

# লোকসংস্কৃতি চর্চায় নারী

gvmj j nK

fugKv

tjvKms`uZtZ tjvKmgvRi mF`ZvRnbZ DrKtI` c0Zdj b NtU Ges tjvKmgvRi RxebPhf Dbz ifcW cKvk cvq| GB tjvKms`uZtK KtqKw tkNYtZ fV M Kiv Pj| thgb e`tkw`K, wekjm-AbpvtbK`K, tLj vaj vtKw`K, evKtKw`K, A½fwb½Kw`K, wj Lb ev A½btKw`K| GB tkNYweFvMi c0Z`KwU m½ bvi msthvM itqtQ| evsj vi tjvKms`uZ PPFq bvi x I bvi x Rxebi mvgwMK cwi w`uZ c0j Zx`Zvq Dcw`Z| Avgv`i Avtj vPbv tm wcl tqB µg AMthi gvb|

tgqtqj MxZ PPFq bvi x

tjvKms`uZi mRxe I AvKI`xq kvLv tgqtqj MxZ| Mnew` bvi xRxebi Avkv-ubivkv, Avb`-te`bv, nwm-Kvbv, wein-ugj b Ges wbhZb Avi AvfKb`xNRjtm m0 tjvKmsMxZi GB mpekuj m`ttii iPK, mj Kvi, cwi tekK meKQB bvi x| GB MxZ tKv`bv cj`ti i wSv-tpZbvi Ovqvgi NtU wb, wKsev cj`i KtE MxZ A\_ev aYwbZ mj GB mji RMr`K`uk` Kitz cvti w| tgqtqj MxZ GKv`sfvteB bvi x`i wR`^ab I GKK m`u`| evsj vt`tki me AAj tgqtqj MxZi cPhgq m`ttii cwi cY`Gt`ti cZ`S`-AAtj i bvi x`i gL i wPZ Ges MxZ GB Mvb`\_tjv evi evi G K\_vB cgyY Kti th, AZxZ hMi wbi`ji M0gxY bvi x c0Y AvteM-AbfWZnxw wQj bv| cj`i ZwiSK mvgwRK c0ZUKZvi tFZi i Zv`i Rxebi t0g-wein-Avkv-AvKv`jvi DmKSjK wQj | wtkl Kti, mvgwRK i wZbwiZ I wvfbwAvPvi-Abpvtbi th eY0v Gme MxZ weaZ, Zv tjvKmwntZ` Ges tjvKms`uZtZ GKwU `ZSj`vb Kti wbtqtQ| MxZ`\_tjv aYwbZ ntqtQ Rxebi c0qvRtb| wtkl Kti, Pvtli DcKiY dyj , jv0j , tkv`vj , Kvj , Kv`-BZ`w`Zwi i KgRvi, grcvI wbg`Yi K`Kvi, cwi taq e`\_ep`bi ZwiZ cfwZ KgRvex tkNY Ges Zv`i `Zwi wki m`ttii cwi Pq bvbvfvte Njwcti GtmQ tgqtqj MxZi Dcv`vb I DcKiY ntq| Zte thtnZ mvgwRKwv`tgv Kw wfwEK, ZvB tgqtqj MxZi bvbv evfK GB Kw KvRi Dcvv Dr`c0v Qov`bv| MxZi Ave`n cvl qv hvq dmtj i N0Y, RxebmsM0g Avi `tLfv0v nwm-VvEv| w`tq, LZbv, AvwKv, Abw`kb cfwZ tjvKvPvi ev Abpvtb c0vBZ tgqtqivB D`hvcB Kti `vtK| GB cvwZ AvPvi-Abpvtbi tFZi t`tKB wbgZ ntqtQ Gme Mv`bi evKc0Zgv| evj hvq, ev0wv i mvgwRe`ev`q tgqtqj MxZ Qov tKv`bv tjvKvPviB cvj b m`e nq wb AZxZ| AvfRv nq bv| cj`i wacZ` GB tj`SKK AvPiY`tKB AvfwZ Kti tQ `x-AvPvi bvtg| agRq tKv`bv Abpvtb thgb t`vq-Kvj vg wKsev`ew`K gS`cv Kti Abpvtb cvj b Kiv nq, tZgw tgqtqj MxZi `x-AvPvi cvj`b Awet`Q`` g`Sj` g`Zv mAwv Z nq| tgqtqj MxZi wKQz `0s`-t`qv hvK : 0v bvrcti mi` mZvAvKi Mutqi awZ/tmB bv mZvi awZ/i vL`teb fvB/mj Lj x cwo/tmB awZ wcv` h`te/Avcbvi kji ewo|0 hM ci`uivq GfvteB evsj vi bvi x wR`^tpZbv, Rxebavi Yv Ges c0Avi tFZi engvb ti`tL`tQb bvi xKÉ| GB MxZ`\_tjvi tFZi mB ntq AvtQ RxebNub0 bvi x gwbeK teva I Av`\_mvgwRK-mv`uZK Aven|

tjvKQov PPFq bvi x

evsj vi tjvKQov bvi xRxebi mvgwMK cwi w`uZ cZ``Kiv hvq| bvi x Gme Qovi i PwZv etj Abgyb Kiv nq| mvgwRK-mv`uZK-A`\_0wZK wclq bvi x RewbtZ cvl qv hvq etj mntR AbgyZ nq th, G`\_tjv cj`ti i Pbv bq| thgb 0LvBtZ wcbtZ UvbwUwv/nvi w`b N`vbN`vbwv/cvb P`bi tj k bvb/

nvi w b ZB ZvB/Gi l cti gvi tavi /tKgtb Kwi nvB\* i Ni |o bvi xi Ggb AwfÁZv Avtiv KZ th ggŠK nŕq DŕVtQ Zvi Avti KuU D`vni Y : ōi wŭ tej v i wŭ Awg/Xun fiv fiZ/LvB tej v LvB Awg/Xun cŕv fiZ/gvtqti wMqv KBI fivB/eŕov mŕL AwQ/mŕŭ tetZi ewo LvBqv/Ni w Mvtj bwiP|ō GKw tK tctŭ fivB tbB, Ab`w tK kvi xmi K wbhŕZb— bvi x Gfivte wbtRi KŕÉ wbtRi mŕLi `tLi eqvb Mvq Qovi Qŕ` | Avi GKwU Qovq `ŕB bvi xi Kŕ\_vcK\_tŕb gZ`ntqŕQ wbt`ul tŕYi wPŕ— ōl tMv wewU ũwb hv/tZvi RvqvBi `Y KBqv hv/Kx Avi KBgytmvbw/gWkivBqv fivstM Mi `vbw|ō me QovfZ cŕq GKBI Kg kvi xmi K wbhŕZŕbi wPŕ cvlqv hvq| eŭweevŕni `vq bvi xi Rb` nŕq DŕVtQ GiKg— ōwŕtUi cti kvK epjvg/kvK ZiZi Kŕi/kvK tetP kuLv wKbjvg/mZxb Rŕj gŕi |/l tŕv Avj Zv Kcwj /ZB Avgvti SsKv t`Lwŕj ŕō GZ AZvPŕtŕi cŕil wZZŠj; bvi xŕK `ŕgx e` bvi Rb` `Zwi Kŕi wQj | `xwŕŕ ŕbi tkvly-eÁbvi cŕi l Awakisk tŕŕŕŕ bvi x Zvi AwfÁZv t`tK tei nŕZ cŕti bv| etj ōgb w`wQ hvŕi/cŕY w`wQ Zŕti/evŕievŕi Pwŕj cŕi l /Avi t`e bv Kŕi/me kŕi`i gŕL QvB/gŕbi gŕZv `ŕgx cvB|/`ŕgxi AvŕM gi Y/Avgvi h`ŕbv nq/GB K\_vŭv RvbwB Awg/VvKi t`eZvi cvq|/me kŕi` `wi \_vK./`ŕgx t`eZv ewBŕP \_vK|ō— Gfivte bvi x wbhŕZŕbi gŕtSI tetP \_vKvi Aeŕj ŕb tLwŕR| Gi gŕtS tKD tKD wŕt`ŕnx nŕq l tŕv| etj, ōevj ŕZ i wŭŭbyej ŕZ ewobyRŕj ŕZ fivmŕq ti w`byrnw/ŕeqvi tmqvqg gi tŕj gvQ fiZ gŕB LvBgŕi/eŭzgwŕtŕj ti ne i wŭŭ|ō wbtmŕ`ŕn `ŕtmvnmX D`Pvi Y| `ŕgx gviv tMŕj Zvi Rŕj v Rpvŕe, Avi gŕbi gvbl gviv tMŕj weaev nŕe| AŕbK wZ<sup>3</sup> AwfÁZv t`tK bvi x GB Dw<sup>3</sup> Kŕi| bvi xi Ae`wgZ AvKv`ŕŕvi ewntcKkvK Gfivte NŕŭŕQ| GB tŕvKQov i Pbi ga` w`ŕq evsj vi bvi x tŕvKms`wZ PPŕ c`tK mŕMg Kŕi Zŕj tQ|

tŕvKmsMŕtZ bvi x

Gŕ`ŕki tŕvKMwZi cŕq cŕZwU wefivŕMB bvi xi Ae`vb mŕ`uŕ| wewfŕwŕkŕŕŕtZ wef<sup>3</sup> tŕvKMwZ thgb AvÁwŕ K MwiZ, e`enwi K Mvb (wewfŕwŕMŕgxY Drme Ges AvPvi -Abŕŕŕb Gme Mvb nŕq \_ŕK), nwi Mvb, kŕgmsMxZ, tŕŕgmsMxZ Ges evŕivgvmx Mŕŕb l Mŕtgi bvi x`i KŕÉ mŕi i gQŕv RvŕM| MŕgvÁŕj i wŕtqi Abŕŕŕb bvi x`i KŕÉ wŕtqi Mvb cŕiv DrmelvŕtKB Avb`gŕLi Ges Rxeš-Kŕi tZŕtŕ| tŕtqŕj KŕÉ gqgbwmsn wKsev wŕtŕj U, PÁMŕg wKsev ewi kvŕj i wŕtqi Mvb bZb Rxeŕb cŕŕŕki gŕŕZ`Kŕbi ŭ`ŕqi AbŕŕwZ cŕYAvKj Kiv K\_v l mŕi i gŕŕvq Dc`wmcZ nq| tKeŕj wŕtqi MvbB bq, `ewPŕ`gq AvÁwŕ K Mvb, evŕivgvm (th gvŕm weinx bvi xi evŕivgvŕmi weinte`bv mŕi mŕi iŕc cwi Mŕh Kŕi), cRv-cveŕYi Mvb, mvcŕo Mvb, mŕi mŕi th fiv dŕŭŕq Zŕj, gvŕŕl i cŕŕY th mvov Zŕj— `ewPŕ`gq tmme Mŕŕb l bvi x`i Ae`vb Kg bq|

tŕvKwŕŕŕ bvi x

Mŕg evsj vi mvavi Y gvŕŕl i gŕb GKwU mnRvZ bvi`wbK Dcŕj wä t`Lv hvq| Gŕ`i cwi ŕek Rxeŕbi bvbv DcKiŕY, bviŕKj -eU-Avŕgi bŕqcov kvLvi mŕ½ gwŕtŕq `Zwi Movŕbv QvDwi Pŕj vNŕi, ciŕbi kwoKvctoi Rwg, cvo Avi Awŕŕj i bKkvq, cwiŕŕq Aj skŕŕi tŕvKwŕŕŕ i `ŕfc dŕU l tŕv| GB `ŕfc wŕgŕŕY evsj vi bvi xi wŕtŕl Ae`vb iŕtŕQ| thgb Ku\_v| AŕbKw`b e`enŕŕi ci RŕY`ŕ;bv tŕtŕj Zv w`ŕq cwi kŕj, `ah`Ges AbŕjvŕMi tŕwŕqŕq `Zwi Ku\_vq mvavi Y tŕvKgvŕŕmi Mŕxi BwŕZen bKkv Avi iŕŕi weaZ iŕŕcŕj wäi wŕtŕl cwi Pq dŕŭŕq tZŕtŕ evsj vi bvi x|

epbŕkŕŕi Ku\_wkŕŕŕ i cvkvcwŕk evsj vi RbRxeŕb kZ kZ eQŕi i HwZn` wŕtŕq wŭŕK AvŕQ kZi wÁ| GB epbŕkŕŕi Kwi Mi AwakiskB bvi x| Zŕt`i nŕŕZ dŕU l tŕv evnwi bKkv| bvi xi Áŕŕb-fvebŕq-Kŕi bq vPwŕŕ Z nŕq l tŕv kZi wÁ|

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\* nvB gŕtb `ŕgx

evsjvi AmsL tqtqij tj vKukf i GK kvLv, mPmkf i GK Avtj vPZ A\_P Djt LthM w` k B Avmb | Dctekfbi KvR Avmtbi e`envi evsjvi cPwj Z tj vKvPvvekl | Avmtbi bKkv ev wPt i welqe` mvariYZ ev`e I Kf bvi mPvi` wgyY | evsjvi bvix I wkr xiv Zv` i PZr Kf i welqe` tK thgb mPfi dtho wPt vqZ Kfi, tZgnb bvbwea Kvi wBK j Zv-cvZv I R`wguZK bKkvI tevbn nq | Avmtb wPw Z welqe` i ga` w` tQ GKw tK thgb evOwj bvi x` i bvbv Avkv-AvKv` Pj I Kvgbvi cKvk NtU, tZgnb cKvk cvq Zv` i mjomf Li A`g` AvteM | Avgvt` i t`tki wevfbaAAjt bvi xiv gmi Nti i t`qvj ev Kwi i ctekt` i wZbw tKi t`qvj bvbwea wPt Avb Kfi vftKb | cAvbZ Aw` evmx m`c0vtqi bvi x Qvovl Ab`vb` gmvZv, fvgR, Kvgvi, Ktgv, tbnvi t`tK wgeftYp me RmZtMvxi cvj bvi xiv GB t`qvj wPt iYi KvR Kfi vftKb | vbxqfite msMpxZ wMvi gmi, mv`v Lwogmi, nj`, ebK, f`i vKvj Ges t`vKvb t`tK tKbv bxj eioi is w` tQ t`qvj wPtY Kiv nq vftK | Aw` evmx evt` Ab`vb` RmZtMvxi bvi x` i AvKv wPt` tjtZ DrKxY`nq dj -j Zv-cvZvi AjsKi tYi gta` c0vUz cUdj, gvQ I cmiLi wPt vevj | Ab`w tK Aw` evmx bvi x` i AvKv t`qvj wPt i t`oi c0qvM wfbzv vKtj I wPt i welqe` nq mvariYZ R`wguZKagf Mlg-Mlgvst` i GB t`qvj wPt` tjtvi Mlg` evj oZv I mvi j` c0Zovq evsjvi tj vKukf PpPq h` bvi xiv AMx fvgKv cvj b Kfi t`Ob | Aw` Kvj t`tKB evsjvi tqtqv wevfba `e` Drcv` b Ggb` KxqZv Ges` PjZv c0 k B Kfi wQjt b th, Zv GK K`vq AmvaviY | Mfn e`eUZ GKw Djt LthM `e` n`Q wKkv | GB wKkv Nti i tKvbn GKw RvqMvq Sij tQ ti tL nmo, tKSu, cmbi cvt, cvtbi evUv BZ`w` ivLvi e`v`v Kiv nq | GB wKvi D`veK bvi x |

PAMtgi bvi x m`c0vq Kj vcvZvq wvP` Kvi`KvR Kfi b | tmB Kj vcvZvq wvqi ci w` b bZb AvZkq emotZ cvb cvv`vbn nq | wmtj U Ges e`z` tki Ab`vb` RvqMvq wvqi mgtq tqtq` i Kcvj wZberi is w` tQ wPw Z Kiv nZv | Ktbi Kcvj i gtZv Pj` cwi mi thfite m` Avb` fvi tQ tZv v nZv tmiU wQ wkr` PjZvi AZ`v`h`b` k B | t`qvj wPt i cvkvcwk wevfbaDrmte Av` bv AvKv Ges Gi PpP bvi x wktf i Av`h`w` k B | evsjvi bvi x e`MZ wktf i Kvi`KvR, bZ`MxZi AmvaviY` PjZv, wPt i Acifc gungv bvi x wktf i avivtK wktf i gj avivq enr msthrB NwutqtQ |

`B.

wekjm-AbpvtKw` K tj vKms`wZ ej tZ tj vKwckm, tj vKms`vi, tj vKc0v, tj vKAbpvt, tj vKDrmetK tevSvq | j` PjYq wv q th, GB wckjm-AbpvtKw` K tj vKms`wZ PpPq evsjvi bvi xiv w`qvixj` wqZ cvj b Kfi hv`Qb |

bevbDrme

bevbævsjvi Kwi Drme | Kwi i Aw`e`vi bvi x` i nvtZ nqtQ etj mgvRweAvbvi gtb Kfi b | evsjvi K.I.Kf` i bZb dmj Nti I Vvi Avb`v`rme bevbZi bvi x` i th gj fvgKv t`Lv hvq, Zv tek Zvrch`Y` evsjv beeft P` w` tB 0Avgvb0 Drmtei gtZv bevbDrmetel th bvi x` i KZj; t`Lv hvq, Zvi t`c0tb Gt` tK Kwi KvRi mPbvKvix Aw`-K RbtMvxi Aw`g ms`vi I Rv` wckjmi thvM` vKv Am`e bq | GgbwK Gi mt`/2 DePZv I kw`cRvi m`uK`i tqtQ etj gtb Kiv nq | KviY Aw`-Kiv Aw`K km` Drcv` b msvs`wckjmi Aw`vix wQjt b | Nti wecj cwi gvY bZb Avgb avb I Vvi Avb` I KZAZvq K.I.vYx-K.I.K, Zv` i m`svb-m`svZ, cvov-c0ZteK AMh`vq gvtmi c0g w` tB ev I B gvtmi tKvbn mjevRbK mgtq G Drme Kfi vftK | G Drmtei gj Pwj Kivw` bvi x | bvi xiv agf cwe`Zvq Niewo cwi`vi Kfi i vPim` nq G Drmte Ask t`bq | bZb avtbi Pj, `a I bZb i tmi `o w` tQ Zviv bevtebe wte` bgj K Lv` `Zwi Kfi | gnj gvtbiv bZb Pvtj i cvtqm, fvZ I ZiKwi tgvj v` tgsj wvK Lvl qvq ev gmiRt` t`q | w`v` jv ce`ej` tli bvtg wte` b Kfi | bvi xiv Avt`v GKw Zvrch`Y`KvR Kfi vftK | bevbDrmetel mgwB Uv`b GKw Dc-Abpvtbi ga` w` tQ GtZ NtU bZb Avi cvjZtbi tgj eUb | bZb Pvtj i mt`/2 cvj v`bv Pj tK wgnktq Qov tKtU etj, 0cvj vZtbi mt`/2 tn bZb tZvgtK wgvj tQ w` j vgl 0 A`P

tn cjuvZb tZvgvK we`vq RvbvB, Avi AvnYvb Kwi bZbtk| A\_® cjuvZtbi avivevwnKZvq bZb Rwoq  
hvq Rxeftbi mt½, cwi evti i fuovti | bvi xmgvR gj Z Zvi cĀv w`tq GB Drme cvj b l i ¶lv Kti tQ|  
Rxeb-RmeKv Avi mf`Zvi avivevwnKZv GfvteB bvi xi nvZ cĀY cvq| cj`l tKl tm GB Drmtei m½x  
Kti vbtqtQ|

UmyDrme

Umy ivp AĀtj i tj ŠukK ktm`vrme| GB DrmeU RbRxeftbi AwZ Avcb, AwZ Av`tj i Ges AwZ  
Avbtk`i | UmytKvftv t`ex bq, hw`l tKv\_vl tKv\_vl Zvi gwZ`\_vtK, GgbwK tKv\_vl tKv\_vl cRvI Kiv  
nq| Umy Zvt`i Ntj i GKRb| Zvt`i cwi evi fYp gvbexgvĀ | Umyj mvt\_ atgP tKvftv m`uK`tbB,  
cjuvYi mt½ thvM tbB, tKvftv gŠ;ZŠ;tbB| vbtmkt`tn Umy A%ew K, A`šZ, AtcŠi wYK l Aef¶Y  
GK Drme| tMvUv tcŠl gym aŕi Umy Drme Pŕj | Umy Drmtei gj AvKl¶ Umy Mvb| th Mvb\_tj v  
Zvr¶wYKfvte gĀL gĀL vbi ¶i bvi xiv i Pbv Kti, tm\_tj vi gta` Zvt`i tj vKvqZ wPŠifvebvi ewtcKvk  
NtU| Rtg\_vKv te`bv, nvm-Kvb; cvi`úmi K weev`-wem`v` cKvtki cĀqvRb nq, cĀqvRb Pwi Zvt`\_PvB  
Dcj ¶— tmB Dcj ¶ nt`Q Umy|

fiv`yMvb

fiv`gvfti cĀgv`b t\_ŕK`i i` Kti mšµwš-chš-bvi xiv vbtRt`i ewotZ fiv`yev ft`kxi GKvU gwU  
gwZ`Mto, KLtŕv Kb`v Avevi KLtŕv Rbbxiŕc cRv Kti \_vtK| bvp-Mvftb fi cj GB tj vKDrme|  
ŕfvmbŕ Dcj t¶| nrvvi nrvvi gvbl Gtm Rtov nq GB Drmte| b`xi Zxti tgjv etm| mvi v`šym  
atB bvi xiv fiv`j gwZP mvgtb bvp-Mvb Kti cRv t`q| fiv`gvfti cĀg w`bw ntjv fiv`j AvMgbx| ZvB  
fiv`j gwZ`vcftbi mt½ mt½ tqtqiv fiv`j AvMgbx Mvb Mvq—

fiv`pvYx Avuj AvmR tgv`i cĀtY,  
Luki tRvqi eBj gtb tgv`i civY,  
tgv`i fiv`j AvMgtb|  
cRv Kie mvi vi wĀ,  
Ryj tq mevB gwU ewiZ,  
dj w`tq Kie cRv fiv`j Pi tY|

fiv`ŕK vbtq eU Mvb AvtQ, hvi ga` w`tq Kgvix tqtqt`i gŕbi wPŠifvebvi cĀZ`Owe dtU DŕvŕQ|  
j ¶Yxq weqq th, fiv`ŕK t`ex Kŕbv Kti bvi xiv`ŕi mwi tq ivtL vb| vbtRt`i eUz Kb`v ev gvZv etj  
mŕvab Kti KvŕQ tUtb vbtqtQ| fiv`yDrmei ga` w`tq Mŕgevsjvi bvi xiv Zvt`i gŕbvRMtZi embvŕK  
ms`wZPP¶ AwewŕQbAŕk cwi YZ Kti tQ|

htkvB cRv

mgvŕR e`w³ bi bvg-hk A¶YŕeivLvi cĀPov ms`wZi GKvU Ab`Zg A½| bvg-hk A¶YŕeivLvi Dŕŕŕk`B  
eisjvi bvi xiv GB cRv Kti \_vtK| `ekvL gvfti thtKvftv g½j ev kubvŕti bvi xiv Kj MvQ ev tej MvŕQi  
Zjvq GB cRv Kti \_vtK| t`ezvi tKvftv gwZ`tbB| bvi xiv vbtRivB Gi cŕi wvZ| cRvq`wU wŕtkl  
`bte` j vŕM| Zv ntjv ŕhtkvBŕ-Gi ŕtov l ŕhtkvBŕ-Gi Lvmv| Mg, he, tQjv, wZj, Pj, wPto, gU  
cŕwZ tŕŕR vbtq tXvKtZ KtU ŕhtkvwĀ ŕtov cĀZ Kiv nq Ges AvZcPj, `p, Av`v, wZj, AvŕLi ŕo  
GKmt½ tXvKtZ KtU ŕhtkvB-Gi Lvmo cĀZ Kiv nq| GB cRvi ga` w`tq bvi xiv tj vKmgvŕR Zvt`i  
cwi evi l RxebŕK vbeŕNemy`i Avi gnvb Kti tZvtj | tj vKms`wZi GB PP¶K AvŕRv Augv`i bvi xiv  
Ae`vnZ ti tL Pŕj tQ|



tefzi QvZv| Gicfi DfVtb Kwlg tQvU cKai Lbb Kti dj t`qv nq| wKQyPvtj i `tov w`tq gmltZ Kwlg cjtli Qne GtK ZvtZ dj w`tq tqtqv etj , 0Awg cWR `moi Mqbv/Avgvi j wM \_vKbK tmbvi Mqbv/Awg cWR cvtUi kmo/Avgvi j wM \_vKbK my`i kmo0, BZ`w | `xNmgq ati c0q gyne`vcx GB eZ cvj b Kiv nq| eZwU `xN`nl qvq bixtK AtbK K0 tFvM Kitz nq| ei cvl qv l w`tq e`vcvU Awb0Z \_vKvq GB aifti efiZi c0j b NtU etj aviYv Kiv hvq| Zte, Gi ga` w`tq bixi cwi ewi K Rxbhvctbi cZ`qWU GKwU ms`wZ PPq cwi YwZ cvq|

### 3. tgNvivYxi eZ

`ekvLi c0g mbvtni tklw`tK cZ`wKZ ep0 bv ntj KlvY Nti tqtq l A`eqmx test`i t`Lv hvq tgNvivYxi Ktjv bvgvtZ| Ktjv, cwmbi NU cFvZ wbtq Zviv`tj `tj tewitq cto| ewo ewo Nti Mvb Mvq, KLtbv ev tQvUlvUv bvPI t`Lvq| tktl DfVtb GKNU cwmb tXtj t`q— GwU ntjv ep0i cZxK| Mvb tMtq GB bixi `j Mn` ewo t`tK cvq Pvj , tZj , wmu`y | KLtbv ev A` UvKv-cqmv Ges cvb-mycwi | tKD mvZw`b, tKD wZbw`b ati Ktjv bvgvq| mvaviYZ GB Ktjv gv\_vq Kti etq wbtq hvevi fvi \_vtK 0GK grtqi GK wStqi0 l ci| Mn` ewotZ GB `j tMtj B Mnj Z`xiv Dj jvYb mnKvti Zvt`i eiY Kti tbq, DfVtb tctZ t`q cwi`vi wmo| GBfite ce0tzi wvrfbretb bixiv eQti ci eQi ati tgavivYxi Mvb Mvq, eZ Kti| eZ D`hvtbi w`b Zvt`i t`Lv hvq tKvtbv GK tmbvgtVi gvtS efm tgavivYxi eZ Kitz| Gt`i gta` eqtm wmb c0Pxb wZwb ntj b `j tbtX| GRb` cftwntZi `iKvi nq bv| `j tbtXB tgNvivYxi efiZi M`i Ktib| eZxi `j nvtZ `ePwbtq bxie AvM0n cigfw`3 mnKvti `ibtZ \_vtK eZK\_v| tklUvq muSewZ w`tq Abpvtbi mgwB Uvbn nq| ce0tzi GB tgNvivYxi efiZi gtZvB DEietzi AvtiKwU eZ nt`Q 0tqt0bx eZ0| Gfite evsvi bixiv Zvt`i ``bw`b c0qvr0tB GB efiZi ga` w`tq ms`wZi GKwU c0v nPbv Kti wQj |

### 4. cW`cKai eZ

eZwU evsvi Akv`xq ev tqtqij eZ`tjvi A`M`Z GKwU Kgvix eZ| eZcvj tbi mgq P`TmspwwS-wZw` t`tK `ekvL gvtmi tklw`b chS-c0Zw`b tFvi tejv| M0g-evsvi cvP t`tK bq eQti i Kgvixiv GB eZ cvj b Kti| tqtqij eZ nl qvi `i`b GB eZ cvj tb gS`ev cftwntZi c0qvrB nq bv| emZewoi tqtV Av0bv ev kvfti tqtStZ Avj w`tq A\_ev cKocvto ev evMvtb GB eZ Kiv nq| efiZi Dft`k` `ekvLi Livq hvZ cKai cwmbkb` bv nq A\_ev MigKvtj MvQ bv gti| eZwU wZwU ch0q— AvniY, wlvq Ges Qov| c0g ch0q eZ cvj tbi c0qvrBxq DcPvi, A`P mv`vdj , P`b, `eP, Zj mxMvQ ev cvZvmtgZ tej MvtQi Wvj , KZ`tjv Kwo l GK NUw cwmb mS0b Kiv| wZxq ch0q Pvi w`tK PviU NUvnn GK nvZ tPStKv GKwU cKai KvUv, c0ZwU NvtUi `0cvtK Kwo w`tq mvrvtbv Ges cKti i gvSLvtb dtj i gvj v miv`4Z Zj mxMvQ ev tej MvtQi Wvj emvtbv| ZZxq ch0q Pvi-Qq c0w`3 Qov ej tZ ej tZ NUw w`tq MvtQ cwmb Xjv l cKai cwbtZ cY`Kiv, eZtktl Ab` GKwU Qov etj wZbevi P`b mnthvM mv`vdj l `eP cKti A`wv w`tq Mj e`zntq c0vg Kiv| G eZ Pvi eQi wba0i Z mgtq cvj b Kivi ci GK Kvb Kwo w`tq `\*Z D`hvcb Kivi c0v| GB Kwo eZxi fVbtqi c0c`| eZtktl eZxi B`Qvbmvti GKRb ev PviRb eP`YtK tmbvi tej l tlvok`vb `w`Yv w`tq tFvRb Kivtvi ixwZ itqtQ| Ab`vb` tqtqij efiZi gtZv GB efiZi Qovq Kgvixi tmS`vM` l mS`b jvtfi Kvgbv cwi cuY| Zte Gme Kvgbvi cvkvcnk cKwZi g0j Kvgbv eZxi wvrfb0m`uq h03 itqtQ|

### 5. meRcvZvi eZ

0meRcvZvi eZ0 P`Tgvtmi mspwwS` w`b t`tK `ii` Kti `ekvL gvtmi mspwwS`Z tkl Kivi ixwZ| Kgvix tqtqv Zvt`i GB eZvP0vi DcKiY wntmte tbq gvT wZwU Akftl i cvZv| wZwU cvZvi wZb eY` Aek`B bixi Rxtbi wZwU `i`ZcY`ch0qi Kvgbv`vZK| wZwU cvZv h\_v`vtg KuPv, b0xb l cvKv|

eizbxiv KivPv cvZwU gv\_vq w`tq thSetbi c0g chfqi Kvgbvi abiu c0\_0v Kti— 0KivPv cvZwU gv\_vq w`B,/thb Kv1/4b `0gx cvB0 bebx cvZwU gv\_vq w`tq weevn cieZP ASti i abiu c0\_0v Kti— 0bebx cvZwU gv\_vq w`B,/thb beKgvi tKvtj cvB0 Avi cvKv cvZwU gv\_vq w`tq eizbxiv c0\_0v Kti t00tZ; Gtqv msmvi Kivi mjl— 0cvKv cvZwU gv\_vq w`B,/thb cvKv gv\_vq w`muj cvB0|

GBfite eizbxiv mKvtj 0vb Kti cKti wKsev b`xi Rtj AvKE Wp w`tq ce0tL `wovq| GK GKwU cvZv gv\_vq w`tq wZbevi Kti gS;D`PviY Kti Ges cvZv,tjv gv\_vi w0b w`tK 0fo tdtj | tklw`b chS-eZ GfiteB Ptj | cj`l tK tK`a Kti cwi evi tKw`K ms`wZ PPA G-GK Ae`vnZ ifc| ejsj vi bvi xiv Zvt`i hmcZ Rxeb w`tq GB tjv Kms`wZi PPA Kti Ptj tQ|

### 6. tmRyz eZ

GB eZwU Akv`xq nI qvi `i`b eZwU cvj tbi tKvtbv gS;ev cfi wntZi c0qRb nq bv| eZwU cvj tbi mgq ntjv KwZK ms`wZw`wZw` t`tK mviv AM0hvqY gvtmi c0Z mU`v| M0gevsj vi cuP t`tK bq e0ti i Kgvixiv ewoi Aw0bvq Av`bv w`tq l c0xc Rymj tQ GB eZ cvj b Kti | GB eZi D`t k` fvtjv `0gx l kji`-kvi`w jvf, mcZw`beviY, mSvb jvf, me ai tbi ab-m`wE i`v l ew` Ges mjl-kwS`tZ Rxebhvc| GB eZi Av`bv l Qovq Kgvix g`bi Gme D`t k`B c0Zdwj Z nq| GB eZi wZbwU chf— AvniY, Av`bv l Qov| c0g chf q eZ cvj tbi DcPvi, A`0 c0i cwi gvY `eP, GKwU cwbi NU, ae l `xc, AvZcPtj i Mpvq `Zwi w0uj l GKwU Kjim mS0h| w0Zxq chf q Kgvix g`bi Kvgbv ev`evq tbi Avkvq w0uj w`tq wke, wkegw`i, M1/2v-hgjbv, MvQ, evmMn, Mn`0gx, ivb0ni, `ZRmc1w` l Mnbv, `kcZj, nvZ tcv KwL tcv cfiwZ 52wU w0tqi ti LwP1 l Avj cbv A1/4b| ZZxq chf q c0ZwU ti LwP1 i lci GKwU Kti `eP w`tq gb`wgbv c`tYi Rb` 52wU Qov ejv Ges eZ tktl `eP,tjv Aw0bv t`tK Ztj Kj wntZ ti tL Mj et`i; c0vg Kiv| PrieQi w0qvgZ eZ cvj tbi ci wZbRb et`Y tK t`vRb mnt`vM Kivo, Pvi, cAvZmn gac`tK P ewU l `w`Yv `vb KivB eZ D`hvc tbi i wZ| GB eZi Avj cbv l Qov M0g ejsj vi Av`0mvgw`RK cUfvgKvq Mfo l W Kgvixi Aw`g Rxebk`w`3 tZ ficij gvbwmKZv l ev`e Rxebi mgm`vi B c0Z`0we D`v Av`m| hv Av`Rv Avgv`i tjv Kms`wZi Ab`Zg A1/2 Ges ejsj vi bvi xiv hvi PPA Kti tQb|

### 7. `kcZj eZ

GB eZ `P1 gvtmi mS`wS` w`b`i` Kti `ekvL gvtmi mS`wS`tZ tkl Kivi i wZ| mKvtj M0g ejsj vi Dcevmx Kgvix eizbxiv ewmKvco tQto Zj mxZj vq bZb wKsev cvj tbi GKwU e`L E tgtj Zvi Dci ewj i cvZjv Av`+Y t`q Ges GKwU fivv kulvi UKtiv w0tq l B ewj i lci `B mwi tZ `kwU cZj Av`K| l B cZtj i mwi tZ dj`-P`b w`tq eizbx Zvi c0w`Z B`0vi K\_v wZbevi c`i AvKvti Avl ovq| eZ l B w`tbi gZv tkl ntj eizbx ewj l kulvi UKtiv e`L tEi gta` teta Zj mxZj vtZB ti tL t`q| A`kSP t`n GB eZ w0w`x| eizbx hw` wZw`b A`kSP `vtK, Zte wZw`tbi eZ i wPi x kixi GKw`tbB Kiv hvq, tm`t`T l B eZi gS;U bqevi D`PviY Kitz nq| Pvi w`b A`kSP ntj i wPi x kixi gS;U ev`ivevi D`PviY Kitz B ntq hvq| GBfite eZ Kivi ci eizbx `ekvL mS`wS` w`b eZi mg`-DcKiY KivvKwQ cKti ev b`xi Rtj fvwntq w`tq eZ D`hvc b Kti | GB eZwU cici PrieQi cvj b Kitz nq| GB eZi gS;Kgvix eizbx Zvi g`bi gZv kji Kij cvevi Avkv l j`2xeZx ntq Rb`vevi evmbvB c0kv Kti | tjv Kms`wZi Ab`Zg A1/2 wntmte M0gevsj vi bvi x`i gva`tg Av`Rv Gi PPA Ae`vnZ Av`Q|

## 8. AþkvKI ðx

ÞÍ gvtmi i Keþ¶i lðxi w`b AþkvK dtj i Kyo w`tq GB eZ cvj b Kiv nq| mviw`b Abwvvi Z`vM Kti mš¶bi gvtK QqW AþkvK dtj i Kwo `vtz bv jvMttq gM l`Btqi mt½ vMttj GB eZ cvj b KiþZ nq| mš¶bi g½j Kvgbvq Mðg-evsj vi gvtqiv GB eZ cvj tbi ms`vZ Mto Ztj tQ|

## 9. RvgvBl ðx

R`ðgvtm i Keþ¶i lðx vZw`tZ AiY`lðx eZ Kiv nq| GB eþZiB tj ŠuKK ifc ntjv RvgvBl ðx| mšvbeZx bvixiv GB eZ cvj b Kti `vtK| lðxi w`b Kb`v-RvgvZvtK vbgšy Kti Mþn Avbv nq| Ab` mšvbt` i mt½ Kcvtj njy`-tZj Qþtq ðlvU mZvð (njy` tQvcb QqMwQ cvKvbtv mþZv) RvgvZvi vtZ tetta f`qv nq| Zvici DEg e`i l`bvbw` DrKð AvnvtþRvgvZvtK Avc`vqZ Kiv nq| RvgvBl ðxZ agrf Abj t½i tPtq mvgvRK cðvi e`vcKZvB w``gvb| RvgvBl ðxi tj vKvPvti AÁj tft` wvrfbZv AvtQ| gj Z RvgvZvtK vBR cwi evti i GKRb gtb Kti cvj tþn Awfvmw`AZ Kiv nq GB lðxetZ| GB tj vKvPvti i ga` w`tq evsj vi bvixiv cwi evi cðvq tj vKms`vZtK RvMttq ivLvi PP¶ vbtRt` i vbtqvwRZ Kti tQb|

vZb

tjvKms`vZi cðq cðZ`KwU kvLvZB bvixi Dcw`vZ cðj| thgb, e`tKw`K DcKiY— GB DcKiY,tjv e`envti bvixiv AvengvbKvj atib vbðvi cwi Pq w`tq tQb| evsj vi tjvKmgvtRi Rxebhv`vi e`MZ DcKiY,tjv tjvKmgvtRi AvPvi, vekjm, „i“Z; gj”, fvtj vg`, cweI`-AcweI`, my`i-Amy`i, DvPZ-AbvPZ BZ`w` tevtai Avtj vtK mpz l`MvZKxj cðqvm KiþZ tcti tQ bvixiv| Avevm l`MþnvcKiY, Mþneb`vm, Lv`` cðtZi hvezixq Kgðlvqv, cwi tþkbMZ cxvZ, tcvkvK, i xvZbxvZ Ges vPwKrmv me vKQþZB evsj vi bvixiv Zvt` i vBR``ms`vZ vbg¶y KiþZ m¶lg ntq tQb|

vekjm-AbvbtKw`K tj vKvPvi vbf¶ tj vKms`vZ PP¶ t¶t¶ l`bvix AMv`x| thgb, weevtn tj vKms`vZ `Lj Kti tbq tj vKvPvi Aþk, Ges vetqi Mvb l`Zvi Ašf¶| Gt¶t¶ evsj vi bvix vetq Ges vetqi MvbtK cðYeš-Kti tZvtj | GQrov ðmB cvZvtbvð, ðeUz; cvZvtbvð, Abwðkb, beRvZtKi Rb¶ l`i fmpK hZ Drme— me vKQþZB evsj vi bvix Zvt` i Ae`vnZ PP¶ l`tPov w`tq mvgvRK msnvZ vbg¶y l`i ¶lvq vbtew`Z|

tLj vaj vtKw`K, evKtKw`K, A½fvw`tKw`K, wj Lb ev A½btKw`K tj vKms`vZi me kvLvZB evsj vi bvix Zvi mRbkj cðZfvvtK vbtew`b Kti tQ| tj vKms`vZi w`Mš-eu` t`cðvvi Z| GB cðvvi Z w`Mšt` cðZ`KwU t¶t¶B bvix Zvi vbðv, cðZfv l`PP¶ w`tq tj vKms`vZtK mRxe l`Rxeš-Kti tittL tQ| bvixt` i GB HvZn`gmEZ PP¶ avivtK Avtq Kti B tj vKms`vZ RvxeZ l`cðYeš-i tqtQ| cvj`l`tKw`K mgvRe`e`vi gta` l`eYgq l`RxebMÜx tj vKms`vZtK evvPtq ivLvi G GK`j ¶ cðvrm|

W. gymj j nK Kve-Mí Kvi l`cðvÜK, wvfvMx cðvb, `kð wvfvM, w`bvRcj mi Kwi Ktj R| 01716807421|