

# নারী ও পরিবেশ : পরিবেশ বিপর্যয়

## Avdwi bv webtZ Avki vd

gvbj cwi tetki B Ask | Avgvt`i Pvi cvtki A\_`f c\_w`exi mewKQy— fεp t\_tK gnvKvk chS`-we`Z cwi gEj Aew`Z Avtj v, cwb, evZvm, gwU, kã, ebrAj, cvnvo, b`x, mvmi, gvbtli mgvR-ivô, cûYRMr, Dw`c BZ`w` wbtqB cwi tek | Avgvt`i mewKQz— Lv`, e`i; evm`vb, wPwKrmvnm tetP\_vKvi Rb` cûqvRbxq DcKi tYi Rb` Avgiv cwi tetki lci wbfP Kwi | Aw`gKvj t\_tKB gvbj GKUv mgq chS`-gj Z cûKuzi `qvi lci m`uYfvtε wbfPkj wQj | Gmgq cûKuziK wR cûqvRtb wR KvR j vMvbi gtZv chfB mvaviY Avb gvbtli wQj bv | cieZP mgtq Avb-weAvtbi Avtj vtK gvbj cûKuziK wbtRi KvR j vMvZ `i` Kti A\_`f cûKuz-cwi tetkK fcvšm Z Ki tZ Avi`ctKti | wkí wectei dtj axti axti wkí Kvi Lvbv l bMi Mto l tV Ges Zv m`cûmwi Z nq | ebrAj aYsm Kti gvbj emwZ Mto Zj tZ\_vtK, Pvlvev`i Rngi Dci t`vKvb-emwZ `Zwi ntZ\_vtK, b`xi MuzC\_ cwi eZB Kti gvbj Zvi cûqvRb tglvtZ `i` Kti | GQovl iv`wvvtUi we`wZ l epxi dtj Pvtli Rng nvm cvq | gvbtli weifbœai tbi cwi Kwi Z-Acwi Kwi Z KgRvtEi dtj cwi tetki AebwZ l `tY NtUtQ | Avi cûKvi vští bó ntqtQ cwi tetki fvi mvg` |

eZgub wētki cûq mef`cj`l ZwišK mgvR e`v`v`v`gvb | bvi x cwi tetki Rb` ōgvqvô Abjfe Kti, cwi tetkK my`i ivLvi Rb`, tm mvt\_ tm fvtj vevtm cûKuziK | GB fvtj vevmv cj`tlil AvtQ, wKš`wCZZtšj Kvi tY GB fvtj vevmv cj`l cûKv Ki tZ cti bv | GB mgvR ōbvi x cj`tlil tPtq wbgvvtbi ō— GB avi Yvq wekymx Kti bvi x-cj`l mewBtK Mto tZvtj | bvi xi cûZ mgvtRi GB th tbiZevPK gtbrfve, cûKuzi cûZ cj`tlil l B GKB gtbrfve we`gvb | GB wekymxi Rb`B cwi tek m`uštK m`PZbZv Ges bvi xi mvt\_ cûKuzi m`uK`wēl tq Zvt`i avi Yv Kg | eZgvtb cwi tetki GB Ae`f tqi Kvi Y cûvbZ cj`l t`i AmtPZbZv, A\_P GB Ae`vi fvi enb Ki tZ nq ōbvi x tKB tek | wKš; cj`l mn Dbqb cwi Kí bwe`iv bvi xK wētePbvq bv-ti tLB cwi tek msi`f tYi cwi Kí bv Kti Ptj tQb | eZgvtb cwi tek wbtq m`PZbZv Mto l Vvq evj vt`tk tek wKQz msMvB Ges mi Kwi -temi Kwi cûZōvb cwi tek wēl tq KvR Ki tQ | Avgvt`i m`gq fwe l tZi Rb`B cwi tek l bvi xi m`uštK wēl qU m`uštK m`PZbZv `Zwi mn cwi tek mj`f vq mewBtK GKB mvt\_ KvR Ki tZ nte |

cwi tek

gvbj l RxeRMtZi Rb`B cwi tek | RxeRMtZi `vfwēK Aw`Z; weKvk l gZitK cfwēZ Kti cwi tek | cwi tetki cûZwU Dcv`vbB GtK-Actii cwi cīK l mnthvMx wntmte KvR Kti Ges GB cûqvRi gva`tgB cwi tetki fvi mvg` i`f v cvq | mEti i `ktKi c`e`cwi tetki cûqvRbxqZv wbtq gvbtli gta` tZgb GKUv m`PZbZv wQj bv | cûKuziK cwi tek Rxe l Ro wbtqB MvZ | cwi tek e`v`vi t`f tT 4wU cûvb Ask—

1. MvQ (Dw`c)
2. Roc`v`c(mh`c, cwb, gwU, M`vm)
3. gvbj l cûYxKj (e`envi Kvi x)
4. wētqvRKmgā (e`vKtUwi qv, tcvKvgvKo)

mvgwMK fvtε, cwi tetkK cûvbZ 3 fvtM fvm Kiv hvq— 1. cûKuziK, 2. mvgwRK l 3. gvbwēK cwi tek | cûKuziK cwi tek MvZ cûKuziK cûZwU Dcv`vb wbtq | Gi gta` 6wU cûvb Dcv`vb ntj v gwU, cwb, evqy Avtj v, e`f l RxeRš` | Gi Avevi `β fvm— 1. Rxe Ges 2. Ro | gwU, cwb, evqy Avtj v, mh`c, P``; b`f tT BZ`w` Ro cwi tek Ges gvbj, MvQcj v, RxeRš` wbtq Rxe cwi tek | GB Rxe-Ro wbtqB mvgwMK cûKuziK cwi tek |

Avtj vPvbi gva`tg Rvbn hvq, mgvtRi cûZ`KwU gvbtli t`gšj K Awakvi cûZōv mvgwRK cwi tetki Ask | mvavi Yfvtε ej v hvq, MYZš; mKvmb, bvi x-cj`l m`uK`mvgwRK mnbkxj Zv, cwi`úwi K mnthvMv, HwZn` ; tm mvt\_ ms`wZi PP` w`f vti DrKlZv, g`p`exi PP` BZ`w` wēl qmgn mvgwRK cwi tetki Aš`f` | Avi gvbwēK cwi tek ej tZ Avgvt`i Pvi cvtki gvbtli gj`teva, cwi`úwi K k`vteva, ggZteva, thtKvtrb m`PZb l mRbKxj D`v`w`K tevsq | Gmteí ga` w`tqB e`v` l mgvR weKvkZ nq Ges mgvtRi mgZv, fvi mvg` eRvq\_vtK |

mvavi Yfvtε t`Lv hvq, cwi tek gvbtli Rb` 3wU cûvb KvR Kti | cûgZ, gvbtK Ab`e`i; evm`vb Ges Avtj v-evZvm t`q, wQxqZ, gvbtli tetP\_vKvi Rb` hv wKQz GKvš-cûqvRb thgb Aw`tRb, cwb, LwbR`ē` BZ`w` i cûC`Zv wvōZ Kti Ges ZZxqZ, gvbtli mō weifbœeR``te`i ōMhYKvix ō wntmte mnvqZv Kti | gj Z GB 3wU t`gšj K KvRi Rb` gvbj cwi tetki lci wbfP Kti | MvQcj v t\_tK gvbj Aw`tRb cvq Ges gvbtli wbtktmi gva`tg w`w`KZ KveB-WvB-A`vBW

MvOcij v MhY Kti cOkuzK cwi tek tK wbgf i v tL | GB cOmquw wbuobanq Ppukviti, hv cOY DmZ nevi cOg qY t tKB P t j AvmtQ |

bvixi mvt\_ cwi tek ki m auK

cwi tek ki mvt\_ bvixi m auK GKvSB wbeo | bvix Aw gKvj t tKB cwi tek tK my i I msMwZ Kti Zj tZ Mn I Gi cwi cwkR cwi tek ati ti tL tQ Ges cOqvRb Abymviti Mto Z t j tQ | cwi tek qwZM0 - n t j ZvB mevi AvtM bvix tKB qwZM0 - n t j nq | Gi ctiB wKvi nq wki iv | cwi tek ki m t 1/2 cOZw bvixi mnRvZ thvM i t q t Q | GRb cwi tek t t Yi m t 1/2 m t 1/2 hMcr bvixi qwZi wKvi nq |

mavivYvite evsjv t k i g t Zv Dbqbkj t t k i bvixiv cOkuzK m au t i c avb, KL t b v KL t b v GKgv t msi qK Ges e e v c k | Kvi Y, Zviv Zv t i cwi ev t i m m t i c p o thvMv t e vi cOqvR t b cwi tek ki mvt\_ wbeo m au K Mto t Zv t j | w t k l Z, M t g i bvixi R x e b G K v S f v t e B c K u Z i l c i w b f P k j | t h t K v t b v M o g x Y c w i e v i B Z v t i w b Z w t b i R x e b w b e f n i c O q v R t b c K u Z i l c i w b f P K t i | b v i x i v w e i f b e a i t b i K v R K t i v t K, h v i g t a i t q t Q m S M h, c O m q v R v Z K i Y, g R j, e e n v i - e e v c b v, e v R v i R v Z K i Y, m A q B Z w | e v s j v t k i g t Z v D b q b k j t t k M o g x Y b v i x t i R x e b w b e f n i c a v b D r m B n t j v O c O k u z K c w i t e k O | G B b v i x i v c w i e v t i c O k u z K m a u e e v c b m n c w i e v t i A w Z K e e v q e v c k f i g K v c v j b K t i b | m g v R G u M t q t b e v i t q t t t h t K v t b v D b q t b i c O q v R t b B c O p x b K v j t t k e Z g v b K v j c h S - b v i x i v c j t l i c v k v c w k m g v b f v t e K v R K t i P j t Q | G i e v c K Z v m g k t e t o B P t j t Q |

tYhyP cwi tek

gvbj Z\_v bvix Ges c j l GB my i cwi tek ki B Ask, Avi RxeRMrn gvbt l i Rb B cwi tek | cwi tek B gvbj, RxeRS, e q m n t h t K v t b v c O t Y i v f w e k R b t, w i z, m g e x l g Z t k c f w e Z K t i | c w i t e k i c O z w D c v v b G t K A t b i c w i c i K l m n t h v M w n t m t e K v R K t i G e s w b w t c i m q v i g v a t g c w i t e k i f v i m v g e R v q v t K | h L b B G B c i m q v i e Z q N t U, Z L b B a x t i a x t i c w i t e k t Y i i n q G e s c w i t e k i f v i m v g w e b o n q | e v s j v t k G K u l D b q b k j t k | G t t k i g v b t l i c a v b R x e K v K u l K v R, Z v B t t k i g v b j v f w e k f v t e B c K u Z i l c i w b f P K t i | G B c O k u z K c w i t e k i v f w e k c i m q v q h L b t b v Z e v P K c w i e Z B n q, Z L b B c K u Z i v f w e k Z v w e b o n q | e Z g v b t M e v j v B t R k t b i h t M g v b t l i c K u Z R t q i g t a w t q c K u Z i c w i t e k A p, R j, j, A S t x q m e n K O B z w e b o n t Q |

cOkuzi GKul v f w e k c w i e Z B A v t Q, t h v l c O k u z K f v t e B m a u b a n q | h L b B v f w e k c w i e Z B i w e c i x Z t K v t b v c w i e Z B n q Z L b B c Z q e v c t i v q f v t e R x e R M r Z\_v c O t Y K t j i l c i t b v Z e v P K c f v e c t o | t m m g q t t K B c w i t e k i w e c h q i i n n q | m v a v i Y f v t e, c w i t e k w e c h q n q v f v t e — 1. c O k u z K f v t e l 2. g v b t l i g v a t g |

g j Z f i g K a u, N w Y S o, A v t M q v M v i A M j e c v Z, e b v m n w e i f b e c O k u z K w e c h q i g v a t g B c O k u z K t Y N t U | g v b t l i c O q v R t b l w b R v t c w i K i b v n x b D b q b l A w Z b M i v q Y, R u g t Z K u b v k K l i m v q u b K m v t i i A w Z e e n v i, w k i K v i L v b v i A c w i t k w a Z e R c v t P A w e A v b m a S Z w b v k b, R j v m b i c O q v R t b e q w b a b, w i a, A w k q v, R b m s L v i A w a K, h v b e v n t b i K v t j v t a u q v, D c h y m w b t U k t b i A f v e B Z w K v h R j v t c i g v a t g c w i t e k w l Z n t q t Q | G i d t j c w i t e k i m v g w M K f v i m v g b o n t q h v q | t h t K v t b v c w i t e k w e c h q b v i x m e v i A v t M w e c h q i w k K v i n q | Z v i v w e c h q i m g q l M i, Q v M j, g j w M t K A v M t j i v t L | w b i v c v t b h v e v i m g q Z v i v t c v l v c O t Y t i m v t\_ K t i w b t q t h t Z P v q G e s w b t q h v q | Z r K v j x b m s e v c l m t i R v b v h v q, 1991 m v t j i R t j v O q t m i w e c m s t K Z c v l q v m t E j l A t b K b v i x Z v i t c v l v c O t Y i g v q v q u b i v c G j v K v q o h v q w b | c k e K i v q Z v i v R e v e w t q t Q, G t i t Q t o K x f v t e h v t e v ? G i v t Z v A v g v i c w i e v t i i B A s k |

cwi tek tY KL t b v a x t i a x t i A v e v i K L t b v Z v r q w Y K f v t e n t Z c v t i | t h g b 1985 - t Z f v i t Z i f e v t j w e l v 3 M v m N t b v q A v o v B n v R v i t j v K g v i v h v q l B j v L t j v K w e l m q v q A v m v S - n q | G u l G K u l Z v r q w Y K c w i t e k t Y | 1986 - t Z i w k q v i O t P i t b w e j O - G m s N u l Z c v i g v Y w e K P u j w e t c v i t Y 31 R b g Z i e i Y K t i b G e s c l q w Z b j q g v b j t Z R w t q v i w k K v i n q | h v b e v n t b i K v t j v t a u q v, A c w i K u r Z e w a, d j l k e w R t Z i m v q u b K G e s R u g t Z K u b v k K m v i e e n v t i i d t j t h q w Z n q, Z v a x t i a x t i c w i t e k l g v b t l i l c i c f v e w e w i K t i |

cwi tek t t Y i d t j w e t k w e i f b e a i t b i t i v M e v j v B t q i w e w i, m v g w R K k w i S k L j v w e b o, A w Z e p o e v L i v e v e b v m n k u Z K v t j V v E v b v - c o v l A b v b c O k u z K w e c h q m s N u l Z n t Q | w q Y l w q Y - c e G u k q v i K t q K u l t t k m v c O z K m g t q m s N u l Z O m p v g x O Z v i B D v n i Y |

evsjv t k l cwi tek tY

evsj v`tki tftMvij K Ae`vbi Kvi tY c0ZwbqZ eb`v-Liv, R t j v`Qymmn weifb0c0KwZK wechq nq Ges mrv0u0ZK mgfq  
Kw tZ ivmvqubK mv t i i e`vcK e`envi, Acwi Kw Z fvg e`envi, Acwi Kw Z bMivqY, ebvAj web0, ¶wZKi e t R q  
Acwi Kw Z e`envi I w b 0 wkb e`e`v, Acwi Kw Z wk i vqb Avgv t` i t`tki cwi tek ` t t Y e`vcK fvgKv ivL t Q |  
evsj v`tki DcKj xq Gj vKvq Acwi Kw Z fvg e`envi Ges j eYv 3 cwb i Abc0e t ki Kvi t Y fvgi Ae ¶ l q NU t Q | eZ0v t b  
f-Mf 0 cwb t Z 0 Av t m 0 b t Ki gv I v i Z w i 3 Dc w ` w Z 0 evsj v`tki GKwU gv iv Z K R u l j m g m ` v | thme bj K t ci gva t g 10-  
100 w g U v i M f x i Z v t ` t K cwb t Z v j v n q, t m m e b j K t c GB m g m ` v Z x e q | Av t m 0 b K Dc ` \* Z Gj v K v , t j v t Z m t c q cwb i  
msKU c 0 E Av K v i a v i Y K t i t Q |

evsj v`tk evqj t Y gv iv Z K | Gi Drm ` y U , Acwi Kw Z wk i vqb Ges h v b e v n b | G Q i o v , w e k p ` v c x D 0 v q t b i c f v e A v g v t ` i  
t`tki co t Q | hvi cwi YwZ t Z evsj v`tki R j evqy w e t k l f v t e c w i e w Z n t q t h t Z c v t i | d t j m y ` i e b m n t`tki 10 t`tk  
20 k Z v s k ` j f v t M f i e l ` t Z R j g M z v t ` L v ` t Z c v t i Ges b ` x m g t n j e Y v 3 Z v i A b c 0 e k e v o t Z c v t i | G m e c w i t e k M Z  
wechq i Kvi t Y t e w k ¶ w Z M 0 - n t ` Q , 0 K g m y e a v c 0 B R b t M v 0 x 0 | G t ` i g t a ` ` v f w e K f v t e B b v i x i m s L ` v m e t P t q t e w k |

bvix l cwi tek wechq

Aw`hM t`tk eZgb chS-bvixiv cwi tekki l ci thgb wbfPkj , tZgnbfvte cwi tekki Ae`lq 0vivi bvixiv cZ`flvte  
flvZM0-n`Q| cwi tek `tYi dtj bvix-cj`l, wki-wkiki-hpK meiv gviVZKfvte `wnK l gvbwmK mgn`vi m`g`xb  
nt`Q| we`klZ, cwi ev`ii bvix m`m`iv cwi tek wechqci c0vb wKvi | bvix l cKwZi gta` AvZvi m`uK`e`g`v |  
c0KwZK cwi tek wechqci mvt\_ mvt\_ tm mgvRi bvixivB c0tg Gi dj t`fvM Kti, we`kl Kti `wi`c0wSK ktgRex  
bvix` i Rxe`tb tbtg Av`m wechq | hLbB eb`v, R`tj`v`Qm, So-S`Av nq, Ni t`f`0 hvq, gvb`l`K i`v`q bvg`Z nq | GKRb  
bvixi Rxe`tb tbtg Av`m w`bivcEvi Afve, tm mvt\_ cwi evi m`m`i` i Rxebavi`Yi Awb0qZv | GiciB Av`Q bvixi tKvtj i  
wki i Lvevi Afve, w`bivcEvi Afve | Avgv` i mgvR cj`l th`Kv`bv `v`tb, th`Kv`bvfve `vKtZ cvti | bvix wK Zv cvti ?  
bvixi Rb` GB mgvR tmB cwi tek GLt`bv `Zwi Ki`Z cvti w |

cwi tek wechqci Ab`Zg A`ti Kwi KviY ntjv Acwi Kwi Z BUfvUv | t`tki mvfi Gj vKv, MvRxcjmn DEiv`Atj i 16  
tRjvq c0q 2 nvRvi i teuk BtUi fvUv i`qtQ— thLvb bvixkigtKi msL`v D`tj L`thvM` | KviY, wntmte ejv th`Z cvti,  
bvix kigtKi cwi kigK Kg ntj l Zvivi KvtR we`kl fite `wqZkxj | Acwi Kwi Z BUfvUvi Kvi`Y Rug Pvl vev` i A`thvM`  
ntq cotQ, gwUj Dcwi fv`Mi fl`i`Re RxeYj gZi Nu`Q | ZvB BU tcvov`bvi dtj evqexq eR`Kve0-gt`v-A- vBW,  
mj dvi-A- vBW, tKwi b BZ`w` fvmgvb e`KYv Gj vKvevxi `t`i l ci mivmvi AvNvZ nvtQ | fvix fvix BU Uvb`Z  
wltq bvixkigtKt` i cRbb flgZvl b0 nt`Q | `v`fweKfvteB G c0p`vq Av`K bvixi Rxe`tb Mf`v`Zi NUbv NtU | eQti  
c0q 6 gym Zv` i BUfvUv Kvr Ki`Z nq, Gmg`q wki`K KvtQ i vLvi Dcvq tbB | tm mvt\_ bvixkigtKt` i Rb` tbB tKvtb  
Uqtj U | Avi Aemi t`v`v i`Zv tbB-B, Zvivi Rv`tbB bv 0Aemi 0 kawUj gvtb |

cwi tek wechqci Avti Kwi ifc Avgv` i t`tk t`Lv hvq, tmUv ntjv 0Psw0 Pvl 0 | GB Pvl Avgv` i t`tk bvix` i Rxe`tb  
GtbtQ `w`Pn Ae`v | Awki `kK t`tk t`tki `w`Yv`Atj wPsw0 Pvl `i` nq | DcKj`xq ebi`Aj l Kwl aYstmi g`j` wPsw0  
i Bvb we`vi j`v`f Ki`Q | GB wki m`v-bvixkigtK `Zwi Ki`Q | mviv eQi j eYcwb Rtg `vKvi Kvi`Y BtZvgta`B Gj vKvi  
A`tk Rvg Pvl vev` i A`thvM` ntq cotQ | j eYv`3 Rug`Z kewR nq bv, tKtPv, kvgK ev`P bv | num-gj`wMi Lvevi tbB |  
Mpeav GLb Avi kewR Pvl ev num-gj`wMi Lvgi Ki`Z cvti bv | wKs` msmv`i i Pvc j vR-j`3/4v Z`vM Kti GB AA`j i  
wbgvE `wi`3 Mpeav tetQ wbtq`Qb j eYv`3 gwU`Z tcvbv aivi Kvr | w`tb 100wU tcvbv ai`j 70 ev 80 UvKv cvl qv  
hvq | w`bfi t`j v`bivcwb`Z `vKtZ `vKtZ Gt` i nvZ-cvtq Nv ntq hv`Q | tKvtb wPwKrmv tbB | wPsw0 Pvl bvixkigtKt` i  
Rxe`tk wRv`S Kti tdtj`Q | Lj bvi A`tk Ae`vcb0vix-Mpea-GB wPsw0 Pvl i tgv`n wbt`ntq GLb b`xtZ 0tcbv Zj 0  
ev 0N`ti i bvixkigtK0-G cwi YZ ntq`Qb |

DEiv`Atj i A`tk cwi evti t`Lv hvq, `0gx`K KvtR mrvh` Ki`Z wltq wbl x Mvm cvDWvi, wWwWU, mj dvi BZ`w`  
KvUv`vK Rvg`Z wQuv`Z nq | axi axi GK mgq wki -`0gxmn bvixi Rxe`tb tbtg Av`m w`bivcZ tctUi cxov l P`g`v`wM |  
wKs` bvix` i tZv Amy`ntq etm `vKvi Dcvq tbB, msmv`i i Nvb tZv tU`tbB th`Z nq c0Zw` b |

evsj v`tki tek wKQz kn`ti ev M0tg c0qB w`bivcZ cwi Afve `v`K | A`tk `0gx`B G w`l`q gv`v Nvgv`Z Pvb bv | GUV  
bvixi Kvr wntmte `KZ | ZvB wki mn bvix` i w`f`b0cvtq w`f`b0e`vb t`tk cwi msM0h l msi flY Ki`Z nq, hv`Z Kvr  
tk`l evmvq Gtm `0gx` ch`S cwi e`envi Ki`Z cvti |

cwi tek wechqci Avti K ifc 0Av`m0K0 | w`tki c0q 18wU t`tk f-Mf`0 cwi`Z Av`m0K `tY i`qtQ | 1993-G  
evsj v`tk PvcvBvevM`A tRjvi eonw0vq me0`g Av`m0K i w`c`3/4bK Dcv`wZ tUi cvl qv hvq | w`f`kl wntmte Ab`hvq,  
t`tki 52wU tRjvi wJDe`l`qtj i cwi`Z Av`m0K i cwi gvY M0Y`thvM` gv`vi tP`q teuk nl qv Gme AA`j i c0q 5  
tKwU gvb | gviVZK Av`m0K `tYi 0guk i wKvi | 1997-G mi Kwi D`v`vM t`tki 52wU tRjvi 155wU `v`vvi  
(Dc`Rjvi) c0q 19 nvRvi wJDe`l`qtj i cwi cix`v Kti t`Lv tM`Q, Gi gta` c0q 3 nvRvi wJDe`l`qtj i cwi`Z  
Av`m0K i gv`v mnbx mxgvi l cti | mvaviYZ Av`m0K 0vivi `wZ cwi kixi c0etki 24 mBv`ni gta`B tKvtb-bv-  
tKvtb c0Zw`vq t`Lv t`q | Av`m0K w`l`v`vq KwS-`p`Zv, Aemb`Zv, gv`v e`v, i`3`f`Zv, eig eig fve c`f`vZ j flY  
c0`w`Kfvte c0Kw`K nq | `xN`b a`ti Av`v`S-tivMxi t`tn thme j flY t`Lv t`q tm`tjv ntjv : Mvtqi Pvgovq ev`w`g  
t0vc, kixti i tKv`v l tKv`v g`smcE D`P`znl qv, nvZ cv`qi Av`Oj tet`K hvl qv l cPb aiv, cv dtj hvl qv, hKZ l c`w`v  
etov nl qv BZ`w` | Avgiv Rvb, kvixi Kfvte `p`f, c`p`nxb l tivM c0Z`viva flgZv hv` i Kg, ZviviB `Z Ges teuk  
cwi gv`Y Av`m0K Av`v`S-nq, tmB wntmte Avgv` i mgvR bvixivB teuk `p`f l c`p`nxb, dtj bvixivB Av`m0K teuk  
Av`v`S-n`Qb | G Z` Av`p`w`K Rwi c 0vivi mgw`Z | Rwi`c c0B Z` g`Z, Av`m0K Av`v`S-tivMxt` i gta` cj`tl i  
Zj bvg bvixi msL`v teuk | G ai`bi Amy`Zv wbtq`B bvixiv iv`v hveZxq Kvr, Kvc0 Kvpv, Nti km` gvov`bv, km` tZjv,  
avb-fvbm hveZxq Kvr Ki`Q | GB bvix` i Rxebavi Y m`Z Kvi`YB tKv`Pbxq ntq l`v |

bvixiv msmv̄ii cvbvxRt̄j i ēēvcbvq w̄bt̄q̄w̄RZ v̄t̄K | M̄n̄w̄j i hveZxq ēenvh̄cwb, Ggb̄w̄K KLt̄bv KLt̄bv Zviv tm̄t̄Pi Rb̄ ̄t̄iv̄š-thgb b̄x, Lvj, w̄ej, c̄K̄i, K̄qv t̄t̄K cwb enb K̄ti Av̄t̄b | kniv̄Āt̄j i ̄wī<sup>a</sup> bvixiv t̄n̄v̄t̄j i c̄ōZw̄ bK̄vi cwb enb K̄ti | w̄t̄bi t̄enki f̄vM mgq cwb i ms̄-ūt̄k̄<sup>o</sup>-v̄K̄vq Zviv kv̄ix̄w̄i K̄fv̄te t̄enk̄ Amȳ<sup>r</sup> nq Ges b̄vb R̄w̄j t̄iv̄t̄M Av̄μv̄š-nq | w̄K̄š<sup>r</sup> t̄LRb̄K nt̄j l m̄Z<sup>r</sup> th, bvix cwb i m̄t̄½ l Ztc̄ōZfv̄te R̄w̄Z, cwb i Dr̄m m̄ēōxq c̄w̄i K̄i b̄v l ēēvcbvq Zv̄t̄ i Ask̄M̄h̄Y t̄bB ej t̄j B P̄t̄j |

f̄w̄gi m̄t̄½ bvix c̄ōZ<sup>r</sup> Ges c̄t̄iv̄f̄v̄te R̄w̄Z t̄t̄K l t̄Kv̄t̄v̄ m̄j̄ t̄f̄vM K̄i t̄Z cv̄t̄i b̄v | R̄w̄Zm̄t̄Ni GK w̄i t̄c̄v̄t̄U<sup>o</sup> L̄v hvq, bvixiv c̄w̄<sub>exi</sub> Av̄ew̄ R̄w̄gi GK k̄Zv̄t̄ki l Kg Ast̄ki ḡw̄j K Ges th R̄w̄ḡt̄Z Zv̄t̄ i P̄v̄t̄i Rb̄ c̄ōk̄w̄aK̄vi Av̄t̄Q t̄m̄L̄v̄t̄b l Zv̄t̄ i ḡw̄j K̄v̄b t̄bB ej t̄j B P̄t̄j | R̄w̄gi ḡw̄j K̄v̄b Ges w̄b̄w̄ōZ c̄ōk̄w̄aK̄vi b̄v-<sub>v</sub>K̄vi K̄vi t̄Y bvixiv FY Ges Dr̄cv̄ t̄bi Ab̄v̄b<sup>r</sup> Dc̄K̄i Y M̄h̄t̄Y ew̄ĀZ nq |

m̄Ēt̄i i ̄k̄t̄K̄i m̄eR w̄e~~c~~ K̄w̄l t̄f̄t̄t̄<sup>r</sup> bvix P̄v̄l̄t̄ i m̄gm̄v̄ cv̄k K̄w̄l t̄q t̄M̄t̄Q | d̄t̄j bvix n̄t̄q̄Q m̄v̄q-m̄ēf̄n̄x̄b | bvix KL̄t̄K̄i n̄v̄t̄Z ḡj ab b̄v-<sub>v</sub>K̄vq Zviv h̄w̄š̄K̄ P̄v̄l, t̄m̄P m̄j̄eav l m̄v̄t̄i Af̄v̄te D<sup>r</sup>P dj b̄k̄x̄j km̄ l Ab̄v̄b<sup>r</sup> A<sub>R</sub>ix d̄m̄j d̄j v̄t̄Z m̄f̄g nq w̄b | f̄w̄gi m̄t̄½ bvix w̄e~~w~~f̄b̄v̄t̄e m̄ēū<sup>3</sup>, thgb ḡw̄l f̄iv̄U, Lvj K̄v̄Uv, c̄K̄i K̄v̄Uv, K̄w̄l t̄f̄t̄<sup>r</sup> l Lvḡv̄t̄i K̄vR, i<sup>v</sup>-w̄v̄U w̄bḡf̄Y, ḡw̄l v̄b̄v̄š̄t̄, Niemo<sup>r</sup> Z̄wi BZ̄w̄ | Zv̄Q̄v̄o<sup>v</sup> em̄w̄Z w̄bḡf̄Y Ges R̄½j K̄v̄Uvi K̄v̄t̄R l bvix Ask̄M̄h̄Y K̄t̄i v̄t̄K | Gme K̄vR K̄i t̄Z w̄M̄t̄q bvix aj̄v̄ew̄j l R̄½t̄j i t̄c̄v̄K̄v̄ḡKo θ̄v̄iv Av̄μv̄š-nq | d̄t̄j h̄f̄v̄, k̄j̄m̄K̄ó, A<sup>v</sup>R̄ḡv̄m̄ w̄e~~w~~f̄b̄v̄t̄i Av̄μv̄š-nq | h̄<sub>v</sub>m̄ḡt̄q m̄P̄w̄K̄r̄m̄v̄i Af̄v̄te bvix w̄P̄i i<sup>r</sup> M̄ent̄q hvq A<sub>ev</sub> ḡZ̄ei Y K̄t̄i | w̄K̄š<sup>r</sup>, Zvi GB Amȳ<sup>r</sup> Zv Ges ḡZ̄i t̄K l t̄<sup>r</sup> L̄v nq Zvi<sup>r</sup> ̄j̄f̄ Zv w̄t̄m̄t̄e |

ev̄sj v̄t̄<sup>r</sup> t̄ki t̄ḡv̄U Af̄<sup>r</sup>š̄t̄x̄Y Dr̄cv̄ t̄b (w̄R̄w̄w̄c) ēt̄bi Ae<sup>v</sup> b̄ 4 k̄Zv̄sk | ev̄sj v̄t̄<sup>r</sup> t̄k ēb̄f̄w̄gi Av̄qZb 1.2 w̄ḡw̄j qb t̄n̄ēi, h̄v t̄<sup>r</sup> t̄ki t̄ḡv̄U Ḡj v̄K̄vi 8 k̄Zv̄sk | MZ 20 ēQ̄t̄i t̄ḡv̄U ēb̄f̄w̄gi c̄ōq 50 k̄Zv̄sk DR̄v̄o n̄t̄q t̄M̄t̄Q | d̄t̄j ev̄sj v̄t̄<sup>r</sup> t̄k ḡv̄<sub>wc</sub>Q̄ ēb̄f̄w̄gi c̄w̄i ḡv̄Y<sup>r</sup> w̄ōt̄q̄t̄Q 0.02 t̄n̄ēt̄i | G c̄w̄i ḡv̄Y w̄ēt̄k̄i ḡv̄<sub>wc</sub>Q̄ ēb̄f̄w̄gi n̄v̄t̄i m̄ēw̄ḡēAe<sup>r</sup> t̄b̄i GK̄w̄ | ēbv̄Āj t̄K Av̄ḡiv 2w̄U f̄v̄t̄M f̄vM K̄i t̄Z c̄w̄i — 1. ēbR Ḡj v̄K̄v Ges 2. c̄w̄i ew̄i K ēbv̄Āj |

ev̄sj v̄t̄<sup>r</sup> t̄ki t̄enki f̄vM R̄bMYB mi K̄w̄i ēbv̄Āj t̄t̄K Āt̄bK ̄t̄i ev̄m K̄t̄i | c̄w̄i ew̄i K ēb̄ m̄v̄avi YZ GK GK̄t̄i i GK ZZx̄q̄sk ev̄ Zvi l Kg n̄t̄q v̄t̄K | Gme θ̄c̄w̄i ew̄i K ēb̄θ̄ m̄v̄avi YZ d̄t̄j i M̄v̄t̄Q̄i n̄t̄q v̄t̄K Ges Zv th̄w̄M̄v̄b t̄<sup>r</sup> q L̄v<sup>r</sup>, K̄v̄, R̄j̄j w̄b K̄v Ges t̄M̄L̄v̄<sup>r</sup> | t̄m̄B m̄v̄t̄<sub>J</sub> l̄w̄a M̄v̄Q l ḡm̄j̄vi M̄v̄Q v̄t̄K | bvixiv m̄v̄avi YZ dj, kv̄K̄k̄ēv̄R Ges P̄v̄i w̄M̄t̄Q̄i m̄s̄M̄h̄K l ēēvc̄K | w̄t̄m̄e Ab̄h̄v̄q̄x Gme c̄w̄i ew̄i K ēb̄ t̄<sup>r</sup> t̄ki t̄ḡv̄U ēb̄f̄w̄gi GK PZ̄l̄š̄k | bvixiv c̄w̄i ew̄i K P̄v̄n̄v̄i GK ēvc̄K Ask̄ t̄ḡl̄v̄t̄b̄v Ges Av̄q ev̄ōv̄t̄b̄i m̄v̄g<sub>q</sub> K̄i v̄ ga<sup>r</sup> w̄ t̄q K̄w̄ c̄x̄w̄Z̄t̄Z l f̄w̄ḡK̄v i v̄L̄t̄Q |

ēbR m̄ēū<sup>r</sup> ̄wī<sup>a</sup> bvixi R̄x̄ēt̄b GK̄w̄U<sup>r</sup> i<sup>r</sup> Z̄c̄Y<sup>o</sup> f̄w̄ḡK̄v cv̄j b K̄t̄i | K̄vi Y bvixiv B R̄j̄j w̄b m̄s̄M̄h̄i K̄v̄t̄R t̄enk̄ m̄ēū<sup>3</sup> | ēbR̄½t̄j i c̄w̄i ḡv̄Y Kg nt̄j R̄j̄j w̄b̄i Af̄v̄e nq, c̄w̄i ev̄t̄i l L̄v<sup>r</sup> m̄ieiv̄n K̄t̄g hvq, c̄j̄ōi Af̄v̄e t̄<sup>r</sup> L̄v t̄<sup>r</sup> q, c̄i L̄v t̄<sup>r</sup> i Af̄v̄e nq, Av̄g<sup>r</sup> w̄bKZ R̄j̄j w̄b̄i ḡj<sup>r</sup> ēj̄x̄ cv̄q, h̄v bvixi R̄x̄ēt̄K m̄w̄ēR̄fv̄te c̄f̄v̄eZ K̄t̄i |

m̄v̄avi Yfv̄te t̄<sup>r</sup> L̄v t̄M̄t̄Q, bvixiv ēbR m̄ēū<sup>r</sup> m̄si f̄Y, ēbR m̄ēū<sup>r</sup> c̄ēf̄e<sup>r</sup> v̄q w̄d̄w̄i t̄q Av̄b̄v, bZb P̄v̄i v̄t̄v̄Y l i f̄v̄ BZ̄w̄ i R̄b<sup>r</sup> m̄s̄M̄ḡ K̄i t̄Q A<sub>P</sub> bvix t̄Kv̄t̄v̄ m̄j̄ t̄f̄vM K̄i t̄Z cv̄i t̄Q b̄v, eis ēbR m̄ēū<sup>r</sup> i f̄v̄, ēbR m̄ēū<sup>r</sup> Av̄ni Y (cv̄Zv m̄s̄M̄h̄, W̄j̄ cv̄j v̄ K̄v̄t̄b̄v) K̄i t̄Z w̄M̄t̄q bvix t̄c̄v̄K̄v̄ḡKo l GK̄t̄k̄i Y i c̄j<sup>r</sup> l KZ̄R Av̄μv̄š-n̄t̄<sup>r</sup>Q |

̄b̄w̄<sup>b</sup> i v̄b̄w̄i K̄v̄t̄R bvixiv<sup>r</sup> Re R̄j̄j w̄b (L̄w̄o, t̄M̄v̄ēt̄i N̄t̄U, i K̄t̄b̄v M̄Q̄M̄Q̄w̄j, Lo) ēenvi K̄t̄i v̄t̄K | Gme<sup>r</sup> Re R̄j̄j w̄b̄i t̄āv̄q v̄t̄K K̄v̄ē ḡt̄b̄v- v̄BW, b̄v̄B̄t̄Ūt̄R̄b̄m̄n̄ w̄ēf̄b̄ē<sup>r</sup> w̄l Z c̄<sup>r</sup> v̄t̄<sup>r</sup> P̄ w̄b̄M̄ḡb N̄t̄U | Re R̄j̄j w̄b̄R̄v̄Z ēx̄N̄t̄i ev̄q̄j t̄Y n̄uc̄w̄b, b̄v̄b̄v̄i Kg k̄j̄m̄R̄w̄Z c̄x̄ov, h̄z̄v, d̄m̄d̄t̄m̄i K̄<sup>v</sup>Ȳv̄i, m̄w̄<sup>o</sup> R̄t̄b̄f̄i mgq w̄k̄i i l R̄b Kg n̄l q̄v̄i l Ab̄<sup>r</sup> Z̄g K̄vi Y |

c̄w̄i t̄ēk̄ev̄<sup>r</sup> x̄ Av̄t̄<sup>r</sup> v̄j b l bvix ev̄<sup>r</sup> x̄ Av̄t̄<sup>r</sup> v̄j b Df̄q Av̄t̄<sup>r</sup> v̄j t̄bi ḡt̄a<sup>r</sup> c̄K̄w̄Z l bvixi l̄ci c̄j<sup>r</sup> l Z̄t̄š̄j̄ Aw̄ac̄Z<sup>r</sup> w̄e<sup>r</sup> v̄t̄i i m̄t̄PZb ḡt̄b̄v̄f̄v̄e j̄ f̄v̄ K̄iv hvq | Df̄q Av̄t̄<sup>r</sup> v̄j t̄bi j̄ f̄v̄ c̄K̄w̄Z l bvixi<sup>r</sup> Z̄t̄ḡj̄ m̄Ēv̄ w̄t̄m̄t̄e gh̄<sup>r</sup> v̄ j̄ v̄f̄ K̄iv l Aat̄<sup>r</sup> b̄ Ae<sup>r</sup> v̄ t̄t̄K ḡj̄<sup>r</sup> n̄l q̄v̄ | bvixiv th̄t̄n̄Z̄i mḡv̄t̄R Aat̄<sup>r</sup> b̄ Ae<sup>r</sup> v̄q̄ ev̄m K̄i t̄Q, t̄m̄t̄n̄Z̄i m̄ēū<sup>r</sup> i l̄ci c̄j<sup>r</sup> t̄i ḡt̄Zv Zv̄t̄ i mḡv̄b w̄b̄q̄š̄y t̄b̄B | ev̄sj v̄t̄<sup>r</sup> t̄ki R̄b̄m̄s̄L̄v̄i GK w̄ēiv̄U Ask̄ R̄t̄o i t̄q̄t̄Q bvix mḡv̄R | Av̄ḡv̄t̄ i t̄<sup>r</sup> k̄ h̄Lb ēw̄<sup>3</sup> ḡw̄j K̄v̄b l<sup>r</sup> ēt̄<sup>r</sup> w̄K̄ w̄ēb̄t̄q̄w̄M̄ Dr̄m̄w̄n̄Z̄ K̄i w̄Q̄j, ZLb m̄<sup>r</sup> v̄k̄t̄j̄K ēenvi K̄ivi h̄t̄<sup>r</sup> ó Z̄vr̄ch̄Q̄j |<sup>r</sup> Z̄M̄t̄o l W̄v t̄c̄v̄k̄v̄K̄ w̄k̄t̄i i m̄<sup>r</sup> v̄ bvix k̄t̄gi c̄h̄v̄i t̄m̄Ūb c̄ōȳY K̄t̄i | A<sub>P</sub> bvix t̄<sup>r</sup> i t̄K m̄v̄ḡw̄RK̄fv̄te ew̄ĀZ GK t̄M̄v̄x̄ w̄t̄m̄t̄e w̄ēP̄vi K̄iv nq |

bvix l̄ c̄j<sup>r</sup> t̄i ḡt̄a<sup>r</sup> R̄w̄eK̄ w̄<sup>r</sup> K̄ t̄t̄K cv̄<sup>r</sup> R̄ i t̄q̄t̄Q | GB cv̄<sup>r</sup> K̄i K̄vi t̄Y mḡv̄t̄R c̄ōZ̄w̄b̄qZ bvix Aš̄ḡl̄x̄ l̄ c̄j<sup>r</sup> l̄ ēw̄ḡl̄x̄ n̄t̄q c̄t̄o | d̄t̄j bvixi Av̄t̄eM, Ab̄f̄w̄Z, t̄m̄ē c̄ēYz̄v, c̄w̄i P̄h̄<sup>o</sup> c̄f̄w̄Z<sup>r</sup> ēw̄k̄ó<sup>r</sup> t̄K bvixi ēw̄k̄ó<sup>r</sup> w̄t̄m̄t̄e Ges f̄q̄i, Av̄μ̄ḡYv̄Z̄K̄ ḡt̄b̄v̄f̄v̄e, m̄v̄n̄m̄K̄Zv̄ c̄j<sup>r</sup> t̄i ēw̄k̄ó<sup>r</sup> i f̄c̄ w̄P̄r̄ȳZ̄ K̄iv nq | Gfv̄te GB ēw̄k̄ó<sup>r</sup> t̄j̄v̄ Df̄t̄q̄i m̄v̄ḡw̄RK̄ f̄w̄ḡK̄v̄t̄K w̄b̄w̄<sup>o</sup> K̄t̄i t̄<sup>r</sup> q̄ | ēū h̄M̄ P̄t̄j t̄M̄t̄Q w̄K̄š̄<sup>r</sup> GB m̄v̄ḡw̄RK̄ Ae<sup>r</sup> v̄ GL̄t̄b̄v̄ ḡv̄t̄l̄i ḡt̄a<sup>r</sup> v̄q̄x̄fv̄te i t̄q̄ t̄M̄t̄Q | w̄ēĀv̄b l̄ c̄h̄ȳ<sup>3</sup> i D̄b̄w̄Z̄i d̄t̄j bvix Aek̄<sup>r</sup> GL̄b Aš̄ḡl̄x̄ (c̄ōB̄t̄f̄U) l̄ ēw̄ḡl̄x̄ (c̄w̄ēj̄ K) Df̄q w̄ t̄KB P̄j̄ t̄Z m̄f̄g, A<sub>P</sub> m̄v̄ḡw̄RK̄

Wofwi KviY bviX Zvi b'v' AnaKvi cvt'Q br eis cIZ ct' tkvLY, kumb l 'eltg'i wKkvi nt'Q| cwi evi t\_tk'ii"  
Kti mgvRi thtKvfbv 'fi bviX 'eltg'i wKkvi nt'Q| µgea@vb mvgwRK Ae'q q bviX l ci gviZK 'wZKi c'fve  
tdj tQ| cj'tli Zj bVq bviXiv ivR%wZK, mvgwRK Ges A\_@wZKfvte Kg gh'P vm=ub'G Gi dtj m=U', GgbwK  
wBR^mEv l m's'bi l ci l bviX' i tZgb wqS'Y tbB| bviXiv m's'btK w'tRi t'ctU a'ti, c'ne te'v mn' Kti wki i  
Rb' t'q, wKs' bviX tZv AvtRv Zvi m's'bi Aw'fveKZj c'q bV| Aw'fveKtZji m=U'Y@gwj Kvbv cj'tli | Kx A'w'Z  
Avq'f' i GB mgvRe'e'v Ges c'Puj Z AvBb|

bviXiv \_vKte Mtn, MnKgB Zvi c'Avb KvR| wKs' bviX' i MnKg'K A\_@wZK Kg'vE wntmte wetePbv Kiv nq bV|  
bviXiv N'ti evB'ti KvR Ki'tj tmL'v'bl Zvi gR'ji cj'tli Zj bVq Kg| mgvR bviX'K 0thSb c'ZxK0 wntmte wetePbv  
Kti, dtj bviX'K N'ti-evB'ti c'IZwqZ thSb nqiw'bi wKkvi nt'Z nq| mvgwRK-agx'q Ab'k'vmb bviX weciX'Z w'w' 0  
Ae'v'tbB wQj, AvtQ, hZw' b bV cwi eZ' nte weciX'ZB \_vKte|

cwi ewi K cwi t'ek bviX Ae'v'b

cwi ev'ti tK' t'es' tZ i t'qQ bviX| wKs' cwi ewi K cwi t'ek bviX Ae'v'b tKv\_vq Zv hw' L'RtZ Pvl qv nq Zvntj Kx  
DEi cvl qv h'v'e ? BwZevPK bV t'wZevPK ? hveZxq Mvn'K'tg'P m't' w'bh'p \_v'Kb bviX| evB'ti c'w\_exi Kg'v'vE Zvi  
Dcw'wZ Kg, KviY mgvR P'vq bviX i ayMnK'tg'w'btq'wRZ \_vKte| GK Rwi' t'c' t'Lv t'MtQ, evsj v't' t'ki bviX' i t'gi' E l  
gvRvi e'v' i th Am' Zvi g'j KviY n'tj v R'x'et'bi j =P mgq e'tm e'tm Mvn' KvR Kiv| thgb : avb P'j Svov, ivb'Kiv,  
evmb gvRv, K'vco KvPv, Ni't'vi t'j cv, ZiKwii KvUv BZw' | Ab'w' t'k bviX N'ti Kv'Ri t'Kvfbv mvgwRK 'x'KwZ tbB  
Ges GRb' t'Kvfbv A\_P t'q' nq bV| tm cwi ev'ti l ci w'f'P'k'j n'tq c'to, hv Zv'K g'v'w'w'Kfvte t'QvU Kti iv'tL|  
cwi ev'ti t'htKvfbv w'et'q tm c'w'SKRb wntmte cwi M'w'YZ n'tZ \_v'K|

k'uti bviX cwi t'ek

evsj v't' t'k kn'ti RbmsL'v ew'xi nvi w' b' w' b c'KU AvKvi aviY Ki'tQ| XvKv kn'ti eZ'g'v'tb c'q GK t'KwU g'v'v' emevm  
Ki'tQ| 'wi' ^bviX, hviv M'qg t'Qto kn'ti G'tm'tQ Zv'v Aw'w' AbUb l 'w' l cwi t'ekR'w'Z KviY M'q'gi bviX' i t'P'tq  
t'ek 'w'ZM0-n't'Q| Zv'v kn'ti ew' t'Z evm Kti, hv Acwi Kw' Zfvte M'to D't'v'Q etj emev'mi Ab'c'p'h'w'x| GLv'tb  
c'w'b t'bB, w'e'yr t'bB, c'q'tub'w'kb e'e'v t'bB, g'q'j v' t'dj vi e'e'v t'bB, w'K'v'vi DcKiY t'bB, t'bB t'Kvfbv 'v' t'mevl |  
kni Zj xi  
ew' t'j v c'q m'Kj mgq w'k' Kvi Lv'v'v' eR' t'Y, g'q'j vi f'v'w'v l t'bv's'vi w'Kkvi n'tq \_v'K|

mvgwRK cwi t'ek bviX AskM'hY

bviX c'IZwqZ mgv'R w'w'w'vZ n'tq P'tj t'Q| bviX c'IZ m'w'sm AvPiY l mvgwRK Kv'h'K'j v'c' cj' l Z'w's'K g't'bv'f'v'ei dj |  
mgv'R Av'g'iv bviX w'bh'Z't'bi g'j KviY wntmte cj' l Z'w's'K m's'w'Z't'KB Kv'h'Ki t' L'tZ cvB| Avq'f' i t'k hLb  
e'w'p'gwj Kvbv l 'e'f' w'K w'w'bt'q'w' M' Drm'w'nZ Ki'w'Qj, ZLb m'v'k't'g't'K e'envi Kivi h't'ó Zvrch'Qj | 'Z M'to l Vv  
t'cv'k'K w'k't'i m'v' bviX'k't'gi c'Avi t'mUvB c'g'vY Kti | A\_P bviX' i t'K mvgwRKfvte ew'AZ GK t'M'v'x wntmte w'P'vi  
Kiv nq| µgea@vb mvgwRK Ae'q q bviX l ci gviZK 'wZKi c'fve tdj tQ| cj'tli Zj bVq bviXiv ivR%wZK,  
mvgwRK Ges A\_@wZKfvte Kg gh'P vm=ub'G

cwi t'ek i t'q't' bviX Ae'v'b

cwi t'ek'ev' x Av'f' v'j b l bviXev' x Av'f' v'j b Df'q Av'f' v'j t'bi g'ta' c'KwZ l bviX l ci cj' l Z't's'j Aw'acZ' w'e'v't'i i  
m't'PZb g't'bv'f'v'e j 'q' Kiv hv'q| Df'q Av'f' v'j t'bi j 'q' c'KwZ l bviX 'Z't'g'j' m'Ev wntmte gh'P v'j v'f' Kiv l Aa' b Ae'v'  
t\_tk g'j' n' l qv| bviXiv t'ht'nZ' mgv'R Aa' b Ae'v'q evm Ki'tQ, t'm't'nZ'm=ut' i l ci cj' t'li g'tZv Zv't' i mgv' w'qS'Y  
t'bB| evsj v't' t'ki RbmsL'vi GK w'ei'vU Ask R'to i t'q'tQ bviX mgv'R| GKRB bviX c'w'b l R'j'j w'b m's'M'h Kti Lv' Drc'v' b  
Kivi g'v'a'g' Zvi cwi ev'ti i Rb' k'w'p' Drc'v' b Kti | GKwU mgx'q'v'q t' Lv t'MtQ, D'b'q'bk'j t' t'k bviXiv M'to 9.7 N'Ev  
Lv'vi c'w'b l R'j'j w'b m's'M'h e'q Kti b|

- ai'w'tZ bviXB c'Q'g exR m's'M'h'K| bviXB c'Q'g exR ev M't'Q'i P'v'v g'w'U'tZ t'iv'cY Kti | Kw' Kv't'Ri h'v'v' i i"  
n't'q'tQ bviX n'v'tZB|
- bviX f'q'en c'KwZK 't'h'w'MI w'BR m's'bi g'tZv Zvi c'w'j Z c'i c'w'L't'K hZUK' m'w' w'bt'R' i g'tZv w'bi'v'c'  
Av'k'Q' t'j w'bt'q Av'm'vi Rb' Av'c'w'Y t'P'v'v Kti |
- M'vQ Kv'U'tZ bviX g'v'q'v j v't'M| tm c'Q'qB M'vQ j v'M'v'tZ m't'P'ó nq| Gi g'v'a'g' tm g'w'U'i 'q'q' t'iv'va Kti |



cKwZi fvi mgv` fti0 covq tmB gvbyl B eZgvtb Dcj wä Kiti0 th, cwi tek aYstmi dtj gvberwZ ügwKi mæjxb nte Ges Zv A\_öwZK, mvgwRK Gks mvs`wZK cwi tek tKI aYsm Kti tdj te| GB teva t`tKB AvaybK cwi tek tPZbvi Rb| ntqtQ| gvbyl ZvB AvR cwi tek Ges bvix I cwi teiki mæuK`Dbqabi t`tT mPZb nt`Q Ges mgM0 wetkji mvt\_ evsj vt`tki gvbyl I cwi tek Avt`vj tb Ask wbtZ`ii` Kiti0| hv Avgvt`i t`tk bvix I cwi tek wbtq bZp fite fvetZ mrvh` Kivmn Avgvt`i Drmn c0vb Kiti0|

Dcmsnvi

evsj vt`tk we`gvb cwi tekMZ msKU KwUtq I Vvi Rtb` Awej tæ^RvZxq cwi tek bwiZ ev`evqb Kiv c0qvRb| cwi tek bwiZi ev`evqb Qvov`wqZ`xj Dbqab KLbB mæe bq, mæe bq wefbcwici Kivi mji c0vix djvdj I cifve wbyQ Kiv| Gj t`t` t`tk cY% cwi tek wel qK mPZbZv Mto tZvj vi Rtb` cwi tek Awa`BitK AvtiV kvhRi fvgKv cvj b KitiZ nte|

evsj vt`k GKwU Dbqabkxj t`k| `wi t`i wei`tx msM0g Kti G t`ktK AM0wZi ct\_ GwMtq tbqvi KvRwU mevBtK GKwU Z ntq KitiZ nte| mwZ`Kvi At\_`cwi tektK Dtc`v Kti`vqx Dbqab KLtbvB mæe bq| ivRbwiZwe`, Dbqabwe`, cwi Kibwe`mn me`fi i gvbyl tK ZvB cwi tek msi`v GwMtq AvmtZ nte| Dbqab cwi KibvK cwi teiki mvt\_ mæu`3 Kti Zj tZ nte| Rie`wP` msi`v, etbi Drcv`bkxj Zv I c0wZombK mvg\_`e` BZ`wi i`evcti bvi t`i mæu`3 KitiYi`evcti mjbw`0 bwiZgvj v c0vq KitiZ nte| bvi mvt\_ cwi teiki mæu`3 Zv wetkLY Kti cwi tek bwiZtZ Zv Ašf` KitiZ nte|

gvbyl cKwZtK aYsm Kti mf`Zv Mto Zjt0, wKš`Gi dj`fjc eZgvtb Avgiv Zvi`vZKi cifve Dcj wä KitiZ cwi0| cKwZtK wbtRi gtZv Kti`envti i ci gvbyl AvR Dcj wä Kiti0 Zvi mvgv`Zv| 0gvbyl 0 c0vRMtZi Avi 10wU c0vwiZi gtZvB cKwZi mšw`— GB teva GKvSB wbeo| bvi Zvi KvRi gva`tg Mn-cwi cwkR cwi tek Mto tZvtj | cwi teiki wech`q ZvB bvi t`KB c0`tg`vZM0`ntZ nq| GiciB Gi cifve cto bviXi AwZ`K eÜb mšw`bi I ci| axti axti GB cifve Zvi it`i Ges mvgwRK-mvs`wZK eÜtbi gvbyl`i I ci cotZ`vtK| ZvB Avmp, mevB wgtj cwi tek i`v GwMtq Avm— KviY bvix I cj`I wgtj B mji i cwi teik emthvM` cwi`ex Mto tZvj v hvq| cj`ti i mvt\_ mvt\_ bvi t`K I cwi tek e`evcbvq c0Z0wbKfite mæu`3 Kti GKmvt\_ KvR KitiZ nte— GB tnvK Avgvt`i A`xKvi |

tKvbtv GjvKvi cwi teiki K\_v fvetj tm GjvKvq emevmKvix RbtMv0xi Av`mvgwRK Ae`v, mæu` AvniY, e`envi I`vZv BZ`wi i K\_vl wetePbvq AvbtZ nte| tKvbtv GjvKvi RbtMv0x`wi`a`ntj Zviv c0KwZK mæu`t`i I ci tenk wbf`kxj nq| Gi dtj Zviv AwakZi c0KwZK mæu` AvniY Kti, hvi dtj cKwZi I ci`vZKi cifve cto| mZivS c0KwZK cwi tek Z\_v cwi teiki c0KwZK Dcv`vb`tjvi gta` fvi mgv` i`v KitiZ ntj`vwi`a` wetgvPb Z\_v mvgwRK cwi tek Dbqabi I ci tRvi w`tZ nte| bviXi mvt\_ cwi teiki mæu`3 Zv wetkLY Kti ivRbwiZwe`, mgvRwe`, A`0wZwe`, Dbqab-cwi Kibwe`mn mgvtRi me`fi i gvbyl tK GwMtq AvmtZ nte, cwi tekbwiZi mwK ev`evqabi Rb`| Avgiv tmB mji i fvel tZi w`tK`c`fiv tPvL wbtq ZvKtq Aw0|

Avdwi bv wbtZ Avki vd DbqabKgf, A`vKkbGBW evsj vt`k-G KgPZ| afrina.ashraf@actionaid.org|

Z`m`

- cwi tek I bvix, Dbqab c`t`c, 8 gvP`msL`v, 2006, t`-cm Ut qvWm tWt`fj ctgU
- cwi tek I bvix, Bbw`DU di GbfvqibtgU A`vU tWt`fj ctgU (AvBBw), 2006
- AvBtb bvix wbf`Zb c0h`2, AvBb I mwj k tK`a` (AvmK), 1998
- evsj vt`tk bvix I wki`cwi w`wZ, mser`cI cwi ex`vY, GgGwm, 2005