



Health Guide

je½ mw` RvwtZ DcKvi x

tgšmg cwi eZtbi mgq AþtKi B WÜv, mw` I Kwk nq| me aiþbi Kwk l WÜvi Rb` je½ DcKvi x| je½i ht_ó Jlye l cyó_Y itqtQ| je½ nRgKvi K, i wP ew× Kti l RrevYþvkK| `vtZi Rb`, tPvtLi wPwKrmvq, KwUkj, gv_ve`v_vq tek DcKvi x| Kd l Kwk `i Kivi Rb` je½ wPwetq, je½ wmx cwmb, PvtZ w`tq tLtj DcKvi cvlqv hvq| je½ wPwetq tLtj mw` Kd, i 3wcÉ l kÿmKtó mpj cvlqv hvq| je½ gw` f`i KgRw³, n`wctÜi kw³ l wPšvkw³ evovq| gv_ve`v_v, c`TvwZ ti vtMI DcKvi cvlqv hvq| je½i welyvkK bl itqtQ| je½ tewk tLtj DcKvti i tPtq AcKvi nq tewk| tewk tLtj tPvL, gfvkq l n`wctÜi TvwZ nq| cãZ 100 MÖg Lv` cthvMx je½i cyógvb GLvtb t`qv ntjvt **þcÜwU 5.2 MÖg**
d`vU 8.9 MÖg
kK`v 46 MÖg,
K`vj wmqvg 740 wgvj MÖg
dmdi vm 100 wgvj MÖg
Avqi b 4.9 wg. MÖ
wFvvgb ÖGÖ 422 AvBBD
wFvvgb we1 -0.08 wg. MÖ l
wFvvgb we2 -0.13 wg. MÖg|
 je½tZ dj l kvKmevRi tPtq AþK tewk K`vj wmqvg AvtQ|

~vt`i Rb`-

Avnvi ms`wZ e`j vtj v PvB

cÖwZvnmK gvbyl iv tKgb wQtj b t`LtZ? tKgb wQj Zvt`i Lvlqv`vlqv? G clkæ AþtKi gtbB ntq _vKte| nvRvi nvRvi eQi AvtM, ai b`k nvRvi t`þK Pwj k nvRvi eQi AvtM, cw_extZ hviv wQtj b, tKgb t`LtZ wQtj b Zviv| AþtK gtb Ki teb tQvULvtÜv, eeP Gme gvþl i gMR wQj Lp tQvU, FRyntq `voutZ l Pj tZ Kó ntZv, Avqyl wQj Kg, fMæ` wQj Gt` i | wKŠ`K_vuMZ` bq| tcw j l wj w_K ce`j l i v wKŠ`tek j wQtj b|

AewkÓvsik wbtPi cÖvq t`Lp

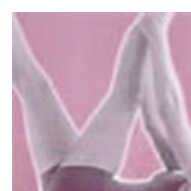
PvB wbgwZ e`vqvG

Zj tctUi gvtmj AwZ `Z my p Ges UvbUvb Kivi Rb` mnR Abkjxj b ntj v cv tZvj vi e`vqvG l G Ovov G e`vqvGwU nRtg mnvnh` Kti, t`tni AwbÓKvi x c`v`w`vkb Ges i³ mTvjb ew× Kti | hw` e`vqvGwU h_vh_fvte Abkjxj b Kiv hvq Zvntj GwU tjvqv e`vK tcBb KgvfZl mnvnh` Kti | Zvntj t`Lv hvK wKfvte e`vqvGwU Kiv hvq t

GK cv tZvj vt

wPZ ntq itq cob| nvlvfvR Ki b Ges cvtqi cvZv tgtSi mt½ d`vU Kti ivLp| G Ae`vbwU Avcbvi t`tni cÖvr fvMþK cþivcwi tgtSi mt½ wgtk thtZ mnvnh` Ki te| Avcbvi Zj tctUi gvtm tK tgtSi w`þK UvbUvb ivLvi tPóv Ki b| nvZ `fUv t`tni `þcvtk _vKte Ges nvfZi Zvj ytgfSi mt½ wgtk _vKte| kÿm wbtZ wbtZ Wvb cv axti axti Dcti Zj þ Ges mgþKvY ivLvi tPóv Ki b| hZ` i mæe nvlvtmvRv _vKte| c`gw`þK cv nqZ GþKevti mgþKvþ AvmþZ Pvþtebv | Abkjxj b Ki tZ _vKb| GK mgq Gtm hvte| Gevi axti axti kÿm OvoþZ OvoþZ cv bvgvtZ _vKb| 45 wMMþZ Ae`vb Ki b 5 tmþKÜ| Zvi ci 30 wMMþZ 5 tmþKÜ | Gici cv ivLp tdvi t`þK gvI KtqK BwA Dcti | _vKb 5 tmþKÜ| cv bwgtq tdj þ Ges nvlvfvR Kti cæeP Ae`vþ Avmb| Gevi evucv w`tq Ki b| Gfvte cvPævi Ki b| Af`vm ntq tMtj awti axti evmotq w`b|

þ cv tZvj vt



wPZ ntq itq cob| þ nvUy nvlvfvR Ki b| cvtqi cvZv tdvti wgtk _vKte| nvZ `fUv t`tni `þcvtk _vKte Ges nvfZi Zvj ytgfSi mt½ tmþÜ _vKte| kÿm wbtZ wbtZ þ cv Dcti Zi b hvfZ cv`ÜwU

mgþKvY Ae`vb Kti | tLqvj ivLtZ nte nvlvhvþZ GþKevti tmvRv vþK| kÿm OvoþZ OvoþZ cv`ytUvþK µgvštq 60 wMMþZ, 45 wMMþZ, 30 wMMþZ Ges meþktl tdvi t`þK gvI KtqK BwA Dcti Ae`vb Ki tZ nte| cÖZ`K avtc Gtm cvP tmþKÜ Kti _btZ nte| cÖgw`þK æPævi Ki b| Af`vm ntq tMtj evmotq w`b|

myñt`i Rb`.....Dcti i cõvi ci

cyj 1t` i Mo D`PZv 5 dU 10 BwÃ Ges bvi xt` i 5 dU 6 BwÃ, gMfRi AvqZbl wQj GLbKvi gZvB| Lp` -v`evb wQj b Zvü v| cõPxb t` nvefkl t` tL tevSv hvq Zv` i nvo wQj GLbKvi gvbfl i nvtoi tPq| gReZ, nvo tdcivl nZv bv tZgb| wgwMvb wekwe`vj tqi ðAvPiY weÁvbõ wefvfMi cãvb Ges bZËj weftqi Aa`vck e`wii emMb mcGBPwW etj b, Zv` i t`n wQj my/vg, µxowe`t` i gZv, ü`wcÜl wQj mZRR I mej | AvRKvj efm efm w` b KvUvfv gvb| t` i kixi t`_tK Zv` i kixi wQj AfbK mej | Aek` 100 Rb tcvj l wj w_K tj vti gta` nqZ 9 Rb l vU eQti tcsõtZ cvi tZb| Zi Y eqtm AfbtKi gZi nZv,



Lv` i Rb` fq¼i me RŠ`Rvfbvqvi t` i wkKvi Ki tZ wMtg gvi v cofZb AfbtK, RxeVymspgty ti vtm gZi nZv-GwUevtqvwUK Awwe`Z nqwb ZLb, mšvb cõte i mgq| gvi v cofZb AfbK bvi x| Zte Gme Gwoq hvü v ex eqm chš`tetP _vKtZb, Gi v wQj b bxtivM, wQj bv tKvb ü`ti vM, WvqvtewUm ev D`P i ³Pvc ev tg` -j Zv| Rxefti GB tmvbwj mgq Zvü v _vKtZb cwPk eQti i Zi tyi gZ meR l mRxe| tft` t` Lp AvaybK me chy³i mnnvth` Avgiv tPóv Ki wQ ex eqm chš` mRxe, mej _vKtZ wkš` hw` cõwZnvmK Gme gvbfl i Lv`vf`vm l kixi PPfK Avgiv Abymib Kwi Zvntj Abvqvtm Avgiv ARB Ki tZ cwii mRxe evaR` | cõf` hftMi ce©cyj 1t` i RxbMZ bgbv tZgb wK e`tj tQ? weeZtbi avivq Pwj k nvRvi eQi tPvtLi cj tK tKtU hvq; ZvB hw` Avgiv Zv` i Gme PPf Abymiy Kwi Zvntj mtdj mntR j vf Kiv hvte| Zte tcvj l wj wK hftMi gvbfl i Lv` th cfi vUv AweKj Abymiy Ki tZ nte, Zv tKb? me cõµqvRvZ Llevi eRb KieB ev tKb? Ptkvtj U, AvBmwµg, tKK, `wa, -y cõZtivk wbol x Kie tKb? Zte cõPxb hftMi Lv`vf`vimi w`tK tgvNj vtZ nte Avgvt` i | Llevi tKgb wQj Gi bgbv cvl qv hvte cyó l bZËje`t` i MtelYvi dj vdj t`_tK| th Gj vKvq Zvtü i evm tmB Gj vKv wefktl Lv` l wQj wfbewfbew i Ktgi | thgb mvBtewi qv thLvfb tfr` Dw`c Lv` tZgb wQj bv tmLvfb cõmbR Lv` wQj cãvb| ZvB tcsõUv l d`vU wPj K`vj wi i Drm| A_P ZvÁvmbqvZ gvbfl i Lv` wQj mewR l dj | Gme cv`R` _vKv mEj| wKQy wj wQj ZLbKvi Lv`vf`vfm|

Aenikósvik wbtPi cõvq t` Lp

Rbwei wZKi Y wcj Kgvq tóvK l nvU©G`vUvftKi SñK

Rbwei wZKi Y wcj t`_tK Ges nvU©G`vUvftKi SñK Kwgtq t` q| -b K`vYvti i t`ftG| Gi tKvb ftwZKi cffve tbB| mv`cõZK GK MtelYvq G Z` Rvfv tMtQ| A_P GZw` b Gi D`tevUvB wekym Kti AvmwQj b weÁvbxiv| DBtgY tnj _ BwkwktqWtfi MtelKiv 1,62,000 gmvj vi l ci MtelYv Pwj tq Rvbvb, wbgwZ Rbwei wZKi Y wcj tmefti dtj cieZfZ t`_tK l nrvctüi mewfbetivfMi SñK Ktg hvq AfbKvstK| hviv Pvi eQti i tewk mgq ati wj Lv`Qb Zv` i t`ftG l fwi qvb K`vYvi nl qvi SñK 42% Ges Rivqj K`vYvi nl qvi SñK 30% Ktg hvq| AvfM weÁvbxiv aviv Ki tZb, wcj -b K`vYvti i SñK evovq| Zte G MtelYvq t` Lv tMtQ -b, Lv`bvj x, gG_wj i K`vYvti i l ci Gi tKvb cffve tbB| (23/11/04)

kmv

kmv Zvi Kv Lv` tZv eUB| i mi tm, KPgp wPwetq Lvl qv| tcvfi vU A_P K`vtj wii AwZ mvv` | cwii ewii K bvg wKDKvi weUvwm| AvtQ WvK bvg l : wKDtK| Rbft nqWQj m`eZ Gwkv l AvwdKvq, 3000 eQi AvfM| hviv mwqZ Lv` Pvb, tg` SivtZ Pvb Gõ` i Rb` kmv fimv| AvSRwZK Zvi Kv GB kmv| Rvcvfb mwktZ| Bsj`vtÜ m`vÜDBtP| m`vj wW l ivqZvZ wek| Rfo| Avgiv kmvi m`vj wW LvB| LvB i t`vtZ w`tq| cõvabx`te`l AvtQ Gi cõek| gL gLvk (Face Mask) k`vúfZ, tj vmtb| tPvL efr` tUv kmvi wPj tZ ewmtq _vKv, tPvtLi kmš`i Rb`| tPvtLi tdvj v KgvfZ| thLvfbB ti vt` i cõPh`tmLvfbB nq kmv MwQ| Lvgti , Nti i wcQfti evMvftb|

kmv i vLteb tKv_vq ?

wi tdrvti Ut i tµm cvi Wvvti | wdR msi ftY bv Ki tj kmv i wKtq hvq| meR ev nj f` eY`kmv| tej bvKvi, cõš`k GKUz QPvtj v| KPKtP, Qj evKj Qvovtj Ab`Q kixi, tftZti ewP| GK Kvc KvUv kmvq AvtQ 13 K`vtj wi , 0.1 Mõg Pwe`1 Mõg tcsõUv, 3 Mõg tkZmvi | Gi Nwõb -Rb ntj v jvD, Kgov, ZigR, t`wqm| kmv GZ fvj - weL`vZRB Aón`k kZtKi GbmvtKvftcwW` m`vgtqj Rbmb wj tLQb, “ A cucumber should be well sliced, and dressed with papper and vinegar, and then thrown out, as good for nothing.”

my`v`i Rb`.....Dcti i cõvi ci

tmB wj ,tj v Avgv`i eZõv`b Lv`v`v`tm tXvKvtj fvj nq|

◆ wPwb ZLb Lv`w` wQj bvt

cõ + h`Mi gvb| wkKvi Ki`Zb, Lv` msMõh Ki`Zb| Pvlvev` Ki`Zb bv| ZvB B`Pvl I n`Zv bv| tKej gaß wQj wgwó`te`i Drm, ZvB eQti 2-4 gvm cvl qv thZ gvI | gaycvl qvl wQj `j` bZÉpe`ti i g`Z, t`útb GKwU wP`Ktõ` Lv hvq õ`k nvRvi eQi Av`M GKRB i gbx tgsgvQi PvK AcniY Ki`Q| wPwb AZ`S-Kg Lvl qvi Rb`B nqZ tm mgq gvb`i i `vZu,tj v wQj mej I my`, P`q n`Zv bv`v`Z| AvaybK h`Mi gvb| (wetkm Kti bMi evmxi v) GKw`tb th cwi gvb wPwb Lvb, Av`g gvb| mvi v Rxe`b tm cwi gvY wPwb tL`Zb bv| w`tb cvP Pv PvgP wPwb tL`j GK eQti wnmve 36,500 K`vtj wvi Mõh Kiv hvte- GB cwi gvY K`vtj wvi kixi PP`Kti bv tcvovtj kixti tg` Rgte 10 cvDÜ (4.5 wKtj vMõg)| tKvj v, tKK, KwKm, AvBmwug, tKPAvc, mm, cõZtivtk wgwó-wgõvbewPwbh`P Lvevi Avgiv cõpi LvB|

◆ Kg wQj tmvMwqvg, Lv`t`

wkKvi x cõxb tj vK`i gta` MtelYv Kti t`Lv tM`Q, cõ + h`Mi gvb| w`tb 1000 wgwj Mõtgi tewk bõp Mõh Ki`Z cvi`Zb bv| GLb Avgv`i t`tk gvb| 2000-3000 wgwj Mõg bõp Lvb `wbK-tewki fvM Av`m cõmuqrvZ Lvevi t`tk| cõPxb tj vK`i D`P i`Pvc n`Zv K`vPr, bõp tewk Lvl qvi m`½ i`Pvtci m`uK` mevB Rv`bb|

◆ m`u`³ Pwe`evotõ Avgv`i Lvev`ti t

Avgv`i Avnvi ms`wZtZ`vl qvZ, tg`ngvb`wvi, wetq, te`fvZ, Drme-cve`Y wN, gvLb Pwe`õj tMvkZ, tZj evotõ eB Kg`Q bv| Avngl Lv` I Pwe`Avgv`i Lv` evotõ| dv`dW evotõ AvaybK Rxe`b, wetkl Kti ev`Pv I Zi`Y`i gta`| GQovov fvRv-tcvov Lvevi, tcvov tZj Gme tL`q evotõ ü`ti vM I K`v`Yv`ti i SmK| Gt`tk Zi`Y`i gta` dv`dW Lvl qv thnvti evotõ Ges mewR I dj Lvl qv Kg`Q, G nvi Ae`vnZ `vKtj A`t fwe`tZ ü`ti vM I K`v`Yv`ti i g`Zv tivM G t`tk fqj AvKvti Avm`Z cvti | ZvB GB Avnvi ms`wZ Aek`B e`j v`bv`i Kvi `v`i Rb`| cõPxb h`M gvb`i i gta` m`u`³ Pwe`MõY wQj Lp Kg| Mew`ci j vj b-cvj b Kiv n`Zv bv, ZvB `p Drcv`b wPj Lp Kg, wN MõY wQj B bv| thme cõwbR tMvkZ tL`Zb ZLbKvi gvb|, G ,tj v wQj KwP tMvkZ I Pwe`x|

Aenkösvuk wõpi cõvq t`Lp

Av`vi tflR`Y

gmj vi gta` Av`v Lp DcKvi x| Av`vi i`qtõ tivM cõZtivaK I tivM cõZtikK `b| ZvB Av`v G`vtj vc`w_K, tnvglc`w_K, Avtqte`K I BDvbx kv`e`envi nq| Av`vi Svõvtj v i`mi cõvb Dcv`vb n`Q wRwRevvi b tmmwKUvi wcb| Av`v-j eb tL`j e`nRg nq| Lvl qvi Av`M Av`v-j eb tL`j t`U dv`c bv`ys g`L i wP evto| mw` Kwk`Z Av`v-Pv tL`j DcKvi cvl qv`hvq| Avgvkv I Rvõtm Av`v DcKvi x| KvPv Av`v wPwetq tL`j `v`Zi tivM I Ubwmtj DcKvi cvl qv hvq| Av`vi im gaj mv`_ wgwktq tL`j mw` kymKtõi Dckg nq| Av`v t`ni evZ I Kd`i Kti |



GQovovl Av`v ej eaR, eK aodowb nvm Kti, KÜ`t cwi`vi K, exh`eaR, nvcvbx, egb I tKvõKwv`b wbevi K| Av`v I nj`i i m gaj mv`_ wgwktq tL`j mw` nvcvbi Dckg nq| t`ni Kvlv `v`b Av`v `fov j vMvtj i` cov eÜ nq| Av`vi i m ü`ti vMx`i Rb` DcKvi x| Av`v t`ni nvtoi tRvov DEB Kti | dtj tM`U evZ t`tk I P`v cvl qv hvq| Av`vi mv`_ gvLb wgwktq tL`j ev`Zi Dckg nq| LymLym Kwkt`Z Av`v DcKvi x| cõZ 100 Mõg Lv`vc`thvMx Av`v q i`qtõt

Rj xq Ask 80.9 Mõg

LwbRc`v` 1.2 Mõg

Avk 12.3 Mõg

kKpv 20 wg. Mõg

K`vj wmqvg 2.6 wg. Mõg

Avqi b 60 wg. Mõg

wfUwgb wv 6 wg. Mõg I

Lv` kw` 67 wKtj vK`vj wi |

Zte GB cõv Av`vi RvZ I Drcv`tbi `v`tbi Dci wbf`kxj |

cw`exi AvaybKZg tj Rvi wPwKrmv GLb evsj v`tk

tj Rvi wPwKrmv wK?

tj Rvi t` tj Rvi n`Q GK ai`tbi wetkl Avtj vKi wK`| GB Avtj vKi wK`K e`envi Kti th wPwKrmv Kiv nq Zv`KB ej v nq tj Rvi wPwKrmv|

Aenkösvuk wõpi cõvq t`Lp

my`x`i Rb`.....Dcti i cõvi ci

◆ `pRvZ Lv`t

cõPxb h`M Lv` th tZgb K`vj wmqvg wPj Zv bq, Kvi Y Mvfx, QvMj Gme j vj b cvj b Kiv n`Zv bv| gv`qi `p wPj GKgvI `tai Drm, Zvl ev`Pvt`i Rb`| Zte meR kvKmevR t`k LwbR Avni Y hv n`Zv, Zvl Kg bq| AvRKvj `p l `wa tL`Z nte, mi tZvj v `p|

◆ km`RvZ Lv`t

cõmuqvRvZ ev cwi tkvaz km`- thgb gg`vi i wU, wgtj QvUv Pvj cõZti v`ki km`Lv` wPj bv cõPxb h`M| ZLb ce`mwi iv Mg, kmv, av`bi Pvl Ki tZb bv| eis RvUj kK`v AvmZ ZLb e`bvdj, Rj R Nvm l e`bvk m` t`k| GLb tmme tbB| AvaybK Lv` km`Lv` hv cõPxb Lvev`i i KvQvKvQ n`Z cv`i Zv n`j v tXwKQvUv j vj Pvj, AvUv, Zl, QvZz-GtZ AvtQ Avkv wFvUwgb l LwbR|

◆ tkI K_vt

t`cwj l wj w_K h`M Avgv`i c`c`j l iv tKb `v`i vM, Wvqv`ewUv l D`P i`3 P`v`ci wKkvi n`Zb bv tZgb Kvi Y n`j v cõ` h`M i tmme gvbyl mviv Rxeb `vK tZb `vY`n AP tckj l mej | Gt`i kix`i wPj bv evowZ i Rb| Kvi Y kixi PP` wQj Zv`i Rxe`bi Ask| ZvB tKej Lvl qv bq, kixi PP` w`bqvgZ PvB my` mej bx`i vM Rxe`bi Rb`|

tuówUDe tewe wKfvte nq

A`bK w`b AvtMi K_v| weUk `B wPwKrmK t`cuUK tU`ctUv Ges G`vl qvW`M`te l YvMv`i KvR Ki tZ Ki tZ wP`Sv` Ki t`j b tKvb fvte hw` Ovary t`k wWg msMh Kti Zv Sperm Gi mv`_ w`w l`3 Kiv hvq Zvntj B gwó Kiv m`e gvbe m`sbv| A`bKevi tPóv Kivi ci l evi evi e`_n`Z `vK t`j b, tKbbv c`j iv e`vcvi Uv LpB RvUj | GB wWg msMh Kiv wK`S` tKvb mnR K_v bq| cKwZi w`bq`g cwi c` n`q wWg ovary t`k Klb wotmZ nte Zv tevSvi Rb` w`bqvgZ c`hve Ges i`3 cix`v Ki tZ `vK t`j b| Ae`k`l ivZ 2-30Uvi mgq GKwU wWg wotmZ n`j v| tmB gj` evb wWgwU msMh Kiv n`j v Ges Zvcgv`v l Ab`vb` cõqvRbxq mKj we l q w`bq`S` Kti wW`vYvU`k w`w l`3 Kiv n`j v i`pvYj mv`_| Zvi ci GwU XwKtq t`qv n`j v gv`qi kix`i | GLv`tbB tkl bq, Gici i` n`j v w`bqvgZ Monitoring Gi cvj v|

Aenkóvsik w`b`Pi cõvq t`Lp

tgBWm | bZb gb`w`E`K B-ti vM

tmj (tgvevBj) t`dvb, l`tqemvBU, B`Uvi t`bU Btj ±w` tgBj, (B-tgBj) Qvov Avi Pj t`QB bv| tgvevBj t`dvb tKvb Kvi tY m`t`z bv `vK t`j cõ`Z nq `vi Y A`w`z`| GmGgGm Ki tZ bv cvi t`j ev t`U` U t`g`mR0 bv t`c`j tMvgovg`L `vK t`Z nq| l`tqemvBtU X`k t`Z bv cvi t`j, B`Uvi t`bU e`DR Ki tZ bv cvi t`j gbUv tKgb t`hb AvbPvb Kti l`t`v| G GK t`U`kb, GK gnvAw`i Zv| Ggb Ae`v hw` Avcbvi nq Zvntj B n`q`q`Q| w`w`DZ Avcbv Avm`S- n`q`q`Qb t`tgBWm0 tiv`M-B tiv`M| bv, GB tgBWm ti vM tKvb cõYvZx Am`L GLbl cwi YZ nq`v| Zte G w`b`q fxiY wPw`S` n`q cõ`q`Qb weAvbxi v| Aw`i Zv, A`w`RwbZ GB Am`Li bvg tgvevBj G`vU B`Uvi t`bU w`w`ct`Uw`Y w`b`w`g m`st`q`c tgBWm| tgBWm-Gi m`t`z Bst`wR t`g`v`w0 k`t`ail w`g j i`t`q`Q| g`wW A`_c`vMj | tgBWm i A`_c`vMj bv n`j l Gi AvPi YUv wKQ`v n`j l cvM`j i g`t`Zv| GUv GK ai t`bi g`tbv `w`E`K e`vwa| Zte m`w`q`i vM bq| we`U`t`bi j t`q`Wm e`vsK wUweGm GK mgv`v Pwv j`q t`l`t`Q tgvevBj t`dvb e`envi Kvi xi 65 kZvsk tgvevBj t`dvb m`t`z bv `vK t`j l thvMv`thvM Ki tZ bv cvi t`j cõ`U P`v`c t`fv`M`b| B`Uvi t`bU e`envi Kvi xi 75 kZvsk tgj t`PK bv cvi t`j kw`S`-cvb bv| tgvevBj, B`Uvi t`bU e`envi Kvi xi v GKevi t`f`te t`Lp Avcbvi l w`b`q`B Ggb Ae`v nq| G Ae`vq Avcbv tgBWm Avm`S` c`h`v`i bvb `kxi l ci gv`b`l i w`b`f`k`xj Zv GB e`vwa i Rb`w` t`q`Q| GK`v P`v`qi tUwe`j Av`Cv, tKvb D`v`v`b e`tm e`U`i m`t`z Mí mí, t`c`g`K-t`c`g`Kv`i N`Uvi ci N`Uv Mí K_v, tWwUs, tKvb e`t`Ui Qvqvq Av`Cv Av`S`-wi KZvi t`Qvqvq wPw` t`j Lv, wPw` w`b`q`KZ Kí bv, KZ `c`e`GmeB GLb AZxZ n`q tM`Q| Gt`m`Q c`h`v`i t`e`t`Q w`b`f`k`xj Zv| G t`k Rb`w` t`Q tgBWm bv`gi e`vwa| GB e`vwa`Z met`P`q te`w Avm`S`-n`Q Zi`Y-Zi`Yxi v| wek` R`fo M`m Kti t`dj t`Q t`tgBWm0| GB B-ti vM w`b`KU f`we`l`t`Z bv Rvwb tKvb`eo e`vwa`Z cwi YZ nq|

Rvcvbx`i `xN`Rxe`bi i nm`

we`k` Rvcvbx`i Mo Avqy GLb me`waK| tm t`k kZel` gv`b`l i m`S`v 20,000| bvi-x-cj` t`f`f` Rvcvbx i GLb GwM`q| Zvi gv`b GB bq th me Rvcvbx A`b`K w`b` ev`P|

Aenkóvsik w`b`Pi cõvq t`Lp

tuóuDe tewe.....Dcti i cõvi ci

280 w`b Atc¶vi ci hLb tWwj fwi i mgq ntj v ZLb thb wPwKrmK0q Avi l fxZmšj -ntq cotj b- GB tftte th tcU KvUvi hw` tewi tq Avtm Ab` cRvwiZi Rxe Zvntj tZv ci nte GZ w`tbi mvabv| Gw`tK mvsew` K, wUwF wi tcvõvi l r tctZ etm AvtP tóctUv Ges GWl qvWp bZb Avwe®vi t`Lvi Rb`| mKtj i tPvLtk dvmK w`tq ivZ` tUvi mgq GKRb wmo`vi tK wbtq wmrvi Kti tei Kij b cYv% dUdtU gvbe mS- vb| Zvi GB mvdttj`i K_v Rvbtj b mvsew` Kt`i | Zvi GZ w`tbi AKvš-cwi ktj, `yõšvi dtj 1978mvtj Rj vB gvtm Rb¶wbj c0g tuóuDe tewe j Bm eFDb| Zvi ci t`tK j ¶ j ¶ wki G c×wZtZ Rb¶ wbtj l tuóuDe tewe m`úttK® Avgv`i avi Yv` ^0 bq| AtbtKi B avi Yv, tuóuDe tewe gvfb wbtRt`i wKQy bq, Ab` Kvi l i`mYyev wW`vYywb tq wKQyKiv ntq _vtK| Kvi l Kvi l avi Yv, tuóuDe tewe gvfb tuó uDUt`ei wFZi eo ntq _vtK|

tuóuDe tewe wKfvte nq?

`vqg-`xi i`mYy l wW`vYyK cKwZMZ c×wZtK ev` w`tq GKwU Mvtmi cvt¶ wgvj Z nevi e`ev Kiv nq Ges tmLvfbB wbtIK msNwUZ ntq átyi mwo` nq| Gi Rb` `iKvi AZ`vaybK hšcwZ mw3/4Z RxeYyß GKwU j`veti Uwi | áYwUtK cti `xi RivqfZ`vcb Kiv nq, hv cieZx¶Z`vfweK Mf¶Ávi tyi gtZvB ew× tctq cYv% wki nq| GB c×wZU i bvg ntj v Bb wftUv dvtUj vBtRkb (AvBwFgd)| wftUv GKwU j wZb kã hvi gvfb ntj v evBti Ges BstiwR c0Zkã ntj v Mvm| Mvtmi cvt¶ wbtIK msNwUZ nq etj B Gi bvgKiY ntq0 tuóuDe tewe| G c×wZ`vqg ev`xi hvi mgm`vi Rb`B Kiv tnvK bv tKb m`úttP wPwKrmvUvB Kiv nq`xtK|`xi Avt`š tKvb mgm`v bv _vKtj l |

cñiv c×wZ wKfvte Kiv nq?

c0g avct GKwU BbtRkKb gvmtKi 21Zg A_ev c0g w`b t`tK`xtK t`qv nq| GwU 10-14 w`b t`evi ci Avetm`bvm0g l i³ cix¶v Kiv nq| Kvi l Kvi l tewk w`b j vMtZ cvti |

w0Zxq avct ce0ZP cix¶vi lci wbfP Kti 1g BbtRkKtbi mvt_ Avi l GKwU BbtRkKb t`qv nq, wW`vYy`Zwi Kivi Rb`| wW`vYycwic° ntj 1g l 2q BbtRkKb`xUvB eÜ Kti t`qv nq| Gi 24 NbUv ci ZZxq GKwU BbtRkKb t`qv nq|

Rvcvbx` iDcti i cõvi ci



eq`cgvbly`i D`P nvti i GKwU KviY ntZ cvti tm t`tki wki Rtb¶i wbgõvi | 40 eQi AvtM Rvcvfb kZel® gvbly wQj 100 Rb| GLb tmB msL`v teto`vmtq0 20,000-G| AvMvgx KtqK

eQtii gta` GB msL`v 30,000`uk® Kite|`f nvi B Rvcvbx`i`xNvqynevi gj inm`| eqm hv`i lvUvi Awak A_® w0Zxq wekht`x i AvtM hvi v Rtb¶Qb, Zvi v Lvevi`vevti i welq LpB mtpZb| K`vtj wvi Ges tKvtj t`ij wK ivLv m`e ntj AtbK Amy t`tK wbtRtK`ti mwi tq ivLv hvq| lvUva®Rvcvbx`i gta` GKwU welq Lp wgvj | Zvi v tKDB Lp tgvUv bb| ZiY eqm K`vtj wvi i c0qvRb nq| wKš` lvUvi cti GB welq mtpZb`vKv`i Kvi | G`vwbttj d`vU Mõb Kgvfbv DwPZ| GLvfbB tKvtj t`ij i cwi gvb tewk| Rvcvfb BtWv wcvv qfW Kbdmqv b Abymvix tKeviv GwKtKb (1630-1714) wj tLwQtj b 0G g`vbtqj di tnj w` wj wfs0 bvtg GKwU eB| tmLvfb tKeviv Dttj l Kti b`v`evb`vKvi kZ ntj v 80 fvM tcU Lwv ti tL me mgq Lvte| wKš` GLbKvi w`tb gtb Kiv nt`Q 70% Lwv ivLv fvj | l Rb wUK ivLtz nte| GRb` mvi v¶Y kvKmemR Lvl qvUv h¶³h¶ bq| RxebtK mPj ivLtz gvsm Ges gvQl tLtz nte| Zte Avmj K_v ntj v c0qvRbxq K`vtj wvi MõY| G`vwbttj d`vU Ges wgvó Lvevi Zvuj Kv t`tK GtKevti ev` w`tZ nte| e`qvq Kti K`vtj wvi ¶q m`e| Rvcvfb wMtq t`Lv hvq, 90-Gi tewk eqtmi tj vKI Gw`dtj Ui Gwotq wmw w`tq l Vv-bvgv Ki t0| wbtRi j v¶MR Uvbt0| cvnvtoi Mvtq w`t`tK i i`Kti wki , epb bvbv tckvi m½ wbtRt`i h¶ ivLt0| eqm evovi m½ m½ kixti i wefwbemUttZ RoZv Avtm| e`vqvgti gva`tg GUvtK tcv ej Kiv m`e| tKvb Amywemj bv vKtj l Rvcvbxiv c0ZeQi tPKAvC Kti cñiv kixti | Rxbhvc`bi t¶¶t Zvi v metPttq tewk`i ZcYg`tb Kti Avkvev`x`vKvtK|`yõšv h¶ Rxeb KLbB`v`Ki bq| hvi v ivtZ fvj NgvttZ cvtib bv, Zvt`i c0qB Amywemj nq| 0ZvovZvmo NgvttZ hvl qv Ges ZvovZvmo Nv t`tK l Vv0 Ges 0w`tb wZbevi fvj Lvevi MõY0 tK Rvcvbxiv mY`v`i Ab`Zg dg¶v wntmte gtb Kti | eZgvtb Rvcvfb RbMtYi kZKiv 19 fv¶Mi eqm 65 wKsev Zvi tPttq tewk| Zte cwi msL`vb Abjvqx AvMvgx wmwK kZtKi gta` GB nvi 25 fv¶M wMtq tcsQvte|

tuóuDe tewe.....Dcti i cõvi ci

- cjl̄t̄i ī īm̄v̄ȳ Av̄K̄ūZ̄ Lv̄iv̄c̄ n̄tj̄ Ges Pj̄ "Qw̄³ Ā-̄f̄v̄wēK̄fv̄tē Kḡ n̄tj̄ |
- ēv̄L̄v̄n̄x̄b̄ m̄vē d̄v̄ūf̄j̄ w̄t̄Z̄ |
- Av̄t̄Mī ch̄v̄ēj̄ t̄j̄vī w̄P̄w̄K̄rm̄v̄ evī evī K̄t̄īl̄ K̄Z̄K̄v̄h̄b̄v̄ n̄tj̄ |
- cjl̄t̄i ī īm̄v̄ȳ ḠūŪ-̄úv̄ḡḠūŪēw̄W̄ -v̄K̄t̄j̄ | Bm̄j̄vḡm̄n̄ m̄K̄j̄ aḡB̄ Ḡ w̄P̄w̄K̄rm̄v̄ Ab̄t̄gv̄b̄ K̄t̄ī | Z̄tē Bm̄j̄vḡ at̄ḡīm̄v̄ȳ, w̄W̄-̄f̄ȳGes̄ áȲ -̄vb̄ w̄b̄w̄l̄ × |

tuóuDe tewe Qovl Avi wK wK wPwKrmv AvtQ ?

-eÜv̄t̄Z̄j̄ Kv̄ib̄ hv̄-B̄ t̄n̄v̄K̄ b̄v̄ t̄K̄b̄ c̄úZ̄w̄Ūī t̄q̄l̄w̄ēt̄kl̄ w̄P̄w̄K̄rm̄v̄ w̄ē-̄ḡvb̄ | Z̄tē t̄m̄ m̄ē Kv̄īȲ w̄b̄īc̄t̄Ȳī c̄x̄w̄Z̄ l̄ w̄P̄w̄K̄rm̄v̄ c̄x̄w̄Z̄ m̄n̄R̄Z̄ī -̄f̄ ē-̄q̄m̄v̄t̄c̄q̄l̄ t̄-̄t̄K̄ īī "K̄t̄ī R̄w̄Ūj̄ Z̄ḡ l̄ ēúj̄ ē-̄q̄m̄v̄t̄c̄q̄l̄ ch̄S̄-n̄t̄Z̄ c̄v̄t̄ī | tuóuDe tewe Qovl Bbdv̄ūf̄j̄ w̄Ū t̄K̄q̄vī Ḡv̄Ū w̄ī m̄v̄P̄q̄m̄Ūvī, 5/13 úgv̄q̄b̄ t̄ī w̄W̄ (eK̄-w̄e), X̄v̄K̄v̄q̄ ēǕZ̄j̄ms̄p̄v̄š̄-w̄ēw̄f̄b̄m̄P̄w̄K̄rm̄v̄ t̄-̄q̄v̄ n̄q̄ |

- ❖ W̄v̄. ī ḡv̄b̄v̄ Av̄n̄t̄ḡ-̄ | ḡt̄b̄v̄q̄vī v̄ n̄v̄m̄c̄v̄Z̄v̄j̄ |
- ❖ W̄v̄. ī v̄t̄k̄-̄v̄ t̄ēM̄ḡ | m̄n̄K̄v̄īx̄ Āā-̄w̄m̄c̄K̄v̄, X̄v̄K̄v̄ t̄ḡw̄K̄-̄v̄j̄ K̄t̄j̄ R̄ l̄ n̄v̄m̄c̄v̄Z̄v̄j̄ |

i RtwbewEi AvtMB- -v- mtpZb tnvb



l̄wīM̄b̄ t̄nj̄_̄ Ḡv̄Ū m̄v̄t̄q̄Ȳ B̄D̄w̄b̄f̄v̄m̄Ūī M̄t̄el̄K̄t̄ī ī ḡt̄Z̄, īR̄t̄w̄b̄ew̄Ē K̄v̄t̄j̄ī c̄t̄ī q̄l̄av̄ c̄P̄Ū īK̄t̄gī ēw̄x̄ c̄v̄q̄ | M̄t̄el̄K̄iv̄ ev̄b̄ī w̄b̄t̄q̄ M̄t̄el̄Ȳv̄ P̄vj̄v̄b̄ | t̄m̄m̄ē ev̄b̄t̄ī ī m̄w̄R̄K̄-̄v̄j̄ ī R̄t̄w̄b̄ew̄Ē N̄Ūv̄t̄b̄v̄ n̄t̄q̄w̄j̄ | m̄v̄R̄w̄ī ī 2̄ ḡv̄m̄ c̄ī ev̄b̄ī t̄j̄v̄ Av̄t̄Mī t̄P̄t̄q̄ 67̄ ev̄M̄ t̄ēw̄k̄ t̄L̄t̄Z̄ īī "K̄t̄ī | Ḡt̄Z̄ Z̄v̄t̄ī l̄ R̄b̄l̄ 5̄ f̄v̄M̄ t̄ēt̄ō h̄v̄q̄ | t̄m̄B̄ m̄v̄t̄-̄īt̄³̄ t̄j̄ w̄P̄b̄ n̄b̄t̄ḡv̄t̄b̄ī ḡv̄l̄v̄l̄ ev̄ōt̄Z̄ -v̄t̄K̄ | t̄j̄ w̄P̄b̄ n̄īt̄ḡv̄b̄ P̄w̄ēK̄v̄l̄ t̄-̄t̄K̄ -̄Z̄w̄ī n̄q̄-̄ hv̄ -̄j̄ Z̄v̄ī m̄t̄½̄ m̄-̄úw̄K̄Z̄ | Z̄v̄B̄ ī R̄t̄w̄b̄ew̄Ēī c̄t̄ēB̄ -̄v̄-̄m̄t̄P̄Z̄b̄ t̄nv̄b̄ l̄ R̄b̄ m̄x̄w̄ḡZ̄ īv̄L̄p̄ | d̄t̄j̄ ī R̄t̄w̄b̄ew̄Ē K̄v̄t̄j̄ ī c̄īl̄ Āv̄c̄w̄b̄ m̄Ȳ Z̄v̄ī c̄L̄-̄v̄k̄v̄ K̄īt̄Z̄ c̄v̄ī t̄ēb̄ |

KwúDuv wFkb.....Dcti i cõvi ci

tKb nq wmwFGm?

Q̄v̄c̄vī Āq̄l̄ī c̄ōt̄Z̄ h̄t̄Z̄v̄ŪK̄z̄P̄v̄c̄ c̄t̄ō Āv̄ḡv̄t̄-̄ī t̄P̄v̄L̄ l̄ ḡw̄-̄t̄ī l̄c̄t̄ī, c̄-̄f̄ī Q̄w̄ē l̄ Āq̄l̄ī c̄ōt̄Z̄ Z̄v̄ī t̄P̄t̄q̄ P̄v̄c̄Ūv̄ t̄ēw̄k̄B̄ c̄t̄ō | K̄v̄M̄t̄R̄ī ē-̄ī l̄c̄t̄ī t̄d̄v̄K̄m̄ K̄īt̄Z̄ Āv̄ḡv̄t̄-̄ī t̄P̄v̄L̄t̄K̄ t̄Z̄ḡb̄ t̄K̄v̄t̄b̄v̄ K̄m̄ī Z̄ K̄īt̄Z̄ n̄q̄ b̄v̄ | w̄K̄S̄'̄ w̄Ūw̄f̄ ev̄ K̄w̄-̄úD̄Ūvī ḡw̄b̄Ūt̄ī t̄d̄v̄K̄m̄ K̄īt̄Z̄ ev̄ m̄B̄t̄q̄ w̄b̄t̄Z̄ t̄P̄v̄L̄t̄K̄ t̄R̄vī w̄-̄t̄Z̄ n̄q̄ | Z̄tē K̄w̄-̄úD̄Ūvī w̄-̄t̄ēb̄ q̄l̄w̄Z̄Ūv̄ w̄Ūw̄f̄ī t̄P̄t̄q̄ Āt̄b̄K̄-̄Ȳ t̄ēw̄k̄ K̄v̄īȲ w̄Ūw̄f̄ t̄-̄L̄v̄ n̄q̄ M̄h̄Ȳt̄h̄v̄M̄-̄-̄t̄t̄Z̄vē ēt̄m̄ w̄K̄S̄'̄ḡw̄b̄Ūī t̄-̄t̄K̄ t̄P̄v̄t̄L̄ī -̄t̄Z̄j̄ēōt̄R̄vī K̄t̄q̄K̄ ḠK̄ t̄-̄t̄K̄ t̄-̄ō d̄Ū | w̄D̄Z̄x̄q̄Z̄ K̄v̄M̄t̄R̄ī Āq̄l̄ī t̄j̄v̄ c̄úḡ t̄-̄t̄K̄ t̄k̄l̄ Āw̄ā̄ ḠK̄B̄ K̄Ūt̄ō v̄t̄K̄ | Āb̄-̄w̄-̄t̄K̄ ḡw̄b̄Ūt̄ī Āq̄l̄ī ev̄ ē-̄m̄ḡn̄ ḡv̄S̄L̄v̄t̄b̄ m̄ēt̄P̄t̄q̄ D̄³⁄⁴j̄ v̄t̄K̄ Ges̄ μḡv̄š̄t̄q̄ -̄t̄c̄úš̄-Z̄v̄ J̄³⁄⁴j̄ -̄n̄v̄īv̄t̄Z̄ -v̄t̄K̄ | Ḡ R̄w̄Ūj̄ Z̄v̄ Ḡōv̄t̄Z̄ ḡv̄b̄ēP̄q̄z̄ Āv̄c̄w̄b̄B̄ ḠK̄w̄Ū ĀĀ̄t̄j̄ ī w̄-̄t̄K̄ P̄t̄j̄ h̄v̄q̄ h̄v̄t̄K̄ ēt̄j̄ t̄īw̄ōs̄ c̄t̄q̄Ū Āf̄ Āv̄K̄t̄ḡv̄t̄W̄k̄b̄ ev̄ Āv̄īw̄c̄Ḡ | c̄p̄īv̄q̄ t̄d̄v̄K̄m̄ w̄K̄ K̄īt̄Z̄ t̄P̄v̄t̄L̄ī ḡv̄s̄m̄t̄c̄w̄k̄ī l̄c̄ī w̄D̄-̄Ȳ t̄R̄vī w̄-̄t̄Z̄ n̄q̄ | ḠB̄ āv̄īv̄ēw̄n̄K̄ c̄úμq̄vī d̄j̄v̄d̄j̄ t̄P̄v̄t̄L̄ī Āēm̄v̄-̄ l̄ R̄j̄ w̄b̄, t̄m̄L̄v̄b̄ t̄-̄t̄K̄ ḡv̄-̄v̄ ē-̄v̄ l̄ Āb̄-̄v̄b̄-̄ | ēq̄m̄ h̄t̄Z̄v̄ ev̄ōt̄Z̄ v̄t̄K̄ ōt̄c̄h̄ēv̄t̄q̄w̄īc̄q̄v̄ō b̄v̄t̄gī ḠK̄w̄Ū Āē-̄v̄q̄ t̄h̄t̄Z̄ Āt̄K̄ Āv̄ḡv̄t̄-̄ī t̄P̄v̄L̄ h̄v̄t̄Z̄ K̄v̄t̄Q̄ t̄-̄L̄v̄ m̄ḡm̄v̄ n̄t̄q̄ -̄v̄ōūq̄ | Ḡī d̄t̄j̄ K̄w̄-̄úD̄Ūv̄t̄ī K̄v̄R̄ K̄īv̄ī m̄ḡq̄ ḡw̄b̄Ūī L̄w̄b̄K̄Ūv̄ Ā-̄úō t̄-̄L̄v̄q̄ | Āv̄ī Ā-̄úō w̄-̄t̄ēb̄ c̄ōv̄ī m̄ḡq̄ ḡv̄-̄v̄ ē-̄v̄ n̄t̄Z̄ -v̄t̄K̄ | ḠŌĀōv̄ ev̄B̄t̄d̄v̄K̄v̄j̄ t̄j̄t̄Ȳī b̄x̄t̄P̄ī Ās̄t̄k̄ī ev̄ n̄v̄d̄-Āv̄B̄ w̄ī w̄S̄ M̄v̄t̄m̄ī m̄v̄n̄v̄t̄h̄-̄ ḡw̄b̄Ūt̄ī t̄j̄ L̄v̄ c̄ōt̄j̄ ḠK̄B̄ d̄j̄v̄d̄j̄ t̄-̄L̄v̄ t̄-̄q̄v̄ī m̄-̄v̄ēb̄v̄ | Ḡt̄Z̄ q̄l̄w̄Z̄ w̄Ōēā | t̄P̄v̄t̄L̄ī t̄Z̄v̄ ēt̄UB̄, ev̄B̄t̄d̄v̄K̄v̄j̄ ev̄ n̄v̄d̄-M̄v̄m̄ ē-̄env̄ī K̄w̄ī īv̄ m̄v̄av̄ī ȲZ̄ ḠK̄Ūz̄ m̄v̄ḡt̄b̄ S̄t̄K̄ ev̄ N̄v̄ō ev̄w̄K̄t̄q̄ K̄v̄R̄ K̄t̄īb̄ | h̄v̄ī d̄t̄j̄ N̄v̄ō-K̄v̄ā̄m̄n̄ t̄ḡī-̄ t̄Ūī l̄c̄t̄ī l̄ P̄v̄c̄ c̄ōt̄Z̄ -v̄t̄K̄ |

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ev̄-̄P̄vī v̄ Ḡḡw̄b̄t̄Z̄B̄ Āv̄Z̄t̄f̄v̄j̄ v̄ | Āv̄ī K̄w̄-̄úD̄Ūvī t̄c̄t̄j̄ t̄ēw̄k̄ī f̄v̄M̄ w̄k̄k̄B̄ ēj̄ n̄t̄q̄ h̄v̄q̄ | ḠB̄ Āt̄f̄-̄m̄ Z̄v̄t̄ī ī t̄P̄v̄L̄ l̄ Z̄v̄ī m̄t̄½̄ m̄-̄úw̄K̄Z̄ Āb̄-̄v̄b̄ Āt̄½̄ī -̄x̄N̄-̄v̄q̄x̄ q̄l̄w̄Z̄ī K̄v̄ī b̄ n̄t̄Z̄ c̄v̄t̄ī | Ḡḡb̄w̄K̄ Ḡī ōv̄iv̄ Z̄v̄t̄ī t̄h̄ m̄ḡm̄v̄ -̄Z̄w̄ī n̄t̄"Q̄ Z̄v̄l̄ Z̄v̄iv̄ b̄v̄ ēš̄t̄Z̄ c̄v̄t̄ī | Z̄v̄B̄ Z̄v̄īv̄ t̄h̄b̄ t̄ēw̄k̄q̄l̄ȳ K̄w̄-̄úD̄Ūv̄t̄ī ī m̄v̄ḡt̄b̄ ēt̄m̄ b̄v̄ -v̄t̄K̄ t̄L̄q̄v̄j̄ īv̄L̄v̄ -̄īK̄v̄ī Āw̄f̄f̄v̄ēK̄t̄īB̄ | Āv̄ī K̄w̄-̄úD̄Ūvī, w̄ēt̄k̄l̄ K̄t̄ī N̄t̄ī, īv̄L̄v̄ n̄q̄ ēōt̄-̄ī ē-̄env̄t̄īv̄c̄t̄h̄v̄M̄x̄ K̄t̄ī | d̄t̄j̄ m̄v̄av̄ī ȲZ̄ t̄-̄L̄v̄ h̄v̄q̄ t̄h̄ w̄k̄īw̄Ū K̄w̄-̄úD̄Ūvī ē-̄env̄ī K̄īt̄Q̄ Z̄v̄ī c̄v̄ t̄ḡt̄S̄ t̄-̄t̄K̄ l̄c̄t̄ī S̄j̄ t̄Q̄, w̄K̄t̄ēv̄t̄W̄-̄t̄c̄S̄Q̄t̄Z̄ Z̄v̄ī n̄v̄Z̄t̄K̄ t̄ēk̄K̄ t̄ēM̄ t̄c̄t̄Z̄ n̄t̄"Q̄, w̄-̄t̄ēb̄ī w̄-̄t̄K̄ Z̄v̄K̄v̄t̄Z̄ Z̄v̄ī N̄v̄ōl̄ D̄P̄z̄ n̄t̄q̄ Āv̄t̄Q̄ | Ḡt̄Z̄ K̄t̄ī t̄P̄v̄L̄ t̄Z̄v̄ ēt̄UB̄, N̄v̄ō, K̄v̄ā̄m̄n̄ t̄ḡī-̄ t̄Ūī w̄ēīv̄Ū q̄l̄w̄Z̄ c̄úq̄ w̄b̄w̄D̄Z̄ |

Aeikósvik wbtPi cõvq t̄ Lp

ü`ti vM wbi c'tY bqV- c×wZ D™qeb

wcsMvi wJc tUó ev Av½tj i i³Pvc cix¶v Kti ü`ti vM wbi c'tYi GKwU bZb c×wZi D™qeb Kti tQ gwK® weAvbxiv| GB cix¶vq ü`ti vM Ges nvfUP i³bvj xtZ Pwe®Rgvi cÜ_wgK Ae~v mbv³ Kiv hvte| weþklÁMY GB mnR cix¶vvi bvg w`tqtQb Avi GBP c~vU ev wi AvKwUf nvBcvti wqgv tciwi tdi vj AvU®i qvi UþbvfgwU¶| GB cix¶vq cÜ_tg nvfZi tKvb Av½tj i i³Pvc t~Lv nq| c'ti D~P i³Pvc cwi gv'tci hšjw`tq ÖevW tçñvi Kvd0-G evZvm XwKtq evúZ AšZt 5 wqwbU i³Pj vPj eÜ ivLv nq| Gevi ÖevW tçñvi Kvd0 Lfj w`tq t~Lv nq nvfZi Av½tj i i³bvj xtZ KZ`Z i³mieivn ntqtQ| weþklÁMY cvkvcwK i³bvj xi GbwRI M0g m~ubæk'ti t~L'tZ Pvb i³bvj x mi "ntqtQ wKbv| weþklÁMY 94 Rb ti vMxi lci MtelYv Pwj tq t~Lb Zv`i tKD Ki bvi x AvU®i wWwRtR Avµvš-bb A_® Zv`i Kvi l nvfUP i³bvj x mi "nqwb ev i³bvj xtZ eK mµó nqwb| wKš'ÓAvi GBP c~vUó tUó ev wcsMvi wJc tUó t~Lv hvq 55 Rþi nvfUP i³bvj xi t~L qvtj Kvhþg ~vfweK bq A_® nvfUP Kvh¶lgZv nvm tçtqtQ| weþklÁMY Avi l D'tj L Kti tQb ÖwcsMvi wJc tUó Kivi mgq hv`i ü`ti vM tbB Zv`i evúZ i³Pvc ew× cvq Ges hv`i ü`ti vM AvtQ Zv`i t¶t¶ i³Pj vP'tj i MwZ _vtK A'tc¶vKZ ¶jxY| Avi GBPwGwU htšj mrvth" Av½tj i i³Pv'tci Zvi Zg" t~L weþklÁMY wba¶Y Ktib ü`ti vM Avµvš-wKbv| hþivtR"i gv'tqv wKwbþK cwi Pwj Z MtelYwU Avtqwi Kvb Ktj R Ae KwW¶j wRi Rvb¶j G Z` cKvk Kiv nq| weþklÁMY etj b, ü`ti vM wbi c'tYi GUv GKwU mnR c×wZ| MtelYv cwi Pj bvi cãvb weþklÁ Wt Avngi jvi gv'tbi AvfgZt nqZev GKw`b gvbt¶i ü`ti vM wbi c'tY G c×wZ KvhRi fwgKv ivLte| Zte ewJk nvU®· cvU®Y etj tQb, MtelYwU PgrKvi | Zte cix¶vvi KvhRwvi Zv m~úþK®wbdZ ntZ Avi l MtelYvi `i Kvi itqtQ|

gwWþUkb tg` Kgvq

Avgiv cÜqB fwe th, iayLvev'ti i Kvi tYB tg` Rtq| wKš', G avibv c'tivcvi wK bq| GRb" `vqx GKwU weþkl ni tgvb ÖKi wUmj Ó- hv GtWbvj MvÜ t~þK `Zix nq| ÖKi wUmj Ó t~tñi Pwe®fv½b cÜµqv i wZ Kti Ges Bbmj þbi gv'v ewotq t~q| dtj ki xti Pwe®Rgv ntZ _vtK| cvkvcwK GwU Lvev'ti i Zvobv ewotq t~q|

wmwFGm l Avgivt

Awþ"Oq ntj l i i"Ki tZ ntqU'tj v gwK® gj þKi wntme w`tq| wKš' Avgv't i t~þkl tZv KwúDvvi e`envi Kwvi i msL~v tbnvr tdj bv bq| Avgv't i t~þk wmwFGtm Avµvšþ nvi tKgb? Rvbvi Dcvq tbB| t~þk Kx KwúDvvi wFkb weþklÁ tMvtQi tKv'tbv Wv³vi AvtQb? e½eÜztKl gyRe tgvWk"vj wekþe`vj tqi P¶jwefv'tMi tPqvi g'vb Aa'vcK tgv. gv'tj n Dwi' b ej tj b, Öbv, Avgv't i Rvbv gtZ t~þk Ggb tKv'tbv weþklÁ tbB| Ö Aa'vcK mv'tj n Rvbvtj b, Öevsj vt~þk wmwFGm wetq tKv'tbv MtelYv tMvtQi wKQy GLt'bv cwi Pwj Z nqwb| G wetq tKv'tbv weþklÁI tbB t~þk| Avi iay KwúDvvi e`env'ti i Kvi tY Amy' tKv'tbv ti vM Avtmb l bv| Zte ZiY ti vM t~i tKD tKD etj b th, KwúDvvti tewk¶Y KvR Ki tj Zvi tPvtLi mgm~v ntZ _vtK| Ö tgv'v K_v, GB mg,m~v tgvKv'tej vq tKv'tbv D't~vM GLt'bv tbqv nqwb| Zte Avcbvi th wclqvU i cÜZ Avgv't i `wó AvKI¶ Ki tj b tm wetq Avgiv D't~vM tbt'ev, ej tj b Aa'vcK mv'tj n|

Aetnj v Ki þeb bv!

wmwFGm cÜZKv'ti i tZgb tKv'tbv e`ev GLt'bv chvþ bq| ZvB ewwþt'ki weþki weþklÁiv cÜZti v'tai cÜZB tewk tRvi w`t~Qb| AvcvZwbi xn wKš' cwi Yvtg fq¼i GB ti vM cÜZti v'ta Zvi v wKQy tQvULvU wKš', i ZcY®wcltq g'tbvthvM w`tZ etj b| thg't KwúDvvti i Nti chvþ Avtj v AKtZ nte| Zte Zv thb AZi¾aj ntq bv cto| cÜKwZK Avtj v bv ntj Kw'g Avtj vi e`ev Ki tZ nte| GtKev'ti AÜKvi ev cÜqvÜvKvi Nti gwbu'ti i mvg'tb etm KvR Kiv `wó cÜxc `Z wbwftq t~qvi bvgvšþ| KwúDvvi `vc'tbi l c'ti l wmwFGm Rb'þbv wbfP Kti | gwbu'ti i w`þK Nvo evKv Kti ZvKvtj gv_v, Nvo Kvã l tgi" tÜi mgn ¶jwZi m~þebv| GQvov `wókw³ t~þK gwbu'ti hw` DPþZ _vtK tZv K_vB tbB; Lþ bxpþZ ivL'tj l GKB mg,m~v t~Lv t~qvi K_v| c¶_exi tmiv wmwFGm weþklÁt~i gtZ, gwbu'ti ivLv DwPZ wK kixi eivei - 20 t~þK 26 BwÁ `þi Ges ~vfweK `wó t'lv t~þK 4 t~þK 9 BwÁ bxpþ| GKB mþ½ tLqj ivL'tZ nte wKteW® KvR Kivi mgq cv`þ tUv thb tqtS Q'tq _vtK| nvZi ivL'tZ nte tmB mgvšþvtj | Avi Zvi mþ½ tgi" Ü ivL'þ tmvRv| KvR Kivi dvþK `g wbb| 15 t~þK 20 wqwbU Ašþ tPvL'tK wekþg w`b| GKB mþ½ nvZ, Nvo, Kvaul tgi" ÜþK |

