



सामाजिक जागरण, न्याय तथा परिवर्तनका लागि

महिला जागरण

परिवर्तनका लागि कार्यरत महिला समूह (वाच) द्वारा प्रकाशित त्रैमासिक खबर पत्रिका

अथवा (वाच) द्वारा प्रकाशित त्रैमासिक खबर पत्रिका

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Jo; yfkg, Pr=cf0fel=P8\ tyf ofg/fu
cflbsf]jf/df lzlf kfpg ub{cfPsf]5 .
/fu]sf]/f\$yfd ug\$fnflu lzlf kfpg ug\$
;fy} 3/bhf] pkrf/ ;]f klg kfpg 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]jkd{ 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} lfd 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
kfpg 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 d]qdn]sf]kofu,
uf]dn Jo; yfkg tyf kofu, 3f' jfnl,
df]dl tyf ad]dl t/sf/L v]L, kzkfng
Jo; fosf] nflu uf] tyf bfg 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} lfd of] u/L lj ifout ?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]
lgdf of 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 k]nk]hsf 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/\$f]sfo{k]tl lj j/Of
!= dlxnf lj sf; sf nflu cfwf/ ; dx
cf]yn9: f,

- ? \$@ j6f ; dxdf ; lj wfg ; ef af/] k|f/ k|f/
- ? gful/stf agfpg ; xofu] #\$(hgf nf0{lau6f/ / h6t/vfgl lfd]
- ? dtbftf gdfjnl btfsf] nflu k|f/ k|f/ - !&\$ hgf
- ? cdfsf] gdfaf6 klg gful/stf agfpg kfpg] 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, d]qdn kofu] u/\$f]!^ hgf
- ? k/fgf]nufgl ?= @)@).-p7fPsf]
- ? !(j6f afn ; dx]sf] a]s 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
; #of - ^@ 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 #ofnl 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].

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

? lk; fj dnsf]kof]sf]af/df 5nkmm
ul/ @% hgfn]kof] 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 cfkm]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 hluf 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{lbqx" oftgf lbbf
 ; dX / kn\$/]gsf] cufl8 pQm
 JolQmf0{dfkm dflg nuf0{%) k6s
 p7a; ug{nuf0Psf]. / cf0[bf o:tf]
 u/df s8f sf/jfxl 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 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/df 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]kpf] @& 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]
 lgjffg 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\$ f 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\$ f/sf
 uf]Lx?sf] cfof]hg ul/b} cfPsf] 5 . o;
 cj]wdf ; eQm dlxnf hfU/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 jlgg]
 ; h]wfgdf cfk]df clwsf/x? ; lglZrt xg'
 k5{eGb}clwsf/sf]b:tfj h agfPsf 5g .
 hf]lgDgfg; f/ 5 .

xfdln]vfh\$ f clwsf/x?

!= /fhuf/Lsf] lfgdf

- ☞ a]z} /fhuf/Ldf dlxnsf]nflu laz]f
 Aoa:yf ul/ ufph] dlxnf0{ kfyldstf
 lbg' kgI.
- ☞ dlxnf]a]f\$6f\$ sg}klg kzf tyf
 /fhuf/ ug{kfg' 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{kfg' 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] 306fsf] lx; fa u/L
 Hofnf lbg' kgI.

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

@= lzlf] lfgdf

? 5f]lnf0{lgzNs / clgj fo{lzlffsf]
 Aoj :yf ug{kfg' kgI.

☞ kf7d k':tsdf n]us e]efj ePsf
 s'/fx? /Vg g'xg] -h:tf] Mcdfn] ef8f
 dfem]u/\$f, jfj h]klqsf k9b]u/\$f] .

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

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

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

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

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

☞ pd] ku\$ clzlf] dlxnf?nf0{lg/t/
 cg]krf/s lzlf]Aoa:yf ug{kfg' 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] ; dx, hn
 pkef] ; 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.

dlxnfsf] k]f cfkng] v';L cg';f/ pkef] ug{/ dlxnfsf]gfdff xg' kgI Aoj :yf ugI.

%= wfd\$ Ifqdf

wd{x65 eg] /hznf gxb}sgofbfg u/Llbg]hf0{s8f sf/jfxl ug{kgI.

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

>ldfg]sf] v6d]sf] hn vfg' kgI ef\$} kof; }at a:g' kgI rng x6fpg' kgI.

lj jfx kl5 dlxnf]cfkng]wd{jbn] >ldfg] dfgl cfPsf] wd{ dfg' kgI j]Wotf x6fpg' kgI. cfkng] cf:yf cg';f/sf] wd{ :j OR5fn] dfg' kfp' kgI.

gflt gfltgfsf] dv gx]L :jlf{u0kg eg] 5f]f5f]Lsf]lj jfx ;fg}pd]df u/L lbg] OZj/lo a/bfg eg] hlt klg aRrf h6dfpg aflWo kfg] OZj/ l/;fp5g eg] kl/jf/ lgofhg ug{ glbg] h:tf ?l9jfb] s'/fx? x6fpg' kgI.

6f]psf] 9fSg' kgI b]ptf 5g' gxg] dl6b/df hfg gxg] h:tf ?l9jfb] rng x6f0g' kgI.

^= ;fdflhs sfdsf]Ifqdf

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

bf0]kf]kyf x6fpg' kgI bf0]kf]lng]lbg] bj]hf0{sf/jfxl ug{kgI.

law]fn]; }sk8f nfp'kgI/ >]f/ ug{gxg]?l9jfb] rng x6fpg' kgI.

pkrf/ ug]eg] wfdlen]qnl nufpg] / sv'f af\$] aln lbg' kgI?l9afbl rng x6fpg' kgI.

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

dlxnf sf] pd] sDtdf @) jif{ klukl5 dfq lj jxf ug{ kfp' kgI / To; df klg cfkng]lgof6 cg';f/ ug{ kfp' kgI.

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

c6t/ hflto ljafx, law]f lj jfx ug]hf0{k/:st ug{kgI.

hflto 5j f5t x6f0g' kgI.

5f]pk8L /fVg] b]psl /fVg] ehdf jGg nufpg] s'/fx?n] dfg] clwsf/nf0{xgg ug]ePsf]kl]ta6w nufpg' kgI.

&= sfggl Ifqdf

clj jflxt dlxnf]f6 aRrf h6d]Psf]df sg} klg sfggl eh]efj -h6d btf{ ubf{ gful/stf agf]bf, laBfno egf{ ubf{cflbdf_ xg' gxg}.

cfdfsf] gdfaf6 h6dbtf{ gful/stf kfp' kgI.

s6ln]lj b]zL; u lj x]u]of]eg]s6fn] klg gkfnl gful/stf kfp' kgI.

ljafx u/]sf] 5f]ln] df0{Ldf kfPsf] cz ljafx u/]kl5 lkntf{ ug{ gkg] Aoa:yf xgkgI.

; /sf/L sfuh kq b]v lnP/ 3/; Dd dlxnfsf]klg 3/dh]Lsf]kdf lrlgg]-gfd nVg]_ Aoa:yf xg' kgI.

***= n]us Ifqdf**

sg]klg AolQmf0{ p;sf] ln]usf] cfwf/df eh]efj ug{gxg}.

ue]df ePsf]aRrf ln] 56afP/ 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 ;Ts]L] xbf dlxnfsf] :jf:Yo ; ljwfsf] ljz]f Aoj :yf ug{ kgI.

vfgf ksfp] 3/ lnkg] ef8f dfEfn] sfd k?ifn] ug{ xbg] e6g] dlxnf] uf/f] nfp' xbg], 3/ 5fpg' xbg], uf? hf]g' xbg] e6g] h:tf ln] sf] cfwf/df sfdsf] eh]efj ug{gxg}.

(= j}fl/s lfgdf

lgOf6 klqmfdf dlxnfnf0{ ; xeful u/fpg'kgI.

af7L e0{ g}f e0{ hf6g] e0{ kfyl af; \$f] /fd] xbg eg]h:tf dlxnf ; xeflutf lj /fvl egf0x? x6fpg'kgI.

!)= 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} sfggl 0sf0sf] Aoa:yf xg'kgI.

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

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

ut aflif\$ of]hgf j}sd f!) hgf ul/j JolQmf0{ dfly psf:g] lgOf6 ePsf] ePtf klg ul/j JolQmf0{; d[4 lt/ nfgsf nflu klolf ?kdf sfd ugI :yfglo sdf/L tyf knB/zg kl|tlglwx?df s]s; /L sfd ugI eg] cGof]tf /x\$fn] ul/j ;# sfd ugI klqmfdf jf/df lrgtg dgg\ug{/ sfd ugI tf} tl/sfs]jf/df ; fdlxs 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 ugI 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 eg]s'/f yxf kfgp tkf0\$] cj:yf s]5 s:tf]5 < eg} kZg ; fVgxf] \ 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} ; fVgxf] \ . hlt j19 l:ylt,cj:yf yxf kfgp ; Sof]kl5Nnf r/Ofdf ; lhnf]xg] xgn]of]r/Ofdf ulxI/P/ / vf]Ngl]sl; dn] kZg ; fVb}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} kZg ugxf] \ kZg gj'ens]h:tf] nfu}df tkf0{clxn\$]l:yltj f6 v';L xgk65 ls xgk6g, lrQ aen]sf]5 ls 5g < Efg} kZg ugxf] \ olb ; Gt16 5', lrQ aen]sf]5, v';L 5' eg] hjfkm cfPdf ; jfb cuf]8 gj'9fpgxf] . t/ c; Gt16 5', v';L 5g, lrQ aen]sf]5g jf /fd] nfu\$]5g eg] hjfkm cfPdf km}L Psk6s ; fVg'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} kZg ; fVgxf] \

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 kZg ugxf] \

rfy]r/Of M cj;/

pk/fQm ; a}c; Gt16L x6df] / ; Gt16L xg] s'/fx? klg ; a}k'/f eof]eg]tkf0{s]a6g' x65, s]xgk65, tkf0\$]kl/jf/, ; dx, ; #yf s]a65, s]x65 < eg]kZg ; fVgxf] . o; r/Ofdf p; sf]cj ; / / ; Defj gxf? s]s] 5g\eg]klxrfg ugxf] . cyjf pQmJolQm ; dx jf ; #yf s]x65 jf a65 eg]s'/f o; r/Ofdf olsg ugxf] \

kfrf}r/Of M sfo\$

xg]/ a6g]s'/sf cfwf/df sfo\$ agfpg' k5{. s]s]a65 jf s]s]x65 eg]s'/f olsg e} s]kl5 kfyldlss/Of ugxf] . kfyldlss/Of ubf{# s'/f

dlxnf hfU/Of qdf]l; s klqsf

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

cj kfyldsL/Ofsf]Ps gDj /df k/ \$f]gj gl
gxg]jf ge0{g5f8g]sg]Ps s'/nf0{lnb-
; fVgxf] , ToF]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]; xofu rfxk65 < eg] ; fVgxf] .
sfuhdf khsf]cfs[t lvRgxf] , khsf]
bfoft/ clxn\$]cj:yf / jfoft/ jGg]jf
xg]cj:yf nVgxf] / cfPsf pQ/x?dW0]
cfk]ug{; Sg]s'/f khdfly nVg / c?sf]
; xofu rfxg]s'/f khdlg nVg ; xofu
ugxf] .

5]f]r/OfM ofhgf

jGg]jf xg]s'/f k'f xgsf]nflu ugkG]
sfdsf]; 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]; xofudf ug] slt vr{nflg]eGg]s'/f
rfxL-ø; r/Ofdf ; fVgxf] / ofhgf agfpg
; xofu ugxf] \
ofb /fVgxf] ofhgf jlg; s]kl5 tkf0\$]
sfd ; lsb a? tkf0\$]sfd t alln z?
x65 . ofhgf cg; f/ sfd eP gePsf]yxf
kfpq / ; xofu ug{lg/Gt/ ?kdf eDgxf] /
pk/fQm cEof; sf kZgx? kgM ; fV] kmfck
ugxf] \

tflnd cjlwdf ePsf dxTjk0f{lg0f6x?

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

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

5faj [Q kfPsf jfnsfx?nf0{ egf{ tyf
dlxgfj/L zNs glbg] . lhNnf lzlf
sfofhodf uP/ 5faj [Q ; DaGwl z]f ; lj wf
jf/]j'ng].

tg{g; s\$]f] / ljzif sf/Ofjz p7fpg]
g; lsg]k'/fgf]nufgl\$]af/df knB/]gx?n]
lg0f6 ul/ sf7df08f]k7fpg].

æfsf kl\$]f nufgl /sd? p7f0{s]kl5
jfr / knB/]gsf]gfdff ; øQm vftf vfh]
; #fng ug{; lsg]/ ToF]/sd nufgl jfx\$
c6o s'/df vr{gug].

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

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

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

gof" knB/]gnf0{ Psk6s dfq clkm
JoJ:yfkgf]nflu ; xofu ug].

ca sg]klg lsl; dsf]nufgl ubf{; d[4lt/
nfg]cEof; u/] dfq nufgl ug{; lsg].
nufgl kfpqsf]nflu cuf]8 lg0f6 ePsf
#ofs, rkl{ vflN8f] agfpg]3/ cfug
; /; kmf0{ug] cflb kj{zt{x? k'f u/\$f]
xgkg].

knB/]gsf ; fylx? gf06 xN6]hdf hfbf
jfrsf]glit cg; f/sf]vfgsf]vr{lb0G].
t/ gf06 xN6]hsf]l/kf6 n]vPsf]xgkg].

sg} knB/]g sfo{t /x\$]f]7fpdf c6o
; #yfn] ; xofu ug{ ; Sg] cj:yf bl]vPdf
jfrn]k|tfjgf nVg l; sfpq]tyf ; xofu ug]

?k6b]L ; f06sf \$ j6f knB/]gx?sf]vr{
ljz/Of abjndf aemfpg] / ; f]lan xl/
kn5df6 ugkG] /sd kn5df6 u/L lb0G]
cf]yn9: f knB/]gsf] cf]yn9: f ; f06 af6}
kn5df6 ugkG] / 5dn] ; f06sf bj}
knB/]gx?n] sf7df8f]df lan ekf0 aemf0{
kn5df6 ug].

hfgl /fvf]-

-lj leG tflnd uf]Lx?df ; xhstf{8f=
gf/fo0sfhl >]7j f6 cleJoQm ul/Psf
egf0{x?_

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

dVh]dfq uNtl bfx]f]ofp5 .

dlxnf hfU/Of qdf]l; s klqsf

- ☞ ; Todf 7hf] zIQm 5, To; nf0{ kpf] ugfi, 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] nfl05 Tof] x65 , ag5 . 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] ag5' eg] kl5 dfq x65 . xfdln] u/ljnf0{ 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}ugfi .
- ☞ sg] klg lrh l; Q] lbof] eg] To; sf] pkof] xbg .
- ☞ jflg]j hf Pp6f Jojxf/df csf]eof]eg] ; d:of x65 . h]jfln65 Jojxf/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] , Tofxf" gku x65, kmxf] x65 . kmxf]j f6 plJhg] /f]sf l560fx? tkf0\$df klg cfp5 / /f] ; f5{. cfkm] dfq xg l5d\$] / ul/jnf0{ klg dfly p7fpq] clg dfq tkf0{ :j :y / lg/f]l xg ; Sg' x65 .
- ☞ ul/jnf0{ bfg lbP/ dfllg] gjgfpq] . ul/jnf0{klxf df65]jgfpq] .

- ☞ dlxfx? c; Qm sdhf] dfq xf06, eujtl, r08L, blf{ dxfsnl klg xf] To; h]Tof]?k klg b]fpg ; Sg'k5{.
- ☞ sjfsf] Eofutfh] ; #f/ x\$ { eg] dfq xbg . klxf sjf jf6 jflx/ cfpq'k5{/ xg{k5{clg dfq ; #f/ b]v ; l65 .
- ☞ ; To gl7f] lttf] x65 t/ k5L cfpq] bMv x/fP/ hf65 .
- ☞ embnf0{ 9fs 5fk gugfi To; n] df65] ljuf5{.
- ☞ Ps k6s emb jfh]k5L To; nf0{ 5flg ; of}emb jfl5 / k5L embg}; 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] lgo6q0fsf nflu Jojxf/ 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=] = :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, klhg] :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 q6fl; 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] xofej
/ e]hej 36f0{cfldan / cfldljZjf;
a[4 ug]p2]on] ?kGb}L / slkna:tsf
Pr=cf0{el= ; qmldt k?ifx?nf0{ !@&
k6s tyf dlxnf?nf0{ !&^ k6s e]l
; 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/
af' \$fx?sf] bl3f0{sf] sfdgf ub] ; w\$
aifx?df h:t}o; aif{klg d]dlxgf sf]
t]f] cf0taf/ tyf d] @)-& sf lbg
c]t/fli6@ d]gaQL lbj; cfzf Hof]t
; xof]u ; dfh ?kGb}L / cfzf Hof]t
; xof]u ; dx slkna:tsf] cfof]hgdf
?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]yof].
j; kfs0f cfpghfg]df]lg; x? tyf ; jf/L
rfns / Aoj; folx?nf0{ Pr=cf0{el=
÷P8\ tyf ofg/fu ; DaGwl 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? nfe]lg]t
ePsf lyP .

!=Pr=cf0{el= ; qmldt sf]; sf/flds ; f]f0{
ckmhf0{Pr=cf0{el= ePsf] (-l) aif{ePsf]
/ pd] \$) aif{?kGb}L lh]nf 3/ atfpg]
Ps Pr=cf0{el= ; qmldt dlxnf ckm
Pr=cf0{el= ; qmldt ePk15 e]lgk/\$fl]
; d:of, xofej, / e]hej ; fy}; :yfdf
cfa4 eP kl5 ; sf/flds ; f]f0\$fl]; fy
cfldan 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 .

s]za sdf/l kf]y]h
jfr, ?kGb}L

d]f] gfd 6df0f kg xf] d]f] h]d :yn
slkna:t' lh]nf xf] eg] sd]yn ?kGb}L
lh]nfsf] ?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 cfP/ 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]f] df0f a:g yf]ng >ldfg\
0108ofdf sfd ug{xG]Yof]eg]d 5f]f 5f]L
kfn] 3/d}a:y]. >ldfg\0108of af6 k}f
sdfP/ !-@ aif0f cfpghfg] d v]Lsf]
sfd u/] /fd]; u uhf/f rnf]pb} cfPsf]
lyP .

s]l aif{kl5 >ldfg\s]l va/ gu/L
la/fdl eP/ cfpghfg' eof]. hg c:ktfn df
n]bf klg >ldfg\$fl]/fu kQf gnfu] cf]fwl
ubf{ubf{h]uf klg a]g k]of]. s]l l; k
gufn] >ldfg\$fl] kxf8 3/ kf]y/fdf lyof]
Toxl nu]/ kf]y/f / ;sf/L c:ktfn df r\$
u/f]pbf Pr=cf0{el= kf]h]6e b]lvof]. Totl
a]hf dnf0{Tof]/fu eg\$fl]yxf lyog .
8fS6/n]Pr=cf0{el= =gsf]xb] eg]. pxf'
cl]td cj:yfdf kl]g' ePsf]/x\$. pxf'nf0{
h]dg n]l5 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\s]kl5 ePk15 s] ug] ckm ; t\$
ePsf]eP dnf0{t n]lg]lyPg . xl:k6naf6

dlxnf hf]u/of q]fl; s klqsf

InP/ cfPsf] @ dlxgf leq g}z/L/ e/L
3fp vl6/f cfpq] cfjfwl ubf{ klg lgs]
geP/ pxfsf] d[o' eof] . >ldfg \ nf0{
Pr=cf0{el= nfu} d[o' ePsf] s/f ufp'sf
; ahf0{yxf lyof]. nf; p7fpg klg ufp'sf
dfg; 8/P . d}f]3/df gcfpg] dh]5f]Psf]
klg gvfg]ufp"e/L d}f]s/f sf6g]u/]. /
dfg;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} dfg]{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]
lxDdt 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{mdx? /vL
xfhl v}h} ; dxn]? ##) cfdbfgl u/\$f]5 .
To:t}df5f j} } ? (%*) cfdbfgl u/\$f]s/f
; dx ; b:o sf}znf buf}lofn]j tfpg' x65 .
; dxn]ufpdf /x\$}kfy/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}6f] ; / ; 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 j8uuf / 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\
 . jf8uuf 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 q}fl ; s klqsf

pxf[sf] sfvdf ;fgf] 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} % dlxgfsf] aRrfsf] 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 jxfg v]b} cfpj
qmddf cfk]f] 3/ cufl8 cfP kl5 p:nf0{
l6el xg] {dfly hfp" ,lj:s6 vfg lbphf egl
kmsf5 . s}L 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} . cem hfg] jhdf of] s/f
s; h]f0{ elg; eg] t}f] j}f, cdf, / thf0{
df5{eG] wDsl lb0{j flx/ 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] tl
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/ leqP 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] x65, ; 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] 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
s}L 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} . nlnTk/
lhNnf cbfntdf @)^\$ h] @) ut\$] lbg
d4f dfly ; g]f0{ eof] . gk]n jf/
P; f] ; P; gsf] sf]g] ; xotf kl/of] hg
c]tu\$ nlnTk/ jf/ P; f] ; P; gsf] dlxnf
zfvfsf clwj Om / fHonldl ah]fo{/ /ldnf
zfSo To:t} ; /sf/L jlsnn] ; f] db] dfd jx;
ug{ePsf] eg] Pkm8Jn} Pn} 8-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 k}z} 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 k}z; gdf klg 5f}-
8fS6/ kf0h6 g] [gf/L t/ kl5 5f}-
dlxnf hfU/of qd]f; 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]kf]n 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] nfu5 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 0]fsdf a; f]f; ug]
Pr=cf0{el= ; em]dtx?nf0{ ; jf:Yo tyf
x}rfx ; 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]sfd 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]/ hl]gdf cfzfsf]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 of]g/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]d ; mfng ug].

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

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

? gj sL/of kn; a6j n ; d6j 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 ?k6b]xl zfvf / a6j n gu/ k]f]nsf, ?k6b]xl ; u ; d6j o u/L cj ; /afbl /f]usf] pkrf/ ug]sf ; fy}sf7df08f]af6 l ; = l8= kn]f] hf] / P= cf/=el= sf]z? ug]sf nflu cfly6 ; xof]u -uf8l eff8f_ lng d4t u/3f].

? kl/j]t]gsf nflu sfo]t dl]xf ; 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]bfg u/3f].

? sf7df08f] l:yt lale6g qmf0{ ; x]f]x? ; u ; d6j o u/L l ; = l8= kn]f] ; h hf] 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]fofPsf].

? gjls/of kn; ?k6b]xl zfvf, kl/j]t]gsf nflu sfo]t dl]xf ; 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]fl/ ; sng / d6]aQl afnl @ \$ cf ; d6]aQl k]j ng l]bz dgfPsf].

? ?k6b]xl 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]f0, ; jf:Yo -l6=al=, of]g/f]u / cj ; /afbl /f]u_ hfr ; Da6wl ; d:of af/]f 5nkm tyf x]r]fx ; d:of k]bfg u/L ; b:otf la:tf/ u/3f].

? jN8{ lehg 06/g]zgn, ?k6b]xl]sf ; xof]udf ! \$ hgf Pr= cf0 el= ; emdtx?sf] afnaf]nsfx?nf0 laBfnodf egf{/ k7gk]7gsf] nflu 6ogtd ; xof]u k]bfg u/3f].

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

lazij ; dfrf/

?k6b]xl l]f]g

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

dl]xf 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 ; GtlN] ; dXdf ; d:of /fvgeof]. ; dxn] sf65L >ldtLsf] gful/stf jgf0{ ; s\$]f] j eP/ 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 ; DklT 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] ljifonf0{ NofP/ lk6g] w]sl lbPsf0f sllkgf, sf65L, >Lhgf dlxfn ; dX / dlxfn hfU/Of ; xof]u ; dXsf] /f]j/df lgh JoIQmf0{ lemsf0{ 5nkmm ubf{ ; f wdf sf7 kg] ePsf]h] cfwf sf7 lbg] lg0f6sf ; fy} v6df ; dfP/ cj b]lv slxn] o:tf] zJb e6g] 5g / eg0f ; 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 dlxfn ; dXsf] ; b:o l6sf kx/f0{dfly ut r0 !@ ut] /ftl * jh] :yfglo /0 axfb/ ykfk, 5fk axfb/ ykfk, blk' g]kfnl, 1fg j xfb/ lrbL, Hof]t lj -s=, z'/z lj -s=n] xftkft / n5f/ k5f/ u/]. j hf/j6 kms0} u/\$f lghx?n] r'/f0 dfubf k; n] bf0n] b\$fg jGb e} Sof]r'/f0 kf06g] eg] k15 tl JoIQm?n] k; nsf] z6/df

nfQln] xfg yfn]. clg lsg xfg\$]ef] k7g ubf{ tl JoIQm?n] P\$sf;L l6sf kx/f0h]f0{ skfndf ; dft} n5f/k5f/ ubf{ kl/jf/sf ; b:on] xf/uxf/ u/\$f lyP . k15 ; j} dlxfn k?if Ps h6 e0{ ^ hgf JoIQm dWo} # hgfnf0{ ; dftl afw} efh]k16 ; Dd /fv] / l6sf kx/f0h]f0{ j6j n c~rn c:ktfndf nul pkrf/ u/f0{NofPk15 k]lt dlxfn ; dX / kmj f/L o]f Snj sf] ; lqmotdf j6j n 0h]sf kx/L sf0f0df km]g u/L jfh]f0{ kqmp ug{ ; xof]u ul/Psf]lyof]. c6o ltghgf klg kqmp ug] / kqmp gu/] ; Dd c?nf0{ g5f8g]. pkrf/ / lfltkl't{ jfkt hgxl ? #)) lt/k15 5f8g] dfu /flvPsf0f ^ hgfn]g)!*)) lt/γ dfq 5f8g] lg0f6 eof].

☞ slknj :t' sf] df]tk/ uflj ; cGt0t 9f8\$]f]h e6g] fpdf jif{ !@ sl ljiofdof ljz] 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 dlxfn ; dXsf] kxndf ufp\$df df65? hDdf e0{ ck/fwlnf0{ ; dfP/ sfnf0f] f] bn] hQsf] dfnf nuff0{ ufp" 3dfP/ sfj f]l u/k15 ufph] ; fd' cfudl lbgdf o:tf] sfd ulbg egl ldf dfu\$]f]h] dfkm lb0{5f]8Psf]5 .

☞ dlxfn hfU/Of ; xof]u ; dX ?k6b]Ln] k]tj k7 u/] cg;f/ l; S6xg, b]bx, s] jfgl / s/lxof uflj ; x?n] dlxfn sfo6dsf nflu cfly\$; xof]u pknJw u/fpg] ePsf 5g\

50n] lfgdf

☞ nlnk/sf] bg]f/ ufp\$df k0 j xfb/ bg]f/n] cfk]0f] >ldtlnf0{ lbg/ft s6lk6 ug]u/\$f] s/f gf/L lbjzsf lbg yxf kfP k15 ; 0Qm dlxfn lj sf; ; dX / ; 0Qm dlxfn hfU/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] j frf u/\$f]h] 5f8L lbPsf]5 .

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

JolQm JolQm]j

☞ sdf/L dlxf ; d]sf] ; b:o sfG5L
:of^atgsf] 3/ cfunfuldf k/\$f]h]
; eQm dlxf lj 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 lj sf; ; d]xfn0{
hfgsf/Lg}glb0{ ; :yfsf]clkm glhs}
/x\$]f] 6]\$ndf7 uflj ; kl/ibf
j :gnfu\$]f]yxf kfP kl5 dfl ; s j}S
:yug u/L sfo{ ; ldt ; b:ox? kl/ibf
j :b} u/\$]f] 7fpdf u0{ dlxfnf?nf0{
lsg j]f]h0Pg < v} t ## kl]tzt
dlxfnf?sf] ; xeflutf u/fPsf] eg]
hf]b]f/ 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 cfp
glbg] jrgj4tf b]v]fb} j}Sdf
; xeful u/f0]Psf] lyof] . kl/ibnf0{
dlxf / ckf sf gfddf klg jhG
5b]dfpg bj]f] lbP/ jhG 5b]dfpg
nuf0]Psf]lyof] .

☞ ; eQm dlxf lj sf; ; d]sf]pkf]Wol
wg sdf/L nfd] b]lrf} uf]j = =
b]p/fnl / ; lrj nldl tdf^an]
; fdbflos jg pkef]Qm ; d]sf] Ps
sfo{ ; ldt ; b:on]clgoldt tl/sfn]
jg k]b]fgl u/L sf7 lnPsf]cj:yfdf
sfo{ ; ldt]sf cG0 ; b:ox?n] rf; f]
glbPsf]xbf ; b:o wg sdf/Ln]lhNnf
jg sfoffodf clgoldttf u/\$]f]egl
lgj]bg lbPK15 jg sfoffojf6
sd]f/L cfP/ 5fgljg ubf{ uNtl
e]f0{? @%)) . - hl/jfgf u/\$]f]5 .
hl/jfgf /sd ; fdbflos jgsf]
sf]f]df /flvPsf]5 .

cf]yn9: f lf]qdf

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

☞ kf]n\$]f] e:d]v]f]hsf k; klt /
hnsGof dlxf ; d]xfn0{ kfglldn

wg sdf/Lsf]k]Offbfol syf

-; f/bf cfr fo{
wg sdf/L nfd] cfk]gf] lf]qdf xnf] hf]lg]
klxf] dlxf ePsf]df uj{ ul5G\ . xgt
g]k]nl ; :s[tdf dlxfnf]xn]hf]lg'xbG eG]
egf0{ 5 . t/ pgn]of]rngnf0{ tf]l8gV
cfh ef]hl c? dlxf lbb]lxlgx?nf0{klg
cfk]gf] s/f ; g]fpg] ul5G\ . pgl nln]tk/
b]l]rf]df /x\$]f] b]w]j/L dlxf ; d] sf]
c]Wol xG\ clxn]pgsf]pd] \$* jif{ePsf]
5 . pgl dlxfndfly xG]e]efj / lx:f lj?4
n8G k]Off jg\$]l 5g\

wgsdf/Lsf] :j tGq / lx]Ddltnf] Jojxf/sf]
cfk]gf]0]txf; 5 . pgl !^ jif\$]l xbf pgsf]
lbb]sf] d[o" eof] . lbb]sf] d[o" ePk15
j]fcfdfn] pgsf] lj]fx ljw/ legfh';
u/ lbg] tof/L u/\$]f] yxf kf0G\ . rf/
; G]f]g]sf] jfp e}sf]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^a
vf0{ ; s\$]f] - s'/f]l5lg; s\$]f] cj:yfdf pgl
3/j]f6 eful kx/L rf\$]ldf uP/ 36gf
j]tfP/ kx/Lnf0{ cfk]gf' u 3/df nul cdf
j]fnf0{ ; df0{yGg nuf0G\ . kx/L rf\$]ldf
legfh' / j]fcfdf; u lj]fx /f\$]g k^a vfPsf]
5f]k]k]q sfuh jg]fP/ dfq 5f]l8Psf]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]d]j]xfb/ nfd]; u
cfk]gf]/fh]lv'; Ln]ljx]ul/g\

bfDkTo hl]g lj]tfpg]q]mddf pgl >ldfg\ u;
ef/tsf] lxdf~rn k]b]z klg u0G\ . Toxf"
j ; \$]f] ; dodf pgsf] # jif\$]f] 5f]f]e}sf]f]
lyof] . t/ pgnf0{ >ldfg]h] s]lk6 ug]
u/\$]f]h] lj]b]zdf NofP/ s]lk6u/L b]M
lbPsf]egl Toxf's}kx/L rf\$]ldf lgj]bg lbP
kl5 kx/Ln] ; dft} rf\$]ldf Nof0{ c]b]lv
slxNn} klg s]lk6 ug] 5G egl sfuh
u/fP/ 5f]k]k]q lyof] . To]x ah]fb]lv
clxn]Dd >ldfg]h]gs6\$]f] s/f j]tfp]5g\
pgsf] egf0{ 5, dlxfnf0{ s]lk6 ug]
hf] S]h]f0{klg To; }5f8G xbG . dlxf lx:f

dlxf hf]u/Of q]df]l; 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^a 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]hf, 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]v9: f sfo{f] M
 a0ff] uf]a=; ^,dfg]f8f
 5]n]sfo{f] M
 5]n]uf]a=; =@, l; Dkfgl

;Dkfs d08n
 pbo >]f