

ofḡsdl{dflysf]lx#f /f\$yfd

tflnd kl:tsf

@^!

kl/j tḡsf nflu sfo{t dlxnf ;dx -jfr\_  
sf7df08f)-gkfn

tflndsf laifoj :tx?

lbg	laifoj :t'	lj lwx?	; do	; xhstf{
kyd	<p>!=kl/roifds</p> <p>!=! = :j fut, pb3f6g</p> <p>!=@= vbfj (Meditation)</p> <p>!=# = kl/ro sfo\$ð</p> <p>!=\$ = p47o k tlt</p> <p>!=% = tflnddf kringf ugkgIglit lgod</p>	<p>kj rg, ; fdlxs</p> <p>; fdlxs</p> <p>lkm j fhla</p> <p>kj rg</p> <p>; fdlxs 5nkm</p>		
bf]f]	<p>@ = ; d:of klxrfj tyf ljZnif</p> <p>@! zf/ll/s pkrf/</p> <p>@! Aoj xf/ / ljZjf;</p> <p>@# ofg Aoj zfo</p> <p>@\$ ofgsdl{lj?4sf]lx:f, oftgf / lk8f</p> <p>@% lx:f sf sf/0f / c; /x?</p> <p>@^ lx:f sf]l; 4ft / ksf/x?</p>	<p>; fgf ; dX sfo{</p> <p>clego sfo{</p> <p>; fgf ; dX sfo{</p> <p>; fgf ; dX</p> <p>5nkm÷clego</p> <p>; dX sfo{</p> <p>kj rg / ; dX sfo{</p>		
t]f]	<p># = lx:f /f\$yfdsf pkfox?</p> <p>#! lx:f /f\$yfdsf]cwf/-dfgj clwsf/</p> <p>#@ lx:f kOf]jftfj /Ofdf ofgsdl{hljg</p> <p>## lx:faf6 hf]ug]pkfox?</p> <p>#\$ ofgsdl{x? dfly xg]lx:f /f\$yddf</p> <p>u}; /sf/l ;:yfsf]eldsf</p> <p>#% tflnd dNof°g</p>	<p>kj rg÷; dX sfo{</p> <p>; dX sfo{</p> <p>; fgf ; dX sfo{</p> <p>; dX sfo{</p> <p>AolQmut sfo{</p>		

**!= k]edl**

; a}dflg; x?n]sg}}g sg}}k}f Aoj zfo ub}cfPsf 5g\ ; fj h]gs :jf:Yo / g]tstfdf kl'tsh c; / gkfg]u/L ; a}vfn]k}f Aoj zfo ug{kf0g]s/f ; lj>wfg / sfggdf pNn]vt 5 . o:t}lj leGg vfn]k}f Aoj zfox? d]b]Aoj zfos of}sd{klg Ppof k}f Aoj zfosf]?kdf w}]; do cufl8 b]l r]b}cfPsf]5 .

dfgj clwsf/ tyf d]ns xs ; a}f nflu ; fem rf; f}f lj ifox? xg\ o; q]ddf dlxfx? dfyl xg] lj leGg Isl; dsf lx+fx? klg ; a}f]rf; f]/ ; /f}f/sf]lj ifoj:t' c]t/ut kb5 . vf; u/L 3/df 3/]' sfdbf/sf]?kdf sfd ug]dlxf, pB]u tyf snsf/vfgdf sfd ug]d]b/ dlxf / Aoj zfos ?kdf /x}f of}sd{dlxfx? d]ly lj leGg Isl; dsf lx+fx? x}cfPsf 5g\ 3/]' lx+fdf k/}f dlxfx?sf] xslxsf]nflu lj leGg Isl; dsf ; xof]x? x}cfPsf klg 5g\ To:t}d]b/ dlxfx?sf]xs lxtsf]nflu klg lj leGg ; u7gx? ag}f 5g\ t/ Aoj zfos ?kdf of}sd{df nfu}f]dlxfx?d]ly lj leGg Isl; dsf lx+fx? x}f vf; u/L sg]klfx?af6 klg kofkt ; xof]u ldn}f]cj:yf kf0g .

of}sd{dlxfx?n]cfk]df d]ns tyf sfg]l clwsf/sf]af/df kofkt ?kdf hfgsf/L klg kfPsf xb}g\ To:t}plgx? lj?4 xg]lx+f, oftgf / lk8fx?nf0{plgx? cfk]k}f; df / c?sf]; xof]u lnP/ s; /L /f}yfd ug{; ls65 eGg]jf/df Ps cfk; df j; ; 5nkm xg]cj:yf klg ; hgf ePsf]b]v} . o:tf] cj:yfd of}sd{x?d]ly xg]u/}f lx+fx?nf0{/f}yfd ug{/ plgx?sf]clwsf/sf]af/df ; r] u/fg cfj Zos x65 . o; sf nflu ; ~rfng ul/g]t]ndnf0{k}fj sf/L agfpg of]t]nd ; fdfull agf0Psf]xf].

**@ t]ndsf]nlo / p4o**

**nlo**

of}sd{x?nf0{lx+f, oftgf / lk8faf6 h]ug / cfk]df]d]ns clwsf/sf]pkof]u ug{; xof]u k}ofpg'.

**p4o**

- o; t]ndsf]c]t]odf ; xefulx? lgDg s/fdf ; lfd xg}5g\
- != lx+fsf]kl/efiff / AofVof ug{.
- @ of}sd{x?n]ef]g'kl/x}f lx+f tyf oftgfsf Isl; dx? klxrfg ug{.
- #= lx+fsf l; 4f6t / lj z]ftx?sf]lj Zn]f]of ug{.
- \$= lx+f, oftgf / lk8fnf0{/f}g]pkfox? kOf nufpg .
- %= lx+f, oftgf / lk8f /f}gdf ; xof]u ug{x?sf]klxrfg u/L pglx?sf]eldsf lgSof]h ug{.
- ^= lx+f, oftgf / lk8f /f}gsf nflu z?jft ug]sfo]md agfpg .

**#= cfz]tt pkn]Aw Pj -g]thf -ck]ff**

- !\_ of}sd{x?n]cfk]dfly xg]lx+f /f}ydsf]nflu cfk]k}f; ug{; Sg].
- @\_ kx/L k}f; gaf6 lx+f ePdf To; sf]klg pkrf/sf]v]hl ug{; Sg].
- #\_ lx+f /f}ydsf]d]b]daf6 lx+f Gols/Of e0{of}sd{x?sf]hljg :t/df ; wf/ cfpg].

**\$= ; xefulx?**

- o; t]ndsf ; xefulx? lgDg cj:yfsf xg}5g\
- s\_ of}sd{x?sf]?kdf sfo{ul/x}f dlxfx?
- v\_ of}sd{x?sf]?kdf sfo{ubf{lx+f, oftgf / lk8f e]b}cfPsf dlxfx?
- u\_ of}sd{x?sf]sfg]l xs lxtsf]nflu sfo{ub}cfPsf ; 3 ; :yfsf AolQmx?

**%= t]nd ; ~rfng klqmf / lj lw**

of]t]ndnf0{; 3ff]ts / kof]f]ds b] }klqmfj f6 ; ~rfng ul/g} . t]ndnf0{; xefult]d]hs z]h] j f lj lwj f6 ; #fng ug}f]nflu o; t]nddf ; fdf]otof lgDg lj lw? ckgfpg ; lsg} M

- ☞ n3'kj rg, ; fd]xs 5nkm, ; fgf ; dx sfo{
- ☞ Wofg (Meditation), dlitis d]yg, k}gfQ/, AofVofg,
- ☞ d]dnf cl]bog, clego÷eldsf k}z}g,
- ☞ 8]k]l, lk]m, j fl]h<sup>a</sup>,

**^= b]gs ; ldlff tyf d]nofsg**

!= b]gs ; ldlff M ; fgf ; dx sfo}f]?kdf ; DkGg ul/g].

@= t]nd d]nofsg M ; a}; xeflux?nf0{AolQmut ?kdf t]ndsf]d]nofsg ug]df}f k}fg ul/g].

# != :j fut / pb3f6g sfoqnd

;]g g=!  
;do M

## k[7edl M

tfInddf pkl:yt xgePsf ; xefulx? bv zvsf ljleG kl/j zaf6 ulhPsf xg ; SgxG5 . ofgsdl\$[f]  
?kdf sfd ug{nfukl5 j xfx?nf0{; Ddfg / :j fut eGbf klG lx:f, oftg / lk8fn}; tf0{x\$[f]xG5 . To; h]  
o; tfInddf efu lng cfpG' ePsf ; xefulx?nf0{; Ddfglt / cflduf}j xg]u/L ; f}fbkOf{?kdf :j fut  
ug{cfj Zos xG5 .

sg}klg tIndsf]pb3f6g ug{/fd[]xG5 . o; af6 ; xefulx?df tInnd ljwj t ?kdf z? ePsf]dxz';  
u/fpb5 . tIndsf pb3f6gx? ljleG lsl; dn]xg]ub5g . klOh; f]tIndsf ; xefulx? eGbf afx/sf /  
tIndsf]ljifoj :tsf] af/df 1fg gePsfx?n] tIndsf] pb3f6g ubf{Psftkm{ tInndkl't ; xefulx?sf]  
ckg]j gxg]/ csf]km{Pp6f c}krfl/stf dfq lgj f} xg]cj :yf xg ; S5 . o:tf]cj :yfdf ; xeflux?sf]  
klg tInnd pb3f6gdf eldsf xg]u/L pb3f6g ug{sfoqnd agfpG' kg]cfj Zostf xG5 . To; h]:j fut tyf  
pb3f6g ; Da6wl of]; ]g /flvPsf]5 .

## cleklo M

; xefulx?nf0{tInnd z? ePsf]/ tInddf cfkmg]klg eldsf xg ; Sg]s'/f dxz'; u/fpg'.

## l; sf0sf p2]ox? M

of]; ]gsf]cGto ; Dddf ; xefulx? lgDg s'/fx?df ; lfd xg]5gW

- s\_ cfkmg? klG cGo dflg; ; /x :j fut of]o dflg; g}xf]eG]s'/f atfpg,
- v\_ sfoqnds]pb3f6g h:tf 7hf sfdx? klG ; fdLxs ?kdf ug{; lsg5 eG]s'/f cleJoQm ug{.

## klzlf0f l; sf0sf lqmfnsnfkx? M

- !\_ ; xefulx?nf0{; dw/ tyf ; f}fbkOf{?kdf :j fut ug]
- @\_ pb3f6g ; Da6wl ; ]gsf]k[7edl / cleklo :ki6; # atfpg].
- #\_ pb3f6g sfoqnd ; fdLxs ?kdf ; DkGg ug\$[f] nflu lgDg klqmfns? :ki6; # atfpg] /  
; xeflux?n]gaemdf kGm; Hfkt ?kdf atfpg]M
- ? ; a}; xeflux?nf0{pleg cg/fw u/L tIndsf]Aofg/ 6f}Ptkm{uf]hsf/ ?kdf pleg nufpg]/  
; a}h]Ps cfk; df xft ; dfg nufpg]
- ? tInnd cfof]hs jf ; xefulx?dWb]pd]sf]lx; fj n]; a)eGbf al9 pd]sf]jf sd pd]sf]AolQmf0{  
tIndsf]Aofg/sf]; fdGgdf pleg nuf0{Aofg/df n]vPsf]s'/f k9g cg/fw ug]/ pQm AolQm]  
k9\$[f zAbx?nf0{; a}; xeflux?n]; u}af]g cg/fw ug]
- ? o; /L pb3f6g Aofg/df n]vPsf ; a}s'/fx? ; a}h]; fdLxs ?kdf kl9; s]kl5 tIndsf]pb3f6g  
sfoqnd ; dlxs ?kdf ; DkGg ePsf]s'/f cjut u/fpg].

## ;]gsf]dllofsg M

pb3f6g ; q s:tf]nflOf]/ lsg < ; f]af/]; xefulsf]lj rf/ lng]/ ; ]gsf]lgrf\$ atfpb}; xefulx?nf0{  
; lqmfkf] \$ pb3f6g ; ]gdf ; xeful ePsf]df wGoj fb lbP/ ; ]g cGto ug].

## tfInnd ; fduLx? M

!= tInnd cjwle/ tInnd xndf 6f:gsf]nflu sk8f jf sfuhdf n]y] tof/ ul/Psf]Aofg/  
@= Aofg/ 6f:gsf]nflu dfl:s^a 6k jf yd klG jf ; fg]l]snf cfbl .

## ;xhstf0{dfukzG M

- s\_ pb3f6g sfoqnddf z?df Aofg/df n]vPsf s'/fx? k9g]AolQm cfof]hs jf ; xefuldWb]sf}af6  
u/fpg]eG]s'/f klxn]g}glZrt ug{k5{.
- v\_ ; xefulx?dWb]pd]sf]cfwf/df pb3f6g ug]AolQm 5fG]eP klxnf g}To:tf]AolQm 5fg] gfd kQf  
nuf0{/fVg' k5{.
- u\_ ; ]gkl't ; xefulsf]k[7kf]fOf lng lj ; G'xbG .

@- Psfuþf -Wbfg - Meditation\_ / cgètl

;]g g=@  
;do M

k[7edl M

dflg; x?sf] dgdf ; do ; dodf yk}vfn]lk8f, tgfj, eo, 8/ cfbl s/fx?n]kèfj kfl//x\$]x65 .  
dflg; sf]dgdf cgètl ePsf o:tf lk8fx?sf]; hgf p; sf]cfkm'kf]sf/0fn]e6bf klg p; sf]3/ kl/jf/,  
gfngrtf, cfkm't, l5d\$], ; dfh, ; /sf/l lgsfo cfblaf6 e0/x\$] x65 . o:tf] oftgf tyf lk8fn]  
dflg; x?nf0{c6wsf/tkm'ws]h/x\$]x65 . To; df klg dlxfx? hg vf; u/l of9sdl\$]?kdf /x\$] x65g\  
pglx?n]o:tf ljle6g klfx?af6 ljle6g lk8f, oftgf, tgfj, eo tyf 8/sf]; fdgf ul//x\$] x65g\ o; n]  
pglx?sf]hljgdf phofnf]e6bf s6f]a9l c6wsf/n]5f]kl/x\$]x65 . pglx?n]cfkm'klg c6o dflg; ; /x  
s}xl; otdf /x\$]cgètl ; d] ug{kf0{x\$] x65g\ To; h]of9sdl\$]?nf0{cfkm'klg c6o dflg; ; /x g]  
/x\$]/ cfkm'nufot c?nf0{klg phofnf]lbg ; ls65 e6g]s/fsf]cgètl u/fpg' cfjZos 5 . o; sf  
nflu pglx?nf0{s}xl ; do ; Dd Psfu|eP/ Wbfgdf ; nlg u/fpg ; ls65, h; n]ubf{pglx?n] cfkm'kf]  
hljgdf c6wsf/ x65g, phofnf]Nofpg ; ls65 / c?nf0{klg phofn]lbg ; ls65 e6g]cgètl xg ; sf] \  
To; h]; xeflux?nf0{s}xl ; do Wbfgdlg u/fpgsf]nflu of]; ; g /flvPsf]5 .

cleklo M

of9sdl{; xeflux?nf0{xfdl klg dflg; x}dflg; sf]; j]f ul//x\$] 5f]w hljgdf phofnf]cfpg ; S5 e6g]  
s/fsf]cgètl u/fpg'

I; sf0sf p27ox? M

of]; ;]gsf]c6to ; Dddf ; xefulx? lgDg s/fx?df ; lfd x65gW  
-s\_ sg}klg sfdsf]Pp6f g Pp6f p27o x65 e6g]s/f atfpg,  
-v\_ of9sdl\$]?n]ul/x\$]sfdn]klg dflg; sf]; j]f ug]sfo{g}ePsf]5 e6g]s/f cleJoQm ug{.

k|zlf0f I; sf0sf lqmfnsnfkx? M

-!\_ ; ]gsf]k[7edl / cleklo :ki6; u atfpg].  
-@\_ ; xefulx?nf0{ufhf] 3]fdf jf xndf Aojl:yt / ; lhnf]lsl; dn]5l/0{kn6l s; ;] zfbt e0{  
a:gsf]nflu cg/fw ug].  
-#\_ ; xefulx? o; /l a;l ; s}kl5 plgx?nf0{x/\$ lqmfnsnfksf]p27o x65, p27o ljgf u/\$]sfd  
; kmn x65 e6g]s/f atfpg}tkf0\$]hljgsf]p27o s]5 eg] k7g ; flg].  
-\$\_ ; xefulx?n]cfkm'kf]hljgsf]p27o eP gePsf]s/f atf0{; s}kl5 d klg dflg; x'w dflg; eP/  
afRg rfx65' e6g]efjgf jf p27o lng'k5{e6g]s/f dxz'; u/fpb}sg}sfid ug\$]nflu pQm  
sfddf Wbfg s]6bt eof]eg]Iof]sfd ; kmn x65, sfd Psf]t/ / Wbfg csf]t/ eof]eg]Iof]sfd  
; kmn x65 e6g]cleAolQm lbb}s}xl ; do Wbfgdlg x65sf]nflu dflg; s ?kdf tof/ u/fpg].  
-%\_ ; xefulx? Wbfg ug\$]nflu dflg; s ?kdf tof/ e0; s}kl5 lgDg cg; f/ Wbfg ug\$]nflu cg/fw  
ub}hfg]M

cfvf j6b ugxf] \gfsaf6 Zjf; lngxf] V d'vaf6 Zjf; km'ngxf] \Zjf; leq k:bf / aflx/ lg:sbf  
; jf; df Wbfg s]6bt ugxf] Wbfgnf0{bflxg]v\$fsf]a9l cfh'fdf s]6bt ugxf] \a9l cfh' rnfpg' xf] \  
b] ]v\$fsf]a9l cfh'fdf s]6bt ugxf] \a9l cfh' rnfpg' xf] \b] }xfts]a9l cfh'fdf Wbfg s]6bt  
ugxf] \ba}a9lcfh' rnfpgxf] \tkf0{cWbf/f] sf]fdf / j]l/kl/ c6wsf/ ePsf] ; Demgxf] \tkf0{  
c?nf0{; tli6 lb0{x\$] ; emgxf] \of]sfo{b} tfsf]kfnfb]v x6}cfPsf]xf] dh]g/fd]sfd ul//x\$]  
5g, dflg; sf]cfjZostf kl't{u/l ; j]f ul//x\$]5' e6g] ; emgxf] V tkf0\$]d6leq Pp6f phofnf]  
alQ jln/x\$]5 e6g] ; Demgxf] V cfkm'kf]j]l/kl/ phofnf]ePsf]dxz'; ugxf] V cj tkf0{l] :tf/}  
phofnf]ePsf]dz; ; ugxf] V cj lj :tf/}cfvf vflgxf] \  
-^\_ Wbfg ; ls0{; s}kl5 ; xefulx?nf0{lgDg k7gx? ; f]w 5nkmn u/fpg]  
? Wbfg s:tf]nfllof]  
? tkf0n]ul//x\$]sfo{s:tf]/x\$] <  
? tkf0\$]hljgsf]p27o /x\$] sl /x65 <

;]gsf]dNofsg

-!\_ Wbfg / 5nkm s:tf]nflor/] lsg < ; f]af/]; xefulsf]lj rf/ lng]/ ; ]gsf]lgrf} atfpb} ; xefulx?nf0{; lqmotfk} \$ ; ]gdf ; xeful ePsf]df w6oj fb lbP/ ; ]g c6to ug].

tflnd ; fduLx? M

tln d slfdf 6f:gsf]nflu tof/ ul/Psf ; fduLx?

;xhstf]f0{dfuLx? M

-s\_ ; xhstf]f]Wbfg s]xf]/ o; sf km0kfx? s]5g\ e6g]j f/df ; fdf6o hfgsf/L lng'kg]x65 . o; sf ; fy}; xhstf]f]; xeflux?nf0{cfkm]f]x]; ot klxrfg u/fpgsf]nflu tn pNn]vt s'/fx? e6b}/ ; f]l cg; f/sf]cEof; ug{nuf0{5nkmnf0{k6fj sf/L u/fpg ; l65 .  
-v\_ ; ]gk]t ; xefulsf]k[7k]f]of lng lj ; g'xb6 .

cWof/f] xfdl leq}km]n/x\$]f]5, xfdl pHofnf]x6j{8/fp5f}. xfdl leqsf] cWof/f]h]x]fdl]elj io 8]f0 /x\$]sf]5 / xfdl]; Gtfgsf]elj io klg cWof/f]e0 /x\$]f]5 .  
t/ cj csf]tl/sfn]lj rf/ u/f] pHofnf]tkm]f6 x]f]/ c6ej u/f]; xfdl cfkm]Pp6f pHofnf] x]f]-xfdl cfkm]d6j Ql h:t}aln/x\$]f]lj rf/ u/f]; dflg; sf zf/l/s e\$nf0{j f of6 rfxgfnf0} xfdl k/f ul/ lb65f]-p slt ; Gt16 x65 . p; sf]; Gt16ln]p; nf0{phf{lb65, zIQm lb65 . To] phf{/ zIQm]p rnfodfg x65, To; h]p; n]u/\$]f]/fdl] sfd / ; km]tfnf0{xfdln]6]f k6ofPsf x65f]-o; h]x]fdl ; dfhsf cWof/f]x]f]g]-pHofnf]x]f]-d6j Ql x]f] pHofnf]lb65f]-zIQm lb65f]-phf{lb65f]-  
cj lj :tf/}lj rf/ ug]f] \c6ej ug]f] \tkf0{leq, tkf0\$]f]6f]psf]df pHofnf]5, To] pHofnf] 5f]tdf 5, k6df 5 , s]d/df 5 . c6ej ug]f] To]pHofnf]tkf0\$]f]of6 c6df 5, 3Bdf 5 cflg v\$]sf]cf]f-c]f]df 5 . c6ej ug]f] \To]pHofnf]h]f0{ ; dflg] \- To]pHofnf]h]f0{ ; dflg] \To]pHofnf]h]f0{ . tkf0h] To]pHofnf]h]f0{ ; dflt ; Sg' eof]. tkf0\$]f]x]f]tdf To] pHofnf]5 - Toxl+pHofnf]tkf0\$]f]c6 c6df 5 - c6ej ug]f] \cj dgdgd e6gf] xfdl pHofnf]x]f]- xfdl pHofnf]km]f]p5f]- xfdl klg dflg; x]f]/ dflg; x65f]- cj d]h]; G]u/L e6gf] Ad d65]x6 Ad pHofnf]x6 Ad pHofnf]km]f]p5f]. cj cf6f vf]h] x6j]f] \- xfdl] j]l/kl/ pHofnf]g]pHofnf]5 .

-u\_ ; xhstf]f]lgDg s'/fx?nf0{k]k/df n]y] tflnd slfdf ; a]h]b]Vg ; Sg]7fpdf 6f:g'pkoQm x65 M

ltdf] lj /f]lx?; # cfdg}; fdg] ePdf p; nf0{df of / k6n]lht . cfkm]f0{ k]fpg] -a6ng] ; j]f]Qd pkfo cfkm]f0{c?sf]; ]fdf lj :d]f u/fpg' x]. ; #f/df b]Vg rfxg]k]l/j t6]E ltdl cfkm]g]x6k5{. - dx]f]df uf6w  
j]Ql jfnl /f]vgsf]nflu To; df t]h] xfnl g}/xgk5{. xfdln]7hf-7hf sfd ug{; S6gf]- t/ xfdl ; fgf s'/f klg vj} :g] / k6sf ; fy ug{; S5f]- xfdln]slt w]l}lb65f]e6g]7hf]s'/f x]f]g t/ slt k6 / :g]sf ; fy lb65f]f]of]dx]j k6f{x]. - db/ 6]f] f  
b6j lb6 5f]k]l5 lj :tf/}d/of j /of ul/65 . gof]f]bg ; #; #}gof]f]j rf/x? / gof]f]zIQm ; #f/ x6'k5{. - ?hd]6  
plrt sfd ug{sg}klg ; do plrt g}x65 . h; /l c6wsf/n]c6wsf/nf0{x6fp5} t/ pHofnf]h]dfq x6fp5, To; /l g}30ffn]klg 30ffnf0{d6f]p6} t/ dfof / k6n]dfq d6fp5 . - df66 ny/ l6E

-3\_ ; xefulx?nf0{cfkm]f]sfo{k]t ; sf/flDs cj wf/Off agfpgsf]nflu lgDg s'/fx? /f]v ; l65 M

; xeflux?nf0{tkf0{leq cfdan ePg eg]nt]s5/n]klg tkf0h]f0{66} . To; h] cfdan a9fpg' k5{. k9fpg]d lz]fs xFeg] k]f/ u5{ skfn sf6]h]klg xhfd x]f]eg] k; ndf ; f0ga}f{/fv\$]f]x65 eg]tkf0{xfdln]cfkm]f0{s]eg] lrgfpg]< e6g]k]z6 /f]v} s]l 7f]psf pbfx/ofx? lb6 ; l65 . h:t}0lhk6df lNof]k6f6 e6g]of6sdl{dlxnfn]ul; sf]/fh]fsf]; Dks]df cf0{; j66f zIQmzfnl dx/f]gl jg\$] ly06 . xNof08df sf]gg] ?kdf of6 Aoj zfo ug{!j s]f lbPsf]5 . ef/tdf of6sdlx?nf0{gful/s]f lj gf klg v]tf vf]Vg kf0g]; lj wf lb0Psf]5 . stlko b]zdf rg]j df g]d of6sdl{x]f]eg] rg]j n8\$]f 5 . ?k6b]ldf of6sdl]d of6sdl{x]f]eg] e6g yfn]f 5g\ dlxn] Pstf ; #7gnf0{kqklqsfx?df of]of6sdlx?sf]; #yf x]f]eg] n]Vg]ub5 .

#= kl/ro

;]g g=#  
;do M

k[7edl M

tflnddf pkl:yt ePsf ofgsdl{; xefulx? km/s km/s :yfg Pj #k[7eDlaf6 cfPsf xG5g\ To; sf/Of  
; xefulx?sf alr Ps cfk; df /fd] u Irghfg ePsf] xbg . tflndnf0{; xeflutfdhs tl/sfaf6  
kfej sf/L ?kdf ; ~rfng ug\$]nflu ; xefulx? / ; xhstf{? alr Ps cfk; df :ki6 Irghfg / 3hdh  
xgkg{cfj Zostf k5{. km/s-km/s :yfg Pj #k[7eDlaf6 cfPsf ofg Aoj zfolx?n]cfkndfly ePsf oftgf  
; Dj Gwl cf-cfkm}cgej x? ; ufn\$ xg ; S5g\ ofgsd{; DaGwdf xg]u/\$f lj leG rrf{kl/rrf{?sf  
af/df klg km/s km/s cgej / wf/Offx? /x\$]xg ; S5 . o:t}cgej x? cfbfg kbf xg ; sdf o;  
; Dj Gwl sdf]hfgsf/L kkt xg]/ o; af6 kl5Mnf ; ]gx?df ; d] 5nkm ug\$ nflu ; lhnf]xg hf65 .  
To; sf/Of ; xeful - ; xeflux? / ; xhstf{alr Ps cfk; df :ki6 ?kdf Irghfg / 3hdh u/fpgsf ; fy}  
ofg Aoj zfo / o ; ; DaGwl wf/Off cfbfg-kbfgsf]nflu of]; ]g /flvPsf]5 .

cleklo M

; xefulx?nf0{Ps cfk; df kl/lrt tNofpg' / ofg Aoj ; fosf qmddf efu]sf lx#f tyf oftgf / To; af6  
hlj gdf s:tf]kfej k/\$]5 egl wf/Off cfbfg kbf xg u/fpg'.

l; sf0sf p2]ox? M

of]; ]gsf]c6to ; Dddf ; xefulx? lgDg s/fx?df ; lfd xg]5gM  
-s\_ Ps csf]; fylx?sf]gfd / 7ufgf atfpg,  
-v\_ ofgsdl\$]?kdf /xbf cfkmh]efu]sf lx#f / oftgf tyf o; ; DaGwl cf-cfkm]c6o cgej /  
lj rf/ cleJoQm ug{.

klzlf0f l; sf0sf lqmfnsnfkx? M

-!\_ ; ]gsf]k[7edl / cleklo :ki6; u atfpg].  
-@\_ tflnd xndf kl/ro sfomd cuf8 a9fpg]cEof; sf]nflu lgDg cg; f/ tof/L ug]M  
? tflnd xnsf]alrdf urhfsf/ ?kdf j:g ldNg]u/L kfr j6f rs6l jf s'; L{/Vg]/ pkl:yt  
; xefulx? / ; xhstf{? dWb] ofgsdl{x?dfyl xg] lx#f /f\$yfdsf ; DaGwdf sxl g sxl  
hfgsf/L ePsf sg}\$ hgfnf0{pQm % j6f dWb]\$ j6f rs6l jf s'; Ldf a:g cg/fv ug].  
-#\_ To; kl5 tn pNn]vt rf/j6f kZgx? n]vPsf d6fsf8{x? dWb] klxnf] kZg n]vPsf] d6fsf8{  
j f\$df 6f:g].

! = xfdl klg df65}g}xf] t/ xfdlnf0{c? df65}eGbf km/s ?kdf lsg x]/G5 <  
@ = cWof/fdf xfdlnf0{; j h]df of ub5 . t/ p Hofnfdf lsg l5 l5, b/ b/ ub]oftgf lb65g<  
# = xfdl cfkm]sdhf] dxz'; u/L efu] kf]xfdlnf0{c?n]nv6\$]xf]ls <  
\$ = xfdl]cf gf]kzfnf0{xfdlnf0{g/fdf]7fg\$]xgfn]g}; d:of ePsf]xf]ls <  
-\$\_ o; /l j:g]/ klxnf]kZg 6f:g]sfo{; DkGg eP kl5 lgDg cg; f/sf]kl/ro ug]tl/sf cyfE lgod  
:ki6; u atfpg]/ lgod aem]gaem\$]af/df kZg u/L gaem]df kGm :ki6 kfg].  
? z?df rs6l tyf s'; Ldf a:g]\$ hgf dWb\$] sg}Ps hgfn]/ qmdzM c6on] klg cfkm]f]  
kl/ro lb0{pQm kZgsf ; DaGwdf cfkm]f]wf/Off jf lj rf/ AoQm ug].  
? To; kl5 pQm % j6f rs6l jf s'; L{x? dWb]z?b]l g}vfnl /x\$]s'; L{jf rs6ldf qmdzM  
; xeflux? dWb\$] AolQm? u0{cfkm]f]kl/ro lbb}af6df 6fl+ Psf] kZgsf ; DaGwdf cfkm]f]  
wf/Off jf lj rf/ cleAoQm u/L cfkm]f]7fpdf cfp/ a:g].  
? o; /l qmdzM vfnl ePsf]s'; L{jf rs6ldf jl/kl/ urhfsf/ ?kdf a:gePsf t/ kl/rosf]nflu  
alrdf gcfp' ePsf ; xefulx?dWb]kfn]kfn]cf0{alrdf vfnl /x\$]rs6l jf s'; Ldf a;l  
cfkm]f]kl/rosf]; fy}6fl+ Psf]kZgsf ; DaGwdf cfkm]f]lj rf/ /Vg]

- %\_ o; /l 5nkm ug] / klxnf] kZgsf] jf/df lgZsif{lgsfng] qmd ; lSP kl5 afsl cGo # j6f kZgx?sf]; DaGwdf klG dfly pNn]vt klqmf ckgf0{lGZsif{lgsfNb}hfg].
- ^\_ k]o\$ kZgx?sf] jf/df 5nkm ubf{z?df \$ j6f s; l{jf rs6ldf cf0{j:g}AoIQm? e/; s ofgsdl{dfly xg]lx+fsf] jf/df ; fdfGo hfgsf/l ePsf AoIQm? xg' /fdf]xG5 .
- &\_ of]qmd ; xeflux?sf]kl/ro / kZgx? g; lSP ; Dd rln/xG5 . kl/rosl]qmddf vfln s; l{jf rs6ldf cfP/ dfq jfl]g jf kl/ro lbg kf0g]lgod agfpg]/ o; /l kZgx?sf jf/df lj rf/ AoQm ug\$] nflu sltko ; xeflux? bfxf]g ; Sb5g\ . o; qmddf ; xhstf6] e/; s sd jfl]g ; xeflux?nf0{cfkmg]lj rf/ /fVgsf]nflu clekl/t ug{/fdf]xG5 / Pp6}kZgsf ; DaGwdf Pp6} ; xeflunf0{w7}k6s lj rf/ AoQm ug\$6 /f\$g'pkoQm xG5 .
- \*\_ k]o\$ kZgx?sf] jf/df ; xefulaf6 cfPsf]cleJolQmsf]lgrf\$ lgsfNb}sg}Pshgf ; xhstf{jf ; xof]un]Gohlk{6df l6kb}hfg].
- ( \_ o; /l 6fl+Psf kZgx?sf ; DjGwdf cleJolQmsf ; fy ; j} ; xeflusf] kl/ro e0; skl5 kl/ro sfoqmd ; DkGg xG5 .

**;]gsf]dllofsg**

kl/ro sfoqmd ; lSPkl5 o:tf]tl/sfsf]kl/ro s:tf]nfllof]/ lsg < ; f]af/] ; xefulsf]lj rf/ lng]/ ; ]gsf]lgrf\$ atfpb}; xefulx?nf0{; lqmotf]k] \$ ; ]gdf ; xeful ePsfdf w6oj fb lbP/ ; ]g cGto ug].

**tflnd ; fduLx? M**

sDtldf % j6f cltl/Qm rs6l jf s; l{x? / kZgx? n]vPsf]dofsf8{.

**;xhstf6f0{dfukzG M**

- s\_ kl/ro u/fpg]qmddf z?df ; xefulx?sf]alrnf /xg]JolQm? e/; s lj ifoj :t\$ af/df ; fdfGo hfgsf/l ePsf] / :ki6 ?kdf cfkmg] wf/Off /fVg ; Sg]JolQm 5gf6 ug{pkoQm xG5 . o:tf ; xefulx?sf]kl/ro ; DjGwL lj j /of klxnf g]k6k6 u/L lng lj ; G'xbg .
- v\_ ; xefulaf6 kZgsf ; DaGwdf cfPsf]lgrf\$ Gohlk{6df :ki6 ?kdf n]v] 6f:g' /fdf]xG5 .
- u\_ ; ]gkl't ; xefulsf]k[7k]f]of lng lj ; G'xbg .

**\$= pālo k]tlt**

;]g g=\$  
;do M

**k]edl M**

o; tflnddf pb3f6gb]l kl/ro sfoqmd ; DkGg xg]cj:yf; Dd cf0k]ubf ofgsdl{xnf0{lx+f, oftgf / lk8faf6 /f\$yfd ; DaGwL tflnd ; ~rfng xb\$ / To; df xfdl ; xeful ePsf 5f)eG]s/f ; xefulx?n] dxz'; u/L ; s\$ xG5g\ tflnd kl5 xfdln]lx+f, oftgf / lk8faf6 dQm e0{ofg Aozfonf0{Pp6f ; ]fsf] ?kdf ; Ddf]gt lsl; dn]ckgfpgsf]nflu tof/ xgk5{eG]dxz'; xg nfu\$]xG5 . t/ of]tflndsf] p2]oaf/]; xefulx? kl/lrt e0{; s\$ xbg\ . tflndsf]p4]oaf/]yxf eof]eg]tflnddf s}s:tf lj ifox?sf af/df hfgsf/l tyf 5nkm xG5 eG]s/f cjut e0{; xefulx?nf0{dfgl; s ?kdf k] {tof/l xgsf]nflu ; xof]u ldN5 . o; af6 tflndnf0{kefj sf/l ?kdf ; ~rfng ug{; xof]u kl]gePsf]h]of]; ]g /flvPsf]5 .

**cleklp M**

o; tflndsf]p2]osf af/df ; xefulx?nf0{kl/lrt u/fpg'.

**l;sf0\$ p2]ox? M**

- o; ; ]gsf]cGto ; Dddf ; xefulx? lgDg s'/fdf ; lfd xg\$g\
- s\_ o; tflndsf p2]ox? atfpg .

**klzlf0f l; sf0\$ f lqmfnsfkx? M**

- != ; ]gsf]k[7edl / cleklo :ki6; # j tfpg]
- @ lgDg cg; f/ p4zo k|t'tl, clwog / 5nkm u/fpg]M
  - ☞ tflndsf]p2zo n]vPsf]afpg k|k/ ; j h]bVg]7fpdf 6f'g]
  - ☞ o; /l n]y] 6fl+Psf p2zo? z?df sxl ; do ; j h]f0{dg dg}k9g nufpg]/ To; kl5 cfknh ; a}pazo k9] ; bfpq]
  - ☞ o; /l k|t't ul/Psf p2zo?df sxl c:ki6 ePdf jf yk36 ug[kg]ePdf kZg ; flg]df\$ f lbg] / 5nkmaf6 :ki6 kfg]j f yk36 ug].

**; ]gsf]dlbf°g**

- s\_ sxl ; xeflux?nf0{of]tflndsf sg}@ j 6f p2zo? atfpgxf] \egl cg/f] ug].
- v\_ ; ]gsf]lgrf\$ atfpg}; xefulx?nf0{; lqmfk] \$ ; ]gdf ; xeful ePsf]df wGof fb lbP/ ; ]g cfto ug].

**tflnd ; fdulx? M**

tflndsf]p2zo n]vPsf]j fpg k|k/

**; xhstf0{dfukzq M**

- s\_ paZo? ; a}; xeflux?n]aem]u/l /df] # / e/; s 7hf clf/df n]vLPsf]xg' /df]x65 .
- v\_ ; ]gk|t ; xefulsf]k[7kf]f0f lng lj ; g'xbg .

**%- tflndsf]gllt lgod lgwf{0f**

- ; ]g g=#%
- ; do M

**k[7edl M**

o; tflnddf cfPsf ; xefulx? klxf klg sg}tflnddf ; xeful ePsf xg ; Sb5 jf gxg klg ; Sb5g . tflndnf0{pkn]Awdhs agfpg, l; Sg]jftj/0f tof/ ug{/ Aojl:yt tyf dof]t agfpg] s'/df ; a} ; r] xgkg]x65 . To:t}o; tflndsf]Jo: yfkg klfsf]af/df klg hfgsf/l u/fpg' kg]x65 . To; sf/0f ; xefulx?n]cfknh]cfknh]f0{cgzfl; t jgf0{l; Sg]jftj/0f tof/ u/l tflndnf0{kef] sf/l agfpg sxl lgodx? tof/ ug{/ tflnd cj lwe/ cfknh]lgefpg' kg]eldsf]j f/df ; xeflutfdhs tl/sfaf6 :ki6 gllt lgod agfpg / Jo: yfkg klfsf]hfgsf/l lbgf]nflu ; d] of]; ]g /flvPsf]5 .

**cleklo M**

o; tflnd cj lwe/ kngf ul/g]gllt lgodx? / ; xefulx?n]v]g' kg]eldsf af/]kl/lrt u/fpg' / Jo: yfkslo klfsf]af/df hfgsf/l u/fpg'.

**l; sf0\$ f p2zo? M**

- o; ; ]gsf]cfto ; Dddf ; xefulx? lgDg s'/df ; lfd xg5g]M
- s\_ ; xefulx? cfknh] tflnd cj lwe/ kngf ug{ kg]lgod / eldsf]lj j/0f tyf ; r] tof/ u/l ; f]eldsf lgj fx ug]kl]tj 4tf hfx] ug{.
- v\_ cfknh]kfpq]; lj wfaf/]atfpg,

**klzlf0f l; sf0\$ f lqmfnsfkx? M**

- != ; ]gsf]k[7edl / cleklo :ki6; # atfpg]
- @ tflndsf]Jo: yfkg klf -vfg tyf gf:tf vfg]:yf / a; f]f; ug]:yf tyf cfo ; lj wfx?\_ sf] hfgsf/l u/fpg]
- #= lgDg cg; f/ ; do tflnsf / lgod th]f ug]M
  - ☞ tflndsf]; do tflnsf agfpg cg/f] ub]5nkmmnf0{; xh ug]

- ☞ c6o cfj Zos lgod, sxl rflx65 ls < egl k7g ugI
- ☞ ; xefluaf6 cfPsf s/f ; xhstffn]afpg kK/df l6kb}hfg]
- ☞ n]lvPsf lgodx? 6f+l ; a}hf0{Psf}f6l k9g nufpg]

\$= lgDg cg' f/ eldsf lgwf{0f ugIM

- ☞ blgs ?kdf kljtj dg / dNofsg tof/ ug{ xflh/l hjfkm / cti/Om lqmfnsnfk ug{ / Joj :yfkq klfdf Wbfg lbgf]nflu ol lj le6g lj ifosf cfj Zostf cg' f/ cnu cnu ; ldt agfpg].
- ☞ k]o\$ ; ldltsf]eldsf s]s:tf]xg]egl 5nkm u/l :ki6 u/fpg].

%= lgDg cg' f/ kljt 4tf hfx] ug{nufpg]M

- ☞ 5nkmaf6 agf0Psf glt lgoddf ; a}; xeflu ; xdt ePdf ; }gsf]c6lodf tInd xndf ; a}b]v]g]7fpdf 6f+ Psf]d6sf]lrqnf0{cfkm}d6'dfgl x:tfif/ ug{nufpg]

;]gsf]dNof°g

;]gsf]cg6odf glt lgod agfpgsf]nflu ePsf]5nkm s:tf]nfl0f]/ lsg < ; f]af/]; xefulsf]lj rf/ lng]/ ; ]gsf]lgrf\$ atfpb}; xeful?nf0{; lqmfk} \$ ; ]gdf ; xeful ePsf]df w6oj fb lbP/ ; ]g c6to ugI.

;fdul] M

6oh tyf apg kK/, df/s/ cfb].

;xhstffn0{dfu6z6M

!= lgod tof/ ubf{lgDg s/fdf Wbfg lb6f /fdf]x65 .

- ? ; a}hgf]af]hf]t/ kfnkfn]u/] af]hf]t
- ? c? dfg; / c?sf]lj rf/nf0{; Ddfg u/f).
- ? tfIndnf0{; km agfpg]lhDdf xfdl ; a}df /x\$]5 .
- ? tfIndsf nflu lgwf/0f ePsf]; dosf]; a}kfn]g u/f}t
- ? cfkm}f]cgej ; gfp]g / kltef b]v]fpg k5f8l gk/f}t
- ? cgfj Zos s/fdf 5nkm u/l ; do v] gkfn]f}t
- ? sfg]v]zl gu/f}t

@= kljtj dg / dNofsg ; ldlt]kljtj dg tof/ ubf{lgDg cg' f/ agfpg nufpb] /fdf]x65 M

kljtj dgdf ; dfj z ug{; lsg]s/fx?	dNofsgdf ; dfj z ug{; lsg]s/fx?
? 5nkmsf lj ifoj :t'	? ; sf/flds klfx?
? 1fg, lzk tyf wf/0fdf cfPsf]kl/j t6	? ; wf/ ug]k]klfx?
? k6f]u ePsf]5nkm lj lw	? ; 6mf] x?
? ; wf/ ug]k]s/fx?	

^= zfl/l/s pkrf/

;]g g=^

;do M

k]edl M

tfInddf ; xeful xg cfPsf ofgsdl{x?df cf-cfkm}lsl; dsf ; d:ofx? xg ; S5g\ . :jef]s ?kdf w]hf0{yxf ePsf] s/f x] sl w]hgf; u ePsf]c; /lft tyf ofgfh6o ofg ; Da6wn] ofgsdl{x?df lj le6g lsl; dsf /f]ux? nflu ; S65g\ o:tf /f]ux?sf]j f/df ; dodf g}Wbfg lbP/ pkrf/ u}of]eg]lgsf] eP/ :j:Yo xg ; l65 . t/ ofg ; Da6wsf]sf/0faf6 ; hgf ePsf /f]ux?sf]af/df :j o+ofgsdl{tyf c6o dlxfn?n]; d] ; dodf g}cfkm}f]; d:of hf]; s}u atfpg rfxb6g\ t/ o; n]pglx?nf0{lb6 kl]tlbg sdhf] agf0{/x\$]x65 . lo; h]sg}klg /f]u nflu nfh df6of]eg]lo; sf]c; / cfkm}hf0{g}kb5 e6g] s/f dxz'; u/f0{cfkm}hf0{nfu\$]f]f]sf]; dod}pkrf/ ug]sf]nflu cfkm}f]lj Z]fl; nf]df]g; ; u cfkm}f]; d:of kl]tt u/l ; d:ofsf]; dfwfg ug{; lsb]f/x\$ e6g]s/f dxz'; u/fpgsf]nflu of]; ]g /flvPsf]xf].

clek]o M

cfkmg]ufk]gotf sfod /fVb}cfkmg]f0{cf0k/\$f]; d:of cfm]l]j Zj fl; nf]dfg; x?sf]dfllodaf6 ; dfwfg ug{; lsg5 eg]s/f dxz'; u/fpg'.  
**l; sf0sf p27ox? M**

of]; ]gsf]c6to ; Dddf ; xefulx? lgDg s/fx?df ; lfd xg5gM  
-s\_ cfm]l]j; d:ofx? s:tf]dfg; xnf0{atfpg ; lsg5 eg]s/f klxrfg ug{  
-v\_ cfm]f0{/f] n]f]of]eg]to; n]kfg]c; /sf ; Da6wdf cleJoQm ug{.

**kl]zifof l; sf0sf lqmf]snfkx? M**

-!\_ ; ]gsf]k[7edl / clek]o :ki6; u atfpg].  
-@\_ ; xeflux?nf0{cs j f sg}b]lx?sf gdfaf6 # j 6f ; dxdf lj efhg ug] / ; a); dxnf0{tn pNn]vt # j 6}kZgx?sf ; Da6wdf cf-cfm]l]j; dxdf 5nkm u/L ; dxut cjwf/Off tof/ u/L ln]vt ?kdf jf clegosf]?kdf jf slj tf jf ultsf]?kdf tof/ ug{nufpg]

**kZgx?**

!= tkf0hf0{; fj h]lgs ?kdf eg gxx]/f] nu\$]5 eg]s:tf]df65] u cfm]l]j; d:of eg'x65 <

@= tkf0hf0{sg}dfg; n]j f/Dj f/ s]u}of]eg]cfkmg]l]j; d:of eg'x65 <

#= tkf0hf0{/f] nfu\$]5 eg]to; sf]klxnf]c; / s; nf0{k5<

#\_ o; /l tof/ ul/Psf ; dxut s/fx?nf0{qmdzMk}t't ug{nuf0{5nkm ug] / lgZsif{lgsf]Ng].

**; ]gsf]dl]ofsg**

; ]gsf]c6to]df lgDg kZg u/L ; f]af/] ; xefulsf]lj rf/ lng] / ; ]gsf]lgrf8 atfpb}; xeflux?nf0{ ; lqmf]k] \$ ; ]gdf ; xeful ePsf]df w6oj fb lbP/ ; ]gsf]c6to ug].

**kZg**

cfkmg]l]j; d:of ; dodf g}cfkmg]l]j Zj fl; nf]dfg; nf0{geg]df s]xg ; Sbf]/x5 <

**cfjZos tflnd ; fdulx? M**

kZgx? n]vPsf d6fsf8x?

**; xhstf]f0{dfukZg M**

-!\_ ; ]gsf]lgZsif{lgsf]Ng]qmd]f tnpNn]vt pbf]x/Of lbg ; lsg5 M

-@\_ ; ]gk]t ; xefulsf]k[7k]f]of lng lj ; 6'xbg .

**ofgh6 /f]sf]pkrf/ ug{nfh gdfgf};**  
?k6b]l lh]n]df Ps hgf Aoj ; flos ofgsdl{ue]tl ePsl ly06\ t/ pgn]nfh dfgl pQm s/f s; hf0{gegl uf]vk' uP/ ue{ktg u/f05g\ cf]fwl vf0{ue{ktg u/fPsf]sf/0fn] pgsf]lg/tt/ /ut allg g5f8\$]e]g]s/f kl/j t6sf]nflu sfo]t dlxnf ; dx -jfr\_ df yxf eP kl5 pgnf0{c:ktfn k/df0of}. t/ pkrf/ ug{l9nf]ePsf]sf/0fn]pgsf]d[0' eof]. To; h]nfh gdfgl ; dodf g}cfkmg]l]j s/f eg ; Sof]eg]pkrf/ xg ; S5 . t/ tkf0dfyl e0/x\$] lx+f / oftgf af\$] lx8/xg' eof] / ; dodf g}o; nf0{/f]g ; Sg'ePg eg]of]kl]qmf emg a9] hf65 .

**&= Aoj xf/ / ljZjf;**

**; ]g g=&  
; do M**

**k[7edl M**

ofgsdlhf0{Aoj z]flos ?kdf cfuNb}cfPsf]kf065 . o:tf]Aoj zfodf ; ]f k6fg ug]ofgsdl{/ ; ]f lng] uf]xs /x\$] x65g\ . To; u/L gk]fndf ofgsdlhf0{Aoj z]flos df6otf glb0Psf]h]k]x/L kZf; gsf]eldsf sf]ggl ?kdf lgo6qof ug]lsl; dsf]x65 . To:t}of] Aoj zfodf ; u]7t jf c; u]7t ?kdf sfd ug]bnfnx? kl]g /x\$] x65g\ ol ljle6g kl]fsf]Aoj xf/ km/s km/s /x\$]x65 . olg]Aoj xf/x?sf cfwf/df g] ol ljle6g kl]fx?sf alrdf ljZjf; jf cljZjf; ba}lsl; dsf ; DjGwx? /x\$] x65g\ To; h]ofgsdl{x?n]

ufxs, kx/L tyf c6o bnfmx?sf] cflgj fgl / Aofj xf/sf] af/df hgsf/L xfl; n ugkgl x65 . To:t} ofgsdlx?n]klg ufxs klt s:tf]Aoj xf/ ug{; lsg5 e6g]af/df cf-cfkm}cgejx? /x\$xf xg ; \$5g\ To; n]ofgsdlx?sf o:tf cgejx? cfbfg k6fg ug{/ pglx?sf]alrdf ufxs tyf kx/Lsf]Aoj xf/ af/df :ki6 x6sf]nflu of]; } g /flvPsf]5 .

**cleklo M**

ofgsdlx?df ufxs, kx/L / bnfmx?sf]Aoj xf/ / lj Zj ; glotfsf]cj :yfsf af/df kl/lrt tNofpg'.

**l; sf0sf p2]ox? M**

of]; } gsf]c6to ; Dddf ; xefulx? lgDg s/fx?df ; lfd xg5gM

-s\_ ofgsdlx; xefulx?n]cfkmh]ufxs klt ug{Aoj xf/sf]af/df cleAom ug{

-v\_ ufxs / kx/Lsf]afgl Aoj xf/sf]af/df atfpg .

**kl]zlf0f l; sf0sf lqmfnsfmx? M**

-!\_ ; } gsf]k[7edl / cleklo :ki6; u atfpg].

-@\_ ; xefulx?nf0{# ; dxd] lj leh] u/L lgDg cg' f/sf kZgx?df 5nkm u/L 5nkmf6 cfPsf s/fx?nf0{sg}clegosf]df]Wdaf6 eldsf k6z6 u/L k]tt ug\$]nflu tof/L ug{cg/fv ugIM

**kZgx? M** != ofgsdlx?n]ufxsnf0{cfsif0f ug\$]nflu s:tf]s:tf]Jo]xf/ u56\k

@= ufxsn]ofgsdlx?af6 ofg ; } f lngsf]nflu s:tf]Jo]xf/ u56\k

#= kln; tyf kZf; gn]ofgsdlx?nf0{s:tf]Jo]xf/ u56\k

-\$\_ eldsf k6z6sf]nflu lgDg cg' f/ tof/L u/fpg]M

? eldsf k6z6 (Role Play) eg\$]s]xf< / of]s; /L ug{; lsg5 e6g]j f/df hgsf/L u/fpg]

? ; xefulx? dWb]f6 sf]sf]/ stl hgf ; xeflux? ofgsdlx{ufxs, kx/L / bnfnsf]?kdf clego ug{e6g]j f/df lglZrt ugI

? clego ugI; xeful kfgx?sf]lglZrt e0{s]kl5 sg sg kfn]s; /L s/fsgl tyf Aoj xf/ ugI e6g]j f/df 5nkm ugI

? o; /L 5nkm u/L; s]kl5 eldsf k6z6 ug\$]nflu k' {cEof; ugI

? k' {cEof; sf]qmdf ePsf /fdl] klfx?sf]kZf; f ubf; wf/ ug{kgl]s/fx?sf]klxrfg u/L ; wf/ ubf k6Mcl6td tof/Lsf]?kdf eldsf k6z6 ug{tof/L u/fpg].

-\$\_ ; xefulx?n]o; /L 5nkmf6 lgsfn\$]f s/fx?nf0{clegosf]df]Wdaf6 eldsf k6z6 u/L k]tt ul/; s]kl5 pNn]vt kZgx?sf ; Da6wdf lgzsf]f? lgsf]ng].

**; } gsf]dlWofsg**

-!\_ ; } gsf]c6todf 5nkm s:tf]nflor]egl kZg u/L ; f]af/]; xefulsf]lj rf/ lng]

-@\_ ; } gsf]lgrf8 atfpg}; xefulx?nf0{; lqmf]k] \$ ; } gdf ; xeful ePsf]df w6oj fb lbP/ ; } gsf] c6to ugI.

**cfjZos tflnd ; fdulx? M**

kZgx? n]vPsf d6fsf8x?

**; xhstf]f0{dfu6z6 M**

-!\_ ; } gsf]lgZsif{lgsf]ng]qmdf tn pNn]vt s/fx?df lj z]f Wbfg lbg pkoQm xg]

-@\_ ; } gkl't ; xefulsf]k[7k]f]of lng lj ; 6' x6g .

**s:sf]Aoj xf/ s:tf]xg'k5<**

? kln; sf]Aoj xf/sf ; Da6wdf M kx/Ln]s; n]f0{klg lj gf kmfp khl{glb0{s; n]f0{kqmg j f y6fdf /Vg j f b08 ; hfosf gfddf sg}/sd dflg kfpbg . k?if kx/Ln] ofgsdlx{dlxnfxf?nf0{; fj h]gs :yfgx?df ; dflg, ckzAb k6fu ug{/ s6lk6 ug{kfpbg} .

? ufxssf]Aoj xf/sf ; Da6wdf M k?if ufxsx?n]sg}klg ofgsdlx{dlxnf0{lg]hsf]OR5f lj ?4 hj h:tl ofgsfof ; m]g ug\$]nflu aflb kfg{/ ; fj h]gs 7fpdf xftkft ug{kfpbg} .

? ofgsdlx\$]f]Aoj xf/sf ; Da6wdf M dlxnf ofgsdlx?n]klg ; fj h]gs glgstf / ; fdf]hs dof]bnf0{q}kltsh c; / uq]u/L of]sfo{uq\$]nflu aflb uq]u/fpa x6a .

**\*= ofg Aoj ; fo**

;]g g=\*  
;do M

**k7edl M**

kflrg sfnf b]l b]tfx?n] ofg sfo\$ nflu ljleG Isl; dsf snfx? ckgfpg] u/\$f] s/f xdf] wdf]yx?df klq c]wog ug{kf0G5 . To; u/L xdf] sltko wld\$ tyf ; f:s[ts d7 dlGb/ / 68fmx?df s0f]Isl; dsf sfd]hs snfx? k]olf xg{; d] kf0G5 . o; af6 s]yxf xG5 eg]kflrgsfnb]l g}ofg sfo{ ljleG Isl; dn] xg] u/\$f] lyof] . kflrg sfnf]l g} ofgsdl{ dlxfnfx?4f/f Aoj ; flos ?kdf k?ifx?nf0{ofg ; }f k]bfg ug[sfo{xb}cfPsf]5 . o; /L ofg ; }f k]bfg ug[dlxfnfx?n]cfk]nf]nflu dfq ge0{c?sf]; }fsf]nflu ; d] ofg Aoj zfo ubf{ljleG lx+f, oftg / lk8fx? ; d] ; xg'k/\$f]5 . To; h] ofg Aoj zfo ug[qmddf s]s; /L ofg sfo{ubf{; lhnf] xG5, ofg sfo{ug[7fp+s:tf]xgk5{/ ofg Aoj ; fonf0{s; /L ; ~rfng u/df cfk] / u]xsnf0{k]nf0f xG5 eg]af/df ofgsdl{x?sf alrdf 5nkm xg'cfj Zos 5, To; h]of]; }g /flvPsf]5 .

**clek]o M**

ofgsdl{x?nf0{ofg sfo{ug[tl/sf, :yfg cyf 7fp+ Aoj zfo ug[tl/sfx?af/]cgej / rfxgf cfbfg k]bfg u/fpg'.

**I; sf0sf p2]ox? M**

of]; }gsf]cGto ; Dddf ; xefulx? lgDg s/fx?df ; lfd xg]5gW  
-s\_ cfk]nf] ofgsd\$]nflu k]b] ub]j]f e]b}cfPsf ofgsfo\$ tl/sfx?, 7fp+ / Aoj zfo ubf{ ckgfpg]u/\$f tl/sfx? cleAQM ug{  
-v\_ cfk]nf0{dg kg] ofgsd\$]tl/sf, 7fp+ Aoj zfo ug[tl/sf af/df cfk]nf]wf/Off atfpg .

**k]zlf0f I; sf0sf lqmfnsfkx? M**

-!\_ ; }gsf]k7edl / clek]o :ki6; u atfpg].  
-@\_ o; ; }gnf0{cuf]8 a9fpgsf]nflu lgDg lqmfnsfkx? ug]M

**lqmfnsfk g=! M**

!= ; xefulx?nf0{pj zL, /wf, ck; /f cbl ljleG gfdx? lbP/ tlg ; d]xdf l]efhg u/L cnu cnu ; d]xdf a:g cg/f]w ug[ / ; a}; d]xdf 5nkmsf]nflu lgDg k]g d]fsf8df n]y] ; a}; d]xnf0{pknAw u/fpg].

**k]gx?**

? tkf0{x?; u u]xsn]s; /L s; /L ofgsd{ub5g\<  
? s:tf]ofgsd]nf0{df0nf]tyf ; Gtli6 xg]vfnsf]dfG'xG5 <  
? s:tf]ofgsd]nf0{lx+f, oftg j f b]w lbg]lgotn]u/\$f]ofgsd{eg'xG5 <  
@= o; ; DaGwdf ; a}; d]x?n]cf-cfkn]cgej x?nf0{k]k/df ln]vt ?kdf jf d]vs ?kdf k]tt ul/; s]k]5 ofgsd{ubf{s; /L ug{pkoQm /df0nf]tyf ; Gtli6 xG5 < eg]k]g /vl lgZsif{lgsf]lg].  
#= lgZsif\$ qmddf stlko klZrdl dh]sx?df klq ofgsd{ug[; dodf oftg lbg]u/\$f]t/ To; f] ug{gkf0g]s/f ofgsdl{x?n]g}p7fpb}cfPsf 5g eg]s/faf/]hfgsf/L u/fpb}ofg sfo{ubf{ckgfpg]snf s:tf]xgkg]leG]s/f ofgsdl{dlxfnfsf]OR5f cg; f/ xg k]fpg'kg]s/fdf hf] lbb] o; ; DaGwL 5nkmsf]cGto ug[.

**lqmfnsfk g=@ M**

!= ; xefulx?nf0{k]M lqmfnsfk g=! s}; d]xdf j:gsf]nflu cg/f] ub]lgDg k]gx?df 5nkm ug\$]nflu cg/f]w u/L k]gx? d]fsf8df n]y] pknAw u/fpg]

**kZgx?**

ofgsd{ugI7fp-M

!= ofgsd{ugI7fpFs:tf]s:tf]xG5 < s:tf]7fpK?df ofgsd{ubf{tkf0x?n]; Gtli6 kfpG' xG5 < s:tf]7fpM ofgsd{ubf{; Gtli6 kfpG ; Sg'xG <

ofg Aoj zfo ugI tl/sf M

@= ofg Joj ; fo s; /L ugIug{ePsf]5 < cyff o; sf tl/sfx? s]s]5g\ sg sg tl/sfn] ofg Joj ; fo ubf{ofgsd{x?sf]zffof e0/xG5 < sg sg tl/sfn]ofg Aoj zfo ubf{zffof xbg <

@= ; xefulx?n]ol kZgx?sf ; DaGwdf 5nkm u/L cfkmf s'/fx? ; dxut ?kdf n]v] slj tf, syf, ult cfb]sf]dflldaf6 k]tt ul/; skl5 lgDg s'/fx?df lj zff hf\$ lbP/ 5nkm rnfpg]M

? ofgsd{ugI7fp-dfglzs / zfl/l/s ?kdf ; Gtli6 xg]vfnsf]ePg eg]s]xG5 <

? c; /lft / ck7af/f]7fpK?df ofgsd{ubf{kx/L tyf cG klfx?af6 yxf ePdf s]xG5 < ofgsd{ugI7fpsf]af/df ofgsd{/ ufxs bā}; r] gePdf s]xG5 <

? ofg Aoj ; fo ubf{bnfn jf cG zffof ugI dflg; x? dfkmf ubf{s]xG5 < ofgsd{x? s}Ps cfk; L ; Dksf/f jf cfkmf]kpf; df ufxs v]hl ofg Aoj zfo ubf{s]xG5 < o:tf]ug{; lsg5 sl ; lsbG <

#= 5nkmsf]cGtodf ofgsd{; /lft / ; Gtli6 xg]vfnsf]7fpdf ug{pkoQm xG5 / ofg Aoj ; fo c? dfkmf eGbf cfkmf]kpf; df ug{pkoQm xG5 eG]lgZsif{lgfNg].

**;]gsf]dllofsg**

-!\_ ;]gsf]cGtodf 5nkm s:tf]nfllof]egl kZg u/L ; f]af/]; xefulsf]lj rf/ lng]

-@\_ ;]gsf]lgrf\$ atfpb); xefulx?nf0{; lqmtfk] \$ ;]gdf ; xeful ePsf]df wGoj fb lbP/ ;]gsf] cGto ugI.

**cfjZos tfInd ; fdulx? M**

kZgx? n]l tof/ ul/Psf dffsf8x?

**;xhstff0{dfukZg M**

-!\_ ofgsd{Pp6f Aoj ; fo ePsf]h]o:tf]sfo{ugI ; /lft tf]tl/sf jf snf / ofgsd{ugI7fpsf] af/df ; xefulx?n]lh1f; f /Vg ; S5bg\ o:tf]cj:yfdf :jf:Yo lzlf tyf ; /lft ofgsd{x] lx; fjn]s:tf]snf / 7fp+pkoQm xG5 eG]af/df ; xhstff] ; fdfG cllbog u/L hfgsf/L u/fpg' pkoQm xG5 .

-@\_ ;]gkl't ; xefulsf]k[7kf]f0f lng lj ; G'xbG .

-#\_ ; xhstff] ; xefulx?nf0{5nkmsf]nflu lgDg dfldnf cllbog pknAw u/fpg ; S5gWl

**ofg Aoj ; fo klt]sf]uf]j**

lul\$ s6] sdfPsf]k}f klg h8axf nllgh]vf] ] nu]kl5 lbbln]b0{lbgb]yl Ps k}f klg sdfpg ; s\$]l ly0Gg\ pgsf e\$]f gfglx?n]vfg gkfPsf]b0{lbge0{s\$]f]lyof]. pgl ; Gwf/fdf 6f]hP/ al; /x\$]l ly0G . cfvfe/L cf+'lyof]. olQsdf Pp6f s6f cfP/ .hfg]xfl < eg] ; fllof]. sxf+hfg] s]ugI< pgl 5Ss kl/gV ; flwg\ .sxf < p; n]eGof] .oxl glhs]u]6 xfp; dfl .

pgnf0{tof]lbg h; /L klg sxl k}f rfxPsf]lyof] cfkmf/ 5f]f5f]lsf]ef\$ zft kfg{. To; ahf pgsf]dgdf c? sxl lyPg, h; /L eP klg staf6 ; o ?k6sf]h]uf8 xf] \eG]lyof]. ; o ?k6f lb65 eg]a? h]u/]klg u/f] \eG]pgsf]dgdf nfllof].

pgl sxl g; fl n?n? p; sf]kl5 nflug\ u]6 xfp; df nu] tof]s6fn]pgnf0{% ; o ?k6f-ydf0loof]/ ofg ; Dks{ufof]. pgnf0{sg}k5'tf]ePg . a?, ahsl cfkmf/ 5f]f5f]ln]cfgG6; u vfg kfp]eP eGdf ; Gtff] nfllof]. z?df sxl c; lhnf]eP klg afllofn]ubf{pgl lj:tf/}ofg kZdf cf0G\ clxn]pgl cfkmf]kZdf uj {ul5G, lsgsl o; af6 pgl / pgsf tlg 5f]f 5f]lsf] hljg wfg\$]5 .

(= ofgsdl{dflysf]lx#f, oftgf / lk8f

;]g g#(
;do M

k[7edl M

lx#f tyf oftgf lj leG Isl; dsf xG5g . To; df klg dlxf lj?4 xg]lx#fx? cToIt lk8fbol xg]u/\$f]
s/f ; a#f0{yxf 5 . a}flxs l:yt h]h:tf]; S}/xsf]eP klg dlxf / k?ifsf]alr ; dfgtfsf]clwsf/
pkef] jf kof] ugdf e#efj jf jlxisf/ jf klTjw nuf0Pdf dlxf lj?4sf]e#efj dfgg]s/f
cGt/fli6 sfggdf pNny ul/Psf]5 . ofg zff]ofsf]nflu AolQmf0{a} lj vg ug{ule/ k\$[tsf]ck/fw
xf]. To:t}ofgsd{; DaGwl Aoj zfof nfu\$ dlxfnf?nf0{lx#fsf]dflwodaf6 ofg zff]of ug{klg kf0G .
t/ clwsfz cj:yfdf lx#f4f/f / paZodhs Isl; dn]ofgsdl\$]; xdtl ljgf g}ofg zff]of ug{ /
; jR5s ofgsdlx?nf0{oftgf / lk8f lbg]sfdx? Aofks ?kdf xb}cfPsf 5g\ o; /l sg}klg dlxf hf]
ofgsdl{ePsf]sf/0fn]cltl/Qm lx#f, oftgf / lk8faf6 ; tf0{x\$ 5g\plgx? :jom]s]s/f lx#f xf]/ s]
s/f lx#f xf0G < egl yxf kfpG]/ ofgsd\$]kl/k]fdf xg]lx; f#f0{kl/eflft ug{cfj Zos 5 . To; h]of]
;]g /flvPsf]5 .

cleklo M

ofgsdl{lj?4 xg]lx#fnf0{kl/eflft ub}lx#f klT kl/lrt tNofpg'.

l;sf0sf pZox? M

of];]gsf]cGto ; Dddf ; xefulx? lgDg s/fdf ; lfd xG5gM
-s\_ lx#fsf]?kdf xg]sfo{x?sf]; Fl tof/ ug{
-v\_ ofgsdl{lj?4 xg]lx#fsf]kl/efiff ug{

klzlf0f l;sf0sf lqmfnsfkx? M

-!\_ ;]gsf]k[7edl / cleklo :ki6; u atfpg].
-@\_ ; xefulx?nf0{lx#f eg\$]s]xf]< tkf0nf0{s]u#of]eg]lx#f, oftgf / lk8f ePsf]dfGxG5 <
eGg]kZg u/l sxl ; do dl:tis dGyg -; f} lj rf/\_ ug{nfufpg]/ To; kl5 ; xefulx?af6 cfPsf
s/f jf\$df l6k}hfg].
-#\_ ; xefulx?af6 cfPsf s/fx?nf0{; Flsf]?kdf 6f#l ; skl5 ; xhstffnf0{lb0Psf]dfuGzGdf
pNn]vt pbfx/0fnf0{sxl ; do; Dd @:@ hgfsf]alrdf clwog ug{nuf0{5nkm rnfpg].
-\$\_ pQm 5nkm kl5 ofgsdl{fly cG s]s:tf lx#fx? klg xG5g\eGg]jf/df xol ; a slxn]Dd#
eGg]kf]6/ jf cG sg}pkoQm kf]6/ ePdf To:tf kf]6/x? 5nkm u/f0{o:tf sfo{x? klg
lx#fhG sfo{x? g}xg eGg]s/f :ki6 kfg].
-%\_ s:tf sfo{x? ePdf lx#f, oftgf / lk8f ePsf]dfG5 eGg]f/]5nkm e0{s]kl5 lx#f s]xf]eGg]
af/df ; xefulx?af6 cfPsf s/fx?, kf]6/x? / cG s/fx?nf0{; d} cfwf/ dfG}; xefulx?n]
aen]efiffdf lx#fnf0{kl/eflft u/l ;]gsf]cGto ug].

;]gsf]dNofsg

-!\_ ;]gsf]cGtof sxl ; xeflux? ; dlf s]nf0{lx#f eGxG5 egl kZg u/l ; f]af/]; xefulsf]
lj rf/ lng].
-@\_ ;]gsf]lgrf\$ atfpb}; xefulx?nf0{; lqmtfk} \$ ;]gdf ; xeful ePsf]df wGj fb lbP/ ;]gsf]
cGto ug].

cfjZos tflnd ;fdulx? M

lx#fnf0{kl/eflft ug{; lhnf]xg]lj leG kf]6/x?

;xhstffnf0{dfuGzG M

-!\_ ; xhstff]tn pNn]vt pbfx/0fnf0{5nkmnsf]nflu kof] ug{; Sg].
-@\_ lx#f s]xf]eGg]jf/df 5nkm lgZsif{lgsf]ngsf]nflu ; xhstff]tn pNn]vt sfgG s/fx?nf0{
cfwf/sf]?kdf lng ; Sg].
-@\_ ;]gklT ; xefulsf]k[7kf]of lng lj ; G'xbG .

**ofgsdl{dflysf}lx:f**

sxl ; do cuf8l sf7df08f Pf Ps dlxf ofgsdl{cf?af/Ldf d7f]sf]f 5, # xhf/ lbpnfl eg] Pshgf u08fn]nllf]. t/ dWb /ftdf vhf rf]df p / p; sf ; fylx?n]tl dlxfnf0{anf]sf/ u/] cnkq kfl/lbP .

To:t}sxL j if{cl3sf]s/f x] kx/Ln]5fkf df/] sxl oj tlx?nf0{yfgdf nllf]. ..dflyaf6 cfbz cfPsf]5U eg] plgx?nf0{ygfaf6 lgsfnl /ftl Pp6f u]6x]p; df nul kx/L clws{tx?n]plgx?; # hj/h:tl ofg ; Dks{u/]. o; 36gdf k]sl Pshgfnf0{dlxgfj f/L ePsf]eG]yxf kfP kl5 pgnf0{.klxn}lsg geg]f] egl pgnf0{dfq kx/Ln]s6lk6 u/L km]l ygfdf nllf].

**lx:fnf0{kl/eflft ug]sfgdl Aoj:yf**

sfgdx?	Aoj:yfx?
<b>g]fn clw/flhsf]; ljwfg @)\$&amp; sf]wf/f @)</b>	z]f]of lj?4sf] xs M sg} klg dflg; nf0{ lghsf] OR5f lj kl/tsf]sfddf nufpg gkf0g].
<b>dhsl Pg @) M hj/h:tl s/0flsf]dxn</b>	ofgsdl{dlxfnf0{pgsf]/fhl vzl lagf a]h/Ln]hg; s} lsl; daf6 eP klg lx:f]ds lsl; dn]ofgsfo{ug{gkf0g].
<b>lx:f s]x]f&lt;</b>	OR5f lj?4sf]sfd ug]f]lgldQ bjfj lbgf]nflu z]Qmsf] kbz]g ug{g}lx:f x] h; cGt/ut dfgj kf]l]df ul/Psf] k]olf zfl/l/s lx:f, dfgl; s lx:f, cfd; Ddfg, do]f, :j foQt cflb dflysf]lx:f h:tf s'/fx? kb5g\

**!)= lx:f sf/Of / c; /x?**

;]g g=!)  
;do M

**k]7edl M**

; dfhdf lj leG AolQm]lj leG lsl; dsf]lx:f? ul/x/sf]x65 . o; af6 dflg; sf]d[0 klg e0/x]sf]x65 . o:tf lx:f? ; a]eGbf a9L dlxfnf?sf]lj?4 / To; df klg vf; u/L 3/h' s]dbf/ dlxf / ofgsdl{x?sf lj?4 a9L xg]u/]sf]s/f tVof°x?n]b]vPsf]5 . o:tf]lsl; dn]ofgsdl{x? lj?4 xg]lx:f? lj leG sf/0fn]xb}cfPsf 5gV To; af6 ofgsdl{dlxfnf?df lj leG c; /x? kb]cfPsf 5g\ o:tf]cj:yfdf :j o+ ofgsdl{dlxfnf?n]klg s]sf/0fn]lx:f x65 / o; af6 s]c; /x? kg{; S5g\elg]af/]df 5nkmm u/L lx:f sf/Of / c; /x? klxrfg ug{cf]Zos 5 . To; h]of]; ;]g /flvPsf]5 .

**clek]o M**

lx:f sf/Of / To; af6 kg]j f kg{; Sg]c; /x?af/]kl/lrt tNofpg'.

**l; sf0sf p2]ox? M**

of]; ;]gsf]cG]o ; Dddf ; xefulx? lgDg s/fdf ; lfd xg]5gW

- s\_ lx:f sf/Of? klxrfg u/L ; Fl tof/ ug{
- v\_ lx:faf6 kg]j f kg{; Sg]c; /x? klxrfg ug{

**kl]z]f of l; sf0sf lqmf]snfk? M**

-!\_ ; ;]gsf]k]7edl / clek]o :ki6; # atfpg].

**lqmf]snfk g=!**

-@\_ ; xefulx?nf0{bfgj, /f]Of, sf]j, ; sgl cflb gdf]s/Of u/L lj leG \$ j 6f ; d]xdf lj efhg ug]/ d]f]sf8df n]vPsf lgDg k]Zgx? 5nkmsf]nflu ; d]xfnf0{pknAw u/]pg].

- s\_ s]sf/0faf6 tkf0{x?sf]lj?4 lx:f xg]u/]sf]k]fpg'ePsf]5 <
- v\_ lx:f sf/0fn]tkf0{f0{/ tkf0\$]kl/jf/df s]s:tf]c; / k/]sf]5 <

-#\_ o; /L 5nkmsf]nflu k]Zgx? lbbf sg}@ j 6f ; d]xfnf0{Pp6f k]Zg / csf]sg}@ j 6f ; d]xfnf0{csf]k]Zg klg lbg ; lsf5 .

-\$\_ ; xefulx?nf0{5nkmsf]nflu ; lhnf] agfpg lx:f xg]k]v sf/Of? Pp6f nf0gdf n]g] / To; af6 kg]c; /nf0{csf]nf0gdf n]g nufpg].

-\$\_ lx#sf sf/0fx? / To; af6 kgIc; /x?sf af/0f ; xeful ; dx?n] cfm] k|ttl ul; s]kl5 ; xefulx?sf] s/fnf0{cfwf/ dfb} lx#sf s]l cfwf/et sf/0fx? s] xg ; \$5g e6g] af/0f hfgsf/l u/f0{of}; ] g c6t/utsf]klxnf]lqmfnsfk ; Dk6g ugI

lqmfnsfk g#@

-!\_ lx#sf]sf/0f / o; af6 kgIc; /sf]jf/0f 5nkm e0{ s\$]cj :ydf ; xefulx?n]klg cfm] hljgdf ljle6g sf/0faf6 ljle6g lx#f? ef]sf xg ; \$5gV To; af6 plgx?df ljle6g c; / k/\$] xg ; \$5 . plgx?sf hljgsf AolQmut cgejx? klg dxTj k0f{l; sf0{ x65g\ To; h] plgx?nf0{cfm]hljgdf ef]sf lx#f / To; af6 k/\$]c; /sf af/0f syfsf]?kdf e6gsf]nflu cg/fv ugI.

@\_ of]sdl{; xeflux?n]ef]sf lx#f / To; af6 k/\$]c; /sf ; Da6wdf plgx?sf syfx?nf0{; xof]l ; xhstf]lnlvt ?kdf l6kf6 u/L **lx#sf syfsf]?kdf tof/ ugI.**

;]gsf]dNofsg

-!\_ ; xefulx?n]cfm]hljgdf ef]sf lx#sf syfx? egl ; s]kl5 dgdf s:tf]nflu /x\$]5 < dg xn\$] jf zftt ePsf]5 jf 56 < e6g]k7g u/L ; f]af/]s]l ; xefulsf]lj rf/ lng].

@\_ ; ]gsf]lgrf6 atfpb}; xefulx?nf0{; lqmf]k] \$ ; ]gdf ; xeful ePsf]w6oj fb lbP/ ; ]gsf] c6to ugI.

cfjZos tfInd ; fdulx? M

kk/, d6fsf8{df/s/ cfbl

;xhstf]nf0{dfu6zg M

-!\_ ; xhstf]lx#sf ljle6g sf/0fx? dWb]sDtldf klg tn pNn]vt sf/0fx?af/]hfgsf/l xfl; n ul//xg' pkoQm x65 M

@\_ ; ]gklT ; xefulsf]k[7kf]0f lng lj ; 6'xb6 .

!= lgotjz lx#f ugIM sltko dflg; n]lx#f ugIlgot /fv] g}lx#f u/\$]x65 . o:trdf dfgIlgot ; d] /x\$]jf dg{tyf 3f0{]xg ; \$5 e6g]s/f lx#f ugI dflg; nf0{yxf ePsf]x65 .  
@\_ dfgl; s /f]l eP/ lx#f ugIM ljle6g lsl; dn]dflg; s /f]l nfu\$]sf/0fn]klg dflg; n]lx#f ugI \$5 .  
#\_ ; ut ugsf]km M s6}3/df jf s; \$f]; flyn]af/Daf/ lx#f u5{eg]to:tf]3/sf 5f]f 5f]ln]klg lx#f ugI; \$5g\  
\$= clgol6qt eP/ lx#f ugIM clwsfz cj :ydf dBkfg, g; fn' kbry{cfbl ; ]g u/L clgol6qt cj :ydf /x] klg lx#f ugIul/65 .  
%\_ c; xfokgf M lx#fdf kgI dflg; c; xfo eP/ p; nf0{lx#f u#of]eg]klg s; h]s]l ugI; Sb6 eg] klg lx#f ul/65 .  
^= kf]/jfl/s a6a / cfk;l em8fsf]sf/0f lx#f ugIM kl/jf/ leq ljle6g lj ifodf c; dembf/l eP/ jf >ldfg >ldtln]Ps cfk; df c6o s6] jf s6]l; u lx8\$]b]yl g; x] klg of]cj :yf cfpq ; \$5 .  
&= zflQm lgo6q0f ugI{lx#f ugIM kl/jf/leq / aflx/ ; d] lgo6q ugI knf0f lng]/ cfm]dfq lxt x6]l/ zlQm xTofpg]/ d dfq zlQmzfnl x# ; a]nf0{lgo6q0f u5{egl b]fpgsf]nflu klg lx#f x65 .

!!= lx#sf]l; 4f6t / k\$]f/x?

;]g g#!!  
; do M

k[7edl M

lx#fdf lx#f ugIAolQm / ; f]f6 lkl8t xg]AolQm u/L sDtldf b0{hgf t x65g g}. lx#faf6 lkl8t of]sdl{/ lx#f ugIAolQmsf]alrsf]; Da6w s:tf]x65 jf xg ; \$5 e6g]s/fsf]af/0f s]hP/ x]/Psf] v08df lx#sf]jf:tljs cfwf/ :ki6 xg ; \$5, h; nf0{xfdl lx#sf]l; 4f6t klg e6g ; \$5f]e of]sdl{ lj?4 xg]lx#sf ; fy}3/h' sfdbf/ lj?4sf]of] ck/fw / hj/h:tl of] ck/fwsf s/fx? ; d] lx#f

cġt/ut g}kb5g\ o:tf]cj:yfdf ofġsdL{l?4 xg]lx#f tyf oftgf s]s'/faf6 lgb]zt ePsf]xġ5 <  
o:tf lx#fx? s:tf s:tf jf stl lsl; dsf xg ; S5g\eġg]af/ġf ofġsdL? Ps cfk; df :ki6 xġkgġ  
cfj Zostf /xġf]xġ5, h; af6 plgx?n]lx#fsf]cfwf/ tyf l; 4fġtx?sf]af/ġf hfgsf/L xfl; n u/L cfkm'  
lj?4 xg]lx#faf6 hf]ugsf]nflu ; dod}lj leġg pkfox?sf]vf]hl ug{; Sb5g\ To; ħ]pf]; } g/flvPsf]ġ .

**clekġo M**

ofġsdL?nf0{plgx? lj?4 xg]lx#fsf cfwf/ tyf kġf/x?sf]af/ġf kl/lrt u/fpg'.

**l; sf0sf p2ġox? M**

of]; } gsf]cġġo ; Dddf ; xefulx? lgDg s'/fx?df ; lfd xg5gM  
-s\_ cfkm'lj?4 xg]lx#fsf]cfwf/ tyf l; 4fġtx? cleġoQm ug{  
-v\_ ofġsdL{l?4 xg]lx#fsf kġf/x? atfpg,

**klzlf0f l; sf0sf lqmfnsfkx? M**

-!\_ ; } gsf]k[7eġL / clekġo :ki6; # atfpg].

**lqmfnsfk g=#**

-@\_ ; xefulx? ; dlf lx#f xg]cfwf/x? s]s]xg ; S5g\eġg]kġg /fvl plgx?af6 s]xl s'/fx? cfPdf  
jfġġf l6kfġ ugġ. o; ljifodf ; xefulx?af6 wġ} s'/fx? gcPpg klġ ; S5g\ o:tf]cj:yfdf  
; xhstfġ]cfkm'nf0{dfuġzġ ul/P cg' f/ lx#fsf dV0 lj zġff jf cfwf/ tyf l; 4fġtx?sf]af/ġf  
; xeflux?nf0{hfgsf/L u/fpg].  
-#\_ o; /L hfgsf/L u/fpgsf]nflu ; xhstfġ]lx#fsf cfwf/x? dġfsf8ġf nġl qmz jfġġf 6f:b}  
kġoġ cfwf/sf af/ġf ; dfġo hfgsf/L u/fpg].  
-\$\_ ofġsdL{l?4 lg/ġt/ ?kdf e0/xg]lx#fsf ol cfwf/x? lx#f rqm]f?kdf /xġf xġ5g eġg]s'/f  
atfpg}o:tf lx#f rqm (Cycle of Violence) cġt/ut s:tf s:tf sfoġ? kb5g eġl 5nkm  
ugġf]nflu ; xeflux?nf0{l]leġg \$ j6f ; dġdf lj lefhg ugġ/ ; a}; dġnf0{lx#fsf ; a}  
cfwf/df 5nkm ug{nufpg].  
-%\_ ; dġ 5nkm]sf qmddf ; xeflux?n]lx#fsf]sg}cfwf/ cġt/ut s:tf s'/fx? kg{; S5g eġg]  
jf/ġf :ki6 xg rfxġf sg}pbf/0x? lbP/ :ki6 kfgġ/ ; dġ 5nkm]af6 cfPsf s'/fx? kġtt ug{  
nuf0{lx; fsf cfwf/ tyf l; 4fġtaf/]:ki6 kfgġ.

**lqmfnsfk g=@**

-^\_ ; xeflux?nf0{lx#f rqm cġt/ut ul/g]lj leġg lx#fsf cfwf/ jf pkofx?af/] hfgsf/L u/f0{  
; s]kl5 ofġsdL{l?4 xg]lx#fx? slt kġf/sf xġ5g < eġg]kġg ; xeflux?sf]alrdf /fvl  
plgx?n]eġġf kġf/x? jfġġf l6kfġ ub]fhg].  
-&\_ ; xeflux?n]eġġf kġf/x?nf0{klġ ; dġb}ofġsdL{l?4 xg]lgDg lsl; dsf lx#fsf kġf/x?af/]  
hfgsf/L u/fpg]. ; xeflux?nf0{hfgsf/L u/fpg] qmddf lx#fsf kġf/x?nf0{dġfsf8ġf nġl  
qmz]j fġġf 6f:b}AofVof ugġ.  
-\*\_ o; /L 5nkm u/f0{; s]kl5 ; xeflux?sf]sg}h1f; f eP jf gaem]f]sg}s'/f ePdf kġM :ki6  
kf/L lgZsif{lgsf]Nb}; } g ; Dkġg ugġ.

**; } gsf]dġofsg**

-!\_ ; a}; xeflux?nf0{lx#fsf sg}@ j6f kġf/ jf lx#f ugġf]nflu ckfgf0ġ]u/ġf sg}Pp6f cfwf/  
eġg nufpg]/ ; xefulx?nf0{; lqmf]kġ \$ ; } gdf ; xeful ePsf]ġf wġoj fb lbP/ ; } g cġġo ugġ.

**tflnd ; fdulx?**

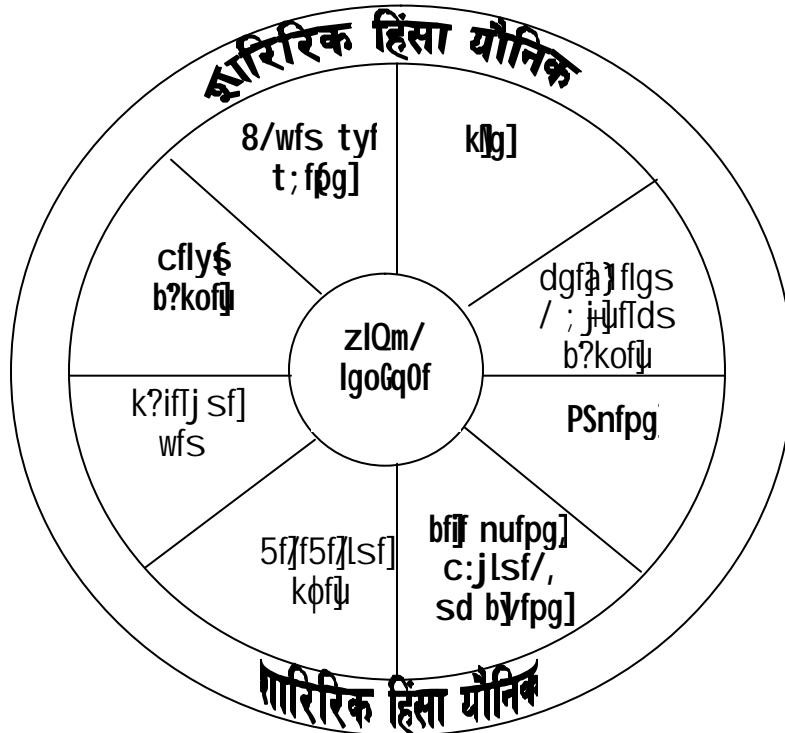
lx#fsf cfwf/x? / kġf/x? n]vPsf dġfsf8ġ?

**; xhstfġ]nf0{dfuġzġ**

-!\_ ; xhstfġ]e/; s lx#fsf]rqm / lx#fsf kġf/x?sf]af/ġf ; dfġo cġbog ug{]f sg}df]bdaf6  
hfgsf/L lng' pkoQm xg].  
-@\_ ; } gkl't ; xeful]k[7kf]f0f lng lj ; ġ' xġġ .

**lx#fsf]rqm**

lx#f Psn) xg] sfo{xf0g . o; df lx#f ug] / To; af6 oftgf eflg] b) klif x65g \ lx#fsf] k5f8l sg) g sg) lsl; dsf]; Da0w / x3f] x65 . ofgsdl{lj?4 Psk6s lx#f eP kl5 of] lg/Gt/ ?kdf / emg a9b) hfg ; S5 . ofgsdl{? a9ldf0fdf c?df cl>t xg] ePsf] klg o:tf] ePsf] xg] ; S5 . lx#f ug] nflu lx#fh0 sfo{p; sf] p]a]o k/f ug] k]ef] sf/L, l56f] / ; lhnf] df] b0d ag3f] x65 . cfkny] p]a]o k/f xg] csf] l] s] k gb] y] Dd p; n]o:t) lx#fh0 pkfo g} ckgf0{/x65 . ofgsdl{lj?4 xg] lx#fdf kl8t klk] l kx/L / kzf; gsf] klg ; sf/] ds b] 6s] of xbg . To; n] ofgsdl{lj?4 xg] lx#fsf] rqm lg/Gt/ rlg ; S5 . lx#f ug] AolQm?n] o:tf] lx#f qmrnfpgsf] nflu lqdg pkfox? ckgfpg ; Sb5g W l= hjh:tl klg] M 7hf] cffvfn] xg] 83f] cffvfn] xg] dgkg] s/f k] b] fpg] x] tof/ b] y] fpg] @= 8/wfs tyf t; fpg] M gu/] gePsf] s/f klg u/ 3f] ePsf] egl b08 ; hfo ug] 8/ b] y] fpg] #= ; j] u] f] ds b?kof] M a] Hhtl ul/lbg] b] M/ lbg] s/f ug] l rQ b] Vg] s/f ug] \$= Psnfpg] M kl/jf/ / 5/l5d3df cf'gf] lj?4sf s/fx? ; g] fpg] %= b] f] nufpg] M s] l sfd lj luof] cyj f 3/ lj ulof] eg] b] f] nufpg] ^= 5f] f 5f] lsf] k] of] M 5f] f 5f] lx?nf0{cf'gf] lj?4df a] l] g nufpg] &= k?if] j] sf] wfs M d t n] l] g] df65] xf, d] h] klg ug] k] f] p5' eg] \*= cfly\$ b?kof] M k} f lb65' eg] of] sfo{u/l] 5 k} f glbg] c] f] w v] f0{n6} nfg].  
 lx#fsf] o:tf] rqm ofgsdl{u of] z] f] of ug] cuf] 8 jf of] z] f] of ul/; s] 15 klg xg] ; S5 . lx#fsf] df] b0daf6 cfkny] p]a]o k/f ul/; s] 15 slxn] sf] lx#f ug] AolQm] oftgf k] fpg] ofgsdl{f c6o d] xnfnf0{knsfpg] ub5g) h] sfo{klg lx#f r] qm} Pp6f lx:; f xf]. o; /L knsfpg] s] d] v] o p]a]o oftgf kl8t ofgsdl{sg] h] b] jbnf lng ; Sg] eoaf6 aRg' xf].



**lx#fsf k3f/x?**

ofgsdl{lj?4df xg] lx#fx? lj leq lsl; dsf xg] ; S5g No; d] Wb] s] l] oftgf tyf lk8fbol lx#fx? lqdg cg'f/ / x3f] 5g W l= zfl/l/s lx#f MbV lbg] lgotn] / zfl/l/s si6 xg] u/L of] sfo{ug{af] Wb u/fpg] s6lk6 ug] 3f0t] agfpg] cfuf] nufpg] sg] cu- sfd gnflg] agf0{lbg].  
 @= df] vs lx#f M c] oGt ckzAb k] of] u/7 ufnl unff] ug] #= df] gl; s lx#f M k] q] p] klh{glb0{y] gdf / fVg] w] y] f] lbg] e] of] gdf k] g] k] jf c6o df] b0daf6 c: j] fef] j] s ?kdf d] h] t] f] ug] (Blackmail), kl/jf/ jf g] t] k] f] t] f] d] k] t] j] W nufpg] 3f] ts x] t] x] tof/ b] y] fpg] AolQm] gi6 ul/lbg] c] f] l .  
 \$= cfly\$ lx#f M of] sfo{u/L; s] k] 15 of] ; j] f k] k] tsf] /sd glbg] / f] huf/ laf6 lgsf] n lbg] v] f] nfg tyf c] f] w] l glbg] cfly\$ p] k] h] g] ug] k] t] j] W nufpg] ; Dk] Q n] s] f0{lbg] l] z] l] f tyf c6o 1fg x] l; n ug] k] t] j] W nufpg] / c] f] l .  
 %= w] l] d] lx#f M w] l] d] l qm] s] n] k] d] e] fu lng tyf d7 d] l] G/ h] f] g] lbg].  
 ^= of] ; Da0w] lx#f M ; j] k] lgs : y] gdf of] sfo{ug{af] Wb u/fpg] s] j] k] l] g 7f] p] df of] s] d] l] s] f] 0R5f lj?4 hj/ h:tl of] sfo{ug] of] ; Da0w] tyf c6o ; j] h] g] l] zn cu-?df c] f] 3f] t] k] f] 3f] p] r] f] nuf0{lbg] ck] s] t] lsl; dn] of] sfo{ug{af] Wb k] f] c] f] l .  
 &= ; u] 7t lx#f M z] df Pshgn] d] q] of] sfo{ug] egl knsfpg] / kl5 w] j] h] g] n] h] j] h:tl of] sfo{u/L zfl/l/s ?kdf czQmPj a] f] u/fpg] / sltko c] j: y] df w] j] h] g] n] of] sfo{u/L x] of ug].

**!@= lx;faf6 dlQnsf]cfwf/ Mdfgj clwsf/**

;]g g=;!@  
;do M

**k[7edl M**

s; hf0{klg sg}klg lsl; dn]lx;f, oftgf / lk8f ug{eg\$]f]ule/ ?kdf dfgj clwsf/sf]pNn3g ug{xf]. ofgsdl{klg k?if tyf c6o dlxf /x g}dfg; ePsf]xgfn]p;n]klg c? dfg; ;/x ;dfgtf / ;jtfqtf nufot ; a}lsl; dsf dflns dfgj clwsf/x?sf]pkof] ug{kfpg' k5{. To:t}sg}dlxf ofgsdl{ePsf]sf/Ofn]p; lj?4 s; hf]lx;f u/df To:tf]lx;f ug[AolQm]; hfo 56 lbg cyjf sd ; hfo u/klg x65 e6g ldlb6 / ofgsdl{lj?4 lx;f ug[AolQm]; hfodf 56 kfpg]u/l sfg6 agfpg klg ldlb6 . sfg6l ?kdf o:tf]Aoj:yf /x]f klg ofgsdl{dlxfn?n]c6o dlxfnsf]thgdf a9l lx;f, oftgf / lk8f efb}cfPsf 5g / ofgsdl{lj?4 lx;f ug[X?n]; hfo g}gkfo{pN6}lx;f ub]cfPsf 5g\ o:tf] cj:yfdf ofgsdl{dlxfn?n]klg cfkm lj?4 lx;f xg]sg}sf0{xg nfu]f jf ePdf s; /l sfg6l s/fx? p7fpg ; ls65 / pkrf/sf]vfl ug{; ls65 e6g]af/df hfgsf/L xfl; n u/L ; r] xg' cfjZos 5 . To; hf]of]; ]g /flvPsf]5 .

**clekfo M**

dfg; sf dflns dfgj clwsf/ / ofgsdl{x?sf]sfg6l clwsf/sf]af/df kl/lrt u/fpg'.

**l;sf0sf p2]ox? M**

of]; ]gsf]c6To ; Dddf ; xefulx? lgDg s/fx?df ; lfd xg5gM  
-s\_ dfg; ePsf]gftfn]; a)dfg; n]kkt u/\$f dflns dfgj clwsf/x? atfpg,  
-v\_ ofgsdl\$ sfg6l clwsf/sf]j f/df cleJoQm ug{.

**klzlf0f l;sf0sf lqmfnsf]kx? M**

-!\_ ; ]gsf]k[7edl / clekfo :ki6; # atfpg].  
-@\_ ; xhstfn]; xeflux?nf0{lgDg kZgx? /Vb}; xeflux?af6 cfPsf s/fx? af\$df l6b}hfg] kZgx? M  
? dflns xs egsf]s]xf]<  
? ofgsdl{dlxfn?n]dflns xssf]pkof] ug{kfp5g sl kfb6g <  
? ofgsdl{dlxfn?sf s]s]sfg6 clwsf/x? /x\$ 5g<  
? ofgsdl{dlxfn lj?4 lx;f / oftgf eof]eg]sfg6l pkrf/ vflg kf065 sl kfb6 < kf065 eg]o; ; Da6wdf s]Aoj:yf /x\$]5 <  
#\_ ; xeflux?nf0{hg kZg ; flvPsf]5, ; fl kZg; # ; Da6wt lj ifosf jf/df ; xeflux?sf lj rf/x? cf0{ s]kl5 pQm lj ifosf ; Da6wdf ePsf sfg6l Aoj:yfx? af/]hfgsf/L u/f0{:ki6 kfg].  
-\$\_ o; /l hfgsf/L u/fpbf sfg6df ePsf jf:tljs Aoj:yfx? dfq d6fsf8df n]v] jf\$df 6f;l :ki6; # atfpg]/ k]o\$ kZgx?sf ; Da6wdf lgZsifx? lgsfNb}; ]gsf]c6To ug].

**;]gsf]dNofsg**

-!\_ ; xeflux?nf0{dfg; sf dflnsx? s]s]/x\$g< ofgsdl{dlxfn?sf s]s:tf sfg6l clwsf/x? /x\$g< egl kZg u/L e6g nufpg] / ; xeflux?nf0{; lqmotfk] \$ ; ]gdf ; xeful ePsf]df w6oj fb lbP/ ; ]g c6To ug].

**tfInd ;fdulx?**

dflns xs / sfg6l clwsf/sf]j f/df n]vPsf d6fsf8{/ c6o clb6g ; fdfulx?

**;xhstfn0{dfukZg**

-!\_ ; xhstfn]e/; s dfgj clwsf/ ; Da6wl Aoj:yfx?sf]j f/df hfgsf/L xfl; n ug{kpoQm xg]M  
-@\_ ; ]gklt ; xefulsf]k[7kf]0f lng lj ; 6' x6g .

**ofgsdl\$; Da0wdf ePsf dfgj clwsf/ ; Da0wl Aoj :yfx?**

!= dlxnf lj?4 xg]; a}k\$f/sf ePefj p6dHg ; Da0wl dxf; l6w !(&( - wf/f ^ M /fi6x?n]dlxnfsf]lsgj j tyf dlxnf?sf]j Zofa[Qsf]ziffof nufot ; a}k\$f/sf sfohf0{bdg ug] sfg0 agfpg ; a}cfj Zos sdx? rflNg].

@= hlp df:g]a]g]tyf c?sf]j Zofa[Qsf]ziffof]bdgsf]nflu Aoj :yf ePsf]dxf; l6w !(\$ (, wf/f - ! / @ M ol wf/fx?df of0 ziffof ug{gkfo0g] of0 ziffof u/fpgsf]nflu bnfnl ug]hf0{ ; /sf/n] ; hfo ug]k]Aoj :yf ul/Psf]5 eg]of0 ziffof ug]pāZon]dlxnfsf]a] lj vg ug{/ jZofno :yfgf ug] gXg]s/f pNny ul/Psf]5 .

#= lhp df:g]a]g]-sfo{lg06q0f\_ P0 @)\$# - bkmf \$-u\_ / \*-#\_ M s; h]klg sg]dlxnfnf0{nnf0{kmsf0{jf sg}kpf0g lb0{jf en0f0{jf 8/, qf; jf bjfj df kf/L jf c6o sg] tl/sfn]j Zofa[Qdf nufpg' x00 . o:tf]sfo{ug]hf0{!} j if0yl !% j if{Dd s0 x05 .

\$= dhsl P0 @) @) M hj/h:tl s/0flsf]dxnsf]dxnsf]& gDa/ M of0 Aoj zfof nfu\$ dlxnfnf0{p; sf]/fhl vzl lj gf a0-h/Ln]hg; S}t/x; u eP klg hf]hd u/L s/0fl -of0 ziffof\_ u/df kf# ; o ?k0f hl/jgf jf Ps jif{Dd s0 x05 .

%= dhsl P0df ePsf]pQm Aoj :yf ; ljwfgdf pNny]vt ; dfgtfs]xs ; Da0wl d]ns xssf]xgg xg]lsl; dsf eof]egl ; j fRr cbfntdf d2f k/\$0f ; j fRr cbfntaf6 lg0g lg00 ePsf]5 M

j Zof -ofgsdl{ klg dlxnf ; fy; fy]dfgj klg xg\ dfgj ePsf gftfn]dfgj n]k0t ug]; a}xs clwsf/x? dfgj /x0h] lghx?nf0{klg k0t xg] x05g\ . dfgj clwsf/ ; Da0wl lj Zj Aofkl 3f]f0fkqsf] wf/f ! n] dflg; nf0{ cfd; Ddfgsf ; fy a]f0g kfgp]clwsf/sf]3f]f0ff u/\$f]5 . To:t]dfgj kl/jf/sf ; a}; b:ox? sfg0 ; dl f ; df g xg]/ lj gf ePefj ; a}sf00sf]; Af0fsf xsbf/ x05gV gful/s tyf /fhg]ts clwsf/ xg0 e0g]s/f pNny ul/Psf]5 . dlxnf lj?4 xg]; a}k\$f/sf ePefj x? p6dHg ug]; Da0wl ; 0Qm /fi6<; 3lo dxf; l6wsf]wf/f ^ n] /fhonf0{dlxnf lj?4 kflnt Hofg df:g]a]g]/ aZofj [Q nufotsf ; Dk0f{vfn]ziffof c0to ug]sf]nflu k0fkt / x/ ; Dej pkfox? c]nDag ug]k]b]f]f]o]j tf\$0f]k005 . cfd; Ddfg, cfdlg00f / :j t0g cl:t]j sf]ol dfgj dfqnf0{c]j e]ho ?kdf k0t xg]ePsf]h]aZof dlxnf?n]klg tl clwsf/x?sf]k0f] ug{kfgp]x05g\ dlxnfnf0{ cfkmy]c# cfkmy] :jls[l a] / k0f] ug{lbg a]l0 kf/g' lghsf]; Ddfgk]0 h]jg h]pg kfgp]clwsf/ / cfdlg00f]sf]clwsf/dly s7f/f3ft xg h05, dlxnfsf]dfgj clwsf/sf]ckdfg ug{x05, rfx]Iof]dlxnf jZof g] lsg gxf] \

g]kn clw/fhosf]; ljwfg @)\$& sf]wf/f !!-!\_ n]sfg0sf]; df g ; Af0faf6 s; hf0{al0rt gul/g]lj ePefj sf] l; 4f0t (Theory of Non-discrimination) nf0{clwsf/ u/\$f]5 . oBkl ; dfgtf eg]sf]; df g x? alr xg] xf]. c; df g x? alr hg; S}cj :ydf ; df g Aoj xf/ xgkb0 e0g]xf00 . cj :yf / kl/l:yt] cg' f/ slxn]sf] ePefj xg]l / jlu\$ /of (Classification) ug{; l05 . t/ To:tf jlu\$ /of plrt / ts{ut (Reasonable) xgkb0 . wf/f !!-#\_ n]; sf/]ds ePefj (Positive Discrimination) ug{; lsg]kl/sllkgf u/] tfklg gsf/]ds ePefj (Negative Discrimination) sf]kl/sllkgf u/\$f]5 . t; y{xdf]bZsf]; ljwfgn]jZof :j:f:gl dflg; x?sf]; Da0wdf sg}k\$0f/sf]ePefj u/\$f]cj :yf 5 egl d0g ; lsb0 .

sfg0df ePsf]jZof lj?4 hj/h:tl s/0fl ug]ck/fwlfnf0{sd ; hfo ug]k]j wfgaf6 jZofx?nf0{lj gf plrt cfwf/ tlnf]bh]sf]dlxnfsf]?kdf /v] ePefj ul/Psf]b]vg cfp05 . gful/sx? alr o; k\$0f/sf]c; df g Pj ePefj oQm Aoj xf/ xg]sfg0 lgdf] Pj +nu' xg' ; a]w]lgs dd{cg?k x00 . sg]Aoj zfo ckg]Psf]cfwf/df df g / s; \$f]r/qnf0{cfwf/ df gl To:tf]AolQm lj?4 ePsf]sg}k\$0f/sf]ck/fwdf ck/fwl]kfgp]; hfodf le0gf xgk5{egl d0g' olQm ut x00 . obl o:tf]ePefj oQm sfg0 Aoj :yf sfod /flvPdf o; af6 jZof ug]k]t an]sf/ ug]sfohf0{k0; fxg ldlg h05 . o:tf]; l0g km]bi/l ck/fw ug{k0; fxg ug]le0g sfg0 Aoj :yf sfod /flg' ; d] olQm ut x00 .

lkl8tsf]r]l/q / kZfnf0{cfwf/ df gl sd / a9l ; hfo ug]sfg0 Aoj :yfnf0{; ljwfg Pj +dlxnf tyf df gj clwsf/ ; Da0wl lj le0g c0t/fli60 ; l6w dxf; l6wx?sf]efj gf tyf 0ofosf d0o l; 4f0tx? ; d]n]ePefj k0f{x05 . t; y{dhsl P0 hj/h:tl s/0flsf] & g+sf]Aoj :yf dlxnf dlxnf? alr g}ePefj sf/L Pj +c; df g ePsf]xbf cdf0 / ab/ 3f]ift xg]7x5{. - @)%\* ; fnsf]/l6 g+%^

o; /l s; h]ofgsdl{dlxnfnf0{lghsf]005f lj?4 hj/h:tl of0 sfo{u5{eg]To:tf]sfo{an]sf/ u/]; /x e0 b08 ; hfo / hl/jfgsf]eful x05 .

^= g]kn clw/fhosf]; ljwfg @)\$& df ePsf dV0 d]ns xsx? M ; dfgtfs]xs, ; fj h]gs :j:f:Yo / g]tstfsf]kltsn gXg]u/l kZf ug]:j t0gtfsf]xs , km]bf/L 0ofosf]xs -ygfdf /x\$0f]sg}klg AolQmf0{zfl/l/s jf df gl; s oftgf lb00]j f lgh; u lgdd{cdfgj lo, ckdfghgs Aoj xf/ ul/g]50 ; \*gfsf]xs, ; DklQsf]xs, lzlf]sf]xs, wd{; Da0wl xs, ziffof lj?4sf]xs, uf]klotfsf]xs cfb] .

### !# = lx;fk0f{ j ftfj /0fdf ofgsdl{hljg

;]g g=#  
;do M

#### k[7edl M

ofgsdl{x?n}cfknk? ofgsdl{ePs}sf/0f ufxs, cfknkf]kl/jf/sf ; b:o, ; dfh / kx/L kzf; gaf6 cg\$}f} lx;f, oftgf / lk8f efl]u/x\$}f x65g\ cflv/ ofgsdl{klg o; }; dfhsf ; b:o ePs]sf/0fn]sg}g sg} 3/ kl/jf/ jf ; dfhdf a:g kfgpgk]x65 / ufxsnf0{ofg ; }f klg kbf]g ugk]g]cj:yf x65 . o; /L ofgsdl{x?n}cfknk}kl/jf/sf dflg; , ufxs, ; dfh / kx/L kzf; gaf6 lx;f efl]u] klg ; fxl lx;f ugk]?; u} g)a:g'kg] / lg/tt/ ?kdf lx;f efl]g'kg]cj:yf /lx/x\$}f]b]v65 . cflv/ o:tf]lsg x65 e6g]s/f cfknkf lgs}ule/ /x\$}f]5 . o; /L lx;f ugk]?s}; fydf j:g'kg]cj:yf lsg cf0{k5{e6g]s'/fsf]af/df :ki6; u} 5nkm xg ; sdf kl5 o:tf]lx;faf6 s; /L hf]ug]e6g]af/df lglZrt of]hg agfpg ; lhnf]x65 . To; h} of]; ]g /flvPsf]5 .

#### clek]o M

lx;fk0f{ j ftfj /0fdf a:gkg]af]wof]ds cj:yfaf/]cgej cfbfg kbf]g u/fpg'.

#### l;sf0sf p2]ox? M

of]; ]gsf]c6]to ; Dddf ; xefulx? lgDg s'/fdf ; lfd xg5g]w  
-s\_ lx;fk0f{cj:yfdf lx;f ug]u)a:gkg]sf/0fx?af/]atfpg,

#### kl]zlf0f l;sf0sf lqmf]snfkx? M

-!\_ ; ]gsf]k[7edl / clek]o :ki6; u} atfpg].  
-@\_ ; xhstf]h]; xefulx?nf0{lx;f ugk]?; u}a:gkg]j]f ofgsd{ugk]g]sf/0fx? s]xg ; S5g e6g] af/df sxl ; do lr6tg dgg ug{nufpg]  
-#\_ To; kl5 lx;f ugk]?; u} ; u)a:gkg]af]wof]ds sf/0fx?sf]klxrf]g ug\$]nflu ; xefulx?nf0{# ; dxd] l]efhg u/L lgDg kZgx? lbP/ ; dX 5nkm u/f0{k}t]tl ug{nufpg]M kZgx?

- ? tkf0f]nf0{tkf0{a; \$}f]3/ kl/jf/sf ; b:o, >ldfgaf6 / ufxsaf6 lx;f x65 e6g]s'/f yfx xbfxb}klg Toxl kl/jf/sf ; b:o, >ldfg jf ufxs; u} g}lsg al; /xg'ePsf]5 <
- ? sg sfd lx;f xf] < sg sfd lx;f xf]g < eg] s; /L 56dfpg'x65 <
- ? lx;f ug]n]s]sf/0fn]lx;f ul//xsf]5 eg] s; /L 56dfpg'x65 < h:t]M

!= u/l]l jf clzlf jf ; fdf]hs c; /lffsf]sf/0fn]xf]j]f xf]0g <  
@= gzfn'kbfy{; ]g u/\$}f]sf/0fn]xf]j]f xf]0g <  
#= tkf0f]lx;f ; lx/x\$}f]sf/0fn]j]f ofgsdl{dlxnfx?n]lx;f ; xg'k5{eg] xf]j]f xf]0g <  
\$= k?ifx? klg t dlxnfsf]lx;fdf k5g eg] xf]j]f xf]0g <  
%= nff]g]dflg; sf]j]fgl g]o:t]lx;f ug]vfn]sf]x65 eg] xf]j]f xf]0g <  
^= lx;f ug]nf0{sg}lbg ; wfg{; S5'eg] xf]j]f xf]0g <  
&= lx;f ug]sf]; fy 5f8df p; n]cfl]dx]of u5{e6g]8/n]xf]j]f xf]0g <

-\$\_ cfknk]t lx;f e0/xbf klg ; fxl lx;f ug]AolQm jf kl/jf/; u}al; /xg\$}f]sf/0faf/]; xefulx?af6 cfPsf cgej x?sf cltl/Qm c6o yk sxl sf/0fx? ePdf ; xhstf]h]klg hfgsf/L u/fpg].  
-%\_ lx;f ugk]?; u} ; u}a; ] klg lx;fnf0{/f\$yfd ug\$]nflu sxl ug{; lsg5 sl ; lsbj < To; tkmf ; f] l]rf/ u/f]e6g]s'/f /fb}; ]gsf]c6]to ug].

#### ;]gsf]d]wof]sg

-!\_ 5nkm s:tf]nffof]egl sxl ; xefulx?nf0{cfknkf l]rf/x? e6g nufpg] / ; xefulx?nf0{ ; lqmotf]k] \$ ; ]gdf ; xeful ePs]df w6oj fb lbP/ ; ]gsf]c6]to ug].

#### tf]nd ; fdu]x? M5nkm]sf]nflu kZgx? n]vPsf d6]sf8x?

#### ;xhstf]nf0{dfu]z6

-!\_ lx;fk0f{ j ftfj /0fdf j :gkg]af]wof]ds sf/0fx?af/]; fdf]6o hfgsf/L xfl; n ug{pkoQm xg]  
-@\_ ; ]gkl]t ; xefulsf]k[7k]f]of lng lj ; g'xbg .

**!\$= lx#faf6 hf]ug]pkfox?**

;]g g=#!  
;do M

**k]7edl M**

of]gsdl{dlxnfxf?nf0{lg/t/ ?kdf cfk]nf]kl/jf/, >ldfg ePsfxf?n]>ldfg / u]fxsx?af6 lx#fk0f{Aoj xf/xb}cfPsf]5 . of]gsdl{dlxnfxf?n]o:tf lx#fx? ;xb}cfPsf 5g\h; sf]sf/0fn]ubf{plgx?sf]hljg b]vbfol / si6s/ a6b}uPsf]5 . s; ;]j?4 xg]lx#f htl ;xb}uof]Totl g}a9b}hfg]s/f xf]. To; h]lx#fsf]rqm jf >[vnfnf0{/f\$yfd ug]pkfox?sf]vfh]l ug{k]x65 . lsgsl lx#fk0f{jftfj/0fdf a:g}of]gsdl{x?n]cfk]nf]k]zfnf0{u0f:t/0Qm agfpg ;Sb}g\ . of]gsdl{dlxnf]cfk]nf]k]zfnf0{u0f:t/lo agfpgsf]nflu lx#fnf0{/f\$yfd ug]k5{. cf^gf]dNo cfk]nf]sfod /Vg'k5{/ o; sf]nflu cf^gf]cfdj n a9fpg'k5{. lsgsl cfdj n ePg eg]sg}sf]d ug{; lsb}g . To:t}cf^gf]sf]dklt uf}a klg ug]k5{. s; h]al4 j]r\$]x65, s; h]l; k j]r\$]x65 eg]of]gsdl{h]cfk]nf]of]gsdl{h]j]r\$]x65, To; nf0{c6oyf dfg'kg]cj:yf 5g\ lsgsl ; #/ g}lofkf/sf]; #/ xf]. o:tf]cj:yfdf cfk]nf]0Hht, dNo dfgotf / dx]j sfod /Vg em]f]gaf]hl 0df6b/Ltk] \$ sf]d ug]k5{. 0df6b/Lk] \$ sf]d ubf{s; h]lx#f u5{eg]To; sf]/f\$ydsf pkfox? lgsf]Vg'kg]cj}zostf x65 . To; h]of]; ;]g /flvPsf]5 .

**clek]o M**

of]gsdl{lj?4 xg]lx#f, oftgf / lk8f /f\$ydsf pkfox? klxrfg u/fpg'.

**l; sf0sf p2]ox? M**

of]; ;]gsf]c6to ; Dddf ; xefulx? lgdg s/fdf ; lfd xg]5g\ M  
-s\_ of]gsdl{lj?4 xg]lx#fsf pkfox? klxrfg ug]  
-v\_ lx#f /f]yfd ug{klxrfg ePsf pkfox?nf0{Aoj xf/df ptfg]of]hgf agfpg,

**kl]zlf0f l; sf0sf lqmf]snfkx? M**

-!\_ ; ;]gsf]k]7edl / clek]o :ki6; # atfpg]  
-@\_ ; xhstf]h]; xefulx?nf0{of]gsdl{lj?4 s:tf vnfnf lx#f xg]ub}5g\eg]j f/df cl3Nnf]lbgdf ePsf 5nk]maf6 klxrfg ePsf s/fxf?nf0{d/0f ug]sf]nflu cg/f]w ug]  
-#\_ o:tf ljle6g lsl; dsf lx#fx?nf0{/f\$yfd ug]sf]nflu s]pkfox? lgsf]Vg ; lsb6 eg]j f/df s]xl ; do lrgtg dgg÷dl:tis d6yg ug{u/l cf-cfk]nf]sf]klf s]xl abfx? l6kf6 ug{cg/f]w ug]  
-\$\_ o;/L lrgtg dgg ul/; s]k]5 ; xeflux?nf0{/fwf, l; tf, b]k]bl, kfj]l cfb] gdf]s/0f u/l \$ ; d]xdf ljefhg ug] / of]gsdl{lj?4 xg]lx#fx? /f\$yfd ug]pkfox?sf]vfh]l ug]sf]nflu lgdg cg' f/sf]9f]f]df ; d]x sfo{ug{nufpg].

lx#fsf k\$]f/x?	u]fxsaf6 lx#f ePdf jf e0/xg]cj:yf ePdf s]ug]k5 <	>ldfg\jf kl/jf/sf c6o AolQm jf ;dfhaf6 lx#f ePdf jf e0/xg]cj:yf ePdf s]ug]k5 <
zfl/l/s lx#f		
df]vs lx#f		
dfgl; s lx#f		
cfly\$ lx#f		
wfld\$ lx#f		

-%\_ ; xhstf]h]5nk]msf qmddf u]fxs jf c6o klfaf6 lx#f xg nfu]df t]sfn s]ug{; lsb6 eg]j f/df sltko Aoj xfl/s pkfox?sf af/df klg 5nk]m rnfpg].  
-^\_ of]gsdl{lj?4 lx#f u/l s; h]zfl/l/s?kdf cf3ft kf/df io:tf]AolQmsf]lj?4df sb]k6 u/]f]eg]l lhNnf k]z; g sfofnodf lg]hg ug{; lsg]/ o:tf]sfo{ug]AolQmf0{lgDg cg' f/sf]; hfo xg]sfg]l Aoj :yf ePsf]s/f hfgsf/L u/fpg]/ ; ;]gsf]lgZsif{lgsf]nb}c6to ug].  
sfg]l Aoj :yf  
!= dlxnf]sf]of]ldf hg; s]lsl; dn]3fprf6 nuf0{lbPdf \* xhf/ ?k}p hl/jfgf / b0{j if{cf7 dlxgf s]sf]; hfo xg]  
@ :tg nufot c6o ; h]glzn cunf0{c}e}u u/df % xhf/ hl/jfgf / \* j if{s} ; hfo xg].

**;]gsf]dNofsg**

-!\_ ; xefulx?nf0{sg}u]fxsn]lx#f ug{n]lof]eg]tkf0{s]ug]k5 egl k]zg ug]/ ; xefulx?nf0{ ; lqmf]tk] \$ ; ;]gdf ; xeful ePsf]df w6oj fb lbP/ ; ;]gsf]c6to ug].

**tfnd ; dfulx?**

lx+fsf]/f\$ydsf]nflu ckgf0g]pkofx?af/]5nkm ug\$]nflu agf0Psf]9f#f, lx+ /f\$ydsf]nflu ckgfpg ; lsg]pkfox? n]VPsf]clwog ; dfulx? / lnlt ?kdf tof/ ul/Psf pbfx/0fx? .

**; xhstf0{dfu}z**

- !\_ ; xhstf0{dfu}z lx+fsf]/f\$ydsf] ; Da6wdf ePsf sfgl Aoj:yf / Aojxfl/s pkofs af/df hfgsf/L xfl; n ug' pkoQm x65 . ofqsdldfly xg]lx+ /f\$ydsf]nflu tn pln]vt Aoj xfl/s pkofx? ckgfpg ; lsg5 e6g]j f/df ; xefulx?nf0{hfgsf/L u/fpg ; lsg5 / tn pln]vt pbfx/0fnf0{5nkmsf]nflu pkofu ug{; lsg5 .
- @\_ ; ]gklt ; xefulsf]k[7kf]f0f lng lj ; 6'xb6 .

lx+ /f\$ydsf Aoj xfl/s pkofx?	
dfllbd	tl/sfx?
; r]tf	cfkmg] j f/df, cfkmg] j /kl/sf] kl/l:yt / cj:yfsf] j f/df, cfkndfyl xg ; Sg] ; efl] t cfqmdf / lx+fsf]j f/df ; r] e0{xg}.
cf6t/s r]gf	cfkndf ePsf]cf6t/s 1fgsf]dflwaf6 ; xh r]gf / lfdtfsf]kofu ug]. To:t}hg AolQm tyf cj:yfn]cfknhf0{; /lft xg]dxz'; ug{lbb6, To; nf0{kl/Tofu ug].
cfld; /lft tfnd	cfld ; /lftsf] nflu s; /l ; lfd xg] e6g]j f/df k/Dk/fut zfl/l/s cEof; df dfq lj Zjf; ug]ge0{s; /l cfkm ; /lft /xg]e6g]j f/df Ps cfk; df cEof; x? u/] yk hfgsf/L lnb}hfg].
c?sf] Wbfgnf0{ tf6g]	cfknhf0{ck7df/f]cf0{k/df To; af6 argsf]nflu eflg]/ kmhf k/] Dd 9wf, 0sf, df6f] jf c6o sg}j:tx?, k; n, 3/sf] emfn, 9f\$f, uf8l 0tofblfd knfnl c?sf] Wbfg cfkntkm{cflif ug].
; 3if{ug]	; 3if{ug{kfpg' cfkmg]clwsf/ xfl. cfd ; /lft ; Da6w tfnd lnPsf]j f glnPsf]eP klq cfkndfly ePsf]cfqmdfafa6 argsf]nflu zfl/l/s ?kdf zzQm ; 3if{ug].
3/df ; /lft	sg}AolQm]cfkmg]3/sf]9f\$fvllg cfpdf jf cg/fv u/df tkf0h]pQm AoflQmnf0{ glrgsf]eP 9f\$fvllg] / slxn\$fxl sg}AolQm 5bde]f jf kx/l]e]df cfpq ; S5, To:tf]cj:yfdf klq ; r] xg]/ cfkmg]3/sf]emfn 9f\$f cbl ahj' t agfpg] cfknh]; /lft ?kdf kofu ug{; Sg]u/L v; f6lsf]whf]/fv] pknAw xg ; sdf kmf6 / ; /lft lgsfox?sf]; Dks{kmg] gDa/x? /fv].
; /lft ofqf	ofqsf]qmdf cfknh]ofqf ul//x\$ oftoftsf ; fwgx? / cfkm a:g]xf0n, 3/ jf c6o :yfgsf sf]fx? ; /lft eP gePsf]Wbfg lbg]/ sfd ug]AolQm?; # ; r] /xg].

**; dx 5nkmsf]nflu s]l pbfx/0fx?**

**gf]sDk]f0h !**

@% jif{pd} ku\$]l sfnl-sfnl lx;l k/\$]l sfhfh -gfd kl/jt6 xSsl :jefj sl 15g\ ; don]pgnf0{lgSs} b9 agfPsf]5 pgnf0{. cfknhf0{0Hht gug]k?ifx? pgnf0{dg kb6 . ckdghgs Aojxf/ u/\$}sf/0fn] kln; nf0{emk8 lbPsl ly06 pgn]. /16/06df sddf Ao:t ePsf ahf Pp6f kx/Ln]ap efn'oxf-cf0hA e6b] hj/h:tl tfg]15 pgn]p; nf0{ufndf Ps yk8 ahf0b06 . elgg]et}; jf:gl oxf-sfd ug{a; \$]eP klq t]hj/hl:t ug{kfp6; veg]d; # s]ug{kfp5; A < To; kl5 tl kx/L /6ylg}afix/ lg:s]. kl5 plx kx/Ln] af6df lx8l /x\$ ahf pgnf0{a0Hht ub]eg] ap efn' sxf-hfg nflu; A < pgn]ysf06 at; # ; t\$]eP un]k]8 x6y]xfnf, ; lfg, efn' eP x6A < sfd ug]/16/06df w]\$]cfsif0f ag\$]l sfhfh el65g\as; #] dnf0{dg k/fp/ n]hg rfx65 eg]d]eg\$]f/6 / ; ljwf xqk5{ gf]sDk]f0hA !

; fef/ M ; do ; fktflxs, @^!, ebf#

**cfkmg]clwsf/sf]nflu cfkmg]; #7gsf]cfj Zostf**

ljut s]l ; dob]yl ofqsdldlxnfx? lj:tf/}; #7t eP/ cfjfh p7fpg yfn\$]f 5g\ /fhwgldf dfq}; #7t ofqsdldlxnfx?sf]; Wof # ; o gfl3; s\$]f]5, hf]cfkmg]xs, clwsf/ / k2fut lxtsf nflu j]h j]hdf 5nkms u56 . plgx?df Pp6f c6 h6dPsf]5 . s; #f0{bv glb0{cfkmg}hlp a]7] cfkm/ kl/jf/sf]hljg rnfPsf]; Vb c6etl klq 5 . z]f]of ug{rfxg]u]xs / kx/Lx?; # s; /l arq' k5{e6g]pglx?n]lj:tf/}yxf kfpb]cfPsf 5g\ pglx?sf]; fx; , b9tf / dg]n lj:tf/}a19/x\$]f]5 . t/ ; #7t geP ; Dd cfkmg]clwsf/ kkt ug{; lsb6 e6g]s/f klq plgx?n] dxz'; ub]cfPsf 5g\ . To; #]s]l jif]yl t /fhwgld]ljle6g lhn]nsf ofqsdldlxnfx?sf]kltlglw] /x\$]f]/li6# ; Dd]hg xg]u/\$]f]5, h; n]ofqsdldlxnfx?sf]xs lxtsf]nflu cfiZos ka]sfof? uaf]nflu :xofu uaf; S5 .

**!%= lx;f lkl8t ofgsdl{x?sf nflu ; /; Nnfx**

;]g g=;!%  
;do M

**k[7edl M**

ofgsdl{x?n] cfkn]f / cfkn]f kl/jf/sf] hljg uhf/f ug{ dflwdsf] ?kdf ofg Aoj ; fonf0{ckgfPsf  
x65g\ ofg Aoj ; fo cjndjg ug{klgsf]k5f8L k[0\$ ofgsdl{x?sf cf-cfkn]f}jflbtfx? klg /x\$  
x65g\ w]}cWbogx?n]s]s/f b]fPsf]5 eg]ofg Aoj ; fo ug\$]k5f8Lsf]Ppof dVo sf/of ul/jl /  
afllbtfx? g]xf]. hg; S}sf/Ofaf6 ofg Aoj ; fodf ; mlg ePtf klg klg ofgsdl{x?sf]hljgsf]cfkn]f}  
;j fledfg, cfd; Ddfg / :j t6qtfx? /x\$ x65gV xgk5{. o; f]ePtf klg ofgsdl{x?n]3/ kl/jf/, ufxs  
/ c6o AolQm?af6 s6f]k6s Psn tyf ; u]7t lx;f, kx/L kzf; gaf6 cglrt kmfp Pj +yg5\$ / c6o  
ljle6g AolQm?af6 w]sl Pj +oftgf kf0{x\$ x65g\ o:tf]cj:yfdf ofgsdl{x?sf]nflu Aoj xfl/s Pj +  
sfgg] ?kdf s; /L cuf8L a9g ; ls65 e6g]af/df pkoQm ; Nnfxsf]cfj Zostf kb5 . o:tf] ; Nnfx  
Psftkm{s; /L lbg ; ls65 / csf]km{s; /L lng ; ls65 e6g]j f/df klg yxf kfpg' cfj Zos x65 . To; h]  
of]; ]g /flvPsf]5 .

**clekfo M**

ofgsdl{x?dfly sg}lx;f ePdf To; lj?4 pkrf/sf]nflu cuf8L a9g' e6f klxf ; xof]ulx?af6 pkoQm  
; Nnfx lng' /df]x65 e6g]s/f dxz' u/fpg'.

**l; sf0sf p2]ox? M**

of]; ]gsf]c6to ; Dddf ; xefulx? lgDg s/fdf ; lfd xg5gW  
-s\_ cfkm'dfly lx;f ePdf To; lj?4 pkrf/sf]nflu cuf8L a9bf ; Nnfx lng ; lsg]AolQm ; 3 ; :yf  
/ lgsfox? klxrfg ug{  
-v\_ lx;f lj?4 pkrf/sf]nflu ; /sf/L lgsfodf hfg66f k] {tof/L xgkg]s/fx? AoQm ug{

**klzlf0f l; sf0sf lqmfnsnfx? M**

-!\_ ; ]gsf]k[7edl / clekfo :ki6; u atfpg]  
-@\_ ; xeflux? ; dlf lgDg kZgx? /fv] plgx?af6 cfPsf s/fx?nf0{l6kf6 ug]M  
-s\_ tkf0x? lj?4 sg}lx;f ePsf]cj:yfdf kx/L jf kzf; gdf hfg66f klxf sg}AolQm jf  
lgsfo; u ; Nnfx lng'ePsf]5 jf 56 <  
-v\_ o; /L ; Nnfx lng v]bf s; h] ; Nnfx lbPsf]5 jf 56 < lbPsf]5 eg]s:tf] ; Nnfx lbg]  
u/\$f]5 <  
-u\_ ; Nnfx cg' f/ cuf8L a9bf kmf0bf jf a]kmf0bf s]ePsf]5 <  
-3\_ ; Nnfx lng'k5{jf kb6 <  
-a\_ tkf0h] ; Nnfx lng'k6of]eg]sf] ; u ; Nnfx lngx65 <  
-#\_ ; xeflux?af6 cfPsf s/fx?nf0{dWbgh/ /fvb}ofgsdl{x?lj?4 sg}lx;f ePdf kx/L jf k]fzg  
; dlf hfg66f klxf Wbfg lbg'kg]s/fx?sf]j f/df cj ut u/fpg].  
-\$\_ ofgsdl{x?dfly sg}lx;f ePdf To; lj?4 pkrf/sf]nflu cuf8L a9bf cfkn]f]f]df ; Nnfx lbg  
; Sg]jf ; Nnfx lng ; lsg] ; e]Ao AolQm ; 3 ; :yf jf lgsfox?sf] ; h] tof/ ug{nufpg].  
-%\_ o; /L klxrfg ul/Psf ; xof]ul tyf ; Nnfx lbg]klfx?dWb]s; n]s]lj ifodf ; Nnfx lbg ; S5 e6g]  
j f/df klg 5nkm u/L klxrfg ug{nufpg].  
-^\_ ofgsdl{x?dfly lx;f ePdf ; Nnfx lng ; lsg] ljle6g AolQm ; 3 ; :yf / lgsfosf ; xof]ul  
AolQm?sf] ; Dks{7]f]gf, kmf6 g=cbl ; fydf /Vgsf]nflu v]hl ug]kg]s/f atfpg] / ; zgsf]  
lgZsif{lgsf]b}c6to ug].

**;]gsf]dWofsg**

-!\_ s]l ; xeflux?nf0{ofgsdl{x?dfly lx;f ePdf To; lj?4 pkrf/sf]nflu cuf8L a9bf sf6  
; Nnfx lng ; ls65 e6g]kZgx? u/L e6g nuf0{ ; xeflux?nf0{ ; lqmf]k] \$ ; ] gdf ; xeful  
ePsf]df w6oj fb lbP/ ; ]gsf]c6to ug].

**tfInd ; fdu]x? M**lx;f lj?4 pkrf/sf]v]hl ug\$]nflu pkoQm cWbog ; fdu]x? / c6o pko]ul kf]6/x?  
**; xhstf]f0{dfu]z6**  
!= ; xhstf]h]tn pN]vt s/fx?j f/]hfgsf/L xfl; n ug{pkoQm xg] / ; ] gk]t ; xefulsf]k[7kf]f0f lng]

**ofgsdl{dfly lx#f ePdf pkrf/sf]vfhl**

- s\_ lx#f e0{zfl/l/s ?kdf sg}rfk6s nfu\$]eP ghssf]; s]Dd lghl d]8sn xndf / ; ej gePdf :jf:Vo r\$]l jf c:ktfndf u0{pkrf/ u/fpg]/ cfkmhf0{ePsf 3fprf0sf] jf/df 8S6/nf0{l/kf0{agf0{lbgsf]nflu cg/fv ug]. t/ o; /l agfPsf]l/kf0\$] sfggl df0otf gxxg ; S5, To; h]o:tf]l/kf0{agfpg]qndf kx/Lnf0{klg /fxj /df /Vg'pkoQmx65 .
- v\_ lx#f ug]AolQm jf ; dxsf]lj?4df lhNnf kzf; g sf0f0odf ph/L ug{hfg06bf klxfn sfgg Aoj zfol jf ; xofvul u}; /sf/L ; 3 ; :yf; u ; Nnfx u/L lnvt lgj0g÷b/vf:t tof/ ug] / c6o ; xofvulx?nf0{; fydf lnP/ dfq To:tf lgsfox?df hfg].
- u\_ lx#f ePsf]7fpaf6 e/; s lhNnf kzf; g sf0f0o ghhsdf ePdf l; w}lhNnf kzf; g sf0f0odf lgj0g u/L lx#f ug]AolQm jf ; dxsf AolQm?nf0{kqmp ug{cg/fv ug].
- 3\_ lx#f ePsf]7fpaf6 lhNnf kzf; g sf0f0o 6f9f ePdf jf sf0f0o ; doe6bf cl3kl5sf] ; dodf lx#f ePdf ljZjfl; nf AolQm?sf] ; xofvudf lnvt lgj0g lnP/ dfq kx/L sf0f0ox?df ph/ ug].
- a\_ sg}klg lgsfodf lgj0g ubf{cfkmhf0{ePsf]zfl/l/s tyf c6o lftl jfkt lftlktl\$]/sd dfu bfjl ug{pkoQm xg].

**kx/L, kzf; gaf6 ofgsdl dfly lx#f ePdf pkrf/sf]vfhl**

ofgsdlx? dfly kf0h; f]kx/L / kzf; lgs lgsfox?af6 klg lx#f e0{x\$]x65, o:tf]cj :ydf lg0g pkfox?sf]vfhl ug{; lsg5 M

- !\_ sg}klg AolQmf0{sfggn]tf\$]e6bf c6o cj :ydf ygfdf /Vg]sfo{u/df To:tf]ygfdf /Vg]; /sf/L sdf/Lnf0{; hfo x65 . o:tf]; hfo ug\$]nflu lkl8t cfkmh]dQm ePsf]#% lbgleq lhNnf cbfntdf ph/ ug{; lsg5 . c6gkfgl glb0{jf lj gf sf/0f y6ghf0{xg] ; hfosf]jf/df dhsl P0 @)@ sf]a]v/t; u y6g\$] dxndf lj le6g ; hfo xg]Aoj :yf ul/Psf]5 .
- @\_ sg}klg AolQmf0{cdfgjlo jf ckdfghgs Aojxf/ u/df jf zfl/l/s jf dfgl; s oftgf lbPdf lkl8t cfkmh]jf lghsf]kl/jf/sf]AolQm tyf lghsf]sfgg Aoj zfoln]oftgf kfpq] AolQm ygfaf6 dQm ePsf]#% lbgleq lhNnf cbfntdf ph/L lbg kfp5 . o; /l oftgf lbg] sdf/Lnf0{lj le6g ; hfo xg]Aoj :yf oftgf ; Da6wl lftk'tl{P0 @)%# df lj le6g Aoj :yf ul/Psf]5 .
- #\_ To:t}kx/L sdf/Ln]sfgg ljkl/t sfo{u/L lx#f u/df jf oftgf lbPdf jf klbo bflo]j k/f gu/df jf b?kofv u/df To:tf sdf/Lsf]lj?4df lkl8t cfkmh]hlt; Sbf]rf8f]lghn] sfd u/L /x\$]e6bf dflyNnf]kx/L sf0f0o jf kx/L kwfg sf0f0odf ph/L lbg ; lsg5 . o:tf]kx/L sdf/Lnf0{lj le6g ; hfo xg]Aoj :yf kx/L P0 @)!@ df ul/Psf]5 .

**!^= ofgsdlx? dfly xg]lx#f /f\$yfdff u}; /sf/L ; :yfsf]eldsf**

;]g g#!^  
; do M

k]edl M

s; 0fly klg lx#f, oftgf / lk8f xg' eg\$]dfgj clwsf/sf]pNn3g xg' xf]. dfgj clwsf/sf]pNn3g ; a\$]rf; f\$]lj ifo xf]. o; df ; ah]; /f\$ / /Vg' kg]x65 . ofgsdlx? dfly xg]u/\$f lj le6g lsl; dsf lx#fsf]/f\$yfdsf]nflu e/; s ofgsdlx?n]g]lj le6g pkfox? lgsfNg' cfj Zos 5 . t/ stlko lx#fsf ultljwx?sf]/f\$yfd ug\$]nflu ofgsdlx? cfkm]; lfd gxxg ; S5g\ o:tf]cj :ydf plgx?nf0{lj le6g klfx?n]; xofv ul/k]x65 . o; /l ; xofv ul/k]klf c6t/ut u}; /sf/L ; 3 ; :yfx? klg /x\$ x65g\ To; h]ofgsdl{lj?4 xg]lx#fsf]/f\$yfd ug\$]nflu ofgsdlx?n]u}; /sf/L ; :yfx?af6 s]ck]ff u/\$f 5gV o:tf ck]ff? d]b]s]s/fdf u}; /sf/L ; :yfn]; xofv ug{; S5g\e6g]jf/df 5nkmm xg' cfj Zos 5 . To; h]of]; ]g /flvPsf]5 .

**cleklo M**

ofgsdl{lj?4 xg]lx+fsf]/f\$yddf u}; /sf/L ; :yfsf]eldsf klxrfg u/fpg'.

**l; sf0sf p2]ox? M**

of]; ]gsf]c6to ; Dddf ; xefulx? lgDg s/fdf ; lfd xg]5gM

-s\_ ofgsdl{dfly xg]lx+fsf]/f\$ydf ug\$]nflu u}; /sf/L ; :yfaf6 u/\$]ck]ff AoQm ug{

-v\_ ofgsdl{dfly xg]lx+fsf]/f\$ydf ug\$]nflu u}; /sf/L ; :yfsf]eldsf klxrfg ug{

**klzlf0f l; sf0sf lqmfnsfkx? M**

!\_ ; ]gsf]k[7edl / cleklo :ki6; u atfpg]

@\_ ; xhstf{f]; xeflux?nf0{lgDg kZgx? u/l plgx?af6 cfPsf s/fx? j fBdf l6kf6 ug] kZgx?

? tkf0x? dfly xg]u/\$f s:tf lx+fx? tkf0h]cfkm]kpf; u/] /f\$g ; Sgx65 <

? tkf0x? dfly xg]xg]u/\$f s:tf lx+fx? /f\$ydf ug\$]nflu u}; /sf/L ; :yfsf]; xof]usf] ck]ff ug{ePsf]5 <

? o:tf lx+fx? /f\$ydf ug\$]nflu u}; /sf/L ; :yfn]s]ul/lbP xg]lyof]eG]nfuf\$]5 <

#\_ ; xeflux?sf alr o:tf kZgx?sf jf/df ; df6o 5nkm ul/; s]k15 lgDg cg' f/sf]9f#df ; dX sfo{ug\$]nflu ; xeflux?nf0{\$ ; dXdf lj efhg u/L u}; /sf/L ; :yfsf]eldsf lgwf{of ug].

**; dX sfo\$]nflu 9f#**

ofgsdl{x?sf]cfkm}] kpf; df /f\$g ; lsg] lx+fx?	u}; /sf/L ; :yfsf] ; xof]u lnP/ /f\$ydf ug]k]lx+fx?	lx+fsf /f\$gsf]nflu u}; /sf/L ; :yfaf6 u/\$]ck]ff	lx+fsf /f\$yddf u}; /sf/L ; :yfsf] eldsf

**;]gsf]dNofsg**

!\_ s]k] ; xeflux?nf0{ u}; /sf/L ; :yfaf6 lng ; lsg] sg} Pp6f-Pp6f ; xof]ux? eG nuf0{ ; xeflux?nf0{; lqmtfk] \$ ; ]gdf ; xeful ePsfdf w6oj fb lbP/ ; ]gsf]c6to ug].

**tfInd ; fdu]x? M**

; dX 5nkmnsf]nflu cfj Zos kg]9f#f n]vPsf]k]k/

**;xhstf{f0{dfu]z6**

!\_ lx+fsf /f\$yfsf]nflu u}; /sf/L ; :yfsf]eldsfj f/]; xhstf{f ; df6o hfgsf/L ePdf pkoQm xg].

@\_ ; ]gk]t ; xefulsf]k[7kf]f0f lng lj ; 6'xb6 .

**!&= tfInd dNof°g**

**;]g g=M!&**

; do M

**k[7edl M**

o; cuf]8sf ; ]gx?df pNny ul/P cg'f/ of]tfInd # lbg ; Dd ; ~rfng ePsf]x65 . ofgsdl{x?dfly xg] u/\$f lx+fsf]/f\$yfsf]nflu s]ug{; lS65 eg] o:tf]tfInd ; fob plgx?n]klxnf]k6s lnPsf xg ; Sb5g\ o; tfInddf ofgsdl{x?n]cfkm}]clwsf/sf]nflu w}]s/fx? l; s]sf xg ; S5g\ . To; h]o; tfInd kl't ; xefulx?sf]km's bl]6sf0f ag\$]xg ; S5 . of]tfInddf pglx?sf]l; sf0sf]:t/ s:tf]/xof]eG]j f/df yxf kfg' kg]x65 . To:t} ; xefulx?sf]bl]6sf0fdf tfIndsf lj ifoj:t' / Aoj:yfkg kl'df s]k] ; wf/ ug{ cfj Zos 5 jf 5g eG]j f/df cf-cfkm}]bl]6sf0f xg ; S5 . plgx?sf]bl]6sf0f ; xhstf{tyf cfo]hs klfn] yxf kfg ; sf cfufdl lbgdf o:tf]tfIndnf0{cem kef]sf/L agfpg / kf7 of]hg tyf ; f] ; fdu]x? ; wf/ ugdf ; xof]u kl]g]xbf tfInd dNof°g ug\$]nflu of]; ]g / flvPsf]5 .

**cleklo M**

; xefulx?af6 tflndsf]dNof°g u/fpg'.

**l; sf0\$ f p4lox? M**

of]; ]gsf]cGto ; Dddf ; xefulx? lgDg s/fdf ; lfd xg\$gM  
-s\_ tflndaf6 l; s\$ f dVo s/fx? Inlvt ?kdf pNny ug{  
-v\_ tln d kltsf]cfkny]cgej / bl6sf0f Inlvt ?kdf kZ ug{.

**klzlf0f l; sf0\$ f lqmfnsfkx? M**

-!\_ ; ]gsf]k[7edl / cleklo :ki6; # atfpg].  
@\_ ; xhstf6]tflndsf]dNof°g ug{]sg cfj Zos xG5 eGj]f/df 5nkm u/fpg]/ tflnd dNof\$gsf] nflu tof/ u/\$f]Ps Ps kfg kZgj nl ; a}; xefulnf0{]j t/Of u/l nVg nufpg].  
#\_ ; xefulx?n]cfknh]e/\$f]dNof\$g knf/ddf gfd nVg' cfj Zos 5g t/ OR5sx?n]nVg ; lG5, To; sf/Of cfknhf0{nfu\$ f s/f :ki6; # nVg cg/fw ug[/ ; a}; xefulx?n]nV ; skl5 ; sng u/l lng].

**; ]g dNof\$g / ; DkGg**

!= tflnd dNof\$g ug{tl/sf s:tf]nflOf]eGg]kZg ubI; lqmfk] \$ dNof°g sfof ; xeful xg' ePsfdf wGoafb lbb}; ]gsf]cGto ug{.  
@= o; tflnd cj lwe/ ; lqno ; xeful e}l; Sg]l; sfpg] sfof ; xeful xg' ePsfdf ; xefulx?nf0{ wGojfb lbb}tflnd ; ]gaf6 klzlf\$?n]ljbf lng]/ ; dfkg sfo\$ ; ~rfng ug{cfof]hsnf0{ cg/fw ug[. ; xhstf{/ cfof]hs Pp6}klf ePdf ; xhstf6]l; w}tflnd ; dfkg ; q ; ~rfng ug{ klg ; lG5 .

**tflnd ; fdul M**

dNof°gsf]nflu tof/ u/\$f]kZgx? ePsf]; fdul

**; xhstfnf0{dfulzq M**

-!\_ ; do /xdf ; xeful tyf ; xhstf\$]AolQmut ?kdf k[7kif]Of cfbg kbf]g ug\$]nflu x/\$ ; xefulsf] k7ddf d\$fsf8{6f;l ; a}; a\$]d\$fsf8{6f nV} AolQmut k[7kif]Of ug{]lw ckfpg' /df]xG5 .