kL;ljg s]lGb|o sfof{no, dft{8L, afh'/f

ldtLM @)&\*÷^÷!)

**kL;ljgsf] (cf}+ clwj]zg, #@cf}+ :yfkgf lbj; Pjd\ @(cf}+ jflif{s ;fwf/0f ;ef – @)&\***



**!= kl/ro**

kL;ljg ;d'bfodf cfwfl/t Ps ;fdflhs ;+:yfsf] ?kdf :yfkgf ePsf] u}/ ;/sf/L ;fdflhs ljsf; ;+:yf xf] . ;fljs cf6Lrf}/ uf=lj=;=, j8f g+ – $, cf]nLufpFdf æj8f ljsf; ;ldltÆ sf] gfddf lj=;+= @)$& c;f]h !) ut] :yfkgf ePsf]lyof] . :yfkgfdf x/]s kl/jf/af6 ?= !))÷– sf b/n] ?= %,#))÷– ;+sng u/]/ z'?jft ePsf] xf] . ;+slnt /sd / o;af6 a[l4 ePsf] /sd ;f]xL ;d'bfosf] ljsf;sf nflu x:TfGt/0f u/]sf]lyof] . lj=;+= @)$( kf}if % ut] lhNnf k|zf;g sfof{nodf btf{ ePsf] xf] . ;d'bfodf dlxnf–k'?if ;dfgtf, ;fd'bflos ;/;kmfO{, jg–hFunsf] ;+/If0f, ;fdflhs sfo{df x'g] kmh'n vr{ 36fpg], ufpF3/ ;/;kmfO{, afnaflnsf ljBfno k7fpg], vf]k nufpg], k|sf]kaf6 kLl8tnfO{ ;Sbf] ;xof]u ug]{ h:tf :jod\;]jL sfo{x?af6 z'? ePsf] xf] . ;fd'bflos ;+r]tgfsf nflu ;fF:s[lts sfo{qmd cf}hf/sf] ?kdf k|of]u u/]sf]lyof] . ;fd'bflos art tyf nufgL kl/rfngaf6 l;Sb} afh'f/ lhNnfs} klxnf] art tyf C0f ;xsf/L ;+:yf btf{ u/]sf]lyof] . xfn kL;ljg afnaflnsf, dlxnf / o'jf ;d'bfosf] ;fy lqmofzLn 5 . ;'b"/klZrd k|b]z / u08sL k|b]zsf laleGg lhNnfdf ;fem]bf/x?;Fu ;xsfo{ ub}{ sfo{qmd ;+rfng ul//x]sf] 5 . afh'/fsf] Ps ;d'bfodf #! jif{ cl3 :yfkgf ePsf] kL;ljg cfh /fli6«o u}/ ;/sf/L ;+:yfsf] ?kdf sfo{/t 5 . kL;ljgn] lj=;+= @)%& ;fn b]lv dfq ljsf; ;fem]bf/x?sf] ;xof]u k|fKt u/L sfd ug{ yfn]sf] xf .

;+:yfut ljsf; / sfo{qmddf ;d'bfo tyf ;/f]sf/jfnfx?sf] ;xeflutfsf nflu kL;ljgn] of]hgf tof/L, cw{jflif{s / jflif{s of]hgf k'g/fjnf]sg, ;fj{hlgs n]vfk/LIf0f, ;+:yfsf] jflif{s ;fdflhs k/LIf0f, /]l8of] sfo{qmd, 6f]n lk|m gDa/ ;+rfng, afn ;xfotf g+= !)(\* ;+rfng u/]sf] 5 . jflif{s ;fwf/0f;ef ;+:yfsf] hLjg ljsf;sf] cfwf/e"t sfg'gL cfjZostf xf] . kL;ljgn] x/]s jif{ cfˆgf] :yfkgf lbj; c;f]h !) ut] jflif{s ;fwf/0f;ef af]nfpF5 . k|To]s $ jif{df o;sf] s]lGb|o clwj]zg x'G5 / sfo{l;ldtsf] lgjf{rg x'G5 . o; jif{sf] ;fwf/0f;efaf6 gofF s]lGb|o sfo{;ldltsf] rog ePsf] 5 . xfn;Dd kL;ljgsf gf} j6f sfo{;ldlt lgjf{lrt ePsf5g\ . xfn kL;ljg dlxnfåf/f g]t{Tj ul/x]sf] ;+:yf xf] . kL;ljgsf sfof{no /x]sf afh'/fsf] sf]N6L, sf:sLsf] kf]v/f, s}nfnLsf] wgu9L, afh'f/sf] dft{8Ldf #@cf}+ :yfkgf lbj; dgfPsf] 5 . kL;ljgn] (cf}+ clwj]zg tyf @(cf}+ jflif{s ;fwf/0f;ef @)&\* ;fn c;f]h !) ut]sf] lbg ;DkGg u/]sf] 5 .

**@= p2]Zo**

* kL;ljgsf] #@cf}+ :yfkgf lbj; dgfpg]
* ;+:yfn] cfly{s aif{ @)&&.)&\* df u/]sf sfd / cfly{s aif{ @)&\*.)&( sf gLlt tyf sfo{qmddf ;fwf/0f;efdf 5nkmn u/L kfl/t ug]{ .
* ;/f]sf/jfnfx? k|lt ;+:yfsf] hjfkmb]lxtf a9fpg] .
* kL;lgsf] (cf}+ clwa]zg dfkm{t gof s]lGb|o sfo{;ldltsf] lgjf{rg ug]{ .

**#=;xefuLx?**

kL;ljg s]lGb|o sfo{no dft{8L afh'/fdf v'nf tyf pb\3f6g ;q / 5nkmn tyf aGb ;qdf ;+~rfng ePsf]lyof] . pb\3f6g ;qdf :yfgLo txsf hgk|ltlgwL, ;d'bfosf k|ltlgwL, ;/f]sf/jfnf clwsf/jfnf, afh'/f lhNnfsf ;/sf/L tyf u}/ ;/sf/L lgsfosf k|d'v tyf k|ltlgwL, ;fem]bf/ ;+:yfsf k|ltlgwL, ;+rf/sdL{, kL;ljgsf ;fwf/0f;ef ;b:ox?sf] pkl:ylt /x]sf]lyof] . aGb tyf 5nkmn ;qdf kL;ljgsf ;fwf/0f;ef ;b:ox?sf] ;xeflutf /x]sf]lyof] .

**$= k|lqmof÷ljwL÷sfo{qmdsf] la:t[tLs/0f**

sfo{qmdsf] k"j{ tof/Lsf nflu ljutdf em}+ cfGtl/s a}7s u/L lhDd]jf/L tf]lsPsf]lyof] . cfdlGqtx?nfO{ tLg lbg cufl8 g} kqfrf/ ePsf]lyof] . cltly Joj:yfkg, xn Joj:yfkg, k|ltj]bg tof/L, ;efsf] k|ltj]bg tof/Lsf] lhDdf tf]lsPsf]lyof] .

**$=! pb\3f6g ;q**

**sfo{qmd ;+rfng**

cWoIftfM >L ljdnf yfkf, cWoIf, kL;ljg s]lGb|o sfo{;ldlt

k|d'v cltlyM >L cfo'ifL yfkf -afn k|ltlgwL, pd]/ & aif{\_

cltlyM >L jL/ axfb'/ /fjn, j8fWoIf, a8Ldflnsf gu/kflnsf, j8f g+ – #

cltlyM >L nfn axfb'/ cf]nL, kL;ljg ;+:yfks Pjd\ k"j{ cWoIf

cltlyM >L nfn axfb'/ v8\sf, sf=jf= j8fWoIf, vKt8 5]8]bx uf=kf=–&,

cltlyM >L od k|;fb zdf{ cfrfo{, k|wfgfWofkgs, g]kfn /fli6«o df=lj=

cltlyM >L dfg jxfb'/ xdfn k|wfgfWofks, ;TojfbL df=lj=, ef}g]/f

cltlyM >L uf]/v axfb'/ yfkf, k|wfgfWofks, rf]ofsf]6 df=lj=

cltlyM >L em'kf /fgf, pkfcWoIf, cGt/kf6L{ dlxnf ;+hfn

cltlyM >L gGbf yfkf, ;lrj, kqsf/ dxf;+3

cltlyM >L v8s axfb'/ jf]xf]/f, lhNnf sfo{qmd ;+of]hs, u'8g]j;{ OG6/g]zgn g]kfn

sfo{qmd ;+~rfngM >L wL/ jxfb'/ bfgL, ;b:o, kL;ljg s]lGb|o sfo{;ldlt

**pb\3f6g**

kL;ljgsf] (cf}+ clwj]zg, #@cf}+ :yfkgf lbj; Pjd\ @(cf}+ jflif{s ;fwf/0f ;efsf] ;d'b\3f6g ;xeflutfd'ns k|lqmofdf Aofg/ jfrg u/]/ ul/Psf]lyof] . ;fd"lxs ?kdf /fli6«o ufg sfo{qmd lyof] .

**:jfutM**

kL;ljg pkfWoIf >L j[hg axfb'/ zfxLn] ;Dk"0f{ pkl:yltnfO{ xflb{s :Jffut ug'{ePsf] lyof] .

**z'esfdgf dGtJo tyf ;'emfa**

kL;ljgsf] o; sfo{smddf cltyLx?n] cfˆgf] z'esfdgf dGtJo tyf ;'emfa /fVg'ePsf]lyof] .

ædlxnf jfnjflnsf / lzIffsf] If]qdf kL;ljgn] u/]sf] sfo{ ct'ngLo 5 . afnaflnsfn] o; ;+:yfjf6 7"nf] cfzf u/]sf 5g\ . k|ultsf] z'esfdgf .Æ – ;'lzn /f]sfof, cWoIf, o'jf ;+hfn uf}d"n

ædlxnfx?sf] c;n clejfjs kL;ljg xf] . o;n] dlxnfsf] Ifdtf clea[l4 / ;d'bfodf /x]sf hNbfaNbf dlxnfsf ;jfnx?df jsfnt ub}{ cfPsf] 5 . cfufdL lbgdf lg/Gt/tfsf] z'esfdgf .Æ – **t'nf kfWof, pkfWoIf, lhNnf dlxnf clwsf/ d+r**

ædlxnf clwsf/ dGr / cGo dlxnf ;Ghfnsf] :yfkgfdf kL;ljgsf] k|d'v e"ldsf 5 . ;zlQms/0fdf cem} Wofg hfcf];\ . z'esfdgf .Æ – em'kf /fgf, pkfWoIf, cGt/kf6L{ dlxnf ;+hfn, afh'/f

ækL;ljg z'?df ;fd'bflos ljsf; ;+:yfsf] ?kdf cfl6rf}/ uf=lj=;=, j8f g+ ­–$, cf]nLufpFdf :yfkgf ePsf] xf] . o;n] dlxnf, ckfË, afnaflnsf, lszf]/lszf]/L, c;xfo, ul/a, blnt, k5fl8 kfl/Psf] ju{;Fu xft]dfnf] u/]/ cl3 al9/x]sf]df wGojfb . o; ;+:yfn] dlxnf clwsf/, afn clwsf/, lzIff clwsf/, :jf:Yo clwsf/ / k|sf]k hf]lvd Joj:yfkgsf ;fy} ljleGGf ef}lts ;+/rgfx?df klg sfo{ ul//x]sf] 5 . kL;ljg xfd|f] / /fd|f] ljBfno agfpgdf ;Ifd ePsf] 5 . o;}u/L ;dfh ?kfGt/0fdf cl3 a9f];\ . z'esfdgf .Æ– dfg axfb'/ xdfn, k|wfgfWofks, ;TojfbL df=lj=

æcf6Lrf}/df hlGdPsf] ;+:yf xf] . :f+:yfn] hlGdPsf] 7fpFnfO{ lal;{g' x'Fb}g . xfdLn] hGdfPsf] 5f]/Laf6 ;Gtfg km}lnP h:tf} kL;ljgaf6 ljsf; cleofg km}ln/x]sf] 5 . z'esfdgf .Æ

* nfn axfb'/ v8\sf, vKt8 5]8]bx uf=kf= j8f g+=–&, sf=jf= j8fWoIf

ælzIff, :jf:Yo, afnclwsf/, Ifdtf clea[l4sf] If]qdf pRr sfo{ u/]sf] kfOG5 . cfufdL lbgdf :yfgLo tx cem j8f:t/df ;dGjo / ;xsfo{ u/]/ cufl8 a9f];\ . z'esfdgf .**Æ**

–jL/ axfb'/ /fjn, j8fWoIf, a8Ldflnsf g=kf=, j8f g+–#

kL;ljg #! jif{ k"/f u/L #@ jif{df k|j]z u/]sf] 5 . kL;ljg btf{ ePsf] @\* jif{ k"/f eof] . sf]/f]gfsf] c;/nfO{ r'gf}tLsf] ;fy{ cj;/sf] ?kdf klg pkof]u ug{;sf}+ . u}/ ;/sf/L ;+:yf ;/sf/sf] ;xof]uL x'g\ . ;/sf/n] u/]sf ;an kIfnfO{ ;xof]u sdhf]/ kIf ;'wf/sf nfuL bjfj ;[hgf ug'[kb{5 . ;/sf/n] u/]sf /fli6«o tyf cGt/fli6«o ljsf; k|lta4tfnfO{ ;d]t ;xof]u k'Ug]u/L ;fdflhs ljsf; ;+:yfx?n] sfd ug'{kb{5 . kL;ljg afn ;d"x, dlxnf clwsf/ d+r, o'jf ;d"x, ;fd'bflos jg nufotsf ;d"xx?;Fu ;xsfo{ u/]/ sfo{ u5{ . – nfn axfb'/ cf]nL, kL;ljg ;+:yfks Pjd\ k"j{ cWoIf

pkl:yt ;a}nfO{ wGojfb 5 . kL;ljg afnaflnsfsf] ;f/yL xf] . – cfo'ifL yfkf, k|d'v cltyL

**pb\3f6g ;q ;dfkg**

kL;ljg sfo{;ldlt cWoIf tyf ;d'b\3f6g ;df/]xsf cWoIf >L ljdnf yfkfn] pkl:yt ;a}nfO{ wGojfbsf ;fy} ;'emfa cg';f/ kL;ljgn] sfd ug]{ k|lta4tf JoQm ub}{ ;dfkg ug'{eof] .

**$=@= ;fwf/0f;efsf] 5nkmn tyf jGb ;qM**

kL;ljg dxf;lrj nfnjL/ gfyn] sfo{qmdsf] ;+~rfng ug'{ePsf] lyof] .

cWoIf M ljdnf yfkf

pkfWoIf M j[hg axfb'/ zfxL

sf]iffWoIf M kfj{tL g]kfnL hf]zL

sfo{;ldtL ;b:ox?

;Dk'0f{ ;fwf/0f ;b:ox?

k|tfjx? tyf lg0f{oM kL;ljgsf] o; jGb ;qdf ljljw k|:tfj dfly 5nkmn e} lg0f{ox? ul/P .

!\_ kL;ljgsf] @(cf}+ jflif{s ;fwf/0f;efsf] aGb ;qdf dxf;lrjåf/f k|:t't cfly{s aif{ @)&&÷&\* sf] k|ult k|ltj]bg / )&\*÷)\*( sf] of]hgf dfly 5nkmn e} ;'emfa ;lxt kfl/t ul/of] .

@\_ kL;ljgsf] cfly{s aif{ @)&&÷&\* sf] aflif{s cfly{s k|ltj]bg sf]iffWoIf >L kfj{tL g]kfnL hf]zLåf/f ;efdf k|:t't e} 5nkmn eof] . ;efsf ;b:ox?af6 k|fKt ;'emfa ;dfj]z u/L kfl/t ul/of] .

#\_ ;fwf/0f ;efn] # ;b:oLo jflif{s n]vf tyf cg'dug ;ldlt u7g u¥of]M

;+of]hs >L t'nf/fd h}zL

;b:o >L b]j' vftL

;b:o >L wL/ axfb'/ bfgL

$\_ kL;ljgsf] cf=j= @)&\*÷)&( sf] jflif{s n]vfk/LIfs lgo'QmLsf]nflu cfjZos k|lqmof k"/f u/L ug]{ clwsf/ s]lGb|o sfo{;ldltnfO{ k|Tofof]hg ul/of] .

%\_ @(cf}+ jflif{s ;fwf/0f;efsf] dfOGo'6 k|dfl0ft ug{ tkl;nsf ;b:ox? rog ul/of]M

;b:o >L clgtf yfkf, ;b:o 6]s axfb'/ yfkf, >L ;b:o >L

^\_ kL;ljgsf] cf7f}+ sfo{;ldltnfO{ ;xof]u ug'{x'g] ;a} ;fem]bf/ ;+:yf, ;fwf/0f;ef ;b:ox?, :jod\;]jsx?, sd{rf/Lx?, z'e]R5'sx?df s]lGb|o sfo{;ldltn] cfef/ tyf wGojfb JoQm u¥of] .

&\_ gjf}+ clwj]zgsf] lgjf{rg ;ldlt tkl;n adf]lhd sfo{;ldltn] ;efdf k]z u¥of] / ;efaf6 kfl/t eof] . cWoIf >L ljdnf yfkfåf/f s]lGb|o sfo{;ldlt lj36g ePsf] hfgsf/L u/fpFb} aGb ;q ;dfKt ePsf] 3f]if0ff ug'{eof] . lgjf{rg k|lqmofsf] nflu lgjf{rg ;ldltnfO{ x:tfGt/0f ug'{eof] .

;+of]hs >L t'nf/fd h}zL

;b:o >L b]j' yfkf

;b:o >L s[i0f cf]nL

**s]lGb|o sfo{;ldltsf] lgjf{rgM**

!\_ lgjf{rg ;ldltsf ;+of]hs >L t'nf/fd h}zLsf] cWoIftfdf a}7s a;L lgjf{rg sfo{qmd ;fj{hlgs ul/of] .

@\_ sfo{qmd cg';f/ s]lGb|o sfo{;ldltsf kbsf nflu k/]sf dgf]]gog cfj]bg cg';f/ tkl;nsf JolQmx? /x]sf] s]lGb|o sfo{;ldlt ;j{;Ddt lgjf{lrt ePsf] ;"rgf ;fj{hlgs eof] .

cWoIf M ljdnf yfkf

pkfWoIf M j[hg axfb'/ zfxL

dxf;lrj M nfnjL/ gfy

sf]iffcWoIf M kfj{tL g]kfnL hf]zL

;b:o M ;l/tf g]kfnL

;b:o M ;Gtf]ifL /fjn

;b:o M gGbf s'df/L yfkf

;b:o M t'nfb]jL kfBf

;b:o M kbd axfb'/ ;fpFb

#\_ kL;ljg gjlgjf{lrt sfo{;ldltnfO{ lgjf{rg ;ldltsf ;+of]hsaf6 ;ky u|x0f u/fOof] . lgjf{lrt ePsf] k|df0f–kq k|bfg u/L ;+of]hsaf6 jwfO{ 1fkg ub}{ lgjf{rg ;ldltsf] sfuhft gof sfo{;ldlt cWoIfnfO{ x:tfGt/0f ug{'eof] .

$\_ gjlgjf{lrt sfo{;ldlt cWoIf >L ljdnf yfkfåf/f k|ltj4tf / lgjf{rg ;ldlt tyf ;fwf/0f;ef ;b:ox?nfO{ wGojfb JoQm ug'{eof] .

**lgisif{**

kL;ljgsf] (cf}+ clwj]zg, #@cf}+ :yfkgf lbj; Pjd\ @(cf}+ jflif{s ;fwf/0f ;ef ;DkGg ePsf]lyof] . o; cj;/df kL;ljg u08sL, kL;ljg sf]N6L kL;ljg wgu9Ldf bLk k|Hjng, k|jrg, z'esfdgf cfbfg–k|bfg u/L kL;ljgsf] #@cf}+ :yfkgf lbj; dgfOof] . gjf}+ s]lGb|o sfo{;ldlt rog u¥of] .

Hfo cj;/, ho ljsf; ..