



# RAJAWALI

## kflif

/lff ; Ddfg sNofOf cfknf]bž gkfnstf ; jkyd ; bf hfg wd{sd{l; kxLsf] ; lj:tf dfg x]rfx ug{k5{l jz]ftM cwlg:y /xl a:g] ; f/fsf ; v vft/ /lff cfcGb cf/fd cfknf]lgldt ; wkl5 oxl ; žf dxfdg oxl ; To ; w}e/L

aif{M #

c° M ! ^

!% rž @)^\$

### IjJw pbžf6g tyf lznffof;

kh tyf ; 8s lznffof; M

/fli60 ofhgf cfofufsf; lqntfdf xDnf lhnfsf]xl; fdf gkfnl ; žfáf/f lgdff ug{ nfluPsf]ajhahsf]oxl rž @ ut]/fli60 ofhgf cfofufsf pklbf 8f=>l hulbZrb] kfy/ž tyf klyf ; žfklit dxf/yl >l ?sdf' b s6j fnn] ; 0Qm?kdf lznffof; ugžof].

; žfgl ; dx nufot klbs tyf cGobhfšf] klg pkl:ylt /xšf]lyof].

#### >l b]lbn u0fm

ut krfug @\* ut]klyf ; žfklit dxf/yl >l ?sdf' b s6j fnn] nlnk/ lhnfsf] n] ufp"lj sf; ; ldlit:yt, b]l8f8fdf >l b]lbn u0fsf]cftl/s ; ž. ; fwg /



gkfnl ; žfáf/f lgdff ug{nfluPsf]ajhahsf]lznffof; kZrft ; Dafyug ugžb]/fli60 ofhgf cfofufsf pklbf 8f=>l hulbZrb]kfy/ž .

o; ž/L gkfnl ; žfáf/f lgdff kly/De ug{nfluPsf]hDnf lhnfsf]gldfblv du' lhnfsf]judu9L; Ddsf]sl/a () lsnf]d6/ ; 8ssf] ; d] ; fxl lbg pxf?n] g} ; 0Qm?kdf lznffof; ugžPsf]lyof].

; sn bhšf]kžf; af6 lglđ b]l dlgb/ / dh 9žšf]pbžf6g ugžof]. ; fy)pxfh] ljutsf]cftl/s ábsf] ; dodf zllt :yfgfy{kl/rflnt xbf jL/ult k]kt ug] ; f]u0fsf jL/ ; lgsx?sf]; Demgdf lgdff ul/Psf] .cd/ jL/ ; lgs :df/sšsf] cgfj /0f ugžof].

#### >l o4sjr u0fm

klyf ; žfklit dxf/yl >l ?sdf' b s6j fnn]oxl rž ! \$ ut]ajx6l Aof/\$l:yt >l o4sj r u0fdf gj lglđ hjfgnf0ž,

; f]sfoqmdf ; snbhšf]0{; Dafyug ugžmdf klyf ; žfklit >l s6j fnn]pQm u0fsf]ofufbfg tyf sfošf]kž?f ugžb} elj iodf klg b]lbn u0fn]cem]fdf sfož? ubžhfg]lj Zjf; JoQmugžof]. ; fy)pxfh]



klyf ; žfklit dxf/yl >l ; sđfEb s6jfn >l o4sjr u0fdf gj lglđ ; Argfx?sf]pbžf6g ugžb}.

cfwlg ; ljwfoQm hjfg efc5f; :gguž tyf zřfnosf]Ps sfoqmdsflr pbžf6g ugžof]. pQmpbžf6g sfoqmdf /ylj žb,

gkfnl ; žf /fli60 :j tGqt, Pstf, cv08tf / ; fj šf]dstfnf0{clf00f /fv g tyf khftfl6qs k4lklit k0f[kltj 4 5 / /xl /xgž eGgeof]. -afsl kh # df,

### akfnl ; žfsf] clkn

>l ; lgs hg; Dks{lgbžgfnon] ; d; fdlos lj ifonf0{lnP/ gkfnl ; žfsf] clkn zlifšdf oxl rž & ut]Ps lj 1kt hf/L u/šf]5 . pQm lj 1ktsf]k0fžf7 o; kšf/ /xšf]5,

xltof/s} andf lgbžt ug{ vfl]g] Pjd jtžfvg ljZj kl/jždf cftšjfb, cltjfb / pu]fbdf ljZjf; /fvb} To; šf] cfwf/df /fho; Qf sJhf ug{ vfl]g] sžklg t]jx?; u emšbž / ; Demžf klg ubž .

gkfnstf /fli60 Pstf, ešf]ns cv08tf, ; fj šf]ldstf / khftfl6qs k2tlk]tsf]gkfnl ; žfsf] k]tj 4ttaf/] a]havtdf klyf ; žfklit nufot gkfnl ; žfsf ljle6g txsf kbflwsf/lx?af6 JoQm xž} cfPsf] s/f ; Dk0f{gkfnl hgtdf hufx] g} 5 . ev{ } dfq ; žf lbj ; sf cj ; /df ; snbhšf]0{ ; Gž lbgžmdf klyf ; žfklitaf6 cleJoQm k]tj 4tt klg ; ašf ; fd' vh:t 5 .

ljut s]kl ; dob]v /fi6df czflit / cl:y/tf sfod} /vfl cf°gf s]t; t :jfy{ kžf ug] b:kžf; df tlnlg s]kl t]jx?n] cf°gf sdl sdh]lx? n'sfpg ljle6g ; f/ df]boddknt gkfnl ; žfsf] af/žf cfwf/xlg rrf{u/ o; sf] g]ljjušf]0{ ; d] /fhg]ts lj]fbdf t]fug ul/xšf] s]žšf] gkfnl ; žf 3žel; žf ubž . gkfnl ; žf o; lsl; dsf e]ds l6sf]6k0flx?df ljZjf; gug{ cfd hg; dbfodf xlfš clkn ubž Pjd gkfnl ; žfsf]gd hfž] unt křf/ jfh] ug]qmdnf0{ t]sf]n c]t ug] ; Dalwtx?nf0{ a]žf :ki6?kdf ; r] t]lošf5 .

dhšdf ; s6 cf0kbf{ršf]gem} cfk; df Ps l9Ssf e0{ržf]lx?sf] ; fdgf ug{gkfnl ; žfsf] /fli60 rl/q xf]. gkfnl ; žf gkfnstf] ešf]ns cv08tf / ; fj šf]dstdfly v]haf8 ug] khftfl6qs k2tlj?4 xltof/ p7fpg] / xltof/sf] /fhg]ltdf ljZjf; ubž khftfl6qs klqmf]nf0{

### u0fklit t]fnd ; -rfng

oxl rž # utžf6 sf7df08šf]ljz k]l:yt gkfnl ; žfsf]sdf08 tyf :6fkm sn]hdf ; rfng ePsf] ; ; e\$ u0fklit t]fndsf]anflws] /yl >l cd/ k]tn]Ps sfoqmdsflr kyd k] rg lbge0{zef/De ugžof].

; f]cj ; /df lzlfyl{clws]x?nf0{; Dafyug ugžb}anflws] /yl >l k]tn]pQm t]fndn]kžfut 1fg / ; lknf0{cem clej [4 tyf kl/dfhg u/L Ps ; lfd clws]sf] ?kdf klit:yfkt ug; g]h]dfšf křfug u/šf]atfpg'eof]. ; fy)t]fnd k]kt ul/ ; s]k]5 cfk]g]c]tušdf /xg]; snbhšf]0{dg, j rg / sdh]bž / gkfnl hgtfklit lg:jyf{ ; j]fej nf0{cem hfuf u/fpg'kg]cfj Zostf /xšf]s/f ; d] pxfh]cf]ofpg'eof].

sl/a ( xktf; Dd ; rfng xg]; f]t]fnddf /fli60 k]t/lff ; lgs lj 1fg / lhDd]f/ sdf08 h:tf dhe't lj ifosf; fy)gkfnl /fli60 hljgsf]; a}oyf]rt lřqnf0{cf]š6b}



anflws] /yl >l cd/ k]t l; ; e\$ u0fklit t]fndsf]kyd k] rgsf]qmdf lzlfylx?nf0{; Dafyug ugžb}.

; do; f]k]f cg; Gwg]f]ds clbog tyf hgdvl t]fnd, ; žf-gul/s ; Da6w nufotsf ljle6g lřx?sf]lj ifoj ; tdf hfgsf/L u/f0ž5 .



; Dkfs M kf= ; qfgl s zj atffif, ; x-; Dkfs M p=; } lg/fh e08f/L k\$zsm >l ; lgs hg; Dks{lgbzgfno, >Jobzo dxzfvf, kff/-k|f/ zfvf, h- l c88f, knfM \$e\$!&#!, db\$ M >l ; lgs hg; Dks{lgbzgfno, >Jobzo dxzfvf, 5fkfvfgf zfvf . !% rñ @)^\$ ÷28<sup>th</sup> March 2008.

### zfzj t j foal

kvf{?n} hg cfbz{/lffsf] nflu k[0fsf] jlnbfg u/] To; }sf lgldQ alnbfq xgēbf a9l ufz]do d[o' c? xg ; Sbğ . - n8{d\$fg} sğ;l; xn]l; xnf0{df/] vfbğ, sğ}afhn]afhnf0{xdnf ubğ, dffg; dfq k]l e/df o:tfyfn]kz' x] hf] :jo+c'g}hiltdf df/sf6 u5{. -cfzf]

; Dkfslo—

### lbuf] zflgtklt kltj 4 gkfnl ; ðf

**gkfnl ; ðf ; b} /fi6o Pstf, efyl]ns cv08tf, ; fj ē]dstf Pj+khtfl6qs kátiklt kltj c /x\$]f] 5 . dfgj clwsf/sf] pRr ; Ddfg ub]x/} gkfnl bhēf0 tyf lbblalxglx?n] vlnf?kdf :j t6g e0{afRg kfgp] clwsf/sf] /lffy{ gkfnl ; ðf ; w} slsj c /lxc]Psf] 5 .**

**0ltxf; sf k]o\$ snv08x?df cfknhf0{lboPsf] x/} lhd]f/lx? ; kmrtk] \$ k/f ug{ ; lfd ; \*yf x] gkfnl ; ðf . /fi6o ; ðfsf] ?kdf gkfnl ; ðfsf x/} ; b:ox? bž / hgtfdly cf0kg] sğk]g lsl; dsf]lj klQdf ; xofu ug{tk/ /x\$]f] x65 . pbfx/0fx? kž:t g} 5g\vf]g]x]eg] . hg oyfy{faf6 sf]l gkfnl klg cgle1 5ğg\.**

**t/klg kfgl em} ; \*anf] ol oyfy{?af6 ljrnt e0{/fhosf s]l c/fi6o t]jx? gkfnl ; ðfsf] 5ljnf0{ablgotk] \$ hgtfsf] dfemdf wldllfpg] sf]z; df nfu\$ 5g\ . gkfnl hgtfsf] lbuf] zflgtk]tsf] rfxgf k/f ug{ kltj c /x\$]f] gkfnl ; ðf /fhodf lj sf; sf] .**

**dh kmfpg klg TolQs} sl6j c /xl bžsf ljs6 sğf-sflrfx?df vl\$ /x\$]f] 5 . /fi6o lxtsf o:tf sfo\$?sf sf/0f hgtfn] gkfnl ; ðfk]t b]vPsf] cflldotfb]v tl; Psf khtf6q lj /f]w s]l JolQm? cihē]h cfj fhsf] uf]hl jiff0/x\$]f 5g\ . /fhonf0{ v]h d]fg / hgtfsf] 6psf]h0{knban 7f6g] tyf xltf/sf] /fhglldf lj Zjf; ug] lo:tf sğ} klg t]jx?; dl f gkfnl ; ðf embbğ . gkfnl ; ðf:h} Pp6f u]/fhg]ts ; \*yfnf0{/fhglts lj j bdf af/0af/ d5l gkfnl ; ðfsf] lgi7fdly cf]nf 780fpg] hf] sf]lslf] klg ; fdgf ug{ gkfnl ; ðf ; lfd /x\$]f] 5 .**

**:yfkgsfnb]v g} gkfnl ; ðfsf] p2]o Pp6} /x\$]f] 5 ls gkfnl hgtfsf] df]ns clwsf/sf] /lff ub] /fi6o cv08tf / ; fj ē]d; Qrsf] ; Af0f, ; D] cğ ug{ . /fi6o lxtsf] :j fy{g} gkfnl ; ðfsf] Ps dfq :j fy{/x\$]f] s'f /fi6o k]fbl gkfnl hgtfn] /fd] w alem; s]f] . ; kfxllsf] c8\$ n 5 .**

### ; lgs >ldtl ; 3af/f gf/L lbj ; elotfsf ; fy dgf0of]

; lgs >ldtl ; 3 gkfnl ; ðfn] (\* cf]cēt/fi6o gf/L lbj ; ut knfug @ ut] h' l c88f:yt ; efd08kdf lj ljw sfoqnd cfof]hgf u/L elotfsf; fy dgfPsf]5 .

; f] sfoqnddf gkfnl ; ðfsf] klxnf] dlxnf ; xfos /yl 8f= >ldtl /fwf zfx / Psn dlxnf g] nlnl ykfnf0{ ; Ddfg ul/Psf] lyof] . ; fy} ; f]l sfoqnddf >ldtl /flwsf kētāf/f lnlt slj tf ; w k aef]sf] dff5] sf] ; d] pQm ; 3sl clwlf >ldtl pdf s6j fnn] lj dff]g ug]Psf]lyof] .

**slj tf ; w k lj dff]g**  
; lgs >ldtl ; 3df sfo\$fl/0fl ; b:o ; d] /x] of]ubfg k'fof0{/xg'ePsl uf]yf{tfssf} % d]h<sup>a</sup> h6d3/e0{tf^n]lrf\$ ! l; Dn]sd\$ / ePsl >ldtl /flwsf kēt]slj tf n]y] Pp6f ; w k g]agfpg' ePsf]5 . (\* cf]cēt/fi6o gf/L lbj ; sf]cj ; /df ; efd08kdf cfof]hgf sfoqnddf pQm dff5] sf] ; f]l lbg >ldtl pdf s6j fnn] pQmslj tf ; w k ld7f] ; e]j ; w k b]f]j fbn] ubf{ c3f0bğ . To; w/L g]ts ?kn] ktg ltv]Jo<sup>a</sup> w kxf/ ub]l; kfxlnf0{bžsf] vDafsf]?kdf pEofpg' ePsf]5 eg]/fi6o/lffsf]nflu l; kfxlsf]k]glsf]Tofu / dx]j sf] j/f] klg TolQs}?kdf cleJolQm k]v/ ePsf 5g\ zlx b ; lgs kTglx?nf0{k]0ff lbg klg pxf'kl5 kg'ePsf]5ğ .



### hgixt sfo} sufd]f gkfnl ; ðfāf/f kh lgdf

zflgt :yfkgyf{su]df vl\$Psf]gkfnl ; ðfsf]0l6higo; {uNdn]0t/L lhnfndf kg] iai tyf lalo e6g]0nfsfnf0{hf}ğ]nizi gbl dly sf]7]d8fsf]kh lgdf u/\$]f]5 .



gkfnl ; ðfsf] hj fgx? :yfglo hgtf; a ldn l h0f{kh lgdf ub]j fof; su]df gkfnl ; ðfāf/f lgdf kh -bf0f .

pQm khsf]lgdfkZrft oftoftsf ; fwgx? ; hf? xgu0{:yfglo hgtfnf0{blgs cfj fudg ug{; lhnf]ePsf]5 . gkfnl ; ðfsf]o; sfo\$]f:yfglo su]hl hgtfāf/f kž+ f ul/Psf]5 .

### cfly\$ ; xofu kbfq

>l k]l k]k]gf x\$]f f-n] ; g; / l hlnf, 06x/L gu/kfnsf j 8f g= a:g]5lj nfn l/hfnsf] !% j ifl6 5f]f k/z/fd l/hfnsf]pkrf/fy{!} xhf/ ?kōf" gub ; xofu kbfq u/\$]f]5 . dfgl; s?kdf kl18te0{al-kl= sf0/fnf :j f:Yo lj 1fg kl]i7fg, w/fgd f pkrf/ u/f0 /x\$]f lj /fd l/hfnsf]3/sf]cfly\$ cj :yf cTōt}boglo cj :ydf /x\$]f]h] ; f] ; xofu kbfq ul/Psf]x]f .

### ; fdbflos s]lf ; 8s lgdf

wflb"sf]a]ğldf /x\$]f] >l g^ afxgl c'fn]oxl rñ ! / @ ut]wflb" lhnfnsf] cfbd3f6 cfb]f/l hf}ğ]d]b]n9]æ; fdbflos s]lf ; 8s f of]hg f c]tu\$ l; s/s6]l r/lcDn]ufpdf slj %) Id6/ nDaf0{; 8s lgdf sfo\$ >dbfg u/\$]f]5 . pQm ; 8s lgdf af6 cb]f/l, l; s/s6]l, r/lcDn]kf]y/l6f 0f]fsf :yfglo j fl; Gbfx? k]0lf nfe]l]j t xg\$g\

### lj Bfnodf vfgkfgl wf/f lgdf

hgtfs]dfemdf v]hl xsl{cfPsf]/ hgtfs]jxtsf vilt/ cxf]fq ; dlk\$ gkfnl ; ðf hlxn]klg hgtfs]jxtdf sl6j 4 /xb}cfPsf]5 . o; ðf0{c]fd; ft ub]albōf lhnfndf tğfy >l l; l4jS; u0fn]dxflzj /q] tyf ; ðf lbj ; @)^\$ sf]cj ; / kf/] uhl/of gu/kfnsf j 8f g= thk'l:yt >l sf0xl lgDg dflw]lds lj Bfnodf cf; lgs /lxt 60aj ð w/f lgdf ul/lbPsf]5 .

s/la @% xhf/ # ; o \$( ?kōf]sf]nfutdf lgdf ul/Psf] ; f]w/f l; l4a\$; u0fsf] cfly\$, kl]j lws ; xofu Pj =>dbfgaf6 lgdf ul/Psf]x]f . ut knfug @ ut]af6 lgdf z? ePsf] ; f]60aj ð w/f]sf]oxl rñ & ut]lgdf sfo{; Dk6g u/L ; f]l lbg pQmu0fsf u0fkl t k]v ; ðfgl >l cğt sdf/ a:g]n]pb3f6g ugē0{sf0xl lgDg dflw]lds lj Bfno Joj :yfk; ldltsf clw]lnf0{x: tft/0f ugēPsf]5 . ; f]u0fsf]pQm ; dflhs sfo\$]f:yfglo: t/af6 lgs]g]kž+ ug]f; fy]lj Bfno Joj :yfk; ldltsf]tknēf6 ; f] u0fnf0{kž+ kq klg kbfq ul/Psf]lyof] .

pQmpb3f6g ; df/f]x]d lhnf lzlff sfof]nosf k]t]glw, lhnf vfgkfgl sfof]nosf k]t]glw, uhl/of gu/kfnsf k]t]glwsf; fy]lj Bfnosf lzlfs- lzl]fsf, ; dfh; j]l, kqsf/x?, cleef]s tyf lj Bfyl{?sf] ; d] pkl:ylt /x\$]f]lyof] .

### lj Bfnonf0{ ; xofu

/fd\$]k lhnfndf tğfy /x\$]f]gkfnl ; ðfsf] >l gf/fof bn u0fn]Tofx]f:yt uf]lzs/ pRr dflw]lds lj Bfnonsf]k':tsfnonf0{? @} xhf/ a/fa/sf]k':ts /Vg]wofs / lj le6g lj wsf k':tsx? ; xofu:j ?k kbfq u/\$]f]5 .

ut knfug !% ut] ; f]u0fsf u0fkl t k]v ; ðfgl >l cfz axfb/ tdf'n]pQm lj Bfnosf] \$% cf]afliif]f] ; j tyf cleef]s lbj ; sf] ; vb cj ; /df pQm ; fdulx? lj Bfno ; #fns ; ldltsf]clw]lnf0{x: tft/0f ugēPsf]lyof] .

### rf] lzsfl kqf

7fs'āf/f Jof]s]l:yt >l /0fz] u0f c]tu\$ ; /lff ; 3d= k/] fcf]f/ / ; /lff ; 3d= u7laf6 ut knfug !& ut]uPsf]u:tl 6f]hln]albōf /fi6o lgs'-hsf]aa0{gblsf] klZrd sfnlgf/f 0f]fsdf caw?kdf k]ž u/L hūnl hg] f/x?sf]lzs/ ug]nfu\$]f] hgfnf0{e?j f ab\$ ! gfn, af?b #) u]d / c]o abf] :tl ; fdg; lxt kqf u/L cfj Zos sf]g]l sf]j fxlsl]nflu lgs'-h sfof]nodf aemPsf]5 .

o; w/L sf]z]l 6kk' agohēt' cf/lf ; /lffy{tğfy /x\$]f] >l >la\$; uNdaf6 ut knfug !& ut]uPsf]u:tl 6f]hln] ; j lksf]qnddf e?j f ab\$ gfn #, af?b afQn #, 5/f( @%) u]d, df]af0h ; ð @ yfg, ^) Id6/ nfd]hfn, efnf / c]o abf] :tl ; fdg; lxt \$ hg/ / lgs'-h lff]sf]lg]lwt lff]d k]ž u/L s5]f ; sng ug]# hgfnf0{kqf u/L cfj Zos sf]j fxlsl]nflu lgs'-h sfof]nodf aemPsf]5 .



**tflnd**

**kfj lws clwsf tflnd kf/De**

vl/kf6L Jof/\$l:yt ; lgs kliti7fgdf ut krfug @ utaf6 ; rfrng ePsf]l; =; + & kfj lws clwsf tflnds]; lgs lj go dxflgbz s pk/yl >l j h| u? n] Ps sfoqmdsfalr zef/De ugéof].  
; f]cj; /df pk/yl >l u? n]; lgs kzfdf zf/l/s tyf dfgl; s ; lxi0ftf, b0ft

/ cgzf; gh: tf u0fx?sf]Hofb}cj Zostf kg[ePsf]h]o; ; ydf k]z ug]; j h] cfwf/et tflnd ug[kg]atfpg'eof].  
pQmcj; /df; f]zlffnosf lzlfllwsf; xfos /yl >l g/ axfb/ s8h nufot clwsf, klbs tyf cGobhf[sf]; d] pkl:ylt /x\$]lyof].

**hgdvl tflnd ; DkGg**

>l kfj l{ k]gf x\$]f = cGtu f wgsbfs] lxn]:yt >l g @ aflxgl c88fdf ; -rfrng ePsf]l; =; +@ ; lgs hgdvl tflnd cGtu f Train the Trainer tflnds]ut krfug !& ut]pQm aflxglst aflxglklt ; xfos /yl >l lj ho sdf/ zfxln]Ps sfoqmdsfalr ; dfgk ugéof].  
tflnd ; dfgksf]qmdf lzlflyl?nf0{ ; Daf]vg ugkb}; xfos /yl >l zfxln]; g]f

/ hgtfalrsf]; DaGwnf0{elj iodf yk ; dw/ agfpg ; g]n]hgdvl eP/ ; j f k]f]g ug[kg]cj Zostf /x\$]f]j rf/ JoQmugéof].  
; f]cj; /df pxfn]lzlflyl?nf0{ k]f]of kq; d] k]f]g ug[ePsf]lyof].  
pQm tflnddf kfj l{ k]gf x\$]f = cGtu f sf olg6x?af6 clwsf !&, klbs @ hgf u/l # ( hgf lzlflyl?sf]; xeflutf /x\$]lyof].

**kyd kf rg**

oxl rñ ! ) utaf6 >l ; b/klZrd k]gf x\$] Sj f6/df ; rfrng ePsf] ^) hgf ; 0o ; lDdInt l; =; & ; 0o cfwf/ tflnds] pQm k]gf sf k]gf klt pk/yl >l gkfn elfof rGbn]kyd kf rg lbgé0{zef/De ugéof].

; 0o cfwf/ tflnds] pQm aflxglst aflxglklt ; xfos /yl >l k]f] k]f]z ykfn] kyd kf rg lbg' e0{ zef/De ugéof].  
kyd kf rgsf]qmdf lzlflyl; 0o tyf lzlfxs?nf0{ ; Daf]vg ugkb}; xfos /yl >l ykfn]pRr x]nf; ; sf/flds ; f]f, dof]ot cgzf; g; ; lgs dNo / df]otdf cfwf/t /xl l; sf0Psf lj leGg axklflo

es08z]l Jof/\$l:yt >l g+ ( aflxgl c88f cGt/ut >l ; j lbn u0fdf ; rfrng ePsf]l; =; +% cf/P; tflnds]ut krfug @) ut] / g+ ( aflxgl df ; rfrng ePsf]l; =; +\* lj Nnbf/ Sof8/ u\$ @ tflnds]oxl rñ # ut] pQm j flxglst aflxglklt ; xfos /yl >l ; Gb/ k8f; g]n]Ps ; df/f]sfalr zef/De ugéof].

lj ifo j :tx?sf] uxg clwbog u/l cfrnf0{ zfl/lS / dfgl; s tj /n] ; lfd /fi6k lfssf?kdf :yflkt xg lgbz; d] lbgéPsf] lyof].



>l g+ ( j flxglklt ; xfos /yl >l ; Gb/ k8f; g]n] lzlflyl?nf0{ ; Daf]vg ugkb}.

>l kfj l{ k]gf x\$] Sj f6/ cGtu f >l g+ @ aflxgl c88fdf ut krfug !% utaf6 ; -rfrng ePsf] l; =; + @ hl-kL-Pd-hl tflnds]pQm aflxglst aflxglklt ; xfos /yl >l lj ho sdf/ zfxln] Ps sfoqmdsfalr zef/De ugéof]. tflnd zef/Desf qmdf lzlflyl?nf0{ ; Daf]vg ugkb}; xfos /yl >l zfxln]klbs krf]hs] nflu d2tl xltof/sf]c]ot]dx]j k0f; yfg xg] / x\$] n8f0df d2tl xltof/sf]c; /bf/ krf0/ ; k]f]af6 dfq]lj ho ; lglZrt xg] ePsf]h]d2tl xltof/ rnfpg lkg0f xg] kg]s/f JoQmugéPsf]lyof]. pQm tflnddf #) hgf lzlflyl? tflnd/t /x\$] 5g\ d: tf 'l:yt >l pRr lzv/ lzlf]fnodf ; rfrng ePsf]l; =; + #^ dfp06g j f/km] PSnd6f0h] g tflnd / l; =; +! dfp06g j f/km] / l/km] / tflnds]oxl rñ ! ut] pQm lzlf]fnosf lzlfllwsf k]f]v ; g]f]gl >l /f]dof]h u /f]ofn]kyd kf rg lbgé0{ zef/De ugéof]. pQm dfp06g j f/km] / PSnd6f0h] g tflnddf !#% / l/km] / tflnddf @ hgf lzlflyl? ; lDdInt xg]k65 .  
o; 0o/l wflb' sf] a]g]l:yt >l g+ ^ aflxgl c88fdf oxl rñ ! ) utaf6 ; rfrng ePsf]%) hgf ; 0o ; lDdInt l; =; +@ \$

>l g+ @% aflxgl c88fdf ; rfrng ePsf] l; =; +@ ; g]f hgdvl tflnds]oxl rñ % ut] ; f]kl j flxglst j flxglklt ; xfos /yl >l x]s/ zD; j h]z=f-n]kyd kf rg lbgé0{ zef/De ugéof]. ; f]tflnddf !)) hgf lzlflyl?sf]; xeflutf /x\$]5 .

>l g+ @ aflxgl cGtu f /x\$] >l g+ @ ; 0o tflnd uLddf oxl rñ ! ) utaf6 z? ePsf]l; =; + #\* ; 0o cfwf/ tflnds] pQm aflxglst ; xfos aflxglklt dxf; g]f]gl >l 0z] / xdfnn]kydk] rg lbgéof]. >l /ofeld u0faf6 egf]5g]f ePsf (\* hgf ; 0ox? pQm tflnddf ; xeful /x\$] 5g\ o; 0o/l eb'fnl: yfgl:yt ; lgs clen]vfnodf oxl rñ # utaf6 ; rfrng ePsf]l; =; + # gof'clen]v k]f]fnl tflnds] ; f]kl lbg sfo{ dxf; g]f]gl >l lbks sfls]h] kyd kf rg lbgé0{zef/De ugéPsf]5 . ; f] tflnddf clwsf[- !&, klbs-@ / cGobhf[#! u/l %) hgf lzlflyl?sf] ; xeflutf /x\$]5 .

>l zDz]bn u0fdf ; rfrng ePsf]l; =; + # ; g]f hgdvl tflnds]oxl rñ % ut] pQm u0fsf u0fklit k]f]v ; g]f]gl >l pbo sfls]h]kyd kf rg lbgé0{tflnd zef/De ugéof]. ; f]tflnddf !)) hgf lzlflyl?sf] ; xeflutf /x\$]5 .

**lj lw pbz6g tyf =**

; f]pbz6g tyf cgfj /of sfoqmdf ; f]u0fsf s0fh sdf08f06 pk/yl >l /fh]p] yk]f, pk]osf k]gf]klt pk/yl >l clgn hu yk]f tyf sfoddsfod cfl6h/l lgbz s dxf; g]f]gl >l uuf axfb/ u? 'sf; fy]u0fsf clwsf, klbs tyf cGobhf[sf]; d] pkl:ylt /x\$] lyof]. pQm c]j; /df; f]u0fsf u0fklit k]f]v ; g]f]gl >l u]f]h k] fb b/fn] k]f]v ; g]f]klt >l s6j fnnf0{ u0fsf]ult]j lwsf]af/g]f hfgsf/l u/fpgéPsf]lyof].

**>l g+ !\* aflxgl c88f**

ut krfug @ ut] >l g+ \* aflxglst j flxglklt ; xfos /yl >l lzj sdf/ k]f]n]a]flxglst] cfrn]; f]f / ; fwg tyf ; sn bhf[sf]cys kl/>daf6 sl/j !\* nfv ?k]f]n]fudf lgd]f ul/Psf] \*) j \$sf] @ tln] hj fg nf0g, ! ) kofgsf]z]f]fno / sl/a !

nfv %) xhf/ nfu]df lgd]f ePsf]clkm / d] uf]h 3/sf]pbz6g ugéof].

**>l kg:yfkgf s]b/**

k]f]v ; g]f]klt dxf/yl >l ; sdfEb s6j fnn] oxl rñ # ut] P/flx6l e08f/vfnl:yt kg:yfkgf s]b]df >l ah]j nl xgd]gsf] lznfaf6 gj lgl d] xgd]gsf] d]t]sf]wld] lj lwk] \$ k]f]v-kl]t:yfkgf ugéof].



**v]hsb**

**aflxglklt 6knl ; DkGg**

>l g+ @ aflxglst ; -rfrng ePsf] aflxglklt /lg' 6knl kl]to]l]ut] Ps e]o ; df/f]sf]lr ut krfug @\* ut] ; DkGg ePsf]5 . pQm ; dfgk ; df/f]df u0f- uLdx?af/f k]t]t dfr {k; sf]; f]a]flxglst aflxglklt ; xfos /yl >l lj ho sdf/ zfxln]; nfdl ux0f ugéPsf]lyof].  
; fy]pxfn]pQm aflxglklt 6knl kl]to]l]ut] cGtu f km]j n, af: s]j n, Pyn]6S; df kyd / elnj ndf t]lo e0{u0fx?df ; du]f kyd xg] >l s [of bn u0fnf0{aflxglklt

6knl k]f]g ugéof]. o; 0o/l pxfn]uLdx?df ; du]f kyd xg] >l >laS; uLdnf0{klg aflxglklt 6knl k]f]g ugéPsf]lyof]. pQm uLdn]j f: s]j n, elnj n / Pyn]6S; df kyd / km]j n v]h]df t]lo :yfg xfl; n u/]f]lyof].

ut df3 ! \$ utaf6 ; -rfrng ePsf] pQm kl]to]l]ut]sf]; dfgk ; df/f]df ; sn bhf[sf] kl/j/f/x?sf]; d] pkl:ylt /x\$] lyof]eg]afnalfnsf?sf nflu dg]f-hgf]ds v]h]x? klg cfof]hgf ul/Psf]lyof].

**clGtd kf rg**

5fpgll:yt >l ; lgs ; u]xf]nodf ut r] % utaf6 ; rfrng ePsf]l; =; + !

k]f]v tflnds]oxl rñ \$ ut]pQm u0fsf u0fklit k]f]v ; g]f]gl >l cle/fh cfrfo] clGtd kf rg lbgé0 tflnd ; dfgk ugéof]. clwsf \* / cGobhf[#^ u/l \$ \$ hgf lzlflyl? ; lDdInt pQm tflnddf >l h'hl c88f ; %lff uLdsf ; x ; g]f]gl >l c?of yk] ; j kyd xgéPsf]lyof].  
; fy] >l g+ ( aflxglst ; rfrng ePsf]l; =; + lj Nnbf/ Sof8/ u\$ ! tflnds]ut krfug @! ut]; f] aflxglst j flxglklt ; xfos /yl >l ; Gb/ k8f; g]n] / l; =; +^ ; \$08



; xfos /yl >l lbks sdf/ u?E tflnddf ; xeful ; xeful lzlflyl?nf0{ k]f]of-kq k]f]g ugkb}.

; u]xf]no Joj :yfkg tflnds]; lgs lzlf lgbz]gfnosf lgbz s ; xfos /yl >l lbks sdf/ u? 'n]oxl r] ! @ ut]cl]td kf rg lbgéof].

Snf; tflnds]oxl rñ \$ ut]; f]a]flxglst ; xfos aflxglklt dxf; g]f]gl >l sd]b] lj qmd ln]j h]Ps sfoqmdsf]lr tflnds] ; dfgk ugéof].

uf]f/ Jof/\$l:yt >l 0h]lgo; {tflnd lzlf]fnodf ; -rfrng ePsf]l; =; +! \$ 0-c]f]al; = tflnds]oxl rñ ! ut]; f] lgbz]gfnosf lgbz s ; xfos /yl >l w]gbf; sfls]h]Ps sfoqmdsfalr ; dfgk ugéof]. ; f] tflnddf !& hgf clwsf lzlflyl? ; xeflutf /x\$]lyof].  
o; 0o/l h'hl c88f:yt >l s]b]b]o ; lgs k]f]v u0fdf ; rfrng ePsf]l; =; + # ( ; lgs

**; Rrf0Psf]**  
dxflzj /fql tyf ; g]f] lbj ; sf]pknlodf v]f]n]Ps]; lgs sLnof Ir]f]sf]glthf rñ ! ut]f]l; k]xl k]l]fsdf k]f]lzt xbf' >l gof' >lgfy u0fsf lr]f] g+ # (!&& l; k]xl km]l; \* yf'n]rty{k/ :sf/ k]Psf] p]n]v xgkg]f] cGoyf xg uPsf]h] ; Rrf0Psf]5 .  
- ; Dkfs



# aflif\$fl; j ; DkGg

## >l dxfl/ uof -/jh/ M

>l dxfl/ uof -/jh/ sf]57fj flif\$fl; j sf]pknlodf klfv; g]fklit dxfl/yl >l ?sdf' b s6j fnn]krfug #) ut]5fpgll:yt dxfl/ uof -/jh/ hfge0; lgs sf/j fxl sf l; nl; nfdj j/ult klfk ugk; f]u0fsf j/; lgs sf; Ddfg tyf; Demgdf gj :yflkt j/ dxfl/ :df/sldf klx/ r9fP/ efj k0f{ >4f-hnl ck0f ug0of].

; f]cj; /df cfdllqt /ylj 0b; ; g]fgl; dx tyf kfxgfn?n]klg j/ dxfl/x?klt >4f-hnl ck0f ug0Psf]lyof].

; fy}kfwg; g]fklit >l s6j fnn]j/ dxfl/ :df/s; u}:yflkt ; snbhf{Snj ejgsf]; d] pb3f6g ug0of].

gj :yflkt j/-dxfl/ :df/ssf]7ls k5f8kl\$ /x\$fl k/fgf] dgf]-hg ejgnf0{k0g]gd0f u/l e0tNnfsf]Pp6f v08nf0{6h; lxtsf]s]fsf]?kdf



gjlgldf j/ dxfl/ :df/s.



kfwg; g]fklit dxfl/yl >l ; sdfEb s6j fnn j/ dxfl/ :df/sdf klx/ r9f0{>4f-hnl ck0f ugkb}.

lj sf; ul/Psf] 5 . p0m slfsf] le0fx?df 0n\$; Jofg/df lj leGg cj; /sf /jh/ ; snbhf\$ ctoGt cfsif\$ t:j/l/x? em08df0Psf]5 . Itgsf dlGt/ b0{tlg x/kmsf lj rf/ p0hs / k]0ffbol ; lgs cgzf; g tyf oasf lgodx? 5flkPsf 5g\

h; n]slfleg kj z ug; lgsnf0{; j]fklit k]t ug]lj Zjf; ul/Psf]5 . To; slfsf] csf]v08df .xn cknk] cyff k; l4sf]s]f :yfkf ul/Psf]5, h; df j/ult klfk ug; snbhf\$ t:j/l, lj leGg cj; /df; f]u0fn]k]k u/\$f lzN8, kbs, kz:f kq, d0l0r] xfn; Dd /jh/ u0fn]u/\$f ; lgs sf/j fxl 0nfsf / :yfkgsfnsf ; snbhf\$ gdfj nl 6fluPsf 5g\ ; fy}tflnds lf ljw klf? ; d0g]zlf\$ x?klg em08f0Psf 5g\ .

o; u/l; fxl Snj sf]e0tNnfd] j]s slf / dflNnftNnfd] bz j 6f sDko6/ ; lxtsf] ; snbhf; f0j / Sofkn]v08, lj lnof8{v08 / k' :tsfno slfsf]; d] Joj :yf ul/Psf] 5 .

; fxl lbg :yfkf ul/Psf]cGt/u0d kfwg; g]fklit RofDkog; lk lzN8sf]klg kfwg; g]fklit dxfl/yl >l s6j fnn]p0m u0fsf sfod dsfod u0fklit ; g]fgl >l cgkhx yfkfnf0{x: tft/0f ug0of]. p0mlbg pb3f6g ul/Psf]j/-dxfl/ :df/s ; sn bhf{Snj ej g nufot c6o :yfkf p0m u0fsf sf-d= u0fklit ; g]fgl >l cgkhx yfkfsf]kl/sllkgdf ; snbhf\$] :j R5s cfly\$ nufgl, u0fsf]; f] / >daf6 lgdf0f ul/Psf]p0m u0fn] hgPsf] 5 . p0m pknlwix? xfdl ; a}kndzg, olg6 tyf ; aolg6x?n] cgs/0f ug{nfossf 5g\ .

; lgs s5/x?af/f lj leGg snfx?sf]k0z0g, s0f-s0lx?sf]nflu lj leGg vjh ; fduul, ; fu0lts k]tt / c6o dgf]-hgffds sf0mdx? ; dfj z u/l ; df/f]df ; snbhf\$ ltgsf ; -kl/jf/, h' l c'fsf /ylj 0b tyf pKtosf lf leGg olg6sf kltx? nufot :yfglo Jol0m]x?nf0{; d] : cfd6q0fu/l p0m u0fn]j flif\$fl; j ; flrs}p; j s} ?kdf dgfPsf]5 .

## >l 0fblj h uofM

v0f' sf]l0m]h] :yt >l 0fblj h u0fn]oxl rñ !@ ut]cfkngf] :yfkgsfnsf]@) # cf} aflif\$fl; j lj ljw sf0md; lxt x; fl; sf; fy dgfPsf]5 .

; f]cj; /df p0m u0fsf u0fklit k0v ; g]fgl >l ; lgn >]7n]u0fsf]em08f0ng ug00{ lj lwj t'khf cr0f ug0of]. ; fy}; f]pknlodf cfo]hg ul/Psf]u0d: t/lo lj leGg vjh sb k]toflutfx? tyf Dolhsn lro/, lj 'f]h: tf kfxg v]hx?df lj hol xg]u0d tyf vjh8lx?nf0{u0fklit >l >]7n]k/:sf/ ; j?k gub tyf zln8 k0fug ug0Psf]5 .

; f]sfo0mddf v0f' lhnNfsf k0v lhnNf clwsf/l, lhnNfsf ; a}; /lff lgsfosf k0v nufot lhnNfsf a4lhjl tyf uGodf0 Jol0m]x?sf]; d] pkl:ylt /x\$fl; drf/ klfk ePsf]5 .

## >l ; d/lht u0dM

>l ; d/lht u0dn]oxl rñ !@ ut]cf0gf] :yfkgsf]kfrf]j flif\$fl; j eJotf] \$ dgfPsf]5 . lj =; @)%( rñ !@ ut]:yfkf ePsf]; f]u0dsf]0{tfx; kN6pbf lj =; + !\*^& ; fndf >l % dx/fhflw/fh ulj f0fo4 lj qnd zfxb] sf]/fho sfndf v8f ePsf] b]v65 .

a/fi6e0m; dk0f cfbz{j fso /x\$fl; f]u0dsf ; snbhf{b} / hgtfsf]lxtsf] nflu h:tf] s]kl/l:yltdf klg /lte/ lj rln ge0{cfkngf]st0 kydf cuf8l a9b} cfpgsf; fy}gkfnl ; g]fsf]5lj ; bf pRr /Vg x/-xd] f k0fgzln /x\$fl]5 . xfn ; f] u0dsf u0dkt ; g]fgl >l lbjo/fh k] f0f0xg65 .

## >l b]lbn uofM

nlnk/ lhnNfsf]n]h] t0fy /x\$fl>l b]lbn u0fn]oxl rñ !@ ut]cfkngf] :yfkgsf]! (# cf} aflif\$fl; j lj ljw sf0md cfo]hg ul eJotfsf]; fy dgfPsf]5 . aflif\$fl; j sf]pknlodf p0m u0fsf u0fklit k0v ; g]fgl >l uf\$ h k] fb b/fn]lgzfg euj t]s]lj lwk] \$ khfcr0f ug0f ; fy}u0fsf]em08f0ng u/l aif0/ u0fd lf leGg lj wdf pTs[6 7xl/Psf ; snbhf0{k/:sf/ ; d] lj t/0f ug0of].

## .alnbfg ; g]fsf] zfgl

cfbz{j fso /x\$fl o; uof >l % luj f0fo4 lj qnd zfxsf]/fHosfndf la=; +!\*&! ; fndf b]lbn sDkgsf]gdfaf6 v8f e0{lj =; @)%( ; fn rñ !@ ut]u0daf6 u0fd ?kft/0f ePsf] lyof] . cf0gf] :yfkgsf]nbl]v g0; u0fn]j leGg lf0df lj z]f of]ubfgx? lbb}cf0/x\$fl] 5 . lj =; +!( !-!@ g]kn-ef0 o4df pNnyglo of]ubfg lbPsf] g]knsf] Psls/0f cleofgd pNnyo eldsf v]h\$fl]g]kn cu]h o4df sfu8f lsnNdf t0fy /x\$fl]lyof].



k]lgdf ul/Psf]dxfl/ ; sn bhf{dgf]-hg 3/ .

## >l 1fg]b/ ; lgs klZrdf-rrn dxflj Bfnom

d0nu9l ; v]l:yt 1fg]b/ ; lgs dWo klZrdf-rrn dxflj Bfnon]ut knfug ! \$ ut] cfkngf] :yfkgsf]b] fl]aflif\$fl; j tyf cleef]s lbj ; eJotfsf; fy dgfPsf]5 .

>l dWo klZrd k]gf x\$]f-sf lrkmc]m :6fkm ; xfos /yl >l k]0k hu yfkfsf] k0v cftYotfd; DkGg ePsf]; f]aflif\$fl; j ; df/f]df p0mdxlj Bfnosf lj Bfylx?n] lj ljw dgf]-hgffds ; f:ts sf0md k]tt u/\$f lyP . ; f:ts sf0md cj nf\$gkZrft\ xfos /yl >l yfkfn]lj leGg k]toflutfd pTs[6 xg]lj Bfylx?nf0{ k/:sf/ lj t/0f u/l ; Dafw; d] ug{ePsf]lyof].

; Dafwgsf qmddf pxfn]axcfofids ultlj lw tyf cgzf; g ; fdlhs bfo]j afw / bzel0m]h:tf uxg lafox?nf0{dxlj lbb}dxflj Bfno ; #fng xg]s'fd lf Zjf; JoQm ug0of]. aflif\$fl; j s}pknlodf ; d:t dxflj Bfno kl/jf/sf]; fy}zlfs j u{lj Bfylx? tyf sd{f/lx?nf0{xflb\$ z0sfdf lbge0{dxflj Bfno ; #fng ug; xofw k'ofpg'xg] ; Dk0f{lzlfij b'tyf z0R5sx?df w0j fb lbgePsf]lyof].

## dfgj clwsf/ tyf dfgj lo sfgg klzlf s tfind ; DkGg

oxl rñ ^ ut]l c'fl:yt ; efd08kdf pxfn] tfind klfk clws{x?nf0{ dfgj ; -rfng ePsf]Ps xkt]dfgj clwsf/ tyf clwsf/sf]; Ddfg ub]cGt0tsf knhx?nf0{ cGt/f060 dfgj lo sfgg klzlf s tfindsf] ; d] p0m lj ifodf 1fg lbnfpg lgbzg anflws[ /yl >l cd/ k0tn] Ps lbgePsf]lyof].



anflws[ /yl >l cd/ k0t tfindf ; xeful lzlfylx?nf0{k0f0f-kq k0fug ugkb}.

; df/f]ksfalr ; dfkg ug0of]. >l sfo{yl lj efu dfgj c l w s f / lgb]zgfno / cGt/f060 /\$qm ; ldltsf]; 0Qm t]fj wfgdf ; z:q ; 3if\$fl] b]f]gd nfu' xg] dfgj clwsf/ tyf

cGt/f060 dfgj lo sfgg lj ifodf blf lzlf s p]kfbg ug]p2]on]; -rfng ePsf]p0m tfindsf]; dfkg ; df/f]df ; xeful @ hg] lzlfyl{clws{x?nf0{; D]fwg ugkb} anflws[ /yl >l k0tn]elj iodf g]kfnl ; g]f sg]klg dfgj clwsf/ xgg\$fl]36gdf gdl5g]lj Zjf; JoQm ug0Psf]lyof]. ; fy} ut knfug #) ut]sfo{yl pk/yl >l g0 axb/ yfkfn]Ps ; df/f]sf]lr z0f/De ug0Psf] p0m tfindsf] b]f]gd c]tly JofVofgstf\$?kdf /fi60 dfgj clwsf/ Cfo]u, UN OHCHR, Kathmandu School of Law sf k]t]glwx?n]JofVofg lbgePsf]lyof].