

**&eN dtyll†**

pmwrf t us0f

þpmwrf\&n1/6 tsurh pma&q;mrifv\ Owkvltstull zefw&mwff tolyk  
aom ZmwfvrfES Zmwfqmi w\lqyf\ Owkvltst tizpf zefw, lyll avlv  
wifjyv\c i jzpfyonf rifvlonf Owkvltstull&om&mwff w\lqyf\ Es v\lqyf  
a&muatmif zefw wifjyav\lqyf\ xlb\lqyf\ l\lqyf\ v\lqyf\ &mwff t "uZmwfqmi f  
wp0DODultajcc\ Zmwfqmi ES Zmwfvrf womwnfjzp\atmif qupyze\lqyf  
, bnhenfpepuhaw\lqyf\ rifv\ Owkvltst w\lqyf\ ZmwfvrfES Zmwfqmi w\lqyf  
onf wp\lqygi\wp\lqyf\ xJ twlwh\lqyf\ smlydv\lqyf\ zjz\lqyf\ l\lqyf\ w\lqyf\ b\atmif zefw  
, bnltww\lqyf\ nmul avlv\maw\lqyf\ onltavsmif ZmwfvrfES h Zmwfqmi w\lqyf  
qubg zefw\lqyf\ pmwrfjy\lqyf\ wifjy&jci\ jzpfyonf þpmwrfsw\lqyf tavlv\mch  
tizpf\ifv\ Owkvltigifcsyfpm\lyrs pmwrfacgi\p0EStqBvsibnh Owkvlt  
(2) yk\lqyf\ l\lqyf\ v\lqyf\ wifjyoftrnfzpfyonf

aontsaufa0q] m&/ / OwKw! Zmwfvrf? Zmwfacqm! ? tmNyifP zefwdr!

ed qef

þpmwrſonſ ]riſvʌ 0wkwɪtſn̩rſ ZmwvrfES ſmwāqm̩f quþg ſewvðr} uſ  
avkv̩mwiſyxm̩aom pmwrſjzpſyonſ! 0wkv̩ta&;ygaom t\*ſyfſm̩jzpſonſ Zmwvrf  
ESh Zmwāqm̩ſwlbniſ rnbniſtſeſuſ ta&;ygonq̩lloſ oabmuſyōemtjzpſx̩m̩iſ  
aqſaEfw̩iſyxm̩ygonſ! xlb̩w̩iſy&mw̩ſf 0wkv̩þma&;q&mrſn̩x̩ſ riſvʌ(1) uſyſweſ  
ylyiſ (2) vrfjzwſuſaom ESvNom0wkv̩ (2)ykſuſl tavlvmtjzpſ wiſyxm̩ygonſ!  
xlb̩w̩iſv̩maomt cg riſvʌ0wkv̩tſonſ Zmwvrf [ ſ 0þpmay;wiſyonhoabmxuſ  
ywDeſuſiſw̩faw̩riſaom b0tuſuſwptſuſ? &n1/6 ſuſwptſkluſ tawþwptçþb̩l  
a&muſatmiſ wiſyxm̩onbabmoſ awþygonſ! xltawſay:vm atmiſewvðm̩  
olywDeſuſiſw̩ſ awþriſaom wu, ſavmurs Zmwāqm̩ſ ſ ſ ūl p1vſuljzih oſuſuſ  
aygþgþþzeſvða&;oſEſhomoſ twwſynmuſl awþygonſ! rnbniſtallumiſt&muſtq̩l  
zwſl aumiſatmiſ zeſvða&;z̩m̩ ſ ZmwvrfES ſmwāqm̩ſonſ wpDEſ hwpDĐ o[ Zmw  
jzpſatmiſquþg ū&;oſrlonſt"uſonuſlwiſyoſrnfzpſyonſ!

\* vufaxmufuxu? jrefmpmxme? &efuleft a0; oifwurblif

1/ 0wkwlsZmwvrfES Zmwfqmi wkaabm

0wkwlnf &opmaytzlylvpfjzponf tjpftysu? taumist&mwpcellu pumajyzi hZmwvrfZmwfqmi wllqusyze wum zwcsipzg jzpamif a;&omxm aom pmaytzlylvpfjzponf 0wkwlnDw&hfbu? 'd'r@lvmuul tajccionf pma;&ol pwlusfES jznbfur pma;&q&m\ apwemqbl&muatmif a;&om&ygonf 0wlsESlywbu? jrefmt bllneft uOfclyu

]]Zmwfqmi wpD(Xol)trsmuul tajccikmí tjpftysu tciift&muul pwlif pmzg f zblqkmaom taumist&m}

[ k aznfyxmygonf 0wkwlsywbu? tyrlmAtqull xivisubm o jyeqll &mwbf-

]]0wkwlnf 1/485&Siftzlylvpfjzponf (ol)jzpbi bn h 0wkw &nif tsurh wptewnfaomtciift&muul uenunenfusif xisri km atmifaznfyzylylvpfjzponf 0wkwlnf pxenunwnsu pmzwba tmlu zrfpnum wptesuuaav;rtaav@pbj txwft xifbll&muobnif wjznfjznfcis qsiippnfjrsif, bff&rnf 0wkw twif&nsf onf pmzwba tmlu@plufl mmoibavmubm &bi bn if pmzwba tmlu, f tjcmaom tciift&mrn xydifvncif pmzwfbufranmifcif 'IfeJyDqllvlu&ayon}

[ lkmygonf

pmzwfbu wtaejzi h 0wkwlkbnf toES zew&mwif 0w&hnu blltjzf tysiifmifpbi ul arifvixmoi hy/ tmlu@pluflwptewnfon arifvifkm&ayrnf w' \*ftwif wptexlwnfjzpusif taumist&muul ol@Zm&hionf 0w&hnu bll pwlif mif&uif &yifewjzwawmuscis rjyklluay/ pmzwfbu@xjwif Naijciif&tiftqlloway; &rnf rhu 0wkwk oabm uPnjzpfygonf

0wkwllif Zmwvrfyg&bnhylyif swpqi h wjznfjznf wllwwajymif vj vmaom 0wkwpmaytzlylvpfif ylyiulblyif Zmwvrfygcisulpmzwly&tbfbwif E@buu n onf ZmwvrfESlywbu? uubo&ifrmESku&yfifw-

]]Zmwvrfqibnfrh rjzpapvnom tu\$oua&muif &ap&eft wif pma;& q&mu jzp&yrifmuu pepfwu@p0xmaom jzp@jzponf tcsif tquif rdonjzp&yrifmuu a%cs, f xifay:vmaom tu\$oufmuu pepfwus a%cs, pp0&onf wptenitmjzilqllom tmlu@rjzfay:ap&eEsh tmlu@r t&llusqifap&ef pma;&ol a%cs, pp0@rjzp&yrif Zmwvrfjzponf}

(pm-167)

[ lkqkmygonf

pma&obnf 0wKwpfylfu&om&mwif &nif& tsu&&rnif x&nif& tsu&ll  
a&mu&t mif jzp&yfsmu&llpep&wup&0x&m&onif 'd "ravmur&vlpfa, mu&b0onif  
jzp&si&bv& jzp&eww&bnif rxljcm&aom jzp&yfsm&onif quif& jzp&si&jzp&e&ll&bnif  
x&ljcm&aom&jzp&yfsm&r&bnif jzp&v&u&ysu&v&u&ESh a&mu&fus&qu&py& jzp&eww&bnif  
&vlpfa, mu& b0tjzp&ftysu&fsm&u&jzp&bnif&w&fa&jyv&u&v&f zw&si&pz& Zmw&v&f  
jzp&v&mr&nf [ kway/

pm&;obnf vßvnuwßjzpysußeaom vtñ\ tjpftysutñull cþmèm,vn  
at mif llñpmñyvñf xßp&yfsm,xßs pthDipmzG ? ptvñly&ñzG f aumisaomjzp&yfsm  
ull a%cs, f pmzwfbitylfrjzpEñlonp jzpEñacs&bnf[ k vufñ llñfymatmif  
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tmñyñflñteuñlluus&ifrlñEsh&u&yþñflñ -

॥तम्युक्तिक्षेपं च विवरप्रयोगं विद्यन्ति जपायः प्राप्तं  
केलुसिबुति त्रिम्पक्षं त्वयि विद्यन्ति ॥ (प्र-43)

[kzθfθkθmθgθnθfθ]

**t̬m̬l̬f̬r̬Eʃ̬w̬b̬uʃ̬**    **t̬j̬y̬Eʃ̬t̬aj̬ym̬**    (Showing and Telling)    **p̬m̬t̬ly̬f̬w̬f̬**  
**aʊ̬m̬æ̬t̬b̬w̬uʃ̬ –**

[kalkmeyer](http://kalkmeyer.com)

Zmwfrfzefw&mwff t"duasomt, Nyfrbnf Zmwfqmifsmu ygof vly&fay;  
&ici fizpfoonf t mNyfrEShywbuſ rm\*&uſycu –

]]Zmwfvrfwif Zmwfqmiftaejzih rdtm [ elwmvmaom taEift , Luf  
rsiutlrbliqfrnfolt [ w&iqiftr& oNyefwifrnfublatmisrif  
ph a&mu&bnf (0q) usqllonfullazmfxymyqonf ]]

(pm - 72)

[kɔk'myɔn]

wr̄t xltqllunvñvn̄ tñlylrlbn̄ Zmw&fw&eft wñf jzpñomvñf wñ, f  
wr̄t ygñi fñy&ñ&onñññ Zmw&qmñf sñomjzpñññ tñlylrlit &ñamñf ñap&ef

t mlyiflwif polivif t mlyiflbnivnif &lo;onif tcDwifsmif Zmwfaqmif  
wpDD\cþmcuifm? tawftjrifsmjizh 0wifpifkifull a;&omoniif xlbif&om  
&mwif Zmwfaqmifwif polivif t mlyiflublbnif 0wif (o) ½y&S? jyZmwifsmif  
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cspf&m? rlefp&m? av;pmfp&m ponfzihpifif \$pifzpfay:atmif pma;&olu zeifwif, &oniif  
Zmwfvrfauif wpifkifzpfefit wif Zmwfaqmif ta;&ygyifull "The Fiction Writer's Work-  
shop" pmiflyif&omol \* \$zuElbmiflpif-

o i Zmwfqmi fsi bmu t rsn qN we fzlxmaqm i k u mu on fu p p0&rn f  
x h u m i h Zmwf v r f j z p fay: ap&ef o l w u l w l u t l u t l f y g/ b0? t c p k a i g  
t v l y f w l t w l u f w l u f y g/ o i N Zmwfqmi f s n on f bmu t t k p l u f  
v u b l y w D e f u s i & Zmwf a l u m i f j z p & y f s n on f M u R m u s y e f i z p l v r n }

(pm - 71)

[kək'myɔn]

xltqbnf Zmw&qmifzefw&rlubmu Zmw&vr&ze&w&rlt w&uf ta&;ygaom  
tc&szp&bnf Zmw&vr&ze&w&&mw&f Zmw&vr&ES&v&lu&zu&om Zmw&qmifsmull a&cs, f  
ly&ze&w&, &on&f xltqmifsmw&lv&nf vbm&y&bo? tc&sp& ai&mu;pon&w&jzih  
yw&bu&bnh &nt&fcsu&wp&ck&rn&f ol&sm Zmw&&fullv&u&mapon&f t&ly&f&ll  
izp&ay:&maprn&f q&lt;u&su r\*&zif0w&k&ll&sm a&;en&pm&t k&lv&ff –

Join the community of professionals who are revolutionizing the way we approach mental health. Our platform offers a safe space for users to connect with experts, share their experiences, and learn from one another. We believe that everyone deserves access to quality mental health care, and we're working to make that a reality. If you're interested in learning more about our mission or how you can get involved, please don't hesitate to reach out. We look forward to connecting with you!

(pm – 133)

[kək'myɔn]

Zmw&vrtES Zmw&qmif qupy&babmUlt mNy&ru t "uaznfyaeonf t mNy&ru  
wp&ct w&uif ½&ueufvly&&ef Zmw&qmif w&u p½&ut r&rsu&uzew&ay;jcifjzi hpmzw&fli  
Zmw&vrtay: odu&u&zpfvmaponftjyif Zmw&qmif w&u cdm&rt&su&ulvnf ulpu&

a&mu&ll/mwwygonf wpfgwp&llwif xljcmoimZmwfqmisnulf zeiwjciijziwnf Zmwfrsonf qaqmisf&llmwwygonf

Owlumi&wpfyk jzp&eft wuf Zmwfqmisbnf ta&ygvfbnf pmyfbpbfvulf qaqmisf&ef Zmwfrfylaxfcifrh Zmwfqmisn\jzp&yfsm ylaxfcifciflyifzpf onf ylaxfcam Zmwfrfay:wif tEfif ylfwuf &ifqifae& aom Zmwfqmisn aemufllrmyg&if Zmwfrf\ t&omulj cpmnu&onf Zmwfqmisn&onf oylfrfif Zmwfrsonf oylfrfif Zmwfqmisn&onf tajymif t vjrefif Zmwfrf tajymif vlvnif jrefyrnf Zmwfrf tajymif vjzpf&eft wuf Zmwfqmisn\ pmyfbpbfvif vjlylyifay;&onf xbltjzih ZmwfrfES Zmwfqmisn&onf tjeift vif quEg feiyD Owlumi&wpfyk jzp&vnllygonf

pma;&ob;vllom apwem&n&G tsubli&mu&t mis yhqmi&mwif Zmwfrsu ylla&yonf Zmwfqmisu ylla&yonf kqEfifay/ Efcbvif tElynm zeiwdrif ajymi&fjrmufbom Owlumi&wpfyk jzp&vnllygonf Zmwfqmisbnf ZmwfrfES hqllvif Zmwfqmiszpf&rnf Zmwfqmis&fwn&m b0ES hqllvif uiblygtif &mrsm&ft mis zeiw&rnjzpf&rnf tc&Dwkwif Zmwfrfif rrSwfdwif Zmwfqmisn uiblygtif&pclygonf jpmwrif ZmwfrfES Zmwfqmis qufbG f? Owlumi&wpfyk jzp&ef ZmwfrfES Zmwfqmisn&onf twlvuif nRnwatmisaygi&pyay;&efvif aumis ri&vN Owlumi&wpfyk jzp&vnllygonf

2 / ri&vN Owlumi&wpfyk jzp&vnllygonf

pma;&q&m ri&vbnf Owlumi&wpfyk jzp&vnllygonf oDwifsm\ xljcmcsifri trsn&tmjzih vif, wllobmOrsmull aygagyg? oibefuvif zqllwfcif jzpf&rnf oN0owluaav;rsmonf Owlumi&wpfyk jzp&vnllygonf pmyfbpbfvif onf oN0owluaav;rsmonf vltif talmis(nmr) 'llfcelyDqloifwwbni Nyqnh onESh zwfbpbfvif wpplypcly&pft mis zrfpmEfif&gonf ri&vbnf tao;tz&talmis t&mv;rs? trSwfxifzpf&vif Zmwfqmisn&onf aygagyg? Owlumi&wpfyk jzp&vnllygonf, Efif&bnfif

2 ? 1/ usyfwefylyif

usyfwefylyif (1985)cEfif azazmD&llxlf ply, jzlr\*Zi&wf a;&omch onf Zmwfrf\ tuofrh usyfwefv;wpf&vbnf bwfpsumpy, f, m pma;&rau;? pma;&Bu? oufbmnu&nfqifif pmyf&f? ylflyif? oibfumorm? oibfum ifpfbol&fuaav;? tvfuleqif&fif rftorif&fif xrisctif&fuaom reftfbu&fif tqlqif&fuaom a&mu&fbiflyif a;&zlkmygonf usyfwefv;\ OdoovuPmif usyfwefv, fwnifvnluxu&fif plkyhe&fifpljzih jye&fif jyif xDwkwif

av;wif usyfwefv;ull rnblertrvllmubj rtrvluvs tjrefqllvfwajmuf atmif  
 BuKpmNmonf aemufqllwif xriſcſtlybaom qif&bnfrfrBuD vufxbll  
 a&muſvmonf xltfrBuDons rsuptjrifprfESh usyfweftplwfv;ull pwllqiflyll&ſf  
 reſrBuDxlls vutll, bſciſzpbonf vrſxlyll, mqifbDif usyfdaumuf  
 aq;aydlyESh r&rfjymwpfxlyf, NyD qifuaumiſv;onf usyfweft jzeſunlyvif  
 jyeſvhy;yg[ lqibnf reſrBuDons usyfweftlyef, NyD acRct uſxhſrwfpvpluſ NyD  
 aumiſav;tmay;vllbonyf aq;vyf0, fawny tcoſxlybm0, f, bbonf tifblyef  
 a&muſaomt cg ari;jzpbolu xlyfweftplwfvav;ull aq;vyf0, f  
 rnf xtbifſtzbfBuDons rsuptaumiſaomamuni h tpkvlftrjiflyl vutlvltfnf k  
 ajymqibnf xltcgtaBuD uolwpfg;pwfrcsſomamif rjykvlyg[ lqibnf xltcg  
 uav;rav;u &ſapmybkm tvſcllylxlnfnf hajmonf reſrBuD acgiſwifwifeg  
 onf a&ſb0utvſgerpiMu, f, cb0wif 'kuwwpfylſjpaeclonf tvſqif  
 onf oelſſ&rnf xllmuni h usyfweftplwfv;ull rollbxmrnf kqifzwvvlubnf  
 reſrBuDons yllqifplwfv;ull uſyfplay:rfciſxmaom zmatmufll tomt, m  
 xlxnifvlfavonf

usyfweftlyi Dwkvtvbf Zmwfvrf[ ſ rnfra&r&bj usyfweftplwfv; olb&m  
 vnyESh plvfeaoamuni h rnblertrvfrclvbj y&d m, foſum rtrvluvs tjrefqll  
 vfwatmif BuKpmNuyvlybmy0ibnf aſcroef axmefaxmefavmuf ae&aom  
 xriſcſtlybnf qif&hōnreſrBuDurl usyfweftplwfv;ull rtrbpm&ovtſ tjcif  
 orſntm rcfpmapvllomamuni h orſxm vllſciſzpbonyf Zmwfvrfjzpbonf  
 xllmwfvrlwll;xiwif vlvlttwall azmuf;xmonf usyfweftplwfv;wpvſtul  
 tajcwnf vbmwltwplvlyESh y&d m, frſtſtſtolyull Zmwfvrfqifxmonf xll  
 Zmwfvrfwif t"uZmwfqmif h usyfweftplwfv;yiſzpbonf xlyfweftplwfv;ull  
 A[ yif bwþlump, f, mu pma&rav;vufxbll ajymiſay;onf pma&rav;onf  
 1/10l&muſt tv, fwnfnf xufyfplwfybaom wpfusyfweftplwfv; qyfymzhiGothoff&mwif  
 xnfay;vllbonyf xlyfweftplwfv;ullpma&BuD ji iſqifmwif

][ mAm.. ciAmwlu tpkvitjyfborl' Dfcnſvmay;wmy/ [ usvhaiſif

wltcg cPcP pumrsm&w, ]

(pm - 209)

[ kajmonf

pma&rav;u bPfxlubif&rfy[ k qifumxmcibnf pma&BuDvufs wptqifh  
 pmymkav;xll a&muſbifonf pmymkav;uai&mv&mwif pma&BuD uſyfweft  
 1/10l&muſt pml a&wifay;vllbonyf xlt xlwifusyfweftplwfv; xnfay;vllbonyf oubm  
 vužu&nqif aumiſwmwifxllamolu vužu&nfmamoſuſl 1/10l&muſt  
 aiſyfetrf&mwif usyfweftplwfv;ullxnfay;vllſyebnf 1/10l&muſt

][ a[ humif..? usyfweftplwfvlyefvhy;uſtptplwfu]} (pm - 210)

[kɔbni aɪtrfəl -]

]]uswefu 'gy&vlyg? cle%ay:u o%trfvvwu tpu%zu 'gaemufq||  
usefwmv! o%lvlygw, fq&m&j} (pm – 210)

[kajmonf ½tlyBu] –

][ m & r , f x i b l u t p h w f w t j y i f E f v n f E f a e a o ; w , } (pm - 210)

[ kqbnf vužu&nbqfrSaif rfolu –

॥**॥** vG lygw, f q&n&, þ aemulævní vuþu&nþomuþt Hrþy? tJ ÞwntS  
jyeþay;ayg) (pm – 210)

[b] / ½tlyl[onf t[plwfull]v[fc] ji i[sq]lomv[n]r&ay/ ait[r]soluvn[  
usy[weft]plwfullv[fc]ly/ \*, uft[euft]aeEsh plwfyw[eaomt]&monf wez[rb]n[  
onf wez[rb]naomt&mull ai[pu]lyi[szp]aomv[n] v[fc]l[onf] v[ba]bm[  
obm0? vlt[w]s[m]ull Zmwfaqm[iwpD]y) wpDajymisv[um o½ybzmxmonf ½tlyl[  
onf o[b]lump&mwif x[lsy]weft plwfv;ul ay;c[bn]f umormrotD c[nc]el  
v[hi]k[un]ly) cyblw[blw]av[blw]onf r[es]uav;wpD[onf o[b]lumpull v[ss]wm[  
onf o[b]lumpDy) ai[ojcmu]sy&Sf&mwif i[gs]y[weE]p[un]ly;onf x[tc]g  
o[b]lumpq&mu usy[wefv];[f]u[m] jyeft[r]sonf o[b]lx[ub]hawm[  
usy[weft]plw[  
uav;ulw]y) v[ss]atm[onf]v[n] r[aw]m[by] r[es]uav;onf acgi[f]av@&nD, &mwif  
tv[sl]ek[&]Sf tr[or]BuDt[m x[lsy]weft plwfull x[n]y;v[ll]b[n]f acgi[f]av@&nD  
q[&]Sf[un]onv[n] usy[weft]plw[uav;ul v[fc]ly) ajaxmufoerpt[Esh x[ri]c[st]h  
vmyhom r[er]BuDt[m y[ta]i GvpluSyay;&mwif usy[wefv;ul av;acgu[acgu]ly) r[er]BuD  
v[uf]kb[li]x[ln]v[ll]b[n]f r[er]BuD[onf] ro[ay] up[sp]ygatm[&q]ly) ax[ne]bx[ne]  
jzi h[ye]lx[ub]h[onf] r[er]BuD[b]0[onf] yi[ye]sonf b0u[ur]r[v]y) ajcuv[ax]n[e]  
ax[ne]Esh rv[sys]c, l[ae]onf o[b]mwif usy[weft]plwfv;jzw[be]sv[m] vlt[mp]h[&]  
r[&]b[n]f p[iv]ft v[&]b[n]f usy[wefuav;aw]t[ao]m vlt[m]v[&]tw[&] x[te]frBuD[ur]&  
x[te]frBuD[onf] pma& o[b]lumpz[blw]v[lt] p[ly]n[&]q[&]l[lo]m p[iv]ft v[y]l[&]Sf[zp]b[n]f o[b]  
b[onf] q[&]i t[\*]c[&]w[he]aomv[n] oe[pi]l[un]v[ib]n[ jzlp]ijri[rw]b[n]f aq;v[y]  
q[&]f[&]S usy[weft]jy[av;ul r, h[omt]cgwif olt[w]b[&q;v[y]f]0, f[am]b[&] uav;rav;  
tw[&]t[co]s[&]ly[bo]0, k[mi]b[n]f uav;rav;u v[li], s[y]l[usy]weft plw[uav;ul tr[s]  
oligub[li]xy[qi]v[hi]sz[&]um o[b]rn[&]b[im]onf x[tc]g[re]frBuD -

][ h...rvlybaumisbl? tarBuðawmif 'yLsqnLawnhawnfawmf pufrcrſom  
jzpbθ&ao;wm/ oſmaw&uſxJa&mubθ&iſvnſ 'Bvycbpm&rſayg]

(pm - 212)

[ k a j y m q l b n f u a v ; r a v ; u & f a p m y b l m t v f c l l x j x n f r n q l o m v n f v u r f c h c h y / p m a & ; o b n f p m z w f b l t m a j y m v l o m p u m ( o , 0 w k & n k & t s u f u l r e f r b u ) t a j y m j z i h w i j y o n f r e f r b u ] t r l t & m u l v n f -

Jacqui will write fiction

(pm - 212)

## [ kaznifyonı xıyiftajymulıvnı -

॥rvlyyelluG ? [ b0u vß'gefwmrpim, tñv 'b0rfn 'luvwpfyñ  
vñjzpæwm/ aemub0utlqufygaegtñ, / vñw, fqñvm oelbelS&Sf  
polvxmrñt tñ ... 'Nuglultrrollj xñvñwñm taumifqlygvv }

(pm - 212)

[kajymqbñf trlt&mulvñf -

]]refr~~u~~lonf usyweþluav;uH uGyphay:rfcifxmaom zmatmuf  
oltomt, m xlxnlvlfavonf}} (pm – 212)

[kaznifyxmonf](#)

xDwkwk Zmwkrfumunif oufimwqmijsphom tv, wif puluyf  
zmax; xmaom usywefuav; rygbj rjzpEifay/ usywefuav; ul vwk p1ifsm  
tluvwif wpDifwpDif tpeypcne&aom tajcrtaerl twntliifbnh vbm  
wpDifrm cpmvma&atmif pma&olu&zliyfEibnif xlubbuflusyweplwfuav;  
ulZmwqmijspf tajcwntlyvifump, f, n pma&rau? pma&ul? aumi swmxifb?  
1/itlyul? olbdui ifpDorefuav?: tvfuleqif&friforDifponh t&ef  
Zmwqmijsm\ twp1ifsmESbygiipyfum wefif&swnhom t&mwpcell vwk  
wefifxmcisluqibnh oabmo1ifull vifatmif wifyxmonif vwk twp1if  
wpclwnfui Zmwqmijsrifrajymif usyweft plwfuav; \b0 tajymiftvuif  
ofifvulsijsrefbfi wpfufifwpfufif wifyofionif t&eZmwqmijswpDifcif\  
jzp&yfsmultus, fa&bj twp1ifay:1/1 vlabmvlbbm0 ay:1/bmaznfif Zmwkrf  
onif visrefbfa1ifsmofionif Zmwkrfusif ajympumifsmuif xndif&mifvif  
ajympum\oabmtwif pumajymifvif Zmwkrfonif&ol a1ifsmajymifvif &rnjszpf  
onif usywefuav; onif Zmwqmijsph, mifwph, muif usywefv;tay:  
rEfifoufahumif pumajymifluqiflydonEsf a&ol1ifsmofionif rwhhom  
Zmwqmijsrifswk whhom twp1ifull xifcehy:vmatmif wifyEibnifwif  
&nifcifusif: vifhom Zmwkrfjzpifmygonif t&eZmwqmijsm\ twp1ifsmuif  
wpfusif? wpfufifjc, fefjy1/1if Zmwkrfonif visrefbifvifuph a1ifsmof  
onif tijpifhom usywefv; (ol b0emclaoif usywefv; Esf vbm\twuif  
tmifxmonif xltmifxmonif usywefv;\ olb&mvnyif odelyifzphom  
pmzwfbifmif usyweft plwfuav;\ tqiflowfmae&muif odelyif xufefvif

onf tqlowvif xblwESiqellisivus qif&hom? axnlelxmlelravnu&aom  
refrBu\ uli tsipmowjzi h temowixmonf xlefrBu\ 1/1omajzmi frwaoom  
jzlpibom? uli tsipmw&mjynDaom pvt vssijzi kHtly\ usylweav; ulizmatmu  
temay; vlliyonf

Owkwif Zmwfrf [ l zwfumi fatmif zefwrxmaomvnf pma&ol tElyn  
alumih Zmwfrfyaely\ vliifodkmaom talumi t&mull wiyonZmwfrfonif  
pmzwiblt m pvtDipmzG jzpaponf xblpifDipm&jci fESh tqlwEbsur&o cbl  
&jci frf Zmwfrf wlygoibom oufZmwfaqmif usylweft plvluav; Esht &elZmwfaqmif  
rs\ t ift malumi jzpbnf aemufqll Zmwfaqmif refrBu\ t "lZmwfaqmif jzpbnf  
Zmwfrf ull tajmi t vjzpaply\ vliifvIES/Homullvnf ajymif vlnfrwaf; Elhom  
Zmwfaqmif jzpaponf usylweffy\ iZmwfrfonf wpmlutzwrdif p&efwozG jzpny\  
xbltly\ aom b0tobnvnf vliifvIES/Homull twavstlygi fpiatmif jylyif  
ay; Elp&f&gonf xbljzpap&ef ZmwfrfES/Zmwfaqmif ull pma&oluqupyfyl  
o Zmwjzpamif zefwrxmonf ullaw&gonf

2? 2/ vrfjzwfulaom ES/Hom;

vrfjzwfulaom ES/Hom Owkwf (1977) cR Zefvxlif ai Gvn&D\*Zifwif ri&vl  
a&omcjcifjzpaponf pma&q&mrifvbnf rnfonit alumi t&mullif a&apunrl 'd  
avmuullpifvujzi h ygi fpyfzefw&mu o/lylyi vly\ Ebsur&jzpvnf onf vrfay:ü  
a&ch&a&mi fiaom rbrhumifav;wp\, muEsht vrfay:wfifvrfle&mi fiaom tar  
rlqfrBu\ om&bnh refri, f\w;wpD\w\ b0csifwhBmrs cspbts\, b0o\ a&muob\,  
onf talumi fu\if ri&vbnf zwfci jzpG jzpamif a&omclbnf armi pbons ar\y\  
em&y\ favmuftnumwif oltarqlofonf tazvnfr&ly/ aocge\taru jarmi p\k[ k  
trnay;c\bnf armi pbons qlavb\&mtel&omrlifw\, ci&frDEshrsuEfcsisfq\)  
r[mAEKvrfab; trwf 1? 3? 13? 14 bw\pumrSwifsm, wpD\lifwif a&ch&a&mi f  
onf armi p\k\ wif avmuwfppif\&monf a&clvIESh&ch&jzpbnf a&clvmonf  
olb0jzpbnf rwlonfr[mAEKvrfwif uifvrfle&mi fionf uifvrfle&mi f aomvnf  
uifvrfle&pm\&blacs\ armi p\k\ a&ch&u\l wp\ae\k\if olcfuif vumao\monf armi p\Esht  
rwlonf armi p\k\ aifv\pifusy\&uomt\ cg r\k[ ifcgwp\pifusy\z\, f twlwpm\monf  
rw\ar\ae\wifvnf r\k[ ifcgwp\pifusy\z\, f twlwpm\monf rw\ar\etif tonf  
toefrmaom alumi awmo\lye&onf armi pbons rw\ulif\&f\qifv uset\onf rw\ar  
tarurw\ull touav;q, ft&f r\k[ lzuav; av;a, multaz w\lif\lifw\, mu  
Esht ay;pmawm\tnf k owi\lum&onf armi p\k\ x\lalnu\&onf armi pbonsq\lav  
b\&may:ol wu\y\q\hw\&onf rw\&efule&f\yefvmatmif vly\y\y\g[ l jzpbnf  
rwlonf w\lif\lifw\&ES\lifv\y\k\lif\y\;vmonf armi p\Esht\yefw&mwif armi p\k\  
rw\ulif\p\&q\bnf rw\luvnf vu\lif\lif\&onf olw\p\, mu\ cspb\jzpbnh\efwif

topvifqil t0wftpmrsnuDwf wefqmifwlyawmli vnfymli onf cphbtsn  
jzpbontehelil trsvlw&tzpf armipluaq;rifalumifonf ar1y? tonfyjhfppluf  
1ylyltsnukl&ebvmlNrslowtDullokvifxlnf kajymqtlbnf

rwłoni &frškufajy; vñlyð armi pEſyefawłum cspłtſmijzpföñlunon  
Zmwłvrlřni cspłuli? uſ aygiſ orm½usZmwłvrlřyifzpfoniſ xlbrm½usZmwłvrlř  
uſyif pñzwłbłwñif EſbununEłrjzp&ef Zmwłqmiſ p½ulſtulzeñl, lxmoniſ  
Zmwłvrlřzwłciſbzg f &vñ&ontalumis t&iſrni Zmwłqmiſwñ p½ulſtuPmrsnyif  
zpfoniſ xDwkwłvñifxlcmaom Zmwłqmiſezwłjciſzih y&bwifwñpſułunonif  
Zmwłqmiſ xljcmaom ½y&nft&nftao&&vñif ZmwłqmiſuZmwłvrlřuł Ołaqmiſ  
oſtoniſ riſvñowkwłtsñwñif Zmwłqmiſsu orm½us csp? Bułuł? nñ? uſ  
Zmwłvrlřultoudiſ &oajrmułatniſ Ołaqmiſonif xDlaqmiſbłiaom Zmwłqmiſ  
Eſbponiſ xljcmaomZmwłqmiſmijzpfãoñvñiſ y&bwiftBułułtacsñt vñ t xuſwñ  
vñrsmiſ kwlubj tñtajc&majcyif&nom atmufqñt vñrñ vñEſa, muſzpygoniſ  
ol&mwñtřiſvbnf Zmwłqmiſsu t iftmjzih Zmwłvrlřulbñubñułvñuſ jrl;jrl;  
kuuEſhu½Pm&ovnſajrmuł [ mo&ovnſajrmułatniſ zeſwþxmonuław&onif  
armi bñułt&rü -

]]qłavbl̄mte&omkewlf rsuEfcisfqll? r[ mAEKvvrſab; trſwf 1?  
3? 13? 14? bwþſumrſwlfſm wþDlLbñnf oł&ch& jzeſz; &mKmejzpſ  
on{} (pm - 13)

[k otbti, f, ftætxmull pumvltelkñfxnñzih a&aoñamñmih &, ñrm  
&TñMzG fzp&onf

pma& obnfarmi pK a&ch&a&mi fyulll

॥ac&jcwpfktay:wfifoly||f&bnf o||fay:wfif a&c&wi&ef olqeg  
&bnf olqegEsh quvsuflwluav;wfif a&ppfotck tqi|qibnif  
tay:qla&ppfxwfif a&c&wtao; wpfw||bnf olqegay:wfif a&c&wtu||  
pflus, pjzi hz||tlyfxmonf} (pm - 13)

[ k o%yazm& ; om x m on / arm i þ R b0 vly i e fu llo %yazm x m on / arm i þ on / o y y n mu t m rvn / a & c j z p y l u l em rvn / a & c l w l on b0 / a & c b & j z i h v l r s m u l l N t f a t ; a p o n / arm i þ R o f f y i l v u P m u l l n / -

[b&:z] x̄moni x̄hemuf pma& obni armipEsh v̄luzubn̄trw̄qibnh Zmwaqmif  
ulzešw̄i f̄iyebn̄ rw̄t allumifull

]]armi þkt allumi fajymvðif rwłta lumi fyg&rnif rwłrſicgr&ics OrſAllif  
enſenſpʌ/ ołmwł Dawmłr0/ olqkłlons wrmoł xułwmluł/  
rmvumodawmufawmifnif upłqllupłfxmaomt cg jymEþfq, ſweſ  
tłumauſſtawonif olbłrſmonif rnłmacs ołbłrwłlaomallumi h  
olbłt&iſyłfrſmonif t0ga&miſzpæł/ armi þkrl a&Lufxmonif k  
xiſdvonif} (pm - 14)

[ k o ½ y a z n f x m o n i p m a & ; q & m r i s v b o n i Z m w a q m i f s n u l l z e f w b w i f y & m u p r z w b o l t m u l v f & , & , f a r m a r n E S h x t x l q e f q e f j z p l v m a t m i z b o n i Z m w a q m i f s n u l l z n & m u a & ; [ e i u v n i t a x m u f t u j y k x m o n i y l l t m j z i l w r m o l r m v u m o l w E S h E l l , O f u p b q j l l b u l l j y m E S b q , s w e f t l l m a u f E S E l l , S b n i o f r w l l u f o m a l l u m i h o f r s m O g a e o n f u l l i f y k v l v l r s n u l l a & U f x m o n i k x i r y l l o n h t a & ; t z l r s n a l l u m i h r w l o n f p l v D i p m z G f Z m w a q m i f z p b o n i r w l o n f u w f l e l l & m i f a o n v n i u w f l e l l p m b t y g [ h o m t w i f t j y j z i l v n i u ½ P m o u f G f z p a p o n i ar m i p K r w l t a y : x m a o m t c p l l u l l z n & m u -

[k a&:z]on/ xibnufyif pma&;olu armipA tcsf[ h&;z]on/ tv&eqif&v&om  
vr&ay:u a&ch&onfav; Esu&vlebnav; wH tjeft v&farw&w&mull-

॥rw? i gyUfqlvpfusyRd aumw&w, feisopmcsifVjig0, auRr, ॥

॥igvṁ v[ njiāpsu acgūqjyKvāMñvñf pm̄cisiw, ? Nyāvñh zñvñg  
vnf aom̄cisiw, ? Nyāvñh

¶ [ m.. 'Bvmu&wawth igb, fwvEi sygrv? au&wmuwpfusywnf &, ]

[ ḫom Zmwiūnūav;rsn? ajypum̄rsnūll xnlbīxm&m u½PmoufG ? NunEzG Szpāpygon! xltwylrwlu oħraeħwifvn! rle[ iſcġwpisuyfħulbmo, f-  
twlwħpm El Muon! rwlu oħarrift allumi ġajm&mü-

Jarmi þeirr eibomþrúgjauðr, Þ

Itm̥t? eib, w̥eſu i g̥, auRb̥t v̥l̥v̥}

]]wu, fjymvmyg[ ? 'DeViggarGaeYv']

]]tr, feiu eiħra eħolli u m,}}

II[ ift iʃ rob])

It's important to emphasize the importance of safety.

Hygufxrif}}

¶ [ , † t ] gawmhi gvnfrwwE † b † }

¶'Bvlyfv? ei&m i ga&m pmv&atmif rle[ i scgwpfuyfz] oñ0, NyD  
twlvpmñLuvnayo} (pm - 14)

[ k a&:z ] **x** myon / xibEph, mu:wi: i: v p i: u y x u y / r & b l a c s / t p m t a o m u f w i: v n i: w p i: u y x u y / r p m E l a y / o l m w i: w p D N E s h v p D D t j e f t v & i: ar w a x m / **M** on h q i: s & b m j y n b w / b o u l b 1/2 f a z m o n / t c p f u l l o 1/2 f a z m o n / u 1/2 P m v n s o u t y / **M** u n E l p & m v n / a u m i: sa o m Z m w a q m i: w / p 1/2 f u t z l h s t u l l a j y m p u m r s m j i: h o u b t u l v u l v u f w i: y x m o n /

riſvʌwkwif Zmwkrſ? Zmwqmiſt zlwbnf xilſrilaſv; vſtiſr&bl  
oſubſuſuſuſ &eonſ xilſumilvnſ Zmwkrſonſ oſubſuſuſuſ a&lvſmae  
avonſ armiſbonſ rwiſultſbonſt wuſ o0ewbnf xilbabmuſvnſ -

॥rwlaem̥ oM̥v̥l̥m̥i̥f̥wh̥um̥i̥f̥w̥e̥l̥ oy̥tḁm̥r̥o̥i̥f̥ ol̥w̥l̥aj̥c̥o̥v̥॥  
t̥f̥w̥l̥f̥w̥l̥ (pm - 15)

[bjymon/ ttfajc&majcr&fom armiplu ajcovlttwiaw[ kajymvuscijszihu/ Pm  
&oomru &, p&mlykp&mvnfsjzpapon/ armiplooeiwli ptfav;rñ ayghygyg  
&, &, farmanEskibn/ armiplon/ xkuyl rajym&hy/ ajym&eft celaw&ow, [ k  
ajzon/ xltcqwfvnf pma;&q&mrifvl-

To know the shelf-life of vegetables (pm - 15)

[Jznpfusay;vLjcijszih armipRb0onf yI &, famp&njpfvmonf u1Pmoufp&m vnfjpfvmonf]

pm&;q&mrifvbnf tv&fqif&Ef&fgvlyb t&G EStv&lfatmif rt&bmon&fazG  
pm&aoomu&el&aom vii, fv;E&D&\ b0taet x&E&h arw&ptv&lf o&fazn&lf  
o&lvu&fyggaor&vnf u&Pm&oajrmu&ponf rw&luawm&lyefn&ltallum&f  
El&qupum ajymon&lt ce&wf –

]] [ M&mu;& if i g p ma&; aen ]  
]] rw t u acgi f cgon ]  
]] b r j z p f v l v ] [ , ]  
]] r a &; c s i f y g b t ]]  
]] a &; y g [ , ? b r j z p f v l v ]]  
]] i g r S p m r w w b t ]]  
]] e i p m r w w b t [ k w f v m ]]  
]] a t ; e i b u n ]]  
]] i g v n f r w w b t ]]

(w - 15)

[ k a&:z] x̄moni x̄lyiþmxn̄yg [ lyif qkmaomvn̄f armiþkvþþmxn̄f v̄yþmr&  
acs' armiþkvae&moni t̄þelygw̄f&I v̄rþelygw̄f&I &yfufurtrnf&ly/ trþawm̄  
armiþkv̄f t̄þajc&majcyif twñiwur&yg &efufelI armiþkv̄f ay; yqqlv̄f armiþkv̄f  
rn̄fob&muþgrn̄enf [ ka&:z] x̄moni

pm&q&mrifvbnf uł itmūl ūlne&aom vii, b̄v;EþDþ\ b0ESitcpli  
csp&m̄ oemp&maumiſatmif a;&omEitclonf Zmwāqmi wESh vlužušom toſſ  
oP̄neſ t0wſtpm̄? toÓP̄l ajyptum̄? cþm̄rlsnuſvlf vlužužuſ&om  
Eitfālumiðwþn̄ obm̄usyþ &oajrmuſbn̄ tv̄ſ oemp&maumiſonf[ k a;&p&m  
rv̄bl txlyif u½P̄mouþ&mb0rsm̄uſl p̄mzwbwl emvnþþm̄v̄&onf̄ armi þbn̄  
rw̄la, muſm̄, b̄m̄y[ klužaomt cgclm̄rluſ

(pm-16)

[ k a&zliwifxmygonf a&clwESlomb0uH &Sbebe&aom armi plmvnbnf  
a&clwlonjzpfonf} qlomta&tzlbnf ZmwfqmiN b0uHlyay:v&aponf armi pk  
onf oltaw? oltol olbpmrEh rwltwfbpmuH qlavb&m& qifwlpfqI  
a&lw&fxlumvuf tfs qhwmi syESbzmfyonf armi plu -

]]rwłullwynawm wu, tɔp̪ygonbłm? rwł&efułf jyełmatni kłyby;  
ygłm? w½wBułłaoatni kłykliłygbłm}} (pm-16)

[ Itajymt qibni obotaet xmesh viluzuamalumih & , farm&nykzG vnfjzpf oni u%PmouzG vnfjzbni armiplerwl jyevmaomt cgvif cpa& qyvullviy aomit cgvif -

]]rwł? i gcleajymwm b, mW{}

]bmulv{}

॥१५॥ अनुवाद [ ॥१६॥ अनुवाद ] (pm - 16)

[kjzpfygonf xltcgrwl\ &fuhofuaeaom trlt&multirifvl-

||rwlu acgisiikkmoni olvubonxluacsrsnuli wkwacsmisuaav;jzih  
x||xkwaeoni ||ajymg[m]

## Big rajymcsibék [m]}

||bjzpfvWJ [ i ]

Jaeraumi fv

][ i? [ hfv? at bɒɒəmufv? i:ga:jɔ:, fʌlf, fʌv ]

॥aeyp? at bpdw & i wlew, f? cleq&marmi fq;eD, f aomufx m  
w, } (pm - 17)

[ hom tajymumrsuvn̄ qif&bn̄numrs Niemrluav;rs̄ull azm̄yaeygon̄  
at b̄DDO, wl̄frn̄[ h̄jym̄ q&marmiāq;ēt̄l̄aomufx̄w, fajym̄ls̄jihqif&b̄m̄  
vl̄weſpm̄w̄ b̄0ub̄yazmfx̄mon̄ weſqm̄rl̄v̄jyn̄h̄ew̄f rw̄lutajzay;on̄  
rw̄lajym̄ll̄-

¶iquvnſ eiſuſ[ ¶ iſykyw, } (pm – 17)

[ k ajymavon! armibon! yvufazmifay:wif 'laxmuixitc! qlavb&mul  
ylqefayguineawinavon! weaqmiflefijynhwif cspobjzpbon! txiftrswtjzp!  
qif&hovn! cspobb0ullays&T bñq i Eñuyil! ]

]]rwł\rsuEf wif aygif gawazfæeonf armiþ\rsuEf rfvnf aygif gawg  
azfæeonf olwbnbfwltzlt topvifqhaom t0wft pmrsmuH0wfxm  
muonf (pm - 17)

pm& q&riſvbnſ Zmwāqmi w̄ ½ytoſ! tōwft pm? tajymt q̄l tykt r̄  
r̄mūl olw̄yfwnf eaom bop½yfESh vlužuſt m̄f& zEElhomamLumih Zmwāqmi p½yf  
o½yf ylyf v̄d Zmwārſonſ toih k̄lejciſjzþonſ cþþjzþonhēl t x̄tſtr̄w̄f  
t jzþ armiþlu aq; riſLumifx̄l̄vbnſ hom p̄wūlav; r̄vñnſ obm0usonſ armiþpk

onf ]owt} [ klylyk h qif&homb0x h S cphblt at mi & fayzE bnh avnu " kli  
&& i ph&i qif bñrn h armi p jzpfñmif x i & faygonif pma&q&mrifvbnf tvñf  
qif&homb0w b0ulheaysat mi & vyonif klm&at mi yllzmf&zllavñgonif

vrfjzwfuaom ES!lom0wkwv;onf qif&bmwif cspbfuifcif? ufnifcif?  
aygi foifcifqbnf omreLmwfrfonjzfbnf xLmwfrfwif xnbifxmaom  
Zmwfaqmifrsn;onf rcsfomf racsmvdonvnf pbfDipmzG faumi;atnif pma;&olu  
ae&mwus zefwifwifyElifbnftwif Zmwfaqmif pbfLiftmaumi;onES!tr0 Zmwfrf  
onfvnf y&bwptwif aygbyggyg;ES!h wpbxifwnfzwf rN!ai(E!at mifzpfaponh  
Owkwv;izpfyonf

txufaznygma& q&mrifv\ usyfweylyi? vrifzwfulaom ES/Homowkv  
av;rsn\ Zmwfrfonf rqeʃoplyg 1/12piʃpiʃZmwfrfuyif pmzwfbwlbfv  
b0iñEʃbuatmif pma&olu Zmwqmiw\p1/1uñil wpýkES hvpýk fefwfyk rwi  
uñymatmifa&omjc, fefjciñzihp\DiñpmzG fowñsn jzp\ñmaponfullaw\Bygonf

Owkwitstwif ZmwfvrfrygbJ Owkzpeifbnf ZmwfqmifrygbJ OwkzjzpEif k  
qikmonfullw&onf tcsluvnf Zmwfvrf? Zmwfufr&bj Zmwfqmifw k wpD  
cslfp%uft rlt &mrsmu a;&omjciijzih OwkzjzpEif lvnf qlyugonf rnfblyifqUp  
ZmwfvrfES Zmwfqmibnf wpclulvpck tjeft v&fqubG ftmjyklum Owkwilumi  
wpfykzpzef &ywnfaeonf kqlyugonf

jack bloytsuf

pma& q& mriſvbnf Owkwlſmūl& om& mü v̄l̄v̄muywDeſusiswſi trſwſrxif  
aw̄r̄i&aom taſumif t&mrm̄uH Owkwlſumiſav; r̄m̄tjzpf p̄fue&p̄famif zeſw̄wify  
Ell̄bzp̄onf usȳweſylyiDw̄l̄bnf aeſp0Eſitrl̄ usȳweſaiG puſav; r̄m̄ wp̄v̄uſs  
wp̄v̄ubll̄a%v̄ſta&mu&neonf usȳweſt opfsm̄uH weſzlxm̄uaomvnf ta[ miſ?  
t Eſ? tp̄kw̄ t jywſm̄uH weſzlxm̄bñl̄um r̄t̄v̄v̄uſi rxm̄v̄uay/ x̄babm̄  
onf v̄l̄v̄ſoſyloabn̄jzp̄onf olyDomoabmwp̄cluſyif pma&olu p̄v̄Dip̄m̄zg f  
aumiſaom Zmw̄v̄rſw̄p̄lykſzp̄v̄map&ef ouſl̄m̄w̄qmiſ usȳweſuav; uH tajcwñf  
t "l̄Zmw̄qmiſ t jzpf ajcaxm̄uroeñom tarBuſuHewñum Zmw̄v̄rſq̄iſx̄mygonf  
t &eZmw̄qmiſtjzpf v̄l̄weſpm̄trſrſlygiſbnf x̄l̄l̄weſpm̄rſmonf v̄l̄babm̄  
v̄l̄bbm̄? v̄ltw̄uH ſpm̄ykaom Zmw̄qmiſrſm̄jzpfygonf Zmw̄qmiſw̄uH zþnſ  
zeſw̄ylyx̄ljcmaomaum̄i hZmw̄v̄rſygaom Owkwlſumiſw̄p̄lykſzp̄v̄m̄&jc iſzpfygonf

vrfjzwfułam EsNom0wkwłivnī vrfay:wifaw&wwi jri&wwłom  
qif&bñvłweśpm vi, fñv:rsñ\boEsłtçpñll rvđomvnī Esbułvmatni  
pma&olu zefwñwyxmonñll aw&ygoni oŁZmñaqmifsmonvnī Zmñvrf  
Esłvłuzuñy) rar&ub&maumiſonñZmñaqmifsmijzpyoni

**xbllmjzih riſvlonf ZmwvrfuDpmay;í rp0fpmbJ b0\ tuBuwpnuf  
ulbm taumis̄t &ESlqBvsionf Zmwāqmifsmu ll o1yf&jzpātmif zeſw̄i a&om  
wifjavlBnfullawBygonf**

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**Owk̄vll&zBmwif ZmwvrfES Zmwāqmifonf o[ Zmwjzp&elvlygonf  
pma&obnf p̄vluaumis̄vūfumis̄oavmu f wu, f vnuw̄faw&aom jzp&yfuaav;  
wp̄fumis̄yif, l Owk̄vluumis̄jzpātmif zeſw̄Elygonf ZmwvrfESh Zmwāqmifw̄l  
onf wp̄cEshwp̄cqubo ūwp̄c uwp̄ctu ll taxmuft ujyfciſzih Owk̄vluumis̄jzp̄v  
onq̄bnhoabmu lltjcmaomowk̄vls̄mzilvnf avlvrElygonf**

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**riſv/2018 / Owk̄vlygifsyf' kwd tluHl &elulef gwlpmayyElywLif  
jrefmpmtzB / 1991 /jrefmt bflmef &elulef jrefmpmDpDxme/  
xīviſ/ 1979 / bmonjyeDwk̄vll Owk̄vpmvrfrsn ('kwd twy) &elulef pmayAdmef yElywLif**

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