hgf clt ul/a  
kl/jf/nf0{sk8f lj t/Of ul/of]

? jg ; ldltsf] JolQm] k}f vfPsf]  
yxf ePkI5 pQm JolQmf0{sf/jfxl  
:j?k @%) hl/jgf u/fPsf].

? sdf/L dlxf ; dxsf] ; b:o sf65L  
:of^tgsf] 3/ cfunfuldf k/\$fh]  
; eQm dlxf ljsf; ; dxn] cfkdf  
; b:o ; dx?j6 ^@ kfyl ds}hDdf  
u/L pknJw u/f0{bPsf]5 .

? sf7df8f)/ nlnrk/ knB/]g ldnl  
@^) hgfsf] ; xeflutdf vofnl u/]  
gf/L lbj ; dgfPsf]. sfo\$df ; 8s  
gf6s, ult, slatf klg k{tt  
ul/Psf]lyof].

#= dlxf hfU/Of ; xofu ; dx ?kCb]L

? gful/stf cleofgdf \$\*# hgfsf]  
gful/stf agfPsf].  
khlS/Of ; DaGwL M

? ljjfx btf{- !)) hgf,

? a; f0{ ; /f0{btf{- @% hgf,

? dtbftf gdfjnl btf{- @) hgf

? cdfsf]gdfaf6 gful/stf agfpg #!  
hgf df 5nkmm rnfP/ !% hgfnf0{  
cdfsf] gdfj6 gful/stf agfpg  
d2t u/\$f].

? % j6f uf=j= ; kl/ifbdf lgjhg  
lbPkI5 s/lxof / b]bxdf jh6  
56dfpg] lgOf6 ePsf] 5 /  
l; S6xgdf dlxf :jf:Yosf] nflu  
%))))) = ah6 5\$ofPsf] hfgsf/L  
cfPsf].

? df]Lsf]nfut km/d e/\$f]^# hgf

? ljleGg sfo\$df ; fy gf/L lbj ;  
dgfPsf]. h; df ufph]dlxf g}kdV  
cltly agf0Psf] lyof] / & hgf  
dlxfn?n] cf-cfkn] d6tAo /fv\$  
lyP .

? #% af]n Rofp v]l ul/ #%^@ sf]  
laqm u/\$f].

? gof" gkfnf ufph]dlxfsf]clwsf/  
cleofg tflnd lnP kl5 ; dxdf uP/  
kf]6/ 5nkmm rnfpg ; Sg]ePsf].

? dsx/ / s]jfgl lf6df !) j6f  
ljBfnodf ul/a tyf ckf-x?nf0{  
lgzls egf{u/fpg ; xofu u/\$f].

? s'/lnf]v]l ! 7fpdf u/fpg ; xofu  
u/\$f].

? lzazlQm d= ; =sf] ldgf la=s= sf]  
h]fh] ha/h:tl ug{ vfh\$] df  
lzazlQm / ; okql d= ; sf dlxf  
; b:ox? ldn] h]fh]f0{ufp lgsfnf  
u/\$f].

? >[6 d= ; = df s[if ; ]f ; u ; dgjo  
ul/ @) j6f l9sl kDk lbg] lgOf6  
ePsf].

? 5qfj Ql kmfck ubf{@& hgf dWo]  
@) hgf kf; , # hgfn]5f\$] @ hgf  
P; Pn= ; l= lbP/ a; \$f].

? lk; fj dnsf]kofu]af/df 5nkmm  
ul/ @% hgfn]kofu z? ug{yfn\$].

? kz' ; ]f s[bl ; u ; dgjo ul/  
cfodhs sdfs]nflu sfd\$ cfPdf  
; xofu ug{ ; lsg] hfgsf/L ePsf] /  
; ]sf]nflu @)-@% hgfsf] ; dx agf0{  
sfo\$ lbg]lgOf6 ePsf].

\$= ; eQmdlxnf hfU/Of ; dx 5dn]  
sf7df8f)-

? gful/stf agfpg kxn u/\$f] #\*\*  
hgf

? cdfsf]gdfaf6 gful/stf agfPsf]\*  
hgf

? ^ j6f dlxf ; dx?n] ; fd]xs v]l  
:j?k vzf6L, cb]f, ds} e6df;  
v]l u/\$f].

? ; h;wfg ; efsf] kf]6/ 5nkm ubf{  
 g]fnf0{/fd] ; u lrg] dfq ef6 lbg]  
 e6g yfn\$]f]  
 ? Rofp v]ldf !%) af]n nu\$]f]f %)  
 af]n kn\$/]g c fkm]nufPsf]  
 ? ( hgf ckf. sf] kl/ro kq / @  
 hgfsf]gful/stf agfPsf].  
 ? nlnk/ ; u ldn] gf/L lbj ;  
 dgfPsf].  
 ? eld kll8tx?sf]j]s u/L hluuf j Rg  
 glbg uf=j ; =df uP/ /f\$g] / dVo  
 Pp6f jfnlsf]dfq st j emp]lg0f6  
 u/\$]f].

**%= u]ld0f dlxfn hfU/Of ; :yf slknj:t' ÷  
 ?kGb]L**

dlxfn lx;f ; Da6wl sf/j fxl ul/Psf  
 ? >ldfgn] >ldtlnf0{ lbgx" oftgf lbbf  
 ; dX / kn\$/]gsf] cufl8 pQm  
 JolQmf0{dfkm dflg nuf0{%) k6s  
 p7a; ug{nuf0Psf]. / cf00bf o:tf]  
 u/0f s8f sf/j fxl ul/g] 5 elg  
 sfuh u/fPsf].  
 ? ; dX leq emu8f ug]nf0{ @))  
 hl/jgf lnPsf].  
 ? gful/stf cleofg %& j6f ; dXdf  
 u/sf] / #%% hgfn]gful/stf k]kt  
 u/].  
 ? ; h;wfg ; ef, lo ; a slxn] ; Dd,  
 xfdlnf0{7fp"vf0{kf]6/ 5nkm %&  
 j6f ; dXdf 5nkm u/L nfe nfnr  
 / bjfd df ef6 glbg]lg0f6 u/\$]f]5  
 .  
 ? !)\* hgf df]lsf]nut knf/d e/\$]f]  
 ? k/fgf]COf # hgfsf]c; hl ePsf]/  
 @! hgfsf]gof"td; s e/\$]f].  
 ? ul/adf 5flgPsf] ; b: onf0{ cf]fwl  
 vr\$]nflu ?= !^)).- p7fP/ lbPsf]  
 t/ pxfhf0{ arfpg g; lsPsf] /  
 pxf\$]f] % dlxgfsf] aRrfsf] nflu  
 bwsf]Jo; yf ; dxn]ul//x\$]f].  
 ^= dlxfn Hof]t ; j f ; dx gjnk/f; L,  
 ? ; h;wfg ; efsf]af/0f kf]6/ 5nkm  
 @\* j6f ; dXdf

? @\* j6f ; dXaf6} dtbftf gdfj nl  
 btf{u/fpg kn u/\$]f].  
 ? Jo; flos ?kdf t/sf/L v]L % hgf  
 ? gful/stf cleofgd ; xof] ul/ %) ^  
 hgfn]gful/stf agfPsf]  
 ? cdfsf]gfddf klg gful/stf agfpg  
 kfp]hfgsf/L u/fPsf]#)\$ hgfnf0{  
 .  
 ? dlxfn? ; flf j ; Y % hgfsf]  
 gful/stf jgfPsf].  
 ? % j6f ; :yf ldn] gf/L lbj ;  
 dgfPsf]  
 ? dlxfn clwsf/ ; Da6wl % 7fpdf  
 cfj fh p7f0{xs lbnPsf]  
 ? dqdnsf]k0f] @& hgf  
 ? ; :yfsf]klxfn]clwj ] g ; DkGg u/\$]f]  
**&= dlxfn lj sf; sf nflu ; xof]L ; dX  
 /fufblk cf]yn9: f**  
 ? ; :yfsf] clwj ] g ; DkGg &\$ hgfsf]  
 ; xeflutf /x\$]f].  
 ? @( j6f ; dXdf ; h;wfg ; ef ; Da6wl  
 kf]6/ 5nkm rnfPsf].  
 ? kn\$/]gsf] ejg lgdf0f\$]f] nflu  
 uf=j ; = af6 @)))).- 5\$of0Psf].  
 ? gful/stf agfpg kn tyf ; xof]L  
 ^& hgf  
 ? %@) hgfsf]dtbftf gdfj nl ; sng  
 ug{ ; xof]L u/\$]f]  
 ? k]ls/Of ; Da6wl - h6d btf{- !%  
 hgf, d[o'btf{- ! hgf  
 ? !( j6f ; dXdf sDkf]6 dn agfpg]  
 ; Da6wl hfgsf/L lbPsf].

**uf]L ÷ tflnd**

**!= gof"gl]fndf ufpr]dlxfnsf]clwsf/  
 cleofg**

b]zdf gof" s/f xg nfu\$]f] 5 . To] x]  
 ; h;wfg ; efsf]lgj ffg . gl]fnsf]0ltxf; d}  
 klxfn]k6s hgtfn]g]cfkn] k]tlglw 5fg]  
 b]zsf] ; j 6bf 7hf]sfgg - ; h;wfg jgpg  
 kfp] cj ; / cfPsf] 5 . of] cj ; / jiff]

b]vsf] hgtfsf] j lnbfgl / b]zs} cetk] {  
 hg cfbf]hg, @)^# jf6 k]t ePsf]xf].of]  
 cj;/ ; lhn}cfPsf] 5g / ; h]wfg ; efsf]  
 lgjfg klg k6s k6s xbg . To; h] ; j}  
 g]kfnl hgtf / vf; u/L k5fl8 kfl/Psf ju{  
 / ; dbfon]cfk]df]dlQm / clwsf/ k]tLsf]  
 nflu o; nf0{ Pp6f df\$fsf]kdf lnP/  
 cufl8 j 9g' kgI b]vPsf] 5 .ufph] u/Lj  
 dlxnf? ; dod}; r] xg g; s] Pp6f 7hf]  
 df\$ uDg] 5 . To; h] ufph] dlxnf?nf0{  
 ; h]wfg ; efsf jf/df ; r] jgfg  
 ; r]ts/Of cleofg yflg dlxnf k]t]zgsf  
 kbflwsf/Lx?df o; ; Da6wL cfaZos 1fg,  
 ;lk / lfdtfsf] lasf; ug{ o; k\$fsf  
 uf]Lx?sf] cfof]hg ul/b} cfPsf] 5 . o;  
 cj]wdf ; eQm dlxnf hfuf/Of ; dX, 5dn]  
 sf7df08f} / ; eSt dlxnf lasf; ; dX,  
 nlntk/ sf @\* hgf dx; ldt ; b:ox?sf]  
 ; xeflutdf dfr{!! - !^ df sf7df08f} /  
 dlxnf ljsf; snflu cfwf/ ; dX / dlxnf  
 ljsf; sf nflu ; xof]ul ; dX cf]yn9: fsf !\$  
 hgf sfo{ ; ldt ; b:ox?sf] ; xeflutdf  
 clk]hsf] !\* b]v @@ ; Dd cf]yn9: fsf]  
 dfg\$8fdf gof" g]kfnf ufph] dlxnsf]  
 clwsf/ cleofg uf]L ; DkGg ePsf] lyof].  
 uf]Lsf ; xefulx?n] cfudl lbgdf jgg]  
 ; h]wfgdf cfk]df clwsf/x? ; lglZrt xg'  
 k5{eGb}clwsf/sf]b:tfj h agfPsf 5g .  
 hf]lgDgfg; f/ 5 .

**xfdln]vf]h\$ f clwsf/x?**

**!= /fhuf/Lsf] lfgdf**

- ☞ a]z]s /fhuf/Ldf dlxnsf]nflu laz]f  
 Aoa:yf ul/ ufph] dlxnf0{ kfyldstf  
 lbg' kgI.
- ☞ dlxnf]a]f\$6f\$ sg}klg kzf tyf  
 /fhuf/ ug{kfpg' kgI.
- ☞ k?if; /x dlxnf0{ klg /fhuf/Lsf]  
 lfgdf ; xeful u/fpg' kgI h:t} ; 3  
 ; :yf, :sh, clk] cflbdf .
- ☞ x/\$ lfgdf dlxnf0{ ; dfgkflts?kdf  
 /fhuf/Lsf]Joj :yf ug{k}kgI.
- ☞ lnusf]cfwf/df dlxnf]ugI/ k?ifn]ugI  
 sfd eg] 5bdfpg' g'xg]. kfl/>ldsdf  
 sd j ] l ug{g'xg].

☞ ; ft 306f a/fa/ Ps lbg dflg To]eGbf  
 al9 sfd u/\$f]f 306fsf] lx; fa u/L  
 Hofnf lbg' kgI.

☞ dlxnf /fhuf/Lsf] Aoa:yf ug{ kgI /  
 a]fhuf/ dlxnf0{ eQsf] Aoa:yf ug{  
 kgI.

**@= lzlf]sf] lfgdf**

? 5f]lnf0{lgzNs / clgjfo{lzlffsf]  
 Aoj:yf ug{k}kgI.

☞ kf7a k':tsdf n]us e]efj ePsf  
 s'/fx? /Vg g'xg] -h:tf] Mcdfn] ef8f  
 dfem]u/\$f, jfj h]klqsf k9a]u/\$f] .

☞ Aoaxf/s / uOf:tl/o lzlf]sf] Aoa:yf  
 xg' kgI.

☞ lnusf] cfwf/df 5f]f / 5f]lnf0{  
 lzlf]df e]efj ug{g'xg].

☞ dlxnf?nf0{ v]hsb tyf zfl//Ls  
 lzlf]df efu lng]; dfg cj; / xgkgI.

☞ Aoj; flos, l; kdhs / k]lj lws lzlf]df  
 dlxnf?nf0{ cf/lf0f / 5faj [Qsf]  
 Aoa:yf xg' kgI.

☞ 5f]L k9fpg] afa' cdfnf0{ k]l; fxg /  
 gk9fpg]nf0{b08sf]Aoa:yf xg' kgI.

☞ pd] ku\$ clzlf]t dlxnf?nf0{lg/t/  
 cgf]krf/s lzlf]sf]Aoa:yf ug{k}kgI.

**#= /fhg]ts lfgdf**

☞ :yfglo - j8f txb]v dGqld08n; Dd  
 dlxnf?sf]; dfgkflts k]tlglw]j xgkgI

☞ /fhg]ts kf6Lh] agfpg] ; rldf  
 dlxnf?sf] gfd ; dfgkflts lx; fj.n]  
 /Vg' kgIJoJ:yf xg' kgI.

☞ ; a} lsl; dsf ; ldtx? h:tf]  
 ; fdbflos ag pkef]nf ; dx, hn  
 pkef]nf ; dx, l; #f0{ ; ldt,  
 lj Bfno cflb h:tf :yfglo  
 ; ldtx?df dlxnsf] ; dfgkflts  
 k]tlglw]j xgkgI.

**\$= cfly\$ lfgdf**

☞ klqs ; DklQdf 5f]f ; /x 5f]Lsf]  
 klg j/fj/ clwsf/sf] Joj:yf xg'  
 kgI.

☞ ; DklQdf >ldfg\ >ldtl bj \$f]  
 clwsf/ sfod ug{ bj \$f] g'ddf

nfnkhf{ Aoj ; fo btf{kdfof kq xg' kgI.

☞ ab]zs /fhuf/ tyf a9L gkrfdhs kzfdf dlxnfno{cfslif{ ug{tflnd, nufgl, ;'rgf / hfgsf/Lsf]Aoa:yf xg' kgI.

☞ dlxnf] k]f cfk]f v';L cg';f/ pkef] ug{/ dlxnf]gddf xg' kgI Aoj :yf ugI.

**%= wfd\$ Ifqdf**

☞ wd{x65 eg] /hznf gxb}sgofbg u/Lbg]hf0{s8f sf/jfxl ug{kgI.

☞ b]tf l/; fp5g\eg] k; kfg-a^w/\_ kflg glbg]hf0{sfjfxl ug{kgI.

☞ >ldfg]sf] v6]sf] hn vfg' kgI ef\$} kof; }at a:g' kgI rng x6fpg' kgI.

☞ lj]fx kl5 dlxnf]cfk]f]wd{jbn] >ldfg] dfgl cfPsf] wd{dfg' kgI j]Wotf x6fpg' kgI. cfk]f] cf:yf cg';f/sf]wd{:jOR5fn]dfg kfp' kgI.

☞ gflt gfltgfsf]dv gx]L :jlf{u0]eg eg] 5f]f5f]Lsf]lj]fx ;fg}pd]df u/L lbg] OZj/lo a/bfg eg] hlt klg aRrf h6dfpg af]Wo kfgI OZj/ l/;fp5g eg] kl/jf/ lgo]hg ug{ glbg] h:tf ?I9jfb] s'/fx? x6fpg' kgI.

☞ 6f]psf] 9fSg' kgI b]tf 5g' gxg] dl6b/df hfg gxg] h:tf ?I9jfb] rng x6f0g' kgI.

**^= ;fdflhs sfdsf]Ifqdf**

☞ /08L af\$; Lsf]cf/f]kdf s6lk6 ugI/ oftgf lbg]dfly sf/jfxl ug{kgI.

☞ bf0]f]kyf x6fpg' kgI bf0]f]lng]lg] bj]hf0{sf/jfxl ug{kgI.

☞ law]fn]; }sk8f nfp' kgI/ >]f/ ug{gxg]?I9jfb] rng x6fpg' kgI.

☞ pkrf/ ug]eg] wfdlen]q] nufpg] / sv'/f af\$]aln lbg' kgI?I9afbl rng x6fpg' kgI.

☞ hf/L lng gkfp] ,lng]hf0{hl/jfgf / sfjfxl ug{kgI.

☞ dlxf sf] pd] sDtdf @) jif{ kl]k15 dfq lj]xf ug{ kfp' kgI / To; df klg cfk]f]lgof6 cg';f/ ug{ kfp' kgI.

☞ ;]s]L] cj:yfdf :jR5 / :j:y /xgsfnflu khgg :jf:Yo lz]ff / ;xlnotsf]-pkrf/, ljbf, eQsf]\_ Aoa:yf ug{kgI.

☞ c6t/ hflto lj]afx, law]f lj]fx ug]hf0{k/:st ug{kgI.

☞ hflto 5j]f5't x6f0g' kgI.

☞ 5f]pk8L /fVg] b]psl /fVg] ehdf j]G nufpg] s'/fx?n] dfgj clwsf/nf0{xgg ug]ePsf]h]kl]ta6w nufpg' kgI.

**&= sfg]L Ifqdf**

☞ cl]j]flxt dlxf]f6 aRrf h6d]Psf]df sg}klg sfg]L e]efj -h6d btf{ ubf{gful/stf agf]bf, laBfno egf{ ubf{cflbdf\_ xg'gxg}.

☞ cdfsf]gdaf6 h6dbtf{ gful/stf kfp' kgI.

☞ s6]n]lj]b]z]L; u lj]x]u]of]eg]s6]fn] klg g]kfn] gful/stf kfp' kgI.

☞ lj]afx u/]sf] 5f]ln] df0]Ldf kfPsf] cz lj]afx u/]k15 lkmtf{ ug{gkg] Aoa:yf xgkgI.

☞ ;/sf/L sfuh kq b]v lnP/ 3/;Dd dlxnf]klg 3/dh]Lsf]kdf lrlgg]-gfd n]Vg]\_ Aoa:yf xg' kgI.

**\*= n]us Ifqdf**

☞ sb]klg AolQmf0{ p;sf] ln]usf] cfwf/df e]efj ug{gxg}.

☞ ue]df ePsf]aRrf ln] 56]afP/ ktg ug]u/fpg]hf0{s8f sfjfxl ug{kgI.

☞ ue{ktg ug]j]f gug]e6g]lgof6 ug] clwsf/ dlxnfno{g}xg' kgI.

☞ /h:jnf tyf ;]s]L] xbf dlxnf] :jf:Yo ;lj]wfsf]lj]z]f Aoj :yf ug{ kgI.

☞ vfg ksfpg] 3/ ln]kg] ef8f dfEfn] sfd k?ifn] ug{xb6 e6g] dlxnf] uf/] nfp' xb6, 3/ 5fpg] xb6, uf? hf]g] xb6 e6g] h:tf ln] sf] cfwf/df sfdsf] e]efj ug{gxg}.

**(= j}fl/s lfgdf**

lgOf6 k]qmfdf dlxnfnf0{ ; xeful u/fpg'kg].

af7L e0{ g]f e0{ hf6g] e0{ kf]L af; \$f] /fd] xbg eg]h:tf dlxnf ; xeflutf lj /f]L egf0x? x6fpg'kg].

**!)= 3/fo;L lfgdf**

dlxgfj f/L jf ; Is]L ePsfdf 5j f5t ug{gxg].

3/h' lx:f ; DaGwL ; g] f0sf nflu uf-j = :t/d} 56x} sfg]L 0sf0sf] Aoa:yf xg'kg].

3/fo;L sdfs] afgwaf6 56sf/f kfgp tflnd, uf]L h:tf sfddf ; xeful xg kfgp]cj ; /sf] > hgf ug{kg].

@= u/lal jf6 ; d[4 lt/ sfoxfnf uf]L #) clkh - % d] @)& a}fv !& - @@, @)^\$

ut aflif\$ of]hgf j}sd f!) hgf ul/j JolQmf0{ dfly psf:g] lgOf6 ePsf] ePt klg ul/j JolQmf0{ ; d[4 lt/ nfgsf nflu k]olf ?kdf sfd ug] :yfglo sdf/f/L tyf knB/}zg kl]tlglwx?df s]s; /L sfd ug] eGg] cGof]tf /x\$fn] ul/j ; # sfd ug] kl]qmf sf jf/df lrgtg dgg\ug{/ sfd ug] tf} tl/sfs]j]f/df ; fd]xs lgZsifdf klg of]uf]Lsf]cfof]hgf ul/Psf]lyof]. uf]Ldf ul/j ; # ul/g] ; Dafbsf lgDg ^ r/Ofx? klxrfg u/L cEof; ul/Psf] lyof] . ^ r/Ofsf cEof;x? ; d[4lt/ nfg 5flgPsf ul/j JolQm?sf ; fy} ; dx / knB/}zg ; # klg ug] lgOf6 ePsf] 5 . uf]Lsf] ; xlhs/Of 8f= gf/foOfsfhl >]7n] ug{ ePsf]lyof].

**ul/jL jf6 ; d[4 lt/ nfg]^ r/Of**

**klxnf]r/Of M cj:yf ljZn]Of**

cj:yf ljZn]Of ubf{h; sf]cj:yf ljZn]Of ug{nfluPsf]xf]ToxL JolQmf]l:ylt,cj:yf s]5, s:tf]5 eGg]s'/f yxf kfgp tkf0\$] cj:yf s]5 s:tf]5 < eg] k}g ; f]Vgxf] \ olb ; dx jf ; #yfsf] cj:yf ljZn]Of ubf} xgk65 eg] ; dx jf ; #yfsf ; b:ox:nf0{

tkf0\$] ; dx jf ; #yfsf]cj:yf s]s:tf]5 < eg] ; f]Vgxf] \ . hlt j]9 l:ylt,cj:yf yxf kfgp ; Sof]kl5Nnf r/Ofdf ; lhnf]xg] xgn]of]r/Ofdf ulxL/P/ / vf]N]g]lsl; dn] k}g ; f]Vb}hfg'xf] \

**bf}f]r/Of M c; Gt16L**

AolQmf]cj:yf, l:ylt jf/]s'/f e}; s]kl5 tkf0{clxn\$]l:yltj f6 ; Gt16 xg'x65 ls xgk6g Efg] k}g ugxf] \ k}g gj'ens]h:tf] nfu]df tkf0{clxn\$]l:yltj f6 v';L xgk65 ls xgk6g, lrQ aen]sf]5 ls 5g < Efg] k}g ugxf] \ olb ; Gt16 5', lrQ aen]sf]5, v';L 5' eGg] hjfkm cfPdf ; jfb cuf]8 gj'9fpgxf] . t/ c; Gt16 5', v';L 5g, lrQ aen]sf]5g jf /fd] nfu\$]5g eGg] hjfkm cfPdf km]L Psk6s ; f]Vg'xf] / kSsf ugxf] . ; Gt16 xg,v';L xg rfxgk65 ls rfxgk6g < rfxg]xf]eg] ; Gt16 xg] v';L xg] pkfoj f/] k6s k6s s'/f ug{k5{/ o; k6s klg s]L ; do nfu5 egl hfgsf/L u/fpgxf] / lo; sf]nflu tkf0{tof/ xgk65 ls xg'x6g eg] ; do dflgxf] \ . lo; kl5 s]s]s'/fdf c; Gt16 xgk65, lrQ aen]sf]5g, /fd] nfu\$]5g < eg] k}g ; f]Vgxf] \

**t]r/Of M ; Gt16L**

c; Gt16Lsf s'/f u/L ; s]kl5 s]eof]jf e0{ lbof] eg] tkf0{ ; Gt16 xgk65 < tkf0{f0{ /fd] x65 < tkf0{vzL xgk65 < tkf0\$] lrQ j'ens < eg] o; r/Ofdf k}g ugxf] \

**rfy]r/Of M cj;/**

pk/fQm ; a}c; Gt16L x6df] / ; Gt16L xg] s'/fx? klg ; a}k'/f eof]eg]tkf0{s]aGg' x65, s]xgk65, tkf0\$]kl/jf/, ; dx, ; #yf s]aG5, s]x65 < eGg]k}g ; f]Vgxf] . o; r/Ofdf p; sf]cj ; / / ; Defj gxf? s]s] 5g\eg]klxrfg ugxf] . cyjf pQmJolQm ; dx jf ; #yf s]x65 jf a65 eGg]s'/f o; r/Ofdf olsg ugxf] \

**kfrf}r/Of M sfo\$**

xg]/ aGg]s'/sf cfwf/df sfo\$ agfpg' k5{. s]s]a65 jf s]s]x65 eGg]s'/f olsg e} s]kl5 kfyldlss/Of ugxf] . kfyldlss/Of ubf{# s'/f

dlxnf hfU/Of qdf]l; s klqsf

!\_ gagl gxb] ge0{gxb]  
@\_ ubf{/fd]xg],  
#\_ u/klg xg]gu/klg xgd]f 5bdfpgxf] .

cj kfyldsL/Ofsf]Ps gDj /df k/xf]gj gl  
gxb]jf ge0{g5f8g]sg]Ps s'/nf0{lnb-  
; fVgxf] , To]xg]jf jGg]s/f k'f xg s]s]  
ugk5{< k'f xg ug{kf]s'/fx? dW0]tkf0-  
cfkm]s]s]ug{; Sgk65 < / s]s]s'/f ug{  
c?sf]; xof] rfxk65 < eg] ; fVgxf] .  
sfuhdf khsf]cfs[t lvRgxf] , khsf]  
bfoft/ clxn]sf]cj:yf / jfoft/ jGg]jf  
xg]cj:yf nVgxf] / cfPsf pQ/x?dW0]  
cfk]ug{; Sg]s'/f khdfly nVg / c?sf]  
; xof] rfxg]s'/f khdlg nVg ; xof]  
ugxf] .

**5]f]r/OfM of]hg**

jGg]jf xg]s'/f k'f xgsf]nflu ugkG]  
sdfs]; lr tof/ u/L ; s]kl5 s]s]ug]  
eGg]s'/f yxf x65 . jfsl sx"ug] slxn]  
; Dd ug] s]s]; fdfull rfxg] s:n]ug]  
s:sf]; xof]df ug] slt vr{nflg]eGg]s'/f  
rfxL-0; r/Ofdf ; fVgxf] / of]hg agfpg  
; xof] ugxf] \  
ofb /fVgxf] of]hg jlg; s]kl5 tkf0]sf]  
sfd ; lsb] a? tkf0]sf]sfd t alln z?  
x65 . of]hg cg; f/ sfd eP gePsf]yxf  
kfg / ; xof] ug{lg/Gt/ ?kdf e]gxf] /  
pk/fQm cEof; sf kZgx? kgM ; fV] kmf]ck  
ugxf] \

**tflnd cjlwdf ePsf dx]jk0f{lg0f6x?**

knB/]zgsf sdf{f/Lx?n] klg xflh/L  
/ blgs l/kf]6. kmf/fd egkG]. ul/j  
jf ; dxnf0{e]df ul/j jf ; dx e]b  
kmf/d eg{kG].

8cf]d{ SofDkn]; km]tf kfPsf]h]o; nf0{  
lg/Gt/tf lb0G].

5faj [Q kfPsf jf]nsfx?nf0{ egf{ tyf  
dlxgf]f/L z]ns glbg] . lh]nf lz]ff  
sfof]hodf uP/ 5faj [Q ; DaGwl z]f ; lj wf  
jf/]j'ent].

tg{g; s]sf] / ljz]f sf/Ofjz p7fpg]  
g; lsg]k'/fgf]nufg]sf]af/]f knB/] gx?n]  
lg0f6 ul/ sf7df08f]k7fpg].

efsf kl]sf nufgl /sd? p7f0{s]kl5  
jfr / knB/]gsf]gfddf ; 0Qm vftf vfh]  
; #fng ug{; lsg]/ To]/sd nufgl jfx\$  
c6o s'/df vr{gug].

knB/]gsf] l:ylt /fd] bl]vPdf jf r]lg]  
bl]vPdf cf. gf]lf]leq ePsf]nufgl /sd  
; DalGwt knB/]gnf0{g}x:tfGt/Of ul/g].

knB/]gn] s]f -h]6L-P= df k9g rfxg]  
; dx leqsf]ul/a, hghft, blnt leq kg]  
5f]L 5fg] k7fPdf k9fpg ; xof] ug{  
; lsg].

gof" knB/]gx?nf0{=?= %),,))=- -krf;  
xhf/\_ ; Dd 3/ agfpg cgbfg ; xof] lbg  
; lsg].

gof" knB/]gnf0{ Psk6s dfq clkm;  
Jo] :yfkgsf]nflu ; xof] ug].

ca sg]klg lsl; dsf]nufgl ubf{; d[4lt/  
nfg]cEof; u/] dfq nufgl ug{; lsg].  
nufgl kfgsf]nflu cuf]8 lg0f6 ePsf  
f0fs, rkl{ vfl]8f] agfpg]3/ cf]ug  
; /; kmf0{ug] cflb k] {zt? k'f u/xf]  
xgkg].

knB/]gsf ; fylx? gf06 xN6]hdf hbf  
jfrsf]gl]t cg; f/sf]vfgsf]vr{lb0G].  
t/ gf06 xN6]hsf]l/kf] n]vPsf]xgkg].

sg] knB/]g sfo{t /x]sf]7fpdf c6o  
; :yfn] ; xof] ug{ ; Sg] cj:yf bl]vPdf  
jfrn]k]tf]gf nVg l; sfpg]tyf ; xof] ug]

?kG]xL ; f06sf \$ j6f knB/]gx?sf]vr{  
lj]j/Of ab]ndf aem]pg] / ; f]lan xl/  
kn]bdf ugkG] /sd kn]bdf u/L lb0G]  
cf]yn9: f knB/]gsf] cf]yn9: f ; f06 af6}  
kn]bdf ugkG] / 5dn] ; f06sf bj}  
knB/]gx?n] sf7df8f]df lan ekf0 aem]0{  
kn]bdf ug].

**h]gl /fv]-**

-lj leG tflnd uf]Lx?df ; xhstf{8f=  
gf/fo0sfhl >]j]f6 cleJoQm ul/Psf  
egf0{?\_

k'/fgf]lgodn] gof" v]h v]lg ; lsg .  
gof"v]h v]lg]xf]eg]gof"lgod ; u v]lg'  
k5{.

dV]df]dfq uNtl bf]f]ofp5 .

dlxn] hfU/Of qd]f; s klqsf

- ☞ ; Todf 7hf] zIQm 5, To; nf0{ kpf] ugf] , To; n]tkf0{dfly k'ofp5 .
- ☞ s]l ag] s]l xg] rfxgf gePsf] jf 0R5f gePsf]df65]df65]xf06 .
- ☞ h:n] cfkm] l; Sg] kof; u/\$f] 5 p; n] l; s\$] 5 . hf] o: tf] x65' j65' eg] nfl5 Tof] x65 , a65 . h; n] cfkm]nf0{ ; xof] u5{e65 To; nf0{dfq ; xof] ug{ k5{.
- ☞ df65] ; u 0v xg' k5{. clg dfq p:n] s]l ug]sf]z; u5{.
- ☞ of] ; #f/df s; h] s; h]nf0{ s]l jgfpq ; Sbg, cfkm] a65' eg] kl5 dfq x65 . xfdln] u/lj nf0{ p7fp5f}+e6g ; Sbgf}+ jftfj /of tof/ ul/lbg ; S5f}t/ p7g}t cfkm]xf] .
- ☞ csf\$] v6dfdf pleg ; lsbg, cfkm] v6dfdf pleg]pkfP xg{k5{.
- ☞ efl] eg\$] TolQ dxlj k0f{xf06, efl] cfpbg . To; h]ug]sfd cfh}ugf] .
- ☞ sg] klg lrh l; Q] lbof] eg] To; sf] pkof] xbg .
- ☞ jflg]j hf Pp6f Joj xf/df csf]eof]eg] ; d:of x65 . h]jfln65 Joj xf/df klg Toxl xg' k5{.
- ☞ df65\$] ; j}e6bf 7hf] cfd; Ddfg xf] , To; nf0{7} k'ofpg xbg .
- ☞ df\$ ; w}e/l cfpbg, cfPsf] df\$nf0{ 5flg ; lSpq eg]s]l ug{; lsbg .
- ☞ x/\$ cj:yfdf kl/jtg e0{/x65, x/\$ kl/jtg]sf] cj:yfdf gof" sfoqmdx? jgfpb}hfg'k5{.
- ☞ ; :yf gllt, lgod / klqmf n]rll5 . Tof] ePg eg] ; :yf lgoldt xg ; Sbg .
- ☞ tkf0{hltg}7hf]3/ jgfpq] tkf0\$] l5d\$] ul/j 5 eg] , Tofx" gku x65, km]x] x65 . km]x]j f6 plJhg] /f]sf l560fx? tkf0\$df klg cfp5 / /f] ; f5{. cfkm] dfq xg l5d\$] / ul/jnf0{ klg dfly p7fpgf] clg dfq tkf0{ :j :y / lg/f]l xg ; Sg' x65 .
- ☞ ul/j nf0{ bfg lbP/ dfllg] gjgfpqf] . ul/j nf0{klxn df65]jgfpqf] .

- ☞ dlxfx? c; Qm sdhf] dfq xf06, eujtl, r08L, bluf{ dxfsnl klg xf] To; h]Tof]?k klg b]fpg ; Sg'k5{.
- ☞ sjfsf] Eofutfh] ; #f/ x\$ { eg] dfq xbg . klxnf sjf jf6 jflx/ cfpq'k5{/ xg{k5{clg dfq ; #f/ b]v ; l65 .
- ☞ ; To gl7f] lttf] x65 t/ k5L cfpq] bMv x/fP/ h65 .
- ☞ em6nf0{ 9fs 5fk gugf] To; n] df65] ljuf5{.
- ☞ Ps k6s em6 jfh] k5L To; nf0{ 5flg ; of}em6 jfl5 / k5L em6g}; To xf]e6g] 7f6g yfl5 .
- ☞ h; n]cfkm]kultsf]flu s]l ubg, p:n] c?sf]nflu klg s]l ubg .

Pr=cf0{el=P8\ / ofg/f] lgo60fsf nflu Joj xf/ kl/jtg]sf nflu ; #f/ sfoqmd ?k6b]l

**Comprehensive program on  
HIV/AIDS  
-dfr{2007 blv d]2007\_**

Pr=cf0{el=P8\ / ofg/f] ; Da6wl hgr]gf ; fy}Pr=cf0{el= ÷P8\sf]a9bf] b/nf0{/f\$yfd ug\$] nflu ?k6b]l / slknj :t\$ ljl6g ( j6f uf=] = :x?df u0{ sfoqhs lzjL/ sfoqmd ; #fng ul/of].

pRr hf]vddf k/\$f hDdf gof"!%\* hgf dlxf / !&% hgf k?if; u ; Da6w :yfkf u/Lof] . To; } u/L Pr=cf0{el= ÷P8\ eP/ jfrL/x\$ gof"@! hgf dflg; x?; u ; Da6w :yfkf -klxrfg\_ ul/of].

pRr hf]vddf k/\$f dlxfx?nf0{hDdf !\$\*! k6s z]fs e3f6 u/L Pr=cf0{el=ofg/f] , s08d, klhgg] :jf:Yo / dlxf clwsf/ ; Da6wl lzlf lb0of].

Pr=cf0{el= ; qmdtx? nf0{ cj ; /afbl /f] Aoj:yfkf, 3/ kl/jf/df ul/g] :ofx/; ; f/ / x]rfx tyf 3/df ug{ ; lsg]pkrf/ ; Da6wl # lbg]cj ; /afbl /f] Aoj:yfkf tflnd ; #fng ul/of]

*dlxf hf] /of q6f] ; s klqs*

h;df Pr=cf0{el= ; qmldt / pglx?sf  
kl/jf/sf ; b:o u/L @% hgfsf]  
; xeflutf /x\$fl]yof].  
?kGb}L / slkna:tdf u/L pRrhfl]vddf  
/x\$fl dlxnf tyf k?ifx?df  
HIV/AIDS / ofg/fu kl/lfof tyf  
ofg/fu pkrf/ ; j]f kbfq ug\$fl]nflu !\*  
j6f 3DtL lSngls ; fy}!! j6f clkM  
jz ; DkGg ul/of]h; af6 !@) hgf k?if  
tyf @!) hgf dlxnf0{ofg/fu kl/lfof  
tyf pkrf/ ; fy}!!! hgf k?if / !\*&  
hgf dlxnf0{le=; =l= -Pr=cf0{el=  
kl/lfof\_ u/\$fl]dWo]^ hgf k?if / !\$  
hgf dlxnf n0{ Pr=cf0{el= kf]h]6e  
b]lPsf]lyof].  
Pr=cf0{el= kf]h]6ex?nf0{ 3/kl/jf/ /  
; dbfodf cfwfl/t x]rxf, tyf  
:ofxf/; ; f/ ; fy}plgx?dfly xg]x0efj  
/ e0efj 36f0{cfdan / cfdljZjf;  
a[4 ug]p2]on]?kGb}L / slkna:tsf  
Pr=cf0{el= ; qmldt k?ifx?nf0{ !@&  
k6s tyf dlxnf?nf0{ !&^ k6s e0l  
; dbfo tyf 3/kl/jf/ df cfwfl/t lzlf  
kbfq ul/of].  
Pr=cf0{el= ÷P8\ eP/ d[o'ePsfx?sf]  
; Demgf / Pr=cf0{el= ; qmldt eP/  
afr\$fx?sf] bl3f0\$sf] sfdgf ub] ; w\$  
aifx?df h:t}o; aif{klg d]dlxgf sf]  
t]f] cf0taf/ tyf d] @)-& sf lbg  
c6t/fli60 d0aQL lbj; cfzf Hof]t  
; xof]u ; dfh ?kGb}L / cfzf Hof]t  
; xof]u ; dx slkna:tsf] cfof]hgfd  
?kGb}L / slkna:tsf ljleG ; 3; :yfx?  
; u ; xsfo{u/L ljleG % j6f :yfgdf  
; DkGg ul/of] h;df sl/a %)) hgf  
df]lg; x?sf]; xeflutf /x\$fl]lyof].  
j; kfs0f cfpghfg]df]lg; x? tyf ; jf/L  
rfns / Aoj; folx?nf0{ Pr=cf0{el=  
÷P8\ tyf ofg/fu ; Da6wL r]gf  
hufpg]p2]on]?kGb}L tyf slkna:tsf  
!) j6f ljleG j; kfsx?df j; kfs{  
; r]gf sf0qmd ; #fng ul/of] h;af6  
sl/a ##(% hgf df]lg; x? nfeflGj t  
ePsf lyP .

!=Pr=cf0{el= ; qmldt sf]; sf/flds ; f]f0{  
ckmhf0{Pr=cf0{el= ePsf] (-l) aif{ePsf]  
/ pd] \$) aif{?kGb}L lhlf 3/ atfpg]  
Ps Pr=cf0{el= ; qmldt dlxnf ckm  
Pr=cf0{el= ; qmldt ePk15 eflgk/\$fl]  
; d:of, x0efj , / e0efj ; fy}; :yfdf  
cfa4 eP kl5 ; sf/flds ; f]f0\$fl ; fy  
cfdan a9\$fl / c? Pr=cf0{el= ; qmldtx?  
sf]nflu s]l u5{eG}efjgf lnP/ sfd ub]  
lx8\$fl dlxnf sf]36gf pgs]zAbdf k]tt  
ul/Psf]5 .

sza sdf/l kfy]h  
jfr, ?kGb}L

d]f] gfd 6df0f kg xf] d]f] h6d :yn  
slkna:t' lhlf xf] eg] sd]yn ?kGb}L  
lhlfnsf] ?bk/ uf=lj=; =df kb5 . d]f] ; fg}  
pd]df lj]fx eof]. ul/alsf] sf/0fn] ubf{  
k9g klg kf0Pg . >ldfg\$fl]3/df cP/ dfq  
yxf eof]>ldfg\$fl]csf] >ldtl / ! 5f]f !  
5f]L /x\$g\eg] klxnf 9f6] lj]fx ug{  
ePsf] /x\$ . h]L >ldtl ! dlxgf sf]  
5f]f5f]L 5f]8] df0f a:g yflng >ldfg\  
0108ofdf sfd ug{xGyof]eg]d 5f]f 5f]L  
kfn] 3/d}a:y]. >ldfg\0108of af6 k}f  
sdfP/ !-@ aif0f cfpghfg] xGyof] d v]lsf]  
sfd u/] /fd]; u uhf/f rnfpb} cfPsf]  
lyP .

s]l aif{kl5 >ldfg\s]l va/ gu/L  
la/fdl eP/ cfpghfg' eof]. hg c:ktfn df  
nlf klg >ldfg\$fl]/fu kQf gnfu] cf]fwl  
ubf{ubf{hluf klg a]g k}of]. s]l l; k  
gufn] >ldfg\$fl]kxf8 3/ kfy/fdf lyof]  
Toxl nu]/ kfy/f / ;sf/L c:ktfn df r\$  
u/fpbf Pr=cf0{el= kf]h]6e b]lvof]. Totl  
a]hf dnf0{Tof]/fu eg\$fl]yxf lyog .  
8fS6/n]Pr=cf0{el= =gsf]xbg eg]. pxf"  
cl6td cj:yfdf klG' ePsf]/x\$ . pxfhf0{  
h]dg nlf5 Toxl vfg lbg]; Nnfx lbg' eof]  
/ dnf0{klg Pr=cf0{el= r\$ ug]; Nnfx lbg'  
eof]. r\$ ubf{dnf0{klg Pr=cf0{el= b]lvof]  
. Pr=cf0{el= b]lvbf 5f. faf6 v; h:t]eof]  
s]l ug{; lsg s]ug]df]lg; eP kl5 h:t]  
k/]klg ; xg' kg]. >ldfgnf0{ 0108of a:b}  
ckmhf0{Pr=cf0{el= 5 eG]s/f yxf /x\$  
. >ldfg\sK6L ePk15 s] ug] ckm ; t\$  
ePsf]eP dnf0{t nlf]lg]lyPg . xl:k6naf6

dlxnf hfU/of q0fl; s klqsf

InP/ cfPsf] @ dlxgf leq g}z/L/ e/L  
3fp vl6/f cfpq] cfjfwl ubf{ klg lgs]  
geP/ pxfsf] d[0' eof] . >ldfg \ nf0{  
Pr=cf0{el= nfu} d[0' ePsf] s/f ufp'sf  
; ahf0{yxf lyof]. nf; p7fpg klg ufp'sf  
dflg; 8/P . d}f]3/df gcfpg] dh]5f]Psf]  
klg gvfg]ufp"e/L d}f]s/f sf6g]u/]. /  
dflg;x?n] Pr=cf0{e nfu}sf] df65] afRg  
e6bf t khaf6 xfd km} d/df kfk sf6g]  
lyof]/ wd{x65 e6g]; Nnfx lbP . ToF]; Gbf  
dnf0{dg{dg nfluof]t/ aRrfx? ;fgf ;fgf  
pglx?n] bV M kfp5g\eg} 5f}f5f}L x? ; u  
dfg]eg} pglx? ; u ; Nnfx lnbf 5f}f5f}L  
n]khaf6 xfdkm} df} {e6bf Itg}hgfn]Ps}  
rf6L laif vfp/ df}d e6g]; Nnfx u/d /  
laif klg 3/df lsg} /flvof]. 5f}f5f}L n]  
eg]slxn]e}efj u/dg cfkmg}5f}f 5f}Ln]  
e6bf a9L dfof uy].

S}L lbgk15 d}f]s/f ;g} ufp's}  
; :yfsf] lbb] cfP/ ; Ddnfpg' eof] / d}f]  
OR5f df l/jt}sf nful sfo{t dlxnf ; dx  
-jfr\_ df ; Dks{u/f0lbg' eof] . pxfx?n]  
; DenfP kl5 dnf0{ dg{ dg nfu} .  
Pr=cf0{el= ; s}ldtx?sf] ; :yf sf] ldl6\_ df  
; xeful ePk15 d}f]eng cfdan a9af]. d  
dfq Pr=cf0{el= ; s}ldt xfdg /x5' .  
Pr=cf0=el ; s}ldt eP/ afRg kfk xg]/xg5  
e6g]d}f]dgdf nfluof] / ; :yfsf] ; b:o klg  
eP . ; fob ; :yf ; u e} gePsf] eP dg]  
lyP xfnf . d}f}5f}Ln] ; :yfaf6 k9sf]nflu  
5fq j [Q klg kfPsf 5g\ dnf0{Pr=cf0=el  
nfulklg c?nf0{gnfuf] eg} ufp ufp hg  
r}gf lbb}lx8\$1 5' . clxn]t s}L u/d e6g]  
lx0dt a9} cfPsf5 ; :yfdf gf\$ /L ub}  
cfPsl 5' . lgotdt ?kdf sf]66 vfb}cfPsl  
5' / ; fdf6o cj ; /j fbl /f} nfluof cfjfwl  
ul/xfn5' . clxn] ; Dd P=cf/-el=vfg k/\$f]  
5g .

@ ; dx cfocfhg tkfsl ; P

-th sdf/L /fgf  
/ x} cfn]

?k6b}L lhlnfsf] ; dnf/ uf=lj=, = cft{t  
ahel/of ufpdf b}L dlxnf ; dx 5 . o ;  
; dxdf yf? ; dbfosf @^ hgf u/Lj dlxnf  
; b:ox? /x\$ 5g\ . @)^! ; fndf jfrsf]  
; xof}df ; dx u7g ePsf]xf] . ; dx u7g k} {  
cf=cfkmg}rhf] rfs}df l; ldt ePsf dlxnf

lbb]lxglx? xfn ; dxsf] sfj} j9fpg  
sl ; Psf 5g\ . uPsf] krfu' kl0f{dfdf cfkmg]  
ufp6f]hdf dgf}~hgfdS sfo{ndx? /vL  
xf}hL v}h} ; dxn]? ##) cfdbfgl u/\$f]5 .  
To:t}df5f j}h} ? (%\*) cfdbfgl u/\$f]s/f  
; dx ; b:o sf}znf buf}lofn]j tfpg' x65 .  
; dxn]ufpdf /x\$}kf} /Ldf df5f kflg z?  
u/\$f]5 . ut jif{jfr ; :yfj f6 !))) j6f  
df5fsf e/f lgmzNs pknjw u/f0Psf]lyof]  
 . ; dxn] ; fdlxs t/sf/L v}l / ; fdlxs  
j}f/ v}l klg ub} cfPsf] 5 . o ; jif\$]  
j}f/sf] cfdbfgl} lx}fj ug{ jfsl 5 .  
; dxn] dfl ; s jrt klg ug] u/\$f] 5 .  
dfl ; s jrt ug]s/f k}fdf dfq l ; ldt 5g .  
wd{esf/Lsf] nful dfl ; s kl}t ; b:o Ps  
kfp rfdn jrt klg ug]u/\$f]5 . ; dxsf]  
sfj}f6 nufgl lng, rfdn lng lgodx?  
jgfPsf] 5 . ; dxsf] sfj}f6 nufgl lnbf  
dfl ; s ?kdf ? !)) sf]? ! Jofh lbg' kg]/  
rfdn lnbf Ps kfyL rfdnsf] dfl ; s Ps  
kfp rfdng}Jofh:j?k lbg' kg]lgod 5 .  
; dx sfj} j9fpg] lqmfnsnfkdf dfq l ; ldt  
5g . 5f}f 5f}Lnf0{lj Bfno k7fpg] 3/  
cfug / jf6f}f6f] ; / ; kmf0{ug] ufp3/df  
k/\$f ; fgltgf e}emu8f ldnfpg] :yfglo  
lj sf ; lgd}fsf ultljwdf ; xeful xg] /  
cfkmg] ljrf/ /fv} klg ub} cfPsf] 5 .  
; dxsf] sfj}fwolf tf/fb}L e6g' x65, x ; dx  
jgl ; s}k15 xfdl yf? dlxnf] klg ; Ddfg  
kfPsf 5f} -cj s ; h}xfdlnf0{bj fpg ; Sb},  
ufpdf hg ; s}sfdf kb{klg b}L dlxnf ; dx  
eg} kq k7fpg]u/\$f 5g\To ; df xfdlnf0{  
uf}j nfu}sf]5 . A

#= x ; dx - ; dxn] klg Ps cfk ; df ; xof}l  
lng]lbg]ug{yfn}

-blkf s} ; l=

slknj : t' lhNnf j8uef / df]tk/ uf=lj=, =  
sf ; fgf ; fgf ; dxn] Pp6f JolQm ; dxnf0{  
k/\$f] ; d:of ; dfwfg / ; xof}l k\$L a9Lg}  
Wofg lbg / ; xof}l ug{v ; L ePsf]j tfp5g\  
 . jf8uef uf=lj=, = j :g] s0{L yf? hfuf  
d=, =sf ; b:o xg}x65 . pxf"\$ dlxgf cufi8  
; fx}lj /fdL kg{ePsf]lyof]. pxf"\$ ; fx}ul/j  
xg}x65 . cfkm}pkrf/ ug{g ; Sg]cj :yfn]To ; }  
ylnP/ a:g' k/\$f]lyof]. lj df/L k/\$f]vj /  
; dh]klg yxf kfP / ; a} ; b:ox?n]@= ; o  
p7fP/ pkrf/sf] nflu ; xof}l ; j?k lbP .

dlxnf hfuf/Of qdf] ; s klqsf

pxf\$] sfvdf ;fg] gfgl klg lyof] . cdf  
lj/fdl k/] kl5 aRrfnf0{ klg c;/ kg{  
:jeflj s} xf] . cdfsf] pkrf/ z? eof  
aRrfnf0{s]ug[csf] ;d:of eof] . ;dXsf  
lbb] jlxgl] ldn} % dlxgfs] aRrfs] nflu  
klg bwsf] Aoj:yf u/] . clxn] cdf / aRr  
bj} :j:y ePsfdf ;dXsf lbb] jlxgl v';L  
5g\eg] s0{L yf? eL5g æ; dXdf gj ;\$f]  
eP d / d}f] aRrf bj} clxn] xg] lyof] Hs  
lyPg] xfhf To; h] j fr / ; dXnf0{wGj fbÆ .

\$= anTsf/Lnf0{!# jif\$] h]h ; hfo

pbo >7

jfr ,sf7df08f}

æsf]n] dfly sf]fdf nul d}f] k]s kN6f0{  
s\$' vf]hl lbof] cgl p:n] klg cfk]f] kf06  
vf]hl p:sf] lk;fj ug] n] d}f] lk;fj ug]  
7fpdf b]nof] dnf0{j} / l bVof] / d / f]Æ .  
jnTsf/sf] lzsf/ ePsl \* aif{sl jflnsfn]  
jofgsf] qmddf o; f] eGb} / f0g .  
36gf @)^# ;fn ebf} !# sf] xf] . nlnTk/  
lhNnf 8s5fk uf=j=; =j f8{g#! j:g] aif{##  
sf] ch} ly· eG] ch} axfb/ ly· -tfd· \_n]  
ck]f] bfhsl \* aif\$] 5f]L lxfv v]b} cfp]  
qmddf cfk]f] 3/ cufl8 cfP kl5 p:nf0{  
l6el xg] {dfly hfp" ,lj:s6 vfg lbphf egl  
kmsf5 . sXl yxf gkPsl ; f]n ; fgl gfgl  
sfsfn] dfof u/} jfhf p klg sfsfn]  
eg]cg; f/ u0{. dfly sf]fdf kl5 cfk]f}  
elthLnf0{cfk]f ;lg] vf6df nu/ /fvL p:n]  
nuf0{ /fv\$]f] k]s kN6f0{ p:sf] s\$' vf]hl  
ch} ly· n] hj/h:tl cglrt sfo{u5{ .  
Toqf] 7hf] df5h] \* aif\$] ;fgl aRrLnf0{  
jnTsf/ ubf{p:nf0{ slt kl8f eof] xfhf,  
slt bVof] xfhf, slt /f0{s/f0{xfh] t/ ofg  
lkkf; h] 5f\$g . cem hfg] jhdf of] s/f  
s; h]f0{elg; eg] t}f] j}f, cdf/, thf0{  
df5{eG] wDsl lb0{jflx/ k7f0{lbof] . cfk]  
/ cfk]f] jfj; cdfnf0{ df5{ eg] kl5  
jflnsfn] 8/n] s; h]f0{klg elggg\ g8/fj;  
klg lsg < p:s} cfvf cufl8 sfsfn] tlg  
tlg j6L >ldtl Nof0{ ; j}h]f0{ blgs hf8  
/S;L vfb} s6b} 3/jf6 nv\$]f lyP . ch}  
ly· n] tlg j6L >ldtlnf0{ 3/ leqfP t/  
clxn] p ;+ Pshgf klg 5g . ufph} ?  
e65g\ , æslxn] b0{ k}f sdfP/ Nofpg]  
xg] , vfnl lbg e/L hf8 wf\$g] 3/df cfP/

:jf:gl s6g] ;+ sg rfxL cf0df0{j:5 / <  
To; h] sf]L klg gl6s\$] xg]Æ .  
cf7 aif{jflnsfn] Tof] jnTsf/ krfgp ; Sb}  
· lx8f klg p; nf0{ufx] xG5, ; w\$] eGb]  
jfgl Jojxf/ klg km/s k/\$fh] cdfn]  
5f]Lnf0{ ; f]5Lg\ 5f]L 8/n] eGb] lsgsl  
ck/fwl sfsfn] p:nf0{ df5{ eG] wDsl  
lbPsf] 5 . cdfn] kmsf0{ kmsf0{ ; f]w] kl5,  
æelg; eg] dnf0{ df5{ eg\$] 5 Æ eGb]  
cdfnf0{j} 36gf ; gf0g\ To; kl5 cdfn]  
cfk]f] dlxnf ; dX / ; eQm dlxnf ljsf;  
; dXdf s'/f /fv] kl5 dlxnf ; dXn]  
jnTsf/Lnf0{p:sf] 3/jf6} ; dfP/ NofP /  
kx/L rf\$ldf j'emP . o:tf jnTsf/Lnf0{  
; dfP/ sf]f]Lsf] nflu Nofpbf, To; ufpsf  
sXl hfG] aem] x" egf]pbfx?n] o:tf g]f  
jGg}nf0{xfdL] hg\$] 5f} eGb} wDsl ; d}  
lbPsf lyP . Totl dfq ge} e/v/} sf]  
8s5fk uf=j=; =sf] kl/ifb j} sdf ; d}  
dlxnf lbb] jlxgl nf0{k]m wDsofpg] sdf u/  
. t/ ck/fwl] ; hfo kfP/} 5f\$df] . nlnTk/  
lhNnf cbfntdf @)^\$ h] @) ut\$] lbg  
d4f dfly ; g]f0{ eof] . gk]fn jf/  
P; f] ; P; gsf] sfq] ; xotf kl/of] hg  
cGtu\$ nlnTk/ jf/ P; f] ; P; gsf] dlxnf  
zfvfsf clwj Om / fHonldl ah]fo{/ /ldnf  
zfSo To:t} ; /sf/L jlsnn] ; f]db]df jx;  
ug{ePsf] eg] Pkm8Jn-Pn-48-n] ; d} ; xof]  
/x\$] lyof] . jx; kZrft cbfntn] lgh  
ck/fwlnf0{ !# aif\$] h]h ; hfo / kl8t  
jflnsfn0{cfwf ; DklQ lbg] km] nf ; gf0g] .  
dlxnf ; dXsf] of] sdf kZf ug{nfPs 5 .  
o:tf 36gxf? tkf0\$] ufp" 3/df klg ePsf]  
xg ; S5 . cfjfh p7fpg] Gof0 kf0\$] /x\$

**lut÷sljtf**

!-of]wtl{of]cfsfz  
/rgf, ; ut- dw' u? .  
:j / M dw' u? / d~h' a:g]

of]wtl{of]cfsfz cfwf lx: ; f xfd]xf]  
cfk]f]xs lngnf0{cl3 a9]xf]

3/ clkm cbfnt kZf; gdf klg 5f}-  
8fS6/ kf0h6 g] [gf/L t/ kl5 5f}-  
dlxnf hfU/of qdf] ; s klqsf

kfph' nfpq]xftf v\$ k/\$ vlg ; Sb5g  
ef8f dfe h]xft b]zsf]gSzf sf]5g\  
of]wtl{=====

nf\$tgq Nofpgnf0{xfdl cl3 a9\$  
cf6bf]hgdf dlxfn klg zxb ePsf  
x/\$ 7fpdf dlxfn geP lg ef' 5g  
cem]klg xDnf0{nf\$tgq cf' 5g  
of]wtl{=====

To; h]t p7f]ca gf/L Psh6 eP/  
cfk]kf]klg uNtl sdl knofsf]Hrg]  
;-; :st ; dfh lgdf0f ug]klg xfdl xf]-  
gof" g]kn xf\$g xfdl sDd/ s:b)5f]-  
of]wtl{of]cfsfz cfwf lx; ; f xfd]xf]  
cfk]kf]xs lngnf0{cl3 a9]xf]

@ g]kfnl hgtf p7b5g cfh  
/rgf; ; ult; ; j/- dfwj kvfvg

g]kfnl hgtf p7b5g cfh  
/fhtGq km]ngnf0{ uOftGq Nofpgnf0{

; fj efd ; Qf hgtfsf]xftdf gNof0{xbg  
xf] xf] gNof0{xbg  
; fdGtl zf; g g9fn]; Dd Tof]lbg cfpbg  
xf] xf]Tof]lbg cfpbg  
g]kfnl hgtf p7b5g cfh  
/fhtGq km]ngnf0{ uOftGq Nofpgnf0{

jGbq To; }k]mf]cf]hf/ cfuf]f gufn]  
xf]xf]cfuf]f gufn]  
uOftGq To; }cfpbg cfm]/fhtGq gk]fn]  
xf]xf]/fhtGq gk]fn]  
g]kfnl hgtf p7b5g cfh  
/fhtGq km]ngnf0{, uOftGq Nofpgnf0{

Pr=cf0{el= ; DaGwl slatf

dfof v/fn  
jfr, ?kGb]L  
; g]nf0{ ; l/ ; Sof]c?nf0{g; /f] .  
P8\ eP/ slt d/]ca sf]L gd/f] ..

>ldfgn]; f]of]Pr=cf0{el d]f]bf]f 5g .  
p; nf0{30ff u/] lgsf]xg]xf]0g ..

ghfr\$]f]/ut lnbf of]Pr=cf0{el= ; f]of].

Toxl /utsf]c; / ; a kl/jf/nf0{k}of].

slt ; fyl clz]ff sf] ed/Ldf k}of 5g\  
:ofxf/ ; ; f/ G6b]g gk]P/ d}of 5g\  
..

cj; /afbl /f] nfu5 l6=el= klg x65 .  
zIQm sdhf] eP kl5 ; a)/f]un]565 ..

l; =8=kn] / P=cf/=el= sf]gfd klg yf' 5g .  
; a]nf0{o; sf]kx} gk}of0{ef 5g ..

; fdfG /f] nfu5f klg u/fpg'x}pkrf/ .  
P8\ ePsf JolQmf0{u/f}:ofxf/ ; ; f/ ..

; :yff=; d]sf]lrgf/L

cfzf Hof]t ; xof] ; dfh, ?kGb]L

s\_ ; :yfsf]kl/ro M

cfzf Hof]t ; xof] ; dfh, ?kGb]Lsf  
Pr=cf0{el= ; em]dtx?n]; dfhdf laBdfg ; a]  
vfn] x}efj / e}efj sf] lj?4df jsfnt  
ug] tyf ; dfg clwsf/ ; dfg Aojxf/  
k]p]gsf]nflu / cfly\$ ?kdf cf]d lge] xg]  
tk] cu] / u/fpg] p2]on] g]k]nsf] k]nt  
sf]gg cg; f/ ; yfkgf u/\$]f]; fdf]hs, u}  
g]k]ndhs / u} ; /sf/L ; :yf xf].

o; ; :yfn] dVotof u/La, lx; fdf  
k/\$f / ; jf, ; ljwfaf6 al~rt vf; u/L  
lhNnsf bu0 Of]sfdf a; f]f; ug]  
Pr=cf0{el= ; em]dtx?nf0{ ; jf:Yo tyf  
x}rxf ; DaGwl ; jf k'/ofpg] s]fsnfk ub]  
cfPsf] 5 . ; em]dtx?sf] hd36 s]L aif]  
cl3 b]v ePsf] eP klg o; ; :yfsf]  
ljlwj t btf{@}^# ; fndf ePsf] xf] . xfn  
; Dd o; ; :yfdf #\* dlxfn / !\* k?if  
; em]dtx?n]; b:otf ln0{ ; s\$ 5g\ gof"  
Pr= cf0{el ; em]dOf ePsf AolQm?nf0{  
; b:otf la:tf/ ug]sf]d klg e}x\$]5 .

v\_ ; :yfsf p2]ox? M

Pr=cf0{el= P8\ ePsf AolQm?nf0{  
csfndf dg]f6 arfpg].

Pr= cf0€ el= P8\ ePsf AolQmx?sf] ; sf/flDs ; f]f0{l]sf; ug]/ hljgdf czfsf]Hof]t hufpg].

Pr= cf0€ el= P8\ ePsf AolQmx? Dffly 3/ kl/jf/, ; dfhn]/ sfoynf]df ul/g] 30ff / nf-5gf x6fpg / cfwf/et clwsf/sf]nflu j sfnt ug].

Pr= cf0€ el= tyf ofg/f]usf] ; emd0faf6 hf]ufpgsf] nflu hgr]gf hufpg] ; dx 5nkm rnfp] tyf cfjZos k/fdz{lbg].

Pr= cf0€ el= ; emdtx?nf0{ ; an, :j:y, ; s0 / ; u]7t xg cfjZos tflnd ufi]7l c6t/lqndf ug].

Pr= cf0€ el= ; emdtx?nf0{ cf]dlge/ u/fpgsf nflu lzkdhs tyf cfodhs tflnd sfoem] ; mfng ug].

u/La Pr= cf0€ el= ; emdtx? dfly lge/ afn af]nsfsf]plrt lz]ff bl]ffsf] nflu ; xof]u h6fpg dbt ug].

u\_ ; :yf]x]fn ; Dd u/3f s0]snfx? M

? gj sL/of kn; a6j n ; dg]o u/L u/La Pr= cf0€ el= ; emdtx?nf0{ czQm]f c:j:y ePsf]cj:yfdf qmf0{ ; x]f]sf] ; jf / n]Dagl c~rn c:ktfn, a6j naf6 ; he d]Modf ; jf:Yo ; jf pknAw u/f0{ ; xof]u u/3f].

? gjkn k/l]f/ l]gof]hg ?kGb]L zfvf / a6j n gu/ k]f]nsf, ?kGb]L ; u ; dg]o u/L cj ; /afbl /f]usf] pkrf/ ug]sf ; fy}sf7df08f]af6 l ; = l8= kn] h]f / P= cf/= el= sf]z? ug]sf nflu cfly6 ; xof]u -uf8l eff8f\_ lng d4t u/3f].

? kl/jt6sf nflu sfo]t dl]nf ; dx - jfr\_ sf] ; xof]udf Pr= cf0€ el= ; emdtx? / pglx?sf kl/jf/sf dflg; x?nf0{# lbg]cj ; /afbl /f]u / 3/h' x]r]fx Aoj:yfkg tflnd k]f]g u/3f].

? sf7df08f] l:yt lale6g qmf0{ ; x]f]x? ; u ; dg]o u/L l ; = l8= kn] h]f ; h] h]f ug{ P= cf/= el= z? ug{/ cj ; /afbl /f]usf]pkrf/ ug]sf nflu

hfg k/3f dflg; x?sf] nflu vfgf, a;f]f; / c:ktfnsf] ; jf lng ; xof]u k]f]ofPsf].

? gjls/of kn; ?kGb]L zfvf, kl/jt6sf nflu sfo]t dl]nf ; dx - jfr\_ / lh]nfsf lale6g ; /sf/L, u] ; /sf/L / ; dbfodf cfwf]l/t ; :yf; u ; xsfo{ u/L }ofnl, sf]f ; ef, Aofg/df x:t]f]f/ ; sng / dg]aQl afnl @ \$ cf; dg]aQl k]j ng l]j z dg]Psf].

? ?kGb]L lh]nfsf vf; u/L u]ldOf l]gdf /x]f] clt u/La / kl]8t Pr= cf0€ el= ; emdtx?nf0{ ; fdf]hs - lx=f / nf-5gf x6fpg\_ , dflg; s - 8/ / lr6tf x6fpg\_ tyf ; / ; kn]0, ; jf:Yo -l6=al=, ofg/f]u / cj ; /afbl /f]u\_ h]f ; Da6wl ; d:of af/df 5nkm tyf x]r]fx ; d:of k]f]g u/L ; b:otf la:t]f/ u/3f].

? jN8{ leh]g 06/g]zgn, ?kGb]Lsf ; xof]udf ! \$ h]f Pr= cf0€ el= ; emdtx?sf] afn]af]nsfx?nf0 laBfnodf egf{/ k7gk]7gsf] nflu 6ogtd ; xof]u k]f]g u/3f].

? P=cf/=le= ; j]g ug]-vfg] u/3f 6f9f 6f9fsf Pr= cf0€ el= ; emdtx?nf0{ sf7df08f]3f ; Dal6wt ; :yfaf6 lnP/ P= cf/= le= 3/df pknAw u/fPsf].

laz]f ; dfrf/

?kGb]L l]f]

eb] b]xsf] j u]fnl l:yt lz]z]lQm dl]nf ; dx]sf] ; b:o ldgf lj=s= sf] >ldfg\ 3/df gePsf]a]h]df cf]k]h]h]f]h]ufnl a]Hhtl u/] cg]ts Jojxf/ b]y]Psf] sf/Ofn] lz]z]lQm / ; okql dl]nf ; dx]sf ; b:ox? / j]l4lh]lx? ; j ; 5nkm u/L ; Dem]pbf k]g gePkl5 @)^# ; fn kn]fug @ & ut] lgh h]f]h'od j]xf] / lj= s= nf0{ sf]nf]df]f] nufP/ uf]p]f6 lgs]f]ng]sfo{eof}. 36gf @^ ut] sf lbg 363f]l]yof].

dl]nf hf]u/of q6]f] ; s kl]qsf

☞ b] bxsf] 3f8fxdf a:g] nld0f kf08h] @)\$% ; fndf lj jfx u/γ # 5fγfx? h6dl ; s]k15 klg cdf nld kf08] / jlxglx?sf rSnl ; gl >ldtl ulf kf08h]f0{ufnl ug] s6g] lk6g]u/\$f]h] / xfn gful/stf jgf0lbg gdfg\$]s/f ulf kf08h] ; dX; u /fv] kmsγ 3/ hfbf p16} lk6g] / n5g] u/\$f] sf/Of ; dxn] kx/L l/kf0{ u/γ >ldfgn0{ uflj ; df lemsfP/ s6lk6 gug] sfuh u/fpgsf ; fy} glh ulf kf08\$]f] gful/stf agfpg] sfo{eof}. xfn s6lk6 gbf]l/Psf0f ulf kf08] v';L JoQm ug]65 .

☞ b] bxsf] kfs8L a:g] awjf sdfn sf] >ldtl a;Gtl sdfn nf0{ >ldfgn] gful/stf jgf0lbg gvfh] k15 j;Gtl] ; dXdf ; d:of /fvgeof]. ; dxn] sf65L >ldtLsf] gful/stf jgf0{ ; s\$]f] j eγ/ uflj ; df s/f] /fv] k15 uflj ; n] >ldfgn0{ lemsf0{ gful/stf jgf0lbg] bj} >ldtlx?nf0{ Ps} lsl; dsf] Joj xf/ ug] / To;f] gu/0f cfwf ; Dklit Hf7L >ldtLsf] gddf lbg] ; xdtl u/L sfuh u/fpg]sfd eof].

☞ b] bxsf] j unf j:g] wg; ef lj = s= nf0{ l6shlu9 j:g] 8Dd/ j xfb/ kgn] sf7sf] lj ifonf0{ NofP/ lk6g] w]sl lbPsf0f sllkgf, sf65L, >Lhgf dlxf ; dX / dlxf hfuf/Of ; xof]u ; dXsf] /f]j/df lgh JoQmnf0{ lemsf0{ 5nkm ubf{ ; f wdf sf7 kg] ePsf]h] cfwf sf7 lbg] lg0f6sf ; fy} v6df ; dfP/ cj b]lv slxn] o:tf] zJb e6g] 5g / egdf ; j ; dX ldn] sfnf] df]f] nuf0{ ufpdf 3dfpg] dg]h/ u/L dfkn duf0{ sfuh u/f0{5f]8of].

☞ s] jfgl uflj ; cGt0t k]lt dlxf ; dXsf] ; b:o l6sf kx/f0{dfly ut r0 !@ ut]/ftl \* jh] :yfglo /0 axfb/ ykfk, 5fk axfb/ ykfk, blk' g]kfnl, 1fg jxfb/ lrbL, Hof]t lj -s=, z'/z lj -s=n] xftkft / n5f/ k5f/ u/]. jhf/j6 kms0}u/\$f lghx?n] r'/f0 dfubf k; n] bf0n] b\$fg jGb e} Sof]r'/f0 kf06g] eg] k15 tl JoQm?n] k; nsf] z6/df

nfQln] xfg yfn]. clg lsg xfg\$]ef] k7g ubf{ tl JoQm?n] P\$sf;L l6sf kx/f0h0{ skfndf ; dft} n5f/k5f/ ubf{ kl/jf/sf ; b:on] xf/uxf/ u/\$f lyP . k15 ; j} dlxf k?if Ps h6 e0{ ^ hgf JoQm dWo} # hgfnf0{ ; dftl afw} efh]k16 ; Dd /fv] / l6sf kx/f0h0{ j6j n c~rn c:ktfndf nul pkrf/ u/f0{NofPk15 k]lt dlxf ; dX / kmj f/L o]f Snj sf] ; lqmtdf j6j n 0hfsf kx/L sf0h0df km] u/L jfhf0{kqmp ug{ ; xof]u ul/Psf]lyof}. c6o ltghgf klg kqmp ug] / kqmp gu/] ; Dd c?nf0{g5f8g]. pkrf/ / lftkl't{ jfkt hgxl ? #)) lt/k15 5f8g]dfu /flvPsf0f ^ hgfn]g)!\*) ) lt/γ dfq 5f8g]lg0f6 eof].

☞ slknj :t' sf] df]tk/ uflj ; cGt0t 9f8\$]h e6g]fpdf jif{ !@ sl lj i0fdof lj z] sdf\$L 5f]lnf0{ ; f]lufpdf j:g] jif{ @% sf] zo fgf] gfd u/\$f] s6fn] k6s k6s k}f b]f0{ jn]sf/ ug{ vfh]sf] ufph] yxf kfPk15 b]p/fnl dlxf ; dXsf] kxndf ufpsf df65? hDdf e0{ ck/fwlnf0{ ; dfP/ sfnf0f]f] bn] hQsf] dnf nuff0{ ufP" 3dfP/ sfj f]l u/k15 ufph] ; fd' cfudl lbgdf o:tf] sfd ulbg egl ldf dfu\$]h]dfkm lb0{5f]8Psf]5 .

☞ dlxf hfuf/Of ; xof]u ; dX ?k6b]Ln] k]tj k7 u/] cg;f/ l; S6xg, b]bx, s] jfgl / s/lxof uflj ; x?n] dlxf sfo]ndsf nflu cfly\$ ; xof]u pknJw u/fpg]ePsf 5g\

### 50n] lfgdf

☞ nlnk/sf] bg]f/ ufpsf k0 jxfb/ bg]f/n] cfk]h] >ldtlnf0{ lbg/ft s6lk6 ug]u/\$f]s/f gf/L lbjzsf lbg yxf kfP k15 ; 0Qm dlxf lj sf; ; dX / ; 0Qm dlxf hfuf/Of ; dX sf lbbL jlxglx? ldnL lghnf0{ jf/Ldf uP/ ; dfP/ Nof0{ ; f]wk5 ubf{ s6lk6 u/\$f] : jLsf/\$f]h] ; j}hgfsf] cuf8L sfg ; df0{cj b]lv glk6g] jfrf u/\$f]h] 5f8L lbPsf]5 .

/fVg kfTn]uflj ; n]? \$),))) pknJw  
u/f0{sfd ; d] z? u/\$f]5 .

JolQm JolQm] **wg sdf/Lsf]k]0ffbfol syf**

sdf/L dlxf ; d]sf] ; b:o sfG5L  
:of<sup>a</sup>tgsf] 3/ cfunfuldf k/\$f]h]  
; eQm dlxf l]sf; ; d]n] cfk]gf  
; b:o ; d]x?j]f6 j}6]L kfyl ds}  
hDdf u/L pknJw u/f0]bPsf]5 .

eQm dlxf l]sf; ; d]xf0{  
hfgsf/Lg}glb0{; :yfsf]clkm glhs}  
/x\$]f] 6]\$ndf7 uflj; kl/ibf  
j:gnfu\$]yxf kfP kl5 dfl; s j}S  
:yug u/L sfo{; ldl; b:ox? kl/ibf  
j:b} u/\$]f] 7fpdf u0{ dlxfnf?nf0{  
lsg j]hf0Pg < v} t ## kl]zt  
dlxfnf?sf] ; xeflutf u/fPsf] eg]  
hf]bf/ k]g u/\$]f lyP . j}Sdf  
j; \$]f cG0 ; xefulx?n]pQm s/f]sf]  
; dyG u/\$]f lyP eg]uflj; ; lrjn]  
cfufdl lbgx?df o:tf] cj:yf cfpG  
glbg] jrgj4tf b]vfb} j}Sdf  
; xeful u/f0]Psf] lyof] . kl/ibnf0{  
dlxf / ckf sf gfddf klG jhG  
5b]dfpg bj]j lbP/ jhG 5b]dfpg  
nuf0]Psf]lyof].

eQm dlxf l]sf; ; d]sf]pkfWolF  
wg sdf/L nfd] b]lrf} uf]j= =  
b]p/fnl / ; lrj nldl tdf<sup>a</sup>n]  
; fdbflos jG pkefQm ; d]sf] Ps  
sfo{; ldl; b:on]clgoldt tl/sfn]  
jG k]dfgl u/L sf7 lnPsf]cj:yfdf  
sfo{; ldltsf cG0 ; b:ox?n] rf; f]  
glbPsf]xbf ; b:o wg sdf/Ln]lhNnf  
jG sfoffodf clgoldttf u/\$]f]egl  
lgj]G lbPKl5 jG sfoffojf6  
sdf/L cfP/ 5fgljg ubf{ uNtl  
e]f0{? @%)) . - hl/jgf u/\$]f]5 .  
hl/jgf /sd ; fdbflos jgsf]  
sf]df /flvPsf]5 .

**cf]yn9: f l]qdf**

dlxf l]sf; sfnful ; xof]ul  
; d]x,cf]yn9: f nf0{ /fufblk uflj;  
kl/ibdf lgOf0 eP cg'f/ ; :yfsf]  
ejg lgdf]fsf nful ? @),)))  
pknJw u/fpg]ePsf]5 .

kf]n\$]f] e:d]v]h]sf k; klt /  
hnsGof dlxf ; d]xf0{ kfglldn

-; f/bf cfr fo{  
wg sdf/L nfd] cfk]gf] l]qdf xnf] hf]lg]  
klxf] dlxf ePsf]df uj{ ul5G\ . xgt  
g]kfnl ; :s[tdf dlxfnf]xn]hf]lg'xbG eG]  
egf0{ 5 . t/ pgn]of]rngnf0{ tf]8gV  
cfh ef]hl c? dlxf lbb]lxgx?nf0{klG  
cfk]gf] s/f ; g]fpg] ul5G\ . pgl nlnk/  
b]jrf}df /x\$]f] b]w]j/L dlxf ; d] sf]  
cWolF xG\ clxn]pgsf]pd] \$\* jif{ePsf]  
5 . pgl dlxfndfly xG]e]efj / lx:f lj?4  
n8G k]0ff jG\$]L 5g\

wgsdf/Lsf] :j tGq / lxDdltnf] Jojxf/sf]  
cfk]gf]0ltxf; 5 . pgl !^ jif\$]L xbf pgsf]  
lbb]sf] d[o" eof] . lbb]sf] d[o" ePk15  
j]fcfdfn] pgsf] lj]fx ljw/ legfh';  
u/ulbg] tof/L u/\$]f] yxf kf0G\ . rf/  
; Gtfg\$]f] jfp e}s\$]f] \$% aif\$]f] j9f]  
legfh'; u d lj]fx ubG eg] wg sdf/L  
nfd]n]eg]klG ug]k5{egl j]f cfd]n]k<sup>a</sup>  
vf0{; s\$]f]- s'/f]l5lg; s\$]f] cj:yfdf pgl  
3/jf6 eful kx/L rf\$]Ldf uP/ 36gf  
j]tfP/ kx/Lnf0{ cfk] u 3/df nul cdf  
j]fnf0{; df0{yGg nuf0G\ . kx/L rf\$]Ldf  
legfh' / j]fcfdf; u lj]fx /f\$G k<sup>a</sup> vfPsf]  
5f]kq sfuh jGfP/ dfq 5f]8Psf]lyof] .  
o;/L pgn] 0R5f ljkl/t xG nfu\$]f]  
lj]fxj]f6 jRg kx/Lsf] ; xof]u ; d] lnPsl  
ly0G\ Ps jif{kl5 pgn]k] j]xfb/ nfd]; u  
cfk]gf]/fhlv'; Ln]ljx]ul/g\

bfDkTo hljG lj]tfpg]qmdf pgl >ldfg\ u;  
ef/tsf] lxdf~rn k]z klg u0G\ . Toxf"  
j; \$]f] ; dodf pgsf] # jif\$]f] 5f]f]e}s\$]f]  
lyof] . t/ pgnf0{ >ldfg] s]lk6 ug]  
u/\$]f]h] lj]b]zdf NofP/ s]lk6u/L bMv  
lbPsf]egl Toxf's}kx/L rf\$]Ldf lgj]G lbP  
kl5 kx/Ln] ; dft} rf\$]Ldf Nof0{ cjb]lv  
slxNn} klG s]lk6 ug] 5G egl sfuh  
u/fP/ 5f]8\$]f] lyof] . Toix ah]fb]lv  
clxn]Dd >ldfg]gs6\$]f] s/f j]tfp l5g\  
pgsf] egf0{ 5, dlxfnf0{ s]lk6 ug]  
hf] s]h]f0{klG To; }5f8G xbG . dlxf lx:f

dlxf hfU/Of q]fl; s klqsf

ug{tyf lx:f u/\$f] s'/f 9fs5f] ug{vff]g]  
 JolQmf0{; dx ldn} sf/j fxl ug{k5{. pgl  
 nlnk/sf] dlxfn kf]zgsf] sfo{; ldltsf]  
 pkfWOLF klg xg\  
 æd]f] >ldfgn] klg nfh dfg' eof] / ghf]  
 eG' eof] .Æ pgl cfkth] xnf] hf]b} u/\$f]  
 a]hf 3/ kl/j f/n] l6sf]6k0fl u/\$f] 36gf  
 ; enb}el65g\ . t/ cfh pgsf]wf/0ff cnlu}  
 5 . pgl el65g\,ædlxfn] xnf] hf]g] s'/f  
 ckfs[ts xf]g . xfdl dlxfn sdhf] 5gf].  
 xfdl dlxfn] klg k?ifn] hIQs} sfd ug{  
 ; S5f]. xfd] uf]p] dlxfnf0{lgrf b]fpg]  
 yk} s'/fx? 5g\ . h; nf0{xfdln] tf]b} hfg'  
 k5{ . xfd] uf]p] dlxfn] sdd] jf]f]  
 NofPsf] kfgl] ; d] k?ifn] vfb] y] . kfgl  
 af]f] Nofpbf lK7ædf 8f]f] /fv] d66f]  
 lgx]fP/ Nofpg' k5{. r'/f gnfPsf] dlxfnsf]  
 xftsf] kfgl klg vfb] y] . dlxfn] 3/  
 5fof]eg]/fd]xb] eg]rng 5 . dlxfnf0{  
 3/sf]b] tf /fv]f]7fp] hfg klg lb] y]  
 . uof] / b] tf 5f]f] eg] b] tf l/; fp5g\  
 e65g\ . dlxfj f/l xbf / ; Is]L xbf  
 xfdlnf0{c5t dfg5g\ . cz4 / kfk 7f65g\  
 . xfd] ; dbfodf t tdf<sup>a</sup> hfltn] ; 4/ j 4/  
 kflg' xb] , kflnf] eg] eujfg l/; fp5 eg]  
 rng klg 5 . uf]p] ce] klg 8fS6/sf]f]  
 e6bf wfdl en]qnl sxf" hf65g\ . en]qnl  
 j ; fP/ efn] / jf]f v]fp5g\ . o:tf  
 grflxg] s'/fx? w}] 5g\ .Æ pgl cuf]8  
 el65g\ æx] ug{ cj ol ; j} grflxg]  
 s'/fx?nf0{xfdl tf]b} hfg]f].

kl/jt]sf nflu sfo{t dlxfn ; dx -jfr\_  
 %& / \$% /fd dl]b/ dfu{ w]lav]f]f, alQ; ktnl, sf7df08f} g]fn,  
 kf]a-g=!!#@, kn] g= \$\$(@\$ \$, \$\$(\$%#, kn]S; M \$\$(\$%#  
 0d]M watchftpwlink.comnp, j] ; f06M www.watch.org.np  
 ?k]l sfo{f] M  
 b]bx uf]a=, ^, awnl  
 uf]kfs{abjn, kf]a-g=, kn] M)&!-%\$#(}%  
 zfl]t gu/, e]x]f kn] M)&!-%!\$^)  
 uf]!; . ]slknj:t'M)&^-%\$%)  
 cf]v]9: f sfo{f] M  
 a0ff] uf]a=, ^, dfg]f8f  
 5]n]sfo{f] M  
 5]n] uf]a=, @, l; Dkfgl

; Dkfs d08n  
 pbo >]f