

cñKñcñgKñkñkñPñ tñKñ`ñtñcb | cñwi Pvj bv MñBW



ñi mñPñBñbñktqñUñfñ evsj vt` k (ñi Be)

ewmo bsñ104, tñiñW bsñ25

eKñG, ebvbx,

XñKñ1213

tñvb : 8811962, 8860830, 8860831

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I tñqemñBU : www.rib-bangladesh.org

ni Btei c̄vZ tc̄Mg Andmvi
AvLZvi "j nw̄ee Znx̄bi -s Zi D̄l̄ tk" DrmM̄Kiv nj

figKv

„wi `^we‡gvPb I gvbem‡ú` Dba‡tb wki i m‡zneKvk I wki wki vi figKv AZ „š-, i "ZcY© my † c‡hvi x| evsj vt † k MZ „j k‡K wki vi nvi te‡toQ Zv mevB „kvi K‡ib | mi Kvi I temi Kvi c‡Póq mvi vt † k c‡ugK wki vj tqi msLv A‡bK te‡toQ | c‡ugK wki v A‰ZlbK Kiv ntqtQ | e‡E I Dce‡Ei gva‡g `wi `^tgavex Q†Q†x` i mnvqZv `vb Kiv ntQ | G‡Zvme m‡Ej t‡ki `wi `Zg tkYxi A‡bK wki B GL‡bv wki v ev‡A Z ntQ, we‡kl K‡i th me wki i g‡Neverv tKv‡v Avb‡wK wki v j vf K‡ibw | ZvB vi Be Zvi mPvij M‡el Yvi I ci we‡kl bRi † evi wmxS-tbq | Gi B dtj Rb‡ tbq wki wki v elqk GKU Kg‡el Yvi, hvi gj D‡l k` ntQ, t‡ki `wi `Zg tkYxi wki † i Kxfv‡e wki ve‡e vi AvI Zvq wb‡q Avmv hvq Zvi Rb‡ Dchj, tUKmB I „bfp GKU c‡v D‡leb Kiv | GB D‡l k`‡K mgv‡b ti‡LB vi Be gv, iv tRj vi k‡cj _vbvi KvRj x M‡gi B wKQy‡k‡vbjvMx Drmvnx h‡K | Z‡e vi BeNgi cwi Pvj bv c‡P i A‡b‡KB m‡uq‡v‡e GB M‡el Yvi m‡u3 nb | G‡ i mK‡j i ci vgtk‡Wk Kiv nq th GB M‡el Yvi j ¶ n‡e :

- 1) t‡ki `wi `Zg cwi ev‡i i wki † i c‡ugK we‡vij tq c‡ekki c_ m‡Mg Kivi j †¶i Zv‡ i c‡KNC‡ugK wki ve‡e vi gva‡g Kxfv‡e wki vbjvMx K‡i tZv v hvq Zv ci‡v K‡i † Lv|
- 2) gt‡bweÁvb Ges we‡kl K‡i wki ve‡e wki v ev‡i GBme wki † i cwi‡ek I cwi‡Z Dc‡hvMx wki wki v tK`^‡ctbi c‡v Abjy‡b Kiv |
- 3) GB wki wki v tK`^‡tj v mgv‡Ri wR‡ ^‡Póq I mn‡hvMZvq „vqx ntZ ci‡i wKv Zv L‡Zq † Lv, we‡kl K‡i mgv‡RK M‡el Yvi gva‡g † Lv wki † i g‡Neverv I mgv‡Ri Ab‡v‡ † i Kxfv‡e wki wki v m‡u3 Kiv hvq |
- 4) „v‡j w‡‡ nevi j †¶i tK`^‡tj v Kxfv‡e b‡bZg Li‡P Pj †Z ci‡i Zv ci‡v K‡i † Lv |

GB j ¶ †j v mgv‡b ti‡L gv, iv tRj vi KvRj x M‡gi GKU tK`^‡ctbi gva‡g KvRj x wki wki v M‡el Yvi i i nq 2003 mvtj i 1j v Rvbjvix Ges tkl nq 2004 mvtj i 31 w‡m‡‡ | GB „je‡ti c‡q 50W wki GB tK‡‡ GKeQi AwZewinZ K‡i | G‡ i g‡a K‡qKRb ev‡ c‡q mK‡j B eZ‡v‡b M‡gi c‡ugK we‡vij tq c‡ek K‡i † | thme wki i G‡Ker‡iB „‡j h‡eri K_v wQj bv, Zv v c‡q mevB „‡j f‡Z‡n‡q‡Q | M‡el Yvi mdj Zvi Gv‡ GKU eo w‡K‡ | GBme wki i eZ‡v‡b i ay „‡j B hv‡Q bv, Dci Š Zv‡ i temi f‡MB mi Kvi Dce‡E cv‡Q | Guv‡ GB Kg‡ M‡el Yvi (action research) GKU mvd‡j i wK | Gi gva‡g GKU g‡Wj ci‡v‡v‡j K f‡v‡e „Zix ntqtQ hv‡K Avgi v KvRj x g‡Wj w‡m‡te Awf‡nZ KiQ |

KvRj x wki wki v M‡el Yvi c‡q i i †‡KB th m‡‡ebvi Bw‡Z † Lv hvq Zvi w‡‡‡ZB vi Be wmxS-tbq M‡el Yvi KvRjU evsj vt‡ki w‡fb‡‡A‡j c‡hvi Z K‡i M‡el Yvi w‡‡‡ | t¶† Avi I m‡p Kivi | GB wmxS-Ab‡hvqZ MZ „je‡ti evsj vt‡ki Avi I 15 w‡M‡g ci‡v‡j K f‡v‡e KvRj x g‡W‡j i w‡‡‡Z wki wki v tK`^‡w‡Z ntqtQ | G, †j v KvRj x tK‡‡ i c‡i „w‡Z ntqtQ etj G, †j vi tK‡‡w‡j B eqm GK‡o e‡‡ii tem‡ nq‡b | Z‡e G tK`^‡j t‡KI A‡bK Z_ | Ávb AwR‡ ntqtQ | GB mgv‡Z Áv‡bi w‡‡‡Z GB wb‡‡Kv ev g‡v‡p‡j w‡Zv ntqtQ | vi BeNgi D‡l k` KvRj x g‡W‡j i w‡‡‡Z evsj vt‡ki w‡fb‡‡A‡j Av‡iv wki wki v tK`^‡ctb mnvqZv Kiv |

Gi B g‡a tK`^‡j vi Af‡vebxq mvdj „ †‡L evsj vt‡ki w‡fb‡‡A‡j t‡K A‡b‡KB vi BeNgi Kv‡Q Av‡‡Qb G m‡‡‡U Av‡iv Rv‡‡Z | e‡‡‡Z | GB wb‡‡Kv t‡mB P‡‡v A‡bKv‡‡k c‡Y K‡i †Z ci‡‡e etj Avg‡‡ i w‡k‡m |

hvi v wR‡ ^‡D‡‡v‡‡M wR wbR M‡gi GB ai‡bi wki wki v tK`^‡cb K‡i †Zv b‡v Zv‡ i we‡kl f‡v‡e tLqyj i vL‡Z n‡e th Gme tK‡‡ wki v‡g | c‡v‡mPxj g‡Zv mgv‡RK AskM‡YI mgv‡fv‡e i "ZcY© wki i g‡Neverv I „v‡q mgv‡Ri m‡u3 Qov Gi Kg tK`^‡vqx n‡e bv | Z‡e mgv‡Ri AskM‡Y me‡‡ mgv‡b n‡e bv | thL‡b „v‡q Rbm‡vi Y h‡Z tem‡ m‡u3 n‡e tmL‡b tK`^‡ZZ kw‡kvi x n‡e |

(M‡el Yvi t‡Lv tM‡Q th KvRj x g‡W‡j i GKU wki wki v tK`^‡cwi Pvj bv | Rb‡ me w‡‡j LiP c‡o g‡‡m c‡q GK nvRv UvKv, hvi c‡q meU‡K‡‡wki v‡v‡i c‡i k‡gK w‡m‡te e‡‡q n‡q | GB A_© „v‡q mgv‡R t‡KB tR‡Mv‡o Kiv hvq | G e‡‡v‡i i wKQy‡v‡i GB wb‡‡Kv q‡‡q ntqtQ | tLqyj i vL‡Z n‡e th KvRj x g‡W‡j i GKU c‡‡b D‡l k` mgv‡RK

~wqZfevtai ~þvš-~vcb Kiv| Av‡M mgvR G ai‡bi ~wqZi mn‡RB MõY Ki‡Zv| Avgv‡` i avi Yv m‡hvM tc‡j GL‡bv Ki‡te|

GB w‡t` RKKwU tgvU cwpwU Aa‡v‡q f‡M Kiv n‡q‡Q| c‡g Aa‡v‡q Av‡Q wki‡ek‡ki cUFwg, D‡l k` I j¶| wZxq Aa‡v‡q Av‡Q KvRj x wki‡k¶v M‡el Yv t‡K c‡B Ávb I Z_ w| ZZxq Aa‡v‡q i‡q‡Q KvRj x I Ab‡b‡ K‡qKwU ~v‡bi M‡el Yv j á Av‡bi wf‡E‡Z wki‡k¶v tK`~`~v‡bi c‡qvRbxq DcKi Ymgn w‡q Av‡j vPbv| GL‡b‡ Aš-f‡ n‡q‡Q wki‡k¶v tK`~`~v‡bi c‡iv c‡qy| G e‡cv‡ti mgv‡Ri ~wqZi | AskM‡tYi we‡qU| PZL©Aa‡v‡q Av‡Q wki‡k¶v c‡wZ I wki‡k¶v DcKi Y we‡qK Av‡j vPbv Ges c‡Ag Aa‡v‡q Av‡Q M‡el Yv j á AwfÁZv| wf‡E‡Z k‡ Zwj Kv, Qov, KweZv, Mvb I M‡r i msKj b| GB tkl Aa‡v‡qU wki‡kvi myeav‡_m‡hvRb Kiv n‡q‡Q|

Avgiv Avkv Kwi KvRj x gtWj m‡‡Ü mg‡K avi Yv m‡ó Ki‡Z GB w‡t` RKKwU msuké-DrmvnwRb, mgšqKvi x, wki‡kvi I tK‡` i mv‡_ RwoZ Ab‡b‡ mevB‡K mnvnh‡ Ki‡te| Avi GB c‡wZ m‡‡Ü avi Yv j vf K‡i tKD h‡ Zui w‡tR M‡tq Gi Kg wki‡k¶v tK`~`~v‡bi Ki‡Z PvB, wi Be Z‡K m‡wK c‡vgk‡ Kwi Mwi mnvqZv w‡Z c‡Z| ZvQov D‡`v‡v I wki‡kvi c‡k¶‡Yi e‡e`vI Kiv n‡e|

cwi‡k‡l, KvRj x wki‡k¶v M‡el Yvq h‡iv ej‡Nc‡vgk‡ q mnvqZv K‡i‡Ob Avgiv Z‡` i Ae`v‡bi K_v ~§i Y Ki‡Z PvB| metP‡q c‡tg ~§i Y Ki‡Z PvB Avgv‡` i c‡wZ mnKg‡AvLZv| j n‡ee Zn‡b‡K| Zn‡bi AKvš-cwi‡k‡, mpwšZ c‡vgk‡ AK‡g AvšKv Qov GB M‡el Yv c‡k‡ `o Kv‡bv Kv‡b nZ| Zui AKv‡ g‡‡Z i ay c‡k‡i i ¶‡Zb n‡b, Gi c‡v‡i i KvRI e‡v‡Z n‡q‡Q| Avgiv Zui ~§Zi D‡l t‡k` GB g‡v‡qy wU DrmM‡K‡i Z‡K k‡v Rvbw‡Q| Zn‡b Qov Avi h‡‡ i Kv‡Q Avgiv w‡k‡l f‡te KZÁ Z‡` i g‡‡ Av‡Qb wi B‡ei wbe‡nx c‡P i c‡P Rb m`m, h‡y‡tq Aa‡v‡K tgvt Aw‡bmj i ng‡b, Wt nw‡g` v tn‡mb, g‡bvqvi j Bmj vg, Wt Rvdi BKv‡j | Wt tgNbv , n‡v‡k‡ Zv| Ab‡` i g‡‡ Av‡Qb AvBb I mw‡j k tK‡` i wbe‡nx cwi‡kvi Pvj K Gw‡f‡v‡KU m‡ Zv‡v Kv‡v, BD‡b‡mt‡di (UNICEF) wki‡kvi we‡qK AvšR‡ZK Kg‡Z‡R‡v G tK Gg Kv‡v j‡b Ges wi B‡ei GK‡Rb w‡k‡l i fv‡Pm‡c‡v ew‡i | G‡` i mK‡j i Kv‡Q Avgiv KZÁ| ZvQov KvRj x gtW‡j h‡iv ev‡v‡t‡ki Ab‡b‡ Rv‡Mvq wki‡k¶v tK`~`~v‡bi mv‡_ RwoZ Av‡Qb Z‡` i Kv‡Q1 Avgiv FYx| Z‡` i AwfÁZv Avgv‡` i M‡el Yv‡i Kv‡K mg‡ K‡i‡Q Ges f‡e‡‡‡Z GB g‡v‡qy‡ i c‡vg‡R‡v Kv‡RI mnvqK n‡e et‡j Avgv‡` i we‡k‡m|)

	fugKv	1
	mPxct	2
	cōg Aaāq	
1.1	විවික්ත්ව වෙකුඩ්කී ආච්චා	
	වැඳුණ පාඨම්	
2.	KvRj x විවික්ත්ව Mtel Yvi ä Avb I Z_w`	4
2.1	Mtel Yvi m̄t cvZ	4
2.2	Mtel Yvi j t̄ I D̄t̄ k̄	4
2.3	Mtel Yvi gj avi vmḡ	4
2.4	Mtel Yvi KtqKwU wetkl̄ dj vadj	4
2.5	KvRj x ḡWt̄j i wf̄Ēt̄Z Ab̄vb̄ AĀt̄j - wcz විවික්ත්ව tKf̄`1 Awf̄Azv	10
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3.4	විවි i msL`v	13
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4.2	විවි`v̄bi gva`g w̄mve c̄t̄KUtev̄W̄ ēenvi	17
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4.5	විවි`v̄bi mgqmxgv	21
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5.2	Qov	25
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5.4	M̄b	38
5.5	M̄i	41

fingKv

mPxc̄

c̄g Aāvq

1.1 ॥Kii ॥kPV weKv̄ki cUfing

ZZiq Aāvq

2 KvRj x ॥Kii ॥kPV M̄tel Yv̄ ä Ávb I Z_ ``

2.1 M̄tel Yvi m̄c̄vZ

2.2 M̄tel Yvi j P̄ I D̄f̄l k̄

2.3 M̄tel Yvi gj avi v̄mgn

2.4 M̄tel Yvi K̄tqKv̄U wēkl̄ dj vdj

2.5 KvRj x ḡW̄tj i w̄f̄ĒtZ Ab̄v̄b̄ Ātj ``w̄CZ ॥Kii ॥kPV tK̄` i Aw̄f̄ÁZv

ZZiq Aāvq

3. ॥Kii ॥kPV tK̄` ``v̄ct̄bi Rb̄ c̄q̄vRbxq w̄ Kmgn

3.1 ``vbxq D̄f̄v̄3vi fingKv

3.2 tK̄` i Rb̄ R̄g I N̄ti i ēe ``

3.3 ॥Kii ॥beP̄b

3.4 ॥Kii msL ``

3.5 ॥Kii ॥Kv ॥beP̄b

3.6 Aw̄f̄veK̄` I m̄f̄z tK̄` i m̄xúK̄©

3.7 tK̄` ``c̄wi Pv̄ bvi tP̄f̄t̄ ॥m̄xv̄S-M̄b̄YKvi x Kvi v n̄teb?

3.8 ``vbxq M̄gevmx̄ AskM̄b̄Y

3.9 tK̄` ``c̄wi Pv̄ bvi wēfb̄l P I ॥Kii ēev-gv̄qi ``w̄qZi

3.10 ॥Kii ॥Kvi c̄wi k̄gK

3.11 ॥Kii ॥kPV tK̄` ``t̄K c̄Bgv̄x ``t̄j c̄lek

3.12 J̄l̄ ev̄

3.13 wēea Aw̄tiv K̄tqKv̄U w̄ K

PZ_ Aāvq

4. ॥kPV DcKiY I ॥kPV ``v̄b c̄xw̄Z

4.1 ॥kPV DcKiY

4.2 ॥kPV ``v̄bi gvāg w̄nt̄m̄te c̄t̄KUtev̄W̄ ēenvi

4.3 ēK̄tev̄W̄ ēenvi

4.4 t̄kYxK̄P̄ I t̄Lj vi gv̄t̄V ॥Kii ॥Kvi fingKv

4.5 ॥kPV ``v̄bi mgqm̄xgv̄

c̄Ag Aāvq

5. ॥Kii ॥kPV tK̄` ``ēenvi i Rb̄ kā Zw̄j Kv, Qov, K̄teZv, Mb̄ I M̄í msM̄b̄

5.1 c̄t̄KUtev̄W̄ ēenvi i Rb̄ kāmḡn

5.2 Qov

5.3 K̄teZv

5.4 Mb̄

5.5 M̄í

căg Aa"vq

1. ăkîiăkPv neKvăki cUfing :

găbweĂvbăt` i găZ Rxeb ii`i căg căP-Qq eQi găbeRxeăbi mePăq ,i "ZcY®mgq| G eqfim
găbeăkii i kvi xii K, găbimK I mvgwRK AvPi tYi pugleKvk NUăZ _ăK| GB wfăEi Dci ăkii fweI r`Zvi nq|
ăkii i mveR neKvăk GB eqfimi AwfĂZvi Qvc AZ"ă-mj ī căhvix| wZb t_ăK Oq eQi chă-mgqăUăK ăkii weăkăi Áiv
căKŃnă` vj q ăkPv MăătYi mgq etj AwfünZ Kti _ăKb| GB mgqăUăZ ăkii Zvi Prcvk t_ăK, Zvi cwi evi
Ńcwi Rb Ges măxNmv_xi KvQ t_ăK AăbK wKoytKăL I Rvăb, h̄ Zvi găb `xN®vqx Qvc tiăL hvq| GB eqfim ăkii tK
eqfimi DcăhvMx chăB găbimK Dăxcbvi măhvM Kti bv w` t̄j Zvi găbimK ălgZvi neKvk evavMă-nq| bvbv i Kg
tLj vaj v, fvl vi PPP, mslv MYbv, Mí, Qov, KweZv ej v I tkLv, mvgwRK tgj văgkv BZ"v i gva"tg GB găbimK
Dăxcbv măo Kiv hvq| ZvB ăkii găbimK neĂvbmăZ ăkii neKvk Kvăpug weăkli ,i "ZcY®

ăkii neKvk I ăkiiăkPv căugK tăPă ăkii cwi evi ntj | Rxeăbi pugleKvăkii GK"ăi Zvi ăkPv Rb
ăkPvăb i căqvRb nq| evsj vătăk ăkii tăi ne`vj tăq căek Kti | knivĂtj wKoycăKŃcăugK ne`vj q, tc-ăj , wKÜvi -MvăUă _ăKtj |
mvi vătăk Gi mslv bMY| tmtăPătă Măgătj weăkli Kti `wi`ătkYxi wZb t_ăK Oq eQi eqfmi ăkii tăi Pvn`v
cătYi tKvăb DcăhvMx e"v tbB ej tăj B Păj |

evsj vătăk mătii `ătăK căxZ RvZxq ăkPv Kvăpug căKŃcăugK "ăi i ăkPv avi Yv Lă "uófute
Dij wăZ nqib| 3-6 eQi eqmx ăkii tăi Rb` tKvăb căWăg căxZ nqib| ătagăi ăkii tKYxi wefvăMi Avfvm tălqv
ntqăQj | tKvăb tKvăb tăj ăkii tKYxi _ăKtj | AwăKvk tăj B Gi Aw"Zj tbB| Gi dtj 3-6 eQi eqmx ăkii tăi
tKvăb i Kg cwi Kí bv QovB teăo tăV| weăkli Kti `wi`ătkYxi ăkii tăi MVbgj K ăkPv cwi tăk ewĂZ nq,
Zvă`i cwi cY®găbimK neKvk weăkli nq|

ăkii i găbimK neKvăk cwi tăkMZ Dăxcbv I căK-ăkke ăkPv GKăU AZ"ă-, i "ZcY®fingKv cvj b Kti |
GăPătă gaăE i D"PeăE tKYxi măbiv th myeav I ăkPv cwi tăk cwi evi i MăUăZB cvq Zv t_ăK `wi`ătkYxi
ăkii tăi euj vătăk ewĂZ nq| Zviv wăibv` Ges e"vPătăb Rxeb hvcăb evă" nq| dtj ăkii fweI Z Rxeăb Gi
weifc căfie cătă | Gă`i Rb` DchăB I neĂvbmăZ ăkiiăkPv e"v evsj vătăk tbB ej tăj B Păj | A_P ăkii tăi tgav |
găbimK ălgZvi neKvăk kvi xii K căoi tăq găbimK Dăxcbv I ăkPv ,i "Zj tKvăb AstăKB Kg bq|

DbăZ t`k tăj văZ ăkii tăi găbimK, mvgwRK I ^ănk DbăZi ^ăqZfvi euj vătăk tmB tăk ăkPv, "ă" |
mvgwRKj văY weăkli căZăwb tăj v MăY Kti _ăK| Avgvătăi tăk GB e"v GLtvb AbMăni | ZvB ăkii neKvk
Măel Yvi gva"tg `wi`ăcwi evi ăkii tăi căKŃcăkke ăkPv neĂvbmăZ gătăj D"tătăbi KvR AZ"ă-, i "ZcY® neăkli
Kti tăk `wi`ăZg cwi evi i ăkii tăi Rb` căKŃcăugK ăkPv e"v tăi căvăi NUăZ cvi tăj Zvă`i cwi evi K I
cwi tăkMZ Ae"v gătă G e"vcvăi th kb`Zv i tăq Zv AăbKvăk cătăY nte Ges Zvă`i gj avi vi ăkPv MăUăZ wătăq
Avmv mătă nte |

ăkii găbweĂvbă W. j iv Rveămi găZ, ăkii tăi căKŃcăugK ăkPvătăK AăbK wKoytKăL hv Zvă`i
Avbăpăbă ăkPvRxeăbi Răb` GKăU `p wfăE i Pbv Kti | căKŃcăugK ăkPv Zvă`i tăj MZ Rxebhvăi căWăZ MăY
KtăZ Ges ne`vj tăq wăqgZwăsk Rxehvătăbi Rb` AvZwăkjm Măo Zj tăZ măvăhă Kti | ăkii tăi DcăhvMx Măb, Mí
Ges tLj vaj v, fvlvMZ I Ab"vă măRbkxj căKvk ălgZvi evovăbri gva"tg Zvă`i AwfĂZvi w`Mă-căhvăi Z Kti,
Zvă`i măRbkxj KvăRi căZ AvMăb năZ măvăhă Kti |

căKŃcăugK ne`vj tăq Ab"Zg că3v BZvă xq ăkPvne` găvăq găbimK neKvăk ce"vătăte
3 tăk 6 eQi eqmăUăK AZ"ă-Mfxi fute Abăpăb Kti wătăb| Zvă`i găZ, eotăi găZ ăkii tăi wăR"ăe"văZi AvăO |
tm Zvă`i wătăRi gătă măRbkxj măYi tmăhă ghăv avă Y Kti Ges Zv hvtăZ ăkii fweI r Rxeăb ată i văL hvq Zvă`i
Rb` eotăi memgă hZwăxj I măZK"ăKv căqvRb | măvăi YZ: cwi evi K MăUăZ ăkii i AvMăgă w`b tăj v A_P
fweI r măuăKB tăkx fwev nq| eZgăvătăK tăZgă căvăb` tălqv nq nq bv| A_P eZgăvă găZăU năj v ăkii eqfimi
Pvn`v Abăhvăq teăo tăVi Rb` metăPăq ,i "ZcY®

eoit` i R^uUj K^uUj c^u_extZ w^ukii -v^ufweK Rxeb e^vnZ nq| eoiv Zv^ti Aeivg Lei`wi, Ae^vnZ Dct`k Ges c^ul^uMZ `w^uf^uz w^ufq w^ukii weKv^tK weN^uZ | wech^c-K^ti tZv^tj | w^ukii g^ubi Mf^ux^ti th mKj i^ufk^w³ A^ul^ui Z | g^uK^uj Z n^uZ v^uK Zv Gi dt^t i^u x n^uq covi Avk^ul^uv v^uK |

g‡Umwi i g‡Z, wki me mgq Zvi g‡bi KvR ev D‡xv Pvq| Avi GB Kv‡Ri Pwn` ej †Z †M‡j Lv` i Pwn` vi †P‡qI Zxe‡ wki i Pwn` v g‡Zv hw` KvR †` I qv hvq Zvn‡j †` Lv hvq th, Zivv Drd‡j K‡g‡Z cwi YZ n‡q‡Q| th wki u Pj v‡div I Kv‡R K‡g‡Qj A‡MvQ‡j v, †mB i fcv‡Z n q AZ †S-µeb` -GKu u m‡Evq|

Avgf^t i GB Dcgnv^t tk hviv wki wkp^v wbq cixPv-wbixPv Kti tQb Zvf^t i gta^v AvtQb k*i* Aiwe^v, i ex^v bv_ VwKi ,
hwgbx tK g^Ec^vg^v | Ab^t i gtZv Givl GKgZ th, ^kke weKv^tk metP^vq eo c^vqvRb wki i c^vZ m^vj b |
fvj evm^v | Zvi v gtb Kti b th, c^vZ'K wki B GK I Abb^v | tmRb^v wki i weKv c^vxZI tmfvte 'Zvi Kiv c^vqvRb |

Wki wtkl Áiv c̄q mevB GKgZ th, Wki i WkPvi cwi tek tLj vaj vi cwi tekki ḡzv Dc̄thwMx n̄z n̄te |
WkPv tKb`i cwi tek Ggb n̄te thb tmLvtb Wki Zvi eW³ZjneKv̄ki m̄thwM c̄q Ges Av` i fiv cwi tek j vf K̄i |
WkPjK-WkPjKv, gv-ever whibB Wki i WkPvi Kv̄R RwoZ _vK̄teb Zt̄K ḡtb i vL̄Z n̄te Wzib thb Wki i eÜz mv_x Ges
Wc̄q qvbl n̄z c̄v i b |

Wki wefk1 Át̄' i g‡Z, Wki i v hLb evB‡i RM‡Zi m‡_ Z‡' i m¤úK©-vcb K‡i ZLb Zv i v wérfbœ-, cÖy, MvQcyj v, cwi cwk‡Ki m‡_ cwi wPZ nq| aiv, tQuqv, tkvbv, † Lv, NÖy Ges Av-†‡bi gva-‡g| G Rb-†K‡' i Gqb cwi tek c‡qvRb hv‡Z Wki i v Z‡' i Ávtbw-†‡ e-énv‡i i qua-‡q wb‡R‡ i mweR weKv‡ki mthwM cvq|

c**W**j Z A**T**^o**W**K**P**v ej tZ hv tevSq c**O**K**N**c**O**^o**W**K w**K**v**K** tmB Q**K** tdj v hvq bv| GB c**x****W**Z**t**Z w**K**i*t***K** tKv**b**v ci x**P**v w**t**Z nq bv| dtj w**K**i i g**t**b w**K**v*i* c**O**Z AtnZK fq Rb**V**q bv| w**K**i hv tKtL Zv tLj vaj v l Avbt*s* i gva*t*g tk**t**L | w**K**i i v ci **u**i**t**K c**O**ZthwMx bv tf*t*e mn*t*hMx l tLj vi mv_x fve*t*Z tk**t**L | GLv**t**b w**K**Pv ej tZ tevSq gvb*j* mm*m*t*e* feto l Wi Ges f*w*el*r* w**K**PvRxe*b*bi w*f***W**E **V**c*t*bi Rb*"* w**K**Qy thwM'Zv AR*o* | w*t*k*A***t***s* i g*t*Z, GB thwM'Zv . j*v* n*t***Q**:

- 1) fvlwMZ thwM'Zv (wj L‡Z- co‡Z cviv, Mí, Qov ej tZ cviv I Mvb MvB‡Z tkLv BZ'w`)
 - 2) mste` bkxj Zv († Lv, tkvbv, aiv, tQnqv, NÖY tbqv, †` tbqv BZ'w` i Abfe jvf Kiv
 - 3) ejxifwEK thwM'Zv (tKv‡bv wKQym‡ufK©ej v I tevSv, gtbvthwMx ntZ tkLv)
 - 4) gvbwmK I mvgwRK thwM'Zv (mnthwMZv wK Zv tkLv, mevB wgtj wKQyKiv, mnbkxj ntZ tkLv, mvgwRK AvPvi ÑAvPi Y I gj teva weI tq Rvb‡Z tkLv)
 - 5) kvi xwi K thwM'Zv (†` m‡PZbZv wK Zv tkLv, cwi ®vi cwi "Qbzv †‡i Rb" KZ Ri "wi Zv tevSv, tLj vaj v BZ'w`)

ms†¶‡c ej v hvq, wkii weKvk Kvh¶itg wk¶`vbB gj D‡i k` bq| wkii gibimK kw³ I ¶gZvi weKvk mwab
K‡i Zv‡K f‡el †Zi GKRb wk¶vbj Mx eyxgib, Av` keib, mRbkxj , mgvRÑm‡PZb, ms‡e` bkxj | gj †evam‡úbœ
gvb‡ mmv‡e †eto | Wi wfZ †vcbB Gi c‡vb j ¶|

WZxq Aa"vq

2. KvRj x wki wkp Mtel Yvi ä Avb | Z_w

2.1 Mtel Yvi m̄t cvZ :

wi B̄tei m̄weK mnvqZvq KvRj x wki wkp Mtel Yvi KvR n̄tZ tbI qv nq gv, iv tRj vi k̄cij _vbvaxb KvRj x M̄g| c̄l̄tg wK Kiv nq th wki weKvki wevfbœavivi ga" t_ K wki wkp Mtel Yvi Rb" wekI K̄ti teQ tbqv n̄t| Zvi KviY wki weKvki cwiwa AtbK e"vCk Ges GB e"vCk A_ wki weKv wbtq t_ tk AtbK c̄Zöb KvR Ki:t: Zte t_ tk i "wi "Zg wki t_ wkp tZgb tKvby Mtel Yv n̄t"Q bv| ZvQov G1 wK Kiv nq th, GiU GKU AskM̄Ygj K KgNMtel Yv (Participatory Action Research) n̄t|

gVchfq Mtel Yvi KvR t_ Kivi AvM evsj vt_ tk hvv wki weKv m̄wKZ wekI K̄ti, wki wkp Mtel Yvi wbtq KvR Ki:tQb Zut_ AtbtKi mvt_ GKK ev ths_fvte eVK I gZvbgq Kiv nq| ZvQov wevfbœk wki wkp m̄wKZ Kvhpg thgb wC_ g, wKÜvi MvU, tc_ g BZ_w cwi kD I chfepY Kiv nq| GBme c̄Zöb wkp Y cxiZ, cWmPx, eB-cy K BZ_w msM̄ Kiv nq| tmBme eB, c̄Ü I Abv" t_ L v t_ K c̄qvRbxq Z_, ZEj I Avb AvniY Kiv nq| Gmtei mgS̄tq Mtel K Ges wi B̄tei wefhx cl_ tmtjuwli tqU m_ m"t i gta" Avj vcNAvtj vPbv gva"tg Mtel Yvi j P_ I Df_ K_ wv_ Kiv nq|

2.2 j P_ I Df_ K_ :

KvRj x wki wkp Mtel Yvq Pvi wU gj_ j P_ wbaY Kiv nq :

- 1) evsj vt_ tk i "wi "Zg cwi evi t_ j vi wki t_ i Rtb" Ggb GKU wki wkp e"e"v Zvi Kiv hv wki t_ i | Zut_ i evenNgvtq t_ i wkp Mtel Yvi c̄Z AvKo Ki:t|
- 2) weAvbmz wZ wki wkp e"e"v hv cwi c̄tkp m̄t/ mvgAm" cY" Ges M̄gkY "wi "Zg cwi evi i wki t_ i e"v Z_ AvZhekj | gj_ tevtaif wvE vcb Kitz m̄gl|
- 3) GKU wbfP e"e"v Zix Kiv hv wki t_ i evenNgv, AvffiveK, M̄gevrx | "vbxq m̄kxj mgvtRi mnthwMZvq | wR" "mvgt_ B Pj tZ cwi|
- 4) c̄KNC_ mgK wkp Mtel Yvi Rb" GKU wki wkp e"e"v Zix Kiv thb wki i GKeQi AwZug K̄ti t_ tk i gj_ wkp Mtel Yvi tmtZ c̄ek Kitz cwi|, A_P GB e"e"v thb c̄_mgK "d_ c̄etki tmZeÜb mnmté KvR Kitz cwi|

eZgvtb evsj vt_ tk eva"Zvgj K c̄_mgK wkp Mtel Yvi Ktj I t_ L v tMtQ th, thme "wi "Zg cwi evi gv- even tKD tj Lvcof tkLbw tmmec cwi evi t_ i temki fMB "d_ hvq bv| GB me wki t_ i wkp Mtel Yvi Avl Zvq AvbZ n̄tj c̄p_ j e"e"v AvM Zut_ i Rtb" GKU c̄KNC_ mgK wki wkp e"e"v Mto tZj v Ri "wi, hvv gva"tg Zviv wkp vMx n̄tq DVtZ cwi| A_P evsj vt_ tk "wi "v c̄_SK RbtMvoki wki t_ i Rb" Zut_ i cwi wZ- DcthvMx Gi Kg tKv b e"e"v tb| Zv Kitz cwi t_ i mgvM K wkp Kvhpg wkp vKv GBme wki t_ i wkp e"e"v gj_ avivq wbtq Avmv m̄e n̄tZ cwi| tmB mvt_ c̄K-c̄_mgK wkp Mtel Yvi GB avi wU mvi vt_ tk wki wkp Mtel Yvi GKU AbKo Yxq gtwj mnmté wefewPZ n̄tZ cwi|

2.3 Mtel Yvi gj_ avivmgm :

Mtel Yvi j P_ I Df_ K_ t_ K_ wU mybowi @ aviv wPiyZ Kiv hvq| GKU mgvR wekI Abv" wkpvcxwZ wekI |

2.3.1 Mtel Yvi mgwRK w_ Kmgn :

Mtel Yvi KvR t_ Kivi AvM Gi j P_ ARtB Ges wevfbœel tq m̄xvS-M̄tY Mtel K_ t_ i m̄t/ wki t_ i even-gv I M̄gevrx w_ m̄p AskM̄Y K_ b| KvRj x wki wkp Mtel Yvi c̄Kt_ i KgPxZ vKteN tKt_ i cwi Pj bv e"e"v, mgqmPx, wki wePb, even-gvq fngKv, M̄gevrx fngKv, Mtel tK_ fngKv, wkp vKv wePb, Zvi c̄k wkp "wqZi wfpC Y, wki t_ i tLj vaj v I wefby b e"e"v, cWmPx hv gj_ Z: mKtj i mvt_ Avj vc Avtj vPbv |

ci vgtk® ci WK Kiv nq| Zte G evcitil mevB GKgZ nb th GB Pj gvb Mtel Yvi fivel r AwfAZvi wfEtz Gme avi Yvi ev eeti cpePbv Kiv nte|

KvRj x Mtel Yvi cKt i kii tK wktv Kivi AvtM Zt i even-gvtK cK-%ke wktv mautKmgK avi Yv t lqv nq| ctkwKfve kii i Zwj Kv Zwi Kivi j tgi wi Zg cwi evti ewotZ ewotZ mtq GKU Zwj Kv c0Z Kiv nq| GB Zwj KvZ ctk 30 Rb kii i bvg ivLv ntj i cti kiti i eqm wePbv Kti (4+) PovS- Zwj KvZ 20 Rb kii i bvg ivLv nq| Zt i wtq Mtel Yvi KvR ctkwK fve ii nq|

tKt i AeKwWgv wntmte GKU cvKv `vj vb Zwi Kti t b Mfgi GKU mautbocwi evi | KvRj x gtWtj Gi Kg Dt` y3v ev Pwutbi gt` fngKvi K_v cti wek` fve Avtj vPbv nte| (Zxq Aavtq 12 c0v `pe)| GB `vj vtb GKU tkYKt Qovl AvtQ ktkv Rtb GKU Ni i kiti i DcthwMx Uqtj U| tkYKtqi ^N^c0 AvbgwBk 25"+35"| Rvbj vN i Rv Qov tmLvtb AvtQ GKU t qj tRvov ctKUteW(G we t q cti PZL^Aavtq we vvi Z Avtj vPbv Kiv nte| Ges kiti i eveniti i Rb Ab wZb w tki t qj tRvov eKteW GQov kiti i tLj vaj vi Rtb `vj vbi mgvbi gtV AvtQ vBW, t vj bv, mx-m BZ w|



2003 mvj i 1j v Rvbjwi KvRj x kiti kti tKt i Kvhg ii nq| 20 Rb kii even-gv I Abv AbffveKiv Df0abx w tb Dcw-Z Qjt b| AskM0Ygj K cxi Zi GKU wekli w K wntmte GB w tbi eVtKB WK nq th, c0ZK gv gvtm GKw b tKt i Dcw-Z t_k ktkv ktkv mnvh Kiteb Ges kiti i tK i bke Kti Lvi qteb| Lveti i evcvti gvtq i cingkAbjhqk WK nq th c0ZK gv Zt i waai Z w tb GK tKwR Pj, Avav tKwR Wj I kvKnmex Rx tKt i Gtb vba Kti wRnvtZ me kiti i cwi tek Kti Lvi qteb| Aek GUvI WK nq th h` tKtby gvtq i ewotZ waai Z w tb Pj Wtj i Afve _ytK ev wZb w tR Amy _ytKb, tmtpf wZb GKw b AvtMB tKt i Zv Rwtq t teb| Zwi RvqMq Ab GKRB gv GB KvRi fvi tbteb Ges D3 gv ci eZPtktbtv GKw b Gtm Zui waai Z wqZi cij b Kiteb|

wkviKv wbePtb KviRI c0g w tbB Kiv nq| Mfgi wZbRb gwnj vi ga t_k GKRbtK te0 tbqv nq kiti i mvz Zui AvPiY chfe tYi gva tg| wZbRtbi gta` wRtbi wktv thwZv evsj vq ovZtKvEi wWm| c0g whb G fvi M0Y Ktib, wZb wZbgm ci Ab GKU PvKaxtZ Pj hvevi ci wZxqRb wkvi wqZi M0Y Ktib| ZvB c0g wZbgm Qovl Mtel Yvi mgqmxgvi ewK GKeQi bqgvm wZb KvRj x kiti weKvk tKt i Mtel Yvq RwoZ wjt b (wkviKvi thwZv mautZ Zxq Aavtq Avtiv wek` fve Avtj vPbv Kiv nq|)

2.3.2) Mtel Yvi wktvmsrwsel qmga :

Kwktv, cWmPx I wktvcsZ :

KvRj x wktvutgi KvR ii Kivi AvtM Gi cWmPx I cWmPx mybw@ bv Kivi B wmxvS-tbqv nq| Kvi Y cji v KvRwUB Dcti wj wZ j tPj gvb AwfAZvi mgShq GKU Abjwvbgj K KvR wmxvS t Lv nq| GUvB WK

Kiv nq th, bvbv ai^tbi we^tqe⁻ I Ab^kxj tbi c^oZ w^ki i AvM^h, c^oZ^wuqv, AvPiY, c^oYZv, g^tbv^hM, AvK^IY BZ^w we^tq, tj v ch^fe^PY K^ti M^te^tK I w^k^pKv I e^vc^vi a^tc a^tc AM^h n^teb| w^ki^t i m^t_ Z^u^t i ^ b^w b Avf^AZvI tc^t^tZ c^oZ^wbZ Zv c^wgvR^bv gva^tg w^k^pvcx^wZ, w^k^pu^gg, c^wmPx, t^ky^x e^e^tvcbv I Ab^vb^w we^tq Zu^v cieZ^wZ m^mxv^s-tbb|

Zte w^ki we^kv k^mju^s-M^te^tI Yvi Kv^tR m^vi we^tk^t Ges evsj ^t^tk^t Ab^vb^w hui KvR K^ti^tQb Z^u^t i w^kQy w^kOy Avf^AZvI KvRj x^tZ Kv^tR j w^Mbvi t^Pov Kv nq, we^tk^t K^ti w^k^pv DcKiY (instrument) e^een^ti | thgb, Kv^tVi e^k, c^tRj (puzzle), k^a Drcv^t K t^P0, msL^v MYbvi DcKiY BZ^w | Zte Gme DcKiY e^een^ti t^Lv hvq th M^ogxY c^wit^tk^t te^t I w^ki i v A^wZ A^h mg^tqi gta^t G, tj vi c^oZ AvK^IY nw^tq t^dtj | w^ki^t i K^wp g^tbi w^bZ^w Pwⁿv tgU^tZ GB DcKiY, tj v Z^u^t i Kv^tQ t^Zgb Av^te^b b m^o Ki^tZ c^tw^b| GB Avf^AZv M^te^tK I w^k^pKv i cieZ^wm^mxv^s#K c^tw^bZ K^ti | gj Z: c^otg Z^wE^k Ávtbi w^k^pE^tZ w^kK Kv n^tq^tQj th ^uk^cN^oY, k^eY, ^k^oBZ^w mn w^ki i g^bu^mK, kv^wi K, m^gu^mRK, Av^te^m I e^px we^kvki Rb^w Dc^ti i DcKiY, tj v Kv^tR j w^Mbvi n^te| G^t^t^tT M^ogxY w^ki^t i ^rf^weK we^kv k^mt^tÜ t^Kb Avf^AZw^bf^w Z^wQj bv|

KvRj xi M^te^tYvq c^og ch^tqB te^tSv hvq th, c^wit^tki m^t_ Gme w^ki^t i ^kke t^tK w^bne o m^mu^tK^w Kv^tY Zv^w bvbv i Kg m^te^t b^kxj Zv mn g^tbv^w w^kK we^kvki (psycho-motor development) GK^w ch^tq Bz^wgta^t tc^t^tQ t^MQ | thgb, th w^ki c^oq Rb^w t^tKB nvZ ev AvOj w^tq t^cvKv-g^vKo, BU-cvU^tKj , g^wU a^tz ev Nw^tz Af^w-Zv^tK nvZ ev AvOj i e^eenvi t^kLv^tbvi t^Lj bv w^tq tek^wb e^e-ivLv hvq bv| ZvB evB^ti i GB DcKiY, tj vi c^oZ w^ki i v L^w ^Z AvK^IY nw^tq t^dtj | Zte GI t^Lv hvq th we^t t^k ^Zw^t tj t^M (lego), e^k BZ^w w^ki^t i AvK^IY^tK^wb at^t ivL^tZ c^tv^ti | tj t^M t^rVov w^tq Ni-e^mo I we^wfb^w ^Zix K^ti Zv^w Z^u^t i K^wi bv I mRbxk^w D³/4w^wZ Ki^tZ c^tv^ti | GK e^Qi ci l t^j t^M e^kKi c^oZ w^ki^t i GKB a^tbi AvK^IY j^t K^w hvq | Gme Avf^AZv t^tK w^mxv^s-t^bqv nq th w^ki^t i mRbxk^w n^tZ t^kLv^w | K^wbkv^w i we^kv Kv n^tu^wq, Z^u^t i we^tk^t f^tte AvK^IY K^ti Ges m^mu^wq I c^oYe^s-ivL^w i ay^tmBi Kg DcKiYB e^eenvi Kv f^tj v| KvRj xi Avf^AZvq t^Lv hvq GB m^mu^wq I c^oYe^s-w^k^pv c^wx^wZ (active learning approach) w^ki^t i w^k^pv I AvZ^wwe^kvki t^t^tAZ^w-dj c^t^t-nq| w^ki w^k^pv Rb^w th DcKiYB e^eenvi Kv t^wvK bv t^Kb Zv thb ØtL^w t^v, t^Ltev, i^tbtev, ai^tev, w^kLtevØ GB D^t^t t^ki m^t^t m^gAm^wc^yngq|

w^k^pv DcKiY w^mm^te KvRj x M^te^tYvq c^tKUteW^w I e^tKtev^w e^eenvi AZ^w-Kv^wRi c^ogwYZ nq| t^Lv hvq th, c^tKUtev^w gva^tg w^ki i v L^w mn^tRB t^Lj Z t^Lj Z A[¶]i Ávb j v^t K^ti | c^Pvj Z c^olvq A[¶]i g^t^t K^ti bv w^ktL A[¶]ti i Av^t j i m^tM c^wlPZ n^tqv, A[¶]i^tK Q^wei gZ w^Pb^tZ t^kLv c^tKUtev^w GK^w u^tk^t ^e^mk^t | KvRj xi Avf^AZvq t^Lv hvq th eB^tqi GZ f^tj v we^kKi Avi n^tqv| (c^tKUtev^w e^eenvi m^mu^tK^wPZ^w^tAa^wq 17 c^tov `øe`)| c^tKUtev^w c^tkv^w c^tkv^w e^tKtev^w e^eenvi AZ^w-dj c^t^t-c^ogwYZ nq| gj Z; LvZv-KvMR-Kj g, t^cw^yj , t^t^tLi LiP Go^tZB KvRj x M^te^tYvq e^tKtev^w e^eenvi i K^wv f^tev nq| w^kS^w Gi dj v^tdj nq Zv^w t^Pq^tl A^tbK te^tk| i^tay LiP e^wPv^wB bq, G^wU GK^w D^tEg w^k^pv DcKiY w^mm^te c^ogwYZ nq| c^otg B^t^tQ g^tZv w^m KvUvKwUi ci w^ki i v hLb Aw^wvi K^ti th Gi gva^tg Zv^w w^bri A^tbK B^t^tQ^wKB i^tc^tb K^ti^tZ c^tv^t ZLb Zv^w f^tl Y Ávb^w c^tq| Zv^w thb Øm^wom^tLi Dj w^mm^t tg^tZ t^tV| (e^tKtev^w e^eenvi Av^t i w^ke^t f^tte eY^w Kv ntq^tQ PZ^w^tAa^wq 19 c^tovq)| e^tKtev^w c^tKUteW^w e^eenvi Qov^w Qov, Kv^wZv, M^wb t^kLv I M^w ej v KvRj x w^ki we^kvK t^tK^w i w^k^pv Kv^wØtgi K^tqK^wU i Z^wc^y K| G^we^t q c^ti i GK^w Ab^t^tQ^w t^wmi Z Av^tj vPbv Kv n^te|



L) **తLj vaj vi e"e^-v :**

විකීවුව තK්ංවිකී ඩිව් හු-B තක්ල ඖව අවබ් ඩිම් තක්ල | Rxetbi cōitxB විකීවුව ම්ද අවබ් ඩිG ව්‍යුවෙo ම්දවුව³ Zv` i fweI r විකීවුRxeB BwZewPK cōfve tdtj ej gtbwmeĀvbxiv gtb Ktib| GRb" KvRj x විකීවුව Mtel Yvq tLj vaj vK AZ' Š- , i "Zi` qv ntqfQ | tLj vi Rb" wvw` Q mgq evi ntqfQ hvi gta" wKQjv mgq tkyKtP eK, cVj ev Ab"vB DcKiY mbq Af" ŠtXy tLj v (indoor game) Ges wKQjv mgq KtPli evBti tLj v (out door game) | Zvov wKii i wbqwgZfvte mwii ex ntq kixi PP KtZI wktLtQ Ges Zvi Rb" wbtRivB tbZZi w`Z wktLtQ | GUv wKii` I kvixi K weKtK thgb mnvqZv KtibtQ tZgb Zv` i gta" Kjz vteva RwmMtz Zj tZ mnvh" KtibtQ | tLj bvi e"vcvti "wbqwgZfvte mnRj f" DcKiY thgb g"Pe, KwtRi tbSKv, cvZvi ewk BZ'w` "Zix Ktib tKLvtbv thtZ cvti | GQovl "wbqwgZfvte cBij Z tLj vaj v Aſf" ntZ cvti | Avakš" "wbqg tcv" Adm, BDwbqb cwi l" Adm ev Ab" tKib ` Ktib "wbmgtn teovtZ hv1 qv wKii` i Avtbi cwi watk evovtZ mnvqK fwgkv cvj b Ktib |

2.4) **Mtel Yvi KtqKU wetkl dj vadj :**

KvRj x wKii wKii v Mtel Yvi cōg eQti i AvfAžv t_tK t` Lv hvq th, Gi wKii v Kvhpg Ges Ab"vB e"e^-v wKii` i gta" wewfbvte cwi eZB GtbtQ | bxtP GB cwi eZB ,tj vi KtqKU w` K eYv Kiv ntj v |

K) **kvixi K i "t"MZ cwi eZB :**

KvRj x wKii wKii v tK` cōg hLb wKii i Avmv ii" Ktib ZLb Zv` i gqj v kixi, Acwi "QbəRvgv-Kvco, Aweb" -Pj, nvZ cvtqi j wB bL BZ'w` t`tL gtb nZ t`tki DbnZ-cēw GB nZ`w` cwi evti i wKii` i t`vi tMvovq tcQvZ cvtq | Zte axti axti GB Ae"vi cwi eZB ntZ _vK | GK gvtmi gta" tek wKQycwi eZB t` Lv t`q | wZxq gvm t_tKB wKii` i cwi eZB ,tj v "úo ntq DVtZ _vK |

cōg` tK AtbK wKii tctU Ktg wQj | Gi cōZKtii Rb" Ges wKii` i "t"i w` KU t` Lvkvbi Rb" t"Qvq GwMtz Avtmb "wbqg "vZ" wKrmvq tqi Wv"vi | Zvi bvm"v | Wv"vi mKj wKii` i gvtK wbtq etm "t" Ges wKii cwi PhPwetlq wbtq Zfvte Avtj vPbv Ktib | tmB mvw_ wbqwgZfvte Ktg | PgPivMi lIja t`i qv nq | dtj Lp KtRi ci mervtbi e"envi wQj bv | Zte Lp "Z wKii i G wltq Af" -ntq | tV Ges cwi evti i mervb e"envt i Rb" Pvc w`Z _vK | GfvteB axti axti "t"MZ evtci wKii i mtPzb ntq | tV |

L) **AvPi YMZ cwi eZB :**

tK` Avmv AvtM wKii` i gta" AvZ#Kw` KZvi gvtv wQj evcK | cōg` tK tLj bv w`tq tLj tZ t`i qv ntj cōq mervB me ,tj v tLj bv wbtRt` i KvQ ati i vLtz PvBZ | AtbK wKii tLj vi ej, ev Ab"vB tLj bv ctktU j wKtq ewo wbtq thtZ PvBZ | Zte mervB wgtj wgtk tLj vi teva hLb Zv` i gta" axti axti tRtm Dtv ZLb GB cēYZv ,tj v ` i ntq hvq | tKvB wRbm Atb"i m%v FwMvfwm Mi Ktib tbtqvi gta" th Avb" cvl qv hvq G wltq Zviv m%Pzb nq | GKB i Kg AvPi Y Lvevi cwi tekibi mgql t` Lv hvq | cōg` tK Lvevi t`i qv ntj AtbtkB teuk teuk Lvevi tbtqvi Rb" fvZ ntZi Avovtj j wKtq tbtL Avtiv fvZ PvBZ | cti GB wKii i vB hLb t`Lj v th mervB tivRB mgvbfvte Lvevi cvt"Q Ges wbtRivB Zv cwi tekib Ktib Q ZLb kxN B Zv` i AvPi tY cwi eZB Gtm hvq | wKii i v wbtRi KvR wbtRi ntZ Kivi Af"vml iB Ktib tbtL | thgb, Lvevi t`evi mgq cvj v Ktib 2/3 Rb wKii Lvevi tctu`q cwb cwi Mw wZib Ktib, cwb tXtj t`q | Gme KvR Zviv Ljk gtbB Ktib | GgbwK hviv eqtm tQvU, Lvevi ci cōtg nvZgj aJZ cvi Z bv, GKUzeovv Zv` i mnvh" Ktib | Lvevi t`evi mgq cōtg wbtR bv wbtq Ab"tK AvtM t`evi gvbwmKZvI Zv` i gta" m%o nq | Lvi qvi AvtM | cti nvZ tavqv, "tj tKvB AvZw_ Gtj cōvgwdK m%o Y RvbvtbvI Zv` i iB ntq hvq | tkyKtP Svo-t`q, evBti i dtj i evMvB cwi @vi i vLv | MvtQ cwb t`evi KvRI Zviv Avb" i m%v cvj b Ktib | AvtM thme wKii tK` Gtm gvtqi Rb" KvbuKwU KiZ A1 mgtqi gta" Zv` i G AvPiY cvtē hvq Ges tK` wKii` i KvQ ntq | tV AvZ Avb" i "v | tekxi fM wKii B wbaZ mgtqi AtbK AvtMB tK` Pjt AvtM | Amj wemj bv ntj ev AvZ wKq ewo teovtZ bv tMj wKii` i tK` Dcw"vZi nvi kZKiv cōq GKKZ fM |

M) **fvl wMZ cwi eZB :**

KvRj x Mtel Yvi i i i w tK AwaKvsK wki B wotq K_v ej tZ cwi tZv bv, D"PriftY RoZv wQj | Zte kxN B
wbtRf i fve cKvk fvl vi eenvi `P nZ vK| GLfb wki iv wki Kv mn GtK Atb i wft_ fve webgq Kti
Aewi Z I wavnxb cwi tefk| GtZ wki i gta thgb AvZekym Zvi nq, tZgb Zv i fvl wMZ DbeZI nZ vK|
wki gbi RoZvI KvUtz vK| wki iv Acwi wPzi mgfb j 3%ebZ bv t_k mnR, "fweK Ges mvej xj fvt K_v
ej tZ I gbi fve cKvk Ki tZ tkL|

N) ciftVi AMMZ :

AvMB ej v ntq0 wki wki tKf` i wki f i Ggb me cwi evi t_k tftQ tbqv nq, thLvb wki vi tKvfbv
cftve ctowb| KvMR, Kj g, tcwytj i eenvi tmme ewotZ KLfbvB nq| GBme wki i vB tKf` Gtm i ayekew
I cftKutewP gva tgB coftZ I wj LfZ wktL tdtj | ZvQov tQvU tQvU AsK, thwM wftqM, BstiwR fvl vi eYcvi Pq
BZw I wktL tdtj | GK eQt i gta B wki iv miKwi c0_wgK wj tqi c0g tkYxi cWpigi AtbKuvB AvqE
Kti tdtj |

O) ntZi KvR :

KvRj x Mtel Yvq wki f i ntZi KvR tkLvbvi K_vI fvev nq| ntZi KvRi gva tg wki iv gbi Avb
wbtRf i mpokj Zvi cKvk NUvq| wki Zvi Priftki hv wKQy tL ZvB cKvk tPov Kti | GtZ Zv i wZ w t q
wewfbekvR Kivi PgZvi thgb weKvk NtU tZgb Zv i Kf bkw3 I mRb PgZvi I mgw NtU | eKtewtwQne
AvKvi gva tg G evcvi c0g ntZLwo t_qv nq| wKQy tbi gta B wki iv gbi Avb B"QvgZ AvKfZ I wj LfZ
i i Kti | Zte ntZi KvRi wftkI eet v mmvte mbyv nGKwI w b wbaY Kiv nq| tmb mgq Mfgi Ktgi cvoi
GKRb `P wki x t Qvmevi wfwtZ wki f i gvwI w t q wewfbewRwmb Movi KvR tkLvb| wki iv gvwI w t q c0j,
tLj bwm BZw MoZ tktL| Abv b wbxq ev tj vKR tKvfbv wkti i c0j b vK Zvntj tmme w t b tmb
me KvR tkLvbv thtz cfti | thgb evtki KvR I tetZi KvR| MfgAtj thme tj vKR wki Avb Qwotq AvtQ
tm t j vK ewPq i vLv Ges PPnZ cfti Gi gva tg |

P) Qov ej v, Mvb Kiv, Mf ej v :

KvRj x Mtel Yvq Qov, KweZv, Mvb tkLv I Mf ej v BZw i Dci wftkI tRvi t_qv nq| wki iv AZS-Avb
mft_ Ges tek ^Z AmsL Qov, KweZv I Mf AvqE Kti | Gi gta i eet v ft_i tj Lv tek KtqKw xN
KweZvI ASF^ AvtQ| Zvi th KweZv, tji evYx mwZ Kvi At_ ü qZ Kti tQ Zv tcvsv hvq hLb Zvi
b xZNCKti num tL KweZv fvl vq etj tV Ónum, wj tfm tfm Kti tKv vj 0 A_ev Zvj MvQ tL etj tV
ÓZvj MvQ GKcftq wotq me MvQ Qwotq A_ev b xZ tbSkv tL etj tV, 0b xi Nvftui KvQ tbSkv evau
Avt0 | 0

thme Qov Aevi Mvb mmvte MvI qv hvq wki iv tm t j v Mvb mmvte wktL tQ| Qov cwi wPZ etj Mvb mmvte
MvbZ Zvi tek Avb cfti | Gi gta Zv i KvQ metPq wcti ntq0 Avi bv etj vcvavtqi Qov Mftbi KtqKw
Avt0 | 0

Zvi wki Kvri gftL tkvbu Mf tji v wbtRi fvl vq cKvk KitZI tktL| Gi dtj Zv i fvl wMZ thwZv
weKvk NtU, weqet Dcji wki PgZv (ewxMZ PgZv) weKwZ nq| wbtRi fvl vq Mf ej vi gva tg e3e
cKvk tki PgZv weKwZ nq| wki vfti wbtRi i GB wbtRi msthwM Zv i wki vj Mx Kti Zj tZ tctitQ etj
Mtel Yvi mft RloZ mKti i avi Yv |

Q) BstiwR wki :

KvRj xZ cwi Kvi Zfvte BstiwR tKvfbv tKvfbv eet v Kiv nq| Zte wki Kv wbtRi KtqKw BstiwR
Qov wki f i tkvbu| GtZ wki f i tek Drmvn j P Kiv tMfQ| wki iv bwmf chftqi tek KtqKw BstiwR Qov
AvqE Kti tQ| GB AvfAZvi wfwtZ I wki f i MfgAtj gZv wePvi Kti fve tZ wki f i BstiwR wki vfti
evcvu wePbv Kiv nte |

2.5) KvRj x g‡Wtj i wf‡E‡Z Ab"v" A‡tj - wicZ wki wqv tK‡` i AwfÁZv :

KvRj x **lik** Mtel Yvi m̄cū Zi KtqK ḡtmi ḡta B GB Mtel Yvi ci **lik** Z ḡtWtj i m̄cēbvi w K, t̄j v DtbwPZ n̄tZ _v̄K | ZLbB wi Be w̄m x v̄S - tbq th Mtel bvi KvR evsj v̄t̄ki Avt̄iv KtqKwU - v̄b m̄cōnvi Z Kti GB Mtel Yvi dj vdj Avt̄iv e ÁwbK w̄f̄t̄Z ch̄f̄e P Y Kiv c̄lqyRb | tmB w̄m x v̄S - Abjhvq 2003 | 2004 m̄t̄j i ḡta evsj v̄t̄ki Avt̄iv 15 wU - v̄b Abijc **lik** t̄K - v̄cb Kiv nq | GB mKj Mtel Yvi mwgvRK I **lik** w̄lqK w K, t̄j v w̄t̄q GKB f̄t̄e cix **lik** Kiv nq | Gme AvfAZv t̄t̄K - v̄b I cv̄t̄ t̄ft̄ tek **lik** Zvi Zḡ t̄ Lv hvq, w̄t̄ki Kti mwgvRK KtqKwU i "ZC" w̄t̄qj w K t̄t̄K | bxP Zvi **lik** w̄t̄qj v:

mvit k _tK msMpxZ AwfÁZv t_tK t Lv tmfq, thme Gj vKvq ~vbxq tj vKRtbi ~Z:úZ©AskMöY tekx
tmme ~vbi wki tK`^tj vi Aw_R LIP AvsikK ev tKvibv tKvibv t¶¶t m¤úY¶t eB RbMY cÖvb Kti tQ| GQvor
A¶bK AÄtj avi Yv Kiv nt"Q th wki wki tK`^t_k cÖgevii g‡Zv DExY¶kii iv mi Kwi cÖwgK we~vjt tq Mfq
Zv‡ i mvdj cÖkb Ki tZ cvitj Ab"vb wki t i even-gvqivl Zv‡ i mŠwb‡ i tK‡ ^cWv‡Z AwMöix nteb Ges
Zvi vwb‡Rivl tK‡ ^i mv‡_wbeofvte m¤ú^3 nteb| Gi dtj tK‡ ^i ~wazjevx cuve|

Zb : ˜vbxq mgvR ev KngDñbñUi m¤ú,³ Zvi weł tq newfbœ~vbi AwfÁZv t_Łk Avi I t` Lv tMfQ th Gi Rtb cŁg
I cŁv cŁqvb n‡"Q tKvbtv GKRb ev KtqKRb D‡ ~Mx e w³, whib ev hviv GB tK,`^cwi Pyj bvi e`vcv‡i Mfxi fv‡e
Avšñ K nteb| Zte KtqKU ˜vbi AwfÁZv t_Łk t` Lv tMfQ th ˜vbxq Pwñúqb tK,`^cwi Pyj bvi meøq KZL
`Lj Ki‡Z Pv| Gi dtj mgvRi Abv`b e w³eMv hviv wkiñKv tK,`^newfbœtKv ev tckvi tj vKRB mgvbfv‡e
m¤ú,³ _v‡Kb| GI t` Lv tMfQ th ˜vbxq cŁgK we`vij tq GKRb wkiñKv wkiñKv tK,`^mvt_ m¤ú,³ _vKtj tK,`^
cwi Pyj bvi KvRñU mnR nq| AllaKš H wkiñv cŁgK we`vij tq hveri ci D³ wkiñK wkiñt i AMñWZ m¤útK
dtj vAic Ki‡Z c‡ib| Aftiv GKU D‡j LthM" Z_ n‡"Q th D‡ ~Mx e w³ hviv Møg Ae~v b v Ktib Zte tK,`^
cwi Pyj bvq mgm`v t` Lv t`q| ZvB whib tK,`^vctb D‡ ~Mx nte wZib H Møgi ewm`v ntj tK,`^cwi Pyj bvq myav
nq|

Pvi : Lvevi ^Zixi t¶†† † Lv tM‡q gv AtbKmqq ewo t_‡K Lvevi i vbe K‡i tK‡`^ G‡m wk‡t i‡K LvI qvb | tK‡`^ i vbe Kivi ch‡B RvqMv bv _vKvq Ges e‡oi mgq Am‡ear n‡l qvq we‡kl Ae^vi tc‡¶‡Z gv hw` wbR ewo‡Z i vbe K‡ib, tm‡¶†† Lvevi thb gvbmo‡Z n‡q A_‡r cwi^vi cwi "Qb‡vi we‡qU we‡kl fv‡e j¶ iL‡Z n‡e | Gme e^cv‡i wk‡i gv, wk‡Kv I D‡`^v^3v wgtj Zv‡`i tK‡`^ m‡úK‡ Av‡j vPbvq ^¶`^m‡Z Lvevi ^Zix we‡qK Av‡j vPbv Ki‡eb |

CUP : tKþ`i wki evQvþqi tþþtþ `þu weþq weþkl fþte j þ Kiv Ri'wi | GK, wki i cwie wi K cUfing I `þ, wki i eqm| KvRj x gþWtj i agvþ tmBme myeav ewAþ wki`i K_v fvev ntqþQ, hþ`i cieZþ Rxetþ tþj hvevi mæðevi Kg| Zte tKþbv tKþbv tKþ`a Ggb `þNKGKRb wki Gþm cþo hþ`i A_þwZK Ae`v ZZUv Lvvc bq ev Zvi evey-gv wKQþv tj Lvco Rvþbb| Giv cþvbZ: tKþ`i wki tKv, Dþ`v A_ev tKþ`i Rb Ni/RvqMv `vbKvi xi tQþj /tgtq| Averi thme AAtj i Avþkcuþ tKþbv cþugK we`v q tbB, tmLþb KLþbv KLþbv Qq ermþii i temk eqmx tQþj -tgtqivl tKþ`a Gþm DcWZ nq| Gþþtþ H wki i evey-gv I wþKUeZx cþugK we`v j tqi wþKwKwZþ`i myt AvtþPby myt cþl G mam y mgyavþbi tþþy Kþi KLþbv mði cþl qv hþ`Q|

Qq: meKwU tKf`i AwfÁZv t_‡K t`Lv tM‡Q wki`i wkpwbj wMx Kti tZyj vi Rb` I wkpvi cÖZ AwMö I fyj evmv ^Zwi Kivi Rb` metP‡q eo cÖqvRb t_‡Ki cÖqvZ wkpvi fñwZ Zv‡i gb t_‡K `i Kiv| Avi G‡¶‡† ÖtLj vi gva‡g wkpvi cÖqvZ Lp KihRi | ZvB wkpvmPx I cWµg Ggbfvte ^Zwi KitZ nte hv‡Z wki`i wkpvi K G‡Ke‡iB tKvb tevSv g‡b bv K‡b tLj v wntmte t`‡L| GB avi Yvi Dci wbf‡P Kti wki`i wkpvi Kvhpug i agv‡i cÖKUteW®I eÖKtevW®P g‡aB mxgve× ivLv ntq‡Q| ZeyAwfÁZvq t`Lv tM‡Q tKvb tKvb t‡b wki`i gv-eveviv AwZ Drmn t`wL‡q wbtR‡i D‡v‡M eB wK‡b tKf`‡cWtq‡Q| Gi Kg Ae`vq wki`i gv-evev‡K Aek`B tevSv‡Z nte th AwZwi ^Zwi DcKiY thwMvb w‡q wki`i g‡bi Dci evowZ PvC cÖqvM bv KivB tKq|

MvZ: wki`i wkpvi tKf`i wkpvi e`e`vq cÖKUteW®I eÖKtevW®eenvi AZ`š-dj cÖy cÖy ntq‡Q| wki`i v tKf`‡ Awm‡e eB-LvZv QovB| g‡b nte Zvi thb tLj tZ hv‡Q, tK`‡thb iaytLj vi B RvqMv| GLv‡b wki`i Kv tLj vi gZ Kti av‡c av‡c cÖKUteW®I eÖKtevW®j L‡Z co‡Z I AwK‡Z tKlv‡eb| tKv‡bv tKv‡bv t‡b wki`i Kv t‡b, LvZv-tcÖyj e`envi Kti‡Qb Zv bv Kij B fv‡j v|

AwU: wki`i gvbwmK weKv‡ki m‡½ kvi wki`i K weKv‡ki eo GKwU w`K Ges tm e`vcv‡i I KvRj x g‡W‡j tLqj i vLv ntq‡Q| GRb` KvRj x tKf`‡cÖZw b mgqgZ tLj vaj v| Lvevi e`e`v Kv ntq‡Q| Z‡e me tKf`‡tLj vi e`e`v GK‡Kg bq| thL‡b tLj vi mi Ävg Kg, tmL‡b D‡v‡v wki`i Kv‡K bZb bZb tLj vi e`e`v K_v fv‡Z nq| wki`i cÖZw b Km‡ t‡l i Av‡M Lvevi cwi‡ekb Kv ntq‡Q| Av‡MB ej v ntq‡Q th GB Lvevi wki`i g‡qiv cÖz g‡tm GK‡i Kti ch‡q‡j‡g cwi‡ekb Kti _v‡Kb| G e`vcv‡i I wewfbœ‡v‡bi AwfÁZv t_‡K t`Lv tM‡Q cÖz tKf`‡B g‡qiv tek Drmn mnK‡i G `wqZj cyj b K‡i b| tKv‡bv tKv‡bv t‡b Zvi ewo t_‡K t‡i Av‡bb, Avevi tKv_vI tKv_vI tKf`‡G‡m i‡tab|

bq: wki`i wkpvi tKf`i Rb` Ni mvavi YZ: ^vbxq mgv‡R t_‡KB cvl qv tM‡Q| G‡¶‡† D‡v‡v I wki`i e`e`v gv‡i ^ZcY©f‡gKv cyj b Kti _v‡Kb| wewfbœ‡A‡j t`Lv tM‡Q th M‡gi tKv‡bv Mp`‡gx GKwU AwZwi ^Z ev Ae`eüZ Ni tK`‡cwi Pvj bvKv xb mg‡qi Rb` t`qv ntq‡Q| Avevi A‡bK RvqMvq t`Lv tM‡Q, tKD tKf`i Ni ^Zwi i Rb` GKwU RvqMv w‡q‡Qb, tKD Zv‡i K‡qK k‡g w‡q‡Qb A_ev euk, Lo BZ`w` w‡q Ni ^Zwi tZ mnwqZv K‡i‡Qb| Gi dtj wewfbœ‡gj vKv‡i tKf`i Ni ,‡j v wewfbœ‡K‡i ntq‡Q|

ZZxq Aa`vq

3. wki`i wkpvi tK`‡v‡bi Rb` cÖqvRbxq w`Kmgm

^v‡i ^‡Rb‡Mwöxi Dc‡hMx GKwU wki`i wkpvi tK`‡v‡bi Rb` wKQymgvwRK e`e`v, wKQyAeKwV‡gMz e`e`v I Ab`v‡b` DcKi‡Yi cÖqvRb| G m¤‡Ü KvRj x I Ab`v‡b` RvqMv AwfÁZv t_‡K th welq,‡j v wetkI fv‡e D‡v G‡mtQ Zv wbtP ewY‡ ntj v|

3.1 ^vbxq D‡v‡v‡bi f‡gKv :

KvRj x g‡W‡j i wki`i wkpvi tK`‡v‡bi Rb` metP‡q tekx cÖqvRb ^vbxq D‡v‡vM| ^vbxq mgv‡Ri (community) wewq AskMöY Qov Gi Kg cÖPövi ^wqZj wbtOZ Kiv hv‡e bv| Avi Zvi R‡b` cÖqvRb GKRb D‡v‡v ev Pwewq‡bi| Bst‡i R fv‡v‡bi Aajv‡i Pwewq‡b k‡wU e`envi nq tKvb Av‡v‡j b ev Kg‡‡Ai cÖb cÖ‡cv‡i K ev cÖYcy‡i‡K tevSv‡Z| GB‡K Kg GK ev GK‡wK Pwewq‡b, wewb/hwiv wki`i wkpvi tK`‡v‡bi Rb` wbt‡w Z nteb, Z‡tK/Z‡‡i‡K Aek`B M‡gi mgv‡Ri Kv‡Q M‡Y‡hM n‡Z nte| wZ‡b/Zv‡v tK`‡v‡bi Kv‡R M‡gi mevB‡K wewq‡j Z K‡eb| GKKfv‡e K‡tZ PvB‡j GKvR fyj nte bv| Mögevwx I wki`i AwffveK‡i tK`‡v‡b I cwi Pvj bv K‡tR wewq AskMöY D‡v‡v‡KB wbtOZ K‡tZ nte|

3.2 tKf`i Rb` Rv‡i N‡i i e`e`v :

D[†] v³v[†] i c⁰tgB t[†]L[‡]Z n[†]e th M[†]giB t[†]Kv[†]bv e[~]w³ Zvi e[~]VKL[†]bv ev Ab[†] t[†]Kv[†]bv Ni w¹k¹i w¹k¹¶v t[†]K¹ w¹nmve w¹ t[†]bi K[†]qKw¹ N[†]Uv e[~]envi K[†]Z t[†]eb w¹Kbv| Av[†]i K¹u w¹K¹ n[†]Z cv[†]i M[†]g me[~]gvb c⁰Bgw¹ ev nvB[~]g[†] t[†]j vi mgqmPx w¹tePbv K[†]i Zvi B t[†]Kvb G¹Kw¹ K[†] e[~]envi Kiv| M[†]gi nvB[~]g[†] t[†]j v gj Z: mviv w¹ t[†]bi R[†]b[†] e[~]envi nq bv| t[†]¶¶t[†]m[†] myeavgZ th[†]Kvb mgq w¹ki w¹ekv¹ t[†]K¹ i Rb[†] e[~]envi Kiv th[†]Z cv[†]i | G[†]¶¶t[†]c⁰Bgw¹ / nvB[~]g[†] i c⁰vb w¹k¹t[†]Ki m[†]M c⁰vgk¹K[†]i e[~]v w¹btZ cv[†]tj t[†]K¹ ^ t[†]ctb Zvi ev Zv[†]i l AskM[†]Y w¹o¹Z Kiv hvq| GQov mi Kwi t[†]Kv[†]bv vj w¹ t[†]bi thgb BD[†]bqb c⁰w¹i t[†]i, G¹Kw¹ Ni l cvl qv th[†]Z cv[†]i | w¹Zv¹S Zvi Ni bv t[†]tj hZ Kg Li[†]P m[†]é G¹Kw¹ t[†]KY¹K¹ w¹g¹Y¹K[†]Z n[†]e Ges Zv M[†]gi m[†]Ktj i mnvqZvq | AskM[†]Yi w¹f¹E¹tZ n[†]j B f¹tj v| Gi d[†]j M[†]gi m[†]Ktj i g[†]a¹ t[†]K¹ ^ m[†]útK¹b¹R[†] i As¹K¹ w¹i Z¹ i gwj Kv[†]b[†]ev[†]ai m[†]ó n[†]e|

3.3 w¹ki w¹beP¹b :

Av[†]MB ej v n[†]q[†]Q, KvRj x g[†]W[†]j i w¹ki w¹k¹¶v t[†]K¹ ^ t[†]ctbi gj D[†]l k[†] n[†]Q t[†]t[†]ki `w¹i`Zg t[†]KY¹i w¹ki t[†]i R[†]b[†] f¹we¹r w¹k¹¶v i w¹Z Zvi Kiv| GRb[†] Ggb me w¹ki t[†]i A¹maKvi w¹ t[†]Z n[†]e hv[†] i cvi ev[†]i KL[†]bv c⁰Z¹owbK w¹k¹¶v Av[†]j v c⁰ek K[†]i w¹A¹ h[†] i ever-gv c⁰Z¹owbK w¹k¹¶v m[†]hvM cvqib| eqammxgv[†] t[†]¶¶t[†] KvRj x M[†]el Yvq c⁰tg w¹K Kiv n[†]q[†]Qj 3 t[†]K 4 eQi eq[†]mi w¹ki t[†] tbevi | Gi tc⁰tb K[†]qKw¹ Kvi Y w¹Qj | GK, w¹efb¹M[†]el Yvq t[†] Lv t[†]M[†]0 GB eq[†]mi M[†]Y¹gZv tekx nq| `B, GB eq[†]mi w¹ki i v Zv[†] i ever-gv[†]qi KvQ t[†]K Av[†] i Ges c⁰kt[†] cvq Zj bvgj Kf[†]te tekx | GB eq[†]mi ci m[†]shb¹ v hLb te[†]o I t[†]V, `w¹i`ever-gv[†]qiv ZLb Pvq Zv[†] i w¹ki i v GKu¹ GKu¹ K[†]i KvR w¹l¹K Ges ms[†]vt[†]i v Kv[†]R m[†]vh[†] K¹ K¹| G[†]¶¶t[†] t[†]Q[†]j t[†]K g[†]Vi Kv[†]R ev k[†]g[†]W¹E¹K tckvq Ges tg[†]q[†]K Ni ms[†]vt[†]i v Kv[†]R j vM[†]bv n[†]q _v[†]K| GKevi K[†]g[†]W¹E¹K Kv[†]R R[†]otq t[†]M[†]j tmBme w¹ki i c⁰¶¶t[†]w¹k¹¶v m[†]M c⁰t[†] h[†] n[†]l qv Kv[†]b n[†]q c⁰t[†] w¹Zb, GB eq[†]mi w¹ki t[†] i ewo[†]Z t[†]Kv[†]bv KvR _v[†]Kbv et[†]j Zv[†] i ever-gv[†]qiv w¹ki w¹k¹¶v t[†]K¹ ^ c⁰W[†]Z Av[†] E¹Kt[†]bv| eis Zv[†] i K[†]qK N[†]Uv Ab[†] R[†]qM[†]q e[~]-vL[‡]Z cv[†]tj L¹KB nq|

KvRj x[†]Z hLb c⁰g eQi w¹ki i t[†]L[‡]R Kiv nq ZLb w¹K eq[†]mi w¹ki w¹beP¹b Kv[†]b n[†]q c⁰t[†] | Kv[†]b M[†]g A¹maKvsk `w¹i`ever-ñg[†]qivB Zv[†] i m[†]shb¹ i eq[†]mi w¹K w¹nmve i vL[†]bv| ZvB t[†]Kl ch¹S-K[†]tekx Pvi e[~]Q[†]i i KvQvKw¹Q w¹ki t[†] i tbevi w¹m[†]xvS-tbqv nq| Zt[†]e KvRj x c⁰g eQi i A¹rfÁZvq t[†]Lv hvq th, Pvi e[~]Q[†]i i w¹ki i v GK eQi ci hLb t[†]K¹ i w¹k¹¶v¹g t[†]Kl K[†]i ZLb Zviv mi Kwi c⁰ugK we`v[†]j t[†]q c⁰g t[†]KY¹i c⁰V¹µg c⁰q t[†]Kl K[†]i tdtj w¹K¹S Zv[†] i eqm ZLb `v[†]q g[†] c⁰P eQi | GB eq[†]tm Zviv c⁰g t[†]KY¹iZ f¹W¹nevi thM[†] nq bv, Kv[†]i Y c⁰g t[†]KY¹i Rb[†] mi Kv[†]i w¹ba¹ Z eqm Qq eQi | GB mgm[†]vi K¹_v t[†]fe M[†]el Yvi m[†]z R[†]oZ mevB w¹tePbv K[†]i b w¹ki w¹k¹¶v t[†]K¹ i ce¹A¹i GK eQi evor[†]bv hvq w¹Kbv| t[†]¶¶t[†]Avevi Ab[†] mgm[†]v aiv c⁰t[†] w¹ki i v GKB M[†]W¹Z Av[†]i v GK eQi A¹M[†]hi nt[†]j Zv[†] i w¹k¹¶MZ thM[†]Zv teto c⁰q ZZxq t[†]KY¹iZ f¹W¹nevi ch¹q M[†]q t[†]c⁰Q[†]t[†]e A_P eq[†]mi w¹K t[†]K Zviv g[†] v[†] c⁰g t[†]KY¹i thM[†] _v[†]Kt[†]e| GB c⁰w¹W¹Z w¹ki t[†] i w¹k¹¶v R[†]eb¹K¹¶ZM[†]0' K[†]iZ cv[†]i t[†]fe KvRj xi M[†]el K¹ I D[†] v³v[†]MY M[†]gi g[†] "v[†]Y[†] i Ges w¹ekl K[†]i c⁰Bgw¹ -t[†]j i c⁰vb¹ m[†]s[†]M Av[†]j vPbv K[†]i b c⁰Bgw¹ -t[†]j i c⁰vb¹ w¹k¹¶K c⁰ve t[†]b th, eZ¹g[†]b w¹ki t[†] i f¹W¹Z[†] eqm w¹k¹¶j K[†]i c⁰g t[†]KY¹iZ f¹W¹nevi t[†]qv t[†]n[†]K Ges c⁰t[†]i eQi t[†]K[†]G[†]g[†]b eq[†]mi w¹ki tbqv t[†]n[†]K hv[†]Z f¹W¹nevi t[†]qv t[†]n[†]K hv[†]e| Zt[†]e th[†]nZ[†] Avg[†] i t[†]K[†] GL[†]tv[†] t[†]mf[†]te Rb[†] w¹beÜb Kv[†]b nq bv ZvB w¹ki w¹beP¹b[†] mgq mevB[†]K[†] GKu¹ mZK¹ _v[†]K[†]Z n[†]e| GL[†]tv[†] D[†]j L¹Kv[†]b th[†]Z cv[†]i th KvRj x[†]Z c⁰g eQi i 20 Rb w¹ki i g[†]a¹ 3 Rb Qov Ab[†] mevB t[†]K¹ ^ GKeQi t[†]K[†]i M[†]gi c⁰ugK we`v[†]j t[†]q c⁰g t[†]KY¹iZ f¹W¹neq| eqm Kg et[†]j evKx w¹ZbRb[†]K[†] _v[†]Kbq[†] GKu¹ t[†]K[†]R -t[†]j w¹ebv te[†]Zb tbqv nq| w¹Zxq eQi i w¹ki t[†] i th[†]nZ[†] 5 eQi i KvQvKw¹Q tbqv n[†]q[†]Qj ZvB Zv[†] i mevB[†]K[†] GK eQi c⁰t[†] c⁰g t[†]KY¹iZ f¹W¹nevi t[†]Kv[†]bv Amjeav nqib|

3.4 w¹ki i msL[†]v :

KvRj xi A¹rfÁZvq t[†]Lv t[†]M[†]0 GKu¹ t[†]K¹ ^ w¹ki i msL[†]v 26 Rb i vL[†]B f¹t[†]j v| Gi c⁰vb Kv[†]i Y `v| GK, GKRb w¹ki w¹k¹¶v c⁰¶¶t[†] Gi te[†]k msL[†]K w¹ki t[†]K m[†]pf[†]te t[†]L[†]kv[†]b Kv[†]b t[†]K¹ ^ L¹, KvRj x g[†]W[†]j w¹ki i g[†]¶K th[†]nZ[†]g[†]tm GKeQi K[†]i w¹R Li[†]P t[†]la L¹l q[†]Z nq, ZvB g[†]mi 26 w¹b Kv[†]mi Rb[†] 26 Rb w¹ki B me[†]P[†]q f¹t[†]j v e[~]e[~]v c⁰vwYZ n[†]q[†]Q| w¹ki w¹beP¹b[†] mgq w¹z Ges m[†]rc⁰wqK mgvbjc¹Zi w¹ t[†]Ki t[†]Lqj i vL[‡]Z n[†]e| mgvb msL[†]K t[†]Q[†]j -t[†]g[†]q i vL[‡]Z cv[†]tj f¹t[†]j v| t[†]K¹ ^ mgv[†]Ri w¹g[†]m vgvb-[†]esx-L¹kb[†] m[†]Ktj i m[†]sf[†]j b N[†]u[†]Z cv[†]tj w¹ki t[†] i c⁰¶¶t[†] G[†]K Ac¹t[†]K R[†]bvi thgb m[†]hvM n[†]e, t[†]Zg[†]b m[†]gvwRK m[†]c⁰¶¶ZI evote|

3.5 K^+/Pb^+ :

ukurKv int̄mte hvtk ibePb Kiv nte wzb vbxq ewm` v ntj B metP tq fvj | ZvK M̄tgi mevB wPbte |
Zvi c̄Z Av̄v v̄fveZB tekx nte | ZvQvor Zvi c̄P Kg teZtb KvR Kivl m̄e nte | Zvi ukurMZ thwM Zvi tPf̄
evsj v fvij v wj L̄Z coZ Rvbj B Pj te | GkUz Bst̄i wR cwi Pq _vKtj Av̄iv fvij v | A_ P Aog-beg tkYx cik
ntj B ht_ó | tekx ukurZ ntj tmB ukurKv GBi Kg ukitKt_`Kg teZtb tekwb _vKtZ bv-l PvBtZ cvi b |
Kvi Y Zvi tSuK _vKte evj t̄d j PvKix tbevi | ZvB M̄tgi tgvUvgjU ukurZ tKvibv ḡnj v hui nvtZ wKQymgq Av̄tQ
Ges whib GKvR KiZ Lj Drmvnx, ZutK G KvR t̄qv thtZ cvi | tekx ukurZ tKD t̄"Qvq GB `wqZj wbtZ
PvBtj AeK Ab_ K_v | Zte ukitKv tKt_`Kv nI qui Rb_ metP tq tekx c̄qvRbxq w K nt"O ZutK ukit i
c̄Z AvšiK, t̄enkxj I hZkxj ntZ nte Ges metk1 Kti Zvi gta_ gyZtZj_ , Yej x _vKtZ nte | ukit i c̄Z
GKU Mfxi ggZv I mnbkxj Zv ZvK ukit i KvitQ M̄tYthwM | Avcb Kti Zj te | ukit i AvPi tY Zvi
tKvibv fvteB we i^3 ni qv Pj te bv |

3.6 AuffiveK†` i m‡½ †K†` i m¤úK©.

3.7 $\int K \wedge^a C \wedge P \wedge j \wedge \bar{P} \wedge \bar{T} \wedge m \times v \bar{S} - M \bar{Y} K \wedge i \wedge K \wedge v \wedge n \wedge e b$:

†K¹ ^a cwi Puq bvq wmxvš-tbevi mve¶¶YK `wqZj tbteb wki† i even-gv Ges gj D†`v³v| G†¶† Dftqi
gta mgštqi c¶qvRb Lye tekri GB mgšq c¶Z gv‡m AwffveK Ges D†`v³v gta Kvi wgiUs-Gi gva†g mwaz
n‡Z cv†i | c¶qvRbtev‡a AwffveK Ges D†`v³v Ggb¶K Møgevmxi mgštq GKU KgiU MWZ n‡Z cv†i Givb
†K² ^i evcti hveZxq wmxvš-MoY Kiteb|

3.8 -vbxq Mögevñxi AskMöY :

~\bxq RbM‡Yi AskM‡YB KvRj x g‡Wj †K xN‡gqv`x I †UKmB K‡i Zj †Z cv‡i | ZvB †K>^‐\ctbi c‡g
†_‡KB M‡gevmxi m‡pq AskM‡Y \bOZ Kiv c‡qvRb| Rwg `vb, Ni \boguY‡GgbuK \kun¶Kvi teZb ch‡‐M‡gevmxi
AskM‡Yi wfw‡Z ntj Ges \k‡i\k¶v †K‡`i Z‡yeavq‡bi Kv‡R Zu‡`i RwoZ ivL‡Z cv‡i †K‡`i \wqZi Av†iv
\bOZ ntj|

¶Kii ¶¶v tK`^ cwi Pvj bvq c‡KU‡eW© e‡K‡eW© Zw i Rb` GKKwj b LiP c‡q 1500 UvKv (c‡KU‡eW© 300 UvKv Ges e‡K‡eW© 1200 UvKv) | Z‡e hw` tkYxK‡¶ wmtg‡Ui t` qyj _v‡K Zvntj e‡K‡eW© Rb` t` qv‡j Kg Li‡P Kv‡j v is Kiv th‡Z c‡ti | GQvov gw‡mK wKQy bw@ LiP| P‡Ki Rb` gw‡m LiP c‡o c‡q 20 UvKv | ¶Kii ^ i c‡Zw` bKvi Lvev‡i i `wqZi P¶vKvi wbgqvbhvqx c‡Z`K ¶Kii i cwi evi enb Kite| GKRb ¶Kii i gv/Awffv‡eK gw‡m GKw` b tK`^ i me ¶Kii i Rb` ivb‡i DcKiY thwMvb t` ‡eb Ges ivb‡eK‡i LvI qv‡eb| Pvj, Wj ev‡ i meRx, Avj y BZ`^ _vK‡e Lvev‡i | KvRj x‡Z t` Lv tM‡Q Lvev thwMvb w` tZ tc‡i ¶Kii i gw‡qiv Ly‡Kb nb Ges Gfv‡e tK`^ i mv‡ m‡ú³ wK‡Z fv‡i ve‡mb| Zw i q‡b K‡i b tK`^ IU GKvš-Zv‡ iB Ges Zv‡ i m‡šv Act‡i i

Ab^Wni cv̄l bq| G‡Z Zv‡ i AvZ^Wb‡eval ev‡o| wki i msL^W 26 Rb n‡j c‡Z K g‡qi Rb^W Lvevi thwM‡bi `wqZ^Wc‡o g‡m 1w b(mB‡n 1w b QjU a‡i)| 26Rb wki i Rb^W c‡qRb nq tmvq^WtKwR Pvj I tci‡b GK tKwR Wwj | KvRj xi AwfÁZvq †` Lv tM‡Q th g‡qi v mnmve Kti †`‡L‡Qb Zv‡ i mŠ‡b GK tej v mnmve GK g‡m tmvq^WtKwR Pvj Ges tcv‡b GK tKwR Wwj i tekx Lvq| tm‡¶†` g‡m GKw b tmB cwi gyY Pvj Wwj mn‡hv‡M wLPdx ivb‡ Kti wki‡ i Lv^W qv‡bv Zv‡ i R‡b evovZ tevSv nevi K_v bq| GB e`vcv‡U AZ^W-, i"ZcY^WGes G e`vcv‡i D‡`v^Wv‡ i w‡kI fv‡e tLqyj i vL‡Z n‡e| GK_v D‡j L-Kiv th‡Z cv‡i th wki‡ i Lvevi LiP tK‡`1 gwmK LiP c‡q AtaR| dtj AwffveKiv GB `wqZj enb Kti †`‡j i gwj Kubvi wmsnfMB enb Kti _v‡Kb| Guv Zui v thb tev‡Sb I Rv‡bb Zv wboZ KitZ n‡e|

3.10 wki¶Kvi cwi klgK :

wki¶Kvi cwi klgK wki¶Kv tK‡`1 Ab^WZg eo LiP| cwi klgK KZ n‡e Zv D‡`v^Wv| Mögevmx wK Ki‡eb| wewfbetK‡`1 AwfÁZv t‡K †`Lv tM‡Q th wki¶Kvi teZb cuP‡kv t‡K Aw‡kv UvKv avh‡n‡Z cv‡i | GB UvKv Mög t‡K tRwvo KitZ cv‡j B tK‡`1 c‡¶ metP‡q g‡j RbK| tKbby G‡Z tK‡`1 `wqZj wboDZ n‡e| evB‡i i UvKvi Dci wbf¶Kxj _vK‡j , UvKv eÜ n‡j tK‡`1 eÜ nevi fq _v‡K| Mög t‡K UvKv msM‡ni e`vcv‡i wewfbœcšv tbqv hvq| thgb Mögi 20 Rb Ae`vcbœv^W h‡ c‡Zg‡m 5 tKwR Pvj ev mgcwi gyY gj " A_ev Mögi GKkZ cwi evi c‡Z g‡m 1 tKwR Kti Pvj ev mgcwi gyY gj " c‡v‡b Kti Zvntj Zv t‡K wki¶Kvi cwi klgK D‡v AvmtZ cv‡i | A_ev tKb Mögi `Bk cwi evi c‡Z‡K h‡ gwmK 2Uv Kti wWg tK‡`1 Rb^W w‡Z i wR nq Zvntj Gfv‡e| wki¶Kvi teZb msM‡n tq hv‡e| Pišb c×wZ‡Z g‡j v‡b c‡uqv‡l e`envi Kiv hvq| GB c‡uqv‡q tK‡`1 LiP Zj tZ cv‡j Mögevm‡ i m‡½ tK‡`1 m‡wK Av‡iv Mfxi n‡e| GBfv‡e LiP tZuj vi R‡b^WAek^WD‡`v^WvK A‡bK mgq w‡Z n‡e| Mögi tKb weEevb e`v^W h‡ t-^Qvq Zui Mögi GBi Kg GKUv tK‡`1 Rb^W wki¶Kvi teZb w‡Z i wR nb Zvntj e`vcv‡U Av‡iv mnR n‡q| Z‡e Gi `wqZj wboDZ KitZ n‡e Ges G e`vcv‡i Mögevm‡KB wmxvš-w‡Z n‡e|

3.11 wki¶Kv tK‡`‡t‡K c‡Bgwi †`‡j c‡ek :

wki¶Kv tK‡`‡t‡bi mgq tLqyj i vL‡Z n‡e G‡U thb Mögi tj vKj tqi KvQvKwQ nq hv‡Z Aí eq‡mi wki i v mn‡RB tK‡`‡AvmtZ cv‡i | tK‡`1 KvQvKwQ GKUv c‡_ugK we`v‡j q _vK‡j Av‡iv fv‡j v n‡q| Zvntj tK‡`1 ce‡kl Kti wki i v gj avi vi wki¶Kv c‡ZÖv‡b mn‡RB th‡Z cv‡i | mi Kwi c‡_ugK we`v‡j tqi mi Kwi B wbs Dce‡Ei e`e`v K‡i‡Q| c‡Z K‡mi tgvU wki i msL^Wi kZKiv 40% f‡M Dce‡Ei t‡Z cv‡i | GB Dce‡Ei cveri thw^WZvi wfw‡E n‡'0 wZb‡U| (1) K‡tm wboqigZ Dcw^WZ (2) tgav (3) `w^WZg cwi ev‡ii wki‡ i AM‡kaKvi | KvRj xi AwfÁZv t‡K †`Lv tM‡Q, thw^WZvi GB wZb‡U t¶‡†B tK‡`1 wki i c‡ZthwMZvq G‡M‡q _v‡K| dtj wki‡ i AwakvskB Dce‡Ei cveri thw^Wnq| KvRj xi c‡g | wZxq eQ‡i i wki‡ i t¶‡† ZvB-B n‡q‡Q| G weIqU wki‡ i wki¶Kvi e`vcv‡i Zv‡ i AwffveK‡`i D‡x‡ KitZ L‡e mnvh^WKti | Gfv‡e gj avi vi wki¶Kvi ms‡M `w^WZg cwi ev‡ii wki‡ i thw^W `vcb KitZ cv‡i wki¶Kv tK‡`‡j v|

3.12 JIja ev^W :

tK‡`‡AwMZ wki‡ i tek K‡qKU †`‡MZ mgm^Wj ¶ Kiv hvq| K‡g, tLum-cvPov, I Ab^Wb Pg‡i wM Gi g‡a^Wc‡v‡b| Gi g‡a^W metP‡q tekx nq tLum-cvPov| GRb^WMögi GKRb W^Wvi wki‡ i wPwKrmvi Rb^W t-^Qv‡mevi wfw‡Z wboqigZ cwi Ph‡, gj g j wM‡bwmn JI‡ai e`e`v K‡i b| thL‡b Gi Kg t-^Qv‡mevi W^Wvi tbB tmL‡b tK‡`‡ GKUv JIja ev^W ev dv‡GBW wKU (First Aid Kit) i vLr fv‡j v| GL‡b AvBwN^Wb I KuwñQovi Rb^W Ab^W JI‡ai m‡½ Nv-cvPov gj g, Zj v, e`v‡UR, K‡P BZ^W i vL‡Z n‡e| G e`vcv‡i `vbxq †`‡‡mev^WB‡i i c‡vgk‡tbqv th‡Z cv‡i |

3.13 weea Av‡iv K‡qKU w`K :

tK‡`‡wki‡ i emvi Rb^W tg‡S‡Z e`e`v KivB metP‡q mvk‡q| teA‡P‡qvi/tUwej evb‡bvi LiP tekx| cwi wewQtqB KvR P‡j | GB cwiU wki i gñNevevB e‡b w‡Z cv‡i b| GKUyPov Kti‡B G e`e`v Kiv hvq| Zv‡Z tK‡`‡ m‡‡Ü Zv‡ i gwj Kubv‡eva gRe‡Z nq| GQov wki‡ i Rb^W Uq‡j U e`e`v L‡e Ri^Wvi | tm e`vcv‡i D‡`v^Wv‡K w‡kI fv‡e tLqyj i vL‡Z n‡e| wki‡ i e`env‡ii Rb^W | Zv‡ i cwi^Wvi -cwi^WQb‡v m‡‡Ü m‡PZb KitZ evj wZ-gM-cwbi e`e`vLr i vL‡Z n‡e| †`‡j eQ‡i i tK‡i i w‡K wki‡ i Rb^W evrmwi K tLj vaj vi (sports) e`e`vLr wki i vLr

DctfM Kti | Abvb e'e'vi ga' kif i gts gta' teovtZ wbtq tMtj I kii iv Ljk nq | tKv_vq tMtj kii iv tekx
Avb` cte Zv kpkvKb`i Df`v3v/ kpkvKvB wK Kiteb| D`vni Y^fc, kif i BDwqb cwi l` feb, tcvo
Awdm, _vbw BZ^w RvqMvq wbtq wMfq tmLvbKvi KvR mfh cwi Pq Kwi tq t` qv hvq |

PZL ©Aa"vq

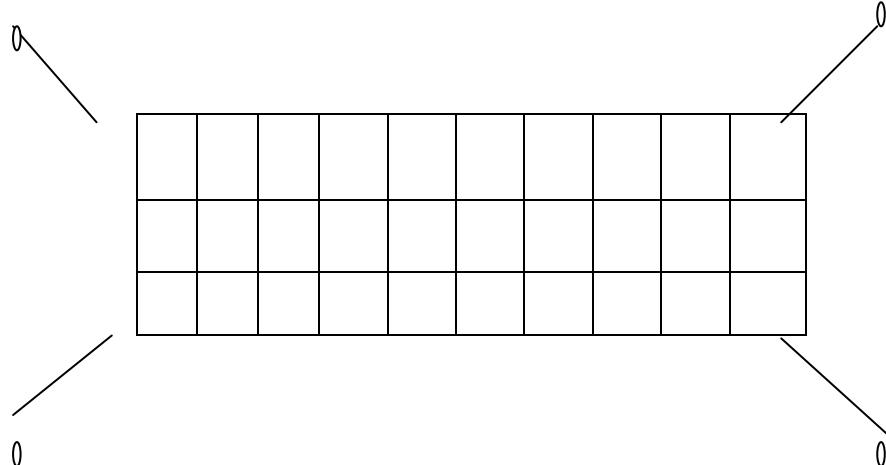
4. ԱկՊՎ DcKiY | ԱկՊՎ`vb c×Z

4.1 ԱկՊՎ DcKiY :

ԱկՊՎ տԿֆ՝ ակի՛ ի ԱկՊՎ թմե DcV`vb 1 DcKiY Acvi nvh©Zvi gta” Dfj ԵհՄ” ntj v ctkuteW© eԿteW©PK, Wv-vi, Qov, KveZv, Mf i msMf, KvW©Qwei KvW©Ges evRvti cPvj Z ԱկՊՎ j K tLj vaj vi DcKiY thgb cvRj , eK, tj tMv, BZ`w` | GQov Mfg t_k ev Mfgi evBtj i tKD hir e“eüZ ev Ae“eüZ tLj bv 1 tLj vaj vi mi Ävg w` tZ PvB ZvI MpzxZ nTz cvti | tj vKR tLj vaj v Ges MYbvi DcKiYI e“envi Kiv hvq| thgb, tZtj i weP, tLRtj i weP BZ`w` | hZ`i mæe Kg Li tP tK`”cwi Pyj bv Ki tZ ntj tLj vi mi Ävg t_j v bv Ակբ msMf KivB evÄbxq |

4.2 ԱկՊՎ`vb i gva”g սնտմե ctkuteW© e“envi :

4-5 eQf i Ակի՛ ի mvavi YZ tLj vaj vi cÖZ tSuK _vK tekx| KvRj x g#Wtj ZvB ԱկՊՎ ե“envi UvI AfbKUv tLj vi g#Zv Kivi tPov Kiv nTqfQ | GtPf tK ctkuteW©GKUv eo fwgKv cvj b Kf i | ctkuteW©ntj 0 3 dJ PI ov 4 dJ j tP GKUv Kvctoi Զvi Awfbe ԱկՊՎ DcKiY| KvcoU Ggbfvte tmj vB KifZ nte thb ZvTz Rvgi ctkUi gZ 5”+5” mgvbcq 70-80 wU ctkU mjo nq| Zte Kgtekx ntj ՊiZ tbB| bxPi Qwe t_k aviv cvl qv hvte |



GB ctkuteW©K t` qvtj i Pvi tKvbvq tefta Sij tq w` tZ nq| GB ctkU t_j vi gta” Qwe AvKv ev A¶i | kã tj Lv KvW©XjKtq Ակի՛ ի tLj vi g#Zv Kf i tKlvbv nq tKvbUv Ակtmi Qwe, tKvbUv tKvb A¶i ev kã ԱկՊՎ Kv tKvb GKUv Qwe/kã/A¶i AvbZ ej t_j Ակi ctkuteW©Mfq Zv wbtq Avtm| thgb Avgi Qwe AvbZ ej t_j Ակi Zv Gtb t` Lvte |

A¶i cwi Pq I cofZ tkLvi Rb” ctkuteW©AZ”š- i “ZcY©GKU fwgKv cvj b Kf i | KvRj x Mf el Yvq Gi e“envi Avðh©mdj Zv t` wLqfQ | ctkuteW© Ակի՛ i KvQ GKU tLj vi mvgMf | wbgwZ Gi e“envi Ակi iv gRvI cvq, ZvovZwo AfbK ԱկtL I tdtj

ctkuteW©e“envi i Rb” tcvovi KvMfRi Հvi 5”+5” mvBtRi 70 wU KvW©Zvi KifZ nq hv mntrB ctkU tXvKvbv hvq| Gme KvW© ԱկՊՎ Kv wbtRB Nf i evbvtZ cvi t_j fvtfj v| Zv ntj cÖqvRbgtZv ewbtq tbqv hvq| Gme KvW© ԱկՊՎ Kv wbtRB Nf i evbvtZ cvi t_j fvtfj v| Zv ntj cÖqvRbgtZv ewbtq tbqv hvq| KvW©AvKv _vK Ակի՛ i cwi wPZ cwi teftki AfbK e-i wP t_j Lv hvq| thgb Avg,eB, ej, gB, `B, Kj g BZ`w` | Avi _vK wewfbædj, cwl, dj, ci BZ`w` i Qwe |

Gici axi axi Avmte -tEY©eÄbeY©1-100 chS-msL v, Av-Kvi B-Kvi BZ`w` mnthwM evbvtbv kã | Ակի՛ i AMONzi wfwEz i MåY¶lgZvi wbixtL ԱկՊՎ bZb cvv Հvi Kiteb| KvRj xZ Mfgi AfbtK wgtj

¶ki†` i cwiPZ AvbgwibK 100 wJ kā ibePb KtiQtj b | tmB me kā bgjv wnmv‡e Abvb Gj vKvq e“eūZ ntZ
cvti | gwbptj i cAg Aavtqi tmB i Kg kāPqb | Zvi avivewnK e“envi m¤tU Avtiv ejv ntqtQ |

c†KUteW©“en†i i †¶†† n‡n¶K†K th eIui cÖZ mRWM _vK‡Z n‡e :



avtс avtс ctKUtertW® e"envi :

K. Qwei Kw: cłtg wewfbQwei KwctKUtevWiLtz ne| thgb Avg, We, ej , eB, Kj v, gB BZw | Gici wkTKv tKvbv wki tK Whtei Qwe AvbZ ej feb wki ctKUtevWMtq Whtei Qwe Kwwbtq Avmte| cti Averi Zv tKvbv GK Lwj ctKtU tiL Avmte|

L. kā mn Q̄ei Kw̄c. I c̄ti i av̄ci c̄ti c̄tKŪev̄tW̄Ggb Kw̄c i L̄tZ n̄te th̄ t̄j v̄tZ Q̄e _v̄K̄e Ges Zvi
Dc̄ti Q̄ei w̄l qē-i bvḡl t̄j Lv̄ _v̄K̄e | w̄ki i v̄ Gf̄v̄te Q̄ei, k̄tāi, A¶t̄i i m̄t̄v̄ cwi w̄PZ n̄te | thgb Av̄tgi Q̄emn̄
Avg t̄j Lv̄ | Avg Kxf̄v̄te w̄i L̄tZ n̄q Zv̄ A¶i c̄t̄o bv̄ w̄Ptb Q̄ei ḡt̄Zv̄ w̄Pb̄te |

M. Qwe QvorB kā tPbv : Qmemn avtci ci Qwe Qvor GKB kā wki i v Gevi wklte| GB avtc KvW*c*i agvī kā „tj v tj Lv _vKte| thlnZi wki i v AvtMB Gme kā Qmemn t̄ tlQ ZvB Zviv mnRB kā „tj v PbZ cvi te| Gfvte Avg, gB, DU, ej , Kj g BZw̄ kā AΠi Ávb QvorB coTZ wklL hvte|

N. kā, t̄j v̄t̄K m̄f̄v̄Rb Kt̄i tPbv : thgb, Av,g, A¶i, t̄j v̄t̄K Gt̄j v̄gt̄j v̄f̄v̄te t̄i t̄L w̄ t̄Z n̄te c̄t̄KU tev̄t̄W̄
Gici w̄k̄i t̄i ej t̄Z n̄te ðAvgð kāw̄U ewbt̄q Avbt̄Z | w̄k̄i i v̄ th `yU KvW̄b̄t̄q Avmt̄e Zv Ab̄ w̄k̄i i v̄ t̄t̄L ej te w̄K
Avt̄Q w̄Kbv | Ab̄ w̄k̄i i v̄ Gf̄v̄te w̄k̄i t̄L tb̄te | w̄K nt̄j mev̄B nvZZw̄j t̄te | bv nt̄j Ab̄ t̄KD `w̄qZj tb̄te w̄K
Kivi Rb̄ |

0. Gtj vtgtj vftte ivLv kā I Qwei wj Kiv : Qwe I ktāi wj wki i mn̄RB KitZ c̄ti | GKRb
wki GB KvRū Kivi ci Abv̄b̄ wki t̄ i WRĀm KitZ n̄te mn̄W wKb̄ | GtZ wki i iWK ej t̄Z cvi i Avb̄ thgb
c̄te t̄Zgb bv cvi tj Zv mst̄kvab Kivi mthwM c̄te | GUv GK ai tbi tLj v GB tLj vi gva t̄g wki t̄ i eM̄cwi Pg
n̄tq hv̄te | Gfvt̄eB AvñKvi, B-Kvi mn̄hv̄M tQvU tQvU kā MVb Ges eQ̄ti i tkl̄ i t̄K evK̄ MVb tkLvt̄bv hv̄q |
wki i hv̄t̄Z ct̄KUtev̄WB evK̄ MVb KitZ c̄ti tmRb̄ ct̄Kt̄U Ggb wKQy kā ivL̄t̄Z n̄te hv Zv i Qwei gva t̄g
tkt̄Lwb̄ | thgb, ÒAvg Avg LvB,Ó GB evt̄K̄ Zv i ay ÒAvgÓ kāw wkt̄L̄t̄Q | ÒAvgÓ ev ÒLvB̄ tkt̄Lwb̄ | mgqgt̄Zv
Gieg kā I ct̄Kt̄Utev̄Wt̄XvKv̄t̄Z n̄te | Bst̄i R A B C D GB GKB c̄tuqwi gva t̄g tkLvt̄bv tht̄Z c̄ti |

P. msL"v MYv I cwi wPwZ :

¶KvMY c̄g Aēq w̄k̄t̄ i gā t̄t̄K GKRb̄t̄K ej̄t̄b Av̄i d/m̄x/bvRgv Z̄g ,t̄Y t̄L̄Zv AvR KZRb
Ḡt̄m̄t̄Q| tm̄ f̄j Kit̄j Ab̄Rb Āev Av̄t̄iv GKRb̄t̄K w̄t̄q w̄Z̄b MYbv Kiv̄t̄eb| c̄t̄KU tev̄W̄P gvāt̄gI msL̄v ev
AsK tkL̄t̄Z c̄v̄t̄eb| thgb- c̄t̄KUtev̄W̄w̄k̄t̄ i t̄Pbv ev c̄w̄i w̄PZ dj , dj ev Ab̄ t̄Kvb ēl Qne/Kw̄t̄`w̄L̄t̄q
KyRw̄U Kiv th̄t̄Z c̄v̄i |

cōg awc : Qne Ges msLv m̄q Z KwWt̄_l̄tq Avb‡Z ej v| GLv‡b Dtj l̄ th kā ev eYgij v th c×wZ‡Z tkLv‡bv nq tmB GKB c×wZ AYjmib K‡i G‡Z n‡e| thgb- tKvb GKwU Qnei Ky‡WqZbiU t̄_v‡qj cwlLi Qne Av‡Q Zvn‡j tmB Ky‡W‡3 (wZb) msLwU t j Lv _vKte| wki cōg Qne ,tY KwW‡Zj te/ Avb‡e| Gfv‡e wki Qne t̄_Lvi cikvcwikk msLv t j vi tPnvivimv‡_cwi wPZ n‡e|

WZxq awc : Qwe Qvor i agvī msLīv tj Lv K^W,tj v c^tKUtev^tW^o_vK^te Ges w^ki i v msLīv wPb^te | thtnZ^tc^teB
w^ki i v Qwe Ges msLīv wPb^tQ tmtnZ^tZvi v mn^tRB w^bw^t msLīvJ tei Ki^tZ m^pg n^te | fj ntj Ab^t tKvb w^ki
m^tNKwJ tei Ki^teL Ab^t w^ki i v nvZ Zwi^t w^ksev w^kK n^ta^tQ etj w^ki^tK ci^tR^tKZ Ki^teL

Z Zxq awc : Gfvte msLvv tPbv/ cwiPiZi ci wkiKv e+KtertW^p c+KUtertW^eeuZ msLvi Kw@+`mLq msLvv tj Lv+bvi KvRwU Ki+Z cv+ib| D+j E th msLvv tkLv+bvi mgq wki iv th me dj , cwiL ev wRiob+mi bvg Rvb i agy+ tmBme we+tiqi Qwe c+KU ter+W^eenvi Ki+Z ntel

4.3 e-Kiosk® environment

K. nvtZi tj Lv, Qne AitKv, AsL tkLvi Rtb e~~K~~teW®Ges PtKi eenvi AitZ Aí LiP GKwJ mnR I Avb` vqK cši| Gi dtj KvMR-Kjg-~~c~~Ytj i LiP Goitbv hq| GRb c~~i~~Z'K mki i Rtb e~~K~~teW®bwr @ RvqMv _vKte |



Ntii wZb t`qyj Rto e+KteW®\vLtz cvitj KvRuU mnR nte| wmtgþUi t`qyj _vKtj Zv is w tq Kvþj v
Kti tbqv hvq| LiP euþtZ Pvþtj GKwU mnR cþl nt"Q eþeuZ eþUwi tmfj i tfZtii Kvþj v Dcv`vb tKti wmb
tZtj ,w tq t`qvtj is Kiv| bv ntj nWþerþW® Dci Kvþj v is Kti e+KteW® Zwi Kti tbqv hvq| GþZ meþgvU
LiP cþo cþq 1200 UvKv

L. GB eጀt ktev Wጀki i v cጀtg Gtj vgtj v hv B'Qv ZvB `vM KvUte | gtb i gZ Qme AvKtZ tPov Kite | wkr|Kv wbtR
GtKI t`wLtz w`tZ cvtib | j wj w^ AvovAvvo, tKvbvKib `vM KvUv wLtz wLtz wki t`i AvOj Pvj vtbv mnR ntq
Avmtel |

M. ॥ki̤t̤ i GKB A¶#i i Dci evi evi nvZ ejt tq A¶i tkLvtbv | GKU c×vZ |

N. n‡Zi tj Lv A‡c¶vKZ mnR A¶i w‡q i i" Ki‡Z n‡e| thgb ðeñ A¶i w‡q i i" K‡i i,K,a,S,F BZ" w‡tkLv‡bv hvq| GKB m‡½ 1,2,3,4 msLv tj LvI i i" K‡i t‡qv hvq| Gfv‡e ax‡i ax‡i e‡KtevW® e"env‡i i gva‡tg

¶ki kā I evK MVb ¶k‡L hvq| g‡b iVl‡Z n‡e th ¶ki iV c‡KU‡ev‡W¶ Q‡ei gva‡g A¶i ,‡j vi m‡½ tgvUvgJU
cwi‡PZ n‡q tM‡Q| ZvB A¶t i cwi Pq ev bvg ‡kLvi KvRUv ZZ K‡Wb nq bv|

4.4 t̄kYxKt̄P | tLj vi gvtV ukr̄Pkv i fngkv :

ව්‍යුත්පන කිරීමේ නොවා සෑම මෙහෙයුම් පෙන්වනු ලබයි. මෙහෙයුම් පෙන්වනු ලබයි. මෙහෙයුම් පෙන්වනු ලබයි.

- **וְקַיִם קְדֻשָּׁתְךָ יְהוָה** Ges e^wZ Je^stZ **וְקַדְשֵׁתְךָ** n^te |
 - **זֶה קְדֻשָּׁתְךָ יְהוָה** Ges ms^te` kxj n^tZ n^te | **וְקַדְשֵׁתְךָ יְהוָה** Av^sK fv^te fv^tj evm^tZ n^te |
 - **מֹעֵד נִטְחָנָה כָּלָל** **וְקַדְשָׁה** Rb^v Avj v^v Wtqwi i^vL^tZ n^te Ges Zv^tZ **וְקַדְשָׁה** AM^mZ Ges w^tkI tKv^tbv mgm^v _vKtj Zv vj tL i^vL^tZ n^te | eQti i^vtKtI **וְקַדְשָׁה** AM^mZi avi ve^vnKZv w^tkH Kiv n^te hv ms^tk^e-mKj tK Av^fAZvq mgx Ki^te |
 - **כָּלָל מִבְּרִית כּוֹתְבָה** n^te tm w^tlq Av^tM t^tK **וְקַדְשָׁה** Kt^ti i^vL^tZ n^te |
 - **וְקַדְשָׁה** Ges tKt^t`1 AM^mZ m^tútK^tgwmK c^tZt^te` b^vZw^t Ki^tZ cvi^tj fv^tj v nq |
 - **זְרוּעַ יְהוָה** Kv^tf^te D^mZ mgm^vej x mgvawb Kivi gZ mRbkjy n^tZ n^te |
 - **וְקַדְשָׁה בְּבָרְךָ יְהוָה קְדֻשָּׁה** G^tm tKt^t^a w^tl^tv Kt^teb^v | **וְקַדְשָׁה** i^vKv^tQ tKv^tbv eB LvZv vKt^tebv |
 - **כָּלָל תְּבִיא אַמְלָא** Av^fAZvi Av^tj v^tK **וְקַדְשָׁה** g^tb h^t tKb bZb avi Yv Av^tm Zv Dt^tv^t ev tK^t^a ci^tPv^t bv Kug^tU^t Kv^tQ tck Kt^ti m^tpsj^t Z fv^te m^txv^tS-^tb^teb^v |
 - **וְקַדְשָׁה יְהוָה** w^ttv^tb Ges tLj vaj vi evcti **וְקַדְשָׁה** Kv^tQ w^tkI g^tbv^thvMx n^tZ n^te | bv ntj **וְקַדְשָׁה** i^vKw^ts-Ges GKt^tNtqng Abf^te Kt^te Ges Zvi dtj **וְקַדְשָׁה** Avb^v evvnZ n^te |
 - **וְקַדְשָׁה מִבְּרִית כּוֹתְבָה** Avi I fv^tj v nq | G^tq^t^a **וְקַדְשָׁה** **וְקַדְשָׁה** i^vc^tg^tZv Mvb tKlv^tZ cv^ti b^v c^tq me **וְקַדְשָׁה** B Mvb Mvb^tZ fv^tj ev^tm |

4.5 **կՊՎՌԵԲԻ ՄԳՂՄԽՎ :** ԱԿԻ ԱԿՊՎ ԿՎՀՊՒՏԳԻ ՄԳՂՄԽՎ ՆԴԵ GK ԵՐՄԻ | ՄԵՅՆ 6 Վ Բ ԱԿՌԻՎ ՒԿՓ՝³ ԱՎՄԵ, ՄԿՅ
8.00-8.30 ՒԿ 12.00-12.30 ՉԵՏ Ա_Բ ԸՆԴՀԱՆՈՒՐ ԿՒՆ | ԿՎՐՋ Խ ԳԴՎԵՋ ՄԳՂ Թ ԲՎԵ ՎԵԲ՝⁴ ՆԴԳՈՂ ԶՎ
ԵԽՔ Ւ՝ ՊՎ ՆՋ |

- ❑ evBči tLj vÑ 30 wglbU
 - ❑ Qov ej v/tkLvÑ 30 wglbU
 - ❑ Mí ej v I Mvb MvI qv- 30 wglbU
 - ❑ ečK tevWč cčKU tevWÑ (30+30) = 60 wglbU
 - ❑ wfZčii tLj vÑ 45 wglbU
 - ❑ LvI qv `vI qv I wekig Ñ 30 wglbU
 - ❑ cQč gZ th tKvb KvRvÑ 15 wglbU
 - ❑ mBčtñ GKwč b nvtZj KyR/ awUj KyR

වින්දීම් මෙහෙයුම් සඳහා ප්‍රතිච්‍රිත නොවේ. එහි ප්‍රතිච්‍රිත නොවේ.

କି କାଳେ ତକଣ୍ଠେର ରହି କାଳେ ମନୁଷ୍ୟଙ୍କୁ :

¶ Kv nteb tñermj , nwmLyk cÖyeš, hZkj Ges®ggZvq cY®gv‡qi mgvb | KvRj x g‡Wj ¶ Kv
tK‡`i mdj Zvi gj Pwj Kv kw³ ¶ Kv n‡Z | thñnZz GUv tKvb MZvbMZK avvi -j bq tm Kvi †YB GLv‡b
vj L‡Z co‡Z tKLvUvI GKUz wfbeavivi | ¶ Kv‡Kv‡K memgq cÖZ _vK‡Z nte D™Y th tKvb ciw-Z tgvKvtej v
Kivi Rb |

ብቃዬ ወኪኑ አገልግሎት ተደርጓል፡፡

WK^U**K** n^TZ n^Te q^Tq^Ti q^TZv t^Tnc^TY |

ciòzju wki i ciòz mgvb bRi t` evi tPov Kitz nte |

wki tK c̄vi Kiv ev tKvb Kn̄b kw̄-t` qv ev wki i m̄½ agtKi m̄ti K_v ej v wki i ct¶ ¶wZKi n̄te|

†K†`i mki †`i mgtb eB-LvZv wb‡q covbv h‡te bv| eis covUv ntZ n‡e M‡i i Q‡j Ges Avbt` i ga

w̄ tq |

ctKU teW®I KvW®thLv®b tmLv®b tdtj bv ti®L h®Z® mvt_ e®envi Ki®Z nte|
 # ctKU KvW®Gi e®envi we®tq mtPó _vK®Z nte| ch®qµtg mnR t_®K KvW® gā m®ij Z KvW®e®envi
 K®i ®ki® i tkLv®Z nte (ctKU teW®e®envi i ®b® Rvej x Abjhvx)|
 # ®ki® i Lvet®i i e®cv®i gvtq® i mvt_ thW®hvM K®i mKj ®KOy®w®Z Ki®Z nte Av®M t_®KB| h®Z
 ®ki® i v Afy® bv _v®K tKv® w®b|
 # ®ki® i v hv®Z mKj Kv®R Av®` L®R cv® thgb, co®Ntj Lv, tK®`®Av®v hv®qv, tLj vaj v, Qov ej v, Mv®
 Mv®qv, BZ®` tmw® tK ®ki® K®i mPZb _vK®Z nte| c®qvR®b ®ki® Kv tK®`® evB®i l ®ki® i ®b®q
 th®Z cv®ib|

tK®`® ®ki® Kv® v b® i® :

®ki® i e®w®MZ tL®R Lei thgb tK, ®K tL®q G®m®Q A®ev tK Av®m®b Zvi tL®R Kv® tKb Av®m®b, Kv®
 kixi Lv®c A®ev Gj vKv® Av® ®K N®U®Q, Ggb ®K Zvi ^®bw® b N®bvej x Av®j vPbv® ga® w®tq ®ki® Kv® Zvi Kv®
 Ti® Ki®Z cv®ib|

cÂg Aa®vq

5. ®kk®k®v tK®`®e®envi i Rb® kāZw®j Kv®, Qov®, Kv®zv®, Mv® | Mí msM® |

5.1 ctKUteW®e®envi i R®b® kāmg® :

ctKUteW®e®envi i Rb® ®ki® Kv® K® g®b i vL®Z nte th ctKUteW®eB®qi ®eKí ®nt®te Kv® K® te| Gi
 ga® w®tqB A®i ci®Pq nte, msL®v ci®Pq nte | cotZ tkLv® nte| A®i ci®Pq nte A®i®tK Q®ei gZ tkLv® ga®
 w®tq | thgb- ®Avg® kāw® Zvi v c®tq ®kL®e ®Kfv®te ®Avg® t®j Lv nq Zv Q®ei gZ ®ktL| ®Av® I ®g® A®i `®jli bvg
 Zvi v ®kL®e Av®iv ct®i | bx®P ®Kv® evQv® Kv® k®ai Zw®j Kv® t®qv nj | G®tj v Q®emn Kv®W®w®j tL ctKUteW®
 avivew®Kfv®te A®f®® Kv® nte|

- 1) `®B A®i®i mnR kā :
ej , Kj , Ni , eB , gB , eK , DU , `®B , Ij , BU , Avg , gM , RM |
- 2) `®B A®i®i Av®-Kv® h®® kā :

- kkv, n̄m, PvKv, cvLv, LwPv, LvZv, Kj v, KvK, gvQ, Zvj , evN, j vD, gkv, Zvj v,
Wve, MvQ, QvZv, mvc, gvj v, Zvi v, Pv` , ewk, cvZv|
- 3) `B A¶‡i i B-Kvi h‡³ kā :
cvL, wUqv, nwZ, Pvie, wuk, nmo, wWg, i wU, j wV, gwQ, ewU, KvC, wPj , emo|
 - 4) `B A¶‡i i C-Kvi h‡³ kā :
Zxi , b`x, `xc, mxg, cix|
 - 5) `B A¶‡i i D-Kvi h‡³ kā :
Avj y Kj v, Mi ", Nyo, Uuc, Zj v, KvC, Pj , gL, Siov|
 - 6) `B A¶‡i i E-Kvi h‡³ kā : gj v, Kev|
 - 7) `B A¶‡i i G-Kvi h‡³ kā :
teRx, tj c, tfov, tej , tcic, tgN|
 - 8) `B A¶‡i i I-Kvi h‡³ kā :
tPvL, tNov, tgrov, tXvj , tgvg|
 - 9) `B A¶‡i i H-Kvi h‡³ kā : ^evv, ^K|
 - 10) `B A¶‡i i J-Kvi h‡³ kā : tbšKv, teš|
 - 11) wZb A¶‡i i mnR kā :
Kj g, Kj m, K`g, cUj |
 - 12) wZb A¶‡i i Av-Kvi B-Kvi BZ'w` h‡³ kā :
gj Mx, KvQg, wKqyj , nvZn, wcirov, `i Rv, weoyj , evbi , PvgP, Bu j, KvWj ,
te b, e`bv, tZvj , Qmj , j wUg, gml , tMvj vc, tgvi M, KvZ, CMj |
 - 13) Pvı A¶‡i i kā :
GKZvi v, dj KvC, evavKvC, Rvgi "j , ARMi , Li †Mik, Kvgi vOv, Avbvi m, wUKwUk ,
gvQi vOv|
 - 14) h‡³v¶i h‡³ kā :
-j , ev· , evó, wgwó, we®U, wi · v|

GQrov c‡KUtevW¶i gva‡g Av‡iv KZ , tj v kā tkLv‡Z n‡e th , tj v Qve w †q tkLv‡bv hvq bv| wKš
th , tj v evK'Mv‡b mwnvh Ki‡e| thgb Avg, Zog, tm, LvB, LvI , Lvq GB RvZq kā| G kā , tj v wK wK n‡e
wKwUkv Zv c‡qvRbg‡Zv wb‡RB wK Ki‡eb | c‡KUtevW‡ew‡q †‡eb hv‡Z wKii iv GB kā , tj v w †q wb‡RivB
c‡KUtevW‡evK'MvB Ki‡Z cv‡i | thgb- ØAvg Avg LvB, Øtm eB c‡oñ BZ'w` |

A¶i †K Qvei gZ †Pbvi ci , GK ch‡q wki †i †K A¶‡i i bv‡gi m‡‡ cvi Pv Kv‡Z n‡e| Gi R‡b A¶i
tkLvi c‡Pj Z AtbK Qov Av‡Q| c‡KUtevW‡G , tj v hw` Qwemn ivLv hvq Zte wki †i wkl‡Z myeav nq| bx‡P -†eY©
I e"ÄbeY©tkLvi Rb" tmkG cvi wZ Qov , tj v Z‡j †‡qv nj | G , tj vi c‡Z"KwUi R‡b" GKwU K‡i Qwemn KvW©
evb‡Z n‡e| wi Be GB KvW©Zwi †Z mnvqZv Ki‡e|

-†eY©

- | | |
|----|----------------------|
| A | ARMi Avm‡Q †Z‡o |
| Av | AvgvU Avg Lv‡c‡o |
| B | Bu j -Qvbv f‡q g‡i |
| C | CMj cvL cv‡Q a‡i |
| D | DU P‡j †Q g‡U Z‡j |
| E | E-wU Av‡Q S‡j |
| F | Fwl gkvB e‡mb c‡Rvq |
| G | GKKv Mvmo Lv‡e QtU‡Q |

H	H †` L f̄vB P̄u` D‡V‡Q
I	Ij †L I bv, ai †e Mj v
J	Jla †L‡Z w̄g‡Q ej v

e"ÄbeY©.

K	KvKvZqv i gv_vq SjU
L	†Lkvkqv j x cvj vq QvU
M	Mi "-evQz `wo‡q Av‡Q
N	NNycwL WwK‡Q Mv‡Q
O	I tbŠKv, gwS e"v0
P	wPZvev‡Ni mi " V"v0
Q	QvMj -Qvbv j w̄d‡q P‡j
R	RvnvR fv‡m mvMi -R‡j
S	Svo-nv‡Z Gj KvbvB
T	T P'‡o bvP‡Q `f̄vB
U	wUqvcwL i †VvUwU j vj
V	VvKi `v` vi i K‡bv Mvj
W	Wvj Ku‡a tenvi v hvq
X	Xvj -fvqv †Xvj K evRvq
Y	(gaØ") Y bv‡Ki 'c‡i
Z	wZwg Avcb wkKvi a‡i
-	_vj v fi v Av‡Q w̄gVvB
~	†`vqvZ Av‡Q, Kvqj bvB
a	tavcv †Kgb Kvco Ku‡P
b	bwicZ-fvqv `wo Pu‡P
c	cwL i evmv nvI qvq b‡o
d	fdvqv i v n‡Z Rj c‡o
e	ej ejj wUi gjwU Kvj
f	fvj K Rv‡b bvP‡Z fyj
g	gq‡ bv‡P †cLg a‡i
h	hvZv †Nv‡i nv‡Zi †Rv‡i
i	ivRvuwU i Mj v mi "
j	j wvIi †Pv‡U cvj vq Mi "
e	ev‡Ni hZ mvnm †Pv‡L
k	kKb Ku‡` Mi "i †kv‡K
l	lvo Qv‡Q cKj cv‡o
m	wmsn iv‡M †Kki bv‡o
n	nwmglwU †` L‡Z tek
o	o-Gi `dv nj †kl
p	p-Gi gv_v Kv‡to LvB
q	q wQj ZvB te‡P †Mj
r	(LÊ) r H cvi Mvq

s (Aby⁻ ri) s-^WU nw*i* tq tM^Q
t (wemM^Q) t Gi f^Wov tC^U
u (P>`^We>`)-i gv_v tnW |

Qov

KvRj xi MteI Yvq t` Lv tM#Q cō me wkiB Qov i b#Z | wL#Z AZ`š-Avb` | AvM# teva Kti | i b#Z
i b#Z | ej tZ ej tZ KLb th Zvi v Gme w#L tdtj Zv Zvi v Rvb#ZB cvi bv| ZvB tRvi Kti gL` Kiv#bvi tKv#bv
cōqyRbB nq bv| evi evi i b#Z i b#Z | A#f#x KitZ KitZ Zvi v mn#RB Gtj v AvqZi Kti tdtj | w#K#Kv#K i ay
tLqyj i L#Z nq wki i v wK D#Pvi Y, mj | Zyj mn Qov ej tZ cvi tQ wKbv|

w#P th Qov, tji v t` qv ntj v KvRj xi MteI Yvq t` Lv tM#Q Gi teuk i f#MB wki i v GKe0tii gta w#L
tdtj | wki t` i M#Y#gZv Abjhvqx w#K#Kv w#tRB w#K Kit#eb KZ `*Z w#Zb bZb Qov i i` Kit#eb | ZvQov w#Zb#B
w#K Kit#eb tKb Qov KLb tkLvt#eb | GQov, tji v Qov AvA#j K Qov | w#Zb tkLvt#Z cvi t#eb |

n#Z bvP#Q tNvor bvP#Q
tmvbgw#i te|

1
Kkv Avi Kj v Lv|
LvI cvKv Avg,
Avbvi m Wve AvZv
Avi Kvj Rvg|

7
tmvbu bv#P tKv#b
ej ` evRvq tXvj |
tmvbu eD tita ti tL#Q
Bij k gvtQi tSvj |

2
KiP KwP Myj fi v
wLj &wLj &nwm-
Avng eoB fvj ewm!

8
tLvKb tLvKb Kti g#q
tLvKb tM#Q Kt` i bvq ?
mvZUv Kt#K ` no evq
tLvKb ti ZB Nti Avq|

3
ZvB ZvB ZvB
gvgv em#o hvB,
gvgx w` j ` p f#Z
` p#t i e#m LvB,
gvgv Gj wQc w#tq
gvQ ai tZ hvB|

9
Avqt i Avq w#tq
bvq fi v w` t#q
bv# w#tq tMj tevqvj gvtQ
ZvB bv t` tL t#v o bv#P;
t#i t#v o w#t i Pv,
tLvKvi bvPb t` tL hv|

4
wmsn gkvB, wmsn gkvB
gvsm h# Pvi ,
i vRnsn t` t#v tL#Z
wmsmv ftj hvI |

5
LKi vYx, LKi vYx
KiQ Zing w#K ?
GB t` L bv, tKgb Avng
Qwe Gt#KtQ |

10
nwEgv w#Jg w#Jg
Zvi v gvtV cvt#o w#Jg |
Zv#` i Lvov ` #Uv wks
Zvi v nwEgv w#Jg w#Jg |

6
Pv` D#V#Q dj dt#U#Q
K` g Zj vq tK ?

11
Zwzi emo
e'vto i evmv
tKvj v e'vto i Qv|
Lvq `vq
Mvb Mvq-
ZvB ti - bvB ti bv|

12
tLvKv tMto gvo ai tZ
¶xi b`xi Ktj |
WQc wbtq tMj tKvj v e'v
gvo wbtq tMj wptj |

13
WUqv WUqv meR WUqv
tVUWU tZvgvi j vj ,
AvRtK Ztg hvI tMv Dto
Avevi Gtmv Kyj |

14
euk eibi Kvto
fjor tkqwj bvP |
Zvi tMid tRvowU cvKv
Zvi gv_vq KbK-Pvcv |

15
Avq ti gqi Avq
tcLg ati tbP tbP
Rv`j Kvto Avq |
AvmtZ thZ Npj evR
tmvbvi bej cvq |

16
Avq Avq ZzZz
tLtz t`e `py!
tj Riu Ztj bvPwe mjtL,
nmte tmvbvi LKz!

17
wgwb wgwb Avq bv
tKb Kwi m evqbv !
`p t`e gvo t`e

Av` i Kti tKvij tbe,
mevi emo Nti Nti
gvQ tLtz hvq bv |

18
Mo Mo_ o _ o
evm Kx tgNi my !
bqtkv tgNi WvK
Wkto `v`j bvK |

19
D`weovtj Ly Lvq,
Pvtj bvP wdt0
cjU gvtQ MxZ Mvq
gv,i evRvq wkt0 |

20
tbvUb tbvUb cvqiv_wj tSvUb tetat0
I cvti tZ tQj tgjq bvBtZ tbtgto |
`B avti `B i "B KvZj v tfm Dtvto,
tK t^ tLto, tK t^ tLto ? `v`v t^ tLto
`v`vi nvZ Kj g wqj Qto tgti tQ-
Dt, eC tJ tMto!

21
Av` p ev` p Pvj Zv ev` p
Kj v ev`joi te-
tUvci gv_vq t` |
t` Ltz hvK tK?
PvgwPtktz evRv evRvq
Lvsiv KvW t` |

22
tK tgti tQ tK ati tQ
tK w^ tqto Mj ?
ZvBtz LKz i wM Kti tQ
fvZ Lvqib Kyj !

23
tLvKb tLvKb WvK cmo
tLvKb tMto Kvi emo ?
Avq ti tLvKb Nti Avq,
`ygvLv fvZ KvK Lvq |

AvZv Mv‡Q †ZvZvcwL
Wwj g Mv‡Q gd,
GZ WwK ZeyK_v
KI bv †Kb eD?

25

Avq ti cwl j vR-‡Svj v
†LvKb wbtq Ki †Lj v
Lwe `we Kj Kj we
†LvKv‡K tgv Ng cvow |

26

Avq Pv` Avq bv,
Mwo‡q †`e Mqbv |
`B nv‡Z evj v †`e
`B Kv‡b `j †`e
Mtj †`e nvi,
†Zvti KZ †`e Avi !
Npj †`e cvqN
ZB LKj Kv‡Q Avq |

27

‡LvKv eveyhvq
j vj tgwRv cvq,
eo eo w`w` iv me
DwK tg‡I Pvq,
‡LvKv wd‡i bv ZvKvq |

28

Avq ti Avq tgwb
†LvKvi `ja wPvb
`ja Lvte bv iM K‡i †Q
†LvKb hv`gyv |
Avq ti Avq tgwb |

29

Ng cvowb gwim wicim
gv‡ i ewo G‡mv
LwU bvB cvj O bvB
†PvL tctZ etmv |
evU fiv cvb †`e
Muj ctj LvI ,
LKj †PvtL Ng bvB
Ng w`‡q hvI |

30
I Lv‡b tK ti?
Awg †LvKv |
gv_vq Kx ti?
Av‡gi SuKv |
Lvm‡b †Kb?
`w‡Z tcvKv |
wej vm tb †Kb?
I ti even!

32
†LvKv hvte wKvi Ki‡Z
`i Mutqi e‡b,
j vj Rjv j vj tgwRv
†‡Qb even wK‡b |
Kx gvi te N Kx gvi te
AZUK‡tQfj ?
e`vO gvi te Q‡Pv gvi te
mvg‡b a‡i w`‡j |

33
AvMWg evMWg †NvovWg mv‡R
XvK tgNi NvNi ev‡R |
evRv‡Z evRv‡Z Pj j Xvij N
Xvij tMj tmB Kgj vdij |
Kgj vdij †UUv
mjh`gvvvi teUv |

34
mgq Pvj qv hvq
b`xi tm‡Zi c‡q
th Rb tev‡S bv Zv‡i
waK&KZ waK&
ejj †Q tmvbi Nwo
wUK&wUK&wUK&

35
AvgcvZv †Rvov †Rvov
gvi e Pv‡K, Poe †Nvov |
I ti w`w` m‡i `wov
Avm‡Q Avgvi cMj v †Nvov |
cMj v †Nvov †L‡c‡Q,
Pv‡K Q‡o tg‡i †Q |
Aj ivBU †fwi _w
tgg Lvq we-‡U |

36

mg‡_ K_v ej e bv
teRvi g‡L Pj e bv
P‡` i g‡Zv nvme
†` k‡K f‡j vevme |

37
†` vj &†` vj ` j yb
i vOv gv_vq wPi "Yx |
ei Avm‡e hLwb,
wbtq hv‡e ZLwb |

38
c‡ybv‡P tKvbLv‡b?
kZ` tj i gvSlv‡b |
tmLv‡b c‡zK K‡i?
Pj Sv‡o Avi dj cv‡o |

39
BKmo mgKmo Pv‡g wPKmo
Pv‡g Kv‡U gRg` vi |
ta‡q Gj ` vtgv` i,
` vtgv` ti i n‡wokyo,
` †qv‡i e‡m Pvj Kmo;
Pvj Ku‡Z nj tej v,
fv‡Z LvI †m ` †ci tej v |
fv‡Z coj gwQ,
tKv` yj w‡q PvQ |
tKv` yj nj †fv‡Zv
Lv w‡qv‡j i gv_v |

40
Avq Avq Pv` gvgv w‡q hv,
P‡` i Kcv‡j Pv` w‡q hv |
gvQ KvU‡j g‡ov †` e,
avb fv‡b‡j K‡ov †` e,
Kv‡j v tMvi "i ` †` e,
` †` e Lvevi ewU †` eN
tmvbvi _vtj fv‡Z †` e,
P‡` i Kcv‡j Pv`
w‡q hv,
tmvbvi Kcv‡j Avgvi
w‡q hv |

41
Avuj euUj k‡vgj v muUj ,
k‡vgj v tMj nv‡U;
k‡vgj v‡` i tg‡q ` yu
c‡_ e‡m K‡` |
Avi tK‡` v bv, Avi tK‡` v bv,
tQuj v fvRv †` e;
Avi hw` bv K‡` v evQv
tK‡j Z‡j tbe |

42
nvivatbi ` k‡U tQ‡j
tNv‡i cvongq,
GK‡U tKy_v nvwi †q tMj
i Bj ewK bq |

nvivatbi bq‡U tQ‡j
K‡U‡Z tMj K‡V,
GK‡U tK‡U ` †Lwb nj
i Bj ewK AvU |

nvivatbi AvU‡U tQ‡j
em‡j v tL‡Z fvZ,
GK‡U t‡cU td‡U tMj
i Bj ewK mvZ |

nvivatbi mvZ‡U tQ‡j
tMj Rj vavi
GK‡U tm_vq W‡i g‡j
i Bj ewK Oq |

nvivatbi Qq‡U tQ‡j
P‡o‡Z tMj M‡Q,
GK‡U g‡j w‡q tQ‡j c‡o
i Bj ewK c‡P |

nvivatbi c‡P‡U tQ‡j
tMj e‡bi avi,
GK‡U tMj ev‡Ni tc‡U
i Bj ewK Pv‡i |

nvivatbi Pv‡U tQ‡j
bv‡P wab&wab&

GKְּלָאַבְּרָהָם
בְּנֵי אֶחָדָה |

וְנִזְמָנָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה |

וְנִזְמָנָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה |

וְנִזְמָנָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה |

43

גְּבָרָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה |

פְּתִיכָּה
בְּנֵי אֶחָדָה |

גְּבָרָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה
בְּנֵי אֶחָדָה |

44
תְּמִימָנָה
מְתִימָנָה
מְתִימָנָה
מְתִימָנָה |

תְּמִימָנָה
מְתִימָנָה
מְתִימָנָה
מְתִימָנָה |

K‡i w` B W̄Ev |

45

evej vg mvc‡o
mKgvi i vq

evej vg mvc‡o,
tKv_y hvm evc‡i?
Avq ever †`‡L hv
`‡Uv mvc t‡i‡L hvN
th mvc‡i tPwL tbB,
wks tbB, tbvL tbB
tQv‡U bv wK n‡U bv,
KvD‡K th Kv‡U bv,
K‡i bv‡Kv t‡dum&dum&
gv‡i bv‡Kv X‡Xuk&
tbB tKv‡bv DrcvZ,
Lvq i ay` a fvZ,
tmB mvc RvS-
tMwUv `B AvbZ !
tZ‡o tg‡i W̄Ev

46

Kvbv eMx
Lvb gnv‡§` gCbj‡xb

H †` Lv hvq Zvj MvQ
H Avgy‡` i Mu
H Lvbt‡Z evm K‡i
Kvbvemxi Qv
I eMx ZB LvmwK
cvš‡ fvZ PvB bv
cv‡U gvQ cvB bv
GKuv hw` cvB
I g‡b a‡i Mvcjm , cjm LvB |

KweZv

wb‡P K‡qKwU KweZv Z‡j †` qv nj | G,‡j v wb‡PZ n‡q‡Q M‡gi m‡½ m‡uK‡ wP†, weI qe-`;
wki i Äb Q` I j wj †Z`i K_y g‡b ti‡L| Gi tewk f‡MB KvRj xi wki‡` i †kLv‡bv n‡q‡Q| c‡‡g fq
n‡q‡Qj th GZeo KweZv GZ Kgeq‡mi wki‡` i ah‡P‡Z NUv‡Z cv‡i, Zviv cQ` bvI Ki‡Z cv‡i Ges
Zv‡` i g‡b ivL‡Z Am‡ear n‡Z cv‡i | wKš` ev-‡e †` Lv tm‡Q th, wki iv G,‡j v i ay cQ` B K‡iwb, Dci Š`
AvZv` K‡i mwKfv‡e cl‡qMI Ki‡Z cv‡Q| thgb, b`‡Z ev-‡i i n‡m‡` i tLj‡Z †`‡L etj DV‡Q
Önum_wj t‡f‡m t‡f‡m K‡i tKv‡v nj | Ö KL‡bv ev-‡i i gv‡V Zvj MvQ †`‡L etj DV‡Q ÖZvj MvQ GKv‡q
`‡ot‡q meMvQ Qwo‡q D‡K gv‡i AvKv‡k | Ö i e‡` bv_ Zv‡i KweZvi Ggb h_v_ ©cl‡qM †`‡L wb‡qB Avb‡` Z
Ges AvffZ n‡Zb |

dj

i e‡` bv_ WvKi

Kvj wQj Wvj Lwj
AvR dt‡j hvq f‡‡i |
ej †`‡L ZB gj‡ x,

ng tm tKgb K‡i |

M‡Qi wfZi †_‡K
K‡i I iv hvI qv‡NAvmv |
tKv_y _‡K gj‡ tX‡K,
tKv_y th I †` i evmv!

_v‡K I iv Kv‡ tc‡Z
j Kv‡bv N‡i i tKv‡Y|
WwK c‡o evZv‡m‡Z,
Kx K‡t! th I iv tkv‡b!

t` wi Avi m‡n bv th,
g‡L tg‡R ZvovZwo
KZ i‡0 I iv m‡R,
P‡tj Av‡m t0‡o ewo|

I ‡ i tm Ni Lw‡b
_v‡K w‡K gw‡Ji Kv‡Q?
`v v et‡j , R‡b R‡b
tm Ni AvKv‡k Av‡Q|

tm_v K‡i Avmv hv‡ qv
bwvvi Ov tgN _wj |
Av‡m Av‡j v Av‡m nv‡ qv
tmvcb `yvi Ly‡j |

B‡Q
i ex` bv_ VwKi

KZw b fv‡e dj D‡o hve K‡e,
th_v Ly‡k tm_v hve fw‡i gRv n‡e|
ZvB dj GK‡ b tg‡j w‡j Wwv‡N
c‡Rvc‡Z nj , Zv‡i tK Kv‡ te gwv|

tivR tivR fv‡e e‡m c‡k‡ci Av‡j v,
D‡o‡Z tcZvg hw‡ n‡Z etov fv‡j v|
fw‡Z fw‡Z t‡k‡l K‡e t‡c‡j cvLw‡N
tRvb‡K nj tm, N‡i hv‡ bv tZv ivLw‡|
c‡K‡i Rj fv‡e, P‡c K‡i 0_w‡K,
nv‡ nv‡, Kx gRv‡ D‡o hv‡ c‡w‡|
ZvB GK‡ b ejS ta‡l qv‡N Wwv‡ tgtj
tgN n‡q AvKv‡k‡Z tMj Ae‡ntj |

Awg fw‡e tNvov n‡q gw‡ ne cvi |
Kfy fw‡e gw‡ n‡q Kv‡ue m‡wv‡ |
Kfy fw‡e c‡w‡ n‡q D‡oe MM‡b |
KL‡bv n‡e bv tm w‡K fw‡e hv‡v g‡b |

tg‡wZ‡ej
i ex` bv_ VwKi

b‡g Zv‡ tg‡wZ‡ej , e‡u `‡ Rj ,
num_w‡ t‡f‡m t‡f‡m K‡i tKv‡ v‡j |
c‡tK tP‡q _v‡K eK, w‡p D‡o Pt‡j ,
gwQivOv Sc K‡i c‡o G‡m R‡j |
tn_v tn_v Wwv‡ Rv‡M Nv‡ w‡q XvKv ,
gw‡S gw‡S Rj aviv Pt‡j AuKv‡v‡v |
tKv‡l ev av‡t¶Z R‡j Av‡av tWv‡v |
Zwi 0‡t‡i tiv` c‡o, w‡Kev Zv‡ tkv‡v |
w‡wO P‡o Av‡m Pv‡x , tK‡U j q avb ,
tej v tM‡j M‡q t‡d‡i tM‡q m‡wv‡ M‡b |
tg‡l w‡t‡q cvi n‡q ivL‡j i tQ‡j ,
ew‡k ew‡v Rj w‡t‡q gw‡ a‡i tR‡j |
tgN Pt‡j t‡f‡m t‡f‡m AvKv‡k‡i M‡q ,
Nb t‡k‡j vi `‡j R‡j t‡f‡m hv‡q |

tQ‡U b` x
i ex` bv_ VwKi

Avgt‡ i tQ‡tUv b` x Pt‡j ew‡K ew‡K
`ekv‡L gw‡m Zv‡ n‡wU‡j _v‡K |
cv‡ n‡q hv‡ tM‡i , cv‡ n‡q M‡o ,
`B avi D‡p‡Zv‡ , Xv‡ yZv‡ c‡w‡o |

w‡PK w‡PK K‡i ew‡j , tKv‡v bvB Kv‡v ,
GK av‡i Kv‡eb , dt‡j dt‡j m‡v‡v |
w‡Kw‡p‡K‡i tm_v kw‡j tK‡i Su‡K ,
iv‡Z l‡V t‡‡K t‡‡K t‡q‡t‡j i n‡K |

Avi -cv‡i Av‡eb Zv‡ eb Pt‡j ,
M‡q‡i ev‡bcv‡v Zwi Qv‡v‡t‡j |
Z‡x‡i Z‡x‡i tQ‡j tg‡q bw‡nevi Kv‡j
Mv‡Qv‡ Rj fw‡i M‡q‡ Zv‡v Xv‡j |

mKv‡j weKv‡j Kfybv‡l qv n‡j c‡i
AvPt‡j Q‡wK‡q‡v Zv‡v tQ‡tUv gw‡ a‡i |
ew‡j w‡q gw‡R _v‡j v , N‡w_w‡j gw‡R ,
ea‡v Kv‡co tK‡P hv‡q M‡nKv‡R |

Av‡v‡p ev`‡j bv‡g , b` x f‡‡iv f‡‡iv
gw‡Zqv Q‡wQ‡v Pt‡j aviv Li‡Z‡j |
gn‡‡‡‡M K‡j K‡j tKv‡ v‡j l‡V ,
tNv‡v R‡j cvK_w‡j N‡i N‡i tQ‡tU |
`B K‡j e‡b e‡b c‡o hv‡q m‡v‡v ,
ei‡vi Drm‡e tR‡M l‡V cv‡v |

tbŠKv

i ex` bv_ VvKi

b`xi Ny‡Ui Ky‡Q
tbŠKv euav Av‡Q,
bvB‡Z hLb hvB †`mL tm
R‡j i †XD‡q bv‡P |

AvR m‡q tmBLv‡b
‡`mL `‡i i cv‡b
gvS b`x‡Z tbŠKv †Kv_vq
P‡j fvUvi Uv‡b |

Rwbby †Kvb †`‡k
tc‡Q hv‡e tk‡l,
tmL‡b‡Z †Kgb gv‡b
_‡K †Kgb te‡k |

_m‡K N‡i i †Kv‡Y,
mva Rv‡M tgvi g‡b
Ag‡b K‡i hvB †f‡m fvB
bZb bMi e‡b |

`‡ m‡i i cv‡i
R‡j i av‡i av‡i
bw‡‡K‡j i eb_wj me
`m‡q mv‡i mv‡i |

cvnvo-Pov mv‡R
bxj AvKv‡ki gv‡S
e id †f‡0 m‡o‡q hv‡q
†KD Zv cv‡i bv-th |

†Kvb tm e‡bi Z‡j
bZb dt‡j dt‡j
bZb bZb c‡i KZ
teovq `‡j `‡j |

KZ iv‡Zi tk‡l
tbŠKv th hvq †f‡m-
ever †Kb Awc‡m hvq,
hvq bv bZb †`‡k?

nvU

i ex` bv_ VvKi

Ktgi -cvovi tMvi "i Mvlo-
tevSvB Kiv Kj vnv nmo |
Mvo Pvj vq eskre` b,
mt½-th hvq fv‡Mog` b |
nvU e‡m‡Q i µevti
eKkM‡Ä cÜvcvti |
Wrbmc† Rv‡tq G‡b
M‡gi gvb‡l te‡P tK‡b |
D‡Q te, b cUj g‡j v,
te‡Zi tevbv avgv K‡j v,
m‡l †Quj v gq` v AvUv,
k‡Zi i vcvv bKkv-KvUv,
SiShi Kov tewo nvZv,
kni t‡K m‡v QvZv |
Kj vnv fiv G‡Lv ,to
gvQ hZ teovq D‡o |
L‡oi A‡U tb‡Kv te‡q
Avbj Nv‡U Pv‡xi tg‡q |
AÜ KvbvB ct_i 0cti
Mvb i‡b‡q w‡¶l K‡i |
cvovi tQ‡j m‡bi Nv‡U
Rj vQ‡U‡q muZvi Kv‡U |

Zvj MvQ

i ex` bv_ VvKi

Zvj MvQ GK cv‡q ` vmo‡q
me MvQ Qmo‡q
D‡K gv‡i AvKv‡k |
g‡b mva, Kv‡j v tgN d‡o hvq
G‡Kev‡i D‡o hvq;
tKv_y cv‡e cvLv tm ?
ZvB tZv tm wK Zvi gv_v‡Z
tMvj tMvj cvZv‡Z
B"Qv‡U tqtj Zv,
g‡b g‡b fv‡e, e‡S WvBv GB,
D‡o th‡Z gvbv †bB
evmvLwB tdtj Zvi |

mviv` b Si Si _l i
K‡c cvZv-cEi,
I to thb fv‡e I,
g‡b g‡b AvKv‡k‡Z tewo‡q
Zvi v` i Gmo‡q
thb tKv_y hv‡e I |

Zvi c‡i nvI qv thB tb‡g hvq,
cvZv-Kvcv t‡g hvq,

t‡ti Zvi gbiU-

thB fv‡e, gv th nq gnvU Zvi
fv‡j v j v‡M Avi evi
c‡_exi tKvYvU |

Av` k‡Q‡j

KmgKgvi x ` vK

Avgt` i t‡k n‡e tmB tQ‡j K‡e ?
K_vq bv eo ntq Kv‡R eo n‡e;
gt‡L nwm ej‡K ej tZ‡R fiv gb
gvb‡l nB‡Z n‡e- GB hvi cY |

wj Pz‡Pvi

KvRx bRi "j Bmj vg

nev‡` i Zvj - c‡K‡i
nev‡` i Wvj -KK‡i
tm wK evm&K‡i t‡j Zvov
ejj _vg& GKU‡ ` mov!
c‡K‡i i H Kv‡Q bv
wj Pi GK MvQ Av‡Q bv,
tnvZv bv Av‡ -wM‡q
q‡veYo Kv‡ -wbtq
Mv‡Q tM` thB P‡toQ,
tQvU GK Wvj a‡tiQ,
I even goir K‡i !
c‡toQ moir tRv‡i !
c‡toQ co gyj xi Nv‡oB,
tm wQj Mv‡Qi Av‡oB
e‡vUv fvB eo b"Qvi,
avgvag tMvUv ` yPvi
w‡tj L‡e wKj i Ny‡l
GK` g tRvi †m Vjm!
Av‡l ewM‡q _vco,
t` nvI qv PwM‡q Kvco,
j wmo‡q wvOby‡` qv‡j ,
t` wL GK wFv‡i tkqy‡j ?
Av‡i a‡r tkqy‡j tKv_y ?
t‡tj vUv ` vmo‡q tnv_v!
t` tL thB Av‡K i Vv|
KK‡i l Rytj tQvUv!
Av‡g KB K‡§ Kvevi
KK‡i B K‡i te mvevo!
ðeven tMv gv‡Mv‡ e‡tj
c‡P‡j i tduKi M‡tj
X‡K tM` tev‡` i N‡i ,
thb c‡Y Av‡j v ato!
hve tdi? Kv‡ g‡j fvB,
P‡tZ Avi hv` hvB!
Z‡e tgv‡i bvgB v‡Qv!
KK‡i i Pvgov wLpv

tm wK fvB hvq ti fj v-
gvj xi H wCULj v,
wK ejj m? tdi nBv?
ZI ev Nbv KNLcZv!

tLvKvi ewo
KvRx bRi "j Bmj vg

Avg ne mKvj tej vi cwl
mevi AvtM Kmrg evtM
DVe Avg WwK |
mjh gvgv RvMvi AvtM
DVe Avg tRtM |
nqlb mKvj NgvI GLb
gv ej teb ti tM
ej tev Avg Avj tm tgjq
Njgtq Zrg _vtKv
nqlb mKvj ZvB etj wK
mKvj nte bvKv |
Avgiv hv bv RvM gv
tKgtb mKvj nte ?
tZgvi tqj DVtj gvtMv
ivZ tcvntte Zte |

cFvZx
KvRx bRi "j Bmj vg

tfvi nj , t` vi tlj
LkgwY lVti |
H WtK Rj kvL
dj Ljk tQvUti |
LkgwY lV ti!
i we gvgv t` q nvgy
Mvtq i vOv Rvgv H
` vti vqvb Mvb Mvq
tkvfbv H 0i vgv `n0
ZwR0 bxo K0i wfo
I to cvLx AvKvtk
Gshv Mvb Zvi
fvtm tfvi evZvtm |
ej ej ej ej
wkm t` q ct®u,
GBevi GBevi
LkgwY DVte |
Lj 0 nvj Zuj 0 cvj
H Zix P0j tj v,
GBevi GBevi
Lkj tPvL Lj tj v!
Avj tm bq tm
I tV tivR mKtj |
tivR ZvB Pv v fvB
wJc t` q Kcvfj |
DVj Qj

H tLvkLkj me,
0dftQ AvtM tK0
H tkvfbv Kj ie |
bvB ivZ gl nvZ
tarl , Lkj RvtMv ti !
RqMvtb fMevtb
Zul0 ei gvtMv ti !

gvgvi ewo
Rmxg D` & xb
Avq tqj iv, Avq tgjqiv,
dj Zj tZ hvB,
dtj i gvj v Mj vq w tq
gvgvi ewo cjl cKj
Mj vq Mj vq Rj ,
Gcvi ntZ l cvi Mvtq
bvP tXD Gi `j |
w tb tm_v Njgtq _vtK
j vj kij jki dj
ivZi tej v Pjt i mtb
tnmtm bv cvq Kj |
AvgNkuVtj i etbi avtj
gvgvnewoi Ni ,
AvKvk ntZ tRvQbvNkmg
Sti gv vi 0 ci |
ivZi tej v tRvbk Rjt
eukNevMvtbi Qvq,
wkgj Mvtqi kvLqv etm
tfvii cwl Mvq |
Stoi w tb gvgvi t` tk Avg KtovtZ ml
cvKv Rvtgi kvLqv DvW
i wzb Kwi gt
Kwi Nfiv tLRj Mvtq
cvKv tLRj t` vj ,
tQj tgjq, Avq QjU hvB
gvgvi t` tk Ptj |
Avgvi ewo
Rmxg D` & xb
Avgvi ewo hvB1 tfvgi ,
emtZ t` e wco ,
Rj cvb th KitZ t` e
kjw avtbi wpto |
kjw avtbi wpto t` e ,
wembaatbi LB ,
ewoi Mvtqi Keix Kj v ,
MvgQvNevav `B |
AvgNkuVtj i etbi avtj
tqj AvPj cwl ,
Mvtqi kvLqv j tq evZvm
Kie mviv iwz |

P_u g_JL t_{Zvi} P_u i P_gv
 g_{wL}t_q t` e m_JL |
 Zvi v dt_j i g_{vj} v M_{wL},
 R_{wo}t_q t` e ejK |
 M_B t` vnt_{bi} k_a i n_b
 tR_{Mv} m_{Kv}j te_j v,
 m_vvU v` b t_{Zvgvq} j t_q
 Kie Awg t_{Lj} v |
 Avgvi ewo W_{wj} g M_vQ
 W_{wj} g dt_j i n_{wm},
 KvRj v ` xNi KvRj R_{tj}
 n_{um},_{wj} hvq f_{wm} |
 Avgvi ewo hvB1 t_{fvgi},
 GB eivei c_{_},
 tg_{Si}x dt_j i M_Ü t_{tK}
 wgI Ze i |

C_{Fv}Z eY_D

g` b t_{gvnb} ZK_q 1/vi
 c_{wL} me K_{tj} i e, i wZ t_{cvnvBj} |
 Kvbtb Km_g K_{vj}, m_{Kv}j d_{Uj} \
 i vLyj Mi`i cv_j, j t_q hvq g_vV |
 w_ki MY t` q gb, w_R w_R c_vV \
 d_{Uj} g_{vj} Zx d_j, t_{mSi}f Q_{Uj} |
 c_{wi}g_j t_j v_f Aw_j, Aw_{mqv} R_{Uj} \
 MM_{#b} D_{Wj} i we, t_j w_{nZ} e_{iY} |
 Av_j v_K cvBqv t_j v_K, c_j w_K gb \
 k_{xZj} evZ_m eq, R_pvq k_xi |
 cvZ_{vq} cvZ_{vq} c_{to}, w_uk_i w_uk_i \
 DV w_ki g_j t_{avI}, ci w_R tek |
 Av_{cb} cv_{VtZ} gb, K_i n w_btek \

-vaxb m_{thP} q
 kvgmj i vngvb

GB f_{jetb} Av_Q th GK
 evsj v b_vgi t` k,
 thL_{VtB} cvB w` w_{Ni} R_{tj}
 M_{#b}bi gaj t_i k |
 gq_ic_{wL} b_vq l_{to}
 P_xu_eZ_xi t_{KK},
 i vLyj evR_{vq} e_{uk}i e_{wk},
 i b_{tZ} j v_{#M} tek,
 Av_{tiv} Av_Q A_tbK w_{KQy}
 nq bv ej v t_{kI} |
 Ggb t` k e_MG_{#m}
 feevK K_{tj} j_v,
 gv_{vq} I t` i t_j v_{nv}i U_{ic},
 cv_{#q} Kv_{tj} v e_v |

i vLyj i vRv Q_vob t` t_k
 e_uRi g_tZv n_{wK},
 i g_{bv} g_vV w` t_j b w_{Zn}b
 -vaxbZvi W_{wK} |
 c_vKc_i i v w_j K_{tj}i
 gvb_j g_vi t_ivR,
 t_K th t_{Kv}_vq n_{wi}t_q t_{Mj}
 tcj bv t_{KD} t_LvR |
 evc-n_{wi}v_{bv} gv-n_{wi}v_{bv}
 t_{Otj} n_{tq} P_{la}
 t` t_{ki} g_{wUj} Km_g t_Lt_q
 K_{tj} g_why_k |

t_{mB} j ovB_{tq} evOw_j t` i
 nj weivU Rq,
 mevB v_tL evsj v_t t_k
 -vaxb m_{thP} q |

K_{tRi} t_j v_K

beKE fAEvPvh[©]

0tg_sgwQ tg_sgwQ
 t_{Kv}_v hvI bwP₀ bwP₀
 ` w_oI bv GKe_v f_vB | 0
 0I B dj d_{tU} e_{tB},
 hvB gayAvni t_Y
 ` w_overi mgq t_{Zv} bvB | 0

0tQvU c_{wL}, t_{QvU} c_{wL},
 w_KP-w_gP w_{wK} w_{wK}
 t_{Kv}_v hvI, et_j hvI i_{wb}? 0
 0GLb bv K_{de} K_v,
 Aw_{bq}wQ Z_{yj} Z_v
 Av_{cbvi} evmv Av_{tM} e_vb | 0

0wccw_j Kv, wccw_j Kv,
 ` j -ej Q_{mo} G_{Kv}
 t_{Kv}_v hvI, hvI f_vB e_{wj} | 0
 0k_xZi m_{Aq} PvB,
 Lv` L_uR_{tZvQ} Z_{vB},
 Qq cvq w_{cj} w_{cj} P_{wj} | 0

Ljx I Kvileovj x KvRx bRi "j Bmj vg

Kvileovj x! Kvileovj xØ tcqiv Zug Lvi?
ogjo Lvi? `ja fvZ Lvi? evZvez tj eþ j vD?
teovj ev"Pi? Kki Qvbv? Zvi?
WBBbx Zug tnurKv tcUK,
Lvi GKv cvI th_vq thUK!
evZvez tj eymKj ,tj v
GKj v tLtj Wjetq bj;j v!
Zte th fwi j "vR DlPfq cUUm cvUm Pvi?
tQvPv Zug! tZvgvi mþ½ Awo Avgvi hvi!

bgšy

Rmxg D` ` xb

Zug hvte fvB-hvte tgvi mþ_ Avgvt` i tQvU Mvq
MþQi Qvqvq j Zug cvZvq D~vmx eþbi evq;
gvqv ggZvq RovRwo Kvi
tgvi tMnLwb i vnvqþQ fwi,
Zug hvte fvB hvte tgvi mþ_ Avgvt` i tQvU Mvq |

Mwb

විවිධ ම්‍යුණ්ඩ්-සැංගම් මෙල යුත් ZB ත` Lv tM‡Q th විකි ඒවේ ZB Mvbi c‡Z AvKo nq | Mvbi mj , K_v, Q` Zv‡ i g‡b mn‡RB tM‡_ hvq Ges Zv‡ i Mwb MvBevi GKUv mnRvZ c‡Yzv Gi ga" w` tq tevi tq Av‡m| ZvB විවිධ තK‡ ` විකි ‡ i g‡bvhM | AvKI Y ati ivL‡Z ^wK cWμtg AŠZ: wKOJv mgq Mwb MvI qv I tkLvi Rb" eivl ivLv fv‡j v| විකි iv A‡bK mgq ewo‡ZB gvNLvj v-bvbx-`v xi KvQ t_‡K Mwb w‡L _v‡K ZvB c‡g‡K Zv‡ i KvQ t_‡K tmBme Mwb tkvBvi tPov Kiv ntj A‡bK mgq fv‡j v dj cvl qv hvq| tevi fwm ^v‡b t` Lv tM‡Q th විකි iv mgeqmx mv_x‡ i ` p̄s-Abjny Y Ki‡Z fvj ev‡m| ZvB විවිධ Kv tPov K‡i t` Lteb tK‡ ` Ggb tKvBvi විකි Av‡Q wKv th ev hviv ^ZvZPvte Mwb tkvBv‡Z c‡Z | Gfvte Mwb tkLvBvi m‡cvZ Kiv hvq| w‡P K‡qKvU cPwj Z Mvbi K_v Z‡j t` qv ntj v| GMwb ,‡j v A‡b‡KiB RvBv| G ,‡j v විවිධ Kv w‡R tM‡q tkvBv‡Z cv‡j fv‡j v| bvntj M‡gi tKD gvtS gvtS mgq K‡i tK‡ ` G‡m Mwb ,‡j v විවිධ w‡Z cv‡ib| A_ev K‡mU ewR‡qI tkvBvBv hvq| Zte විවිධ Kv w‡R K‡mU t_‡K Mwb ,‡j v w‡L w‡q විකි ‡ i tkLv‡Z cv‡i metP‡q fv‡j v nq| Gme Mvbi K‡mU wi Be msM‡b Kivi K_v fv‡Q|

(1)

Avvvi tmvbvi evsj v, Awg tZvgvq fvj ewm \
විවිධ b tZvgvi AvKvK, tZvgvi evZvm, Avvvi c‡Y evRvq ewm \
I gv, dv ,‡b tZvi Avvgi e‡b N‡Y c‡Mj K‡i,
gwi nvq, nvq ti Ņ
I gv, AN‡b tZvi fvj tP‡Z Awg Kx t` tL‡Q gajj nwm \

Kx tkvfv, Kx Qvqv tMv, Kx tøn, Kx gvqv tMvN
Kx AvPj weQv‡qQ e‡Ui g‡j , b` xi K‡j K‡j \
gv, tZvi g‡Li evYx Avvvi Kv‡b j v‡M m‡v g‡Zv,
gwi nvq, nvq ti Ņ
gv, tZvi e` bLwib gwy b ntj , I gv, Awg bqbR‡j fwm \

i ex` bv_ Wki

(2)

Avvvi fvB‡qi i‡³ ivOv‡bv GK‡k tde‡qix
Awg wK fvj ‡Z cwi |
tQ‡j nviv kZ gvtqi Ak‡SiG tde‡qix
Awg wK fvj ‡Z cwi |
Avvvi tmvbvi t`‡ki i‡³ ivOv‡bv tde‡qix
Awg wK fvj ‡Z cwi |
Avvaj Md‡vvi tP§aj x

(3)

AvR av‡b tP‡Z ti Ņ Qvqv j ‡KvPwi tLj vti fvB, j ‡KvPwi tLj vN
bxj AvKv‡k tK fv‡m‡j mv` v tg‡Ni tfj vti fvBN j ‡KvPwi tLj v \
AvR ågi tfv‡j gaytP‡Z ND‡to teovq Av‡j vq tg‡Z,
AvR wK‡mi Z‡i b` xi P‡i PLvNPLxi tgj v \
I ‡i, hve bv AvR N‡i ti fvB, hve bv AvR N‡i \
I ‡i, AvKvK tft0 ewni‡K AvR tbe ti j ‡K‡i \
thb tRvqvi R‡j tdbvi iwk evZv‡m AvR Q‡Q nwm,
AvR webv Kv‡R ewR‡q ewm KvU‡e mKj tej v \

i ex` bv_ Wki

(4)

tcsI tZv‡ i WwK w` tq‡Q, Avq ti P‡j , Avq Avq Avq \

Wj v th Zvi fti tQ AvR cvKv dmij , gwi nvq nvq nvq \
nvl qvi tbkvq DVj tgZ w Meaiv avbi tPjZN

ti v` i tmvby Qwotq cto gwJi AvPj , gwi nvq nvq nvq \
gvVi emk i tb i tb AvKvk Ljk nj |
Nti tZ AvR tK ite tmv, tLvtj v tLvtj v ` gvi tLvtj v \
Avtj vi nwm DVj tRtM avbi wkI wki tj tM |
aivi Ljk ati bv tmv, I BNth Dl tj , gwi nvq nvq nvq \

i ex` bv_ VvKi

(5)

ab avb cjt®u fiv Avgit` i GB emJiv
Znvi gvtS AvtQ t` k GK mKj t` tk i tmv
tm th ^Cm tq Zix tm th ^SjZ w tq tNivN
Ggb t` kwU tKv_vl LjR cvte bvtKv Zug
mKj t` tk i vYx tm th Avgvi RbtFng \

fvqi gvtqi GZ ton tKv_vq tMtj cvte tKn
I gv tZvgvi Pi Y ` jU etP Avgvi awi ,
Avgvi GB t` tkZ Rbtthb GB t` tkZ gwi |
Ggb t` kwU tKv_vl LjR cvte bvtKv Zug
mKj t` tk i vYx tm th Avgvi RbtFng \

w` tR` j vj i vq

(6)

tgtNi tKvtj tiv` tntmtQ
ev` j tMtQ UnU
AvR Avgit` i QjU l fvB
AvR Avgit` i QjU
wK Kvi AvR tfte bv cvB
c_ nwi tq tKvb etb hvB
tKvb gvtV th QjU teovB
mKj tQj RjU
AvR Avgit` i QjU l fvB
AvR Avgit` i QjU \

i ex` bv_ VvKi

(7)

Pj &Pj &Pj &
EaMMtb evtR gv` j
wbae DZj v aiYx Zj
Ai"Y c@Zi Zi"Y ` j
Pj ti &Pj ti &Pj &\
El vi ` gvi nwb AvNvZ
Avgiv Awbe ivov c@vZ
Avgiv Unje wZngi ivZ
evavi weUvpj &
Pj ti &Pj ti &Pj & KvRx bRi "j Bmj vg

(8)

cRvcwZ, cRvcwZ, tKv_vq tctj fvB Ggb i wzb cvLv
UKUtk j vj bxj wSvj wgvj AvKveiKv
tKv_vq tctj fvB Ggb i wzb cvLv \

Zig Zj Ztj ebdtj gayLvI

tgvi eÜzntq tgvti gay`vl , gay`vl
H cvLv `vl
tmvbvij x i "cyj x Qme AvKv
tKv_vq tctj fvB Ggb iWb cvLv \

tgvi gb thZ Pvqbv cvVkj vZ
cRvcwZ Zng mbtq hvI mv_x Kti
tZvgvi mv_ cRvcwZ
Zng nvl qvq tbP tbP hvI
AvR tZvgvi mv_ tgvti Avb` `vl
GB Rvgv fvtj v j vtM bv
`vl Rvgv, Qme AvKv
tKv_vq tctj fvB Ggb iWb cvLv \

KvRx bRi "j Bmj vg

(9)

waZvs waZvs tevtj
tK gr` tj Zvj tZvtj
Zvi Avb` D'Qtj
AvKvk fti tRvQbvq
Avq QtU mKtj
GB gwJi aivZtj
AvR nwm i Kj tivtj
bZb Rxeb Mio Avq
Avqti Avq j Mb etq hvq |
tgN o o Kti Pti i mxgvbvq
cv "j tevb WtK Ptuv QtU Avq

ewMPv me ntK
tKvgi tetra Avq
Avqti Avq, Avqti Avq |
GB wabvK bv wZb wZbv
tK evRvq ti cÖYexYv
AvR mevi wqj b webv
Ggb Rxeb e_v hvq |
Gt k tZvgvi Avgvi
Avi Avgiv Mio Lvgi
Avgiv Mio ^cb w` tq
tmvbvi Kvgbvq |
Avqti Avq Avqti Avq |

MÍ msKj b

mbPi Mí ,tj v wbePb Kiv ntqto KvRj x tKb` wki` i c0b` i wfwE`Z | Mí ,tj v c0tgb wki` i cto bv
i mbtq wki` Kv hv` mbtR cto mbtq Zvici wki` i Zvt` i gZv Kti etj b ZteB metPtq fvtj v nq | cti
cto tkvbtbv hvq | Zte G ,tj v Qov mbtRi Rvbv I wki` i c0`gZ Ab`Mí I tkvbtZ cvtib | c0gw` tK
GZ tqU wki` i gtbtvhM ati ivLv GKUz Amjeña nq | wKs kxNB Gi cwi eZB NtU | G ,tj v evsj v fvI vq
Kvj Rqx wki` zvI Mti i Ab`Zg | c0g cPwU weL`vZ wki` mwnwZ`K Dtc` wKtkvi i vq tPSajxi 0UbUibi eB0
t_tK tbqv | cti i mvZwU Ckfc i Mti i evsj v ms`i Y |

UbUib Avi neovj i K_y

Mn-‡` i N‡ii M‡Q‡b te,b MvQ Av‡Q| tmB te,b M‡Qi cvZv tVvU w‡q tmj vB K‡i UbUib cwlwU Zvi evmv teata‡Q|
evmv wFZti wZbwU tQvEñtQvE Qvbv ntq‡Q| Lv tQvE Qvbv, Zviv Do‡Z cvi bv, tPvL I tgj ‡Z cvi bv|
Lwj nu K‡i PwPwK‡i |
Mn-‡` i neovj Uv fwv `y‡l tm Lwj fvte UbUib Qvbv Lve|õ GKw b tm te,b M‡Qi Zj vq G‡m ej j , ðKx
Ki wQm j v UbUib?|
UbUib Zvi gv_v tn‡l K‡i te,b M‡Qi Wv‡j tVvK‡q ej j , c‡vg nB, gnvi wbl|
Zv‡Z neovj wv fwv Ljk ntq P‡j tMj |
Gwlb tm tivR Av‡m, tivR UbUib Zv‡K c‡vg K‡i Avi gnvi wbl ej j , Avi tm Ljk ntq P‡j hvq|
GLb UbUib Qvbv wj eo ntq‡Q, Zv‡` i my` i cvLv ntq‡Q| Zviv Avi tPvL e‡R _v‡K bv| Zv t‡L UbUib
Zv‡` i ej j , ðevQv, tZviv Do‡Z cvi neovj |
Qvbviv ej j , ðnv gv, cvie|õ
UbUib ej j , ðZte t^L tZv t^wL, IB Zvj MvQUvi Wv‡j M‡q em‡Z cwi m wK bv|õ
Qvbviv ZLbD D‡o M‡q Zvj M‡Qi Wv‡j emj | Zv t‡L UbUib tn‡m ej j , ðGLb `y‡neovj AvmK t^wL!õ
LwbK ev‡ B neovj G‡m ej j , ðKx Ki wQm j v UbUib?|
ZLb UbUib cv Dw‡q Zv‡K j wL‡q ej j , ^‡Nn, j ¶Qwmo neovj wbl!õ ej j B tm d‡K K‡i D‡o
cvj vj |
`y‡neovj `wZ wL‡q j w‡q M‡Q D‡V, UbUib‡KI ai‡Z cvi bv, Qvbv tL‡Z tcj bv| Lwj teMp KuUvi
tLwPv tL‡q bvKv j ntq N‡i wdi j |

UbUib Avi bwic‡Zi K_y

UbUib M‡q‡Qj te,b cvZvq etm bvP‡Z| bvP‡Z bvP‡Z tLj te,b KvUvi tLwPv| ZvB t‡K Zvi nj g^-eo
tdvov|
I gv, Kx n‡e ? GZ eo tdvov Kx K‡i mv‡te ?
UbUib G‡K wR‡Am K‡i, Zv‡K wR‡Am K‡i | mevB ej j , ðI Uv bwicZ w‡q KvU‡q tdtj v|õ
ZvB UbUib bwic‡Zi Kv‡Q M‡q ej j , ðbwicZ`v, bwicZ`v, Avgvi tdvovUv tK‡U `vI bv!õ
bwicZ Zvi K_y t‡b Nvo te‡K‡q bvK wM‡K‡q ej j , ðBm! Avg i vRv‡K KvgvB, Avg tZvi tdvov KvU‡Z
tMj y Avi Kx!õ
UbUib ej j , ðAv"Qv t^L‡Z cvte GLb, tdvov KvU‡Z hvI wK bv|õ
ej j tm ivRvi Kv‡Q M‡q bwj k Kij , ðivRvgkvB, Avcbvi bwicZ tKb Avgvi tdvov tK‡U w‡"Q bv ? I ‡K
mvRv w‡Z n‡e!õ
t‡b ivRvgkvB tnv tnv K‡i nvmtj b, weQvbvq MovMio w‡tj b, bwicZ‡K wKQyej tj b bv| Zv‡Z, UbUib fvix
iM nj | tm Buj i Kv‡Q M‡q ej j , ðBuj fvB, Buj fvB, ewo AvQ ?õ
Buj ej j , ðK fvB ? UbUib fvB ? G‡mv fvB ! ejmv fvB ! LvU tctZ w`B, fvZ te‡o w`B, Lv‡e fvB ?õ
UbUib ej j , ðZte fvZ LvB, h‡ GK KvR K‡i v|õ
Buj ej j , ðKx KvR ?õ
UbUib ej j , ðivRvgkvB hLb Ny‡tq _vK‡eb, ZLb M‡q Zvi fyoUv tK‡U dtUv K‡i w‡Z n‡e|õ
Zv t‡b Buj wR‡tK‡U Kv‡b nvZ w‡q ej j , ðI ti ev‡ti ! Avg Zv cvi e bv|õ
Zv‡Z UbUib iM K‡i neovj i Kv‡Q M‡q ej j , ðneovj fvB, neovj fvB, ewo AvQ?õ
neovj ej j , ðK fvB ? UbUib fvB ? G‡mv fvB ! ejmv fvB ! LvU tctZ w`B, fvZ te‡o w`B, Lv‡e fvB ?õ
UbUib ej j , ðZte LvZ LvB, h‡ Buj gv‡iv|õ
neovj ej j , ðGLb Avg Buj NwU`j gvi ‡Z th‡Z cvi e bv, Avgvi e‡ Ng tctq‡Q|õ
t‡b UbUib iv‡Mi fti j wvI Kv‡Q M‡q ej j , ðj wvI fvB, j wvI fvB, ewo AvQ ?õ
j wvI ej j , ðK fvB ? UbUib fvB ? G‡mv fvB ! ejmv fvB ! LvU tctZ w`B, fvZ te‡o w`B, Lv‡e fvB ?õ
UbUib ej j , ðZte LvZ LvB, h‡ neovj VvOvI |õ
j wvI ej j , ðneovj Avgvi Kx K‡i ‡Q th Avg Zv‡K VvOv‡Z hv? Avg Zv cvi e bv|õ
ZLb UbUib Av‡bi Kv‡Q M‡q ej j , ðAv_bfvB, Av_bfvB, ewo AvQ ?õ
Av_b ej j , ðK fvB ? UbUib fvB ? G‡mv fvB ! ejmv fvB ! LvU tctZ w`B, fvZ te‡o w`B, Lv‡e fvB ?õ
UbUib ej j , ðZte LvZ LvB, h‡ Zng j wvI tcvovI |õ
Av_b ej j , ðAvR tXv wR‡bm cyotq‡Q, AvR Avi wKQytcvov‡Z cvi e bv|õ
Zv‡Z UbUib Zv‡K Lv e‡K, mwM‡i i Kv‡Q M‡q ej j , ðmwMi fvB, mwMi fvB, ewo AvQ ?õ

mMi ej j , ȰtK fvB ? UbUfB ? Gt̄mv fvB ! ētmv fvB ! LvU tctZ w̄ B, fvZ tēto w̄ B, Lv̄te fvB ?
 UbUb ej j , ȰZt̄e LvZ LvB, h̄w̄ Z̄g Av̄ b̄b̄v̄l |
 mMi ej j , ȰAv̄g Zv cvi e bv |
 ZLb UbUb nw̄Zi Kv̄Q M̄t̄q ej j , Ȱnw̄Z fvB, nw̄Z fvB, em̄o AvQ ?
 nw̄Z ej j , ȰtK fvB ? UbUfB ? Gt̄mv fvB ! ētmv fvB ! LvU tctZ w̄ B, fvZ tēto w̄ B, Lv̄te fvB ?
 UbUb ej j , ȰZt̄e LvZ LvB, h̄w̄ m̄M̄t̄i i Rj me tL̄t̄q tdt̄j v̄ |
 nw̄Z ej j , ȰAZ Rj tL̄t̄Z cvi e bv, Avgvi t̄cU tdt̄U hv̄te |
 tKD Zvi K_y ībj bv t̄tL UbUb tk̄t̄l gkv Kv̄Q tMj | gkv ` i t̄tK Zv̄K t̄tLB ej j , ȰtK fvB ?
 UbUfB ? Gt̄mv fvB ! ētmv fvB ! LvU tctZ w̄ B, fvZ tēto w̄ B, Lv̄te fvB ?
 UbUb ej j , ȰZt̄e LvZ LvB, h̄w̄ nw̄Zt̄K KvgoVl |
 gkv ej j , Ȱtm Avevi GKUv K_y ! GLy h̄w̄O ! t̄ Le nw̄Z ēvUvi KZ k̄3 PvgoVl | etj , tm mKj t̄tki
 mKj gkvK tW̄t̄K ej j , ȰZvi Av̄q tZv ti fvB, t̄w̄L nw̄Z ēvUvi KZ k̄3 PvgoVl | Agw̄ wcb-wcb-wcb-
 wcb Kt̄i hZ īt̄R̄i gkv, evc ēvUv fvB ēUzngt̄j nw̄Zt̄K KvgoVl Z Pj j | gkvq AvKvk tQ̄t̄q tMj , mh̄
 tXt̄K tMj | Zt̄ i cvLvi nw̄l qvq So eBt̄Z j w̄Mj | wcb-wcb-wcb-wcb fqbK kā īt̄b mKt̄j i c̄Y tKt̄c
 DVj | ZLbN

nw̄Z etj , mMi īw̄ !
 mMi etj , Av̄ b̄b̄v̄B !
 Av̄ b̄t̄j , j w̄ tcvovB !
 j w̄t̄j , weovj V̄v̄OvB !
 B̄j etj , ivRvi fyo Kv̄U !
 ivRvi etj , b̄v̄t̄Z ēvUvi gv̄v Kv̄U !

bw̄CZ nw̄Z tRvo Kt̄i Kv̄t̄Z Kv̄t̄Z ej j , Ȱi t̄t̄l Kt̄i, UbUv v̄v̄ ! Gt̄mv tZvgvi t̄dvov Kv̄U |
 Zvi ci UbUb t̄dvov tm̄t̄i tMj , Avi tm fvix Lyk n̄t̄q Avevi b̄P̄t̄Z Avi M̄Bt̄Z j w̄Mj N̄ UbUbv Ub Ub Ub!
 taB taB !

UbUb Avi ivRvi K_y

ivRvi evM̄t̄bi tKv̄Y UbUb t̄m evmv w̄Q | ivRvi w̄m̄t̄j Ki UvKv tiv̄ t̄tKv̄Z w̄t̄qQj | m̄Uv̄i mgq Zui
 tj v̄Kiv Zvi GKUv UvKv N̄t̄i Zj tZ f̄t̄j tMj |
 UbUb tm̄B PKP̄t̄K UvKU t̄tL tctq Zvi evmvq Gt̄b t̄tL w̄j , Avi fvej , ȰBm! Av̄g KZ eōt̄j v̄K n̄t̄q
 tM̄Q | ivRvi N̄t̄i th ab Av̄t̄Q, Avgvi N̄t̄i tm ab Av̄t̄Q | Ȱi v̄Rvi N̄t̄i t̄m ab Av̄t̄Q |
 Ȱi v̄Rvi N̄t̄i t̄m ab Av̄t̄Q |
 Un̄bi N̄t̄i t̄m ab Av̄t̄Q |
 ivRv Zui m̄fv̄q et̄m tm K_y īb̄t̄Z tctq w̄R̄t̄Am Ki t̄j b, Ȱn̄t̄i ? c̄w̄Lw̄ Kr ej t̄Q ti ?
 mKt̄j nw̄Z tRvo Kt̄i ej j , Ȱgn̄vi vR, c̄w̄L ej t̄Q, Avcbvi N̄t̄i th ab Av̄t̄Q, i i N̄t̄i l b̄w̄K tm̄B ab Av̄t̄Q
 īt̄b ivRv w̄Lj w̄Lj Kt̄i tn̄tm ej t̄j b, Ȱt̄L tZv i i evmvq Kx Av̄t̄Q |
 Zvi v̄t̄t̄L tm ej j , Ȱgn̄vi vR, evmvq GKUv UvKv Av̄t̄Q |
 īt̄b ivRv ej t̄j b, Ȱtm tZv Avgvi B UvKv, w̄b̄t̄q Av̄q tm̄Uv |
 ZLbB tj vK M̄t̄q UbUb evmv t̄tK UvKU tbtq Gj | tm tePvi Avi Kx Kt̄i , tm gtbi t̄tL ej t̄Z j w̄Mj N̄
 Ȱi v̄Rv eo āt̄b Kv̄Zi
 Un̄bi ab w̄b̄j em̄o w̄FZi !
 īt̄b ivRv Avevi tn̄tm ej t̄j b, Ȱc̄w̄Lw̄ tZv eo v̄vUv ti ! hv i i UvKv w̄dwi t̄q w̄t̄q Av̄q !
 UvKv w̄d̄t̄i tctq Un̄bi eo Av̄` n̄t̄q t̄Q | ZLb tm ej t̄Q |
 Ȱi v̄Rv fvix f̄q t̄c̄j
 Un̄bi UvKv w̄dwi t̄q w̄j |
 ivRv w̄R̄t̄Am Ki t̄j b, ȰAvevi Kx ej t̄Q ti ?
 m̄fvi tj v̄Kiv ej j , Ȱej t̄Q th gn̄vi vR b̄w̄K ēC f̄q tctq t̄Qb, ZvB i i UvKv w̄dwi t̄q w̄t̄q t̄Qb |
 īt̄b tZv ivRvgkvB t̄tM Gt̄Kev̄i Aw̄i ! ej t̄j b, ȰKx, GZ eo K_y ! Avb tZv āt̄i , ēvUv t̄tR LvB !
 thB ej v, Agw̄b tj vK M̄t̄q UbUb tePvi t̄K āt̄i Avbj | ivRv Zv̄K ḡt̄Vvq Kt̄i w̄b̄t̄q em̄o w̄FZi M̄t̄q
 īw̄b̄t̄i ej t̄j b, ȰGB c̄w̄Lw̄t̄K t̄tR Av̄t̄R Avgv̄t̄K t̄L̄t̄Z w̄t̄Z n̄t̄e !
 etj tZv ivRv P̄t̄j Gt̄mt̄Qb, Avi ivYxi mvZRt̄b w̄ḡt̄j tm̄B c̄w̄Lw̄t̄K t̄L̄t̄Qb |

GKRb ej t̄j b, ȐKx my` i cwl! Avgvi nv̄Z `vI t̄Zv GKevi t̄wL| Ȑetj wZib Zv̄K nv̄Z wbtj b| Zv t̄tL Avevi GKRb t̄L̄tZ PvBtj b| Zvi nv̄Z t̄tK hLb Avi GKRb wbtZ t̄M̄tj b, ZLb UbUlb dm̄tK wMtq D̄tō cvj vj |

Kx meȐvk! GLb Dcvq Kx n̄te ? ivRv Rvb̄tZ cvi t̄j t̄Zv iPiv _vKte bv|

Ggib K̄ti Zvi v̄tL Ki t̄Qb, Ggb mgq GKuv ēvO tmBLvb w̄tq ac̄tC&K̄ti hv̄tO| mvZ ivYx Zv̄K t̄L̄tZ t̄ctq Lc&K̄ti āti t̄dj t̄j b, Avi ej t̄j b, ȐPc Pc! t̄KD thb Rvb̄tZ bv cv̄i | GBtŪtK t̄f̄tR w̄B, Avi ivRvgkvB t̄L̄tq f̄veteb UbUlb t̄L̄tq t̄Qb !

tmB ēvOUvi Qij Qm̄tq Zv̄K t̄f̄tR ivRvgkvBt̄K w̄tj wZib t̄L̄tq f̄vix Lyk nt̄j b|

Zvi ci m̄te wZib mf̄vq wMtq et̄mtQb Avi f̄vetQb, ȐGevi cwl! evQv̄tK Rā K̄ti wQ| Ȑ

Agiib Ubib ej t̄Q̄N

Ȑeo gRv, eo gRv,
ivRv t̄L̄tj b ēvO fvRv! Ȑ

t̄tB t̄Zv ivRvgkvB j w̄d̄tq D̄tVt̄Qb| ZLb wZib _ȳt t̄dtj b, IqyK t̄Zv̄tj b, ḡt tavb, Avi I KZ Kx K̄ti b|

Zvi ci t̄tM ej t̄j b, ȐmvZ i wbi bvK t̄Kt̄U t̄dtj v̄t̄o

Agiib Rj v̄t̄, ȐmvZ i wbi bvK t̄Kt̄U t̄dj j | Ȑ

Zv t̄tL UbUlb ej j N

ȐGK Ubib̄tZ UbUbj
mvZ i wbi bvK Kv̄Uv̄j ! Ȑ

ZLb ivRv ej t̄j b, ȐAvb ēvUv̄tK āti Gevi wMtj Lve! t̄wL t̄Kgb K̄ti cvj vq! Ȑ

UbUlb t̄K āti Avbj |

ivRv ej t̄j b, ȐAvb Rj ! Ȑ

Rj Gj | ivRv ḡt̄ Rj wbtq UbUlb t̄K ḡt̄L c̄t̄i B t̄PvL ēt̄R XK K̄ti wMtj t̄dj t̄j b|
mevB ej j , ȐGevi cwl! Rā! Ȑ

ej t̄Z ej t̄ZB ivRvgkvB t̄f̄tK K̄ti ḡt̄-GKuv t̄Xki Zj t̄j b|

mfvi t̄j v̄K Pḡt̄K DVj , Avi UbUlb tmB t̄XKt̄i i m̄t̄v̄ tevi t̄q Ḡtm D̄tō cvj vj |

ivRv ej t̄j b, Ȑt̄Mj , t̄Mj ! ai ai! Ȑ Agiib `t̄kv t̄j v̄K Q̄t̄U wMtq Avevi tePvi v̄tK āti Avbj |

Zvi ci Avevi Rj wbtq Gj , Avi wmcvB Ḡtm Zt̄j v̄qvi wbtq ivRvgkv̄tqi Kv̄tQ v̄v̄oj , UbUlb t̄t̄i v̄t̄j B Zv̄tK v̄tKt̄i v̄tK t̄dj t̄e| Gevi UbUlb t̄K wMtj B ivRvgkvB v̄t̄Z ḡt̄ t̄P̄t̄c ēt̄m _vKt̄j b, hv̄tZ Avi tevi v̄tZ bv cv̄i | tm tePvi v̄t̄c t̄t̄ui wFZt̄i wMtq f̄qv̄bK QUdU K̄t̄Z j wMj !

LwibK ev̄t̄ ivRvgkvB bvK wmlwibK t̄q ej t̄j b, Ȑl̄ qvK! Ȑ Agiib UbUlb t̄K mȳ Zvi t̄t̄ui wFZt̄i i mKj wRwbm tevi t̄q Gj |

mevB ej j , ȐmcvB, wmcvB ! gȳt̄i v̄t̄, gȳt̄i v̄t̄ cvj vj ! Ȑ

wmcvB Zv̄tZ _ZgZ t̄L̄tq Zt̄j v̄qvi w̄tq thB UbUlb t̄K gȳt̄Z hv̄t̄, Agiib tmB Zt̄j v̄qvi UbUlb i M̄tq bv c̄t̄o, ivRvgkv̄tqi bv̄tK wMtq coj |

ivRvgkvB t̄Zv f̄qv̄bK P̄wPv̄tj b, m̄t̄v̄ m̄t̄v̄ mfvi t̄j v̄K P̄wPv̄tZ j wMj | ZLb W̄v̄vi Ḡtm l̄l̄a w̄tq c̄w t̄ta AtbK K̄t̄o ivRvgkvBt̄K euPj |

UbUlb Zv t̄tL ej t̄Z j wMj N

Ȑbv̄K-Kv̄Uv̄ ivRv t̄i
t̄tL t̄Zv t̄Kgb mvRv t̄i ! Ȑ

et̄j B tm D̄tō tm t̄t̄ k t̄t̄K P̄t̄j t̄Mj | ivRvi t̄j v̄K Q̄t̄U Ḡtm t̄t̄Lj , Lwib evmv c̄t̄o Av̄t̄Q |

bi n̄wi `vm

thLvt̄b gȳt̄Vi cv̄tK eb Av̄t̄Q, Avi ēt̄bi av̄t̄i ḡt̄-cv̄v̄o Av̄t̄Q, tmBLvt̄b, GKuv M̄tZP wFZt̄i GKw̄
Qv̄Mj Qv̄v̄ _vKZ | tm ZLbI eo nqib, Zv̄B M̄tZP evBt̄i th̄tZ t̄cZ bv| evBt̄i th̄tZ PvBt̄j B Zvi gv̄ ej Z,
Ȑhv̄t̄b! fv̄t̄K āt̄e, ev̄t̄N wbtq hv̄t̄e, wmsn t̄L̄tq t̄dj t̄e! Ȑ Zv īt̄b Zvi f̄q n̄Z, Avi tm Pc K̄ti M̄tZP
wFZt̄i ēt̄m _vKZ | Zvi ci tm GKuv eo nj , Zvi f̄q I K̄t̄g t̄Mj | ZLb Zvi gv̄ evBt̄i P̄t̄j t̄M̄tj B tm
M̄tZP wFZi t̄t̄K D̄t̄K tḡt̄i t̄t̄LZ| t̄Kt̄l Gkw̄b Ḡt̄Kevi M̄tZP evBt̄i P̄t̄j Gj |

tmBLvt̄b GK ḡt̄-l̄o Nv̄m Lw̄Qj | Qv̄Mj Qv̄v̄ Avi GZ eo R̄s̄ KLvt̄b t̄t̄Lwib| wK̄s̄ Zvi wks t̄t̄LB tm ḡt̄b
K̄ti wbj , Lwib Qv̄Mj , Lwib f̄t̄j v̄Rwbm t̄L̄tq GZ eo n̄t̄q t̄Q| Zv̄B tm t̄t̄oi Kv̄tQ wMtq wR̄t̄Am Kij ,
Ȑn̄v̄Mv̄, Zwig Kx Lv̄l ? Ȑ

Īo ej j , ȐAwg Nv̄m Lv̄B | Ȑ

QvMj Qvbv ej j , 0Nm tZv Avgvi gvl Lvq, tm tZv tZvgvi gZv GZ eo nqwb | 0
 Iwo ej j , 0Avg tZvgvi gvtqi tPfq tXi tXi fvij v Nvm AfbK teik Kti LvB | 0
 QvMj Qvbv ej j , 0tm Nvm tKv_vq ?0
 Iwo ej j , 0l B etbi wfZti | 0
 QvMj Qvbv ej j , 0AvgtK tmLvb wbtq thZ nte | 0 GK_v i tb Iwo ZtK wbtq tMj |
 tmB etbi wfZti PgrKvi Nvm wQj | QvMj Qvbv tctU hZ Nvm aij , tm ZZ Nvm tLj | tLfq Zvi tcU Ggib
 fvi x nj th, tm Avi Pj tZ cvti bv|
 mtU ntj Iwo Gtm ej j , 0GLb Ptj v ewo hvB |
 wKs' QvMj Qvbv Kx Kti ewo hv? tm Pj tZB cvti bv|
 ZvB tm ej j , 0Zig hvI Avg Kvj hve | 0 ZLb Iwo Ptj tMj | QvMj Qvbv GKw MZ^` Ltz tctq wfZti Xjk
 i Bj |
 tmB MZ^` wQj GK wKqjt i | tm Zvi gvgv evNi ewo wbgSj tLtz Mtz wQj | AfbK i t^` wdji Gtm t` tl,
 Zvi Mz^` wfZi Kx i Kg GKuv R's Xjk i tqtQ | QvMj Qvbvuv Kvjt v wQj , ZvB wKqj AÜKvti i wfZi fvij
 Kti t` Ltz tctj bv| tm fvej ejS ivTm-UvTm nte GB gtb Kti tm fqtq ftq wRtAm Kij , Mz^` wfZi
 tK i ?0
 QvMj Qvbvuv fwi ejxgzb wQj , tm ej j N
 0j x^` j x^` wo
 Nb Nb bw|
 wmsni gvgv Avg bi nwi `vm
 cÄvk evN tgv GK GK Mm!0
 i^` tbB tZv wKqj ñevet tMv!0 ejj tmLvb t_k K t` Qj! Ggb Qj w j th GtKevti evNi tLvb Mtz Zte tm
 wbtkjm tdkj j |
 evN ZtK t` L Avðh^`tq wRtAm Kij , Mx fMtb GB tMj Avevi GLbB GZ e^`-nq wdij th ?0
 wKqj nucitZ nucitZ ej j , 0gvgv, meðuk tZv nqtQ, Avgvi Mz^`GK bi nwi `vm Gtm0 | tm ejj wKb th
 cÄvk evN Zvi GK Mm!0
 Zv i^`b evN fqbk ti^`m ej j , ñetU, Zvi GZ eo Av^`ua! Ptj v tZv fMtb! ZtK t` Lve tKgb cÄvk
 evN Zvi GK Mm!0
 wKqj ej j , 0Avg Avi tmLvb thZ cvi e bv, Avg tmLvb tMj hw` tm nu Kti Avgt` i tLtz Avtm, Zv
 ntj Zig tZv `j j v^`dB cvj vte | Avg tZv tZgb Qj tZ cvi e bv, Avi tm e^`uv AvgtK ati Lvte | 0
 evN ej j , 0ZvI wK nq? Avg KLtbv tZvgtK tdtj cvj ve bv | 0
 wKqj ej j , 0Zte AvgtK tZvgvi j v^`Ri m^`t teta wbtq Ptj v | 0
 ZLb evN tZv wKqj tK tek Kti j v^`Ri m^`t teta wbtq tQj, Avi wKqj fveQ, Gevti Avi evNgvgv AvgtK
 tdtj cvj v^`Z cvi te bv | 0
 Ggib Kti Zvi v^`Rt wKqjt i Mz^`KvQ Gj | QvMj Qvbv ^`i t_k KB Zt` i t` Ltz tctq wKqj tK ej j N
 0^` i nZfM! tZtK w^`j g^`k evNi Kwo,
 GK evN wbtq Gw^` t^`R w^`tq `wo!
 i^`tbB tZv f^`q evNi cÖY Dto Mtz tQj | tm fvej th, wðq wKqj ZtK d^`K w^`tq binwi `vm tK tLtz
 t` evi Rb^` GtbtQ | Zvi ci tm wK Avi tmLvb `woq! tm cPk nvg j x^` GK-GK j vd w^`tq wKqj tK my
 wbtq cvj vj | wKqj tePviv gwUtz AvQvo tLfq, Kuvri AvPo tLfq, tLtz Avtj tV^`i tLfq GtKevti hvq
 Avi Kx!
 wKqj tP^`tq ej j , 0gvgv, Avj ! gvgv, Avj !
 Zv i^`b evN f^`e ejS tmB bi nwi `vm Gj ZvB tm Avi t teik Kti tQvU | Ggib Kti mvivvZ tQvUvQj
 Kti mviv nj |
 mKtj QvMj Qvbv ewo wdji Gj |
 wKqjt i tmw` b fvi x mvRv n^`Qj | tmB t_k K evNi Dci Zvi Ggib i^`M nj th, tm i^`M Avi wKQjZB tMj
 bv|

evN gvgv Avi wKqj fMtb

wKqj f^`e, ñevNgvgv, `woi tZvgtK t` Lw^`Q!0 GLb tm Avi bi nwi `v^`mi f^`q Zvi cvj v^`bv Mz^`hvq bv,
 tm GKuv bZb Mz^`L^`R evi Kti tQj |
 tmB Mz^`KvQ GKuv Ktq wQj |

GKw` b wkwqyj b`xi avti GKUv gv`j t`Ltz tcjq tmUvtK tuvb Zvi ewotZ wbtq Gj | Gtb, tmB Ktqvi
gtLi Dci ZvtK tek Kti weQtq evNtK, 0gvgv, Avgvi bZb ewo t`Ltz tMj bv ?
itb evN ZLbZ Zvi bZb ewo t`Ltz Gj | wkwqj ZvtK tmB Ktqvi gtl weQvtbv gv`j Uv t`wLtz ej j ,
0gvgv, GKUzeftmv, Rj Lvevi Lvte |
Rj Lvevti i K_v itb evN fvi x Ljk ntq, j wdtq tmB gv`j i Dci emtZ tMj , Avi Agwb tm Ktqvi wfZti
cto tMj |
ZLb wkwqj ej j , 0gvgv, Lp Kti Rj Lvi , GKUj tiLtv bv thb!|
tmB Ktqvi wfZti wks' teuk Rj woj bv, ZvB evN ZvtZ Wje giv hvqnb| tm AvtM Ljb fq tctqoj , wks'
tkil AtbK Kto Dtv Gj | DtvB tm ej j , 0tKv_vq tMj ti wkwqj i ev"Pr ? ` wov tZvtK t`Lw'Q| 0 wks'
wkwqj Zvi AvtMB cwj tq wmtqoj , ZvtK wkoZB LjR cwi qv tMj bv |
Zvi ci t_k evtNi fjq wkwqj Avi Zvi ewotZI AvmtZ cvq bv, Lvevi LjRtZI thtz cvti bv| ` i t_k
t`Ltz tcjq B evN ZvtK gvi tZ Avtm| tePwi bv tLtz bv tLtz tkil Avagiv ntq tMj |
ZLb tm fvej , 0Ggb ntj tZv gtiB hve| Zvi tPtq evN gvgvi KvQ hvB bv tKb? t`wL hw` ZvtK Ljk
Ki tZ cwi |
GB gtb Kti tm evtNi mtz t`Lv Ki tZ tMj | evtNi emoi t_k AtbK ` tib _vkZB tm Lwj bg`vi
Ki tQ Avi ej tQ, 0gvgv, gvgv!|
itb evN AvOhtq ej j , 0ZvB tZv, wkwqj th!|
wkwqj Agwb QfU Gtm ` NnvZ Zvi cvtqi ajj v wbtq ej j , 0gvgv, AvgvtK LjRtZ wmtq tZvgvi eo Ko nroQj ,
t`L Avgvi Kvbe cwoQj | gvgv, Awg tZvgvtK eC fvtj vewm, ZvB GtmQ| Avi Ko Kti LjRtZ nte bv,
Nti etmb AvgvtK gvtiv |
wkwqj i K_vq evN tZv fvi x _ZgZ tLtz tMj | tm ZvtK gvi j bv, Lwj agwKtq ej j , 0nZfvMv cwiR,
AvgvtK Ktqvq tdtj w`tqQj tKb ?
wkwqj wRf tKtU Kvtb nvZ w`tq ej j , 0Q, wQ! tZvgvtK Awg Ktqvq tdtj tZ cwi ? tmLvbKvi gwU eC
big woj , Zvi Dci Zng j wdtq ctowQj , ZvB MZtQntq wmtqoj | tZvgvi gZv exi wK gvgv Avi tKv_vl
AvtQ ?
Zv i`tbevKv evN tntm ej j , 0nui nui fvMtb, tm K_v wK| Awg ZLb eSjZ cwi w |
Ggwb Kti Zvt`i Aevei fve ntq tMj |
Zvi ci GKw` b wkwqj b`xi avti wMq t`Lj th, wek nvZ j w`tq GKUv Kngi WvOvq Dtv tiv` tcvqjtQ| ZLb
tm ZvoZwo QfU wMq evNtK ej j , 0gvgv, gvgv, GKUv tbstKv wKtbiQ, t`Ltev Gtmv|
tevKv evN Gtm tmB Kngi UvtK mwZ mwZ tbstKv gtb Kti j wdtq Zvi Dci DVtZ tMj , Avi Agwb Kngi
ZvtK Kngto ati Rj wMq bvgj |
Zv t`L wkwqj bvPZ bvPZ ewo Pj tMj |

mvi m | K.I.K

GKSuK etKi DrcuZ GK K.I.K GKuvi eoB wec^z coj | eKt^z i Rbu Zvi tPZi avb me bo ntZ emj | AtbK tPov Kti I tm eKt^z vkK ZvovZ cuti bv| KZuvi KZfute tPov Kti Q wKs tmw` bKvi gZ Dto Ptj tMtj I ciw` b Avevi Zvi v SuKteta tPZ Gtm co | Avi Zvi avb bo nq| GKw b K.I.tKi GK eUzejj , Gfute nte bv fVb| tKej tKtB viv mcwutq Avi wk Qto eK Zvovbv hvq bv| Av⁻-SuKUvK ai tZ bv cvitj I iv tZvgvi avb thgb bo Kti Q tZgbB Ktte| eUzK_v i tb GKw b K.I.K Zvi tPZ dW` tcZ ivLj | Avi tmB dW` meKUv eKB tmw` b aiv coj | GLb, tmB etKi SuK tmw` b GKUv mvi mcwLI wQj | fM` t`vI tmNl eKt^z i mt% aiv coj | mvi mcwL t`LZ etKi ttK eo| K.I.K cltgB Zvi j oMj v tPtc aij | ivM Zvi tPvtL ZLb Av_b Rj tQ| wec^z eStZ tc*t* mvi K.I.tKi KvZi mti wgbuZ Kti ej j , Awg tZv tZvgvi tKvb PwZ Kwiwb, Avgvq Zng tQto `vI | eKt^z i mt% teovZ tevi tqwQj vg, ZLb hw` RvbZvg th Zvi v tZvgvi tPZi avb bo Kievi Rbu AvmtQ Zvntj Awg Zt^z i mt% KLbb AvmZvg bv| K.I.K ej j , Awg tZvgvi tKvb K_vB i be bv| tZvgvK Awg `p eKt^z vi mt% hLb atiQ ZLb Zt^z i mt% tZvgvK | mvRv tcZ nte| I iv GZw` b Avgvi AtbK PwZ Kti Q | AtbKevi Zvovevi tPov Kti Q, ZeyZvi Avgvi PwZ Kti Z Qtowb| Awg clZAv Kti Q Av⁻-SuKUvB Mj wUtc gwe| hvZ Avi KLtbv Kvi "i PwZ Kti Z bv cvti | tZvgvK Awg Qvoe bv| tZvgvi wkPv nI qv `i Kvi |

bwZK_v: `pztj vkKi mt% _vKtj fVj tj vKtKI kw⁻-tcZ nq|

tKqvtj i wkPv

GKw b etbi GK wmsn tkqyj Avi GK MvatK mt% Kti wkKvi tei nj | wkKvi tei "evi mgq wmsn mevBtK etj w tqwQj , Avgv vZbRtb hLb GKt^z vKw ZLb wkKvi hv cve wZb RtbB mgvb fVte evtUqviv Kti tbe| wmsn clve Kvi "i B AcQ^z nj bv| R%tj i tFZtj wKQ PwY tNvivtdiv Kievi ci wkKvi wgtj tMj | GKUv bv yNbj wn nwi Y| wZbRtb wgtj B nwi YUvK gvi j | ZLb wmsn MvatK ej j , fVb M`F, nwi YUvK ZngB Avgv^z i gta^z fM Kti `vI | Mva ZLbB gvsM fM KtZ emj | tm AtbK PwY ati nwi YUvK mgvb wZb fM Kij | Zvi ci wmsnK ej j , bvI fVqy Gi th tKvb GK fM cQ^z Kti bv| Mvavi K_v i tb Avi Zvi gvsM fM t`L wmsn tZv ti tM Av_b | tm usKvi tQto Z PwY MRb Kti Mvavi Nvto Suctq coj | Zvi _vevi GK PvctoB Mva AKKv tCj | iM wKO wE ntq wmsn tkqvtj i w tK ZvKj | ej j , clEZ, fMuv Gev*t* ZngB Kti tdj | Zng tevKv bI , tZvgvi fJ nevi K_v bq| tkqyj GZ PwY KvE t`LwQj Avi me wKO A_ eSevi tPov KwiQj | t`L i tb BwZgta^zB eStZ tc*t* tMtQ th gvsM fM Kievi e^zevi wm wmsn GKUv Qj gvi^z | wmsn mgvb fVtMi K_v ej tQ e^zU wbtRi fM AcQ^z ntj B GB K_v Zvi gtb _vKte bv| Zvi Zj vbwq wmsn Mvtq tRvi I tevk| tm hv Kite ZvB ZvK tgfb wbtZ nte| KZ tnvK tkqyj clEZ e^z K_v | MvatK tPvtL mgfb gitz t`L Zvi wkPv bv nevi K_v bq| tm wmsn tkqvtj i fM t`L teRvq| Ljk| gtl Avi nwm ati bv Zvi | wmsn nwmgjtL ej j , eUz clKZB Zng tkqyj clEZ| Zng thfVte gvsM teU w tqfQ, GgbwU Avi tKD cvi Z bv| tZvgvi evtUqviv LpB wK nqtQ|

bwZK_v: mwK Ae⁻v t`L I eS Pj tj Am*ea*q co*t*Z nq bv|

QvMj I tkqyj

GKw b GK tkqyj AÜKvti Pj tZ Mftq nVr MfZ°Cto hvq | Rfj Kv` vq gvLvgwL nftq AfbK tPov Kti l tm l cti DVtZ cvij bv| MfZP gta` `wofq t_tK tm l cti l Vvi wdwi fveZ j vMj | Gw tK GK QvMj wccvmvq LpB KvZi nftq ctowQj cwb LRtZ LRtZ tm tmB MfZP mvgtb Dcw-Z nj | MfZP wfZtI ZwKtq QvMj wKqyj tK t` LfZ tcq ej j - l fvB tkqyj , MfZP cwb tKgb?

QvMj i K_v Kvtb thtZB aZ°Ckqyj i gv_vq dw` Gtm tMj | tm wgwó `i ej j , fvB MfZP cwb i K_v Avi wK ej e , Agb wgo cwb Rxetb LvBib | tKD tUi bv cvq tmRb` tZv Awg Ptc Ptc tbtgtQ |

QvMj Drmn tctq ej j , cwb wK Avi AvtQ , bv Zng wbRB me tkl Kti w tQ?

tkqyj AvtMi gZB wgwó tnftm ej j , Kx th ej fvB | Zng lci t_tK t` LfZ cv"Q bv ZvB l K_v ej Q | MfZGZ cwb i tqtQ th mvivRxetb Awg Zv tkl Ki tZ cvie bv| Avn! Kx ^` cwb i AZ cwb Ki j vg , ZeyAvk wgtZ PvBtQ bv|

tkqyj i K_v i`b QvMj Avi gwtZP t` wi Kij bv| GK j vfd MfZtbtg coj |

tkqyj cüZ nftq wQj | QvMj MfZtbtg coZB GKj vfd Zvi wctV DfV coj | Zvi ci cj tki gta` MfZP l cti |

tkqyj tK lci DfV thtZ t` tL QvMj ej j , wK nj fvB , Zng DfV tMfj tKb?

tkqyj ` pñwm tnftm ej j , eñvUv MfeU! mviv w b etm Gevi cwb cwb Ki | Awg Pj j vg QvMj nZeyx nftq ZwKtq i Bj |

bwZK_v: `joi K_v wgo nq| Qj bvq fij tZ tbb|

KvK tkqyj

GKw b GK KvK GKLÉ gvsmtbq mfe MvtQi Wtj Gtm etmtQ| Ggb mgq GK tkqyj MvQZj vq Dcw-Z nj |

KvtKi gtl gvsmtbq tLfZ tctq tkqyj i wRte Rj Gtm tMj | tm fveZ j vMj , lB tKvtj v KtPQZ KvKUv Agb gvsmtUv Lte Avi Awg Zj vq etm t` Le ? th Kti tnwK l B gvsmtUv AvgtK evMvtZ nte |

GB tfte tkqyj KvKtK i`bq wbtRi gtbB ej tZ j vMj , Avn! Kx my` i cwl | Agb tPvL , Agb tVvU Avi is tZv KLtbv t` wLb | Avn! tPvL thb tdi tZ cviQ bv|

GKUZY Pz Kti t_tK tkqyj Averi Avcb gtb ej tZ j vMj , cwlUv tZv GKeri l Mvb Kij bv| Avn! ti ! Agb cwlUv teva nq tevev , Mvb KtZB cvi bv|

KvK MvtQi Wtj etm tkqyj i me K_vb i`bZ tcj | tkqyj i gtl wbtRi ifci cksmv i`b Zvi gb Avn! ` WMgM| wKtK tkqyj Zv tK tevev fveZ GK_vUv Zvi tgvtUB fvj j vMj bv| tm fvej , Mj vi ^` i`bq tkqyj tK AevK Kti t` te |

GB tfte tevKv KvK ZLbB Kv-Kv- kta tWtK DVj | Avi thB bv WwKv mft% mft% tVvU dtk t_tK gvsmti UKtiv wbtP |

aZ°Ckqyj GB mthvMi AtcTntZB wQj | tPvtLi cj tK gvsmti UKtivU j fd wbj | Zvi ci tLfZ tLfZ tmLvb t_tK Pj tMj | KvKtK w tK wdvi l ZvKj bv|

bwZK_v: wbtRi cksmv i`b Avn! Z nftZ tbb|

CmOZ wmsn

GK wmsn eqfmi fvti LpB `je` nftq ctowQj | wK fve nUvPj vI KtZ cviZ bv| dtj wKvi ati Avnvi Kiv Zvi GKtK Kg eÜ nftqB tMj |

cwiKgl KtZ nte bv Averi tctui wL` l wgtUe GB Df` tK` wmsn ZLb GKUv dw` wK Kij | kixi LpB Amg ÑbovPov KtZ cvi tQ bvÑGB LeiUv etb cPvi Kti w tQ tm Zvi , nvi GKtKvY NvcU tgfi i Bj |

GLb, wmsn cī i vR eṭj K_v| tm Amj' n̄q ,n̄q cṭo AvtQ! eṭbi cī iv LeiUv tbtZ tctqB GtK GtK
 ZvṭK t LṭZ AvmtZ j wMj |
 cī iv tZv Avi wmsn i gZj e Rvṭb bv| Zviv bōdš-gṭb ,n̄q tfZti XṭK M̄tq Zvi kix̄ii tLwRNLei
 wbtZ j wMj | Avi GB m̄thv̄tM wmsnI Zvṭ i GK GK Kti Nvo gltK Avbṭs` tcU fivZ j wMj |
 GBfvtē tZv KtqKw b MZ nj | wmsn mnRfvtē ,n̄q etm wKv̄i tctq d̄vZPZ AvtQ!
 Gwib mḡtq GKw b GK tkqj Gj wmsn tK t LṭZ | tkqj L̄b mZK Avi ejxgvb c̄Yx| wmsn tK t LṭZ
 Gtj | Zvi gtb GKUv m̄t n AvtM t tKB wQj | ZvB tm Abv̄b cīt i gZ m̄vwi ,n̄vi tfZti XṭK tMj
 bv| evBt̄i t tK Mj Pwoṭq nuk w j -KB gnvivR tKv̄vq ? kixi tKgb GLb ?
 ,n̄vi tfZti t tK wmsn tkqj i Mj vi mvov tctq L̄b Lj̄k nj | Agwib cig Av̄ ti tkqj tK tWtK ejj ,
 tkqj c̄EZ gṭb nt̄QN Gtm Gtmv fvqv, tfZti Gtmv hvK, Zng Zv nt̄j Avgvq fij hvlwb| Awg Gw tK
 fvevQ vg, mevB Gtm GKevi Kti Avgvi tLwRNLei Kti ht̄t Oñc̄Ezti t Lv tbB tKb ? hvK, Zng
 Avmv̄tZ L̄b Lj̄k nj vg| evBt̄i `wotq bv t tK, tfZti Ptj Gtmv | R̄tB GKUz gtb̄i m̄tL Mf Kwi | Zng
 Avgvi KZKv̄tj i eÜzej tZv! Avgvi tZv w b tk̄t n̄q Gj N̄ hv̄vi AvtM tZvgvi KUw ngó K_v Kvbft̄i t̄b
 hvB| ḡti | Kwiš-cve |
 wmsn i AZ Av̄ ti i K_veyZPAvi WwKwMk̄tZI tkqj wKs' GK c̄NI G_tj v bv| tm ZLb ,n̄vi mḡtbi
 gwutZ cīt i cv̄qi Qvc, t̄j v Lj̄tq Lj̄tq t LṭQ| Avi wbtRi gtb gv̄v bvo tQ |
 BwZgta wmsn ,n̄v t tK Averi I tkqj tK tfZti hv̄vi Rb wKtZ j wMj | tkqj ZLb ejj , gnvivR,
 c̄bv Kwi Avcwb ZvovZwo my n̄q DVj | AvgtK gvc Kiteb, ,n̄vi tfZti XṭK Awg tevKv̄i gZ c̄Y
 n̄vivtZ PvB bv| Avcbvi ,n̄vi mḡtbi AtbK cī cv̄qi Pvc t LṭZ c̄wQ| mKtj B tfZti XṭKtQN wKs'
 tevitq Avgvi cv̄qi Qvc GKUvI t LṭZ c̄wQ bv| Awg Avi d̄t̄ cv̄ w tZ PvB bv gnvivR| Av̄Qv̄N AvR
 Pwj |
 GB eṭj ZLb tkqj tmLvb t tK cv̄ vj |

bwZK_v: hviv mēv mZK _tK Zviv mn̄v̄rect̄ cṭo bv|

Li tMwK I K"Qc

GKw b eṭbi c̄t_ GKUJ K"Qc tK wU wU c_ Pj tZ t tL GK Li tMv̄mi tēg n̄wm tctq tMj | Ggb
 KtI tKD c_Pj tZ cv̄ti? Ggbfvtē c_ Pj KLtbv tKv̄b KvR Kiv Pj ? Li tMv̄mi Kv̄tQ gtb n̄j
 K"Qtc̄i RxebUvB e_ v| GBfvtē n̄q tētP vKv̄i tKv̄b gtb nq bv!
 Lt tMv̄m eṭbi av̄ti `wotq `wotq n̄wtZ j wMj |
 ZvB t LṭZ tctq K"Qc _ḡtK woj, wR̄tAm Kij , wK fvB, AZ n̄vwi wK nj ?
 K"Qtc̄i K_v i t̄b Li tMv̄mi n̄wm Av̄iv tēto tMj | n̄wtZ n̄wtZB tm ejj , bv tn̄tm Avi Dcvq wK ej N̄
 tZvgvi hv n̄vvi Xs |
 K"Qc AevK n̄q ejj , tKb, Gfv̄teB tZv GZUv eqm ch̄s-tntU Pj wQ |
 AwgI tZv ZvB fv̄wQ, tf̄te eo KōB nt̄O! ejj Li tMv̄m, Ggb fv̄te c_ Pj Rxeb tKD KLbI tKv̄b
 KvR Kiv tZ cv̄ti! GB t Lv bv Awg evZv̄mi tētM QjU Pwj | SUCU me KvR n̄q hv̄q Avgvi |
 K"Qc eSj Li tMv̄m Zv̄tK Dcnvm KtQ| tm ZLb ejj , Li tMv̄m fv̄vvi eo t LwQ t ḡvK | wKs' tZvgv̄tK
 t tL tZv Avgvi m̄t̄ tntU cv̄te eṭj gtb n̄t̄Q bv̄N Zv hZB eovB Ki bv tKb |
 GKUv K"Qtc̄i ḡtL Ggb K_v i t̄b Li tMv̄m M̄t̄i n̄q tMj | Zvici euKv n̄wm tn̄tm ejj , N̄ t Št̄o cv̄ w̄t̄q t L̄t̄e bwK GKevi ?
 K"Qc tZv ZLb t tK GUvB PvBwQj | tmB ejj , GtmvB bv, hvPvB n̄q hvK N̄ ḡtLi K_vq KvR wK ?
 `R̄tB ZLb wK Kti wbj , R̄t̄j i tk̄t c̄t̄s-GKUv eUMwQ n̄te Zv̄t i t Št̄oi tk̄t m̄gvbvv | Lvb t tK GK
 m̄t̄ GK mḡtq t Št̄o th AvtM tmLvb M̄t̄q tc̄sQv̄tZ cv̄te tmB wRz̄te |
 GKUz c̄t̄B t Šo i i n̄q tMj |
 wKs' K"Qtc̄i tZv Pj v| Li tMv̄mi t Št̄oi m̄t̄ tm th tKv̄vq cṭo iBj Zv̄tK Avi t LvB tMj bv! ḡvS iv̄ -
 vq Gtm Li tMv̄m t Šo wgtq GKUz tY `wotq fvej , K"Qtc̄i G ch̄s-Gtm tc̄sQv̄tZ GLbI AtbK t wi |
 wgtQwvQ GZ AvtM M̄t̄q j vF wK ? i n̄viveri Rb AZ c̄i k̄t Kievi i Kvi tbB&Zvi PvBtZ c̄t_i cv̄k
 GKUz Swgtq tbI qv hvK | K"Qc ZZ tY GwM̄t̄q AvmK |
 thgb fvev tZgib KvR | t LṭZ t LṭZ Li tMv̄m c̄t_i cv̄k GKUv tSv̄c w̄ne bvK wKtq N̄ḡtq coj |
 Gw tK K"Qc tZv U U Kti G tQ | Li tMv̄m tK Zvi AvtM AvtM t Št̄o Pj th̄tZ t Št̄LI tm GKUKz
 `gj bv| tR̄ wbtq tm Zvi c̄t̄l hZUv ZvovZwo m̄t̄ tntU Pj tZ j wMj |

nuU‡Z nuU‡Z Li‡Mv‡m thLvtb Njgtq ctowQj tm RvqMv cvi ntq P‡j Gj | Li‡Mv‡m Zvi we`NiemMP tui
tcj bv|

A‡bK¶Y Ngvtbvi ci nVvr Li‡Mv‡mi Ng †f‡½ tMj | aogo K‡i D‡V `mo‡q K"QctK av‡i Kv‡Q tKv_vl
t`L‡Z tcj bv| Agwb tm QjtZ ii" Kij | wKš' wKQjv QjtU AvmtZB Li‡Mv‡mi fjtU fvOj | wbw`@
RvqMvUv `i t‡K tP‡L ctow | t`L‡Z tcj K"Qc wbkvbvNMvQuv ctq Qjtq td‡j tQ| Zv‡K Avi QjtU wM‡q
bvMuj cvi qv m‡e bq|

Li‡Mv‡m MvQzj vq tc‡Qveri A‡bK Av‡MB K"Qc tmLvtb tc‡Q tMj | Li‡Mv‡m tc‡Q‡Z tm tW‡K ej j , wK nj
fvqv, ct_ Njgtq ctowQj ejS ?

Li‡Mv‡m j ¾vq tKvb K_v ej ‡Z cvij bv|

b‡ZK_y: axi fv‡e ntj I th K‡R tj tM _vKv hvq Zv‡Z Rq‡nI qv hvq|

GKZvi ej

GK ejxi A‡bK_tj v tQ‡j wQj | tQ‡j iv c‡qB wb‡R‡ i g‡a" Zgj SMovNSwU KiZ| KL‡bv wb‡Riv
KiZ, KL‡bv cokxi D"wb‡Z KiZ| Zvi wb‡Riv hLb ci ui SMov weev` KiZ ZLb Ab" tj vtK gRv
K‡i nv‡m|

ex wb‡R wQ‡j b AZ"š-mv`wm‡` i gvbj | wKš' tQ‡j ‡ i Rb" Zvi g‡b eo Akwš-wQj | Zvi gZii ci
tQ‡j ‡ i Ae"v wK nte ZvB t‡feB Zvi gb weIb‡vKZ! Gw‡K Zvi I w`b d‡i‡q AvmtQ&GLbB tQ‡j ‡ i
Rb" GKUv m‡e e"v wKQyK‡i th‡Z bv cvi tj Avi mgq cv‡eb bv|

ex GKw b Zvi tQ‡j ‡ i tW‡K cW‡j b| tQ‡j iv mK‡j Dcw"Z ntj wZw wKQyew‡ki KwÄ Avb‡Z ej tj b|
GKw tQ‡j QjtU wM‡q KwÄ wb‡q Gj |

ex ZLb Zvi GK tQ‡j ‡K ej tj b, KwÄ ,tj v w`‡q GKUv AvwU eva|

AvwU evav ntj Avevi ej tj b, t`L tZv tPov K‡i tZvgiv AvwUv fv0‡Z cvi wKbv|

tQ‡j iv G‡K G‡K mK‡j B AvwUv fv0evi tPov Kij | wKš'tKDB fv0‡Z cvij bv|

GKAwU KwÄ GKm‡½ fv0v wK g‡Li K_v| ex ZLb Zvi eo tQ‡j ‡K ej tj b, t`wL Gev‡i AvwUv L‡j tdj
Avi GKw GKw K‡i KwÄ ,tj v evi K‡i tft‡½ tdj |

tQ‡j iv GZ¶Y tKvb K_vB ej w! eveni Av‡k gZ tKej KvR K‡i tM‡Q| A_P eveni Kv‡Ri D‡iK" wKQb ej‡S DV‡Z cvi wQj bv|

Gev‡i eo tQ‡j wU ex‡K ej j , even Zv‡ Agb K‡i Avgv‡` i w`‡q KwÄ ,tj v fv0v‡bvi tPov KiwQ‡j ‡Kb ?
ex tn‡m ej tj b, Awg Avkv K‡i wQj vg tZvgiv Avgv D‡iK" e‡‡Z cvi te| hB tnvK, KwÄ ,tj v fv0v
tPov K‡i tZvgv‡` i GKUv K_vB Awg tevS‡Z tP‡qwQ, tZvgiv me©v fvB fvB GKvB ntq _vK‡e| wb‡R‡` i
g‡a" hB" GKZv bv _v‡K tZvgv‡` i `‡‡Li tkl _vK‡e bv| GK m‡½ AvwU‡Z evav KwÄ ,tj v‡K tZv GZ tPov
K‡i I fv0‡Z cvi tj bv| tZvgw hLbB tZvgiv wgt‡k _vK‡Z cvi te bv, ZLbB tLvj v AvwUi KwÄi gZ
evB‡i wec‡ K‡cvKvr ntq cot‡| Avi tZvgv‡` i `‡‡v e"v t`‡L k‡uv nv‡te| ZvB ev0viv, KL‡bv
SMoweev` bv K‡i me©v wb‡Riv wgt‡k _vK‡e, k‡u ev wec` N Avc` tZvgv‡` i wKQb Ki‡Z cvi te bv|

b‡ZK_y: GKZvi ej mevi I ct‡i |