

# নারীর চোখে মাতৃত্ব

bvmwi b wmi vR G'vbx

gvZZ; bixi RxbtK bvbvrvte wech<sup>১</sup>, msKUvcbel Uvbrctotb tdjvi cil mgvR gv nI qvtK bixi RxbtB cwicYzv Gtb t'q etj cWwZ Ki+z tctitQ| dtj G cñt½ Avgiv AvtiKevi cij'wacZ'evt' i cñj kw³tK wPtB tbevi cDqvRbxqZv Dcj wä Kwi | th AwacZ'evt' i Kvi tY hM hM ati bixi lci Pttj tQ 'elg', wbcxob l minsmZv| Pttj tQ mvgwRK wevabtlä 'Zwi Kti bixi NvtöB t'vl Pvcrtbv| Pttj tQ gvqv-ggZv-fvtjvevmvi t'vnb w'tq 'elg'tK gungwšZ Kiv wksev Kqvkr'Qbökiv|

FZmte ntq hvq kixi Lvivc Avi bixi Rbfnq cij'tli eig cvRti i nvo t\_tK

Avghi hLb ev'Pv nq ZLb etqvtR'öiv Rvvtj b th ev'Pviv gv\_vq th Pj wbtq RbWq, Zv tdtj w'tZ nq| KviY Zvi gv\_vq, Pttj, Rivqj i³ tj tM\_vtK| AvRKvj Wv³vi iv etj b, ev'Pvi Mvtq cñeKvj xb Zij ev i³ tj tM\_vKv fvtj v, ZvB tMmj Kivtbi Rb' tKD D'Pev' Kiti b bv| hv l mvaivYZ ev'Pvi Mvtq tj tM\_vKv ÖAcieTÖ i³ tavqvi wbgg mgvR cPuj Z itqtQ| nvq bixi! nvq gv! tZvgi kixti i³ gism wsto th wki iv cp ntj v, Rtbñi mvt\_ mvt\_ tmUv A'Kvi Kivi, atqgtQ tdjvi tm Kx cuqZvi!

bixi Ae'vbtK A'Kvi Kivi cuqZviv AtbK AvtM t\_tKB 'i' nq| FZmte gZv GKw mnR l 'vfwek wclq wbtq mgvR th KZ Rulj Zv 'Zwi Ki+z cvti Zv bixigvTB Rvttb| Avi mgvR tPvL-Kvb tLvj v ti tL Pjvdiv Kiti cij'livl tm\_tj v Kgtewk Rvttb| hvB tnvK, mvi K\_v ntj v th mgvR gtb Kti gwmmK nI qv cKvk' wclq bq, tMSi tei tZv bqB| Avti cPuj Z AvtQ th gwmmKi i³ ntj v cu'exi metPtq AcieT | A\_P, AvUik w'b Aš' gwmmK nI qv th my't' i j'Y, Gmgq th fvtj v Lvevi Lvl qv 'i Kvi— G K\_v\_tj v tkvnb hvq bv| cv'eBtq wbtRi hZetbqvi th civgk' t'v t' qv AvtQ, tm\_tj v Kvtm covt'v nq bv| G\_tj v KLtbv ci x'vtZ l Avtm bv| 'eAwöK Avtbi wfwE'tZ bq, Gmgq tgatqiv Pttj mgvR cPuj Z wevabtl'tai lci wfwE Kti |

bixi Ae'vbtK A'Kvi Kivi Rb' cij'tliv ev cij'l ZwišK mgvR e'e'v Avti Kwi gZev' cPvi Kti, thUvtK ag'bvq w'tq gvbtli aivtQvivi evBti, cKwZiZ GKUv Ae'vbt eimtg ivLv ntqtQ| thgb Bmjvg l wLbatg'ejv nq, bixi Rbfnq Avmtj cij'tli t\_tKB ntqtQ (cij'l tK AvtM\_vKtZB nte)| ZvB Avgiv i'w Av'g bvtg GK cij'tli gvbtli wntmte cÜg mjo K\_v, Avi bixi mjo nq cij'tli eig cvRti i nvo t\_tK| ZvB ÖAvgvi tctUi t\_tKB gvbeRvtZi Rbñ— GB tMSie tera Kivi mthvM bixi t' bB| bögm ati wZj wZj Kti wbtRi kixti gta' gvbtai mjo Kti l mjoKZPwntmte cvl bv 'KwZ bixi nvZQov ntq hvq|

weevn-m'utK' evBti gv nI qv

1966 chš-tbqv Zt' i wfwE'tZ 1994-G cKwKZ Zwi GK Mtel Yvq tK. Gg. G AwRR t' Lvb th, eisj vt' tK gv l beRvZK gZji GKwU etov KviY weevn m'utK' evBti MF'avi Y<sup>1</sup> | tKvtqmbM (1998) AvtiK Mtel Yvq t' Lvb th, 1976-085 mtj Pu' cñi gZje\_vbvq weevn m'utK' evBti tKvttv

<sup>1</sup> MF'avi Y kwiU wbtq Avgvi AvciE AvtQ| tKbbv GtZ gtb nq bixi Atb'i mšb KtqK gñmi Rb' avi Y Kiti gv | hv Avmtj cij'l Ztšj AwacZ'tK tgth tbq|

<sup>2</sup> Koyenig M. A, Maternal Mortality in Motlab, Bangladesh: 1976-1985





Qgrtqi `jai weKí tbB0 Gi Kg cPvi Yv Pj tQ me@#i | gv l wki wetklÁ, mi Kvi l Dbqtb ms`v,tj v  
tRvi w`tQ wki Rtbfi 6 gvm chS-BbtUbmrf te@- wdlWs-Gi lci | 2 eQi chS-Ab`vb` Lvetii  
mvf\_ mvf\_ gvtqt` i `b` v`bi K\_v ej v nt`Q | Gme K\_v i tclvctU KgRrex bvi` i Rb` gvT 4 gvm  
QyU KZUKzchP ?

KgPqtT wki hZetK>^

evsj vt`tk, nvZ tMbv hvq Ggb KtqKuU c0Z0vrb wki` i Rb` w` evhZetK>^ i tqtQ, A\_P wki i  
Dbqtb Rb` Ges KgRrex gvtqt` i `v` mj Pvi Rb` c0ZuU KgPqtT wki w` evhZetK>^ \_vKv GKU  
AMUaKvi cvevi thvM` Pmiv` | Gi gva`tg tfgSgZv l Zvi gtZv AtbK m` gvtqi kvixi K l gvbwmK  
mgmiv mgvartbi tPov Kiv thZ | GB aibí mthvM bv \_vKvi KviY AtbK tqtq ev`Pv wbtZ wMtg  
PvKvi tQto t`q | ZLb mgvR l iv0 Zvi KvR l `PZv t`tk ewAZ \_vK | Avevi brixl KgPqtT  
t`tk `#i \_vKvi dtj `PZvq l AwfÁZvq Ab` mnKgP` i Zj bvq wcuQtq cto | bvi` i Rb` GB  
wcuQtq cov AtbK \_i` tZj mvf\_ t`Lv `i Kvi, KviY Zvt` i Nii evBti KgPm mti AvmUv AtbK  
mgvwmK, wj 1/2xq, ivR%bwZK evav tciw tq Avmv | Gi tclvctU i tqtQ Avgvt` i ce@vZvt` i AtbK eQti i  
Avt` vj b l AvZtZ`vM |

Avgvt` i t`tk bmxZ-wbaP Kt` i gv\_vq Avti KuU avi Yv tevanq KvR Kti th, ev`Pv iv bmb/` w` ev G  
aibí brix wbuKUZtqt` i nvZ gvb | nq | Aek`B evsj vt`tk mSvb j vj bcvj tb l Mpn`wv i KvR fVM  
evUqvivq Nii Ab` brixiv nvZ j vMvq, wKŠ` mevB GB mthvM mjeav cvq Ggb bq | KvR RB G avi Yv  
lci wfvE Kti GKU iv0 e`v Zvi KgRw3 i GKU etov Asktk Amb0QZvi gta` tdtj ivLtz cvti  
bv | tfgSgZvi mvPvrKvti Avgiv RvtZ cwi th Zvi KgPqtT t`tk chP QyU bv tctq Ges wki hZet  
tK>` i mjeav bv tctq tm Zvi gv l kvimoi kiYicbeng | Zviv tfgSgZvi AbcPwZtZ wki wU  
t`Lv kvbv l hZetbqvi ktyU t`b | Zviv bv \_vKtj ZvtK KvR tQto w` tZ ntZv mS#bi hZetbevi  
ktyU t`evi Rb` | GLvtb Avti Dttj LthvM` th, tfgSgZvtK mvrhv` Kivi Rb` Zvi kvimoi cvebv Zvi  
wbtRi msvti Zvj w` tQ XvKvq Pj Avtmb | A`P, KvR Kivi Rb` brixiv Nii evBti Avtm,  
c0qvRtb wbtRi AvZtq`Rb tQto Ab` RvqMvq hvq | iv0 Ges mgvR e`v thtznZ bvi` K Rbkw3  
wntmte KvR j vMv`Q, AZGe bixi GB MwZgqZvtK mPj ivLevi Rb` iv0 tK DchP bmxZ l  
KvhP tgi e`v KitZ nte |

tckvMZ DrKl`ebvg gvZZj

25 t`tk 30 eQi eqmUv D`PukPvi Rb` wKsev tckv evQB l tckvMZ Ae`vrb mP` i nevi Rb` brix-  
cij` l Dftqi Rb` B \_i` ZcY`GKUv mgq | GB eqmUv ev`Pv tbevi Rb` l DrK0 mgq etj bvi` i Rb`  
tckvMZ DrKtl`P ct\_ gvZZj GKUv evav wntmte wetewPZ nq | thgb Avgvi DEi`vZv tnbvi AwfÁZv  
Gi Kg Uvbvct0tbi wP` Ztj ati | GKUvi ci GKUv KvR e`tj, c0Z0vb e`tj hLb tnbv mwvU M0c  
PvKvi tclj Ges teZb, c`we, Awdmi cwi tek, tckvMZ Dbqtbí fivel`r w` Kwb`Rbv t`tL tm  
PvKvi UvtK wbtRi Rb` DchP etj gtb Kij, wK ZLbB tm Mf0Zx ntjv | Awdm Zvi c0Z weifc  
AvPiY Kti w | tnbv ZLb XvKvq PvKvi KiZ Avi ifcb (li `v`gx) PvKvi KiZ gqgbwmstn | XvKvq  
GKv t`tk wbtRi hZetbqv, Ww3vti i KvQ hvl qv tnbv mvgtj wbtqvQj, wKŠ` wecuE NUJ ev`Pv c0teti  
ci | Mpn`wv i hveZxq KvRi mvf\_ Gevti hP` ntj v mS#bi j vj bcvj b l htZie fvi | ev`PvtK tKvb  
Ww3vti i KvQ t0te ev Avt` S Ww3vti i KvQ t0tvi `i Kvi AvtQ wK bv, ev`Pvi tclU th \_og \_og ká  
nt`Q GuU wK `vfwek bwmK A`vfwek, ev`Pvi Mvtqi ZvcgvT v KZUKz\_vKtj wbu0S`\_vKv hvq— Gme  
wel tq i aytUw tclvrb `v`gx mvf\_ Avj vtc tm Avi tcti DVUQj bv | AZGe PvKvi tZ B`elv w` tQ tnbv  
Pj tmj gqgbwmstn | tnbv `v`gx Zvi mgeqmx | GKB wel tqB Zviv covtj Lv Kti tQ | ifcb Zi Zi  
Kti Zvi DbwZ NUw`Qj, Avi tnbv ev`Pvi hZetbqvi Rb` Nii i KvR wbtRtK b`-Kij |

Nti emUK, UvB WvB, tmj vB Gmtei GKUv Kvi Lvbv ^Zwi Kivi tPov Kij tm, hvZ Gme mvgM0 XvKvi t^vKvfb mieivn Kievi GKUv e^emv tm c0Z0v KiZ cvti | wKs^tmUv Avmtj wbtRtK mvs0v t^qv ev tKvfbv GKUv wKQywb0q wbtRtK e^--ivLvi t\_ivvc gvT! 0Nti efm KvR0 GB avi Yv ni nvtgkvB tqtqiv te0Q tbb| A0btKB eyUK, eK, cuj 0 BZ^w^i KvR Kti DcvR0bi GKUv iv^vtei Ktib thb msmvi Avi m0vb Zvi hZet\_tK ewAZ bv nq| wbtRi tgav, tckv^wiZji Dch0 c0qv0Mi tPtq| wK A\_0wZK gy0 Gt0t0 tenk \_i^Zj cvq? bwiK G i aymsmti i 0evowZ0 Avq?

bvixi Avq wKsev Avq Kivi c0qvRbxqZv GLt0v A0bK t0t0 HwQK wntmte weterPZ nq| Avi ZvB bvixi Rb^ Pvkvi t0t0 \_tjv Ggwb0ZB ^eix cwi tek cwi tekb Kti | gv nI qvi t0t0 GB cwi tek Avti v ^eix ntq I t0| gvT 4 gv0mi gvZZKvj xb QvU, Kg0t0t0 m0vb t^Lfvj Kivi RvqMv bv ivLv, Gi Kg tek KtqKwU ev^e mgmiv Pvkvi Rvex bvixiv ni nvtgkv tgvKvtejv Ktib| evsj vt^tki mgvR e^e^vq cwi e0ti Ab^ bvix m^miv ev m^v Mnkt0tKiv Pvkvi bvix^i gvZtZji evowZ Pvc t\_tK LwbKUv ti nvB t^b, wKs^Av^Z Gi tKvfbv ev^em0sz mgvavb GLt0v c0wZ0wbKZv cvq w0| Avi ZvB gv nI qv gvfb A0btKi t0t0 Pvkvi t0to t^qv|

tnbv Avevi GUvI etj th GUv gtb Kiti I fj Kiv nte, tKvfbv GKUv etov tKv^0wb0tZ Gw wKDuUf gvK0D^Pct^ Avmxb ntq, tgvUv A0ti teZb tctq, ^wv ^wv tcvkvtK m00Z ntq, nvBwntj i LULU k0 Ztj c^Pvi YvtK tnbv Rvtebi j 0^ w^i Kiti0Q| eis I i j 0^ Ggb GKUv wKQyKiv, hv wbtRi Kv0A\_0n ZvB wbtq Avmte| I Ggb tKvfbv KvR KiZ Pvc, hvi wFZti tm wbtRi c0Zdj b t^Ltz cvte| wKs^tkI ch0^wbtRi ktj, tgav, wK0vMZ thw^Zv memKQym ev^Pv vj bcuj tb e^q Kiti0Q|

Gi Kg D^vniY Avgv^i gv0qi c0RtbB Avgiv i0tZ cvB th m00bi Rb^ Pvkvi t0to w^tqv0tj b, GLb c0Yv eqtm Gtm Zvii c0k0k0b, 0tmUv wK GKUv fj w^v0^0j ?0 thgb Avgvi GK evUexi gv| fvtj v OvT x w0tj b, fvtj v Pvkvi KiZb, wKs^tgtq^i Rb^ memKQv t0to0to w^tqv0tj b ev^Pvt^i K\_v tftel ev^Pvii fvtj v\_vKte, fvtj v Kite G\_vj vB w0j Zvi c0vb wP00 AvR tqtqiv c0Zw0Z ntj I ZvtK gtb nq w^3 | Avmtj B tZv, GB Z^v0mi wK gj^ Zvii tctj b, i^ayi Z0f0Dcvwa Ovov?

tg0gZvi t0t0 t^Lv hvq th tm Zvi wki m00bi Rb^ XvKvi ev0ti gvch0q KvR Kiv eU ti t0t0 Ges tWt^v efm Kiv hvq Ggbme KvR tckvMZ ^wq0Zji gta^ wbtq Gtm0Q| Gi Kvi Y wntmte tg0gZv gvch0q MtelYv KvR KiZ w0tq GKevi e0bYemovq Aei^x ntq hvevi AwfAZv etj w0j | Gi gvatg tm Ztj atiw0j gvch0qi KvRi Amb0qZv I AmbivcEvi K\_v| t^tk mmeRf0te bvixi Rb^ th w0ivcEvnxbZv I Amb0qZv w0ivR Kiti0 gvZZKvj xb mg0tq tmUv w0tkI gvT v j v f Kti, Kvi Y ZLb bvixi mvt^ AZxe bvrK wki m00bi w0ivcE v Rv0Z\_vtK| tm m0vb tct0i wFZti I\_vKtZ cvti, tct0i ev0ti I\_vKtZ cvti, Kg0t0t0 bvixi mvt^\_vKtZ cvti A\_ev Nti Ab^ Kv0iv ZEjeavtb\_vKtZ cvti | m0vavi Yf0te m0vb0K wbtq Kg0t0t0 hvevi B thLvfb cwi tek w0w0Z Kiv nq w0, tmLvfb m0vb0K mvt^\_ wbtq gvch0q KvR hvevi c0k0D^i vct0i tKvfbv m0h0MB tbB|

dvi nvbv nwdR A\_0wZtZ m0ZtKvEi Kti KvR Kiti0b temi Kwii D0v0b ms^vq| Zvi c0g t0M0b0Y e^\_0q gvch0q KvR KiZ w0tq, 0gtYi mgq SuKubi KvitiY| dvi nvbv etj b, c0Z0vb thf0te Zvi I ci fimv Kti, ^wqZj t^q, ZvtZ wZvb I Bmgq 0gYUvtK ewZj KiZ cvti b w0| wKs^ZvB etj GB Mf0vtZi ^vq f0M Kivi Rb^ th Zviv Gw0tq Gtm0Q Zv b0| wZvb Zvi ^0gxi KvQ t\_tK mngv0Zv tctq0tj b wKs^AvZ0q^Rbiv Ggbf0te K\_v ej^Zb thb Mf0vtZi hveZxq ^vq Zvi B| A\_0, 0Zvi Avti v tenk m0vavb \_vKv DuPZ w0j 0 ev 0AvRkvj Kvi tqtqiv GZ tenk D^Pvkv^0x th Zviv Mf0vi Y ev ev^Pvi w0tq ht^0 hZ0vb b00|

gvZZj;ebvg m10kxj Zv I wbr`Zv

OGKw b Awig Avgvi `B er`Pr4K Ng cvow`Q| GKRB4K cv4qi I ci Av4iKRb4K tKvtj ...| Avgvi cv4KB wQj GKUv LvZv Avi Kj g| nVvr Kx gtb K4i thb `BUv j vBb wj Lj vg, Avgvi wfZi t\_4K Zvi v tei n4q Avmtj v, nvBKi g4Zv thb tm\_4j v... SiSi K4i Avgvi tPvL w4q cwob tei n4q Avmtj v... tmw b Awig e4StZ cvij vg Avgvi Avmj m10 n4j v IB j vBb\_4j v, Avgvi tj Lv, Avgvi wmtbgv... m4sb GKevi t4t4i t\_4K tei n4q Avmtj tm w4Ri g4Zv K4i etov n4e wK4 GKUv tj Lv4K AwigB i4c t`e...|0 Pj wP4wbg4Zv kv4xg AvLZvi Gfv4e eY4v KiwQ4j b gvZZj I w4Ri mRb4xj Zvi mnAe`v4bi K\_v Ges gvZ4Z4j `w4qZi Qw4c4q mRb4xj w4R4K L4R cvl qvi K\_v| gvZZj; bvi xi GB m4vi weKv4k evav t`q wK4 GKb m4v\_ m4sb4K evav etj tgvUv`v4M Pw4yZ Kiv mnR tZv bqB eis tmUv te`bv vqK| thgb kv4xg ej tQb, 4ai`b wj L4Z e4m4Q... tKv4v GKUv j vBb gv\_vq G4mtQ... `4Kj g n4Z wj L4Z cwii w4b t4t4q G4m ej tQ, gv Avgvi GB KvRUv GKUv K4i `vl ... bv Ki4j B bq... ZLb tm j vBbUv th cvj v4j v, tmUv Avi tK L4R cv4e...|0

t4S4gZv Mvb MvBZ GK mg4q, Qvqv4U t\_4K A4bK m44yb w4t4q Mv4b cvm K4i t4Q| GLb m4sb4i Kvi4Y Zvbc4v w4t4q, nvi4gv4bqv4g w4t4q emv nq bv ev em4j I wniY` GLb Lv4e wKsev Ngy4e GRb` D4v co4Z nq ev Mv4bi e4vc4i Uv th4nZw4ki m4sb tev4S bv, ZvB tmUv Ki4Z tM4j wniY` wei<sup>3</sup> nq| Avevi t`Lv hvq hw I ev t4S4gZv Mvb MvB4Z em4Q wK4 ti I qvR Avi iex`4nsM4Zi N4vb4N4b mj t4Qto Zv4K t4t4qi cQ`mB we4v4ct4bi RgRgvU wR44j tM4q DV4Z n4`Q| Z4e t4S4gZv Avk4v`x K4qv eQi c4i tm Avi Zvi t4t4q GKm4v\_B Mvb MvB4e|

tnbvi K\_v t\_4K D4v Av4m m4sb Kx4v4e bvi xi c4iv mgqUv, c4iv R4v4Uv `Lj K4i tbq Zv| tm etj, OGKUv gv4b| mvi v4Y GKUv `w4qZ4eva w4t4q Pj tZ cv4i bv... GKUv w`b Ggb\_vK4e thw`b gtb n4e Awig i4y Avgvi... Avgvi tKv4bv er`Pv bvB, wK`QybvB... e4pc4j b`xi Z4i teov4Z th4Z PvB4j er`Pv4K Kvi Kv4Q ti4L hve ev er`Pv4K w4t4q tM4j Kx Kx m4v\_ tbe Gme wP4v Ki4Z Ki4Z teov4Z hvei B`QvUvB P4j hvq... i4cb n4Z Qv4i w`b eve4K wKQv4Y ivLj wK4 c4qv4R4bi mgq wKB Avgvi W4K c4o... tnbv evey Lv4e, evey wmy Ki4e, evey nv\_ Ki4e, evey GLb Ngy4e...|0 tnbvi K\_v\_4j v4K Awig `4gx4i wei`4x t`vl4v4c ev `4gx4i `w4qZ4v4Zv ev N4ii Kv4Ri `v4fv4i fvM bv Kivi Aw4v4th4v4Mi tP4q Av4iv etov t4c4v4c4U w4k44y Ki4Z PvB| hw I tnbvi Kv4Q gtb n4t4Q `4gx ev cwii ev4ii Ab` mevB hw` gv4t4t`i c4Z mn4bv4w4k4j nq, Zvnt4j GB ai4bi nZvkv bvi4x`i c44K KmU4q IVv mnR nq|

gvZZj;ebvg bvi xi th4bZv

m4v4i YZ bvi4K th4sb4fv4Mi w4l qe`wnt4m4e t`Lv n4q \_v4K| bvi xi w4Ri I th th4sbP4w`v Av4Q, GB w4t4q cv4v4j K cwii m4i K\_4v4Z4L4B Kg nq| Avevi gv gv4bB m4v4i Yfv4e Avgiv tZgb bvi4KB t`wL th th4sbZw4e4v4R4Z| Avi tm Kvi4YB tev4nq gv-bvi4K cRvi Avmt4b em4v4v mgv4Ri c44K mnR nq| tnbvi m44v4Kv4i bvi xi GB w`KvU I D4v Av4m, thLv4b tm ej tQ gv nevi ci Kx4v4e Zvi kixi cwii e4Z4 n4q tM4Q| 4w4R4K Av4bv4q t`L4j Kxi Kg K`vKvi Avi A4P4v j v4M| gtb nq Avi KL4bv tmB Aw44K cve bv|0

gv bv nl qv

tKv4bv tKv4bv bvi x th gv bv nl qv4KB te4Q w4t4Z cv4i Ggb K\_v L4e tenk tk4bv hvq bv| eis Avgiv i`w4b gv nevi Rb` KZ bvi xi KZ tP4v, Zw4R gv`w4j civ, Ww4vi-wci-c4wK4ii Kv4Q ai4b t`qv| wK4x eo4v Ggb GKRB bvi x, hvi KvQ t\_4K Avgiv i4b4Z cvB, A4b4i er`PvKv`Pv Zvii fv4j v j w4t4j I w4R4 KL4bv w4Z4b er`Pv w4t4eb Ggb B`Qv K4i b w4b| er`Pv j v4j bc4j b Zvii Kv4Q gtb n4t4Q S44g4j v| eis w4Z4b `4j I K4j4R Qv4Qv4x4i f4M4j cw4t4q Av4b4v` Av4Qb| Z4e m4gv4w4RK Ab4v4w4v4Z tM4j



t`Lj vg nj j , mv`v Zij , gj , i t`3 i NbrfZ wcE  
MnYi t`tK av`v w`tq tei ntq AvmtQ,  
av`v w`t`Q, tRvti , Avti v tRvti

MnYti i wfZi w`tq ZvKvj vg, wki i gv\_v  
Kvtj v Ptj XvKv, t`Lj vg tm wK nvt oi tcQtB i tqtQ, k`3 tMvj `wZ  
BDt`m tbi tmB bvm`Zvi wcv`Qj nvZUv Nj vt`Q, Nj i tqB Ptj tQ  
Avg tmLv t b wQj vg |  
hLb Avgiv c`Z`tK  
Zvi gv Ges Avg Zvi GKUv cv ai j vg Ges Qio t q w`j vg  
Avgiv av`v w`w`Qj vg  
Avgvt` i me k w`3 w`tq, Zvi av`vi Dj tUw` tK  
Avi Zvi `v`gx` YwQj , OGK, `B, wZb0,  
KtWi fvt e tm ZvtK ej wQj gtbv thvM w`tZ, Avti v `p fvt e  
Avgiv Zvi ci Zvi wfZti ZvKvj vg  
Avgiv tmLv b t`tK Avgvt` i tPvL tdi vtZ cvi wQj vg bv |

Avgiv thwbUvtK f`j tMj vg, Avgiv mevB  
Avi Kx e`vL`v ntZ cvti  
Avgvt` i m`f`gi Afve, Avgvt` i Av`h`nevi A`l`gZv  
Avg tmLv t b wQj vg  
hLb Wv`vi wfZti t`c`S`Qj Zvi O`Guj tmi Av`h`bMi O`Gi PvgP wbtq

Ges Zvi ci Zvi thwb ntq tMj weivU Db`f`  
GK Kg`l`g g`L`MnYti  
meR w`3 w`tq tm Mvb MvBwQj  
c`l`tg tQvU gv\_v, Zvi ci ami j `vZt`ctZ nuZ, Zvi ci `\*Z muZiv t b v kixi,  
`\*Z mvZti Ptj Avmtj v  
Avgvt` i m`b`i Z nvtZ

Avg Zvi ci l` tmLv t b wQj vg hLb Avg N`i  
Zvi thwbi g`L`v`g`L` `wvj vg  
Avg `wvj vg Ges wbtRtK t`L`tZ w`j vg  
Zv Qov t b v Ges m`u`Y`Db`f`  
weKj v`2, `l`wZM`- t`dvj v, wQbref b e  
Wv`vti i nvtZi Dci m`g`MZ i`3 Si vt`Q  
th Wv`vi k`v`S`fvt e e`tm ZLb tm thwb tmj vB Ki tQ

Avg `wotq `vKj vg Ges tPvL e`ov e`ov Kti Zv`Ktq `vKj vg  
nVv Zvi thwb ntq tMj GKUv e`ov j vj i t`oi  
aKctK urwcE  
u`q AvZ`Z`vtM m`l`g  
tZgwb cvti thwb

Ü`q cvti ¶lgv Ki tZ Ges i × Ki tZ  
tm Zvi AvKvi cvj UvtZ cvti  
Avgvt`i wfZti XK tZ w tZ Ges  
eʔor ntZ cvti Avgvt`i tei ntZ w tZ  
thgb cvti thwb

GUv Avgvt`i Rb` e`\_v mn` Ki tZ cvti  
cñwvi Z ntZ cvti  
Avgvt`i Rb` gi tZ cvti  
Ges i<sup>3</sup> Siv tZ cvti,  
i<sup>3</sup> Swi tZ Avb tZ cvti RñUj Avi we`šqKi GB cv\_extZ  
thgb cvti thwb  
Avg tmB Nti wQj vg  
Avgvi gtb cto|

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