

KvRj x g†Wj wk†Kv mnw†Kv



wi mvP®Bibk†q†Ufm& evsj v†` k (wi Be)

KvRj x gfwj wkfKv mnwqKv

i Pbv I m=úv` bv: mvBdž4vgvb i vbv
wkfKv mgšqKvix
wi Be

Dcť` óv m=úv` K: W. kvgmj ewi
ťPqvi g`vb
wi Be

cKvkbv: wi mvP`BwbkťqUfm& evsj vť` k (wi Be)

cŰg cKvk: Rvbgvwi 2009
Mš` Zť: wi Be

(KvRj x gfwj řKť` ř wkfKř` i wbgťj " wZiťYi Rb")

wi mvP`Bwi bwkťqUfm& evsj vť` k (wi Be)
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Drm:

KvRj x g#Wj iKt` i wkr[Kve` :
hvt` i Kj `vY
Avtj wKZ nt"Q Aetnj Z wki i
feb!

gjeÜ:

Wiw wegvPb I gvbemú` Dbqtb wki mÿz weKvk I wkiwkwvi fvgKv AZ`š- iZcY©I mÿicñvix| evsjv`tk MZ`ÿ ktk wkwvi nvi tetotQ Zv mevB`Kvi Ktib| miKwi I temiKwi c0Povq mvi v`tk c0wgK wkwvj tqi mslv AþK tetotQ| c0wgK wkwv A%ZwbK Kiv ntqtQ| ewE I DceyEi gva`tg`wi`tgavex OvI OvIxt`i mnvqZv`vb Kiv ntQ| GtZvme mtEj| t`tki`wi`Zg tkYxi AþK wkiB GLtbv wkwv ewAZ ntQ, wetkl Kti th me wki i gvÑevv tKvþv AvbþwbK wkwv jvf Ktibwb| ZvB wiBe Zvi mPbvj Met`þKB wkwvvelqK MtelYvi I ci wetkl bRi t`evi wmvš-tbq| GiB dtj Rbþ tbq wkiwkwv velqK GKw KgmteYv, hvi gj DfI k`ntQ, t`tki`wi`Zg tkYxi wki t`i Kxfvte wkwve`vi Avl Zvq wbtq Avmv hvq Zvi Rb`Dchþ, tUKmB I`wbfþ GKw cšv D`web Kiv| GB DfI k`tk mvgtb tiþLB wiBe gv iv tRjvi kxcj`vbi KvRjx M0tg iB wKQy wkwvbjvMx Drmvnx hþK| Zte wi BeNGi cwi Pvj bv cIþ`i AþþKB mmpqfvte GB Mtel Yvq m`ú, nb| Gt`i mKtj i cavgtkwK Kiv nq th GB Mtel Yvi j`n te :

- 1) t`tki`wi`Zg cwievti wki t`i c0wgK we`vj tq c0etki c_ mMg Kivi j`n Zv`i c0Kñc0wgK wkwve`vi gva`tg Kxfvte wkwvbjvMx Kti tZvj hvq Zv cixv Kti t`Lv|
- 2) gtbweÁvb Ges wetkl Kti wki weÁvb vel tq miv c`extZ wefba`cixvñvixv gva`tg th Ávb AvRZ ntqtQ Zvi wfvE`Z evsjv`tki GBme wki t`i cwitek I cwi`Z DcñvMx wkiwkwv tK`a`vctbi cšv AbmÜvb Kiv|
- 3) GB wkiwkwv tK`a`tj v mgvRi wvR`^tPovq I mnþvMzvq`vqx ntZ cvti wKbv Zv LuZtq t`Lv, wetkl Kti mvgwRK Mtel Yvi gva`tg t`Lv wki t`i gvÑevv I mgvRi Av`vb t`i Kxfvte wkiwkwvi mt½ m`ú, Kiv hvq|
- 4) `vej þf nevi j`n tK`a`tj v wKfvte b`bZg Liþ Pj tZ cvti Zv cixv Kti t`Lv|

GB j`n`tj v mvgtb tiþL gv iv tRjvi KvRjx M0tg GKw tK`a`vctbi gva`tg KvRjx wkiwkwv Mtel Yv`i`nq 2003 mvjt i 1jv Rvþvix Ges tkl nq 2004 mvjt i 31 wþmþf| eZgvtb miv t`tk c0q 150w tK`a`4000 wki GB tK`a`tj vZ covi bv tkLvi mþhvM cvtQ| Gt`i gta` KtqKRb evt` c0q mKtj B eZgvtb M0tg i c0wgK we`vj tq c0ek Kti tQ| thme wki i GtKevt iB`þj hvevi K_v wQj bv, Zviv c0q mevB`þj fWZ`ntqtQ| Mtel Yvi mdj Zvi Gw GKw eo w`kþ| GBme wki iv eZgvtb`i ay`þj B hv`Q bv, Dci š`Zv`i tewki fWMB miKwi DceyE cvtQ| GUvI GB KgmteYvi (action research) GKw mvdjt`i`w`K| Gi gva`tg GKw gtWj cixvvgj`K fvte`Zix ntqtQ hvþK Avgiv KvRjx gtWj wntmte AwfwnZ KiwQ|

KvRjx wkiwkwv Mtel Yvi c0q`i`i`þþKB th m`vevvi BwZ t`Lv hvq Zvi wfvE`ZB wiBe wmvš-tbq Mtel Yvi KvRw evsjv`tki wefba`A`þj cñvix Z Kti Mtel Yvi wfvE I t`n Avl I mÿp Kivi| GB wmvš-Abþvqx MZ`ÿeQti evsjv`tki Avl 15 w M0tg cixvvgj`K fvte KvRjx gtWjt i wfvE`Z wkiwkwv tK`a`vctb ntqtQ| G`tj v KvRjx tK`a`i cti`vctb ntqtQ etj G`tj vi tKvþwb i B eqm GKñt`o eQti tewk nqwb| Zte G tK`a`wjt t`þK i AþK Z` I Ávb AvRZ ntqtQ| GB mgvšZ Ávþi wfvE`ZB GB wbt`wKv ev gvþvqj w`Zwi ntqtQ| wi BeNGi DfI k` KvRjx gtWjt i wfvE`Z evsjv`tki wefba`A`þj Avtiv wkiwkwv tK`a`vctb mnvqZv Kiv|

GiB gta` tK`a`tj vi Afvebxq mvdj`t`þL evsjv`tki wefba`A`þj t`þK AþþKB wi BeNGi KvþQ AvmþQb G m`þÜ Avtiv RvþZ I eštZ| GB wbt`wKv tmB Pwv`v AþKvstþk c`y KiþZ cvte etj Avgv`i wekþm|

hvi v wR^Df^vM wR wR M0tg GB ai tbi wki wKv v tK>^a^vcb Ki tZ Pvb Zv^ i wtkl fvte tLqj ivL tZ nte th Gme tKt^a wKv v u g I cW^mPxi g tZv mvgwRK AskM0YI mgvb fvte „i“Zcyf wki i gvNeev I ^vbxq mgv tRi m^u^3 Qiov Gi Kg tK>^a^vqx nte bv| Zte mgv tRi AskM0Y mef mgvb nte bv| thLv t b ^vbxq Rbmvari Y hZ tewk m^u^3 nte tmLv t b tK>^a^ZZ kw^3kvj x nte|

(Mtel Yvq t^ Lv tM tQ th KvRj x g tW t j i GKwU wki wKv v tK>^a^cwi Pvj bvi Rb^ me wgt j LiP cto gv t m c0q GK nvRvi UvKv, hvi c0q meUKz wKv v Kvi cwi k t g K w t m t e e^q nq| GB A_^vbxq mgv R t_ t KB t RvMvo Kiv hvq| G e^vcv t i l wKQyc s v GB w b t^ k K v q t^ q v n t q t Q| t L q j i v L t Z n t e t h K v R j x g t W t j i G K w U c 0 v b D t^ l k^ m v g w R K ^ w q Z t e v t a i ^ p v s ^ v c b K i v| A v t M m g v R G a i t b i ^ w q Z i m n t R B M 0 Y K i t Z v| A v g v t^ i a v i Y v m t h v M t c t j G L t b v K i t e|

GB w b t^ k K w U g j Z K v R j x t K t^ i w k v v K v i R b^ ^ Z w i K i v n t q t Q| G t Z t g v U c u P w A a^ v t q f v M K i v n t q t Q| c 0 g A a^ v t q A v t Q K v R j x g t W j c w i w P w Z| w 0 Z x q A a^ v t q A v t Q w k v v v b c x w Z| Z Z x q A a^ v t q i t q t Q c w w c w i K i b v b g b v| G L v t b A s f^ n t q t Q w k i w K v v t K t^ a^ G K w b w K w K K v R G e s w K w K D c K i Y w K f v t e e^ e n v i K i t e b Z v i G K w U b g b v| P Z l^ A a^ v t q A v t Q t h m e Q o v I K w e Z v w k v v K v w k i t^ i t K L v t e b Z v i w K Q y b g b v G e s c A g A a^ v t q A v t Q K v t W f (Q w e h y^ I Q w e Q o v) b^ t Z w i j K v h v t Z w k v v K v i K v W^ e b n v i K i t Z m y e^ v n q|

Avgiv Avkv Kwi KvRj x g tW j w k v v K v m n v q K w U K v R j x t K t^ i w k v v K v I t K t^ i m t_ R w o Z A b^ v b^ m e v B t K K v R j x i w k v v v b c x w Z e s t Z m n v h^ K i t e| A v i G B c x w Z m^ t U a v i Y v j v f K t i t K D h w^ Z u i w b t R M 0 t g G i K g w k i w K v v t K t^ a^ v c b K i t Z P v b, w i B e Z u t K m w e k c i v g k^ I K w i M w i m n v q Z v w^ t Z c 0^ Z| Z v Q o v D t^ v^3 v I w k v v K v c 0 k v t Y i e^ e^ v l K i v n t e|

cwi t k t l, K v R j x w k i w K v v M t e l Y v q h u i v e y x^ N c i v g k^ w t q m n v q Z v K t i t Q b A v g i v Z u t^ i A e^ v t b i K_ v ^ s i Y K i t Z P v B| m e t P t q c 0 t g ^ s i Y K i t Z P v B A v g v t^ i c 0 v Z m n K g f^ A v L Z v i^ j n w e e Z n x b t K| Z n x t b i A K v s^ c w i k t j, m y P w s Z c i v g k^ I A K w t g A v s w i K Z v Q i o v G B M t e l Y v c k i ^ w o K i v t b v K w b n Z| Z u i A K v j g Z i t Z i a y c k t i i v w Z B n q w b, G i c 0 v t i i K v R I e^ v n Z n t q t Q| A v g i v Z u i ^ s y Z i D t^ l t k^ G B g^ v b p v j w U D r m M^ K t i Z u t K k^ v R v b w^ Q| Z n x b Q i o v A v i h u t^ i K v t Q A v g i v w e t k l f v t e K Z A Z u t^ i g t a^ A v t Q b w i B t e i w b e f n x c l^ i c u P R b m^ m^, h_ v p t g A a^ v c K t g v t A w b m j i n g v b, W t n w g^ v t n v t m b, g t b v q v i^ j B m j v g, W t R v d i B K e v j I W t t g N b v ^ n V v K i Z v| A b^ t^ i g t a^ A v t Q b A v B b I m w j k t K t^ i w b e f n x c w i P v j K G W t f v t K U m j Z v b v K v g v j, B D w b t m t d i (U N I C E F) w k v v w e l q K A v s R w Z K K g R Z P R b v e G t K G g K v g v j w i b G e s w i B t e i G K R b w e t k l i f v_ p m y c 0 v e w i| G t^ i m K t j i K v t Q A v g i v K Z A| Z v Q i o v K v R j x g t W t j h u i v e v s j v t^ t k i A b^ v b^ R v q M v q w k i w K v v t K t^ a^ v c t b i m t_ R w o Z A v t Q b Z u t^ i K v t Q I A v g i v F Y x| Z u t^ i A w f A Z v A v g v t^ i M t e l Y v i K v R t K m g x K t i t Q G e s f w e l^ t Z G B g^ v b p v t j i c w i g v R 0 v i K v t R I m n v q K n t e e t j A v g v t^ i w e k v m|)

W. kvgmj ewi
tPqvi g^vb
wi Be

gjeÜ i-ii

mPxcT : iii

.....

cÜg Aa"vq: KvRj x g#Wj cni PwZ	1-4
wZxq Aa"vq: cv` vb c×wZ	5-11
ZZxq Aa"vq: m=te" GKw` tbi bgjv cWcni Kí bv	12-14
PZl Aa"vq: cPj Z Qov I KweZv	15-19
cAg Aa"vq: ctKU KvWp b#t (μgvbmti)	20-21

KvrtW⁰ n⁰ t⁰ q⁰ u⁰ c⁰ K Kw⁰ Zni Kiv n⁰ t⁰ q⁰ | Gfivte e⁰ bv k⁰ n⁰ lv Rb⁰ n⁰ Zbn⁰ Kw⁰ G⁰ t⁰ j⁰ v⁰ t⁰ K ej v n⁰ t⁰ Q k⁰ a⁰ Zni i e⁰ Y⁰ a⁰ n⁰ bi Kw⁰ GB k⁰ a⁰ Zni i Kw⁰ Gi m⁰ L⁰ v 238 n⁰ | KvRj x g⁰ t⁰ W⁰ t⁰ h 127 n⁰ k⁰ a⁰ e⁰ n⁰ vi Kiv n⁰ t⁰ q⁰ Zvi me⁰ t⁰ j⁰ v GB 238 n⁰ Kw⁰ t⁰ q⁰ Zni Kiv ev t⁰ j⁰ Lv hvte |

2.1.1.4. eY⁰ vj vi Kw⁰

ersj v fvl vq 11 n⁰ t⁰ eY⁰ 39 n⁰ e⁰ v⁰ A⁰ beY⁰ t⁰ q⁰ GB mKj eY⁰ t⁰ q⁰ Zni Kw⁰ K ej v n⁰ t⁰ Q eY⁰ vj vi Kw⁰

2.1.2. ct⁰ KU tev⁰

Kvctoi Zni A⁰ t⁰ b⁰ K⁰ t⁰ j⁰ v ct⁰ KU m⁰ t⁰ j⁰ Z 6 dU j⁰ m⁰ t⁰ v⁰ 4 dU PI ov tev⁰ hv t⁰ K⁰ t⁰ i⁰ v⁰ f⁰ Zi m⁰ yeavgZ t⁰ t⁰ b⁰ S⁰ j⁰ t⁰ q⁰ Z⁰ v⁰ Z⁰ ct⁰ KU Kw⁰ K⁰ t⁰ q⁰ k⁰ i⁰ t⁰ i⁰ m⁰ t⁰ GK ai⁰ t⁰ bi t⁰ L⁰ j⁰ vi gra⁰ t⁰ g⁰ eY⁰ c⁰ ni Pq / m⁰ L⁰ v t⁰ k⁰ Lv⁰ t⁰ b⁰ v n⁰ q |

2.1.3. e⁰ K⁰ tev⁰

KvRj x g⁰ t⁰ W⁰ t⁰ e⁰ K⁰ tev⁰ m⁰ vavi YZ 2 dU PI ov 32 dU j⁰ m⁰ t⁰ v⁰ c⁰ v⁰ BDW n⁰ t⁰ q⁰ Zni n⁰ q | 32 dU j⁰ m⁰ t⁰ v⁰ G Kv⁰ i⁰ Y⁰ th t⁰ K⁰ t⁰ i⁰ m⁰ K⁰ k⁰ i⁰ i⁰ R⁰ t⁰ b⁰ Rvq⁰ M⁰ v⁰ th⁰ b⁰ v⁰ i⁰ t⁰ v⁰ K I Zviv hv⁰ Z⁰ GKB m⁰ t⁰ tev⁰ W⁰ K⁰ O⁰ y⁰ Av⁰ K⁰ Av⁰ K⁰ Ki⁰ t⁰ Z⁰ cv⁰ t⁰ i⁰ | G⁰ u⁰ t⁰ i⁰ q⁰ v⁰ K⁰ t⁰ e⁰ t⁰ i⁰ v⁰ f⁰ Z⁰ t⁰ i⁰ n⁰ Z⁰ b⁰ / P⁰ vi t⁰ q⁰ v⁰ R⁰ t⁰ o⁰, hv⁰ Z⁰ k⁰ v⁰ K⁰ v⁰ th t⁰ K⁰ v⁰ Rvq⁰ M⁰ v⁰ t⁰ t⁰ K⁰ k⁰ i⁰ i⁰ c⁰ l⁰ Z⁰ v⁰ i⁰ t⁰ Z⁰ cv⁰ t⁰ i⁰ b⁰ | th m⁰ K⁰ t⁰ K⁰ v⁰ Ni t⁰ m⁰ L⁰ v⁰ t⁰ b⁰ m⁰ t⁰ g⁰ U, ev⁰ j⁰ y⁰ Ges Kv⁰ t⁰ j⁰ v⁰ i⁰ s⁰ n⁰ t⁰ q⁰ N⁰ t⁰ i⁰ n⁰ Z⁰ b⁰ i⁰ K⁰ n⁰ t⁰ i⁰ e⁰ K⁰ tev⁰ Zni Kiv n⁰ t⁰ q⁰ | 32 dU j⁰ m⁰ t⁰ v⁰ P⁰ vi n⁰ K⁰ n⁰ t⁰ q⁰ e⁰ K⁰ tev⁰ i⁰ q⁰ vi c⁰ v⁰ b⁰ Kv⁰ i⁰ Y⁰ k⁰ v⁰ K⁰ v⁰ hv⁰ t⁰ K⁰ v⁰ k⁰ O⁰ y⁰ tev⁰ W⁰ Av⁰ t⁰ K⁰ Z⁰ v⁰ th⁰ b⁰ m⁰ K⁰ k⁰ i⁰ v⁰ b⁰ R⁰ v⁰ R⁰ Rvq⁰ M⁰ v⁰ GK m⁰ t⁰ Av⁰ K⁰ t⁰ Z⁰ cv⁰ t⁰ i⁰ | G⁰ t⁰ Z⁰ mg⁰ q⁰ | Kg⁰ j⁰ v⁰ t⁰ M⁰ |

2.1.4. e⁰ :

n⁰ t⁰ b⁰ i⁰ Zni GK⁰ n⁰ e⁰ th⁰ Lv⁰ t⁰ b⁰ ct⁰ KU Kw⁰ t⁰ j⁰ v⁰ m⁰ si⁰ v⁰ Kiv hv⁰ q⁰ | ep⁰ t⁰ Z⁰ ev⁰ Ab⁰ t⁰ K⁰ v⁰ f⁰ r⁰ te hv⁰ Z Kw⁰ t⁰ j⁰ v⁰ b⁰ v⁰ n⁰ t⁰ q⁰ hv⁰ q⁰ Zvi Rb⁰ GB ev⁰ i⁰ e⁰ v⁰ |

2.1.5. ct⁰ KU e⁰ v⁰ M:

Kvctoi Zni t⁰ Q⁰ v⁰ t⁰ Q⁰ v⁰ e⁰ v⁰ M | c⁰ l⁰ Z⁰ n⁰ t⁰ K⁰ t⁰ i⁰ Rb⁰ 13 n⁰ K⁰ t⁰ i⁰ e⁰ v⁰ M t⁰ q⁰ v⁰ n⁰ q | G⁰ t⁰ Z⁰ 10 n⁰ Q⁰ v⁰ e⁰ h⁰ y⁰ I 10 n⁰ Q⁰ v⁰ e⁰ Q⁰ v⁰ Kw⁰ Ges GB Kw⁰ t⁰ j⁰ v⁰ Zni ev⁰ v⁰ j⁰ L⁰ t⁰ Z⁰ th⁰ th⁰ a⁰ v⁰ Y⁰ ev⁰ e⁰ t⁰ Y⁰ c⁰ l⁰ q⁰ v⁰ Rb⁰ n⁰ q⁰ t⁰ m⁰ t⁰ j⁰ v⁰ GK⁰ t⁰ K⁰ t⁰ i⁰ v⁰ Lv⁰ n⁰ q | KvRj x⁰ t⁰ Z⁰ e⁰ e⁰ u⁰ Z⁰ t⁰ g⁰ n⁰ 127 n⁰ Kv⁰ W⁰ K 13 n⁰ f⁰ v⁰ t⁰ M⁰ f⁰ v⁰ M⁰ K⁰ t⁰ i⁰ t⁰ q⁰ v⁰ n⁰ t⁰ q⁰ | GB GK GK⁰ n⁰ f⁰ v⁰ t⁰ K⁰ GK t⁰ m⁰ U ej v⁰ n⁰ t⁰ Q, hv⁰ Z⁰ k⁰ v⁰ K⁰ v⁰ v⁰ L⁰ e⁰ m⁰ t⁰ R⁰ b⁰ v⁰ i⁰ t⁰ m⁰ U ev⁰ f⁰ v⁰ M⁰ v⁰ t⁰ q⁰ t⁰ K⁰ t⁰ i⁰ v⁰ t⁰ q⁰ k⁰ i⁰ t⁰ i⁰ m⁰ t⁰ t⁰ L⁰ j⁰ vi gra⁰ t⁰ g⁰ eY⁰ v⁰ j⁰ v⁰ t⁰ k⁰ Lv⁰ Z⁰ cv⁰ t⁰ i⁰ b⁰ |

2.1.6. t⁰ L⁰ j⁰ vi DcKiY :

ev⁰ R⁰ v⁰ t⁰ i⁰ c⁰ v⁰ j⁰ Z⁰ k⁰ v⁰ v⁰ j⁰ K⁰ t⁰ L⁰ j⁰ vi DcKiY th⁰ g⁰ b⁰ - cv⁰ R⁰ j⁰, t⁰ j⁰ t⁰ M⁰, e⁰ K⁰ BZ⁰ v⁰ | (t⁰ K⁰ v⁰ t⁰ K⁰ t⁰ h⁰ v⁰ t⁰ L⁰ j⁰ v⁰ t⁰ v⁰ v⁰ t⁰ K⁰ Z⁰ v⁰ t⁰ j⁰ I v⁰ j⁰ v⁰ t⁰ b⁰) | G⁰ Q⁰ v⁰ v⁰ v⁰ b⁰ v⁰ q⁰ v⁰ e⁰ v⁰ f⁰ b⁰ v⁰ t⁰ j⁰ v⁰ K⁰ R⁰ t⁰ L⁰ j⁰ vi DcKiY e⁰ n⁰ vi K⁰ t⁰ i⁰ k⁰ i⁰ t⁰ i⁰ Av⁰ b⁰ I t⁰ k⁰ Lv⁰ t⁰ b⁰ v⁰ th⁰ t⁰ Z⁰ cv⁰ t⁰ i⁰ | th⁰ g⁰ b⁰, t⁰ Z⁰ Z⁰ t⁰ j⁰ i⁰ v⁰ e⁰ v⁰ P⁰, t⁰ L⁰ R⁰ t⁰ i⁰ v⁰ e⁰ v⁰ P⁰ G⁰ t⁰ j⁰ v⁰ n⁰ t⁰ q⁰ k⁰ i⁰ t⁰ i⁰ b⁰ t⁰ k⁰ Lv⁰ t⁰ b⁰ v⁰ hv⁰ q⁰ | t⁰ L⁰ q⁰ i⁰ v⁰ L⁰ t⁰ Z⁰ n⁰ te th⁰ v⁰ b⁰ v⁰ q⁰ A⁰ t⁰ b⁰ K⁰ t⁰ L⁰ j⁰ v⁰ / t⁰ L⁰ j⁰ vi DcKiY Av⁰ t⁰ Q th⁰ t⁰ j⁰ v⁰ t⁰ Z⁰ k⁰ i⁰ v⁰ L⁰ e⁰ v⁰ b⁰ v⁰ cv⁰ t⁰ i⁰ k⁰ v⁰ K⁰ t⁰ g⁰ t⁰ b⁰ v⁰ t⁰ h⁰ v⁰ n⁰ t⁰ Z⁰ n⁰ te |

2.1.7. M⁰ i⁰ t⁰ b⁰ cot⁰ Z⁰ t⁰ k⁰ Lv⁰ (M⁰ t⁰ i⁰ e⁰ B):

G⁰ u⁰ GK⁰ n⁰ k⁰ i⁰ t⁰ Z⁰ v⁰ M⁰ t⁰ i⁰ e⁰ B | e⁰ B⁰ v⁰ t⁰ Z⁰ n⁰ Z⁰ b⁰ n⁰ M⁰ Av⁰ t⁰ Q | KvRj x g⁰ t⁰ W⁰ t⁰ th⁰ t⁰ n⁰ Z⁰ e⁰ B Lv⁰ Zvi e⁰ n⁰ vi t⁰ b⁰ Z⁰ v⁰ B e⁰ Q⁰ i⁰ t⁰ k⁰ t⁰ GB e⁰ B⁰ v⁰ k⁰ i⁰ t⁰ i⁰ Kv⁰ t⁰ Q c⁰ v⁰ i⁰ P⁰ Z⁰ Ki⁰ v⁰ t⁰ b⁰ v⁰ i⁰ v⁰ j⁰ v⁰ v⁰ t⁰ k⁰ l⁰ D⁰ t⁰ i⁰ k⁰ n⁰ t⁰ Q (1) Q⁰ v⁰ e⁰ t⁰ t⁰ L⁰ M⁰ i⁰ t⁰ b⁰ Z⁰ i⁰ t⁰ b⁰ Z⁰ cot⁰ Z⁰ t⁰ k⁰ Lv⁰ (2) e⁰ B c⁰ v⁰ i⁰ c⁰ l⁰ Z⁰ k⁰ i⁰ t⁰ i⁰ Av⁰ M⁰ h⁰ m⁰ p⁰ Kiv |

2.1.8. Ast⁰ Ki⁰ j⁰ ov⁰ B:

GB KvW⁹ tm¹U tgvU 54 uU tLj vi KwW⁹AvtQ | Zvi gta" 1 Uv ukv¹Kvi vbt`¹ Kkv KwW⁹ 1 Uv thvM-
 we¹qv¹Mi KwW⁹AvtQ | GQov¹ Ab" c¹Z"Kuv KvW⁹GKuv mnR thvM-¹we¹qv¹M AsK t`¹ qv AvtQ hvi DEi 2
 t¹_tK 10 Gi gta" nte | GQov¹ mvavi Y Zvm tLj vi KvW⁹ gtZv c¹ZuU tm¹U `¹tUv I qvB¹ ev tRvKvi
 KwW⁹AvtQ | KvW⁹ qv Ome t¹_tK AstKi DEi LjRtZ nte |
 AstKi j ovB tLj vU GKmv¹_ `¹BRb ev Zvi AwaK tLj vqvo vbtq tLj v hvq | tLj vqvo iv Zv¹ i `¹vtbi
 (Uvb⁹ mgq Zvi fv¹Mi KwW⁹_tK GKuv KwW⁹gtS¹tZ t`¹ te Ges Zvi m¹z GB KvW⁹ AstKi DEi
 ej te | hvi DEi uU msL¹v me¹Ptq eo nte tm `¹vbuU cvte | hZ¹Y ch¹S-GKRb tLj vqvo me KwW⁹
 vRtZ bv tbq ZZ¹Y tLj v Pj tZ _vKte |

2.2. KvRj x g¹Wtj ukv¹Kvi M¹v¹ej x I Ki Yxq mgr:

KvRj x g¹Wj vki ukv¹ v tK¹ i mdj Zvi g¹ Pwj Kv kv³ ukv¹Kv | th¹znZiGuv tKvb MZvbM¹ZK avi vi
 `¹g bv ZvB GLvtb vj L¹Z cov¹Z tkLvi ai YUvi vfb¹ ukv¹Kv K D¹m¹Z th tKvb cvi v¹z tgvKvtej v
 Kivi Rb" c¹Z _vKtZ nte | Zv¹K n¹Z nte t¹o¹nermj , c¹ve¹S¹-hZ¹uj Ges ggZvcY¹gv¹qi gZ |

- c¹ZuU vki i c¹Z mgvb bRi t`¹ evi tP¹ov Ki tZ nte |
- vkt¹K gvi -tavi Kiv ev tKvb Kwv kv¹ -t`¹ qv ev vki i m¹z ag¹tKi m¹i K¹_v ej v vki i c¹t¹Y
 Y¹ZKi nq |
- ukv¹Kvi vkv¹MZ thvM¹Zv 5g tkYx t¹_tK 8g tkYx ch¹S-ntj B Ptj Zte Gi teuk ntj Y¹z
 tbB |
- tK¹ i vki t`¹ i mvgtb c¹g bq `k gym eB-LvZv vbtq cov¹tv hvte bv ei s Avb¹ i ga" v¹ tq
 hv tkLv¹tv hvq ZvB ht¹_o¹ | vkv¹vi c¹Z AvM¹ m¹o¹B g¹ j Y¹ |
- c¹tKU teW⁹KvW⁹Ges e- , g¹v¹pvj thLv¹tb tmLv¹tb tdtj bv ti tL ht¹Z¹ v¹ m¹z e¹envi Ki tZ
 nte | GKB DcKiY A¹tbK eQi e¹envi Ki tZ nte |
- c¹tKU KwW⁹e¹envi i t¹Y¹t¹ mZ¹R _vKtZ nte | ch¹q¹utg mnR t¹_tK Kwv ka¹ m¹aj Z KwW⁹
 e¹envi K¹i vki t`¹ i tkLv¹Z nte (c¹tKU KwW⁹e¹envi Av¹t¹Q`¹ `¹oe¹: Av¹t¹Q`¹)|
- vki t`¹ i Lve¹t¹ i e¹vc¹t¹ gv¹qt¹ i m¹z thvM¹thvM K¹i vbu¹Z Ki tZ nte hv¹Z vki iv tKvb
 v¹ b Af¹ bv _v¹K |
- vki iv hv¹Z mKj Kv¹R Avb¹ L¹JR cvq thgb, cov¹tj Lv, tK¹ i Avmv hv¹l qv, tLj vaj v, Qov
 ej v, Mvb Mvl qv BZ¹ v¹ v¹el tq ukv¹Kv K m¹PZb _vKtZ nte | gv¹S gv¹S ukv¹Kv vki t`¹ i
 teov¹Z vbtq th¹Z cv¹i b |

WZiq Aa'vq
cW`vb cXWZ

cW cwi Kí bv 1.

(cTKU textW⁹KW⁹e`envi c'vj x)

W⁹K⁹V K⁹Rj x g⁹W⁹tj i W⁹V DcKiY t⁹TK 1 t⁹MU ev 1 bs e`v⁹Mi KW⁹tj v c⁹tg avtc avtc e`envi Kí teb|

1. 1g arc: (Q⁹ei tei Kiv tLj v)

c⁹g t⁹MU ev 1 bs e`v⁹M t⁹TK Q⁹ehj⁹ 10 W⁹ KW⁹W⁹K⁹V tKt⁹ i cTKU textW⁹m⁹Rtq W⁹kí t⁹ i ej tZ ej teb GB t⁹j v W⁹K⁹m⁹ W⁹K⁹m⁹ Q⁹ei | tKD ej te Avg, tKD eB, tKD ej BZ`w⁹ ej tZ vKte| Gi ci W⁹K⁹V mevBtK ej teb, GLb tZigiv teW⁹t⁹TK Q⁹ei Avbte Ges Zvi bvg ej te| mevi AvtM tK Avmte ? AtbtK nvZ Zj te Zvi ga` t⁹TK GKRbtK ej teb Zug Úej Ú Gi Q⁹eiUv tei Kti mevBtK t⁹Lvl tZv| W⁹kí W⁹DtV textW⁹P KrtQ hvte Ges Q⁹ei KW⁹tj vi w⁹FZi t⁹TK h⁹ Úej Úi Q⁹eiUv tei Kí tZ cvti Zvntj Ab`iv nvZZvj w⁹ t⁹q ej te ÚWK ntqtÚÚ| h⁹ fj nq Zvntj W⁹kí t⁹ i ga` t⁹TK Ab` tKD WK Kti t⁹ te | GLv⁹b W⁹K⁹V W⁹btR W⁹VK Q⁹ei tei Kti t⁹ teb bv| W⁹Zvb i ay⁹t⁹ Lteb W⁹kí iv W⁹Kfite KvR⁹U Kti | GKB c⁹q⁹vq W⁹K⁹V GtK GtK mKj W⁹kí t⁹KB w⁹ t⁹q GB KW⁹ei Kiv Ges t⁹Lv⁹bv KvR⁹U Kí teb| GLb c⁹kont⁹Q KZ⁹VY ev Kq⁹ b a⁹ti Pj te c⁹g avtci GB Kv⁹h⁹g? D⁹Ei nt⁹Q W⁹K⁹V hZ⁹VY ch⁹S-bv W⁹ÚZ nt⁹Qb th mKj W⁹kí GB Q⁹ei t⁹j vi bvg ej tZ cvitQ Ges Zv tei Kti Ab`t⁹ i t⁹Lv⁹Z cvitQ ZZ⁹VY ch⁹S-GB Q⁹ei t⁹ tL t⁹ tL k⁹ tei Kivi tLj v Pj tZ vKte|

1. 2q arc: (Q⁹ei t⁹ tL k⁹ tei Kiv)

WZiq avtci c⁹g W⁹K⁹V c⁹g t⁹MU ev 1 bs e`v⁹M t⁹TK Q⁹ei 10 W⁹ Kv⁹W⁹P cvkvcnk Q⁹ei Q⁹ov ev⁹K 10 W⁹ KW⁹(th Kv⁹W⁹GKB me k⁹ AvtQ Zte Q⁹ei t⁹bB) textW⁹thM Kí teb| Gevi W⁹K⁹V W⁹kí t⁹ i ga` t⁹TK AvtMí g⁹ZvB ej teb Ger⁹ti Avgiv AvtMí tLj vi m⁹t⁹ Ab` Avi | GK⁹U tLj v thM Kí teb| (tLj v ej v nt⁹Q GB Kv⁹ tY hv⁹Z W⁹kí iv e⁹stZ bv cvti Zv⁹ i cov⁹tj Lv tK⁹Lv⁹bv nt⁹Q| Zv⁹ i Kv⁹tQ thb g⁹tb nq tK⁹ Avm⁹tj tLj vi Rvq⁹Mv| tgvU K⁹v W⁹kí iv hv⁹Z Avb⁹ v⁹tK tm w⁹ Kuv tLqj ivL⁹tZ nte|) GB tLj vUv tLj tZ tK Avmte ? AtbtKB nvZ Zj te| Av⁹Qv Zug AvtM nvZ Ztj Q Zvntj Zug G⁹tmv | Zug ÚAv⁹Ú-Gi Q⁹eiUv tei Kti Avg⁹t⁹ i t⁹Lvl tZv| G ch⁹q W⁹kí W⁹ei m⁹aj Z ÚAv⁹Ú KW⁹Uv tei Kí tZ cvit⁹ Gevi W⁹K⁹V W⁹kí W⁹tK ej teb t⁹ tL⁹v⁹Zv W⁹btP thL⁹v⁹b Q⁹ei t⁹bB tmB KW⁹tj vi w⁹FZi ÚAv⁹Ú t⁹j Lv KW⁹Uv tei Kti tZ cvit⁹ W⁹kv| Gevi W⁹kí W⁹ei KW⁹Uv nv⁹Z W⁹btq textW⁹Svj v⁹bv me KW⁹tj vi t⁹FZi t⁹TK w⁹gv⁹ t⁹q w⁹gv⁹ t⁹q ÚAv⁹Ú t⁹j Lv KW⁹Uv tei Kti mKj tK t⁹ Lvte | W⁹VK ntj Ab`iv nvZZvj t⁹ te ev W⁹VK ntqtÚ ej te| (GB tLj vU⁹ZI c⁹g avtci gZ mKj W⁹kí i AskM⁹h⁹ W⁹ÚZ Kí tZ nte| W⁹K⁹V tLqj ivL⁹tZ nte tK⁹v W⁹kí thb ev` bv c⁹to hvq|) GBfite W⁹K⁹V GtK GtK me W⁹kí tK w⁹ t⁹q GB Q⁹ei Q⁹ov Kv⁹W⁹evQ⁹B Kiv tLj vU Kí teb | hZ⁹VY ch⁹S-mKj W⁹kí GK t⁹ Što GB KW⁹tj v tei Kti Avb⁹tZ bv cvti ZZ⁹VY ch⁹S-GB c⁹q⁹vq tLj v Pj tZ vKte| W⁹K⁹V K⁹VtQ h⁹ g⁹tb nq me W⁹kí Q⁹ei Q⁹ov GB KW⁹tj v W⁹VK W⁹VK W⁹btq ZteB W⁹Zvb c⁹ti i avc`i`i` Kí teb| (GLv⁹b g⁹tb ivL⁹tZ nte mgq tK⁹v e`v⁹cv⁹ bv, W⁹kí iv GK⁹ev Af`-ntq tM⁹tj c⁹ti L⁹e Af` mgtqi g⁹ta` W⁹ktL tdtj)|

1. 3q arc: (Q⁹ei Q⁹ovB k⁹ tei Kiv tLj v)

c⁹g Ges WZiq avtc W⁹kí iv hv Kti tQ GB avtc G⁹tm Zv GK⁹Uzci x⁹V Kti t⁹ Lv nte th W⁹kí iv W⁹VK W⁹VK gZ k⁹ t⁹j v W⁹btq W⁹K⁹v| ZZiq avtc G⁹tm cTKU textW⁹ay Q⁹ei Q⁹ov 10 W⁹ kt⁹ai KW⁹vKte Q⁹ehj⁹ KW⁹tj v⁹tK W⁹K⁹V teW⁹t⁹TK m⁹vi t⁹q t⁹dj teb| GLv⁹b W⁹K⁹V W⁹kí t⁹ i ej teb Gevi Avt⁹iv GK⁹ait⁹Yi tLj v Kí teb| tKD ej tZ cvit⁹ GLv⁹b W⁹K⁹ k⁹ t⁹j Lv AvtQ? W⁹kí t⁹ i g⁹ta` AtbtKB ej te eB AvtQ, tKD ej te ej Avevi tKD ej te Ni A⁹ev Ab` GKRb ej te Avg Gfite ej tZ vKte| GLb W⁹K⁹V c⁹g avtci g⁹tZ th AvtM nvZ Ztj tQ Zv⁹tK ej teb Zug Avg⁹t⁹ i GK⁹Uv RM k⁹Uv t⁹ Lvl | Ab`RbtK ej teb Zug ej , Avt⁹iv GKRbtK ej teb Avg tei Kti t⁹ Lvl | GBfite mKj W⁹kí tK w⁹ t⁹q ch⁹q⁹t⁹g

GB tLj wU Pj tZ _vKte| gtb ivLtz nte cZwU avtc GKB wbt`kKv c0hrR`| A_vp hZqY chS-
mKj wki i AskMhY wu0Z bv nt`Q ZZqY tLj wU Pj tZ _vKte|

1. 4_@avc (ka`Zwi i tLj v):

c0tg Qme mn l cti Qme Qrov KwWcwi nPuzi ci wkvjKv eYPAqi KwWq` tQ wki t` i ka`Zwi
tkLvteb| GB `#i B gj Z eYPAqi cni Pq NUte| cte`ctKU tefWq`h 10wU Kti Qme hY3/Qrov ka
c0k0 Kiv ntqQj Gevi tmB ka`_tj v wj LtZ th mKj eYPAqi i `i Kvi tm`_tj v c0g tmU ev 1
bs e`wM t`_tK tei Kti tmBme eYPAqi i KwWq`_tj v Gtj vtgtj v fite ctKU tefWq`mRtq t` teb,
thgb- g.i,K,e, B, Av, N, M, j , R, l Ges ` GB eYPAqi _tj v w` tQ cte`i avc`_tj vtZ th mKj ka
t` Lvfbv ntqtQ Zv tj Lv ev `Zwi Kiv hvq| GB avtc gj Z ka`Zwi i tLj wU Kiv nte| GB chq`q
wki t` i ga` t`_tK GKRbtK ej teb Qme Qrov KwWq`_tj vi wFzi t`_tK 0eB0 Gi KwWU tei Ktiv| tm
tei KitZ cvi te Kvi Y BwZcfe`G wbtQ AtbK ctKwUj m ntqtQ| Gici wkvjKv wki wUtk ej teb GB
0eB0 kawU Zng `Zwi Kti t` Lvl tZv| t` tLv wbtPi tQvU tQvU KvWp` gta` GB Aqi _tj v AvtQ | Gevi
wki AtbK`_tj v eYPAqi i KvWp` wFzi t`_tK 0eB0 eYq`ei Kite Ges `wU GKt Kti 0eB0 kawU
`Zwi Kite| Gt`q` t` wkvjKv wKQej teb bv| c0qvRtb ej tZ cvi b tKvUvi cvi b tKvUv emte |
wKs`wki tK KvRwU KitZ w` tZ nte| Gt`q` t` wki h` GKUztek mgq tbq Zey` ZvtKB KvRwU KitZ
w` tZ nte | Gfite chq`q`tg c0ZwU wki tK w` tQ tefWq` Lvfbv me`_tj v ka`Zwi KitZ nte |

1. 5g avc (eYPA bvg cni Pq):

GB `#i Gtm wkvjKv wki t` i KvWQ eYPA bvg cni Pq ej tZ cvi b| GLb cKantPQ wKfite Kiteb ?
eYPA, KwWq` tQ hLb ka`Zwi Kiv wki iv wL tLj v Zvi ci H eY`ev Qmei bvgwU wki tK tkLv tZ nte|
gtb ivLtz nte GB chS`wki t` i tK eYPAqi i bvg cni Pq ej v nqub| wki iv eYPA tbtQ Qme
wntmte| GLb mgq 0eB0 kawU `Zwi KitZ wki iv th th Aqi Qmei gZ wP tbtQ ev e`envi Kti tQ
tm`_tj vi bvg wki t` i KvWQ ej v|

GB chq`q wkvjKv 0eB0 eY`wU wki i `B nvtZ avi tQ w` tQ ej tZ cvi b Wwb nvtZ th Aqi wU
AvtQ Zvi bvg 0eB0 (wki ivl `B GKevi D`P`ti ej tZ cvi) Ges evg nvtZ av Aqi wU bvg 0B0|
GB fite wkvjKv chq`q`tg hLb th ka`Zwi Kiteb ZLb tmB ka`Zwi i eYPA bvg ej teb|

- GLvfb wkvjKv gtb ivLtz nte Avg iv wki t` i c0wU Z aviq tj Lvcov tkLv tZ Pw`Qbv|
ctKU tefWq`KwWq``envi i c0wU`_tj v avivewwKfite Abymi Y Kitj B GK mgq wki iv wktL
tdj te|

1. 60 avc (Bt`Q gZ ka`Zwi i tLj v):

GB avc wki t` i KvWQ Lp AvKI Bxq nte Kvi Y GLvfb wki iv Bt`Q gZ bZb bZb ka`Zwi KitZ ev
Ave`vi Kivi mthvM crte| c0g avtc th 10 wU ka` t` Lvfbv ntqQj tmB ka`_tj v `Zwi KitZ ev
wj LtZ th eYPA c0qvRb wki iv Zv 5g avtc tRtbtQ| GLb wki t` i t` Lv tZ nte th H eY`_tj v w` tQ
Bt`Q gZ AtbK ka`Zwi Kiv hvq, hv` i gta` tKvUvi nqtZv A`_nte tKvUvi Avevi tKv A`_nte
bv| ZvtZ tKv mgm`v tbB Kvi Y GB chv`q Gtm wki t` i gta` tKv wKQy Ave`vi Kivi ev bZb wKQy
m`oi Avb` t` qvi tPov Kiv nte|

wKfite GB KvRwU Kiv tjtZ cvi ? cni wPZ 10 wU ka`Zwi KitZ th 12 wU eYPA c0qvRb tm`_tj v
w` tQ wki t` i Bt`Q gZ ka`Zwi KitZ w` tZ nte| thgb eK kawU e Ges K eY` tQ `Zwi | GLb wki
h` c0tg K Ges cti e eY` q Zvntj GKwU bZb ka`Zwi ntj v 0Ke0, h` l Gi tKv A`_ntB|

Zte ZvZ K ? tm GKUv bZb kã ^Zni Kivi Avb> tcj | tZgub Kti Dj 12 u efYP mnvth
AvbK,tj v kã ^Zni Kiv thZ cvi | thgb- KB, Kg, j l , Rj , MR, Be, NB, AvK, RB, Ave, gi ,
UB, Bg, Avj , gj , Kj BZ`w | Aevi l ej v `i Kvi th me kãB th A_eYntZ nte Zvi tKub gvb
tbB Kvi Y GLvb Avgv` i Df`k` i aytKvb Aqti i Kx D`Pvi Y Ges Aqti Rto Kfvte kã ^Zni nq
tmB cãqv mvt_ kti` i cui Pq Kivbv |

GLvb KrvKvK gtb ivLZ nte Avgiv kti` i cPj Z avivq tj Lvcov tkLvZ PwQbv | ctkU tertW
KvW`envti i cãqv,tj v avivemKfvte Abmi Y Kiti B GK mgq kti iv kLte |
ctKU tertW`KvW`envti i GB chq cõg tmU ev 1 bs e`vMi avc,tj v tkli KrvKv WZxq tmU ev 2
bs e`vMi KvW`tj v vbtq KvW`envti i avc Abhvqx tLvj vi gva`tg eYvj v cui Pq ev cov tkLvi
KvRuU cui Pj bv Kiteb | Gfvte WZxq tmU ev 2 bs e`vMi KvW`tkl ntj chq,tg ZZxq, PZL,
cAg t`tk 13 Zg tmU ev e`vMi KvW`tj vi avc Abhvqx e`envti i gva`tg kti` i ebvj v ev
cotZ kLZ mnvZv Kiteb |

2. evK` ^Zni i tLj v:

bZb KQym` ev ^Zni i cãZ GB evK` %Zni i tLj v kti` i AvMhx Kti Zj tZ mnvqK fvgKv cvj b
Kti _vtK | GLvb KrvKvK gj Z tLqj ivLZ nte KLB t`tk wZb kti` i bZb bZb kã ev evK`
^Zni i tLj v Kiteb |

cõg, WZxq Ges ZZxq tmU ev e`v` i Kvt`j vi avc Abhvqx e`envi tkli aYv ev efYP KvW`tj v
GKt` tertW`Sij tq w` tq bZb bZb kã Ges KQymR mnR evK` ^Zni Kiti cvi teb | D`ni Y
ntmte thgb ej v thZ cvi (bZb ktãi t`t) evNgvgv, Kj wM, eBLvZv, cvKvKj v BZ`w | Aevi
evK` i t`t nZ cvi - Kgj AvZv LvB, Avgvi j vj QvZv, Avgvi eB, Avgvi ej BZ`w |
GB fvte bZb bZb tmU ev e`vMi KvW`tkl KrvKv cteP tmU ev efYP mvt_ bZb tmU ev eY`tj v
GKt` Kti bZb kã Ges Avtiv bZb bZb evK` ^Zni ev MVY Kiti cvi teb | thgb ZZxq tmU ev mvt_
PZL`tmU ev eY`tj v thM Kiti Avtiv th me kã ev evK` ^Zni Kiv thZ cvi tm,tj v ntj v: Zj cvL,
tej Zj v BZ`w | Ab`tk evK` nZ cvi - Avgiv gvQ LvB, Avgiv Avg LvB, tfov Nm LvB BZ`w
RvZxq evK` | GB cãqv KrvKv tkli tmU A_v` 13 Zg e`vMi eY`ev aYv e`envi Kiti kti` i evK`
^Zni i qjZv ev fvgv meKvki mthM Kiti w`tZ cvi b |

3. e`KteW`envi cãv x:

kvi eqtm tKvb KQyKitiZ cvi vi Avb> kti` i tPvL gjLB cãvk cvq | Avi tmB KvRuU hv` nq bZb
KQyA` Awe`vi Zvntj tZv K_vq tbB | KvRj x gvtj kti` i e`KteW` gva`tg KQytkLvbi
tPov Kiv nq; tmU gj Z: GK ai`bi Awe`vi | Awe`vi G Kvi tY th kti` iv hLb cõg LvZv Kj g vbtq
KQyAvKtZ tkL ZLb kti` evi evi GKB wRbm AvK Ges LvZvUv fti tdtj AvKvK w`tq? GLb
ckmt`Q tKb kti` iv GgbUv Kiti _vtK ? GKUv tLqj Kiti t` Lv hvq mel qv kti` i KvQ bZb | mv`v
GKUv KvM`Ri Dci Kj g (KvWi gZv KQyGKU) w`tq UvbvUvb Kiti KvM`Ri Dci GKUv wfbom`
dãU Dfv | hZ Uvte ZZB bZb bZb w`tã dãU DVte | kti` i KvQ GUV GK ai`bi Awe`vi Ges wfbv
gv`vi Avb> | kti` iv Avb> cvq etj B evi evi KvRuU Kiti _vtK | kti` i wbg` Avb> i K_v wetePbv
Kiti KvRj x gvtj e`KteW`etkl Zi Avbv ntqtQ | mavi Y` t` thgb GKUv e`KteW`_vtK KrvKv
ev kti` iv GtK GtK tertW`Gtm tj tL | wKs` ZvZ GK mvt_ tkLvi mthM tbB | wKs` KvRj x gvtj
e`KteW`vLv ntqtQ tKb` i wZb w` K w`ti hvZ KrvKv mn me kti` GKB mvt_ teW`envi KitiZ
cvi |

4. e`KteW` KvR:

cõg KrvKv PK UKiv tteb Ges mKj tK t` teb | Zvi ci KrvKv vbtR KQyAvKteb thgb GKUv
ti Lv | GBvi mKj tK Gfvte GKUv ti Lv AvKtZ ej teb | Ges KrvKv Nti Nti t` Lteb mevB wKgz
cvi tQ Kbv | th cvi tebv cãqvRtb ZvtK t` t` t` teb | Gfvte chq,tg mij ti Lv t`tk epti Lv,
i`b, wfbom`vi AvKteb Ges kti` i tkLteb | KrvKv GB AvKv AvKi mgq gtb ivLZ nte

uZub cUtgB ej teb br uKtmi One/ udmvi AvktQb| uKtmi One Avkteb Guv ukvKvi gtb gtb
_vKte| aiv hvK ukvKv GKUv Nti i One Avkteb| ukvKv uki t i ej teb tZvgiv Avg hv hv Kvi
ZvB ZvB Ktiv| cUtg uZub GKUv `vM w t j b| uki iv `vM w t j v| Zvi ci ukvKv Avtiv GKUv `vM
w t j b| uki ivl Kij v Avtiv GKUv `vM `vl | uki iv ZvB Kij v Gevi Gfite Avtiv GKUv `vM `vl |
Zvi ci Avtiv GKUv `vM | Gfite ukvKv GKUv Kti `vM w teb Ges uki ivl ZtK Abmi Y Ki te|
metkl `vMw t `evi ci hLb GKUv One ntq DVte ZLb uki iv `ZuZvite etj DVte Avcv Guv GKUv
Nti i One| tKbbv uki iv AvtM t tKB Ni ev Nti i One t tLq| th cxuZtZ Nti i One Avkv ntj v tmB
GKB cxuZ Abmi Y Kti ukvKv tvtW uki t i ebv v t j Lv tkLvteb| thgb ej ev eK Onei KvWp
gra tg oel aYbi mvt_ uki t i cwi Pq NtUq| GLb ukvKv cUtg uki t i GKUv `vM w t j ej teb
Ges uZub uotRi t teb cUg `vM N w Zixq `vM N ZZixq `vM N PZL e vM # GB PZL e vM t `evi mvt_
mvt_ uki iv etj emte Guv oel aYbi| tKbbv GB i Kg Onei bug oel Guv eK/eB One t uLq tLlevi
mgq uki t i ev ntq tQ| ukvKv KtK mKj mgq GBfite uki t i t j Lv tkLvZ nte| cUtg ukvKv
etj Z cvi tZb tZvgiv GKUv oel t j L| Avgiv Zv Kivb Ges Ki tev| bv| tKvb Ae vZB ukvKv
ej tZ cvi teb br Zug GKUv A/K t j L| ukvKv i aycxuz etj t teb uki ivB ej te uK t j Lv ntq tQ|
GB cxuZtZ ukvKv chqumtg Oemn KwW Ges ktai KwW kLv tvi ci ka `Zvi i chq avc avc
mKj eY t j Lv tkLvteb|

eKtvtW e ayeY t j vB tkLv tvi nte br | GKB cxuZ Abmi Y Kti mSL v t j Lv tkLvZ nte| thgb
1 OGK t j Lv tkLvZ nte| ukvKv uK Ki teb? ntZ cvi ukvKv cUtg GKUv i b w t j b o Zvi ci
GKUv epti Lv h p Kti 1 OGK t j Lv th tZ cvi | Gfite `B/ uZb/ Pvi ci ci me t j v mSL v t j Lv
tkLvZ nte|

5. Qov Ges Mf ej v tkLv tvi :
g v b v t j D t j uZ Qov t j vi ga t tK th Qov ukvKv u b e P b Ki teb AvR tK tkLv tvi Rb | tmB
Qov uZub gL - Ki teb AvtM t tKB Ges uki t i mvg t b uotR tR tvi tR tvi cW / Ave E Ki teb| cti
uki ivl Ave E Ki teb| Gfite evi evi cvi vi gra tg uki t i Qov tkLvteb| GKUv tkl ntj Ab u i i
Ki teb| tKvb Ae vZB uki t i mvg t b eB uotq t tL t tL cov hvteb| Mf ej vi t t t i GKB
u b q c h v r | ukvKv th Mf u uki t i t k v t v Z P v t m B M f u u Z u b e m o t Z f v t j v f i t e c t o e f S
t b t e b G e s u k i t i m v g t b u o t R i g t Z v K t i M f u e j t e b |

5. 1. uKfite ej teb/ i i" Ki teb :
cUtg ukvKv uki t i tK ej teb Pj GLb Avgiv Mf ej v tLj v Kvi | G tLj vi u b q u k ? t Z v g i v u K
tK D R t v ? u k i i v n w b v D E i t t e | t k v b G B t L j v i u b q n t Q t Z v g i v m K t j t M j n t q e t m v | A v i
A v g l e m o t Z v g r i i g v S L v t b | A Z : c i u k v K v Z v i M f e j v i i " K i t e b | A v R t K A v g t Z v g r i i
t K v b M f u t k v b t e v ? A v R t Z v g r i i O u b u b A v i e o r t j i K u M f u t k v b t e v | G i c i u k v K v u o t R i
g t Z v K t i M f u t k v b t e b u k i t i | u k v K v K t K M f e j v i m g q t L q j i v L t Z n t e , t h b m e u k i g t b v t h w M
w t q M f u t k v b | c o q v R t b M t i i g t a " u k i t i A s k M h Y K i t e b e v f b a M f m s p u s - c k a K t i |

6. AstKi j ovB: tLj vi u b q q:
cUtg KwW t j v f v t j f i t e u g u k t q (m v d j) w t Z n t e Z v i c i c o Z " K t L t j v q v t o i g v t S m g v b f i t e f v M
K t i e v t e t u w t Z n t e | t L t j v q v o i v K w W t j v u o t q u o t R i K v t Q D t e v K t i t i t L t t e | e U b K v i x i
e v g c v k t t K t L j u u i i " n t e | t h t L j u u i i " K i t e t m Z v i K v t W p t m U t t K D c t i i K w W D m e t q
(O e i u c v) t g t S t Z / t U e t j i v L t e G e s K w W t Z t h A s K (t h w - m e t q v M) t q v A v t Q Z v i D E i e j t e |
G f i t e c o Z " K t L t j v h v o G K U v K t i K w W D e r t e G e s A s t K i D E i e j t e | G f i t e m e v i K w W t q v n t j
h v i D E i i m S L u u m e t P t q e o n t e t m v b u t c t q h t e G e s K w W t j v u o t q u o t R i K v t W p u o t P B
i v L t e | t K v b t L t j v q v o f j D E i w t j c t i i R b m v K D E i w t q K w W t j v e v v b u u R t Z u o t Z
c v i t e |

ZZxq Aa"vq
m"te" GKir` tbi bgbr cW cui Kí br

g#Wj Kw 1

weiq	#Kb Ki#ev	#K DcKiY	#Kfite KvRuU Ki#eb	mgq
Kkj weibgq I wcuU	#ki#`i gta" cvi`úmi K tmšnv`°Mto #Zij v Ges #ki#`i Avcb Kti tbi qv		#k#Kv #K#`°G#mB me #ki#`i e"r°MZ #L#R Lei Ki#eb Kv#ivi kixi Lv#v #Kbv Zv Rv#eb #K #K Av#m#b #Kb Av#m#b Ab"iv ej #Z cvi# #Kbv? #Kvb #ki gb Lv#v Kti _vK#j Zvi #L#R tbi qv KvD#K KvD#K GKUzAv`i Kti #`l qv tgvU K_v #ki#`i Avcb Kti tbi qvi #Póv Kiv m"e ntj wcuU Ki#eb	5 mg.
c#KU Kw° e"emi	Q#ei g#Zv K#i e#sj v eY#j v #kLv#bv, #Lj vi Q#j #kLv#bv	KvRj x g#W#j D"weZ Q#em#n we#f#b#k#t#i Kw°Q#e Q#ov k#i#i Kw°k#i`Z#i Kw° l msL"vi Kw° BZ"w`	c#jg Q#e mn k#i#i Kw° #_#K c#g 10#U Kw°(Avg, Ni, gB, eB, eK, gM, ej, RM, `B) e#v#B Ki#eb Ges #ki#`i #K ej #Z ej #eb - ej #Z GL#v#b #K#mi #K#mi Q#e Av#Q ? mK#j #PrKvi #PP#v#P Kti ej #Z _vK#e eB, ej, Avg gM, l j, RM BZ"w` Gevi #k#Kv mKj #K P# K#i#Z ej #eb Ges ej #eb GB #Lj vq th mevi w#M nvZ Zj #e Zv#K WvKv n#e c#jg #K Avg#`i GKUv #e#j ió Q#e tei Kti #`Lv#e? A#b#KB nvZ Zj #e Zv#`i ga" #_#K th mevi Av#M nvZ Z#j #Q Zv#K WvK#eb GB#v#e c#Z#U Kv#W#P #K#T #ki #be#P#b Ki#eb G#v#e GKR#bi ci Ab" #ki#`i #`#q ch#q#j#g mKj #ki#`i` #`#q me_#j v Kw° tei Kivi KvR Ki#eb Q#ei Kw°k#i ntj Gi m#_	45 mg.

			<p>Qov Qov Kw[®]Zvi ci kā `Zni i Kw[®] t_q GKB c×iZtZ kā `Zni Kiv tkLvteb GKB c×iZtZ AsK tkLvtebvi Rb` msL`vi Kw[®] e`envi Ki teb GLvteb D_{tj} L` th ctKU tev[®]W[®] GB Kw[®]tj v GKB i[®] tb Ki tZ nte Ggb bv c_lZi[®] b 30 ugubU ch[®]- c_lKuUm Ki tZ nte </p>	
Qov ej v l tkLv	<p>iki t` i tK Avb_t` i gta` ti tL wKQy tkLvtebv Ges mvrnx Kti tZuj v me[®]vi iki i fvl vi weKvk mvab </p>	<p>KvRj x gtWj g`vbyvtj D_{tj} w-Z Qov Ges iki[®] K[®] v[®] vbxq c_luj Z th tKvb Qov tkLvteZ cvti b </p>	<p>iki[®] K[®] v[®] ce[®] tK QovU g_l -Kti Gtm iki t` i mvgtb tRvti tRvti ej teb Avi iki iv Zv D`Pvi Y Kti ej te iki[®] K[®] v[®] c_lg j vBb ej te iki iv cti ej te Gfvte evi evi etj etj tkLvteb </p>	30ug.
Mí ej v l Mvb Mvl qv	<p>iki t` i Avb_t` i gta` ti tL gj`teva tkLvtebvi cvkvcnk fvl vi weKvk </p>	<p>g`vbyvtj D_{tj} w-Z Mí t_j v Ges Ab` thtKvb Mí n_tZ cvti th t_j vi wFZi b_lWZ_v AvtQ </p>	<p>Qovi gtZv ce[®] tK iki[®] K[®] v[®] Mí U AvqZj Kti vbtRi gtZv Kti iki t` i vbtq etm `v`x, vbx_t` i gtZv Kti Mí etj tkLvteb </p>	
evBti tLj v	<p>m_y` t` n, m_y` gb; Avi m_y` t` n MVtb tLj vaj vi figKv A_tbK eo </p>	<p>vbxqfvte msM_lnZ DcKiY thgb- ej , e`vU, Kw BZ`w`</p>	<p>iki[®] K[®] v[®] Dcv`Z t` tK GK GK_l b GK GKU tLj v Kivteb `woqv[®]Uv, tMj v[®]U, ej , KtKU, tPvi cvj k BZ`w` </p>	25 ug.
e [®] KteW [®] e`envi	<p>tKvb wKQy AvktZ tkLvtebv Ges eY[®]vj v wj LtZ tkLvtebv </p>	<p>e[®]KteW[®]PK, Wv÷vi</p>	<p>mKj iki tK PK I Wv÷vi t`evi ci iki[®] K[®] v[®] vbtRi PK I Wv÷vi vteb Zvi ci c_lg i[®] tK hv L_{jk} Zv AvktZ ej teb Gici iki[®] K[®] v[®] wKQy vbxq[®]Z mel q AvktZ ej teb Ges vbtR Avkteb Zv t` tL iki iv Avkte </p>	30ug.
wFZti tLj v	<p>iki[®] vi m_t_ tLj v Ges Avb_t` i v[®]eo m_uK[®] t_qt_q cvi `úvi K mnbkxj g_tbv[®]ve `Zvi tZ `j exfvte tLj v A_tbK eo figKv i v_tL </p>	<p>vbxq msM_lnZ w[®]fv[®]oe DcKiY thgb, tZZj emP, cvj BZ`w` m_{ae} ntj tj tMv, mvcj W_y(msM_lnZ thtKvb tLj bv)</p>	<p>iki[®] K[®] v[®] mKj iki tK tW_tK ej tZ cvti b GLb Argiv mevB wgtj tLj tev Gici iki[®] K[®] v[®] tK_t`[®]th th tLj vi DcKiY AvtQ Zv iki t` i g_tS f_vM Kti t` teb Ges vbtR N_{ji} N_{ji} t` tLteb tK wK Ki tQ?</p>	30ug.
Lvl qv `vl qv	<p>wKQy cv_li</p>	<p>c_lZi[®] b GKRb Kti</p>	<p>GLvteb iki[®] K[®] v[®] tKvb figKv</p>	30 ug.

<p>I vekitg</p>	<p>thwMvb, cvkvcnk tK`U#K wki f`i KvQ AvKI qxq Kti tZij v wki eqm t_#K tbZtZj _bvej x mptZ mrvqZv Kiv</p>	<p>wki i gv tKf`i mKj wki i Rb` Zui mvg_® Abhvqx wKQyLlevi emro t_#K ivbKti wbq tKf`Avnteb Ges mKj wki tK Lvl qvteb (meRx wLPro)</p>	<p>tbB wZwb`i aycqRbxq KvRi K_v ej teb Gtqf# c#vb fvgKv ivLte th wki i gv Llevi w`q tmB wki w tmB wki tmr`b mevi Z`vi wK Ki te mKtj Llevi tctj v wKbv mevBtK f`evi ci tm wtr Llevi tbte tmr`b tmB wki w Kvm K`vtpb nte </p>	
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PZL®Aa`vq
c#vj Z Qov

1
kkv Avi Kj v Lvl
Lvl cvKv Avg,
Avbvi m Wve AvZv
Avi Kvj Rvg|

2
KvP KvP Myj fiv
wLj &wLj &rvvm-
Avgv eoB fij evm!

3
ZvB ZvB ZvB
gvgv emv hvB,
gvgv w`j `pa fivZ
`pvti efm LvB,
gvgv Gj wQc wbtq
gvQ ai tZ hvB|

4
wnsn gkvB, wnsn gkvB
gvsm hv` Pvl ,
i vRnsn t`tev tLtz
wnsmv ftj hv|

5
LkivYx, LkivYx
KiQ Zvg wK ?
GB t`L bv, tKgb Avgv
Qve GtKiQ|

6
Pv` DtvvQ dj dtUvQ
K`g Zj vq tK ?
nviZ bvPvQ tNvov bvPvQ
tmvbgwYi te|

7
ZwZi emv
e`vt0i evmv
tKvj v e`vt0i Qv|
Lvq `vq

Mvb Mvq-
ZvB ti- bvB ti bv|

8
tbvUb tbvUb cvqiv,wj tSvUb tetatQ
l cvti tZ tQvj tqtq bvBtZ tbtgtQ|
`B avti `B i`B KvZj v tftm DtvvQ,
tK t`tLtvQ, tK t`tLtvQ ? `v`v t`tLtvQ
`v`vi nvtZ Kj g wQj Qto tgti tQ-
Dt, eC tj tMtvQ!

9
AvZv MvtQ tZvZvcwL
Wwvj g MvtQ gD,
GZ WwvK ZeyK_v
KI bv tKb eD?

10
Avq Avq Pv` gvgv wJc w`tq hv,
Pvt` i Kcvvj Pv` wJc w`tq hv !
gvQ KvUvj gvtov t`e,
avb fivbtj Kltov t`e,
Kvtj v tMvi`i `pa t`e,
`pa Lvevi emU t`eN
tmvbi _vtj fvZ t`e,
Pvt` i Kcvvj Pv`
wJc w`tq hv,
tmvbi Kcvvj Avgvi
wJc w`tq hv|

11
nvi vatbi `kwU tQvj
tNvti cvovgq,
GKwU tKv_v nvi tQ tmj
i Bj emK bq|
nvi vatbi bqU tQvj
KvUvZ tmj Kw,
GKwU tKtU `wLvb nj
i Bj emK AvU|
nvi vatbi AvUwU tQvj

emĵ v tLĵZ fvZ,
GKĵi ĵcU tdĵU tMĵ
i Bj emK mvZ |

nvivaĵbi mvZĵU tQĵj
tMĵ Rj vavi
GKĵU tm_vq Wĵi gĵj
i Bj emK Qq |

nvivaĵbi QqĵU tQĵj
PĵoĵZ tMĵ MvQ,
GKĵU gĵj ĵcQĵj cĵo
i Bj emK cuP |

nvivaĵbi cuPĵU tQĵj
tMĵ eĵbi avi,
GKĵU tMĵ evĵNi tcĵU
i Bj emK Pvi |

nvivaĵbi PviĵU tQĵj
bvĵP wab&wab&
GKĵU gĵj AvQro tLĵq
i Bj emK ŵZb |

nvivaĵbi ŵZbĵU tQĵj
aiĵZ tMĵ i "B,
GKĵU tLĵj tevqvj gvĵQ
i Bj emK `ĵ |

nvivaĵbi `ĵĵU tQĵj
gviĵZ tMĵ tFK,
GKĵU gĵj mĵci ĵetĵ
i Bj emK GK |

nvivaĵbi GKĵU tQĵj
Kĵĵ` tFD tFD
gĵbi `ĵĵL eĵb tMĵ
i Bj bv Avi tKD |

ereĵvg mvcĵo
mĵKgvi ivq

ereĵvg mvcĵo,
tKv_v hvm evcĵi?
Avq eĵev t`ĵL hv
`ĵUv mvc tiĵL hvŵ
th mĵci tPvL tbB,
ĵks tbB, tbvL tbB
tQĵU bv ĵK nĵU bv,
KvDĵK th KvĵU bv,
Kĵi bvĵKv tĵum&ĵum&
gvĵi bvĵKv XĵKXĵk&
tbB tKvĵbv DrcvZ,
Lvq i ay`ĵ fvZ,
tmB mvc R`vš-
tMvUv `ĵ AvbZ !
tĵto tgĵi WvĒv
K'ĵi ĵ B VvĒv |

13
Kvbv eMx
LvB gĵv=ĵ gCbĵi xb

H t` Lv hvq Zvj MvQ
H Avgrĵ` i Mu
H LvĵĵZ evm Kĵi
KvbreMxi Qv
I eMx ZB LvmmK
cvšv-fvZ Pvm ĵK?
cvšv-Avng PvB bv
cĵU gvQ cvB bv
GKUv hv` cvB
I gvĵ aĵi Mvĵĵn ,cĵn LvB |

KueZv

tgwZnej

i eð`bv_ VvKi

bvg Zvi tgwZnej, eð `t Rj ,
num_wj tftm tftm Kti tKvj vnj |
cutK tPtq_vtK eK, wPj Dto Ptj ,
gvQivOv Sc Kti cto Gtm Rtj |
tn_v trv_v WwOv RvM Nvm w`tq XvKv,
gvfS gvfS Rj avi v Ptj AvKvevKv |
tKv_vl ev avbt¶Z Rtj Avtav tWvev,
Zvni Őcti tiv` cto, wKev Zvi tkvfv |
wWwO Pto Avtm Pvl x, tKtU j q avb,
tej v tMtj Mtq tdti tMtq mwi Mvb |
tgvL wbtq cvi nq ivLvtj i tQtj ,
evtk evav Ryj wbtq gvQ ati tRtj |
tgN Ptj tftm tftm AvKvtki Mvq,
Nb tkI j vi `j Rtj tftm hvq |

Zvj MvQ

i eð`bv_ VvKi

Zvj MvQ GK cvtq `wotq
me MvQ Qwotq
DwK grti AvKvtk |
gfb mva, Kvj v tgN dtjo hvq
GtKevti Dto hvq;
tKv_v cvte cvLv tm ?
ZvB tZv tm wK Zvi gv_vtZ
tMvj tMvj cvZvtZ
B`QwU tqtj Zv,
gfb gfb frte, epS Wwv GB,
Dto thtZ gvbr tbB
emvLvb tdtj Zvi |

mvi w`b Si Si _I i
Kvtc cvZv-cEi ,
I to thb frte I ,
gfb gfb AvKvtktZ temotq
Zvi vt` i Gwotq
thb tKv_v hvte I |
Zvi cti nvl qv thB tbtg hvq,
cvZv-Kvcv t_tg hvq,
tdti Zvi gbU-

thB frte, gv th nq gwU Zvi
fvjt v j vtM Avi evi
cw_exi tKvYU |

tLvKvi mva
KvRx bRi*j Bmj vg

Avig ne mKvj tej vi cvl
mevi AvtM Kmg etM
DVe Avig WwK|
mjh` gvgv RvMvi AvtM
DVe Avig tRtM|
nqib mKvj Ngvl GLb
gv ej teb ti tM
ej tev Avig Avj tm tqtq
Njgtq Zng _vtKv
nqib mKvj ZvB etj wK
mKvj nte brtKv|
Avgi v hr` bv RvM gv
tKgtb mKvj nte ?
tZvgvi tQtj DVtj gvtMv
ivZ tcvrte Zte|

gvgvi eno
Rmvg D` &xb

Avq tQtj iv, Avq tqtq iv,
dj Zj tZ hvB,
dtj i gvj v Mj vq w` tq
gvgvi eno hvB|
gvgvi eno cjt`cKj
Mj vq Mj vq Rj ,
Gcvi ntZ l cvi wMtq
brtP tXD Gi `j |
w` tb tm_v Njgtq _vtK
jvj kvj tKi dj
ivtZi tej v Put` i mtb
tnm bv cvq Kj |
AvgNkivtj i etbi avti
gvgvNemoi Ni ,
AvKvk ntZ tRvQbvNkmg
Sti gv_vio ci |
ivtZi tej v tRvbk Rjt
enkNemvrtbi Orq,
wkgj MvtQi kvLvq etm
tfti i cvl Mvq|
Stoi w` tb gvgvi t` tk Avg KtovtZ mj
cvKv Rvtgi kvLvq DvW
i wzb Kvi gt_|
Kw` Nfi v tLRj MvtQ
cvKv tLRj t` vtj ,
tQtj tqtq, Avq QtU hvB

gvvvi t`tk Ptj |
KvRi tj vK
beK® fÆvPvh®

ØtgšgmQ tgšgmQ
tKv_v hvI bvp0 bvp0
`novI bv GKevi fvB|0
ØI B dj dšU ešb,
hvB gayAvni šY
`movevi mgq tZv bvB|0

ØtQvU cvIL, tQvU cvIL,
wKvP-wvP WvK WvK0
tKv_v hvI, ešj hvI i'nb?0
ØGLb bv K0e K_v,
AvnbqvmQ Z.Y.j Zv
Avcbvi evmv AvšM ešb|0

Øvccvuj Kv, wccvuj Kv,
`j -ej Qvno GKv
tKv_v hvI, hvI fvB evj |0
ØkxšZi mÅq PvB,
Lv` LjRšZvQ ZvB,
Qq cvq wvj wvj Pvj |0

Mvb
wki wkvjv mšpš-c0q me Mtel YvšZB t`Lv tMtQ th wki iv fveZB Mtšbi c0Z AvK0 nq| Mtšbi mj,
K_v, Q` Zv` i gšb mnšRB tMt_hvq Ges Zv` i Mvb MvBevi GKUv mnRvZ c0YZv Gi ga` w šq
tevi šq Avšm| ZvB wki wkvjv tKš` wki t` i gšbšhM I AvKI š aš i vLšZ `wK cvWšq AšZ:
wKQšv mgq Mvb MvI qv I tKvI Rb` eiv` ivLv fvšj v| wki iv AšbK mgq evm0šZB gvšLv v-bvbx-
`v` xi KvQ t`šK Mvb wktL_všK ZvB c0gv šK Zv` i KvQ t`šK tmBme Mvb tkvbi tP0v Kiv ntj
AšbK mgq fvšj v dj cvI qv hvq| tevki fvm všbB t`Lv tMtQ th wki iv mgeqmx mv_x` i `švš-
Abvni Y Ki šZ fvj evšm| ZvB wkvjv Kiv tP0v Kš i t`Lšb tKš` Ggb tKvšv wki AvšQ wKbv th ev hvI v
`ZšZšvte Mvb tkvšvZ c0Z| Gfvte Mvb tkLvšv mš cvZ Kiv hvq| wšP KšqKw c0vj Z Mtšbi
K_v Zšj t`qv ntj v|

(1)

Avvvi tmvbi evsj v, Avv tZvqv fvj evm \
wPiv b tZvvi AvKv, tZvvi evZv, Avvvi c0Y evRvq evk \
I gv, dv šb tZvi Avšgi ešb N0šY cvMj Kš i,
gvi nvq, nvq ti š
I gv, AN0šb tZvi fiv tššZ Avv Kx t`šL0 gaj nvm \

Kx tkvfv, Kx Qvqv tMv, Kx š0n, Kx gvqv tMvš
Kx Avšj wQvšq ešU i gšj, b`xi Kšj Kšj \
gv, tZvi gšLi evYx Avvvi Kvšb j všM mšvi gšZv,
gvi nvq, nvq ti š
gv, tZvi e`bLvb gvj b ntj, I gv, Avv bqšRšj fvm \

i eð`bv_ VvKi

(2)

Avgvi fvBtqi i t³ ivOvtbv GKtk tde*qvix

Avgv mK fjj tZ cwi |

tQtj nviv kZ gvtqi Akð Siv G tde*qvix

Avgv mK fjj tZ cwi |

Avgvi tmbvvi t`tki i t³ ivOvtbv tde*qvix

Avgv mK fjj tZ cwi |

Avāj Mdbvvi tPšajix

(5)

ab artb` cř®ú fiv Avgv` i GB emjiv

Zrvvi gvtS AvtQ t`k GK mKj t`tki tmiv

tm th `caw` tã`Zix tm th `šZ v` tã` tNivN

Ggb t`k vJ tKv_vl LjR cřte bvtKv Zvg

mKj t`tki ivYx tm th Avgvi Rbřfvg \

fvtqi gvtqi GZ tøn tKv_vq tMtj cřte tKn

I gv tZvgvi PiY` vJ etř Avgvi ami ,

Avgvi GB t`tk tZ Rbř thb GB t`tk tZ gvi |

Ggb t`k vJ tKv_vl LjR cřte bvtKv Zvg

mKj t`tki ivYx tm th Avgvi Rbřfvg \

v` tR` j vj ivq

(6)

tgtNi tKvtj tiv` tntmtQ

ev` j tMtQ UvJ

AvR Avgv` i QvJ I fvB

AvR Avgv` i QvJ

mK Kvi AvR třte bv cvB

c_ nvi tã` tKvb etb hvB

tKvb gvtV th QvJ teovB

mKj tQtj RvJ

AvR Avgv` i QvJ I fvB

AvR Avgv` i QvJ \

i eð`bv_ VvKi

(7)

Pj &Pj &Pj &

EaY®MMtb evřR gv` j

mbtæ DZj v ai Yx Zj

Ai`Y cřZi Zi`Y` j

Pj ti &Pj ti &Pj &\

Elvi `gvti nvmb AvNvZ

Avgiv Ambe ivOv cřvZ

Avgi v UbJe wZugi ivZ

evavi weÜvPj &

Pj ti & Pj ti & Pj &

KvRx bRi"j Bmj vg

Mí msKj b

wbtpi Mí ,tj v ubePb Kiv ntqtQ KvRj x tKb`*wki` i cQb` i wfwÉtZ | Mí ,tj v cÚtgB wki` i cto br` i wbtq wkwq|Kv hw` wbtR cto wbtq Zvici wki` i Zvt` i gZv Kti etj b ZteB mefPtq frtjv nq| G ,tj v Qrov wbtRi Rvbw i wki` i cQ` gZ Ab`Mí i tkvbtZ cvti b| cÚgw` tK GZ tQvU wki` i gtbvthwM ati ivLv GKUzAmjea nq| wKŠ` kxNB Gi cwi eZB NtU|

UbUmb Avi bwctZi K_v

UbUmb wMtqQj te_b cvZvq efm bvPtZ | bvPtZ bvPtZ tLj te_b Kuvvi tLwPv | ZvB t_tK Zvi nj g-- eo tdvov |

I gv, Kx nte ? GZ eo tdvov Kx Kti mvi te ?

UbUmb GtK wRtAm Kti , ZvtK wRtAm Kti | mevB ejj , 0i Uv bwcz w`tq KvwUtg tdtjv | 0

ZvB UbUmb bwctZi KvQ wMtq ejj , 0bwcz`v`v , bwcz`v`v , Avgi tdvovUv tKtU`vi bv! 0

bwcz Zvi K_v i`tb Nvo temKtq bvK wmlwKtq ejj , 0Bm! Awg ivRvtK KvgvB , Awg tZvi tdvov

KvUtz tMj g Avi Kx! 0

UbUmb ejj , 0Av`Qv t`Ltz cvte GLb , tdvov KvUtz hvI wK bv | 0

etj tm ivRvi KvQ wMtq bwj k Ki j , 0ivRvgkvB , Avcbvi bwcz tKb Avgi tdvov tKtU`w`f`Q bv ?

I tK mvrw w`tz nte! 0

i`tb ivRvgkvB trv trv Kti nvtj b , weQvbwq MovMwo w`tj b , bwcz tK wKQvej tj b bv | ZvtZ , UbUmbi

fvix ivM nj | tm Bti i KvQ wMtq ejj , 0Bti y fvB , Bti y fvB , ewo AvQ ? 0

Bti y ejj , 0tK fvB ? UmbfvB ? Gtmv fvB ! etmv fvB ! LvU tctZ w`B , fvZ tefo w`B , Lvte fvB ? 0

UbUmb ejj , 0Zte fvZ LvB , hw` GK KvR Kti v | 0

Bti y ejj , 0Kx KvR ? 0

UbUmb ejj , 0ivRvgkvB hLb Nggtq _vKteb , ZLb wMtq Zvi fjoUv tKtU`dtUv Kti w`tz nte | 0

Zv i`tb Bti wRf tKtU`Kvrb nvZ w`tq ejj , 0I ti evcti ! Awg Zv cvi e bv | 0

ZvtZ UbUmb ivM Kti wevtj i KvQ wMtq ejj , 0weovj fvB , weovj fvB , ewo AvQ ? 0

weovj ejj , 0tK fvB ? UmbfvB ? Gtmv fvB ! etmv fvB ! LvU tctZ w`B , fvZ tefo w`B , Lvte fvB ? 0

UbUmb ejj , 0Zte LvZ LvB , hw` Bti y gvti v | 0

weovj ejj , 0GLb Awg Bti y NwU`y gvi tZ thtZ cvi e bv , Avgi eC Ng tctqtQ | 0

i`tb UbUmb ivtMi fti j wVi KvQ wMtq ejj , 0j wV fvB , j wV fvB , ewo ? 0

j wV ejj , 0tK fvB ? UmbfvB ? Gtmv fvB ! etmv fvB ! LvU tctZ w`B , fvZ tefo w`B , Lvte fvB ? 0

UbUmb ejj , 0Zte LvZ LvB , hw` weovj V`vOv | 0

j wV ejj , 0weovj Avgi Kx Kti tQ th Awg ZvtK V`vOvtZ hve ? Awg Zv cvi e bv | 0

ZLb UbUmb Av`tbi KvQ wMtq ejj , 0Av`b fvB , Av`b fvB , ewo AvQ ? 0

Av`b ejj , 0tK fvB ? UmbfvB ? Gtmv fvB ! etmv fvB ! LvU tctZ w`B , fvZ tefo w`B , Lvte fvB ? 0

UbUmb ejj , 0Zte LvZ LvB , hw` Zvg j wV tcvov | 0

Av`b ejj , 0AvR tXi wRnbm cwtqQ , AvR Avi wKQvtcvovtZ cvi e bv | 0

ZvtZ UbUmb ZvtK Lp etK , mvMt i KvQ wMtq ejj , 0mvMi fvB , mvMi fvB , ewo AvQ ? 0

mvMi ejj , 0tK fvB ? UmbfvB ? Gtmv fvB ! etmv fvB ! LvU tctZ w`B , fvZ tefo w`B , Lvte fvB ? 0

UbUmb ejj , 0Zte LvZ LvB , hw` Zvg Av`b wber | 0

mvMi ejj , 0Awg Zv cvi e bv | 0

ZLb UbUmb nvzi KvQ wMtq ejj , 0nvz fvB , nvz fvB , ewo AvQ ? 0

nvz ejj , 0tK fvB ? UmbfvB ? Gtmv fvB ! etmv fvB ! LvU tctZ w`B , fvZ tefo w`B , Lvte fvB ? 0

UbUmb ejj , 0Zte LvZ LvB , hw` mvMt i Rj me tLtg tdtjv | 0

nvz ejj , 0AZ Rj tLtz cvi e bv , Avgi tCU tdtU hvte | 0

tKD Zvi K_v i'bj bv t`tL UbUmb tktl gkvi KvQ tMj | gkv `t t_tK ZvtK t`tLB ej j , OtK fvB ?
UobfvB ? Gtmv fvB ! etmv fvB ! LvU tctZ w`B, fvZ teto w`B, Lvte fvB ?
UbUmb ej j , Otte LvZ LvB, hw` nmZtK Kvgovl |
gkv ej j , Otm Avevi GKUv K_v ! GLyb hw`Q ! t` Le nmZ e`vUvi KZ k³ Pvgov!0 etj , tm mKj
t`tki mKj gkvK tWtK ej j , OtZviv Avq tZv ti fvB, t`wL nmZ e`vUvi KZ k³ Pvgov!0 Agub wcb-
wcb-wcb-wcb Kti hZ ivR`i gkv, erc e`vUv fvB eUzgtj nmZtK KvgovtZ Pj j | gkvq AvKvk tQtq
tMj , mh`XtK tMj | Zvt` i cvLvi nvl qvq So eBtZ j wMj | wcb-wcb-wcb-wcb fqvbK ka` i`tb
mKtj i cOY tKtC DVj | ZLbN
nmZ etj , mVMi i`m !
mVMi etj , Av_b tbevB !
Av_b etj , j wV tcvovB !
j wV etj , weovj V`vOvB !
Bij etj , ivRvi fpo Kvu !
ivRv etj , bvtZ e`vUvi gv_v Kvu !
bmcZ nvZ tRvo Kti KuctZ KuctZ ej j , Oitq Ktiv, Umb`v`v ! Gtmv tZvgvi tcvov Kvu |
Zvi ci UbUmbi tcvov tmti tMj , Avi tm fvix Ljk ntq Avevi bvtZ Avi MbTz j wMj N UbUv Ub Ub
Ub! taB taB!

evN gvgv Avi wkvj fVMtb

wkvj fvte,levNgvgv, `wovl tZvgvK t`LwQ!0 GLb tm Avi bi nmi `vtmi ftq Zvi cvtbtv MtZ`hvq
bv,
tm GKUv bZb MZ`LjR evi Kti tQ |
tmB MtZ` KvQ GKUv Ktqv wQj |
GKw` b wkvj b`xi artl GKUv gv`j t`Lz tctq tmUvtK tUtb Zvi emotZ wbtq Gj | Gtb, tmB
Ktqvi gLl Dci ZvtK tek Kti weQtq evNtK, Ogvgv, Avgvi bZb emo t`Lz tMj bv ?
i`tb evN ZLbB Zvi bZb emo t`Lz Gj | wkvj ZvtK tmB Ktqvi gLl weQv gv`j Uv t`wLq ej j ,
Ogvgv, GKUzetmv, Rj Llevi Lvte |
Rj Lveti i K_v i`tb evN fvix Ljk ntq, j wctq tmB gv`ji i Dci emtZ tMj , Avi Agub tm Ktqvi
wFzt i cto tMj |
ZLb wkvj ej j , Ogvgv, Lp Kti Rj Lvl , GKUv ti tLv bv thb!0
tmB Ktqvi wFzt i wKs`tenk Rj wQj bv, ZvB evN ZvtZ Wte gvi v hvqub | tm AvtM LpB fq tctqvQj ,
wKs`tktl AtbK Kto Dv Gj | DvVB tm ej j , OtKv_vq tMj ti wkvj i er`Pv ? `wov tZvtK
t`LwQ!0 wKs`wkvj Zvi AvtMB cvj tq wMtvQj , ZvtK wKQfZB LjR cvl qv tMj bv |
Zvi ci t_tK evtNi ftq wkvj Avi Zvi emotZl AvmtZ cvq bv, Llevi LjRtZl thtZ cvti bv | `t
t_tK t`Lz tctj B evN ZvtK gvi tZ Avtm | tePmi bv tLq bv tLq tktl Avagiv ntq tMj |
ZLb tm fviej , OGgb ntj tZv gti B hie | Zvi tPtq evN gvgvi KvQ hvB bv tKb? t`wL hw` ZvtK Ljk
KtZ cwi |
GB gtb Kti tm evtNi mtz t`Lv KtZ tMj | evtNi emoi t_tK AtbK `fi B_vKtZB tm Lwv bg`vi
KtQ Avi ej tQ, Ogvgv, gvgv!0
i`tb evN AvO`h`ntq ej j , OtZv tZv, wkvj th!0
wkvj Agub QfU Gtm`fnvZ Zvi cvtqi atj v wbtq ej j , Ogvgv, AvgtK LjRtZ wMtv tZvgvi eo Kó
nr`Qj ,
t`tL Avgvi Kvbe`cwr`Qj | gvgv, Avq tZvgvK eC fvtj vevm, ZvB Gtmv | Avi Kó Kti LjRtZ nte
bv, Nti etmB AvgtK gvtiv!0
wkvj i K_v evN tZv fvix _ZgZ tLq tMj | tm ZvtK gvi j bv, Lwv agvKtq ej j , OnZfVw cvr,
AvgtK Ktqv tdtj w`tqv tKb ?

mkqj RF tktu kvb nvz w`tq ej j , 0uQ, uQ! tZvgtK Avng Ktqvq tdj tZ cwi ? tmLvbKvi gnu
eC bi g uQj , Zvi Dci Zng j wdtq ctouQj , ZvB MtZ`ntq mltqouQj | tZvgti gtZv exi mK gvgv Avi
tKv_vl AvtQ ?0

Zv i`tb tevkv evN tntm ej j , Oniiv niiv fivMtb, tm K_v wK | Avng ZLb eStZ cwi mb |0

Ggub Kti Zvt`i Avevi fve ntq tMj |

Zvici GKw`b mkqj b`xi avti wltq t`Lj th, vek nvZ j =f GKUv Kugi WwOvq Dtv tiv` tcvqt`Q |

ZLb tm ZrovZvno QfU wltq evNtK ej j , Ogvgv, gvgv, GKUv tbtKv mktbuQ, t`Ltev Gtmv |

tevkv evN Gtm tmB Kugi UvtK miz` miz` tbtKv gtb Kti j wdtq Zvi Dci DVtZ tMj , Avi Agub

Kugi ZvtK Kvgto ati Rtj wltq bvgj |

Zv t`tL mkqj bvPtZ bvPtZ evno Ptj tMj |

KvK tkqvj

GKw`b GK KvK GKLE gism wbtq mte MvtQi Wvtj Gtm etmtQ | Ggb mgq GK tkqvj MvOZvj vq
Dcv`Z nj |

KvtKi gtl gism t`Ltz tctq tkqvj i wRte Rj Gtm tMj | tm fvetZ j vMj , I B tKvtj v KtPOZ

KvKuv Agb gysmlv Lvte Avi Avng Zj vq etm t`Le ? th Kti tnvK I B gysmlv AvgtK evMvtZ nte |

GB tftte tkqvj KvKtK i wbtq wbtRi gtbB ej tZ j vMj , Avnv Kx my`i cvL | Agb tPvL, Agb tVvU

Avi is tZv KLtbr t`wLub | Avnv! tPvL thb tdivtZ cvi uQ bv |

GKUvY Pz Kti t`tK tkqvj Avevi Avcb gtb ej tZ j vMj , cvLuv tZv GKevi I Mvb Kij bv | Avnv
ti ! Agb cvLuv tava nq tevev, Mvb KitzB cvti bv |

KvK MvtQi Wvtj etm tkqvj i me K_vB i btz tcj | tkqvj i gtl wbtRi ifci clksmv i`tb Zvi gb

Avnv` WMgM | wKs`tkqvj ZvtK tevev fvetQ GK_vUv Zvi tgvUB fuj j vMj bv | tm fvej , Mj vi t`

i wbtq tkqvj tK AevK Kti t`te |

GB tftte tevkv KvK ZLbB Kv-Kv- ktã twtK DVj | Avi thB bv WvKv m½ m½ tVvtUi duK t`tK

gystmi UKtvi wbtP |

aZ`tkqvj GB mthvM Mi Atc`vZB uQj | tPvtLi cj tK gystmi UKtvi uJ j`d wbj | Zvici tLtz tLtz

tmLvb t`tK Ptj tMj | KvtKi w`tK wdti I ZvKvj bv |

bvZK_v: wbtRi clksmv i`tb Avnv Z ntZ tbb |

cvnoZ wmsn

GK wmsn eqtmi fvti LpB`p` ntq ctouQj | wK fvte nuUvPj vl Kitz cvi Z bv | dtj wKvi ati
Avnvi Kiv Zvi GKIKg eU ntqB tMj |

cviktyl Kitz nte bv Avevi tctui wlt` I wgtte GB Dti`tk` wmsn ZLb GKUv du` wK Kij | kixi

LpB Amy`NbovPov Kitz cvi tQ bvNGB LeiUv etb cPvi Kti w`tq tm Zvi ,nvi GKtKvY NvcuJ

tgti i Bj |

GLb, wmsn ci ivR etj K_v | tm Amy`ntq ,nvq cto AvtQ! etbi ci iv LeiUv i btz tctqB GtK

GtK ZvtK t`Ltz AvmtZ j vMj |

ci iv tZv Avi wmsni gZj e Rvtb bv | Zviv wvOš-gtb ,nvq tfZti XfK wltq Zvi kixi i

tLwRNL Lei wbtZ j vMj | Avi GB mthvM wmsn Zvt`i GK GK Kti Nvo gluK Avbt` tCu fivtZ

j vMj |

GBfvte tZv KtqKw`b MZ nj | wmsn mnRfvte ,nvq etm wKvi tctq duZ`Z AvtQ |

Ggub mgtq GKw`b GK tkqvj Gj wmsntK t`Ltz | tkqvj LpB mZR Avi ep`gub cOx | wmsntK

t`Ltz Gtj I Zvi gtb GKUv m`n AvtM t`tKB uQj | ZvB tm Ab`vb` ci t`i gZ mi vmi ,nvi

tfZti XfK tMj bv | evBti t`tK Mj v Pwotq nuK w`j -KB gnivR tKv_vq ? kixi tKgb GLb ?

„nvi tfZti t_tK wmsn tkqvtj i Mj vi mvor tctq LpB Lpk nj | Agnb cig Av`ti tkqvj tK tWtK
ej j , tkqvj cufZ gtb nt`Qn Gtmv Gtmv fvqv, tfZti Gtmv| hvK, Zvg Zv ntj Avgvq fjtj hvLnb |
Avg Gv`tK fvevQj vg, mevB Gtm GKevi Kti Avgvi tLwRNLei Kti hv`Qn cufZti t`Lv tbb tKb ?
hvK, Zvg AvmvtZ Lp Lpk nj vg | evBti `wotq bv t_tK, tfZti Ptj Gtmv | `Rtb GKUzgtbi mtl
Mf Kwi | Zvg Avgvi KZKvtj i eUzej tZv! Avgvi tZv w`b tktl ntq Gj N hvevi AvtM tZgvi KuU
wgó K_v Kvbfti i`tb hvB | gti l kwš-cve |
wmsni AZ Av`ti i K_vezPavi WwKwWwKtZi tkqvj wKš`GK cvNl G_tjv bv | tm ZLb „nvi
mvgtbi gmltZ ci t`i cvtqi Qvc_tjv Ljltq Ljltq t`LtQ | Avi wbtRi gtb gv_v bvotQ |
BwZgta` wmsn „nv t_tK Avevi l tkqvj tK tfZti hvevi Rb` WwKtZ j wMj | tkqvj ZLb ej j ,
gnvivR, c0_Bv Kwi Avcb ZvovZwmo my`ntq DVp | AvgvtK gvc Ki teb, „nvi tfZti XtK Avg
tevkvi gZ c0Y nvi vtZ PvB bv | Avcbvi „nvi mvgtb AtbK ci cvtqi Pic t`LtZ cwrQ | mKtj B
tfZti XtKtQn wKš`tevi tq Avmvi cvtqi Qvc GKUvl t`LtZ cwrQ bv | Avgv Avi duf` cv w`tZ PvB
bv gnvivR | Av`QvN AvR Pwj |
GB etj ZLb tkqvj tmLvb t_tK cvj vj |

bwZK_y: hvi v me©v mZK`_vtK Zvi v mnmv wect` cto bv |

cÂg Aa`vq
c†KU Kv†W® b†† (µgvbym†i)

µgK bs	Qiei bvg	µgK bs	Qiei bvg	µgK bs	Qiei bvg
1	Avq	31	cvLv	61	Zj v
2	Ni	32	Zvi v	62	Pj v
3	gB	33	nvm	63	Kj v
4	eB	34	Pvi	64	Uic
5	eK	35	LvPv	65	Kic
6	gM	36	tej	66	Njo
7	ej	37	tj c	67	Mi "
8	RM	38	†fov	68	i`u
9	l j	39	tctc	69	b`x
10	`B	40	%K	70	`xc
11	BU	41	teš	71	mvg
12	Kj	42	ˆevv	72	Zxi
13	DU	43	tbšKv	73	cix
14	KvK	44	†gvg	74	teRx
15	Zvj	45	†gvov	75	CMj
16	evN	46	†PvL	76	Kj g
17	gvQ	47	†Xvj	77	K`g
18	MvQ	48	†Nvov	78	Kj m
19	Wve	49	wWg	79	cUj
20	j vD	50	enU	80	evbi
21	mvc	51	wUqv	81	PvgP
22	Kj v	52	j wV	82	QvMj
23	kkv	53	nviZ	83	e`bv
24	gkv	54	cvnL	84	`i Rv
25	QvZv	55	gvnQ	85	KivZ
26	LvZv	56	Pvie	86	†Mvj vc
27	Zvj v	57	nvo	87	†gvi M
28	PvKv	58	evk	88	gvnl
29	cvZv	59	wkwk	89	wovj
30	gvj v	60	Avj y	90	wqvj

µgK bs	Qiei bvg	µgK bs	Qiei bvg	µgK bs	Qiei bvg
91	KwQg	106	Keqv	121	Avl vp
92	j wUg	107	Bü j	122	nvi Y
93	nvZno	108	KvWvj	123	Svo
94	gji Mx	109	†ZiZj	124	Fil
95	ARMi	110	wccov	125	B¶lz
96	GKZvi v	111	te_b	126	HiveZ
97	Li †Mk	112	w`u	127	Dlv
98	Avbvi m	113	`g		
99	evavKic	114	ev-		

100	WJKWJK	115	epó		
101	dj Kuc	116	WgWó		
102	Rvgi 'j	117	Wí · v		
103	Kvgi v0v	118	_vj v		
104	gvQiv0v	119	hvZv		
105	gj v	120	Jl a		