**k|]; jStJo @)&\* . )\* . )%**

:j:Yo gful/sx? /fi6« lgdf{0fsf cfwf/ x'g . o;sf] nflu ;Gt'lnt cfxf/sf] pknAwtf / kx'Fr dxTjk"0f{ x'G5 . g]kfn nufotsf ljsf;lzn d'n'sx?df hg;+Vofsf] 7"nf] lx:;f ;Gt'lnt cfxf/af6 jlGrt 5 . o;df klg ljz]ifu/L k|f]l6ghGo kbfy{x? b"w, df5f, df;', c08f, u]8fu'8L cflbsf] lx:;f sd x'Fbf g]kfndf nfvf}+ dflg;x? s'kf]if0fsf] l;sf/ 5g\ eg] % jif{ d'lgsf rfln; k|ltzt afnaflnsfx? k'8\sf] x'g] ;d:ofaf6 u|l;t 5g\ . cfly{s cj:yfsf] cnfjf ;Gt'lnt cfxf/af/] hgr]tgfsf] sdL o;sf] d'Vo sf/0f xf]. oxL cj:yfnfO{ dWogh/ ub}{ g]kfn e]6]l/g/L Pzf]l;P;gn] k|f]l6g dflysf] clwsf/ -Right to Protein\_ sf] dd{nfO{ cfTd;ft ub}{ k|f]l6ghGo kbfy{Dff kx'Fr a9fpg hgr]tgf km}nfpg] p2]Zon] ldlt @)&\* kf}if )# ut] zlgaf/sf lbg sf7df8f}df “Run for Protein” gfds xfkm Dof/fyg ;lxt ljleGg ljwfsf bf}8 k|ltof]lutf cfof]hgf ub}{5 . kf}if # ut] ljxfg & ah] bz/y /+uzfnfaf6 ;'? eO{ ;f]xL :Yffgdf cfO{ bf}8 sfo{s|d ;dfkg x'g]5 . sfo{s|ddf ljleGg ljwfdf u/L @,))) Joltm ;xefuL x'g] cg'dfg ul/Psf] 5 .

o; k|ltof]lutfdf v'Nnf xfkm Dof/fyfg, k'?if !) lsld, dlxnf % lsld, !@ sIff;Ddsf ljBfyL{nfO{ % lsld -k'?if\_ / # ls dL -dlxnf\_ / km/s Ifdtf ePsf Joltmx?sf] nflu Xljnr]o/ -Wheel Chair\_ ljwfsf bf}8x? ;dfj]z ul/Psf 5g\ . o; sfo{s|dsf] hDdf k'/:sf/ /fzL !) nfv %) xhf/ /x]sf] 5 . xfkm Dof/fygdf k|yd k'/:sf/ ljh]tfsf] k'/:sf/ /flz ? Ps nfv /x]sf] 5 eg] kfrf} :yfg;Dd k|fKt ug]{nfO{ k'/:sf/sf] Joj:yf /x]sf] 5 . cfkm'n] efu lnPsf] ljWffdf bf}8 k'/f ug]{ k|ltof]uLnfO{ k|df0fkq / d]8nsf] Joj:yf ;d]t /x]sf] 5 .

o; k|ltof]lutfdf g]kfn bfgf pBf]u ;+3, g]kfn kz'kG5L cf}iflw Joj;foL ;+3, g]kfn Xofr/L pBf]u ;+3, g]kfn c08f pTkfbs ;+3 nufotsf ;+:yf ;xof]uLsf] ?kdf /x]sf 5g\ . bf}8 k|ltof]lutfnfO{ g]kfn Pyn]l6s Pzf]l;P;gn] dfGotf lbg'sf ;fy} k|fljlws ;xof]u ;d]t u/]sf]] 5 .

sfo{s|ddf ;xefuL x'g O{ ;]jf jf kmf]g k]af6 ? @)) z'Ns lt/L cgnfO{gaf6 /lhi6]«zg ug{ ;lsG5 . ;xefuLnfO{ lgz'Ns l6;6{ / l/km|];d]G6 k|bfg ul/g]5.

cGTodf, o; Pzf]l;P;g pStm bf}8 k|ltof]lutfdf efu lnO{ sfo{s|dnfO{ eJo ?kdf ;kmn kfl/lbg ;xof]u ul/lbg'x'g xflb{s clkn ub{5 .

kf}if # ut] laxfg & ah] bz/y /+uzfnf hfcf}F . bf}8df ;xefuL agfF}, :j:Yf /xf}+ .



 8f l;tnsfhL >]i7

cWoIf

