**k|Zgf]Q/**

**eGg}kg]{ s'/f =========**

v';L / zflGtsf] nflu ;f/f dflg;x? ef}Ftfl//fv]sf 5g\ . of]u–Wofg / cWofTdsf] unt AofVof tyf cawf/0ffn] ubf{ dflg;x? /ge'Nndf k/]sf 5g\ . tyfslyt n§] hf]uLx? …u'?Ú sf] gfddf k|b"if0f km}nfO/fv]sf 5g\ . hf] cfkm}F c1fgL 5, hf] cfk}Fm af6f] vf]lh/fv]sf] 5 . To:tfn] s] 1fg lbG5 / < To;}n] tTj 1fg a'em]/ cfkm"leqsf] lbJoHof]lt …u'?Ú nfO{ hufP/ ;fZjt ;To / lbJo cfgGb k|fKt xf];\ eGg] x]t'n] of] …pklgifbÚ tof/ kf/]sf] 5' .

lzIffn] c;n rl/qjfg sd{7 dfga agfpg ;Sg'kb{5 . lzIffn] hLjg / hutsf] kf7 klg l;sfpg' kb{5 eGg] clek|fon] klg of] k':ts pklgifbsf] ?kdf k|:t't 5 . ahf/df nfvf}+ k':ts 5g\ t/ ;a} c?sf cg'ea dfq k9\g kfOG5 t/ of] k':tsn] eg] k|s[ltsf x/]s ;[li6nfO{ ;'Id cg'ea u/L tTj 1fg hfGg] df}sf lbg]5 . xfd|f] g]kfn :ju{e"ld, b]je"ld / tkf]e"ld xf] . t/ h;/L Pp6f ;'Gb/ km"naf/Lleq \* . !) j6f afFb/ / \* . !) j6f ;'Fu'/x? 5f]l8lbFbf kl5 Tof] au}Frfsf] ;'Gb/tf x/fpFb5 . To;}u/L clxn] xfd|f] g]kfndf klg c;+Vof /fIf;x?n] ubf{ :ju{e"ld g]kfn g/st'No ePsf] 5 .

ctM ;To / tYo 1fgsf] vf]hLdf lxF8\g' ePsf, ;'Gb/ g]kfnsf] kl/sNkgf ug'{ x'g] ;a} g]kfnLx?df of] k':ts Pp6f cfbz{ cfFvLem\ofn aGg]5 , cem egf}+ g]kYodf an]sf] lbof] aGg]5 eGg] ljZjf; klg lnPsf] 5' . ofb /fVg';\, dfgj ;Eotfsf] pb\ud:yn j}lbs 1fgsf] e08f/ ePsf]n] g]kfn ljZjsf] >Lk]r xf] . klZrd]nLx?n] xfd|f] j}lbs 1fgnfO{ vf]h cg';Gwfg u/]/ laz]if 1fg cyjf la1fg agfP eg] xfd|f] kl08tx?n] eg] j]bnfO{ k'Hgdfq nufP . t/ o; k':tssf] laz]if 1fgdfkm{t ;'Gb/ ;f]r af]s]sf ;k"tx? vf]hL/fv]sf] 5' . g]kfn b]Vg] ;'Gb/ cfFvf / k|s[ltsf] pTs[i6 ;[hgf a'em\g] sf]dn dgx? vf]hL/x]sf] 5' . eujfg\ /fdsf] cd[tjf0fL …hggL hGd e"ldZr :ju{bkL ul/o;LÚ nfO{ cfTd;fy ug]{ sd{7 of]4fx? vf]hL/fv]sf] 5' . :ju{sf] lgdf{0f b]jtfx?sf] xftaf6 dfq ;Dea x'g] ePsf]n] b]jTjx? vf]hL/fv]sf] 5' .

;a}sf] cf–cfkm\gf] ;kgf x'G5 . ;kgf b]Vg' klg kb{5 t/ To:tf] ;kgf h;n] ;'Tg gb]cf];\ . /, d]/f] ;kgf eg]sf] rflxF laZjsf] >Lk]r g]kfn, dfgj ;Eotfsf] pb\ud:yn, 1fg / zflGtsf] d'xfg, eujfg\ /fds[i0f / a'4sf] hGde"ld o; uf]/If /fi6nfO{ laZj ;fd' lrgfpg] xf] . ;fy;fy} 5/kli6P/ a;]sf ;+;f/e/sf g]kfnLx?nfO{ ;"o{ rGb| c+lst em08fd'lg Nofpg] xf] . Clifd'lgx?sf] cd[tjfl0f h:t} o; pklgif]bn] klg ;f/f g]kfnLx?sf] cfFvf vf]nLlbg] 5 eGg] laZjf; lnPsf] 5' .

cGttM ;'bfdfsf] slgsfsf] kf]sf g} ;xL t/ >4f elQmefjn] k|To]s kfgfx? kl9lbg'xf]nf . km"nkm"ndf 8'n]/ df}/Ln] ld7f] dx tof/ kf/] h:t} d]/f] >4o u'? cgGtk|;fb vgfnHo"sf] dfu{lgb]{zg, j]bx?sf] cWoog / cfkm\gf cg'eax?nfO{ lnlka4 u/]sf] 5' . hLjg / hut a'em\g] ;/n k':tssf] cefj laZj ahf/df v8\ls/x]sf] x'Fbf o; pklgifb\n] ;fFRr} g} ;'dfu{tkm{ dfu{lgb]{zg lbg]5 eGg] laZjf; lnPsf] 5' .

**aQLd'lgsf] cFWof/f]**

g]kfn 1fg / la4tfsf] nflu ;a{>]i7 d'n's xf] lsgeg] c? b]zsf dflg;x? 9'+ufsf] e/df lzsf/ ub}{ ubf{ xfd|f k'vf{ Clifd'lgx? eg] j]bsf Crfx? k9]/ ;'gfpFby] . d';ndfgx?n] gfnfgGb ljZjljBfno Wj:t kf/], klZrd]nLx?n] xfd|f] 1fgnfO{ vf]h cg';Gwfg u/]/ laz]if 1fg cyjf la1fg agfP / j]bsf] pb\ud:yn g]kfnnfO{ eg] cf]em]ndf kf/] . xfdL klg tyfslyt klZrdL ;Eotfdf dVv k¥of}+ . pbfx/0fsf] nflu Go"6gn] u'?Tjfsif{0f kQf nufpg' eGbf xhf/f}+ aif{ klxn] g} g]kfnsf efis/frfo{n] u'?Tjfsif{0fsf] l;4fGt n]v]sf lyP . ;'>'tn] Knfl:6s ;h{/L ub{y] eg] O{k" !%)) df g} g]kfnsf] lxdjtv08df k|s6 x'g'ePsf of]uL kft~hnLn] of]u–Wofgsf] k2lt k|ltkfbg u/]sf lyP . ;f/f laZjnfO{ ;'vL ;d[4 / zflGtdo hLjgsf] cb\e"t bz{g l;sfPsf lyP . cfh ;f/f ;+;f/sf dflg;x? of]u–Wofg / zflGtsf] vf]hLdf ef}Ftfl//fv]sf 5g\ / cWofTdsf] lrGtg ub}{ g]kfnfdf cf]O/L/fv]sf 5g\ .

t/ lj8Dagf xfdL aQLd'lgsf] cFWof/f] eof}+ . Pp6f v}/]sf] km// c+u|]hLdf jfx jfx u¥of}+, Pp6f ef/tLo e}of n§] hf]uLnfO{ …u'?Ú eGb} Tjdz/0ffd\ eof}+ . x'g klg l7s} xf] …snf} a|fXd0f /fIf;Ú eg]/ >fk kfP/} xf]nf a|Dx 1fg l;sfpg] a|fXd0fx? /S;Lsf] af]Qnleq k:g yfn]kl5 eb|uf]nsf] yfngL eof] . sf§f] / sfqf]df klg e|i6frf/ ug{ ;Sg] xfF8L3f]K6] 6k/] afx'gx? 8n/ kQf rafpFb} ;Qfdf k'u]kl5 g]kfnsf] sGtlahf]u ;'? eof] . x'g t d}n] afx'gx?nfO{ dfq ufnL u/]sf] xf]Og c? klg pxL 8\ofËsf d'nf x'g\ . sQ{Jo gu/L clwsf/dfq vf]H5g\ . b'MvnfUbf] s'/f] t g]kfnLx?n] g]kfn g} lrGg ;s]gg\ . tGq lalu|of] . efiff, ;+:s[lt / ;+:sf/ nª\u8f] agfP, r]tgfdf z'l4s/0f cfPg . ctM j}lbs lzIff nfu" u/L ;+:sf/ / ;f]rdf qmflGt x'g h?/L 5 .

**…klaq s'z]Zj/ wfdÚ**

h'g s'/fsf] cflb / cGTo x'Fb}g, To:tf …;bflzjÚ lzjlnª\usf] a0f{g s;/L ug{ ;lsG5 / < k/fk"j{sfndf a|Dxf / lai0f'n] klg km]b / 6'Kkf] kQf nufpg g;s]sf] o; k[YjLsf] k|yd Hof]lt{lnª\u oxL b'Dhf s'z]Zj/ g]kfndf ePsf] s'/f cjut u/fpg rfxG5' . ;f]Rg';\ t xfdL g]kfnLx? slt efUodfgL Û

kf}/fl0fs u|Gyx?df pNn]v eP cg';f/ cflbdsfndf o; k[YjL hndUg lyof] / a|Dxf / lai0f' dfq lyP, o; wtL{df . pgLx?aLr ;j{>]i7 sf] **<**] eGg] s'/fn] rsf]{ afblajfb ePkl5 hut /Iffsf] vflt/ lbJo t]hf]do Hof]lt{ln+usf ?kdf ;bflzj k|s6 x'g' eP5 . To;kl5 a|Dxf / lai0f'sf] k|fy{gf kZrft pQm Hof]lt{ln+uaf6 ;bflzjn] ;fsf/ ?kdf b'j}nfO{ bz{g lbg'eP5 / a|DxfnfO{ ;[li6sf] sfo{ / lai0f'nfO{ kfngkf]if0fsf] sfo{ef/ ;'lDkP/ lbJo 1fg lbP/ ToxL Hof]lt{ln+udf cGtWof{g x'g'eP5 . xf}, ToxL Hof]lt{ln+u rflxF clxn] klg xfd|f] g]kfnsf] b'Dhf s'z]Zj/df bz{g ug{ ;lsG5 . laleGg sfnv08df b]ju0f / Clifd'lgx?n] klg oxfF cfO{ tk:of u/]/ l;l4 k|fKt u/]sf lyP . xfdLn] a|Dxf eG5f} eg] klZrd]nLx?n] ca|fxd -a|Dxfsf] cufl8 c nufP/ >4f lbg] rng\_ / af}4ufdL{x?n] d~h'>L eGb5g\ . a|Dxf of ca|fxLd of d~h'>L h'g} gfdn] k'sf/] klg cflv/ eGg vf]h]sf] a|Dxf g} xf] . jxfFx?sf] cwf{ª\uLgLsf] gfd klg ;/:jtL, …;f/f… -;/:jtLsf] 5f]6f] ?k\_ xf] . xfdLn] ;/:jtL eG5f}+ eg] klZrd]nLx?n] …;f/f… eG5g\ .

To;kl5 a|DxfhL÷d~h'>L sf7df8f}+ cfpg'eof] . pma]nf sf7df8f}+ pkTosf lazfn tfn lyof] . d~h'>Ln] klxnf klZrd s'gfdf cfP/ sdnsf] lap /f]Kg'eof] . To;kl5 rf]ef/sf] uN5LnfO{ v8\un] sf6]/ kfgL aflx/ k\mofFs]kl5 lazfn tnfp al:t a:g of]Uo 7fpFdf kl/0ft eof] . pQm sdnsf] lap /f]k]sf] 7fpFdf :jo+e"gfy pTklQ x'g'eof] . :jo+ eg]sf] …cfkm}… e" eg]sf] …Hof]lt… / gfy eg]sf] O{Zj/Lo s[kof eGg] cy{ x'G5 . s]xL ;dokZrft eujfg\ >Ls[i0fn] bfdg kfn'ªjf;L uf]kfnL -uf]kfn a+zL\_ nfO{ cfzLjfb{ lbP/ sf7df8f}+df a:g / g]kfnsf] zf;g ug]{ lhDd]jf/L lbg'eof] . ufO{ kfNg]x? ePsf]n] pgLx?nfO{ …uf]kfn… eGg yflnof] . ltg} uf]kfnLx? g} sf7df8f}+ vfN8f]df k|yd lgaf;L lyP .

Ps lbg tL ufO{uf]7fnfsf] Pp6L s}nL ufO{ eg] ;w}F PsfGtdf uO{ b'w r9fpg] ub{yL . ufO{n] 3/df b'w glbPkl5 uf]7fnfx? /x:o kQf nufpg n's]/ ufO{sf] lrof]rrf]{ ug{ yfn] . ufO{ eg] ;bfem}+ Ps} :yfgdf b'w r9fpg] ub{yL . Tof] 7fpF km]nf kf/L ;s]kl5 uf]7fnfx?n] hldgleq s] /x]5 t eg]/ vg]/ x]bf{ Hof]lt{ln+u -cfuf]sf] Hjfnf\_ k|fb'ef{j eof] / tL uf]7fnfx? eid eP . pQm k'0oe'ld g} clxn]sf] kz'kltgfy xf] . ckm\;f]r, dflg;x?n] k/fk"j{sfndf pTklQ ePsf k'0o tLy{:ynnfO{ -:jo+e"nfO{ af}4 u'Daf / kz'kltnfO{ lxGb" dlGb/\_ lxGb" / af}4sf] ?kdf afF8kmfF8 u/]sf] b]Vbf pb]s nfU5 . x'g t lxGb" af}4 of c? s'g} wd{;Dk|bfox? j}lbs ;gftg wd{s} xfFufx? x'g\ . t/klg cl:t ev{/ @^)) aif{cl3 hGd]sf] af}4 wd{n] :jo+e"nfO{ cfk\mgf] eGg' / sl/a $%)) aif{cl3 ef/tLo ;+:s[ltaf6 hGd]sf] lxGb" wd{n] kz'kltgfy dlGb/nfO{ cfkm\gf] eGg' xf:of:kb s'/f xf] .

s]xL tyfslyt cw{1fgLn] To:tf] JofVof u/]]kl5 dflg;x? klg To;/L g} a'em\b}cfPsf x'g\ . jf:tjdf lxGb"df af}4 wd{ eg]sf] j}lbs ;gftgs wd{sf] xfFufdfq xf] . clxn]sf laleGg wd{x? lg:sg' cl3 dfq j}lbs ;gftg wd{ lyof] . h;n] j]bsf lgb]{zgx? kfngf ub{Yof] . a|fXf8Lo pmhf{, k|s[lt k"hf / dfga wd{g} d'Vo lzIff lyof] . o;/L x]bf{ v]l/ :jo+e"gfy / kz'kltgfy b'j} dlGb/x? cflbdsfnb]lv g} dflg;x?sf cf:yfsf] s]Gb| lyof] . dfga ;Eotfsf] klxnf] dlGb/ …s'z]Zj/wfd… xf] eg] To;kl5sf] :jo+e" / kz'ltgfy dlGb/ xf] .

ToxLF s'z]Zj/wfd glhssf] u'kmfdf …g]Ú gfd u/]sf Clifn] tkZof u/]/ l;4 k|fKt ul/;s]kl5 ToxfFsf dflg;x?nfO{ kfngkf]if0f -:g]xL /fhf lktf :j?k\_ ug'{ ePsf]n] g]kfn gfds/0f ePsf] kf}/fl0fs Oltxf;n] atfpF5 . o;cl3 g]kfnnfO{ åfk/ o'udf g]kfnd08n, q]tf o'udf d'lQmbflogL / ;Too'udf ;TojtL elgGYof] . Clifd'lgx?sf] tkf]e"ld ePsf]n] laZjfldq Clifn] tkZof ug'{ePsf] u'kmfdf -hxfF a;]/ laZjfldq CifLn] klaq ufoqL dGqsf] /rgf ug'{eof]\_ cfWofTdsf] vf]hLdf ef}Ftfl/P/ lxF8]sf dflg;x? cGTodf oxLF g} cfP/ 7f]lsG5 . h;/L ;Dk"0f{ dflg;x?sf] pb\ud:yn laZjsf] klxnf] Hof]ltln{u s'Zf]Zj/ wfdnfO{ phfu/ ug]{ / ;f}o{ pmhf{nfO{ Pslqt u/]/ ;d:t dflg; tyf hLj sNof0fsf] lglDt laZj zflGt dlGb/ lgdf{0f ePsf] 5 . uf]/vgfy sNof0f s]Gb|sf] dfu{lgb]{zgdf @)&^ ;fn d+l;/ ^ ut] pTklQsf PsfbzLsflbg ;b\u'? uf]/vgfy lzj afafsf] dlGb/sf] lznfGof; ul/Psf] lyof] . …;j]{ ejGt' ;'lvg ;j]{ ejGt' lg/fdofÚ eGb} hut sNof0fsf] sfdgf ul/Psf] lyof] eg] lalwjt ?kdf snLo'usf] cGToe} q]tfo'u -/fd/fHo\_ sf] cfudgsf] z'e ;Gb]z klg ;'gfOPsf] lyof] .

b'Mvsf] s'/f, l5d]sL ef/tn] laxf/ /fHodf 5'§} s'z]Zj/ agfPsf] s'/f ToxfFsf] ljBfyL{ efO{x?af6 yfxf kfOof] . j}lbs kf7zfnfdf k9fOg] k':tsx? klg ef/taf6 cfpFbf] /x]5 . xfd|f] ;/sf/ s';L{df v}gL rafP/ a;]sf] dfq 5 eGg] hgu'gf;f] ;l'gof] . klaq s'z]Zj/ dlGb/ / j}lbs kf7zfnfsf] bogLo cj:yf b]v]/ ;fx|} lrQ b'Vof] .

h]xf];\, l9n} eP klg afaf uf]/Ifgfysf] dlGb/ agfpg] ;+sNk k'/f eof] . hutsNof0fsf] nflu of] eGbf 7'nf] pTs[i6 sd{ s] x'g ;S5 / < lsgeg] ;f}o{pmhf{, jfo'd08nLo pmhf{ / wtL{ pmhf{ qmdzM s'z]Zj/, 8f]n]Zj/ / ?b|uf/]Zj/af6 lg:sG5 . oL a|Dxf08Lo pmhf{x? k+s[lt / dfgax?sf] r]tgf z'l4s/0f u/L ;sn k|f0fL ag:kltx?sf] ;+/If0f ug{nfO{ cTofjZos 5 . ctM of] k[YjLdf oL tLg dlGb/x?sf] lalzi6 dxTj 5 . o:tf] lbJo 1fg lbg] clxn];Dd sf]xL ePg . ef/tLo e}ofx?n] / klZrd]nL Dn]D5]x?n] xfd|} j}lbs 1fg rf]/]/ 3f]qmf] km'nfO/fv]sf 5g\ . ;+rf/hutdf pgLx?sf] la5§} kx'Fr ePsf] sf/0fn] klg xfdLx? cf]em]ndf k/]sf xf}+ . t/ klg s]xL 5}g, l9nf]rfF8f] g]kfnnfO{ …ljZjsf] >Lk]r… eg]/ ;f/f ;+;f/n] lrGg]5 . sf]Onfleqsf] lx/f l5§} g} 6lNsg]5 . g]kfn /fi6«sf ;k"tx? hfUb}5g\ . xfdLn] xtfl/P/ klg x'Fb}g . !@ jif{sf] afnsn] h'F3fsf] /x/ u/]/ sxfF x'G5 / < ;do cfPkl5 !^ jif{df cfkm}F h'F3f cfpF5 eg]h:t} ca l5§} g} g]kfn :j0fL{d o'udf k|a]z x'Fb}5 . lsgeg] lalwjt\?kdf @)&^ ;fnb]lv slno'u ;dfKt eP/ q]tfo'pu -/fd/fHo\_ df k|j]z u¥of}+ . xh'/x? ;a}n] ;'Gb/ / ;d'4 g]kfn l5§} g} kfpg'x'g]5 . ;a}n] afaf uf]/vgfyk|lt >4f elQmefj k|s6 u/]/ j}lbs ;+:sf/ cg'?k hLjg hLpg cg'/f]w ub{5' . ॥ ॐ नमः शिवशिवाऽय ॥

**lazfn g]kfn** ho ho uf]/v–ho ho sfnL -w'g\_

lazfn g]kfnsf] zL/df klaq s}nfz, lxdfnsf] sfvaf6 au]sL u+uf–;/:jtL / od'gfn] l;Flrt xfd|f] Kof/f] b]z g]kfn . eujfg\ /fd, s[i0f / a'4sf] hGde"ld, laZjsf] >Lk]r ;u/dfyf / aL/uf]vf{nL ufyfn] k|l;l4 sdfPsf] xfd|f] b]z g]kfn ;fFRr} g} k|f0feGbf Kof/f] 5 . k|fs[lts ;f}Gbo{ / h}las lalawtfn] el/k"0f{ /fi6« jf:tadf wtL{sf] :ju{ g} xf] . of] :ju{e"ld, b]je"ld / Clifd'lgx?sf] tkf]e"lddf hGd lng' g} xfd|f] cxf]efUo xf] . j}lbs ;gftg wd{sf] pb\ud:yn, wd{ bz{g–la1fg / ;flxTosf] d"n ;|f]t dflgPsf] j]bsf] /rgf oxLF k'0oe"lddf ePsf]n] xfdL g]kfnL x'g'df ua{ ug'{kb{5 .

g]kfnnfO{ ;To o'udf ;TojtL, q]tfo'udf d'lQmbflogL / åfk/ o'udf g]kfnd08n eg]/ lrlgGYof] . j]b / k'/f0fx?n] g]kfnnfO{ cWofTdsf] s]Gb| eg]/ lxdjt v08df d'\Qm s07n] k|z+;f u/]sf] 5 . kf}/fl0fs u|Gydf k'8\s] a|fXd0fn] anL /fhf;Fu Ps kfOnf hldg dfu]sf] 7fpF g} g]kfn xf] ToxL lazfn g]kfndf k/fk"0f{sfnb]lv g} ;"o{rGb| c+lst clåtLo em08f kmx/fO/x]sf]] 5 . /, clxn];Dd klg g]kfn Ps :jtGq, :jfwLg /fi6«sf] ?kdf ;'kl/lrt 5 .

ckm;f]r, Oltxf;sf] laleGg sfnv08df g]kfndfly s}of}F k|xf/ cfP t/ xfd|f] k'vf{sf] lz/ slxNo} em's]g . uf]/vgfysf] afafsf] cfzLjf{b kfP/ >L % a8fdxf/fhlw/fh k[YjLgf/fo0f zfxn] lazfn g]kfn PsLs/0fsf] yfngL ug'{eof] / kl5 5f]/f axfb'/ zfxn] k'gM lazfn g]kfn :yfkgf u/]/ 5f8\g'eof] . kl/0ffd:j?k, clxn];Dd g]kfn 5 / xfdL g]kfnL 5f}+ . o; uf]/If /fi6«sf tL aL/ k'vf{x?sf] cld6 ufyfnfO{ ;d]6]/ Oltxf; lhljt /fVg] k|of;n] w]/} rnlrqx? klg ag] . :d/0f /xf];\ , lazfn g]kfnsf] gSzfdf ltAatsf] Nxf;f / s}nfz ka{t klg kb{5 eg] blIf0fdf lbNnL, cfu|f, OGbf]/, Onfxfjfb, snsQf, agf/;, k6gf, l;lSsd, bflh{lnª, em08} cfwf ef/t g} xfd|f] e"efu lyof] . cem};Dd klg nfn lsNnfdf g]kfnL efiffdf n]lvPsf] clen]v 5 . Tof] a]nf nfnlsNnf g]kfnsf] ;+;b ejg lyof] . u+uf gbLsf] lsgf/df dfyj/l;+x yfkf / h+uaxfb'/n] uf8]sf h+u] lkn/x? 5g\ . snsQfsf] aGb/ufx g} xfd|f] lyof] . cem} klg ToxfF Ps j:tLsf] gfpF g]kfnu~h 5 . a|Dxk'qsf] ;]/f]km]/f] / cf;fd klg xfd|f] e"efu lyof] . s}nfz hfg] af6fsf] xf]6nx?df eg] cem} klg dx]Gb| /fhfsf] d'b|fx? b/fhdf ;hfP/ /fv]sf] e]l6G5 . Tolta]nf ltAatsf ef]6]x?n] g]kfnnfO{ s/ a'emfPsf] k|z:t k|df0fx? e]l6G5g\ .

ctM gfnfkfgL / sfnfkfgLsf] d'2fn] b]zdf snx Nofpg' Aoy{ 5 . xfdL;Fu cGwf]n] klg k9\g ;Sg] k|df0fx? 5g\ . xfd|f tf]/Lnfx'/] g]tfx?–lbNnLsf HjfOFx?n] ubf{dfq g]kfnLx?n] b'Mv kfPsf x'g\ . lar/fx? ;'Tbf g]kfndf x'G5g, p7\bfv]l/ lkn/ ;l/;s]sf] x'G5 . ef/tLo e}of ag]sf x'G5g\, lgbf]{if g]kfnLx? . afFw oxfF x'G5, afFwsf] rfaL lbNnLdf x'G5 . To;}n] xhf/f}+ g]kfnLx? k|To]s aif{ Hofg u'dfpF5g\ . s7k'tnL ;/sf/, bnfnx?, o'Pg clg /csf Ph]G6x? eg]/ htftt} g]kfnL gful/s cfqmf]lzt 5g\ . t/ klg g]tfx? r'F klg af]Nb}gg\ . af]n'g\ klg s;/L < g'gsf] ;f]emf] ug}{ k¥of] . ;Qf kIf / lakIfL b'j}nfO{ ef/tn] dfbn ahfPh:t} ahfpF5 . af3sf] 5fnfdf :ofnsf] /hfOF ug]{ b'ik|of; ub{5 . ctM /fi6«sf] cl:dtf hf]ufpg, :jfledfg /fi6«df cfFr gcfpgsf] nflu d ;a} /fi6«eQmx?nfO{ Ps h'6 x'g clkn klg ub{5' .

**lsg dflg;x? a]v';L x'G5g\ <**

! **;w}F k|zGg x'g–s[t1 x'g g;Sg'** M cfd dflg;x?sf] r]x/f wldnf] b]V5' , dg cldnf] b]V5' . ct[Kt rfxgfn] dflg;x? t8\lk/fv]sf x'G5g\ . dgb]lv d[b' d':sfg 5g{ g;Sg'g} cfw'lgs dflg;sf 7"nf] ;d:of x'g\ . xfF:gnfO{ axfgf vf]H5g\ . jf:tjdf, hf] xfF:g ;Sb}gg\, ltgLx?n] d[To' s'/]/ a;]sf dfq x'g\ . olb tkfO{ …d}n] Tof] lrh kfP eg] v';L x'G5'Ú eg]/ ;f]Rg'x'G5 eg] Tof] lbjf:jKg dfq xf] . d[ut[i0ffdf d[u bf}l8Psf] h:tf]dfq x'G5 lsgls xfd|f rfxgfx? c;Lldt 5g\, Tof] kfPkl5 dgn] csf]{ dfly csf]{ vf]H5 . rfxfgfsf] >[ª\vnf slxNo} 6'6\b}g .

To;}n] klxnf tkfO{ s[t1 x'g'xf];\ . ;'Gb/ hLjg kfPsf]df O{Zj/ k|lt v';L JoQm ug'{xf];\ . s;}n] :ofp lbof] eg] xfdL wGojfb eG5f}+ t/ olt ;'Gb/ hLjg lbg] hLjgbftfnfO{ xfdL slxNo} wGojfb eGb}gf}+ . of] g} xfd|f] klxnf] dxfe"n xf] . x[boaf6 wGojfbsf] uLt u'gu'gfpg'kg]{df xfdL st{Aoaf6 efuLdfq /fVb5f}+ . xf], cfdf / a'jfsf] ldngaf6 xfdL o; wtL{df cfof}+, lgZro g} a'jfcfdf k|ToIf O{Zj/ x'g'x'G5 . t/ jxfFx?sf] rfxgf k|of;leq O{Zj/sf] cfzLjf{b 5 eGg] s'/f w|'a ;To xf] . kSs} klg cfdfn] ( dlxgf xfdLnfO{ ue{leq /fVg'eof] t/ cfFvf, d'v, d'6', kmf]S;f] eg] agfpg' ePg . jxfFn] lalwsf] lawfgnfO{ kfngf dfq ug'{eof] t/ xfd|f] hLjg lbg] Tof] O{Zj/Lo zlQmnfO{ xfdLn] e'Nof}+ . xfF:g, gfRg / afFRg hfg]gf}+ To;}n] xfdL ;w}F lrlGtt aGg'k¥of] . uf]/vgfy afafsf] lbJo ;Gb]zdf eGg'ePsf] 5 ls–……xfF;L af, v]nL af, /xL af /+u …… h;sf] cy{ x'G5– xfF;, v]n, /dfpm . hLjg hLpgsf] nflu xf], cg'ea ug'{kb{5 . k|To]s 36gfx?n] hLjgsf] kf7 l;sfpFb5 . sfutL gvfP cldnf]sf] 1fg x'Fb}g . v';f{gL gvfP lk/f] eGg] s'/f g} yfxf x'Fb}g . h:tf];'s} g/dfOnf If0f latfpg' k/] tfklg To;nfO{ ;sf/fTds ?kn] lng' . afafsf] cl;d s[kfnfO{ slxNo} ge'Ng' . k|za kL8fkl5 dfq Ps gf/L cfdf aGg ;lS5g\ . rf]6 / a]bgfn] vfl/Psf] dflg;n] dfq ;frf] cy{df hLjg a'em]sf] x'G5 . ofb /fVg;\– /ftsf] cfFwLa]x/Lkl5 ;'Gb/ laxfgL cffpF5 , of] k|s[ltsf] lgod xf] .

**@= k/dlktf;Fu ;DaGw ufF:g g;Sg' M** xfdL k|s[ltsf] aLrdf afFr]sf 5f}+ . k|s[lt eg]sf] cfdf x'g\ . c+u|]hLdf klg The mother nature eG5f}+ . Father nature sbfkL elgFb}g . p; eg] xfdL cfdf k|s[ltsf] sfvdf t 5f}+ t/ lktf;Fu 6f9f 5f}+ . h;/L Pp6f e]F8fsf] aRrfn] cfkm\gf] cfdfafj' gb]Vbf KofF KofF u/]/ s/fO/fV5 / cfdfa'jf km]nf kf/]kl5 t'?Gt} r'k x'G5 , v';Ln] k'R5/ xNnfpFb} ;Fu} a:5 – xf}] To;}u/L xfd|f] cGt/cfTdfsf] Hof]lt :j?kn] k/dHof]lt -k/dlktf\_ ;Fu ldNg vf]H5 t/ s;/L e]6\g], bz{g ug]{ eGg] s'/fsf] e]p gkfpFbf xfd|f] dg ;w}F xtf; x'G5 / xfdL a]v';L x'G5f}+ .

**#= k|s[ltsf] lgod kfngf gug'{ M** x/]s laBfno, sfof{no, a}+s, k|fGt, /fi6«sf] cf–cfkm\gf] lgod x'G5 . ;a}n] To;nfO{ kfngf ug'{k5{ . gu/]df ;hfoFsf] efuLbf/ aGg'kg]{ x'G5 . To;}u/L k|s[ltsf] klg cfkm\g} lgod 5 . d+l;/df cfFk vf]h]/ sxfF kfOG5 / < k'; df3df lxnf] cfnL u/]/ sxfF wfg kmN5 / < !) jif{sf] aRrfn] h'F3fsf] /x/ u/]/ sxfF h'3f cfpF5 / < o;/L k|s[ltsf] lgod a'em]/ ;f]xL cg'?k afFRg' g} dxfgtf xf] . cfw'lgs hdfgf eg]/ hltv]/ kfof] pltv]/ cfFk vf]h] d'v{ eOG5 . sf]N8:6f]/df /fv]s} e]l6P tfklg Tof] k|fs[lt x'Fb}g . sfvLsf] /fF} sf6] dfgl;s kL8f x'G5 . a]n'sf bxL vfP vf]sL nfU5 . c;f/df wfgv]tL gu/] ef]s} dl/G5 . j};df lajfx gu/] hLjg lwSsf/sf] x'G5 . dlxnfx?n] dfl;s wd{ (Menstruation) /f]Sg vf]h] z/L/df a]lylt k}bf x'G5, cflb OToflb s'/f a'em]/ hLjg lhpg] dflg; a'l4dfg xf] . d;Fu k};f 5, h] rflxP klg hltv]/ klg lsGg ;S5' eGg] cw{;f]rn] ubf{ dflg; b'MvL x'G5g\ . cem} egf}+, k|s[ltsf] lgod a'em\g g;Sbf klg dflg;x? tgfadf x'G5g\ .

**$= j}l]bs lzIff / wd{sf] kfngf gug'{ M** j]b eg]sf] c;n hLjg k2lt l;sfpg] zf:q xf] . k+rzLnsf] kfngf gu/] xfdL To;sf] ;hfo ef]U5f}+ g} . To;df klg cfkm\gf] wd{ kfngf gu/] emg\ 7"nf] ;hfo kfpF5f}+ . wd{ eg]sf] s'g} wfld{s ;Dk|bfo -af}4 wd,{ lxGb" wd{, d'l:nd wd{– lqml:rog wd{\_ eg]/ a'em\g] u/]sf 5g\ cfddflg;x?n] . t/ s'/f] To:tf] xf]Og, …wd{ wf/ot] Olt wd{… cyjf cfkm\gf] cGt/lglxt u'0f cg';f/ sQ{Jo kfngf ug'{g} wd{ xf] . h:tf] ls cfuf]sf] wd{ kf]Ng' / pHofnf] lbg' xf] . kfgLsf] wd{ eg]sf] Kof; d]6fpg' / hLjg lbg' xf] . olb kfgLn] Kof; d]6fpFb}g eg] Tof] kfgL xf]Og . To;}u/L GofofwLzsf] wd{ Gofo lbg', ;]gfsf] wd{ /fi6« ;'/Iff lbg', k|x/Lsf] wd{ eg]sf] ;dfhdf zflGt ;'Joj:yf ug'{, lzIfssf] wd{ 1fg afF8\g', Jofkf/Lsf] wd{ eg]sf] lglZrt d'gfkmf /fvL pkef]QmfnfO{ dfn;fdfg a]Rg' xf] . t/ oxfF /ftf/ft wgL x'g] Jofkf/L 5g\ / kf] ajf{b ef] t . To:t} g]tfx?sf] wd{ eg]sf] ;dfh / /fi6«sf] ;]jf ug]{ xf] . clxn] sxfF 5g\ / To:tf g]tf, Jofkf/L, GofofwLz, k|x/L < t/ lalwsf] lgod 5 ls– h:tf] sd{ h:t} kmn kfOG5 . tL e|i6x?n] l9nf]rfF8f] ;hfo kfpF5g\ / b'MvL aGg'kg]{ x'G5 .

csf]{ s'/f xfdL dfgj rf]nf ePKl5 dfga wd{ x'G5 . xfdL k|s[ltsf] pTs[i6 k|f0fL ePkl5 ;a} hLjhGt' / k|s[ltsf] /Iff ug'{sf] ;§f k|s[lt gi6 ug{tkm{ nfUof}+, xfd|f] z/0fdf k/]sf lgbf]{if hgfj/x?nfO{ sf6]/ /fIf;L rfxgf d]6fpg] tkm{ nfUof}+ . o;n] slxNo} klg xfd|f] cfTdfn] zflGt kfpFb}g / xfdL b'MvL algg} /fvg' kb{5 . a}+ssf] C0f h:t} xfd|f c? C0fx? klg x'G5g\ . h:t} b]aC0f, lkt[C0f, ClifC0f, lzIfs au{sf] C0f, cfdfa'jfsf] C0f . a]nfa]nfdf o1, xjg, j}lbs k"hfcfhf u/]/ b]aC0f ltg'{kb{5 . lkt[ / s'n df]Ifsf] nflu lkt[ k"hf ug'{kb{5, x/]s ;f]x| >f4df . cfdfafj'nfO{ lrq b'vfpg' x'Fb}g / a]nfa]nfdf pkxf/ lsg]/ lbg'kb{5 . cfkm\gf] 5f]/f5f]/Ln] lbPsf] k|]dsf] pkxf/sf] s'g} d"Nog} x'Fb}g . To;}u/L j}lbs 1fg af8g' x'g] Clifd'lgx?sf] elQmefj /fVg'kb{5, laz]ifu/L u'?–k"l0f{dfsf] lbg . / xfdLnfO{ :s'n sn]hdf k9fpg] lzIfs lzlIfsx?nfO{ klg a]nfa]nfdf ;Demgfsf] sf];]nL lbg' pQd x'G5 .

o:t} o:t} C0f ltg'{sf] nflu, lg:jfy{;]jf ug{nfO,{ k|s[lt / k|f0fL /Iffsf] nflu klg xfdL ;j{>]i7 k|f0fL eP/ o; wtL{df cfPsf xf}+ . o:tf] dfga wd{sf] kfngf ug{ g;s] xfd|f] hLjg lwSsf/ aGb5 / leqleq} b'Mv eO/fVb5f}+ .

**%= dflg;x? at{dfgdf afFr]sf x'Fb}gg\\ M** cfd dflg;x? ls t lat]sf s'/fnfO{ ;f]r]/ ;do latfPsf x'G5g\ , ls t elaiosf] sNkgf / of]hgfdf d:t x'G5g\ . jf:tadf clttsf] s'/f e"t e};Sof] . t;f{pF5 dfq lsgls Tof] xfd|f] sfa'df x'Fb}g . To;}u/L elaio cfPs} 5}g To;}n] lsg Joy{df lrGtf lng' . h] x'g' 5, eP/} 5f8\5 . t/ klg dflg;x?sf] afgL elaio ef]lnsf] ;la:tf/ of]hgf agfpg] dfq ub{5g\\ . o;f] ubf{ at{dfgdf afFr]sf x'Fb}g . e"t / elaio xfd|f] xf]Og . clxn]sf] If0f at{dfgdf h] xf], Tof] g} hLjg xf] / ;f]xL cg'?k hLjg hLpg' kb{5 . o;sf] dtna lat]sf s'/fnfO{ ;Demg' x'Fb}g jf elaiosf] of]hgf agfpg' x'Fb}g klg eg]sf] xf]Og . lat]sf s'/faf6 kf7 l;Sg] / eljiosf] ;+lIfKt of]hgf rflxF agfpg'kg]{ x'G5 . To;df g} c8\ls/fVbf rflxF tgfa l;h{gf x'G5 eGg] s'/f xf] .

**^= dflg;x? hf]uL / ef]uL ag], of]uL aGg ;s]gg\ M** eujfg\ a'4n] eGg'ePsf] 5 ls, æcfjZostf eGbf a9L lrhlahx?sf] ;+u|x klg Ps lsl;dsf] kfk xf] .Æ t/ oxfF t dflg;x?df ct[Kt rfxgf 5, h'Qf @@ hf]/, ;f8L #% hf]/, ;'g @% tf]nf==== . s] of] cfjZostf xf] / < kSs} xf]Og . of] t vf]qmf] cf8Da/L xf] . xf} oxL cf8Da/L / cTolws pkef]u -vfg, nufpg / P}; cf/fd\_ ug]{ afgLn] klg dflg; b'MvL aGb5g\ . ;w}F dfUg] levf/L agL/fVb5 . jf:tadf xfdL ;a} levf/L g} xf} . ul/a dlGb/ aflx/ dfU5 eg] wgL dlGb/ leq uP/ dfUb5 . dfUg] 7fpF / tl/sfdfq km/s 5 t/ ;a}df dfUg] yfªg] ;f]r 5 . cfkm";Fu h] 5 ToxLdf ;Gt'i6 x'g g;Sg' csf]{ b'Mvsf] sf/0f xf] .

csf]{ s'/f xfdL of]uL aGg ;s]gf}+ . of]uL eGg] lalQs} nfdf] bfx|L, lgwf/df v/fgL / lrD6f af]s]sf] dfG5] ;Demg] ;+:sf/ 5, oxfF . t/ ;fFrf] cy{df hf] at{dfgdf afFRb5 pm of]uL xf] . hf] w]/}eGbf w]/}sf] enfO{sf] lglDt afFRb5, pm of]uL xf] . hf] k/dfTdf;Fu lng x'g ;Sb5m pm of]uL xf] . hf] kL8f / v';L b'j}nfO{ Pp6} ?kdf lnP/ /dfpg ;Sb5 pm of]uL xf] . xfdL dflg;x? of]uL aGg'kb{5 . g/gf/Laf6 g/gf/fo0f aGg] k|of; ug'{kb{5 . b'ef{Uojz, dfG5]x? g/kz' ag] / kf] ajf{b ef] t . d, d]/f] :jf:gL, 5f]/f5f]/L eGg] ;f]r / s't cs't ;DklQsf] ef]u ug]{ ct[Kt rfxgf klg b'Mvsf] d"nsf/0f xf] .

**&= z/L/ dg / cfTdfaLr c;Gt'ng M** lxF8\bf / ;fOsn r9\bf ;Gt'ng u'Dof] eg] nl8G5 . /Qmrfk pRr x'g' klg /fd|f] xf]Og eg] lgrf] x'g' klg /fd|f] xf]Og . w]/} ul/a x'g' / w]/} wgL x'g' b'j} /fd|f] s'/f xf]Og . ul/a ;'Tg ;Sb}g lsgls p;sf] k]6 ef]sf] 5 , ptf wgL ;'Tg ;Sb}g lsgls a]:;/L x;'/]sf] 5 . otf ul/a k};f geP/ lk/f]lnPsf] 5 eg] ptf wgL dfG5] k};f stf n'sfp eg]/ cQflnPsf] x'G5 . lgb|f nfUb}g, lgbfpgnfO{ :nLlkª 6\ofan]6 cf}ifwL gvfO{ x'Fb}g . ctM x/]s s'/fx? ;Gt'lnt x'g cTofjZos x'G5 . xfd|f] z/L/, dg / cfTdfdf ;Gt'ng sfod /fVg g;Sbf a]r}gL k}bf x'G5 . z/L/n] ;w}F P}; cf/fd vf]H5, dgn] zfGt jftfj/0f vf]H5 / cfTdfsf] Hof]ltk'~hn] noa4 eO{ t/+lut x'g vf]Hb5 . logLx?sf] efjgf cg'?k grNbf ;Gt'ng lalu|G5 / xfdL ;w}F tgfadf x'G5f}+ .

**\*= s] vfg] / s;/L vfg] eGg] s'/f klg hfg]gf}+ M** sNkgf ug'{;\ ls Pp6f eJo df]6/ uf8L / uf8Lsf] rfaL tkfO{nfO{ ;fyLn] lbof . tkfO{nfO{ uf8L rnfpg cfpFb}g . ca s] ug'{ < g 7]Ng' g 3Rof6\g' . uf8L rnfpg cfpg] eP Tof] df]6/uf8L s'bfP/ cfgGb lng'x'GYof] t/ ckm\;f]r uf8L rnfpg cfpFb}g . of] xfd|f] z/L/ klg cTofw'lgs /x:odoL oGq xf] . o;nfO{ xfdLn] rnfpg hfg]gf}+ . O{Zj/sf] s[kfn] ;'Gb/ hLjg kfof}+, b'ef{Uo xf] xfdLn] of] oGqnfO{ rnfpg hfg]gf}+ . To;df klg s] vfg] / s;/L vfg] eGg] s'/fsf] 1fg ePg . df]6/ uf8L lsGbfv]l/ Manual Book, Horsepower, Engine, Brand OToflb x]l/G5 . k]6«f]n sf/ eP k]6«f]n g} xflnG5 . e'na; pQm k]6«f]n sf/df l8h]n xfn]df uf8L vQd . cem egf}+, ! nfvsf] df]6/;fOsndf Quality sf] Petrol vf]H5g\ t/ of] cd"No z/L/leq eg] h] xfn] klg x'G5– cldnf], wldnf], 5f]Pnf alhnf slrnf, P]nf 3}nf s] s] xf] s] s] < clg lsg xfd|f] z/L/ lau|b}g t < s] tkfO{nfO{ yfxf 5 xfd|f] z/L/sf] d"No < olb s;}n] tkfO{nfO{ @) s/f]8 lbG5' @ j6f cfFvf b]p eGof] eg] s] tkfO{ cfFvf lbg'x'G5 < sbflk lbg'x'Gg . eg] c? c+u t emg slt xf] slt s/f]8sf] d'No x'G5 . c/af}{ cfP klg kmf]S;f], d'6' lbg'x'Gg . lsgls hLjg g} gePkl5 Tof] c/af} ?k}of s] sfd <

p;eg] of] cd"No z/L/df s] /fVg] / s] g/fVg] eGg] s'/fklg ;f]Rg'xf];\ . h:tf] cfxf/ p:t} larf/ x'G5 . ;flTjs ef]hg -kmnkm"n, u]8fu'8L\_, cGg, ;fukft, kmnkm"n, b'w, bxL £o'n] ;sf/fTds ;f]r NofpF5 . eg] tfd;L ef]hg -df;', hfF8 /S;L, r'/f]6, v}gL\_ n] sfd, qmf]w, nf]e, l/;, 3d08 / pQ]hgf a9fpF5 . oxfFx?nfO{ k|i6 yfxf g} 5 ls r'/f]6 v}gLn] SofG;/ nfUb5 . cfw'lgs la1fgn] of] klg kQf nufOlbof] ls df;' vfFbf /ut cldnf] x'g uO{ xfdLnfO{ l56f] SofG;/ nfUg] /x]5 . km]l/ Tof] :ofn / lu4sf] ef]hg xfdLn] lsg vfg' k¥of] < s] k|f]l6g cfpg] c? vfg]s'/fx? 5}gg\ / < s] tkfO{ z/L/df kmnfd rflxof] eg]/ kmnfdsf] 808L g} 6f]Sg' x'G5 / < sbflk xf]Og . eg] u]8fu'8L, abfd, n]p, Rofp, kmnkm"n, b'w, bxLaf6 k|z:t dfqfdf k|f]l6g kfOG5 . :ofnn] h:tf] l;gf] rkfpg' kb}{g . emg\ /S;Ln] g} t xf] gL emu8f, s'6fs'6, anfTsf/ / ;jf/L b'3{6gf u/fpFg] . (( k|ltzt o;sf] sf/0f g} /S;L hFf8 xf] . c:ktfndf l56} ;'tfpg] tTj klg oxL xf] . eg] o:tf] laiffbL s'/f vfg] < z/L/nfO{ dg dlGb/ eGg] clg of] klaq dlGb/leq l;gf] xfNg] < xf} olx xf] clxn]sf dfG5]x?sf] uNtL .

:d/0f /xf];\ , ;+;f/df dflg;x? ef]sd/Ln] eGbf klg vfg / lkpg ghfGbf csfndf Hofg u'dfob5g\ . dflg;x? olt vfG5g\ ls dfgf}+ vfgs} nflu pgLx? afFr]sf x'g\ . km]l/ sltv]/ / s;/L vfg] eGg] klg 1fg 5}g . h:tf] ls laxfg b'w / a]n'sf bxL vfg' laif;/x x'G5 . vfgf;Fu} jf nuQ} lr;f] kfgL lkpg' klg laif xf], o;/L unt tl/sfn] kfgL lkpFbf !%) yl/ /f]u lgDTofpF5 eGg] s'/fsf] cQf]kQf] 5}g . k]6 ;kmf :j:Yo eP kf] ;f]r / dg :j:y x'G5 t < To;}n] dflg;x? vfg / lkpg ghfGbf klg cg]s b'Mv ef]lu/x]sf 5g\ .

**(= z/L/df k"0f{ /ftf] /+un] ufFHg' M** xfd|f] z/L/sf] d]?b08sf] km]bdf d"nwf/ rqm x'G5 . o;sf] /ftf] /+u xG5 h;n] sfdsf] qmf]w, l/;, pQ]hgf, nf]e, df]x, 3d08 h:tf gsf/fTds pQ]hgf k}bf ub{5 . of] rqm tfd;L /fIf;L ef]hg -df;', /S;L, ;"lt{, /;fog\_ x?n] r~rn agfOlbG5 . dflg;x? v';L x'g vf]H5g\ t/ of] rqmn] ;w}F tn lt/ tflg/x]sf] x'G5 . kmn:j?k dflg; ;w}F b'MvL x'G5g\ . of] rqm z'l4s/0fsf] nflu ;flTjs ef]hg, lgoldt k|f0ffofd / a|Dxrf/L -lao{ ;+ro\_ hLjgofkg cTofjZos x'G5 .

**!)= ;w}F l;sfot ug]{ / !)) k|ltztsf] vf]hL M** æ;Gtf]if+ k/d ;'v+Æ t/ clxn]sf dflg;x? c;Gtf]ifL 5g\ . ;w} of] ePg / Tof] ePg dfq eGb5g\ . sfd kfOg eGg]nfO{ sfddf nufOlbP a9L sfd eof] eG5g\, km]l/ yf]/} sfd lbof] eg] klg Psl5g kl5 em\ofp nfUof] eG5g\ . h;f] u/] klg gx'g], cufl8 ;¥of] gfs 7f]lSsg], k5fl8 ;¥of] rfs 7f]lSsg] eGg] em} h] u/] klg l;sfot u5{g\ . olt;Dd ls k|s[ltnfO{ klg l;sfot u5{g\ eg]sf] . 3fd nfUof] eg], …pkm rsf]{ 3fd… eG5g\ . kfgL k¥of] eg] kfgLn] ubf{ sfof{no hfg kfOg eg]/ 7'l:sG5g\ . o;f] Vofn /fVg' lg– oxL kfgLn] ubf{ jftfj/0f :jR5 x'G5, agh+un xl/of] x'G5, ls;fgx? /dfpF5g\ / /fd|f] cGg t/sf/L pAafOlbG5g\ xfdLnfO{ eg]/ . :jfyL{x? cfkm\gf] af/]df dfq ;f]R5g\ .

clg s'g} sfd ubf{ !)) k|ltzt /fd|f] ug'{k5{, ;t\k|ltzt eg]/ vf]S5g\ . s] xf] Tof] !)) k|ltzt eg]sf] < hals xfd|f] hLjg g} cw'/f] 5 . xfdL !)) k|ltzt afFr]sf t x'Fb}gf}+, knkn dl//fv]sf x'G5f}+ . sfd ubf{v]l/ cfkm\gf] 1fg / ;Lkn] EofPsf] Odfgbf/Lsf ;fy ug]{ xf] . d]/f] k|:t'lt s;}nfO{ ^) k|ltzt x'G5 eg] s;}nfO{ () k|ltzt klg x'g;S5 . pbfx/0fs} nflu d]/f] 3/sf] ;/;kmfO s;} s;}nfO{ clt ;kmf nfU5 eg] s;}nfO{ l7s}sf] ;kmf . of] ;+;f/df g} ;t\k|ltzt eGg] x'Fb}g . ha gePsf] s'/f vf]Hb} bf}l8G5f}+ eg] Tof] kfOFb}g / ltdL b'MvL aGg'kb{5 .

**!!= cfw'gls 8fS6/ ;fjsf lkN;x? M** aNn, lxhf]cfh ;a}nfO{ yfxf x'Fb}5 ls cfw'gls cf}ifwLx? laifsf kf]sfx? x'g\ eg]/ . :jo+ 8fS6/x? eG5g\, ls oL cf}ifwLx?df side effects -gsf/fTds c;/x?\_ k|z:t dfqfdf x'G5 . d'6'sf] /f]uLn] ;]jg ug]{ cf}ifwLn] lduf}{nfdf c;/ ub{5 . lduf}{nfsf] cf}ifwL ;]jgn] lbdfudf c;/ ub{5 lsgls oL cf}ifwLx? /;fogn] ag]sf laifsf 6\ofAn]6x? x'g\ . lxdfnL hl8a'6Laf6 lgld{t cfo'j]lb{s cf}ifwLdf eg] gsf/fTds k|efj k6Ss} x'Fb}g . ue{jtL dlxnfsf] cf}ifwL aRrfn] vfP klg vf;} km/s kb}{g . d'6'/f]uLsf] cf}ifwL em'lSsP/ h;n], hlt vfP klg cflQg' kb}{g . yf]/}dfqf km/s k/]df vf;} 8/ x'b}g . o;sf] expiry date Dofb gf£g] eGg] s'/fsf] klg Tolt Vofn /fVg' kb}{g . cfo'j]{lbs cf}ifwLn] /f]usf] klxrfg u/L h/}af6 /f]u lgsf] kfb{5 eg] klZrdL ;Eotfsf] /;fogn] ag]sf] laiffbL cf}ifwLx?n] z/L/df xfgLdfq ub{5 . To:tf cf}ifwLsf vf]nx?df ;fawfgLsf] nfdf] ;"rL n]lvPsf] k9\g ;Sg' x'G5 . o;}n] t clxn] lasl;t d'n'sx?df Migraine, Depression, tgfa nufotn] cgluGtL /f]ux?n] dflg;x? cfqmfGt ePsf 5g\ . o;nfO{ Dr. Pills Kills eGg' pko'Qm x'G5 xf]nf . ctM cTofjZos ca:yfdf afx]s o:tf kfZrfTo cf}ifwL vfg' d'v{tf x'G5 . o;f] yf]/} 6fpsf] b'Mv] klg lkN;, o;f] lunf] cflr vfP klg lkN; vfg] afgL, l56f] ;Grf] x'g] axfgfdf lkN; vfg] afgL xfgLsf/s xG5 . lrGg ;s] xfd|} s/];faf/L / efG;fdf slt /fd|f] cf}ifwL 5g\ .

**!@= cfk"mn] cfkm}nfO{ dfof gug'{ M** dflg;x?n] eGg] ub{5g\ ls …d ltdLnfO{ dfof ub{5'Ú t/ of] ug]{ s'/f xf]Og, x'g] s'/f] xf] . olb s;}n] lsgls, lsgeg], t/, To;}n] h:tf ;+of]hs nufpFb5g\ eg] Tof] Ifl0fs / em'6f] dfFof x'G5 . d ltdLnfO{ dfFof u5'{ lsgls ltdL /fd|L 5f}+ jf wgL afpsL 5f]/L xf}+ jf ltdL /fd|f] hflu/ vfG5f}+ OToflb . olb ;frf] dfFof xf] eg] t a]lnla:tf/ ;f]lw/flvGg, dfFof al;xfN5 . ls s;f]< t/ Tof]eGbf klg klxnf cfkm"n] cfkm}nfO{ dfFof ug'{k5{ . lsgls tkfO{ cfkm"n] cfkm}nfO{ dfFof ug'{'x'Gg eg] c? s;n] u5{ . c?n] ug]{ dfFof t ;frf] sbflk x'Fb}g . ;'vdf ;fy lbg] xhf/ x'G5g t/ b'Mvdf ;fy lbg sf]xL x'Fb}gg\ . ……x'bf cfkmgf], gx'bf ;a} la/fgf]…… eGg] pvfg ;frf] xf] . ctM klxnf tkfO{ cfkm"nfO{ g} dfof ug'{;\ .

**!#= Hof]ltif, cfo'j]{b, af:t'zf:qsf] k|of]u gug{' M** xfd|f Clifd'lgx?n] hLjg ;'vL agfpg] p2]Zon] j}lbs 1fg afF8]sf x'g\ . :j:ys/ vfgkLg / cf}ifwL pkrf/ l;sfpgnfO{ Clifd'lgx?n] cfo'j]{b n]lvlbP . ;sf/fTds pmhf{ ePsf] 3/ agfpg / a:gnfO{ af:t'zf:qsf] 1fg lbP . :d/0f/xf];\, dflg; hlt;'s} wgL / ;DkGg eP tfklg p;sf] af;:yfg af:t'zf:q cg';f/ 5}g eg] p;sf] hLjg lg/fzfdf g} laT5 . To;}u/L lajfx, j|taGw, Jofkf/ yfngL, z'e;fOt x]/fpgsf] nflu Hof]ltif laBfsf] cfljisf/ ul/lbP . t/ xfdL kfZrfTo ;Eotfsf] kl5 nfu]/ j}lbs 1fgnfO{ lal;{lbof} . u|xbzf, of]u gx]/fO{ lajfx, Jofkf/ u5f}{ / kl5 k5'tfpF5f}+ . df}/Ln] t ;fOtdf a'waf/ dfq 3f/ 5f]8\5 / csf]{ 7fpFdf ;5{ eg] xfdL dgkl/ 3/ 8]/f ;5f}{ . o;f] lx:;L cg'xf/ b]v]sf] e/df lajfx ug{ tlD;G5f}+ / kl5 b'Mv kfpF5f}+ . sltn] ;f]Wg] u5{g\ ls, ……;Fu} @÷$ dlxgf ga;L, ;+ut gu/L Pscsf{sf] cfgLafgL s;/L yfxf kfOG5 t .Æ klZrd]nLx?nfO{ o:tf] Hof]ltif laBfsf] 1fg g} 5}g / cfgLafgL rfn kfpg s]xL ;do n7fl/g} k5{ eGg] ;f]R5g\ . t/ s'/f] To;f] xf]Og . xfd|f] Hof]ltif laBfn] Ps csf{sf] cfgLafgL, :jefj, zlQm, lao{ Ifdtf, /Qmrfk, u'0fbf]if, ?rL, ;Lk, efUo, ;Gtfg, laBf, cfo Joo, b'3{6gf, d[To' cflb OToflb Olt a[tfGt eGg ;Sb5 . ctM c;n Hof]ltifLsf] k/fdz{ lnP/ au{ u0f, u'0f bf]if ldnfP/ u/]sf] a}jflxs hLjgdfq ;'vL x'G5 . xfd|f] ;dfhdf # k|ltzt kf/kfr's] (Divorce) sf] k|ltzt cToGt} Go"g 5 eGbf klg sd xf]nf . lsgls oxfF lrgf x]/fP/ lajfx ul/G5 . hals klZrdL b]zx?df kf/kfr's] gu/]sf dflg;x? t la/n} x'G5g\ . o;af6 klg k|dfl0ft x'G5 ls Hof]ltif ljBf xfd|f] hLjgdf slt pkof]uL x'G5 eGg] s'/f . ctM Hof]ltif laBfnfO{ nTofP/ u/]sf] lajfx, Jofkf/ Aoa;fon] cGtTjuTj lk8f lbG5 / dflg;x? b'MvL x'G5g\ .

 **!$= c?sf] h:tf] aGg vf]Hg' M** k|To]s afns 5'§} k|ltef / efUo lnP/ hGd]sf] x'G5 . p;n] cfkm\gf] cGt/lglxt ;Lk zlQm k|ltefnfO{ lrg]/ cufl8 a9\g' g} >]ois/ x'G5 . t/ oL nf]eL kfkL cfl/;] dflg; c?sf] bvfl;sL] u5{g\ . 3fF6L x]/L xf8 lgNg'kg]{df, pm h:tf] aGg vf]H5 . kmnfgfsf] ToxfF hUuf < d klg ToxL g} Tof]eGbf /fd|f] lsG5' eGg] s'l07t / ;+sL0f{ ;f]rn] ubf{ klg xfdL ;w}F kl5 k5f}{, hLjgdf xfb}{ hfG5f}+ . ctM cfkm" cfkm" h:tf] geP/ c? h:tf] aGg vf]Hg' klg b'Mvsf] sf/0f xf] .

**!%= hLjgrqmsf] lgod ga'em\g' M** :d/0f/xf];\, xfdL :jtGq sbflk 5}gf}+ . cfdL ;b}a efUosf] ef]u ub}{ u|xx?sf] clwgdf a:g' kb{5 . h;/L 3fdsf] k|sfz lagf la?jfn] vfgf agfpg ;Sb}g, To;}u/L ;"o{, cGo u|x / k|s[lt;Fu} xfd|f] hLjg rqm klg 3'Db5 . h:tf] ls ;"o{n] xfd|f] hLjgdf $ jif{ / rGb|dfn] ^ jif{ zf;g ub{5 . To;}u/L d+unn] $ jif{, /fx'n] !@ jif{, a[x:kltn] !) jif{, zlgn] !@ jif{, a'wn] !! jif{, s]t'n] $ jif{ / z'qmn] !# jif{ zf;g ub{5 . z/L/df d+un bzf rln/fv]sf] a]nfdf ;fxl;s sfo{ u/fpF5 . h'emf? agfpF5 eg] z'qmsf] k|efj k/]sf] a]nf lajfx aGwgdf afFlwg], gfrufgdf cf}wL g} ?rL hufpg] x'G5 . o;/L g} u|xsf] :jefacg';f/ g} xfd|f] hLjg rNb5 . rGb|fdfsf] of]lugL bzfn] klg hLjgdf 7"nf] k|efj kfb{5 . h:tf] ls d+unfsf] bzfsf] 3/hUuf hf]8\g], kbf]Gglt of ;Gtfg j[l4 u/fpF5 eg] ;+s6fsf] bzf hLjg si6s/ aGb5 . xfgL gf]S;fgL, lk|o hg;Fusf] la5f]8 u/fpF5 . o:tf] u|x bzfsf] rqm cg';f/ hLjgofkg u/], /f]syfd u/]df xfdLn] b'Mv em]Ng'kb{}g . o:tf] hLjg rqm a'em\g g;Sbf hLjgsf] txx?nfO{ /fd|/L a'em\g g;Sbf klg dflg;x? lg/fz x'g'kg]{ x'G5 . aRrfsf] pd]/df aRrf g} aGg], o'jf cj:yfdf o'jfs} ?kdf hLjg lhpg'kb{5 . rfx]/ klg afns o'jf aGg ;Sb}g eg] j[4 dflg; o'jf aGg ;Sb}g . s]6L dfG5] s]6f] aGg vf]h]/ klg ;+Dej x'Fb}g . hjfg b]lvgnfO{ rfp/L k/]sf] ufnfnfO{ tGsfP/ O:qL nufP klg sfd nfUb}g . ctM hLjg rqm, u|xx?sf] k|efa a'em]/ hLjg lhpg ghfGg' klg b'Mvsf] sf/0f xf] .

**!^= lao{ ;+ro gug'{ M** ;a} wd{ ;Dk|bfox?n] k~rzLnsf] kfngf -grf]g'{, g9f6\g', lx+;f gug{', h'jf gv]Ng', df+; dlb/f gvfg'\_ ug'{kg]{ s'/fdf hf]8 lbG5g\ . oxL k~rzLn leq a|Dxfrfo{ cyf{t @% jif{;Dd lajfx gug]{, ;+Def]u gug]{ / lao{ ;~ro ug]{ s'/f klg kb{5 . ;a}nfO{ yfxf 5 ls lao{ g} zlQmsf] ;|f]t xf], hLjgsf] pmhf{ xf] . o;nfO{ hyfefjL :vlnt ugf{n] xfdL sdhf]/ x'G5f}+ / rfF8} g} /f]un] cfqmd0f ub{5 . wd{zf:q cg';f/ lajfx kZrft klg dlxgfdf Ps jf b'O{ k6ssf] ;Def]unfO{ :j:ys/ ;Def]usf] ?kdf JofVof u/]sf] 5 . of]eGbf a9L ;Def]u ug'{ eg]s]f cfkm"n] cfkm}nfO{ sdhf]/ kfg'{, cfo' 36fpg' xf] .

of] klg a'em\g' h?/L 5 ls xfdLn] vfPsf] ef]hgaf6 /;, df;', /ut, dHhf / cGTodf lao{ aG5 . !% u|fd lao{ aGgnfO{ #%÷$) lsnf] ef]hgsf] cfjZostf kb{5 . cyjf ! dlxgfsf] vfGsLaf6 dfq !% u|fd lao{ aGg ;Sb5 eGg] a'em\g'kb{5 . lxhf] cfhsf] dfG5]x?sf] eu]/] ;Def]un] z/L/ lzlyn agfPsf] x'G5 . cfn:o x'G5g\ hf]z hfFu/ x/fpF5 . afv|fn] nfQL xfGbf klg 9Ng] x'G5g\ , l56f] a'9f] x'G5g\ . ctM lao{ ;~ro ug{ g;Sg' b'Mvsf] csf]{ k|d'v sf/0f xf] .

**!&= :jo+nfO{ glrGg' / hLjgsf] p2]Zo yfxf gkfpg' M** hlt;'s} laifodf ljBfjfl/lw u/] klg d sf] x'F / d]/f] hLjgsf] p2]Zo s] xf] eGg] k|Zg tyfslyt lk. Pr. 8L lng]x?nfO{ lk/f]ln/fv]sf] x'G5 . lxhf]cfhsf] lk. Pr. 8L Permanent Head Damage eGbf km/s gknf{ lsgls pgLx?;Fu ;fgf] s'/fsf] yf]/} dfq 1fg x'G5 . hLjg / hutsf] ;jfndf t ;Dd/:jfF7 g} x'G5g\ . o;}n] t klZrdL laåfgx? klg j}lbs 1fgsf] vf]hLdf lxhf]cfh g]kfn wfpFb}5g\ .

…cx+ a|XDff:dLÚ cyf{t xfdL Hof]lt:j?k a|Dxf08s} c+z xf} . Tof] Hof]lt:j?k cfTdfn] of] z/L/df s]xL ;dosf] nflu af; a;]sf] x'G5 . ha ;do cfpF5, xfdL of] z/L/?kL vf]nnfO{ 5f]8]/ hfG5f}+ . eujfg >Ls[i0fn] eGg'g} ePsf] 5 gL ……g}g+ l5GblGt z:qfl0f, g}g+ bxlt kfjs…… cyf{t g t xltof/n] cfTdf sfl6G5 g t cfuf]n] hnfp5 . cfTdf slxNo} db}{g . Tof] Hof]lt:j?k g t hGdG5 g t d5{ . g t ;'?jft 5 g t cGt g} . o;sf] cgGt ofqf dWo] clxn] xfd|f] z/L/leq r}tGo Hof]lt a;]sf] xf] . csf]{ xfdL O{Zj/sf] ;'Gb/ ;[li6 xf} . lawftfsf] ;[li6sf] lgodfg';f/ g} of] ;'Gb/ hLjg kfPsf xf} . a'jfcfdf t xfdLnfO{ o; wtL{df Nofpg] ;fwg dfq x'g'x'G5 . kSs} klg a'jfcfdf b]Vg / e]6\g ;lsg] ;fIfft O{Zj/ x'g\ t/ jxfFx?sf] rfxgf / k|of;n] of] xfd|f] hLjg cfPsf] xf]Og . ctM xfdL Hof]lt:j?k a|Dxf08s} c+z xf}+ / clxn] k~ref}lts z/L/leq af; al;/fv]sf 5f}+ . To;}n] xfdL O{Zj/sf] ;'Gb/ ;[li6 xf}+ . o;nfO{ a'em\g ci6jqmsf] 5f]6f] syf eG5' .

Ps lbg /fhf hgsn] 8/nfUbf] ;kgf b]V5g\ . cfkm"nfO{ zq'x?n] afFw]/ lxnf] kf]v/L 5]paf6 l3:ofpFb} h]nlt/ nUb} u/]sf] ;kgf b]V5g\ . crfgs ;kgfaf6 Ao"FlemG5g\, eml:sG5g\, y/y/ sfFKb5g\ / ;f]W5g\ –

…c/] s] of] ;kgf ;fFrf] xf] < of] ;frf] ls Tof] ;frf] < cyf{t Tof] ;kgf ;frf] ls clxn] vf6df al;/x]sf] s'/f rflx ;frf] xf] <

/fhf hgsn] t'?Gt of]uL ci6jqmnfO{ af]nfpg k7fpF5g\ / ci6jqm cfPkl5 k'gM ;kgfsf] s'/f eG5g –

**hgs M** of]uL ci6jqm, of] lakgf -clxn]sf] ca:yf\_ ;frf] xf] ls Tof] ;kgf ;frf] xf] <

**ci6jqm M** dxf/fh, Tof] ;kgf ;frf] xf] lsgls tkfO{sf] cg'xf/df clxn] klg kl;g} kl;gf 5 . tkfO{ cflQ/fVg' efsf] 5 . a? Ps lunf; kfgL lkpg'xf];\ / cfkm"nfO{ zfGt kfg'{;\ . -km]l/ Psl5g kl5 ci6jqm eG5g\\_

dxf/fh, of] ;frf] xf] lsgls jxfF tkfO{sf] /fgL x'g'x'G5 . d ci6jqm oxfF 5', of] b/af/ tkfO{sf] xf] . kx/]bf/x? u]6df /fd|/L kx/f lbO/fv]sf 5g\ . To;}n] of] clxn]sf] cj:yf ;frf] xf] . tkfO{ d;Fu s'/f ug'{ x'Fb}5 xf]Og t <

**hgs** M xf] of]uL/fh .

km]l/ Psl5gkl5 of]uL ci6jqm eG5g\–

**ci6jqm** M dxf/fh of] ;kgf em'7f xf] . v} t Tof] tkfO{nfO{ afFw]sf] 8f]/L < v} t kf]v/Lsf] lxnf] < v} t tL zq'x? < To;}n] Tof] ;kgf ;frf] xf]Og . t/ dxf/fh of] klg ;frf] xf]Og lsgls of] b/af/, /fgL, ;DklQ, ;]gf, tkfO{ / d klg To;/L g} lanfpFb5f}+ h;/L ;kgfsf s'/fx? lanfP . dfq olt km/s xf] ls Tof] ;kgf s]xL ldg]6sf] lyof] / hLjg?kL ;kgfsf nfdf] %)÷^) aif{sf] . clxn] h] e} /fv]sf] 5, Pslbg Tof] klg ;kgf h:t} x'G5 dxf/fh . To;}n] g t Tof] ;frf] xf], g t of] ;frf] . a?, tkfO{ ;kgfsf] ;+;f/df x'Fbf tkfO{s} Hof]lt:j?k cfTdfn] x]l//fv]sf] lyof] / clxn] klg x]l//fv]sf] 5, xf} Tof] Hof]lt:j?k cfTdf g} ;frf] xf] . c? ;a} em'7 xf] . of] ;+;f/ g} dfFofsf] :j?k xf] . xfd|f] z/L/ hLjg g} Ps nfdf] ;kgf xf] . ctM xfdL k|sfz:j?k a|Dxf08Lo Hof]lts} Ps c+z xf}+ / O{Zj/sf] ;'Gb/ ;[li6 .

**hLjgsf] p2]Zoaf/] k|i6 kfg{ km]l/ Pp6f syf eGb5'–**

Ps lbg do'/sf cfdf 5f]/L 3fd tflk/fv]sf lyP, olQs}df 5f]/Ln] nfdf] gª\u|f xfdLdf dfq lsg eg]/ 5f]/L do'/n] ;fW5Lg <

**cfdf do'/** M gfgL of] O{Zj/sf] b]g xf] . p k/ v]taf/Ldf uP/ ;'7'gL cfn' lk8fn' vf];|]/ vfg] sfdsf] nflu xf] Sof .

**5f]/L do'/** M P a'em]F -km]l/ Psl5gkl5\_ cfdf cfdf o:tf] /fd|f] nfdf] kv]6f rflxF lsg lg <

**cfdf do'/** M gfgL, of] klg O{Zj/sf] a/bfg xf] . oL kv]6f lkmFhfP/ xfdL agh+un v]taf/L hfg ;S5f}+ . k|s[ltsf] /d0fLo b[Zo x]g{ ;S5f}+ . /dfpg ;S5f}+ Sof .

**5f]/L do'/** M P=========. t/ xfdL lsg oxfF lrl8ofvfgfdf a;]sf] t < hfp g st} p8]/ /dfOnf] u/f}+ . x'Gg / <

xf] o:t} syf h:t} xfdL klg lsg o; ;+;f/?kL lk+h8fdf a;]sf] t < s] xfdL oxfF laBfyL{ aGg, k|]ldsf 5fg]/ 3/hd ug{, hflu/ vfg, /fd|f] 3/ / uf8L lsGg, 5f]/f5f]/L hGdfP/ km]l/ k7gkf7g u/fpg dfq cfPsf xf}+ / < of] hLjgrqm t nueu ;a}n] u/]sf g} x'G5g\ lg . ls of] eGbf c? 5'§} p2]Zo 5 t hLjgsf] <

**wdf{y sfd df]Ifgfd z/L/+ ;fwg+ ot M**

s\_ of] ;+:s[tsf] jfSof+zn] eg]h:t} xfd|f] hLjgsf] p2]Zo eg]sf] hLjgnfO{ cg'ej ub}{ hLpg' xf] . cfkm\gf] wd{ gla;L{ Odfgbf/Lsf ;fy sQ{Jo ug'{ xf] . k|s[ltnfO{ k|]d ug'{ xf] . k|f0fLsf] /Iff ub}{ ;dfhdf ;]jf ug'{ klg xfd|f] wd{ xf] . b]j C0f, lkt[ C0f, Clifd'lgx?Sf] C0f, lzIfs au{ / a'jf cfdfsf] C0f r'Qmf ug'{ csf]{ k|d'v wd{ xf] .

v\_ To;}u/L :jR5 efjgfn] gfkmf3f6fsf] n]vfhf]vf gu/L b}lgs sd{ ug'{ xfd|f] hLjgsf] csf]{ p2]Zo xf] . sd{ u/]kl5 t l9nf] rfF8f] w]/yf]/ kmn t ca:o cfpF5 . a; xfd|f] sd{ :jR5 efjgfn] k|]l/t x'g' k¥of] .

u\_ cGTodf, df]If k|flKt xfd|f] hLjgsf] k|d'v p2]Zo xf] . xfdLdf dfq gj rqmx? x'G5g\ h;nfO{ of]u ;fwgf dfkm{t hfu[t u/L d'lQm kfpg ;lsG5 . hLjg / d/0fsf] ejrqmaf6 kf/ kfpgsf] nflu of]u Wofg / k"hfkf7 ckl/xfo{ x'G5 . :jwd{ / sd{ ul/;s]kl5 k'gM Hof]lt :j?k lnP/ xfdL cfkm\g} uGtJodf hfg'kg]{ x'G5 . h:tf] ls xfd|f] Hof]lt d[ulz/f gIfqaf6 cfPsf] eP ToxL hfg] cyjf a[x:ktL u|xaf6 cfPsf] xf] eg] ToxL hfg] eGg] a'em\g'k5{ . xfdL t oxfF dfq O{Zj/n] v6fP/ cfkm\gf] sQ{Jo k"/f ug{ cfPsf xf}+ . clxn] slno'unfO{ cGTo u/L q]tf o'u :yfkgf ug'{ g} xfd|f] d'Vo nIo lyof] . To;}cg'?k laleGg ?kdf !)÷!% k6s hlt dfga ?k hGdg] / dg]{ u/]sf xf}+ . ef/tLo e}ofx?sf] lxGb" bz{gsf] eg] h:tf] \*$ nfv of]gLsf] rqmdf slxn] s's'/, d';f, Eofu'tf] aG5f}+ eGg] e|ddf gkg'{;\ . dfG5], hgfj/ / jg:kltsf] cfTdf cf–cfkm\gf] ;d"x;Fu d]n x'G5 . dfG5] sbflk Eofu"tf] aGb}g . s] tkfO{+n] slxNo} cfn' rflxF ;'Gtnf ag]sf] b]Vg' ePsf] 5 / < kz'x?sf] DNA dflg;sf] DNA ;+u sbflk ldNb}g . To;}n] xfdL dflg;x? ;w} dfG5]sf] rf]nf lnG5f}+ . a? sd{ cg';f/ sxfF, slxn] / s'g kz';/x :jefjsf] hGdg] xf] eGg] s'/f rflxF larf/0fLo x'G5 .

ctM wd{ / sd{sf] vflt/ of] k~ref}lts z/L/ cfjZos eof] . To;}n] xfdL clxn] of] z/L/?kL hLjgdf 5f}+ . ;Dk"0f{ C0f lt/]/ df]If k|flKt g} xfd|f] k|d'v p2]Zo xf] . ;fwgf ug{sf] nflu z/L/ k|fKt ePsf] 5 . o;nfO{ k'0o sfddf pkof]u ug'{ kb{5 . o;/L d sf] x'F / hLjgsf] p2]Zo yfxf gkfpFbf klg dfG5] af6f] e'n]sf] ofqL h:tf] /0fe'ndf kb{5 / b'MvL aGb5 .

**unt ;f]r / cawf/0ffx?**

**!= jf:tfljs g]kfn M** g]kfnnfO{ Pp6f /fhgLls, ef}uf]lns b[li6sf]0fn] dfq x]g'{ ;f]x|} cfgf unt x'G5 . of] uf]/If /fi6« ;To'udf ;TojtL, q]tfo'udf d'lQmbflogL, åfk/ o'udf g]kfn d08n eg]/ lrlgGYof] eg] clxn]sf] slno'udf g]kfn eg]/ lrlgG5 . k'8\s] a|fXd0fn] aln /fhf;FUf Ps kfOnf hldg dfu]sf] 7fpF g} g]kfn xf] . klaq u+uf– od"gf–;/:jtL olx af6 alU5g . ?bfIf kmNg] / zfnLu|fd aUg] of] wtL{df g]kfn dfq cnf}lss 7fFp xf] . of] e"dL dfgax?sf] pbud:yn, j}lbs 1fg /, zflGtsf] d'xfg xf] . of] klaqe'dL g]kfn lzj z+s/ ef]n]sf] af;:yfg, eujfg /fd – s[i0f / a'4sf] hGd:yn xf] . 5f]6s/Ldf, xfd|f] g]kfn] b]ae"dL, :ju{e"dL, Clifd'gLx?sf] tkf]e"dL xf] .

lxdfno+ ;df/Eo+ ofjt OGb' ;/f]j/+ , t+ b]j lgld{t b]z+ lxGb" :yfg k|R5ot] .

cyf{t\, lxdfnb]lv dxfef/t >[+vnfdf /x]sf] OGb| ;/f]a/ tfn;Ddsf] e"efu h;nfO{ b]jtfx?n] lgdf{0f u/] . oxL k'0oe"ldnfO{ lxGb' :yfg elgG5 . lxGb" -b]jTj\_ ;f]r af]s]sf cfo{x? xfd|f] kl/:s[t klaq ;+:sf/nfO{ k5\ofpFb} ef/tLo e}ofx?n] klg gSsn ug{ yfn] / cfkm}nfO{ lxGb'sf] gfd lbP . ctM tL ef/tLox? eg] w]/} kl5 ag]sf lxGb"x? x'g\ . zf:qx?n] g} k|dfl0ft ub{5 ls dfga ;Eotfsf] pb\ud:yn, j}lbs 1fgsf] pb\ud:yn g]kfn xf] . ctM g]kfn ljZjsf] >Lk]r xf] . of] :ju{e"ld, Clifd'lgx?sf] tkf]e"ld, gfu/fhfsf] cf;g / lzjz+s/ ef]n]sf] af;:yfg xf] . u+uf, od'gf, ;/:jtLsf] d'xfg, klaq s}nfz, rf/wfd, ^$ j6} Hof]ltln{Ë oxL g]kfn leq} 5 . cWoflTds pmhf{sf] zlQm s]Gb| ePsf]n] hf] sf]xL Clif, l;4 k'?ifx? oxfF gcfO{ ;'v} 5}g .

k|b"lift sf7df8f}+ nufotsf s]xL zx/x?nfO{ b]v]/ tkfO{sf] dgdf s;/L :ju{e"ld xf] < eGg] k|Zg p7\g' :jefljs} xf] . t/ ofb ug'{;\ $)÷%) jif{ cufl8sf] g]kfn cfxf slt ;'Gb/ lyof] / dfG5]x? slt ;Eo lyP . clxn] z}tfgx? a9L eP To;}n]t :ju{sf /fhf OGb| klg 8'Ng cfpg] cnsfk'/L gu/L g/st'No eof] . Pp6f ;'Gb/ km"naf/Ldf @)÷#) j6f afFb/ / ;'Fu'/ k;] eg] Tof] km"naf/Lsf] xfnt s] x'G5 < xf} ToxL utL eof] oxfF . z}tfg /fIf;x?sf] xfjL eof] . dfG5]x?df dfgatf x/fof] . afFsLn] g]kfn g} lrg]gg\, tyfslyt klZrdL ;Deotfsf] l;sf] u/] . ef/tLo e}ofsf] el/of ag] g]tfx? . eP e/sf b]zsf ;|f]t;fwgx?, vfgL, kfgL / hjfgL klg ef/tnfO{ a]r] . gfu/Lsx?sf] /ut cfF;' / lao{ lkP, b]znfO{ /f]uL ef]uL / hf]uLsf] b]z agfP . ;du|df g]kfn cfdfnfO{ g} anfTsf/ u/] . clg s;/L x'G5 ;'Gb/ g]kfn . r'N7] d'Gb|] bnfnLx?n] /fi6« rnfPsf 5g\ . u'08fx? b]v]/ sfg"g 8/fpb5 . ;'Gb/ g]kfnsf] kl/sNkgf ug]{ /fi6«eQmx? e]6gg} ufx|f] 5 . clg s;/L aG5 t ;'Gb/ g]kfn . ;'Gb/ g]kfn aGgnfO{ ;'Gb/ ;f]r ePsf dflg;x? x'g'eof] . / Tof] ;'Gb/ ;f]r j}lbs 1fgaf6 dfq ;Dej 5 . To;}n] casf] qmflGt eg]sf] ;'Gb/ ;f]r / laz'4 sd{sf] qmflGt x'g'k5{ . k|fs[lts ;|f]t ;fwg / ;f}Gbo{tfn] el/k"0f{ g]kfn cfh s'j]/n] wgsf] kf]sf] dfly a;]/ lev dfUb} u/] h:tf] ca:yf ePsf] 5 . ctM /fi6«df sd{7 of]4f uf]/vk'qx? ghfu];Dd g]kfn ;d[4 / zfGt aGb}g . ljZjsf] >Lk]r, :ju{e"ld, b]je"ld of] uf]/If /fi6«nfO{ a'em\g sf]dn x[bo / k|s[ltsf] pTs[i6 ;[hgf b]Vg] ;'Gb/ cfFvf rflxG5 .

**@= of]u Wofgsf] pb\ud:yn M** ;f/f ;+;f/sf dflg;x? clxn] zflGtsf] vf]hLdf of]u Wofglt/ cfs[i6 ePsf 5g\ . of]u Wofg tfhsLsf] gfpFdf caf}{sf] Jofkf/ klg x'Fb}5 . u'unsf] ;r{ OlGhgdf ;a} dflg;x?n] vf]hL u/]sf] zAb Yoga-Meditation xf] . la8Dagf, h'g b]zaf6 of]u Wofgsf] z'?jft eof] Tof b]zsf xfdL g]kfnLx?nfO{ eg] cQf]kQf] 5}g . cToGt} b'MvnfUbf] s'/f], Ol08og e}ofx?sf] rt'¥ofO{ / pgLx?sf] ;~rf/hutdf 7"nf] kx'Fr ePs} sf/0fn] of]u Wofg ef/tsf] ;+:s[lt eg]/ la1fkg ul//fv]sf 5g\ . \*) sf] bzsdf klZrdL ;f+uLlts ;d"x Beatles Band nfO{ NofP/ gofF lbNnL dflysf] gofF CifLs]z eGg] 7fFpdf ;f+uLlts k|:t'tL b]vfP/ Ol08ofn] of]u Wofgsf] k|rf/ k|;f/ u/\of] . ……dfdfsf] 3f]8f d]/f] lxxL…… eg] h:t} Ol08og ;+:s[tL eGb} ;+;f/e/ xNnf lkmhfOlbof] . tfn'v'On]nfO{ klg sfOFof] a]Rg ;Sg] Ol08og e}ofx?sf] 5nsk6sf] aofg ul/ ;fWo 5}g < ptf gSsnL n'lDagL agfP/ crDd kfl/lbof] . ef/tLo k|wfgdGqL g/]Gb| df]bLn] ;+o'Qm /fi6« ;+3sf] ;efdf a'4 ef/tdf hGd]sf x'g\, eg]/ eg]kl5 sqf] 7"nf] cfGbf]ng g} eof] . ef/ts} sIff % sf] kf7\ok':tsdf …;u/dfyf ef/tdf kb{5Ú eg]/ n]lvPsf] 5 . To;}n] 5§' ef/tsf] nKkg 5Kkgsf] s'/f u/L ;fWo g} 5}g . ;Sg] / ldNg] eP ;u/dfyf g} u'h/ftdf agfpFYof] xf]nf . t/ hlt ;Sbf] rflx 9fF6L /fv]sf] 5 . 5nks6 u/L u/L Hof]ltln{Ë ef/tdf kb{5 eG5 . k|frLg xl/åf/ eg]/ rt/f wfdnfO{ zf:qn] eGb} cfP klg lbNnL 5]p km]l/ csf]{ xl/åf/ agfOlbG5 . To:t} Clifs]z, agf/;, s'z]Zj/, /fd]Zj/d, g}lgtfn, j}Bgfy, a[Gbfjg, ab|L, s]bf/, ;f]dgfy ;a} gSsnL agfP/ k|rf/k|;f/ ub{5 . af]Ng]sf] v/fgL klg laSg], gaf]Ng]sf] vL/ klg glaSg] h:t} ePsf] 5 oxfF . g]kfnsf] ;'Fu'/:jfF7 g]tfnfO{ o;sf] dtna g} 5}g . logLx? t ef/tsf] jkmfbf/L s's'/ ePkl5 s'/} vQd .

t/ Pslbg ;f/f ljZjn] yfxf kfpFb5 ls of]u Wofgsf] pb\yd:yn g]kfn xf] eg]/ . 3fdnfO{ xTs]nfn] 5]s]/ sxfF 5]lsG5 / < lsgeg] lxdjt\ v08s} j0f{g cg';f/sf] klg g]kfnsf] lxdfno lzjz+s/ ef]n]sf] qmL8f:yn af;:yfg xf] . jxfFs} ;r]t ?k uf]/Ifgfy x'g'x'G5 . jxfFn] g} xfdL ;f/f dflg;x?sf] ;'vdo hLjgsf] nflu uf]/If of]u;+lxtf agfOlbg' eof] . kl5 w]/} kl5 k"j{ ef]hk'/ lhNnfsf] ;]/f]km]/f] pQ/fv08df k|s6 x'g'ePsf of]uL kft~hnLn] ci6fË of]u ;"q tof/ kfl/lbg'eof] . h'g s'/f clxn] ;f/f ljZjsf] dflg;x?sf] cg'z/0f ub}{5g\ . k|f0fofd, gf8L ;f]wg, rqm z'l4s/0f, kt+hln of]uz'q eGg] k':tsdf 5 . s]xL ef/tLo e}ofx?n] lxGbLdf / klZrd]nLx?n] c+u|]hL efiffdf n]Vb}df of]u Wofg ToxfFaf6 hGd]sf] eGg] x'Fb}g . jf:tjdf of]u Wofg ;a} dfgj ;d'bfox?sf] zflGt / ;'vL hLjg hLpgsf] nflu k/dlktf uf]/Ifgfyn] agfOlbg'ePsf] hLjg k2lt eGg] a'em\g'k5{ . of] k2lt g]kfnaf6 ;'? eP tfklg s'g} Ps /fi6« jf hflt ljz]ifsf] eg] xf]Og ;f/f dfgj hfltsf] ;DklQ jf gf;f] xf] .

;+:s[tsf] o'h wft'af6 cfPsf] of]usf] zflAbs cy{ x'G5– hf]8\g' jf Ps x'g' . xfd|f] z/L/leq /x]sf] Hof]lt:j?k cfTdfnfO{ a|Dxf08Lo k|sfz k/dfTdf;Fu hf]8\g' g} of]u xf] . cyjf d]?b08leqsf] a|Dxf08Lo pmhf{nfO{ aflx/L a|Dxf08Lo pmhf{;Fu hf]8]/ ;f/f k|s[lt / xfd|f] ef}lts z/L/ Pp6} xf] eg]/ cg'e"t ug'{ g} of]u xf] . t/ dflg;x? of]u eg]sf] v'§f tGsfpg] / Wofg eg]sf] cfFvf lrlDng] eGg] a'e\m5g\ . xft v'§f g} tGsfpg] xf] eg] t v]nf8Lx? slt l;kfn' x'G5g\ , v} t tL of]uL aGg ;s]sf x'Fb}gg\ . To:t} cfFvf lrlDnof] eg] t sfnf] s's'/ / la/fnf] kf] b]lvG5 t . cfFvf lrlDnFbf cFWof/f] b]lvG5, dg cflQG5 . of] t kZrtfk ug]{ k|lqmof xf] . hLjg / hut\nfO{ a'em\g t cfFvf vf]Ng'kb{5, x/]s j:t'nfO{ ;'Id cg'ej ug{' kb{5 / kf] k|s[ltsf] pTs[i6 l;h{gfn] dg 5'G5 t, xf]Og / < km]l/ Wofg eg]sf] t s'g} s'/f Psfu| eP/ bQlrQn] ;DkGg ug'{ eGg] xf] . h:tf] ls xfdL Wofg lbP/ k9 jf Wofg lbP/ uf8L rnfp eGb5f}+ . cyf{t\ tg dgsf ;fy s'g} klg sfd ug'{nfO{ g} Wofg elgG5 . rfx] Tof] km"naf/L uf]8\bf xf];\ rfx] Tof] afF;'/Lsf] w'g ahfpFbf . t/ oxfF Wofg eGbf rflxF k/dlktf lzj uf]/If;Fu Ps x'gnfO{ ul/g] lqmof eGg] a'em\g'kb{5 . of]usf k|sf/x?df sd{of]u, 1fgof]u, /fhof]u, dGqof]u, tGqof]u, x7of]u, elQmof]u kb{5g\ . o:tf of]u ugf{n] Wofg /fd|f] x'G5 / Wofgsf] clGtd nIo eg]s} k/dfTdf;FUf x'g' cyjf of]u x'g' xf] . To;}n] of]u / Wofg 5'§f5'§} s'/fx? eg] xf]Og . oL t Ps csf{sf kl/k"/s x'g\, s}FrLsf] b'j} wf/ h:t} . Pp6} l;Ssfsf b'O{ j6f kf6f h:t}, a'jfcfdfsf] hf]8L h:t}, 5'6\ofpg ldNb} ldNb}g . t/ cfddfG5]x?sf] a'emfO eg] of]u eg]sf] v'§f tGsfpg] / Wofg eg]sf] cfFvf lrlDng] 5 . of] sbflk xf]Og, klZrd]nLx?n] of]unfO{ of]uf eGg yfn] / xfd|f] # g+= sf] cf;g -zf/Ll/s Jofofd\_ dfq ug{ yfn] . of] g} cw'/f] 5 . k+rlznsf] kfngf, ;flTjs ef]hg u|x0f / dGqf]rf/0f lagfsf] of]u Wofg nË8f] x'G5, KjfFv lagfsf] r/f h:t} x'G5 . ctM s'/f k|i6 a'em\g';\ ls xfdLn] of]uf eGg] xf]Og, of]u eGg'k5{ / Tof] klg b'O6} Ps} ;fy of]u Wofg eGg'kb{5 .

csf{] s'/f of]u eGg] ljlQs} dfG5]x? cf]zf]sf] ls /fdb]jsf] of]u eGg] ub{5g\ . k6d'v{x? sxL of]u klg cf]zf] / /fdb]jsf] x'G5 t < s] ltgLx?n] cfljisf/ u/]sf] s'/f xf] / of]u Wofg < pgLx?n] t clxn]sf] cfw'lgs ;dfhnfO{ :j:y hLjg lhpg] tl/sf elglbPsf dfq x'g\ Tof] klg xfd|} g]kfnsf] j}lbs 1fg ;fk6 lnP/ . To;}n] of]u eGgfn] of]usf ;a} k|sf/x? – sd{of]u, elQmof]u, /fhof]u, dGqof]u, tGqof]u, x7of]u eGg] a'em\g'xf];\ . cfkm"n] cfkm}FnfO{ a'em\gsf] nflu ;flIfefjn] cfkm\g} Wofg ug'{;\ clgdfq hLjg / hut\ a'lemG5 . clg dfq ……d leq O{Zj/Lo tTj 5 / d ;~rflnt 5', Tof] Hof]lt÷k|f0f :j?k lzj tTj d]/f] z/L/af6 aflxl/Pkl5 d zj aG5'…… eGg] ;Tosf] af]w x'G5 . of] g} cfTdf 1fg xf] .

**#\_ gd:sf/sf] ;+:sf/ M** v';Lsf] s'/f cfhsn ljZje/sf dflg;x? xft ldnfpg 5f8]/ xfd|f] g]kfnsf] g]kfnL gd:sf/ ug{ yfn]sf 5g\ . of] xfd|f] :jR5 cleefjbgsf] ?k / j}lbs ;+:sf/ eGg] s'/f rflxF la/n}nfO{ yfxf 5 . j}lbs ;+:sf/df b'j} xft hf]8]/ 5ftLsf] aLrdf /fvL …d leqsf] O{Zj/Lo tTjn] tkfO{ leqsf] O{Zj/Lo tTjnfO{ k|0ffd ub{5Ú eGg] efj xf] . cyjf xfdL b'j} O{Zj/sf] pTs[i6 ;[hgf xf} / Pscsf{nfO{ cfb/ ;Tsf/ u5f}{ eGg] cy{ x'G5 . gd:sf/sf] pRrf/0f ubf{ xfd|f] z/L/leqsf] dflyNnf] ltg rqmx? t/+lut eO{ ;sf/fTds ;f]r, s?0ff / k|]defj hufpFb5 .

b'ef{Uoa; lxhf]cfh, g]kfnsf] ko{6sLo :ynx?df eg] …gd:t…] eGg] k|rng a9]sf] 5 . jf:tjdf #%÷$) jif{ cl3 xfd|f] g]kfndf …gd:t]… ;+:sf/ lyPg . gd:t]nfO{ Dn]K5]sf] efiff cyjf clzi6 efiff eg]/ elgGYof] . PSsf;L ef/tlo lxGb"sf] hdft g]kfndf l5/] nuQ} / lab]zL kyk|bz{s k':ts n]vsx?n] ef/ts} gd:t] 3';fOlbP . To;}n] ko{6sLo If]qx?df gd:t]sf] k|of]u a9b} uof] / s;}n] gd:sf/ / gd:t larsf] km/s x]Ssf /fv]gg\ . ofb /xf];, tGqsf] efiffdf gd:t] eGg' eg]sf] ufnL ;/xg} dflgG5, of] k|of]u] rflxF lgrf]:t/df ulgG5 . zl// leq /x]sf] rqmsf] u'0f cg';f/ xfd|f] ;+a]bgfx? k|ikm'6g x'G5g\ . zlQm ;+rfngs} s'/f ubf{ v]/L klg …gd:t]… pRrf/0f ubf{ xfd|f] z/L/sf] tNnf # rqmx? t/+lut x'G5g\ . h;sf] sf/0fn] z+sf, l/;, 3d08 k}bf ub{5 . ctM gd:sf/ / gd:t]df cfsfz hldgsf] km/s 5 . xfd|f] j}lbs ;+:sf/ gd:sf/ sf] dfq k|rng 5 . clxn] klg ufpF3/df gd:sf/sf] k|rng 5 .

**$\_ ;Eo / eJo, lazfn g]kfn M** g]kfn # j6f 5 . kl;gfsf] g]kfn, HjfOF g]kfn / lap g]kfn . kl;gfsf] g]kfn eg]sf] k[YjLgf/fo0f zfxn] PsLs/0f yfngL u/]/ uf]vf{nL aL/ of]4fx?sf] axfb'/Ln] cfh{]sf] lazfn g]kfn xf] . h'g dfglrqdf klaq s}nfz, sflZd/, lbNnL cfu/f, hok'/, u+uf gbL jfl/, snsQf, bflh{lnª l;lSsd -cfwf h;f] ef/t\_ h:tf e"efux? kb{5g\ . of] lazfn g]kfnsf] gS;f x]g'{ eof] eg] 7ofSs} kfOnf cfsf/sf] b]Vg' x'g]5 . kf}/fl0fs sfndf k'8\s] a|fXd0fn] anL /fhf;Fu Ps kfOnf dfu]sf] 7fFpg} of] lazfn g]kfn xf] . o;nfO{ cfzLjf{bsf] g]kfn eg] klg x'G5 .

csf]{ xf], HjfOF g]kfn– hxfF lbNnLsf HjfOFx? 9nLd'nL ul//fv]sf 5g\ / csf]{ xf] lap g]kfn – h'g e"efu wf}nflul/ / df5fk'R5]«]sf] ;]/f]km]/f] kb{5 . afFr]sf] lap g]kfn eg]sf] oxL dfq} xf] . oxfFx?nfO{ yfxf g} 5 ls Oltxf;sf] laleGg sfnv08df b]z 6'qmfP/ a]lrof] . o;sf] HjnGt pbfx/0f xf] sfnfkfgL sf08 . To;}u/L /fhf lqe'jg lbNnLsf] z/0f kg{ hfFbf ef/tLo e}ofsf] lu2] gh/ g]kfndf k¥of] / /fhf lqe'jgsf] lajztfsf] kmfObf n'6\b} Pp6f 5'§} sfuh agfOof] / pgLx?n] dfu]sf] g]kfn lbg' s/ nfUof] . ef/tLox?n] klxn]b]lv g} g]kfnsf] ;f}Gbo{tf, k|fs[lts ;|f]t ;fwg -hn, h+un, hl8a'6L\_, ax'd"No /Tg kTy/sf vfgLx? / cfWoflTds pmhf{sf] zlQm s]Gb|x? b]v]/ cfFvf uf8L /fv]sf lyP . df}sfsf] kmfObf p7fP/ /fhf lqe'jgnfO{ ;lGwsf] sfuh agfpg nufP . ;f}efUojz, /fhf lqe'jgnfO{ s'g} cb[Zo zlQmn] …df5fk'R5]«], km]jftfn / wf}nflul/ rflxF Tof] ;lGwdf gn]Vg'Ú eg]/ clt{ lbof] . ;f]xL cg'?k df5fk'R5]«, km]jftfn / wf}nflul/sf] ;]/f]km]/f] afx]s c? e"efu ef/tnfO{ lbP egL ;lGw ul/lbP . xf} oxL sfuh b]vfP/ 5§' ef/tn] clxn] klg g]kfnnfO{ u'nfd agfO/fv]sf] 5 . aflx/L ?kdf /fhgLltn] h]n]/ afFw]sf] 5 . pxL Pp6f dfG5]nfO{ xftd'v afFw]/ …ca ltdL v'nf eof} kf}8L v]Ng hfpÚ eg] h:t} xf] . of] s'/f ;a{;fwf/0f lgbf]{if hgtfx?n] a'em]sf 5}gg\ . a'em\g]x?n] a'em krfP/ a;]sf 5g\ . la/f]w ug'{ klg s;/L p;s} dfgf] vfPkl5 p;}sf] ehg ufpg} k¥of] . xfd|f] rf]/ g]tfx? t r];sf uf]§L dfq x'g\ . e}ofn] l6eL oxfF /flvlbPsf] 5, l/df]6 sG6«f]n rflxF lbNnLdf 5 . To;}n] …h;f]t;f] kl08t afh] p;f] p;f] :jfxfFÚ ePsf] 5 . km]l/ oL :jfF7x?nfO{ b]zsf] s] dfFof 5 / < ufO{ / uLtf a]r]/ klaq /S;L -d"q :j?ksf] xf]nL jfOg\_ 5s{g kfP, logLx? v';L x'G5g\ . k};f eg]kl5 wd{ ;+:s[lt / b]z t s] cfkm\g} cfFvf a]Rg klg tof/ x'g] oL b'i6x?sf]] s'/f ug'{ / < aNn t ;f/f g]kfnLnfO{ lolgx?sf] sfnf] st{'t yfxf x'b}5 . Tolx eP/ ca, lap g]kfnaf6} uf}/v eQmx? hflu/fv]sf 5g\ . ;"o{dfly ePsf] em08f km/km/fO/fv]sf 5g\ . rfF8} g} afaf uf]/Ifgfyn] Ps cfbz{ ;"o{a+zL /fhf 5fgL ;Sg'ePsf] 5 . To;kzrft xfdL ;a} ldn]/ lazfn g]kfn lkmtf{ lng] 5f}+ . lglZrGt ejM .

**%= j]b, k'/f0f / dxlif{ j]bJof; M** j]bnfO{ afxg'x?sf] k':ts ;Demg] / j]b k'/f0f ef/tdf n]lvPsf] eGg] em'7f] k|rf/ ug]{sf] hdft 7"nf] 5 . jf:tjdf j]b :jo+ a|XdfhLsf] jf0fL xf] . dfga nufot ;f/f k|f0fL / k|s[ltsf] ;+lawfg xf] j]b . laleGg o'udf clxn];Dd @\* j6f dxlif{ j]b Jof;x? o; wtL{df hlGd;sg' ePsf] 5 . g]kfn b]je"ld Clifd'lgx?sf] tdf]e"ld ePsf]n] tL ;a} @\* j6} dxlif{x? g]kfndfg} hGdg'ePsf] lyof] . lzjz+s/ ef]n]sf] af;:yfg / dfgax?sf] pb\ud:yn ePsf] sf/0fn] klg k'0o sd{x? g]kfnaf6 dfq ;Dej x'G5 . gfu/fhfsf] cf;g, uf]/Ifwfd, ;a} ^$ j6} Hof]ltln+Ëx? klg oxL klaq e"ld g]kfndf ePsf]n] Clifd'lg, dxfTdf / l;4k'?ifx? oxfF hGdG5g\ . / o; o'usf dxlif{ j]bJof; klg g]kfnsf] bdf}nL eGg] :yfgdf Clif k/f;/ / dT:ouGwfsf] ue{af6 hGdg'ePsf] lyof] . :d/0f/xf];\, j]bJof; s'g} JolQm ge} Ps ls;Ldsf] kbaL xf] . h;/L xjfOhxfh p8fpg hfGg]nfO{ kfOn6 eg]/ elgG5, To;/L g} a|Xd1fgnfO{ ;la:tf/ j0f{g ug]{ dxlif{nfO{ …j]bJof;Ú elgG5 . bdf}nLdf hGdg'ePsf dxlif{ j]b Aof;sf] gfpF rflxF s[i0f åfkfog xf] . jxfFn] $ j]b / !\* k'/f0f n]Vg'eof] . oxL j]b g} ;a} efiff, ;+:s[lt, wd{sf] ;|f]t xf] . ;Dk"0f{ ;flxTo / a}1flgs cflaisf/sf] ;|f]t xf] . kl5 uP/ ef/tLox?n] xfd|f] j]b rf]/]/ nu] . Maxmuller / c? y'k|} lqml:rog kfb/Lx?n] xfd|f] j]bsf] efjfy{ hfgLhfgL lauf/]/ c+u|]hL efiffdf pNyf u/] . lsgsL xfd|f] ;gftg wd{ ;+:s[ltnfO{ tx;gx; kfg{] pgLx?sf] of]hgfg} lyof] . j]b eg]sf] a|Xdf08Lo 1fg xf] . o;nfO{ klZrd]nLx?n] vf]h] -a'em]\_ cg';Gwfg u/]/ laz]if1fg cyf{t\ la1fg agfP eg] xfd|f] 6k/] afx'gx?n] eg] k'h]/dfq /fv] . clxn] pgLx? d+undf xfdLx? h+undf eg] h:tf] eof] .

**^= ;'Gb/ zfGt lazfn g]kfn M** cfheGbf % xhf/ jif{ cl3 xfd|f] g]kfn km}lnP/ ef/t, kfls:tfg, ckm\uflg:tfg, >Ln+sf, a+unfb]z, e'6fg, yfONof08, adf{, OG8f]glzof;Dd lyof] eGg] s'/f ;'Gbf rflxF cfZro{ nfUg ;S5 . clxn] kf] lazfn g]kfn 6'lqmP/ v'lDrP/ ;fgf] eof] t/ dxfef/t sfndf cfwf Plzof g} g]kfnsf] clw/fHo lyof] . To;a]nf ef/t v08 elgGYof] lsgls oL k"/} e"efu g]kfnsf /fhf -h;sf] /fhwfgL clxn]sf] g]kfnsf] e/tk'/df lyof]\_ . e/tsf] clwgdf lyof] . To;}n] oL e"efunfO{ hDa'låk ef/t v08 -e/t /fhfsf] pklgj]z\_ eg]/ elgG5 . oxL gfdn] g} ef/t eg]/ l5d]sL /fi6« aGg k'Uof] . O08Lofsf] k'/fgf] gfd ef/t g} xf] . O08Lof t la|l6;x?n] x]k]/ lbPsf] gfpF xf]– h;sf] cy{ c;Eo, e|i6, u'08fx?sf] ;d"x eGg] x'G5 . cS;kmf]8{ l8S;g/L zAbsf]if -bf];|f] ;+:s/0f\_ sf] k[i7 g+ &^\* df o:t} n]lvPsf] e]l6G5 . oxL sf/0fn] klg !(() b]lv ef/tLox?n] pQm zAbsf]ifdf ePsf] India zAbfy{ x6fpg 7"nf] cleofg g} rnfPsf lyP . cem} klg la|6]gdf s;}nfO{ You Stupid Indian eg]/ ufnL u/] 7"nf] d'2f nfU5 . st} st} t Dogs and Indian are not allowed to enter eg]/ n]lvPsf] Signboard klg e]l6G5 . o;/L x]bf{ Tof] a]nfb]lv g} O08Logx?nfO{ la|l6;x?n] 3[l0ft gh/n] x]b{y] . To;}sf] gf;f] lnP/ xf]nf, clwsf+z ef/tLox? 5§', b'i6, hfnL / km6fxf dfq 5g\ .

clxn]sf] O08Lof cfsf/df / /fhgLlts kx'Frdf alnof] eP/ w]/}h;f] dflg;x? O08Lofn] s'g} Ps hdfgfdf g]kfnnfO{ zf;g u/]sf] lyof] x]fnf eg]/ c8\sn ub{5g\ . t/ o;sf] l7s pN6f] a? g]kfnn] rflxF O08LofnfO{ zf;g u/]sf] lyof], j}lbs ;+:s[lt l;sfPsf] lyof] . Tof] a]nf;Dd klg O08Logx? ;';+:s[t g} lyP . !\* cf}+ ztfAbL;Dd klg O08Lofx?n] df;', /S;L, r'/f]6 vfg hfg]sf lyPgg\ . t/ ha d';ndfg, kf]r'{uLh / la|l6;x? ef/tdf k;], ToxfFb]lv efiff ;+:s[ltdf aGr/f] k|xf/ eof] . ufO{ vfg] c+u|]hL efiff / pgLx?sf] gLr ;f]r g} ;+:sf/ agfOlbP . kmn:j?k clxn]sf] O08Logx?df ToxL wªwªL e]l6G5 . :jfyL{, nf]eL, em'7sf] v]tL ug]{, 7Ug], df+;, dlb/f ;]jg ug]{ h:tf s'sd{n] abgfd ePsf] 5 O08Lof .

t/ g]kfnnfO{ x]g]{ b[li6sf]0f g} 5'§} lyof] . g]kfnnfO{ pgLx? j}s'07wfd, kz'klt If]q, u+ufsf] d'xfg, xl/åf/, :ju{åf/L eg]/ d'Qms07n] k|z+;f ub{y] . clxn] klg t O08Lofsf w]/} dlGb/x?df g]kfnaf6 cfPsf] eGg] lalQs} 5'§} ;Ddfg lbG5g\, k"hf ubf{ kv{g' kb}{g . a? xfd|f n7]a|f :jfF7 g]kfnLx? eg] g]kfnnfO{ glrg]/ O08Log hf]uLsf] kl5 nfu]/ O08Lofdf k};f r9fpg hfG5g\ . lzjhLsf] s}nfz oxL, :ju{åf/L oxL, eujfg\ /fds[i0f / a'4sf] hGde"ld oxL, rf/wfd / ^$ Hof]lt{lnË oxL g]kfndf 5 t/ klg s:t'/Ln] cfkm\gf] af;gf yfxf gkfP/ bf}8L lxF8] h;/L ef/tlt/ bf}l8G5g\ d'v{x? . s~rg u+uf oxfF au]sL l5g\ t/ k6d'v{x? u'x'sf] ln08f] kG5fpb} kfgL 5s{g O08Lof hfG5g\ . lkt[s'n tk{0f lbg] ;+;f/sf] pTs[i6 7fpF sfuj]gL, b]j3f6, uf]bfj/L, b]aL3f6 pQ/uof, a/fxIf]q rt/f x'Fbfx'Fb} a'jfcfdfsf] lk08 r9fpg O08Lof k'U5g\ d'v{ g]kfnLx? . To;}n] t ef/tsf kl08tx?n] …lz/ 5f]8]/ k'R5/ ;dfpg cfpF5;\Ú eGb} n¶Ln] r'6\5g\ . Toltdfq sxfF xf] / < >f4÷lk08 r9fpFbfv]/L ;'?df rflxF !)÷@) ?k}ofF ef? r9fpg nfpF5g\ . ha lkt[sf] gfpFdf lk08 r9fpg] a]nf x'G5, Toltv]/ …ef? \*,))) /fvf]Ú eG5g\ . ca k¥of] km;fb . lbpF eg] s;/L ef? \*,))) lbg', glbpF eg] d/]sf] a'jfcfdfsf] gfpFdf lk08df kfgL ck{0f u/L;lsof] . xf} o;/L g} 7luG5g\ d'v{ g]kfnLx? . aNn lxhf]cfh o;f] 3}6f]df 3fd nfUb} cfPsf] 5, r]t v'Nb} cfPsf] 5 . g]kfn leqs} rf/ wfdsf] lty{ofqf z? u/]sf 5g\ .

h] xf];, g]kfndf eg] To:tf] duGt], hf]uL / 7ux? e]l6Fb}gg\ . ef/t;Fusf] v'nf gfsfn] ubf{ km6fxfx? g]kfn kl;;s]sf 5g\ . / g]kfnd} ePsf s]xL km6fxfx?;Fu ;fOgf] ufF;]/ s'sd{ u/]sf 5'6km'6 36gfx? klg ;'lgG5g\ . t/ g]kfnsf clwsf+z dflg;x? c;n, Odfgbf/, ldhfl;nf] / ;xof]uL x'G5g\ . g]kfnLx?sf] dg km/flsnf] x'G5 . s]xL aif{cl3sf] e"sDkn] cfkm\gf] 3/ u'dfPsL Ps g]kfnLn] lab]zL kqsf/nfO{ ef]s nfUof] x]fnf sf]bf]sf] /f]6L eP klg vfg';\ g eGbf tL lab]zL kqsf/ eSsflgPsf lyP . ha ls tL dlxnfsf] g t 3/ 5, g t e/]nfO{ vfgf 5 . t/ klg afF8]/ vfg] / kfx'gfnfO{ ;Tsf/ ug]{ g]kfnL :jefa b]v]/ tL kqsf/n] /fd|f] n]v tof/ kf/] / ;+;f/ef/ km}nfP– g]kfnLx?sf] cfltYo ;+:sf/ . x'g t aL/uf]vf{nL, OdfGbf/L / c;n dflg; eg]/ ;+;f/e/ g]kfnLx?nfO{ lrGb5g\ . xfdL lbg'df /dfpF5f}+ t/ dfUg hfFGb}gf}+ . clxn] klg ;8sdf dfu]/ a;]sf] g]kfnL sd} e]6LG5 . clwsf+z dfUg]x? 6«ssf 6«s ef/taf6 leqfOPsf] xf] . xfdL g]kfnL To;/L lul/;s]sf 5}gf}+ . Clifd'lgsf] ;Gtfg eP/ xf]nf, xfdLdf s?0ff, k|]d, ;b\efj / ;Totf cem} lhpFb}5 .

**&= c;nL Clifs]z / xl/åf/ M** la8Dagf ef/tn] Clifs]z / xl/åf/ klg cfkm\g} If]qdf agfOlbof] . c;nL Clifs]z kfNkf lhNnfsf] l/8L eGg] 7fpFdf kb{5, h;nfO{ ?? Clifs]zsf] gfdn] ;'kl/lrt 5 . oxL 7fpFdf eujfg\ >Ls[i0fsf] hGd eof] / oxLF 7fpFdf cfP/ lqml:rog ;Dk|bfosf ;+:yfks oz' qmfO:6n] l;l4 k|fKt ug'{eof] . b'Mvsf] s'/f, o:tf] klaq e"ldsf] af/]df ;f/f b'lgofF a]va/ 5 / OlG8ofs} nx}nx}df nfu]/ s[i0f k|df0fLx? OlG8ofsf] dy'/flt/ bf}l8/fv]sf 5g\ . s7} lar/fx? .

:d/0f/xf];\, eujfg\ >Ls[i0fsf] w]/} gfd 5g\ . h:tf] ls dw';'wg, uf]kfn, uf]laGb, bfdf]b/, Clifs]z cflb . ctM jxfFsf] hGd ePsf] 7fpFnfO{ cem} klg Clifs]z elgG5 . kf}/fl0fs u|Gyx?nfO{ g} cfwf/ dfGg] xf] eg] klg ?? Clifs]z oxL g]kfnsf] kfNkfdf kb{5 . >Ls[i0f eujfg\nfO{ sf]qmf]df /fvL gbLdf aufPsf] x'Fbf jxfs} gfdaf6 pQm gbLsf] gfpF g} s[i0fu08sL eof] . eujfg\ >Ls[i0f afns x'Fbf 5f]/f gefuf];\ eg]/ cfdf b]jsLn] s'zsf] nfdf] 8f]/Ln] afFw]sf] 7fpF bfdf]b/ s'08 klg oxL g]kfnsf] d':tfª lhNnfdf kb{5 . clxn] klg Tof] s'z e'OFel/ pld|/x]sf] b]Vg ;lsG5 . dxfef/tsf] o'4 ;'? x'g' cl3 kfFr kf08jnfO{ u+ufhnn] cleif]s u/]sf] 7fpF klg oxL g]kfnsf] bfdg lzv/sf]6 xf] . clxn] klg >Ls[i0f eujfg\sf ;Gtfg uf]kfnLx? oxL 5g\ . dxfef/t o'4sf] ;'?jft g} oxL e"ldaf6 ePsf]n] clxn] klg r'/] kxf8kl5sf] kxf8nfO{ dxfef/t >[+vnf elgG5 . oxLaf6 o'4 n8\g egL kfFr kf08jx? t/fO{ em/]sf lyP / xl:tgfk'/ -clxn]sf] lbNnL\_ af6 klg sf}/jsf ;]gfx? g]kfns} t/fO{;Dd cfPsf lyP . clxn] klg k"jL{ t/fO{df …lsRrs aw… eGg] 7fpF 5 .

k'gM >Ls[i0f eujfg\ zlQm cfh{g ug{ egL sf7df8f}+sf] cfb]Zj/ -%! cf}+ lzjln+u\_ df cfO{ lzjhLaf6 ;'bz{g rqm lnP/ hfg'ePsf] s'/f kf}/fl0fs u|Gyx?n] j0f{g ub{5 . dxfef/tsf] o'4df kf08jx?sf] k"0f{ laho ePkZrft\ jxfFx? ;ef a;]sf] 7fpF kf08's]Zj/ klg l6:6'Ë kfn'Ëdf kb{5 eg] o'4 ;lsPkl5 lzj cf/tL u/L lzjln+udf ufO{sf] b'w r9fPsf] 7fpF l;Gw'nLsf] s'z]Zj/ wfd -o; wtL{sf] k|yd Hof]ltln{Ë\_ klg oxL g]kfndf 5 . >Ls[i0f eujfg\n] uf]lkgLx?;Fu nLnf u/]sf] 7fpF j[Gbfjg klg sf]zL 6Kk'df 5 . >Ls[i0fn] g} /f]Kg'ePsf] t'n;Lsf 7"nf 7"nf ?v cem} klg ToxfF b]Vg ;lsG5 eg] gu/kflnsfsf] gfpFdf g} j[Gbfjg gu/kflnsf /x]sf] 5 .

olt w]/} kf}/fl0fs k|df0fx? x'Fbfx'Fb} klg 5§' O08Lofn]] gSsnL a[Gbfag dy'/f agfOlbPsf] 5 . x'g t gSsnL n'lDagL lbNnL5]p agfpg] / ;u/dfyf OlG8ofdf kb{5, a'4 ef/tdf hGd]sf x'g\ eg]/ em'6f] k|rf/afhL ug]{n] plxNo}sf] s'/fx? n'sfpg vf]Hg' s'g} gf}nf] s'/f klg xf]Og . xfd|f] j]b / k'/f0fx? rf]/]/ nu] h:t} >Ls[i0f eujfg\sf k'/fgf d"lt{x? rf]/]/ dy'/fdf gSsnL a[Gbfagdfq v8f u/]sf] xf] . ;To n'sfP/ sbflk n'Sb}g . Pslbg ;f/f laZjn] yfxf kfpg] 5 ls ;SsnL Clifs]z / ;SsnL a[Gbfag sxfF 5 eg]/ .

To:t}, xl/åf/ eg]/ OlG8oflt/ agfOlbof] ef/tn] . t/ k|frLg xl/åf/ eg]sf] k"jL{ g]kfnsf] w/fg glhs kg]{ a/fx If]q xf] eg]/ l;4 of]uLx?nfO{ k|i6} yfxf 5 / kf}/fl0fs wd{u|Gyx?df klg k|i6} n]lvPsf] 5 . a/fx If]qsf] 5]pdf /x]sf] sf]sfvf]nfsf] ;+uddf ul/Psf] >f4 lkt[ tk{0fn] xfd|f lbj+ut lkt[s'nx?n] t'?Gt} kfpg] x'Fbf ;+;f/e/sf dflg;x? oxfF lkt[s'nnfO{ lk08 r9fpg cfpF5g\ . To:t} k/fk"j{ sfndf b]jtfx? wd{;ef a:g] 7fpF ;+v'jf;ef klg -\*$ sf]z pQ/tkm{\_ oxL a/fx If]qsf] l;/fgdf kb{5 . a?0f / c;L gbLsf] ;+udnfO{ a?0f + c;L, a?0f + c;L eGb} hfFbf zAb ck|e+z e} jgf/;L ePsf] xf] . of] klg oxL a/fx If]qsf] pQ/tkm{ kb{5 . hxfF :ju{sf cK;/fx? :gfg ug{ / Clifd'lgx? ;fwgf ug{ cfpFby] . ckm\;f]r, ef/tn] laxf/eGbf tn agf/;L agfOlbof] / dflg;x?n] g]kfnsf] ;SsnL agf/;LnfO{ lal;{lbP . jf:tjdf oxL a?0f / c;L gbLsf] ;+udnfO{ k|frLg xl/åf/ elgG5 .

jf:tljstf sf] xf] eg] -Oltxf;sf] sfnv08df\_ g]kfn / OlG8of aLr 3gfh+un ePsf] / dn]l/of x}hfsf] 8/n] p;a]nfsf ef/tLox? g]kfndf cfP/ d'lQmgfy kz'kltgfy, s]bf/gfy, s'z]Zj/, /fd]Zj/df, Clifs]z, xl/åf/, jgf/;Lsf] bz{g ug{ g;s]sf] x'Fbf cfkm\gf] cg's"n kf/]/ oxfFs} d"lt{kTy/x? OlG8of nuL k'Hg yfn]sf x'g\ . kl5 5fkfvfgf klg pgLx?s} uf]/vk'/ / jgf/;Ldf ePsf]n] cfkm\g} e"efusf] u'gufg ufpg yfn] . sfnfGt/df ;SsnL / k|frLg pmhf{ s]Gb|x? eg] cf]em]ndf k¥of] . hlt klg wd{u|Gyx? 5g\ tL ;a} uf]/vk'/ / jgf/;Ldf t 5flkPsf 5g\ lg . ToxL g} xfdLn] k9of}, p;s} s'/f] l7s xf]nf egL 7fGof} / jf:tljstf a'em\g ;s]gf} .

**^= ;+:s[t efiff pb\ud g]kfne"ld M** xfdL To:tf] k'0oe"lddf hGd]sf 5f}+, hxfFaf6 b]jjfl0f, ;+:s[t efiffsf] pTklQ eof] . o'/f]k / cd]l/sfdf The language of God eg]/ k9\g yflnPsf] 5 . rfOgf hfkfg / sf]l/ofdf xfd|f cIf/x?nfO{ kljq dfGg dfGb5g\, dlGb/sf] 306L ahfP/ bLof] hnfPkl5 oL cIf/x?nfO{ k"hf ub{5g\ . t/ ckm\;f]r clxn]sf] clt kfv08L lzIff gLltn] English km//df hf]8 lbof] . b]jgfu/L lnlksf klaq cIf/x? n]lvPsf] sfuh eg] e}ofn] r6k6] kf]sf] kfg{df rnfpg yfn] . dnfO{ oxfF lrQ b'V5 . cem laZjsf j}1flgsx?n] ;+:s[t efiffsf] vf]h cg';Gwfg u/L o;sf] dxfgtfsf] d'Qms07n] k|z+;f ub}{5g\ . elaiosf] ;af]{Ts[i6 sDKo'6/ klg ;+:s[t efiffdf agfpFb}5g\ . r]tgf z'l4s/0f / cfWoflTds hfu/0fsf] nflu rdTsf/L kmfObf lng ;+:s[t efiffnfO{ ;+;f/sf laleGg laBfno / laZjljBfnodf k9fOFb}5 . xfdL g]kfnLx? eg] uf]a/u0f]z eof}+ . laBfno / ;dfhdf klg 7'6] English af]Ng]nfO{ laåfg dfGg yfn] . g]kfnL n]VgnfO{ 7;7; sGg yfn], pb]s nfU5 .

dfga ;Eotfsf] klxnf] efiff ;+:s[t efiff xf], ;a} efiffx?sf] hglg . o;nfO{ b]jjfl0f (The language of God) eg]/ klZrd]nL d'n'ssf dflg;x? k9\g yfn]sf 5g\ . clxn] klg g]kfndf b]jgfu/L lnlk g]kfnsf] /fli6«o efiff xf] / of] ;+:s[t efiff;Fu 7\ofSs} ldN5 . xfdLx? /fd|/L ;+:s[t k9\g ;S5f}+ t/ zAbfhnLsf] sf/0fn] eg] cK7]/f] kb{5 . uj{ nfU5, xfd|f Clifd'lgx?n] ;+:s[t efiffdf j]b / pklgifb n]Vb} ubf{ klZrd]nLx? e]+8f uf]7fnf dfq lyP / u'Rrf vf]ln/fv]sf lyP . clxn] cfP/, xfd|f] df}lns ;+:s[t efiffnfO{ ckx]ngf ug'{ / Tof] klg O08Log kl08tx?sf] efiff xf] eGg' d'v{tf xf] .

**&= dfgj ;Eotfsf] klxnf] kf]zfs M bf}/f ;'?jfn**

zf:q x/fP ;+:s[lt x/fpF5, ;+:s[lt x/fP ;+:sf/

;+:sf/ x/fP klxrfg x/fpF5, klxrfg x/fP /fi6«

xfdL g]kfnLx?sf] klxrfg eg]s} g]kfnL efiff, clåtLo ;+:s[lt, j}lbs kf]zfs 6f]kL bf}/f ;'?jfn / rf}aGbL rf]nL, gd:sf/sf] clejfbsf] xf] . ;"o{ rGb| c+lst clåtLo lqsf]0f em08f, ;u/dfyf, 8fFkm], nfnLu'/fF;, uf}td a'4, j}lbs 1fg g} o; uf]/If /fi6«sf] klxrfg xf] . o:tf clåtLo klxrfg ePg eg] xfdL s;/L g]kfnL x'G5f} . Kjfv ePg eg] s;/L r/f, ;'Gb/ r/f aGb5 / < ls s;f] . 6f]kL, bf}/f ;'?jfn, ;f8L / rf}aGbL rf]nf] g} dfga ;Eotfsf] klxnf] kf]iffs xf] . o;sf] HjnGt pbfx/0fsf] nflu ;fOk|;sf] /fli6«o ;+u|xfnodf /flvPsf] tl:a/ 5 . To; tl:a/df Ps O08Log e}of o;f] n'ËL a]/]/ a;]sf] 5, o'/f]ksf dflg;x? ;a} gfË} 5g\ t/ xfd|f k'vf{x? eg] 6f]kL bf}/f ;'?jfn, ;f8L rf]nf] nufP/ zfgsf ;fy plePsf 5g\ . o;af6 g} k|i6 x'G5 ls xfd|f k'vf{x? slt ;Eo lyP eg]/ . uj{ ug'{k5{, xfdL g]kfnL ePsf]df .

Oltxf; g} sf]6\ofpg] xf] eg] klg b'jO{ $) aif{ k'/fgf] 5, cd]l/sf %)) jif{, ci6«]lnof #)) jif{ . o'/f]ksf clwsf+z b]zx?sf] Oltxf; %))–\*)) jif{eGbf eGbf 5}g . ;a;] k'/fgf] dflgPsf] O6fnL /f]dsf] Oltxf; eg] #,))) jif{ k'/fgf] 5 . t/ xfdL;Fu &,^)) jif{sf] x:tlnlvt g]kfnsf] Oltxf; 5 . o;af6 g} k|i6 x'G5 ls lzIff, efiff, ;+:s[ltdf ljZjdf g} klxnf] /fi6« /x]5 g]kfn eGg] s'/f .

xfd|f] j}lbs kf]zfs, tflGqs lx;fan] ag]sf] 5 . 6f]kLn] xfd|f] ;u/dfyfsf] lrgf/L lbG5 . ci6gfu :j?k bf}/fdf \* j6f t'gf x'G5g\ eg] ;'?jfndf !)\* d'hf kfl/Psf] x'G5 . To:t} rf}aGbL rf]nf]df klg ci6dflqsfsf] cfzLjf{b :j?k \* j6f t'gf x'G5g\ . To;}n] t o:tf] j}lbs kf]zfs nufpFbf dflg; zfnLg / Odfgbf/ aGb5, s;}n] x]Kg ;Sb}g . rf}aGbL rf]nL nufPsL dlxnf slxNo} anfTsf/ ePsf] ;dfrf/ ;'lgFb}g . Tof] cfOdfO{ g} rl/qxLg eP s'/f] a]Un} xf] t/ rf}aGbL rf]nf] nufPsL c;n dlxnfnfO{ s;}n] s'b[li6 nufpg klg ;Sb}g . oxLaf6 yfxf x'G5 ls xfd|f] j}lbs kf]zfssf] dxTj slt 7"nf] /}5 eg]/ . O{ k' &)) jif{ cl3 kfOPsf d'lt{x? df klg bf}/f ;'?jfn–rf}aGbL rf]nf] b]Vg kfOG5 . :jo+ oz' qmfO:6sf] cfdfn] ;f8L rf]nf] nufpg' x'GYof] . xfd|f] g]kfnL 6f]kL t d';ndfg, O6fnL, yfONof08sf dfG5]x?n] cem} klg nufpF5g\ . ef/tLo e}ofx?n] t x'ax' xfd|f] ;+:s[ltsf] kfngf u/]sf 5g\ . w]/}hf;] dflg;x?df of] klg e|d 5 ls 6f]kL bf}/f ;'?jfn rflxF d'l:nd of O/fgL ;Eotfaf6 cfPsf] eG7fG5g\ t/ s'/f] To;f] xf]Og . s'/f] s] xf] eg] xfd|f] g]kfnsf] j}lbs kf]iffs cGoq km}lnof] xfdLn] ptfaf6 cfPsf] h:tf] dfq efg eof] . pxL cfkm\gL 5f]/L 3/af6 dfOt cfPsf] dfq b]Vg] klxnf dfOtaf6 3/ cGdfP/ k7fPsf] rflxF gb]Vg] eGg] h:tf]dfq s'/f] xf] .

**\*= clåtLo lqsf]0f em08f M** ;+;f/e/sf dflg;x?nfO{ g]kfnsf] em08f clåtLo 5 eGg] s'/f yfxf ePtf klg of] em08fsf] Oltxf; s/La #%,))) aif{ k'/fgf] xf] eGg] s'/f rflxF yfxf 5}g . xf], of] em08f ljZjsf] klxnf] em08f xf] / o;sf] cfWoflTds dxTjsf] aofg u/L ;fWo g} 5}g . afaf uf]/Ifgfysf] cfzLjf{bn] tGqlalwaf6 ag]sf] em08f ePsf]n] ;a{;fwf/0f dflg;x?nfO{ of] em08fsf] cy{ a'em\g ufx|f] klg 5 .

of] ;+;f/ # j6f zlQmaf6 ;~rflnt 5, tGq, dGq / oGq . oGq eg]sf] cf}hf/ jf d]l;g h;n] xfd|f] b}lgs hLjg ;+rfngdf ;lhnf] agfpF5g\ . h:tf] ls xhfdsf] s}FrL, ls;fgsf] sf]bfnL, 8fs6/sf] :6]y]:sf]k, snf/sfsf] s'rL, OToflb . 8«fOe/sf] uf8L, kmf]g, Kn]g, o:tf cf}hf/x?n] pgLx?sf] hLjgofkgdf ;lhnf] agfpF5 . lo lrhx? oGq x'g . csf]{ xf] dGq h;df xfdLn] k|of]u ug]{ zAb, efiff, ;flxTo, s'/fsfgLx? kb{5 . zflAbs cy{df ;+:s[tsf ;+s'lrt jfSof+zx?nfO{ dGq elgG5 lsgls zAbdf zlQm x'G5, o;n] x/fpF5, ?jfpF5 l/; p7fpF5, zfGt kf5{ t'?Gt} . dflg;x?nfO{ k]6df sfps'tL gnufO{ zAbx?n] x;fpg ;lsG5, of] zAb of dGqsf] zlQm xf] . slj, snfsf/, g]tf, kqsf/b]lv lnP/ xfdLn] b}lgs af]lng] efiffx? dGqdf kb{5g\ .

csf]{ xf] tGq . a|Xdf08Lo pmhf{nfO{ z/L/sf] dfWodaf6 Pslqt u/L k|of]udf Nofpg' g} tGq xf] . of] gb]lvg] x'Fbf cfddflg;x?n] ;lhn} ljZjf; u/]sf x'Fb}gg\ . tGq cg'ea ug]{ s'/f xf] . tGq ;fwgfsf] pb\ud :yn dflgg] kf6g / eQmk'/sf u'efh" >]i7 g]jf/ ;d'bfodf tGq laBf clt k|rlnt 5 . lx6n/nfO{ klg tGqsf] k|efjsfl/tfsf] 1fg ePsf]n] xfd|f] g]kfnsf] em08f k|of]u ug]{ s'r]:6f u¥of] . eg] c1fgtfjz :jl:ts lrGx nfO{ pN6f] k|of]u u¥of] / b'ef{Uojz cfkm\g} lagf; lgDTofof] . ToxL pN6f] :jl:ts lrGxnfO{ gfhL lrGx eg]/ clxn] klg hd{gLdf :jl:ts lrGx k|of]u ug{ lgif]w 5 .

jf:tjdf Tof] :jl:ts lrGx pN6f] k|of]u ul/Psf]n] ;dfhdf / /fi6«df gsf/fTds k|efj k/]sf] xf] . To:t} xfd|f] g]kfnsf] em08f klg ;"o{ rGq x'g'kg]{df rGb|df dfly kfl/Psf]n] o:tf] eb|uf]n ePsf] xf] . h;/L df]jfOnsf] dfOs tn kf/]/ af]Nbf ;'lgFb}g, h;/L 6LeLsf] 6fj/ cs]f{lt/ kmsf{pFbf 6LeL cfpFb}g . To;/L g} ;"o{dfly ePsf] ;SsnL em08fnfO{ s]xL /fhgLlts bnfnx?n] rGb|df dfly /flvlbFbf hgtfx?n] b'Mv ;f:tL ef]Ug'k/]sf] xf] . lsgls of] em08f tGq lalwaf6 ag]sf] x'Fbf tGq of a|Xdf08Lo pmhf{df vnan cfpF5 . h;/L jfO{kmfO{sf] t/+u ge]l6Fbf xfd|f] Od]n OG6/g]6 v'Nb}g, To;/L g} tGq lau|Fbf gsf/fTds pmhf{x? km:6fpFb5g\ .

**lqsf]0f cfsf/ M** g]kfnsf] em08fsf] lqsf]0fn] lzjhLsf] lqz"nsf] k|ltlglwTj u5{ / c1fgtf, cGwsf/, ;}tfgx?nfO{ gf; ub{5 . o;sf] nflu wtL{ cfdf, hut cfdf / ljZj cfdf ltgj6} cfdf zlQmx?sf] h?/t kg]{ x'Fbf # sf]0f /flvPsf] xf] . lqsf]0fn] gfu/fhf / b]jLb]ptfx?sf] jf;:yfg c6n lxdfno kj{t eGg] klg hgfpFb5g\ . ;"o{af6 k|sfz lnP/ rGb|dfn] xfdLnfO{ dfFof / l;h{gf lbg] lqsf]0ffTds ;DaGw bzf{pgnfO{ klg em08fdf lqsf]0f /flvPsf] xf] .

**tLg /+u M** em08fdf ePsf] tLg /+ux? /ftf], gLnf] / ;]tf]n] xfd|f] cfTdfsf] /+u, r]tgf jf a|Xdf8Lo ;+/rgfsf] cy{ af]s]sf] 5 . gLnf] /+un] dx]Zj/ tTj, /ftf]n] a|Xdf tTj / ;]tf]n] lai0f' tTj– lqb]asf] efj af]s]sf] 5 . xfdL o; wtL{df cjt/0f x'g' cl3 aLo{df ldl;g] k|sfzx? klg /ftf], gLnf] / £o" ;]tf] g} x'G5 . h;nfO{ xfdL cfTdf eGb5f}+ . oL # /+un] dfga hfltdf cGt/lglxt lqu'0f -;tu'0f, /hu'0f / tdu'0f\_, lqbf]if, -skm, jfy, lkQ\_ / l;h{gfTds, Wj+;fTds, /IffTds u'0fx?sf] efj hgfpFb5g\ .

**;"o{ zlQm M** Hof]ltifLo b[li6sf]0fn] klg ;f}o{ k|0fnLsf] cfTdf ;"o{ xf] . ;"o{s} zlQmn] gf} j6} u|x nufot k[YjLsf] ;f/f k|0ffnL / k|s[lt rnfpF5 . of] :jrflnt k'?if zlQm ePsf]n] o;sf] :yfg klg em08fsf] dfly 5 . of] cfTdf sf/s tTj xf] . k|s[ltdf klg ;"o{ dfly 5 . ;+ef]u ubf{ klg t k'?if dfly g} x'G5 . lsgls lbg] pmhf{ ;w}F dfly x'G5 . ;"o{ /fhf xf], ;+/Ifs xf], bftf xf], zlQm s]Gb, r/fr/ hutsf] cl:tTj xf] . ;"o{n] r]tgfsf] k|ltlglwTj u/]sf] x'G5, ;"o{leq k'?ifzlQm -lkËnf, ofË zlQm\_ lxlnod, clUg tTj x'G5 . To;}n] t s]6f dflg;x?sf] aLo{df klg lxlnod tTj x'G5 . ;"o{df ePsf] !@ j6f sf]0fx?n] !@ /flz, lbgsf] !@ 306f hgfpF5, h;n] ;f/f k|f0fLx?nfO{ ;+rfng u/]sf] 5 .

**rGb|df zlQm M** rGb|dfsf] cfkm\g} k|sfz 5}g . ;"o{af6 k|sfz u|x0f u/]/ xfdLnfO{ zLntf lbg] x'Fbf rGb|dfnfO{ em08fsf] tn /flvPsf] xf] . k|s[ltdf klg t em08f tn 5 . ;+ef]u ul/Fbf klg t :qL tn x'G5] lsgls :qL cyjf rGb|df eg]sf] pmhf{ lng] x'G5g\ . logLx? k"0f{ ?kdf ;+rflnt x'G5g\ . rGb|dfdf kfgLsf] tTj, gf/L :jefj -Ob÷oLg\_ x'g] x'Fbf o;n] dfFof ddtf / hLjg lbG5 . k|s[ltnfO{ x'sf{pg a9fpg, hf]ufpgdf rGb|dfn] cToGt} dxTjk"0f{ e"ldsf v]n]sf] x'G5 . rGb|df dgsf] sf/s xf], rGb|df ePg eg] xfd|f] ;f]rg} cfpb}g . xfd: d'tL{ ;/x x'G5f} . xfd|f] em08fsf] rGb|dfdf ePsf] \* sf]0fn] ci6 dft[sfsf] zlQm, ;f/f k|f0fLx?nfO{ /Iff ug]{ ci6gfusf] cy{ hgfpFb5 . \* j6f sf]0fx?sf] cy{, $ j6} lbzfdf km}lnPsf] $ j]bsf t/+ux? -$+$= \*\_ eGg] klg xf] . rGb|dfsf] \* sf]0f / ;"o{sf] !@ sf]0f -!@ + \* = @)\_ n] k"0f{tfsf] ;+1f klg lbG5 . tGqsf] efiffdf @) eg]sf] a|Xdf08Lo / k|s[lt pmhf{sf] k"0f{tf eGg] x'G5 . hxfF k"0f{tf x'G5 -k'?if zlQm dfly / gf/L zlQm tn\_ cyjf :jrflnt / ;+rflnt zlQmx?sf] tfnd]n x'G5 . ToxfF t/+ux? noa4 x'G5g\, ;lxi0f'tf x'G5 .

b'ef{Uojz, @)!& ;fnb]lv ef/tsf] /fhgLlts bafasf] sf/0fn] g]kfnsf] em08f pN6\ofOof] / rGb|df dfly kfl/of] . kmn:j?k xfd|f] b]zdf /fhgLlts cl:y/tf 5fof] . l;tf/sf] tf/ r'F8fOlbPkl5 l;tf/ ahfpg g;s]h:t} cyjf egf}+ kmf]gsf] 6fj/ pN6\ofOlbPkl5 kmf]gx?df g]6js{ -s'/fsfgL\_ gnfu]h:t} tGqaf6 lgld{t em08f pN6\ofOPkl5 ;a}hgfsf] dlt e|i6 x'Fb} uof] . z}tfgL zlQm xfjL x'Fb} uof] . sDKo'6/ rnfpg hfGg]n] dfq csf{sf] sDKo'6/ leqsf] kmfOnx? d]6fOlbg ;S5 . To:t} tGqsf] 1fg ePsf] ef/tsf] rnfvLsf] sf/0fn] em08f pN6f] kfl/of] / g]kfnsf] jf:t' k"0f{?kdf vnalnof] . 3/leqsf] On]lS6«s jfol/ª gldn]/ 3/df cfunfuL eP h:t} eof] . cl3 g} elg;lsof] ls, ;+;f/ # j6f zlQm -pmhf{\_ n] rN5– oGq, dGq / tGq . oGq lalu|of] eg] sfd ug{ ufx|f] x'G5 . dGq jf zAb zlQm glalu|of];\ eg]/ ;Dkfbsn] k6s k6s n]vx? hfFRb5g\ . xfdL klg Vofn u/L zAbsf] k|of]u ub{5f}+ . emg\ of] t tGqsf] s'/f, tGq g} lalu|Pkl5 t vQd .

clxn] xfdL afaf uf]/Ifgfysf] cfzLjf{bn] km]l/ ;"o{ dfly ePsf] em08f g]kfndf kmx/fpg nflu/fv]sf 5f}+ . plxNo}b]lv g} ;"o{dfly ePsf] tfdfsf] em08f k'/fgf dlGb/x?df kfOG5 . h:tf] ls kflye/f, s'z]Zj/, tn]h' h:tf dlGb/x?df clxn] klg ;"o{ dfly / rGb|df tn ePsf] tfdfsf] em08f /flvPsf] 5 . zfx /fhfx?n] cfkm" rGb|j+zL b]vfpgnfO{ klg rGb|df dfly ePsf] em08fnfO{ lg/Gt/tf lbPsf x'g\ . ;"o{ dfly ePsf] em08fs} s'/f ug]{ xf] eg] :j:yfgL / j]bsf Crfx?df klg ……;"o{ rGb| c+lst em08f…… eg]/ a0f{g u/]sf] kfOG5 . cem} klg /fhf 1fg]Gb|n] bz}+sf] sf]hfu|t k"l0f{dfsf] lbg %$ tf]nfsf] ;"o{ dfly ePsf] rfFbLsf] em08f eQmk'/ tn]h' ejfgLnfO{ r9fpFb5g\ . oxfFaf6 klg k|i6 x'G5 ls k/fk"j{sfnb]lv ;"o{ rGb| c+lst em08f lyof] eg]/ .

/, ca km]l/ t]qfo'usf] cfudg;Fu,} ;"o{j+zL /fhfsf] cfudg;Fu} ;"o{rGb| c+lst em08f kmx/fpg] 5 . g]kfn /fi6«sf] cl:y/tf, ;d[l4 / zflGtsf] nflu ;"o{ rGb| c+lst em08f gLnf] cfsfzdf kmx/fpg' ckl/xfo{ 5 . dfga ;Eotfsf] ;'?sf] em08f ePsf]n] klg ljZjzflGtsf] nflu ;"o{rGb| c+lst em08f laZje/ kmx/fpg' ckl/xfo{ 5 . ca rflx, q]tfo"u z'? ePsf]n] :f"o{df &@ / rGb|df df #^ ls/0fx? x'G5g\ .

g]kfn xfdL /xf}Fnf sxfF, g]kfn} g/x]– g]kfn} g/x]

prfO xfd|f] r'lnG5 sxfF lxdfn} g/x] – lxdfn} g/x]

:d/0f/xf];\, em08fs} sf/0f laZjdf 7"nf 7"nf o'4 ePsf 5g\ lsgls em08f eg]s} /fi6«sf] k|tLs xf], gful/sx?sf] 9's9'sL xf] . !(# j6f /fi6«dWo] xfd|f] em08f g} k"0f{ j}lbs ePsf]df xfdLn] uj{ ug'{k5{ . o;s} zlQmn] ubf{ g]kfn clxn];Dd s;}sf] u'nfd aGg' k/]g . :jtGqtf lbj; gdgfpg] ljZjsf] Psdfq /fi6« g]kfn xf] . xfdLn] ;f/f ;+;f/nfO{ lbof},+ j}lbs 1fg / la1fg lbof} t/ slxNo} dfu]gf}+ em's]gf}+ . of] em08f g} xfd|f] zfg xf], cledfg xf] . uLtn] eg] em}+– ;"o{ rGb| xfd+f] h+uL lgzfg xfd|f] ,,,,, . ;a}nfO{ r]tgf eof .

**(= j}lbs lzIff M** of] wtL{df lbJo 1fg l;sfpg] Ps dfq lzIff– j}lbs lzIff xf] . j]bsf] lzIffnfO{ cg'z/0f ug]{ ;+:s[ltnfO{ j}lbs ;+:s[lt elgG5 eg] dxlif{ of]uLx?n] afF8\g'ePsf] lbJo1fgnfO{ j}lbs 1fg elgG5 . h'g 1fgsf] nflu ;f/f laZj ef]sf] 5 . o;f] ;'F£b} ;'F£b} ef/t;Dd cfpF5g\ klZrd]nLx? t/ ToxfF s]xL kfpFb}gg\ / clGtddf hLjg / hut\sf] k"0f{1fgsf] nflu g]kfn cfpg} kb{5 lsgls $ j]b / !\* k'/f0f n]lvPsf] Clifd'lgx?sf] kljq e"ld xf] g]kfn . ;Dk"0f{ ;flxTosf] ;|f]t, ;Dk"0f{ wd{u|Gy / a}1flgs cfla:sf/sf] ;|f]t g j]b xf] . 5f]6sl/df eGg'kbf{ ;f/f k|f0fL / dfga hfltsf] ;+lawfg xf], j]b . xfd|f] g]kfnsf] bdf}nLdf hGdg'ePsf dxlif{ j]bJof;4f/f lnlvt $ j]b !\* k'/f0fsf] vf]hLdf ;f/f laZjsf dflg;x? bf}l8/fv]sf 5g\ .

clxn] kf] tyfslyt kfZrfTo lzIffn] ufFlh/x]sf] 5 t xfd|f] wd{ ;+:s[lt / lzIffnfO{ . geP t s]xL bzscl3 ;Dd klg g]kfndf j}lbs lzIff k|0ffnL nfu' ul/Psf] lyof] . oxL pTs[i6 j}lbs lzIffsf] dxTj a'em]/ lazfn g]kfn x'Fbf gfnfGb laZjlaBfno agfOPsf] lyof] . of] laZjlaBfno xfnsf] ef/tsf] k6gf zx/df eP tfklg tTsfnLg ;dodf lazfn g]kfnleq kb{Yof] . :d/0f/xf];\, lazfn g]kfnleq klaq s}nfz, sflZd/, lbNnL, cfu/f, tfhdxn, snsQf, bflh{lnª, l;lSsd ;a} 7fpFx? kb{5g\ . To;a]nf gfnfGb laZjlaBfno g} laZjsf] Psdfq lzIff s]Gb| lyof] . P]ltxfl;s ;|f]tx?n] of] laZjlaBfno O{ k" &)) b]lv !,$)) sf] cGTo;Dd cl:tTjdf ePsf] s'/f k|i6 x'G5 . !% cf+} ztfAbLlt/ d';ndfgx? ef/tdf k|a]z u/];Fu} logLx?n] of] lazfn laZjlaBfno gi6 u/] . o; laZjlaBfnosf] k':tsfno # dlxgf;Dd klg hln g} /fv]sf] lyof] /] . eg]kl5 slt lazfn k':tsfno lyof] xf]nf, ;lhn} cg'dfg ug{ ;Sg'x'G5 . ax'd"No k':tsx? rflxF tL afbzfx, O08Log e}of / klZrd]nL -la|l6; / kr{'u]nL\_ x?n] rf]/]/ nu]sf lyP . ToxLa]nf hah{:tL laZjlaBfnosf laåfg kl08tx?nfO{ klg ;dft]/ nluof] / pQm ;+:s[tdf n]lvPsf] k':ts pNyf ug{ nufOof] . a'em]sf] hlt klzrdsf] lzIffdf nfu' u/] . c? s'/fx? vf]h cg';Gwfg u/]/ j]bsf] laz]if 1fg cyf{t la1fg agfP . xfd|f] d'v{ kl08tx?n] eg] j]bnfO{ k'Hgdfq nufP . ToxL eP/ xf]nf xfdLx? h+undf pgLx? d+undf eg] h:tf] eof] .

h]xf];\, of] gfnfGb laZjlaBfnodf !,@)) lzIfsx? / @),))) eGbf a9L laBfyL{x? lyP . laZjsf] Psdfq laZjlabfno ePsf]n] ;+;f/e/sf laBfyL{x? O/fg, kl;{of, /l;of, lu|s, O6fnL, ef/t, rLg, hfkfgaf6 1fgsf] vf]hLdf o; laZjlaBfnodf k9\g cfpFby] . ;Tos} vf]hLdf lg:s]sf] lqml:rog ;Dk|bfosf ;+:yfks oz' qmfO:6 klg oxL ;+:s[t k9]/ of]uWofg / tGq ;fwgf u/]sf lyP . klZrdL /fi6«x?df ul0ftsf lktf dflgg] kfOyfuf]/; klg oxL k9]sf lyP . csf{, !@ cf}+ ztfAbLsf k|l;4 ul0ft1 lkmjf]gf;L h;n] k|s[ltsf] /xx:odoL ul0ftLo rqm The mathematical sequence of nature kQf nufP / klZrdL b'lgofFnfO{ rlst kf/], pgL klg oxL laZjlaBfnodf cWoog u/]sf lyP . h}g ;Dk|bfosf ;+:yfks dxfaL/ / cGo cguLlGt wd{u'?x? klg oxL k9]sf lyP . oxfF of]uWofg, cfo'j]{b, Hof]ltif, v]uf]n la1fg, tGq ;fwgf, Jofs/0f, s[lif, cy{zf:q, g[To, ;+uLt, OlGhlgol/ª, /fhgLlt h:tf laifox? ;+:s[t efiffdf g} k7gkf7g u/fOGYof] . lazfn g]kfnsf] uf]kfna+zL, dlxifkfn, lsF/ftL, lnR5jL / u'Kt /fhfx?n] o; laZjlaBfnonfO{ c;fWo} ;+/If0f u/]/ /fv]sf lyP . olta]nf;dd efiff, lzIff / ;+:s[ltsf] nflu g]kfn laZjs} cfbz{e"ld ag]sf] lyof] .

b'MvnfUbf] s'/f, lab]zL bnfnL log} z}tfgx?n] /fi6«;Qf xftdf lnPkl5 xfd|f k|ltefzfnL /fi6«sf s0ff{wf/ o'jf lab]lzg afWo eP . csf{s} Ozf/fdf kfZrfTo lzIff nflbof] / lar/f xfd|f lgbf]{if laBfyL{x?nfO{ df;' vfP k|f]l6g kfOG5, Go"6gn] u'?Tjfsif{0f kQf nufP eGg] h:tf jfOjft lzIff lng afWo agfOof] . s] k|f]l6gsf] nflu Tof] l;gf] df;' g} vfg' k5{ / < bfn, u]8fu'8L, Rofp, b'w, klg/ af6 k|f]l6g lnP e} xfNof] gL . s] Go"6gsf] kfnfeGbf cufl8 rflxF :ofp e'OFlt/ v:b}gYof] / < xf], pgn] To;nfO{ Vofn u/] / klZrdLx?nfO{ atfP . t/ xfd|f] j]bzdf t u'?Tjfsif{0f E= mc2, c0f'–k/df0f', Aligorithm OToflbsf] af/]df plxNo} g} JofVof ul/Psf] 5 . cfsfz eGg] zLif{sdf t cgGt a|Dxf08Lo pmhf{ (infinite Cosmic Energy) sf] af/]df JofVof ul/Psf] 5 . To;a]nfsf g]kfnL laåfg laa]sfgGb cd]l/sfsf] l;sfuf]df laZj wd{ ;+3sf] ;efnfO{ ;Daf]wg u/]/ o'/f]k e|d0f ug]{ qmddf Nicole Tesla n] klg lasf;fgGb;FUf e]6\g] df}sf kfP / cfsfz tTjsf] af/]df j}lbs 1fg lnP . Nicole Tesla h;n] telephone, Internet , WiFi, Jet Engine, Hydropower, Electrictiy, Radio Wave h:tf cb\e"t s'/fsf] cfla:sf/ u/]/ laZjdf la1fg tyf k|lalwdf rdTsf/ b]vfP– jxfFn] klg j]bleq …cfsfz tTjÚ k9]sf lyP eGg] s'/f dflg;x?nfO{ yfxf 5}g . x'g t /fhgLlts w'Tof{On] ubf{ lah'nL Thomas Edision n], /]l8of] Marconi n] cfljisf/ u/] eg]/ k7gkf7g u/fOPtf klg oyfy{df oL ;a} a}1flgs cflaisf/sf] >]o Nicole Tesla nfO{ g} hfG5 . o;/L !( cf}+ ztfAbLsf ;'k|l;4 a}1flgs Ncole Tesla n] klg j}lbs lzIff lnPsf lyP eGg] s'/f slxNo} gla;f}{ .

clxn]sf] cfw'lgs lzIff rflx dfq sdfO u/L vfg l;sfpg] lzIff xf] . o;n] sdfpg] a'l4 l;sfpF5 t/ 1fg lbg ;Sb}g . hLjg / hutsf] 1fg lbg, g}ltstf, lzi6tf / dfgjtfsf] kf7 k9fpg rflxF j}lbs lzIff g} rflxG5 . o;n] /fi6«eQm, sd{7, OdfGbf/L gful/s tof/ kf/L /fi6«df ;d[l4 / zflGt NofpF5 . k|s[ltsf] pTsi6 ;[hgfnfO{ lrGtg ug{ l;sfpF5 . r]tgf hfu[t u/fO{ cfWoflTds 1fgsf] 9f]sf vf]lnlbG5 . kmn:j?k dflg;n] ef}lts / cfWoflTds hLjgnfO{ ;'Gt'lnt /fvL hLjg cfglGbt agfpFb5 . o:tf] c;n hLjg k2lt l;sfpg] pTs[i6 j}lbs lzIff cfh cfjZostf xf] . s]xL /fi6«eQm o'jf ldn]/ g]kfn gfnGb laZjlaBfno k'g:yf{kgf ug]{ hdsf]{ ul//fVg'ePsf] 5 . of] klaq sfo{nfO{ tg, dg, wgsf ;fy ;r]t gful/sx? tyf g]kfn ;/sf/n] ;xof]u ul/b]cf];\ . ho uf]/v .

**;'d]? ka{t / dfga ;Eotf**

clxn] ;+;f/sf] laleGg 7fpFdf dflg;x? 5/kli6P/ a;] tfklg k/fk"j{sfndf s'g} Ps 7fpFaf6 g} dflg;x? cfPsf x'g'k5{ eg]/ ;a} dfgazf:qLx? eGb5g\ . s]xL aif{cl3 ;Dd dfgax?sf] pb\ud:yn clk|msf eGby] . t/ clxn] vf]h cg';Gwfg ub}{ hfFbf g]kfnsf] d':tfª;Dd cfOk'u]sf 5g\ . To;}n] dfgax?sf] pb\ud:yn g]kfnsf] lxdfno e"v08 x'g'k5{ eGg] s'/fsf] lgisif{df k'u] . tL dfgazf:qLx?s} egfOdf ;'d]l/ogx? dflg;x?sf] k'vf{ ePsf] / tL k"JfL{ ;'d]l/ogx? vf]Hb} hfFbf dfgazf:qLx? g]kfnsf] d':tfª lhNnf;Dd cfPsf 5g\ . vf]h cg';Gwfgsf] qmddf d':tfªs} u'kmfx?df Wofg ca:yfdf g} b]x Tofu ul/Psf] zj km]nf k/]sf] 5 . pQm zj sfa{g 8]l6Ë k|lalwaf6 hfFr ubf{ (,%)) jif{ k'/fgf] eGg] kQf nfu]sf] 5 . Wofg ca:yfdf e]l6Psf] zjsf] sf/0fn] ubf{ pgLx?n] of] /x:o klg yfxf kfP ls of]uWofgsf] k|rng s]lx ;oaif{ cl3 ef/taf6 z'?jft ge} xhf/f}+ aif{cl3 b]lv g]kfnaf6 ;'? ePsf] tYo yfxf kfP . ;fy;fy} pQm zj klg gs'lxP/ hl8a'6L ;'ulGwt t]n n]kg u/]/ ;'/lIft /flvPsf] lyof] . o;af6 TotLa]nfsf dflg;x?df cf}ifwL la1fg cyf{t cfo'j]{bsf] 1fg /x]5 eGg] s'/f k|i6 x'G5 . o:tf w]/} k'/ftflTjs k|df0fx?n] ubf{ ;+;f/e/sf dfgazf:qL / a}1flgsx? cfZro{ rlst ePsf 5g\ .

;'d]?sf] cy{ x'G5– b]Vg ;lsg] a|Dxf8Lo pmhf{ s]Gb| . j}lbs sfndf ;u/dfyfnfO{ g} ;'d]? kj{t elgGYof] . g]kfnL efiffdf ;u/dfyf / ltAatL efiffdf 5f]df]nf]Ëdf elgG5 . h;sf] cy{ uugr''DaL kj{t eGg] x'G5 . lxhf]cfh eg] laZje/ dfpG6 Pe/]:6sf] gfdn] k|Voft 5 . ;g\ !(^% df la|l6; e"ue{ljb\ hh{ Pe/]:6n] lxdfnosf] prfO gfk]/ ;+;f/sf] ;a}eGbf cUnf] r'r'/f] eg]/ kQf nufPsf] x'Fbf pg} la|l6;sf] gfdaf6 dfpG6 Pe/]:6 /flvPsf] xf] . To;}n] ko{6g If]qdf nfluk/]sf ;a}hgfn] ;u/dfyfnfO{ dfpG6 Pe/]:6 eg]/ eGb5g\ . jf:tjdf, o;nfO{ ;'d]? ka{t elgG5 / dfgazf:qLx?n] vf]h]sf] ;'d]l/og o;};Fu ;DalGwt 5 . oxfFx?nfO{ yfxfg} 5 ls– O6fnLaf6 cfpg]nfO{ O6flnog, ci6]«lnofaf6 cfpg]nfO{ ci6]«lnog / ss]l;ofaf6 cfpg] dflg;x?nfO{ ss]l;og elgG5 . To:t} ;'d]? ka{tsf] jl/kl/af6 cfPsf dflg;x?nfO{ ;'d]l/og elgPsf] xf] . h'g 7fpF eg]sf] ;u/dfyfsf] ;]/f]km]/f]df a;f]af; ug]{ dflg; eGg] a'em\g'kb{5 .

ctM j}1flgsx?sf] cg';Gwfgn] atfPsf] ;'d]l/og dflg;x?sf] k'vf{x? eg]sf] xfdL g]kfnL g} xf} . oxfFsf r]kfË cflbjf;Lx?sf] Oltxf; vf]Hg] xf] eg] ;a} a}1flgsx? 5Ss kb{5g\ . r]kfË, du/, u'?Ë, ls/fFt, g]jf/ / cfo{x? clt k|frLg ;Eotfsf dfga hfltx?df kb{5g\ . logLx?s} ;Gtfgx? sfnfGt/df laZje/ km}lnPsf x'g\ . laz]iftM dxfef/tsf] o'4kZrft Hofg hf]ufpg sf]xL klZrd O/fg, o'/f]klt/ nfu] eg] sf]xL ls/fFtsf ;d"xx? rLgtkm{ nfu] . rLgs} Oltxf; x]g]{ xf] eg] klg % xhf/ jif{ eGbf k'/fgf] 5}g / rLg zAbsf] cy{ blIf0ftkm{sf] lxdfn sf6]/ cfPsf dfG5]x? eGg] x'G5 / blIf0ftkm{sf] lxdfno eg] g]kfndf g} kb{5 . O08Log ;+:s[lt klg x'ax' g]kfns} ;Fu ldN5 lsgls xfdLn] k/fk"a{sfnb]lv g} O08LofnfO{ zf;g ub}{ cfPsf lyof+} .

j}lbs Crfx?df …cfk'sl/;Ldf6… cyjf …ald{safkf… eg]/ hLj pTklQsf] af/]df JofVof u/]sf] kfOG5 . pQm hLj pTklQ ePsf] 7fpF rflxF g]kfnyf]sdf cal:yt s'z]Zj/ wfd, wtL{sf] klxnf] Hof]ltln{Ë pTklQ ePsf] 7fpF xf] . oxL Hof]ltln{Ëaf6 aLo{ pTklQ eP/ ;f/f k|f0fL nufot dflg;x?sf] ;[li6 ePsf] xf] . laZjsf j}1flgsx? cg'ifGwfg ug{ s'z]Zj/ wfd cfP x'G5 . of] g} lqml:rogx?sf] jfOandf pNn]lvt …Garden of EdenÚ xf] . o;}n] dfgax?sf] pb\ud:yn g]kfnsf] s'z]Zj/ wfd eg]/ lgw{Ss ;fy eGg'kb{5 .

**Clifd'lgx?sf] tkf]e"ld g]kfn**

cflbdsfnb]lv g} g]kfn Clifd'lgx?sf] ;fwgf / l;l4÷a'4Tj k|fKt ug]{ :yn tkf]e"ld /xLcfPsf] 5 . lsgls of] klaqe"lddf afaf uf]/Ifgfy af; ug'{x'G5 . gfu/fhfsf] af;:yfg, lzjz+s/ ef]n]sf] qmL8f:yn, ;Dk"0f{ b]jb]jLx? / dxlif{ dxfTdfx? oxL k|s6 x'g] x'Fbf ;+;f/e/sf dflg;x? cfWofTdsf] vf]h ub}{ clGtddf g]kfn cfOk'Ug} kb{5 . pbfx/0fsf] nflu, alzi7 Clifn] e/tk'/sf] b]j3f6df dxfd[To'~Ho /rgf ug'{eof], dxlif{ j]bJof;n] $ j]b !\* k'/f0f bdf}nLdf a;]/ n]Vg' eof] . eujfg\ /fdsf u'? ljZjfldq Clifn] s'z]Zj/sf] b'uf{3f6df a;]/ CUj]bsf] # d08n / ^@ j6f z'Qm n]Vg'eof], hxfF kljq ufoqL dGq klg kb{5 . k/f;/ Clifn] gjnk/f;Ldf a;]/ Hof]ltif la1fg n]lvlbg'eof] . c3f{vfFrL, u'NdLdf hGdg'ePsf kfl0fgL Clifn] ;+:s[t efiffsf] Jofs/0f -cOp0f Cn[s Pcf]ª\ P]cf}r, Xoj/6\ n0f `dª0f gd emem`\ 39wif ha u8bz vkm57y r6t\j sko zif;/ xn\_ gagfOlbPsf] eP 1fgsf] ;+;f/ g} cGwsf/ x'GYof] . clxn] ;+;f/e/sf dflg;x? of]u Wofg eg]/ ef}tf/L /fv]sf 5g\ t/ olb ef]hk'/ lhNnfsf] ;]/f]km]/f] lxdjtv08df k|s6 x'g'ePsf of]uL kft~hnLn] of]u z'q gagfOlbPsf] eP ;+;f/nfO{ of]uWofgsf] cQf]kQf] g} x'Fb}gYof] . cfo'j]{bsf lktf wgjGt/L b]jn] cd[t 38f dGyg u/]sf] 7fpF g} b'wsf]zL -lIf/;fu/\_ xf] . kl5 cZjLgLs'df/, r/s, Rofjgk|f; Clifx?n] k+rf;]df a;]/ cfo'j]{bsf] 1fg gafF8]sf] eP ;+;f/nfO{ cf}ifwL la1fg yfxf g} x'g] lyPg . To:t} e[u'Clif -jf:t'\_ sZok Clifh:tf dxlif{x?n] j}lbs 1fg glbPsf] eP ;+;f/ cGwsf/ x'GYof] . To;}n] t plta]nf 1fg gkfP sf:sL hfg" elgGYof] h'g clxn]sf] kf]v/f xf] . kl5 cke|+; eP/ sfzL eof] . ;+:s[ltsf lstfax? uf]/vk'/–agf/;df 5flkg] x'Fbf 1fgsf] vfgL sfzL jgf/; elgg yflnof] . t/ ToxfF t 5fkfvfgf ePsf]n] wd{u|Gyx? 5fkfvfgfdf 5flkPsf] dfq xf] . ;Dk"0f{ 1fgsf] pbo rflxF lxdjtv08 -lxdfnb]lv dxfef/t ka{tleq\_ g} ePsf] xf] .

To;}u/L, tGq, u'?Tjfsif{0f / k/df0f' kQf nufpg] slknClif slknj:t'df hlGdg' ePsf] lyof] . j}lbs vuf]nzf:qL bL3{td; Clifsf] hGd klg td3f;df ePsf] lyof] . a|Xdf08Lo pmhf{ c0f' k/df0f'sf] zlQm / vuf]nzf:qsf af/]df JofVof ug]{ s0ff{b Clif s0ff{nLdf hlGdg' ePsf] lyof] . To;}u/L lrlsT;f la1fg n]Vg] ;';|'t Clif, ljZjk|l;4 ul0ft1 cfo{e§, x:tla1fg l;sfpg] uu{ h:tf Clifd'lgx? ;a} gkfne"dLdf g} hGd]sf x'g\ . /fdfo0f n]Vg] aflNdsL Clif lqa]0fL gjnk/f;Lwfddf hlGdg' ePsf] lyof] eg] b]jb't gf/b lrtjg lhNnfsf] b]j3f6df hlGdg' ePsf] lyof] . dxlif{ hgs hgsk'/ / blwlr Clif b}n]vdf hGd]sf Clifx? x'g\ . eujfg\ a'4 n'lDagLdf hGd]sf] s'/f w]/}nfO{ yfxf eP tfklg eujfg\ /fd -lqj]0fL wfddf\_ / eujfg\ s[i0fkfNkfsf] ?? Clifs]zdf hGd lnPsf] ;To tYo s'/f eg] s;}nfO{ yfxf 5}g . lsgeg] a'4 ef/tdf hlGdPsf x'g\ eg]/ 5§' O08Logx?n] n'sfpg] s'r]:6f u/] em}+ eujfg\ /fd / s[i0fsf] hGde"ldsf] k'/ftflTjs k|df0fx? ;a} rf]/]/ O08Lof lt/ nuL /fddlGb/ / s[i0fdlGb/ agfO;s]sf 5g\ . t/ 3fdnfO{ xTs]nfn] 5]s]/ sxfF 5]lsG5 / < Ps lbg ;f/f laZjn] yfxf kfpg] 5 Clifd'lgx?sf] tkf]e"ld g]kfn xf] eg]/ . h}g ;Dk|bfosf ;+:yfks dxfaL/ / lqmlZrog ;Dk|bfosf ;+:yfks oz' qmfO:6n] klg g]kfn e"dLaf6g} l;l4 k|fKt u/]sf lyP . :ju{e"dL g]kfn j}lbs ;gftg wd{sf] pbud:yn, 1fg e"dL / zflGt e"dL xf] . ctM g]kfn ;d:t Clifd'lgx?sf] tkf]e"ld ePsf]n] O08Lof nufot k'/} Pl;of, o"/f]k, cd]/Lsf ;fFw' ;Gtx? g]kfn cfpFb5g\ .

**lai0f'sf bz cjtf/x?**

ef}lts z/L/ lnP/ :jo+ O{Zj/ o; wtL{df cjt/0f ug'{nfO{ …cjtf/Ú elgG5 . cjtf/ lng'sf] vf; p2]Zo eg]sf] ;}tfgx?nfO{ gi6 u/L cfkm\gf eQmx?nfO{ p4f/ ug{, j}lbs ;gftg wd{nfO{ k'g:yf{kgf u/L laZjdf zflGt Nofpg' xf] . lglZrt?kdf, ;dfhdf ;Totf :yflkt u/L j}lbs 1fgnfO{ laZjdf km}nfP/ O{Zj/elQm efj hufO{ b]jTjx?nfO{ d'lQm lbg' klg cjtf/sf] d'Vo p2]Zo xf] . xfdL o; s'/fdf klg k|i6 x'g' h?/L 5 ls cjtf/ eg]sf] s'g} b]jb"t of ;+jfxs ge} :jo+ O{Zj/ o; wtL{df kbfk{0f ug'{ eGg] a'em\g'kb{5 . efujt\ uLtfdf eujfg >Ls[i0fn] eGg' ePsf] 5 –

obf obflx wd{:o Unflg{ejtL ef/t, cEo"Tyfg+ cwd{:o tbfTydfg+ ;[hfDoxd\ -uLtf– $ . &\_

cyf{t\, ha ha o; wtL{df cwd{ / ;}tfgx?n] ef/t aif{ cyf{t lazfn g]kfn cfqmfGt x'G5– d d]/f eQmx?sf] p4f/ ug{nfO, wd{ / zflGt :yflkt ug{nfO k'gM of] wtL{df cjt/0f ug]{ 5' . oxL arg cg'?k laleGg o'udf lai0f'sf !) j6} cjtf/x? g]kfnsf] k'0oe"lddf cjt/0f u/L ;Sg'ePsf] 5 . tL x'g\ –

**!= dT:o cjtf/ M** cflbdsfndf of] k[YjL hndUg ePsf] lyof] / dflg;x? lap hf]ufpgnfO{ gf/fo0f -lji0f'\_ n] dT:o cjtf/ wf/0f u/L dg'Clif nufot c? ;KtClifx?nfO{ arfpg'eof] . dg' Clifs} gfd cke|+d eP/ c+u|hLsf] Man zAb ag]sf] xf] . afO{ansf] syf Noha and the great flood df log} ;TkClifx? 7"nf] 8'+ufdf r9]sf] a]nf Pp6f df5f cfO{ ws]Nb} cUnf] kj{tlt/ nu]sf] s'/f pNn]v 5 . dg' Clifsf] gfdaf6 dgf:n' lxdfn -\*!^& ld6/\_ aGg uPsf] xf] eg] gf]xfsf] 8'+uf c8\lsPsf] 7fFp rflx gjnk/fl;sf] gf}s]Zj/ r6\6fg xf] .

la1fgn] klg o; wtL{sf] klxnf] hLj (Jelly Fish) eg]/ df5fnfO{ g} k'li6 u/]sf] 5 . / ;Dk"0f{ wd{u|Gyx?df df5fnfO{ ;u'g -:jR5tfsf] k|tLs\_, z'elrGxsf] ?kdf k'lhg] ub{5 . lai0f'sf] k|yd dT:o cjtf/ lnPsf] 7fpF eg] sf7df8f}+sf] blIf0f klZrddf kg]{ dT:o ufpF xf] . cem} klg ToxfF cflbgfy eg]/ k'lhG5 / glhs}sf] kf]v/Ldf crDdsf df5fx? b]Vg ;lsG5 hf] slxNo} db}{gg\ / slxNo} a9\b}gg\ klg . ;w}F Ps}gf;sf gLnf /+usf df5fx? dT:o ufpF / uf]bfa/L kf]v/Ldf b]Vg ;lsG5 .

**@= s'd{ cjtf/ M** lji0f'sf] bf];|f] cjtf/ s'd{ cyjf s5'jfsf] cjtf/ xf] . b}To / b]jtfx?sf] 3df;fg o'4 eof] . ttftt} /utfDo eof] . ttftt} hndUg ePsf]n] sxL st} klaq e"ld ePg, To;}n] lai0f' :j?k gf/fo0fn] s5'jfsf] cjtf/ wf/0f ul/lbg'eof] . ToxL s5'jfsf] 9f8df /fv]/ wgjGt/L b]jn] cd[t 38fdf cf}ifwL agfpg'eof] . wgjGt/Lb]jsf] cd[tkfg u/L ;s]kl5 o'4:ynaf6 b]jL b]jtfx? k'gM hLljt eP . wgjGt/L b]jn] cd[t agfpg'ePsf] 7fpF rflxF clxn]sf] b'wsf]zL -lIf/;fu/\_ xf] . ;+:s[tdf lIf/ eg]sf] b'w / 7"nf] vf]nfnfO{ ;fu/ elgG5 . t;y{, lai0f'n] bf];|f] cjtf/ lng' ePsf] 7fpF -h;nfO{ dGw/frn kj{t elgG5\_ rflxF bf]nvfsf] eLd;]g dlGb/ glhssf] kxf8 . oxL eP/ clxn];Dd klg bf]nvfsf] eLd;]g dlGb/df laxfg eLd;g]sf], lbpF;f] lji0f'sf] / a]n'sf lzjhLsf] k"hf x'G5 eg] g]kfn /fi6«df 7"nf 7"nf ;+s6 cfpFbfv]l/ bf]nvfsf] eLd;]gnfO{ kl;gf cfpFb5 . 9'+ufsf] d"tL{df klg kl;gf < eg]/ ef}ltsjfbLx?n] t'?Gt gkTofP klg cfZro{rlst eg] cjZo x'G5g\ . g]kfnsf] b/af/ xTofsf08 x'g' cl3 / ljZj cfqmfGt kfg]{ sf]le8–!( ;+qmd0fn] z'? x'g' k"j{ bf]nvfsf] eLd;]gnfO{ kl;gf cfPsf] lyof] .

**#= a/fx cjtf/ M** of] k[YjL hndUg eP/ 8'Ag nfu]sf] a]nf lji0f':j?k gf/fo0fn] a/fx cjtf/ lng'eof] . cfkm\gf] ;'F8n] hldgnfO{ p7fOlbg'eof] / ;d:t k|f0fL ÷ dfgjx?sf] p4f/ ul/lbg'eof] . pQm :yfg g} ;'g;/L lhNnfdf kg]{ a/fx If]qwfd xf] h;nfO{ kf}/fl0fs u|Gyx?df k|frLg xl/åf/ eg]/ j0f{g u/]sf] kfOG5 . a/fx If]q dflylt/sf] h+undf ç n]lvPsf, lzjln+u :j?ksf zLnfx? clxn] klg oqtq ;a{q kfOG5 . laZjs} klaq rf/wfd -d'lQm If]q, kfz'kt If]q, a/fx If]q / ?? If]q\_ dWo] of] klg Ps wfd xf] . oL rf/ wfdsf] bz{g u/]kl5 c? s'g} d7dlGb/df uO/fVg' kb}{g . ljZjsf] of] Ps dfq o:tf] 7fpF xf] hxfF ;a} wd{ ;Dk|bfosf eQmhgx? -d'l:nd, h}g, af}4, lxGb", lqml:rogx?\_ oxfF cfP/ k"hfcfhf ub{5g\ . dlGb/ kl/;/leq d'l:ndsf] u'Dah klg 5 eg] lxGb"sf] dlGb/ klg 5 . b'ef{Uojz, wd{–wd{aLr ePsf] ;fDk|bflos cx+n] ubf{ of] klaq :yfg cf]em]n k/]sf] 5 . sf7df8f}+sf k|frLg g]jf/ hfltn] eg] oxL dlGb/nfO{ sf7df8f}+sf] w'dj/fxL -wd|j/fx dlGb/\_ df nu]/ k"hfcfhf ub{5g\ lji0f'sf] cjtf/ dfg]/ a/fx÷;'Fu'/sf] sf6df/ ub}{gg\ . oxL wfld{s cf:yfsf] sf/0fn] d';ndfgx? klg ;'Fu'/÷aFb]n sf6\b}gg\ . ;'Fu'/ kmf]xf]/L x'G5 eGg] s'/f rflxF dgfl;j x'Fb}g, To;f] t s'v'/fn] klg /5fgsf] h'7f] / cfrL vfG5 lg, To;nfO{ rflxF s] eGg] < :d/0f/xf];\, d';ndfgx?sf] cNnfx eGg' g} lzjhL x'g\ / gf/fo0f eGg' g} lzjhLsf] /hu'0f :j?k xf] cyf{t >[li6ug{nfO{ hndf k|s6 x'g' ePsf] ca:yf xf] .

$= g/l;+x cjtf/ M b}To lx/0osZok'sf 5f]/f k|nfb eg] lai0f'eQm lyP . hltv]/ klg lai0f'sf] dGq hk]/ a:by] . ;f/f ;+;f/sf] zlQmzfnL lx/0osZok'nfO{ k|fy{gf gu/]/ cfkm\g} 5f]/f rflxF lai0f'eQm ePsf] b]v]/ afpnfO{ c;fWo l/; p7]5 / cfkm\g} 5f]/fnfO{ ænf} t ca t]/f] lji0f' hf]ufpg cfpF5 ls cfpFb}gÆ egL t/af/n] l5gfNg vf]h]5g\ . oxL a]nf lai0f'b]jn] -6fpsf] l;+xsf] / z/L/ dfG5]sf]\_ g/l;+x cjtf/ lng'eP5 . eQm k|Nxfbn] æd]/f] lai0f' of] 5ftL leq x'g'x'G5 eg]/ 5ftL Roft]/ b]vfpFbf g/l;+x cjtf/ wf/0f ug{'ePsf lai0f'n] lx/0osZok'nfO{ df/L k|Nxfb h:tf xhf/f}+ eQm / b]jTj cfTdfx?sf] /Iff ul/lbg' x'G5 . oxL g/l;+x cjtf/nfO{ O08Lof nufot laZjsf] s'gfs'gfdf lai0f'b]jsf] cjtf/ egL k"hf ub{5g\ . clk|msf, ;'8fg / OlhK6sf dflg;x?n] Pk]8]dfs{ (Apedemark = Lion God) eg]/ g/l;+x cjtf/sf] k"hf ub{5g\ eg] /l;of, O08f]g]lzofdf klg g/l;+x cjtf/sf] dlGb/x? k|z:t kfOG5g\ . o"/f]ksf] Easter Island eGg] 7fpFdf t l;+xsf] :j?k s'FlbPsf] eLdsfo 9'+ufx? x]g{ klZrd]nLx?sf] 3'OFrf] g} nfU5 . pgLx? klg s'g} b}ljs zlQms]Gb| eg]/ >4f b]vfpF5g\ .

**%= jfdg cjtf/ M** anL /fhfsf] 3d08 tf]8\g k'8\s] a|fXd0fsf] e]ifdf lai0f'b]j o; wtL{df cjt/0f ug'{x'G5 / tLg kfOnf /fVgnfO{ hldg b]pm egL leIff dfUg' x'G5 . 3d08L anL /fhfnfO{ tL k'8\s] a|fxd0f lai0f'b]j x'g\ eGg] s'/f cQf]kQf] yfxf x'Fb}g / 3d08n] km'n]/ æd of] ;+;f/s} rqmjtL{ /fhf x'F . s] tLg kfOnf hldg dfU5f}+ < nug ltdLnfO{ slt rflxG5 .Æ eg]/ eGb5g\ . tL k'8\s] a|fXd0fn] dfq tLg kfOnf /fVg] hldg lbg';\ egL sa'n afrf u/fO{ hn;+sNk u/fpFb} ubf{ Ps kfOnf hldgdf /fV5g\– Tof] ;fgf] kfOnf la:tf/} 7"nf] x'Fb} k"/} ;+;f/ 9flsG5 . of] kfOnf g} xfd|f] lazfn g]kfn xf] . lazfn g]kfnsf] gS;f x]g'{ eof] eg] 7\ofSs} kfOnf cfsf/sf] 5 . csf]{ kfOnf cfsfzdf /fVbf cfsfz g} 9flsG5 . of] b]v]/ anL /fhf tLg 5Ss kb{5g\ . cGTodf k'8\s] a|fXd0fn] æca csf]{ kfOnf sxfF /fvf}+ < k[YjL / cfsfz t 7fpF vfnL 5}g t <Æ eg]kl5 anL /fhfn], æd]/f] lz/df /fVg';\ xh'/Æ eGbf k'8\s] a|fXd0fn] t];|f] kfOnf anL /fhfsf] lz/df /fV5g\ . Tolkl5, anL /fhf efl;P/ kftfn nf]s cyf{t clxn]sf] d]lS;sf] b]z k'U5g\ . Tolx eP/ ;f+s]lts efiffdf clxn] klg d]lS;sf]sf] em08fdf u?9f / ;k{ 5 . d]lS;sf]sf] 7fpF 7fpFdf lzjhL, lai0f'b]j / xg'dfgsf] k"hf x'G5 . o;/L cfk"m kftfn efl;P/kl5 cfkm\gf] sfnLu9 oIfnfO{ clxn]sf] O08f]g]lzofsf] afnL eGg] 7fpFaf6 cGo eQmx?nfO{ lnP/ cfpm egL anL /fhfn] af]nfpF5g\ . oIf klg 5flgPsf eQmx? lnP/ clxn]sf] k]?lt/ xflgG5g\ / anL /fhfsf dflg;x?n] agfOlbPsf] ladfg:yndf ladfg cjt/0f ub{5g\ . oxL 7fpFnfO{ NAZCA Lines eg]/ ljZjsf a}1flgsx? cfZro{rlst ePsf 5g\ . k/fk"j{sfndf s:n] s] sf nflu ladfg:yn agfof] < ls tL ladfg lnP/ cfpg]x? cGt/LIf dfga …AliensÚ x'g\ egL c8sn ub{5g\ t/ tL oIfx? xfd|} g]kfnsf] lxdjtv08af6 uPsf anL /fhfsf eQmx? x'g\ eGg] s'/f pgLx?nfO{ yfxf 5}g . ltg} oIfx? ToxfF uPkl5 5'§} ;Eotf ;'? u/] h'g ;EotfnfO{ dfof ;Eotf eg]/ lrlgg yflnof] . dfof ;Eotfsf] dflg;x?n] klg w]/} s'/fx? xfd|} g]kfnsf] h:tf] g} k"hfkf7 ub{5g\ eg] O08f]g]lzof -afnL\_, yfONof08, adf{, leotgfddf t lji0f'sf lazfn dlGb/x? 5g\ . clxn] klg t anL /fhfsf] dxfgtfnfO{ :d/0f ub}{ g]kfndf b]p;L e}nf] v]lnG5 . æxfdL To;} cfPsf xf]Ogf}+, anL /fhfn] k7fsfÆ eGb} ltxf/df 3/3/df hfG5f}+ / cfzLjf{b lbG5f}+ . olx j}lbs k/Dk/fnfO{ O08Lof nufotsf y'k|} 7fpFx?df tL lji0f'b]jsf cjtf/ k'8\s] a|fXd0f / anL /fhfnfO{ ;Dem]/ b]p;L e}nf] v]Nb5g\ .

**^= k/z'/fd cjtf/** M ;+:s[t efiffdf aGr/f]nfO{ k/z' elgG5 . oxfF klg lji0f'b]jn] Tof] o'udf b}Tox?sf] cGofo cTofrf/ eid kfg{ a~r/f] af]s]sf] If]qL :j?kdf o; wtL{df k|s6 x'g' eof] . o;a]nf klg cfkm\gf eQmhgx?nfO{ p4f/ u/L wd{sd{sf] 1fg l;sfpg'ePsf] lyof] . k/z'/fd cjtf/ lng'ePsf] 7fpF rflx xfnsf] afun'ª lhNnfsf] un]Zj/ xf] . clxn] klg un]Zj/ wfd eg]/ k|Voft 5 . ToxL glhs} lxdfnosL k'qL kfj{tL sf] hGd:yfg kftLrf}/ 5 . kfj{tLaf6 cke|+z eP/ kftL ePsf] xf] . lzjhLnfO{ kltsf] ?kdf kfpF egL kfj{tL n] olx kftLrf}/df tk:of u/]sf] / tk:of ;kmn ePkl5 df5fk'R5]«df lajfx d08k agfP/ lzj / kfj{tL -snL o'udf\_ sf] lajfx ;DkGg ePsf] lyof] . oL 7fpFx? cfWoflTds pmhf{sf] s]Gb| ePsf]n] l;4 k'?ifx? tflgFb} tflgFb} oxfF cfpF5g\ . e/t /fhf h;n] lrtjgsf] e/tk'/df /fhwfgL agfO{ k"/} ef/taif{nfO{ zf;g ug{'ePsf] lyof], jxfFklg h8 e/tsf] ?kdf oxL cfO{ tk:of ug'{ePsf] lyof] . sZok Clif h;sf] gfpFaf6 sf:sL gfp /xg uof], jxfF klg oxL cfP/ tk:of ug'{ePsf] lyof] . lqmlZrog ;Dk|bfosf ;+:yfks oz' qmfO:6 klg ?? Clifs]zdf l;l4 k|fKt u/]kl5 oxL un]Zj/df cfO{ xjg ug'{ePsf] lyof] . o; 7fpFdf cfWoflTds pmhf{ zlQm cTolws dfqfdf ePsf] sf/0fn] xjfO{hxfhx? klg un]Zj/ wfdsf] l;w}F dflyaf6 p8g ;Sb}gg\ . gfl:ts kfOn6x?sf] hah{:tLsf] sf/0fn] df};d ;kmf x'Fbfx'Fb} klg w]/} k6s o; 7fFpdf xjfO{hxfh b'3{6gf e};s]sf] 5 . tflGqsx?sf] ;Nnfx cg';f/ lxhf]cfh of] zlQms]Gb| eGbf clns k/af6 xjfO{hxfh p8fOG5 .

**&= /fd cjtf/ M** q]tfo'udf lai0f'b]jsf] ;ftf}+ cjtf/ eujfg\ /fd x'g'x'G5 . jxfF eg] ;fFRr}sf] k"0f{ dfga ?k wf/0f ug'{ePsf]n] ;+;f/e/sf dflg;x?n] eujfg\ /fd eg]/ lrGb5g\ . jxfFsf] hGd g]kfnsf] lqa]0fLwfd gjnk/f;L -xfnsf] lrtjg 7f]/L\_ df ePsf] xf] . lzjz+s/ ef]n]sf] a/bfg kfPkl5 /fj0f an 3d08n] dflQPsf] lyof] . pQm b}To /fhf /fj0fsf] aw u/L ;"o{j+zL /fd/fHo :yflkt ug{sf] vflt/ eujfg\ /fdsf] cjtf/ cTojZos lyof] . jxfFn] kjgk'q xg'dfgsf] ;xof]udf n+sf -clxn]sf] >Ln+sf\_ ;Dd uP/ /fj0f;Fu eLif0f o'4 u/L x/]/ nluPsf] cfkm\gL wd{kTgL ;LtfnfO{ kmsf{P/ Nofpg' ePsf] lyof] . ToxL o'4sf] qmddf >Ln+sf kf/ ug{sf] vflt/ ;d'b|dfly agfOPsf] 9'+ufsf] /fd;]t' k'n clxn];Dd klg b]Vg ;lsG5 . s/La &,@)) aif{cl3 sfF6L, l;d]G6, kmnfd / vDaf k|of]u gu/Lsg s;/L $) lsdL nfdf] k'n agfP xf]nfg\ eg]/ cfw'lgs a}1flgsx? tLg5Ss k/]sf 5g\ . NASA sf] a}1flgs 6f]nLn] w]/} aif{ oxfF a;]/ cg';Gwfg u/] tfklg 7f]; lgisif{ eg] lgsfNg ;s]sf 5}gg\ . h]xf];\, kjg k'q xg'dfgn] oxL k'naf6 >Ln+sf uO{ b}To /fj0fsf] n+sf hnfPsf] kf}/fl0s syf /fdfo0fdf ;la:tf/ a0f{g ul/Psf] 5 . eujfg\ /fdsf efO nId0f o'4:yndf 3fOt] x'Fbf /fdsf] cf1f cg';f/ ;+lhjgL a'l6 lng kjgk'q xg'dfg hL lxdfno ka{t cfpg; ePsf] lyof] . ;+lhjgL a'6L glrg]/ xg'dfgn] kxf8 g} p7fP/ nUg' ePsf] lyof] . /fdn] ;+lhjgL a'6L k|of]u ul/;s]kl5 pQm kxf8 hxfFsf] txLF /fVg hfFbf xg'dfgn] ;'?df p7fPsf] 7fpF glrg]/ Tof] kxf8nfO{ kf]v/f 5]p g} 5f]8]/ uPsf lyP . pQm kxf8 cem} klg kf]v/faf6 @& lsdL k"a{ sf]q] eGg] 7fFpaf6 b]Vg ;lsG5 .

eujfg\ /fdsf] hGde"ldsf] af/]df ef/tn] cg]s hfne]m]n u/]/ O08Lofdf gSsnL cof]Wof v8f u/]/ /fd dlGb/ agfP tfklg jf:tjdf eujfg\ /fdsf] hGd gjnk/f;L lqj]0fLwfd -xfnsf lrtjg, 7f]/L, /fdk'/\_ df ePsf] lyof] . jxfFn] hgs /fhfsL 5f]/L ;Ltf;Fu -g]kfns} hgsk'/df\_ lajfx ug'{ePsf] lyof] . cem} klg lqj]0fLwfddf /fddlGb/ 5, glhs} ;Ltfn] cfkm\gf b'O{ 5f]/fnfO{ g'xfOlbPsf] njs'z dlGb/ 5 . /fj0fn] x/]/ nfFbf klg /fdn] dnfO{ k5\ofpFb} cfcf];\ egL cfFvfsf] sfhn v;fPsf] 7fpF sh/f/L gbL oxL 5 . oxfFsf 9'+ufx? sfhn h:t} sfnf 5g\ . olt w]/} k'/ftflTjs k|df0fx? x'Fbfx'Fb} klg O08Lofn] /fdsf] hGde"ld cof]Wof O08Loflt/} b]vfpF5 . of] O08Lofsf] em'6sf] v]tL ;/f;/ lgGbgLo 5 . cof]Wof gfdfs/0f af6} hGd:yfg x'g] 7x/Lg] eP yfONof08sf] /fhwfgL a}ª\sssf] k'/fgf] gfFp klg cof]Wof xf] . s] p;eg] /fd eujfg yfONof08df hGd]sf x'g\ / < of] ;a O08Lofsf] rt'/\ofO{ dfq xf] . g]]kfn ;/sf/ nfrf/ ePs} sf/0f lqj]0fL wfdsf] k'/fgf] /fd dlGb/ lh0ff]{åf/sf] gfpF kf/]/ O08Lofn] l;d]G6Lsf] dlGb/ agfOlbof] / k'/ftflTjs k|df0fx? gi6 ul/lbof] . xfdLnfO{ lrQ b'V5 .

**\*= an/fd cjtf/ M** eujfg\ >Ls[i0fsf] h]7f bfh'sf] ?kdf lai0f'b]jn] an/fd cjtf/ lng'ePsf] lyof] . an/fdsf] hGd ;fwf/0f s[ifs kl/jf/df clxn]sf] wg'iff lhNnfdf ePsf] lyof] . b}Tosf /fhf w]g'sfn] -h;sf] gfpF cke|+z eP/ wg'iff eof]\_ lgbf]{if dflg;x?k|lt u/]sf] cGofo cTofrf/ ;xg g;sL an/fdn] hf]Tb} u/]sf] xnf]n] tL b}To /fhf w]g'sfnfO{ df/]sf lyP / /fi6«df zflGt cdgrog sfod u/]sf lyP .

**(= s[i0f cjtf/ M** lai0f'b]jsf] gjf}+ cjtf/ lng'ePsf eujfg\ >Ls[i0fsf] af/]df rflxF ;+;f/e/sf dflg;x?nfO{ yfxf 5 / elQmefj klg plQs} 5 . t/, b'ef{Uo O08Log e}ofx?n] jxfFsf] hGd klg O08Lofs} dw'/fdf ePsf] e|fds k|rf/ u/] . jf:tjdf eujfg\ >Ls[i0fsf] hGd g]kfnsf] kfNkf lhNnfsf] ?? Clifs]zdf ePsf] lyof] . :d/0f/xf];\, eujfg\ >Ls[i0fnfO{ laleGg gfdn] k'sfl/G5– cRo"td\, db'z'wg, s]zj, uf]ljGb, uf]kfn, bfdf]b/, Clifs]z O{TofbL . jxfFs} gfdaf6 s[i0f u08sL tyf ?? Clifs]z eg]/ hGde"ldnfO{ gfds/0f ul/of] . O08Lofsf] gSsnL pQ/fv08df gSsnL Clifs]z agfpg; eg]sf] rflx a'4sf] hGde"ld eg]/ lbNnL 5]p gSsnL n'lDagL agfPh:t} w'Tof{O ul/Psf] xf] . oyfy{df klxnf] s'/f t, zf:q cg';f/ lqa]0fL wfd b]a3f6 af6 pQ/ lt/sf] e"efunfO{ pQ/fv08df elgG5 . bf]>f] s'/f, s]xL bzscl3 ;Dd klg dn]l/of x}hfsf] sf/0fn] g]kfnsf] t/fO{sf] 3gfh+un sf6]/ kfNkfsf] ?? Clifs]z dlGb/df bz{g ug{ cfpg g;s]kl5 O08Logx?n] ;lhnf]sf nflu lbNnL 5]pdf g} kxf8sf] sfvdf Clifs]z dlGb/ k|lt:yfkg u/]sf x'g . / \*) sf] bzsdf o'/f]ksf] Beatles Band sf] ;f+lults k|:t'tL tyf c? s]xL gfos gflosfsf] rnlrq o; 7fpFdf 5fof+sg ul/Psf] sf/0fn] lbNnL 5]psf] gofF pQ/fv08sf] cyjf gofF Clifs]z nf]slk|o aGof] . emg\, ef/tsf k|wfgdGqL g/]Gb| df]bLn] ;+o'Qm /fi6« ;+3sf] ;efdf of]uWofgsf] k|rf/k|;f/ u/]kl5 cem a9L gofF pQ/fv08sf] Clifs]zn] rrf{ kfof] . kf]v/fsf] cGgk"0f{ lxdfnsf] ;'Gb/ b[Zo rf]/]/} eP tfklg ef/tLo ;+rf/dfWodn] of]u Wofgsf] pb\ud:yn lbNnL 5psfp Clifs]z eg]/ 9f]n lk6\of] . O08Lofsf] k|rf/k|;f/df 7]nf] kx'r ePs} sf/0fn] gjlgld{t Clifs]z ;a}n] yfxf kfP . ;+;f/nfO{ d'v{ agfP/ caf}{sf] Jofkf/ u/] tfklg g t Clifs]z ef/tdf k5{ g t of]uWofg ef/taf6 ;'? ePsf] xf] . of] t l5§} g} ljZjsf dflg;x?n] yfxf kfOxfN5g\ lg . xfd|f clxn]sf ;'Fu'/:jfF7 g]tfx?n] lbNnLsf] dfgf] vfP/ kf] xfd|f] o:tf] nfhdbf]{ ca:yf eof] xf] t . l5§} g} uf]/If/fi6« :yflkt ePkl5 ;f/f ljZjn] c;nL pQ/fv08 / c;nL Clifs]z yfxf kfpg]5 .

h] eP klg eujfg\ >Ls[i0fsf] cjtf/sf] af/]df ;+;f/e/sf dflg;x?nfO{ yfxf 5 . jxfFs} gfpFaf6 s[i0fu08sL x'Fb} clxn] sfnLu08sL eof] . oxL 7fpFaf6 jxfFnfO{ sf]qmf]df aufOPsf] lyof] . o:t} syf King Sargon ox'bL / lqmlZrogx?n] klg ;'gfpFb5g\ . h h;n] h:tf] syf atfP klg sf]qmf]df /fvL vf]nfdf aufOPsf] afns c? sf]xL geP/ eujfg\ >Ls[i0f x'g'x'G5 . jxfF ;fgf] 5Fbf cfdf b]jsLn] 5f]/f st} gx/fcf];\ egL s'zsf] bfDnf]n] afFw]sf] 7fpF bfdf]b/s'08 g]kfns} d':tfª lhNnfdf kb{5 . uf]lkgLx?;FUf s[i0f nLnf u/]sf] 7fpF ;'g;/Lsf] -sf]zL6Kk'\_ j[Gbfjg xf] . eujfg\ >Ls[i0fn] /f]Kg'ePsf] t'n;Lsf 7"nf7"nf ?vx? cem} klg b]Vg kfOG5 . jxfFn] kfFr kf08jx?nfO{ dxfef/t o'4 n8\g hfg' cl3 hn cleif]s u/]sf] 7fpF clxn]sf] kfn'Ë bfdg xf] eg] dxfef/t o'4 e}/fv]sf] cj:yfdf yk zlQm rflxFbf lzjz+s/ ef]n];Fu ;'bz{g rqm dfUg cfPsf] 7fpF sf7df8f}+sf] cfb]Zj/ -%! cf}+ lzjlnË\_ xf] .

clxn] ljZjsf dflg;x? zflGtsf] vf]hLdf ef}Ftfl/Fb} æx/] /fd x/] s[i0fÆ eGb} lxF8]sf 5g\ . eujfg\ >Ls[i0fsf] cd[tjfl0f æefujt\ uLtfÆ cToGt} nf]slk|o aGb} cfPsf] 5 . ljZjsf w]/} ljZjljBfnodf uLtfnfO{ ;+;f/s} pTs[i6 ;flxTosf] ?kdf k7gkf7g u/fOG5 . d';ndfg / ox'bLx?n] klg efujt\ uLtfnfO{ cfkm\g} efiffdf pNyf u/]/ k9\5g\ . emg\ ;'?sf] afOan t efujt\ uLtfsf] x'ax' gSsn eg] klg x'G5 . lsgeg] oz' qmfO:6 g]kfn cfP/ of]u Wofg / tGqsf] ;fwgf u/]sf lyP . oz'sf] k"/} !\* jif{sf] /x:odoL hLjg g]kfndf g} latfP . o;avt oz'nfO{ s[i0fsf] gLlt æuLtfÆ n] 7"nf] k|]/0ff lbof] / klZrdLd'nsf dflg;x?nfO{ klg O{Zj/sf] ;To arg ;'gfpF5' egL ;+sNk u/] . ToxLF s[i0fsf] gLlt -s[i0f gLlt, s[i0f gLlt\_ cke|+z eP/ Christianity ePsf] xf] . ;+:s[tdf oz'sf] zflAbs cy{ O{Zj/ k'q eGg] x'G5 . s[i0fnfO{ a+ufnL efiffdf s[itf / /f]dg efiffdf cke|+z eP/ s[itf]if eof] . ToxLF s[itf]if g} kl5 uP/ qmfO:6 eof] . ctM s[:tf, s[itf]if, qmfO:6 h] eg] klg cflv/ s[i0f g} elgPsf] xf] . oz' qmfO:6 cfkm"n] O{Zj/sf] k'q (The son of the God) eGg'x'GYof] . Jeasus of the Christ h;sf] cy{ x'G5, æs[i0fsf] eQmÆ eGg] x'G5 . jxfFsf] xftdf j]b / uLtf af]lsPsf] jxfFs} d"lt{ la|6]gsf] Dofsldlnog luhf{3/df b]Vg kfOG5 .

hg} nufPsf], 6'KkL kflnPsf], kl08t e]ifdf b]lvg'ePsf oz' qmfO:6 k|i6 ?Kdf s[i0feQm g} lyP . s]xL tyfslyt wd{u'?x?n] wd{sf] gfpFdf /fhgLlt / Jofkf/ u/]/dfq lqml:rog ;Dk|bfo km/s agfOPsf] xf] geP pgLx? klg ;a} s[i0f k|0ffdL x'g\ . ;To n'sfpg ufx|f] eP/ g} clxn] laZjsf dflg;x? s[i0f ehg ufpFb}5g\ . l5§ g} eujfg\ >Ls[i0fsf] hGde"ld klaq g]kfndf cf]Ol/G5g\ .

**!)= a'4 cjtf/ M** /fhf czf]ssf] zf;gsfneGbf cufl8b]lv g} ef/t aif{ -clxn]sf] ef/t, >Ln+sf, a+unfb]z, kfls:tfg\_ o'4 xTof lx+;fn] cfqmfGt ag]sf] lyof] . To;}n] ;f/f dfgax?nfO{ zflGtsf] ;Gb]z ;'gfpg lai0f'b]jn] /fhf z'4f]wg / /fgL dfofb]jLsf] ue{af6 l;4fy{ uf}tdsf] ?kdf hGd lng'eof] . /fhb/af/sf] ;'v;ondf x'ls{Ptf klg l;4fy{ uf}tdnfO{ hLjg, hut / zflGtsf] vf]hLn] ;w}F lg/fz agfO /fVbYof] . Ps /ft jxfF lk|o kTgL / 5f]/f /fx'nnfO{ b/af/d} 5f]8]/ zflGt / ;Totfsf] vf]hLdf lxF8\g' eof] . s]xL aif{sf] tk:of kZrft j}zfv k"l0f{dfsf] lbg jxfFnfO{ a'4Tj k|fKt eof] . lsg dflg; b'MvL x'G5 eGg] cfo{ ;To yfxf kfO;s]kl5 ;tdfu{sf] 1fg ;a}nfO{ afF8\b} lxF8\g'eof] . o;s} k]|/0ffn] /fhf czf]sn] n'lDagLdf cfP/ cfkm\gf] s'sd{sf] k|folZrt u/] . pg} /fhf czf]sn] /fv]sf] czf]s :tDedf -b]jfg lkPg lkobfl;g eg]/\_ n]lvPsf] s'/f\_ g} a'4sf] hGde"ldsf] bl/nf] k'/ftflTjs k|df0f xf] . la8Dagf, o:tf] HjnGt k|df0f x'Fbfx'Fb} klg O08Lofn] lbNnL 5]p gSsnL n'lDagL agfpg' / O08Log k|wfgdGqL g/]Gb| df]bLn] klg ;+o'Qm /fi6« ;+3sf] ;efdf æa'4 O08Lofdf hGd]sf x'g\Æ eGg] cleJolQmn] O08Lofs} lvNnL p8fPsf] 5 .

h]xf];\, eujfg\ a'4sf] 1fg ;+;f/n] u|x0f ul//fv]sf 5g\ . k|]d, s?0ff, Ifdf h:tf cfbz{ lzIffn] ubf{ laZje/sf dflg;x? a'4 wd{tkm{ cfslif{t ePsf 5g\ . clxn] o'/f]k, cd]l/sf, ci6«]lnofsf] 6f]n6f]ndf klg af}4wd{sf of]u;fwgf s]Gb|x? 5g\ . otf rfOgf, tfOjfg, sf]l/of, hfkfg, >Ln+sf, e'6fg, yfONof08 h:tf d'n'sx?df t plxNo} b]lv g} af}4 wd{ k|Voft 5 .

**!!= sNsL cjtf/ -;]tf] 3f]8fdf ;jf/\_ M** o; cjtf/df lai0f'b]j, bf}/f ;'?jfn / 6fpsf]df km]6f ;lxtsf] klx/gdf xftdf t/af/ lnP/ ;]tf] 3f]8fdf ;jf/ eO{ wtL{df cjtf/ ug'{x'G5 eGg] kf}/fl0fs syg 5 . ;fFRr} g} jxfF clxn] @)&^ ;fn d+l;/ ^ ut] pTklQsf PsfbzL{sf lbg g]kfnsf] s'z]Zj/ wfd -of] wtL{sf] k|yd Hof]ltln{Ë pTktL ePsf] 7fFp\_ df cjt/0f ug'{eof] . ca ;}tfgx?sf] gfz ug{ afaf uf]/vgfyn] af;'sL, tIfs, ss{6 gfunfO{ cfb]z lbO;Sg'ePsf] 5 . la ;+ @)&^ cyjf ;g\ @)@) df wfld{s o'4 / dxfdf/Ln] laZje/df dflg;x? cfqmfGt x'g] 5g\ . la ;+ @)&\* ;Dddf c;Tox? gfz u/L afaf uf]/vgfyn] ;Tosf] /fHo :yflkt ul/ ;Sg' x'g]5 .

jf:tjdf, ;+;f/sf ;a} wd{u|Gyx?df :jo+ lktf k/d]Zj/ o; wtL{df cfpg' x'g] s'/f pNn]v ul/Psf] 5 . ef/tLo lxGb'x?sf] lzj afafsf] cfudgsf] s'/f xf];\ of af}4 wdf{jnDaLx?sf] d}q]o a'4sf] cfudgsf] s'/f xf];\ of d';ndfgx?n] d]xbLsf] cfudg h] eg] klg :jo+ O{Zj/ o; wtL{df cfudg x'g] ;';dfrf/ eg] ;To xf] . ox'bL / lqmlZrogx?n] klg My father is coming down on earth eg]/ lrRofpFb}5g\ . >Ls[i0f k|df0fLx?sf] 7"nf] hdftn] k'gM >Ls[i0f o; wtL{df cfpFb} x'g'x'G5 eGg] s'/f / /fdsf eQmx?n] k'gM eujfg\ /fdsf] o; wtL{df cjt/0f x'g] s'/f ul//fv]sf 5g\ . ;a}n] cf cfkm\gf] tl/sfn] JofVof u/] .

of] sNsL cjtf/, :jo+ >L xl/] gf/fo0f -lji0f'b]jsf]\_ !! cf}+ cjtf/ ePsf]n] ;+;f/e/ g} cfkm\gf eQmx?sf] 38Ldf !!M!! k6s k6s b]lv/xG5 . klZrdd"nsf dflg;x?n] o;nfO{ :ju{sL k/Lsf] c+s dfGb5g\ eg] xfdL j}lbs ;gftg wdf{jDaLx? afaf uf]/Ifgfysf] cfudgsf] ;+s]t dfGb5f}+ . jf:tjdf, ;+;f/e/ clxn] xTof, lx+;f, cft+s, wd{o'4, anfTsf/ h:tf cfk/flws ultlalwn] dflg;x? cfqmfGt ePsf 5g\ . cf–cfkm\gf] tl/sfn] O{Zj/nfO{ k'sfb}{5g\ . ;t\u'? uf]/Ifgfy lzj afafn] c;To b'i6, z}tfgx?nfO{ gi6 ub}{ x'g'x'G5 . l5§} g} ca ;"o{a+zL /fd/fHo :yflkt u/L Ps /fhf, Ps k|hf / Ps wd{ æj}lbs ;gftg wd{Æ sfod ug'{ x'g]5 .

**ç WjgL M a|XDfgfb**

ç aXdf08sf] WjgLnfO{ ;a} wd{–;Dk|bfosf dflg;x?n] >4felQmefjn] pRrf/0f ub{5g\ . ;gftgLx?n] cpd, O08Log lxGb"x?n] cf]d, d';ndfgx?n] cd, lqmlZrogx?n] cfd]g / af}4 wdf{jnDaLx?n] x'd h] ;'s} eg]tf klg ;a}n] eGg vf]h]sf] WjgL rflxF ç cpd g} xf] . of] a|Dxf lai0f' dx]Zj/sf] ;+o'Qm WjgL xf] .

hxf];\, of] a|XDff08af6 cfpg] Psdfq WjgL ç xf] . o;nfO{ xfdL cfdfsf] sf]vleq x'Fbf v]/L klg ;'lg/fv]sf x'GYof} . ToxL eP/ t aRrf hGd]kl5 p;n] klxnf] cfjfh x'd x'd pd ub}{ Tof] k]6leq x'Fbf ;'g]sf] cfjfh gSsn ug{ vf]H5 . /f]O/x]sf] ;fgf] aRrfsf] cufl8 cpd ç egL lbof] eg] Tof] aRrf t'?Gt r'k nfU5 lsgls cfdfsf] ue{leq ;'lg/fv]sf] of] cfjfh km]l/ sxfFaf6 cfof] efgL ;lDemG5 . xfd|f] k[YjL klg cfkm\gf] sIfdf ! ;]s]08df #) dfOnsf] ultn] 3'Dbf ç WjgL pTkGg x'G5 . NASA sf a}1flgsx?n] of] ç WjgL ;"o{af6 cfpF5 eg]/ klg kQf nufO;s] . t/ clxn] ;lhn} xfdL of] wjgLnfO{ ;'Gg ;Sb}gf} . o;sf] nflu ulx/f] zfGt jftfj/0f cTofjZos kb{5 . xfd|f] sfgn] @) b]lv @) xhf/ xh{;Ddsf] WjgL dfq ;'Gg ;Sb5 t/ of] ç WjgL @) xh{eGbf d'lg / @) xhf/ xh{eGbf dfly dfq ;'Gg ;lsg] x'Fbf ;fwf/0f ca:yfdf ePsf] xfd|f] sfgn] ;'Gg g;s]sf] xf] . Wofgsf] ulx/f] ca:yfdf dfq ç WjgL ;'lgG5 h;nfO{ a|Xdgfb klg elgG5 .

ç eg]sf] O{Zj/sf] cfjfh xf] . a|Xdfd"t{df ;"o{ pbfpg'cl3 \*÷!) ldg]6 ç WjgL pRrf/0f u/]dfq klg 7"nf] o1 u/]/ ;/x dflgg] / z/L/ :j:y /xg] s'/f xfd|f Clifd'lgx? atfpF5g\ . ç sf] pRrf/0f lagf s'g} dGq kl9b}g . o;sf] lalzi6 dxTj ePsf]n] j]bsf x/]s Znf]sx?df ç n]lvPsf] x'G5 . 3/sf] d'n 9f]sf cufl8 tfdfsf] ç dfq em'08fP klg w]/} jf:t'bf]ifx? d]l6G5g\ . ç nfO{ k/d]Zj/sf] cfjfh dfg]/ clxn] t zflGtsf] vf]hLdf ;+;f/sf] s'gfs'gfdf 3/3/df lbof] afn]/ ç gdM lzj lzjfo eg]sf] ;'lgG5 . xfd|f] ;gftg wd{nfO{ cGwlaZjf; eGg] klZrd]nL d'n'ssf a}1flgs / 8fS6/x? klg sf]le8–!( sf] dxfdf/Lsf] a]nf ;a} e]nf eP/ ç WjgL hKb} lyP . cfw'lgs a}1flgsx?n] s]xL aif{ cl3dfq ç rflxF ;"o{af6 cfPsf] WjgL xf] eg]/ kQf nufP/ t/ xfd|f Clifd'lgx?n] t xhf/f}+ aif{ cl3 g} of] a|Dxf08Lo WjgL ePsf]n] klxn] ;"o{df Pslqt x'G5 / c? ;a} u|x, k|fl0f, ag:ktLdf klg hfG5 eg]/ eg]sf 5g\ . cfw'lgs pks/0f lagf g} g]kfnsf Clifd'lgx?n] plxNo} g} o:tf] cb\e"t ;TotYo s;/L yfxf kfP xf]nfg\ egL clxn]sf a}1flgsx? cfZro{rlst ePsf 5g\ .

**lzj / lzjln+u**

ha;Dd ltdL :jf; lnG5f}+, d ltdL leq af; u/]sf] x'G5'

ta ltdL :jf; lng 5f]8\5f}+, ltdL ddf ddflxt x'g]5f}+ . – lzjz'q

oxL lzjz'qsf] Znf]saf6 g} k|i6 x'G5 ls xfdL leqsf] k/dHof]lt tTj cfTdfsf] gfd xf], lzj . xfdLn] Zjf; lng] k|To]s k|f0fsf] gfpF xf], lzj . clxn] xfdL leq lzj tTj 5 / lhljt 5f}+ . Tof] lzjsf] -l\_ k|f0f tTj p8]/ uPkl5 zj -d[To'÷nf;\_ aGb5f}+ . ctM lzj eg]sf] a|Dxf08Lo r]tgf xf] . k/dHof]lt / ;f/f k|f0fLx?sf] cl:tTj xf] eGg] a'em\g'k5{ . t/ b'ef{Uojz, O08Log lxGb"x?n] lzjnfO{ unfdf gfu a]/]sf] n§fwf/L dxfdfgj agfP/ ;a}nfO{ /ge'Nn agfOlbP . To;df klg 5§' O08Logx?n] Shiva is an Indian god eg]/ laZje/ k|rf/ u/sf] 5 . Google Search n] klg ToxL eGb5 . ca c? b]zsf dflg;x? cf–cfkm\gf] God vf]Hg yfNb5g\ . lzjnfO{ Indian eg]/ s:n] Passport lbof] xf} ufF7] . tfn' v'On]nfO{ klg sfFOof] a]Rg] O08Log e}ofx?sf] w'Tof{Osf] k/fsfi7f g} dfGg'k5{ . lzj g t ef/tsf g t cd]l/sfsf x'g\ . lzj lzj g} x'g'x'G5– ;f/f hut / cl:tTjsf] ;f/ x'g'x'G5 . a|Xdr]tgf -Hof]lt :j?k\_ k'?if pmhf{sf] gfd xf] lzj h;af6 ;a} u|x, k|s[lt / xfdL ;a} k|f0fLx? ;+rflnt 5f}+ . ;Dk"0f{ hLj / hLjgsf] cl:tTj g} lzj x'g'x'G5 . jxfFsf] b}jLs zlQmsf] pmhf{ g]kfnsf] lxdfno kj{tdf /xg] x'Fbf ;a} wd{u|Gyx?n] lxdfnonfO{ lzjhLsf] af;:yfg eGb5g\ . jxfF ch/ cd/, cGgt, clagf;L, ;a{ AofkL, ;a{zlQmdfg, lg/~hg, lg/fsf/ x'g'x'G5 . ;f/f ;[li6 l:ylt / ;+xf/ g} jxfFsf] OR5fdf lge{/ 5 . jxfF h'g} klg 7fFpdf h'g} klg :j?kdf k|s6 x'g'x'G5 .

 ॥ ॐ नमः शिवशिवाऽय ॥

**lzjlnË M** …lzÚ eg]sf] r]tgf -k|sfz\_ k'?if tTj / …jÚ eg]sf] k|s[lt :qL tTj eGg] a'em\g'k5{ . ;f/f ;[li6 g} lz+j af6 ag]sf] 5 . xfdL dflg;x? klg ;'?df cfdfsf] ue{df a'jfsf] aLo{ ldl;Fbf k|sfzsf] ?kdf k:b5f}+ . kl5 k~ref}lts tTj -xfjf, kfgL, cfuf], cfsfz, wtL{\_ sf] ;ld>0fn] z/L/ lasl;t x'Fb} hfG5 . cyjf …lzÚ / …jÚ sf] ldl>t :j?k g} xfd|f] of] z/L/ xf] . ;[li6sf h'g} s'/fx? klg k'?iftTj / k|s[lt tTjaf6 lgld{t 5g\ / logn] lzjln+u :j?k agfpFb5g\ . cyjf cb[Zoaf6 b[Zodf kl/0ft x'Fbf c08fsf/ b]lvg hfG5 . h:tf]sL k]6leqsf] e|'0f aRrf, kmnkm"n, laofF, lap, cfFvf, u|x, ;""o{, rGb| OToflb . o;nfO{ cw{uf]nfsf/ of]gL cfsf/n] lrgf}+ / a|Dxf08Lo pmhf{nfO{ an]sf] cfuf] k|sfz=:j?k lbpF . xfdL nufot ;f/f ;[li6 g} k'?if -r]tgf÷k|sfz\_ tTj / :qL k|s[lt tTjsf] ;ld>0fn] ag]sf] x'Fbf oL b'j} tTj Ps} 7fpF ldnfpFbf lzjlnËsf] cfsf/ aGb5 . o;nfO{ k'?if / k|s[ltsf] :j?k eGg] a'em\g'kb{5 . ln+usf] zflAbs cy{ x'G5, lrGx . ctM lz / j -k'?if / k|s[lt\_ ;f/f ;[li6sf] lrGx g} lzjlnË eg]/ a'em\g'kb{5 . w]/} 7fpFx?df rflxF lzjln+usf] cy{ k'?ifx?sf] ln+u / :qLx?sf] of]gLsf] ldng eg]/ unt JofVof u/]sf] kfOG5 . ;+:s[tdf lnËsf] cy{ lrGx cyjf k|tLs x'G5 . To;}n] ;[li6sf] lrGx g} lzjlnË xf] . ;fwf/0f efiffdf klg k'?if hgfpg] lrGxnfO{ k'ln+u / :qL hgfpg] lrGxnfO{ :qLlnË elgG5 . k6d'v{x?n] unt JofVof ul/lbP . k'?ifsf] hgg]Gb|LonfO{ zL:g elgG5, lnË xf]Og .

lzjlnËnfO{ a|Dxf08Lo pmhf{ b]lvg] :j?k lrGx dfGg'kb{5 . ;+;f/sf ;a} wd{ ;Dk|bfox?n] lzjln+usf] k"hf cf/fwgf ub{5g\ . d';ndfgx?sf] dSsfleq lzjlnËsf] k"hf x'G5 . e]l6sg l;6Lsf] luhf{3/ cfkm}df lzjln+u :j?k xf] lsgls of] 7fpF klxnf lzj dlGb/ lyof] . af}4 wdf{jnDaLx?n] lqz'nwf/L dxfb]j / lzjlnËnfO{ k"hf ub{5g\ . O08Log lxGb"x?n] t emg\ g]kfnaf6 ;'? ePsf] j}lbs ;gfts wd{ x'ax' dfGg] x'Fbf ;a}n] lzjlnË k'Hb5g\ . laZjsf k|frLg wd{ ;Dk|bfox? ;a}n] lzjlnË k''Hb5g\ . 7fFp cg';f/ k'Hg] / a'em\g] tl/sf dfq km/s 5 . ॥ ॐ नमः शिवशिवाऽय ॥

**^$ Hof]lt{lnË**

O{Zj/ k/dfTdfsf] Hof]lt o; wtL{df vl;;s]kl5 b]lvg] ;fsf/ ?k g} Hof]lt{lnË xf] . o; k[YjLdf ^$ j6f lzj ?j?k Hof]lt{lnËx? 5g\ / tL ;a} g]kfndf kb{5g\ . lzjhL, gf/fo0f, gfu/fhf nufPt ;Dk''0f{ b]jLb]atfx?sf] af;:yfg oxL lxdfno ka{t xf] . $ j]b / !\* k'/f0f oxL k'0oe"lddf n]lvPsf] xf] . b]jtf / Clifd'lgx?sf] tkf]e"ld ;fy} dfgjx?sf] pb\ud:yn g} g]kfn e"ld ePsf]n] ;a} lzjlnËx? klg oxL g} k|fb'ef{j ePsf x'g\ . of] wtL{sf] k|yd Hof]lt{lnË s'z]Zj/wfd xf] eg] bf];|f] Hof]lt{lnË b'wsf]zL 5]p eLd]Zj/ xf] . o;}u/L eujfg >Ls[i0fn] dxfef/tsf] o'4 n8\gsf] nflu lzjhL;Fu ;'bz{g rqm dfu]sf] cfb]Zj/ rflxF %! cf}+ lzjlnË kb{5 . kz'kltgfysf] k|fª\u0fleq sfa|fsf] ?vd'lg k|s6 x'g' ePsf] ?b|uf]Zj/ rflxF ^$ cf}+ Hof]lt{lnË x'g'x'G5 . o'uo'udf cfjZostf cg';f/ k/dHof]lt lzj:j?knfO{ ;w}Fel/ eQmhgx?n] k"hfcfhf ug{ ;s"g\ egL jxfF ;fsf/ :j?k Hof]lt{lnË e}lbg' x'G5 .

*a|Dxfd'/f/L ;'/flr{t ln+ud, lgd{n eflift zf]let ln+ud*

*hGdh b'Mv lagfzs ln+Ëd, tTk|0ffdfdL ;bf lzj ln+ud .*

**cgGt gfu/fhfsf] ljZjJofkL k"hg**

;+:s[t efiffdf cgGt eg]sf] slxNo} g6'lËg], ck/Dkf/ eGg] cy{ x'G5 . cgGt gfunfO{ z]ifgfu klg elgG5 . h;dfly k/d]Zj/ gf/fo0f zog ug'{x'G5 . jf:tjdf gfusf] k"hf g]kfn / ef/tdf dfq xf]Og ls ljZjsf] ;a} wd{ ;Dk|bfodf k|rlnt 5 . w]/yf]/ dfGg] / hfGg] tl/sf dfq km/s 5 . ;'d]l/og ;+:s[lt, lu|s, dfof ;Eotf / cd]l/sf o"/f]k, ci6]«lnofsf cflbaf;Lx?sf] ;+:s[ltdf klg gfu k"hf k|rlnt lyof] . clxn] klg laleGg 9+un] ;+;f/e/ gfusf] k"hf ul/G5 . gfux? eg]sf cnf}lss ;k{:j?ksf k|f0fLx? x'g\ . ;w}F xfdLnfO{ /Iff ug]{ ;k{h:tf k|f0fL gfu x'g\ eg] ljiffn' rflxF ;k{ x'g\ . gfun] xfd|f] ;b}j enfO{ g} ub{5 .

b]jb]jL, Clifd'lg, ;f/f k|f0fLx?sf] /Iffdfq geP/ of] k[YjL g} gfu zlQmn] cl8Psf] 5 . h;nfO{ xfdL u'?Tjfsif{0f eGb5f}+ . wtL{sf] ;txb]lv (^ lsdL cfsfzdfly ePsf] jfo'd08nsf] ;tx (Ozone Layer) df klg cb[Zo gfux? x'g5g\ . h;n] ;"o{af6 cfPsf] xfgLsf/s lals/0fx? 5fg]/ a;]sf x'G5g\ . xfd|f] j/k/sf] jfo'd08ndf klg cb[Zo gfux?n] laiffn' xfjfnfO{ z'4 kf/]/ a;]sf x'G5g\ . To;}n] t g]kfndf gfu of s'g} ;fwf/0f ;k{ dfl/of] eg] @) aif{ h]nsf] ;hfoF x'G5 lsgeg] xfd|f] hLjgsf] cl:tTj eg]sf] gfux? x'g\ . olb tL gfux?n] ;"o{af6 cfPsf xfgLsf/s lals/0fx? g5fgLlbg] xf] eg] / xfd|f] jl/kl/sf] jfo'd08nsf] xfjf z'l4s/0f gul/lbg] xf] eg] xfd|f] hLjg ;Dea x'Fb}g . lxhf]cfh dflg;x? jftfj/0f hf]ufpg la?jf /f]Kb5g\ . s'/f] t l7s} xf] t/ olb gfux?n] ;"o{sf] lals/0fx?nfO{ z'l4s/0f gug]{ xf] eg] la?jf /f]k]/ agh+un hf]ufpg'sf] s] cy{ xG5 / < xfgLsf/s lals/0fx?n] ubf{ ;a} agh+un tfntnfp d?e"ld aG5 . To;}n] dfga cl:tTj;Fu ulx/f] ;fOgf] ePsf]n] j}lbssfnb]lv g} g]kfndf gfusf] k"hfcfhf ul/Fb} cfPsf] 5 . kfgLsf] d'n, s'jf, kf]v/Ldf gfusf] af; x'g] x'Fbf o:tf 7fpFx? ;w}F ;kmf /flvG5 . ;fpg dlxgfdf kg]{ gfuk~rdLdf t g]kfn clw/fHoe/ g} gfusf] eJo k"hf ul/G5 . lzjz+s/ ef]n]sf] unfdf gfu a]l/P/ a;]sf]n] klg ;a}n] gfunfO{ >4f ub{5g\ , gfusf] k"hf ub{5g\ . af}4 wdf{jnDaLx?n] gfufh'{g eg]/ gfunfO{ k'Hb5g\ eg] ox'bL, d';ndfg / lqmlZrogx?n] cfkm\g} tl/sfn] gfusf] k"hf ub{5g\ . cgGt ufF7f], hLjgsf] ejrqm, 8«fug, s'08nLgL, /fx'–s]t' egL h] h:tf] gfdn] k'sf/] tfklg cflv/df gfus} :t"lt u/]sf x'g\ . a}1flgsx?n] klg Infinity ∞ cgGtsf] lrGx agfP/ cgGt a|Xdf08Lo pmhf{nfO{ JofVof ug{] k|of; u/]sf x'g\ .

o; wtL{sf] klxnf] hLjg gfu -;k{\_ xf] / xfjfkfgL, hldg ltg} 7fpFdf afFRg ;Sg] hLj klg gfu g} xf] . e"sDk cfpg] s'/f gfunfO{ dfq yfxf x'G5 . ;f/f k|f0fLx?sf] /Iffy{ gfusf] ;[li6 ePsf]n] s'g} hLjsf] xTof gu/L z'4 xfjf / kfgL lkP/dfq afFRb5 . of] rflxF aflx/L ;+;f/df b]lvg] -d"t{ :j?k\_ gfu eof] eg] xfd|f] z/L/ leq klg gfusf] af; 5 . of]u Wofg ubf{ hfu[t x'g] s'08nL zlQm g} gfusf] :j?k xf] . lqmlZrogx?n] o;nfo{ Holy Spirit cyjf klaq cfTdf eg]/ eGb5g\ . la1fgn] eGg] DNA :j?k, of]uLx?n] eGg] lk+unf Ob / ;'if'Dgf gf8L nufotsf k'/} zl//sf &@,))) g;f–gf8Lx? ;a} cfWoflTds -cd"t{\_ gfux? x'g\ . dfG5]sf] d'6'sf] w8\sg /f]lsPkl5 klg ;fFRr} k|f0f uPsf] xf] ls xf]Og eg]/ gf8L 5fldG5 . / gf8L rNg 5f]8]kl5 dfq dfG5] d[To' ePsf] 7x/ ul/G5 . To;}n] gfu zlQm eg]sf] xfd|f] hLjgsf] cl:tTj xf] . gfu 5 / xfdL 5f}+ geP hLljt x'Fb}g lyof}+ . klZrdL lzIff k9]sf cNk1fgL 7'6] laåfgx?n] s'/f] ga'em]sf] dfq xf] .

k|frLg ;dob]lv clxn];Dd s'g} g s'g} ?kdf ;a} wd{ ;Dk|bfox?df gfusf] k"hf x'G5 . rfOgfdf 8«fug, e'6fgdf ah| 8fug eg]/ k"hf ub{5g\ . yfONof08, O08f]g]lzoflt/ t dlGb/sf] cufl8 g} lazfn lrq x'G5 h;nfO{ -z]iff\_ eGb5g\ . pgLx?n] z]ifgfu eg]sf] xf] . eujfg\ a'4 tk:ofdf x'Fbf 7"nf] xfjfx'/L cfPsf] / a'4nfO{ arfpg gfu jl/kl/ plePsf] syf k|;+usf] sf/0fn] a'4 wdf{jnDaLx?n] …d'sflnGbfÚ eg]/ gfunfO{ k"hf ub{5g\ . O6fnLdf ebf} dlxgflt/ ;k{ 3fF6Ldf /fv]/ lx8\g] 7"nf] rf8{ g} dgfOG5 eg] Ireland / hfkfgdf klg ;'gsf] ;k{ (Golden Snake Festival) egL w'dwfdsf ;fy gfu pT;j dgfpFb5g\ . lu|s ;Eotfdf gfunfO{ …nflndfÚ / OlhlK6l;og ;eotfdf …jf8h]6Ú eg]/ k'sfb{5g\ . clk|msfsf] ;+:s[ltdf gfunfO{ …bfx|f]d]OÚ, hfef 6fk'jf;Lx?n] …z]iff -z]ifgfu\_ / k|frLg OlhlK6l;ogx?n] …ck]kLÚ egL gfus} k"hf ub{5g\ . ox'bLx?n] k|]dsf] pTs[i6 :j?k …gfrf;Ú eGb} gfux?df ;dlk{t x'G5g\ . yfONof08, leotgfd, adf{lt/ t emg\ lbg}lkR5] k~rd'vL gfusf] cf/fwgf ub{5g\ . Al-Azragis eGg] d';ndfgL df}nfgn] n]Vg'ePsf] k':ts …tfl/km dSsfÚ df emg\ dSsf kl/;/leq /x]sf] hdhd kfgL -u+ufhn\_ sf] 5]pdf la/fhdfg x'g' x'g] gfu/fhfsf] k"hf u/]kl5 dfq sfaf -d';ndfgsf] d'Vo dlGb/\_ leq /x]sf] lzjln+usf] k"hf ul/G5 eg]/ a0f{g ul/Psf] 5 . n08gsf] …s]G6's] rr{Ú leq t k|To]s lbg gfusf] k'hf x'G5 . 6sL{ eGg] b]zsf] 'Ephesus Healing Temple' leq / OlhK6sf] lk/fld8 leq t gfusf cglulGt tl:a/x? g} s'FlbPsf 5g\ .

To;}u/L, ;+;f/e/sf c:ktfnsf] 5fkdf ;k{sf] cfs[lt 5 eg] laZj :jf:Yo ;+u7gsf] sfof{no 5fkdf g} n¶Ldf a]l/Psf] ;k{sf] cfs[lt /flvPsf] 5 . lu|s dxfg bfz{lgs lxkf]qmf6\;n] hLjg / d[To'sf] ;+s]t hgfpg n¶Ldf ;k{ a]l/Psf] cfs[lt agfPsf lyP . d]lS;sf]sf] em08fdf t emg\ u?9 / ;k{c+lst lrq g} k|i6 5 . xfd|} g]kfnsf] j}lbs ;+:slt O08Logx?n] dfGg] x'Fbf pgLx?sf] t s] s'/f ug'{ / < k|To]s lbg / k|To]s j}lbs xjgdf lalwjt\ ?kdf gfu k"hf ub{5g\ .

clxn]sf] 7'6] lqmlZrogx?n] eg] s'/f ga'em]/ ;k{nfO{ …z}tfgÚ eg]/ eg]tf klg jf:tjdf Garden of Eden df b]vf k/]sf] ;k{ Adam / Eve nfO{ hLjgsf] cg'ej u/fpg / ;r]t u/fpg b]vf k/]sf] cd"t{ hLj xf] . pgLx?n] unt JofVof u/]sf dfq x'g\ . oz' qmfOi6 cfkm"nfO{ Ps Shahapet cyjf ;k]/fsf] ?kdf b]vfpFby] / hLj/Iffsf] nflu gfux? ckl/xfo{ 5g\ eg]/ cf]lnesf] ?vdf ;k{ a;]sf] lrq sf]/]/ a:by] . To;}n] o'/f]ksf] k|frLg ;Eotfdf gfunfO{ hLjgbftf, hLjg /Ifs / cfWoflTds zlQm s]Gb|sf] ;|f]tsf] ?kdf k'h]sf] kfOG5 . oz' qmfOi6sf] 6fpsf] k5fl8 ePsf] k|efd08n (Nimbus Hallow) lrq Pp6f r/f / ;k{ cfs[lt x'G5 . h;nfO{ -u?9 / gfusf] ;+s]t\_ pgLx?n] klaq cfTdf Holy Spirit eGb5g\ . afOandf John 3 -12 sf afSof+zn] gfu/fhfsf] a}ejtfnfO{ JofVof u/]sf] 5 . k|frLg lu; b]zdf dlGb/x?df / e]l6sg l;6Lsf] rr{leq ;Nnfxsf] laofF cfsf/df lrqx? ;hfOPsf 5g\ h;n] s'08lngL hfu/0f ePsf] cy{ atfpg vf]h]sf] xf] .

o;/L gfu/fhfsf] k"hf laZje/ g} cf–cfkm\g} 9+un] k"hfcfhf ug]{ rng 5 . jf:tadf gfu/fhfnfO{ dfga cl:tTj / r]tgfsf] k|tLs dfGg'kb{5 . Oltxf;sf] x/]s sfnv08df gfu/fhf hfu[t ePkl5 dfq 7"nf 7"nf kl/jt{g x'g] ub{5g\ . xfn;fn}sf] Covid-19 nfO{ klg w]/}h;f] cfWoflTds JolQmx?n] dfga r]tgfdf z'l4s/0f Nofpg'sf] vflt/ gfu/fhfs} sd{ egL ts{ ub{5g\ . x'g klg ;+;f/df cGofo, cTofrf/, nf]e, nfnr, 3d08, e|i6 cfr/0f, l;+;f cft+sn] r/dr'nL 6]ls;s]sf] lyof] . ps';d's'; l:ytLaf6 km]l/ Psk6s k[YjLnfO{ ;f; km]g{ lbg'eof] . dfG5]x? h:tf b]lvg] b'O{v'§] g/kz'x?nfO{ dfagtfsf] kf7 k9fpg'eof] . gfl:tsx?nfO{ lrdf]6g' lyof] / ;}tfgx?nfO{ lgdf]l7g' lyof] . eft[Tjsf] efjgf hufpg' lyof] eg] wd{–wd{sf lazfQm 3}nf km'6fP/ laZjdf g} j}lbs ;gftg wd{ k'g:yf{lkt ug'{ lyof] . ;du|df, jftfj/0f / dfga r]tgfsf] z'l4s/0f cfjZos lyof] . o;k6ssf] cgGt gfu/fhfsf] ;r]tgfn] ;Dk"0f{ dflg;x?df cfWoflTds hfu/0f x'g] / laZjdf zflGt :yflkt x'g] s'/fdf xfdL uf]/veQmx? la:j:t 5f}+ . –ho uf]/v .

**klaq u+uf, od'gf / ;/:jtL**

lxdfnosf] sfvaf6 klaq u+uf aUb} aUb} g]kfnsf] kxf8 t/fO{ x'b} O08Lofsf] k|Tos ufpF a:tLx? l;Flrt ub}{ a+ufnsf] vf8Ldf ldl;lG5g\ . g]kfnsf] lxdfnoaf6 au]sf !!,))) gbL gfnfx?s} sf/0fn] k'/} ef/t jif{sf] dfga ;Eotf lhljt 5 . oxL sf/0fn] klg O08Logx?n] hLjgbftf :j?k k|To]s gbLx?nfO{ …u+ufÚ eg]/ ;Daf]wg ub{5g\ . laz]iftM Clifd'lgx?sf] k'sf/ ;'gL pQ/fv08 -u08sL k|b]zdf\_ df k|s6 ePsf gbLx?nfO{ u+uf, od'gf / ;/:jtL elgG5 . t/ O08Log e}ofn] lxdfnaf6 lgl:sPsf] ;a} gbLgfnfx? sGrg x'g] x'bf lt gbLx?nfO{ …u+ufÚ eg]/ k"hf ug{ yfNof] . x'g klg pgLx?sf] hLjg cl:tTj eg]s} g]kfnaf6 au]sf gbLgfnfx? x'g\ . t/ lbNnL dflyaf6 aUg] vf]nfnfO{ dfq u+uf eGg' plrt xf]Og .

jf:tjdf, of] wtL{df klxnf] k6s au]sL klaq u+uf eg] df5fk'R5]« lxdfnsf] k"jL{o sfvaf6 au]sL l5g\ h;nfO{ k/fk'a{sfn b]lv u+uf]qL eg]/ k"lhb} cfOsf] 5 . :d/0f /xf;\, !% l8u|L pef] lkrsf/L -lzjhLsf] lz/af6 lg:sLPsf] kfgL\_ h:tf] lg:sLP/ au]sf] hn nfO{ dfq u+uf elgG5 . To;kl5 pQm u+uf klg ;fwf/0f vf]nf x'G5Lg . cflbdsfndf, lzj uf}/Lsf] :j?k x'Fbf of] wtL{ l;Flrt ug{ k|s6 ePsL pQm klaq hnnfO{ u+uf dflgG5 . To;kl5 o'u o'udf of] wtL{sf] ag:ktL k|f0fLx?nfO{ hLjg lbg lxdfnosf] sfvaf6 c? y'k|} gbLgfnfx? aUg yfNg' eof] . sf:sL lhNnfdf kg]{ cGgk"0f{ lxd>[+vnfdf ePsf] u+ufk"0f{ lxdfnaf6 u+uf ag]/ aUg' eof] . oxL g} aUb} uPkl5 s[i0fu08sL eof] . hglha|f]df u+uf ls u+uf ls eGb} hfFbf u08sL ePsf] xf] . To:t} df5fk'R5]« lxdfnsf] sfvaf6 ;/:jtL -lxhf]cfh o;nfO{ ;]tL gbL elgG5\_ au]sL l5g\ . ndh'ª lxdfnsf] sfvaf6 od'gf gbL bdf}nL x'Fb} au]sL l5g\ . ;/:jtL gbL / od'gf gbLsf] e]6 bdf}nL j]bJof; u'kmf 5]p x'G5 .

*……of] åfk/] cfl:dg od'gf t6]cfe'tf k/f;//t ;TojtL k|;'t, ;f jfO{ ;dyf]{ eujfg\ ae'j j]b:o la:tf/ s/f] bdf}Nofd, o]r]tf/:ofd od'g]tL dfbL ;/:jtL a]ufjtLtL ;]tL, tt ;+ud bLk ej:o t:o åfkgVof k|lydf huTofd …….*

u08sL dxfTdo tyf k'/f0f wd{ zf:qx?df pNn]lvt oL dflysf] ;+:s[t afSof+zn] ;]tL / dfbLsf] ;+ud ePsf] :yfg bdf}nLdf j]b Jof; Clifsf] hGd ePsf] / ;]tL / dfbLsf] k'/fgf] gfd ;/:jtL / od'gf eGg] k|i6 kf/]sf] 5 . ptf afun'ªlt/af6 au]/ b]j3f6df ldl;PsL sfnLu08sLnfO{ cem} klg u+uf elgG5 . ;+;f/sf] of] dfq o:tf] gbL xf] hxfF klaq zflnu|fd kfOG5 . hLjgdf Ps k6sdfq} klg o; gbLdf :gfg u/] ;f/f kfk kvflnG5 eg]/ k'/f0fx?df a0f{g ul/Psf] x'Fbf O08Lof nufot ;+;f/e/sf dflg;x? oxfF cfP/ :gfg u/L d'lQm k|fKt ug{ d/LxQ] ub{5f\ . d'lQmgfysf] lz/af6 au]sL gbL x'gfn] / oxL dfq klaq zflnu|fd kfOg'n] klg of] sfnLu08sL gbL g} c;nL u+uf eg]/ k|i6 x'G5 . g]kfnaf6 aUg] ;a} u+ufx? lgd{n / klaq 5g\ . Google / O08Log e}ofx?n] agfPsf] k|b'lift u+uf eg] O08Lof lt/} 5 .

**klaq ?b|fIf / o;sf] cfWoflTds dxTj**

*Wofg wf/0f lxgf]cfkL ?b|fIfd\ wf/o a'wx*

*;a{kfk lalg{d'Qmf] ; oftL kf/fdfd ultd\*

cyf{t\, ?b|fIf wf/0f ugf{n] xfd|f ;f/f kfk gi6 x'g] / oxL hLjgdf df]If -cfgGb\_ k|fKt x'g]5 eg]/ wd{zf:qx?df a0f{g u/]sf] kfOG5 . To;}n] ;a} ;fw' ;Gt dxfTdf / cfWoflTds zflGtsf] vf]hLdf lx8]sf hf] sf]xLn] klg vf]hL vf]hL ?b|fIfsf] dfnf nufpF5g\ . j}lbs ;Eotfaf6 g} k|rlnt ?b|fIf dfnf of]uWofgdf cTofjZos x'g] x'bfF clxn] O08Lof, rLg, o'/f]k, cd]/Lsf nufot laZjsf w]/} /fi6«x?df ?b|fIfsf 7"nf] dfu 5 . a}1flgsx?n] ulx/f] k/LIf0f u/]kZrft ?b|fIf wf/0f ugf{n] /Qmrfk ;Gt'ng x'g] s'/f k|dfl0ft ul/lbof] . ?b|fIf leq ePsf] r'DasLo pmhf{n] xfd|f] dl:tisnfO{ klg zfGt kfg]{ x'Fbf laZje/ g} of]u Wofg ug]{÷u/fpg]x?n]?b|fIf vf]H5g\ . To;df klg g]kfnsf] ?b|fIf eg]kl5 pTs[i6 d"No lt5{g\ . lsgls o; wtL{df klxnf]kN6 ?b|fIfsf] la?jf k"jL{ g]kfnsf] ef]hk'/df lhNnfdf pld|Psf] lyof] .

?b|sf] cIf -?b|sf] cfF;'\_ af6 ?b|fIf zAb aGg uof] . cflbd o'udf xfd|f] k[YjL k'/} cfuf]sf] 8Nnf lyof] . k|f0fL / ag:ktL x's{g ;Sg] ;'Gb/ k|s[lt ;[hgf ug'{nfO{ klg k[YjLnfO{ lr;f] kfg'{ lyof] . To;}n] k/d]Zj/ lzjhLn] ?b| ?k wf/0f u/L Ps yf]kf cfF;' r'xfOlbg'eof] / k[YjL sfnfGt/df lrl;Fb} uP/ k|f0fLnfO{ a:gnfossf] 7fpF eof] . ToxL cfF;'sf] yf]kfaf6 Ps a[If c+s'lt/ eof], h;nfO{ -?b| + cIf\_ ?b|fIf eGb5f}+ . ?b| :j?k lzhLsf] cfF;' clxn]sf] k"jL{ g]kfnsf] ef]hk'/ lhNnfdf v;]sf] / ToxLaf6 ?b|fIfsf] a[If pTklQ ePsf] syg wd{zf:qx?df 5 .

ctM ?b|fIf klaq ax'd"No uxgf xf] . lzjhLsf] bz{g / df]If k|fKt ug{nfO{ cTofjZos ;fwg xf] . of]uL, wfdL, emfqmLx?n] t ?b|fIfsf] dfnf geP dGq g} hKb}gg\ . ?b|fIfsf] bfgfdf ! b]lv @! d'vL;Dd laleGg k|sf/sf /]vfx? x'G5g\ h;nfO{ d'v elgG5 .

!= Psd'vL ?b|fIf rflxF lzjz+s/ ef]n]sf] :j?k ePsf]n] / bfgfleqaf6 ç WjgL lg:sg] x'Fbf of] ax'd"No x'G5 . of] Psd'vL ?b|fIf cToGt} b'n{e x'G5 . Psbd} klaq cfTdf ePsfx?n] dfq o;nfO{ e]6fpFb5g\ . O08Log e}ofx?n] t l;+uf] 3/ a]r]/ eP klg Psd'vL ?b|fIf lsGg vf]Hb5g\ . o;df ;fIfft lzjhLsf] af; x'g] x'Fbf hLjgdf oz, sLlt{, bL3f{o', zflGt / df]If k|fKt x'G5 eg]/ zf:qx?n] eG5g\ .

@= b'O{d'vL ?b|fIf z+s/ / uf}/Lsf] k|tLs xf] cyjf cw{gf/]Zj/sf] k|tLs xf] . bfDkTo hLjg ;'vdo agfpgsf] nflu of] wf/0f ul/G5 .

#= xfd|f] z/L/leqsf] lqbf]if -skm–jfy–lkQ\_ nfO{ ;Gt'lnt /fvL :j:y hLjgsf] nflu tLgd'vL ?b|fIf wf/0f ul/G5 .

$= j}lbs 1fg cfh{g ug{, zf:qx?df lgk'0f{tf kfpg rf/d'vL ?b|fIf rflxG5 .

%= kfFrd'vL ?b|fIf ;fIfft uf]/vgfy x'g'ePsf]n] z}tfgL zlQmaf6 aRg / /Qmrfk ;Gt'lnt /fVg of] wf/0f ul/G5 .

^= 5d'vL ?b|fIf dxfnIdLsf] k|tLs ePsf]n] wg cfh{g ug{sf] vflt/ o;nfO{ u|x0f ul/G5 .

&= ;ftd'vL ?b|fIf ;KtClifsf] k|tLs xf] . r]tgf hfu[t u/fO{ j}lbs 1fgsf] 9f]sf vf]lnlbg] x'Fbf o;sf] 5'§} dxTj 5 .

\*= cf7d'vL ?b|fIf l;l4lagfos u0f]zsf] k|tLs dflgG5 . ci6 gfu / ci6 dflqsfsf] pmhf{ oxfF x'g] ePsf]n] sfo{ l;l4, k];f / Jofkfl/s ;kmntfsf] nflu cf7d'vL ?b|fIf wf/0f ul/G5 .

(= gf}d'vL ?b|fIfdf gjgfy / gjb'uf{sf] af; x'g] x'Fbf of]eGbf pQd ;'/Iff sjr c? s]xL x'g ;Sb}g . o;n] t u|xbf]if / af:t'bf]if klg x6fpF5g\ . xfd|f] z/L/ leq /x]sf ;a} gj rqmx?nfO{ hfu[t u/fOlbG5 . ॥ ॐ नमः शिवशिवाऽय ॥

**;b}a ofb /fVg';\**

* …ot s[kf tdx+d aGb] k/dfgGb dfwjd\Ú k/d]Zj/sf] s[kfaf6 of] ;'Gb/ hLjg kfPsf]df jxfFk|lt ;w}F s[t1 x'g'xf];\ .
* h] x'G5, /fd|}sf] nflu x'G5 . s'g} 36gf 36g'sf] k5f8L laz]if sf/0f x'G5 .
* c1fgtf g} ;a} ;d:ofsf] d'n sf/0f xf] .
* hLjgsf] Pp6f lgod 5 – Psflt/sf] 9f]sf aGb eP, csf]{lt/ v'nf x'G5 . o;nfO{ xfdLn] klxNofpg ;Sg' kb{5 .
* hLjg tLtf dL7f cg'ej ug{sf] nflu xf] . hLjgsf k|To]s If0fx?nfO{ cfgGb lng' kb{5 lsgls o;n] s]xL g s]xL kf7 l;sfO/x]sf] x'G5 .
* l/;, 3d08, nf]e, df]x, clN5kg – oL kfFr lrhx? ;'Gb/ hLjgsf] zq' g} x'g\ .
* hLjgdf ;a}eGbf dxTjk"0f{ s'/f :jf:Yo / 1fg xf] .
* dbf{kl5 ;Fu} hfg] dfq b'O{ s'/f– wd{ / sd{ .
* xjgn] kjg z'4, zfsfxf/L ef]hgn] z/L/ z'4, elQmn] efjgf z'4, ;dk{0fn] k|]d z'4, Wofgn] cfTdf z'4, bfgn] wg z'4, ;Tsd{n] dg z'4 / ;Tf;+un] 1fg z'4 x'G5 .
* afaf uf]/vfgfy / dxlif{ j]bJof;nfO{ dfq …u'?Ú zAbsf] k|of]u ul/G5 . s'g} n§]hf]uL, kl08tx?nfO{ sbfkL klg eGg' …u'?Ú eGg' x'Fb}g .

**;+:sf/ / ;+s[tLdf las[tL**

zfGt, ;'Gb/ / lazfn g]kfnsf] kl/sNkgf ug'{x'G5 eg] ;+:sf/df ;'wf/ x'g} k5{ . gqeg] t ;d[4 g]kfnsf] gf/f plx 5]kf/fsf] syf dfq x'G5 . ;a}nfO{ r]tgf eof .

* b'w a]r]/ /S;L wf]Sg] ;+:sf/
* ufO{ df/]/ uwf kfNg] ;+:sf/
* O{Zj/ k|lt s[t1 x'g g;Sg] ;+:sf/
* hGdlbg] a'jfcfdf nfO{ a[bfcf>d k7fP/, 3/df \*$ xhf/sf] s'''''s'/ kfNg] ;+:sf/
* wd{sf] gfFpdf nfvf} lgbf]{if hgfj/x? sfl6g] ;+:sf/
* t'n;Lsf] df]7df lbof] gafn]/ Knfli6ssf] w'kL ;hfpg] ;+:sf/
* ;+lhjgL df]xL km\ofs]/ laiffn' sf]s lkpg] ;+:sf/
* gofF sk8f lsg]/ Kjfn kf/]/ nufpg] ;+:sf/
* 5f]/f5f]/L lab]zdf 5g eGb} cfdfafpn] gfs 3f]qmfpg] ;+:sf/
* akm]nf] O+uln; 7;7; slgslg ePklg kmtkmtfP kl5 laBfyL{x? lzlIft ePsf] 7fGg] ;+:sf/
* a]x'nL n'v'/n'v'/ lx8fP/ df]6/;fOsn rflx 8f]nLdf Nofpg] ;+:sf/
* hl8a'6L vfbf kfv] eOG5 eg]/ klZrdL ;Eotfsf] Slow Poison Pills vfg] ;+:sf/
* bfx|Ljfn n6\6] hf]uLnfO{ …u'?… eg]/ nDk;f/ kg]{ ;+:sf/
* u+ufhn / k~rfd[t la;]{/ Holy wine -klaq d'q\_ 3'6'3'6' kfg]{ ;+:sf/
* ho zDe" / gd:sf/ geg]/ Good Morning eGg] ;+:sf/
* ;'g 3/ hUuf / uf8Lsf] dfq ;kgf b]Vg] b]vfpg] ;+:sf/
* dfga ;Eotfs} klxnf] kf]zfs 6f]kL, bf}/f ;'?jfn, ;f8L rf}aGbL rf]nf] nufpg 5f]8]/ e]8f afFWg] bfDnf] h:tf] Tie ;+:sf/
* dft[e"dLnfO{ r6Ss} la;]{/ UN / RAW lbNnLsf] HjfO{ aGg] ;+:sf/

**of]uL/fh ;Fusf] k|Zgf]Q/**

**k"hf s;/L ug'{ <**

k"hf ug]{ ;fdu|Lx? ;f]Rg'eGbf klxn] tkfO{ k/d]Zj/ ;bf lzjln+ud k|lt s[t1 x'g'xf];\, h;n] of] ;'Gb/ hLjg k|bfg u¥of] . cfkm"nfO{ cf:yf ePsf] h'g} b]jb]jLsf] k"hfcr{gf u/] klg x'G5 t/ gfu/fhf / lkt[s'nsf] k"hf ug'{ rflxF ge'Ng' xf]nf . klxnf] s'/f t, k/dfTdf;Fu ldNgnfO{ tkfO{df Kof; x'g h?/L 5 cgL ;dk{0f cTofjZos 5 . km"n r9fpgnfO{ eFj/fsf] h'7f] x'G5 . kfgL r9fpgnfO{ df5fsf] h'7f] kfl/lbPsf] x'G5, To;}n] klaq dg g} r9fpg'xf];\ . d'VotM k"hf ug{nfO{ hn, 38f, ;]tf] km"n, dx, pv', hl8a'6Lsf] w'k, rGbg eP k'U5 / ç gdM lzj–lzjfo !)\* k6s hk u/] k'U5 . olb xf]d ug]{ xf] eg] ;]tf] wf]tL nufpg] o1 agfP/ ltn / rfdn n] dfq xf]d ug'{xf';\ . hf}, cla/, ufO{sf] £o', b'w, uf]a/, s]z/, sfnf] sk8f, uf]a/, ux'Ft k|of]u ug'{ plrt x'Fb}g . oL a:t'x? snLdf rNby], @)&& d+zL/ b]lv lalwjt ?kdf q]tfo'u z'? e};Sof] . ;d:t lkt[ ;d:t s'nnfO{ hn ck{0f u/]/ o1xf]ddf …:jwf… eGg'kb{5 . cgL !)\* k6s ç gd lzj–lzjfo eGg'k5{ . xf]dsf] cfuf]df :jwf pRrf/0f ug'{k5{, :jfxf xf]Og . :jfxf t lrtfdf cfuf] afNbf elgg] zAb xf] . zfsfxf/L aGg'xf];\, k+rlznfsf] kfngf ug'{xf];\ . k|To]s ;f]daf/ a|t lng'eof] eg] clt pQd x'G5 .

olb tkfO{ gfl:ts x'g'x'G5 eg] ;"o{ rGb| xfjfkfgL h]df ljZjf; nfU5, To;k|lt wGojfbsf] kfq aGg'xf];\ . Ps k6s cfkm\g} z/L/ s;n] agfof] / s;/L ;+rfng ub{5 egL ulxl/P/ ;f]Rg';\ . olb tkfO{n] Tof] d'6' kmf]S;f] lduf}{nf tkfO{n] rnfPsf] xf]Og eG7fGg' x'G5 eg] s'g} g s'g} cb[Zo a|Dxf08Lo pmhf{n] d]/f] hLjg ;+rflnt 5 eGg] s'/fsf] lgisif{df k'Ug' x'g]5 . ha tkfO{ …dleqsf] k|f0f / ;'Id cfTdf -k|sfz\_ lzj tTjaf6 ;+rflnt 5'Ú eGg] s'/fsf] af]w x'G5 . To;kl5 tkfO{ cfWoflTds x'g'eof] . kx]+nf] a|:t, lgwf/df v/fgL / 306L ahfpg' kb}{g . To;kl5 t tkfO{+ k|s[ltsf] pTs[i6 ;[hgfnfO{ k|]d ug'{ x'G5 . ;flTjs ef]hgn] ;w}F ;sf/fTds ;f]r cfpFb5 .

**hGdlbg s;/L dgfpg' <**

hGdlbg dgfpgnfO{ lsg k"/} ! jif{ kv{g' x'G5 < k|To]s lbg g} hGdlbg dgfpg'xf];\ g, x'Fb}g / < ;+;f/df k|To]s lbg nfvf}+ dflg;x? laxfg Jo'Flemg kfpFb}gg\ . pgLx?sf] ;'t]sf] ;'To} k|f0f hfG5 eg] tkfO{ p7\g] lalQs} cfkm"nfO{ 5fDgf];\, lhljt ePsf]df O{Zj/nfO{ wGojfb eGgf];\ / dHhfn] xfF:gf];\ . æcfh d hLljt eP====Æ sL s;f] <

olb tkfO{ clxn]sf] ;+:s[lt cg';f/s} hGdlbg dfGg'x'G5 eg] klg :jf:Yojw{s kmfk/sf] /f]6Ldfly bLof] afngf];\, ci6 lr/~hLjLsf] k"hf ugf];\ . ætdf] ;f]df Hof]lt{udo, c;tf]df ;b\udo, d[Tof]df{ cd[tudo ç zflGtÛ zflGtÛÛ zflGtÛÛÛ Æ eg]/ Tof] kmfk/sf] /f]6L Cake sf6]/ ;a}nfO{ afFl8lbgf];\ . an]sf] bLof] glgefpg'xf];\ . d}gaQL afNbf w]/} sfj{g8fOcS;fO8 lgsfNg] x'Fbf d}gaqL gafNgf];\ / emg\ aQL km's]/ lgefpg' /fd|f] x'Fb}g . Ps t km'Sbf d'vsf] h'7f] Cake df kb{5 . csf]{ s'/f hLjg ;'vdo xf];\, Hof]lt h:t} rlDsof];\ eg]/ aflnPsf] bLof] -k|sfz\_ nfO{ lsg lgefpg' < aQL lge]kl5 t cFWof/f] kf] x'G5 t < s:tf] vfnsf] pN6f] kfZrfTo ;+:s[lt l;Sof}+ xf] ufF7] < d t 5Ss k5'{ . ctM aQL sbflk klg lgefpg' x'Fb}g . ;fy;fy} ;a} hgf;Fu æz'esfdgf e/L =====bL3f{o'sf] ;':jf:Yo / ;kmntfsf] z'esfdgfÆ eg]/ uLt ufP/ /dfOnf] ug'{xf];\ . afF;'/L, dfbn, xfdf]{lgod ahfP/ cfkm\g} ;+:s[ltdf afFRgf];\ . pkxf/ w]/} lng], k};f w]/} a6'Ng] eGg] s';+:sf/nfO{ lwSsfgf]{;\ . s;}sf] Hofg lnP/ cfkm\gf] hGdlbg dgfpg' /fd|f] xf]Og . To;}n] zfsfxf/L ef]hg lngf];\ . sf]s, km]G6f h:tf laiffn' k]o Tof] Toilet Cleaner t emg\ lkpFb} glkpgf];\ . ;Demgf :j?k k|To]s hGdlbgdf Pp6f kmnkm"nsf] la?jf /f]lklbgf];\ . k|s[lt / jftfj/0f klg ;'Gb/ x'G5 . kl5 cfkm"n] /f]k]sf] kmnkm"n klg vfg kfOG5 . emg\ 5f]/f gfltn] hGdf]T;j klg ToxL kmnkm"nn] dgfpg kf] x'G5 t . xf]Og / <

**k};f s;/L sdfpg' <**

;lhnf] 5, k};f sdfpg' . vr{ gug'{xf];\ , k};f ;w}F aR5 . xf xf xf . d}n] eGg vf]h]sf] cTofjZos lrhdf afx]s k};f vr{ gug'{xf];\ . wg ;DklQ art cfkm} x'g yfNb5 . cf}iftdf dfG5]x?n] ! aif{df !^),))) hlt hfF8 /S;L, r'/f]6, df;' vfP/ ;S5g\ . s] of] cTofjZos 5 / < emg\ l8:sf], af/, Sofl;gf] hfg]x?sf] t s'/} gu/f}+ . sf] dfG5] hfF8 /S;L vfP/ 7"nf] efsf] 5 < pN6} OHht klg :jfxf, uf]hL klg :jfxf, :jf:Yo klg :jfxf . 3/df ;w}F em} emu8f x'g] / b'3{6gfdf k/L slxn] dl/G5 yfxf g} gx'g] . r'/f]6 / ;"lt{n] SofG;/ x'G5 eGg] s'/f t ;a}nfO{ yfxf 5 . t/ df;' vfbf /ut cldnf] e} SofG;/ /f]u nfU5 eGg] s'/f rflx sd}nfO{ yfxf 5 . csf]{ s'/f, csf{sf] Hofg df/]/ lsg df;' vfg' < Tof] hgfj/sf] df;' vfbf cfF;' klg vfOG5 . df;' vfg] dfG5] slxNo} :j:Yo aGb}g . To;}n] oL o:tf jflxoft s'/faf6 k};f art ug'{ eg]s} k};f sdfpg' xf] . dflg;x? lsg a'em\b}gg\ < d/L d/L sfd u/]/ ToxL c:ktfn / e§LnfO{ k};f ltg'{ 5 eg] lsg sfd ug'{ < 3/df cfgGbn] a;] e} xfN5 lg Û xf]Og / <

xfdLn] k};f /dfP/ sdfpg' kb{5, 6fpsf] ;dfP/ ;w}F tgfadf k/]/ xf]Og . k};f ;fwg xf] , ;fWo xf]Og . k};fn] vf6 lsGg ;lsG5 t/ lgb|f lsGg ;lsGg . k};fn] lstfa lsGg ;lsG5 t/ 1fg lsGg ;lsb}g eGg] oyfy{tf a'em\g'kb{5 . k};f s]xL klg xf]Og t/ k};f geP s]xL klg x'Fb}g eGg] s'/f klg dgflza g} xf] . xfdLn] rfxgfx? yf]/} /fv]/ nIdLnfO{ 3/ leqfpg'k5{ . ToxL k};fsf sf/0fn] Hofg ghfcf];\ . k};f sdfpg' eg]sf] ;d'Gb|sf] g'lgnf] kfgL lkpg' h:t} xf] . hlt lkP klg ltvf{ nflu/xG5 . ctM h] 5 To;df g} ;Gtf]if x'g ;Sg' kb5{ . cfjZoseGbf a9L vr{ ug'{ x'Gg, k};f cfkm} aRb} hfG5 . @) hf]/ h'Qf, !@ tf]nf ;'g, !) j6f ;'6 y'kfg{ yfNg'eof] eg] dxfe"n x'G5 . ctM k};f xfF;]/ sdfpg'xf];\ , Tof] sdfO{n] cfgGb b]cf];\ kL8f xf]Og lgGb|f gnfUg] u/L ;DktL sdfpg' eg]sf] clezfk g} x'G5 .

k};fsf] wd{ eg]s} cfkm\gf] / dfG5]x?sf] vfFrf] 6fg'{ xf] . wgsf] d'v sfnf] x'G5 . s't cs't ;DklQ kf]sf] kf/]/ a:bf ToxL k};fsf] sf/0f Hofg hfG5 . wd{zf:qx?df klg cfkm\gf] sdfOsf] @% k|ltzt hlt ;fdflhs sfo{, wd{ sd{df nufpg' elgPsf] 5 . clg dfq ;DklQ z'4 x'G5 geP t kfksf] kf]sf . oxL s'/f Wofgdf /fv]/ klZrd]nLx?n] klg cfkm\gf] sdfOsf] s]xL efu 5'§fP/ ;dfh;]jfdf nufpF5g\ . h;nfO{ CSR (Corporate Social Responsibility) elgG5 . sdfPsf] s]xL c+z ;dfh;]jfdf hfcf];\ .

k};f sdfpFbf of] s'/f klg Wofg lbg' k5{ ls æk};f afRgnfO{ rflxG5 t/ k};fsf] nflu afFRg' x'Fb}gÆ cfkm\gf] kl/jf/, Oi6ldq /fv]/ sdfPsf] wgdfq c;nL wg xf] . k};f sdfpgnfO{ lab]l;bf klg kms]{/ cfpFbf >LdtL kf]Onf uOlbO eg], 5f]/f5f]/L s'ntdf km;]sf] eP Tof] sdfOsf] wgsf] s] cy{ < kl/jf/df dfof, 5f]/f5f]/LnfO{ c;n ;+:sf/ lbg g;s] sdfPsf] wg Joy{ x'G5 . emg\ :jb]z kms]{kl5 vfgfsf] ;f6f] cf}ifwLsf] kf]sf vfg' k¥of] eg] t lwssf/s} h'lg x'G5 . k};f t sdfpF5g\ t/ :jf:Yo hfG5 s] ug'{ < :jf:Yo g} hLjgsf] 7"nf] wg xf] . sdfPsf] wg c:ktfndf g} a'emfpg'kg]{ xf] eg] t s]sf] dl/dl/ wg sdfpg' xf]Og / < o:t} o:t} s'/fx?n] / sf]/f]gf dxfdf/Ln] aNn dfG5]x?df r]t cfPsf] 5 . Hofgsf] afhL yfk]/ wg sdfpg]x?, clxn] wgsf] dfof df/]/ Hofg hf]ufpFb}5g\ . v} O{Zj/ sxfF 5 < eGg] ;'Fu'/:jfF7x? , clxn] x] O{Zj/ dnfO{ arfpg';\ eGb}5g\ .

**k/dfTdf O{Zj/;Fu s;/L ;fIffTsf/ ug{ ;lsG5 <**

;a{k|yd t xfdLdf O{Zj/ ;fIffTsf/ ug]{ tLj| rfxgf x'g'k5{ . h:tf] ls kfgLdf 8'Ag nfu]sf] dfG5]nfO{ lsgf/df cfpg] k|an OR5f x'G5 . ;dlk{t ePk5L dg, arg / sd{ z'4tfn] k|]defj c+s'/g x'g yfN5 . jxfF;Fu dfUg] xf]Og ls ;'Gb/ / hLjg k|bfg ug'{ePsf]df s[t1 x'g] OR5f /fVg'xf];\ . cyjf egf}+ tkfO{sf] OR5f klaq xf];\ . k+rzLnsf] kfngf u/L ;flTjs ef]hg ug'{xf];\ / of]u Wofg ;fwgfdf nfUg'xf];\ . elQmof]u, 1fgof]u, sd{of]u, dGqof]u, /fhof]u / x7of]usf] ;fwgf kZrft cfWoflTds hfu/0f x'g]5 . hLjg / hut\sf] af/]df /fd|/L a'em\g' x'g]5 . k|s[ltsf] pTs[i6 ;[hgfnfO{ k|]d ug{ yfln;s]kl5 O{Zj/;Fu ;fIffTsf/ x'g]5 . cfkm"leqsf] …dÚ k|f0f :j?k lzjtTj k/dHof]ltsf] bz{g x'g]5 .

**of]u s] xf]Og <**

of]uWofg s'g} wd{ xf]Og . xft v'§f tGsfpg] / 3f]lK6 kg'{dfq of]u xf]Og . O08Lofaf6 z'? ePsf] O08Log ;+:s[lt klg sbflk xf]Og . of]uL kt+hlnaf6 lgb]{lzt ;a} ci6fËof]u / x7 of]usf] ;fwgf lagfsf] of]u bf}/f ;'?jfn dfly nufOPsf] lab]zL 6fO{ h:tf] x'G5 . of]uWofgnfO{ k"0f{ Jofkf/Ls/0f ug'{ u/fpg' dxfkfk xf] .

**p;f] eP of]u s] xf] <**

cfkm\gf] z/L/leq /x]sf] k|sfz :j?k cfTdf tTjsf] a|Dxf08Lo pmhf{ k/dfTdf;Fusf] ldng g} of]u xf] . cyjf z/L/leq cGt/lglxt a|Dxf08Lo pmhf{ -d]?b08leq rqm :j?kdf a;]sf]\_ nfO{ aflx/L a|Dxf08Lo pmhf{;FUf ;dflxt u/fpg'nfO{ g} of]u -;dflw\_ elgG5 . of]u Wofg Pp6f o:tf] ;'Gb/ hLjg k2lt l;sfpg] zf:q xf], h;n] hLjg / hutsf] af]w u/fpF5 . /x:odoL z/L/ ;+rfng ug{ l;sfpF5 / ef}lts cfWoflTds hLjgaLr ;Gt'ng sfod u/fpF5 . of]un] cgGt hLjg ofqfsf] dx;'; u/fpF5 . To;}n] zflGt, ;'vLdo hLjg / df]If -cfgGb k|flKtsf]\_ sf] Psdfq ;'q xf]– of]uWofg .

of]usf] zflAbs cy{ x'G5– hf]8\g' / Wofgsf] clGtd nIo klg k/dfTdf;Fu ldnfpg'÷hf]8\g' ePsf] x'Fbf of]u / Wofg cnu s'/fx? xf]Og . oL b'j} Pscsf{sf kl/k'/s x'g, s}lrsf] b'O{ wf/ h:t} . h;/L a'jfcfdf 5'6\ofpg ldNb}g, To;/L g} of]uWofg cnu ug'{ x'Fb}g . z/L/, dg / cfTdfnfO{ :j:y /fvL cfgGbsf] cg'e"lt lbnfpg] zf:qsf] gfpF xf], of]u .

**Wofg s;/L ug]{ <**

Wofg s;/L ug]{ xf]Og ls Wofg s]df nufpg] xf] . Wofg t ;a}n] u/]s} x'G5g\ lg Û sf]xL rf]g{df Wofg nufpF5g\ t sf]xL csf{nfO{ km;fpgdf . Pslsl;dn], s]6fn] dg k/]sf] s]6L kmsfpg' klg Wofg g} xf] . /fd|/L 3'; vfg' klg Wofg g} xf] . lsgls /fd|/L Wofg lbP/ Tof] sfd gu/] sfd kmQ] g} x'Fb}g, xf]Og / <

zflAbs cy{df Wofg eg]sf] bQlrQn] s'g}sfddf nflukg'{ xf] . h:t} xfdL laBfyL{x?nfO{ Wofg lbP/ k9 eG5f}+ . rfnsnfO{ Wofg lbP/ uf8L rnfp eG5f}+ . cyf{t\ Tof] sfddf Psfu| eP/ nfUg'g} Wofg xf] . t/ clxn]sf dflg;x?n] Wofg eg]sf] cfFvf lrlDng] eGg] a'em\5g\ . cfFvf lrlDnof] eg] t cFWof/f] x'G5, sfnf] b]lvG5 . lsg lg laRrdf cfFvf lrlDng' < O{Zj/n] lbg'ePsf] oL ;'Gb/ cfFvf k|s[ltsf pTs[i6 ;'Gb/tf x]g{, cg'ea ug{ / O{Zj/k|lt s[t1 x'gnfO{ xf] . sNkgf ugf];\ t cfFvflagfsf] hLjg / ;+;f/, pkm\ Û slt b'ef{Uo x'G5 xf]nf <

Wofg s:sf] ug]{< cf]zf]sf] Wofg sL /fdb]asf] Wofg ug{] eg]/ w]/} dflg;x?df e|d 5 . klxnf] s'/f t, Wofg cfFvf vf]n]/ ul/G5 . cfFvf lrlDnP/ ul/Psf] Wofgn] xfdLdf xtfz / 8/ k}bf ub{5 . To;}n] slxNo} klg cfFvf lrlDnP/ Wofg ug{' x'b}g . xf], xfd|f] cfFvfn] #) kltzt eGbf a9L phf{ vkt ul//x]sf] x'G5 . To;}n] pQm phf{ arfpgsf] nflu / aflx/L b[Zox?n] dg axnfOlbg] x'bf klg Wofg ubf{ ;fwf/0ftof cfFvf lrlDng' kg{] lgod x'G5 . t/ aflx/L ;+;f/sf] ;'Id cg'ea u/]kl5 dfq cfTdf ;flIfefjn] cfkm'leqsf] Hof]tL:j?k cfTdf tTjsf] bz{g x'g] x'Fbf cfFvf vf]n]/ ul/Psf] Wofgn] l56f] Psfu|tf Nofpb5 . ;flIfefj eg]sf] cfkm'n] cfkm}nfO{ t/ bf]>f] AolQm dfg]/ s'g} k|ltlqmof glbOsg larf/ tyf lqmofsnfkx?nfO{ lgofNg' eg]sf] xf] . To;}u/L cfFvf vf]n]kl5 dfq ;[li6 / ;[hgfx? a'em\g yflnG5 . a? an]sf] lbof]df cyjf pbfpFb} u/]sf] ;"o{df Psfu| eP/ x]gf]{;\ cfkm\g} Zjf;k|Zjf;nfO{ lgofNg';\ / ;f]Rg';\ ls Tof] kmf]S;f] d'6'sf] w8\sg s;/L / s:sf] zlQmn] rNb}5 < kSs} klg tkfO{n] t rnfPsf] xf]O{g xf]nf . cfkm\gf] z/L/, dg, dl:tisnfO{ crDd dfGb} lgofNg';\ ls o:tf] /x:odoL hLjg s:n] / s;/L agfof] xf]nf < a;\, pQ/ cfOxfN5 . To;kl5 k/da|XDf, k/d]Zj/, lbJoHof]ltsf] Wofg ug'{;\ . s[t1 x'g'xf];\ , cfgGb lng';\ .

**dfG5]x? lsg b'MvL x'G5g\ <**

b'Mv / ;'v hLjgsf b'O{ kf6fx? x'g\ . b'Mvlagfsf] ;'vsf] s'g} cy{ x'Fb}g . h;/L dxn eGgnfO{ jl/kl/ em'k|L 3/x? cfjZos x'G5, To;/Lg} k|To]s b'Mvsf ;Fufnf]x?n] g} hLjgnfO{ ;fy{s :j?k lbG5 . b'Mvn] ltvfl/Psf], lgvfl/Psf] / vfl/Psf] dfG5] agfpF5 . k|To]s kL8fn] hLjgdf kf7 l;sfO/x]sf] x'G5 . To;nfO{ xfdLn] cfTd;fy ug'{kb{5 . lsgls hLjgdf ptf/r9fj cfpg' :jefljs xf] . uf8L rnfpbf klg t l;wf ;Dd af6f] dfq eof] eg] ofqf k6of/ nfUbf] x'G5 . st} gfua]nL 3'DtL t st} psfnf] cf]/fnf] af6fx?n] uf8Lsf] ofqf /f]dfGrs agfpb5 . To:t} lttf ld7f knx?, ;'v b'Mvdf ef]ufO{x?n] hLag hLpgdf /dfOnf] agfO/x]sf] x'G5 . t/ dflg;x?df cfOkg{] cy{ g ay{sf] b'Mv rflxF pgLx?sf] cfkm\g} cx+, x]nRoqmfO{F, 3d08Lkg / c1fgtfn] x'g] ub{5 . hLjg / hutnfO{ a'e\mg g;Sg' / j}lbs lzIffnfO{ cFufNg g;Sg' b'Mvsf] d'nsf/0f xf] . a'em\g] efiffdf eGgkbf{ l9nf] ;'Tg', l9nf] p7\g', ;w}F cfkm\gf] enfO{sf] nflu dfq ;f]r /fVg', n]gb]g gldnfpg', c;To af]Ng', lx+;f ug'{, tfdf;L ef]hg vfg', O{Zj/k|lt elQmefj g/fVg', a9L dxTjfsf+IfL aGg' b'Mvsf sf/0fx? x'g\ .

jf:tjdf …;Gt]fif k/d\ ;'vd\… eg]em}+ cfk"m;Fu ePsf] s'/fdf ;Gt'i6 x'g'g} k/d zflGtsf] klxnf] v'8\lsnf] xf] . t/ dflg; tfO g t'O s'/fdf ef}tfl//fv]sf] x'G5 . sdfpg / n'sfpgdf Jo:t x'G5 . dfgf}+ ls Tof] ;a} sdfO{ d/]kl5 klg ;Fu;Fu} n}hfg ldN5 h:t] u/L . cflv/ xfdL vfnL xft cfPsf xf} / vfnL g} hfG5f}+ eGg] s'/f yfxf x'Fbfx'Fb} t oqf] lalw nf]e ub{5g\ , le+mufs]f af];f] g} lemS5g\ eg] xjfO{hxfhdf h:tf] k|ltJolQm @) s]hL dbf{ ;fydf n}hfg kfOG5 eGg] xf] eg] slt ;DktL y'kfy]{ xf]nfg\ . nf]eL afx'gL ah}n] dg]{ a]nfdf klg k};fsf] y}nL 5fd]h:tf] . ToxLF nf]eLkfkL dgn] ubf{ dflg;x? cfglGbt x'g ;Sb}gg\ . sf]xL geP/ b'MvL x'G5g\, sf]xL cs"t eP/ b'MvL . h] eP klg oyf{t / ul/Psf] ck]Iff k'/f gx'g'n] dflg; b'MvL x'G5g .

**z'l4s/0f eg]sf] s] xf] <**

xfd|f] z/L/n] ;w}F cf/fd vf]H5 . dl:tisn] zfGtdo jftfj/0f vf]H5 / dgn] zflGt vf]H5 . zflGt eg]sf] ;ftrqmleq t/+lut x'g] gau|x nufotsf] k|sfz ?kL cfTdfnfO{ noa4 u/fpg' xf] . h;/L l;tf/ afbsn] l;tf/sf] tf/ gldnfO{ w'g ahfpg ;Sb}g cyjf Tof] w'g s;}n] dg k/fpFb}g, To;}u/L xfd|f] z/L/leq t/+lut x'g] t/+ux?nfO{ noa4 u/fpg g;s] hLjgdf 56\k6L x'G5 . z/L/nfO{ ;flTjs ef]hg / lgoldt of]uf;g÷Jofofd u/]/ z'4 kfl/G5 . dl:tisnfO{ z'4 kfg{ Wofg / dGqf]rf/0f ul/G5 t/ k|sfz?kL cfTdfaf6 t/+lut x'g] dgnfO{ s;/L zflGt Nofpg] jf z'l4s/0f ug]{ eGg] s'/f rflxF w]/}n] a'em]sf 5}gg\ . laz]ifu/L klZrdL b]zsf dflg;x?n] o;sf] e]p g} kfPsf x'Fb}g . pgLx?n] u/]sf] of]uEof;n] cf/fd t lbG5, t/ cfWoflTds hfu/0f NofpFb}g, dgdf zflGt NofpFb}g . klxnf] s'/f t zl// / dgsf] z'l4s/0f x'g' ckl/xfo{ 5 .

*xjgn] kjg z'4, zfsfxf/L ef]hgn] z/L/ z'4*

*elQmn] efjgf z'4 cgL ;dk{0fn] k|]d z'4 .*

*of]u Wofgn] cfTdf z'4 / bfgn] wg z'4*

*;Tsd{n] dg z'4 cgL ;T;+un] 1fg z'4 .*

j}lbs zf:qx?n] xfd|f] % k|sf/sf C0fx?M– O{Zj/sf] C0f÷baj C0f, lkt[s'n C0f, Clifx?sf] C0f, a'jfcfdfsf] C0f / lzIfs lzlIfsfsf] C0f x'G5 eg]/ eGb5 . O{Zj/;Fu s[t1 eP/ k"hf ugf{n] O{Zj/sf] C0f ltl/G5 . k|s[ltnfO{ k|]d u/]/ b]a C0f ltl/G5 . lkt[s'nsf] p4f/ u/]/ jxfFx?sf] C0f ltl/G5 . o1 xf]d u/]/ / j}lbs 1fg afF8]/ Clifd'lgx?sf] C0f ltl/G5 . laz]if u/L u'?k"l0f{dfdf k"hf ug{' poo"Qm x'G5 . cfkm"nfO{ hGd lbg] a'jfcfdfnfO{ ;]jf 9f]u u/]/, kfngkf]if0f u/]/ a'jf cfdfsf] C0f ltl/G5 . / cfk"mnfO{ k9fpg] lzIfs lzlIfsfnfO{ a]nfa]nfdf pkxf/ lbP/ jxfFx?sf] C0f ltl/G5 . æb}jn] lbg] lkt[n] xg]{Æ eg] em}+ O{Zj/n] lbPsf] s'/f klg lkt[n] xg{ ;S5g\ . To;}n] lkt[s'n k'hf cTofjZos 5 . 3/df cfkm}n] ug{] xf] eg] – æç lkt[b]jf] ejM dft[ b]jf] ejM ;d:t s'n b]jf] ejM ç gfu sl/s/ b]jbQ+ wgG~ho Æ eg]/ hn, k'ik, kmn, g}a]B, w'k ck{0f ug{' kb{5 . To:t} a]nfa]nfdf gfuk"hf / u|x :jl:t zflGt klg cfjZos 5 . o;/L hLjgdf ;d[l4 / zflGtsf] nflu C0f r'Qmf tyf z/L/, dl:tis / dgsf] z'l4s/0f ckl/xfo{ 5 .

**;To s] xf] t < s] xfdL ;a} cfWoflTds aGg'k5{ <**

Pp6f 7"nf] e|d dflg;x?df s] 5 eg], kx]+nf] a|:q, v/fgLsf] 6Lsf], hkdfnf 3fF6Ldf le/]sf] dfG5]nfO{ cfWoflTds eG7fG5g\ . b]vfj6L / 9f]+uL ;dfhn] o;/L klg cWofTdnfO{ k|b'lift kf/]sf] 5 . jf:tjdf hLjg / hut\nfO{ /fd|f];Fu a'e\mg] k|of; ug'{, :jo+ cfk"mleq k;]/ a|Dxf08Lo pmhf{sf] ;"Id cg'ea ug'{ / j}lbs ;+:sf/ cg'?k hLjgofkg ug'{ g} cWofTd xf] . cWoflTds aGg] eGbf klg x'g] s'/f xf] . k|s[ltsf] cb\e"t lgodnfO{ a'emL ;s]kl5 O{Zj/ elQmefj cfkm} hfUb5, ;xcl:tTjsf] af]w x'g yfNb5 . h:tf] ls ?vla?jfx?n] lbPsf] k|f0fjfo' af6 xfdLn] hLjg kfPsf 5f}+ eg] xfdLn] km\ofFs]sf] ckfgjfo' af6 la?jfx? hLljt 5g\ . of] a'lem;s]kl5 t Tof] dflg;n] hyfefjL ?v sf6\g ;Sb}g, x}g / < ;Dk"0f{ k|f0fL / ag:klt;Fu ulx/f] ;fOgf] ePsf] dx;'; ub{5 . ca p;nfO{ dfgatf, k|]d / Ifdfsf] s'/f dgleqb]lv g} k|:km'6g x'g yfNb5 . ;To / c;To ;lhn} 5'6\ofpg ;Sg] x'G5 . To;}n] d o'jfo'jtLx?nfO{ laxfga]n'sfsf] s]xL ;do of]uWofgdf Aoltt ug{ cg'/f]w ub{5' . To;sf] nflu ;flTjs ef]hg / k~rzLnsf] kfngf klxnf] v'8\lsnf] xf] lsgls ;fsfxf/L ef]hgn] z/L/, dg / dl:tis z'4 x'G5 . z'4 dgn] u/]sf sfo{x?n] ;sf/fTds kl/0ffd NofpFb5 / lgZro g} To;kl5 ;Gt'i6 eOG5 . dg zfGt x'G5 . cWofTd eg]sf] hLjgsf] 5'§} kf6f] xf]Og . a? hLjg, hut, k|s[lt / a|Dxf8Lo pmhf{sf] ulx/f] tfnd]n a'em\g ;Sg' g} cWofTd xf] .

ca s'/f u/f}+, ;Tosf] . ;f/f a|Dxf08 g} k|sfzk'~h xf] / o; wtL{df ePsf k|To]s hLjhLjfTdfnfO{ ;"Id Hof]ltn] ;+rfng ul//fv]sf] 5 . ToxL ;"Id Hof]lt -gLnf]–/ftf]–;]tf]\_ af6 pTkGg t/+ug} r]tgf xf] . dflg; hgfj/ / ag:kltdf r]tgfsf] :t/ km/s k/s x'G5 . / xfd|f] d'6'sf] g]kYodf /x]sf] l;of]sf] 6'Kkf]eGbf klg ;'Id k|sfz -h;nfO{ xfdL cfTdf eGb5f}+\_ n] xfd|f] dg–dl:tis / zf/Ll/s ultlalwx? ;+~rfng ul//fv]sf] 5 . cfTdf / z/L/ km/s s'/fx? x'g\ . z/L/ db{5 t/ cfTdf cd/ 5, oxL g} ;To xf] . xfdL k/dfTdfsf] c+z xf}+ / jxfFsf] ;'Gb/ ;[li6 . ef}lts ;+;f/ dfFofdf h]lnPsf] 5 . k|s[ltdf b]lvPsf x/]s lrh gfzjfg 5 -xfd|f] z/L/ klg\_ t/ Tof] cfTdf?kL k|sfz tTj zf:jt 5, g hGdG5 g d5{, of] g} ;To xf] .

;a}n] a'em\g] efiffdf ;f+;fl/s ;Tosf] s'/f ug]]{ xf] eg] ;a}n] l9nf] rfF8f] sd{cg';f/sf] kmn ef]Ug'kb{5 . of] ;To xf] . v';f{gL lk/f] x'G5, sfutL cldnf] x'G5 . b'wn] tfut lbG5 eg] hfF8/S;L ;]jgn] dflg;sf] /fIf;L k|a[lQ hGdfpFb5, of] ;To xf] . oL 8fFsfx? lab]zLsf e/Lofx?bn] r':g ;Dd r';] . lgbf{]if g]kfnL hgtfx?sf] cfF;', /ut / aLo{ lkpg] /fi6«3ftL g]tfx?sf] lbg ca ;lsof] . æsnf} a|fXd0f /fIf;Æ cyf{t\ snLdf aX|d1fg l;sfpg] a|fXd0fx? rf08fn afx'g ag]kl5 /fIf; vf]hL/fVg' kb}{g eg]sf] xf] . la ;+ @)&& d+lz/ pTktLsf PsfbzLsf lbg b]lv lalwjt\?kdf snL ;dfKt eP/ q]tf o'u -/fd/fHo\_ sf] cfudg ePsf] 5 . ca ;r]t g]kfnL hgtfx?n] k[YjLgf/fo0f zfx, /fhf dx]Gb|, h+uaxfb'/ h:tf s'zn zfifsx? vf]hL/x]sf 5g\ . @$) aif{ eGbf k5f8Lsf] Oltxf; ga'Efmg' xfd|f] sDhf]/L xf] . afaf uf]/vgfysf] cflz{afbn] Oltxf;sf] sfnv08df du/, dNn, dxh{g, /fO{, yf?x? -;"o{a+zLx?\_ klg t /fhf ePsf lyP gL xf]Og /< Oltxf; bf]xf]l/G5 Tof] ;To xf] . / clxn] g]kfnL hgtfx?n] hgs h:tf 1fgL /fhf, xl/ZrGb| h:tf bfgL /fhf, eujfg /fd h:tf :g]lx /fhf / k|tfk dNn h:tf hgtfsf] dgf]efjgf a'em\g] nf]slk|o /fhf vf]lh/x]sf 5g\ . >L:j:yfgLdf a0f{g ul/Psf] gj/fh /fhf syfdfq geP/ xlsst g} ePsf] lyof] . ca l5§} g} ;Rrf g]kfnLx?n] /fi6«sf] cl:dtf arfpg] :g]xL /fi6«lktf xfdL hgtfx?s} dfemaf6 5fGb5g\ . of] klg ;To xf] .

**lsg s'z]Zj/ wfddf g} q]tfo'usf] lzjuf]/If dlGb/ lgdf{0f ug{' ePsf] xf] lg <**

dfga nufPt ;Dk'0f{ k|f0fLx?nfO{ ;b\u'? uf]/Ifgfy lzj afafn] ;[li6 ug'{ ePsf] 7fFpg} g]kfnyf]s l:yt s'z]Zj/ wfd xf] . k[YjLs} k|yd Hofltln+u pTktL ePsf] 7fFp, lai0f' hL / a|Xdf hL n] klg st{Aoaf]w ug{' ePsf] klaq :yn xf] of] . ;KtCifL nufPt xhf/f} CifLd'gLx?n] tk:of ug{' ePsf] tk:of :yn xf] of] s'z]Zj/wfd . g] d'gLn] kfng kf]if0f ug{' ePsf] eP/ jxfFs} gfFpaf6 xfd|f] b]zsf] gfFp g]kfn /xg uof] . / g] d'gLn] klg olx a;]/ tkZof u/L tkf]an k|fKt ug{'ePsf] lyof] . eujfg\ /fdsf u'? dxifL{ laZjfldqn] olx b'uf{3f6df a;]/ klaq ufoqL dGqsf] /rgf ug'{ ePsf] lyof] . dxfef/t sf] o'4 laho kZrft sfo{l;4L :j?k eujfg\ >Ls[i0fn] klg k'ikhn r9fpg oxfF cfpg'ePsf] lyof] . ;du|df lty{x?sf] klg lty{ of] cnf}lss b]ae"dL xf] . uf}/Lz+s/ lxdfnaf6 au]sL sf]zL gbL -klaq u+uf\_ / s]bf/gfysf] lz/ 8f]n]Zj/ wfdaf6 au]sL /f]zLsf] ;+ud:yndf cakl:yt s'z]Zj/ wfdsf] cfWoflTds dxTj sf] aofg ul/ ;fWo 5}g . wd{ sd{sf] kmn k|flKt / r]tgfsf] z'l4s/0f x'g] laZjsf] Ps dfq klaq e"dL xf] s'z]Zj/wfd .

csf]{ dxTjk'0f{ s'/f, h;/L wf/fdf kfgL wldnf] cfof] eg] xfdL wf/fsf] 6'6L xf]Og ls kfgLsf] d'n ;kmf u5f} . dfga nufPt ;Dk'0f{ k|f0fLx?sf]] ;[li6– cyf{t lahsf] pTktL ePsf]n] klg of] 7fFpaf6 r]tgfsf] z'l4s/0f l56f] x'G5 . pbfx/0fsf] nflu xfdLx? b]jfnL cyjf s'n k"hf ug{ d'n3/df g} hfG5f} . OG6/g]6 jf 6]lnkmf]gsf] 6fj/ klg To:t} 7fFp 5fg]/ /fVg'k5{ gqeg] /fd|/L ;"rgf kafx x'b}g . l7s To:f}u/L lzv/ z}nLsf] dlGb/n] a|Xdf08Lo phf{ Pslqt u/L dfga r]tgfdf z'l4s/0f ug{] x'bf xfdLn] of] klaq :yn /f]Hg' k/]sf] xf] . xfd|f] dgv'zLn] eGbfklg afaf uf]/vgfysf] cfb]zn] uf]/vgfy sNof0f s]Gb|sf] dfu{lgb]{zgdf dlGb/ agfPsf xf} . olx la ;+ @)&& ;fn d+lz/ pTktLsf PsfbzLsf lbg b]lv lawLjt ?kdf q]tfo'u cfudg ePsf] klg hfgsf/L lbg rfxfG5f} . ;a} dflg;x?n] o;sf] cg'ea l56} g} ug'{x'g]5 .

**lsg dnfO{ efUon] 7u]sf] < lsg d dfq kLl8t <**

s] tkfO{+dfq} of] b'lgofFdf b'MvL x'g'x'G5 < kSs} klg xf]Og . ;a}sf] cf–cfkm\gf] b'Mv 5 . b'Mvsf k|sf/ dfq km/s 5 t/ b'vfOsf] lk8f Pp6} x'G5 . t/, ;d:ofsf] ;dfwfg klg 5 eg] tkfO{ lsg ;w}F lrlGtt < k|To]s ;d:ofsf] ;dfwfg x'G5 t/ pkfo ghfg'Gh]n Tof] 7"nf] ;d:of aG5 . hfb'sf] uf]kgLotf yfxf kfPkl5 Tof] hfb' , hfb' g/x] h:t} xf] . km]l/ xfdLn] of] klg a'em\g' h?/L 5 ls k|To]s s'/fsf] sf/0f x'G5 . xfdLn] ;+lrt sd{sf] kmn ef]lu/x]sf klg x'g ;S5f}+ cyjf To;k|ltsf] c1fgtf klg x'g ;S5 . b'MvL x'g'sf] csf]{ sf/0f eg]sf] hLjg k2lt k|lqmofnfO{ l7s 9+un] ga'em]sf] klg x'g ;S5 . O{Zj/sf] s[kofn] of] /x:odoL z/L/, ;'Gb/ hLjg t kfof+} t/ o;nfO{ l7s 9+un] ;+rfng ug{ ghfGg' g} b'Mvsf] d'n sf/0f x'G5 .

cfWoflTds hfu/0f x'gsf] nflu xfdLdf s]xL sl7gfOx? cfpF5g\ . nIdL / ;/:jtL Ps} 7fFp a:b}gg\ elgG5 Tolx eP/ klg cfWoflTds 1fg -cfTdf af]w\_ cfpgsf] nflu klg dflg;x? Aofkf/ Aoa;fo 3f6fdf uO/x]sf] x'g ;S5 . hGd s'08nL cg';f/ klg olb xfdLdf sdfpg] hf]ufpg] ;do ;lsOsf] /x]5 eg] xfdLdf lakQL cfOkb{5 . To;nfO{ a'em]/ xfdLn] Tof] If0faf6 kf7 l;Sg'k5{ . cg'ea u/fpg klg hLjgdf b'Mv cfOkb{5 . sfutL gvfP cldnf]sf] :jfb s;/L yfxf kfpg' . Jofkf/df 3f6f gk/ Tof] Jofkf/LnfO{ 3f6f s] xf] < g} yfxf x'Fb}g . ctM b'Mv af6 klg xfdLn] kf7 l;Sg' k5{ . ltd|f] af6f] of] xf]Og eg]/ efUon] csf]{ af6f] kf] b]vfpg vf]h]sf] kf] xf] ls, s] yfxf <

hLjgsf] Pp6f lgod 5 ls Pp6f 9f]sf aGb eP klg csf]{ v'nf x'G5 . pbfx/0fsf]nflu Jofkf/df 3f6f eP ls t Jofkf/ ug]{ tl/sf ePg . ls t of] Jofkf/n] kmfk]g eGg] ;Demg'kb{5 . k|]dL k|]ldsfsf] la5f]8 eof] eg] ls t ;Fu} a:g gn]lvPsf] /x]5, u|xbzf ldn]g5 of t plrt ;do xf]Og /x]5 eGg] a'em\g'k5{ . Hof]ltifLo 1fgaf6 o;sf] pkfo lg:sG5 . xfdL cfkm\gf] kL8fdfq 7"nf] dfG5f}+, jf:tjdf ;a} g} kLl8t 5g\ . sd{sf] kmn ef]lu/x]sf x'G5g\ . O{Zj/ cGwf x'g'x'Gg . tkfO{sf] hLjgsf] k/LIff lnPsf] x'g ;S5 . ;Tf\dfu{df nufpg, IfdfzLn / ;Rrf dfga agfpg nufPsf] klg x'g ;S5 . sf]Onfdf ttfpFbf ttfpFbf ;'Gb/ lx/f agfP h:t} hLjg ;'Gb/ agfpgnfO{ klg kL8f lbPsf] x'g;S5 . lk8f / v'zLsf] tfnd]nn] g} hLjgsf] ;'Gb/ ePsf] x'G5 . To;}n] h;/L ltdL k|Tos v'zL ;xh ?kn] lnG5f} To;}u/L k|Tos lk8fx?nfO{ klg cfTdf;fy ug{ ;Sg' kb{5 . hLjg / hut /fd|/L a'em\sf] dflg; g t b'Mvdf cfltG5 g t ;'vdf dfltG5 .

**lsg dflg;x? clt e|i6 ePsf, dlt 5f8]sf <**

afj', of] ;dosf] bf]if xf] . slno'udf c;n dflg;x? g} e]l6b}gg\ eg] klg x'G5 . slnsf dflg;x?df z}tfgL zlQmn] xfjL u/]sf] x'G5 . xfdL g/gf/Laf6 g/gf/fo0f aGg'kg]{df g/kz' ePsf 5f}+ . b]jTj / dfgatf s;}df 5}g . ;a}n] ofb /fVg'kg]{ d'Vo s'/f, xfdL h] vfG5f}+ ToxL g} aG5f}+ . hf8 /S;L, df;', v}gL, r'/f]6 h:tf /fIf;L ef]hg u/]kl5 :jefj}n] xfdL /fIf; aG5f}+ . O{Zj/k|lt elQmefj k6Ss} x'Fb}g . Facebook / Tiktok df em'l08g] ;do k|z:t x'G5 t/ xfdLnfO{ ;'Gb/ hLjg lbg'x'g] O{Zj/nfO{ ;Demg % ldg]6 klg ;do x'Fb}g . km]l/ /fIf;L ef]hgn] ubf{ xfd|f] d'nfwf/ rqm ;w}F ;lqmo x'G5 . h;sf] sf/0fn] dflg;x?df nf]e, 3d08, qmf]w, sfd'stf, 8/, lx+;fTds ka[lQ a9\5 h;sf] sf/0fn] dflg;sf] dlt e|i6 x'G5g\ . To;}n] t of]uWofgdf zfsfxf/L hLjgnfO{ klxnf] k|fyldstf lbOG5 .

:jefj}n] dflg; c;Gtf]ifL k|f0fL klg xf] . p;sf OR5f cfsf+Iffx? c;Lldt x'G5g\ / k"/f ug{df bf}8w"k ub{5g\ . :jefj}n] dflg; srsr] k|f0fL xf] . 3fd nfUbf æs:tf] sfd nfu]sf] <Æ eG5 . afbn nflulbof] eg] km]l/ æ3fdsf] d'v g} b]Vg kfOPgÆ eG5 . nf]e klg olt w]/} u5{ ls Po/kf]6{df #) s]hL ;fdfg ;fydf nUg kfOg] h:t} olb dbf{v]/L klg of] of] ;fdfg nUg kfOG5 eGg] lgod x'g] xf] eg] dg]{ a]nfdf s] s] ;fdfg a6'NYof] xf]nf . dbf{ v]l/ s§' klg km'sfn]/ hfg'k5{ eGg] yfxf x'Fbfx'Fb} klg slt nf]e u/]sf] xf]nf < lwSsf/ 5 .

o;} k|;+udf Pp6f syf eG5' – Ps lbg Pp6f levf/L lev dfUb} dfUb} /fhfsf] b/af/ cufl8 k'U5 . /fhfn] klg æTo;sf] a6'sf e/L cGg vfg]s'/f b]pmÆ eG5g\ . l;kfxLn] Tof] levf/Lsf] a6'sfdf ;fdfgx? xfNb} hfG5f t/ a6'sf el/Fb}g . To;kl5, l;kfxLn] cfZor{rlst x'Fb} ;f]W5g\, æxg of] a6'sf] s] sf] xf] <Æ

levf/Ln] pQ/ lbG5, ædfG5]sf] vKk/ xf], dxf/fh .Æ

**xfd|f] lbgrof{ s:tf] x'g'k5{ <**

!= a|Dxd"t{df p7\g], tftf]kfgLdf lqkmnf /; lkpg], ;fwf/0f of]uEof; / k|f0ffofd ug]{ . ;/;kmfOkl5 O{Zj/ elQm k"hf ug]{ . O{Zj/ k|lt s[t1 x'g'xf];\ t/ s]xL klg gdfUg'xf];\ .

@= laxfgsf] vfgf \*÷( ah] vfg' pQd x'G5 . lsgls of] ;dodf k]6df clUg tTj ;lqmo x'G5 / vfgf ;lhn} kRb5 .

#= vfgf vfFbf sbflk kfgL lkpg' x'Fb}g . lsgls lr;f]kfgL lkpFbf cfdfzo leq aNg] clUg tTj lgE5 / kfrg k|lqmofdf afwf cfpF5 . kmn:j?k lqbf]ifdf c;Gt'lnt e} !$) j6f /f]ux? nfU5 . vfgf vfPsf] ! 306fkl5 dfq kfgL lkpg'xf];\ . k6s k6s u/L lbgdf @÷# ln6/ kfgL lkpg' kb{5 .

$= lbge/ !) ah] b]lv % ah] ;Dd /fd|/L sd{of]u ug'{xf';\ . sfof{nosf] sfd xf]; of Jofkf/ Joj;fo, s[lif h] ;'s} t/ Odfgbf/Lsf ;fy ug'{;\ . o;/L ug'{;\ ls sfd g} Wofg jf k"hf agf];\ .

%= lbpF;f]sf] vfhf !–@ ah] pQd x'G5 . a]n'sfsf] vfgf hlt ;Sbf] sd vfg], /f]6L t/sf/L ;'k rflxF pQd .

^= ;fFemsf] ;do v]n]/ jf ;+uLtdf d:t eP/ latfpg'xf];\ . a]n'sfsf] ;do cfkmg} 3/kl/jf/nfO{ xf];\ .

&= vfgf vfPsf] @ 306fkl5 dfq ;'Tg';\ . !) ah]eGbf cufl8 ;'lt;Sg'k5{ . laxfg ca]/;Dd ;'Tof] eg] /f]u lglDtG5 .

\*= k|zf]lwt t]n, d}bf, ;]tf] g'g, ;]tf] lrgL, sf]sfsf]nf, rfprfp, df;', hfF8, /S;L, r'/f]6, :jfb a9fpg] Msg /;fog / Doctor pills sbflk gvfg';\ . logLx? laifsf kf]sf x'g\ . ;w} dgg ug{'xf];, :jf:Yo g} wg xf] .

(= ;w}F ;flTjs ef]hg ugf]{;\, laxfg ;w}+ g'xfpg'xf];\ .

!)= aLo{ xfd|f] hLjgsf] pmhf{ xf] . To;}n] hlt ;Sbf] arfpg'xf];\ . laafx kZrft klg dlxgfdf !÷@ k6ssf] ;Def]u dfq :j:ys/ x'G5 .

!!= ;'Tbfv]/L l;/fgL k"j{ lbzftkm{ kfg'{;\, ;'Tg'cufl8 Wofg ug'{;\ .

!@= ;fwf hLjg pRr larf/ lngf];\ . cfjZos k/]sfx?sf] ;]jf ug'{;\ / j}lbs 1fg afF8\g'xf];\ . k+rzLnsf] kfngf ug'{;\ . hLjg To;} ;'vL x'G5 .

!#= yf]/} vfgf];\, bf]Aa/ lxF8\gf];\ / t]Aa/ xfF:gf];\ . nf6fn] kfkf x]b{} xf;] h;/L xf:g'xf];\ .

**lqbf]if s] xf] < o;nfO{ s;/L ;Gt'lnt /fVg] <**

hl8a'6L cf}ifwL pkrf/, :j:ys/ vfgkLg / bL3f{o'sf] 1fg l;sfpg] j}lbs zf:qnfO{ …cfo'j]{bÚ elgG5 . cfxf/, laxf/ / a|Xdrf/ g} :j:y hLjgsf] /x:o xf] . cyf{t, z'4 zfsfxf/L vfglkg, pQd lbgrof{ -zfl//Ls s;/t / laxfg l56f] p7g]\_ / hlt ;Sbf] aLo{sf] art ug{] eGg] s'/f xf] . cfo'j]{bsf] cfwf/e"t l;4fGt eg]sf] xfd|f] z/L/df ePsf] skm, jfy, lkQnfO{ ;Gt'lnt /fVg] xf] . xfd|f] z/L/ # j6f pmhf{ – cfuf], kfgL / xfjfaf6 ;+rflnt 5 . h;nfO{ lkQbf]if -cfuf]\_, kfgL tTj -skm\_ / xfjf tTj -jfy\_ elgG5 . oxL lqbf]ifn] g} ;Dk"0f{ z/L/sf] kfrglqmof, ;+a]bgf, cg'e"lt Ifdtf, :d/0fzlQmnfO{ k|efa kf/]sf] x'G5 . ctM lqbf]if ;Gt'lnt /fVg oL lgDg lnlvt s'/fx?df Wofg lbg'xf];\ .

!= a|Dxfd"t{df p7\g'xf];\ / lqkmn /; of dx sfutL tft]kfgL;Fu piffkfg ug'{;\ .

@= vfgf vfPsf] ! 36fkl5 dfq kfgL lkpg';\, r':sLdf lkpg';\ . vfgf;Fu sbflk klg lr;f] kfgL glkpgf];\ .

#= laxfg ;fwf/0f ef]hg ug'{;\ . df;', /S;L,r'/f]6 /fIf;L ef]hg ePsf]n] sbflk Tof l;gf] gvfg';\ .

%= tftf]kfgLdf dx / bfnlrgL ld;fP/ lkpg';\ . jfy / skmnfO{ of] pQd cf}iflw xf] .

^= a]n'sf tftf]kfgLdf ld>L, £o", Hjfgf] ld;fP/ lkpg';\ , o;f] ubf{ ysfg d]l6G5 .

&= kfgLdf d]yL lehfP/ /fVg';\ / laxfg kfgL d]yL bfgf rkfO–rkfO vfg';\ . afy skm nufot dw'd]x / d[uf}{nf /f]uLsf] nflu of] pQd 3/]n' pkfP xf] .

\*= a]nfa]nfdf tf]/Lsf] t]ndf Hjfgf] d]yL k8\sfP/ z/L/ dfl;n ug'{;\ . afy /f]u x'g lbb}g .

(= k|zf]lwt t]n Refined Oil sbflk gvfg';\ . of] /;folgs ldl;Psf] laifsf] kf]sf] xf] . To:t}, 8fN8f £o' kUngnfO{ $% l8u|L tfkqmd rflxG5 . xfd|f] z/L/df eg] #& l8u|L dfq tfk x'G5 . To;}n] o:tf] 8fN8f -ag:ktL £o'\_ vfPdf pQm £o' g;f g;fdf hDb5 / d'6'/f]u nfUb5 . k|zf]lwt t]n tyf 8fN8f £o' alh{t ug'{;\ .

!)= SoflN;od cfk"lt{sf] nflu b'w, bxL, £o', pv'/;, r'gf lng'xf];\ . lgoldt ?kdf kmnkm"n, ;fu;AhL / u]8fu'8L vfg'xf];\ .

!!= ;]tf] lrgL, ;]tf] g'g, d}bf, rfprfp, 8fS6/sf] cf}ifwL, sf]s laifsf kf]sf x'g\ .

!@= cb'jf, a];f/, d]yL, Hjfgf], bfnlrgL, n;'g, Kofh, t'n;L, £o's'df/L, s'l/nf], sfutL, u'hf]{, c:juGwf h:tf hl8a'8L lgoldt ;]jg ug'{xf];\ .

!#= l5§} ;'Tg';\ / l5§} p7\gf];\ . ;'Tg'cl3 Wofg ug'{;\ . :d/0f/xf];\, afy lalu|Pdf \*) j6f /f]u, lkQ lalu|Pdf $) j6f /f]u / skm lalu|Pdf @\* j6f /f]u nfU5 . lqbf]if ;Gt'ng – :j:y hLjg .

**hLjgdf dxTjk"0f{ s'/f s] xf] <**

hLjgdf dxTjk"0f{ b'O{ lrh 5g\– :j:y hLjg / 1fg .

hLjg :j:y ePg eg] tkfO{sf] wg ;DklQ ePsf] s] cy{ < /f]uL ePkl5 cfkm\g} 5f]/f5f]/L / cfkmGt klg 6f9f x'G5g\ . /f]uL z/L/ af]s]/ c:ktfnsf] z}ofdf d[To'nfO{ kv]{/ afFRg'sf] kL8f ToxL la/fdLnfO{ ;f]Wg';\ . cem egf}+ clxn]sf] of] sf]le8–!( n] ;+qmldt tL dflg;nfO{ x]gf]{;\ . slt qfxL qfxL eP/ afFr]sf 5g\ . t;y{ :j:y hLjgsf] nflu, zfsfxf/L ef]hg, lgoldt of]uWofg, ;Tsd{ / O{Zj/k|ltsf] elQmefj ckl/xfo{ 5 .

csf]{ c1fgtf b'Mvsf] sf/0f xf] . h:tf] ls 3/df uf8L 5, rnfpg cfpFb}g . sDKo'6/ 5, vf]Ng cfpFb}g . df]jfOns} g]6js{ ldnfpg] 1fg ePg eg] s:tf] x}/fgL x'G5 . la/fdL x'SFbf l7s bafO vfg ghfGbf hLjg ajf{b x'G5 . u|xbzf lau|]sf] 1fg ePg eg] :jl:t zflGt ul/Pg eg] klg hLjg d/]t'No x'G5 . t;y{ 1fg eg]sf] Hof]lt xf] . x/]s ;d:ofsf] ;dfwfg j}lbs 1fgn] lbG5 .

:j:y hLjgsf] /x:o eg]s} aLo{ ;+ro xf] lsgeg] aLo{ eg]sf] cf]h;, t]h, ls+lt{, 1fg e08f/ / a|Dxf08Lo pmhf{sf] ;|f]t / hLjgsf] cl:tTj g} xf] . xfd|f] hLjg klg aLo{af6} ;'? x'G5 / jLo{ ;'Sb} hfg' eg]sf] a'9\of}nL x'Fb} hfg' xf] . zf/Ll/s zlQm / :d/0fzlQm IfL0f x'g' xf] . lglZrt ?kdf zfl/l/s ;+ef]u hLjgsf] ckl/xfo{ kf6f] xf] t/ ;Def]usf] plrt 1fg gx'Fbf lxhf]cfhsf dflg;x? o'jf cj:yfd} g} lkl8t / :vlnt ePsf x'G5g\ . cfw'lgs dflg;x?df ePsf] tgfa, b'a{ntf, :d/0flQmsf] x|f;, /fIf;L k|a[lQ klg aLo{ :vngsf] sf/0f xf] . xfdLn] vfPsf] vfgfaf6 /;, df;', /ut, dHhf x'Fb} aLo{ aGb5 . @) u|fd aLo{ aGgsf] nflu #% lbgsf] ef]hg cfjZostf kb{5 . To;}n] t k6s k6ssf] cy{lxg aLo{ :vng, x:td}y'g :jf:yosf] nflu xfgLsf/s x'G5 . laafx aGwgdf aflwPsf bDktLx?n] klg dlxgfsf] !÷@ k6seGbf a9L zfl/l/s ;Def]u ug{' x'b}g . ;flTjs ef]hg u|x0f ubf{, hl8a'6L ;]jg ubf{ / lgoldt of]u Wofgaf6 aLo{ ;+ro clws x'g hfG5 / xfdL :j:y tyf a|Dx 1fgL x'G5f}+ . ;a}nfO{ r]tgf eof .

**sf]le8 !( sf] dxfdf/Ln] s] s:tf] kf7 l;sfof] <**

6fOlkml6Ëdf x]nf] xfO ug]{ ;Eo egfpFbfx?

cfh, g]kfns} klaq cleafbg …gd:sf/… eGb}5g\

a];f/ Hjfgf] d]yL vfFbf xfdLnfO{ …kfv]Ú eGg]x?

xfd|} j}lbs ;+:sf/nfO{ gdf]gdM eGb}5g\

gfl:ts 8fS6/, kfv08L lqml:rog d';ndfgx? klg

lzj uf]/If dGq ç gdM lzj lzjfo hKb}5g\

Hofgsf] afhL nufP/ wg ;DklQ hf]ufpg]x?

clxn] ;Dkltsf] dfFof df/]/ Hofg hf]ufpFb}5g\

…v} Û O{Zj/ sxfF 5 <Ú eGg] ;'Fu'/:jfF7x?

clxn], …x] O{Zj/ Û ltdL sxfF 5f}+<Ú eGb} k'sfb}{5g\ .

;do anjfg\ x'G5 . Ps gDa/sf] h8\ofFxf / :ofnn] l;gf] n'5]h:t} u/L df;' vfg] dfG5] klg ;do rqmn] ;fFRr}sf] ;fFw' ag]sf w]/} pbfx/0fx? kfOG5 . df;' ge]6bf s'v'/fsf] KjfFv 88fP/} eP klg eft vfg] dfG5]x? ;don] kl/jt{g u/fP/ z'4 zfsfxf/L agb5g\ . o;}u/L dfly sljtfdf eg] em}+ sf]le8–!( sf] dxfdf/Ln] cfd'n kl/at{g u/fof] . x'g t nfvf}+ dflg;x?sf] Hofg uof], b'Mv klg nfU5 t/ o;nfO{ lgoltsf] v]n g} dfGg'k5{ . k|s[ltn] ;Gt'ng /fVg a]nfa]nfdf o:tf kl/36gfx? 36b5g\ . lg;f:;LPsf] k[YjLnfO{ klg cf/fd rflxPsf] lyof] . k|s[lt / jftfj/0fnfO{ z'l4s/0f ug'{ lyof] . cfw'lgs dflg;x?nfO{ eft[Tj / dfgatfsf] kf7 k9fpg' lyof] . To;}n] ;don] /fd|/L kf7 k9fPsf] ;Demg'kb{5 .

**a|t lsg a:g'k5{ <**

wfld{s b[li6sf]0fn] lbgel/ g} cGg ef]hg gug'{nfO{ a|t elgG5 . j}lbs sfnaf6 rnLcfPsf] a|tsf] k|rng cem} klg g]kfndf 5 . t/ s]xL xl/n¶sx?n] o;nfO{ cGwlaZjf; eg]tfklg o;sf] a}1flgs / cfWoflTds sf/0f tyf rdTsfl/s kmfObfx? cfw'lgs vf]hcg';Gwfgn] k'li6 u/]sf] 5 . gf]a]n k'/:sf/af6 k'/:s[t oL b'O{ a}1flgsx? -Sof]tf] laZjlaBfnosf k|f]km];/ tf;'s' xf]hf] / 6]S;f; laZjlaBfnosf k|f]km];/ h]D; Pln;g\_ n] olb dflg;n] zfsfxf/L ef]hg u/]/ xKtfsf] Pslbgdfq a|t a;]df () k|ltzt SofG;/ /f]u nfUb}g /x]5 eg]/ kQf nufP . a|t lnFbf xfd|f] z/L/leqsf] sf]ifLo pmhf{ ;lqmo x'G5 . kfrg k|lqmofnfO{ cf/fd ldN5 / /f]u k|lt/f]wfTds Ifdtf klg a9\5 . a|ts} sf/0f z/L/ ;w}F hjfgL x'g] / bL3f{o' x'g] s'/f k|dfl0ft e};Sof] . xfd|f] z/L/df &) k|ltzt kfgLsf] dfqf x'G5 / ;'Vvf a|t -kfgL klg glkpg]\_ lnPdf dl:tis zfGt /xG5 . laz]ifu/L k"l0f{dfsf] lbg ;'Vvf a|t pQd dflgG5 tfls rGb|dfsf] zlQmn] ubf{ xfd|f] dgdf r+~rntf gcfcf];\ . t;y{ :jf:Yosf] b[li6sf]0fn] xKtfdf Ps lbg a|t lng' clt /fd|f] x'G5 . To;kl5 PsfbzLsf] lbg klg Psbd} /fd|f] xf] lsgeg] x/]s PsfbzLdf b}las pmhf{ cTolws x'g] x'bf of] lbg a|t a;]df cfWoflTds phf{nfe x'G5 . of]uWofgdf nfluk/]sfx?nfO{ PsfbzL -rGb|dfsf] cfsf/ a9\g z'? u/]sf] lbgaf6 !! cf}+ lbg\_ sf] a|t kmnbfoL x'G5 . d';ndfgx?n] klg Ob / /fdhfg -/fdnfO{ lrg\_ kj{sf] a]nf nfdf] pkaf; a:b5g\ . tgfa sd ug{] of] /fd|f] pkfo xf] . g]kfndf eg] dflg;x? cfkm\gf] OR5f cg';f/ a|t a:b5g\ . lzjhLsf] cf/fwgf ug]{n] ;f]daf/, u0f]z xg'dfgsf cf/fwgf ug]{n] d+unaf/ a|t a:g' kg{] x'G5 . klZrd]nLx?n] klg a|tsf] cTolws dxTj a'em]/ lxhf]cfh t w]/}n] a|t a:g yfn]sf 5g\ . To;}n], a]nfa]nfdf kmnkm"n /;dfq lkP/ pkaf; a:g'xf];\ . a|tn] z/L/df tfhsL eb{5, ;sf/fTds ;f]r hufpb5 .

**hLjgdf ;kmntf s;/L kfpg] <** hLjg t olQs} ;kmn e};s]sf] 5 gL . a? ;'Gb/ hLjg kfPsf]df O{Zj/;Fu s[t1 x'g'xf];\ g . xfdL cfdfsf] ue{df a:gsf] nflu @ nfv ;'qmls6x?;Fu o'4 n8\g' kb{5 . tL ;a}nfO{ k/f:t u/]kl5 dfq xfd|f] hLjg ;'? x'G5 . Tolx o'4 laho u/]sf]df v';L x'g'xf];\ , ls s;f] <

;kmntf cyjf k|ult eg]sf] vfnL Tof] 3/ hUuf hf]8\g', uf8L lsGg', hflu/ vfg' dfq xf] / < Tof] t cfkm\gf] ;Lk, Ifdtf / sd{ cg';f/ ;a}n] wg ;DklQ cfh{g u/]s} t x'G5g\ lg . km]l/ cfkm\gf] ;+lrt sd{ g} /fd|f] 5}g eg] hlt 6fpsf] 7f]s] klg sxfF kfOG5 / . h:tf] ls Hof]ltifLo kIfaf6 x]bf{ hGds'08nLx?sf] rf}yf] efjdf /fx', s]t', zgL ePdf Tof] dfG5]sf] cfkm\gf] 3/ hUuf x'g sl7g x'G5 . ca p;n] 3/ hUufsf] nflu 6fpsf] km'6fP/ x'G5 / < To:t} x/]s dflg;x?sf] Ps k6s efUo v'n]sf] x'G5 . o;nfO{ larf/ u/]/ ;~ro ug'{k5{ . hLjgdf cfpg] hfg] e}/fV5 . efUon] ;a}n] kfPsf] x'G5 t/ slt / slxn] eGg] s'/f eg] cfkm\gf] k"a{hGdsf] sdfOdf e/ kb{5 . h:tf] ls tkfO{n] w]/} sdfP/ a}+sdf hDdf ug'{ePsf] 5 eg] P l6 Pd :jLk ubf{ k};f w]/} lg:sG5 . hDdf gug]{sf] k};f sxfF af6 cfpg' gL . xf}, To:t} xf] k"a{hGdsf] sdfO{ klg . km]l/ Hof]ltifdf of]lugL bzf cg';f/ d+unf, wfGo, l;4f bzf rn]sf] a]nf wgfh{g, kbf]Gglt, 3/hUuf uf8L hf]8\g], lajfx ug]{ of k'qk'qL nfe ug]{ of]u g} x'G5 . of] ;do lrGg ;Sg'k5{ . cf}+;Lsf] /ftdf h'g vf]h]/ sxfF kfOG5 / < xf]Og / <

csf]{ dxTjk"0f{ s'/f cfTd;Gt'li6 g} ;kmn hLjgsf] d"ndGq xf] . h] 5, To;df g} /dfpg'xf];\ . OdfGbf/Lsf ;fy sd{ ug{xf];\, kmn cjZo k|Kt x'G5 . hLjgdf slt wg sdfpg], 3/ uf8L hf]8\g] eGbf klg tkfO{ slt v';L x'g'x'G5 eGg] s'/f] dxTjk"0f{ x'G5 . a}sdf k};f t 6Gg} 5 t/ dl/r rfp/LP h:tf] ;w} lgwfp/f] x'G5 / ;'TgnfO{ klg Sleeping Tablet vfg'k5{ Tolx dfG5] dxful/a xf] . t/ hf] dfG5] /fd|/L ;'Tg ;Sb5, hf] dfG5] dgleq b]lv k|km'lNnt eP/ xf:g ;Sb5 pm g} wgL dfG5] xf] .

**z/L/sf] k|lt/f]wfTds Ifdtf s;/L a9fpg] <**

xfd|f] z/L/sf] hLjf0f'x?nfO{ tGb'?:t agfO /f]ux?;Fu n8\g] zlQm alnof] agfpg'nfO{ k|lt/f]wfTds Ifdtf elgG5 . hfF8 /S;L, v}gL, r'/f]6, df;' vfPdf z/L/leqsf] sf]lifsfx? db{5g\ / xfdL sdhf]/ aGb} hfG5f}+ . a}1flgsx?sf] ulx/f] cg';Gwfgn] df;'n] /ut cldnf] agfpg] / l5§} g} SofG;/ nfU5 eGg] s'/f kQf nufPsf] 5 . df;'n] xfd|f] z/L/sf] kfrg k|lqmofdf u8a8L ub{5 . z/L/leqsf nfesf/L lhjf0f'x? dfb{5 / xfdL zlQmxLg aGb} hfG5f}+ . To;}u/L ;]tf] g'g, ;]tf] lrgL, :jfb a9fpg k|of]u x'g] (Msg) Sodium Glutamate eGg] /;fogn] x8\8LnfO{ unfOlbG5 . sf]sfsf]nf, rfprfp, d}bfsf] kl/sf/, k|zf]lwt t]n -ag:ktL £o"\_ x? Ps lsl;dsf] laifsf kf]sf g} x'g\ . ;fy} 8fS6/L cf}ifwL Pills n] z/L/leq /;folgs laif 5/L z/L/ lynlynf] kfb{5 . /f]u lgsf] x'g t stf xf] stf gs?Gh]n lkN; vfg afWo agfpb5 . t;y{ dfly pNn]lvt s'/fx? alh{t ug'{kb{5 .

;flTjs ef]hg, hl8a'8Lsf] k]o, ;fwf/0f of]uf;g / k|0ffofd :j:y hLjgsf] nflu ckl/xfo{ 5 . k|lt/f]wfTds Ifdtf a9fpg] eGbf klg aLo{ zlQm ;~ro ug'{ a'l4dfgL x'G5 . aLo{ xfd|f] hLjgsf] cl:tTj xf] . a|Dxf08Lo pmhf{ xf] . o'jf ca:yfdf ul/g] x:td}y'gn] hjfgL lzlyn agfpFb5 eg] a}jflxs hLjgdf klg dlxgfdf Ps b'O{ k6seGbf a9L ul/g] ;Def]u xfgLsf/s x'G5 . aLo{ ;~ro ug'{ eg]sf] ;k{ 7l8g]eGbf 7"nf] zlQm cfh{g ug'{ xf] eg] cgfjZos aLo{Ifo :jf:Yo / :d/0fzlQm laufg'{ xf] . c:juGw, u'hf]{ -cd[tf\_, s'l/nf], NjfË, ;'s'd]n, bfnlrgL, dx, £o", bxL, lznflht, of;f{u'Daf, kfFrcf}+n], lqkmnf r'0f{, ld>L kfgL, Hjfgf], d]yL, a];f/, t'n;L h:tf hl8a'8L ;]jgn] z/L/df k|lt/f]wfTds Ifdtf a9fpFb5 . la8Dagf,

dlGb/} dlGb/sf] zx/ eGy], c:ktfn} c:ktfnsf] zx/ eof] .

wGjGt/Lsf] cfo'j]{b lanfP/, k|To]s cGgkfgL g} hx/ eof] .

Jofs'n 5f}+, sfsfs'n eof] lhGbuL, Ps d'7L :jR5 xfjf g} /x/ eof] .

**jf:t'zf:q eg]sf] s] xf] < s] of] hLjgdf pkof]uL 5 <**

;+:s[t efiffdf jf:t' eg]sf] …af;:yfgÚ / zf:q eg]sf] …l;sfpg] la1fgÚ eGg] x'G5 . af;:yfg jl/kl/ gsf/fTds pmhf{ x6fO ;sf/fTds pmhf{ l;h{gf u/L af;:yfgdf /d0fLo jftfj/0f agfpg' g} af:t'zf:qsf] p2]Zo xf] . ;"o{ pmhf{ / k|s[ltsf kfFr tTjx? -cfuf], xfjf, kfgL, cfsfz, wtL{\_ sf] pmhf{ cg'?k g} agfOPsf] af;:yfgn] ;d[l4 / zflGt leqfpF5 . of] klg j}lbs lzIffn] ;'vL hLjg lhpgsf] nflu l;sfPsf] 7"nf] kf7 xf] . rfOgfdf Fusui /Fengsui eg]/ elgG5 / klZrdL d'n'sx?df Fengsui cg';f/ 3/ agfpg] k|lalw nf]slk|o 5 . la8Dagf, Fengsui eg]sf] af:t'zf:q xf] / tL rfOgLhx?n] klg tTsfnLg lazfn g]kfndf /x]sf] laZjsf] Psdfq gfnfGb laZjlabfnodf cfP/ af:t'zf:q l;s] eGg] s'/f rflxF w]/} sd dfG5]nfO{ yfxf 5 . rfOgLh efiffdf …km'pÚ eg]sf] xfjf / …;'O{Ú eg]sf] kfgL eGg] x'G5 . h;sf] cy{ xfjf / kfgLsf] pmhf{ cg'?k af;:yfg agfpg' eGg] x'G5 . h]xf];\, xfd|f] k'vf{x?n] l;sfpg' ePsf] j}lbs 1fg laZjel/ k|Voft 5 . cem egf}+ !! cf}+ ztfAbLlt/ g]kfnsf ;'k|l;4 sflnu8 c/lgsf] rLgdf uP/ 5fgfdfly 5fgf …Kofuf]8f z}nL]Ú sf] b/af/ tyf dlGb/x? agfPkl5 t k"jL{ Plzofsf ;a} b]zdf Kofuf]8f z}nL ckgfpg yflnof] . o"/f]k / cd]l/sfdf klg dNnsfndf g]kfnaf6 lzNksf/x? dufP/ b/af/ ejgx? agfpg] k|rng lyof] .

cfo'j]{b, Hof]ltif / of]uWofg hlQs} af:t'zf:q klg hLjgdf cTofjZos 5 . cfkm" a:g] 3/ eg]sf] hLjgsf] w]/} ;do latfOG5 . / ToxfF ;sf/fTds pmhf{ ePg eg] 3/ kl/jf/leq emu8f, Jofkf/df 3f6f / hLjg tgfadf laTb5 . ;fwf/0f tl/sfn] a'em\bf klg xfdLnfO{ xfd|f] 3/sf]7f xjfOnf] / pHofnf] vf]Hb5f}+ . 3fd gl5g]{ sf]7fdf sk8fel/ 9';L cfpF5, vf6 klg dlSsG5 eg] dfG5]sf] hLpHofg s6s6 vfg] x8\8L sdhf]/ x'g] s'/f t ;fwf/0f s'/f xf] . To;}n] t dflg;x? 3fd nfUg] sf]7f, kfl/nf] 7fpFdf 3/ agfpg vf]H5g\ . 3fdsf] pmhf{ ck/Dkf/ 5 . 3fdlagf xfd|f] cl:tTj g} /xFb}g . o;af6 k"0f{ ?kdf le6fldg 8L cfpF5 / z/L/sf pmhf{ s]Gb| rqmx?nfO{ pmhf{ lbO{/fVb5 . ;"o{sf] pmhf{sf] sdL ePdf hLjgdf tgfj pTkGg x'G5 . z/L/ sdhf]/ / :d/0fzlQm x|f; x'G5 . gj]{, :jL8]g, 8]gdfs{ h:tf 3fd sd nfUg] d'n'sx?df dflg; lg/fz x'G5g\ . ;w} tgfadf afFR5g\ . lgDglnlvt s]xL s'/fx? Wofgdf /fv] cfkm\gf] 3/ af;:yfg jl/kl/ ;w}F ;sf/fTds pmhf{ /xG5 .

!= 3/leq l;gf] ;/xsf] df;', hfF8, /S;L, v}gL, r'/f]6 gk;fpg] .

@= cfk"m ;'Tg] l;/fgL ;w}F k"j{ lbzfdf kfg]{ .

#= efG5f sf]7f -r'nf]\_ blIf0f k"j{sf] sf]0f ÷cfUg]o sf]0fdf x'g'k5{ .

$= k"hfsf]7f jf Wofg sIf k"j{ pQ/ -Ozfg sf]0fdf\_ x'g'k5{ .

%= gfuyfg, wg ;~ro sf]7f cyjf n]vf zfvf pQ/tkm{ -s'Fj]/ :yfgdf\_ x'g'k5{ .

^= jfoJo -pQ/ klZrd\_ sf]0fdf a/08f, kfgL 6\ofªsL cyjf a}7s sf]7f, xfjf vfg] 7fpF x'g'k5{ .

&= klZrdtk{m k':tsfno÷cWoog sIf, ;+uLt sIf x'g' /fd|f] .

\*= klZrd–blIf0f -g}CTo sf]0fdf\_ cfkm" ;'Tg] sf]7f x'g'kg]{ / lkt[s'nx?sf] lbzf ePsf]n] lkt[tk{0f klg o; lbzfdf x'g'kb{5 .

(= blIf0fdf zf}rfno, kmf]xf]/ d}nfsf] vfN8f], ;/;fdfg /fVg] sf]7f, e¥ofª s'gf x'g' /fd|f] dflgG5 .

!)= ;w}F 3/ ;kmf ;'U3/ /fVg] . laxfg k"hf u/L w'k afNg] .

!!= tfdfsf] ef8fdf kfgL, ;]tf] km"n / dx /flv d'n9f]sfdf /fVbf ;s/fTds phf{ cfpb5 .

!@= sf]7fleq :6kml6s, do'F/sf] KjfFv, jL/] g'g /fVbf klg ;s/fTds pmhf{ ylkG5 .

!#= d'n9f]sfdf ç lrGx, lqz"n, gfua]nL /fVbf ;'/Iff sjhsf] g} sfd ub}5 .

!$= sfnf] sk8fdf lkm6ls/L / a];f/ afFw]/ em'08\ofP af]S;L k|]t 3/leq k:g ;Sb}g .

!%= a]nfa]nfdf e"ts]z, ;fnwF'k, uf]s'nw'FknfO{ w'kf}/f]df afn]/ klg gsf/fTds phf{ x6fpg ;lsG5 .

!%= r6\ofª nfUg'af6 3/ hf]ufpg] x'bf 3/5]pdf s]/fsf] ufFh ePsf] pQd x'G5 . d'n9f]sfdf ;fgf] s'zsf] d'7f em'08ofpbf klg 3/df r6\ofª nfUb}g lsgeg] s'zdf ether tTj cTolws dfqfdf x'G5 .

**zflGt s;/L ldN5 <**

clxn] zflGtsf] vf]hLdf ;f/f dflg;x? ef}Ftfl//x]sf 5g\ . t/ jf:tljs zflGt cfkm"leq g} 5, aflx/L b'lgofFdf vf]Hb} lxF8\g' d'v{tf x'G5 . zflGt eg]sf] o'4, emu8f /lxt ca:yf dfq geP/ JolQmut / kfl/jfl/s cfgGb xf] . xfF;]/ afFRg] / gfFrg]/ afFRg]n] g} jf:tljs zflGtsf] cg'e"lt u/]sf] x'G5 .

z/L/, dl:tis / cfTdfsf] lar ;Gt'ng ePdfq dgdf zflGt ldN5 . o;sf] nflu klxnf] v'8\lsnf] xf], zfsfxf/L ef]hg / ;Tsd{ jf k+rzLnsf] kfngf . xfdL h] vfG5f}, ToxL aGb5f}+ To;}n] vfgfdf z'4tf x'g'kb{5 . ;flTjs ef]hgn] ;sf/fTds ;f]r NofpFb5 . km"nsf] cfFvfdf km"n} ;+;f/ eg] em}+ cfkm"n] x]g]{ b[li6sf]0f -;f]r\_ g} /fd|f] ePkl5 ;a} s'/f /fd|f x'G5g\ . ;sf/fTds ;f]rn] /fd|f] sd{ ug{ pTk|]/0ff lbG5 . /fd|f] sfd u/]kl5 cjZo g} kmn klg /fd|f] kfOG5 / hLjgdf ;Gtf]if / cfgGbsf] cg'e"lt ug{ kfOG5 .

*;Tf\sd{ ge}sg lrQ z'4 x'Fb}g, l rQ z'4 ge} ;Gtf]if x'Fb}g .*

*;Gtf]if ge}sg dg l:y/ x'b}g, dg l:y/ ge}sg zflGt x'b}g .*

xf], To;}n] zfsfxf/L ef]hg / k+rzLnaf6 dfq z/L/ / dgsf] z'l4s/0f x'Fb} hfG5 . ;Tsd{ u/]kl5 dgdf w]/} s'/f v]Nb}g . …;Gtf]if k/d v';d\Ú cyf{t cfkm"df h] 5, Toltdf g} ;Gtf]if lng] JolQm ;'vL x'G5 . c;Gtf]ifLsf] efF8f] slxNo} gel/g] x'Fbf pm ;w}F g} b'MvL eO/xG5 . hLjgdf dxTjk"0f{ s'/f :j:y hLjg xf] . To;}n] df;', /S;L, r'/f]6, v}gL sbflk gvfg' . O{Zj/k|lt ;w}F elQmefa /fVg'xf];\ . lgoldt of]uWofg, k|0ffofd ug'{xf];\ . a'9fkfsfx? eGby]– lx;fa -C0f\_, lk;fa / lg;fkm ;w} ;kmf x'g'kb}5 . oL s'/fx? ;kmf eof] eg] t dgdf zflGt g} zflGt, xf]Og / <

**cfWoflTds hfu/0f**

* O{Zj/ 5}g eGg' eg]sf] df5fn] dnfO{ kfgL rflxFb}g eGg' h:t} xf] .
* cfdf k|s[ltnfO{ k|]d u/, k|s[ltsf] Gofgf] sfvn] dfq xfd|f] hLjg ;Dej 5 .
* aLo{ arfpg'k5{ lsgeg] aLo{g} ;'Gb/ hLjgsf] pmhf{, sLlt{, P]Zjo{ xf] .
* cfk"mn] cfkm}nfO{ lrGg ;s]gf}+ eg] hLag lk8fbfos x'G5 .
* x[bob]lv xfF:g g;Sg' cyjf k|zGg x'g g;Sg' hLjgsf] 7"nf] 3f6f xf] .
* xfdL vfnL xft cfPsf xf}+ / vfnL xft g} hfg'kb{5 . xfdLn] s]xL klg u'dfpFb}gf}+ .
* nf]e, 3d08, l/;, sfd'stf, 8/ g} b'Mvsf sf/0fx? x'g\ . logLx?sf k"0f{ lgoGq0f ug{ ;Sg' g} df]If k|flKt xf] .
* df;', hfF8, /S;L, r'/f]6, v}gL, h'jftf; 5f]8 cyjf k~rzLnsf] k"0f{ kfngf u/– hLjgsf] ;kmntf ToxLaf6 z'? x'G5 .
* cGgdf O{Zj/sf] af; c'g] ePsf]n] sbfkL klg xfdLn] vfgf v]/ kmfNg' x'Fb}g . vfgf cf}ifwL agf];\ . xfdL afFRgsf] nflu vfg' kb{5, vfgsf] nflu afFRg' x'Fb}g .
* Hof]ltif, af:t'zf:q, cfo'j]{b, of]uWofgsf] 1fg kfngf ug]{ dfG5] ;w}F ;'vL x'G5 .
* hLjgsf] dxTjk"0f{ b'O{ s'/fx? x'g\– :jf:Yo / 1fg .
* gfu/fhfsf] k"hflagf s'g} klg o1xf]d j}lbs k"hf cw'/f] /xG5 .
* laZjsf] >Lk]r g]kfn M uf]/If /fi6«, b]je"ld, tkf]e"ld, :ju{e"ld xf] .
* hglg hGde"ldZr, :ju{bkL ul/o;L cyf{t cfkm' hGd]sf] 7fFp :ju{ hlQs} Kof/f] x'G5 .
* ;f}Gbo{tf, zlQm / ;DklQ Ifl0fs x'G5 .
* k|]dn] k|]d hGdfpF5 / 3[0ffn] 3[0ff g} hGdfpFb5 .
* zflGtsf] klxnf] kf7zfnf 3/af6 ;'? ug'{k5{ .
* sf
* k};fn] vf6 lsGg ;lsG5, lgGb|f xf]Og . k};fn] k':ts lsGg ;lsG5 t/ 1fg lsGg ;lsFb}g .
* ……snf}+ a|fDx0f /fIf;…… cyf{t a|Xd 1fg l;sfpg' kg{]df slnsf afx'gx? /fIf; k|a[QLsf x'G5g\ .

**cfWoflTds hfu/0fsf] nflu dgg of]Uo s]xL a'Fbfx?**

* d O{Zj/sf] ;'Gb/ ;[li6 x'F . d a|Dxf08Lo pmhf{ -k|sfz\_ sf] Ps c+z x'F . Tof] k|sfz s]xL ;dosf] nflu of] z/L/df a;]sf] 5 .
* d o; wtL{df hLjgnfO{ ;'Id cg'ea ug{, wd{ / sd{ u/L df]If -cfgGb\_ k|flKtsf] nflu hGd lnPsf] x'F .
* xfdL h:tf] /f]K5f}+, p:t} kmn kfpF5f}+ . sfutL /f]k]/ ;'Gtnf kmNb}g .
* dflg;x? c1fgtfsf] sf/0fn] b'vL ePsf x'G5g\ .
* u'? eg]sf] cfTdfsf] Hof]lt xf] h;n] cGwsf/, kL8f / c1fgtfnfO{ gf; ub{5 .
* xfdL slxNo} db}{gf}+ . csf]{ z/L/df k|a]z u5f}{+ .
* nf]e, dxTjsf+Iff / c:j:yo hLjg z}nL g} tgfasf] sf/0f xf] .
* j}lbs lzIff / ;+:sf/af6 dfq zflGt ;Dea x'G5 .
* ;Dk|bfo eg]sf] Pp6} cf:yf ePsf dflg;x?sf] hdft xf] . ;a} ;Dk|bfox?nfO{ cfb/ ug'{k5{ lsgls oL ;a} ;Dk|bfox? -lxGb', af}4, :nfd, O;fO{, lzv, h}g, tfjf], ox'bL OTofbL\_ xfd|f] j}lbs;gftg wd{af6 cfPsf x'g\ . ;|f]t Pp6} xf] . w]/} nflN6g ePtf klg k|sfz Pp6} x'G5 .
* of] ;+;f/ oGq, dGq / tGqn] rn]sf] 5 .
* hLjg k|Zg} k|Zgn] 3]l/Psf] 5, pQ/ s;}nfO{ yfxf 5}g . d[To' lglZrt 5, s;}n] k|Zg ug}{ kfpFb}g .
* æd's+ s/f]tL afrfn+ kª\u' nª3ot] lu/Ld, ots[kf tdx+d aGb] k/dfgGb dfwadÆ cyf{t O{Zj/sf] s[kf k¥of] eg] nf6f] af]Ng ;S5, n+u8f] klg kxf8 r9\g ;S5 geP t ?vsf kftx? klg xlNnb}gg\ .
* d eg]sf] Tof] ?v x'F / Tof] ?v eg]sf] d xf] . d}n] lbPsf] sfa{g 8fOcS;fO8 -ckfg jfo'\_ n] Tof] ?v afFr]sf] 5 . / p;n] lbPsf] -k|f0fjfo'\_ xfjfn] d afFr]sf] 5' . xfdL b'j} Ps csf{sf cl:tTj xf}+ .
* x], d'gf– xftsf d}nf ;'gsf y}nf s] ug'{ wgn], ;fu / l;+:g' vfPsf] a]z cfgGbL dgn] .
* ha;Dd ltdL :jfb lnG5f}+, d ltdLleq} a;]sf] x'G5' . ha ltdL :jf; lng 5f]8\5f+}, ltdL ddf ;dflxt x'G5f}+ . cyf{t\, xfd|f] hLjg eg]sf] lzj tTj x'g'x'G5 . lzjn] 5f]8]kl5 xfdL zj aG5f}+ . ;f/f ;+;f/ dfFofdf clNemPsf] 5 . dfFof e|d xf] . k|sfz dfq ;To xf] / ToxL tfk ;lxtsf] k|sfzdf g} k/dHof]lt k/d]Zj/ /xg'x'G5 .
* j]b eg]sf] dflg; nuftf/ ;f/f k|0ffnL / k|s[ltsf] ;+lawfg xf] .
* /x:odoL hLjg / hut a'em\g / O{Zj/;Fu ;fIffTsf/ ug]{ Psdfq pkfo xf], of]uWofg .
* nf6f]n] af]Ng ;Sg] / n+u8f] bf}8g ;Sg efiff k|]d xf] .
* at{dfgdf afFRg'xf];\ , o;/L ls cfh d]/f] hLjgsf] clGtd lbg xf] .
* zflGt cfkm"leq 5 t/ of] yfxf kfpg g;Sbf ;a} dflg;x? aflx/L b'lgofFdf ef}Ftfl/O/x]sf 5g\ .
* k+rzLnsf] kfngf, ;Tsd{ / zfsfxf/L hLjg v';L / zflGtsf # ;"qx? x'g\ .
* k};f ;fwg xf], ;fWo xf]Og . ;fWo agfP Tolx k};fn] kL8f lbG5 .
* cfWoflTds hLjg / ef}lts hLjg lar ;Gt'ng gcfP, noa4 x'g g;s] hLjgn] g/fd|/L k5f5{ .
* v';L / b'Mv hLjgsf] ckl/xfo{ b'O{ kf6fx? x'g\ . k|To]s b'Mv / cefan] hLjgsf] kf7 k9fO/fv]sf] x'G5 . b'Mvsf] sf/0f x'G5 . cyjf h] x'G5 /fd|}sf] nflu x'G5 .
* hLjgsf] Pp6f lgod 5 ls– Pp6f 9f]sf aGb ePtf klg efjLn] csf]{ 9f]sf vf]lnlbPsf] x'G5 .
* afFr / arfpsf] efjgf ePsf] JolQmn] hLjgdf slxNo} b'Mv kfpFb}g .
* hLjgsf] % j6f C0fx/ slxNo} gla;{g' . O{Zj/sf], Clifd'lgx?sf], lkt[s'nsf], a'jfcfdfsf] / 1fg lbg] lzIfsx?sf] C0f .
* $ j]b, !\* k'/f0f / j}lbs ;gftg wd{sf] pb\ud:yn g]kfn xf] . g]kfn ljZjsf] >Lk]r xf] .

**hfgL /fVg'xf];\ M**

a'6L hGt/ agfpg] tl/sf M e"ts]z, s:t'/L, uGws, ef]hkq, lzja'6L, xg'dfg a'6L, nId0f a'6LnfO{ g]kfnL sfuhdf n]lvPsf] 5flkPsf] uf]/v oGqdf a]g]{, Knfli6sdf k6\ofP/ wfuf]n] afFWg] / 3fF6L jf sDd/df nufpg ;Sg] agfpg] .

bfFt b'Vbf eGg] dGq M bfFtsf] k|To]s h/fx? xfd|f] dl:tis;Fu hf]l8Psf] x'G5 . To;}n] bfFt ls/fn] vfFbf cToGt} kL8f x'G5 . NjfË, uf]/vd'08L d'vdf Rofk]/ cyjf dgtftf] kfgLdf lkm6sL/L /fvL d'v s'Nnf u/]/ klg bGt kL8f sd ug{ ;lsG5 . a];f/df sL/f dfg]{ zlQm x'g] x'Fbf a];f/nfO{ 8Nnf] kf/L bfFtleq Rofk]/ klg bGt kL8f x6\5 . To:t} wF'k afn]/ of] dGq eGgfn] emg\ ;'gdf ;'uGw x'G5 . ……ç gdf] cfb]z u'?sf] ag d]+ AofO{ c+hgL, lhg hfof xg'dGt sL8f –ds"8f–dfs8f oL ltgf]s/] e:dGt uf]/vsL zlQm d]/L elQm, km'/f] dGq O{Zj/f] afrf, ç km6 :jfxfF . Æ

**;+:s[tsf s]lx egfO{x?**

s\_ ljbjTj+ r g[kTj+ r g}j t'No+ sbfrg

:jb]z] k'Hot] /fhf laåfg ;a{q k'Hot] . –gLlt Znf]s

cyf{t, 1fg eg]sf] hLagsf] Hof]lt ePsf]n] ;+;f/df ;a}eGbf dxTjk"0f{ s'/f 1fg xf] . /fhf b]zdf dfq k'lhG5 t/ 1fgL ;+;f/df k'lhG5 .

v\_ æk'q]0f b'lxtf ;dfÆ– dg':d[lt . cyf{t, 5f]/f / 5f]/L ;dfg x'g\ To;}n] slxNo} klg e]befj gug{' .

u\_ æc:gfgL ;dn+ e'St]Æ cyf{t, gg'xfO{ u/]sf] ef]hg dn vfP a/fa/ x'G5\_

3\_ æPs a|XDf+ b'ltofF gf:tL, gfx]g gf:t] gf:t] ls~rg Æ cyf{t, O{Zj/ Ps x'g'x'G5 / ;To Pp6f 5, bf];|f] sbflk klg 5}g .

ª\_ æq}nf]So ofgL e'tfgL tfgL ;af{gL b]xftxÆ – lzj ;+lxtf .

cyf{t, aflx/L ;+;f/ a|Xdf08df h] 5, Tof] xfd|f] z/L/ leq klg 5 .

r\_ ædGqfwLg b]atf rMÆ cyf{t, b]jtfx? klg dGqsf] clwgdf x'G5g\ .

5\_ æç c;tf]df ;b\udo, td;f]df Hof]lt{udo

d[Tof]df{ cd[t+udo ç zflGt zflGt zflGtÆ cyf{t, -x] O{Zj/ Û c;Toaf6 ;Tdfu{sf] af6f] b]vfOlbg'xf];\, cGwsf/af6 pHofnf]tkm{ 8f]¥ofOlbg'xf];\ / lr/~hLjL agfOlbg'xf]; .

**xflh/L hjfkm v]nf} n <**

!= sDKo'6/nfO{ g]kfnLdf s] elgG5 <

@= afUdtL vf]nfsf] k'/fgf] gfd s] xf] <

#= k~rd j]bsf] gfFp s] xf] <

$= afns eujfg >Ls[i0fnfO{ cfdf b]asLn] s'zsf] bfDnf] agfP/ afFw]sf] 7fFp sxfF kb{5 <

%= laZjsf] k|yd Hof]lt{ln+u s'z]Zj/ xf] eg] clGtd cyf{t ^$cf} Hof]lt{ln+u s'g xf] <

^= s'g efiffnfO{ klZrd]nLx?n] The Language of God O{Zj/sf] efiff eg]/ eGb5g\ <

&= ;+;f/sf] ;aeGbf k'/fgf] afhf s'g xf] <

\*= of]u Wofgsf lktf eg]/ s:nfO{ elgG5 <

(= :jo+e"gfysf] k|flrg gfd s] xf] / of] sxfF k5{ <

!)= lzjhLn] k|xf/ ug{'ePsf] lqz'nsf] zlQmn] pTktL ePsf] vf]nf s'g xf] <

!!= g]kfndf dfq kfO{g] r/fsf] gfFp s] xf] <

!@= ;u/dfyfsf] k'/fgf] gfFp s] xf] <

!#= eujfg >Ls[i0fsf] lzIfs sf] x'g'x'GYof] <

!$= dxlif{ j]b Aof;sf] c;nL gfFp s] xf] <

!%= klaq u+ufsf] d'xfg u+uf]qL sxfF k5{ <

!^= cfo'j]{bsf lktf eg]/ s:nfO{ elgG5 <

!&= s'g km'nsf] af;gf cfpb}g <

!\*= ……d d/] klg d]/f] b]z afFlr/xf];\Æ of] s:sf] egfO{ xf] <

!(= lrtfdf aflng] cfuf]nfO{ s] elgG5 <

@)= aRrfx?n] lgsfNg] lhjgs} klxnf] cfjfh s'g xf] <

@!= ls/fFtx?sf] klaq wd{u|GynfO{ s] elgG5 <

@@= k'/} $ j]b k9]klg s'g cIf/ el6b}g <

@#= k|flrg xl/4f/ eg]/ s'g 7fFpnfO{ elgG5 <

@$= dfga ;Eotfsf] klxnf] kf]zfs s'g xf] <

@%= dfG5]sf] k|f0f hfg' cl3 s'g zAb rflx d'vaf6 lg:sLG5 <

@^= k[YjLs} klxnf] kmna[If s'g xf] / sxfF k|s6 ePsf] lyof] <

@&= ……hggL hGd e'ldZr :ju{blk ul/o;LÆ of] lbAo af0fL s:sf] xf] <

@\*= u'?sf] zflAbs cy{ s] x'G5 <

@(= la|l6;x?n] lbPsf] …O08Lof… sf] zflAbs cy{ s] x'G5 <

#)= ;tLb]aLsf] cfFvf ktg ePsf] 7fFp s'g xf] <

#!= CU sf] zflAbs cy{ s] x'G5 <

#@= gfux?sf] /fhfsf] gfd s] xf] <

##= dfga ;Eotfsf] z'?jftdf zAbsf] ;[li6 sxfF ePsf] lyof]

#$= ;fZjt ;To aQmfnfO{ s] elgG5 <

#%= cfWoflTds 1fgnfO{ s] elgG5 <

#^= cf}iflwsf] vf]ndf n]lvPsf] ……….. sf] cy{ s] x'G5 <

#&= laZjsf] Ps dfq ;]tf] xfQL r9g] rqmjtL{ /fhf sf] x'g'x'G5 <

#\*= ;KtCifL tf/f d08ndf /xg' x'g] k'nM k'nT:o CifL sxfF hGdg' ePsf] lyof] <

#(= eujfg\ /fdsf] hGd:yn cof]Wof sxfF kb{5 <

$)= q]tfo'udf g]kfnnfO{ …d'lQmbflogL… elGgYof] eg], () ;fn eGbf cuf8L g]kfnnfO{ s] elgGYof] <

$!= ;+:s[t efiffsf lktf kfl0f0fLsf] hGd sxfF ePsf] lyof] <

$@= dxfd[To~ho dGqsf] /rgf sxfF / s:n] ug{'ePsf] lyof] <

$#= ;+Vof ! # % \* !# @! sf] k5f8L s'g c+s cfp5 <

$$= ;"o{a+zL /fhfsf] em08f s:tf] x'G5 <

$%= a}s'07wfd sxfF kb{5 <

**pQ/x? olx 5\of;ld; afs; af6 vf]Hg'xf]nf M** ;';f+Vo zf:q, a|fXdL, e[u'zfGtf, bfdf]b/s'08, ?b|uf/]Zj/, ;+:s[t, 8d?, kft~hnL, o"ofg– ;fFv'df, lqz'nL, sfF8]Eofs'/, ;'d]?, ;lGbkfgL, s[i0f 4fkfog, df5fk'R5|]sf] k'jL{ sfv, wgjGt/L, knf;, /fhf dx]Gb|, :jfFxf, cpd, d'Gwd, em cIf/, a/fx If]q, bf}/f ;'?jfn, x] O{Zj/, ?b|fIf –ef]hk'/, eujfg /fd, lbAo Hof]tL, km6fxfx?sf] em'08, g}gLtfn c5fd, a|Xdf08, cGgt, pQ/uof a]gL3f6 lqz'nL, sla, u'Xo 1fg, O{Zj/df ;dlk{t, d's'Gb ;]g, s'Zdf afUn'Ë, lrtjg, a}lbs ;gftg wd{ g]kfn /fi6«, c3f{vflr, b]a3f6df a;]/ dxifL{ alzi7n], g]kfns} h:tf] lqsf]0f em08f t/ ;"o{ dfly x'G5, d'lQmgfy

**dnfO{ lrQ b'V5**

g xfjf z'4 g kfgL z'4, sf]nfxnleq ?Fb} 5g\ a'4

g agdf zflGt g dgdf zflGt, bgbgL aNg vf]Hb}5 qmflGt

kf}/vL xft b]p ;fy dnfO{, clgdfQ x'G5 hutsf] enfO{ .

g]kfn olt ;'Gb/ 5 ls a;\ glauf/] k'U5

gtd:ts x'G5g\ ;a}, zL/ cfkm} g} em'S5

lasf;sf] gfpFdf xh'/ kxf8x? lryf]l/P

n'6tGqsf] laulauLn] hgtfx? lgrf]l/P

uf}+8fuf}+8fdf 5f}8f eP, /fi6« ;]jsx? zflns eP

hgtfsf cfF;' / aLo{ lkpg] b]zb|f]xLx? dflns eP, clg e'qf]sf] aG5 t b]z <

xl/of] gf]6n] xlDsFb} xf]nL jfOg lkpg], o' Pg / …/cÚ sf] k'R5/ ;dfP/ a}tgL{ tg]{

g]kfnLx?nfO{ nnLkk b]vfO{ dgkl/ ug]{, clg e'qf]sf] aG5 t b]z <

…lho5L g d/]5L x's'/ x's'/Ú s/]5L eg] em}+

9's9'sL dfq afFsL 5, ;f; km'Q hfnf em}+

aU5g\ gbLx? ;';fpFb} b'v]sf dgx? 5fdL

:ju{e"lddf hlGdP tfklg cefuL eof}+ xfdL

cGofosf kxf8 tf]8]/ zflGt emNsfpg] 5f}+

sf]Onf sf]Onf kmf]8]/ klg lx/f 6Nsfpg] 5f}+

hfu?s /fi6«eQm clg b]jTj /f]hL/x]5' d

ckm\;f]r Û g]kfnleq} g]kfnL vf]hL/x]5' d .

(((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((