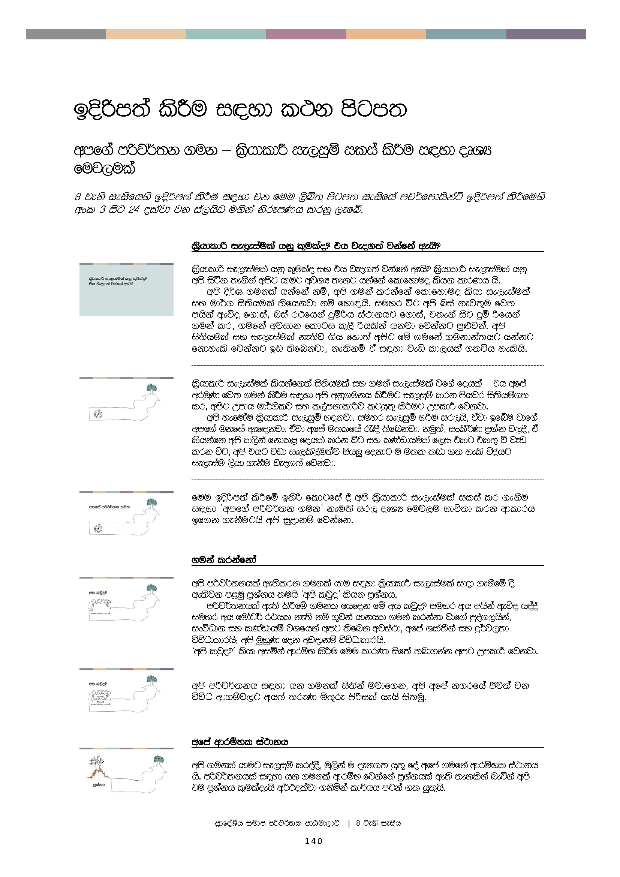
8 jeks ieish

**wmf.a mßj¾;k .uk**

**bÈßm;a lsÍu i|yd l:k msgm;**



bÈßm;a lsÍu i|yd l:k msgm;

wmf.a mßj¾;k .uk – l%shdldÍ ie,iqï ilia lsÍu i|yd oDYH fuj,ula

*8 jeks ieisfhys bÈßm;a lsÍu i|yd jk fuu ,sÅ; msgm; ieisfha mj¾fmdhskaÜ bosßm;a lsÍfuys wxl 3 isg 24 olajd jk ia,hsv u.ska ksrEmKh lrkq ,efí'*

|  |  |
| --- | --- |
|  | **l%shdldß ie,eiaula hkq l=ulao@ th jeo.;a jkafka wehs@** |
|  | l%shdldß ie,eiaula hkq l=ulao iy th jeo.;a jkafka wehs@ l%shdldÍ ie,eiaula hkq wms isák ;ekska wmsg hdug wjYH ;ekg hkafka fldfyduo lshk ldrKh hs'  wms oS¾> .ukla hkafka kï" wms .uka lrkafka fldfyduo lshd ie,eiaula iy ud¾. is;shula ;sfhkjd kï fyd|hs' iuyr úg wms nia kej;=u fj; mhska weúo f.dia" nia r:fhka ÿïßh ia:dkhg f.dia" t;eka isg ÿï ßfhka .uka lr" .ufka wjidk fldgi l=,S ßhlska hkjd fjkakg mq¿jka' wms is;shula iy ie,eiaula ke;sj .sh fyd;a wmsg fï .ufka .ukdka;hg hkakg fkdyels fjkakg bv ;sfnkjd" ke;skï ta i|yd jeä ld,hla .;úh yelshs' |
|  | l%shdldÍ ie,eiaula lshkafk;a is;shula iy .uka ie,eiaula jf.a fohla – th wfma wruqK fj; .uka lsÍu i|yd wms wkq.ukh lsÍug ie,iqï lrk mshjr is;shï.; lr" wmsg Wmdh ud¾.slj iy l,amkdldÍj lghq;= lsÍug WmldÍ fjkjd'  wms yefudau l%shdldÍ ie,iqï yokjd' iuyr ie,iqï yßu ir,hs" tajd bfíu jdf.a wmf.a ukfia wef|kjd' tajd wfma u;lfha /£ ;sfnkjd' kuq;a" ixlS¾K m%Yak j,§" ta lshkafk wms l,ska fkdl< fohla lrk úg iy lKavdhula f,i tlg tl;= ù jev lrk úg" wms thg jvd ie,ls,su;aj ish¨ fokdg u u;l ;nd .; yels úoshg ie,eiau ,shd .ekSu jeo.;a fjkjd' |
|  | fuu bosßm;a lsÍfï b;sß fldgfia § wms l%shdldÍ ie,eiaula ilia lr .ekSu i|yd zwmf.a mßj¾;k .ukZ keu;s ir, oDYH fuj,u Ndú;d lrk wdldrh bf.k .ekSughs wms iQodkï fjkafk' |
|  | **.uka lrkafkda** |
|  | wms mßj¾;khla we;slrk .ukla hdu i|yd l%shdldÍ ie,eiaula idod .ekSfï oS we;sjk m<uq m%Yakh ;uhs zwms ljqoZ lshk m%Yakh'  mßj¾;khla we;s lsÍfï .ukl fhfok fï wh ljqo@ iuyr wh mhska weúo hoaoS iuyr wh fudag¾ r:hl ke;s kï .=jka hdkhl .uka lrkakd jdf.a mqoa.,hska" ixúOdk iy lKavdhï jYfhka wmg ;sfnk wjia:d" wfma Yla;Ska iy ÿ¾j,;d úúOdldrhs¦ wms uqyqK fok wjodkï úúOdldrhs'  zwms ljqo@Z lshd wiñka wdrïN lsÍu fuu lreKq isf;a ;nd.kak wmg WmldÍ fjkjd' |
|  | wms mßj¾;kh i|yd hk .ukla is;ska ujdf.k" wms wfma k.rfha Ôj;a jk úúO wd.ïj,g wh;a ;reK ñ;=re msßila hehs is;uq' |
|  | **wfma wdrïNl ia:dkh** |
|  | wms .ukla hdug ie,iqï lroaoS" uq,ska u oek.; hq;= foa wfma .ufka wdrïNl ia:dkh hs' mßj¾;khla i|yd hk .ukla wdrïN fjkafka m%Yakhla we;s ;eklska neúka wms tu m%Yakh l=ulaoehs w¾:olajd .ksñka ld¾hh mgka .; hq;=hs' |
|  |  |
|  | wfma m%Yakh w¾:olajd .ekSu jvd;a ksYaÑ; jk ;rug" mßj¾;khla we;s l< hq;= wdldrh y÷kd .ekSu myiq fjkjd' tu ksid" fu;ek ;sfnk m%Yakh zfkdßiaiSuZ hehs fkdlshd wmsg z<uhskag wfkla wd.ñl m%cdjkag wh;a ñ;=rka fkdue;sùuZ hehs lsj yel' th" wLKavj isÿfjñka mj;sk fkdßiaiSfuys m%;sM,hla fuka u thg fya;=jla o fjkjd' |
|  | fujeks m%Yakj,g moku iE§ug odhl fjk úúO fya;= idOl ;sfnkjd' tjeks fya;= idOl lsysmhla my; ±lafjk wdldrfha tajd úh yel(   * ñksiqka ;=< we;s m%YakldÍ wdl,am" * m%YakldÍ yeisÍï" tkï ñksiqka lrk foa" * ke;s kï m%YakldÍ kS;s ß;s fyda m%;sm;a;s'   fuu wdl,am" yeisÍï iy kS;s Í;s tlajqkdu m%Yakh ks¾udKh fjkjd' tu ksid" wms y÷kdf.k we;s m%Yakhg wod< jk" wm úiska fjkialr .; hq;=" ke;s kï mßj¾;kh lr.; hq;= wdl,am" yeisÍï" fyda kS;s Í;s fudkjdo@ |
|  | wfma fï WodyrKhg wkqj wmsg iuyrúg fufyu lshkak mq¿jka( z;ukaf.a <uhskag fjk;a wd.ïj, hd¿jka isàu .ek ujqmshkag iDKd;aul wdl,am ;sfnkjdZ" ke;s kï zfjkia wd.ïj, <uhskag mdif,a oS mSvd lsÍu iïnkaOfhka mdi, lsis;a fkdlr th bjid isákjdZ" tfia;a ke;s kï zfjkia wd.ïj, <uhskag hd¿ ñ;%hska úoshg bkak wjir osh hq;= keye lshd m%foaYfha wd.ñl kdhlhska lshkjd'Z fïjd wfma fï m%Yakhg odhl jk wdl,am" yeisÍï iy kS;s Í;s' |
|  | **wfma .ukdka;h** |
|  | wms mßj¾;khla ke;s kï fjkila we;slsÍfï .ukla hk úg" wmsg wjidkfha § hdug wjYH ;ek oekf.k isàu jeo.;aæ wfma .ukdka;h ks¾jpkh lsÍu ;rula ixlS¾K fohla' wms ish¨ fokdg u wjYH iduh" hqla;sh iy fjkiafldg fkdie,lSu lshk foaj,a fj; <`.d ùughsæ tfy;a wms hï lsis ld, rduqjla ;=< wmg idlaId;a lr.kak mq¿jka fudkjdo lshk ldrKh .ek i;HjdoSj iy h:d¾:jdoSj is;kakg wjYHhs' |
|  | WodyrKhla úosyg z<uhskag wfkla wd.ñl m%cdj, ñ;=rka isáhsZ hkak wfma wruqK fjkak mq¿jka' tu wruqKg <Õdfjkak" oekg ;sfhk wys;lr wdl,am" yeisÍï yd kS;sÍ;s fjkqjg wms olskak leu;s l=uk úfYaIs; wdl,am" yeisÍï iy kS;sÍ;s o@  WodyrK f,i" zwfkla wd.ïj, <uhska iu. ñ;=reùug uõmshka orejkaj osß.kaj;sZ fyda zmdif,a oS mSvd lsÍu iïnkaOfhka mdi, il%shj l%shd;aul fjhsZ fyda zwd.ñl kdhlhska úúO wd.ñl m%cdj, <uhska w;f¾ ñ;%;ajh osß.kaj;sZ jeks oE' |
|  | wfma m%Yak iy wruqKq yßhg lkakdählska ta tl tflys fmfkk rEmj,g iudk nj oeka Tng fmfkkjd we;s' wfma mßj¾;k .ufka rduqj w¾: olajkafka fï m%Yakh iy wruqK u.skqhs' fï fjki ke;skï mßj¾;kh we;slrk ls%hdj,sh wdrïN jkafka fld;ekskao@ wmg th /f.k hdug wjYH lrkafka fld;eklgo@ |
|  | **w;ru.oS wmg yuqjk ñksiqka** |
|  | wms oS¾> .ukla hk w;ru.oS wmg úúO wh yuqfjkak mq¿jka' wms hk osYdjg u hk ;j;a u.Ska" wmg álÜ ;sfíoehs mÍlaId lr n,k álÜ mÍlaIljreka" wmj kj;ajk fyda fjk;a u.lg fhduq lrk ud¾. ndOl we;slrk wh fufia wmg yuqjk mqoa.,hska w;r bkakjd' b;ska" tA úoshg wmg w;ru.oS yuqfjkafka ljqo@ |
|  | tA wh w;r fujeks mqoa.,hska b|Sú(   * m%Yakfhka mSvdjg m;ajqK wh ^wfma WodyrKfha kï" <uhska& * fï m%Yakh iïnkaOfhka hula lsÍug n,h we;s wh ^WodyrK f,i mdif,a mßmd,kh iy .=rejreka" wd.ñl kdhlhska&' |
|  | ta jf.au my; i|yka wdldrfha mqoa.,hskq;a isákak mq¿jka(   * wfma wruqKg u hk" fuu .uk w;r;=r wmg Woõ l< yels ;j;a wm jeks u u.Ska' wfma WodyrKfha oS m%dfoaYSh wka;¾-wd.ñl lñgq wfma ñ;=rka úh yelshs' * tfia ke;s kï" wfma wruqKg úreoaO" wfma .ukg ndOd lrk wh' iuyr úg wfma m%cdfõ bkak" iudc udOH j,g n,mEula we;s lrk" wkHhska fkdreiaik flfkla thg WodyrKhla f,i ±laúh yelshs' |
|  | wms l%shdldÍ ie,eiaula ,shk úg" fï mqoa.,hska" ixúOdk iy wdh;k ljqoehs is;d ne,su fyd| fohla' túg wms Wml%u f;dardf.k wfma l%shdud¾. ie,iqï lrk úg wmg tA wh .ek isf;a ;ndf.k lghq;= lrkak mq¿jka' mßj¾;kh isÿ lsÍu i|yd wmg Wmldr l< yelafla ldgo@ wms tA;a;= .ekaúh hq;af;a ldjo – iy l=ula ms<sn|jo@ mßj¾;khla isÿlsÍfï .uk w;r ueo ndOd lrkq ,eîug bv ;sfnkafka ljqreka úiskao@ |
|  | **ud¾.h f;dard.ekSu** |
|  | idudkHfhka tla ;ekl isg ;j;a ;eklg hdu i|yd úúO l%u lsysmhla ;sìh yelshs' ta lshkafka úúO ud¾. jdf.au úúO m%jdyk l%u ;sfhkak mq¿jka' b;ska wms .kafka tA l=uk ud¾.ho@  wfma ud¾.h ;SrKh fjkafka wms fhdod.kakd Wml%u wkqjhs' oekqj;aNdjh j¾Okh lsÍfï isg mlaIj fmkS isàu iy W,a,x>k f,aLk.; lsÍu olajd wmsg f;dard.ekSug úúO Wml%u 15 la ;sfnk nj u;l ;nd .kak' wms oekgu;a fuu Wml%u fhdod .ekSu i|yd jk l%shd;aulùu i|yd woyia úYd, m%udKhla bÈßm;a lr ;sfnkjdæ oeka Tng tAjd Ndú;d l< yelshsæ |
|  | wmf.a WodyrK f,i" wms wka;¾ wd.ñl mdmkaÿ lKavdhula ks¾udKh lr <uhskaf.a uki ;=< mßj¾;khla we;slsÍug wjOdkh fhduq lrkjdo" ke; fyd;a" mSvd lsÍï isÿjQ wjia:d f,aLk.; lr ta iïnkaOfhka l%shdud¾. .kakd f,i mdif,a mßmd,kfhka b,a,d isàu .ek wjOdkh fhduq lrkjdo@ ke; fyd;a jvd;a u fyd|ska úúO;ajh m%j¾Okh lrñka" mka;s ldurh ;=< ish¨ fokdg u .relsÍu iy;sl lrk .=rejrhd i|yd úfYaI iïudkhla iQodkï lr" Okd;aul iïnkaO;d m%j¾Okh lrk .=rejrekag osß.ekaùï ,nd§u flfrys wjOdkh fhduq lrkjdo@ ke;skï" wka;¾ wd.ñl ñ;%;aj osß.ekaùu i|yd wd.ñl kdhlhskaj fm<Uùu ms<sn| is;d n,kjdo@ tfia;a ke; fyd;a fuu l%shdud¾.j, iïñY%Khla fhdod .kakjdo@  wmsg l< yels úúOdldr foa fndfyda ;sfnkjd' wmsg tA ish,a, u l< fkdyelshs" kuq;a fuysoS wmsg id¾:l;ajhla ,nd.ekSug kï tllg jvd jeä l%shdud¾. ixLHdjla .ekSug isÿfõú' WodyrKhla f,i m%Odk wd.ñl kdhlhska mdmkaÿ lKavdhug úreoaO jkafka kï" iy mdmkaÿ lKavdhug ne£ug lsisfjla ks¾Nhj bÈßm;a fkdjkafka kï mdmkaÿ lKavdhula wdrïN lsÍu m<la ke;s l%shdjla fjkak mq¿jka' id¾:l l%shdldÍ ie,eiaul idudkHfhka tlsfklg fjkia" tfy;a tlsfkl W!kmQrKh lrk Wml%u lsysmhl tl;=jla wvx.= fjkjd' |
|  | **.ufka mshjr** |
|  | Ndú;d lrkafka ljr Wml%u oehs ;SrKh l< miq wms tAjd Ndú;d lrkafka flfiao hkak is;d ne,sh hq;=h' wms .; hq;= m%;HlaI mshjr fudkjdo" iy tAjd .; hq;= wkqms<sfj, l=ulao@ wms f;dardf.k we;s tla tla Wml%uhg wod<j ljqreka úiska l=uk fõ,djl l=uk ld¾hhla lrkjdo@ wms mdmkaÿ lKavdhu ixúOdkh lsÍu iy m%j¾Okh lsÍu fyda iólaIKhla meje;aùu i|yd m%dfhda.slj lghq;= lrkafka fldfyduo@ wd.ñl kdhlhska iu. l:d lrkafka ljqo@ ta l=uk wd.ñl kdhlhska iu.o@ |
|  | **mKsjqvh** |
|  | wms ñksiqkag l:d lrk úg wms Tjqkag lshkafka fudkjd oehs is;d ne,sh hq;=hs' wm iu. iïnkaO ùug wfma ñ;=rka lr.; yels whj tA;a;= .ekaùu fyda ;ukaf.a wdl,am fyda yeisÍï fjkia lr.ekSu i|yd ñksiqkaj tA;a;= .ekaùu isÿ l< yelafla ljr wdldrfha f;dr;=re fyda ;¾l u.skao@ úreoaO;ajhka t,a,ùu je<elafjk wdldrfhka wmf.a mKsjqvh ilia l< yels l%u ;sfnkjdo@  WodyrKhla f,i" úúO m%cdjka iu. iïnkaO;d f.dvk.d .ekSu ;u orejkaf.a wkd.;hg fl;rï m%fhdackj;a jkafkao hkak ms<sn| f;dr;=re fuka u mdmkaÿ lKavdhfï oS ;u orejka iqrlaIs; nj iy Tjqkaj fyd|ska /l n,d.kakd nj iy;sl lrk m%dfhda.sl f;dr;=re fouõmshkag wjYH úh yelshs'  wms mdmkaÿ lKavdhu fufyhùu i|yd úúO wd.ñl m%cdjkag wh;a jeäysáhka iïnkaO lr.kafka flfiao hkak oek.ekSug m%dfoaYSh wka;¾ wd.ñl iNdj Wkkaÿjla olajkq we;'  <uhskag mSvd lsÍug tfrys m%;sm;a;shla ;sîu mdif,a me;slv jeäÈhqKq lsÍu i|yd fhdod .; yelafla flfia ±hs weiSu u.ska mdif,a mßmd,kh Èßu;a úh yelshs' |
|  | **ndOl iy wjodkï** |
|  | oS¾> iy ÿIalr .ukl oS u.Skag úúO ndOl" wka;rdhka" iy l=Kdgq j,g uqyqK §ug isÿ úh yelshs' tfy;a ;ukaf.a .ukdka;hg <Õdùug kï Tjqka tAjd u.yßñka fyda uevmj;ajd .ksñka bosßhg hd hq;= hs' ish¨ u mßj¾;k l%shdj,Skag ndOl iy wjodkï o we;=<;a fjkjd' wms bosßh .ek is;d yels;dla iqrlaIs; ud¾.hla f;dard .kafka kï iy u;= úh yels úúO ;;ajhkag uqyqK fok wdldrh ie,iqï lrkafka kï wmg th m%fhdackj;a fjkjd'  b;ska" wms .kakg woyia lrk l%shdud¾. .; fyd;a wmg uqyqK fokakg isÿ jk ndOl iy wjodkï fudkjdo@ fuu l%shdud¾. w;ßka ljrla fyda w;sYh wjodkï iys;o@ wmsg wjodku wju lr.; yels l%u ;sfnkjdo@  WodyrK f,i( we;eï miqìï ;=<" wka;¾ wd.ñl mdmkaÿ lKavdhu ms<sn| m%dfoaYSh .=jka úÿ,sfhka m%pdrh lsÍu tjeks foa fkdreiaik hï hï lKavdhïj, wjOdkh thg fhduq ù tu lghq;= j,g tfrysj úfrdaO;d ixúOdkh lsÍug fya;= úh yelshs' ksy`vj tu ld¾hh wdrïN lr l%ufhka uyck iydh ,nd .ekSug wmg isÿúh yelshs' |
|  | **iudma;sh** |
|  | wms oeka l%shdldÍ ie,eiaula idod .ekSfï l%shdj,sh ms<sn| l:d lr wjika' wmf.a mßj¾;k .uk i|yd my; i|yka foa wjYH nj wms oeka okakjd(   * wdrïNl ia:dkhla – wmf.a m%Yakh * .ukdka;hla – wmf.a wruqK * w;ru.oS wmg yuqjk wh – ñ;=rka" úreoaOjdoSka iy wmsg hï wdldrhlska n,mEula lsÍug wjYH wh * ud¾.h – wms Ndú;d lrkakg hk Wml%u iy bosßhg hdu i|yd wms .; hq;= Yla;su;a mshjr * wms ,nd fok mKsjqvh ms<sn|j iy w;ru.oS wmsg uqyqK §ug isÿúh yels wjodkï ms<sn|j;a wms is;d ne¨jd'   Tng Ndú;d lsÍug wjYH ´kEu j¾.hl Wml%uhla i|yd ir, fyda .eUqre l%shdldÍ ie,iqï idod .ekSug fuu l%shdj,sh Ndú;d lrkak Tng mq¿jka'  b;ska" Tn l%shd;aul ùug leu;s m%Yakhla iïnkaOfhka mßj¾;k .ukla hdu i|yd l%shdldÍ ie,eiaula ilia lr.ksñka Tn úiska u fuh l%shd;aul lr ne,Sfï wjia:dj meñK we;æ |