

gvbeZver` xi v Ges Zv‡` i KgKvÛ

gvbeZver` x KvR wK?

- mgvR Rxeb t_‡K mnsmZv, `‡fM, ^elg, Ab^q-Awepvi | `wi `Zv wPi Z‡i `‡ Ges G_‡j v Aek^‡ex n‡q Rxetb Av‡m Ggb avi Yv KL‡bvB MhY bv Kivi m‡xvS-gvbeZver` x Kv‡R c‡Zdij Z nq |
- gvbeZver` xi v G ai ‡Yi KvR Ki‡Z tKvb Kyj ‡¶cb K‡i bv | Zvi v Zv‡` i Rxeb‡K w‡tRi n‡Z Z‡j tbb, w‡tRB Zv cwi Pvj bv K‡i b | Zvi v thLvtb emevm K‡i b tmLvtb Ab‡` i w‡tq Zv‡` i c‡KZ Pwn` v (-^-, wK¶v, cwi tek c‡¶Z) c‡Y m‡Pó nb |

ÓRbKj wBKiÓ Kv‡Ri m‡_Gi cv_R wK ?

- gvbeZver` xi v e^w^3MZ I mgwRK `‡L-`y Rv `‡ Ki‡Z Pvq | dtj Zvi v newfbœai‡bi mnsmZv I ^elg m‡ói gj Kv‡Y (A_‰ZK, iR‰ZK, ag¶q, thŠb, gvbwmK, Av` k‡Z c‡¶Z) AvNvZ n‡bb |
- gvbeZver` x KgKvÛ we i Rgb mgm` `‡ Ki‡Z cv‡i | wKš m‡efcwi gvbeZver` x KgKvÛ newfbœ mgm`vi wboZ mgav‡bi K_v e‡j |

gvbeZver` x Kviv?

- Avgiv bvi x I cij "I mevB t^-^Qv‡mex Kg‡hvi v G‡mQ newfbœqm, mgwRK Ae^-v, RvZxqZv, RvZMZ tMvôx, ag¶l ms^-wZ t_‡K |
- 2000 m‡j i 21‡k w‡m‡‡i i me‡kl wnmve Ab‡hvqx gvbeZver` x tK> `‡ KvV‡gi (the “hard core”) AŠF® m`m` msL^v GK j vtLi l tewk | Avi w‡kji c‡PwU gn‡`‡ki GKwUji l tewk t`‡k Gi c‡q c‡P j vL mg_R i ‡q‡Q |

gvbeZver` ‡` i j ¶` I D‡i k` wK?

- wek‡v‡ GKwU gvbeRwZ m‡ói j ‡¶` GB M‡ni mKj gvbeZer` ‡` i HK^e x KvB Avgv` i D‡i k` | GB gvbeRwZ e^w^3MZ I mvs^-wZK wfb‡v‡K m‡‡b Ki‡e | Gi c‡v b j ¶` nj gvbeRwZi Kj `v | Db‡b, c‡KZ MYZŠi RbM‡bi tmevgj K A_‰Z, Dpvg‡bi ^-^ tmev Ges wevg‡j " mevi Rb" wK¶v |

- **th̄nZı Avgiv Rwb th, GıU tKvb iR%ZK mi Kvi bq, HıZn evnix c̄Zöb bq, GgbıK eüRwZKI bq th GıU GKıU wbow` 0 j tP KvR Ki te | Avgiv meıK0tK wbtRt` i nvZ tbqvi Ges msMwZ nı qvi m̄xvS-ibtqıQ hvtZ wbtRıvB Avgıt` i Pıvn` cıY Ki tZ cwi |**

gwbeZver` x Avf` j b ej tZ wK wK terSvq bv ?

- **gwbeZver` x Avf` vj b tKvb RbKj wbKi msMVb, iR%ZK `j , ag^o cıv ev dıvkb bq |**
- **gwbeZver` x Avf` vj tbi tKvb Znwej tbB, tKvb A_@bB, tKvb teZbfı³ Kgr^oev kıgKI tbB | tKej t^QvmeK Avf0 |**
- **Dci Š Avgıt` i GB Avf` vj b Ab^o tKvb msMVtbi Aıafı³ I bq |**

KZı b atı gwbeZver` x Avf` vj b Pj tQ ?

- **1969 mıj t_ıK gwbeZver` x Avf` vj b Pj tQ | `ıPb Avfgı Kvq c̄g MıcıU c̄ZıöZ n̄qıQj | 31 e0tı i AıfÁZı wbtq GB Avf` vj b meKıU gnıt` tKB Qıotq cof0 |**

gwbeZver` x KvRı aiY, tı v wK wK ?

- **mvgıqK KgRıU (mıtqj b, mvs-ıZK Abıvb, mvgıRK Drme, cı "Qbzıv em BZıw") : Gı tı v Aı mgıqi , cıpıveıEi cıqıRb cıobı | GıU GKıU `tj i cıwıK AıfÁZı ARıb KvR Ktı | A_ıv hıLb tı vKRb GKıv KQyKi tZ I tctZ msMwZ nı qvi m̄xvS-tbq ZLb Zıt` i 0vi v wK Ki v mıe Zı t` LvZ Gme KvRtK 0c^o Rbxgj K cıfıveı m̄mvtı Mb^o Ki v nq |**
- **-ıqı KgRıU (-ıPı Zı Aıfıvb, cıwıg eınfı wıPı, gıwıK cıwıKvi cıKıkvı cıfıZ) : Gı tı v wıqıgZfıte Ki v nq | mıwıZ AıKıtı (cıZıekı, mıwıZmsL^oK tı vıKi BZıw) mvgıRK mgm^ovi (0,0) mgıavtbi j tP KvR Ki v nq |**
- **we-ZıZgj K KgRıU (D`vni Y : ai"b 10Rb tı vK GKıU cıwıKvi tei Kij | Gi cıPvi msLıv 50 | KtqKıU msLıv tei "evi ci GıU cıZıtekıt` i KvıtQ tek RbıcıZıv cıq | cıPvi msLıv GK nıRvi KwcıZ tctQ | Gfıte GıU I B cıtıv Gj vKvq Qıotq cıo | Ab^o tKvb Gj vKvq GKBfıte bZıp tKvb cıwıKvi cıPvi msLıv evotZ nıj cıZıU Gj vKvq 10 Rıbi `j Ktı GB cıwıZıtK D`vni Y m̄mvtı Mıb Ki v thıZ cıtı | AvıtKıU D`vni Y: tKvb knıtıi GKıU -ıj 4 Rb wıPıtKı gıva"tq 40 Rb Qıtıi gta" tKvb weıtq GKıU weıtKı cıwıvb KgıPx iyiKiv nıj | KtqK gıwı hıl qvi ci KtqKıU -ıj 40 Rb wıPıK 400 Qıtıi gta" GB cıwıvb KgıPx Pvı vıb | Gfıte Pj tZ _vKtj I B knıtı Ggb tKvb Qıtı _vKtbevı th I B weıtKı weıtq tıdj KıtZ cıtı) | epr cıwıwıZ tKvb mvgıRK 0t0ı wıimb Ki vB we-ZıZgj K KgRıU i j Pı | GıU Ki tZ nıj GKıU mvgıqK KvR m̄mvtı Pı i cıwıwıZ iyiKı tZ nq | Gi ci GıU -ıqı KvtR cıwıYZ nq Ges Gi we-ZıZ NUtZ _vK | cKı msMVtbi KvWıgvı I KgRıU thLvtb cıwı Pwıj Z**

nt"Q tmLvbKvi tfSMij K Ae-ib bi msL"v Ges | B KgRvU t_ik DcKZ tj vki msL"v evoj B tevSv hvte | B bwi @ KvRi ve-ZwZ NtUQ |

gvbeZver` x KvRi mvdj i wbDqZvi gvcKwW wK?

1. gj fve | tfSMij K Ae-ib

- **gj fve** : D`vni Y, wkPv : 0ci xPvq QvI t` i tdtj i we "tx j ovB | 0 GB tPitK tKvb GKU -tj QvI t` i gta" ci xPvq DExb©nI qvi e_Zv ` i KivB cI_wgK j P | cieZqZ mKj -tj (kni, bMi | t` tki) |
- **tfSMij K Ae-ib** : D`vni Y -fc, 0 GKRb cIZtekx, GKU kni ev bMi tK gvbeKxKiY | 0 GtPitK gj Dfik n"Q me@K wewfbm KgRvU (wkPv, -r-, Rxebhvvi gvB) iiyKiv hvZ mKj cwi tek Ges GKU bwi @ RvqMvi me 00tK cfmeZ Kiv hvq |

1. cvi -uwi K Av` vb-c0vb | ve-ZwZ gj K KgRvU i bwZ :

- **tfSMij K Ae-ib m¤uWkZ** : c k@ thM tKvb wKQyAme®KZ nI qvi mv_ mv_ tmB AwfÁZv Ab" Gj vKv, M"g ev knti Qwojq t` qv nq | Gi gvtb GB th, bZb KvWtgv GtK GtK Zix Kiv thZ cvti hvZ Zviv thLvb evm Kti tmLvb KgRvU, wj Kiv hvq | (D`vni Y, tKvb Gj vKv gvbeKxKiY Kivi A_@nj 2 t_k 3 w KgmPx GKBmv_ Pj tQ hZPb chS-mgMkni, AÂj ev t` k GKB chPq bv Awm) |
- **wetkl tKvb weI q m¤uWkZ gvbeZver` x KgRvU i tej vq tKvb kni, AÂj | t` tki mKj -tj Zv KvRi bv nI qv chS-l B KvRi AwfÁZv Ab"vb -tj** (GKB D`vni Y) Qwojq t` qv nq |
- **hvi v gvbeZver` t_k DcKZ ntqfQb Zvi v Atb"i Rb" wKQyKi tZ cIZkOZex | ZvZ | Bme gvbjI i I DcKvi ntZ cvti | Awg wkLwQ, ZvB Awg Avti KRbtk tklvtev | Awg cwi ewZQ ntqfQ, ZvB Awg Ab"tKI cwi eZfb mnvh" Kvi | Awg GKU 0t0i bimb Kti wZvB Awg GwU wbi mfb Ab"tK mnvh" Kie A_ev Ab"vb" 00 ev msNtI P mgvavtB Awg Zv` i mnvh" Kie | gvbeZver` x Avt` vj b t_k DcKvi DcKvi ntqfQ (gZvgZ, e"3 Dbaeb DcKiY, bZb eÜz gZwibgq | Avtj vPbvi tPitK cfwZ) ZvB Avcwb Ab"tKI G t_k DcKvi tcZ mnvh" Kip |**
- **GB gj bwZB Avgv` i msMVtbi wfWE | Gfvte Avgi v gvbeZver` x tji msL"v ewotq Ptj wQ | Avi GfvteB Avgi v wekevvi cvi -uwi K Av` vb-c0vb | msnwZi GK tbUI qvK©cwi bZ ntqfQ |**

1. -vaxbZv | -kvmtbi bwZ : AvZyA_ms-ib

- ◆ **gvbeZver` xi v -vaxb | -kvmtbi bwZ | KvRi Dci wbfP Kti bv | GfvteB Zvi v hv Pvq Zv eej b | Ktib | gvbeZver` x tbUI qvK©KvWtgv | Gi KgRvU m` m"t` i AvZyA_ms-ib e"e"vi 0viv msMpxZ At_P gva"tq cwi Pvj Z nq | AvZyA_ms-ib AwfhwBkvj (gvbeZver` x KvWtgv m` m"**

I mg_Rt` i msMö | Abj vb) wewfbæZnwej msMö KgRvtÜi gva`tg A_msMpxZ nq | GBfite KgRvÛ cwi Pvj bv Ki tQ Ggb tKvb AvSRñZK KvVtgv eZgvtb wek! Avi tbB |

WcycKomxútkCfveb:

- Avg wK Avmtj B evPtz PvB (Ges tKej teP _vKv bq) ?
- wK Ae`vq Avg evPtz PvB ?
- Ab`t` i I Avgvi Rb` Gme Ae`v ev kZcARØ Ki tZ Avg wK cÖwZ wbqQ ?

gwbeZnev` x Avf` vj b wKfite KvR Kti ?

- **msMVb** : GB Avf` vj b cvi `úwi K wewfbæqi GKU eo AvSRñZK I eumvs`ZK tbUI qvKc| Kgc†¶ 10 Rb wbq MwZ GtKKU `tj Avgiv msMwZ | cÖZ`tj 3 Rb , i "ZcYc wqZi _vtKb | GKRb I wi tq>Ui , Avti KRb GwWgutóUi I Ab`Rb mytcñU | GB wZbRb GKB bwZi Dci wfwE Kti GKU `j MVtb Ab`t` i mvvh` Kivi Rb` GKt` KvR Kti | GfiteB GKU `j Avti 10 wU `j Ges G avi vq Avti tekx `j myo Ki tZ cvti | cÖZU e`w3i D0yZv I thwM`Zv Abymti AskMöY I wmxvft` tej vq wewfbæ` + t` Lv hvq | MZvbMwZK msMVtbi gZ GB `tj tK KZw` b m`m` _vKteb, GKRtbi wk¶wZ thwM`Zv, ewMwZ, abm¤ú` , tm. A_ev e`w3MZ m¤úKcGme `t i Dci tKvb cÖfve we`v Kti bv | GQvor cÖZU `j tK mg_Rt` i m½ wbqigZ thwMthwM ivLtz nq | mg_Riv Avgt` I KgRvtÜ mnthwMzv Kti _vK |
- **m¤úKgRvÛ** : wewfbæ`tj i m`m`i v gwbeZnev` x Avf` vj tbi GtKKU m¤úKgRvtÜ wbRi vB Ae`v b Kti tbb | GUv wbfp Kti Zviv ivRñwZK (gwbeZnev` x `j) , mvs`ZK (tm>Uvi Ae Kvj Pvim) , mvgrRK (gwbe Dbq`b KngDibU) cÖwZ KgRvtÜi tKvbntZ tbZZjw` tZ PvB Zvi Dci | A_ev Zviv we`v gw ms`vqI Zv`i cÖwK KvR Pvj tq hvI qv Ae`vq thwM`Z cvti b | Aek` ms`v Zv`i cwi wZ nvi vtebv | wKs` Zviv mvsMwZK KvVtgvq Avgf`i nZ cvti Ges gwbeZnev` x Avf` vj tbi e`w3MZ KvRtK Zv`i KgRvtÜ ifcvšwZ Ki tZ cvti | Gfite Zv`i Avti KvRKi Dcvq Dbz nI qvi myhM t`qv nq |
- **e`w3MZ Dbq`b Kg`**: mvgrRK ifcvšt` KgRvÛ hv` Avgt` I gwbmKZv, gj`eva, wekjm | -fitei cwi eZt`bi myt_mswkó nq ZteB Zv cKZA`_KvhKi nq | e`w3MZ Kg`Avgt` i HK` wdwi tq AvbZ, msnwZ | AvtKv`i tji vKtbi myt_thwMthwM`vctb, Avgt`i | Ab`t`i gta` wekjm, cwi eZt`bi m¤ubev Ges Rxetbi A_qLjR tcZ mvvh` Kti |

Avgt` i gj gši:

- GKB ct_wPsh, Abfe | KvR Ki "b |
- Ab`t`i KvQ Avgiv th eenvi Avkv Kwi Zv`i myt_Abjc e`envi Ki "b |