**klxnf] kl/R5]b**

**zf]wkl/ro**

**!=!ljifokl/ro**

nf]suLt dfgj ;Eotfsf] ljsf;;F+u;Fu} k|f/De ePsf] dflgG5. nf]s;flxTosf ljleGg ljwfx¿dWo] nf]suLtnfO{ ;j{k|frLg ljwf dflgPsf] 5 . u|fdL0f nf]shLjgsf ljljw kIfx¿ ;fdflhs, ;f+:s[lts rfnrng, ;'v–b'Mv, xif{–kL8f, cfzf–lg/fzf, pT;fx, pdª\u, k|]dk|;ª\u cflbsf] cleJolQm ;zSt dfWod g} nf]suLt xf] . s'g} klg ;dfhsf] ljutsf] Oltxf; cfly{s cj:yf, ;fdflhs, z}lIfs cj:yf, r]tgfsf] :t/ tyf cGo ljljw kIfx¿sf af/]x¿df lh1f;f d]6\g ;DalGwt ;dfhdf k|rlnt nf]suLtsf] cWoog ug'{ cfjZos x'G5 lsgeg] nf]suLt nf]ssf] Oltxf; / eljiosf] ;"rs xf] .

;f]n'v'Da' lhNnfsf] k|fs[lts, ;fdflhs, ;f+:s[lts eflifs ljljwtfn] el/k"0f{ lhNnf xf] . oxfF ljljw hfthfltsf dflg;x¿ a;f]af; ub{5g\ / pgLx¿sf ;fdflhs ;f+:s[lts k/Dk/fx¿ 5g\ . oxfF j|taGw, ljjfx, d[To'h:tf ;+:sf/ sd{ / tLh, b;}F, ltxf/ cflb dxŒjk"0f{ rf8kj{x¿ dgfOG5g\ . oL rf8kj{ / ;+:sf/, sd{ dgfpFbf tL ;+:sf/x¿;Fu ;DalGwt uLtx¿ cToGt nf]slk|o /x]sf 5g\ . oxfF ljjfx ;+:sf/df l;nf]s / /Tof}nL ufpg] k|rng klg /x]sf] 5 . To:t}, oxfF tLhdf tLh] / ltxf/df b]p;Le}nf] uLt ufOG5 . To:tf uLtx¿df :yfoL nf]shLjgsf ljz'¢ cleJolQm k|s6 ePsf x'G5g\ .

xfn cfP/ cfw'lgs ;~rf/dfWodsf ;fy–;fy} g]kfndf lelqPsf lxGbL, cª\u|]hL uLtsf] k|efjn] ubf{ :yfgLo d"No dfGotf / k/Dk/fnfO{ k|ltlalDat ug]{ nf]suLtx¿ cf]em]ndf kg{ yfn]sf 5g\ . oxL ;d:of ;f]n'v'Da' lhNnfsf] ;Nofgdf klg /x]sf] 5 . o:tf] l:yltdf oxfF nf]suLtx¿sf] cWoog, cg';Gwfg, ;+/If0f / ;Daw{g ug'{ cTofjZos 5 . To;}n] ;f]n'v'Da' lhNnfsf] ;Nofg If]qsf nf]suLtnfO{ zf]wsf] ljifosf ¿kdf lnOPsf] xf] .

**!=@ ;d:ofsyg**

g]kfnL nf]s;flTodf dfq geO{ lnlvt ;flxTosf] ;d[l4sf nflu ;d]t nf]suLt alnof] cfwf/:tDesf¿kdf /x]sf] 5 . g]kfnL nf]shLjgsf ljljw cg'e"ltx¿nf]suLt dfkm{t cleJolQm ePsf x'G5g\ . ;f]n'v'Da' lhNnfdf klg To:tf uLtx¿ k|z:t dfqfdf 5g\ t/ nf]suLtx¿sf af/]df Jojl:yt lsl;dn] xfn;Dd cWoog / cg';Gwfg ePsf] kfOFb}g .To;}n] lgDglnlvt ;d:ofx¿df s]lGb|t eO{ k|:t't zf]wkq tof/ kfl/Psf] 5 M

!= ;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt nf]suLtx¿nfO{ slt ju{df juL{s/0f ug{ ;lsG5 <

@ = ;Nofg If]qdf k|rlnt nf]suLtx¿nfO{ ljifoj:t', ;+/rgf, no jf efsf / efiffz}nLsf cfwf/df s]s;/L ljZn]if0f ug{ ;lsG5 <

**!=# p2]Zo**

k|:t't zf]wsfo{sf p2]Zox¿ o; k|sf/ 5g\ M

!= ;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt nf]suLtx¿sf] juL{s/0f ug'{, /

@= ;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt nf]suLtx¿sf] ljZn]if0f ug'{ .

**!=$ k"j{sfo{sf] ;dLIff**

/fli6«o :t/df g]kfnL nf]suLtsf] cWoog / ljZn]if0f ug]{ sfo{ ljleGg ljåfg\x¿af6 xF'b} cfPsf] kfOG5 . xfn g]kfnL ;flxTosf] cWoog cg';Gwfgsf s|ddf lglZrt If]q / efiffsf nf]suLtx¿sf] cWoog, ;ª\sng / ;Dkfbg ug]{ k|of;x¿ eO/x]sf 5g\ t/ xfn;Dd klg ;f]n'v'Da' lhNnfsf] ;Nofg If]qdf s]lGb|t eP/ ToxfF k|rlnt ;a} k|sf/sf nf]suLtx¿sf af/]df cWoog, cg';Gwfg ug]{ sfo{ gePtfklg /fli6«o :t/df jf If]qLo :t/df ePsf s]xL k"j{sfo{x¿ g} k|:t't zf]wkqsf lglDt ;fGble{s /x]sf 5g\ . ltg} k"j{sfo{x¿nfO{ oxfF rrf{ ul/Psf] 5 M

s[i0fk|;fb k/fh'nL -@)%&\_n]*g]kfnL nf]suLtsf] cfnf]s*df nf]suLt nf]sx[bosf] :j:kmt{ ;'sf]dn nofTds cleJolQm xf] eGg] n]v]sf 5g\ . nf]shLjgsf] /fufTds k|j[lQsf qmddf dfgj;Eotf / ;+:s[ltdf k|sfz kfb}{ df}lvs k/Dk/fdf hLjGt /x]/ hftLo hLjgnfO{ lrgfpb}F nf]ssf] ;femf 9's9'sL x'g' o;sf] ul/df xf] . pgn] wtL{sf sfvdf ;'vb'Mv ef]Ub} /dfPsf c;ª\Vo hgtfsf x|[bodf snsnfpg] / ltgsf ;'l/nf s07df ;nanfpg] cljlR5Gg tyf ;xh uLltk|jfx g} nf]suLt xf] eg]sf 5g\ .

r"8fdl0f aGw' -@)%\*\_ n] *g]kfnL nf]s;flxTo* df nf]suLt eg]sf] nf]s hLjgsf] /fufTds :jt:km't{ nofTds cleJolQm xf] eGg] atfPsf 5g\ . o;df pgn] nf]s hLjgsf b'Mv–;'v, xfF;f] /f]bg, cfzf–lg/fzfsf ;fy} nf]ssf] rfn–rng, ljlw, Jojxf/, cf:yf / dfGotfx¿sf] lrq0f x'G5 egL nf]suLtsf] kl/efiff u/]sf 5g\ .

df]xg/fh zdf{ / vu]Gb|k|;fb n'O6]n -@)^#\_ n] *nf]sjftf{ lj1fg / nf]s;flxTo* gfds ;dfnf]rgf u|Gydf nf]sefjgf jf ljrf/sf] df}lvs Pjd\ >'ltk/Dk/fåf/f Ps k':tfaf6 csf]{ k':tfdf ;b}{ hfg] nofTds u]o cj}olQms eflifs ;+/rgfnfO{ nf]suLt xf] eGg] s'/f pNn]v u/]sf 5g\ . pgLx¿n] o;df nf]suLt ;a}eGbf k|frLg ljwf xf] / o;sf] k|f/De dflg;n] jf0fLsf] k|of]u ug{ yfn]b]lv g} ePsf] klg atfPsf 5g\ .

df]tLnfn k/fh'nL / hLj]Gb|b]j lu/L -@)^\*\_ n] *g]kfnL nf]s;flxTosf] ¿k/]vf* gfdsk':tsdf nf]suLt Ps k|frLg nf]s;flxlTos ljwf xf], j]b :jod\ klg >'lt xf] eGg] n]v]sf 5g\ . o;df dfG5]sf ;'v–b'Mv, 3ftk|lt3ft, lhtxf/, ptf/r9fj, cf:yf / ljZjf;;Fu ;DalGwt cg'e"lt tyf cg'ej ;/n Pjd\ noa¢ ¿kdf k|s6 ePsf x'G5g\ clg o;df ;/n efiffsf] k|of]u ePsf] x'G5 egL pgn] atfPsf 5g\ . o;sf ;fy} pgn] /fi6«sf ljljw If]qdf ufOg] nf]suLtx¿sf] rrf{ u/]sf 5g\ .

g]kfnsf] k"jL{ e]udf nf]slk|o afng, c;f/]h:tf s]xL nf]suLtx¿sf] ;fdfGo kl/rrf{ / ltgsf] ljZn]if0f kfOG5 t/ k"j{cWoogx¿df ;f]n'v'Da' lhNnfsf] ;Nofg If]qd} s]lGb|t eP/ oxfF k|rlnt nf]suLtx¿sf] lj:t[t ¿kdf cWoog ePsf] kfOFb}g . To;}n] ;f]n'v'Da' lhNnfsf] ;Nofg If]qd} s]lGb|t eP/ nf]suLtsf] juL{s/0f / ljZn]if0f u/L tof/ kfl/Psf] k|:t't zf]wkq g} o; k|sf/sf] klxnf] k|of; xf] .

**!=% zf]wsfo{sf] cf}lrTo**

nf]suLtdf nf]shLjgsf ljljw kIf ;'v–b'Mv cfF;'–xfF;f], lttf–ld7f cg'ej, wd{–;+:s[lt h:tf s'/fx¿ cleJolQm ePsf x'G5g . cfhsf] klZrdL ;Eotf ;+:s[lt / cfw'lgs ;~rf/ dfWodsf] ljsf;;Fu} :yfgLo d"No / dfGotfnfO{ emNsfpg] nf]suLtx¿ cf]em]ndf kb}{ uPsf] cj:yfdf nf]suLtsf] cWoog, cg';Gwfg / ;+j¢{g ul/g' cTofGt cfjZos 5 . To;} cfjZostfnfO{ k|:t't zf]wkqn] ;ª\slnt ug]{ dxŒjk"0f{ sfo{ o; zf]wkqdf ;dkGg ul/Psf] 5 . tL nf]suLtx¿sf] juL{s/0f / ljZn]if0f;d]t ul/Psf] k|:t't zf]wkqn] nf]s;flxTosf cWo]tf Pjd\ nf]s;flxTok|lt ?lr /fVg]nfO{ cfjZos ;fdu|L pknAw u/fpg] 5 ;fy} o;af6 g]kfnsf ljleGg If]qdf nf]suLtx¿sf] t'ngfTds cWoog ug]{ / g]kfnL nf]suLtsf] cWoog–cWofkg sfo{df ;d]t s]xL ;xfotf ldNg] x'gfn] k|:t't zf]wkqsf] k|fl1s cf}lrTo Pjd\ dxŒj 5 .

**!=^ zf]wsfo{sf] ;Ldfª\sg**

g]kfnL nf]s;flxTosf If]qdf nf]suLtsf]If]q Jofks ePtfklg o; zf]wkqdf ;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt ljleGg nf]suLtx¿sf] juL{s/0fdf afx|df;] uLt, -PsnuLt, bf]xf]/LuLt, afnuLt, ehg\_, kj{uLt, -tLh], b]p;L–e}nf]\_, sd{uLt -c;f/]uLt, bfOFuLt\_ / ;+:sf/uLtx¿ -/Tof}nL, l;nf]s\_ k|rlnt ePsf] xF'bf lognfO{ dfq lnOPsf] 5 . nf]suLtsf] ljZn]if0fsf ljleGg cfwf/x¿ ePtfklg o; zf]wkqdf ljifoj:t', ;+/rgf, no jf efsf / efiffz}nLsf cfwf/df dfq ljZn]if0f ul/Psf] 5 . oxL g} o; zf]wkqsf] ;Ldfª\sg xf] .

**!=& ;fdu|L ;ª\sng kl4lt**

:ynut e|d0f -If]qsfo{\_ af6 k|fylds ;fdu|L ;ª\sng ul/Psf nf]suLt vf; u/]/ nf]ss07d} 5l/P/ /xg] x'gfn] ;DalGwt If]qd} zf]wfyL{ uP/ :yfgLo d]nf, kj{ cflbdf pkl:yt eP/ ;DalGwt uLtsf ufosx¿;Fu JolQmut ¿kdf ;Dks{ /fv]/ /]s8{sf] ;xfotfn] l6kf]6 u/L ltgnfO{ lnlka4 ul/Psf] 5 . l6kf]6 ul/Psf uLtx¿sf] juL{s/0f / ljZn]if0fsf] ;}4flGts cfwf/sf lglDt låtLos ;fdu|Lsf] ;ª\sngdf k':tsfnoLo ljlwsf] pkof]u ul/Psf] 5 .

**!=\* ;fdu|L ljZn]if0f ljlw**

k|:t't zf]wdf ;ª\slnt nf]suLtsf] ljZn]if0fsf lglDt nf]s;flxTosf ;}4flGts u|Gysf] pkof]u u/L ljZn]if0fsf] Pp6f 9fFrf tof/ kfl/Psf] 5 . To;df nf]suLt ljZn]if0fsf nflu ljifoj:t', ;+/rgf, no jf efsf / efiffz}nL lgwf{/0f u/L ;f]n'v'Da' lhNnfsf] ;Nofg If]qsf nf]suLtx¿sf] ljZn]if0f ul/Psf] 5 .

**!=\* zf]wkqsf] ¿k/]vf**

k|:t't zf]wkqsf] ¿k/]vf o; k|sf/ 5 M

klxnf] kl/R5]b M zf]wkl/ro

bf];|f] kl/R5]b M ;f]n'v'Da' lhNnfsf] ;Nofg If]qsf] ;ª\lIfKt kl/ro

t];|f] kl/R5]b M ;f]n'v'Da' lhNnfsf] ;Nofg If]qsf nf]suLtx¿sf] juL{s/0f

rf}yf] kl/R5]b M ;f]n'v'Da' lhNnfsf] ;Nofg If]qsf nf]suLtx¿sf] ljZn]if0f

kfFrf}F kl/R5]b M ;f/f+z tyf lgisif{ .

**bf];|f] kl/R5]b**

**;f]n'v'Da' lhNnfsf] ;Nofg If]qsf] ;ª\lIfKt kl/ro**

**@=!ljifok|j]z**

;f]n'v'Da' lhNnfsf] kl/ro ;fy} oxL lhNnfsf] j8f g+= b'O{df kg{] ;Nofg If]qsf] kl/ro o; kl/R5]bdf lbOPsf] 5 . ;j{k|yd ;f]n'v'Da'sf] kl/ro lbFbf o;sf] gfds/0fsf] af/]df rrf{ ug'{ k|f;ª\lus b]lvG5 . g]kfnsf sltko lhNnf tyf c~rnsf] gfd wfld{s, :yfgLo, sflns of P]ltxfl;s ;fOgf] /x]sf] 5 . w]/}h;f] lhNnfx¿sf] gfd;Fu :yfgsf] ljz]iftf, sfo{sf] ljz]iftf, hftLo ljz]iftf jf s'g} g s'g} 36gfsf] ljz]iftf hf]l8Ps} 5g\ . o:t} ;f]n'v'Da' lhNnfsf] gfd;Fu klg hftLo / hg>'ltsf] dxŒj hf]l8Psf] 5 .

ltAatL efiffdf :of/ v'Da' eGgfn] k"j{tk{msf] kljqe"ld eGg] hgfpF5 / oxL zAb cke|+z eP/ ;f]n'v'Da' ePsf] dflgG5 . ls/fFtL efiffdf kl/rotk{maf6 cfo{dfem ls/fFtdf a:g]nfO{ v'Da'ª\jf elgGYof] / ltAatL efiffsf] :of/ zAb ylkFbf :of/v'Da' ePsf] / ;f] zAb cke|+z eP/ ;f]n'v'Da' ag]sf] ljZjf; ul/G5-lu/L, @)^%, k[=@–%\_ .;f]n'v'Da' lhNnfsf] ;b/d'sfdsf] tNnf] If]qaf6 aUg] ;f]n'vf]nf / pQ/l:yt v'Da' lxdfnsf] sfvdf v'Da' pkTosf /x]sf] / ;f] zAbaf6 g} ;f]n'v'Da' gfds/0f ePsf] lsDabGtL klg kfOG5 -uf}td, @)&), k[=!#\_ .

**@=@;f]n'v'Da' lhNnfsf] P]ltxfl;s kl/ro**

g]kfnsf c¿ lhNnfx¿h:t} ;f]n'v'Da' lhNnfsf] klg 5'6\6} kl/ro lbg ;lsG5 . ltAatL efiffsf] :of/ v'Da' cyf{t\ kljq eGg] zAb cke++|z eP/ ag]sf] ;f]n'v'Da' / ToxLF ;f]n'v'Da'sf gfdn] k|l;4 lhNnf ;f]n'v'Da' k/fk"j{sfndf cyf{t\ b}lgs ;dodf lzj kfj{tLsf qmL8f:yn ;'d]? kj{t, lxGb' wfld{s u|Gyx¿df jl0f{t dxfnª\u'/ lxd>[ª\vnf, lji0f' eujfg\sf] tkf]e"ld, k|l;4 b"ws'08 wfld{s :yn, tfntn}of / u'kmfx¿n] ;DkGg of] lhNnf Ps ko{6sLo lhNnf xf] .

o;sf] pQ/df /x]sf] v'Da' If]q / blIf0fdf /x]sf] g]rfsf] tNnf] efusf] prfOdf lgs} 7'nf] cGt/ /x]sf] 5 . o;} ef}uf]lns ljljwtfsf] sf/0fn] lhNnfsf] ljleGg If]qdf ljleGg lsl;dsf vfBfGg afnL, kmnk"mn tyf jg:kltx¿ kfOG5g\ . ;d'b|sf] ;txaf6 ^)) ld6/b]lv ;'?eO{ ljZjsf] ;jf]{Rr lzv/ ;u/dfyf \*,\*$\* ld6/;Dd cUnf] e"–efu o; lhNnfdf ePsfn] o; lhNnfsf] e"agfj6 df6f], sfnf], ;]tf], sd]/f], anf}6], /ftf], v}/f] cflb /ª\sf] kfOG5 . lhNnfsf] blIf0fL If]qdf s]xL vf]r / a]F;Lx¿ klg 5g\ . oL 7fpFx¿df kfOg] kfFuf] df6f]df wfg, ux'F, ds}, sf]bf] cfn' tyf gub]afnLx¿df t/sf/L k|z:t dfqfdf kfOG5 . !,\*)) ld6/eGbf dflysf] prfOdf jgIf]q, r/0f If]q vs{ dfq ePsf] / pQm :yfgdf hf}F, ux'F, kmfk/ / cfn' dfq pTkfbg x'G5 . Tof] klg jif{df Ps afnL dfq x'G5 . k|zf;lgs / /fhg}lts b'j} b[li6n] oxfF ljleGg lsl;daf6 ljsf;sf k"jf{wf/x¿ sfod ug{ o; lhNnfnfO{ Ps gu/kflnsf #) uf=lj=;= / !)^ j6f ufpF ljsf; ;ldltx¿df / % j6f lgjf{rg If]qx¿df ljeflht ul/Psf] 5 . oxL g} ;f]n'v'Da' lhNnfsf] P]ltxfl;s tyf k|zf;lgs lrgf/L xf] .

**@=#;f]n'v'Da' lhNnfsf] ef}uf]lns cj:yf**

ljZjsf] ;a}eGbf cUnf] e"efu \*,\*$\* ld6/ prfOb]lv g]rfj]t3f/L t'Og6f/ ^)) ld6/ prfO;Ddsf] e"efu o; lhNnfdf kb{5g\ . ljleGg pRr kj{tLo lxdz[ª\vnf, 8fF8f, kfvfkv]/f, vf]r, a]F;L, tfntn}of, lxGb', af}4, lqml:rog ;+:s[lt kfOG5 . of;f{u'Daf, lr/fOtf], h6fdzLh:tf cltpkof]uL hl8a'6L, vf]6];Nnf], l7u'/]nufot 5 k|hfltsf ;Nnf, b'n{e lxddfgj, lxdlrt'jfh:tf hGt' do'/, 8fFk]m, sf]OnLh:tf kG5Lx¿ kfOg] k|fs[lts ;Dkbfn] el/k"0f{ of] lhNnf g]kfnsf b'u{d lhNnfx¿dWo] Ps xf] .

of] lhNnfsf] s'n If]qkmn #,#(,&&^ x]S6/ /x]sf] 5 . o;dWo] pRr lxdfnL If]q !,(@,%!! x]S6/ -%^=^^\_ pRr kxf8L If]q !, $$, $^$ x]S6/ -$@=%!\_ / kxf8L If]q @, \*)! x]S6/ -)=\*@\_ /x]sf] 5 . of] lhNnf @&°@)Ú#(Æ pQ/L cIff+zb]lv @\*°^Ú@$Æ pQ/;Dd / \*^°)Ú@)Æ k"jL{ b]zfGt/;Dd k}mlnPsf] /x]sf] 5 -ndh]n, @)&!, k[=!\_ .

o; lhNnfsf] l;dfgf k"j{df vf]6fª lhNnf pQ/df ;f]n'v'Da' lhNnfsf] ;f]n' b'ws'08 gu/kflnsf, klZrddf cf]vn9'ª\uf lhNnf / blIf0f /fd]5fk lhNnf;Fu hf]l8Psf] 5 . o; lhNnfsf] e"jgf]6 ;j{q Psgf;sf] 5}g . st} ;dy/ 5 eg] st} n]s a]F;L, st} ljleGg lsl;dsf 8fF8fx¿ a]F;Lx¿ /x]sf 5g\ .

**@=#=! gbLgfnf**

;f]n'v'Da' lhNnfdf b'wsf];L gbL, ;f]n' vf]nf, vx/] vf]nf, 7f8f] vf]nfx¿ /x]sf 5g\ / tn ;a}sf] kl/ro lbOPsf] 5 .

**b'wsf];L**

o; gbLsf] pb\ud:yn ODhfr]lks -lxdfn\_ xf] . of] gbL lxpF kUn]/ em/]sf] ODhf vf]nfsf] gfdn] aUb} tn em/]/ ljZjk|l;4 t]Ëaf]r] u'Dafsf] k]mbL tyf gfDr]sf] nfhf{bf]efgdf ef]6]sf];Ldf ldl;G5 . lxpF kUn]/ axg] x'gfn] o; gbLsf] kfgL :jR5 lgd{n ePs} sf/0f x]bf{ ;]tf] b'w h:t} b]lvg] x'Fbf o;sf] gfd b'wsf];L /x]sf] xf] eGg] lsDabGtL kfOG5 . afa}k]mbL, lbNnL3f/ h'a'sf] k]mbL, av'{3f6 x'Fb} k~rg g]rfj]t3f/Lsf] t'OG6f/af6 ;f]n'v'Da'nfO{ 5f]8]/ cf]vn9'Ëf lhNnfdf k|j]z ub{5 -lu/L, @)%^, k[=%&\_ .

**;f]n'vf]nf**

g'Da'/ lxdfnsf] sfvdf cjl:yt b'ws'08 pb\ud:yn x'Fb} ax]sf] of] vf]nf ;]Nn]/L, ufdf{, ltª\nf, ;Nofg, g]rfa]t3f/L x'Fb} t'OG6f/df k'u]/ b'wsf];L gbLdf ldl;G5 . ufdf{ k]mbLaf6 $)) lsnf]af6 ljB't\ pTkfbg ul/Psf] 5, h;nfO{ RofN;f hnljB't\ sDkgL gfds/0f ul/Psf] 5 . sfFu]n uf=lj=;=sf] 7'n9'ª\uf eGg] 7fpFdf # lsnf]ld6/ ;'?Ë dfu{sf] lgdf{0f u/L @% d]3fjf6sf] ljB't\ pTkfbg x'g] ;Defjgf /x]sf] 5 . o;sf ;fy} ltª\nf, ;Nofg k~rgsf] ufª\v' / g]rfa]t3f/Lsf] t'Og6f/af6 hnljB't\ cfof]ghfx¿ lgdf{0ffwLg cj:yfdf /x]sf 5g\ -lu/L, @)^%, k[=%\*\_ .

**vx/] vf]nf**

g]rf atf;] u}/Ldf d'xfg eO{ g]rfatf;] / ;Nofgsf] ;Ldfgfsf :yndf /xg] of] vf]nf g]rfa]t3f/L / ;Nofgsf] ;Ldfgf x'Fb} ;f]n'vf]nfdf uP/ ldl;G5 . o; vf]nfdf ;fgf7'nf ^ j6f emf]n'Ë] k'nx¿ /x]sf 5g\ . g]rfatf;], g]rfa]t3f/L / ;Nofgsf ;fy} e"–efudf l;+rfO ug{ ;lsg] of] vf]nf xfn;Dd s'g} klg k|of]hgsf nflu pkof]u ePsf] 5}g .

**@=#=@ xfjfkfgL**

o; lhNnfdf dxfnª\u'/ / cGo lxdz[ª\vnfx¿ kb{5g\ . ljZjsf] ;jf]{Rr r'r'/f] ;u/dfyf o;} k|b]zdf kb{5 . dxfnª\u'/ z[ª\vnfsf] lzv/ ;u/dfyf \*, \*$\* ld6/ lz/df /x]sf] 5 . cGo k|d'v lxdlzv/x¿df Nxf]K;] \*, %!^ ld=, rf]o' \*, @)! ld6/ x'Fb} qmdzM 36\bf] qmddf g]rfa]t3f/L t'OG6f/ ^)) ld6/ pRrfOdf /x]sf] sf/0f oxfFsf] xfjfkfgL pRr lxdfnL If]qdf kfOg]b]lv ;dy/ e"efu t/fO{ If]qdf kfOg] pi0f xfjfkfgL;d]t kfOG5 . oxfFsf] cf};t tfkqmd clwstd !!=% l8u|L ;]lN;o; / Go"gtd tfkqmd dfOg; !=\* l8u|L ;]lN;o;;Dd kb{5 . o; lhNnfsf] cf};t jiff{ jflif{s !^^!=! ldlnln6/ /x]sf] 5 -lu/L, @)^%, k[=%%\_ .

**@=$;f]n'v'Da' lhNnfsf] ;Nofg If]q**

g]rf;Nofg ufpFkflnsf ;f]n'v'Da' lhNnfsf] ;aeGbf blIf0f e]udf cjl:yt 5 . g]rf;Nofg ufpFkflnsfcGtu{t j8f g+= @ df ;Nofg ufpF /x]sf] 5 . k|fs[lts / ;f+:s[lts ¿kdf /d0fLo :ynsf] ¿kdf dfq geO{ pj{/ e"ldsf] ¿kdf /x]sf] o; ufpFkflnsf ko{6sLo uGtJosf] ¿kdf ;'kl/lrt 5 . ;fy} of] ufpFkflnsf wfld{s / hfltut ¿kdf ljljwtfo'Qm ufpFkflnsf xf] . ;Nofg If]qdf eg] hfltut ljljwtf 5}g oxfF a;f]af; ug]{ ;a} a|fXd0f ;d'bfo g} /x]sf] 5 .

g]rf;Nofg ufpFkflnsfsf] s'n If]qkmn \*^)\*=)) x]S6/b]lv ^&=%$ j=ls=ld= ;Dd k}mlnPsf] 5 . o; If]qdf dlxnfsf] hg;ª\Vof !@, @)% / k'?ifsf] hg;ª\Vof ^, $$& /x]sf] 5 eg] hDdf %, &%\* 3/w'/L /x]sf 5g\ . @)^\* sf] hgu0fgfcg';f/ . ef}lts k"j{wf/sf ¿kdf k|fylds :jf:Yo s]Gb| Ps dfq /x]sf] 5, :jf:Yo rf}sL Ps h'g ;Nofgdf cjl:yt /x]sf] 5 . To;}u/L cfo'j]{b cf}ifwfno !, ;fd'bflos c:ktfn ! / ;fd'bflos :jf:Yo ;]jf ! /x]sf] 5 . ;Nofgdf ljleGg d7dlGb/ ;–;fgf vx/]x¿ /x]sf 5g\ . o; If]qdf a;f]af; ug]{ ;a} ;d'bfo lxGb" wd{df cf:yf /fVb5g\ .

**@=%;Nofg If]qsf] cfly{s ljsf;sf k"jf{wf/x¿**

JolQm, ;dfh / /fi6«nfO{ cfly{s kIfn] k|ToIf jf k/f]If ¿kdf k|efj kf/]sf] 5 . cfly{s kIf ;a} s'/fsf] d]?b08 xf] . ;dfh, ;+:s[lt, snf–;flxToh:tf s}of}F If]qx¿nfO{ cfly{s ljsf;n] ;an / ultzLn agfpF5 . o;} ;Gbe{df o; If]qsf] cfly{s ljsf;sf ;an tŒjx¿ / o;sf ultljlwx¿af/] ;ª\lIfKt ¿kdf kl/ro lbg] hdsf]{ oxfF ul/G5 .

**@=%=! s[lif**

;Nofg If]qsf] cfly{s ljsf;sf] cfwf/ dxŒj g} s[lif xf] . oxfFsf w]/}h;f] dflg;x¿sf] hLjg g} s[lif k];fdfly lge{/ 5 . o; If]qdf v]tLof]Uo pj{/ e"ldsf] If]qkmn w]/} 5 . oxfFsf w]/}h;f] vf]nf–vx/]x¿ jiff{Ct'afx]s ;'Vvf g} /xG5g\ . oxfFsf s[ifsx¿n] v]tLsf] lglDt k|of]u ug]{ s[lif cf}hf/x¿ d'VotM o; k|sf/sf 5g\ M xnf], sf]bfnf], xFl;of, v'kL{ cflb .

**@=%=@ afnLgfnL**

o; If]qdf vfBfGg / gub] u/L b'O{ k|sf/sf afnLx¿ pAhfOG5g\ . vfBfGg afnLx¿df wfg, ux'F, ds}, sf]bf], cfn' kb{5g\ . gub]afnLx¿df tf]/L, t/sf/L cflb kb{5g\ . kmnk"mnsf] ¿kdf oxfF cfk, cDaf, s]/f, ;'Gtnf, gf:kflt, lga'jf cflb kfOG5g\ .

**@=%=# kz'kfng**

kz'kfngsf] dxŒj oxfF w]/} g} /x]sf] 5 . oxfF kz' rf/j6f p2]Zon] kflnG5 . v]tL ug]{ p2]Zon], dn k|fKt ug]{ p2]Zon], df;'sf] p2]Zo / b'wsf] nflu ufO{, e}F;L, uf]? oxfFsf ls;fgx¿n] kfNb5g\ . kG5Lx¿df s'v'/f, k/]jf kfn]/ oxfFsf dflg;x¿n] hLjgofkg ub{5g\ . oxfFsf s]xL dflg;x¿ dfx'/Lkfng u/]/ klg cfly{s cj:yf ;'wfg]{ k|oTg u/]sf 5g\ .

**@=^dlGb/ Pjd\ wfld{s :ynx¿**

;f]n'v'Da' lhNnf wfld{s b[li6sf]0fn] clt dxŒjk"0f{ lhNnf xf] . b}ljs sfndf lzj kfj{tLsf qmL8f:yn, a|Dxflji0f'sf] tkf]e"ld ;'d]¿kj{t o;} lhNnfdf kb{5 . lxGb"wdf{jnDaLx¿sf d7dlGb/ / af}4 wdf{jnDaLx¿sf u'Daf / dfg]n] of] lhNnfsf] ;a} 7fpF /d0fLo agfPsf] 5 . wfld{s u|Gydf ^&$ ld6/sf] pRrfOdf /x]sf] kljq wfld{s :yn b"ws'08 o;} lhNnfdf kb{5 . k|fs[lts ¿kn] ;'Gb/ o; wfld{s :yndf df3 z'Ns k"l0f{dfsf] % lbg cufl8b]lv k"l0f{dfsf] % lbgkl5;Dd d]nf nfUg] ub{5 .

;f]n'v'Da' lhNnfsf] ;b/d'sfd ;Nn]/Lb]lv nueu # sf]if 6f9f /x]sf] >L HjfnfdfO{ b]jLsf] dlGb/ lhNnfs} k|l;4 dlGb/ xf] . ;fljs tfdfvfgL uf=lj=;= xfn b"ws'08 gu/kflnsfdf kg]{ HjfnfdfO{sf] dlGb/df uP efsn u/]sf] s'/f cjZo k'Ub5 eGg] hgljZjf; /xFb} cfPsf] 5 . cfk"mn] dfu]sf s'/f k'u] of] r9fpFnf, pm r9fpFnf eg]/ r9fPsf] ;'g, rfFbL / tfdfn] o; dlGb/sf] wg/fzL lgs} 7'nf] agfPsf] 5 .

;Nn]/Ldf /x]sf] lzj dlGb/ klg>4fn' eQmhgx¿sf] ;wF} 3'OFrf] nfUg] dlGb/ xf] . ltª\nf uf=lj=;= df /x]sf] nf}/]Zj/ dxfb]j dlGb/ k|fs[lts ;'Gb/tfn] el/Psf] /d0fLo :yfgdf /x]sf] 5 . o; dlGb/df nf}/]Zj/ afafsf] s'6L÷cf>d 5 . ;f]xL cf>ddf a;]/ nf}/]Zj/ afafn] of]ufEof; l;sfpg' x'G5 .

lhNnfsf] blIf0fL If]q g]rf wfld{s b[li6sf]0fnfO{ x]bf{ lgSs} cfl:ts b]lvG5 . g]rf ufpF xfn g]rf;Nofg If]qdf kb{5 . o; If]qdf b]jL b]jtfx¿sf d7dlGb/ / b]jLyfgx¿ htftt} b]Vg ;lsG5 . ;'s]kf]v/Ldf /x]sL hfnkfb]jL, AofF;L ufpFdf /x]sf] l;+xb]jsf] yfg, a]t3f/Ldf /x]sf] sflnsf b]jLyfg, k'ms]{df /x]sL kfFrsGo sflnsf b]jLyfg wfld{s b[li6sf]0fn] k|Voft b]jLyfgx¿ x'g\ . a]t3f/Ldf /x]sf] >Lsflnsf b]jLyfgdf k"jf{~rns} Ps dfq j]tsf] ?v;d]t o; b]jLyfgdf b]Vg ;lsG5 .

;Nofgsf] ;flvg] ufpFdf cjl:yt k~rs'df/L dlGb/ klg wfld{s b[li6sf]0fn] k|Voft dlGb/ xf] . of] ;Nofgd} cjl:yt csf]{ wfld{s :yn ssgL xf] . hxfF dª\l;/ dlxgfsf] PsfbzLsf lbg d]nf nfUg] ub{5 . o; dlGb/df eQmhgx¿sf] 3'OFrf] nfUg] ub{5 .

lxGb" zflGt Pstf ;dfhn] lgdf{0f u/]sf] atf;]— ! l;dn8fF8fdf /x]sf] /fwfs[i0f dlGb/ ufpFs} 7'nf] dlGb/sf ¿kdf lnOG5 . of] dlGb/ g]rf;Nofg If]qdf cjl:yt 5 . ;f]n'vx/] bf]efg d"n d;fg3f6df /x]sf] lzj dlGb/ g]rfj]t3f/L– @ df /x]sf] u0f]z dlGb/ atf;]df /x]sf] k|]dzflGt Pstf kl/jf/sf] lzj dlGb/ k|l;4 dlGb/x¿ 5g\ .

o;/L o; lhNnfdf cfGtl/s ;d:ofx¿af6 pTkGg ljleGg dtdtfGt/ eP klg wfld{s ¿kdf s'g} klg ;d:of g/x]sf] *dfgj clwsf/ jif{ k':ts* -!((%\_ n] pNn]v u/]sf] b]lvG5 . oxfFsf ljleGg wdf{jnDaLx¿lar cfk;L efOrf/f ;DaGw / wfld{s ;lxi0f'tfsf] efj /x]sf] 5 .

**@=&;fdflhs ;f+:s[lts kl/ro**

s'g} klg ;dfhsf] cfk\mgf] df}lns ;+:s[lt x'G5 . ToxfF dflg;x¿sf] cfk\mgf] /xg;xg cyf{t\ cfk\mg} hLjgz}nL To;}cg'¿k 9fn]sf x'G5g\ . ;+:s[ltn] ;dfhsf] afXo / cfGtl/s b'a} ¿ksf] lrq0f u/]sf] x'G5 . dfgj ;dfhdf k/Dk/faf6 rNb} cfPsf ljleGg lqmof, ljrf/, ;xg;xg tyf Jojxf/sf] h'g kl/is[t ¿k b]lvG5, To;sf] gfd ;+:s[lt xf] . Jofjxfl/s ¿kdf dfleFmb} vfl/Fb} cfPsf] nf]s sNof0fsf/L cfr/0f efjgf / k|s[ltx¿ ;+:s[ltsf ¿kdf k|ltljlDat x'G5g\ . efiff, ;flxTo, snf, Oltxf;, bz{g, wd{ cflb ljleGg ljifo / cf:yfut k/Dk/fsf] af]w u/fpg] dfWod g} ;+:s[lt xf] .

cfly{s ;fdflhs, :jf:Yo, lzIff / ljljwsf/0fsf] cefj / pRr lxdfnL tyf kxf8L If]q ePsf sf/0f Go"g hg;ª\Vof ePsf] lhNnf ;f]n'v'Da' xf] . yf]/} hg;ª\Vof eP klg afx'g, If]qL, z]kf{, /fO{, tfdfª, du/, u'?ª ljljw hghfltsf] a;f]af; ePsf sf/0f of] ;a} efiff, ;+:s[lt / /Lltl/jfhsf] ldl>t e"ld xf] .

;fdflhs lqmofsnfkdf ;a}sf] ;xeflutf /xg] x'gfn] /fO{sf] pef}nL–pwf}nL, z]kf{sf] Nxf];f/ / afx'g If]qLsf] b;}F–ltxf/df ;a}sf] 3/df rf8kj{ /dfOnf] cfPsf] cg'ej ug{ ;lsG5 . lxGb" wd{sf d7dlGb/ / af}4 wdf{jnDaLx¿sf u'Dafx¿df lxGb' / af}4 wdf{jnlDax¿ a/fa/Lh:tf] kfOG5 . h;sf sf/0f wfld{s ;lxi0f'tfsf] bx|f] pbfx/0f ;f]n'v'Da' lhNnf /x]sf] 5 .

o; lhNnfsf] ef}uf]lns agfj6, xfjfkfgL, a;f]af;, /xg;xg jftfj/0f tyf wd{ ;+:sf/ ;+:s[lt ljljw k|sf/sf] 5 . To;}u/L hfthftL, efiff, wd{, e]ife"iffdf klg ljljwtf /x]sf] 5 . ;f]n'v'Da' lhNnf lxdfnL lhNnf ePsfn] oxfFsf] 7fpF ljz]iftfcg';f/ a;f]af; / a;f]af;cg';f/ ;fdflhs ;+:s[ltx¿ /x]sf] kfOG5 .

o; lhNnfsf] ;b/d'sfdb]lv blIf0f If]qsf ltª\nf, ;Nofg, g]rf, sfu]n, k~rg cflb uf=lj=;=x¿df a|fXd0f, /fO{ cflbsf] a;f]af; /x]sf] 5 . afx'g If]qLsf] bz}F–ltxf/, tLhh:tf cfk\mg} rf8jf8x¿ / ;+:s[lt 5g\ eg] /fO{x¿sf] pef}nL–pwf}nL cflb k|d'v rf8jf8x¿ / cfk\mg} ;+:s[lt rfnrngx¿ /x]sf 5g\ . oL hftLx¿ s[lif, kz'kfng ug]{, sfddf kf]Vt 5g\ eg] clxn] cfP/ j}b]lzs /f]huf/, Jofkf/, k|fWofks / snf;flxTosf] If]qdf ;d]t kf]Vt b]lvG5g\ .

o; lhNnfdf a;f]af; ug]{ s'n hg;ª\Vofsf] @)=\*) k|ltzt z]kf{ hftLsf] afx'No 5 . To;}n] o; lhNnfnfO{ z]kf{x¿sf] lhNnf eg]/ klg lrlgG5 . lhNnf ;b/d'sfdb]lv cf;kf; pQ/L If]qdf o; hfltsf] d'Vo a;f]af; If]q xf] . ;Nn]/L, ufdf{, s]?ª, 6flK6Ë, esfGh], tfdfvfgL, rf}/Lvs{df z]kf{x¿sf] d'Vo a;f]af; /x]sf] 5 . z]kf{ hftLx¿sf] k/Dk/fb]lv g} cfk\mg} k|sf/sf] wd{ ;+:s[lt ;+:sf/ /xg;xg e]ife"iff /x]sf] 5 . pgLx¿ k|d'v ¿kdf af}4 wd{ dfGb5g\ . dfg] u'Dafdf pgLx¿sf wfld{s :ynx¿ 5g\ . Nxf];f/, 8'DhL, r]l/;, cf]zf] pgLx¿sf k|d'v rf8 x'g\ . of] hflt d'Vo ¿kdf ko{6g Jofj;fodf / j}b]lzs /f]huf/df nfu]sf] kfOG5 eg] s[lif kz'kfng, xf]6n / Jofkf/ / cGo If]qdf ;dfj]z ePsf] kfOG5 .

;f]n'v'Da' lhNnfdf u'?ª hfltsf] klg a;f]af; /x]sf] 5 . s'n hg;ª\Vofsf] !=#\* k|ltzt u'?ª hfltsf] a;f]af; 5 . d'Vou/L d'SnL, s]?ª / h'a' uf=lj=;= df of] hfltsf] a;f]af; /x]sf] 5 . pgLx¿sf] klg cfk\mg} ;+:s[ltx¿ /x]sf 5g\ t/ o; lhNnfsf u'?ªx¿sf] cfk\mgf] dft[efiff eg] 5}g . o;/L x]bf{ ;f]n'v'Da' lhNnfsf] ;fdflhs, ;f+:s[lts l:ylt cg]stfdf Pstfsf] ;"qkft u/fpg] Pp6f k"mnaf/Lleq b]lvg] ;Kt/ª\uL k"mnx¿e}Fm 5 .

**@=\*lgisif{**

;f]n'v'Da' lhNnfsf] gfds/0f hflt;Fu hf]l8Psf] 5 . ls/fFtL efiffdf kl/rotk{maf6 cfo{ / dfemls/fFtdf a:g]nfO{ v'Da'ª\jf elgGYof] . ltAatL efiffsf] :of/ zAb ykL :of/v'Da' ePsf] / ;f] zAb cke|+z eP/ ;f]n'v'Da' gfd /xg uPsf] xf] . oxfF lxdfnL If]q / kxf8L /x]sf 5g\ . /fli6«o hgu0fgf @)^\* cg';f/ ;f]n'v'Da' lhNnfsf] s'n hg;ª\Vof !,)%,\*\*^ /x]sf] 5, h;dWo] k'?ifsf] hg;ª\Vof s'n hg;ª\Vof $\*=#% /x]sf] 5 . dlxnfsf] hg;ª\Vof s'n hg;+Vofsf] %!=^% /x]sf] 5 . ;f]n'v'Da' lhNnf wfld{s :yn / ko{6sLo :ynx¿dWo]sf] Ps xf] . o; lhNnfnfO{ cfly{s ljsf;df 6]jf k'¥ofpg s[lif, afnLgfnL, kz'kfng cflbsf] k|d'v e"ldsf /x]sf 5g\ . ;f]n'v'a' lhNnfnfO{ ;fdflhs, ;f+:s[lts hghLjgdf ToxfFsf hfthflt, e]ife"iff, rf8kj{ cflbn] dxŒjk"0f{ ¿kdf 6]jf k'¥ofPsf] 5 .

**t];|f] kl/R5]b**

**;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt nf]suLtx¿sf] juL{s/0f**

**#=!ljifok|j]z**

…nf]s;flxToÚ zAb nf]s / ;flxTo b'O{ zAbsf] ;+of]uåf/f ag]sf] 5 . oL b'O{ zAbnfO{ tTk'?if ;df;åf/f hf]8]kl5 nf]s;flxTo zAb lgikGg x'G5 . nf]s zAb :yfg ljz]ifsf cy{df klg k|o'Qm 5 . nf]suLtnfO{ nf]s;flxTosf] ;a}eGbf k|frLg ljwf dflgG5 . o;sf] k|f/De dflg;n] jf0fLsf] k|of]u ug{ yfn]b]lv g} ePsf] 7flgG5 . o; cfwf/df nf]suLtsf] yfngL j]beGbf klg k"j{jtL{ ;dodf ePsf] xf] eGg] b]lvG5 . nf]sefjgf jf ljrf/sf] df}lvs Pjd\ >'ltk/Dk/fåf/f Ps k':tfaf6 csf]{ k':tfdf ;b}{ hfg] nofTds / u]o cj}olQms eflifs ;+/rgfnfO{ nf]suLt elgG5 . o;nfO{ lnlvt jf lzi6 ;flxTosf] klg cfwf/zLnf dflgG5.

**#=@;+/rgf / ;xeflutfsf cfwf/df nf]suLtsf] juL{s/0f**

nf]suLt nf]s;flxtosf ljljw ljwf -nf]suLt, nf]ssyf, nf]sufyf, nf]sgf6s, nf]sf]lQmdWo]sf] k|d'v ljwf xf] . of] nf]ssf] ;a}eGbf k|rlnt / nf]slk|o ljwfsf ¿kdf /x]sf] 5 . dfgj ;dfhsf] ljsf;;Fu;Fu} k|f/De eP/ xfn;Dd nf]slk|o / Jofks ¿kdf k}mlnPsf] nf]suLtdf nf]shLjgsf b'Mv–;'v, cfF;' xfF;f], lttf–ld7f cg'ej wd{, ;+:s[lth:tf s'/f k|s6 ePsf x'G5g\ . nf]sdf k/Dk/fb]lv df}lvs ¿kdf Ps k':tfaf6 csf]{ k':tf / Ps unfaf6 csf]{ unfdf ;b}{ hLljt x'Fb} cfPsf nf]suLtx¿ ;du| nf]ss} ;femf ;DklQsf ¿kdf /x]sf x'G5g\ .

nf]suLtnfO{ ljleGg ljåfg\\, nf]s;flxTosf cWo]tfx¿n] klg kl/eflift ug]{ k|of; ul/Psf] 5 . s]xL ljåfg\\sf kl/efiffx¿ oxfF /flvPsf] 5 .

æcflbd :jtM :k"mt{ ;+uLtnfO{ g} nf]suLt elgG5Ækl;{ -aGw', @)%\*, k[=
!!#\_ .ænf]suLt eg]sf] nf]shLjgsf] /fufTds :jtM :k"mt{ nofTds cleJolQm xf] . o;df nf]shLjgsf b'Mv, ;'v, xfF;f]–/f]bg, cfzf–lg/fzfsf ;fy} nf]ssf] rfnrng, ljlw Jojxf/, cf:yf / dfGotfx¿sf] lrq0f x'G5Æ-k/fh'nL/ lu/L, @)^\*, k[=#\_ .

o;/L ljleGg ljåfg\\ tyf nf]s;flxTosf cWo]tfx¿n] cf–cfk\mg} lsl;dn] nf]suLtnfO{ kl/eflift u/]sf] kfOG5 . oL kl/efiffx¿sf cfwf/df lgisif{df s] eGg ;lsG5 eg] nf]suLt eg]sf] dfgj ;Eotfsf] ;'?jftb]lv g} df}lvs k/Dk/fåf/f Ps k':tfaf6 csf]{ k':tfdf x:tfGtl/t x'Fb} cfPsf] ljwf xf] .

nf]suLtsf cWo]tfx¿n] nf]suLtsf ljz]iftfx¿ atfPsf 5g\ . ljleGg cWo]tfx¿n] cf–cfk\mg} ljz]iftf atfPsf 5g\ t/ ;du|df nf]suLtsf cg]s ljz]iftfx¿ eP tfklg ;du|df nf]suLtsf ljz]iftfx¿nfO{ a'Fbfut ¿kdf tn k|:t't ul/Psf] 5 M

-!\_ c1ft /rgfsf/

-@\_ df}lnstf / :jtM :k"{mttf

-#\_ >'lt:d[lt k/Dk/fdf hLljt

-$\_ k'g/fj[lQ / y]uf]sf] k|of]u

-%\_ :yfgLo eflifsfsf] k|of]u

nf]suLt nf]ssf] psfnL–cf]/fnL, 3fF;–bfp/f, d]nfkft, n]sa];L ubf{sf] ;do s6fpg] /dfOnf] ;fyL xf] . xfd|f ufpF3/df s]6fs]6L, o'jfo'jtL, a'9fa'9L ;a}sf s07s07af6 nf]suLtsf efsf u'Ghg] ub{5g\ . u|fdL0f afl;Gbfx¿ sfd ubf{sf] ysfg d]6\g / dgf]/~hg k|fKt ug{ nf]suLt ufpg] ub{5g\ . To:tf uLtdf pgLx¿sf cfk\mgf dgsf tLtf–dL7f efjgfx¿ JoQm ePsf x'G5g\ . o:tf nf]suLt ufpFbf nf]sdfg;sf JolQmut cg'e"ltsf ;fy} ;dfhsf] lrq0f, ;dfhdf x'g] ljljw Jojxf/sf] aofg;d]t ul/Psf] x'G5 . nf]suLtnfO{ lrgfpgsf nflu To;sf cfk\mg} vfnsf ljz]iftf /x]sf 5g\ .

nf]suLt nf]sdf lg/Gt/ rln/xg] nf]s;flxTosf] ljwf xf] . o;nfO{ :jb]zL tyf ljb]zL ljåfg\x¿n] ljleGg cfwf/df juL{s/0f u/]sf 5g\ . o; ;Gbe{df nf]s;flxTosf cWo]tf df]ltnfn k/fh'nL / hLj]Gb|b]j lu/Ln] nf]suLtx¿nfO{ lgDglnlvt$cfwf/df juLs/0f u/]sf 5g\ tL x'g\ M

!= ljifosf cfwf/df –>duLt, k|]duLt, zf]suLt, ;+:sf/uLt / elQmuLt

@=;xefuLtfsf cfwf/df – Psn, bf]xf]/L / ;d"x

#= k|sfo{sf cfwf/df – ;fdfGouLt / ljz]ifuLt

$= ;ª\uLt ;fxrfo{sf cfwf/df – u]ouLt, jfBuLt / g[TouLt -k+/fh'nL / lu/L, @)^\*, k[=##\_ .

bof/fd >]i7n] nf]suLtsf] juL{s/0f o;/L u/]sf 5g\ M

!= ;+:sf/;DaGwL nf]suLt

@=qm[t'sfnLg nf]suLt

#=lqmof;DaGwL nf]suLt

$= ljljw->]i7, @)#\*, k[= !%\_ .

ef/tLo nf]s;flxTosf cWotf s[i0fb]j pkfWofon] nf]suLtsf] juL]{s/0f o;/L u/]sf] 5 M

!= ;:sf/ ;DaGwL uLt

@= Ct';DaGwL uLt

#= j|t;DaGwL uLt

$= hflt;DaGwL uLt

%= >d;DaGwL uLt

^= ljljw uLt -pkfWofo, ;g\ !((\*, k[= ^@–^#\_ .

To:t} yfkf / ;'j]bLn] nf]suLtsf] 5 k|sf/df juL{s/0f u/L To;sf] pbfx/0f;lxt rrf{ u/]sf 5g\ M

!= ;fdfGo uLt

@=Ct' jf j|t;DaGwL uLt

#= ;+:sf/uLt

$= nf]sg[To jf g[To uLt

%= kj{ uLt

^= ljljw – -yfkf / ;'j]bL, @)$!, k[ = \*@\_

df]xg/fh zdf{ / vu]Gb|k|;fb n'O6]nn] nf]suLtsf] k|sf/nfO{ lgDglnlvt bz cfwf/df juL{s/0f u/]sf 5g\ . tL cfwf/x¿nfO{ lgDgfg';f/ /fVg] k|of; ul/Psf] 5 M

!= hftLo cfwf/df–yf?, g]jf/LuLt, tfdfª ;]nf]÷ef]6] ;]nf]uLt, z]kf{, jfbL, bdfO{, b'/f, uGwj{, ls/fFtL, lnDa", /fO{, du/–u'?ª, afx'g–If]qL

@= pd]/sf cfwf/df– jfnuLt, o'jfuLt / j[¢uLt

$= lnª\usf cfwf/df– gf/L, k'?if

%= ;xeflutfsf cfwf/df– Psn, bf]xf]/L / ;fd"lxs

^= agf]6sf cfwf/df– efjk|wfg / 36gfk|wfg

&= k|:t'ltsf cfwf/df– s07uLt, jfBuLt / g[TouLt

\*= ljifosf cfwf/df– wfld{suLt, ;f+:sfl/suLt / >duLt

(= cfsf/sf cfwf/df– n3'td / n3'

!)= ;dosf cfwf/df– ;fdlos / ;bfsflns -n'O6]n / zdf{, @)^#, k[= \*!–\*$\_ .

o;/L cg]s :jb]zL tyf ljb]zL nf]s;flxToljwx¿n] ljleGg cfwf/df nf]suLtsf] juL{s/0f ug]{ k|of; u/]sf 5g\ . nf]suLtsf] j0o{ ljifo cToGt} Jofks / lj:t[t x'G5 . o; sf/0f o;sf] ;j{;Ddt / ;j{dfGo juL{s/0f ug{ cToGt sl7g sfo{ dflGg5 .nf]suLt lg/Gt/ ultzLn ljwf xf] . nf]suLtsf] juL{s/0fdf ;Gbe{df eGg'kbf{ :jb]zL tyf ljb]zL ljåfg\\x¿sf] dtdf Ps¿ktf g/x]sf] kfOP tfklg o;nfO{ d'VotM afx|df;]uLt, sd{uLt, ;+:sf/uLt / kj{uLt u/L rf/ k|sf/df juL{s/0f ul/Psf] 5 .

;Nofg If]qdf klg cfk\mg} vfnsf ;+:s[lt, /Lltl/jfh, rfnrng / k/Dk/f¿ 5g\ . oxfF klg cg]s vfnsf nf]suLtx¿ ufOG5g\ . oxfF ufOg] ;a} k|sf/sf nf]suLtx¿nfO{ ;d]6\g] u/L o; If]qdf ;ª\slnt nf]suLtnfO{ cfk\mg} lsl;dn] juL{s/0f ug'{ pko'Qm x'G5 . To;}n] ljleGg ljåfg\\x¿n] u/]sf nf]suLtsf k"jf]{Qm juL{s/0fx¿nfO{ cfwf/ dfg]/ ;Nofgdf ufOg] nf]suLtx¿nfO{ oxfF ;+/rgf / ;xeflutfsf cfwf/df juL{s/0f ug]{ k|of; ul/Psf] 5 .

**#=# ;+/rgfsf cfwf/df nf]suLtsf] juL{s/0f**

nf]suLtsf ;Gbe{df ;+/rgf eGgfn] nf]suLtsf] agf]6 jf a'gf]6 eGg] a'lemG5 . nf]suLtsf] cfGtl/s / afXo u/L b'O{ k|sf/sf] ;+/rgf x'G5 . afXo ;+/rgfnfO{ cfj/0f jf klx/g klg elgG5 . o; afXo ;+/rgfcGtu{t efiff, no, kª\lQm, cg'R5]b, ;ª\sygh:tf s'/fx¿ kb{5g\ . oL ;a}sf] ;fd"lxs / snfTds ;dGjoaf6 g} nf]suLtsf] afXo ;+/rgf lgdf{0f ePsf] x'G5 . nf]suLtsf] cfGtl/s ;+/rgfrflxF j:t'sf] l;nl;n]jf/ ;+of]hg ul/Psf] ;f/k"0f{ 6'ª\UofpgL xf] -k/fh'nL, @)%&, k[=&^\_ . nf]suLtsf] oxL cfGtl/s ;+/rgfdf efj, cGtn{o, laDa, k|tLs, cnÍf/ cflbsf] efjfTds / snfTds ;+of]hgaf6 pRr ;f}Gbo{sf] ;[li6 ePsf] x'G5 . ;+/rgfsf cfwf/df ;Nofgdf ufOg] nf]suLtx¿nfO{ n3'td / n3' u/L b'O{ k|sf/df juL{s/0f ug{ ;lsG5 . logsf] lrgf/L tn qmdzMlbOPsf] 5 .

**#=#=!n3'td nf]suLt**

sljtfh:t} nf]suLtdf klg n3'td ¿k k|rlnt /x]sf] kfOG5 . efjsf] Ps tLj| lemNsf o:tf uLtdf t/lËt ePsf] x'G5 . ;Nofg If]qdf k|rlnt afnuLtnfO{ o;k|sf/sf uLtcGtu{t /fVg ;lsG5 . oxfF k|rlnt n3'td afnuLtsf] Ps gd'gf o;k|sf/ 5 M

 b;}F cfof]

vfpFnf lkpFnf

sxfF kfpFnf <

rf]/L NofpFnf

wt\ kfkL d t 5'§} a;'nf

of] afnuLt ;Nofgafx]s cGoq klg k|rlnt ePsf] kfOG5 . ;Nofgdf afnaflnsfn] ufpg] o; uLtn] rf8kj{sf] j0f{g ug'{sf ;fy} v/fa sfd ug]{ JolQmsf] ;ª\ut ug'{x'Fb}g / To:tf v/fa dflg;x¿af6 6f9} /xg'k5{ eGg] g}lts lzIff klg lbPsf] kfOG5 .

**#=#=@ n3' nf]suLt**

uLtn] lnPsf] 5f]6f], 5l/tf], ;6Ls ljifoj:t' cg';f/sf] efjnfO{ k|:t't ug]{ vfnsf n3'tdeGbf nfdf nf]suLtnfO{ n3'uLt egL gfds/0f ug{ ;lsG5 . n3'td uLtsf t'ngfdf o:tf k|sf/sf uLt s]xL lj:t[t cfsf/sf x'G5g\ . o; cGtu{t ;Nofgdf k|rlnt bfOF, tLh], b]p;L, e}nf], Psf]xf]/L, bf]xf]/Lh:tf uLtx¿ kb{5g\ . oL uLtx¿dWo] oxfF bfOFuLtsf] Pp6f uLtsf] rrf{ ul/Psf] 5 .

 nIdLsf] 5f]/f] a/bf] xf] .

sfdw]g'sf] gflt

lxF8\g' nflu;\ lg

d]/f] a/bf] xf] wfg k/fndfly .

;Nofg If]qdf ufOg] bfOFuLtdf ljljw efj jf ljrf/sf] ;dfj]z ePsf] kfOG5 . oL uLtx¿df bfOsf] k|;ª\usf ;fy} cg]sf} c¿ ;Gbe{x¿ klg ;d]l6Psf x'G5g\ . klxnf] emd6 wfg emfl/;s]sf] k/fnsf] s'Go' eTsfP/ wfg k/fn;Fu v]Nb} / uf]? 3'dfpFb} ufOg] uLtdf ljleGg Vofn 7§fsf s'/f klg cfPsf x'G5g\ . o; uLtdf uf]?nfO{ ;Daf]wg ub}{ / ;x a9fOb]pm eGg] cfZo k|s6 ul/Psf] 5 . oxfFsf] ;dfhdf ljleGg lsl;dsf k/Dk/fut hgljZjf;x¿ ljBdfg /x]sf 5g\ . bfOF ubf{ hlt /fd|f] bfOFuLt ufpg ;Sof] Tolt g} wfgsf] ;x a9\5 eGg] hgljZjf; /x]sf] 5 .

**#=$;xeflutfsf cfwf/df juL{s/0f**

nf]suLtsf] k|:t'tLs/0fdf x'g] ;xeflutfsf cfwf/df klg ;Nofg If]qdf ufOg] g]kfnL nf]suLtx¿nfO{ PsnuLt, bf]xf]/LuLt / ;d"xuLt u/L tLg ju{df juL{s/0f ug{ ;lsG5 .

**#=$=! PsnuLt**

Ps dfq JolQmn] PSn} ufpg] uLtnfO{ PsnuLt elgG5 -aGw', @)%\*, k[= !@!\_ . ljleGg no / efsfdf ufOg] PsnuLt 5f]6f], dL7f / 5l/tf x'G5g\ . 5f]6f] x'g] x'gfn] 5f]6f] ;dod} o:tf uLtx¿ ufpg / ;'Gg ;lsG5 . ;fdfGo lsl;dsf g]kfnL jfBjfbg dfbn, afF;'/L cflbsf ;fydf ufOg] PsnuLtdf g[To klg k|:t't ug{ ;lsG5 . PsnuLtdf dfofk|Lltnufot cGo ljljw ljifoj:t' klg ;d]l6Psf x'G5g\ . ;Nofg If]qdf o:tf PsnuLtx¿ lgs} k|rlnt 5g\ . dfof k|]d ;d]l6Psf] Psn uLtsf] gd'gf tn k|:t't ul/Psf] 5 M

3fdn] xf]sL a}F;n] kf]n]sf]

Aff]nfcf}F Aff]nfcf}F nfu]/ af]n]sf] eg s;f] u/f}F <

**#=$=@ bf]xf]/LuLt**

b'O{ JolQm jf b'O{ kIfsf aLr ;jfn–hjfkm ub}{ ufOg] uLtnfO{ bf]xf]/LuLt elgG5 -aGw', @)%\*, k[= !@!\_ . o;nfO{ ;Nofgdf h'jf/L klg eGg] ul/G5 . bf]xf]/LuLt ljz]if u/]/ o'jfo'jtLsfaLr cyjf o'jfx¿sf] ;d"x / o'jtLx¿sf] ;d"xsf lar ufOG5g\ . kl/roaf6 ;'? x'g] o:tf uLtsf larlardf dfofk|Lltsf cg]s k|;ª\ux¿ NofP/ Vofn76\6f klg ul/Psf] x'G5 . o:tf uLt ufpFbf ;jfncg';f/sf] hjfkm uLtd} lbg'kg]{ x'Fbf ufos–uflosfx¿ ;hu / rgfvf /xG5g\ . o:tf uLt ufpg tfls{s zlQm / ;[hgzLntfsf] klg cfjZostfkb{5 . ljleGg efsf / nodf ufOg] bf]xf]/LuLtn] >f]tfx¿nfO{ dgf]/~hg k|bfg ug'{sf ;fy} pgLx¿df s't"xntf / pT;'stf;d]t hufpg] ub{5g\ . o:tf uLt ;Nofgdf lgs} k|rlnt 5g\ . oxfF ufOg] uLtdf bf]xf]/L uLtdf dfoflk|tLsf ljifoj:t' ;d]l6Psf s]xL kªl\Qm pbfx/0fsf nflu tn k|:t' ul/Psf] 5 M

 s]6f M kmn]s}df an]sf] kfg;,

 nfpmF ls dfof k/]sf] rfg; .

s]6L M s;d vfO{ vfO{ d dfofF nfpFlbgF,

 ;wF} el/ e]6 x'g kfpFlbgF .

s]6f M ltdLn] dg gk]mg'{ slxn] lg,

 OR5f eP e]6 x'G5 hlxn] lg .

s]6L M e]6 dfq eP/ x'Fb}g,

 ltd|f] dgn] d]/f] dg x'Fb}g .

**#=$=# ;d"xuLt**

;d"xsf aLr jf ;fd"lxs ¿kdf ufOg] uLtnfO{ ;d"xuLt elgG5 . o:tf uLtdf klxn] Ps JolQmn] uLtsf] efsf lemS5 jf p7fg u5{ / To;}df efsf ldnfP/ uLt cufl8 a9fpg cGo JolQmx¿n] :j/ yK5g\ . o:tf uLtx¿df ;fdfGo lsl;dsf jfBjfbg dfbn, afF;'/L, v}Fh8L, d'h'/f cflbsf] k|of]u ul/G5 . ;Nofg If]qdf k|rlnt afng / ehgh:tf uLtx¿nfO{ ;d"xuLtcGtu{t /fVg ;lsG5 . oL uLtx¿ lglZrt ;do, qm[t', cg'i7fgdf ufpg] ul/G5 . ;d"xuLtdWo]df ehgsf] gd'gf tn k|:t't ul/Psf] 5 M

x/ x/ uËf dfO{

x/ x/ uËf dfO{

dxf / b]jsf h§f wf/f

alxg\ uËf dfO{

:gfg u?F uËf dfO{

z'rL u?F b]xL

;a{ b'Mv bl/b| 5'6fp k|e' d]/} .

;Nofg If]qdf ufOg] dflysf] ehgdf b]jLb]jtfx¿nfO{ u'xf/]/ cfk\mgf] dgf]sfª\Iff k"/f u/fpg] h:tf efj n's]sf] kfOG5 . wd{ u/]df :ju{ uOG5 / kfk u/]df g/s uOG5 eGg] efj;d]t cleJolQm ePsf] kfOG5 .

pko'{Qm juL{s/0fdf ;Nofg If]qdf ufOg] ;Dk"0f{ uLtx¿ ;d]l6g g;Sg] x'Fbf oxfF k|rlnt ;a} vfnsf nf]suLtx¿nfO{ ;d]6\g ljleGg ljåfg\\x¿n] u/]sf nf]suLtsf k"jf]{Qm juL{s/0fnfO{ cfwf/ dfgL oxfFsf nf]suLtx¿nfO{ df]6fdf]6L ¿kdf rf/ k|sf/df juL{s/0f ug{ ;lsG5 .

;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt nf]suLtx¿

!= afx|df;] uLt

@= kj{uLt

#= sd{uLt

$= ;+:sf/uLt

-s\_ PsnuLt

-v\_ bf]xf]/LuLt

-u\_ afnuLt

-3\_ ehg

-s\_ tLh]

-v\_ b]p;L

-u\_ e}nf]

-s\_ c;f/]uLt

-v\_ bfOFuLt

-s\_ /Tof}nL

-v\_ l;nf]s

-u\_ afng

pko'{Qm uLtx¿sf] kl/ro tn lbOPsf] 5 M

**afx|df;]uLt**

afx|} dlxgfdWo] h'g;'s} Ct' jf dlxgfdf ufpg ;lsg] uLtnfO{ afx|df;] uLt elgG5 . s'g} ljz]if k/Dk/f, ;+:sf/, /Lltl:ylt jf ;doljz]ifsf] jf:tf gu/L h'g;'s} ;dodf klg ufOg] x'gfn] afx|df;] uLtnfO{ ;fdfGouLt klg elgPsf] kfOG5 . afx|df;] uLt 5f]6f / 5l/tf x'G5g\ . nf]shLjgsf efjt/Ëx¿ o:tf uLtdf t/lËt ePsf x'G5g\ . ljz]ifu/L o'jfo'jtLsf k|]ddo efjgfx¿ cleJolQm x'g] o:tf uLtdf nf]shLjgsf b'Mv–;'v, xif{–lj:dft\, xfF;f]–cfF;', cfzf–lg/fzfsf ;fy} nf]shLjgsf ljlw–Jojxf/ / dfGotfx¿sf] ;d]t lrq0f ePsf] x'G5 . o:tf afx|df;]uLt ;Nofg If]qdf lgs} nf]slk|o /x]sf 5g\ . oxfF k|rlnt Psf]xf]/L, bf]xf]/L, afng, ehg, afnuLth:tf uLtx¿nfO{ o; ju{sf uLtcGtu{t /fVg ;lsG5 .

**kj{uLt**

rf8kj{ l;ª\uf] g]kfnL ;+:s[lts} Ps dxŒjk"0f{ kIf xf] . cfk\mgf /Lltl/jfh, k/Dk/f, wd{, ;+:s[ltnfO{ hLjGt /fVg / dgf]/~hg k|bfg ug{ rf8kj{n] dxŒjk"0f{ e"ldsf v]n]sf x'G5g\ . ;Nofg If]qdf bz}F, ltxf/, tLhh:tf rf8kj{x¿ w"dwfd;Fu dgfpg] ul/G5 . oxfF ltxf/df b]p;L, e}nf] / tLhdf tLh] uLtx¿ ufOG5g\ . To;}n] kj{uLtcGtu{t oxfFsf b]p;L, e}nf] / tLh] uLtx¿nfO{ /fVg ;lsG5 .

**sd{uLt**

 g]kfn s[lifk|wfg b]z ePsfn] oxfFsf] clwsf+z u|fdL0f ;dfh s[lif–Joj;fodf g} lge{/ /x]sf] 5 . ;Nofg If]qdf a;f]af; ug]{ clwsf+z dflg;x¿sf] klg d'Vo Joj;fo s[lif g} xf] . s[lif;DaGwL ljleGg sfo{ ubf{ zf/Ll/s ysfg d]6\g / dgf]/~hg k|fKt ug{ oxfFsf dflg;x¿n] nf]suLt ufpg] ub{5g\ . o;/L sfdsf l;nl;nfdf ufOg] uLtx¿ g} sd{uLt x'g\ . s'g} klg sfd ubf{ >d–kl/xf/sf lglDt ufOg] ePsfn] o:tf uLtnfO{ >duLt klg eGg] ul/Psf] xf] -aGw', @)%\*, k[= !@#\_ . sd{uLtcGtu{t c;f/df wfg /f]Kbf ufOg] cf;f/]uLt, dª\l;/df wfg leœofpg] a]nf bfOF ubf{ ufOg] bfOFuLt kb{5g\ .

**;+:sf/uLt**

 xfd|f] ;dfhdf wd{ / ;+:s[ltsf] dxŒjk"0f{ :yfg /lxcfPsf] 5 . oxfFsf w]/}h;f] afl;Gbfx¿n] lxGb" wd{cg';f/ ljleGg ;+:sf/ sd{x¿ ub}{ cfPsf kfOG5g\ . hGdb]lv d[To'ko{Gtsf ;Dk"0f{ ;+:sf/x¿ wd{ / ;+:s[lt;Fu g} ;Da4 5g\ . g]kfnL hghLjgdf hGd, 5}6L, Gjf/g, kf:gL, j|taGw, ljjfx, d[To'h:tf ;+:sf/sd{ ug]{ k|rng /x]sf] 5 . o:tf ;+:sf/sd{ ubf{ ljleGg lsl;dsf uLtx¿ ufpg] ul/G5 . ;Nofgdf cGo ;+:sf/ sd{df Tolt uLt ufpg] k|rng 5}g . t/ ljjfx ;+:sf/sf qmddf oxfF /Tof}nL, l;nf]s h:tf uLtx¿ ufOG5g\ . wfld{s pT;jdf afng v]lnG5 . To;}n] oxfF k|rlnt /Tof}nL, l;nf]s / afnguLtx¿nfO{ ;+sf/uLtcGtu{t /fVg ;lsG5 .

**#=% lgisif{**

;Nofg If]qdf k|rlnt nf]suLtx¿nfO{ ltgLx¿sf] k|s[lt x]/L afx|df;], sd{, kj{ / ;+:sf/uLt u/L hDdf rf/ ju{df juL{s/0f ul/Psf] 5 . afx|df;]uLtx¿ oxfF h'g;'s} ;dodf klg ufOG5g\ . cGo uLtx¿rflxF ljz]if ;do / ;Gbe{cg';f/ ufOG5g\ . bfOFuLt dª\l;/df bfOF ubf{ / c;f/]uLt c;f/df wfg /f]Kbf ufOG5 . To:t} oxfF ltxf/df b]p;L, e}nf] / tLhdf tLh]h:tf kj{uLtx¿ ufOG5g\ . oxfFsf ljleGg ;+:sf/df ufOg] /Tof}nL, l;nf]s / afng uLt k|d'v /x]sf 5g\ .

;Nofgdf ufOg] o:tf ljleGg k|sf/sf nf]suLtx¿n] oxfFsf ufpF3/, rf}tf/L, 8fF8fsf8f, d]nfkft cflbnfO{ g} u'~hfodfg agfPsf 5g\ . oxfF ufOg] nf]suLtn] k/Dk/fb]lv rlncfPsf wd{, ;+:s[lt / k/Dk/fsf] ;+/If0f ul//x]sf 5g\ . o;sf ;fy} dfgj hLjgsf syfJoyf, xif{pNnf; cflbnfO{ klg ;/n, ;xh, 5l/tf] / /l;nf] tj/n] cleJoQm u/L dgf]/~hg ;d]t k|bfg u/]sf 5g\ . oxfF ufOg] ljleGg k|sf/sf nf]suLtx¿df oxfFsf dflg;sf b'Mv–;'vsf ;fy} ul/aLsf sf/0f pTkGg cg]s ;fdflhs ;d:ofsf] cleJolQm klg kfOG5 . oxfF ufOg] ljleGg ljifo ;d]l6Psf g]kfnL nf]suLtsf] cfk\mg} ;f+:s[lts dxŒj /x]sf] 5 .

**rf}yf] kl/R5]b**

**;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt nf]suLtx¿sf] ljZn]if0f**

;Nofg If]qdf k|rlnt g]kfnL efiffsf nf]suLtx¿ ljifoj:t', ;+/rgf, no jf efsf cflbsf b[li6n] leGgfleGg} k|sf/sf 5g\ . oxfF ufOg] uLtx¿ eflifs, ;flxlTos / df}lns b[li6sf]0faf6 klg ljljwtfdo 5g\ . tL uLtx¿dWo] sltn] ;Nofg If]qs} dfq ljlzi6 klxrfg sfod u/]sf 5g\ eg] s]xL uLtx¿ g]kfnsf cGo If]qdf klg k|rlnt /x]sf 5g\ . oL uLtx¿sf] cWoog / ljZn]if0faf6 ltgsf] dxŒj / k|flKtaf/] :ki6 kfg{ ;lsG5 . To;}n] oxfF k|rlnt g]kfnL efiffsf nf]suLtx¿nfO{ ljifoj:t', ;+/rgf, no jf efsf / efiffz}nLsf cfwf/df lgDgfg';f/ ljZn]if0f ul/Psf] 5 .

**$=!afx|df;]uLtsf] ljZn]if0f**

h'g;'s} pd]/sf dflg;n] s'g} ljz]if kl/l:yltljgf g} afx|} dlxgf, afx|} sfn h'g;'s} ;dodf klg ufOg] uLtnfO{ afx|df;] uLt elgG5 . afx|df;] nf]suLtx¿ h'g;'s} Ct'df klg Psgf; k|jflxt eO/x]sf] b]Vg / ;'Gg ;lsG5 . To;}n] afx|df;] uLt Ps lsl;dsf] ;bfjxf/ j[Ifh:tf x'G5g\, h'g slxNo} klg ;'Sb}gg\, lanfpFb}gg\ eGg] u/]sf] kfOG5 -k/fh'nL, @)%&, k[=!%#\_ .afx|df;] uLtx¿ ;Nofg If]qdf klg k|rlnt 5g\ . oxfFsf ;a} pd]/sf dflg;x¿n] ufpg] oL uLtx¿n] oxfFsf jgkfvf, vf]nfgfnf / n]sa];LnfO{ u'~hfogdf agfPsf 5g\ . oxfF ufOg] Psf]xf]/L, bf]xf]/L, ehg/ afnuLth:tf uLtx¿ afx|df;] uLtcGtu{t kb{5g\ . ;Nofgdf ufOg] log} afx|df;] uLtx¿sf]] cWoog ljifoj:t', ;+/rgf, no jf efj / efiffz}nLsf cfwf/df oxfF ljj]rgf ul/Psf] 5 .

**$=!=! Psf]xf]/LuLtsf] ljZn]if0f**

;jfn–hjfkm gu/Lsg Psn ¿kdf Psf]xf]/f] ufOg] uLtnfO{ Psf]xf]/LuLt elgG5 . Ps dfq JolQmn] ufpg] x'gfn] g} o;nfO{ Psf]xf]/L jf Psn uLt elgPsf] xf] -aGw', @)%\*, k[=!@!\_ .of] uLt h'g;'s} pd]/sf JolQmn] h'g;'s} ;dodf klg ufpg ;S5g\ . o:tf uLtdfk{mt JolQmsf ;'v, b'Mv, ldng, la5f]8, lk/–Joyf, lj/x–j]bgfsf efj JoQm ePsf x'G5g\ . ;Nofgdf o:tf Psf]xf]/LuLt ufpg] k|rng lgs} Jofks / nf]slk|o /x]sf] 5 . oxfF k|rlnt Psf]xf]/LuLtsf ljifoj:t', ;+/rgf, no, efsf / efiffzf}nLsf cfk\mg} k|sf/sf ljz]iftf /x]sf 5g\ .

**ljifoj:t'sf cfwf/df Psf]xf]/LuLt**

;Nofgdf ufOg] Psf]xf]/LuLtdf ljljw ljifoj:t' ;d]l6Psf] kfOG5 . oxfF ufOg] Psn uLtdf JolQmn] cfk\mgf hLjg ef]ufOsf qmddf cg'ej u/]sf b'Mv–si6, cfF;'–xfF;f], v';L–ldngsf s'/fb]lv lnP/ ;dfhdf k|rlnt k/Dk/fut dfGotf, /Lltl/jfh, rfnrng, ;+:sf/ cflbsf] klg lrq0f kfOG5 . To:t} ;dfhdf wgL u/Lasf aLr x'g] e]befj, wgLn] u/Ladfly ug]{ cGofo, cTofrf/, zf]if0f, bdgh:tf s'/fsf] pb\3f6g dfq gu/L To;sf] 3f]/ eT;{gf klg oxfF ufOg] Psn uLtdf ul/Psf] kfOG5 .

;Nofgdf ufOg] PsnuLtdf hLjgsf nflu cTofjZos j:t' wg–;DklQsf cefj / To;sf kL8f–JoyfnfO{ klg ;d]l6Psf] x'G5 . oxfF ufOg] oL uLtdf wgsf] cefjdf cfOkg]{ ljleGg ;d:ofx¿sf] lrq0f klg ul/Psf] x'G5 . ;dfhdf ul/aLsf sf/0f cfk\mgf hxfg–kl/jf/ kfNg g;sL ljb]lzg'kg]{ afWotf, ul/aLs} sf/0f k|]dLk|]ldsfx¿ la5f]l8g'kg]{ afWotf cflbsf] /fd|f] lrq0f oxfF ufOg] Psf]xf]/L uLtx¿df kfOG5 . cefjsf a]nf 3/df ePsf hfoh]yf a]r]/ eP klg ;fx"sf] C0f lt/L b'Mv u/]/ ?vf;'vf vfO{ ;a} kl/jf/;Fu} a;f}+ eGg] efj ;d]l6Psf] oxfF k|rlnt Psn uLtsf s]xL kª\lQm o;k|sf/ 5g\ M

cfsfz}df tLgtf/f tLglt/

hfnL ?dfn a]r]/ l/g lt/

 ± ± ±

Ps bfdsf] lh/f] b'O{ bfdsf] d]yL tLg bfdsf] n;'g

ul/asf] 3/df s] vfg' 5 / aft df/L a;"F g

 ;Nofg If]qdf ufOg] ul/aLsf] ljifoj:t' ;d]l6Psf] PsnuLtsf s]xL kª\lQm o;k|sf/sf 5g\ M

ul/kn] dfUg hfG5 efF8f] a;fn]/

dfxfhgn] lsg lbGYof] eG5 v;fn]/

aNntNn lbg] dg eof] eg] x]/

xft] hfs6 s]rflxF NofP5 x]/f}F eG5 k]m/

xft] hfs6 s]xL 5}g xf]nfg\ xndf uf]?

xn uf]?n] gk'u]df 3/af/L a?

dflysf] PsnuLtdf ul/a jf sfd ug]{ dfG5] ;fx'sf] 3/df hfG5 t/ ;fx'n] s]xL ;xof]u ug'{sf] ;f6f] pN6} v;fn]/ af]N5 . sf];]nL s] lnP/ cfsf] 5;\ egL ;f]Wbf xndf uf]? 5g\ Tof]afx]s gk'u] a? ;a} 3/af/L lbpFnf egL cfk\mgf] cefj ;fx'dfem b]vfPsf] efj dflysf] PsnuLtdf cfPsf] 5 .

;Nofgdf ufOg] o:tf uLtx¿df oxfFsf dflg;x¿sf pT;fx, pdË, k|]d, lj/xh:tf efjx¿sf] klg k|s6Ls/0f ePsf] kfOG5 . oxfF ufOg] oL uLtdf dfoflk|ltsf s'/f klg ;d]l6Psf x'G5g\ . o:t} dfoflk|ltsf ljifoj:t' ;d]l6Psf oxfF ufOg] Psn uLtsf s]xL kª\lQmx¿ o;k|sf/ 5g\ M

vfof] vfof] s] vfof] v;Ln]

d]/f] dfof n]lvb]pm d;Ln]

 ± ± ±

vf]nfkfl/ d dfof nfpFlbgF

avf{ nfUof] cfO/g kfpFlbgF

 ± ± ±

of] dfofn] s] u¥of] s] u¥of]

/ftsf] lgGb|f lbg}sf] ef]s 6¥of]

;Nofgdf ufOg] PsnuLtdfk{mt ;dfhsf s'/Lltx¿sf] l;w}F lj/f]w gu/L xf:oJoª\UofTds ¿kdf lj/f]w ul/Psf] klg kfOG5 . oL uLtdf ;dfhdf b]lvg] ax'ljjfx, cgd]n ljjfx, afnljjfx, cGwljZjf;h:tf s'/Llt / s';+:sf/dfly Joª\Uo ul/Psf] x''G5 . oxfF ufOg] xf:ofTds efj af]s]sf Psf]xf]/LuLtsf s]xL kª\lQm pbfx/0fsf ¿kdf o;/L k|:t't ug{ ;lsG5 M

jNnf] vf]nfdf kNnf] vf]nfdf

ds} /fVg] vf]ndf lg n} n}

h]7L sfG5L n8fOF u/]

u'Gb|s}sf] emf]ndf lg n} n}

 ± ± ±

l;¿kft] v's'/Ln] sf6] s;f] xf]nf lg n} n}

kfgL dfUbf /S;L lbG5f} dft] s;f] xf]nf lg n} n}

 ± ± ±

lxdfnr'nL kNnfkl§ ¿kL skfn sf]5{

km6\ofª\u|fn] xnf] hf]T5 lem+uf 8Nnf kmf]5{

dfly k|:t't ePsf] PsnuLtsf] kª\lQmdf ;f}tf ;f}tfaLr ePsf] emu8fnfO{ xf:ofTds tl/sfn] k|:t't ul/Psf] 5 . u'Gb|'Ss} emf]ndf n8fOF u/L sf6fsf6 ug]{ xfd|f] ;dfhsf] ax'ljjfxsf] ljs[lt o; uLtdf k|:t't ul/Psf] 5 .

nf]suLtsf] pb\ud:yn g} u|fDo ;dfh xf] . o;df nf]shLjgsf] ;xeflutf x'g] ub{5 . To;}n] o;df pgLx¿n] ;dfhdf kfPsf b'Mv, si6, cfF;', xfF;f]h:tf s'/f JoQm ePsf x'G5g\ . ;Nofgdf ufOg] PsnuLtdf klg oxfFsf dflg;x¿n] hLjg ef]ufOsf qmddf ;dfhdf cfk"mn] ef]u]sf b'Mv, si6, cfF;', xfF;f] cflb k|s6 u/]sf] kfOG5 .

g]kfnL ;dfh lkt[;QfTds lrGtgsf] ePsfn] oxfF gf/Lx¿sf] cj:yf bogLo 5 . gf/Lx¿nfO{ oxfF x]nfsf] efjn] x]l/G5 . pgLx¿nfO{ 5f]/f;/x lzIff–bLIff klg lbOFb}g . 5f]/LnfO{ afa'–cfdfn] csf{sf] gf;f]sf ¿kdf /fv]sf] 7fG5g\ . ;dfhdf 5f]/f / 5f]/Lsf aLrdf ul/g] o:tf c;dfg Jojxf/sf] lrq0f ;Nofgdf Psn uLtdf o;/L ul/Psf] kfOG5 M

e'm/s]d'/s] kmnfdsf] sdfO xfNof} cf]bfg

5f]/L kfnL s'6'DanfO{ ufO{ kfnL uf]bfg

 ± ± ±

Ps} d'7L rfdn' t s';'d] emf]nLdf

?Fb} lyPF d]/L cfdf xflNbof} 8f]nLdf

dflysf] uLtdf r]nLnfO{ csf{sf] 3/df k7fpg}kg]{ xfd|f] ;dfhsf] ;+:sf/ k|:t't ePsf] 5 . 5f]/Lsf] OR5f gx'Fbf gx'Fb} klg ha/h:tL k/fO 3/df hfg'k/]sf] efj o; kª\lQmdf cfPsf] ePsf] 5 .

o; If]qsf hgdfg;df ljleGg lsl;dsf k/Dk/fut hgljZjf;x¿ ljBdfg /x]sf 5g\ . oxfFsf s]xL JolQmafx]s ax';ª\Vos ;dfhn] efjL n]vfGth:tf s'/fdf ljZjf; u/]sf] kfOG5 . oxfFsf dflg;x¿ cfk"mn] b'Mv kfPdf cfk\mgf] n]vfGt jf sd{df g} o:t} n]v]sf] /x]5 eg]/ lrQ a'emfpg] ub{5g\ . o:t} ljifoj:t' ;d]l6Psf] df]/ªdf ufOg] PsnuLtsf] Ps 6'qmf o;k|sf/ 5 M

3/ t d]/f] kftLn] af/]sf]

g/f]pm g/f]pm sd}{df xf/]sf]

dflysf] PsnuLtdf ul/a x'g'df cfk\mgf] s'g} bf]if 5}g sd{n] g} o:t} kf/]sf] /f]P/ x'Fb}g lrQ a'emfpg'k5{ d]/f] efUo g} o:t} /x]5 egL ;Gtf]ifn] afFRg'k5{ eGg] efj k|:t't u/]sf] 5 .

oxfF ufOg] PsnuLtdf k|s[ltsf ljljw kIfsf] lrq0f ePsf] kfOG5 . k|s[ltsf] dgf]/d b[Zon] ;lhPsf] o; :yndf ufOg] o:tf PsnuLtdf :yfgLo vf]nf, gbL, lxdfn, kxf8, jg–hª\un, af]6la?jf, kz'kIfL cflbsf] ;'Gb/ j0f{g kfOG5 . h:t}M

;f]n'dfO{ / xp vf]nf]

Hofg af8L / xp cfof]

aufof] xp leFmu6f

;'gsf6L xp uh"/

/fd/fd 5 xp xh"/

aufof] xp leFmu6f

Kof/Ln] xp b]sf]

Ps lvnL xp r'/f]6n]

rnfof] xp l/Fu6f

± ± ±

Dfflyn] Hofg r/L / em¥of] a:of] x} j/}df

/ft}nfO{ k¥of] ‰ofpFls/L x} af:of] hfpFm ca 3/}df

dflysf] kª\lQmdf ;Nofgsf ljljw vf]nf, af]6lj?jf cflbsf] lrq0f ul/Psf] 5 . o; uLtdf ;f]n'vf]nf avf{sf] a]nf 7'nf] x'g] / To;n] lemu6fx¿ aufpg] s'/fsf] lrq0f klg o; uLtdf ul/Psf] 5 . ;fFem k/]kl5 r/L j/}df af; a:g] /ft k/]kl5 e\mofpFls/L af:g]h:tf k|s[ltsf] dgf]/d j0f{g klg o; uLtdf ul/Psf] 5 .

**;+/rgfsf cfwf/df Psf]xf]/LuLt**

;Nofgdf ufOg] PsnuLtx¿ ljleGg cfsf/ / nodf ;+/lrt ePsf kfOG5g\ . oxfFsf PsnuLtx¿ Go"gtd !) cIf/b]lv clwstd @@ cIf/;Ddsf kª\lQmx¿df ;+/lrt 5g\ . oL uLt k|foMh;f] b'O{ kª\lQmsf x'G5g\ . logdf klxnf] kª\lQm no ldnfpg / bf];|f] kª\lQm efj JoQm ug{ cfPsf x'G5g\ . oxfF ufOg] s]xL PsnuLtx¿df cf7 kª\lQmsf] Ps u'R5f x'g] u/]sf] klg kfOG5 . o:tf uLtdf :yfoL / cGt/f x'G5g\ . oL uLtx¿df cfPsf :yfoLsf] af/Daf/ k'g/fj[lQ eO/xG5 t/ cGt/frflxF gbf]xf]l/O{sg uLtsf] qmd;Fu} cufl8 a9\b} hfG5 . o:tf uLtdf k|foM klxnf] kª\lQm k'gM cfj[lQ u/]/ b'O{k6s ufpg] ul/G5, h:t}M

l6kL b]pm g afl/sf] s/]nf

lemDSofO b]pm g cfFv}sf] k/]nf

a}gL gfgL of] a]nf

;fx|} /fd|f] k"mnsf] sf]lknf

dflysf] kª\lQmdf dfof k|]d g} k|s6 ePsf] 5 gfgL eg]/ ;Daf]wg ul/of] uLt s]6fn] ufPsf] 5 . k'mnsf] sf]lknf;Fu cfkm"n] dg k/fPsL k|]ldsfnfO{ bfh]sf] 5 .

;Nofgdf k|rlnt sltko PsnuLtsf w]/}h;f] kª\lQmx¿ k6s–k6s cfj[Q ePsf kfOG5g\, h:t}M

nx/f] tfGbf kx/f] uHof]{

e'OFrDkf k'mNgnfO{

e'OFrDkf k'mNgnfO{ ;fgf] dfof

e'OFrDkf k'mNgnfO{

afs;sf] n'uf lemlsb]pm cfdf

;x/} 8'NgnfO{

;x/} 8'NgnfO{ ;fgf] dfof

;x/} 8'NgnfO{

o; uLtdf kª\lQmx¿ k6sk6s cfj[lQ eO{ ;x/sf] rrf{ ul/Psf] 5 . ;x/ 3'DgnfO{ afs;sf] gofF n'uf g} rflxg] efj o; uLtdf JoQm ePsf] 5 .

oxfFsf PsnuLtsf] no / agf]6 ljleGg k|sf/sf b]lvG5g\ . oL uLtdf ;a} kª\lQmdf a/fa/ j0f{x¿ /xFb}gg\ . s'g} uLtsf] klxnf] kª\lQmdf a9L j0f{x¿ /xG5g\ eg] s'g} uLtsf] bf];|f] kª\lQmdf a9L j0f{ ePsf] kfOG5 . klxnf] kª\lQm @±@, #±# u/L !) j0f{ / bf];|f] kª\lQm @±@, #±@±@ u/L !! j0f{ ePsf] PsnuLtsf] Pp6f gd'gf o;k|sf/ 5 M

uf}/L v]tdf wfg kmNof] tL; u]8f

hf–hf eG5 sfF hfpFm x} lg:s]/

dflysf] PsnuLtdf v]tdf wfg yf]/} kmn]sf] / vfg gk'Ug] ePsfn] 3/af6 lg:s]/ hf eG5g\t/ hfgrflxF stf hfg' eGg] efj JoQm ePsf] 5 .

o;}u/L klxnf] kª\lQm @±#, #±# u/L !! j0f{ / bf];|f] kª\lQm @±@, #±# u/L !) j0f{ ePsf] ;Nofgdf ufOg] 5f]6f] efsfsf] Pp6f PsnuLt o;k|sf/ 5 M

3/ t d]/f] ofF x}g lt/\lt/]

8fF8f sf6\of] of] gf}nf] lktL{n]

;Nofgdf ufOg] w]/}h;f] PsnuLtx¿ #±@, #±@, #±# j0f{ u/L !) j0f{df lj>fd x'g] !^ j0f{ ePsf] ‰ofp/] nodf ;+/lrt ePsf] kfOG5, h:t}M

db;} Hofg\sf] xNs]sf] b'af], vfnf x} 66\6"n]

gSsn / emSsn gkf/ a}gL, n}hfnf 56\6"n]

 ± ± ±

af/Lsf] l8ndf s6/} kfSof], l6k]/ rfvf}Fg

Psaf/sf] h'gL sltGh]n xf] / xfF;v]n u/f}F g

 ± ± ±

lsg xf] lsg ememNsf] nfU5, lxF8]sf] af6f]df

d/]/ klg s] nfg' 5 /, ldNg' 5 df6f]df

o; kª\lQmdf w]/} gSsn kfbf{ b'af]e}mF xNs]sf] Hofg k]ml/ n}hfnfg\ 56\6"n] egL s'g} 5f]/L dfG5]nfO{ elgPsf] 5 . To;}u/L afFr'Gh]n xfF;v]n u/L afFrf}F cflv/L d/]kl5 df6f]df g} ldNg] xf] eGg] efj o; uLtdf JoQm ePsf] 5 .

**no jf efsfsf cfwf/df Psf]xf]/LuLt**

;Nofgdf Psn uLtx¿ ljleGg no / efsfdf ufOg] eP tfklg o; If]qsf nf]slk|o efsfrflxF ‰ofp/] / r'8\s] x'g\ . no / efsf ldnfpg] qmddf oxfFsf uLtdf sltko cIf/ efFRg] / tGsfpg] klg ul/G5 . oL uLtdf no ldnfpgsf nflu sltko lg/y{s zAbx¿sf] klg k|of]u ePsf] x'G5 . oxfF ufOg] o:tf uLtx¿df non] efjnfO{ ulx/fOdf k'¥ofP/ /fufTdstf k|fbg ug]{ sfd u/]sf] x'G5 . oxfF ufOg] uLtx¿df Pp6} uLtdf klg larlardf 7fpFcg';f/ efsf kl/jt{g x'g] u/]sf] klg kfOG5 .

oxfF ufOg] Psn uLtx¿df larlardf k6sk6s :yfoL bf]xf]l/O/x]sf] x'G5 eg] cGt/f uLtsf] qmd;Fu} cufl8 a9\b} uPsf] x'G5 . oL uLtx¿ ufpFbf sltko 7fpFdf :yfoL / cGt/fdf efsf kl/jt{g klg x'g ;S5, h:t}M

lxdfnr'nL kNnfkl§ b'D;L sS¥ofs s'q'ms

lk/f lbg] rng 5}g a; 6S¥ofs 6'q'ms

kfgLdf 5kSs} hfn, hfn sf6\of] stn] df5fn]

o; kª\lQmdf ufpF3/sf] /xg;xg emlNsPsf] 5 . sfdn] slt a]nf klg k'm;{b gx'g] To;}n] 3/df cfPsf dfG5]nfO{ lk/f lbg] rng 5}g x} a; t]t} st} 6s¥ofs 6'q'ms eGg] efj o; kª\lQmdf cfPsf] b]lvG5 .

pko'{Qm uLtdf :yfoL / cGt/fdf no kl/jt{g ePsf] 5 . o; uLtsf] cGt/f nfdf] efsfdf ufOG5 eg] :yfoLrflxF 5f]6f] efsf -r'8\s] efsf\_ df l56f]l56f] ufOG5 .

**efiffz}nLsf cfwf/df Psf]xf]/LuLt**

;Nofgdf ufOg] Psn uLtdf :yfoL eflifsfsf zAbx¿sf] k|of]u k|r'/ dfqfdf ePsf] kfOG5 . nf]shLjgn] cfk\mgf dgsf efjgf kf]Vg] qmdf e'OF;L, de]m/L, s6]/f], ax/, afFxf, 3}F6f], leFmu6fh:tf :yfgLo af]nrfndf rn]sf zAbx¿sf] k|of]u u/]sf] kfOG5, h:t}M

**!** 3/ t d]/f] ofF x}g /fgLufpF

ltvf{ nfUof] Ps 7}6f] kfgL vfpFm

**@** lsg xf] lsg emhNsf] nfU5, lxF8]sf] af6f]df

d/]/ klg s] nfg" 5 /, ldNg' 5 df6f]df

**#** l;¿kft] v's'/Ln] sf6] s;f] xf]nf lg n} n}

 kfgL dfUbf /S;L lbG5f} dft] s;f] xf]nf lg n} n}

To:t} ;Nofgdf ufOg] Psn uLtdf lg, kf], t, n} h:tf lgkft / xf], s7}, xp cflb y]ufsf] k|of]un] cleJolQmdf rds yKg] sfd u/]sf 5g\ . oL uLtdf k|of]u ePsf cg's/0ffTds / låTj ePsf zAbn] uLtdf >'ltdfw'o{ / /l;stf a9fpg] sfd u/]sf x'G5g\ . oxfFsf Psn uLtx¿ j0f{gfTds / PsfnfkLo z}nLdf ufOG5g\ .

**$=!=@ bf]xf]/LuLtsf] ljZn]if0f**

b'O{ JolQm jf b'O{ ;d"xsf lardf ;jfn hjfkm ub}{ ufOg] uLt bf]xf]/L uLt xf] . bf]xf]/L uLt afx|} df; h'g;'s} ;dodf klg ufOG5 -aGw', @)%\*, k[= !@!\_ .ljz]if u/L o'jfo'jtLsf lar j}olQms jf ;fd"lxs ¿kdf ufOg] o:tf uLtdf uLtd} ;jfn ;f]lwg] / tTsfn} uLtd} To;sf] hjfkm kmsf{pg'kg]{ x'Fbf ufos–uflosf cToGt} ;hu / rgfvf /xG5g\ . bf]xf]/L uLtdf o'jfo'jtL -ufos–uflosf\_ sf] cfz'sljTjsf] emns kfOG5 . ;Nofgdf klg o:tf bf]xf]/L uLtsf] lgs} k|rng 5 . o; If]qdf ufOg] bf]xf]/L uLtsf] ljifoj:t', ;+/rgf, no / efiffz}nLsf cfk\mg} k|sf/sf ljz]iftf /x]sf 5g\ .

**ljifoj:t'sf cfwf/df bf]xf]/LuLt**

nf]sdfg;sf ;/n x[boaf6 k|sflzt pb\uf/nfO{ nodf pg]/ b'O{ JolQm jf ;d"xsf aLr k|lt:kwf{Tds ¿kdf k|Zg–pQ/ z}nLdf bf]xf]/L uLt ufOG5 . ;Nofgdf bf]xf]/L uLt h'g;'s} ;do / cj;/df klg ufpg] ul/G5 .oxfF ufOg] bf]xf]/L uLtdf ljljw ljifoj:t'sf] ;dfj]z ePsf] kfOG5 . oxfF ufOg] o:tf uLtdf dfofk|Lltsf sf]dn efjgfb]lv lnP/ hLjghut\sf cg]s ;Gbe{x¿nfO{ ljifoj:t' agfOPsf] x'G5 .

oxfF ufOg] bf]xf]/L uLtdf ljleGg ljifosf] cleJolQm x'g] eP tfklg d'Vo ¿kdf rflxF oL uLtdf dfofk|Lltsf s'/fx¿ g} ;d]l6Psf] kfOG5 . oxfF ufOg] dfofk|Lltsf ljifoj:t' ;d]l6Psf bf]xf]/L uLtsf s]xL kª\lQm pbfx/0fsf nflu tn k|:t't ul/G5 M

s]6L M aNntNn a'e]m5f} xh'/

 dfof nfpg d ePF dGh'/

s]6f M dg ldn] ;a} yf]s TofluG5

 xfF;Lv';L dfofdf e'lnG5

 ± ± ±

s]6f M ufO{ x}g uf]?

 ltdLnfO{ kfP lg a'OgL

 rflxFb}g c¿ .

pko'{Qm bf]xf]/L uLtdf hlt;'s} b'Mv k/] klg xfd|f] ;fy slxNo} g5'6f];\, xfdL xfF;Lv';L hLjg latfpm h:tf];'s} ;ª\s6 cfP klg ;fy /Xof] eg] Tof] ;ª\s6 6fg{ ;lsG5, To;}n] d]/f] of] lhGbuL ltdLnfO{ g} ;'lDkPF eGg] efj o; kª\lQmdf emlNsG5 .

;Nofgdf ufOg] bf]xf]/L uLtdf ;fdflhs, ;f+:s[lts, cfly{s ljifosf ;fy} dfG5]sf g}lts tyf cf}kb]lzs r]tgfsf] cleJolQm klg ePsf] kfOG5 . hLjgdf hlt;'s} b'Mv ug'{k/] tfklg Pscfk;df dfof / ;b\efj a9fP/ xfF;Lv';L afFrf}+ eGg] efj klg oxfF ufOg] bf]xf]/L uLtdf k|s6 ePsf] kfOG5, h:t}M

s]6f M ltdL xfdL g5'6f}+ slxNo}

 a;f}+ xfdL xfF;L v';L hlxNo}

s]6L M b'Sv ;'Sv h] xf]nf xfdLnfO{

 of] lhGbuL ;'lDkPF ltdLnfO{ .

dflysf] kª\lQmdf k|s[ltsf] ;'Gb/ tl/sfn] lrq0f ul/Psf] 5 . ltdL / xfdL h;/L j/lkkn;Fu} x'G5g\, To;}u/L g5'6L h'gLh'gL;Dd klg;Fu} a;f} elg k|s[ltsf ;'Gb/ kIfsf] rrf{ ul/Psf] 5 .

;Nofgdf ufOg] bf]xf]/L uLtx¿n] oxfFsf k/Dk/fut d"No / dfGotfsf] ;+/If0f ub{} cfPsf] kfOG5 . oL uLtx¿dfk{mt ;dfhdf ljBdfg ljs[lt / s'/Lltsf] tLj| ¿kdf lj/f]w ul/Psf] x'G5 . ;dfhdf 5f]/f / 5f]/Ldf ul/g] e]befj Pjd\ h'jf, tf;, b'Jo{;gh:tf ;dfhsf gsf/fTds kIfsf] lj/f]w klg oL uLtx¿df ul/Psf] x'G5 . o; If]qdf ufOg] o:tf bf]xf]/L uLtdf afnljjfx, cgd]n ljjfx cflbsf sf/0f pTkGg x'g] ;fdflhs ;d:ofnfO{ klg phfu/ ul/Psf] x'G5 . xfd|f] ;dfh k'?ifk|wfg ePsfn] oxfF gf/Lx¿sf] cj:yf bogLo x'g' :jfefljs} xf] / To:Tff s'/fsf] lrq0f klg oL uLtdf ePsf] x'G5 . :yfgLo o'jfo'jtLsf cfzf–lg/fzf, cfF;', xfF;f], xif{–lj:dft\ JoQm x'g] oL uLtsf dfWodaf6 oxfFsf] ;dfhsf] cWoog;d]t ug{ ;lsG5 .

nf]sdfg;df ljleGg lsl;dsf k/Dk/fut hgljZjf;x¿ ljBdfg x'G5g\ . d'Vo u/]/ efjL, n]vfGt, k"j{hGd, k'gh{Gdh:tf s'/fdf oxfFsf] ax';ª\Vos ;dfhn] ljZjf; u/]sf] b]lvG5 . oxfFsf dflg;x¿ cfk"mn] b'Mv kfPdf æxfdLn] k"j{hGddf g/fd|f] sfd u/]sf /x]5f}F, xfd|f] efUodf efjLn] g} o:t} n]v]sf] /x]5Æ eg]/ lrQ a'emfpg] ub{5g\ . To:t} æxfdLn] ;'v;fy hLjg latfpF5f}F eg]/ x'Fb}gÙ xfd|f] n]vfGtdf ;'v ug{ n]v]sf] /x]g5 eg] xfdLn] dfq eg]/ s]xL x'Fb}gÆ eGg] h:tf k/Dk/fut hgljZjf; oxfFsf] nf]sdfg;df ljBdfg /x]sf] kfOG5 . o:t} s'/f oxfF ufOg] bf]xf]/L uLtdf klg JoQm ePsf] kfOG5, h:t}M

ltDn] xfDn] eg]/ x'Fb}g

;Fu} a:g] n]vfGt 5 5}g .

nf]suLtsf] pb\ud:yn g} k|s[ltsf] ;'Gb/, zfGt, zLtn / ;'/Do jftfj/0f xf] . To;}n] ;Nofgdf ufOg] bf]xf]/L uLtdf klg k|s[ltsf] lrq0f ;'Gb/ tl/sfn] ePsf] kfOG5 . oxfF ufOg] bf]xf]/L uLtdf k|s[ltsf ljleGg kIf 3fd, kfgL, vf]nfgfnf, kfvf–kv]/f, af]6–lj?jfh:tf s'/f klg cfPsf kfOG5g\, h:t}M

ltdL xfdL 5'6f}Fnf s;/L

a;f}F xfdL j/kLkn h;/L .

± ± ±

ufO{ rg]{ jg 5

df]6/df r9fO{ lg bfh'

sfF nfg] dg 5 <

;Nofgdf ufOg] bf]xf]/L uLt ;/n eP tfklg ToxL ;/ntfleq} ljljw efj n's]sf] kfOG5 . nf]shLjgsf dfofk|]dsf efjb]lv lnP/ pgLx¿n] ef]Ug'k/]sf b'Mv–si6sf] cleJolQm;d]t oL uLtdfk{mt JoQm ePsf x'G5g\ . ljz]if u/]/ k|]d / lj/xsf efj k|s6 x'g] oL uLtdf xf:o efj klg JoQm ePsf] kfOG5 . ;Nofgdf ufOg] xf:o efj JoQm ePsf bf]xf]/L uLtsf s]xL c+z pbfx/0fsf nflu oxfF k|:t't ul/Psf] 5 M

k'?if M a'9f] ePF r:df uof]

uof] sdn

5f]/f5f]/L Pp6} 5}g

a'9f] cndn

d} a'9fsf] lglDtdf ca

Pp6L s]6L gkmsfO{ ePg

dlxnf M a'9L ePF s]z kfSof]

uof] ¿k /Ë

of] a'9fsf] s'/f ;'Gbf

dg} eof] bË

o} a'9fsf] lglDtdf ca

Pp6L s]6L gkmsfO{ ePg .

dflysf] bf]xf]/L uLtdf xf:oefsf ;fy dfofk|Lltsf] rrf{ ul/Psf] 5 . a'9];sfn nfUof] cfFvf b]lvFb}g . 5f]/f5f]/L cfk\mgf] cfk\mgf] kf/fdf 5g\ d PSn} eP ca pd]/ 9Nn] klg Pp6L s]6L gkmsfO{ ePg egL xf:o¿kdf xfd|f] ;dfhsf] jt{dfg cj:yfsf] lrq0f o; uLtdf ul/Psf] 5 . hjfkmdf dlxnfn] cfkm" klg a'9L eP ;a} ¿k /ª\u uof] . of] a'9fsf] s'/fn] d]/f] dg} eof] bª\u egL hjfkm lbPsL 5 . b'j} hgfn] Ps csf{sf] ;fy rfx]sf] efj o; kª\lQmdf JoQm ePsf] b]lvG5 .

**;+/rgfsf cfwf/df bf]xf]/LuLt**

;Nofgdf k|rlnt bf]xf]/L uLtx¿ ljleGg cfsf/–k|sf/ / nodf ;+/lrt ePsf kfOG5g\ . oL uLtx¿ k|foMh;f] b'O{ kª\lQmsf / s]xL # kª\lQmb]lv ^ kª\lQm;Ddsf x'G5g\ . oxfF ufOg] b'O{ kª\lQmsf bf]xf]/L uLtdf klxnf] kª\lQmnufot ;ª\ult ldnfpg / bf];|f] kª\lQm d"n efj cleJoQm ug{ k|of]u ePsf x'G5g\ . oL uLtx¿ k|foM klxnf] kª\lQm !! j0f{ / bf];|f] kª\lQm !) j0f{sf] ;+/rgfdf ;+/lrt ePsf x'G5g\ t/ sltko kª\lQmx¿ !) b]lv !@ j0f{;Ddsf klg x'G5g\ .

oxfFsf b'O{ kª\lQmsf] ;+/rgfdf ;+/lrt bf]xf]/L uLtsf klxnf] kª\lQm @±@, @±@±# u/L !! j0f{ / bf];|f] kª\lQm @±@, #±# u/L !) j0f{df ;+/lrt ePsf] x'G5 . o; k|sf/sf] no ;+/rgf ePsf] bf]xf]/L uLtsf] Pp6f gd'gf o;k|sf/ 5–

dg ldn] ;a} yf]s TofluG5

xfF;L v';L dfofdf e'lnG5 .

o; kª\lQmdf dg ldnf] eg] ;a} yf]s TofUg] / xfF;L v';L hLjg latfpg] s'/f cfPsf] 5 . dfof eGbf 7'nf] c¿ s]xL x}g dfof kfP ;a} e'lnG5 eGg] efj k|s6 ePsf] 5 .

To:t}, oxfF ufOg] sltko bf]xf]/L uLtsf] Ps u'R5df # kª\lQm / tLdWo] klxnf] kª\lQm @±# j0f{, bf];|f] kª\lQm #±#±@ j0f{ / t];|f] kª\lQm @±# j0f{sf x'G5g\ . o;k|sf/sf] jfl0f{s ;+/rgfdf ;+/lrt ;Nofgdf ufOg] bf]xf]/L uLtsf] Pp6f gd'gf o;k|sf/ 5 M

P]gf l;;fsf]

l/;fsf] x}g lg bfh'

laGtL la;fsf] .

o; uLtdf d l/;fsf] 5}g a? laGtL dfq la;fsf] xf] eGg] s'/f cfPsf] 5 . bfh' eg]/ ;Daf]wg u/L s'g} r]nLn] cfk\mgf] bfh';Fu s]xL s'/fsf] laGtL la;fpg rfx]sf] efj o; uLtdf JoQm ePsf] 5 .

**no jf efsfsf cfwf/df bf]xf]/LuLt**

no nf]suLtsf] clgjfo{ tŒj xf] . non] g} nf]suLtnfO{ hLjGttf k|bfg ub{5 . nf]suLt ufpg] z}nLnfO{ efsf elgG5 . Pp6} uLt klg ljleGg no / efsfdf kfOG5 . ;Nofgdf k|rlnt bf]xf]/L uLtx¿ klg ljleGg no / efsfdf ufpg] ul/G5 . oxfF ufOg] bf]xf]/L uLtdf rngrNtLdf /x]sf] nf]slk|o efsfrflxF ‰ofp/] efsf xf] . To:t}, oxfFsf bf]xf]/L uLtx¿ 5f]6f] efsfdf klg ufOG5g\ . efsf ldnfpgs} nflu oL uLtsf sltko j0f{x¿ tGsfpg] / efFFRg] u/]sf] klg kfOG5, h:t}M

s]6L M 3/ t d]/f] ofFx}g lt/lt/]

 8fF8f sf6\of] of] gf}nf] lktL{n] .

 s]6f M ltdL xfdL hfpmF pFb}pFb}

 slxn] ?Fb} slxn] dg a'emfpFb} .

o; kª\lQmdf dfof k|]dsf sf/0f cfk\mgf] ufpF3/ 5f8]/ 8fF8} sf6L lbg'k/]sf] s'/f cfPsf] 5 . ca 5f]l8 g} ;s]kl5 /f]P/ eGbf klg dg a'emfpFb} hfg'k5{, /f]P/ s]xL x'Fb}g eGg] efj o; kª\lQm JoQm ul/Psf] 5 .

**efiffz}nLsf cfwf/df bf]xf]/LuLt**

nf]suLtsf] k|:t'ltdf rdstf Nofpg / eflifs kIfdf /l;stf k|bfg ug{ nf]suLtdf ljleGg k|sf/sf efiffz}nLsf] k|of]u ul/Psf] x'G5 . ;Nofgdf ufOg] bf]xf]/L uLtdf :yfgLo af]nrfndf rNb} cfPsf] ;/n nf]sefiffsf] k|of]u ePsf] kfOG5, h:t} M

**!** ltdL xfdL 5'6f}Fnf s;/L

a;f}F xfdL ax/kLkn h;/L .

± ± ±

ufO{ rg]{ jg 5

df]6/df r9fO{ lg bfh'

sfF nfg] dg 5 <

**@** s]6L M aNntNn a'e]m5f} xh'/

dfof nfpg d ePF dGh'/

 s]6f M dg ldn] ;a} yf]s TofluG5

xfF;L v';L dfofdf e'lnG5

± ± ±

 s]6f M ufO{ x}g uf]?

ltdLnfO{ kfP lg a'OgL

rflxFb}g c¿ .

oxfF k|rlnt bf]xf]/L uLtdf nf]shLjgn] cfk\mgf efjgf kf]Vg] qmddf ax/ -j/\_, a'OgL -alxgL\_, s6]/fh:tf :yfgLo eflifsfsf zAbx¿sf] k|of]u u/]sf] kfOG5 . oL uLtdf lg, t, nf} cflb lgkftsf] k|of]un] eflifs cleJolQmdf cfsif{0f yKg] sfd u/]sf 5g\ .

**$=!=# afnuLtsf] ljZn]if0f**

afnsx¿n] :jo+ ufpg] / afnsx¿s} dgf]/~hgsf nflu jf pgLx¿nfO{ ctL{pkb]z / lzIff lbg] x]t'n] k|f}9x¿åf/f ufOg] uLtnfO{ g} afnuLt elgG5 . afnsx¿sf] cfk\mg} ;fgf] ;+;f/ x'G5 . pgLx¿ ToxL cfk\mg} ;fgf] ;+;f/leq v]Ng], ufpg], gfRg] / /dfpg] ub{5g\ . o;/L v]Ng] / gfRg] qmddf pgLx¿ ljleGg lsl;dsf uLtx¿ ufpg] ub{5g\ . pgLx¿n] ufpg] o:tf uLtdf pgLx¿sf pT;fx, pdË, sf}t"xn, dgf]/~hgh:tf w]/} s'/fx¿ hf]l8P/ cfPsf x'G5g\ . oL uLtx¿df afnaflnsfs} hLjg cleJoQm ePsf] x'G5 . afnuLtn] afnaflnsfsf sf]dn dl:tisdf ;sf/fTds k|efj kfb{5g\ . k|f}9 dflg;n] ufpg] afnuLt afnsx¿nfO{ ctL{, pkb]z / lzIff lbg] p2]Zon] ufOPsf x'G5g\ . ;Nofg If]qdfklg o:tf afnuLtsf] lgs} k|rng 5 . oxfF k|rlnt d'Vo–d'Vo afnuLtx¿sf] u/L ljleGg cfwf/df ltgsf] qmdzM ljZn]if0f ul/Psf] 5 M

**ljifoj:t'sf cfwf/df afnuLt**

;Nofgdf k|rlnt afx|df;] uLtdWo] afnuLt klg dxŒjk"0f{ uLt xf] . ;Nofgdf h'g;'s} ;dodf klg oL uLt ufpg] ul/G5 . oxfF k|rlnt afnuLtdf ljljw ljifoj:t' ;d]l6Psf] kfOG5 . oxfF ufOg] oL uLtdf afn:jefj emlNsg'sf ;fy} ;fdflhs hLjgz}nL, /xg;xg, /Lltl/jfh, rfnrng, vfgkfg cflbsf] rrf{;d]t ePsf] kfOG5 . oxfF k|rlnt vfgkfg;DaGwL ljifoj:t' ;d]l6Psf] Pp6f afnuLt o;k|sf/ 5 M

a; a; df}/L

a'waf/ hfpnL

k"mn}k"mnsf] srf}/fdf

dx ltdL vfpnL .

dflysf] afnuLtsf] kª\lQmdf vfgkfgsf] ljifoj:t' ;d]l6Psf] 5 . afnaflnsfx¿n] 5f]6f / ;/n zAbx¿ af]Ng] ePsfn] o; kª\lQmdf klg ;/n zAbsf] k|of]u u/L a; g a; csf]{ lbg hfg' k'mn}k'mndf a;]/ srf}/f e/L dnfO{ dx agfOb]pm clg ltdL klg km"n}k"mndf a;]/ srf}/f e/L dnfO{ dx agfOb]pm clg ltdL klg k'mn}k"mnsf] srf}/fdf dx vfP/ hfp eGg] efj o; uLtdf JoQm ePsf] 5 .

oxfF ufOg] afnuLtdf wd{;+:s[ltsf] aofg klg ul/Psf] kfOG5 . oxfFsf] ;dfhdf ljleGg k|sf/sf wfld{s tyf ;f+:s[lts k/Dk/f k|rlnt 5g\ . To;}n] ;dfhdf ljBdfg wd{ / ;+:s[ltsf] 5fk afnaflnsfsf] sf]dn dl:tisdf kg'{ :jfefljs} xf] . wd{–;+:s[ltsf dxŒjk"0f{ kIf rf8kj{ klg x'g\ . oxfF ufOg] afnuLtx¿n] rf8kj{sf s'/fx¿nfO{ klg ;d]6]sf] kfOG5 . afnaflnsfsf nflu rf8kj{sf] 7'nf] dxŒj /xG5 . rf8kj{df ;a} afnaflnsfsf] ld7f] vfg] / /fd|f] nufpg] wf]sf] x'G5 . t/ cfly{s nufot cGo sf/0fn] ubf{ sltko afnaflnsfsf o:tf rfxgf k"/f x'g ;Sb}gg\ . o:tf s]xL afnaflnsfsf dfg;k6ndf h;/L eP klg cfk\mgf OR5f k"/f u/f}F eGg] efj hfUb5 eg] s'g} afnaflnsf g/fd|f] sfd slxNo} ug'{x'Fb}g eGg] ;f]Rb5g\ / cfk"m To:tfsf] lgs6d} g/xg] k|0f ub{5g\ . ;Nofgdf k|rlnt o:tf] efj ;d]l6Psf] afnuLtsf] Pp6f gd'gf o;k|sf/ 5 M

b;}F cfof]

vfpFnf lkpFnf

sxfF kfpFnf <

rf]/L NofpFnf

wt\ kfkL d t 5'§} a;'Fnf .

of] afnuLt ;Nofgafx]s cGoq klg k|rlnt ePsf] kfOG5 . ;Nofgdf afnaflnsfn] ufpg] o; uLtn] rf8kj{sf] j0f{g ug'{sf ;fy} v/fa sfd ug]{ JolQmsf] ;Ët ug'{x'Fb}g / To:tf v/fa dflg;x¿af6 6f9} /xg'k5{ eGg] g}lts lzIff klg lbPsf] kfOG5 .

afnuLtdf afnsx¿n] h:tf] ;dfh b]v]sf x'G5g\ / pgLx¿ h'g ;dfhdf x's{b} 5g\, ToxL ;dfhsf] lrq0f ePsf] kfOG5 . ;Nofgdf ufOg] afnuLtdf oxfFsf] ;dfhdf ljBdfg ;fdflhs ;d:ofsf] aofg ePsf] kfOG5 . oxfFsf] ;dfhdf ul/aLsf sf/0f sltko afa'–cfdfn] cfk\mgf afnaRrfx¿nfO{ ld7f] / ;Gt'lnt ef]hg v'jfpg ;s]sf x'Fb}gg\ . To:tf] cj;/af6 al~rt oxfFsf afnaflnsfx¿ slxn]sfxLF ld7f] vfg]s'/f vfg kfP eg] cToGt v';L x'G5g\ . To;}n] afnsnfO{ dL7f dL7f vfg]s'/f v'jfpg] cfZjf;g lbFb} cfdfx¿n] uLt ufP/ afnaRrfnfO{ kmsfpg]–k'mNofpg] ub{5g\ .

;Nofgdf ufOg] afnuLtdf k|s[ltsf 3fd–kfgL, vf]]nf–gfnf, af]6–la?jf cflbsf] j0f{g klg kfOG5 . k|s[ltsf ljleGg :j¿ksf] lrq0fsf ;fy} oxfFsf] ;dfhdf ljBdfg 5'jf5't k|yfsf] ;ª\s]t ePsf] Pp6f afnuLtsf] gd'gf o;k|sf/ 5 M

3fd kfgL 3fd kfgL, :ofnsf] lax]

s's'/ hGtL la/fnf] efG;]

la/fnfn] 5f]Psf], sf]xL klg gvfg] .

o; afnuLtdf k|s[ltsf 3fd kfgLsf] lrq0f klg ul/Psf] 5 . xfd|f] ;dfhdf k|rlnt /x]sf] ljBdfg 5'jf5'tsf] 5fk afnaRrfdf klg k/]sf] 5 . To;}n] o; afnuLtdf la/fnf]n] 5f]Psf] vfg'x'Fb}g eGg] efj k|:t't ePsf] 5 . afnaflnsfsf] slnnf] dl:tisdf klg xfd|f] ;dfhdf /x]sf] 5'jf5't h:tf] s'k|yfsf] 5fk k/]sf] 5, To:t} efj ;d]6]sf] 5 dflysf] afnuLtn] .

**;+/rgfsf cfwf/df afnuLt**

;Nofgdf k|rlnt afnuLtsf] ;+/rgf kIfnfO{ x]bf{ oL uLt afnaflnsfsf sf]dn dl:tisn] ks8\g ;Sg] vfnsf] ;ª\lIfKt cfofddf ;+/lrt ePsf] kfOG5 . oxfF k|rlnt afnuLt $ b]lv ( j6f j0f{;Ddsf kª\lQmx¿df ;+/lrt 5g\ . o:tf uLtx¿ Go"gtd @ kª\lQmb]lv lnP/ clwstd @@ kª\lQm;Dd lj:tfl/t ePsf] kfOG5 . olt ;ª\lIfKt ;+/rgfnfO{ cFuflnPsf eP tfklg o:tf afnuLtx¿n] afnefjgfnfO{ :jfefljs lsl;dn] cleJoQm u/]sf x'G5g\ . To;}n] oL uLtx¿ afnaflnsfsf x[bodf 7fpF cf]u6\g ;Ifd ePsf 5g\ .

Pp6f ;fyL hª\undf /f]O{/f]O{ a;]5

lsg /f]of} ;f]Wbfv]/L snd v;]5

p;sf] ;fyL sf]xL klg 5}g

hª\undf a;]5

cfpm cfpm ;fyL ;Fu} v]Ng hfpFm .

pko'{Qm uLt ufpFbf hDdf ePsf ;a} afnaflnsfx¿ Pscfk;df xft ;dfP/ uf]nf] 3]/fdf pleG5g\ . Tof] uf]nf] 3]/fsf] aLrdf Ps hgf afns a:5 / /f]Psf] clego u5{ . To; ?g] afnsnfO{ kmsfpFb} 3]/fdf pleg] cGo afnaflnsfn] of] uLt ufpF5g\ / cGTodf Tof] ?g] afnsnfO{ klg pgLx¿;Fu} v]Ng nfG5g\ . ;Nofgdf o; lsl;dsf uLtx¿ afnaflnsf Ps} 7fpFdf hDdf eP/ v]Nb} ufpg] ub{5g\ .

**no jf efsfsf cfwf/df afnuLt**

afnaflnsfn] ufpg]uLt x'gfn] afnuLtsf] no / efsfdf klg afnkg :ki6 emlNsG5, h:t} M

x't'x't' kGhf

af3 kGhf

skbL{ v]Nbf Sof dDhf .

± ± ±

xfO{ u'6'd'6'

k/]jfsf] d'6'

vfpFm s'6's'6' .

afnaflnsfsf] :d/0fdf /xg ;Sg] / pgLx¿n] cfk\mgf clegodf klg ;d]6\g ;Sg] ;–;fgf cfsf/ / ;/n nosf] agf]6 afnultdf kfOG5 .

**efiffz}nLsf cfwf/df afnuLt**

afnuLtdf afnaflnsfn] ;lhn} a'e\mg ;Sg] ;/n zAbx¿sf] k|of]u ePsf] x'G5 . cg'k|f;x¿sf] plrt ;+of]hg, afnaf]nL / cg's/0ffTds zAbx¿sf] k|of]un] afnuLtnfO{ nf]slk|otf k|bfg u/]sf] kfOG5, h:t} M

!= a; a; df}/L

a'waf/ hfpnL

k"mn}k"mnsf] srf}/fdf

dx ltdL vfpnL .

@= b;}F cfof]

vfpFnf lkpFnf

sxfF kfpFnf <

rf]/L NofpFnf

wt\ kfkL d t 5'§} a;'Fnf .

#= 3fd kfgL 3fd kfgL, :ofnsf] lax]

s's'/ hGtL la/fnf] efG;]

la/fnfn] 5f]Psf], sf]xL klg gvfg] .

Pp6f ;fyL hª\undf /f]O{/f]O{ a;]5

lsg /f]of} ;f]Wbfv]/L snd v;]5

p;sf] ;fyL sf]xL klg 5}g

hª\undf a;]5

cfpm cfpm ;fyL ;Fu} v]Ng hfpFm .

$= x't'x't' kGhf

af3 kGhf

skbL{ v]Nbf Sof dDhf .

± ± ±

xfO{ u'6'd'6'

k/]jfsf] d'6'

vfpFm s'6's'6' .

dflysf] uLtdf afnsx¿n] af]Ng] kfkf, rfrf, a'a", dfdfh:tf zAbx¿sf] k|of]un] klg afnuLtx¿nfO{ cfsif{s agfPsf] 5 . ;/n efiffdf ufOg] oL uLtdf ldl;Psf xfF;f], r~rntf, xfpefp cflbn] k|f}9x¿nfO{ ;d]t cfslif{t ub{5g\ . afnuLtx¿ ;/n, ;xh / af]wuDo klg x'G5g\ . ;Nofgdf ufOg] afnuLtdf klg oL ;a} ljz]iftf kfOG5g\ .

**$=!=$ ehgsf]uLtsf] ljZn]if0f**

wfld{s rf8kj{, k"hfcfhf / ljleGg dËnsfo{sf cj;/df ljleGg b]jL–b]jtfx¿sf] :t'lt u/L ufOg] uLtnfO{ g} ehg elgG5 -aGw', @)%\*, k[= !%#\_;Nofgdf If]qL–afx'g ;d'bfodf ehguLtsf] a9L k|rng 5 . To;}n] o;nfO{ oxfF afx'guLt klg eGg] u/]sf] kfOG5 . oxfF ufOg] ehgdf b]jLb]jtfsf] dlxdf jf u'0ffufg ub}{ elQmefj bzf{OPsf] x'G5 . oxfF ufOg] ehgdf cfTdfsf] cd/tf, b]jLb]jtfx¿sf] ;fdYo{, dlxdf cflb cfWoflTds efj cleJoQm ePsf] kfOG5 .

oxfFsf] ;dfhdf wfld{s efjgf lgs} alnof] 5 . To;}n] oxfFsf dflg;x¿ cfk\mgf 3/df ;Togf/fo0fsf] k"hf nufpFbf, ;Ktfx cflb nufpFbf b]jLb]jtfx¿sf] k"hfcf/fwgf u/L ehg ufpg] ub{5g\ . ;fy} PsfbzL, df3];+qmflGt, lzj/fhqLh:tf wfld{s kj{x¿df d7–dlGb/df hDdf eO{ ehg ufpg] k|rng klg oxfF /x]sf] 5 . oxfFsf] ;dfhdf ehg ufpFbf hLjgdf dfgl;s zflGtk|flKt, d[To'kl5 df]Ifk|flKt / ;'rl/qsf] lgdf{0f ug{ ;lsG5 eGg] hgljZjf; /x]sf] kfOG5 .

**ljifoj:t'sf cfwf/df ehguLt**

;Nofgdf ehguLt wfld{s z'esfo{sf cj;/df dlxnf tyf k'?if ;a} ldn]/ ;fd"lxs ¿kdf ufpg] ub{5g\ . oxfF v}Fh8L, dfbn, d'h'/f / yk8L ahfpFb} ehg ufpg] u/]sf] kfOG5 . ;Nofgdf k|foM a'9fa'9Lx¿n] laxfg lgTo k"hfcf/tL ubf{ / ;fFemdf ;fGWok"hf ubf{ ehg ufpg] k|rng 5 . oxfF k|rlnt ehgdf d'Vo ¿kdf b]jLb]jtfsf] j0f{g ul/Psf] kfOG5 . oxfF ufOg] ehgdf b]jLb]jtfx¿k|lt >4f, elQm k|s6 ug'{sf ;fy} cfk"mn] u/]sf c;t\ sd{sf] cfTdfnf]rgf ul/Psf] x'G5 . To;}u/L oxfF ehgdfk{mt kfkgfz / d'lQmsf] sfddf klg ul/Psf] x'G5 . To:t} oxfF k|rlnt ehgdf ljleGg b]jLb]jtfx¿nfO{ ljifoj:t' agfP/ pgLx¿s} rfl/lqs j0f{g klg ul/Psf] x'G5 . oxfF ufOg] ehgdf /fd–;Ltf, lzj–kfj{tL, /fwfs[i0f cflb b]jtfx¿sf] u'0fufg ufOPsf] x'G5 .

;Nofgdf ljleGg k|sf/sf wfld{s tyf ;f+:s[lts efjgf ePsf dflg;x¿sf] a;f]af; /x]sf] 5 . oxfFsf] ;dfhdf cfk\mgf x/]s lqmofsnfkx¿nfO{ wfld{s b[li6sf]0faf6 x]g]{ rng klg 5 . x/]s k|sf/sf b'Mv–si6, cfkt–ljkt jf ;'v–;'ljwfsf k5fl8 s'g} g s'g} b}jL zlQmnfO{ cfwf/ dfGg] hgljZjf; oxfF kfOG5 . o;sf ;fy} b]jL–b]jtfs} cfzL{jfbaf6 dfgjLo hLjgdf ;'v, zflGt / ;d[l4 k|fKt x'G5 / b]jL–b]jtfs} >fkaf6 si6, Joflw / bl/b|tf k|fKt x'g] ljZjf; klg oxfFsf] ;dfhdf ul/Psf] kfOG5 . o:t} ljifoj:t'sf] j0f{g ul/Psf] ehgsf] Pp6f gd'gf o;k|sf/ 5 M

x/ x/ uËf dfO{

x/ x/ uËf dfO{

dxf / b]jsf h§f wf/f

alxg\ uËf dfO{

cf:gfg u?F uËf dfO{nfO{

z'rL u?F b]xL

;a{ b'Sv bl/b| 5'6fpm k|e' d]/} .

;Nofgdf ufOg] sltko ehgdf b]jLb]jtfx¿nfO{ u'xf/]/ cfk\mgf] dgf]sfª\Iff k"/f u/fpg]h:tf efj n's]sf] kfOG5 eg] sltko ehgdf wd{ u/]df :ju{ uOG5 / kfk u/]df g/s uOG5 eGg] efj;d]t cleJoQm ePsf] kfOG5 .

;Nofgdf ufOg] ehgdf b]jtfsf] bz{gsf nflu dflg; rf/}lt/ ef}Ftfl/Psf s'/fx¿ klg ;d]l6Psf] kfOG5 . o:t} ljifoj:t' ePsf] ehgsf] Pp6f gd'gf o;k|sf/ 5 M

spg] lbzf uPp afn} sfxfF k/f] /ft

sf] lyP ;fy, s] vfPp ufF;

s] lyof] sfd, spg] xf] b]jtsf] wfd .

± ± ±

blS5g lbzf uo"F dft", aLr} k/f] /ft

pxL al;p af;, wd{ lyP ;fy

cd[t vfo"F ufF;, bz{g ug]{ sfd

sflnsf b]jtfsf] wfd .

;Nofgsf] ;dfhdf k|rlnt ehgx¿n] wd{ / ;+:s[ltsf] ;+/If0f ug]{ lbzfdf dxŒjk"0f{ e"ldsf v]Nb} cfPsf 5g\ . oxfFsf] ;dfhdf ul/g] k"hf–cfhf, eujfg\k|ltsf] cf:yf, >4fh:tf ;f+:s[lts kIfsf] ;+/If0fdf oxfF k|rlnt ehgn] dxŒjk"0f{ e"ldsf v]Nb} cfPsf 5g\ . o;sf ;fy} oxfF k|s[ltsf ljljw kIfnfO{ ljifoj:t' agfP/ klg o;/L ehg ufpg] ul/G5 M

;f]n' / dfOsf lt/lg/ sfnL t'n;fO{

sfnL hf] t'n;}sf] la?jf ag] x}

Ps} / kft] t'n;f t bf];/L kft] eO{ u}l5g\

bf];/L kft] t'n;f t t];/L kft] eO{ u}l5g\ .

**;+/rgfsf cfwf/df ehguLt**

;Nofgdf k|rlnt ehgx¿ ljleGg cfsf/ / nodf ;+/lrt 5g\ . oxfF kfOg] ehgx¿df cGo nf]suLtx¿df h:t} cGt/f / :yfoL efu /x]sf x'G5g\ . cGt/fn] ehgsf] d"n efjnfO{ cufl8 a9fpF5g\ eg] :yfoL kª\lQmx¿rflxF k6s–k6s bf]xf]l/O/xG5g\,h:t}M

uf]s'n vf]Hof}F dy'/f vf]Hof}F, vf]Hof}F j[Gbfjg

;f/f ;+;f/ vf]hL ;Sof}F s[i0f sxfF 5g\

/fw] /fw] s[i0f s[if0 hkf}F dg}df

5}gg\ s[i0f hfg'eof] j[Gbfjg}df .

± ± ±

od'gfsf] gLnf] hn s[i0f g'xfpg]

xftdf j+zL lz/df d's'6 slt ;'xfpg]

/fw] /fw] s[i0f s[i0f hkf}F dg}df

5}gg\ s[i0f hfg'eof] j[Gbfjg}df .

oxfF ufOg] ehgx¿ k|foM !# cIf/b]lv !& cIf/;Ddsf Ps kª\lQm / To:tf b'O{ kª\lQmx¿df ;+/lrt 5g\ . oxfFsf ;a}h;f] ehgdf k|To]s tNnf] kª\lQm / dflyNnf] kª\lQmdf a/fa/ cIf/ ;ª\Vof gx'g klg ;S5g\ . oxfF k|rlnt ehgx¿dWo] klxnf] kª\lQm #±@, #±@, @±# u/L !% cIf/sf] / bf];|f] kª\lQm @±@, @±@, @±# u/L hDdf !# cIf/sf] nodf ;+/lrt ehgsf] Pp6f gd'gf o;k|sf/ 5 M

uf]s'n vf]Hof}F dy'/f vf]Hof}F vf]Hof}F j[Gbfjg

;f/f ;+;f/ vf]lh;Sof}F s[i0f sxfF 5g\ .

**no jf efsfsf cfwf/df ehguLt**

 ;Nofgdf ljleGg efsf / nodf ehg ufpg] ul/G5 t/ oxfF ;aeGbf k|rlnt efsf rflxF r'8\s] / nfdf] efsf x'g\ . oxfF ufOg] r'8\s] efsfsf] ehgsf] gd'gf o;k|sf/ 5 M

od'gf vf]Hof}F uf]s'n vf]Hof}F vf]Hof}F j[Gbfjg

;f/f ;+;f/ vf]lh;Sof}F s[i0f sxfF 5g\ .

To:t}, ;Nofgdf nfdf] efsfdf klg ehg ufOG5 . nfdf] efsfdf ufOg] ehgsf] pbfx/0f o;k|sf/ 5 M

x/ x/ uËf dfO{, x} x/ x/ uËf dfO{

uËf / dfO{sf lz/df dxfb]jsf h6f

dxfb]jsf h6faf6 alxg\ uËfdfO{ .

ehgdf efsf / no ldnfpg] qmddf sltko 7fpFdf xf]– xf], x}–x} h:tf y]ufsf] k|of]u ul/Psf] kfOG5, h:t}M

x/ x/ uËfdfO{ x} x} x/ x/ uËfdfO{

uËf / dfO{sf tL/lg/ elQm / dfO{sf] dlGb/} aGof]

gf/fo0felQm / dfO{sf] dlGb/} aGof] x} .

**efiffz}nLsf cfwf/df ehguLt**

;Nofgdf ufOg] ehgsf] efiff /fufTds geP/ dfld{s, x[bo:kzL{ / elQmk/s /x]sf] kfOG5 . ;+:s[t zAbsf] k|r'/ k|of]u x'gfn] oxfFsf ehgsf] efiff cln lSni6 klg b]lvG5, h:t}M

x/ x/ uËfdfO{, x} x/ x/uËfdfO{

dxf / b]jsf h§f wf/f alxg\ uËf dfO{

cf:gfg u?pF b]xL

;a} b'Sv blnb| 5'6fpm k|e' d]/} .

oxfF ufOg] ehgdf :yfgLo eflifsfsf zAbx¿sf] klg oy]i6 k|of]u ePsf] kfOG5 . oxfFsf ehgx¿ j0f{gfTds z}nLdf k|:t't ul/Psf x'G5g\ . s]xL ehgx¿ k|Zgf]Q/;lxt ;+jfbfTds z}nLdf klg k|:t't ul/Psf x'G5g\, h:t}M

spg] lbzf uPp afn} sfxfF k/f] /ft

sf] yP ;fy s] vfPp ufF;

s] lyof] sfd spg] xf] b]jtfsf] wfd .

± ± ±

blS5g\ lbzf uo"F dft' aLr} k/f] /ft

pxL al;o"F af; wd{ lyP ;fy

cd[t vfo"F ufF;, bz{g ug]{ sfd

kz'klt b]jtfsf] wfd .

dflysf ehgdf :yfgLo eflifsfsf] klg k|of]u ul/Psf] 5 . spg] -s'g\_, blS5g -blIf0f\_, uo"F -uof}F\_, al;o" -a;f}F\_ cflbn] ;Nofg If]qsf] :yflo eflifsfsf] emns dflysf] ehgdf kfOG5 .

**$=@kj{uLtsf] ljZn]if0f**

g]kfnL ;dfhdf ljleGg k|sf/sf rf8kj{x¿ dgfpg] ul/G5 . g]kfnL hghLjgdf rf8kj{sf] cToGt} dxŒj /x]sf] 5 . rf8kj{x¿ ;f+:s[lts hLjg;Fu ;DalGwt x'G5g\ . o:tf rf8kj{ dgfpFbf Psflt/ cfk\mgf Oi6b]jtfsf] k"hf u/L cfWoflTds ;Gt'li6sf] cg'e"lt ul/G5 eg] csf{lt/ gfrufg u/]/ dgf]/~hg;d]t k|fKt ul/G5 . To;} u/L rf8kj{ dgfpFbf cfk;L j}dg:o, s6'tf, e]befj x6L kf/:kl/s cfTdLotf / Pstf sfod ug{df ;d]t d2t k'Ub5 . o;sf ;fy} rf8kj{df kl/jf/, cfkmGt jf Oi6ldq;Fu e]63f6 x'g], /dfOnf] ug]{, ld7f]dl;gf] vfg] / ;'v–b'Mv afF8\g] ul/G5 . rf8kj{ dgfpFbf ufOg] uLtx¿ g} kj{ uLt x'g\ - aGw', @)%\*, k[=!^#\_ . ;'v–b'Mv afF8\g] Pp6f ;zQm dfWod nf]suLt klg xf] / o:t} rf8kj{df ufOg] uLtnfO{ g} kj{uLt elgG5 .

;Nofgdf ljz]if u/L tLh, bz}F, ltxf/h:tf rf8kj{x¿ xif{ / pNnf;sf ;fy w'dwfd;Fu dgfOG5g\ . oxfF oL rf8kj{x¿df k"hfcfhf ug'{sf ;fy} uLt klg ufpg] ul/G5 . oxfF tLhdf tLh]uLt / ltxf/df b]p;L, e}nf]h:tf uLtx¿ ufOG5g\ . ;Nofgdf k|rlnt tL tLh], b]p;L / e}nf] uLtsf] ljZn]if0f lgDgfg';f/ ul/Psf] 5 .

**$=@=! tLh]uLtsf] ljZn]if0f**

lxGb" gf/Lx¿sf] dxfg\ kj{ tLh k|foM efb|z'Sn t[tLofsf] lbg kb{5 . of] kj{ ;Nofgdf klg xif{ / pNnf;sf ;fy dgfOG5 . oxfF tLh kj{df gf/Lx¿ ;Dej eP;Dd cfk\mgf] dfOtL3/df hfG5g\ / cfk\mgf dgsf xif{, pNnf;sf ;fy} b'Mv, kL8f, Joyf / zf]if0f bdgx¿nfO{ uLtsf dfWodaf6 kf]Vg] ub{5g\ . o;/L tLhsf cj;/df gf/Lx¿åf/f gfRb} ufpg] uLtnfO{ g} tLh] uLt elgG5 -aGw', @)%\*, k[=!^$\_ . ;Nofgdf tLhsf cj;/df b/vfg] lbg /ftL b/ vfO{ ef]lnkN6 t[tLofsf] lbg dlxnfx¿ lg/fxf/ j|t a;L lzj–kfj{tLsf] k"hf–cf/fwgf ub}{ tLhsf uLtx¿ ufpg] ub{5g\ . oxfF tLhdf ljjflxtf gf/Lx¿ /ftf n'uf nufO{ ;f}efUosf j:t'x¿ r'/f, kf]t], l;Gb'/, wfuf] cflb nufpF5g\ eg] cljjflxtf gf/Lx¿ klg /fd|f, /ËL–rËL sk8fx¿df ;lhg] ub{5g\ . oxfF tLh kj{df ljjflxtf gf/Lx¿ kltsf] bL3f{o'sf ;fy} c6n ;f}efUo / ;Gtfgsf] sNof0fsf] sfdgf ub}{ j|t a;L lzj–kfj{tLsf] k"hf ug]{ ub{5g\ eg] cljjflxtf gf/Lx¿ c;n / of]Uo j/ kfpg] ck]Iff ;fy eujfg\ lzjsf] k"hf ug]{ ub{5g\ . oxL tLhsf cj;/df ufOg] uLt g} tLh]uLt xf] . ;Nofgdf tLh] uLtsf] k|rng lgs} /x]sf] 5 . ;Nofgdf k|rlnt tLh]uLtsf] ljZn]if0f lgDgfg';f/ ug{ ;lsG5 M

**ljifoj:t'sf cfwf/df tLh]uLt**

;Nofgdf k|rlnt kj{uLtx¿dWo] tLh]uLt klg Ps xf] . tLh lxGb" gf/Lx¿sf] dxfg\ kj{ xf] . tLheGbf cl3Nnf] lbg dlxnfx¿ cfk\mgf dfOtLdf /ftL;Dd a;]/ vL/, 9sg], kmnk"mn / ld7fO{x¿sf] b/ vfg] ub{5g\ . To;sf] ef]lnkN6 j|tsf lbg gf/Lx¿ lg/fxf/ j|t a;L lzj–kfj{tLsf] k"hf–cf/fwgf ub{5g\ . k"hf ul/;s]kl5 dlxnfx¿ v'nf–7fpF, rf}tf/L, cfFug, dlGb/ jl/k/L cflb 7fpFdf hDdf eP/ gfFRg] ufpg] ub{5g\ .

;Nofgdf k|rlnt tLh]uLtdf ljljw ljifoj:t' ;d]l6Psf] kfOG5 . vf; u/]/ of] gf/LuLt x'gfn] o;df gf/Lx¿s} lj/x, j]bgf, xif{ pNnf;sf ;fy} pgLx¿sf dd{ / Joyfx¿ kf]lvPsf x'G5g\ . oxfF ufOg] tLh]uLtdfk{mt dfOt hfg kfpg] dlxnfx¿ cfk\mgf pT;fx, pdË, xif{, pNnf; kf]Vg] ub{5g\ eg] dfOt hfg gkfpg] b'MvL dlxnfx¿ cfk\mgf lj/x, j]bgf, lk/, Joyf ub{5g\ . oL uLt dfk{mt gf/Ldgsf ljleGg efjgf k|s6 u/L dgf]/~hg u5{g\ eg] cfhsn ufOg] tLh] uLtdf ;dfh;'wf/sf efjgf klg cleJoQm ePsf] kfOG5 .

xfd|f] ;dfh k'?ifk|wfg ePsfn] oxfF gf/Lx¿sf] cj:yf Tolt ;an b]lvFb}g . oxfF ;Lldt kl/jf/df 5f]/LnfO{ k9fP tfklg ;a}n] 5f]/LnfO{ k9fPsf x'Fb}gg\ / k9fP klg 5f]/fnfO{ /fd|f] af]l8{Ë :s'ndf k9fOG5 eg] 5f]/LnfO{ ;/sf/L :s'ndf k9fOG5 .gf/Lsf] sfd 3/wGbf ug'{, 3fF;, bfp/f ug'{, afnaRrf / >Ldfg\sf] jf 3/kl/jf/sf] ;]jf;'>';f ug'{df g} ;Lldt /xG5 . oxfF gf/Lx¿ hlt;'s} ;Ifd, ;an / lzlIft eP tfklg pgLx¿nfO{ 3/sf] ;Lldt kl/j]zeGbf aflx/ hfg lbOFb}g . o:t} ljifoj:t' ;d]l6Psf] Pp6f tLh] uLt o;k|sf/ 5 M

afx|ah] 3/ cfxpFbf h'7f ef8f n8]sf]

s] sfd nfUof] afaf d}n] aL=P= k9]sf] .

dflysf] uLtsf] kª\lQmdf cfkm'n] hlt k9]klg 3/df cfP/ ;a} sfd ug'{k5{ v} k9]/ s] eof] /, h'7f]r'nf] gu/L x'Fb}g\ egL r]nLn] k/fO3/df lk/Joyf tLhsf] cj;/df dfOt cfO{ afafnfO{ ;'gfPsf] ljifoj:t' pNn]v ePsf] 5 .

;Nofgdf ufOg] tLh]uLtdf ljz]if u/]/ gf/LhLjg;DaGwL ljifoj:t' ;d]l6Psf] kfOG5 . o;df gf/LhLjgsf ;'vb kIfnfO{ eGbf b'Mvb kIfnfO{ st} sf?l0fs / st} ljb|f]xfTds ¿kdf k|:t't ul/Psf] b]lvG5 . oxfFsf] ;dfhdf 5f]/f / 5f]/Ldf ul/g] e]befj, c;dfg Jojxf/, /Lltlylt cflbnfO{ gf/Lx¿n] tLh] uLtdfk{mt lj/f]w ug'{sf ;fy} ltgsf lj?4 cfjfh;d]t p7fPsf] kfOG5 . Pp6} sf]vsf 5f]/f5f]/Ldf ul/g] o:tf] e]befjnfO{ gf/Lx¿n] tLhsf uLtdfk{mt o;/L JoQm u/]sf 5g\ M

bfh' / efOnfO{ O:s'n sn]h k9fpg]

d Pp6L 5f]/LnfO{ 3fF; s6fpg] .

± ± ±

5f]/fnfO{ sfkL / snd lslGbg]

d Pp6L 5f]/LnfO{ 8f]sf] a'lGbg] .

± ± ±

;fg}b]lv 3fF; bfp/f 5'g kfOg lstfa

Pp6} sf]vsf 5f]/f5f]/L s:tf] lg;fkm .

pko'{Qm uLtdf 5f]/f / 5f]/Ldf ul/g] c;dfg Jojxf/sf] lrq0f ul/Psf] 5 . xfd|f] g]kfnL ;dfhdf cem}klg sltko 7fpFdf o:tf] ljj]wk"0f{ Jojxf/ ePsf] b]lvG5 . Pp6} sf]vaf6 hlGdPsf] ;Gtfg dWo] 5f]/fnfO{ af]l8{ª k9fpg] 5f]/LnfO{ k9fO{ uP klg ;/sf/L :s'ndf k9fpg] o:t} k/Dk/f ;Nofg If]qdf cem} k|rlnt 5 . To:t} efj of] uLtn] af]s]sf] 5 . o; uLtdf 5f]/Ln] cfkm"nfO{ u/]sf] Jojxf/ b]lv afa';uF k|Zg u/L cfkm\gf] j]bgf ;'gfPsL 5 .

dlxnfx¿ tLhsf] lbg glhlsFb} cfpFbf dfOt hfg] xtf/ ug{ yfN5g\ . dfOt hfgsf nflu pgLx¿sf] dg rf}rf} x'G5 . pgLx¿ dfOt hfg], ;fyL;FuL;Fu e]63f6 ug]{, gfRg] / ;'vb'Mvsf uLtx¿ ufpFb} /dfpg] s'/f ;Demg yfN5g\ . o;/L pT;'stf / pNnf; lnP/ cfPsf] tLhdf sltko dlxnfx¿ 6f9f dfOtL x'gfsf sf/0f dfOt hfg ;Sb}gg\ eg] sltko dlxnfx¿ cfk\mgf dfOtLaf6 lng cfpFbf;d]t ;f;" / nf]Ug]n] dfOt hfg glbPsf 36gfx¿ klg xfd|f] ;dfhdf b]lvG5g\ . o;/L dfOt hfg gkfPsf dlxnfx¿ tLhdf klg 3/df a;]/ g} sfd ug'{ kbf{ b'Mlvt aG5g\ . o:t} ljifoj:t' ;d]l6Psf] ;Nofgdf k|rlnt tLh]uLtsf] Pp6f pbfx/0f o;k|sf/ 5 M

jif{ lbgsf] tLhdf afaf lng cfxpg' ef]

k7fPgg\ :jfdLhLn] kmsL{ hfg'ef] .

± ± ±

tLhsf a]nfdf ;a} hfG5g\ dfOt

cfk\mgf] dfOtL d'ª\nfgkfl/ 5}g ;fOt .

± ± ±

tLhsf a]nfdf hfg'k¥of] d]nfdf

d} 5f]/Lsf] cfF;' v:of] b}nf 7]nfdf .

dflysf] uLtdf tLhsf] a]nf r]nL cfkm\gf] hGd3/ hfg gkfPsf] lk/Joyf ;d]l6Psf] 5 . jif{lbgdf cfpg] g]kfnLx¿sf] rf8{ To;df rf8{df cfkm\gf] afaf lng cfpbf ;d]t 3/sf ;f;'–;;'/fn] gk7fPsf] lk8f r]nLn] o; uLtdf JoQm u/]sL l5g\ . ;a} ;flyx¿ dfOt uO{ /dfOnf] u/]sf xf]nfg\, d} b'MvL r]nLnfO{ ;fOt h'/]g, tLhsf] a]nfdf klg cfvfFel/ cfF;' kfb}{ d]nfdf hfg'kg]{ s:tf] cefuL /x]5' egL cfkm\gf] dg a'emfPsL l5g\ .

tLhdf uLtdf oxfFsf] ;dfhdf ;f;"n] a'xf/Lk|lt ug]{ cdfgjLo Jojxf/sf] klg lrq0f ul/Psf] kfOG5 . oxfFsf clwsf+z kl/jf/df a'xf/LnfO{ sfdd} dfq hf]tfpg] t/ pgLx¿n] k]6el/ vfg klg glbPsf 36gf cBflk 3l6 /x]sf] kfOG5 . o:tf kl/jf/sf gf/Lx¿ slxn] dfOt hfg kfOG5 / k]6el/ vfg kfOPnf eGg] cfzf a;]sf x'G5g\ . o:tf efjgfsf] cleJolQm klg oxfF ufOg] tLh] uLtdfk{mt ul/Psf] x'G5, h:t}M

af/Lsf l8n}df a;] s¥ofªs'?ª

ah} eft} lblG5g\ efF8} v¥ofªv'?ª

kfgL k¥of] k¥of] skfn}df ln;f]

ah} ltx'g lblG5g\ 8f8' dfq} lr;f]

af/Lsf l8n}df al;uP/ sf]OnL

hlxn] hfpFnf dfOt tOn} vfpFnf rf}OnL .

dflysf] uLtdf gf/Ln] hlxNo} klg sfd dfq ug'{ kg]{ vfgnfO{ k]6el/ gkfPsf] k|;ª\u cfPsf] 5 . xfd|f] ;dfh k'?if k|wfg ;dfh xf] dlxnfn] dfq sfd ug'{k5{ eGg] ;f]r cem} klg xfd|f] ;dfhdf k|rlnt g} 5 . sfd u/] klg k]6el/ vfg glbg], dfOtL 3/df uP/ dfq} k]6el/ vfg kfOg] efj o; tLh] uLtdf pNn]v ul/Psf] 5 .

;Nofgdf k|rlnt tLh] uLtdf gf/Lx¿sf hLjgdf cfOkg]{ sl7gfO / ltgsf sf?l0fs kIfsf] lrq0f ePsf] kfOG5 . gk9]sf 5f]/L–r]nLnfO{ afa'–cfdfn] k9]sf s]6f;Fu ljjfx u/fOlbgfn] gf/Lx¿n] cfk\mgf] 3/Jojxf/ rnfpg] qmddf ef]u]a]xf]/]sf ;d:ofsf] aofg klg oxfFsf tLh] uLtdf ul/Psf] kfOG5 . o:t} ljifoj:t' ;d]l6Psf] ;Nofgdf k|rlnt tLh] uLtsf] gd'gf o;k|sf/ 5 M

gk9]sL r]nLnfO{ k9]sfnfO{ lbg'ef]

afaf / cfdfn] kfk lng'ef]

cª\u|]hLdf b'wnfO{ eGbf /x]5g\ ldlns

ga'e]m/ d}n] x]/+] d'vdf lklnSs

cª\u|]hLdf kfgLnfO{ eGbf /x]5g\ jf6/

ga'e]m/ d}n] NofPF sfFrf] s6/ .

o; uLtdf gf/Ln] clzIffsf sf/0f em]Ng' k/]sf ;d:ofsf] lrq0f ul/Psf] 5 . k9]sf s]6fnfO{ gk9]sL s]6L lbOPsfn] p;n] cfkm\gf] >Ldfgn] eg]sf] cª\u|]hL zAb a'em\g g;Sbf emNg'k/]sf ;d:of tLhdf dfOt cfPsL 5f]/Ln] cfkm\gf] afafnfO{ ;'gfPsL 5 . o; uLtn] 5f]/fnfO{ dfq x}g 5f]/LnfO{ klg lzIffsf] cj;/af6 al~rt ug'{ x'Fb}g eGg] ;Gb]z;d]t af]s]sf] 5 .

oxfFsf] ;dfhdf ;a} ;f;"n] a'xf/Lk|lt g/fd|f] Jojxf/ dfq ub}{gg\ . ;f;"n] a'xf/LnfO{ 5f]/L;dfg Jojxf/ u/]/ pbfx/0f klg kfOG5g\ . sltko a'xf/Lx¿ ;f;"n] eg]sf] s]xL g6]g]{ vfnsf klg x'G5g\ . o:tf a'xf/Lx¿k|lt Joª\Uo k|lt tLh] uLtdfk{mt ul/Psf] kfOG5, h:t}M

3/dfly O:s"n 3/d'lg k;n

xh'/sL a'xf/L ;fx|} c;n

c;nsf] gfddf s:of/ nfpg hflGbg

s';L{ 6]an geO{sg a:g hflGbg .

± ± ±

tLhsf] a]nfdf dfOt ghf a'xf/L

/ftf] ;f/L NofOlbpFnf dg} p3f/L

/ftf] ;f/L nfOFb}g gfRg klg uOFb}g

xfd|f afaf cfpFbfv]/L /f]Sg kfOFb}g .

o; uLtdf ;a} ;f;' dfq va/ x'Fb}gg\ eGg] efj k|s6 ul/Psf] 5 . a'xf/Lx¿ Klg ;a} c;n / eg]sf] 6]g]{ x'Fb}gg\ cfkm\gf] h:tf] 3/ 5 To:t} kl/j]zdf leHg ;Sg'k5{ eGg] efj klg cfPsf] 5 .

oxfF ufOg] tLhsf uLtsf k|s[ltsf ;f}Do, zfGt jftfj/0fsf] lrq0fsf ;fy} k|s[ltsf ljs/fn ¿ksf] klg lrq0f kfOG5 . k|s[ltsf] k|sf]ksf sf/0f Pp6L canfn] Hofg u'dfpg'k/]sf] s'/f oxfF ufOg] tLh] uLtdf o;/L j0f{g ul/Psf] kfOG5 M

laxfg} pl7l5g\ xftd'v wf]Ol5g\

v]tdf kfgL nfpg uOl5g\ al/n} .

± ± ±

3/ hfG5' eg]/ clncf]/ cfOl5g\

dflya8 k}/f] cfO{ k'¥of] al/n} .

± ± ±

/ftf] lyof] u'lgprf]nf] /ft} lyof] l/ag

;q jif]{ 6'x'/Lsf] uof] hLjg .

pko'{Qm uLtdf k|s[ltn] u/]sf] Ifltsf] rrf{ ul/Psf] 5 . tLhsf] a]nfdf dlxnfx¿nn] kfPsf b'Mvsi6nfO{ uLt dfkm{t JoQm ub{5g\ To;}n] o; uLtdf klg v]tdf kfgL nufpg uPsL Pp6L gf/Ln] klx/f]df k'l/P/ hLjgsdf] cGTo ug'{k/]sf] j]bgf kf]lvPsf] 5 . xfk|f] ;dfhdf v]tafl/df sfd gu/];Dd xftd'v hf]8\g ;d]t wf}wf} kg]{ s'/fsf] lrq0fsf ;fy} k|s[ltsf] ljs/fn ¿ksf] lrq0f ul/Psf] 5 .

**;+/rgfsf cfwf/df tLh]uLt**

;Nofgdf k|rlnt tLh] uLtx¿ ljleGg cfsf/–k|sf/ / nodf ;+/lrt ePsf] kfOG5 . oL uLt !# cIf/b]lv !& cIf/;Ddsf kª\lQmx¿df ;+/lrt 5g\ . oxfF k|rlnt ;a}h;f] tLh] uLtx¿ b'O{ kª\lQmdf k"0f{ ePsf 5g\ .

vf; u/]/ oxfF k|rlnt tLh] uLt #±@, @±@, @±@ u/L hDdf !# cIf/sf] no ;+/rgfdf lgld{t x'G5g\ . o;k|sf/sf] no;+/rggf ePsf] Pp6f tLh] uLtsf] b'O{ kª\lQm o;k|sf/ 5 M

­efOn] eGbf] xf]nf cfh lbbL vf]O{

a'xf/L eGbL xf]nL aNn 3/ uf]O{ .

dflysf] uLtdf dfOt cfPsL r]nL cfkm\g} sd{3/df hfg'k5{ w]/} dft a:g' x'Fb}g\ eGg] efj k|s6 ePsf] 5 . xfd|f] rng cg';f/ dfOtdf w]/} a:of] eg] a'xf/L efph"n] ;d]t /fd|f] gdfGg] ub{5g\ To;}n] dfOteGbf klg 3/dfg} a:g'kb{5 eGg] ljrf/ klg of] uLtn] af]s]sf] 5 . To:t}, b'j} kª\lQm #±#, @±@±# u/L hDdf !# cIf/sf] no;+/rgf ePsf tLh] uLtsf] pbfx/0f o;k|sf/ 5 M

af/Lsf l8n}df asfOg' k'mn]sf]

emnemnL b]Vb}5' bfh'efO 8'n]sf] .

dflysf] uLtdf cfkm" k/fO3/ uPkl5 dfOtL b]zsf] ;Demgf cfPsf] efj JoQm ePsf] 5 . af/Ldf asfOgf] km"n]sf] b]Vbfv]/L bfh'efO{ ;Fu} cfkm" 8'n]sf] ofb cfPsf] s'/f o; uLtdf cfPsf] 5 .

**no jf efsfsf cfwf/df tLh]uLt**

;Nofgdf tLhsf uLt ljleGg no / efsfdf ufOG5g\ . oxfF ufOg] k|foMh;f] tLh] uLtdf syfgs ldl;Psf] x'G5 eg] s'g} uLt r'8\s] vfnsf x'G5g\ . oL uLtdf l56f] gfRg l56f] nosf] k|of]u / l9nf] gfRg l9nf] nosf] k|of]u ul/G5 . oxfF k|rlnt l56f] nosf] Pp6f tLh] uLt o;k|sf/ 5 M

7'nf bfh' eGg'x'G5 cfO=P=aL=P= k9fpF5'

7'nL efph" eGg'x'G5 lstfa 89fpF5' .

pko'{Q l56f] nosf] uLtdf bfh'n] eg] cfkm\gL alxgL k9fpg] / efph"n] k9fpg x'Fb}g\ eGg] cfzo JoQm u/]sf] 5 . xfd|f] ;dfhdf gf/Ln] g} gf/LnfO{ zf]if0f ub{5g\ eGg] s'/fsf] k'li6 of] uLtn] u/]sf] 5 . To:t}, nfdf] efsfdf ufOg] tLh] uLtsf] gd'gf o;k|sf/ 5 M

cf]xf]/L bf]xf]/L /fof] d'nf /;sf

h]7fh' l/;fpF5g\ skfn sf]g{ a:bf .

oxfF tLhsf uLtx¿ ;FlugL nodf klg ufpg] ul/G5 . ;FlugL no oxfFsf] ;a}eGbf nf]slk|o nosf ¿kdf /x]sf] 5 . ;FlugL nodf ;Nofgdf ufOg] tLh] uLtsf] Pp6f pbfx/0f o;k|sf/ 5 M

skfnsf] k'mlnof d} v]jf lbpFnf

;n;nL tfl/b]pm dfhL, ;n;nL tfl/b]pm

xfd/] ;;'/f vf]hg cfpnfg\

b]lvg elgb]pm dfhL, b]lvg elgb]pm

cfPF5' eg] crf/} ;fFbL NofOlbpFnf dfhL

ef]n}{sf] kft}df .

dflysf] uLtsf] kª\lQmx¿df tLhsf] a]nfdf 3/df gegL efu]/ dfOt uPsL r]nLsf] j]bgf k|:t't ul/Psf] 5 . ;lhn} dfOt hfg glbg] ePsfn] efu]/} eP klg dft uPsf] s'/f / dfemL bfOnfO{ klg 3/sf kl/jf/nfO{ nelglbg' a? kms]{/ cfpFbf crf/ NofOlbG5' eGg] efj o; tLh] uLtdf k|s6 ePsf] 5 .

**efiffz}nLsf cfwf/df tLh]uLt**

;Nofgdf k|rlnt tLhsf uLtdf :yfgLo eflifsfsf zAbx¿sf] k|of]u k|r/ dfqfdf ePsf] kfOG5, h:t} M

!= af/Lsf l8n}df a;] s¥ofªs'?ª

 ah} eft} lblG5g\ efF8} v¥ofªv'?ª

 kfgL k¥of] k¥of] skfn}df ln;f]

 ah} ltx'g lblG5g\ 8f8' dfq} lr;f]

 af/Lsf l8n}df al;uP/ sf]OnL

 hlxn] hfpFnf dfOt tOn} vfpfnf rf}OnL .

 @= cª\u|]hLdf b"wnfO{ eGbf /x]5g\ ldlns

 ga'e]m/ d}n] x]/+] d'vdf lklnSs

 cª\u|]hLdf kfgLnfO{ eGbf /x]5g\ jf6/

 ga'e]m/ d}n] NofPF sfFrf] s6/ .

 #= c;nsf] gfddf s:of/ nfpg hflGbg

s';L{ 6]an geO{sg a:g hflGbg .

 $= 3/ hfG5' eg]/ clncf]/ cfOl5g\

dflya8 k}/f] cfO{ k'¥of] al/n} .

 ± ± ±

 /ftf] lyof] u'lgprf]nf] /ft} lyof] l/ag

 ;q jif]{ 6'x'/Lsf] uof] hLjg .

oL uLtdf k|of]u ePsf :yfgLo eflifsfsf zAbx¿df v]jf -efF8f\_, k'mlnof -k"mn\_, ef]nf]{, ;"h]{ -;"o{\_, xfd/] -xfd|L\_, u'lgpF -u'Go"\_, a'OgL -alxgL\_, s:of/ -sl;Ë/\_ cflb k|d'v ¿kdf /x]sf 5g\ . To:t} lklnSs, kmggh:tf cg's/0ffTds zAbsf] k|of]un] oL uLtsf nodf >'ltdfw'o{ k|bfg u/]sf] kfOG5 . oxfFsf tLh] uLtdf k|of]u ePsf al/n}, x}, xf]h:tf y]uf]n] klg uLtsf eflifs cleJolQmdf ;f}Gbo{ yKg] sfd u/]sf 5g\ . z}nLut b[li6n] x]bf{ oL uLtx¿ j0f{gfTds z}nLdf Psn jf ;fd"lxs ¿kdf k|:t't ePsf x'G5g\ .

**$=@=@ b]p;L–e}nf]uLtsf] ljZn]if0f**

ltxf/sf] cj;/df uf]? ltxf/ jf xnltxf/b]lv efO6Lsfsf] lbg;Dd b]p;L v]Nbf ufOg] uLtnfO{ …b]p;L uLtÚ elgG5 . of] k'?ifx¿n] ;fd"lxs ¿kdf ufpg] uLt xf] . ltxf/df ufpF3/sf o'jf, a'9f / afnsx¿ ldnL jif{el/sf] cfk;L l/;/fu / j}dg:onfO{ e'n]/ ;a}sf] ;'v / ;d[l4sf] sfdgf ub}{ b]p;L v]Ng] ub{5g\ . b]p;L 3/3/df uP/ g[Tosf ;fydf ufOg] x'gfn] o;nfO{ b]p;L ufpg] geg]/ v]Ng] eGg] ul/Psf] xf] . b]p;L v]Nbf b]p;L 6f]nLsf] gfOs]n] e6\6\ofpg] / c¿n] To;}df efsf 5f]k]/ Ps} :j/df …b]p;'/]Ú eGb5g\ -aGw', @)%\*, k[=!^^\_ . of] b]p;L uLtn] g]kfnL ;dfhdf dxŒjk"0f{ :yfg cf]u6]sf] 5 .

…e}nf]Ú klg ltxf/s} cj;/df ufOg] uLt xf] . of] dlxnfx¿n] ;d"xdf ufpg] uLt xf], e}nf] v]Ng] oL dlxnnfx¿nfO{ e}n]gL elgG5 -aGw', @)%\*, k[=!^\*\_ . of] 3/3/df uP/ g[Tosf ;fy ufOg] x'gfn] e}nf] ufpg] geg]/ e}nf] v]Ng] elgG5 . b]p;L / e}nf] b'j} uLtsf] k|;Ë kf}/fl0fs ljifoj:t';Fu hf]l8Psf] kfOG5 .

;Nofgdf klg b]p;L / e}nf]sf] k|rng lgs} /x]sf] 5 . ;Nofgdf k|rlnt b]p;L / e}nf] uLtsf] cWoog lgDgfg';f/ ug{ ;lsG5 M

**ljifoj:t'sf cfwf/df b]p;L–e}nf]uLt**

;Nofgdf k|rlnt kj{uLtx¿dWo] e}nf] / b]p;L klg dxŒjk"0f{ uLt x'g\ . oxfF b]p;L uLt ltxf/sf] cj;/df xnltxf/b]lv efO6Lsf;Dd hDdf kfFr lbg ufOG5 eg] e}nf] uLt ltxf/s} cj;/df nIdLk"hfsf] lbg hDdf Ps lbg dfq ufpg] ul/G5 . oxfF b]p;L k'?ifx¿n] / e}nf] dlxnfx¿n] ufpg] ub{5g\ . oL uLtx¿ 3/3/df uP/ g[Tosf ;fydf k|:t't ul/G5g\ . oL uLtx¿ oxfF s]6fs]6Lb]lv lnP/ o'jfo'jtL / a'9fa'9L;d]tn] ;fd"lxs ¿kdf ufpg] ub{5g\ .

;Nofgdf k|rlnt b]p;L / e}nf] uLtdf d'Vo ¿kdf wfld{s / ;f+:s[lts kIfsf] ;dfj]z ePsf] kfOG5 . oxfF k|rlnt oL uLtdf k'/f0fsf ljleGg k|;Ëx¿ hf]l8P/ cfPsf x'G5g\ . /fd, nId0f, ;Ltf cflb kf}/fl0fs kfqx¿sf] dxŒj af/] klg oL uLtx¿df j0f{g ul/Psf] kfOG5 . bLkfjnL jf ltxf/ lxGb"x¿sf] bz}Fkl5sf] bf];|f] dxfg\ rf8 xf] . of] rf8 dgfpFbf ;Nofgdf lbbL–alxgLn] bfh'efOnfO{ 6Lsf6fnf, ;okqL / dvdnL k"mnsf] dfnf nufOlbO{ bL3f{o'sf] sfdgf ub}{ ljleGg lsl;dsf kl/sf/x¿ agfO{ v'jfpg] ub{5g\ . oxfF of] rf8 gfrufgsf ;fy} w"dwfd;Fu dgfOG5 . o; cj;/df ufOg] uLt g} b]p;L / e}nf] x'gfn] oL uLtdf ltxf/ dgfpFbf ul/g] ljleGg sfo{sf] rrf{ klg ul/Psf] kfOG5 .

oxfFsf] u|fdL0f ;dfhdf ljleGg lsl;dsf k/Dk/fut hgljZjf;x¿ ljBdfg /x]sf 5g\ . oxfF st} hfg] a]nfdf s;}n] …sxfF hfg]Ú eg]/ ;f]w]df ckzs'g x'G5 jf ;fOt kb}{g eGg] s'/fdf ljZjf; ul/G5 . To:t} st} ;fOtsf a]nfdf 3/sf] d"n 9f]sfdf hf]/ snz /fv]df ;fOt k5{ eGg] hgljZjf; klg oxfFsf] ;dfhdf cBflk ljBdfg /x]sf] kfOG5 . o:tf s''/fsf] aofg klg oxfF ufpg] b]p;L uLtdf ul/Psf] kfOG5 .

oxfFsf] ;dfhdf lzsf/ v]Nbf ule{0fL ePsL kf]yL hgfj/nfO{ dfg'{x'Fb}g / olb To:tf hgfj/nfO{ dfl/of] eg] kfk nfU5 eGg] hgljZjf; /x]sf] kfOG5 . olb c1fgtfjz To:tf] hgfj/nfO{ dfg{ k'luof] eg] kfkaf6 d'lQm kfpg] sfdgf ul/G5 . o:t} ljifoj:t' ;d]l6Psf] ;Nofgdf k|rlnt b]p;L uLtsf] Pp6f gd'gf o;k|sf/ 5 M

**e6\6\ofpg] ;d"x**

x] xl/0fLnfO{ b]p;'/]

x] kmf]/kmf/ b]p;'/]

x] x]bf{ x'FbL b]p;'/]

x] xl/0fL t b]p;'/]

x] ule{0fL /l5 b]p;'/]

x] eGbf x'FbL b]p;'/]

x] sfG5f] efEOn] b]p;'/]

x] eGg nfUof] b]p;'/]

x] ca eg] b]p;'/]

x] kfk} nfU5 b]p;'/]

x] egLsg b]p;'/]

x] dfk}m dfu] b]p;'/]

x] lji0f' lji0f' b]p;'/]

x] s]nfO{ lji0f' b]p;'/]

x] efj lji0f' b]p;'/]

x] tLy{ lji0f' b]p;'/]

x] jg} lji0f' b]p;'/]

x] eGbfv]/L b]p;'/]

x] dfk}m kfP b]p;'/]

To:t} ltxf/sf] cj;/df sflQs] bfg lbPdf k'0ok|flKt x'G5 / b]p;] / e}n]n] lbPsf] cfl;s klg nfU5 eGg] hgljzjf; klg /x]sf] kfOG5 . To;}n] wd{ / k'0ok|flKtsf nflu /ftL ;'t]sf ;dodf b]p;], e}n] cfP klg cN5L gdfgL p7]/ bfg lbg] u/]sf] kfOG5 . 3/d"nLn] bfg cfFugdf lgsfn]kl5 b]p;] / e}n]n] cfl;s lbG5g\ . ;Nofgdf k|rlnt b]p;L uLtdf lbOg] cfl;ssf] Pp6f gd'gf lgDgfg';f/ 5 M

**e6\6\ofpg]**  **;d"x**

x] o;} 3/sf b]p;'/]

x] lktfhLn] b]p;'/]

x] 9'Ëf 5'Fbf b]p;'/]

x] ;'g} xj; b]p;'/]

x] df6f] 5'Fbf b]p;'/]

x] cGg} xj; b]p;'/]

x] o;} 3/sf b]p;'/]

x] ufO{ uf]7 b]p;'/]

x] e};L uf]7 b]p;'/]

x] km:6fpFb} hfcf];\ b]p;'/]

x] k/]jf kG5L b]p;'/]

x] p8\bf v]/L b]p;'/]

x] ;"h]{ 5]n"g\ b]p;'/]

x] lrtfPsf] b]p;'/]

k'Ub} hfcf];\ b]p;'/]

oxfFsf e}nf] / b]p;L uLtdf Ps} k|sf/sf] ljifoj:t' x'G5 . oL uLtdf nout leGgtf / ;xeflutfdf lnËut leGgtf dfq kfOG5 . oxfFsf] e}nf] / b]p;L b'j} uLtdf aln/fhfsf] k|;Ë cfPsf] x'G5 . jif{ lbgdf Psk6s dgfOg] ltxf/df cfk\mg} v';Ln] e}nf] v]Ng glxF8L aln/fhfsf] cf1fn] e}nf] v]Ng lxF8]sf s'/f e}lngLx¿ oxfF ufOg] e}nf] uLtdfk{mt JoQm ub{5g\ .

3/d"nLnfO{ k|z+;f u/]/ klg oxfF e}nf] v]lnG5 . oxfF 3/d"nLsf] k|z+;f ub}{ ufOg] e}nf] uLtsf] gd'gf o;k|sf/ 5 –

of] 3/sL cfd} s:tL 5g\ <

rGb|d'xf/h:tL 5g\

of] 3/sf] rfnf s:tf] 5 <

b/af/sf] h:tf] 5

x] cf}+;Laf/f], ufO{ltxf/f] e}nf] .

oxfF e}nf] jf b]p;L v]Ng'sf] d'Vo p2]Zo dgf]/~hg ug'{ xf] . sflQs] cf}+;Lsf] lbg ufO{k"hf ul/;s]kl5 dlxnfx¿åf/f ;fd"lxs ¿kdf ufpg yflng] e}nf] / To;sf] ef]lnkN6b]lv ufOg] b]p;L uLtdf ltxf/ kj{sf] dlxdf ufpg'sf ;fy} od/fh;Fu ;DalGwt cg]s k|;Ëx¿ klg cfPsf x'G5g\ .

**;+/rgfsf cfwf/df b]p;L–e}nf]uLt**

;Nofgdf k|rlnt b]p;L / e}nf] uLtx¿ ljleGg cfsf/df ;+/lrt ePsf kfOG5g\ . oxfFsf b]p;L uLt k|foM % b]lv ^ cIf/sf] kª\lQmdf ;+/lrt 5g\ eg] e}nf] uLt \* b]lv !@ cIf/;Ddsf] ;+/rgfdf ;+/lrt 5g\ . b]p;L uLtsf k|To]s kª\lQmx¿nfO{ k'g/fj[lQ u/]/ b'O{k6s ufpg] ul/G5 . b]p;L uLtsf] k|To]s kª\lQmdf …P, xf]Ú h:tf y]uf]sf] k|of]u ePsf] x'G5 . To:t} oxfF ufOg] e}nf] ultdf …x] cf}+;Laf/f] ufO{ltxf/f] e}nf]Ú uLtsf] :yfoLsf ¿kdf k|of]u ePsf] kfOG5 .

oxfFsf sltko e}nf] ultx¿ \* jf ( cIf/sf nodf rf/ kª\lQmdf k"0f{ ePsf x'G5g\ . o:tf] rt'ikbL nodf ;+/lrt e}nf] uLtsf] cGtdf yk Pp6f 3'dfpgL klg /x]sf] kfOG5 . 3'dfpgLdf !@ cIf/ /x]sf x'G5g\ / kfFr / bz cIf/df lj>fd x'G5, h:t}M

of] 3/sL cfd} s:tL 5g\ <

rGb|d'xf/h:tL 5g\

of] 3/sf] rfnf s:tf] 5 <

b/af/sf] h:tf] 5

x] cf}+;Laf/f], ufO{ltxf/f] e}nf] .

dflysf] e}nf] uLtdf 3/d"ln cfdfsf] k|z+;f ul/Psf] 5 . 3/sf] rfnf klg b/af/sf] h:t} /fd|f] ePsf] s'/f o; uLtdf ul/Psf] 5 / 3/d"nLsf] k|z+;f u/]/ w]/} bfg kfpg klg e}n]n] o;l/ rrf{ ub{5g\ .

**no jf efsfsf cfwf/df b]p;L–e}nf]uLt**

;Nofgdf k|rlnt b]p;L / e}nf] uLt b]p;] / e}nL b'O{6f nodf ufOG5g\ . b]p;] @±@ cIf/df lj>fd x'g] hDdf $ cIf/df ;+/lrt n3'no xf], t/ o; nodf cj:yf x]/L & cIf/;Dd klg lj:tf/ ePsf] x'g ;S5 . ;Nofgdf k|rlnt b]p;L uLt klg oxL @±@ cIf/df lj>fd x'g] / hDdf $ cIf/df ;+/lrt b]p;] nodf ufOG5 . oxfFsf b]p;L uLt klg cj:yf x]/L & jf \* cIf/;Dd klg lj:tf/ ePsf kfOG5g\ . oxfF ufOg] b]p;L ultdf klxn] Ps hgfn] e6\6\ofpg] / c¿n] ;fd"lxs ¿kdf efsf ldnfpFb} b]p;'/] eg]/ /xgL jf y]uf] k"/f ug]{ ub{5g\ . æe}nf] & jf \* cIf/df k"/f x'g] rf/ kª\lQmsf] no xf] . o; nosf] kmfFsLsf] cGtdf % / !) cIf/df lj>fd x'g] !@ cIf/sf] yk Pp6f 3'dfpgL klg x'G5Æ -k/fh'nL, @)%&, k[= ^!\_ . ;Nofgdf k|rlnt e}nf] klg o:t} nodf ufOG5 . oxfFsf sltko e}nf] uLtx¿ rt'ikbL nodf 5}gg\, cj:yf x]/L logdf 36a9 ePsf] klg kfOG5 . ;Nofgdf of] uLt l9nf] kf/fn] nfdf] :j/df ufOG5 .

**efiffz}nLsf cfwf/df b]p;L–e}nf]uLt**

b]p;L / e}nf] uLtdf s[lqd jf jgfj6L efiffsf] k|of]u geO{ :yfgLo ;dfhdf b}lgs Jojxf/ rnfpg] qmddf k|of]u ub}{ cfPsf :yfgLo eflifsfsf zAbx¿ h:tfsf] t:t} ¿kdf k|of]u ePsf] kfOG5, h:t}M

!= x] xl/0fL t b]p;'/]

 x] eGbf x'FbL b]p;'/]

 x] x]bf{ x'FbL b]p;'/]

 x] ;"h]{ 5]n"g\ b]p;'/]

 @= of] 3/sL cfd} s:tL 5g\

 rGb|d'xf/h:tL 5g\

 of] 3/sf] rfnf s:tf] 5 <

 b/af/sf] h:tf] 5

x] cf}+;Laf/f], ufO{ltxf/f] e}nf] .

oL uLtdf k|of]u ePsf :yfgLo eflifsfsf zAbx¿ x'g\– x'FbL -x'Fbf\_, a]nfF
-a]nfdf\_, dftf/L -dxtf/L\_, xl/0fL -kf]yL xl/0f\_, ;"h]{ -;"o{\_ cflb . oxfFsf] b]p;L / e}nf] uLtdf k|of]u ePsf P, x], x} h:tf y]uf]sf] k|of]un] oL uLtdf >'ltdfw'o{ yKg] sfd ug'{sf ;fy} /f]rstf ;d]t a9fPsf] kfOG5 . oxfF ufOg] oL uLtx¿ j0f{gfTds z}nLdf k|:t't ePsf b]lvG5g\ .

**$=# sd{uLtsf] ljZn]if0f**

g]kfnL hghLjgsf] gftf s'g} g s'g} sfd jf >d;Fu ufFl;Psf] x'G5 . ;Nofgdf a;f]af; ug]{ clwsf+z dflg;x¿ s[lifJoj;fodf lge{/ /x]sf] kfOG5 . oxfF Ct'cg';f/ ljleGg s[lifsfo{ ug]{ ul/G5 . o;/L sfd ubf{sf] zf/Ll/s ysfgnfO{ d]6\g / sfdsf] d];f] ;fg{sf nflu oxfFsf dflg;x¿n] ljleGg lsl;dsf sfdcg';f/ ToxL sfd;Fu ;DalGwt uLtx¿ ufpg] ub{5g\ . o;/L sfd jf >d ubf{ub}{ ufOg] uLt x'gfn] g} o:tf uLtnfO{ sd{uLt elgPsf] xf] -aGw' @)%\*, k[= !&#\_ . nuftf/ sfd dfq ul//xgfn] cToGt gL/;tfsf] cg'e"lt x'g] ePsfn] sfd ubf{ ub}{ klg uLt ufpg' oxfFsf dflg;x¿sf] g};lu{s u'0f g} dflgG5 .

;Nofgdf s[lif;DaGwL sfd ubf{ ljleGg lsl;dsf nf]suLtx¿ ufpg] u/]sf] kfOG5 . tL uLtx¿dWo] klg oxfF d'Vo u/]/ c;f/–;fpgdf wfg /f]Kbf c;f/]uLt / dª\l;/df wfg yGSofpg] a]nfdf bfOF÷bfpgL ubf{ bfOFuLt ufpg] k|rng /x]sf] 5 . ;Nofgdf k|rlnt c;f/] / bfOFuLtsf] ljZn]if0f lgDgfg';f/ ug{ ;lsG5 M

**$=#=! c;f/]uLtsf] ljZn]if0f**

;Nofgdf k|foM c;f/–;fpgsf] ;dodf wfg /f]Kg] ul/G5 . oxL c;f/–;fpgdf v]tdf lxnf] cfnL ubf{ jf wfg /f]Kbf ufOg] uLtnfO{ g} c;f/] uLt elgG5 -aGw', @)%\*, k[ !&^\_ .;Nofgdf k|rlnt nf]suLtx¿dWo] c;f/] klg dxŒjk"0f{ uLt xf] . oxfF ufOg] c;f/] uLtdf c;f/ dlxgfsf] jftfj/0f, lxnf] cfnL, /f]kfOFsf] lrq0f ul/Psf] x'G5 . oL uLtdf o'jfo'jtLsf aLr x'g] dfof–lk/tLsf s'/f klg cfPsf x'G5g\ . o;sf ;fy} ;fdflhs ;DaGwsf k[i7e"lddf o; uLtdf nf]sdfg;sf] cleJolQm x'g] u/]sf] klg kfOG5 . oxfF c;f/] uLt slxn]sfFxL k'?ifx¿n] ufpg] u/] tfklg ljz]if u/L dlxnfx¿n] g} c;f/] ufpg] ub{5g\ . oxfF dlxnfx¿åf/f ufpg] c;f/] uLtdf /f]kfOF / c;f/ dlxgfsf] lrq0fsf ;fy} pgLx¿sf cfF;'–xfF;f], b'Mv–kL8f, lj/x–j]bgf cflbsf] cleJolQm;d]t ePsf] kfOG5 . oxfF ;Nofg If]qdf k|rngdf /x]sf k|d'v c;f/] uLtx¿sf] ljleGg b[li6sf]0fn] ljZn]if0f ul/Psf] 5 .

**ljifoj:t'sf cfwf/df c;f/]uLt**

;Nofgdf c;f/] uLt nf]slk|o /x]sf] 5 . oxfF c;f/df wfg /f]Kbfsf avt c;f/] uLt ufpg] rng /x]sf] 5 . oxfF ufOg] c;f/] uLtn] Jofks kl/j]z cf]u6]sf] kfOG5 . oxfFsf oL uLtdf vf]nf–gfnf, jg–hËnh:tf k|fs[lts 56fb]lv lnP/ dfgjhLjgsf cfF;', xfF;f], ldng–la5f]8, xif{–kL8f, lj/x–j]bgf, lk/–Joyfh:tf ljljw kIfx¿sf] ;d]t lrq0f ePsf] kfOG5 . oxfF k|rlnt w]/}h;f] c;f/] uLtdf rflxF c;f/ dlxgfsf] /f]kfOFsf] lrq0f, em/L, lxnf], cfnL cflbsf] rrf{ ePsf] x'G5 .

 oxfF k|rlnt sltko c;f/] uLtdf c;f/ dlxgfsf] a;f{t / /f]kfOFsf] kl/j]zsf] lrq0fsf ;fy} dfof–lk/tLsf s'/f klg hf]l8P/ cfPsf x'G5g\, h:t}M

5'k'df 5'k' wfgnfO{ /f]Kg xftdf aLp lbpFnf

c¿nfO{ lbpFnf af]nL / jrg dfofnfO{ hLp lbpFnf .

± ± ±

eft}nfO{ kfsf] n} u'b'u'b' bfnf kfSof] nofn'

vf]hL x} d/] kfpg]df 5}gf} dh;tf] dfofn' .

pko'{Qm c;f/] ultsf kª\lQmx¿df dfof k|Lltsf] ljifoj:t' ;d]l6Psf] 5 . c;f/df;df lxnf]df wfg /f]Kgsf nflu cfk"mn] dg k/fPsL k|]ldsfnfO{ xftdf lap lbOg] / c¿sf nflu af]nL arg dfq xf] dfofsf nflu rflxF lhp g} lbg] efj o; kª\lQmdf cfPsf] 5 . d h:tf] dfof ug]{ c¿ sf]xL e]6\g] 5}gf} egL k|]ldsfnfO{ kmsfPsf] 5 .

;Nofgdf a;f]af; ug]{ ;a} dflg;x¿ ;DkGg 5}gg\ . oxfFsf sltko dflg;x¿sf] cfly{s cj:yf bogLo /x]sf] 5 . h'g;'s} nf]suLtsf] ;+/If0f / ;+j4{gdf ;'vL / ;DkGg dflg;x¿ eGbf b'MvL / ul/a dflg;x¿sf] dxŒjk"0f{ e"ldsf /xg] ub{5 . ul/a dflg;x¿n] ul/aLsf] ;d:of;Fu h'Wf vfPsf xG8/–7Ss/, b'Mv–si6 cflb s'/fsf] cleJolQm cfk"mn] ufpg] o:tf uLtdfk{mt u/]sf] kfOG5, h:t}M

lxdfn}r'nL Tof] kNnf]kl§ ?v dfq} l;lqmG5

hg}sf] 8f]/f] b'MvLsf] 5f]/f] dg dfq} lalu|G5 .

o; kª\lQmdf cfk"m ul/a ePsfn] ubf{ cfk\mgf cTofjZos rfxfgfx¿;d]t k"lt{ ug{ g;s]sf]df cfk\mgf] dgdf lj/x rn]sf] ul/aLsf] Joyf emlNsPsf] 5 .

oxfFsf sltko dflg;x¿ cfk\mgf ;fgfeGbf ;fgf rfxgfx¿sf] k"lt{ ug{ klg ul/aLsf sf/0fn] ubf{ c;Ifd 5g\ . pgLx¿ ;fgf] sfd ug'{kbf{ klg ;fx";Fu C0f sf9\g afWo x'G5g\ . ;fx"n] pgLx¿;Fu Aofhsf] gfddf clws k};f c;'N5g\ . Tof] Aofh / ;fFjf ltg{sf nflu pgLx¿ cfk\mgf] hLljsf]kfh{gsf] Ps dfq cfwf/ 3/v]t g} a]Rg afWo x'G5g\ . ;Nofgdf ufOg] o:t} efj ;d]l6Psf] c;f/] uLtsf] Ps kª\lQm o;k|sf/ 5 M

c;f/df;sf] l5kl5k] lxnf] l5 dnfO{ l3g nfUof]

kftnL gfgLnfO{ u'lgpF lsGbf 5aL; Cg nfUof] .

o; c;f/] uLtdf cfk\mgL dfofn'nfO{ u'lg; jf ;f8L lsGbf C0f nfu]sf] ul/aLsf] r/d cj:yfsf] lrq0f ul/Psf] 5 . ;f8L lsGg;Dd klg g;Sg] xfd|f] g]kfnL ;dfhsf] lrq0f ul/Psf] 5 .

;Nofgdf c;f/] uLt ljz]if u/L dlxnfx¿n] g} ufpg] ePsfn] oL uLtx¿df c;f/ dlxgf / /f]kfOFsf] dfq j0f{g geO{ dlxnfx¿sf hLjg cfOkg]{ b'Mv–si6x/sf] sf?l0fs cleJolQm ePsf] kfOG5 . pgLx¿n] ufpg] c;f/] uLtdf 5f]/f / 5f]/Lsf lar ul/g] e]befjsf s'/f klg cfPsf x'G5g\ . dlxnfx¿ lxnf]df wfg /f]Kb} cfk\mgf lj/x / j]bgfx¿ c;f/] uLtdfk{mt o;/L JoQm ub{5g\ M

wfgnfO{ /f]Kg' n} 5'k'5'k' cfnLdf d'ludf;

5f]/fnfO{ eg] c+z / a08f 5f]/LnfO{ algaf; .

;Nofgdf k|rlnt pko'{Qm c;f/] uLtdf ;dfhdf afa'–cfdfn] 5f]/f / 5f]/Ldf ug]{ e]befj / c;dfg Jojxf/sf] pb\3f6g ul/Psf] 5 . Ps} sf]vaf6 hlGdPsf 5f]/fnfO{ eg] k9fO–n]vfO c+za08f;d]t lbOG5 t/ 5f]/LnfO{ csf{sf] gf;f] 7fg]/ lzIffsf] cj;/af6 ;d]t al~rt ul/G5 . o;/L ;dfhdf ljBdfg cg]s s'/Lltx¿sf] klg o:tf uLtdf rrf{ ePsf] kfOG5 .

oxfF wfg /f]Kg yfNbf /f]kfxfx¿ uLts} dfWodaf6 d]nf] yfNg] cf1f dfUb} o;/L uLt ufpg] ub{5g\ M

P x === x} dflynfO{a8 sf] dfG5] em¥of]

nfv'/] kfv'/]

nfv'/] kfv'/] P x === x}

cfhsf] d]nf] yfnf] x} gf/fg

P afaf 7fs'/] .

dflysf] kª\lQmdf /f]kfOFsf] d}hf/f] ug]{ a]nfdf vnf] afg]{ a]nfdf ufOg] uLt k|:t't ul/Psf] 5 . nufPsf] wfg w]/} kmnf];, /fd|f] xf];\ egL o:tf c;f/] uLtx¿ ufOG5g\ . o; ultdf afafsf] w]/} wfg kmn]kl5 Ps d'/L dnfO{ eGg] cfzo klg /f]kfxf/n] JoQm u/]sf 5g\ .

;Nofgdf ufOg] c;f/] uLtdf d]nf] yfNbf h:t} d]nf] 5f8\g] cf1f klg uLts} dfWodaf6 dfluPsf] x'G5 . /f]kfOFsf sfddf nfu]sfx¿ cfk\mgf dgsf ljljw efjx¿ uLts} dfWodaf6 JoQm ub{5g\ . d]nf] 5f8\g] cf1f dfUb} oxfF o;/L uLt ufOG5 M

P x === x} tfdfs} 8fnL tfdfs} cf/L

tfdfs} s'lkof

tfdfs} s'lkof x === x}

/ft}nfO{ k¥of] ‰ofpFls/L af:of]

labf b]pm d'lvof .

;Nofgdf /f]kfOFsf] clGtdlt/ jf d}hf/f] ug]{ a]nfdf v]tsf] ;a}eGbf 7'nf] u/fdf vnf] afFWg] rng 5 . vnf] /fVbf jf afFWbf u/fsf] jl/kl/ rf/}lt/ wfg /f]lkG5 / u/fsf] aLr efudf wfgsf] aLpsf] l;Ë} d'7f] /f]lkG5 . Tof] wfgsf] d"7fnfO{ jl/kl/ afSn} aLp lvn]/ 5]lsG5 . o;nfO{ oxfF vnf] /fVg] elgG5 . o;/L vnf] /fVbf /f]kfxf/ afp;]x¿ Pscfk;df lxnf] 5\ofkf5\ofk ub}{ ljleGg lsl;dsf uLtx¿ ufpg] ub{5g\ . oxfF vnf] /fVb} ufOg] nfdf] efsfsf] c;f/] uLt o;k|sf/ 5 M

P x ==== x} ;'g}sf] dfgf] ;'g}sf] kfyL

;'g}sf] ;sf/L

;'g}sf] ;sf/L x ===== x}

afafsf] ;]/f] Ps d'/L d]/f]

afFwf}F x} esf/L .

**;+/rgfsf cfwf/df c;f/]uLt**

;Nofgdf k|rlnt c;f/] uLtsf] ;+/rgfnfO{ x]bf{ c;f/] uLtx¿ ljleGg cfsf/ / nodf ;+/lrt ePsf kfOG5g\ . oxfFsf c;f/] uLt d'Vo ¿kdf 5f]6f / nfdf u/L b'O{ efsfdf ufOG5g\ .

oxfF nfdf] efsfdf ufOg] c;f/] uLtdf kfFr–5 kª\lQmsf] Ps cg'R5]b x'G5 . o;df ^ b]lv !$ cIf/;Ddsf kª\lQmx¿ x'G5g\ . o;sf larlardf y]uf] //xgLsf] k|of]u klg ePsf] x'G5 / y]uf]nfO{ nfdf] :j/ tfg]/ ufOG5 . ;Nofgdf k|rlnt nfdf] efsf xfn]/ ufOg] c;f/] uLtsf] gd'gf o;k|sf/ 5 M

P x === x} wfg}nfO{ /f]Kg' n} 5'k'5'k'

xft}sf] dd}{n]

xft}sf] dd}{n] P x === x}

‰ofn}df a:g] hLp lyof] d]/f]

lbPg sd}{n] .

dflysf] c;f/]uLtdf cfk"m ;'vL x'g'kg]{ t/ efUon] ubf{ ;'v gkfPsf] s'/f JoQm ul/Psf] 5 . o:tf] lxnf]df sfd ug]{ Hofg x}g e\mofndf a;]/ /ldtf x]b}{ cf/fd ug'{kg]{ xf] t/ sd}{df gePkl5 eg]/ dfq x'Fb} egL cfk\mg} sd{ jf efUonfO{ bf]if nufOPsf] 5 .

;Nofgdf k|rlnt 5f]6f] nodf ufOg] c;f/] uLt Go"gtd b'O{ kª\lQmsf x'G5g\ / k|To]s kª\lQmdf !& b]lv @@ cIf/;Dd x'G5g\ . o:tf sltko uLtdf b'j} kª\lQmdf a/fa/ cIf/ ;ª\Vof x'G5g\ eg] st} 36La9L klg x'G5g\ . b'j} kª\lQmdf #±@, #±@, #±#±@ u/L hDdf !\* j0f{x¿ ePsf] c;f/] uLtsf] Pp6f gd'gf o;k|sf/ 5 M

c;f/df;sf v]tfnfnfO{ ;]n/f]6L afF8'Fnf

dfofnfO{ lbpFnf l:kl/ª 5ftf d t];} lxF8'Fnf .

o; kª\lQmdf dfof k|Lltsf] k|;ª\u cfPsf] 5 . cfk\mgL k|]ldsfnfO{ 5ftf lbO{ cfk"mrflxF c;f/df;sf] em/Ldf ?emb} lxF8\g] efj cleJoQm ul/Psf] 5 .

o;/L g} klxnf] kª\lQm #±@, #±@, @±@±# u/L !& j0f{ / bf];|f] kª\lQm #±@, #±@, #±# u/L !\* j0f{ ePsf] c;f/] uLtsf] Pp6f pbfx/0f o;k|sf/ 5 M

c;f/df;sf] l5kl5k] lxnf] l5 dnfO{ l3g nfUof]

kftnL gfgLnfO{ u'lgpF lsGbf 5aL; l/g nfUof] .

pko'{Qm x/kmdf c;f/df;sf] lxnf]b]lv l3g nfu]sf] / cfk\mgL dfofn'sf nflu u'lgpF lsGbf C0f nfu]sf] s'/f ul/Psf] 5 . Pp6f u'lgpF lsGg ;Dd klg C0f lng'kg]{ xfd|f] g]kfnL ;dfhsf ul/aLdf lklN;Psf g]kfnL hgtfsf] cfly{s cefjsf] lrq0f klg o; uLtdf ul/Psf] 5 .

**no jf efsfsf cfwfd/f c;f/]uLt**

;Nofgdf k|rlnt c;f/] uLtx¿ nfdf] efsf / ‰ofp/] efsfdf ufpg] ul/G5 . oxfF c;f/] uLt ufpg] nfdf] efsfnfO{ c;f/] efsf g} elgG5 . oxfF oxL c;f/] efsfdf a9L dfqfdf c;f/] uLt ufOG5 . oxfF k|rlnt c;f/] efsfdf ufOg] uLtsf] Ps 6'qmf o;k|sf/ 5 M

P x === x} ufO{sf] lsnf], e'OF;Lsf] lsnf]

lsnfsf] sLn} 5

lsnfsf] sLn} 5 x === x}

/f]kfx/] vfhf afF8'Fnf eGy]

xft d]/f] lxn} 5 .

To:t}, oxfF k|rlnt ‰ofp/] efsfdf ufOg] c;f/] uLtsf] pbfx/0f o;k|sf/ 5 M

;fgf]df ;fgf] ufO{sf] af5f] jg r5{ rb}{g

d sGg] s]6f ltdL sGg] s]6L dg k5{ kb}{g .

dflysf] e\mofp/] efsfsf] uLtsf] kª\lQmdf s'g} s]6fn] cfk'mn] dfof u/]sL dfofn'nLnfO{ dnfO{ dg k/fpF5\of} ls k/fpFlbgf} egL ;f]w]sf] 5 . o; kª\lQmdf klg dfof k|]dsf] k|;ª\u g} hf]l8Psf] 5 . xfd|f] g]kfnL ;dfhdf sGof s]6f / sGof s]6Lsf lar ljjfx x'g] k/Dk/f /x]sfn] o; uLtdf klg d klg s'df/ 5' dg k/fof} eg] ljjfx aGwgdf afFlwg ldN5 eGg] h:tf] cfzo k|s6 ul/Psf] 5 .

**efiffz}nLsf cfwf/df c;f/]uLt**

nf]suLtsf] k|:t'ltdf rdTsf/ Nofpg / uLtnfO{ /l;nf] agfpg'sf ;fy} >'ltdfw'o{ k|bfg ug{ nf]suLtdf ;/n / :jfefljs lsl;dsf] efiffz}nLsf] k|of]u ePsf] x'G5 . ;Nofgdf k|rlnt c;f/] uLtdf ;/n / :jfefljs efiffz}nLsf] k|of]u ePsf] kfOG5, h:t} M

!= P x === x} ufO{sf] lsnf], e'OF;Lsf] lsnf]

sLnfsf] sLn} 5

sLnfsf] sLn} 5 x === x}

/f]kfx/] vfhf afF8'Fnf eGy]

xft d]/f] lxn} 5 .

@= P x ==== x} ;'g}sf] dfgf] ;'g}sf] kfyL

;'g}sf] ;sf/L

;'g}sf] ;sf/L x ===== x}

afafsf] ;]/f] Ps d'/L d]/f]

afFwf}F x} esf/L .

#= c;f/df;sf v]tfnfnfO{ ;]n/f]6L afF8'Fnf

dfofnfO{ lbpFnf l:kl/ª 5ftf d t];} lxF8'Fnf .

$= c;f/df;sf] l5kl5k] lxnf] l5 dnfO{ l3g nfUof]

kftnL gfgLnfO{ u'lgpF lsGbf 5aL; l/g nfUof] .

%= P x === x} ufO{sf] lsnf], e'OF;Lsf] lsnf]

lsnfsf] sLn} 5

lsnfsf] sLn} 5 x === x}

/f]kfx/] vfhf afF8'Fnf eGy]

xft d]/f] lxn} 5 .

oL uLtdf :yfgLo af]nrfndf k|rlnt zAb, cg's/0ffTds zAb, lgkft, y]uf] cflbn] efiffz}nLnfO{ k|efjsf/L agfPsf] kfOG5 . oxfF ufOg] c;f/] uLtdf d}gf, afF8'FFnf, d'ª\l;/, af]nfsf], kfsf], e'OF;L, lems'jfh:tf :yfgLo eflifsfsf zAbx¿sf] k|of]u ePsf] kfOG5 . To:t} :yfgLo nf]shLjgn] krfO;s]sf 5'k'5'k', ykSs}h:tf cg's/0ffTds zAb tyf lg, kf], t, n}h:tf lgkft / P, x x, x} h:tf y]uf]sf] k|of]un] oxfFsf c;f/] uLtdf >'ltdfw'o{ / /l;stf a9fpg'sf ;fy} nf]slk|otf k|bfg ug]{ sfd;d]t u/]sf 5g\ .

**$=#=@ bfOFuLtsf] ljZn]if0f**

dª\l;/df wfg sf6]/ vnfdf lkFmhf/L ldof]df uf]? afFw]/ 3'dfpFb} / k/fn l5/f]Nb} ufpg] uLtnfO{ bfOFuLt elgG5 . ;Nofgdf k|rlnt sd{uLtx¿dWo] bfOF ubf{ uLt ufpg] k|rng /x]sf] 5 . dª\l;/df wfg sf6]/ v]tsf] u/fdf v's]{/ ufO{sf] uf]a/n] lnk]/ rf]vf] agfOG5 . To;nfO{ vnf] elgG5 . To;df sfl6Psf] wfg y'kf/L Ps emd6 r'6]/ jf emfF6]/ k/fnsf] s'Go" agfP/ /flvG5 . s]xL ;dokl5 Tof] k/fn vnfdf lkFmhfP/ uf]? 3'dfpFb} bfOF ul/G5 . o;/L bfOF ubf{ ufOg] uLt g} bfOFuLt xf] . ;Nofgdf k|rlnt bfOFuLt ljifoj:t', ;+/rgf, no / efiffz}nLsf b[li6n] o;k|sf/ 5g\ M

**ljifoj:t'sf cfwf/df bfOFuLt**

;Nofgdf dª\l;/ dlxgfdf v]tsf u/fdf bfOF ubf{ k/fn l5/f]Nb} / uf]? wkfpFb} bfOFuLt ufOG5 .oxfF ufOg] bfOFuLtdf ljljw ljifoj:t'sf] ;dfj]z ePsf] kfOG5 . oL uLtx¿df bfOFsf] k|;ª\usf ;fy} cg]sf}+ c¿ ;Gbe{x¿ klg ;d]l6Psf x'G5g\ . klxnf] emd6 wfg emfl/;s]sf] k/fnsf] s'Go' eTsfP/ wfg k/fn;Fu v]Nb} / uf]? 3'dfpFb} ufOg] bfOFuLtdf ljleGg lsl;dsf Vofn7§fsf s'/f klg cfPsf x'G5g\ . o; uLtdf uf]?nfO{ ;Daf]wg ub}{ ;x a9fOb]pm eGg] cfzo klg k|s6 ul/Psf] x'G5 . uf]?nfO{ ;Daf]wg ub}{ ufOg] bfOFuLtsf] Pp6f gd'gf o;k\|sf/ 5 M

nIdLsf] 5f]/f] a/bf] xf] ===

sfdw]g'sf] gflt

lxF8\g nflu;\ lg ===

d]/f] a/bf] xf] ===

wfg k/fndfly .

oxfFsf] ;dfhdf ljleGg lsl;dsf k/Dk/fut hgljZjf;x¿ ljBdfg /x]sf 5g\ . bfOF ubf{ hlt /fd|f] bfOFuLt ufpg ;Sof], Tolt g} wfgsf] ;x a9\5 eGg] hgljZjf; oxfFsf] ;dfhdf k|rlnt /x]sf] kfOG5 .

;Nofgdf bfOF ubf{ wfg, k/fnsf] sfd ug]{ dfG5]x¿nfO{ bFof/] elgG5 . bfOF ubf{ bFof/]x¿ uLts} dfWodaf6 Pscsf{nfO{ Joª\Uo klg ug]{ ub{5g\ . oxfF ufOg] bfOFuLtdf bFof/]x¿nfO{ v'jfpg] vfhfsf] rrf{ klg ePsf] kfOG5, h:t}M

ldx]sf 6'Kkfdf a/bf] xf] === x}

al;xfNof] s}nL

cfhsf bFof/]nfO{ d]/f] a/bf] xf] ===

rfd|]sf rf]OnL .

pko'{Qm bfOuLtdf sfdaf6 ysfg ePsf bof/]x¿nfO{ vfhf vfbf rfd|]sf rf]OnL v'jfpg] elg sfdk|lt ;hu x'gnfO{ k|]l/t ul/Psf] 5 . ufpF3/df rfd|] eg] cTofGt ld7f] vfgfsf] kl/sf/ dflgG5, To;}n] o; bfOuLtdf klg ld7f] vfg lbg] k|;ª\u pNn]v ul/Psf] xf] .

Psf]xf]/f] ¿kdf wfg–k/fnsf] sfd dfq ul//xFbf bFof/]x¿nfO{ lbSs nfUg] nfUg] ePsfn] pgLx¿ sfdsf] d];f] ;fg{ / s]xL dfqfdf eP klg zf/Ll/s ysfg sd ug{ / dgf]/~hg k|fKt ug{ o;/L Vofn7§f ub}{ bfOFuLt ufpg] ub{5g\ M

cvnLsf] avnL a/bf] xf] === x}

cfnLsf] 5]p

uf]? wkfpg] s]6fnfO{

d]/f] a/bf] xf] ===

nfQfn] b]pm .

;Nofgdf dª\l;/sf] ;dodf g} ;a}n] bfOF ug]{ x'gfn] v]tx¿df k|foM ;a}n] bfOF ul//x]sf] b[Zo b]Vg ;lsG5 . o;/L bfOF ubf{ jNnf] vnf / kNnf] vnfsf bFof/]x¿ Vofn7§f ub}{ uLt ufpg] ub{5g\ . o:t} ljifoj:t' ePsf] ;Nofgdf k|rlnt uLtsf] csf]{ pbfx/0f o;k|sf/ 5 M

ldx]sf 6'Kkfdf a/bf] xf] === x}

al;uof] ¿kL

kNnf] vnfsf bFof/]sf]

d]/f] a/bf] xf] ===

pv]nf}F ls 6'KkL .

oxfF bfOF ubf{ uf]?nfO{ ljleGg lsl;dsf cfZjf;g lbOG5 . uf]?nfO{ kmsfpFb} bfOF ;lsPkl5 ljleGg lsl;dsf vfg]s'/f lbg] arga4tf klg bfOFuLtdf k|s6 ul/Psf] x'G5, h:t}M

sfGnfsf v?sL a/bf] xf] === x}

vf]hL–vf]hL vfpFnf

olt bfOF ;s]/

d]/f] a/bf] xf] ===

vs}{df hfpFnf .

dflysf] kª\lQmdf a/bf] egL bfO ug]{ uf]?nfO{ ;Daf]wg ul/Psf] 5 . bfOFubf{ uf]?nfO{ lgs} kl/>d kg]{ / ldof]sf] jl/kl/ kmgkmgL 3'ld/xg'kg]{ x'gfn] uf]? ylst x'G5g\ . ;'s]sf] k/fn vfbf vfbf lbSs ePsf uf]?nfO{ bfO{ ul/;s]kl5 aGwg d'Qm eP/ vs]{sf] xl/of] v?sL 3fF; vfpnf elg kmsfpFb} uLt ufOPsf] 5 .

**;+/rgfsf cfwf/df bfOFuLt**

;Nofgdf k|rlnt bfOFuLt n3' / demf}nf cfofddf ;+/lrt ePsf kfOG5g\ . oL uLtdf % kª\lQmsf] Ps cg'R5]b /x]sf] x'G5 . ltgdf k|foM klxnf] kª\lQmdf ( cIf/, bf];|f] kª\lQmdf ^, & cIf/, t];|f] kª\lQmdf & b]lv !# cIf/, rf}yf] kª\lQmdf % cIf/ / kfFrf} kª\lQmdf % cIf/ x'G5g\ . o;k|sf/sf] ;+/rgfdf cfwfl/t ;Nofgdf ufOg] bfOFuLtsf] Ps kª\lQm o;k|sf/ 5 M

cfsfz}df x]/ a/bf] xf] === x}

lemlnldnL tf/f

s;f] u/L 5'6fpnf;\

d]/f] a/bf] xf] ===

nfu]sf] ef/f .

dflysf] bfOFuLtdf uf]?n] sfd u/]sf] ef/f s;/L lt/f}nf eGg] efj JoQm ePsf] 5 . bfOFubf{ uf]?nfO{ lgs} si6 x'G5 . Psgf; tl/sfn] ldof]sf] jl/kl/ 3'ld/xg' kg]{ x'G5 To;}n] uf]?sf] dflnsn] uf]?nfO{ a/bf] egL ;Daf]wg u/L t]/f] of] b'Mvsf] ef/f dnfO{ s;/L 5'6fpF5;\ eg]sf] 5 . o; uLtdf uf]¿k|lt b]vfPsf] bofFsf] k|;ª\u klg cfPsf] 5 .

oL uLtdf aLr–aLrdf x x x, xf] xf], x} h:tf y]uf]sf] k|of]u ePsf] kfOG5 . To:t} …d]/f] a/bf] xf]Ú :yfoLsf ¿kdf k6s–k6s bf]xf]l//x]sf] kfOG5 h;n] oL uLtdf cem a9L /f]rstf ylkPsf] x'G5 .

**no jf efsfdf cfwf/df bfOFuLt**

no nf]suLtsf] cfTdtŒj g} xf] . non] g} s'g} klg nf]suLtnfO{ hLjGttf k|bfg ub{5 . nf]suLt ufpg] z}nL g} efsf xf] . Pp6f uLtnfO{ ljleGg no / efsfdf ufpg ;lsG5 . no jf efsf gldnfO{ ufOPsf] uLt uLth:tf] geO{ kf7 k9]h:tf] dfq x'G5 . ;Nofgdf k|rlnt bfOFuLt klg ljleGg no / efsfdf ufOG5g\ . k|foM of] uLt nfdf] nodf g} ufpg] ul/G5 . o; uLtdf no jf efsf ldnfpg] qmddf …x x, xf] xf], x}Úh:tf y]uf]sf] k|of]u ul/g] ePsfn] uLtdf emg\ >'ltdfw'o{ ylkPsf] x'G5, h:t} M

ldx]sf 6'Kkfdf a/bf] xf] ======== x}

 al;uof] ¿kL

 kNnf] vnfsf] bFof/]sf]

 d]/f] a/bf] xf]

 pv]nf}F ls 6'KkL .

pko'{Qm uLtdf dª\l;/ dlxgfdf ul/g] bfOFdf tNnf] vnf] / kNnf] vnf]sf bof/]x¿lar zf/Ll/s ysfg d]6\gsf nflu ul/g] Vofn7§fsf] k|;ª\u cfPsf] 5 . bfOF ubf{ kl/>d kg]{ ePsfn] cfk'mnfO{ yfs]sf] dx;'; gxf];\ egL /dfOnf] ub}{ bfO{ ug]{ ub{5g\ . ;fyLefO;Fu /dfOnf] ub}{ sfd ug]{ s'/fsf] ljZn]if0f dflysf] bfOFuLtdf ul/Psf] 5 .

**efiffz}nLsf cfwf/df bfOFuLt**

nf]suLtdf :yfgLo eflifsfsf] k|efj kof{Kt dfqfdf e]l6G5, h:t}M v?sL, sfGnf, vs{, rfd|] cflb . oL uLtdf k|of]u ePsf o:tf zAbx¿n] uLtnfO{ ;'dw'/, s0f{lk|o / nf]slk|o agfPsf x'G5g\ . oxfF bfOFuLt ;/n tl/sfn] j0f{gfTds z}nLdf ufOG5,h:t}M

!= ldx]sf 6'Kkfdf a/bf] xf] === x}

al;xfNof] s}nL

cfhsf bFof/]nfO{ d]/f] a/bf] xf] ===

rfd|]sf rf]OnL

@= sfGnfsf v?sL a/bf] xf] === x}

vf]hL–vf]hL vfpFnf

olt bfOF ;s]/

d]/f] a/bf] xf] ===

vs}{df hfpFnf .

dflysf] uLtdf dª\l;/sf] dlxgfdf ul/g] bfOsf] j0f{g cfsif{s z}nLdf ul/Psf] 5 . x}, xf] h:tf y]uf]sf] k|of]un] klg oxfFsf uLtdf nf]slk|otf k|bfg ug]{ sfd;d]t u/]sf] 5 .

**$=$ ;+:sf/uLtsf] ljZn]if0f**

;+:sf/n] ;dfhnfO{ :jR5 jf kl/is[t t'NofPsf] x'G5 . ;+:sf/n] g} dfG5]sf gsf/fTds kIf jf sdhf]/L, cju'0f, bf]ifh:tf s'/fnfO{ x6fO{ kl/is[t ug]{ sfd ub{5 .kl/isf/s} lgldt ;dfhdf dflg;x¿n] cf–cfk\mgf wd{ / ;+:s[ltcg';f/ hLjgb]lv d[To';Dd ljljw lsl;dsf ;+:sf/ sd{x¿ ub}{ cfPsf 5g\ . ;+:sf/n] ;dfhdf JolQmnfO{ kyk|bz{gsf] sfd ;d]t u/]sf] x'G5 . ;+:sf/n] g} dflg;nfO{ cg'zfl;t, lgoldt / Jojl:yt agfPsf] x'G5 .

g]kfnL ;dfhdf hGdb]lv d[To';Dddf hftsd{, gfdsd{, cGgk|f;g, r"8fsd{, ljBf/De pkgog, ljjfx, d[Toh:tf ljljw ;+:sf/ sd{x¿ ul/G5g\ . log} ljljw ;+:sf/sd{sf cj;/df ufOg] uLtnfO{ g} ;+:sf/uLt elgG5 -k/fh'nL, @)%&,k[=@@#\_;Nofgdf klg ljleGg lsl;dsf ;+:sf/ sd{x¿ ul/Fb} cfPsf] kfOG5 . tLdWo] klg ljjfxnfO{ k|d'v ;+:sf/ dflgG5 . oxfF ljjfx ;+:sf/df /Tof}nL, l;nf]sh:tf uLtx¿ ufpg] k|rng /x]sf] 5 / wfld{s pT;jdf afng v]Ng] k|rng /x]sf] 5 . oLafx]s c¿ ;+:sf/ sd{x¿df uLt ufpg] k|rng Tolt 5}g . ljjfx ;+:sf/sf a]nf / wfld{s pT;jsf a]nf ufOg] s]xL uLtx¿sf] ljZn]if0f tn k|:t't ul/Psf] 5 M

**$=$=! /Tof}nLuLtsf] ljZn]if0f**

ljjfx ubf{ b'nfxf cGdfPkl5 b'nfxfs} 3/df gf/L;d'bfon] dfq dfbn / yk8L ahfpFb} ufpg] uLtnfO{ /Tof}nL uLt elgG5 . ;Nofgdf /Tof}nL uLt ufpg] dfq geO{ g[To / clego;d]t ul/g] x'gfn] /Tof}nL v]Ng] elgG5 -aGw', @)%\*, k[=!^!\_ . oxfF b'nfxf / b'nxLsf] k|tLs dfg]/ / u|xzflGtsf nflu hf]/ lbof -aQL\_ aflnG5 . oL hf]/ aQLnfO{ /ftel/ lgEg lbg'x'Fb}g, olb lge]df ckzs'g x'G5 eGg] hgljZjf; /x]sf] 5 . To;}n] /ftel/ aQL s'b}{ j:g'kg]{ x'Fbf ;do s6fpgsf nflu /ftel/ /Tof}nL v]Ng] ul/G5 . /Tof}nL v]Ng] 7fpFdf k'?ifx¿sf] k|j]z lgif]w ul/Psf] x'G5 . To;}n] dlxnfx¿ lgw{Ss;fy cfk\mgf dgsf efjgf /Tof}nL uLtdfk{mt kf]Vg] ub{5g\ .

/ftLsf] ;dodf ufOg] / /ltlqmofsf] cg's/0f ul/g] x'gfn] g} o;nfO{ /Tof}nL elgPsf] xf] . b'nxL leq\ofpg] v'l;ofnLdf /dfpFb} ljleGg lsl;dsf] clego ub}{ ufOg] /Tof}nL uLt ;Nofgsf] ;d'bfodf nf]slk|o /x]sf] 5 . o; /Tof}nL uLtsf] lgDgfg';f/ ljZn]if0f ul/Psf] 5 M

**ljifoj:t'sf cfwf/df /Tof}nLuLt**

;Nofgdf ufOg] /Tof}nL uLtdf ljljw ljifoj:t'sf] ;dfj]z ePsf] x'G5 . d'Votof oL uLtdf z[ª\ufl/stf a9L x'G5 . o;sf ;fy} oL uLtdf gf/L / k'?ifsf lar x'g] of}gqmL8fsf clzi6 ljifoj:t'x¿ klg ;d]l6Psf x'G5g\ .

/Tof}nL v]Nbf k'?ifsf yf]qf n'uf nufP/ nf6f] ag]sL dlxnfn] nf6fsf] clego ul5{g\ . cGo dlxnfx¿ pgsf jl/k/L a;]/ tL nf6f] ag]sL dlxnfnfO{ pS;fpFb} ljleGg lsl;dsf uLtx¿ ufpF5g\ . nf6f] aGg] dlxnfn] klg cGo dlxnfn] uLtdf eg]s}h:tf] clego u5{g\, h:t} M

vf]hL vf]hLn] nf6f] vf]hL vf]hLn]

a]x'nfsf cfkmGtnfO{ /f]hL /f]hLn]

oxfF ufOg] /Tof}nL uLtdf oxfFsf] ;dfhdf ljBdfg k/Dk/fut hgljZjf;sf s'/f klg ;d]l6Psf] kfOG5 . oxfFsf] ;dfhdf ax';ª\Vos gf/Lx¿ nf]Ug]sf] h'7f] :jf:gLn] vfg} k5{ eGg] dfGotf /fV5g\ . olb h'7f] gvfPdf To; :jf:gLn] nf]Ug]k|lt ;dk{0fsf] efj /flvbg eGg] u/]sf] kfOG5 . o:tf s'/fsf] lrq0f dlxnfx¿ cfk"mn] ufpg] /Tof}nL uLtdfk{mt JoQm ub{5g\ . o:t} efj af]s]sf] /Tof}nL uLtsf] Pp6f gd'gf o;k|sf/ 5 M

;Nofgsf 8fF8fdfly wfg s'6]sf] 9'6f]

gvfpFm eg] s/} nfU5 /fn] kf]Osf] h'7f]

oxfF /Tof}nL v]Nbf ;'?;'?df lzi6 vfnsf uLtx¿ ufOG5g\ . o:tf uLtdf k|of]u ePsf zAbx¿ klg lzi6 g} x'G5g\ . o:tf uLtdf dfofk|Lltsf s'/fb]lv lnP/ hLjg ef]ufOsf cg]sf}+F k|;Ëx¿ cfPsf x'G5g\ . oxfF k|rlnt o; vfnsf uLtsf s]xL pbfx/0f o;k|sf/ 5g\ M

kfgL k¥of] bs]{n] ?emfof]

cfk}mF /f]of] cfk}mF dg a'emfof] .

vf]nf kf/L d dfof nfpFlbgF

avf{ nfUof] cfO/g kfpFlbgF .

hlt hlt /ft l5lKkFb} hfG5 Tolt Tolt cZnLn uLtx¿ ufpg yflnG5 . oxfF ufOg] o:tf /Tof}nL uLtdf cZnLntf dfq geO{ ;dfhdf ljBdfg bfOhf] k|yf, gf/Ldfly ul/g] zf]if0f, bdg, afnljjfxh:tf k|j[lQx¿af6 ;dfhdf b]vf k/]sf ;d:ofsf] lrq0f Pjd\ ltgsf] ;'wf/sf lgldQ cfjfh klg p7fOPsf] x'G5 .

To:t} oxfFsf /Tof}nL uLtdf gf/L ;dfhdf ljBdfg /x]sf] lyrf]ldrf]k|lt / a'xf/Lk|lt ul/g] b'Jo{jxf/k|lt Joª\Uosf ;fy} dfofk|Llt / /ltqmL8fsf] clego;d]t ul/G5 .

**;+/rgfsf cfwf/df /Tof}nLuLt**

;Nofgdf ufOg] /Tof}nL uLt k|foM b'O{ kª\lQmdf k"0f{ ePsf x'G5g\ . tLdWo] klxnf] kª\lQm nout ;ª\ult ldnfpg / bf];|f] kª\lQm d"n efj cleJoQm ug{ k|of]u ePsf] kfOG5 . oL uLtsf kª\lQmx¿ !) cIf/b]lv !\* cIf/;Ddsf ;+/rgfdf ;+/lrt 5g\ . oxfF ufOg] klxnf] kª\lQm @±@, @±@, @±@±@ u/L !$ cIf/ / bf];|f] kª\lQm @±@, #±#, #±@ u/L !% cIf/ ePsf] /Tof}nL uLt o;k|sf/ 5 M

;Nofgsf] 8fF8} 8fF8f 9NSof] tLt]kftL

/fd|f /fd|f t?gLsf kf]O d/]s} hftL .

oxfFsf sltko /Tof}nL uLtsf b'j} kª\lQmdf a/fa/ cIf/ klg /x]sf kfOG5g\ . oxfF k|rlnt b'j} kª\lQmdf @±@, #±# u/L !) cIf/sf] no;+/rgf ePsf /Tof}nL uLtsf b'O{ kª\lQm o;k|sf/ 5g\ M

vfof], vfof] s] vfof] v}/}n]

kfkL 8fF8f nu]5 k}/}n] .

**no jf efsfsf cfwf/df /Tof}nLuLt**

;Nofgdf k|rlnt /Tof}nL uLt ljleGg no jf efsfdf ufOG5g\ . t/ oxfFsf /Tof}nL ufpg] d'Vo / nf]slk|o efsfrflxF r'8\s] efsf g} xf], h:t} M

vfof] vfof] s] vfof] v}/}n]

kfkL 8fF8f nu]5 k}/}n] .

**efiffz}nLsf cfwf/df /Tof}nLuLt**

oxfF k|rlnt /Tof}nL uLtdf :yfgLo eflifsfsf] kof{Kt k|efj k/]sf] kfOG5, h:t} M

!= ;Nofgsf 8fF8fdfly wfg s'6]sf] 9'6f]

gvfpFm eg] s/} nfU5 /fn] kf]Osf] h'7f]

@= kfgL k¥of] bs]{n] ?emfof]

cfk}mF /f]of] cfk}mF dg a'emfof] .

vf]nf kf/L d dfof nfpFlbgF

avf{ nfUof] cfO/g kfpFlbgF .

oxfFsf /Tof}nL uLtdf k|of]u ePsf 9'6f], bs]{h:tf zAbx¿ :yfgLo eflifsfdf k|rlnt 5g\ h;n] eflifs cleJolQmdf ;/ntf / ld7f; yKg] sfd u/]sf 5g\ . o;sf ;fy} oxfFsf /Tof}nL uLtdf s[lqd jf agfj6L efiffsf] k|of]u geP/ dlxnfx¿sf x[boaf6 :j:k"mt{ ¿kdf pTkGg ;xh / :jfefljs efiffsf] k|of]u ePsf] x'G5 . oL /Tof}nL uLtx¿ j0f{gfTds z}nLsf x'G5g\ / ltgn] z[ª\ufl/stfsf ;fy} gf/LhLjgsf ljljw kIfsf] lrq0f k|:t't u/]sf x'G5g\ .

**$=$=@ l;nf]suLtsf] ljZn]if0f**

…l;nf]sÚ ;+:s[t zAb …Znf]sÚ sf] tb\ej ¿k xf] . l;nf]s 5Gbf]do / nofTds tyf s]xL c+zdf d'Qm jf :jR5Gb b'j} lsl;dsf x'G5g\ . …l;nf]sÚ ljz]if u/]/ ljjfxsf cj;/df a]x'nLkl§ hGtL cfO;s]kl5 hUu]df ufOG5g\ . o; afx]s hxfF;'s} / h'g;'s} ;dodf afx|}df; ufOg] l;nf]s klg x'G5g\ . ljjfxdf ufOg] l;nf]s 3/ufpFn] jf dfOtLkIf / hGtLkIfsf aLr ;+jfbfTds ¿kdf k|Zgf]Q/ z}nLdf ufOG5g\ . l;nf]s 5]qL, afx'g cflbsf ljjfxdf /ftL ljjfx x'Fbf /ftel/ / lbgdf ljjfx eP lbpF;} klg ufpg] ul/G5 . l;nf]sdf 3/ufpFn]n] hGtLkIfsf] k|ltef hfFRg] u/]sf] klg kfOG5 . st}st} hGtL kIfn] klg 3/ufpFn];Fu l;nf]sdf k|Zg ;f]Wg] / 3/ufpFn]n] hjfkm lbg] ub{5g\ . ;Nofgdf l;nf]ssf] k|rng lgs} /x]sf] kfOG5 . oxfF ljjfxsf cj;/df /ftel/ l;nf]s xfNg] ul/G5 / lbgdf ljjfx eP lbpF;} klg l;nf]s xflnG5 . o;afx]s cGo h'g;'s} ;dodf klg l;nf]s xfNg] rng 5 . ;Nofgdf k|rlnt l;nf]saf/] oxfF lgDgfg';f/ ljj]rgf ul/Psf] 5 M

**ljifoj:t'sf cfwf/df l;nf]suLt**

l;nf]s ljz]iftM kf}/fl0fs ljifoj:t'df cfwfl/t x'G5g\ tfklg o;df cGo ljljw ljifoj:t' klg ;dfj]z ePsf] kfOG5 . ljjfxsf cj;/df ufOg] l;nf]sdf dfOtL kIf / hGtLkIfsf aLr ljljw ljifodf ;jfn–hjfkm x'g] ub{5 . klxn] dfOtL–kIfsfn] l;nf]sdfk{mt ;jfn ;f]W5g\ / hGtL kIfsfn] klg l;nf]sd} To;sf] hjfkm lbG5g\ .

;Nofgdf clws ¿kdf lxGb" wdf{jnDaLx¿sf] a;f]af; /x]sf] 5 . oxfF lxGb"wd{ / ;+:s[ltcg';f/ cfdf, efGhfefGhL, efGh]a'xf/L / 5f]/Lr]nLx¿nfO{ s'lNrgx'Fb}g eGg] dfGotf /x]sf] 5 . cGhfg}df s'lNrof] eg] …lji0f' lji0f'Ú egL Ifdfofrgf ub}{ 9f]Ug] rng 5 . o;/L …lji0f' lji0f'Ú eGb} 9f]u]df s'lNrPsf] kfkaf6 d'lQm ldN5 eGg] nf]sljZjf; klg 5 . o:t} ljifoj:t' ;d]l6Psf] ;Nofgdf k|rlnt Pp6f l;nf]s o;k|sf/ 5 M

3/ufpF M sxfFaf6 cfPp hgtL dgtL sxfF;Ddsf] bfp

 w/tL td/] efGh]a'xf/L s]df 6]sL cfPp kfp

hlGt M 3/af6 cfof}F hgtL dgtL oxLF;Ddsf] bfp

 w/tL xfd/] efGh]a'xf/L …lji0f'–lji0f'Ú egL 6]sL cfPpF kfp .

o;} u/L 3/ufpFn]n] l;nf]sdfk{mt hGtL kIf;Fu ljleGg lsl;dsf ;jfn ;f]W5g\ / hGtLkIfn] l;nf]sd} To;sf] hjfkm lbG5g\ . o:tf] ;jfn–hjfkmsf qmddf 3/ufpFn]sf] ;jfnsf] hGtLkIfn] plrt hjfkm lbg g;s] ;hfosf] efuL aGg'kg]{ s'/f pgLx¿n] eGg] l;nf]sd} JoQm ePsf] x'G5, h:t}M

3/ufpF M t'n;Lsf] lnËf] ;ft} 7fpF afËf] ;ft} 7fpF nfof] r/Ln] u'F8

 loglog r/Lsf] s] xf] gfpF nfpF5f} cy{ ls 5f]8\5f} 7fpF

hlGt M t'n;Lsf] lnËf] ;ft} 7fpF afËf] ;ft} 7fpF nfof] r/Ln] u'F8

 loglog r/Lsf] xL/fdf]tL gfpF nfof}F cy{ 5f]8\b}gf}F 7fpF .

oxfF 76\of}nL kf/fn] hGtL;Fu ;jfn ub}{ l;nf]s xfNg] k|rng klg /x]sf] 5, h:t}M

sxfFaf6 cfPp hgtL dgtL sxfF a:5f} af;

cl3 vfsf k'm/f}nf 3fF6Ldf c8\s] sxfFaf6 k]m5f}{ ;f; .

 ljjfxsf cj;/df /fdfo0fsf sltko k|;Ëx¿nfO{ ;d]6]/ klg l;nf]s xfNg] u/]sf] kfOG5 . /fdfo0fsf ljleGg kfqx¿ h:t}– /fd, ;Ltf, nId0f cflbsf syfnfO{ lnP/ oxfF o;/L l;nf]s xflnG5 M

sxfF al:5g\, l;/L ;Ltf /fgL

sxfF a:5g\ nId0f /fd

sxfF a;5g\ jL/ xg'dfg

sxfF a:5g\ rGb|df 3fd .

oxfF elgg] l;nf]sdf 3/Jojxf/, xfF;f]–67\6f, 1fgu'gsf s'/fsf ;fy} ul0ftLo 1fgsf s'/fx¿ klg ;dfj]z ePsf x'G5g\ . o:t}, hGtLkIfsf] 3/ufpFn]sf] ul0ft;DaGwL 1fg hfFRgsf nflu xfNg] l;nf]ssf] Pp6f gd'gf o;k|sf/ 5 M

PsfGt:yndf t kf]v/L gf} e'OF;L t gf} gf} lyP

ltg\sf ;fydxfF t xfF; gf} gf} hDdf a;]s} lyP

xfF;\sf ;fydf t k'mnf] gf} gf} hDdf eP x'g\ slt

o;sf] cy{ atfpm kl08thL xf] /]vf g5f]8L /tL .

;Nofgdf ljjfxeGbf afx]s c¿ ;dodf elgg] afx|df;] l;nf]sx¿ klg k|rngdf /x]sf 5g\ . o:tf l;nf]sx¿df g}lts lzIff / g}lts pkb]z lbOPsf] x'G5 . ;fy} oxfF /fdfo0f, dxfef/t / u'0f/Tgdfnfsf l;nf]sx¿ klg s07:y u/]/ ufpg] k|rng /x]sf] 5 .

;Nofgdf ufOg] sltko l;nf]sdf sf?l0fstfsf] lrq0f ul/Psf] x'G5 . oxfF k|rlnt o:tf l;nf]ssf] Pp6f pbfx/0f o;k|sf/ 5 M

P Kof/L ltdL uof} ca stf kf/]/ z"Go hut\

Kof/L uP t d s;f] u/L a;"F ag]/ b'MvL kmut\

kfkL sfn p7]/ g} nlulbof] kfl/ cFWof/f] lt/

7'nf] af]em le/fOlbO{sg uof} af]Sb} 5' dg\df lk/ .

**;+/rgfsf cfwf/df l;nf]suLt**

;Nofgdf k|rlnt l;nf]sx¿ ljleGg cfsf/ k|sf/df ;+/lrt 5g\ . oxfF k|rlnt l;nf]sdf st} st} b'O{ kª\lQmsf] Ps Znf]s / st} st} $ kª\lQmsf] klg Ps Znf]s x'g] u/]sf] kfOG5 . o;sf ;fy} oxfF k|rlnt sltko l;nf]ssf Ps Znf]sdf $ eGbf a9L kª\lQmx¿af6 cg'R5]b lgdf{0f x'g] u/]sf] klg kfOG5 . oxfF k|rlnt l;nf]sdf Ps kª\lQm sDtLdf \* cIf/b]lv a9Ldf @# cIf/;Dd /x]sf] kfOG5 t/ klg clwsf+z l;nf]sx¿df k|foM !( cIf/ /x]sf] kfOG5, h:t}M

3/ufpF M sxfFaf6 cfPp hgtL dgtL sxfF;Ddsf] bfp

 w/tL td/] efGh]a'xf/L s]df 6]sL cfPp kfp

hlGt M 3/af6 cfof}F hgtL dgtL oxLF;Ddsf] bfp

 w/tL xfd/] efGh]a'xf/L …lji0f'–lji0f'Ú egL 6]sL cfPpF kfp .

**no jf efsfsf cfwf/df l;nf]suLt**

;Nofgdf ufOg] l;nf]s k|foM !( cIf/ x'g] zfb"{nljqmLl8t 5Gbsf ;'/;Fu ldNbfh'Nbf x'G5g\ ;fy} oL l;nf]sdf g]kfnL n]Vo sljtf k/Dk/fdf k|rlnt ;+:s[tsf OGb|a|hf, pk]Gb|a|hf, dflngL, b|'tljnlDath:tf 5f]6f / lzvl/0fL, dGbfqmfGtfh:tf nfdf 5Gbx¿sf lgs6sf] no 9fFrf cFuflnPsf] klg kfOG5 t/ pko'{Qm j0f{dflqs 5Gbsf lglZrt j0f{ / dfqfsf] cg'zf;grflxF l;nf]sdf k|o'Qm nodf b]lvFb}g .

**efiffz}nLsf cfwf/df l;nf]suLt**

;Nofgdf k|rlnt l;nf]sdf s[lqd jf agfj6L efiffsf] k|of]u geP/ nf]sx[boaf6 :jtM:k"mt{ ¿kdf pTkGg ePsf] ;xh / :jfefljs nf]sefiffsf] k|of]u ePsf] kfOG5, h:t} M

!= hlGt M 3/af6 cfof}F hgtL dgtL oxLF;Ddsf] bfp

 w/tL xfd/] efGh]a'xf/L …lji0f'–lji0f'Ú egL 6]sL cfPpF kfp .

@= PsfGt:yndf t kf]v/L gf} e'OF;L t gf} gf} lyP

ltg\sf ;fydxfF t xfF; gf} gf} hDdf a;]s} lyP

xfF;\sf ;fydf t k'mnf] gf} gf} hDdf eP x'g\ slt

o;sf] cy{ atfpm kl08thL xf] /]vf g5f]8L /tL .

oxfFsf l;nf]sdf :yfgLo eflifsfsf sltko zAbx¿ k/]sf 5g\ . oxfFsf l;nf]sdf :yfgLo eflifsfsf] emns lbg] e'O;L -e};LF\_, vfnf -vfPsf\_, af6]p -af6\of}\_, xfd/] -xfd|f]\_, k'mnf] -k'mn]sf\_ h:tf zAbx¿ k|of]u ePsf] b]lvG5 . oxfF ufOg] l;nf]s ;/n, ;xh / af]wuDo x'G5g\ . logdf k|of]u ePsf lg, kf], t h:tf lgkftn] eflifs cleJolQmdf rds yKg] sfd u/]sf x'G5g\ . oxfFsf l;nf]sx¿ j0f{gfTds / k|Zgf]Q/;lxtsf] ;+jfbfTds z}nLdf cleJoQm ePsf x'G5g\ .

**$=$=# afnguLtsf] ljZn]if0f**

afng k'?ifx¿n] ;fd"lxs ¿kdf ufpg] uLt xf] . afng ufpFbf clego / g[To klg ul/g] x'Fbf o;nfO{ gf6\oufyfcGtu{t klg /fVg ;lsG5 . afng g]kfnsf ljleGg efudf ufOG5 / g]kfnsf] k"jL{ kxf8L e]udf o;sf] k|rng cem Jofks / nf]slk|o /x]sf] b]lvG5 . ;Nofgdf afng ufpFbf g[To / clego;d]t ul/g] x'gfn] oxfF afng ufpg] geg]/ afng v]Ng] eGg] u/]sf] kfOG5 . oxfF ljz]if u/]/ If]qL–afx'g hfltsf k'?ifx¿n] afng v]Ng] ub{5g\ . oxfFsf afngsf] vf; ;DaGw xflb{stfk"0f{ elQmefj;Fu hf]l8Psf] x'G5 . of] kf}f/l0fs ljifoj:t'df cfwfl/t x'G5 . o;df bzfjtf/, ;Ltfrl/q, /fdfo0f, dxfef/t, s[i0frl/qh:tf kf}/fl0fs ljifosf ljleGg kfqx¿sf] rfl/lqs ufyf ufOG5 / pgLx¿sf] rl/qsf] clego ul/G5 .

;Nofg If]qdf afng v]Ng] k|rng Jofks ¿kdf /x]sf] 5 . oxfF ljz]if u/]/ 7'nL PsfbzL, afnfrt'b{zL, ;Ktfx, ;Togf/fo0fsf] k"hf cflb wfld{s pT;jsf cj;/df afng ufpg]÷v]Ng] k|rng /x]sf] 5 . ;Nofgdf k|rlnt afngx¿af/] lgDgfg';f/ ljZn]if0f ug{ ;lsG5 M

**ljifoj:t'sf cfwf/df afnguLt**

;Nofgdf afng cToGt nf]slk|o /x]sf] 5 . oxfFsf If]qL–afx'g hfltsf k'?ifx¿n] v}Fh8L, d'h'/f / ‰ofnL ahfpFb} afng v]Ng] ub{5g\ . oxfF afng v]Ng] 6f]nL agfOPsf] x'G5 . ToxL 6f]nLleq klg b'O{–b'O{ hgfsf] Ps–Ps emf]nL x'G5 . oxfF afngsf] d'Vo JolQmnfO{ vlnkf / cGo afng v]Ng] k'?ifx¿nfO{ afng] eGg] ul/G5 . ;Nofgdf ufOg] afngdf ljz]iftM kf}/fl0fs ljifoj:t'sf] ;dfj]z ePsf] kfOG5 . To;df klg ljz]if u/]/ /fdfo0f, dxfef/t, s[i0frl/q, bzfjtf/, ;Ltfrl/qh:tf kf}/fl0fs ljifoj:t'sf cfwf/df ltgsf kfqx¿ h:t}M /fd, nId0f, s[i0f, s+;, /fj0f cflb rl/qx¿sf] ufyf /l;nf] agfP/ k|efjk"0f{ tl/sfn] ufOG5 / afng v]Nbf ltg} kfqx¿sf] clego ul/G5 .

oxfF k|rlnt /fdsf] ljjfx;DaGwL ljifoj:t' ePsf] afngsf s]xL kª\lQmx¿ o;k|sf/ 5g\ M

xf] hgs Clifn] j|t} / a;], lbP x} xf] sGofbfg

ltn / s'z;lxt kfgL ;dft], /fdHo"n] ;dft] x} xf] xft .

 ± ± ±

xf] aQL; nfvsf uxgf lyP, sk8' lyP x} ;f/L

uxgf klx/L ;Ltf/fgL al;g\ ax't} dflgg\ x} xf] ef/L

xf] xftdf l;Gb'/ /fdHo"n] lnP, ;Ltfn] yflkg\ x} dfy

lz/df l;Gb'/ /fdHo"n] lbP, l;Gb'/ nfOl6P 6Lsf .

;Nofgdf ljz]iftM /fds} rl/q ufyfdf cfwfl/t afng ufpg] ul/G5 . /fdsf hLjgsf ljljw 36gfnfO{ oxfFsf afngsf ljifoj:t' agfOPsf] kfOG5 . /fdsf] hGdkl5 cof]Wofdf ePsf] xs{a9fOFnfO{ ljifoj:t' agfOPsf] oxfF k|rlnt afngsf] Pp6f pbfx/0f o;k|sf/ 5 M

bz/ynfO{ k'q hGd] xs{a9fOF

x} cof]Wofdf eO{ / uof] xs{a9fOF

xs{a9fOF xl/ xs{a9fOF

ck'qnfO{ k'q hGd] xs{a9fOF .

oxfFsf] nf]s;dfhdf ljleGg lsl;dsf k/Dk/fut hgljZjf;x¿ ljBdfg /x]sf] kfOG5 . oxfFsf] ;dfhdf cfk\mgf dfGohgnfO{ uf]8f nfu]df jf s'lNrPdf kfk nfU5 eGg] dfGotf /x]sf] 5 . olb dfGohgx¿nfO{ uf]8f nfluxfn]df ælji0f' lji0f'Æ eGof] eg] kfk nfUb}g eGg] hgljZjf; /x]sf] 5 . o:t} s'/fsf] lrq0f ;Nofgdf ufOg] afngdf klg ePsf] kfOG5 M

xf] /fdgf/fo0f lji0f' eujfg\

O:;f]/ x'g\ tLg} nf]ssf bftf

P;} u[x cfugdf v]ng cfof}F

lji0f'–lji0f' w/tL dftf .

oxfF w/tLdftfnfO{ cfdf ;dfg dfg]/ wtL{df s'lNrPsf]df kfk gnfuf];\ eg]/ ælji0f' lji0f'Æ egL w/tL dftf;Fu Ifdfofrgf ul/Psf] 5 .

To:t} ;Nofgdf ufOg] afngdf ;fdflhs d"No–dfGotfsf ;fy} oxfFsf] ;dfhdf k|rlnt ;fOt–s';fOt, z'e–cz'e nufotsf Hof]ltif;DaGwL s'/f klg ;d]l6Psf] kfOG5, h:t}M

b]jbfgfjn] 38]/L vg"g\, h};L lhk"n] hf]lt; ug"g\

slt Clif a;L 38]/L x]/], spg] xf] h};L hl;nf

;f]x| s]lif a;L 38]/L x]/], cs'6 h};L hl;nf

spg] / 7fpFsf] 38]/L x]/]p, spg] 7fpFsf] v]tL

xf] pRrf / 7fpFsf] 38]/L x]l/o"F, lgRrf / 7fpFsf] v]tL

sxfFdf xf]nf 38]/L t/ sfxfF xf]nf v]tL, sfxfF xf]nf z'ef] 7fpF

spg] / nugdf vDaf hf] u8fPp, slt jif{sf] cfo'

xf] >L z'ef] nugdf vDaf hf] u8fo"F, P3f/ xhf/ jif{sf] cfo' .

afng v]nfpgfn] k'q gx'g]nfO{ k'q k|fKt x'G5, lgw{gnfO{ wg k|fKt x'G5, /f]uLx¿sf] /f]u gi6 x'G5, b'MvLsf] b'Mv si6 lg/fs/0f x'G5 eGg]h:tf hgljZjf; oxfFsf] ;dfhdf /x]sf] kfOG5, h:t} M

dflngLn] NofPsf b;} y'Fuf k"mn

bz/yn] xft}df lnP

;'g g ;'g gf/bd'lg Ps lagtL n]pm g

xfd/f u[xdf afng x'G5 afng] lgDtf ul/b]pm g

b;} y'Fuf k"mn lnO{ gf/b uP, k'u] x} afng]sf 3/

;'g g ;'g afng] e}of, Ps lagtL n]pm g

bz/ysf u[xdf afng x'G5 afng] lgDtf ul/b]pm g

gf/bn] lbPsf b;} y'Fuf k"mn vlnkfn] xft}df lnP

k"mn} lnO{ vlnkf uP, k'u] x} afng]sfxfF

;'g g ;'g afng] efO xf] Ps lagtL n]pm g

/fhf bz/yn] k"mn} hf] lbP of] k"mn lz/}df nfpm g

bz/ysf 3/df afng x'G5, afng v]ng hfcf}F g .

k/fk"j{sfndf /fhf bz/yn] k'q k|fKt ug{ jf ;Gtfgsf] j/ dfUg afng v]nfPsf] s'/f oxfF hg>'ltsf ¿kdf /x]sf] 5 . bz/yn] ;Gtfgk|flKtsf nflu afng v]nfpg afng]x¿nfO{ lgDtf k7fPsf] k|;ª\u ;d]l6Psf] afng ;Nofgdf k|rlnt 5 .

**;+/rgfsf cfwf/df afnguLt**

;Nofgdf ufOg] afngsf] ;+/rgfkIfnfO{ x]bf{ oxfFsf afngdf s'g} Pp6f vf; ljifoj:t' ;'?b]lv cGTo;Dd g} cfpg] x'gfn] of] :jtM g} lj:t[t cfofddf ;+/lrt x'G5 . To;}n] Pp6} afng /ftel/ v]lnG5 / laxfgLkv dfq lj;h{g ul/G5 .

oxfF k|rlnt afngdf st} kª\lQmsf] cflb efudf / st}–st} aLrdf efudf x} x}, xf], P cflb y]uf] jf /xgLx¿ k|of]u ul/Psf] b]lvG5, h:t}M

xf] >L z'e sf7sf an} hf] dfly w"kL sf7sf 8fF8f

w"kL x} sf7sf 8fF8f hf] dfly spg] x} sf7sf ef6f .

**no jf efsfsf cfwf/df afnguLt**

;Nofgdf k|rlnt afng ljleGg no / efsfdf ufOG5g\ . oxfF v}Fh8L, d'h'/f / ‰ofnLh:tf jfBjfbgsf ;fydf nofTds efsfdf afng ufOG5 . oxfFsf k|To]s ehgx¿ a]Unfa]Un} no jf efsfdf ufOG5 . h:t}M cf/tL 5f]6f] efsfdf ufOG5 . lnËf] ;]nfpFbf ufpg] afng klg 5f]6f] efsfdf ufOG5 t/ afng]x¿n] gfRb} ufpg] afng nfdf] no tfg]/ ufOG5 . To:t} cflzs lbFbf ufOg] afngsf] klg cfk\mg} no jf efsf 5 .

**efiffz}nLsf cfwf/df afnguLt**

;Nofgdf k|rlnt afngdf k|r'/ dfqfdf ;+:s[t zAbx¿sf] k|of]u ePsf] kfOG5 . o;sf] efiffdf s]xL hl6ntf cfPsf] b]lvG5 . oxfF ufOg] afngx¿ cGo nf]suLtsf t'ngfdf eflifs b[li6n] s]xL sl7g x'G5g\, h:t}M

xf] p7tg s07 ehd'vL bGt

lhjfa;] ;/;f]tL dftf

xf] P;} u[x cfFugdf v]ng cfo"F

cf1f b]pm w/tL dftf .

To;} u/L oxfF ufOg] afng k/Dk/fb]lv df}lvs ¿kdf Pskl5 csf]{ k':tfdf x:tfGt/0f x'Fb} cfPsf] x'Fbf sltko zAbx¿ k/Dk/fb]lv h:tfsf t:t} cfPsf kfOG5g\, h:t}M

klxnf]df ue{ hGDof] afn} /fd

bf];/L ue{ vf]O

t];/L ue{ df/g kfOgF

xf] dg k5'tfO{ x} x}, xf]dg k5'tfO{

bf];/L ue{ hGDof] afn} /fd

t];/L ue{ vf]O .

;Nofgdf k|rlnt pko'{Qm afngdf no ldnfpgsf nflu bf];/L -bf];|f]\_, t];/L
-t];|f]\_, df/g -dfg{\_, xf]dg -of] dg\_ h:tf zAbx¿sf] k|of]u ePsf] 5 . o;/L oxfF k|rlnt afngdf k/Dk/fut efiffsf] k|efj k/]sf] kfOG5 . oL afngdf k|of]u ePsf xf], x} x} h:tf y]uf]n] eflifs cleJolQmdf cfsif{0f yKg] sfd u/]sf 5g\ .

**$=% lgisif{**

;f]n'v'Da' lhNnfsf] ;Nofg If]qdf ufOg] uLtcGtu{t afx|df;] uLtx¿df Psf]xf]/LuLt, bf]xf]/LuLt, afnuLt / ehgh:tf w]/} uLtx¿ ufOG5g\ eg] sd{uLtdf c;f/]uLt, bfFOuLt ufOG5g\ . To:t}, ;+:sf/uLtdf /Tof}nL, l;nf]s / afng kb{5g\ eg] kj{uLtdf tLh] / b]p;Le}nf] uLtx¿ ufOG5g\ . o; If]qdf sltko uLtx¿ dlxnfx¿n] dfq ufpg] / k'?ifx¿n] dfq ufpg] 5g\ eg] sltko uLtx¿ dlxnf / k'?if b'a} ldn]/ ufOg] vfnsf 5g\ . o; If]qsf nf]suLtx¿n] oxfFsf wfld{s, ;f+:s[lts, ;fdflhs, cfly{s, :yflgo nf]swf/0ff / hLjg z}nL cflbsf] oyfy{ lrq0f u/]sf 5g\ .

**kfFrf}F kl/R5]b**

 **;f/f+z tyf zf]wlgisif{**

**%=! ;f/f+z**

…;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt nf]suLtsf] cWoogÚ zLif{ssf] k|:t't zf]wkqsf] klxnf] kl/R5]bdf zf]wsfo{sf ljifokl/ro, ;d:ofsyg, p2]Zo, k"j{sfo{sf] ;dLIff, zf]wsfo{sf] ;Ldfª\sg, ;fdfu|L ;ª\sng, zf]wljlw, cf}lrTo / zf]wkqsf] ¿k/]vfsf] kl/ro lbOPsf] 5 .

o; zf]wkqsf] bf];|f] kl/R5]bdf ;f]n'v'Da' lhNnfsf] ;Nofg If]qsf] ;ª\lIfKt kl/ro lbOPsf] 5 . o; qmddf ;f]n'v'Da' lhNnfsf] P]ltxfl;s kl/ro, ef}uf]lns cj:yf, gbLgfnf, ;Nofg If]qsf] kl/ro, ljsf;sf k"j{wf/, dlGb/ Pjd\ wfld{s :ynx¿sf] ;ª\lIfKt kl/ro lbO{ nf]s;Gbe{df ;fdflhs ;f+:s[lts hghLjgsf af/]df ;fdfGo hfgsf/L lbOPsf] 5 .

o; zf]wkqsf] kl/R5]b tLgdf ;Nofg If]qdf k|rlnt nf]suLtx¿nfO{ ;+/rgf / ;xefuLtfsf cfwf/df juL{s/0f ug]{ k|of; ePsf] 5 . o:tf] juL{s/0fcGtu{t ToxfFsf ;Dk"0f{ nf]suLtx¿ ;d]l6g g;s]sfn] oxfFsf nf]suLtx¿nfO{ ;du| ¿kdf afx|df;] uLt, kj{ uLt, sd{ uLt, ;+:sf/ uLt u/L hDdf rf/ k|sf/df juL]]{s/0f u/L ;a} k|sf/sf nf]suLtsf] ;fdfGo kl/ro k|:t't ul/Psf] 5 . afx|df;] uLtcGtu{t kg]{ Psf]xf]/L, bf]xf]/L, afng / ehgh:tf uLtx¿ oxfF afx|} dlxgf ufOG5g\ . o:tf uLtn] dfgj hLjgsf ;Dk"0f{ kIfnfO{ 5f]Psf x'G5g\ . sd{uLt cGtu{t kg]{ c;f/], bfOF uLtx¿n] oxfF ul/g] sfdsf] kl/ro lbg'sf ;fy} logdf oxfFsf] s[ifs hLjgsf ef]ufO / dgf]bzfx¿ JoQm x'G5g\ . ;+:sf/uLtcGtu{t kg]{ /Tof}nL, l;nf]s / afngh:tf uLtx¿n] o; If]qdf k|rlnt rf8kj{x¿sf] nf]shLjg;Fusf] 3lgi7 ;DaGwaf/] hfgfsf/L u/fpF5g\ .

o; zf]wkqsf] rf}yf] kl/R5]bdf o; If]qdf k/Dk/fb]lv ufOFb} cfPsf nf]suLtx¿sf] ljifoj:t', ;+/rgf, no / efiffz}nL u/L rf/ cfwf/df ljifn]if0f ul/Psf] 5 . o;df afx|df;]uLt, kj{uLt, sd{uLt, ;+:sf/uLtnfO{ ljifoj:t', ;+/rgf, no jf efsf / efiffzf}nLsf cfwf/df ljZn]if0f ul/Psf] 5 .

To;} u/L o; zf]qkqsf] kfrf}F kl/R5]bdf ;f/f+z / lgisif{ lbOPsf] 5 / kl/lzi6 v08df rflxF ;f]n'v'Da' lhNnfsf] ;Nofg If]qdf k|rlnt nf]suLtx¿ lbOPsf] 5 eg] cGTodf ;Gbe{;fdfu|L–;"rL /x]sf] 5 .

**%=@ lgisif{**

k|:t't zf]wkqsf] kl/R5]b tLg / rf/df ul/Psf] ;Nofg If]qdf k|rlnt nf]suLtsf] juL{s/0f / ljZn]if0fsf cfwf/df o;sf lgisif{x¿nfO{ oxfF a'Fbfut ¿kdf lbOPsf] 5 M

!= ;+/rgfsf cfwf/df ;Nofg If]qdf k|rlnt nf]suLtx¿ n3'td nf]suLt / n3' nf]suLtx¿5g\ . n3'td uLtdf ToxfF afnuLt k|rngdf 5 eg] n3'nf]suLtdf rflxF bfOF, tLh], b]p;L, e}nf], Psf]xf]/L / bf]xf]/L uLtx¿ /x]sf 5g\ .

@= ;xeflutfsf cfwf/df ;Nofg If]qdf k|rlnt nf]suLtx¿ Psn, bf]xf]/L / ;d"xuLtsf¿kdf /x]sf 5g\ . Psn uLt Pp6f dfq JolQmn] PSn} ufpg] ul/G5 eg] bf]xf]/L uLt b'O{ JolQm jf kIfsf aLrdf ;jfnhjfkm u/L ufOG5 . ;d"x uLtsf] ufog ;fd"lxs ¿kdf x'G5 .

#=;Nofg If]qdf ufOg] uLtnfO{ ljifoj:t'sf cfwf/df ljZn]if0f ubf{ ToxfFsf] ;dfhsf] kl/j]z ptfl/Psf] kfOG5 . oxfFsf] nf]suLtx¿df nf]shLjgsf lj/x–j]bgf, ldng–la5f]8, 3ft–k|lt3ft, kfl/jfl/s c;Gt'li6, cfly{s / k|fs[lts lrq0f gf/Lx¿sf afWotf / ljjztfsf] lttfld7f cg'e"ltnfO{ JoQm ul/Psf] 5 . ;dfhdf ljBdfg s[lif, k];f dfgjLo dfof–ddtf, ;+of]u–ljof]u, o'jfo'jtLdf x'g] k|]defj, afnaflnsfk|lt ;dfhsf] rf;f], ul/aL clzIff cflb ljifoj:t' ToxfFsf nf]suLtdf l6lkPsf 5g\ .

$= ;+/rgfsf b[li6sf]0fn] x]bf{ ;Nofg If]qsf nf]suLtdf ljljwtf kfOG5 . oxfF k|rlnt sltko nf]suLtdf :yfoL / cGt/f b'a} kfOG5g\ eg] sltko nf]suLtdf rflxF :yfoLsf] Joj:yf ePsf] b]lvFb}g . oxfF ufOg] uLtdf Ps kfpdf b'O{–tLg cIf/b]lv lnP/ clwstd afO;–rf}la; cIf/;Dd /x]sf] kfOG5 .

%= nosf b[li6n] klg ;Nofg If]qsf nf]suLtx¿df ljljwtf kfOG5 . oxfFsf nf]suLtdf k|rlnt nf]slk|o efsfrflxF r'8\s] / em\ofp/] g} x'g\ . oL uLtx¿df w]/}h;f] klxnf] kª\lQm uLtsf] d"n efj JoQm ug{ k|of]u ePsf] b]lvG5 . oxfFsf sltko uLtx¿ 5f]6f] nodf / s'g} nfdf nodf ufOG5g\ .

^= ;Nofg If]qdf k|rlnt nf]suLtx¿df k|o'Qm eflifs :j¿k klg :yfgLo k|efj;lxtsf] / df}lns 5 . o; If]qsf nf]suLtdf s[lqdtf jf agfj6Lkg/lxt ;/n, ;/; / :jfefljs efi+ffsf] k|of]u ePsf] kfOG5 . oxfFsf nf]suLtdf kof{Kt dfqfdf :yfgLo eflifsfsf zAbx¿sf] k|of]u ePsf] kfOG5 . oxfF ;ª\slnt uLtdf k|of]u ePsf cg's/0ffTds zAbn] >'ltdfw'o{ yk]sf 5g\ eg] lgkftsf] k|of]un] cleJoflQmnfO{ ltVv/ agfPsf 5g\ . oxfFsf nf]suLtx¿ j0f{gfTds / ljj/0ffTds zf}nLdf k|:t't ul/Psf 5g\ . sltko nf]suLtx¿ nf]ssf cGtx[bosf efjgfx¿nfO{ Psnfksf ¿kdf k|:t't ul/Psf klg b]lvG5g\ . oxfFsf nf]suLtx¿ Psn, o'un, ;fd"lxs Pjd\ clegofTds ¿kdf ;d]t k|:t't ul/Psf x'G5g\ .

lgisif{df s] eGg ;lsG5 eg] ;Nofg If]qsf k|rlnt nf]suLtdf ToxfFsf] :yfgLo nf]swf/0ff, ;fdflhs kl/j]z, cfly{s cj:yf, wfld{s ljZjf;, z}lIfs l:yltsf ;fy} nf]sdfg;sf ljljw kIfsf] lrq0f ulPsf] kfOG5 . To;} u/L logdf oxfFsf dflg;sf cfF;'–xfF;f], ldng–la5f]8, pT;fx–pdª\u, >d, wfld{s efj cflb klg k|s6 ePsf x'Fbf tL uLt hghLjg;Fu 3lgi6 ¿kdf hf]l8Psf 5g\ .

**kl/lzi6 v08**

**Affx|df;] uLtx¿**

 **Psf]xf]/L uLt**

cfsfz}df tLgtf/f tLglt/

hfnL ?dfn a]r]/ l/g lt/

± ± ±

Ps bfdsf] hL/f] b'O{ bfdsf] d]yL tLg bfdsf] n;'g

ul/asf] 3/df s] vfg' 5 / aft df/L a;"Fg

ul/kn] dfUg hfG5 efF8f] a;fn]/

dfxfhgn] lsg lbGYof] eG5 v;fn]/

aNn tNn lbg] dg eof] eg] x]/

xft] hfs6 s] rflxF NofP5 x]/f}F eG5 k]m/

xft] hfs6 s]xL 5}g xf]nfg\ xndf uf]?

xn uf]?n] gk'u]df 3/af/L a?

vfof] vfof] s] vfof] v;Ln]

d]/f] dfof n]lvb]pm d;Ln]

 ± ± ±

vf]nfkfl/ d dfof nfpFlbgF

jvf{ nfUof] cfO/g kfpFlbgF

 ± ± ±

of] dfofn] s] u¥of] s] u¥of]

/ftsf] lgGb|f lbg}sf] ef]s 6f¥of] .

;|f]tM OlGb/f lg/f}nf, jif{ –$^

 ;Noofg –#, lg/f}nfufpF

jNnf] vf]nfdf kNnf] vf]nfdf

ds} /fVg] vf]Ndf lg n} n}

h]7L sfG5L n8fOF u/]

u'Gb|s}sf] emf]ndf lg n} n}

 ± ± ±

l;¿kft] v's'/Ln] sf6] s;f] xf]nf lg n} n}

kfgL dfUbf /S;L lbG5f} dft] s;f] xf]nf lg n} n}

 ± ± ±

lxdfnr'nL kNnfkl§ ¿kL skfn sf]5{

km6\ofª\u|fn] xnf] hf]T5 emL+uf 8Nnf kmf]5{

e'm/s]d'/s] kmnfdsf] sdfO xfn]p cf]bfg

5f]/L kfnL s'6'DanfO{ ufO{ kfnL uf]bfg

 ± ± ±

Ps} d'7L rfdn' t s';'d] emf]nLdf

?Fb} lyPF d]/L cfdf xflNbof} 8f]nLdf

 ;|f]tM eljtf lg/f}nf, jif{ –%!

;Nofg – #, lg/f}nfufpF

3/ t d]/f] kftLn] af/]sf]

g/f]pm g/f]m sd}{df xf/]sf

;f]n'dfO{ / xp vf]nf]

Hofg af8L / xp cfof]

aufof] xp leFmu6f

;'gsf6L xp uh"/

/fd /fd 5 xp xh"/

aufof] xp leFmu6f

Kof/Ln] xp b]sf]

Ps lvnL xp r"/f]6n]

rnfof] xp l/Fu6f

± ± ±

dfly n] Hofg r/L em¥of] a:of] x} j/}df

/ft}nfO{ k¥of] ‰ofpFls/L x} af:of] hfpFm ca 3/}df

nx/f] tfGbf kx/f] uHof]{

e'OFrDkf k'mNgnfO{

e'OFrDkf k'mNgnfO{ ;fgf] dfof

e'OFrDkf k'mNgnfO{

afs;sf] n'uf lemlsb]pm cfdf

;x/} 8'NgnfO{

;x/} 8'NgnfO{ ;fgf] dfof

;x/} 8'NgnfO{

 ;|f]t M sdnf sfls{, jif{–$%

;Nofg #, rKn]6L

l6kL b]pm g -afl/sf] s/]nf\_

lemDSofO b]pm g cfFv}sf] k/]nf

a}gL gfgL of] a]nf

;fx|} /fd|f] k"mnsf] sf]lknf

;|f]t M /df sfls{, jif{ –$^

;Nofg #

uf}/L v]tdf wfg kmNof] tL; u]8f

hf hf eG5 sfF hfpFm x} lg:s]/

3/ t d]/f] ofF x}g lt/\lt/]

8fF8f sf6\of] of] gf}nf] kLlt{n]

db;} Hofg\sf] xNs]sf] b"af], vfnf x} 66\6"n]

gSsn / emSsn gkf/ a}gL, n}hfnf 56\6"n]

 ± ± ±

af/Lsf] l8ndf s6/} kfSof], l6k]/ rfvf}Fg

Psaf/sf] h'gL sltGh]n xf] / xfF;v]n u/f}F g

 ± ± ±

lsg xf] lsg emhNsf] nfU5, lxF8]sf] af6f]df

d/]/ klg s] nfg" 5 /, ldNg' 5 df6f]df

 lxdfnr'nL kNnfkl§ b'D;L sS¥ofs s'q'ms

lk/f lbg] rng 5}g a; 6S¥ofs 6'q'ms

kfgLdf 5kSs} hfn, hfn sf6\of] stn] df5fn]

 ;|f]t M /fhg vltj8f, jif{ – $)

s'dfnufpF @

**bf]xf]/L uLt**

s]6L M aNntNn a'e]m5f} xh"/

 dfof nfpg d ePF dGh'/

s]6f M dg ldn] ;a} yf]s TofluG5

 xfF;L v';L dfofdf e'lnG5

 ± ± ±

s]6f M ufO{ x}g uf]?

 ltdLnfO{ kfP lg a'OgL

 rflxFb}g c¿ .

s]6f M ltdL xfdL g5'6f}+ slxNo}

 a;f}+ xfdL xfF;L v';L hlxNo}

s]6L M b'Sv ;'Sv h] xf]nf xfdLnfO{

of] lhGbuL ;'lDkPF ltdLnfO{ .

 s]6L M 3/ t d]/f] ofFx}g lt/lt/]

 8fF8f sf6\of] of] gf}nf] kLlt{n] .

 s]6f M ltdL xfdL hfp pb}pb}

 slxn] ?Fb} slxn] dg a'emfpFb} .

 ;|f]t M ljsf; vltj8f, jif{ –#^, d}of

 vltj8f, jif{–#@ s'dfnufpF, @

k'?if M a'9f] ePF r:df uof]

uof] sdn

5f]/f 5f]/L Pp6} 5}g

a'9f] cndn

d} a'9fsf] lglDtdf ca

Pp6L s]6L gkmsfO{ ePg

 dlxnf M a'9L ePF s]z kfSof]

uof] ¿k /Ë

of] a'9fsf] s'/f ;'Gbf

dg} eof] bË

o} a'9fsf] lglDtdf ca

Pp6L s]6L gkmsfO{ ePg .

;|f]t M xl/ lg/f}nf, jif{ –$%

 hd'gflg/f}nf, jif{ –$!

;Nofg, # kw]/fkf/L

**afnuLt**

a; a; df}/L

a'waf/ hfpnL

k"mn}k"mnsf] srf}/fdf

dx ltdL vfpnL .

b;}F cfof]

vfpFnf lkpFnf

sxfF kfpFnf <

rf]/L NofpFnf

wt\ kfkL d t 5'§} a;'Fnf

 ;f]t| M bLIff lg/f}nf, jif{ –!!

;Nofg #

3fd kfgL 3fd kfgL, :ofnsf] lax]

s's'/ hGtL la/fnf] efG;]

la/fnfn] 5f]Psf], sf]xL klg gvfg] .

Pp6f ;fyL hª\undf /f]O{/f]O{ a;]5

lsg /f]of} ;f]Wbfv]/L snd v;]5

p;sf] ;fyL sf]xL klg 5}g

hª\undf a;]5

cfpm cfpm ;fyL ;Fu} v]Ng hfpFm .

;|f]t Mljlgtf sfsL{, jif{ –!)

;Nofg #

x't'x't' kGhf

af3 kGhf

skbL{ v]Nbf Sof dDhf .

± ± ±

xfO{ u'6'd'6'

k/]jfsf] d'6'

vfpFm s'6's'6' .

;|f]t M d'gf sfsL{,jif{ –!#

;Nofg # rKn]6L

**ehg**

x/ x/ uËf dfO{

x/ x/ uËf dfO{

dxf / b]jsf h§f wf/f

alxg\ uËf dfO{

cf:gfg u?F uËf dfO{nfO{

z'rL u?F b]xL

;a{ b'Sv bl/b| 5'6fp k|e' d]/} .

 ;|f]t M zDe'k|;fb lg/f}nf, jif{ –%%

;Nofg # kw]/fkf/L

spg] lbzf uPp afn} sfxfF k/f] /ft

sf] lyP ;fy, s] vfPp ufF;

s] lyof] sfd, spg] xf] b]jtsf] wfd .

± ± ±

blS5g lbzf uo"F dft", aLr} k/f] /ft

plx al;p af;, wd{ lyP ;fy

cd[t vfo"F ufF;, bz{g ug]{ sfd

sflnsf b]jtfsf] wfd .

;f]n' / dfOsf lt/lg/ sfnL t'n;fO{

sfnL hf] t'n;}sf] la?jf ag] x}

Ps} / kft] t'n;f t bf];/L kft] eO{ u}l5g\

bf];/L kft] t'n;f t t];/L kft] eO{ u}l5g\ .

uf]s'n vf]Hof}F dy'/f vf]Hof}F, vf]Hof}F j[Gbfjg

;f/f ;+;f/ vf]hL ;Sof}F s[i0f sxfF 5g\

/fw] /fw] s[i0f s[if0 hkf}F dg}df

5}gg\ s[i0f hfg'eof] j[Gbfjg}df .

± ± ±

od'gfsf] gLnf] hn s[i0f g'xfpg]

xftdf j+zL lz/df d's'6 slt ;'xfpg]

/fw] /fw] s[i0f s[i0f hkf}F dg}df

5}gg\ s[i0f hfg'eof] j[Gbf jg}df .

x/ x/ uËf dfO{, x} x/ x/ uËf dfO{

uËf / dfO{sf lz/df dxfb]jsf h6f

dxfb]jsf h6faf6 alxg\ uËfdfO{ .

x/ x/ uËfdfO{ x} x} x/ x/ uËfdfO{

uËf / dfO{sf tL/lg/ elQm / dfO{sf] dlGb/} aGof]

gf/fo0felQm / dfO{sf] dlGb/} aGof] x} .

;|f]t M s[i0f lg/f}nf, jif{ –&)

;Nofg # kw]/fkfl/

**kj{uLt**

**tLh] uLt**

afx|ah] 3/ cfxpFbf h'7f ef8f n8]sf]

s] sfd nfUof] afaf d}n] aL=P= k9]sf] .

bfh' / efOnfO{ O:s'n sn]h k9fpg]

d Pp6L 5f]/LnfO{ 3fF; s6fpg] .

± ± ±

5f]/fnfO{ sfkL / snd lslGbg]

d Pp6L 5f]/LnfO{ 8f]sf] a'lGbg] .

± ± ±

;fg}b]lv 3fF; bfp/f 5'g kfOg lstfa

Pp6} sf]vsf 5f]/f5f]/L s:tf] lg;fkm .

 ;|f]t M dGh'/f lg/f}nf, jif{ – $)

;Nofg #

jif{ lbgsf] tLhdf afaf lng cfxpg' ef]

k7fPgg\ :jfdLhLn] kmsL{ hfg'ef] .

± ± ±

tLhsf a]nfdf ;a} hfG5g\ dfOt

cfk\mgf] dfOtL d'ª\nfgkfl/ 5}g ;fOt .

± ± ±

tLhsf a]nfdf hfg'k¥of] d]nfdf

d} 5f]/Lsf] cfF;' v:of] b}nf 7]nfdf .

af/Lsf l8n}df a;] s¥ofªs'?ª

ah} eft} lblG5g\ efF8} v¥ofªv'?ª

kfgL k¥of] k¥of] skfn}df ln;f]

ah} ltx'g lblG5g\ 8f8' dfq} lr;f]

af/Lsf l8n}df al;uP/ sf]OnL

hlxn] hfpFnf dfOt tOn} vfpfnf rf}OnL

 ;|f]t M sNkgf 9'ª\ufgf, jif{ – %^ .

 ;Nofg # rfkfufpF

gk9]sL r]nLnfO{ k9]sfnfO{ lbg'ef]

afaf / cfdfn] kfk lng'ef]

cª\u|]hLdf b"wnfO{ eGbf /x]5g\ ldlns

ga'e]m/ d}n] x]/+] d'vdf lklnSs

cª\u|]hLdf kfgLnfO{ eGbf /x]5g\ jf6/

ga'e]m/ d}n] NofPF sfFrf] s6/ .

;|f]t M j]bdfof lg/f}nf, jif{ –%%

;Nofg #

3/dfly :s"n 3/d'lg k;n

 xh"/sL a'xf/L ;fx|} c;n

 c;nsf] gfddf s:of/ nfpg hflGbg

 s';L{ 6]an geO{sg a:g hflGbg .

± ± ±

 tLhsf] a]nfdf dfOt ghf a'xf/L

 /ftf] ;f/L NofOlbpFnf dg} p3f/L

 /ftf] ;f/L nfOFb}g gfRg klg uOFb}g

 xfd|f afaf cfpFbfv]/L /f]Sg kfOFb}g .

 ;|f]t M t'n;f sfsL{, jif, $%, ;Nofg #

laxfg} pl7l5g\ xftd'v wf]Ol5g\

v]tdf kfgL nfpg uOl5g\ al/n} .

± ± ±

3/ hfG5' eg]/ clncf]/ cfOl5g\

dflya8 k}/f] cfO{ k'¥of] al/n} .

± ± ±

/ftf] lyof] u'lgprf]nf] /ft} lyof] l/ag

;q jif]{ 6'x'/Lsf] uof] hLjg .

;|f]t M sNkgf 9'ª\ufgf, k"j{jt\

­efOn] eGbf] xf]nf cfh lbbL vf]O{

a'xf/L eGbL xf]nL aNn 3/ uf]O{ .

7'nf bfh' eGg'x'G5 cfO=P=aL=P= k9fpF5'

7'nL efph" eGg'x'G5 lstfa 89fpF5' .

cf]xf]/L bf]xf]/L /fof] d'nf /;sf

h]7fh' l/;fpF5g\ skfn sf]g{ a:bf .

skfnsf] k'mlnof d} v]jf lbpFnf

;n;nL tfl/b]pm dfhL, ;n;nL tfl/b]pm

xfd/] ;;'/f vf]hg cfpnfg\

b]lvg elgb]pm dfhL, b]lvg elgb]pm

cfPF5' eg] crf/} ;fFbL NofOlbpFnf dfhL

ef]n}{sf] kft}df .

 ;|f]t M kmflnsf lg/f}nf, jif{ –$$

 ;Nofg #

 **b]p;L–e}nf] uLt**

**e6\6\ofpg] ;d"x**

x] xl/0fLnfO{ b]p;'/]

x] kmf]/kmf/ b]p;'/]

x] x]bf{ x'FbL b]p;'/]

x] xl/0fL t b]p;'/]

x] ule{0fL /l5 b]p;'/]

x] eGbf x'FbL b]p;'/]

x] sfG5f] efEOn] b]p;'/]

x] eGg nfUof] b]p;'/]

x] ca eg] b]p;'/]

x] kfk} nfU5 b]p;'/]

x] egLsg b]p;'/]

x] dfk}m dfu] b]p;'/]

x] lji0f' lji0f' b]p;'/]

x] s]nfO{ lji0f' b]p;'/]

x] efj lji0f' b]p;'/]

x] tLy{ lji0f' b]p;'/]

x] jg} lji0f' b]p;'/]

x] eGbfv]/L b]p;'/]

x] dfk}m kfP b]p;'/]

**e6\6\ofpg]**  **;d"x**

x] o;} 3/sf b]p;'/]

x] lktfhLn] b]p;'/]

x] 9'Ëf 5'Fbf b]p;'/]

x] ;'g} xj; b]p;'/]

x] df6f] 5'Fbf b]p;'/]

x] cGg} xj; b]p;'/]

x] o;} 3/sf b]p;'/]

x] ufO{ uf]7 b]p;'/]

x] e};L uf]7 b]p;'/]

x] km:6fpFb} hfcf];\ b]p;'/]

x] k/]jf kG5L b]p;'/]

x] p8\bf v]/L b]p;'/]

x] ;"h]{ 5]n"g\ b]p;'/]

x] lrtfPsf] b]p;'/]

k'Ub} hfcf];\ b]p;'/]

;|f]t M eLdgfy sfkm\n], jif{ $)

;Nofg @ :oflvg]

of] 3/sL cfd} s:tL 5g\ <

rGb|d'xf/h:tL 5g\

of] 3/sf] rfnf s:tf] 5 <

b/af/sf] h:tf] 5

x] cf}+;Laf/f], ufO{ltxf/f] e}nf[\] .

 ;|f]t M a;'dgf lg/f}nf, jif{ – @\*

 ;Nofg #

**sd{uLt**

 **c;f/] uLt**

5'k'df 5'k' wfgnfO{ /f]Kg xftdf aLp lbpFnf

c¿nfO{ lbpFnf af]nL / jrg dfofnfO{ hLp lbpFnf .

± ± ±

eft}nfO{ kfsf] n} u'b'u'b' bfnf kfSof] nofn'

vf]hL x} d/] kfpg]df 5}gf} dh;tf] dfofn' .

;|f]t M s]zj g]kfnL, jif{ –#(

;Nofg # j/8fF8f

lxdfn}r'nL Tof] kNnf]kl§ ?v dfq} l;lqmG5

hg}sf] 8f]/f] b'MvLsf] 5f]/f] dg dfq} lalu|G5 .

c;f/df;sf] l5kl5k] lxnf] l5 dnfO{ l3g nfUof]

kftnL gfgLnfO{ u'lgpF lsGbf 5aL; Cg nfUof] .

s]zj g]kfnL, k"jj{t

wfgnfO{ /f]Kg' n} 5'k'5'k' cfnLdf d'ludf;

5f]/fnfO{ eg] c+z / a08f 5f]/LnfO{ algaf; .

P x === x} dflynfO{a8 sf] dfG5] em¥of]

nfv'/] kfv'/]

nfv'/] kfv'/] P x === x}

cfhsf] d]nf] yfnf] x} gf/fg

P afaf 7fs'/] .

P x === x} tfdfs} 8fnL tfdfs} cf/L

tfdfs} s'lkof

tfdfs} s'lkof x === x}

/ft}nfO{ k¥of] ‰ofpFls/L af:of]

labf b]pm d'lvof .

;|f]t M ;Ltf sfkm\n], jif{ –#%

;Nofg #, s'Os]naf/L

P x ==== x} ;'g}sf] dfgf] ;'g}sf] kfyL

;'g}sf] ;sf/L

;'g}sf] ;sf/L x ===== x}

afafsf] ;]/f] Ps d'/L d]/f]

afFwf}F x} esf/L .

P x ==== x} ;'g}sf] dfgf] ;'g}sf] kfyL

;'g}sf] ;sf/L

;'g}sf] ;sf/L x ===== x}

afafsf] ;]/f] Ps d'/L d]/f]

afFwf}F x} esf/L .

;|f]t M ;Ltf lg/f}nf, jif{ – #%, ;Nofg #

P x === x} ufO{sf] lsnf], e'OF;Lsf] lsnf]

sLnfsf] sLn} 5

sLnfsf] sLn} 5 x === x}

/f]kfx/] vfhf afF8'Fnf eGy]

xft d]/f] lxn} 5 .

;fgf]df ;fgf] ufO{sf] af5f] jg r5{ rb}{g

d sGg] s]6f ltdL sGg] s]6L dg k5{ kb}{g .

;|f]t M o'j/fh lg/f}nf, jif{ – @(

;Nofg # kw]/fkfl/

**bfOFuLt**

nIdLsf] 5f]/f] a/bf] xf] ===

sfdw]g'sf] gflt

lxF8\g nflu;\ lg ===

`` d]/f] a/bf] xf] ===

wfg k/fndfly .

ldx]sf 6'Kkfdf a/bf] xf] === x}

al;xfNof] s}nL

cfhsf bFof/]nfO{ d]/f] a/bf] xf] ===

rfd|]sf rf]OnL .

cvnLsf] avnL a/bf] xf] === x}

cfnLsf] 5]p

uf]? wkfpg] s]6fnfO{

d]/f] a/bf] xf] ===

nfQn] b]pm .

ldx]sf 6'Kkfdf a/bf] xf] === x}

al;uof] ¿kL

kNnf] vnfsf bFof/]sf]

d]/f] a/bf] xf] ===

pv]nf}F ls 6'KkL .

sfGnfsf v?sL a/bf] xf] === x}

vf]hL–vf]hL vfpFnf

olt bfOF ;s]/

d]/f] a/bf] xf] ===

vs}{df hfpFnf .

cfsfz}df x]/ a/bf] xf] === x}

lemlnldnL tf/f

s;f] u/L 5'6fpnf;\

d]/f] a/bf] xf] ===

nfu]sf] ef/f .

ldx]sf 6'Kkfdf a/bf] xf] ======== x}

 al;uof] ¿kL

 kNnf] vnfsf] bFof/]sf]

 d]/f] a/bf] xf]

 pv]nf}F ls 6'KkL .

;|f]t M gf/fo0f 9'ª\ufgf, jif{ – %!

;Nofg # rfkfufpF

**;+:sf/uLt**

**/Tof}nL uLt**

vf]hL vf]hLn] nf6f] vf]hL vf]hLn]

a]x'nfsf cfkmGtnfO{ /f]hL /f]hLn]

;Nofgsf 8fF8fdfly wfg s'6]sf] 9'6f]

gvfpFm eg] s/} nfU5 /fn] kf]Osf] h'7f]

kfgL k¥of] bs]{n] ?emfof]

cfk}m /f]of] cfk}m dg a'emfof] .

vf]nf kf/L d dfof nfpFlbg

avf{ nfUof] cfO/g kfpFlbg .

;Nofgsf] 8fF8} 8fF8f 9NSof] tLt]kftL

/fd|f /fd|f t?gLsf kf]O d/]s} hftL .

vfof], vfof] s] vfof] v}/}n]

kfkL 8fF8f nu]5 k}/}n] .

;|f]t M sdnf sfsL{, jif{ – ^)

 ;Nofg # ;fk]rf}t/f

 **l;nf]s**

3/ufpF M sxfFaf6 cfPp hgtL dgtL sxfF;Ddsf] bfp

 w/tL td/] efGh]a'xf/L s]df 6]sL cfPp kfp

hlGt M 3/af6 cfof}F hgtL dgtL oxLF;Ddsf] bfp

w/tL xfd/] efGh]a'xf/L …lji0f'–lji0f'Ú egL 6]sL cfPpF kfp

3/ufpF M t'n;Lsf] lnËf] ;ft} 7fpF afËf] ;ft} 7fpF nfof] r/Ln] u'F8

 loglog r/Lsf] s] xf] gfpF nfpF5f} cy{ ls 5f]8\5f} 7fpF

hlGt M t'n;Lsf] lnËf] ;ft} 7fpF afËf] ;ft} 7fpF nfof] r/Ln] u'F8

 loglog r/Lsf] xL/fdf]tL gfpF nfof}F cy{ 5f]8\b}gf}F 7fpF .

 sxfFaf6 cfPp hgtL dgtL sxfF a:5f} af;

cl3 vfsf k'm/f}nf 3fF6Ldf c8\s] sxfFaf6 k]m5f}{ ;f; .

3/ufpF M sxfFaf6 cfPp hgtL dgtL sxfF;Ddsf] bfp

 w/tL td/] efGh]a'xf/L s]df 6]sL cfPp kfp

hlGt M 3/af6 cfof}F hgtL dgtL oxLF;Ddsf] bfp

 w/tL xfd/] efGh]a'xf/L …lji0f'–lji0f'Ú egL 6]sL cfPpF kfp .

 ;|f]t M dgaxfb'/ sfsL{, jif{ – %%,

/fd lg/f}nf, %(

;Nofg #

sxfF al:5g\, l;/L ;Ltf /fgL

sxfF a:5g\ nId0f /fd

 sxfF a;5g\ jL/ xg'dfg

sxfF a:5g\ rGb|df 3fd .

PsfGt:yndf t kf]v/L gf} e'OF;L t gf} gf} lyP

ltg\sf ;fydxfF t xfF; gf} gf} hDdf a;]s} lyP

xfF;\sf ;fydf t k'mnf] gf} gf} hDdf eP x'g\ slt

o;sf] cy{ atfpm kl08thL xf] /]vf g5f]8L /tL .

P Kof/L ltdL uof} ca stf kf/]/ z"Go hut\

Kof/L uP t d s;f] u/L a;"F ag]/ b'MvL kmut\

kfkL sfn p7]/ g} nlulbof] kfl/ cFWof/f] lt/

7'nf] af]em le/fOlbO{sg uof} af]Sb} 5' dg\df kL/ .

;|f]t M xl/ sfsL{, jif{ – %%

 ;Nofg @ k'/fgfufpF

 **afng**

xf] hgs Clifn] j|t} / a;], lbP x} xf] sGofbfg

ltn / s'z;lxt kfgL ;dft], /fd Ho"n] ;dft] x} xf] xft .

 ± ± ±

xf] aQL; nfvsf uxgf lyP, sk8' lyP x} ;f/L

uxgf klx/L ;Ltf/fgL al;g\ ax't} dflgg\ x} xf] ef/L

xf] xftdf l;Gb"/ /fdHo"n] lnP, ;Ltfn] yflkg\ x} dfy

lz/df l;Gb"/ /fdHo"n] lbP, l;Gb"/ nfOl6P 6Lsf .

;|f]t M;]taxfb'/ k/fh'nL, jif{ – ^(

;Nofg # bf]bL

bz/ynfO{ k'q hGd] xs{a9fOF

x} cof]Wofdf eO{ / uof] xs{a9fOF

xs{a9fOF xl/ xs{a9fOF

ck'qnfO{ k'q hGd] xs{a9fOF .

xf] /fdgf/fo0f lji0f' eujfg\

O:;f]/ x'g\ tLg} nf]ssf bftf

P;} u[x cfugdf v]ng cfof}F

lji0f'–lji0f' w/tL dftf .

 ;|f]t M eujtLk|;fb lg/f}nf, jif{ –%)

;Nofg #

b]jbfgfjn] 38]/L vg"g\, h};L lhk"n] hf]lt; ug"g\

slt Clif a;L 38]/L x]/], spg] xf] h};L hl;nf

;f]x| s]lif a;L 38]/L x]/], cs'6 h};L hl;nf

spg] / 7fpFsf] 38]/L x]/]p, spg] 7fpFsf] v]tL

xf] pRrf / 7fpFsf] 38]/L x]l/o"F, lgRrf / 7fpFsf] v]tL

sxfFdf xf]nf 38]/L t/ sfxfF xf]nf v]tL, sfxfF xf]nf z'ef] 7fpF

spg] / nugdf vDaf hf] u8fPp, slt jif{sf] cfo'

xf] >L z'ef] nugdf vDaf hf] u8fo"F, P3f/ xhf/ jif{sf] cfo' .

dflngLn] NofPsf b;} y'Fuf k"mn

bz/yn] xft}df lnP

;'g g ;'g gf/bd'lg Ps lagtL n]pm g

xfd/f u[xdf afng x'G5 afng] lgDtf ul/b]pm g

b;} y'Fuf k"mn lnO{ gf/b uP, k'u] x} afng]sf 3/

;'g g ;'g afng] e}of, Ps ljgtL n]pm g

bz/ysf u[xdf afng x'G5 afng] lgDtf ul/b]pm g

gf/bn] lbPsf b;} y'Fuf k"mn vlnkfn] xft}df lnP

k"mn} lnO{ vlnkf uP, k'u] x} afng]sfxfF

;'g g ;'g afng] efO xf] Ps lagtL n]pm g

/fhf bz/yn] k"mn} hf] lbP of] k"mn lz/}df nfpm g

bz/ysf 3/df afng x'G5, afng v]ng hfcf}F g .

xf] >L z'e sf7sf an} hf] dfly w"kL sf7sf 8fF8f

w"kL x} sf7sf 8fF8f hf] dfly spg] x} sf7sf ef6f .

;|f]t M w|'j lg/f}nf, jif{ – $!

;Nofg # tNnf6f]n

**;Gbe{;fdfu|L**

lu/L, lxdfn -@)^%\_, *;f]n'v'Da' ;+lIfKt kl/ro,* sf7df8f}FM ;f]n' u0ftflGqs d~r.

uf}td, g]qdl0f -@)&)\_,*lhNnfsf] ultljlw*, ;f]n'v'Da' .

l3ld/], s[i0fk|;fb -@)$%\_, ænf]suLtsf] kl/efiff / juL{s/0fÆ, *s'l~hgL* -;flxTo ;dfnf]rgf ljz]iffª\s\_, %M#, k[= !$–!( .

k/fh'nL, s[i0fk|;fb -@)&%\_, *g]kfnL nf]suLtsf] cfnf]s,* sf7df8f}F M jL0ff k|sfzg .

k/fh'nL, df]tLnfn, / lu/L, hLj]Gb|b]j-@)^\*\_*, g]kfnL nf]s;flxTosf] ¿k/]vf,* nlntk'/ M ;femf k|sfzg .

aGw', r"8fdl0f -@)%\*\_, *g]kfnL nf]s;flxTo*, sf7df8f}F M Pstf k|sfzg .

af:tf]nf, 8'kms'df/ -@)&%\_, *g]rf;Nofg ufpFkflnsfsf] k|ult k':ts*, ;f]n'v'Da' M g]rf;Nofg ufpFkflnsf sfof{no .

ndh]n, /ljdfg -@)&!\_,*;u/dfyf c~rnsf] ;flxTos a]lnlj:tf/*, pbok'/ M cfj[lt 5fkfvfgf .

zdf{, df]xg/fh / n'O6]n, vu]Gb|k|;fb -@)^#\_,*nf]sjftf{lj1fg / nf]s;flxTo*, sf7df8f}F M ljBfyL{ k':ts e08f/ .

>]i7, bof/fd -@)$!\_,*k||f/lDes sfnsf] g]kfnL ;flxTo M Oltxf; / k/Dk/f,* sf7df8f}F M lq=lj= kf=lj=s]= .