**,ul;rpg;gpd; jpl;lk;**

,ul;rpg;G vd;why; vd;d? VNjdpy; kDf;Fyk; tpOe;JNghdJ. me;j tpOe;JNghd epiyapypUe;J kPz;Lk; gioa epiyf;F kDf;Fyj;ij nfhz;L tUtNj ,ul;rpg;G MFk;. vdNt ,ul;rpg;igf; Fwpj;J njhpAk; Kd;dh; tpOe;JNghd epiy vd;why; vd;d vd;gij ehk; mwpe;Jnfhs;sNtz;Lk;. VNjdpy; kDf;Fyk; xNu xU fhhpaj;jpy; kl;Lk; tpOe;JNghftpy;iy. kDf;FykhdJ VNjdpy; gy fhhpaj;jpy; tpOe;JNghdJ. me;j tpOe;jNghd epiyfisf; Fwpj;J ,g;NghJ ehk; xd;nwhd;whf ghh;f;fyhk;.

**NjtrhaypypUe;J khk;r rhay; vd;w epiyf;F tpOe;JNghdJ:** VNjdpy; kDf;Fyk; ghpRj;jMtpia ngw;w epiyapypUe;J ghpRj;jMtp ,y;yhj epiyf;F tpOe;JNghdJ. rhfNt rhtha; vd;gjd; rhpahd nkhopngah;g;G epr;rakha; khpj;Njhdhtha; vd;W ehk; Vw;fdNt ghh;j;jpUf;fpd;Nwhk;. Mjhk; goj;ij rhg;gpl;l clNdNa mtdplkpUe;J ghpRj;jMtp vLf;fg;gl;L khk;r rhayhdhd khpj;Njhdhdhd;. kDf;Fyk; ghpRj;jMtpia ,oe;j epiyNa khpj;NjhdhjyhFk;. mjhtJ [PtDs;std; vd;w epiyapypUe;J khpj;Njhd; vd;w epiyf;F VNjdpy; kDf;Fyk; tpOe;JNghdJ. NjtrhaypypUe;J khk;r rhaYf;F tpOe;JNghdJ. ,JNt kDf;Fyj;jpd; Kjy; tpOe;JNghjyhFk;.

**NjtDf;F ,ilNa ,Ue;j cwtpy; tPo;r;rp Vw;gl;lJ (NjtDf;F gifahsp Nuhk:8:7):** Mjhk; VNjdpy; ghpRj;jMtpia ,oe;jTld; khk;r rhayhdhd; vd;W ghh;j;Njhk;. khk;r rhayhdtDila rpe;ijahdJ khk;r rpe;ijahFk;. khk;r rpe;ij NjtDf;F tpNuhjkhd gif vd;W Ntjk; $Wfpd;wJ. vdNt khk;r rpe;ijia cila khk;r rhaYk; NjtDf;F tpNuhjkhd gifjhd;. VNjdpy; Mjhk; ghpRj;jMtpia cilatdhf ,Ue;j tiuf;Fk; NjtNdhL xg;GuthfTk;> NjtNdhL rkhjhdkhfTk; ,Ue;jhd;. ghpRj;jMtp vLf;fg;gl;l khk;r rhayhd MjhKk; mtdJ re;jjpapdUk; NjtgifQh;fshdhh;fs;. NjtDf;Fk; kdpjDf;Fk; ,ilNa ,Ue;j xg;GuT ,y;yhJ NghdJ. NjtDf;Fk; kdpjDf;Fk; ,ilNa ,Ue;j rkhjhdk; ,y;yhky; NghdJ. ,t;thwhf khk;r rhayhy; kDf;Fyj;jpw;Fk; NjtDf;Fk; ,ilNaapUe;j cwtpy; tPo;r;rp Vw;gl;lJ. ,J kDf;Fyj;jpd; mLj;j tPo;r;rpahFk;.

**vd;Wk; ,sik vd;w epiyapypUe;J %g;giljy; vd;w epiyf;F tpOe;JNghdhd;:** mLj;j tPo;r;rp vd;d? [PttpUl;rk; vd;nwhU fdp VNjd; Njhl;lj;jpy; ,Ue;jJ ekf;nfy;yhk; njhpAk;. [PttpUl;rj;jpd; fdpahdJ [Ptid kl;Lk; ePl;bf;fpd;w tpUl;rky;y. khwhf %g;gpy;yh jd;ikf;fhd xU czT vd;W mjhtJ anti aging food suppliment vd;W Vw;fdNt ghh;j;jpUf;fpd;Nwhk;. mJ xU fhafw;g fdpahFk;. MjhKk; mtd; re;jjpAk; me;j fdpia rhg;gpl;L rhj;jhdhy; mth;fs; nfhiynra;ag;gLk; tiuf;Fk; vd;Wk; ,sikAld; ,Uf;fNtz;Lk; vd;Nw Njtd; me;j fdpia kDf;Fyj;jpw;F nfhLj;jpUe;jhh;. Mjhk; ghtk; nra;jTld; Njtd; mtd; kw;Wk; mtdJ re;jjpah; [PttpUl;rj;jpd; fdpia rhg;gplhjgbf;F jilnra;fpd;whh;. [PttpUl;rj;jpd; fdpia rhg;gplKbahjjhy; kDf;FykhdJ vd;Wk; ,sik mjhtJ %g;gpy;yh epiy vd;w epiyapypUe;J tNahjpfk; my;yJ %g;G vd;w epiyf;F tpOe;JNghdJ. kdpjh;fSf;F taJ Muk;gpj;jJ.

**MNuhf;fpak; vd;w epiyapypUe;J NehAw;w epiyf;F tpOe;JNghdhd;:** mLj;j tPo;r;rp vd;d? [PttpUl;rj;jpd; ,iyahdJ Neha;fspy; ,Ue;J MNuhf;fpak; miltjw;F VJthdit vd;W ntsp:22:2y; nfhLf;fg;gl;bUf;fpd;wJ. mjhtJ me;j ,iyahdJ xU rh;tNuhf epthuzpahf ,Ue;jJ. me;j ,iyia rhg;gpl;lhy; kDf;Fyj;jpw;F tUk; vy;yh Neha;fSk; FzkhFk; vd;w tifapy; Njtd; me;j tpUl;rj;ij rpU\;bj;jpUe;jhh;. [PttpUl;rk; jilnra;ag;gl;ljhy;> [PttpUl;rj;jpd; ,iy kDf;Fyj;jpw;F fpilf;fhky; Nghdjhy;> kDf;FykhdJ MNuhf;fpa tho;tpypUe;J NehAs;s tho;tpw;F tpOe;JNghdJ.

**ghtepthuz gyp ,y;yhjjhy; ghtj;jpy; tpOe;JNghdJ:** mLj;j tPo;r;rp vd;d? VNjdpy; kDf;Fyj;jpw;F ghtepthuz gyp ,y;yhky; NghdJ. Mjhk; kuzghpae;jk; tpRthrj;jpy; epiyj;jpUe;J ghtk; nra;ahky; ,Ue;J rhj;jhdhy; nfhiynra;ag;gl Ntz;Lk; mjhtJ ,uj;jk; rpe;jNtz;Lk;. me;j gypahdJ Mjhkpw;Fk; mtdJ re;jjpaUf;Fkhd ghtkd;dpg;gpw;fhd ghtepthuz gyp vd;gNj NjtDila jpl;lkhf ,Ue;jJ. Mrhpg;G $lhuj;jpy;$l gOjw;w MLjhd; ghtepthuz gypahf nfhLf;fg;gLk;. gOjw;w ML vd;gJ ghtkw;w kdpjNd ghtepthuz gypia nfhLf;fKbAk; vd;gjw;F xU milahskhf ,Uf;fpd;wJ. Mjhk; ghtk; nra;jjhy; mtd; gOJ cs;std; Mdhd;. Fw;wk; cs;s ghtpahdhd;. vdNt mtdJ kuzkhdJ kDf;Fyj;jpw;fhd ghtepthuz gypahf ,y;yhky; mtdJ kuzkhdJ mtDila rhgj;jpdhyhd kuzkhdJ. ghtkd;dpg;G ,y;yhjjhy; kDf;FykhdJ ghtk; kd;dpf;fg;glhky; ghtp vd;w epiyapNyNa ,Ue;jJ. me;j ghtpahd epiyAk; tpOe;JNghjyhFk;. ghtkd;dpg;ig ngw;W ghpRj;jkhf ,Uf;fNtz;ba epiyapypUe;J kDf;FykhdJ ghtkd;dpg;gw;w ghtpahd epiyf;F tpOe;JNghdJ.

**caph;j;njOjiyAk;> epj;jpa [PtidAk; ,oe;JNghdJ:** MjhKk; mtdJ re;jjpaUk; rhj;jhdhy; nfhiynra;ag;gLk; tiuf;Fk; tpRthrj;jpy; epiyepd;W nfhiynra;ag;gl;L> caph;j;njOe;J te;j gpd;dNu mth;fSf;F epj;jpa [Ptid nfhLf;fNtz;Lk; vd;gNj NjtDila jpl;lkhf ,Ue;jJ. MjhikAk; mtdJ re;jjpaiuAk; mNj rhPuj;jpy; khpf;fhky; epj;jpa [PtNdhL ,Uf;fNtz;Lk; vd;W Njtd; rpU\;bf;ftpy;iy. mJ NjtDila jpl;lKk; my;y. MjhKk; mtdJ re;jjpaUk; tpRthr Nrhjidapy; epiyj;jpUe;J rhj;jhdhy; nfhiynra;ag;gl;l gpd;dNu caph;j;njOe;J epj;jpa [Ptid ngWk;gbf;Nf Njtd; jpl;lkpl;bUe;jhh;. Mjhk; ghtepthuz gypia nfhLf;fhjjhy; mtDk; mtdJ re;jjpah; vy;NyhUk; caph;j;njOe;J epj;jpa [Ptid ngwKbahky; Nghdhh;fs;. kz;zpypUe;J vLf;fg;gl;lha; kz;Zf;F jpUk;Gtha; vd;w trdj;jpd;gb MjhKk; mtdJ re;jjpaUk; ve;j tpj ek;gpf;ifiaAk; ,y;yhky; kz;NzhL kz;zhf Nghdhh;fs;. kDf;Fyj;jpd; rhPuk; kz;zpw;F NghdJ. Njtd; mtid rpU\;bf;Fk;NghJ ehrpapy; Cjpa Mtpahfpa [PtRthrkhdJ mij nfhLj;j Njtdplj;jpw;F NghdJ. Mjhk; ghtk; nra;jhYk;> nra;ahtpl;lhYk; kDf;FykhdJ fz;bg;ghf kuzj;jpw;F nrd;wpUf;Fk;. Mjhk; ghtepthuzgyp nfhLj;jpUe;jhy; Mjhk; kw;Wk; mtdJ re;jjpahpd; kuzkhdJ ek;gpf;ifAila xU kuzkhf ,Ue;jpUf;Fk;. mjhtJ capj;njOjy;> epj;jpa [Ptd; vd;w ek;gpf;ifia cila kuzkhf ,Ue;jpUf;Fk;. mtd; ghtepthuz gypia nfhLf;fhjjhy; Mjhk; kw;Wk; mtdJ re;jjpahpd; kuzkhdJ ek;gpf;ifaw;w kuzkhdJ. mjhtJ caph;j;njOjy; kw;Wk; epj;jpa [Ptd; vd;w ek;gpf;ifNa ,y;yhky; khpj;Jg;Nghdhh;fs;. ,t;thwhf VNjdpy; Mjhkpd; re;jjp caph;j;njOjiyAk; epj;jpa [PtidAk; ,oe;JNghdJ.ehk; ,Jtiu kDf;Fyj;jpd; tPo;e;JNghjy; Fwpj;J ghh;j;Njhk;.

* ghpRj;jMtpia ,oe;jjhy; NjtrhaypypUe;J khk;r rhaYf;F tpOe;JNghdJ
* NjtDf;Fk; kDf;Fyj;jpw;Fk; ,ilNa ,Ue;j cwtpy; tPo;r;rp Vw;gl;L> NjtDf;fpilapy; xg;GuT ,y;yhky;> rkhjhdk; ,y;yhky; NghdJ.
* [PttpUl;rj;jpd; fdp kDf;Fyj;jpw;F jilnra;ag;gl;ljhy; MNuhf;fpakhd> ,sikahd tho;T vd;w epiyapypUe;J NehAw;w> %g;gilAk; epiyf;F tpOe;JNghdJ.
* ghtepthuz gyp ,y;yhjjhy; ghtkd;dpg;G ,y;yhky; ghtj;jpy; tpOe;JNghdJ
* caph;j;njOjy; kw;Wk; epj;jpa [Ptid ,oe;JNghdJ.

,e;j vy;yh tPo;rpf;Fk; xNu fhuzk;jhd; ,Ue;jJ. Mjhk; ghtk; nra;jNj me;j xNu fhuzk;. mtd; ghtk; nra;jjhy; ghpRj;jMtpia ,oe;J khk;r rhayhdNj ,e;j vy;yh tPo;r;rpf;Fk; mbg;gil fhuzkhFk;.

**,ul;rpg;G vd;why; vd;d?**

,Jtiu kDf;Fyj;jpd; tPo;r;rp Fwpj;J ghh;j;Njhk;. ,g;NghJ ,ul;rpg;G vd;why; vd;d vd;gijf; Fwpj;J ghh;g;Nghk;. kDf;Fyj;jpw;F kPz;Lk; NtW xU ghtepthuz gypia nfhLj;J kPz;Lk; mtd; ,oe;JNghd ghpRj;jMtpiaAk;> mtd; ,oe;JNghd caph;j;njOjy;> MNuhf;fpakhd tho;T> epj;jpa [Ptd; Mfpatw;iw ngw;W NjtNdhL kPz;Lk; xg;GuthFjNy ,ul;rpg;ghFk;. VNjdpy; ,oe;JNghdJ vy;yhtw;iwAk; kPz;Lk; nfhLg;gNj ,ul;rpg;ghFk;. mjhtJ mtid mtd; tPo;e;j epiyapypUe;J vOg;gptpLjNy ,ul;rpg;ghFk;. ,ul;rpg;G vd;gJ ,d;W fpwp];jth;fs; vz;ZtJ Nghy vNjh xU ehspy; ele;NjWk; fhhpaky;y. mJ tpRthrj;jhy; ghtk; kd;dpf;fg;gLjypy; Muk;gpj;J> ghpRj;jMtpia ngWjypy; njhlh;e;J caph;j;njOe;J MNuhf;fpakhd> %g;gw;w> epj;jpa [Ptid ngWjypy; KbtilAk; xU njhlh; epfo;thFk;. mJ xUtDila MAs; KotJk; ele;J mtdJ caph;j;njOjypy; Kw;W ngWk; xU ePz;l process MFk;. mJ xNu ehspy; ele;NjWk; epfo;T my;y.

**,ul;rpg;gpd; jpl;lk; vd;why; vd;d?** Njtd; ePjpguh;. fz;Zf;Ff; fz;> gy;Yf;Fg; gy; [PtDf;F [Ptd; vd;gNj mtuJ ePjp;. xU kdpjd; ghtk; nra;jjhy; kDf;Fyj;jpw;F ghtepthuz gypia nfhLf;fhky; Nghdhd;. Mjdhy; NtW xU kdpjd; ghtk; nra;ahky; tho;e;J jdJ [Ptid ghtepthuz gypahf nfhLj;jhy;jhd; NjtePjp rhpfl;lg;gLk;. NjtePjp rhpfl;lg;gl;lhy;jhd; kDf;Fyk; ,ul;rpf;fg;gLk;. ,JNt NjtDila ,ul;rpg;gpd; jpl;lkhf ,Ue;jJ. Njtd; jdJ ePjpia kDf;Fyj;jpw;F ntspg;gLj;Jk; tpjkhfNt ,uj;jk; rpe;Jjy; ,y;yhky; ghtkd;dpg;G ,y;iy vd;W Ntjj;jpy; $wpapUf;fpd;whh;. xU G+uz kdpjd; ,uj;jk; rpe;j jtwpajhy; mNjNghd;W NtW xU G+uz kdpjd; ,uj;jk; rpe;jp ghtepthuz gypia nfhLf;fNtz;Lk; vd;gNj mjd; mh;j;jkhFk;.

**cyfj;Njhw;wj;jpw;F Kd;dNu ,ul;rpg;gpd; jpl;lk;:** Mjhk; ghtj;jpy; tpOe;JNghthd; vd;gJk; mjdhy; mtdJ re;jjpapdh; NjtrhaypypUe;J khk;r rhaYf;F tpOe;J Nghthh;fs; vd;gJ cyfj;Njhw;wj;jpw;F Kd;dNu NjtDf;F njhpAk;. Mjhk; mg;gb tpOe;JNghdhYk; mtdJ re;jjpf;fhd ,ul;rpg;Gf;fhd xU Vw;ghl;il Njtd; cyfNjhw;wj;jpw;F Kd;dNu Vw;gLj;jp itj;jpUe;jhh;. jdJ ePjpia NtW topapy; rhpfl;l Njtd; xU Vw;ghl;il itj;jpUe;jhh;. mjhtJ Mjhkpd; re;jjpf;fhd ghtkd;dpg;gpw;Fk;> mth;fs; kPz;Lk; ghpRj;jMtpia ngw;W ,oe;JNghdijnay;yhk; jpUk;g ngw;W ,ul;rpf;fg;gLtjw;Fk; Mjhik rpU\;bf;Fk; Kd;dNu Njtd; xU Vw;ghl;il Vw;gLj;jpitj;jpUe;jhh;. Mk; Mjhik rpU\;bf;Fk; Kd;dNu Njtd; ,uz;lhk; Mjhkhf xUtiu ghtepthuz gypahf Vw;gLj;jp itj;jpUe;jhh;. me;j Mjhk; ,NaRNt. vdNtjhd; ,NaR ,uz;lhk; Mjhk; my;yJ gpe;jpd Mjhk; vd;W miof;fg;gLfpd;whh;. ,NaRit Njtd; ,uz;lhk; Mjhkhf cyfj;Njhw;wj;jpw;F Kd;dNu Kd;Fwpj;jpUe;jhh; vd;W 1NgJ:1:20 njhptpf;fpd;wJ. ,ijNa mth; cyfj;Njhw;wj;jpypUe;J mbf;fg;gl;l Ml;Lf;Fl;b vd;W ntsp:13:8@ 17:8 njhptpf;fpd;wJ. mbf;fg;gLjy; vd;why; nfhiynra;ag;gLjy; my;yJ gypahf nfhLf;fg;gLjy; vd;W mh;j;jkhFk;. ,NaRNt Mjhkpw;F gjpyhf kDf;Fyj;jpw;F ghtepthuzgypahf gypahfNtz;bath; vd;W Njtd; Mjhik rpU\;bf;Fk; Kd;dNu jdJ ,ul;rpg;gpd; jpl;lj;jpy; itj;jpUe;jhh;.

**ghtepthuzj;jpw;fhd ,NaRtpd; gyp vg;gb xUtdpy; kd;dpg;ig Jtf;Ffpd;wJ?** NjtDila jpl;lj;jpd;gbNa fhyk; epiwNtwpaNghJ ,NaR khk;r rhaypy;> khk;r rhPuk; vLj;J te;J ghpRj;jMtpia ngw;W ghtk; nra;ahky; tho;e;J jdJ [Ptid rpYitapy; ghtepthuz gypahff; nfhLj;jhh;. ahh; xUtd; ,NaR vdf;fhf ghtepthuz gypahf khpj;jhh; vd;W tpRthrpf;fpd;whNdh mtd; ,NaRtpd; tpRthr re;jjpahfpd;whd;. Mjhk; ghtepthuz gypia rhpahf nfhLj;jpUe;jhy; ghtkd;dpg;gpw;F mtdJ Rght re;jjpah; ahUk; mtdJ gypia tpRthrpf;f Ntz;ba mtrpakpy;iy. Mjhkpd; ghtepthuzk; jhdhfNt mtdJ re;jjpaUf;F mg;is MfptpLk;. Mdhy; ,NaRtpd; ghtepthuz gypapd; fhhpaj;jpy; ,NaR Mjhkpd; re;jjpah;fSf;F Rght jfg;gd; ,y;iy. mth; tpRthrj;jpdhNyNa Mjhkpd; re;jjpaUf;F jfg;gdhfpd;whh;. vdNt ,NaRtpd; fhhpaj;jpy; tpRthrk; mtrpakhFk;. tpRthrj;jpdhy;jhd; mtDf;F ,NaR Mjhkhfpd;whh; (jfg;gdhfpd;whh;). tpRthrpf;Fk; NghJjhd; xUtdJ ghtkhdJ ,NaRtpd; ,uj;jj;jhy; kd;dpf;fg;gLfpd;wJ. ,NaR vy;yh tpRthr NrhjidapYk; n[apj;jhh;> rpYit kuz ghpae;jk; ghtk; nra;ahky; ghpRj;jkhf tho;e;J> nkhj;j Mjhkpd; re;jjpf;Fk; ghtepthuz gypia nfhLj;jhh; vd;W tpRthrpg;gth;fSila ghtkhdJ kd;dpf;fg;gLk;. ghtk; kd;dpf;fg;gl;ltd; ePjpkhdhthd;. ghtkd;dpg;G %yk; xUtdpy; ,ul;rpg;ghdJ Muk;gpf;fpd;wJ.

**rigahhpd; ,ul;rpg;gpd; tpN\rk;:** nghJthd ,ul;rpg;gpy; ghtkd;dpg;ig jtpu kw;w vy;yhNk caph;j;njOjYf;F gpd;dNu elf;Fk;. Mdhy; rigahhpd; ,ul;rpg;ig nghWj;jtiu tpRthrj;jhy; ghtkd;dpf;fg;gl;L mth;fs; jz;zPh; Qhd];ehdk; vLf;Fk;NghJ ghpRj;jMtpia ngWfpd;whh;fs;. ,NaR ghtepthuz gypia nfhLj;J> caph;j;njOe;J kfpikailAk; tiu ghpRj;jj;jpy; topelj;Jtjw;fhd ghpRj;jMtp kDf;Fyj;jpy; xUtUf;Fk; nfhLf;fg;gltpy;iy vd;W Nahth:7:39y; $wg;gl;bUf;fpd;wJ. me;j ghpRj;jMtpia Kjypy; ,NaR jdJ kzthl;bahfpa jdJ rhPukhfpa> ,uz;lhk; Vthshfpa rigf;F nfhLj;jhh;. ahnuy;yhk; ,NaRitg;Nghy kuzj;jpw;Fs;shd Qhd];ehdk; ngwtpUk;gp NjtNdhL Qhd];ehd cld;gbf;if nra;Jnfhs;fpd;whh;fNsh mth;fNs ,NaRtpd; rigahh;. mth;fNs ,NaRtpd; rhPuk;. mth;fSf;Nf ,NaR jiyahapUf;fpd;whh;. mth;;fSf;F kl;LNk Njtd; ,k;ikapy; ghpRj;jMtpia nfhLj;jhh;. rigahh; khpj;J> Kjyhk; caph;j;njOjypy; gq;Fngw;W> nja;tPf rhPu ,ul;rpg;ig ngw;W> ,NaRNthL Nrh;e;J Mapuk;Mz;L Gw[hjpahiu Mz;L> mjd; gpd;dNu (Mapuk; Mz;L murhl;rpf;Fg; gpd;dNu) kDf;Fyj;jpy; kw;wth;fSf;F ghpRj;jMtp nfhLf;fg;gLk;. rigahiuj; jtpu kw;wth;fSila ,ul;rpg;ghdJ Mapuk; Mz;L murhl;rpf;F gpd;dNu elf;Fk;. Mapuk; Mz;L murhl;rpf;Fg; gpd;dh; ahh; ahh; ve;j thpirapy; caph;j;njOthh;fs;? ghpRj;jMtp ve;j thpirapy; ahUf;F nfhLf;fg;gLk; vd;gij gpd;dh; ehk; tphpthf ghh;g;Nghk;.

**,NaRtpd; fhyj;jpw;F Kd;dh; ghtkd;dpg;G vg;gb?** rigahiuj; jtpu kw;w vy;NyhUk; ghtkd;dpg;ghfpa ,ul;rpg;gpd; Kjy;gbia kl;LNk ,k;ikapy; ngWfpd;whh;fs;. Mdhy; me;j ghtkd;dpg;ghdJ vg;gb ,NaRtpd; fhyj;jpw;F Ke;jpdth;fSf;F nghUe;Jk;? mth;fSf;F ,NaR vd;w xU egiu Fwpj;Nj njhpahNj. gpd;dh; mth;fs; vt;thW ,NaRit tpRthrpf;f KbAk;? vg;gb mth;fsJ ghtk; kd;dpf;fg;gl;bUf;Fk;? NtW VjhtJ tifapy; mth;fsJ ghtq;fs; kd;dpf;fg;gl;bUf;f tha;g;G ,Uf;fpd;wjh? thdj;jpd; fPNo ,ul;rpg;Gf;F ,NaRtpd; ehkk; jtpu NtW ve;j ehkKk; nfhLf;fg;gltpy;iy vd;W Ntj trdq;fs; $Wfpd;wJ. ,e;j ,ul;rpg;gpy; mjd; Kjy; gbahd ghtkd;dpg;Gk; mlq;fptpLfpd;wJ. vdNt fz;bg;ghf mth;fsJ ghtKk; ,NaRtpd; ehkj;jpy;jhd; kd;dpf;fg;gl;bUf;Fk;. ,NaRtpd; fhyj;jpw;F Kd;dh; ghtk; kd;dpf;fg;gl;L tpRthrj;jhy; ePjpkhdhdth;fs; gl;bayhdJ vgp:11k; mjpfhuj;jpy; nfhLf;fg;gl;bUf;fpd;wJ. mth;fs; midtUk; NjtidAk;> mtuJ ghpghydj;ijAk;> NjtDila thh;j;ijiaAk;> thf;Fjj;jj;ijAk; tpRthrpj;jth;fshth;. mJ mth;fSf;F ePjpahf vz;zg;gl;lJ. mjhtJ Njtd; kPjhd tpRthrkhdJ mth;fsJ ghtq;fis kd;dpj;J mth;fis ePjpkhdhf;Ftjw;F VJthf ,Ue;jJ. thdj;jpd; fPo; ,ul;rpg;gpw;F NtW ve;j ehkKk; nfhLf;fg;glhjpUf;f ,NaRit mwpahj ,th;fSila ghtk; vt;thW Njtd; kPjhd tpRthrj;jhy; kl;Lk; kd;dpf;fg;gl;bUf;Fk;? mth;fs; mth;fSila fhyj;jpNyNa NjtDila thf;Fjj;jj;jpd;gb Nkrpahtpd; %yk; ,ul;rpg;G ,Uf;fpd;wJ vd;gijAk;> caph;j;njOjiyAk; tpRthrpj;jhh;fs;. caph;j;njOjypy; jq;fSf;F xU Nkd;ikahd ,ul;rpg;G ,Uf;fpd;wJ vd;gijAk; jq;fSila tPL ,e;j G+kpapy; epue;juk; my;y vd;Wk; jhq;fs; [PtDs;Nshh; Njrj;jpy; tho;Nthk; vd;Wk; tpRthrpj;jhh;fs;. ,NaR vd;w ngah; mth;fSf;F njhpahtpl;lhYk; xU Nkrpah tUthh;. mth; gypnfhLj;J kDf;Fyj;ij kPl;Lf;nfhs;thh; vd;gJ mth;fSf;F ed;F njhpe;jpUe;jJ. mij mth;fs; tpRthrpf;fTk; nra;jhh;fs;. mth;fs; Njtid tpRthrpj;jhh;fs; vd;why; vd;d mh;j;jk;? Njtd; kWikia Fwpj;J nfhLj;jpUe;j mtUila thh;j;ijiaAk;> thf;Fjj;jj;ijAk; mth;fs; tpRthrpj;jhh;fs; vd;W mh;j;jkhFk;. ,NaR fhyj;jpw;F Ke;ja ,j;jifa tpRthrpfSf;F Njtd; jd;kPjhd> tug;Nghfpd;w Nkrpah kw;Wk;> caph;j;njOjy; kw;Wk; kWik Fwpj;jhd jdJ thf;Fjj;jjpd; kPjhd tpRthrNk mth;fsJ ghtj;ij kd;dpf;fNghJnkd;W xU fzf;if itj;jpUe;jhh;. MdhYk; gpw;fhyj;jpy; ,NaR ghtepthuz gypnfhLg;ghh;> mJ cyfj;jhh; midtUila ghtKk; kd;dpf;fg;NghJkhdJ> me;j gypahdJ mtuJ gypf;F Ke;ja NjttpRthrpfSila ghtj;ijAk; kd;dpf;fg;NghJkhdJ vd;w fUj;jpy;jhd; Njtd; mth;fSila ghtj;ijAk; kd;dpj;jhh;. ,NaR gpw;fhyj;jpy; ghtepthuz gyp nfhLg;ghh; vd;w epiy ,y;yhtpl;lhy; ePjpguuhfpa Njtdhy; fz;bg;ghf gioa Vw;ghl;L NjttpRthrpfSila ghtj;ij kd;dpj;jpUf;f KbahJ. vdNt gioa Vw;ghl;Lfhy tpRthrpfsJ ghtk; kd;dpf;fg;glTk; ,NaRtpd; ghtepthuz gypNa fhuzkhf ,Ue;jJ vd;gij ehk; Kjypy; Ghpe;Jnfhs;sNtz;Lk;.

**VOtif ,ul;rpg;G: Mrhpg;G $lhuk; epoy;:** ,d;iwa fpwp];jth;fs; xd;W guNyhfk; ,y;iynad;why; eufk; vd;W xNu ,ul;rpg;igf; Fwpj;Nj $Wfpd;whh;fs;. Mdhy; Ntjj;jpy; nkhj;jk; VOtif ,ul;rpg;Gf; Fwpj;J $wg;gl;bUf;fpd;wJ. me;j VOtif ,ul;rpg;GfSk; Mrhpg;G $lhuj;jpy; milahskhf $wg;gl;bUf;fpd;wJ. Mrhpg;G $lhukhdJ guNyhfj;jpd; rhay; vd;Wk; mij nra;a kpfTk; vr;rhpf;ifaha; ,Uf;Fk;gbf;Fk; Njtd; NkhNria vr;rhpf;fpd;whh;. Mrhpg;G $lhuj;jpy; nkhj;jk; VO epiyfs; ,Uf;fpd;wd. ,it kDf;Fyj;jpy; nkhj;jk; VO tif ,ul;rpg;G ,Uf;fpd;wJ vd;gij milahsg;gLj;Jfpd;wJ. VO tif ,ul;rpg;GfSf;F mJ epoyhf ,Uf;fpd;wJ. me;j VO tif ,ul;rpg;G vd;ndd;d vd;W ghh;g;Nghk;.

gpujhd Mrhhpad; - ,uz;lhk; Mjhkhfpa ,NaR

Mrhhpah;fs; - ,uz;lhk; Vthshfpa rigahh;

Mrhpg;G $lhuj;jpy; nkhj;jk; %d;W tif Nytpah;fs; ,Uf;fpd;whh;fs;.

1.xU Nytpah;fs; Kjyhk; cyfj;J tpRthrpfs; (MNgy; Kjy; Nehth tiu)

2.,d;DnkhU tFg;ghh; gioa Vw;;ghl;Lfhy A+j tpRthrpfs; (Mgpufhk; Kjy; Nahthd; ];ehdfd; tiu)

3.,d;DnkhU Nytpah; tFg;ghh; Nehth Kjy; ,g;NghJ tiuahd Gw[hjp tpRthrpfs;. ,jpy; ehKk; mlq;FNthk;.

,e;j %d;W Nytpah;fSk; Mtpf;Fhpa rhPu ,ul;rpg;ig Rje;jhpj;Jf;nfhs;thh;fs;. mjhtJ ,th;fs; midtUk; Mtpapd; rhPuj;jpy; VNjDf;Fs; ,Ug;ghh;fs;. ,e;j Mtpapd; rhPuk; vd;gJ thdJ}jh;fSila rhPuj;ijtpl rw;W Nkk;gl;l rhPukhf ,Uf;Fk;. ,NaRTk; rigahUk; mq;F jpt;tpa Rghtk; vdg;gLk; nja;tPf rhPuj;jpypUg;ghh;fs;. ,th;fs; nja;tPf rhPuj;jpw;F mLj;j Mtpf;Fhpa rhPu ,ul;rpg;ig ngWthh;fs;. ,J ,uz;lhk; epiy Mtpf;Fhpa ,ul;rpg;G (nja;tPf rhPu ,ul;rpg;ghdJ Kjyhk; epiy Mtpf;Fhpa ,ul;rpg;ghFk;).

Mrhpg;Gf;$lhuj;jpy; gpuhfhuj;jpw;F ntspNa ,uz;L tFg;ghh; ,Uf;fpd;whh;fs;. mth;fs; ghsa %g;gh;fs;> ghsafhuh;fs;. Mrhpg;G$lhuj;jpw;F ntspNa ,Uf;Fk; ghsak; vd;gJ G+kpapy; khk;r rhPuj;jpy; ngwg;NghFk; ,ul;rpg;ig Fwpf;Fk;. ,jpy; ,uz;L tFg;ghh; ,Uf;fpd;whh;fs;. ghsa %g;gh;fs; filrp fhyj;jpy; kfhcgj;jputj;jpw;F Kd;dh; ,];uNaypd; 12Nfhj;jpuj;jpuj;jpypUe;J njhpe;njLf;fg;gLk; ,];uNayh;fshthh;fs; (144000Ngh;). ghsafhuh;fs; vd;gth;fs; filrpfhy kfhcgj;jputj;jpypUe;J njhpe;njLf;fg;gl;l A+jh;fs; kw;Wk; Gw[hjpfshth;. NkYk; cyfj;Njhw;wk; Kjy; ey;kdrhl;rpgb (kdrhl;rpapd; gpukhzj;jpd;gb) ele;j Gw[hjpauhd mtpRthrpfSk; caph;j;njOe;J te;J G+kpapy; khk;r rhPuj;jpy; epj;jpa [Ptid Rje;jhpj;Jf;nfhs;thh;fs;. ,ijf; Fwpj;J gpd;dh; tphpthf ghh;g;Nghk;.

**,ul;rpg;G epiwtiljy;:** Mapuk; Mz;L Kbtpd;NghJ rhj;jhd; mopf;fg;gl;L kDf;Fyj;jpd; ,ul;rpg;G epiwtilAk;. rhj;jhd; mopf;fg;gLk; tiujhd; tQ;rpf;fg;gl;L ghtk; elf;Fk;. rhj;jhd; mopf;fg;gl;lTld; tQ;rpf;fg;gLjy; epiwtile;JtpLtjhy; mjd; gpwF ghtepthuz gypapd; mtrpak; ,Uf;fhJ. Jd;khh;f;fh; kfhcgj;jputj;jpy; mopf;fg;gl;LtpLthh;fs;. kPjkhapUf;Fk; khk;rkhd vy;Nyhh; kPJk; ghpRj;jMtp Cw;wg;gLtjhy; vy;NyhUk; Njtrhayhthh;fs;. Kjy; Ie;J tFg;ghh; Mtp epiyapy; NjtrhaYk; filrp ,uz;L tFg;ghh; kz;zhd rhPuj;jpy; NjtrhaYk; ngWthh;fs;. mj;Jld; cyfNjhw;wj;jpw;F Kd;dNu Vw;gLj;jg;gl;l NjtDila ,ul;rpg;gpd; jpl;lk; epiwtilAk;. MjhKk;> VthSk; ,Uf;f Ntz;ba ,lj;jpy; (VNjdpy;) ,uz;lhk; Mjhkhfpa ,NaRTk;> ,uz;lhk; Vthshfpa rigahUk; kfpik fdj;jpdhy; KbR+l;lg;gl;L ,Ug;ghh;fs;. mjd; gpd;dh; mOifAk;> Jf;fKk;> grpjhfKk; ,y;yhj Njtuh[;[pak; G+kpapy; VNjid jiyefuhff; nfhz;L ];jhfpf;fg;gLk;. ,g;gbahf NjtDila ,ul;rpg;gpd; jpl;lk; epiwNtWk;.