

GwWe

†RÛvi wbt`@kKv

cwb mieivn l
cqtēe^{-v}

Gkxq Dbab e^{-v}sK

0GwJ Gkxq Dbqb e"stKi gj BstiwRtZ c0Z GKwU `wj tj i fvlvŠt| hw l
Abjvt`i wbfjZv wbw0Z Kivi h_vmva" c0P0v tbqv ntqt0, Z_wc Gi e"envti i dtj
D" 7 tKvb cw w"vzi Rb" GwVve `vqx_vKte br| G ai tbi tKvb mgm"v t`Lv w` tj
ersjv Abjvt`i cw etZ0gj BstiwR fvl" Abjni Y Kiv nte|0

mWP

wbŕ`ŕkKvi Dŕŕk`	
cwb mieivn l m`wbŕUkb cKŕŕ tRŪvi tKb „i“ZpY?	1
cKŕŕ Pŕµi weŕfbachŕŕq cāvŕ ckel Ki Yxqmgŕ	5
tRŪvi weŕkŕY	11
cKŕŕ cŕŕqb	19
bwZ-wbafŕ Yx msj vc	25
cwi wkó : tRŪvi weŕkŕŕŕŕŕi Rb` Uvgŕ Ae ŕi dŕŕŕi Y	27
wbeŕŕPZ Z_`wPŕ	28

cwlb mieivn I
 cqte"e"v cKtí
 tRÛvi tKb
 „i"ZpY? ¹

MZ KtqK `kK GwWe thme cwlb
 mieivn I cqte"e"v cKí nvZ
 wbtqtQ ZvtZ t`Lv tMtQ tRÛvi I
 bvixi AskMhYi Ici „i"Z;
 Avtvtci m½ cKtí i mvdjt"i gvT
 Ges cwlb mieivn I cqte"e"vcbvi
 wJtK _vKvi kw³kvjx BwZevPK
 thMmT itqtQ| Gme cKí t_tK
 tkLv çvb wclq„tjvi KtqKwU wbtP
 Ztj aivnj |

Kw I Mn"wj
 GB `B KvR
 e"envti i Rb"
 cwlb e>Ub wbtq
 th ØØ Zv
 Kxfvte wbi mb
 Kiv hvq?

bvixivB Mn"wj i KvR e"envh©cwbi çvb msMhKvix, cwi enbKvix, e"envi Kvix I
 e"e"vcK Ges Mn I KgyvUwFvEK m"wbUkb KgRvEi I çBZR Zriv| Zey , AtbK
 mgvtRB wmvS-MhYKvix Kvvtgv„tjvtZ bvix`i gZigtZi c×wZMZ çZwbwZ;tB|
 cwlb mieivn I cqte"e"v cKí „tjv GB cv_R" `t Kivi eo atbi mthvM Gtb
 t`q|

¹ GB Astk I tqKg"vb (1995) Ges ds I Ab"vb" (1996)-Gi cKvkbv t_tK cPi mnvh" tbqv ntqtQ|

tRŪv̄t̄i i lci ̄i"Z̄i w̄ t̄j mvdj " eū ̄i Y ev̄to

t̄ Lv tM̄Q, tRŪv̄t̄i i lci ̄i"Z̄i w̄ t̄j cw̄b mieiv̄n l cqtēēv̄ cK̄t̄i i Kv̄R i ay
fv̄t̄j v̄fv̄teB m̄aúbenq̄ bv, Gi Ab̄vb̄" w̄ t̄Kl bvbv̄ m̄pj cvl̄ qv̄ hv̄q | Gi ḡtā" i t̄q̄t̄Q
Db̄z̄Zi m̄sM̄h, cwi P̄vj bv l i Ȳv̄te Ȳ, ēq̄ c̄p̄i"xvi Ges "̄v̄"wēla m̄aútk̄©
m̄t̄Pz̄Bz̄v | Ab̄vb̄" m̄pj ̄i t̄j vi K̄t̄qK̄w̄U w̄b̄t̄P D̄t̄j l̄ḡ Kiv̄ nj |

A_̄w̄ZK m̄pj : cw̄b i m̄nR̄j f̄v̄Zi d̄t̄j b̄vixiv̄ Av̄q-Dcv̄R̄p̄bi Kv̄t̄R, cwi ēt̄i i
m̄"m̄t̄" i c̄q̄v̄Rb t̄gŪt̄Z A_ev̄ w̄b̄t̄R̄t̄" i K̄j"v̄Y l Aem̄t̄i i R̄b" t̄eik̄ mḡq
cv̄q | d̄t̄j , m̄w̄eR̄fv̄te A_̄w̄Zi Gi ōviv̄ D̄ck̄ Z̄nq |

h̄w̄ l cw̄b m̄sM̄h, cwi enb,
ē"envi l ē"v̄cbv̄ Ges
"̄v̄" wēla-m̄aúZ̄ Av̄P̄vi -
Av̄P̄i Ȳt̄K Dr̄m̄w̄nZ̄ Kivi
t̄q̄t̄i b̄vixiv̄B ḡt̄" f̄w̄gK̄v
cv̄j b̄ K̄t̄i , Z̄ēl GB Lv̄t̄Zi
w̄m̄x̄v̄šM̄h̄Y c̄q̄ūqv̄q Z̄v̄t̄" i
m̄aú"̄Z̄v̄ t̄b̄B ēj t̄j B P̄t̄j

w̄k̄i t̄" i R̄b" m̄pj : cw̄b m̄sM̄h
l ē"v̄cbvi GK̄t̄N̄t̄q̄ cwi k̄t̄j
t̄_t̄K̄ ḡȳ³ t̄c̄t̄q̄ w̄k̄i iv̄, w̄ēt̄kl
K̄t̄i t̄ḡt̄q̄iv, "̄d̄j hv̄q, Av̄i
Z̄v̄B, Av̄kv̄ Kiv̄ t̄h̄t̄Z̄ cv̄t̄i, Gi
c̄f̄ve cote c̄R̄b̄t̄_t̄K̄ c̄R̄t̄b̄ȳ |

b̄vixi ȲḡZ̄v̄q̄b : cw̄b mieiv̄n
l m̄"w̄b̄t̄Uk̄b cK̄t̄i m̄aú"̄Z̄vi
d̄t̄i b̄vixi i ȲḡZ̄v̄q̄b N̄t̄U,
w̄ēt̄kl K̄t̄i h̄Lb̄ c̄K̄i K̄ḡK̄v̄t̄Ēi
m̄t̄½ Av̄q-Dcv̄R̄ḡj K̄ Kv̄R
A_ev̄ D̄cv̄"b̄k̄j m̄aú", t̄h̄gb̄
FY, m̄s̄ik̄_̄v̄t̄K̄ |

cKí Pti weifbæ chq cäv ckel Ki Yxqmgä

cKí Pti tRÜvi Bmjmgä wPnyZ I tmme wbtq KvR Kitz th wZbw cäv nwiZqvi e'envi Kiv nq tm,tjv n't'0: tRÜvi wetkly, cKí bKkv Ges bwiZ-wbañ Yx msj vc |

cKí clyqbgj K Kwii Mwi mnvqZv`vb cteP Z`-AbmÜvb chq cö_wgK mvgwRK gj`vqb Ges cKí clyqbgj K Kwii Mwi mnvqZv ev`evqbKvtj mvgwRK gj`vqtbí GKwü Awet'0` Ask n't'0 tRÜvi wetkly | tRÜvi wetkly I ci wfwE KtiB tRÜvi - mwpq cKí clyq Kiv nq | cKí clyqbgj K Kwii Mwi mnvqZvq I ci Pevš-cöZte`tb Ges mfvcüZi cöZte`b I mpcwii tk tRÜvi wetkly AS-fP n lqv DiPZ | Dbqbkj m`m` t`tki cKí wbeñx I Ab`vb` ms`vi m½ bwiZ-wbañ Yx msj vc cKí Pti me`ñi cthvR` GKwü Pjgvb cöwqv n lqv DiPZ | Avi, cwieZfZ Kx Kx KvR Kiv cöqvRb Zv wbañ Y Kivi Rb` Aek`B cKí cwii Kí bvKvtj tRÜvi wetkly t`tk cvl qv Z` I mpcwii k Ges cKí ev`evqbKvtj mpcj tfvMx` i t`qv cöZwqvvi cyLvbyL Avtj vPbv Kitz nte |

cKí Pti KLb GB nwiZqvi ,tjv e'envi Kiv nq? tKvb chq Kx KvR Kiv DiPZ? Tbs mvi wlyZ cKí Pti cöZwü chq cäv Ki Yx ,tjvi mvi mst'c t`qv nqtq |

hw I mvi wY 1 mvari Yfvte me cwib mieivn I m`wbüUkb cKí i Rb` cthvR` Zey LvZl qwii FY ,tjv K wKQwv wfböfvte Lwüq t`Lv`i Kvi, tKbbv G ,tjvi m`öebv gj`vqbKvtj me DccKí i we`wii Z cKí cwii Kí bv`úófvte wbañi Z`vK bv | Gt'ñt, wetkí Kti GKwü tRÜvi -mste`bkj cöZöwibK KvVtgv Mto tZvj vi I ci metPiq teik AMöwKvi t`qv DiPZ | cwib mieivn I m`wbüUkb LvZ FY`vbi cöwZ cte`Kvb&tKvb&wel tq bRi w`tZ nte tm m`útk`ev. 1-G wKQyavi Yv t`qv nqtq |

mvi Yx 1

ckí Píju tRÚvi íbítq KúR: cáib KiYxq

ckí Píju

ckí cǎqbgj K Kwi Mii mǎqZv íb
cief Z_ : AbmÚib chffq cǎwgK
mígmRK gj' íqb

`wqZi

wgkb ij Wii /ciwgkK

ckí cǎqbgj K Kwi Mii mǎqZv íb
cief mǎde Zv hvPBKíj mígmRK
gj' íqb

mígmRK Dǎep wéfm, cui tek l
mígmRK Dǎep `βi Ges Dǎepkij
m m' t' ki mskǒ cǎmgñi
mñfmZv íbítq cǎwgkK

cáib KiYxq

L · tRÚvi l bivi AskMhY íel qK cáib Bmíngá Ges ckí cǎqbgj K Kwi Mii
mǎqZv íb Aii l thme Z_ cǎqRb Zv íPíyZ Kiv |
L · ckí i Dǎi' k' íngñ tRÚvi i fíqKv íPíyZ Kiv |
L · ckí cǎqbgj K Kwi Mii mǎqZv íb Kiv tRÚvi íekí Á ev ngíR íeÁvbi Rb`
Uvgñ Ae tí dǎi' bm` Zvi Kiv |

L · mmeK mígmRK gj' íqbi Ask mñmíe tRÚvi íekíY mǎubkKiv |
L · ckí i Afíó Rbimóxi cáib `é` mskǒ Mbc_ ij i Av_ mígmRK ícǎi Lv` Zvi
l DciÉmgñi tRÚvi -Abmǎ wéfvb |
L · Áib, `wéfvz, AvPii -AiiY, fíqKv, mígmRK Ae` íb, m'Ój Zv, mígre-Zv,
cǎqRb l AMmKí i tǎff tRÚvi cǎ`K` Ges l Bne cǎ`K` i lci thme
Dǎv íb cǎie tǎj ím_ tǎj cǎv`lv Kí t' Lv |
L · cǎ' l l bivi AskMhYi míg_ Ges ímB míg_ qK thme Dǎv íb cǎíwéZ Kí
Zv íb ícY Kiv |
L · ckí mǎde tRÚvi íefmRZ AwfNvZ Ges Kx Kx Dǎq mteP mǎj cǎl qv
l íeífc cǎZwq GK' g Kíq tǎj v thiz cǎi Zv íb ícY Kiv |
L · ckí cǎqbgj K Kwi Mii mǎqZv íb l ckí ev' evqkíj thme mii Kwi
GíRíY, femi Kwi m`v, Kíj íb ífíE K mslMb l bivi` i Mbc KíR AwmZ
cǎi Zǎ' i PíyZ Kiv | Zǎ' i míg_ íb ícY Kiv |

e. 2

gyj Øxtci mvgwRK Dbq̄b Znvej :
Kḡjwbi eūgt̄x cØqvRb tgUvtZ ōbgbxq̄ō A_ŕq̄b

gyj Øxtci AvĀuj K Dbq̄b cĀí (1999)-Gi AvI Zvq, e`vsK Ae gyj Øxtci Aaxtb, cĀvbZ bviĀ`i mrvh`vĀ`_© GKŪJ mvgwRK Dbq̄b Znvej MVb Kiv nte, thŪJ 13ŪJ DĪxó Øxtci wvfbæcØqvRb tgUvtē| 20 jvL gwKØ Wjvtii GB mvgwRK Dbq̄b Znvej ŪJ Ggbfvte cŕq̄b Kiv ntq̄tQ hvĀZ wbtRĀ`i cQ`mB AĀ_ŕcvRØkxj ŕj`a cĀí (thgb, mēvR I dt̄j i evMvb, t`vKvb, Kḡ`ŕjZvq cĀkŕjY t`qv BZ`w) wPwYZ Kiv I e`vcbvq mĀj t̄fMx cwiēvi ūt̄jvi AskMhY eŕx cvq| GĀŕjĀĀ wētkl gĀbvthvM t`qv ntq̄tQ bviĀ`i mŕŕq AskMhYi Ici, wētkl KĀi AskMhYgj K mvgwRK gj`vq̄bKvt̄j Ab`vb` wiĀmvU` Øxtc cĀ`IĀ`i Awfēvmt̄bi th DĀz nvi t`Lv hvq (hvi cwi YwZĀZ cØq̄KB NĀU wēevn-wēĀ`Q`) t̄mB wētePbvq| GB Znvej i AĀaŕ e`q Kiv nte KŪ I Ab`vb` LvĀZi Avq-DcvRØkxj KḡŕvĒ| Avi, Avkv Kiv nt`Q, ewK Aaŕsk w`Āq cwb mieivn I m`wbĀUkb e`ē`vi Dbq̄b Kiv nte, thgb, `Zšj t̄mcŪJK U`vsK,

†Km
÷vŪV

KŪb eR`Ac̄mvi Y Ges j vMmB chŕ` e`ēvni KĀi m`wbĀUkb mĀthvM-mĀēavi mPbv KiĀZ| GQov, w̄m`vš-MhYKvix KivĀt̄gvt̄Z cĀ`I I bviĀi mgvb cĀZnbwZĀ`K eva`Zvgj K Kiv ntq̄tQ| cĀZŪJ mvgwRK Dbq̄b Znvej MvZ nte Øxc Dbq̄b KŪgŪ I bviĀ`i KŪgŪ Øviv thš`fvte gĀbvbxZ wZb Rb bviĀ I wZb Rb cĀ`IĀ`K wbtq̄| GB KŪgŪ cĀí Kvhŕj t̄qi w`KŪbĀ`Rbv AbŕmĀi FY cwiĀkvĀi A_`msMh, Avte`bmgŕ LŪĀt̄q cixŕjv KĀi evQvB Ges Znvej i A_ŕq̄tb cwi PwĀj Z KḡŕvĒ cwi exŕjY KiĀē| KŪgŪ cĀkĀi KḡŕvĒ w̄bq̄gZ chŕjvPbv KiĀē Ges cĀí Kvhŕj t̄qi Kvt̄Q cwiēZĀbi Rb`mĀcwiĀk KiĀē| Avkv Kiv hvq, cĀZŪŕq̄v Rvbvi Ggb`^Q c`xŪZ cĀí ev`evq̄bKvt̄j Ā`Ū mst̄kvat̄bi mĀthvM mĀó KiĀē| AwāKš, bviĀ`i Rb`KḡŕvĒvĀbi mĀj Qvovl, GB Znvej cēvm t`ĀK NĀi wdt̄i Avm cĀ`IĀ`i RĀb`I Kvt̄Ri mĀthvM mĀó KiĀē Ges t̄fĀ0 hvĀ qv cwiēvi ūt̄j vĀK Avevi GKŪĀK KiĀē eĀj I Avkv Kiv nt`Q|

†RŪvi weḱkḱY

mvaviYZ †Kvb cḱḱi Rb" †RŪvi weḱkḱY Kiv nq mweR cŌ_wgK mvgwRK gj"vqb A_ev mvgwRK gj"vqḱbi Ask wntmte| cḱḱi cŌvqbgjK KwiMwi mnvqZv`vb ev"evqbKvtj †RŪvi weḱkḱY I cŌ_wgK cḱḱi cwiKíbvī Rb", cḱḱi e"vB I cḱḱiZi I ci wbfP Kti, GK †_†K wZb gvḱmi civgkḱmevi cŌqvRb ntZ citi | G†ḱḱḱ Kx aiḱbi Kg@xwZ e"envi Kiv nte tmw†K I bRi w†Z nte| gw chḱqi cḱḱi wḱtg mḱšwRbK †RŪvi fvi mvg" Ges mvs"u.wZK I †RŪvi cḱḱi hḱ_ó mste`bkxj Zv_vK†Z nte|

weḱkḱYKvtj KZ@ cāvb Kvr_†jv Ges wRÁvm" gj" cḱḱiKvtjvi GKwJ Zwj Kv†q nj wḱḱP|

mpj †fvMxḱ` i mv†_ Ae"vnZ msj vc
DbZzi cḱḱi cwiKíbv I
ev"evqb Ges `pZi
GKvZ†Zvḱeva Mto †Zvtj

Kgē×WZ

ᶿvβwi K chᶑj vPbv

- L cKí Gj vKvi cwb mieivn I cqtēēᶿv tmev Ges Afíó RbtMvóxi Av_ᶑmvgwRK ifctiLv mᶑútkᶑthme Z_ cvlqv hvq (thgb, cwi msLᶿvb, tRÜvi wētkᶑY, BwZcᶑēᶑᶿvZv msᶿmgᶑni A_ᶑᶑᶑb cwi Pwj Z cwb mieivn I mᶿwbᶑUkb cKímgᶑni bw_cĪ) Zv chᶑj vPbv Ki“b|
- L cĪmwzK AvBbMZ (thgb, DĒiwaKvi AvBb) bwZMZ (thgb cwb i wēᶑj i tᶑᶑᶑ fZᶑK tᶿqvi bwZ) Ges cŪZömbK (thgb, cwb mieivn tmev Rbᶿ wēᶿgvb cKvmbK eēᶿv) KvWᶑgv Ges Zᶑᶑ i tRÜvi Zvrchᶑ chᶑj vPbv Ki“b|

Drcvᶿ bKxj
mᶑúᶿ eᶿenvi
I tmev cŪBᶑ
mᶑhvᶑMi
tᶑᶑᶑ cᶑ“I I
bvixi gᶑaᶿ
cv_ᶑ“ AvᶑQ
wK?

Lvbv Rwi c

- L Afíó RbtMvóxi tRÜvi wēfvwRZ Av_ᶑmvgwRK ifctiLv ᶿZwi Ki“b Ges IB RbtMvóxi cwb mieivn I mᶿwbᶑUkb-mᶑúmkᶑ AvPvi-AvPiY, mxgve×Zv I cŪqvRbmgn wPwY Z Ki“b|
 - L cwi gvYMZ Z_ᶿ msMᶑh Ki“b|
- AskMᶑhYgj K Kgē×WZ (thgb AskMᶑhYgj K ᶿ*Z gj ᶿvqb, tdvKvm Mᶑc Avᶑj vPbv, ᶿᶑPqbwᶑĒK mᶑᶑᶑvrKvi, tᶑᶑU chᶑb BZᶿwᶿ)|
- L Rwiᶑci gvaᶑᶑ msMᶑh Kiv mᶑē bq Ggb_ YMZ Z_ᶿ thvMvo Ki“b|
 - L cᶑ“I I bvix mᶑᶑᶑᶑfvMx Ges Abᶿvbᶿ ᶿᶑᶑmswᶑᶑ cᶑᶑᶑmgn, wētklZ ᶿwiᶿᶑ bvixMY, Kx Kxᶑᶑᶑ cKᶑí AskMᶑhY KiᶑZ cᶑᶑi Zv eᶿvLᶿv Ki“b|
 - L Afíó Gj vKvmgnᶑK mᶑbwᶑᶑᶑᶑ wPwY Z Ki“b| tmev-cwB I ᶿwiᶿᶑ mxgvi tᶑᶑᶑᶑᶑ tKvbᶑᶑKvbᶑGj vKv metPᶑᶑ mᶑeavewĀZ ?
 - L cĀvb cĀvb ᶿᶑᶑmswᶑᶑ Mᶑcmgn Ges Zᶑᶑ i ᶿᶑᶑK, Zv wPwY Z Ki“b|

uk¶v

L · tRÜvi Abhvqx mv¶i Zv I we`vj tq fivZP AvbpcwZK nvi

L · tRÜvi Abhvqx we`vj q t_tK S¶i covi AvbpcwZK nvi

L · tRÜvi Abhvqx iki ktgi Ae`v

bvixt`i Ae`vb

L · ivR%wZK cÜZwbwaZi I m¶PZbZv

L · cj`l I bvixt`i mvgwRK-mvst`wZK avi Yv I AvPvi-AvPiY

L · tRÜvi-%l g`gj K bwiZ I AvBbmgn

tRÜvi wfwEK fvgKv I `vq-`wqZi

L · Drcv`bkxj (thgb, K w, Avq-DcvRbgj K KgKvE) I cRbb m`úwKZ (thgb, Mh`wvj KvR, iki t`i hZetbv) `wqZi cvj tbi t¶t tRÜvi wfwEK mvavi Y ktgweFvM Ges cÜZw `wqZi Rb`wba¶i Z mgq

cwbi e`envi Ges G w el tq Ávb, `wfwZ I AvPvi-AvPiY

L · cwbi mieivn I m`wbÜKb tmevmg¶ni j f`Zv, cwi gvY I _YMZ gvb

L · GB tmevmg¶K tK thvMvb t`q (h_v, `vbxq mi Kvi, temi Kwii ms`v, e`w³gwj Kvbvxb tKv`úvbx)?

L · tmevmgn wK w`tbi 24 NÈvB cvl qv hvq?

L · FZi tni t¶i wK tmevmg¶ni j f`Zv, cwi gvY I _YMZ gv¶bi cwi eZB NtU?

L · tmev cÜvbKvix ms`v_wj wK eÜmj f?

civgk® `vg

th me mgv¶R L · cwbi I m`wbÜKb tmevmg¶ni Rb`wK tKvb wcl w`tZ nq?

c`¶cÜv ev L · tK Kv¶K (h_v, e`envi Kvi x KvgwÜ, `vbxq mi Kvi, e`w³gwj Kvbvxb tKv`úvbx) wcl t`q?

tRÜvi-wewQbzv L · GB wcl-i cwi gvY KZ?

c¶w Z tmLv¶b

mv¶vKvi MhYKvix

w¶mte bvixt`i

e`envi Ki`b|

bvixiv A¶bK mgqB

Ab`bvixi Kv¶Q

gZvgZ c¶Kv

Ki¶Z mnR

teva K¶i|

cwbi Drm

L · tKv&tKv&Drmgn (thgb, mi Kwii Lvj, b`x, c¶Ki, nè, meRvxb Kc ev tPsevPv, e`w³gwj Kvbvxb Kc ev tPsevPv cwbi cvBc BZ`w) e`eüZ nq?

L · cwbi Drm_wj KZ`¶i?

cwbi msMh I msi ¶Y

L · tK cwbi msMh I msi ¶Y K¶i? wKfvte?

L · cwbi msMh I msi ¶¶Y wK cwi gvY mgq e`q nq ?

cmb cwi enb

L · tK cmb enb Kti I Kxfvte?

L · cmb cwi enbtb wK cwi gvY mgq e"q nq?

L · cmb cwi enbtbi dtj wK tKvb t"MZ S wK Zwi nq?

Mn"wj tZ cmbi e"envi

L · cy"l I bvi x-tft" msMnxZ cmb e"envti i (thgb, ivbwi KvR, m"wbUkbtbi Rb", ewoi eMvrb, Mpcwj Z ci i Rb", BZ"wi i) cv_R" wK?

L · cmb eUbtbi m"vS-tK tbq?

K w KvRi cmbi t"t" fvgKv: K w KvR e"envti i Rb" cmb msMh, cwi enb I e"vcbv Kti tK Ges wKfvte?

i" tgSmg e"vcbv

L · i" tgSmg cmb cvl qv hvq wK?

L · th tgSmg cmbi NvUwZ nq ZLb cmb e"envti i e"vcbv Kiv nq wKfvte?

cmb eUbtb wbtq 00

L · K w KvR I Mn"wj i gta" cmb eUbtb wbtq tKvb 00 AvtQ wK? GB c"qvRb_wj tK AM"Kvi wfvEtZ wKfvte mvRvrb hvq?

L · mvavi Yfvte, tR"vi, Avtqi t", bZwEK tkYx ev eY" BZ"wi i wfvEtZ cmb eUbtbi t"t" wK tKvb 00 i tqtQ? wKfvte G_tj vi mgravb Kiv hvq?

Kgjnbwji (Mn") cmb e"vcbvi wqZmg

L · Kgjnbwji cmbi AeKvvtgv i Yvte"tYi wqZi Kvi?

L · g" Z_c"vbKvix Kiv n"Z cvti?

L · tR"vi, Avtqi t", bZwEK tkYx ev eY" wfvEtZ wqZmgtni gta" Zirchey" tKvb cv_R" i tqtQ wK?

cmb mieivn I m"wbUkb
tmev m"vK"vix cy"tI i
fvgKv, c"qvRb I avi YvMZ
cv_R" i tqtQ | GB
cv_R" mgn wetePbv Ki tZ
e"ntj cKti i
KvhRwi Zv nwm, GgbwK Zv
t_tgI thtZ cvti |

m`vbUkb wel t q Ávb, `wófw½ I AvPvi -AvPi Y

cwi ewi K `v`weia wk¶v

L` cwi evti `v`weia tkLvfbv nq wK ? tK tkLvq ?

m`vbUwi AvtqvRb

L` cj`l I bvi xt`i Rb` m`vbUwi A_ev cvqLvbi wK wK et`ve`-AvtQ ?

L` tMcbxqZv i¶v Kiv nq wKfvte ? cj`l I bvi xi Ges cwi evti i m`m`i gta`
cvqLvbi tkqvi Kivi weci xtZ tKvb Kms`vi AvtQ wK ?

L` mub : cj`l I bvi xiv tKv_vq I wKfvte mub Kti ?

L` gj gÊ wKfvte msMpxZ I Acmwii Z nq ? Kvi Øviv ?

L` gj gÊ wK mvi wntmte e`eüZ nq ? hw` nq Zte Kvi v Zv msMh Kti ?

KgjnbiUi `v`i¶vi `wqZi

L` KgnbiUi `v`i¶vi `wqZi Kvi ?

L` G wel t q Kvi v gj` Z`c0 vbKvi x ntZ cvti ?

L` tRÜvi, Avtqi `t, bZ`wÊK tkYx ev etY¶ wfwÊtZ GB `wqZmgñi gta`
ZvrchEY¶Kvb cv_¶ AvtQ wK ?

m`thvM, wqšY, mxgve×Zv (cwb Qvov Ab`vb` Bmj tZ)

Drcv`bkxj m`ú` e`envi ev tmev cÜBi m`thvM

L` fwg, K w KvtRi DcKi Y I Dcv`vb, m`cñvi Y tmev, evRvi, Kgms`v tbi m`thvM
I FY cvl qvi m`thvM I wqšYi t¶t¶ cj`l I bvi xi gta` cv_¶ wK ?

AskMhY

thme Dcv`vb AskMhY tK cfwZ Kti

L` tKvb tKvb Dcv`vb cj`l I bvi xi AskMhYi `tK cfwZ Kti ?

L` Drmwne`AK I mxgve×Zv mPK Dcv`vb tKvb_tj v ?

c×wZ : cj`l I bvi xiv Kx c×wZtZ AskMhY Ki tZ c0` Kti (thgb,
cwi Kí bvKvtj w×vS MhY, bM` Abj vb, wbg¶ KvtR ktg Ab`vb, cÜ¶¶Y,
cwi Pvj bv I i¶Yvte¶¶Y, Aw_¶ e`e`vcbv, msMvubK e`e`vcbv) ? tKb ?

L` m`thvM/wqšY evortZ evBti t_tK tKvb mnvqZv cvl qv hv t`Q wK ? tK mnvqZv
Ki tQ ?

mvgwRK tmevi j f`Zv I c0iSi mthvM (thgb, `v` I cwi`wi-cwi`ObZv, mvqji Zv KgmP)

L` evni t_tK tKvb mnvqZv cvl qv hv`Q wK ?

c0qvRb, Pvn`v, avi Yv I AM0aKvi mgn

LvZMZ AM0aKvi

L` Ab` tKvb AeKvWtgvMZ tmevi (thgb, tmfPi Rj, iv`v, `g BZ`w i) tPtq
cj`l I bvi`x`i KvtQ Mn`vuj i cwiBi AM0aKvi itqtQ wK ?

L` cj`tl iv ev bvi xiv wK GB cKt`i e`vcv`i AvM0x ? tKb ? A_ev tKb bq ?

c0qvRb

L` we`vgrvb AvPri-AvPiY I mxgve`Zvi t0f`tZ, cj`l, bvi x, etqve` I wki`i
cwiB mieivn, cvqLvbn Ges Ab`vb` cqt I m`wb`Ukb mthvM-mveav I tmevmg`ni
Kx Kx ai`bi web`vm I Ae`vb c0qvRb ? tKb?

gj` c0v`bi mw`Qv

L` DbZ`Zi cwiB mieivn I cqt`e`v tmevmg`ni Rb` Kgy`biUi cj`l I bvi xiv
gj` w` tZ Pvg wK ? wK cwi gvY gj` ?

L` Zviv wK Gi e`tj k`y w` tZ B`QK Ges KZUKz?

FY

L` cwiB mieivn I m`wb`Ukb tmevmg`ni Rb` FfYi
tKvb c0qvRb AvtQ wK ?

civgk`

bvi`x`i
AskM0t`Yi
t`f`t`I cj`tl iv
hw` Ašivq ntq
`wovq Zte
Kgy`biUi cj`l
c0vbt` i m`t`
bvi`x`i
AskM0t`Yi
m`dj mgn wbtq
Avtj vPbv Kivi
tP0v Ki`b|

cKt`i dj vdj

avi Yvmgn I eUj

L` cKt`i BwZevPK I tbiZevPK dj vdj mgn m`u`K`
cj`l I bvi xiv wK wfb`wfb`æavi Yv tcvl Y Kti ?

L` m`dj eUjbi t`f`t`I mgZv i`f`vi m`tebv AvtQ wK ?

L` tbiZevPK dj vdj `tj v`K Kxfvte wbevi Y Kiv hvq ?

mveavwAZ ev S`KcY`M0c

L` Gi Kg tKvb M0c AvtQ wK ?

L` Zviv Kivi ? tKv`vq evm Kti ? Zvt` i

Av`mvgwRK `ewk0`mgn Kx Kx ?

L` GB cKt`i wU Gme M0t`ci I ci Kx ai`bi c`f`ve tdj te ?

- fvg MhY/cpeß`ve`KiY
 L` Gi` i Kvi ntZ cvti wK? KZUK?
 L` Gi tRÜvi -wbw` @ ZvrchwK?
 L` KgywbwU Fvg Abj vb Ki te, Ggb tKvb m`tebr AvtQ wK?

msMVb

- cwb e`envi Kvi x Mhc
 L` K w KvtR I Mj`wvj i KvtR cwb e`envi Kvi x Mhc AvtQ wK?
 L` Mj`wvj i KvtR cwb e`envi Kvi x Mhc _vKtj, Zvt` i (1) cwi Pvj bv I i YvteY Ges AwR e`e`vcvbi gvb, (2) AvBbMZ Ae`vb Ges (3) mvsMvbK Kivvtgv (thgb, AvKvi, tRÜvi, -wfiE`Z m`m` msL`v, m`m` ct` i wqgKvb)-Gi gj`vqb Ki`b|
 L` hw` GLbl Mj`wvj i KvtR cwb e`envi Kvi x tKvb Mhc bv t`tK _vtK, Zte cj`I I bvi x v wK Gi Kg Mhc MVtb B`QK?
 L` bvi x v wK cwb e`envi Kvi x Mhc AskMhY Ki tZ AvMhx? tKb, A_ev tKb bq?

bvi x` i cÜZwbwZi

- L` KgywbwU Ab`vb` mw`v`SMhYKvi x Kivvtgvq bvi x` i cÜZwbwZi eZgvtb tKvb&`#i i tqtQ?

_____ -vbxq msMVb

cwb mi eivn I
 m`wb`Ukb e`e`v
 Pvj vtbv I
 i YvteY
 mrvh` Kivi Rb`
 bvi x` i cÜkY
 w` b

- L` bvi x` i mxgve`Zv I cÜqvRb wbtq KivR Ki tQ Ggb tKvb -vbxq msMVb (thgb, -vbxq mi Kvi, AvSRwZK I t` kxq temi Kwii ms`v, KgywbwUwfiEK msMVb, MY msMVb, BZ`w`) AvtQ wK? GB cÜkí Kxvte Zvt` i mv`_ thvMm` -vcv Ki tZ cvti?
 L` cÜkí KgRvtE` bvi x` i mw`uq AskMhY wbu`Z Ki tZ wK wK Dcvq Ae`j` b Kiv hvq?
 L` bvi x` i GKw`Z Ki tZ I cÜkí KgRvtÜi I ci cÜkY w` tZ tKvb&tKvb&msMVbtK e`envi Kiv hvq?

cKí cŸqb

mjbw` 0 Dcv` vbmgn ²

nvWp`q`vi weKí mgn

wbtp Dtp 6 weitqi tñtñ GjvKvi cj`l l bvi xt`i c0` tK cKí cwi Kí bvq AŠ-
fP Ki`b

L` `vcbvi (thgb, Kc, cvú, cvqLvbv, BZ`w` i) msL`v l Ae`vb

L` `vcbvi thš_ eavg `Zš;AvtqvRb

L` Kc, cvbi cvú, U`vc, BZ`w` i aib

L` cvqLvbv Ges Ab`vb` m`vbUvwi `vcbvi aib (gfb ivLteb, thLvfb bvi xt`i tK
Avj`v KivB i xZ tmLvfb thš_ `vcbvi tPiq c_K c_K `vcbvB tkq)

L` cvb cwi enb c xZi MhYthvM` aib (thgb, Mi`i Mmo, evBmvBtKj, L`Pi,
BZ`w`)

A_ñs`vb weKí mgn

mÂq l m`ú` msMh Kivi tñtñ bvi xt`i kv³ i l ci `i`Zj`w` b

L` wbtgwj wLZ tñtñ GjvKvi cj`l l bvi xt`i c0` wj tK cwi Kí bvi AŠfP
Ki`b|

ε: A_ñs`vbMZ efb`ve`- (thgb, `vqx e`tqi cwi gvY Ges cwi Pvj bv l
i tñYteñtñi wcl, bM` eavg cY`/kq Abj vb)

ε: AwZ`wi`? bvi x cwi Pwj Z Ges Ab`vb` mjev-ewÂZ cwi evi `tj vi Rb` thme
c0aKvi gj K e`v`v tbqv thtZ cvti

ε: cvb mieivn l cqtē`e`vi Rb` FY A_ev KgvwUwfiEK NYqgvb Znvej
(ev. 2 f`Lp)

² ds l Ab`vb` (1996) Ges dnj (1997)-Gi cKvkvb` ðe`|

Gj vKvi evm>`v` i AskMhYi c×wZ
(e. 3-1 f`Lb)

cKí ev`evqb, cwiexY I gj`vqbKvtj cj`I I bvi`i Rb` GKw AskMhY tKŠkj
`Zwi Ki`b| thtnZi bvi`i cŕqb bvbv mgqMZ I Aw_ŕ mxgve×Zv`_vK, ZvB
Zv` i AskMhY m`úúK@AwZ D`Pvkv eRb Kti GKw cŕqwmK mgqmP cŕZ Ki`b|
wbqg³ weI q₂ t₂ v GB tKŠktj i AšF³ ntZ nte|

- L` *mslMvbK web`im* : cwib e`envi Kvix Mŕcmgŕ cŕZŕv Ki`b Ges G₂ t₂ vi wbeŕx
KwguUz bvi`i cŕZwbvZŕK (thgb, mfvtbŕx, tKvva`ŕ) cŕvav Ki`b|
Zv` i cŕZwbvZ; wbuŕZ Kivi Rb` wbeŕx KwguU₂ t₂ vZ wbaŕi Z msL`K bvi
m`m` vKvi eva`evaKZvi kZ@Avitvci K_v weŕepbv Ki`b| hw` cŕqvRb nq,
bvi`i c₂K KwguU MVb Ki`b|
- L` *Mŕci wevagyj v* : m`m` i AvPiYx wevagyj v I` wqZmgŕni` úo msAv w`b|
cwib e`envi i AvvKvi (thgb, ewoi evMvb I Mpcwv Z cii Rb` cŕqvRbxq
cwibi cwigvY) wbtq cj`I I bvi`i gta` cŕZthvMZv GovZ weŕŕvŕf-cŕgb
c×wZ I cwib tkqvŕi wevagyj v cŕZŕv Ki`b| G m`úúKŠ HKgZ₂ t₂ vK
Dcvev wntmte bw₂ex Ki`b|
- L` *wbgŕ* : bvi`i AskMhYi Rb` Dchŕ KvŕRi cwiŕek (thgb, tRŕvi-mjg
gRŕi nvi, wbgŕ KvŕRi tgšmg, tkšPvvi Ges wki`-cwi Phŕi mŕhvM-mŕeav)
wbuŕZ Ki`b|
- L` *cwi Pj bv I i ŕYŕteŕY* : thLvŕb m`e, cv`ú AcvŕiUi, ZŕŕeavqK I cwibi
Drm cwi exŕK wntmte bvi`i wbtqvM Ki`b|
- L` *cqte`e`v`ŕ`vev* : bvi`i mwŕq cŕZwbv wntmte e`envi Ki`b| Zte,
Aek`B`ŕgŕ` i Ges cj`I t₂Zv` i I G e`vciŕi m`ú³ Ki`teb|
- L` *cwi exŕY I gj`vqb* : cŕZwŕqv Rvbvi Ggb GKw c×wZ`Zwi Ki`b hvZ cj`I
I bvi`i mŕj tŕvMx, Dftqi e³e`B cvl qv hvq|
- L` *temi Kvi/KgyubUvŕiEK mslMvbmgr* : cKí ev`evqb, cwiexY I gj`vqbKvtj
bvi`i AskMhYŕK mnR Ki`Z mŕŕg Ggb msMvb₂ t₂ vK wPŕyZ Ki`b|

L' bixi qZvq, thgb, FY jvfi mthvMc03 bixi`i msL'v, bixi`i Avtqi ep, cKf' cKqY cvl qv bixi`i tckvMZ fvel`r|

bw_fj3 Kiv

L' mfvciZi c0Zte`b l mpcwi tki tR0vi-muq web`vm-%enk0`_tj v bw_fj3 Ki`b Ges wbe0x ms`v hvZ tR0vi-mste`bkxj cKf' c0vq-cs'v tgb Ptj Zv w00Z KiZ/FY-Pr3tZ G vel tq AvxKvi mgn Ašfj3 Ki`b|

e. 3

bixi`i AskM0Y w00Z Kiv; wlvj cvBtbi M0gxY cw0 mieivn l m`wb0Ukb LvZl qwi cKf'

bwMZfite cw0 mieivn l c0te`v cKf' mgfni cwi Kf'bv l ev`evqtb bixi`i AskM0tYi `Zi`Kvi Kiv ntjl, Gw Ktg`ifcvšwi Z ntZ cvti tKej `u0 ev`evq-cs'v l wbt`Rvej xi gva`tg| wlvj cvBtbi M0gxY cw0 mieivn l m`wb0Ukb LvZl qwi cKf' (1996)-G bixi`i muq AskM0Y l, thLv0 m0e, tbZ q w00Z KiZ, wbtP ewYZ ch0qutg DccKf' _tj v c0vZ l ev`evqZ ntq0j

tKm ÷ vW

š' GjvKv_tj v tK mgteZ KiZ Ges DccKf' _tj vi cwi exqY l gj`vqB KiZ, bixi`i ms`v mn, RvZx Ges `vbxq temi Kwi ms`v_tj v tK wbtqM Kiv nq|

š' GjvKimgfni bixi`i M0c_tj v tK wPnyZ A_ev MVb Kiv nq|

š' bixi`i ms`v mn, temi Kwi ms`v mgfni Rb` tR0vi Bmj l bixi`i AskM0Y, cKf' w`g, cwi Pj bv l i qYvte qY, `v` l `v`wewa Ges DccKf' cwi exqY l gj`vqB vel tq cKqKt`i cKqY t`qv nq|

š' m` cKqYc03 GB temi Kwi ms`v_tj v cieZP ch0q bixi KgywbU M0c_tj vi Rb` tR0vi Bmj mgn, cKf' i cwi t0qZ, cwi Pj bv l i qYvte qY, `v` l `v`wewa wKqY Ges AskM0Y gj K wmxvšM0tYi l ci cKqYtYi AvtqvRb Kti|

š' evi vsMB l qvUvi l qvK0 G0 m`wb0Ukb Gtmwmtqkbn l `vbxq wbe0x ms`v_tj v Zv`i `evtK AskM0Y Kivi Rb` bixi KgywbU M0c_tj v tK Drmn w`Z| Gtmwmtqkbn Ges G_tj vi cuP m`m`wew0 cwi Pj bv cl`_tj vi m`m` n l qvi Rb` bixi`i cKqY t`qv nq|

š' cw0 mieivn l m`wb0Uktbi mthvM-mjeav_tj vi cwi exqY l gj`vqtb KvtR bixi`i wbtqM t`qv nq| cw0 mieivn l m`wb0Ukb Bmj mgfni l ci `i ay cKqY l wmxvšM0tYi mthvM cvl qvB bq, bixi v Gtmwmtqkbn-G PvKwi cvl qvi m0j l t0q Avmt0|

e. 4

tbcvtj bvi x` i AskMhYi Rb` weib tqvM :
mi Kvti i LvZ cwi Kí bvtK mrvnh` Kiv

tbcvj miKvi 1991 mvtj Gi Aóg	msL`v evovt bvi tPón Kti Ptj
cwPmuj v Dbqb cwi Kí bv (1992-	GwWve-i A_ qtb cwi Pwv Z PZi ©
1997)-Gi Ask wntmte cvbxq Rj	MógxY cwlb mieivn I m`wb tUkb
mieivn I m`wb tUkb LvZ Dbqb	cKí (1996) ctk qY KgRvE tK
cwi Kí bv 1991-2000 MhY Kti	Avi I tRvi `vi Kti GB KgEŠ tK
GB LvZ cwi Kí bvu cwlb e`envi Kvix	muv qfvte mrvnh` Kti tQ IB
KugwUmg n bvi x` i AskMhY	wefv tMi me `ti i ÷vd, bvi x I
Ges `wewa wk qv I	tKm cy "I DfqB, cwlb e`envi Kvix
m`wb tUktb Zvt` i fvg Kv tK	÷vW KugwU, tj vtZ mpj tfvMx
my` úófvte mg_8 Kti GB	bvi x` i AskMhY tK Drmwv nZ
LvZ cwi Kí bvi weavb Abhvqx cūZuU	Kivi Rb` ctk qY tctqtQ GQvovl ,
cwlb e`envi Kvix KugwU tZ Aek`B	IB cKí cwlb e`envi Kvix
Kgct q `Rb bvi x m`m` _vK tZ	KugwU, tjvi bvi x m`m` t` i Kwi Mwi I
n te tmR tB`B, cwlb mieivn I	e`e`vcbv Dfq Bmj tZB ctk qY `vtb
cqtwb` wkb wefvM Zvi bvi x ÷vtdi	mrvnh` Kti tQ

mvi Yx 2

gġ Bmjmgn	cġ weZ Ktgġ vM
wbeñx ms ⁻ vi tRÜvi I AskMñY welqK mvg [©] ewx	L [·] wbeñx ms ⁻ vi me KgKZP I ÷vdM†Yi Rb [·] tRÜvi I AskMñ†Yi I ci cġkġY Av†qvRb Kiv L [·] gwnjv welqK gšYvj†qi g†Zv, bvi† [·] i ivoxq hšġ†j vi mnvqZv ARB
miKvi I temiKwi ms ⁻ v _u †j vi g†a [·] cvi [·] ūwi K mn†hwMZv	L [·] bvi† [·] i mwuq temiKwi ms ⁻ v _u †j†K wPuyZ Kiv Ges tmev cġvb I tKŠkj welbg†Y miKvi I temiKwi ms ⁻ v _u †j vi g†a [·] Ask [·] wi†Zj Dcvq L†R††i Kiv
÷vd w†qM	L [·] vqx bvi† ÷v†di msL [·] v evov†e, GB g†g [©] wbeñx ms ⁻ vi KvQ t†K A½xKvi Av [·] vq Kiv
ev†RU cġqb	L [·] tRÜvi I AskMñY wel†q cġkġ††Yi Rb [·] ev†RU eiv† w†wÖZ Kiv
Lv†Zi KvR	L [·] tRÜvi †elg†gjK ev LvZMZ AvBb I bwiZMZ Bmj wel†q (thgb, IqvUvi BDRvm [©] G†mw††qkbn G ^v †, cw† e [·] envi wel†q cġxZ Ggb GKw AvBb †hLv†b Mn [·] wj i I KwKv†Ri cw†bi g†a [·] GKw eo ai†bi ØØ †Lv††M†Q) AbjmÜvb Pvj††vi Rb [·] Avj [·] v††††† Kx Kx LvZ†qvwi KvR ev ūcwMe [·] vKÖ Kw† Mw† mnvqZv Ki†Z n†e Zvi mpcw†k Kiv
AvBb I bwiZMZ ms ⁻ vi	L [·] bvi† [·] i m [·] ú [·] †Zv evov†Z AvBb I bwiZMZ ms ⁻ v†mg††K cġk††i Aš††† Kivi K _v ††††† Kiv

cwi wkó

†RÜvi we†kl†Ái Rb` bgbv Uvgm Ae ti chwí Y

cKí cŵqbgj K Kwí Mwi mnvqZv` vb cte^mwe`Zv hvPvB cKí ev`evqb Ges cwi exŵY I gj`vqtb mnvqZv` vb

- L `mguRK we†kl†Ái Ask wntmte, Ab'ib` we†kl†Ái i (thgb, mguR weÁubx, `v`veva we†kl†Ái I Kgyibw we†kl†ÁiYi) mnthwZv vbtq, AskMŵYgjK †RÜvi we†kl†Ái m=ubok'ib|
- L `Afio Rb†Móxi cÁb `†nsko Mĉ, tji Av`mguRK i††iLv wŵyZ K'ib Ges DcŵemgntK †RÜvi Abjvqx we†wRZ K'ib| `wi`a I †RÜti i gta` thwnt we†kl†Ái K'ib|
- L `cwb miein I m'wb†Ukb LwZ bvix I cjt'i Áib, gtbvŵe, AvPvi-AvPiy, fvgKv, mgvexZv, cŵqRb I AMŵaKŵi i gta` cv`R' mgn Ges thme Kwí† Gme cv`R' Nŵ tŵ, tji vciwŵ K'ib|
- L `cjt' I bvi† i AskMŵiYi mg` Ges thme Dcv`vbi ōiv Gw cŵweZ nq Zvi gj`vqb K'ib|
- L `cK†i m=† †RÜvi-we†wRZ djdjv gj`vqb K'ib Ges KxKx Dcvq Gi mŵj me††q eov†bv Ges Kdj Ges Kx Kx Dcvq Gi mŵj me††q eov†bv Ges Kdj me††q Kgtbv hq Zv ibjcy K'ib|
- L `cKí cŵqbgjK Kwí Mwi mnvqZv` vb Ges cKí ev`evqbK†j thme mi Kwí ms`v, temi Kwí I Kgyibw-w†fĒK mslMb I bvix mslM, tji†K e'envi Kiv h†e Z† i wŵyZ K'ib| Z† i mg` gj`vqb K'ib|
- L `cŵqRb Abjv†i, cŵni†K bwiZ I AvBmZ Kw†gv (thgb, DĒiwaKvi AvBb, cwb e'envi Kwix Mĉ Dcŵemgna) chw†jPbv K'ib|
- L `we†kl†Ái w†fĒZ, GKw †RÜvi-mŵq I AskMŵYgjK cKí cwi K'ibv cŵq K'ib Ges Av I thme LwZw†fĒK KŵR I bwiZ/LwZ-mspŵs`-ms`vi Kiv `iKvi Zv ibjcy K'ib| we†kl†Ái, cK†i me Kgt†fĒ bvi† i mŵq AskMŵY I Z† i we†kl†Ái cŵqRb tŵv†bv w†fĒZ K†Z Kx Kx mŵi ††K†j I Dcvq Ae†b Kiv hq Zvi mŵi K'ib|
- L `GKw †RÜvi-mŵq cwi exŵY I gj`vqb c=† Ges m†K mgn `Zwi K'ib|
- L `ev`evqb, cwi exŵY I gj`vqb c†gk†† i Rb` Uvgm Ae ti chwí Y `Zwi K'ib|
- L `cK†i †RÜvi-†K†j cŵq A_ev†K†j we`gub w††j Zv cwi gŵR† K'ib Ges Gi ev`evqb cwi K'ibv chw†jPbv K'ib|
- L `bvi† i mgb cŵvwaZj I †RÜvi tchKum w†fĒZ K†Z =vd mslMbK†j cKí K†h††K mnm' K'ib| me`††i cKí =vd† i Rb` †RÜvi m†PZbZvi I ci cKŵY w†b| †RÜvi-m†PZbZvi KwLZ gv†veRq i†b|
- L `hwi cŵqRb nq, bvix Kgyibw mgteZKvi† i w†b Kivi Kw†R mnm' K'ib| cwb miein I m'wb†Uk†bi mŵj††wK bvi† i cKŵY-cŵqRb ibjcy K'ib| Z† i cŵqR†bi m† m†wZcY`cwb e'envi I m'wb†Uk†bi I ci chw Kwí Mwi I `†Zv cKŵY w†fĒZ K†Z, bvi† i Rb` Kgyibw chw†j AbjvZ cKŵY, tji Z`v†K K'ib|
- L `cKí-ev`evqb cwi exŵY cKí K†h††K mnvqZv K'ib| bvi† i AskMŵiYi m=† w†iwaZvi cŵ we†kl†Ái j† i†b Ges cŵqRb Abjvqx we†iwa w†fĒZ mnm' K'ib|
- L `mŵj††wK bvi† i Ab'ib` cŵqRb (thgb, FY, m††iZv Kgm†, Auq-DcvR††i `†Z†q cKŵY) †Lv w††j, Zvi gj`vqb K'ib Ges cKí K†h††K Gme cŵqRb tŵv†bv cŵqw†K Dcvq m=††K`e†ve w†b|
- L `mŵj cwi exŵY I gj`vqb c†gk††K †RÜvi-we†wRZ I bvix-w††q DcĒ mslMb mnm' K'ib| AskMŵYgjK cwi exŵY I gj`vq†b Rb` mŵj††wK bvi† i mgteZ K†Z bvix Kgyibw mgteZKvi† i (hwi w††K) mnm' K'ib| c†b Z† i w†fĒZ, cKí K†h††K cŵqARbq m†k†abg†K e'e`vc†ve K'ib|

WbepPZ Z_ "mT

ds, gwbKv, I tqwU I tqKg vb, I AÄbv fY | 1996 | Uj wKU Ab tRÜvi Bb I qvUvi
 G'vÜ m'wbtUkb / tRÜvi Uj wKU wmw R bs 2 | I qvksUb wW w : I qvì 'e'vsK |

dnj , R'vKe | 1997 | tgBbw=igs tRÜvi Bb I qvUvi , GbfvqibtgU G'vÜ m'wbtUkb
 (WweDBGm) tcMögs / Lmov | wDBqK®. BDwbtd |

BDGbwWc-I qvì 'e'vsK I qvUvi G'vÜ m'wbtUkb tcMög - `wY Gukqv | 1999 |
 I qvUvi di BuUqVR cY i : ü tcBR ` cBm di teftKb cögtmR ? bqwi j xjt

BDGbwWc-I qvì 'e'vsK I qvUvi G'vÜ m'wbtUkb tcMög, WweDBwWm Ges
 wWGdAvBwW | 1999 | KgybuU Bwbk.tquUfm Bb Acviti kb G'vÜ tgBtUb vY Ae
 Avievb mwrf#mm / bqwi j xjt

I tqKg vb, I tqwU | 1995 | tRÜvi BmjR tmmeK di I qvUvi G'vÜ m'wbtUkb
 cR±m / I qvksUb, wWw : ` I qvì 'e'vsK |

I qvì 'e'vsK | 1996 | I qvW'e'vsK cwlJmickb tmmeK / I qvksUb, wWw :
 GbfvqibtgUwuj mvt-Btbej tWtfj ctgU fvBm tcMtwY |

I qvì 'e'vsK & AM'vBtRkb I cÖtqm/BDvbBtUW tbbm tWtfj ctgU tcMög |
 1984 | Bbfj fctgU Ae DBtgb Bb I qvUvi mcyB, m'wbtUkb G'vÜ tnj &
 GwfkKb cR±m&: G MwWj vBb di tKbm =wWR / wDBqK®

K	L	M	N	0				
1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32				

