

:sh ; wfg{ gofFpkqnd

पृष्ठ २६-३१
; bzg l3ld/]



/fli6 lzlff k':sf/ @)^

../fdff n]dfq
kfPgg\

रिपोर्ट २०
afa/fd ljZj sdf{



ultj lw

lzlff dGqfnoaf/f cfrf/; lxtf hf/L > km/ lj 1fg kpbzgl > lzifs gtf[sf] bz}j bzd > :sh ghgf] lzlsnf0{cj sfz > lzifs km/d sf] clwofdf k6h > lzifs ; /sf/ jftf{c8Sof} **पृष्ठ ८-१२**

cfkm}; lwg yfn]; /sf/L :sh	r}g clwsf/L	!#
lj lskl8ofM ; r'gf / 1fgsf]; xh ; f}	kdfb cfofd	!%
cltj f{M .P; P; cf/sf r'gf}l / ck]m	nj b] cj :yl	#@
lj Bfno ; wf/ of}hgfm slt lg/Gt/tf, slt cGofh	8f- lj Bfgfy sfQ/fnf	#\$
lzifs / /fhgllt	kf- s}of vgn	#&
lzlff	dxfslj b] sf}f	\$\$
dxfslj sf] gkfn	8f- tlyxfb/ >]7	\$\$
o; /L a9fpg ; ls65 ; hgZlntf	6lsf/fd kfy}h	%)
c; n lzlfom bz k}t{	l/rf8{n]nf^s	%%
Evolution of English	Imran Saifur	%^
lknldM .b /B a}hgU	k}f ItldIN; gf	%*

:tDe

ljifo-; Gbe{@, x}fo-a}ffO #, ; %fj / k}tlqmf \$, km } % (, hdsfeb ^\$

lxdfn P; fl; P; gsf nflu j; Gt ykf af/f k'sflzt, cltly ; DkfbSM /fh}b] bxfn
; Nnxfsf/ ; DkfbSM s}f/ zdf{ ; xfos ; DkfbSM ; bzg l3ld/ ljZj ; jfbbftM afa/fd ljZj sdf{

sfoffom lzifs dfl; s, kf6g9f}f, nlnk/, kf}g+!^^, nlnk/, km}m ; DkfbSM- %%\$#%e, Jofk/-lj 1fg- %%\$*!\$e, ufxs ugj; f] \$e%^^^
kibfS; M %%\$!!(^, Od}hM mail@teacher.org.np, j}m www.teacher.org.np db}m hub}af k] , xflQljg, nlnk/

..d klg cf3fɔv afɔ8^a hfg] xf]lg ; / ũ

sl/a tlg jifɛl3 kʃf{rnsf] Pp6f gu/fɔdv ufpɛf ; -; fgl gfglx; t ePsf]s/f k6s-k6s ofb cf0/xG5 . 36gf o:tf] lyofɔ

Pp6f ; Gb/ 7fpF ; Gb/ laxfgl . cf'gf] uGtJolt/ nɔDsg yfnɔf] of] k^aQmsf/sf cɛɛf :sh hɛf} u/ɔf b0{ afnafnsdf k/] . ; f0t} kg{ nfulh:tf] cgej eof] / pglx; t af]g dg nɔlof] ɛltDLx;sf] :sh sxif5 ɛ

..ORsh xf0g, af]B^aU ; fgl gfglsf d'vaf6 lg:sɔf] klxnf] pQ/n] g} bɛɛdf 9E] nfulh:tf] eof] . pgsf] bfhh]atfPcg; f/ pglx; clnk/sf]lghl :shdf k9y] . Psl5g s/f u/f pglx;sf s/f Psbd}dl7f lyP, caɔv / lgbɛɛ

pglx; t s/f ubfɔbɔ c; rf/hgf afnafnsf cf0kU] . klx/g xɔɔ pglx; .af]B^aU k9y] xf0gg\ eG] :ki6 blvGyof] . ; ; lsnfl gfglx; nfo{.af0{ elg/fv} cf0kU} u/ɔf sɔfsɔlx; t/ kɔnsP/ klxnɔ} kZg bɛɛɔfPF.

d pglx;sf]pQ/sf zAb=zAb clxn]klg ; lD%0/xɔf] 5; ɛxfdl t 0:shdf xɛɛ, pgn] gafɛɛɛ zAbx; dɔf dgdf o; /l klTɔ]lgt eP, ɛxfdl t af]B^adf k9y] xf0gfɛɛ

ɛxfdl t 0:shdf xɛɛ eGb}ubf{dɔ} cgxf/df xɛɛ pgsf cɛɛɛdf klg pxl afn; he rds lyof] t/ tl cɛɛɛ xlgtafɛɛ] cɔnsɔt %sɔf lyP . dɔ} pglx; t klg Psl5g s/f u/f. tldɔɔɔ Pshgfn] rɛɛF3fɔf u/ɔf] :j/df dnf0{ hfgsf/l u/fP, ɛd klg cf3fɔv af]B^a hfg] xf]lg ; / ɛ

Tof] Pp6f s/f afɔɔ pglx; ; a}s/fdf p:t}lyP . dnf0{ To; lgbɔv clxn]Dd nflu/xɔf] 5, dɔ} .af]B^a k9y] afnafnsf; t s/f u/ɔf] gbɔɔ} eP .0:s h k9y] afnafnsf cɛɛf To; aɔf To; /l %sɔf xgllyP ls lyPgg\ xɛɛɛ <



d lzlfssf af/ɔf Pp6f 8sd06k agfpg] l; nl; nfd ToxFkUɔf] lyPF. To; ɔ} l] Bɛɛlx; t lgs} afSn} s/f xGyof] . ..cf3fɔv af]B^a hfg] afnsn]dɔf] .lsg hfg] lg af]B^a ɔ eG] kZgsf] hjfkmf eg] .0:shsf] k9f0 g/fdf] ePsfn} = 8ɔf8ln] cf3fɔv af]B^a k7fpg] eGgePsf] ɔ pgn] dnl; of klɔɔ cf'gf .8ɔf8llsf] xjfnf lbɔ} egɔf lyP . c; sɔfsɔl To:tf] cfɔɔf] 3fɔf uG{ ; dy{lyPgg\ lsgeg] ltsf 8ɔf8lx; ljbɔ uPsf lyPgg\.

tlg slffdf k9y] tl afns .0:shsf] k9f0 g/fdf] ePsfn} = ɔ eG] pd} / xɔ; otsf lyPgg\ klg To:tf] s7f] s/f pgsf d'vaf6 cf0f] . :ki6 lyof] pgn] Tof] s/f 7hf dɛG5; ɔaf6 ; Gb; Gb}l; sɔf lyP / pgl Tof]

s/fdf hfgl ghfgl ljZj; ; dɔ} ug{yfnɔf lyP .



eGkg]s/f xf0g, :shsf] eɛɛts ; Argf / ; -rfngsf nflu dhɔdf clxn]Dd vafɔvr{e0; sɔf] 5 . Gogtd of]otf klɔɔ / tɛɛɛkɔt, ; lglZrt hflu/ ePsf tyf thgfɔds ; kdf a9l tna eQf / kQ; g ; dɔ} kfp] lzlfss; ; /sf/l; ; fdbɔs :shd}5g\ . clxn]dhɔsf dxɔj k0f{ xɔ; otdf /xɔf ; aɔ; f] JolSt Itg} :shaf6 cfPsf 5g\ . t/ klg :shx;sf] klɔti7f lsg 36ɔf] 5 < s] sg} .lɔf08 l8hf0glcGtuɛ xdf] :shx;sf] tɔfɔw t e0/xɔf] 5ɔ <

xdf] ; fj kɔgs :shsf] xɛɛ Pp6f r6ksnf] j 0fG u/h:tf] 5M

Pp6f lrof-vɛɛ af]g] k; nɔf] k/fgf] ; fyl k; nɔf0{ vɛɛ} cf0kUf] . Psl5g; Dd t ToxFsfd ug] sɔfn] ; ; fxl xgɔgU eg} 6fg{ vɛɛ} t/ dɛɛsf] ; fylsf] lh2sf ; fd' p; sf] sɔl nfulg / p; n] o; f] kɔnɔf] s] k; ndf uP/ ; fxlɛɛ{ afɛɛP/ Nofof] .

; fyln] ; fɔf] .sxfFuPsf] ly0; \xFɔ ; fxlɛf] hjfkm lyof] .kɔn] k; ndf, vɛɛ vfg uPsf] lyPF.ɔ

..clg t}k; ndf 5 t oltsf vfgɔ/f 0 .of] rɛɛFaɔgnf0{ 7ls 5, cfkmvfg rɛɛFptsf] 7ls 5, tFklg vfg] xf] ɔ

..xdf] :shx; klg cɔfɔf] eljio agfpg] 7fpFdfq xg\ xdf] 5f]f5f]lsf] eljio cɔfɔ} s:t k}f lnP/ gagf0lɔ0{ xG eG] s/f xfdl cfkm kɔf0ft ul//xɔf 5fɛ .



o; k6s km, /Bof] sfoɔd tof/ ug] l; nl; nfd kʃf{rns} Pp6f :shdf nfd} a; f0 kɔf] . k/fgf s/f ; D%gdf cfP / sɔg\gofS/f l; Sg] dɛɛ xɛɛ nɔlof] . o; k6s dgdf c% bɛɛ] ePsf] lj rf/ xf] ; /sf/l :shx; xdf] ; dɛɛ d'ɔb08 xgV ltsf] klɔti7f hɛɛfpg ; lSpG eg] ; dɛɛ g} xlgfj gfsf] lzsf/ xg] 7hf] 8/ 5 .

logsf] klɔti7f hɛɛfpg ; Sg] Pp6f ju{dfq 5- lzlfss . lzlfsn] rfx] :shx;sf] klɔti7f kɔsɔ ; S5 . t/, of] sg} 8fS6/n] .kɔk; gl nɔv} o; /l-o; /l ug{ ; lsg5 eG ldlg] l] jifo xf0g . dɔf] lj rf/df lzlfsn] cf'gf cuɔf8sf lj Bɛɛɛ cɛɛɛ cf'gf ; Gtgsf ; kgf xɔ] kU5l cfkmɔf0{ tna ; ljwf / kQ; g; Dd h6f0lg] gkɔnl hgtfsf] ggsf] ; fɔf] u/ kU5l gla/fP kU5, g8/fP kU5 .

ol t dɔf] lj rf/ eP, uj ɛf ; fy ; /sf/l :shdf k9y] k9fpg] jftfj/0f agfpg s] ugk5{ eG] af/ɔf tkf0ɛf rɛɛFj rf/ s] s] 5g\lg < /

sg Aj fFfn] lhTnf <

Pshgf a9f-af cf'gf gfltgtgfnf0{ syf ; bfpf] lyP . syf b0f]6f Aj fFfsf] %u8fsf af/df lyof] . syf ; lSpk15 a9f-afn] gfltgtgfnf0{ eg] ætl Aj fFfx; s; h:tf] n8f0Fxfdf] dgleg klg rin/xsf] xG5 . d7}dgleg klg To:t}5 . ltdlx;sf] dgleg klg . Pp6f Aj fFf] bl6 5 . Tof] l/; fxf 5, cfl/;]5, nfpl 5, 5Rrf] 5, lg/fz 5, c;Gtf\$ 5, 3d08l 5, cxlf/l 5 . To; h] Tof] blMl 5, To; n] uNtl ug{/ k5'tfpg afx\$ hfg\$} 5g] Æ gfltgtgfn] ; fW] æcsf[Aj fFf] rflxFs:tf] 5 lg xh/af Æ a9f-afn] hjfkm lbP, æcsf[rflxF/df0nf] 5, xF,nf]/; nf] 5, zft 5, df0fn' 5, bofn' 5, k/fk\$sf/l 5, bfgl 5, pbf/ 5, ; xof]ul 5 .



To; h] Tof] ; Vl 5, To; n] ; s]Dd uNtl g}ubg / cfkmáf6 uNtl e0xfNof] eg] klg To; nf0{ :jlsf/ u5{ To; af6 l; S5 Æ æclg tldWo] sgrflxFaj fFf]h] lhT5 xh/af Æ Pp6l ; fgl gfgln] ; flwg\ . a9f-afn] eg] ætldl xfdln] hg rflxFf0{ vfg\$'f lbP/ alnof] agfp5f; To; h] lhT5 Æ

syf; f/M xfdl ; a}f ; b\0f / bu0fx; xG5g\ ; a\$} dgdf c; n / v/fa lj rf/x; xG5g\ . t/, lht Toxl u0fsf] xG5 h; nf0{xfdln] kll; flxt u5f; . lzlf, /fdl] ; Èt / pbf/tfn] ; b\0f / ; b]j rf/ a9fp5 eg] c1fg, 3d08 / g/fd] ; Ètn] bu0f / slj rf/ a9fp5 .

शिक्षक मा

शिक्षकका संस्मरण !

tkf0\$ f /f]s ; æd/of c;sf nflu k]s agg ; S5gl 0 To; h] !@) zAbsf]j l/kl/ /x] tkf0{Hsg / s; / lzlf s aggeof] lzlf s hjg / lzlf of sfo\$ 3tnflubf 36gf, k; È / cgej cflb ; d\$] ; æd/of k7fpgxf] \ .

@)^^ d^l; / !) ut]leq xfdlsxf cf0k'lgkg\$. xfdlnf0{/fd] nfu\$] ; æd/0fnf0{?%,)) k/:sf/ lb0g\$.

lzlf s dfl; s, kf6g9f\$ f, nln tk', kf]ag= !^^, nln tk'/ knf]gM %%\$#@% , knbfS; M %%\$!! (^, Od]hM mail.teacher.org.np



.k9fof| kf7, ; f|x| bgf cf7U
 /zl/s sf|!*cf|c| -c; fh)^^_ df
 k\$|zt !) slfss|lj 1fg lzlf0f; DaGwl
 n|df lj 1fg lzlfdsf ; lk / hfE/ eP
 kofur|ds lqmfnsfk ; ~rfng ug{vf; }
 cK7af/f| kb| elgPsf| /x\$. slfddf
 lj Bfyl\$| rfk w|}5 eg| ; -; fgf ; dX
 agfP/ kofur|ds slff ; ~rfng ug{
 ; lS65 eG| klg n|vss| 7x/ /x\$.
 t/ ; lzlfSX;df hfE/ gePsf|h| dfq
 ; fj h|gs :shdf lj 1fgsf| kofur|ds
 slff ; ~rfng xg g; s\$| eG| s/f
 kof| ; To x|f| . lSgeg|x/\$ lzlfS
 rN5l x65g\eG ldn|b| . lj Bfyl\$|
 cK Joj :yfk u/| klg ; ahf0{Pp6}
 lzlfss|atfn|kofur|ds cEof; u/fpg
 ; Dej xE| . slff ; ~rfngsf| ; do
 klg t xg|kof|lg U lj 1fgsf|kofur|ds
 lqmfnsfk ug{w|} ; do n|U5, Ps
 306l -\$% ldg|_ df of| sfd ; DkG
 xg; Sb| . xtf/df cEof; u/fpg; eg\$|
 t .k9fof|kf7, ; f|x|bgf cf7U h:tf|dfq
 xG5 . lj Bfnon|lj 1fg lj ifosf|nflu 5\$}
 ; dotf|nsf lqwf|of u/|s/f cs|x|f| .
 ..sd tna / ; lj wfn| lzlfSX;df
 hfE/sf| sdl cPsf| eG| s/f r|fxF
 ; f|x| c|gf ; To xf| . n|df ; fwg /
 ; lj wf gePsf| c| :yfdf klg lj 1fgsf|
 kofur|ds lqmfnsfk ; ~rfng ug{egl
 tof/ k|/Psf| ; r|df s|x| dxE| /
 ; lhn|k|t gx| ; fdu| ; dfj z ul/Psf|
 5 . To:t|s|x| ; fdu| lzlfS-lj Bfyl\$|f
 agfpg ; lSg|elgP t|klg agfpg|klqmf
 n|V|Psf| 5| . h:tf| DNA / RNA
 df|h| agfpg| klqmf ; dfj z ul/Psf|
 eP w|} /fd| xg|yof| . tyfk pQm n|y
 lj 1fg lzlfssf nflu pko|ul 5 .
 c|gnst|/ y|kf
 .x| ; U :sh, /ft|k|h, sf|df8f|

; b|fyfnf0{ ; %ffj
 .glvq| eP gSsn| lzlfsl -ebf|
 @)^^_ ; dfrf/ k9|g kfp|f vzl /
 b|w| b|}n|f|of| .
 ; b|fy pkl|wofosf| .k:tf g|
 ; v|k k|g|ck/fwl zlf\$sf|n|ydfk|
 lzlfssf|gSsn| k|f0fkq 5fglag xg
 g; Sg|sf b0{ k|v sf/ofdf| klxn|
 /fhg|ts c; xof| / b|f| fl| dftx|tsf
 lgsfo k|l|hcsf| ; e|hs|j df ul7t
 gSsn| k|f0fkq 5fglag ; ldltx;sf|
 c; xof| . ox|fPp6f lj rf/of|o s/f
 s| 5 eg| pkl|wofonf0{ c|k|e|G|f
 t|Nf lSg|son| 6|y|g|U g6|f|k|t
 pxf|h| tldf|y s|g|.PS; g| l|ng|k|of|
 ug{e|of|ePg < ; fj h|gs 5| .
 ; ahf0{ y|xf 5, c|k|e|G|f d|y|n|f|
 lgsfo=k|v jf x|s|dnf0{ g6|g|
 cg\$|sf/ofx; d|w|o|k|v sf/of x|f|
 p; s|j|ult| jf sdh|f| y|xf k|pg| .
 Pp6f lzlfssf|r|f| v|g|nt y|xf
 k|Psf|lj Bfyl\$| .r|f| v|g|x|E| e|g|
 lzlfssf| c|t| slt d|f|n| < ; xh|
 cg|dfg ug{ ; lS65 .
 ; fdf|g|of ; j|w|l|gs c|Esf|k|v
 lgoQm x|f k|q|s| ; f| .d o:tf|u5|
 d|f| lgsfosf| e|b|f|r|f/ g|df| k|f5|
 e|g| c|g sf|of| lw ; d|f|k|k|5 .d|h|
 t ug{v|h|s|f|lyPF-pkl|wofon|h:t|
 lj ljw sf/ofx; z ug{ ; lSg| e|g|
 k/Dk/f x|f|s|x|f|g|of|f|f| .
 gSsn| k|f0fkq 5fglag|sf|
 ; f0t h/fpg ; xof| ug| JolQm
 xg| clv|tof/sf k|f| ; l|j| b|gax|b|

**gSsn|nf0{ s; n| lgo|Qm
 u|of| <**
 gSsn| k|f0fkqwf/l lzlfSaf|f|f|
 cfj/of n|y k9|f| dnf0{ b0|f|6f
 n|f|Qms| ; D%g| eof| .f|y| n|fu|
 pkrf/ ug|e|G|f /f|s| af6| 5\$g|
 h|f|t| .cf|gf| ; ft|sf|y|h|f|alnof|af|w|
 ; f|y|nf0{ r|f| gn|fpg| U
 gSsn| lzlfSX;nf0{s; n|lgo|Qm
 lbof|<:y|of s; n|ag|of|<clg a9|f
 s; n| u/fof| < b|f|f| tl lzlfSX;nf0{
 e|G|f a9| l|g| lgsfox;nf0{ lbg|k5|
 h; n| k|f0fkq; d| ; Ssn|=gSsn|

zfxl . zfx|n| c|k|n| ; jf l|g|Q ePkl5
 .lgh|f|dt| ; j|df a9|sf n|fu k|f|y|
 ePsf && k|tzt k|f0fkq gSsn| 5g|
 egl u/\$|f| pb\$|f|f| ; E| gSsn| k|f0fkq
 5|f|g| .u|of|h|q| d|h|l| k|/De ePsf| x|f| .
 To; k|5 clv|tof/af6 ; a| sd|f|l /
 lzlfSnf0{ k|f0fkq a%|fpg pbl| hf|l
 eof| . ; ah| k|f0fkqsf ; Ssn| k|t
 5fglag ug{ k7|fP . k|5 uf0|E|DF
 ; lgo|f| ..5fglag ug| l|h|df k|Ps|
 -k|l|c| l|l|z|c| c|f|bs|f| k|f0fkq gSsn|
 5 /| U h; s|f|c|f|g|k|f0fkq gSsn| 5
 p; n| c; s|f| k|f0fkq ; Ssn|=gSsn|
 eg| s; /l k|f0f|s|/of ug{ ; S5 <
 l|leG| clws|t| pk-; l|r|j ; x-; l|r|j ;
 ; l|r|x; h; s|f| a9|f k|f|h|g|sf|
 k|f0fkq gSsn| xg|eg| l|leG|
 ldl8ofdfk| ; fj h|gs eof|t/ sf/afxl

.s|s| g| ug|kb|
 lzlfdfq| /fdr|G| s|z|fxn| cf|gf|
 c|t|f|f|f|{-ebf|@)^^_ df .x|f| h|f| ;
 d s|s| u5| e|G|ePsf| /x\$. pxf|h|
 o:tf| lj eg .s|s| g| ul//xg| kb| .
 lzlfSX;n| 9Ss eP/ k9|fpg k|fpg|
 P; Pn; l k|l|f|df lrl6^a xg| g|bg| tyf
 lzlfSX;nf0{Ps|f|f| :yof| lgo|Qm lbg|
 ; d| h|df tlg|6f s/f dfq|n|u|fpg
 pxf|h| ; Sgeof|eg|g|k|fnsf|z|f|s| l|q|n|
 sf|f|h| k|n|p| . s| d|q|l|ho" olt s/f
 u/fpg ; Sg|x65 <
 c|gd|f| kf7s
 l; l4r/of dfu|{ c|f|n|9Ef
.; xof|ul|sf| z|f|of U
 lzlf P|g|df .k|f| k|f|y|ds tx| p|N|y
 eP klg lj Bfnosf| txut ; Arg|df of|

; dfj z 5| . tyfk x/\$; /sf/l :shdf
 .afn|j sf; s|b| xg|kg|k|j|w|gsf sf/of
 k|f|y|ds txd| egf{xg| pd| gku\$|f
 ; f|g-; f|g| afnaf|ns|x|sf| k7g-kf7g
 / lj sf; sf nflu j|s|N|ks p|k|o eg|
 c|j|ndag ul/Ps|5 . afn|j sf; slfssf
 nflu eg| ; xof|ul lzlfssf| s|f|f| lbg|
 ul/Psf| 5 . t/ afn|j sf; s|b|sf
 lzlfSnf0{h|df ?!*) l|P/ ; /sf/n|
 pglx;sf| >dsf| z|f|of u/\$|f 5 .
 ah|f| e|f|n|g|f| sf6\$|f| ah|f| ?!*)
 d|f| ; s| a|g|df afn|j sf; -0; l8L slfssf
 lzlfSX; s; /l cf|gf| sfddf b|Q|r|Q
 eP/ n|l|g ; S5g|pQm|sdn|dlxg|df/l
 lrof, gf:tf, v|f|h| vr| r|fx|F|k|n|f| .
 h|fu/ v|g| c|f|df| aa' v|f|<k|f|f| v|f|<
 s:tf| kl8f|bol / lj 8Dag|sf| s/f <
 t/ ; Dal|Gwt k|f|n|pglx;sf| ; d:ofnf0{

56afpg g; sl egf{ubx:yfol / a9jf u/f0lBP . ca clxn] cP/ gSsnl lzlfscx2nf0{s1xn] / s; /L 5fglag ul/; Sg' 0 lkmtnf] sfgb / lh0d]f/ lgsfosf] sdhf]lsf sf/of of] b2df 6f7af7fx2n] cj; / kfp6} cPsf 5g\ . csf]s/f, lj sf k/lff k0ffnlsf sf/of ; j b2d} ptkfibt k0f0fkqx2 klg gSsnl; /x e0/x3f 5g\ . o; tkf klg ahdf oyflrt Wofg lbg' cfj Zos 5 . gg of] ; d:ofn] ; dfhnf0{ %g%g\ ufff} nhrf5 .

0Gb\$df/ >7
;/:jtl pdfij vfgLe6-ofa, cfyn9Ef

eof3ePg sb}; f] hlgS ePg .
d lzlfssf] k0f0fkq gSsnl xgk5{ eGg] s/fsf] lxdfotl xfoG . gSsnl k0f0fkqwf/lnf0{ sb} klg ; jdf kj2 lginv ul/gk5{ . t/, hf] ; Ssnl=gSsnl k0f0fns/of ug{a; \$f]5, p; \$f]k0f0fkq gSsnl xg' rfxF%g\ ckl0hgs s/f xf] . Psfl/ /fhgllts x:tlfk / tNnf] lgsfosf] c; xofun] sfid ug{ ; lsgF eGg] csf]t/ tIsfnlg sfo\$fl k0v -k0 nf0{ ; d] kh] { sf6g} 0 o:t] lj /fvref; af6 s; /L gSsnl k0f0fkq lginv ug{ ; lsg5 <to; sf/of, pkfWof0ho" cf"gf] sfo\$fnst] r/f] s/f]h0{ a"NorP/ .lkntf] kflNg6bf cfknh] ; fdgf ugk/3f j f:tlj s ; d:ofx2, To; nf0{ ; dhwg ug{ ; Sg] pkfox2 / cf"gf cgejx2nf0{ ; xl tl/sfn] ; f] hlgS ugEP j t0fg

cIVtof/sf k0v cfo0m cfo0mx2 / e]6frf/ lqj/0fsf nflu sfid ug] cGo Jol0mx2sf] nflu pkoFlul xg]lyof] lS <

dfxgk] fb /ldl
afnlj sf; g3/f-kfj = lghu9, af/f

gSsnl lzlfS p6dhg ugk5{

elg650 Pshgf 8fS6/sf] ulntln] Pp6f Jol0msf] lhGbul aaf6 xG5 eg] Pshgf lzlfssf] ulntln] xhf/f] Jol0msf] lhGbul aaf6 xG5 . To; h] hlt; Sbf] rFBf] gSsnl lzlfS p6dhg ul/gkb5 . o; lqldt gSsnl sfuhkq k2 u/ xhf/f] Jol0msf] eljiodfly v]hj f8 ul/x3f To:tf gSsnl lzlfssf] af/df hf] s]h] klg lj leGg ; 3; :ydf ph/L lbg; Sg] Joj: yf xgk5{ . cIVtof/ b?kofu cg; GwfG cfofludf kntg, Odh jf lr7ldfknf ph/L ug{ ; lsg] Joj: yf eP klg ; a; E cbccfsf] kntg, Odh / 7ufgf gxb klg ; S5 . To; h] lz//s dfl; ssf] cfp6f] c]df cbccfsf] kntg gDa/, Odh 7ufgf ksf]zt ul/lbP dh:tf xhf/f] k7snf0{ knt0bf klgylyof] . /, gSsnl lzlfS lj?4 ph/L lbg ; lhnf] xg]lyof] .

ltns yfkf, ?k6b]l

-l6K0RIM cbccfsf] kntg g=
\$\$\$)!%, \$\$@(^**,\$\$#@&)*
/ Odh 7ufgf akhtiyar@ntc.net.np,
ciaa@ciaa.gov.np xf] . -; 4

lzlfscx2sf] G0ytd klg dlfov; /x tna ; lj wf lgwf{Of ug]t/ ; Dal6wt klfsf] Wofg hfcf] \eGg] d]f] cfux 5 .

s]0fdof lq/f]h
l; hjf, df7a

xx

gkfnsf ; /sf/L lj Bfnodf :yfol, c:yfol, /fxt, afnlj sf; / lghl ; f] h:tf cg3y/L lzlfS Joj: yf ul/Psfh] lzlfscx2df u6aGbl, lj rng / xgtaf]wsl] l:ylt ; hgf ePsf] 5 . afnlj sf; s]0bdf sfid ug] ; xof]ul sfo\$tf]nf0{(?=!,*)} dfq lb0g] u/f] 5 . hals ; xof]ul sfo\$tf]nf0{ :yfol sf6f elg; s]k]5 pglx2nf0{ klg c2 lzlfS; /x tna lb0gkg] xf] . ; fgf gfglx2nf0{ k9fpgk2sf] sfid c% hlon 5 .

:shx2n] .afnlj sf; lzlfSlnf0{w7} sfid nuP/ clt g} >dzf]0f u/\$f 5g\ . ltn] slffnf0{ klg ; do lbgk5{ . p:t}k/] lj Bfno g} afnlj sf; lzlfS] rnfpgk5{ . k7g-kf7g / lj sf; sf nflu j3lnks pkfo eg] c]nBag ul/Ps} 5g . /fHon] c2; /x tna lbg ; S6g eg] afnlj sf; sf6fsf] c]hTo 5g . dxElst] ahdf afn sf6fsf] ; jf ; lj wf Toltdf dfq ; lldt /flv/fvg] xf] eg] o; nf0{ afn sf6f geg] xG5 .

ultf pk]l
r08lb]l k]ij g]a; j* ynl, wlb^a

xfdl a9fnf0{ uxf] eof] 0

c; f/ c]sf] lz//s df 5flkPsf] .klxnf kl9Pg, ca gk9l eP0l zlf\$sf] l/kf0{ clt /fd]nf0f] . t/ /fd]fkdr !} dlxg] k/f tflnd u/\$f k]lj sf lzlfscx2sf nflu lj zlf slffsf] Joj: yf ePsf] 5g . csf] xfdl h:tf a9f lzlfS lj Bfno EofP/ lj zlf slffdf hfg klg sl7g 5 . glhsdf lj zlf slff klg 5g . o; sf nflu lhNnf lzlf sf0f0ox2n] clWooG labfsf] Joj: yf ldnf0lbgk5{ . ls t !} hf3 @ rn\$f lzlf lj ifosf] k9f0 xg] hg; s} pdfij df lj zlf slffsf] Joj: yf xgk5{ .

cf]hsaxfb/ vql
sfnlb]l k]fj = k]lt-&, /df\$fk

.k]j; g] / .pkbfg] Pp6} xf0g

lzlfS s] xf] eGg] a"g lz//s dfl; s xg]k]g] xG5 . lzlfssf uOf, b]ff]nufot w7} s'fx2 a"g o; klqsf] d2t k]0fPsf] 5 . lzlfSnf0{ ; xl dfudf lxBg

lgoFlg EofPsf] blv6g . o; ; Gbedf d ; Da4 lgsfo=kblwsl/x2; E lgdg k2g ; flg rfxG5M
> dfqj clwsf/sf] lj Zj Jofkl 3f]0ffkqsf] wf/f @# sf] dd{ / efj gfcg?k afnlj sf; -0{l8L slffsf lzlfS -; :sf= x2sf] tnadfg, ; jf, a9] f, j]0-lj sf; / :yfolS/of tyf cGo ; lj wf lgwf{Of xg] u/L P0lgod agfpg]t/ ; Dal6wt klfsf] Wofg guPsf] lsg <
> plNnlvt P0lgod aGg=agfpg ; do nflu] eP xfnst] tnadfg a9fP/ e/Of-kf]0f xgklg] tnadfg lgwf{Of ug{ ; Dal6wt klf dfq /x3f] lsg <
> ztk]tzt dlxnst lqldt cf/lft o:f] ; Argfx2df sfid ug] dlxnfx2dfly xg] u/\$f] >dsf] z]f]0f / cGo xs,

lxt tyf clwsf/sf s'fx2df dlxnf clwsf/jfb] ; 3; ; :yf / ; E7gx2n] cfj fh p7fpg g; s\$] lsg <
> dfqj clwsf/sf] lj Zj Jofkl 3f]0ffkqsf ; a]wf/fx2; lqmo u/f0{ ; f] 3f]0ffk]t ; /sf/sf] k]ta4tf sf0f] og u/fpg dfqj clwsf/jfb] ; 3; :yfx2sf] Wofg guPsf] lsg <
> lzlfS xs]xtsf nflu vfl]nPsf ; 3; ; :yfx2n] Pp6} lj Bfnoleq Ps} fy plQs} ; do sfid ug] afnslff lzlfS / sdf/f]lx2dfly ePsf] >dzf]0fsf lj?4 k6fj sf/L cfj fh p7fpg g; s\$] lsg <
> ; /sf/n] /fl60 tyf cGt/fl60 >d P0, lgod, lj lgodsf] kfgnf ug{ g; s\$] lsg <
> plNnlvt s'fx2 dgg'u/L afnslff

k|t|lqmf / ; %ffj

va/bf/l ug{Psf}df w6ojfb . :t/lo
s/fx; w} }x{f}k|g s{x| sdhf/lx; }
bf{x|/x{f 5g\ . s{x| pbf/0fM

@)^^ h7 c|df ..d6q|nf0{ lj /f/v
kq| zlif{ss}ultlj lwdf ..hgfbg sfo{nn}
@)^^ knfub !* df a%Psf] ; %fj
t?Gt sfo{og ug{ dfu ul/Psf] 5l
5flkPsf] kf0of] . :lzlfssf ; d:of /
lgsf; sf] af6f] zlif{df rfxF..hgfbg
sfo{nn} lzlfdfql /0f' ofbjnf0{ !*
knfub @)^^ df cf'gf]k|tj }g a%Psf]
lyof] n|vPsf] 5 . olt ; fdf6o s/fdf
lsg Wofg guPsf] xfhf .

To:t; @)^^ c;f/ c|df ..c:yfol
lzlfssf :yfol ; d:of] e6g] l/kf6df



..yfol lzlfsn] nuff/ @) jif{ ; jf
u/df k|g ; g -pkbfq kfp5g\ . t/ , @)
jif{Dd}lzlf0f u/]klg rfv/n]pkbfq
kfpq] ; Defjgf 5g| eg} n|vPsf] 5 .
@)^^ h7 c|df ..dzlfs y/ly/lstl
zlif{df ..yfol lzlfsn] tna, aldf,
; -rosfif, uB, k|g ; g kfp5g\ . t/
c:yfoln] tna dfq kfp5g| elgPsf]
5 . o; sf]cy{z/l/s dfl; snf0{k|g ; g
/ pkbfq zAbsf] cy{yxf gePsf] xf]
ls h:tf] n|U5 . gg o:tf] q|6 lsg
bf{x|/x{Yof] xfhf / < k|g ; gsf] cy{
lgj|0e/of xf] hg @) jif{ ; jf u/k|5
:yfol lzlfsn]kfp5 . pkbfq rfxF:yfol
lzlfsn]@) jif{ ; jf gk|l ; jfat6 x6df
kfpq] s/f xf] .

cGtflf/l, zAb v|h, ; fdf6o 1fg /
; 8f3' k|t|of]utdf ; xl hjfkm k7fpg]
k7s ; a'Vof ; fx}sd kf0G5 . pglx;sf]
gfd klg klqsdf xq{k|P IrQ a'Yof]
k':sf/ Pshqfn] dfq k|P klg . gfd
gx|f ldnP/ k7fpg]JolQm] klg cf'gf]
glndf]xf]ls e6g]z|fdf ?dlNngk5{. s]

o; /l kf7snf0{?dNofpg' 7ls xf] t <
v8bnaxfb/ >ij
hgs|lof0f k|lj b]f/ufpF
v|gofkfgl-@, /fd3fk

-l6k0fM q|6 c|f0|lbg6Psf]df
>ijhlnf0{w6ojfb . @)^^ sf]knfub
cfpg]af5l /x{fjh]@)^^%g} ; xl
xf] . -; ≠

ufnl xf0g, tfnlaf6 afBf}

xfdl h}hlt kf7dk:tsdf lj Bfylx;nf0{
3f3f0/x{f 5f| zfof kf7dqndn] lolt
rfx{f] 5g . xfdl rfx{Gbf a9l dxgt
ub3f/ lj Bfylx;nf0{u/f0/x{f klg 5f}
t/ kZg bz6l/ p73f]5 . l; sf0
Jofj xfl/s 5g, l; sf0 cyk0f]
5g . l; sf0n] hgck|ff ; d6g
; s6 . oxl k|qmfnf0{ ; 3fpg
/ Jofj:yt lj sf; ug{ lzlf
d6qfno, lzlf lj efu, lq|lo lzlf
lgbzqfno, lhnf lzlf sfo{fo,
; ft' s|b|cfb h:tf ; /sf/sf
cEx; / c6o yk} ; 3; yfx; }
lqmfzn 5g\ . ltn] sfo{ndx; }
; -rfng ul//x{f 5g\ tYof]
shfP/ 5nknkl5 efl olhgsf]
ax; rnf0/x{f 5g\ .

l; sf0df xfdln] gofF af6f]
/ff|gk5{. km|/ h; n] klg ; lhn]
elg|b65, l; sf0 j}flgs xgk5|
xfdf] l; sf0 j}flgs 5g . t/
oyfydf sg l; sf0 j}flgs xf] < lsg /
s; /l < o; nf0{h; n]bfif nufp6g p; hf0{
klg s; h}kZg u/df ; lhnf]p0/ p; }E
5g . d7f] a%ofdf k0f{j}flgs l; sf0
oxl xf]egl l66gl ljZj df zfof 5g .
lzlfij bx; / dgf] flgsx;nf0{ s; h}
oxl kZgsf]7f8f3f]f]b|vof]eg]l66gl
af6f]b|vpg dl:sn}xfhf .

eljio rDsfpg] cleefjssf]
; kgf; lxt efl]n b3} sfw xfn]g; Sg]
lhdj]f/l InP/ cfPsf]bwafns cdfsf]
sfvaf6 lzlfssf]k|l6fdf kb5, loltahf
p; n]cf'g}afndl:tsdf lj Bfno k|z
ubf{hg p|; fx, OR5f / cfsf^Nf InP/
cfPsf]x65, To; nf0{k|f0M lj Bfnox; n]
lg/fz tNof0bPsf]kf0G5 . o; s/fsf]
g To]afns lj /fv ug{; S5 g ; dy6 .
g pm s/f a'g ; S5 g ts{lbq . pm t
3f3g ; S5, skl ug{; S5, obfsbf cf'gf
lj rf/ %q|fdl; g|ljifodf /Vg; S5 . ca
; f0gaf3df n|vPsf]dgf] flgs lzlf /
jftj/0f eof]t < gePsf]eP lhdj]f/l
s; sf]t < lj Bfnox;sf] < lzlfxs;sf] <

tly{ hfb5'

a9lcfdf]s|d/ bVbf
k6Sl lsl6bg g; Sg]lg|5/f]
df:6/ d
afafsf]c: sf6 knf6bf
nf6fn]k|kf x|f|}xq|dSbz5
df:6/ d
kl8|kl8fn] ; w}cf: 'aufpg] >ldtlnf0{
cf: 'k5g] ?dnf lsl6bg g; Sg]
lj r/f]df:6/ d
dh]s; 6/l
g afafcdfsf blM la; f6g ; s-
g >ldt / 5f]f5f]lsf cfjZostf
k7f ug{; s-
vr{/ vfrf]f]l8ndf pleP/
xf: g; Sg] ?-r]
df:6/ d
vf0{Ucfh cfk|n]cfk|n]f0{kZg
ul//x5'
d lsg / s; sf nflu afir/x5' <
a9fa9l af-cdfn]rf/wfdst tl:a/
b|vfpbf
cfv| Ir|d u/3f]5' dh]
5f]f5f]l v/fof3f arR; /l plk|b}
gfg-rfrf6bf sfq a6b u/3f]5' dh]
>ldtln] blMsf]k|f]f]k|sfpg
g|ofpb}
; Sbf]kpf; u/35' eg] 6S6lsPsf]
5' d
ca dh]dv knf7} e6gk5{
cdfd, tkf0n]af|lof]f]k6sln]s|d/
s:glafgl kfg \
ljz ztsf]cf: sf0n]cf^ 9fSg]
sf|zz ug{ \afaf
hljg; luegl, cf: sf]dxfg ltdl cfk|n-
y6g]kpf; u/
vf0{Usl n|lbf]x5 / <
el/of6bf efl 7hf]ePk|5
8Efe6bf ofql w}ePk|5
To; h]cfh,
c6oyf s; 6f gxfl \
kl/kl/sf]kv]df cf/sf]k|f]f]af3}
z|b / j|fSof]tly{hfb5' .

bnaxfb/ u?^
lzlfS, b|f6g pRr dfij, k|lkf

cleefj sx;sf] < z|lfs ; 3; yfx;sf] <
; /sf/sf] < effif ldnfpgx; pdS}hg \
t/ ; dosf] xfdlnf0{ r|gf]l lb05g
l; sf0sf]jftfj/0f kl/j t6 rfx65 g} .
kl/j t6 cfh; Ddsf] lj sf; sf] ptk|s
klg xf] . To; nf0{lg/t/tf lbg tkf0f
xfdl ; a3f] ; f% lhdj]f/l xf] .



तथ्यांक मन्त्र, ७० प्रतिशत मन्दा बढी नेपाली जनता अझै पनि बैकिङ्ग पहुँच भन्दा निकै टाढा छन् । ग्रामिण क्षेत्रका जनताबीच त भन्नु बैकिङ्ग सेवाको पहुँच अझै न्यून रहेको छ । हाम्रो मान्यता छ, गाउँको विकास नभै सिंगो राष्ट्रको विकास सम्भव छैन । त्यसैले गाँउलेलाई बैकिङ्ग सेवा दिइ आर्थिक गतिविधिमा क्रियाशील गराउन सहयोग गर्ने सोचका साथ किष्ट बैंकले ल्याएको छ: **किष्ट गाउँले बचत योजना**

- वार्षिक व्याजदर ६.५% (दैनिक मौज्जातमा)
- नि:शुल्क डेबिट कार्ड, अन्तरशाखा कारोबार
- र SMS बैकिङ्ग
- रु. १०० मा खाता खोल्न सकिने
- कर्जा सुविधामा विशेष छुट
- स्थानीय ठेगाना नेपालका युने पनि गाउँ विकास समिति गएका व्यक्तिहरूका लागि मात्र



किष्ट गाँउले बचत

गाउँ गाउँमा बैकिङ्ग

Anamnagar: 4232500
Biratnagar: 440356
Damak: 543245
Sinamangal: 4498896
Kishchapokhari: 4457509

Butwal: 543428
Manjiram: 560238
Birtamode: 543245
Dharan: 533401
Jorpati: 2044004

Pokhara: 524044
Guliyi: 421171
Bagar: 532914
Tandi: 563006
Birgunj: 530502

Lalitpur: 5533644
Itahari: 567066
Banepa: 660946
Bhaktapur: 6619389
Mangal Bazar: 5552269

Newroad: 4233713
Dumaili: 561803
Narayanghat: 533526
Durbarmarg: 4223044
Palpa: 522731

Sukedhara: 4650509
Bhairahawa: 527323
Dolakha: 421847
Janakpur: 527936

Nepalgunj: 527601
Khairani: 577533
Tinkune: 4488767
Bhaisepati: 5592787



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www.kistbank.com

k|t|lqmf / ; %fj

l; sf0 afn dgfēj gf cg; f/ xgk5{ / dgf7-hgk0f{xgk5{. l; sf0 kōfūfids / b|gs Jojxf/df ; sf/fids kl/j tē u/fpg} xgk5{. l; sf0n} hlj gdf hfz / l; hōf v|fNgk5{cyjf l; sf0 bdgffd s xf0g ; jlsf/fids xgk5{. t/ To:tfj}; sf0 ug{xfdln}s; /L af6f}vlnf ug{; S5f}k lhdj}f/ eP/ ; f|gkg|ePsf}5 .

; Dk0f{ lziff; E; /f}sf/jfnf dxfgēj df cg/fv ug{rfx65l l; sfgp} xf}df afnssf} afNofn xfdln} vrō} xf0g, ;jlsf/fids l; sf0df hf} lbP/ p; nfo{cfknl Irōg lbgk5{. xfdl c; n kyk}z\$ dfq agf}. xfdln}lbPsf x/} lqmfnsfkdf p; n} dgf7-hg lnēlnē} sxl l; Sg}cj; / kfcf} \. o; sf nflu JoVofg lj lw / g} xf0g lqmfnsfkdf lhdj}f/l lbP/ 7f}, cw7f} / ; f} txaf6 lj :tf/}; sfgp}kōf ug/f}. ufnl xf0g, tfnl af8f}. .tFTof} u/l xf0g .ltdl s} ug{; S5f}< u/l af6 yfngl u/f}. s}eof} s:tf}eof}<p; }f}cgēlt ; g} /dfcf} / p; }f} lj rf/ sb/ ub} sxl cfwf/ ePdf l; sf0 lqmfnsfkdf yk u/fcf} / cōfodf xf}xf/ l; hōfids / d}xgtl dfqj hfzsf}lj sf; u/f}.

ljzj bjsf} f|JolQm hlzsf, ndh^a

ultljw lg/Gt/ cfcf} \

buēd} eP klg /z//s klqsf lgoldt }kdf clloog ub5f}. ; a}cī k7glo, /f} s / 1fga4\$ 5g\ . ljZj}sf lziffj bx}sf} lziffōf lj lw ; fy} l; sf0 lqmfnsfkdf ; lhnf vhlj lw / c^avl lziffōf l; sf0 lqmfnsfk tyf ultljw k}o\$ cīdf /flvlpdf xfdl h:tf buēd lj Bfnodf cllofg u/fpg} lzifsx}nf0{ 7hf} /xt ldNglyof}. lj 1, snfsf, /fhglts g}f cig j}f}lgs lgdōf ug} vDaf xg\lzifs . lzifssf} kl8f / cftdf c; Gtl6nf0{ dndk\$l ug} sfd o; klqsf}n} u/}f} 5 . klqsf lg/Gt/ k\$zgf xj} \ xfdl h:tf buēd 7fpēf /x\$} lzifsx}n}Jofj xfl/s lzifsf s/f l; Sg / l; sfgp kfof} \.

x}faxb/ a9fdu/ uf}lff kfylds lj Bfno, c}f}vs&, DoflVbl

gfd 5flkof} \

/z//s dfl; sssf} zAbv}, ; 8f\$; cGtfll/L / ; fdfō1fg h:tf kltoflutx}df uf}hkyfaf6 Pshgnf0{ dfq 5g} gu/l kyd, lätlo / t}lo

5g} u/l ?-%)), ?#)) / ?-e)) lbg} Joj:yf ul/of} \ ; xl pQ/ k7fpg}t/ uf}hkyfaf/ g5flgPsf kltoflutx}sf}gfd klqsfdf 5flkg} Joj:yf ul/of} \.

ld7\$df/L 8lnfsf} >l lgdflj ah/x\$l, jL/Qbgu/-\$, lrtjg

knf} }sf}l8hf0g}df Wofg klō} d lzifs

d lzifs klqsf lgoldt clloog ub5 . o; df k\$flzt ; fdu}x} k7glo / pko}vl 5g\ . c%}xg}g}eG} cfzf / ljZj}f; 5 . zAbv}, cGtfll/L ; 8f\$df ; xeful x} k7glo nly} sfl6g}; d:of w} ; dfwg ePsf}5 . t/ ; 8f\$' sf6bf cGtfll/L klg sfl6g}; d:of c%} x6\$} 5g . of} ; d:of klg x6fpg ; s} c%} /fd} xg}lyof} .

cf}faxb/ e08f/L /df0nf} 8fēf, ayf}f(-, lrtjg

cln ckōf{eof}

Pp6f lzifs ePsf} gftfn} /z//s df 5flkPsf x/} v/}sx} d}f nflu plQs} g}f} / k}offbōf xg} u5g\ . o; klqsfnf0{ c%} lj lj wtdo agfpg lziff lqsf /f} s k} Ex} syf, slj tf / lzifssf lziffhutsf k}offbōf tyf clj:d/0lo lfo}x} klg ; dfj } u/fpg ; s}klqsf c%}plst6 aglyof}. lsg\$} Ps}5gdf ; a}v/}sx} kl9; lsf klqsf cln ckōf{ePsf}xf}ls eG}nfuf}5 . o; tknl ; Dkfbg d08nsf} Wofg hfcf} \ eG} klqsf} p}Hj n elj iosf} sfdg klg ub5 .

kēf a/fn

lj h} / 1fg dl6b/ df}j = :j oDe, sf7df8f}

d lzifs

sfd d}f}lziff lbg} e65g}dnf0{Lzifs gfglx}nf0{k9fp5' afax}sf}/lfs

s v u 3 l; sfp5' ult up5' slxn} P al ; l 8l k9fp5' dfōf u5{k}l}n}

Istfas}1fg lnpr} ; fgf ; fgf gfg ; fg}v a; fn ltdl c; n afgl

jfg 6' y} knf} knf0e l; S; eg Ps b0 tlg rf/ kfr 5 ug /fd} l} k9 ltdl d}xgt ul/sg ; d:ofnf0{xn u/ gx8a8f0sg

/fd; Gb/ b}hf kg}l g-kf-!

g}fn} klg k9b}

/z//s klqsf lzifsn}dfq xf0g lj Bfyl} cleefj s, lzifs, g}f, ; ef; b\ d6ql ; ah}k9gk5{. lsgeg} /z//s klqsfdf ultljw, lzifsf ; d:of / ; dfwgsf pkfox} klg plnly} xg} u/}f 5g\.

s}ofaxb/ kg

jfu} / l k}t}t dfj, lnjg xjdf, /f}k

ljZj}lj Bfnosf cgēj l k}llofksx}af6 cllofg u/f0g}o; sf7df8f}lziff Sofdk; df Pd=P8= Psj if} / tlg if}al=P8= tyf +e sf lj le6g lj ifox}sf} slff ; -r}ng e0/x\$}f} 5 .

goff j if{-g}kn ; D}t, zē bkljnl tyf 57 kj\$}f}xlb\$ zēsdfg

- ✓ sflQs d; fctleq egf{xg} k}o\$ lhnfsf Ps-Pshg} lj Bfyl}nf0{ljZj} 5b / !))u ; Dd df; s zNsd} 5fj}Qsf ; fy al=P8= kyd j if}df wdfwd egf}.
- ✓ Pd=P8= bf} j} tyf al=P8= t} j} if}f} k}llofids k/lif / ctof; lziffōf sflQs !) ut}f6, ; dod}cf} dg knf/d eg{cg/fv} .
- ✓ Pd=P8= bf} j} tyf al=P8= klxn}j if}f} goff slff ; -r}ng sflQs * ut}f6
- ✓ j} ; f06dfkml} cllofksf} k}/De
- ✓ slff ; -r}ng ; f}f \$!% b}v *M! ah} Dd, k}z; g lbgf}! b}v ; f}f * ah} Dd



sf7df8f}lziff Sofdk;

/fdzfxky, e\$6ld08k. rf\$, sf7df8f}-k}b}f}o pdf}j}sf} e}g. knf}M)!-}\$@}\$), (*!)!\$^, (*!#\$%()), (*!@%\$\$

E-mail: kscram@ksc.edu.np, URL: www.ksc.edu.np

:t/lo lzlfssf] zqM bnlo x:tlfk

/fhgllts x:tlfkaf6 dQm gePsf sf/Of ; /sf/L :shdf :t/lo lzlf lbg g; lsPsf] lzlf tyf lzlf clwsf/Lx;n] atfPsf 5g\.

lzlf ljefuaf/f @)-@# c; fhdf gkfnu-hdf cfofht .cujf ; fdbfos lj Bfnof; sf]; bPis/Ofsf nflu lfdt clej [4 tyf zlfis cfrf/; lxtfl ; DaGwl sfozfnfsf ; xefuln] /fhgllts x:tlfkaf6 sf/Of ofllo / blf lzlf egfOf ; d] afwf pTkGg xg] u/\$f] atfP .

lhzsf sPfnlsf zfvf clwsf uOfz l; xsf] ug; ; f] lyof] elzlf lgoLQmf /fhgllts bnsf] k]olf x:tlfk xg] u/\$f] /fd] lzlf 5fg ; lsPg A pgn] sPfnlsf clwsfz :shdf lzlf lgoLQm ubf{ /fhgllts, JolQmut tyf ; fE7lgs bafa cfpj] u/\$f] atfP . dWlo tyf ; b/kIzrdsf clwsfz :shdf lzlf lgoLQm ubf{o:t}%djhf %lg'

k/\$f] tl lhNnsf lzlf clwsf/Lx;n] atfPsf lyP . lhzsf hDnsf clwsf] hljg e08f/Ln] eg] æo:tf] x:tlfk hf/L /xdf afnafnsfx;nf0{uOf:t/lo lzlf kbfg ug{ ; lsPg A

jfuZj/L dflj 8fe/, afEzf lzlf 18nf/fd 9sfnsf] egf0 lyof] æ:shsf]JoJ:yfkg ; dbfodf x:tfGt/Of u/] dfq uOf:t/ a9g] xfGg . To; sf] nflu :shsf] jftfj/Of /fd] xgk5{A ; /sf/n] lj Bfyl{cgkftd lzlf glbPsf] pgn] ug; ; f] u/]. pgn] bnlo /fhglltsf sf/Of ofllo egf cfof] JolQm /fxt lzlf agg ; km ePsf] atfP .

lzlfns] ; dbfodf x:tfGt/Of ul/Psf :shsf]uOf:t/ ; wf/ gePsf] atfP klg sfoGmddf w]h] ; dbfodf klzf :shsf] k9f0 psfnf] nfu\$] blnn kz u/\$f lyP . sfoGmddf lzlf ljefusf pklgBzS lgj/fh hfzln] ; fdbfos :shdf hfj]S) xhf/ ?kP

; /sf/L cgbfg lzlfssf]:t/ ; wf/df nufpg lzlf clwsf/Lnf0{ lgbzG lbP . lzlf dGqnosf pk;lrj w] /fh /ldlsf] :jlsf/f]Qm lyof] æ; /sf/n] ; fdbfos lj Bfnof0{ pknAw u/Psf]cgbfg /sd nllft lfQdf nufgl eP gePsf] cgludg xg; s\$] 5g\A

sfoGmddf dWlo / ; b/kIzrdsf @% lhNnsf ljlg, lhzc / kç ; xeful lyP . sfoGmddf lzlf dGqnon] ev{} hf/L u/\$f] cfrf/; lxtfnf0{ JoJxf/df kPj sf/L agfpgaf/] klg 5nkm ePsf] lyof]. sfoGmddf ; xefuln] ; dbfodf x:tfGt/Of ePsf sf/Of /fd] ug{ ; km afEzf jfuZj/L dflj, 8fe/ / ; /:j tl lgdflj, lkk/lsf] :ynut cjnfg u/\$f lyP .

sNkgf kfBh, gkfnu-h

pdflj lzlfssf]gofFg]tj

pdfj lzlfssf] 5ftf ; :yf pRrdWolds lzlf P; flj; P; g -lx:6fg_ sf] @#-@ \$ c; fh @)^^ df kfy/fdf ; DkGg t] fl] /fli60 dxflw] zgn] cfpBf] tlg jifsf nflu blks ; j]lsf] cWolftdf %!

; b:olo gofFsof]ldt rog u/\$f] 5 . ; ldt]sf] j]l/i7 pkfWolfdf lj qnd kfy/hnf0{ rog u/\$f] 5 eg] pkfWolfdf ly/gfy bxfn -k]f{rn_ sP/ e08f/L -dWodf-rn_ if8fgGb uf]d -klZrdf-rn_ /fdk|fb 9sfn -dWokIzrdf-rn_ bdfB/ kl08t -; b/ klZrdf-rn_ / sdn rfkuf0{-pkTosf_ nf0{ 5fg\$] 5 . To:t] dx; lrj df klk Gofkfg] ; lrj xdf tf/fk|fb kfy/h, ofuQb|a:g] /fhQb| vgn, o1k|fb u}] / sf]Wolfdf Clif/fd sBh rlgPsf 5g\.

dxflw] zgn] ; fdbfos pdfj nf0{ t]sfn :yof ; DaGwg lb0{ sDtdf tlg j6f b/agb]sf] JoJ:yf ugkG] tyf pdfj lzlf ; j] cfof] u7g xgkG] dfu ub} kfFaB] 3f]joffkq ; d] hf/L u/\$f] 5 .



pQm 3f]joffkqdf lx:6fg; E ljutdf ePsf ; xdl sfoG]ogsf nflu ; /sf/nf0{ bafa lbg] hg0Psf] 5 . dxflw] zga6 lzlfssf] ; j]f ; ljwf a9fg lzlf dGqno / pdfj kl/ifbnf0{ bafa lbg] / To; sf] ; gj f0{ geP cfbf]hgd] pgg] 3f]joff ; d] ul/Psf] 5 . /

dfwj a/fn, kfy/f

IzIff dGqfnoåf/ cfrf/ ; ðtf hf/L

IzIff dGqfnon] cfm' dftxtsf sd{f/L, lzifs, lj Bfyl{ cleefj s / lj Bfno Joj :yfgk ; ldtsf lglDt cfrf/; ðtf hf/L u/ \$f] 5 . .IzIff dGqfno / cGtu{sf ; /f\$]j fnfx; sf nflu cfrf/; ðtf- @) ^^^ l gfd lb0Psf] pOm ; ðtf dGqfnon] @& c; fhdf sf7df8f; ; fj hlgS u/ \$f] xf].

:shsf]k7gkf7gnf0{këfj sf/L tNofpg tyf IzIff; DaGwl lgsfosf z]lfs ultijlwdf cgzf; g sfod ug]p2]on]pOm cfrf/; ðtf hf/L ul/Psf] dGqfnosf clwsf/lx; n] atfPsf 5g\ dGqfnon]hf/L u/ \$f] cfrf/; ðtf :shb]v lj Zj lj Bfno tx; Dd} nfu" ul/g] hgf0Psf] 5 . IzIff ; lrj 8f= /d:j?k l; Gxfn] IzIffsf ; /f\$]j fnfx; nf0{ g]ts ; kdf lhDd]f/ agfpg cfrf/; ðtf nfu" ul/Psf] atfP . ælgZrt dModfGofsf] kfnf ub} këfj sf/L sfo{ Dkfbgsf] nflu

o; n] dx[Ej kOf{eldsf v]lg\$Æ pgn] eg]. cfrf/; ðtfdf lzlfns] :shdf dffs tyf ; t]kGo kbfy{ kOf]udf agb]h nufPsf] 5 .

cfrf/; ðtfdf blnt, hghft, ckfE, t]f] InElnufot ; a} j u\$ 5f95f9fnf0{ lzlfns] ; dfg Joj xf/ ugk]s'f klg pNny ul/Psf] 5 . lzlfns]lj Bfyl{k]t b]o]xf/, cj x]hg, zf/l]s tyf dfg; s oftgf lbg gkf0g] tyf lzlf0f cj lwdf d]af0nsf] :jlr ..ckm ugk]k]fj wfg klg ; /sf/L cfrf/; ðtfdf /flvPsf] 5 .

cfrf/; ðtfdf 5f95f9fn] kfnf ugk]lgod klg /flvPsf]5 . h; cg; f/ 5f95f9fn] z]lfs xftleq xftxtof/, nfuKbly{ kOf] / cf] f/k; f/ ug{ kf0g] 5g eg] :sh kfzfs clgjfo{ ; kdf nufpgkg\$. To:t] lj Bfyl{ kl/rokqnf0{ klg cfrf/; ðtfdf clgjfo{ ul/Psf] 5 .

of]cfrf/; ðtfdf cfwf/df :shsf] z]lfs lqnfnsfnknf0{r:t tNofpgsf



nflu lj Bfnon] :yfglo ; Gbe{cg; f/ 5\$} ; ðtf ; d] agfpg ; Sg]klj wfg klg /flvPsf] 5 . IzIff ; lrj 8f= l; Gxfn] cfrf/; ðtf sf] sf] ogsf nflu cgludg ; æg agf0{këfj sf/L ; kdf nfu" ug] kl]ta4tf hgfpSf 5g\.

; /sf/L cfrf/; ðtf sf] sf] ogsf nflu dx[Ej kOf{eldsf /xg] lzifs ; :yfsf kl]lglwn] eg] cfrf/; ðtf kl]t cfm' cgle1 /x\$] kl]lqmf lbPsf 5g\ . g]kn lzifs olgogsf cWOLF s]0fk]fb 9sfnn] eg] ægofCfrf/; ðtfaf/] olgognf0{ sg] hfgsf/L 5g . xfd] ; ælgtf lj gf g] ag\$] cfrf/; ðtf dfg

IzIffs g]f]sf]bz}j b}zdf

IzIffs ; :yfsf kOf v g]fx; n] o; klnsf] bz} 8g]dfs{/ yf0Nof08df dgfP . lj hofbzdlf] lbg cyf\!@ c; fh]b]v sfk]xfugdf z? ePsf] 8]g; l6r/ olgogsf] ; Dd]hgdf koj]fs aGg g]kn lzifs olgogsf cWOLF s]0fk]fb 9sfn, dxf; lrj rlgz/Of ofbj, g]kn lzifs ; 3sf cWOLF d]xg ljfnl / g]kn /fi6@ lzifs ; E7gsf cWOLF afa/fd clwsf/L 8g]dfs{ku\$] lyP . pglx; !& c; fh; Dd ToxfA;] .

o; u/L Phs}zg 0G6/g}zgnsf] Pl; ofnl l]qlo ; ldtsf] !-!\$ c; fhdf Aof]sdf ePsf] l]qlo ; Dd]hgdf g]kn lzifs ; 3sf dlxfn pklWOLF 0lG6/f ; fksf, sf]fxs dxf; lrj

/fh]b]v kf]h, g]kn /fi6@ lzifs ; E7gsf dlxfn pklWOLF ; ldf l]qlo / dxf; lrj afa/fd ykf ; xeful eP . Pl; ofsf @ (b}zsf ^% lzifs ; :yf ; xeful ; f] ; Dd]hgn] hkfql lzifs oh? gfsfk/fsf] cWOLFtdf c]p] r/ ; jif\$ lglDt !& ; b:olo l]qlo ; ldt l]q]rt u/ \$f] 5 eg] ; b:odf ; 3sf pklWOLF 0lG6/f ; fksf l]q]rt ePsl 5g\ .

; Dd]hgn] lzlfdf nufg a9fpgk] kl]t lj Bfyl{ nufg vf]h ul/gk]k]t]f k]l/t ub} lzifs tyf :shdfly e0/x\$] cfqnd0fsf] l]q]rt u/ \$f] 5 . tlnk]k]t lzlfssf] cej tyf sd cge]sf c]zS lzlfssf] Joj :yf ul/Psf] g]kndf ; fdbflos lj Bfnosf] k9f0 sdh] ePsf] 7x/ ; Dd]hgn] u/ \$f] hgf0Psf] 5 . /



प्रवर्धन कार्यक्रम
 प्रवर्धन कार्यक्रम
 प्रवर्धन कार्यक्रम

xfdl afWo 5df). of] dGqfnosf] .abd; W xf] A
 9sfnn] lzlfsc; n] olgogn] @)^# df tof/ u/\$f] cfrf;/ ktf kngf ug[atfP . 9sfnsf]h:t}egf0 lyof] clvn gkfn lzlfs ; E7gsf cWof uof/fh nfxglsf]klg . pgn]eg] æo; af/] xfdlnf0{yfx}lb0Pg . sDtdf ; /f\$ / j fnfx; nf0{ afhfP/ 5nkm ugkYof]. of] k4lt unt eof] A
 ptf, dGqfnon]eg]lzlfs, ljBfyl{ cleefj snufotsf ; /f\$ / j fnf Klfnf0{b0k6s afhf0Psf]bfal u/\$f] 5 . æfdln] t 8fs\$ lyof}. b0f/ hgf lzlfs cfpgePsf] klg xf], dGqfnosf zvf clws; s[0faxb/

s6jfn] eg] æcfrf;/ ktfdf pxfk;sf]c; xdt 5 eg]5nkm ug{ xfdl tof/ 5f}A ; fdfGotM h; df nfu" x'g] xf] / h-h; n] kngf ugkYg] xf] pglx; cfkM} agfP/ ; jom] sfofjog tyf cg'udg; d] ug] lgodnf0{ cfrf;/ ktf eg] ul/65 . cfrf;/ ktf sf] lgdof / kngf w} } xb; Dd ; j R5s x65 . ; /sf/sf dGqfno, ljefu tyf sfofhox; Pj-lgod kngf ug] / u/fpg] bfoTj af\$ \$f lgsfoleq k5g\ . Pj\$ kngf afWosf/l x65 .
 kpf] cfofd

km/ lj 1fg kbzql

keft pdfj, Tofun nlnk/n]ljut cf7 jiflv ub{cfPsf] lj 1fg kbzql o; k6s ! c; fhdf u/\$f] 5 . kbzqldf kljblv dflj ; Ddsf 5fq5fqfn] xf08hg, cis; hg, gf06hg / sfa8f0s; f08 h:tf UofF agfpg] tl/sf kbzql u/\$f lyP . lj 1fgsf] kf7dqm; E ; DalGwt ulg xfp; , 6ln:sfksf] kofl, nq; / o; sf cfs[t, /vfrq lvRg] tl/sf, cflsdl8hsf] l; 4ft, kfsls] ljBt\ lj R5hg lqmf sf] koflufds cEof; x; kbzqlsf cfsif lyP . kbzqldf !!% ksf/sf koflufds ; fdulx; /fvPsf] lyof] . keft pdfj sf () ; lxt j/k/sf !) ljBfnosf sl/a b0{ xhf/ 5fq5fqf / lj 1fg lzlfns] pOm kbzql cjni\$g u/\$f lyP .

klg sil



kbzqldf ; xeful keft pdfj sf 5fqx; .

:sh ghfg]lzlfnsnf0{cj sfz

nfdj ; do lj Bfnodf cgkl:yt
lzlfnsnf0{lhlfzsf bf^n]cj sfz
lbg]klqmf yfn\$] 5 . nfdj
cj lw; Dd :shdf cgkl:yt Ps
lzlfns]cj sfz kf0; s\$] / c;
rf/ hgfnf0{cj sfz lbg]tof/L
e0/x\$] hfgsf/L lhlfzsf bf^sf
clwsf gk]fb ; fksf\$fn] lbPsf
5g\.

lzlf lgodfj nlsf] bknf !#
sf] pkbknf # df c; fwf/Of tyf
cWooq labf eQnfg ePsf] !%
lbgleg lj Bfnodf xflh/ gxb]
; fdbflos lj Bfnosf lzlfnsnf0{
;]faf6 cj sfz lbg ; lsg]
Joj :yf 5 . nfdj] sf n; Dd
:sh ghfg] lzlfnsnf0{lhlfzsf]
cj sfz lbg lflzlgnf0{1; knf/;
ugk5{eg] To:tf] l; knf/; sf
cfwf/df 5fglag u/L lflzlg]
To:tf lzlfnsnf0{cj sfz lbgkg]
kij wfg 5 . cj sfz lbgk] { #%
lbg] ; fj hlg; ; r'gf hf/L ugk5{.
lzlf lgodfj nlsf] oxl kij wfgsf
cfwf/df @& ebf}@)^\$ blv
:shdf cgkl:yt ; /:j tl kij

ufq/18xfsl lzlfns vGgf rfw/Ln]
!# j zfvdf cj sfz kfPsl ly0g\
To: u/L ! (df3 @)^# utblv
lj Bfnodf guPsf kfij xl/rf]
af3df/\$f lzlfns eldsft /ljd
/ & k; @)^! blv lj Bfnodf
cgkl:yt afnlxt kfij xfFlk/sl
lzlfns zrf 1j fnlnf0{klg cj sfz
lbg]klqmf cl3 a9\$] 5 . lhlfzsf
bf^n] dfij /lgofR/sf lzlfns
cfaxfb/ cfhl / ouafw kfij sf
lzlfns uq]lu/Lnf0{nfdj]
cj lw; Dd :sh guPsf sf/Of
cj sfz lbg lflzlgdf l; knf/;
u/\$] 5 . nfdj] cj lw :sh ghfg]
clg lhlfzsf] To: af/ :ki6ls/Of
dfubf sg] hjfkm glbPk15 sf/afxl
klqmf cl3 a9f0Psf] lzlfz
w] /fh s; l-n] atfP . pgn] eg]
axfdln] k6s-k6s pxif;nf0{
kqrf/ u/L lj Bfno ghfgsf] sf/Of
dfuof; t/ :ki6ls/Of g] lbgPg,
To: k15 afwo eP/ sf/afxl yfn'
kYof] . /

uifkn zdf{e\$ /f0{ bf^a

lzlfns knf/d sf] cWolfd k6h

dwzl

hgclwsf/
knf/d -pk]b]
ofbj_ sf]
eft[; E7gsf
z'kdf :yflkt
dwzl lzlfns
knf/d gkfnfs]
!%-!^ c; fh @)^^ df
hgsk/df ; DkGg kyd /fli6@
dxflw] zgn] lj zjgfy k6h]sf]
cWolftdf #@ ; b:olo s]b]b]
; ldt rog u/\$] 5 .
; ldt] j l/i7 pkfWolfd
zflxb cxdb xj/L,
pkfWolfx;df /fh]b\$df/ kf08]
/ kgd ofbj rlgPsf
5g\eg] dxnf pkfWolfd
kl'dnf ofbj 5fgPsl 5g\
To:t] dx; l'j df pk]b] ofbj,
; l'j df c/lj]b\$df/ ofbj
/ sfiffWolfd gGblszf]
kf08] rlgPsf 5g\ . s]b]b]
; b:ox;df ultf kf08] cGh'
v8\$; ; ltf/fd ofbj, uEfk]fb
d08n, xl/nfn ofbj, sdfgG
ofbj, sf;]b] ofbj, /fdz/Of
d08n, ; lddbg cG; f/L,
/fdk; /fo, rNxf0/fo ofbj,
/jlG] lu/L, nln]fb]l ; fx,
jL]b] k6h, lj gfb\$df/ k/; hf,
kblksdf/ l; x; zflns/fd
ofbj, lbnlksdf/ >l'f:tj,
; -hostf/ ofbj, aaPnfn
ofbj, ; Togf/fof; fx, xdrGb]
dxtf] / dxzj / ; fx /x\$]
5g\.



pk]b] ofbj sf cg; f/
dxflw] zgn] dwzsf x/\$]
:shdf dtf]ffif jf lxGbl df
k7gk7g xg] Joj :yf gof
kf7aamd / kf7ak:tsdf
ul/gkg] k]tj k]l/t u/\$]
5 . To: u/L dwzl :shsf
nflu dwzl ufgsf] Joj :yf ug{
dfu ul/Psf] 5 . /

lzlfns-; /sf/ jftf{c8\$of]

;/sf/ / lzlfssf kzfut
; :yfalr !% ; fpg @)^^ blv
rn\$] jftf{c%} lqisifdf ku\$]
5g . lzlfssf kl]tlglwx;n]p7Psf
clwsfz d2fdf ; xdl't e0; s\$]fh]
#! ebf}@)^^ df cfkrfl/s ; xdl't
xg]b] k]lfsf jftf\$ /x;n] atfPsf
lyP -x' lzlfns dfl; s c; fh,
@)^^ . t/ ; #! ebf\$] jftf{df
cWofkg cgdltkq -lzlfns nf0; Q;
/ ; dbfodf lj Bfno x:tfGt/Of
ljifodf kb]w lj jfb rs]k15 jftf{
:ylut ePsf] lyof].
* c; fhdf ePsf] jftf{df klg
cfkrfl/s ; xdl't xg g; s]k15
bz]k15 a:g] u/L jftf{ /fl]sPsf]
lyof]. t/ ; c; fh lafb; Dd csf]

jftf{ePsf] 5g .
k15Nnf] jftf{df lzlf dGq]
/fdrGb] szjxfn] lzlfns nf0; Q;
vf/h ul/gkg] cf^gf] k/fgf] c8fg
bf;]ofPsf lyP eg] pgsf] c8fgnf0{
z]lfns u0ftflGqs d-r -dfcf] fbl,
dwzl lzlfns knf/d -dhknf] /
nf\$]flGqs lzlfns olgog -tdnflk]
sf kl]tlglwn] ; fy lbPsf lyP .
lzlfns nf0; Q; vf/h ugk]g]
dGqlsf] c8fgsf] gkfn lzlfns
olgogsf k]tlglwn] k]tjfb
u/\$] lyP . ; /sf/l jftf\$ /dwo]
s]l ljbz edofdf /x\$] sf/Of
jftf\$] gofF Itly to ug{
sl7g e0/x\$] olgogsf cWol f
s[Ofk]fb 9sfnn] atfP . /

cfkm]; lwg yfn]; /sf/L :sh

%kfsf s]l ;fdbfos :shn] cfsif\$:sh kfzssf] Joj:yf; lxt c^u]hl
dfWoddf k7gkf7g ;? u/k]5 tl :shk]t 5f95f9fsf] cfsif9f a9g yfn\$] 5 .

b] afFfhf ;/:jtl pRr dflj 06fe\$sl
b] slffsl lj Bfyl{ xg\ . cfhefln pgl
6f0{ a]6 / hQdf 7f6P/ ;fdbfos lj Bfno
kj]z ul5g\ . lxhf]Dd ljgf 6f0{ a]6 /
hQf :sh hfg] b]lnf0{ cfhefln .af]8e :shl
k9g]h] nufpg]h:t}8kdf :sh hff af]8e g]
k; h:tf] nfu5 . :shsf] olgkd{E} ablnPsf]
cf'gf] blgslaf/] b]l elG5g\ a6f0\$] OHht
wfgg klg ca cgZfl; t xgk5{. k9f0df Wofg
s]b]t ugk5{. ;dosf]Vofn ugk5{A 6f0{ a]6
/ hQf nufP/ :sh hff b]lsl ;xkf7L /f]hl
a:g]nf0{klg af]8e g]uPh:tf] efl5 /]l
kfzklit dflj sf]slff rf/df clwoog ul//x\$
ldng /Dt]h 6f0{ a]6 nufP/ :sh hfg
yfn]k]5 whf9f v]lg] afgl x6\$] atfp5g\
/Dt]h eG5g\ ;wF l6lkgdf whf9f s:t
v]ngYof]. 6f0{nufPk]5 o; f]ug{ 5f]8of]A
ut knfugdf Ps lbg bds ;f]s]b\$
;f]JolQm s]of e08f/L sf9f9a6 3/

kms]lyP . af6f9f af]8e :shsf Ps xh
lj Bfyl{ Ps-cfk; df cf/fk=k]of/fk ub] lyP .
tldWol] Pshgfn] ;6{kf0G6 af]x/ lgsfn]
6f0{ knsfnsf] lyof]. p; sf c; ;fyl rfxF
lh:SofpE] lyP, a]tF; /sf/L :shsf] s]of h:tf]
kf] e0; \A tl lj Bfyl\$] s/f; lg; sk]5 @
jif{ ;/sf/L lj Bfnodf k9fP/ tlg jif]v
;f]JolQmsf ;kdf sfo]t e08f/Ln] ;fdbfos
:shdf klg 6f0{ a]6 / hQf clgj fo{u/fpg]
lgwf] u/]. ;fdbfos lj Bfnosf lj Bfyl{nf0{
%9f] g/fd] k9g ghfG\$] sf]baf6 x6fpg
pgl sDd/ s;] nfu]. clg kwfgfWofksx;E ;
;/sf/L lj Bfnosf lj Bfyl\$] kl/ro abNg
5nkm g] rnfP . kwfgfWofksx;E ; xdlit
u/L ;f]s]b] :t/lo lg0f9af6 ;a} lj Bfnodf
;fljssf] kfzfsdf 6f0{ a]6 / hQf yk]
lg0f9 ul/of]. To; kl5 bds e\$sf @) j6f
;fdbfos lj Bnfon] 6f0{ a]6 / hQf clgj fo{
u/\$f 5g\.



6f0\$]ufF}gkn]sf0{/fvA

| lk^s' v8\$, slff bz,
;/:jtl pRr dflj

of] cleofg ;~rfng gx]f; Dd d ;6{ k]s /
r]kkn nufP/ :sh cfp]F. 5/15d\$sf ;fylx;
6f0{ a]6 / hQf nufP/ af]8e hfgy]. cfkm'
r]fxFK/fgf] sk8f nufP/ ;/sf/L :sh hff
v]Nnf] nfuYof]. k9f0df klg vf; }p]; fx xgyg .
o; k]nbl]v xfd] ;shdf klg 6f0{ a]6 / hQf
clgj fo{ul/of]. of] s/fn] lgs}vZl ePF. t/
6f0{nufpg ghfg} ;d:of eof]. :shdf t ;/; E
6f0 af]lg l; SofF. t/ 3/ k]bf lal; x]nof].
af]8e\$sf ;fylx;sf] 3/df uP/ l; Sg klg nfh
n]uof]. cfkm] w]}k6s k9f; u/Ft/ hfgb}

hfggF. clg bf0n]l; sf0lbg9of]. slt lbg; Dd
t Z?sf lbg kf/\$] ufF] gkn]sf0sg /fvF. clxn]
dnf0{ 6f0{ af]lg cfpE . t/ c%} klg d]f slt
;fyl 6f0{nufpg ghfg\$fn] u]hl / %f]hdf af\$]
:sh cfp5g\ . clg ;/x; n] g} 6f0{ af]w]lbgxG5 .
6f0{ a]6 nufPk]5 slffdf xNnf ug]5g
eG] efjgf knfpE]x\$. To; afx\$ klxnf xfdl
l6lkgdf jf c; a]hf klg lj BfnoeGbf af]x/
/fhdfu{Dd v]lg hfgYof]t/ clxn] To] afgl x6\$]
5 . sf]l klg lj Bfnosf] u9eGbf af]x/ hfgg\
of] :shsf lj Bfyl{ xg\ eG] lrG5g\ . /



dnf0{uj {nfU5

dfxgk| fb Id>
kç, kYjL lgdflj, bds

d7f] lzlf0f kçzsf] # (jif\$] bf}fgdf rf/j 6f lj Bfno km7F. /, of] lj Bfnodf cFPsf] rlixFbf] flk6s xf]. ; a} lj Bfnodf dñ kç-c-s} eldsf lgjfx ug] cj ; / kPF. kç-c= ePkI5 sb}g sb}gofFof}hgf Nofpgkg] x65 . To; ñ} of}hgfx; klg agfOP . t/ ; fdbflos :shdf 6f0{ a}6 nufpg] of}hgf hIQsf] kçfj sf/l c; sb} of}hgf Nofpg ; lsgF.

of] jif{ xfdl] lj Bfnosf lj Bfyl{;n} 6f0{ / a}6 nufpg] lgod agfOPsf] 5 . of] lgodn] lzlfs, cleefjs / lj Bfyl{ ; a} vzl 5g\ . xfdl] lj Bfyl{; klg afl}8e\$ sf %F.u8dlg\$; /l eGb} :shsf] u6af6 l5bf{ xfdlnf0{ uj { nfU5 . lzlfsx;sf] klg cfdlj Zjf; a9\$] 5 . of] cleofgn] lj Bfnosf] zllfs jftfj/of g} abnlbPsf] 5 . 6f0{ a}6; E} c^a^hl dflwod xg' eg\$] ; gdf ; uGw h:t} xBf}x\$. c^a^hl dflwodnf0{ cleefj sn] w} }?rFPsf 5g\ . 6f0{ a}6; E} xfdln] lj Bfnosf] glthf /fdl] agfpg ; sçfFeg] To; n] of] cleofg w/f; fol aGg ; S5 . o; df lzlfs, lj Bfyl{ / cleefjs tlgY/l ; r} xg' cfj Zos 5 . /

; fdbflos lj Bfnodf 6f0{ / a}6sf] Joj; yf; E} %kfsf sltko lj Bfno l/Qgaf6 hfllupsf 5g\ . bds gu/leq /x\$] 9s/kfgl dfljdf ut jif{ ! \$ hgf lj Bfyl{ slff Pssf] jflif\$ k/lifdf ; fdñ ePsfdf o; kfln \$@ hgf lj Bfyl{ egf{ ePsf 5g\ . o; n] ; fdbflos :shx; l/Qf] xgaf6 hfllupsf 5g\ . bds ; f}sb| cGtu\$sf ; fdbflos lj Bfnox;n} 6f0{ a}6 / hQf nufpgkg] lgod agfPsf] of] jif{ lj Bfnox;df lj Bfyl{sf] ; ^vof a9\$] 5 . t/ , o; /l lj Bfyl{ a9\$] sf/of olgkmd{ dfq rlixF xfdl] . slff Psd f c^a^hl dflwodaf6 k9fpg] lgofo ; d} ugfh] lj Bfyl{ a9\$] xg\ .

; fdbflos :shd} 6f0{ a}6 nufP/ c^a^hl k9g kfg] ePkI5 afl}8e\$:shsf] h?/t gePsf] ts{ u5g\lxdfno pRr dflj bdssf] Joj; yfkg ; ldtsf cWof d3/fh ltID; gf . pgl e65g\ æof] cleofgn] xfdlnf0{ hfz- hE/ a9fof] . cleefjs cfwl vzl ePsf



ttaxll rtg clwsf/

%kfsf] bds- ^ l:yt 9s/kfgl dflj sf lj Bfyl{6f0a}6df .

5g\A o; cleofgn] lj Bfyl{sf] k9fo dfq ; w\$] xfdl] , pglx;sf blgs lqmfnsfk ; d} kl/j tç ePsf 5g\ . lbgk lgdflj bdssf kwfgnWofks zllsf}t lg/fñsf cg; f/ kmf}f] lj Bfyl{ ; kmf eP/ cfpq yfn] . rkkn nufpg] lj Bfyl{ hQf nufpg yfn] . sk8f wff/ nufpg] / lgoldt gxfpg] afgl a; \$] 5 . uXsfo{ ug{ yfn\$ 5g\A o; af6 lj Bfyl{nf0{ afl}8e\$:shsf ; fylef0; /x ePsf] dgf] flgs kçj ; d} k/\$] 5 .

of] cleofgn] lj Bfyl{sf] dfq afglOxf}f abn\$] xfdl] , cleefj sx;df ; d} 7hf] kl/j tç NofPsf] 5 . kYjL lgdflj bdssf kwfgnWofks dfxgk| fb Id>sf cg; f/ 6f0{ a}6n] ; fgf slffsf cleefjs / 7hf slffsf lj Bfyl{nf0{ k9foklt a9 lhd} f/ agfPsf] 5 . Id> e65g\ æ7hf slffsf lj Bfyl{nf0{ 6f0{ a}6 nufPkI5 afl}8e\$sn] %F lgoldt uXsfo{ ug{ yfn] eg] ; fgf slffsf lj Bfyl{sf cleefj sn] cf'gf aRrfx;nf0{ klg afl}8e\$snf0{ %F Wofg lbg] / lgoldt uXsfo{u/} :sh k7fpg] u/\$ 5g\A lbgel/ Hofnf dñ/l ug] bds-! \$ sl /gj tl /fhj zL cñeflñ x/\$; f% vfgf vf0; skI5 tlg slffdf k9g] 5f] lsf] k9fo, nYf0 / uXsfo{f/ ; f}vflh u15g\ . /gj tl e165g\ æaf}8e\$df %F 0EInz afl}g] :sh k7fPkI5 t k9] gk9\$] rf; f] lbg' kçof] lg E

lj Bfyl{nf0{ 6f0{ a}6 nufpg] lgofo u/] klg To] afl} cleefj snf0{ af\$fpq] xf] eg] lj Bfyl{ 365g\ eGg] s/fdf rgfvf] ; f}sb| kfylds txsf lj Bfyl{nf0{ 6f0{ a}6 lglMzNs pknAw u/fPsf] 5 . lj Bfno ; wf/ of}hgf -P; P; cf/kL sf]/sdnf0{of] kof}hgdf nufOPsf] 5 . lgdflj / dflj sf lj Bfyl{nf0{ Gogtd zllsdf 6f0{ a}6 pknAw u/fOG5 . /