

afn kltef k|k6gsf nflu ; dlkt

# बाल उद्यान

cwvj flifk klqs f



jifM%

csM

hg @)!





# an' lgefM kn\$f] kfknoN





sf]fgfsf]bf]t}f]nx/df s; /Lhf]ufpg] afnafnsfnf0<  
 sf]fgf ef0<; dxdf/Lsf]bf]t}f]nx/df w}& afnafnsfx? ; q}dt alg/x\$]5g\ klnf] nx/ ebf bf]t}f]nx/ afnafnsf nflu ; q}ds b]vPsf]cj:yfdf csf]gofFcyft t}f]nx/ cPdf afnafnsfx?sf nflu lgs}vt/fgs xg] lj 1x?n]atf0(x\$] 5g\

आज हामी कोभिडबाट जोगिने  
 बारेमा जानकारी लिएर आएका छौं।

lj Bfnx? aG ePsf]cj:yfdf sf]fgf ef0<; sf] goffe]PG, afnafnsf]j:f.Yb tyf dfgl; s cj:yfdf laifodf cleefj sx?df lrGf ylk0(x\$] 5 .

खोकदा वा हाँचिखउ गर्दा रुमाल,  
 टिस्यु पेपर वा पाखुराले नाक र मुख  
 छोप्नुहोस्।

dxdf/Lsf]; dodf cleefj sx?n]s]ug]< s] gug]< cleefj sx? ; q}dt ePsf]cj:yfdf afnafnsf] x]rfx s; /L ug] < clg afnafnsfx? g}; q}dt ePdf s]ug]< o; ; \* ; DalGwt 8fS6/x?n] o:t}h1f; fx?sf] lgj f/Of ul/Psf]kf05 .

आफुले प्रयोग गरेको टिस्यु पेपर,  
 मास्क जथाभावी नफाल्नुहोस्।  
 डस्टबिन वा फोहोर फाल्न  
 तोकिएको ठाउँमा मात्र पर्याँवुहोस्।

s]e8 !( sf]t}f]nx/sf]rrf}; lgPsf]5 / ; f]nx/af6 afnafnsfx? ; a}ebf a9L hf]vddf /x\$]elgPsf]5 . s]Tof]s/f ; ff]xf]<

बालबालिकालाई घर भन्दा  
 बाहिरका अन्य ब्यक्तिहरूसँगको  
 प्रत्यक्ष सम्पर्कबाट रोक्नुहोस्।

sf]fgf ef0<; dxdf/Lsf]t}f]nx/n]a9L afnafnsfx?nf0<; / ug]w]lj 1x?n]rt}fgL lbPsf 5g\ l; uk/df o:t}e} s\$]klg 5 . l; uk/df o:t}e} s\$]klg 5 . xfdln]ef0<; lj?4 klT/Iff xfl; n ug]eg\$]ls t vfk nufP/ xf] ls t Psk6s ; q}dt e} s]k]5 .

; Nfxsf/ g/8 8ufh ; G/Id 8ufh  ; Dkbs lr/LsfhL 8ufh  z4fz4 -gkfnL chg kj fb k}h	; Dkbg ; xofhL ofh]b  >]7 lgeQmdxhg  sfggL ; Nfxsf/ s]Guf]G dxhg  dbQf k} lqozg	k\$}zs n"lgefMafn ; /f\$] / dx, gkfn nlnk/, dxfgu/klnsf-% nlnk/, gkfn k}a-g+* (&% 0kL; L=@&, sf7d8f)- k}g gM%(@)%S, %(!\$@ k}dS; M%(!#@( O}h.Mnfo@loonivachild.org.np	k\$}zg ; xofh OG/k}Bof, lkgnbf08 lj b} d}dnf d}Gfno, lkgnbf08
---	---	---	--



w}jo:s dfg; x? klxf]tyf bf}f]nx/df  
 ; qndt e} s}f 5g . xfn ; Dd vfx? s}n  
 jo:sx?sf]koffsf nflu dfq l:js}t ePsf  
 5g\ . klxf] nx/df ; qndt ePsf  
 afnafnsfx?sf] ; Vof eGf bf}f] nx/df  
 ; qndtx?sf] ; Vof w}5 . o; sf]sf/Of rxfIF  
 ; dudf ; Vof g}w}xg' / ; a}kl/j f/ g}; qndt  
 ePsf sf/Of klg xg; S5 .

s}efO}; sf sgklg goFe}PCGx? jo:sx?nfO}  
 eGf afnafnsfx?nfO}a9L vt/fgs 5g<  
 sf]ff efO}; sf gof}b66x?, vfzu/LB.1.167  
 e}PCGn]afnafnsfx?nfO}a9L c; / u}f]f  
 l; w}k/ nufotsf s}Lbzdf blvPsf]5 . oBlk  
 pQmgofe}PCGaf6 xfn; Dd l; w}k/df slt  
 afnafnsfx? ; qndt eP eG}cflwsf/s  
 tVofs rxfIFpknAw 5g . efO}; sf] ; ?jftL  
 e}PCG eGf B.1.167 e}PCG ^) kltzt a9L  
 3fts 5 . of] gofFe}PCG olta9L 3fts  
 xbf}b}klg afnafnsfx?sf]/f} klt/fyLIdtf  
 pRr xg}ePsf sf/Ofn]ubf}efO}; sf]cfqrdOf  
 xbfF; d}t uDeL/ lj/fdL gk/}f] xg .

cfid?kdf sf}e8 !( sf] ; qndOfsf]d}fdn}df  
 s]afnafnsfx? ao:s eGf sd vt/fdf  
 xg < / afnafnsfx? dW}sg ; dxsf a9L  
 hf}vddf xG5g <  
 efO}; ; qndOfsf] ; Defj gfsf lx; fan]  
 afnafnsfx? jo:shlQs}hf}vddf xG5g .  
 tyflk sf}e8 !( ; qndt afnafnsfx?  
 ; fw/Oftof nIfOf lj gfsf j f sd uDeL/ vfn]  
 nIfOf ePsf xg]u}f 5g\ . afnafnsfd  
 efO}; sf]c; / sd xg}sf]sf/Of rxfIFefO};  
 ; qndOf xg]t/sfsf ; fy}afnafnsfsf]/f}k  
 klt/fyL kOfnIsf sf/Ofn] xg; S5 .

cWog cg! f/ vfzu/L! aif}g}sf / !) blv  
 !\$ aif} Dsf afnafnsfx? s8f nIfOf ; ktsf]

बजार जाँदा बालबालिकालाई सँगै  
 नलैजानुहोस् ।  
 लैजानैपर्ने भएमा मास्कको  
 सही ढंगले प्रयोग गरेर  
 मात्र लैजानुहोस् ।

आफु पनि अन्य  
 भेटघाटमा नजानुहोस्,  
 घरमा सकेसम्म पाहुना  
 नबोलाउनुहोस् ।


व्यक्तिसँगको भेटघाटमा मौतिक दुरीको  
 नियम पालना गर्नुहोस् ।

बालबालिकालाई साबुन पानीले न्युनतम  
 पनि २० सेकेन्ड सम्म मिचिमिची हात धुने,

मास्क लगाउने लगायतका  
 नियमित स्वास्थ्य सुरक्षाका  
 व्यवहार गर्न लगाउनुहोस् ।


sflē8 ! ( ; qndOf xg]pRr hf]vd ; dXd f  
 kb5g\ lzzx? ; qndt ePsf uDeL/ lj/fdL  
 klg kg{; Sb5g\ To:t}!) blv !S aif{pd/]  
 ; dXsf afnafnsfx?df @ blv ^ xktf; Ddsf]  
 nIf0fj xg jf nIf0foQmsflē8 ; qndOf kl5  
 dIN6l; :6d 0Qkmd6/L1; 88fl blvg ; S5 .

बालबालिकालाई पर्याप्त  
 सन्तुलित र पोषिलो  
 आहार खुवाउनुहोस् ।



s]afnafnsfdf blvg]nIf0x? jo:s JolQm?df  
 blvg]nIf0f eOf kns xGg\<  
 ; aPef cfd nIf0x? eg\$]Hj/fj-^# kltzt\_<  
 vf\$L #S\_ / Tof] u}j fsj fsL tyf j fGf -@<  
 kltzt\_ /x5g\ . jo:s dflg; x?df h:t}<  
 afnafnsfx?df klg sflē8sf dVo nIf0fdf<  
 Hj/fj/ vf\$Lg}kb5 . t/ afnafnsfdf To:t]f<  
 nIf0f blvg]b/ jo:sdf eOf sd xG .

फलफूल, सागपात, मेल पदार्थ,  
 रेसादार तरकारीहरू र घरमै  
 तयार पारिएका खानेकुराहरू  
 खुवाउनुहोस् ।



clwsf; afnafnsfdf Gg tyf dWd vnsf]  
 nIf0f blvG / s]n \$ kltztdf dfq}s8f<  
 vnsf]lj/fdLxG . To:tf jo:sx?df l56f]<  
 l56f]:jf; kng]clS; hg njn 36g]tYf ys<  
 ptkfbg h:tf nIf0x? blvGg\ jo:sdf h:t}<  
 erf8fkvfnf tyf j fGf xg]h:tf nIf0x?<  
 afnafnsfdf klg byf kb5g\ . / slxn]sfxL<  
 t sflē8 ! ( ; qndOfsf]Psdq nIf0sf]kdf<  
 erf8fj fGf nlf]u/\$f]klg kf0G . ; duXd<  
 ; ?df :jf; k;jf; hG / a9Lkfrg kQfnlhG<  
 nIf0x? afnafnsf / jo:s bj}f sflē8sf<  
 nIf0sf]kdf /xg]u/\$f 5g\

दैनिक आधा घण्टा बिहानको  
 घाममा बस्न लगाउनुहोस्,  
 यसले मिटामीन डि प्राप्त हुन्छ ।



ckng]aRrnf0{sflē8 ! ( ; qndOfsf]nIf0f<  
 blvPdf s]ug]<  
 sflē8 ! ( ; qndOfsf]cfzsf ePsf jf kli6<  
 ePsf / Hj/fj vf\$L tyf knn]/Ghf06; h:tf<  
 ; fdfG vnsf nIf0f blvPsf afnafnsfnf0<  
 ; fdfGtof 3/d}Joj:yfkg ug{pkoQmxG .<  
 bd, d6sf]/f]i, dwdX, 5f]/f]i tyf dfzkZ]hG<  
 nufotsf /f]i ePsf ; qndt afnafnsfnf0<  
 rfiL tTsfn}c:ktfn nh]fg kb5 . lsgsL

बालबालिकालाई पर्याप्त आराम गराउने  
 र सामान्यतया दैनिक ८ देखि १० घण्टा समय सुत्न दिनुपर्दछ ।



बालबालिकालाई खुशी र स्फूर्त राख्नुहोस् ।





klxn]b]v g}csf[ /fhj f6 ul; t e0/x\$ f  
afnafnsf?df sfle8 ! ( ; qnd0fn]l; ls:t  
la/fdLkfg[hfl]vd xG .

; qndtsf] 3/d}ul/g]JoJ :yfkG cGt/ut  
; qndt j f cfzlstnf0{cf0{ fh] gdf /fv/  
c?nf0{/fh] ; g{glbg] p; sf]lg/Gt/ lgu/flg  
ul//xg]/ nIf0x?sf]j f/df hfgsf/Lln0{xg]  
cf8e/f] f lbg / kflf0oQmvfg\$/f / 8fS6/x?sf]  
; Nxf adfhd cf]fw cf]Zos k/df vj fpg].

3/d}x]rfx tyf cf0{ fh] gdf /x\$ f ; qndt  
afnafnsf?df o:tf s8f nIf0f b]vPdf ; r]t  
xg' kb5 M

- ; f; kng{ufXf]xg' 3df/3df/ xg' / bw  
r'g g; Sg'
- lszf/fj :yfsf afnafnsfdf 5ft bVg' /  
bafa dxzif xg'
- cgxf/ tyf cf] lgnf]aG}hfg'
- lk; fa sd nlfG' ; /L/ lr; f]aG tyf  
5fnfdf wAxf? aG'
- afnafnsfdf 4wlj wf tyf cndn a9g'  
nf] jaG}hfg'
- cf0{ fh] gsf]cj lw MhIf0f b]vPsf lj /fdIdf  
nflu nIf0f b]vPsf]lbgaf6 !) lbg; Dd /  
nIf0f b]vg 5f8\$] yk # lbg; Dd .
- nIf0f gb]vPsf lj /fdIsf nflu sf]f]f  
k/If0faf6 ; qndOf b]vPsf]lbgb]v !) lbg; Dd .

olb cleefj sx?n]k0f{vfk nuf0{ s\$]5g  
eg] To:tf cleefj ssf aRrfnf0{ 3/df  
cf0{ fh] gdf /fv' kb5 < olb cleefj sn]  
vfk nufPsf 5gg\eg]s]ug]k  
obL aRrfdf sf]f]f ef0{; kflhl6e 5 /  
cleefj sdf g]l6e b]vPsf]5 eg]cleefj sn]  
aRrfsf]x]rfx ug{; Sb5g\ tyflk aRrfsf]

सकारात्मक सुचना  
मात्र प्रवाह गर्नुहोस् ।



उनीहरूलाई गाली गर्ने,  
धम्क्याउने वा अन्य किसिमका  
हिंसा नगर्नुहोस् ।



तपाईंलाई सामान्य लागेको  
कुनै पनि बालबालिकाकोलागि  
हिंसा हुन सक्छ । सचेत हुनुहोस् ।



बालबालिकासँग रचनात्मक  
र रमाइला खेलहरू  
घरमित्रै खेल्नुहोस् ।



परिवारमा कोही पनि व्यक्ति सरुवा रोगबाट ग्रसित छन्  
मने बालबालिकाबाट टाढै राख्नुहोस् ।



x/rfx ul//xlf cleefj sx?n]lgDd s/fdf Wfg  
lbgkb5 M

- l7s tl/sfn.] ; xLlsl; dsf]df:s nufpg]
- Uhf]; tyf lklk0{nufpg]
- ; qaddt aRrnf0{3/df /x\$ f j l w xh/af  
xh/cfdf nufot; u xhdh xg g]bg]
- afa'cdf bj hgn]sf]fj lj ?4sf]EoflS; g  
nuf0{ s\$]ePklg dxdf/Lk' \$f]cj :yfdf  
h:t}9Ss xg xtf/ ug{xh5} .

cfkaf6 6f9f /fVg]gldNg]vfnsl]lgs}; fgf]  
pd]/sf lzz' ePdf tyf To; af6 ef0{;  
; qaddt ePdf s]ug{<

olb tkf0{sle8 ! ( ; qaddt xgk5 eg]cfkaf  
aRrnf0{5g'jf cufnf]xnf' eg\$]pglx?nf0{  
hf]vddf kfg{g}xf]. xgt ; fgf]pd]/sf  
afnafnslf0{cfkaf6f 6f9f a:g]afgLkfg{  
lgs}sl7g xG . olb tkf0{aRr; u Ps}7f]df  
a:gk5 egklg pm u kTof ; lksdf gcfpg  
t/ ; lks sfod}/fvsv nflu gofFpkfox?  
ckgfg ; Sgk5 . To; sf nflu aRr; u  
krf]df s/f ug] lel8of]sn ug]tyf Ofh  
cbfg kbfg ug]ug{; Sgk5 . cfkaf aRr; u  
lgodt ?kdf krf]df s/fsfgL ug\$ f nflu  
kl/jf/sf ; b:ox? jf ; fylnf0{klg eGxf] \

lj Bfno aG ePsf]clxn\$]f]cj :yfdf cfkaf  
afnafnslf] dfgl; s :jf:Yosf] nflu  
cleefj sx?n]s]ug{< s]ug{<  
dxdf/l\$]of] ; dodf Sj f/6f0gdf /xg]  
afnafnslf?df cfd?kdf &(\$ kltzt  
afnafnslf?df PChf06L, l8k] g, lemf]  
dfG] d8 kl/jtg e}xg] Wfg s]bt ug{  
g; Sg]lgh]vNhalng]h:tf dfgl; s ; d:of?  
b]vg]u/\$]Ps cWogn]byfPsf] 5 .  
cl6hd, P6G; g 8]kht xfo{/ PIS6lel6  
l8; c8{ ePsf afnafnslf?df pglx?sf]

बालबालिकालाई सकारात्मक कुराहरू बताउनुहोस् ।  
आतिने कुराहरू नगनुहोस् ।





आवश्यक पर्दा प्रयोगका  
लागि घरैमा सामान्य  
स्वास्थ्य उपकरणहरू



थर्मोमिटर, पल्स अक्सिमिटर,  
रुघा खोकी, ज्वरो,  
भाडापखालाका औषधीहरू,  
जीवनजलजस्ता सामग्री  
जगेडा गर्नुहोस् ।



आवश्यक परेमा नजिकैको स्वास्थ्य संस्था  
वा चिनजानको स्वास्थ्यकर्मी वा बाल  
हेल्पलाइन सेवा १०९८ र बालबालिका  
खोजतलास समन्वय केन्द्र १०४  
मा सम्पर्क गर्नुहोस् ।

afgLJoxf]fut nlf0x? eng}lalug]; Defj gf  
a9LxG5 .

cleefj s / ; fgf]pd]/sf afnafnslf?  
cleefj sx?n]cfkaf ; ; fgf aRrfx?sf  
nflu ; do 566fpg' kb5 / To:tf]; dodf  
c6 s'/fdf gclNem]; sf/fds s'/fsfgLug]  
/ afnafnslf?nf0{9f8}. lbg]ug{kb5 .  
afnafnslf?nf0{sle8 ! ( sf af/df tVok/s

hfgsf/lx? dfq lbg, cknjfxsf s/f gugl.  
; dfrf/df afnafnnsfslkxFnf0; dt l; ldt  
ugkb5 / sjn tYok/s ; fdfuL,dfq hf8  
lbg' kb5 .

lbgrof\$flgoldt tlnsf to ugkb5 tf  
ls aRrn|vlg, k9g, cf/fd ug{tyf zf/l/s  
ultljwlsf nflu kofft cj; / kfcf] \.

cleefjs / lszf/lssf/lx? M  
ckngf lszf]j:yfsf ; Gfgnf0lj leG cfn  
lhj gfkofuL; k kbfg ug{of]pkoQmdf\$  
xf]. tgfj ; u s; /LhW]; jh; f s; /LhW]  
; d:of ; dfwg s; /Lug|< h:tf ; lkx?  
ckngf afnafnnsfnf0{kbfg ug].

; fgf afnafnnsf]thgdf lszf/ lszf/lx?df  
sle8 !( sf]af/df /fd]lfg xG5 . To; h]  
pglx?; f vNf ?kdf s/fsf/gLugkb5 .  
afnafnnsfnf0{pQ/bfoj] , ; xeflutf ; xsfo{  
h:tf s/fx? l; sfpq]. ; fy}kfs{snf, k} fsf]  
Joj:yfkg, kfylds pkrf/, cknjgf]sf7f  
kdnfpg]tyf 3/fof; Lsfddf ; xofu ug]h:tf  
sfdx? klg l; sfpq ; lsG, of]ahfdf .  
sle8 !( sf]af/df 0G/g6df cToflws  
; fdfuLx? xg]f6 cknjgf]lszf]j:yfsf]  
; Gfgnf0{/f\$gxf] \sgsLo; n]PChf0GL  
a9fp75 . ; fy}; fj n ldl8of tyf 0G/g6  
u]dusf]cToflws koffua6 klg cknjgf]  
aRrnf0{6f9f /fvk5 .  
ckngf]aRrfsf]dfgl; s ; 'j:f:Yo kj4gsf  
nflu c6; ; ut, gTo nufotsf snf ; dtdf  
; mlg u/fpg ; lsG .  
cleefj sx?n]ckng]dfgl; s :j:f:Yosf]; dt  
Vofn ug{kb5 .

s]sle8 !( n]afnafnnsf]lj sf; fids  
; 'ttf Nofp5 <  
lj leG #( bzsf ( xhf/ ##% hgf ; qndt  
afnafnnsf]ul/Psf]Ps cWogn]!@klzt  
afnafnnsf] :gfohG ; d:ofsf nIf0x?  
byf k/\$f]k0Psf]5 . To; dW]@ klzt  
afnafnnsf] rffL0G; kmfnf]kfyL :6f\$,  
dW :gfo' k0ffnldf ; qndOf h:tf 3fts  
nIf0x? klg blvPsf 5g\  
cem lj zlf cj:yf jf cfj Zostfsf  
afnafnnsf] sle8 ; qndOf]hflvd pRr  
/x\$]5 eg]:j:f:Yo ; jdfyLsf]kxFdf sdL  
:sh aG xbf kg:ykgsf]pRr cfj Zostf,  
/f\$yfdhG pkfox? canDagsf]ldtfdf  
sdL htf ; d:of blvg]u/\$f 5g\  
:gfo'  
k0ffnlsf]lj sf; ; f ; DalGwt nfd]; Ddb]vsf]  
; d:of ePsf afnnsf]sf? sle8 !( sf]  
sf/Of dfgl; s lj sf; fids ; 'ttfsf]a9:  
hflvddf /x\$]5 g\  
b0{aif{eGf dgLsf]aRrnf0{slxNo}klg  
df:s nu0bg'xM. tyfk aRrnf0{cgf]Zos  
; fj hlgS ; lksdf gNofpgxf] \

-clvn ef/tlo cfolj 4fg ; yfgl:yt  
afnlrlsT; f lj efudf b0{bzssf]cgej  
a6h\$L 8fS6/ zkfmL uhf6L :gfo' lj 1fg  
tyf G/f\$enkd6n l8; c8{ lj ifosLlj 1  
xg\_ lj leG va/j f6 ; sng u/LsIkf0h  
ul/Psf]5' tkf0hf0{pkoQmnf]g]ck]ff  
lnPsf]5' .

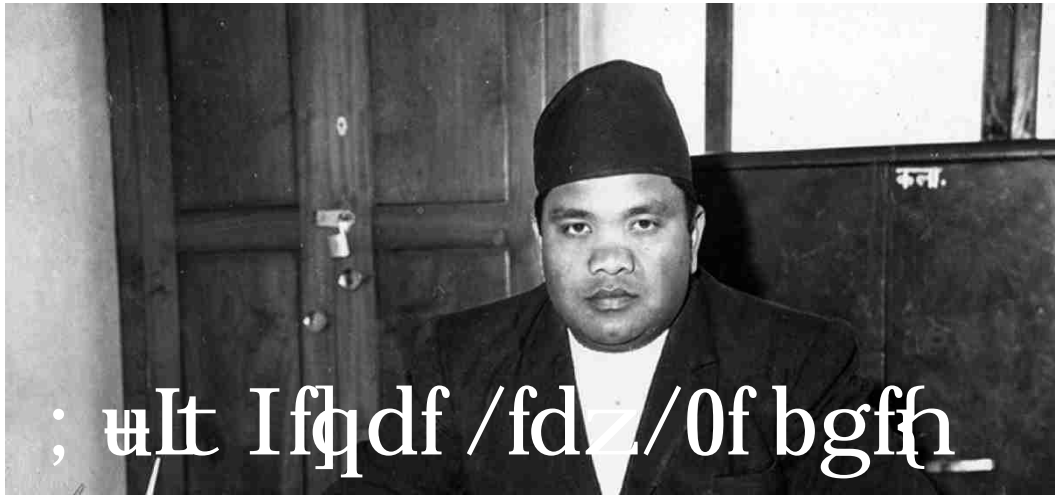


# ljifo-; rL

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lj Bfno -slj tf	!%	Spot the difference	#^
kn8 kgc fpmtdL-slj tf	!^	Word Puzzle	##&
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cfny -syf	@!	s f/fgf ef0/; s f ; d: of -slj tf	##)
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s f/fgf / d/fjefluf0{-slj tf	@%	lrqdf; xfpbf/ua e/	##\$
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 gfd /fv L k7fPdf k7fpg] :j od\g} lhDdj f/ xg' kg| ; lrt ub5ff.  
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snfsf lj leG e h d W]; uIt klg Ps xf]. slj tf, syf jf lrqsnf h:t}; uIt snfnf0{cf gf]; fwgf agfP/ kl/lrt xg}kl|tef ; ;f/el/ 5g\ /fdz/Of bgffh klg ; uIt snf / T; sf]; fwgf sf] d f W d a f b g k f n L s n f h u t d f c f g f] k l / r o a g f p g ; k m k l | t e f x g \

sf7df8f]sf]snw/fdf lj = ; ! ( ( \$ c ; f / @ & u t \$ f l b g l g D g j u l 6 k l / j f / d f p g s f] h G d e P s f] x f]. l k t f ; T o s d f / b g f h / d t f l b n s d f / l s f] d f 0 n f ; G f g s f ? k d f p g L h l G d P s f l y P . c f g L c f d f s f] t k r a f b P s / l j d f t f s f t k r a f b P s u / L p g s f b 0 { e f 0 x ? / x \$ f 5 g \ t l s f n l g c j : y d f > d h l j L k l / j f / d f h G d } b g f h n f 0 { c j x h g f a l r a f f } k u l t u g { u f x f ] l y o f ] .

p g n ] c f g f ] ; u I t ; f w g f n f 0 { l g / G / t f l b P . T o x L c y s ; f w g f n ] p g L g k f n L ; u I t h u t d f k l ; 4 a g ] . / f d z / 0 f s f l k t f g k f n L ; g f s f ] A o f 8 s f g f 0 s ] l y P . ; a h ] p g n f 0 { . x j N b f / d h / U e g ] l r G y ] . p g L h f l u / a f b l g j Q e P k l 5 k l / j f / s f] c f l y \$ c j : y f e n g h h { a G k l b f ] . p Q m c j : y a f b d l Q m k f p g s f n f l u p g L s f d s f ] v f h I d f l j b z u P . P s j i f k l 5 g } k r a f ] c f 0 p g L k n ] L k v o f h L k } f - a h f a h f p g ] s f d \_ u / ] u h f / f u g { n f u ] . p t f p g s f ] P p 6 f e P s f ] 3 / k l g l j = ; ! ( ) s f ] e s l k n ] r l s P s f ] l y o f ] . o ; l j i f d c j : y f s } l a r / f d z / 0 f s f ] a f N o s f n l a t \$ f ] l y o f ] . / f d z / 0 f ; f g f d f l g s } / f h L l y P .

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ljZjel/ kñPsf]sf]fgf ef0/; gkñdf klg kjž ul/; sšf] lyof]. gkñnsf]; b/kIzrdsf]Ps ufpFklg o; sf]lzsf/ xg yfnšf]lyof]. To; }ufpñf Pp6f xl/ eGg] ( alif6 s6f] p; sf 3/df cdfj]f / pmdf]q lyP . xl/ cñ rrsr]:jef]sf lyof]. rf]/t/ ns8fpg ePklg pm; fyIx/l; t vñg hfG6f] ; a} Æ 3hldn klg xG6f]. Ps lbg p; sLcfdn]elgg\afa'd jf/Idf hfñ}5' . 3/ s/} a:g' . cdfj]f afl/lt/ nfu]k15 pn klg vñg uof]. ; Æit/ xl/ ešfP/ 3/df cfpñ cdf c0; s] sfd ub}ly0g\ xl/ l; wf eG; fdf uP/ laxfg pašf]eft / bñ vfg]s]yfnšf]lyof] cdfn]elgg\klxf xft t wf]. xl/ aflx/ s; fl8sf] sš'n]rf6šf] klgIdf xft rfa] cfof]/ vfgf vfof].



eñkñ6 xl/sLcfd] sfd ub}ly0g\ ; Æ; j}eš nfb]e6}s/fpg]xl/ cñ ( ah] Dd rxnkn gubf]p; sLcfd] s]eP5 egLxg\{u0g\ xl/nf0{Hf/fñ]Rofkšf]/xš . pgn] xl/sf j] fñf0{afñP/ xl/nf0{c:ktfn nlug\ c:ktfndf hfñ ubf]xl/nf0{sf]fgf nfušf] s/f yxf eof]. ca p; nf0{g]sf]gxGñ; Dd ToxIFVgk]eof]. ca xl/ lagfs]3/ z6 h:tf]eof]. /Bofñ]xñ; Dd sf]fg]sf sf/Of \*) e6f a9Isf]d]6sf]va/ ; gfpñ xl/sf ajfcfd] dgdg}8/fpg yfn]. 5f]fñf0{s}Lgxf] \egLshbj tf; Æ kygf u/].

ptf c:ktfndf xl/nf0{@ ld= k/af6 vfgf lb0ñ cf'g}cdfn]sfvd}/fv] vfgf vj]Psf] ; lDerñof]. p; n]Toxfw]}s/f b]yof]/ l; Sof]. o; /LpmToxf]a; šf]# xktf laTof]. ca pmk0{?kn]lgsf]eP/ 3/ kñsg]tof/Idf lyof].

otf 3/df eg]xl/sf cdfaj]fsf]:j:f.Yo lbg k]tlbg lauf]uPsf]lyof]. ; a})p7] sfd ug]b]lktLcñ \* ah] Dd klg sg}rxnkn u/šf]gb]yf kñf3/]; f0ñLbbLP sf6L e6}afñf0g\ @, # k6s; Dd afñpñ klg s}Lgafñšf]eP/ pgLeq}hfg]lj r/ u/Ig\ leq uP/ aenñ H]/f]Rofkšf sf/Of rsf]af]g g; sšf]s/f ; Gg]k15 ; f0ñLbbIn]t?G c:ktfndf kñg u/] tLb]lktIn]f0{c:ktfn k7f0g\ xl/sf cdfaj]fñf0{klg sf]fgf nfušf] yxf ePkl5 pglx?nf0{pt}/flvof].

ca xl/ lgsf]eP/ 3/df cfof]. p; n]cdfafafñf0{gb]ybf kñf3/}7h]cfdn]f0{; f]6f] aP 7h]cfd] xdf]cdfafaf stf hfgeP5 b]ygeñof]ls <Æw]}lbgblv H]/f]cfP/ cñ}c:ktfn uPsf]s/f ; gk15 xl/ lr0tt eof]. ca t xl/ 3/df klg Psn]eof]. vfgf ksfp]g] ešf] skf8f wg] 3/ ; kñ ug]ñufotsf sfdx? ca l; Sg yñof]. ptf c:ktfndf eg]xl/sf cdfafaf 5f]fn]s]ub}xñf < s]vfof]xñf < cñb h:tf s/f ub}cfñf lehfg yfn]. o; /L pglx? c:ktfndf a; šf]eñ8}b0{xktf klg nfb]t/ :j:f.Yodf sg}; wf/ ePsf]lyPg .

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# syf

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kmL cdfsf]xftaf6 ld7f]ld7f]vfgf kf0g]e0of]eG}dgdg}ahf ahfpg yf]nf]t/ Tof] ufl8 cfh p; sf cdfafafnf0]lnP/ x]0g pg]x?sf]clGtd ; sf/ u/] cPsf]lyof]. pkrf/s}qndf xl/sf cdfafafsf]d]t' ePsf sf/Of 8fS6/x?n]g]clGtd ; sf/ ul/lbPsf] va/ lbP/ ufl8 cf'88gf]af6]nflbf]. xl/sf]dgd] ah\$]afhf zVf ah]h:tf]; lgo]. pm ?g, s/fpg yf]nf]. j]l/kl/ ePsf s; h]klg p; nf0{?g sfw yf]klbPgg]lsgls pmklg Pslbg ; qndt ePsf]lyof]eG]d]fgl; stf cen]u0; s\$]lyPg . upf]f s]L7fnx?sf] egf0 cg; f/ e]ts b/Lsfod u/L& lbg]sf]sd\$]f08 ; lkG eof]. tLlbgx/df xl/n]klxn] cfm]u/\$]fnk/afx? ; De]n kZrtk u]of].

sd\$]f08 ; lsPsf]kl; kN6 d]f]Nnf 3/]sfhL ; fx"\$ hgf dfG]lnP/ cfp . cfp/ ; fxh] sf]sf]v]ntaf6 sfuh b]yp]eg] x] s\$]f t/]afn]jifc]3 da6 @ nfv lnPsf]lyof]. Tof]t]f]t ltg}; Sb}; \Tb; h]t/]f]3/ / af/Lca d/]eof].E3/af/L ; fxh]nu]kl5 xl/ s]Laf]g ; sg . p; nf0{; fxh]; 8s cufl8 ePsf]cf'88gf]x]f]ndf sfd ug{/fv]g]s/f u]of]. xl/; f] csf]l]sNk lyPg .

xl/n]; fx\$]f]x]f]ndf sfd ug{nfu\$]f]klg ! dlxgf hlt eof]. ; fx\$]f 5f]f]f]f]x?n]b]gs cgnf0g s]ff k9\$]f]b]yf] bofn]bf]cgxf/ lnP/ xl//xGof]. d/]f cdfafaf klg cfh lhp] e0]bP dh]klg o; /Lg}k9g kfp]x]nf eG}dgdg}; f]g yf]nf]. o:t}s/fx? dgdg} ; f]bf; f]b}cf'g}cufl8 slt]ahf h7f efbf?sf]yk]nflbf]yfx}k]Pg . p; n]; a}ef]f]x? dfem] cf]f]gsf]l8ndf uP/ 6'; Ss a:of]. l8ndlgaf6 Pp6f dfG]h]sf]wdf aRrf af\$] lx\$]f]b]yf] p; nf0{cf'88gf]afafsf]ofb cfof]. 3/af/L; fxh]s]Ahf u/]kl5 ; fx\$]x]f]g]s/ eP/ a; \$]f]xl/n]ljBfnodf w]}gk9]klg h]jgsf]kf7 /fd/Lk9\$]f]5 . chet]n p; n] s]Lk}f arfP/ ; fx\$]f]x]f]ndf cfp]g]uf]xsx?nf0{df:s lj t/Of klg u5{. cf'88gf]k}fn] lsg o; /Ll; Qdf df:s af\$]f]eGf, cf'88gf cdfafaf sf]f]f]nfu] d/\$]f]ePsf]ca c? s; \$]f cdfafaf sf]f]gn]gd?g\eg] df:s af\$]f]eG . cfm]6x/f]ePklg c? afnafnsf 6x/f xg\egLeujfg; f] kygf u5{.

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!!



Girlfriend : "where is my birthday present?"

Boyfriend : "can you see a red color car on the roadside?"

Girl friend with excitement : "Wow!"

..

Boyfriend : "I have bought a same color nail polish for you!!" gringringrin

Patient: Doctor, I think that I've been bitten by a vampire.

Doctor: Drink this glass of water.

Patient: Will it make me better?

Doctor: No, I but I'll be able to see if your neck leaks. gringringrin

A man receives a phone call from his doctor.

The doctor says: "I have some good news and some bad news."

The man says: "OK, give me the good news first."

The doctor says: "The good news is, you have 24 hours to live."

The man replies: "Oh no! If that's the good news, then what's the bad news?"

The doctor says: "The bad news is, I forgot to call you yesterday." gringringrin

Man - Is there any way for long life?

Doctor - Get married.

Man - Will it help.

Doctor - No, but the thought of long life will never come... gringringrin

A lady at bus stop telling his son... when the conductor asks your age, tell him "I am 5-years-old." then I don't have to take your ticket...

They get into the bus...

Conductor (to kid): "how old are you?"

Kid: "5-years-old!"

Conductor asked innocently: "so, when you will be 6-years-old?"

Kid: "after getting out of the bus!!" gringringrin

Father (to son): "look my child, gambling is not a good thing! if you win today, you will lose tomorrow and if you win day after tomorrow, you will lose the next day!"

Son (to father): "yes, I got your point I should play it on alternate days!!" gringringrin

A kid asked another kid: "can you read Chinese?"

The other kid replied: "yes, if it is written in English!" gringringrin





# æ km tfs f]: j fbÆ

æg]lj ?j fsf]lr Nnf]kftÆ pvfg s; }sf]lgldQ pkoQmxGof] eg]xs{d08nsf]lgldQ xGof]. xs{cfkngf]ufp}ff]; /sf/L :shdf sIff b; df k9Yof]. pmlgs}kltefzfnL/ ; lsφ lj BfyK lyof]. pmsIffdf ; w}kyd xGof]. cdf /fw / aj f /j lGh}f0{ cfkngf]5f]f xs}ffly lgs}uj {lyof]. gxf \klg lsg, xs{k9f0, n}yf0, afgLJo}xf/ tyf cg'zf; g cfb ; ay}f\$df /fd}lyof]. p; sf afcfdn]p; nf0{k9P/ ; dhfsf]nflu c; n Pj d \bf gful/s agfpg]; kgf by}sf lyP .



; do laTb}hff crfgs sf]f}fsf]dxdf/Isf sf/Of b}ze/ ns8fpgsf]3f}f0ff eof]. ns8fpgsf]sf/Of r} dlxgdf xg]elgPsf]P; 00 sf]k/Iff klg /bb eof]. xs}h]P; 00df cAan xg]nlo af\$} lbg/ft kl/>dsf ; fy tof/Lu/{sf]lyof]. dVo s/f s]lyof]eg] P; 00df kff u/{sf]pTs}6 c^s}sf cfw/df pRr lzIffsf nflu ; lhn}5fj}Q kfg ; lsG eG]p; n]; fy}x?af6 ; g}sf]lyof]t/ k/Iff g}/bb ePk5 xs}f]5fj}Q kff ug}; kgf 66df]. xs}f]kl/jf/ ul/a ePsfh]p; sf]cfdfaafn]p; sf]pRr lzIffsf]nflu rfxg]vr{ h6fpg ; sgg \ cGdf hg s'/sf]8/ lyof]cfv/df ToxLeof] xs}h]k9f0 5f8Laaf; f} v}df sid ug}kYof].

ul/aIn]ubf{xsf]kl/jf/sf]hlj g hgt} rhn/xsf]lyof]t/ ns8fpgn]t eig \cfnf]3fpdf gg bNg]sfd uYof]. ns8fpgn]ahf/ ; a}aG lyof]. xs{t/sf/La}g hff kln; n]s6} k7fpYof]. xs}f]kl/jf/sf]cf}bfg]lsf]cG ; f} gePsfh]ubf{pg}x?; f} k} f klg lyPg / 3/df sg}vfg\$'f klg lyPg . xs{/ p; sf]kl/jf/sf ; b:on]lbgdf Psr}f6 dfq}vfP/ a:gkYof].

xs{lzlIft ePsfh]ubf{p; n}cfkngf]ufp}ff ; ah}f0{sf]f}ef0/; sf]af/df ; lrt uYof]. p; n]; ah}f0{df:s nufpg, ; fag kfgIn]; do ; dodf xft wg / ; fdllhs b/Isf]kngf ug}; Nfx lbof]. p; n]eg\$}cg; f/ uf}ff ; ah}cfkngf]j ftj /Of klg ; km /Vg yfn}\$ lyP .

Ps lbg]sf]s/f xf] ; /sf/n]; ah}f0{/fxt ; fduL lj t/Of ug{s'/sf]3f}f0ff uYof]. xs{/ p; sf]aaf /j lGh}klg of]s/f yxf kP/ lemld; f}p7} /fxt ; fduL lj t/Of xg]7fp}ff ku]. pg}x? laxgb}v ah}sf; Dd kv} /fxt ; fduL lnP/ k}nsP . To}f/fxt ; fduL n]rf/ k}f lbg; Dd pg}x?n]vfg kP t/ k} To; kl5 pg}x?n]ef\$}a:gkg{cj:yf cfof].



sfdsf]vfhldf xs\$]aaf Ptfptf efl/g yfn]. o; }lr xs}df:s agP/ a}g]lj rf/ u}of]. xs{/ cdf /fwfn]3/d}df:s agP/ a}g yfn]. s}Llbgd}pglx?n]o; af6 lgs} cflbfgLug{; km eP . pglx?sf]o; sfdaf6 ; dfhnf0{klg dbt klu/x\$]lyof]/ xs\$] kl/j/n]vfg klg kfPsf lyP .

; do la}b}uPkl5 lj Bfnon]cgnf0g k9f0 ; ? u}of]. xs}f cgnf0g k9f0 ug{; lj wf geP/ p; n]k9f0 5f}gk}of]. xs}h]kDdt xf/g / c}k}gf]aafnf0{v}tL ugdf dbt u}of].

la:tf/}; a}s/f ; fdf0 xg nfbf]. xs{c}k}gf]aaf; f}t/sf/La}g hf}of]. Pslbg xs}h] af6}df c}k}gf]; fyInf0{e}of]. p; sf]; fyL; x/sf]/fdf]sn}hdf k9b}5 eG]yxf kfof]. c}k}hk9f0df ; fyLx?sf]t}hgdf lgs}/fdf]ePklg k9g gkfPsf]xs{lgs}b}MLeof]t/ p; n]c}k}gf]cfdfaafsf]boglo cj:yf by} c}k}gf]b}Msf]s/f cfdfaafnf0{eg} .

xs\$]f cfdfaafn]k} f art u/] 5f/fnf0{; x/sf]sn}hdf k9fpg]lj rf/ u}\$f lyP . t/sf/L a}f} cfjZos k} f hDdf ePkl5 xs{klg sn}hdf k9g yf}of]. xs}h]k9f0df w}l}dlxgt u}of]/ sIf !! df klg kyd eof]. lbgx? la}b}lyP . p; sf]k9f0sf]nflu yk k} fsf]hf}f] ug{g; Sbf p; sf cfdfaafn]xs}h}f0{k9f0 5f}g eg]. xs{w}l}g/fz eof]. p; n]c}k}gf] k}wgf}w}ks; f ; xof}h df}g]lj rf/ u}of]. xs{0dfgbf/, kl/>dL tyf cg'zfl; t lj Bfyk lyof]/ pmsIfsf]kyd lj Bfyk]lyof]To; h}k}wgf}w}ksn]p; sf]dbt ug}eof]. xs\$]f]k9g ; kgf ; fsf/ xg]eof].

o; /Lsl7g ; dodf klg cfzfnf0{etfe<sup>a</sup>u xg glb0{xs}h]c}k}gf]k9g}; kgf klg ; fsf/ kf}of]/ ; f; f}p; sf]cfdfaafn]klg v' In]h}lj gofkg ug{yfn]. o; /Lg}sf]f}g}sf]dxdf/L / ns8fpgsf]a}hf xs{h:t}sof}afnafnnsn]k9g kfPsf lyPgg\ lj km}tsf]a}hf g} ; km}tsf]alp /f}g]; xL; do xf]eg]h:t}o; sf]f}g}sf]dxdf/Ldf s; h}klg k9g]/ ; kgf k/f ug{cfzfnf0{66g lbgx}f} . kl:l:ylt h:t}f]; s}xf] \,xfDIn]kl:l:yltsf]; fd' xf/ df}g' x}f} . kl}ts}h cj:yf]sf]al4dfg}k}f} ; fdgf ub}; km}tsf]:jfb rfv}k5{.

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n"lgefMafn ; /f}sf/ ; dxaf/f ldl t @)\* c; f/ @% ut]z}q}f/sf lbgdf cfof]ht /fi6AofkLsyf / slj tf kl}tof]utdf ; lDdnt e0{ kyd :yfg xfl; n ug{; km syf xf]. æflb} awf0{tyf z'esfdgf}f





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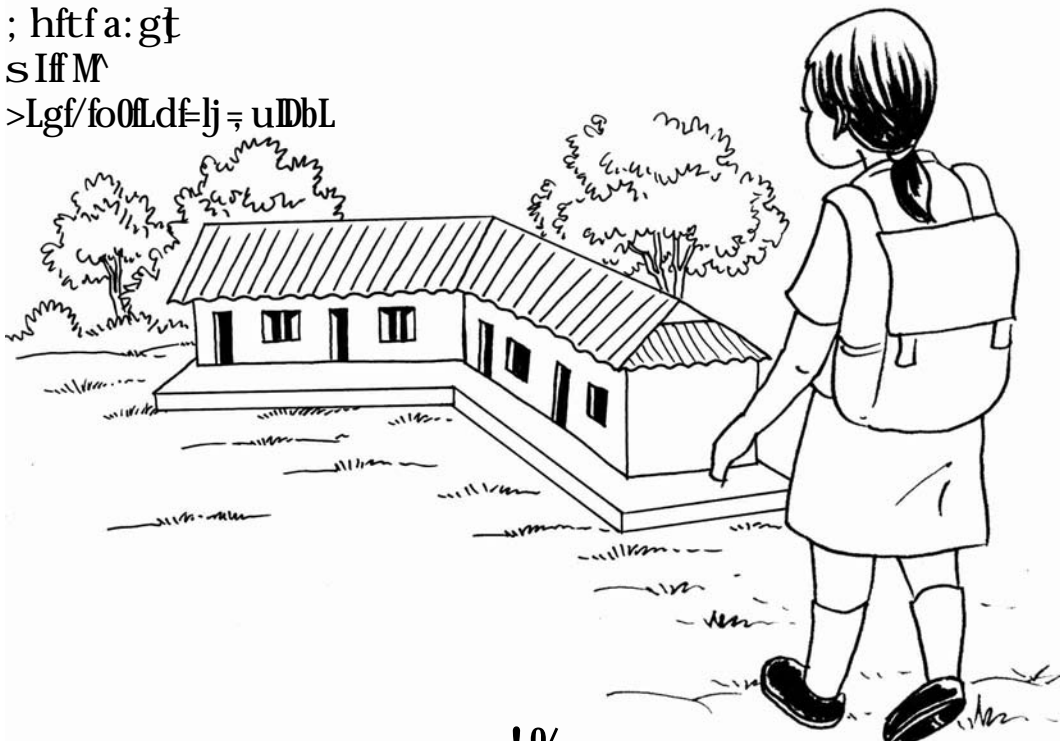
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xl/oflj g ; Gb/ 5 d/f]ufpF  
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n8fp5f}8^aa kf0 lnG5}slt <

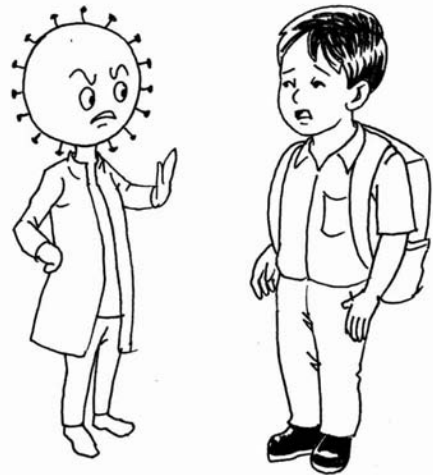
df6/ aG, k; n aG, aG ahf/Ifq  
:sh aG, pBfhwGf aGf]lg lj lrq  
dlG/ aG, uDaf, dl:hb, luhf3/ aG  
hfpma ltdL hfpmvN5g\ dG dG .

klxf h:t}df6/ u8g]; x/ xg]dg 5  
/:tla:tL; aT/ hd36 xg]dg 5  
dlG/ u0{9f}sf vf]Llbof]af]dg 5  
lj Bfnod}hDdf e0{k9g]n]vg]dg 5 .

klxn h:t}; 8sdf df6/ u8gk5{  
pBfhwGf, Joj; fo ; a}vNgk5{  
ufpE:tL, df]g; sf]cfphfp xg]f/x/  
; wE/ rfxG dnf0{AeE}sf]; x/ .

/f]L, j4, lszf], afns lrTsf/ 5f]L?E}  
; a}qnd0n]Sj f/(Gf0gdf a] xf/f xE}  
P sf]f]f Uef0/; Ufhpmca ltdL  
ql; t kVof]; #f/nf0{kns lgc fpm l t dL.

; lrg v/h  
sIf M)  
slnGf} df]j= bhvfv



n"lgefMafn ; /f]sf/ ; dxaf/f ldl  
)&\* c; f/ @% ut|zqmf/sf lbgdf  
cfof]ht /fi6AofkL syf / slj tf  
klto]utdf; lDdnt e0{t} f] :yfg  
xf]; n ug{; km slj tf xf]. æflb6  
awf0{tyf z'esfdgU

# s fle8 ! (

s fle8 ef0/; cfof]5oxQ/ ; fndf  
s lt d[65h]Hofg udP cs fndf ..

ldrlldr xft w[6]xftdf nufcf; oflg6f0h/  
ljZje/ dxdf/LrNof]; q[6]dt eP xhf/fxhf/ ..

z?df t rlgdf cfof]s fle8 ef0/;  
lj : tf/}k[6]uof]; ÷f/df ef0/; ..

s f/fg]s f]s f/0fn]w/}eof]c; /  
o; n[0]d[6]g{cxn} Dd efs f]5g c]j is f/ ..

:j:f:Yo ; /If kng u/f]3/afx/ ghcf;f;  
of]s /fn[0]d[6]g u/Laff/ arcf;f;.

gfd Md's z k; fb kg?  
s If M\*





# s fle8 / d/f]efuf0 : j ?k Ps 5f6f]s Yff clezfk s f/f]g

..cfh knLlgifv1f ylkof]. Ps u\$ f rfdn 5g s]ksfpgl  
xfhf <UejgsLcfdl lj xfg b]v knkntfph}ly0g\ s fle8 -(  
sf]; and0sf]huhulsf sf/Of k; nx? klg vnsf ly0gg\  
gkfn ; /sf/n]klg lgifv1f yk\$fyk]u/\$ . pwf/f]eP klg  
Noffy]. pgsf]cgxf/df kl8f ed6s0of].



ejg cf`gf]j f afcfd; u wgifsf]hgsk/wdddf a:Yof].  
pglx? Pp6f ; f/f]sf]fdf hgtg lgj fx u/\$f lyP ..hxn]  
klg a0 eP, efs}a:g'kg]s:tf]si6bfos hlj g . cl:t >d u/] NofPsf]k} f klg  
lxh}; lsof]. cnslt arfP/ /fv\$]k} f klg 5f]fsf]sxn\$]df; 'vfg]/x/ k'f  
ug{vlrP . k} f t aRb}ar g .Ucf`gf]; 6{5fb}ejgsf]aafn]eg].

.cfd f efs nfbf].Uejgn]vf6af6 cfnb}e0of]. .kv g 5f]f, wg]; fxh]k} f pwf/f]  
lbG/ eg]o; f]k; naf6 rfdn lsg] NofP', eG]eft vfg]cfZj f; g ejgsf]aafn]  
ejgnf0{lbP .

sf]Le]6Pg\k} f lngkg]dfg; klg cfh e]Gg\ t < ca s]u/f}< stf hfpE  
gfy/Isf s/f v]g yfn]ejgsf]afafsf]dgdf . hlt ubf]kg s; h]klg Ps ems  
e]g klg gdfG]eP b]v, .cf]f]U}s:tf]hdfgf cfof] o:tf]xfhf eg] s; h]klg  
; fr\$]ly0g . lsg lbg k]tlbg dfG\$]fdg 9Ef a0}uPsf] ; fb; fb}pgLdf:s  
knsfb}yrSs a; ]. lbgel/ st}sg}; xof] gkfP/ pgLsf]fdf cf0}u\$]pgnf0{  
kt}ePg .

..: fxhf0{e]g' eof] t < pgn]pwf/ lbgeof] <Ucfzfsf ; fydf ejgsLcfdn]  
; flwg\ l/Qf]xft vNtdf l/Qf]; +/ af\$] cPsf ejgsf afn]hljgk]t lg/fzf JoQm  
ub]eg]y0Ss Uof]lh0uL, sf]L; 8sdf 56kl6P/ dg] sf]LPs 5fs vfg / Ps  
3/f]nufpg klg eft]l/g'kg].U

ejgsLcfdn]ejgsf]aafn0}j 8f cWlf; u Psr]6Le]g / s]L/fxtsf]vfb]Gsf]  
; xof] df]g cfux ul/g\ t/ ejgsf]aafn]eg]..x], ejgsLcfd, oL; a}gt]fx?





c3fPsf 5g, c3fPsfnf0{s|yxf ef\$ s:tf|xG . xgyfghf0{giffw1f ePklg s| eof]/ < dg|t xfdLxf|hg Ū. hgcfGfhg b|v lnP/ olt /fhlgts knxx?df ; fy lbPsf|sg}kn0kf ePg . clxn|k5tf|nflu/x\$ . s|s|gxihf eg| ; x/ cf06f]. of| zx/ t ul/asf|x0g /x\$ . a? uff g}hfpm< a? pQ}bM u/faf . ejgsf|aafn| cfqrfz JoQmu/|.

oQsd|f ejgsf|cj:yf uDeL/ eof]Ps t vfgf gkfP/ p; sf|z/L/ sdhf| lyof]. To; df klg H|/f|/ vf\$Lz? eof]. ejgsf|cfdfaafnf0{v\$fa6 hdIg vl:sPsf| cgej eof]. ejgsf|aafnf0{c|kngf|5f|fnf0{sf|f|f ; qndOf ePsf|h:tf|nfbf]. v}ca s|ug|sxfhfg|< sf| u d2t dfg|< pgnf0{s}Lklg ; Dergf c|Pg . ejgsf| cfdn|cfViel/ c|F' lnP/ ejgtkn{x|}c|kngf| ; gsf|uxgf lb0g\ c|kngf|5f|fnf0{ h; /LeP klg arfpg cfux ub|5f|fnf0{:ofxg{nflug . pgn|5f|fnf0{t|sfm 3/df /x\$|cf|fw lb0g\t/ klg s}Lc; / gePsf|by| hgtg c:ktfn nlg|to/Lul/g\ ejgsf|cj:yf Hbf|uDeL/ xB|u0/x\$|lyof]. s; /Ls; /Lu/| pglx? kb|z s c:ktfn ku|t/ Toxsf :jf:Yosdk?sf|gbzg cg; f/ k|xnf 0afhsf|sd aerfpgkl| lyof]. ejgsf|aafn|c|kngf|; 6\$|ufh|a6 To|uxgf lgsf|b|eg] d; u ePe/sf| olt dfq 5, eP d|f|Hfg lng' t/ d|f|5f|fnf0{h|j g lbg'. d|f|5f|f|klg tkf0? h:t}Pp6f 8fS6/ aGg rxf|Gof| skof To; sf|h|j g arf0|bg'. 8fS6/n|To|f|; gsf| uxgf lnP/ ejgnf0{leq nu]. b0{lb; Dd ejgsf|0afh rln/xB| :jf:Yo s}L ; w/cfPsf|b|vGof|t/ c:ktfna6 knLcen/sd aerfpg|gbzg cfof]. t/ ejgsf| aafn|8fS6/sf|v\$| ; dft| eg] ..:fxa xfdL d|hb/Lu/| vfg|dfG] ePe/sf|s/f lbP ca of|Hfg dfq af\$L 5 o; nf0{stf lwtf|fvFd|f|; xofh ug\$ d|f|5f|fnf0{ arf0{lbg'. Ū

olt eGfeG}klg To|8fS6/sf|cgxf/df clnslt klg bofsf|efj e|nsPg . 8fS6/n| ejgsf|aafnf0{k} f geP, lj /fdLnlg'eG|; gP / sf|fa6 aflx|P . ejgsf|aafn| cys kof; ubf|b|klg ; fEmDd k} f aerfpg g; Sbf, ejgsf|0afh /|sof|/ lj/fdL cG}nlg|lgzg lb06f].

oQf c|kngf|d6sf|wsws|sf|o:tf|xint by| cdf ?b|b|kfun ePslly0g / pQf aafnf0{s|u? < eG|; demcf0{x\$|ly0g . hltklg c|knt, gftfuffix?nf0{; lks ubf|klg ; a}a6 lg/fzf g|afv xGof]. ul/jnf0{s; n|u5|klg < ul/a t l6:o"kl/ h:t}xf|sfd ePkl5 knfSg]. ŪoxL; f|b|ejgsf|aaf ejgsf|ghs cfP/ Psl5g a; . ejgsf|cgxf/ by| pgnf0{c|knt nHf afv eof]. s}La|df To|c:ktfndf

! (



s8df08f6 lg/If0f 6fhL ; a}8fS6/ xDd]xDd]u/}\$f]by] ej gsf]aafklg pQ} uP . Toxf7hf]8fS6/ cfP5g /]Uof]by] ej gsf]aaf ; xof]usf]cfzfn]pxfF Psk6s e\$g kof; u/]t/ s; h]pgnf0{e\$g glbPsf]Tof]8fS6/n]by]F/ ej gsf] aafnf0{afhfP .

cfzfsf]Pp6f gofHs/Of lnP/ pgn]cfkngf]lj klQsf]cj :yf 8fS6/nf0{; gPE cfknh c; fox cklxnt ePsf]5f]fsf]Hofg arfpg yk /sd Nofpg ; Ifd gePsf]xhf, c:ktfnsf]-xl:k6n\_ lgbZg klT pgn]kl8f k\$6 u/]. Tof]8fS6/ klg pgsf]s'/f ; g], ej gsf]0hfh kmLZ? ug{lgbZg lbP / ej gsf]kl/jf/nf0{cfZj f; g klg lbP . Tof]8fS6/ o; kl/jf/sf]nflu j/bfg ; flj t eP . sXlbgf]0hfndf ej gsf] cj:yfdf ; wf/ cfof]/ p; n]sf]fgnf0{lhTof].

efbjz, l8:rhf\$flbg Tof]8fS6/ klg ToxLpkl:yt lyP . ej g / p; sf]kl/jf/n] Tof]8fS6/ klT s[1tf JoQmu/]. ej gn]cfknheljiodf Tof]dxfg, 0Zj/:j?k 8fS6/ h:t}Pp6f 8fS6/ aG]/ ; dhdf ; wf/ Nofpg]/ ul/a, c; foxsf]lgMzNs 0hf n ug{; kgf ; hfof]. ej gsf]kl/jf/n]klg cfdlge{/xg]/ yf]}ePklg eljiosf]nflu ; ~ro ug{/ ; s]Dd k/\$fnf0{; xof]n ug]{cfzf lnP/ ; kl/jf/ ; /IfT 3/kms].

t; y, eljio s; h]by}\$f]5g, xfdln]k/\$f]ahdf c?sf]; xof]n ug{k5{. sf]fgf dxdf/Ljf cG sg}cfkt cf0kbf{klg cfkngf]dfgj tf slxN}la; g'xbg / Psh6 eP/ Pscsf]nf0{; 3fpg'k5{.

df:s nufcf}; dflhs b/Lsfdo u/f}-  
sf]fgfaf6 cfknharf}/ c?nf0{klg arfcf}-

w6j fb

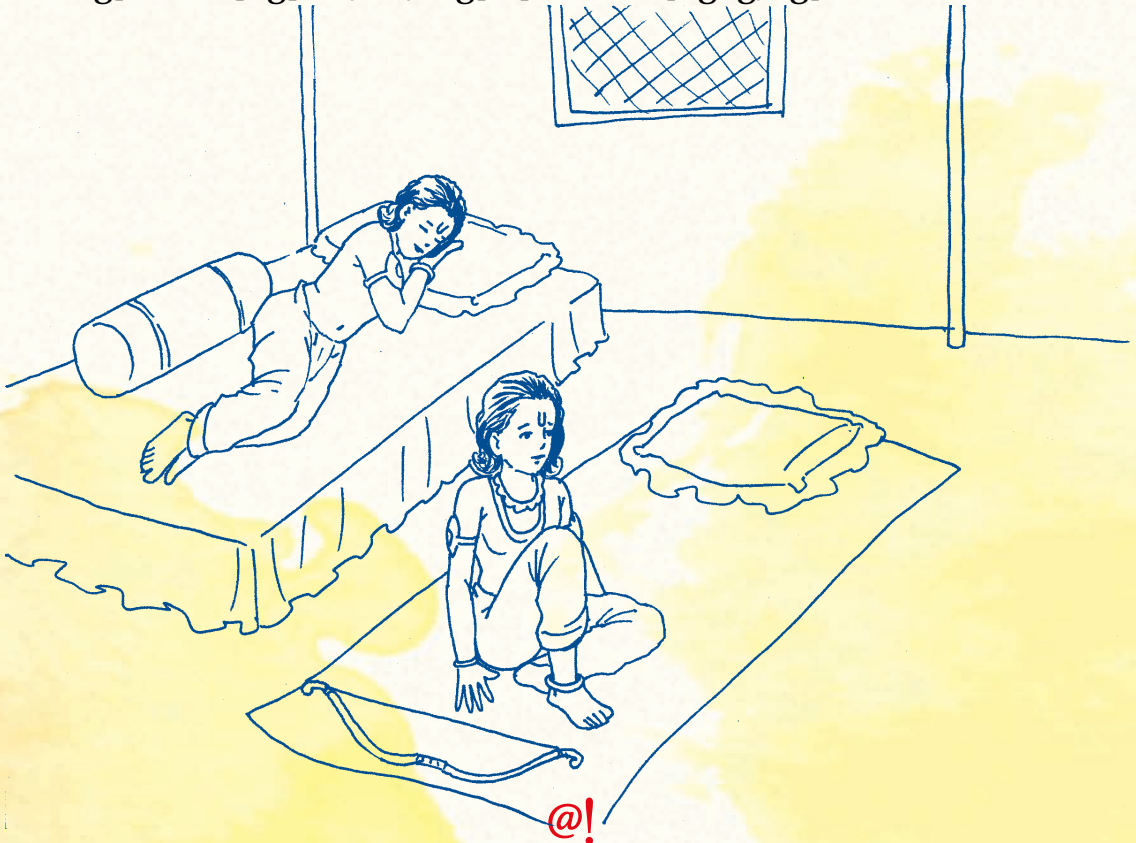
gfd Mzed ; fx  
sIf M(  
G"0fh; ; \$08/Laf]8E :sh, hgsk/wfd, )\$ wgif, gkfn

n"lgefMafn ; /fsf/ ; dxaf/f ldlt @)&\* c; f/ @% ut]zqif/sf lbgdf cfof]ht /fi6kofLsyf / slj tf kltoflutfdf ; lDdnt e0{ bf] fl:yfg xfl; n ug{; km syf xfl. æflb\$ awf0{tyf zesfdgfU



cln k/ a**न**/ क**न**sf ; fydf ; a**न**gf d:t  
 lgbf**न** lyP . lardf n**न**Id**न**; **न**sf]c**न**df**न**  
 ; t**न**sf /fdr**न** |kg c**न**gn]l**न**gf**न**/x**न**sf lyP  
 . a**न**sf]c**न**df**न** ; t**न**sf ; lua / x**न**gdfg  
 क**न**क**न**] **न**gf **न**gf **न**gf **न**gf /x**न**sf lyP . b**न**sf]c**न**df**न**  
 c**न**df**न** P**न**}; t**न**sf lj leif**न** l5**न**gdf b**न**off  
 / l5**न**gdf a**न**off**न** **न**]. a**न**fa**न** 6**न**9f st}  
 s**न**s/ es**न**sf]c**न**fh ; lg**न**of]. n**न**Id**न** eg]  
 l**न**gfP**न**sf]lyP**न**gg\ c**न**h dfq x**न**] / **न**gf g**न**f; df  
 c**न**P**न**]v g}plg /fd/L ; t**न**sf lyP**न**gg\ .

/f**न**sf]t} f]k**न**/ lat**न**sf]x**न**df]x**न**] lj leif**न** p**न**] z**न**fr ug{uP . æ? ; a}l**न**gf**न**/x**न**g,  
 oLlj leif**न**nf**न**{r**न**gf l**न**gf k/g h:tf]5 . x**न**g k**न**g s; /Ll**न**gf**न**pg ; S5g\t lj leif**न**  
 c**न**h < hlt g}z**न**q**न**tf e**न**P**न**kg o4df df/g**न**? ; a}pg**न**sf ; j h**न**g? x**न**g\c**न**f g}b**न**h, el**न**hf  
 / c? c? g**न**ft**न**gf/x? x**न**g\ s]ug**न**df df**न**h]a9Lcx**न**sf/ u**न**gf]eg]cs**न**f**न**]>L; Dk**न**Q  
 x8**न**gf]t/ n**न**gf]eg]o:t}bb**न**gf x**न**g]/x**न**gf**न**Id**न**nf]d**न**gdg}eg].







cfh nIdOf ; fx}v'; L5g\ efph'; Itf cckx/Ofaf6 dQmePsLl5g\ n^sfdflysf] lj ho rfgrg]; kmtf xf0g eG]nfu\$]5 . rfw jif]jgjf; cjlw klg k/f xg nfu\$]5 . To; flt cf'gf]ous}; jfws jL/ eg] lrlgPsf]00lhtnf0{nIdOfn]g} k/f:t u/\$f xg\

oL; a}s/f t 55g,\/fj Ofn]dg{ahfdf /fd; F eg\$]Pp6f s/fn]pgnf0{erg\ckf/v'; LlPsf]5 . dg{ahfdf /fj Ofn]/fdl; t eg\$]lyof] ax] /fd, of]o4 ltdIn]lhTof} lsgls ltdf]ef0 nIdOf ltdf]kIfdf hyP . dh]o4 xf/Hsgls d/f]ef0 lj leif0f d/f] lj kIfdf lyof].E

nIdOfnf0{cfn]gOf] k/g . pgsf dgdf cf'gf afNofnb]ysf PsPa 36gf? Thf eP/ cP . pgn]cf'gf bhéf0 /fd, e/t, zq3g; F 3f\$ r9g l; s\$]clg ha`un ha`un rx/\$f]; Denh

-rfw jif]jgaf; efi0\_

lhjfg dff]g  
sIf M)





# yfa § f

gkfn lxdfn, kxf8 / t/f0{ldn/ ag\$fi]5 . lxdfn; f cyfx ; fbo{/ hn; ft 5, kxf8; f h8la6L, vlgh, kmkm / :y kofj/of 5 eg]t/f0df cGsf]e08f/ 5 . To; /Lg]gkfn axhfto / axefifs clg axwld\$ bz, ufd a4sf]bz, jLjL^ugfx?sf] bz, lj lj wtdf Pstf ePsf]bz x]. hxfHj lj wtf xG ToxfCg\$ ; Defj gf klg xG . To; h] xfdL; f ePsf]lj lj wtf xfd]; Defj gf / ; Dktsf]cfw/ klg x]. xfd]lj lj lj wtleq gkfnf0{; d4 agfpg]cg\$ cfw/ 5g\ To:t}lj ifo jf cfw/dW\$fi] Pp6f x]kfe] jf yfa\$ .

yfa\$ eGfn]sk8f jf sfuhdfly n]vPsf]lrq eG]aler6 . kfe] eGfn]klj q lrq eG]xG . yfa\$df lj ifz tMa7 wd\$fi]bj lb] tfsf]lrq agf0G . o; df k-ra4, ah]Tj, c]nflst]j/, d4oL, d~h>L, ahkfoL, tf/f cflb k5g\ zfsodlg a4sf] hGbl]v dxkl/igdfe; Dd / d08nfsf yfa\$? Nf\$lk0 5g\ To; f]t yfa\$ klj lwaf6 s[0fn]nf, e]j sf]; fy}gbL, ?v, nx/f, kxf8 cg\$ hlj hG\$sf lrq klg agfPsf]kfoG . yfa\$ a4 bzg l; Sg]/ l; sfp]g]dxTj k0f]kf70; fdu]x]. o; nf0{1fg l; Sg]/ l; sfp]g ; fwgsf ?kdf klg ln0G . af7 ; dbfodf yfa\$nf0{3/df /f]v dgf\$fdgf k/f xg] e}kt, /fu, clgi6 cflbn]af; gug]/ zfiG sfod xg]ljZj; ul/G .

klxn kln]yfa\$nf0{wld\$ cf:yfsf ; fy; fy}1fg / Wfgsf]; ft\$sf ?kdf ln0Gof] . clxn]o; nf0{dxTj k0f]Jo; fosf ?kdf ; dT ln0G . yfa\$ snf Ps pTs[6 ?k t x]x]; fy; fy}of]; G/ klj lw klg x]. o; sf nflu ; j kyd ; /] agf0G . ; /] eg\$]hgf]/sf]5nf kfgldf pdfn] agf0Psf]lrkf] afSnf]e]f] x].

To; kl5 ; /] df sd]/]df6f]xfn] ksf0G / Ps k\$]/sf]ud h:t]df8 tof/ kf/G . To]df8nf0{ k]df tGsf0Psf]; t]s6g jf l; Ns sk8fdf blnG / ; sf0G . o; /L agf0Psf]sk8mf0{tGsfP/ tIgrf/ k6s; Dd lrkf]9a^uf jf z^xn]3ff6G . o; f]ubf{sk8f lrkf]xG / lrq sfg]of]b xG .



l5l/a l3l; a  
sIff M)  
lj Bfnosf]gfd M>Lkfr dx]b]df]j =





# ; fgf]pd/df g}cॐhldf hf\$ lbpfn

aRrf aħb|v g}xfdLcfkngf]; fgf-; fgf gfglafax?nf0{/fdff uFcॐhLl; s fpG]xf] eg]aRrfx?n]/fdff]zIf kfpG]lyP xhf]g\

ls geg]gkfnLeiff eg\$ fjt dteħiff xf]. gkfnLt l; ls xfnG5 lg . t/ cॐhLeiff eg]nyk9 ug{dfq ge0{af]Ng ; d† uxf]xG5 .

olb cॐhInf0{hf\$ lbg]xf]eg]xfdIn]cॐhLeiff l; Sg klg ; d: of kg]lyPg xhf]. To; ħ]k5 uP/ cॐhLeiffdf ; d: of gcfcf] \eg] klg cॐhLeiffnf0{hf\$ lbc†

; l:dtf a:g†  
sIf M)  
>Lgf/fo0Ldf= lj=  
AfudtL& luBl, yDsI, nlnk/





# s f / f g f / d / f ] e f u f 0 {

r f 0 g f s f j x f g a f 6 ; ? j f t e f s i ]  
l j Z j J o f k L d f g j n f 0 { ; f x } b M n f s f ]  
l b g k l t l b g a 9 ] ; a s l d t l g T o : t }  
n f v f } h g t f d / ] a / } l s / f k n f a u f h : t }

c s f n d f d T o j / O f u g k g { s : t f ]  
k l t / f w t d s l f d t f n ] ; f y g l b P h : t f ]  
e u j f g s f e S t x f d L u 5 f } ; b f k s f /  
l g d h u g { ; s g l g s ] u 5 { v } ; / s f /

y f x f 5 g c h e f n s ] e f s f ] 5 d n f 0 {  
g b ] v g ] l e q l e q } r f f n f s f ] 5 d n f 0 {  
d n d k \$ L c f f w k r f / u b f { s l Q k l g  
s ] l g b 6 L / f u / x \$ n f 6 f ] 5 f g L 5 f g L

u f f ; d h 5 / - l 5 d \$ x \$ { o t f p t f  
5 6 k 6 f x 6 p l k G e f ] c a h f g ' s t f <  
x f t l d n f p g 5 f \$ f ] c a u / f } g d : s f /  
j l / k l / u f f t y f 8 N g ] x G f ; x /

; l g 6 f 0 h / d f s ; s f ] k o f u s l t ; D d u g f  
d n f 0 { n f 5 o ; h ] g } k g M f u e g l  
; f a g k f g i n ] x f t v \$ f w f c f } ; r t a g f x f d L  
? 3 f v f \$ L u n f ; W f H j / f ] a 8 ] k l g

: j f ; k n g { u f x f ] x g ] 6 f p s f ] k l g b V g ]  
5 f t L k f l g ] ; d : o f n f 0 { l g d h ; w f u g l  
t f t f ] t f t f ] k f g L t y f v f g f v f g ] u / f }  
d n f 0 { n f 5 ; a h g f e q d f g k / f }

l 5 d \$ L / c k n f t h g ; a } z f \$ d f k b f l  
6 f 9 a f 6 x / L a ; ] p g n ] c f f ' e r n b f {  
s : t f ] x f ] o f ] d x f d f / L ; l S b g d 5 g  
; x f g e l t k \$ 6 u / L ; f } a ; L ? g



l j g f ; n f 0 { c f u f ] k f 6 f ] c j l R 5 G o f ] / f u n ]  
b f u a Q L l b g ' 5 g ; a } k / f 0 { c f k n t n ]  
8 f S 6 / j B c : k t f n ; a h t / ; G f 6 f e f ]  
c f v / l d f l j Z j J o f k L s f ] f g n ] H b f g n 6 f ]

h h ; / L h 6 u l d f e o f j x l : y t L 5  
e s l k n ] l e q g a ; s f ] f g n ] a f x / e G  
/ f u n ] e 6 f z f s n ] a 9 L l b g f g l b g l r G t f a 9 6 f ]  
b z x f S E ] / f i 6 ; j s x f g x f / J o l Q m n 6 f ]

b o f ; f u / s ? O f f v f g L x ] k / d Z j / ; x o f u /  
s ] u g { v } j s n k 5 g k v f } x f d L l t d ] e /  
h l j g l h p g ] c f w / u o f ] 9 N f ] : t D e c f z s f ]  
r l s t k / f s ] u g { v } v l n o f ] a 6 f ] n f ; s f ]  
r l s t k / f s ] u g { v } v l n o f ] a 6 f ] n f ; s f ]  
v l n o f ] a 6 f ] n f ; s f ]

u l i d f k f 0 8 ]  
s i f f M )  
> L / ] E f d f - j = , u n d L

n " l g e f M a f n ; / f s f / ; d x a f / l d l t @ ) & \*  
c ; f / @ % u t ] z q n f / s f l b g d f c f o f l h t  
/ f i 6 a o f k L s y f / s l j t f k l t o f l u t f d f  
; l d l n t e 0 { b f ] f ] : y f g x l ; n u g { ; k m  
s l j t f x f . a f l b s a w f 0 { t y f z e s f d g f u }



# ; fdfhs ; ~hfn / afndgflj 1 fg



sle8n|lstfasf kfgf kfgf l5rflg]

dxn 9nf0lbPk15

o6a Dof; Qh/ / hdsf|vflndf

oLdgx?

uNnLuNndf b08/x\$F 5g

yxf 5g

of|ofqf sxF/ skn|6luG

; fvf|s h:tf|nfl5 rfsf tLgfh lahtnf0{

cem

dg s6Ss sfl6G

ha

; ~hndf pR>vntf

clg ; flg dg nfl5

dDdL Ū0/h/n|of|cZnnsf d6g ldN6g / <

; fyx? knas / l6sl6sdf en08f

d/f cfvK? knSs un]

cf|dv ; /Ss ; Sof]

nfx? cfknfnhn|3fl6F

k/hfsf 9fsf? lgl/P

; kgfsf|lardf g}enbf;

Joènh:t}ePF

dg wldn wof]

xfE nunu skl].

clg ; flg dg nfl5

dDdL Ū0/h/n|of|cZnnsf d6g ldN6g / <

P Ūh's/au{

P Ūhlj 8 sl/d

P ŪhĒ loldĒ

P Ūsleg elt{ldTtn

lsg knas agfof|<  
ltdf|l6s6s s|sf nflu xf|<  
ltdf|Dof; Qh/ s|sf nflu xf|<  
ltdf|Xj f6\ Pk, 6j16/, Odf|  
lsg b?køf|  
w|kN6 ; f|v|  
t/ tLk} fsf dltx? af|b}af|gg\  
clg ; flg dg nfl5|  
dDdL Ū0/h/n|of|cZnnsf d6g ldN6g / <

lj Bfno vNg|lj lQs}

d/f ; fyx?nf0{

; fdfhs ; ~hfn|bfg lnPsf]

syf ; gfp' 5

afnlnsf 6x/f ePsf]

lj/xsf|lut ufpg' 5

>ldfg->ldtL sf6f|5gf|u|\$f]

slj tf ; gfp' 5 .

clg ; gfp' 5

a}n]; s|t vNaNfsf|sxf|L

knL

Ps kN6 bxf|P/

; flg dg nfl5 dldnfo{

dDdL Ūofafn dl:tisdf ha/h:t

s| ul/Psf|afem? l8ln6 ug{ldN6g / <

sžnf Gof|g|

siff M!

afn dl6/ df-lj = kfy//

n"lgefMafn ; /fsf / ; dxâf/f ldlit @)&\* c; f/ @% ut|zqif/sf lbgdf cfoflht  
/fi6kofLsyf / slj tf kltoflutdf ; lDdnt e0{kýd :yfg xfl; n ug{; km slj tf  
xfl. æflbš awf0{tyf zesfdgfŪ

# s f/fgf

@ & ^ ; fndf s f/fgf g}cfof]  
 wgLu/La 7hf ; fgf ; as f|Hofg vfof].  
 xfdfflj Bfnon}elj ios f|lrGtf lnB}  
 cf7-gf}dxgf lalt; Sof|fbg uGbfuGb}.  
 ; a} fi gd: s f/ ug|gldnfpq'xt  
 Ps Ps ; fi s fd ug{s f|Lghfg'; ft .  
 xftdf : oflg6f0h/ d'vdf dS; nfpq'  
 Vffg|s /f thf ; knldnf0{ldnf0{vfg'.  
 b0{ld6/s f|b/L/fvLug|lgTo s fd  
 ; f/el/ kn0 uof|s f/fgf s f|gfd .  
 xfdfflj Bfnox? Sj f/|G6g ag|  
 lj b}zdf 5 /fu a9Llj b}z hfg|a9].  
 of|fu s f|pkrf/ 5g ; a}; r}t eof  
 Hffg kfpq lj Bfno l; Sg|s lxn|goffe  
 b}z s f|9s 6L; Sof|s f/fgfn jubk  
 s fle8 ! ( eg|k15 6f9}af6 efubf .



gfd Mgnd kg?





# c; n lj BfyŁ

Pp6f c; n lj BfyŁxŁd, cGws f/ x6fp5' c1fgtfs f|h/f|pvf|Nb}zlft d agfp5' ..

; wjd/fj; fydf xŁ5 s fkLclg snd bzs f|0Hht hfufpg nufpg}5'dnd ..

; Eo clg lzllft e0{a: 5'; wjd ; f/s f lj BfyŁs f|lgzfgLxŁd ..

To; h|c|pmd ; fgf|lj BfyŁ Ē xft ldnfcf- ; f/f bzs f afnałns fnf0|zlft agfcf-.

xŁd gkfnš f|czf kłxrfg 5 lj BfyŁPs cfd ug}5'o: tfs fd h; n|a9g5 d/f|zfg ..

snd xflj BfyŁs f|xtof/, h; n|ju5{7hf}š fd kłzfs 5 d/f|vf; o; n|a9fp5 d/f|kłxrfg ..

xŁd gkfnš f|czf l; Sg|x|d|f|š fd l; s fp|x|d|f|wd{ k9g|x|d|f|š fd gcfp|k7gs f|ju5{š fd tdfd ..

cflzif l3ld/]

lj BfwZj /LdVolds lj Bfno, cf>fa





# c; n ; dhsf tTj x?

; dhsf nfu cfjZos klf? g}; dhsf tTj x? xg\ tL tTj x?nf0{lgDgfg; f/ k|tt ug}; lsG .



lgLZrt eëfuMkTò\$ ; dhsf]lgLZrt eufh] xG . ; dhsf]Ifh] lgLZrt xgfn] g}; b:ox? Pscsfàlr lgs6 /xG5g\ ; dhsf ; b:ox?n]lj rf/x?sf]cbfkgkfg ug{cj; / kft u5g\

; fdfG hljgM; dhsf kTò\$ ; b:ox?sf] hlj g kfoM; fdfG xG . ; dhsf ; a)

; b:ox?n]cf'g}; dhleqaf6 g}hllfgokg, dgf]-hg, lzIf / ; /If h:tf cfjZostf k/f u5g\ ; dhsf]:j?kcg; f/ JolStsf]hlj g k4lt lgwM/t xG .

lgods]; fdfG Joj :yf / kngf M; dhsf ; a); b:ox?sf]Joj xf/ ; dfg lgodaf/f lgoGqOf ul/Psf]xG . o:tf]lgod kngf ug{clgj fo{tTj leq k5{.

; fdlxs efjgM; dhdf ; fdlxs efj gf xgk5{. ; dhsf ; b:ox?n]Pscsf\$; v, bMdf ?lr /V5g\ Ps cfk; df ; dfg cgelt u5g\ sg}pT; j jf rf8kj df ; xefuL xG5g\ To; \$f cfw/df JolQm? Pscsf]f glhs xB}hfG5g\

ljzib gfdMkTòs ; dhsf]Ps lgLZrt gfd xG . oxLlj zif gfdn]ubf{g}; dhsf ; b:ox? Ps cfk; df lgs6 xG5g\

:jtMhGd jf ljsf; M; dhsf]hGd jf ljsf; :jtMxG . ha sXLJolQm? sg} :yfgdf cP/ :yfoL?kdf a:g yfnk5 pglx?df xfdLeG]efj gf ljsf; xG, To; k5 ; dhsf]ljsf; jf hGd xG .

:yfoTjM; dhf :yfoLxG . ; dhdf /xg]JolStx?sf]cf'gf]eld; F 3lgi7 ; DaGw /xG .

P]txfl; stf k|t uj \$f]efj gfM\$gk]g ; dhdf P]txfl; s dxTj sf 36gf? 36\$ f xG5g\ . cl3Nnf k:tfn]u/\$f /fd] sfdx?sf]uj {ug}efj gf ; dhdf /xG .

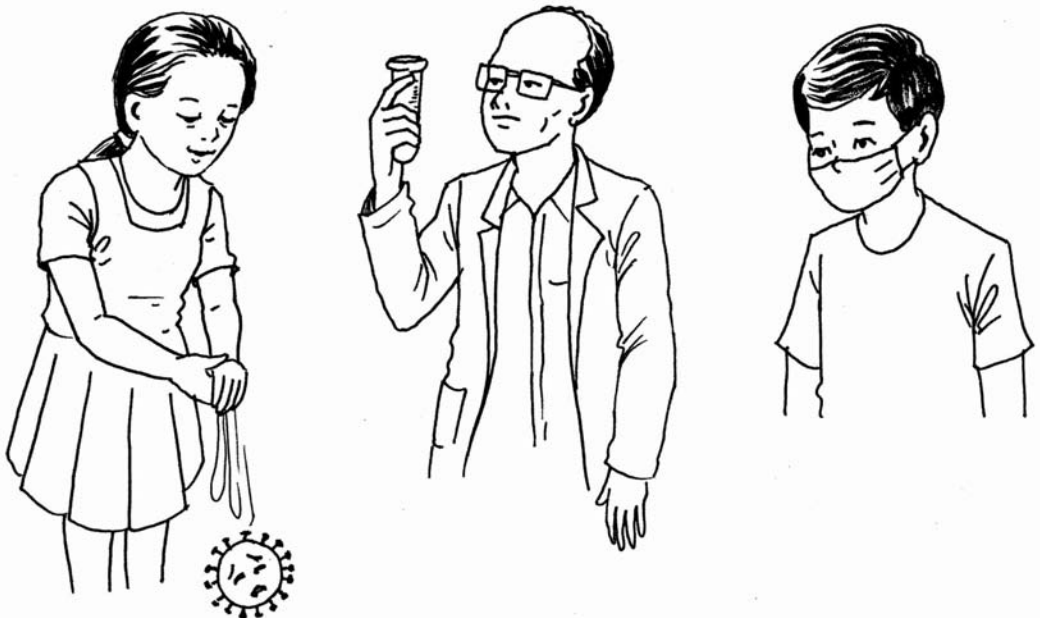
sNkgf a/fd  
sIf M(

# सर्जित

रिगास ; ? e0{knofl|j Zj el/  
 dIG5x?n0{db}uof}b': dgn|enFu/L.  
 ltdlaf 56gnf0{xfdLh|kg u5f}-  
 To; ढ|t ; faग kfgIn|xfdLxft wG5f}-

ltdLhfpms f|fgf ox{f}6 gkns g|u/L  
 ltdLuPgf}eg|xfdLkms f5f}f}wls f|c}ij is f/ u/L.  
 xfdLdfg; h6g'k/|ltdInf0{xG5 g/fd}f|  
 lgb6LltdLc}k}h}f}nb}zaf6 xfd}f|.

s ?0ff ; fks f6f  
 s If M(  
 >Llj BfwZj /Ldf=lj = c}fa





syf

plxnplxn|c?Of pkTosfdf yk}ls/ff /fhfx? lyP . To:tf /fhfx?nfO{cfk^uL/fhf  
elgGof]. ; a}cfk^uL/fhf?sf ; -; fgf /fhb lyP . ; DkG / 7hf|b}zsf|/fhf xg|  
/x/n]; ahfO{dxTj sf^MLagfPsf|lyof]. To; h}Ps /fhfn]csf|/fhfsf|/fhbdf xdnf  
ul//xGy]. ; w}em8f / sr^un eO/xGof].

o; af6 x}fg eP/ Ps ls/ff /fhf c?Of pkTosfdf zlfG Nofpg]pkfo ; f}g kf?xf^\  
sxfRku]. pgn]ls/ff /fhfx? larsf]adh / alytsf ; a}s/f ; gfp . kf?xf^N|  
ls/ff /fhfx?sf]; d:of ; dfwg ug|lj rf/ u/]. pgn]cfknhfO{e}g cfpSf /fhfnfO{  
; g pulg]efn]/ ; gs}k}^uf|pkxf/ lbP . kf?xf^N]eg].o; n]ltdlx?sf]; d:of  
; dfwg ug\$ . U

/fhf v'; Lx}f}; gsf|k}^uf|efn]af\$} b/af/ kntP . efnkN6 laxfg 3fd en}sg|  
ahfdf sv/Lsfub}efn]af:of]. efnh|ToxLcf gf|dva6 Ps 8Nnf]; g klg pul}of].  
To; h/L3fd c:tfpg]ahfdf klg laxfg en}af:b}; g pul}of]. o:tf]; g pulg]efn]  
kPk15 /fhf b^u k/]. pglcfknhfO; sv/|sf|x/rfx tyf bfgkfglsf]aGfa:t uy|.  
s}L lbgd}b/af/sf ; a}sf}r}f}f}; gsf 8Nfn]el/P . ca /fhfn]; gsf 8Nf  
kfn]kfn]cf gf /}lx?nfO{af}g yfn]. /fhbsf ; a}/}lx? wgL/ ; vLxg yfn]. To;  
/fhbsf]aofg rf}k}k}nof].

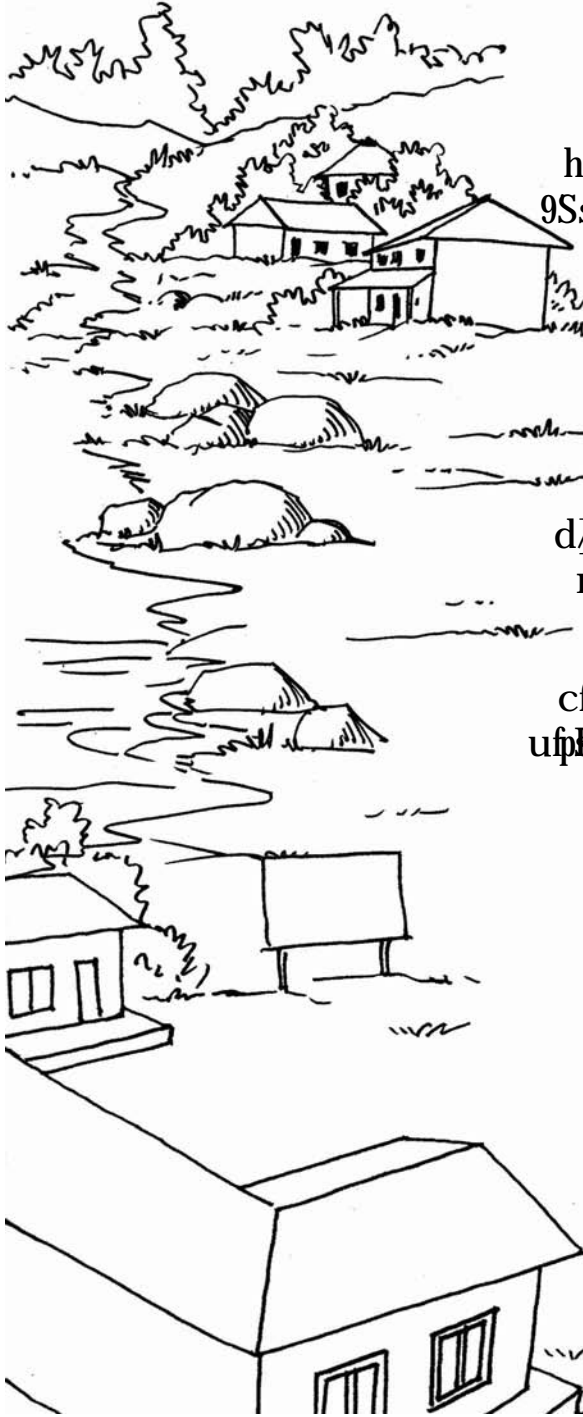
Psibg laxfg /fhfn]efnhfO{k}^uf}af6 lgsfN}lyP . k}^uf}af6 afx/ glgsfnL  
efnh]; g pulg}yof]. To; h|/fhf cfknhfO; nfO{afx/ lgsfN}lyP . o; /LlgsfNf  
ylgPsf|r/f g xf|Tof]t e/{p8} h^unt/ efbf]. /fhfn]x8a8fp}tTsfn}To; nfO{  
; dfpg b}zdf ; f/f ; gf  
kl/rfng u/]. efnhfO{  
k5dfp}f}; gfklt h^un; Dd  
ku]t/ s; }sf]s}Lnfug  
. h^unsf]kTs/d}Tof]efn]  
x/fof]. efn|x/fPsfn]/fhf  
w}rlGt eP .



dgfh la-s=  
siff M&  
lj Bfnosf]gfd M>LkfF  
dx}b|df}j; 7hfbh}E

#!

# d/f]ufpF



vfhfgfnf, h<sup>a</sup>un / c? 8f8kf  
 ; Denhdf dg /D5 uf0{/ uf7fnf ..  
 h<sup>a</sup>un kf8Ldfg; x? bfp/-3f s f6y\  
 9Ss/ h8Lh<sup>a</sup>undf df of klt ; f6y\.

s f0nIs f]:j / ; Gbf ; a)/dfpY]  
 ufP/ aFk? ; a); Gb/ aGy\..  
 af6f3f6f]j Bfno sXGxvdf  
 3/}a; Lk9y}c/}xidf ufP/df ..

lj Bfno af6f3f6f]; a}vhk15  
 d/f]ufpFf k}nof]1fgs f]7hf]Hof]t ..  
 rf/}t/ vfhfgfnf s ns n u/LaU5g\  
 :ju\$ f]lof]dw/; To; }a; f6g\.

cfs fz 5g}xdfn bYbf ; a}5Ss k5g\  
 ufP f]dx/ xFfpgnf0; a}Ps xG5g\.

; #Itf ltdIN; gf  
 s If M\*  
 >Llj BfwZj /Ldf=lj = cf>fa

# World

World is much or more uncertain. I used to be a pleasant. World is really mysterious and simple too. Complications are there too.

Nothing remains constants, nothing is on our hand. At a space of time everything changes. You might be happy and proud on what you've got today but stay calm because it's not permanent. You are going to have nothing at last.

Yet remember, all the pain, gloomy atmosphere and uncertainties are not staying forever.

Everyone has a dream which makes their life worth living. It's the only stuff they cling on to survive. Being unable to have it create pain to gloomy and in security to anger actually it's pain that shown as anger and temper being unable to live on own dream. Things are getting worse...

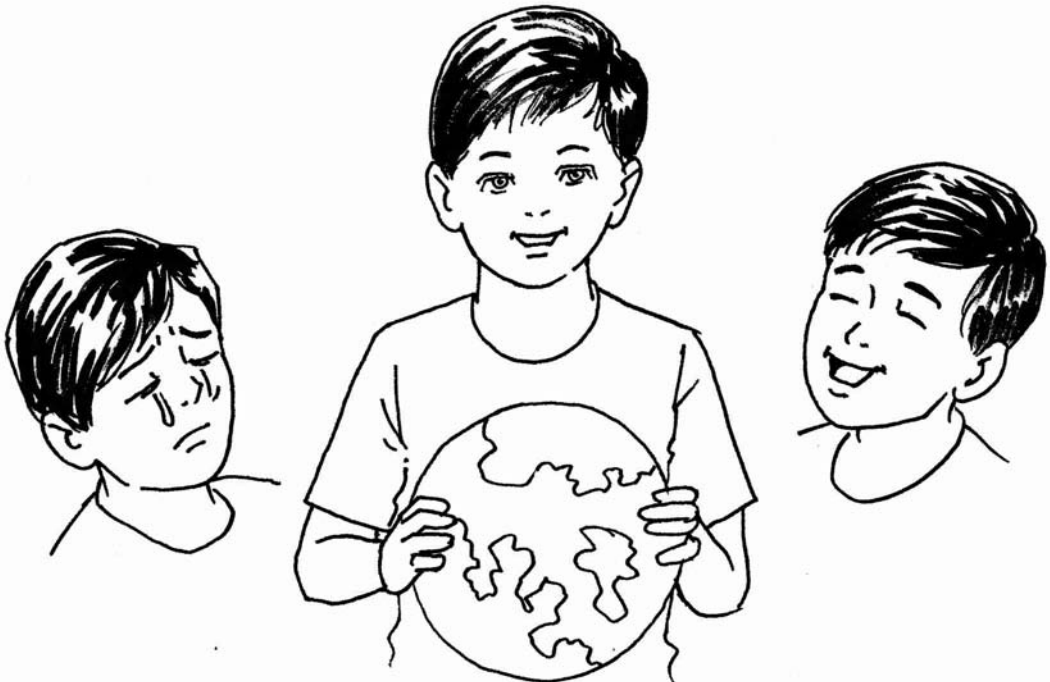
One day I'll be able to see moon once again

Storms aren't forever.

Naresh Ghimire

Class: 10

School : Shree Bidhyadhiswari Secondary School, Ashrang



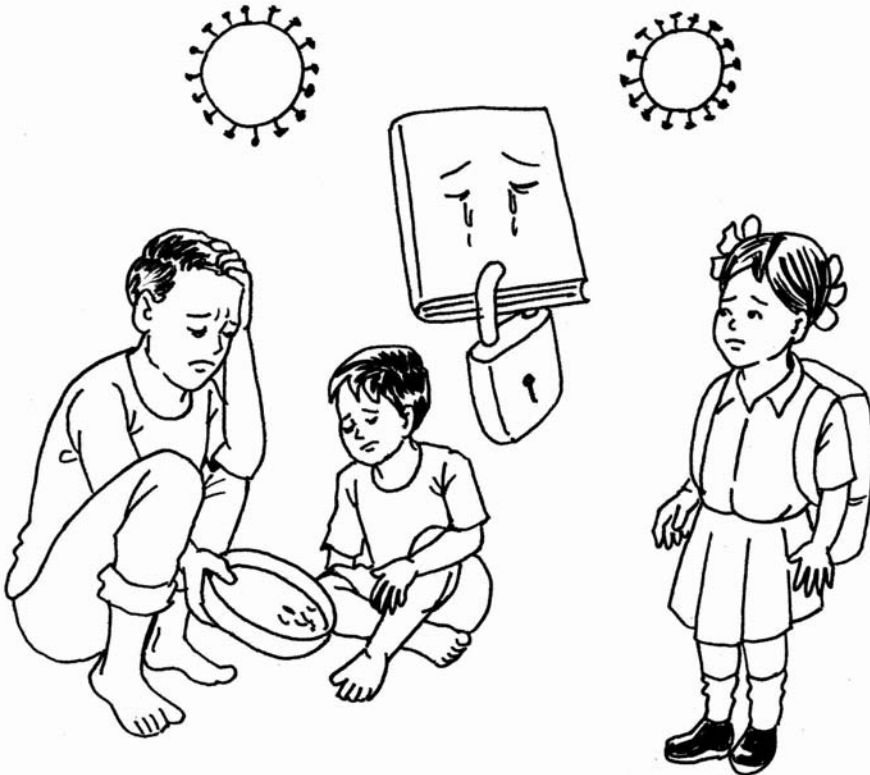


# s f/fgf

sxfaf6 cfo]s f/fgf ef0/;  
 s f/fgfn jubf5g hff/ .  
 k9g]; dodf 5g lj Bfno vfh\$ f]  
 ; #f/el/ k]nof]s f/fgf ef0/; ..

; /s f/n]ul/lbof]ns 8fpg  
 Ul/ax?nf0(eof]vfgf nfufpg wf}wf}.  
 s f/fgfs f s f/of afnaf]ns fd f a99\$ tgf  
 k9g]; dodf eljio eof]cGws f/ ..

lgd}f ?Daf  
 s If M(  
 >Lafn dgf]df cfwf/et lj Bfno, cf}fu



# blntnf0{xhf

; a)dfG5 [Pp6}xf]ls g u5g\xhf  
blntn]; v kfpbg\ls g affGh .

; a) f[Pp6}xf8, df; '/^u / /fug  
dgdf dfobof ePk5 c5t gdfg .

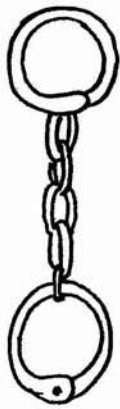
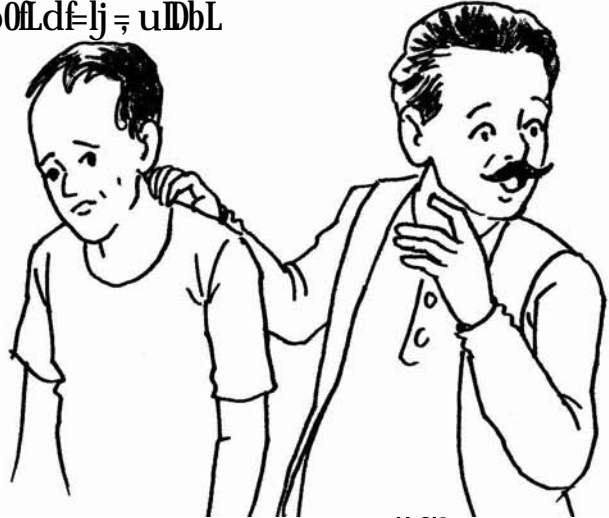
s; n]agfof]hft s; n]agfof]wd{  
/ut ; as f]/ft]eP; Lls g dfG]dd{.

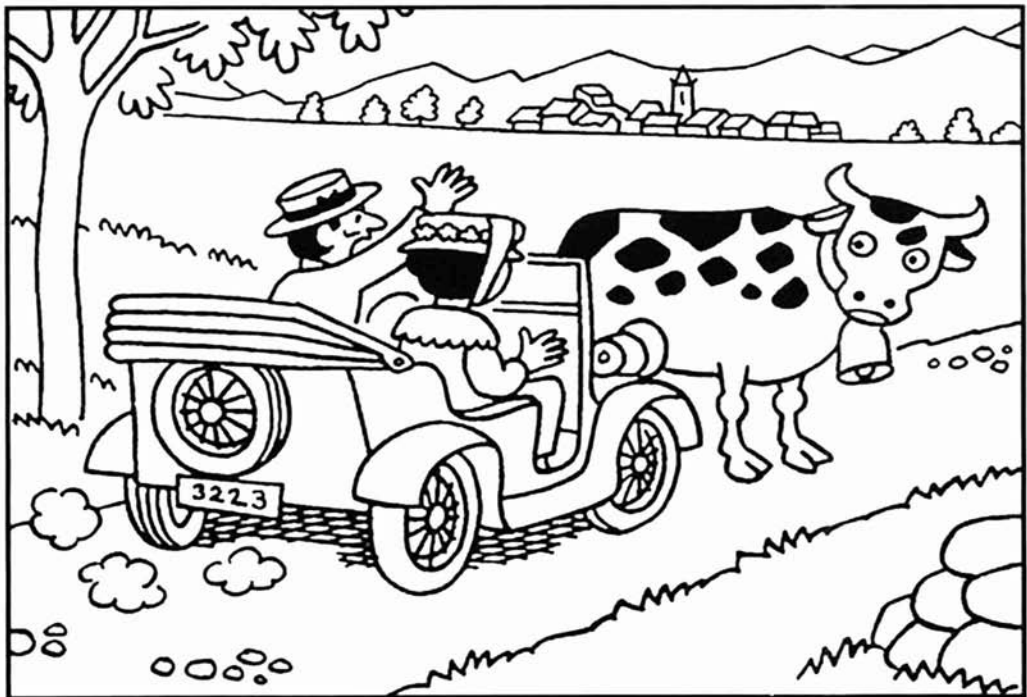
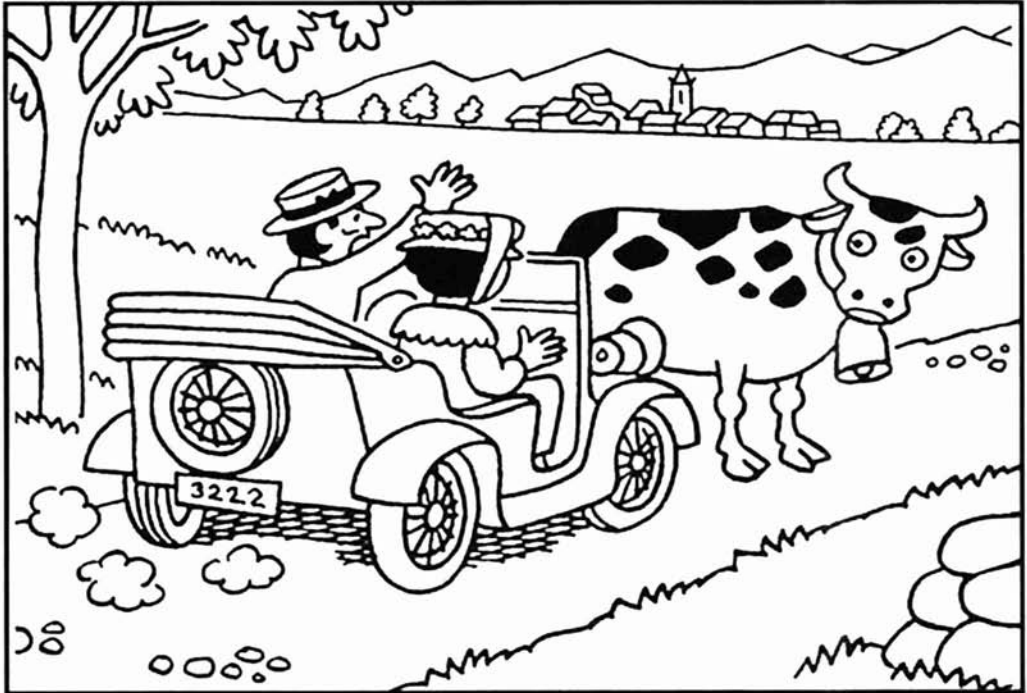
e) / efj gf, dfob / kd s; n]agfof] <  
of]blnt of]IfqLegLs; n]hgfof] <

; a)g]fns f]; Gtit ls g xG5 ckx]gf <  
s; n]a%5 / lk/, ds f]blnts f]a]gf ..

blnt egLs; h]gu/f]xhf  
s g]bg kg] s fg]s f]k]hf ..

; l: dtf a: g]t  
s If M!)  
>Lgf/fo0Ldf=lj = uDbL





**FIND 7 DIFFERENCES BETWEEN PICTURES**



# Music Word Search

S B F H Y T P A K F E L T S D A N I Z B E I  
 K U C L O R A S C T T E N T K U H F B R A A  
 V Y E E A S K P R O E D C A A I L S L A S F  
 J D T H G A R O J V M G V C C Z V O U A S D  
 W L L T N A F B E H P E G C J B E A R M T S  
 E L N S H H V R I R O R P A R W B T K F R G  
 H X Z S L P E I X T I L E T H B Z C A F V Y  
 M F F E Z T M L S S Y I Y O D M I F L M R E  
 L J T Q R L N E C I M N J S B Q H A E C P E  
 C T N A B I R P L Y W E N J L T H T T X I I  
 M T U A R G M E A S U R E C H D R Y O W T L  
 L Q R J S E I B Y F X C T G E O D T P C C T  
 J G D E A T P W H O L E I T N X S Z R H H K  
 E B P K B T A E S Q K E T O R E Q A B X P J  
 J U H S B L X F A S J O M N R T B M F I I M  
 X A X E F J E L F T D E Y P I U F D A J M O  
 D N Q P U L F A C E O Q I E B J U N N W U D  
 C P K E P L D M L Y Y N G Y S V O M Z P K F

METRONOME  
 SHARP  
 REST  
 TIE  
 MEASURE  
 TEMPO

EIGHTH  
 STACCATO  
 QUARTER  
 WHOLE  
 TREBLE  
 LEDGER LINE

FORTE  
 PITCH  
 STAFF  
 PIANO  
 BAR  
 DOTTED HALF

HARP  
 FACE  
 FLAT  
 BASS  
 PRESTO  
 REPEAT



# Ps dfq d/Lcfd

x/§ bM/ si6 ; lx hGd lbgeof  
ofj; ‡f/ byfpg 7hfjelds f vNgeofj

cdf ltdfjhtftt}aofg e\$5'  
ofj; ‡f/df d/fjdfq}cdf ltdIn0by5'

ltdfjJoVofcdf dh}S ; /Lu?F  
ltdIn}dnf0z/df /Vof}ltdfjKpFf d k?F

cdf c?n}x}f}d ; a\$ f}gh/s d b! dg ePkg  
d/fj}dgleq ltdfjInfu klj q dfof hx}fuPkg

cdf ltdLv! L/ ; vLe0{x}f /xg'  
ltdfjInfuLd d?Ff d/fjInfuLtdLcd/ e0 aff}lbg'

; l: dtf a: g†  
s If M!)

>Lgf/fo0Ld=f}lj, uDbL





# How to Draw SNOWMAN



1



2



3



4



5



6



# s f|/fgf ef0/; s f|; d: of

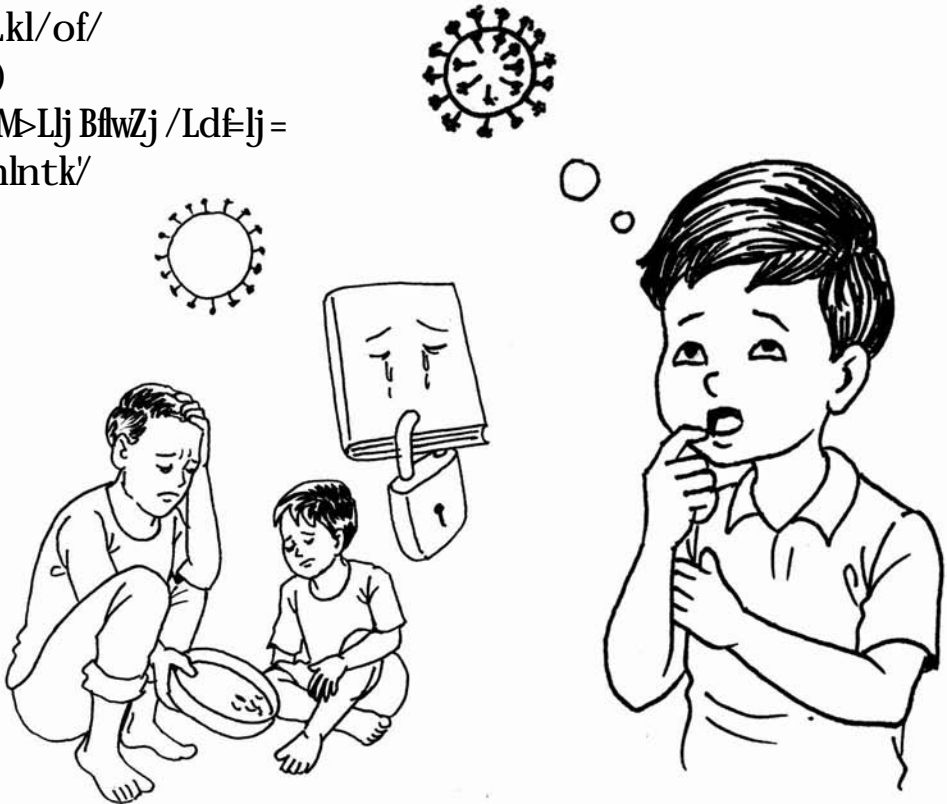
s blv 1 ; Dd kfgLe0; Sof|  
 s fle8-! ( s f|s f/of k9f0{k/}xfgLe0; Sof|..

htftt}dxfiLe0; Sof|  
 ; 8s df k8g|aj fnf0{Ps 5fs 6fg{kkg wf}w}e0; Sof|..

; x/s f|dfG5]; a}ufpfiPff kts { s |  
 ufpF/df s f|fgf ef0/; ; g|; Defj gf e0; Sof|..

; ahgf ldn} xft ldlrldr wg ; Sgk5{  
 s fle8-! ( af6 aRg xfdL; a}nfUgk5{..

; /:jtLkl/of/  
 s If M!)  
 lj Bfno M>Llj BfwZj /Ldf=lj=  
 cf>fa, nlnk/

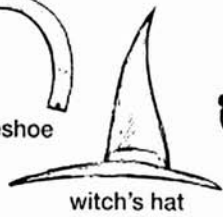
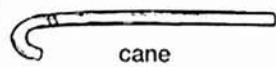
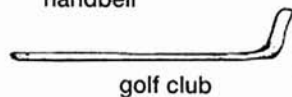
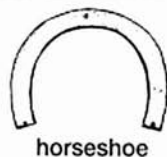
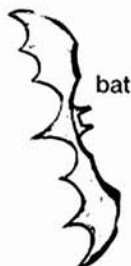
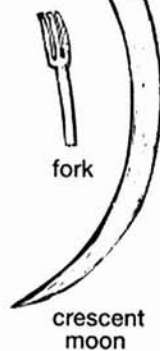


# Hidden Pictures

Can you find these things in the big picture?



Illustrated by Ansh Zeleka



# 5f/Ls f]kI8f

cfdf ltdInjhGd lb0 ls g 5f\$Luof}<  
 ch d/f]of]xfn kf/L5f\$Ls xffuof}<  
 cfv/ 5f\$Lhfg lyofjeg]  
 gf]dlxgf s fydf /fvLhGd ls g lbof}<

cfv/ dnf0{PSn}knkn ?g]agfof}  
 6f9f /fvG lyofjeg]; ÷f/ ls g b]yfof}<

kfgLlagfs f]df5f en56kl6G5 d6'  
 cdfis f]dfof lagf of]dg ?G5 w?w? ..  
 htftt]g/fz h]CbuLatfpg'k/ \$ f]5  
 lg/fz d]f]h]CbuInf0{xf]g l; s fpg k/ \$ f]5 ..

/f]zgLltdIn; gf  
 s If M)  
 >Lgf/fo0fLdf=lj = uDbL







lrqdf ; xfpbf/ u e/

MUMMINTHEMAGAZINEHOUSE.COM



gfd M \_\_\_\_\_ sIf M \_\_\_\_\_

lj Bfno M \_\_\_\_\_

ORs' lj Bfyk?n|dflsfl|lrqdf ; xfpbf/ u e/ Lgf n/ dxgf leqdf n"lgeMsf|sfoftodf k7fpgk' kg\$ . ; xefuX? dWdf pTs|6 ; xefuX? k/:sf ul/g\$ . lgDg dWdfds tx ; Dlsf lj Bfyk?n|dfq ; xefuLxg kfp\$g\

\$#





of]afn pBfgnfo{zIff ; dofgh / afn ; xeslutdf cf g]n]y g snfnfo{;yfg lbg xfdL; IkO{efO{xgx?df  
 xlb\$ cg/fv ub\$fy; ; fy}zIffdf lj Bfno, lzIs / cleefj sss]klg leG dt-cledt / ; e]fj xg]ePsf,]  
 cfufdL cfd; ; IkO{OR5sx?nfO{cf g]n]y /rgf k7fo{; xof] ul/lbgxg cg/fv ub\$fy; lzIffdf lj Bfno,  
 cleefj s, lj Bfyk/ lzIs / lzIffdf sid ug}; ;yfx?sf]el dsf, b]oTj; ; e]fj, ugf; fx? / cg]jx? k7fpg  
 xlb\$ cg/fv 5 .









# PACE Creation

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