**t08'sf/ 3/fgf / g]kfnL zf:qLo ;ËLt**

;/f]hgL t08'sf/

;x k|fWofks, ;ËLt ljefu

kßsGof ax'd'vL SofDk;

*rajani\_ac@hotmail.com*

**n]v;f/**

*g]kfnL zf:qLo ;ËLtsf] Oltxf;df t08'sf/ 3/fgfsf] e"ldsf 7"nf] 5 . ;ËLt If]qdf t08'sf/x? p:tfbsf] gfdn] lr/kl/lrt 5g\ . sf7df8f}Fsf] efF]l;sf]6f]n p:tfbx¿sf] pb\ud :yn xf] . v';M hftn] klg kl/lrt logLx¿sf] d'Vo k];f s[lif xf] . a'4sfndf slknj:t'sf] cf;kf; b]jbxaf6 sf]nLo / zfSox¿ efu]/ pkTosfsf] vf]nf 5]p5fpdf a;f]af; u/]sf lyP . lo g} sf]nLox¿n] 3/hd u/]sf] 7fpF ePsfn] sf]nLou|fdaf6 lxhf]cfhsf] s'l/of uf+ x'g uPsf] xf] . sf]nLox¿n] g} ;j{k|yd wfg nufpg lap / gofF k|ljlw ckgfO{ rfdnsf] sfd u/]sf]n] ;+:s[tsf] t08'naf6 t08'nsf/ eO{ kl5 t08'sf/ ePsf x'g\ . sfdf¿sfdfIfaf6 /ftf] dlR5Gb|gfy af]s]/ Nofpg] /yrqm nlnt Hofk'nfO{ k"j{h dfGg] t08'sf/x¿ hfqfkj{, k"hfkf7, uLt ;ËLttkm{ klg bvn ePsfn] lnR5jL /fhfn] nfndf]x/ nufO{ sfM afhf ahfpg] clwsf/ t08'sf/nfO{ lbPsf lyP . oBlk dlR5Gb|gfysf] hfqfdf t08'sf/x¿n] ;j{k|yd /y tfg]/ pQm hfqfsf] ;'ef/De ug]{ rng /x]sf] 5 . o;/L ;+:s[lt / ;ËLtsnfnfO{ cfTd;ft\ u/L cufl8 a9]sfn] g} logLx¿ zf:qLo ;ËLtk|lt cfslif{t ePsf b]lvG5g\ . o;}sf] kl/0ffd :j¿k ul/dfdo 3/fgf sfod ug{ ;kmn ePsf x'g\ . k|fKt hfgsf/L cg';f/ jL/eLd;]g t08'sf/b]lv p= gf/fo0fk|;fb t08'sf/;Dd kfFr÷5 k':tfsf] cWoogaf6 b]zleq dfq geO{ ljb]zdf klg t08'sf/x¿n] of]ubfg k'¥ofPsf a'lemG5 . b]z tyf ljb]zaf6 pgLx¿n] k|fKt u/]sf k'/:sf/, k|df0f kq, kbs, k|z+;fkq, uLt /]s8{ of] ;Gbe{nfO{ k'li6 ug{] k|df0f x'g\ . ljBfno tyf ljZjljBfnodf xfn sfo{/t tyf cjsfzk|fKt lzIfs tyf k|fWofksx¿ pTkfbgdf of] 3/fgfsf] 7"nf] b]g 5 . o; 3/fgfn] k'¥ofPsf of]ubfgsf ljifodf j}1flgs tyf Jojl:yt 9Ën] ljZn]if0f u/L tof/ kfl/Psf ;fdu|Lx¿ cfh;Dd klg k|fKt x'g ;s]sf 5}gg\ . o; ljifodf uxg cWoog cg';Gwfg ePsf] b]lvFb}g . of] g} o; If]qsf] 7"nf] ;d:of xf] . pQm If]qsf] cWoog, lrgf/L tyf ;d:ofsf] ;Daf]wg ug]{ k|d'v p2]Zosf ;fy t08'sf/3/fgf / g]kfnL zf:qLo ;ËLt zLif{ssf] of] n]v tof/ ul/Psf] xf] .*

zAbs'l~hsf M t08'sf/ 3/fgf, zf:qLo ;ËLt, p:tfb, sfM afhf, v';M

**!= k[i7e"ld**

k"j{ d]rLb]lv klZrd dxfsfnL, pQ/df lxdfnob]lv blIf0fdf t/fO{;Dd a;f]af; ug]{ cflbjf;Lx¿df g]jf/ klg Ps xf] . d'n'sel/ l56km'6¿kdf of] hfltsf] a;f]af; kfOG5 . oBlk k|d'v af;:yfg eg] pkTosf g} xf] . xhf/f}+ jif{ cl3b]lv pQ/df ltAat / Nxf;f;Fusf] Jofkf/sf] af6f] pkTosf g} ePsf]n] g]jf/x¿ Jofkf/, pBf]uwGbf, snfsf}zn, ;flxTo / ;ËLtdf kl/kSj eO{ c¿ hfltsf] bfFhf]df w]/} g} ;Eo ;';+:s[t ePsf] b]lvG5 - t08'sf/, @)^&, k[= !$\_ . sf7df8f}F pkTosf bxsf] ¿kdf 5Fbf g} bxsf] jl/kl/ a;f]af; ug]{ hflt g]jf/ g} lyP -ah|frfo{, @)^\*, k[= %#\_ . kl5 rLgaf6 d~h'>L cfP/ pkTosfsf] kfgL rf]ef/sf] 8fF8f sf6]/ aflx/ k7fO{ a:tL a;fnL zf;g ug]{ klg klxnf] /fhf wdf{s/ g]jf/ g} lyP - t08'sf/, @)^&, k[= !$\_ .

zs ;Djt \*!!, g]=;+=(, O{=;+=\*\*( df ef/tsf] s0ff{6s b]zsf /fhf gfGob]jn] sflGtk'/ / nlntkQgsf /fhf hob]j dNn / eQmk'/sf /fhf cfgGb dNnnfO{ x/fO{ b]zlgsfnf ubf{ /fhf gfGob]j;+u gfo/f lgjf;L a|Xdk'q;lxt ljzfn ;]gf cfPsf lyP . pgLx¿n] a;f]af; u/]sfn] gfo/faf6 g]jf/ ePsf] ljZjf; ul/G5 ->]i7, g]=;+=!)\*\*, k[= \*\*–\*(\_ .

g]jf/ hfltsf] pTklQsf] ljifo 6'ª\uf] nufpg g;s] tfklg lxhf]cfhsf] g]jf/x¿ Pp6} hfltaf6 cfPsf xf]Ogg\ eGg]df ;xdt ePsf] b]lvG5 -t'nfw/, @)%&, k[= $\_ . logLx¿sf] efiffdf ltAatL, d}lynL, cfo{g, OG8f]cfo{g, ald{h h:tf efiffsf] ld>0f ePsf]n] g]jf/ hfltsf] pTklQ log} hflt ljz]ifaf6 ePsf] dfGg' kb{5 . s[lif g} d'Vo k];f ckgfP/ a;]sf g]jf/x¿ Jofkf/, pBf]u, ;ËLt, snf tyf lgdf{0f;DaGwL sfd ug]{ -craptus\_ h:tf k]zfdf klg plQs} dxÎj lbG5g\ . of] hfltsf] cfˆg} efiff, lnlk tyf ;+:s[lt 5 - t08'sf/, @)^^, k[= !\_ .

Psflt/ ef/tsf] gfo/faf6 g]jf/ ePsf] xf] elgG5 eg] Oltxf;sf 1ftf k'/ftTjljb\sf cg';f/ g]kfnsf] pQ/ / blIf0f efuaf6 cfPsf uf]kfnj+zL, ls/fFtj+zL, lnR5jLj+zL, sf]nLo, zfSo, dNn, s0ff{6sj+zx¿sf] ld>0faf6 g]jf/ hfltsf] pTklQ ePsf] klg dflgG5 -t08'sf/, @)^&, k[= !\_ . csf]{ dtcg';f/ afudtL gbLsf] cf;kf; sl/a !^x@) dfOn If]qkmndf a;f]af; ug]{ g]jfM, g]jfª, g]jfxfª hflt dËf]lnog hfltaf6} cfPsf] cfhsf k':tf x'g\ -t'nfw/, @)%&, k[= $\_ .

o;/L ljleGg hflt / efiffsf zAbx¿af6 cke|+z eO{ g]jf/ ePsf] elgP tfklg logLx¿ c¿ hflteGbf ;Eo, lzlIft / ;DkGg g} b]lvG5g\ . O{=;+= @)!! sf] hgu0fgfcg';f/ g]kfnsf] s'n hg;+Vof @^$($))) df g]jf/x¿sf] hg;+Vof !#@!(## -#=%)Ü\_ /x]sf] 5 -l;+, @)!%, k[= !&\_ . log} g]jf/ hfltcGtu{t kg]{ v]tLkftLnfO{ g} d'Vo k];f agfP/ pkTosfdf a;f]af; ub}{ cfPsf hfltx¿dWo] Hofk' hflt;Fu ;DalGwt t08'sf/ klg xf] .

pkTosfsf k|yd cflbjf;Lsf ¿kdf lrlgg] t08'sf/ hfltn] cfˆg} k/Dk/f, ;+:s[lt, /Lltl/jfhnfO{ xfn;Dd oyfjt\ sfod ub}{ cfPsf 5g\ . /}tLb]lv b/jf/;Dd cfˆgf l;k, gofF k|ljlw / snf sf}znsf dfWodaf6 :jl0f{d Oltxf; :yflkt ug{ ;kmn t08'sf/ hfltnfO{ g]jf/Ldf v';M klg elgG5 - t08'sf/, @)%(, k[= !\_ .

logLx¿nfO{ sf]nLo klg elgG5 . sf]nLox¿ slknj:t' cf;kf;sf] b]jbxaf6 a;fOF ;b}{ pkTosfdf k|j]z u/]sf x'g\ . a'4sf] kfnfdf sf];n g/]z lj9'bj+n] slknj:t' / b]jbxdf cfqmd0f u/]kl5 sf]nLox¿ pkTosfdf efu]/ cfPsf lyP . To;}n] pgLx¿n] a;f]af; u/]sf] :yfgnfO{ sf]nLou|fd eGg yfn] . kl5 sf]nLou|fd g} cke|+z eO{ xfnsf] s'l/of uf+ ag]sf] xf] . log} sf]nLox¿n] g} wfgsf] lap;lxt gofF k|ljlw leœofPsf lyP . ;+:s[t efiffdf rfdnnfO{ …t08'nÚ elgG5 . o;/L t08'nsf] sfd ug]{ ePsfn] t08'nsf/af6 kl5 t08'sf/ ePsf] xf] . sf]nLox¿sf] d'Vo k];f kz'kfng eP tfklg pkTosf k|j]z ;Fu;Fu} wfg /f]k]/ rfdn agfpg] gofF k|ljlwsf] k|of]un] v]tLnfO{ g} d'Vo k];f agfPsf] b]lvG5 . oltdfq geO{ tfgaf6 sk8f a'Gg], wft'snf, jf:t'snf, ;ËLtsnf cflb ;+:s[ltnfO{ klg ;Fu} NofO{ ;';+:s[t / ;Eo ;dfh lgdf{0f u/]sf x'g\ -zfSo, @)%!, k[= ^%\_ .

**@= cWoogsf] ;d:of**

sl/j 8]9 b'O{;o jif{ cl3b]lv zf:qLo ;ËLtdf nfu]/ t08'sf/ 3/fgf sfod ug{ ;kmn jL/eLd;]g t08'sf/sf j+zhn] g]kfnL zf:qLo ;ËLtsf] ljsf;, k|rf/ k|;f/ tyf pGgogsf] nflu 7"nf] of]ubfg k'¥ofof] eGg] af/] w]/yf]/ hfgsf/L k|fKt eP tfklg j}1flgs / Jojl:yt 9Ën] ;dLIff ug{ ;lsPsf 5}gg\ . of] ljifo g} o; If]qsf] k|d'v ;d:ofsf] ¿kdf /x]sf] 5 . oxL ;d:ofsf] kl/k"lt{sf lglDt k|:t't n]v tof/ ul/Psf] 5 . ;d:ofx¿ lgDg k|sf/sf 5g\ M

s\_ g]kfnL zf:qLo ;ËLtdf t08'sf/ 3/fgf sfod ug{ ;Dk"0f{ hLjg latfpg] p:tfbx¿sf] plrt d"NofÍg x'g g;Sg'' ,

v\_ wd{, ;+:s[lt tyf snfIf]qsf] pGglQ / hu]gf{ ub}{ cfPsf cflbaf;L t08'sf/ af/] b]z ljb]zdf hfgsf/L u/fpg g;Sg' .

**#= cWoogsf] p2]Zo**

t08'sf/ 3/fgf / g]kfnL zf:qLo ;ËLt lzif{ssf] o; n]vsf] k|d'v p2]Zo cfhLjg zf:qLo ;ËLtdf ;dlk{t eO{ t08'sf/ 3/fgf agfpg ;kmn p:tfbx¿n] cfˆgf] hLjgsfnsf] cf/f]x cj/f]xdf u/]sf ;ª\3if{ ;'v b'Mv tyf o; ljifosf] pGgogsf] nflu ef]Ug' k/]sf afwf, Jojwfgx¿sf] ;dLIff ug'{ xf] . o; n]vn] plNnlvt ljlzi6 p2]Zo kl/k"lt{ u/]sf] 5 . cWoogsf p2]Zox¿ lgDgadf]lhd 5g\ M

s\_ g]kfnL zf:qLo ;ËLtdf t08'sf/ 3/fgf sfod ug{ ;Dk"0f{ hLjg latfpg] p:tfbx¿sf] plrt sb/ u/fpg] ,

v\_ wd{, ;+:s[lt tyf snfIf]qsf] pGglQ / hu]gf{ ub}{ cfPsf cflbaf;L t08'sf/ af/] b]z ljb]zdf lrgfpg] .

**$= cWoog ljlw**

k|:t't n]v zf:qLo ;ËLtdf 3/fgf sfod ug]{ t08'sf/x¿n] k'¥ofPsf of]ubfg ljifonfO{ JofVof tyf ljZn]if0f u/L tof/ kfl/Psf] xf] . o; ;Gbe{df sf7df8f}F ef]Fl;sf]6f]n lgjf;L p:tfbx¿n] zf:qLo ;ËLt h:tf] uxg ljifodf v]n]sf] e"ldsfnfO{ ljz]if ¿kdf ;dLIff ul/Psf 5g\ . o; n]vdf k|fylds tyf låtLos b'j} k|s[ltsf tYofÍ Pjd\ ;"rgfx¿ ;Íng tyf JofVof ljZn]if0f ul/Psf] 5 . cjnf]sg tyf cGtjf{tf{ ljlwsf] k|of]u u/L k|fylds tYofÍ ;Íng ul/Psf] 5 . låtLos tYofÍ Pjd\ ;"rgf ;Íngsf] nflu k"j{sfo{x¿sf] ;dLIff ul/Psf] xf] . ;du|df of] n]v u'0ffTds cg';Gwfgsf] 9fFrfdf cfwfl/t 5 .

**%= pknlAw**

o; cWoogdf pkTosfleq cflbjf;L hghfltsf] ¿kdf o'uf}Fb]lv a;f]af; ub}{ cfPsf g]jf/ hfltcGtu{tsf t08'sf/x¿sf] ;ËLtIf]qdf /xL cfPsf] of]ubfgsf] kl/ro u/]sf] 5 . :jb]zdf dfq geO{ ljb]zdf klg cfˆgf] snf sf}znåf/f g]kfn tyf g]kfnLnfO{ ;ËLtsf ufog, jfbg, g[To cflbdf uf}/jflGjt ePsf] 5 . k/Dk/fut ¿kdf ljleGg d7 dlGb/ u'7Lx¿sf] ;f+:s[lts lg/Gt/tf lbg ljleGg afhfufhf ahfO{ xfn;Dd klg cfˆgf] ;+:s[ltsf] ;+/If0f tyf hu]gf{ ul//x]sf] kfOG5 . t08'sf/x¿n] k':t}gL ¿kdf ljleGg b'Mvsi6 ;xFb} bogLo cfly{s cj:yfdf klg cfˆgf] l;k snfx¿ ljleGg hflt, hghfltx¿df x:tfGt/0f ub}{ ;fËLlts 3/fgfsf] ljzfn ;+/rgf ug{ ;Sg' klg g]kfnsf] nflu 7"nf] pknlAw tyf uj{sf] s'/f] dfGg' kb{5 . t08'sf/ 3/fgfn] ljleGg ljZjljBfno tyf ;ËLt lzIf0ffnox¿df k|fWofkg tyf k|lzIf0f sfo{df of]ubfg k'¥ofpFb} cfPsf 5g\ . o;nfO{ pQm 3/fgfsf 7"nf] of]ubfg dfGg ;lsG5 .

**t08'sf/ ;d'bfosf] lrgf/L**

t08'sf/x¿ a'4sfndf sf]nLo hfltsf] ¿kdf k|Voft lyP . sf]nLox¿ b]jbxaf6 efu]/ pkTosfdf k|j]z ubf{ ls/fFtx?sf] /fHo lyof] -cGtjf{tf{ M g/]Gb| a= t08'sf/\_ . kl5 hol:ylt dNnn] hflt ljefhg ubf{ Hofk'x¿sf] aQL; hftdWo] t08'sf/ hflt klg Ps ePsf] k|df0f Oltxf;df kfOG5 . rf}wf}F ztfAbLb]lv g} ljz]if1sf] ¿kdf rfdnsf] u'0f:t/ kQf nufpg] Ifdtf ePsfn] g]jf/L efiffdf v'j;M eGgfn] w]/} g} hfGg] cy{df v';M eg]sf x'g\ . o;/L rfdnsf] sfd ug]{ hflt ePsf]n] ;+:s[t efiffsf] t08'naf6 t08'sf/ ePsf] xf] -t08'sf/, @)%!, k[= ^@\_ . O{=;+= @)!! cg';f/ g]jf/x¿sf] s'n hg;ª\Vof !#@!(## s]jn #%%)) cyf{t\ @=^(Ü dfq t08'sf/sf] hg;ª\Vof /x]sf] kfOG5 -l;+, @)!%, k[= !&\_ .

g]kfn ;Djt $)$ /fhf g/]Gb|b]jsf] kfnfdf sl/a !@ jif{;Dd pkTosfdf jiff{ gx'gfn] ;Dk"0f{ b]zjf;Ldf xfxfsf/ dlRrPsf] lyof] . o:tf] l:yltdf nlnt Hofk'sf] ljif]z cg'/f]w / cfXjfgdf eQmk'/sf /fhf g/]Gb|b]j, sflGtk'/sf tflGqs aGw'bQ cfrfo{, :jo+ /yrqm el/ofsf] ¿kdf nlnt Hofk'sf] ;+o'Qm kxndf /ftf] dlR5Gb|gfynfO{ sfdf¿sfdfIf -clxn]sf] cf;fd\_ /fHoaf6 pkTosfdf NofPkl5 ef/L jiff{ ePsf] s'/f pNn]v 5 -t08'sf/, @)%(, k[= !\_ .

cf;fdb]lv /ftf] dlR5Gb|gfynfO{ af]s]/ Nofpg] nlnt Hofk' t08'sf/ hfltsf] k"j{h ePsfn] nlntk'/ s'De]Zj/ ‰jftfkf]nsf t08'sf/n] xfn;Dd klg pgsf] jflif{s >f4 c;f]h dlxgfsf] s[i0fcf}+;Lsf] lbg ub}{ cfO/x]sf 5g\ -cGtjf{tf{ M ;'bg v';M\_ . pgs} gfdaf6 nlntfk'/ ;x/sf] gfd /xg uPsf] xf] . h'g xfn nlntk'/sf] gfdn] k|Voft 5 . To;a]nf pgn] k|of]u u/]sf ;fdfgx¿ gf]n, kfg;sf] aQL / pgs} d'vfs[t d"lt{ xfn;Dd klg 9'Ëfsf] ¿kdf s'De]Zj/df b]Vg ;lsG5 -t08'sf/, @)%(, k[= @\_ . xfn;Dd klg k'Nrf]saf6 k|f/De x'g] dlR5Gb|gfysf] jflif{s /yf/f]x0f hfqfdf s'De]Zj/sf] t08'sf/x¿n] ;j{k|yd /y tfGg] rng /lxcfPsf] 5 -t08'sf/, @)%(, k[= #\_ .

k|To]s jif{ /fdgjdLsf] lbg :joDe"gfy r}Tosf] uh"/sf] tNnf] v08df :yflkt kmls{jftf cd's eujfg\sf] k"hf afhfufhf ;lxt ug]{ sfd s'De]Zj/s} t08'sf/x¿n] ub}{ cfPsf 5g\ . t08'sf/ ;dfhdf d[t z/L/nfO{ bfx;+:sf/sf] nflu 3f6lt/ nfg] qmddf k|frLg ;dodf sfM afhf ahfP/ nfg] rng lyof] . sfM afhfsf] Ps cnf}lss zlQmn] lg:sg] Wjlg :ju{sf] /fhf OGb|;Dd k'Ug] ljZjf; ul/G5 . ;d;fg 3f6 k'Ug'eGbf b'O{ ltg;o ld6/ cl3 sfM afhfdf /fu bLks ahfP/ To; jl/kl/sf] jftfj/0fnfO{ ttfpg] sfd x'GYof] . ha dnfdLx¿ 3f6df k'Uy] sfM afhfsf] cb\e"t Wjlgaf6 hldg lr/f k/L lg:s]sf] cfuf]sf] d':nf]n] bfx;+:sf/sf] sfd k"/f x'GYof] eGg] ls+jbGtL 5 -ld>, @)%(, k[= %&\_ . lnR5jL /fhfn] nfn df]x/ nufO{ t08'sf/ hfltn] dfq sfM afhf ahfpg kfpg] clwsf/ lbPsf] pNn]v 5 -t08'sf/, @)%!, k[= #,$\_ . sfM afhf wfld{s afhf klg xf] . dlR5Gb|gfy nufot cGo b]jb]jLsf] d]nf, hfqf, kj{x¿ sfM afhf ahfP/ ofqf ;'? ug]{ rng 5 . /0fjfBsf] gfdn] klg kl/lrt sfM afhf plxn] plxn] o'4sf] a]nfdf klg ahfOg] ul/GYof] -t08'sf/, @)%!, k[= $^\_ .

cfkm"nfO{ sfzL uf]q dfGg] t08'sf/x¿ ls/fFt lnDa" ;+:s[ltcg';f/ 5f]/L HjfOsf] ;GtfgnfO{ dfdf3/sf] k]jf ;DemL v';n eGby] . ToxL v';naf6 v';M ePsfn] t08'sf/x¿ ls/fFt hflts} kl/jf/ x'g\ eGg] ljZjf; klg 5 -pbo, @)%(, k[= \*\_ .

efiff j+zfjnLcg';f/ lnR5jLsfneGbf klg k'/fgf] hflt dflgg] t08'sf/ hfltnfO{ dNn /fhfsf] efG5fdf sfd ug]{ efG5]sf] ¿kdf lnOPsf] kfOG5 . Jo~hg agfpg] sfddf klg t08'sf/x¿ clt l;kfn' b]lvG5g\ . tof/ ePsf] ef]hg rfv]/ dfq /fhf sxfF k7fpg] ub{y] . of] s'/f rfn kfO{ /fhfn] :ofjf;L lbO{ rt'/ dfG5] cyf{t\ v'a hfGg] dfG5] egL v'j;M sf] ;+1f lbPsf]n] ToxL v'j;Maf6 v';M ePsf] xf] -t08'sf/, @)%!, k[= @\_ .

t08'sf/ hfltn] k'/]TofOFsf] sfd klg ub{5g\ . xfn;Dd klg t08'sf/n] s;fOFx¿sf] 3/df x'g] k"hf / >f4sf] sfd ;–;Ddfgk"j{s ub{} cfO/x]sf 5g\ . olt dfq geO{ j}Bsf] sfddf klg TolQs} lgk'0f{ b]lvG5g\ .

t08'sf/ hfltsf] k|d'v a;f]af; ynf] pkTosfleqsf k|d'v ;x/L If]q g} x'g\ . /f0ffsfn Pjd\ ;f]eGbf cl3 / kl5 g]jf/ hfltnfO{ ;]gf / k|x/L ;]jfdf etL{ lbOFb}gYof] . pQm df}sf kfpg ;x/L If]qeGbf aflx/sf t08'sf/x¿n] gu/sf]6L jf jfnf n]v]sf] kfOG5 -t08'sf/, @)%!, k[= %\_ . xfn;Dd klg k|zf;sLo pRr cf]xbfdf cfˆgf] kx'Fr k'Ug g;s] tfklg t08'sf/ hflt ;fËLlts If]qdf ;a}eGbf cufl8 a9]sf b]lvG5g\ . o;sf] ;Dk"0f{ >]o j8f g+= @$ ef]F;Lsf]6f]n lgjf;L t08'sf/ kl/jf/nfO{ hfG5 .

cflbdsfnb]lv k/Dk/fut z}nLnfO{ cufl8 a9fpg] sfddf u'7L, ehgu[x, ;‹;+:yf, r}To, u'Daf, d7, dlGb/, k':t}gL 3/fgf, u'? lzio k/Dk/f cflb ;lqmo /xFb} cfPsf 5g\ . o;} k':t}gL 3/fgfcGtu{t clxn];Ddsf] k|fKt hfgsf/L cg';f/ jL/eLd;]g t08'sf/sf] kl/jf/ g} cu|kª\lStdf cfpF5 - t08'sf/, @)%!, k[= @#\_ . ctM g]kfnL zf:qLo ;ËLtsf] Oltxf;df jL/eLd;]g t08'sf/sf] kl/jf/sf] b]gnfO{ :j0f{ cIf/n] n]lvg' kb{5 . t08'sf/ 3/fgfsf] ;'?jft k':t}gL tyf u'? lzio k/Dk/fcGtu{t o;} kl/jf/af6 lj:tf/ ePsf] kfOG5 .

**t08'sf/ 3/fgf**

u'? lzio k/Dk/fcGtu{t k':tf}+ k':tf;Dd emflËP/ km}lnFb} uPsf] ;ËLtsf ljleGg ljwf ufog, jfbg tyf g[Tosf jf:tljs cl:tTjnfO{ 3/fgf elgG5 . 3/fgf eg]sf] kl/jf/jfbeGbf klg u'? lzio k/Dk/fcGtu{t lbOg] lzIff tyf pQm ljifout k|ljlw xf] . lxhf]cfh 3/fgfsf] gfd lgzfgf d]l6Fb} uPsf] kl/k|]Iodf eGg' kbf{ s'g 3/fgfsf] ljz]iftfnfO{ sxfF s;n] hf]ufO /fv]sf] 5 eGg uf¥xf] 5 . klxn]sf ljljw 3/fgfx¿sf leGgleGg ljz]iftfnfO{ Pp6} ljBfyL{n] cg]sf}F 7fpFaf6 / w]/} u'?x¿af6 l;Sg], l6Kg] / cWoog ug]{ x'Fbf 3/fgfx¿sf] ljz]iftfx¿ Ps cfk;df ld;]/ 3'ldn x'g] x'Fbf 3/fgfsf] cjwf/0ff rf]vf] ¿kdf hLljt /x]sf] dfGg ;lsFb}g .

k|frLg 3/fgfsf ljz]iftfx¿ lgDgcg';f/ /x]sf] kfOG5 – cfnfk ug]{ 9ª\u, cfjfh nufpg] tl/sf, /fusf alGbzx¿df z[Ëfl/stf, dL8, s0f, d'sL{, v6\sf, uds tyf a9\tfsf sfdx¿, ljljw k]lrnf vfnsf nosf/Lsf] k|bz{g, cfˆgf] cfjfh tyf ufosLnfO{ ;'xfpg] vfnsf /fux¿ k|rLg 3/fgfsf] k|d'v ljz]iftfx¿ x'g\ . clxn]sf] ;"rgf k|ljlw tyf ljleGg gofF gofF k|ljlwx¿sf] ljsf; ePsf] ;Gbe{df ljB'tLo dfWod tyf ;"rgf ;~hfnaf6 gSsn u/]/ cfˆgf] :jtGq ufosL lgdf{0f ub}{ 5'§} k|ltefsf] ljsf; ul/g] x'Fbf 3/fgfsf] cl:tTj ;dfKt x'Fb} uPsf] 5 -cfrfo{, @)&), k[= ^#, ^%\_ .

g]kfnL zf:qLo ;ËLtsf] Oltxf;df t08'sf/ 3/fgfnfO{ s;}n] klg ljl;{g ;Sb}g . of] ;w}F hLjGt eO /xG5 . ;ËLt If]qdf t08'sf/x¿ p:tfbsf] ¿kdf kl/lrt 5g\ . ef]F;Lsf]6f]n lgjf;L jL/eLd;]gsf b'O{ 5f]/fdWo] efh'jL/ t08'sf/ h]7f x'g\ . pgsf sfG5f] 5f]/f wgjL/ ;ËLtlt/ nfu]sf] pNn]v 5}g . k|fKt hfgsf/L cg';f/ clxn];Dds} Oltxf;nfO{ s]nfP/ hfg] xf] eg] lj=;+= !\*() sf] bzsdf hlGdg' ePsf ufos efh'jL/ t08'sf/ g} klxnf] ufossf] ¿kdf b]vfkb{5g\ . pgsf afa'–a/fh'x¿ klg ;fob ufos tyf jfbs g} xf]nfg\ t/ clxn];Dd s'g} hfgsf/Ldf gcfPsf] / sxLFst} pNn]v klg gePsf]n] efh'jL/nfO{ g} klxnf] ufos x'g' kb{5 . o; ljifodf pgsf gflt p= gf/fo0fk|;fb t08'sf/ :jod\ g} cgle1 5g\ . p= gf/fo0fk|;fbsf cg';f/ efh'jL/ ufos dfq geO{ gfd'b kxndfg klg lyP . logL a]nfavt s':tL klg v]Ng] ub{y] . To;a]nf kxndfg efh'jL/ eg]kl5 sf7df8f}Fdf ;a}n] lrGby] -cGtjf{tf{ M p= gf/fo0fk|;fb t08'sf/, @)%$÷)#÷)%\_ .

**kl/jf/df 3/fgfsf] ljsf;**

;ËLt If]qdf ;+nUg t08'sf/3/fgfsf] k|yd JolQm p= efh'jL/ x'g\ . tTsfnLg g]kfnsf] ;fËLlts If]qdf pgL Ps cToGt k|Voft p:tfb lyP . pgsf ;a} 5f]/fx¿ klg ;ËLt If]qdf gfd sdfPsf k|l;4 ;ËLt1s} ¿kdf :yflkt b]lvG5g\ . efh'jL/sf jL/axfb'/ -;/f]bjfbs \_, >Laxfb'/ - afO;tf/] ;f/ËLjfbs \_, uf]kfnaxfb'/ - l;tf/jfbs \_, s'j]/axfb'/ -;/f]bjfbs \_, phL/ - zf:qLoufos \_ / ab|Lgfy t08'sf/ - tjnfjfbs \_ ul/ 5 hgf 5f]/f lyP . tL ;a} 5f]/fx¿n] cfˆg} a'afaf6 ;fg} pd]/b]lv ;ËLtEof; u/]sf] pNn]v kfOG5 . 5f]/fx¿ dfq geO{ gflt–gfltgf, kgflt, vgfltx¿n] klg ;f]xL k/Dk/fnfO{ sfod /fvL cfkm"nfO{ zf:qLo ;ËLtd} ;dlk{t eO{ cfPsf 5g\ .

o;/L pgsf 5 hgf 5f]/fx¿ ;a} ;ËLtd} nfu]sf b]lvG5g\ . To;dWo] h]7f 5f]/f jL/axfb'/ / kfFrf}+ qmdsf 5f]/f phL/ t08'sf/sf] ;ËLt hut\df ljz]if b]g /x]sf] kfOG5 -bgf{n, @)#\*, k[= !\_ . ;ËLt ;fws t08'sf/ 3/fgfsf] j+zfjnL lgDgfg';f/ 5 .

jL/eLd;]g t08'sf/

efh'jL/ t08'sf/

zf:qLo ufos

wgjL/ t08'sf/

jL/ a= t08'sf/

-;/f]b\_ 5f]/f

>L a= t08'sf/

-;f/ËL\_ 5f]/f

Uf]kfn a= t08'sf/

-l;tf/\_ 5f]/f

s'j]/ a= t08'sf/

-;/f]b\_ 5f]/f

phL/ a= t08'sf/

-zf:qLo ufos\_ 5f]/f

ab|Lgfy t08'sf/

-tjnf\_ 5f]/f

a}hgfy t08'sf/

-ufos, gf6ssf/\_ 5f]/f

/fd a= t08'sf/

-zf:qLo ufos\_ 5f]/f

s]bf/ a= t08'sf/

-ufos÷jfbs÷gf6ssf/\_ 5f]/f

Dffglk|of l8l§gL

lziof

a'4/Tg t'nfw/

lzio

kßf sfbDj/L

lziof

uf]/v a= t08'sf/

-zf:qLo ufos\_ 5f]/f

/fdgfy t08'sf/

-zf:qLo ufos\_ 5f]/f

gf/fo0f k|;fb t08'sf/

-zf:qLo ufos\_ 5f]/f

t'n;L k|;fb t08'sf/

-tjnf\_ 5f]/f

k|]d k|;fb t08'sf/

-gf6ssf/\_ 5f]/f

/fd a= t08'sf/

-zf:qLo ufos\_ elthf

/fdgfy t08'sf/

-zf:qLo ufos\_ elthf

gf/fo0f k|= t08'sf/

-zf:qLo ufos\_ elthf

g/l;+x efO{

-zf:qLo ufos\_ 5f]/f

/fd]Zj/

-ehg\_ 5f]/f

;"/ zDz]/

lzio

/fh]Gb| a= zfx

lzio

Ps/fh zDz]/

lzio

8Dj/ zdz]/

lzio

;ËLt lz/f]dl0f

o1/fh zdf{

-cof{n\_ lzio

lzio

nId0f zDz]/

lzio

r]tgfy zdf{

-e§/fO{\_ lzio

g//fh 9sfn

lzio

;"o{/fh zdf{

5f]/f

kbd ljqmd /f0ff

lzio

>L/fd cfrfo{

lzio

;/f]hgL t08'sf/ lziof

k|e'/fh 9sfn

5f]/f

k|tLs/fh 9sfn

5f]/f

xfn zf:qLo ;ËLt ufogdf nfu]sf clwsf+z r]nfr]nLx¿

cf]dsf//fd t08'sf/

-ufog, tjnf\_ 5f]/f

åfl/sfeQm dfy]df -lzio\_

wdf{gGb/fh pkfWofo lzio

rGb|/fh zdf{

5f]/f

;'b]z/fh zdf{

5f]/f

**cfk;L ;b\efj / ;xof]u**

lj=;+= !(@! a}zfv dlxgfdf lktf efh'jL/ t08'sf/ / dftf dfgnIdLsf] sf]vaf6 sf7df8f}F Go'/f]8 glhs} ef]F;Lsf]6f]ndf phL/sf] hGd ePsf] xf] . cfˆg} 3/df ;fËLlts jftfj/0f sfod ePsf]n] phL/nfO{ ;fg}b]lv cfˆg} lktfsf] dftxtdf lgTo ;ËLtfEof; ug]{ df}sf 3/3/fgfd} k|fKt ePsf] xf] . o; ljwfnfO{ cem} kf]Vt agfpg pgn] ef/tsf] p= b'Gb]vfFnfO{ u'? agfPsf lyP -t'nfw/, @)#^, k[= (!\_ . To; a]nf /fhb/jf/b]lv ef/bf/x¿sf] 3/3/df Ps÷b'O{ hgf ;ËLt1 ;+/lIft x'Gy] . p= phL/n] l8NnLahf/sf u'h'{ ef]u]Gb|/fhsf] lyP6/df ;ËLt1 ¿kdf hLjgsf] clGtd 38L;Dd cf>o kfPsf lyP -bgf{n, @)#\*, k[= @\_ .

**au]8Lsf] ;ËLt ;Dd]ng**

lj=;+= !(%^ k';df >L # jL/zdz]/n] jL/u~hsf] au]8L eGg] 7fpFdf emG8} Ps dlxgf cfof]hgf u/]sf] lj/f6\ ;ËLt ;Dd]ngdf efu lng cfPsf ef/tsf w'/Gw/ ;ËLt1x¿;Fu ;Ët ug]{ df}sf kfPsf]n] p= phL/sf] ufog snf w]/} g} lgvfl/Psf] lyof] . pgL Vofn / w|'jkb b'a} ufpFy] -t'nfw/, @)#^, k[= (!\_ . pgsf] ufog snf cToGt} uDeL/ tyf /l;nf] lyof] . logsf] unf hjf/Lbf/ x'g'sf] ;fy} k]lrnftfgx¿ cnª\sf/n] el/Psf] ufogz}nL a]hf]8sf] w'|jkb / Vofn ufogdf snfTds n8Gt le8Gtsf sfdx¿ pgsf] ufosLsf] ljz]iftf lyof] . h'g ufosLsf] k/Dk/fut c+z /fdgfy tyf gf/fo0fk|;fbsf] ufog z}nLdf k|ToIf¿kdf ;'Gg kfOGYof] -cGtjf{tf{M >L/fd cfrfo{, @)&^–$–!!\_ . dfly plNnlvt 3/fgfsf ljz]iftfx¿ t08'sf/ 3/fgfsf j+zh tyf ;a{ lziox¿df Psgf; ¿kn] JofKt /x]sf] b]lvG5 . ef/tdf cfof]lht Ps hN;fdf p= phL/n] cfˆgf] ufogsnf k|bz{g u/L ;j{>]i7 snfsf/ 3f]lift u/fpg] cj;/ k|fKt u/] . o;/L g]kfnsf] OHht a9fpg] snfsf/sf] kª\lSQmdf pgsf] gfd cu|:yfgdf cfpg] ub{5 . :jb]zd} klg pgn] cfˆgf] snf k|bz{g u/L 3/hUuf alS;; kfPsf] 36gf pNn]vgLo 5 . To;a]nf hg]{nsf 5f]/f gfltx¿n] klg pgnfO{ ;ËLtsf u'?sf ¿kdf ;Ddfg ug]{ ub{y] . >L # h'4zdz]/ pgsf] ufogsnfb]lv w]/} g} v'lz eP/ pgnfO{ hflu/ g} lbPsf] 36gf :d/0fLo 5 -cfrfo{, @)%^, k[= !#%–!#&\_ .

p= phL/n] g]kfndf dfq geO{ ef/tdf klg g]kfnL snfsf/sf] dfg, k|lti7f OHht a9fPsf] kfOG5 . To:t} p= /fdgfysf cg';f/ ef/tsf ;ËLt1 kl08t lji0f'lbuDj/ kn':s/ g]kfn e|d0fdf cfpFbf p= phL/sf] ufogaf6 k|efljt eO{ k|z+;fkq k|bfg u/]sf lyP . To:t} cg';f/ >L # rGb|zdz]/n] klg Ps ljz]if ;ËLt hN;fdf pgsf] ufog z}nLaf6 df]lxt eO{ 7"n} alS;; lbg rfx]sf lyP . t/ p= phL/ u'h'{ ef]u]Gb|/fhsf] ;+/If0fdf /x]sf]n] lar}df alS;;sf] s'/f /f]sL u'h'{ :jo+n] alS;; :j¿k Pp6f lemFu6L 3/ / s]xL hUuf k|bfg u/]sf] a'lemG5 -bgf{n, @)#\*, k[= @\_ . o;/L cfˆgf] hLjgsfndf p= phL/n] g} g]kfnL ;ËLlts o'unfO{ xfFSb} t08'sf/ 3/fgf sfod ug{ ;kmn ePsf] b]lvG5 .

**u'? lzio k/Dk/f**

p= phL/n] cfˆgf elthf /fdgfynfO{ cfkm";Fu} /fvL ;ËLt lzIff lbPsf lyP . pgs} 5fk k/]/ xf]nf /fdgfysf] s07af6 x'ax' p= phL/n] g} ufog k|:t't u/] h:t} nfUb5 . of] ljifosf] hfgsf/L Tolta]nfsf ;ËLt1x¿n] lbPsf x'g\ . pgn] cfˆgf] h]7f 5f]/f g/l;+efO{nfO{ klg ;ËLt lzIff k|bfg u/]sf lyP . g/l;+efO{ klg /fd|f] snfsf/ g} lyP t/ pgsf] d[To' cNkfo'd} ePsfn] Tolt gfd /fVg ;s]gg\ . p= phL/sf sfG5f 5f]/f /fd]Zj/ ehgd08ndf ehg ufpg] snfsf/ x'g\ . pgdf zf:qLo ;ËLtsf] 1fg eP tfklg To;tkm{ gnfu]sf] a'lemG5 -t08'sf/, @)%!, k[= @$\_ . ;ËLt k|jL0f g//fh 9sfn;Fusf] s'/fsfgLdf cfˆgf] u'? ;ËLt lz/f]dl0f o1/fh zdf{n] p= phL/ tyf afnfk|;fb ld>;Fu k|f/lDes ;ËLtlzIff xfl;n u/]sf] s'/f ;'gfPsf lyP -cGtjf{tf{ M g//fh 9sfn, @)%%÷)$÷)$\_ .

**;Ëtaf6 ;kmntf**

zf:qLo ;ËLt hut\df ;/f]bjfbs p= jL/axfb'/ t08'sf/, ;f/ËLjfbs p= >Laxfb'/ t08'sf/, l;tf/jfbs p= uf]kfnaxfb'/ t08'sf/, ;/f]bjfbs p= s'j]/axfb'/ t08'sf/, zf:qLoufos p= phL/ t08'sf/ / tjnfjfbs p= ab|Lgfy t08'sf/sf] dxTjk"0f{ b]g /x]sf] 5 . pgLx¿ ;a} cf–cfˆgf ljwfdf plQs} kf]Vt lyP . cf–cfˆgf ljwfafx]s pgLx¿nfO{ ufog ljwfsf] klg /fd|f] 1fg lyof] . Pp6} kl/jf/df ;a} ljwfsf snfsf/x¿sf] hd36n] ubf{ Psn] csf]{nfO{ ;lhn};Fu ;xof]u k|fKt x'gfn] ;a}hgf cf–cfˆgf ljwfdf 5f]6f] ;dod} kl/kSj eP/ cufl8 a9\g ;kmn ePsf] yfxf kfOG5 . b]z ljb]zdf uO{ cfˆgf] snf k|bz{g u/L afa'n] :yflkt u/]sf] ;ËLt ljwfåf/f t08'sf/ 3/fgfsf] kl/ro lbg sf]xL klg kl5 k/]gg\ . lj8Dagfsf] s'/f of] 5 ls Tolta]nf /]s8{ ug]{ s'g} dfWod gePsfn] pgLx¿sf] k|ltef / ;ËLtsnf ;'Gg / ;'gfpg s'g} klg ;fwg tyf ;fdu|L pknAw 5}gg\ . tTsfnLg /fhf lqe'jgsf] /fHosfndf p= efh'jL/sf ;a} 5f]/fx¿ clg gfltx¿df p= /fdaxfb'/ t08'sf/, p= /fdgfy t08'sf/ / p= gf/fo0fk|;fb t08'sf/ pNn]vgLo ;ËLt1x¿ lyP . lj=;+= @))& r}q @) ut] /]l8of] g]kfnsf] :yfkgf ePkl5 p= /fdaxfb'/, p= /fdgfy / p= gf/fo0fk|;fb t08'sf/n] /]l8of] k|zf/0fåf/f hgdfg;df zf:qLo ;ËLtsf] k|rf/ ug{df k|d'v e"ldsf lgefPsf] :ki6 b]lvG5 -bgf{n, @)#\*, k[= %$\_ . o; 3/fgfsf sfG5f] p:tfb gf/fo0fk|;fb t08'sf/ /]l8of] g]kfnsf] k|ltli7t snfsf/ eO{ hLjgsf] clGtd ;do;Dd ;ËLtsf] ;]jfdf ;dlk{t ePsf] kfOG5 .

p= jL/axfb'/sf] 5f]/f /fdaxfb'/n] klg p= phL/;Fu ;ËLt l;Sg] df}sf kfPsf lyP . /fdaxfb'/sf] hGd lj=;+= !(^@ kf}ifsf] k~rdLdf ePsf] lyof] . aL;÷afO; jif{s} pd]/df /fdaxfb'/n] Ps k|l;4 snfsf/ eO{ gfd sdfO;s]sf lyP . 3/fgLo lzIffn] dfq lrQ ga'emL p= /fdaxfb'/ ;ËLtsnfsf cGo If]qsf] k|ToIf cWoog ug{ / cg'ej a6'Ng] qmddf ef/tsf] ljleGg 7fpFdf uO{ ToxfFsf] z}nLx¿sf] cWoog ug'{sf] ;fy} cfˆgf] snf / k|ltefsf] k|bz{gaf6 ;a}nfO{ l/emfPsf lyP . o;}qmddf /fdaxfb'/ nvgpsf Ps 7"nf] p:tfbsf] 3/df ;ËLt l;Sg hfFbf tL p:tfbn] pgnfO{ dlxgf}F;Dd cfˆgf];]jf dfq u/fO{ /fv] . /fdaxfb'/n] klg pQm ;]jf6xndf s'g} sdL x'g glbO{ g'xfpgsf] nflu kfgL el/lbg], afy¿d ;kmf kl/ lbg], ahf/af6 ;fdfg lsg]/ NofO{ lbg] / p:tfbnfO{ t]n dfln; ul/ lbg] h:tf sfo{x¿ ul/ /x] . t/ p:tfbn] ;ËLt l;sfpg] s'g} 5fF6sfF6 gb]v]kl5 pgsf a]ud ;flxafnfO{ clt g} bof nfu]/ p:tfbnfO{ of] g]kfnL s]6f w]/} OdfGbf/ / lhpHofg nufO{ xh'/sf] ;]jf ul/ /x]sf] 5 . ca o;nfO{ s]xL l;sfO lbg' eg] cg';f/ Ps÷8]9 jif{kl5 s]xL ;ËLtsf] ;fwgf / /fux¿ l;sfpFb} uP . a]ud ;flxafn] klg p:tfbsf] cg'kl:yltdf /fdaxfb'/sf] nuglzntf / a]hf]8sf] ufoganfaf6 k|efljt eO cfkm"n] dfOtLaf6 bfOhf]df NofPsf] kfFr;o cf]6f bfOhf] k/gaf6 clwsf+z k/gx¿ l;sfO{ lbPsL lyOg\ . o;/L /fdaxfb'/n] cfˆgf] ;ËLtsnfnfO{ ltvfg]{ df}sf kfPsf x'g\ -cGtjf{tf{M >L/fd cfrfo{, @)&^–$–!!\_ . kl08t cf]dsf/gfy 7fs'/af6 klg ;ËLt lzIff k|fKt u/L ;ËLt k|efs/sf] k|df0f–kq xfl;n u/]sf] pNn]v 5 . o;/L ljb]zL ;ËLt1sf] xftaf6 ;ËLt k|df0f–kq k|fKt ug]{ pgL klxnf] / Ps dfq ;ËLt1 x'g\ . pgL Vofn, w|'jkb / wdf/ h:tf ufog z}nL nufot jfbgsnfdf klg Tolts} lgk'0f{ lyP . pgL w]/} efiffsf 1ftf klg x'g\ . elgG5 ls b]z, ljb]z, b/af/ clg 3/af/ hxfF klg ;ËLt hN;f, ;Dd]ng cflbdf pgsf] pkl:yltnfO{ clgjfo{ h:t} dflgGYof] . ;ËLt ljgfsf] hLjg d[t k|foM nfU5 eGg] pgsf] dxfg\ jf0fL g} xf] . g]kfn ;ËLt ;ltltsf] cWoIf / /]l8of] g]kfnsf] zf:qLo ;ËLtsf] klxnf] lgb]{zs eO{ pgn] sfd u/]sf] kfOG5 . To;a]nf /]s8{ / 6]k ug]{ s'g} Joj:yf gePsfn] pgsf] ufog k|ltef ;'gfpg] s'g} cfwf/ ePg -bgf{n, @)#\*, k[= %#–%$\_ .

p= jL/axfb'/sf] b'O{ 5f]/fdWo] sfG5f 5f]/f /fdaxfb'/ /fli6«o tyf cGt/f{li6«o Voflt k|fKt w'/Gw/ zf:qLo ufos x'g\ . pgn] k|f/lDes lzIff cfˆg} afa';Fu lj/f;tdf k|fKt u/]sf x'g\ . kl5 pgn] p= phL/;Fu ;ËLt lzIff xfl;n u/]sf lyP . To:t} p= /fdaxfb'/sf 5f]/f cf]dsf//fd klg tjnfjfbs tyf ufos g} ePsf] a'lemG5 . p= jL/axfb'/sf] h]7f 5f]/f s]bf/axfb'/ t08'sf/ klg ufos, jfbs tyf gf6ssf/ eO{ lg:s]sf] b]lvG5 . p= efh'jL/sf] sflxnf 5f]/f p= s'j]/axfb'/ klg cfˆgf] hdfgfsf] w'/Gw/ p:tfb g} lyP . pgL jfBjfbgdf ;/f]b, l;tf/, lu6f/, j]~h', tjnf cflb ahfpg lgk'0f{ ePsf] a'lemG5 . pgsf 5f]/f j}Bgfy klg ufog / tjnfjfbg g} ub{y] -t08'sf/, @)%!, k[= @$\_ .

lj=;+= !(@$ lt/ o;} kl/jf/df hGd]sf tjnfjfbs p= ab|Lgfy t08'sf/ klg l8NnLahf/sf u'h'{ ef]u]Gb|/fh sxfF g} ;+/lIft lyP . p= ab|Lgfy tjnf ljwfdf dfq geO{ ;/f]bjfbg, w'|jkb, Vofn, uhn h:tf z}nLdf klg kf]Vt lyP . pgsf] d'Vo ljifo tjnfjfbg g} xf] . pgL sTys g[To klg ub{y] . p= ab|Lgfysf] ufog z}nLdf ef/tsf] Ujflno/ 3/fgfsf] z}nL kfpg ;lsG5 -e08f/L, @)%\*, k[= @^(\_ .

p= ab|Lgfy cfˆgf] dflxnf] 5f]/f] /fdgfyn] k9fOtkm{ klg /fd|f] bvn /fv"g\ eGg] rfxGy] t/ 5f]/fsf] Wofg ;ËLttkm{, To;df klg ljz]if u/L zf:qLo ufog tkm{ ePsfn] tfn;DaGwL 1fg cfkm}Fn] k|bfg u/L, ufogsf] nflu cfˆgf] bfO p= phL/ t08'sf/nfO{ cfˆgf] 5f]/f ;'lDklbPsf lyP . lj=;+= !(&) kmfu'g t[tLofdf hGd]sf p= /fdgfyn] cfˆgf] 7flxFnfaf p= phL/af6 ufogsnfsf] tflnd k|fKt u/]sfn] p= phL/s} z}nLsf] 5fk kg{ uPsf] kfOG5 . o; s'/fsf] j0f{g Tolta]nfsf a'9fkfsf ;ËLt1x¿n] eGg] ub{5g\ -bgf{n, @)#\*, k[= ^#\_ .

cn OlG8of /]l8of]df ;ËLtsnfsf] k/LIff lbO{ ;kmn ePkl5 pgnfO{ pRr >]0fLsf] ufos egL pQm /]l8of]n] p= /fdgfysf] sfo{qmdx¿ nfdf] ;do;Dd ef/taf6 k|;f/0f u/]sf] yfxf ePsf] 5 . ef/tsf] ljleGg 7fpFdf ufog k|:t't u/]afkt w]/} k'/:sf/, k|z+;fkq, :ofjf;L / ;Ddfgåf/f ;Ddflgt klg eP . :jb]zdf klg ljleGg ;ËLt ;Dd]ngdf efu lnO{ tTsfnLg ;ËLtk|]dL /fhf dx]Gb|af6 …;ËLt /TgÚ kbjL kfPsf lyP -bgf{n, @)#\*, k[= ^$,^%\_ . pQm kmf]6f] afNosfndf cfpg] hfg] qmddf pgsf] 3/df b]v]sf] :d/0f /xL/x]sf] 5 . pgn] /]l8of] g]kfndf zf:qLo ;ËLt k|aGws eO{ sfd ug]{ ;'–cj;/ klg kfPsf] b]lvG5 . 3/df cfpg] ;ËLtk|]dLx¿nfO{ pgL lgMz'Ns ;ËLt lzIff k|bfg ub{y] . cfˆgf] k':t}gL ;DklQsf] ¿kdf /x]sf] zf:qLo ;ËLtsf] ljsf;sf nflu pgn] nfdf] ;do;Dd g]kfnL ;ËLt hut\sf] ;]jf u/] -t08'sf/, @)%!, k[= @&\_ .

**kl5Nnf] k':tf**

p= /fdgfy t08'sf/sf] kfFrhgf bfh'efOx¿df ;flxFnf efO p= gf/fo0fk|;fb t08'sf/ bfh' h:t} zf:qLo ufogdf g} nfu]sf lyP . p= gf/fo0fk|;fb /]l8of] g]kfnsf] zf:qLo ;ËLt ljefudf sfo{/t lyP . pgL hf]l;nf] tyf pT;fxhgs ufog k|bz{g ug{ ;Sby] . pgsf] ufog ;'Gbf c¿nfO{ klg ufpmF ufpmF nfUg] pT;fx ldNYof] . /f0ffx¿sf] 3/3/df uO{ zf:qLo ;ËLtsf] lzIff k|bfg ug]{ sfd pgLaf6 ePsf] lyof] . t08'sf/ 3/fgfaf6 pgL /]l8of] g]kfnsf] klxnf] k|ltli7t snfsf/ aGg ;kmn ePsf 5g\ . tTsfnLg /fhf jL/]Gb|af6 Ps :j0f{ kbs, tLg /ht kbs tyf uf]/vf blIf0f afx'nufot cg}sf}+ ;Ddfgkqx¿åf/f ;DdfgLt ePsf] kfOG5 . lj=;+= !()( lt/ ef/tsf] nvgp, snsQf, Onfxfjfb, dhkm/k'/df cfof]lht a[xt\ ;ËLt ;Dd]ngdf efu lng ef/t ;/sf/sf] tkm{af6 >L # h'4zdz]/ sxfF lgdGq0ff k|fKt ePsf] lyof] . p= phL/sf] l;kmfl/;df p= /fdgfy / p= gf/fo0fk|;fbnfO{ k7fpg] lg0f{o eof] . lg0f{o kZrft\ p= /fdgfy / p= gf/fo0fk|;fb g]kfnsf] k|lti7f /fVg pQm a[xt\ zf:qLo ;ËLt ;Dd]ng uO{ /fu jfu]Zj/L, /fu b/af/L / /fu ljxfu k|:t't u/]/ cfˆgf] ljåtfsf] kl/ro lbPsf lyP . pQm ;Dd]ngdf k+= cf]dsf/gfy 7fs'/, gf/fo0f/fj k6jw{g, s[i0ff/fj k6jw{g nufot ef/tsf w'/Gw/ ;ËLt1x¿sf] hd36 ePsf] a'lemG5 -cGtjf{tf{ M p= gf/fo0fk|;fb t08'sf/\_ . To:t} /]l8of] g]kfn, gf/fo0flx6L b/af/sf] gf/fo0f :yfg, /fhb/af/, /f0ffx¿sf] b/af/ tyf cGo ljleGg7fpF klg w|'jkb, wdf/, Vofn h:tf ufogz}nLdf pRr:t/Lo h'unaGbL k|:t't u/]sf 5g\ . /]l8of] g]kfnsf] k':tsfnodf p= /fdgfy / p= gf/fo0fk|;fbsf 6]kx¿ clxn] klg ;+/lIft 5g\ . tTsfnLg clw/fhs'df/ la/]Gb|sf] ljjfxsf] pknIodf cfof]lht /fhsLo ;df/f]xdf p= /fdgfy / p= gf/fo0fk|;fbn] k|:t't u/]sf] ufog o; k|sf/ 5 M

cfh dËn z'e u'0f ufPF

z'e ljjfxsf] z'e d'x"t{df

/fu ;f/Ë of] ufPF .

tTsfnLg /fhf dx]Gb|sf] d[To'kl5 ;Demgf:j¿k /fdfo0f ufpg] sfo{df klg ;3fPsf] b]lvG5 -t08'sf/, @)&$, k[= @#\_ . pgsf c¿ bfOefOx¿ klg ;ËLtd} nfu]sf] a'lemG5 . pgsf h]7f bfO p= uf]/vaxfb'/ zf:qLo ufos, efO t'n;Lk|;fb tjnfjfbs, sfG5f] efO k|]dk|;fb gf6s snfsf/s} ¿kdf kl/lrt eP tfklg aflx/lt/ k|ToIf ¿kdf b]vf gk/]sf] yfxf x'G5 . p= /fdgfy / p= gf/fo0fk|;fb kl5 pgLx¿sf kl/jf/df c¿ ;Gtfg zf:qLo ;ËLtdf nfu]sf 5}gg\ . l56km'6 ¿kdf xNsf ;ËLttkm{ nfu]sf] b]lvG5 .

lj=;+= @)%) b]lv xfn;Dd kßsGof ax'd'vL SofDk;sf] ;ËLt ljefu cGtu{t zf:qLo ufogtkm{ sfo{/t of] n]vs klg o;} t08'sf/ 3/fgf;+u ;DalGwt ;ËLt ;fws x'g\ . o; 3/fgfaf6} k|]/0ff kfO{ o; 36gfsf ljleGg u'?x¿af6 zf:qLo ;ËLtsf] 1fg lnO{ t08'sf/ 3/fgfs} dfu{ bz{gdf lxF8\g] c7f]6sf ;fy zf:qLo ;ËLtsf] ;]jfdf lg/Gt/ ;dlk{t /x]sf] JolQmTj xf] . p= /fdgfy t08'sf/sf] 3/flgof ;ËLtsf] k|efj / k|]/0ffaf6 cfslif{t eO{ zf:qLo ;ËLtd} nfu]sL l5g\ .

**^ lgisif{**

g]jf/L k/Dk/fut ;Eotf, ;+:s[lt tyf snf ;+/If0fsf] qmddf lwd], vL+, afF;'/L, ‰ofnL, sfM cflb afhfx¿df g]jf/L nf]sw'g, k/Dk/fut w'g nufot ;ËLtdo Wjlg u'~hfodfg u/L ljleGg rf8kj{sf] cj;/df b]jb]jtfsf] d7 dlGb/, r}To u'Daf uO{ cf–cfˆgf] Oi6 b]jLx¿nfO{ k'Hg] ;+:sf/nfO{ t08'sf/ hfltn] eJotfsf ;fy dgfpFb} cfO/x]sf 5g\ . o;/L ;dfhdf rNb} cfPsf /Lltl/jfh, ;+:s[lt, snf tyf k/Dk/fnfO{ hu]gf{ ug'{ cfkm}Fdf Ps 7"nf] r'gf}tL xf] . ljleGg kl/l:yltdf klg oL r'gf}tLx¿sf] ;fdgf ub{} wd{, snf, ;f+:s[lts dfGotf tyf P]ltxfl;s k/Dk/f oyfjt\ sfod /fVg ;Ifd g]jf/ hfltleq pkTosfsf k|yd cflbjf;L hghflt t08'sf/ -v';M\_ klg Ps x'g\ .

cGtdf sf7df8f}Fsf] d'6' Go'/f]8 jL/c:ktfn k5fl8 ef]F;Lsf]6f]n lgjf;L t08'sf/ 3/fgfsf] Oltxf;nfO{ kN6fpFbf jL/eLd;]g t08'sf/sf] j+zh cyf{t\ pgsf 5f]/f, gflt, kgflt, vgflt u/L kfFrf}F÷5}6f}F k':tf;Ddsf ;a} ;Gtfgx¿ zf:qLo ufog jfbg tyf g[Todf nfuL cfˆgf] k':t}gL kl/jf/ nufot u'? lzio k/Dk/fcGtu{t ;a} hfthflt, j0f{sf ;ËLt cg'/fuLx¿sf] dfemdf ;d]t ;ËLt lzIff k|bfg u/L ul/dfdo ;ËLt 3/fgf tof/ ug{ ;kmn ePsf 5g\ . ;ËLt dfq geO{ gf6s l;sfpg], cfkm" :jo+n] klg v]Ng], gf6sdf ;ËLt eg]{ h:tf sfo{ u/]sf] klg b]lvG5 . o;/L g]kfndf zf:qLo ;ËLtsf] k/Dk/fut z}nLnfO{ hLjGt /fVg, b]z ljb]zdf To;sf] k|rf/–k|;f/, ljsf; / ;+/If0f ug{ t08'sf/ 3/fgfn] k'¥ofPsf] of]ubfgnfO{ g]kfnsf] zf:qLo ;ËLtsf] Oltxf;df :j0f{ cIf/n] n]lvg]5 .

**;Gbe{ ;fdfu|L**

cfrfo{, >L/fd -@)%^\_, *;ËLtfd[t k|ydfx'lt*, sf7df8f}F, ;ËLtfd[t k|sfzg ;ldlt .

pbo, Hof]= k|= s]= jL -@)%(\_, …g]kfnL ;+:s[ltsf] ;+:sf/df t08'sf/Ú, *g]kfn t08'sf/ ;dfh–:dfl/sf*, -jif{ $, cÍ $\_, k[i7 !–@ .

t08'sf/, h]g -@)%!\_, … t08'sf/ hflt MPs lrgf/LÚ, *g]kfn t08'sf/ ;dfh–:dfl/sf*, -jif{ !, cÍ !\_, k[i7 #–% .

t08'sf/, dbg -@)%!\_, …;ËLt If]qdf t08'sf/ hfltsf] of]ubfgÚ, *g]kfn t08'sf/ ;dfh–:dfl/sf*, -jif{ !, cÍ !\_, k[i7 @#–## .

t08'sf/, dx]z -@)%!\_, …t08'sf/ hfltdf sfM afhfsf] :yfgÚ, *g]kfn t08'sf/ ;dfh–:dfl/sf*, -jif{ !, cÍ !\_, k[i7 $^ .

t08'sf/, Zofdsflh -@)%!\_, …cfly{s b[li6sf]0fn] t08'sf/ hfltÚ, *g]kfn t08'sf/ ;dfh–:dfl/sf*, -jif{ !, cÍ !\_, k[i7 ^@–^# .

t08'sf/, Zofdaxfb'/ -@)%(\_, …nlntfk'/L gu/L t08'sf/ hfltsf] lrgf/LÚ, *g]kfn t08'sf/ ;dfh–:dfl/sf*, -jif{ $, cÍ $\_, k[i7 !–# .

t08'sf/, ;/f]hgL -@)^&\_, *afudtL c~rnsf] nf]suLt af/] emns*, sf7df8f}F, ;ËLtfd[t k|sfzg ;ldlt .

t08'sf/, ;/f]hgL -@)&$\_, …zf:qLo Do] xfnfldÚ, *yf}sGx*], -bF ^&, NofM ^, Yo+Nof @$&\_, k[i7 @# .

t'nfw/, k|]dzflGt -@)%&\_, *g]kfn efiff ;flxTosf Oltxf;*, o]F, g]kfn efiff Ps]8]dL .

t'nfw/, a'4/Tg -@)#^\_, *;ËLt ;fwg*, efu @, sf7df8f}F, kf7\qmd ljsf; s]Gb| -lq= lj=\_ .

bgf{n, /fdz/0f -@)#\*\_, *g]kfnL ;ËLt ;fws*, sf7df8f}F, g]kfn /fhsLo k|1f k|lti7fg .

ah|frfo{, 1fg]Gb|/Tg -@)^\*\_, ah| bz{g, sf7df8f}F, ah| snf s'~h .

e08f/L, cRo't/fd -@)%\*\_, *tfnfgGb*, sf7df8f}F, cf/= l8= Pg= klAns]zg .

ld>, dbgdf]xg -@)%(\_, …t08'sf/sf] ;DemgfÚ, *g]kfn t08'sf/ ;dfh–:dfl/sf*, -jif{ $, cÍ $\_, k[i7 %& .

zfSo, s]zjdfg -@)%!\_, …t08'sf/, sf]nLo j zfSoÚ, *g]kfn t08'sf/ ;dfh–:dfl/sf*, -jif{ !, cÍ !\_, k[i7 ^% .

>]i7, :joDe"nfn -!!@)\_, *lemlh*, sf7df8f}F, :joDe"nfn >]i7 .

Singh, Prof. Dr. Mrigendralal (2015), *NEPAMI*, yen, Author on Behalf of Khanla Bala Dabu.

**;|f]t JolQmx¿**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **qm=;+** | **gfd** | **sfo{/t ;+Vof** | **kb÷ljz]iftf** | **ldlt** |
| ! | g//fh 9sfn | nlntsnf SofDk;  -;]jf lgj[t\_ | ;ËLt k|jL0f | @)%)÷#÷!@  @)%%÷$÷$ |
| @ | g/]Gb|axfb'/ t08'sf/ | g]kfn t08'sf/ ;dfh | dxf;lrj | @)&^÷#÷@) |
| # | p= gf/fo0fk|;fb t08'sf/ | /]8Lof] g]kfn -;]jf lgj[t\_ | k|ltli7t snfsf/ | @)%$÷#÷% |
| $ | >L/fd cfrfo{ | kßsGof sn]h -;]jf lgj[t\_ | k|fWofks | @)&^÷$÷!! |
| % | ;'bg -v';M\_ t08'sf/ | Jofkf/L -lglh\_ | ;flxTosf/ | @)&^÷@÷!% |

 

p= ab|Lgfy t08'sf/ p= /fdaxfb'/ t08'sf/

 

p= /fdgfy t08'sf/ p= gf/fo0f k|;fb