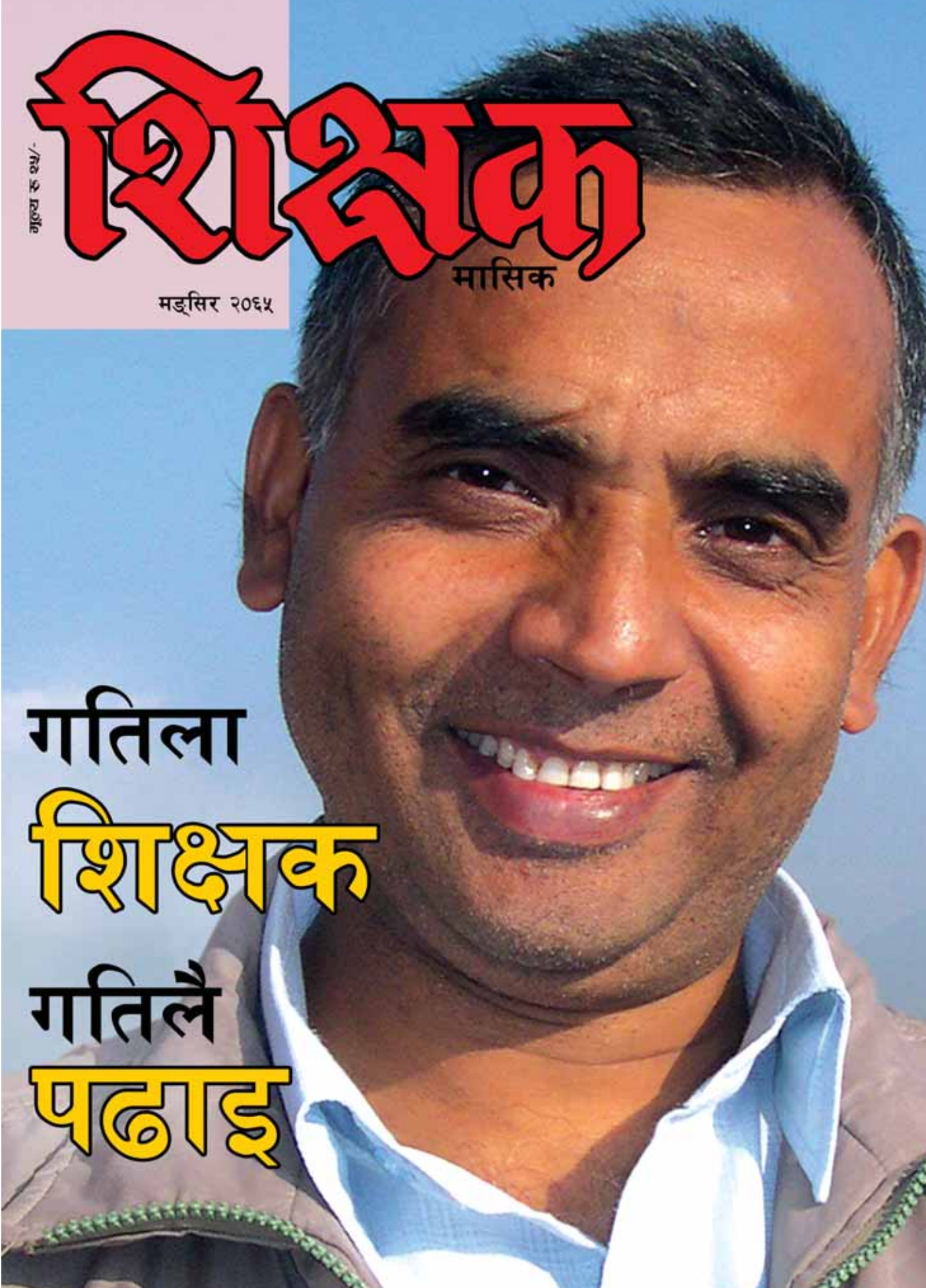


# शिक्षक

मासिक

मईसिर २०६५

गतिला  
शिक्षक  
गतिलै  
पढाइ





## मूल मान्यता

कुनै पनि विद्यालयका प्रमुख र प्रत्यक्ष हिस्सेदार भनेका विद्यार्थीहरू नै हुन्। उनीहरूको समग्र (सामाजिक तथा शैक्षिक) भलो र विकास नै रातो बङ्गला फाउन्डेसनको कार्यको मूल मान्यता हो। उनीहरूले पाउनुपर्ने शिक्षालाई सुनिश्चित गर्नका लागि थुप्रै महत्त्वपूर्ण पूर्वाधारहरू पूरा भएको हुनुपर्छ।

विद्यालयको नेतृत्ववर्गले सबैभन्दा पहिले विद्यालयको एउटा सुस्पष्ट दृष्टिकोण तयार गर्नुपर्छ, जुन बालसुलभ हुनुका साथै हरेक विद्यार्थीको विकसित हुने आवश्यकता प्रबन्ध गर्ने खालको र शिक्षकहरूका लागि एउटा सहयोगी वातावरण सिर्जना गर्न सक्षम एवम् अभिभावकहरूलाई विद्यालयमा स्वागत गर्ने खालको होस्।

विद्यालयहरू राम्ररी सञ्चालित हुन र विद्यार्थीहरूलाई राम्रो शिक्षा दिनका निम्ति शिक्षकहरू सार्थक शिक्षणका लागि चाहिने आधारभूत सीपहरूले सुसज्जित हुनुपर्छ। जब शिक्षकहरूसँग विद्यार्थीहरूले कक्षाकोठामा राम्ररी सिक्ने अवसरहरू सिर्जना गर्ने क्षमता हुन्छ, उनीहरूले आफ्नो कामको महत्त्व बुझ्छन् र

विद्यार्थीहरू पनि विद्यालय आउन रमाइलो मान्छन्।

विद्यालयमा आमन्त्रित हुने अभिभावकहरू आफ्ना केटाकेटीको शिक्षालाई बढी महत्त्व दिन्छन्, आफ्ना छोराछोरीको सिकाइमा बढी सक्रिय हुन्छन् र आफ्ना केटाकेटीले विद्यालय तथा घर दुवै ठाउँमा राम्रो गर्छन् भन्ने कुरामा ढुक्क हुन्छन्। यस्ता अभिभावकहरू विद्यालयलाई सहयोग गर्छन् र विद्यालयको विकासमा सहभागी हुन्छन्।

यसरी समग्र विद्यालयमुखी यो अवधारणा लाभैलाभले युक्त छ, जसबाट सबै सरोकारवालाहरूले यसको अलग हिस्साको योगफलभन्दा पनि समग्रमा बढी नै प्राप्त गर्दछन्। जब यसका हरेक सदस्यले आफूलाई विद्यालयको अभिन्न अङ्गका रूपमा अनुभव गर्छन्, उनीहरू अधिकारयुक्त हुन्छन् र विद्यालयलाई अझै विकसित बनाउनका लागि योगदान गर्ने इच्छा राख्छन्, जसबाट विद्यार्थीका लागि विद्यालय फुन्फुन् राम्रो हुने कुरा सुनिश्चित हुन्छ।

बालबालिकाको  
प्रगतिबारे शिक्षक  
र अभिभावकहरू  
छलफल  
गर्छन्।



अन्तर्क्रियात्मक कक्षाकोठा :  
विद्यार्थीहरू आफ्ना  
अनुभव बाँड्छन्  
र एकअर्काबाट  
सिक्छन्।



विद्यालयबाहिरको  
ध्रमणमा अभिभावक र  
विद्यार्थीहरू



खुसी, सिपालु र  
जिम्मेवार विद्यार्थी



वयस्कहरू (अभिभावक  
र शिक्षकहरू)का  
लागि कार्यशाला

## cf7f}cÍ



cfj/OfM hll >ljf:ta  
lzlfs kft pRr dfij nlnrk/  
t:l/M 8Da/sOf >ij

lxdfn P; flj; P; gsf nflu  
j; Gt ykfa/f ksfizt

; Dkfs  
/fhb] bixfn  
; Nfxsf/ ; Dkfs  
sf/ zdf{

; xfos ; Dkfs  
; bzg l3ld/  
o1z /fh

ljzj ; jfbftf  
afa7fd ljZj sdf{

sfhfom  
**lzls** dfl; s  
kf6g9fzf, nlnrk/  
kfz+!^^, nlnrk/  
knjM%\$#@%-%\$\*!\$@  
kbfS; M%\$#!(^

OdjMmail@teacher.org.np  
jMwww.teacher.org.np

dbpM  
hubdaf kj  
xfQljg, nlnrk/

lkhfs nk'bg-#(%)^%^^



## ultnf lzls ultn}k9f0

bzsf /fd] zlf s pknAw xfl;n u/\$f ljleG ljBfnosf  
lzlsx;sf]of]ptf, cgej, nugzlnf, lzlfokltsf]?lr / klta4tf,  
/fd] lzlf0f snf, klfvflbfkssf]of]bfg cflb klfx;sf] ljZnif0f  
ubf{lg:sPsf] lgisif{xf} .ultnf lzls, ultn}k9f0 j

cfj/Of | @\$

## sfhsf]df/df slff-!\$

\*kZ ! \$ df of]zlf cGoyf 5flkg uPsf]5 . ;RoP/ kl9bgkrf .

tlnd, ufjL / ljBfno  
kzf;g;f ;DalGwt sfdsf] lgxft  
lzlsx;n] lng]u/\$f].sfh  
labfh] ljBfyl\$]f k7gk7gdf  
cToGt} 7hf] lft kfof0/x\$]f 5 .



sfh lnP/ lhlzsf  
cfPsf wgi/bjL  
klj nlnrk/sf  
kx xl/ fo]kfj  
-afof .

xj0-a%0 #, kltqmf / ;%j \$, ultljw ^, clenjM ;/sf/nf0{ lzlfssf ;'fj !),  
; dfrf/M k]offbiol kbzgl !e, jftM :shdf /fhglt aG u/f!&, ljrf/M ofjn]eljosf af/f  
lrGtf lngkbj @), cfj/Of l/kfM h]bf/nf0{s; /L lewfp]#@, cfj/Of ljZj cgejM ultnf  
lzls, ; a)bzsf] ; \$6 #\*, lzlfssf uof-cju0M s; /L e0G5 .dxgl lzls < \$!, JolQmj  
z]axfb/ ^fv; lM :shnf0{p]s[6 agfpg]val \$e, cjwf/Of ljBfno-khftqM ; b]lo gul/s  
agfpg]af6f]\$\$\$afnaflnsfnf0{dfG5]agfpg]ls 3f3f < \$\*, ; :e/OfM u?sf]u?lj / ulnof]%),  
slfss]M b08/lxt k9f0, lsg clg s; /L < %e-sblk6 gu/L afnaflnsfnf0{xsfpg] k9fpg]  
s; /L < %, kn] M %, cfdsvom clf/ t hfbh:t}nfbf] ^e, lknM slxNo}gdg]cfzsf]  
syf ^#, !% kZgM lzlsn]lzls g}xgk5{^\$

-cablv lzls lgoldt ;kdf x/\$ dlxgfsf]klxfn] ;ftf ahf/df pknAw xg5 .

# cfpgxf] \ 5nkm u/f}H



lzlfns] ljBfnodf sfd ug[ lbg			
lj j /of	lbg	lj j /of	lbg
labfx		k9f0 gxg]t/ ljBfno v[lg]	
zlgaf/	\$#	cw]flif\$ k/liff	(
; /sf/l labf	!*	clGtd k/liff	!)
xp[ / av[ labf	%)	k/liff tof/l	#
:yfglo labf	!)	k/liffkm tof/l	!%
bz}	!%	egf{	!@
ltxf/	\$	dlxgfsf] clGtd lbg	%
cleefjs lbj;	!	:yfglo p[; j / wld\$ sfo{	\$
lzlfns d[O'	\$	gkfn agb cflb	@
vf[ lbj;	@	hDdf	^)
/fi6 z[	@	klt lzlfns labf	
hDdf	!%)	klt-lzlfns]cf} tdf Ps j ifdf	!!=#
		lng] labf	
		sfh	!@
		xflh/l labf	!)=)
		l9nf] cfp[; rfbf] hfg]	\$!=^
		hDdf	&\$=(
sh hDdf			@*%=(
t; y[Ps j ifdf Ps hgf lzlfns]k9fpg]lbg #^%=@*( 0 &(!			

vr{ u/l kfF lf]df ul/Psf sfoxfnfx;af6 k[kt lj j /ofnf0{ lg/fwf/ eg] To;} kG5fpg klg ldNbg . o; y{ of] ; jfnnf0{ cfd lzlfns, lzlfssf k[tlglw ; #yf, cleefjs / ; /sf/sf kbflwsf/lx;n] uDel/tfk] \$ lng[; xG5 .

xfn k[ngdf /x\$]lzlf lgodfjnlN ljBfnox; jif{-#^% lbg\_df @) lbg v[lgkg]/ Gogtd !\*) lbg k9f0 xgkg] Joj:yf u/\$] 5 . t/ Pp6f cf}t lzlfns] jifdf hDdf &(! lbg dfq k9fpg] u/\$] tflnsfn]b]yfp5 . olb afB! !)! lbg j\$llks jf csf]lzlfns]k9fpg\eg] dfG] x] eg] klg To;lgldt yk !@ hgf cyf{b0hgf lzlfns rfxg]xG5, hg Jojxf/tM ; Dej 5g .

k[tlj]gd, Pp6f lzlfns slffsf]df cf}t !) ldg6 l9nf]k:g] / % ldg6 rfbf]lg:sg] tyf xflh/ u/] gk9f0{jf cfwf k9fP/ jifdf !) lbg slffdf cgkl:yt /xg] u/\$] klg pNhy 5 . o;/l v] hfg] ; donf0{ lbgdf uOfgf ubf{ jifdf/df \$!^ lbg xg] /x\$ . oxfNlbf lb0gkg]klf s]x]eg] ol \$!^ lbg afx\$ slff xg g;s] v] hfg] c6o lbgx;sf lgldt lzlfns;sf] k[olf ; n[gtf jf ql6 blv[ . ; d:ofl /fho, ; /sf/ / ; dflhs, /fhgllts k[offnd} cGtlg[kt /x\$] blv[5 .

Gogtd !\*) lbg rlgkg]slffx; \*) lbg dfq rlbF ljBfyl{ cleefjs, ; dfh / /fi6nf0{s] slt lft e0/x\$] xfhf < !\*) lbg sf]lgldt agfOPsf]kf7dqml \*) lbg dfq k9f0f ljBfyl\$] ; sf0 nlo / pknlAwdf s]s:tf]c; / k/\$] xfhf < jifdf !# dlxgfsf] tna yfk] tlg dlxgfeGbf sd slff lnPsf]a%\$ jf yxf kfPsf cleefjsx;sf] dgdf lzlfssf af/df s:tf] wf/off of 5lj ag\$] xfhf <

of]ljifodf cf'gr]wf/off, l6k0fl jf ; %j n[lg lj z] u/l ; fdbflos -; /sf/\_ ljBfnosf lzlfns;nf0{ cfux u5f. cleefjs / ; /sf/\_ clwsf/l tyf k4 gful/sx;sf ; %j / k[tlqmfx; klg ckllft 5g\ . k[kt ; %j-k[tlqmfnf0{ / lzlfns n]oy]rt :yfg lbg\$ .

dflysf] tflnsf, lzlf dGqfno / gkfn lzlfns olgogaf/f ; eOm ; kdf k\$flzt lzlf lj sf; sf ; jfnx;af/] ; /f\$ / jfnfx;sf] lf]lo / /fi6a ; Dd]gx;sf] k[tlj]g-@)^\$ df 5flkPsf] ajBfnodf ; /f\$ / jfnfx;sf] cgkl:ylt ljifos k[tlj]g- @)^#E af6 lnOPsf]x]. ; f]k[tlj]g, lzlfns olgogsf]cu| /tf / lzlf dGqfno tyf lzlf lf] ; Nnfxsf/ ; dx -0:of6\_ sf]cfly\$ Pj +klljws ; xof]udf bz}sf kfF} lj sf; lf]df ; ~rlnt ajBfnodf ; /f\$ / jfnfsf] cgkl:yltE; DaOwl sfoxfnfx;af6 k[kt ; 'gdf cfwf/l / x\$] pNhy ul/Psf] 5 .

tflnsf oxfk]gd]bt ug\$] p2]o- of]ljifodf cln a9l 5nkm x] \eg] /x\$] 5 . tflnsf cfk]kf ckOf{jf cj} flgs klg xg; S5, t/ klg bz]Ffnv

æ

æslffsf]fdf tlqk6s  
38L xg]lzlfs,  
lhizcsf]rfs8ldf  
lgto wfpq ?rftpq]  
kpwfgNbfks /  
kpwfgNbfksnf0{  
rfs8ldf /Vg dg  
k/fpq]lhNnf lzlff  
clwsf/l- lzlffsf tlg  
zq' xg\ .Æ

sfoxfnfdf dGtJo  
/fvb} Pshgf  
kpwfgNbfks .

lzlf dGqno / g]fn lzlf  
olgogá/f kšlzt æjBinodf  
; /fšf/jfnfs]cgkl:ylt ktj]g  
@)^#Æ af6

æzlffsf]pQd u0f  
egšf]dfgjlotfsf]  
; ldfg xf]. olb  
lzlfsn]of]s/fnf0{  
jf:tf ub] eg]p; n]  
lnPsf]tna u]sfq]l  
7x5{.Æ

P8jf8{; l=x]nes

æsh hljgsf lglDt  
tof/l ug]ynf]xf0g,  
of]:jo+g}hljg xf].Æ

cnaf8{xAaf8

æ; sf0 ljgfsf]  
:jtGqtf lff0fs xG5,  
To:t}:jtGqtf ljgfsf]  
l; sf0 Joy{xG5 .Æ

hf]g Pkm s]g]l

cd//sfsf kf{/f6kt

Æ

gfgl afšL gfglx; k9fpg



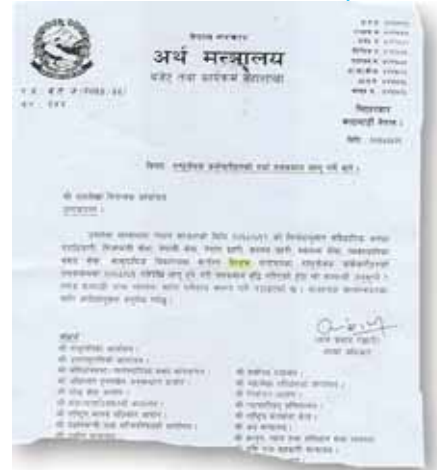
hghfu]t lgdf]j, ;ln]L, ;f]vbaSl lzlfS buf]l dl /f0{Ps jifšf]  
5f]f]cflbto yh<sup>a</sup> afš] @ sf0s @)^% sf]ljxfg :shlt/ hf]y0g\.)%&  
b]v lzlf0f k]zdf /xšL buf{g]fml / l; h]f]fids ljifo k9fp]5g\.

zAb=tl:a/M ls/Of kf08]

# tna a9\$}k\$sf eof]

**;fj hlgS** ljBfnosf lzlfssf] tna klg c; f]hblv g} a9\$} s/f ahø k}z ePsf] %08} 89 dlxgfkI5 cfP/ :ki6 ePsf] 5 . cy{ dGqfnon] dxfnv/ lgoGqssf] sfononf0{ @)^% c; f]h @ ( ut] k7fPsf] gofF tnadfg ; DaGwl kqdf lzlfssf] klg gofFtnadfg ; dflj i6 ePkI5 To] s/f vNg cfPsf] xf]. cy{ dGqfnosf cg; f/ ; a} txsf lzlfssf] tna lghfdtl sd{f/l sf] %F dfl; s ?=@ xhf/ j] [4 ul/Psf] 5 .  
 cyGqql 8f= afa/fd e\$ / f0h] c; f]h # ut] k}z u/ \$}f] ahødf ./fi6\$} s sd{f/l sf] tna a9fPsf]

3f]joff u/kl5 lzlfssf] tna j [4af/ cGof]h pTkGg ePsf] lyof]. ./fi6\$} s sd{f/l sf] eGbf ; fdfGom lghfdtl sd{f/l sf] dfq} a'g] ul/Psf] 5 . c; f]h !( sf] dlGqkl/ ifb\$}f] a}sn] ; f] cGof]h lgj f/ of ug] lgoGf u/ \$}f] xf].  
 a9\$}f] tnasf] lgsf; f eg] xfn; Dd ePsf] 59 . lzlf ljefusf sfonnd zfvf kv xl/ nd; fnn] @ sf] Qsd f lzlf; ; U s/f ub] lzlf dGqfnosf] tknf6 a9 tna lgsf; f ug{ cfkrfl/ s kq c%} cf0gku\$}f] eP klg d^a/ / dlxgfeq lzlf sx; sf] a9 tna lzlf ljefun] lgsf; f ug{ ; Sg] hfgsf/ l lbPsf 5g\.



## ;fj hlgS ljBfnosf lzlf sx;n]! c; f]h @)^% b]v kfpG] gofFtnadfg

tx	>qfl	:s]h	uB	b/	hdf
kfylds					
b0{ ljifoebf a9L P; Pn; L cgQLOf{	t[lo	&)%	!%	**	*#&)
b0{ ljifo; Dd P; Pn; L cgQLOf{	t[lo	&%)	!%	!)	()^
P; Pn; L pQLOf{	t[lo	*@)	!%	!!	((#
P; Pn; L pQLOf{	latlo	(\$()	!&	!@	!!#)
P; Pn; L pQLOf{	kyd	!#\$%)	!%	!^	!%*%)
<b>IgdgdfWblds</b>					
IgdgdfWblds	t[lo	(\$()	!&	!@	!!#)
IgdgdfWblds	latlo	!#\$%)	!%	!^	!%*%)
IgdgdfWblds	kyd	!\$@)	!@	!* )	!^#&)
<b>dfWblds</b>					
dfWblds	t[lo	!#\$%)	!%	!^	!%*%)
dfWblds	latlo	!\$@)	!@	!(%)	!&\$(
dfWblds	kyd	!*)	!!	@#)	@)#)

: f]h cy{ dGqfnon

# ; E7gsf] dxflwj žg rždf

**gkfn** /fli6 /lzifs ; E7gn] klg cf^gf] !)cf}dxflwj žg @, # / \$ rždf sf7df8fžf ug]ePsf] 5 . ; E7gsf dxf;lrj afa/fd clwsf/l sf cg;f/, dxflwj žgsf] tof/L ; DaGwdf 5nkmn ug{ % / ^ d^l; /df xžfždf sžblo ; ldltsf] ažs afh0Psf] 5 . ; E7gn] lxdfnl lhNnf0{k; / afšl ; aņf0{ d^l; / d; fčtleq lhNnf clwj žg ; Sg lgbžg lbPsf] 5 .  
 otf, ; E7gn] gkfn lzifs ; ž; šsf] ; f%žf/ldf ; ~rfllnt kl/ofhgfCtuš wfb^a / DoUblfd ..; ašf] nflu lziffl; DaGwl cčt/lqmf u/šf] 5 . dlxfn kl/ofhgf cčtuš !, @ / # sflQsdf ; Vž / &, \* / ( sflQsdf 8fžldf ul/Psf] uřf]7ldf u0fftds lziff, lzifssf ; :yfx; sf] ; anls/0f, Prcf0{el=P8\ cflbaf/] 5nkmn

ePsf] dxf;lrj clwsf/Ln] hfgsf/L lbP . pgn] s0ffl c-rndf eg] d^l; / !) leq ol kl/ofhgfCtuš sf sfočnd ; DkGg ug] atfP . gkfn lzifs ; ž / ; E7gn] ; e0m ; kdf ljZj P8\ lbj; sf] ; Gbečf ! l8; ņa/df bžsf ; a} :shdf Ps 306f Prcf0{el=P8\af/] 5nkmn, cčt/lqmf / kjrgsf] sfočnd to u/šf 5g\ .  
 &% lhNnfdf zfvf /xšf] ; E7gdf ut jif{Dd #@ xhf/ ; b:o /xšf] dxf;lrj clwsf/Ln] hgfp . o; cl3 ; E7gn] cfkmf š &@ xhf/ lzifs ; b:o /xšf] bfal ubž cfPsf] lyof]. bfal / oyfyčf o:tf] km's lsg < æ; aņ] bfal u/kl5 xfdln] klg u/šf xžt /, ut jifšf] /fli6 kl/ib; Dddf gjls/0f ug] ; b:osf] ; ^wof #@ xhf/ lyofž clwsf/Ln] eg].

## d~rdf kf6L{ ljefhgsf]c; /

**gkfn** ; bžjgf kf6L{-cfG6llb]L lgs6 gkfn lzifs d-rdf ; bžjgfsf] kf6L{ ljefhgsf]c; / k/šf]5 . ut jifšf]df3df dxř/l sf lzifs efžžb] % cłolf ePk15 d-rsf] sžblo ; ldltsf] Pp6f ažs klg a:g ; sšf] 5g . cłolf %sf cg;f/,

## ; 3Mcf^g}ejglt/

**gkfn** lzifs ; šsf kbflwsf/Lx; @! blv @% kmug; Dddf sf7df8fžf xg] /fli6 dxflwj žgsf] tof/ldf hčšf 5g\ . @% / @^ ebfžf a; šf] ; šsf] sžblo ; ldltsf] ažsn] k' d; fčtleq lhNnf clwj žg ; Sg] lg0fč u/šf] lyof].  
 sfofno ; lrj lj b/k}fb clwsf/l sf cg;f/, )\$\* ; fndf agfpg yflnPsf] ; šsf] ejgsf] bf] ņ] tnfsf] 9nfg ev{} ; lsPsf] 5 .

# dfcf] fbl anh^tLsf] lgčbf

**gkfn** lzifs olgog / zžifs u0fflGqs d-rdf cfj 4 lzifs ; :yfx; sf] @! sflQsdf a; šf] ; e0m ažsn] dcf]f]fbl sfoštf] bžsf lj leGg :shdf k]ž u/L hah{tl Joj:yfkg ; ldlit / kč kl/jtž ug{yfnšf] s[oklt 3f] cfklQ hgfp}To:tf] sfo{tIsfn /fšg dcf]f]fbl lgs6 clvn gkfn lzifs ; E7gsf] wofgfsifč u/Psf] 5 .  
 ažsdf gkfn lzifs ; ž / gkfn /fli6 /lzifs ; E7gsf kl]tlglwn] :shdf dcf]f]fbln] u/šf] hah{tsf] lgčbf u/kl5 olgog / d-rn] ; e0m ; kdf o:tf 36gf /fšg lgbžg lbg] ; xdlit ePsf] lyof]. ažsdf ; xeful gkfn lzifs ; šsf cłolf dšg 1jfnln] eg] æ:shdf an kčf]sf 36gf /fšg] lgbžg tIsfn k7fpg] ; xdlit ePsf] 5 & pgn] dcf]f]fbln] ankof] u/ cf^gf ; dyšnf0{ lzifs / ljBfno Joj:yfkg ; ldlitdf /fvšdf 3f] cfklQ hgfp . lzifs ; š s'/sfglf cłolf 1jfnlsf] egf0 lyof] ; /s/df /xšf] dcf]f]fbln] :sh sAhf ug{ cfklQhgs 5, :sh Joj:yfkg ; ldlit / kč km]ž sfd g/fš] ; xsfo{xčg &  
 gkfn /fli6 /lzifs ; E7gsf cłolf xl/fk}fb gkfnn]

:shdf dcf]f]fblsf] Jojxf/ cfqnds /xšf] atfpž] l; lgo/nf0{ x6fP/ hlgo/nf0{ kč agfpg] / cf^gf sfoštf]f]f] Joj:yfkg ; ldlitdf /fVg] sfošnf0{ .uDel/ ck/fw / Hofbtll sf] ; ž lbP . æo:tf] ck/fw g/fš] dcf]f]fbl; š zžifs ; jfndf ; xsfo{xčg ; Sbgž pgn]yk].  
 o; žlr olgog / d-ráf/f ; e0m ; kdf % sflQs @)% df kwfgdGql klksdn bxfnnf0{ a%š0Psf] !& aš] ; %ž sfof]ž ogfsf] ; do tfš] 1fkqkqsf] ; kdf l5š] kwfgdGql / cyčGqlnf0{ a%špg] ; xdlit ePsf] 5 .  
 gkfn lzifs olgogdf gkfn /fli6 /lzifs ; E7g, gkfn lzifs ; ž, gkfn /fli6 /lzifs kl/ib, gkfn lzifs d-r / gkfn qmčtsf/L lzifs ; ž cfa4 5g\ . To; ņ/L gkfn zžifs u0fflGqs d-rdf clvn gkfn lzifs ; E7g, c:yof lzifs cfG6f]h sžblo ; ldlit, hgtflGqs lzifs ; E7g, gkfn kłltzin sdčf/L kl/ib\ gkfn ljBfno sdčf/L lzifs olgog, gkfn ; :yfut ljBfno lzifs olgog, gkfn ; :yfut ljBfno lzifs olgog, ; fdbflos ljBfno /fxt lzifs ; E7g / ; fdbflos ljBfno lghl ; ž ; ^šif ; ldlit cfa4 5g\ .

; b\jgf l jefhgsf] c; /n] d-r lglqmo ePsf] 5  
 t/ l jefhg eg] ePsf] 5. dx/Q/af6 pgn]  
 6]hkn]df eg] ag]fx;n]nf b]yP/ knb]pg]sflzz  
 ul//x\$] 5g\ t/ clxn] Dd knb]f] 5. ! ( lhn]df  
 zfvf /x\$] d-rdf t/f0\$] rf/ xhf/ hit lzlf  
 ; E]7t /x\$] cWof %n] atP . æfdln] lzlfss  
 xs-clwsf/sf nflu sxl ug{ ; s\$] 5g] ca a]s  
 a; ] of]hg agfpg] k]df 5f] pgn] eg] . l] utdf  
 kf6l{ } /x\$] d-rsf] s]b] sforn] kf6l{ jefhgk] 5  
 agb ePsf] 5 .

d^ / dlxgfel/df ; 3 cf^g} ejgdf ; g]  
 tof/ldf /x\$] clwsf/ln] hg]P . pgsf cg'f/  
 sf7df8f] w]af/fxldf Ps /f]gl & c]gf  
 hlufdf agb} u/\$] b0]Nn] ejg lgdfdf  
 clxn] Dd ?=! s/f] @% nfv vr{e0; s\$] 5 .  
 ; 3sf &% lhn] sfo{ldtdf ^@ xhf/  
 lzlf ; b:o /x\$] b]al ub] c]Psf] 5 . t/  
 ; 3sf cWof df]g 1]jnl æ]leG : jfy] ubf{  
 w}] lzlf] b]f]t] ; b:otf lnPsf] : j]sf/  
 u5g\ . o; æ]l] ; 3sf dx; l] j] l/ b]k]fz >]  
 ; fs{ l6r/ knb] / zgsf] cGt/ f]6 ; ldtdf  
 5f]gPsf 5g\ .

## 6E]5g] l] 1fkg vNg]

;/sf/l :shdf l/Qm lzlf b/agbl slxn] kl't{  
 xg] eg] c]of] c% w}] lbg; Dd sfod /xg]  
 b]vPsf] 5 . lzlf ; ]f c]of]sf cWof  
 pbo/fh ; f]lsf cg'f/ vNnf kl't:kwf]f/  
 lzlf b/agbl kl't{ug{ c]of] cl3Nn}  
 ; /sf/; E] lzlf ; ]f c]of]sf] lgod]nl  
 ; æ]vg ug{k]t] u/\$] lyof] t/ clxn] Dd  
 k]g ]of] sf] ePsf] 5. ; f]l eg5g\ æ]hxn]  
 lgod]nl ag5, vNnf kl't:kwf]f] sf] Tolta] }  
 z? xG5 .

b]zel/sf ; /sf/l :shdf slt b/agbl vnl  
 5 eg] olsg tyof] c]of] ; E] gePsf] ; a}  
 lhn] lzlf sforn] b/agbl ; ^vof k7fpg  
 cfux u/\$] cWof ; f]lsf] eg] 5 . @)%  
 ; fndf l]lo:t/df ul7t lzlf 5g]  
 pk; ldtn] vNnf l] 1fkg u/] \*\$ xhf/  
 pDd] j]nf0{ ln]vt k/l]df pQ]of{ u/Psf] lyof]  
 t/ k/l]f / d]n]f^s]g k]q]df] uDel/ k]g  
 p7\$] sf/of c]of] j]ff]Dd glthf k]flzt  
 ug{ ; s\$] lyPg . @)% ( ; fndf lzlf ; ]f  
 c]of] ln]vt k/l]df ; k]nd]o] ! \$ xhf/nf0{  
 lgol]msf nflu l; k]n] /; u/\$] lyof] . c]of] clxn]  
 Dd @ nfv &\$ xhf/nf0{ lzlf nf0; ] ;  
 k]f]g u/\$] 5 .

### Teacher's Saving Account

न्यूनतम रु. १,०००/- मा खाता खोल्न सकिने

दैनिक मौज्जातको आधारमा ८% वार्षिक व्याजदर प्रदान गरिने \*

रु. ५०,०००/- सम्मको नि:शुल्क दर्शना वीमा गरिने \*

घर / जग्गा सुविधा कर्जा \*

परिनाको कमाइ | भविष्यको सोचाइ

**कुवेर मर्चेन्ट वित्तीय संस्था लिमिटेड**  
**KUBER MERCHANT BITTIYA SANSTHA LTD.**  
 G P O Box: 24975, Putalisadak, Kathmandu, Nepal  
 Tel: 977-1- 4239797, 4239798, Fax: 977-1- 4239796  
 E-mail: kubermbsl@wlink.com.np, Website: www.kubermerchant.com.np



# ; /sf/nf0{lzlfs sf ; %fj

-.:sh-lzlfsf c7 j6f ;3;-E7gsf tknf6 gkfn lzlf sf olgogsf clwlf szjk|fb e\$/f0{/ gkfn zlf sf u0ftflqs d-rsf clwlf lg/|b|sf/n] % sf0s @)^% df klfvfgdqlnf0{a%Psf] ; %fj-kq .

; Ddfglo klfvfgdqlho"  
 klfvfgdqlsf] sf0fho  
 l;wb/af/, sf7df8f}.

gkfn sf lzlf gllt / lzlf sf tyf sdf/l sf  
 kzfut ; d:ofx;sf] af/df ljutblv lzlf sf tyf  
 lj Bfno sdf/lx;sf ; 3; yfx;n] Psn jf ; eQm  
 ; kdf p7fpb] cfPsf, s0f; k6s ; /sf/; E ; D%f]f  
 klg ul/Psf t/ sf0f] og gePsf ; d:ofx;klt  
 lzlf lf0df sfd ug] lzlf sf tyf lj Bfno  
 sdf/lx;sf ; Dk0f{ ; 3; yfx;sf alrdf lzlf  
 lf0sf ; d:ofx;sf] klxrfg ug] a%0df Ps?ktf  
 Nofpg] ; dfofhg ug] / ; d:of ; d:wfvgf] lglDt  
 ; /sf/; E ; eQm ; kn] cuf18 a9g] p2Zosf ; fy  
 gkfn lzlf sf olgog / gkfn zlf sf u0ftflqs  
 d-r; E cfa4 ; yfx;sf] ; eQm sf0fnn] tof/  
 kf/\$f ; f% ; %fj x; bxfocg; f/ 5gM  
 != gkfn sf] cGt/d ; lj-wfg @)^# sf] efjgf /  
 ddG; f/ dfns clwsf/sf] ; kdf /x\$]f  
 lzlf nf0{ lglZns ug{ lj Bfno lzlf sf] ; Dk0f{  
 bfloj /fhon] lng] Joj:yf ; lglZrt ug{  
 lj Bfno lzlf df /x\$]f sDkgl Pq vf/h u/L  
 qndzM ; yfut lj Bfnox;nf0{ plrt  
 dcfAhf; lxt /fi6 bfloj leq -/fi6es/of\_ ug]  
 Joj:yf ; lglZrt ul/gkg] xfd] ; %fj 5 .  
 @= bZ lj sf; sf] d7b08sf ; kdf /x\$]f lzlf nf0{  
 /fi6 nufglsf] klxnf] klyldstfdf /Vg} kg]  
 ePsf] xfn /fi6 ah0sf] @% kltzt  
 lzlf df lj lgofhg ul/gkg]. sl/a ^# xhf/  
 cku lzlf sf b/aGbl l; h0f u/L vhf  
 klt:kwf/f offo lzlf sf ckl't{ ul/gkg] xfd]  
 ; %fj 5 .  
 #= ; dfh ; kfgt/ofsf] k0v cE lzlf nf0{ /fi6  
 cfj Zostf kl/kl't{ ug{ / cGt/fi6 ; kdf  
 klt:kwf] agfpg gofFlzlf gllt lgdff ug{  
 ckl/xfo{ ePsf] s/f l; E] /fi6] dx; ;  
 ul//x\$fn] gkfn zlf sf u0ftflqs d-r /

gkfn lzlf sf olgog ; d]sf] ; yfut kltlgw]j  
 xg] u/L clwsf/; DkG pRr :t/lo lzlf cf0f  
 u7g ul/gkg]. /, lhNfb]v s0b]Dd zlf sf  
 gllt lgdff txdf pk/fQm ; yfx;sf] ; yfut  
 kltlgw]j ; lglZrt ug{ sfg0l Joj:yf ul/gkg]  
 xfd] ; %fj 5 .  
 \$= lzlf sf ; ]f cf0f]nf0{ ; jwflgs lgsfosf] ; kdf  
 ljsf; u/L k] { klyldsblv pRr df]j tx; Ddsf  
 ; a} k\$]f/sf lj Bfnosf lzlf sf / sdf/lx;sf]  
 lgoQm Psaf/ k0fmlaf6 u/L u0f:t/lo lzlf sf  
 nflu offo lzlf sf] ckl't{ ugkg] zFz j t  
 tYonf0{ cfd; ft\ugkg] xfd] ; %fj 5 .  
 %= /fho lzlf sf] bfloj af6 klG5g] u/L lj Bfnosf]  
 Joj:yfkg ; dbfodf x:tfGt/of ug] j t0fg gllt  
 tyf sf0f]nsf] t]sf]n cGto u/L x:tfGt/of  
 ul/Psf lj Bfnof0{ k] j t\cj:yfdf cfpG kfpG]  
 Joj:yf ; lglZrt ul/gkg].  
 ^= ; Dk0f{ lj Bfno :t/lo zlf sf :t/ j4 ug{ Ps  
 zlf sf-; qleq Gogtd @@) lbg k7gkf7g xgkg]  
 glltut Joj:yf sfod ul/gkg]. lzlf sf tyf  
 sdf/lx;nf0{ 3/ labfsf] sfg0l Joj:yf ul/gkg]  
 xfd] ; %fj 5 .  
 &= ; Dk0f{ cgdlt klt k] { klylds lj Bfnob]v pRr  
 df]wolds lj Bfnox;nf0{ cfj Zostf cg; f/ lzlf  
 tyf sdf/l sf] b/aGbl; lxt :yf ol :jls]t k0fg  
 ul/gkg] xfd] ; %fj 5 .  
 \*= lj=; # @)% k] { kZrft\ / xfn; Dd df]f/Psf  
 lzlf sf tyf lj Bfno sdf/lx;sf kl/jf/nf0{  
 lghfdt] sdf/l sf kl/jf/n] kP; /xsf] ; ljwf -  
 lftkl't{ pknAw u/fpgkg] a0Qf kfl/Psf  
 lzlf sx;nf0{ t]sf]n ; fj h]gs ul/gkg]  
 oftgkl18t, 3/; Dk1Q gi6 ePsf]nf0{ plrt  
 lftkl't{/ 3/hluf sAhf ePsf;sf] lkntf /

lj:yflktx;sf] kg:yfkgf ug{ ; dlrt Joj:yf  
ul/gkg] xfd] ; %j 5 .  
(= lj utb]v xfn; Ddsf /fhglts, ; fdlhs-z]lfs  
cfb]hgsf] qndf cf:yfsf cfwf/df, ; j]faf6  
avf{t jf cjsfz lb0Psf, /fhgdf lbg aflw  
kl/Psf lzlfz tyf lj Bfno sd{f/Lnf0{ ; j]f  
cjw hf]B]g] u/L kgj xfnl ul/gkg] / kgj xfnl  
ePsfx; n] klg ; j]f cjw hf]B]g] Joj:yf ugkg] xfd] ; %j 5 .  
!)= ; fdbflos lj Bfnodf sfo{t sd{f/Lx; ;  
dfgtfsf] xs; d]faf6 j1-rt ePsf] To:tf  
; Dk0f{ sd{f/Lx;nf0{ b/agbl pknAw u/f0{ sfddf  
nufPs} ldtb]v ; j]f cjw u0fg xg] u/L  
lghfdl sd{f/L ; xsf] ; j]f, zt{/ ; ljwf  
pknAw u/fpgkg] xfd] ; %j 5 .  
!!=s=@)^! ; fn r] d; fct; Dd Ps z]lfs; q k/f  
u/\$f ; fdbflos lj Bfnosf g]fn ; /sf/af/f  
:jls] 1/Om b/agbldf jf To:tf ; jls] b/agbldf  
Inog kbdf c:yfol lzlfssf] ; kdf  
lgolQm kf0{ xfn; Dd sfo{t c:yfol lzlfss; ;  
dfq pd]b]j/ xg ; Sg] u/L Ps k6ssf  
nflu pd]sf] xb gn]lg] u/L cftl/s  
k]t:kwf]f/ :yfol ul/gkg] . ca pk]t  
c:yfol lzlfz /fv] k]qmfnf0{ k0f{ ; kn]  
cGto ul/gkg] xfd] ; %j 5 .  
v= ; fdbflos lj Bfnodf sfo{t dlxf kl/of]hg,  
/xt, ; \$f, lj:yflkt lghl ; f] / lzz' slff  
nufotsf lzlfss;nf0{ :yfol b/agbldf  
?k]t/Of u/L ; j]f cjw u0fg xg]u/L lzlfz  
; j]f cfof]af6 :yfol ul/gkg] .  
u=@)^! ; fn r] d; fct; Dd Ps z]lfs; q k/f  
gePsf xfn; Dd :jls] k]t 1/Om :yfol  
b/agbldf sfo{t c:yfol lzlfss;nf0{ klg  
a]f g+ !! s cg; f/sf] k]qmf]f/ :yfol  
ul/gkg] xfd] ; %j 5 .  
3=@)^!÷@)^@ sf] lzlfz ; j]f cfof]af6  
j]s]l]nks pd]b]j/sf ; kdf 5gf6 e0{  
l; km] / ul/Psf / xfn :jls] k]t :yfol  
b/agbldf sfo{t lzlfss;nf0{ ; f] b/agbldf  
:yfol lgolQm lbgkg] xfd] ; %j 5 .  
a= z4 k]l] lätlo tyf lgd]l] lätlodf sfo{t  
lzlfssnf0{ qndz] lgd]l] t]lo / d]l]  
t]lodf ?k]t/Of ul/gkg] xfd] ; %j 5 .  
r\_ lj z]f lzlfz , all n]n c]tu] lgolQm ePsf  
lzlfss;nf0{ ; d] d]ly p]n]lvt c:yfol  
lzlfss; ; /xsf] :yfol] sf] k]l]wfg nfu"  
ul/gkg] .  
!@= ; fdbflos lj Bfnosf ; Dk0f{ sfo{t bl3{ j]l  
lzlfss;nf0{ lghfdl ; j]sf sd{f/L ; /x cjw lws

; fdlxs kb]l]gt (Time bond promotion) Sf]  
Joj:yf ul/gkg] xfd] ; %j 5 .  
!#=pd] / ; j]f cjw]sf] cfwf/df ; j]f/t  
lzlfss;nf0{ lj z]f ; ljwf (Golden hand  
shake) ; lxt ; j]R5s cjsfzsf] Joj:yf u/L  
lzlfz l]qdf o]f hgziQm c]pg] d]u{ k]z:t  
ugkg] xfd] ; %j 5 .  
!\$= ; yfut lj Bfnosf lzlfz tyf sd{f/Lx;nf0{  
sfddf nufPs} ldtb]v g] nfu" xg] u/L  
clg]fo{ lgolQm kq kb]f ugkg] ; j]f-zt{/  
; ljw]sf] xsdf ; fdbflos lj Bfnosf :yfol  
lzlfz ; /x xgkg] Ps z]lfs; q k/f u/\$f  
lzlfssnf0{ c]w]k]g cgbltkq kb]f ugkg] .  
sg} klg lzlfz jf sd{f/Lnf0{ plrt /  
lrQa"bf] sf/Of lagf dgk/L 9Eaf6 cjsfz  
lbg gk]pg] sf]gg] Joj:yf ul/gkg] . /, o:tf  
; yfut lj Bfnosf] lgod k]ng u/] gu/\$f]  
af/Of cgldg / lg/L]f]f ug{lj Bfnosf lzlfz  
tyf sd{f/Lx;sf] ; yfut k]l]glw]j xg] u/L,  
/sf/L k]l]glw]sf] ; of]hs]j]df Pp6f  
clwsf/ ; Dk]g cgldg tyf lg/L]f]f ; dlt u7g  
ugkg] xfd] ; %j 5 .  
!%=pRr d]l]sf k]rfo] ; sf ; Da]wdf of]otf  
ku]sf] xsdf h]l]t]sf] cfwf/df k]rfo{ xg] /  
:g]tsf] / ge0{ lg/Gt/ k]c e0/x]sf] Jo]Qmsf]  
xsdf lghnf0{ ; j]fsn]g c]w]k]gsf] cj ; /  
pknAw u/fpgkg] xfd] ; %j 5 .  
!^=!) dlxg] t]lnd lng gk]Psf k]l]j:t/sf :yfol  
lzlfss;nf0{ ; j]fsn]g t]lnds] Joj:yf  
ul/gkg] xfd] ; %j 5 .  
!&=lzlfz k]z]f dof]t gx]f blf hgziQm o; tk]f  
c]sl]f] g]xg] l:y]tsf] cGto ug{ lzlfz k]z]nf0{  
lj z]f ; j]f; ljwf; lxt dof]t agf0{ lzlfz  
cjw]e/ c]G c]f]ch]gsf] sfo{ug{ gkg]  
cj:yfsf] l; h]f ugkg] dx]l]sf] cgk]tdf  
t]naeQf j]l] ul/gkg] / txut c; d]gt]nf0{  
Gog ugkg] xfd] ; %j 5 .

pk/fQm ; f]f ; xdl]t sfod ePsf lzlfz l]q]sf  
; d:ofx;nf0{ ; fdlxs ; kdf ; d]w]g ug{ xfd]  
; xdt ePsf 5f]f. /, c]jZos ljw tyf k]qmf  
cg; f/ ; DalGwt k]l]nf0{ c]jZos h]gsf/L /  
sf]of]jogsf nflu cu]l8 a9]g=a9]fpg ljleGg  
c]jZos k]qmf]x; c]jndag ug{ ; d] xfd] ; xdt  
ePsf 5f]f.

lg/|b] s]f  
g]fn z]lfs u0ft]Gqs  
d-rs] tk]f6

s]k] fb e\$ /f0{  
g]fn lzlfz  
ol]gogsf] tk]f6

; dfrf/

# kʃ0ffbfol kʰzɕl



cfkn] agfPsf] xl/t uʃ

kʰft pdflj] cfofhgf u/ʃf] lʃ1fg kʰzɕln] lzlf, ljBfno kʰf;g / Joj:yfkg ;ldltdf OR5f / hfʃ/ eP ;/sf/l lʃBfnon] klg pbfx/0flo sfd ug ; ;S5g\ecg] bʃvfPsf] 5 .

**k** | eft pdflj 6ɔfun, nlnrk/sf slff ! ) sf 5fqfx; klltdf >ij, piif tfdf<sup>a</sup>, /flwsf >ij / clgtf uefhh] ..s[gd xl/t uʃl af/] slffdf ; ʃflʃts s/f ; gʃf eP klg To]s; /L agf0G5 / pkofʃ s] x] e[gg] pglx; nf0{ yxf lyPg . t/ ;shn]!) sf0s @)^% df cfofhgf u/ʃf] lʃ1fg-kʰzɕl] kʰzɕl ..s[gd xl/t uʃl n]To; ; Da0wl Itgsf] sʃʃxn PsfPs 6<sup>a</sup>0of0lbof]. kʰzɕl cfofhgdf ; aUg 5fqfx;n] xl/t uʃ



j :tsf] kfglleq / aflx/sf] tʃʰalrsf] cʃt/ kQf nufpʃ



kfglsf] 5f6g] k|qmf] cEof;



xfjfsf] tfn x65 e6g] s/|sf] kdfrof klxlopf6

Igdff ug] tl/sf agkfsf] Pp6f Jofj ; flos xl/t u[|sf] cjnf]sg e6f u/l l; s3f] lyP .  
 sf7, aff / knfi6s k6f u/l tof/ u/3f] .s|qd xl/t u[|l pQm k6z6lsf] Pp6f k6v cfsif6 ag3f] lyof] . xl/t u[| Igdff] cEof; af6 a6f] dl t/sf/l pAhfpg] tl/sf l; s3l 5f6f u6fh' e65g\ æPs dlxgf n6f] cEof; af6 lr; 3f6 af6la?jf hfufpg] tl/sf klg l; |sPsf] 5 .  
 lj1fgsf kf7 lsf / lzlf; 6 k9] dfq gal%g] /x3, k6f u/7] l; Sgkbf] /x3 Æ  
 pQm k6z6l cjnf]sg ug] ^ lghl / b0{ /sf/l :shsf Ps xhf/ e6f a9l lj Bfyl{ / lzlf; x6 k|olf n6f] t ePsf 5g\ ; ft jif6v k6ft pdf]j n] ub} cPsf] lj1fg k6z6ldf To; :shsf slff \$ b|v ! ) ; Ddsf lj Bfyl6] (& j6f j :tx6 k6z6 u/3f] lyP . k6z6l cfofhgfsf] ; efhg u/3f] lyP- lj1fg lzlf; hkl >ljf:tj n] . k6z6ldf 66kms nf06, l3gl{ sfa6 ; f0sn, lj Btlo df6/ { sgeh6 ckm0ghl{ cFv]sf] gdyf, hgfj / / af6la?jfsf sf] cfb lj1fg ; Da6wl ; fdulx6 / flvPsf lyP . k6z6ldf ; fgf slffsf lj Bfyl6] k6z6 / JofVof c% / r]s / cfsif6 nfluVof] . lj1fg lzlf; c6h' >7sf] cgejdf o:tf k6z6ln] ; fgf afnafn]sfdf lj1fg af/ ?lr hfuf x6sf ; fy} cfdlj Zjf; a95 .  
 l; 6l :sh sf6Z] / sf 5f6fx6 ; D%gf / f0{ dlNnsf n6f] ; hgl n6f] / dlgf n6f] k6z6laf6 gf066hg / sfa6 ; f0sn, Rofp ptkfbg, ulg xfp; Igdff, n ckm df] g, jf6/ ; f0sn, 0sf] l; :6d cfb]sf af/3f Jofj xfl/s 1fg xfl; n u/3f] atP . 5f6f ; hgl n6f] elgg\ æca xfd] :shnf0{ klg lj1fg k6z6l cfofhg ug] (e65f) Æ n6f]sf] egf0 g; |s6]pgsf

lzlf; lj gfb b] sf6fn] k6z6ln] cf^gf lj Bfyl6f0 lj1fg .tVou x] e6g] a'g ; xofu k6fPsf] atP . lghl :sh eP klg c6k6n] vr6f] cefjdf lj1fg k6z6l cfofhg ug] { g; s3f] lzlf; b] sf6fsf] egf0 lyof] . t/, k6ft pdf]j sf lj1fg lzlf; >ljf:tj :yfglo ; fdul]sf] k6f] af6 yf] vr6} k6z6l cfofhg ug] { |sg] atP 5g\ .  
 tlg jif6v lj1fg k6z6ldf ; xeful x6 cPsf olgs df6h :shsl lj1fg lzlf; lbktl lj16 af] 36 :shx6n] o:tf / rgr]ds sfo{ ug] k6ft pdf]j af6 l; Sgkg] 7f65g\ . lbktl; lxt olgs df6h]sf \*) hgf lj Bfyl{ ; f] k6z6l x6{ cPsf lyP . lhlzsf nintk/sf pk-; lrj uf]j 6b / dl k6ft pdf]j sf] lj1fg k6z6l ; /sf/l :shsf lglDt gdyf ePsf] bfal u5g\ . pgl e65g\ æo; af6 ; a6] l; s6\ k7off lnprg\ Æ cf^gf] :shsf ^% hgf lj Bfyl{ lnP/ k6z6ldf cPsf sf] 6tk/l af] 36 :sh, t]n5lv]sf lzlf; / fh]b] e08f/l klg k6z6laf6 k6f] t b|vGy] .  
 k6z6ldf hlk6/ af] 36 xfo:sh, l; 6l :sh, olgs df6h :sh, lzlf; ; bg, kf; f^ Nxfdf' nufotsf cf7 j6f lghl :shsf lj1fg tyf ul0tsf lzlf; / lj Bfyl6] efu lnPsf lyP . To; u/l cfbz6Gof pdf]j / >dht |szf] df]j n] klg k6z6ldf efu lnPsf lyP . lj1fgnf0{ Jofj xf/df k6f] 0ft ug] { / lj1fgklf lj Bfyl6f cfdlj Zjf; hufpgsf nflu o:tf] k6z6ln] dx] k6f] of] ubfg k6f] Psf] cgej lj1fg lzlf; hkl >ljf:tj sf] 5 . /sf/l :shsf] k7gk7g sdh7 / x3f] cf/ r] nflu/x3f] ahf k6ft pdf]j n] cfofhg u/3f] lj1fg k6z6ln] cfz]sf] ; 6bZ lbPsf] 5 .

zlb-tl:a/M afa/td ljZjsdf

# I/kfɔ{

8Da/s[0f >]7:Psn I; njfn

**n** | lntk/sf; vl:yt wgf/b]l kflj sf rf/ lzlfsw]Ps hgf lzlf sfhdf lx8] eg] x/ɔ lbg sDtdf kfF 306L -siff\_ vfnl x65g\ . ut jif{tl rf/ lzlf ljeGg axfgdf !e) lbg sfhdf a; ɔf]kf0of]. kç xl/ Gofkfg] e65g\ æxfdf] bɔdf lzlf ljsf; ] sfoɔtf{/ ; dfh; ]L klg ePsfh]ufpɛf]sfd ubf{l]Bfno / l]Bfylɔ] xfg Joxfg] k//xɔf] 5 Å h]sf] c6td ; ftf tlgbg] sfhdf lhlzsf nltk/ cPsf kç Gofkfg] o; k6s l5dɔsf] dfj nfo{ pdfj sf:]ls[tf lng]lhDd]f/l klg afɔɔf lyP .

Ps jifɔl3 e/tk/-!l, lrtjgsf] lxdfno /fkflj sl dlxf lzlf zf/bf vgn sfhdf z]fs hgZlQm ljsf; s]bɔf] tfind lng ; f9] b0{ dxgf e/tk/df al; g\ . lzlfzf:qdf pRr lzlf xfl; n ug]h] cfj]bg ug{gldNg] pQm tfinddf alP8 ul/; sɔl vgn ; xeful e0g\ . pgn]tfind lngsf] p27o lyof] c6t/s k/lifdf tfind afktsf] gDa/ ykfgp' . t/ , pgsf] c9f0dlxg] sfhn]l]Bfylɔ]k7gk7gdf ubel/ afw k]of]. Joj:yfkg ; ldt]sf]cWolfsf]lg0f6n]sfh kfPsl zf/bfnf0{ tfind g; lsɔ]Joj:yfkg ; ldt]n]g} pgs}vrɔf ; ɔf lzlfssf]Joj:yf ugk]lg0f6 uɔof].

kfFy/sf lhlzc 8f= eflh/fh zdf{sf^nh] lzlfssf]Jofj xfl/s kif, sfo{ lfgaf6 lgo]lbf k!ts n]vg] qmddf lhNnfsf l]Bfnox;n] jifɔf !& blv !\*\$ lbg sfhdf vr{u/ɔf]kfP . tlg lbgeɔbf nfd cjlwsf tfindnfo{ u0fgf gubf{ klg lzlf sfh; Da6wL o:tf]cfɛ8f cPsf]plny ub}sf^nh] k!tsdf n]ɔf 5g\ æ; /b/ Pp6f lzlf kl't jif{!e lbg sfhdf a:g]u/ɔf]kf0of] Å

## df/df l]Bfyl{

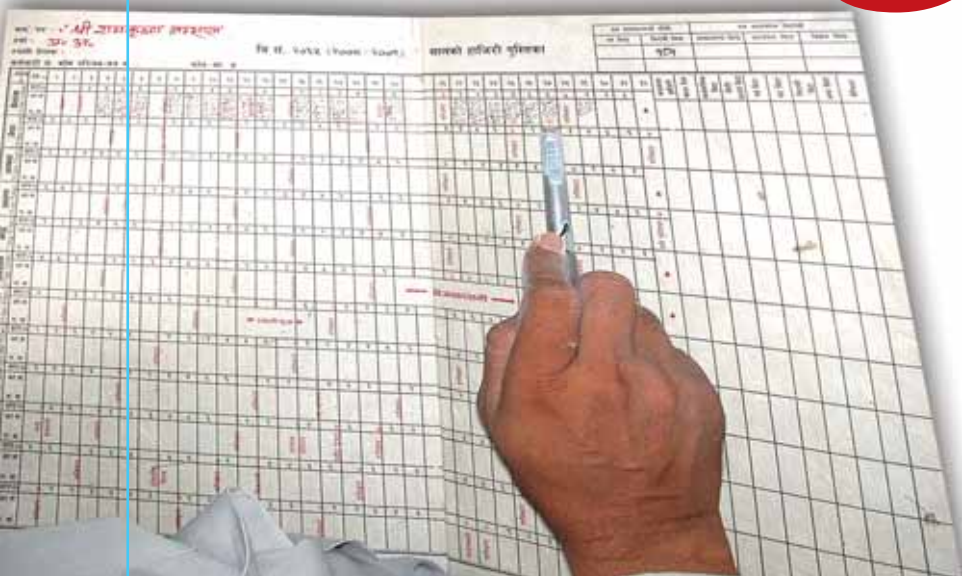
nltk/sf #\* lghl tyf ; fdbflos l]Bfnosf] cujf ; flt s]b] kf6gsf ; fltJolQm ; Togf/fo0f dxhg c9f0 dlxgf nfd] sfhsf nflu l]sNk vflg ; lsg] eP klg %-& lbg]sf] 5fɔf] sfhn] k9f0df a9l c; / k/ɔf]cgej ; gfp5g\ . pgl e65g\ ækç ghssf lzlf a9l sfh a:g] / ltgsf] cgkl:y]tdf c; lzlfsn] slff gng] u/ɔf]h]l]Bfylɔ] sfhsf] df/ v]g' k/ɔf] 5 Å

sfh Joj:yfsvf sf/of g]a's lsg ; d] lzlfsv; slff 5fɔ] lx8g] k]lQ a9ɔf] k]j]l dfj lrtjgsf kç /fds]of nd; fn atfp5g\ . gkfn lzlf olgogsf lhNnf cWolfsf gf/fo0f rfn; ; k/lifsf nflu sfh lnPsf lzlfsnf0{ cfkth] laxɔf] eflhdf eɔɔf] cgej ; gfp5g\ .

**sfh** **sf]df/df**  
**S** **I** **ff**

Psn I; njfn

k]j]l dfj  
h6kfgl,  
lrtjgsf]  
lzlf xflh/  
sfkl .



tfind, uf]l /  
l]Bfno kɔf; g; ɛ  
; DalQwt sfdsf] lgxɔf  
lzlfsv;n] lng] u/ɔf]  
.sfh labfn] l]Bfylɔ]  
k7gk7gdf c]o6t}7hf]  
lflt kɔf0/xɔf] 5 .

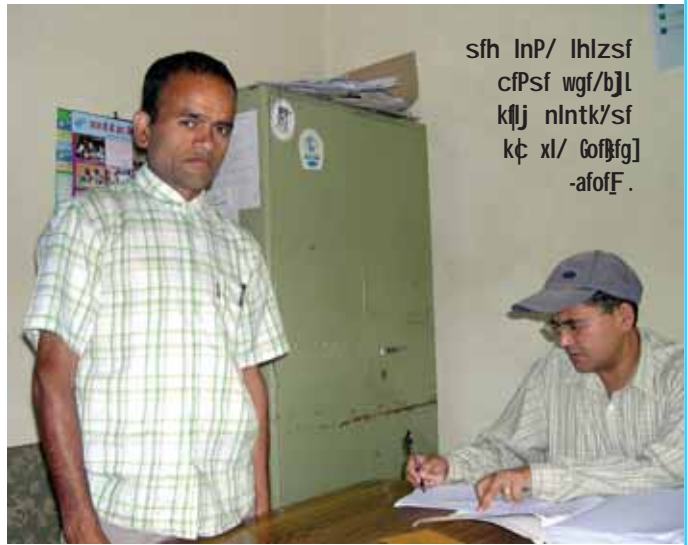
sfhn]lzlfsc;nf0{rfs/l u/] 3/kfos ;?sf  
ldnfp] sfddf lgkof agfPsf] olgogsf k;{  
cWof xl/k]fb cfrfo\$] wf/Off 5 . sltko  
ljBfnodf lzlfsc;n] knfn] ldnfP/ sfh lng]  
u/\$f] ; f;JolQm dxhg atp5g\.

kfInt lzlf lgodfj nldf lzlfsc;n]ljBfno  
/ cWofkg; DaGwl sfdsf nflu sfh kfp]Joj:yf  
5 . o:tf] sfh lfllo lzlf lgbzgfno jf  
lhlzsf] cjw t\$] lbg ; S5g\ . ljBfnos]  
sfdsf nflu k; / c; lzlfsc]klg Ps k6sdf  
a9ldf Ps xktf sfh kfp]Joj:yf 5 . sfh  
lnf lzlfsc] k; / k;n] ljBfno Joj:yfkg  
; ldtsf cWofsf] cgdlt lngkb5 . t/  
lzlfsc;n]sfh lnPsf b[6]tn]sfhsf]pkofu  
e6bf a9l b?kofu ePsf] b]fp5 .

lzlfsc] sfh lng kfp] sfdx;df s;s]  
kb5g\o; af/]lzlf lgodfj nl dfg 5 -x;as;\_ .  
t/ lzlf / ljBfno k;f;g; f; DaGwt sfdsf]  
axfgdf lzlf / k;xc;n]sfh lng]u/\$f 5g\  
To; f]t; ; f; s[6]df]dfl; s a]ssf nflu ln0g]  
sfh cljfo{g}dflg5 . o; afx\$ /Bqm ; :sfp6  
h:tf u; /sf/l ; ysf tflnd tyf uf]l/sf  
nflu lzlfsc;n]a9ldf Ps xktf; Dd sfh lng]  
u/\$f 5g\ . o:tf]sfhsf nflu lhlzsf] :jls[  
lbg] ; /sf/l Joj:yf eP klg lhlzc; Dd sfhsf]  
lg]lg g]gk]ugf; f]lhlzcx;sf]5 . nlnk/sf  
lhlzc afasfhl sfl{e65g\ asfhsf]b?kofu  
ePsf ph/l cf0k]b;g\ cP sf/afxl u5f;f  
lhlzsf] :shsf] k7gk]gdf c; / gkg] u/l  
sfh :jls[ ug]u/\$f]sflh]atp . sf7df8f;f  
lhlzc blfgy uf]d eg]cf'gf]lhNndf b/a6bl  
cejf gePsf]sfhsf] ; d:of g/x\$]atp5g\  
pgsf]lj rf/df; asfhn]ljBfnof0{kno]bf k05  
/ To; sf]kltkm ljBfylh]kfp5g\eg] /fd]xf]  
t/ sfhn]slf g]vnl x65 eg]ljSnk v]hg5{f  
ljle6g r/0fdf xg]bzdlxg]lzlf tflndsf  
qmdf k]lj lzlf kl5Nnf]c9f0 dlxgf k/}  
sfhdf a:g]u5g\ . dflj / lgdflj lzlfsc;n]  
eg]klxnf] / t]f]r/0fdf Ps-Ps dlxgf u/l  
b0{dlxgf sfh kfp] / bf]f]r/0fdf klg 5f;f]  
sfh lng] u/\$f] k0G5 .

**sf/Of w}]**

k]om tna lng ; b/dsfd lx8g]k;xc;n]sfhsf]  
.pkofu c; g] sfddf a9l ug]u/\$f] k0G5 .  
lrtjgs]ljlg hfgsl a/fnsf]sygdf sfd gxf  
klg lzlf sfofno cfp] / Ps]dlxgfsf]tnasf  
nflu w}]k6s sfhdf wfp]k;xc; w}]5g\  
sfhdf sfofno wfp] k]lQ lgo6of ug]  
@)%% ; fndf lhlzsf lrtjgn]5\$]xflh/sfklsf]  
Joj:yf u\$of] . t/ , To; sf]g\ b?kofu ePk15



sfh lnP/ lhlzsf  
cPsf wgf/b]l  
k]lj nlnk/sf  
k; xl/ Gof]fg]  
-afof .

xflh/ u/fpg}a6 ul/of] . sfofnos sdf/f  
afa/fd b]f8ln]eg] acgfj Zos sfddf cfp]  
5f8g\eg] /\$8{/fvg ynf]t lzlf sfofnon]  
xflh/ u/fPsf] 5 e6b}%g\ a9l cfp] yfn] f  
pgsf cg; f/ r;f] ; s tnasf]dfu kn/d a%fp]

**P; -lgodsf] k]j wfg**

!= ljBfno jf cWofkg; DaGwl sfdsf] nflu lgbzgfno jf  
lhNnf lzlf sfofnos] cfbz cg; f/ sb; ; ef; ; Dd]hg  
jf ; dgf/df vl6g] lzlfsc] ; fl cfbzdf t]sPsf]  
cjw; Ddsf] nflu sfh kfp]5 .

@= ljBfnosf] sfdsf] nflu lzlfsc] kwfg]Wofkssf] /  
kwfg]Wofkns] Joj:yfkg ; ldtsf cWofsf] cgdlt ln0{  
a9ldf Ps xktf; Dd sfhdf hfg ; Sg5g\ .

#= ; ?jf ePsf] lzlfsc;n] ; ?jf ePsf] ljBfnodf xflh/ xg  
h]f d6qnon] t]s]bPad]hd] /sd blgs tyf e6of  
eQafktsf] /sd /jfg lbg] ljBfnon] cf'gf] sf]af6  
lbgkg5 . t/ cf'gf] :j]5fn] ; ?jf e0{hfg] lzlfsc]o;  
pklgodad]hd blgs tyf e6of eQafktsf] /sd kfp]  
5g .

\$= lzlfsc] olgogsf] s[6]b; ; ldtsf] kbflwsf/ldf /x\$] b0hg  
lzlfsc;n] ; f] olgogsf] l; knl/ ; df To:tf] olgogdf /xl  
sfd ug\$] nflu Psk6sdf Ps jif;f ga9f0{a9ldf tlg  
jif{Dd ljefun] sfh :jls[ ug] ; Sg5 .

%= sb;}ljBfnodf ljBfyl{ ; ^Vofsf] cgkftdf lzlfsc] b/a6bl  
a9l ePdf ljefun]To:tf] b/a6blnf0{ ; fl lhNnf]lhNnf  
lzlf ; ldtsf]kn] b/a6blf /vl ljBfyl{ ; ^Vofsf]cgkftdf  
lzlfsc] b/a6bl sd /x\$]hg; s;}ljBfnodf sfhdf v6fpg  
; Sg5 .

-lzlf lgodfj nl )%( sf] bkn !!! af6\_

gfddf dfq tlg÷rf/ k6s  
wfpq] lzlf s klg e|665g\  
o:tf lzlf sn] klxnf] lbg  
lhlszsfdf km/d a%fpq] csf]  
lbg n|yf zfvdfd a'g cfpq]  
/ a\$df tna lgsf; f ; flg  
t] fl] lbg klg cf0klg] u/\$f]  
bjf8l atfp5g\  
:shaf6 t oxl sfddf Ps  
lbg kc / csf] lbg lzlf s  
wf0/x\$ f x65g\  
kc / lzlf sn] sfh  
lng] csf] axgf x f]  
lj Bfno ejg lqdf0f .  
ejg agf0/x\$ f] sljnf; dflj huϕl, lrtjgsf  
lzlf s tyf n|yfkf n >lk| fb u?^a e65g\, xhltahf  
klg ahf/lt/ slbxflngk5{. To; h] sfhsf]; ^wof  
dlxgdf tlgblv ; ft÷cf7 lbg kU5 A  
ptf, u; /sf/l ; yfx; sf ; ef÷ ; df/fx,  
tflnd, ufj7l / c6t/lqmf x; klg lzlf s sf] sfh  
ksfpg] ynf] ePsf 5g\  
o:tf sfoqndf hfg]  
lzlf s sf] rngn] sfh ; s[tnf0{ a9fj f lbPsf]



5 . lrtjg lkk1/of /fkflj  
kdk/, lrtjgsf kc lzjgf/foof  
rfj]l/ofn] zlf s ; q @)^\$ df  
sfh lnPsf @\$ lbgdWo] tlg  
j6f u; /sf/l ; yfsf sfoqnd  
k/\$f lyP . pgl e65g\, æsg-  
sg sfddf sfh lng] k|6 Joj:yf  
gePsf n] sfh lng' g} abdf; l h:t] f]  
ePsf] 5 A

lzlf ljeu / lhnf lzlf  
sfoqna6 kof t cgudg g xg]  
/ sfh lgo6q0f ug] clek] on]  
ul/Psf lgo6 ; d] sfoq] og g xg]  
ePsf n] sfhsf] ; d:of %g%g\ a9b)

uPsf] k|wfg] wofks tyf lzlf clwsf/lx; sf] syg  
e|665 . lzlf sx; n] k|z fut ; 3; E7gx; sf] a] sdf  
efu lng h|f klg labf sf] pko fl ug] k|g] / sfh  
lng gkf0g] pNny u/7 lzlf ljeun] b0] j ife|3  
; a] lj Bfnox; df kl/kq u/\$f] lyof]. t/; o:tf]  
kl/kq sfoq] og gePsf] cgej lzlf ljeufsf  
dxflgbz s hgf6g gkfnsf] 5 .

gkfn lzlf s ; 3sf clwof dfxg 1jfnl  
lj Bfnosf sfd / u0f:t/ j|4 ug] tflnd, ufj7l sf  
nflu sfh cfj Zos eP klg ; \$f lzlf s sf] Joj:yf  
gePsf n] ; d:of bl] vPsf] atfp5g\  
1jfnl e65g\  
æsfh lnP/ ; b/dsf d k|bf slxn] lhizc x65g\  
slxn] Psp6|6 eϕy sl7g x65 . k|z; gsf]  
sfd %-|6nf] ePsf n] klg sfh ylk] u5{ A

sfh lnP/  
; b/dsf d h|f]  
sljnf; dflj  
lrtjgsf  
lzlf s >lk| fb  
u?^a



Ps n: n|fn

**ljslk 5**

sfhn] k7gkf7gdf uDel/ Jojwfg pTk6g u/\$f] df  
w/\$f] Psdt 5 . sfhsf] ; d:of ; dfwfg ug]  
lzlf sx; n] lj le6g ; %fj lb5] cfPsf 5g\  
5f6f] sfhnf0{ Joj:yt ug{ lzlf lgodfj nld} sfh /  
o; sf ljsllkaf/] :ki6 Joj:yf ul/gkg] vfFf]  
/x\$ f] cf] l] ofp5g\ k|v] l dflj h6kfgl, lrtjgsf  
k|wfg] wofks / fds] of nd; fn . t/, pgsf] :sh  
eg] sfh Joj:yfkgdf ; kmn ePsf] nd; fnsf]  
bfal 5 . æk9f0df afwf gkluf] \eg] Joj:yfkg  
; ldltsf] a] s klg labdf a:5 . sfhdf lx8df  
d cf'gf] slff ; s] lx85A pgn] eg]. )^@  
sf] P; Pn; ldf of] :shsf \*\* lj Bfyl{ ; fdh  
ePsf] df ztk|tzt pQl0f{ ePsf lyP . of]  
; kmntdf sfh Joj:yfkg sf] eldsf /x\$ f] kc  
nd; fnsf] 7Dof0 5 .

otf, sljnf; dflj sf Joj:yfkg ; ldlit clwof  
6\$axfb/ u?^a klg clwofkg 5f8] sfhdf lx8/xg]  
lzlf snf0{ sf/afxl ug] k|g] lgrf] df kl\$ f 5g\  
lhlszsfaf6 xg] sfdx; df lzlf s g} wfpqkg]  
l:yltsf] glttut ; kd} c6To ePdf sfhn]  
k7gkf7gdf kfg] c; / sd xg] lglZrt 5 .

# ..:shdf /fhgllt aGb u/fj

d k/f OdfGb/L;fy, bQlrQ eP/ sfd ul//x\$! 5' / ;a} lzlfS / sdf/lx;nf0{klg cf-cf^gf] stfo / bfloJ OdfGb/L;fy lgjfx ug{cg/fj ub5' . kl/jtg xfdl ;a\$] ;f% kof;n]dfq cfpq ;S5 .

/QfSdf/L ofbj  
| lzlfdfGql



tkf0Fslxlb} lzlfS xgeof] <

e0gF.

lsg <

k9bfk9b}d7f]lj jfx eof]. To;kl5 d z4 .xfg; jf0kml xgkluF. lzlfS aGg] d7f];kgf klg lyPg .

k9f0 rflxfsxfDd kfofpgPsf] lyof] <

0ltxf;df aP cg; {u/F.

:shdf tkf0Ff0{ k9fpg] u?x;nf0{ s;/L dNof]g ugk65 <

cf^gf] aflNofn s;n] la;g ;S5 / < d7f u?x; ;a}lj Bfylf0{df0f u/7 k9y clek/t ugk6of]. xfdl lj Bfyl{/ lzlfSx;alrsf];DaGw ;fyl-;fylsf] h:tf] lyof]. oxfDd ls 5\$lsf] ;dodf xfdlx; u?x; ;E Aof6ld6gnufotsf vjhx; vlyof].

tkf0FlzlfdfGql;Dd aGg ;km xgdf tl lzlfSx;sf] sg] eldsf blgk65 <

k]olf xft 5 eG IdNb} . lsgg]djh]ef/tdf k9\$! xF. t/ dh]:shsf]lzlf /fdll; t k/f ug{ gkfPsf] eP kSs} klg oxfDd cfpq ;lSbgylF. To; bl]6n] pxfk;sf] eldsf 5 .

lzlfS eGg;fy tkf0Ff]lbdudf s:tf]tl:a/cfp5 <

clt g}cfb/0f0 kfg, h;n] xfdl ;a}f0{ 1fg lbgk65l /fdll]s/f l; sfpGk65 . ;dfhsf]lj sf; / pGg]tdf lzlfSx;sf] ;a}Gbf 7hf] ofubfg x65 . afnaflnsnf0{s:tf] dflg; agfpg] eGg] blv ;dfhnf0{ stf 8f]ofpg] eGg] s/fdf a9l eldsf pxfk;s}x65 . To; jh] ;dfhn] pxfk;sf] dof]f ugk65{. lzlfssf]hljg:t/ klg /fdll]xgk5{.

gl]nsf] lzlfssf]jt6fg cj:yf s:tf] 5 <

/fdll] 5g . vf;u/l xfdll] lzlf :t/lo xg ;sg eGg]Jofks ubf;f/ c;Gtl6 5 . To:t};fj klgS / lghl lj Bfnoalrsf] vf8n ulx/f] 5 .

lsg o:tf]cj:yf cfPsf] xfhf <

klxnf] s/f, lzlfdf rflxg] hit nufgl g} xg; s\$]f]

:bzg



5g . ah0sf]cefjdf rfxg]hlt slffsf]f, 8]s, z]lfs ; fdu]lv lzlfs b/aGbl; Dd ; /sf/n]aGbf]:t ug{; s\$]f] 5g . o; n] ubf{ lzlfss] :t/df ck]lft ; wf/ cfpq ; s\$]f] 5g . bf]f] @)\$^ ; fnk15 ; yfut ; kdf g} lj Bfnodf k]z u/\$f] bnlo /fhglltn] xdf] lzlfnf0{ g/fdf] E c; / uYof]. dcf]fbl lj b]xsf bf]fg t lzlf lfg %g}g/fd/L kef]jt xg uof]. clxn]klg lzlf lfg bnlo /fhgllts]v]haf6 dOm xg; s\$]f]5g . t]f] cgludg / lg/Llf0f k0ffnl kef]j sf/L xg g; s\$]fn]klg of]cj: yf ; hgf ePsf] xf].

**:t/ psf]; g g; Sgdf lzlfss]e]l]dsfnf0{slt lh0d]f/ b]vgx05 <**

sltko lzlfss; n] clxn] klg dl/d0] :shdf sfd ul//x\$]f 5g\ . ; a} lzlfsn] To; u/L sfd ug] x] eg] kSs} klg of0Gbf /fd]f] cj: yf xg]yof]. t/ klg d lzlfsnf0{w} b]f] lbg rfxGg . lsgg] Ps hgf lzlfsnf0{b0{tlg ; o lj Bfyl0f0{ Pp6} slffdf /fd]f] t k9fp eg] s; /L u0f: t/ cfpq; S5 <r]fxg]hlt slffsf]f, 8]s, a}rb]lv vfg]kfgl / z]f]fno; Ddsf] ; d: of 5 lj Bfnodf . z]lfs ; fdu] / k:tsfnos}cefj 5 . To; u/L lzlfsnf0{ cf^gf] sfdklt clek]t ug] /fd]f] sfd ug]nf0{k/: s] ug] g/fdf] ug]nf0{bl08t ug] k0ffnl a: g ; s0 . To; h] lzlfss] :t/ psf]; g g; Sgdf lzlfss] eGbf ; /sf/ / /fhgllts bnx; sf] b]f] a9L 5 .

**ol ; d: of ; Da]vg ug{sg}of]hg]f 5 <** ; fwg ; f]n] Eofpg]hlt ; a]vofdf b/aGbl ykg] lj rf/ 5 . lj Bfnonf0{ zflGt lfg 3f]lft ul/g0 . /, Toxf]xTof-lx; fbl]v bnlo /fhgllt ; a}aGb ug{; a}/fhgllts bnx; sf alrdf ; xdlv v]hg]f . u0f: t/ ; wf/ ug] ; jfndf :shsf] Joj: yfkg ^ofS6/ ; a0Gbf dx]k0f{/x0 . k]0e0 :shdf lzlfss] tna ; fj]k]gs :shdf eGbf sd 5 . t/ glthf r]fxFk]0e0sf] lgSs} /fd]f] b]v05 . To; h] :t/lo lzlfss] sf/st]j tna tyf ; lj wf x]0g, /fd]f] Joj: yfkg /x0 eG]b]v05 . To: t} lg/Llf0f / cgludg Joj: yfnf0{k}kf]j sf/L agf0g0 . olv ug{; dy{e0of]eg] lzlfdf dx]k0f{/ wf/sf] yfngl xg]df d lj Zj: t 5' .

**lzlf b/aGbl slt ykg05 <** cl]oog e0/x\$]f] 5 . cy0Gql; E a; ; l]gisif0f kul]k15 dfq ; a]vofsf] lgwf] xG5 . t/ /fxt lzlfsnf0{b/aGbl df ab]ng ; lsg]cj: yf clxn] 5g . bftf; E dGqnon] lj utdf u/\$f] ; D%}f cg' f/ To; nf0{b/aGbl df ?k]Gt/Of ug{ ldl]b0 .

**b/aGbl ykg] s/f ah0df lsg gcf]Psf] <** tof/l gkl] .

**:shdf bnlo /fhgllt r]fxF; /L /f]sgx05 <** kf6L; n] g} cf^gf sfo\$tf; nf0{ :shdf /fhgllt ug] x0 x} eg] s8f lgb0g / klzlf0f lbg] x] eg] clxn\$]f] cj: ydf w] } g} ; wf/ cfp5 . To; h] d lj Bfnodf sg} klg kf6L\$]f] lj Bfyl{ ; E7g v]l]g] sfd aGb ug{/ sf0g g} agfP/ eP klg lj Bfnonf0{ zflGt lfg df ?k]Gt/Of ug] of]hgdf 5' .

**tkf0E]f cf^g} kf6L; f6 To; sf] ; ?cft ug0of] eg] c; kf6L; fly g]ts bafa kYof] lS <**

xdf]f] kf6L{ To; f] ug{ tof/ 5 . t/ xdf]f] kf6Lh] dfq u/} x0 . dcf]f] fbl, sf^u], Pdfn]; ah]Ps} fy :shdf /fhgllt aGb ug] lg0f0 u/] eg] To]f] a9L kef]j sf/L xG5 . :shdf lj Bfyl{ ; E7g v]l]g] ; ?cft ol tlg 7hf kf6Lh] u/\$f xg\ . To; h] /fhgllt aGb ug] sfo\$]f] ; ?cft klg pglx; af6 g} eof] eg] To]f] %g\ kef]j sf/L xG5 . ctM d ; a} kf6Lh]0{ Ps} 3f]f]0ffdfk] :shdf /fhgllt aGb u/fpg]k] kxn ub0' .



**lzlfss] dof]f] a9fpg s]ub]x05 <**  
**axbnlo Joj: yfs] : yfkgf xgf; fy**  
**/fhgllts kf6L{ E cf]4 lzlf; ; E7g**  
**v]l]g] sfd z? eof]. 7hf] u]ntL ToxL**  
**eof]. ToxL; f6} :shdf bnlo /fhgllt**  
**l5Yof] / lzlfss; k9f0df eGbf bnlo**  
**/fhgllts : jfy{t/ kl/r]lnt eP .**  
**afnaf]nsf / l; E]f]bz]sf]el]jio ; lDk0Psf]**  
**lzlf0f h: t] dx]k0f{/ dof]0t k}zfnf0{**  
**bnlo : jfy{t}sf] nflu k0f]v ug{ 7hf]**  
**eh x]f]. To]f] u]ntlaf6 ca l; Sgk5{.**  
**cGoyf xdf]f] lzlf c; cf]f]nf] nflu5 .**  
**lzlfss; sf] xs, clwsf/ / k}z]fut**  
**lj sf; sf nflu Pp6} lzlf olgog eP**  
**k]05 . lzlfss; nf0{sg} klg kf6L\$]f]**  
**%08f af]sg l]jz ul/gk0g .**  
**d ; a} kf6Lh]0{ Ps} 3f]f]0ffdfk] :shdf**  
**/fhgllt aGb u/fpg]k] kxn ub0' .**



**lzlfss] dof]f] a9fpg s]ub]x05 <** axbnlo Joj: yfs] : yfkgf xgf; fy /fhgllts kf6L{ E cf]4 lzlf; ; E7g v]l]g] sfd z? eof]. 7hf] u]ntL ToxL eof]. ToxL; f6} :shdf bnlo /fhgllt l5Yof] / lzlfss; k9f0df eGbf bnlo /fhgllts : jfy{t/ kl/r]lnt eP . afnaf]nsf / l; E]f]bz]sf]el]jio ; lDk0Psf] lzlf0f h: t] dx]k0f{/ dof]0t k}zfnf0{ bnlo : jfy{t}sf] nflu k0f]v ug{ 7hf] eh x]f]. To]f] u]ntlaf6 ca l; Sgk5{. cGoyf xdf]f] lzlf c; cf]f]nf] nflu5 . lzlfss; sf] xs, clwsf/ / k}z]fut lj sf; sf nflu Pp6} lzlf olgog eP k]05 . lzlfss; nf0{sg} klg kf6L\$]f] %08f af]sg l]jz ul/gk0g . ; ah]f0{z4 lzlf ag] a: g k]v t ul/gk5{. ; a} lzlfss] Pp6} olgog agfP/ pglx; nf0{bnlo /fhglltaf6 dfly /fVg] sfdn] lzlfss; df cfzsf] ; ~rf/ u/ f0g0 . clg lg/Llf0f / cgludg Joj: yfnf0{klg kef]j sf/L agfpgk5{. /fd]f] sfd ug] /fd]f] glthf Noifpg] lzlfsnf0{ k/: s] / g/fdf] sfd ug]nf0{sf/afxl klg ug{ kl5 x60x0g . xfn lzlf dGqnon] lb0/x\$]f] lzlf k/: sf/ ; xl dNof]gaf6 eGbf eg; g / l; k]l/; sf cfw/df afB0] ul/Psf] /x0 . To]f] Joj: yfnf0{abn] dNof]gsf] qm06]v of agfP/ ; f]xl cfw/df /fd]f] sfd ug]nf0{dfq k/: s] ug] Joj: yf ug0' . To: t} d]v6 a]f] ; df dfq lzlf 5gf0 xg] cj: yf agf0g0 .

**:shsf] Joj: yfkg s; /L ; wf]g] ; f]l]gePsf] 5 <** slt 7fp0f] Joj: yfkg ; ldltn]/fd]f] sfd u/\$f]h] lj Bfnosf] k9f0sf] :t/ clej] ePsf] 5 eg] sltkodf r]fxFoj: yfkg ; ldltdf a; \$f cleef]j sx; n] gft]f]nf0{ s; /L lzlf

agfpg] eGglT/ Wofg lbPsf] ugf; f] ; Ggdf cfPsf] 5 .  
 To:t] sitko 7fpdf Joj:yfkg ; ldlT u7g g) bnlo  
 /fhglltsf cfw/df xg] u/\$f] 5 . ; ldlT g]/fhgllts  
 cfw/df agk15 p; n] ug] lq0f6 klg :shsf] k9f0nf0{  
 ; kfg] eGbf /fhgllts :jfyklt6} s] b6t x65 . lzlfssf]  
 5g76 oflotf / lfdtsf cfw/df lgiklf / kf/bzl{  
 9En] klt:kwf{ xg] xf] eg] cfknt jf cf'gf] kf6l6f  
 lzlfS egf{ug]kj] Qdf c^sZ nflu5 . To; h] o; k6s  
 ylkPsf /fxt cgbfg / ca ylkG] gofFb/aGblf s; /L  
 /kph P08 kph/ 9En] lgoQm ug] eGgdf d7f] l] zif Wofg  
 uPsf] 5 . clxn] ylkPsf] !@ xhf/ /fxt sf6fdf dlxn  
 k?if %)÷%) kltztsf b/n] lgoQm ug] tof/L x65 .  
 o; df hftlo ; dfj zls/Of klg x65 . To; sf cnjff,  
 lzlfSx; s] 5g76 lqlo:t/df g]/kph P08 kph/ klt:kwf6f  
 cfw/df s; /L ug] eg] 5nkrm x65 .

**o; sf] cyf c:yfol lzlfS 5f6g] clwsf/ dGqnon]**  
**lNg nfu\$] xf] <**

xfdln] clwsf/sf] s] b]s/Of ug{ vfh\$]f]  
 xfoG . Joj:yfkg ; ldltn]:j t6g / lgiklf  
 9En] klt:kwf6f cfw/df lzlfS lgoQm  
 gu/\$fn] To] sfd lqlo lzlf  
 lgbzqgnodfkrf u/fpg vfhPsf] dfq  
 xf] . b/aGbl vfnl x6f c:yfol klt6f  
 nflu lzlfS /Vg] sfd Joj:yfkg ; ldltn]  
 u5{ . ToxfFklg klt:kwf{ / lgiklftsf]  
 Uof/6l s; /L ug] eGg] l] ifodf ; f] l] rf/  
 e0/x\$] 5 .

**lzlf0nf0{ cfsif6 kzf s; /L agfpg  
 ; lPnf <**

; dhnf0{ g} lzlfT tNofpg] lzlfssf]  
 tna / ; l] wf ; a\$] eGbf a9l xgk5{ .  
 :jf:Yo / h] jg aldf klg xgk5{ . t/  
 xfdl] ; fwg ; f] sf] s] d]sf sf/Of clxNo}  
 w] } ug{ ; lsg] cj:yf eg] 5g .

**t/f0df lzlfssf] xTof / cKx/Of / f]sg ; s] lg <**  
 t/f06f ; z;q ; dx; 6 ; /sf/sf] jftf{z? xg nfu\$fn]  
 ca l5\$} xTofsf] z'vnf c6to xg5 eGgdf d cfzjfb  
 5' .

**lzlf P6 ; zfvgsf] klg sfd x65 <**

@)\* ; fndf ag\$] P6n] cfhsf] lzlf lqnf0{Jo]l:yt  
 ug{/ gofFgofF; d:ofx; nf0{ ; Dafvg ug{ ; Sb6 . To; h]  
 k7fgf] P6nf0{ vf/h u/] gofFP6 Nofpg] tof/ldf d  
 nflu; s\$] 5' .

**ljZj a\$-sf] ; xofdf z? ul/Psf] ; dbfodf ljBfno  
 x:tf6t/Of sfo6ml a6 ePsf] xf] <**

a6b} ePsf] rfxF5g . of] sfd c%} l] jfbf:kb g} alg/x\$] f]  
 5 . ; dy6 / lj/fw bj} e0/x\$] 5 . x:tf6t/Ofaf6  
 :shsf] k7gk7gdf ; wf/ ePsf] klg kz:t} s/f cPsf  
 5g\ . o; n] /fdl] u/6 eGg] s/f klg p7\$] 5 . d  
 clwoog ub5' . sxl ; dod} o; af/df lq0f6 ln0g5 .

**ljBfno lg/Llf0fsf] sfd k6fjSf/L agfpg] klg sxl**

**ofhgf 5 ls <**

clxn] ljBfno-lg/Llf0fsf] sfd g} xg] u/\$] 5g eg] klg  
 x65 . dh] ljBfno lg/Llf / ; f] JolQmf0{ pglx; nf0{  
 lb0Psf] lg/Llf0fsf] sfd ug{ lgbzq lb0; s\$] 5' . ca  
 l5\$} lhNnf lzlf clwsf/Lx; s] ehf x65 . lg/Llf /  
 ; f] JolQmf0{ cf-cf'gf] lqdf lgoldt lg/Llf0df hfg /  
 To; sf] l/kf6{ lNg ToxfF d pglx; nf0{ lj zif lgbzq  
 lbg5' . x/\$ !% lbgdf lhNnf lzlf clwsf/Ln] dGqno  
 / lqlo lzlf lgbzqgnonf0{lg/Llf0f af/] l/kf6{ k7fpg]  
 Aoj:yf ldnf0g5 . lg/Llf0fsf] sfd s; /L e0/x\$] 5  
 eg] dGqnoaf6} cgludg x65 .

**; fj hlgS / lghl ljBfnoalrsf] vf8n s; /L k665 <**

dVo s/f :shdf k7gk7gsf] pkoQm jftf] /Of agfpg'  
 k6of] . kofkT ; fwg ; f] , bnlo /fhglltaf6 dQm lzlfno,  
 blf / sfdklt klt4 lzlfS, k6fjSf/L lg/Llf0f /  
 cgludg Joj:yf, b08 / k':sf/ nfu" eof] eg] sxl  
 jif6} ; fj hlgS :shdf plnvglo ; wf/ cfp5 . clg  
 c^u]h dNoddf k9fpg yfnof] eg] lghl  
 :shkltSf] qm klg 36g5 . To; af6  
 ; /sf/L / lghl :shsf ljBfnyk; alrsf]  
 dgf] hlgS . l6fkl klg x6g5 .

**lgllzNs slt slff; Dd xf] <**

of] ; /sf/n] slff \* ; Dd lgllzNs ug]  
 lq0f6 u/\$] 5 . To] tx; Dd ; fj hlgS  
 ljBfnodf nflu] ; a} k\$ /sf vr6  
 ; /sf/n] g} Joxf6k5{ eGg] s/fdf ; /sf/  
 b6 5 . xfdl To] Joj:yf u/] 5f85f} .  
 ; fwg ; f] sf] Joj:yf geP; Dd zNs  
 p7fpg] / ul/asf] nflu 5f6j Qsf]  
 Joj:yf u/\$] eP /fdl] x6of] ls <

; Dk6g 3/sf afnafnSf lghl :shdf  
 k95g\ . k} f gxb] kl/jf/sf dflg; x;  
 dfq klAns :shdf k95g\ eGg] cfd

dgf] lj 1fg alg; s\$] 5 . To; h] klAns :shdf k9g]  
 clwsfz afnafnSf ul/a / lj k6g kl/jf/sf xg\  
 c6t/d ; ljwfgn] klg dNolds lzlf lgllzNs xg]  
 3f] foff u6of] . To; h] xfdln] lgllzNss} af6df  
 a9df} .

**o; kfln klg k7dk:tssf] xfxsf/ x65 <**

o; k6s z]lfS ; q z? xgcul8 g} k7dk:ts lhNnf  
 lhNndf klu; S5 . To; df ; ahf0{ 9Sg xg cfux u5{ .

**tkf0{ ljutsf d6ql e6f s] cydf leGg xgk65 <**

d s/f xg, sfd u/] b]fpg rfx65' . casf] tlq  
 dlxgflq ; ah] /fdl; t kl/j t6 dx; ; ug] u/L lzlf  
 dGqnon] sfd ug5 . lzlf dGqnosf] Oltxf; df  
 :joff{df n] lvg] u/L sfd ug5' . d k/f OdGbf/L; fy,  
 bQlrQ eP/ sfd ul/x\$] 5' / ; a} lzlf / sdcf/Lx; nf0{  
 klg cf-cf'gf] st6o / b]l0j OdGbf/L; fy lgjfx ug{  
 cg/fw ub5' . kl/j t6 xfdl ; a\$] ; f% k6f; n] g}  
 cfp] xf] .

**; bzg l3ld/]**

ljrf/

cAbh snfd

# o]fn] eljiosf af/df lrGtf Ingkbø

tIsfn pknAw ;do /  
cj ;/x;sf]cToQd pkoft ubI  
hfbf cf^gf] hljg-nlo dfq  
kllt xbg, eljio klg cf^gf]  
klfdf cf0;s\$]xG5 . t;y{  
o]fx;n] eljiosf af/df lrGtf  
u/7 ;do Jotlt ug[bg . a?  
;do cgdft 5, lat\$] ;do  
kn/ kllt ug{;lsbg eG]  
;Tonf0{;wFVofn ugK5{.



d sf] xlf0;n] sxl knr's kfbø,  
d sfd ug5' sfd / sfd,  
of] aXdf08sf ;f/f zIQm]  
dnf0{d2t ug5g\  
d h] ;kgf bV5' To;nf0{;fsf/ kfg5'  
cfsfzuEfsf] sbj} 5p kllg] ;kgf ;d} .

d tkf0K;nf0{d7f] afNofnosf] Pp6f 36gf  
atfpg rfxG5' . d7l cdf x/\$ lbg gdfh k9bf,  
ysjl/ cf;g ;lsPk15 kljq s/cfgsf b0{  
j6f ;/fx kf7 ugXGyof] . tldWo]Pp6f .cNnfdbl  
/ csf[.nSsd lbgSdlaf6 z? xby] . Ps lbg  
djh] .nSsd lbgSdlaf6 cy{ ;wF. To;sf] cy{  
aafn]atfpgfof] æx/\$ JolStn]cf-cf^gf]af6f]  
/ff5 . /, cf^gf]/ff0sf nflu pm;jodVhdj]f/  
xG5 Æ

d7f aaf :yfglo dl:hsf]0dfd xgXGyof] .  
t/ pxf5f 3lgi7 ldx; kfS;L nldof zf:qlun  
/ knb/ afffn legleg wdf]ndal lyP . kfS;L  
nldof zf:qlun /fd7j/dsf]lxGb"dlGb/sf dVo  
khf/L lyP . clg knb/ afffn]rflxExfd]lfd  
klxn]rr{:yfkf u/\$f lyP . afNofndf dh]  
ol tlg dxfg\olStx;sf]5nkmm ;Gg] ;fello  
kPF. kfoM xktfdf Ps k6s pglx; s/cfg,  
af0an / efujt ultfsf ljrf/x;nf0{ s;/L  
Psls[ ug;lsG5 egl 5nkmm uy]. pglx;sf  
s/f ;g] dh]s]a%FegFhg; s}wd{dfg]klg  
dfg;n]hg dfu{cg; /of u5{ ;fxl cg;f/sf]  
kmm kfp5 .  
cfhsf] 5nkmsf] nflu dh] 5fg\$]f ljifo  
xf] æchsf o]fn] eljiosf af/df lrGtf  
xgkbø Æ

## dʒf] hljgsf] nlo

ldquof, ha d tkf0k;nf0{bʒ5' d tkf0k;df  
dxfg\8fS6/, dxfg\0lchlgo/, dxfg\;dfh;]l,  
dxfg\zlfs, dxfg\6ofowlz / dxfg\fhgllts  
JolStJ bʒ5'. tkf0k;dW0s;h]t dEn uxdf  
k0g]/ a:g];f0l0; d] kfgxfhf eG]nfl5 .  
o:tf nlo xfl;n ug{Pp6f JolQndf s]s:tf  
u0f cfjZos x65g\eG]af/0f dʒf cgejsf  
cfwf/df sxl atfpg]cgdltrfxG5'.

dʒf tlg j6f ;kgf lyP . klxnf] ef/tlo  
c6tl/lf cg;Gwfg ;yfsf] c6tl/lf sfoqnd .  
bf]f] /lff cg;Gwfg / ljsf; ;yfsf] sfoqnd  
.cllgl -lffof:q / t]f]f] zx/l ;ljwf ufpef  
kʒofpg]nlo . ol tlgj6} sfoqnd wj};d:of  
/ r6f]lx;sf] ;fdg ub; ;DkGg x65g\.

## d]ol lfgdf sfd ubf{o:tf]k7 l; s]f

- hljgsf ;kgfx; kl/sNkgdf ablnG5g\ /  
tl kl/sNkgfx; cg;f]nlox;df ?k6tl/t  
x65g\.
- kl/sNkgfnf0{p2]odf ?k6t/Of ug{pRr:t/sf]  
;f]f0 rflxG5 .
- 1fg ;a};f]x;af6 ux0f ugkb5 .
- nlo k0f{ge0-h]h ;ldftlt ;kdf kl/>d  
ul//xgkb5 .
- s6]klg sdfs]c; kmntfsf]lhDd]f/l g]f  
cfk] :j0m] lngk5{. t/ ; kmntf kfOPdf  
To;sf] >0 sddf ;nlg ;a]f0{lbqkb5 .

## ;xl avtdf nlo lgwf{Of

xfdf] :shdf Ps hgf dxfg\zlfs xgkGyof].  
pxf]f]gfd lzj ;j d6od P]0/ xfl. pxf]f]xfdlnf0{  
slff % df k9fpgPsf]lyof]. xfdl ;a}pxf]f]  
slffdf a:g / k9g dg k/fpVof]. loltv] d  
!) jif6f]lyPF.

Ps lbg lzj ;j d6od ;/n] klfsf] p8g]  
snfsf af/0f k9fpgEof]. pxf]f] snf]k6ldf  
r/fsf kv0f, kR5/, 6psf] / z/l/sf c6o  
efux;sf] lrq sf]Eof] / r/fn] s;/l p8g]  
z? u5{/ kl5 xjfd sfj fvf]s; /l lbzf  
abN5 egl ;lj:tf/ jofg ugEof]. r/f s;/l  
dfly p75, cfk]nf0{s;/l c13lnt/ ws]5 /  
!), @) cyjf #) j6fsf]008 s;/l agfp5  
eG]af/0f klg AofVof ugEof]. c6Todf pxf]f]  
xfdln]Tof]k7 a'of]f]s a%0f]f]eg] ;n]geof].  
dnufot wj] ljBfyl;en] a]Pg eGof]. xfd]  
gsf/f]ds hjfkm ;g] pxf]f]del/ xgeof]. pxf]f]  
a]hsf xfdl ;a};dbl] lsgf/df hfg]eg] slff  
;Sgeof].

Tof] ;f% xfd]f] k/} slff /fdzj/dsf] ;dbl]  
lsgf/df pkl:yt lyof]. ;dbl] 5fnn]afn]fsf

l9:sfdf lxsf]f]f] bʒo Psbd /df0nf] lyof].  
r/fx; lr/la/ ub;pl8/x3f lyP . xfdlnf0{k6w  
al; j6fsf]ayfgdf pl8/x3f ;dbl] r/f b]yfp6f]  
pglx; sltj]hf p85g\ p83f a]hdf pglx;  
s:tf b]lv65g\ eG] s/f Wofg lbP/ x0f]  
nufpgeof]. xfdln] r/fn] kv0f km8km8fPsf]  
b]yof]. pxf]f] kv0fsf] km8km8fx6 / kR5/sf]  
3df0nf0{c% Wofg lbP/ x0f] eGgeof]. xfdln]  
b]yof] r/fx; kR5/ / kv0fsf] d2tn] rfx3f]  
lbzdf p8g ;Sb /x5g\ . To;kl5, pxf]f]  
r/fx;sf] p8g]zl0msf] ;f] cfwf/ cflbsf af/0f  
;lj:tf/ JofVof ugEof]. 0r/fx;sf] p8g]zl0m  
eg3f] pglx;sf] z/l/sf] agfj6 / p8g] rfxgf  
xf] eG] pxf]f] jfSo d clxn] klg ;D%65'.

of] Jofj xfl/s slffaf6 xfdl ;a]h] r/fsf]  
p8fg snfsf af/0f k0f{hfgs/l kfof]. slt  
/df0nf] ePsf] lyof] Tof] ;f% 0 P]0/ ; / ;fR-  
g] dxfg\zlfs xgkGyof]. pxf]f]k5[t df kf0g]  
Jofj xfl/s pbfx/0fsf ;xfotfn] ;f]f]ts 1fg  
lbqkGyof]. :sh tyf sn]hsf lzlfxs;en] cfh  
klg o:tf] lzlf0f ljwswf]cg;/0f ul//x3f 5g\  
eG] s/fdf d ljzj:t 5'.

## hljgsf]nlo

dʒf] b0 ljzj:f; 5-  
d hg; 5} nlo k]t ug{ ;S5;  
d dEn uxdf a:g]; kgf b]vg5;  
..d sf] x]f o; n] sxl km's kf0g,  
d sfd ug5; sfd / sfd,  
of] a\df08sf ;f/f zl0m] dʒf] d2t ug5g\  
d dʒf] ;kgf k/f ug5;  
cfsfzuEfsf] s6] 5p k0g] ;kgf ;d]

;dbl] lsgf/sf] Tof] slffn] dnf0{r/f s;/l  
p85 eG] 1fg dfq lbPg, To;n] ddf p8fg  
;DaGwl Pp6f cg]f]f]cgelt k0f ul/lbof]. Toxl  
;f% d]h] p8fg / p8fg; E ;DaGwl lfgsf  
af/0f clwoog ug]lgZro u/]. Tof] 36gfn]d  
eljiodf s]ug{rfxG5' eG]s/f lgwf{Of ul/lbof].

Ps lbg slff l; l4Pk15 d]h] P]0/ ;/nf0{  
p8fg ;DaGwl clwoog ug{s]ug]k5{egl ;f]f].  
pxf]f] pQd >0ldf :shsf] k9f0 ;skl5  
0lchlgo/ a k9df]eg] p8fg ;DaGwl clwoognf0{  
cl3 a9fpg ;lsG5 eg] lj:tf/df a%0f]f]eg].  
Toxl ;%j / r/fsf] p8g]snf ;DaGwl cEof; n]  
dnf0{dʒf]hljgsf]celi6 / nlo kQf nuf0lbof].  
sn]hdf d]h] e]f]tszf:q lnPF. db]f] ;0l:6Ro6  
ckm 6\$g]f]h]ldf egf{ ePk15 d]h] P/f]l6sn  
0lchlgo/ a k9f. o;/l dʒf]hljg /s0 0lchlgo/,

c6tl/lf 0lGhgo/ / klljwsdf ?k6tl/t eof].

**lzlfsm kl/jf/sf ;b:o a6g k05g\**  
dnf0{;06 hfj}km snhdf knb/ l6Pg= ;\$l/ofn  
z\$;lko/sf af/dif k9fPsf] ;D%gf 5 . pxfh  
z\$;lko/sf af/dif lbPsf]n\$R/ ;g]eg]z\$;lko/  
cfkmFklg rlst kyIxfhfg\egl lj Bfylx; e6g  
ubv]. Psk6s knb/n]d7f]sf7f ;E\$;f] ;fyn  
w7} dlxgfb]v afacfdnf0{lr7l gny\$;f] s/f  
yxf kfpgp5 . pxfh]p;nf0{afacfdnf0{lr7l  
nylg nufpgeof]. of]d7f]nflu cfgbbfos cge't  
/ l;Sg nfos kf7 lyof]. lj Bfylx; pxfh0{  
cleefjs 7f6y]. c; efiiff]s:shdf k9] cPsf  
/ c^a^hl sdhf7 ePsf lj Bfylx;sf nflu ahsl  
knb/n] c^a^hl k9fpgx6Yof]. c^a^hl /fd]  
agfpgsf nflu ;/n c^a^hldf n]vPsf pk6of;  
/ hljgj Qf6tx; k9y ;lnfx lbgx6Yof]. sdhf7  
lj Bfylx; ^ dlxgfd]c^a^hl dfloddf k9fPsf]  
s/f ;lhn}a^g ;Sg] x6y].

e6g] u5{. lrgfb/f0\$;f] k9fpg] tl/sfn]  
lj Bfylx;nf0{hljge/ clwog ug]nt a; f0lbof].  
JolSt / /fi6\$;f]lj sf; sf nflu of]clt g}dx6j k0f{  
b7] xf]. c; n clwog To] xf] h; n] lj Bfylx;  
l;hg]f]ds 9En]l; Sg]afgl a; f0lbg5 / gjlgtd\  
1fg kllktsf nflu nflu/xg kl/t u5{. cfhef]h  
klg ha d pxfh0{e65' pxfh]j aQf 5l/lbgx65 .

**lzlfsn] 1fgsf] Hof]t 55{**  
kllk] / yfyf8l{cfow/ uloft lzlf s x6x6Yof].  
uf]j zfnl JolSt]j ePsf cfow/ slffx;df uloft  
k9fpg] ug]x6Yof]. pxfh ha lx6x6Yof] j l/kl/  
1fg j:f:gf knb]Psf] efg x6Yof]. ;g\!(%@ df  
pxfh]lbPsf]uloftsf]k]rg d clxn]klg ;D%G5'.  
pxfh] kflrg ef/tsf uloft1 / vuf]h]j bx;sf  
af/dif atfpgp5sf]lyof]. uloft / vuf]h]z:qsf  
lfqdf ef/tn] k9ofPsf] of]ubgdf uj {ug{ pxfh  
;w6l/ kl/t ug]x6Yof].

**d7f ; ft klt1f**

- d hxfFeP klg d7f]lbdudf Pp6}s/f 3ld/x65 . To]xf] .d s] lbg ;S5' 4
- d7f] nlo h] eP klg d .0df6bf/lzf ;fy sfd u5{ / 0df6bf/lk] \$ ;kmtf xfl;n u5{ll
- d ;w6l/ .pj{ ;do v7] knllnbg]f e6g]Vofn /V5' .
- d dxfg]p27o /V5'; h;n]pRr ljrf/n]; fl]g, sfd ug{/ p27o kllk ug{; 3fp5 .
- d7f c;n ;fyl eg\$;f ;j]f]s]6 dfgj, k\oft lzlf s / ultnf k':tsx; xg\.
- sg] klg ;d:ofn] dnf0{ k/flht ug] 5y . ;d:ofn0{ d7f] jzdf kfg5' / To;nf0{k/flht u/7] ;kmtf xfl;n ug5' .
- d7f] /fi66 %08f ;w6l/ d7f] x]odf knk]fpg5 / d d7f] /fi6\$;f] slt{pRr kfg5' .

**k9fpg dg k/fpg] lzlf s**  
kllk] / lrgfb/f0{d7f]hljgsf csf{dxfg\lzlf s  
x6x65 . pxfh0lSno/ lkn]hS; k9fpgx6Yof].  
pxf]f]k9fpg]tl/sfn]ubf{yk}lj Bfylx; lkn]hS;  
k9y rfx6y]. knb/ lrgfb/f0{ lj Bfylx;nf0{  
yk hfgsf/lzf nflu pko]l c6o n]v/rgf /  
;Gbe{k':tsx;sf af/dif ;d] atf0lbgx6Yof].  
xdfn]slffsf]fdf l6k\$;f]gf6 afx\$; lkn]hS; sf  
c; kf7ak':tsx; k9] gk9\$;f] ;d] Vofn  
ug]x6Yof]. o; n]xdfd]clwogsf]bfo/f kn]flsn]  
agf0lbof].

gAa]jif{sf6\$;f knb/ clxn] lbg]lbufndf  
a:g65 . Totflt/ af6f] kb{ d pxfh0{ ;w6l

**Igisif{**  
d kn] klg .ojfn]eljosf af/dif lrgtf  
lngkb]l e6g]s/fdf hf8 lbg rfx65'.  
of]s;/L ;Dej 5 <olb tkf0h]hljgsf]  
sg]p27o lgw]f{0f ug]ePsf] 5 eg] To]  
p27o kllk xfhf ls gx]fhf eg] lrgtf  
gu/L t]Sfn pknAw ;do / cj;/sf]  
;xl pko]l ug]t/ Wofg sl]bt ug]x6Yof].  
/ Vofn /Vgxf] .; do cgd]h 5, lat\$;f]  
;do kn] kllk ug{; lSg l] t;y{nlo  
kllktsf nflu, ;kmtf kfpgsf nflu,  
;d:of ;dfwg ug{ ;kn a6g /  
cfdlj Zjf; k6f ug]\$;f nflu ;dosf]  
;bko]l ug{ ;Sgk5{. ;dosf]; bko]l  
ug] JolQm ;j tM cf'gf] p27odf ;kn  
xg5' .

lzlf sn]lj Bfylx;nf0{b0]j 6f s/f k6f  
u/7] p;nf0{k64 dfg; agfpg ;S5 .  
klxn] lj Bfylx; vfh] ug] c]j]f]of ug]l; h6zln  
a6g] gl]ts]jg / pBdzln a6g] lfdtf a9fP /  
bf] fl] gl]ts dNo / dfGotf :yflkt u/fP /  
lzlf sn]ckgf]Psf]cfbz{hljg z]h] lj Bfylx;sf  
nflu kyk]z6g a6g ;S5 . ox]f c]la6{  
cf0G; 6f0gn]lzlf sx;sf af/dif JoSt ljrf/n]  
dnf0{;w6l/ kyk]z6g ul//Xof]. pgn]lzlfssf  
tlg j6f u0fM ;To; ;G6/ff / bofefj p]lnv  
u/\$;f 5g\ . x/\$; lzlfssf]w6l oxl xgkb5 .

ef/tsf e'k] /fi6klt Plkh]cAbh snfdn]0#d-0#p=  
sn]h ckm cf6{ P68 ;f0G; sf] /ht dx]f] ;jdf %  
kn]k]l @) ) \* df u/\$;f efi0f]sf] e]f]f]f]b .  
**k; tltM d6f]nl**

आगामी अंक

# कसले बनायो गणितलाई

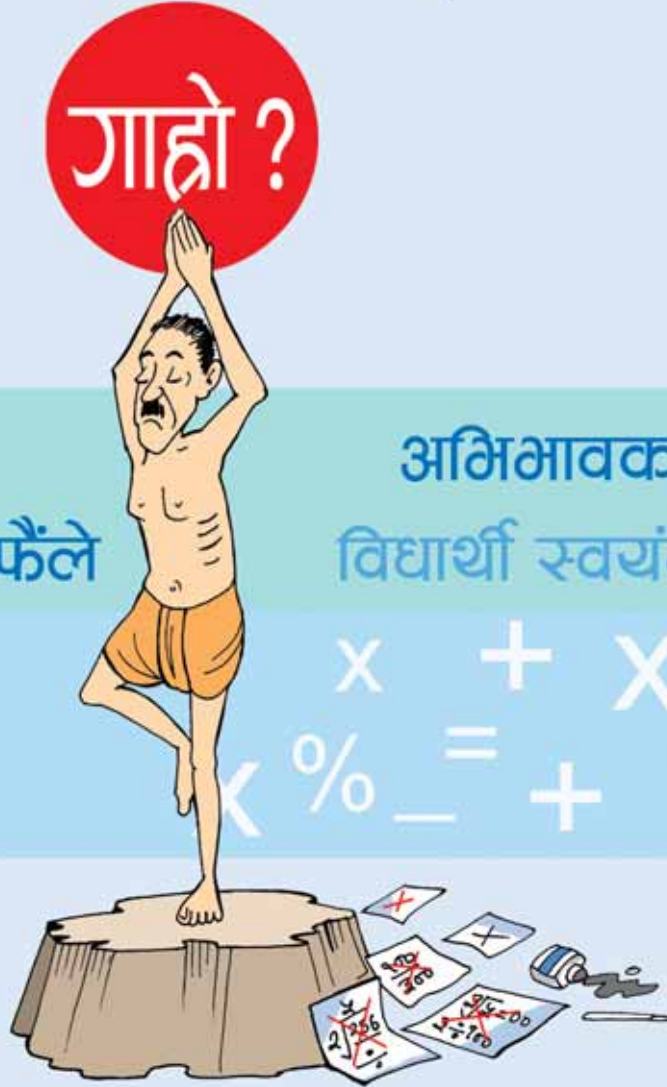
गाह्रो ?

शिक्षकले  
गणित विषय आफैले

अभिभावकले  
विद्यार्थी स्वयंले

= X - +  
= x % =

x + X -  
% \_ = + % +



आफ्नो विचार २० मङ्सिर २०६५ सम्म तलको ठेगानामा पठाउनुहोस् । साथै, गणित विषयलाई सजिलो पारेर पढाउने तपाईंले थाहा पाएका/चिनेका शिक्षकहरूबारे पनि हामीलाई जानकारी गराइदिनुहोला ।

पाटनढोका, ललितपुर, पो.ब.नं.१६६, ललितपुर, फोन: ५५४३२५२, ५५४२५४४, फ्याक्स: ५५४११६६

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**Bhadrapur** 023 455232



# lxdfn Istfasf sxl ksfzgx;

## dh] by\$fi] gkfn

xs{u?^a

;g\@)&, k[7 xx+#)\*, ?= @&%:-

gkfnf sfg-sGb/f, kxf8-kj f, efj / / b; kbn lx87}k0g]yf7}gkfnlx;df k5g\xs{u?^a . lx8g' t Pp6f kxf8l ufp6f h6d\$ f pgsf]afnosfnf]lgolt g}lyof]. t/ lj b;df k97 cfPk15 klg pgn]gkfn ofqfnf0{cf^gf]klxn] kfyldstf agfP . ;g\!(^# blv !(&\* sf cj lwdf slxn); f27o / slxn] vfr 3dSs8lsf lx; fan] p87, u87 / w7h; f] rflxFlx87}ul/Psf ol ofqfx;af6 pgsf lrGtgw/fdf k/\$f 5fk pgsf nlyf0, lj Znifof / pgn] sf7\$ dh\$sf offhgfx;df cleloSt ePsf kf0G5g\ o; k!tsdf ; d]bPsf cfnlyx; ; fdf6 ofqf j QfGt dfq ge0{gkfnf]ef]ts eufh / ; fdfhs ; f:s[ts kl/jzaf/]Ps ljnlfof lj afg\$f uxg l6k0flx; xg\



...

## ljifo ljijw

xs{u?^a

;g\@)^, k[7 xiv+@&^, ?= #@%:-

xs{u?^asf] gfdl; t PseGb f a9l ljzifof hf]BPsf lyP . eufh]lj b\ offhgfsf/ ; dfhzf:ql, /fhgllt1, lrGts, kzf; s, nys, kbofql, kj f ljzif1, lrqsf/, krf]y]k, vhf8l, dgql cflb cg\$ lrgf/l lyof] xs{u?^asf]. xs{u?^asf /df0nf ofqf-syf, dld\$ ; :d/of, 3tnfubf ljrf/, tllof lj Znifof tyf 7f] cjwf/0ffx; ; a\$Int ljifo ljijw nf0{ ; xl cydf pxf\$f kl|lgw nly-/rgfx;sf] ; hf]nf] eGg ; lG5 .



...

## gkfn M lxGb"clw/fhosf] 0ltxf;

I; NefFn@l

;g\@)% , k[7 xxxiv+@^), ?= \$))÷-

-klxn] v08\_

;g\@)&, k[7 vii+@&\*, ?= @&%:-

-bf] ij v08\_

I; NefFn@l k]l6 ; :s[t / 0ltxf; sf Vofltkft krf; hl lj afg\ xg\ . pgl ; aeGb kln] ; g\!\* (\* df gkfn cfPsf lyP . pgsf] gkfn a; f0sf] cj lw b0{dlxgf dfq lyof] To] klg sf7df8f]pkTosdf ; lldt . a; f0 5f6f] cj lwsf] eP klg pgsf] clloog / cg; Gwfg uxg lyof]. To; \$f]kl/0ffd: j; k ; g\!(%) df of] ljzb s[t tlg efudf k\$flzt eof]. 0ltxf; eg\$] zf; sx;sf] jzifjnl / :tlt dfq xfoG eGg]dfGotf /Vg]I; NefFn@lsf]o; s[tnf0{Ps ztflcl3sf]gkfnf] ; f:s[ts-/fhgllts cj:yfsf] lj atfkOf{ lj Znifof dflG5 .



ahf/df ; j6 pknAw 5 .

kf6g9f\$ f, nlntk/, krf] g= %\$@%\$ \$÷@) #@